

# **Foods To Enjoy**

## **Beef**

Lean Sirloin or Ground

Tenderloin

Top round

## **Poultry (Skinless)**

Chicken Breast

Turkey

Turkey Bacon (2 slices per day)

Low-fat Turkey sausage (1 serving per wk)

## **Seafood**

All Fish & Seafood

## **Pork**

Boiled Ham

Canadian bacon

## **Veal**

Chop

Cutlet, leg

## **Lunchmeat**

Fat-free or Low-fat Only

## **Cheese (Fat-free or Low-fat)**

American

Cheddar

Cottage cheese 1-2% or Fat-free

Cream cheese substitute, dairy free

Feta

Mozzarella

Parmesan

Provolone

Ricotta



## **Eggs**

The use of whole eggs is not

limited unless otherwise

directed by your doctor.

## **Dairy**

Milk, Fat-free or 1%

Milk, soy, plain low fat (4g or less per serving)

Buttermilk, Fat-free or less

(2-3 ounces per serving)

## **Vegetables & Legumes**

Artichokes

Asparagus

Green Beans

Broccoli

Cabbage

Cauliflower

Celery

Collard greens

Cucumbers

Eggplant

Lettuce (all varieties)

Mushrooms (all varieties)

Snow peas

Spinach

Sprouts, alfalfa

Tomatoes

Turnips

Water Chestnuts

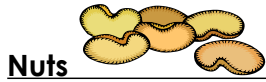
Zucchini

## **Foods To Enjoy - continued**



### **Fat**

Oil, Canola & Olive



### **Nuts**

Almonds 15

Cashews 15

Macadamias 8

Peanut butter 2tbsp



### **Spices & Seasonings**

All spices that contain no added sugar

Broth

Extracts (almond, vanilla, or others)

Horseradish sauce

I Can't Believe It's Not Butter! Spray

Pepper (black, cayenne, red, white)



### **Sweet Treats (Limit to 75 Calories per day)**

Candies, hard sugar-free

Chocolate powder, no sugar added

Cocoa powder, baking type

Fudgsicles, no sugar added

Gelatin, sugar-free

Popsicles, sugar-free

Sugar substitute



## Foods To Avoid or “Rarely Eat”

### **Fruit**

Canned fruit juice and or packed

Fruit juice

Pineapple

Raisins

Watermelon

### **Vegetables**

Beets

Corn

White potatoes

### **Miscellaneous**

Honey

Ice cream

Jam

### **Starches & Breads**

Bagel, refined wheat

Bread, refined wheat, white

Cookies

Cornflakes

Matzo

Pasta, white flour

Potatoes, baked, white, instant

Rice cakes

Rice, white

Rolls, dinner