

VEGGIES

- arugula
- asparagus
- bell peppers
- broccoli
- Brussels sprouts
- cabbage
- carrots
- cauliflower
- celery
- cucumbers
- fennel
- fresh herbs
- garlic
- green beans
- leafy greens (kale, collards...)
- lettuce
- mushrooms
- onions
- peppers
- potatoes
- radishes
- scallions
- spinach
- sweet potatoes
- tomatoes
- zucchini

DAIRY (<3g fat/serving)

- freshly grated parmesan cheese
- low fat cheese
- low fat cottage cheese
- nonfat plain yogurt
- skim or 1% milk
- trans fat free/ non hydrogenated butter substitute

GROCERY

- anchovies
- canned pumpkin
- Dijon mustard
- dried herbs/spices
- dried unsweetened fruit
- evaporated skim milk
- extra virgin olive oil
- flavored vinegars
- hot sauces
- ketchup

FRUITS

- apples
- bananas
- berries
- cherries
- grapes
- grapefruit
- kiwi
- lemons
- limes
- mangos
- melon
- oranges
- papaya
- peaches
- pears
- pineapple
- strawberries
- tangerines

MEAT/POULTRY/FISH/

EGGS

- center cut pork chops
- eggs
- lean red meat
- salmon
- scallops
- shrimp
- skinless chicken breast
- skinless turkey breast
- tilapia
- tuna

GRAINS/BREAD

(3g+ fiber & ≤3g fat/serving)

- barley
- brown & wild rice
- bulghur
- couscous
- oats
- quinoa
- unsweetened cereal
- waffles
- wheat germ
- whole grain crackers
- whole wheat bread
- whole wheat pasta
- whole wheat pita
- whole wheat tortilla

NUTS/SEEDS (unsalted)

- almonds
- ground flax seed
- natural nut butters
- peanuts
- pecans
- sesame seeds
- sunflower seeds
- walnuts

BEANS/SOY

- canned beans
- dried legumes
- tofu
- veggie burgers
- veggie slices
- hummus

- kosher salt/peppercorns
- lite soy/lite teriyaki
- low sodium broth
- low sodium canned tomatoes
- low fat mayo
- olives
- balsamic, rice & red wine vinegar
- salsa
- sesame & peanut oil
- tuna in water
- popcorn kernels

- rice cakes
- soy crisps

DELI (low fat/low sodium <3g fat/oz.)

- turkey
- roast beef
- ham

DESSERTS (consume ≤1 serving)

- 100% frozen fruit bars
- fig newtons
- gingersnaps
- graham crackers
- low fat frozen yogurt
- low fat pudding cups

BEVERAGES

- seltzer
- flavored seltzer
- low sodium V8
- green tea
- herbal tea
- coffee
- cocoa