

TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

Food Reference Guide



Table of Contents

Using Your Food Reference Guide.....	2
Meal Plans	3
Suggested daily requirements for parents and children	3
Serving Sizes	4
How to Read the Food Label.....	6
Diabetes Food Guide Pyramid Groups	
Breads, Grains, Beans, and Starchy Vegetables (Starch)	7
Fruits.....	10
Non-Starchy Vegetables (Vegetables)	12
Milk	14
Meat, Meat Substitutes, Cheese, and Other Proteins (Meat)	15
Fats, Oils, and Sweets	18
Free Foods.....	21
Appendix A: Ready-to-eat Cereals.....	23
Appendix B: Pizza	25
Appendix C: Combination Foods.....	26
Appendix D: Restaurant Foods	27
Appendix E: My Own Food List.....	29
Index	31

Using Your Food Reference Guide

This is a guide to help you find healthy foods. Foods are sorted into the colors GREEN, YELLOW, and RED. This is like the colors on a stoplight.

Foods are sorted into colors based on how healthy they are.

- ▶ **GREEN** foods are the best choice. They are very healthy. They have lots of fiber, vitamins and minerals. They are also lowest in calories and fat (less than 2 grams of fat per serving).
- ▶ **YELLOW** foods are the next best choice. They are healthy choices too. But YELLOW foods have more calories and fat (2-5 grams of fat). Some foods are YELLOW just because they are high in carbohydrates.
- ▶ **RED** foods are not good choices. They are not very healthy. RED foods are very high in calories, fat (greater than 5 grams of fat per serving) and/or sugar. Also, RED foods don't have much fiber, vitamins or minerals. RED foods are often fried and/or coated in sugar. Try eating mostly GREEN and YELLOW foods.

All foods from the top of the Diabetes Food Guide Pyramid are RED foods. These foods are not healthy. You should choose most of your foods from the other five food groups of the Diabetes Food Pyramid.

Some YELLOW or RED foods have less than 2 grams of fat per serving. Why are they a YELLOW or RED? These foods are high in carbohydrates or sugar. They can raise your blood sugar too high if you eat a lot of these foods. You want to be careful with these foods and that is why they are YELLOW or RED. One example is 100% orange juice. A half of a cup (4 oz) has 60 calories and no fat, but it is a YELLOW food because orange juice has a lot of carbohydrates. If you drink a lot of orange juice, it can cause your blood sugar to go too high and cause you to gain weight.

Also remember that all the foods in the Fats, Oils, and Sweets group are RED foods. They are very high in fat and/or high in sugar. So try eating less of these foods. Here is an example. Hard candy is a RED food. Why? It has no fat but has a lot of sugar and is in the Fats, Oils and Sweets group.

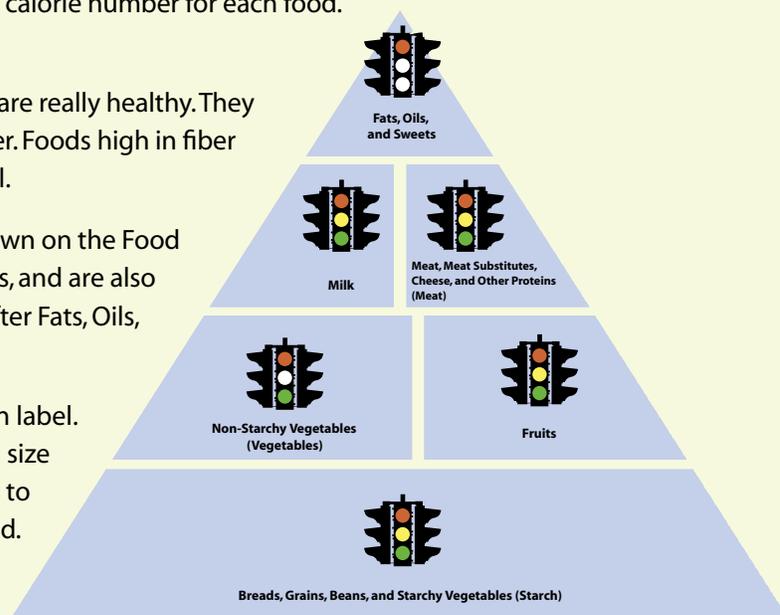
The Food Reference Guide also gives you the serving size and calorie number for each food. This will help you know how to portion your food.

You will also find foods that are high in fiber. High fiber foods are really healthy. They are more filling too. Try eating more foods that are high in fiber. Foods high in fiber (greater than 3 grams per serving) are denoted by a ♦ symbol.

Free foods have less than 20 calories per serving. They are shown on the Food Reference Guide under their food groups in light purple boxes, and are also listed together at the end of the Food Reference Guide, just after Fats, Oils, and Sweets.

Another way to see if a food is healthy is reading the nutrition label. You can find these on the back of food packages. The serving size on the food label is very important. Try to keep your portions to that serving size. Most people eat more than the serving listed.

LET'S GET STARTED.....



Meal Plans

Meal plans give the number of servings required from the basic five food groups in the Diabetes Food Guide Pyramid. These servings meet all nutrient, vitamin, and mineral needs. These servings are given for both healthy children and adults. For weight loss, adults and children should eat or drink the lower number of servings listed for each group.

In order to lower the number of calories eaten, overweight children and adults should mainly choose GREEN and YELLOW foods. These foods tend to be lower in calories and fat.

Here's a handy list of how you can use the Diabetes Food Guide Pyramid to eat healthy and lose weight. To lose weight, you and your child should eat this amount of food every day.

- At least 4 1/2 servings from the Breads, Grains, Beans, and Starchy Vegetable Group
- At least 3 servings from the Non-Starchy Vegetable Group
- At least 2 servings from the Fruit Group
- 2 servings from the Meat, Meat Substitutes, Cheese, and Other Proteins Group
- At least 2 servings from the Milk Group
- Very few servings from the Fats, Oils, & Sweets Group

At some point, you may feel comfortable with your weight. You may not want to lose anymore. But you may want to continue healthy eating habits and maintain your weight. To maintain your weight and maintain your level of health, you should eat this amount of food every day:

- 6-11 servings from the Breads, Grains, Beans, and Starchy Vegetable Group
- 3-5 servings from the Non-Starchy Vegetable Group
- 2-4 servings from the Fruit Group
- 2-3 servings from the Meat, Meat Substitutes, Cheese, and Other Proteins Group
- 2-3 servings from the Milk Group
- Very few servings from the Fats, Oils, & Sweets Group

Serving Sizes

Eating the correct serving size is important for a healthy diet. Large servings have more calories than the correct size servings. For example, if you ate one hamburger last night for dinner that you thought was 4 ounces of ground beef but was actually 5 ounces; you ate 90 more calories and 6 more grams of fat than you needed. As you know, eating more calories than your body needs over time will not help your body be healthier. Be sure to notice the serving sizes listed in the Food Reference Guide when counting calories.

The best way to find out the amount of food you are going to eat is weighing and measuring. You should use a food scale and measuring tools. However, if you can't do this, do your best to guess the size of the serving you have eaten. Use the suggestions listed below.

Beverages

In containers with one serving- read the label to see how much fluid it is. Fluid is measured in ounces.

Examples - 1 can of diet coke = 12 fluid ounces, 1 carton of milk = $\frac{1}{2}$ to 1 pint

Served from large container - Pour the beverage into a measuring cup. Then pour it into your cup or glass. If you use the same size cup or glass in your home you only need to do this once. Once you know how much your glasses and cups hold, you can estimate serving size.

Foods

The best way to control portion size of meat and sliced cheese is to weigh them on a food scale. If you don't have a scale around you can follow the guidelines below.

Packaged meat or cheese - There is often a nutrition label on the package. The weight of one slice will be listed.

Deli meat or cheese - When buying the item, ask the deli clerk to weigh one slice. Ask the clerk to tell you the weight. Or you can count the number of slices in the package. Then divide that number by the total weight of the package. If you can't do either of these, estimate the weight. Sliced meat and cheese weigh between $\frac{1}{2}$ ounce and 1 ounce per slice.

Meat - Estimate the number of servings you will get from the package. Divide the number of servings by the weight of the package.

Measurement Standards

1 Tablespoon (Tbsp) = 3 teaspoons (tsp)

1 pound = 16 ounces (dry)

1 cup = 8 fluid ounces

1 cup = 16 Tablespoons (Tbsp)

Food Portion Sizes

Below are some of the typical portion sizes that are used in each of the food groups. Each measurement size example is equal to one portion of that type of food.

1 serving size portion =

Breads, Grains, Beans, and Starchy Vegetable Group

- ▶ Bread: 1 slice
- ▶ Cereal: $\frac{3}{4}$ cup
- ▶ Beans: $\frac{1}{2}$ cup
- ▶ Rice and pasta: $\frac{1}{3}$ cup

Fruit Group

- ▶ Fresh Fruit: 1 medium size fruit (apple or orange)
- ▶ Fruit Juice: $\frac{1}{2}$ cup (4 oz)

Non-Starchy Vegetable Group

- ▶ Cooked: $\frac{1}{2}$ cup
- ▶ Raw: 1 cup

Meat, Meat Substitutes, Cheese, and Other Proteins Group

- ▶ Beef or chicken: 3 oz
- ▶ Cheese: 1 oz

Milk Group

- ▶ Milk: 1 cup
- ▶ Yogurt: 1 cup

Fats, Oils, and Sweets Group

- ▶ Oil: 1 teaspoon (tsp)
- ▶ Butter: 1 teaspoon (tsp)
- ▶ Chips: 1 ounce (oz)

It is also important to measure the size of servings you eat. It will help you to be healthy. You will learn how much food is needed to be healthy. Start with the serving sizes suggested in this plan. If you feel you need more food, have an extra $\frac{1}{2}$ of a serving. Smaller children may need smaller amounts of food more often (i.e., 4-6 small meals per day).

Here are some handy ways to guess how much food you are eating.

3 ounces of meat, poultry or fish = Size and thickness of a deck of cards



Medium apple or peach = Size of tennis ball



$\frac{1}{2}$ cup ice cream = Size of tennis ball or racquetball (about 15 grams of carbs)



1 cup of fruit or yogurt = Size of baseball (about 15 grams of carbs)



1 medium potato = Size of computer mouse (about 15 grams of carbs)



1 cup raw non-starchy vegetables (like broccoli) = Size of your fist (about 5 grams of carbs)



$\frac{1}{2}$ medium bagel = Size of hockey puck (about 15 grams of carbs)



2 tablespoons of peanut butter = Size of golf ball



1 teaspoon of butter or peanut butter = Size of the tip of your thumb



1 slice of cheese = Size of 3x5 inch computer disk



1 ounce of cheese = Size of 4 dice or a tube of lipstick



How to Read the Food Label

1) Look at the "Serving Size."

This will tell you how much you should eat.

2) Look at the "Calories."

Try to eat no more than 150 to 200 calories for a snack. Also try to eat no more than 400 calories for an entire meal.

3) Look at "Total fat."

This will tell you if the food is healthy or low in fat. Try choosing foods that are less than 2 g of total fat; these are GREEN foods, which are the healthiest choice. Foods that have 2-5g of total fat are YELLOW foods, which are the next best choice. Avoid foods that have greater than 5 grams of fat per serving, because these will count as RED foods.

Skim Milk

Nutrition Facts
 Serving Size 1 cup (240ml)
 Servings Per Container about 5

Amount Per Serving	
Calories 90	
Calories from Fat 0	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber less than 0g	0%
Sugar less than 11g	
Protein 8g	
Vitamin A	10%
Vitamin C	4%
Calcium	30%
Iron	0%
Vitamin D	25%

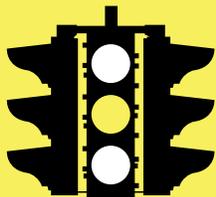
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
 Fat 9
 Carbohydrate 4
 Protein 4



Foods that have greater than 5g of fat per serving and/or high sugar are RED foods.



Foods that have 2-5g of total fat are YELLOW foods.



Foods that are less than 2g of total fat are GREEN foods.

Breads, Grains, Beans, & Starchy Vegetable Group (Starch)

Food	Serving Size	Calories
Animal Crackers	8 pieces	90
Bagel, normal sized	1/4 (1 oz)	80
Bagel chips	1/3 cup	125
Barley, cooked♦	1/2 cup	80
Beans, baked♦	1/3 cup	80
Beans: garbanzo, kidney, pinto, split pea, white, lentils, lima beans♦	1/2 cup	115
Beans, refried♦	1/2 cup	110
Biscuit (2 1/2" across)	1 piece	130
Bread (white, sourdough)	1 slice (1 oz)	80
Bread sticks, crunchy, unbuttered (1 oz)	4 sticks	80
Bulgur♦	1/2 cup	76
Bun, Hot dog or hamburger	1/2 (1 oz)	80
Cereal, cooked	1/2 cup	80
Cereal or Breakfast bar (Nutrigrain, Quaker), <1 g fat	1	110
Cereal or Breakfast Bar with Chocolate	1 bar	140
Cereal or Breakfast bars - without chocolate coating (i.e., Carnation, Snackwells, Health Valley)	1 bar	150
Cereals, frosted, dry (See Appendix A for cereal names)	1 cup	160
Cereals, unsweetened, dry	3/4 cup	80
Cheese Nip type crackers	25 pieces	130
Chex mix	1/2 cup	105
Chow mein noodles	1/2 cup	120
Corn♦	1/2 cup	65
Corn on the cob (large)♦	1/2 cob (5 oz)	65

Food	Serving Size	Calories
Cornbread (2 oz or 2 inch cube)	1 slice	150
Couscous	1/3 cup	60
Crackers, butter type (i.e. Ritz, Club, etc.)	6 pieces	90
Croissant	1/2	115
Croutons	1 cup	125
Cup noodles	1 container	300
English muffin	1/2	70
Fig Newtons	2 pieces	110
Fry bread (1 serving)	3 oz	280
Goldfish crackers	43 pieces	110
Graham crackers (2 1/2" square)	3 pieces	90
Granola, low-fat	1/4 cup	85
Granola (regular)	1/4 cup	125
Granola bar, chewy type	1 whole bar	135
Grits	1/2 cup	70
Hoagie roll	1 oz	80
Hummus (chickpea dip)	2 tsp	45
Kasha, cooked	1/2 cup	80
Macaroni and cheese	1/3 cup	105
Matzo cracker	3/4 oz	80
Melba toast bread	4 slices	80
Milk 'n' Cereal bars (Honey Nut Cheerios, Coco Puffs, or Cinnamon Toast Crunch)	1 bar	160
Millet, cooked	1/3 cup	70
Mixed vegetables (with corn or peas or pasta)	1 cup	80
Muesli	1/4 cup	75

♦ High fiber foods

Breads, Grains, Beans, & Starchy Vegetable Group (Starch)

Food	Serving Size	Calories
Muffin (low fat), any flavor, large	1 whole (5 oz)	370
Muffin (low fat), any flavor, small	1 small (1 oz)	75
Muffin (regular), any flavor, large (top -4" diameter -3.5")	1 whole (5 oz)	450
Muffin (regular), any flavor, small	1 small (1 oz)	90
Oatmeal, presweetened, cooked♦	1/2 cup	100
Oats/Oatmeal (cooked)-unsweetened♦	1/2 cup	70
Oyster crackers	20 pieces	90
Pancake, commercial, homemade or from a restaurant (cooked with fat) (4" diam)	1 piece	140
Pancakes, frozen or made without fat or eggs, and cooked without fat (4" diam, 1/2" thick)	1 piece	80
Parsnips♦	1/2 cup	65
Pasta, noodles, or macaroni	1/3 cup	60
Peas, green♦	1/2 cup	60
Pita bread 6" across	1/2	80
Plantain♦	1/2 cup	90
Popcorn (popped, no fat added or air popped)	3 cups	90
Popcorn, bagged, pre-popped or made with oil, butter, or margarine (including microwave)	3 cups	110
Popcorn, low-fat	3 cups	80

Food	Serving Size	Calories
Popcorn cakes - flavored, (i.e. white cheddar, honey nut, chocolate, etc.)	2	100
Popcorn Cakes, plain or unflavored	2	80
Potato, baked with skin	1/4 large (3 oz)	80
Potato, boiled	1/2 cup or 1/2 medium (3 oz)	80
Potato, mashed, plain	1/2 cup	80
Pretzels	1 oz	110
Raisin bread, unfrosted	1 slice (1 oz)	80
Ramen noodles	1/2 package	190
Ravioli - meat	1/2 cup	130
Ravioli and cheese	1/2 cup	140
Rice (white, brown♦, or wild)	1/3 cup	70
Rice, fried	1/3 cup	110
Rice cakes - flavored (i.e. white cheddar, honey-nut, chocolate, etc.), 4" across	2	125
Rice cakes (4" across) plain or unflavored	2	70
Rice-A-Roni or pre-packaged flavored rice (with cream or cheese sauce)	1/3 cup	150
Rice-A-Roni, Uncle Ben's, other pre-packaged flavored rice with no cream or cheese sauce	1/3 cup	130
Roll, plain, small	1 piece (1 oz)	85

♦ High fiber foods

Breads, Grains, Beans, & Starchy Vegetable Group (Starch)

Food	Serving Size	Calories
Rye Crisp	2 pieces	75
Saltine crackers	6 pieces	80
Sandwich crackers (cheese or peanut butter filled)	3 pieces	100
Squash, winter (acorn, butternut)◆	1 cup	80
Stuffing (bread), prepared	1/3 cup	120
Taco shell, hard, 6" across	1 shell	60
Tortellini (meat or cheese)	1/2 cup	150
Tortilla, soft (corn) 6" across	1 piece	50
Tortilla, soft (flour) 6" across	1 piece	100
Triscuits◆	5 pieces	100
Vanilla wafers	5 pieces	80
Vegetable Thins	10 pieces	120
Waffle (4" square), commercial, homemade or from a restaurant (prepared or made with fat)	1 piece	125
Waffle, 4" square, from frozen, reduced fat (<1 g fat)	1 piece	80
Wheat germ	3 Tbsp	80
Wheat Thins	13 pieces	115
Yam, sweet potato, plain◆	1/2 cup	80
Zwieback crackers	2 pieces	70



Foods that have greater than 5g of fat per serving and/or high sugar are RED foods.



Foods that have 2-5g of total fat are YELLOW foods.



Foods that are less than 2g of total fat are GREEN foods.

◆ High fiber foods



Fruit Group

Food	Serving Size	Calories
Apple (medium, 2" diam)◆	1 (4 oz)	60
Apple Butter, 100% fruit spreads (no sugar added)	2 Tbsp	75
Applesauce (sweetened)	1/2 cup	100
Applesauce, unsweetened	1/2 cup	50
Apricots, canned, in own juice or light syrup	1/2 cup	60
Apricots, fresh	4 whole (5 1/2 oz)	60
Banana, small	1 (4 oz)	65
Banana, medium	1/2 banana	60
Blackberries◆	3/4 cup	55
Blueberries◆	3/4 cup	60
Cantaloupe, (small, 1/3 melon)	1 cup (11 oz)	60
Casaba	1 1/2 cups	60
Cherries, sweet, canned, in own juice or light syrup	1/2 cup	70
Cherries, sweet, fresh (3 ounces)	12 pieces	60
Dates	3 pieces	70
Dried fruits: (with sugar added) apples◆, apricots◆, figs◆, papaya, pineapple, prunes◆, raisins	1/4 cup	120
Figs, fresh	2 medium (3 1/2 oz)	75
Fruit cocktail, canned, in own juice or light syrup	1/2 cup	60
Fruit cocktail, canned, in heavy syrup	1/2 cup	100
Fruit cocktail, canned, in juice	1/2 cup	55
Fruit juice bars, 100% juice (sweetened)	1 bar	75
Gatorade	1 cup (8 oz)	50

Food	Serving Size	Calories
Grapefruit (large)	1/2 (11 oz)	50
Grapefruit sections, canned, in own juice or light syrup	3/4 cup	69
Grapes (small)	17 (3 oz)	60
Hawaiian Punch	1 cup (8 oz)	120
Honeydew melon	1 slice (10 oz)	60
Kern's Nectar, all flavors	3/4 cup (6 oz)	110
Kiwi	1 whole (3 1/2 oz)	60

JUICES:

Apple juice, 100% juice (sweetened)	1/2 cup	90
Apple juice/cider, 100% juice (unsweetened)	1/2 cup	60
Cranberry juice cocktail	1/2 cup	60
Cranberry juice cocktail, reduced calorie	1/2 cup	50
Fruit juice blends, 100% juice (sweetened)	1/3 cup	50
Grape juice, 100% juice (unsweetened)	1/3 cup	60
Grape juice, 100% juice (sweetened)	1/3 cup	50
Grapefruit juice, 100% juice (sweetened)	1/2 cup	50
Grapefruit juice, 100% juice (unsweetened)	1/2 cup	60
Hi-C fruit juice (10% juice)	3/4 cup	110
Orange juice, 100% juice (unsweetened)	1/2 cup	60
Pineapple juice, 100% juice (unsweetened)	1/2 cup	60

◆ High fiber foods

Fruit Group

Food	Serving Size	Calories
Prune juice, 100% juice (unsweetened)	1/3 cup	60
Sunny Delight	3/4 cup	90
Lemon or Lime	1 whole	20
Lemon or Lime juice (See Free Food List)	1/4 cup	15
Mandarin oranges, canned, in own juice or light syrup	3/4 cup	60
Mango (small)	1/2 cup (5 1/2 oz)	70
Nectarine (small)◆	(5 oz)	70
Orange (small)	1 (6 1/2 oz)	60
Papaya	1 cup cubes (8 oz)	60
Peach (medium)	1 (4 oz)	60
Peaches, canned, in own juice or light syrup	1/2 cup	60
Pears, canned, in own juice or light syrup	1/2 cup	60
Pear, fresh	1/2 large (4 oz)	60
Pineapple, canned, in own juice or light syrup	1/2 cup	60
Pineapple, fresh	3/4 cup	60
Plums	2 small (5 oz)	75
Plums, canned, in own juice or light syrup	1/2 cup	60
Prunes, dried	3	60
Raisins	2 Tbsp	60
Raspberries◆	1 cup	60

Food	Serving Size	Calories
Strawberries (whole berries)◆	1 1/4 cup	60
Tangerines (small)◆	2 (8 oz)	75
Watermelon	1 slice (7 oz) or 1 1/4 cup cubes	60



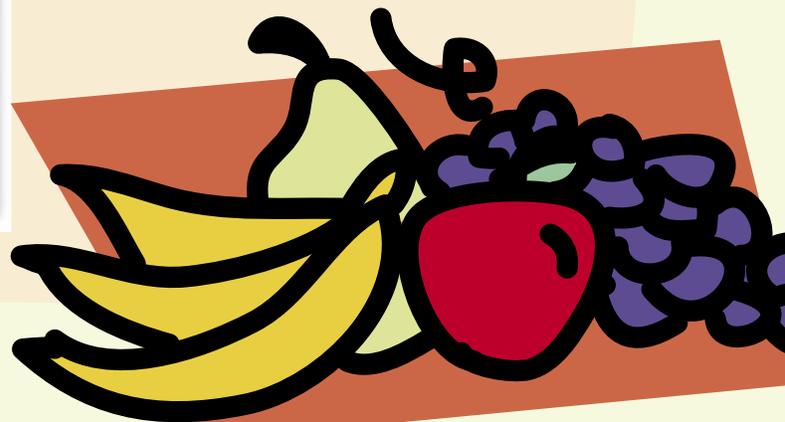
Foods that have greater than 5g of fat per serving and/or high sugar are RED foods.



Foods that have 2-5g of total fat are YELLOW foods.



Foods that are less than 2g of total fat are GREEN foods.



◆ High fiber foods

Non-Starchy Vegetable Group (Vegetables)

Food	Serving Size	Calories
Artichoke, cooked♦	1/2 cup	30
Asparagus, cooked	1/2 cup	25
Asparagus, raw	1 cup	30
Beans, cooked, baked, refried (See Breads, Grains, Beans, & Starchy Vegetables)♦		
Beans, green/wax/Italian, canned	1/2 cup	15
Beans, green/wax/Italian, cooked	1/2 cup	20
Bean sprouts, cooked	1/2 cup	15
Bean sprouts, raw	1 cup	30
Beets, boiled	1/2 cup	25
Beets, canned (not pickled)	1/2 cup	25
Broccoli, cooked	1/2 cup	20
Broccoli, raw	1 cup	25
Brussels sprouts, cooked♦	1/2 cup	30
Brussels sprouts, raw♦	1 cup	40
Cabbage, cooked	1/2 cup	17
Cabbage, raw	1 cup	20
Carrots, baby, raw	10 pieces	40
Carrot, raw, whole (7")	1	30
Carrots, sliced, canned	1/2 cup	18
Carrots, sliced, cooked	1/2 cup	35
Carrots, sliced, raw	1 cup	50
Cauliflower, cooked	1/2 cup	14
Cauliflower, raw	1 cup	25
Celery, chopped, cooked (See Free Food List)	1/2 cup	14
Celery, chopped, raw (See Free Food List)	1 cup	19
Celery, stalk (7") (See Free Food List)	2 stalks	12
Cucumber, raw, sliced (See Free Food List)	1 cup	14
Eggplant, cooked	1/2 cup	14
Eggplant, raw	1 cup	20
Greens: collards/ endive/ kale, cooked	1/2 cup	25

Food	Serving Size	Calories
Greens: collards/ endive/ kale, raw	1 cup	11
Lettuce, raw, shredded or leaves	1 cup	7
Mixed Vegetables (frozen, bag type: broccoli, carrots, w/out corn, peas or pasta)	1/2 cup	25
Mushrooms, canned	1/2 cup	19
Mushrooms, cooked	1/2 cup	20
Mushrooms, raw	1 cup	18
Okra, cooked♦	1/2 cup	25
Okra, fried♦	1/2 cup	60
Okra, raw♦	1 cup	30
Onions, cooked	1/2 cup	45
Onions, raw	1 cup	60
Parsley, chopped, raw	1/2 cup	10
Peppers, bell, canned	1/2 cup	13
Peppers, bell, cooked	1/2 cup	19
Peppers, bell, raw	1 cup	40
Pickles, dill (See Free Food List)	2 whole	8
Pickles, sweet (bread and butter) (See Free Food List)	2 slices	16
Radishes, cooked	1/2 cup	12
Radishes, raw	1 cup	20
Rutabaga, cooked	1/2 cup	30
Rutabaga, raw	1 cup	50
Salad (Add up calories from ingredients in salad)		
Salsa (See Free Food List)	1/4 cup	16
Sauerkraut (400 mg or more sodium/serving)	1/2 cup	13
Snow peas raw	8-9 pods	10
Spinach, cooked	1/2 cup	20
Spinach, raw (See Free Food List)	1 cup	7

♦ High fiber foods

Non-Starchy Vegetable Group (Vegetables)

Food	Serving Size	Calories
Squash, summer (yellow and zucchini), cooked	1/2 cup	14
Squash, summer (yellow and zucchini), raw	1 cup	16
Tomato or V-8 Juice	4 oz or 1/2 cup	25
Tomatoes, cooked	1/2 cup	30
Tomatoes, paste	2 Tbsp	30
Tomatoes, puree	1/4 cup	25
Tomatoes, raw	1 cup	40
Tomatoes: Spaghetti sauce (400 mg or more sodium)	1/2 cup	50



Foods that have greater than 5g of fat per serving and/or high sugar are RED foods.



Foods that have 2-5g of total fat are YELLOW foods.



Foods that are less than 2g of total fat are GREEN foods.



◆ High fiber foods

Milk Group

Food	Serving Size	Calories
Acidophilus milk (lactose reduced milk)	1 cup	110
Buttermilk, 2% milk fat	1 cup	120
Buttermilk, non-fat or low-fat	1 cup	100
Cheese (See Meats, Meat Substitutes, Cheese, and Other Proteins)		
Chocolate milk, low fat (1 % fat)	1 cup	190
Chocolate milk, reduced fat (2% fat)	1 cup	190
Chocolate milk, whole (3.3% fat)	1 cup	225
Goat milk	1 cup	170
Kefir, low-fat	1 cup	150
Milk, dry, non-fat	1/3 cup	90
Milk, dry, whole	1/3 cup	210
Milk, evaporated, 2% reduced fat	1/2 cup	120
Milk, evaporated, skim	1/2 cup	100
Milk, evaporated, whole	1/2 cup	170
Milk, fat free, skim	1 cup	90
Milk, low-fat (1% fat)	1 cup	100
Milk, reduced fat (2% fat)	1 cup	120
Milk, whole (3.3% fat)	1 cup	150
Slim Fast shake	1 can (11 oz)	220
Soy milk, fat-free	1 cup	90
Soy milk, low fat	1 cup	120
Sweet Success diet drink	8 oz	160
Yogurt, drinkable (Danimals)	3.1 oz	90
Yogurt, fruit flavored, non-fat, sugar-free	8 oz (1 cup)	130
Yogurt, Go-Gurt,	2.25 oz (1 tube)	70

Food	Serving Size	Calories
Yogurt, plain, low-fat	8 oz (1 cup)	150
Yogurt, plain, non-fat	8 oz (1 cup)	130
Yogurt, plain, whole milk	8 oz (1 cup)	180
Yogurt, with fruit, low fat	8 oz (1 cup)	240
Yogurt, with fruit or other sugar sweetened flavorings including: Double Delights, Snackwells, chocolate, flavored or sprinkle topping, etc.	8 oz (1 cup) 6 oz (3/4 cup) 4 oz (1/2 cup)	170 130 85
Yogurt, whipped	4.6 oz (1/2 cup)	160



◆ High fiber foods

Meat, Meat Substitutes, Cheese, & Other Proteins Group (Meat)

Food	Serving Size	Calories
Anchovies	6 medium	75
Bacon	3 slices	110
Bacon, turkey	3 slices	100
Bacon, turkey, 95% fat free	3 slices	60
BEEF:		
Corned beef brisket	3 oz	225
Corned beef hash	3 oz	225
Corned beef hash (greater than 80% lean)	3 oz	165
Ground beef, extra lean	3 oz	210
Ground beef, lean	3 oz	240
Ground beef, regular (less than 80% lean)	3 oz	255
Ground round	3 oz	210
Prime rib (rib eye steak)	3 oz	225
Roast (chuck, rib, rump) (greater than 80% lean)	3 oz	180
Short ribs	3 oz	225
Steak, trimmed of fat (New York, cubed, flank, round, sirloin, porterhouse, t-bone), roasted or grilled	3 oz	165
Steak, with fat (New York, cubed, round, sirloin, porterhouse, t-bone), roasted or grilled	3 oz	225
Tenderloin, trimmed of fat	3 oz	165
Top round trimmed of fat, roasted or braised	3 oz	165
Beef Jerky	1 oz	75
Buffalo	3 oz	120
CHEESE:		
American	1 oz (1 slice)	110
American, fat free	1 oz (1 slice)	40

Food	Serving Size	Calories
American, light	1 oz (1 slice)	70
Blue	1 oz	100
Brie	1 oz	95
Cheddar	1 oz	115
Cheddar, fat free	1 oz	50
Cheddar, low fat	1 oz	50
Cheese spread	2 Tbsp	100
Cheeses, non-fat or made with skim milk, 0-2 grams of fat per serving	1 oz	45
Cheeses, with 2-5 grams of fat per serving	1 oz	55
Cheeses, with greater than 5 grams of fat per serving	1 oz	100
Feta	1 oz	75
Mozzarella, part skim milk	1 oz	72
Mozzarella, whole milk	1 oz	75
Parmesan	2 Tbsp	55
Parmesan, fat-free	2 Tbsp	60
Ricotta, light, low fat	1/4 cup	70
Ricotta, non-fat	1/4 cup	50
Ricotta, whole milk	1/4 cup	105
Chicken (see POULTRY)		
Chorizo, (pork and beef sausage)	3 oz	360
Cottage cheese, 4% fat	1/2 cup	120
Cottage cheese, 4% fat	1/4 cup	60
Cottage cheese, low fat (2% fat)	1/2 cup	100
Cottage cheese, non-fat	1/2 cup	80
Egg (white and yolk)	1	75
FISH:		
Catfish, baked	3 oz	135
Catfish, fried	3 oz	165
Cod, baked	3 oz	105

◆ High fiber foods

Meat, Meat Substitutes, Cheese, & Other Proteins Group (Meat)

Food	Serving Size	Calories
Flounder, baked	3 oz	105
Haddock	3 oz	105
Herring (smoked or without cream)	1 oz	55
Salmon, baked	3 oz	165
Sardines	2 sardines	55
Shark	3 oz	165
Sole	1 oz	35
Swordfish	3 oz	165
Tuna, canned in oil	3 oz	165
Tuna, canned in water or fresh	3 oz	105
Garden Burger	1 patty	130
Ham, extra lean (5% fat), roasted	3 oz	120
Ham, lean (11% fat), roasted	3 oz	150
Hotdog (wiener only), fat free	1 whole	40
Hotdog (wiener only), light	1 whole	110
Hotdog (wiener only) regular (beef, chicken, pork, tofu, turkey) with 5 or more grams of fat per serving	1 whole	145
Lamb: Chop, leg, or roast	3 oz	165
Liver (high in cholesterol)	3 oz	165
Luncheon meat with more than 5 gram of fat per 1 oz (bologna, salami, olive loaf)	1 oz	100
Luncheon meat with 2-5 grams of fat per 1 oz (turkey salami, ham)	1 oz	55
Luncheon meat with less than 2 grams of fat per oz (lean ham, turkey breast, chicken breast, turkey ham)	1 oz	35

Food	Serving Size	Calories
Miso (soy bean curd)	3 Tbsp	115
Ostrich	3 oz	120
Peanut Butter	1 Tbsp	100
Peanut Butter, reduced fat	1 Tbsp	100
Pepperoni (5 slices)	1 oz	140
Pheasant	3 oz	120

PORK:

Canadian bacon	3 oz	165
Chops, with fat trimmed	3 oz	165
Chops, with fat	3 oz	270
Ground pork	3 oz	255
Ribs (baby back ribs)	3 oz	300
Roast, with fat trimmed	3 oz	210
Roast, with fat	3 oz	270
Salt pork (fat back)	1"x1" piece	120
Sausage (Polish sausage, Italian sausage)	3 oz	330
Tenderloin	3 oz	135

POULTRY:

Chicken, white meat, without skin (chicken breast)	3 oz	90
Chicken, white meat, with skin (chicken breast)	3 oz	165
Chicken, dark meat, without skin (thigh or leg)	3 oz	165
Chicken, dark meat, with skin (thigh or leg)	3 oz	225
Chicken fingers (2 fingers)	3 oz	245
Chicken nuggets (all types)	6 nuggets	275
Chicken wings (fried in oil)	6 wings (5 oz)	485
Duck, roasted without skin	3 oz	165
Duck, roasted with skin	3 oz	285

◆ High fiber foods

Meat, Meat Substitutes, Cheese, & Other Proteins Group (Meat)

Food	Serving Size	Calories
Goose, roasted without skin	3 oz	165
Goose, roasted with skin	3 oz	255
Ground turkey, regular (85% lean)	3 oz	135
Ground turkey, extra lean (greater than 95% lean)	3 oz	105
Turkey, white meat, without skin	3 oz	90
Turkey, white meat, with skin	3 oz	140
Turkey, dark meat, without skin	3 oz	135
Turkey, dark meat, with skin	3 oz	155
Rabbit	3 oz	165
Salami	1 oz	75
Sausage (1 or less grams of fat per ounce)	1 oz	55
Sausage (2-4 grams fat per ounce)	1 oz	75
Sausage (beef, bratwurst, Italian, knockwurst, polish, pork, smoked, turkey)	1 oz	100
Seeds (pumpkin, sesame or sunflower)	1 Tbsp	45
SHELLFISH: (High in Cholesterol)		
Clams	3 oz	105
Crab	3 oz	105
Imitation shellfish	3 oz	105
Lobster	3 oz	105
Oysters, raw or canned	3 oz	105
Scallops	3 oz	105
Shrimp, boiled or baked	3 oz	105
Shrimp, breaded and fried	3 oz	210

Food	Serving Size	Calories
Spam	3 oz	270
Tofu, regular fat, soft or firm	1/2 cup (4 oz)	75
Tuna (see FISH)		
VEAL:		
Chop, with fat trimmed	3 oz	180
Chop, with fat	3 oz	225
Roast	3 oz	135



Foods that have greater than 5g of fat per serving and/or high sugar are RED foods.



Foods that have 2-5g of total fat are YELLOW foods.



Foods that are less than 2g of total fat are GREEN foods.



◆ High fiber foods

Fats, Oils, and Sweets

Food	Serving Size	Calories
Alcohol - beer	12 oz	145
Alcohol - liquor	1 oz	70
Alcohol - wine	6 oz	125
Angel food cake (1/12)	About 2 oz	160
Avocado (medium)	2 Tbsp (1 oz)	45
Bacon	1 slice (20 slices/lb.)	35
Bacon bits	1 Tbsp	25
Bacon grease	1 tsp	40
Bacon, rinds (8 pieces)	1 oz	155
Barbecue Sauce (See Free Food List)	1 Tbsp	14
Brownie, small, unfrosted (2" x 2" piece)	About 1 oz	125
Butter	1 tsp	35
Butter, reduced fat	1 tsp	20
Butter, reduced fat	1 Tbsp	50
Butter, whipped, reduced fat	1 tsp	30
Cake, plain (1/12 of cake-mix cake)	1 piece	240
Cake with icing (1/12 of cake-mix cake)	1 piece	400
Candies, Caramel	1 oz	120
Candies, Fudge	1 oz	110
Candies, Peanut brittle	1 oz	125
Cheese Balls, Puffs or Twists, regular (Cheetos)	1 oz	160
Cheesecake (1/8 of 9" diam)	1 piece	250
Chitterlings, boiled (1/2 oz)	2 Tbsp	45
Chocolate (any type)	1 oz	150
Chocolate syrup	1 Tbsp	55
Cocoa, hot- prepared from powder mix (1 envelope)	1 cup	110

Food	Serving Size	Calories
Coconut, sweetened, shredded, dried	2 Tbsp	45
Cookies, all types, (2" diam)	2 whole	160
Corn Chips, regular	1 oz	155
Cracker Jacks	1 oz	120
Cranberry sauce- jellied or whole berry	1/4 cup	120
Cream, half-n-half, heavy whipping	2 Tbsp	45
Cream cheese, fat-free (See Free Food List)	1 Tbsp (1/2 oz)	15
Cream cheese, light	1 Tbsp (1/2 oz)	35
Cream cheese, regular	1 Tbsp (1/2 oz)	50
Cream puff (3 1/2" diam)	1 piece	225
Creamers, non-dairy, liquid, flavored	1 Tbsp	40
Creamers, non-dairy, liquid, fat free (See Free Food List)	1 Tbsp	10
Creamers, non-dairy, powdered, flavored	1 Tbsp	45
Cup cake, frosted	1 small (about 2 oz)	205
Custard - fruit, lemon meringue, pumpkin	1/2 cup	150
Doritos	1 oz	140
Doritos, baked	1 oz	125
Doughnut - cake or raised	1 medium (1 1/2 oz)	250
Doughnut holes	4	160
Éclair (5" length x 2" diam)	1 whole	260
Fat back or salt pork	1"x1" piece	120
French Fries, any type, including frozen	5 oz (medium order)	500

◆ High fiber foods

Fats, Oils, and Sweets

Food	Serving Size	Calories
Fruit cake (1/8 of 9" diam)	1 piece	225
Fruit roll up	1 roll (1/2 oz)	50
Fudgsicle	1 whole	100
Fudgsicle, sugar free	1 whole (1 oz)	45
Fun fruit or fruit jellies	1 oz	100
Gatorade	1 cup (8 oz)	50
Gingerbread (1/16 whole)	1 piece	125
Gingersnaps	3 pieces	80
Gravy, thick	2 Tbsp	50
Gravy, thin	2 Tbsp	30
Guacamole	2 Tbsp	55
Gumdrops (1 oz)	8 pieces	110
Hard candy (including Breath mints, etc.)	1 oz	110
Hash Browns, any type, including frozen	1/2 cup	180
Hawaiian Punch Fruit Beverage	1 cup (8 oz)	120
Honey	1 Tbsp	80
Ice Cream, fat free, no added sugar	1/2 cup	90
Ice Cream, regular	1/2 cup	170
Italian ice	1/2 cup	75
Jam, jelly, marmalade, light	1 Tbsp	25
Jam, jelly, marmalade, regular	1 Tbsp	50
Jell-O, diet, sugar free (See Free Food List)	1/2 cup	25
Jell-O, regular	1/2 cup	80
Jelly beans (1 oz)	10 pieces	65
Ketchup/catsup (See Free Food List)	1 Tbsp	15
Kool-Aid, ready to drink	1 cup	100
Lemonade or Orangeade	1 cup	100

◆ High fiber foods

Food	Serving Size	Calories
Lollipop, Blow Pop (regular size)	1	108
Margarine, light, whipped	1 Tbsp	25
Margarine, regular	1 Tbsp	100
Marshmallow Fluff	2 Tbsp	90
Marshmallows (regular size)	4	90
Mayonnaise, fat free (See Free Food List)	1 Tbsp	10
Mayonnaise, light, reduced fat	1 Tbsp	50
Mayonnaise, regular	1 Tbsp	100
Mixed nuts (50% peanuts)	6 nuts	45
Mustard (See Free Food List)	2 Tbsp	15
Nuts (almonds, cashews, walnuts, etc.)	6 nuts	45
Oil - canola, olive, peanut	1 tsp	40
Oil (corn, safflower, soybean, vegetable)	1 tsp	40
Olives - green, stuffed	10 large	60
Olives - ripe black	8 large	40
Pastry, Danish (large)	1 whole	260
Peanut Butter	1 Tbsp	100
Peanuts, dry-roasted	10 nuts	45
Pecans, roasted	4 halves	45
Pie, fruit, 2 crusts	1/6 of 8" commercially prepared pie	330
Pie, pumpkin or custard	1/8 of 8" commercially prepared pie	250
Pop, soda, regular	1 can	150
Pop, soda, diet (See Free Food List)	1 can	0
Pop Tart, any flavor	1 whole	200
Pop Tart, low fat, any flavor	1 whole	190
Popsicle	1 whole	65

Fats, Oils, and Sweets

Food	Serving Size	Calories
Popsicle, sugar free (See Free Food List)	1 whole	15
Potato Chips, fat-free, baked	1 oz	75
Potato Chips, regular	1 oz	160
Pudding, fat free, any flavor	1/2 cup	80
Pudding, regular, any flavor	1/2 cup	160
Ranch dressing, fat free (See Free Food List)	1 Tbsp	25
Ranch dressing, light, reduced fat	1 Tbsp	50
Ranch dressing, regular	1 Tbsp	90
Relish (See Free Food List)	1 Tbsp	20
Salad dressing, fat free (See Free Food List)	1 Tbsp	5
Salad dressing, light	1 Tbsp	35
Salad dressing, regular	1 Tbsp	65
Sherbet	1/2 cup	160
Shortening or lard	1 tsp	45
Sour cream, fat free (See Free Food List)	1 Tbsp	14
Sour cream, light, reduced fat	2 Tbsp	40
Sour cream, regular	2 Tbsp	51
Soy sauce (See Free Food List)	1 Tbsp	9
Sugar, regular white	1 Tbsp	50
Sugars: brown, molasses, and powdered	1 Tbsp	50
Sweet Breads: banana, date, fruit and nut (not frosted)	1 slice (2 oz)	160
Sweet Roll	1 (2 1/2 oz)	290
Syrup, Light	1 Tbsp	25
Syrup, Maple	1 Tbsp	50

Food	Serving Size	Calories
Syrup, sugar free (See Free Food List)	2 Tbsp	18
Taco Sauce (See Free Food List)	1 Tbsp	7
Tahini paste	1 Tbsp	85
Tang, prepared with water	1 cup	90
Tater Tots, any type, including frozen	1/2 cup	205
Teddy Grahams	24 pieces	130
Tortilla Chips, reduced fat	1 oz	125
Tortilla Chips, regular	1 oz	141
Waffle cone, regular	1 cone	70
Whipped Topping, fat free (Cool Whip) (See Free Food list)	2 Tbsp	15
Whipped Topping, light (Cool Whip) (See Free Food List)	1 Tbsp	10
Yogurt, frozen, fat-free	1/2 cup	100
Yogurt, frozen, low fat	1/2 cup	120

◆ High fiber foods



Free Foods and Condiments List

Free foods have less than 20 calories per serving. This first list of Free Foods is foods or drinks you can have in unlimited amounts.

Free Foods-Unlimited list

Artificial sweeteners (Equal, Sweet & Low, Splenda)
Bouillon, broth, consommé
Bouillon, broth, low sodium
Club soda
Coffee
Cooking spray when used for cooking (Pam spray, Mazola, etc.)
Diet soft drinks, sugar free
Gum, sugar free
Herbs and Spices (pepper, garlic powder, Mrs. Dash)
Horseradish
Hot sauce
Margarine spray (i.e. I can't believe...)
Mineral water
Pop, soda, diet
Sugar free flavored drinks (Crystal Light, Sugar free Kool-Aid)
Tea - hot or iced, unsweetened
Vinegar
Water
Worcestershire Sauce

This list contains Free Foods that you should eat 3 or less per day. If you have 4 or more per day, you will need to count the calories of each food after the 3rd food. You can find the calories of these foods on the Nutrition Facts label or in this Food Reference Guide under their food groups.

Free Foods—Up to 3 servings per day are Free

Food	Serving Size
A1 Steak Sauce	1 Tbsp
Barbecue Sauce	1 Tbsp
Celery, stalk (7 inches long)	2 stalks
Creamers, non-dairy, liquid, fat free	1 Tbsp
Cream Cheese, fat-free	1 Tbsp
Cucumber, raw, sliced	1 cup
Jell-O, diet, sugar free	1/2 cup
Ketchup/catsup	1 Tbsp
Lemon juice	1/4 cup
Lime juice	1/4 cup
Mayonnaise, fat free	1 Tbsp
Mustard	2 Tbsp
Pickles, dill	2 whole
Pickles, sweet (bread and butter)	2 slices
Popsicle, sugar free	1 whole
Ranch dressing, fat free	1 Tbsp
Relish	1 Tbsp
Salad dressing, fat free	1 Tbsp
Salsa	1/4 cup
Sour Cream, fat free	1 Tbsp
Soy Sauce	1 Tbsp
Spinach, raw	1 cup
Syrup, sugar-free	2 Tbsp
Taco Sauce	1 Tbsp
Whipped Topping, fat free (Cool Whip)	2 Tbsp
Whipped Topping, light (lite) (Cool Whip)	1 Tbsp

Appendix A:

Ready-to-eat Cereals

Ready-to-eat cereals are color coded a little bit differently than other foods. Most cereals do not have much fat, but some have more sugar and/or carbohydrates than other cereals. When you have ready-to-eat cereal, you can either look on this list or figure it out yourself if the cereal is a GREEN, YELLOW, or RED food. You can learn what color the cereal is by reading the Nutrition Facts label on the side of the box and using these two rules.

RULE #1: Look at the Total Carbohydrates grams. If it has;

- ▶ 25g or less of Carbohydrates, it is a **GREEN** cereal.
- ▶ 26g to 30g of Carbohydrates, it is a **YELLOW** cereal.
- ▶ More than 30g of Carbohydrates, it is a **RED** cereal.

RULE #2: Look at the Sugar grams; if it has 10g or more of sugar, it becomes a RED cereal.

Name	Serving Size (cups)	Calories	Carb grams	Sugar grams
All Bran◆	1/2	80	23	6
Apple Jacks	1	130	30	16
Cap'n Crunch	3/4	110	23	12
Cheerios◆	1	110	22	1
Cheerios, Honey Nut	1	120	24	11
Cinnamon Toast Crunch	3/4	130	24	10
Coco Puffs	1	120	26	14
Cookie Crisp	1	120	26	13
Corn Bran◆	3/4	90	23	6
Corn Chex	1	110	26	3
Corn Flakes	1	100	24	2
Corn Pops	1	120	28	14
Cracklin' Oatbran◆	3/4	200	35	15
Fiber One◆	1/2	60	24	0
Fruit Loops (Froot Loops)	1	120	28	15
Frosted Flakes	3/4	120	28	12

◆ High fiber foods

Name	Serving Size (cups)	Calories	Carb grams	Sugar grams
Frosted Shredded Wheat♦	1	180	43	12
Fruity Pebbles	3/4	110	24	12
Golden Crisp	3/4	110	25	14
Golden Grahams	3/4	120	25	10
GoLean Crunch♦	1	190	36	13
Honey Comb	1 1/3	110	26	11
Kix	1 1/3	120	25	3
Life	3/4	120	25	6
Lucky Charms	1	120	25	13
Milk 'n' Cereal bars	n/a	160	26	16
Raisin Bran♦	1	190	46	20
Raisin Nut Bran♦	3/4	200	41	16
Rice Chex	1 1/4	120	27	2
Rice Krispies	1 1/4	120	29	3
Shredded Wheat♦	1	170	40	0
Smacks	3/4	100	24	15
Special K	1	110	22	4
Total♦	3/4	110	23	5
Trix	1	120	27	13
Waffle Crisp	1	120	25	12
Wheat Chex♦	1	180	40	5
Wheaties♦	1	110	24	4

Here is space for some of your favorite cereals



Appendix B:

Pizza

Examples of calories and RED food servings for different size pizzas are listed below. If calorie totals for your pizza are not available, use the calorie and RED food totals from the examples. Choose the example that is most similar to the piece you had.

- ▶ Medium Domino's Cheese Pizza (classic hand tossed)
1 slice = 188 calories and 1 RED food
- ▶ Large Domino's Cheese Pizza (classic hand tossed)
1 slice = 256 calories and 2 RED foods
- ▶ Medium Pizza Hut Pan Cheese Pizza
1 slice = 280 calories and 2 RED foods



Do you know the amount of calories in your slice of pizza, but you are not sure of the amount of RED foods you should count per slice? Then use these guidelines to count the amount of RED foods for each slice of pizza you eat.

- ▶ Thin crust pizza, 1 slice from small or medium pizza = 1 RED food
- ▶ Thin crust or hand tossed pizza, 1 slice from large or extra large pizza = 2 RED foods
- ▶ Pan, deep dish, or stuffed crust pizza, 1 slice from any size pizza = 2 RED foods

Special Notes for Pizza:

- ▶ For sheet pizzas with square pieces, assume that calories for one square slice are similar to calories for one slice of a round pizza.
1 slice = 1 RED food
- ▶ Toppings should be added to RED food totals and calories should be adjusted.
 - ▶ Example: Domino's medium pizza with green pepper and mushrooms
1 slice = 198 calories and 1 RED food
(vegetables are GREEN foods)
 - ▶ Example: Domino's medium pepperoni pizza
1 slice = 225 calories and 2 RED foods
(1 RED for the medium cheese pizza and 1 RED for the pepperoni)
 - ▶ Example: Pizza Hut large stuffed crust pizza with pepperoni and sausage
1 slice = 450 calories and 4 RED foods
(2 REDs for stuffed crust, 1 RED for pepperoni, and 1 RED for sausage)

Appendix C:

Combination Foods

Some food dishes are considered to be a Combination Food. These combination dishes do not fit into any one food group list, but instead contain items from several food groups. Combination Foods include: casseroles, pasta dishes, pizzas, sandwiches, soups and salads. Each dish is the sum of its parts. In Combination Foods, it is necessary to measure each ingredient to determine calories and RED food servings. Once you have determined the amount of each ingredient in one serving of the dish, you can look in the Diabetes Food Reference Guide to determine the number of calories contained in one serving. To determine if a Combination Food is a RED food, add up the number of servings of (even fractions) individual RED food ingredients. If the total RED food ingredient servings equal 1 or more, the Combination Food is then counted as a RED food. If the amount of RED food ingredients in the Combination Food equals less than one, then that food is NOT counted as a RED food.

Serving sizes of Combination Foods include:

Sandwiches (burgers, tacos, burritos, roll-ups); 1 small sandwich = 1 serving

Pizza; 1 small slice (see Food Reference Guide appendix B) = 1 serving

Pasta, Casserole and Stir Fry Dishes; 1 cup = 1 serving

Soups; 1 cup = 1 serving

How to record mixed dishes:

List all the ingredients in the recipe if possible; otherwise, list major ingredients:

FOOD	AMOUNT	REDS	CALORIES
SPAGHETTI WITH 3 MEATBALLS			
Noodles	1 cup		180
Tomato Sauce	1/2 cup		50
Meatball (3 small)	3 oz	1	255
TOTAL		1	485

HAMBURGER WITH CHEESE			
Ground Beef Patty	3 oz	1	255
Hamburger Bun	1 whole		160
Lettuce, tomatoes, pickles, onions	1/2 cup		13
Mayonnaise	1 Tbsp	1	100
Cheese, cheddar	1 oz	1	115
TOTAL		3	643

Appendix D:

Restaurant Foods

Many restaurant foods are Combination Foods. Use the technique described on the previous page to determine servings from each food group.

Most restaurants add fat to their food during cooking. Unless you know how the food is prepared, assume that high-fat foods such as whole milk, regular ground beef, and whole eggs are used in preparation of the food. While it is not impossible to make a healthy choice to order GREEN and YELLOW foods at restaurants, the majority of the options will be RED foods.

Some guidelines are listed below to help you figure the amount of REDS in restaurant type foods.

GUIDE TO SALAD DRESSINGS:

- ▶ Assume 1 Tbsp of thin salad dressing (oil and/or vinegar type) per cup of salad.
- ▶ Assume 1½ Tbsp of thick salad dressing (creamy type) per cup of salad.

GUIDE TO FATS (oil, butter or margarine):

- ▶ To estimate the amount of butter, margarine or oil used as a spread (including garlic bread): Assume 1 tsp of margarine or butter per slice of bread.
- ▶ To estimate the amount of fat used in grilling sandwiches: Assume 1 tsp of fat for each slice of bread.
- ▶ To estimate the amount of fat for fried tortillas: Assume 1 tsp of fat per tortilla.
- ▶ To estimate fat used with popcorn: Assume 1 tsp of oil per cup popped. If buttered, add 1 tsp of butter per cup popped.

To estimate fat in cooking:

FISH AND SEAFOOD:

- ▶ Assume ½ tsp of fat per ounce of fish or seafood that has been basted or pan-fried with fat.
- ▶ Assume 1 tsp per ounce of fish or seafood that has been breaded and fried or prepared with a commercial oven coating mix.

BEEF, LAMB, PORK, AND VEAL:

- ▶ Assume ½ tsp of fat per ounce of meat that has been basted or pan-fried with fat, without flour or breading.
- ▶ Assume 1 tsp of fat per ounce of meat that has been breaded and fried or prepared with an oven coating mix.

POULTRY:

- ▶ Assume ½ tsp of fat per ounce of poultry that has been basted or pan-fried.
- ▶ Assume 1 tsp of fat per ounce of poultry that has

been breaded and fried or prepared with an oven coating mix.

VEGETABLES AND LEGUMES:

- ▶ Assume 1 tsp of fat for each cup of vegetables and beans that has been marinated, stir fried or seasoned with fat.
- ▶ Assume 2 tsp of fat for each cup of vegetables and beans that has been breaded and fried or prepared with a commercial oven coating mix.

GUIDE TO ESTIMATING AMOUNTS OF VEGETABLES:

- ▶ Assume ½ cup of vegetables in one cup of vegetable based broth or cream soup.

GUIDE TO ESTIMATING AMOUNTS OF GRAVIES OR SAUCES:

- ▶ Assume ½ Tbsp of gravy or sauce per ounce of meat, poultry, or fish.
- ▶ Assume 2 Tbsp of sauce per cup of vegetables.

EXAMPLE: Sally and her mom went out to an Italian Restaurant. Sally ordered a huge bowl of spaghetti and meatballs, but only ate half, which she estimated at 1 1/3 cups of noodles. She ate 3 meatballs and figured this to be about the size of a deck of cards. She asked for the tomato sauce on the side so she could estimate the amount she ate, which was about 3/4 cup. Sally had 1 slice of pre-buttered garlic bread and 1 cup of salad with the house oil-type dressing, but she forgot to ask for the dressing on the side. Sally also had milk to drink with her meal and forgot to ask the waiter what percentage it was. How should Sally report her meal in her Lifestyle Log?

FOOD	AMOUNT	CALORIES	REDS
Spaghetti noodles	1 1/3 cup	240	
Tomato Sauce	3/4 cup	75	
Parmesan Cheese	1 Tbsp	27	
Meatballs - regular ground beef, cooked	3 oz	255	1
Oil	1 1/2 tsp	60	1 1/2
Bread - white	1 slice	80	
Butter	1 tsp	35	1
Salad - lettuce	1 cup	25	
Salad dressing - unknown, oil and vinegar type	1 Tbsp	65	1
Croutons	1/4 cup	31	
Garbanzo beans	1/4 cup	58	
Milk - whole	8 oz	150	1
Totals:		1101	5 1/2 REDS

Sally knows that one deck of cards equals about 3 ounces of meat, and that she should assume that a restaurant uses regular ground beef and that they pan-fried the meatballs before adding them to the sauce. According to our eating out guidelines, she adds 1/2 tsp. of fat to each ounce of meat she ate, so she added 1 1/2 tsp of oil to her food records.

Sally did not know how much butter was on the garlic bread so she uses the eating out guidelines to estimate 1 tsp of butter to her food record.

Sally had to use our estimating rules to figure the amount of salad dressing in her 1 cup portion of salad. Because Sally's dressing was the thin, clear type, she assumed 1 Tbsp of regular oil and vinegar type dressing in her portion of salad.

Sally doesn't know what kind of milk the restaurant had so as per our guidelines she assumes the full-fat version, and lists her milk as whole milk.

Index

A

A1 Steak Sauce 22
Acidophilus milk (lactose reduced milk) 14
Alcohol
 beer 18
 liquor 18
 wine 18
American cheese 15
Anchovies 15
Angel food cake 18
Animal Crackers 7
Apple 10
Apple Butter, 100% fruit spreads (no sugar added) 10
Apple juice, 100% juice (sweetened) 10
Apple juice/cider, 100% juice (unsweetened) 10
Applesauce
 sweetened 10
 unsweetened 10
Apricots, canned, in own juice or light syrup 10
Apricots, fresh 10
Artichoke 12
Artificial sweeteners (Equal, Sweet & Low, Splenda) 21
Asparagus 12
Avocado 18

B

Bacon 18
 Bacon bits 18
 Bacon grease 18
 Bacon, rinds 18
 Turkey bacon 15
 Turkey bacon, 95% fat free 15
Bagel 7
Bagel chips 7
Baked beans 7
Banana 10
Barbecue Sauce 18, 22

Barley, cooked 7
Beans
 Baked 7
 Garbanzo 7
 Green/wax/Italian 12
 Kidney 7
 Lentils 7
 Lima beans 7
 Pinto 7
 Refried 7
 Split pea 7
 White 7
Beans, estimating amount 27
Bean sprouts 12
BEEF Section 15
Beef
 Corned beef brisket 15
 Corned beef hash 15
 Ground beef 15
 Ground round 15
 Prime rib (rib eye steak) 15
 Roast (chuck, rib, rump) (greater than 80% lean) 15
 Short ribs 15
 Steak, trimmed of fat (New York, cubed, flank, round, sirloin, porterhouse, t-bone), roasted or grilled 15
 Steak, with fat (New York, cubed, round, sirloin, porterhouse, t-bone), roasted or grilled 15
 Tenderloin, trimmed of fat 15
 Top round trimmed of fat, roasted or braised 15
Beef, estimating amount 27
Beef Jerky 15
Beets, boiled 12
Beets, canned (not pickled) 12
Biscuit 7
Blackberries 10
Blue cheese 15
Blueberries 10
Bouillon
 Broth, consommé 21
 Broth, low sodium 21
Bread
 White 7
 Sourdough 7

Breads, Grains, Beans, and Starchy Vegetables (Starch) Group 7, 8, 9
Bread sticks 7
Brie cheese 15
Broccoli 12
Brownie, unfrosted 18
Brussels sprouts 12
Buffalo 15
Bulgur 7
Bun, Hot dog or hamburger 7
Butter 18
 Reduced fat 18
 Whipped, reduced fat 18
Butter, estimating amount 27
Buttermilk
 2% milk fat 14
 Non-fat or low-fat 14

C

Cabbage 12
Cake
 Plain 18
 With icing 18
Canadian bacon 16
Candies
 Caramel 18
 Fudge 18
 Peanut brittle 18
Cantaloupe 10
Carrot 12
Casaba 10
Catfish
 Baked 15
 Fried 15
Cauliflower 12
Celery
 Stalk 12, 22
Cereal
 Cooked 7, 23, 24
 Frosted, dry 7, 23, 24
 Unsweetened, dry 7, 23, 24
Cereal or Breakfast bar
 Nutrigrain, Quaker 7
 With Chocolate 7
 Without chocolate coating 7

- Cereals, Ready-to-eat 23, 24
 - Cheddar
 - Low fat 15
 - Fat free 15
 - CHEESE Section 15
 - Cheese
 - American 15
 - American, fat free 15
 - American, light 15
 - Blue 15
 - Brie 15
 - Cheddar 15
 - Cheddar, fat free 15
 - Cheddar, low fat 15
 - Cheeses, non-fat or made with skim milk 15
 - Cheeses, with 2-5 grams of fat per serving 15
 - Cheeses, with greater than 5 grams of fat per serving 15
 - Feta 15
 - Mozzarella, part skim milk 15
 - Mozzarella, whole milk 15
 - Parmesan 15
 - Parmesan, fat-free 15
 - Ricotta, light, low fat 15
 - Ricotta, non-fat 15
 - Ricotta, whole milk 15
 - Cheesecake 18
 - Cheese Balls, Puffs or Twists, regular (Cheetos) 18
 - Cheese Nip type crackers 7
 - Cheese spread 15
 - Cheetos 18
 - Cherries, canned 10
 - Cherries, fresh 10
 - Chex mix 7
 - Chicken (see POULTRY) 16
 - Dark meat, with skin (thigh or leg) 16
 - Dark meat, without skin (thigh or leg) 16
 - Fingers (2 fingers) 16
 - Nuggets (all types) 16
 - White meat, with skin (chicken breast) 16
 - White meat, without skin (chicken breast) 16
 - Wings (fried in oil) 16
 - Chitterlings, boiled 18
 - Chocolate (any type) 18
 - Chocolate milk
 - Low fat (1 % fat) 14
 - Reduced fat (2% fat) 14
 - Whole (3.3% fat) 14
 - Chocolate syrup 18
 - Chops, pork
 - With fat 16
 - With fat trimmed 16
 - Chops, veal
 - With fat 17
 - With fat trimmed 17
 - Chorizo, (pork and beef sausage) 15
 - Chow mein noodles 7
 - Clams 17
 - Club soda 21
 - Cocoa, hot- prepared from powder mix 18
 - Coconut, sweetened, shredded, dried 18
 - Cod 15
 - Coffee 21
 - Cottage cheese
 - 4% fat 15
 - low fat (2% fat) 15
 - non fat 15
 - Combination Foods 26
 - Cookies, all types, 18
 - Cooking spray when used for cooking (Pam spray, Mazola, etc.) 21
 - Corn 7
 - Cornbread 7
 - Corned beef
 - Brisket 15
 - Hash 15
 - Hash (greater than 80% lean) 15
 - Corn Chips, regular 18
 - Corn on the cob 7
 - Cottage cheese
 - 4% fat 15
 - Low fat (2% fat) 15
 - Non-fat 15
 - Couscous 7
 - Crab 17
 - Crackers
 - Butter type 7
 - Cheese type 7
 - Rye Crisps 9
 - Saltines 9
 - Sandwich type 9
 - Triscuits 9
 - Veggie Thins 9
 - Wheat Thins 9
 - Zwieback 9
 - Cracker Jacks 18
 - Cranberry juice cocktail 10
 - Cranberry juice cocktail, reduced calorie 10
 - Cranberry sauce- jellied or whole berry 18
 - Cream, half-n-half, heavy whipping 18
 - Cream cheese
 - Fat-free 18, 22
 - Light 18
 - Regular 18
 - Cream puff 18
 - Creamers
 - Non-dairy, liquid, fat free 18, 22
 - Non-dairy, liquid, flavored 18
 - Non-dairy, powdered, flavored 18
 - Croissant 7
 - Croutons 7
 - Cucumbers, raw 12, 22
 - Cup cake, frosted 18
 - Cup noodles 7
 - Custard - fruit, lemon meringue, pumpkin 18
- ## D
- Dates 10
 - Diabetes Food Guide Pyramid 2, 3
 - Doritos 18
 - Baked 18
 - Doughnut
 - Cake or raised 18
 - Holes 18
 - Dried fruits: (with sugar added) 10
 - Dry milk
 - Non-fat 14
 - Whole 14
 - Duck
 - Roasted with skin 16
 - Roasted without skin 16
- ## E
- Éclair 18
 - Egg (white and yolk) 15
 - Eggplant 12
 - English muffin 7
 - Estimating foods 27
 - Evaporated milk
 - 2% reduced fat 14
 - Skim 14
 - Whole 14

F

Fat Back (Salt Pork) 18
Fat free, skim milk 14
Fats, Oils, and Sweets group 18, 19, 20
Feta 15
Figs, fresh 10
Fig Newtons 7
FISH Section 15, 16
Fish
 Catfish, baked 15
 Catfish, fried 15
 Cod, baked 15
 Flounder, baked 16
 Haddock 16
 Herring (smoked or without cream) 16
 Salmon, baked 16
 Sardines 16
 Shark 16
 Sole 16
 Swordfish 16
 Tuna, canned in oil 16
 Tuna, canned in water or fresh 16
Fish, estimating amount 27
Flounder, baked 16
Food Label 6
Food Guide Pyramid, Diabetes 2, 3
Free Foods 21, 22
French Fries, any type, including frozen 18
Fruit Group 10, 11
Fruit cake 19
Fruit cocktail, canned 10
Fruit juice bars, 100% juice (sweetened) 10
Fruit juice blends, 100% juice (sweetened) 10
Fruit roll up 19
Fry bread 7
Fudgsicle 19
 Sugar free 19
Fun fruit or fruit jellies 19

G

Garbanzo beans 7
Garden Burger 16
Gatorade 10, 19
Gingerbread 19
Gingersnaps 19
Goat milk 14

Goldfish crackers 7
Goose, roasted with skin 17
Goose, roasted without skin 16
Graham crackers 7
Granola 7
Granola Bar 9
Grape juice
 100% juice (sweetened) 10
 100% juice (unsweetened) 10
Grapes 10
Grapefruit 10
Grapefruit, sections, canned, in own juice or light syrup 10
Grapefruit juice
 100% juice (sweetened) 10
 100% juice (unsweetened) 10
Gravy
 thick 19
 thin 19
Gravy, estimating amount 27
Greens: endive/kale/collards 12
Green/Wax/ Italian beans 12
Grits 7
Ground beef
 Extra lean 15
 Lean 15
 Regular (less than 80% lean) 15
 Ground round 15
Ground pork 16
Ground turkey
 Extra lean (greater than 95% lean) 17
 Regular (85% lean) 17
Guacamole 19
Gum, sugar free 21
Gumdrops 19

H

Haddock 16
Ham
 Extra lean (5% fat), roasted 16
 Lean (11% fat), roasted 16
Hamburger (See Ground Beef) 15
Hard candy (including Breath mints, etc.) 19
Hash Browns, any type, including frozen 19
Hawaiian Punch Fruit Beverage 10, 19
Herbs 21
Herring (smoked or without cream) 16
Hi-C fruit juice 10

Hoagie roll 7
Honey 19
Honeydew melon 10
Horseradish 21
Hot sauce 21
Hotdog
 (wiener only), fat free 16
 (wiener only), light 16
 (wiener only) regular (more than 5 grams of fat per serving) 16
Hummus (chickpea dip) 7

I

Ice Cream
 Fat free, no added sugar 19
 Regular 19
Imitation shellfish 17
Italian ice 19

J

Jam, jelly, marmalade
 Light 19
 Regular 19
Jell-O
 Regular 19
 Sugar free 19, 22
Jelly beans (1 oz.) 19
Juices 10, 11, 13
 Apple juice, 100% juice (sweetened) 10
 Apple juice/cider 100% juice (unsweetened) 10
 Cranberry juice cocktail 10
 Cranberry juice cocktail, reduced calorie 10
 Fruit juice blends, 100% juice (sweetened) 10
 Grape juice, 100% juice (unsweetened) 10
 Grape juice, 100% juice (sweetened) 10
 Grapefruit juice, 100% juice (sweetened) 10
 Grapefruit juice, 100% juice (unsweetened) 10
 Hi-C fruit juice (10% juice) 10
 Orange juice, 100% juice (unsweetened) 10
 Pineapple juice, 100% juice (unsweetened) 10

Prune juice, 100% juice
(unsweetened) 11
Sunny Delight 11
Tomato or V-8 Juice 13

K

Kasha, 7
Kefir, low-fat 14
Kern's Nectar, all flavors 10
Ketchup/catsup 19, 22
Kidney beans 7
Kiwi 10
Kool-Aid, ready to drink 19

L

Lamb: Chop, leg, or roast 16
Lamb, estimating amount 27
Lemon 11
Lemon juice 11, 22
Lemonade or Orangeade 19
Lentils 7
Lettuce 12, 28
Lima Beans 7
Lime 11
Lime juice 11, 22
Liver 16
Lobster 17
Lollipop, Blow Pop 19
Low-fat (1% fat) milk 14
Luncheon meat
 2-5 grams of fat per 1 oz (turkey
 salami, ham) 16
 With less than 2 grams of fat
 per oz (lean ham, turkey breast,
 chicken breast, turkey ham) 16
 With more than 5 gram of fat per
 1 oz (bologna, salami, olive loaf)
16

M

Macaroni and cheese 7
Mandarin oranges, canned, in own
juice or light syrup 11
Mango 11
Margarine
 Light, whipped 19
 Regular 19

Spray 21
Margarine, estimating amount 27
Marshmallows 19
Marshmallow Fluff 19
Matzo cracker 7
Mayonnaise
 Fat free 19, 22
 Light, reduced fat 19
 Regular 19
Meal Plans 3
Meat, estimating amount 27
Meat, Meat substitutes, Cheese, and
 other Proteins (Meat) Group 15,
 16, 17
Melba toast bread 7
Milk
 Dry, non-fat 14
 Dry, whole 14
 Evaporated, 2 % reduced fat 14
 Evaporated, skim 14
 Evaporated, whole 14
 Fat free, skim 14
 Goat 14
 Low-fat (1% fat) 14
 Reduced fat (2% fat) 14
 Soy 14
 Whole (3.3% fat) 14
Milk Group 14
Milk'n' Cereal bars 7
Millet, cooked 7
Mineral water 21
Miso (soy bean curd) 16
Mixed nuts (50% peanuts) 19
Mixed Vegetables, frozen, bag type
 Without corn, peas or pasta 12
 With corn or peas or pasta 7
Mozzarella Cheese 15
Muesli 7
Muffin
 (low fat), any flavor, large 8
 (low fat), any flavor, small 8
 (regular), any flavor, large 8
 (regular), any flavor, small 8
Mushrooms 12
Mustard 19, 22

N

Nectarine 11
Non- Starchy Vegetable Group 12,
13
Nuts 19

O

Oatmeal, presweetened, cooked 8
Oats/Oatmeal, unsweetened, cooked
8
Oil 19
Oil, estimating amount 27
Okra 12
Olives - green, stuffed 19
Olives - ripe black 19
Onions 12
Orange 11
Orange juice, 100% juice
(unsweetened) 10
Ostrich 16
Oysters, raw or canned 17
Oyster crackers 8

P

Pancake
 Commercial, homemade or from
 a restaurant 8
 Frozen or made without fat or
 eggs, and cooked without fat 8
Papaya 11
Parmesan cheese 15
Parsley, raw 12
Parsnips 8
Pasta, noodles, or macaroni 8
Pastry, Danish 19
Peach 11
Peaches, canned 11
Peanuts, dry-roasted 19
Peanut Butter 16, 19
 Reduced fat 16
Pear, fresh 11
Pears, canned, in own juice or light
syrup 11
Peas, green 8
Pecans, roasted 19
Pepperoni 16
Peppers, bell 12
Pheasant 16
Pickles
 Dill 12, 22
 Sweet (bread and butter) 12, 22
Pie, fruit, 2 crusts 19
Pie, pumpkin or custard 19
Pineapple
 Fresh 11
 Canned 11
Pineapple juice

100% juice (unsweetened) 10
Pinto beans 7
Pita bread 8
Pizza 25
Plantain 8
Plums
 Fresh 15
 Canned 15
Pop, soda
 Diet 19,21
 Regular 19
Popcorn 8
Popcorn Cakes 8
Popsicle 19
 Sugar free 20,22
Pop Tart 19
PORK Section 16
Pork
 Canadian bacon 16
 Chops, with fat 16
 Chops, with fat trimmed 16
 Ground pork 16
 Ribs (baby back ribs) 16
 Roast, with fat 16
 Roast, with fat trimmed 16
 Salt pork (fat back) 16,18
 Sausage (Polish sausage, Italian sausage) 16
 Tenderloin 16
Pork, estimating amount 27
Portion Sizes 5
Potato
 Baked with skin 8
 Boiled 8
 Mashed, plain 8
Potato Chips
 Fat-free, baked 20
 Regular 20
POULTRY Section 16,17
Poultry
 Chicken, dark meat, with skin (thigh or leg) 16
 Chicken, dark meat, without skin (thigh or leg) 16
 Chicken fingers (2 fingers) 16
 Chicken nuggets (all types) 16
 Chicken, white meat, with skin (chicken breast) 16
 Chicken, white meat, without skin (chicken breast) 16
 Chicken wings (fried in oil) 16
 Duck, roasted with skin 16
 Duck, roasted without skin 16
 Goose, roasted with skin 17
 Goose, roasted without skin 17

Ground turkey, extra lean (greater than 95% lean) 17
Ground turkey, regular (85% lean) 17
Turkey, dark meat, with skin 17
Turkey, dark meat, without skin 17
Turkey, white meat with skin 17
Turkey, white meat, without skin 17
Poultry, estimating amounts 27
Pretzels 8
Prime rib (rib eye steak) 15
Prunes, dried 11
Prune juice, 100% juice (unsweetened) 11
Pudding 20

R

Rabbit 17
Radishes 12
Raisins 11
Raisin bread, unfrosted 8
Ramen noodles 8
Ranch dressing
 Fat free 20,22
 Light, reduced fat 20
 Regular 20
Raspberries 11
Ravioli – meat 8
Ravioli and cheese 8
Reduced fat (2% fat) milk 14
Refried beans 7
Relish 20,22
Restaurant foods 27
Ribs, pork, (baby back ribs) 16
Rice (white, brown, or wild) 8
Rice, fried 8
Rice-A-Roni or pre-packaged flavored rice 8
Rice cakes 8
Ricotta cheese 15
Roast, beef (chuck, rib, rump) 15
Roast, pork
 With fat trimmed 16
 Without fat trimmed 16
Roast, veal 17
Roll, plain, small 8
Rutabaga 12
Rye Crisp 9

S

Salad 12
Salad dressing
 Fat free 20,22
 Light 20
 Regular 20
Salad dressing, estimating amount 27
Salami 17
Salmon, baked 16
Salsa 12,22
Salt pork (fat back) 16,18
Saltine crackers 9
Sandwich crackers 9
Sardines 16
Sauerkraut 12
Sausage 16,17
Scallops 17
Seafood, estimating amount 27
Seeds (pumpkin, sesame or sunflower) 17
Serving Sizes 4
Shark 16
SHELLFISH Section 17
Shellfish
 Clams 17
 Crab 17
 Imitation shellfish 17
 Lobster 17
 Oysters, raw or canned 17
 Scallops 17
 Shrimp, boiled or baked 17
 Shrimp, breaded and fried 17
Sherbet 20
Short ribs 15
Shortening or lard 20
Shrimp
 Boiled or baked 17
 Breaded and fried 17
Slim Fast shake 14
Snow peas 12
Soda, pop
 Diet 19,21
 Regular 19
Sole 16
Sour cream
 Fat free 20,22
 Light, reduced fat 20
 Regular 20
Soy milk
 Fat-free 14
 Low fat 14
Soy sauce 20,22

Spaghetti sauce (Tomatoes) 13
 Spam 17
 Spices 21
 Spinach 12,22
 Split Pea beans 7
 Squash
 Summer (yellow and zucchini) 13
 Winter (acorn, butternut) 9
 Starch Group (Breads, Grains, Beans, and Starchy Vegetables) 7, 8, 9
 Steak
 Trimmed of fat (New York, cubed, flank, round, sirloin, porterhouse, t-bone), roasted or grilled 15
 With fat (New York, cubed, round, sirloin, porterhouse, t-bone), roasted or grilled 15
 Strawberries 11
 Stuffing (bread), prepared 9
 Sugar
 Brown, molasses, and powdered 20
 Regular white 20
 Sugar free flavored drinks (Crystal Light, Sugar free Kool-Aid) 21
 Sunny Delight 11
 Sweet breads: banana, date, fruit and nut 20
 Sweets Group 18, 19, 20
 Sweet Roll 20
 Sweet Success diet drink 14
 Swordfish 16
 Syrup
 Light 20
 Maple 20
 Sugar free 20, 22

T

Taco Sauce 20, 22
 Taco shell, hard 9
 Tahini paste 20
 Tang, prepared with water 20
 Tangerines 11
 Tater Tots, any type, including frozen 20
 Tea – hot or iced, unsweetened 21
 Teddy Grahams 20
 Tenderloin, beef, trimmed of fat 15
 Tenderloin, pork 16
 Tofu, regular fat, soft or firm 17
 Tomato or V-8 Juice 13
 Tomatoes
 Cooked 13
 Paste 13
 Puree 13

Raw 13
 Tomatoes: Spaghetti sauce 13
 Top round, beef, trimmed of fat, roasted or braised 15
 Tortellini (meat or cheese) 9
 Tortilla, soft (corn) 9
 Tortilla, soft (flour) 9
 Tortilla chips
 Reduced fat 20
 Regular 20
 Triscuits 9
 Tuna 16
 Turkey
 Bacon 15
 Bacon, 95% fat free 15
 Dark meat, with skin 17
 Dark meat, without skin 17
 White meat, with skin 17
 White meat, without skin 17

V

Vanilla wafers 9
 VEAL Section 17
 Veal
 Chop, fat trimmed 17
 Chop, with fat 17
 Roast 17
 Veal, estimating amount 27
 Vegetable Group 12, 13
 Vegetable, Tomato or V-8 Juice 13
 Vegetable Thins 9
 Vegetables, estimating amounts 27
 Vinegar 21

W

Waffle 9
 Waffle cone, regular 20
 Water 21
 Watermelon 11
 Wheat germ 9
 Wheat Thins 9
 Whipped Topping, fat free (Cool Whip) 20, 22
 Whipped Topping, light (Cool Whip) 20, 22
 Whole (3.3% fat) milk 14
 White beans 7
 Worcestershire Sauce 21

Y

Yam, sweet potato, plain 9
 Yogurt
 Drinkable (Danimals) 14
 Frozen, fat-free 20
 Frozen, low fat 20
 Fruit flavored, non-fat, sugar-free 14
 Go-Gurt 14
 Plain, low-fat 14
 Plain, non-fat 14
 Plain, whole milk 14
 Whipped 14
 With fruit, low fat 14
 With fruit or other sugar sweetened flavors 14

Z

Zwieback crackers 9

