

MENU PLANNER

Beverages

Purified water
Spring water
Filtered water
Club soda
Seltzer water
Sparkling mineral water
Green tea *
V-8 (low-sodium variety only) *
Pomegranate juice *
Orange juice
Red wine (women 1 glass daily /
men 1-2 glasses daily) *

Note: Avoid all beverages containing artificial sweeteners. Limit consumption of beverages high in sugar (10 grams or more per serving)

Hot Cereals

Oatmeal (regular flavor only) *
Oat bran *
Unprocessed bran *

Cold Cereals

Cheerios *
Quaker Oat Bran *
Kashi Heart to Heart *
Kellogg's Complete Oat Bran Flakes *
Uncle Sam *
Safeway Select Organic Oat Bran Flakes *

Note: Even cereals purchased from health food markets can contain high amounts of sugar and fat. Always read the product label and search for cereals low in sugar (< 10 grams per serving) and fat, and high in fiber

Vegetables

Spinach *
Broccoli *
Cauliflower
Tomato *
Garlic
Sweet potato
Brussels sprouts
Artichoke
Onion
Pepper
Celery
Asparagus
Mushrooms
Cucumbers
Green beans
Snap peas
Snow peas
Avocado
Red cabbage
Brussels sprouts
Squash
Bean sprouts
Radish
Swiss chard
Eggplant
Romaine lettuce
Kale
Endive

Fish, Meat and Other Proteins

Beef (free-range variety w/ all visible fat trimmed)
Chicken (free-range variety grilled and skinned w/ all visible fat trimmed)
Turkey
Venison
Salmon (wild variety only) *
Tilapia
Flounder
Trout
Sea Bass
Halibut
Mahi Mahi
Shellfish (limit consumption due to high cholesterol content)
Eggs (scrambled, hard-boiled, poached)

Note: Limit consumption of red meat to no more than once weekly

Nuts & Seeds

Walnuts *
Pecans *
Almonds *
Flaxseeds
Sunflower seeds
Peanut butter (natural varieties only)

Note: Raw and unsalted varieties

Beans

Black beans
Pinto beans
Kidney beans
Chick peas
Lentils
Garbanzo beans
Navy

Dairy

Yogurt
Milk (skim, 1% or 2% varieties)
Cheese (in limited amounts)

Note: Most people are under the false assumption that all yogurt is healthy. This is not the case. Many yogurts contain high amounts of sugar, artificial colors and flavors, and artificial sweeteners, making them far from healthy. Stick with non-fat and low-fat plain varieties of yogurt. For flavor, try adding some fresh blueberries, strawberries, peaches, bananas or nuts.

Snacks

Baked tortilla chips w/ hummus or salsa
Celery or carrot sticks w/ peanut butter
Apple w/ peanut butter
Unbuttered popcorn
Unsalted pretzels
Sliced strawberries or blueberries w/ fat-free half and half
Frozen fruit (berries and cherries)
Dark chocolate (minimum of 70% cocoa)
Nuts (raw and unsalted)
Raw vegetables
Yogurt (non-fat or low-fat plain w/ fresh fruit)

Fruits

Blueberries *
Strawberries
Apples *
Cherries
Cranberries
Grapefruit
Orange
Pear
Bananas
Raspberries
Kiwifruit
Plum
Lemon and Lime

Soups

All low-sodium, broth-based varieties

Note: Avoid cream-based varieties of soup as they are very high in fat and calories.

*Denotes Daily Dozen Food Items