

• **Meats\***

**Lean cuts of:**

- o beef
- o ham
- o lamb
- o pork
- o veal

**Game Meats**

- o bison
- o rabbit
- o venison

**Lean Ground Meats**

- o beef
- o pork
- o lamb

**Lean luncheon or deli meat**

**Organ Meats**

- o liver
- o giblets

**Poultry\***

- o chicken
- o duck
- o goose
- o turkey
- o ground chicken and turkey

**Seafood\***

**Finfish such as:**

- o catfish
- o cod
- o flounder
- o haddock
- o halibut
- o herring
- o mackerel
- o pollock
- o porgy
- o salmon
- o sea bass
- o snapper
- o swordfish
- o trout
- o tuna

**Beans and Peas**

- o bean burgers
- o black beans
- o black-eyed peas
- o chickpeas (garbanzo b)
- o falafel
- o kidney beans
- o lentils
- o lima beans (mature)
- o navy beans
- o pinto beans
- o soy beans
- o split peas
- o white beans

**Processed Soy Product**

- o tofu (bean curd made
- o veggie burgers

• **Nuts and Seeds\***

- o almonds
- o cashews
- o hazelnuts (filberts)
- o mixed nuts
- o peanuts
- o peanut butter
- o pecans
- o pistachios
- o pumpkin seeds
- o sesame seeds
- o sunflower seeds
- o walnuts

**Canned fish such as:**

- o anchovies
- o clams
- o tuna
- o sardines

• **Whole Grains**

- o amaranth
- o brown rice
- o buckwheat
- o bulgur (cracked wheat)
- o millet
- o oatmeal
- o popcorn
- o rolled oats
- o quinoa
- o sorghum
- o triticale
- o whole grain barley
- o whole grain cornmeal
- o whole rye
- o whole wheat bread
- o whole wheat crackers
- o whole wheat pasta
- o whole wheat sandwich buns
- o whole wheat tortillas
- o wild rice

**Ready-to-eat breakfast cereals**

• **Refined Grains**

- o cornbread\*
- o corn tortillas\*
- o couscous\*
- o crackers\*
- o flour tortillas\*
- o grits
- o noodles\*
- o pitas\*
- o pretzels
- o white bread
- o white sandwich buns and roll
- o white rice

**Pastas**

## o Dark Green Vegetable

- bok choy
- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mesclun
- mustard greens
- romaine lettuce
- spinach
- turnip greens
- watercress

## o Starchy vegetables

- cassava
- corn
- fresh cowpeas, field peas, (
- green bananas
- green peas
- green lima beans
- plantains
- potatoes
- taro
- water chestnuts

## o Red & orange vegeta

- acorn squash
- butternut squash
- carrots
- Hubbard squash
- pumpkin
- red peppers
- sweet potatoes
- tomatoes
- tomato juice

## o Beans and peas\*

- black beans
- black-eyed peas (mature, dry)
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- navy beans
- pinto beans
- soy beans
- split peas
- white beans

## Other vegetables

- artichokes
- asparagus
- avocado
- bean sprouts
- beets
- Brussels sprouts
- cabbage
- cauliflower
- celery
- cucumbers
- eggplant
- green beans
- green peppers
- iceberg (head) lettuce
- mushrooms
- okra
- onions
- parsnips
- turnips
- wax beans
- zucchini

## fruits

- o Apples
- o Apricots
- o Bananas
- o Grapefruit
- o Grapes
- o Kiwi fruit
- o Lemons
- o Limes
- o Mangoes
- o Nectarines
- o Oranges
- o Peaches
- o Pears
- o Papaya
- o Pineapple
- o Plums
- o Prunes
- o Raisins
- o Tangerines
- o **Berries**
  - o strawberries
  - o blueberries
  - o raspberries
  - o cherries
- o **Melons**
  - o cantaloupe
  - o honeydew
  - o watermelon

## Oils

- stick margarine
- shortening
- partially hydrogenated oil
- butter

## o Milk\*

### all fluid milk:

- fat-free (skim)
- low fat (1%)
- reduced fat (2%)
- whole milk
- **flavored milks:**
  - chocolaté
  - strawberry
- puddings
- ice milk
- frozen yogurt
- ice cream

## o Calcium-fortified soymilk (soy beverage)

## o Cheese\*

- **hard natural cheeses:**
  - cheddar
  - mozzarella
  - Swiss
  - Parmesan
- **soft cheeses:**
  - ricotta
  - cottage cheese
- **processed cheeses:**
  - American

## o Yogurt\*

### all yogurt:

- fat-free
- low fat
- reduced fat
- whole milk yogurt