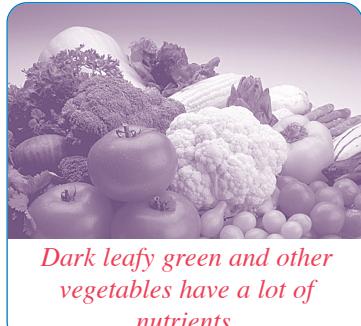


Food Items to Focus On

Produce & Salad Bar

- All fresh fruits
- All fresh vegetables (go easy on avocados, they are high in fat)
- Nuts and seeds, such as sunflower and pumpkin
- All salad bar items that are fresh vegetables (lettuce, celery, carrots, green peppers, spinach, etc.).
- Tofu (soy bean curd). This may be in dairy or meat sections of the store.

Strictly limit: coconut, croutons, salads made with mayonnaise, regular salad dressing. Use small amounts of low-calorie salad dressings. (Better yet, use fat-free and reduced-fat salad dressings.)



Dark leafy green and other vegetables have a lot of nutrients.

Meat, Poultry, Fish

Look for lean cuts of meat with fat trimmed, such as:

- Beef: round, sirloin, tenderloin, ground round, ground sirloin, or extra lean ground beef
- Pork: tenderloin, leg (fresh) shoulder (arm or picnic)
- Lamb: leg, arm, loin, rib
- Veal: all trimmed cuts, except commercially ground
- Poultry: chicken, turkey, cornish hens, etc.
- All fish, shellfish

Strictly limit: goose, domestic duck, salt pork, chitterlings

Freezer Section

- Frozen fruits and vegetables. Buy these frozen loosely in bags so it is easy to make 1 portion.
- Juice concentrates
- Frozen dinners-preferably ones with less than 300 calories and 1000 mg. of sodium or less/serving
- Frozen fish fillets – look for fresh-frozen ones that can be reapportioned when you take them home instead of solid packed ones that you would have to thaw out.
- Sugar-free or low calorie frozen treats, such as sugar-free and regular popsicles and fudgesicles, frozen yogurt, lite tofutti, fruit ices, etc.

Dairy Section

- Skim milk, 1/2% low fat milk, buttermilk
- Soy milk (with added calcium)
- Plain, nonfat yogurt
- Low-fat, soft cheeses, like cottage and farmers
- Reduced fat and other cheeses labeled no more than 2 to 6 grams fat per ounce
- Margarine: soft tub (regular and diet), Benecol® and Take Control® margarines
- Orange and other fresh juices (not fruit drinks)
- English muffins
- Whole wheat, corn, and flour tortillas
- Eggs, egg substitute

Strictly limit: Biscuits, croissants, cream, sour cream, half and half, cheeses other than above, whole milk, 2% low-fat milk, butter

Breads, Cereals

- Whole wheat bread, regular or lite (40 calories/slice)
- Whole wheat and plain dinner rolls
- Whole wheat and regular pita breads
- English muffins
- Bagels (also stocked in freezer section)
- Breadsticks
- Sandwich buns (“lite” are also available)
- Rice cakes
- Cereal mixes for cooked cereals: oatmeal, Cream of Wheat, etc.
- Ready-to-eat cereals. Look for ones with at least 2 grams of fiber and less than 2 grams of fat per one ounce serving. Limit sugar-sweetened ones.



Buy whole grain breads.

Delicatessen

- Sliced lean meats, such as turkey, ham, chicken, lean beef
- Ready-to-eat broiled or rotisserie chicken and turkey breast
- Fresh fruit salads

Strictly limit: mayonnaise-dressed salads, sausage, frankfurters, high-fat luncheon meats, such as bologna, salami, and bacon

Staples

- Canned entrees/main dishes (8 grams of fat or less, per 1 cup serving)
- Canned fish, such as tuna in water, salmon
- Rice, brown or white, barley, bulgar
- Pastas, like plain noodles, macaroni, spaghetti
- Dried or canned beans and peas like split peas, black-eyed peas, chick peas, kidney beans, lentils, soybeans
- Canned fruits packed in water or their own juices
- “Old-fashioned” style peanut butter (oil can be seen at the top of the jar)
- Low-fat crackers, such as matzos, bread sticks, rye krisp, saltines (with unsalted tops), graham crackers, zwieback

- Popcorn (regular or microwave-packaged, if less than 2 grams of fat per serving)
- Spices, seasonings, herbs, butter flavor sprinkles, vanilla, other flavor extracts
- Salad dressings – “Lite,” “reduced-calorie,” “no oil” or “fat free” varieties
- Vinegar
- Condiments, such as ketchup, mustard, worcestershire sauce, horseradish, etc. Use small amounts. These are high in sodium.
- Reduced-sodium bouillon, unsweetened pickles, canned soups
- Flour; whole wheat, all purpose, whole wheat and all purpose combination
- Cornstarch
- Vegetable cooking sprays
- Liquid vegetable oils, such as olive and canola
- Coffee, tea, cocoa mixes with nonfat dry milk
- Sugar-free gelatin and drink mixes
- Wine, dry for cooking
- Nonfat dried milk
- Canned evaporated skim milk
- Bottled water

Strictly limit: Potato chips and other high fat, high salt snacks, regular canned vegetables (because they are high in salt), and seasonings and foods with monosodium glutamate (MSG).