
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.



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

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.)

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.



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
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- ☐ 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).
