

LOW CALORIE, LOW FAT**HIGH CALORIE, HIGH FAT**

FOODS	ANYTIME FOODS <i>15-25 calories per ounce</i>	PORTION CONTROLLED FOODS <i>Average 50-75 calories per ounce</i>	OCCASIONAL FOODS <i>100+ calories per ounce</i>
VEGETABLES	All fresh, frozen, or canned as close to natural form as possible, without added fat, sodium or sauces	All vegetables with added fats, oven baked French fries, avocados	French fries, hash browns, deep fried vegetables, potato salad, candied vegetables, vegetables with cheese
FRUIT	All fresh, frozen, and canned in juice or sweetened with artificial sweeteners	Dried fruit, fruit canned in light syrup	Fruit juice, fruit canned in heavy syrup, sweetened applesauce, fruit roll-ups, coconut, fruit drinks
GRAINS	Air popped or 94% fat free popcorn; reduced calorie bread products	Rice, pasta, bread, tortillas, pancakes, bagels, English muffins, unsweetened dry cereals, oatmeal, grits, cornbread, baked chips, pretzels	Biscuits, granola, sweetened dry cereals, doughnuts, crackers, muffins, French toast, croissants, taco shells, pasta with cream sauce, pasta salad, stuffing, macaroni & cheese
PROTEIN	White fish, shrimp, crab, egg whites, egg substitute, beans, soy cheese	Chicken, turkey, 94% lean beef, ham, lean pork, salmon, tuna, crawfish, wild game, eggs, turkey sausage, veggie burgers, soy sausage	Red meat, hamburger, fried seafood, fried chicken, hot dogs, ribs, sausage, bacon, salt pork, cold cuts, nuts
DAIRY	Skim milk, nonfat yogurt, sugar-free pudding made with skim milk, fat free cottage cheese	Low-fat milk, reduced fat cheese	Whole milk, yogurt and cottage cheese made from whole milk, whipped cream, half & half, cheese
CONDIMENTS BEVERAGES SNACKS	Sugar substitutes, broth, hot sauce, salsa, vinegar, fat-free salad dressings, mustard, ketchup, fat-free mayo, nonstick cooking spray, condiments having < 20 calories/Tb., diet drinks, "calorie free" beverages, sugar-free Jell-O, sugar-free popsicles	Jelly, syrup, jam, sugar, low-fat salad dressing Jell-O, sherbet, low-fat ice-cream, frozen yogurt, sour cream	Margarine, butter, lard, gravy, mayonnaise, tartar sauce, peanut butter, regular salad dressings, all cooking oils, milkshakes, movie popcorn, regular soda, fruit punch, alcohol, ice-cream, chips, cake, pie, cookies, pastries, candy, chocolate

(SOURCE: ADAPTED FROM NATIONAL HEART, LUNG, AND BLOOD INSTITUTE (NHLBI), WE CAN! ENERGIZE OUR FAMILIES-PARENT PROGRAM)

DARK GREEN VEGETABLES

Bok Choy
Broccoli
Collard greens
Dark green leafy lettuce
Kale
Mustard greens
Romaine lettuce
Spinach
Turnip greens

RED & ORANGE VEGETABLES

Acorn squash
Butternut squash
Carrots
Hubbard squash
Pumpkin
Red peppers
Spaghetti squash
Sweet potatoes
Tomatoes

FRUIT

Apples
Apricots
Bananas
Blueberries
Cantaloupe
Cherries
Fruit cocktail
Grapefruit
Grapes
Honeydew melon
Kiwi
Lemons, Limes
Mangoes
Nectarines
Oranges
Peaches
Pears
Pineapple
Plums
Raspberries
Strawberries
Tangerines
Watermelon

OTHER VEGETABLES

Artichokes
Asparagus
Avocado
Bean sprouts
Beets
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumbers
Eggplant
Green beans
Green peppers
Iceberg lettuce
Mushrooms
Okra
Onions
Parsnips
Turnips
Wax beans
Yellow squash
Zucchini

STARCHY VEGETABLES

Corn
Green bananas
Green peas
Lima beans
Potatoes
Sweet Potatoes

BEANS AND PEAS (STARCHY)

Black beans
Black-eyed peas
Garbanzo beans (chickpeas)
Kidney beans
Lentils
Navy beans, White beans
Pinto beans
Soy beans
Split peas