

LEAN PROTEIN

<p>Beef 90% lean ground beef Tenderloin Roast (rib, chuck, rump) Steak (t-bone, cubed, flank, porterhouse, sirloin, round)</p>	<p>Cheese (light or 2%) Sliced cheese String cheese Hard cheese Shredded cheese Cottage cheese</p>	<p>Eggs 1 Whole egg 2 Egg whites 1/4 c Egg substitute Prepared anyway All the above = 1 oz</p>
<p>Fish/Shellfish Cod, Flounder Haddock, Halibut Tilapia, Trout Salmon, Catfish Clams/Crab/Lobster/Shrimp</p>	<p>Game Duck Pheasant Venison Buffalo Ostrich</p>	<p>Deli Meats/Processed Meat Turkey, Roast beef, Ham Roasted chicken Fat-Free hot dogs Turkey/Chicken Sausage & Bacon Beef/Turkey jerky</p>
<p>Pork Lean ham Canadian bacon Pork tenderloin Center loin chop</p>	<p>Poultry Skinless turkey/chicken breast Ground turkey/chicken Chicken/turkey sausage Dark meats in moderation</p>	<p>Soy Proteins soy proteins are higher in starch and used more moderately Beans (black, kidney, pinto, etc) Edamame</p>

****Focus on lean, solid protein at each meal.**
Take two bites protein to one bite of vegetables or fruit

NON STARCHY VEGETABLES

<p>Artichoke Asparagus Green Beans Beets Broccoli Brussels sprouts Cabbage Carrots</p>	<p>Celery Collard greens Cucumber Eggplant Jalapeños Leeks Lettuce Okra</p>	<p>Onions Peppers Radishes Salad greens Snow peas Spinach Summer squash (yellow & zucchini) Tomato (fresh or canned)</p>
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****Starchy vegetables to avoid: potatoes, sweet potatoes, green peas, corn, butternut squash, acorn squash**

FRUIT

<p>Apple- tennis ball size Apricots, fresh- 4 whole Banana, small - 4 oz Blackberries- 1 cup Blueberries- 3/4 cup Cantaloupe, cubes- 1 cup Cherries, fresh- 12 whole Fruit cocktail (light syrup)- 1/2 cup Grapefruit, large- half Grapes- 17 whole Honeydew melon, cubes- 1 cup Kiwi- 1 whole</p>	<p>Nectarine, small- 1 whole Orange, small- 1 whole Papaya, cubes- 1 cup Peach, medium- 1 whole Peaches or Pears (in light syrup)- 1/2 cup Pear, large, fresh- half Pineapple, fresh- 3/4 cup Pineapple, canned (drained)- 1/2 cup Plumbs, small- 2 whole Raspberries- 1 cup Strawberries- 1 1/4 cup Tangerines, small- 2 whole</p>
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**Pair fruit with a protein and limit to one meal per day

HEART HEALTHY OILS

<p>Almonds- 6 nuts Avocado- 1/8 OR 1/4 cup Oils (olive, canola, peanut, corn, safflower, soy-bean)- 1 tsp Olives- 8 black, 10 green stuffed Peanuts- 10 nuts Peanut butter/Almond butter- 2 tsp Pecans- 4 halves Pistachios- 16 nuts Hummus- 2 tbsp</p>	<p>Margarine (stick/tub) - 1 tsp Margarine, low-fat (30-50% oil)- 1 tbsp Mayo, regular- 1 tsp Mayo, reduced fat- 1 tbsp Pumpkin seeds- 1 tbsp Sunflower seeds- 1 tbsp Salad dressing, regular- 1 tbsp Salad dressing, reduced fat- 2 tbsp Walnuts- 4 halves</p>
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**Limit to two servings of fat per day