

Food List for Meal Planning

Smoothies, flavored, regular (1 fat-free milk + 2 ½ carbohydrate)	10 oz
Soy milk, regular, plain (1 carbohydrate + 1 fat)	1 cup
Yogurt	
juice blends (1 fat-free milk + 1 carbohydrate)	1 cup
with fruit, low-fat (1 fat-free milk + 1 carbohydrate)	2/3 cup (6 oz)

Sweets, Desserts, and Other Carbohydrates

Each serving from this list contains **15 grams of carbohydrate**; the amount of protein, fat and calories varies. You can substitute food choices from this list for other carbohydrate-containing foods (such as those found on the Starch, Fruit or Milk lists) in your meal plan, even though these foods have added sugars or fat. The foods on this list do not have as many vitamins, minerals and fiber. Choose foods from this list less often if you are trying to lose weight. Many sugar-free, fat-free and reduced-fat products are made with ingredients that contain carbohydrate, so check the Total Carbohydrate information on the Nutrition Facts food label.

Food	Serving Size
Brownie, small, unfrosted (Count as 1 carbohydrate + 1 fat)	1 ¼ inch square, 7/8 inch high (about 1 oz)
Cake	
frosted (Count as 2 carbohydrates + 1 fat)	2-inch square (about 1 oz)
unfrosted (Count as 1 carbohydrate + 1 fat)	2-inch square (about 1 oz)
Candy bar, chocolate/peanut (Count as 1 ½ carbohydrates + 1 ½ fats)	2 "fun size" bars (1 oz)
Candy, hard	3 pieces
Cookies	
chocolate chip (Count as 1 carbohydrate + 2 fats)	2 cookies (2 ¼ inch across)
vanilla wafer (Count as 1 carbohydrate + 1 fat)	5 cookies
Doughnut, cake, plain (Count as 1 ½ carbohydrates + 2 fats)	1 medium (1 ½ oz)
Flan (caramel custard) (Count as 2 carbohydrates)	½ cup
Fruit juice bars, frozen, 100% juice	1 bar (3 oz)
Gelatin, regular	½ cup
Granola or snack bar, regular or low-fat (Count as 1 ½ carbohydrates)	1 bar (1 oz)
Hot chocolate, regular (Count as 1 carbohydrate + 1 fat)	1 envelope added to 8 oz water
Ice cream	
light and no sugar added (Count as 1 carbohydrate + 1 fat)	½ cup
regular (Count as 1 carbohydrate + 2 fats)	½ cup
Jam or jelly, regular	1 Tbsp

Muffin (4 oz) (Count as 1 carbohydrate + ½ fat)	¼ muffin (1 oz)
Pie, commercially prepared fruit, 2 crusts (Count as 3 carbohydrates + 2 fats)	1/6 of 8-inch pie
Pudding	
regular (made with reduced-fat milk) (Count as 2 carbohydrates)	½ cup
sugar-free or sugar- and fat-free (made with fat-free milk)	½ cup
Sports drink	1 cup (8 oz)
Sugar	1 Tbsp
Syrup	
light (pancake type)	2 Tbsp
regular (pancake type)	1 Tbsp
Yogurt, frozen, fat-free	1/3 cup

Nonstarchy Vegetables

Each serving from this list contains **5 grams carbohydrate**, 2 grams protein and 25 calories. You should try to eat at least 2 to 3 nonstarchy vegetable servings each day. Choose a variety of vegetables to benefit from their important vitamins, minerals and antioxidants. When using canned vegetables, choose no salt added versions or rinse regular canned vegetables. In general, a single serving of a nonstarchy vegetable is:

- ½ cup of cooked vegetables or vegetable juice
- 1 cup of raw vegetables

Amaranth or Chinese spinach
Beans (green, wax, Italian)
Bean sprouts
Broccoli
Cabbage (green, bok choy, Chinese)
☺ Carrots
Cauliflower
Celery
Cucumber
Eggplant
Greens (collard, kale, mustard, turnip)
Jicama
Mushrooms, all kinds, fresh
Okra
Onions
Pea pods
☺ Peppers (all varieties)
Radishes
! Sauerkraut
Spinach
Squash (summer, crookneck, zucchini)
Tomatoes, fresh and canned
! Tomato sauce
! Tomato/vegetable juice
Water chestnuts

Meat and Meat Substitutes

Meat and meat substitutes are rich in protein. Whenever possible, choose lean meats. Portion sizes on this list are based on cooked weight, after bone and fat have been removed. The carbohydrate content varies among plant-based proteins, so read food labels carefully.

Lean meats and meat substitutes: Each serving from this list contains **0 grams carbohydrate**, 7 grams protein, 0-3 grams fat and 45 calories.

Beef: Select or Choice grades: ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin	1 oz
Cheeses with 3 grams of fat or less per oz	1 oz
Cottage cheese	1/4 cup
Egg whites	2
Fish, fresh or frozen, plain: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna	1 oz
Hot dog with 3 grams of fat or less per oz	1
Pork, lean	
Canadian bacon	1 oz
Rib or loin chop/roast, ham, tenderloin	1 oz
Poultry, without skin	1 oz
Processed sandwich meats with 3 grams of fat or less per oz	1 oz
Tuna, canned in water or oil, drained	1 oz

Medium-fat meat and meat substitutes: Each serving from this list contains **0 grams carbohydrate**, 7 grams protein, 4-7 grams fat and 75 calories.

Beef: corned beef, ground beef, meatloaf, Prime grades trimmed of fat (prime rib)	1 oz
Cheeses with 4-7 grams of fat per oz: feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string cheese	1 oz
Egg	1
Fish, any fried product	1 oz
Pork, cutlet, shoulder roast	1 oz
Poultry, with skin or fried	1 oz
Ricotta cheese	2 oz or 1/4 cup
! Sausage with 4-7 grams of fat per oz	1 oz

High-fat meat and meat substitutes: Each serving from this list contains **0 grams carbohydrate**, 7 grams protein, 8+ grams fat and 100 calories.

Bacon	
! pork	2 slices
! turkey	3 slices
Cheese, regular: American, bleu, brie, cheddar, hard goat, Monterey jack, queso and swiss	1 oz
*! Hot dog: beef, pork or combination	1
Pork sparerib	1 oz
Processed sandwich meats with 8 grams of fat or more per oz: bologna, pastrami, hard salami	1 oz