



Shopping Charts

Seafood Choices

LEAN (>9g FAT) 5 OZ PORTION; NO ADDITIONAL FAT SERVINGS	LEANER (6 – 9g FAT) 6 OZ PORTION; ADD ONE ADDITIONAL FAT SERVINGS	LEANEST (6g FAT) 7 OZ PORTION; ADD TWO ADDITIONAL FAT SERVINGS
<ul style="list-style-type: none"> • Salmon • Tuna (bluefin steak) • Farmed catfish • Mackerel, herring 	<ul style="list-style-type: none"> • Swordfish • Trout • Halibut 	<ul style="list-style-type: none"> • Cod, flounder, haddock, orange roughy, wild halibut, grouper, tilapia, mahi mahi • Tuna (yellowfin) canned in water • Wild catfish • Crab, scallops, shrimp, lobster

Meat and Poultry Choices

LEAN (>9g FAT) 5 OZ PORTION; NO ADDITIONAL FAT SERVINGS	LEANER (6 – 9g FAT) 6 OZ PORTION; ADD ONE ADDITIONAL FAT SERVINGS	LEANEST (6g FAT) 7 OZ PORTION; ADD TWO ADDITIONAL FAT SERVINGS
<ul style="list-style-type: none"> • Lean beef, beef steak, roast and ground beef • Lamb • Pork chop and pork tenderloin • Ground turkey or other 80 – 88% lean meat 	<ul style="list-style-type: none"> • Breast or white-meat turkey or chicken without skin • Ground turkey or other meat: 95 – 97% lean 	<ul style="list-style-type: none"> • Buffalo, elk, deer • Ground turkey or other meat: 98% or >



Meatless Choices

LEAN (>9g FAT) 5 OZ PORTION; NO ADDITIONAL FAT SERVINGS	LEANER (6 – 9g FAT) 6 OZ PORTION; ADD ONE ADDITIONAL FAT SERVINGS	LEANEST (6g FAT) ADD TWO ADDITIONAL FAT SERVINGS
<ul style="list-style-type: none"> • 3 Whole eggs (limit to once per week) • 15oz Tofu, firm or soft variety 	<ul style="list-style-type: none"> • 15oz Tofu, extra firm • 2 Whole eggs plus 4 egg whites • Add 1 additional fat serving 	<ul style="list-style-type: none"> • 14 Egg whites • 2 Cups egg beaters

Fat and Oil Choices

EACH = 1 FAT SERVING
<ul style="list-style-type: none"> • 1 teaspoon of canola, flaxseed, walnut, or olive oil • Up to 2 tablespoons of low-carbohydrate salad dressing • 5 – 10 black or green olives • 1 tablespoon of reduced-fat margarine • 1 ½ ounces of avocado

Green Vegetables and Salad

HIGHEST CARBOHYDRATE SERVING SIZE = ½ CUP UNLESS OTHERWISE SPECIFIED	MODERATE CARBOHYDRATE SERVING SIZE = ½ CUP UNLESS OTHERWISE SPECIFIED	LOWEST CARBOHYDRATE SERVING SIZE = ½ CUP UNLESS OTHERWISE SPECIFIED
<ul style="list-style-type: none"> • Broccoli • Cabbage (red) • Collards or mustard greens (cooked) • Green or wax beans • Kohlrabi • Okra • Peppers (green/red/yellow) • Scallions • Summer squash, (crookneck/straightneck) • Tomato (red ripe/canned) • Turnips • Winter squash 	<ul style="list-style-type: none"> • Asparagus • Cabbage • Cauliflower • Eggplant • Fennel • Kale • Mushrooms (portabello) • Spinach (cooked) • Summer squash, zucchini, and scallop 	<ul style="list-style-type: none"> • Mustard greens (1 cup) • Collards, fresh / raw (1 cup) • Romaine lettuce (1 cup) • Endive (1 cup) • Lettuce, butter head (1 cup) • Celery • Cucumber • Mushrooms (white) • Radishes • Sprouts, alfalfa or mung bean • Turnip greens



Healthy Snacks and Condiments

CONDIMENTS

- ½ teaspoon of most dried herbs and spices
- 1 teaspoon balsamic vinegar
- 1 teaspoon minced onion, lemon/lime juice, yellow mustard, salsa, soy sauce
- Up to 2 tablespoons sugar-free flavored syrup such as Da Vinci® or Torani®
- 1 packet artificial sweetener such as Splenda®
- Tabasco® (or other hot) sauce and red, white, or cider vinegar (feel free to use liberally)

OPTIONAL SNACKS

- 3 celery stalks
- 1 fruit flavored sugar-free popsicle
- ½ cup serving sugar-free Jello® gelatin
- Up to 3 pieces sugar-free gum or mints
- Two dill pickle spears
- 1/2 oz. of nuts: almonds (10 whole), walnuts (7 halves) or pistachios (20 kernels) Note: Nuts are a rich source of healthy fats and additional calories so choose this optional snack sparingly