

Healthy Food Choices

BREADS / CEREALS & SNACKS

1 Carb = 80 Cal = 15 Gms My daily intake is _____ servings

BREAD = 1 CARBOHYDRATE (unless specified) Daily Intake

BREADS & CEREALS

Light English Muffins (Thomas's multigrain)	1 muffin
Bread Lite (wonder whole wheat, any 40 calorie slice)	2 slices
Rye, Pumpernickel, White, Italian, Whole Wheat (1 oz)	1 slice
Bran Cereals, Flaked (Bran Buds®, All Bran®, Grapenuts®)	1/3 cup
Whole Wheat and White Pasta, Couscous, Quinoa, Brown Rice - cooked	1/2 cup
Cooked Cereals	1/2 cup
Grits, cooked	1/2 cup
Unsweetened Cold Cereals	3/4 cup
100 Calorie Pack (South Beach® preferred) - (1 carb/1 fat)	1 pack
Quaker Weight Control® Oatmeal - (1 carb/1 dairy) or (1 carb/1 fruit)	1 pack
Graham Crackers, 1.5" square	3
Popcorn (popped no fat added)	3 cups
Pretzels	3/4 oz
Saltine-type Crackers	6
Cocoa Via Chocolate Bar (1 carb, 1 fat)	1
Cocoa Via Snack Bar	1

STARCH FOODS PREPARED WITH FAT = 1 CARBOHYDRATE & 1 FAT (unless specified)

CRACKERS/SNACKS

Corn Bread, 2 inch cube	1
Muffin (plain, small)	2
Pancake, 4 inch	1
Whole Wheat Crackers, fat added (Triscuits)	4-6 (1 oz)

MILK / DAIRY

1 Dairy = 90 Cal = 12 - 15 Gms My daily intake is _____ servings

DAIRY = 1 (unless specified) Daily Intake

Skim Milk: 1/2% milk, 1% milk, or low-fat buttermilk	8 oz
1/4c Skim Coffee or Tea	free
Medium Non Fat Cappuccino	8 oz
Fage® Plain Non-Fat Yogurt	6 oz
Jello® Sugar Free Pudding	1 cup
Yogurt (90 calories or less)	1 cup
Fruit Shake - mix 12 frozen strawberries, 8 oz's light vanilla soy milk, 2 splenda, flax/fiber), and blend	1 dairy, 1 fruit
Small Non-Fat Latte (sugar free vanilla/hazelnut optional)	8 oz
Blue Bunny Ice Cream Pops (60 calories)	1 pop
Hot Cocoa (60 calories)	1

ALCOHOL = 1 CARBOHYDRATE OR 2 FAT

1 Shot of Liquor	1 shot
Wine (5 oz.)	5 oz
Beer - light	12 oz bottle or can

VEGETABLES

UNLIMITED !!! My daily intake is _____ servings

VEGETABLES = FREE (unless specified) Daily Intake

VEGETABLES: All Free Foods

Artichoke (1/2 medium)	
Asparagus	
Beans (green, wax, Italian)	
Bean sprouts	
Beets	
Broccoli	
Brussels Sprouts	
Corn	
Carrots	
Cauliflower	
Eggplant	
Greens (collard, mustard, 1)	
Leeks	
Mushrooms	
Onions	
Pea Pods	
Peppers (green)	
Tomato	
Zucchini	
Green Giant® Frozen Vegetables in Low Fat Sauce	Half bag free/whole Bag = 1 fat
Dr. Pragers® Spinach/Broccoli Pancakes (1/2 fat)	1 pancake
Dr. Pragers® Veggie Burgers (1 protein)	1 burger
Boca® or Morning Star® Veggie Burgers (2 protein)	1 burger

FRUITS / JUICES & SHAKES

1 Fruit = 60 Cal = 15 Gms My daily intake is _____ servings

FRUITS = 1 FRUIT (unless specified) Daily Intake

Apple (raw, 2" diameter)	1 apple
Applesauce (unsweetened)	1/2 cup
Banana (6" long/ small)	1 banana
Blueberries (raw) 3/4 Cup	3/4 cup
Strawberries (raw, whole)	12 med.
Cantaloupe (cubes)	1 cup
Cherries (large, raw)	12 cherries
Fruit Cocktail (canned)	1/2 cup
Grapefruit (medium)	1/2 grapefruit
Grapes (small)	15 grapes

DRIED FRUIT = 1 FRUIT (unless specified)

Apricots	4 rings
Dates	7 halves
Raisins	1 1/2 medium
Prunes	2 tbsp
Cran-Raisins	2 tbsp
Pineapple Rings	3 rings

FRUIT JUICE = 1 FRUIT (unless specified)

Apple Juice/Cider	1/2 cup
Cranberry Juice Cocktail	1/3 cup
Grapefruit Juice	1/2 cup
Grape Juice	1/3 cup
Orange Juice	1/2 cup

FATS / NUTS & OILS

1 Fat = 45 Cal = 5 Gms My daily intake is _____ servings

FAT = 1 (unless specified) Daily Intake

UNSATURATED FATS

Avocado	2 tbsp
Margarine	1 tsp
Margarine, diet	1 tbsp
Mayonnaise	1 tsp
Mayonnaise, reduced calorie	1 tbsp
Nuts and Seeds: (6 nuts = 1 fat)	
Almonds (dry roasted). Cashews (dry roasted), Pecans, Peanuts, Walnuts	6 nuts
Other nuts: Dry Roasted, Pine Nuts, Sunflower (no shells), and Pumpkin Seeds	2 tsp
Oil (corn, cottonseed, safflower, soybean, sunflower, olive, peanut)	1 tsp
Olives (8)	
Peanut Butter	2 tsp
Salad dressing, mayonnaise type	1 tbsp
Salad Dressing, mayonnaise type, reduced calorie	2 tbsp
Alcohol (2 fats or 1 carb)	5 oz wine, 1 12 oz light beer or 1 shot
Coffee Creamer (1 fat)	2 tbsp

PROTEIN / MEAT/ FISH & CHEESE

1 Protein = 40 Cal = 7 Gms My daily intake is _____ servings

MEAT = 1 Protein (unless specified) Daily Intake

Poultry: Chicken, Turkey, Cornish Hen (without skin)	1 oz
Turkey Bacon (less than 3 grams of fat) (1 protein)	2 slices
Tuna (canned in water)	1 oz
Sardines (canned)	2 oz
Shrimp, Mussels, Grilled Calamari and Clams	4 medium
Salmon	1 oz
Flounder	1 oz
Sushi (1 carb), Sashimi	2 pieces
Egg Whites (2)	free
Egg Substitutes (less than 55 calories per 1/4 Cup)	1/4 cup
Whole Egg (1 Protein/1 Fat)	1 egg
Cottage Cheese (low fat or fat free)	1/4 cup
Grated Parmesan	2 tbsp
Diet Cheeses (less than 55 calories per oz.)	1 oz
Mini Bon Bel Lite® or Laughing Cow®	1 serving
Ricotta (skim)	2 tbsp
Mozzarella - Skim Milk String Cheese (60 cal. or less)	1 serving
Sliced Whole Milk Cheese (1 fat/1 protein)	1oz
Shredded Mozzarella, Feta, Bleu or Gorgonzola (1 fat/1 protein)	2 tbsp
Prepared Meals: Weight Watchers, Southbeach, Lean Cuisine - Choose with 24 carbs or less = equal 3 protein and 1 carb.	1 meal



FOOD EXCHANGE LIST



NutriHealth Nutrition and Weight Loss Center
 Michelle Kowalski, M.S., R.D., CDN
 14 S. Maryland Ave, Port Washington, NY 11050
 1261 Ralph Street, Seaford, NY
 Office: 516.767.3636 Fax: 516.767.2288
 E-mail: Plotr1261@aol.com

FREE FOODS:

Free foods are foods and drinks that have less than 20 calories per serving. When no serving size is specified, you can eat as much of the item as you want. You can eat 2 or 3 servings of those items that have specific serving sizes each day; be sure to spread them out through the day.

Drinks

- Drinks (no sugar) such as Flavored Waters with Splenda
- Diet Teas, Crystal Light®
- Bouillon or Broth without fat
- Bouillon, low sodium
- Carbonated Drinks, sugar-free
- Carbonated Water
- Club Soda
- Cocoa Powder, unsweetened (1 tbsp)
- Coffee/Tea
- Drink Mixes, sugar-free
- Tonic Water, sugar-free
- Arizona Decaf Diet Green Tea
- Hot Cocoa (25 cal)
- Diet Fuse (5 cal)

Fruits & Vegetables

- Cranberries, unsweetened (1/2 cup)
- Rhubarb, unsweetened (1/2 cup)
- Raw Vegetables (1 cup)
- Tofu Vegetable Soup (1 cup)
- Cucumber, Green Onion, Hot Peppers
- Mushrooms, Radishes, Zucchini
- Salad Greens, Endive, Escarole
- Lettuce, Romaine, Spinach
- Cabbage, Celery, Chinese Cabbage

Sweet Substitutes

- Candy, hard, sugar-free
- Gelatin, sugar-free
- Gum, sugar-free
- Jam/Jelly sugar-free (1-2 tbsp)
- Sugar Substitutes: saccharin, aspartame
- Whipped Topping (2 tbsp) NOTE: Do not over indulge!

Meals

- "Franks Pizza" Broccoli Soup (1 cup)
- Egg Drop Soup (1 cup)
- 2 Egg Whites
- Vegetable Soup (1 cup)

Flavoring extracts

- Celery Seed, Cinnamon
- Chili Powder, Chives, Curry
- Dill, Garlic
- Garlic Powder, Herbs, Hot Pepper Sauce
- Lemon, Lemon Juice, Paprika
- Pepper, Pimento, Soy Sauce
- Non-stick Pan Spray (vanilla, almond, walnut, peppermint and butter)

Condiments

- Catsup (1 tbsp)
- Horseradish
- Mustard
- Pickles, Dill, non-sweetened
- Salad Dressing, low-calorie (2 tbsp)
- Taco Sauce (1 tbsp)
- Vinegar
- Soy Sauce, low sodium ("life")
- Spices
- Wine, for cooking (1 /4 cup)
- Worcestershire Sauce
- Green Mountain Gringo Salsa

CLIENT FAVORITES - 1 SERVING PER DAY

Egg Drop Soup with Chicken	1 protein	1 Rib (Chinese food)	1 protein, 1 fat	Snack & Protein Bars	
Shirataki Noodles (1 package, 8 oz)	free	Small Rice (Chinese food)	2-3 carbs	Luna Bar	1 carb, 1 dairy, 1 protein,
Caramel Corn Rice Cakes (1 cake)	1 carb	Wild Garden Hummus Dip	1/2 carb, 1 fat	Pure Protein (small bar)	3 protein
Kettle Corn mini rice cakes (8 cakes)	1 carb	EAS Drinks	2 protein	Pure Protein (large bar)	3 protein
M & M's® (10)	1 carb, 2 fats	Pure Protein Shake (can) 21 gram	3 protein		1 carb, 1 dairy
Glenda® Soy Chips (1 small bag)	1 carb	Pure Protein Shake (can) 35 gram	5 protein	Cocoa Via Snack Bar	1 carb
Frozen Yogurt Glace (4 oz)	1 dairy	Kellogs Protein Water	1 fruit 2 protein	Cocoa Via Chocolate Bar	1 carb, 1 fat
Frozen Yogurt Fat Free (4 oz)	1 dairy, 1 carb	Fruit Shake - mix 12 frozen strawberries, 8 oz's light vanilla soy milk, 2 splenda, (flax/fiber) and blend	1 dairy, 1 fruit		1 carb, 1 fat
Pizza (1 slice), plain	2 carb, 2 protein, 2 fat	French Fries (10)	1 carb, 1 fat	Chocolite Protein	1 carb, 1 fat
Potato Chips or Doritos® (10 chips)	1 carb, 1 fat			Chocolite Bar	1 carb, 1 fat

Moderate exerciser is always helpful. You should incorporate cardio, as well as weight lifting into your workouts. The combination of a nutritious diet and an active lifestyle will benefit you greatly.