Grains  (100 cal)
- 1 slice bread, whole grain
- ¼ cup (60 ml) Post grape-nuts
- 1 cup (240 ml) Cheerios
- ½ cup (120 ml) raisin bran
- 1 oz (30 g) shredded wheat cereal, plain
- 5 Triscuit Original crackers
- 3 Ry Krisp Natural crackers
- ½ cup (120 ml) whole wheat pasta, cooked
- ½ cup (120 ml) cooked brown rice
- 1 tortilla, whole grain
- ½ cup (120 ml) dry oats, whole grain
- 100 calorie serving of any whole grain breakfast cereal or cracker containing at least 3 grams of fiber

Vegetables  (60 cal)
- 1 cup (240 ml) asparagus, green beans, beets, Brussels sprouts, broccoli, carrots, cauliflower, okra, onions, tomatoes, winter squash, canned or boiled spinach
- 1½ cup (360 ml) summer squash, raw spinach, boiled collard greens, boiled turnip greens, boiled kale, boiled mustard greens
- ¼ cup (60 ml) cooked dry beans (kidney, pinto, black-eyed peas, lentils, white beans, lima, refried, chickpeas)
- 10 fl oz (300 ml) vegetable juice
- ½ sweet potato, medium
- 2 carrots, medium
- 2 cups turnips, boiled, cubed
- 2 tomatoes, medium
- 10 olives, green, medium
- 10 olives, black, ripe, medium
- 6 tbsp (90 ml) tomato paste
- ½ cup (120 ml) water chestnuts
- 1 cup (240 ml) tomato sauce

Fruits  (80 cal)
- 1 medium apple, banana, orange, pomegranate, peach
- 1 cup (240 ml) strawberries, blueberries, blackberries, grapes, cubed honeydew or watermelon
- ½ cup (120 ml) applesauce (unsweetened)
- 2 tangerines
- 1/8 cup or 1 oz (30 ml or 30 g) raisins
- ½ cantaloupe or grapefruit
- 2 plums, medium
- 12 cherries, raw
- ½ cup (120 ml) fruit juice

Fats  (110 cal)
- 1 tbsp (15 ml) oil (esp. olive, canola, flaxseed, soybean)
- 1-2 tbsp (15-30 ml) salad dressing (read label to get 110 cal)
- 4 tsp (20 ml) bacon bits
- 2 slices (16 g) pork bacon, cooked
- ½ oz (15 g) almonds, butternuts, cashews, hazelnuts, macadamia nuts, peanuts, pistachios, soybean nuts, walnuts, pecans, sunflower seeds, pumpkin seeds
- 1 tbsp (15 ml) mayonnaise
- 1 tbsp (15 ml) Smart Balance Buttery Spread
- 1 tbsp (15 ml) butter
- 2 tbsp (30 ml) Miracle Whip Dressing
- 2 tbsp (30 ml) cream, heavy
- 2 tbsp (30 ml) cream cheese

Milk Products  (110 cal)
- 1 oz (30 g) regular cheese
- 1 cup (240 ml) skim or low-fat milk
- ¼ cup (180 ml) whole milk
- ½ cup (120 ml) yogurt, plain, regular, not low-fat
- ½ cup (120 ml) cottage cheese, regular, not low-fat
- 4 tbsp (60 ml) grated Parmesan cheese
- 110 calorie serving of any cheese, milk, or yogurt (find cream cheese in Fats category)

Proteins  (200 cal)
- 3 ½ oz (100 g) lean beef (“select” or “choice” grade of top round, top sirloin, or sirloin tip)
- 3 ½ oz (100 g) lean (loin/leg) pork, lamb, veal, lean ham
- 4 oz (110 g) chicken or turkey, light meat, without skin
- 4 oz (110 g) cold-water fatty fish (e.g., albacore/white tuna, herring, mackerel, salmon, sardines, trout, halibut, sea bass, swordfish), or other fish if cold-water fatty fish not available
- ¾ cup (180 ml) cooked dry beans (e.g., kidney, pinto, black-eyed peas, lentils, refried), split peas, chickpeas, soybeans, lima beans
- 1 oz (30 g) almonds, butternuts, cashews, hazelnuts, macadamia nuts, peanuts, pistachios, soybean nuts, walnuts, pecans, sunflower seeds, pumpkin seeds
- 4 oz (100 g) buffalo, deer, elk, wild rabbit, ostrich, goat, or squirrel
- 6 oz (170 g) shrimp
- 6 oz (170 g) lobster
- 2 tbsp (30 ml) peanut butter
- 2 chicken eggs, any size
- ½ cup (120 ml) tofu, raw, firm
- 1 cup (240 ml) tofu, raw
- 200 calorie serving of any meat, beef, poultry, fish, pork, lamb, or mutton

MAKE IT MEDITERRANEAN!
- Favor fish and poultry over red meat.
- Aim to incorporate 7 to 14 tbsp (100 to 200 ml) olive oil weekly.
- Eat 3 to 5 1-oz (30-g) servings of nuts per week.
- Optional: Drink 4 oz (120 ml) of wine daily.
- Eat at least 2 servings of fish per week.