



## Welcome to the Live Light Live Right Nutritional Handbook!

We are so pleased to be joining you on this important journey. To help you get started, we'd like to tell you a little about The Live Light Live Right Program.

The Live Light Live Right Program's philosophy is that healthy eating involves knowing what foods to eat, how much to eat and which foods to limit. By choosing highly nutritious foods, you are guaranteed to get the necessary vitamins and minerals needed to support your health. By choosing reasonable portions of food, you'll shed those extra pounds. Extra pounds can add up to health problems.....which can last for life. As people gain too much weight, their risks for high blood pressure, diabetes, high blood cholesterol, and heart disease all increase. That's why maintaining a "healthy" weight is important.


To help you understand what healthy eating is about, let's take a look at the healthiest food choices, in each of the food groups below. For more information about healthy eating and portion size, check out:




<http://www.mypyramid.gov>



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## Taking A Closer Look At the Healthiest Selections In Each Food Group

Food Group	Healthiest Choices	Foods to limit
<p><b>Vegetables</b></p> 	<p>All fresh vegetables are the best choice. Frozen vegetables is the next best choice.</p>	<p>Canned vegetables (it selected, choose water-packed, drain and rinse before eating)</p> <p>Vegetables with sauces or added fat,</p>
<p><b>Fruits</b></p> 	<p>Fresh fruit is the best choice. Frozen fruit (with no sugar added) is the next best.</p> <p>Dried fruits - in moderation</p>	<p>100 % Fruit Juice (Limit to 1 cup per day)</p> <p>Canned fruits (select those packed in water or it's own juice)</p> <p>Fruit juice beverages or drinks</p> <p>Coconut</p>
<p><b>Breads, Cereals, Pasta, Rice and Starchy Vegetables</b></p> 	<p>Whole-grain breads, rolls, English muffins, pitas and tortillas and "white" whole wheat bread</p> <p>Hot and cold whole grain, unsweetened, high fiber cereals</p> <p>Brown rice, whole wheat pasta</p> <p>Starchy vegetables as sweet potatoes, yams, corn, green peas, winter squash, plantain and lima beans</p>	<p>White bread, white rice, pasta or crackers that are not whole grain, donuts, bagels, waffles, pancakes, sugar-sweetened cereals. French toast made with white bread, sweet rolls</p> <p>Potatoes (white); Starchy vegetables fried in oil, such as French fries, hash browns, fried plantain</p>

<p><b>Milk and Milk Products</b></p> 	<p>Fat free, 1% low-fat and 2% reduced-fat milk; fat-free or light yogurt (with no added sugar); evaporated skim milk, buttermilk made from skim or 1% milk, part-skim, reduced-fat, and fat-free cheese; low-fat, sugar free-puddings or custard</p>	<p>Whole Milk; low-fat or regular (full-fat) yogurt; Regular (whole milk cheese) as American cheese, Swiss cheese</p>
<p><b>Meat, Chicken, Fish and Other Sources of Protein</b></p> 	<p>Chicken, turkey and Cornish hen (without skin), beef (from the round, sirloin, loin) and pork (tenderloin, loin chop) that has been trimmed of its fat, lean ham, lamb, veal, fish and shellfish that's been baked, broiled, steamed, or grilled; canned fish packed in water; tofu, beans (red, black, garbanzos), split peas and lentils; egg whites and substitutes, turkey bacon, turkey or chicken franks or sausage; low-fat luncheon meats, peanut butter made from 100% peanuts (no hydrogenated fat or sugar); Bake, roast, grill, broil, steam, or stir-fry</p>	<p>Fried chicken or fish; lamb (rib), veal (breast), chicken or turkey with skin; chicken nuggets; fish canned in oil, beef (prime cut) and pork that hasn't been trimmed of its fat; pork sausage or pork hot dogs; bacon, salami, bologna, pastrami or other high fat cold cuts; pepperoni; ribs; whole eggs (limit yolks to 4 yolks a week)</p> <p>Limit lean poultry, meat and fish to 2-3 servings a day</p>
<p><b>Fats</b></p> 	<p>Vegetable oils, margarine made from liquid vegetable oil, olive or peanut oil, olives, avocado, fat-free or low-fat salad dressings, light mayonnaise, and nuts (almonds, walnuts, pecans)</p>	<p>Regular Salad Dressings, butter, margarine made from hydrogenated or partially hydrogenated oils, sour cream, tartar source, cream cheese</p>

## What About Beverages?

Most of us know we need a variety of healthy foods each day to keep our bodies healthy. Yet, sometimes we lose sight of how important certain

beverages are to keep us going. The two most important beverages are water and milk. Here's why...

## **Water**

Did you know that more than half of your body weight is water? That a person can't survive for more than a few days without water? Your body has many important jobs to do each day and it needs water to do many of them.

For instance:

- You need water to digest your food and get rid of wastes.
- Water helps to keep each cell in your body alive. That's because your blood, which contains a lot of water, carries oxygen to all your cells. Without oxygen, your cells would die and your body would stop functioning.
- Water helps to fight off infection. That's because it's in a fluid, called lymph, that's part of your immune system.

## **How Much Water Should I Drink?**

Aim for 6–8 cups of water a day. If you are selecting flavored water, check out the Nutrition Facts Panel to make sure it does not contain sugar. Why everyday? Because our bodies use up our water supply daily and it has to be replaced (remember... more than half of your total body weight is water!)

## **Milk**

Did you know that your bones grow rapidly during adolescence? That you need enough calcium in your diet so you'll enter your adult years with the strongest bones possible? One of the best sources of calcium is milk.

Milk is a fantastic drink. Not only is it a great source of the bone-building mineral, calcium, but it is a good source of protein and provides a number of other key nutrients including vitamins A and D and the mineral phosphorus, which are all vital for optimal bone development during childhood years.

## **What's The Best Choice?**

After age 2, the best choices of milk for all family members are:

- Fat-free (Skim) Milk, which contains 80 Calories and 0g Fat
- Low-fat (1%) Milk, which contains 100 Calories and 2.5g Fat

- Reduced-fat (2%) Milk, which contains 120 Calories and 4.5g Fat

### How Much Calcium Do I Need?

The American Academy of Pediatrics recommends that children who are

- 1–3 years old get 500 mg of calcium per day (about 2 servings of milk)
- 4–8 years old get 800 mg of calcium per day (about 3 servings of milk)
- 9–18 years old get 1100 mg of calcium per day (about 4 servings of milk)

If you don't like milk, or have a food allergy or intolerance, there are other healthy alternatives. Always

remember to go for the fat-free, low-fat or reduced-fat versions!

### Calcium Rich Food

Serving Size	Food or Beverage	Calcium (milligrams - mg)
1 cup	Milk	300 mg
1 cup	Calcium-Fortified Orange Juice	300 mg
2 ounces	American Cheese	300 mg
1½ ounces	Cheddar Cheese	300 mg
4 ounces	Tofu Made With Calcium	260 mg
6 ounces	Yogurt	225 mg
½ cup	Collard Greens (Cooked From Frozen)	178 mg
½ cup	White Beans	110 mg
1 ounce	Almonds	80 mg
½ cup	Bok Choy	80 mg
½ cup	Rhubarb, Cooked	75 mg
4 ounces	Cottage Cheese	70 mg
½ cup	Red Beans	40 mg
½ cup	Broccoli, Cooked	35 mg

## What About Juice?

Aim to limit your intake of 100 % Fruit Juice to 1 cup a day. While juice provides you with valuable nutrients, it doesn't contain the added benefit of fiber, that fruit has. For example, if you squeeze the juice out of an orange, what do you have left? The fiber...which helps keep your blood sugar in check. Fruit juice doesn't have that added benefit. Plus, it is packed with calories... about 120 calories per cup. And if you are thinking about reaching for a fruit "drink, punch, aid, beverage or cocktail", BEWARE, it has little or no real fruit juice in it. This means it is mostly sugar, flavoring and water and offers no nutrient benefit.

## Does Soda, Ice Tea, Or Other Sweetened Beverages Provide Any Health Benefit?

No. These beverages provide sugar and calories and generally don't add any nutritional contribution to your diet. Check out the chart below to see how many teaspoons of sugar are in some your favorite beverages!

### Average Amount of Sugar and Calories Per Serving

Beverage	Serving size	Approx. no. of teaspoons of sugar	Grams of sugar	Approx. calories per serving
Soda	1 cup	●●●●●	27	100
Gatorade Thirst Quencher	1 cup	●●●	14	50
Iced Tea	1 cup	●●●●●	24	90
Cool Aid	1 cup	●●●●	16	110
Fruit Punch or Drink	1 cup	●●●●●	26	110
Lemonade	1 cup	●●●●●	25	110
Sunny Delight Citrus Beverage	1 cup	●●●●●●	30	130

● = 1 tsp = ½ tsp

If you have a craving for a sweet drink, on occasion, select a sugar-free beverage as diet soda, diet or unsweetened iced teas, home-made lemonade, or other beverages.











## What Are the Healthiest Snacks?

Some great snack choices include: fruit, low-fat or air-popped popcorn, a handful of peanuts, a serving of whole grain crackers with a thin spread of peanut butter, sliced apple with a thin spread of peanut butter, fat-free, no sugar added flavored yogurt or a smoothie made with low-fat milk, fruit and ice cubes (blended). Try to limit the high-fat and sugar-laden snacks as buttered popcorn, chips, cookies, cake, candy, full fat ice cream, etc...

Occasionally, if you have a craving for sweets, go for 2 squares of dark chocolate, cut-up fresh fruit with cool whip, or 1 scoop of low-fat ice cream.















## What Would A Healthy Days' Eating Look Like?

To help you plan your meals and snacks take a look at some of the delicious selections:

Sample Day	Sample Day	Sample Day	Sample Day
<p><b>BREAKFAST</b></p>  <p>Yogurt Parfait W/ Cut-Up Fruit, Low-Fat Granola And Fat-Free or Light Yogurt (With No Added Sugar)</p>	<p><b>BREAKFAST</b></p>  <p>1 Scrambled Egg Or 2 Egg Whites W/1 Slice Whole Wheat Toast W/ 2 Slices Turkey Bacon</p>   <p>1 C Low-Fat Milk 1 c Juice</p>	<p><b>BREAKFAST</b></p>  <p>1 Bowl Of Whole Grain Cereal</p>   <p>1 C Low-Fat Milk 1 Banana</p>	<p><b>BREAKFAST</b></p>  <p>Peanut Butter With 100% Fruit Spread On 1 Slice Whole Wheat Bread</p>   <p>1 C Low-Fat Milk 1 C Juice</p>












<p><b>LUNCH</b></p>  <p>Tuna With Light Mayonnaise on Whole Wheat Bread</p>  <p>Cut Up Carrots, Celery</p>  <p>1 c Low-Fat Milk</p>	<p><b>LUNCH</b></p>  <p>Chicken Wrap w/ Grilled Chicken, and Vegetables</p>  <p>Lettuce Wedge w/ Low-Fat Salad Dressing</p>  <p>1 c Low-Fat Milk</p>	<p><b>LUNCH</b></p>  <p>Grilled Cheese Sandwich on Whole Wheat Bread (Use Low-Fat, Fat-Free Or Reduced-Fat Cheese)</p>  <p>Cut-Up Carrots, Celery</p>  <p>1 c Low-Fat Milk</p>	<p><b>LUNCH</b></p>  <p>Turkey Sandwich w/ Sliced Tomato w/ Light Mayonnaise</p>  <p>Salad Greens with Low-Fat Salad Dressing</p>  <p>1 c Low-Fat Milk</p>
<p><b>DINNER</b></p>  <p>Lean Hamburger on Whole Wheat Roll W/ Lettuce and Tomato</p>	<p><b>DINNER</b></p>  <p>Baked Fish with Brown Rice, Mixed Vegetables + Side Salad w/ Low-Fat Salad Dressing</p> 	<p><b>DINNER</b></p>  <p>Baked Chicken, Pearl Onions, Asparagus</p>  <p>Sweet Potato</p>  <p>Salad with Low-Fat</p>	<p><b>DINNER</b></p>  <p>Turkey Meatballs w/ Whole Wheat Pasta</p>  <p>Salad w/ Low-Fat Salad Dressing</p>


 <p>Salad w/ Low-Fat Salad Dressing</p>  <p>Grapes</p>	<p>Orange</p>	<p>Salad Dressing</p>  <p>Apple</p>	 <p>Green beans</p>
<p>SNACKS</p>  <p>Air-Popped Popcorn</p>  <p>Berries</p>	<p>SNACKS</p>  <p>1 Smoothie (Low-Fat Milk, Sliced Strawberries, Ice Cubes, Blended)</p>  <p>A Handful of Nuts</p>	<p>SNACKS</p>  <p>Pear</p>  <p>Pudding (Low-Fat, No Sugar Added) With Strawberries, Topped with Cool Whip</p>	<p>SNACKS</p>  <p>Fruit Salad</p>  <p>1 c Fat-Free or Light Blueberry Yogurt (With No Added Sugar)</p>
<p>WATER</p>  <p>6-8 Cups/Day</p>	<p>WATER</p>  <p>6-8 Cups/Day</p>	<p>WATER</p>  <p>6-8 Cups/Day</p>	<p>WATER</p>  <p>6-8 Cups/Day</p>

## What's The Best Way To Determine What A Serving Is?

You don't have to weigh or measure but can "guestimate" healthy portions, using the visual associations below:

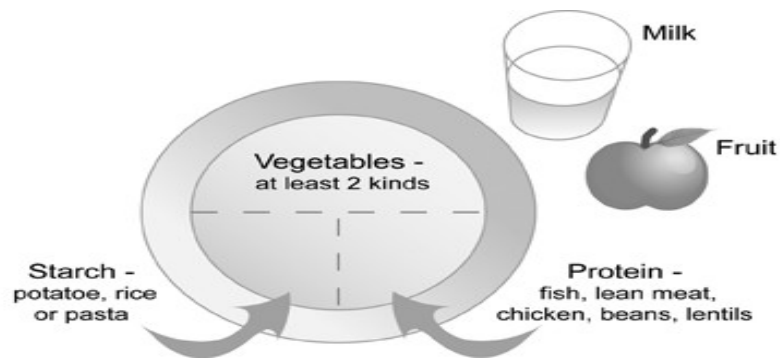
### Serving Size Visual Associations (Developed by Utah Department of Health)

	<p>1 fruit serving= ½ cup canned or 1 medium fruit (about the size of a tennis ball)</p>
	<p>1 meat, poultry or fish serving= 3 oz (about the size of a deck of cards)</p>
	<p>1 grain= 1 slice bread, pre-sliced (about the size of a cassette tape) or 1/2 cup pasta or rice (about the size of an adult woman's palm, stacked 1" high)</p>
	<p>1 dairy serving=8 ounces (the size of a container of individual yogurt)</p>
	<p>1 vegetable serving = 1/2 cup cooked or canned vegetables (about ½ a baseball)</p>
	<p>1 fat serving= 1 teaspoon (about the size of 4 stacked dimes)</p>
	<p>Handful = 1-2 oz.  Example: 1 oz. nuts = 1 handful or 2 oz. pretzels = 2 handfuls</p>
	<p>Fist = 1cup  Example: Two servings of pasta or oatmeal</p>
	<p>Palm = 3 oz. Example: a cooked serving of meat.</p>

	Thumb = 1 oz. Example: piece of cheese
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## Portions of Food on a Healthy Plate

Another great way to visualize your portions is to think about portions of food on a plate. Imagine your plate divided into 4 sections. At least two quarters (or  $\frac{1}{2}$  of your plate) should be filled with vegetables. One quarter ( $\frac{1}{4}$ ) with whole grains (brown rice, sweet potato, whole wheat pasta, etc.) and one quarter ( $\frac{1}{4}$ ) with lean meat, chicken, fish, beans, split peas or other alternatives.



### Additional Portion Control Tips.....

- Choose a medium sized plate (about the size of a Frisbee®) to help you keep your portions healthy. If you are planning to use a large plate, fill only the middle of the plate, rather than filling the plate right to the edge with food.
- Eat 3 meals a day along with 2–3 snacks. Skipping meals or waiting too long between them can make you more likely to overdo it at the next meal.
- Try not to eat in front of the TV or the computer.
- Stop eating when you NO LONGER FEEL HUNGRY. You don't have to "clean your plate". Your body can tell you when you are full.
- Eat slowly and chew your food. Wait 20 minutes before you take a second helping. That's how long it takes for your brain to register your degree of fullness. If you do want seconds, go for more salad or

veggies.

- Try to make it a habit to let your stomach rather than your eyes tell you when you're done with a meal. Listening to your body's natural signals about when it's hungry and when it's full is key to maintaining a healthy weight. If you haven't been paying attention to portion sizes and have been eating large portions, these signals may be confused and over time can be hardwired correctly. In the interim, watch portion size WHILE making smart food choices.
- Don't eat food like crackers, popcorn, low-fat ice cream etc. directly out of the container or bag. Put a small portion on a plate and put the bag or container away.
- Don't be tempted by bargains. Going for the giant value meal or the jumbo drink just because they're only a few cents more than the regular size can impede your progress.
- Be aware that most restaurant portions can be double or triple the "healthy" serving size. When eating out, try sharing a meal with a friend, order an appetizer as a main dish, or pack up the extras to take home.

## **Lifestyle Guidelines**

### **Meals/Snacks:**

- Eats 3 meals (breakfast, lunch and dinner) and if desired 2 snacks a day.
- Eat a variety of foods each day.

### **Beverages:**

- Select only 100% fruit juice. Limit juice to no more than 1 cup daily.
- Select 6 + glasses of water daily.
- Limit caffeine containing beverages (coffee, tea) to 1 cup /day.
- Eliminate sugar-laden beverages as iced tea, fruit punch, soda, cool aid, and fruit beverages. If you have a craving for a "sweet" beverage, select the sugar-free varieties (diet soda, diet iced tea, etc)... but don't overdo it.

## **Starch/grains:**

- Select whole wheat bread, brown rice, whole grain (unsweetened) cereals, whole wheat pasta and limit your intake at each meal.
- Limit starches that convert to sugar easily (white bread, sugar-coated cereals, and moderate-to-high glycemic index selections).
- Great cereal choices include high fiber, low glycemic index cereals. Examples include: Bran flakes, All Bran, Fiber One (Regular, Honey Cluster).
- Limit starches to up to 1 portion each meal . (1 cup brown rice, 2 slices bread, 1 cup cereal, 1 cup corn or peas, etc).

## **Fruit:**

- Select 2–3 servings a day. One serving is 1 piece or ½ c.
- Select fresh fruit. On occasion select frozen fruit (no added sugar) or fruit canned in water or juice. Limit dried fruit (raisins, etc).
- Limit juice to 1 cup per day. Select 100% fruit juice and not fruit drinks.

## **Vegetables:**

- Select 3–5 (or more!) servings a days. One serving is 1 c raw or ½ c cooked.
- Examples of vegetables include: broccoli, kale, cauliflower, eggplant, green beans, zucchini, lettuce, cucumbers, collard greens, spinach, carrots, etc.
- Keep in mind that lima beans, corn, peas, winter squash, plantain and potatoes are starchy vegetables and are more similar in nutrient and calories to grains.

## **Protein:**

- Select lean sources of protein as skinless chicken, turkey, ham, lean cuts of beef, egg whites or yolks (limit egg yolks to no more than 4 yolks a week), split-peas, black-eyed peas, beans (red, black, etc), lentils, tofu, peanut butter, etc. Select 2–3 servings of protein each day.

- Select fish 2–3 times a week.
- Bake, roast, grill, broil, steam or stir-fry: do not fry.
- One serving is 3–4 oz (a deck of cards, a full fist) or 1c cooked beans, split peas, black-eyed peas or 2 tb. peanut butter (100%).

### **Milk and Milk Products**

- Select 2–3 servings from this group each day.
- Select fat-free, 1% low-fat or 2% reduced-fat milk.
- Select light or fat-free (with no added sugar) plain or fruit-flavored yogurt.
- Select low-fat, fat-free, or reduced-fat hard or soft cheese (American, Swiss, Cottage cheese).

### **Fat**

- Healthy sources of fat include: vegetable oil, olive oil, peanut oil, margarine made from liquid vegetable oil, low-fat or light mayonnaise, low-fat or fat-free salad dressings, a handful of nuts, olives, avocados
- Substitute olive oil/ vegetable oil for butter in cooking.
- Eliminate hydrogenated fat, partially hydrogenated fat, and trans fat.

### **Fast Food**

- Make healthier fast-food choices. Pick a small, single-patty burger that's been broiled, instead of a large one; a side salad (with light dressing) instead of fries and a bottle of water instead of soda or a milkshake. Have grilled chicken, with sauce on the side, rather than fried chicken. Stick to regular servings — don't supersize!
- Limit to once a week.

### **Snacks**

- Select vegetables as desired, (non-starchy items).
- Other healthy snacks include: fresh fruit (1 serving= 1 piece or ½ cup), 2 cups light popcorn, 7 (3-ring) whole wheat pretzels, 12 baked

tortilla chips, 1 cup fat-free or light (no added sugar) yogurt, 1 handful of nuts.

- Occasionally you may select 2 squares dark chocolate or a scoop of low-fat ice cream as a snack.

### Exercise

- Do one hour of physical activity a day (e: walking, climbing stairs, dancing, jump rope, treadmill/bike, aerobic tapes)

### Weigh-In

- Get a scale. Check your weight once every week.

### Food Substitution List

To help guide you in making healthier choices, the list below offers some alternatives.

Food	Suggested Healthier Substitute
Milk, whole	Skim milk or 1% low fat
Yogurt made from whole milk	Fat-free or light (no sugar added) yogurt
Cream	Evaporated skim milk
Sour cream	Non-fat sour cream
Whipped cream	Whipped evaporated skim milk
Cheese (whole milk)	Fat-free, reduced-fat or low-fat cheese
Non-dairy whipped topping	Whipped evaporated skim milk or non-dairy fat-free whipped topping (free of coconut, palm and palm kernel oil)
Butter	Margarine made from liquid vegetable oil, vegetable oil, olive oil
Bacon	Turkey bacon or Canadian bacon
Salt pork	Lean ham
Fried Foods	Baked, broiled, grilled, steamed or stir-fry foods; use non-stick cooking spray to sauté foods



Sausage, salami, pepperoni	Lean meats, skinless poultry, fish
Frankfurters (pork or beef)	Chicken or turkey frankfurters
Pasta with spaghetti sauce and cheese	Pasta with tomato sauce and reduced-fat or fat-free cheese
Pizza (with pepperoni or sausage)	Pizza (blot oil), pizza with vegetable toppings, thin crust (Note: limit size of slice and frequency you eat it)
Eggs	Limit to 4 egg yolks a week, use egg whites and substitutes as desired
Peanut butter	Use all natural types made from whole peanuts without added sugar or partially hydrogenated vegetable shortening
Poultry	Skinless poultry
Pie, assorted pastry	Fresh fruit or home prepared pie or pastry using healthy ingredients
Cake	Home baked cakes with healthy ingredients without frosting or vegetable shortening
Cookies, crackers	Read labels carefully and select only those made without coconut oil, palm and palm kernel oil, lard, butter and vegetable shortening from undisclosed oils or anything that has high fructose corn sweetener.  Make homemade cookies with healthy ingredients.  Limit portion.
Potato chips or buttered popcorn	Baked chips, whole wheat pretzels, air-popped popcorn
Ice Cream, regular	Select low-fat varieties, limit quantity, add fruit toppings
Pancake and French Toast	Prepare with whole wheat bread, egg whites or egg substitutes
Fast Foods- fried fish sandwich, chicken nuggets, fried chicken sandwich, cheeseburgers, French fries, onion rings, milk shake	Select grilled chicken on a roll, a salad (with light dressing) with grilled chicken or a plain burger with salad (with light dressing)

## The Scoop On Carbs

Can you imagine feeling satisfied after eating just a fraction of your usual calories?

Complex carbohydrates, as whole wheat bread and whole grain products (brown rice, whole wheat spaghetti, etc.), can help you to accomplish this. That's because complex carbohydrates are higher in fiber, keeping you satisfied for longer periods of time than products made with white flour. These whole grain, high fiber foods are digested and absorbed more slowly, causing a gradual rise.

Another way to classify carbohydrates is by using a system called the Glycemic Index (GI). Foods with a low GI do not release a large amount of sugar (glucose) when digested. As a result they don't cause a rapid raise in blood sugar levels. Those foods with a moderate-to-high GI index act differently. They cause a rapid rise in glucose levels, followed by a rapid rise in the hormone insulin to fight this, resulting in a rapid decrease in blood sugar levels. This leads to increased hunger and cravings.

To help you identify the best choices, researchers created the GI to categorize foods. Each food is given a GI or a numeric value that ranks the food based on its blood glucose response. The goal is to eat foods:

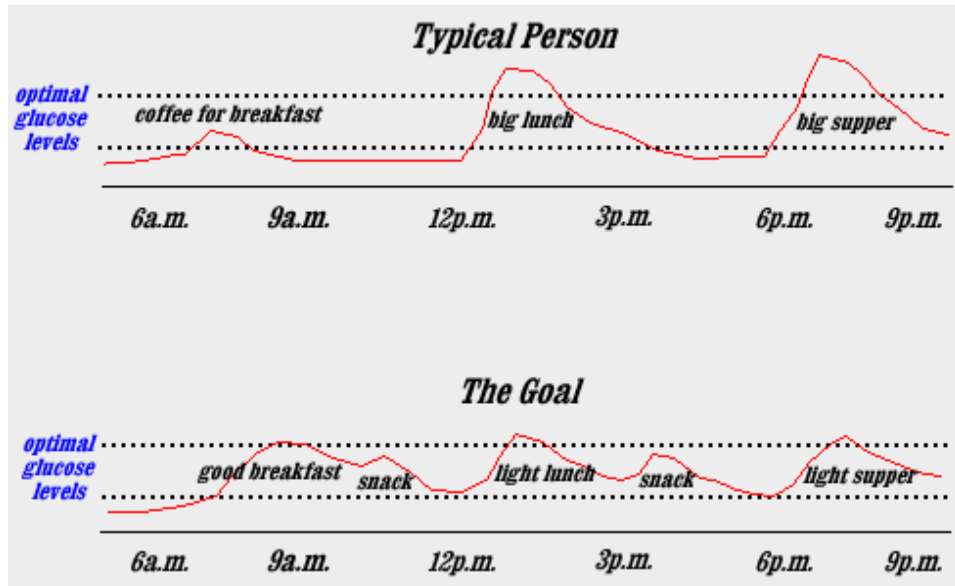
- With a low GI Index--foods, 20-49, most of the time
- With a moderate GI index--50-69, some of the time
- With a high GI index 70-100, rarely

Take a look at the GI on the next page to learn about the best food choices.

## How Fueling Your System Throughout The Day Wards Off Hunger

Another way to keep your blood sugar steady, and ward off hunger, is by eating regularly throughout the day. Eating 3 healthy meals and 2-3 snacks helps you to accomplish this. The sample menus on pages 6 and 7 provide meal and snack suggestions.

The Graph below shows you the benefits of eating meals and snacks throughout the day.



## Glycemic Index

### Foods with a low glycemic index: 55 or less (allies)

**FRUITS:** Apples, Apricots, Berries, Cherries, Grapefruit, Oranges, Peaches, Pears, Plums, Strawberries; Juices (Grapefruit, Tomato)

**VEGETABLES:** Artichokes, Asparagus, Celery, Lettuce (all types). Peppers (green, yellow, red), Tomatoes

**GRAINS:** All bran cereals, Barley, Bulgur, Muesli cereal (without dried fruits), Whole grain breads, Whole grain pasta

**DAIRY:** Low fat cheese, Milk and Yogurt

**BEVERAGES:** Water, Coffee, Tea

**FATS:** Vegetable oils, olive oils, peanut oil, margarine, peanuts, almonds, walnuts

**POULTRY, MEAT, FISH, EGGS:** All animal sources Plus Beans (adzuki, butter, black, garbanzo, navy, soy), Peas (Black-eyed, split peas), Lentils, Peanut Butter

### Foods with a moderate glycemic index: 55–69 (use in moderation)

**FRUITS:** Grapes, Kiwis, Mangos, Pineapple, Watermelon; Juice (Apple, black

cherry, blueberry, orange)

**VEGETABLES:** Beets, carrots, onions; Starchy vegetables as Lima beans, Corn on the cob, Peas, Potatoes (red, white), Sweet Potatoes and Yams

**GRAINS:** Breads as whole wheat bread, whole wheat pita, 100% stone ground), pumpnickel and sourdough; Cereal: low sugar varieties, Buckwheat, Oatmeal, Popcorn, Pasta (most varieties), Rice (basmati, brown, wild)

**DAIRY:** Custard

**SWEETNERS:** Barley malt; Blackstrap (unprocessed), Brown sugar (Unrefined). Honey (unrefined, raw)

### **Foods with a high glycemic index: 70 and above (use sparingly)**

**FRUITS:** Bananas (ripe), Papaya, Raisins (eat in small amounts )

**VEGETABLES:** Cooked Carrots; **VEGETABLES (STARCHY):** Parsnips, Potatoes (French fries, baked potatoes); Corn (sweet)

**GRAINS:** Bagels, Bread (French bread, white), Buns (hamburger and hot dog buns), Cereal (cornflakes, puffed rice, puffed wheat, shredded wheat or any cereal refined, with added sugar), Corn chips, Crackers, Crisp bread, Donuts, Muffins, Pancakes, Pretzels, Rice (white) Rice cakes, Waffles (toaster)

**DAIRY:** Ice cream

**BEVERAGES:** Soft drinks, Sport drinks, Sodas

**SWEETNERS:** Corn syrup and solids; Glucose and glucose polymers (maltodextrin-based drinks); High fructose corn syrup, Honey, Maltose, Sucrose (table sugar)

# Nutrition Value of Food

## Frozen Food

Food	Serv- ing	Calorie s	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Total Cho. (g)	Fiber (g)	Sugar (g)	Sodium (mg)
<b>BREAK- FAST</b>									
<b>Waffles (Eggo)</b>									
<b>Multi- Grain</b>	2 waffles	140	2.5	0.5	0	28	2	3	430
<b>Regular</b>	2 waffles	180	6	1.5	0	27	1	2	440
<b>Pancake s (Aunt Jemina)</b>									
<b>Whole Grain</b>	3	240	6	1	0	42	3	10	460
<b>Home- style</b>	3	240	6	1	0	41	1	11	500
<b>Lean Pocket</b>	1 (2.3 oz)	150	4.5	2	0	19	2	4	310
<b>Hot Pocket</b>	1 (2.3 oz)	340	13	4	0	37	3	8	310
<b>Bagel, plain</b>	1 (4.5 oz)	360	2.5	0.5	0	68	2	7	720
<b>LUNCH</b>									
<b>Lean Pocket - Ham &amp; Cheese</b>	1	290	7	2.5	0	43	3	5	490
<b>Hot</b>	1	310	13	5	0	36	3	7	770

<b>Pockets - Ham &amp; Cheese</b>									
<b>DINNER</b>									
<b>Gorton's</b>									
<b>Fillet, grilled</b>	1 (3.8 oz)	100	3	0.5	0	1	0	0	380
<b>Filet, crispy Battered</b>	2 (3.8 oz)	260	17	3	0	17	0	3	770
<b>Tyson</b>									
<b>Chicken Fajita</b>	1 (3 oz)	110	2	0.5	0	3	0	0	450
<b>Breast Tenders</b>	5 pc (3oz)	240	14	3	0	15	0	0	330
<b>Chicken Nuggets</b>	5(3.2oz)	280	18	4	0	16	0	0	480
<b>ICE CREAM</b>									
<b>Light Ice Cream</b>	½ c	110	3	2	0	18	0	17	65
<b>Haagen- Dazs Vanilla</b>	½ c	270	18	11	0.5	21	0	21	70
<b>Edy's Blended, light</b>	½ c	100	3.5	2	0	15	0	11	45
<b>Edy's Fruit Bar</b>	1	110	2	1	0	21	3	14	25

## Cereal Bars

Food	Serv- ing	Calorie s	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Total Cho. (g)	Fiber (g)	Sugar (g)	Sodium (mg)
Enten- mann's Blue- berry	1 bar	140	3	1	--	25	Tr	15	90
Fiber 1	1 bar	130	2	0.5	0	31	9	11	120
Health Valley Blue- berry Cobbler	1 bar	140	2.5	0	0	27	1	17	5
Nutri- Grain Blue- berry	1 bar	140	3	1	--	27	1	13	110

## Canned/Packaged Foods

Food	Serv- ing	Calorie s	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Total Cho. (g)	Fiber (g)	Sugar (g)	Sodium (mg)
<b>SOUPS</b>									
Chicken Noodle Camp- bell Classic	1c	110	2	1	0	14	2	3	840
Healthy Choice Chicken Noodle Soup	1c	100	1.6	0	0	12	1.6	0,8	450
<b>TUNA</b>									
Tuna in water	2 oz	70	1	0	0	0	0	0	250

<b>Tuna in oil</b>	2 oz	106	4.6	0.8	0	0	0	0	224
<b>FRUIT</b>									
<b>Canned In Own Juice</b>	1/2c	55	0	0	0	15	1.6	13	5
<b>Light syrup</b>	1/2c	70	0	0	0	18	1	17	7
<b>Heavy Syrup</b>	1/2c	100	0	0	0	26	1	22	1
<b>SALAD DRESS-ING</b>									
<b>Light</b>	2 tbsp	40	3	9.5	0	3	0	2	270
<b>Fat Free</b>	2 tbsp	15	0	0	0	4	0	2	430
<b>Regular</b>	2 tbsp	110	11	1.5	0	2	0	2	530
<b>RICE</b>									
<b>Brown</b>	1 c cked	218	1.8	0.4	0	45	3.5	0.7	10
<b>White</b>	1 c cked	205	0.5	0.1	0	45	0,6	0.1	2
<b>PASTA</b>									
<b>White</b>	1 c cked	200	1	0	0	43	2	2	0
<b>Whole wheat</b>	1 c cked	180	1	0	0	35	4	1	0
<b>COOKIES</b>									



<b>Oreos</b>	3	160	7	2	0	25	1	14	190
<b>Vanilla Wafers</b>	8	140	6	1	0	21	0.5	9	120
<b>CRACKERS</b>									
<b>Triscuit</b>	6 (1 oz)	200	4.5	0.5	0	19	3	0	180
<b>Ritz</b>	8 (1 oz)	142	7	2	0	18	0	1.2	240
<b>SNACKS</b>									
<b>Potato Chips (Pingles)</b>									
<b>Regular</b>	14 chips (1 oz)	160	11	3	0	14	0.5	1	170
<b>Reduced Fat</b>	17 (1 oz)	140	8	2	0	17	1	1	135
<b>Fat Free</b>	15 (1 oz)	70	0	0	0	15	2	0	170
<b>SOUPS</b>									
<b>Chicken Noodle Campbell Classic</b>	1c	110	2	1	0	14	2	3	840
<b>Healthy Choice Chicken Noodle Soup</b>	1c	100	1.6	0	0	12	1.6	0,8	450

<b>TUNA</b>									
<b>Tuna in water</b>	2 oz	70	1	0	0	0	0	0	250
<b>Tuna in oil</b>	2 oz	106	4.6	0.8	0	0	0	0	224
<b>FRUIT</b>									
<b>Canned In Own Juice</b>	1/2c	55	0	0	0	15	1.6	13	5
<b>Light syrup</b>	1/2c	70	0	0	0	18	1	17	7
<b>Heavy Syrup</b>	1/2c	100	0	0	0	26	1	22	1
<b>SALAD DRESS-ING</b>									
<b>Light</b>	2 tbsp	40	3	9.5	0	3	0	2	270
<b>Fat Free</b>	2 tbsp	15	0	0	0	4	0	2	430
<b>Regular</b>	2 tbsp	110	11	1.5	0	2	0	2	530
<b>RICE</b>									
<b>Brown</b>	1 c cked	218	1.8	0.4	0	45	3.5	0.7	10
<b>White</b>	1 c cked	205	0.5	0.1	0	45	0,6	0.1	2
<b>PASTA</b>									
<b>White</b>	1 c cked	200	1	0	0	43	2	2	0

<b>Whole wheat</b>	1 c cked	180	1	0	0	35	4	1	0
<b>COOKIES</b>									
<b>Oreos</b>	3	160	7	2	0	25	1	14	190
<b>Vanilla Wafers</b>	8	140	6	1	0	21	0.5	9	120
<b>CRACK-ERS</b>									
<b>Triscuit</b>	6 (1 oz)	200	4.5	0.5	0	19	3	0	180
<b>Ritz</b>	8( 1 oz)	142	7	2	0	18	0	1.2	240
<b>SNACKS</b>									
<b>Potato Chips (Pringles)</b>									
<b>Regular</b>	14 chips (1 oz)	160	11	3	0	14	0.5	1	170
<b>Reduced Fat</b>	17 (1 oz)	140	8	2	0	17	1	1	135
<b>Fat Free</b>	15 (1 oz)	70	0	0	0	15	2	0	170
<b>Bagel Chips</b>	22 chips (1 oz)	130	6	2.5	0	17	1	1	117
<b>Soy Crisps</b>	17 crisps (1 oz)	120	3	0	0	15	2	1	270
<b>Popcorn</b>									

<b>With oil</b>	1 c	55	4.5	0	0	6.6	1.1	--	0
<b>Air popped</b>	1 c	35	0.4	0	0	6.2	1.2	0.2	0
<b>Corn Chips</b>									
<b>Regular</b>	14 chips (1 oz)	140	7	1	0	18	1	0	120
<b>Multi Grain</b>	14 chips (1 oz)	140	7	1	0	18	2	0	120
<b>CEREAL</b>									
<b>Kasha Go Lean</b>	1 c	140	1	0	0	30	10	6	85
<b>Special K</b>	1 c	88	0	0	0	18	0.4	3.2	176
<b>Smart Start</b>	1 c	184	2.4	0.4	0	37	4	13.6	112
<b>Fiber 1</b>	1 c	120	2	0	0	50	28	0	210
<b>Fiber 1 w/ Honey Clusters</b>	1 c	136	0.8	0	0	38	12	4	136
<b>Bran Flakes</b>	1 c	128	1	0	0	32	7	7	293
<b>Shred-ded Wheat</b>	1 c	170	1	0	0	40	6	0	0

## Juice

Food	Serv-ing	Calorie s	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Total Cho. (g)	Fiber (g)	Sugar (g)	Sodium (mg)
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<b>Five Alive</b>	1 c	120	0	0	0	30	0	28	15
<b>Tropicana OJ</b>	1 c	110	0	0	0	26	0	22	0
<b>Tropicana Light</b>	1 c	50	0	0	0	17	0	14	10
<b>Ocean Spray</b>									
<b>Regular</b>	1 c	130	0	0	0	33	0	33	35
<b>Light</b>	1c	40	0	0	0	10	0	10	75

## Juice Drinks and Other Beverages

<b>Food</b>	<b>Serv- ing</b>	<b>Calorie s</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Total Cho. (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
<b>Capri Sun Fruit Punch</b>	1 c	100	0	0	0	26	0	26	20
<b>Kool-Aid Splash (pre-prepared with sugar)</b>	1 c	100	0	0	0	25	0	25	0
<b>Tropicana Citrus Punch</b>	1 c	140	0	0	0	36	0	33	15
<b>Snapple Peach</b>	1 c	100	0	0	0	26	0	24	10
<b>Fruit 2 O</b>	1 c	0	0	0	0	0	0	0	5
<b>FLAV-H2O</b>	1 (12.3 oz)	80	0	0	0	21	0	20	0
<b>Glacier Vitamin</b>	1 c	50	0	0	0	13	0	12	0

Water									
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## Dairy

Food	Serv-ing	Calorie s	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Total Cho. (g)	Fiber (g)	Sugar (g)	Sodium (mg)
<b>AMER- ICAN CHEESE</b>									
<b>Regular</b>	1 slice	105	8.8	5.5	0	0.4	0	0.1	417
<b>Reduced fat</b>	1 slice	68	4	2.5	0	3.8	0	2.3	451
<b>Fat free</b>	1 slice	42	0.2	0.1	0	3.8	0	2.30	434
<b>Laughin g Cow- Light</b>	1 wedge	35	2	1	0	1	0	1	260
<b>Laughin g Cow</b>	5 bites	35	2	1	0	1	0	1	300
<b>YOGURT</b>									
<b>Yoplait Light</b>	6 oz	100	0	0	0	19	0	14	85
<b>Dannon Activia</b>	6oz	168	3	1.8	0	28	0	25	108
<b>Dannon Low fat</b>	6 oz	173	1.8	1.2	0	32	0	32	110
<b>Dannon Vanilla</b>	6 oz	150	2.5	1.5	0	25	0	25	100
<b>Dannon Non-fat</b>	6 oz	60	0	0	0	11	0	7	90

## Franks

Food	Serv- ing	Calorie s	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Total Cho. (g)	Fiber (g)	Sugar (g)	Sodium (mg)
<b>FRANK- FURTERS</b>									
<b>Turkey</b>	1 (1.6 oz)	102	8	2.7	0	0.7	0	1.6	518
<b>Beef</b>	1 (1.6oz)	150	13.4	5.3	0	1.9	0	1.5	513
<b>99% Fat Free</b>	1	45	0	0	0	5	0	3	420
<b>BACON</b>									
<b>Turkey</b>	1sl (.5 oz)	35	2.5	1	0	0	0	0	180
<b>Pork</b>	1sl (.3 oz)	43	3.3	1.1	-	0.1	0	0	185

## Fat

Food	Serv- ing	Calorie s	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Total Cho. (g)	Fiber (g)	Sugar (g)	Sodium (mg)
<b>Fleisch- man's Marg- arine</b>	1 tbsp	100	11	2	0	0	0	0	95
<b>Smart Balance</b>	1 tbsp	80	9	2.5	0	0	0	0	100
<b>Olivio Spread</b>	1 tbsp	80	8	1.5	0	0	0	0	95

## Fast Food

Food	Serv- ing	Calorie s	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Total Cho. (g)	Fiber (g)	Sugar (g)	Sodium (mg)
<b>Burger King</b>									
<b>Tender grill Chicken Garden Salad</b>	1	230	8	3	0	11	3	3	720
<b>Whopper</b>	1	680	40	11	1.5	51	3	11	1020
<b>Ham- burger</b>	1	290	12	4.5	0.5	30	1	6	560
<b>Fries</b>	1 small	230	13	3	3	26	2	0	380
<b>Mc- Donald's</b>									
<b>Asian Salad w/ Grilled Chicken, no dressing</b>	1	300	10	1	0	23	5	12	890
<b>Southwe st w/ Grilled Chicken, no dressing</b>	1	320	9	3	0	30	6	11	960
<b>Big Mac</b>	1	540	29	10	1.5	45	3	9	1040
<b>Burger</b>	1 (3.5oz)	250	9	3.5	0.5	31	2	6	520
<b>Fries</b>	1 small	230	11	1.5	0	29	3	0	160



<b>KFC</b>									
<b>Tender Roasted Sandwich w/o sauce</b>	1	330	7	2.5	0	28	2	3	1060
<b>Bowl w/ Mashed Potatoes /Gravy</b>	1	740	35	9	1.5	80	7	6	2350
<b>Popcorn Chicken</b>	1 ser. (4 oz)	400	26	4.5	2.5	22	3	0	1160
<b>Subway</b>									
<b>6" Oven Roasted Chicken Hero</b>	1	300	5	1.5	0.2	45	4	8	780
<b>6" Cold Cut Combo Hero</b>	1	460	23	9	0.3	48	4	8	1430
<b>Wendy's</b>									
<b>Ultimate Chicken Grill Sandwich</b>	1	320	7	1.5	0	36	2	8	950
<b>Mandarin Chicken Salad (no almonds, noodles or dressing</b>	1	180	2	0.5	0	16	2	12	630

)									
<b>Baked Potato w/ Sour cream an Chives</b>	1	320	4	2	0	63	7	3	50
<b>Pizza Hut</b>									
<b>12" Thin N Crispy (Cheese only)</b>	1/8 pie	200	8	4.5	0	21	1	3	570
<b>12" Med Pan Pizza (Cheese only)</b>	1/8 pie	270	13	5	0	27	1	2	570