

BEST BETS

PROTEIN

Beef
Chicken
Fish
Seafood
Turkey
Pork
Eggs/egg whites
Ham
Cheese
Cottage cheese
Yogurt

GRAINS

Rice
Pasta
Potatoes
Bread
Cereal
Grits
Oatmeal
Pita
Wraps
Bagels

FRUITS/VEGETABLES

All fresh fruit
Canned fruit in juice
Salad
Steamed vegetables
Grilled vegetables
Roasted vegetables
Stir-fried vegetables
Beans
Edamame
Baked white or sweet potatoes
Frozen fruit bars

TO WATCH (HIGHER IN CALORIES/FAT OR BOTH)

PROTEIN

Fried meats
Chicken nuggets
Salami
Bologna
Hot dogs
Pepperoni

GRAINS/SWEETS

Biscuits
Cookies/pie/pastries
Doughnuts
Sweetened cereals
Corn chips
Soda
Sweet tea
Ice cream
Candy
Pizza

FRUITS/VEGETABLES

Dried fruits
French Fries
Onion rings
Juice/fruit punch
Potato chips