

Proteins								
Food	Serving Size	Total Calories	Protein gms	Carb gms	Sodium mgs	Fiber gms	Fat gms	Chol mgs
Canadian Bacon	2 slices	86	11	1	719	0	3.9	27
Chicken Breast	3 oz	116	21	0	63	0	1.5	72
Crab	1 med.	130	26	0	1436	0	2.1	71
Eggs	1 large	75	6	1	63	0	5.0	213
Eggs Whites (best)	1 cup	122	25.6	2.5	399	0	0	0
Haddock	3 oz	95	21	0	74	0	0.8	63
Halibut	3 oz	119	22.7	0	59	0	2.5	35
Lean ham	3 oz	116	18.0	0.4	965	0	4.2	25
Lean ground beef	3 oz	233	26	0	54	0	13.6	91
Low-fat cottage cheese	4 oz	100	14	4	510	0	2.0	15
Lobster	4 oz	111	23.2	1.5	431	0	0.7	82
Orange roughy	3 oz	76	16	0	69	0	0.8	22
Salmon	3 oz	155	22	0	48	0	6.9	60
Shrimp	3 oz	84	18	0	190	0	0.9	166
Snapper	3 oz	109	22	0	48	0	1.5	40
Soy	1 oz	120	15	2	0	0	0	0
Swordfish	3 oz	132	22	0	98	0	4.4	43
Tofu	3 oz	35	6	1	80	0	1.0	0
Top sirloin steak	4 oz	113	25	0	61	0	1.8	67
Trout	3 oz	162	23	0	57	0	7.2	63
Tuna	2 oz	60	13	0	250	0	1.0	25
Turkey Ground Breast	4 oz	193	22	0	88	0	10.8	84
Veggie Burgers	2.5 oz	130	8	18	290	5	2.9	11

Carbs (Choose 1 per meal)								
Food	Serving Size	Total Calories	Protein gms	Carb gms	Sodium mgs	Fiber gms	Fat gms	Chol mgs
Apple	1 med	81	0	21	0	4	0.5	0
Blueberries	1 cup	79	1	19	2	4	1.0	0
Baked potato	1 potato	220	5	51	16	5	0.2	0
Kidney beans	½ cup	110	7	20	280	8	0.5	0
Cantaloupe	1 cup	62	2	15	16	1	0.5	0
Cereal with high fiber	½ cup	79	4	23	61	10	0.9	0
Corn	½ cup	90	3	22	355	0	1.0	0
Honeydew	1 cup	62	1	16	18	1	0.2	0
Lentils	½ cup	90	8	13	210	4	0.0	0
Oatmeal	1 pkt	155	4	31	255	3	2.2	0
Orange	1 orange	86	2	22	0	4	0.2	0
Pasta (whole wheat is best)	2 oz	197	6	40	16	0	1.0	0
Popcorn (no butter)	3 cups	80	2	14	290	3	4.0	0
Rice (steamed brown/wild rice)	1 cup	216	5	45	10	4	1.8	0
Rice cakes	1 cake	60	1	14	3	0	0.5	0
Strawberries	1 cup	46	1	11	2	3	0.6	0
Sweet potato	1 med	117	2	28	11	3	0.1	0
Tortilla (98% fat free Mission)	1	80	3	12	240	8	2	0
Watermelon	1 cup	49	1	11	3	1	0.7	0
Whole grains	1 slice	69	3	13	148	2	1	0
Whole wheat pita	4"	74	3	15	149	2	1	0
Yogurt (fat-free)	6 oz	80	12	4	80	1	1.5	5

Vegetables								
Food	Serving Size	Total Calories	Protein gms	Carb gms	Sodium mgs	Fiber gms	Fat gms	Chol mgs
Asparagus	½ cup	23	3	3	347	2	1	0
Broccoli	½ cup	26	3	5	22	3	0	0
Carrots	6 baby	23	0	5	21	1	0	0
Chives	1 tbsp	1	.10	.13	0	.1	.02	0
Cucumber	1 cup	14	1	3	2	1	0	0
Egg plant	1 cup	21	1	5	2	2	0	0
Green beans	½ cup	14	1	3	1	1	0	0
Lettuce	1 cup	8	1	1	4	1	0	0
Mushrooms (raw/sliced)	1 cup	18	2	3	3	1	0	0
Onions	1 cup	44	1	10	3	2	0	0
Peas	½ cup	59	4	11	2	3.5	0	0
Peppers	1 cup	40	1	10	3	3	0	0
Tomato	1 med	26	1	6	11	1	0	0
Zucchini	1 cup	17	1	4	4	1.5	0	0

Fats								
Food	Serving	Total	Protein	Carb	Sodium	Fiber	Fat	Chol

	Size	Calories	gms	gms	mgs	gms	gms	mgs
Avocado	¼ fruit	71	1	3	5	2	8	0
Flaxseed	1 tbsp	59	2.34	4.11	4	3.3	4.08	0
Low-fat cheese	1 oz	79	8	1	150	0	5	15
Low-fat salad dressing	2 tbsp	53	0	2	228	0	4	0
Nuts (almonds best)	1 tbsp	51	2	2	0	1	5	0
Oils								
Canola	1 tbsp	124	0	0	0	0	14	0
Olive	1 tbsp	119	0	0	0	0	14	0
Sunflower	1 tbsp	120	0	0	0	0	14	0
Sunflower seeds	1 tbsp	57	2	2	0	1	5	0