

# Healthy Eating Plan

## GREEN

Have more often

## YELLOW

Choose **NO MORE THAN 2** servings a day

## RED

Limit to **NO MORE THAN 7** servings per week  
**NO MORE THAN 2** servings per day

	GRAIN FOODS (Breads, Cereals, Pasta and Rice)	
<p><b>Breads - 100% Whole Wheat or Whole Grain</b> Bagel                      Bread      Bun English muffin      Pita              Tortilla</p> <p><b>Cereals (Hot and Cold) -</b> 6 grams or less of sugar <b>AND</b> 4 grams or more of fiber Examples: Old-fashioned oatmeal; Fiber One (original &amp; chocolate), Shredded Wheat, Wheat Chex</p> <p><b>Crackers - 100% Whole Wheat</b></p> <p><b>Pasta - 100% Whole Wheat</b> Whole Wheat blends</p> <p><b>Rice – Brown, Basmati,</b> Converted (parboiled), Long grain, Wild</p> <p><b>Snack Bars –</b> 9 grams or less of sugar <b>AND</b> 3 grams or more of fiber <b>AND</b> 3 grams or more of protein Examples: Kellogg’s Special K Protein Granola , Nature Valley Protein (Peanut, Almond Chocolate)</p>	<p><b>Cereals (Hot and Cold) –</b> 9 grams or less of sugar <b>AND</b> 2 grams or more of fiber Examples: Cheerios, Multi Grain Cheerios, Life, Wheaties</p> <p><b>Pancakes and Waffles -</b> Pancakes made whole wheat mix Whole grain toaster waffles</p> <p><b>Pasta - made with white flour</b> Macaroni &amp; cheese</p> <p><b>Snack Bars –</b> have to meet 2 of the 3 criteria listed for bars on the <b>Green</b> list Examples: Fit &amp; Active Light &amp; Crispy; Vitality; Kellogg’s Nutri-Grain Bar (Chocolatey Crunch)</p>	<p><b>Breads - made with White Flour</b> Bread              Biscuits              Buns Croissants              Muffins              Rolls French Toast              Fried Taco Shells</p> <p><b>Breakfast Pastry-</b> (even if whole grain) Donuts              Pop tarts              Toaster Strudel</p> <p><b>Cereals (Hot and Cold) –</b> 10 grams or more of sugar <b>OR</b> less than 2 grams of fiber Examples: flavored instant oatmeal, Cinnamon Toast Crunch, Special K</p> <p><b>Crackers - made with white flour</b> (examples: saltines, Ritz, even low fat)</p> <p><b>Pancakes and Waffles - made with white flour</b></p> <p><b>Rice - instant, processed (Rice-A-Roni, Uncle Ben’s, Lipton) short grain; white</b></p> <p><b>Snack Bars –</b> meets only 1 of the 3 criteria listed for bars on the <b>Green</b> list - examples: Fiber Now (Oats &amp; Chocolate); Nutri-Grain Apple Cinnamon</p>

# Healthy Eating Plan *continued...*

VEGETABLES		
<p>All raw and cooked vegetables, <b>except those listed as YELLOW and RED</b></p> <p>Fresh, frozen, canned (drained and rinsed or no added salt)</p> <p>Pasta sauces (6 grams or less sugar; 3 grams or less fat per serving)</p>	<p>Corn</p> <p>White potatoes – Baked or mashed (made with low fat/fat free ingredients)</p>	<p>Potatoes prepared with high fat or high sugar ingredients:</p> <p>Baked or mashed with added butter, cream, whole milk, sour cream, sugar, brown sugar, molasses</p> <p>Fried – French fries, hash browns, tater tots,</p> <p>Sweet pickles</p>
MEAT and PROTEIN FOODS		
<p>Lean, unprocessed meat (round, sirloin)</p> <p>Ground meat (≥90% lean)</p> <p>Chicken and turkey (skin removed)</p> <p>Fish</p> <p>Canadian bacon</p> <p>Lunchmeat (less than 3 grams or less fat/ounce)</p> <p>Vegetarian burger (Boca Burger)</p> <p>Eggs                      Beans (all kinds)</p> <p>Hummus                  Lentils</p> <p>Nuts, Nut Butters-peanut, almond, etc.</p>	<p>Ground meat (85% lean)</p> <p>Meat (e.g. beef, pork) – chuck</p> <p>Turkey sausage (low-fat)</p> <p>Turkey bacon (low-fat)</p> <p>Chicken nuggets – baked</p> <p>Fish sticks – baked</p> <p>Lunchmeat (4-7 grams fat/ounce)</p> <p>Vegetarian burger (Garden Burger)</p>	<p>Bacon</p> <p>Baked beans (in sauce)</p> <p>Chicken, turkey with skin; fried chicken</p> <p>Flavored nut butters (such as Nutella)</p> <p>Fish – fried</p> <p>Goetta</p> <p>Lunchmeat with ≥8 grams fat/ounce(e.g. bologna, salami)</p> <p>Meat (e.g. beef, pork) – brisket, ribs, corned beef</p> <p>Pork chops - fried</p> <p>Sausage</p>
FRUIT		
<p>All fruits, <b>except those listed as YELLOW and RED</b></p> <p>Fresh</p> <p>Frozen, no added sugar</p> <p>Canned fruits (drained and rinsed)</p>	<p>Dried fruits (e.g. cranberries, raisins)</p> <p>100% Fruit juice (≤4-6 ounces/day)</p>	<p>Applesauce with added sugar</p> <p>Canned fruits in syrup</p> <p>Dates</p> <p>Frozen fruits with added sugar</p>
MILK and DAIRY PRODUCTS		
<p>Cheese (low-fat, light or fat free) – cottage cheese, cream cheese, sticks</p> <p>Milk – skim (fat free), 1% (unflavored)</p> <p>Non-dairy milk – unflavored or low in sugar</p> <p>Low fat buttermilk</p> <p>Yogurt (light, low in sugar)</p>	<p>Cheese – regular, cream cheese, cottage cheese</p> <p>2% milk</p> <p>Ice cream, low fat</p> <p>Pudding, sugar-free</p> <p>Yogurt with added sugar</p> <p>Frozen yogurt, low fat</p>	<p>Whole (Vitamin D) Milk</p> <p>Flavored milk (e.g. chocolate, vanilla)</p> <p>Hot chocolate, regular (added sugar)</p> <p>Ice cream, regular</p> <p>Frozen desserts, novelties</p> <p>Pudding, regular (added sugar)</p>
COMBINATIONS and SOUPS		
<p>Frozen entrée with whole grains and lean protein (e.g. some Lean Cuisine, Healthy Choice, South Beach)</p> <p>Lentil soup</p> <p>Minestrone soup</p> <p>Tomato soup</p>	<p>Chicken nuggets (baked)</p> <p>Fish sticks (baked)</p> <p>Pizza (thin crust; prefer whole wheat)</p> <p>Soups – bean, green pea, vegetarian chili</p>	<p>Canned pasta meals</p> <p>Frozen entrees with more than one <b>red</b> food (e.g. some Banquet, Stouffers, Swanson)</p> <p>Pizza – thick crust, pepperoni, sausage or extra cheese</p>

# Healthy Eating Plan *continued...*

FATS AND CONDIMENT		
Lemon juice	Vinegar	Alfredo sauce (>4 grams of fat)
Margarine – low fat, spray		BBQ sauce
Mayonnaise or Miracle Whip – fat free or low fat (≤3 grams per serving)		Butter
Mustard	Oil – Canola & Olive	Margarine
Salad dressing (fat-free or low-fat; less than 3 grams sugar/serving)		Honey
Salsa	Soy sauce	Jam/Jelly
Sour cream, fat free or low fat		Mayonnaise (regular)
Sugar substitutes		Miracle Whip (regular)
Tomato sauce (no added sugar)		Molasses
		Sour cream (regular)
		Sugar - brown, granulated (white)
		Sweet and Sour Sauce
		Syrup (low-sugar or regular)
SNACKS		
Fruits and Vegetables (except those listed on <b>YELLOW</b> and <b>RED</b> )	Frozen yogurt, low fat	Cake, snack cakes, pie, brownies, cookies (even low fat)
Cheese (low-fat)	Ice cream, low fat	Candy (even sugar free)
Peanuts and other nuts	Popcorn	Chips (even baked), pretzels
Snack Bars – see GRAIN FOODS	Pudding, sugar free	Fruit snacks, Roll ups
Sugar-free ice pops or popsicles	Snack Bars – see GRAIN FOODS	Gelatin (with sugar)
Sugar-free gelatin		Ice cream
Yogurt (light or low fat)		Popsicles (with sugar)
		Snack Bars – see GRAIN FOODS
BEVERAGES		
Water	Milk – 2%	Milk – whole (Vitamin D)
Milk – skim (fat-free) or 1%	100% fruit juice - ≤4-6 ounces/day	Drinks with calories (high in sugar and/or fat) examples: Sports drinks (e.g. Gatorade, G-2), Fruit drinks (e.g. punch, Kool-Aid, Slushies)
Non-dairy milk – unflavored or low in sugar	Drinks-no more than 20 calories per serving	Milk Shakes, Smoothies, Regular soda
Unsweetened tea	Drinks with artificial sweeteners (diet soda, Crystal Light, sport drinks, coffee, tea)	Sweet tea, coffee drinks, hot cocoa
	-Limit to no more than 2 servings per day (not part of <b>YELLOW</b> total for the day)	