



GROCERY GUIDE

Club jenny



Grocery Guide

The Grocery Guide is the ultimate compliment to your menu. Together with your Jenny Craig meals and your own fresh ingredients you have the makings for a truly balanced (and delicious) diet! This guide is your go-to for nutrient-rich foods like fruits and vegetables that give you the vitamins and minerals your body needs, the proteins that help build a strong body and healthy fats to nourish your brain and nervous system.

The absolute key to losing weight and working to keep it off is to make lifestyle changes that you can maintain for the rest of your life. These lifestyle changes include healthier eating patterns, looking at portion sizes, limiting or avoiding sweets, excess fats and alcohol, and being physically active.

The energy your body needs comes from calories. The calories you eat come from 3 nutrients (also called macronutrients) found in foods: carbohydrates (found in starches and fruit), protein (found in meats and dairy) and fat. This Grocery Guide has a list of foods for all these nutrients and can help you plan healthy meals and snacks throughout your entire journey. That's right - from weight loss to maintenance to lifelong habits. There are plenty of tasty suggestions, you'll be sure to find something you love! Please note that each item listed is one serving. To fit the recommended daily food choices in your menu plan, you may need to reduce the portion size of each serving or include only in limited quantities. If you have any questions be sure to reach out to a coach!

Note: This list does not include all foods available. If you cannot figure out which category a food fits in, ask a coach for help.

The Grocery Guide Breakdown:

Here is a sneak peek into the categories you will find. You can click on each food choice for quick access to that food list:

- Vegetables
- Fruits
- Starches
- Proteins
- Dairy
- Plant-based Foods
- Healthy Fats
- Flavor Unlimited
- Flavor Limited
- Combination Foods

Vegetables

These non-starchy vegetables are unlimited, so long as you eat them without added fat. We recommend consuming **at least 3 servings per day**. Fill up on your favorite below! These options are part of your menu and packed with nutrients that your body needs.

1 serving = approx. 25 calories, 5g carbohydrates, 2-3g fiber, & 2g protein

Raw vegetables: 1 cup

Cooked vegetables: ½ cup

Salad or leafy greens: 3 cups

Vegetable juice/sauce: ½ cup or 4 fl oz.

- Artichoke (½ medium) / Artichoke hearts (packed in water)
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beans (green beans, wax beans, Italian beans)
- Beets
- Bell Peppers, all varieties
- Bok choy
- Broccoli
- Broccolini / Chinese Broccoli
- Broccoli Rabe
- Brussels sprouts
- Cabbage, all varieties
- Carrots
- Cauliflower / Cauliflower rice
- Celery
- Cucumber
- Daikon radish
- Eggplant
- Fennel
- Green onions / Scallions / Chives
- Greens, all varieties (ex: collard, mustard, turnip)
- Hearts of Palm
- Jicama
- Kale
- Kohlrabi
- Leeks
- Mixed vegetables (without corn, peas or pasta)
- Mushrooms, all varieties (ex: white button, portobella, shitake)
- Nopales
- Okra
- Onions, all varieties (ex: red, white, sweet, shallots)
- Radish
- Rhubarb (stewed, no sugar added)
- Rutabaga
- Salad or Mixed Greens, all varieties (ex: arugula, baby spinach, chicory, endive, escarole, lettuce, radicchio, romaine, watercress)
- Sauerkraut
- Seaweed
- Snap Peas
- Snow Peas
- Spaghetti squash
- Spinach / Chinese Spinach
- Summer Squash (crookneck, yellow)
- Swiss chard
- Tomato (1 large)
- Tomato Juice (low-sodium or no salt added)
- Tomato Sauce (sugar-free, no salt added)
- Turnip
- Vegetable Juice (low-sodium or no salt added)
- Water chestnuts (canned, ½ cup)
- Zucchini

Fruits

We recommend at least **1 fruit serving per day!** Choose options that work best for you. Fruit juices contain very little fiber and should be chosen less often. We recommend limiting fruit juices to no more than 1 serving per day.

FRESH, FROZEN, CANNED

Each Serving = 1 Fruit

Approx. 60-80 calories, 15-20g carbohydrates, 2g fiber

Apple, with skin: 1 small or 1 cup slices	Kiwi: 2 medium or 1 cup slices
Applesauce, unsweetened: ½ cup	Loganberries: 1 cup
Apricots: 2 med., 1 cup slices, 4 canned halves	Lychee: 1 cup
Banana: ½ large or 1 cup slices	Mandarin (Clementine), fresh: 2 small or 1 cup segments
Blackberries: 1 cup	Mango: ½ small or ½ cup slices
Blueberries: 1 cup	Melons: 1 cup cubed
Cantaloupe: 1 cup cubed	Mulberries: 1 cup
Cherries: 1 cup or about 15 cherries	Nectarine: 1 medium or 1 cup slices
Cranberries (raw): 1 cup	Orange: 1 medium or 1 cup segments
Dragon fruit: 1 small or ½ cup cubed	Papaya: 1 cup cubed
Figs, fresh: 2 medium	Passionfruit: ½ cup cubed
Fruit salad, fresh: 1 cup	Peach, fresh: 1 medium or 1 cup slices
Fruit salad, canned in water/juice: ½ cup	Peach, canned in water/juice: ½ cup or 2 canned halves
Grapes, all varieties: 1 cup or about 15	Pear, with skin, fresh: 1 med. or 1 cup slices
Grapefruit, fresh: ½ lg, 1 cup segments	Pear, canned in water/juice: ½ cup or 2 canned halves
Grapefruit, canned in water/juice: ½ cup	Persimmon: 1 small fruit
Guava: 1 cup	Pineapple, fresh: 1 cup
Honeydew: 1 cup cubed	Pineapple, canned in water or juice: ½ cup chunks
Jackfruit: ½ cup	Plums, fresh: 2 small

FRESH, FROZEN, CANNED (cont'd)

Each Serving = 1 Fruit

Approx. 60-80 calories, 15-20g carbohydrates, 2g fiber

Plums, canned in water/juice: ½ cup	Strawberries: 1 cup slices or about 9 lg. berries
Pomegranate: ¼ lg. fruit or ½ cup arils	Tangelos: 1 medium
Raspberries: 1 cup	Tangerines: 2 medium
Starfruit: 2 medium	Watermelon: 1 cup cubed

DRIED FRUIT

Each Serving = 1 Fruit

Approx. 60-80 calories, 15-20g carbohydrates, 2g fiber

Apples: 4 rings	Mango: 5 pieces
Apricots: 7 halves	Mixed fruit: 2 Tbsp.
Blueberries: 2 Tbsp.	Nectarine: 2 halves
Cherries: 2 Tbsp.	Peach: 2 halves
Cranberries: 2 Tbsp.	Pear: 1 half
Dates: 2 medium	Prunes: 3 medium
Figs: 3 small	Raisins: 2 Tbsp.
Goji berries: 2 Tbsp.	

100% FRUIT JUICE (no added sugar)

Each Serving = 1 Fruit

Limit to no more than 1 serving per day

Apple juice: 4 fl. oz or ½ cup	Orange juice: 4 fl. oz or ½ cup
Apple cider: 4 fl. oz or ½ cup	Pineapple juice: 4 fl. oz or ½ cup
Fruit juice blend: 4 fl. oz or ½ cup	Pomegranate juice: 4 fl. oz or ½ cup
Grape juice: 4 fl. oz or ½ cup	Prune juice: 4 fl. oz or ½ cup
Grapefruit juice: 4 fl. oz or ½ cup	

Starches

This group contains a list of starch choices. Starches, especially those rich in fiber, provide the body with a steady source of energy. Choose starchy vegetables and whole-grain products more often.

High-calorie starches, sweets, sauces and condiments are listed separately. Choose from these lists less often. Smaller serving sizes of select items from the condiments, sauces and sweets list can be found in the Flavor Limited category. These items are marked with an *.

STARCHY VEGETABLES

Each Serving = 1 Starch

Approx. 80 calories, 15g carbohydrates, 0-3g protein, 0-1g fat

Choose from this list more often

Acorn squash: 1 cup	Potato, baked/boiled, with skin: 1 small or ½ cup
Butternut squash: 1 cup	Potato, plain, mashed: ½ cup
Corn on the cob: ½ large piece	Potato, French-fry cut, oven baked: 1 cup
Corn: ½ cup	Pumpkin puree, canned, no added sugar: 1 cup
Lima beans: ½ cup	Split peas: ½ cup
Mixed veggies w/ peas & corn: 1 cup	Sweet potato, with skin: ½ cup
Parsnips: 1 cup	Winter squash: 1 cup
Peas, green: ½ cup	Yam: 1 small or ½ cup
Plantain: ½ cup	Yucca or cassava: ¼ cup



STARCH

Each Serving = 1 Starch

Approx. 80 calories, 15g carbohydrates, 0-3g protein, 0-1g fat
Choose from this list more often & choose whole grains where possible.

Animal crackers: 8 crackers	Grits, cooked: ½ cup
Baked beans: ¼ cup	Hamburger bun: ½ bun (1 oz.)
Bagel: ¼ large or 2" mini	Hot dog bun: ½ bun (1 oz.)
Bagel thin, whole grain: 1 bagel	Hummus: ¼ cup
Barley cooked: ½ cup	Lentils, cooked: ½ cup
Beans, all varieties, cooked: ½ cup	Matzoh: ¾ oz.
Black-eyed Peas: ½ cup	Oatmeal, cooked with water: ½ cup
Bread, any, sliced: 1 slice or 1 oz.	Oatmeal, uncooked: ¼ cup
Bread, any, reduced-calorie, light: 2 slices or 1 ½ oz.	Oyster crackers: 24 crackers
Bread sticks, crisp, 4" x ½ ": 2 (¾ oz.)	Pasta, cooked al dente (ex: whole wheat, lentil, garbanzo): ½ cup
Bulgur, cooked: ½ cup	Pita bread, 6" across: 1 pita
Cereals, cold or hot, cooked: ½ cup	Popcorn*, no fat added, low-fat or air popped: 3 cups
Chips, baked (potato, pita): 8 chips	Pretzels: ¾ oz.
Cornmeal, dry: 2 ½ Tbsp.	Quinoa, cooked: ½ cup
Couscous, cooked: ½ cup	Rice, cooked: ½ cup
Crackers, saltine, wheat (fat-free or low-fat): 5 crackers	Rice cakes: 2 rice cakes
Crackers, whole grain: 5 reg. / 10 thins	Roll, plain: 1 small (1 oz.)
Croutons, low-fat: 1 cup	Rye crisps (2" x 3 ½"): 4 crisps
English muffin: ½ muffin	Sandwich thins: 1 roll
Graham crackers: 3 (2 ½") squares	Tortillas, corn/flour: 1 small, about 6" across
Granola: ¼ cup	Wheat germ: 3 Tbsp.

HIGHER-FAT STARCH

Each Serving = 1 Starch + 1 Fat

Calories vary, see listed serving/choices.
Choose from this list less often.

Biscuit: 1 biscuit, 2 ½" across	Pancake, about 4" across: 2 pancakes
Chips, regular/tortilla: 13 chips	Popcorn, butter/fat added: 3 cups
Chow mein noodles: ½ cup	Potato, hash browns: ½ cup
Cornbread: 2" cube	Potato, mashed w/ milk & fat: ½ cup
Crackers, round, butter type: 6 crackers	Stuffing, bread prepared: ¼ cup
Crackers, cheese/peanut-butter filled: 3 crackers	Taco shell, corn, hard: 2 shells
Muffin, plain: 1 small	Waffle, 4 ½" square: 1 waffle

CONDIMENTS & SAUCES

Each Serving = 1 Starch

Calories vary, see listed serving/choices.
Choose from this list less often.

Barbecue sauce*: 3 Tbsp.	Ketchup*: 3 Tbsp.
Cranberry sauce, jellied: 3 Tbsp.	Plum sauce: 2 Tbsp.
Hoisin sauce: 2 Tbsp.	Salad dressing, fat-free, cream-based*: 3 Tbsp.
Hot chili sauce: 2 Tbsp.	Sweet & sour sauce: 3 Tbsp.

Curry sauce: 1 oz. (1 Serving = 1 Starch + 1 Fat)



SWEETS, DESSERTS & OTHER STARCHES (see 2nd column for FOOD CHOICE equivalent)

Calories vary, see listed serving/choices.
Choose from this list less often.

Brownies, Cake, Cookies & Pudding

Biscotti: 1 oz. 1 Starch + 1 Fat

Brownie, small, unfrosted: 1 ¼" square 1 Starch + 1 Fat

Cake:

Angel food, unfrosted: ½ of cake 2 Starch

Frosted: 2" square 2 Starch + 1 Fat

Unfrosted: 2" square 1 Starch + 1 Fat

Cookies:

100-calorie pack: 1 oz. 1 Starch + ½ Fat

Chocolate chip cookies: 2 small 1 Starch + 2 Fat

Sandwich cookies with crème filling: 2 small 1 Starch + 1 Fat

Vanilla wafer: 5 cookies 1 Starch + 1 Fat

Pudding, regular, reduced-fat milk: ½ cup 2 Starch

Pudding, sugar-free, fat-free: ½ cup 1 Starch

Donuts, Muffins, Pastries, and Sweet Breads

Banana nut bread: 1" slice 2 Starch + 1 Fat

Donut, cake, plain: 1 medium donut 1 ½ Starch + 2 Fat

Donut, yeast-type, glazed: 1 donut (3" across) 2 Starch + 2 Fat

Muffin, regular: 1 muffin (about 4 oz.) 4 Starch + 2 ½ Fat

Muffin, low-fat: 1 muffin (about 4 oz.) 4 Starch + ½ Fat

Scone: 1 scone (about 4 oz.) 4 Starch + 3 Fat

Sweet roll or Danish: 1 pastry (about 2.5 oz.) 2 ½ Starch + 2 Fat

SWEETS, DESSERTS & OTHER STARCHES (see 2nd column for FOOD CHOICE equivalent)

Calories vary, see listed serving/choices.
Choose from this list less often.

Frozen Desserts

Fruit juice bars, frozen, 100% juice: 1 bar (about 3 oz.) 1 Starch

Ice Cream:

Light or No sugar added: ½ cup 1 Starch + 1 Fat

Regular, Dairy-free or Vegan (almond milk): ½ cup 1 Starch + 2 Fat

Sherbert, sorbet: ½ cup 2 Starch

Yogurt, frozen:

Regular: ½ cup 1 Starch + 1 Fat

Greek, low-fat or fat-free: ½ cup 1 ½ Starch



Protein

This group contains a list of protein options. Choose from the lean proteins more often. Consume as directed on your menu. See serving size and food choices of each item below to choose the options that work best for you.

LEAN PROTEIN Each Serving = 1 Protein

Approx. 45 calories, 7g protein, 2g fat
Choose from this list more often.

Beef, select, good or choice grades, trimmed of fat: Chipped, Ground round, Roast (chuck, rump), Round, Sirloin, Steak (cubed, flank, porterhouse, T-bone), Tenderloin: 1 oz.	
Cheese, fat-free or low-fat: 1 oz., ¼ cup shredded, single 1 ¼" cube	Hot dog, fat-free or low-fat: 1 hot dog or 1 ¾ oz.
Cheese, ricotta, fat-free or low-fat: ¼ cup	Jerky (turkey, pork or beef): ½ oz.
Cottage cheese, fat-free or low-fat: ¼ cup	Lamb (chop, leg, roast): 1 oz.
Deli meats, low-fat (ex. turkey, ham): 1 oz.	Oysters: 6 medium
Egg substitute: ¼ cup	Pork, lean (Canadian bacon, chop, ham, tenderloin): 1 oz.
Egg whites: 2 whites	Poultry, skinless: 1 oz.
Fish, fresh or frozen: 1 oz.	Shellfish, fresh or canned in water (ex. clams, crab, lobster, scallops, shrimp): 1 oz.
Game (buffalo, ostrich, rabbit, venison): 1 oz.	String cheese, light: 1 item
Ground meats: 1 oz. Beef ≥ 90% lean Chicken, Turkey ≥ 93% lean	Tuna, canned in water: 1 oz. or ¼ cup

MEDIUM & HIGH FAT PROTEIN Each Serving = 1 Protein + 1 Fat

Approx. 75-100 calories, 7g protein, 2g fat

Bacon, pork: 2 slices	Fish, fried: 1 oz.
Bacon, turkey: 3 slices	Ground meats: 1 oz. Beef ≥ 85% lean Turkey ≥ 85% lean
Beef, prime grades trimmed of fat: Corned beef, Meatloaf, Prime rib, Rib roast, Short ribs: 1 oz.	Hot dog*, regular, beef/pork/turkey/chicken or combination: 1 hot dog
Cheese, reduced-fat (ex. feta, mozzarella, pasteurized processed cheese): 1 oz.	Lamb, rib roast, ground: 1 oz.
Cheese, regular (ex. American, blue, brie, cheddar, hard goat, Monterey Jack, parmesan, queso, Swiss): 1 oz.	Pork cutlet/ground/shoulder/spareribs/sausage: 1 oz.
Cheese, ricotta, regular or part skim: ¼ cup or 2 oz.	Poultry, with skin or fried: 1 oz.
Deli meats, bologna, hard salami, pastrami, pepperoni: 1 oz.	Sausage, pork/bratwurst/chorizo/Italian/Polish/smoked/summer: 1 oz.
Egg, whole: 1 large	



Dairy

This group contains a list of dairy options. Choose from the low-fat dairy list more often. Consume as directed on your menu. See serving size and food choices of each item below to choose the options that work best for you.

LOW-FAT MILKS (DAIRY)

(see 2nd column for FOOD CHOICE equivalent)

Approx. 100-120 calories, 12g carbohydrates, 8g protein, 0-5g fat

Choose non-fat/skim/low-fat 1%/reduced-fat 2%

Choose from this list more often.

Dry non-fat milk: ½ cup	1 Dairy
Evaporated milk: ½ cup or 4 fl. oz.	1 Dairy
Milk, all, dairy/lactose-free/buttermilk, etc.: 1 cup or 8 fl. oz.	1 Dairy
Milk, chocolate/non-fat/low-fat: 1 cup or 8 fl. oz.	1 Dairy + 1 Starch
Yogurt, plain/regular/Greek: ¾ cup or 6 oz.	1 Dairy

HIGH-FAT/WHOLE MILK (DAIRY)

(see 2nd column for FOOD CHOICE equivalent)

Approx. 160 calories, 12g carbohydrates, 8g protein, 8g fat

Choose from this list less often.

Buttermilk: 1 cup or 8 fl. oz.	1 Dairy + 1 Fat
Chocolate milk: 1 cup or 8 fl. oz.	1 Dairy + 1 Fat + 1 Starch
Evaporated milk: ½ cup or 4 fl. oz.	1 Dairy + 1 Fat
Goat milk: 1 cup or 8 fl. oz.	1 Dairy + 1 Fat
Milk: 1 cup or 8 fl. oz.	1 Dairy + 1 Fat
Yogurt, plain/regular/Greek: ¾ cup or 6 oz.	1 Dairy + 1 Fat

Plant-Based Foods

This list includes plant-based options, which often contribute both starch & protein. Serving size & food choice options are listed below.

PLANT-BASED PROTEINS

Each Serving = 1 Protein + ½ Starch *Calories will vary.*

“Bacon” strips, soy-based: 2 strips	Meatless deli slices: 1 oz.
Beans, all, cooked: ½ cup	Mycoprotein “chicken” tenders, meatless: 2 oz.
“Beef”/“Sausage” crumbles, meatless: 1 oz.	Nut spreads/butters: almond, cashew, peanut, soy: 1 Tbsp.
“Chicken” nuggets, soy-based: 2 nuggets	Peas, black-eyed/split, cooked: ½ cup
Edamame, shelled (soybeans): ½ cup	Refried beans, fat-free, canned: ½ cup
Falafel: 3 small patties	“Sausage” breakfast type patties, meatless: 1 patty
Hot dog, meatless: 1 hot dog	Soy nuts, unsalted: ¾ oz.
Hummus: ½ cup	Tempeh, plain, unflavored: ¼ cup
Lentils, cooked: ½ cup	Tofu: ½ cup or 4 oz.
Meatless burger, soy-based: 3 oz.	Tofu, light: ½ cup or 4 oz.
Meatless burger, vegetable/starch-based: 1 patty	

PLANT-BASED MILK/YOGURT

Each Serving = 1 Dairy + ½ Starch *Calories will vary.*

Almond milk, unsweetened: 1 cup or 8 fl. oz.	Soy milk, unsweetened, plain regular: 1 cup or 8 fl. oz.
Almond milk, sweetened, flavored: 1 cup or 8 fl. oz.	Oat milk, unsweetened, plain: 1 cup/8 fl. oz.
Almond milk, sweetened, regular/original: 1 cup or 8 fl. oz.	Hemp milk, unsweetened, plain: 1 cup or 8 fl. oz.
Coconut milk, unsweetened, 1 cup or 8 fl. oz.	Flax milk, unsweetened, plain: 1 cup or 8 fl. oz.
Rice milk: 1 cup or 8 fl. oz.	Cashew milk, unsweetened, plain: 1 cup or 8 fl. oz.
Soy milk, unsweetened, plain, light or low-fat: 1 cup or 8 fl. oz.	Yogurt, non-dairy, unsweetened, plain: 1 cup

Healthy Fat

This group contains fat options. Consume as directed on your menu. Choose from the unsaturated fat lists more often.

UNSATURATED FATS Mono- & Polyunsaturated Each Serving = 1 Fat Approx. 45 calories, 5g fat • Choose from this list more often	
Avocado, medium: ½ or 2 Tbsp.	Oils: 1 tsp.
Margarine, reduced-fat/light, trans fat-free: 1 Tbsp.	Olives, black: 8 olives
Margarine, soft, regular, trans-fat free: 1 tsp.	Olives, green, stuffed: 10 large olives
Mayonnaise, reduced fat/light: 1 Tbsp.	Salad dressing, reduced fat: 2 Tbsp.
Mayonnaise, regular: 1 tsp.	Salad dressing, regular: 1 Tbsp.
Nuts & Seeds	
Almonds: 6 nuts	Pine nuts: 1 Tbsp.
Cashews: 6 nuts	Pistachios: 16 nuts
Macadamia: 3 nuts	Seeds, flaxseed, ground: 1½ Tbsp.
Mixed, 50% peanuts: 6 nuts	Seeds, pumpkin/sesame/sunflower: 1 Tbsp.
Nut butters: 1½ tsp. (see plant-based foods category for larger serving sizes)	Tahini or sesame paste: 2 tsp.
Pecans: 4 halves	Walnuts: 4 halves
Peanuts: 10 nuts	



OTHER FATS

Each Serving = 1 Fat
Approx. 45 calories, 5g fat

Saturated Fats	
Butter, reduced fat/light: 1 Tbsp.	Cream cheese, reduced fat/light: 1½ Tbsp.
Butter, regular, stick: 1 tsp.	Cream cheese, regular: 1 Tbsp.
Butter, whipped: 2 tsp.	Oils, coconut/palm/palm kernel: 1 tsp.
Coconut, sweetened, shredded: 2 Tbsp.	Sour cream, reduced fat/light: 3 Tbsp.
Coconut milk, canned, thick, regular: 1½ Tbsp.	Sour cream, regular: 2 Tbsp.
Coconut milk, canned, thick, light: ½ cup	
Creams	
Half and half: 2 Tbsp.	Light and/or No Added Sugar: 1½ Tbsp.
Heavy: 1 Tbsp.	Whipped: 2 Tbsp.

Flavor Unlimited

These are optional add-ons and condiments that can be used to spice up your menu plan. Enjoy as many as you'd like! Unlimited (**1 serving = less than 10 calories per serving**).

FLAVOR UNLIMITED
Less than 10 calories per serving
Beverages: Coffee, tea, sparkling water, mineral water (plain/unsweetened/no added sugar)
Sweets, sugar-free: Gelatin, gum, ice pops, sweeteners (natural, calorie-free)
Flavor Enhancers: Bouillion or broths (low sodium), extracts, garlic, ginger, chilis, green onions, herbs, spices, horseradish, hot sauce, lemon, lime, mustard, non-stick cooking spray, peppers, dill pickles, pimiento, salsa, low-sodium soy sauce, vinegars, Worcestershire sauce

Flavor Limited

These are completely optional add-ons and condiments for your menu plan to add additional flavor! Many of the flavor limited food items cross over into other food choice lists as well; however, pay attention to serving sizes to determine if included as a flavor limited or other food choice in your menu plan. **Flavor Limited foods are approximately 10-35 calories. Enjoy up to 3 servings listed per day.**

FLAVOR LIMITED	
Approx. 10-35 calories	
Avocado: ⅛ fruit or 2 Tbsp.	Olives, black or green: 8 olives
Butter: 1 tsp.	Parmesan or feta, low-fat: 1 Tbsp.
Chocolate syrup, sugar-free: 1 Tbsp.	Pickles, sweet: 2 slices
Coffee creamer, fat-free: 1 Tbsp.	Popcorn, air popped: 1 cup
Cream cheese, reduced-fat/fat-free: 1 Tbsp.	Pudding, sugar-free: ¼ cup
Diet soft drinks: 12 fl. oz.	Salad dressing, light: 1 Tbsp.
Flaxseed: 1 tsp.	Salad dressing, regular: 1 tsp.
Fruits, fresh or frozen, all varieties, without added sugar: ½ cup	Sauces & condiments: Barbecue sauce/ketchup/relish/sour cream/teriyaki sauce/tomato paste: 1 Tbsp.
Fruit, canned, without added sugar: ¼ cup	Sugar or sweeteners (ex. brown sugar, cane sugar, agave, honey, etc.): 1 tsp.
Gravy, canned or bottled: ¼ cup	Syrup, sugar-free or light: 1 Tbsp.
Jam or jelly, regular: 1 tsp.	Syrup, regular: 1 tsp.
Nonfat plain Greek yogurt: 2 Tbsp.	Whipped topping: 3 Tbsp.

Combination Foods

The following list includes combination foods & fast-food choices. These foods typically have more calories and fats. Calories will vary. Serving size and food choice options are below. Choose to include these foods in your menu less often.

COMBINATION & FAST FOODS	
(see 2nd column for FOOD CHOICE equivalent)	
Calories vary • Choose from this list less often.	
Main Dishes & Entrées	
Bowl, vegetarian (vegetables, tofu, rice): 8-10 oz.	3 Starch + 1 Protein + 1 Fat
Bowl, chicken/beef and rice: 8-10 oz.	2 Starch + 2 Protein + 1 Fat
Chicken breast, breaded & fried: 1 breast (7 oz.)	1 Starch + 6 Protein + 6 Fat
Chicken drumstick, breaded & fried: 1 drumstick (2 ½ oz.)	½ Starch + 2 Protein + 2 Fat
Chicken nuggets/tenders: 6 nuggets/tenders (3 ½ oz.)	1 Starch + 2 Protein + 3 Fat
Chicken thigh, breaded & fried: 1 thigh (5 oz.)	1 Starch + 3 Protein + 5 Fat
Chicken wing, breaded & fried: 1 wing (2 oz.)	1/2 Starch + 2 Protein + 2 Fat
Casserole-type entrée (ex. chili, lasagna, macaroni & cheese, pasta with meat sauce, tuna noodle): 1 cup	1 Starch + 2 Protein + 2 Fat
Pizza, cheese/vegetarian, thin crust: ¼ of 12" pizza	2 Starch + 2 Protein + 2 Fat
Pizza, meat topping, thin crust: ¼ of 12" pizza	2 Starch + 2 Protein + 3 ½ Fat
Pizza, cheese, meat & veggie, reg crust: ¼ of 14" pizza	2 ½ Starch + 2 Protein + 2 Fat
Pot pie, meat or veggie: 1 pot pie (8 oz.)	3 Starch + 1 Protein + 3 Fat
Stews, beef/other meats & vegetables: 1 cup (8 oz.)	1 Starch + 1 Protein + 0-3 Fat
Salad, main dish (ex. grilled chicken, no dressing, no croutons): 1 salad (11 ½ oz.)	1 Starch + 4 Protein
Tuna/Chicken salad: ½ cup	½ Starch + 2 Protein + 1 Fat
Tikka masala with chicken: 1 cup	1 Starch + 3 Protein + 2 Fat

COMBINATION & FAST FOODS (see 2nd column for FOOD CHOICE equivalent)

Calories vary • Choose from this list less often.

Asian Style	
Beef/chicken/shrimp with vegetables in sauce: 1 cup (6 oz.)	1 Starch + 2 Protein + 1 Fat
Egg roll, meat: 1 egg roll (3 oz.)	1½ Starch + 2 Protein + 1½ Fat
Fried rice, meatless: 1 cup	2½ Starch + 2 Fat
Brown rice, steamed: 1 cup	3 Starch
Hot and sour soup: 1 cup	½ Starch + ½ Fat
Meat and sweet sauce: 1 cup (6 oz.)	3½ Starch + 3 Protein + 5 Fat
Noodles & vegetables with sauce (ex: chow mein, lo mein): 1 cup	2 Starch + 2 Fat
Pad Thai noodles with chicken: 1 cup	3 Starch + 2 Protein + 2 Fat
Pho: beef broth, rice noodles & meat: 3 cups	4 Starch + 2 Protein + 3 Fat
Sushi: fish & rice, no soy sauce: 2 pieces	1 Starch + 1 Protein + 1 Fat
California roll, no soy sauce: 2 pieces	1 Starch + 1 Fat
Mexican Style	
Burrito with beans & cheese: 1 small burrito (6 oz.)	3½ Starch + 3 Protein + 4 Fat
Burrito with beans & beef: 1 small burrito (5 oz.)	3 Starch + 1 Protein + 2 Fat
Nachos with cheese: 1 small order (8 nachos)	2½ Starch + 1 Protein + 3 Fat
Quesadilla, cheese only: 1 small order (5 oz.)	2½ Starch + 3 Protein + 3 Fat
Taco, crisp, with meat & cheese: 1 small taco (3 oz.)	1 Starch + 1 Protein + 3½ Fat
Taco salad with chicken & tortilla bowl: 1 salad	3½ Starch + 4 Protein + 7 Fat
Tostada with beans & cheese: 1 small tostado (5 oz.)	2 Starch + 1 Protein + 1 Fat

COMBINATION & FAST FOODS (see 2nd column for FOOD CHOICE equivalent)

Calories vary • Choose from this list less often.

Sandwiches	
Breakfast Sandwiches	
Breakfast burrito w/ sausage, egg & cheese: 1 burrito (4 oz.)	1½ Starch + 2 Protein + 2 Fat
Egg, cheese, meat on English muffin: 1 sandwich	2 Starch + 3 Protein + 3½ Fat
Egg, cheese, meat on biscuit/croissant: 1 sandwich	2 Starch + 3 Protein + 5 Fat
Chicken Sandwiches	
Grilled w/ bun, lettuce, tomatoes, spread: 1 sandwich	3 Starch + 4 Protein
Crispy, with bun, lettuce, tomatoes, spread: 1 sandwich	3 Starch + 2 Protein + 3½ Fat
Pocket sandwich: 1 sandwich	3 Starch + 1 Protein + 2 Fat
Fish Sandwiches	
Fish sandwich, breaded, w/ bun, tartar sauce, cheese, lettuce, tomato: 1 sandwich	2½ Starch + 2 Protein + 3½ Fat
Hamburgers	
Regular w/ bun & condiments (ketchup/mustard/onion/pickle): 1 small burger (3.5 oz.)	2 Starch + 1 Protein + 2 Fat
4 oz. meat w/ cheese, bun & condiments (ketchup/mustard/onion/pickle): 1 burger (8.5 oz.)	3 Starch + 4 Protein + 6½ Fat
Other	
Hot dog with bun, plain: 1 hot dog	1½ Starch + 1 Protein + 3 Fat
Submarine sandwich, no cheese/sauce, low-fat: 1 sub (6")	3 Starch + 2 Protein
Submarine sandwich, no cheese/sauce, regular: 1 sub (6")	3 Starch + 2 Protein + 1 Fat
Wrap, grilled chicken, vegetables, cheese, spread: 1 small wrap (4-5 oz.)	2 Starch + 2 Protein + 1½ Fat

COMBINATION & FAST FOODS (see 2nd column for FOOD CHOICE equivalent)

Calories vary • Choose from this list less often.

Side Dishes

Coleslaw, creamy: ½ cup	1 Starch + 1 ½ Fat
Macaroni or pasta salad: ½ cup	2 Starch + 3 Fat
Potato salad: ½ cup	2 Starch + 2 Fat
French fries, small, restaurant/fast food: 3.5 oz.	2 ½ Starch + 2 Fat
French fries, medium, restaurant/fast food: 5 oz.	3 ½ Starch + 3 Fat
French fries, large, restaurant/fast food: 6 oz.	4 ½ Starch + 4 Fat
Onion rings: (1) 4 oz. serving	3 ½ Starch + 4 Fat

Soups

Bean/lentil/split pea soup: 1 cup (8 oz.)	2 Starch + 1 Protein
Chowder, made with milk: 1 cup (8 oz.)	1 Starch + 1 Protein + 1 ½ Fat
Cream soup, made with water: 1 cup (8 oz.)	1 Starch + 1 Fat
Miso soup: 1 cup (8 oz.)	½ Starch + 1 Protein
Ramen noodle soup: 1 cup (8 oz.)	2 Starch + 2 Fat
Rice soup: 1 cup (8 oz.)	1 Starch
Tomato soup: 1 cup (8 oz.)	1 Starch
Vegetable beef, chicken noodle, or other broth-type soup: 1 cup (8 oz.)	1 Starch + 1 Protein

