

Low Calorie Vegetables
(5g carbohydrate per ½ cup cooked or 1 cup raw)

Artichoke Hearts	Eggplant	Radishes
Asparagus	Green Onions	Salad Greens
Beans (green, wax, Italian)	Greens	Sauerkraut
Beets	Kohlrabi	Spinach
Broccoli	Leeks	Summer Squash
Brussels sprouts	Mixed Vegetables (no corn or peas)	Tomato
Cabbage	Mushrooms	Turnip
Carrots	Okra	Water Chestnuts
Cauliflower	Pea Pods	Zucchini
Celery	Peppers	
Cucumber		

Meat / Protein
(0g carbohydrate and 7g protein per ounce)

<u>Very Lean (0-1 gm fat/ounce)</u>	<u>Lean (3 gms fat fat/ounce)</u>	<u>Medium/High (5-8 gms fat/oz)</u>
Chicken/turkey (white meat, no skin)	Chicken/turkey (dark meat)	Chicken (dark meat w/skin)
White fish	Salmon, catfish, sardines	Fried fish
Tuna, fresh or canned in water	Tuna canned in oil, drained	Most beef
Shellfish (shrimp, crab, lobster, etc.)	Oysters, herring	Pork chop, cutlet
Duck (no skin), venison, buffalo	Goose (no skin), rabbit	Mozzarella/ Ricotta
Low fat cottage cheese, fat free cheese	Parmesan cheese	Processed meat
Processed meat with 1 gm of fat/ounce	Cottage Cheese	Peanut butter
Beans, peas, and lentils (also 1 carb choice)	Lean processed meat	All regular cheese
Egg whites or egg substitute	Lean pork, ham	All regular sausage
	Lamb roast or chop	

Fat (0 gms carbohydrate, 5gms fat per serving)

<u>Monounsaturated</u>	<u>Polyunsaturated</u>	<u>Saturated</u>
1 tsp. Canola, Olive, or Peanut oil	1 tsp Corn, Vegetable, Flax Seed or Soybean oil	1 slice bacon
Olives (8 black or 10 green)	1 tsp Soft Margarine	1 tsp butter
1 oz Avocado	1 Tbsp flax, pumpkin, sunflower, or sesame seeds	2 Tbsp chitterlings
6 Almonds, Cashews, or Hazelnuts	4 walnut halves	2 Tbsp coconut
10 Peanuts or Pistachios	1 tsp regular mayonnaise	1 Tbsp coconut milk
4 Macadamia Nuts or Pecan Halves	1 Tbsp salad dressing	2 Tbsp half and half
½ Tbsp Peanut, Almond, or Cashew Butter	2 tsp Miracle Whip	1 Tbsp cream cheese
	1 Tbsp Pine Nuts	1 ½ Tbsp reduced fat cream cheese
		2 Tbsp sour cream