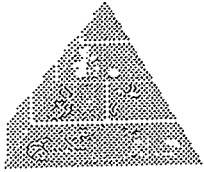


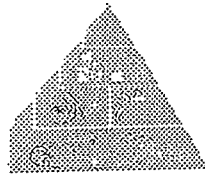
Low-Fat, Low-Sugar Nutrition Guidelines ¹⁴

Food Group	Food to Choose More Often	Foods to Limit
Breads, cereals, starches and starchy vegetables	Barley, bulgur, buckwheat (kasha); whole grain breads, bagels, English muffins, hamburger buns, rolls, tortillas, crackers, cereals, pancakes, and waffles; brown rice, whole wheat pasta, whole wheat couscous, unflavored oatmeal, winter squash, sweet potatoes, corn, corn tortillas	Biscuits; store brought muffins, croissants, sweet rolls, Danish, and donuts; sugar coated cereals, crackers made with saturated fats; pasta and rice dishes prepared in a butter cream sauce; baked, fried, mashed or scalloped potatoes
Vegetables	Any fresh or frozen vegetable such as artichoke and artichoke hearts, asparagus, beans (green, wax, Italian), bean sprouts, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, green onions, greens (collard, kale, mustard, turnip), mushrooms, okra, onions, pea pods, peppers, radishes, salad greens (endive, escarole, lettuce, romaine, spinach), sauerkraut, spinach, summer squash, tomatoes and tomato sauce, vegetable juices, water chestnuts, watercress, zucchini	Any vegetables prepared in butter, cream, or cheese sauce; fried vegetables
Fruits	Whole fresh and frozen fruits such as apple, banana, blueberries, cantaloupe, cherries, grapefruit, grapes, honeydew melon, kiwi, mango, orange, peach, pear, pineapple, plums, and strawberries	Canned fruit, fruit juices, dried fruit and fried fruits



Low-Fat, Low-Sugar Nutrition Guidelines¹⁵

Food Group	Food to Choose More Often	Foods to Limit
Meat, poultry, fish, dried beans, eggs	Fish, shellfish, skinned white-meat chicken and turkey, beans, peas, lentils, egg substitutes, egg whites, soybeans, and tofu	Regular beef, pork, lamb, veal, and luncheon meats; fried chicken and fish, eggs, sausage, hot dogs
Milk, yogurt and cheese	Skim and 1 percent milk, plain nonfat yogurt, nonfat yogurt sweetened with aspartame or nonnutritive sweetener; fat-free or low-fat cheese and cottage cheese	2 percent and whole milk, 1 percent and whole chocolate milk, goat's milk, kefir, low-fat yogurt (plain or fruit flavored), custard-style yogurt, regular cheese and cottage cheese
Fats	Almonds, avocado, canola oil; fat-free or reduced-fat margarine, mayonnaise and salad dressings; olives, olive oil, peanut butter, peanuts, sunflower seeds, walnuts	Bacon, butter, chitterlings, coconut; cream (half and half, whipped cream), cream cheese, saturated fats such as coconut, palm and palm kernel oils; shortening or lard, sour cream
Sweets	Sugar substitutes such as Equal, Sweet 'n Low, or Splenda; light or sugar-free syrups, light or low-sugar jams and jellies; sugar-free gelatin; sugar-free Popsicles	Candy, sugar, syrup, honey, jam, jelly, gelatin, Popsicles and fruit juice bars, fruit snacks and fruit leathers
Beverages	Water, diet sodas, sugar-free drink mixes, sugar-free flavored water, unsweetened iced tea, coffee	Regular sodas, fruit juices, sports drinks, drink mixes, sweet tea, and flavored coffee beverages
Miscellaneous	Catsup, mustard, pickles, salsa, spices, lemon juice	
Snacks (in very limited amounts)	Low-fat popcorn, pretzels, baked or low-fat chips, rice cakes, graham crackers, granola bars, fat-free and low-fat frozen yogurt, fat-free fudge bars, homemade fruit smoothies	Chips, buttered popcorn; store bought cakes, cookies and pies; chocolate, sherbet, ice cream, pudding



Low-Fat, Low-Sugar Nutrition Guidelines¹⁶

Sample Menu

All meals are prepared without added fat.

<p><i>Breakfast</i></p> <p>2 slices whole-grain bread or frozen waffles 2 teaspoons almond butter 1 cup skim milk or yogurt 1 small banana</p>	<p><i>Breakfast</i></p> <p>Breakfast taco (small whole-wheat flour tortilla, 1/2 cup egg substitute, 1 ounce reduced-fat cheese, 2 tablespoons salsa) 1 small orange</p>	<p><i>Breakfast</i></p> <p>1 cup old-fashioned oatmeal 1 cup skim milk 1 small pear</p>
<p><i>Lunch</i></p> <p>Turkey sandwich (2 ounces turkey breast on a whole-grain bread or roll) 1 cup green grapes 1 cup baby carrots, jicama and bell pepper strips 2 tablespoons fat-free ranch dressing 1 cup skim milk or fat-free, reduced-calorie yogurt Bottled water or diet soda</p>	<p><i>Lunch</i></p> <p>2 ounces water-packed tuna mixed with 1 tablespoon light mayonnaise, chopped celery 10 whole grain crackers 1 small apple 1 cup skim milk or fat-free, reduced-calorie yogurt Water or diet soda</p>	<p><i>Lunch</i></p> <p>Peanut butter sandwich on whole wheat bread Apple 1 cup carrot and celery sticks 2 tablespoons light ranch dressing 1 cup skim milk or fat-free, reduced-calorie yogurt Water or diet soda</p>
<p><i>Dinner</i></p> <p>3 -4 ounces grilled salmon 2/3 cup steamed/boiled brown rice 2 cups mixed salad greens 1 tablespoon balsamic vinegar with 2 teaspoons Olive oil 1/2 cup steamed green beans Water with lemon</p>	<p><i>Dinner</i></p> <p>1 cup vegetable soup (carrots, celery, onions, tomato) 2-3 ounces grilled chicken breast (skinless) 1/2 cup black beans 1/2 cup steamed/boiled brown rice 2 corn tortillas 1 cup lettuce and tomato salad with 1/8 avocado slice Water or unsweetened iced tea</p>	<p><i>Dinner</i></p> <p>3 -4 ounces baked barbeque chicken breast (skinless) 1/2 cup mashed sweet potato 1/2 cup steamed cabbage 1/2 cup steamed turnip greens 1 small whole grain roll with 1 tablespoon light margarine Water or unsweetened iced tea</p>
<p><i>Snack</i></p> <p>Fruit smoothie (1 cup skim milk, 1 cup frozen fruit such as peaches or mixed berries) 3 cups low-fat popcorn 1 ounce peanuts</p>	<p><i>Snack</i></p> <p>1/2 mango 1 cup fat-free, reduced-calorie yogurt with 1 ounce almond slivers</p>	<p><i>Snack</i></p> <p>6 cups low-fat popcorn Diet soda or sugar-free Kool-Aid</p>