

Food Selection Guide



MEATS & BEANS	GRAINS	FRUITS & JUICES	VEGETABLES
<ul style="list-style-type: none"> ☹️ Ground beef, chuck ☹️ Marbled sirloin ☹️ Chicken, nugget-style ☹️ Chicken, buffalo wings 	<ul style="list-style-type: none"> ☹️ Macaroni and cheese ☹️ Pasta with marinara sauce 	<ul style="list-style-type: none"> ☹️ Orange juice ☹️ Lemon/Lemonade ☹️ Grapefruit juice ☹️ Cranberry juice ☹️ Tomato ☹️ Low-acid orange juice 	<ul style="list-style-type: none"> ☹️ Mashed potatoes ☹️ French fries ☹️ Onion, raw ☹️ Potato salad ☹️ Garlic, raw
<ul style="list-style-type: none"> 😊 Ground beef, lean 😊 Chicken salad 😊 Scrambled eggs, in butter 😊 Eggs, fried 😊 Fish, fried 😊 Tuna salad 😊 Hot dog, beef or pork 😊 Ham 😊 Nuts or peanut butter 😊 Baked beans 	<ul style="list-style-type: none"> 😊 Garlic bread 😊 Muffin 😊 Granola cereal 	<ul style="list-style-type: none"> 😊 Peach 😊 Blueberries 😊 Raspberries 😊 Strawberries 😊 Grapes 😊 Cranberries, dried 	<ul style="list-style-type: none"> 😊 Onion, cooked 😊 Leeks 😊 Sauerkraut 😊 Scallions
<ul style="list-style-type: none"> 😊 Ground beef, extra-lean 😊 Steak, London Broil 😊 Chicken breast, without skin 😊 Egg whites/egg substitute 😊 Fish, fresh 	<ul style="list-style-type: none"> 😊 Multi-grain bread 😊 White bread 😊 Corn bread 😊 Brown rice 😊 Jasmin rice 😊 White rice 😊 Couscous 😊 Graham crackers 😊 Saltine crackers 😊 Pretzels 😊 Rice cakes 😊 Oatmeal cereal 😊 Frosted cereal 😊 Bran-based cereal 	<ul style="list-style-type: none"> 😊 Apple, fresh or dried 😊 Apple juice 😊 Banana 😊 Papaya 	<ul style="list-style-type: none"> 😊 Carrots 😊 Lettuce 😊 Cabbage 😊 Peas 😊 Broccoli 😊 Green beans 😊 Baked potato
DAIRY	BEVERAGES	SWEETS & TREATS	CONDIMENTS & DRESSINGS
<ul style="list-style-type: none"> ☹️ Sour cream ☹️ Milk shake ☹️ Ice cream ☹️ Cottage cheese, regular 	<ul style="list-style-type: none"> ☹️ Liquor ☹️ Wine ☹️ Coffee ☹️ Tea 	<ul style="list-style-type: none"> ☹️ Chocolate ☹️ Corn chips ☹️ Potato chips, regular ☹️ Butter cookie, high-fat ☹️ Brownie ☹️ Doughnut 	<ul style="list-style-type: none"> ☹️ White Vinegar ☹️ Mayonnaise (regular) ☹️ Salad dressing, creamy ☹️ Salad dressing, oil & vinegar
<ul style="list-style-type: none"> 😊 Yogurt 😊 Milk, 2 percent 😊 Milk, skim 😊 Frozen yogurt 😊 Cottage cheese, low-fat 😊 Cheddar cheese 😊 Mozzarella cheese 	<ul style="list-style-type: none"> 😊 Non-alcoholic wine 😊 Beer 😊 Non-alcoholic beer 😊 Cola 😊 Root beer 😊 Carbonated drinks 	<ul style="list-style-type: none"> 😊 Cookie, low-fat 😊 Potato chips, baked 😊 Cookie, fat-free 😊 Jelly beans 😊 Red licorice 	<ul style="list-style-type: none"> 😊 Rice Vinegar 😊 Cider Vinegar 😊 Mayonnaise (low fat) 😊 Ketchup 😊 Mustard 😊 Mayonnaise (low fat) 😊 Salad dressing, low-fat
<ul style="list-style-type: none"> 😊 Cream cheese, fat-free 😊 Feta cheese 😊 Goat cheese 😊 Sour cream, fat-free 😊 Soy cheese, low-fat 	<ul style="list-style-type: none"> 😊 Mineral water 😊 Chamomile Tea 😊 Fennel Tea 	<ul style="list-style-type: none"> 😊 Herb & Spice blends 	
		HERBS & SPICES	
		<ul style="list-style-type: none"> ☹️ pepper, chili powder, cloves, curry powder, garlic (fresh), mint 	
		<ul style="list-style-type: none"> 😊 nutmeg, mace, mustard seed, paprika 	
		<ul style="list-style-type: none"> 😊 basil, cinnamon, coriander, cumin, dill, garlic powder, fennel ginger, onion (powder), parsley, rosemary, tarragon, thyme 	