

# Food Selection Guide



MEATS & BEANS		GRAINS		FRUITS & JUICES		VEGETABLES	
☹️ Ground beef, chuck	☹️ Marbled sirloin	☹️ Ground beef, chuck	☹️ Marbled sirloin	☹️ Orange juice	☹️ Lemon/Lemonade	☹️ Mashed potatoes	☹️ French fries
☹️ Chicken, nugget-style	☹️ Chicken, buffalo wings	☹️ Macaroni and cheese	☹️ Pasta with marinara sauce	☹️ Grapefruit juice	☹️ Cranberry juice	☹️ Onion, raw	☹️ Potato salad
☺️ Ground beef, lean	☺️ Chicken salad	☺️ Garlic bread	☺️ Muffin	☹️ Tomato	☹️ Low-acid orange juice	☹️ Garlic, raw	☺️ Onion, cooked
☺️ Scrambled eggs, in butter	☺️ Eggs, fried	☺️ Granola cereal	☺️ Multi-grain bread	☺️ Peach	☺️ Blueberries	☺️ Leeks	☺️ Sauerkraut
☺️ Fish, fried	☺️ Tuna salad	☺️ Corn bread	☺️ White bread	☺️ Raspberries	☺️ Strawberries	☺️ Scallions	☺️ Carrots
☺️ Hot dog, beef or pork	☺️ Ham	☺️ Brown rice	☺️ Corn bread	☺️ Grapes	☺️ Cranberries, dried	☺️ Lettuce	☺️ Cabbage
☺️ Nuts or peanut butter	☺️ Baked beans	☺️ Jasmin rice	☺️ White rice	☺️ Apple, fresh or dried	☺️ Apple juice	☺️ Peas	☺️ Broccoli
☺️ Ground beef, extra-lean	☺️ Steak, London Broil	☺️ Couscous	☺️ Couscous	☺️ Banana	☺️ Papaya	☺️ Green beans	☺️ Baked potato
☺️ Chicken breast, without skin	☺️ Egg whites/egg substitute	☺️ Graham crackers	☺️ Saltine crackers	<b>SWEETS &amp; TREATS</b>		<b>CONDIMENTS &amp; DRESSINGS</b>	
☺️ Fish, fresh		☺️ Pretzels	☺️ Rice cakes	☹️ Chocolate	☹️ Corn chips	☹️ White Vinegar	☹️ Mayonnaise (regular)
<b>DAIRY</b>		<b>BEVERAGES</b>		☹️ Potato chips, regular	☹️ Butter cookie, high-fat	☹️ Salad dressing, creamy	☹️ Salad dressing, oil & vinegar
☹️ Sour cream	☹️ Milk shake	☹️ Liquor	☹️ Wine	☹️ Brownie	☹️ Doughnut	☺️ Rice Vinegar	☺️ Cider Vinegar
☹️ Ice cream	☹️ Cottage cheese, regular	☹️ Coffee	☹️ Tea	☺️ Cookie, low-fat	☺️ Potato chips, baked	☺️ Mayonnaise (low fat)	☺️ Ketchup
☺️ Yogurt	☺️ Milk, 2 percent	☺️ Non-alcoholic wine	☺️ Beer	☺️ Cookie, fat-free	☺️ Jelly beans	☺️ Mustard	☺️ Mayonnaise (low fat)
☺️ Milk, skim	☺️ Frozen yogurt	☺️ Non-alcoholic beer	☺️ Cola	☺️ Red licorice		☺️ Salad dressing, low-fat	
☺️ Cottage cheese, low-fat	☺️ Cheddar cheese	☺️ Root beer	☺️ Carbonated drinks	<b>HERBS &amp; SPICES</b>			
☺️ Mozzarella cheese	☺️ Cream cheese, fat-free	☺️ Mineral water	☺️ Chamomile Tea	☹️ pepper, chili powder, cloves, curry powder, garlic (fresh), mint			
☺️ Feta cheese	☺️ Goat cheese	☺️ Fennel Tea	☺️ Fennel Tea	☺️ nutmeg, mace, mustard seed, paprika			
☺️ Sour cream, fat-free	☺️ Soy cheese, low-fat			☺️ basil, cinnamon, coriander, cumin, dill, garlic powder, fennel ginger, onion (powder), parsley, rosemary, tarragon, thyme			