Food Selection Guide

© Sour cream, fat-free

© Soy cheese, low-fat

stop go easy go

MEATS & BEANS	GRAINS	FRUITS & JUICES	VEGETABLES
⊗ Ground beef, chuck	Macaroni and cheese		
Marbled sirloin	😊 Pasta with marinara sauce		French fries
😊 Chicken, nugget-style			😊 Onion, raw
😊 Chicken, buffalo wings	Muffin		
			😂 Garlic, raw
	Multi-grain bread	😊 Low-acid orange juice	Onion, cooked
Scrambled eggs, in butter		⊕ Peach □	⊕ Leeks
⊕ Eggs, fried	⊙ Corn bread	Blueberries	
Fish, fried	© Brown rice	Raspberries	© Scallions
Tuna salad	© Jasmin rice	Strawberries	© Carrots
😐 Hot dog, beef or pork	© White rice		© Lettuce
😀 Ham	© Couscous	Cranberries, dried	© Cabbage
• Nuts or peanut butter	© Graham crackers	O Apple, fresh or dried	© Peas
Baked beans	© Saltine crackers	Apple juice	© Broccoli
	© Pretzels	© Banana	© Green beans
😊 Steak, London Broil	© Rice cakes	○ Papaya	© Baked potato
○ Chicken breast, without skin	© Oatmeal cereal	SWEETS & TREATS	CONDIMENTS & DRESSINGS
© Egg whites/egg substitute	© Frosted cereal	_	⊗ White Vinegar
Fish, fresh			(a) White Vinedar
C risily itesti	© Bran-based cereal	_	
		⊗ Corn chips	Mayonnaise (regular)
DAIRY	BEVERAGES	☼ Corn chips☼ Potato chips, regular	Mayonnaise (regular) Salad dressing, creamy
DAIRY Sour cream	BEVERAGES © Liquor	 Corn chips Potato chips, regular Butter cookie, high-fat	Mayonnaise (regular)Salad dressing, creamySalad dressing, oil & vinegar
DAIRY Sour cream Milk shake	BEVERAGES © Liquor © Wine	Corn chipsPotato chips, regularButter cookie, high-fatBrownie	 Mayonnaise (regular) Salad dressing, creamy Salad dressing, oil & vinegar Rice Vinegar
DAIRY Sour cream Milk shake lce cream	BEVERAGES © Liquor © Wine © Coffee	 ☆ Corn chips ⇔ Potato chips, regular ⇔ Butter cookie, high-fat ⇔ Brownie ⇔ Doughnut 	 Mayonnaise (regular) Salad dressing, creamy Salad dressing, oil & vinegar Rice Vinegar Cider Vinegar
DAIRY Sour cream Milk shake Ice cream Cottage cheese, regular	BEVERAGES © Liquor © Wine © Coffee © Tea	 ☼ Corn chips ☼ Potato chips, regular ☼ Butter cookie, high-fat ※ Brownie ※ Doughnut ※ Cookie, low-fat 	 Mayonnaise (regular) Salad dressing, creamy Salad dressing, oil & vinegar Rice Vinegar Cider Vinegar Mayonnaise (low fat)
DAIRY Sour cream Milk shake Ice cream Cottage cheese, regular Yogurt	BEVERAGES ② Liquor ② Wine ② Coffee ② Tea ② Non-alcoholic wine	 ☼ Corn chips ☼ Potato chips, regular ☼ Butter cookie, high-fat 끊 Brownie ☼ Doughnut ⓒ Cookie, low-fat ☼ Potato chips, baked 	 Mayonnaise (regular) Salad dressing, creamy Salad dressing, oil & vinegar Rice Vinegar Cider Vinegar Mayonnaise (low fat) Ketchup
DAIRY Sour cream Milk shake Ice cream Cottage cheese, regular Yogurt Milk, 2 percent	BEVERAGES ② Liquor ② Wine ③ Coffee ② Tea ② Non-alcoholic wine ② Beer	 ☼ Corn chips ☼ Potato chips, regular ☼ Butter cookie, high-fat ☼ Brownie ☼ Doughnut ⓒ Cookie, low-fat ⓒ Potato chips, baked ⓒ Cookie, fat-free 	 ☼ Mayonnaise (regular) ☼ Salad dressing, creamy ☼ Salad dressing, oil & vinegar 祌 Rice Vinegar 祌 Cider Vinegar 祌 Mayonnaise (low fat) 祌 Ketchup 祌 Mustard
DAIRY Sour cream Milk shake Ice cream Cottage cheese, regular Yogurt Milk, 2 percent Milk, skim	BEVERAGES © Liquor © Wine © Coffee © Tea © Non-alcoholic wine © Beer © Non-alcoholic beer	 ☼ Corn chips ☼ Potato chips, regular ☼ Butter cookie, high-fat ※ Brownie ※ Doughnut ※ Cookie, low-fat ※ Potato chips, baked ※ Cookie, fat-free ※ Jelly beans 	 ☼ Mayonnaise (regular) ☼ Salad dressing, creamy ☼ Salad dressing, oil & vinegar ῷ Rice Vinegar ῷ Cider Vinegar ῷ Mayonnaise (low fat) ῷ Ketchup ῷ Mustard ⓒ Mayonnaise (low fat)
DAIRY Sour cream Milk shake Cottage cheese, regular Yogurt Milk, 2 percent Milk, skim Frozen yogurt	BEVERAGES ② Liquor ② Wine ② Coffee ③ Tea ② Non-alcoholic wine ② Beer ② Non-alcoholic beer ② Cola	 ☼ Corn chips ☼ Potato chips, regular ☼ Butter cookie, high-fat ☼ Brownie ☼ Doughnut ⓒ Cookie, low-fat ⓒ Potato chips, baked ⓒ Cookie, fat-free 	 ☼ Mayonnaise (regular) ☼ Salad dressing, creamy ☼ Salad dressing, oil & vinegar 祌 Rice Vinegar 祌 Cider Vinegar 祌 Mayonnaise (low fat) 祌 Ketchup 祌 Mustard
DAIRY Sour cream Milk shake Ice cream Cottage cheese, regular Yogurt Milk, 2 percent Milk, skim Frozen yogurt Cottage cheese, low-fat	BEVERAGES ② Liquor ② Wine ③ Coffee ② Tea ② Non-alcoholic wine ② Beer ② Non-alcoholic beer ② Cola ③ Root beer	 ☼ Corn chips ☼ Potato chips, regular ☼ Butter cookie, high-fat ※ Brownie ※ Doughnut ※ Cookie, low-fat ※ Potato chips, baked ※ Cookie, fat-free ※ Jelly beans 	 ☼ Mayonnaise (regular) ☼ Salad dressing, creamy ☼ Salad dressing, oil & vinegar ῷ Rice Vinegar ῷ Cider Vinegar ῷ Mayonnaise (low fat) ῷ Ketchup ῷ Mustard ⓒ Mayonnaise (low fat)
DAIRY Sour cream Milk shake Ice cream Cottage cheese, regular Milk, 2 percent Milk, skim Frozen yogurt Cottage cheese, low-fat Cheddar cheese	BEVERAGES ② Liquor ② Wine ③ Coffee ② Tea ② Non-alcoholic wine ③ Beer ② Non-alcoholic beer ② Cola ② Root beer ③ Carbonated drinks	 ☼ Corn chips ☼ Potato chips, regular ☼ Butter cookie, high-fat 끊 Brownie ☼ Doughnut ☼ Cookie, low-fat ῷ Potato chips, baked ῷ Cookie, fat-free ῷ Jelly beans ῷ Red licorice 	 ☼ Mayonnaise (regular) ☼ Salad dressing, creamy ☼ Salad dressing, oil & vinegar 祌 Rice Vinegar 祌 Cider Vinegar 祌 Mayonnaise (low fat) 祌 Ketchup 祌 Mustard 祌 Mayonnaise (low fat) 祌 Salad dressing, low-fat
DAIRY Sour cream Milk shake Cottage cheese, regular Yogurt Milk, 2 percent Milk, skim Frozen yogurt Cottage cheese, low-fat Mozzarella cheese	BEVERAGES ② Liquor ② Wine ② Coffee ③ Tea ② Non-alcoholic wine ② Beer ② Non-alcoholic beer ② Cola ② Root beer ② Carbonated drinks ③ Mineral water	 ☼ Corn chips ☼ Potato chips, regular ☼ Butter cookie, high-fat ☼ Brownie ☼ Doughnut ☼ Cookie, low-fat ῷ Potato chips, baked ῷ Cookie, fat-free ῷ Jelly beans ῷ Red licorice HERBS & SPICES	 ☼ Mayonnaise (regular) ☼ Salad dressing, creamy ☼ Salad dressing, oil & vinegar 祌 Rice Vinegar 祌 Cider Vinegar 祌 Mayonnaise (low fat) 祌 Ketchup 祌 Mustard 祌 Mayonnaise (low fat) ❖ Salad dressing, low-fat
DAIRY Sour cream Milk shake Cottage cheese, regular Yogurt Milk, 2 percent Milk, skim Frozen yogurt Cottage cheese, low-fat Cheddar cheese Mozzarella cheese Cream cheese, fat-free	BEVERAGES ② Liquor ② Wine ② Coffee ③ Tea ② Non-alcoholic wine ② Beer ② Non-alcoholic beer ② Cola ② Root beer ② Carbonated drinks ③ Mineral water ③ Chamomile Tea	 ☼ Corn chips ☼ Potato chips, regular ☼ Butter cookie, high-fat ሯ Brownie ☼ Doughnut ⓒ Cookie, low-fat ⓒ Potato chips, baked ⓒ Cookie, fat-free ⓒ Jelly beans ⓒ Red licorice HERBS & SPICES ※ pepper, chili powder, cloves, compared to the proper of the powder of the po	
DAIRY Sour cream Milk shake Cottage cheese, regular Yogurt Milk, 2 percent Milk, skim Frozen yogurt Cottage cheese, low-fat Mozzarella cheese	BEVERAGES ② Liquor ② Wine ② Coffee ③ Tea ② Non-alcoholic wine ② Beer ② Non-alcoholic beer ② Cola ② Root beer ② Carbonated drinks ③ Mineral water	 ☼ Corn chips ☼ Potato chips, regular ☼ Butter cookie, high-fat ☼ Brownie ☼ Doughnut ⓒ Cookie, low-fat ⓒ Potato chips, baked ⓒ Cookie, fat-free ⓒ Jelly beans ⓒ Red licorice HERBS & SPICES ※ pepper, chili powder, cloves, compared to the proper of the powder, cloves, compared to the powder,	

