

Meat

Breakfast	Lunch	Supper	Snack

1 – GO

1 Serving- 2 ounces- Broil, Boil, and Bake, Roast, Stew, Grill, or Stir-Fry.

Poultry – Chicken, turkey, hen.

Fish – Cod, flounder, haddock, halibut, trout, salmon, sardines or tuna in water, clams, crab, lobster, scallops, shrimp, imitation shellfish, oysters.

Game – Venison, duck, pheasant, ostrich, buffalo.

Eggs- Egg whites, egg substitutes.

Other – 1 cup dried peas and beans, Cheeses*, sausage*, luncheon meat*, hotdogs*, cottage cheese with less than ≤ 3 gram of fat per ounce.

2 – CAUTION

1 Serving-1 ounce- Broil, Boil, and Bake, Roast, Stew, Grill, or Stir-Fry.

Beef- 1 oz. Beef Bottom Sirloin Tip, Beef Ground Broiled, Veal Rib lean and fat.

Fish- Crab Cake*, Tuna or Sardines canned in Oil.

Pork- 1 oz. Picnic Ham*, 1 oz. Pork Sirloin Chops.

Game- 1 oz. Rabbit, Goose.

Lamb- Roast, Chops, or Leg.

Eggs- whole Eggs.

Other- Cheese* as Feta*, Ricotta*, and Mozzarella* with less than 5 grams of fat per ounce.

3 – STOP

1 Serving- 1 ounce.

Beef- Corn Beef Brisket*, Beef Ribs, Beef Liver.

Fish- Fried Fish*, Fish Stick*.

Poultry- Fried Chicken*, Chicken Fingers*, Chicken Liver and Gizzards.

Pork- Ham Patty*, Pork Ground cooked, Country Cured Ham Fried*, Spare Ribs, Sausage Patty* or Link*.

Other- Beef Frank*, Cheese*, Processed Meats, Bratwurst, Italian Knockwurst, and Bologna.

Fat

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1 – GO

2 t.-**Oils-** canola, peanut, olive. 2 T.-Avocado, olives* (8 each), nuts*, almonds*, cashews*, peanuts*, pecans, nuts*; natural, low fat, or organic peanut butter*; Light Salad Dressings*, Light Margarine, and Light Mayonnaise.

2 – CAUTION

1 tsp.-Margarines-stick, tub, and squeeze made with vegetable oils (corn, safflower, and soybean). 1 Tbsp. - Salad Dressings*, Miracle Whip, Seeds, Mayonnaise, Light sour cream, Light cream cheese, Peanut Butter*, creamy *or chunky*.

3 – STOP

1 t.-Lard*, butter, shortening; 1 oz. Fatback*, salt pork*; 1 slice bacon*; 1 T. coconut, chitterlings*, cream cheese; or sour cream.

Dark Red Center

Breakfast	Lunch	Supper	Snack

Serving Size – 1 cup/Large Portion

5 Factor: 1 Full Size Candy Bar, 1 Hostess® Snack Cakes, Rich Cake with Icing, 1 Small Milkshake.

7 Factors: Pie a la Mode (Restaurant), 13.7 oz Turkey Pot Pie, Marie Callender's® 15 oz. Beef Steak Dinner (Chicken Fried & Gravy), pie a la mode (Restaurant), Strawberry Triple Thick® Shake (21 oz.) McDonald's®,

10 Factors: Frozen 14 oz. Fettuccine Alfredo w/ Garlic Bread- Marie Callendar®, Frozen 14.7 oz. Chicken Fried Dinner- Banquet®, 1 large Banana Split, 1 Baked Stuffed Potato, 12 inch Sub Meat Ball (20 oz.)- Subway®, Double Whopper® -Burger King®, and Chocolate Triple Thick® Shake (32 oz.) McDonald's®.

***Foods High In Sodium (Na) - Avoid if High Blood Pressure and see the Low Sodium FOOD SPIRAL™.**

Food Fitness First™

Healthy FOOD SPIRAL™



Favorable Fitness Factor™

1. Eat 3 Meals a Day.
2. Do Not Skip Meals!
3. Avoid Sweets.
4. Limit High Sodium & Fat Foods.
5. Increase Intake of Fresh Vegetables.
6. Exercise 25 to 30 Minutes a Day.
7. Drink Unsweet Drinks and Water.

Patient: _____

FFF: _____ Goal: _____

Vegetables

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0 – GO- EAT ALL YOU WANT

Vegetables- Fresh, Canned or Frozen -

Artichokes, asparagus, green, wax or Italian beans, bean sprouts, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, onions, scallions, chives, greens (collard, kale, mustard, turnip), leeks, mushrooms, okra, pea pods, peppers, radishes, salad greens (endive, escarole, lettuce, romaine, spinach), sauerkraut*, summer squash, tomato, canned tomatoes*, tomato or vegetable juice*, turnips, water chestnuts, watercress, zucchini squash.

1 - CAUTION

1 Serving- 1/2 c. all above vegetables prepared with oils/margarines.

3 - STOP

1 Serving- ½ c. Vegetable Casseroles, vegetables with a cheese sauce*, meat grease, or fried vegetables*.

Other “GO” foods – 0 factor

Eat All YOU want: Non stick cooking spray, vinegar, dill pickles*, mustard*, lemon/lime juice, caffeine free diet colas, unsweet beverages, sugar free gelatin, herbs, Worcestershire sauce*, horseradish, hot sauce, garlic powder, sage, oregano, cinnamon, nutmeg, ginger, paprika, black pepper, cayenne pepper, capers, and see spices under Grocery Store Foods.

LIMIT TO 2 T./DAY: Fat Free- sour cream or cream cheese, margarine, salad dressings, mayonnaise, whipped topping, non dairy creamer, black bean dip, salsa*, soy sauce*, taco sauce*, catsup*, steak sauce*, **3 pieces sugar free** candy, 3 sticks sugar free gum, 1 T. sugar free jelly and syrup. 1 T. CBS Free and more = Yellow Fruit.

Fruit

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1 - GO

1 Serving- 1 c. or 2 Medium pieces- **All Fresh Fruits, any fresh fruit may be used.**

2 - CAUTION

1 Serving- ½ c. fruit juice, ½ c.-canned or frozen fruits, and 1/4 c. dried fruit;

3 - STOP

1 Serving- 1/2 c. Fruit pies*/cobblers*/crisps*/delights*, small banana split/sundaes, small fruit pastries*, fried pies*, fruit dessert with crust*, and Burger King® 4 oz. Fried Apple Pie.

Milk/Dairy

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1 Serving- 1 cup Milk, 1 cup Yogurt, ½ c. evaporated Milk, 1/3 c. fat free dry Milk.

1 - GO

Non-Fat Milk- Skim, 1%, ½ %, or Fat Free Milk Products, Fat Free Soy, Dry, Buttermilk* and Yogurt; (Make sure the yogurt is No Sugar Added or Fat Free)- ≤ 3 grams of Fat.

2 - CAUTION

Low Fat Milk Products- 2%, Soy, Acidophilus, and Yogurt- Low Fat, with ≤ 5 grams of Fat.

3 - STOP

High Fat Milk Products- Whole Milk, Evaporated Whole Milk, Goat’s Milk, Regular Yogurt.

Breads/Starches

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1-GO

1 Serving-1 cup or 2 slices/6 crackers/1 oz. chips-All must be Whole Wheat or Whole Grain- cereals, pita, pasta, pancakes*, waffles*; oatmeal, shredded wheat, bran flakes, granola cereals, potatoes with skin, brown rice, sweet potatoes, whole grain crackers, acorn squash, plantain, baked tortilla chips or shells, corn tortilla, fiesta corn, whole kernel corn, lima beans, green peas, whole kernel corn, 3 cups popped popcorn*, dried beans and peas. (Cooked without Fat).

2 - CAUTION

1 Serving-1/2 c., 1 sl., 6 crackers/6 cookies-White breads, pancakes*, waffles*, pita, raisin bread, tortilla chips or shells, baked crackers, grits, potatoes (no skin), pumpkin, low fat or fat free or no added sugar fat free ice cream and pudding, sherbet, sorbet, flour tortilla, vanilla wafers, angel food cake, gingersnaps, noodles, sugared cereals, 2 T.- light syrup, 1 ½ T. fruit spreads, 1 T.- jam, jelly, honey, or syrup.

3 - STOP

1 Serving- 1/2 cup or 1 sl., 2 X 2 inch, 6 crackers, - Regular chips*, French fries*, biscuits*, taco shells*, doughnuts*, breakfast bars, pastries*, snack crackers*, cakes*, pies*, puddings, cookies*, bar cookies*, shortbread*, brownies*; cornbread*, ice cream, cream soups*, macaroni & cheese*, pound cake, lasagna*, pizza* with thin crust; 3 cracker sandwich cookies*, sweet drinks, colas, wine cooler, and beer- 12 oz.; mixed drinks with liquor- 8 oz.; wine- 5 oz., 4 oz.; Dairy Queen®- 1 medium Coca Cola®, Wendy’s®- 1.5 oz. packet Taco Chips*.