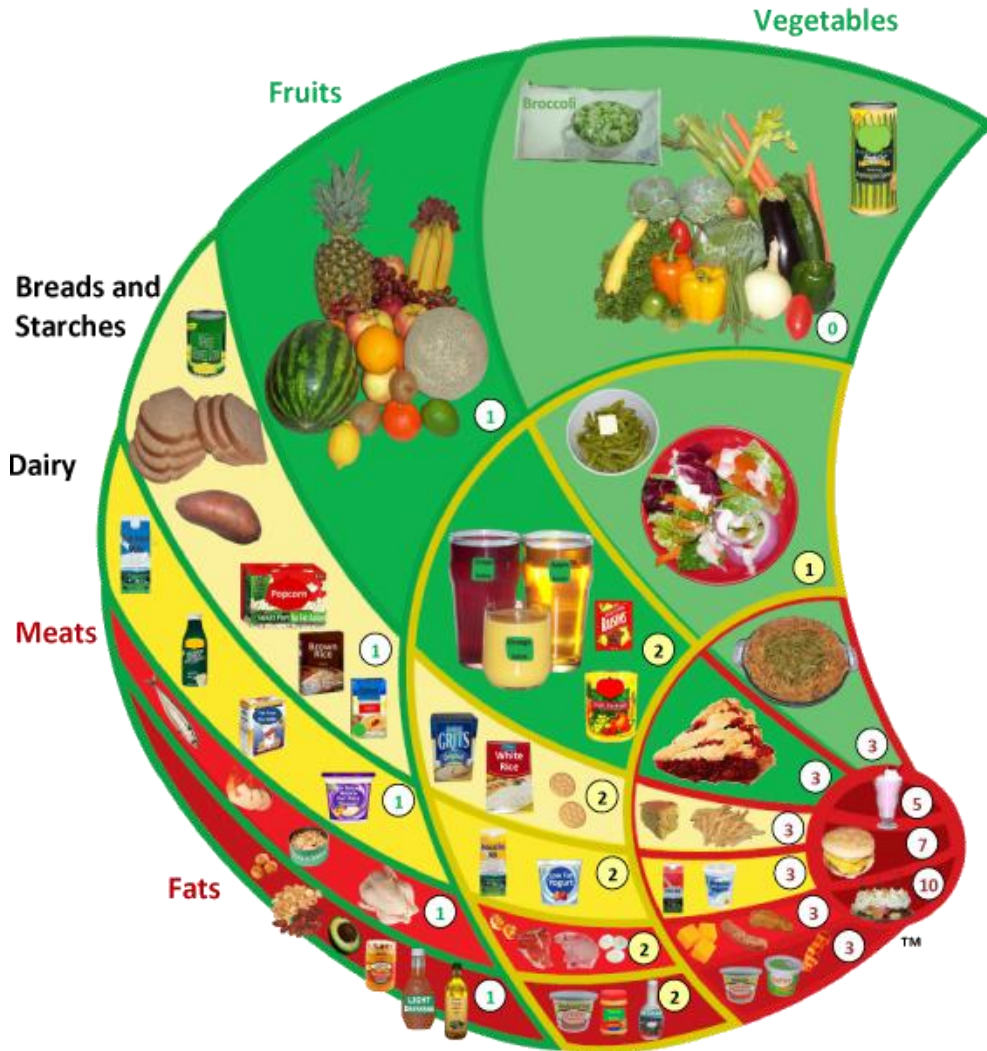


The Healthy FOOD SPIRAL™



Light Green - Vegetables

- GO-0 Factors**- 1 cup raw, canned, or frozen **without fat added**; Vegetables- Squash, Asparagus, Broccoli, Carrots, Cauliflower, Celery, Cucumbers, Radishes, Spinach, Snow Peas, and Vidalia Onions.
CAUTION-1 Factor- ½ cup of any Vegetable prepared with oil or margarine- ½ cup Carrots, Honey Glazed.
STOP-3 Factors- ½ cup Vegetable- Casserole, Vegetables with a Cheese Sauce, Meat Grease or Fried Vegetables, Spinach Au Gratin or Creamed, Green Bean, Broccoli or Squash Casseroles.

Dark Green - Fruits

- GO-1 Factor**- 1 cup or 2 pieces of Fresh Fruit-2 Bananas, 2 Apples, 2 Peaches, 2 Pears, 1 cup Mango Sliced, 2 Pears, 1 cup Strawberries Whole, 1 cup Grapes, 1 cup Pineapple raw, 1 cup Watermelon.
CAUTION- 2 Factors- 1/2 cup Juice, Fruit (canned or frozen) and ¼ cup Dried Fruit- 1/2 cup Apples, Boiled w/o skin, ½ cup Cherries, ½ cup Mixed Fruit, ½ cup Mandarin Oranges, ½ cup Peach Halves.
STOP -3 Factors- ½ cup or 1 piece- Fruit Pie, Fruit Cobbler, Fruit Crisp and Fruit Pastries.

Light Yellow - Starch/Bread

- GO-1 Factor**-1 cup or 2 slices Whole Wheat/Grain- Breads, Cereals, Pastas, Pancakes, Waffles, Potatoes, white/sweet w/Skin, Brown Rice, Baked Tortilla Chips, Dried Beans/Peas, Oatmeal, and Bran Flakes.
CAUTION-2 Factors-1/2 cup, 1 slice , 6 Crackers, or 1 oz. Chips- Low Fiber: Breads, Pancakes, Waffles, Grits, Potatoes no skin, Saltine Crackers, Pretzels, White Rice, White Pasta and Tortilla Chips.
STOP -3 Factors-1/2 cup, 1 slice, 10 Fries- 1 Biscuit, 1 Fried Taco Shell, 1 Doughnut, 1 Pastry, 2 x 2 Cornbread, ½ c. fried hash browns, ½ c. garlic and cheese mashed potatoes, and 1 Brownie.

Dark Yellow - Dairy

- GO-1 Factor**-1 cup - Non-Fat Products- Skim, 1%, ½ %, or Fat Free Milk, Fat Free Soy, Dry or Buttermilk and Yogurt w/No Sugar Added or Fat Free.
CAUTION- 2 Factors- 1 cup - Low Fat Products- 2% Milk, Soy, Acidophilus, or Low Fat Yogurt
STOP- 4 Factors- 1 cup - High Fat Milk Products- Whole Milk, Evaporated Whole Milk, and Regular Yogurt.

Light Red - Meats

- GO-1 Factor**- 2 oz. = 1 serving – Bake, Broil, Roast, Grill, Stir-Fried, Chicken, Turkey, Fish, Egg Whites.
CAUTION-2 Factors- 1 oz. = 1 serving- 1 Egg Boiled, most Beef and Pork, Rabbit, Goose, Crab Cake, Tuna or Sardines canned in Oil, Feta, Ricotta and Mozzarella Cheese.
STOP-3 Factors – 1 oz. =1 serving- 1 Fish Stick Frozen/Fried, Hotdog, Spareribs, Sausage Patty, Sausage Link, Cheeses, Fried Chicken, Fried Fish, Cheese, Bologna, and Honey Baked Ham.

Dark Red - Fats

- GO – 1 Factor** –2 t. - Olive, Canola, or Peanut Oil, 2 T. Nuts, Avocado, Natural/Low Fat Peanut Butter, Light Margarine, Light Mayonnaise, Light Salad Dressings, and 8 Olives.
CAUTION-2 Factors- 1 t. -Corn, Safflower, Soybean Oil, 1 T. Seeds, Regular Salad Dressings, Regular Peanut Butter, Light Sour Cream and Light Cream Cheese.
STOP-3 Factors- 1 tsp. - Lard, Butter, Shortening, Bacon Grease, 1 Slice Bacon, 1 T. Cream Cheese, Sour Cream, Coconut, and Chitterlings.

Dark Red – Center

- Factor 5 Factors**- 2.8 oz Kit Kat Wafer, 1 Slice Banana Crème Pie, 2.8 oz. Snack Cake Hostess®, 8 oz. Chimichanga, 1 full size candy bar, 1 small milkshake, 1 slice cake with icing, & 1 bacon & cheese biscuit, Subway-6 inch Sub Meat Ball (10 oz.) Subway®, Vanilla Triple Thick® Shake (12 oz. /small) McDonald's® Spicy Chicken Crisp Sandwich® -Burger King, and small Cheese Hand Tossed Pizza Domino's®.
Factor 7 Factors- 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®, Super Size French Fries (7 oz.) McDonald's®, BK® Triple Stacker – Burger King®, KFC®- Chicken Pot Pie (13 oz.), Jack-In-The-Box®- Bacon Cheddar Potato Wedges (9.3 oz.), Chicken Finger 4-Pack (6.8 oz.)- Arby's®, Raspberry Crumb (6 oz. slice) - Au Bon Pain®, Nachos Bellgrande (10.8 oz.)- Taco Bell®.
Factor 10 Factors- Frozen 14 oz. Fettuccine Alfredo w/ Garlic Bread- Marie Callendar®, Frozen 14.7 oz. Chicken Fried Dinner- Banquet®, 1 slice loaded pizza, 1 large Banana Split, 1 Baked Stuffed Potato, 12 inch Sub Meat Ball (20 oz.)- Subway®, 9" Personal Panormous Pizza-Pizza Hut® Double Whopper® -Burger King®, and Chocolate Triple Thick® Shake (32 oz.) McDonald's®.