

Food Groups for Healthy Eaters

The Food Groups for Healthy Eaters is to help you make the right food choices and in the right amounts.

A portion size for one serving is marked on the left hand side of the foods. Note however, that you may not be limited to one serving of a food at a meal. Work with your nutrition coach to figure out the right number of serving for your body at different meals and snacks.

No food is forbidden but the unhappy face and the word “Sparingly” indicates foods that are not good everyday food choices.




= **Limit to a few times per week**

“Sparingly” = **Limit to once or twice per week**


Food groups are color coordinated with the Quick Reference Guide.

Foods containing artificial sweetener(s) are marked with an *S for sweetener(s).



Protein		
Eggs		
1	Egg Egg Substitute	
Fish		
1 ounce <i>Note: 3 ounces = palm of hand</i>	Cat fish Cod Flounder Haddock Halibut Herring	Oysters Salmon Sardines Snapper Trout Tuna
Shellfish		
1 ounce <i>Note: 3 ounces = palm of hand</i>	Clams Crab Lobster	Scallops Shrimp
Poultry		
1 ounce <i>Note: 3 ounces = palm of hand</i>	Chicken Cornish hen Turkey	
Soy Products		
Look on package for 1 serving	Seitan Tempeh	Tofu Soy milk
Legumes		
½ Cup = ½ grain + 1 protein	Black beans Black-eye peas Butter beans Chickpeas (Garbanzo beans) Hummus – 1/3 cup (count as a fat serving as well) Kidney beans	Lentils (all types) Navy beans Pinto beans Soy beans Split peas Lima beans White (navy) beans
		
1 ounce <i>Note: 3 ounces = palm of hand</i>	Beef Lamb	Pork Veal



Fat		
Oils		
1 tsp.	Canola Corn Olive	Peanut Soybean
Nuts		
1 Tbsp.	Almonds Brazil nuts Cashews Hazelnuts Macadamia nuts	Peanuts Pine nuts Pistachio Soy nuts Walnuts
Seeds		
1 Tbsp.	Flaxseeds Pumpkin seeds	Sesame seeds Sunflower seeds
Nut Butters		
2 tsp.	Almond butter (natural)	Peanut butter (natural)
Other		
3 Tbsp.	Avocado	
6	Olives	
½ Tbsp.	Regular Salad Dressing	
2 Tbsp.	Reduced Fat Salad Dressing	
		
1 tsp.	Margarine	
1 tsp.	Mayonnaise	
1 Tbsp.	Mayonnaise Light	
1 Tbsp	Miracle Whip Light	
Springly	Bacon grease Butter Butter, reduced fat Butter whipped Coconut milk Coconut Cream cheese	Cream Half & half Lard Salt pork Shortening Sour cream, regular Sour cream, reduced fat



Grains			
Stars (*) Indicate Best Choices			
Bread			
<p>The serving sizes to the right are equal to 15 grams carbohydrates</p> <p><i>Look at package for correct serving size.</i></p>	100% whole wheat bread (1)* Other breads <ul style="list-style-type: none"> - Bagel (½ Lenders) - Bread sticks (1) - Buns (1 small) - English muffin (½) - Light bread (2 slices) - Pita/wrap (½) - Pumpernickel (1 slice)* - Sourdough (1 slice)* 		Crackers, all types Muffin (1 small) Pancake (1 medium) Pretzels (7) Taco shell (1) Waffles (whole grain) (1)
Grains			
½ cup	Barley * Basmati rice * Brown rice Bulgur * Couscous	Jasmine rice Millet * Popcorn (2 cups)	White rice Rice cakes (2) Wheat berries * Wild rice *
Cereals			
1 cup	All-Bran™ Kashi™ cereals Oat bran (cooked) Clifford Crunch™ Puffins™ (cinnamon or original) Steel-cut oats (Irish oatmeal)		Look for a cereal with less than 8 grams of sugar and more than 4 grams of fiber per serving
Pasta			
½ cup	All types - cooked <i>al dente</i> , “firm to the bite”		
Starchy Vegetables			
½ cup	Green peas Parsnips Plantain Potato Pumpkin	Sweet corn Sweet potato Winter squash (acorn, butternut) Yam	
Other			
Sparingly	Cakes Candies Cookies Frozen desserts	Ice cream Jam / jelly Honey Pastries	Pies Soda (regular) Sugar Syrup



Vegetables

<p>1 cup raw</p> <p>½ cup cooked</p>	<p>Alfalfa sprouts Artichoke Asparagus Bamboo shoots Beans (green, wax) Bean sprouts Bok choy Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumber Eggplant Greens (collard, endives, escarole, kale, mustard, turnip) Kohlrabi Leeks</p>	<p>Lettuce, all types Mushrooms Okra Onions, all types Peppers, all types Radishes Salsa Scallions Snow peas Sauerkraut Spinach Summer squash Swiss chard Tomatoes Tomato sauce Turnips Water chestnuts Vegetable juice Zucchini</p>
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Fruit

<p>Your fist size</p>	<p>Green apples Apricot (except dried) Berries Cantaloupe Cherries Clementines Grapefruits</p>	<p>Grapes Honeydew Kiwis Lemons Limes Nectarines Pears</p>	<p>Plums Tangelos Tangerines Watermelon Oranges Peaches</p>
<p>Sparingly – Eat these fruits with protein</p>	<p>Apple sauce Banana Canned fruit Dried fruit</p>	<p>Dried fruit Fruit cocktail (canned) Tropical fruits (mango, papaya) Pineapple</p>	
<p>Sparingly - Maximum of 4-6 ounces per day</p>	<p>Fruit juices Juice drinks</p>		



Dairy		
Milk		
1 cup	1-2 % For chocolate milk <ul style="list-style-type: none"> - Cocoa powder + small amount of sugar - Sugar free chocolate Nesquik™ mix *S - Carnation Instant Breakfast™(no sugar added) *S 	
Soy Milk		
1 cup	Plain (make sure you get enough sunlight for vitamin D)	
Yogurt		
1 cup	"Light" *S	
1 cup	Regular plain(dress up with fruit and granola or wheat germ for added protein)	
Reduced Fat Cheese		
1 ounce or 1 slice	50% reduced fat (Cabot™) Cottage cheese, low fat Feta 2% singles	Mozzarella Parmesan Ricotta Swiss Cheese sticks

"Free" Foods		
"Free"	Bouillon Garlic Gelatin, unflavored Horseradish Lemon juice Mustard Gelatin dessert, sugar free *S	Pimento Soy sauce Tabasco sauce Taco sauce Vinegar Worcestershire sauce Sugar substitute *S Syrup, sugar-free *S
Limit to 5	Candy, hard, sugar free *S Cocoa, powder, unsweetened Cream cheese, fat free Creamer, nondairy, liquid/powder	Jelly, reduced sugar Ketchup (1 Tbsp.) Pickles Sour cream, fat free Whipped topping (Cool Whip™)

Quick Reference Guide to Food Groups

Fat	Dairy	Protein	Grain	Fruit	Vegetable
50 calories	100 calories	50 calories	100 calories	60 calories	30 calories
<p>1 tsp. High Fat regular mayo, oil, butter</p> <p>½ Tbsp. peanut oralmond butter</p> <p>1 Tbsp. Medium Fat salad dressing, nuts, cream cheese</p> <p>2 Tbsp. Low Fat light salad dressing light mayo hummus black bean dip</p> <p>Other 6 olives 3 Tbsp. avocado</p>	<p>1 cup milk (1%-2%) yogurt (light or plain)</p> <p>1 cup plain soy milk</p> <p>2 oz. cheese (light) cottage cheese mozzarella parmesan</p> <p>1 oz. full fat cheese</p>	<p>1 oz. meat fish poultry - chicken - turkey shellfish - clams - crab - lobster - scallops tofu</p> <p>½ cup beans</p> <p>1 whole egg</p> <p>½ Tbsp peanut or almond butter</p>	<p>1 slice bread</p> <p>2 slices light bread</p> <p>½ cup crackers, pasta, rice, potato, corn, peas, starchy veggies</p> <p>1 cup cereal or oatmeal (at least 4 grams fiber and less than 8 grams sugar per serving)</p>	<p>1 small fruit</p> <p>1 cup berries/grapes</p> <p>½ cup canned in natural juice</p>	<p>½ cup cooked</p> <p>1 cup raw</p> <p>See full list for your favorites</p>
<p>Some fats are bad for your body and some fats help you. Talk to your doctor or dietitian about which ones to avoid.</p>	<p>Get at least 3 per day for strong bones</p> <p>Chose low fat dairy</p> <p>Light or plain yogurt</p>	<p>Choice lean proteins</p> <p>Don't eat skin</p> <p>Avoid fried protein while eating out</p>	<p>Never eat by themselves</p> <p>Only 1 at any meal or snack (unless told otherwise)</p>	<p>Eat fruits with a peel or berries when you have fruit on its own for a snack</p>	<p>Free</p> <p>Eat all you want! ;)</p> <p>½ dinner plate should be veggies</p>



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