



Low-Fat, Low-Sugar Nutrition Guidelines

| Food Group | Foods to Choose More Often | Foods to Limit |
|---|--|---|
| Breads, cereals, starches, and starchy vegetables | Barley, bulgur, buckwheat (kasha); whole-grain breads, bagels, English muffins, hamburger buns, rolls, tortillas, crackers, cereals, pancakes, and waffles; brown rice, whole-wheat pasta, whole-wheat couscous; unflavored oatmeal; winter squash, sweet potatoes, corn; corn tortillas | Biscuits; store-bought muffins, croissants, sweet rolls, Danish, and donuts; sugar-coated cereals; crackers made with saturated fats; pasta and rice dishes prepared in a butter cream sauce; baked, fried, mashed, or scalloped potatoes |
| Vegetables | Any fresh or frozen vegetable such as artichoke and artichoke hearts, asparagus, beans (green, wax, Italian), bean sprouts, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, green onions, greens (collard, kale, mustard, turnip), mushrooms, okra, onions, pea pods, peppers, radishes, salad greens (endive, escarole, lettuce, romaine, spinach), sauerkraut, spinach, summer squash, tomatoes and tomato sauce, vegetable juices, water chestnuts, watercress, zucchini | Any vegetables prepared in butter, cream, or cheese sauce; fried vegetables |
| Fruits | Whole fresh and frozen fruits such as apple, banana, blueberries, cantaloupe, cherries, grapefruit, grapes, honeydew melon, kiwi, mango, orange, peach, pear, pineapple, plums, strawberries | Canned fruit, fruit juices, dried fruit, fried fruits |

(continued)

Low-Fat, Low-Sugar Nutrition Guidelines (continued)

| Food Group | Foods to Choose More Often | Foods to Limit |
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| Meat, poultry, fish, dried beans, and eggs | Fish, shellfish, skinned white-meat chicken and turkey, beans, peas, lentils, egg substitutes, egg whites, soybeans, tofu | Regular beef, pork, lamb, veal, and luncheon meats; fried chicken and fish, eggs, sausage, hot dogs |
| Milk, yogurt, and cheese | Skim and 1% milk, plain nonfat yogurt, nonfat yogurt sweetened with aspartame or non-nutritive sweetener; fat-free or low-fat cheese and cottage cheese | 2% and whole milk, 1% and whole chocolate milk, goat's milk, kefir, low-fat yogurt (plain or fruit flavored), custard-style yogurt, regular cheese, cottage cheese |
| Fats | Almonds, avocado, canola oil; fat-free or reduced-fat margarine, mayonnaise and salad dressings; olives, olive oil, peanut butter, peanuts, sunflower seeds, walnuts | Bacon, butter, chitterlings, coconut; cream (half and half, whipped cream), cream cheese; saturated fats such as coconut, palm, and palm kernel oils; shortening or lard; sour cream |
| Sweets | Sugar substitutes such as Equal, Sweet 'n Low, or Splenda; light or sugar-free syrups, light or low-sugar jams and jellies; sugar-free gelatin; sugar-free Popsicles | Candy, sugar, syrup, honey, jam, jelly, gelatin, Popsicles and fruit juice bars, fruit snacks |
| Beverages | Water, diet sodas, sugar-free drink mixes, sugar-free flavored water, unsweetened iced tea, coffee | Regular sodas, fruit juices, sports drinks, drink mixes, sweet tea, flavored coffee beverages |
| Miscellaneous | Catsup, mustard, pickles, salsa, spices, lemon juice | |
| Snacks (in very limited amounts) | Low-fat popcorn, pretzels, baked or low-fat chips, rice cakes, graham crackers, granola bars, fat-free and low-fat frozen yogurt, fat-free fudge bars, homemade fruit smoothies | Chips, buttered popcorn; store-bought cakes, cookies, and pies; chocolate, sherbet, ice cream, pudding |

Low-Fat, Low-Sugar Nutrition Guidelines (continued)

Sample Menu - All meals are prepared without added fat.

| Breakfast | Breakfast | Breakfast |
|---|--|---|
| 2 slices whole-grain bread or frozen waffles 2 teaspoons almond butter 1 cup skim milk or yogurt 1 small banana | Breakfast taco (small whole-wheat flour tortilla, 1/2 cup egg substitute, 1 ounce reduced-fat cheese, 2 tablespoons salsa) 1 small orange | 1 cup old-fashioned oatmeal 1 cup skim milk 1 small pear |
| Lunch | Lunch | Lunch |
| Turkey sandwich (2 ounces turkey breast on a whole-grain bread or roll) 1 cup green grapes 1 cup baby carrots, jicama, and bell pepper strips 2 tablespoons fat-free ranch dressing 1 cup skim milk or fat-free, reduced-calorie yogurt Bottled water or diet soda | 2 ounces water-packed tuna mixed with 1 tablespoon light mayonnaise, chopped celery 10 whole-grain crackers 1 small apple 1 cup skim milk or fat-free, reduced-calorie yogurt Water or diet soda | Peanut butter sandwich on whole-wheat bread Apple 1 cup carrot and celery sticks 2 tablespoons light ranch dressing 1 cup skim milk or fat-free, reduced-calorie yogurt Water or diet soda |
| Dinner | Dinner | Dinner |
| 3-4 ounces grilled salmon 2/3 cup steamed/boiled brown rice 2 cups mixed salad greens 1 tablespoon balsamic vinegar with 2 teaspoons olive oil 1/2 cup steamed green beans Water with lemon | 1 cup vegetable soup (carrots, celery, onions, tomato) 2-3 ounces grilled chicken breast (skinless) 1/2 cup black beans 1/2 cup steamed/boiled brown rice 2 corn tortillas 1 cup lettuce and tomato salad with 1/8 avocado slice Water or unsweetened iced tea | 3-4 ounces baked barbeque chicken breast (skinless) 1/2 cup mashed sweet potato 1/2 cup steamed cabbage 1/2 cup steamed turnip greens 1 small whole-grain roll with 1 tablespoon light margarine Water or unsweetened iced tea |
| Snack | Snack | Snack |
| Fruit smoothie (1 cup skim milk, 1 cup frozen fruit such as peaches or mixed berries) 3 cups low-fat popcorn 1 ounce peanuts (children >5 years) | 1/2 mango 1 cup fat-free, reduced-calorie yogurt with 1 ounce almond slivers | 6 cups low-fat popcorn Diet soda or sugar-free Kool-Aid |