



# Healthy Foods & Snacks

## Breakfast

Recommended	What to Avoid
<ul style="list-style-type: none"> <li>• Small/mini muffins</li> <li>• Granola bars (whole grain or multi-grain are best)</li> <li>• Fruit (fresh or canned in juice)</li> <li>• Low-fat yogurt</li> <li>• Low-fat/skim milk</li> <li>• 100% fruit juice</li> <li>• Cereal (hot or cold, whole grain)</li> <li>• Small bagels</li> <li>• English muffin</li> <li>• Toast</li> <li>• Low-fat cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast sandwiches</li> <li>• Bacon</li> <li>• Sausage</li> <li>• Hash browns</li> <li>• Danishes, doughnuts, pastries</li> <li>• Croissants</li> <li>• Biscuits</li> </ul>

## Lunch/Dinner

Recommended	What to Avoid
<ul style="list-style-type: none"> <li>• Chicken &amp; Fish               <ul style="list-style-type: none"> <li>◆ Grilled, roasted, broiled</li> <li>◆ BBQ sauce or spices for flavoring</li> </ul> </li> <li>• Pizza               <ul style="list-style-type: none"> <li>◆ Thin crust</li> <li>◆ Vegetable or fruit toppings</li> <li>◆ Chicken</li> <li>◆ Canadian bacon</li> <li>◆ Lean hamburger</li> <li>◆ Ricotta cheese</li> </ul> </li> <li>• Sandwiches               <ul style="list-style-type: none"> <li>◆ Roast beef</li> <li>◆ Chicken</li> <li>◆ Turkey</li> <li>◆ Ham</li> <li>◆ Veggie</li> <li>◆ Low-fat cheese</li> <li>◆ Mustard</li> <li>◆ BBQ Sauce</li> <li>◆ Roll, bagel, pita, tortilla, or whole-grain breads</li> <li>◆ Lettuce wraps</li> </ul> </li> <li>• Salads               <ul style="list-style-type: none"> <li>◆ Greens &amp; veggies</li> <li>◆ Fruit, raisins, craisins</li> <li>◆ Kidney beans</li> <li>◆ Egg whites</li> <li>◆ Plain tuna</li> <li>◆ Chicken</li> <li>◆ Turkey</li> <li>◆ Croutons, chow mein noodles</li> <li>◆ Low-fat dressing</li> <li>◆ Order dressings on the side</li> </ul> </li> <li>• Soups               <ul style="list-style-type: none"> <li>◆ Broth based soups</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; Fish               <ul style="list-style-type: none"> <li>◆ Breaded or fried</li> <li>◆ Mayo based sauces</li> </ul> </li> <li>• Pizza               <ul style="list-style-type: none"> <li>◆ Thick crust</li> <li>◆ Extra cheese</li> <li>◆ Pepperoni</li> <li>◆ Sausage</li> </ul> </li> <li>• Sandwiches               <ul style="list-style-type: none"> <li>◆ Tuna or chicken salad made w/mayo</li> <li>◆ Bologna</li> <li>◆ Salami</li> <li>◆ Pepperoni</li> <li>◆ "Italian" clubs</li> <li>◆ Mayo</li> <li>◆ Oil</li> <li>◆ Sauces</li> <li>◆ Croissants</li> <li>◆ Biscuits</li> <li>◆ White breads</li> </ul> </li> <li>• Salads               <ul style="list-style-type: none"> <li>◆ Prepared salads such as potato, macaroni, coleslaw, pasta</li> <li>◆ Large servings of dressing</li> </ul> </li> <li>• Soups               <ul style="list-style-type: none"> <li>◆ Cream based soups</li> </ul> </li> <li>• Southwest/Mexican               <ul style="list-style-type: none"> <li>◆ Fried tortilla</li> <li>◆ Cheese sauces</li> <li>◆ Sour cream</li> <li>◆ Guacamole</li> <li>◆ Refried beans</li> </ul> </li> </ul>

<ul style="list-style-type: none"> <li>• Southwest/Mexican <ul style="list-style-type: none"> <li>◆ Soft flour or corn tortilla</li> <li>◆ Quesadilla</li> <li>◆ Soft tacos (chicken, bean, beef, or veggie)</li> <li>◆ Fajitas</li> <li>◆ Salsa</li> <li>◆ Non-fat sour cream</li> <li>◆ Mexican rice</li> <li>◆ Black beans</li> </ul> </li> <li>• Italian <ul style="list-style-type: none"> <li>◆ Pasta</li> <li>◆ Marinara</li> <li>◆ Red clam sauce</li> <li>◆ Chicken marsala</li> <li>◆ Spinach or mushroom totellini</li> <li>◆ Minestrone soup</li> </ul> </li> <li>• Dessert <ul style="list-style-type: none"> <li>◆ Fruit cup with low-fat whipped cream</li> <li>◆ Sorbet</li> <li>◆ Angle food cake – plain or topped with fruit</li> <li>◆ Yogurt smoothies</li> <li>◆ Frozen yogurt parfaits</li> <li>◆ Low-fat pudding</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Italian <ul style="list-style-type: none"> <li>◆ Alfredo</li> <li>◆ Pesto</li> <li>◆ Limit olive oil &amp; butter</li> </ul> </li> <li>• Dessert <ul style="list-style-type: none"> <li>◆ Cakes</li> <li>◆ Cookies &amp; pastries</li> <li>◆ Ice cream</li> </ul> </li> </ul>
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## Snacks

Recommended	What to Avoid
<ul style="list-style-type: none"> <li>• Corn chips</li> <li>• Baked chips</li> <li>• Pretzels</li> <li>• Popcorn</li> <li>• Rice cakes</li> <li>• Fig Newton bars</li> <li>• Small bagels</li> <li>• Raisins</li> <li>• Yogurt</li> <li>• 100% Fruit juice</li> <li>• Fruit</li> <li>• Fruit &amp; Cheese kabobs</li> <li>• 100% Fruit snacks</li> <li>• String or cubed cheese</li> <li>• Graham crackers</li> <li>• Animal crackers</li> <li>• Low-fat pudding</li> <li>• Trail/cereal mixes</li> <li>• Nuts/seeds (unsalted or low salt)</li> <li>• Baked tortilla chips w/salsa</li> <li>• Raw veggies</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Most chips</li> <li>• Buttered popcorn</li> <li>• Cookies &amp; baked items such as brownies</li> <li>• Candy</li> <li>• Pastries &amp; doughnuts</li> <li>• Ice cream</li> <li>• Soda</li> </ul>