

**Carbohydrates** (4 calories per gram)

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|--|--|
| <input type="checkbox"/> Whole grain cereal              | <input type="checkbox"/> Oatmeal                 |
| <input type="checkbox"/> Whole wheat pasta               | <input type="checkbox"/> Oat Bran                |
| <input type="checkbox"/> Brown Rice                      | <input type="checkbox"/> Whole Wheat Pita Bread  |
| <input type="checkbox"/> 100% Whole Wheat Bread          | <input type="checkbox"/> Graham Crackers         |
| <input type="checkbox"/> Beans, dry or canned            | <input type="checkbox"/> Whole Wheat Crackers    |
| <input type="checkbox"/> Beans, fat-free refried         | <input type="checkbox"/> Whole Wheat Tortillas   |
| <input type="checkbox"/> Quinoa                          | <input type="checkbox"/> Cracked Wheat (bulgur)  |
| <input type="checkbox"/> Fresh fruit                     | <input type="checkbox"/> Whole Grain Granola Bar |
| <input type="checkbox"/> Frozen fruit, no sugar added    |  |
| <input type="checkbox"/> Canned fruit, no sugar added    |  |
| <input type="checkbox"/> Skim milk, 1% milk              |  |
| <input type="checkbox"/> Greek or low sugar yogurt       |  |
| <input type="checkbox"/> Vegetables, raw, frozen, canned |  |

**Protein** (4 calories per gram)

(Beans, milk, nuts, and yogurt are also good protein sources)

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|--|---|
| <input type="checkbox"/> Chicken                       | <input type="checkbox"/> Soy cheese                     |
| <input type="checkbox"/> Turkey                        | <input type="checkbox"/> Soy burger/patty               |
| <input type="checkbox"/> 94-97% lean ham               | <input type="checkbox"/> Soy protein crumbles           |
| <input type="checkbox"/> 90% lean ground beef sirloin  | <input type="checkbox"/> String Cheese/Mozzarella       |
| <input type="checkbox"/> Fish, crab                    | <input type="checkbox"/> Cottage Cheese, fat-free or 1% |
| <input type="checkbox"/> Pork tenderloin               |   |
| <input type="checkbox"/> Pork loin                     |   |
| <input type="checkbox"/> Beef tenderloin               |   |
| <input type="checkbox"/> Beef, eye of round or sirloin |   |
| <input type="checkbox"/> Veal                          |   |
| <input type="checkbox"/> Eggs                          |   |

**Fats & Oils** (9 calories per gram)

- |   |  |
|---|--|
| <input type="checkbox"/> Nuts                         | <input type="checkbox"/> Salad Dressing                |
| <input type="checkbox"/> Seeds                        | <input type="checkbox"/> Light Salad Dressing          |
| <input type="checkbox"/> Olives                       | <input type="checkbox"/> Avocado                       |
| <input type="checkbox"/> Oil: olive, canola or peanut | <input type="checkbox"/> Mayonnaise, light or fat-free |
| <input type="checkbox"/> Natural peanut butter        | <input type="checkbox"/> Flaxseed, ground              |
| <input type="checkbox"/> Spray Margarine              | <input type="checkbox"/> Almond butter                 |
| <input type="checkbox"/> Non-stick cooking spray      |  |