

## Food Categories

### *Protein*

Portion size for all protein is 3 oz. per meal.

Egg Beaters	Haddock	Salmon
Egg Whites	Halibut	Scallops
Chicken (no skin)	Lobster (no butter)	Shrimp
Cod Fish	Protein Shake	Turkey (no skin)
Cornish Hen (no skin)	Trout	Yogurt –fat free &
Cottage cheese – 1%	Tuna	low
low fat	Tilapia	carbohydrate
Flounder		Greek Yogurt - (PLAIN FAT FREE)

### *Vegetables*

Portion size for all cooked vegetables is 3 oz.

Asparagus Tips	Eggplant	Salad Greens (endive, escarole, lettuce, romaine)
Beets	Green Beans	Spinach
Broccoli Florets	Bell Peppers	Summer Squash
Brussels Sprouts	Kale	Tomatoes
Cabbage	Mushrooms	Water chestnuts
Carrots	Onions	Yellow (wax) Beans
Cauliflower	Radishes	Zucchini
Collard Greens	Red Peppers	
Cucumbers		

### *Fruits*

Portion size for all fruits is 1 small per day.

Apple (4 oz)	Grapefruit (1/2 per serving)	Peach (6 oz)
Banana (1/2 small)	Honey Dew Melon (6 oz)	Plum (6 oz)
Blueberries (3/4 cup)	Kiwi (3.5 oz)	Raspberries (1 cup)
Cantaloupe (6 oz)	Orange (6 oz)	Strawberries (1 cup)
Cherries (3 oz)	Pear (4 oz)	Tangerine (6 oz)
	Grapes ( 1/2 Cup)	Watermelon (1 cup)