

	<i>Carbohydrate</i>	<i>Protein</i>	<i>Fat</i>
Best choice (Good to use 60% of the time)	Whole Grain Bread	Very lean ground beef	Olive Oil
	Brown or White Rice	Pork Loin	Canola Oil
	Pasta, White or Whole Wheat	Veal	Sunflower Oil
	Barley	Lamb, venison	Safflower Oil
	Quinoa	Fish	Soybean Oil
	Tortillas	Poultry	Corn Oil
	Oatmeal	Shellfish	Peanut Oil
	Corn	Soy Foods	Mayonnaise
	Whole-Grain Cereals	Beans	Nuts
	Whole-Grain Crackers	Eggs	Nut Buers
	Fruits	Low-Fat Milk	Seeds
	Potatoes (White & Sweet)	Low-Fat Yogurt	Olives
	Other Starchy Vegetables	Low-Fat Cheese, Cottage Cheese	
OK choices for 30% of the Time	White Bread	Lean Ground Meat	Light Salad Dressings
	Pretzels	Fish Canned in Oil	Light Mayonnaise
	Low-Fat Crackers	Turkey hot dogs	Reduced-Fat Peanut Buer
	Low-Fat Granola Bars	Sliced Cheese	Light Buer
	Cereal Bars	Light Margarine	
	Low-Fat Muffins	Turkey sausage/bacon	
	Baked Chips		
	Fruit Juice		
Not So Great (Choose 10% of the Time)	Pastries	Fried Meats	Butter
	Chips (not baked)	Pork sausage/bacon	Margarine
	Candy	Pepperoni	Cream Sauces
	French Fries	Burgers (unless made with lean ground bbeefground	Creamy Salad Dressings
	Soda	Salami, bologna	Fat-free salad dressings
	Fruit Drinks		
Glycemic Index	Low 0-55 slow energy release	Med 56-69	High 70-100 quick energy
Fruits	apple, dried appricots, bananas, grapes, oranges,	cantaloupe, figs, dates, raisins,	watermelon
Nuts & legumes, vegetables	carrots, sweet corn, potatoes bran cereal, instant oatmeal, oat bran bread, white rice,	black bean soup, split pea soup, pumpkin, sweet potato	potato (mashed, instant),
grains, breads, dairy or dairy alt	skim milk, soy milk black beans, kidney beans, lentils,	all bran, white bagel, bran chex cereal, gnocchi, mac/cheese, pancakes, wild rice, taco shells	cheerios, corn flakes, french bread, grape nuts, instant rice, waffles, white bread, tofu
snacks & sweets	blueberry muffin, corn chips, oatmeal cookie, snickers,	bran muffin, croissant, pure honey, nutri-grain bar, wheat thins, sugar	corn syrup, french fries, gatorade, glucose, Graham Crackers, pretzels...