


Healthy Lives Guide to Smart Food Choices

FOODS	ANYTIME FOODS	PORTION CONTROLLED FOODS	OCCASIONAL FOODS
	LOW CALORIE, LOW FAT		HIGH CALORIE, HIGH FAT
VEGETABLES	All fresh, frozen, or canned as close to natural form as possible, without added fat, sodium or sauces	All vegetables with added fats, oven baked French fries, avocados	French fries, hash browns, deep fried vegetables, potato salad, candied vegetables, vegetables with cheese
FRUIT	All fresh, frozen, and canned in juice or sweetened with artificial sweeteners	Dried fruit, fruit canned in light syrup	Fruit juice, fruit canned in heavy syrup, sweetened applesauce, fruit roll-ups, coconut, fruit drinks
GRAINS	Air popped or 94% fat free popcorn; reduced calorie bread products	Rice, pasta, bread, tortillas, pancakes, bagels, English muffins, unsweetened dry cereals, oatmeal, grits, cornbread, baked chips, pretzels	Biscuits, granola, sweetened dry cereals, doughnuts, crackers, muffins, French toast, croissants, taco shells, pasta with cream sauce, pasta salad, stuffing, macaroni & cheese
PROTEIN	White fish, shrimp, crab, egg whites, egg substitute, beans, soy cheese	Chicken, turkey, 94% lean beef, ham, lean pork, salmon, tuna, crawfish, wild game, eggs, turkey sausage, veggie burgers, soy sausage	Red meat, hamburger, fried seafood, fried chicken, hot dogs, ribs, sausage, bacon, salt pork, cold cuts, nuts
DAIRY	Skim milk, nonfat yogurt, sugar-free pudding made with skim milk, fat free cottage cheese	Low-fat milk, reduced fat cheese	Whole milk, yogurt and cottage cheese made from whole milk, whipped cream, half & half, cheese
CONDIMENTS BEVERAGES SNACKS	Sugar substitutes, broth, hot sauce, salsa, vinegar, fat-free salad dressings, mustard, ketchup, fat-free mayo, nonstick cooking spray, condiments having < 20 calories/Tb., diet drinks, "calorie free" beverages, sugar-free Jell-O, sugar-free popsicles	Jelly, syrup, jam, sugar, low-fat salad dressing Jell-O, sherbet, low-fat ice-cream, frozen yogurt, sour cream	Margarine, butter, lard, gravy, mayonnaise, tartar sauce, peanut butter, regular salad dressings, all cooking oils, milkshakes, movie popcorn, regular soda, fruit punch, alcohol, ice-cream, chips, cake, pie, cookies, pastries, candy, chocolate

(Source: Adapted from National Heart, Lung, and Blood Institute (NHLBI), We Can! Energize Our Families-Parent Program)