

	FRUITS AND VEGETABLES	GRAINS	PROTEIN	DAIRY	DRINKS	CONDIMENTS	MISCELLANEOUS
GREEN (Can eat everyday)							
	All Fruits (fresh or frozen)	Wholegrain bread	Eggs	Low-fat plain yogurt	Soymilk	Mustard	Plain popcorn
	All Vegetables (fresh or frozen)	Wholegrain cereal	Nuts	Low-fat cheese	Water	Salsa	Rice cakes
	Canned fruits without syrup	Wholegrain tortillas	Seeds	Low fat milk	Nut milks	Cooking spray	
	Applesauce with no added sugar	Wholegrain bagel	Beans	Low fat cottage cheese	Oat milk	Vinegar	
	Canned vegetables (no salt or low-sodium)	English muffin (whole grain)	Lentils		Unsweetened tea	Fruit spread	
		wholegrain crackers	Lean beef			Lemon juice	
		Wholegrain pita	Lean pork			Guacamole	
		Oatmeal	Chicken and turkey without the skin			Hummus	
		Low-sugar cereal (not frosted)	Fish (baked or broiled)			Olive oil	
		Grits	Canned tuna or salmon				
		Whole grain pasta	Peanut butter (without added sugar or oils)				
		Wild rice	Nut butters (without added sugar or oils)				
		Brown rice	Cheese (not processed)				
		Bulgur	Ground turkey				
		Barley	Veggie burgers (low-salt)				

	FRUITS AND VEGETABLES	GRAINS	PROTEIN	DAIRY	DRINKS	CONDIMENTS	MISCELLANEOUS
YELLOW (Try to limit to 1 a day)							
	Tossed salad with low-fat dressing	Graham crackers	Deli meats (low sodium/low fat)	Mozzarella cheese	100% fruit juice	Sour cream	Low-salt microwave popcorn
	Canned fruits in light syrup	Corn bread	Hamburger	Low-fat flavored yogurt	Diet soda	Light Mayonnaise	Low-fat, low-sugar desserts
	Pickles	Pasta (not whole-grain)	Tuna or chicken salad with low-fat mayonnaise	Low fat ice cream		Fruit jelly or jam	Hard candy
	Dried fruit	White rice	Baked chicken or turkey with skin on	Low fat cheeses		Ketchup made with real sugar	Pretzels
	Potato salad	Low sugar cookie and cakes	Macaroni and cheese made with low-fat dairy	Parmesan cheese		Vinegarette salad dressing (low salt and sugar)	Baked chips
	Frozen juice bar	Cereal bars	Turkey sausage	Low-fat pudding		Honey	Jell-O
	Sweetened applesauce	Granola	Turkey bacon	Buttermilk		Agave syrup	Fruit snacks
	Coleslaw	Muffins	Turkey pepperoni			Maple syrup	Vanilla Wafers
		Crackers	Nut butters with added sugar			Olives	Low-sugar cookies
		Granola bars	Baked beans			Syrup	Pizza with vegetable toppings
		White rice	Low-fat low-salt hot dogs			Low-fat gravy	
		Pancakes	Beef jerky (or other meat jerky)			Guacamole	
		Waffles				Bacon bits	
		Sweetened cereal				Croutons	
		Stuffing				BBQ sauce without HFCS	

