

The Dietary Exchange List Diet

The Diet That Puts YOU in Control



This booklet is not intended to take the place of seeking a registered dietitian or other health care provider. This book can, however, be used as a resource for making informed choices regarding dietary practices. Although a valiant effort has been made by the authors regarding the accuracy and safety of the material presented, they do not take responsibility for any adverse effects that may occur as a consequence of any advice given. The authors encourage all individuals who intend to follow the dietary advice in this book to consult with their physician first.

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INTRODUCTION TO THE DIETARY EXCHANGE LIST PLAN

The following pages are an exhaustive list of foods which allow you to design your own daily menus. The lists have been traditionally called *dietary exchange lists*. The dietary exchange lists were originally designed by Committees of the American Diabetes Association, Inc. and the American Dietetic Association in cooperation with the National Institutes of Arthritis, Metabolism and Digestive Diseases; The National Heart and Lung Institute; National Institute of Health; Public Health Service; and the U.S. Department of Health, Education, and Welfare. Although the original context of the exchange lists was geared toward the diabetic population, an increasing number of health care professionals are using them to encourage healthy eating habits for the non-diabetic population.

The dietary exchange lists consist of six categories of food such as Starch/Bread; Meat & Meat Substitutes; Vegetable; Fruit; Milk; and Fat. These lists enable you to choose from a variety of foods on each list as opposed to being limited to a rigid diet. Each category or list consists of foods that are approximately equal in caloric value. For example, any starch/bread item such as a slice of whole wheat bread has approximately 80 calories, with 3 grams of protein, 15 grams of carbohydrate, and trace amounts of fat. The same caloric and nutritional value can be found in a 1/2 cup of cooked spaghetti. Thus, each food in the same list can be “exchanged” for another without affecting the caloric or nutritional value, hence the name—Dietary EXCHANGE List Plan. This facilitates the task of meal planning, allowing **YOU** to design your own diet based on your likes and dislikes. Before you start designing your daily diets, you first need to determine your caloric needs. You may want to consult a Registered Dietitian (www.myhealthadvisor.com) to determine your caloric needs. Traditionally, many health professionals advocated liberal amounts of carbohydrates which didn’t discriminate between starchy and fibrous rich carbohydrates. On this diet, you are not expected to eliminate starchy carbohydrates (like breads,

pasta, etc.) but the lists to follow do include healthier alternatives that do not cause ‘spikes’ in your blood sugar that would otherwise promote hunger and weight gain.

We do realize that you may want foods that are NOT on the lists. Given this fact, we encourage you to bring the exchange lists when you go shopping and compare the food labels (of the food you want to include in your diet) with the nutrition information located just below the ‘eye’ icon of each food exchange and try to have them match.

So, here’s a typical scenario: You want to buy a cereal that is NOT on the cereal list. See below example to understand how to do it.

EXAMPLE:

Step 1: Determine what food exchange cereal is. Cereal can be found on the Starches list (see below).

Step 2: If there is a special food that you want that is NOT on the recommended list, compare the nutrition information on the package with the example under the ‘eye’ icon to determine if it is appropriate. See below for more details.

◆ Starch Choices



One choice provides:
 Calories: 80
 Carbs: 15 gms
 Protein: 3 gms
 Fat: Trace

This is the Nutrition information. What this is telling you is that all of the starch foods (including cereal) equal approximately 80 calories. So when you go shopping for cereal, for instance, try to find a cereal that contains close to 80 calories per serving.

Cereals:

Food Choice	Portion
<input type="checkbox"/> Cooked cereals	1/2 cup
<input type="checkbox"/> Puffins (Original) Barbara’s Bakery™	3/4 cup
<input type="checkbox"/> Product 19™	1/2 cup



Selected Item: **Kashi™**

Nutrition

Facts

Serving Size = 3/4 cup

Calories: **90**

Although the calories are not exactly the same (80), its close enough.

The following icons are used throughout the exchange lists. Let's review them.



=The eye icon is used above each exchange item (starches/breads, meats, vegetables, etc.) and lists the nutrition information of that exchange. If you want to include a food in your diet that is NOT on the exchange lists, keep an 'eye' on the caloric amount of that food and make sure it matches the nutrition info for that exchange.



=If you see a *happy* face next to a food item, it means that the food has a lot of fiber in it (generally 4 or more grams).



=If you see an *unhappy* face next to a food item, it means that the food has a lot of sodium in it.

ONE LAST WORD

Remember, losing weight is all about budgeting your food. Theoretically, you can eat anything you want and lose weight as long as you fall within your range of calories. We encourage, however, eating a balanced diet that consists primarily of fresh fruits and vegetables, whole grains, lean meats (preferably fish and chicken) and foods that contain high fiber. We also advocate eating 4-5 small meals versus the traditional 3 square meals.

Surprisingly, we have included foods that are '*nutritionally compromised*' (including fast foods) because we know the convenience and appeal of such foods. Please try to limit these foods to a minimum. For example, we have a lot of 'name brand' snacks like Pepperidge Farm and many more. In such cases, we recommend that you find a similar type of item in a health food store. The reason—most of these commercially 'name brand' foods contain *partially hydrogenated oils* or '*trans*' fat which has been shown to be more harmful than saturated fat. Alternatively, most health food stores (like Whole Foods) do not carry foods that contain these oils but offer foods that are similar in taste.

In regards to nomenclature, we are using the term "starch" synonymously with carbohydrates. Although there is an array of foods that would be categorized as a carbohydrate, we wanted the reader to associate carbohydrates (which are frowned upon these days) with starches. Starches are the real enemy, especially the ones that contain no fiber. We've included many starches that have a high fiber content, thus deeming them healthy.

We also included foods, like '*ready-to-drink*' protein shakes and "low-carb" items that may be compatible with bodybuilders or those who need to adhere to a lower carbohydrate diet.

Lastly, designing your own diet can be both a tedious and liberating experience. It is not going to be easy, but it is more empowering to create your daily menus than it is to rely on an external authority to do it for you. As you navigate through the comprehensive lists on the next several pages, you will have the tools to create diets to meet your needs. It is important, however, to understand the components of these lists.

SUMMARY OF DIETARY EXCHANGE PLAN

All foods are different in their carbohydrate, fat, protein, and calorie composition. This is the reason why they are categorized into 6 different groups, consisting of Starch/Bread; Meat; Vegetable; Fruit; Milk; and Fat. Each one of these groups has a comprehensive food selection list, henceforth referred to as “Exchange Lists.” The table below illustrates the caloric values of carbohydrates, proteins, and fats in **one** serving from each of the above mentioned exchange lists.

As you read through the lists, you will notice that there will be different amounts given for foods in the same grouping. This means that each food is weighed or measured in an effort to make sure the carbohydrate, fat, calorie, and protein amounts are as equal as possible.

EXCHANGE LIST	CARBOHYDRATE [grams]	PROTEIN [grams]	FAT [grams]	CALORIES
Starch/Bread	15	3	trace	80
Meat/Meat Substitute				
Very Lean	-	7	<1	40
Lean	-	7	3	55
Medium Fat	-	7	5	75
High Fat	-	7	8	100
Vegetable	5	2	-	25
Fruit	15	-	-	60
Milk				
Skim	12	8	trace	90
Low-fat	12	8	5	120
Whole	12	8	8	150
Fat	-	-	5	45

Key:

To facilitate finding each exchange, we have placed a colored bar on the border of each page. Refer to the key below for reference:

Exchange	Color
Starch & Bread	Brown
Meat & Meat Substitutes	Red
Milk	Black
Vegetables	Green
Fruits	Tan
Fat	Violet
Free Foods	Gray
Fast Foods	Blue
TV Dinners	Pink
Foods to include/limit	Purple

STARCH & BREAD



It is recommended to choose foods that are high in fiber. These foods tend to be natural appetite suppressants. This often results in weight loss and stabilized blood sugar levels. These foods may be referred to as Grains. They include whole & refined grains. For more information on whole grains visit <http://www.mypyramid.gov/pyramid/grains.html#>

◆ Starch Choices



One choice provides:

Calories: 80

Carbs: 15 gms

Protein: 3 gms

Fat: Trace

Healthiest Choices:

- 100% stone ground whole wheat bread with 3-4 grams of fiber per 80-100 calories
- High fiber cereals & breads
- Choose whole grains (unless advised not to)*
- Limit refined grains*

* See the text below for an elaborate discussion on whole grains.

Grains

Grain products consist of rice, oats, wheat, barley or other cereal grains. Pasta, bread, oatmeal, Tortillas, breakfast cereals, and grits are all examples of grain products. The diagrams below explain the differences between whole versus refined grains:

Whole Grains

Whole grains include the ENTIRE

Kernel including:

- Bran
- Germ
- Endosperm

Examples of Whole Grains:

- Whole-wheat flour
- Cracked wheat (bulgur)
- Oatmeal
- Whole cornmeal
- Brown rice

Whole grains include fiber,* vitamins, and minerals.

*A minimum of 3 grams/exchange.

Refined Grains

Tid-Bits regarding refined grains:

- Refined grains have been *milled*—a process that removes bran and the germ
- Gives grains a finer texture
- Improves their shelf-life**
- Removes dietary fiber
- Removes iron
- Removes many B vitamins

Examples of Refined Grains:

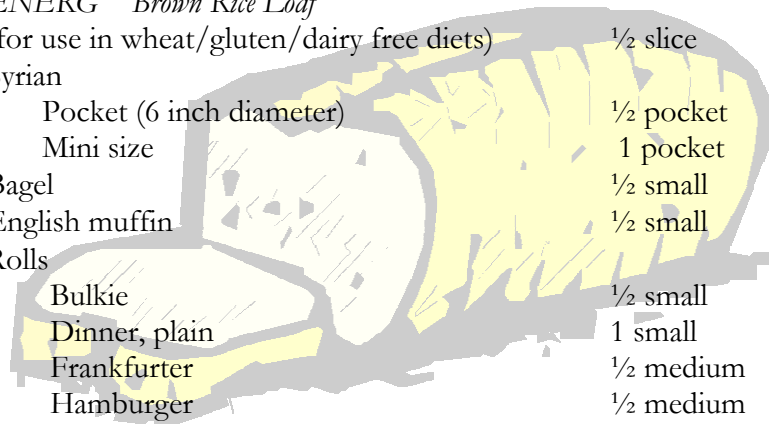
- White or wheat flour
- White bread
- White rice

Most refined grains are “enriched”. This means that some of the B vitamins (thiamin, niacin, folic acid, and riboflavin) and iron are added back into the refined grains after the processing. Also, fiber is NOT added to the enriched grains.

Whole grains have been shown to protect against diabetes, heart disease and improve gastrointestinal health. Fiber in particular, can help lower cholesterol levels in the blood.

Breads:

Food Choice	Portion
<input type="checkbox"/> White, 100% stone ground whole wheat* , rye	1 slice
<input type="checkbox"/> Italian and French	1 slice
<input type="checkbox"/> "Light" (1 slice equals 40 calories)	2 slices
<input type="checkbox"/> <i>Vermont Bread™ (Alfalfa Sprout)*</i>	1 slice
<input type="checkbox"/> <i>ENERG™ Brown Rice Loaf</i> (for use in wheat/gluten/dairy free diets)	1/2 slice
<input type="checkbox"/> Syrian	
Pocket (6 inch diameter)	1/2 pocket
Mini size	1 pocket
<input type="checkbox"/> Bagel	1/2 small
<input type="checkbox"/> English muffin	1/2 small
<input type="checkbox"/> Rolls	
Bulkie	1/2 small
Dinner, plain	1 small
Frankfurter	1/2 medium
Hamburger	1/2 medium
<input type="checkbox"/> Bread Crumbs	3 tbsp.
<input type="checkbox"/> Croutons	3 tbsp.
<input type="checkbox"/> Taco Shells, small	2 (+1 fat)
<input type="checkbox"/> Tortilla, corn, 6 inch diameter	1
<input type="checkbox"/> Tortilla, flour, 7 inch diameter	1 (+1 fat)



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*This type of bread is preferred because it has more fiber and therefore has less 'net' carbs.

**Italicized entries available at most Health Food Stores or the Health Food Section at a grocery store.*

Cereals:

Food Choice		Portion
<input type="checkbox"/>	Bran	
	☺ All Bran™ with Extra Fiber*	1 cup
	☺ All Bran™*	1/3 cup
	☺ 100% Bran*	2/3 cup
	☺ 40% Bran Flakes	1/2 cup
	☺ Bran Chex™	1/2 cup
	☺ Fiber One™*	2/3 cup
<input type="checkbox"/>	Cheerios™	1 cup
<input type="checkbox"/>	Common Sense™ Oat Bran	1/2 cup
<input type="checkbox"/>	Corn, Rice Chex™	3/4 cup
<input type="checkbox"/>	Cornflakes™	3/4 cup
<input type="checkbox"/>	Frosted Flakes™	1/3 cup
<input type="checkbox"/>	☺ Grapenuts™	3 tbsp.
<input type="checkbox"/>	Kix™	1 cup
<input type="checkbox"/>	☺ <i>Kashi (Original) Good Friends™*</i>	3/4 cup
<input type="checkbox"/>	☺ <i>Kashi Go Lean™*</i>	1/2 cup
<input type="checkbox"/>	☺ <i>365 Organic™ High Fiber Cereal*</i>	1/2 cup
<input type="checkbox"/>	Life™	1/2 cup
<input type="checkbox"/>	Puffins (Original) Barbara's Bakery™	3/4 cup
<input type="checkbox"/>	Product 19™	1/2 cup
<input type="checkbox"/>	Rice Krispies™	2/3 cup
<input type="checkbox"/>	☺ Shredded Wheat™ biscuit	1 cup
<input type="checkbox"/>	Special K™	2/3 cup
<input type="checkbox"/>	Total™	3/4 cup
<input type="checkbox"/>	☺ Wheat Chex™	1/2 cup
<input type="checkbox"/>	Wheaties™	2/3 cup

***Bold=Preferred choice**

**Italicized entries available at most Health Food Stores or the Health Food Section at a grocery store.*

☺= *high in fiber*

Starchy Vegetables*:

Food Choice	Portion
<input type="checkbox"/> Corn	1/2 cup
<input type="checkbox"/> Corn on the cob	1 small
<input type="checkbox"/> Mixed Vegetables (with corn or peas)	2/3 cup
<input type="checkbox"/> Parsnips	1/2 cup
<input type="checkbox"/> Plantain, cooked	1/3 cup
<input type="checkbox"/> Potato, white	
<input type="checkbox"/> Mashed	1/2 cup
<input type="checkbox"/> Baked	1/2 small or 1/2 cup
<input type="checkbox"/> Sweet potato	
<input type="checkbox"/> Mashed	1/3 cup
<input type="checkbox"/> Baked	1/2 small or 1/2 cup
<input type="checkbox"/> Pumpkin	3/4 cup
<input type="checkbox"/> Winter squash, acorn or butternut	3/4 cup

*These vegetables have a high *glycemic index*, try to limit consumption of these type of vegetables. Foods that have a high glycemic index can increase your blood sugar and can contribute to weight gain. Refer to the “Vegetable” list for the preferred choice of vegetables.

Pasta:

- | | | |
|--------------------------|--|--|
| <input type="checkbox"/> | Macaroni, noodles, spaghetti | 1/2 cup cooked* |
| <input type="checkbox"/> | ☺ <i>De Boles Whole Wheat Plus Golden Flax™</i> Angel Hair | 3/4 cup cooked (2 starches) |
| <input type="checkbox"/> | <i>Annie's Homegrown™</i> Mac & Cheese | 1 packet (2 starches + 1 med fat meat) |

*Or measure 1/2" diameter of dry long pasta.

Legumes:

Food Choice	Portion
<input type="checkbox"/> ☺ Beans, peas, lentils (cooked)	1/2 cup
<input type="checkbox"/> ☺ Baked beans, vegetarian	1/3 cup
<input type="checkbox"/> ☺ Black-eyed peas	1/2 cup
<input type="checkbox"/> ☺ Chickpeas/garbanzo beans	1/3 cup

☺ = *high in fiber*

Grains:

Food Choice		Portion
<input type="checkbox"/>	Barley, cooked	1/3 cup
<input type="checkbox"/>	Bulger, cooked	1/3 cup
<input type="checkbox"/>	Cornmeal	2 ½ tbsp.
<input type="checkbox"/>	Cornstarch	2 tbsp.
<input type="checkbox"/>	Couscous, cooked	1/3 cup
<input type="checkbox"/>	Flour	3 Tbsp.
<input type="checkbox"/>	Kasha, cooked	1/3 cup
<input type="checkbox"/>	Millet, dry	3 tbsp.
<input type="checkbox"/>	Rice, cooked (brown basmati is recommended)	1/3 cup
<input type="checkbox"/>	Wheat germ	¼ cup=1 starch + 1 low fat meat

Crackers & Snacks:

<input type="checkbox"/>	Ak-mak™, regular and sesame	4 crackers
<input type="checkbox"/>	Animal Crackers*	8
<input type="checkbox"/>	Gingersnaps*	3
<input type="checkbox"/>	Graham crackers (2 full sheets)*	3
<input type="checkbox"/>	Matzoh or matzoh with bran	1
<input type="checkbox"/>	Manischewitz™ whole wheat matzoh crackers	7
<input type="checkbox"/>	Melba toast rounds	10
<input type="checkbox"/>	Popcorn: popped, no fat added	3 cups
<input type="checkbox"/>	Orville Redenbacher™ Hot Air Gourmet Popping Corn*	4 cups
<input type="checkbox"/>	Pretzels⊕*	7 regular or 12 mini
<input type="checkbox"/>	Rice cakes	2
<input type="checkbox"/>	Mini rice cakes	8
<input type="checkbox"/>	Saltines⊕	6
<input type="checkbox"/>	Baked potato chips or tortilla chips*	8 large or 15 small chips
<input type="checkbox"/>	Pirates Booty™	2 cups =1 starch + 1 fat
<input type="checkbox"/>	Stoned Wheat Thins	3
<input type="checkbox"/>	Triscuits™ Whole Grain (low sodium/3 grams of fiber)	4 =1 starch + 1 fat
<input type="checkbox"/>	Twizzlers™ Nibs*	2
<input type="checkbox"/>	Wasa Lite or Golden Rye	2
<input type="checkbox"/>	Wasa Fiber Plus Crisp Bread	4

BOLD=Preferred Choice

*We encourage purchasing similar types of items at a health food store like *Whole Foods*.

⊕= *high in sodium*

Indulging Snacks (Keep these crackers/snacks to a minimum):

(Equal to one starch plus one fat exchange)

Food Choice	Portion
<input type="checkbox"/> Cheez-Its™⊕*	27
<input type="checkbox"/> Cheeze Nips™⊕*	20
<input type="checkbox"/> Club or Townhouse™ Crackers⊕*	6
<input type="checkbox"/> Lorna Doones™	3
<input type="checkbox"/> Peanut Butter Sandwich Crackers⊕*	3
<input type="checkbox"/> Pepperidge Farm™:	
○ Bordeaux Cookies*	3
○ Goldfish*	36
<input type="checkbox"/> Ritz™⊕*	7
<input type="checkbox"/> Stella D'Oro™:*	
○ Sesame Breadsticks	2
○ Breakfast Treats	1
○ Golden Bar	1
○ Lady Stella Assortment	3
<input type="checkbox"/> Sunshine Hi Ho's™⊕*	6
<input type="checkbox"/> Tidbits™⊕*	21
<input type="checkbox"/> Vanilla wafers*™	6

*We encourage purchasing similar types of items at a health food store like *Whole Foods*.

⊕ = high in sodium

Other Starches:

(Many of these items are combination foods which contain more than one exchange).

Food Choice	Portion	Exchange(s)	Carbs.	Calories
<i>Breakfast choices</i>				
<input type="checkbox"/> Muffin, bran or corn	small	1 starch + 1 fat	22 grams	125
<input type="checkbox"/> Croissant	2 oz.	2 starch + 2 fats	25 grams	250
<input type="checkbox"/> Frozen Waffles⊕	2 waffles	2 starch	34 grams	260
<i>Vans Flax™ (1600 Omega 3)</i>		+1 very lean meat +2 fats (good fat)		
<input type="checkbox"/> Eggo™ Waffle, frozen*	3 waffles	3 starch + 1 fat	46 grams	290
(Cinnamon Toast)				
<input type="checkbox"/> Frozen Waffles (<i>Go Lean™</i>)⊕	2 waffles	2 starch	33 grams	170
		+1 very lean meat +1/2 fat		
<input type="checkbox"/> Ians Pancakes™	1 pancake	1 starch + 1/2 fat	19 grams	10
<input type="checkbox"/> Vita Muffin™⊕	1 muffin	1 1/2 starch	24 grams	100

*Italicized entries available at most Health Food Stores or the Health Food Section at a grocery store.

⊕ = high in fiber

Food Choice	Portion	Exchange(s)	Carbs.	Calories
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Desserts:

Ice cream/frozen yogurt/Candy Bars

<input type="checkbox"/>	<i>Edy's</i> TM Chocolate fudge (NO sugar added) <i>This ice cream does contain milk sugar (galactose) and also contains aspartame.</i>	1/2 cup	1 starch	22 grams	80
<input type="checkbox"/>	<i>Edy's</i> TM Grand Light Vanilla	1/2 cup	1 starch + 1/2 fat	15 grams	100
<input type="checkbox"/>	<i>Haagen-Dazs</i> TM Vanilla frozen yogurt (Contains active yogurt cultures)	1/2 cup	2 starch + 1 fat	31 grams	200
<input type="checkbox"/>	<i>Its Soy Delicious</i> TM Chocolate Almond (Available at Whole Foods)	1/2 cup	1 1/4 starch + 1 fat/	23grams	140
<input type="checkbox"/>	<i>Its Soy Delicious</i> TM Awesome Chocolate (Fruit Sweetened) (Available at Whole Foods)	1/2 cup	1 1/2 starch	24 grams	115
<input type="checkbox"/>	<i>Gelati (Gelato)</i> ^{TM*} Mango (Available at Whole Foods)	1/2 cup	2 starch	30 grams	170
<input type="checkbox"/>	<i>Hershey's</i> TM Sticks (Rich Dark Chocolate)	2 Sticks	1 starch/1 fat	14 grams	120

Energy Bars: Suggestion: Consume during or after exercise

<input type="checkbox"/>	<i>Luna</i> TM Bar (any flavor)	1 bar	2 starch + 1 fat	28 grams	180
<input type="checkbox"/>	<i>Power Bar</i> TM (any flavor)	1 bar	3 starches	45 grams	240

Snack Bars: Suggestion: Consume as a snack

<input type="checkbox"/>	<i>Clif</i> TM <i>Builder's</i> (Peanut Butter)	1 bar	2 starch + 2 lean meats	30 grams	270
<input type="checkbox"/>	<i>Atkins</i> TM <i>Chocolate Chip</i> ☺	1 bar*	1 starch + 1 fat +1 1/2 lean meats	18 grams	220
<input type="checkbox"/>	<i>Balance</i> TM (any flavor)	1 bar	1 starch + 2 lean meat	22 grams	200
<input type="checkbox"/>	<i>Solo</i> TM (Chocolate Charger)	1 bar	1 1/2 starch + 1 fat +1 very lean meat	26 grams	200

*Contains sucralose (a sugar substitute). Whole Foods do NOT carry any foods that contain sucralose.

☺=high in fiber

Italicized entries available at most Health Food Stores or the Health Food Section at grocery a store.

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MEAT/MEAT SUBSTITUTES



The following meat/meat substitutes lists are divided into (4) sections:

1. Very-lean
2. Lean
3. Medium fat
4. High fat (count as one 'high fat meat' and 1 fat exchange)

◆ Very-lean Meat Choices



One choice provides:

Calories: ~40
 Carbs: ≤5 gms*
 Protein: 7 gms
 Fat: ≤1 gm
 *Net Carbs.

Summary:

- ☐ The **Very Lean Meat List** consists of *Myoplex*TM, *Go Lean*TM, and *Egg Beaters*TM which are generally low in carbohydrate & high in protein—great for bodybuilders. Many of the carbohydrates listed on 'low carb' products refer to *net carbs*.
- ☐ Net carbs or Effective Carbohydrate Count is determined by subtracting those carbohydrates that have a negligible effect on blood sugar levels from total carbohydrate.
- ☐ The *Myoplex*TM shakes contain sucralose (sugar substitute) and may have adverse effects to some people, check with your physician prior to consuming these drinks.
- ☐ Although this category is depicted first, the items are not necessarily the healthiest because they are not fresh or 'natural'.

MyoplexTM /Egg BeatersTM/Go LeanTM Products:

Food Choice	Portion	Exchange(s)
-------------	---------	-------------

Protein Shakes/Powders:



- | | | |
|---|---------------|------------------------------------|
| ☐ <i>Myoplex</i> TM Carb Sense (Low Carb)
(Ready to Drink) | 11 oz (1 can) | =4 very-lean meats |
| ☐ <i>Myoplex</i> TM Lite Cappuccino (NOT low Carb)
(Ready to Drink) | 1 container | =3 very-lean meats
+1 starch |
| ☐ <i>Go Lean</i> TM Protein Powder☺
(Chocolate or Vanilla mixed with water & crushed ice) | 2 scoops | =3 very lean meats
+ 2 starches |

Egg Substitutes:

- | | | |
|------------------------------------|---------|-------------------|
| ☐ <i>Egg Beaters</i> TM | 1/4 cup | =1 very-lean meat |
|------------------------------------|---------|-------------------|



☺=high in fiber

Italicized entries available at most Health Food Stores or the Health Food Section at a grocery store.

VERY LEAN MEAT

◆ Lean Meat Choices



One choice provides:

Calories: 55

Carbs: 0

Protein: 7 gms

Fat: 3 gms

Healthiest Choices:

- Fresh fish (especially Salmon [see medium fat meat] & Sardines due to their high Omega-3 content & lower mercury levels.
- Chicken and Turkey (white meat/no skin).
- Buyer Beware:** Some commercially available fish may contain high levels of methylmercury, such as King Mackerel, Shark, Swordfish, Tilefish, & Tuna (fresh or Frozen).

	Food Choice	Portion
Beef:	USDA Good or Choice grades or lean beef, Such as round, sirloin, and flank steak: Tenderloin; and chipped beef. ☹	1 oz.
Pork:	Lean pork, such as fresh ham; canned, cured or boiled ham or Canadian bacon ☹, tenderloin.	1 oz.
Veal:	All cuts are lean except for veal cutlets (ground or cubed). Examples of lean veal are chops and roasts.	1 oz.
Poultry:	Chicken, turkey, Cornish hen (without skin).	1 oz.
Fish:	All fresh and frozen fish (including herring)	1 oz.
	Crab, lobster, scallops, shrimp, clams. (fresh or canned in water ☹)	2 oz.
	Oysters	6 medium
	Tuna ☹ (canned in water)	1/4 cup
	Sardines (canned)	2 medium
Wild Game:	Venison, rabbit, squirrel	1 oz.
	Pheasant, duck, Goose (without skin).	1 oz.
Cheese:	Any cottage cheese	1/4 cup
	Grated parmesan	2 tbsps
Other:	Fat-free luncheon meat	1 oz.
	Egg whites	3 whites
	<i>Atkins</i> TM Chocolate Royale Protein Shake*	3 lean meats

Protein Shake: *Muscle Milk*TM* (2 scoops)

4 lean meats+1 starch+1 fat

(When preparing the Muscle MilkTM Shake, mix with SilkTM Light Chocolate Soy Milk [see Milk List-but don't forget to add 1 milk exchange on your meal plan calorie worksheet] to ensure a favorable carbohydrate, protein and fat ratio [40-30-30 respectively].)

Italicized entries available at most Health Food Stores or the Health Food Section at a grocery store.

☹= high in sodium

*Contains sucralose (a sugar substitute). Whole Foods does NOT carry any foods that contain sucralose.

◆ Medium Fat Meat Choices



One choice provides:

Calories: 75
 Carbs: 0
 Protein: 7 gms
 Fat: 5 gms

Healthiest Choices:

- Choose fresh fish (especially Salmon & Sardines due to their high Omega-3 content & lower mercury levels.)
- Low sodium foods (⊕denotes high sodium foods)
- Cottage Cheese

One Medium Fat Meat Exchange is equal to any one of the following:

Food Choice	Portion
Beef: Most beef products fall into this category. Examples Are: all ground beef, roast (rib, chuck, rump), steak, (cubed, Porterhouse, T-bone), and meatloaf.	1 oz.
Pork: Most pork products fall into this category. Examples are: chops, loin roast, Boston butt, cutlets.	1 oz.
Lamb: Most lamb products fall into this category. Examples are: chops, leg, and roast.	1 oz.
Veal: Cutlet (ground or cubed, unbreaded).	1 oz.
Poultry: Chicken (with skin), domestic duck or goose (well-drained of fat), ground turkey	1 oz.
Fish: Tuna ⊕(canned in oil and drained) Salmon ⊕(canned)	1/4 cup 1/4 cup
Cheese: Skim or part-skim milk cheeses, such as: <ul style="list-style-type: none"> • Ricotta • Mozzarella • Diet cheeses ⊕ (with 56-80 calories/ounce) • Sorrento™ Stringsters 	1/4 cup 1 oz. 1 oz. 1 oz. (1 stick)
Other: 86% fat-free luncheon meat ⊕ Egg Egg Land™ Eggs (contains 100 mg's of Omega-3) Stop & Shop™ All Natural Omega-3 Eggs (contains 200 mg's of Omega-3) Tofu (2 1/2 inch x 2 3/4 inch x 1 inch) Liver, heart, kidney, sweetbreads (high in cholesterol)	1 oz. 1 1 1 4 oz. 1 oz.

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⊕ = high in sodium

◆ High Fat Meat Choices



One choice provides:

Calories: 100
 Carbs: 0
 Protein: 7 gms
 Fat: 8 gms

Comments:

- ☐ Natural Peanut Butter—found in most health food stores, do NOT contain hydrogenated oils, which deem this type of peanut butter superior to most commercial brands. Consuming Hydrogenated oils or *trans fatty acids* in excess have been shown to be bad for your health.
- ☐ Most of the items below are high in saturated fat, cholesterol, and calories, and should be consumed infrequently (3 times per week).

One High Fat Meat Exchange is equal to one High Fat Meat + One Fat Exchange.

Food Choice	Portion
Beef: Most USDA Prime cuts of beef, such as ribs, corned beef ☹.	1 oz.
Pork: Spareribs, ground pork, sausage☹, (patty or link).	1 oz.
Lamb: Patties (ground lamb).	1 oz.
Fish: Any fried fish product.	1 oz.
Cheese: All regular cheeses☹, such as American, Blue, Cheddar, Monterey, Swiss.	1 oz.
Other: Luncheon meat☹, such as bologna, salami, pimento Loaf	1 oz.
Sausage ☹, such as Polish, Italian	1 oz.
Knockwurst, smoked	1 oz.
Bratwurst☹	1 oz.
Frankfurter (Turkey or chicken)	1 frank (10 per pound)
Frankfurter (beef, pork or combination)	1 frank (10 per pound)

☹= high in sodium

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MILK



Milk products have different amounts of fat depending on the type you choose. Choosing milk products other than skim/nonfat requires the use of some of your fat exchanges allowed for the day. The Milk Exchange is broken up into 3 sections. We encourage you to choose foods from the Non-Fat Milk Choices.

◆ Non-Fat Milk Choices



One choice provides:

Calories: 90
 Carbs: 12 gms
 Protein: 8 gms
 Fat: Trace

Comments:

“Fat free skim milk has 5 mg more calcium than 2 percent for an 8 oz glass with the same exact nutrients; plain, nonfat yogurt has 107 mg more calcium than low fat fruit yogurt per 1 cup serving; and the same rule applies to ice creams and cheeses too. So instead of drinking a nutrient-void soft drink, chug nutrient-dense milk to help get the calcium your body needs.” *

One Non-Fat Milk Exchange is equal to any one of the following:

Food Choice	Portion
<input type="checkbox"/> Skim or non-fat milk	1 cup
<input type="checkbox"/> 1% low fat milk	1 cup (+ ½ fat exchange)
<input type="checkbox"/> Soy milk (<i>Silke</i> TM Light Plain)	1 cup
<input type="checkbox"/> Soy milk (<i>Silke</i> TM Light Chocolate)	1 cup (+ ½ fat exchange)
<input type="checkbox"/> Evaporated skim milk (canned)	½ cup
<input type="checkbox"/> Buttermilk (made from skim milk)	1 cup
<input type="checkbox"/> Yogurt, Plain (skim milk)	1 cup
<input type="checkbox"/> Starbucks TM Iced Caffe Latte (w/nonfat milk)	16 oz. (Grande)

Calcium on the go!*

Of course your life is busy, but that's no excuse to not get enough calcium in your diet! There are tons of great calcium sources that are perfect for your active lifestyle, here are some examples:

Instead of...	Choose...
Coffee	a latte w/skim milk
Toast w/jelly	a bowl of cereal w/milk and fruit on top
A bag of chips	a cup of fat free yogurt
A can of soda	a carton of skim milk or soy milk
Ice cream	fat free frozen yogurt
French fries	a baked potato with cheese

*source: http://www.healthri.org/disease/osteoporosis/ostgsca1.htm#calcium_on_the_go

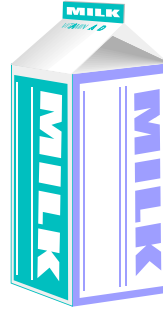
◆ Low-Fat Milk Choices

(Count as one Low-Fat Milk Exchange + One Fat Exchange)



One choice provides:

Calories: 120
 Carbs: 12 gms
 Protein: 8 gms
 Fat: 5 gms



Food Choice	Portion
-------------	---------

- | | | |
|--------------------------|-----------------------------------|-------|
| <input type="checkbox"/> | Low-fat buttermilk | 1 cup |
| <input type="checkbox"/> | 2% low fat milk | 1 cup |
| <input type="checkbox"/> | Yogurt, Plain (made from 2% milk) | 1 cup |
| <input type="checkbox"/> | Canned Evaporated 2% milk | 1 cup |

◆ Whole Milk Choices

(Count as one Whole-Fat Milk Exchange + two Fat Exchanges)



One choice provides:

Calories: 150
 Carbs: 12 gms
 Protein: 8 gms
 Fat: 8 gms

Comments:

- Try to limit consumption of these dairy items as they contain a high amount of fat.
- Remember, you have to add 2 additional fat exchanges for every 'whole milk' exchange you select.

Food Choice	Portion
-------------	---------

- | | | |
|--------------------------|--------------------------------------|-------|
| <input type="checkbox"/> | Whole milk | 1 cup |
| <input type="checkbox"/> | Evaporated whole milk (canned) | ½ cup |
| <input type="checkbox"/> | Buttermilk (made from whole milk) | 1 cup |
| <input type="checkbox"/> | Yogurt, plain (made from whole milk) | 1 cup |

VEGETABLES

Vegetables contain 2-3 grams of dietary fiber. Although the serving size is recommended below, it's ok to use liberal portions (especially when steamed) since these foods contain valuable nutrients. The serving size for vegetables (1 vegetable exchange) is:

- ½ cup of COOKED vegetables or vegetable juice (V8)
- 1 cup of RAW vegetables.



One choice provides:

Calories: 25
 Carbs: 5 gms
 Protein: 2 gms
 Fat: Trace

Fun Facts on Vegetables*:

- Tomatoes are very high in the carotenoid Lycopene; eating foods with carotenoids may lower your risk of cancer.
- A baked potato (with skin) is a good source of dietary fiber (4 grams).
- Vegetables contain many vitamins and minerals** with minimal calories and should be a **major** staple in your diet.

*Source: "Vegetables: Fun Facts." Fact Monster.© 2003 Family Education Network.01 Jan. 2004

www.factmonster.com/ipka/A0781697.

**For a more extensive list of vegetables with their corresponding vitamins and minerals refer to the following link:

www.bellaonline.com/articles/art49323.asp

Vegetable*

Mushrooms, cooked
 Okra
 Onions
 Pea pods
 Peas, green (canned or frozen)
 Peppers (green or red)
 Rutabaga
 Sauerkraut ☹
 Summer Squash (crookneck)
 Tomato (1 large)
 Tomato-vegetable juice ☹
 Turnips
 Water Chestnuts
 Zucchini, cooked

☹ = *high in sodium*

Artichoke
 Asparagus
 Beans (green, wax, Italian)
 Bean sprouts
 Beets
 Broccoli
 Brussel sprouts
 Cabbage, cooked
 Carrots
 Cauliflower*
 Eggplant
 Greens (collard, mustard, turnip)
 Kohlrabi
 Leeks
 Lima Beans
***South Beach™ Mashed "Potatoes"**
 (1 vegetable +1 fat)

Starchy vegetables such as corn, and potatoes are found on the starch/bread list. These starchy vegetables are not as healthy as the above items.

*For additional nutrition information on vegetables visit www.wisconsinfreshproduce.org/veg_facts.htm

FRUITS

Fruit is all carbohydrate. Fresh, frozen, and dried fruits have approximately 2 grams of fiber per serving. Fruit juice contain very little dietary fiber unless otherwise noted, the serving size for one fruit serving is:

- ½ cup of fresh fruit or fruit juice.
- ¼ cup of dried fruit.

◆ Fresh, Frozen, & Unsweetened Canned Fruit



One choice provides:

Calories: 60
 Carbs: 15 gms
 Protein: 0 gms
 Fat: Trace

Fun Facts on Fruits*:

- Strawberries are very high in vitamin C, potassium, and antioxidants.
- Blueberries have more antioxidants than most other fruits and vegetables.
- Fruits contain many vitamins and minerals** with minimal calories and should be a **major** staple in your diet.

*Source: Fruit: Fun Facts." Fact Monster.© 2003 Family Education Network.01 Jan. 2004
www.factmonster.com/ipka/A0781683.html

** For a more extensive list of fruits with their corresponding vitamins and minerals refer to the following link:
www.wholefoodsmarket.com/products/produce/list_fruit.html

Food Choice	Portion
<input type="checkbox"/> Apple (raw, 2" across)	1 apple
<input type="checkbox"/> Apple sauce (unsweetened)	½ cup
<input type="checkbox"/> Apricots (medium, raw)	4
<input type="checkbox"/> Apricots (canned)	½ cup or 4 halves
<input type="checkbox"/> Banana (9" inches long)	½
<input type="checkbox"/> Blackberries (raw) ☺	¾ cup
<input type="checkbox"/> Blueberries (raw) ☺	¾ cup
<input type="checkbox"/> Canteloupe (5" across)	1/3 melon
o Cubes	1 cup
<input type="checkbox"/> Cherries (large, raw)	12
<input type="checkbox"/> Cherries (canned)	½ cup
<input type="checkbox"/> Figs (raw, 2" across)	2
<input type="checkbox"/> Fruit cocktail (canned)	½ cup
<input type="checkbox"/> Grapefruit (medium)	½
<input type="checkbox"/> Grapefruit (segments)	¾ cup
<input type="checkbox"/> Grapes (small)	15
<input type="checkbox"/> Honeydew melon (medium)	1/8 melon
o Cubes	1 cup
<input type="checkbox"/> Kiwi (large)	1
<input type="checkbox"/> Mandarin oranges	¾ cup

Food Choice	Portion
<input type="checkbox"/> Mango (small)	1/2
<input type="checkbox"/> Nectarine☺ (1 1/2" across)	1
<input type="checkbox"/> Orange (2 1/2" across)	1
<input type="checkbox"/> Papaya	1 cup
<input type="checkbox"/> Peach (2 3/4" across)	1 peach or 3/4 cup
<input type="checkbox"/> Peaches (canned)	1/2 cup or 2 halves
<input type="checkbox"/> Pear	1/2 large or 1 small
<input type="checkbox"/> Pears (canned)	1/2 cup or 2 halves
<input type="checkbox"/> Persimmon (medium, native)	2
<input type="checkbox"/> Pineapple (raw)	3/4 cup
<input type="checkbox"/> Pineapple (canned)	1/3 cup
<input type="checkbox"/> Plum (raw, 2" across)	2
<input type="checkbox"/> Pomegranate☺	1/2
<input type="checkbox"/> Raspberries (raw) ☺	1 cup
<input type="checkbox"/> Strawberries (raw, whole) ☺	1 1/4 cup
<input type="checkbox"/> Tangerine (2" across)	2
<input type="checkbox"/> Watermelon (cubes)	1 1/4 cup

☺=*high in fiber*

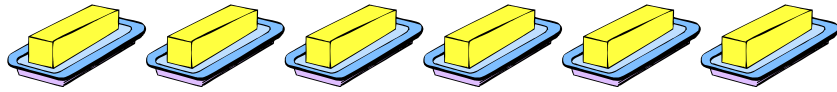
◆ Dried Fruit

Food Choice	Portion
<input type="checkbox"/> Apples☺	4 rings
<input type="checkbox"/> Apricots☺	7 halves
<input type="checkbox"/> Dates	2 1/2 medium
<input type="checkbox"/> Figs☺	1 1/2
<input type="checkbox"/> Prunes☺	3 medium
<input type="checkbox"/> Raisins	2 Tbsp.

◆ Fruit Juice

Food Choice	Portion
<input type="checkbox"/> Apple juice/cider	1/2 cup
<input type="checkbox"/> Cranberry juice cocktail	1/3 cup
<input type="checkbox"/> Grapefruit juice	1/2 cup
<input type="checkbox"/> Grape juice	1/3 cup
<input type="checkbox"/> Orange juice	1/2 cup
<input type="checkbox"/> Pineapple juice	1/2 cup
<input type="checkbox"/> Prune juice	1/3 cup

FATS



The foods on the fat list contain mostly fat, although some items may also contain a small amount of protein. Everyone should modify fat intake by eating unsaturated fats instead of saturated fat.

◆ Unsaturated Fats



One choice provides:

Calories: 45
Carbs: 0 gms
Protein: Trace
Fat: 5 gms.

Fat Facts:

- *Fact:** Stick margarine contains *trans* fat which is just as damaging to the heart as the saturated fat in butter. Soft tub or liquid margarine, however, has less *trans* fat and are better choices.
- Essential Fatty Acids (EFA's) play a crucial role in our health. Do not be afraid of this type of fat!!! Strive to consume Omega 3 oils.
- Udo's 3-6-9™ oil Blend* is an excellent source of EFA's.

*Source: www.dining.ucla.edu/housing_site/dining/SNAC_pdf/NutritionMyths.pdf

Food Choice	Portion
<input type="checkbox"/> Avocado	1/8 medium
<input type="checkbox"/> Margarine (tub or liquid is recommended)	1 tsp.
Nuts and seeds:	
<input type="checkbox"/> Macadamia nuts	3-4
<input type="checkbox"/> Almonds, dry roasted	6 whole
<input type="checkbox"/> Cashews, dry roasted	1 Tbsp.
<input type="checkbox"/> Pecans	2 whole
<input type="checkbox"/> Peanuts	20 small or 10 large
<input type="checkbox"/> Peanut butter (contains 'heart friendly' unsaturated fat)	1 Tbsp.
<input type="checkbox"/> Walnuts	2 whole
<input type="checkbox"/> Other nuts	1 Tbsp.
<input type="checkbox"/> Seeds, pine nuts, sunflower (without shells)	1 Tbsp.
<input type="checkbox"/> Pumpkin seeds	2 tsp.
Oils/Mayonnaise/Olives:	
<input type="checkbox"/> Oil (corn, cottonseed, safflower, olive, peanut)	1 tsp
<input type="checkbox"/> <i>Udo's Perfect Blend 3-6-9™</i>	1 tbsp (counts as 3 fat exchanges)
<input type="checkbox"/> <i>BIJI™ Omega Truffles</i>	1 piece (counts as 2 fat exchanges)
<input type="checkbox"/> Olives☺	10 small or 5 large
<input type="checkbox"/> Salad dressing, mayonnaise-type	2 tsp.
<input type="checkbox"/> Salad dressing, mayonnaise-type, reduced calorie	1 Tbsp.
<input type="checkbox"/> Mayonnaise	1 tsp.
<input type="checkbox"/> Mayonnaise (reduced-calorie)☺	1 Tbsp.
<input type="checkbox"/> Salad dressing (all varieties)	1 Tbsp.

Italicized entries available at most Health Food Stores or the Health Food Section at a grocery store.

☺ = high in sodium

◆ Saturated Fats

Food Choice	Portion
<input type="checkbox"/> Butter*	1 tsp.
<input type="checkbox"/> Bacon⊖	1 slice
<input type="checkbox"/> Chitterlings	½ ounce
<input type="checkbox"/> Coconut, shredded	2 Tbsp.
<input type="checkbox"/> Coffee whitener, liquid	2 Tbsp.
<input type="checkbox"/> Coffee whitener, powder	4 tsp.
<input type="checkbox"/> Cream (light, coffee, table)	2 Tbsp.
<input type="checkbox"/> Cream, sour	2 Tbsp.
<input type="checkbox"/> Cream (heavy, whipping)	1 Tbsp.
<input type="checkbox"/> Cream cheese	1 Tbsp.
<input type="checkbox"/> Salt pork⊖	¼ ounce

* You may want to use “*Smart Balance*™” butter in place of regular butter. *Smart Balance*™ has a favorable balance of Omega 6 to Omega 3.

⊖ = *high in sodium*

FREE FOODS

“Free foods” are foods with 5 grams or less of carbohydrates per serving, or are less than 20 calories per serving. These foods are the ones we know to be “sugar-free” or “fat-free” foods. In addition, free foods also encompass several condiments, seasonings, and spices. These items, consumed in reasonable amounts, will not affect the dietary exchanges on prescribed diets.

ONE serving equals:

Lettuce	[any amount]
Fat-free cream cheese	1 tablespoon
Fat-free mayonnaise	1 tablespoon
Fat-free margarine spread	4 tablespoons
<i>Miracle Whip</i> [™] sandwich spread	1 tablespoon
Fat-free salad dressing	1 tablespoon
<i>Cool Whip</i> [™] or whipped topping	1 tablespoon
Jam or jelly, low sugar or light	2 teaspoons
Sugar-free gelatin dessert*	[any amount]
Ketchup	1 tablespoon
Pickle relish	1 tablespoon
French's [™] mustard (Classic yellow)	[any amount]
Salsa	¼ cup
Soy sauce	1 tablespoon
Gherkin pickles	¾ ounce
Fresh and dried herbs	[any amount]
Coffee and tea	Non caloric [black only]
Club soda and carbonated water	[any amount]
Sweeteners and sugar substitutes	[check label]
Diet sodas of all kinds*	Non caloric*
Maple Syrup – <i>Atkins</i> [™]	Non caloric**
Water	Non caloric

***These products usually contain aspartame (a sugar substitute).**

****Contains sucralose** (*Whole Foods* does NOT sell products that contain sucralose).

Source: www.diabetes.about.com

FAST FOODS

Although fast foods are listed here, caution must be used. It is not uncommon for a meal to equal a whole day allotment of calories. Additionally, most of the items are high in sodium. See below for some tips when eating at fast food restaurants:

Many of the food items contain high amounts of sugar. If you are a diabetic, consult with your dietitian for proper food choices.

TIPS:

- Try to limit portion sizes (refrain from “biggie” size).
- Healthy choices are shaded.
- Choose:** salads, grilled or baked meat, baked potatoes, and low fat frozen yogurt. Choose ‘single’ burger rather than ‘double or supreme’ burgers.
- Limit:** Fried foods (including French fries), biggie size meals, sandwich’s made with sauces, cheeses, bacon or sausages.

How to read the charts below: Locate the food you want to include in your menu plan and look to the right to see the corresponding exchange list(s), and calorie amount.

◆ McDonald’s™

Breakfast Items (The Healthier choices are shaded).

Menu Item	Starch	Meat	Milk	Veggie	Fruit	Fat	Calories
Egg McMuffin™	2	2**				.5	300
Egg McMuffin™ (without cheese)	2	1.5**					240
Scrambled Eggs (2)		2**					190
Hashbrowns	1					1	130
Hot Cakes (w/syrup & margarine)	7					3	600
Big Breakfast™	3	3**				5	730
Deluxe Breakfast™	8.5	3**				7.5	1220
English Muffin	2						170

*Lean Meat **Medium Fat Meat ***High Fat Meat

Lunch & Dinner Items (The Healthier choices are shaded).

Menu Item	Starch	Meat	Milk	Veggie	Fruit	Fat	Calories
Big Mac™	3	3.5***				2.5	560
Hamburger	2	1.5**					260
Cheeseburger	2	2**				.5	310
Premium Grilled Chicken	3	3*				1	420
Grilled Chicken (without Mayo)	3	3*					370
French Fries (small)	2					2	250

*Lean Meat **Medium Fat Meat ***High Fat Meat

High Protein
(30 g.)

Salad Items (The Healthier choices are shaded).

Menu Item	Starch	Meat	Milk	Veggie	Fruit	Fat	Calories
Grilled Chicken Caesar Salad (without dressing)		3*		3		.5	220
Caesar Salad (with Crispy Chicken)		3**		2			300
Newman's Own™ Low Fat Balsamic Vinaigrette						1	40
Newman's Own™ Low Fat Italian	.5					.5	60

*Lean Meat **Medium Fat Meat ***High Fat Meat

◆ Wendy's™ (Refer to http://www.wendys.com/food/pdf/us/allergen_list.pdf for allergen list)

Lunch & Dinner Items (The Healthier choices are shaded).

Menu Item	Starch	Meat	Milk	Veggie	Fruit	Fat	Calories
Big Bacon Classic™	3	3**		1		2	580
Jr. Hamburger	2	1***					280
Jr. Cheeseburger	2	2**					320
Roasted Turkey /Swiss Frescata	3	2**				2	490
Ultimate Chicken Grille Sandwich	3	3*					370
Crispy Chicken Nuggets (5 piece) No Sauce	1	1***				1	220
Barbecue sauce (1 pack)	1/2						45
Sweet & Sour (1 pack)					1		50
Honey Mustard (1 pack)	1/2					2	130
French Fries (small)	2					2	250
Baked Potato (Plain)	4						270
Baked Potato (Broccoli & Cheese)	4			1			340
Chili (Small)	1	2*		1			220

*Lean Meat **Medium Fat Meat ***High Fat Meat

Salad Items (The Healthier choices are shaded).

Menu Item	Starch	Meat	Milk	Veggie	Fruit	Fat	Calories
Caesar Side Salad (w/caesar dressing)		1**		.5		3	70 120
Side Salad				1			35
Mandarin Chicken™ Salad (w/Oriental Dressing)	1	3*		1	1	4	170 250

*Lean Meat **Medium Fat Meat ***High Fat Meat

◆ **Burger King™ Lunch & Dinner Items (The Healthier choices are shaded).**

Menu Item	Starch	Meat	Milk	Veggie	Fruit	Fat	Calories
Whopper™ Sandwich	3	3**				5	670
BK Fish Filet™ Sandwich	2	1.5***				4	470
TENDERGILLE™ (without mayonnaise)	3	3*					420
Hamburger	2	2**					290
BK VEGGIE™ * (without mayo) *not a vegan product	2	2*				1	340
TENDERGRILLE™ (Chicken garden salad) No dressing		3*		2			230

✓ Very Lean Meat

*Lean Meat

**Medium Fat Meat

***High Fat Meat

Salad Items (The Healthier choices are shaded).

Menu Item	Starch	Meat	Milk	Veggie	Fruit	Fat	Calories
TENDERGRILLE™ Chicken Caesar Salad (no dressing or croutons)	½	3*					220
Side Garden Salad				1			15
KENS™ Light Italian Dressing (2 oz.)						2	120
KENS™ Ranch Dressing (2 oz.)						4	190
KENS™ Creamy Caesar Dressing (2 oz.)						4.5	210

*Lean Meat **Medium Fat Meat ***High Fat Meat

◆ Ruby Tuesday™

Entree Items (The Healthier choices are shaded).

Menu Item	Starch	Meat	Milk	Veggie	Fruit	Fat	Calories
Smart Eating Grilled Chicken		6 ✓				1	295
Colossal Burger™	5	15***				1	1943
Smart Eating Creole Catch (Tilapia)		6*					312
Ribs (Triple Play) with Baked Potato/Shrimp	7	11***					1672

✓Very Lean Meat *Lean Meat **Medium Fat Meat ***High Fat Meat

Side Items (The Healthier choices are shaded).

Menu Item	Starch	Meat	Milk	Veggie	Fruit	Fat	Calories
Steamed Broccoli (in a buttery sauce)				2 ½		1 ½	129
White Cheddar Mashed Potatoes		1*		2		2 ½	274
Fresh Hot Fries	3					2 ½	359
Premium Baby Green Beans				2		1	85

✓Very Lean Meat *Lean Meat **Medium Fat Meat ***High Fat Meat

◆ Dunkin Donuts™

The 'Healthier' choice is shaded.

Menu Item	Starch	Meat	Milk	Veggie	Fruit	Fat	Calories
Ham/egg/cheese sandwich	2	2**					310
Sugar Raised Donut	1.5					1.5	170
Blueberry muffin	3	1**	½			2	470

✓Very Lean Meat *Lean Meat **Medium Fat Meat ***High Fat Meat



TV DINNERS

(Frozen Dinners)

In a perfect world, individuals should be preparing meals from FRESH food. Unfortunately, most of us don't have the time and sadly, many of us don't make the time. We urge everyone to prepare meals from fresh foods that are wholesome and nutritious. With this being said, we have listed frozen dinners that can be prepared in a pinch. The frozen dinners listed are fairly healthy. Most frozen dinners are high in sodium and contain *trans fats*. The entrees listed below contain NO *trans fats*. Below are some tips when choosing frozen dinners:

Much of the sodium content is contained in the sauces these dinners include. Skip the sauce and you will reduce the sodium content.

TIPS:

- Choose dinners that don't exceed 400 calories.
- Choose dinners under 300 calories only if they contain a substantial amount of protein otherwise the meal may not satisfy your hunger.
- Keep your eye on the sodium content. Going too low in sodium may not offer much in terms of taste. Try to find an entrée, however, that doesn't go above 800 mg (the ideal range would be 500 mg or lower).
- Choose meals that are high in fiber.
- For more choices, visit each manufacturer's website.

TV DINNERS

Menu Item	Starch	Meat	Milk	Veggie	Fruit	Fat	Calories
Lean Cuisine™ Salmon with Basil☺ (Sodium= 660 mg)	1	2 ✓		1		1	230
South Beach Diet™ Garlic Herb Chicken w/Green beans☺ (Sodium =950 mg)*		4*		2			270
Healthy Choice™ Grilled Turkey Breast☺ (Sodium =380mg)	1.5	3✓		1			270
Healthy Choice™ Four Cheese Pizza (Sodium =470 mg)	4	1*					370
Smart Ones™ Fettucini Alfredo☺ (Sodium =720 mg)	3	1**					300

✓Very Lean Meat *Lean Meat **Medium Fat Meat ***High Fat Meat

*Although the sodium is high, the meal is high in protein, and consists of fibrous rich carbohydrates (low glycemic). Individuals who are restricting their sodium intake may want to choose an entrée with less sodium.

☺=*high in fiber*

FOODS TO INCLUDE & LIMIT ON A WEIGHT REDUCTION DIET

◆ Beverages

[You may add no-calorie sweeteners]

Include . . .

Water
 Mineral
 Regular
 Sparkling
 Sugar Free
Aloe Vera Plus
Bouillon
Coffee
 Regular
 Iced
 Cappuccino
 Espresso
 Latte
 No sugar
 Fat free milk
Hot cocoa mix
 Mixed with water; sugar free, fat free
Tea [all types, no sugar]



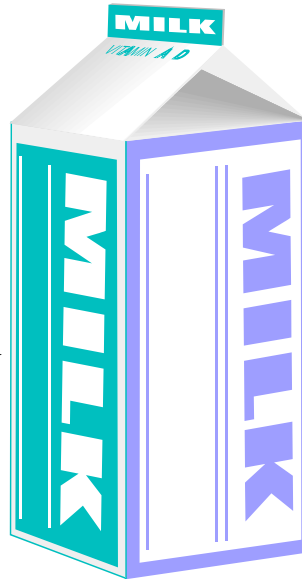
Limit...

Alcohol
Beer
Wine
Mixed drinks
Beverages with sugar
 High fructose corn syrup
 Calorie sweeteners

◆ Dairy

Include . . .

Cheese [reduced or low fat]
Cottage Cheese [low fat]
Eggs, egg whites
 Boiled, poached, scrambled/fried
 w/non-stick spray
Egg substitute
Milk [1% low fat, fat free]
Mozzarella Cheese [fat free]
Ricotta Cheese [fat free]
Tempeh
Tofu
Yogurt [low fat, plain]
(try not to exceed 25 grams of sugar/8 oz serving)
Yogurt [low fat, fat free, sugar free]



Limit...

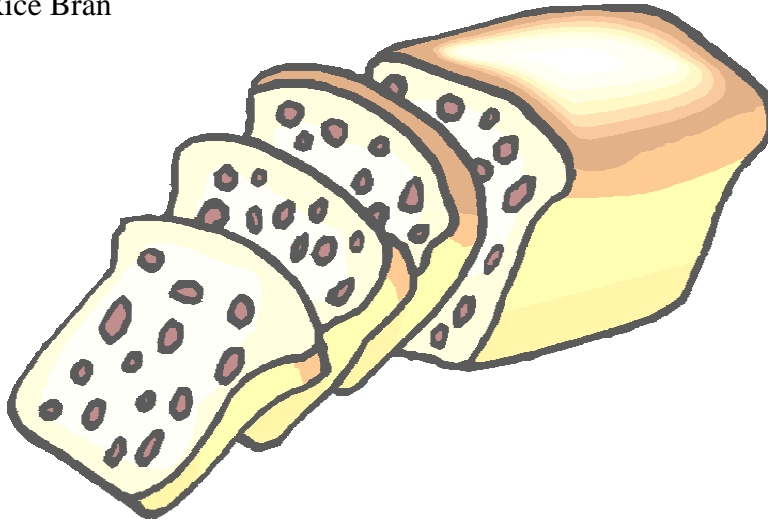
Cheese [whole milk]
Cottage Cheese [full fat]
Cream / half & half
Cream Cheese [all types]
Frozen Yogurt
Ice Cream
Milk [whole, 2% fat]
Mozzarella [full fat]
Sorbet [all types]
Sour Cream [full fat]
Yogurt [full fat]

◆ Bread, Cereals, Baked Foods, Crackers

Include . . .

(include items that have 3-4 grams of fiber/serving)

100% sprouted wheat
100% whole wheat
European-style rye
Multi-grain
Oat bran bread
Pita, whole wheat
Pumpernickel
Rye
Tortillas, whole wheat
All unsweetened bran cereals
Whole grain
High Fiber/low sugar breakfast cereals (Muesli™)
Oat Bran
Oats, oatmeal
Puffed Wheat [unsweetened]
Rice Bran



Limit...

Bagels [all types]
Biscuits
White breads
Bread crumbs
Waffles*
Cakes
Chips [all types]
Cookies
Crackers [all types]
Cornbread
Croissants
Donuts
English muffins
Granola [all types]*
Melba toast
Muffins [all types]
Pancakes
Pastries [all types]
Pita bread [white]
Popcorn
Popcorn cakes
Rice cakes
Rolls-dinner, hamburg, etc
Tortillas [all other]

*These items may be permitted if purchased at Health Food Stores.

◆ Fruits

[Limit 1 exchange per meal]

Include . . .

Apple
Apricots
Berries [blueberries, strawberries, raspberries]
Cantaloupe
Cherries
Grapefruit
Grapes [all types]
Honeydew
Kiwi
Melon
Nectarine
Orange
Watermelon
Papaya
Peach
Pear
Pineapple
Plum
Prickly pear
Starfruit
Tangelo
Tangerine

Limit...

Bananas
Candied fruit
Coconut (especially if it's hydrogenated)
Dates
Dried fruit
Fruit juices
Fruit preserves
Fruit sauces
Mangoes
Marmalade
Persimmons
Plantains
Raisins

◆ Protein

[Baked, broiled, grilled, steamed only]

[Avoid breaded, fried, deep fried, or sautéed foods]

Include . . .

Beef, ground [less than 10% fat]
Beef, lean cuts
Calamari
Canadian bacon
Chicken, skinless
Clams
Crab
Fish, all fresh, canned in water, frozen
Ham, lean
Lamb, lean
Lobster
Mussels
Octopus
Oysters
Pork Chops
Pork, trimmed
Venison
Scallops
Shrimp
Tofu
Tuna, canned in water
Turkey, skinless

Limit...

Bacon
Beef, fatty cuts
Turkey bacon
Beef, ground [over 10% fat]
Turkey sausage
Chicken [fried; with skin]
Chicken [buffalo wings]
Duck
Fish sticks
Fried chicken
Hot dogs [pork, beef, turkey,
Chicken]
Jerky [beef/turkey]
Liver
Liverwurst
Pepperoni
Salami
Sausage
Seafood [canned in oil]
Rabbit

◆ Starchy Foods

[Limit 1 serving per meal.]

Include . . .

Beans [black, kidney, red, garbanzo, etc.]
Buckwheat
Bulgur
Chickpeas
Couscous
Dahl
Lentils
Oats, oatmeal [all types, no sugar]
Pasta [whole wheat]
Peas [split, black-eyed]
Rice [basmati, bulgur, parboiled, brown, wild]
Tabouli
Veggie refried beans
Barley

Limit...

Granola [all types]
Noodles, ramen-style
Taco shells
Pasta [white, green, red]
Potatoes [all types, all preparations]
Pretzels
Rice [white, fried, Spanish, regular /instant]
Soups [all types, except those listed in mini-meals under vegetables]

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◆ Vegetables

[Baked, boiled, broiled, raw, fried w/non-stick cooking spray, steamed, or in light broth soup only. Avoid breaded, fried, deep fried, or sautéed foods.]

Include . . .

Artichokes
Artichoke hearts [packed in water]
Asparagus
Bamboo shoots
Bean sprouts
Beans [green, wax]
Bok choy
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Chilies
Cucumbers
Eggplant
Greens [spinach, chard, kale]
Jicama
Leeks
Lettuce
Mushrooms
Okra
Olives [in water]
Onion
Palm hearts
Peas
Peppers [all types]
Pickles [dill]
Purslane
Radishes
Rutabagas
Snow Peas
Soybeans
Tomatoes
Water chestnuts
Zucchini & summer squash
Soups made with broth and the above foods

Limit...

Avocados
Beets
Corn
Olives [packed in oil]
Parsnips
Pickles [sweet]
Potatoes [all types]
 baked, boiled, fried,
 mashed
Pumpkin
Sweet potatoes
Sweet relish
Yams

◆ Condiments

[Use in moderation]

Include . . .

Butter, butter substitute [limit 1 pat/day]
Garlic
Ginger
Herbs
Horseradish
Hummus
Ketchup [limit 1 T /day]
Lemon & lime juice
Margarine [limit 1 pat/day]
Mayonnaise [light, fat free, limit 1 T /day]
Mustard [lo-cal]
Oil [olive, peanut, canola]
Olives [packed in water]
Onion
Parmesan, Romano cheese [limit 1 T /day]
Pickles [dill]
Salad dressing [lo-cal, fat free or vinaigrette, limit 4 T /day]
Salsa [limit 4 T /day]
Sauerkraut
Shallots
Sour cream [low fat, fat free]
Soy sauce
Spaghetti sauce [bottled, canned, homemade, mix, sugar free]
Spices [all]
Tahini sauce

Limit...

Bacon bits
Croutons
Lard
Mayonnaise [full fat]
Olives [packed in oil]
Pickles [all except dill]
Salad dressings [creamy, full fat ranch, blue cheese, thousand island, etc.]
Sandwich spreads
Shortening [vegetable]
Sweet pickle relish
Sour cream [full fat]

◆ Sweets & Treats

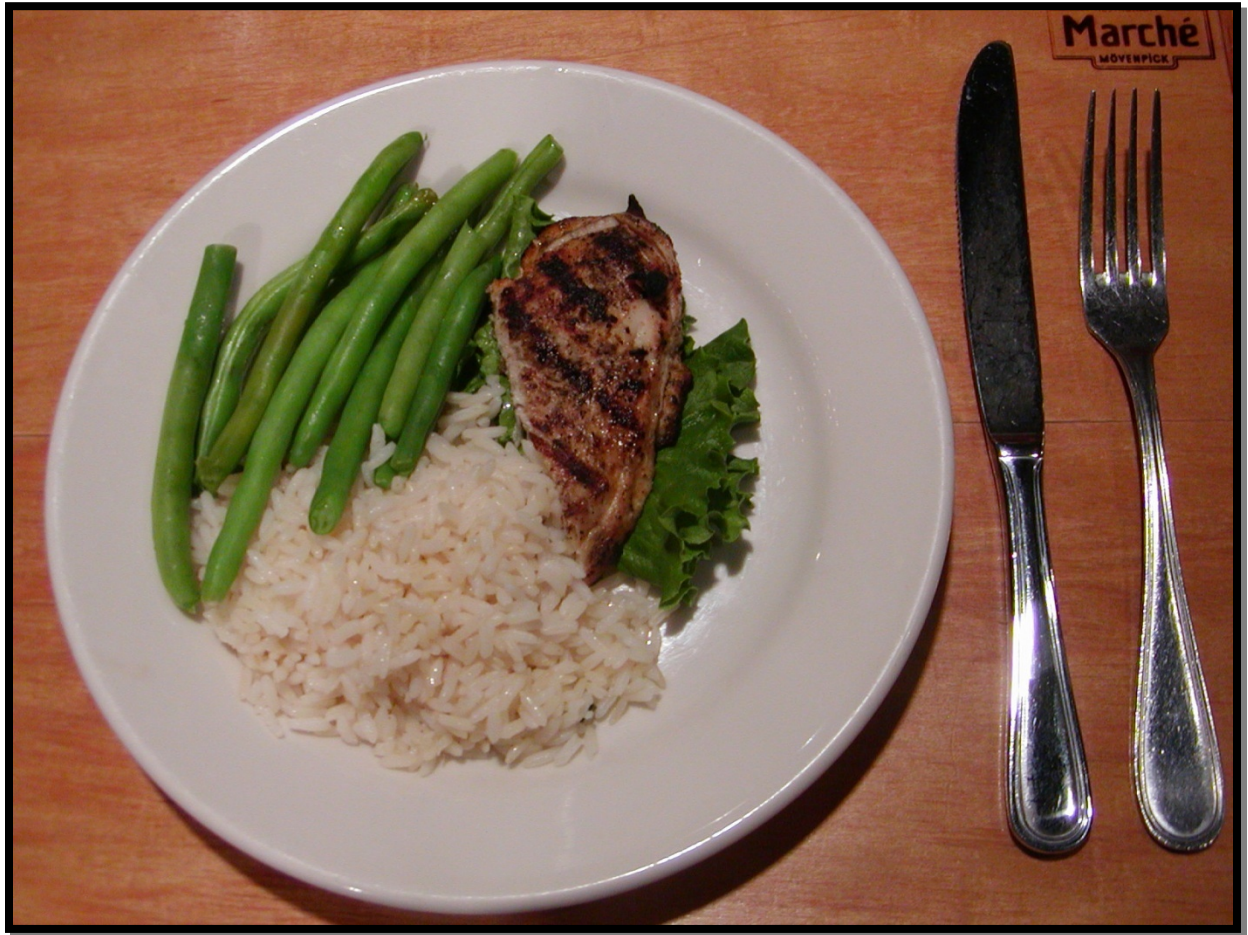
[See also Dairy, Fruit, Baked Foods, and Fruit]

Include . . .

Water (not sugared water)
Non-nutritive natural or artificial sweeteners
Sugar-free gelatin [1 serving/day]
Sugar-free popsicles [1 serving/day]
Sugar-free pudding [1 serving/day]

Limit...

Candy bars
Chocolates
Honey
Jam/Jelly
Marmalade
Molasses
Frozen treats [popsicles]
Sodas [with sugar]
Sugar
Syrup [all types]
Tofu frozen dessert



Example of a Portion Controlled Plate* Using the Exchange Lists

Food	Portion	Exchange List
Chicken Breast	3oz.	3 Meats (lean)
White Rice	~1/3 cup	1 Starch/Bread
Steamed Green Beans (Estimated Oil—used in cooking)	1 cup (cooked) 2 teaspoons	2 Vegetables 2 Fats

Approximate Caloric Value: 400 Calories

*Courtesy of Marche Restaurant, Boston, Massachusetts (unfortunately Marche is out of business).

Making Sense Out of Sugar Substitutes

Aspartame (NutraSweet™)

A man-made sweetener with almost no calories used in place of sugar. A diet program with aspartame and exercise gives better results than without this sweetener. People lose more weight and regain less weight. Aspartame is a compound of two amino acids -- aspartic acid and phenylalanine. Because it is essentially half phenylalanine, people who have the genetic disease [phenylketonuria](#) (PKU) and cannot metabolize phenylalanine normally need to avoid diet drinks and other products containing aspartame¹

Sucralose (Splenda™)

An artificial sweetener. Approved by the FDA in 1998. It is 600 times sweeter than table sugar, it is made from a process that begins with regular sugar. You can bake with it. Sucralose was discovered in 1976. Sucralose is derived from sugar through a patented, multistep processes that selectively substitutes three chlorine atoms for three hydrogen oxygen groups on the sugar molecule. The tightly bound chlorine atoms create a molecular structure that is exceptionally stable and is approx 600 times sweeter than sugar. The body does not recognize it as sugar or another carbohydrate. The sucralose molecule passes through the body unchanged, it is not metabolized and is eliminated after consumption. Sucralose has no calories. The acceptable daily intake for sucralose is 5 mg / kg of body weight per day.

Supporters of sucralose claim that it doesn't promote tooth decay and is beneficial for people with diabetes. Sucralose is not recognized as sugar or carbohydrates by the body, thus has no effect on glucose utilization, carbohydrate metabolism, the secretion of insulin or glucose and fructose absorption².

In spite of the many studies that have been conducted on the safety of sucralose, Whole Foods™ does not have any foods that contain sucralose presumably due to its artificial nature.

Stevia™

Stevia™ is an herb from Brazil and Paraguay that is a good replacement for sugar and artificial sweeteners. You can also bake with it. Whole Foods has a variety of products ("supplements") that are sweetened with Stevia™. In the United States and Canada, Stevia™ is not approved for use as a food additive, it may, however, be purchased as a dietary supplement³. Stevia™ is safe but it wouldn't be a bad idea to consult with your physician prior to adding this herb to your diet especially if you are on prescription medications.

Sugar Alcohols

This group of sweeteners includes Mannitol, Sorbitol and Xylitol. Although found in fruit, they are commercially synthesized and not extracted from natural sources. Sugar alcohols provide a reduced glycemic response (no steep hikes in blood sugar). Sugar alcohols are absorbed slowly, but incompletely. This can cause diarrhea and gastrointestinal distress in some people.

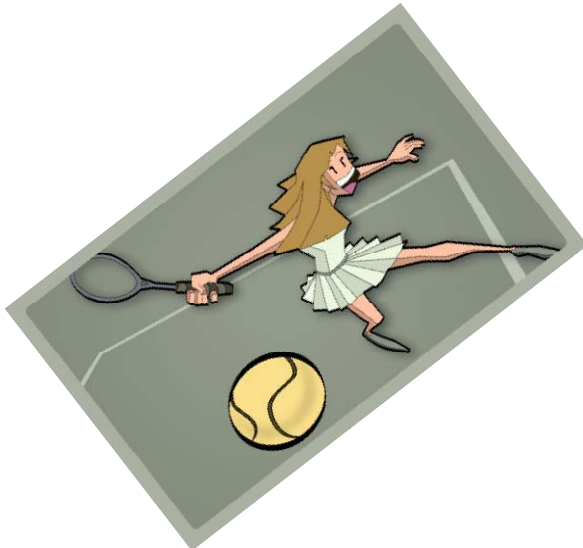
¹ Websters New World Medical Dictionary (2nd Edition) 2003

² Sucralose (Facts about Sucralose) 2005, Calorie Control Council. www.caloriecontrol.org

³ Stevia—Drugs & Vitamins—Drug Library—Drug Digest, www.drugdigest.org

Move it to Lose it™

Everyday Activities That ANYONE Can Do



Move it to Lose it™

100 Ways to Burn 100 Calories

In this day and age it is very easy for us to make every excuse NOT to exercise. It is very inconvenient to go to the gym; the weather could be lousy to go out and walk regularly; and you just don't have the motivation to exercise in the house. The list goes on and on and on. We rationalize ourselves right out of doing precisely what is going to be good for us! Well....there are no more excuses. Here is a list of 100 ways to perform movements, as seemingly insignificant as they may be, that will burn calories in the privacy of your own home and/or your regular habitat. NO MORE EXCUSES!!!

If you need to exercise for a designated amount of time per session, simply refer to each activity and perform it for said amount of time. You can also break up your activity into 3 sessions. Another words, if a particular activity is listed for 30 minutes, you can perform it for 10 minutes in the morning, 10 minutes in the afternoon, and 10 minutes at night.

For those of you interested in a structured exercise program that encompasses weight training, we have provided a "Home Strength Challenge" which involves strength training exercises performed primarily on a stability ball. The only equipment required is a stability ball and dumbbells.

100 Ways to Burn 100 Calories

In & Around the House

Activity	Minutes Needed to Burn 100 Calories*
Washing Dishes	28
Washing Windows	20
Gardening	20
Lay or Remove Carpet/Tile	20
Mowing Lawn (push/power)	20
Raking Lawn	20
Refinishing Furniture	20
Operating Snow Blower	20
Light House Cleaning	18
Paint House: Outside	17
Weeding	17
Chopping & Splitting Wood	14
Mowing Lawn (push/hand)	14
Shoveling Snow by Hand	14
Moving Household Furniture	14
Heavy House Cleaning	14

*Based on a 150-pound person

With the Family

Activity	Minutes Needed to Burn 100 Calories*
Flying a Kite	30
Playing Catch	30
Exploring the Zoo	30
Tossing a Frisbee	25
Dancing: Slow	25
Walking to a friend's house (3 mph)	25
Paddleboat	25
Playing Tag (with your kids)	22
Coaching Sports	20
Roller Skating	20
Kicking a Soccer Ball	20
Washing the Family Car	20
Running Through the Sprinkler	20
Shooting Hoops	20
Walk Family Dog (3.5 mph)	20
Pushing a Stroller (3.5 mph)	20
Hop-Scotch	17
Skateboarding	17
Ice Skating	15
Dancing: Fast	14
Family Bike Ride	13
Rollerblading	13
Backpacking	13
Jumping Rope	8
Badminton	20

*Based on a 150-pound person

Individual Activities (Highlighted Entries are Recommended)

Activity	Minutes Needed to Burn 100 Calories*
Stretching	25
Weight Lifting	25
Circuit Training	10
Golfing: With Cart	25
Tai Chi	20
Calisthenics	20
Walking: 3.0 mph (or 20 minute mile)	20
Walking: 3.5 mph (or ~17 minute mile)	17
Walking: 4.0 mph (or ~15 minute mile)	15
Golfing: Walking	14
Hiking	14
Swimming	14
Park your car further away from destination (1/4 mile away=1/2 mile total) Doing this twice/day would equal 1 mile	20 (3 mph) A pedometer would be helpful here
Stair Step Machine	14
Tennis: Singles	13
Ski Machine	9
Boxing	14
Rowing: Moderate	13
Running: 5 mph	10
Running: 6 mph	8
Running: 7 mph	6
Bowling	25
Elliptical Trainer	9
Aerobics: Low Impact	14
Step Aerobics: High Impact	8
Bicycling: Moderate	13

Bicycling: 12-14 mph	10
Bicycling: 14-16 mph	8
Bicycling: 16-19 mph	7
Bicycling: >20 mph	5

Team Sports

Activity	Minutes Needed to Burn 100 Calories*
Volleyball	25
Tennis – Doubles	20
Softball	17
Baseball	17
Soccer	11
Beach Volleyball	10
Basketball	10
Flag Football	10
Hockey: Field or Ice	10
Football	9
La Crosse	9
Water Polo	8

*Based on a 150-pound person

Try Something New?

Activity	Minutes Needed to Burn 100 Calories*
Horseback Riding	20
Hatha Yoga	20
Kayaking	17
Whitewater Rafting	17
Water Skiing	14
Fencing	14
Snow Shoeing	10
Snow Boarding	10
Judo	8
Karate	8
Rock Climbing: Ascending	8

*Based on a 150-pound person

Source for calculations: Compendium of Physical Activity. ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 3rd ed. (Williams and Wilkins, 1998).