CHOOSE YOUR FOODS

FOOD LISTS FOR WEIGHT MANAGEMENT

Index

A

acidophilus milk, 27 agave syrup, 53 alcohol, 10, 60, 61 almond butter, 38, 41 almond milk, 27, 41 almonds, 41 amaranth, 16, 31 American cheese, 37 angel food cake, 52 animal crackers, 18 apple juice/cider, 24 apples, 22 applesauce, 22 apricots, 22 artichoke, 31 artichoke hearts, 31 arugula, 31 asparagus, 31 avocados, 41

B

baby corn, 31 bacon, 37, 43 "bacon" strips, soy-based, 38 bagels, 14 baked beans, 19 bamboo shoots, 31 banana nut bread, 55 bananas, 22 barbecue sauce, 59 barley, 16 beans, 10, 19, 31, 38, 45, 47, 49 bean sprouts, 31 beef, 35, 36, 45, 47, 49 beef/chicken/shrimp with vegetables in sauce, 46 beef jerky, 35 "beef" or "sausage" crumbles, soy-based, 38 beef tongue, 36 beer, 61 beets, 31 bell peppers, 31 biscotti, 52 biscuits, 14, 47 black beans, 19, 38 blackberries, 22 black-eyed peas, 19, 38 blueberries, 22, 55 bok choy, 31 bologna, 37 borscht, 49 bran, 15, 16 bratwurst, 37 Brazil nuts, 41 bread, 10, 14, 55 breadfruit, 17 breakfast sandwiches, 47 brie cheese, 37 broccoli, 31 broccolini, 31

brownies, 52

brussels sprouts, 31 buckwheat, 16 buffalo, 35 bulgur, 16 burritos, 47 butter, 43 butter blends made with oil, 43 buttermilk, 27

C

cabbage, 31 cake, 52 Canadian bacon, 35 candy, hard, 53 canola oil, 41 cantaloupe, 22 carrots, 31 cashew butter, 38, 41 cashews, 41 cassava, 17 casseroles, 45 catfish, 35 cauliflower, 31 celery, 31 cereal, 10, 14, 17 champagne, 61 chapati, 14 chayote, 31 cheddar cheese, 37 cheese, 18, 34, 35, 36 37, 45, 47,48 cherries, 22

chicken, 35, 36, 45, 46, 47, 48 chicken breast, breaded and fried, 45 chicken drumstick, breaded and fried, 45 chicken noodle soup, 49 chicken nuggets, 45 "chicken" nuggets, soybased, 38 chicken salad, 48 chicken sandwich, 47 chicken thigh, breaded and fried, 45 chicken wings, 45 chicory, 31 Chinese spinach, 31 chitterlings, 43 chives, 31 chocolate chip cookies, 52 chocolate, dark or milktype, 53 chocolate "kisses," 53 chocolate milk, 27 chocolate syrup, 53 chorizo sausage, 37 chowder, 49 chow mein, 46 ciabatta, 14 clams, 35 coconut, 43 coconut milk, 27, 43 coconut oil, 43

cod, 35 coffee creamer, 53 coleslaw, 48 collards, 31 condiments, 59 congee, 49 cooked cereal, 15 cookies, 52 corn, 17 cornbread, 14 corned beef, 36 Cornish hen, 35 corn oil, 42 cottage cheese, 35 cottonseed oil, 42 couscous, 16 crabs, 35 crackers, 10, 12, 18, 57 cranberries, 22 cranberry sauce, 59 cream, 43 cream cheese, 43 creamers, 53 cream soup, 49 crispbread, 18 cucumbers, 31 cupcakes, 52 curry sauce, 59 custard pie, 52

D

daikon, 31 danish, 55 dasheen, 17 dates, 22 distilled spirits, 61 donut, 55 dove, 36 dried fruits, 22 duck, 35, 36

E

edamame, 38 eggnog, 27 eggplant, 31 egg rolls, 46 eggs, 36, 47 egg substitutes, 35 egg whites, 35 endive, 31 energy drink, 51 english muffins, 14, 47 English walnuts, 42 evaporated milk, 27

F

falafel, 38 farro, 16 fennel, 31 feta cheese, 36 figs, 22 filberts (hazelnuts), 41 fish, 33, 34, 35, 40, 42 fish, fried, 36 fish sandwich, 47 flan, 52 flaxseed oil, 40 flaxseeds, 40 flounder, 35 food labels, 62 french-fried potato, 17 french fries, 48 fried rice, 46 frozen pops, 55 fruit cobbler, 52 fruit cocktail, 22 fruit drink, 51 fruit juice, 24 fruit juice bars, frozen, 55 fruit snacks, chewy, 53 fruit spreads, 53

G

game, 35 garbanzo beans, 19, 38 gelatin, 52 gin, 61 gingersnaps, 52 goat, 35 goat cheese, 37 goat's milk, 27 goose, 35, 36 gourds (bitter, bottle, luffa, bitter melon), 31 graham crackers, 18 grains, 16 granola, 15 granola or snack bars, 18 grapefruit, 22 grapefruit juice, 24 grape juice, 24 grapes, 22 grape seed oil, 42 gravy, canned or bottled, 59 Greek yogurt, 27, 55 green beans, 31 green onions, 31 greens (collard, dandelion, mustard, purslane, turnip), 31 grits, 15 ground beef, 35, 36 ground turkey, 35 guava, 22

H

haddock, 35 halibut, 35 ham, 35 hamburger, 48 hamburger bun, 14 hash browns, 17 hazelnuts, 41 heart, 35 hearts of palm, 31 herring, 35 hoisin sauce, 59 hominy, 17 honey, 53 honeydew melon, 23 hot-and-sour soup, 46 hot chile sauce, 59

hot chocolate, 51 hot dog, 35, 37, 48 hot dog, meatless, 38 hot dog bun, 14, 34, 48 huckleberries, 23 hummus, 38

ice cream, 55 Indian fry bread, 14 Italian sausage, 37

J

jam or jelly, 53 jicama, 31

K

kale, 31 kamut, 16 kasha, 16 kefir, 27 ketchup, 48, 59 kidney, 35 kidney beans, 19, 38 kimchi, 31 kiwi, 23 knockwurst, 37 kohlrabi, 31 kumquat, 23

lactose-free milk, 27 lamb, 35, 36 lard, 43 leeks, 31 lemonade, 51 lentils, 10, 19, 38, 49 lettuce, 31, 47 lima beans, 19, 38 liqueur, 61 liver, 35 lobster, 35 lo mein, 46 loquat, 23

M

macadamia nuts, 41 macaroni salad, 48 mackerel, 33, 40 mandarin oranges, 22, 23 mango, 23 margarine, 40-41, 42 marinara sauce, 17 matzoh, 18 mayonnaise, 42 mayonnaise-style salad dressing, 42 meat with sweet sauce, 46 meatless burger, soy-based, 38 meatless burger, vegetableand-starch-based, 38 meatless deli slices, 38 meatloaf, 36 melba toast, 18 milk, 10, 25, 26, 27 milk substitutes, 27 millet, 16 miso soup, 49 mixed nuts, 41 mixed vegetables, 17 monounsaturated fats, 41 Monterey jack cheese, 37 mozzarella cheese, 36 muesli, 15 muffins, 55

mycoprotein, 38

47

mustard, 48

mushrooms, 31

naan, 14 nachos, 47 navy beans, 19, 38 nectarines, 23 nondairy yogurt, 27

muffins, egg, cheese, meat,

nopales, 31 nuts, 38, 40, 41, 42 nut spreads, 38

U

oats, 15, 16 oats, gluten-free, 8 oil, 41, 42, 43 okra, 31 olive oil, 41 olives, 41 onion rings, 48 onions, 31, 48 orange, 23 orange juice, 24 orange roughy, 35 organ meats, 35 ostrich, 35 oyster crackers, 18 oysters, 35

P

palm kernel oil, 43 palm oil, 43 pancakes, 14 papaya, 23 Parmesan cheese, 37 parsnips, 17 passion fruit, 23 pasta, 10, 16 pasta salad, 48 pasta sauce, 17 pasteurized processed cheese spread, 36 pastrami, 37 peaches, 23 peanut butter, 38, 41 peanut oil, 41 peanuts, 41 pea pods, 31 pea shoots, 31 pea vines, 31 pears, 22, 23 peas, 10, 17, 19, 31, 38

pecans, 41 peppers, 31 pheasant, 36 pickles, 48 pie, fruit, 2 crusts, 52 pignolia nuts (pine nuts), 42 pineapple, 23 pineapple juice, 24 pine nuts, 42 pinto beans, 19, 38 pistachio nuts, 41 pita, 14 pizza, 45 plantains, 17, 23 plant stanol esters, 41 plums, 23 plum sauce, 59 pocket sandwich, 47 polenta, 16 Polish sausage, 37 polyunsaturated fats, 42 pomegranate juice, 24 pomegranate seeds (arils), 23 popcorn, 18 pork, 35, 36, 37 porridge, 49 portion size, 11 potato chips, 18 potatoes, 17 potato salad, 48 pot pie, 45 poultry, 33, 34, 35, 36 pretzels, 18 processed sandwich meats, 35, 37 prune, 23 prune juice, 24 pudding, 52 puffed cereal, 15 pumpkin, canned, 17 pumpkin pie, 52 pumpkin seeds, 42

Q

quesadillas, 47 queso, 37 quinoa, 16

R

rabbit, 35 radicchio, 31 radishes, 31 raisins, 14, 22 ramen noodle soup, 49 raspberries, 23 refried beans, 19, 38 rice, brown, 16, 46, 49 rice, white, 16 rice cakes, 18 rice milk, 27 rice soup, 49 ricotta cheese, 35 rolls, 14 roti, 14 rum, 61 rutabagas, 31

S

safflower oil, 42 sake, 61 salad, 45 salad dressing, 42, 59 salad greens, 31 salami, 37 salmon, 35 salt pork, 43 sardines, 35 saturated fats, 43 sauerkraut, 31 sausage, 35, 36, 37 sausage biscuit sandwich, 47"sausage" patties, soy-based, 38 scallions, 31 scallops, 35

scones, 55 seaweed, 31 sesame paste, 42 sesame seeds, 42 shallots, 31 shellfish, 35 sherbet, 55 shortening, 43 short ribs, 36 shredded wheat, 15 shrimp, 35, 46 smoked sausage, 37 snack chips, 18 snap peas, 31 snow peas, 31 soft drinks, regular, 51 sorbet, 55 sorghum, 16 soup, 49 sour cream, 43 soybean oil, 42 soy milk, 27 soy nut butter, 38 soy nuts, 38 spaghetti sauce, 17 spinach, 31 split peas, 19, 38, 49 sports drinks, 51 squash, 17, 31

stews, 45 strawberries, 23 stuffing, 14 submarine sandwich, 48 succotash, 17 sugar, 53 sugar-coated cereal, 15 sugar alcohols, 54 sugar substitutes (artificial sweeteners), 59 summer sausage, 37 sunflower oil, 42 sunflower seeds, 42 sweet and sour sauce, 59 sweeteners, blended, 53 sweet potato, 17 sweet rolls, 55 Swiss chard, 31 Swiss cheese, 37 syrup, chocolate, 53 syrup, light, 53 syrup, pancake, 53

Τ

tabbouleh (tabouli), 16 tacos, 47 taco salad, 47 taco shell, 14 tahini, 42 tamarillo, 23 tangerines, 23 tempeh, 38 tequila, 61 tilapia, 35 tofu, 38, 45 tomatoes, 31, 47 tomatoes, canned, 24, 31 tomato sauce, 23, 24 tomato soup, 49 tomato/vegetable juice, 31 tonic water, 60 tortilla chips, 18 tortillas, corn, 14 tortillas, flour, 14 tostada, 47 trans fat, 40-41 trout, 35 tuna, 35, 45 tuna salad, 45 turkey, 35, 36 turkey bacon, 37 turkey ham, 35 turkey pastrami, 35 turnips, 31

V

vanilla wafers, 52 veal, 35 vegetable beef soup, 49 venison, 35 vodka, 61

W

waffles, 14 walnuts, 42 water, 15 water chestnuts, 31 watercress, 31 watermelon, 23 wax beans, 31 wheat germ, 16 whipped cream, 43 whiskey, 61 white beans, 19, 38 whole grains, 13, 14 whole wheat, 13, 14 wild rice, 16 wine, 61 wraps, 48

Y

yams, 17 yogurt, 26, 27 yogurt, frozen, 55, 57

Z

zucchini, 31

For general information about diabetes, call the American Diabetes Association at 1-800-342-2383 or visit www.diabetes.org.

For a referral to a registered dietitian nutritionist (RDN), visit the Academy of Nutrition and Dietetics website at www.eatright.org.



