

Non-Starchy Vegetables:

Serving sizes: 1/2 cup cooked or 1 cup raw

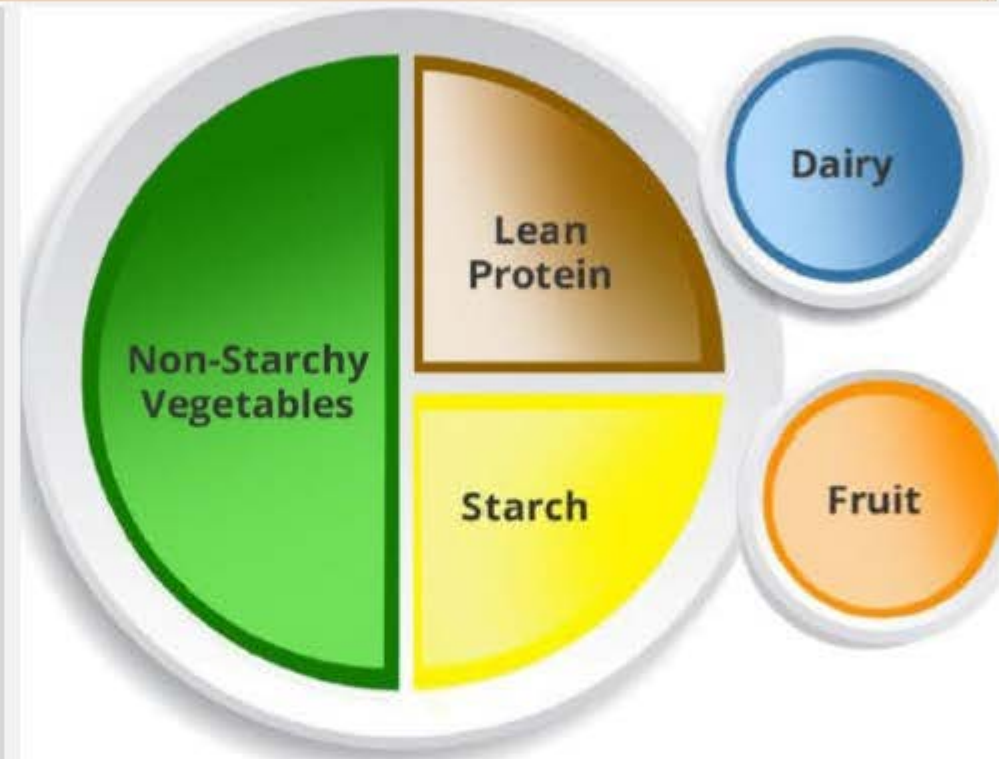
- Spinach/greens
- Carrots
- Lettuce
- Beets
- Cabbage/bok choy
- Green/wax beans
- Broccoli
- Cauliflower
- Tomatoes
- Vegetable juices
- Onion
- Cucumber
- Okra
- Mushrooms
- Peppers
- Turnip
- Celery
- Snow peas/sugar snap peas
- Yellow squash/summer squash
- Zucchini/spaghetti squash
- Radishes/kohlrabi
- Brussel sprouts
- Asparagus

Meats/Proteins: 3 to 5 ounce portions

- Chicken or turkey without the skin
- Fish and shellfish (tuna, salmon, trout, shrimp, clams, etc.)
- Beef and pork, lamb, bison, venison (90-95% lean, round, rump, flank, loin, NY strip)
- Tofu, eggs, low-fat cheese, nonfat /1% cottage cheese, natural nut butters/nuts

Dairy: 1 cup or 8 ounces milk, 6 oz yogurt

- Nonfat or 1% milk
- Soy, almond or milk-like beverages
- Nonfat or low-fat yogurt (plain or artificially sweetened)

**Fruits: Tennis ball size fresh, 1/2 cup - 1 cup canned or frozen depending on the fruit, 2 Tablespoons dried**

- Apple
- Banana
- Blueberry/strawberry/raspberry
- Apricot
- Orange/Mandarin orange
- Peach
- Plum
- Asian pear/pear
- Pomegranate
- Kiwi
- Cranberries
- Mango
- Pineapple
- Grapes
- Watermelon/cantaloupe/honeydew
- Papaya
- Guava
- Raisins/figs/dates/prunes

Grains/Beans/Starchy Vegetables: 1/2 to 1 cup (fist size)

- Grains: Bread, pasta, rice, hot and cold cereal, crackers, chips, pretzels, pita, wraps, pie crust/crumb toppings, English muffin, bagel, muffin, waffle, pancake, granola, popcorn, barley, farro, bulgur, orzo, quinoa
- Legumes: Lentils, beans: kidney, cannellini, pinto, northern, black, lima, butter, black-eye pea, split pea, chickpea, edamame
- Starchy vegetables: potato, sweet potato, corn, peas, winter squash: acorn, butternut, pumpkin