

REDUCING DIET SUBSTITUTION LIST

LIST 1 FREE FOODS - Are low in calories; < 20 calories/serving and you can eat as much of them as you want, unless otherwise indicated.

Condiments

1 tblsp ketchup or mustard
Unsweetened pickles
2 tblsp low calorie salad dressing
3 tblsp taco sauce

Sugar free drink mixes
Lemon juice
Tomato juice
Vegetable juice

Vegetables (1 cup raw)

Asparagus
Bean sprouts
Beet greens
Broccoli
Brussels sprouts
Cabbage, (all kinds)
Chard

Cauliflower
Celery
Chicory
Collard greens
Cucumbers
Egg plant
Endive
Escarole
Green beans
Green onion
Kale
Lettuce (all kinds)
Mushrooms
Mustard greens

Okra
Peppers (green or red)
Radishes
Spinach
Squash, summer
Tomatoes
Turnip greens
Watercress
Wax beans
Zucchini

Gelatin
Jam/Jelly
1-2 tblsp pancake syrup
Sweet 'n Low or Equal
2 tblsp whipped topping

Drinks

Bouillon, clear broth; (no fat)
Diet or Sugar free soda
Diet or Club soda
Coffee/tea

Sugar Substitutes (ALL sugar free)

Hard candy and gum

Desserts & Fruits:

Cranberries
Lemons
Gelatin, unsweetened
Rennet tablet

LIST 2 Other Vegetables - Limit these vegetables to one 1/2 cup serving per day (approximately 30 calories per serving)

.Artichokes
Beets

Carrots
Onions

Peas, green
Pumpkin Rutabaga

Squash, winter
Turnips

LIST 3 - FRUITS AND FRUIT JUICES - May be fresh cooked, dried, frozen or canned - NO SUGAR OR SYRUP (approximately 40 calories per serving or amounts indicated)

Fruits:

Apple, medium - 1/2
Apple sauce - 1/2 cup
Apricots, medium, fresh -2
Apricots, dried halves - 4
Banana, small - 1/2
Blackberries - 1 cup
Blueberries - 2/3 cup
Boysenberries - 2/3 cup
Cantaloupe, medium - 1/4
Cherries, large - 10
Dates - 2

Figs, fresh, large - 1
Figs, dried - 1
Fruit cocktail canned - 1/2 cup
Grapefruit, small - 1/2
Grapes - 12
Honeydew melon - 1/8
Mango, small - 1/2
Nectarine, small - 1
Orange, small - 1
Papaya, medium - 1/4
Peach, medium, fresh -1

Peach, canned - 1/2 cup
Peach, dried halves - 2
Pear, small, fresh -1
Pear, canned - 1/2 cup
Pear, dried halves - 2
Pineapple - 1/2 cup
Plums, med, fresh -2
Prunes, dried - 2
Raisins, dried Tbs - 2
Raspberries - 1 cup
Strawberries - 1 cup

Tangerine, large - 1
Watermelon, cubed - 1 cup

Juices:

Apple - 1/3 cup
Grape - 1/4 cup
Grapefruit - 1/2 cup
Orange - 1/2 cup
Pineapple - 1/3 cup
Prune - 1/4 cup

LIST 4 - STARCHES - (Approximately 70 calories per serving of amounts indicated.)

Breads:

White, whole wheat or rye - 1 slice
Bagel - 1/2
Biscuit or muffin (2" dia) - 1
Bun, hamburger or hot dog (8 / lb) 1/2
Cornbread (1 1/2" cube) - 1
English muffin - 1/2

Crackers:

Graham (2 1/2" sq.) - 2
Melba toast - 4
Oyster (1/2 cup) - 20
Saltines - 5

Round thin - 6
Ry-Krisp - 3
Tortilla (6" dia) - 1
Wheat crackers - 5

Cereals:

Hot cereal - 1/2 cup
Dry flakes - 2/3 cup
Dry puffed - 1 1/2 cups
Rice or grits, cooked - 1/2 cup

Spaghetti, macaroni, noodles or other pastas, cooked - 1/2 cup

Vegetables:

Beans or peas, dry cooked (lima, navy, kidney, black-eyed, split, etc) - 1/2 cup

Beans, baked (no pork) - 1/4 cup
Corn, canned - 1/3 cup
Corn - 1/2 med
Potatoes, white (1 sml) -1/2 cup
Potatoes, sweet or yams - 1/4 cup
Popcorn, popped (no butter) - 1 cup

LIST 5- MEATS, FISH, FOWL - The following meals and meat substitutes are lowest in calories (approximately 50 calories per amount indicated). Select them as often as possible. Choose lean, unmarbled cuts, trim off all visible fat, do not add fat in cooking.

Beef, dried chipped - 1 oz
Beef, lamp pork, ham, veal (LEAN ONLY), cooked - 1 oz
Liver - 1 oz

Poultry without skin, cooked - 1 oz
Fish, any except those listed below - 1 oz
Crab - 1/4 cup
Clams, shrimp, oysters - 5 med

Scallops (12/lb) - lrg
Tuna, packed in water - 1/4 cup
Salmon, pink canned - 1/4 cup
Cottage cheese - 1/4 cup

The following meats and meat substitutes are high in calories (approximately 73 calories per amount indicated). Select them sparingly.

Beef, lamp, pork, veal, med fat, cooked - 1 oz
Duck - 1 oz
Goose - 1 oz
Poultry with skin - 1 oz

Cold cuts - 1 oz
Hotdogs (8-9/lb) - 1
Vienna Sausages - 2
Cheese (brick, cheddar, Roquefort, Swiss; processed etc.) - 1 oz

Egg, whole - 1
Salmon, red canned or smoked - 1/4 cup
Sardines - 3 med
Tuna, packed in oil - 1/4 cup
Peanut butter - 2 tsp

LIST 6 FATS (approximately 45 calories per amount indicated)

Avocado (4" dia) 1/8
Bacon, crisp - 1 slice
Butter or margarine - 1 tsp
Cream, sour - 2 Tbsp

Cream cheese - Tbsp
Nuts - 6 small
Dressing, French - 1 Tbsp
Mayonnaise - 1 tsp

Roquefort dressing - 2 tsp
1000 Island dressing - 2 tsp
Oil - 1 tsp
Olives - 5