

Food Names & Portion sizes

Food Items

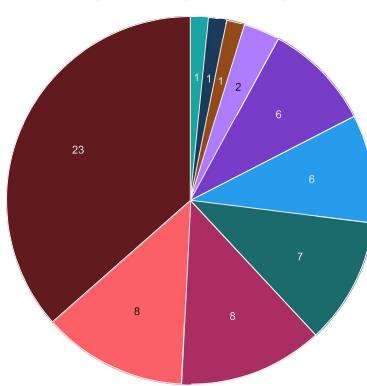
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Display Names

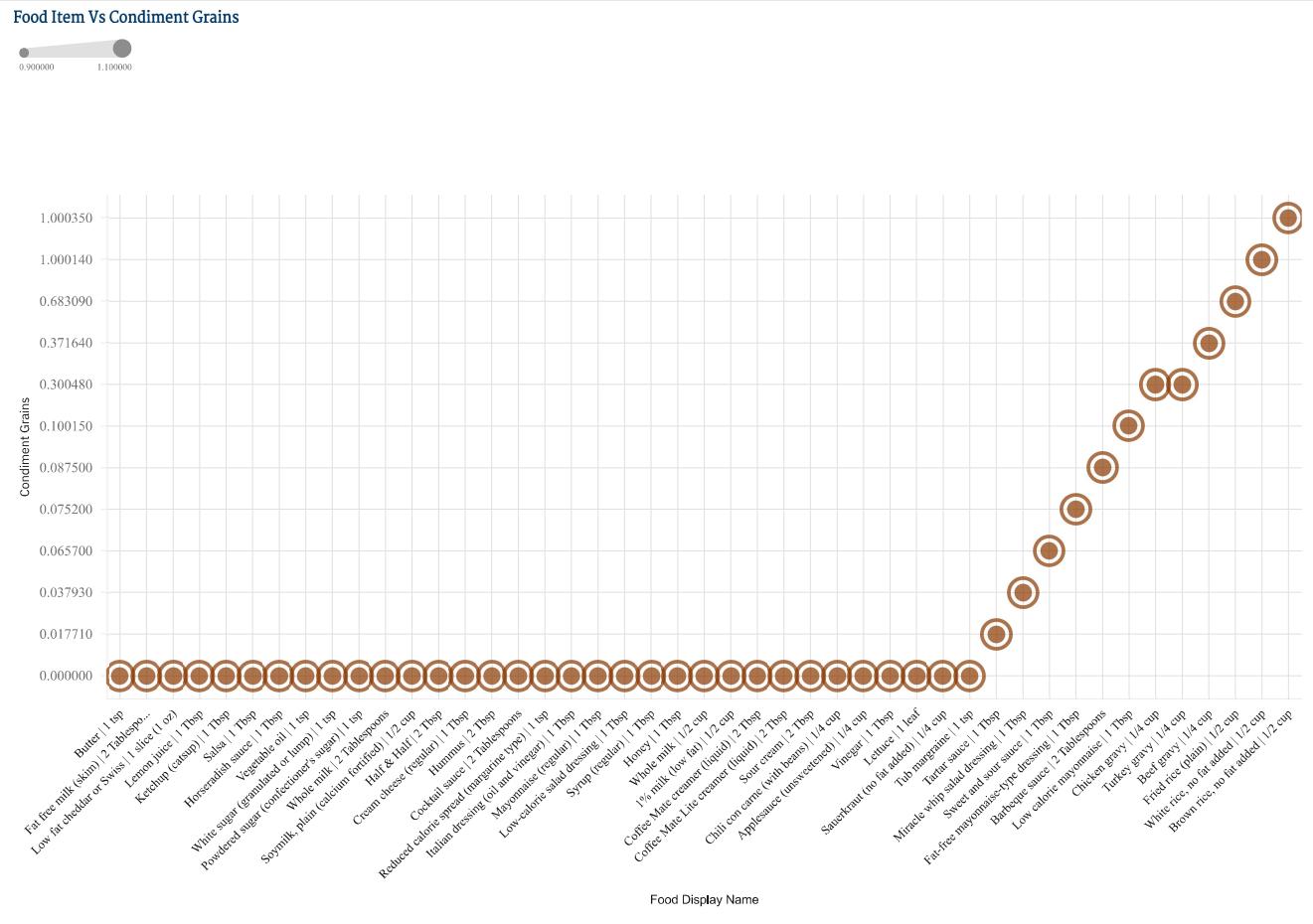
Tub margarine	Tartar sauce	Whole milk juice
Honey	1% milk (low fat)	Chicken gravy
Fat free milk (skim)	Butter	Vinegar
Sauerkraut (no fat added)	Sweet and sour sauce	Fried rice (plain)
Mayonnaise (regular)	Low fat cheddar or Swiss	All-fruit preserves
Vegetable oil	Chili con carne (with beans)	White rice, no fat added
Barbecue sauce	Whipped cream (sweetened)	Cheese (cheddar, Swiss)
Steak sauce	White sugar (granulated or lump)	Coffee Mate creamer (liquid)
Cocktail sauce	Light cream (coffee or table cream)	Low fat creamer (liquid)
Tomato (raw)	Reduced calorie spread (margarine type)	Mustard
Sour cream	Coffee Mate Lite creamer (liquid)	Horseradish sauce
Half & Half	Soymilk, plain (calcium fortified)	Brown sugar
	Applesauce (unsweetened)	
	Low-calorie salad dressing	
	Miracle whip salad dressing	
	Brown rice, no fat added	
	Cream cheese (regular)	
	Cheese spread or dip	
	Jelly (all flavors)	
	Guacamole	
	French dressing	

Condiment Portion Size

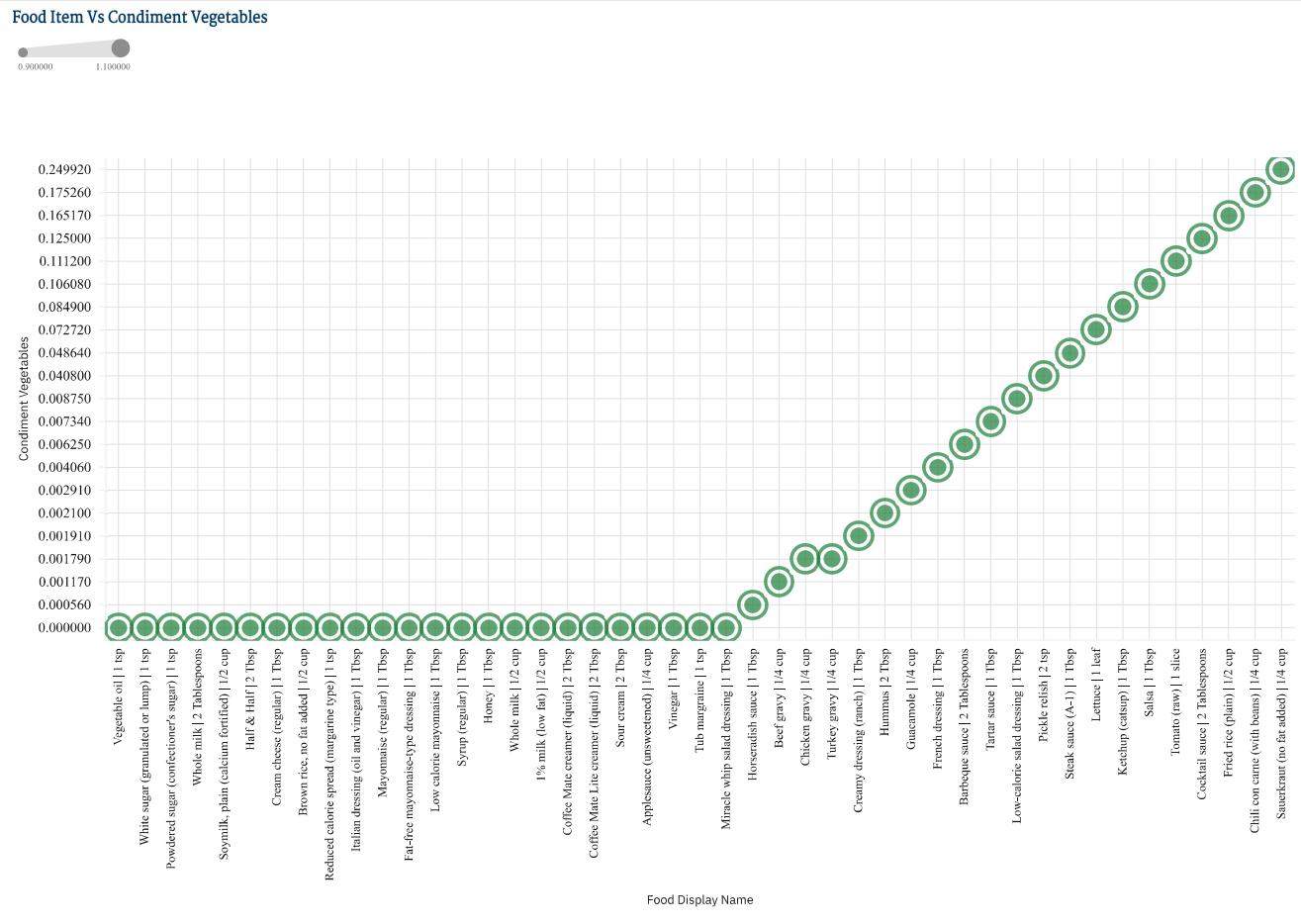
● 1 leaf ● 2 tsp ● 1 slice ● 1 slice (1 oz) ● 2 Tbsp ● 2 Tablespoons ● 1/2 cup ● 1/4 cup ● 1 tsp ● 1 Tbsp



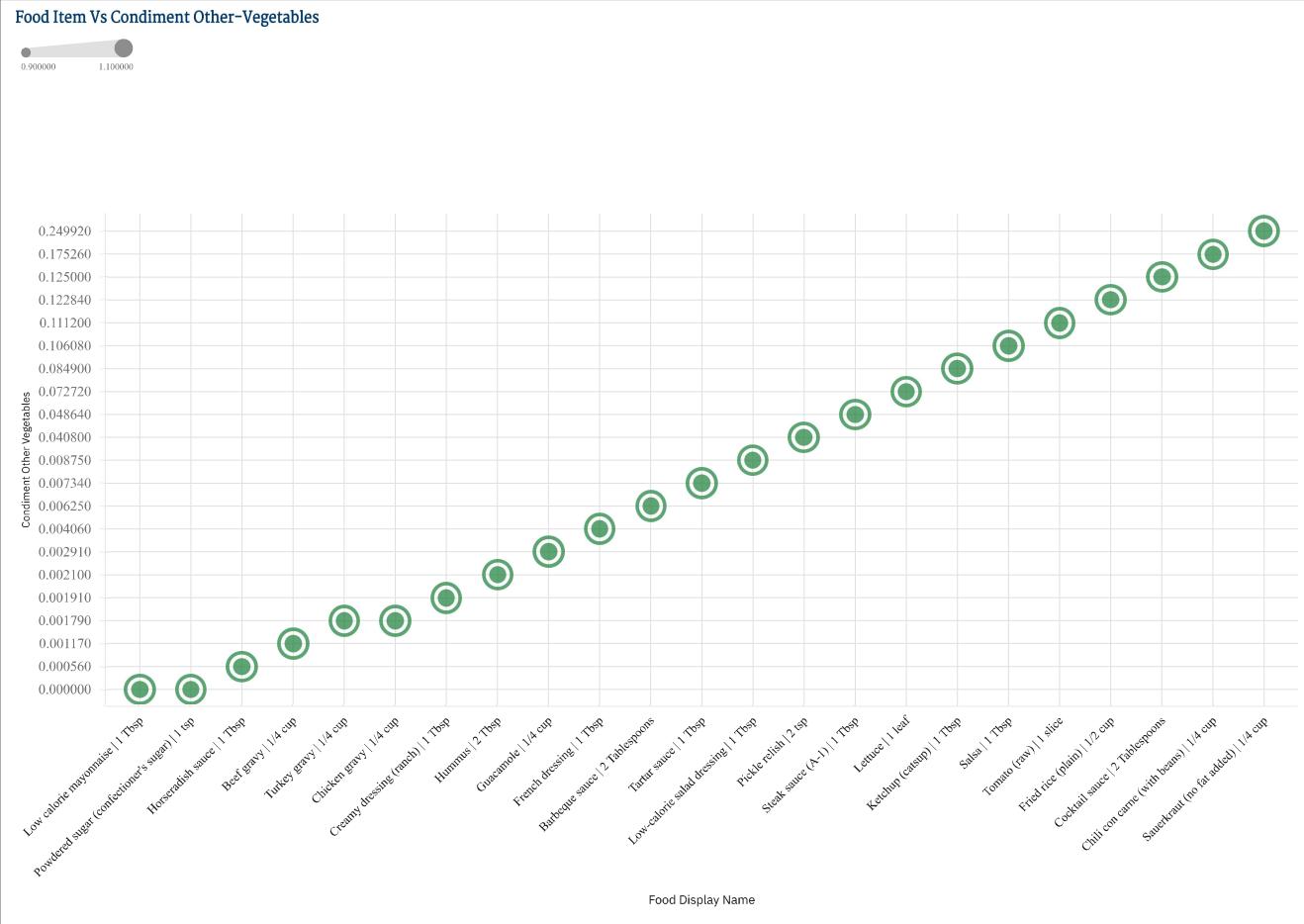
Food Vs Condiment Grains



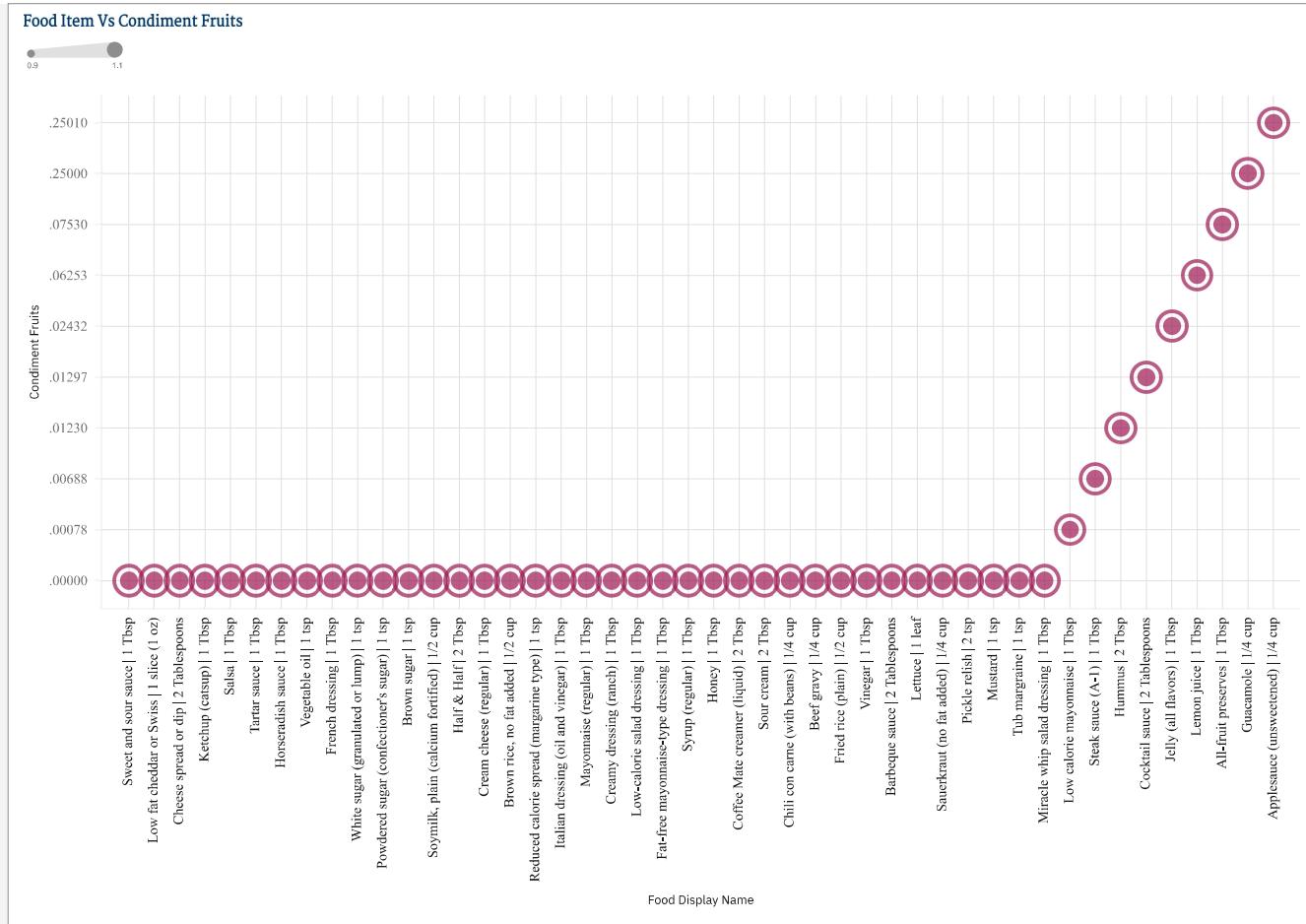
Food Vs Condiment Vegetables



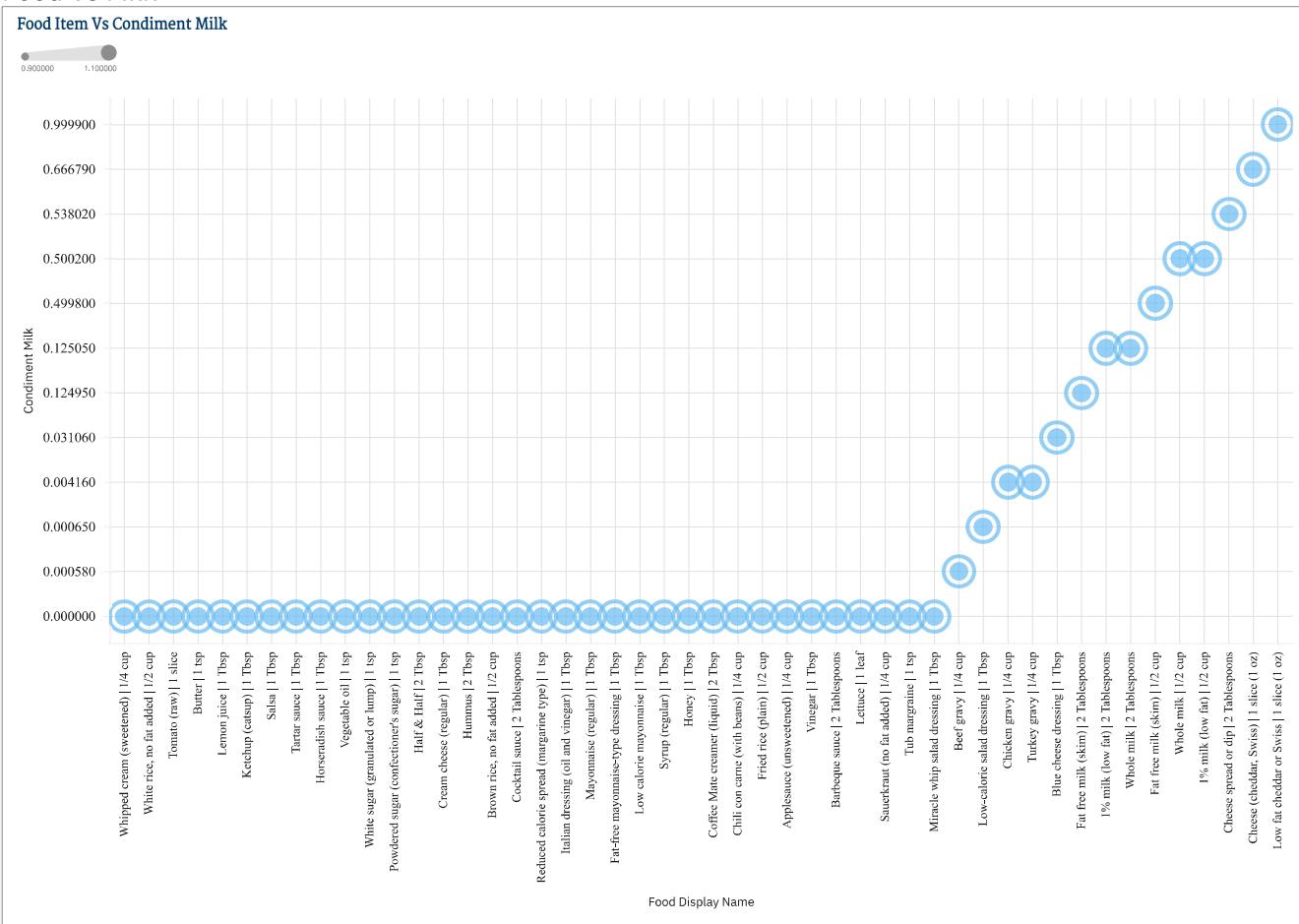
Food Vs Other V



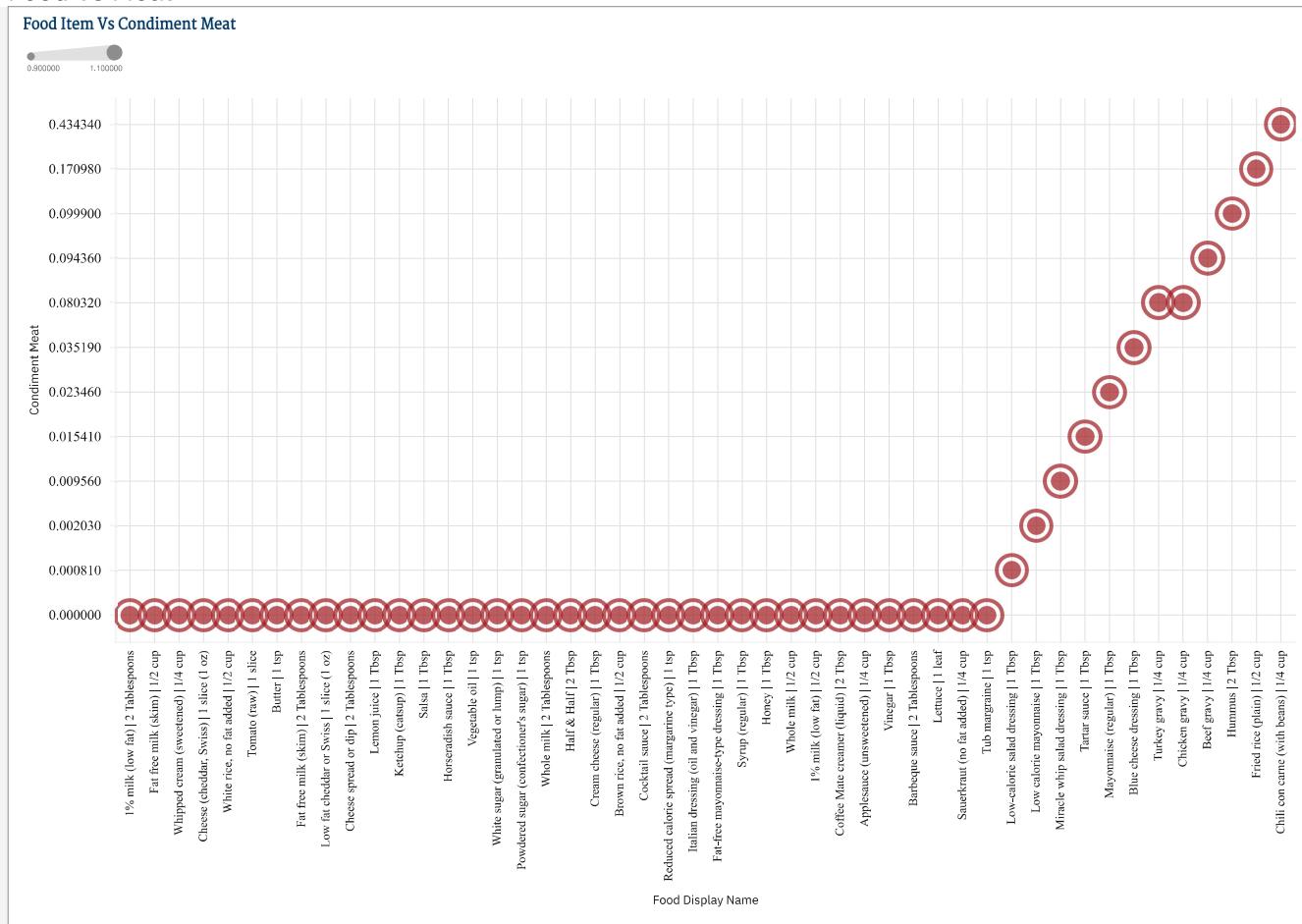
Food Vs Fruit



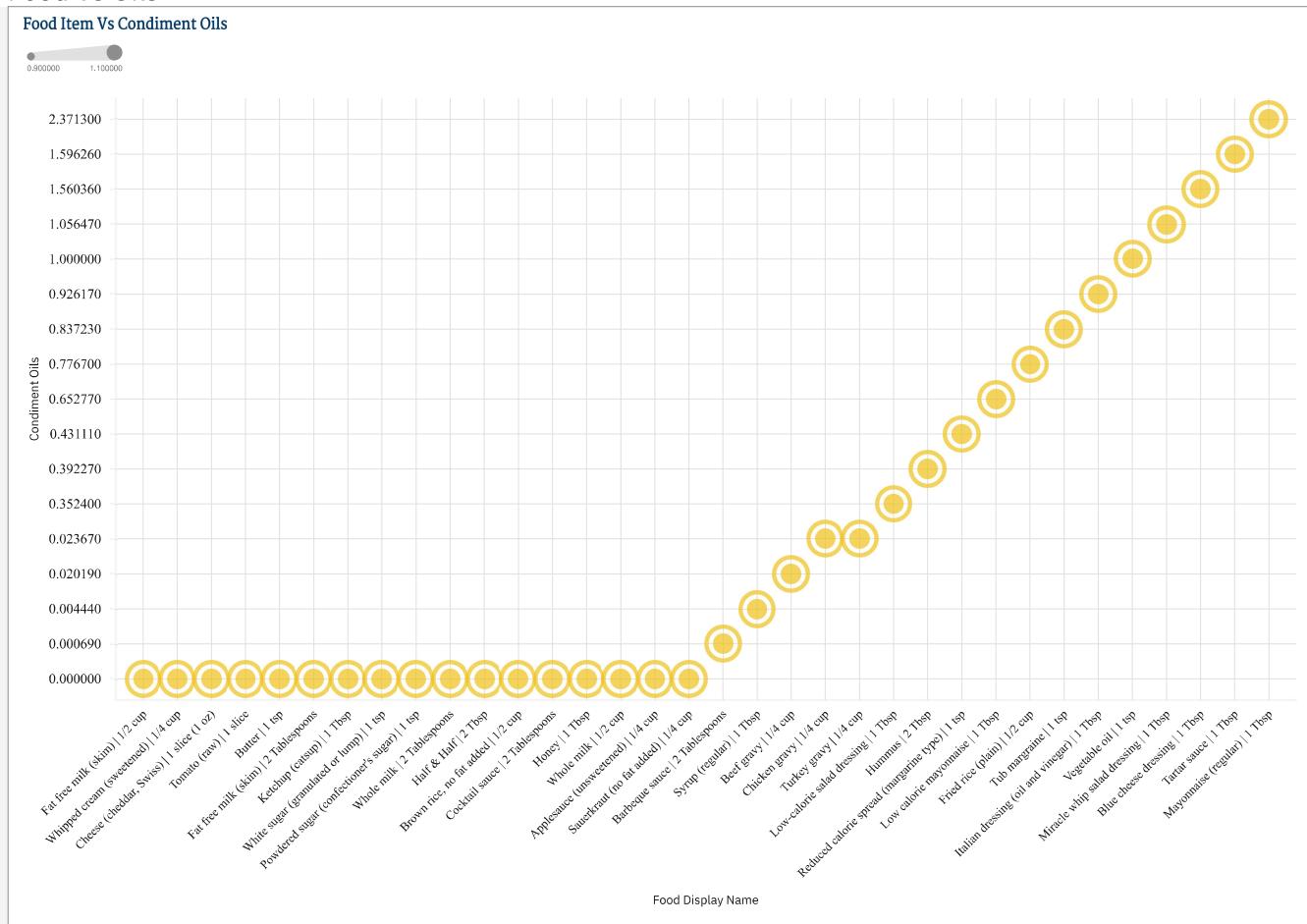
Food Vs Milk



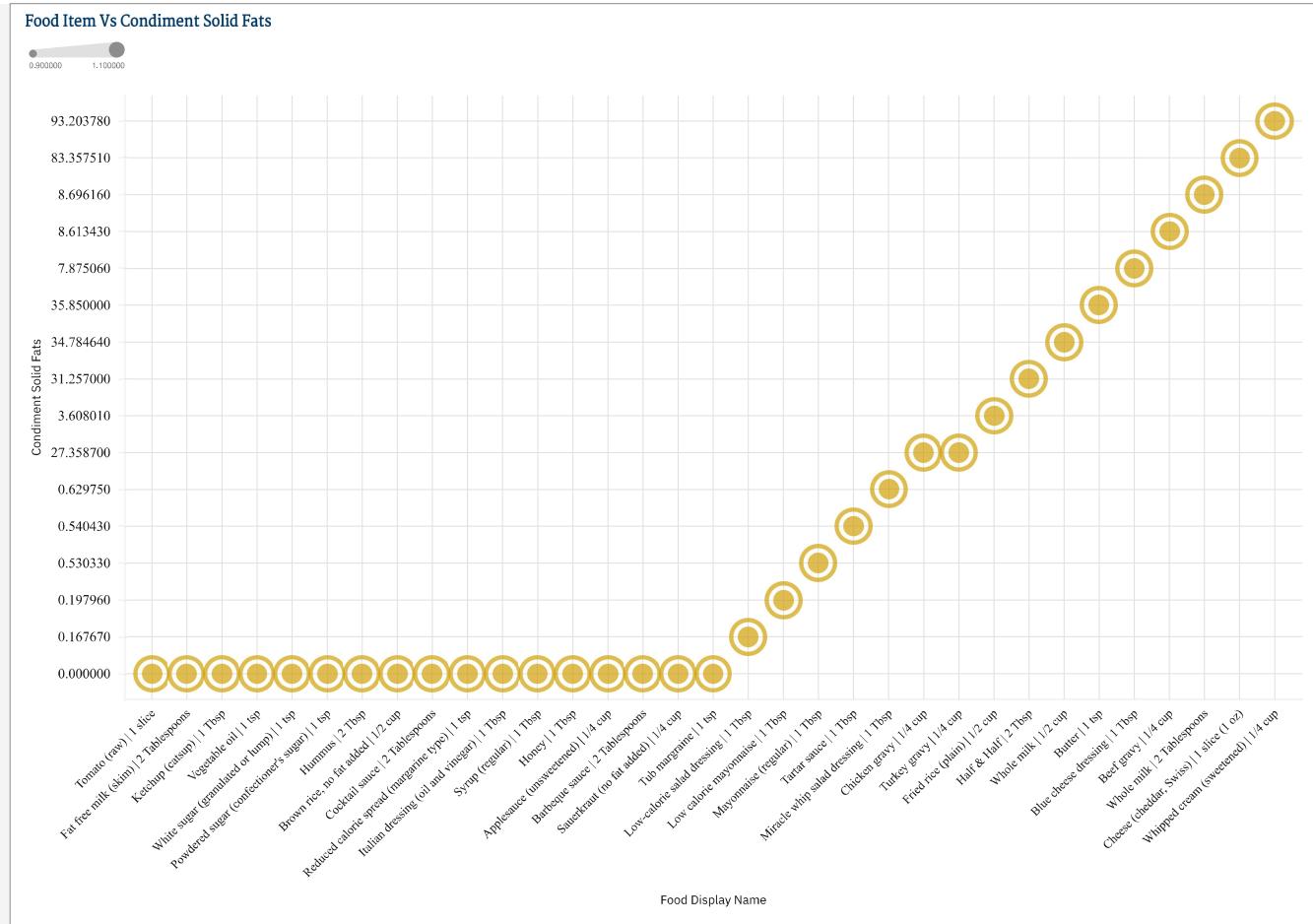
Food Vs Meat



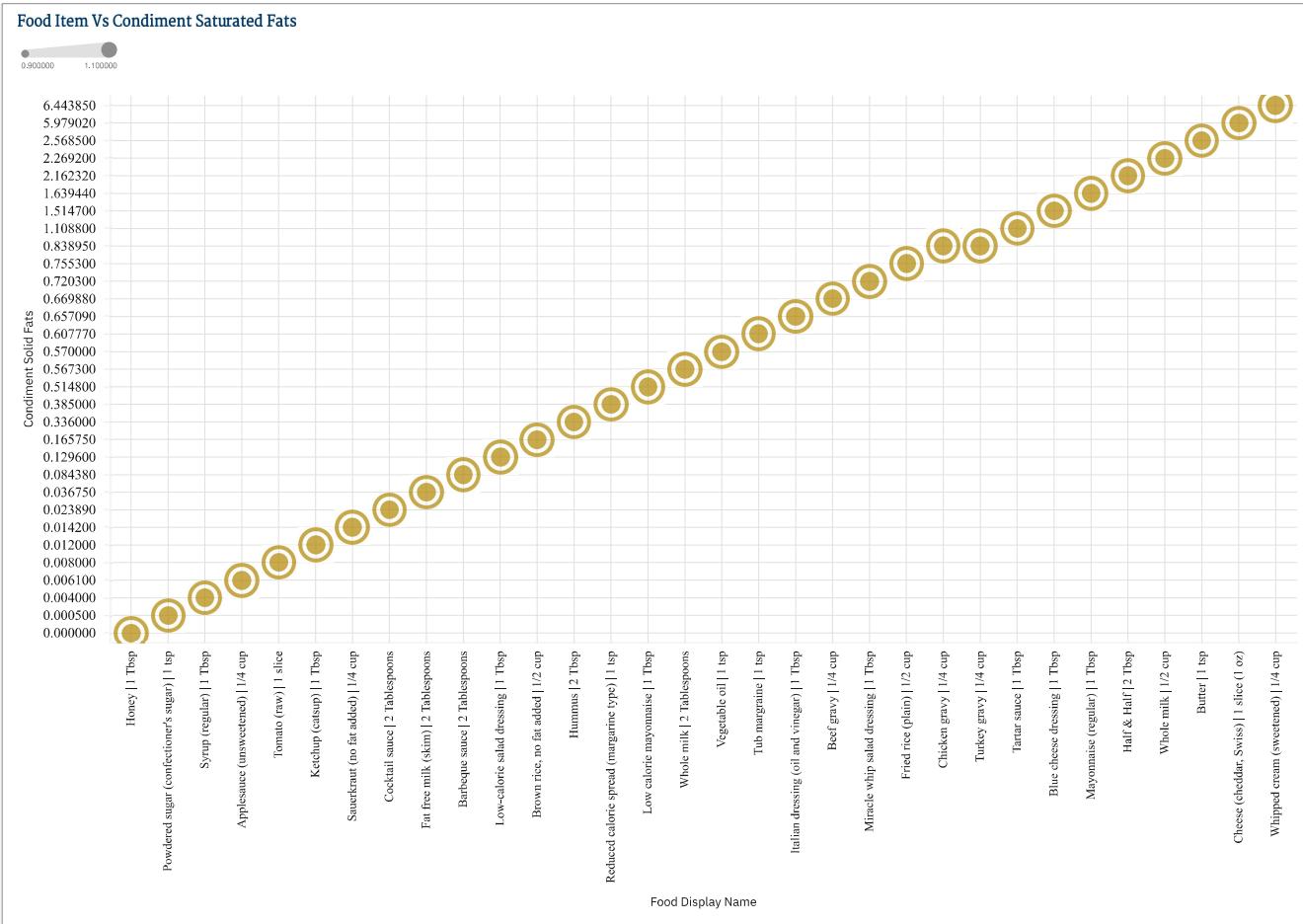
Food Vs Oils



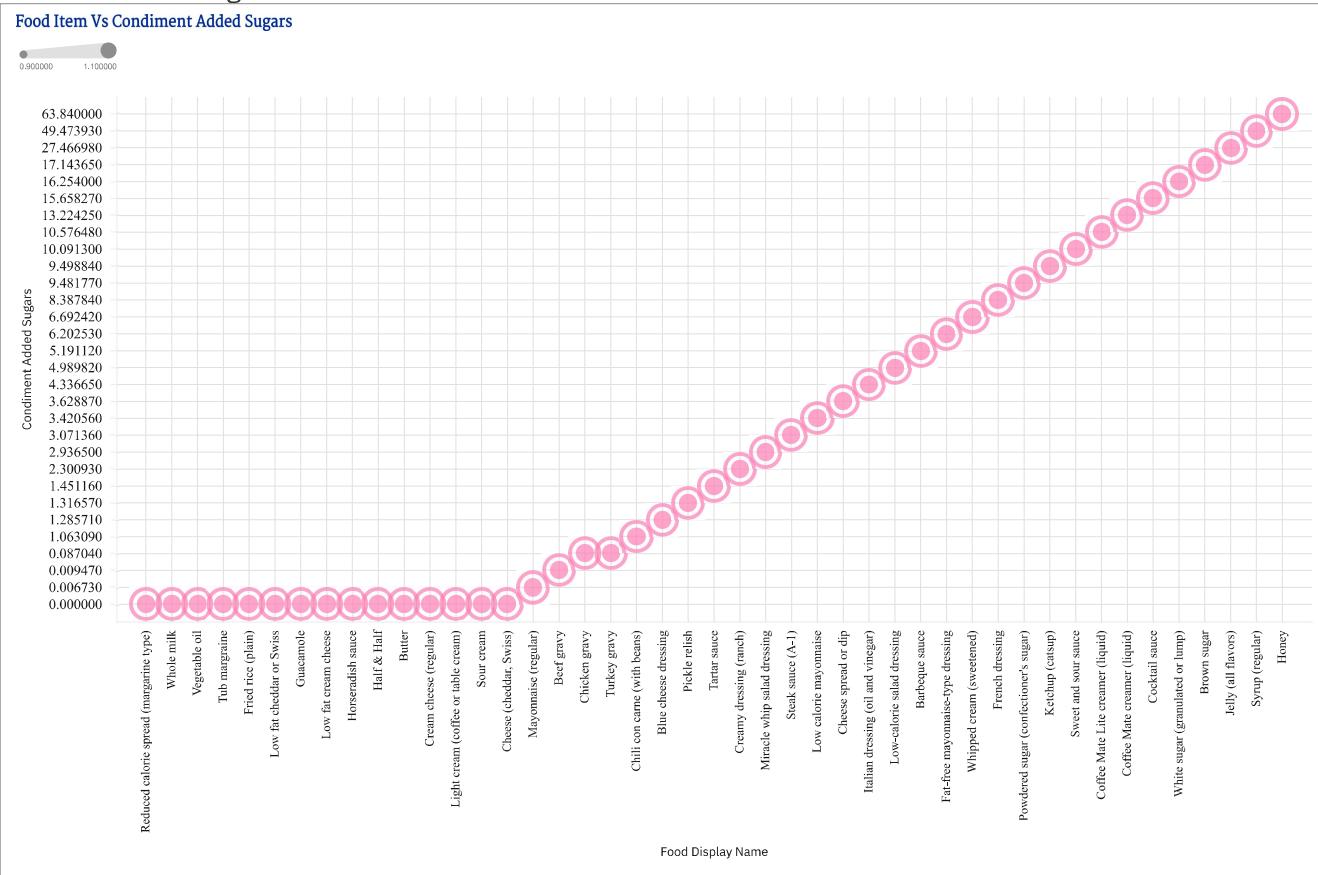
Food Vs Solid Fats



Food Vs Saturated Fats



Food Vs Added Sugar



Food Vs Condiment Calories

Food Item Vs Condiment Calories

