

**MEAL PLAN**  
**FOODS FOR SUBSTITUTION**

You may choose to substitute a food from this list to replace a food in your meal plan. The food you choose from this list should be in the same “food group” as specified in your meal plan. If the food you wish to eat is not listed on your meal plan or on this substitution list, you may choose any food in the same “food group” of similar caloric and fat value. Check the back of your food packages to help you determine the calorie value. You may also e-mail [Christine@nuweights.com](mailto:Christine@nuweights.com) for information regarding a specific food.

**STARCH**

**1 Starch (includes starchy vegetables) = 80 calories each serving, 0-1 g fat 15g carbs**

- *1 slice of bread*
- *½ hot dog or hamburger bun*
- *2 slices reduced calorie bread*
- *¼ bagel*
- *½ English muffin*
- *1 pita, 6 inches across*
- *1 flour tortilla , 6 inches across*
- *1/3 flour tortilla, 10 inches across*
- *1 pancake..4 inches across ¼ inch thick*
- *1 waffle, 4 inches across*
- *1 cup of unsweetened cereal*
- *½ cup sweetened cereal*
- *½ cup cooked cereal*
- *1/3 cup cooked rice*
- *1/3 cup cooked pasta*
- *¾ oz pretzels*
- *3 cups popped plain popcorn*
- *½ cup or ½ medium potato or sweet potato*
- *½ cup cooked corn*
- *½ cup cooked peas*



## **MEAT AND MEAT SUBSTITUTES**

**1 Meat and Meat Substitute = 35 -75 calories each serving**

### **Very lean - 35 calories, 0-1g of fat**

- *1 oz of skinless chicken or turkey (white meat)*
- *1 oz white fish (fresh or frozen cod, flounder, haddock, halibut, trout), tuna (fresh or canned in water), smoked salmon*
- *1 oz shellfish (clams, crabs, lobster, scallops, shrimp, imitation shellfish)*
- *1 oz duck or venison, buffalo, ostrich*
- *2 egg whites*
- *1 oz processed sandwich meats with one gram of fat or less per ounce such as deli thin meats including turkey, lean beef and ham (check label.....should have no more than 1 gram of fat per serving)*
- *¼ cup egg substitution*
- *¼ cup low fat or fat free cottage cheese*
- *1 oz fat free cheese*

### **Lean - 55 calories, 0-3 g of fat**

- *1 oz of salmon (fresh or canned)*
- *USDA Select or Choice grades of lean beef trimmed of fat such as round, sirloin, and flank steak; tenderloin; roast (rib, chuck, rump); steak (T-bone, porterhouse); ground round)*
- *1 oz lamb: roast, chop or leg*
- *1 oz veal: lean chop, roast*
- *1 oz poultry: chicken, turkey (dark meat, no skin), chicken (white meat, with skin)*
- *1 oz tuna (canned in oil, drained)*
- *6 medium sardines (canned)*
- *1 oz oysters*
- *1 oz goose (no skin,) rabbit*
- *4.5% fat cottage cheese*
- *2 Tbsp grated parmesan cheese*
- *1 oz of other cheeses with 3 grams of fat or less per ounce*
- *1.5 oz hot dogs with 3 grams of fat or less per ounce*

**Medium fat meat - 75 calories, 0-5g of fat**

- 1 oz 80% lean ground beef, meatloaf, corned beef, short ribs, meat trimmed of fat such as prime rib
- 1 oz lamb: rib roast, ground
- 1 oz pork: top loin, chop, cutlet
- 1 egg (limit 3 per week)
- 1 oz un-breaded veal cutlet
- 1 oz fried fish
- 1 oz feta, ricotta, mozzarella cheese
- 1 oz low-fat sausage
- ½ cup or 4 oz tofu
- ¼ cup tempha

\*(3 oz of meat = size of a deck of cards)

**BEANS AND LENTILS**

**One Very Lean Meat and One Starch Serving = 105 calories each serving, 0-1 g fat**

- ½ cup beans, peas, lentils (cooked)

**VEGETABLES**

**1 Vegetable (non starchy) = 25 calories each serving, 0g fat**

- ½ cup of cooked vegetables (carrots, artichokes, asparagus, wax beans, green beans, beets, broccoli, cabbage, carrots, cauliflower, celery, cucumber, eggplant, onions, mushrooms, mixed vegetables (with out corn, peas, or pasta), pea pods, tomato, turnips, water chestnuts, watercress, zucchini)
- 1 cup raw/steamed vegetables
- ½ cup vegetable juice
- 1 cup leafy vegetables...like spinach

## **MILK**

**1 Milk = About 100 calories each serving 15g of carbs**

### **Fat-Free and Low-Fat Milk, 0-3g fat per serving**

- *1 cup milk (skim or 1% low fat )*
- *1 cup soy milk, low fat or fat free*
- *1 cup low fat or fat free buttermilk*
- *½ cup evaporated fat free milk*
- *1 cup fat free nonnutritive sweetener and fructose yogurt*
- *¾ cup nonfat plain yogurt*

### **Reduced Fat Milk**

- *1 cup 2% milk*
- *1 cup soy milk*
- *1 cup yogurt, plain, low-fat*

## **FRUIT**

**1 Fruit = 60 calories each serving 15g of carbs**

- *½ cup most no sugar added fruit juice*
- *1/3 cup cranberry, grape, prune juice*
- *½ cup no added sugar canned fruit*
- *¼ cup dried fruit*
- *½ grapefruit*
- *17 grapes*
- *1 cup melon cubes*
- *1 1/4 cups watermelon cubes*
- *1 1/4 cup whole strawberries*
- *1 small size apple (unpeeled), peach or orange*
- *½ cup apple sauce*
- *½ large banana*
- *1 cup berries*
- *2 small tangerines*



## **FAT**

**1 Fat = 45 calories each serving, 5g fat**

### **Monounsaturated**

- *1 tsp olive or canola oil*
- *8 large black olives*
- *large stuffed green olives*
- *½ tbsp peanut butter*
- *6 almonds or mixed nuts*
- *10 peanuts*
- *1 Tbsp sesame seeds*
- *1/8 avocado*

### **Polyunsaturated**

- *2 tbsp of low fat dressing*
- *1 tsp mayo*
- *1 Tbsp reduced fat mayo*
- *4 halves English walnuts*
- *2 tsp Miracle Whip® salad dressing*
- *1 Tbsp reduced fat Miracle Whip® salad dressing*
- *1 Tbsp pumpkin or sunflower seeds*

### **Saturated (limit to less than 10g/day)**

- *1 tsp butter*
- *2 tbsp cream (half and half)*
- *1 tbsp cream cheese*
- *2 Tbsp sour cream*
- *3 Tbsp reduced fat cream cheese*
- *1 slice bacon*