



## LACTO-OVO VEGETARIAN CHOICES

### Non-Meat Protein

25-75 calories per cooked ounce

7g protein per ounce

3 oz of meat = the size of a deck of cards

#### **Very lean**

**25-35 calories, 0-1g of fat**

- 2 egg whites
- ¼ cup egg substitute
- ¼ cup low fat or fat free cottage cheese
- 1 oz fat free cheese

#### **Lean**

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

- 4.5% fat cottage cheese
- 2 Tbsp grated parmesan cheese
- 1 oz of other cheeses with 3 grams of fat or less per ounce

#### **Medium fat meat**

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

- ¼ cup or 2 oz tofu
- ¼ cup or 1 oz tempeh
- 1 egg
- 1 oz feta, ricotta or mozzarella cheese

### Fats

45 calories and 5g of fat per serving

#### **Monounsaturated**

- 1 tsp extra virgin olive oil / canola oil/ walnut oil
- 8 large black olives
- 8 large stuffed green olives
- ½ Tbsp peanut butter
- 6 raw almonds
- 10 peanuts
- 1 Tbsp sesame seeds
- 1/8 avocado
- ½ Tbsp natural almond, walnut or peanut butter w/o sugar added

#### **Polyunsaturated**

- 1 Tbsp flaxseeds
- 1 tsp walnut oil
- 4 raw walnut halves
- 2 Tbsp low fat salad dressing
- 1 tsp mayo
- 1 Tbsp reduced fat mayo
- 2 Tsp Miracle Whip® salad dressing
- 1 Tbsp reduced fat Miracle Whip®
- 1 Tbsp pumpkin seeds or sunflower seeds

#### **Saturated**

- 1 ½ Tbsp coconut milk
- 1 tsp coconut oil
- 1 tsp butter
- 2 Tbsp cream (or Half and Half)
- 1 Tbsp cream cheese
- 2 Tbsp sour cream
- 3 Tbsp reduced fat cream cheese

### Fruits

60 calories per serving

- 1 cup regular or non-organic blueberries, raspberries or strawberries
- 12 organic or non-organic cherries
- 2 organic or non-organic apricots
- 1 cup organic or non-organic melon cubes
- 2 organic or non-organic regular plums
- 1 organic or non-organic apple, orange or peach

- 4 organic or non-organic prunes
- 1 organic or non-organic kiwi fruit
- 1 organic or non-organic nectarine
- 2 organic or non-organic tangerines
- ½ regular or organic grapefruit
- 17 organic or non-organic grapes
- ½ cup apple sauce
- ½ large banana
- 1 organic or non-organic pear

- ½ cup no sugar added fruit juice
- 1/3 cup cranberry, grape, prune juice
- ½ cup no added sugar canned fruit
- ¼ cup dried fruit

## Starch

80 calories per serving

- ½ cup Bob's Red Mill GlutenFree Hot Cereal
- 2 Organic Rice Cakes
- 5 Rice or Gluten Free crackers
- 3 Tbsp Hummus (chick pea spread)
- 1/3 cup cooked quinoa
- ½ cup Gluten Free Pasta
- ½ cup cooked millet
- 1/8 cup amaranth
- 1 slice of 100% whole wheat bread
- 2 slices reduced calorie bread,
- ½ cup cooked cereal(oatmeal)
- 3 cups popped plain popcorn
- ½ cup or ½ medium potato
- ½ cup or ½ medium sweet potato
- 1/3 cup long grain brown rice or wild rice
- ½ cup cooked corn
- ½ cup cooked peas, beans or lentils(*1 protein and 1 starch and have 100 calories*)
- 1 slice of Sprouted Grain Bread
- 1 slice of bread
- ½ hot dog or hamburger bun
- 1 cup of unsweetened cereal
- ½ English Muffin
- 1 pita, 6 inches across
- 1/3 cup cooked rice
- 1/2 cup cooked pasta
- ¾ oz pretzels
- 1 flour tortilla , 6 inches across
- 1/3 flour tortilla, 10 inches across
- 1 pancake, 4 inches across or ¼ inch thick
- 1 waffle, 4 inches across
- ¼ bagel
- ½ cup sweetened cereal

## Dairy

80 -150 calories per serving

### **Fat-Free and Low-Fat Milk**

**0-3g fat per serving and 80-100 calories per serving**

- 1 cup milk (skim or 1% low fat )
- 1 cup soy milk, fat-free
- 1 cup low-fat or fat-free buttermilk
- ½ cup evaporated fat-free milk
- 3/4 cup fat-free artificially-sweetened Greek/regular yogurt
- ¾ cup nonfat plain yogurt or Greek yogurt
- 1 cup of rice milk, soy or unsweetened almond milk

### **Low-Fat Milk**

**120 calories per serving**

- 1 cup 2% milk
- 1 cup low fat soy milk
- 3/4 cup yogurt (regular or Greek) plain, low-fat

### **Whole Milk**

**150 calories per serving**

- 1 cup whole milk
- 1 cup goat's milk
- 3/4 cup yogurt made from whole milk

## Vegetables

10- 25 calories per serving

### **Cooked : ½ cup**

Carrots, green beans, artichokes, wax beans, cabbage, cauliflower, onions, mushrooms, mixed vegetables (without corn, peas, potatoes or pasta), eggplant, pea pods, turnips, watercress, zucchini, spinach, vegetable juice, bamboo shoots, bok choy, chives, scallions (green part only) , bell peppers (all colors), endive, ginger, summer squash, brussels sprouts, beans, broccoli, butter nut squash

### **Raw/Steamed/Leafy : 1 cup**

Green beans, wax beans, cabbage, cauliflower, carrots, onions, mushrooms, cucumber, eggplant, pea pods, tomato, water chestnuts, watercress, zucchini, spinach, alfalfa sprouts, bean sprouts, lettuce, bok choy, chives, scallions (green part only), bell peppers (all colors), endive, summer squash, celery, broccoli, butter nut squash

### **Low Carbohydrate Foods**

*Limit these foods to 0-4 servings a day  
AND count 4 servings as 1 starch  
serving*

- 1 Tbsp fat free cream cheese
- 1 Tbsp nondairy liquid creamer
- 2 tsp nondairy powdered creamer
- 1 Tbsp fat free mayo/miracle whip
- 1 Tsp reduced fat mayonnaise
- 2 Tbsp fat free margarine
- 1 sugar free hard candy
- 2 tsp sugar free jam or jelly
- 2 Tbsp sugar-free syrup
- 2 Tbsp unsweetened cocoa powder
- 1 Tbsp Catchup
- 1 Tbsp Pickle Relish
- 2 slices sweet pickles
- ¼ cup salsa

### **Other**

#### **Lowest Carbohydrate Foods**

*Consume in moderation*

- Flavorings; garlic, herbs, spices, hot pepper sauce
- Mustard
- Nonfat cooking spray
- 1 ½ dill pickle
- Club soda
- Diet soda
- Carbonated mineral water
- Coffee
- Tea
- Diet Tonic water
- Tea
- Herbal teas
- Vegetable Broth
- Sugar Free sweetened beverages

#### **Other Foods**

*80 calories per serving. Count as 1 starch serving  
and do not exceed more than 1 a day*

- 8 animal crackers
- 3 graham crackers 2 1/2 inch square
- 3 ginger snaps
- ½ cup light ice cream
- 1/24 of angel food cake
- 1 fruit juice bar
- 1/16 piece pie (pumpkin or custard)
- ½ cup sorbet
- ¼ medium plain doughnut
- 1 small package chewy fruit snacks
- 1x1 inch square of cake
- 1x1 inch brownie