



GLUTEN FREE CHOICES

All processed food labels must say gluten free or when in doubt check the ingredients

Meats

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

- 1 oz organic/hormone-free chicken and poultry
- 1 oz organic/hormone - free lamb
- Cold water wild ocean fish (not farm raised) including; salmon, halibut, cod, mackerel, tuna
- 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

Lean

55 calories, 0-3g of fat

- 1 oz of salmon (fresh or canned)
- 6 medium sardines (canned)
- 1 oz of pork loin
- 1 oz chicken/turkey (dark meat no skin)
- 1 oz chicken (white meat, with skin)
- USDA 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 tuna (canned in oil, drained)
- 1 oz oysters
- 1 oz goose (no skin,) rabbit
- 4.5% fat cottage cheese
- 2 Tbsp grated parmesan cheese
- 1 oz of cheese w/less than 3 grams of fat 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 rib, or meat trimmed of fat such as prime-rib
- 1 regular or organic egg
- ½ cup or 4 oz tofu
- ¼ cup or 1 ounce "Turtle Island Foods" 5 Grain Tempeh
- Plain Tofu (read label)
- 1 oz lamb: rib roast, ground
- 1 oz pork: chop, cutlet
- 1 oz un-breaded veal cutlet
- 1 oz feta, ricotta, 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
- 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

Saturated

- 1 ½ Tbsp coconut milk
- 1 tsp coconut oil
- 1 tsp butter
- 1 slice bacon

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

- 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

- 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

- 1 cup organic or non-organic melon cubes
- 2 organic or non-organic regular plums
- 1 organic or non-organic apple, orange or peach
- 17 organic or non- organic grapes
- ½ cup apple sauce
- ½ large banana
- 1 organic or non-organic pear

Starch

80 calories per serving

- ½ cup Bob's Red Mill Gluten-free hot cereal
- 2 Organic Rice Cakes
- 5 Rice or Gluten Free crackers
- 3 Tbsp Hummus (chick pea spread)
- 1/3 cup long grain brown rice or wild rice
- 1/3 cup cooked quinoa
- ½ cup Gluten Free Pasta
- ½ cup cooked millet
- 1/8 cup amaranth
- 3 cups popped plain popcorn
- ½ cup or ½ medium potato
- ½ cup cooked corn
- ½ cup cooked peas, beans and lentils (*also count as one protein and have 100 calories*)
- ½ cup or ½ medium sweet potato
- 1/3 cup cooked rice

Dairy

80-150 calories per serving

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 non-nutritive sweetener and fructose yogurt
- ¾ cup nonfat plain yogurt
- 1 cup of rice milk
- 1 cup soy milk
- 1 cup unsweetened almond milk

Low-Fat Milk

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

Whole Milk

- 1 cup whole milk
- 1 cup goat's milk
- 1 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, beats, 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, alpha sprouts, bean sprouts, lettuce, bok choy, chives, scallions (green part only), bell peppers (all colors), endive, summer squash, celery, broccoli, butter nut squash

Other

Low Carbohydrate Foods

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

Lowest Carbohydrate Foods

Consume in moderation

Other Foods

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

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

- Flavorings; All single herbs and spices
- Mustard
- Nonfat cooking spray
- 1 ½ dill pickle
- Club soda
- Diet soda
- Carbonated mineral water
- Coffee
- Tea
- Diet Tonic water
- Tea
- Herbal teas
- Chicken or Vegetable Broth
- Sugar Free sweetened beverages

- 3 Gluten-free ginger snaps
- 1 fruit juice bar
- ½ cup sorbet
- 1 small package chewy fruit snacks