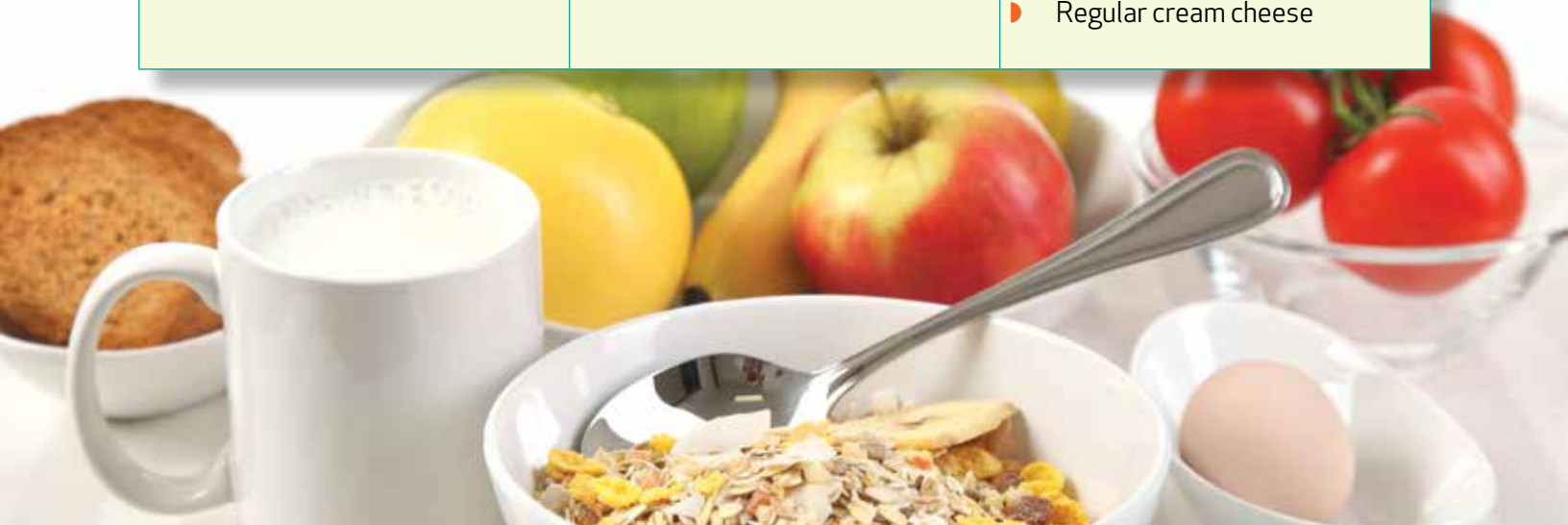


# CHOOSING LOWER-FAT FOODS

## BREAKFAST FOODS

Try every day	Only once a week	Avoid most of the time
<ul style="list-style-type: none"> <li>▶ Egg whites</li> <li>▶ Liquid egg substitutes</li> <li>▶ Soy breakfast meats</li> <li>▶ Boiled egg</li> <li>▶ Breakfast burrito with 1 egg, reduced-fat cheese, salsa</li> </ul>	<ul style="list-style-type: none"> <li>▶ Canadian bacon (1 slice)</li> <li>▶ Turkey sausage (1 slice)</li> <li>▶ Sausage breakfast burrito</li> </ul>	<ul style="list-style-type: none"> <li>▶ Sausage, pork roll</li> <li>▶ Bacon</li> <li>▶ Egg biscuit</li> <li>▶ Egg and sausage biscuit or muffin</li> <li>▶ Croissant with egg or sausage</li> <li>▶ Bacon, egg, cheese biscuit</li> </ul>
<ul style="list-style-type: none"> <li>▶ Non-fat or low-fat cheese</li> <li>▶ Non-fat cottage cheese</li> <li>▶ 1 slice of 2% cheese</li> <li>▶ Light cream cheese, 1 table-spoon</li> </ul>		<ul style="list-style-type: none"> <li>▶ Any cheese with 5 grams of fat or more per serving</li> <li>▶ Regular cottage cheese</li> </ul>
<ul style="list-style-type: none"> <li>▶ Nonfat cooking sprays</li> <li>▶ Low-fat margarine in a tub or squeeze bottle</li> <li>▶ Low-fat cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>▶ Cream cheese (limit 2 tea-spoons per meal)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Butter</li> <li>▶ Shortening</li> <li>▶ Lard</li> <li>▶ Bacon fat</li> <li>▶ Regular cream cheese</li> </ul>



# LUNCH AND DINNER FOODS

Try every day	Only once a week	Avoid most of the time
<ul style="list-style-type: none"> <li>▶ Chicken breast, thigh, or drumstick (no skin); grilled or baked</li> <li>▶ Turkey breast (no skin)</li> <li>▶ Turkey ham</li> <li>▶ Ground turkey breast</li> <li>▶ Soy chicken nuggets</li> </ul>	<ul style="list-style-type: none"> <li>▶ Chicken nuggets</li> </ul>	<ul style="list-style-type: none"> <li>▶ Chicken wings</li> <li>▶ Sausage</li> <li>▶ Salami</li> <li>▶ Liverwurst</li> </ul>
<ul style="list-style-type: none"> <li>▶ Tuna packed in water</li> <li>▶ Trout, cod, or whitefish; grilled or baked</li> <li>▶ Fresh ham or pork loin</li> </ul>	<ul style="list-style-type: none"> <li>▶ Pork chop</li> <li>▶ Ham luncheon meat</li> </ul>	<ul style="list-style-type: none"> <li>▶ Fried fish</li> <li>▶ Fried chicken</li> <li>▶ Pork roll</li> <li>▶ Ribs</li> </ul>
<ul style="list-style-type: none"> <li>▶ Side dish of pasta with tomato sauce</li> <li>▶ Grilled/baked chicken breast</li> <li>▶ Grilled chicken sandwich or salad</li> <li>▶ Bean burrito</li> <li>▶ Chicken taco, no sour cream</li> <li>▶ Chicken/turkey breast wrap</li> <li>▶ Turkey or roast beef sandwich</li> <li>▶ Chicken or fish (no breading, not fried) with vegetables and steamed rice, steamed dumplings</li> </ul>	<ul style="list-style-type: none"> <li>▶ Pizza (no meat, try vegetable toppings)</li> <li>▶ Chicken steak sandwich made with chicken breast</li> <li>▶ Frozen sandwiches or turnovers</li> <li>▶ Small-size french fries</li> </ul>	<ul style="list-style-type: none"> <li>▶ Meatball sandwiches</li> <li>▶ Stuffed crust pizza</li> <li>▶ Taco salad, BLT taco</li> <li>▶ Supreme burrito/tortilla</li> <li>▶ Big beef burrito</li> <li>▶ Nachos supreme</li> <li>▶ Potato skins</li> <li>▶ Jalapeno poppers</li> <li>▶ Hot dogs, chili dogs</li> <li>▶ Cheese fries, large french fries</li> <li>▶ Large subs or hoagies</li> <li>▶ Fried rice, fried dumplings</li> <li>▶ Breaded chicken or fish</li> </ul>
<ul style="list-style-type: none"> <li>▶ Low-fat hot dogs</li> <li>▶ Non-fat or low-fat cheese</li> <li>▶ Non-fat cottage cheese</li> <li>▶ Only 1 slice of 2% cheese</li> </ul>	<ul style="list-style-type: none"> <li>▶ Sliced cheese</li> </ul>	<ul style="list-style-type: none"> <li>▶ Extra cheese</li> <li>▶ Regular cottage cheese</li> </ul>
<ul style="list-style-type: none"> <li>▶ Veggie burgers</li> </ul>	<ul style="list-style-type: none"> <li>▶ Single cheeseburger</li> <li>▶ Hamburger (1 small patty)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Double cheeseburger</li> <li>▶ Bacon cheeseburger</li> </ul>
<ul style="list-style-type: none"> <li>▶ Low-fat soup</li> <li>▶ Fresh fruit</li> </ul>		<ul style="list-style-type: none"> <li>▶ Creamed/cheese soup</li> <li>▶ Ramen noodle soup</li> </ul>
<ul style="list-style-type: none"> <li>▶ Low-fat salad dressing</li> <li>▶ Low-fat mayonnaise</li> <li>▶ Mustard</li> <li>▶ Salsa</li> </ul>	<ul style="list-style-type: none"> <li>▶ Regular dressing (limit 2 teaspoons)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Regular dressing or mayonnaise</li> <li>▶ Sour cream</li> </ul>