**A close-up of a list of food

Description automatically generated**

**MISC:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Item** | | **Serv Size** | **Pts** | | **Carbs** | | **Fats** | | **Protein** | | **Salt %** | **Potassium** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Milk 2% [lactose]** | | **1 cup**  **½ cup** | **1 ½**  **1** | **1**  **½** | | **1**  **½** | | **1 oz**  **½ oz** | | **5%**  **2.5%** | | **410 mg**  **205 mg** | **0** | **0** | **0** | **8oz**  **4oz** |
| **Sugar [white or brown]** | **2 tsp level** | **½** | | **½** | | **0** | |  | | **0** | **0** | **1** | **0** | **0** | **0** |
| **Mayonnaise light** | **1 tblsp[Great Value]** | **½** | | **0** | | **½** | |  | | **5%** | **0** | **0** | **0** | **0** | **0** |
| **BBQ [Sweet Baby Regular]** | **1 tblsp** | **1** | | **1** | | **0** | |  | | **13%** | **0** | **0** | **0** | **0** | **0** |
| **Mustard/dipping [Honey]** | **2 tblsp [Ken’s]** | **1 ½** | | **½** | | **2** | |  | | **6%** | **0** | **0** | **0** | **0** | **0** |
| **Dejon Mustard**  **[Grey Poupon]** | **1 tsp** | **0** | | **0** | | **0** | |  | | **5%** | **0** | **0** | **0** | **0** | **0** |
| **Yellow Mustard** | **1 tsp [Great Value]** | **0** | | **0** | | **0** | |  | | **3%** | **0** | **0** | **0** | **0** | **0** |
| **Yellow Mustard [French’s]** | **1 tsp** | **0** | | **0** | | **0** | |  | | **2%** | **0** | **0** | **0** | **0** | **0** |
| **Yellow Mustard [Heinz]** | **1 tsp** | **0** | | **0** | | **0** | |  | | **3%** | **0** | **0** | **0** | **0** | **0** |
| **Tomato Ketchup [Heinz]** | **1 tblsp** | **0** | | **0** | | **0** | |  | | **7%** | **0** | **0** | **0** | **0** | **0** |
| **Tomato Ketchup**  **[Heinz no salt added]** | **1 tblsp** | **0** | | **0** | | **0** | |  | | **1%** | **170 mg** | **0** | **0** | **0** | **0** |
| **Tomato Ketchup**  **[Great Value]** | **1 tblsp** | **0** | | **0** | | **0** | |  | | **3%** | **Trace** | **0** | **0** | **0** | **0** |
| **Lite Salt**  **[Morton 50% less sodium]** | **¼ tsp** | **0** | | **0** | | **0** | |  | | **13%** | **350mg** | **0** | **0** | **0** | **0** |
| **Dressing [Italian]**  **[out-of-bottle]** | **¼ cup [4 tblsp]**  **1 tblsp** | **1 ½**  **½** | | **½**  **0** | | **0**  **0** | |  | | **26%**  **6.5%** | **0**  **0** | **0** | **0** | **0** | **0** |
| **Dressing [1/3 watered]** | **¼ cup [Vadilia]** | **3** | | **1 ½** | | **2** | |  | | **6%** | **0** | **0** | **0** | **0** | **.5oz** |
| **Dressing [Italian/Vdilia Mixed]** | **¼ cup** | **2 ½** | | **1** | | **1** | |  | | **16%** | **0** | **0** | **0** | **0** | **,25oz** |
| **Vinegar [apple, white, rice]** | **1 tblsp** | **0** | | **0** | | **0** | |  | | **0** | **0** | **0** | **0** | **0** | **0** |
| **Olives [Spanish Salad sliced]** | **1 tblsp[Great Value]** | **0** | | **0** | | **¼** | |  | | **5.5%** | **0** | **0** | **0** | **0** | **0** |
| **Sloppy Joe Seasoning Mix & Tomato Sauce** | **¼ cup [McCormick]**  **[not incl hamburger]** | **1** | | **½** | | **0** | |  | | **15%** | **0** | **0** | **0** | **0** | **0** |
| **Sour Cream** | **2 tblsp** | **1** | | **0** | | **2** | |  | | **1%** | **40 mg** | **0** | **0** | **0** | **1oz** |
| **Extra Virgin Olive Oil [smooth Pompeian]** | **1 tblsp** | **1 ½** | | **0** | | **2** | |  | | **0** | **0** | **0** | **0** | **0** | **0** |
| **Butter Salted** | **1 tblsp[Great Value]** | **1** | | **0** | | **2** | |  | | **4%** | **0** | **0** | **0** | **0** | **.5oz** |
| **Butter unsalted** | **1 tblsp[Great Value]** | **1** | | **0** | | **0** | |  | | **0** | **0** | **0** | **0** | **0** | **.5oz** |
| **Strawberry Preserves** | **1 tblsp[Great Value]** | **½** | | **1** | | **0** | |  | | **0** | **0** | **1** | **0** | **0** | **0** |
| **Blackberry Preserves** | **1 tblsp[Great Value]** | **½** | | **1** | | **0** | |  | | **0** | **0** | **1** | **0** | **0** | **0** |
| **Syrup [lite]** | **2 tblsp** | **½** | | **1/3** | | **0** | |  | | **1%** | **0** | **1** | **0** | **0** | **0** |
| **Sweet Relish [Great Value]** | **1 tblsp** | **0** | | **0** | | **0** | |  | | **5%** | **0** | **1** | **0** | **0** | **0** |
| **Sour Cream Dip-0nion/salt/seasoning** | | **2 tblsp [Hood]** | **1** | | **0** | | **1** | |  | | **1.5%** | **40 mg** | **0** | **0** | **0** | **½ oz** |

**CEREAL:**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Rice chex or Krispies -- Cereal** | **1 cup [Great Value]** | **1** | **2** | **0** |  | **9%** | **0** | **0** | **0** | **0** | **0** |
| **Corn Chex – Cereal** | **1 cup [Great Value]** | **1** | **2** | **0** |  | **9%** | **0** | **0** | **0** | **0** | **0** |
| **Corn Fakes – Cereal** | **1 1/3 cup [Great Value]** | **1 ½** | **2 ½** | **0** | **½ oz** | **10%** | **60 mg** | **0** | **0** | **0** | **0** |

**Noodle Tomato Toppings [cans/bottles]:**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **StewedTomatoes[nosalt added]** | **½ cup [Delmonte]** | **½** | **½** | **0** |  | **1%** | **261 mg** | **0** | **0** | **0** | **0** |
| **Stewed Tomatoes [Delmonte]** | **½ cup**  **¼ cup** | **½**  **0** | **1**  **½** | **0**  **0** |  | **11%**  **5.5%** | **271 mg**  **135.5 mg** | **0** | **0** | **0** | **0** |
| **Tomato Sauce**  **[Contadina no salt added]** | **½ cup**  **¼ cup** | **½**  **0** | **½**  **½** | **0**  **0** |  | **1%**  **.5%** | **422 mg**  **211 mg** | **0** | **0** | **0** | **0** |
| **Tomato Sauce**  **[Great Value no salt added]** | **½ cup**  **¼ cup** | **½**  **0** | **½**  **0** | **0**  **0** |  | **2%**  **1%** | **188 mg**  **94 mg** | **0** | **0** | **0** | **0** |
| **Speghetti Sauce [Prego Traditional [Lower Sodium]** | **½ cup**  **¼ cup** | **1**  **½** | **1**  **½** | **0**  **0** |  | **15%**  **7.5%** | **390 mg**  **195 mg** | **0** | **0** | **0** | **0** |
| **Marinara Sauce [Wegman’s Smooth] Low Sodium** | **½ cup**  **¼ cup** | **1**  **½** | **1**  **½** | **½**  **0** |  | **2%**  **1%** | **500 mg**  **250 mg** | **0** | **0** | **0** | **0** |
| **Pasta Sauce [Vine Ripe Traditional - Low Sodium]** | **½ cup**  **¼ cup** | **½**  **0** | **1**  **½** | **0**  **0** |  | **6%**  **3%** | **302 mg**  **151 mg** | **0** | **0** | **0** | **0** |
| **Pasta Sauce [Traditional with diced tomato, basil, Italian Herbs&Spices]** | **½ cup [Ragu Chunky] ¼ cup** | **1**  **½** | **1**  **½** | **½**  **0** |  | **18%**  **9%** | **470 mg**  **235 mg** | **0** | **0** | **0** | **0** |
| **Tomato – Paste [Great Value]** | **2 tblsp** | **½** | **½** | **0** |  | **1%** | **260 mg** | **0** | **0** | **0** | **0** |
| **Tomato – Sauce [has salt]** | **¼ cup Contadina]** | **0** | **0** | **0** |  | **12%** | **170 mg** | **0** | **0** | **0** | **0** |

**VEGETABLES [FROZEN]:**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Eggplant Parmigiana [11 oz pkg] [has wheat, tomatoes, cheese, egg, breadcrumbs, soybean, milk]** | **5.5 oz [or ½ pkg] [Angelo’s]--need to add stevia** | **2 ½** | **1** | **3** | **½ oz** | **15.5%** | **194 mg** | **0** | **1** | **1** | **1 oz** |
| **Potatoes [white] French Fries** | **4.5 oz** | **1 ½** | **1 ½** | **1 ½** |  | **22.5%** | **390 mg** | **0** | **0** | **0** | **0** |
| **Potatoes [sweet] French Fries** | **4.5 oz** | **2 ½** | **2 ½** | **1 ½** |  | **10%** | **420 mg** | **0** | **0** | **0** | **0** |
| **Onion Rings [Red Robbin] [baked]** | **3 oz [has breading]** | **2** | **1 ½** | **2** |  | **19%** | **92 mg** | **0** | **1** | **0** | **0** |
| **Onions – chopped** | **2/3 cup** | **½** | **½** | **0** |  | **0** | **124 mg** | **0** | **0** | **0** | **0** |
| **Mixed Vegs [California Blend]** | **1 cup [Great Value]** | **0** | **0** | **0** |  | **1%** | **240 mg** | **0** | **0** | **0** | **0** |
| **Mixed Vegs [Normandy Blend]** | **¾ cup [Birds Eye]** | **0** | **0** | **0** |  | **1%** | **160 mg** | **0** | **0** | **0** | **0** |
| **Mixed Vegs [peas/carrots/corn/Stringbeans]** | **2/3 cup**  **[Great Value]** | **½** | **½** | **0** |  | **1%** | **156 mg** | **0** | **0** | **0** | **0** |
| **Onions & Peppers [Great Value]** | **½ cup** | **0** | **0** | **0** |  | **0** | **55 mg** | **0** | **0** | **0** | **0** |
| **Seasoning Blend [onions, peppers, celery, & parsley] [Great Value]** | **2/3 cup**  **1/3 cup** | **¼**  **0** | **½**  **0** | **0**  **0** |  | **1%**  **.5%** | **140 mg**  **47 mg** | **0**  **0** | **0**  **0** | **0**  **0** | **0**  **0** |

**VEGETABLES [RAW]:**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Brussel Sprouts [baked/boiled]** | **1 cup** | **½** | **½** | **0** |  | **0** | **342 mg** | **0** | **0** | **0** | **0** |
| **Broccoli [baked/boiled]** | **5.5 oz** | **½** | **½** | **0** |  | **2%** | **468 mg** | **0** | **0** | **0** | **0** |
| **Cauliflower [baked/boiled]** | **¼ [of head 5-6” dia]** | **½** | **½** | **0** |  | **.5%** | **439.5 mg** | **0** | **0** | **0** | **0** |
| **Cabbage [baked/boiled/raw]** | **½ cup** | **½** | **½** | **0** |  | **0** | **195 mg** | **0** | **0** | **0** | **0** |
| **Asparagus [baked/boiled]** | **4 spear**  **[5 ¼”- 7” long]** | **0** | **0** | **0** |  | **0** | **160 mg** | **0** | **0** | **0** | **0** |
| **Spinach [baked/boiled]** | **½ cup** | **0** | **0** | **0** |  | **.5%** | **83.5 mg** | **0** | **0** | **0** | **0** |
| **Butternut Squash [baked/boiled/raw]** | **1 cup cubes** | **1** | **1** | **0** |  | **0** | **493 mg** | **0** | **0** | **0** | **0** |
| **Tomatoes [baked/boiled/raw]** | **Medium raw tomato** | **0** | **0** | **0** |  | **0** | **292 mg** | **0** | **0** | **0** | **0** |
| **Celery [baked/boiled/raw]** | **½ cup chopped** | **0** | **0** | **0** |  | **0** | **131 mg** | **0** | **0** | **0** | **0** |
| **Onions [baked/boiled/raw]** | **2 ½ dia med onion** | **½** | **1** | **0** |  | **0** | **161 mg** | **0** | **0** | **0** | **0** |
| **Green Peppers [baked/boiled/raw]** | **2 ¾” long x 2 ½” dia** | **0** | **0** | **0** |  | **0** | **208 mg** | **0** | **0** | **0** | **0** |
| **RedPeppers[sweet]**  **[baked/boiled/raw]** | **2 ¾” long x 2 ½” dia** | **0** | **0** | **0** |  | **0** | **251 mg** | **0** | **0** | **0** | **0** |
| **Carrots [baked/boiled/raw]** | **2 small to 1 medium** | **½** | **1** | **½** |  | **0** | **195 mg** | **0** | **0** | **0** | **0** |
| **Eggplant [baked/boiled/raw]** | **1 cup cubes** | **0** | **0** | **0** |  | **0** | **188 mg** | **0** | **0** | **0** | **0** |
| **Lettuce [raw]** | **1 cup** | **0** | **0** | **0** |  | **0** | **70 mg** | **0** | **0** | **0** | **0** |
| **Cucumber [raw]** | **1 medium**  **½ cup peal/chop]** | **½**  **0** | **½**  **0** | **0**  **0** |  | **0**  **0** | **440 mg**  **75 mg** | **0**  **0** | **0**  **0** | **0** | **0**  **0** |
| **Mushrooms [baked/boiled/raw]** | **1 medium [white]** | **0** | **0** | **0** |  | **0** | **57 mg** | **0** | **0** | **0** | **0** |
| **Zucchini [baked/boiled/raw]** | **Large**  **1 cup chopped** | **½**  **½** | **1**  **½** | **0**  **0** |  | **0**  **0** | **843 mg**  **324 mg** | **0**  **0** | **0**  **0** | **0** | **0**  **0** |
| **Potatoes – red [boiled/baked]** | **½ cup** | **1** | **1** | **0** |  | **1%** | **460 mg** | **0** | **0** | **0** | **0** |
| **String Beans – green** | **½ cup [boiled/baked]** | **0** | **½** | **0** |  | **0** | **210 mg** | **0** | **0** | **0** | **0** |

**VEGETABLES [CANNED]: [rinse and soak for 10 seconds to remove 40% salt]**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Mixed Vegetables[rinsed 10 sec]** | **½ cup [Great Value]**  **Drain/soak/drain** | **½** | **½** | **0** |  | **13%**  **8%** | **152 mg** | **0** | **0** | **0** | **0** |
| **Stringbeans[drained-rinsed 10sec]** | **½ cup** | **0** | **0** | **0** |  | **10%** | **60 mg** | **0** | **0** | **0** | **0** |
| **Stringbeans [no salt added]** | **½ cup** | **0** | **0** | **0** |  | **1%** | **100 mg** | **0** | **0** | **0** | **0** |
| **Carrots [Great Value]** | **½ cup**  **Drain/soak/drain** | **½** | **0** | **0** |  | **11%**  **7%** | **127 mg** | **0** | **0** | **0** | **0** |
| **Sweet Potatoes unsweetened** | **2/3 cup [add stevia]**  **Drain/soak/drain** | **1** | **1 ½** | **0** |  | **3%**  **2%** | **387 mg** | **0** | **0** | **0** | **0** |
| **Beets [canned]** | **½ cup [Delmonte]**  **Drain/soak/drain** | **½** | **½** | **0** |  | **10%**  **6%** | **180 mg** | **0** | **0** | **0** | **0** |
| **Peas & carrots** | **½ cup**  **Drain/soak/drain** | **1** | **1** | **0** |  | **15%**  **9%** | **200 mg** | **0** | **0** | **0** | **0** |
| **Cream corn** | **½ cup** | **1** | **1** | **0** |  | **13%** | **90 mg** | **0** | **½** | **0** | **1 oz** |
| **Mushrooms** | **4 oz**  **Drain/soak/drain** | **½** | **0** | **0** |  | **14%**  **8.5%** | **150 mg** | **0** | **0** | **0** | **0** |
| **Spinach** | **½ cup**  **Drain/soak/drain** | **0** | **0** | **0** |  | **13%**  **8%** | **376 mg** | **0** | **0** | **0** | **0** |
| **Sweet corn** | **½ cup**  **Drain/soak/drain** | **1** | **1** | **0** |  | **14%**  **8.5%** | **125 mg** | **0** | **0** | **0** | **0** |
| **Sweet corn [no salt added]** | **½ cup [DelMonte]** | **1** | **1** | **0** |  | **0** | **124 mg** | **0** | **0** | **0** | **0** |
| **Asparagus** | **½ cup**  **Drain/soak/drain** | **0** | **0** | **0** |  | **15%**  **9%** | **110 mg** | **0**  **0** | **0**  **0** | **0** | **0**  **0** |
| **Zucchini [with tomato sauce]** | **½ cup [DelMonte]** | **½** | **½** | **0** |  | **18%** | **190 mg** | **0** | **0** | **0** | **0** |
| **Creamed Corn [no salt added]** | **½ cup [DelMonte]** | **1** | **1** | **0** |  | **0** | **124 mg** | **0** | **½** | **0** | **1 oz** |
| **Bruce's Canned Yams Cut Sweet Potatoes [in Splenda]** | **2/3 cup** | **1** | **1** | **0** |  | **2%** | **287 mg** | **1** | **0** | **0** | **0** |
| **Sweet Potatoes [No Sugar Added]** | **2/3 cup Princella** | **1** | **1 ½** | **0** |  | **3%** | **376 mg** | **0** | **0** | **0** | **0** |
| **Mixed Vegetables [Veg-All]**  **[7 mixed vegetables]** | **½ cup**  **[good for soups too]** | **½** | **½** | **0** |  | **6%** | **188 mg** | **0** | **0** | **0** | **0** |
| **Beans [with stevia]** | **½ cup** | **1 ½** | **1 ½** | **0** | **1 oz** | **17%** | **340 mg** | **0** | **0** | **0** | **0** |

**TOSSED SALAD: [makes about 4 cups = 6½ pts, 4 carbs, 3 fats, 2.5 oz protein, 34% salt, 623 mg potassium, 1 wheat]**

**[1 serving = 2 cups = 3.25 pts, 2 carbs, 1 ½ fat, 1.25 oz protein, 17% salt, 311.5 mg potassium, ½ wheat] with tuna fish and crackers**

**[1 serving = 2 cups = 2.5 pts, 1 ½ carbs, 1 ½ fat, 0 oz protein, 9.5% salt, 165 mg potassium, 0 wheat] without tuna fish and crackers**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Item** | **Serv Size** | **Pts** | **Carbs** | **Fats** | **Protein** | **Salt %** | **Potassium** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Lettuce [Marketside Classic]** | **1 cup** | **½** | **½** | **0** |  | **1%** | **140 mg** | **0** | **0** | **0** | **0** |
| **Dressing watered [Vadalia]** | **¼ cup [Ken’s]** | **3** | **1 ½** | **2** |  | **6%** | **0** | **0** | **0** | **0** | **½ oz** |
| **Tuna [Great Value canned]** | **½ can [55 grams]** | **½** | **0** | **0** | **2.5 oz** | **8%** | **243 mg** | **0** | **0** | **0** | **0** |
| **Cheese [powdered-parmesan]** | **1 level tblsp** | **½** | **0** | **0** |  | **6%** | **15 mg** | **0** | **0** | **0** | **¼ oz** |
| **Onions, peppers [raw]** | **½ cup** | **0** | **0** | **0** |  | **0** | **55 mg** | **0** | **0** | **0** | **0** |
| **Fruit[raw or light syrup rinsed]** | **4 oz** | **1** | **1** | **0** |  | **0** | **120 mg** | **1/2oz** | **0** | **0** | **0** |
| **Olives [salad sliced--Spanish]** | **1 tblsp** | **0** | **0** | **½** |  | **5.5%** | **0** | **0** | **0** | **0** | **0** |
| **Mayonnaise light** | **½ tsp** | **0** | **0** | **½** |  | **1%** | **0** | **0** | **0** | **0** | **¼ oz** |
| **Oyster Crackers** | **37 rounds = 4 oz appx** | **1** | **1** |  |  | **7%** | **50 mg** | **0** | **1** | **0** | **0** |

**JELLO & PUDDING & YOUGART:**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Jello[sugar free][Winky GelSnacks]** | **4 oz** | **0** | **0** | **0** |  | **2%** | **20 mg** | **0** | **0** | **0** | **0** |
| **Jello [regular – has sugar]**  **[Cherry has more salt]** | **4 oz** | **1** | **1 ½** | **0** |  | **4%**  **5%** | **0** | **1** | **0** | **0** | **0** |
| **Pudding-Vanilla** | **4 oz [with 2%milk]** | **1** | **1** | **0** | **1 oz** | **14%** | **240 mg** | **1** | **0** | **0** | **2 oz** |
| **Pudding – chocolate/other** | **4 oz [with 2% milk]** | **1** | **1** | **0** | **1 oz** | **15%** | **290 mg** | **1** | **0** | **0** | **2 oz** |
| **Pudding – Vanilla[Snack Pack Cup]** | **4 oz[ with nonfat milk]** | **1** | **1 ½** | **½** |  | **5%** | **0** | **1** | **0** | **0** | **2 oz** |
| **Pudding – Chocolate/Other**  **[Snack Pack Cup]** | **4 oz [with nonfat milk]** | **1** | **1 ½** | **½** |  | **5%** | **100 mg** | **1** | **0** | **0** | **2 oz** |
| **Yougart [Straw/bananna]**  **[Strawberry]**  **[Key Lime]**  **[Peach]**  **[Vanilla]** | **6 oz [Great Value]**  **6 oz**  **6 oz**  **6 oz**  **6 oz** | **1 ½**  **1 ½**  **1 ½**  **1 ½**  **1 ½** | **2**  **2**  **1 ½**  **2**  **2** | **½**  **½**  **½**  **½**  **½** | **1 oz**  **1 oz**  **1 oz**  **1 oz**  **1 oz** | **3%**  **3%**  **4%**  **3%**  **3%** | **240 mg**  **240 mg**  **140 mg**  **240 mg**  **240 mg** | **1**  **1**  **1**  **1**  **1** | **0**  **0**  **0**  **0**  **0** | **0**  **0**  **0**  **0**  **0** | **6 oz**  **6 oz**  **6 oz**  **6 oz**  **6 oz** |

**MEATS & FISH:**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Chicken thigh [presoak- less salt]** | **4 oz [baked]** | **2 ½** | **0** | **2** | **4 oz** | **4%** | **300 mg** | **0** | **0** | **0** | **0** |
| **Chicken breast [presoak- less salt]** | **4 oz [baked]** | **2** | **0** | **1** | **4 oz** | **3%** | **370 mg** | **0** | **0** | **0** | **0** |
| **Fish [un-breaded] [baked]-Tilapia** | **3-4 oz** | **1 ½** | **0** | **½** | **4 oz** | **2%** | **513 mg** | **0** | **0** | **0** | **0** |
| **Fish [un-breaded] [baked -Haddock** | **3-4 oz** | **1** | **0** | **0** | **4 oz** | **10%** | **380 mg** | **0** | **0** | **0** | **0** |
| **Fish [un-breaded] [baked] -Swai** | **3-4 oz** | **1** | **0** | **0** | **4 oz** | **17%** | **269 mg** | **0** | **0** | **0** | **0** |
| **Fish [un-breaded] [baked]–Cod** | **3-4 oz** | **1** | **0** | **0** | **4 oz** | **15%** | **260 mg** | **0** | **0** | **0** | **0** |
| **Hamburger [red meat]** | **4 oz [baked/grilled]** | **3** | **0** | **4 ½** | **4 oz** | **3%** | **0** | **0** | **0** | **0** | **0** |
| **Hamburger [Vegie] [Has soy, wheat gluten&brown rice] [oil separate]** | **4 oz [1 burger]**  **[MorningStar-Garden]** | **1** | **1** | **½** | **1 ½ oz** | **12%** | **250 mg** | **0** | **1** | **1** | **0** |
| **Peanut Butter [Skippy] [smooth]** | **2 tblsp** | **2** | **½** | **3** | **½ oz** | **7%** | **90 mg** | **0** | **0** | **0** | **0** |
| **Egg [poached/boiled/baked]** | **1 large** | **2** | **0** | **0** | **½ oz** | **2.58%** | **63 mg** | **0** | **0** | **0** | **0** |
| **Vegie Bacon [has soybeans]** | **2 slices [MorningStar]** | **1** | **0** | **0** | **½ oz** | **10%** | **0** | **0** | **1** | **1** | **0** |
| **Vegie Sausage Links** | **2 links [MorningStar]** | **1** | **0** | **½** | **½ oz** | **13%** | **40 mg** | **0** | **0** | **1** | **0** |
| **Salmon[StarKist in can][Wild-pink]** | **2 ½ oz [1/2 small can]** | **½** | **0** | **0** | **2 ½ oz** | **6%** | **180 mg** | **0** | **0** | **0** | **0** |
| **Tuna Fish[Great Value can in water]** | **2.5 oz [1/2 can]** | **½** | **0** | **0** | **2 oz** | **8%** | **243 mg** | **0** | **0** | **0** | **0** |
| **Calf Liver [has 284 mg cholesterol]** | **4 oz [113 grams]** | **1 ½** | **1** | **½** | **4 oz** | **3%** | **171 mg** | **0** | **0** | **0** | **0** |
| **Turkey [baked]** | **4 oz [112 grams]** | **2** | **0** | **2** | **4 oz** | **9%** | **0** | **0** | **0** | **0** | **0** |
| **Pork [baked] [Try not to eat this!]** | **4 oz** | **2** | **0** | **3** | **4 oz** | **3%** | **360 mg** | **0** | **0** | **0** | **0** |
| **Lamb chop/shoulder/rib [lots of fat]** | **3 oz** | **3** | **0** | **5** | **3 oz** | **3%** | **0** | **0** | **0** | **0** | **0** |
| **Corn Beef Hash [1/2 is potato][can]** | **1/2 cup [Great Value]** | **1 ½** | **1 ½** | **2 ½** | **2 ½ oz** | **21%** | **190 mg** | **0** | **0** | **0** | **0** |
| **Chicken Nuggets [not good protein]** | **4 pcs** | **1 ½** | **1** | **2** | **½ oz** | **19%** | **300 mg** | **0** | **½** | **0** | **0** |
| **Fish Sticks [not good protein]**  **[Minced pollack fish]** | **7 pcs**  **3 pcs** | **3**  **1 ½** | **2**  **1** | **2 ½**  **1** | **1 ½ oz**  **¾ oz** | **23%**  **11.5%** | **135 mg**  **68 mg** | **0** | **1**  **½** | **0** | **0** |

**CHEESE:**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Cheddar Sharp Cheese shredded** | **2 oz or ¼ cup** | **1** | **0** | **2** |  | **8%** | **20 mg** | **0** | **0** | **0** | **½ oz** |
| **Mozzarella Cheese shredded** | **2 oz or ¼ cup** | **1** | **0** | **1** |  | **8%** | **50 mg** | **0** | **0** | **0** | **1 oz** |
| **Parmesan Cheese/Romano powder [on salad,popcorn,speghetti]** | **1 tblsp [level]** | **½** | **0** | **1** |  | **6%** | **15 mg** | **0** | **0** | **0** | **½ oz** |
| **Cheddar Sharp Cheese—powdered**  **[use on macaroni or popcorn]**  **[June Moon Spice brand]** | **¼ tsp [level]**  **1 tblsp [level]**  **[contains some milk]** | **0**  **0** | **0**  **0** | **0**  **0** |  | **3%**  **48%** | **0**  **0** | **0** | **0** | **0** | **½ oz** |
| **Cottage Cheese plain [Great Value]** | **½ cup [4%]** | **1 ½** | **0** | **1** | **1 ½ oz** | **18%** | **156 mg** | **0** | **0** | **0** | **1 oz** |
| **Swiss Cheese [sliced]** | **1 slice [Great Lakes]** | **1** | **0** | **1 ½** | **1 oz** | **2%** | **15 mg** | **0** | **0** | **0** | **½ oz** |
| **American Cheese [Kraft] [sliced]** | **1 slice** | **½** | **0** | **½** | **½ oz** | **9%** | **50 mg** | **0** | **0** | **0** | **½ oz** |

**CRACKERS;**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Crackers – Peanut butter**  **[Lance Toast Chee]** | **6 cracker units**  **2 cracker units** | **2 ½**  **1** | **2**  **½** | **2**  **½** | **1 oz**  **1/3 oz** | **14%**  **4.5%** | **80 mg**  **26 mg** | **0**  **0** | **1**  **1/3** | **1**  **1/3** | **0**  **0** |
| **Crackers – Peanut butter**  **[Ritz Lunch Box-round crackers]** | **6 cracker units**  **2 cracker units** | **2**  **½** | **1 ½**  **½** | **2**  **½** | **1 oz**  **1/3 oz** | **13%**  **4.5%** | **80 mg**  **26 mg** | **0**  **0** | **1**  **1/3** | **1**  **1/3** | **0**  **0** |
| **Crackers - Cheese**  **[Ritz Cheese Crackers]** | **6 cracker units**  **2 cracker units** | **2**  **½** | **1 ½**  **½** | **2**  **½** | **½ oz**  **0** | **13%**  **4.5%** | **100 mg**  **34 mg** | **0**  **0** | **1**  **1/3** | **1**  **1/3** | **0**  **0** |
| **Crackers – Cheese**  **[Lance Wafer Grilled Cheese Sdwh]** | **6 cracker units**  **2 cracker units** | **2**  **½** | **1 ½**  **½** | **2**  **½** | **½ oz**  **0** | **13%**  **4.5%** | **120 mg**  **40 mg** | **0**  **0** | **1**  **1/3** | **1**  **1/3** | **0**  **0** |
| **Crackers – Cheese**  **[Lance Toast Chee Cheddar]** | **6 cracker units**  **2 cracker units** | **2**  **½** | **2 ½**  **1** | **2**  **½** | **½ oz**  **0** | **18%**  **6%** | **80 mg**  **26 mg** | **0**  **0** | **1**  **1/3** | **1**  **1/3** | **0**  **0** |
| **Oyster Crackers [Great Value]** | **37 rounds** | **1** | **1** | **0** | **0** | **7%** | **50 mg** | **0** | **1** | **0** | **0** |
| **Saltine Crackers [Great Value]** | **5 sqs [no salted tops]** | **1** | **1** | **0** | **0** | **3%** | **0** | **0** | **1** | **0** | **0** |

**CAKES:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | | **Wheat** | **Soy** | **Dairy** |
| **Fruit Cake 12 oz rectangular** | **1 slice ¼” thick**  **[1.5oz= cookie appx]** | **1 ½** | **2** | **1** | **½ oz** | **2%** | **121 mg** | **1** | **1** | | **½** | **0** |
| **Pound cake [Hillshire]** | **2 ½ oz** | **3 ½** | **2** | **1** | **1 oz** | **10%** | **48 mg** | **1** | **1** | | **1** | **2 oz** |
| **Pound Cake [Saralee Classic]** | **2 ½ oz** | **3 ½** | **2** | **1** | **½ oz** | **9%** | **40 mg** | **1** | **1** | | **1** | **2 oz** |

**COOKIES:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | | ***Serv Size*** | | ***Pts*** | | ***Carbs*** | | ***Fats*** | | ***Protein*** | | ***Salt %*** | | ***Potassium*** | | **Sweet** | | **Wheat** | | **Soy** | | **Dairy** |
| **Fig Cookie [1 oz fig fruit]** | **2 bars [Great Value]** | | **1 ½** | | **1 ½** | | **1/2** | |  | | **5%** | | **50 mg** | | **1** | | **1** | | **½** | | **0** | |
| **Chocolate Chip Cookie** | **2 cookies 2” dia. each** | | **3 ½** | | **3** | | **3** | | **½ oz** | | **6%** | | **80 mg** | | **1** | | **1** | | **½** | | **0** | |
| **Peanut Butter Cookie**  **[Betty Crocker Ready to Bake]** | **2 cookies 2” dia. each** | | **1 ½** | | **1 ½** | | **1** | | **½ oz** | | **6%** | | **0** | | **1** | | **1** | | **0** | | **0** | |
| **Cookie–Orieo-mint [has cream ctr]** | **1 cookie** | | **1** | | **1** | | **½** | |  | | **2%** | | **15 mg** | | **1** | | **¼serv** | | **½** | | **0** | |
| **Cookie-Orieo-choc [has cream crtr]** | **1 cookie** | | **½** | | **½** | | **½** | |  | | **2%** | | **17 mg** | | **1** | | **¼serv** | | **½** | | **0** | |
| **Cookie-Orieo-gold [has cream ctr]** | **1 cookie** | | **1** | | **½** | | **½** | |  | | **2%** | | **7 mg** | | **1** | | **¼serv** | | **0** | | **0** | |
| **Cookie-Vanilla/Chocolate Cream**  **[has cream ctr]** | **1 cookie [Great Value]**  **3 cookies** | | **1**  **2** | | **½**  **2** | | **1**  **1** | |  | | **2%**  **6%** | | **0**  **0** | | **1/3**  **1** | | **¼serv**  **1 serv** | | **¼** | | **0**  **0** | |
| **Cookie – Vanilla [has cream cntr]** | **1 cookie [Great Value]**  **3 cookies** | | **½**  **2** | | **½**  **2** | | **1/3**  **1** | |  | | **1.5%**  **5%** | | **0**  **0** | | **1/3**  **1** | | **1/3serv**  **1** | | **1/3**  **1** | | **0**  **0** | |

**CANDY:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | | ***Serv Size*** | | ***Pts*** | | ***Carbs*** | | ***Fats*** | | ***Protein*** | | ***Salt %*** | | ***Potassium*** | | **Sweet** | | **Wheat** | | **Soy** | | **Dairy** |
| **Cool Whip [Cream]** | **2 tblsp** | | **½** | | **0** | | **½** | |  | | **0** | | **0** | | **0** | | **0** | | **0** | | **0** | |
| **Pepperment Patty [York]** | **1 pc [50 cal size]** | | **½** | | **1** | | **0** | |  | | **0** | | **15 mg** | | **1** | | **0** | | **½** | | **0** | |
| **Reeses Pieces [has peanut butter]** | **36 pcs [1/4 of box]** | | **1 ½** | | **1 ½** | | **1 ½** | | **½ oz** | | **2%** | | **90 mg** | | **1** | | **0** | | **½** | | **0** | |
| **Peppermint Pieces [loungers]** | **3 pc** | | **½** | | **1** | | **0** | |  | | **0** | | **0** | | **1** | | **0** | | **0** | | **0** | |
| **3 Musketeers [15 grams-fun size]** | **½ bar** | | **½** | | **½** | | **0** | |  | | **.5%** | | **0** | | **1** | | **0** | | **½** | | **0** | |
| **Chocolate Bar[Hershey][size 2.6oz]** | **1/3bar[has caffine]** | | **1 ½** | | **1** | | **1 ½** | |  | | **3%** | | **90 mg** | | **1** | | **0** | | **½** | | **1** | |
| **Chocolate bar [Hershey][1.55 oz]** | **½ bar [has caffine]** | | **1** | | **1** | | **1** | |  | | **1%** | | **70 mg** | | **1** | | **0** | | **½** | | **1** | |
| **Chocolate Baking Powder** | **1 tblsp [Great Value]** | | **½** | | **½** | | **0** | |  | | **7%** | | **46 mg** | | **1** | | **0** | | **½** | | **0** | |
| **Chocolate Chips – semi sweet** | **1 tblsp [baking chips]** | | **1** | | **½** | | **1** | |  | | **0** | | **50 mg** | | **1** | | **0** | | **½** | | **0** | |

**POTATO CHIPS & POPCORN:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | | ***Serv Size*** | | ***Pts*** | | ***Carbs*** | | ***Fats*** | | ***Protein*** | | ***Salt %*** | | ***Potassium*** | | **Sweet** | | **Wheat** | | **Soy** | | **Dairy** |
| **Popcorn[Smartfood white cheddar]** | **2 ½ cups** | | **2** | | **1** | | **2** | | **½ oz** | | **9%** | | **100 mg** | | **0** | | **0** | | **0** | | **1 oz** | |
| **Popcorn [Great Value-microwave light butter]** | **½ bag or 2.5 cups [5cups]** | | **½**  **1 ½** | | **½**  **1** | | **0**  **0** | |  | | **5%**  **10%** | | **25 mg**  **50 mg** | | **0**  **0** | | **0**  **0** | | **0** | | **0**  **0** | |
| **Parmesan Cheese/Romano powder [on popcorn, toss salad, spaghetti]** | **1 tblsp [level]**  **1 ½ tsp** | | **½**  **0** | | **0**  **0** | | **1**  **½** | |  | | **6%**  **3%** | | **15 mg**  **7.5 mg** | | **0**  **0** | | **0**  **0** | | **0** | | **½ oz**  **½ oz** | |
| **Potato Chips [Lays Lightly Salted]** | **1.5 oz**  **2 oz** | | **3**  **3 ½** | | **1 ½**  **2** | | **3**  **4** | | **1/3 oz**  **½ oz** | | **4.5%**  **6%** | | **525 mg**  **700 mg** | | **0** | | **0** | | **0** | | **0** | |
| **Potato Chips [Utz Lighty Salted]** | **1.5 oz**  **2 oz** | | **3**  **3 ½** | | **1 ½**  **2** | | **3**  **4** | | **1/3 oz**  **½ oz** | | **6%**  **8%** | | **585 mg**  **780 mg** | | **0** | | **0** | | **0** | | **0** | |
| **Potato Chips [GreatValue Lite 50%]** | **1.5 oz [best brand]**  **2 oz** | | **3**  **3 ½** | | **1 ½**  **2** | | **3**  **4** | | **¼ oz**  **½ oz** | | **4.5%**  **6%** | | **420 mg**  **560 mg** | | **0** | | **0** | | **0** | | **0** | |
| **Potato Chips [Tops Markets 50%]** | **1.5 oz [best brand]**  **2 oz** | | **3**  **3 ½** | | **1 ½**  **2** | | **3**  **4** | | **¼ oz**  **½ oz** | | **4.5%**  **6%** | | **420 mg**  **560 mg** | | **0** | | **0** | | **0** | | **0** | |

**BREADS & ETC:**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Bread [Natures Own Butter]** | **1 slice** | **½** | **1** | **0** | **½ oz** | **4%** | **25 mg** | **0** | **1** | **0** | **0** |
| **Muffin [blueberry] [Meals-Wheels]** | **1 small muffin** | **2** | **3** | **1** |  | **8%** | **0** | **1** | **1** | **½** | **0** |
| **Corn Muffin [has wheat flour]** | **1 muffin 2”dia flat top** | **2** | **2** | **½** |  | **16%** | **140 mg** | **0** | **1** | **½** | **0** |
| **Biscuits[½ cup 2%milk]** | **1 biscuit [Great Value]** | **2** | **2** | **1** |  | **17%** | **30 mg** | **0** | **1** | **½** | **0** |
| **Breadcrumbs – Italian** | **¼ cup**  **1 tblsp** | **1**  **½** | **1 ½**  **½** | **0**  **0** |  | **18%**  **4.5%** | **0**  **0** | **0** | **1** | **1** | **0** |
| **Stove Top [Low Sodium Chicken]** | **½ cup [has butter]** | **1 ½** | **1 ½** | **0** |  | **10%** | **40 mg** | **0** | **1** | **1** | **½ oz** |
| **Peanut Butter & Jelly Sandwich** | **1 sandwich with**  **2 bread, 1 tbl P.Butter, & 1 tbl Jelly** | **2 ½** | **3** | **1 ½** | **1 oz** | **11.5%** | **95 mg** | **1** | **1** | **0** | **0** |
| **Noodles [any kind]** | **1 cup cooked** | **2** | **3** | **0** |  | **0** | **118 mg** | **0** | **3** | **0** | **0** |
| **Rice [white] [Success boil-in-bag]** | **1 cup** | **2** | **3** | **0** | **1 oz** | **0** | **0** | **0** | **0** | **0** | **0** |
| **Pancakes [Hungry Jack Complete Buttermilk Pancake Mix & Waffle Mix [using 2%milk]** | **1 pancake [1/3 cup mix=2pt & 1/3 cup 2% milk=1/2pt]**  **[count oil separately]** | **2 ½** | **3** | **½** | **1 oz** | **21%** | **170 mg**  **140 mg** | **0** | **2** | **1** | **0**  **1oz** |
| **Pizza [frozen cheese] [Great Value]** | **1 [1/6 slice med. pizza]** | **3** | **3** | **2** | **½ oz** | **29%** | **170 mg** | **0** | **2** | **1** | **1oz** |

**FRUITS [DRIED]:**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Cranberries [50% less sugar]** | **¼ cup [Ocean Spray]** | **1** | **2** | **0** |  | **0** | **0** | **1** | **0** | **0** | **0** |
| **Raisins [Great Value]**  **[Sun Maid]** | **1 bx [28g]**  **1 bx [28g]** | **1**  **1** | **1 ½**  **1 ½** | **0**  **0** |  | **0**  **0** | **310 mg**  **210 mg** | **1**  **1** | **0**  **0** | **0** | **0**  **0** |
| **Plums [prunes] [Mariana]** | **5 prunes** | **1** | **1 ½** | **0** |  | **0** | **293 mg** | **1** | **0** | **0** | **0** |
| **Apricots [Sun Maid]** | **¼ cup [40g]** | **1** | **1 ½** | **0** |  | **0** | **440 mg** | **1** | **0** | **0** | **0** |
| **Bananas [Great Value]** | **1/3 cup [30g]** | **2** | **1 ½** | **1 ½** |  | **0** | **150 mg** | **1** | **0** | **0** | **0** |

**FRUITS [FROZEN]:**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Whole Berry Melody** | **1 cup** | **1** | **1** | **0** |  | **0** | **120 mg** | **0** | **0** | **0** | **0** |
| **Mixed fruit** | **½ cup** | **1** | **1** | **0** |  | **0** | **180 mg** | **0** | **0** | **0** | **0** |
| **Cherry berry blend** | **1 cup** | **1** | **1** | **0** |  | **0** | **190 mg** | **0** | **0** | **0** | **0** |
| **Peaches [slices]** | **1 cup** | **1** | **1** | **0** |  | **0** | **380 mg** | **0** | **0** | **0** | **0** |
| **Fruit salad blend fruits** | **1 cup** | **1** | **1 ½** | **0** |  | **0** | **270 mg** | **0** | **0** | **0** | **0** |
| **Sliced bananas** | **1 cup** | **1 ½** | **2** | **0** |  | **0** | **500 mg** | **0** | **0** | **0** | **0** |
| **Dark sweet cherries** | **1 cup** | **1** | **1 ½** | **0** |  | **0** | **310 mg** | **0** | **0** | **0** | **0** |
| **Raspberries** | **1 cup** | **1** | **1** | **0** |  | **0** | **210 mg** | **0** | **0** | **0** | **0** |
| **Mango chunks** | **1 cup** | **1** | **1 ½** | **0** |  | **0** | **240 mg** | **0** | **0** | **0** | **0** |
| **Sliced strawberries** | **1 cup** | **½** | **1** | **0** |  | **0** | **210 mg** | **0** | **0** | **0** | **0** |

**FRUITS [CANNED]: [rinse off juice/syrups]**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | | **Sweet** | | **Wheat** | **Soy** | **Dairy** |
| **Peaches [natural juice][no sugar]** | **½ cup [NeoStar]** | **1** | **1** | **0** |  | **0** | **5 mg** | | **0** | | **0** | **0** | **0** |
| **Peaches [extra light syrup]** | **½ cup [Delmonte]** | **1** | **1** | **0** |  | **0** | **105 mg** | | **½serv** | | **0** | **0** | **0** |
| **Pineapple [100% juice only]** | **½ cup [Great Value]** | **1** | **1** | **0** |  | **0** | **73 mg** | | **0** | | **0** | **0** | **0** |
| **fruit cocktail [in juice]** | **½ cup [Delmonte]** | **1** | **1** | **0** |  | **0** | **170 mg** | | **0** | | **0** | **0** | **0** |
| **Appricots [lite & halves]** | **½ cup [Delmonte]** | **1** | **1** | **0** |  | **0** | **106 mg** | | **½ serv** | | **0** | **0** | **0** |
| **Pears [in pear juice only]** | **½ cup [Great Value]** | **1** | **1** | **0** |  | **0** | **140 mg** | | **0** | | **0** | **0** | **0** |
| **Mangos [extra light syrup]** | **½ cup [Delmonte]** | **1** | **1 ½** | **0** |  | **0** | **120 mg** | | **½ serv** | | **0** | **0** | **0** |
| **mixed fruit [extra light syrup]** | **½ cup [Delmonte]** | **1** | **1** | **0** |  | **0** | **109 mg** | | **½serv** | | **0** | **0** | **0** |
| **Pumpkin [100% pure]** | **½ cup [Great Value]** | **½** | **1** | **0** |  | **0** | **247 mg** | | **0** | | **0** | **0** | **0** |
| **Grape Juice [Concord]** | **4 oz [1/2 cup]** | **1** | **2** | **0** |  | **0** | **80 mg** | | **1** | | **0** | **0** | **0** |
| **Cranberry sauce [has sugar]** | **¼ cup [Ocean Spray]** | **1 ½** | **2** | **0** |  | **0** | **18 mg** | | **1** | | **0** | **0** | **0** |
| **Cranberry sauce [has sugar]** | **¼ cup [Great Value]** | **1 ½** | **2** | **0** |  | **0** | **18 mg** | | **1** | | **0** | **0** | **0** |
| **Applesauce [unsweetened] [Motts]** | **4 oz [1/2 cup]** | **½** | **1** | **0** |  | **0** | **80 mg** | | **0** | | **0** | **0** | **0** |
| **Cherry Pie filling**  **[Sweetend with sucralose]** | **1/3 cup [Great Value]** | **½** | **½** | **0** |  | **0** | | **72 mg** | | **0** | **0** | **0** | **0** |
| **Apple Pie filling**  **[Sweetend with sucralose]** | **1/3 cup [Great Value]** | **½** | **½** | **0** |  | **0** | | **42 mg** | | **0** | **0** | **0** | **0** |

**JUICES:**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Item** | **Serv Size** | **Pts** | **Carbs** | **Fats** | **Protein** | **Salt %** | **Potassium** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Grape Juice [Great Value]** | **4 oz** | **1** | **1 ¼** | **0** |  | **1%** | **70 mg** | **½** | **0** | **0** | **0** |
| **Apple Juice [Great Value]** | **4 oz** | **1** | **1** | **0** |  | **0** | **145 mg** | **1** | **0** | **0** | **0** |
| **Lemon 100% Juice [Great Value]** | **1 tsp [6 tsp = 1 oz]**  **[2 tbl = 1 oz]** | **0** | **0** | **0** |  | **0** | **0** | **0** | **0** | **0** | **0** |
| **Lime 100% Juice [Great Value]** | **1 tsp [6 tsp = 1 oz]**  **[2 tbl = 1 oz]** | **0** | **0** | **0** |  | **0** | **0** | **0** | **0** | **0** | **0** |
| **Cranberry Juice [Great Value]** | **4 oz** | **1** | **1** | **0** |  | **1%** | **95 mg** | **2** | **0** | **0** | **0** |
| **Prune Juice [Great Value]** | **4 oz** | **1** | **1 ½** | **0** |  | **1%** | **210 mg** | **0** | **0** | **0** | **0** |
| **Watermellon Juice [Arizona]** | **4 oz** | **½** | **1** | **0** |  | **0** | **0** | **0** | **0** | **0** | **0** |
| **V8 Berry Blend Juice** | **4 oz** | **½** | **½** | **0** |  | **.5%** | **0** | **½** | **0** | **0** | **0** |
| **----------------------------** |  |  |  |  |  |  |  |  |  |  |  |
| **V8 Juice [Low Sodium]** | **4 oz** | **0** | **½** | **0** |  | **3%** | **425 mg** | **0** | **0** | **0** | **0** |
| **Vegetable Juice [Low Sodium]** | **4 oz [Great Value]** | **0** | **½** | **0** |  | **3%** | **450 mg** | **0** | **0** | **0** | **0** |

**FRUITS [RAW]: fresh**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **cranberries** | **140g [5oz]** | **1** | **½** | **0** |  | **0** | **80 mg** | **0** | **0** | **0** | **0** |
| **plums** | **1 plum** | **1** | **1** | **0** |  | **0** | **287 mg** | **0** | **0** | **0** | **0** |
| **strawberries** | **144g [5oz]** | **½** | **1** | **0** |  | **0** | **0** | **0** | **0** | **0** | **0** |
| **apple** | **1 apple** | **1** | **1** | **0** |  | **0** | **150 mg** | **0** | **0** | **0** | **0** |
| **pineapple** | **165g [6oz]** | **1** | **1 ½** | **0** |  | **0** | **120 mg** | **0** | **0** | **0** | **0** |
| **kiwi** | **148g [5.5oz]** | **1** | **1 ½** | **0** |  | **0** | **460 mg** | **0** | **0** | **0** | **0** |
| **watermelon** | **152g [5.5oz]** | **½** | **1** | **0** |  | **0** | **170 mg** | **0** | **0** | **0** | **0** |
| **lemon** | **1 lemon** | **½** | **0** | **0** |  | **0** | **75 mg** | **0** | **0** | **0** | **0** |
| **lime** | **1 lime** | **½** | **½** | **0** |  | **0** | **75 mg** | **0** | **0** | **0** | **0** |
| **Peaches - white** | **1 peach** | **1** | **1** | **0** |  | **0** | **293 mg** | **0** | **0** | **0** | **0** |
| **Grapes**  **Red**  **Green**  **Black** | **1 ½ cup**  **1 ½ cup**  **1 ½ cup** | **1**  **1**  **1** | **1 ½**  **1 ½**  **1 ½** | **0**  **0**  **0** |  | **0**  **0**  **0** | **241 mg**  **288 mg**  **150 mg** | **0** | **0** | **0** | **0** |
| **blueberries** | **140g [5oz]** | **1** | **1 ½** | **0** |  | **0** | **114 mg** | **0** | **0** | **0** | **0** |
| **pears** | **6.8oz [about 1 pear]** | **1** | **1 ½** | **0** |  | **0** | **162 mg** | **0** | **0** | **0** | **0** |
| **cantalope** | **1 wedge [1 cup appx]** | **1** | **1** | **0** |  | **1** | **417 mg** | **0** | **0** | **0** | **0** |
| **raspberries** | **125g [4.5oz]** | **1** | **1** | **0** |  | **0** | **186 mg** | **0** | **0** | **0** | **0** |
| **bananas** | **101g [3.5oz]** | **1** | **0** | **0** |  | **0** | **362 mg** | **0** | **0** | **0** | **0** |
| **blackberries** | **140g [5oz]** | **1** | **1** | **0** |  | **0** | **233 mg** | **0** | **0** | **0** | **0** |
| **Mangos** | **1 cup** | **1** | **1 ½** | **0** |  | **0** | **177 mg** | **0** | **0** | **0** | **0** |
| **pumpkin** | **116g [4oz]** | **½** | **½** | **0** |  | **0** | **394 mg** | **0** | **0** | **0** | **0** |
| **bananas** | **1 banana [101.1g][3.5oz]** | **1** | **1 ½** | **0** |  | **0** | **362 mg** | **0** | **0** | **0** | **0** |

**DRINKS:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | | **Soy** | | **Dairy** |
| **Tea [Decaf Black]** | **1 cup [no additives]** | | **0** | **9** | **0** |  | **0** | **20 mg** | **0** | | **0** | **0** | **0** | |
| **Coffee [Decaf] [Great Value]** | **1 cup [black]** | | **0** | **0** | **0** |  | **0** | **216 mg** | **0** | | **0** | **0** | **0** | |
| **Coffee [Regular] [Great Value]** | **1 cup [black]** | | **0** | **0** | **0** |  | **0** | **110 mg** | **0** | | **0** | **0** | **0** | |
| **Cream [powdered]** | **1 rounded tsp** | | **0** | **0** | **0** |  | **0** | **0** | **0** | | **0** | **0** | **0** | |
| **Cream French Vanilla [powdered]** | **1 rounded tsp** | | **0** | **0** | **0** |  | **0** | **0** | **0** | | **0** | **0** | **0** | |
| **Cream French Vanilla [powder]** | **1 rounded tsp[low fat]** | | **0** | **0** | **0** |  | **0** | **0** | **0** | | **0** | **0** | **0** | |
| **Cream FV/Reg Mix [powder]** | **1 rounded tsp[low fat]** | | **0** | **0** | **0** |  | **0** | **0** | **0** | | **0** | **0** | **0** | |
| **Crystal Light Drink**  **lemonade, cherry, grape** | **8 oz**  **8oz** | | **0**  **0** | **½**  **½** | **0**  **0** |  | **1%**  **3%** | **0**  **110 mg** | **0**  **0** | | **0**  **0** | **0** | **0**  **0** | |
| **Cappuccino Late [has lots of sugar] [2% milk]** | **2 level tblsp mix**  **½ cup milk 2%** | | **1**  **1** | **1**  **½** | **½**  **½** | **¼ oz** | **3.5%**  **2.5%** | **100 mg**  **205 mg** | **1**  **0** | | **0**  **0** | **0** | **½ oz**  **4 oz** | |
| **Cappuccino Late [has 38% of daily sugar] [2% milk]** | **¼ cup mix**  **1 cup milk** | | **2**  **1½** | **2**  **1** | **1**  **1** | **½ oz** | **7%**  **5%** | **200 mg**  **410 mg** | **2**  **0** | | **0**  **0** | **0** | **1 oz**  **8 oz** | |
| **7up diet [16.9 fluid oz per bottle]** | **1 bottle [lemon/lime]** | | **0** | **0** | **0** |  | **3%** | **150 mg** | **0** | | **0** | **0** | **0** | |
| **Sprite diet [16.9 fluid oz per bottle]** | **1 bottle [lemon/lime]** | | **0** | **0** | **0** |  | **2%** | **150 mg** | **0** | | **0** | **0** | **0** | |
| **Stevia [from extract]** | **Any amount** | | **0** | **0** | **0** |  | **0** | **0** | **0** | | **0** | **0** | **0** | |

**SOUPS/BULLION: [WATCH SALT CONTENT IN SOUPS]**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **Mushroom Soup [Great Value]** | **½ cup [before water]** | **1** | **1** | **1** |  | **38%** | **40 mg** | **0** | **0** | **0** | **0** |
| **Mushroom Soup [Campbell]**  **[lower salt]** | **½ cup [before water]** | **1** | **½** | **1 ½** |  | **28%** | **50 mg** | **0** | **0** | **0** | **0** |
| **Chicken Cream Soup [Campbells]** | **½ cup [before water]** | **1 ½** | **½** | **1 ½** | **½ oz** | **38%** | **50 mg** | **0** | **0** | **0** | **0** |
| **Tomato Soup[Campbells]**  **[use 2% milk or whole milk]** | **½ cup [before milk]**  **milk counted separate** | **½** | **1 ½** | **0** |  | **21%** | **580 mg** | **0** | **0** | **0** | **0** |
| **Campbell's Condensed Healthy Request Tomato Soup [use 2%]]** | **½ cup [before milk]** | **1** | **1** | **0** |  | **18%** | **600 mg** | **0** | **0** | **0** | **0** |
| **Vegetable soup[Campbells** | **½ cup [before water]** | **1** | **1** | **0** |  | **18%** | **600 mg** | **0** | **0** | **0** | **0** |
| **Vegetable soup [homemade] [use frozen vegs-no salt chicken broth]** | **1 cup [is chunky]**  **[see below chart]** | **3** | **½** | **2** | **4 oz** | **6.4%** | **608.mg** | **0** | **0** | **0** | **0** |
| **Herb-Ox [Sodium Free]**  **Granulated Beef Bouillon** | **1 tsp level** | **0** | **0** | **0** |  | **0** | **380 mg** | **0** | **0** | **0** | **0** |
| **Pacific Foods Low Sodium Organic Vegetable Broth** | **1 cup** | **0** | **0** | **0** |  | **5%** | **0** | **0** | **0** | **0** | **0** |
| **Swanson 100% Natural Unsalted Chicken Broth** | **1 cup** | **0** | **0** | **0** |  | **2%** | **30 mg** | **0** | **0** | **0** | **0** |
| **Kitchen Basics Unsalted Chicken Stock** | **1 cup** | **0** | **0** | **0** |  | **5%** | **190 mg** | **0** | **0** | **0** | **0** |

**HOMEMADE SOUP: [makes about 6 cups] – [serving size is 1 cup] -- {1 cup = 3 pts, ½ carb, 2 fats, 4 oz protein, 6.4% salt, 590 mg potassium} – cooked in a crockpot slowly**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Item*** | ***Serv Size*** | ***Pts*** | ***Carbs*** | ***Fats*** | ***Protein*** | ***Salt %*** | ***Potassium*** | **Sweet** | **Wheat** | **Soy** | **Dairy** |
| **MixedVegs[CaliforniaBlend][frozen]** | **1 cup [Great Value]** | **0** | **0** | **0** |  | **1%** | **240 mg** | **0** | **0** | **0** | **0** |
| **MixedVegs[NormandyBlend][frozen]** | **¾ cup [Birds Eye]** | **0** | **0** | **0** |  | **1%** | **160 mg** | **0** | **0** | **0** | **0** |
| **MixedVegs [frozen] [peas/carrots/corn/Stringbeans]** | **2/3 cup [Great Value]** | **½** | **½** | **0** |  | **1%** | **156 mg** | **0** | **0** | **0** | **0** |
| **Onions & Peppers [frozen]** | **½ cup [Great Value]** | **0** | **0** | **0** |  | **0** | **55 mg** | **0** | **0** | **0** | **0** |
| **Stewed Tomatoes [no salt added]** | **½ cup [Delmonte]** | **½** | **½** | **0** |  | **1%** | **261 mg** | **0** | **0** | **0** | **0** |
| **Tomato Sauce [no salt added]** | **½ cup [Great Value]** | **½** | **½** | **0** |  | **2%** | **188 mg** | **0** | **0** | **0** | **0** |
| **Herb-Ox [Sodium Free]**  **Granulated Chicken Bouillon** | **1 tsp level** | **0** | **0** | **0** |  | **0** | **380 mg** | **0** | **0** | **0** | **0** |
| **Celery [baked/boiled/raw]** | **½ cup chopped** | **0** | **0** | **0** |  | **0** | **131 mg** | **0** | **0** | **0** | **0** |
| **Chicken thigh [baked]**  **[presoaked to to remove some salt]** | **20 oz** | **13** | **0** | **10** | **20 oz** | **12%** | **1500 mg** | **0** | **0** | **0** | **0** |
| **Dash & Italian seasoning** | **As needed** | **0** | **0** | **0** |  | **0** | **0** | **0** | **0** | **0** | **0** |
| **Lite Salt [Morton 50% less sodium]** | **Pinch [small]** | **0** | **0** | **0** |  | **13%** | **350 mg** | **0** | **0** | **0** | **0** |
| **Water** | **As needed** | **0** | **0** | **0** |  | **0** | **0** | **0** | **0** | **0** | **0** |