

ABBREVIATIONS:

pts = points
 reg =regular
 serv = serving
 btl = bottle
 bg = bag
 pc = piece
 RM = Red Meat

SIZES:

c = cp
 tsp = teaspoon
 sl = slice
 g = gram
 tblsp or tbl = tablespoon
 oz = ounce
 tr = trace/pinch
 mg = milligram

Note: Do not eat grapefruit or oranges. [Grapefruit interferes with medicine and oranges interfere with kidney function.]

Rinse all fruit juice/syrup off canned fruits to cut carbs/points. Do not eat chili [not even homemade], it has 30%-42% salt [depending on kind]

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-Onion/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
Stewed Tomatoes [nosalt added]	½ cup [Delmonte]	½	½	0		1%	261 mg	0	0	0	0
Stewed Tomatoes [Delmonte]	½ cup	½	1	0		11%	271 mg	0	0	0	0
	¼ cup	0	½	0		5.5%	135.5 mg				
Tomato Sauce [Contadina no salt added]	½ cup	½	½	0		1%	422 mg	0	0	0	0
	¼ cup	0	½	0		.5%	211 mg				
Tomato Sauce [Great Value no salt added]	½ cup	½	½	0		2%	188 mg	0	0	0	0
	¼ cup	0	0	0		1%	94 mg				
Spaghetti Sauce [Prego Traditional [Lower Sodium]	½ cup	1	1	0		15%	390 mg	0	0	0	0
	¼ cup	½	½	0		7.5%	195 mg				
Marinara Sauce [Wegman's Smooth] Low Sodium	½ cup	1	1	½		2%	500 mg	0	0	0	0
	¼ cup	½	½	0		1%	250 mg				
Pasta Sauce [Vine Ripe Traditional - Low Sodium]	½ cup	½	1	0		6%	302 mg	0	0	0	0
	¼ cup	0	½	0		3%	151 mg				
Pasta Sauce [Traditional with diced tomato, basil, Italian Herbs&Spices]	½ cup [Ragu Chunky]	1	1	½		18%	470 mg	0	0	0	0
	¼ cup	½	½	0		9%	235 mg				
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 Veggies [California Blend]	1 cup [Great Value]	0	0	0		1%	240 mg	0	0	0	0
Mixed Veggies [Normandy Blend]	¾ cup [Birds Eye]	0	0	0		1%	160 mg	0	0	0	0
Mixed Veggies [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	¼	½	0		1%	140 mg	0	0	0	0
	1/3 cup	0	0	0		.5%	47 mg	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	½	0		0	440 mg	0	0	0	0
	½ cup peel/chop]	0	0	0		0	75 mg	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	½	1	0		0	843 mg	0	0	0	0
	1 cup chopped	½	½	0		0	324 mg	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 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 & YOGURT:

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
Yogurt [Straw/bananna]	6 oz [Great Value]	1 ½	2	½	1 oz	3%	240 mg	1	0	0	6 oz
[Strawberry]	6 oz	1 ½	2	½	1 oz	3%	240 mg	1	0	0	6 oz
[Key Lime]	6 oz	1 ½	1 ½	½	1 oz	4%	140 mg	1	0	0	6 oz
[Peach]	6 oz	1 ½	2	½	1 oz	3%	240 mg	1	0	0	6 oz
[Vanilla]	6 oz	1 ½	2	½	1 oz	3%	240 mg	1	0	0	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,spaghetti]	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	1 1/3	1 1/3	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	1 1/3	1 1/3	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	1 1/3	1 1/3	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	1 1/3	1 1/3	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	1 1/3	1 1/3	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-Oriero-mint [has cream ctr]	1 cookie	1	1	½		2%	15 mg	1	¼serv	½	0
Cookie-Oriero-choc [has cream ctr]	1 cookie	½	½	½		2%	17 mg	1	¼serv	½	0
Cookie-Oriero-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 1	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
Peppermint 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 [lounge]	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 caffeine]	1 ½	1	1 ½		3%	90 mg	1	0	½	1
Chocolate bar [Hershey][1.55 oz]	½ bar [has caffeine]	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 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	0 0	0 0
Potato Chips [Utz Lightly 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	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	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	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]	1 bx [28g]	1	1 ½	0		0	310 mg	1	0	0	0
[Sun Maid]	1 bx [28g]	1	1 ½	0		0	210 mg	1	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
Watermelon 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								0	0	0	0
Red	1 ½ cup	1	1 ½	0		0	241 mg				
Green	1 ½ cup	1	1 ½	0		0	288 mg				
Black	1 ½ cup	1	1 ½	0		0	150 mg				
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	8 oz	0	½	0		1%	0	0	0	0	0
lemonade, cherry, grape	8oz	0	½	0		3%	110 mg	0	0	0	0
Cappuccino Late [has lots of sugar] [2% milk]	2 level tblsp mix ½ cup milk 2%	1	1	½		3.5%	100 mg	1	0	0	½ oz
Cappuccino Late [has 38% of daily sugar] [2% milk]	¼ cup mix 1 cup milk	2	2	1	¼ oz	2.5%	205 mg	0	0	0	4 oz
		1½	1	1	½ oz	7%	200 mg	2	0	0	1 oz
						5%	410 mg	0	0	0	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 [California Blend] [frozen]	1 cup [Great Value]	0	0	0		1%	240 mg	0	0	0	0
MixedVegs [Normandy Blend] [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