



A handy guide to the "best", "fair" and "poor" choices of individual foods when you are aiming to lose weight.

Protein: meat and poultry

Best choice	Fair choice	Poor choice
Chicken breast, skinless Turkey breast, skinless Veal	Beef, lean cuts Chicken, dark meat, skinless Corned beef, lean Duck Ham, lean Lamb, lean Pork, lean Pork chop Turkey, dark meat, skinless Turkey bacon	Bacon Beef, fatty cuts Beef, minced Hot dog (pork, beef, turkey, chicken) Liver, beef, chicken Pepperoni Pork sausage Salami

Protein: fish and seafood

All best choices

Bass
Calamari
Catfish
Cod
Clams
Crabmeat
Haddock
Halibut
Lobster
Mackerel
Prawns
Salmon
Sardines
Scallops
Snapper
Swordfish
Trout
Tuna steak, fresh and tinned

Protein: eggs – fair choice

Protein-rich dairy

Check that low fat or no fat and has no added sugar

Best choice	Fair choice	Poor choice
Cheese, fat free Cottage cheese, low fat Cottage cheese, no fat	Cheese, reduced fat Mozzarella cheese Ricotta cheese	Hard cheese

Vegetarian protein

Check that soy products have no added sugar

All best choices

Soy burgers
Soy hot dogs
Soy sausages
Tofu, firm or extra firm

Split protein / carbohydrate

All fair choices

Milk
Tempeh
Yogurt, plain
Tofu, soft

Carbohydrates

All best choices

Vegetables	Salad vegetables	Fruit
Artichoke Asparagus Beans, green Broccoli Brussels sprouts Cabbage Cauliflower Cucumber Endive Green pepper Hummus Eggplant Kale Leeks Okra Spinach Swiss Chard Yellow Squash Zucchini	Alfalfa Sprouts Bean sprouts Broccoli Cabbage Cauliflower Cucumber Endive Green pepper Hummus Lettuce, iceberg Lettuce, romaine Radishes Mange tout Spinach Tomato	Blackberries Blueberries Cantaloupe melon Grapefruit Honeydew melon Kiwi Peach Pineapple Raspberries Strawberries
		Grains Oatmeal Oatcakes

Fats

Best choice Rich in monounsaturated fat = good fats	Fair choice Check that 'light' products do not contain added sugar	Poor choice High in saturated fat
Almond butter Almonds Avocado Guacamole Macadamia nuts Olive oil Olives Peanut butter Peanuts Tahini	Mayonnaise light Mayonnaise Sesame oil Soybean oil Walnuts	Butter Cream Cream cheese Cream cheese, light Lard Sour cream Sour cream, light

Drinks

Best choice	Poor choice
Water Sparkling water Naturally caffeine free tea, coffee	Alcohol Caffeinated drinks, tea, coffee Cordials and squashes Fizzy drinks, full sugar, low sugar, sugar free

Avoid processed foods wherever possible. When shopping in the supermarket, shop along the grocery isles and the back deli and fish counters with the occasional dip into the central isles for porridge oats and oat cakes.

WEIGHT MAINTENANCE

The following foods may be introduced occasionally when you have reached your desired weight and are maintaining your weight.

Vegetables	Fruit	Fruit juices
Acorn squash Baked beans Beetroot Carrots Corn Parsnip Peas Potato baked Potato boiled Potato chipped Potato mashed Sweet potato baked Sweet potato mashed	Banana Cranberries Dates Figs Guava Kumquat Mango Papaya Prunes Raisins	Apple juice Cranberry juice Grapefruit juice Lemon juice Orange juice Pineapple juice Tomato juice V-8 juice

Vegetables	Other
Bagel	Barbeque sauce
Biscuit	Chocolate
Bread, whole grain	Cordials
Bread, white	Cocktail sauce
Bread crumbs	Crackers
Breadstick	Crisps
Buckwheat	Honey
Bulgur wheat	Ice cream
Cereals	Jams
Cornbread	Jellys
Cornstarch	Molasses
Couscous	Pickles
Croissant, plain	Plum sauce
Crouton	Potato chips
Donut, plain	Relishes
Granola	Sugar, brown
Melba toast	Sugar, granulated
Muffins	sweets
Noodles, egg	Syrup, maple
Pancake	Syrups
Pasta, cooked	Teriyaki sauce
Pita bread	Tortilla chips
Pita bread, mini	
Popcorn	
Rice, brown	
Rice, white	
Rice, cake	
Rolls	
Taco shell	
Tortilla, corn	
Tortilla, flour	
Waffle	