

EAT



- Fruits
- Vegetables
- Bread, Cereal, Rice
- Macaroni, Spaghetti, Noodles
- Dried Beans and Peas
- 1% or Skim Milk
- Foods with fat-free or low-fat label

DO NOT EAT

- Fried Foods
- Hot Dogs
- Lunch Meats
- Sausage
- Bacon
- Regular Cheese
- Meat Canned in Oil
- Peanut Butter
- Gravies
- Biscuits
- Donuts
- Whole Milk
- Cakes
- Cookies
- Candy Bars
- Ice Cream
- Salad Dressings
- Fat Back
- Corned Beef Hash

LOW FAT DIET



For Meats:

Do not eat the skin on chicken and turkey

Cut fat off beef and pork

Bake, broil, roast or boil all meats

Select water packed tuna



Fast Foods

- Burgers
- Breaded Chicken and Fish
- Pizza

Snack Foods

- Chips
- Peanuts
- Crackers