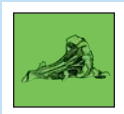
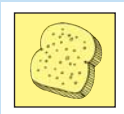


FOOD GUIDE



Sweet Success
California Children and Programs Program

Development of this material is supported by Federal Title V funds, received from the California Department of Public Health, Maternal, Child and Adolescent Health Division. © California Department of Public Health

12/2013

Measure your food, use measuring cups and spoons: 1/4 cup 1/3 cup 1/2 cup
 3/4 cup 1 cup 1 Teaspoon 1 Tablespoon

Breakfast Time <input type="text"/>		Total Carbs <input type="text"/>
Food Group	Number Servings	Meal Ideas
Milk	<input type="text"/>	<input type="text"/>
Starch	<input type="text"/>	<input type="text"/>
Fruits	<input type="text"/>	<input type="text"/>
Vegetables	<input type="text"/>	<input type="text"/>
Protein	<input type="text"/>	<input type="text"/>
Fats	<input type="text"/>	<input type="text"/>

Snack Time Carbs Servings

Lunch Time <input type="text"/>		Total Carbs <input type="text"/>
Food Group	Number Servings	Meal Ideas
Milk		
Starch		
Fruits		
Vegetables		
Protein		
Fats		

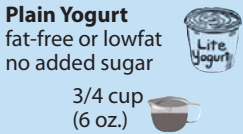
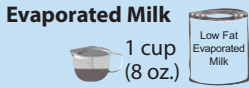
Snack Time Carbs Servings

Dinner Time <input type="text"/>		Total Carbs <input type="text"/>
Food Group	Number Servings	Meal Ideas
Milk		
Starch		
Fruits		
Vegetables		
Protein		
Fats		

Snack Time Carbs Servings

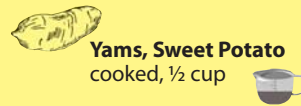
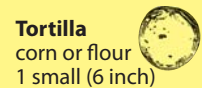
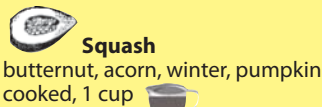
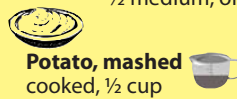
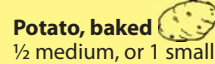
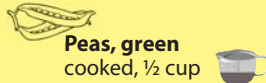
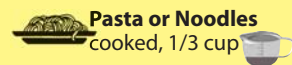
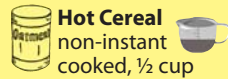
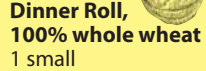
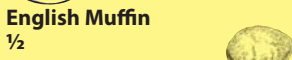
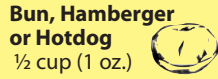
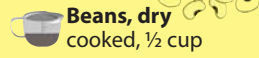
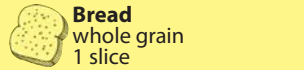
MILK

One Serving = 15g total carbohydrates.
Read the label.



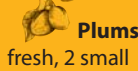
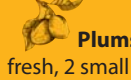
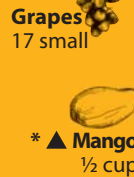
STARCH

One Serving = 15g total carbohydrates.
Read the label.



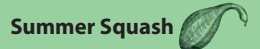
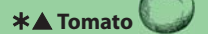
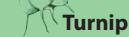
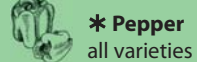
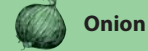
FRUITS

One serving = 15g total carbohydrates.



VEGETABLES

One Serving = 5g total carbohydrates.
Read the label.



▲ Indicates foods high in vitamin A - * Indicates foods high in vitamin C
◆ Indicates foods high in folic acid

Protein

Some processed protein products may contain carbohydrates. Read the label

Beef
roast, steak, or ground
1 oz.

Cheese, hard
swiss, jack, cheddar, mozzarella, or american
1 oz.

Cheese, soft
cottage or ricotta,
1/4 cup

Chicken or Turkey
1 oz.

Eggs
whole, 1
whites, 2

‡ **Fish**
snapper, sole, salmon
1 oz.

Ham
boiled or canadian
1 oz.

Lamb
1 oz.

Oysters
6 medium

Peanut Butter
natural
1 tablespoon

Pork Chop
thin, 1 oz.

Sardines
2 medium

Shellfish
crab, clams, lobster, or shrimp
1 oz.

Tofu
soybean curd
1/2 cup

Tuna, Chicken or Turkey
canned in water
1/4 cup

‡ Do not eat Shark, swordfish, king mackerel, or tilefish because they contain high levels of mercury. Eat up to 12 ounces a week of a variety of fish and shellfish that are lower in mercury.

FATS

Some fat-free products may contain carbohydrates. Read the label.

Vegetable Fats (unsaturated)

✓ **Avocado**
2 tablespoons

■ **Mayonnaise**
reduced fat, 1 tablespoon
regular, 1 teaspoon

Margarine
reduced fat, 1 tablespoon
regular, 1 teaspoon

Nuts
✓ almonds, 6 whole
✓ peanuts, 10 whole
✓ pecans, 2 whole
■ walnuts, 2 whole

✓ **Olives**
black, 8 large
green, 10 large

Salad Dressing
reduced fat, 2 tablespoons
regular, 1 tablespoon

Vegetable oils
canola, olive, peanut
corn, safflower, sunflower

Animal Fats (saturated)

Bacon
1 slice

Butter
1 teaspoon

Cream
2 tablespoon

Cream Cheese
reduced fat, 1 1/2 tablespoons
regular, 1 tablespoon

Sour Cream
reduced fat, 3 tablespoons
regular, 2 tablespoons

✓ Monounsaturated
■ Polyunsaturated

FREE FOODS

One serving = less than 20 calories & less than 5g total carbohydrates.

• **Bouillon Broth**

Cilantro Parsley

Decaf Coffee and Tea

• **Dill Pickle**

Drink Mix
sugar free

Garlic

◆ **Gelatin**
sugar free

Herbs
dill, basil, cumin,
chives, oregano, etc.

◆ **Diet Soda**

Lemon

Lettuce

Mushroom

• **Mustard**

Radish

Salsa
tomato, chile 1/4 cup

• **Soy Sauce**

Vinegar
unsweetened

Water

◆ Discuss the use of artificial sweeteners with your dietitian, if you eat any of these foods in large quantities.
• These foods are high in sodium and may not be advised for some people.

SWEETS, DESSERTS & OTHER CARBOHYDRATES

Do not eat these foods unless you have talked to your dietitian. Read the label.

All Fruit Juice

Bagel

Baked Beans

Candy

Canned Fruit
in syrup or juice

Cake, Cookies, or Pie

Coffee Creamer

Drink Mix

Flavored Milk

Honey

Ice Cream
Frozen Yogurt

Instant Hot or Cold Cereal

Jam or Jelly

Muffin or Donut

Pudding
Custard

Soft Drink
juice drinks

Sugar

Syrup
corn, maple, molasses

Pasta or Pizza Sauce
white or red

Teriyaki Sauce
Barbeque Sauce
Ketchup