



Recommended



Limited



Not Recommended

Beverages	<ul style="list-style-type: none"> Water Fat-free and 1% milk 	<ul style="list-style-type: none"> 100% fruit juice (4 oz.) 	<ul style="list-style-type: none"> Whole milk Regular or diet sodas Sweetened iced teas, lemonade and fruit drinks with less than 100% fruit juice
Vegetables	<ul style="list-style-type: none"> Almost all fresh, frozen, and canned vegetables without added fat (such as butter) or sauces 	<ul style="list-style-type: none"> All vegetables with added fat or salt 	<ul style="list-style-type: none"> Any vegetable fried in oil, such as french fries or hash browns
Fruits	<ul style="list-style-type: none"> All fresh and frozen fruits, canned fruits packed in juice or water Dried fruits (for children over 4) 	<ul style="list-style-type: none"> 100% fruit juice Fruits canned in light syrup 	<ul style="list-style-type: none"> Fruits canned in heavy syrup
Milk	<ul style="list-style-type: none"> Fat-free and 1% milk Fat-free and low-fat yogurt, and cottage cheese Fat-free, part-skim, or reduced-fat cheese (including cream cheese) 		<ul style="list-style-type: none"> Whole milk Full-fat cheese Full-fat cream cheese Yogurt made from whole milk Processed cheese
Grains and Breads	<ul style="list-style-type: none"> Whole-grain breads, pitas, and tortillas Whole-grain pasta Brown rice Hot and cold unsweetened whole-grain breakfast cereals Cereals with < 6 g. of sugar 	<ul style="list-style-type: none"> White bread and pasta that's not whole grain Taco shells French toast, waffles, and pancakes Biscuits Granola 	<ul style="list-style-type: none"> Doughnuts, muffins, croissants, and sweet rolls Sweetened breakfast cereals Crackers made with hydrogenated oils (trans fats)
Meats and Meat Alternates	<ul style="list-style-type: none"> Extra-lean ground beef Chicken and turkey without skin Tuna canned in water Fish and shellfish that's been baked, broiled, steamed, or grilled Beans, split peas, and lentils Tofu Nuts (for children over 4) Egg whites and substitutes Peanut-butter 	<ul style="list-style-type: none"> Lean ground beef, and turkey, and chicken with skin Broiled hamburgers Ham, Canadian bacon Chicken and turkey with the skin Tuna canned in oil Whole eggs cooked without added fat 	<ul style="list-style-type: none"> Beef and pork that hasn't been trimmed of its fat Ribs, bacon Fried chicken, chicken nuggets Hot dogs, lunch meats, pepperoni, and sausage Fried fish and shellfish Whole eggs cooked with added fat
Sweets and Snacks	<ul style="list-style-type: none"> Whole grain pretzels Low-fat popcorn (for children over 4) 	<ul style="list-style-type: none"> Ice milk bars Frozen fruit-juice bars Low-fat frozen yogurt or ice cream Fig bars Ginger snaps Baked chips 	<ul style="list-style-type: none"> Cookies, cakes, and pies Cheesecake, ice cream Chocolate candy Chips Buttered popcorn
Butter, Ketchup, Dressings and other Toppings	<ul style="list-style-type: none"> Ketchup Mustard Fat-free creamy salad dressing Fat-free mayonnaise Fat-free sour cream Vegetable oil, Olive oil, Oil-based salad dressing Vinegar 	<ul style="list-style-type: none"> Low-fat creamy salad dressing Low-fat mayonnaise Low-fat sour cream 	<ul style="list-style-type: none"> Butter, lard, and margarine Salt Pork gravy Regular creamy salad dressing Mayonnaise, tartar sauce Regular sour cream Cheese or cream sauce, and dips