****

**MISC:**

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

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***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** |
| **Yougart [Straw/bananna]** **[Strawberry]** **[Key Lime]** **[Peach]** **[Vanilla]** | **6 oz [Great Value]****6 oz** **6 oz** **6 oz****6 oz** | **1 ½** **1 ½****1 ½** **1 ½** **1 ½**  | **2****2****1 ½****2****2**  | **½** **½** **½** **½** **½**  | **1 oz****1 oz****1 oz****1 oz****1 oz** |  **3%** **3%** **4%** **3%** **3%** |  **240 mg** **240 mg** **140 mg** **240 mg** **240 mg** |  **1** **1** **1** **1** **1** |  **0** **0** **0** **0** **0** |  **0** **0** **0** **0** **0** |  **6 oz** **6 oz** **6 oz** **6 oz** **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,speghetti]** | **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** **0** |  **1** **1/3**  |  **1** **1/3** |  **0** **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** **0** |  **1** **1/3** |  **1** **1/3** |  **0** **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** **0** |  **1** **1/3** |  **1** **1/3** |  **0** **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** **0** |  **1**  **1/3** |  **1** **1/3** |  **0** **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** **0** |  **1** **1/3**  |  **1** **1/3** |  **0** **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–Orieo-mint [has cream ctr]** | **1 cookie** | **1**  | **1** | **½**  |  |  **2%** |  **15 mg** |  **1** | **¼serv** |  **½**  |  **0** |
| **Cookie-Orieo-choc [has cream crtr]** | **1 cookie** | **½**  | **½**  | **½**  |  |  **2%** |  **17 mg** |  **1** | **¼serv** |  **½**  |  **0** |
| **Cookie-Orieo-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**  |  **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** |
| **Pepperment 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 [loungers]** | **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 caffine]** | **1 ½**  | **1** | **1 ½**  |  |  **3%** |  **90 mg** |  **1** |  **0** |  **½**  |  **1** |
| **Chocolate bar [Hershey][1.55 oz]** | **½ bar [has caffine]** | **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** |
| **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** |
| **Potato Chips [Utz Lighty 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** |
| **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** |
| **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** |

**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]** **[Sun Maid]** | **1 bx [28g]** **1 bx [28g]** | **1****1** | **1 ½** **1 ½**  | **0****0** |  | **0****0** |  **310 mg** **210 mg** |  **1** **1** |  **0** **0** |  **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** |
| **Watermellon 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** **Red** **Green** **Black** | **1 ½ cup****1 ½ cup****1 ½ cup** | **1****1****1** | **1 ½****1 ½****1 ½**  | **0****0****0** |  | **0****0****0** |  **241 mg** **288 mg** **150 mg** |  **0** |  **0** |  **0** |  **0** |
| **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****lemonade, cherry, grape** | **8 oz****8oz** | **0****0** | **½** **½**  | **0****0** |  |  **1%** **3%** |  **0** **110 mg** |  **0** **0** |  **0** **0** |  **0** |  **0** **0** |
| **Cappuccino Late [has lots of sugar] [2% milk]** | **2 level tblsp mix****½ cup milk 2%** | **1****1**  | **1****½**  | **½** **½**  | **¼ oz** |  **3.5%** **2.5%** |  **100 mg** **205 mg** |  **1** **0** |  **0** **0** |  **0** |  **½ oz** **4 oz** |
| **Cappuccino Late [has 38% of daily sugar] [2% milk]** | **¼ cup mix****1 cup milk** | **2****1½**  | **2****1** | **1****1** | **½ oz** |  **7%** **5%** |  **200 mg** **410 mg** |  **2** **0** |  **0** **0** |  **0** |  **1 oz** **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[CaliforniaBlend][frozen]** | **1 cup [Great Value]** | **0** | **0** | **0** |  |  **1%** |  **240 mg** |  **0** |  **0** |  **0** |  **0** |
| **MixedVegs[NormandyBlend][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** |