



Food Group	Best Choices	Limit or Avoid
Milk/Dairy	Non-Fat (Skim) Milk Low Fat (1%) Milk Fat-Free & Low Fat Cheese Fat-Free & Low Fat Yogurt Hard Cheese	Whole Milk 2% Milk Whole Milk Yogurt Cream Half & Half Cream Cheese Sour Cream
Meat/Protein	Lean cuts of beef & pork Skinless Poultry Dried beans & peas Nuts & nut butters Egg Whites Egg Substitutes	Higher-fat cuts Bacon Sausage Salami/Bologna Hot Dogs Poultry w Skin Whole Eggs/Yolks
Vegetable/Fruit	Fresh, frozen, or canned vegetables without added fat or salt Fresh, frozen, canned, or dried fruit Fruit juices	Fried fruits and vegetables Canned vegetables Frozen vegetables w sauces Sauerkraut & pickled vegetables Canned or dried soups French fries & onion rings
Bread & Cereal	Whole grain bread Low sodium crackers Cooked cereals Brown rice	Breads or crackers topped w salt Cereals (hot/cold) w >300mg Sodium/serving

	Whole grain pasta	Biscuits, cornbread, other "quick" breads High fat bakery products
Other	Olive oil Soft or liquid margarines Vegetable oil spreads Unsalted seeds & nuts Avocado	Butter Stick Margarine Shortening Tropical Oils (coconut, palm) Salt, Sea Salt, Kosher Salt Garlic Salt, Onion Salt Soy Sauce