

FRUITS AND VEGETABLES

Choose These	Limit These
Fresh or Frozen Vegetables & Fruits	Coconut
Low-sodium canned vegetables	Vegetables with creamy sauces
Canned fruit packed in juice or water	Fried or breaded vegetables
	Canned fruit in heavy syrup
	Frozen fruit with sugar added

GRAINS

Choose These	Limit or Avoid These
Whole-wheat flour	White refined flour
Whole-grain bread (100% whole wheat or grain)	White bread
High-fiber cereal (5g or more fiber per serving)	& Donuts
Whole grains (brown rice, barley, buckwheat)	Frozen Waffles
Whole-grain Pasta	Cornbread & Biscuits
Oatmeal (steel-cut or regular)	Quick breads, cakes & pies
	Egg Noodles
	Butter Popcorn & high-fat snack crackers

FATS

Choose These	Limit or Avoid These
Olive & Canola oils	Butter, lard & bacon fat
Vegetable & nut oils	Gravy & cream sauces
Trans fat free margarine	nondairy creamers
Cholesterol lowering margarine (Benecol, Promise, etc.)	Hydrogenated margarine & shortening
Nuts & seeds	Cocoa butter (found in chocolate)
Avocados	Coconut, palm, cottonseed & palm kernel oils

PROTEINS

Choose These	Limit or Avoid These
Low-fat dairy products	Full fat milk and other dairy
Eggs	Organ meats such as liver
Fish - especially fatty, cold water fish	Fatty and marbled meats
Skinless poultry	Spareribs
Legumes	Hot dogs & sausages
Soybeans and soy products	Bacon
Lean ground meats	Fried or breaded meats

LOW SALT ITEMS TO CHOOSE

Herbs, spices & salt free seasoning blends
Canned soups or prepared meals with no added salt or reduced salt
Reduced salt versions of condiments such as soy sauce and ketchup