



Non-Starchy Vegetables/Protein/Fat

Non-starchy vegetables

Nutrition Facts

One serving: ½ cup cooked vegetables or 1 cup raw vegetables

Calories: 25

Total Fat: 0g

Total Carbohydrates: 5g (dietary fiber 1-4g)

Protein: 2g

- Alfalfa sprouts
- Artichoke
- Artichoke hearts
- Asparagus
- Beans: Italian, green, yellow, wax
- Bean sprouts
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chicory
- Chinese cabbage
- Cucumber
- Eggplant
- Green onions or scallions
- Greens: beet, collard, dandelion, kale, mustard, turnip
- Jicama
- Kohlrabi
- Leeks
- Lettuce: endive, escarole, leaf, Romaine, iceberg
- Mixed vegetables, no corn or peas
- Mushrooms
- Okra
- Onions
- Parsley
- Peppers, all varieties
- Radishes
- Rhubarb, fresh
- Rutabaga
- Sauerkraut
- Snow peas or pea pods
- Spinach
- Summer squash
- Swiss chard
- Tomato, raw
- Tomato paste
- Turnips
- Vegetable juice cocktail
- Water chestnuts
- Watercress
- Zucchini

Protein

Nutrition Facts:

- One ounce contains 7 grams of protein and very little or no carbohydrate.
- An average serving size is 3 ounces, which is about the size of a deck of cards.
- Choose very lean or lean meats more often.

Very Lean Meats (0-1 gram fat/ounce)

- Chicken or turkey, white meat, no skin
- Cottage cheese, reduced fat
- Cheese, fat-free
- Egg substitute
- Fish
- Shellfish
- Tofu

Medium Fat Meats (4-7 gram fat/ounce)

- Beef, most cuts, trimmed of fat
- Cheese, reduced fat (5g fat/oz.)
- Chicken or turkey, dark meat with skin
- Egg
- Ground turkey
- Pork (top loin, chop, cutlets)

Lean Meats (2-3 gram fat/ounce)

- Chicken or turkey, dark meat, no skin
- Cheese, low-fat (1-3g fat/oz.)
- Cottage cheese, regular
- Ham
- Lean beef (round, flank, sirloin)
- Lean pork (loin, tenderloin)

High Fat Meats (8-9 gram fat/ounce)

- Bologna
- Salami
- Cheese, regular
- Hot dogs
- Spareribs
- Sausage, bratwurst
- Peanut butter

Fats

Nutrition Facts:

- Heart-healthy fats are lower in saturated fat and cholesterol compared to less healthy fats.
- Keep in mind that portion size can make the difference between a healthy fat and a not so healthy fat.
- Serving sizes below contain 50-120 calories and 4-8 grams of fat per serving and no carbohydrate.

Heart Healthy Fats

- Tub margarine made with olive or canola oil:
1 Tablespoon
- Nuts: 1 Tablespoon
- Oil (olive, vegetable):
1 Tablespoon
- Salad dressing (vinaigrette/oil)
2 Tablespoons
- Peanut butter: 1 Tablespoon
- Avocado: 1/8 avocado

Less Healthy Fats

- Bacon: 1 slice
- Butter: 1 Tablespoon
- Stick margarine: 1 Tablespoon
- Cream: 1 Tablespoon
- Cream cheese: 1 Tablespoon
- Cream cheese (light) : 2 Tablespoons
- Gravy: 2 Tablespoons
- Salad dressing (Ranch) : 1 Tablespoon
- Sour cream: 2 Tablespoons

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