

**Vegetables**

Artichokes  
Asparagus  
Green beans  
String beans  
Beets  
Beet greens  
Broccoli  
Brussels sprouts  
Cabbage  
Chinese cabbage  
Carrots  
Cauliflower  
Celeriac  
Celery  
Chervil  
Chicory  
Chives  
Squash  
Tomato (fresh/can)

**Fruits**

Apples  
Apricots  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Cranberries  
Currants  
Damson plum  
Figs  
Fruit salad (fresh/can)  
Grapefruit  
Grapes  
Honeydew melon  
Huckleberries  
Kiwi  
Kumquats  
Lemons  
Limes

**Meat**

Abalone  
Bass (fresh water/sea)  
Buffalo fish  
Catfish  
Clams (cooked)  
Cod Steaks  
Crab  
Crayfish  
Flounder  
Frog legs  
Mussels  
Oysters  
Shrimp  
Terrapin  
Trout  
Tuna  
Sardines  
Skinless Chicken Brest

**Other**

Water  
Eggs  
Oats  
Lentils  
Chiles  
Yogurt  
Quinoa  
Tarragon  
Parmesan  
Sugar Free Jello  
Green Tea  
Eggbeaters  
Salad Greens  
Diet Pop  
Spenda  
Hot Tea  
Herbal Tea  
Sugar free coffee

**Vegetables**Corn  
(cob/canned)

Cucumbers

Dandelion  
greens

Dill pickles

Eggplant

Endive

Garlic

Kale

Kohlrabi

Leeks

Lettuce

Mushrooms

Mustard  
greens

Okra

Onions

Parsley  
leaves

Turnips

Watercress

**Fruits**

Loganberries

Mangoes

Muskmelons

Nectarines

Oranges

Papaya

Peaches

Pears

Pineapple

Pomegranates

Prunes

Quince

Raspberries

Strawberries

Tangerines

Watermelon

Apricot

Bananas

Goji berries

**Meat**Lean (95%  
fat free or  
more) BeefBottom  
Sirloin  
(trimmed)Lean (5% or  
less fat) pork

Pork Loin

Lean meat

Lean Lunch  
meat

Lean ham

Canadian  
BaconGround  
Turkey

Haddock

Roughy

Turkey  
Breast**Other**Sugar free  
sports drinksLow cal fruit  
drinksVegetable  
and Tomato  
juiceSugar free  
fat free  
cocoaChicken beef  
or veg brothSugar free  
popsiclesSugar free  
gelatinSugar free  
jam

Vinegar

Salsa

Low calorie  
salad  
dressing

Mustard

Fat Free  
Mayo

## Vegetables

Parsnips  
(raw/boiled)

Peas

Peppers  
(green/red)

Pickles  
(sour/sweet)

Pumpkin

Radishes

Rappini

Red cabbage

Rhubarb

Rutabagas

Sauerkraut

Salsify

Scallions

Shallots

Sorrel

Spinach

Salad  
Greens

## Other

Non fat milk

PAM cooking  
spray

Fat Free  
Yogurt

Fat free  
cream  
cheese

Colby  
cheese

Chewing  
gum

Hummus

Butter  
Flavored  
Spray

Low Fat  
Cheese

Pasta Sauce

Hard candy

Low Cal  
Bread

Multi Grain  
Bread

Pita Bread

Cheerios

## Vegetables

Summer  
Squash

Asparagus

Tomatoes

Chayote

Kidney  
Beans

Radishes

Green onion

Pumpkin  
seeds

Flax seeds

Brown rice

Baked or  
Boiled Potato

Spaghetti

Pasta whole  
wheat or  
buckwheat

Sweet Potato

## Other

Special K

All Bran

Shredded  
wheat

Fiber One

Wheaties

Whole Grain  
total

Sugar Free  
Fat Free  
Pudding

Low Fat  
Cream  
Cheese

Walnuts

Avocado

Olive oil

Filename: food good for diet list  
Directory: G:  
Template: C:\Users\Valued  
Customer\AppData\Roaming\Microsoft\Templates\Normal.dot  
Title: Vegetables  
Subject:  
Author: Mike and Sue  
Keywords:  
Comments:  
Creation Date: 2/2/2010 9:17:00 PM  
Change Number: 2  
Last Saved On: 2/2/2010 9:17:00 PM  
Last Saved By: Mike and Sue  
Total Editing Time: 31 Minutes  
Last Printed On: 2/2/2010 10:01:00 PM  
As of Last Complete Printing  
Number of Pages: 4  
Number of Words: 375 (approx.)  
Number of Characters: 2,140 (approx.)