

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

VegetablesCorn
(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

MeatLean (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

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