

VEGETABLES

Vegetables cannot contain ingredients that are not Filling Foods. (For example, regular refried beans, pork & beans, corn in butter sauce, dried tomatoes packed in oil, French fries, and sweet pickles are not Filling Foods.) Vegetable juices are not Filling Foods.

Artichoke
 Artichoke hearts
 Arugula
 Asparagus
 Avocado
 Beans
 black
 cannellini
 garbanzo
 green
 kidney
 lima
 navy
 pinto
 refried, fat-free
 soy
 white
 Bean sprouts
 Beets
 Broccoli
 Brussels sprouts
 Cabbage, all varieties
 Cardoon
 Carrot
 Cauliflower
 Celery
 Celery
 Chard, Swiss
 Chicory (curly endive)
 Chinese vegetables (prepared without oil)
 Corn
 baby
 kernels
 on the cob
 Cucumber
 Daikon
 Edamame
 Eggplant
 Endive
 Escarole
 Fennel (anise, sweet anise, or fennel)
 Fiddlehead (fiddlehead greens)

Garlic
 Giardiniera (vegetable medley, without olives, packed in vinegar)
 Gobo (burdock)
 Gourd, white, flowered
 Grape leaves
 Greens (beet, chard, collard, dandelion, kale, mustard, turnip)
 Hearts of palm (palmetto)
 Horseradish tree leaves
 Jerusalem artichokes (sunchokes)
 Jicama
 Kale
 Kim chee
 Kohlrabi
 Lambs-quarters
 Leeks
 Lentils
 Lettuce
 Lotus root
 Malanga
 Mixed vegetables
 Mushrooms
 dried
 fresh
 Okra
 Olives
 Onion
 Parsley
 Parsnips
 Peas
 black-eyed (cowpeas)
 chick
 green
 snow
 split
 sugar snap
 Peppers, any type
 Pico de gallo
 Pimientos
 Plantain, baked or boiled
 Poi
 Potatoes
 baby
 bliss
 new
 O'Brien, frozen (prepared without fat)
 red
 sweet
 white
 Pumpkin

Pumpkin leaves
 Radishes
 Rutabaga
 Salad
 mixed green, without dressing
 Niçoise, without dressing
 tossed, without dressing
 Salsa, fat-free
 Salsify (oyster plant)
 Sauerkraut
 Scallions
 Shallots
 Spinach
 Sprouts
 alfalfa
 bean
 Squash
 spaghetti
 summer
 winter
 zucchini
 Squash leaves
 Stir-fry vegetables, without sauce, frozen
 Succotash
 Sweet potato leaves
 Taro
 Taro leaves
 Tomato paste, canned
 Tomato puree, canned
 Tomatoes
 Turnips
 Water chestnuts
 Watercress
 Wax gourd (Chinese winter melon)
 Yam
 Yam patty, frozen
 Yucca

FRUITS

Canned fruit only packed in water or juice, and drained. Dried fruits are not Filling Foods. Fruit juices are not Filling Foods.

Apple, fresh
 Applesauce, unsweetened
 Apricot, canned, unsweetened
 Apricot, fresh
 Banana
 Berries, mixed
 Bittermelon (balsam-pear pods)
 Blackberries
 Blueberries

Boysenberries
 Breadfruit
 Cantaloupe
 Casaba melon
 Cherries, fresh
 Clementines
 Crabapple
 Cranberries, fresh
 Currants, fresh
 Dates, fresh
 Elderberries
 Figs, fresh
 Fruit cocktail, unsweetened
 Gooseberries
 Grapefruit
 Grapes
 Guava
 Honeydew melon
 Jackfruit
 Kiwifruit
 Kumquats
 Loganberries
 Loquats
 Lychees (litchies)
 Mandarin orange
 canned, unsweetened
 fresh
 Mango
 Melon (all types)
 Mulberries
 Nectarine
 Orange
 Papaya
 Passion fruit
 Peach
 Pear
 Persimmon
 Pineapple
 canned, unsweetened
 fresh
 Plum
 Pomegranate
 Pomelo
 Prickly pear (cactus pear)
 Quince
 Raspberries
 Rhubarb
 Soursop (guanabana)
 Starfruit (carambola)
 Strawberries
 Sweetsop (sugar apple)

Tamarinds
 Tangelo
 Tangerine
 Watermelon

SOUPS (MADE WITH FILLING FOODS ONLY)

Cream soups are not Filling Foods

Bean and ham, canned (made with water)
 Beef vegetable, canned (made with water)
 Beef, canned (made with water)
 Borscht
 low-calorie, store-bought
 store-bought
 Black bean
 Black bean, canned (made with water)
 Black bean, in a cup
 Bouillon, any type
 Broth, any type
 Cabbage
 Chicken vegetable mix, in a cup
 Chicken, without matzo balls (broth only)
 Court bouillon
 Escarole, canned (ready-to-serve)
 Gazpacho, canned
 made with water
 ready-to-serve
 Lentil
 Lentil mix, in a cup
 Lentil with ham, canned, ready-to-serve
 Manhattan clam chowder, canned (made with water)
 Miso
 Onion mix
 Pea
 Schav, canned
 Scotch broth
 Split pea
 frozen
 in a cup
 with ham, canned (made with water)
 Tomato, canned
 made with fat-free milk
 made with water
 Vegetable
 Vegetable beef, canned (made with water)
 Vegetable mix

STARCHES, GRAINS, AND CEREALS

Any wholegrain cereal without added sugar, nuts or dried fruit. Cold cereal must be eaten with fat-free milk or fat-free plain yogurt. Bread is not a Filling Food.

Barley
Buckwheat
Bulgur
Cereal, cold
 100% bran cereal
 puffed, whole-grain
 shredded wheat
 other whole-grain cereals without added sugar, nuts, or dried fruit
Cereal, cooked (hot)
 grits, corn
 oatmeal, instant, plain
 other whole-grain cereals without added sugar or nuts
Cornmeal (polenta)
Couscous, whole wheat
Hominy, whole
Kasha (buckwheat groats)
Macaroni, whole-wheat
Pasta, whole-wheat
Popcorn
 plain, air-popped
 reduced-fat (94% fat-free), microwave popped
Quinoa
Rice
 brown
 wild
Rolled oats
Spaghetti, whole-wheat
Starchy vegetables (e.g., peas, corn)

LEAN MEATS

Trim any visible fat before preparing and remove skin before eating. Processed meats such as deli products and hot dogs are not Filling Foods.

Beef

Bottom and top round, trimmed
Bottom and top sirloin, trimmed
Cube steak, trimmed
Eye round roast, trimmed
Flank, trimmed
Filet mignon, trimmed

Ground beef with no more than 7% fat
KC strip, trimmed
Lean cuts, trimmed
New York steak, trimmed
Porterhouse steak, trimmed
Round steak or roast, trimmed
Round tip steak and roast, trimmed
Sirloin steak, trimmed
Steak, lean (round or loin cuts), trimmed
Strip sirloin, trimmed
T-bone steak, trimmed
Tenderloin roast and steak, trimmed
Top loin steak, trimmed
Top sirloin roast, trimmed
Tongue

Pork

Canadian-style bacon
Center loin, trimmed
Ham, lean, trimmed
Lean cuts, trimmed
Leg, trimmed
Loin, trimmed
Sirloin, trimmed
Tenderloin, trimmed
Top loin, trimmed

Lamb

Lean cuts, trimmed
Leg, trimmed
Loin, trimmed
Sirloin chop, trimmed

Veal

Lean (round and loin cuts), trimmed
Leg, trimmed
Loin, trimmed
Round, trimmed
Sirloin, trimmed

Poultry

Chicken
 breast, without skin
 broiler or fryer, meat only, roasted
 canned
 dark meat, without skin and bone
 drumstick, without skin
 ground
 thigh, without skin
 white meat, without skin and bone
Cornish hen, without skin
Duck, domestic, without skin
Turkey
 canned

dark meat, without skin
ground
white meat, without skin

Game Meats

Choose visibly lean cuts and trim any excess fat. (At the meat case, look for cuts from the loin, round and leg.)

Buffalo
Elk
Ostrich
Venison

Organ Meats

Beef
 heart
 kidney
 liver
 tripe
 or any other variety
Chicken
 giblets
 gizzard
 heart
 liver
 or any other variety
Lamb
 sweetbreads
 or any other variety
Pork
 chitterlings
 kidney
 sweetbreads
 or any other variety
Poultry, any variety
Veal
 sweetbreads
 or any other variety

Lamb
 sweetbreads
 or any other variety

Pork
 chitterlings
 kidney
 sweetbreads
 or any other variety
Poultry, any variety

Veal
 sweetbreads
 or any other variety

FISH AND SHELLFISH

Canned varieties must be packed in water, broth or tomato juice (not packed in oil).

Abalone
Bass, striped
Bluefish
Calamari, grilled
Carp
Catfish
Caviar or any type fish roe
Clam juice
Clams
Cod

Crab
Crab, imitation
Crayfish
Dried
Eel
Flounder
Grouper
Haddock
Halibut
Herring
Lobster
Lomi lomi salmon
Lox
Mackerel
Mahimahi (dolphinfish)
Mussels
Oysters
Perch
Pike
Poke, ahi or tako
Pollock
Pompano
Rockfish
Salmon
Sardines, canned in tomato sauce
Sashimi, any type
Scallops
Shark
Shrimp
Skate
Smelt
Snapper
Sole
Squid
Swordfish
Tilapia
Trout
Tuna
Whitefish
Whiting

MEAT SUBSTITUTES

Dried beans
 black
 cannellini
 cowpeas (black-eyed peas)
 garbanzo
 kidney
 lima
 navy
 pinto
 refried, fat-free

soy
 white
Lentils
Quorn
Seitan
Tempeh
Textured vegetable protein
Tofu
 low-fat
 regular, firm
 regular, soft
Vegetarian burgers
 black bean, frozen
 fat-free, frozen
 frozen
Vegetarian ground "meat," frozen

EGG PRODUCTS

Egg substitute
 fat-free
 regular
Egg white
Egg, whole

MILK PRODUCTS

Items marked ●: count towards your milk servings.

Cappuccino, made with fast-free milk ●
Cheese, cottage, fat-free ●
Cheese, hard or semisoft, fat-free ●
Cheese, pot
Cheese, ricotta, fat-free ●
Cocoa, hot, instant, sugar-free, fat-free
Dairy shake, reduced-calorie ●
Latte, made with fat-free milk ●
Milk
 evaporated, fat-free
 fat-free ●
 instant nonfat dry powder ●
Pudding, fat-free, sugar-free mix (made with fat-free milk) ●
Sour cream, fat-free
Weight Watchers® Smoothies ●
Yogurt, plain, fat-free ●

DAIRY SUBSTITUTES

Soy cheese
 fat-free
 regular
Soy milk, unflavored ●
Soy yogurt (plain unsweetened)