

# simply filling foods list

## fruits

### Included:

- All individual or mixed fruits: fresh, frozen, or canned or jarred in water, without added sugar
- Fruit canned or jarred in its own or another juice, without added sugar, drained
- Fruit salad or cocktail: mixed fruits without added sugar

### Not Included:

- Dried fruits
- Juices, including the juice in which fruit is canned or jarred

## vegetables

### Included:

Most individual or mixed vegetables: fresh, frozen, canned, or jarred, without added sugar or oil, whether or not it has a SmartPoints value per serving, including:

- Corn: whole kernel and on the cob
- Peas: green
- Potatoes: white, red, sweet
- Salsa: fat-free and without added sugar, including salsa with fruit

### Not Included:

- Avocados
- French fries
- Juices
- Olives
- Pickled vegetables
- Plantains
- Vegetables prepared with ingredients that are not no-count foods (such as corn in butter sauce, dried tomatoes packed in oil)

## whole grains

### Included:

- Cereals, cold, ready-to-eat, whole-grain, without dried fruits or nuts, with no more than 1 gram of sugar, and with 3 grams or more of fiber per serving
- Cereals, hot, cooked, and without added sugar, dried fruits, or nuts, including:
  - 100% bran
  - Cream of rice/cream of wheat
  - Grits
  - Oatmeal
- Brown rice and wild rice
- Pasta, whole-grain, including:
  - Whole-grain macaroni, noodles, and spaghetti
  - Whole-wheat pasta
  - Gluten-free pasta, such as most brown rice pastas, quinoa pastas, and corn pastas\*
- Whole grains, such as:
  - Barley
  - Buckwheat
  - Bulgur
  - Cornmeal (polenta)
  - Farro

- Popcorn: plain air-popped, plain or light micro-wave-popped, and 94% fat-free micro-wave-popped
- Quinoa
- Spelt
- Whole-wheat couscous

### Not Included:

- Flavored rice mixes
- Fried rice
- White rice
- Regular pasta

## dairy & dairy substitutes

### Included:

- Fat-free milk, and fat-free and sugar-free beverages made with fat-free milk, including:
  - Fat-free and sugar-free cappuccino
  - Fat-free and sugar-free latte
- Fat-free cheeses, including:
  - Fat-free cottage cheese
  - Fat-free cream cheese
- Fat-free ricotta cheese
- Fat-free sliced or shredded cheese
- Fat-free sour cream
- Fat-free plain yogurt, and some light yogurts, regular or Greek\*
- Soy cheese
- Unflavored soy milk and soy yogurt

### Not Included:

- Fat-free evaporated milk
- Fat-free sweetened condensed milk
- Fat-free creamers (including half and half)

## lean proteins\*

### Included:

- Chicken, turkey, beef, lamb, pork (including ham with less than 700 mg sodium per 2-oz serving, and some brands of Canadian bacon), and veal: lean, trimmed, and with all skin removed.\*
- Luncheon and deli meats, reduced-sodium, with 0.5 gram or less fat per 2-oz serving
- Most fish and shellfish: fresh, frozen, and canned in water
- Eggs: whole, whites, and egg substitutes
- Beans: dried, frozen, and canned, including edamame, fat-free refried, garbanzo (chick-peas), kidney, and white
- Dried peas, including black-eyed peas and split peas
- Lentils
- Meat substitutes, including vegetarian burgers and veggie “crumbles” with 2 grams or less of fat per serving

- Tofu
- Game meats, including buffalo, ostrich, and venison
- Organ meats from beef, lamb, pork, and veal

### Not Included:

- Canned fish or shellfish packed in oil
- Meats or fish with breading or added fat
- Processed meats, such as hot dogs

## plus more!

### Included breads:

(Whole grains make the best choices)

- Reduced-calorie (light) breads
- Thin sandwich bread, including some wraps and flatbread\*
- Reduced-calorie (light) rolls or buns, including hot dog and hamburger buns
- Reduced-calorie (light) English muffins
- Reduced-fat corn tortillas\*

### Included soups:

Broths and soups, reduced-sodium and light\*

Enjoy the following foods as part of your meal or snack without having to count SmartPoints:

### Healthy Oils

Include 2 tsp per day (for additional servings, count SmartPoints)

Canola

Flaxseed  
Olive  
Safflower  
Sunflower

### Beverages

Coffee (without added sugar)  
Tea (without added sugar)  
Diet soda

Club soda  
Seltzer (plain or flavored, without added sugar)  
Water

### Seasonings & Condiments

Capers  
Cocktail sauce  
Extracts and flavorings, unsweetened  
Garlic  
Herbs  
Hot sauce (pepper sauce)  
Ketchup  
Lemon/lime juice  
Margarine, fat-free  
Mayonnaise, fat-free  
Mustard  
Nonstick cooking or baking spray  
Salad dressings, fat-free  
Shallots  
Soy sauce (shoyu), reduced-sodium  
Spices  
Steak sauce  
Sugar substitutes  
Syrups, sugar-free  
Taco sauce  
Teriyaki sauce, reduced-sodium  
Vinegar  
Worcestershire sauce

\*Refer to the Tracker or Mobile app for specific brands and/or cuts of meat.