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Bacon, regular, 3 slices			Bacon, turkey, 3 slices
Granola cereal, 1/2 cup			Whole-grain unsweetened cereal, 1 cup
Potato skins with bacon, cheese & sour cream, 2			Vegetable crudité's, 1 cup, with 1/4 cup fat-free ranch-style dressing
Pound cake, 1 slice (5" x 3" x 1")			Angel food cake, 1/16 of a 10" pan
Potato chips, 14 (1 oz)			94% fat-free popcorn, 5 cups
Macaroni & cheese, prepared from a mix, 1 cup			Rice, prepared from a mix, 1 cup
Egg salad sandwich, 1			Shrimp salad sandwich, 1
Cake, chocolate with icing, 3" square			Weight Watchers cake with icing, 1 cake*
Large bagel, 1 (4 oz)			Hard roll, 1 (2 oz)
Eggs Benedict, 1 serving			Two-egg ham and cheese omelet and 1 slice of toast
General Tso's chicken, 1 cup (without rice)			Chicken stir-fry with garlic sauce, 1 cup (without rice)
Chocolate candy bar, 1			Weight Watchers snack bar, 1†
Jelly doughnut, 1			English muffin, 1, with 1 Tbsp jelly
Fried chicken breast with skin, 1 small			Grilled skinless, boneless, chicken breast, 1 small
Cream of mushroom, soup, 1 cup			Chicken noodle soup, 1 cup
Fast-food French fries, 1 medium			Baked potato, 1 large with 1/4 cup fat-free sour cream and chives

\* In retail stores where available.

† Available in participating meeting locations only.