

BEANS & LEGUMES

Adzuki beans
Alfalfa sprouts
Bean sprouts
Black beans
Black-eyed peas
Cannellini beans
Chickpeas
Edamame
Fava beans
Great Northern beans
Hominy
Kidney beans
Lentils
Lima beans
Lupini beans
Navy beans
Pinto beans
Refried beans, *canned, fat-free*
Soy beans

CHICKEN & TURKEY BREAST

Ground chicken breast
Ground turkey, *98% fat-free*
Ground turkey breast
Skinless chicken breast
Skinless turkey breast

DAIRY & DAIRY ALTERNATIVES

Cottage cheese, *plain, nonfat*
Greek yogurt, *plain, nonfat*
Plain yogurt, *nonfat*
Quark, *plain, up to 1% fat*
Soy yogurt, *plain*

EGGS

Egg substitute
Egg whites
Egg yolks
Eggs

FISH/SHELLFISH

Abalone
Alaskan king crab
Anchovies
Arctic char
Bluefish
Branzino
Butterfish
Canned tuna, *in water*
Carp
Catfish
Caviar
Clams

Cod
Crabmeat, *lump*
Crayfish
Cuttlefish
Dungeness crab
Eel
Fish roe
Flounder
Grouper
Haddock
Halibut
Herring
Lobster
Mahi mahi
Monkfish
Mussels
Octopus
Orange roughy
Oysters
Perch
Pike
Pollock
Pompano
Salmon
Sardines, *canned in water or sauce*
Sashimi
Scallops
Sea bass
Sea cucumber
Sea urchin
Shrimp
Smelt
Smoked haddock
Smoked salmon
Smoked sturgeon
Smoked trout
Smoked whitefish
Snails
Snapper
Sole
Squid
Steelhead trout
Striped bass
Sturgeon
Swordfish
Tilapia
Trout
Tuna
Turbot
Wahoo
Whitefish

FRUITS

Apples
Applesauce, *unsweetened*
Apricots, *fresh*
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines

Cranberries, *fresh*
Dragon fruit
Figs, *fresh*
Frozen mixed berries, *unsweetened*
Fruit cocktail, *unsweetened*
Fruit salad, *unsweetened*
Grapefruit
Grapes
Guava
Honeydew
Kiwi
Kumquats
Lemons
Limes
Mangoes
Meyer lemons
Nectarines
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapples
Plums
Pomegranates
Pomelo
Raspberries
Star fruit
Strawberries
Tangerines
Watermelon

POTATOES & SWEET POTATOES

Baby potatoes
Baked potatoes
Baked sweet potatoes
Canned sweet potato, *unsweetened*
Cassava
Fingerling potatoes
Frozen potatoes, *prepared without fat*
Idaho potatoes
Japanese sweet potato
Mashed potatoes, *plain*
Mashed sweet potatoes, *plain*
New potatoes
Oven-roasted potato wedges, *without oil*
Oven-roasted sweet potato fries, *without oil*
Purple potatoes
Red potatoes
Roasted potatoes, *without oil*

Roasted sweet potatoes, *without oil*
Russet potatoes
Sweet potatoes
Taro
White potatoes
Yams
Yellow potatoes
Yucca
Yukon gold potatoes

TOFU & TEMPEH

Firm tofu
Silken tofu
Smoked tofu
Soft tofu
Tempeh

VEGETABLES (STARCHY)

Canned corn
Corn
Green peas
Parsnips
Peas
Split peas
Succotash

VEGETABLES (NON-STARCHY)

Acorn squash
Artichoke hearts, *no oil*
Artichokes
Arugula
Asparagus
Baby corn
Bamboo shoots
Basil
Beet greens
Beets
Bok choy
Broccoli
Broccoli rabe
Broccoli slaw
Brussels sprouts
Butter/Bibb lettuce
Butternut squash
Cabbage
Canned pimientos
Carrots
Cauliflower
Cauliflower rice
Celery
Chives
Cilantro
Coleslaw mix
Collard greens
Cucumber
Eggplant
Endive
Escarole
Fennel
Frozen stir-fry vegetables, *no sauce*
Garlic

Ginger
Green leaf lettuce
Hearts of palm
Iceberg lettuce
Jicama
Kale
Kohlrabi
Leeks
Mint
Mixed greens
Mushrooms
Mustard greens
Napa cabbage
Nori (seaweed)
Oak leaf lettuce
Okra
Onions
Oregano
Parsley
Pea shoots
Peppers
Pickles, *unsweetened*
Pico de gallo
Pumpkin
Pumpkin puree
Radishes
Red leaf lettuce
Romaine lettuce
Rosemary
Rutabaga
Salsa, *fat-free*
Sauerkraut
Scallions
Shallots
Spaghetti squash
Spinach
String beans
Summer squash
Swiss chard
Tarragon
Thyme
Tomatillos
Tomato puree, *canned*
Tomato sauce, *canned*
Tomatoes
Turnips
Water chestnuts
Wax beans
Zucchini

WHOLE-WHEAT PASTA & GRAINS

Air-popped popcorn, *no oil or sugar*
Air-popped popcorn, *no oil or sugar, with salt and/or spices*
Amaranth
Ancient grain mix, *no seeds*
Barley
Black bean pasta

Brown basmati rice
Brown rice
Brown rice cereal, *100%*
Brown rice noodles
Brown rice pasta
Brown rice-quinoa blend
Buckwheat
Buckwheat soba noodles
Bulgur
Chickpea pasta
Corn pasta
Edamame pasta
Farro
Freekeh
Instant brown rice
Instant oatmeal, *plain*
Kamut
Kasha
Lentil pasta
Millet
Oatmeal, *plain*
Oats
Pea pasta
Popcorn kernels for at-home popping
Quick-cooking barley
Quick-cooking brown rice
Quick-cooking regular oats
Quick-cooking steel-cut oats
Quinoa
Quinoa pasta
Red quinoa
Rolled oats
Rye berries
Shirataki noodles
Sorghum
Soybean pasta
Spelt
Spelt berries
Steel-cut oats
Teff
Thai brown rice
Tri-color quinoa
Wheat berries
Whole-grain pasta
Whole-grain sorghum
Whole-wheat couscous
Whole-wheat pasta
Wild rice
Wild rice-brown rice blend