



**Fruits**  
(2-4 daily)

Fresh, frozen, or canned  
without sugar

Juice without sugar

Fried vegetables

Frozen or canned  
with sugar  
(heavy syrup)  
Juice with added  
sugar  
Fruit drinks (Tang,  
Hi-C, Koolaide,  
lemonade)  
Fruit punch

**Milk**  
(2-3 daily)

Fat-free,   %, 1%  
Powdered milk  
Skimmed evaporated milk  
Fat-free ice cream  
Low-fat, fat-free  
yogurt

Whole, 2%  
Goats milk  
Evaporated milk  
Shakes, malts  
Fruited yogurts  
Ice cream

**Fats**  
(use sparingly)

Oils (olive, canola)  
Soft, tub margarine

Peanut butter  
Fat/Calorie reduced  
salad dressings

Oil and vinegar

Bacon drippings  
Solid stick  
margarine  
Lard, shortening  
Cream-like  
salad dressings  
(ranch, or blue  
cheese)  
Whipping cream

Dietitian's Name \_\_\_\_\_ Phone # 463-57 \_\_\_\_\_