



Recommended foods and beverages

Beverages	Recommended	Not Recommended
Coffee	Served with non-fat (skim) or low-fat (1%) milk	Served with half and half
Juice drinks	100% fruit or vegetable juice	Fruit or vegetable drinks, including full-sodium tomato juice and "ades"
Milk	Non-fat or low-fat (1%) milk, enriched low-fat soy	Reduced-fat (2%), whole milk
Soft drinks	Diet soft drinks or reduced calorie sports drinks	Full calorie soda, sports drinks
Tea	Unsweetened iced tea with lemon slices or hot tea	Sweetened iced tea
Water	Provide as an option at every meal	Flavored waters with more than 5g of sugar per serving
Foods	Recommended	Not Recommended
Bagel	2½" – 3½" size or cut in half; whole wheat, whole grain, rye or pumpernickel	Greater than 3½"; "salt" bagels
Baked goods	Small slices of quick bread (pumpkin, oatmeal, banana); lower fat, lower sugar granola bars or small muffins; whole grain pancakes less than 4" made from scratch; no trans-fats or partially hydrogenated oils	Doughnuts, sweet rolls, pastries and large muffins
Bread	Whole wheat, good source of fiber, whole grain, rye or pumpernickel; 200mg or less of sodium per slice	White, "wheat"
Cereal	Whole grain, good source of fiber, lightly sweetened or unsweetened cereal (low-fat granola, oatmeal), non-instant oatmeal; less than 200mg sodium per serving	Highly sweetened, low fiber, instant oatmeal
Cheese	Low- or reduced-fat cheeses (part skim mozzarella, skim ricotta, reduced calorie Cheddar); low-sodium cheeses (American, Colby, Cheddar, Swiss, other products labeled "low-sodium")	Large slices or cubes, processed cheese unless labeled "low-sodium," higher sodium cheeses such as bleu, Roquefort, Edam, feta, Gorgonzola, Romano, Parmesan, Provolone
Chips	Baked chips, pretzels, whole grain chips	Full-fat chips
Condiments	Low-sodium ketchup, mustard or low-fat mayonnaise, low-sodium soy sauce in 1 tsp portions, lemon juice, vinegar, homemade salsa, guacamole, no or low-sodium seasoned salts	Regular soy sauce, tartar sauce, teriyaki sauce, steak sauce, full-sodium seasoned salts, barbeque sauce
Crackers	Low- or reduced-fat, whole grain, brown rice, whole wheat; sodium below 150mg per serving	Full-fat, not labeled "whole grain;" sodium above 150mg per serving
Desserts	Lower fat, lower calorie desserts (fresh fruit, low-fat ice cream, low-fat frozen yogurt, sherbet, sorbet, yogurt parfait with fruit and low-fat granola); small slices (2") low-fat cake (angel food cake with fruit and light whipped cream)	High-fat, high-calorie desserts (ice cream, cheese cake, pie, cream puffs, large slices of cake)
Dips	Salsa, low-fat cottage cheese, hummus, reduced- or low-fat salad dressing, dips from low-fat mayonnaise, low-fat sour cream, reduced-fat cream cheese	Dips made from mayonnaise, full-fat sour cream, cream cheese, cream sauce
English muffin	Whole wheat English muffin	White English muffin

Foods	Recommended	Not Recommended
Fruit	Fresh, dried, canned in 100% juice or water, frozen	Sweetened, canned in syrup
Meatballs	Made with lean meat or turkey, served in broth or vegetable based sauce	Made with high-fat meat, served in gravy or high-fat, high-sodium sauces
Meat	Healthy cooking methods (grilled, broiled, baked, poached, steamed, roasted), lean meats (poultry without skin, fish, lean beef)	Unhealthy cooking methods (fried, cured, smoked, brined), high-fat meats (poultry with skin, bacon, sausage, high-fat cold cuts)
Pasta salad	Whole wheat pasta made with reduced- or low-fat mayonnaise or mayonnaise cut with sour cream, low-sodium oil and vinegar based dressing, freshly made dressing	Made with mayonnaise or a cream based dressing, with high-sodium and commercially prepared dressings unless "low-sodium"
Pizza	Made with thin, whole wheat crust, topped with tomato sauce, thin layer of part skim mozzarella cheese, and vegetables, 450mg of sodium or less per serving	Made with thick crust, with high-fat cheese, pepperoni, Italian sausage or other high-fat meats, more than 450mg of sodium per serving
Popcorn	Reduced- or low-fat or "lite"	Buttered, salted
Potatoes	Baked and served with low-fat sour cream and vegetable toppings	Baked and served with butter, sour cream, bacon bits
Rolls	Whole grain rolls; 200mg of sodium or less per roll	Croissants, white rolls
Salad dressing	Served on the side, low-fat or fat-free, freshly made with low-sodium ingredients, oil and vinegar	Full-fat and high-sodium served on the salad
Salad toppings (non-dressing)	Fresh fruits and vegetables, dried fruits, unsalted nuts and seeds, hardboiled eggs, low-sodium or rinsed beans, canned fruit in juice, canned vegetables with lower sodium, cooked vegetables	Bacon bits, pre-prepared croutons, cheese containing more than 200mg of sodium per 1 oz serving (see "cheese" for recommendations)
Sandwich bread	Good source of fiber, whole wheat, whole grain, rye or pumpernickel; 200mg or less of sodium per slice	Croissants, white bread, wheat bread that does not say "whole wheat"
Sauces	Homemade, cut high-sodium sauces with fresh and low-sodium products like olive oil or plain yogurt; sodium lower than 200mg per serving	Cream-based; sodium greater than 200mg per serving
Seafood	Healthy cooking methods (broiled, grilled, steamed, baked, poached), served with reduced- or low-fat and low-sodium cocktail sauce in 1 tsp servings, fish packed in water, canned fish with 290mg of sodium or less per serving	Unhealthy cooking methods (deep fried, brined), served in high-fat, high-sodium sauces, fish packed in oil
Soups	Made with lower sodium broth, lower sodium bouillon cubes, vegetable puree or skim milk, vegetables and meat	Made with cream or half and half, only meat; sodium exceeds 300mg per serving
Spreads	No trans-fats, light margarine, reduced- or low-fat cream cheese, spreadable fruit, jam, nut butters	Butter, cream cheese, spreadable cheese
Sweets	Fresh fruit with low-fat yogurt dip, small cookies, half or small muffins, small hard candies or dark chocolate	Large cookies, muffins
Vegetables (cooked)	Healthy cooking methods (steamed, grilled, baked), marinated in oil, vinegar and spices	Unhealthy cooking methods (fried, heavily salted), served in cream sauce or butter
Vegetables (uncooked)	Fresh cut and served with low-fat, lower sodium dressing, salsa, or hummus, canned with no salt added	Served with high-fat and high-sodium dip, canned with salt
Yogurt	Light yogurt (low-fat or low-calorie), plain unsweetened with fruit and sweetener on the side	Full-fat, high-calorie