

Jay's Portion Power Plan Foods

Here's a huge list of foods you can use to get on track, nutritionally. I've placed an asterisk (*) next to the foods that are Get-Fit-and-Full Foods—those that support good eating habits.

There's another list too, made up of mainly Gulp-and-Gain Foods. Those are the foods you want to cut back on, way back, because they make you eat too fast. Plus, they make you gain weight.

Try to eat three servings a day of the foods from the six food categories we talked about in Key 5. Watch your portions too!

HEALTHY CHOICES

Power Proteins

Fish and Shellfish

- * Bass, baked or broiled
- * Bluefish, baked or broiled
- Clams:
 - Canned, drained
 - * Steamed
- * Cod, baked or broiled

Crab:

- Canned, drained
- * Cooked
- Imitation (from surimi)
- * Flounder, baked or broiled
- * Grouper, baked or broiled
- * Haddock, baked or broiled
- * Halibut, baked or broiled

* Lobster meat, cooked with moist heat

* Ocean perch, baked or broiled

Oysters:

Raw

* Cooked

* Pollock, baked or broiled

Salmon:

* Baked, broiled, or grilled

Canned

Smoked

Sardines:

Canned in mustard or other nonfat sauce

* Scallops, steamed or broiled

* Shrimp, steamed, boiled, or grilled

* Swordfish, baked, broiled, or grilled

* Trout, baked or broiled

Tuna, light or white:

* Cooked

Canned, water-packed

Poultry (all baked or roasted)

Chicken:

* Chicken breast, without skin

Canned, boneless

Chicken, ground lean

* Cornish game hen, skin removed

* Turkey

Turkey breast, without skin

Turkey breast, barbecued or hickory-smoked

Turkey, ground lean

Turkey sausage, lean

Meats

* Beef (all cuts grilled or broiled):

Beef ground, extra lean or lean

Eye of the round

Round tip

Sirloin

Tenderloin

Top loin

Top round

* Lamb (all cuts grilled or broiled):

Chop, lean

Rib, lean

Shoulder, lean

* Pork (all cuts grilled or broiled):

Chop, lean

Roast, lean

* Veal (all cuts grilled or broiled):

Rib, lean

* *Eggs*

Whole

Whites

Egg substitute, liquid

Lunch Meats

Bologna, light (turkey)

Ham, reduced-fat

Reduced-fat or non-fat sandwich meats

Plant Proteins

* Beans (such as kidney, garbanzo, pinto, white, black)

* Soy burgers or hot dogs

Tempeh

* Textured vegetable protein (soy burgers)

Tofu

Lean Dairy Foods

Cheese, reduced-fat or non-fat:

Brick

- Cheddar
 Cheddar, shredded
 Feta
 Mozzarella
 Parmesan, reduced-fat or low-fat
 Ricotta, part-skim milk
 Velveeta processed cheese spread,
 low-fat
- Cottage cheese:*
 Low-fat 2%
 Low-fat 1%
- Ice milk:*
 Fat-free, sugar-free
- Milk:*
 1% low-fat milk
 2% low-fat milk
 Buttermilk, reduced-fat
 Non-fat dry milk, reconstituted
 with water
 Skim milk
 Soy milk
- Yogurt:*
 Low-fat, plain, sugar-free
 Non-fat, plain, sugar-free
- Fit Fruits**
- * Apples:
 Dried
 Raw
 Applesauce, unsweetened
- Apricots:
 * Dried halves
 Juice-packed
- * Raw
 Water-packed
- Bananas, raw
- Blackberries:
 Frozen, unsweetened
 * Raw
- Blueberries:
 Frozen, unsweetened
 * Raw
- Cherries:
 Water-packed
 * Raw
- * Cranberries, dried
- * Figs, dried
- Fruit cocktail:
 Juice-packed
 Water-packed
- Grapefruit:
 Canned sections, juice-packed
 * Raw
- * Grapes, raw
- * Kiwi fruit, raw
- * Lemon, raw
- * Lime, raw
- * Mangoes, raw
- * Melon, raw:
 Cantaloupe
 Casaba
 Honeydew
- * Nectarines, raw
- Oranges:
 Canned sections, juice-packed
 * Raw
- * Papaya, raw
- Peaches:
 * Dried
 Frozen, unsweetened

Juice-packed
 * Raw
 Water-packed

Pears:
 * Dried halves
 Juice-packed
 * Raw
 Water-packed

Pineapple:
 * Fresh chunks, prepared from
 raw fruit
 Juice-packed, crushed, chunks,
 tidbits
 Juice-packed, slices

Plums:
 Juice-packed
 * Raw

Prunes:
 * Dried
 Stewed, unsweetened
 * Raisins, 1 packet or 2 tablespoons

Raspberries:
 Frozen, unsweetened
 * Raw

Strawberries:
 Frozen, unsweetened
 * Raw

* Tangelo, raw
 * Tangerines, raw
 * Watermelon:
 Diced
 Piece

Fruit Juices
 Acerola juice
 Apple juice, unsweetened
 Cranberry juice cocktail, low-calorie

Grape juice (purple or Concord),
 unsweetened
 Grapefruit juice, fresh or unsweetened
 Orange juice, fresh or unsweetened
 Pineapple juice, unsweetened
 Prune juice, unsweetened

Non-Starchy Vegetables

* Alfalfa sprouts
 * Artichokes, boiled
 * Artichoke hearts, cooked from
 frozen
 * Arugula, raw, chopped

Asparagus:
 Canned spears
 Cooked from fresh
 Cooked from frozen

* Bamboo shoots, canned, drained
 slices

Beans:
 Snap beans, yellow, canned
 * Snap beans, yellow, cooked from
 fresh
 * Snap beans, yellow, cooked from
 frozen
 String beans, canned
 * String beans, cooked from
 fresh
 * String beans, cooked from
 frozen

Bean Sprouts:
 Canned, drained
 * Raw

Beets:
 Canned
 * Beets, cooked from fresh
 * Beet greens, cooked

* Broccoli, steamed

Broccoli:

* Cooked from fresh

* Cooked from frozen

* Raw

Brussels sprouts:

* Cooked from fresh

* Cooked from frozen

* Cabbage, common varieties:

Cooked, drained

Raw, shredded, or chopped

Carrots:

Canned, sliced and drained

* Cooked, from fresh

* Cooked from frozen

* Raw

Carrot juice, canned

Cauliflower:

* Cooked from fresh

* Cooked from frozen

* Raw

* Celery, raw

Collards:

* Cooked from fresh

* Cooked from frozen

* Cucumber slices

* Eggplant, cooked

* Endive, fresh, chopped

* Escarole, chopped

Kale:

* Cooked from fresh

* Cooked from frozen

* Leeks, cooked, chopped

* Lettuce, all varieties, raw

Mixed vegetables:

Cooked from canned

* Cooked from frozen

Mushrooms:

* Canned, drained

* Cooked from fresh

* Raw, sliced

Mustard greens:

* Cooked from fresh

* Cooked from frozen

Okra:

* Cooked from fresh pods

* Cooked from frozen slices

Onions:

* Pearl, cooked

* Raw, chopped

* Raw, sliced

* Spring/green

Parsley:

* Raw, chopped

* Parsnips, sliced, cooked

Peas

Green, canned, cooked

* Green, cooked from frozen

Peas and carrots:

Canned

* Cooked from frozen

Peppers, hot, all varieties:

Canned

* Raw

* Peppers, sweet, green, red,

yellow

Cooked

Raw

* Rutabaga, cooked cubes

Sauerkraut, canned or bottled

* Shallots, raw, chopped

Spinach:

Canned, drained

* Cooked from fresh

- * Cooked from frozen
- * Raw, chopped
- * Squash, summer varieties, cooked
- * Succotash, cooked from frozen
- Tomatoes:
 - Canned
 - * Cooked from raw
 - * Raw, chopped
 - * Raw, whole, medium
- Tomato juice, canned
- Tomato products, canned
 - Paste
 - Puree
 - Sauce
- * Turnips, cubes, cooked from fresh
- Turnip greens:
 - * Cooked from fresh
 - * Cooked from frozen, chopped
- Vegetable juice cocktail, canned
- Vegetables, mixed
 - Canned, drained
 - * Frozen, cooked, drained
- * Water chestnuts, canned, slices or whole
- * Watercress, fresh, chopped
- Zucchini
 - * Raw
 - * Cooked from fresh

Natural Carbs

Breads and Bread Products

Bagels:

- Oat bran
- Whole wheat
- Crackers, whole wheat and low-fat varieties
- Melba toast

Breads:

- Cracked wheat
- High-fiber (Branola)
- Mixed grain
- Oatmeal
- Pita pocket, whole wheat
- Pumpernickel
- Raisin, enriched
- Rye, light or dark
- Whole wheat
- English muffin, whole wheat
- Muffins:
 - Bran, small
 - Whole wheat, small
- Rolls, whole wheat
- Tortillas, corn or flour

Cooked Cereals

- Corn grits (hominy), enriched:
 - Regular and quick, prepared
 - Instant
- Cream of wheat:
 - Regular, quick, or instant
- Farina cereal, cooked
- Malt-O-Meal
- Oat bran, cooked
- Oatmeal

Breakfast Cereals

- * All Bran
- * All Bran with extra fiber
- * Bran Buds
- Bran Chex
- Corn Bran
- Corn Chex
- Fortified Oat Flakes
- 40% Bran Flakes
- Fruit & Fibre

Fruitful Bran
 Granola, low-fat
 Grape-Nuts
 Mueslix
 100% Bran
 Product 19
 Raisin Bran
 Rice Chex
 Rice, puffed
 Shredded Wheat
 Special K
 Total
 Wheat, puffed
 Wheat Chex

Grains

* Amaranth
 * Barley, pearl, cooked
 * Bulgur wheat
 * Couscous
 * Millet
 * Quinoa

Pasta:

Spinach
 Whole wheat

Rice:

* Brown
 * Wild rice

Wheat bran, raw

Wheat germ:

Toasted
 Raw

Starchy Vegetables

Beans:

Black beans
 Black-eyed peas

Chickpeas (garbanzos)
 Great Northern beans
 Kidney beans
 Lentils
 Lima beans
 Navy beans
 Pinto beans
 Soybeans
 Split green peas
 Corn
 Potatoes, baked or boiled
 Pumpkin
 Squash, winter varieties, cooked
 Sweet potatoes, baked

Healthy Fats

Oils:

Canola oil
 Flaxseed oil
 Margarine, trans-free
 Olive oil
 Peanut oil
 Safflower oil
 Sesame oil
 Sunflower seed oil
 Vegetable oils

Salad dressings:

Blue cheese, reduced-fat or non-fat
 Blue cheese, regular
 Caesar's, reduced-fat or non-fat
 Caesar's, regular
 French, reduced-fat or non-fat
 French, regular
 Italian, reduced-fat or non-fat
 Italian, regular
 Ranch, reduced fat or nonfat

Ranch, regular
 Russian, reduced-fat or non-fat
 Russian, regular
 1000 Island, reduced-fat or non-fat
 1000 Island, regular
 Vinegar and oil, reduced-fat
 Vinegar and oil, regular
 Mayonnaise, regular or reduced-fat
 Salad dressing, mayonnaise type,
 regular or reduced-fat
 Nuts and Seeds:
 * Almonds, in shell
 * Brazil nuts, in shell
 * Peanut butter, reduced-fat
 * Peanuts, in shell
 * Pecans, in shell
 * Pistachios, in shell
 * Sunflower seeds, in shell
 * Walnuts, in shell

OTHER HEALTHY CHOICES

Beverages

Club soda
 Diet sodas
 Fruit beverages, sugar-free
 Lemonade, sugar-free
 Water, bottled

Meal Replacements

Beverages (230 calories or below
 when mixed with fat-free milk)
 Bars (210 calories or below)

*Soups

Beef broth or bouillon
 Chicken broth or bouillon
 Chicken noodle

Chicken rice
 Minestrone
 Onion
 Tomato
 Tomato vegetable
 Vegetable beef
 Vegetarian vegetable

GULP-AND-GAIN FOODS TO LIMIT OR AVOID

Beverages

Alcoholic:

Beer
 Hard liquors
 Liqueurs
 Wine

Carbonated:

All sweetened soft drinks
 Fruit drinks and punches, sweetened

Breads and Baked Goods

Biscuits
 Bread sticks
 Brownies
 Cakes, all varieties:
 Coffee cake
 Fruitcake
 Cookies, all varieties
 Croissants
 Danish pastry
 Desserts:
 Apple crisp
 Fruit cobblers
 Donuts
 English muffins, plain
 Pancakes
 Pies, all varieties

Rolls and buns, made with white flour
 Taco and tortillas, fried
 Toaster pastries
 Waffles
 White bread

Dairy

Cheese, full-fat:
 Blue
 Brick
 Brie
 Camembert
 Cheddar
 Gorgonzola
 Gouda
 Monterey Jack
 Mozzarella
 Muenster
 Parmesan
 Provolone
 Ricotta, whole-milk
 Romano
 Cottage cheese, full-fat varieties
 Cream, sweet:
 Half and half
 Heavy whipping cream
 Light, coffee or table
 Light whipping cream
 Whipped cream
 Cream, sour
 Cream products, imitation dairy:
 Coffee whitener
 Dessert topping
 Dips
 Milk:
 Chocolate milk
 Eggnog

Evaporated, whole
 Malted milk
 Milkshakes
 Sweetened condensed
 Whole milk

Milk desserts:

Custard, based
 Frozen dessert bars
 Ice cream, full-fat
 Ice cream, soft-serve
 Puddings
 Yogurt, full-fat, sweetened
 Yogurt, frozen

Eggs

Eggs fried in margarine or butter

Fast Foods

Bacon cheeseburgers
 Burritos, all varieties
 Cheeseburgers
 Croissant sandwiches
 Double cheeseburgers or
 hamburgers
 Fish fillet sandwiches
 Fish sandwiches
 French fries
 Fried chicken pieces
 Fried chicken sandwiches
 Ham and cheese sandwiches
 Hot dogs
 Onion rings
 Pizza
 Sausage or bacon sandwiches on
 biscuits or muffins
 Turkey club

Fats and Oils

Butter
Margarine
Vegetable shortening

Fish and Shellfish

Fried fish and shellfish
Fried fish products, such as fish sticks

Fruit Juice

Apple juice, sweetened
Cranberry juice cocktail, sweetened
Grape juice (purple or Concord), sweetened
Grapefruit juice, sweetened
Orange juice, sweetened
Pineapple juice, sweetened
Prune juice, sweetened

Fruits

Applesauce, sweetened
Apricots, canned in syrup
Blackberries, sweetened
Blueberries, sweetened
Fruit cocktail, canned in syrup
Peaches, canned in syrup
Pears, canned in syrup
Pineapple, canned in syrup
Plums, canned in syrup
Prunes, in syrup
Raspberries, sweetened

Grain Products

White pastas and noodles
White rice

Gravies

Gravy:
Canned, any variety
From mix, any variety

Lunch Meats

Bologna
Bratwurst
Brown-and-serve sausage links
Corned beef
Ham lunch meat
Hot dogs
Kielbasa
Knockwurst
Olive loaf
Pepperoni
Polish sausage
Pork sausage
Smoked link sausage
Vienna sausage

Meats

Beef, high-fat cuts:
Choice chuck blade
Ground beef
Prime rib
Pork:
Bacon
Canadian-style bacon
Sausage
Variety meats (liver, brains, tongue, heart), panfried
Veal:
Cutlets, breaded and fried

Mixed Dishes

Microwavable dinners and entrees, all varieties

Poultry

Chicken patty, breaded and fried
Fried chicken
Turkey and gravy, frozen package
Turkey patty, breaded and fried

Snack Foods

Bagel chips
Cheese puffs
Corn chips
Crackers
Popcorn in vegetable oil
Potato chips
Pretzels

Soups

Any creamy-style soup

Sweeteners and Sweets

Apple butter
Butterscotch topping
Caramel topping
Candy, all varieties
Fruit Roll-Ups

Gelatin desserts, with sugar

Honey
Jams and jellies
Marshmallows
Marshmallow creme topping
Popsicles
Sugars, all varieties
Syrups, all varieties

Vegetables

Corn, cream-style
Potatoes:
 Au gratin potatoes
 French fries
 Hash browns
 Mashed potatoes
 Potato puffs
 Scalloped potatoes
Spinach soufflé
Sweet potatoes:
 Candied
 Canned
Vegetables packaged or canned
 in sauces