

THE BEST OF

Food Item	Gold Choice Award: Choose often	Silver Choice Award: Choose sometimes **	Bronze Choice Award: Choose rarely
Bread	Whole wheat and whole grain breads, whole wheat bagels, English muffins, tortillas, oatmeal, and pitas	Breads and cereals made with enriched flour	Baked goods such as sweet rolls and croissants
Cereal/Grains	Whole grain and high fiber cereal (Kashi) [hot or cold], Brown Rice, Whole Wheat Pasta	White rice, regular pasta, egg noodles, and rice noodles	Prepared from commercial mixes or with cream, butter, or cheese sauce
Crackers	Low-fat, whole grain and high fiber crackers	Rice Cakes	Crackers with more than 3 grams of fat per serving
Fruits	Fresh, frozen or canned in those canned in their own juice	100% fruit juice and dried fruits	Fruit drinks, or sweetened canned fruits
Vegetables	Fresh or frozen	Canned, vegetable juices, tomato juice, avocado, and olives	Pickled vegetables, canned vegetables, deep fried vegetables (French fries), and vegetables prepared with a lot of butter or cream sauce
Milk, yogurt, and cottage cheese	1% milk fat or less SKIM***	2% milk fat	Whole or greater than 3.25% milk fat
Cheese	Reduced fat and low-fat cheeses	Cheese made with 2% milk	Regular Cheese
Meat	Trimmed, lean cuts of beef, pork, lamb, or veal; Laura's Lean ground beef	Lean Ham	Organ meats, fatty or heavily marbled cuts of beef, pork, veal and lamb; bacon; ribs; processed meats
Poultry	Skinless turkey and chicken	Lean turkey or chicken breast lunch meats; Ground turkey	Fried chicken, poultry skin, duck, goose
Fish & Shellfish	Fresh or Frozen and grilled, baked, or steamed	Canned fish or imitation crab	Salted, smoked or pickled, canned in oil, fried
Eggs	Egg whites, egg substitutes	Whole eggs	
Legumes	Any frozen, dried, or canned beans, peas, or lentils		Prepared in high fat sauces, with lard and sugar, or fried
Peanut and nut butters	Natural nut butters	Regular peanut butter	
Soy products	Tofu and Soybean based products		Deep fried soy products

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Canola Oil Safflower Oil Sunflower Corn Oil Olive Oil Soybean Oil Sesame Oil Vegetable Oil Avocado Olives Nuts and seeds Fish Oil Fish Oil Supplements Homemade dressings made with these oils	Peanut oil Non-hydrogenated soft margarine Low-fat dressings Low-fat mayonnaise Light cream cheese Light sour cream	Lard Butter Shortening Coconut oil Tropical oils Palm oil Palm kernel oil Regular sour cream Regular cream cheese Commercial dips Creamy salad dressings Cream Bacon Gravy Sauces

LEANEST CUTS OF MEAT

Poultry	Fish	Beef	Veal	Pork	Lamb
White meat of chicken and turkey	Cod Flounder Haddock Lobster Scallop Snapper Shrimp Perch Sole Flounder Crab	Round (eye and top) Sirloin Chuck Loin Filet Extra lean hamburger (96%)	All trimmed cuts except ground	Tenderloin Lean ham	Leg Loin