

# SHARE Study: Breakfast Suggestions

Each breakfast menu below contains **200-300 calories**. Make your food choices from the lists that follow. Foods marked with an asterisk (\*) are good sources of fiber.

## Menu 1

- Cold or hot cereal (1 serving)
- Milk (4 ounces)
- Fruit juice (4 ounces) or fruit (1 serving)



## Menu 2

- Bread (2 servings)
- Jam, jelly, fat-free cream cheese, or low-calorie margarine (2 servings)
- Fruit juice (4 ounces) or fruit (1 serving)

## Menu 3

- Egg substitute (1 serving)
- Bread (1 serving)
- Jam, jelly, fat-free cream cheese, or low-calorie margarine (1 serving)
- Fruit juice (4 ounces) or fruit (1 serving)

## Menu 4

- Nonfat fruit yogurt (any brand with 100-120 calories and 0 grams fat/serving)
- Bread (1 serving)
- Jam, jelly, fat-free cream cheese, or low-calorie margarine (1 serving)
- Fruit juice (4 ounces) or fruit (1 serving)

## Other

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Food	Amount	Calories	Fat (g)
<b>Cereal</b>			
* Bran Flakes	¾ cup	100	0
*Cheerios (plain)	1 cup	110	0
Corn flakes	1 cup	100	0
*Oatmeal, cooked, no fat added, unsweetened	1.2 cup ckd or 1 pkg instant (plain)	100	2
*Raisin Bran	½ cup	95	1
*Shredded Wheat, Spoon Size	½ cup	85	1
Special K	1 cup	110	0
<b>Milk, Yogurt</b>			
Skim milk	4 oz	43	0
1% milk	4 oz	51	2
Nonfat yogurt with aspartame (any brand with 100-120 calories and 0 gram fat per serving)	6-8 oz	100-120	0
<b>Bread</b>			
*Whole wheat toast	1 slice	70	1
White toast	1 slice	70	1
English muffin	½	67	1
Small bagel (check label) (Note: This is a <i>small</i> Lender's Bagel. Many bagels contain more than 300 calories.)	1.2	80	1
Diet bread	2 slices	80	0

Food	Amount	Calories	Fat (g)
<b>Egg substitute</b>			
Fleischmann's Egg Beaters	½ cup	38	0
Egg Whites	3 large	42	0
<b>Fruit Juice</b>			
Orange juice, unsweetened	4 oz	56	0
Grapefruit juice, unsweetened	4 oz	47	0
Apple juice, unsweetened	4 oz	58	0
<b>Fruit</b>			
*Banana, 8" long	½ fruit	48	0
*Orange, fresh, 2 5/8" diam	1 each	62	0
*Grapefruit, 4" diam	½ fruit	47	0
*Strawberries, fresh	1 cup	46	0
*Raisins, dried	2 Tsp	58	0
*Grapes, all kinds	½ cup	57	0
*Pear, fresh, 2 ½" diam	1 each	98	1
<b>Jam, jelly, fat-free cream cheese, reduced-fat margarine</b>			
Jam or jelly, regular (any flavor)	2 tsp	32	0
Jam or jelly, all fruit, no added sugar (any flavor)	2 tsp	27	0
Cream cheese, fat-free	2 Tbsp	30	0
Margarine, low-calorie	2 tsp	34	4

# SHARE Study: Lunch Menu Suggestions

Each lunch menu below contains **300-400 calories**. Make your food choices from the lists that follow. Foods marked with an asterisk (\*) are good sources of fiber.

## Menu 1

Salad (see Free Food list)  
Salad dressing, low-calorie or fat-free (1 serving)

Chicken, turkey, salmon, tuna, or ham (1 serving)  
Bread (2 servings)  
Condiment (1 serving)  
Fruit (1 serving)

## Menu 2

Salad (see Free Food list)  
Chicken, turkey, salmon, tuna, or ham (1 serving)  
Condiment or fat-free or reduced-fat salad dressing (1 serving)  
Bread (1 serving)  
Fruit (1 serving)



## Menu 3 (Vegetarian Option)

Salad (see Free Food list)  
Salad dressing, low-calorie or fat-free (1 serving)  
Beans, cottage cheese, tofu, or hummus (1 serving)  
Bread (1 serving)  
Fruit (1 serving)

## Menu 4

Salad (see Free Food list)  
Salad dressing, low-calorie or fat-free (1 serving)  
Low-calorie frozen entree (≤300 calories and ≤10 grams fat)  
Fruit (1 serving)

## Other

Food	Amount	Calories	Fat (g)
<b>Chicken, turkey, salmon, tuna, or ham</b>			
Tuna, canned in water, drained	3 oz	99	1
Salmon, canned in water, drained	3 oz	118	5
Turkey breast, processed luncheon meat, oven-roasted	3 oz	90	3
Chicken breast, processed luncheon meat, oven-roasted	3 oz	90	3
Ham, processed luncheon meat, sliced or chipped	3 oz	90	5
<b>Vegetarian meat alternative</b>			
Cottage cheese, 1% milk fat	½ cup	82	1
*Hummus (chick pea dip), plain	2 Tbsp	79	4
Tofu, regular, no fat added	½ cup	94	6
*Beans and peas, dried, no fat added	½ cup ckd	129	1
*Chickpeas (garbanzos)	½ cup ckd	134	2
<b>Bread</b>			
Pita or pocket bread, white, 7" diam	½ pita	96	1
Small bagel (check label) (Note: This is a <i>small</i> Lender's Bagel. Many bagels contain more than 300 calories)	½	80	1
*Whole wheat bread	1 slice	70	1
White bread	1 slice	70	1
Crackers, reduced-fat or fat free (check label)	6	100	0-3

Food	Amount	Calories	Fat (g)
Bread stick, 5" long	1	64	1
Rice, white, *wide, or *brown	½ cup ckd	105	1
<b>Fruit</b>			
*Apple, 2 ¾" diam	1 each	81	0
*Orange, fresh, 2 5/8" diam	1 each	62	0
*Peach, fresh, 2 ½" diam, or canned in water	1 each	37	1
*Pear, fresh, 2 ½" diam, or canned in water	1 each	98	1
*Pineapple, fresh or canned in juice	½ cup	38	0
*Banana, 8" long	½ fruit	48	0
<b>Condiment, salad dressing</b>			
Mayonnaise, low-calorie	1 Tbsp	49	5
Mayonnaise, fat-free	1 Tbsp	12	0
Salad dressing, fat-free (check label)	1 Tbsp	16	0
Salad dressing, low-calorie	1 Tbsp	43	1-3
Mustard (check the label of honey mustards for fat grams)	2 Tbsp	24	1
<b>Frozen entrees or dinners, low-calorie</b>			

Choose any with = 300 calories and = 10 grams of fat.

# SHARE Study: Dinner Menu Suggestions

Each dinner menu below contains **500-600 calories**. Make your food choices from the lists that follow. Foods marked with an asterisk (\*) are good sources of fiber.

## Menu 1

- Salad (see Free Food list)
- Salad dressing, low-calorie or fat-free (1 serving)
- Fish or poultry, cooked without fat, skin removed (1 serving)
- Pasta, potato, or rice (1 serving)
- Vegetable (1 serving)
- Margarine, low-calorie (1 serving)
- Fruit (1 serving)

## Menu 2

- Salad (see Free Food list)
- Salad dressing, low-calorie or fat-free (1 serving)
- Low-calorie frozen entree (≤300 calories, ≤10 grams fat)
- Vegetable (1 serving)
- Margarine, low-calorie (1 serving)
- Fruit (1 serving)



## Menu 3 (Vegetarian)

- Salad (see Free Food list)
- Salad dressing, low-calorie or fat-free (1 serving)
- Beans, cottage cheese, tofu, or hummus (1 serving)
- Rice (2 servings) or 1 serving of pasta or potato
- Vegetable (1 serving)
- Margarine, low-calorie (1 serving)
- Fruit (1 serving)

## Other

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Food	Amount	Calories	Fat (g)
<b>Fish or poultry, cooked without fat</b>			
Fish, fresh or frozen, no fat or breading	3 oz	90	1
Turkey, ground, lean (breast only)	3 oz	160	8
Turkey, light meat, skin removed	3 oz	140	3
Chicken, white meat, skin removed	3 oz	141	3
<b>Vegetarian meat alternatives</b>			
Cottage cheese, 1% milk fat	½ cup	82	1
*Hummus (chick pea dip), plain	2 Tbsp	79	4
Tofu, regular, no fat added	½ cup	94	6
*Beans and peas, dried, no fat added	½ cup ckd	129	1
*Chickpeas (garbanzos)	½ cup ckd	134	2
<b>Pasta, potato, or rice</b>			
Pasta, white or *whole wheat, plain	1 cup ckd	197	1
Rice, white, *wild, or *brown	½ cup ckd	105	1
Potato, mashed, made with skim milk and no fat added	1 cup	156	0
Potato, boiled without skin	Medium	220	0
*Sweet potato or yam, baked in skin	½ cup	131	0
<b>Vegetables</b>			
*Broccoli, cooked	1 cup ckd	52	0
*Brussels sprouts, cooked	1 cup ckd	66	0
*Cabbage, red or green, cooked	1 cup ckd	32	0
*Carrots, cooked	1 cup ckd	70	0

Food	Amount	Calorie	Fat (g)
*Cauliflower, cooker	1 cup ckd	34	0
*Corn, whole kernel, cooked	½ cup ckd	66	0
*Green beans, cooked	1 cup ckd	38	0
*Peas, green, cooked	½ cup ckd	62	0
*Peas, snow, cooked	1 cup ckd	50	0
*Peppers, bell, cooked	1 cup ckd (chopped)	38	0
*Spinach, cooked	1 cup ckd	54	0
*Squash, summer, cooked	½ cup ckd	44	0
*Squash, acorn, butternut, or rhubarb	½ cup ckg	50	0
Marinara sauce, jarred (any with = 100 calories and = 2 grams of fat per cup)	1 cup	100	2
<b>Fruit</b>			
*Apple, 2 ¾" diam	1 each	81	0
*Orange, fresh, 2 5/8" diam	1 each	62	0
*Peach, fresh, 2 ½" diam, or canned (water)	1 each	37	0
*Pear, fresh, 2 ½" diam or canned (water)	1 each	98	1
*Pineapple, fresh or canned in juice	½ cup	38	0
*Banana, 8" long	½ fruit	48	0
<b>Margarine or salad dressing, low-calorie, reduced-fat or fat-free</b>			
Salad dressing, fat-free	1 Tbsp	16	0
Salad dressing, low-calorie	1 Tbsp	43	1-3
Margarine, low-calorie	2 tsp	34	4
<b>Frozen entrees or dinners, low-calorie</b>			
Choose any with = 300 calories and = 10 grams of fat.			

# SHARE Study: Snack Suggestions



The snacks below contain **50-200 calories**. Make choices that keep you under your daily calorie and fat goals. Foods marked with an asterisk (\*) are good sources of fiber.

Food	Amount	Calories	Fat (g)	Food	Amount	Calories	Fat (g)
<b>Fruit</b>				<b>Other</b>			
*Apple, 2 3/4" diam	1 each	81	0				
*Orange, fresh 2 5/8" diam	1 each	62	0				
*Peach, fresh, 2 1/2" diam	1 each	37	0				
*Pear, fresh, 2 1/2" diam, or canned (water)	1 each	98	1				
*Pineapple, fresh or canned in juice	1/2 cup	38	0				
*Banana, 8" long	1/2 fruit	48	0				
<b>Milk and dairy products</b>							
Cottage cheese, 1% milk fat	1/2 cup	82	1				
Skim milk	4 oz	43	0				
1% milk	4 oz	51	2				
Nonfat yogurt with aspartame (any brand with 100-120 calories and 0 gram fat per serving)	6-8 oz	100-120	0				
<b>Fruit juice</b>							
Orange juice, unsweetened	4 oz	56	0				
Grapefruit juice, unsweetened	4 oz	47	0				
Apple juice, unsweetened	4 oz	58	0				
Pineapple juice, unsweetened	4 oz	70	0				
<b>Snack foods</b>							
*Popcorn, air-popped, plain	2 cups popped	61	0				
*Popcorn, microwave, light or fat -free, popped from package, plain (check label)	2 cups popped	51	0-5				
Pretzels, hard type	1 oz	108	1				
Rice cake, standard size (check label)	2	100-120	0				
Granola bar, low-fat Quaker	1	110	2				
Crackers, reduced-fat or fat -free (check label)	6	100	0-6				
Cookies, reduced-fat or fat -free (check label)	2-4	150-200	0-6				
<b>Hot chocolate</b>							
Sugar-free hot cocoa, Carnation, mocha or rich chocolate	1 envelope	50	0-1				

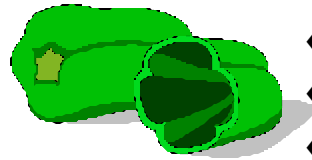
# SHARE Study Free Foods

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Remember that the following foods are virtually free of calories and fat.

## Salad greens and raw vegetables

- ◆ Cabbage
- ◆ Carrot
- ◆ Celery
- ◆ Endive
- ◆ Lettuce
- ◆ Mushrooms
- ◆ Onion
- ◆ Peppers
- ◆ Radishes
- ◆ Romaine lettuce
- ◆ Spinach
- ◆ Sprouts
- ◆ Summer squash
- ◆ Tomato
- ◆ Zucchini



- ◆ Tonic water (sugar free)

## Condiments

- ◆ Artificial butter flavorings (e.g., Butter Buds)
- ◆ Catsup (1 Tablespoon)
- ◆ Horseradish
- ◆ Hot sauce
- ◆ Mustard (check label)
- ◆ Picante sauce
- ◆ Pickles (dill, unsweetened)
- ◆ Taco sauce
- ◆ Vinegar

## Sweet substitutes

- ◆ Candy, hard, sugar free
- ◆ Gelatin, sugar free
- ◆ Gum, sugar free
- ◆ Sugar substitutes (e.g., saccharine, aspartame)

## Drinks

- ◆ Bouillon or broth without fat
- ◆ Bouillon without fat (low sodium)
- ◆ Carbonated drinks (sugar free)
- ◆ Carbonated water (sugar free)
- ◆ Coffee, tea (Use only low-fat or nonfat creamers, skim milk, or 1% milk in coffee or tea. Adjust milk or yogurt servings.)
- ◆ Drink mixes (sugar free)

## Miscellaneous

- ◆ Herbs
- ◆ Lemon juice
- ◆ Nonstick pan spray
- ◆ Soy sauce
- ◆ Spices
- ◆ Worcestershire sauce