

Acceptable Foods List Proteins

Better Choices (Under 70 cal/oz.)

Boneless, skinless white meat chicken or turkey breast. (30-40 cal/oz.)
Pork Tenderloin (40-50 cal/oz.)
Lean Ham (30-40 cal/oz.)
Wild Alaskan Salmon (50-60 cal/oz.)
Wild Alaskan Rockfish (25-30 cal/oz.)
Cod and other whitefish (25-40 cal/oz.)
Most other fish—Check your MFP app.
Eggs (70 cal/medium egg)
Egg Whites--liquid (20 cal/serving)
Veggie Burgers (read the label)
Fish Burgers (read the label)
Turkey Burgers (read the label)
Beef Tenderloin, Sirloin, Flank Steak, Skirt Steak (50-70 cal./oz.)

Avoid These (More than 70 cal/oz.)

Dark poultry meat & any poultry skin
Bacon
Sausage
Pork Ribs
Beef Ribs
Ground Beef
Most other cuts of beef—Check your MFP app before eating.
Salami and most other processed cold cuts—Read the labels to check portion sizes and calorie content.

Vegetables

Anything goes, and at 10-15 cal/oz. you should eat as many as possible—Just don't slather them in oil. Spray the oil sparingly and record the quantity. Better yet, simply season the vegetables after steaming or boiling.

Fruit

Most fruit is fine, but stick to 1-2 servings/day. Check your MFP app for calories and weigh the portion you are eating.

Starches & Grains

Better Choices

Beans of any type (black beans, pinto beans, red beans, kidney beans, garbanzo beans, etc.). Beans are the most nutritionally balanced food on the planet. They are very low in fat and contain a perfect mixture of protein, carbohydrates, and fiber. And they don't need cooking oil of any type to taste great! Simply add the spices of your choice.
Quinoa, Couscous & Lentils are almost nutritionally identical to beans.

Acceptable Choices

Any of the choices below are acceptable in limited quantities. As always, don't cook or slather with a lot of oil, butter or fatty garnish.

Whole-grain Bread of any type (Wheat, Rye, Pumpernickel, etc.)

Pasta

Noodles

Brown Rice

Whole-grain crackers

Tortillas & Tortilla Chips

Potatoes

Cereals & Granolas (watch out for sugar content—read the label. Pay attention to portion sizes too--It's very easy to eat 300-500 calories of granola, particularly when it contains sugar.)

Dairy

Better Choices

Non-fat Greek Yogurt

Cottage Cheese

Goat Cheese

Feta Cheese

Low-fat Mozzarella

Any other low-fat cheese (read the label)

Unsweetened Almond Milk—My top choice at only 30 cal/8-oz. serving. (Yes, I know almond milk isn't technically "dairy" but you would be using it like a dairy product, so I've included it here.)

Lesser Choices

Most Cheeses contain more than 80 cal/oz. because they are mostly fat.

Skim Milk (80 cal/8-oz. serving)

Unsweetened Soy Milk & Rice Milk (100-130 cal/8-oz. serving.)

Fats (limit as much as possible)

Avocado (55 cal/oz.)—Weigh your portions!

Nuts of any type (150-200 cal/oz.!)

Peanut Butter or other nut butters (180-220 cal/2 tbsp. serving)

Vegetable Oils such as Olive, Canola, Coconut, Flaxseed, etc. (110 cal/tbsp.)

Butter (100 cal/tbsp.)

I can't stress this enough because fat is so calorically dense at 9 cal/gram. When using vegetable oil for anything, use a spray oil or a mister to apply it to the food or the cooking pan. A 5-second spray is only about 40 calories of oil versus 200-300 calories when randomly pouring a few tablespoons on the food or into the pan. You will still get plenty of healthy fat in your diet from fish and lean protein while limiting excessive fat calories.

Snacks

Acceptable Choices

Yogurt & fruit, Granola Bars, Protein Bars, Chips & Salsa in small quantities. But be sure to read the label for calorie content and check MFP to make sure any snacks won't take you over your daily calorie target.

Avoid

Potato Chips, Cheetos, Doritos, Cheez-Its, and most packaged munchie snacks. It's just too easy to eat 500 calories without even noticing.

Condiments, Spices & Dips

Better Choices (Almost calorie free)

Mustard
Horseradish
Salsa
Most hot sauces
Any type of dried spice
Tomato Ketchup (20 cal/tbsp.)

Avoid (High Fat or High Sugar)

Mayonnaise
BBQ sauce (read the labels—They vary widely, and some are OK. Better yet, make your own from ingredients with little fat or sugar!)
Hummus
Jams, Jellies, Peanut Butter, Honey (60 cal/tbsp.), etc. and anything with sugar.
A variety of other sauces and dips which contain large amounts of fat or sugar—Read the labels and stick to those that are as low-cal as possible. Measure your portions carefully.

How Named Diets Work for Weight Loss

Diet Name	Short Description	How it Works
Low Carb	Eat fewer carbs and more foods rich in protein and fats	By creating a caloric deficit
Ketogenic	Eat almost no carbs, some protein and mostly fats	By creating a caloric deficit
Low Fat	Avoid foods high in fats and eat mostly protein and carbs	By creating a caloric deficit
Intermittent Fasting	Restrict your eating period to only a few hours every day	By creating a caloric deficit
Weight Watchers	Points based system to help with portion control	By creating a caloric deficit
Paleo	Eat only minimally-processed "paleolithic" foods	By creating a caloric deficit