



THE “HAVE” AND “HAVE NOT” NUTRITIONAL CHOICES

ADAPTED FROM: *THE WAY YOU EAT* (SOURCEBOOKS)
BY DAVID L. KATZ, MD, MPH AND MAURA HARRIGAN GONZÁLES

For Nutritious:	Be Sure to Have:	And Avoid:
<i>Breakfasts</i>	<ul style="list-style-type: none"> Whole-grain breads Whole-grain cereals Skim milk All-fruit preserves Fresh fruit 100% fruit juice Nutritious pancake mix Nonfat powdered milk 	<ul style="list-style-type: none"> Sugary, low-fiber cereals; Cereals with added fats Whole milk; cream/nondairy cream Bacon, sausage Toaster pastries or breakfast bars Muffins
<i>Lunches</i>	<ul style="list-style-type: none"> Whole-grain breads Nutritious soups or stews Tuna packed in water Sliced turkey breast Bean salads Fresh fruit Fresh vegetables (e.g., lettuce, tomato, baby carrots) 	<ul style="list-style-type: none"> Deli meats Mayonnaise Butter Cheese
<i>Dinner</i>	<ul style="list-style-type: none"> Cooking grains Assorted vegetables Fresh or frozen fish Skinless poultry Beans (e.g., Lentils) 	<ul style="list-style-type: none"> Chopped meat Fatty meats Cream Sauces

For Nutritious:	Be Sure to Have:	And Avoid:
<i>Salty Snacks</i>	<ul style="list-style-type: none"> Baked corn chips Baked potato chips Whole-grain crackers Dry roasted nuts and seeds Baked pretzels Air-popped popcorn 	<ul style="list-style-type: none"> Fried chips Nuts with added oil Crackers with added oi
<i>Sweet Snacks</i>	<ul style="list-style-type: none"> Fresh fruit Dried fruit Low-fat granola bars Trail mix 	<ul style="list-style-type: none"> Candy bars High-fat granola bars Puddings Muffins
<i>Desserts</i>	<ul style="list-style-type: none"> Sorbet Nonfat frozen yogurt Fruit cookies 	<ul style="list-style-type: none"> High-fat cakes, cookies Ice cream
<i>Beverages</i>	<ul style="list-style-type: none"> Water Soda Skim milk 100% fruit juice Green tea Mineral water 	<ul style="list-style-type: none"> Soda Juice drinks/cocktails with added sugar Whole milk