

1300 Calories Low Glycemic (all day)



Johnny Shelby

Category	Food	Qty	Measure
Beans, Lentils	Beans, baked, canned, plain or vegetarian	0.50	1 cup
	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.25	1 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	1 cup
	Hummus, home prepared	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	3.00	1 oz
	Refried beans, canned (includes USDA commodity)	0.50	1 cup
	Soy milk, fluid	1.00	1 cup
Beverages	Tea, brewed, prepared with tap water, decaffeinated	15.00	1 cup (8 fl oz)
	Vegetable juice - V8, no salt	6.00	fluid ounce(s)
Breads and baked goods	Bread, pumpernickel	3.00	1 slice, regular
	Bread, pumpernickel, toasted	1.00	1 slice (5" x 4" x 3/8")
	Cake, sponge, commercially prepared	2.00	1 piece (1/12 of 16 oz cake)
	Pita - wheat	1.50	each
Carb. Snack Foods (Healthy)	Apple - medium with peel	1.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	3.00	0.5 cup (1 NLEA serving)
	Cereals, oats, instant, fortified, plain, prepared with water	1.25	1 cup, cooked
Dairy	Cheddar, mild shredded, KRAFT Lite Naturals	0.75	ounce(s)
	Cheese, mozzarella, part skim milk	1.00	1 oz
	Cream Cheese, Light, Philli brand	0.75	ounce(s)
	Egg, whole, cooked, hard-boiled	0.50	1 cup, chopped
	Egg, whole, cooked, hard-boiled	1.00	1 large
	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	1.00	2 tablespoon
	Milk - skim, no fat	4.75	cup
	Non-fat yogurt-artificially sweetened	4.50	cup
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	7.75	table spoon
Fats & Oils	Margarine, soft, soybean (hydrogenate and regular), without salt	1.00	1 teaspoon
	Olive oil - pure	1.25	table spoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.50	2 tablespoon
	Salad dressing, KRAFT Mayo Light Mayonnaise	2.50	1 tablespoon
Fibrous Carbohydrates (Healthy)	Celery - raw stalk trimmed	7.00	each
	Green beans - string boiled & drained	3.00	ounce(s)
	Salad - lrg. garden w/tomato & onion	1.00	large
	Tortilla 99% fat free, whole wheat, flour	1.00	each
Finfish and Shellfish	Fish, tuna salad	0.50	1 cup
Fruits & Fruit Juices	Applesauce, canned, unsweetened, with added ascorbic acid	0.50	1 cup
	Apricots, dehydrated (low-moisture), sulfured, stewed	0.75	1 cup

	Apricots, dried, sulfured, stewed, without added sugar	0.50	1 cup, halves
	Blueberries, raw	0.50	1 cup
	Cherries, sweet, raw	1.00	1 cup, without pits
	Grapefruit - pink or red 4" diam.	1.00	each
	Grapefruit juice, white, canned, unsweetened	1.75	1 cup
	Grapes - American	10.00	each
	Peaches, raw	1.00	1 cup, slices
	Pear -medium w/peel	1.00	each
	Plum - fresh, 2.25" diam	1.00	each
	Plums, raw	1.00	1 fruit (2-1/8" dia)
	Strawberries, raw	2.50	1 cup, halves
	Tangerine - fresh peeled	8.00	ounce(s)
Jams/ Spreads/Sauces/ Syrups	BBQ - Thick n' Spicy, KRAFT	1.00	table spoon
	Relish - pickle	0.50	table spoon
	Salsa - Chunky medium, Pace	2.00	table spoon
	Spaghetti sauce - Ragu, 'Thick & Hearty'	0.50	cup
Misc. Meats	Pork - broiled, chopped, trimmed,center loin	3.00	ounce(s)
	Sirloin Top - fat trimmed off	3.00	ounce(s)
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	1.25	cup
Nuts & Seeds	Nuts, almonds	4.00	1 almond
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.00	cup
Proteins (Healthy)	Chicken Breast / White Meat	9.00	ounce(s)
	Egg Beaters - Fleischmann's	0.50	cup
	Halibut - broiled	4.00	ounce(s)
	Kraft American Cheese 2% Milk	1.00	slice
	Salmon - broiled	4.00	ounce(s)
Red Meats - Standard	Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised	1.50	3 oz
Sausages and Lunch Meats	Ham, sliced, extra lean, (approximately 5% fat)	4.00	1 slice (6-1/4" x 4" x 1/16")
	LOUIS RICH, Turkey Smoked Sausage	1.00	1 serving
Soups and Gravies	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	2.00	1 cup
Vegetables	Asparagus, cooked, boiled, drained	2.00	0.5 cup
	Broccoli, flower clusters, raw	1.00	1 cup flowerets
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.50	1 cup
	Brussels sprouts, cooked, boiled, drained, without salt	2.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Cauliflower, raw	0.50	1 cup
	Cucumber - raw, slices	1.00	cup
	Green salad w/ raw vegetables	12.00	cup
	Lima beans, immature seeds, cooked, boiled, drained, without salt	0.50	1 cup
	Mushrooms, raw	1.00	0.5 cup pieces
	Onion - chopped	1.00	table spoon
	Onions, spring or scallions (includes tops and bulb), raw	0.25	1 cup, chopped
	Pepper - sweet bell, all colors, chopped,	0.50	cup
	Spinach, cooked, boiled, drained, without salt	1.00	1 cup
	Spinach, raw	2.00	1 leaf
	tomato, diced	3.50	1/2 cup
	Yam, cooked, boiled, drained, or baked, without salt	1.50	0.5 cup, cubes

zucchini, boiled, drained

1.00

1/2 cup