Food Choices

|  | Weight Loss |  |  |  |  |  |  | Weight Gain |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Meat, Fish, Poultry, Dairy |  | Low fat dairy | White fish Shell fish |  | Poultry, Dark fish, Veggie burger, Cottage |  | Lean red meat, Hamburger Lean Ham | Fried fish, Fried chicken, Red meat, Cheese |  |  |
| Grains \& Baked Goods |  |  |  | Whole grain bread, Oatmeal | White bread, Pasta, Rice | Cereal | Muffins | Crackers | Cakes, Cookies, Pastries, Candy | Chips, Nuts |
| Beverages | Non-caloric beverages |  |  |  |  |  | Juice, Soda, Wine, Beer |  | Cream, Liquor |  |
| Condiments | Ketchup <br> Mustard |  |  | Low-cal <br> salad <br> dressing |  | Sour cream, Jelly | Cream cheese, Cream sauce, Gravy | Salad dressing |  | Mayonnaise <br> Peanut <br> butter, <br> Butter, Oil |
| Prepared <br> Foods | Waterbased soups |  |  |  | Pasta w/low fat sauces, Tomatobased soups | Baked beans | Tuna salad, Chicken salad | Pasta w/high-fat sauces, Fast food, Pizza | Fried food, Ice cream |  |
| Fruits | Fruits |  |  |  |  |  |  |  |  |  |
| Vegetables | Vegetables |  |  |  |  |  |  |  |  |  |
| Meal Replacements | MNP <br> Shakes, Soups, Bars |  |  |  |  |  |  |  |  |  |

