Food Choices

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