

## High- and Low-Calorie Food Choices

Food groups	High calorie choices	Low calorie choices
Beverages, fluids	2% or whole milk with Instant Breakfast® or other nutritional supplements added, fruit nectars and oral supplements, pasteurized eggnog, milk shakes	Skim or 1% milk, diluted fruit juices, beverages sweetened with sugar substitutes, water
Breads and cereals	Hot cereals prepared with 2% or whole milk with margarine and/or sugar added; granola and other dried cereals with dried fruits; potatoes, rice, and pasta with added margarine, vegetable oil, or cheese	Hot cereals prepared with skim or 1% milk; cereals without nuts or fruits; potatoes, rice, and pasta with no margarine added or light margarine
Fats	All oils, butter, regular margarine, mayonnaise, bacon, avocado, regular salad dressings, cream cheese, sour cream	Light margarines, light or no-fat salad dressings, reduced or no fat cream cheese and sour cream
Fruits	Fruit canned in heavy syrup, dried fruits	Fresh fruits, fruits canned in light syrup
Meat and other protein-rich foods	Fried beef, pork, poultry or fish; meats covered in cream sauces or gravy; add dry milk powder to milk, soups, sauces, and casseroles	Lean cuts of beef and pork; baked or roasted beef, pork, poultry, or fish; boiled eggs
Milk and milk products	2% or whole milk, full-fat yogurt, ice cream	Skim or 1% milk, non-fat yogurt
Potato, rice, pasta	Add margarine, cheese, sour cream, vegetable oil	Add low fat or no fat condiments such as salt, pepper, small amount of parmesan cheese, parsley, and other herbs
Soups	Cream and meat based soups	Broth, vegetable based soups
Sweeteners	Sugar, brown sugar, maple syrup, or honey	Non-calorie sweeteners
Vegetables	Prepare with added margarine, cream cheese, cheese, or vegetable oil (fried)	Raw, steamed or boiled without added fat or sauces

Adapted from: American Dietetic Association, 2000, Manual of Clinical Dietetics, Sixth Edition, Chicago, IL (pgs. 720-721) and Johnson, M.A and Fischer, J.G. 2004, Eating and Appetite: Common Problems & Practical Remedies, Generations, 28(3): 11-17.