

Fruits

Apples
Applesauce-no sugar
Blackberries
Blueberries
Cherries
Grapefruit
Grapefruit juice
Grapes
Lemons
Limes
Nectarines
Oranges
Peaches
Pears
Plums
Raspberries
Strawberries
Tangerines

Melons
Honey dew

Vegetables

Asparagus
Broccoli
Cabbage
Cauliflower
Celery
Chinese Vegetables
Cucumber
Garlic
Green Beans
Green Chilies
Green Peppers
Leeks
Lettuce
Mushrooms
Radishes
Red peppers
Sauerkraut
Scallions
Snow Peas
Spinach
Squash
Sweet potatoes
Tomato
Tomato juice
Water chestnuts
Zucchini

Seeds & Nuts

(unsalted, untoasted)
*Almonds
*Brazil Nuts
*Cashews
*Filberts
*Pecans
*Pumpkin Seeds
*Sunflower Seeds
*Walnuts

Grains

Steel Cut Oats
Whole Grain Barley
Whole Grain Rye
Wh. Grain Rye crackers

Beans & Legumes

Baked Beans
Black-eyed peas
Chick Peas
Dried Peas
Kidney beans
Lentils
Lima beans
Navy beans
*Peanuts (dry roasted)

Chinese Food

(no rice or carrots)
Beef/Gr. Peppers
Beef/Snow Peas
Chicken w/vegetables
Egg Drop Soup
Hot/Sour Soup
Pepper Steak
Steamed Fish

Dairy

Buttermilk
Hot Cocoa-sugar free
*Ice Cream
Milk
Skim milk
Yogurt
low fat, no sugar added
Yogurt – frozen
low fat, no NutraSweet

Miscellaneous

Diet Drinks
no NutraSweet
Popsicles – sugar free
Salad Dressing
no fat/sugar