

<b>Food Group</b>	<b>Foods Allowed</b>	<b>Foods to Avoid</b>
	Decaffeinated coffee and tea. Sugar free beverages, water drinks without sugar, water	Caffeinated coffee or tea. Beverages made with sugar, corn syrup, or honey. Fruit juices and fruit drinks. Carbonated drinks.
<b>Starches/Grains</b> <b>8 – 12 servings daily</b>	complex carbohydrates low in fiber less than 3 grams or high in soluble fiber (such as: white bread, oatmeal, quinoa, rice low fiber cereals, potatoes, white rice, and pasta). High soluble fiber	Sweet rolls, donuts, pastries and cakes. Sugary and dried fruit cereals. Whole wheat, rye, pumpernickel brown rice and whole grains. High in insoluble fiber
<b>Meat and Other Protein Foods</b> <b>Limit red meat to 12 ounces weekly</b>	Tender, well-cooked meats, poultry, and fish. Egg whites (whole eggs if tolerated). Soy foods prepared without added fat. Smooth peanut butter allowed if tolerable of fats. Chick peas, English peas, lentils, and Powdered peanut butter (PB2)	Fried meat, poultry, or fish. Luncheon meats (i.e. bologna or salami). Sausage, hot dogs, bacon. Tough or chewy meats. Black eyed peas (i.e. Black, pinto or kidney beans). Whole and Cream Corn, Seeds or nuts.
<b>Fats</b> <b>1 – 3 tsp per meal</b>	A small to moderate amount of fat as tolerated olive oil, light butter, reduced fat butter spreads, low fat margarine, low fat cream cheese. Use butter flavored seasoning powder.	High amounts fat such as fried foods, avocados, olives, butter, vegetable oils fried foods, regular cream cheese.
<b>Fruits</b> <b>3 to 6 servings daily</b>	Canned in fruit juice, if light syrup drained. Soft Fresh fruit without the peel. Diluted fruit juice with water	Canned fruit in sugar or syrup. Fruit juice. Dried fruits including prunes and raisins.
<b>Vegetables</b> <b>3 to 6 servings daily</b>	Fresh, frozen or canned vegetables cooked to a soft consistency.	Raw vegetables (unless finely chopped).
<b>Milk or Milk Foods</b> <b>2- 3 servings daily</b>	Milk (buttermilk, skim, 1% fat, and soy milk with no added sugar). Rice milk, almond milk no sugar added Plain yogurt with no added sugar. Lactose free products. Low fat American cheese. Low-fat sugar free ice cream.	Whole milk , chocolate milk, half and half regular ice cream, or creamers, high fat cheeses
<b>Miscellaneous</b>	Any allowed foods made with artificial sweeteners including: saccharin (Sweet 'N Low), aspartame (Equal, NutraSweet), sucralose (Splenda), and acesulfame potassium (Sunette, SweetOne), Stevia. Seasoning without hot spices, fresh herbs such as: basil, rosemary, oregano, chives, cinnamon, nutmeg, allspice, curry, lemon rind, dill, tarragon,	Sugar, honey, syrup, jelly. Any sugar alcohol (such as: sorbitol, isomalt, hydrogenated starch hydrosylat or mannitol or xylitol). Foods that list sugar, honey, syrup, xylitol, or sorbitol as one of the first three ingredients on the food label.  Hot spices such as cayenne peppers, hot sauces such as tabasco