

FOOD LISTS

From this list of foods, please circle those that you eat, or would consider eating. The purpose of this is to help us identify those foods that can be incorporated into a healthy diet, specific to your preferences. If there are other foods not on this list, ones you do eat, please add those to the list, as well.

HIGH QUALITY PROTEIN (HQP) FOODS

Seafood

Clams, Crab, Shrimp
Cod, Halibut, Red Snapper, Sole
Salmon
Tuna
Others:

Poultry

Chicken
Turkey

Meat

Beef
Lamb
Liver
Pork
Others:

Cheese

American
Cheddar
Cottage, Lowfat/Regular
Other:

Egg

Yogurt

Plain, lowfat
Flavored with fruit
Brand Preferred

Milk

Skim, liquid nonfat
Skim, powdered nonfat
1% or 2%
Buttermilk
Sweet Acidophilus
Other:

COMPLIMENTARY PROTEIN (CP) FOODS

(List Examples)

Grains and Milk Products:

Grains and Legumes:

Legumes and Seeds:

Other:

HIGH LIPID (HL) FOODS

Butter
Margarine
Diet margarine
Diet mayonnaise (imitation)
Bacon, crisp
Cream, light, 20%
 heavy, 40%
Cream cheese
Salad dressing
Mayonnaise
Oil or cooking fat
Nuts: Almonds, walnuts, peanuts,
 cashews
Peanut Butter
Olives
Sunflower seeds
Avocado
Gravy
Sour cream
Others:

HIGH ESSENTIAL FATTY ACID (HEFA) FOODS

Margarine
Mayonnaise
Oil or cooking fat
Salad dressing
Others:

HIGH COMPLEX CARBOHYDRATE (HCC) FOODS

Bread

Bagel
Biscuit
Bread (whole wheat, rye, enriched white)
Bread sticks
Bun (hot dog/hamburger)
Cornbread
Muffin (blueberry, bran, English)
Raisin bread
Roll
Stuffing
Tortilla
Other:

Cereals

Cooked - type or brand

Dry - type or brand

Wheat germ
Other:

Crackers

Graham
Matzo
Melba toast
Oyster
Pretzels
Rye-Krisp
Saltines
Swieback
Other:

Rice — brown, white

Pasta

Grits
Macaroni

HIGH COMPLEX CARBOHYDRATE (HCC) FOODS (CONTINUED)

Pasta

- Noodles
- Spaghetti
- Other:

Starchy Vegetables

- Baked beans (no pork)
- Beans and peas (dried, cooked) (lima, navy, split peas, pinto, cowpeas)
- Corn
- Mixed vegetables
- Parsnips
- Potatoes (white, baked, boiled, mashed)
- Squash (winter, acorn, butternut)
- Other:

Other:

Soup

- Creamed, bean, chowder, lentil, pea, potato, vegetable

Popcorn

Other

- French toast
- Potato or corn chips
- Pancake
- Waffle

VEGETABLES

- Asparagus
- Bean Sprouts
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chicory
- Cucumbers
- Escarole
- Eggplant
- Lettuce
- Mushrooms
- Okra
- Onions
- Radishes
- Rhubarb
- Rutabaga
- Sauerkraut
- String Beans, young
- Summer Squash
- Tomatoes
- Tomato juice

VEGETABLES (Continued)

- Turnips
- Vegetable juice cocktail
- Zucchini
- Other(s):

Greens

- Beet
- Chard
- Collard
- Dandelion
- Kale
- Mustard
- Spinach
- Turnip
- Other(s)

FRUIT

- Apple
- Apple juice
- Applesauce
- Apricots, fresh, dried
- Banana
- Berries: Raspberry, black, blue
- Berries: Strawberries
- Cantaloupe
- Cherries
- Dates
- Figs, fresh, dried
- Grapefruit
- Grapefruit juice
- Grapes
- Grape juice
- Honeydew melon
- Mango
- Nectarine
- Orange
- Orange juice
- Papaya
- Pear
- Pineapple
- Pineapple juice
- Plums
- Prune juice
- Raisins
- Tangerine
- Watermelon
- Other(s)

HIGH SUGAR (HS) FOODS

List any candy, soft drinks containing sugar or other high sugar foods you eat. Include binge (B) and purged (P) foods.

FAST FOODS

List any "fast foods" you eat (i.e. McDonald's milkshake; Burger King hamburgers, etc.) Include binge (B) and purged (P) foods.