



**Lean Meat,
Fish, Poultry
and Meat
Alternatives Group**



Eat more of this:

- Baked, broiled or roasted lean meats, poultry and fish
- Egg whites
- Low fat cooked beans and peas
- Low fat peanut butter
- Small amount of nuts

Eat less of this:

- Avoid all fried meats, poultry, and eggs
- High fat cooked beans
- Sugar glazed or candied meats
- Candy coated nuts



**Other Foods
Group**



Eat more of this:

- Sugarless drinks and gum
- Diet sodas and drinks
- Sugar free jello and syrups

Eat less of this:

- Gum, candy, jello, syrups
- Frostings
- Regular soft drinks and alcohol



This booklet is not intended as a substitute for professional medical care.

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Snacking Guide



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When you are hungry, you are likely to grab the first “*munchie*” in sight.

The trick is to have the right snacking foods handy. Snacks can give you an energy boost to help fuel your body between meals. Avoid those hurried snacks, like candy or cookies, which bring quick relief to hunger pangs but don't contribute to good nutrition or weight control.

FOOD GROUPS

Milk Group



Eat more of this:

- Low fat or skim milk
- Low fat or nonfat cheese
- Low fat yogurt
- Low fat cottage cheese
- Low fat or nonfat ice cream
- Low fat or nonfat frozen yogurt

Eat less of this:

- Chocolate milk and milk drinks
- Ice cream and sherbet
- Sweet fruit yogurts
- Sweet puddings



Fruit Group



Eat more of this:

- All fresh fruits
- Unsweetened canned or frozen
- Small amounts of dried fruits
- Fruits canned in their own juice
- Low sugar or sugar free jellies

Eat less of this:

- Fruits packed in syrups
- Sweetened canned fruits
- Sweetened juices
- Sweetened powdered drinks
- Regular jellies and jams
- Candied dried fruits



Vegetable Group

Eat more of this:

- All fresh vegetables
- Vegetables that are steamed
- Canned vegetable juices



Eat less of this:

- Sugar glazed or candied
- Potatoes
- Deep fat or pan fried



Bread, Cereal and Other Grains Group

Eat more of this:

- Whole grain breads, cereals
- Crackers (low fat)
- Air popped popcorn
- Pasta and rice without extra butter or heavy cream sauces
- Low fat muffins and biscuits
- Fat free chips (small amounts)

Eat less of this:

- Cookies, Pies, Cakes
- Doughnuts or pastries
- Chips and dips
- Regular muffins or biscuits
- Fried dough products

