

Fruit List (2 servings per day)	
1 small to medium sized:	½ cup of:
Apple	Blackberries
Apricot	Blueberries
Banana	Cantaloupe Melon, cubed
Kiwi	Grapefruit, cut-up
Orange	Honeydew Melon, cubed
Peach	Pineapple
Pear	Raspberries
Plum	Strawberries
Tangerine	

Fat-Free or Low-Fat Dairy Servings List (2 servings per day)	
1 cup of any:	
Skim milk	1.5 oz hard cheese
1% low-fat milk	2 oz processed cheese (i.e., American)
2% low-fat milk	⅓ cup shredded cheese
Soy milk	½ cup low-fat ricotta cheese
Almond milk	½ cup feta cheese
Low-fat yogurt (preferably Greek-style)	
Low-fat cottage cheese	

Grain/Starch Servings (1 or 2 per day depending on your activity and body type)	
2 slices of whole grain bread	¾ cup mashed potato (white, sweet, yams)
1 bun (hamburger, hotdog roll, Kaiser roll, etc.)	1 cup corn or peas
1 English muffin	1 cup beans, cooked (lima, baked, black, kidney, etc.)
½ med (4 oz) bagel	1 medium baked potato, sweet or yam
1 of 6" pita bread	¾ cup cooked rice
¾ cup spaghetti or pasta	1 cup hot cereal
4-6 crackers (low carb)	1 cup unsweetened cereal

Your food intake will vary with your physical activity, gender and body type. You can continue to use the Daily Food Diary on the CFF Website to continue to monitor your daily food intake. Your coach can also provide you with many success tips.