

Foods in Column A

These are high fat, high glycemic foods often associated with being overweight even in active people.

Foods in Column B

These are moderate fat, moderately high glycemic foods often associated with being overweight in inactive people.

Foods in Column C

These are low fat, low glycemic foods usually not associated with being overweight in inactive people, unless the person is eating large portions. Foods consumed from this column make up the **Slow Starch Diet**.

BREAKFAST	A	B	C
In this row I eat mostly from column: A, B, C	Regular bacon, Sausage Eggs Potato and Egg Chorizo, Carne Guisada	Turkey bacon Reduced yolk omelet Bean and Cheese Taco	Canadian bacon Egg Substitute (no fat) Plain Bean Taco
In this row I eat mostly from column: A, B, C	Cheese Cream/cottage cheese Whole milk Yogurt/Sour cream	Low fat cheese Low fat cream/cottage cheese 2% Milk Low fat yogurt/Sour cream	Non-fat cheese Non-fat cream/cottage cheese 1% or Skim milk Non-fat Yogurt, sugar free Soy Protein products
In this row I eat mostly from column: A, B, C	Instant oatmeal Multi-bran Chex Smacks Crispix Corn Chex Raisin Bran Rice Krispies Team Flakes Corn Flakes	Quick cook oatmeal Grape-Nuts Golden Grahams Muesli, toasted Corn Bran, Quaker Crunchy Cheerios Puffed Wheat Life, Quaker Bran Flakes Shredded Wheat, spoon size Muesli, natural Cream of Wheat, instant Frosted Flakes Special K Cream of Wheat, old fashion Couscous, cooked	Old-Fashioned oatmeal Kashi Go Lean Millet, cooked Barley, pearled, boiled Bulgur, cooked All Bran with extra fiber Buckwheat, groats, cooked Oat Bran, Quaker
In this row I eat mostly from column: A, B, C	Flour tortillas Biscuits Bagels Kaiser Roll Pita bread Melba Toast Baguettes, Croissants Pan Dulce Doughnuts English Muffins Pancakes/Waffles Granola White Bread	Whole wheat tortilla Whole wheat bread Dark rye, black bread	100% Stone ground, whole wheat bread Pumpernickel bread Rye bread Corn tortilla Whole Wheat, Low Carb Tortilla, (La Tortilla Factory) Sourdough Bread
In this row I eat mostly from column: A, B, C	Banana Fruit in syrup Dried fruit Cantaloupe Melons Mango Raisins	Marmalade Fruit Cocktail, natural juice Strawberry jam Simply Fruit Spread	Grapefruit, raw Orange, navel Strawberries All other berries Peach, fresh Cherries Plums Apricots, fresh Kiwi Grapes Pineapple, fresh Apple Pear Papaya
In this row I eat mostly from column: A, B, C	Sweetened soft drinks Pineapple juice Orange juice Cranberry juice cocktail	Apple juice Grapefruit juice	Milk Soymilk Tomato Juice/V8 juice
A, B, C	Butter Margarine	Smart Balance Low Fat Margarine	Molly McButter Fat Free Margarine

LUNCH / DINNER	A	B	C
<p>In this row I eat mostly from column:</p> <p>A, B, C</p>	<p>Hamburger Brisket, Chuck Roast Barbecue, spareribs Cheeseburger Bacon cheeseburger Hot dogs, corn dogs Bologna/ Salami Ham, chopped, canned Bacon Pork Chops Chitterlings, pork Salt Pork, pork sausage Chorizo Sausage, Italian, Polish Vienna sausage Corned beef Pastrami, beef Fried chicken Fried shrimp, fish Fried oysters</p>	<p>Hamburger, extra lean Brisket, point half, braised Bottom round Chuck roast, choice, fat trimmed, braised Steak , Flank, Porterhouse Beef Fajitas, lean Ground turkey, dark meat Baked dark chicken/turkey Turkey Pastrami Ham Pork Chops, center loin Lebanon Bologna Sautéed shrimp/fish Catfish, farmed Salmon Crab cakes Deviled Crab Cakes (Mrs. Paul's)</p>	<p>Ground round, trimmed of all fat Top round Round steak, canned roast beef Chicken Fajitas Ground turkey, white meat Baked chicken/turkey breast Turkey ham Lean ham Canadian bacon Roasted chicken Pork Tenderloin Grilled fish or shrimp Catfish, wild Baked Crab Baked Cod, flounder, haddock, Halibut, trout, red snapper. Tuna* (fresh or water packed)</p>
<p>In this row I eat mostly from column:</p> <p>A, B, C</p>	<p>Enchilada Pita Bread Baguettes Croissants Doughnuts English Muffins Pancakes/Waffles White bread Rice, short grain</p>	<p>Whole wheat bread Dark rye, black bread Flour tortilla Uncle Ben's Converted Rice Brown rice</p>	<p>100% Stone ground Whole wheat bread Pumpnickel bread Rye bread Corn tortilla Whole wheat low carb. Tortilla, (La Tortilla Factory) Sourdough bread</p>
<p>In this row I eat mostly from column:</p> <p>A, B, C</p>	<p>Spaghetti Lasagna Pizza Gnocchi Linguine, fettuccine Macaroni and cheese</p>	<p>Ravioli Tortellini Vermicelli</p>	<p>None</p>
<p>In this row I eat mostly from column:</p> <p>A, B, C</p>	<p>Sweetened soft drinks Pineapple juice Orange juice Sweetened tea</p>	<p>Apple juice Grapefruit juice</p>	<p>Milk Soymilk Diet Soft Drinks Vegetable juice cocktail Unsweetened tea</p>
<p>In this row I eat mostly from column:</p> <p>A, B, C</p>	<p>A Banana Fruit in syrup Any dried fruit Raisins Cantaloupe Melons Mango French Fries Baked Potato Mashed Potatoes Yams</p>	<p>B Avocado Corn Parsnips Italian Green Beans Black beans Pinto beans</p>	<p>C Grapefruit, raw All berries Peach, fresh Cherries Plums Apricots, fresh Kiwi Orange, navel Grapes Pineapple, fresh Apple Pear Papaya</p>

LUNCH/DINNER	A	B	C
			Asparagus Beans, green, Bean sprouts Broccoli, Brussels sprouts Cabbage, Carrots, Cauliflower Celery, Cucumber Eggplant Endive, Escarole Greens, all kinds: chard, collard, kale, mustard, spinach Lettuce, Green Pepper Mushrooms, Okra Parsley, Pimiento Radish, Beets Romaine, Sauerkraut Squash, summer Tomatoes Navy Beans, Kidney beans, (red) Peas, Pumpkin Lentils, Butter beans, Lima beans Chickpeas, Black-eyed peas
A, B, C	Regular Salad dressing	Light Salad dressing	No-Fat Salad dressing
In this row I eat mostly from column: A, B, C	Split pea Black bean soup	Tomato soup	Lentil soup
SNACKS	A	B	C
In this row I eat mostly from column: A, B, C	Vanilla wafers Graham crackers Pretzels	Stone wheat thins Rice cakes Whole grain crisp bread	Sugar free oatmeal cookies Social Tea biscuits Milk arrowroot cracker
A, B, C	Potato, baked or fried	Corn, fried (tortilla chips)	Corn, baked (Guiltless Gourmet)
In this row I eat mostly from column: A, B, C	Ice cream Cakes, Pies, Muffins Donuts, Candy, Trail mix, Granola bars, Dried fruit Puddings, Cobbler	Low fat ice cream	No fat, no sugar added, ice cream Yogurt, no fat, with fruit, and artificial sweetener No fat or air popped Pop Corn Baked apple with cinnamon