Jenny’s Grocery List

Use this guide to incorporate your favorite foods into your menu!

NONSTARCHY VEGETABLES

Approximately 25 calories, 5 g carbohydrate and 2 g protein per serving. Nonstarchy vegetables without added fat are Free (see FREE FOODS list), so it’s okay to eat extras, but be sure to get at least three servings per day. Starchy vegetables (corn, peas, potatoes, winter squash, yams) can be found under STARCHES.

- Raw vegetables/garden salad ....................... (1 cup)
- Cooked vegetables ........................................ (1/2 cup)
- Vegetable juice ........................................ (1/2 cup/4 oz)

FRUITS

Approximately 60 calories and 15 g carbohydrate per serving

Fresh fruit....... (In general , 1 small or 1/2 large piece)
- Apple .................................................. (1 small)
- Apricots .................................................. (4)
- Banana .................................................. (1/2 large)
- Blackberries ........................................... (3/4 cup)
- Blueberries ............................................ (3/4 cup)
- Cantaloupe ........................................... (1 cup cubed)
- Cherries .................................................. (12)
- Grapefruit ............................................. (1/2 large)
- Grapes ................................................... (1 cup)
- Honeydew melon ................................. (1 cup cubed)
- Kiwi ....................................................... (1)
- Mango .................................................... (1/2 small or 1/2 cup)
- Nectarine .................................................. (1 small)
- Orange ..................................................... (1 small)
- Papaya ................................................. (1/2 fruit or 1 cup cubed)
- Peach ..................................................... (1 medium)
- Pear ....................................................... (1/2 large)
- Pineapple .............................................. (3/4 cup)
- Plums ....................................................... (2 small)
- Raspberries ........................................... (1 cup)
- Strawberries .......................................... (1 cup sliced)
FRUITS

Tangerines ............................................ (2 small)
Watermelon .................................... (1 1/4 cups cubed)
Canned fruit ....................................... (1/2 cup)

Dried fruit:
Apples ................................................... (4 rings)
Apricots .................................................. (8 halves)
Cherries, cranberries, raisins ............... (2 Tbls)
Figs .......................................................... (1 1/2)
Prunes ..................................................... (3)

Fruit juice:
Apple, grapefruit, orange, pineapple ...... (1/2 cup)
Fruit juice blend, grape, prune .............. (1/3 cup)

MEATS AND MEAT SUBSTITUTES

Lean Meats = 1 Meat

Approximately 45 calories, 7 g protein and ≤ 3 g fat per serving. For less saturated fat and cholesterol, choose lean meats more often.

Beans and lentils ............... (1/2 cup = 1 meat, 1 starch)
Beef, Select or Choice grades trimmed of fat .... (1 oz)
  Ground round
  Roast (chuck, rib, rump)
  Round
  Sirloin
  Steak (cubed, flank, porterhouse, T-bone)
  Tenderloin
Cheese, fat-free or low-fat... (1 oz, 1/4 cup shredded, or 1 1/4 inch cube)
  String cheese, light............................ 1 item
Cottage cheese, fat-free or low-fat .......... (1/4 cup)
Deli meats .............................................. (1 oz)
Edamame (soy beans) (1/2 cup = 1 meat, 1/2 starch)
Egg whites ............................................ (2)
Egg substitute ................................. (1/4 cup)
Fish, fresh or frozen ......................... (1 oz)
Game (buffalo, ostrich, rabbit, venison) ....... (1 oz)
Ground meats .............................. (1 oz)
  Beef, ≥ 90% lean
  Chicken
  Turkey, ≥ 93% lean
MEATS AND MEAT SUBSTITUTES CONT.

Hot dog, fat-free or low-fat......................(1 small/1 oz)
Jerky (turkey, pork or beef).......................(1 oz)
Lamb (chop, leg, roast).............................(1 oz)
Pork (chop, ham, tenderloin).....................(1 oz)
Poultry, skinless........................................(1 oz)
Shellfish ..................................................(1 oz)
Tofu, light.............................................(1/2 cup/4 oz)
Tuna, canned in water..............................(1/4 cup/1 oz)
Turkey bacon, extra lean.........................(3 slices)
Veggie burger, frozen patty ..... (1 patty/3 oz = 2 meat, 1 starch)

Medium/High Fat Meats = 1 Meat + 1 Fat
Approximately 75-100 calories, 7 g protein and > 3 g fat per serving. Choose less often to avoid high intakes of saturated fat.

Bacon, pork.............................................(2 slices)
Beef.......................................................(1 oz)
   Corned beef
   Meatloaf
   Prime grades trimmed of fat (prime rib)
   Short ribs
Cheese, regular...................... (1 oz, 1/4 cup shredded or 1 1/4 inch cube)
   Parmesan cheese.................................(1/4 cup)
Egg.........................................................(1 large)
Fish, fried .............................................(1 oz)
Ground meats........................................(1 oz)
   Beef, ≤ 85% lean
   Turkey, ≤ 85% lean
Hot dog.............................................(1 small hot dog/1 oz)
Lamb (rib roast, ground) .........................(1 oz)
Pepperoni .............................................(1/2 oz, 2-3 slices)
Pork (cutlet, ground, shoulder roast, spareribs). ..(1 oz)
Poultry, with skin or fried .......................(1 oz)
Sausage ...............................................(1 oz)
Tofu....................................................(1/2 cup/4 oz)
Turkey bacon.......................................(3 slices)
MILKS

**Nonfat/Low-fat/1% Milks = 1 Milk**
Approximately 100 calories, 12 g carbohydrate, 8 g protein and ≤ 3 g fat per serving.
- Buttermilk, fat-free or low-fat ....................... (1 cup/8 oz)
- Chocolate milk, fat-free or 1% (1 cup = 1 milk, 1 starch)
- Milk, fat-free or 1% ................................. (1 cup/8 oz)
- Soy milk, light ........................................ (1 1/2 cups/12 oz)
- Yogurt, fat-free or low-fat, light ................. (2/3 cup/6 oz)
  - Greek yogurt, fat-free .......................... (6 oz = 1 milk, 1/2 meat)

**Higher Fat Milks (Reduced-fat/2%/Whole) = 1 Milk + 1 Fat**
Approximately 120-160 calories, 12 g carbohydrate, 8 g protein and ≥ 3 g fat per serving.
- Buttermilk, 2% or whole ............................... (1 cup/8 oz)
- Chocolate milk, 2% or whole ....................... (1 cup = 1 milk, 1 fat, 1 starch)
- Milk, 2% or whole .................................... (1 cup/8 oz)
- Soy milk, regular ...................................... (1 1/2 cups/12 oz)
- Yogurt, 2% or whole ................................. (2/3 cup/6 oz)

**For almond milk, coconut milk beverage and rice milk, see STARCHES.**
**If you are lactose intolerant, you may substitute 1 Milk serving for 2 Lean Meat servings. If doing so regularly, be sure to add a daily calcium supplement.**

FATS

Approximately 45 calories and 5 g fat per serving.
**Mono- and Polyunsaturated (Choose more often for heart health).**
- Avocado ................................................. (1/8 or 2 Tbls)
- Margarine, soft, regular .............................. (1 tsp)
  - reduced-fat/light .................................... (1 Tbl)
- Mayonnaise, regular ................................. (1 tsp)
  - reduced-fat/light ................................. (1 Tbl)

Nuts:
- Almonds ............................................... (6 nuts)
- Cashews ............................................... (6 nuts)
- Peanuts ............................................... (10 nuts)
- Walnuts .............................................. (4 halves)
### FATS CONT.

Oil (canola, corn, cottonseed, flaxseed, grape seed, olive, peanut, safflower, soybean, sunflower) ........... (1 tsp)

Oil-based dressing, regular ........................... (1 Tbl)
  low-fat/light ........................................... (2 Tbls)

Olives .................................................................... (8)

Peanut butter & other nut butters ........... (1 1/2 tsps)

Seeds .................................................................. (1 Tbl)

**Saturated (Choose less often).**

Butter, regular .................................................. (1 tsp)
  reduced-fat/light ........................................... (1 Tbl)

Cream cheese, regular ................................. (1 Tbl)
  reduced-fat/light ........................................... (1 1/2 Tbls)

Creamy salad dressing, regular ............... (1 Tbl)
  low-fat/light ................................................. (2 Tbls)

Oil (coconut, palm, palm kernel) ............... (1 tsp)

Sour cream, regular ........................................ (2 Tbls)
  reduced-fat/light ........................................... (3 Tbls)

### STARCHES

**Lower-fat Starches = 1 Starch**

Approximately 80 calories, 15 g carbohydrate, ≤ 3 g protein and ≤ 1 g fat per serving.

Almond milk:

  - flavored ........................................... (1 cup = 1 starch, 1/2 fat)
  - regular/original ............................... (1 cup = 1/2 starch, 1/2 fat)

Animal crackers ..................................................... (8)

Bagel, large ..................................................... (1/4 item or 1 oz)

Barley, cooked ................................................ (1 1/3 cup)

Beans and lentils ............................................. (1/2 cup = 1 meat + 1 starch)

Bread .............................................................. (1 slice/1 oz)

Candy, hard ..................................................... (3 pieces)

Cereal, unsweetened (3/4 cup cold or 1/2 cup cooked) (15-20)

Chips, low-fat, baked ...................................... (15-20)

Coconut milk beverage, regular... (1 cup = 1/2 starch, ......................................................... 1 fat)

Couscous .......................................................... (1/3 cup)

Crackers, saltine, wheat (fat-free or low-fat) ...... (6)

English muffin .................................................. (1/2)

Frozen yogurt, fat-free .................................... (1/3 cup)
Graham crackers........................................ (3 squares)
Granola, low-fat ........................................ (1/4 cup)
Oatmeal, cooked ........................................ (1/2 cup)
Oyster crackers ............................................ (20)
Pancake, 4 inches across, 1/4 inch thick ............. (1)
Pasta, cooked ............................................. (1/3 cup)
Pasta sauce/marinara, low-fat .......................... (1/2 cup)
Pita, 6 inches across ..................................... (1/2)
Popcorn, low-fat/air-popped ............................. (3 cups)
Potato, baked or boiled ................................ (1/2 cup or 1/2 medium)
Pudding, regular ........................................... (1/4 cup)
Quinoa, cooked ........................................... (1/3 cup)
Rice, white or brown, cooked ......................... (1/3 cup)
Rice cakes, 4 inches across ............................. (2)
Rice milk:
- flavored, fat-free or low-fat ............. (1/2 cup = 1 starch)
- plain, fat-free or low-fat ................. (1 cup = 1 starch)
Roll, plain, small .................................... (1 item/1 oz)
Soup, tomato, split-pea, broth-based or low-fat cream-based ............................... (1 cup/8 oz)
Starchy vegetables, cooked
- Corn, peas, potatoes, yams ............... (1/2 cup)
- Pumpkin, water chestnuts, winter squash (acorn, butternut)............................... (1 cup)
- Tortilla, corn or flour, 6 inches across .... (1)
Wild rice, cooked ..................................... (1/2 cup)

**Higher-fat Starches = 1 Starch + 1 Fat**

*Approximately 125 calories, 15 g carbohydrate, ≤ 3 g protein and ≤ 3 g fat per serving.*

Biscuit................................................... (2 1/2 inches across)
Brownie, unfrosted................................. (1 1/4 inch square/1 oz)
Cake, unfrosted...................................... (2 inch square/2 oz)
Chips, regular ....................................... (9-13)
Cookies .................................................... (2 small)
Corn bread.............................................. (2-inch square)
Crackers, butter type ............................. (6)
Cupcake, frosted .................................... (1/2 small/1 oz)
Granola, regular ..................................... (1/4 cup)
Hummus ............................................. (1/3 cup = 1 starch, 1/2 meat, 1 fat)
Ice cream, light ..................................... (1/2 cup)
STARCHES CONT.

Muffin..................................................(1/4 item/1 oz)
Pasta sauce/marinara, higher-fat.....................(1/2 cup)
Popcorn, microwave, butter flavored ..............(3 cups)
Potato, mashed ........................................(1/2 cup)
Soup, cream-based......................................(1 cup)
Stuffing, bread (prepared)..............................(1/3 cup)
Waffle...................................................(4-inch square or across)

COMBINATION & FAST FOODS

Calories vary

Burrito, beef and beans, 8 oz...........(3 starch, 3 meat, 5 fat)
Casserole-type entrée (chili, lasagna, macaroni & cheese, pasta w/meat sauce, tuna noodle),
1 cup ...........................................(2 starch, 2 meat, 2 fat)
Chicken nuggets, 6 ....................... (1 starch, 2 meat, 2 fat)
Chicken sandwich, grilled .............. (3 starch, 4 meat)
French fries, small......................... (3 starch, 3 fat)
Hamburger, small ......................... (2 starch, 1 1/2 meat, 1 fat)
Meal replacement bar, 1 1/3 oz.... (1 1/2 starch, 1 fat)
Noodles and vegetables in sauce, 1 cup ....(2 starch, 1 fat)
Orange chicken, 1 cup...........(3 starch, 3 meat, 4 fat)
Pizza:
  cheese/pepperoni, regular crust, 1/8 of a 14-inch
  ...................................................(2 1/2 starch, 1 meat, 2 fat)
  vegetarian, thin crust, 1/4 of a 12-inch
  ...................................................(2 1/2 starch, 2 meat, 2 1/2 fat)
Pie, fruit, 1/6 of an 8-inch.............. (3 starch, 2 fat)
  pumpkin or custard, 1/8 of an 8-inch
  .................................................(1 1/2 starch, 1 1/2 fat)
Sushi, California roll, 4 pieces ...... (2 starch, 1/2 meat, 1 1/2 fat)
Taco, meat and cheese, small ...........(1 starch, 1 meat, 2 fat)
**ALCOHOL**

Calories vary.

*Tip: Ask to have your cocktail made “skinny”; this is an easy way to cut back on added sugar and calories.*

Beer, regular, 12 oz ...................... (1 starch, 2 fat)
   light, 12 oz ........................... (1/2 starch, 2 fat)
Distilled spirits (vodka, rum, gin), 1 1/2 oz .......... (2 fat)
Margarita, 6 oz ........................... (1 starch, 4 fat)
Martini, 2 1/2 oz .......................... (3 1/2 fat)
Sake, 1 oz .................................. (1 fat)
Wine, 5 oz ..................................... (2 fat)
Wine spritzer (half wine/half soda water), 5 oz ... (1 fat)

*The USDA recommends limiting alcohol consumption to one drink per day for women, and two drinks per day for men. One drink is defined as 12 fl oz of regular beer, 5 fl oz of wine, or 1.5 fl oz of distilled spirits.*
FREE FOODS

Unlimited

These foods and beverages may be consumed in a moderate amount.

- **Beverages**: Carbonated or Mineral Water, Club Soda, Coffee, Diet Soda, Diet Tonic, Sugar-Free Drink Mix, Tea. Note: If you choose to decrease your caffeine intake, do so gradually.

- **Flavor Enhancers**: Bouillon/Broth (low-sodium), Extracts, Garlic, Herbs (fresh or dried), Horseradish, Hot Sauce, Ketchup, Lemon Juice, Lime Juice, Mustard, Pickles, Pimiento, Salsa, Spices, Soy Sauce (low-sodium), Vinegar, Worcestershire Sauce

- **Non-starchy Vegetables (Without Added Fat)**: Artichoke, Asparagus, Bamboo Shoots, Beans (green, wax, Italian), Bean Sprouts, Beets, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Greens (collard, kale, mustard, turnip), Hearts of Palm, Jicama, Leeks, Mushrooms, Okra, Onions, Peppers (all varieties), Radishes, Rutabaga, Salad Greens (endive, escarole, lettuce, romaine, spinach), Sauerkraut, Snap Peas, Spaghetti Squash, Squash (crookneck, spaghetti, summer, yellow, zucchini), Tomatoes/Tomato Paste/Tomato Sauce, Turnips, Vegetable Juice (low-sodium), Zucchini

- **Sweets (Sugar-free)**: Gelatin, Gum, Ice Pop, Sugar Substitute
Limited (May choose up to 3 servings/day)
≤ 35 calories per serving

- Condiments (Fat-free), 1 Tbl: Barbeque Sauce, Cream Cheese, Margarine, Mayonnaise, Non-Dairy Creamer, Salad Dressing, Sour Cream, Teriyaki Sauce
- Fruits, 1/2 cup: Cantaloupe, Grapefruit, Honeydew, Strawberries, Watermelon; 1/4 cup: All Other Varieties of Fruit (fresh, frozen or canned without added sugar)
- Ground Flaxseed, 2 tsps
- Parmesan Cheese, 1 Tbl
- Jenny’s Cuisine® Lite Table Syrup, 1 packet
- Soupitizer® Soups, count as 2 Limited Free servings
- Sweets (Low-sugar or Sugar-free): Hard Candy (2 pieces), Hot Cocoa Mix (2 Tbls), Jelly (1 Tbl), Pudding (1/4 cup), Syrup (caramel, chocolate, maple, strawberry) (2 Tbls), Whipped Topping (3 Tbls)
- Sweets (Regular): Syrup (caramel, chocolate, maple, strawberry) (1 1/2 tsps), Hard Candy (1 piece), Jelly (2 tsps), Pudding (2 Tbls), Whipped Topping (2 Tbls)