



# fit<sup>3</sup>

## Friendly Foods

### **Protein** 15-20 gr. (serving size 3 oz./size of your palm)

Chicken Breast  
Turkey Breast  
Salmon  
Lean Beef  
Tofu  
Tuna  
Pork Loin  
Cottage Cheese (1 cup low fat)  
Shellfish  
Greek Yogurt (1 cup plain)  
Egg Whites (3)  
Dairy Milk/Soy milk (8 oz. = ½ serving)



### **Fruit** about 75 cal/serving (**maximum** serving size 1 cup/fist size)

Apples  
Berries  
Watermelon  
Cantaloupe  
Oranges  
Tangerine  
Apricots  
Grapefruit  
Cherries  
Grapes  
Kiwi  
Mango  
Peach  
Nectarine  
Pear  
Pineapple  
Banana  
Papaya  
Figs  
**Unsweetened Dried Fruit** (1 oz., ¼ cup)



### **Vegetables** about 50 cal/serving (**minimum** serving size 1 cup/fist size)

Artichokes  
Asparagus  
Beets  
Broccoli  
Brussel Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Green Beans  
Mushrooms  
Onion  
Peppers  
Pumpkin  
Radishes  
Romaine  
Spinach  
Squash  
Tomatoes  
Zucchini



### **Complex Carbohydrates, Grains & Starchy Vegetables**

about 100 cal/serving (serving size ½ cup cooked)

Sweet Potatoes  
Quinoa  
Rice  
Oats – rolled or steel cut  
Potatoes  
Peas  
Beans  
Lentils  
Barley  
Buckwheat  
Amaranth  
Pasta (whole grain)  
Bread (whole grain) – 1-2 slices  
Tortilla (whole grain) – 10" tortilla

### **Healthy Fats**

#### **Nuts/Seeds/Cheese/Fats**

100-150 cal/serving (weigh or measure serving!)

Avocado – ½ fresh **100 cal**  
Almonds – 1 oz., 24 nuts **160 cal**  
Peanuts – 1 oz., 39 pcs. **170 cal**  
Pecans – 1 oz., ¼ cup **210 cal**  
Walnuts – 1 oz. – ¼ cup **200 cal**  
Sunflower Seeds – 1 oz., ¼ cup **190 cal**  
Pumpkin Seeds – 1 oz., ¼ cup **190 cal**  
Chia Seeds – 1 oz., 1 Tablespoon **137 cal**  
Flax Seed – 1 oz., 2 Tablespoons **150 cal**  
Peanut Butter – 2 Tablespoons **190 cal**  
Almond Butter – 2 Tablespoons **190 cal**  
Cheese (1 oz., Cheddar, Mozzarella, Provolone, Monterey Jack) **115 cal**  
Olive Oil – 1 Tablespoon **120 cal**  
Coconut Oil – 1 Tablespoon **120 cal**  
Butter – 1 Tablespoon **102 cal**  
Salad Dressing – 2 Tablespoons (**varies**)  
Hummus – 2 Tablespoons **60 cal**  
Whole Eggs (2) – **140 cal**