

TABLE 2.9

Ratings for Food Choices

	Carbohydrate	Protein	Fat
Best	Whole-grain breads	Very lean ground beef	Olive oil
	Brown rice	Pork	Canola oil
	Pasta, white or whole wheat	Veal	Sunflower oil
	Rice	Lamb	Safflower oil
	Barley	Venison	Soybean oil
	Quinoa	Poultry	Corn oil
	Tortillas	Fish	Peanut oil
	Oatmeal	Shellfish	Mayonnaise
	Corn	Soy foods	Nuts
	Whole-grain cereal	Beans	Nut butters
	Whole-grain crackers	Eggs	Seeds
	Fruits	Low-fat milk	Olives
	Vegetables	Low-fat yogurt	
	Baked potatoes	Low-fat cheese	
		Low-fat cottage cheese	
OK	White bread	Low-fat ham	Light salad dressings
	Pretzels	Lean ground meat	Light mayonnaise
	Low-fat crackers	Fish canned in oil	Reduced-fat peanut butter
	Low-fat granola bars	Low-fat hot dogs	Light butter
	Cereal bars	Sliced cheese	
	Low-fat muffins	Light margarine	
	Baked chips		
	Fruit juice		
Not so hot	Pastries	Fried meats	Butter
	Chips (not baked)	Sausage, bacon	Margarine
	Candy	Pepperoni	Cream sauces
	French fries	Burgers	Creamy salad dressing
	Soda	Salami, bologna	Fat-free salad dressings
	Fruit drinks		