

# FOOD LISTS

Name \_\_\_\_\_

Date \_\_\_\_\_

## HIGH QUALITY PROTEIN (HQP) FOODS

### Seafood

Clams, Crab, Shrimp  
Cod, Halibut, Red Snapper, Sole  
Salmon  
Tuna  
Others:  
\_\_\_\_\_  
\_\_\_\_\_

### Poultry

Chicken  
Turkey

### Meat

Beef  
Lamb  
Liver  
Pork  
Others:  
\_\_\_\_\_  
\_\_\_\_\_

### Cheese

American  
Cheddar  
Cottage, Lowfat/Regular  
Other:  
\_\_\_\_\_  
\_\_\_\_\_

### Egg

### Yogurt

Plain, lowfat  
Flavored with fruit  
Brand Preferred  
\_\_\_\_\_  
\_\_\_\_\_

### Milk

Skim, liquid nonfat  
Skim, powdered nonfat  
1% or 2%  
Buttermilk  
Sweet Acidophilus  
Other:  
\_\_\_\_\_  
\_\_\_\_\_

## COMPLIMENTARY PROTEIN (CP) FOODS

(List Examples)

### Grains and Milk Products:

\_\_\_\_\_  
\_\_\_\_\_

### Grains and Legumes:

\_\_\_\_\_  
\_\_\_\_\_

### Legumes and Seeds:

\_\_\_\_\_  
\_\_\_\_\_

### Other:

\_\_\_\_\_  
\_\_\_\_\_

## HIGH LIPID (HL) FOODS

Butter  
Margarine  
Diet margarine  
Diet mayonnaise (imitation)  
Bacon, crisp  
Cream, light, 20%  
                  heavy, 40%  
Cream cheese  
Salad dressing  
Mayonnaise  
Oil or cooking fat  
Nuts: Almonds, walnuts, peanuts,  
      cashews  
Peanut Butter  
Olives  
Sunflower seeds  
Avocado  
Gravy  
Sour cream  
Others:  
\_\_\_\_\_  
\_\_\_\_\_

## HIGH ESSENTIAL FATTY ACID (HEFA) FOODS

Margarine  
Mayonnaise  
Oil or cooking fat  
Salad dressing  
Others:  
\_\_\_\_\_  
\_\_\_\_\_

## HIGH COMPLEX CARBOHYDRATE (HCC) FOODS

### Bread

Bagel  
Biscuit  
Bread (whole wheat, rye, enriched  
white)  
Bread sticks  
Bun (hot dog/hamburger)  
Cornbread  
Muffin (blueberry, bran, English)  
Raisin bread  
Roll  
Stuffing  
Tortilla  
Other:  
\_\_\_\_\_  
\_\_\_\_\_

### Cereals

Cooked - type or brand  
\_\_\_\_\_  
\_\_\_\_\_

Dry - type or brand  
\_\_\_\_\_  
\_\_\_\_\_

Wheat germ  
Other:  
\_\_\_\_\_  
\_\_\_\_\_

### Crackers

Graham  
Matzo  
Melba toast  
Oyster  
Pretzels  
Rye-Krisp  
Saltines  
Swieback  
Other:  
\_\_\_\_\_  
\_\_\_\_\_

Rice — brown, white

### Pasta

Grits  
Macaroni

**HIGH COMPLEX CARBOHYDRATE (HCC) FOODS (CONTINUED)**

**Pasta**

- Noodles
- Spaghetti
- Other:

**Starchy Vegetables**

- Baked beans (no pork)
- Beans and peas (dried, cooked) (lima, navy, split peas, pinto, cowpeas)
- Corn
- Mixed vegetables
- Parsnips
- Potatoes (white, baked, boiled, mashed)
- Squash (winter, acorn, butternut)
- Other:

Other:

**Soup**

- Creamed, bean, chowder, lentil, pea, potato, vegetable

**Popcorn**

**Other**

- French toast
- Potato or corn chips
- Pancake
- Waffle

**VEGETABLES**

- Asparagus
- Bean Sprouts
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chicory
- Cucumbers
- Escarole
- Eggplant
- Lettuce
- Mushrooms
- Okra
- Onions
- Radishes
- Rhubarb
- Rutabaga
- Sauerkraut
- String Beans, young
- Summer Squash
- Tomatoes
- Tomato juice

**VEGETABLES (Continued)**

- Turnips
- Vegetable juice cocktail
- Zucchini
- Other(s):

**Greens**

- Beet
- Chard
- Collard
- Dandelion
- Kale
- Mustard
- Spinach
- Turnip
- Other(s)

**FRUIT**

- Apple
- Apple juice
- Applesauce
- Apricots, fresh, dried
- Banana
- Berries: Raspberry, black, blue
- Berries: Strawberries
- Cantaloupe
- Cherries
- Dates
- Figs, fresh, dried
- Grapefruit
- Grapefruit juice
- Grapes
- Grape juice
- Honeydew melon
- Mango
- Nectarine
- Orange
- Orange juice
- Papaya
- Pear
- Pineapple
- Pineapple juice
- Plums
- Prune juice
- Raisins
- Tangerine
- Watermelon
- Other(s)

**HIGH SUGAR (HS) FOODS**

List any candy, soft drinks containing sugar or other high sugar foods you eat. Include binge (B) and purged (P) foods.

**FAST FOODS**

List any "fast foods" you eat (i.e. McDonald's milkshake; Burger King hamburgers, etc.) Include binge (B) and purged (P) foods.