

Step 1 Food Groups

Groups	Recommended	Avoid
Milk & Milk Products	none	all
Vegetables	none	all
Fruits	none	all
Breads & Grains	plain saltine crackers	all others
Meats & meat substitutes	none	all
Fats & Oils	none	all
Sweets & Dessert	none	all
Beverages	Gatorade and soft drinks (sipped slowly throughout the day)	all others
Soups	Fat-free consommé and bouillon	all others

Step 2 Food Groups

Groups	Recommended	Avoid
Milks & Milk Products	skim milk, products made with skim milk, low-fat yogurt, low-fat cheeses	whole milk products, creams (sour, light, heavy, whipping), half & half
Soups	fat-free consommé & bouillon, soups made from skim milk, & fat-free broths containing pasta or noodles and allowed vegetables	soups made with cream, whole milk, or broths containing fat
Breads & Grains	breads & cereals, cream of wheat, pasta, white rice, egg noodles, low-fat crackers	oatmeal; whole grain rice, cereal, bread
Meats & meat substitutes	eggs, peanut butter (maximum 2 Tbsp/day)	beef; poultry; fish; pork products; dried beans, pea, & lentils
Vegetables	vegetable juice (tomato, V-8); well-cooked vegetables without skins (acorn squash, beets, carrots, mushrooms, potatoes, spinach, summer squash, strained tomato sauce, yams)	all raw vegetables; cooked vegetables with skins; beans (green, wax, lima), broccoli, Brussels sprouts, cabbage, cauliflower, celery, corn, eggplant, onions, peas, peppers, pea pods, sauerkraut, turnips, water chestnuts, zucchini
Fruits	apple juice, cranberry juice, grape juice, pineapple, prune juice, canned fruits without skins (applesauce, peaches, pears)	citrus juices, all fresh and dried fruits, canned fruits with skins (apricots, cherries, blueberries, fruit cocktail, oranges, grapefruit, pineapple, plums, persimmons)

Fats & Oils	any type of fat, but only in small amounts	none
Sweets & Dessert	hard candies, caramels, puddings & custards made from skim milk, frozen yogurt, fruit ice, gelatin, ice milk, jelly, honey, syrups	high-fat desserts (cakes, pies, cookies, pastries, ice cream), fruit preserves
Beverages	Gatorade*, soft drinks* (sipped slowly throughout the day)* Concentrated Sweets	all others, except allowed juices

Step 3 Food Groups

Groups	Recommended	Avoid
Milks & Milk Products	skim milk, products made with skim milk, low-fat yogurt, low-fat cheeses	whole milk products, creams (sour, light, heavy, whipping), half & half
Soups	fat-free consommé & bouillon, soups made from skim milk, & fat-free broths containing pasta or noodles and allowed	soups made with cream, whole milk, or broths containing fat
Breads & Grains	bread & cereals, cream of wheat, pasta, white rice, egg noodles, low-fat crackers	oatmeal; whole grain rice, cereal, bread

Meats & meat substitutes	(Tbsp/day), poultry, fish, lean ground beef	fibrous meats (steaks, roasts, chops), dried beans, peas, lentils
Vegetables	vegetable juice (tomato, V-8); well-cooked vegetables without skins (acorn squash, beets, carrots, mushrooms, potatoes, spinach, summer squash, strained tomato sauce, yams)	all raw vegetables; cooked vegetables with skins; beans (green, wax, lima), broccoli, Brussels sprouts, cabbage, cauliflower, celery, corn, eggplant, onions, peas, peppers, pea pods, sauerkraut, turnips, water chestnuts, zucchini
Fruits	fruit juices, canned fruits without skins (applesauce, peaches, pears)	citrus juices, all fresh and dried fruits, canned fruits with skins (apricots, cherries, blueberries, fruit cocktail, oranges, grapefruit, pineapple, plums, persimmons)
Fats & Oils	any type of fat, but only in small amounts	none
Sweets & Dessert	hard candies, caramels, puddings & custards made from skim milk, frozen yogurt, fruit ice, gelatin, ice milk, jelly, honey, syrups	high-fat desserts (cakes, pies, cookies, pastries, ice cream), fruit preserves
Beverages	<p>Gatorade*, soft drinks* (sipped slowly throughout the day), coffee, tea, water (note: non-caloric beverages should be limited if patient cannot maintain adequate caloric intake)</p> <p>*Concentrated Sweets</p>	all others, except allowed juices