

FOOD EXAMPLES

Starchy Vegetables:

- Green peas (1/2 cup)
- Potato (1 medium)
- Sweet potato or Yam (1 medium)
- Taro (1/2 cup)
- Winter squash — acorn, spaghetti, butternut (1 cup)
- Pumpkin (1/2 cup)
- Corn (1/2 cup)

Pasta:

1 serving = 1/2 cup cooked

- Gluten-free pasta
- Whole-wheat pasta
- Miracle Noodles
- Udon noodles
- Tofunoodles
- Edamame noodles
- Lentil pasta
- Chickpea pasta

Bread:

1 serving = 1 slice or 100 calories

- Cracked wheat
- Gluten-free
- Multigrain
- Pumpernickel
- Rye
- Whole grain bagel (1/2) or whole grain
- Bagel, thin (1)
- Whole wheat pita
- Whole wheat tortilla (10" tortilla)
- Corn tortilla (2 small tortillas)

Grains

1 serving = 1/2 cup cooked

- Amaranth
- Barley
- Brown rice
- Bulgur
- Freekeh
- Whole wheat couscous
- Millet
- Oat Bran
- Quinoa
- Steel cut oats
- Teff

Legumes

1 serving = 1/2 cup cooked

- Black beans
- Black-eyed peas
- Butter beans
- Garbanzo beans (chickpeas)
- Great northern beans
- Kidney beans
- Lentils
- Lima beans, baby
- Navy beans
- Pinto beans
- Soy beans

Condiments and dressings

- For flavoring you may use low-calorie dressing (under 50 calories) fresh or dried herbs, broth, spices, lemon or lime juice, hot sauces, mustard, salsa, relish, and vinegar.