

Visit www.dailyplate.com to keep track of the calories, carbohydrates and fats you consume daily.

Fats

BEST CHOICES (RICH IN MONOSATURATED FATS) 1 BLOCK

ALMOND BUTTER	1/3 TSP
ALMOND (SLIVERED)	1 1/2 TSP
ALMONDS (WHOLE)	3
AVOCADO	1 TBSP
CANOLA OIL	1/3 TSP
GUACAMOLE	1 TBSP
MACADAMIA NUT	1
OLIVE OIL	1/3 TSP
OLIVE OIL & VINEGAR DRESSING	
VINEGAR	1/3 TSP
OLIVES	3
PEANUT BUTTER, NATURAL	1/2 TSP
PEANUT OIL	1/3 TSP
PEANUTS	6
TAH	1/2 TSP

FAIR CHOICES (LOW IN SATURATED FAT)

WHOLE CASHEWS	2
MAYONNAISE, REGULAR	1/3 TSP
LIGHT DRESSINGS	1 TSP
SESAME OIL	1/2 TSP
SOY BEAN OIL	1/3 TSP
WALNUTS, SHELLED & CHOPPED	1 TSP

POOR CHOICES (RICH IN SATURATED FAT)

BACON BITS (IMITATION)	1 1/2 TSP
BUTTER	1/3 TSP
CREAM (HALF & HALF)	1 TBSP
CREAM CHEESE	1 TSP
CREAM CHEESE, LIGHT	2 TSP
LARD	1/3 TSP
SOUR CREAM, LIGHT	1 TBSP
VEGETABLE SHORTENING	1/3 TSP

Multiple Blocks

(CONTAINS 1 BLOCK OF EACH PROTEIN, CARBS AND FAT)

ZONE BAR	1/2
BALANCE BAR	1/2
MILK, LOW FAT (1-2%)	6 OZ
SOY FLOUR	1/3 CUP
TEMPEH	1 1/2 OZ
TOFU, SOFT AND REGULAR	3 OZ
YOGURT, PLAIN	1/2 CUP

Proteins

BEST CHOICE (LOW IN SATURATED FAT) 1 BLOCK

BEEF (RANGE FED OR GAME)	1 OZ
CHICKEN BREAST, SKINLESS	1 OZ
CHICKEN BREAST, DELI STYLE	1.5OZ
TURKEY BREAST, SKINLESS	1 OZ
TURKEY BREAST, DELI STYLE	1 OZ
EGG WHITES	2
EGG SUBSTITUTE	1/4 CUP
COTTAGE CHEESE, LOW-FAT	1/4 CUP
CHEESE, NON-FAT	1 OZ
TOFU (FIRM AND EXTRA FIRM)	3 OZ
PROTEIN POWDER	7 GRAMS

SOY BURGERS	1/2 PATTY
SOY HOT DOGS	1 LINK
SOY SAUSAGES	2 LINKS
SOY SAUSAGE	1 PATTY
BASS	1 OZ
BLUEFISH	1 OZ
CALAMARI	2.5 OZ
CATFISH	1.5 OZ
CLAMS	1.5 OZ
COD	1.5 OZ
CRABMEAT	1.5 OZ
HADDOCK	1.5 OZ
HALIBUT	1.5 OZ
LOBSTER	1 OZ
MACKEREL	1.5 OZ
SALMON	1.5 OZ
SARDINE	1 OZ
SCALLOPS	1.5 OZ
SHRIMP	1.5 OZ
SNAPPER	1.5 OZ
SWORDFISH	1.5 OZ
TROUT	1 OZ
TUNA (STEAK)	1 OZ
TUNA (CANNED IN WATER)	1 OZ

FAIR CHOICES (MODERATE IN SATURATED FATS)

CHEESE, REDUCED FAT	1 OZ
MOZARELLA CHEESE, SKIM	1 OZ
RICOTA CHEESE, SKIM	2.5 OZ
CHEESE, NON-FAT	1 OZ
WHOLE EGG*	1 OZ
BEEF LEAN CUTS	1 OZ
CANADIAN BACON, LEAN	1 OZ
CHICKN, DARK MEAT, SKINLESS	1 OZ
CORNED BEEF, LEAN	1 OZ
DUCK	1 OZ
HAM, LEAN	1 OZ
HAM, DELI STYLE	1.5 OZ
HAMBURGER (LESS THAN 10% FAT)	1.5 OZ
LAMB, LEAN	1 OZ
PORK, LEAN	1 OZ
PORK CHOP	1 OZ
TURKEY BACON	3 OZ
TURKEY, DARK MEAT, SKINLESS	1 OZ
VEAL	1 OZ

POOR CHOICES (HIGH IN SATURATED FATS OR ARACHIDONIC ACID OR BOTH)

HARD CHEESES	1 OZ
BACON, PORK	3 STRIPS
BEEF, FATTY CUTS	1 OZ
BEEF, GROUND (10%-15% FAT)	1.5 OZ
HOT DOG (PORK OR BEEF)	1 LINK
HOT DOG (TURKEY OR CHICKEN)	1 LINK
KIELBASA	2 OZ
LIVER, BEEF	1 OZ
LIVER, CHICKEN	1 OZ
PEPPERONI	1 OZ
SALAMI	1 OZ

*RICH IN OMEGA 3 EFA

