

Level 4

Cautiously Choose

Sweets, Refined Carbohydrates, and

Unhealthy Fats

Foods included on Level 4 should be consumed with extreme caution. These foods are high in calories, added sugar, refined carbohydrates, or saturated/hydrogenated fats. They provide few vitamins and minerals and therefore, little nutritional value. Because many of these foods are concentrated sources of carbohydrate and fat, the serving sizes often are very small. This section is divided into 7 categories according to the type of food.

Starchy Vegetables			
Count as 1 grain			
Baked Beans	1/3 cup	Plantain, raw	1/2 cup
Beets	1 cup	Potato, baked	1 small (3 ounces)
Corn	1/2 cup	Potato, yam, sweet potato	1/2 cup
Corn on the cob, medium	1 (3-inch)	Squash, winter (acorn, butternut, pumpkin)	1 cup
Mixed vegetables with corn, peas	3/4 cup		

Fruit Juices			
Count as 1 grain			
Apple juice/cider (100% juice)	3/4 cup	Grape juice (100% juice)	1/2 cup
Cranberry juice cocktail	1/2 cup	Grapefruit juice (100% juice)	3/4 cup
Cranberry juice cocktail, reduced calorie	1 cup	Orange juice	3/4 cup
Fruit juice blends	3/4 cup	Pineapple juice	1/2 cup
		Prune juice	1/2 cup

Unhealthy fats			
Count as 1 fat			
Bacon, cooked	1 slice	Cream, half and half	2 tablespoons
Bacon grease	1 teaspoon	Mayonnaise: regular	1 teaspoon
Butter: stick	1 teaspoon	<i>Miracle Whip</i> ®: regular	2 teaspoons
reduced-fat	1 tablespoon	Salad dressing: creamy	2 teaspoons
Coconut, sweetened, shredded	1 1/2 tablespoons	Shortening such as <i>Crisco</i> ®	1 teaspoon
Cream cheese: regular or cream cheese-based dips	1 tablespoon	Sour cream: regular or sour cream-based dips	1 1/2 tablespoons

Level 4 (continued)

High Saturated Fat Proteins Count as 1 protein and 1 fat		
Beef	Most beef products fall into this category (cuts such as blade, chuck, NY strip, porterhouse, prime rib, sirloin tip, T-bone; corned beef; club steak; ground beef (70 - 85% lean); pot roast; rib roast; short ribs)	1 ounce
Fish	Any fried product	1 ounce
Lamb	Rib roast or ground	1 ounce
Pork	Boston butt, chop, cutlet, rump, shank, shoulder, spareribs, top loin Ground pork or pork sausage	1 ounce
Poultry	Any fried product; ground chicken or turkey unless $\geq 92\%$ lean	1 ounce
Veal	Loin chop or cutlet	1 ounce
Other	Hot dog: regular varieties of turkey, chicken, or beef	1 (10/lb)
	Processed sandwich meats with 8 grams of fat per ounce: bologna, pastrami, pimento loaf, salami	1 ounce
	Sausage, such as bratwurst, Italian, knockwurst, Polish, smoked	1 ounce
	Regular cheese varieties including American, Brie, Camembert, Cheddar, Goat, Monterey Jack, and Swiss	1 ounce

Bread Products, Cereals, & Grains		
Food	Serving Size	Count
Bagel, store bought	$(\frac{1}{4})$ 1 ounce	1 grain
Biscuit, 2 $\frac{1}{2}$ inches across	1	1 grain, 1 fat
Bread, raisin, unfrosted	1 slice (1 ounce)	1 grain
Bread, white or wheat	1 (1 ounce)	1 grain
Bread sticks, crisp, 4 inches long x $\frac{1}{2}$ inch	2 ($\frac{2}{3}$ ounce)	1 grain
Bun, hot dog or hamburger	1	1 $\frac{1}{2}$ grains
Cereals, cooked such as cream of rice or wheat; grits; or instant oatmeal	$\frac{1}{2}$ cup	1 grain
Cereals, <i>Grape-Nuts</i> ®	$\frac{1}{4}$ cup	1 grain
Cereals, puffed	1 $\frac{1}{2}$ cups	1 grain
Cereals, sugar sweetened	$\frac{1}{2}$ cup	1 grain
Chow mein noodles	$\frac{1}{2}$ cup	1 grain, 1 fat
Corn bread, 2-inch cube	1 (2 ounces)	1 grain, 1 fat
Couscous	1/3 cup cooked	1 grain
Croutons	1 cup	1 grain, 1 fat
English muffin	$\frac{1}{2}$	1 grain
Granola, low-fat	$\frac{1}{4}$ cup	1 grain
Granola, regular	$\frac{1}{4}$ cup	1 grain, 1 fat
Millet	$\frac{1}{4}$ cup cooked	1 grain
Pancake, 4 inches across	2	1 grain, $\frac{1}{2}$ fat
Pita, 6 inches across	$\frac{1}{2}$	1 grain
Rice, white, jasmine, sticky rice	1/3 cup cooked	1 grain
Roll, plain, small, 2-inch x 2-inch	1 (1 ounce)	1 grain
Stuffing, bread (prepared)	1/3 cup	1 grain, 1 fat
Taco shell	2	1 grain, 1 fat
Tortilla, corn or flour 6 inches across (8 inches)	1	1 grain (2 grains)
Waffle, 4 $\frac{1}{2}$ -inch square, reduced-fat (regular)	1	1 grain (2 grains)

Level 4 (continued)

Sweets		
Food	Serving Size	Count
Brownie, small, unfrosted	2-inch square	1 grain, 1 fat
Cake, angel food, unfrosted	1/12 cake	2 grains
Cake, all varieties, frosted	2-inch square	3 grains, 3 fats
Cake, cheesecake	3 ounce slice	1 grain, 1 fat
Cake, chocolate, unfrosted	2-inch square	2 grain, 3 fat
Cake, vanilla, unfrosted	2-inch square	1 grain, 1 fat
Candy, hard type	6 pieces	1 grain
Candy, jelly type	20 small pieces	1 grain
Candy, M & M®	30	1 grain, 1 fat
Candy, M & M® with peanuts	10	1 grain, 1 fat
Candy, milk chocolate or bar	½ ounce	½ grain, 1 fat
Cookie, fat-free	2 small	1 grain
Cookie, gingersnaps	3	1 grain
Cookie, vanilla wafers	5	1 grain, 1 fat
Cookie or sandwich cookie with creme filling	2 small	1 grain, 1 fat
Cupcake, frosted	1 small	2 grains
Doughnut, glazed	3¾-inches across (2 ounces)	2 grains, 3 fats
Doughnut, plain cake	1 medium (1½ ounces)	1 grain, 2 fats
Energy bars except <i>Balance Bar®</i> and <i>Zone Bar®</i>	1 bar	2½ grains, ½ protein
Fruit juice bars, frozen, 100% juice	1 bar (3 ounces)	1 grain
Fruit snacks, chewy	1 roll (¾ ounce)	1 grain
Gelatin, regular	½ cup	1 grain
Granola bar	1 bar	1 grain, 1 fat
Granola bar, fat-free	1 bar	2 grains
Ice cream	½ cup	1 grain, 1½ fats
Ice cream, light	½ cup	1 grain, 1 fat
Ice cream, no sugar added	½ cup	½ grain, 1 fat
Milk, chocolate, whole	1 cup	1 dairy, ½ grain, 1 fat
Muffin, store bought	1 (3½ ounces)	3 grains, 2½ fats
Nutella®, chocolate spread	1 tablespoon	1 grain, 1 fat
Pie, fruit, 2 crusts	1/6 pie	2½ grains, 2½ fats
Pie, pumpkin or custard	1/8 pie	2½ grains, 3 fats
Pudding, regular (made with low-fat milk)	½ cup	½ dairy, 1½ grains
Pudding, sugar-free (made with low-fat milk)	½ cup	½ dairy, ½ grain
Scone, store bought	1 (3½ ounces)	2 grain, 3 fat
Sherbet, sorbet	½ cup	1 grain
Soda, regular	6 ounces	1 grain
Sports drinks such as <i>Gatorade®</i>	8 ounces	1 grain
Sugar	1½ tablespoons	1 grain
Sweet roll or Danish	1 (2½ ounces)	2 grains, 2 fats
Whipped topping, light	½ cup	1 fat
Whipped topping, regular	1/3 cup	1 fat
Yogurt, frozen, fat-free	½ cup	1 grain
Yogurt, frozen, low-fat	1/3 cup	1 grain
Yogurt, frozen, premium	1/3 cup	1½ grains, ½ fat
Yogurt, low-fat with fruit (not frozen)	1 cup	1 dairy, 2 grains

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Snack Foods		
Food	Serving Size	Count
Chips, fat-free (tortilla, potato)	15-20 (1 ounce)	1 grain
Chips, potato, regular	12-18 (1 ounce)	1 grain, 2 fats
Chips, tortilla, regular	6-12 (1 ounce)	1 grain, 2 fats
Crackers, animal	14 small or 7 large	1 grain, 1 fat
Crackers, <i>Cheese Nips</i> ® or <i>Cheez-its</i> ®	20	1 grain, 1 fat
Crackers, <i>Goldfish</i>	45	1 grain, 1 fat
Crackers, <i>Graham</i> , 2½-inch square	3	1 grain
Crackers, <i>Oyster</i>	20	1 grain
Crackers, <i>Ritz</i> ®	7	1 grain, 1 fat
Crackers, Saltine-type	6	1 grain
Crackers, Sandwich-type (cheese/peanut butter)	6	1½ grains, 2 fats
Crackers, <i>Sociables</i> ® or <i>Snack Sticks</i>	10	1 grain 1 fat
Crackers, <i>Wheat Thins</i> ®	14	1 grain, 1 fat
Crackers, whole-wheat fat-free	4-6 ($\frac{3}{4}$ ounce)	1 grain
Crackers, whole-wheat regular	4-6 (1 ounce)	1 grain, 1 fat
French-fried potatoes	16-25 (3 ounces)	1 grain, 1 fat
Matzah	$\frac{3}{4}$ ounce	1 grain
Melba toast (4-inch x 2-inch)	4 slices	1 grain
Popcorn, microwave, low-fat or fat-free	3 cups	1 grain
Popcorn, microwave, regular	3 cups	1 grain, 2 fats
Pretzels	$\frac{3}{4}$ ounce	1 grain
Rice cakes	2 large or 10 small	1 grain

Condiments with Sugar		
Food	Serving Size	Count
BBQ sauce	2 tablespoons	$\frac{1}{2}$ grain
Cranberry sauce, jellied	$\frac{1}{4}$ cup	1 grain
Cocktail sauce	2 tablespoons	$\frac{1}{2}$ grain
Fruit spread, 100% fruit	1½ tablespoons	1 grain
Honey	1 tablespoon	1 grain
Honey mustard	2 tablespoons	1 grain, 1 fat
Jam/Jelly	1½ tablespoons	1 grain
Jam/Jelly, low sugar or light	2 tablespoons	1 grain
Ketchup	2 tablespoons	$\frac{1}{2}$ grain
Non Dairy Creamer, liquid or powder	2 tablespoons	$\frac{1}{2}$ grain, $\frac{1}{2}$ fat
Salad dressing, fat-free, clear type such as Italian	2 tablespoons	$\frac{1}{4}$ grain
Salad dressing, fat-free, creamy type	2 tablespoons	$\frac{1}{2}$ grain
Stir fry or Teriyaki sauce	2 tablespoons	$\frac{1}{2}$ grain
Syrup, light	2 tablespoons	1 grain
Syrup, regular	1 tablespoon	1 grain