

NTS Food Group Information - Pg 1			
Food Group	Protein	Carbs	Fat
Starch	3	15	1
1 slice Bread	3	15	1
1/2 cup Cooked Cereal	3	15	1
1/2 cup Pasta	3	15	1
1/2 cup Starch Vegetable	3	15	1
1 medium Potato	3	15	1
1/2 cup Rice	3	15	1
1 ounce Whole Grain Cereal	3	15	1
1/2 Bun	3	15	1
1/2 Bagel	3	15	1
1/2 English Muffin	3	15	1
1 Small Roll	3	15	1
3-4 Small Crackers	3	15	1
2 Large Crackers	3	15	1
Fruit	0	15	1
1 small-medium Fresh Fruit	0	15	1
1/2 cup Canned or Fresh Fruit	0	15	1
1/2 cup Fruit Juice	0	15	1
1/4 cup Dried Fruit	0	15	1
1/2 Grapefruit	0	15	1
1 Melon Wedge	0	15	1
Milk - Regular or Soy	8	12	0
1 cup Milk up to 2%	8	12	0
Added Sugars	0	4	0
1 tsp Added Sugar in Food	0	4	0
Vegetables	2	5	1
1/2 cup Cooked Vegetables	2	5	1
1/2 cup Vegetable Juice	2	5	1
1 cup Raw Vegetables	2	5	1
Meat Substitutes	10	15	0
1/2 cup Beans	10	15	0
1/2 cup Peas	10	15	0
1/2 cup Lentils	10	15	0
Meat - Very Lean	7	0	3
1 oz White Skinless Poultry	7	0	3
1 oz Cod	7	0	3
1 oz Flounder	7	0	3
1 oz Haddock	7	0	3
1 oz Halibut	7	0	3
1 oz Trout	7	0	3
1 oz Tuna in Water or Fresh	7	0	3
1 oz Shellfish	7	0	3
1 oz Cheese (>1g fat per oz)	7	0	3
1 oz Sandwich Meat (>1g fat per oz)	7	0	3
1 oz Egg Whites	7	0	3

Meat - Lean - Trimmed of Fat	7	0	5
1 oz USDA Select or Choice Lean Beef	7	0	5
1 oz USDA Select or Choice Lean Pork	7	0	5
1 oz USDA Select or Choice Lean Lamb	7	0	5
1 oz USDA Select or Choice Lean Veal	7	0	5
1 oz Dark Skinless Poultry	7	0	5
1 oz White Poultry with Skin	7	0	5
1 oz Oysters	7	0	5
1 oz Salmon	7	0	5
1 oz Catfish	7	0	5
1 oz Sardines	7	0	5
1 oz Tuna in Oil	7	0	5
1/4 cup Cottage Cheese (>3g fat per oz)	7	0	5
1 oz Sandwich Meat (>3g fat per oz)	7	0	5
Meat - Medium/Fat -Trimmed of Fat	7	0	5
1 oz Most Grades of Beef	7	0	5
1 oz Most Grades of Pork	7	0	5
1 oz Most Grades of Lamb	7	0	5
1 oz Most Grades of Veal	7	0	5
1 oz Dark Chicken with Skin	7	0	5
1 oz Ground Turkey	7	0	5
1 oz Ground Chicken	7	0	5
1 oz Other Fish Non-Breaded or Fried	7	0	5
1 oz Cheese (>5g fat per oz)	7	0	5
1 Whole Egg	7	0	5
1 Cup Soy Milk over 2%	7	0	5
4 oz or 1/2 cup Tofu	7	0	5
Fat	0	0	5
1 tsp Butter, Margarine, or Veg Oil	0	0	5
1 tbsp Regular Salad Dressing	0	0	5
2 tbsp Reduced Fat Salad Dressing	0	0	5
1 tbsp Reduced Fat Mayonnaise	0	0	5
2 tbsp Cream Cheese	0	0	5
1/8 Medium Avocado	0	0	5
8 Olives	0	0	5
6-10 Nuts	0	0	5
2 tsp Peanut Butter	0	0	5
6 oz Regular Beer or Wine	0	0	5
8 oz Light Beer	0	0	5