

LOW FAT LIST	SIZE	CALORIES	CARBS	LOW CARB LIST	SIZE	CALORIES	CARBS
Low Fat Milk	8oz	120	14	Heavy Cream	4oz	200	0
No Fat Yogurt	8oz	140	18	Full Fat Plain Yogurt	8oz	170	12
Low Fat Margarine	1Tbl	50	0	Butter	1Tbl	100	0
Tofu (soft)	3oz	45	4	Steak (not lean)	3oz	250	0
Miso	5oz	280	39	Chicken (with skin)	leg/ thigh	265	0
Tempeh	3oz	170	14	Pork (not lean)	3oz	250	0
Rice Cake (Plain)	1	35	8	Bacon (not lean)	12oz	60	0
Egg Substitute	1 cup	30	1	Eggs (large)	2oz	140	0
Lt. American Cheese	1oz	70	1	Full Fat Cheese	1oz	110	0
Low Fat Cottage Cheese	1oz	20	1	Regular Cottage Cheese	1oz	30	1
Lite Cream Cheese	1oz	70	2	Whole Cream Cheese	1oz	100	1
Low Fat Ranch	2 Tbl	90	3	Regular Mayonnaise	2Tbl	200	0
Bran Flakes	1oz	90	21	Scrambled Eggs	2Lg	140	0
Low /Fat Potato Chips	1oz	110	23	Mixed Nuts	1oz	170	6
Low Fat Ice Cream	3oz	90	17	*Home Made Ice Cream	3oz	150	5
Baked Potato (plain)	Med	145	30	Baked Potato (Plain)	half	73	15
Beans (starchy)	1oz	35	7	Green Beans	1oz	10	2
Corn	1.5oz	35	7	Spinach	3oz	20	4
Totals		1,625	210			2,438	46