

FREE FOOD LIST

You don't have to cut out flavor to stick to the program! Use a variety of flavorings to enhance your foods. In general, avoid sugar, fat and sodium. Generally there are always a variety of "friendly" condiments, spices, dressings and sauces that can be found at your grocery store. The following list has some suggestions to help you add flavor without adding fat.

CONDIMENTS: Up to 3 Tablespoons per day.

- Mustards (Grey Poupon, French's). Avoid honey mustard

NON-FAT SALAD DRESSING: 3 Tablespoons per day.

- Kraft Free varieties- Italian, Thousand Island, Catalina
- Seven Seas- Red wine vinegar, Ranch
- Weight Watchers- Creamy Peppercorn, Caesar, Italian, Pritikin
- Bernsteins Light varieties- Cheesy Fantastico
- Vinegars- Balsamic, White, Red,
- Lemon juice

NON-FAT MAYONNAISE: Up to 1 Teaspoon per day.

BUTTER SUBSTITUTES: Up to 1 Tablespoon per day.

- Molly McButter, Butter Buds, I can't believe it's not butter spray (not solid)
- Pam, Weight Watchers Non stick spray for cooking

DRY SEASONINGS AND SPICE: Unlimited (use low sodium kinds).

- Mrs. Dash, Vegesal, Parsley patch salt free

SAUCES: 1/3 cup per day.

- Soy sauce, Low Sodium Kikoman Lite
- Salsa
- Tomato/Marinara: any oil free variety- Hunt's, Classico, Healthy Choice

JAMS AND JELLIES: Up to 1 Tablespoon per day.

- All fruit, Trader Joes fruit spread, Smuckers Lite

SYRUPS: Up to 2 Tablespoons per day.

- Log Cabin Lite, Mrs. Butterworths