

Food List

POINTS

Applesauce, unsweetened,

1 cup

1

Apricots:

dried, 6 halves (3/4 oz)

1

fresh, 3 (4 oz)

1

Artichoke hearts, 1 cup

1

Asparagus,

12 spears or 1 cup

0

Avocado, 1/4 (2 oz)

2

POINTS

refried, 1/2 cup

3

refried, fat-free or regular,

canned, 1/2 cup

2

soybeans, 1/2 cup

3

white, 1/2 cup

2

Beef, cooked:

ground, 1 patty (3 oz)

6

ground, 1/2 cup (2 oz)

4

ground, lean, 1 patty (3 oz)

6

ground, lean, 1/2 cup (2 oz)

4

lean, 1 slice or 1/2 cup

3

cubed or shredded (2 oz)

3

regular, 1 slice or 1/2 cup

4

cubed or shredded (2 oz)

4

steak, 1 small (4 oz)

7

steak, lean, 1 small (4 oz)

5

Beef stew, 1 cup

5

Beer:

light, 1 can or bottle

2

(12 fl oz)

regular, 1 can or bottle

3

(12 fl oz)

Beets, 1 cup

0

Biscotti, 8 mini, 2 small,

or 1 regular (1 oz)

3

Biscuits:

homemade, 1 small

3

(2" diameter)

refrigerated, 1 small

3

(2 1/2" diameter) or

1/2 large

2

Blackberries, 1 cup

1

Blintz, cheese, 1

5

Blueberries, 1 cup

1

POINTS

Bologna, any type,

1 slice (1 oz)

2

Brandy, 1 jigger (1 1/2 fl oz)

2

Bratwurst, 2 oz

5

Breads:

any type (other than those

listed here), 1 slice (1 oz)

2

corn, 2" square

3

garlic, 1 slice (1 oz)

5

high-fiber (3 g or more

dietary fiber per slice),

1

1 slice (1 oz)

pita, any type, 1 small

1

or 1/2 large (1 oz)

reduced-calorie, any type,

1

2 slices (1 1/2 oz)

1

Bread crumbs, dried, 3 Tbsp

1

Breadsticks, 2 long or

1

4 short

Broccoli, 1 cup

0

Brownie, 1 (2" square)

5

Brussels sprouts, 1 cup

0

Buffalo wings, cooked, 3

9

Bulgur, cooked, 1 cup

2

Burritos:

bean, 1 large (8")

8

bean, 1 small (6")

5

bean, fast food, 1

6

bean and cheese,

store-bought, 1

6

Butter, regular or whipped,

1 tsp

1

Alcoholic beverages:

beer:

• light, 1 can or bottle

2

(12 fl oz)

• regular, 1 can or bottle

3

(12 fl oz)

champagne, 1 small glass

2

(4 fl oz)

highball, 1 (6 fl oz)

3

liquor (brandy, gin, rum,

scotch, tequila, vodka,

whiskey), 1 jigger

2

(1 1/2 fl oz)

wine, 1 small glass (4 fl oz)

2

Almonds, 22 nuts (1 oz)

4

Apple juice or cider,

1/2 cup

1

Apples:

dried, 1/4 cup (3/4 oz)

1

fresh, 1 large (8 oz)

2

fresh, 1 small (4 oz)

1

	POINTS		POINTS
Cabbage, 1 cup	0	Cereals, cooked:	
Cakes:		cream of rice, 1 cup	2
angel food,		cream of wheat, 1 cup	2
1/6 of 10" tube	2	farina, 1 cup	2
pound, 1 slice (5"x3"x1")	8	grits, 1 cup	3
with icing, 1/2 of 9"		oatmeal, 1 cup	3
layer cake or 3" square	12	Cereals, ready-to-eat:	
with icing, store-bought,		any type (other than those	
1 slice (3 oz)	7	listed here), 1 cup	2
Candies:		bran flakes or raisin bran,	
chocolate, 2 assorted pieces,		3/4 cup	1
1/2 candy bar, or 2 Tbsp		fortified, 1 cup	2
chips (1 oz)	4	frosted, 1 cup	3
fudge, plain,		granola, 1/2 cup	4
1 piece (1"x2")	3	granola, low-fat, 1/2 cup	3
hard, 1 oz	2	nuggets, 1/2 cup	3
Cantaloupe:		puffed, 1 cup	1
1/4 melon (8 oz) or 1 cup	1	shredded wheat, 1 biscuit	1
Capuccino:		wheat germ, 3 Tbsp	1
made with fat-free milk,*		Cereal bars:	
1 grande (16 fl oz)	2	fat-free, 1	2
made with low-fat milk,*		regular, 1	3
1 grande (16 fl oz)	3	granola bar, any type (other	
made with whole milk,*		than those listed here), 1	3
1 grande (16 fl oz)	4	granola bar,	
Caraway seeds, 1 tsp	0	chocolate-covered, 1	4
Carrots, 1 cup	1	granola bar,	
Cashews, 14 nuts (1 oz)	4	reduced-calorie, 1	2
Cauliflower, 1 cup	0	Champagne,	
Celery, 1 cup	0	1 small glass (4 fl oz)	2
		Cheeses:	
		cottage:	
		• fat-free, 1 cup	3
		• low-fat (1%), 1 cup	3
		• reduced-fat (2%), 1 cup	4

*Counts as 1 serving of milk products.

	POINTS		POINTS
cream:		• regular (4%), 1 cup	5
• fat-free, 4 Tbsp	1		
• light or whipped, 2 Tbsp	1	Cherries:	
• regular (4%), 1 Tbsp	1	dried, 1/4 cup (1 1/2 oz)	2
feta, 1/4 cup (1 1/3 oz)	3	fresh, 1 cup	1
hard or semisoft,		Chicken:	
dairy or soy:		buffalo wings, cooked, 3	9
• fat-free, 1" cube,		canned, 1/2 cup (4 oz)	4
4 Tbsp shredded, or		dark meat, cooked,	
3 Tbsp grated (1 oz)	1	1 slice or 1/2 cup cubed	3
• low-fat, 1" cube,		or shredded (2 oz)	
4 Tbsp shredded, or		light meat, cooked,	
3 Tbsp grated (1 oz)	2	1 slice or 1/2 cup cubed	2
• regular, 1" cube,		or shredded (2 oz)	
4 Tbsp shredded, or		nugget-style, fried,	
3 Tbsp grated (1 oz)	3	fast food, 6 pieces	8
hard or semisoft,		parmigiana, with sauce,	
dairy or soy, slice:		5 oz with 1/2 cup sauce	10
• fat-free, 1 slice (3/4 oz)	1	pieces, cooked (weights	
• low-fat or regular,		with bone unless otherwise	
1 slice (3/4 oz)	2	stated):	
Neufchatel, 1 Tbsp (1/2 oz)	1	• breast, without skin	3
pot, 1 cup	3	and bone, 1 (3 oz)	
ricotta:		• breast, without skin, 1	3
• fat-free,* 1 cup	4	(4 1/2 oz),	
• part-skin,* 1 cup	8	• breast, with skin, 1	5
• whole,* 1 cup	11	(4 1/2 oz)	
Cheeseburger on bun,		• drumstick, without skin,	
fast food, 1 small	8	1 (1 1/2 oz)	1
Cheese sandwich, grilled,		• drumstick, with skin,	2
restaurant-type, 1	13	1 (1 1/2 oz)	
Cheese sauce, 1/4 cup	2	• thigh, without skin, 1	3
Cheese twists or balls,		(3 oz)	
1 1/2 cups (1 oz)	4	• thigh, with skin, 1 (3 oz)	4
		salad, 1/2 cup	6
		sandwich, grilled,	
		fast food, 1	9

*Counts as 1 serving of milk products.

	POINTS		POINTS
Chili con carne , with or without beans, 1 cup	8	Corn bread , 2" square	3
Chili dog on roll , 1	10	Corn chips , 10 large or 30 small (1 oz)	4
Chili sauce , 1 Tbsp	0	Cornmeal , cooked, 1/4 cup	4
Chinese vegetables with:		Couscous (semolina), cooked, 1 cup	3
beef, 1 cup	6	Crackers:	
chicken, 1 cup	5	any type (other than those listed here), 1 oz	3
pork, 1 cup	7	fat-free, 7	1
shrimp or tofu, 1 cup	4	graham, 2 (2 1/2" squares) or 2 Tbsp crumbs	1
Chips:		matzo, 1 board	2
corn, 10 large or 30 small (1 oz)	4	melba toast, 6 rounds or 4 slices	1
potato, baked, 1 oz	2	rice cakes, plain, 2 regular or 6 mini	1
potato, regular, 14 (1 oz)	4	saltines, 6	2
tortilla, 12 (1 oz)	3	Cranberries:	
Chocolate , 2 assorted pieces, 1/2 candy bar, or 2 Tbsp chips (1 oz) (3 oz each)	4	dried, 1/4 cup (1 1/2 oz)	2
Clementines , 2 small	1	fresh, 1 1/2 cups	1
Cocktail sauce , 1/4 cup	1	Cranberry juice cocktail:	
Cocoa, hot, instant:		low-calorie, 1 cup	1
regular, 6 fl oz	2	regular, 1/2 cup	1
fat-free, 6 fl oz	1	Cranberry sauce , 1/4 cup	2
no sugar added, 6 fl oz	1	Cream:	
Coffee , black, without sugar, 1 cup	0	light, 2 Tbsp	2
Coleslaw , 1/2 cup	4	half and half, 2 Tbsp	1
Cookies:		sour, fat-free, 1/4 cup	1
any type (other than those listed here), 2 small	3	sour, light, 3 Tbsp	1
gingersnaps, 2 (1/2 oz)	1	sour, regular, 1 Tbsp	1
Corn:		whipped cream or topping, aerosol or frozen, 1/4 cup	1
kernels or cream-style, 1 cup	2	whipping, heavy or light, 2 Tbsp	3
on the cob, 1 small ear (5")	1		

	POINTS		POINTS
Creamer:		non-dairy , liquid, 2 Tbsp	1
non-dairy, liquid, 2 Tbsp	1	non-dairy, powder, 1 Tbsp	1
fat-free, liquid, flavored, 2 Tbsp	1	Croissants , packaged: fat-free, 1/2 cup	2
Cucumbers , 1 cup	0	regular, 1/2 cup	3
Currents:		Dairy shake , reduced-calorie, * 1 packet	2
dried, 1/4 cup (1 1/2 oz)	2	Dates:	
fresh, 1 cup	1	dried, 1/4 cup (5)	2
		fresh, 2 (3/4 oz)	1
		Doughnut , plain or glazed, 1 (3" diameter)	6
		Dressings, salad:	
		creamy:	
		• fat-free, 2 Tbsp	1
		• reduced-calorie, 2 Tbsp	2
		• regular, 2 Tbsp	4
		Italian-type (other than creamy Italian):	
		• fat-free, 2 Tbsp	0
		• reduced-calorie, 2 Tbsp	1
		• regular, 2 Tbsp	4
		mayonnaise or mayonnaise-type:	
		• fat-free, 4 Tbsp	1
		Eggplant , 1 cup	0
		Eggplant parmigiana , with sauce, 1 serving (3" x 4")	13
		Egg rolls:	
		beef or pork, 1 (4 1/2" long)	5
		chicken or shrimp, 1 (4 1/2" long)	4
		Eggs:	
		omelet, cheese, 2-egg, 1	8
		omelet, ham and cheese, 2-egg, 1	9
		scrambled, 2 or 1/2 cup	5
		substitute, fat-free, 1/4 cup	1
		white, 1	0
		whites, 3	1
		whole, 1	2
		Enchiladas:	
		beef or pork, 2	12
		cheese, 2	10
		chicken, 2	9
		Endive , 1 cup	0
		English muffins:	
		regular, any type, 1	2
		light, 1	1
		Escarole , 1 cup	0

*Counts as 1 serving of milk products.

F

Fajitas:

- beef, 2 11
- chicken, 2 8
- pork, 2 13

Falafel in pita, 1 large pita with 4 falafel patties

13

Falafel patties, 4 (each 2" diameter)

10

Fish and shellfish:

fish, canned, drained:

- anchovies, 6 (3/4 oz) 1
- salmon, 1/2 cup (4 oz) 4
- sardines, 5 (2 oz) 3
- tuna, canned in oil, drained, 1/2 cup (4 oz) 5
- tuna, canned in water 1/2 cup (4 oz) 3

fish, fresh, cooked without added fat:

- catfish, 1 fillet (6 oz) 6
- cod, 1 fillet (6 oz) 4
- halibut, 1 fillet or steak (6 oz) 5
- herring, 1 oz 1
- salmon, 1 fillet or steak (6 oz) 7
- snapper, 1 fillet (6 oz) 4
- sole, 1 fillet (6 oz) 4
- swordfish, 1 fillet or steak (6 oz) 4
- trout, rainbow, 1 fillet (6 oz) 6
- tuna, 1 fillet or steak (6 oz) 6

fish, fried, 1 fillet (6 oz)

12

shellfish, canned, any type (meat only), drained, 1/2 cup

2

shellfish, fresh (meat only), cooked without fat:

- clams, 1/2 cup (2 oz) 2
- crab, 1/2 cup (2 oz) 1
- crayfish, 1/2 cup (2 oz) 1
- lobster, 1/2 cup (2 oz) 1
- oysters, 1/2 cup (2 oz) 2
- scallops, 1/2 cup (2 oz) 1
- shrimp, 1/2 cup (2 oz) 1
- sticks, breaded, frozen, 4 4
- tuna salad, 1/2 cup 7

Fish and cheese sandwich, fried, fast food, 1

13

Flour, any type, 3 Tbsp

1

Frankfurter:

- beef or pork, fat-free, 1 (1 3/4 oz) 1
- beef or pork, light, 1 (1 3/4 oz) 2
- beef or pork, regular, 1 (2 oz) 5
- turkey, 1 (2 oz) 3
- roll or bun, 1 (2 oz) 3

French fries:

- fast food, 1 small serving frozen, baked, 15 (3 oz) 6
- homemade, 20 (each about 4 1/2" long) 10
- French toast, 2 slices 7
- Fruit, dried, mixed, 1/4 cup (1 1/2 oz) 2

Fruit butter, 1 Tbsp

1

Fruit salad, 1 cup

2

Fruit, spreadable, 1 1/2 Tbsp

1

Fudge, plain, 1 piece (1" x 2")

3

G

Garlic bread, 1 slice (1 oz)

5

Gin, 1 jigger (1 1/2 fl oz)

2

Gingersnap cookies, 2 (1/2 oz)

1

Graham crackers, 2 (2 1/2" squares) or 2 Tbsp crumbs

1

Grapefruit:

- juice, 1/2 cup 1
- sections, 1 cup 2
- whole, 1 large (16 oz) 2
- whole, 1 small (8 oz) 1
- Grape juice, 1/2 cup 2
- Grapes, 1 cup 1
- Gravy: 2
- brown, 1/4 cup 4
- cream, 1/4 cup 4

Greens (beet, chard, collard, dandelion, kale, mustard, turnip), 1 cup

0

Guacamole, 1/4 cup

2

Gum, chewing, 1 piece

0

H

Half and half, 2 Tbsp

1

Ham, cooked, 1 slice or 1/2 cup cubed or shredded (2 oz)

3

Hamburger:

- meat (see Beef, ground) on bun, fast food, 1 small roll or bun, 1 (2 oz) 6
- Hearts of palm (palmetto), 1 cup 3
- Highball, 1 (6 fl oz) 0
- Honey, 1 Tbsp 3
- Honeydew melon, 1/8 melon (6 oz) or 1 cup 1
- Hot dog: 10
- chili dog on roll, 1 beef or pork, fat-free, 1 (1 3/4 oz) 1
- beef or pork, light, 1 (1 3/4 oz) 2
- beef or pork, regular, 1 (2 oz) 5
- turkey, 1 (2 oz) 3
- roll or bun, 1 (2 oz) 3
- Hummus, 1/4 cup 3

Ice cream:

- fat-free, no sugar added, 1 scoop or 1/2 cup 2
- fat-free, sweetened with sugar, 1 scoop or 1/2 cup 2
- light, 1 scoop or 1/2 cup 3
- premium, 1 scoop or 1/2 cup 7
- regular, 1 scoop or 1/2 cup 4
- Ice cream cone, plain or sugar, 1 small 1
- Ice cream sandwich, 1 4

	POINTS		POINTS
Ice cream sundae, 1/2 cup ice cream with syrup, nuts, and whipped topping	8	made with low-fat milk,* 1 tall (12 fl oz)	4
J		made with whole milk,* 1 tall (12 fl oz)	5
Jam, 1 Tbsp	1	Leeks, 1 cup	0
Jelly, 1 Tbsp	1	Lentils, cooked, 1/2 cup	2
Jerusalem artichokes (sunchoke), 1 cup	2	Lettuce, 1 cup	0
Jicama, 1 cup	1	Liquor (brandy, gin, rum, scotch, tequila, vodka, whiskey), 1 jigger (1 1/2 fl oz)	2
K		Liver, cooked:	
Kasha (buckwheat groats), cooked, 1 cup	3	beef, 1 slice or 1/2 cup (2 oz)	2
Ketchup, 1/4 cup	1	chicken, 1/2 cup (2 oz)	2
Kiwi fruit, 1 (4 oz)	1	Lo mein, any type, 1 cup	8
Knish, potato, 1 (3 1/2" square)	6	Luncheon meat: lean (3 g fat or less per oz), 1 slice (1 oz)	1
Knockwurst, 2 oz	5	regular (4 g fat or more per oz), 1 slice (1 oz)	2
L		M	
Lamb, cooked:		Macaroni, 1 cup cooked or 1 1/2 oz uncooked	3
lean, 1 slice, 1 chop, or 1/2 cup cubed or shredded (2 oz)	3	Macaroni and cheese, package mix, 1 cup prepared	9
regular, 1 slice, 1 chop, or 1/2 cup cubed or shredded (2 oz)	4	Mandarin orange, 1 (6 oz)	1
Lasagna, with meat, 1 serving (4" x 2 1/2") or 1 cup	6	Mango, 1 (8 oz)	2
Latte: made with fat-free milk,* 1 tall (12 fl oz)	2	Margarine: fat-free, 4 Tbsp	1
		reduced-calorie, 2 tsp	1
		regular, 1 tsp	1
		Marinara sauce, 1/2 cup	3
		Matzo, 1 board	2

*Counts as 1 serving of milk products.

	POINTS		POINTS
Mayonnaise: fat-free, 4 Tbsp	1	instant nonfat dry powder,* 1/3 cup	2
reduced-calorie, 2 tsp	1	low-fat or light (1/2% or 1%), * 1 cup	2
regular, 1 tsp	1	reduced-fat (2%), * 1 cup	3
Meal replacement/nutrition supplement products: bar for weight loss, 1 (1 oz)	3	soy milk: • fat-free, 1 cup (8 fl oz)	2
drink,* 1 cup	5	• regular, 1 cup (8 fl oz)	3
drink for weight-loss (prepared from powder using fat-free milk, or canned), * 1 cup	3	sweetened condensed,* 1/2 cup	11
Meatballs: without sauce, 2 (1 1/4" diameter)	10	whole,* 1 cup	4
with tomato sauce, 2 (1 1/4" diameter) with 1/2 cup sauce	13	Milk shake, any flavor, fast food, * 1 (10 fl oz)	9
Meat loaf: 1 slice (3/8" thick)	6	Muffins: any type (other than those listed here), 1 large (3" diameter)	6
Melba toast: 6 rounds or 4 slices	1	English, light, 1	1
Melon, honeydew, 1/8 melon (6 oz) or 1 cup	1	English, regular, 1	2
Milk: buttermilk, * fat-free, low-fat (1%), or reduced- fat (2%), 1 cup	2	Mushrooms: fresh, 1 cup	0
evaporated,* fat-free or low-fat, 1/2 cup	2	marinated, 1/2 cup	3
evaporated,* whole, 1/2 cup	3	N	
fat-free,* 1 cup	2	Nachos, cheese, 4	8
		Nectar, any type, 1/2 cup	1
		Nectarine, 1 (4 oz)	1
		Noodles, cooked: cellophane, 1 cup	3
		egg, 1 cup	3
		O	
		Oil, vegetable, 1 tsp	1
		Okra, 1 cup	0

*Counts as 1 serving of milk products.

	POINTS		POINTS
Olives , 10 small or 6 large (1 oz)	1	Pears: canned, unsweetened, 1 cup	2
Omelets: cheese, 2-egg, 1	8	fresh, 1 (6 oz)	1
ham and cheese, 2-egg, 1	9	Peas , cooked: black-eyed (cowpeas), ½ cup	1
Onion rings , fast food, 1 medium serving	10	chick, ½ cup	1
Onions , 1 cup	1	green, 1 cup	2
Orange: juice, ½ cup	1	snow (Chinese pea pods), 1 cup	0
orange-grapefruit juice, ½ cup	1	split, ½ cup	2
sections, 1 cup	1	sugar snap, 1 cup	0
whole, 1 (5 oz)	1	Pecans , 14 halves (1 oz)	5
		Peppers , 1 cup	0
		Persimmon , 1 (6 oz)	2
		Pickles: sweet, 2 large	1
		unsweetened, 1 cup or 1 medium	0
Pancake , homemade, 1 (4" diameter)	3	Pie crust , any type, refrigerated or frozen, ⅓ of 9" pie crust	2
Papaya , ½ (8 oz) or 1 cup	1		
Parsnips , 1 cup	2	Pies: fruit, one-crust, ⅓ of 9" pie	6
Pasta , 1 cup cooked or 1½ oz uncooked	3	fruit, two-crust, ⅓ of 9" pie	9
Pasta sauce , bottled, any type, ½ cup	2	meringue, ⅓ of 9" pie	10
Pastrami: beef, 1 slice (1 oz)	3	Pierogies: cabbage, cheese, or potato, 3 (each 3½")	7
turkey, 1 slice (1 oz)	1	meat, 3 (each 3½")	8
Peaches: canned, unsweetened, 1 cup	2	Pimientos , 1 cup	1
fresh, 1 (6 oz)	1		
Peanut butter , 1 Tbsp	2		
Peanuts , 40 nuts (1 oz)	4		

Potatoes (con't)	POINTS	POINTS
French fries:		
• fast food, 1 small serving	6	
• frozen, baked, 15 (3 oz)	2	
• homemade, 20 (each about 4 1/2" long)	10	
mashed, 1/2 cup	2	
salad, 1/2 cup	7	
sweet, 1 large (10 oz uncooked or 8 oz cooked) or 1 cup	3	
white or red,		
1 large (10 oz uncooked or 8 oz cooked) or 1 cup	3	
white or red,		
1 small (2" diameter or 3 oz cooked)	1	
Potato chips:		
baked, 1 oz	2	
regular, 14 (1 oz)	4	
Preserves, 1 Tbsp	1	
Pretzels:		
hard or Bavarian, 1 (3/4 oz)	2	
rods, 2 (3/4 oz)	2	
soft, 1 (2 1/2 oz)	3	
sticks, 45 (3/4 oz)	2	
twists, regular, 7 (3/4 oz)	2	
twists, small, 15 (3/4 oz)	2	
Prune juice, 1/2 cup	2	
Prunes, 2 (3/4 oz)	1	
Pudding, reduced-calorie (made with fat-free or low-fat [1%] milk)*, 1 cup	2	
Pumpkin, 1 cup	0	
Pumpkin seeds, 1 Tbsp	1	

Q	
Quesadilla, cheese, 1 (1/2 of 6" diameter)	5
R	
Radishes, 1 cup	0
Raisins, 1/4 cup (1 1/2 oz)	2
Raspberries, 1 1/2 cups	1
Ravioli, with tomato sauce:	
cheese, 8 pieces with 1/2 cup sauce	16
meat, 8 pieces with 1/2 cup sauce	14
Recipe ingredients (see page 32)	
Ribs (see Spareribs)	
Rice, cooked:	
brown, 1 cup	4
fried, with beef, chicken, pork, shrimp, or plain, 1 cup	8
Spanish, 1 cup	5
white, 1 cup	4
Rice cakes, plain, 2 regular or 6 mini	1
Rice drinks:	
any type (other than those listed here), 1 cup (8 fl oz)	3
chocolate, 1 cup (8 fl oz)	4
fat-free, 1 cup (8 fl oz)	2
Rolls:	
dinner, 1 (2 oz)	3
hamburger, 1 (2 oz)	3

frankfurter, 1 (2 oz)	3	
hard, 1 (2 oz)	3	
hot dog, 1 (2 oz)	3	
high-fiber (3 g or more dietary fiber per roll), 1 (2 oz)	2	
Rum, 1 jigger (1 1/2 fl oz)	2	
S		
Salad dressings (see Dressings)		
Salads:		
Caesar, 3 cups	7	
chef's, no dressing, 4 cups	6	
chicken, 1/2 cup	6	
coleslaw, 1/2 cup	4	
fruit, 1 cup	2	
mixed greens, 1 cup	0	
potato, 1/2 cup	7	
side, without dressing, fast food, 1 serving	0	
spinach, with dressing, 2 cups	7	
taco, without shell and dressing, fast food, 1	8	
taco, with shell, without dressing, fast food, 1	15	
three-bean, canned, 1/2 cup (4 1/2 oz)	1	
tuna, 1/2 cup	7	
Salami, any type, 1 slice (1 oz)	3	
Salsa, 1 cup	0	
Saltines, 6	2	

Sandwiches:		
bagel, with cream cheese and lox, 1 large	12	
cheese, grilled, restaurant-style, 1	13	
cheeseburger on bun, fast food, 1 small	8	
chicken, grilled, fast food, 1	9	
falafel in pita, 1 large pita with 4 falafel patties	13	
fish and cheese, fried, fast food, 1	13	
hamburger on bun, fast food, 1 small	6	
Sauerkraut, 1 cup	0	
Sausage, beef or pork, cooked, 1 link or patty or 1 oz	3	
Scallions, 1 cup	0	
Scotch, 1 jigger (1 1/2 fl oz)	2	
Seasonings and condiments (see page 81)		
Seitan, 2 slices (2 oz) or 2 Tbsp prepared mix	1	
Sesame seeds, 1 tsp	0	
Shellfish:		
canned, any type (meat only), drained, 1/2 cup	2	
fresh (meat only), cooked without fat:		
• clams, 1/2 cup (2 oz)	2	
• crab, 1/2 cup (2 oz)	1	
• crayfish, 1/2 cup (2 oz)	1	

* Counts as 1 serving of milk products.

	POINTS		POINTS
Shellfish (con't)		Soy products:	
• lobster, 1/2 cup (2 oz)	1	seitan, 2 slices (2 oz) or 2 Tbsp prepared mix	1
• oysters, 1/2 cup (2 oz)	2	soybean nuts, 1/4 cup (1 oz)	3
• scallops, 1/2 cup (2 oz)	1	soybeans, cooked, 1/2 cup	3
• shrimp, 1/2 cup (2 oz)	1	soy cheese (see Cheese)	3
Soft drinks:		soy milk:	
club soda, 1 can or bottle (12 fl oz)	0	• fat-free, 1 cup (8 fl oz)	2
diet, any flavor, 1 can or bottle (12 fl oz)	0	• regular, 1 cup (8 fl oz)	3
seltzer, unsweetened, 1 can or bottle (12 fl oz)	0	soy yogurt:	
sweetened with sugar, any flavor, 1 can or bottle (12 fl oz)	3	• flavored, 3/4 cup (6 oz)	3
Sorbet, any flavor, 1 scoop or 1/2 cup	2	• plain, 3/4 cup (6 oz)	3
Soups:		tempeh (fermented soybean cake), 1/4 cup (1 oz)	1
bouillon, any type, 1 cup	0	textured vegetable protein, 1/3 cup (3/4 oz dry)	1
broth, any type, 1 cup	0	tofu:	
chicken noodle, 1 cup	3	• frozen, 1/2 cup	5
egg drop, 1 cup	1	• low-fat, 1/3 cup, 1/5 block, or 3 oz	1
hot and sour, 1 cup	2	• regular, firm, 1/3 cup, 1/5 block, or 3 oz	2
lentil, 1 cup	3	• regular, soft, 1/3 cup, 1/5 block, or 3 oz	1
mushroom, cream of, canned (made with fat-free milk), 1 cup	3	onion soup mix, 1 cup prepared or 1/4 envelope	1
tomato, canned (made with water), 1 cup	1	soy sauce, 1 Tbsp	0
vegetable, 1 cup	2	Spaghetti, 1 cup cooked or 1 1/2 oz uncooked	3
Sour cream:		Spaghetti sauce, bottled, any type, 1/2 cup	2
fat-free, 1/4 cup	1	Spaghetti with marinara sauce, 1 cup spaghetti with 1/2 cup sauce	6
light, 3 Tbsp	1		
regular, 1 Tbsp	1		

	POINTS		POINTS
Spaghetti with tomato sauce and meatballs, 1 cup spaghetti, 1/2 cup sauce, and 2 meatballs	16	Sweet and sour sauce, 2 Tbsp	1
Spareribs: barbecued, 4 (each 4" long)	8	Syrup: low-calorie, 2 Tbsp	1
Chinese, barbecued, 2 (each 4" long)	4	regular (maple, pancake, or chocolate), 1 Tbsp	1
Spinach, 1 cup	0	Tabouli, 1/2 cup	4
Spinach salad, with dressing, 2 cups	7	Tacos: hard or soft, fast food, 1 salad, without shell and dressing, fast food, 1	5
Spreadable fruit, 1 1/2 Tbsp	1	salad, with shell, without dressing, fast food, 1	8
Sprouts: alfalfa, 1 cup	0	sausage, 1 Tbsp	15
bean, 1 cup	0	shells, store-bought, 2	0
Squash: spaghetti, 1 cup	0	Tahini, 2 Tbsp	2
summer, 1 cup	0	Tangerine, 1 large or 2 small (6 oz)	1
winter, 1 cup	1	Tartar sauce, 1 Tbsp	2
zucchini, 1 cup	0	Tea, black, without sugar, 1 cup	0
Steak sauce, 1 Tbsp	0	Tempeh (fermented soybean cake), 1/4 cup (1 oz)	1
Stir-fry with garlic or black bean sauce: beef or pork, 1 cup	8	Tempura: shrimp, 4 jumbo shrimp	12
chicken or shrimp, 1 cup	7	vegetable, 1 cup	8
Strawberries, 1 1/2 cups	1	Tequila, 1 jigger (1 1/2 fl oz)	2
Stuffing mix, bread, 1/2 cup prepared	4	Teriyaki: beef, 2 slices (4 oz)	7
Sugar, any type, 1 Tbsp	1	chicken, 2 slices (4 oz)	6
Sunflower seeds, 1 Tbsp	1	fish, 4 oz	5
Sushi (maki, nigiri, or nori maki), 4 pieces	2	sauce, 1 Tbsp	0
Sweet and sour: beef or pork, 1 cup	12		
chicken or shrimp, 1 cup	10		

	POINTS		POINTS
Textured vegetable protein, 1/3 cup (3/4 oz dry)	1	canned in water, drained, 1/2 cup (4 oz)	3
Tofu:		fresh, cooked, 1 fillet or steak (6 oz)	6
frozen, 1/2 cup	5	salad, 1/2 cup	7
low-fat, 1/3 cup, 1/3 block, or 3 oz	1	Turkey, cooked:	
regular, firm, 1/3 cup, 1/3 block, or 3 oz	2	dark meat, 1 slice or 1/2 cup cubed or shredded (2 oz)	3
regular, soft, 1/3 cup, 1/3 block, or 3 oz	1	ground, 1 patty (3 oz)	5
Tomatoes:		ground, 1/2 cup (2 oz)	3
dried (not packed in oil), 1/4 cup	0	ground, lean, 1 patty (3 oz)	4
fresh or canned, 1 cup	0	ground, lean, 1/2 cup (2 oz)	3
paste, 2 Tbsp	0	light meat, 1 slice or 1/2 cup cubed or shredded (2 oz)	2
puree or sauce, 1/2 cup	0	Turnips, 1 cup	0
Tomato or mixed vegetable juice, 1 cup	0		
Tomato sauce, Italian, 1/2 cup	3		
Tortillas:			
corn, 2 (4" diameter), 1 (6" diameter), 1/2 (10" diameter), or 1 oz	1	Veal, cooked:	
flour, 2 (4" diameter), 1 (6" diameter), 1/2 (10" diameter), or 1 oz	2	lean, 1 slice, 1 chop, or 1/2 cup cubed or shredded (2 oz)	3
1/2 (10" diameter), or 1 oz	3	parmigiana, with sauce, 5 oz with 1/2 cup sauce	12
Tortilla chips, 12 (1 oz)	2	regular, 1 slice, 1 chop, or 1/2 cup cubed or shredded (2 oz)	4
Tortoni, 1 serving	7	Vegetable juice, mixed, 1 cup	0
Tostadas:		Vegetables, 0-POINT (see page 13)	
beef, 1	10	Vegetarian meat substitutes:	
chicken, 1	8	breakfast links (sausage-type), 2 (1 1/2 oz)	2
shells, store-bought, 2	2	breakfast patty (sausage-type), 1 (1 oz)	1
Tuna:			
canned in oil, drained, 1/2 cup (4 oz)	5		

	POINTS		POINTS
breakfast strips, 4 (1 oz) burger, 1 (2 3/4 oz)	3	light (artificially sweetened),* 1 cup	2
burger, fat-free, 1 (2 3/4 oz)	1	low-fat, sweetened with sugar:	
seitan, 2 slices (2 oz) or 2 Tbsp prepared mix	1	• flavored (vanilla, lemon, coffee),* 1 cup	4
tempeh (fermented soybean cake), 1/4 cup (1 oz)	1	• fruit-flavored,* 1 cup	5
textured vegetable protein, 1/3 cup (3/4 oz dry)	1	• plain,* 1 cup	4
Vodka, 1 jigger (1 1/2 fl oz)	2	soy yogurt:	
		• flavored, 3/4 cup (6 oz)	3
		• plain, 3/4 cup (6 oz)	3
		Yogurt, frozen:	
Waffles, any type, low-fat, frozen, 2 (4" round or square)	3	fat-free, no sugar added, 1 scoop or 1/2 cup	2
Walnuts, 14 halves (1 oz)	5	fat-free, sweetened with sugar, 1 scoop or 1/2 cup	2
Water chestnuts, 1 cup	1	low-fat, 1 scoop or 1/2 cup	3
Watercress, 1 cup	0	Yogurt drink,* 1 cup	5
Watermelon, 2" slice or 1 cup	1		
Water or mineral water, 1 cup	0	Ziti, baked (without meat), 1 cup	6
Wheat germ, 3 Tbsp	1	Zucchini, 1 cup	0
Whiskey, 1 jigger (1 1/2 fl oz)	2		
Wine, 1 small glass (4 fl oz)	2		

*Counts as 1 serving of milk products.