

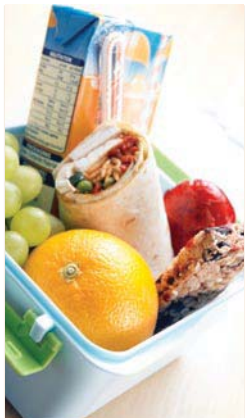
Bacteria

Not Invited to Lunch

- ✓ **Avoid cross contamination.** Use one set of prep items for raw meat and poultry and another for raw foods such as vegetables and fruits.
- ✓ **Wash your hands** with warm, soapy water before you prepare or eat food.



- ✓ **Clean your food container** or reusable lunch bag after every use with hot, soapy water and let it dry thoroughly.
- ✓ **Use bags once.** Toss plastic and paper bags that have contained food. Used bags can harbor harmful bacteria.
- ✓ **Watch the temperature.** Keep hot foods hot and cold foods cold. Cold packs, insulated containers or a frozen juice box or water bottle can help.



Make your homemade lunches tasty, nutritious, filling and satisfying, and you will have less temptation to eat out. Use the time you save on your lunch break to walk and enjoy the fresh air. Soon, waiting in line at lunchtime will be a distant memory.

Best choices for balanced lunches at work and or at school: **fruits and vegetables** (eat more, not less) ... **high-fiber whole wheat bread or pasta** ... **protein-rich foods** such as lean meats, a hard-boiled egg, peanut butter or beans ... **low-fat or fat-free dairy** products.

Kids' Meals Fun and Healthy

- **Decorate.** Cover your child's lunch bag with stamp prints or stickers. Encourage older children to personalize their lunch or boxes.
- **Mix up textures.** Add small containers of berries, granola, diced vegetables or fruit to be eaten as a snack or added to yogurts and sandwiches.
- **Be silly.** Pack snacks in Chinese takeout containers (available at party supply stores) or create a pasta salad with macaroni that is shaped like basketballs or the alphabet.
- **Keep it cold.** Pack a frozen juice box in your child's bag. It will be thawed by lunchtime for a refreshing drink and keep food cold.
- **Include a sweet treat.** Instead of cookies or candy, pack a joke or a handwritten note in your child's bag. The best treats often are sweeter to the spirit than to the tongue.



Healthy Brown Bag Lunches

Tasty Meals Made Easy



Put a Little Love in Your Lunch

There's comfort (and usually better nutrition) in a good meal prepared at home. Homemade lunches can satisfy a hearty appetite, keep you healthy and save you money all at the same time.

Don't just eat — enjoy!

Brown bag lunches have come a long way since soggy school sandwiches.

Make your best choice!

4 Essentials of a Great Lunch at Work

- 1 Tasty.** Include your favorite foods and treats in your homemade lunch.
- 2 Safe.** Wash your hands and use clean preparation methods while making and packing food. Keep foods at the proper temperature.
- 3 Healthy.** The best meals include fruits and vegetables, whole grains, lean protein and low-fat or fat-free dairy products. Best choices include whole-grain breads, string cheese, a juicy apple and grape tomatoes.
- 4 Convenient.** From bagged salads to single-serving containers, portable food has never been easier. Make your own frozen entrees by batch cooking on the weekends and freezing individual servings for the next week's lunches.



Beyond Plain Sandwiches:

- 🍷 Fresh greens.** Ready-to-use lettuces and leaf spinach are available in most markets. Layer them with raw or roasted vegetables and add a grilled leftover chicken breast. Lentils, beans, chickpeas and other dried legumes can be used to add protein.
- 🍷 Rolled wraps.** Whole wheat tortillas, flatbread and other wraps can hold nearly anything you crave, from simple tuna salad or ham and cheese to leftover steak and crisp salads.

Pressed for Time?

If you feel like you don't have time to bring meals from home, consider these tips — most can take less time than waiting in line at the local drive-through.

- ✓ **Shop for a week's worth of portable meals** on your day off, and do some prep work. Store your healthy choices in small containers so you can grab-and-go.
- ✓ **Keep extra utensils, napkins and condiments** at work so you don't have to carry them daily.
- ✓ **Prep your thermal food container.** Chilling or heating the inside of the container with boiling water or ice water before filling will keep its contents at the correct temperature for longer.
- ✓ **Have a supply of bite-sized lightly steamed or raw vegetables** on hand to add to salads, sandwiches, pasta dishes and snack cups.
- ✓ **Store homemade trail mix in an airtight container.** Include your favorite cereal, mini pretzels, granola, nuts, seeds and raisins.
- ✓ **Pack leftover dinner** in small, serving-size containers so you'll have lunch ready.



Fun, Portable Food Ideas

- 🍷 Fun dips.** Fruits, vegetables, crackers, bagel chips or dried vegetable chips — all are begging to be dipped. Hummus, nut butter and bean dip are high-protein, hearty and tasty. *More best choices ...* fat-free or low-fat yogurt mixed with herbs, low-sugar fruit spread or salsa or low-fat or fat-free salad dressing.
- 🍷 Tasty soups.** Hot and cold soups can be made in large batches at home and frozen in portable portions, or purchased prepared. Use a thermal mug to keep hot soups hot and cold soups cold.



Bringing meals from home means you can control portion sizes, ingredients and preparation methods — good for your nutrition and weight management goals.

Build a Better Sandwich

- Use whole wheat bread instead of enriched white or wheat breads.
- Enjoy leftover home-cooked meats such as roast beef, chicken breast or lean pork.
- Try new condiments such as relishes, mustard, pickled vegetables, or sun-dried tomato spread. Go easy on the mayo.
- Layer your sandwich with flavorful vegetables such as avocado, cucumbers, spinach and bell pepper slices.
- To avoid soggy bread, keep condiments and wet ingredients, such as veggies, in a separate container until just before you eat.



You Need to Know Daily Calorie Range

Use this guide from the Dietary Guidelines for Americans 2010 to help you understand daily calorie limits as they apply to your physical activity level. Individual needs may vary. Learn more from a nearby wellness champion, your doctor or a dietitian.

women/girls

age	sedentary	moderately active	active
51+	1,600	1,800	2,000-2,200
31-50	1,800	2,000	2,200
19-30	1,800-2,000	2,000-2,200	2,400
14-18	1,800	2,000	2,400
9-13	1,400-1,600	1,600-2,000	1,800-2,200
4-8	1,200-1,400	1,400-1,600	1,400-1,800



be active your way

men/boys

age	sedentary	moderately active	active
51+	2,000-2,200	2,200-2,400	2,400-2,800
31-50	2,200-2,400	2,400-2,600	2,800-3,000
19-30	2,400-2,600	2,600-2,800	3,000
14-18	2,000-2,400	2,400-2,800	2,800-3,200
9-13	1,600-2,000	1,800-2,200	2,000-2,600
4-8	1,200-1,400	1,400-1,600	1,600-2,000

Defined ... Physical Activity Levels

How active are you, really? These fitness descriptions* may help. You may need a fitness or health professional's help to determine the physical activity level that's right for you.



Sedentary means a lifestyle that includes only the light physical activities associated with day-to-day life.

Moderately active is equal to walking 1.5-3 miles per day at 3-4 mph, in addition to the light physical activities associated with typical day-to-day life.

Active means physical activity equivalent to walking more than 3 miles per day at 3-4 mph, plus the activities of day-to-day life.

Be active your way: Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you increase distance or time.

*Dietary Guidelines for Americans, 2010



Since heart disease is the No. 1 health threat, fitness moves that raise your heart rate have the most health benefits. Over time, this aerobic exercise lowers resting heart rate and blood pressure. Walking is an easy start.

This brochure is intended to promote healthy habits. It is not intended as a substitute for professional care. Before making significant changes to diet or exercise, you may need your health care provider's help, especially if you are managing a health condition. © 2012 Oakstone® Publishing, LLC, dba Personal Best®. All rights reserved. R0212 BHW70211

Managing Your Weight

How to Achieve & Maintain a Healthy Weight



Why Manage Your **Weight**?

Aside from looking and feeling better, maintaining a healthy weight reduces your risk of serious health problems, including heart disease, high blood pressure, diabetes and some cancers. Plus, controlling your weight can help you feel more in control of your life.

Even if you don't need to lose weight, you'll still benefit from the healthy weight-control habits in this brochure. *Read on.*

3 Basic Weight Principles

1 Weight is determined by many factors, including those you inherited, such as height, body shape and metabolism. Focus on the factors you can control — diet and exercise — and make changes that can last a lifetime.

2 Quick-weight-loss diets don't work long term for most people, especially diets that severely restrict calories. Start by simply eating smaller portions of the foods you usually eat.

3 Taking in more calories than you burn causes you to gain weight. Exercise combined with a sensible diet is the healthiest way to lose extra pounds. Look for the calorie-activity chart and physical activity levels defined in this pamphlet.



Looking for a Good **Weight-Loss Program**?

You've probably seen the advertisements promoting weight loss programs that make big promises. Before you sign up, consider this advice:

Weight-loss programs have advantages:

- ✓ Many reputable programs employ experienced **counselors** who can help you manage the emotional side of eating and help keep you motivated.
- ✓ A **group setting** can provide ongoing support.
- ✓ Some programs provide recipe ideas, shopping lists, exercise programs and other **helpful tools**.



What to avoid:

- ✗ Programs that require you to buy and eat expensive **prepackaged food**. These meals don't prepare you for planning and cooking healthy, weight-friendly meals on your own. This makes long-term weight loss difficult to maintain.
- ✗ Plans that suggest eating **only certain foods** or specific combinations of foods. You may lose a lot of weight quickly, but an unreasonable eating plan is hard to follow long term.
- ✗ Programs that require you to take **herbal supplements** or large doses of vitamins. Talk with your health care provider before taking these products.
- ✗ Plans that focus on **diet alone**, without an exercise component. Physical activity can help you achieve lifelong weight control and good health.

Common **Dieting Mistakes**

Drastically cutting carbohydrates: It may lead to weight loss initially. But evidence is incomplete about how these diets affect long-term weight loss or overall health. Plus, eating mostly protein-rich foods usually means more saturated fat and cholesterol in your diet, both of which work against your heart health.

Tip: Successful weight managers get most of their calories from wholesome carbohydrates, favoring fruits, vegetables and other high-fiber foods. They limit fat to less than one-third of their total daily calories.



Overlooking calories. While the percentage of fat in the American diet has dramatically declined, the obesity rate continues to rise. Wonder why? It's easy to eat larger portions of low-fat foods because they may seem healthful. Trouble is, the calories from carbohydrates and sugars really add up.

Success Will Be Yours!

- ▶ **Slow and steady.** Set realistic goals and take small steps. Healthy weight loss is about 1 or 2 pounds per week.
- ▶ **Eat fewer calories.** Downsize portions and recognize when your body feels full.
- ▶ **Find time for fitness.** The National Weight Control Registry reports that people who successfully lose weight and keep it off exercise 60-90 minutes a day, with walking being the No. 1 activity.
- ▶ **Reward yourself.** Celebrate calories burned or pounds lost by enjoying a non-food-related reward. You'll motivate yourself to make healthy changes a permanent part of your life.



Eating Well The Main Idea

Maybe your diet has a special aim. Trying to lose weight? Reducing sugar or sodium? Meet your specific dietary needs and stay in general good health by tweaking your eating routine.



More Fiber, Vitamins and Minerals



- Use three times the vegetables as meat in recipes that call for meat as the main ingredient (soups, stews and casseroles).
- Use brown rice, bulgur wheat, pot barley or wild rice in place of white rice.
- Replace iceberg lettuce with dark leafy greens such as spinach, kale, watercress, chicory, endive and radicchio.

Less Sugar



- Add your own fruit to yogurt, granola and cereal. Use fresh fruit, canned fruit packed in water or rinse canned fruits packed in syrup.
- Read labels for hidden sugars in foods: Look for words that end in "ose" (dextrose, fructose, maltose, sucrose, glucose, or lactose).
- Cut down on the sugar in your coffee (beware of the flavored syrups added to coffee bar drinks; ask for sugar-free).

Less Sodium



- Use herbs, spices and salt-free herb blends instead of salt or seasoned salt (garlic salt, grill seasoning).
- Use lemon juice or vinegars in place of salty seasonings such as Worcestershire sauce, bouillon cubes, steak sauce, meat tenderizer and cooking wines.
- Choose low-sodium versions of soups, marinades and barbecue sauces. Better yet, make your own and freeze them.

Old Faves: *Fresh Takes*

Sandwiches



Fill a whole-grain pita pocket with chopped vegetables (spinach, tomatoes, zucchini, carrots, red and green peppers, celery). Add garbanzo beans, black beans or sliced avocado for nutrients and protein. Include a few slices of turkey or lean roast beef, but don't make meat the main ingredient. Top with reduced-fat salad dressing, mayonnaise or yogurt.

Burgers



Use extra-lean ground beef or ground white-meat turkey (or combine the two). Add flavorful ingredients, such as caramelized onions, herbs, diced peppers, finely chopped greens (arugula, watercress) or hot sauce to the burger mix to increase the flavor without the fat. Experiment with vegetarian burgers made from ground nuts, bulgur wheat or soy protein. Pile on the lettuce, tomatoes and other vegetables for filling. Serve on a whole-grain bun.

Pasta Dishes



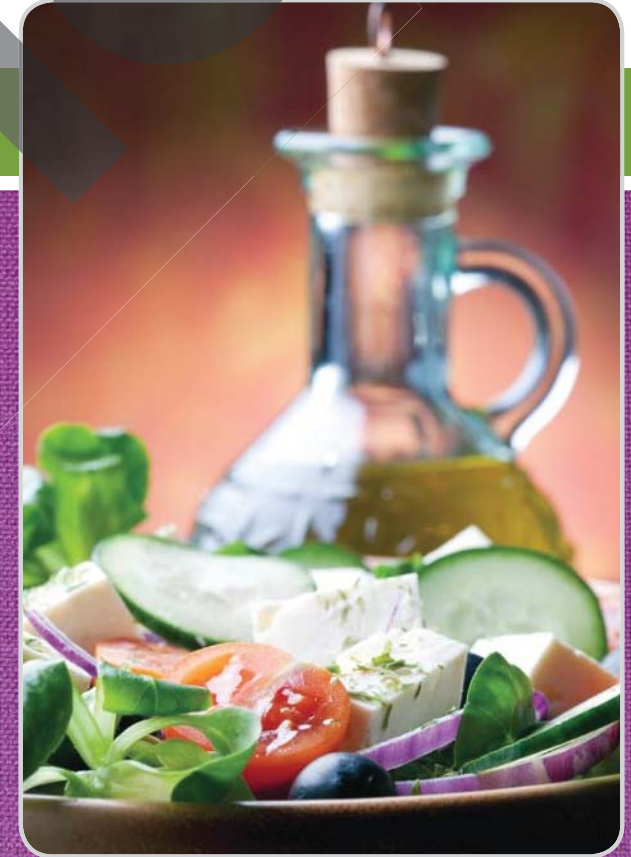
Experiment with high-fiber and whole-grain pastas. Look for whole-wheat durum flour or whole grains as the first ingredient. Use marinara sauce instead of Alfredo sauce or butter. Add steamed vegetables to your pasta dish (carrots, summer squash, zucchini, broccoli) and sprinkle with reduced-fat cheese so you can stick to the serving size on the box and still feel satisfied.

Good food can add joy to your life.

Make healthy choices and experiment with new ingredients to improve your favorites. A whole world of taste, texture and good health awaits.

Healthy Meal Makeovers

How to Shop, Cook & Eat Well



Time for a Food Revolution

Why care about what you eat? People tend to reach for what is quick, easy and tastes good. Often these are not the healthiest choices.

Meals are more than just a moment to feed yourself whatever's handy. Food fuels your body and mind. What you eat affects how you feel, your energy and your mood.

Put the right fuel in, and your body will run more smoothly and will be in optimum health. Eat junk food and empty calories and you'll likely feel the opposite.

The thought of giving up the foods we enjoy is often what keeps us stuck in an unhealthy eating pattern. Use the advice and tips in this brochure and make your best choice.



Best Shopping Strategies

- ✓ **Plan ahead** by making a shopping list based on your meals for the week. Include lunches, snacks and portable foods for work.
- ✓ **Stick to your list** (and don't shop hungry) when people tend to choose high calorie and high fat impulse items.
- ✓ **Travel the edges:** This is where you can usually find the freshest, least processed and healthiest foods.
- ✓ **Use caution in the aisles:** Read labels so you know how many calories and how much sodium, fat and sugar a serving of a food contains. Be cautious with salad dressings, spreads and processed meats such as sausage, packaged lunch meats and hot dogs. Choose grain products that list whole wheat first on the ingredient label.



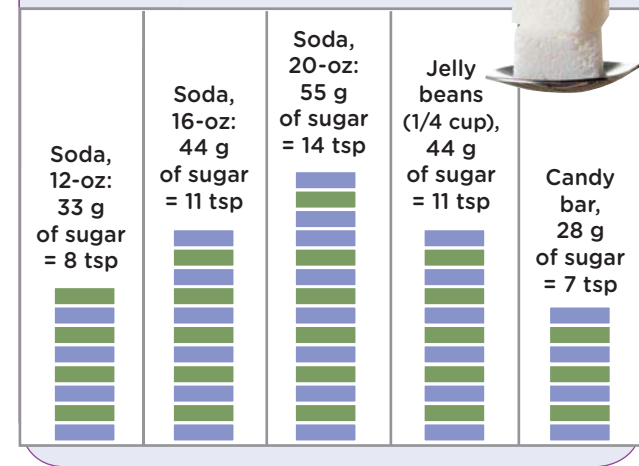
- ✓ **Stock up on healthy additions.** Buy staples you can use to add flavor, texture and variety without adding extra fat, sugar or salt. *Ideas:* Flavored vinegars, lemons, limes, fresh or dried herbs, pepper, and a mix of spices. It's helpful to have the right ingredients on hand.

Put down your eating utensil between bites. It takes 20 minutes for your brain to read that your stomach is full.

Hello Sugar...

Advice about limits on daily sugar in the diet varies. It ranges from no more than about 2 teaspoons per day (Dietary Approaches to Stop Hypertension—DASH Diet) to no more than 6 teaspoons per day for women and no more than 9 per day for men (American Heart Association) to no more than 12 teaspoons per day or up to 10 percent of calories (World Health Organization).

You don't have to look very far to find added sugar in foods and beverages. Food labels refer to sugar in grams versus teaspoons, so see how these choices stack up.



Eating Well in 5

- 1 **Savvy shopping** ... learn where the healthiest foods are in your grocery store and how to read and compare labels
- 2 **Smart cooking in the kitchen** ... framing healthy meals around fruits and vegetables
- 3 **A new outlook on treats** ... enjoy them only occasionally and in small portions
- 4 **Breakfast** ... best way to start the day, especially when it's low in fat and high in fiber and protein
- 5 **Picky about portions** ... downsize restaurant meals or split with someone at your table when dining out



Grocery Basket MVPs



- 1 **Produce:** Fresh, frozen or canned ... if you choose canned, you can lose added salt or sugar by rinsing and draining.
- 2 **Lean protein:** Sources such as white-meat chicken without skin, fish, beans, nuts and soy are best choices. If you like pork, loin chops or tenderloin is leaner. For beef, leaner cuts include round, sirloin or tenderloin.
- 3 **Dairy:** Choose low-fat or fat-free milk, yogurt and cheese. Eggs are a good source of protein, especially if you eat more whites than yolks.

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Make it Easy Recipes



Salmon With Mustard Glaze

INGREDIENTS:

- 1/4 cup low-sodium **chicken broth**
- 1 tbsp **red wine vinegar**
- 1 tbsp **Dijon-style mustard**
- 1 tbsp **extra virgin olive oil**
- 1 1/4 lbs red **sockeye salmon** filet, skin removed

DIRECTIONS:

1. In a saucepan, combine all ingredients except salmon; bring to a boil, then simmer 1 minute, stirring often. Set aside, off heat.
2. Place filet on broiling pan coated with cooking spray; broil 4-6 inches from heat for 4-5 minutes.
3. Remove pan from oven and brush salmon with glaze; return to broiling 3-4 minutes, depending on filet thickness.

Tip: For best flavor and quality, choose wild-caught salmon.

**MAKES 4 SERVINGS**

PER SERVING:

calories	237
protein	28g
total fat	12.6g
carbohydrate	trace
fiber	0g
sodium	142mg

Avocado & Shrimp Salad

INGREDIENTS:

- 1/2 cup **salsa**
- 1/2 cup **fat-free sour cream**
- 4 cups **Romaine leaves**
- 1 **avocado**, peeled, pitted and chopped
- 2 **Roma tomatoes**, chopped
- 1 **red bell pepper**, chopped
- 8 oz medium **shrimps**, cooked

DIRECTIONS:

1. Blend a favorite salsa with sour cream for dressing.
2. Lay Romaine leaves equally on 4 plates.
3. Gently combine dressing with avocado, bell pepper, tomato and shrimps.
4. Scoop salad onto Romaine and serve immediately.



MAKES 4 SERVINGS

PER SERVING:

calories	232
protein	17.4g
total fat	9g
carbohydrate	24g
fiber	10g
sodium	364mg

Raspberry Crumble

INGREDIENTS:

4 cups fresh
raspberries
1 tbsp **flour**
1 tbsp **orange**
juice

Crumb topping:
 $\frac{3}{4}$ cup uncooked **whole-grain oats**
 $\frac{1}{4}$ cup **sugar**
2 tbsp **flour**
 $\frac{1}{4}$ cup **light tub margarine**
(trans-fat free)



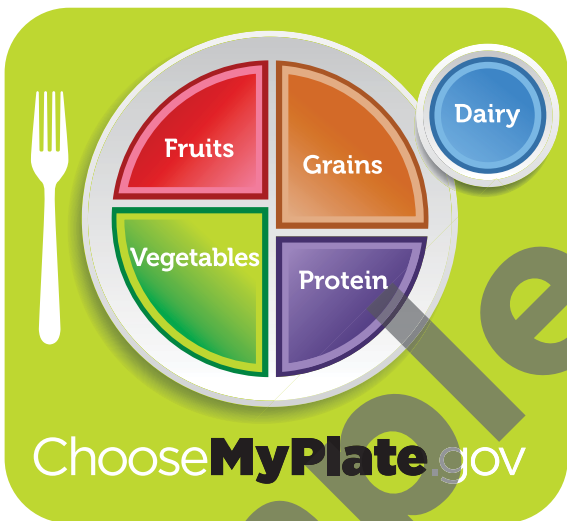
DIRECTIONS:

1. Preheat oven to 400°F. Lightly coat an 8-inch round baking dish with cooking spray.
2. Gently blend berries, flour and juice; pour into baking dish.
3. Stir topping ingredients into coarse mixture; spoon evenly over berries.
4. Bake 20-25 minutes until topping is golden.

MAKES 5 SERVINGS

PER SERVING:

calories	207
protein	3.7g
total fat	5.4g
carbohydrate	65g
fiber	7.6g
sodium	5mg



BALANCING CALORIES

- Enjoy your food, but eat less.
- Avoid oversized portions.

FOODS TO INCREASE

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

FOODS TO REDUCE

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

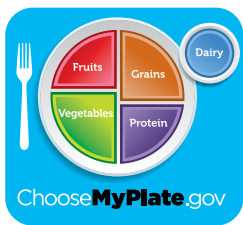
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Live Well

FOOD & FITNESS TRACKER

Healthy Plate Portions



1/2 Plate = fruits and vegetables.

1/4 Plate = protein-rich foods (broiled, grilled, roasted).

1/4 Plate = grains (e.g., brown rice or whole-wheat breads and pasta).

Food Group

Basic DAILY Needs

(Based on 2,000 Calories/Day)

Grains



5 to 8 ounces

1 ounce = about 1/2 cup of cooked rice, pasta or barley; one slice of bread; or roughly 1 cup of whole-grain cereal (uncooked); make at least half your grains whole grains.

Fruits



At least 2 cups

Whole fruit is best, not juice.

Vegetables



At least 2 1/2 cups

Subgroups: dark green, orange, starchy, and peas, other vegetables.

Dairy



3 cups of dairy

Include skim or low-fat milk, yogurt or other milk equivalent.

Protein



5 to 6 ounces

1 ounce = 1 ounce of poultry, fish or lean meat; 1 egg; 1 tbsp peanut butter; or 1/4 cup dried beans.

Oils & Fats



5 to 7 teaspoons

Such as cooking oils, dressings and nuts.

Serving Size & Visual Guide



= 1 cup



= 4 oz.



= 1 oz.



= 1/2 cup



= 3 oz.



= 1 oz.



Grains 1 cup dry cereal (1 oz.) = baseball

1/2 cup cooked pasta (1 oz.) = small computer mouse

1 slice bread (1 oz.) = CD



Fruits 1 small apple (1 cup) = baseball

1/2 cup juice (4 oz.) = 40-w light bulb

1/2 cup sliced fruit = small computer mouse



Vegetables 1 cup raw vegetables = baseball

1/2 cup = small computer mouse

1 cup salad greens = baseball



Dairy 1 cup milk or yogurt = baseball

1 oz. cheese = 4 dice

1/2 cup frozen yogurt = small computer mouse



Protein 1 oz. peanut butter = 4 dice

1/2 cup beans (2 oz.) = small computer mouse

3 oz. poultry, fish or meat = deck of cards



Learn your personal daily calorie needs at **ChooseMyPlate.gov** based on your age, gender, weight, and activity level.

With a little practice, measuring healthy portions will be easy.

Sources: ChooseMyPlate.gov. Accessed 4/29/14. • NHLBI Serving Size Card. NHLBI, 9/30/13. Accessed 4/29/14 at <http://hp2010.nhlbihin.net/portion/servingcard7.pdf>.

Date: Sample Day

of Sleep & hrs

Weight 145

Mood

Food or Drink Item

Amount of Item

Food Group

Calories or Other

BREAKFAST: Time of Day 8:00 am

Boiled egg

1

P

78

Whole-wheat toast, slice

1

G

75

Cantaloupe

1 c

F

54

Skim milk

1 c

D

83

Tea

1 c

00

LUNCH: Time of Day 11:30 am

Chicken breast

3 oz.

P

165

Vinaigrette dressing

2 tsp

fat

52

Salad: lettuce, tomato

bell pepper, cucumber

2 1/2 c

V

33

Whole-wheat roll

1 oz.

G

74

DINNER: Time of Day 7:00 pm

Olive oil

2 tsp

fat

80

Salmon, baked

3 oz

P

184

Brown rice

1/2 c

G

108

Asparagus

1 c

V

43

Mango

1/2 c

F

107

SNACK: Time of Day 3:30 pm

Tomato juice

1/2 c

V

86

Nonfat fruit yogurt

1 c

D

119

Almonds

10

fat

69

Total

1410



Water 6 c



Vegetables 4 c



Fruit 3 c



Physical Activity

Action: Minutes

Exercycle

20min

Walk to bus 10min

& back home 10min

Lunchtime walk

30min

Sweep garage

30min

Total Time

110min

Food or Drink Item

Amount of Item Food Group Calories or Other

BREAKFAST: Time of Day _____

LUNCH: Time of Day _____

DINNER: Time of Day _____

SNACK: Time of Day _____

Total			



Water



Vegetables



Fruit



Physical Activity _____

Total Time			

Date: _____

of Sleep _____

Weight _____

Mood

Calorie Guide

Food Group & Item Description	Common Measure	Calories
BEVERAGES		
Apple juice, canned/bottled, unsweetened	1 cup (8 oz)	114
Beer, light	12 oz	103
Beer, regular	12 oz	153
Carbonated cola, sugar-free, no caffeine	16 oz	5
Carbonated ginger ale	12 oz	124
Carbonated orange drink	12 oz	179
Chocolate-flavored mix, with nonfat milk	1 serving	160
Coffee or Tea, brewed from grounds	1 cup	0
Cranberry juice, unsweetened	1 cup	116
Distilled alcohol (e.g., gin, vodka, whiskey)	1 jigger (1.5 oz)	97
Grape juice, canned/bottled, unsweetened	1 cup	152
Lemonade, from concentrate	1 cup	99
Orange juice, canned, unsweetened	1 cup	117
Orange juice, from concentrate, unsweetened	1 cup	110
Pineapple juice, canned, unsweetened	1 cup	133
Prune juice, canned/bottled	1 cup	182
Tea, instant powder, sugar-sweetened	1 tbsp	89
Tomato juice, no added salt	1 cup	172
Wine, assorted red or white	5 oz	125
CONDIMENTS & DRESSINGS		
Caesar dressing, low-calorie	1 tbsp	17
Dijon-style mustard	1 tsp	2
Horseradish, prepared	1 tsp	10
Italian dressing, fat-free	1 tbsp	7
Italian dressing, low-fat	1 tbsp	28
Ketchup	1 tbsp	15
Mustard, prepared, yellow	1 tsp, or 1 packet	3
Ranch dressing, reduced-fat	1 tbsp	29
Ranch dressing, regular	1 tbsp	73
Salsa, ready-to-serve	1 tbsp	4
Spray-style dressing, assorted flavors	about 10 sprays	13
Thousand Island dressing, fat-free	1 tbsp	21
Vinaigrette-style dressing, vinegar and oil	1 tbsp	72
DAIRY & CHEESE PRODUCTS		
Milk, whole, 3.25% milkfat	1 cup (8 oz)	146
Milk, 2% milkfat	1 cup	122
Milk, 1% milkfat	1 cup	102
Milk, nonfat	1 cup	83
Milk, dry, nonfat, instant	$\frac{1}{3}$ cup	80
Milk, chocolate, reduced-fat	1 cup	195
Buttermilk, cultured, low-fat	1 cup	98
Cream, fluid, half and half	1 tbsp	20
Cream, fluid, light whipping	1 tbsp	44
Sour cream, reduced-fat	1 tbsp	20
Yogurt, fruit, low-fat, with low-cal sweetener	1 cup	238
Yogurt, fruit variety, nonfat	1 cup	119