

STAGE 4 - FOOD GROUPS/FOODS					
Daily Servings (1/2-1cup per meal x 3 times per day + 1/4-1/2c high protein snack x 1 per day): 2 servings milk; 3 (1-2oz) meat/meat substitute servings protein; 3 servings of healthy fats; 4 servings veggies or fruit; up to 2 servings of starches, grains; occasional dessert					
Protein (Meat/Meat Substitute)	Veggies & Fruits (2-3 servings daily)	Dairy (2 servings daily)	Starches, Cereals Grains (2-3 servings daily)	Fats (3 servings daily)	Desserts (limit servings to treats)
Serving Size: 2oz/meal or 1oz/snack	Serving Size: 1/4c, 1/2 fruit	Serving Size: 8fl oz	Serving Size: 1/4c, 2-3 crackers, 1/2 slice toast	Serving Size: 1 tsp, 1/4c nuts, 1/8 avocado	low fat/low sugar in moderation
eggs	fresh, canned, frozen or cooked veggies and fruits	skim milk	sweet potatoes	butter	limit desserts low in nutrients
low fat cottage cheese	use caution: fruits with skins/peels (ie apples & grapes)		winter squash	non-hydrogenated tub margerines	
low fat cheese			pumpkin	olives	
no-added sugar Greek yogurt			saltine or club crackers	nuts, seeds, nut butters - limit 2tbsp/day	
no-added sugar kefir			low calorie bread--must be toasted	avocado	
flaked fish including tuna/salmon, shellfish			root vegetables	healthy oils (ie olive, sesame oil, etc)	
all lean meats ground or diced to 1/4 inch			bran or whole grain cereals		
nuts, seeds and nut butters - limit 2tbsp/day			whole, cooked legumes, beans & peas		
			dry crunch snacks (whole grain) in moderation		

AVOID:

Avoid beverages that are sugar-sweetened liquids, sweetened fruit juices, whole milk, milk shakes and ice cream. Limit protein drinks and smoothies as soon as you're able to meet daily protein goals through whole food.

Avoid pasta, rice, non-toasted breads.

Avoid high fat foods or fried foods. Try baking, broiling, grilling, and steaming foods.

CAUTION--Introduce Slowly:

Fibrous, tough, gristly meat, beef jerky, dry chicken/poultry.

Raw fibrous veggies (cut and chew thoroughly).

Bran, granola, dried beans and peas.

Dried fruit, skins and membranes of fruit.

Popcorn, nuts, coconut.

Highly seasoned, spicy foods.