

That-a-Weigh Kids™ Food Plan

DAIRY (Cheese, Milk, Yogurt)	PORTION	SERVINGS				
		Dairy	Fruits/Veg.	Fats/Sweets	Protein	Grains
AMERICAN CHEESE	1 SLICE	1.0		0.5		
AMERICAN CHEESE, FAT FREE	1 SLICE	1.0				
BLUE CHEESE	1 OZ	1.0		0.5		
BRIE	1 OZ	1.0		0.5		
CAMEMBERT CHEESE	1 OZ	1.0		0.5		
CHEDDAR CHEESE	1 OZ	1.0		1.0		
CHEDDAR CHEESE, FAT FREE	1 OZ	1.0				
CHEDDAR CHEESE, LOW FAT	1 OZ	1.0				
COLBY CHEESE	1 OZ	1.0		1.0		
COLBY CHEESE, LOW FAT	1 OZ	1.0		0.5		
COTTAGE CHEESE, CREAMED	1/2 C	1.0		1.0		
COTTAGE CHEESE, FAT FREE	1/2 C	1.0				
COTTAGE CHEESE, LOW FAT, 1% FAT	1/2 C	1.5				
CREAM CHEESE	1 TBSP	0.5		0.5		
CREAM CHEESE, FAT FREE	4 TBSP	1.0				
CREAM CHEESE, LIGHT	2 TBSP	0.5		0.5		
GOUDA CHEESE	1 OZ	1.0		1.0		
GRUYERE CHEESE	1 OZ	1.0		1.0		
HAVARTI CHEESE	1 OZ	1.0		1.0		
MONTEREY JACK CHEESE	1 OZ	1.0		1.0		
MONTEREY JACK CHEESE, LIGHT	1 OZ	1.0		0.5		
MOZZARELLA CHEESE	1 OZ	1.0		0.5		
MOZZARELLA CHEESE, PART SKIM	1 OZ	0.5		0.5		
MUENSTER CHEESE	1 OZ	1.0		1.0		
NEUFCHATEL CHEESE	1 OZ	0.5		0.5		
PARMESAN CHEESE, GRATED	3 TBSP	0.5		0.5		
PARMESAN CHEESE, HARD	1 OZ	1.0		1.0		
PIMENTO CHEESE	1 OZ	0.5		0.5		
PROVOLONE CHEESE	1 SLICE	1.0		1.0		
PROVOLONE CHEESE, LIGHT	1 SLICE	0.5		0.5		
RICOTTA CHEESE, PART SKIM	1/4 C	1.0		0.5		
RICOTTA CHEESE, WHOLE MILK	1/4 C	1.0		1.0		
ROMANO CHEESE	1 OZ	1.0		1.0		
SWISS CHEESE	1 SLICE	1.0		1.0		
SWISS CHEESE, LIGHT	1 SLICE	1.0		0.5		
BUTTERMILK	8 FL OZ	1.5				
CONDENSED, SWEETENED MILK	1 FL OZ	1.5		0.5		
EVAPORATED MILK, LOW FAT	4 FL OZ	1.5		0.5		
EVAPORATED MILK, SKIM	4 FL OZ	2.0				
EVAPORATED MILK, WHOLE	4 FL OZ	1.5		1.5		
LACTAID, LOW FAT 1%	8 FL OZ	1.5		0.5		
LACTAID, SKIM	8 FL OZ	1.5				
MILK- FAT FREE, SKIM	8 OZ	1.5				
MILK- REDUCED FAT	8 OZ	1.5		0.5		
MILK- WHOLE	8 OZ	1.5		1.0		
SOY MILK	6 FL OZ	0.5		0.5		
YOGURT- ALL FRUIT FLAVORS, LIGHT YOPLAIT	6 FL OZ	1.5				
YOGURT- DANIMALS, DANNON	1 CONTAINER	1.0		0.5		
YOGURT- LOW FAT SPRINKL'INS', DANNON	1 CONTAINER	1.0		1.0		
YOGURT- LOW FAT, DANNON	1 CONTAINER	2.0		2.0		
YOGURT- ORIGINAL, YOPLAIT	6 FL OZ	1.0		2.0		
YOGURT- ALL FRUIT FLAVORS, NON FAT, YOPLAIT	6 FL OZ	1.5				
FATS, OILS AND SUGARS	PORTION	SERVINGS				
		Dairy	Fruits/Veg.	Fats/Sweets	Protein	Grains
BAKER'S JOY	1 SPRAY					
BUTTER	1 TSP			0.5		
BUTTER	1 TBSP			2.0		
BUTTER VEGETABLE OIL BLENDS	1 TBSP			1.5		
BUTTER VEGETABLE OIL BLENDS, WHIPPED	1 TBSP			1.0		
COUNTRY CROCK	1 TBSP			1.0		
MARGARINE	1 TBSP			1.5		
MARGARINE- FAT FREE	3 TBSP					
MARGARINE- LIGHT	1 TBSP			1.0		
MARGARINE- WHIPPED	1 TBSP			1.0		

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FATS, OILS AND SUGARS	PORTION	SERVINGS				
		Dairy	Fruits/Veg.	Fats/Sweets	Protein	Grains
MAYONNAISE- CHOLESTEROL FREE	1 TBSP			1.0		
MAYONNAISE- LIGHT	2 TBSP			1.0		
MAYONNAISE- NONFAT	4 TBSP			1.0		
MAYONNAISE- REGULAR	1 TBSP			1.5		
MIRACLE WHIP	1 TBSP			1.0		
MIRACLE WHIP- LIGHT	1 TBSP			1.0		
PROMISE	1 TBSP			1.5		
SANDWICH SPREAD	1 TBSP			1.0		
SHORTENING	1 TBSP			2.0		
VEGETABLE OIL	1 TBSP			2.0		
SOUR CREAM- LIGHT	4 TBSP			0.5		0.5
SOUR CREAM- REGULAR	2 TBSP			1.0		
SOUR CREAM, FAT FREE	4 TBSP					1.0
CHOCOLATE SYRUP- LIGHT	2 TBSP			1.0		
CHOCOLATE SYRUP- REGULAR	2 TBSP			2.0		
HONEY	1TBSP			1.0		
JELLY	1 TBSP			1.0		
SUGAR- BROWN	1/4 CUP			3.5		
SUGAR- POWDERED	2 TBSP			1.0		
SUGAR SUBSTITUTE	1 PACKET					
SUGAR- WHITE, GRANULATED	1 TBSP			1.0		
SYRUP- BUTTER RICH, AUNT JEMIMA	4 TBSP			3.5		
SYRUP- BUTTER RICH, LIGHT, AUNT JEMIMA	4 TBSP			1.5		
SYRUP- SUGAR-FREE, CARY'S	4 TBSP			0.5		
FRUITS AND VEGETABLES	PORTION	SERVINGS				
		Dairy	Fruits/Veg.	Fats/Sweets	Protein	Grains
APPLE JUICE	8 OZ		2.0			
APPLE SAUCE, CHUNKY	1/2 C		1.0			
APPLE SAUCE, CHUNKY WITH CINNAMON	1/2 C		1.5			
APPLE SAUCE, SWEETENED	1/2 C		1.5			
APPLE SAUCE, UNSWEETENED	1/2 C		1.0			
APPLE, DRIED	4 RINGS		1.0			
APPLE, WITH SKIN	1 SMALL		1.0			
APRICOTS, FRESH	4 MED		1.0			
AVOCADO	1 MED		1.0	4.5		
BANANA	1		1.5			
BLACKBERRIES, CANNED IN SYRUP	1/2 C		2.0			
BLACKBERRIES, FRESH	1 C		1.0			
BLACKBERRIES, FROZEN	3/4 C		1.0			
BLUEBERRIES	3/4 C		1.0			
CANTALOUPE	1 C		1.0			
CHERRIES, CANNED IN SYRUP	1/4 C		1.0			
CHERRIES, FRESH	12		1.0			
DATES, DRIED	3		1.0			
FIGS	2		1.0			
FIGS, DRIED	2		1.5			
FRUIT COCKTAIL, IN HEAVY SYRUP	1/2 C		1.5			
FRUIT COCKTAIL, IN JUICE	1/2 C		1.0			
FRUIT COCKTAIL, IN WATER	3/4C		1.0			
GRAPE JUICE	8 OZ		2.5			
GRAPEFRUIT	1/2 LGE		1.0			
GRAPEFRUIT JUICE	8 OZ		1.5			
GRAPEFRUIT, IN JUICE	3/4 C		1.0			
GRAPEFRUIT, IN LIGHT SYRUP	3/4 C		2.0			
GRAPES, THOMPSON SEEDLESS	13 GRAPES		1.0			
GUAVA	1 MED		1.0			
HONEYDEW MELON	2 C		1.0			
KIWI	1 MED		1.0			
KUMQUATS	5 MED		1.0			
LEMON	3.5		1.0			
LIME	1		1.0			
MANDARIN ORANGES, IN JUICE	1		1.0			
MANDARIN ORANGES, IN LIGHT SYRUP	3/4 C		2.0			
MANGO	1 MED		2.0			

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FRUITS AND VEGETABLES	PORTION	SERVINGS				
		Dairy	Fruits/Veg.	Fats/Sweets	Protein	Grains
MIXED FRUIT, CANNED IN SYRUP	1/2 C		1.5			
MIXED FRUIT, DRIED	1 OZ		1.0			
MIXED FRUIT, FROZEN IN SYRUP	1/2 C		2.0			
NECTARINES	1 (5 OZ)		1.0			
ORANGE	1 (6 OZ)		1.0			
ORANGE JUICE	8 OZ		2.0			
ORANGE JUICE BLEND	8 OZ		2.0			
PAPAYA	1 MED		2.0			
PASSION FRUIT	6 MED		1.0			
PEACH, FRESH	1 MED		1.0			
PEACHES- FROZEN, SWEETENED	1/2 C		2.0			
PEACHES, IN HEAVY SYRUP	1/2 C		1.5			
PEACHES, IN JUICE	1/2 C		1.0			
PEACHES, IN LIGHT SYRUP	1/2 C		1.0			
PEACHES, IN WATER	1 C		1.0			
PEAR, FRESH	1 MED		1.5			
PEAR, IN JUICE	1/2 C		1.0			
PEARS, IN HEAVY SYRUP	1/2 C		1.5			
PEARS, IN LIGHT SYRUP	3/4 C		2.0			
PEARS, IN WATER	3/4 C		1.0			
PERSIMMON	2 MED		1.0			
PINEAPPLE	3/4 C		1.0			
PINEAPPLE JUICE	8 OZ		2.0			
PINEAPPLE, IN HEAVY SYRUP	1/2 C		1.5			
PINEAPPLE, IN JUICE	3/4 C		2.0			
PLANTAIN COOKED	1/2 C		1.5			
PLUM	1 MED		1.0			
POMEGRANATE	1 MED		1.5			
PRICKLY PEAR	1 MED		1.0			
PRUNES, DRIED	3		1.0			
RAISINS	2 TBSP		1.0			
RASPBERRIES	1 C		1.0			
STRAWBERRIES- FROZEN, SWEETENED	1/2 C		2.0			
STRAWBERRIES- FROZEN, UNSWEETENED	1 C		1.0			
STRAWBERRIES, FRESH	1 1/4 C		1.0			
STRAWBERRIES, FROZEN IN SYRUP	1 C		2.0			
TANGERINE	1 MED		1.0			
VEGETABLE JUICE	6 OZ		3.0			
WATERMELON	1 1/4 C		1.0			
ARTICHOKE BOILED	1 MED		1.0			
ASPARAGUS, BOILED	1 C		1.0			
ASPARAGUS, CANNED	1 C		1.0			
BLACK BEANS	1/4 C		1.0		or 1.0	
CHOI CABBAGE, BOILED OR RAW	2 C		1.0			
BROCCOLI, BOILED OR RAW	1 C		1.0			
BRUSSEL SPROUTS	1/2 C (4)		1.0			
BUTTER BEANS, CANNED	1/4 C		1.0		or 1.0	
CABBAGE- RED, GREEN, SAVOY, BOILED OR RAW	1 C		1.0			
CARROTS- FROZEN, BOILED	1/2 C SLICES		1.0			
CARROTS, BABY CARROTS	6		1.0			
CARROTS, BOILED	1/2 C SLICES		1.0			
CARROTS, CANNED	1/2 C SLICES		1.0			
CARROTS, RAW	1 C PIECES		1.0			
CELERY	4 STALKS		1.0			
CELERY, BOILED	1 C		1.0			
COLLARDS, BOILED	1 C		1.0			
CUCUMBER	2 C SLICES		1.0			
EGGPLANT, BOILED OR RAW	1 C		1.0			
LETTUCE	UNLIMITED		1.0			
LIMA BEANS	1/2 C		1.0		1.0	
LIMA BEANS- FORDHOOK	3/4 C		1.0		1.0	
MUSHROOMS, BOILED OR RAW	1 C		1.0			
MUSHROOMS, SHITAKE	6 MUSHROOMS		1.0			
MUSTARD GREENS- BOILED OR RAW	1 C		1.0			

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FRUITS AND VEGETABLES	PORTION	SERVINGS				
		Dairy	Fruits/Veg.	Fats/Sweets	Protein	Grains
OKRA, BOILED	1 C		1.0			
ONIONS, BOILED OR RAW	3/4 C		1.0			
PEAS, BOILED	1 C		1.0			1.0
PEAS, CANNED	1 C		1.0			1.0
PEAS, SPLIT	1/2 C		1.0			1.0
PEAS, SWEET	1 C		1.0			1.0
SNAP BEANS (GREEN BEANS), BOILED	1 C		1.0			
SNAP BEANS (GREEN BEANS), CANNED	1 C		1.0			
SNAP BEANS (GREEN BEANS), CANNED- FRENCH STYLE	1 C		1.0			
SPINACH, BOILED OR RAW	1 C		1.0			
SQUASH, BOILED OR RAW	1 C		1.0			
SWEET PEPPERS, RAW	1 C		1.0			
TOMATO	1		1.0			
TURNIP GREENS, BOILED	1/2 C		1.0			
WHITE KIDNEY BEANS, CANNED	1/4 C		1.0			
YELLOW AND SWEET PEPPERS	1/2 LARGE		1.0			
ZUCCHINI, BOILED OR RAW	2 C		1.0			
GRAIN, BREAD, CEREAL, PASTA, RICE, STARCH	PORTION	SERVINGS				
		Dairy	Fruits/Veg.	Fats/Sweets	Protein	Grains
GREAT NORTHERN BEANS, BOILED	1/2 C				0.5	1.5
GREAT NORTHERN BEANS, CANNED	1/2 C				0.5	2.0
KIDNEY BEANS	1/2 C				0.5	1.5
NAVY BEANS, BOILED	1/2 C				0.5	1.5
NAVY BEANS, CANNED	1/2 C				0.5	2.0
PEAS	1/2 C					1.0
BAGEL CHIPS	1 OZ					2.0
BAGELS, LENDER'S	1 BAGEL					3.5
BAGELS, PANERA'S	1					6.0
BREAD CRUMBS, PLAIN	2 TBSP					2.0
BREAD CRUMBS, PLAIN	1/2 C					4.0
BREAD STUFFING	1/3 C					2.0
CRACKED WHEAT BREAD	1 SLICE					1.0
ENGLISH MUFFIN	1					2.0
FRENCH SOURDOUGH BREAD	1 SLICE					2.5
ITALIAN BREAD	1 SLICE					1.0
MIXED GRAIN BREAD	1 SLICE					1.0
OATMEAL BREAD	1 SLICE					1.0
PITA	4"					1.5
PITA	6 1/2"					3.0
PUMPERNICKEL BREAD	1 SLICE					1.5
RAISIN BREAD	1 SLICE					1.0
RYE BREAD	1 SLICE					1.5
RYE BREAD, REDUCED CALORIE	2 SLICES					1.5
TACO SHELL, HARD	1			0.5		1.0
TORTILLA- CORN, 6 INCH	1					1.0
TORTILLA- FLOUR, 6 INCH	1			0.5		1.0
WHEAT BREAD	1 SLICE					1.0
WHEAT BREAD, REDUCED CALORIE	2 SLICES					1.5
WHITE BREAD	1 SLICE					1.0
WHITE BREAD, REDUCED CALORIE	2 SLICES					1.5
WHOLE WHEAT BREAD	1 SLICE					1.0
ALL- BRAN CEREAL	3/4 C					2.0
APPLE CINNAMON CHEERIOS	3/4 C					2.0
APPLE JACKS	1 C					2.0
BASIC 4	1 C					3.0
BERRY BERRY KIX	3/4 C					2.0
CAP'N CRUNCH	3/4 C					2.0
CAP'N CRUNCH PEANUT BUTTER	3/4 C					2.0
CAP'N CRUNCH WITH BERRIES	3/4 C					2.0
CHEERIOS	1 C					2.0
CINNAMON FROST ROUNDS	3/4 C					2.0
COCOA PUFFS	1 C					2.0
COCOA KRISPIES	3/4 C					2.0
COMPLETE WHEAT BRAN FLAKES	1 C					2.0

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GRAIN, BREAD, CEREAL, PASTA, RICE, STARCH	PORTION	SERVINGS				
		Dairy	Fruits/Veg.	Fats/Sweets	Protein	Grains
CORN CHEX	1 C					2.0
CORN FLAKES	1 C					2.0
CORN POPS	1 C					2.0
CREAM OF WHEAT, MALT O MEAL	1 C					2.0
CREAM OF WHEAT, MIX N EAT	1 PACK					1.5
CREAM OF WHEAT, QUICK	1 C					2.0
CREAM OF WHEAT, REGULAR	1 C					2.0
CRISPIX	1 C					2.0
FROOT LOOPS	1 C					2.0
FROSTED FLAKES	3/4 C					2.0
FROSTED MINI-WHEATS, BITE SIZE	1 C					3.0
FROSTED WHEATIES	3/4 C					2.0
GOLDEN GRAHAMS	3/4 C					2.0
HONEY HUT HEAVEN	1C					3.0
HONEY NUT CHEERIOS	1 C					2.0
HONEY NUT CHEX	3/4 C					2.0
HONEY NUT CLUSTERS	3/4 C					3.0
INSTANT OATS CEREAL	1 PACK					1.5
INSTANT REGULAR & QUICK OATS	1 C					2.5
KIX	1 1/3 C					2.0
LUCKY CHARMS	1 C					2.0
MINI WHEATS ORIGINAL	3/4 C					2.0
PRODUCT 19	1 1/4 C					2.0
QUAKER CORN GRITS, INSTANT	1 PACK					1.5
QUAKER INSTANT OATMEAL, APPLE CINNAMON	1 PACK					2.0
QUAKER INSTANT OATMEAL, MAPLE BROWN SUGAR	1 PACK					2.5
RAISIN BRAN	1 C					3.0
RAISIN NUT BRAN	1 C					3.0
REESE'S PUFFS	3/4 C					2.0
REGULAR GRITS	1 C					2.0
RICE CHEX	1 1/4 C					2.0
RICE KRISPIES	1 1/4 C					2.0
KRISPIES TREATS CEREAL	3/4 C					2.0
SPECIAL K	1 C					2.0
SUGAR SMACKS	3/4 C					2.0
TOTAL CORN FLAKES	1 1/3 C					2.0
TOTAL RAISIN BRAN	3/4 C					2.0
TRIX	1 C					2.0
WHEAT CHEX	1 C					2.0
WHEATIES	1 C					2.0
WHOLE GRAIN TOTAL	1 C					2.0
PASTA, WHEAT	2 OZ					3.5
PASTA, WHITE	2 OZ					3.5
RICE- WILD, COOKED	1 C					3.0
RICE, BROWN	1 C					3.5
RICE, WHITE	1 C					4.5
BISCUIT MIX	1- 3 INCH BISCUIT			1.0		2.0
CORN ON THE COB	1 EAR					1.0
CORN, BOILED	1/2 C					1.5
CORN, CANNED	1/2 C					1.0
CORN, CREAM STYLE	1/2 C					1.5
FRENCH FRIES- GOLDEN FRIES, BAKED, ORE-IDA	15 FRIES					2.0
FRENCH FRIES- SHOESTRINGS, BAKED, ORE-IDA	32 PIECES					2.5
FRENCH TOAST	2 SLICES					3.0
GRAHAM CRACKERS	1 FULL CRACKER					1.0
HASH BROWNS- BAKED, ORE-IDA	3 OZ					1.0
HASH BROWNS- FRIED, ORE-IDA	1/2 C			1.5		1.5
MASHED POTATOES, PREPARED FROM MIX	3/4 C					3.5
MATZO	1 BOARD					2.0
PANCAKES FROM MIX	3, 4 INCH			1.5		2.0
POPCORN, SMART POP	2 C					1.0
POTATO PANCAKES	1			2.0		2.0
POTATO, BAKED WITH SKIN	1					3.5
POTATO, BAKED WITHOUT SKIN	1					2.5

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		Dairy	Fruits/Veg.	Fats/Sweets	Protein	Grains
POTATO, BOILED WITHOUT SKIN	1					2.0
POTATO, MICROWAVED WITH SKIN	1					3.5
POTATO, MICROWAVED WITHOUT SKIN	1					2.5
PRETZELS- SMALL TWIST, FAT FREE	7					1.0
RICE CAKES	2 CAKES					1.0
RITZ CRACKERS	4					1.0
RITZ CRACKERS, REDUCED FAT	5					1.0
SALTINES, FAT FREE	7					1.0
SALTINES, REGULAR	5					1.0
SWEET POTATO	1					2.0
SWEET POTATO, BAKED WITH SKIN	1/2 C SMASH					3.0
SWEET POTATO, BOILED	1/2 C					4.0
SWEET POTATO, CANNED	1 C					3.0
TRISCUIT BITS	15					1.0
TRISCUIT WHEAT	15					1.0
WAFFLES- FROZEN, BUTTERMILK	1					1.5
WAFFLES- FROZEN, LOW FAT	2					3.0
WHEAT THINS	8					1.0
WHEAT THINS, LESS FAT	9					1.0
MEAT AND PROTEIN	PORTION	SERVINGS				
		Dairy	Fruits/Veg.	Fats/Sweets	Protein	Grains
BEEF BOLOGNA, FAT FREE	3OZ				1.0	
BEEF BOLOGNA, LIGHT	1 OZ			0.5	0.5	
BEEF PATTIES, BUBBA ORIGINAL	1			5.0	2.0	
BEEF BOTTOM ROUND, LEAN	3 OZ			1.0	2.0	
GROUND BEEF, EXTRA LEAN	3 OZ			1.5	2.5	
GROUND BEEF, LEAN	3 OZ			2.0	2.0	
GROUND BEEF, REGULAR	3 OZ			2.0	2.0	
HOT DOGS- ALL BEEF, LIGHT	1			1.0	1.0	
HOT DOGS- ALL BEEF, NONFAT	1				1.0	
HOT DOGS- ALL BEEF, REGULAR	1			2.0	0.5	
PASTRAMI, FAT FREE	6 SLICES				1.0	
BEEF PORTERHOUSE SHORT LOIN, LEAN	3 OZ			1.0	2.0	
BEEF RIB EYE, LEAN	3 OZ			1.5	2.5	
BEEF RIBS, LEAN	3 OZ			1.0	3.0	
BEEF RIBS, LEAN & FAT	3 OZ			3.0	3.0	
ROAST BEEF- DELI SLICED	1 OZ			0.5	1.0	
BEEF ROUND- FULL CUT, LEAN	3 OZ			0.5	2.0	
BEEF SALAMI	1 OZ			0.5	0.5	
BEEF SHANK, LEAN	3 OZ			1.0	2.0	
BEEF T-BONE, LEAN	3 OZ			1.0	2.0	
BEEF TENDERLOIN, LEAN	3 OZ			1.0	2.5	
BEEF TOP SIRLOIN, LEAN	3 OZ			1.0	2.0	
VEAL- LOIN, LEAN AND ROASTED	3 OZ			1.0	1.5	
VEAL- SHOULDER, LEAN AND ROASTED	3 OZ			0.5	1.5	
LAMB- LEG, ROASTED	3 OZ			1.0	1.5	
LAMB- SHOULDER BLADE	3 OZ			2.0	2.0	
BACON, BROILED OR PAN FRIED	3 SLICES			1.5	0.5	
BACON, CANADIAN	2 SLICES			0.5	1.0	
HAM- DELI SLICED	1 OZ				1.0	
HAM PATTIES, GRILLED	2 OZ			3.0	0.5	
HAM- STEAK, CURED, EXTRA LEAN	3 OZ			0.5	1.0	
HAM, CURED, LEAN 4%-5% FAT	3 OZ			1.0	1.0	
HAM, CURED, REGULAR, 11%-13% FAT	3 OZ			1.5	1.5	
HAM, LEAN	2 OZ				1.0	
HAM, REGULAR	1 OZ			0.5	0.5	
PORK CHOPS, WITHOUT BONE, LEAN	3 OZ			1.0	2.0	
SAUSAGE, LINKS	2 LINKS			2.5	0.5	
SAUSAGE, PATTY	1			1.0	0.5	
SPARERIBS, LEAN AND FAT, BRAISED	3 OZ			4.0	1.5	
CHICKEN- DARK MEAT, W/OUT SKIN, ROASTED	3 oz			0.5	2.5	
CHICKEN- LIGHT MEAT, WITHOUT SKIN	3 OZ				2.5	
CHICKEN LIVER	1				1.0	
CHICKEN- THIGH, WITHOUT SKIN	1			0.5	1.5	

That-a-Weigh Kids™ Food Plan

MEAT AND PROTEIN	PORTION	SERVINGS				
		Dairy	Fruits/Veg.	Fats/Sweets	Protein	Grains
CHICKEN- WING, ROASTED	1			0.5	1.0	
CHICKEN-DRUMSTICK, WITHOUT SKIN	1				1.0	
CHICKEN-THIGH, ROASTED	1			0.5	1.0	
TURKEY- GROUND	3 OZ				3.0	
TURKEY- ROASTED, DARK MEAT, WITHOUT SKIN	3.5 OZ				3.0	
TURKEY- ROASTED, WHITE MEAT, WITHOUT SKIN	3.5 OZ				2.5	
TURKEY-DELI SLICED, FAT FREE	1 OZ				1.0	
ALASKA KING CRAB, BOILED/STEAMED	3 OZ				1.5	
ATLANTIC COD- BREADED, VAN DE KAMP'S	5 OZ PIECE			2.0	2.0	1.0
ATLANTIC COD- FILLETS, MRS. PAUL'S LIGHT	4.5 OZ			1.0	1.5	2.0
ATLANTIC COD, BAKED	3 OZ				1.5	
BASS - FRESHWATER, BAKED	3 OZ			0.5	1.5	
BASS - STRIPED, BAKED	3 OZ			0.5	1.0	
BLUE CRAB, BOILED/STEAMED	3 OZ				1.5	
BLUE CRAB, CANNED	3 OZ				1.5	
BLUE FISH, BAKED	3 OZ			0.5	1.5	
BLUEFIN TUNA, BAKED	3 OZ			0.5	2.0	
BUTTERFISH, BAKED	3 OZ			0.5	2.0	
CATFISH FILLETS- LIGHT, MRS. PAUL'S	4 OZ			2.0	2.0	
CATFISH STRIPS, MRS. PAUL'S	4.7 OZ			2.0	2.0	
CATFISH, BREADED AND FRIED	3 OZ			1.0	1.0	1.0
CLAMS- FRIED, MRS. PAUL'S	2.5 OZ			1.0	0.5	2.0
CLAMS, BREADED AND FRIED	3 OZ			1.0	1.0	1.0
DEVILED CRAB- MINIATURES, MRS. PAUL'S	3 OZ			1.0	1.0	1.0
DUNGENESS CRAB, BOILED/STEAMED	3 OZ				1.5	
FISH CAKES, MRS. PAUL'S	4 OZ			2.0	2.0	
FISH FILLETS- BATTER-DIPPED, MRS. PAUL'S	6 OZ			2.5	1.5	3.5
FISH FILLETS- BUTTERED, MRS. PAUL'S	5 OZ			0.5	2.0	
FISH FILLETS- CRISPY CRUNCHY, MRS. PAUL'S	4 OZ			1.0	1.0	2.5
FISH FILLETS- LIGHTLY BATTERED, CRUNCHY, MRS. PAUL'S	4.5 OZ			1.5	1.0	2.5
FISH FILLETS- LIGHTLY BATTERED, MRS. PAUL'S	3.3 OZ			1.0	1.0	1.5
FISH STICKS- BATTER-DIPPED, VAN DE KAMP'S	4 PIECES			1.5	1.0	1.5
FISH STICKS- MINCED/CRUNCHY, MRS. PAUL'S	3 OZ			1.0	1.0	1.5
FISH STICKS, MRS. PAUL'S	1 STICK			0.5	1.0	
GROUPEL, BAKED	3 OZ				1.5	
HADDOCK- CRISPY CRUNCHY FILLETS, MRS. PAUL'S	4.2 OZ			1.5	1.5	2.0
HADDOCK- LIGHTLY BATTERED CRUNCHY, MRS. PAUL'S	4.5 OZ			1.5	1.0	2.5
HADDOCK, BAKED	3 OZ				1.5	
HALIBUT, BAKED	3 OZ				2.0	
IMITATION CRAB	3 OZ				1.5	
KING MACKEREL, BAKED	3 OZ				2.0	
MACKEREL, BAKED	3 OZ				4.0	
MUSSELS- BLUE, BOILED/STEAMED	3 OZ				2.5	
NORTHERN LOBSTER, BOILED/STEAMED	3 OZ				1.5	
ORANGE ROUGHY, BAKED	4 OZ				1.5	
OYSTERS- EASTER, BREADED AND FRIED	3 OZ/6 MED			1.0	1.0	1.0
OYSTERS- EASTER, CANNED	3 OZ				1.0	
OYSTERS- EASTER, RAW	6 MED				1.0	
OYSTERS- EASTER, STEAMED	3 OZ				2.0	
OYSTERS- PACIFIC, RAW	3 OZ				1.0	
OYSTERS- PACIFIC, STEAMED	4 OZ				3.0	
PACIFIC COD, BAKED	3 OZ				1.5	
POLLOCK, BAKED	3 OZ				1.5	
POMPANO, BAKED	3 OZ			0.5	2.5	
SALMON- PINK, BAKED	3 OZ				2.0	
SALMON- PINK, CANNED WITH BONE	3 OZ				2.0	
SARDINES WITH SOYBEAN OIL	2				1.0	
SARDINES WITH TOMATO SAUCE	1				1.0	
SCALLOPS	2 LARGE				1.0	
SHRIMP, BOILED/STEAMED	3 OZ/15 LARGE				1.5	
SHRIMP, BREADED AND FRIED	3 OZ/11 LARGE			1.0	2.0	0.5
SNAPPER, BAKED	4 OZ				2.0	
SPINY LOBSTER, BOILED/STEAMED	3 OZ				2.0	
SWORDFISH, BAKED	3 OZ				2.0	

That-a-Weigh Kids™ Food Plan

SNACK FOODS	PORTION	SERVINGS				
		Dairy	Fruits/Veg.	Fats/Sweets	Protein	Grains
BAG OF M&M'S, PLAIN	1 PKG (1.7 OZ)			4		
GUMMY BEARS	12 PIECES			1		
HERSHEY'S CHOCOLATE KISSES	6 KISSES			2.5		
HERSHEY'S MILK CHOCOLATE BAR	1			4		
JOLLY RANCHER	3 PIECES			1		
MILKY WAY	1 (2.15 OZ)			4		
MILKY WAY, FUN-SIZE	1			1		
PEPPERMINT PATTIE	1			1		
PIECE OF LICORICE	1 OZ			1.5		
REESE'S PEANUT BUTTER CUP	1			1.5		
SMARTIES	2 ROLLS			1		
SNICKERS	1(2 OZ)			4.5		
TOOTSIE POP	1			2		
ANGEL FOOD CAKE	1 SLICE			1.5		0.5
BROWNIE	1 2-INCH SQUARE			3		
CHIPS AHOY! CHOCOLATE CHIP COOKIE	1 COOKIE			0.5		0.5
FIG NEWTON	1 COOKIE			0.5		0.5
FUDGE STRIPES COOKIE	1 COOKIE			0.5		0.5
OREO COOKIE	1 COOKIE			0.5		0.5
SNACKWELLS- DEVIL'S FOOD	1 COOKIE					1
VANILLA WAFERS	4 COOKIES					1
DOUGHNUT- CRÈME-FILLED	1			5		
DOUGHNUT- JELLY-FILLED	1			5		
DOUGHNUT- SUGAR GLAZED CAKE	1			3		
PIE- APPLE	1/8 OF 9" PIE			7		
PIE- CHERRY	1/8 OF 9" PIE			8		
PIE- PECAN	1/8 OF 9" PIE			8.5		
COOL WHIP- LITE	7 TBSP			1		
COOL WHIP- REGULAR	4TBSP			1		
WHIPPED TOPPING- REGULAR, CANNED	3 TBSP			1		
FROZEN YOGURT- SOFT SERVE, FAT FREE	1/2CUP	1		0.5		
FROZEN YOGURT- SOFT SERVE	1/2 CUP	0.5		1.5		
CHOCOLATE CHIP ICE CREAM SANDWICH, GOOD HUMOR	1			4		
KLONDIKE BAR, LIGHT	1			1.5		
KLONDIKE BAR, REGULAR	1			4		
ICE CREAM SANDWICH, WEIGHT WATCHERS	1			1		1.5
ICE CREAM, FAT FREE	1/2 CUP	0.5		1		
ICE CREAM, LIGHT	1/2 CUP	0.5		1		
ICE CREAM, REGULAR	1/2 CUP	0.5		2		
ICE CREAM, SUGAR FREE	1/2 CUP	0.5		1		
POPSICLES, REGULAR	1			0.5		
POPSICLES, SUGAR FREE	1					
SHERBET	1/2 CUP			2		
SORBET	1/2 CUP			2		
JELL-O- REGULAR	1/2 CUP			1.5		
JELL-O- SUGAR-FREE	1/2 CUP					
PUDDING- FAT FREE	1/2 CUP (4 OZ PKG)			1.5		
PUDDING- REGULAR	1/2 CUP (4 OZ PKG.)			1.5		
PUDDING- SUGAR-FREE, WITH SKIM MILK	1/2 CUP PREPARED	0.5		0.5		
CHEESE NIPS	13			0.5		0.5
CHEESE PUFFS	1 OZ			2		1
CORN CHIPS, FRITOS	1 OZ			2		1
CRACKERS- GRAHAM, REGULAR	2 SQUARES					1
CRACKERS- RITZ BITS, CHEESE	22 PIECES			0.5		0.5
CRACKERS- RITZ, REDUCED FAT	5 CRACKERS					1
CRACKERS- SALTINES	5 CRACKERS					1
SALTINES, FAT FREE	6 CRACKERS					1
CRACKERS, RITZ	4 CRACKERS			0.5		0.5
DORITOS	18 CHIPS			1		1.5
GOLDFISH	1 OZ = 55			1		1.5
GRANOLA BAR- LOW FAT CHOCOLATE CHUNK, QUAKER	1 BAR					2
GRANOLA BAR, NUTRIGRAIN	1 BAR			1		2
POPCORN- LIGHT	3 CUPS					1
POPCORN- REGULAR	3 CUPS			1		1

