

# Appropriate Meals and Snacks for Your Medications

## Examples of non-fat meals and snacks (0–2 grams of fat per serving):

- Non-fat plain or flavored yogurt (6-8 ounces)
- Fresh fruit (1 small-medium piece) with non-fat yogurt or non-fat whipped topping
- Non-fat pretzels (1 ounce)
- Angel food cake (1 ounce or 1/12 of cake) with fruit topping
- Cereal (1/2-1 cup) with non-fat milk (4-8 ounces). Preferably whole-grain cereal.
- Steamed vegetables (1/2 to 1 cup) with fat-free cheese (1 ounce) or shredded cheese (1 tablespoon)
- Vegetable juice (6-8 ounces). Examples: Clamato, V-8 Juice or tomato Juice

## Examples of low-fat meals and snacks (10–20 grams of fat per serving):

- Low-fat plain or flavored yogurt WITH
- Toast (preferably whole-grain bread) with jelly (no butter or margarine) WITH
- One-yolk omelet with fat-free cheese and chopped vegetables
- Tuna fish salad (1 cup) sandwich with low-fat mayo
- Canned broth-based soups (1-2 cups) and low-fat crackers (3-6 crackers, such as Saltines)
- Grilled chicken breast (3 ounces) with white/brown rice or egg noodles
- Salad with salad dressing (1 tablespoon)
- Pasta (1 cup cooked) with marinara sauce (2 ounces), and 1-2 teaspoons Canola or Olive Oil
- Applesauce or other canned fruit with reduced-fat cheese. Example: 1/2 cup cottage cheese

## Examples of high-fat meals and snacks (30–50 grams of fat per serving):

- Bagel with cream cheese (2 tablespoons) and whole milk (8 ounces), banana (1 small)
- PB&J sandwich (natural peanut butter—2 tablespoons) and whole milk (8 ounces)
- Pepperoni, sausage, or extra cheese pizza (2 slices thin crust)
- Fettuccine Alfredo (2 cups)
- Macaroni and cheese (2 cups) with side salad or other vegetable and fruit
- Thick milkshake (16 ounces) with cookies (3 each)

## Examples of protein foods:

- Meats
- Fish
- Poultry
- Cheese
- Eggs
- Dried peas and beans
- Milk
- Nuts and peanut butter, or other nut butters

When possible, it is recommended to use whole-grain food over white, processed flour; less concentrated sweets (raw sugar, candy, soda/pop, or high fructose corn syrup); adding fruits and vegetables at any meal or snack; and choosing less saturated fats and more canola or olive oil.