

Food Item	Scoop to Use
applesauce	Yellow
Bagel, multigrain, with raisins	1/2 bagel 3 1/2 inches across
bagel, plain	1/2 small bagel
Bagel, with raisins	1/2 bagel
baked beans	Blue
Beans with bacon or pork, canned	Yellow
Beef and noodles, no sauce	Yellow
Beef and potatoes, no sauce	Green
Beef and rice with gravy	Yellow
Beef stew with potatoes and vegetables	Green
Beef stew with potatoes and vegetables	Yellow
Beef stroganoff with noodles	Yellow
biscuit	1 biscuit 2 inches across
Biscuit mix, dry	Red
bread sticks, plain	2 breadstick
Breads	
diet bread	2 slices
Crispbread, wheat or rye, extra crispy	2 pieces
egg, Challah	1 piece
French or Vienna, white or whole wheat	1 piece
Italian, Grecian, Armenian	1 piece
low fat, 98% fat free	1 piece
multigrain, reduced calorie and/or high fiber	2 pieces
multigrain, with or without raisins	1 piece
oat bran, reduced calorie and/or high fiber	1 piece
oatmeal, oatmeal, pita, whole wheat, pumpernickel, raisin	1 piece
rye	2 pieces
rye, reduced calorie and/or high fiber	1 piece
wheat bran or cracked wheat	1 slice
white	1 slice
whole wheat, 100%	1 slice
whole wheat, 100%, with raisins	1/2 piece
Breakfast bar	1/2 bar
brownie, frosted	2" square
brownie, unfrosted	1" square
Cakes	
angel food cake	1" slice
chocolate, devil's food, or fudge, without icing or filling	1/2 slice
Coffee cake, crumb or quick-bread type	1/2 slice
gingerbread, without icing	1/2 slice
pound, very low fat, no cholesterol	1 slice
shortcake, biscuit type, with whipped cream and fruit	1/2 slice
sponge, with icing or without icing	1/2 slice
unfrosted	2" square or 1" slice
yellow, standard-type mix, with icing	1/2 slice
yellow, without icing	1 slice
Candy	
100 GRAND Bar	1/2 bar
Baby Ruth	1/2 bar
Butterfinger	1/2 bar

Food Item	Scoop to Use
Butterscotch hard candy	1 piece
Caramel, chocolate covered	1 piece
Caramel, chocolate-flavored roll	1/2 roll
Fudge, any kind	1 oz square
MARS Bar	1/2 bar
MILKY WAY Bar	1/2 bar
Planters Peanut Bar	1 bar
Reese's Peanut Butter Cup	1 piece
SNICKERS Bar	1/2 bar
Toffee, chocolate covered candy	3 pieces of toffee
TWIX Bars	1 small bar
Whatchamacallit	1/2 bar
Cereal	
100% Bran	Red
Apple Cinnamon Cheerios	Yellow
Apple Cinnamon Squares	Red
Apple Jacks	Yellow
Berry Berry Kix	Yellow
Bran Buds	Red
Bran Chex	Blue
Cap'n Crunch, Crunch Berries, Peanut Butter Crunch	Yellow
Cheerios	Yellow
Cinnamon Toast Crunch	Yellow
Cocoa Puffs	Yellow
Complete Bran Flakes, Kellogg's	Yellow
Corn Chex	Yellow
Corn Flakes, Pops, or Puffs	Yellow
Count Chocula	Yellow
Cracklin' Oat Bran	Red
Cream of Wheat	Yellow
Crispix	Yellow
Crispy Rice	Yellow
Fiber One	Blue
Froot Loops	Yellow
Frosted Flakes or Frosted Rice Krispies	Yellow
Frosted Mini Wheats	Blue
Fruity Pebbles	Yellow
Golden Crisp, or Golden Grahams	Yellow
Grape-Nuts	Red
Honey Bunches of Oats, with or without almonds	Yellow
Honey Graham Chex	Yellow
Honey Nut Cheerios	Yellow
Just Right with raisins, dates, and nuts	Blue
Lucky Charms	Yellow
Mueslix Crispy Blend	Red
Multi Bran Chex	Blue
Multi Grain Cheerios	Yellow
Natural Bran Flakes, Post	Yellow
Nutri-Grain Wheat	Yellow
Oat bran cereal, made with milk	Yellow

Food Item	Scoop to Use
Oatmeal Raisin Crisp	Blue
Oh's, Honey Graham	Yellow
Quaker Oat Bran Cereal	Yellow
Raisin Bran	Blue
Rice Krispies	Yellow
shredded wheat	Blue
Shredded Wheat'N Bran	Blue
Special K	Yellow
Toasties, or Toasty O's	Yellow
Trix	Yellow
Wheat Chex, wheat puffs, or Wheaties	Yellow
Whole wheat cereal	Yellow
Whole wheat cereal, wheat and barley	Blue
Chicken or turkey and rice with cream sauce	Yellow
Chicken or turkey with dumplings	Green
Chicken or turkey, dumplings or noodles or rice, with vegetables	Yellow
Chicken patty sandwich, miniature, with spread	1 sandwich
Chicken sandwich, with spread	1/2 sandwich
chips, potato or corn	15-20 chips
chow mein noodles	Yellow
condensed milk, sweetened	2 Tablespoons
Cookies	
animal crackers	8 cookies
butter	1 cookie
chocolate chip, or chocolate chip sandwich	1/2 cookie
chocolate chip, reduced fat	1 cookie
chocolate fudge, with/without nuts	1/2 cookie
chocolate wafer	2 cookies
chocolate, sandwich, with extra filling	1 cookie
chocolate-covered, chocolate sandwich	1/2 cookie
chocolate-covered, sugar wafer, creme- or caramel-filled	1 cookie
coconut	1/2 cookie
fig bar	1/2 cookie
fortune	2 cookies
gingersnaps	1/2 cookie
ladyfinger	1 cookie
molasses	1/2 cookie
oatmeal, with or without raisins	1/2 cookie
peanut butter	1/2 cookie
raisin	1 cookie
shortbread	1/2 cookie
sugar cookie	1 cookie
sugar wafer	1 cookie
tea, Japanese	3 cookies
vanilla sandwich	1/2 cookie
vanilla wafer	1 cookie
cornbread	2 2 inch squares
Cornbread stuffing	Red
Couscous	Blue
crackers, round	5 round crackers

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crackers, square	Yellow
cranberry sauce	Red
Cream puff, eclair, custard or cream filled, iced	1 piece
Croissant	1/2 croissant
Croissant, fruit	1 croissant
croutons	Green
Danish pastry, plain or spice	1/2 danish
Danish, fruit	1/2 pastry (4.25" dia)
dinner roll	1 roll, medium
donut	1/2 donut
Double bacon cheeseburger (2 patties, 1/4 lb meat each), on bun	1/2 burger
Doughnut, cake type	1/2 cake doughnut
Doughnut, wheat	1 doughnut
Drinks	
apple juice	Yellow
Apricot nectar juice	Yellow
buttermilk	Green
Carrot juice	Yellow
chocolate milk	Yellow
Chocolate-flavored soda (ex. Yahoo)	Yellow
Cordial or liqueur	Red
cranberry juice	Blue
cranberry juice cocktail	Yellow
Cream soda	Yellow
Eggnog, made with whole milk	Yellow
Frozen daiquiri	Green
fruit juice blends, 100% juice	Yellow
Gatorade	Green
goat's milk	Green
grape juice	Blue
grapefruit juice	Yellow
Lemonade/Limeade	Yellow
milk	Green
Milk, chocolate	Yellow
orange juice	Yellow
Papaya juice	Yellow
Peach juice, with sugar or nectar	Yellow
Pineapple juice	Yellow
prune juice	Blue
Prune juice, with sugar	Red
Root beer	Yellow
Soft drink, all types with sugar	Yellow
soy milk	Green
sports drinks	Green
dry milk, non fat	Blue
egg noodles	Blue
Eggo waffle	1/2 waffle
energy bar	1/3 bar
English muffin, plain	1/2 of a 3 inch muffin
evaporated milk	Red

Food Item	Scoop to Use
french fries	Yellow
Fruits	
apple	Yellow
apricots, dried	Red
apricots, fresh	Green
banana	1/2 of a 9" banana
blackberries, fresh	Green
Blackberries, in heavy syrup	Blue
blueberries, fresh	Green
cantaloupe	Green
cherries, canned in syrup	Red
cherries, fresh	Green
Cherries, sour, unsweetened	Blue
dates	3 dried dates
figs, fresh	Red
Figs, in light syrup	Blue
fruit cocktail, canned in juice	Yellow
fruit cocktail, canned in syrup	Blue
grapefruit	Green
grapes	Green
Green plantains	Red
honeydew melon	Green
kiwi	Green
mandarin oranges, in light syrup	Blue
mandarin oranges, juice packed	Green
mango, fresh	Yellow
marachino cherries	7 cherries
nectarine	1 medium 2 inches
orange sections, fresh	Yellow
Orange, sections, canned, juice pack	Green
papaya, fresh	Yellow
Peach, canned in heavy syrup	Red
Peach, canned in light syrup or juice packed	Yellow
peach, fresh	1 medium peach
Peach, frozen, with sugar	Red
Peach, spiced	Red
Pear, canned in juice	Blue
Pear, canned in light or heavy syrup	Red
pear, fresh	1 small pear
Pineapple, canned in heavy or light syrup	Blue
pineapple, canned in juice	Yellow
pineapple, fresh	Yellow
plum, fresh	2 plums
pumpkin	Yellow
raspberries	Green
strawberries, fresh	Green
strawberries, frozen, sweetened	Green
strawberries, frozen, unsweetened	Red
tangerine, fresh	1 tangerine
watermelon	Green

Food Item	Scoop to Use
fruit cobbler	Red
fruit juice bars, frozen	1 bar
fruit snacks, dried	1/2 pouch (.9oz pouch)
fruit spreads	3 Tablespoons
gelatin, from mix, all flavors, regular	Blue
graham crackers	3 of smallest squares
granola, low fat	Red
grits	Yellow
Hamburger, plain, on bun	1/2 burger
hominy	Yellow
honey	1 Tablespoon
hot dog/hamburger bun	1/2 bun
hummus	Blue
Ice cream sundae	Red
ice cream, light, low fat, or no sugar added	Yellow
Ice cream, regular	Red
jam or jelly	1 Tablespoon
Lasagna with meat and/or poultry	Blue
lentils	Blue
macaroni and cheese	Blue
macaroni, elbow	Blue
Marshmallow	2 marshmallows
matzoh	1/2 matzo
melba toast	4 toasts
muffin, banana nut, blueberry, bran, raisin, any type of English	1 small (2" across)
Nuts	
Almonds, roasted, unroasted, salted, without salt	Yellow
Almonds, sugar-coated	6 almonds
Cashew nuts	Blue
Chestnuts	Red
Mixed nuts, dry roasted, with or without peanuts	Yellow
Peanuts, chocolate covered	Red
Peanuts, roasted, with or without salt	Yellow
Pistachio nuts, roasted, unsalted	Yellow
Sugared pecans	5 sugar pecans
Walnuts, chopped	Green
Oatmeal, cooked	Yellow
oats	Yellow
oyster crackers	24 crackers
pancake	4" pancake
Pastry, fruit-filled	1/2 pastry
Pie, apple, fried pie	1/2 slice
Pie, coconut cream	1/2 slice
Pie, custard	1 slice
Pie, lemon (not cream)	1/2 slice
Pie, mince, two crust	1/2 slice
Pie, pumpkin	1 slice
pie, pumpkin or custard	1/24 of 9"pie
Pie, vanilla cream	1/2 slice
pita, white or wheat	1/2 of a small pita 6 inch

Food Item	Scoop to Use
pizza	1 slice
Pizza rolls	2 pizza rolls
popcorn	Green, 3 scoops
Popcorn cake	1 slice
Popcorn, sugar syrup or caramel-coated, with nuts	Blue
Popcorn, with cheese	Yellow
Pork and beans	Red
Potato chowder	Yellow
potato, hash brown	Red
pretzels	Yellow
pudding, no sugar	Yellow
pudding, regular	Red
Puffed corn or rice cake	1 piece
raisins, seedless	Red
Ravioli, meat-filled, with tomato sauce or meat sauce	Blue
Refried beans	Red
rice cakes	2 cakes
rice pudding	Blue
rice, brown	Blue
Rice, creamed or fried	Blue
Rice, puffed	Green
Rice, sweet , white	Red
rice, white, cooked	Blue
Rice, wild, cooked	Yellow
Rice-vegetable medley	Red
Roast beef sandwich	1/2 sandwich
roll, all dinner rolls	1 roll, 4" across
roll, all dinner rolls	1 roll, 2" across
Roll, sweet, cinnamon bun, frosted	1/2 roll
Roll, sweet, cinnamon bun, no frosting	1 roll
saltine crackers	6 crackers
sandwich crackers, cheese or PB	3 sandwiches
sherbet	Blue
sorbet	Blue
Soups	
beef vegetable with rice	Yellow
cheddar cheese	Yellow
chicken noodle, chicken or turkey with rice	Green
cream of asparagus, celery, chicken, turkey, or shrimp	Green
pea	Yellow
tomato	Blue
tomato rice	Yellow
Broccoli soup, canned	Yellow
tomato vegetable with noodles	Green
vegetable	Green
vegetable beef	Yellow
Soy burger	1 burger
spaghetti noodles, cooked	Yellow
spaghetti sauce	Yellow
stew, chicken or turkey with potatoes and vegetables	Green

Food Item	Scoop to Use
Strudel, apple	1 piece
stuffing, bread	Red
sweetened condensed milk	2 Tablespoons
sweetened condensed milk, low fat	2 Tablespoons
syrup, light	2 Tablespoons
syrup, regular	1 Tablespoon
taco shell	1 medium shell 6 inch
teriyaki sauce	Blue
tortilla chips	13 - 15 chips
tortilla, corn	1 6 inch tortilla
tortilla, flour	1 7 inch tortilla
Triple cheeseburger (3 patties, 1/4 lb meat each)	1/2 burger
Vegetables	
Alfalfa sprouts	Free Food
artichoke	Free Food
asparagus, small	Free Food
bean sprouts, green or yellow beans	Free Food
beets, boiled, fresh	Free Food
beets, no sugar, canned	Green
Black beans	Yellow
black-eyed peas	Yellow
Boston baked beans	Yellow
broccoli, fresh	Free Food
Brussels sprouts	Free Food
cabbage, any kind	Free Food
carrots, raw or cooked	Green
cauliflower	Free Food
celery	Free Food
Chickpeas/garbanzo beans	Red
corn, ear, or kernels	Yellow
Cowpeas	Red
cucumber	Free Food
eggplant	Free Food
Fava beans	Blue
garbanzo beans/chickpeas	Red
garbanzo beans/chickpeas	Red
green beans	Free Food
Green or yellow split peas	Red
greens, any kind	Free Food
Kale, cooked, fresh or canned	Green
kidney beans, canned	Blue
kohlrabi	Free Food
leeks	Free Food
lettuce, any kind	Free Food
lima beans	Yellow
mashed potatoes	Yellow
Mixed vegetables	Yellow
mushrooms, button, raw or cooked	Free Food
okra, boiled	Free Food
onion	Free Food

Food Item	Scoop to Use
onion, green	Free Food
peas, green	Yellow
pepper, any kind	Free Food
pinto beans	Yellow
potato, sweet or white, baked, medium	Yellow
radish	Free Food
Red kidney beans, canned	Red
rhubarb	Free Food
rutabaga	Green
Sauerkraut	Free Food
snow peas, fresh	Free Food
spinach, fresh or canned	Free Food
split peas, cooked	Blue
sprouts, any kind	Free Food
squash, spaghetti or yellow	Free Food
squash, winter (acorn, hubbard)	Yellow
succotash	Yellow
sugar snap peas	Free Food
tomatoes, canned	Green
tomatoes, cherry	Free Food
tomatoes, fresh	Free Food
turnip, fresh	Free Food
Water chestnuts	Yellow
white beans, canned	Yellow
yams, cooked	Yellow
zucchini	Free Food
Waffle House waffle	1/4 of waffle
waffle, from mix	1/2 waffle
yogurt, flavored, fat-free	Blue
Yogurt, frozen, fruit variety, whole milk	Red
yogurt, low fat, low sugar, plain, fat free, or low fat milk	Green
yogurt, regular	Blue