

Your KidSmart Shopping Guide

A PROGRAM OF  FORSYTH MEDICAL CENTER
CENTER FOR WOMEN'S HEALTH

Grocery shopping can be difficult, especially when you have your kids with you. Use this KidSmart shopping guide and let your children help you make healthy choices when you shop!

	MEAT/FISH/POULTRY	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)
<input type="checkbox"/>	Top sirloin steak	180	30	0	6
<input type="checkbox"/>	Top round steak	190	36	0	4
<input type="checkbox"/>	Bottom round	171	29	0	5
<input type="checkbox"/>	Extra-lean ground beef	263	28	0	16
<input type="checkbox"/>	Skinless chicken breast	165	31	0	4
<input type="checkbox"/>	Skinless turkey breast	135	30	0	1
<input type="checkbox"/>	Salmon steak	184	27	0	7
<input type="checkbox"/>	Halibut	140	27	0	3
<input type="checkbox"/>	Canned light tuna	116	25	0	3
<input type="checkbox"/>	Scallops	88	17	2	1
<input type="checkbox"/>	Shrimp	99	21	0	1
<input type="checkbox"/>	Venison	158	26	0	2
<input type="checkbox"/>	Red snapper	128	26	0	2
<input type="checkbox"/>	Deli turkey, sliced, 2 oz	50	8	2	1
<input type="checkbox"/>	Deli roast beef, sliced, 1oz	50	8	2	1

One serving is approximately 3.5oz, trimmed of all visible fat, and grilled.

	GRAINS/BREADS/PASTA	SERVING	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)
<input type="checkbox"/>	Oatmeal, cooked	1 cup	145	6	25	2
<input type="checkbox"/>	Whole grain cereals	¾ cup	110	3	24	1
<input type="checkbox"/>	Whole-wheat bread	1 slice	69	3	13	1
<input type="checkbox"/>	Plain bagel		195	7	38	1
<input type="checkbox"/>	English muffin	1	127	5	25	1
<input type="checkbox"/>	Whole-wheat pita	1	170	6	35	2
<input type="checkbox"/>	8-inch flour tortilla	1	145	4	25	3
<input type="checkbox"/>	Corn tortilla	1	58	2	12	1
<input type="checkbox"/>	Brown rice	1 cup	216	5	45	2
<input type="checkbox"/>	Wild rice	1 cup	166	7	35	1
<input type="checkbox"/>	Couscous	1 cup	176	6	37	trace
<input type="checkbox"/>	Spaghetti	1 cup	197	7	40	1
<input type="checkbox"/>	Bulgur	1 cup	151	6	34	trace
<input type="checkbox"/>	Wheat germ	2 tbsp	50	4	6	1
<input type="checkbox"/>	Bran muffin		160	3	36	0
<input type="checkbox"/>	Sourdough		69	2	13	1
<input type="checkbox"/>	Whole-wheat crackers	5	89	2	14	3

	DAIRY/EGG PRODUCTS	SERVING	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)
<input type="checkbox"/>	Egg	1 large	75	6	1	5
<input type="checkbox"/>	Egg white		17	4	trace	0
<input type="checkbox"/>	Egg substitute, liquid	½ cup	53	8	trace	2
<input type="checkbox"/>	1% cottage cheese	½ cup	82	14	3	1
<input type="checkbox"/>	Low-fat cheddar	1 oz	49	7	1	2
<input type="checkbox"/>	Plain, nonfat yogurt	8 oz	127	13	17	trace
<input type="checkbox"/>	Nonfat milk,	1 cup	86	8	12	trace
<input type="checkbox"/>	Raw firm tofu	3.5 oz	144	16	4	9
<input type="checkbox"/>	Swiss cheese	1 slice	30	5	2	0

	VEGETABLES	SERVING	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)
<input type="checkbox"/>	Broccoli florets, raw	1 cup	20	2	4	trace
<input type="checkbox"/>	Bell pepper	1 cup	40	1	10	trace
<input type="checkbox"/>	Onion	1 cup	61	2	14	trace
<input type="checkbox"/>	Tomato	1 large	38	2	8	trace
<input type="checkbox"/>	Asparagus	4 spears	151	1	3	trace
<input type="checkbox"/>	Collard greens	1 cup	11	trace	3	trace
<input type="checkbox"/>	Spinach	1 cup	7	1	1	trace
<input type="checkbox"/>	Eggplant	½ cup	11	trace	3	3
<input type="checkbox"/>	Sweet potato	1	117	2	28	trace
<input type="checkbox"/>	Potato	1 [approximately 7 oz]	220	5	51	trace
<input type="checkbox"/>	Carrot	1	31	1	7	trace
<input type="checkbox"/>	Green peas	½ cup	67	4	12	trace
<input type="checkbox"/>	Zucchini	½ cup	14	trace	1	0
<input type="checkbox"/>	Garlic	1 clove	4	trace	1	0
<input type="checkbox"/>	Tomato juice	1 cup	46	2	11	trace
<input type="checkbox"/>	Tomato sauce	½ cup	37	2	9	trace
<input type="checkbox"/>	Romaine lettuce,	1 cup	9	1	1	trace
<input type="checkbox"/>	Cucumber	1 cup	14	1	3	trace
<input type="checkbox"/>	Mushrooms	1 cup	18	2	3	trace
<input type="checkbox"/>	Cauliflower	1 cup	25	2	5	trace
<input type="checkbox"/>	Green beans	½ cup	22	1	5	trace
<input type="checkbox"/>	Artichoke	1	60	4	13	trace
<input type="checkbox"/>	Salsa	½ cup	29	1	6	trace

	FRUITS	SERVING	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)
<input type="checkbox"/>	Cantaloupe	1 cup	55	1	13	trace
<input type="checkbox"/>	Strawberries	1 cup	46	1	11	trace
<input type="checkbox"/>	Blueberries	1 cup	81	1	20	trace
<input type="checkbox"/>	Apple	1	81	trace	21	trace
<input type="checkbox"/>	Orange	1	64	1	16	trace
<input type="checkbox"/>	Grapefruit	½	37	trace	9	0
<input type="checkbox"/>	Kiwi	1	46	trace	11	trace
<input type="checkbox"/>	Plum	1	36	trace	9	trace
<input type="checkbox"/>	Peach	1	42	trace	11	trace
<input type="checkbox"/>	Nectarine	1	67	1	16	trace
<input type="checkbox"/>	Apricots	3	50	1	12	trace
<input type="checkbox"/>	Grapes, seedless	1 cup	114	1	28	0
<input type="checkbox"/>	Raisins	½ cup	109	1	29	trace
<input type="checkbox"/>	Pear	1	98	trace	25	trace
<input type="checkbox"/>	Orange juice	1 cup	112	2	26	trace
<input type="checkbox"/>	Avocado	¼	77	1	3	8
<input type="checkbox"/>	Watermelon	1 cup	49	1	11	1
<input type="checkbox"/>	Raspberries	1 cup	60	1	14	1

	LEGUMES	SERVING	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)
<input type="checkbox"/>	Soybeans, cooked	½ cup	149	14	9	8
<input type="checkbox"/>	Lentils	½ cup	115	9	20	trace
<input type="checkbox"/>	Black beans	½ cup	114	8	20	trace
<input type="checkbox"/>	Kidney beans	½ cup	112	8	20	trace
<input type="checkbox"/>	Baby lima beans	½ cup	115	7	21	trace



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For more information call 718-3288 and visit our Web site KidSmartKid.org.