

Syns take the guilt  
right out of eating!

# step 3... carefully counted Syns

You know how powerful it is when things work together and the result is greater than the sum of their parts? That's synergy! And that's why after **Free Foods** and **Healthy Extras**, **Syns** are the third element that makes Food Optimizing the most generous, most effective plan ever!

## how do Syns work?

It's the wonderful mix of freewheeling plus just enough structure and control that makes Food Optimizing so easy and effective in the long term—and Syns provide the control! Foods with a Syn value are those foods which would most certainly jeopardize our weight loss if we didn't control them.

The synergy between Free Foods, Healthy Extras and Syns makes Food Optimizing effective AND easy to live with. Syns are also the way you can enjoy without a shred of guilt the foods that many diets ban! All foods that aren't Free have a Syn value. Counting the Syns you use each day helps you balance your diet for optimum weight loss...

and maximum enjoyment!

find out more...

A list of the average Syn values of many everyday foods can be found in the Syns list.

luscious!

lemon ice cream

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# syns selection

We update our Syns database daily to add products and to reflect the changes made to products' recipes and nutrition, so you may find changes between online values and the values printed here. You'll always find the most up-to-date Syn values online.



*Luscious!*

*candy apples*

## bread, bakery items & tortillas

### bakery items

Bear claw, 4oz each	25.5
Biscuits, chilled, standard, 1oz	4.5
chilled, reduced fat, 1oz	4.0
frozen, 1oz	5.0
dry mix, 1oz	6.0
Breadsticks/grissini, plain, 0.4oz standard	2.0
0.2oz small	1.0
Breadsticks, soft, 1oz each	4.5
Breakfast toasting bread, blueberry, 1.2oz slice	5.0
corn, 1.2oz slice	5.5
wheat bran & raisin, 1.3oz slice	5.5
Churros, 1oz	5.5
Cinnamon rolls, with frosting, chilled, 1oz	4.5
with raisins, ready to eat, 2oz each	10.5
Cornbread/corn muffins, dry mix, 1oz	6.0
Croissant, butter, 2oz each	11.5
cheese-filled, 2oz each	12.0
fruit-filled, 2oz each	7.0
pain au chocolat, 3.2oz each	16.5
Danish pastry, all varieties, 1oz	5.5
4oz each	22.5
English muffin, fruit/cinnamon, 2.2oz each	7.5
multigrain, 2.3oz each	7.5
plain, 2oz each	7.0
sourdough, 2oz each	7.0
whole wheat, 2oz each	6.0
light multigrain, 2oz each	5.0
French toast, 2oz piece	6.0
Honey bun, glazed, 2.3oz each	14.5
Kolache, fruit, 3.5oz each	10.5
Toaster pastry, ex: Pop Tarts, brown sugar/cinnamon, 2.1oz each	12.0
frosted fruit, 1.9oz each	10.0
fruit, 1.9oz each	10.5
Toaster strudel, all varieties, 1.9oz each	9.0

### bread & baguettes (1oz unless stated)

You'll find a list of Healthy Extra bread choices on the Healthy Extras list.	
Baguettes, white/whole wheat	3.5
Boston brown bread	3.0
Challah bread	4.5

Chapati/roti, white or whole wheat	4.5
Ciabatta	3.5
Egg bread	4.0
Flax seed bread	3.0
Focaccia bread, 2oz piece	7.0
French/Vienna bread	4.0
Multigrain/wholegrain bread	3.5
Oat bran bread, standard	3.5
reduced calorie	3.0
Oatmeal bread, standard	4.0
reduced calorie	3.0
Pita, white, 1oz small	4.0
2oz large	7.5
3oz extra large	11.5
Pita, whole wheat, 1oz small	3.5
2oz large	7.0
3oz extra large	11.0
Pumpernickel	3.5
Raisin bread	4.0
Rice bran bread	3.5
Rye bread, standard	3.5
reduced calorie	3.0
Soda bread	4.0
Sourdough bread	4.0
White bread, standard	3.5
reduced calorie	3.0
100% whole wheat bread,	3.0

### steps to success

If you are thinking of spreading butter on your bread, think again. Study the "butter & fat spreads" section before you decide. You'll find a new flavor comes through when you decide not to!

### bread rolls, bagels & tortillas—non-branded

Bagels, plain/onion, 2.4oz small	10.0
3.7oz medium	15.0
4.7oz large	19.0
Bagels, poppy/sesame seed, 2.4oz small	10.0
3.7oz medium	15.0
4.7oz large	19.0
Bagels, egg, 2.4oz small	9.5
3.7oz medium	14.5
4.7oz large	18.0
Bagels, oat bran, 2.4oz small	9.0
3.7oz medium	13.5
4.7oz large	16.5

**bread rolls, bagels & tortillas—non-branded cont...**

<b>Bagels, whole wheat,</b> 2.4oz small	<b>8.5</b>
3.7oz medium	<b>13.0</b>
4.7oz large	<b>16.5</b>
<b>Bagel thins, whole wheat,</b> 1.6oz each	<b>5.5</b>
<b>Corn tortilla,</b> 1oz each	<b>3.0</b>
<b>Crescent rolls, standard,</b> 1 small	<b>5.0</b>
1 large	<b>7.5</b>
<b>Crescent rolls, reduced calorie,</b> each	<b>4.5</b>
<b>Dinner rolls, plain/white,</b> 1.3oz small	<b>5.5</b>
2oz medium	<b>8.5</b>
<b>Dinner rolls, whole wheat,</b> 1.3oz small	<b>5.0</b>
2oz medium	<b>7.5</b>
<b>Flour tortilla, plain,</b> 1.8oz each	<b>7.5</b>
95% fat-free, 1.8oz each	<b>6.5</b>
low carb, 1.5oz each	<b>6.0</b>
whole wheat, 1.5oz each	<b>6.5</b>
<b>French rolls,</b> 1.5oz small	<b>6.0</b>
3.5oz large	<b>13.5</b>
<b>Hamburger buns, plain,</b> 1.5oz small	<b>6.0</b>
2oz medium	<b>8.0</b>
2.5oz large	<b>10.0</b>
<b>Hoagie/submarine rolls,</b> 3oz each	<b>11.5</b>
<b>Hotdog buns, plain,</b> 1.5oz small	<b>5.5</b>
2.5oz large	<b>9.5</b>
<b>Hotdog buns, reduced calorie,</b> 1.5oz each	<b>4.0</b>
<b>Kaiser rolls,</b> 2oz each	<b>8.5</b>
<b>Onion rolls,</b> 2.5oz each	<b>10.0</b>
<b>Pocket thins, flatbread,</b> whole wheat, 3oz each	<b>10.0</b>
<b>Sandwich thins, whole wheat,</b> 1.5oz each	<b>5.0</b>
<b>Taco shells,</b> each	<b>3.0</b>
<b>Tostadas, corn-based,</b> each	<b>3.0</b>
<b>Wonton wrappers,</b> each	<b>1.0</b>

**bread rolls, bagels & tortillas—branded**

<b>Arnold sandwich thins,</b> all varieties, each	<b>5.0</b>
<b>Flatout light flatbreads,</b> all varieties, each	<b>4.5</b>
<b>La Tortilla Factory 100 calorie tortillas,</b> whole wheat, each	<b>5.0</b>
<b>Mission Carb Balance soft taco,</b> plain/whole wheat, 42g each	<b>6.0</b>
<b>Mission Carb Balance tortillas,</b> plain/whole wheat, 28g each	<b>4.0</b>
<b>Mission Multigrain Fajita Flour Tortilla,</b> 36g each	<b>5.5</b>

<b>Nature's Own 100% whole wheat sandwich round,</b> each	<b>5.0</b>
<b>Nature's Own 40 calorie bread,</b> all varieties, 1 slice	<b>2.0</b>
<b>Oroweat 100% whole wheat sandwich thin,</b> each	<b>5.0</b>
<b>Thomas' 100% whole wheat bagel thin,</b> each	<b>5.5</b>

**cookies (each unless stated)**

<b>Animal crackers,</b> plain, 2 pieces	<b>1.5</b>
frosted, 2 pieces	<b>2.0</b>
<b>Biscotti,</b> 1oz piece	<b>6.5</b>
<b>Breakfast cookie,</b> soft baked, 1oz small	<b>5.0</b>
3oz large	<b>15.0</b>
<b>Chocolate chip cookies, crunchy-type,</b> standard, 0.5oz small	<b>3.0</b>
1.4oz large	<b>10.0</b>
low fat, 0.4oz each	<b>2.5</b>
<b>Chocolate chip cookies, soft-type,</b> 0.5oz each	<b>3.5</b>
<b>Chocolate &amp; vanilla creme sandwich,</b> ex: Oreos	<b>3.0</b>
<b>Creme wafers</b>	<b>2.5</b>
<b>Fig bars</b>	<b>3.0</b>
<b>Fig Newtons</b>	<b>2.5</b>
<b>Ginger snaps</b>	<b>1.5</b>
<b>Ginger thins</b>	<b>1.0</b>
<b>Morning biscuits,</b> crunchy, ex: Kellogg's To-Go	<b>3.0</b>
<b>Oatmeal &amp; raisin cookies, crunchy-type,</b> 0.5oz small	<b>3.0</b>
1.1oz regular	<b>6.5</b>
2.6oz large	<b>16.0</b>
<b>Oatmeal &amp; raisin cookies, soft-type,</b> 0.5oz each	<b>3.0</b>
<b>Oatmeal cookies,</b> standard, 0.5oz small	<b>3.0</b>
1oz regular	<b>6.5</b>
2.6oz large	<b>16.5</b>
fat-free, 1oz each	<b>4.5</b>
<b>Peanut butter cookies, crunchy-type,</b> standard, 0.5oz small	<b>3.5</b>
1oz regular	<b>6.5</b>
2.3oz large	<b>15.5</b>
sugar-free, 0.3oz each	<b>2.5</b>
<b>Peanut butter cookies, soft-type,</b> 0.5oz each	<b>3.5</b>
<b>Shortbread, plain,</b> finger round	<b>4.5</b>
cookie	<b>3.0</b>
<b>Sugar cookies,</b> 0.5oz each	<b>3.5</b>
<b>Sugar cookie dough,</b> chilled, 1oz	<b>6.0</b>
<b>Vanilla wafers,</b> all varieties	<b>1.0</b>

**steps to success**

**Cookies, chocolates, chips, nuts, savory snacks—“trigger” foods are packed with Syns and almost impossible to resist! No food is banned, so learn to know yourself, and if you know something is your “trigger” food, steer clear or plan ahead how you'd like to enjoy them without over-Synning!**

**crackers & crispbread —non-branded (each unless stated)**

<b>Cheese crackers, round,</b> standard/whole grain	<b>1.0</b>
reduced fat	<b>0.5</b>
<b>Club crackers,</b> original	<b>1.0</b>
reduced fat	<b>0.5</b>
<b>Corn cakes/thins</b>	<b>1.5</b>
<b>Crispbread,</b> dark rye	<b>2.0</b>
fruit	<b>2.5</b>
light rye	<b>1.5</b>
multigrain/wholegrain	<b>2.5</b>
seeds & oats	<b>2.0</b>
<b>Graham crackers,</b> plain, honey or cinnamon	<b>3.0</b>
low/reduced fat	<b>2.5</b>
<b>Matzo,</b> all varieties, 1oz	<b>5.5</b>
<b>Matzo ball mix,</b> made up as directed, 1 ball	<b>1.5</b>
<b>Melba toast,</b>	<b>1.0</b>
<b>Rice cakes,</b> plain/seeded, 1 mini	<b>1.0</b>
1 large	<b>2.5</b>
<b>Rice crackers,</b> ex: Triscuit	<b>1.0</b>
<b>Saltine crackers</b>	<b>0.5</b>
<b>Sandwich crackers,</b> cheese filling	<b>1.5</b>
peanut butter filling	<b>1.5</b>
<b>Table water crackers,</b> 7g regular	<b>1.5</b>
4g small	<b>1.0</b>
<b>Whole wheat crackers,</b> 5g each	<b>1.0</b>

**crackers & crispbread —branded (each unless stated)**

<b>Finn Crisp thin rye crispbreads</b>	<b>1.0</b>
<b>Kashi TLC pita crisps,</b> all varieties	<b>0.5</b>

<b>Kashi TLC snack crackers,</b> original 7 grain/fire roasted vegetable, 15 pieces	<b>6.0</b>
<b>Ortega taco shells,</b> all varieties	<b>3.0</b>
<b>Real Foods Corn Thins,</b> multigrain/sesame/soy & linseed	<b>1.0</b>
<b>Ritz crackers,</b> original	<b>1.0</b>
<b>Ryvita crispbread,</b> light rye/rye & oatbran	<b>1.5</b>
dark rye/multigrain/pumpkin seeds & oats/sunflower seeds & oats	<b>2.0</b>
muesli crunch	<b>2.5</b>
<b>Wasa crispbread,</b> light rye	<b>1.5</b>
fiber/flax seed/sourdough	<b>2.0</b>
wholegrain	<b>2.5</b>
heartly/multigrain/sesame	<b>3.0</b>

**pancakes & waffles**

<b>Pancakes,</b> 1oz small	<b>3.5</b>
2oz regular	<b>6.5</b>
3oz large	<b>10.0</b>
<b>Pancake mix,</b> dry, 1oz	<b>5.0</b>
<b>Waffles, frozen,</b> plain/buttermilk/cinnamon, 35g each	<b>5.0</b>
thick & fluffy, 55g each	<b>8.0</b>
blueberry/strawberry, 35g each	<b>4.5</b>
low fat/whole wheat, 35g each	<b>4.5</b>
gluten free, 35g each	<b>4.5</b>

**cakes, muffins & sweet pies**

**cakes & donuts**

<b>Angel food cake,</b> plain, fat-free, 1oz	<b>3.5</b>
with cream frosting, 1oz	<b>3.5</b>
dry mix, 1oz	<b>5.0</b>
<b>Baklava,</b> 1oz	<b>5.5</b>
<b>Banana cake,</b> with cream frosting, 1oz	<b>5.0</b>
<b>Black forest cake,</b> 1oz	<b>5.5</b>
<b>Brownie, chocolate,</b> standard, 1oz small	<b>5.5</b>
3oz large	<b>17.0</b>
reduced fat, 1oz small	<b>5.0</b>
dry mix, 1oz	<b>6.0</b>
<b>Brownie, chocolate &amp; nut,</b> 1oz small	<b>5.5</b>
3oz large	<b>17.0</b>
<b>Bundt cake,</b> 1oz	<b>5.0</b>
<b>Carrot cake,</b> plain/with frosting, 1oz	<b>5.0</b>
dry mix, 1oz	<b>6.0</b>

<b>Cheesecake,</b> plain, 1oz	<b>4.5</b>
low fat, fruit, 1oz	<b>3.0</b>
no bake, dry mix, 1oz	<b>6.0</b>
<b>Chocolate cake,</b> plain/with frosting, 1oz	<b>5.0</b>
dry mix, 1oz	<b>6.0</b>
<b>Chocolate eclair,</b> with custard filling, 3.5oz each	<b>13.0</b>
<b>Chocolate fudge cake,</b> 1oz	<b>5.5</b>
<b>Cream puff,</b> with custard filling, 4.6oz each	<b>17.0</b>
<b>Cruller,</b> glazed, 2oz each	<b>12.5</b>
<b>Crumb cake,</b> cinnamon, 1oz	<b>6.0</b>
coffee, 1oz	<b>5.0</b>
fruit, 1oz	<b>4.5</b>
<b>Cupcakes,</b> plain, 1.5oz regular	<b>7.0</b>
with cream frosting, 2.5oz regular	<b>14.5</b>
<b>Devil's food cake,</b> dry mix, 1oz	<b>5.5</b>
<b>Donut,</b> glazed, 2oz each	<b>12.5</b>
sugar coated, 2oz each	<b>11.0</b>
with chocolate frosting, 2oz each	<b>13.0</b>
with jelly filling, 3oz each	<b>14.5</b>
<b>Gingerbread,</b> 1oz	<b>5.0</b>
<b>Jelly/Swiss roll,</b> 1oz	<b>4.0</b>
1.8oz mini	<b>7.0</b>
<b>Lemon cake,</b> 1oz	<b>5.0</b>
<b>Marble cake,</b> 1oz	<b>5.0</b>
<b>Muffins,</b> standard, all varieties, 3oz each	<b>16.0</b>
low fat, all varieties, 3oz each	<b>10.5</b>
dry mix, 1oz	<b>5.5</b>
<b>Pineapple upside down cake,</b> 1oz	<b>4.5</b>
<b>Pound cake,</b> 1oz	<b>5.5</b>
<b>Sponge cake,</b> plain, 1oz	<b>4.0</b>
with frosting, 1oz	<b>5.5</b>
<b>Twinkies,</b> each	<b>7.0</b>
<b>Yellow cake,</b> dry mix, standard, 1oz	<b>6.0</b>
reduced fat, 1oz	<b>5.5</b>

**sweet pies & strudels (1oz unless stated)**

<b>Cream pie,</b> all varieties	<b>4.0</b>
<b>Egg custard pie</b>	<b>3.0</b>
<b>Fruit pie, baked,</b> apple	<b>3.5</b>
blueberry	<b>3.5</b>
cherry	<b>3.5</b>
peach	<b>3.5</b>
strawberry	<b>2.5</b>
<b>Fruit pie, fried,</b> all varieties	<b>4.5</b>
<b>Key lime pie</b>	<b>6.5</b>
<b>Lemon meringue pie</b>	<b>4.0</b>
<b>Mississippi mud pie</b>	<b>4.0</b>
<b>Pecan pie</b>	<b>5.5</b>
<b>Pumpkin pie</b>	<b>3.0</b>

<b>Strudel,</b> fruit	<b>4.0</b>
<b>Turnover,</b> fruit	<b>4.5</b>

**candy & chocolate**

**candy—non-branded (each unless stated)**

<b>Candy apple</b>	<b>11.5</b>
<b>Candy corn,</b> 1oz	<b>5.0</b>
<b>Caramels</b>	<b>2.0</b>
<b>Chewing gum,</b> standard, 2 pieces	<b>1.0</b>
sugar-free, 2 pieces	<b>0.5</b>
<b>Cotton candy,</b> 1oz	<b>5.0</b>
<b>Fruit chews</b>	<b>1.0</b>
<b>Fudge,</b> chocolate-coated	<b>4.0</b>
vanilla	<b>3.5</b>
<b>Gum drops,</b> standard, 1oz	<b>5.5</b>
sugar-free, 1oz	<b>2.5</b>
<b>Gummy bears</b>	<b>0.5</b>
<b>Hard candy</b>	<b>1.0</b>
<b>Jelly beans,</b> standard, 1oz	<b>5.5</b>
sugar-free, 1oz	<b>3.0</b>
<b>Marshmallow,</b> regular	<b>1.0</b>
10 mini	<b>1.0</b>
<b>Mints,</b> chocolate-coated	<b>3.0</b>
plain	<b>1.0</b>
<b>Nougat,</b> with almonds	<b>3.0</b>
<b>Peanut brittle,</b> 1oz	<b>7.0</b>
<b>Taffy</b>	<b>3.0</b>
<b>Toffees</b>	<b>3.5</b>

**candy—branded**

<b>Airheads,</b> 16g bar	<b>3.0</b>
<b>Haribo Gold Bears,</b> 1oz	<b>5.0</b>
<b>Skittles,</b> 2.1oz pack	<b>12.5</b>
<b>Tic Tacs,</b> 4 pieces	<b>0.5</b>
<b>Tootsie Roll,</b> 2.25oz bar	<b>11.0</b>
Midgee, each	<b>1.0</b>

**chocolate—non-branded**

<b>Carob,</b> plain, unsweetened, 1oz	<b>7.5</b>
<b>Chocolate,</b> dark, 1oz	<b>7.5</b>
milk, 1oz	<b>7.5</b>
white, 1oz	<b>7.5</b>
<b>Chocolate baking chips,</b> 1 level tbs	<b>4.0</b>
<b>Chocolate-coated caramels,</b> each	<b>1.5</b>
with nuts, each	<b>3.5</b>
<b>Chocolate-coated coffee beans,</b> 1oz	<b>6.5</b>
<b>Chocolate-coated creme centers,</b> 1oz	<b>6.0</b>

**chocolate—non-branded cont...**

Chocolate-coated nougat & caramel, 1oz	6.5
Chocolate-coated peanuts, 1oz	7.5
Chocolate-coated raisins, 1oz	5.5
Chocolate truffles, each	3.0

**chocolate—branded (each unless stated)**

3 Musketeers bar, 54g bar	12.0
Almond Joy, 1.6oz bar	11.0
Ferrero Rocher	3.5
Cadbury Caramello, 125oz bar	8.0
Hershey's Bars, Cookies 'n' Creme	11.5
Milk Chocolate	11.5
Milk Chocolate with Almonds	10.5
Special Dark Chocolate	10.0
Hershey's Bliss, all varieties, 1 chunk	2.0
Hershey's Hugs	1.5
Hershey's Kisses, all varieties	1.0
Hershey's Nuggets, all varieties	3.0
Hershey's Sugar-free, Chocolate & Caramels	1.5
Kit Kat, Milk Chocolate	10.5
M&M's, Milk Chocolate, 1oz	7.0
Peanut, 1oz	7.5
Mars Almond Bar	11.5
Milky Way, fun size bar	4.0
regular bar	13.0
Mounds Bar, regular bar	12.0
Nestle Baby Ruth Bar, 2.1oz bar	14.0
3.7oz bar	25.0
Nestle Butterfinger, regular bar	14.0
Reese's NutRageous Bar	12.5
Reese's Peanut Butter Cups, Milk/Dark/White	5.5
Minis (unwrapped)	1.5
Big Cup	10.0
Reese's Pieces, 1.53oz pack	10.0
Rolo's	1.5
Snickers, snack size bar	4.0
regular bar	14.0
Twix, fun size bar	4.0
regular bar	14.5
York Peppermint Patties, miniatures	2.5
regular	7.0

**cereals & cereal bars**

Only high-fiber, wholegrain cereals count as a Healthy Extra "b" choice. You'll find the most popular choices on the Healthy Extras list.

**breakfast cereals (1 cup unless stated)**

All-bran Original	8.0
All-bran Buds	9.0
Apple Jacks	5.5
Bran flakes	7.0
Cheerios, apple cinnamon	8.0
banana nut	6.5
chocolate	6.5
frosted	6.5
fruity	6.5
honey nut	7.0
multi-grain	5.5
original	5.0
Chex, chocolate	8.5
corn	6.0
honey nut	8.0
rice	5.0
wheat	10.5
Cocoa krispies	7.5
Cocoa puffs	6.5
Corn flakes	5.0
Corn grits, regular or quick, dry	29.0
1 level tbsp	2.0
Corn pops	5.5
Cracklin' oat bran	15.0
Cream of rice, instant, 1 sachet	7.5
Cream of wheat, instant, original, 1 sachet	5.0
flavored, 1 sachet	6.5
Cream of wheat, stove top, original, 1 level tbsp	2.0
flavored, 1 level tbsp	2.0
wholegrain, 1 level tbsp	1.5
Crispix	5.5
Fiber One, Honey Clusters	8.5
Nutty Clusters & Almonds	9.5
Original Bran Cereal	6.0
Raisin Bran Clusters	8.5
Fiber One Protein Granola, Cranberry Almond	10.5
Froot Loops	6.0
Frosted Flakes	7.5
Frosted Mini Wheats, Big Bites, original, 7 pieces	11.0
Little Bites, chocolate	12.5
Little Bites, original	9.5
Granola, with fruit & nuts, 1oz	6.0
low fat, 1oz	5.5
Grape-nuts, ½ cup	9.5
Honey Bunches of Oats, with almonds	8.0
Honey Graham Oh's	7.5
Honey Smacks	6.5
Instant oatmeal, original, 1 packet	5.0
¼ cup	6.0

Instant oatmeal, flavored, 1 packet	8.0
50g cup	9.0
Instant oatmeal, lower sugar, 1 packet	6.0
40g cup	7.5
Instant whole wheat cereal, dry	16.0
Kix, crispy corn puffs	4.0
honey	4.5
Lucky Charms	7.0
Mini Wheats, Bitesize, original, 14 biscuits	6.0
Muesli, ex: Alpen	14.5
Oat bran, dry	12.0
Oats/plain oatmeal, dry ¼ cup	6.0
Pebbles, fruity/cocoa	8.0
Puffed wheat	2.5
Raisin bran	10.0
Rice Krispies	5.0
Shredded Wheat, 2 biscuits	8.0
Shredded Wheat, Spoonsize, honey nut	10.5
original/wheat n bran	8.0
Smart Start	9.5
Special K, original	6.0
Total, wholegrain	6.0
Trix	6.0
Whole wheat biscuit, ex: Weetabix, each	3.0
Wheaties	6.5

**breakfast cereal bars & granola bars (each unless stated)**

Chewy granola bar, reduced sugar	5.0
Hard granola bar, plain	5.0
chocolate chip	5.5
peanut butter	6.0
Soft granola bar, plain	6.0
peanut butter	6.0
chocolate coated with chocolate chips	8.0
chocolate coated with peanut butter	9.5
Fiber One 90 Calorie Chewy Bar, all varieties	4.5
Kashi Chewy Granola Bar, cherry dark chocolate	4.5
Kashi Layered Granola Bar, dark chocolate coconut	6.0
Kashi Soft Baked Cereal Bar, cherry vanilla	6.0
Kelloggs NutriGrain Soft Baked Fruit Bar, all varieties	6.0
Kelloggs Special K Cereal Bar, all varieties	4.5
Kelloggs Special K Protein Granola Snack Bar, all varieties	5.5

**steps to success**

Make a list before you go shopping and stick to it. Impulse buys can wreak havoc. Never shop on an empty stomach.

**chips & snacks**

**chips & snacks —non-branded (1oz unless stated)**

Bagel chips	6.5
Corn chips, plain	7.5
Cheese corn puffs, regular	8.0
baked/reduced fat	6.0
Pita chips, all varieties	6.5
Plantain chips	7.5
Pappadums/Poppadoms	2.5
Popcorn, plain, 1 cup	2.0
popped with oil	1.5
1 cup air-popped without oil	1.5
unpopped kernels	5.5
Popcorn, flavored, caramel coated, 1 cup popped	8.5
cheese flavor, 1 cup popped	3.0
Potato chips, regular	7.5
reduced fat	7.0
fat-free	4.0
baked	5.5
Potato sticks	7.5
Pretzels, hard, plain/salted	5.0
chocolate coated	6.5
Pretzels, soft, plain/salted, 2.2oz each	10.5
Sweet potato chips	7.5
Tortilla chips, regular	7.5
reduced fat	6.5
low fat/baked	6.0
Trail mix, with chocolate chips, nuts & seeds	7.0
with tropical fruits	6.0

**chips & snacks —branded (1oz unless stated)**

Act II Popcorn, light/94% fat-free, 1 cup	1.0
butter flavors, 1 cup	1.5
Cheetos, crunchy snacks	7.5
puffs	7.5
reduced fat	4.5
Corn Nuts, all varieties	6.5
Doritos Tortilla Chips, all varieties	7.5

Goldfish Baked Snack Crackers, all varieties	7.0
Kelloggs Special K Cracker Chips, all varieties	6.0
Lays Air Pops, all varieties	6.0
Lays Baked Potato Chips, all varieties	6.0
Lays Classic Potato Chips, all varieties	7.5
Lays Kettle Cooked Chips, regular, all varieties	7.5
40% less fat, all varieties	7.0
Lays Light Potato Chips, all varieties	4.0
Pringles, standard, all varieties	7.5
reduced fat, all varieties	7.0
Ruffles, standard, all varieties	8.0
deep ridged, all varieties	8.0
Sunchips, all varieties	7.0
Wheat Thins, original crackers, each	0.5
popped, all varieties	6.5

**dairy products**

Butter on your potato or spread on your bread? Take a look at the Syms below, then measure carefully or better yet switch to fat-free plain yogurt or cheese wedges.

**butter & fat spreads**

Butter, stick, salted/unsalted, 1 level tsp	2.0
1 level tbsp	5.0
1oz	10.0
Butter, whipped, salted/unsalted, 1 level tsp	1.0
1 level tbsp	3.0
1oz	7.0
Butter, light, salted/unsalted, 1 level tsp	1.0
1 level tbsp	2.5
1oz	5.5
Fat spread, made with yogurt, 70% fat, 1 level tsp	1.5
1 level tbsp	4.5
1oz	9.0
Fat spread, made with yogurt, 35-40% fat, 1 level tsp	1.0
1 level tbsp	2.5
1oz	4.5
Fat spread, made with vegetable oil, 55-60% fat, 1 level tsp	1.5
1 level tbsp	4.5
1oz	7.5

Fat spread, made with vegetable oil, 35-40% fat, 1 level tsp	1.0
1 level tbsp	3.0
1oz	4.5

**cheese—non-branded (1oz unless stated)**

A whole host of delicious cheeses are Healthy Extra "a" choices, and they're listed on the Healthy Extras list. Carefully weigh your portion to make sure it is a Healthy Extra.

American, standard	5.5
low fat	2.5
fat-free	2.0
Asiago	5.0
Blue cheese	5.0
Brick cheese	5.5
Brie	5.0
Camembert	4.5
Canned cheese, all varieties, 1 level tbsp	2.5
Cheddar, standard	6.0
reduced fat	4.5
low fat	2.5
fat-free	2.0
Cheese slices, American, standard, each	3.0
reduced fat, each	2.5
fat-free, each	1.5
Cheese spread, American, standard	4.0
reduced fat	2.5
Cheese wedges, each	2.0
Cheshire cheese	5.5
Colby	5.5
Colby Jack	5.5
Cottage cheese, 2% milk fat, plain, ½ cup	0.5
Cottage cheese, 4% milk fat, plain, ½ cup	1.0
with fruit, ½ cup	1.0
with vegetables, ½ cup	0.5
Cream cheese, all varieties, full fat	5.0
low fat	3.0
fat-free	1.5
Cream cheese, whipped, 1 level tbsp	2.0
Cream cheese & Greek yogurt, 1 level tbsp	1.5
Edam	5.0
Feta, standard	4.0
reduced fat	2.5
fat-free	1.5
Goats cheese, hard	6.0
semi-soft	5.5
soft	4.0

**cheese—non-branded cont...**  
(1oz unless stated)

Gorgonzola	5.0
Gouda	5.0
Gruyere	6.0
Halloumi	4.5
Manchego	5.5
Mascarpone	6.5
Mexican cheese blend, standard	5.0
reduced fat	4.0
Monterey Jack, standard	5.5
low fat	4.5
Mozzarella, whole milk	4.5
part-skim milk	3.5
non-fat	2.0
Muenster, standard	5.5
low fat	4.0
Parmesan/parmigiano reggiano, fresh	5.5
grated, 1 level tbsp	1.5
Pepper Jack	5.0
Provolone, standard	5.0
reduced fat	4.0
Quark, flavored, 4oz	0.5
Queso fresco	4.5
Ricotta, whole milk	2.5
part-skim milk	2.0
Romano	5.5
Roquefort	5.5
Soy cheese, cheddar-style	8.0
mozzarella-style	5.5
Swiss cheese, standard	5.5
reduced fat	4.5
low fat	2.5
fat-free	2.0

**cheese—branded**

Babybel, light/mozzarella style, each	2.5
cheddar/gouda/original/sharp, each	3.5
Go Veggie Rice Slices, all varieties, each	2.0
Go Veggie Rice Shreds, all varieties, 1oz	4.5
Kraft Cheese Singles, all varieties, standard, each	3.0
2%/reduced fat, each	2.0
fat-free, each	1.5
Kraft Deli Fresh, Extra Thin Swiss Cheese Slices, each	3.0
Kraft Easy Cheese, all varieties, 1 level tbsp	2.5
Philadelphia, fat-free, all varieties, 1 level tbsp	1.5
The Laughing Cow Wedges, all varieties (except Creamy Swiss Original), each	1.5
Velveeta, Original/sharp cheddar, standard, 1oz	4.0
2% reduced fat, 1oz	3.0
fat-free, Original, each	2.0

**cream & creamers**  
(1 level tbsp unless stated)

<b>Aerosol cream ex: Reddi-Wip, Original/Extra Creamy/Chocolate, 2 level tbsp</b>	1.0
fat-free, 4 level tbsp	0.5
<b>Half &amp; half cream, standard</b>	1.0
fat-free	0.5
<b>Liquid creamer, plain</b>	1.5
plain, fat-free	0.5
flavored	2.0
sugar-free, all varieties	0.5
<b>Non-dairy cream, standard</b>	1.0
low fat	0.5
<b>Powdered creamer, plain, 1 level tsp</b>	1.0
plain, fat-free, 1 level tsp	0.5
flavored, 1 level tsp	1.0
sugar-free, all varieties, 1 level tsp	0.5
<b>Sour cream, standard</b>	1.5
light	1.0
fat-free	0.5
<b>Whipping cream, heavy</b>	2.5
light	2.0

**steps to success**

Keep counting. Choosing something you have eaten as “not worth counting” can destroy your success.

**milk**

(½ cup unless stated)

<b>Almond milk, plain, sweetened</b>	1.5
unsweetened	1.0
<b>Almond milk, chocolate, sweetened</b>	3.0
<b>Almond milk, vanilla, sweetened</b>	2.5
<b>Buttermilk, whole</b>	4.0
reduced fat	3.5
low fat	2.5
<b>Cashew milk, plain, sweetened</b>	1.5
unsweetened	0.5
<b>Coconut milk, plain, sweetened</b>	2.0
unsweetened	1.0
<b>Condensed milk, standard, 1fl oz</b>	4.5
fat-free, 1fl oz	4.0
<b>Cows milk, whole/3.25% fat</b>	3.5
2%/reduced fat	3.0
1%/low fat	2.5
fat-free/skimmed	2.0
<b>Dried milk, whole, 1 level tsp</b>	0.5
non-fat, 2 level tsp	0.5
<b>Evaporated milk, whole, 1fl oz</b>	2.0
fat-free, 1fl oz	1.0

<b>Goats milk, whole</b>	4.0
<b>Lactose free milk, 2%/reduced fat</b>	3.0
1%/low fat	2.5
fat-free	2.0
<b>Rice milk, plain, unsweetened</b>	3.0
<b>Soy milk, plain, sweetened</b>	2.5
unsweetened/light	2.0

**yogurt**  
(4oz unless stated)

<b>Goats milk yogurt, plain</b>	1.5
fruit flavor	3.0
<b>Greek-style yogurt, plain, whole</b>	4.0
low fat	0.5
<b>Greek-style yogurt, fruit flavor, whole</b>	5.5
flavored, 1 level tsp	2.0
fat-free	1.0
<b>Greek-style yogurt, honey, whole</b>	5.5
low fat	3.5
fat-free	1.0
<b>Fruit flavor yogurt, whole</b>	4.5
low fat	3.0
fat-free	2.5
<b>Plain yogurt, whole</b>	1.0
low fat	0.5
<b>Soy yogurt, plain</b>	3.0
fruit flavor	3.5

**yogurt drinks**  
(4fl oz unless stated)

<b>Drinking yogurt, all varieties</b>	5.5
<b>Probiotic yogurt drink, ex: Yakult, per bottle</b>	2.5
<b>Yogurt smoothies, all varieties, 8fl oz</b>	10.5

**desserts, puddings & sweet sauces**

**desserts & puddings**  
(1oz unless stated)

<b>Bread pudding</b>	3.0
<b>Chocolate mousse</b>	3.0
<b>Chocolate pudding, ready to eat, standard, 4oz pot</b>	8.0
fat-free, 4oz pot	5.5
<b>Egg custard, baked, ½ cup dry mix</b>	7.5
fat-free, ½ cup dry mix	5.5
<b>Flan mix, caramel custard, 3oz packet</b>	15.0
made with 2% milk, 4oz	6.0
made with whole milk, 4oz	6.5

<b>Gelatin dessert, Original, ex: Jell-O, ready to eat, 3.5oz snack pot</b>	3.5
instant, 3oz packet	16.0
<b>Gelatin dessert, sugar-free, ex: Jell-O, ready to eat, 3.2oz snack pot</b>	0.5
instant, 0.3oz packet	1.5
<b>Instant pudding snack pots, ex: Jell-O, ready to eat, standard, each</b>	5.5
sugar-free/reduced calorie, each	3.5
<b>Instant pudding mix, standard, ex: Jell-O, chocolate/chocolate fudge, 3.9oz packet</b>	20.0
butterscotch/lemon/vanilla, 3.4oz packet	18.0
<b>Instant pudding mix, fat-free &amp; sugar-free, ex: Jell-O, chocolate/chocolate fudge, 1.4oz packet</b>	7.0
butterscotch/lemon/vanilla, 1oz packet	5.0
<b>Meringue shell, 1oz each</b>	6.0
<b>Peach melba</b>	4.0
<b>Rice pudding, ready to eat, standard, 4oz pot</b>	6.0
<b>Rice pudding mix, dry</b>	6.0
<b>Tapioca pudding, ready to eat, standard, 3.5oz pot</b>	6.5
fat-free, 4oz pot	5.5
<b>Tapioca pudding mix, dry</b>	6.0

**sweet sauces**  
(1 level tbsp unless stated)

<b>Dessert topping, aerosol can, 1 cup</b>	9.0
dry mix, made up, 1 cup	8.0
<b>Ice cream topping, butterscotch/caramel</b>	2.5
chocolate/hot fudge	2.5
fruit flavor	2.5
sugar-free, all varieties	2.0
<b>Maple syrup</b>	2.0
<b>Pancake syrup, standard</b>	2.0
light	1.5
sugar-free	0.5

**dips & dressings**

**dips**  
(1 level tbsp unless stated)

<b>Barbecue dip</b>	1.5
<b>Bean dip</b>	1.0
<b>Blue cheese dip</b>	3.5
<b>Cheese dip</b>	2.0
<b>Dill herb dip mix, dried, 0.9oz packet</b>	3.5
<b>French onion dip</b>	1.5

<b>Garlic dip</b>	3.0
<b>Guacamole</b>	1.0
<b>Hummus</b>	1.0
<b>Onion dip mix, dried, 0.9oz packet</b>	3.5
<b>Queso dip</b>	2.0
<b>Ranch dip</b>	1.5
<b>Salsa &amp; cheese dip</b>	1.0
<b>Salsa dip, 2 level tbsp</b>	0.5
<b>Tzatziki dip</b>	1.0

**steps to success**

Always choose reduced fat or fat-free salad dressings if you're buying a ready-made one.

**dressings & table sauces**  
(1 level tbsp unless stated)

<b>Apple sauce, sweetened</b>	0.5
unsweetened, 2 level tbsp	0.5
<b>Balsamic dressing, standard</b>	2.5
light	1.0
fat-free	0.5
<b>Balsamic glaze</b>	2.0
<b>Barbecue sauce</b>	0.5
<b>Black bean sauce</b>	1.5
<b>Blue cheese dressing, standard</b>	3.5
light	0.5
<b>Caesar dressing, standard</b>	4.0
light	1.0
<b>Buttermilk dressing mix, dried, 0.4oz packet</b>	3.0
<b>Cocktail sauce</b>	1.0
<b>Coleslaw dressing</b>	2.5
<b>Cranberry sauce, regular/jellied</b>	1.0
<b>Croutons, plain, 1 cup</b>	6.0
seasoned, 1 cup	9.5
<b>French dressing, standard</b>	3.5
light	1.5
<b>Garlic puree, 1 level tsp</b>	0.5
<b>Greek yogurt dressing mix, dried, 0.74oz packet</b>	3.0
<b>Hoisin/plum sauce</b>	1.5
<b>Hollandaise sauce</b>	2.0
<b>Honey mustard dressing, standard</b>	3.5
light	2.0
fat-free	1.5
<b>Horseradish sauce</b>	4.0
<b>Hot sauce, with added sugar, 1 level tsp</b>	0.5
<b>Italian dressing, standard</b>	2.0
light	1.5
<b>Mango chutney</b>	2.0
<b>Mayonnaise, standard</b>	3.0
light	2.5
fat-free	0.5

<b>Mint jelly</b>	2.5
<b>Mole sauce</b>	5.0
<b>Mustard, brown/dijon/coarse</b>	0.5
yellow, 2 level tbsp	0.5
<b>Peanut sauce, made with peanuts</b>	1.5
made with peanut butter	2.5
<b>Pickle relish, hamburger</b>	1.0
hot dog	0.5
sweet/dill	1.0
<b>Ranch dressing, standard</b>	3.5
light	1.5
fat-free	1.0
<b>Ranch dressing mix, dried, 1oz packet</b>	4.0
<b>Salsa verde, 2 level tbsp</b>	0.5
<b>Steak sauce</b>	0.5
<b>Sweet Thai chili sauce</b>	2.0
<b>Tahini paste</b>	4.5
<b>Tartar sauce</b>	2.0
<b>Teriyaki sauce &amp; marinade</b>	0.5
<b>Teriyaki sauce with pineapple, sweet &amp; sticky</b>	1.0
<b>Thousand island dressing, regular</b>	3.0
light	1.5
fat-free	1.0
<b>Tomato ketchup, standard</b>	1.0
reduced sugar	0.5
<b>Wasabi, 1 level tsp</b>	0.5
<b>Whipped dressing, ex: Miracle Whip, standard</b>	2.0
light	1.0
fat-free	0.5
<b>Yogurt dressing</b>	1.5

**drinks**  
—alcoholic

**beers & lager**

<b>Ale, strong, over 6% vol, 8fl oz</b>	9.0
12fl oz	13.5
<b>Ale, regular, 4-6% vol, 8fl oz</b>	6.0
12fl oz	9.0
<b>Beer/lager, strong, over 6% vol, 8fl oz</b>	7.5
12fl oz	11.0
16fl oz	14.5
<b>Beer/lager, regular, approx. 5% vol, 8fl oz</b>	5.5
12fl oz	8.0
16fl oz	10.5
<b>Beer/lager, light, approx 4% vol, 8fl oz</b>	3.5
12fl oz	5.5
16fl oz	7.0

## drinks—alcoholic cont...

Beer/lager, reduced alcohol/ alcohol free, 8fl oz	2.0
12fl oz	3.0
16fl oz	4.0

## cocktails & pre-mixed drinks

Alcohol free cocktail mix, concentrated, 1fl oz	4.5
Cosmopolitan, martini	10.5
Daiquiri, classic, martini strawberry, frozen	5.5 12.5
Eggnog, 1 cup	11.0
Manhattan, martini	8.0
Margarita, martini frozen	12.0 23.5
Margarita mix, 4oz	6.0
Martini, traditional extra dry	6.0 7.0
Mimosa, 5fl oz	3.5
Mojito, short tumbler	7.0
Pina colada, standard glass	24.5
Whiskey sour, short tumbler	8.0
Whiskey sour mix, 4oz	6.0

## fortified wine

Marsala, 4fl oz	9.5
Port, 4fl oz	9.5
Sake (rice wine), 1½fl oz	3.0
Sherry, dry, 4fl oz cream/sweet, 4fl oz	9.0 9.5

## hard cider, lemonade & wine coolers

Cider, dry, 8fl oz	4.5
12fl oz	7.0
Cider, sweet, 8fl oz 12fl oz	6.5 10.5
Hard lemonade ex: Mike's, standard, 11.2fl oz	11.0
lite, 11.2fl oz	5.5
Smirnoff Ice, Original, 12fl oz	11.5
Wine cooler ex: Bartles & Jaymes, margarita, 11.2fl oz	13.0
strawberry daiquiri, 11.2fl oz	11.5

## liqueurs & spirits (per 1½oz shot unless stated)

Brandy/cognac, 40-45% vol	4.5
Cherry brandy	6.0
Cherry liqueur, ex: kirsch	6.0
Coffee liqueur	6.5
Cream liqueur, ex: Baileys	7.0
Creme de menthe	8.0
Gin, 40-45% ABV	6.0
Orange liqueur, ex: Cointreau	7.0

Pernod	5.5
Rum, 40-45% vol	5.0
Vermouth, dry	3.0
sweet	3.5
Vodka, 40-45% vol	5.0
Whiskey, 40-45% vol	5.5

## Wine

Champagne/sparkling wine, 12% vol, 5fl oz	5.0
Cooking wine, all varieties, 4fl oz	3.0
Lower alcohol wine, 10% vol, all varieties, 5fl oz	5.0
8fl oz	8.5
Red wine, 13.5% vol, 5fl oz 8fl oz	6.0 9.5
Rose wine, 13.5% vol, 5fl oz 8fl oz	5.5 9.0
White wine, 13.5% vol, 5fl oz 8fl oz	5.5 9.0
Sweet wine, 13.5% vol, 5fl oz	7.0
Sweet wine, reduced alcohol, 5.5% vol, 5fl oz	6.0

## drinks—cold

### fruit & vegetable juice (8fl oz unless stated)

Juiced and blended fruit loses its filling power and becomes very easy to over consume—keep count of the Syns... or swap to something Free.

Apple juice, unsweetened	5.5
Apple & grape juice drink	6.5
Beet juice, unsweetened	4.0
Breakfast orange drink powder, standard, 1 level tsp	1.0
low calorie/light, 2 level tsp	0.5
Carrot juice, unsweetened	2.5
Celery juice, unsweetened	1.0
Citrus fruit juice drink	5.0
Cranberry juice, unsweetened	6.5
Cranberry & apple juice drink, standard	7.0
low calorie/light	2.0
Cranberry & grape juice drink	6.5
Cucumber juice, unsweetened	1.5
Fruit flavor drink, standard, less than 3% juice	7.5
low calorie	3.0
powder, 1 level tsp	0.5
Fruit punch juice drink	5.0
Grape juice, unsweetened	8.5

Grapefruit juice, unsweetened	6.0
Guava nectar	6.5
Kale juice, unsweetened	3.5
Lemon flavor drink, powder, 1 level tsp	1.0
Mango juice drink	6.0
Mixed fruit juice, unsweetened	6.5
Mixed fruit & vegetable juice drink	4.5
Mixed vegetable juice, unsweetened	2.0
Orange juice, freshly squeezed/unsweetened	5.5
Orange juice drink, low calorie/light	2.5
Orange & apricot juice drink	5.5
Orange & grapefruit juice, unsweetened	5.5
Orange & pineapple juice drink	6.5
Papaya nectar	7.5
Passion fruit juice drink	8.0
Pineapple juice, unsweetened	6.5
Pineapple & grapefruit juice drink	5.5
Pomegranate juice, unsweetened	8.0
Prune juice, unsweetened	8.5
Smoothies, red berries, 8fl oz 16fl oz	6.0 12.0
yellow fruits, 8fl oz	6.0
16fl oz	12.0
Tomato juice, unsweetened	2.0

### iced drinks (8fl oz unless stated)

Frappuccino	6.0
Frappuccino mocha	6.5
Iced lemonade	6.5
Iced tea, sweetened/flavored	3.5

### milk drinks & powders (8fl oz unless stated)

Chocolate flavor milk drink, ready to drink	5.5
Chocolate powder, no added sugar	1.0
Chocolate milk, fresh, chilled, whole, ½ cup	5.0
reduced fat, ½ cup	4.5
low fat, ½ cup	4.0
Horchata mix, powder, 1 level tsp	1.0
Malted milk drink powder, chocolate/original, 1 level tsp	1.0
1 level tsp	1.5
Milkshake, ready to drink, all varieties	14.5
Milkshake powder, 1 level tbsp	2.5

## steps to success

Accept that your eating habits have to change for good. Start to examine how deliciously different your diet can become. Allocate some time for yourself and develop your favorite recipes. Don't just think about it—do it now!

## sodas & waters (8fl oz unless stated)

Diet soda is Free! See drinks on the Free Foods list to save your Syns.

Coconut water, ready to drink, unsweetened	2.0
Cola	4.5
Cream soda	6.0
Energy sports drink, standard low calorie	5.0 1.0
Ginger ale	4.0
Grape soda	5.0
Lemon & lime soda	5.0
Limeade soda	6.0
Orange soda	5.5
Pink lemonade	5.5
Root beer	5.0
Tonic water	4.0

## drinks—hot

Many hot and cold drinks are Free. See drinks on the Free Foods list to save your Syns.

Instant coffee with sugar, any flavor, 1 level tsp	0.5
Instant coffee with whitener, reduced calorie, 1 level tsp	0.5
Hot chocolate powder, standard, 1 level tsp	1.0
no added sugar, 1 packet	2.5
Instant tea with sugar, 1 level tsp	1.0
Mocha powder with whitener, 1 level tsp	1.5

## eggs

Egg, fried in fat/oil, each	1.0
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## fats & oils

Although too much fat, especially saturated fat, is linked to weight gain and health problems, oils which contain unsaturated fat are good for health, helping to lower cholesterol levels and keep our hearts healthy. If you're cooking with oil, choose one high in unsaturated fat such as olive oil, canola, groundnut, peanut, sunflower, corn, flaxseed, avocado, or almond oil.

Lard/tallow, 1 level tsp	2.5
1 level tbsp	7.0
1oz	12.5
Chicken/duck/goose fat, 1 level tsp	2.5
1 level tbsp	7.0
1oz	12.5
Oil, all varieties, 1 level tsp	2.0
1 level tbsp	6.0
1oz	12.5
Spray oil, all varieties, up to 10 sprays	FREE
every additional 5 sprays	0.5
Suet, beef, 1oz	12.5
Vegetable shortening, 1 level tsp	2.0
1 level tbsp	5.5
1oz	12.5

## fish & shellfish

Fish is packed with filling protein and great for your health. You'll find all fishy Free Food options on the Free Foods list.

### fish & shellfish (4oz unless stated)

Anchovies, canned in oil, drained	3.0
Catfish, breaded & fried	4.5
Clams, breaded & fried	6.5
Cod, dried & salted	10.0
Fish fillet, breaded & baked	8.5
Fish sticks, breaded & baked, each	1.5
Gefilte fish, sweet, 1 piece	0.5
Oysters, breaded & fried	6.5
Salmon nuggets, breaded & baked	4.5
Sardines, canned in oil, drained	0.5

Scallops, breaded & fried	6.5
Shrimp, breaded & fried	7.0
Squid rings/calamari, battered & fried	4.0
Tuna, canned in oil, drained	2.5

## fruit

### fruit—blended or cooked (4oz unless stated)

Blended and cooked fruit loses its filling power and becomes very easy to over consume—keep count of the Syns... or swap to something Free.

Apples, blended/cooked	2.5
Apricots, blended/cooked	1.5
Banana, blended/cooked	4.5
Blackberries, blended/cooked	1.0
Blackcurrants, blended/cooked	1.5
Blueberries, blended/cooked	3.0
Carambolas (star fruit), blended/cooked	2.0
Cherimoyas, blended/cooked	4.0
Cherries, blended/cooked	2.5
Clementines, blended/cooked	2.0
Cranberries, blended/cooked	1.0
Figs, blended/cooked	2.5
Gooseberries, blended/cooked	1.0
Grapes, green, blended/cooked	3.5
Grapes, red/black, blended/cooked	4.0
Guavas, blended/cooked	1.5
Kiwi fruit, blended/cooked	2.5
Kumquats, blended/cooked	2.5
Lemons, blended/cooked	0.5
Limes, blended/cooked	0.5
Loganberries, blended/cooked	1.0
Loquats, blended/cooked	2.5
Lychees, blended/cooked	3.0
Mandarins, blended/cooked	2.0
Mangoes, blended/cooked	3.0
Melons, blended/cooked	1.5
Nectarines, blended/cooked	2.0
Oranges, blended/cooked	2.0
Papayas, blended/cooked	2.0
Passion fruit, blended/cooked	2.0
Peaches, blended/cooked	2.0
Pears, blended/cooked	2.0
Persimmons, blended/cooked	4.0
Pineapple, blended/cooked	2.5
Plums, blended/cooked	2.0
Prickly pears, blended/cooked	2.5

**fruit—blended or cooked cont...**  
(4oz unless stated)

Pummelo (pomelo), blended/cooked	1.5
Quince, blended/cooked	3.0
Raspberries, blended/cooked	1.5
Redcurrants, blended/cooked	1.0
Rhubarb, blended/cooked	0.5
Satsumas, blended/cooked	2.0
Strawberries, blended/cooked	1.5
Tangerines, blended/cooked	2.0
Ugli fruit, blended/cooked	2.0

**fruit—canned**  
(4oz unless stated)

Apples, sliced, in juice or water	3.5
Apricots, in juice or water	2.5
in syrup	4.5
Blackberries, in syrup	5.0
Blueberries, in syrup	5.0
Boysenberries, in syrup	5.0
Cherries, in juice or water	3.0
in syrup	4.5
Figs, in syrup	5.0
Fruit cocktail, in juice or water	2.5
in syrup	4.0
Gooseberries, in syrup	4.0
Grapefruit, in juice or water	2.0
in syrup	3.5
Grapes, in juice or water	2.0
in syrup	4.5
Jackfruit, in syrup	5.0
Mandarins/tangerines, in juice or water	2.0
in syrup	3.5
Maraschino (cocktail) cherries, each	0.5
Papaya, in syrup	11.5
Peaches, in juice or water	2.5
in syrup	4.0
Pears, in juice or water	3.0
in syrup	4.0
Pineapple, in juice or water	3.5
in syrup	4.5
Plums, in juice or water	3.0
in syrup	5.0
Prunes, in syrup	6.0
Raspberries, in syrup	5.0
Strawberries, in syrup	5.0

**steps to success**

Canned fruit labeled “no added sugar” can be misleading. Sugar may have been added as fructose using apple or other sweet fruit juices. Natural maybe, but still Syn-laden, so stick with fresh.

**fruit—dried**  
(1oz unless stated)

Apples, dried	3.5
Apricots, dried	3.5
Banana chips, dried	7.5
Blueberries, dried	4.5
Candied fruit, dried	4.5
Cherries, dried	4.5
Cranberries, dried	4.5
Currants, dried	4.0
Dates, dried	4.0
Figs, dried	3.5
Goji berries, dried	5.0
Mango, dried	4.5
Mixed fruit, dried	3.5
Peaches, dried	3.5
Pears, dried	3.5
Pineapple, dried	4.5
Prunes, dried	3.5
Raisins, dried	4.0

**fruit—fresh**

Avocado, 1oz	2.0
each	11.5
Breadfruit, 1oz	1.5
each	20.0
Dates, each	1.5
Olives, in brine, 8 olives	1.5
marinated, 8 olives	2.5
stuffed, 8 olives	3.0

**ice cream & frozen desserts**

**ice cream & frozen yogurt—non-branded**

<b>Cones only</b> , 1 small cone	1.0
1 sugar rolled cone	2.0
1 waffle cone	6.0
<b>Frozen yogurt</b> , low fat, ½ cup	6.5
non-fat, ½ cup	5.5
<b>Ice cream bar/stick, chocolate coated</b> , standard, 1 bar	12.5
reduced fat, 1 bar	8.5
<b>Ice cream cone, standard</b> , 1 regular	17.0
1 king size	19.5
<b>Ice cream cone, low fat</b> , 1 regular	7.5
<b>Ice cream, hard serve</b> , standard, ½ cup	12.5
reduced fat, ½ cup	8.5
fat-free, ½ cup	5.0
<b>Ice cream, soft serve</b> , standard, ½ cup	8.5
reduced fat, ½ cup	5.5

<b>Ice cream, non-dairy</b> , ½ cup	5.0
<b>Ice cream sandwich</b> , 1 regular	9.0
1 large	10.5
<b>Ice cream sundae</b> , 4oz	10.5

**ice cream & frozen yogurt—branded**

<b>Ben &amp; Jerry's ice cream</b> , Cherry Garcia, 3.6fl oz pot	13.0
Chocolate Chip Cookie Dough, 3.6fl oz pot	14.0
Chocolate Fudge Brownie, 3.6fl oz pot	13.5
<b>Ben &amp; Jerry's Froyo</b> , Cherry Garcia, ½ cup	8.5
Chocolate Fudge Brownie, ½ cup	9.0
Half Baked, ½ cup	9.0
Phish food, ½ cup	12.5
<b>Klondike Ice Cream Bar</b> , Dark Chocolate, each	12.5
Original, each	15.0
<b>Nestle Drumstick</b> , Classic Vanilla Cone, each	13.0
<b>The Skinny Cow Ice cream</b> , Vanilla Caramel Cone, each	8.0
Chocolate Fudge Cone, each	8.0
Truffle Ice Cream Bar, all varieties, each	5.5

**frozen desserts & bars—non-branded**

<b>Fruit &amp; juice ice bar</b> , each	3.5
<b>Fruit ice</b> , Lime flavor, ½ cup	6.5
pineapple/coconut flavor, ½ cup	5.5
<b>Fruit ice bar</b> , orange flavor, each	3.5
fruit flavor, no added sugar, each	0.5
<b>Popsicles</b> , each	2.5
twin pop	3.5
<b>Sorbet</b> , all varieties, ½ cup	6.5

**frozen desserts & bars—branded**

<b>Creamsicle Original Cream</b> , Bar, Low Fat, each	5.0
Pop, Sugar-free, each	1.0
<b>Fudgesicle Original Fudge</b> , Bar, Low Fat, each	5.0
Pop, No Sugar Added, each	2.0
<b>Popsicle Ice Pops</b> , Sugar-free, all varieties, each	1.0

**jelly & spreads**

<b>Almond butter</b> , 1 level tbsp	4.5
<b>Apple butter</b> , 1 level tbsp	1.5
<b>Cashew butter</b> , 1 level tbsp	4.5

<b>Chocolate &amp; nut spread</b> , 1 level tbsp	4.0
<b>Honey</b> , 1 level tsp	1.0
1 level tbsp	2.5
<b>Jam &amp; preserve, standard</b> , 1 level tsp	0.5
1 level tbsp	2.0
<b>Jam &amp; preserve, low sugar</b> , 2 level tsp	0.5
1 level tbsp	1.0
<b>Jelly, standard</b> , 1 level tsp	0.5
1 level tbsp	2.0
<b>Jelly, low sugar</b> , 1 level tsp	0.5
1 level tbsp	1.5
<b>Lemon curd</b> , 1 level tsp	0.5
1 level tbsp	2.0
<b>Marmalade</b> , 1 level tsp	0.5
1 level tbsp	2.0
<b>Peanut butter, standard</b> , 1 level tsp	1.5
1 level tbsp	4.5
1oz	8.0
<b>Peanut butter, reduced fat</b> , 1 level tsp	1.5
1 level tbsp	4.0
1oz	7.5
<b>Peanut butter powder</b> , 1 level tbsp	1.0

**steps to success**

A rounded spoonful is twice as much as a level spoonful. A heaping spoonful is three times as much as a level spoonful. Don't cheat yourself out of a good weight loss. Use spoon sense, and level off!

**kitchen basics**

<b>Agave syrup</b> , 1 level tbsp	2.5
<b>Almond paste (marzipan)</b> , 1oz	6.5
<b>Arrowroot powder</b> , 1 level tsp	1.0
<b>Baking powder</b> , 2 level tsp	0.5
<b>Baking soda</b> , 1 level tsp	0.5
<b>Breadcrumbs/breading mix</b> , plain/seasoned, 1oz	5.5
1 level tbsp	1.5
<b>Cocoa powder</b> , unsweetened, 1 level tsp	0.5
1 level tbsp	1.5
1oz	3.0
<b>Coconut cream</b> , 1 level tbsp	4.0
<b>Coconut milk, standard, canned</b> , 1 level tbsp	1.5
4 fl oz	11.0

<b>Coconut milk, light/reduced fat, canned</b> , 1 level tbsp	0.5
4 fl oz	4.5
<b>Coconut, shredded</b> , sweetened, 1oz	5.5
unsweetened, 1oz	9.5
<b>Cooking chocolate</b> , semi-sweet, 1oz	7.0
sweet, 1oz	7.5
<b>Cornstarch</b> , 1 level tsp	0.5
1 level tbsp	1.5
1oz	5.5
<b>Corn syrup</b> , 1 level tbsp	2.5
<b>Cream of tartar</b> , 1 level tsp	0.5
<b>Flour, coconut</b> , 1 level tbsp	2.5
1 cup	28.5
<b>Flour, gluten free mix</b> , 1 level tbsp	2.5
1 cup	23.0
<b>Flour, rice</b> , 1 level tbsp	2.5
1 cup	29.0
<b>Flour, white all-purpose</b> , 1 level tbsp	2.5
1 cup	23.0
<b>Flour, white, self-rising</b> , 1 level tbsp	2.5
1 cup	22.0
<b>Flour, whole wheat</b> , 1 level tbsp	2.5
1 cup	20.5
<b>Frosting, ready to use</b> , regular, 1 level tbsp	3.0
sugar-free, 1 level tbsp	2.5
<b>Fructose, fruit sugar</b> , powder, 1 level tsp	1.0
1oz	5.0
liquid, 1 level tbsp	0.5
<b>Fruit pie filling</b> , apple, 4oz	5.5
blueberry, 4oz	10.0
cherry, 4oz	6.5
<b>Fruit pie filling, no added sugar</b> , all varieties, 4oz	2.0
<b>Ham glaze</b> , 1 level tbsp	1.5
<b>Maple syrup</b> , 1 level tbsp	2.0

<b>Marshmallow creme</b> , 1 level tbsp	1.0
<b>Mincemeat</b> , 1 level tbsp	1.5
1oz	2.5
<b>Molasses</b> , 1 level tbsp	2.0
<b>Pastry, filo/phyllo</b> , raw, 1oz	4.0
<b>Pastry, puff</b> , raw, 1oz	7.5
<b>Pie crust mix</b> , dry, 1oz	7.5
<b>Pie crust, savory</b> , chilled, all varieties, 1oz	6.0
frozen, all varieties, 1oz	6.5
<b>Pie crust, sweet</b> , chocolate, 1oz	7.0
Graham Cracker, 1oz	7.0
<b>Popover mix</b> , dry, 1oz	5.5
<b>Seasoned flour coating mix</b> , 1 level tbsp	2.5

<b>Seasoning mix</b> , chili, 1 level tsp	1.0
fajita/taco, 1 level tsp	1.0
sloppy Joes, 1 level tsp	1.0
<b>Sprinkles</b> , all varieties, 1 level tsp	1.5
1oz	7.0
<b>Sugar, white/brown</b> , 1 level tsp	1.0
1 level tbsp	3.0
1oz	5.5
<b>Sugar, confectioners/powdered</b> , 1 level tsp	1.0
1 level tbsp	3.0
1oz	5.5
<b>Stuffing mix</b> , cornbread, 1oz dry	5.5
chicken/turkey, 1oz dry	5.5
all varieties, 1oz made up	2.5
<b>Sweeteners, no calorie/calorie free</b> , granulated/powder, 1 level tsp	FREE
1 level tbsp	0.5
<b>Yeast</b> , fresh/compressed, 1 cake (0.6oz)	1.0
dry, 1 level tsp	0.5

**steps to success**

Save Syns by using fat-free plain yogurt for thickening stews and casseroles, and making salad dressings, etc.

**meat & poultry**

Very lean meat and poultry (that's with all visible fat and skin taken off) is Free! Discover more on the Free Foods list.

**beef**  
(4oz raw unless stated)

<b>Beef back ribs</b> , meat & fat	10.0
<b>Beef joint</b> , any cut, meat & fat	8.0
<b>Beef steaks</b> , any cut, meat & fat	6.0
<b>Corned beef brisket</b> , meat & fat	6.0
<b>Corned beef</b> , canned	2.5
<b>Ground beef patties</b> , frozen, 1 medium	2.0
1 quarterpounder	4.0
<b>Ground beef</b> , 70% lean	13.5
75% lean	10.5
80% lean	8.0
85% lean	5.0
90% lean	2.0
93% lean	1.0
<b>Veal</b> , any cut, meat & fat	1.5
<b>Veal cutlet</b> , breaded & fried	1.5





gravy cont...

<b>Brown gravy</b> , dry, 1 level tsp	<b>1.0</b>
ready-to-serve, ½ cup	<b>3.0</b>
<b>Chicken/turkey gravy</b> , dry, 1 level tsp	<b>1.0</b>
ready-to-serve, ½ cup	<b>3.0</b>
<b>Mushroom gravy</b> , dry, 1 level tsp	<b>1.0</b>
ready-to-serve, ½ cup	<b>3.0</b>
<b>Pork gravy</b> , dry, 1 level tsp	<b>1.0</b>
ready-to-serve, ½ cup	<b>3.0</b>
<b>White/country gravy</b> , dry, 1 level tsp	<b>1.5</b>
ready-to-serve, ½ cup	<b>3.5</b>
<b>Heinz Homestyle Gravy</b> , brown gravy with onions, ½ cup	<b>2.5</b>
classic chicken, ½ cup	<b>3.0</b>
sausage, ½ cup	<b>4.5</b>
fat-free, all varieties, ½ cup	<b>2.0</b>

**packet sauces**  
(1 level tsp unless stated)

<b>Alfredo sauce mix</b> , dry	<b>1.5</b>
<b>Burger sauce mix-ins</b> , dry	<b>1.5</b>
<b>Cheese sauce mix</b> , dry	<b>1.0</b>
<b>Hollandaise sauce mix</b> , dry	<b>0.5</b>
<b>Marinade mix for grilling</b> , dry	<b>0.5</b>

**soups**

You'll find a list of Healthy Extra soup choices on the Healthy Extras list.

**soups—canned**  
—non-branded  
(1 cup unless stated)

<b>Condensed soup, standard, undiluted</b> , beans with frankfurters	<b>18.0</b>
beef mushroom	<b>7.5</b>
beef & vegetables	<b>8.0</b>
broccoli cheese	<b>11.0</b>
chicken & vegetables	<b>7.5</b>
chicken gumbo	<b>5.5</b>
chicken mushroom	<b>12.5</b>
chicken noodle	<b>6.5</b>
clam chowder, Manhattan	<b>7.5</b>
clam chowder, New England	<b>9.0</b>
cream of asparagus	<b>8.5</b>
cream of celery	<b>9.0</b>
cream of chicken	<b>12.5</b>
cream of mushroom	<b>10.0</b>
cream of onion	<b>11.0</b>
cream of shrimp	<b>9.0</b>
minestrone	<b>8.5</b>
onion	<b>6.0</b>

**Condensed soup, standard, undiluted, cont...**

pepperpot	<b>10.5</b>
scotch broth	<b>8.5</b>
split pea & ham	<b>17.5</b>
tomato	<b>8.5</b>
vegetable	<b>7.5</b>

**Condensed soup, 98% fat-free, undiluted, cream of celery**

cream of chicken	<b>6.0</b>
cream of mushroom	<b>6.0</b>

**Ready-to-serve soup, standard, beef & vegetables**

chicken & corn chowder	<b>12.5</b>
chicken noodle	<b>9.0</b>
chunky beef	<b>8.5</b>
chunky chicken	<b>9.0</b>
chunky minestrone	<b>6.5</b>
chunky turkey	<b>7.0</b>
clam chowder, Manhattan	<b>7.0</b>
clam chowder, New England	<b>10.0</b>
crab	<b>4.0</b>
cream of mushroom	<b>6.5</b>
gazpacho	<b>2.5</b>
lentil & ham	<b>7.0</b>
tomato	<b>6.5</b>
vegetable	<b>5.0</b>

**Ready-to-serve soup, light/reduced fat, chicken & vegetables**

chicken & vegetables	<b>4.0</b>
chicken noodle	<b>5.0</b>
chunky chicken & vegetable	<b>5.0</b>
split pea & ham	<b>9.5</b>

**soups—canned**  
—branded  
(1 cup unless stated)

<b>Campbells Condensed Soup</b> , cream of celery	<b>10.0</b>
Healthy Request minestrone	<b>8.0</b>
Healthy Request vegetable beef	<b>9.0</b>
vegetarian vegetable	<b>9.0</b>

**Campbells Chunky Soup**, Healthy Request beef with country vegetables

Healthy Request roasted chicken with country vegetables	<b>5.0</b>
Healthy Request chicken with country vegetables	<b>5.0</b>
Healthy Request savory vegetable	<b>5.5</b>

**Campbells Homestyle Soup**, Healthy Request wholegrain pasta fagioli

Progresso Heart Healthy Soup, creamy tomato basil	<b>6.0</b>
creole-style chicken gumbo	<b>5.5</b>
hearty minestrone	<b>5.5</b>
savory garden vegetable	<b>5.0</b>
southwest-style black bean & vegetable	<b>5.5</b>
tomato with parmesan	<b>4.0</b>

<b>Progresso Light Soup</b> , homestyle vegetable & rice, 18.5oz can	<b>6.0</b>
savory vegetable barley, 18.5oz can	<b>6.0</b>
vegetable & noodle, 18.5oz can	<b>6.0</b>
vegetable, 18.5oz can	<b>6.0</b>

**soups—dry**

**Ramen noodle soup**, dried, all varieties, 2.9oz packet

Ready-to-serve soup, chicken noodle, 1oz	<b>5.5</b>
cream of vegetable, 1oz	<b>6.0</b>
onion, 1oz	<b>4.0</b>
tomato & vegetable, 1oz	<b>4.5</b>

<b>Soup mix, made up with water</b> , beef & vegetables, 1 cup	<b>2.5</b>
mushroom, 1 cup	<b>4.0</b>
oxtail, 1 cup	<b>3.5</b>
tomato & vegetable, 1 cup	<b>3.0</b>

**vegetables & beans**

**vegetables & beans**  
(4oz unless stated)

<b>Baked beans, canned</b> , Boston style, 1 cup	<b>1.0</b>
with bacon, 1 cup	<b>1.5</b>
with franks, 1 cup	<b>8.5</b>
vegetarian, 1 cup	<b>0.5</b>

**Crispy fried onions**, 1 level tbsp

<b>French fries, frozen</b> , cottage cut	<b>3.5</b>
crinkle cut	<b>3.5</b>
regular	<b>3.5</b>
shoestring	<b>4.5</b>
steak cut	<b>2.5</b>
wedges	<b>4.0</b>

**Hash brown potatoes, dried**, plain, ½ cup

<b>Hash brown potatoes, frozen</b> , plain	<b>0.5</b>
with butter sauce	<b>3.5</b>

**Mashed potato**, ready-made, chilled

granules, dry mix	<b>0.5</b>
<b>Onions</b> , sauteed in oil, 1 cup	<b>4.0</b>
<b>Onion rings</b> , baked, each	<b>2.0</b>
fried, each	<b>3.5</b>

**Plantains**, sauteed in oil, green, 1 cup

yellow, 1 cup	<b>8.5</b>
<b>Potato au gratin mix</b> , 1oz dry	<b>4.5</b>
<b>Potatoes O'Brien, frozen</b> , 1 cup	<b>11.0</b>

**Pumpkin pie mix, canned**, 1 cup

<b>Ranch Style Beans</b> , black beans, 1 cup	<b>0.5</b>
pinto, 1 cup	<b>2.0</b>

**Refried beans, canned**, traditional style, 1 cup

vegetarian, 1 cup	<b>1.0</b>
fat-free, 1 cup	<b>0.5</b>
<b>Roast potatoes, frozen</b>	<b>2.0</b>

**Scalloped potato mix**

<b>Sun-dried tomatoes</b> , in oil	<b>11.0</b>
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**Sweet peppers**, sauteed in oil, 1 cup

<b>Sweet potato fries, frozen</b>	<b>2.5</b>
<b>Sweet potatoes</b> , canned in syrup	<b>6.0</b>

**vegetarian & meatfree foods**

**vegetarian & meatfree foods**

**Meatfree bacon-style strips**, 1oz

<b>Meatfree bacon bits</b> , 1 level tbsp	<b>3.5</b>
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**Meatfree chicken-style pieces**, baked, 1 cup

fried, 1 cup	<b>8.5</b>
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**Meatfree fishsticks**, each

<b>Meatfree frankfurters</b> , 1 cup	<b>7.0</b>
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**Meatfree luncheon slices**, 1 slice

<b>Meatfree meatballs</b> , 1 cup	<b>4.5</b>
<b>Meatfree meatloaf</b> , 2oz slice	<b>2.0</b>
<b>Meatfree sausage</b> , 1 link	<b>3.0</b>
<b>Tempeh</b> , 4oz	<b>3.5</b>

**Textured vegetable protein/soy protein (defatted)**, flavored, 4oz

<b>Tofu, flavored / smoked</b> , 4oz	<b>4.0</b>
<b>Tofu, fried in oil</b> , 1oz	<b>2.0</b>
<b>Vegetarian burger</b> , made with soya, 1oz	<b>3.0</b>

**conversions**

**ounces grams**

1oz	25g
1½oz	40g
2oz	50g
2½oz	60g
3oz	75g
3½oz	100g
4oz (¼lb)	110g
4½oz	125g
5oz	150g
6oz	175g
7oz	200g
8oz (½lb)	225g
9oz	250g
11oz	300g
12oz (¾lb)	350g
13oz	375g
14oz	400g
15oz	425g
16oz (1lb)	450g
18oz (1lb 2oz)	500g
22oz (1lb 6oz)	600g
24oz (1lb 8oz)	700g
26oz (1lb 10oz)	750g
28oz (1lb 12oz)	800g
32oz (2lb)	900g
36oz (2lb 4oz)	1000g/1kg
54oz (3lb 6oz)	1500g/1.5kg

**inches centimeters**

½ inch	1cm
¾ inch	2cm
1 inch	2.5cm
2 inches	5cm

**US fl oz/pints cups tablespoons milliliters**

1fl oz	¼ cup	2 tbsp	30ml
4fl oz	½ cup	8 tbsp	120ml
8fl oz (½ pint)	1 cup	16 tbsp	240ml
16fl oz (1 pint)	2 cups		480ml
24fl oz (1½ pints)	3 cups		960ml

# eating out the Food Optimizing way

Eating out is part of everyday life, whether it's enjoying lunch with colleagues or joining friends for a special occasion. The great news for Food Optimizers is that, with Free Food and low-Syn dishes on almost every menu, you can eat out and enjoy success at the scale too! Search "eating out" on [slimmingworld.com](http://slimmingworld.com) for hints and tips.

## barbecue & family restaurants/ takeout

### appetizers & sides

Baked beans, traditional, 1 cup	4.5
Chicken tenders, 7oz serving	16.0
Coleslaw, 4oz serving	7.0
Corn on the cob, without butter	FREE
Corn on the cob, with butter, each	7.5
Dinner rolls, each	8.5
French fries, 6oz serving	17.0
Hash browns, 4.5oz serving	6.5
Hush puppies, each	3.5
Mashed potato, 1 cup	3.0
Onion rings, 9oz serving	40.5
Potato salad, 1/2 cup	4.0

### entree

Beef brisket, 4oz serving	7.5
Chicken with marinade, 4oz serving	0.5
Fried fish fillet in batter or breadcrumb, 8oz serving	15.0
Fried shrimps in breadcrumbs, 6oz serving	15.5
Pork ribs, 4oz serving	9.5
Sirloin steak, plain with all visible fat removed	FREE
Turkey with marinade, 4oz serving	1.5

## ice cream & desserts

Frozen yogurt, all flavors, 1 cup	11.5
Ice cream, soft serve, all flavors, 1 cup	17.0
Peach cobbler, 6oz serving	18.5
Sundae, caramel, each	15.0
Sundae, hot fudge, each	14.0
Sundae, strawberry, each	13.5

## chinese restaurants/ takeout

### appetizers & sides

Crunchy flat noodles, 1 cup	11.5
Egg drop soup, 1 cup	3.5
Egg rolls, assorted, each	11.0
Fried rice, 9oz serving	7.5
Hot & sour soup, 1 cup	4.5
Steamed white rice	FREE
Wonton soup, 1 cup	3.5

### steps to success

Save Syns... switch from fried rice to Free steamed rice.

### entree

BBQ pork, 20oz serving	14.0
Beef & broccoli, 20oz serving	12.0
Beef & vegetables, 20oz serving	9.5
Black pepper chicken, 20oz serving	16.0

Chicken & green beans, 20oz serving	16.0
Chicken & mushrooms, 20oz serving	15.0
Chicken & pineapple, 20oz serving	20.5
Chicken & vegetables, 20oz serving	6.5
Chicken chow mein, 20oz serving	6.5
General Tso's chicken, 20oz serving	53.0
Honey garlic chicken, 20oz serving	58.0
Kung pao chicken, 20oz serving	13.0
Kung pao shrimp, 20oz serving	29.5
Lemon chicken, 20oz serving	43.5
Mongolian beef, 20oz serving	15.5
Orange Chicken, 20oz serving	41.5
Pepper steak, 20oz serving	12.5
Sesame chicken, 20oz serving	26.5
Shrimp & vegetables, 20oz serving	9.5
Sweet & sour chicken, 20oz serving	46.0
Sweet & sour pork, 20oz serving	51.0
Vegetable lo mein, 20oz serving	7.0

## coffee shops

### cakes & pastries

Banana nut bread, 4oz serving	21.0
Blueberry muffin, each (4.5oz)	21.0
Brownie, each (2" square)	12.0
Coffee cake, classic, 3.5oz serving	19.5

Coffee cake, reduced fat, 4oz serving	18.5
French croissant, plain, 2.5oz each	15.0
Iced lemon cake, 4.5oz serving	25.0
Miniature cinnamon rolls, each	5.0

### drinks

Cappuccino, non-fat milk, 8 fl oz	2.5
12 fl oz	3.0
16 fl oz	4.0
20 fl oz	5.5
Cappuccino, 2% fat milk, 8 fl oz	4.0
12 fl oz	4.5
16 fl oz	6.0
20 fl oz	7.5
Latte, non-fat milk, 8 fl oz	3.5
12 fl oz	5.0
16 fl oz	6.5
20 fl oz	8.5
Latte, 2% fat milk, 8 fl oz	5.0
12 fl oz	7.5
16 fl oz	9.5
20 fl oz	12.0
Caffe mocha, non-fat milk (no whip), 8 fl oz	6.0
12 fl oz	9.5
16 fl oz	12.5
20 fl oz	15.5
Caffe mocha, 2% fat milk (no whip), 8 fl oz	7.5
12 fl oz	11.5
16 fl oz	14.5
20 fl oz	19.0
Coffee frappuccino, 2% fat milk, 12 fl oz	8.5
16 fl oz	12.0
Mocha frappuccino, 2% fat milk, 12 fl oz	10.0
16 fl oz	13.0
Light coffee frappuccino, non-fat milk, 12 fl oz	4.5
16 fl oz	5.5
Light vanilla frappuccino, non-fat milk, 12 fl oz	10.0
16 fl oz	14.5
Iced coffee, no milk, unsweetened, all sizes	FREE
Iced coffee with non-fat milk, sweetened, 12 fl oz	4.0
16 fl oz	5.0
24 fl oz	8.0
Iced coffee with 2% fat milk, sweetened, 12 fl oz	4.5
16 fl oz	5.5
24 fl oz	8.5
Iced coffee with soy milk, sweetened, 12 fl oz	4.5
16 fl oz	5.5
24 fl oz	9.0

Hot chocolate, non-fat milk (no whip), 8 fl oz	7.0
12 fl oz	10.5
16 fl oz	13.5
20 fl oz	17.5
Hot chocolate, non-fat milk (with whipped cream), 8 fl oz	10.0
12 fl oz	14.0
16 fl oz	17.5
20 fl oz	21.5
Hot chocolate, 2% fat milk (no whip), 8 fl oz	8.5
12 fl oz	12.5
16 fl oz	16.0
20 fl oz	21.0
Hot chocolate, 2% fat milk (with whipped cream), 8 fl oz	11.5
12 fl oz	16.0
16 fl oz	20.0
20 fl oz	25.0
Hot chocolate, soy milk (no whip), 8 fl oz	8.5
12 fl oz	12.5
16 fl oz	16.0
20 fl oz	21.0
Hot chocolate, soy milk (with whipped cream), 8 fl oz	11.5
12 fl oz	16.0
16 fl oz	20.0
20 fl oz	25.0
Caramel apple cider (no whip), 12 fl oz	10.5
16 fl oz	14.0
20 fl oz	18.0
Caramel apple cider (with whipped cream), 12 fl oz	14.5
16 fl oz	18.0
20 fl oz	22.0
Shaken iced tea, 12 fl oz	4.0
16 fl oz	5.0
24 fl oz	7.5
Shaken iced tea with lemonade, 12 fl oz	5.5
16 fl oz	7.5
24 fl oz	12.0

## diner food

### breakfast

Bagel with ham, egg & cheese, each	24.0
Bagel with sausage patty, egg & cheese, each	32.5
Bagel with steak, egg & cheese, each	36.0
Biscuit, plain, each	10.0
Biscuit with egg, each	18.5

Biscuit with egg & bacon, each	23.0
Biscuit with egg & ham, each	21.0
Biscuit with egg & sausage, each	25.5
Biscuit with egg & steak, each	20.5
Biscuit with egg, cheese & bacon, each	22.0
Biscuit with egg, cheese & ham, each	23.5
Biscuit with egg, cheese & sausage, each	20.5
Biscuit with ham, each	27.5
Biscuit with sausage, each	20.5
Burrito with egg, cheese & sausage, each	15.0
Croissant with egg & cheese, each	18.5
Croissant with egg, cheese & bacon, each	20.5
Croissant with egg, cheese & ham, each	23.5
Croissant with egg, cheese & sausage, each	26.5
English muffin with butter, each	9.5
English muffin with cheese & sausage, each	18.5
English muffin with egg, cheese & Canadian bacon, each	14.5
English muffin with egg, cheese & sausage, each	23.5

### steps to success

The road to success with your body starts in your head. Instead of dwelling on what you can't have, concentrate instead on what you can have. With Food Optimizing there's so much!

### burgers & sandwiches

Cheeseburger, plain, each	14.0
Cheeseburger, includes pickles & sauce, each	15.0
Double cheeseburger, plain, each	23.0
Double cheeseburger, includes pickles & sauce, each	32.5
Triple cheeseburger, plain, each	38.5
Hamburger, plain, each	11.5
Hamburger, includes pickles & sauce, each	12.5
Double hamburger, plain, each	17.5
Double hamburger, includes pickles & sauce, each	29.0
Triple hamburger, includes pickles & sauce, each	34.5
Quarterpounder, plain, each	21.5

### burgers & sandwiches cont...

Quarterpounder, includes pickles & sauce, each	<b>25.5</b>
Quarterpounder with cheese, plain, each	<b>27.0</b>
Quarterpounder with cheese, includes pickles & sauce, each	<b>29.0</b>
Quarterpounder with cheese & bacon, single, includes pickles & sauce, each	<b>30.0</b>
Double quarterpounder, includes pickles & sauce, each	<b>27.0</b>
Double quarterpounder with cheese, includes pickles & sauce, each	<b>35.0</b>
Crispy chicken sandwich with lettuce, tomato & mayonnaise, each	<b>31.5</b>
Fish sandwich with tartar sauce, each	<b>16.5</b>
Fish sandwich with tartar sauce & cheese, each	<b>18.5</b>
Grilled chicken sandwich with lettuce, tomato & mayonnaise, each	<b>21.0</b>
<b>chicken</b>	
Fried chicken nuggets, boneless, 1 piece	<b>1.5</b>
6 pieces	<b>9.0</b>
Fried chicken pieces, breast, 1 piece	<b>9.0</b>
drumstick, 1 piece	<b>4.0</b>
thigh, 1 piece	<b>8.5</b>
wing, 1 piece	<b>4.5</b>
Fried chicken tenders, 1 piece	<b>2.0</b>
Grilled chicken pieces, plain & without skin	<b>FREE</b>
Tortilla with crispy chicken, lettuce, cheese & ranch sauce, each	<b>18.5</b>
Tortilla with grilled chicken, lettuce, cheese & ranch sauce, each	<b>13.5</b>
<b>drinks</b>	
Chocolate milkshake, 12 fl oz	<b>21.0</b>
16 fl oz	<b>28.0</b>
Strawberry milkshake, 12 fl oz	<b>20.0</b>
16 fl oz	<b>26.5</b>
Vanilla milkshake, 12 fl oz	<b>20.0</b>
16 fl oz	<b>26.5</b>
<b>sides</b>	
French fries, 1 small serving	<b>7.5</b>
1 medium serving	<b>12.5</b>
1 large serving	<b>16.5</b>
Fried mozzarella sticks, each	<b>5.0</b>
Onion rings, each	<b>3.5</b>
Sauce packets, barbecue, each	<b>2.5</b>
creamy ranch, each	<b>6.5</b>
honey mustard, each	<b>2.5</b>
sweet & sour, each	<b>2.5</b>

## Italian restaurants

### appetizers & sides

Breadstick with cheese & garlic, each	<b>8.0</b>
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### entree

Cheese ravioli with marinara sauce, 20oz serving	<b>20.5</b>
Chicken parmesan, without pasta, 11oz serving	<b>12.0</b>
Lasagna with meat, 20oz serving	<b>30.5</b>
Spaghetti with meat sauce, 20oz serving	<b>14.5</b>
Spaghetti with meatballs, 20oz serving	<b>29.0</b>
Spaghetti with pomodoro sauce, 20oz serving	<b>8.5</b>

## Mexican restaurants/takeout

### appetizers & sides

Beef empanadas, 1 piece	<b>15.0</b>
Black bean soup, 1 cup	<b>12.5</b>
Cheese tamales, each	<b>19.5</b>
Chips & guacamole, 3.8oz serving	<b>16.0</b>
Chips & queso dip, 3.5oz serving	<b>20.0</b>
Chips & salsa, 3.8oz serving	<b>12.0</b>
Corn tamales, each	<b>15.5</b>
Cornmeal bread, 1 piece	<b>10.5</b>
Nachos with cheese, 2.8oz serving	<b>13.5</b>
Nachos with cheese, beans & chili con carne, 2½ cups serving	<b>24.5</b>
Pork tamales, each	<b>12.5</b>
Queso dip, 1 cup	<b>18.0</b>
Refried beans, 1 cup	<b>5.0</b>
Rice & black beans, 1 cup	<b>2.5</b>
Rice & pigeon peas, 1 cup	<b>3.0</b>
Spanish rice, 9oz serving	<b>7.0</b>

### entree

Chili con carne, 6.5oz serving	<b>5.5</b>
Taco salad with beef in a taco shell, without sour cream & cheese, 18.8oz serving	<b>22.5</b>

Taco salad with beef in a taco shell, with sour cream, cheese & salsa, 18.8oz serving	<b>26.5</b>
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### burritos

Burrito with beans, 3.9oz each	<b>19.0</b>
Burrito with beans & beef, 8oz each	<b>23.0</b>
Burrito with beans & cheese, 6.6oz each	<b>19.0</b>
Burrito with beans, beef & cheese, 8oz each	<b>21.5</b>
Burrito with chicken, 8oz each	<b>22.0</b>

### chimichangas

Chimichanga with beef, 6.2oz each	<b>21.0</b>
Chimichanga with beef & cheese, 6.5oz each	<b>22.0</b>
Chimichanga with beef & chili peppers, 6.8oz each	<b>21.0</b>
Chimichanga with beef, cheese & chili peppers, 6.5oz each	<b>18.0</b>

### enchiladas

Enchilada with cheese, 4.9oz each	<b>18.5</b>
Enchilada with cheese & beef, 6.9oz each	<b>16.0</b>
Enchilada with cheese & beef & beans, 6.9oz each	<b>17.0</b>

### quesadillas

Quesadilla with cheese, 7.3oz serving	<b>37.5</b>
Quesadilla with chicken, 6.4oz serving	<b>26.5</b>

### tacos

Taco with beef, cheese & lettuce in a hard shell, each	<b>8.0</b>
Taco with beef, cheese & lettuce in a soft shell, each	<b>10.5</b>
Taco with chicken, cheese & lettuce in a hard shell, each	<b>9.0</b>
Taco with chicken, cheese & lettuce in a soft shell, each	<b>9.5</b>

## movie theaters

Corndog, each	<b>23.0</b>
Hotdog in a bun, plain, each	<b>12.0</b>
with chili, each	<b>15.0</b>
Popcorn, plain, small carton	<b>23.5</b>
medium carton	<b>39.5</b>
large carton	<b>55.5</b>
Butter topping for popcorn, 1 level tbsp	<b>6.5</b>

## pancake houses

Bacon, 2 strips	<b>1.5</b>
Belgian waffles, each	<b>25.0</b>
Blueberry pancakes, each	<b>8.0</b>
Buttermilk pancakes, each	<b>7.0</b>
Boiled or poached eggs	<b>FREE</b>
French toast sticks, 3 pieces	<b>11.0</b>
French toast with butter, 2 slices	<b>18.0</b>
Fried eggs, 2 eggs	<b>2.0</b>
Hash browns, 1 patty (2oz)	<b>4.5</b>
2 pieces (1/2oz)	<b>1.0</b>
Sausage, 2 pattys	<b>5.0</b>
Scrambled eggs, cooked with butter, 2 eggs	<b>2.0</b>
Pancake syrup, 1 fl oz serving	<b>5.0</b>

## pizza restaurants & takeout

Cheese pizza, hand-tossed 14" crust sliced into 8, per slice	<b>14.5</b>
Cheese pizza, thin 14" crust sliced into 8, per slice	<b>11.5</b>
Cheese pizza, regular 14" crust sliced into 8, per slice	<b>14.0</b>
Cheese pizza, thick 14" crust sliced into 8, per slice	<b>15.5</b>
Cheese pizza, stuffed 14" crust sliced into 8, per slice	<b>16.0</b>
Pepperoni pizza, hand-tossed 14" crust sliced into 8, per slice	<b>16.0</b>
Pepperoni pizza, thin 14" crust sliced into 8, per slice	<b>13.0</b>
Pepperoni pizza, regular 14" crust sliced into 8, per slice	<b>15.5</b>

Pepperoni pizza, thick 14" crust sliced into 8, per slice	<b>17.0</b>
Sausage pizza, hand-tossed 14" crust sliced into 8, per slice	<b>17.0</b>
Sausage pizza, thin 14" crust sliced into 8, per slice	<b>14.0</b>
Sausage pizza, regular 14" crust sliced into 8, per slice	<b>16.0</b>
Sausage pizza, thick 14" crust sliced into 8, per slice	<b>18.0</b>
Veggie pizza, hand-tossed 14" crust sliced into 8, per slice	<b>19.0</b>
Veggie pizza, thin 14" crust sliced into 8, per slice	<b>14.0</b>
Veggie pizza, regular 14" crust sliced into 8, per slice	<b>16.0</b>
Veggie pizza, thick 14" crust sliced into 8, per slice	<b>18.0</b>

### steps to success

Visit [slimmingworld.com](http://slimmingworld.com) each week (every day if you can) for top eating out and takeout tips, along with slimming strategies, successes and recipes to help you achieve your dream target weight.

## sandwich shops & deli

<b>salads</b>	
Chicken & vegetable salad, without bacon, cheese or dressing	<b>FREE</b>
Shrimp & vegetable salad, without bacon, cheese or dressing	<b>FREE</b>

Turkey, ham & cheese salad, without bacon or dressing, 11.5oz serving	<b>3.5</b>
Vegetable salad, without bacon, cheese or dressing	<b>FREE</b>

### sandwiches

Club sandwich with grilled chicken, bacon, cheese, salad & mayonnaise, each	<b>29.5</b>
Club sandwich with crispy chicken, bacon, cheese, salad & mayonnaise, each	<b>35.0</b>
Grilled chicken on white bread with salad, each	<b>21.0</b>
Roast beef on white bread, each	<b>18.0</b>

### subs

BLT on white bread, 6" sub	<b>15.0</b>
Chicken teriyaki on white bread with salad & sauce, 6" sub	<b>17.5</b>
Cold cuts on white bread with salad, 6" sub	<b>21.0</b>
Ham on white bread with salad, 6" sub	<b>14.0</b>
Meatballs & marinara sauce on white bread, 6" sub	<b>23.0</b>
Roast beef on white bread with salad, 6" sub	<b>15.0</b>
Roast chicken on white bread with salad, 6" sub	<b>15.5</b>
Steak & cheese on white bread with salad, 6" sub	<b>18.5</b>
Turkey breast on white bread with salad, 6" sub	<b>13.5</b>
Turkey, roast beef & ham on white bread with salad, 6" sub	<b>15.0</b>
Tuna mayonnaise on white bread with salad, 6" sub	<b>26.0</b>

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