

Healthy Fats List

Monounsaturated and polyunsaturated fats are considered to be more beneficial to your health than saturated fats. We recommend choosing the majority of your healthy fat servings from those two categories. A healthy fat serving should contain about 5 grams of fat and less than 5 grams of carbohydrate. The following healthy fats meet the guidelines for one healthy fat serving.

Monounsaturated Fats

Almond flour: 1 ½ Tbsp
Avocado: 1 ½ oz.
Guacamole: 2 Tbsp

Milks:

Almond Milk (refrigerated, unsweetened original or unsweetened vanilla): 2 cups
Cashew Milk: (refrigerated, unsweetened original or unsweetened vanilla): 2 cups

Olives: 5 - 10 black or green olives

Oils:

Avocado Oil: 1 tsp
Canola Oil: 1 tsp
Olive Oil: 1 tsp
Peanut Oil: 1 tsp

Nuts:

Almonds: ½ oz. (~8 pieces)
Brazil nuts: ½ oz. (~2 pieces)
Cashews: ½ oz. (~6 pieces)
Hazelnuts: ½ oz. (~6 pieces)
Macadamia: ½ oz. (~3 pieces)
Peanuts: ½ oz. (~12 pieces)
Pecans: ½ oz. (~5 halves)
Pistachios: ½ oz. (~18 pieces)

Pesto: 1 Tbsp

Seeds:

Sesame Seeds: 1 Tbsp

Polyunsaturated Fats

Margarine (regular): ½ Tbsp
Margarine (reduced-fat): 1 Tbsp
Mayonnaise (regular): ½ Tbsp
Mayonnaise (light): 1 ½ Tbsp
Mayonnaise (reduced-fat with olive oil): 1 Tbsp

Nuts:

Pine: ½ oz. (~55 kernels)
Walnuts: ½ oz. (~4 halves)

Oils:

Flaxseed Oil: 1 tsp
Grapeseed Oil: 1 tsp
Safflower Oil: 1 tsp
Sesame Oil: 1 tsp
Soybean Oil: 1 tsp

Seeds:

Chia Seeds: 1 Tbsp
Flax Seeds (ground): 2 Tbsp
Flax Seeds (whole): 1 Tbsp
Hemp Seeds: 1 Tbsp
Poppy Seeds: 1 Tbsp
Pumpkin Seeds: 1 Tbsp
Sunflower Seeds (kernel only): 1 Tbsp

Saturated Fats

Butter: ½ Tbsp
Coconut (shredded, unsweetened): 1 ½ Tbsp
Cream (half & half): 3 Tbsp
Cream cheese (regular): 1 Tbsp
Cream cheese (low-fat): 2 Tbsp

Milks:

Coconut (canned, regular): 2 Tbsp
Coconut (canned, light): ¼ cup
Coconut (unsweetened original or unsweetened vanilla): 1 cup

Sour cream: 2 Tbsp
The Laughing Cow Spreadable Cheese
Original Swiss: 1 wedge



Healthy Fats List: Salad Dressing

Annie's Naturals			
1 Tbsp	Goddess	Organic French	Woodstock
	Organic Cowgirl Ranch	Organic Caesar	Lemon & Chive Vinaigrette
	Organic Roasted Garlic Vinaigrette	Organic Balsamic	Tuscany Italian
	Organic Green Goddess	Organic Asian Sesame	Artichoke Parmesan
	Organic Goddess	Cowgirl Ranch	Organic Smoky Tomato
	Organic Goddess	Balsamic Vinaigrette	
2 Tbsp	Roasted Red Pepper Lite Goddess		

Hidden Valley			
1 Tbsp	Avocado Ranch	Roasted Garlic Ranch	Simply Ranch Cucumber Basil
	Cucumber Ranch	Fiesta Salsa Ranch	Simply Ranch Classic Ranch
	Sweet Chili Ranch	Cracked Peppercorn Ranch	Simply Ranch Chili Lime
2 Tbsp	Buttermilk Ranch Light	Original Ranch	Greek Yogurt Lemon Garlic
	Cucumber Ranch Light	Homestyle Light	Greek Yogurt Ranch
	Fiesta Salsa Ranch Light	Greek Yogurt Spinach & Feta	Greek Yogurt Cucumber Dill

Ken's			
1 Tbsp	Balsamic Vinaigrette	Honey Mustard	Three Cheese Italian
	Creamy French	Italian	Chef's Reserve French
	Greek	Red Wine Vinegar & Olive Oil	Chef's Reserve Italian
2 Tbsp	Light Options Balsamic Vinaigrette		

Kraft			
1 Tbsp	Buttermilk Ranch	Classic Ranch	Ranch with Bacon
	Red Wine Vinaigrette	Classic Caesar	Cucumber Ranch
	Peppercorn Ranch	Roka Blue Cheese	Thousand Island
2 Tbsp	Sun Dried Tomato	Greek Vinaigrette	Caesar Vinaigrette
	Tuscan House Italian	Zesty Lime Vinaigrette	Zesty Italian

Newman's Own			
1 Tbsp	Balsamic Vinaigrette	Honey French	Three Cheese Balsamic Vinaigrette
	Greek Vinaigrette	Parmesan & Roasted Garlic	
2 Tbsp	Lime Lite Vinaigrette	Lite Italian	Vinegar & Olive Oil
	Lite Caesar	Lite Red Wine	

Healthy Fats List: Salad Dressing (cont.)

Wishbone			
1 Tbsp	House Italian	South of the Border Ranch	Sweet & Spicy French
	Creamy Italian	Thousand Island	Deluxe French
	Spicy Caesar	Sweet & Spicy Honey Mustard	Creamy Italian
2 Tbsp	Mediterranean Italian	Greek Vinaigrette	Light Creamy Caesar
	Bruschetta Italian	Balsamic Vinaigrette	Light Buffalo Ranch
	Balsamic Italian Vinaigrette	Light Thousand Island	Light Blue Cheese
	Romano Basil Vinaigrette	Light Ranch	
	Olive Oil Vinaigrette	Light Parmesan	
		Peppercorn Ranch	

Condiment List

While on our **OPTAVIA** Program you are able to use condiments to add flavor and zest to your meals, just remember that they contribute to overall carbohydrate intake. We recommend reading food labels for carbohydrate information and controlling condiment portions for optimal results.

A condiment serving should contain no more than 1 gram of carbohydrate per serving. You can enjoy up to three (3) condiment servings per Lean & Green meal on the Optimal Weight 5 & 1 Plan.

Fresh Herbs		
Basil (whole leaves): 1 cup	Garlic (minced): 1 tsp	Rosemary: 2 Tbsp
Basil (chopped): ½ cup	Garlic (whole): 1 clove	Sage: 2 Tbsp
Capers: 2 Tbsp	Ginger root: 2 tsp	Spearmint: 2 Tbsp
Chives (chopped): ¼ cup	Lemongrass: 2 tsp	Thyme: 1 Tbsp
Cilantro: 1 cup	Parsley: ¼ cup	
Dill weed: 1 cup	Peppermint: ¼ cup	

Dried Herbs & Spices		
Allspice: ½ tsp	Curry powder: ½ tsp	Poultry seasoning: 1 tsp
Anise seed: ½ tsp	Dill seed: ½ tsp	Pumpkin pie spice: ½ tsp
Basil (whole leaves): 2 tsp	Dill weed: 1 tsp	Rosemary: 1 tsp
Basil (ground): 1 tsp	Fennel seed: ½ tsp	Saffron: 1 tsp
Bay leaf: 2 tsp	Fenugreek seed: ¼ tsp	Sage: 2 tsp
Caraway seed: ½ tsp	Garlic powder: ½ tsp	Salt: ¼ tsp
Cardamom: ½ tsp	Ginger (ground): ½ tsp	Savory: 1 tsp
Cayenne pepper: ½ tsp	Mace: 1 tsp	Spearmint: 1 Tbsp
Celery seed: 1 tsp	Marjoram: 2 tsp	Spice mixes: ½ tsp
Chili powder: ½ tsp	Mustard seed (ground): 1 tsp	Tarragon (whole leaves): 1 Tbsp
Cilantro: 1 Tbsp	Nutmeg: ½ tsp	Tarragon (ground): 1 tsp
Cinnamon: ½ tsp	Onion powder: ½ tsp	Thyme (whole leaves or ground): 1 tsp
Cloves (whole): 1 tsp	Oregano (whole leaves): 1 tsp	Turmeric: ½ tsp
Cloves (ground): ½ tsp	Oregano (ground): ½ tsp	
Coriander seed: 1 tsp	Paprika: ½ tsp	
Crushed red pepper: ½ tsp	Parsley: 1 Tbsp	
Cumin seed (whole or ground): 1 tsp	Pepper: ½ tsp	
	Poppy seed: 1 tsp	

Condiments (cont.)

Sauces & Syrups

Barbecue sauce (regular): ½ tsp
Barbecue sauce (sugar-free): 1 Tbsp
Catsup (regular): ½ tsp
Catsup (reduced sugar): 1 Tbsp
Cocktail sauce (regular): ½ tsp
Fish sauce: 1 Tbsp
Honey mustard sauce: ½ tsp
Horseradish: 1 tsp
Hot sauce: 2 Tbsp
Mustard (dijon): 1 tsp
Mustard (yellow): 1 Tbsp
Oyster sauce: 1 tsp
Salsa (tomato): 1 Tbsp

Soy sauce (regular or low sodium): 1 Tbsp
Sriracha: 1 tsp
Steak sauce: 1 tsp
Sweet and sour sauce: ½ tsp
Syrups/Flavorings (sugar-free Torani & Walden Farms, Inc.): 2 Tbsp
Teriyaki sauce: 1 tsp
Tomato paste: 1 tsp
Vinegar (cider, white, wine): ¼ cup
Vinegar (balsamic): 1 tsp
Wasabi: ½ tsp
Worcestershire sauce: ½ tsp

Dairy, Cheese & Milk Substitutes

Butter Buds: ½ tsp

Cheeses:

Blue, feta, parmesan (regular): 1 Tbsp
Blue, feta, parmesan (reduced-fat): 2 Tbsp
Cream cheese (regular): ½ Tbsp
Cream cheese (light): 1 Tbsp

Cream substitutes:

Liquid or powdered (regular): ½ tsp
Liquid or powdered (sugar-free): 1 tsp

Greek yogurt (plain, nonfat or low-fat): 2 Tbsp
Sour Cream (regular or light): 1 Tbsp
The Laughing Cow Spreadable
Cheese: 1 wedge

Whipped Topping (Cool Whip): 1 Tbsp
Whipped Topping (pressurized,
Reddi-whip): 2 Tbsp

Milks:

Almond (refrigerated, unsweetened original or unsweetened vanilla): 1 cup
Cashew (refrigerated, unsweetened original or unsweetened vanilla): 1 cup
Coconut (canned, regular): 1 Tbsp
Coconut (canned, light): 2 Tbsp
Coconut (refrigerated, unsweetened original or unsweetened vanilla): ½ cup
Cow's (unflavored): 1 Tbsp
Rice (unsweetened): 1 Tbsp
Soy (unsweetened): 2 Tbsp

Baking & Cooking Ingredients

Almond flour: 2 tsp
Baker's yeast: ½ tsp
Baking powder: ½ tsp
Baking soda: 1 tsp
Bouillon: 1 cube
Broth or stock: ½ cup - 1 cup (varies based on brand and flavor - use serving size for 1g carb or less)
Bran - wheat, rice, corn: ½ tsp
Cocoa powder (unsweetened): 1 tsp
Coconut (shredded, unsweetened): 2 tsp
Cooking oil spray (Pam): 10, ¼ second sprays
Cornmeal: ½ tsp
Cream of tartar: ½ tsp
Extracts: 1 tsp
Imitation butter: 10 sprays
Lemon or lime juice: 2 tsp
Lemon or lime zest: 1 Tbsp

Liquid egg substitute: 3 Tbsp
Nutritional yeast (small flakes): 1 tsp
Nutritional yeast (large flakes): 2 tsp
Onion (chopped): 1 Tbsp
Pine nuts: ½ ounce (~20 kernels)
Ranch dressing mix: ½ tsp
Seaweed (dried): 1 Tbsp
Seaweed (fresh): 2 Tbsp

Seeds:

Chia Seeds: ½ tsp
Hemp Seeds: 1 tsp
Flax Seeds (whole or ground): 1 tsp
Poppy Seeds: 1 tsp
Pumpkin Seeds: 1 tsp
Sesame Seeds: 1 tsp
Sunflower Seeds (kernel only): 1 tsp
Slivered almonds: 2 tsp
Wheat germ: ½ tsp

Flavor Enhancers

Calorie-free sweetener: 1 packet
Crystal Light "On the Go" sticks: ½ packet
Liquid stevia: 5 drops
Mio: ½ tsp
Monk Fruit In The Raw Sweetener: 1 packet

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