

You may eat any of the following free foods to help to fill you up when you're hungry. Just remember, these are not included on your shopping list unless they are required as part of a recipe. If you plan to eat any of these free foods, make sure you add them to your shopping list.

Vegetables

Alfalfa Sprouts	Capsicum	Onions
Arugula	Carrots	Parsley
Asparagus	Cauliflower	Radishes
Baby Carrots	Celery	Rocket Salad
Bamboo Shoots	Collard Greens	Romaine Lettuce
Bean Sprouts	Coriander	Snow Peas
Beet Greens	Cucumbers	Spring Onion
Bibb Lettuce	Eggplant	Spinach
Bok Choy	Endive	Sugar Snap Peas
Broccoli	Green Beans	Summer Squash
Broccolini (Broccoli Rabe)	Kale	Tomato
Brussels Sprouts	Leek	Watercress
Cabbage	Lettuce	Zucchini
	Mushrooms	

Condiments

Horseradish	Lime Juice	Tomato Salsa
Lemon Juice	Mustard	Vinegar

Seasonings

Cooking Spray	Garlic	Spices
Flavored Extracts	Herbs	Worcestershire Sauce

Beverages

Calorie free beverages are free. It's best if your "water" requirements for the day come from water or unsweetened tea, because these are most hydrating to the body. While coffee is a free beverage, it shouldn't be counted as "water" because it is not as hydrating as water. A splash of skim or 1% milk in your coffee can be considered free, but watch out for sugar and creamers which are not free.

- Water
- Unsweetened tea
- Coffee (with a splash of skim or 1% milk)
- Carbonated Water
- Diet Soda (in moderation)

Beverages that are not free:

Juice: It's typically best to avoid juice while dieting because liquid calories don't fill you up as well as solid calories. Whole fruit is a better choice. However, if you want juice you may include it in your plan by counting 4 oz as a fruit exchange.

Alcohol: Alcohol can be included in moderation. Moderation is 1 drink a day for a female. A glass of wine or a light beer will be the best choices if you choose to drink. Remember that alcohol contains a lot of calories and you must use some of your exchanges to include alcohol in your diet. One 5 oz glass of wine or a light beer can be included for 1.5 starch exchanges - simply cut back a bit on a starch portion at meal.