

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 just make sure you add them to your shopping list.

## Vegetables

Alfalfa Sprouts  
Arugula  
Asparagus  
Baby Carrots  
Bamboo Shoots  
Bean Sprouts  
Beet Greens  
Bell pepper  
Bok Choy  
Broccoli  
Broccoli Rabe  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cilantro  
Collard greens  
Cucumbers  
Eggplant  
Endive  
Green Beans  
Kale

Leek  
Lettuce  
Mushrooms  
Mustard Greens  
Okra  
Onions  
Parsley  
Peppers  
Radicchio  
Radishes  
Scallions  
Shallot  
Snow peas  
Spinach  
Sugar Snap Peas  
Summer Squash  
Swiss Chard  
Tomato  
Tomatillo  
Turnip  
Watercress  
Zucchini

## Condiments

Horseradish  
Lemon Juice  
Lime Juice

Mustard  
Tomato Salsa  
Vinegar

## Seasonings

Cooking Spray  
Flavored Extracts  
Garlic

Herbs  
Spices  
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 dinner.