| Smart Exception | Amount | Fat (G) | Calories |
|---|---|---|---|
| Ice Cream | | | |
| Ice pops | 1 | 0 | 20–50 |
| Fruit ice pops | 1 | 0 | 80 |
| Sorbet | ½ cup (4 fl. oz.) | 0 | 90–120 |
| Frozen yogurt | ½ cup (4 fl. oz.) | 0–3 | 100–120 |
| Low-fat/nonfat ice cream | ½ cup (4 fl. oz.) | 0–4 | 90–120 |
| Regular ice cream | ½ cup (4 fl. oz.) | 7–18 | 130 –270 |
| Regular ice cream bar | 1 | 10–35 | 210–375 |
| Cookies and Pastries | | | |
| Crackers | 1 average | 1 | 20 |
| Small chocolate chip cookies | 1 | 2 | 35 |
| Fat-free muffins | 1 | 0 | 80 |
| Muffins | 1 (3 oz.) | 10 | 240 |
| Doughnut | 1 (2 oz.) | 11–14 | 210 –260 |
| Brownie, frosted | 1 | 9 | 180 |
| Cookie (large) | 1 (2.3 oz.) | 12–16 | 280–310 |
| Chocolate | | | |
| Small-bite chocolates | 1 | 1.5 | 25 |
| Low-calorie bar | 1 | 0 | 120 |
| Average chocolate bar | 2 oz. | 20 | 300 |
| Chocolate-covered nuts | 1 pack (1.5 oz.) | 13 | 230 |
| Candies and Snacks | | | |
| Hard candies | 1 | 0 | 9–18 |
| Lollipop | 1 | 0 | 30 |
| Gum | 1 | 0 | 5–35 |
| Fruit leather | 1 | 0 | 45 |
| Licorice (twists) | 1 | 0 | 30 |
| | 1 piece | 0 | |

| Smart Exception | Amount | Fat (G) | Calories |
|---|---|---|---|
| Homemade popcorn (made without oil) | 1 oz | 0-1 | 100 |
| Marshmallows | 6 (regular size) | 0 | 100 |
| Licorice | 1 oz. | 0 | 100 |
| Toffee | 1 oz. (regular) | 9 | 15 |
| Halvah | 1 bar (4 oz.) | | 780 |
| Chips | | | |
| Potato Chips (fat free) | (1 oz.) Package | 0 | 70-100 |
| Potato Chips (baked) | (1 oz.) Package | 1.5-3 | 110 |
| Potato Chips (reduced fat) | (1 oz.) Package | 6-8 | 140-150 |
| Potato Chips (regular) | (1 oz.) Package | 10-11 | 150-160 |
| Onion Rings | (1 oz.) Package | 6 | 140 |
| Pretzels | | | |
| Pretzels (fat free) | (1 oz.) | 0-1 | 100-110 |
| Pretzels (hard baked) | (1 oz.) | 2 | 110 |
| Pretzels (Coated) | (1 oz.) | 6 | 140 |
| Drinks | | | |
| Water (plain), seltzer (plain, calorie free), diet soda, tea and coffee | Unlimited | 0 | 0 |
| Vegetable juice | 1 cup (8 fl. Oz.) | 0 | 50-60 |
| Wine | 4 fl. Oz. | 0 | 80-100 |
| Fruit juice | 1 cup (8 fl. Oz.) | 0 | 110 |
| Soy milk (plain) | 1 cup (8 fl. Oz.) | 0-5 | 60-120 |
| Cow's milk (plain) – nonfat, 1%, 2% | 1 cup (8 fl. Oz.) | 0-5 | 90-120 |
| Liquor | 1 shot (1 fl. Oz.) | 0 | 65-85 |

| Smart Exception | Amount | Fat (G) | Calories |
|---|---|---|---|
| Beer (light) | 1 can (12 fl. oz.) | 0 | 70–120 |
| Reduced-calorie soda | 1 can (12 fl. oz.) | 0 | 85 |
| Iced tea (sweetened) | 1 can (12 fl. oz.) | 0 | 90–165 |
| Beer (regular) | 1 can (12 fl. oz.) | 0 | 160–200 |
| Regular soda | 1 can (12 fl. oz.) | 0 | 150 |
| Flavored milk, milkshake | 1 cup (8 fl. oz.) | 0–9 | 120–300 |
| Dairy | | | |
| Fat-free cheese | 1 slice (1 oz.) | 0 | 50 |
| Low-fat cheese | 1 slice (1 oz.) | 1.5 | 50 |
| Light cheese | 1 slice (1 oz.) | 5 | 80 |
| Cheese stick, light | 1 stick | 5 | 80 |
| Plain yogurt, nonfat | 1 cup (8 oz.) | 0 | 80–100 |
| Low-fat yogurt | 1 cup (8 oz.) | 4 | 140 |
| Whole-fat yogurt | 1 cup (8 oz.) | 7 | 180 |
| Nuts[145] and Seeds | | | |
| Pistachios (shelled) | ½ oz. (22 nuts) | 7 | 80 |
| Sunflower seeds | ½ oz. (Ÿ cup) | 7 | 80 |
| Almonds | ½ oz. (13 medium) | 7.5 | 85 |
| Pecans | ½ oz. (15 large halves) | 9 | 95 |
| Cashews | ½ oz. (13 small) | 7 | 80 |
| Walnuts | ½ oz. (10 halves) | 8 | 88 |
| Macadamia | ½ oz. (7 small) | 10 | 100 |

[145] It is a good idea to choose small nuts and the ones that will allow you to eat as many as you can within your calorie target. This will leave you feeling far more satisfied. Remember: Raw is better than roasted, dry-roasted is better than honey-roasted, honey-roasted is better than oil-roasted and oil-roasted is better than coated nuts.