Dynamite Diet’s Food Picture Cards

Apple
Cherries
Grapes
Low-fat Cottage Cheese
Plain Low-fat Yogurt
String Cheese
Dynamite Diet’s Food Picture Cards

Pear
Pears

Peas

Carrots

Celery

Corn

Tomato
Dynamite Diet’s Food Picture Cards

- Chicken Without Skin
- Trimmed Lean Beef
- Unbreaded Fish
- Beans
- Brown Rice
- Tuna in Water
Dynamite Diet’s Food Picture Cards

Air Popped Popcorn
Whole-Grain Cereals
Oatmeal
Hard Boiled Eggs
Whole Wheat Spaghetti
Wheat Bread
Dynamite Diet’s Food Picture Cards

Cucumber
Bananas
Pineapple

Potatoes
Oranges
Broccoli
Dynamite Diet’s Food Picture Cards

2% Milk
Flour Tortilla
Turkey With Skin
White Bread
Low-fat Cream Cheese
Eggs Scrambled (with vegetable oil)
Dynamite Diet’s Food Picture Cards

Graham Crackers
Low-sugar Cereal
Peanut Butter (made with vegetable oil)
Egg Substitute
Lean Ham
Breaded Baked Fish Sticks
Dynamite Diet’s Food Picture Cards

Swiss Cheese
Low-fat Sour Cream
Animal Crackers
Vegetable Oil
Mayonnaise
Whole Milk
Dynamite Diet’s Food Picture Cards

Baked Potatoes with Butter

Baked Hash Browns

Cornbread

Lean Ground Beef

Corn on the Cob with Butter

Granola (made with vegetable oil)
Dynamite Diet’s Food Picture Cards

Croissant
Margarine
Pork & Beans
Gravy (made with solid fats)
Fried Shellfish
Biscuits
Dynamite Diet’s Food Picture Card

- Butter
- Cake
- Ice Cream
- Donuts
- Lard
- Hot Dog
Dynamite Diet’s Food Picture Card

Chips

Taco Chips

French Fries

Sweet Rolls

Pizza

Fried Fish Sandwich
Dynamite Diet’s Food Picture Card

- Chocolate Candies
- Pie
- Ribs
- Fried Hamburgers
- Soda
- Egg Fried in Solid Fat