



List of Low-calorie/No-calorie “Add-ins”

The add-ins below are intended to be used for flavorings only. Items that have the potential for the calories to “add up” have a maximum amount indicated.

There are some items that aren't included either because of their calorie content or because of the tendency to use them in larger amounts. In general, only use items that are **15 calories per tablespoon or less**. The only exception to this guideline is sugar-free pudding/PB2 powders because they come in many different varieties and have been useful to so many clients without compromising adherence to the diet.

Maximum Amount per MR

Broth (fat-free, low-sodium)	---
Butter flavorings (spray or powder)	---
Extracts (peppermint, vanilla, coconut, etc.)	---
Fat-free salad dressing(15 cal/Tbsp or less)	---
<u>Fat-free mayonnaise</u>	<u>1 Tbsp</u>
Hot sauce	---
Horseradish (no oil, no mayonnaise)	---
<u>Ketchup</u>	<u>1 Tbsp</u>
Lemon/lime juice	---
<u>Mustard</u>	<u>1 Tbsp</u>
Non-caloric sweeteners	---
Non-caloric syrups	---
Non-fat non-dairy whipped topping	2 Tbsp
Non-fat sour cream	1 Tbsp
Non-stick cooking spray	---
Pepper	---
Salsa	---
Salt (in moderation)	---
<u>Soy sauce (low-sodium)</u>	<u>1 tsp</u>
Spices/herbs/salt-free seasoning, e.g., Mrs. Dash®	---
Sugar-free gelatin powder	---
<u>Sugar-free maple syrup</u>	<u>2 Tbsp</u>
<u>Sugar-free pudding powder (including PB2 Powder)</u>	<u>1 Tbsp</u>
Unsweetened cocoa	---
Vinegar (plain, flavored; or balsamic)	---
Worcestershire sauce	---

For Coffee/Tea (Note: If you drink a lot of coffee or tea in a day, these calories can add up.)

The goal in Phase 1 is to begin to build skills with lower calorie, lower fat foods (i.e. 1s, 2s and 3s) for long term success, including low-fat dairy. The items below meet this criteria, but 2% milk, whole milk, half and half, and light cream do not.

- Non-dairy creamer (less than 15 cal/Tbsp)
- Skim milk (5 cal/Tbsp)
- 1% milk (6.5 cal/Tbsp)