



FRESH HERBS

Basil: 1 cup
Capers: 2 Tbsp
Chives: 2 Tbsp
Cilantro: 1 cup
Dill weed: 1 cup

Garlic: 1 tsp
Ginger root: 2 tsp
Lemon grass: 2 tsp
Parsley: ¼ cup
Peppermint: ¼ cup

Rosemary: 2 Tbsp
Sage: 2 Tbsp
Salt: ¼ tsp
Spearmint: 2 Tbsp
Thyme: 2 tsp



DRIED HERBS & SPICES

Allspice: ½ tsp
Anise seed: ½ tsp
Basil: 1 tsp
Bay leaf: 1 tsp
Caraway seed: ½ tsp
Cardamom: ½ tsp
Celery seed: 1 tsp
Cilantro: 1 Tbsp
Cinnamon: ½ tsp
Cloves (whole): ½ tsp
Cloves (ground): 1 tsp
Coriander seed: 1 tsp
Cumin seed: 1 tsp
Dill seed: ½ tsp

Dill weed: 1 tsp
Fennel seed: ½ tsp
Fenugreek seed: ½ tsp
Garlic powder: ½ tsp
Ginger (ground): ½ tsp
Lemon grass: 1 tsp
Mace: 1 tsp
Marjoram: 1 tsp
Mustard seed (ground): 1 tsp
Nutmeg: ½ tsp
Onion powder: ½ tsp
Oregano (whole leaves): 1 tsp
Oregano (ground): ½ tsp
Paprika: ½ tsp

Parsley: 1 Tbsp
Pepper: ½ tsp
Poppy seed: 1 tsp
Rosemary: 1 tsp
Saffron: 1 tsp
Sage: 1 Tbsp
Savory: 1 tsp
Spearmint: 1 Tbsp
Spice mixes: ½ tsp
Tarragon (whole leaf): 1 Tbsp
Tarragon (ground): 1 tsp
Thyme: 1 tsp
Turmeric: ½ tsp



SAUCES & SYRUPS

Barbecue sauce: ½ tsp
Catsup: ½ tsp
Cocktail sauce: ½ tsp
Dijon mustard: 1 tsp
Fish sauce: 1 Tbsp
Honey mustard sauce: ½ tsp
Horseradish: 1 tsp
Hot pepper sauce: 2 Tbsp
Low-sodium soy sauce: 2 tsp

Medifast Sugar-Free Syrup: ½ packet
(1 single-serving packet counts as 2 condiment servings)
Oyster sauce: 1 tsp
Salsa (tomato): 1 Tbsp
Soy sauce: 1 tsp
Steak sauce: 1 tsp
Sugar-free BBQ sauce: 1 Tbsp
Sugar-free catsup: 1 Tbsp
Sugar-free cocktail sauce: 1 Tbsp

Sugar-free syrups/seasonings: 2 Tbsp
Sweet and sour sauce: ½ tsp
Teriyaki sauce: 1 tsp
Tomato paste: 1 tsp
Vinegar – cider, white, wine: 2 Tbsp
Vinegar – balsamic: 1 tsp
Wasabi: ½ tsp
Worcestershire sauce: ½ tsp
Yellow mustard: 1 Tbsp



DAIRY, CHEESE & MILK SUBSTITUTES

Butter Buds®: ½ tsp
Cream cheese (low-fat): 1 Tbsp
Cream substitute (liquid): 1 tsp
Cream substitute (powdered): ½ tsp
Milk – cow's (unflavored): 1 Tbsp

Milk – soy, rice, almond (unsweetened): 1 Tbsp
Parmesan cheese: 1 Tbsp
Sour cream: 1 tsp
Whipped cream: 1 Tbsp



BAKING & COOKING INGREDIENTS

Baker's yeast: ½ tsp
Baking powder: ½ tsp
Baking soda: 1 tsp
Boullion: 1 cup
Bran – wheat, rice, corn: ½ tsp
Chopped onion: 1 Tbsp
Cooking oil spray (ex. Pam®): 10 sprays
Cream of tartar: ½ tsp

Extracts: 1 tsp
Flax seed: 1 tsp
Imitation butter: 10 sprays
Lemon or lime juice: 2 tsp
Pine nuts: ¼ oz (or up to 40 nuts)
Sesame seeds: 1 tsp
Sunflower seeds: ½ tsp
Wheat germ: ½ tsp



FLAVOR ENHANCERS

Crystal Light® "On the Go" sticks: ½ packet

True Lemon® or True Lime®: 1 packet
Calorie-free sweetener: 1 packet

Truvia®: ½ packet



HEALTHY FAT OPTIONS

Canola oil: 1 tsp
Flaxseed oil: 1 tsp
Grapeseed oil: 1 tsp

Olive oil: 1 tsp
Peanut oil: 1 tsp
Safflower oil: 1 tsp

Benecol® Light: 1 Tbsp
Light mayonnaise: 1 Tbsp

Almonds: ½ oz
Avocado: 1-½ oz
Half and half: 3 Tbsp
Hazelnuts: ½ oz

Light margarine: 1 Tbsp
Olives: 1-½ oz
Peanuts: ½ oz
Pistachios: ½ oz

Regular cream cheese: 1 Tbsp
Regular mayonnaise: ½ Tbsp
Smart Balance® Light: 1 Tbsp
Walnuts: ½ oz

Butter: ½ Tbsp

Margarine: 1 tsp

healthiest

healthier

healthy



A salad dressing should contain about 5 grams of fat and less than 6 grams of carbohydrate per serving to count as a Healthy Fat Serving. The following salad dressings meet the guidelines for one Healthy Fat Serving. Be mindful of your total daily carbohydrate intake when you use these salad dressings.



SALAD DRESSINGS (HEALTHY FAT OPTIONS)

	2 Tbsp	1 Tbsp
Newman's Own® Lighten Up:	<ul style="list-style-type: none"> • Sun Dried Tomato • Lime Vinaigrette • Balsamic Vinaigrette • Caesar • Red Wine Vinegar & Olive Oil 	
Newman's Own® Light:	<ul style="list-style-type: none"> • Italian • Sun Dried Tomato 	
Newman's Own®:		<ul style="list-style-type: none"> • Balsamic Vinaigrette • Parmesan & Roasted Garlic • Family Recipe Italian • Olive Oil & Vinegar • Ranch
Kraft® Light Done Right:	<ul style="list-style-type: none"> • Raspberry Vinaigrette • Roka Blue Cheese • Italian 	
Kraft®:		<ul style="list-style-type: none"> • Buttermilk Ranch • Honey Dijon • Creamy Italian • CarbWell Classic Caesar
Annie's® Naturals:	<ul style="list-style-type: none"> • Light Goddess • Organic Buttermilk • Roasted Red Pepper Vinaigrette 	<ul style="list-style-type: none"> • Cowgirl Ranch • Organic Asian Sesame • Organic French
Hidden Valley®:	<ul style="list-style-type: none"> • Light Buttermilk Ranch 	<ul style="list-style-type: none"> • Caesar • Garden Tomato & Bacon • Roasted Onion Parmesan • Savory Bleu Cheese • Southwest Chipotle
Wish-Bone®: (all 2 Tbsp)	<ul style="list-style-type: none"> • Romano Basil Vinaigrette • Light Asian with Sesame & Ginger Vinaigrette • Light Deluxe French 	<ul style="list-style-type: none"> • Light Thousand Island • Light Creamy Caesar • Mediterranean Italian