

CONDIMENT PORTION SIZE RECOMMENDATIONS:

Condiments can help to enhance the flavor and variety of the portion controlled meals in addition to your lean and green meal. Please note that the calorie and carbohydrate content of products will vary depending on the brand or variety of the product used. The following list is provided to serve as a general guideline of portion sizes to stay under for items commonly consumed. Typically, a condiment should provide NO MORE THAN 1 gram of CARBOHYDRATE per option's serving size. Please read nutrition labels to determine whether your specific product is appropriate for use in terms of carbohydrate content.

Reminder: Limit Condiment Options to <3 per day

FRESH

Herbs & Spices

Basil: 1 cup or 45 leaves
Coriander (Cilantro):
9 sprigs or 1 cup leaves
Dill weed:
1 ½ cup or 70 sprigs
Garlic:
1 clove or 1 tsp minced
Ginger root: 2 tsp
Parsley: ¼ cup or 15 sprigs
Peppermint:
4 Tbsp or 100 leaves
Rosemary: 2 Tbsp
Seaweed: 1 Tbsp
Spearmint: 2 Tbsp
Thyme: 5 tsp or 1 ½ Tbsp

OTHER

Herbs & Spices

Allspice, ground: ½ tsp	Dill Seed: ½ tsp	Poppy Seed: 1 tsp
Anise Seed, whole: ½ tsp	Dill weed, dried: 1 tsp	Poultry Season: 1 tsp
Basil, dried: 1 tsp ground or 2 tsp leaf	Fennel Seed: ½ tsp	Pumpkin Pie Spice: ½ tsp
Bay leaf: 2 tsp crumbled	Fenugreek Seed: ¼ tsp	Rosemary, dried: 1 tsp
Capers, canned: 2 Tbsp drained	Garlic Powder: ¼ tsp	Saffron: 2 tsp
Caraway Seed: ½ tsp	Ginger, ground: ½ tsp	Sage, ground: 1 Tbsp
Cardamom: ½ tsp	Mace, ground: 1 tsp	Salt: ¼ tsp
Celery Seed: 1 tsp	Marjoram, ground: 2 tsp	Savory, ground: 1 tsp
Cinnamon, ground: ½ tsp	Mustard Seed: ½ tsp	Spearmint, dried: 1 Tbsp
Cloves, ground: ½ tsp	Nutmeg, ground: ½ tsp	Tarragon, dried: 1 Tbsp leaves or 1 tsp ground
Coriander (cilantro): leaf dried: 1 Tbsp	Onion powder: ½ tsp	Thyme, dried: 1 tsp leaves or ground
Cumin Seed whole: 1 tsp	Oregano dried: ½ tsp ground or 1 tsp leaf	Tumeric: ½ tsp ground
Curry Powder: ½ tsp	Paprika: ½ tsp	Seaweed, dried: 1 Tbsp
	Parsley, dried: 1 Tbsp	
	Pepper, ALL varieties: ½ tsp	

SAUCES

Barbeque Sauce <ul style="list-style-type: none">•Regular: ½ tsp•Sugar-Free: 1 tablespoon	Oyster Sauce: 1 tsp
Catsup, Regular: ½ tsp	Pasta/Marinara Sauce: 1 tsp
Cocktail Sauce <ul style="list-style-type: none">•Regular: ½ tsp•Sugar-Free: 1 tablespoon	Salsa, Tomato-based varieties only: 1 Tbsp
Fish Sauce: 1 Tbsp	Soy Sauce <ul style="list-style-type: none">•(Reg or low-sodium): 1 tsp or 1 packet
Horseradish: 1 tsp	Steak Sauce: 1 tsp
Hot or Tabasco Sauce: 3 Tbsp	Sweet and Sour Sauce: ½ tsp
Mustard: <ul style="list-style-type: none">•Yellow: 1 Tbsp or 3 packets•Dijon: 1 tsp•Sweet & Spicy: ½ tsp	Teriyaki Sauce <ul style="list-style-type: none">•Ready-to-use only: 1 tsp
	Tomato Paste: 1 tsp
	Vinegar: <ul style="list-style-type: none">•Cider, White or Red Wine: 2 Tbsp•Balsamic: 1 tsp
	Wasabi: ½ tsp
	Worcestershire Sauce: ¼ tsp

Milk:

- Cows: Unflavored Skim, 1%, 2%, Whole, Half and Half: 1 Tbsp or 1 container
- Other: Unsweetened or original soy, rice, or almond: 1 Tbsp

Cream Substitutes:

- Liquid: 2 tsp
- Powdered: ½ tsp or ½ packet

Lemon or Lime Juice: 2 tsp or 2 packets or juice only from ¼ of fruit

ButterBuds or CheddarBuds: ½ tsp dry

Molly McButter:

- Natural Butter; Natural Cheese or Roasted Garlic: 1 tsp
- Light Sodium: ½ tsp

Mrs. Dash Seasoning Blends (All Flavors): ¼ tsp

OILS and FATS

The following can be incorporated as 1 serving of fat:

*Oil: 1 tsp

Recommended varieties:

- Olive
- Flaxseed
- Canola
- Safflower
- Walnut

*Margarine:

Trans-free, Regular: 1 tsp

Trans-free, Light: 1 Tbsp

Olives: Green or Black:

5-6 medium-sized olives

Cream Cheese (regular):

1 Tbsp

Mayonnaise

(regular or soy-based): 1 tsp

½ and ½ creamer: 2 Tbsp

Whole milk: ½ cup

Butter: 1 tsp

The follow meet the guidelines for salad dressing choices
(include but are not limited to)
Salad Dressings

Should provide approximately 5 grams of fat and <6 grams of
carbohydrate per serving

Have a dressing or another product you want to know about?
BEFORE using, please contact Nutrition Support

*2 Tablespoon Serving Size for:

Newman's Own Lighten Up:

- Sun-dried Tomato
- Lime Vinaigrette
- Balsamic Vinaigrette
- Caesar
- Red Wine & Olive Oil

Kraft Light Done Right:

- Raspberry Vinaigrette
- Roka Blue Cheese
- Italian

*1 Tablespoon Serving Size for:

Newman's Own:

- Balsamic Vinaigrette
- Parmesan & Roasted Garlic
- Family Recipe Italian
- Oil & Vinegar
- Ranch
- Two Thousand Island

Kraft:

- Buttermilk Ranch
- Honey Dijon
- Creamy Italian
- CarbWell Classic Caesar

Additional Fats/Oils & Other Flavor Enhancers

Do NOT count as a fat serving

Imitation ButterSprays: ie I Can't Believe Its Not Butter): 10 sprays	Cooking Butter Spray (Example: Pam): Up to 10 seconds
Sunflower seeds(Dry or Oil Roasted): ½ tsp	Pine Nuts: ~¼ ounce or up to 40 nuts
Cream Cheese (low-fat): 1 Tbsp	Sour Cream (all varieties): 1 tsp
Parmesan Cheese: Grated or Shredded 1 Tbsp	Whipped Cream •Non-pressurized varieties: ½ tsp •Pressurized (from can): 1 Tbsp

Artificial Sweeteners and Flavorings

Artificial Sweeteners: 1 packet	Sugarless gum: 1 piece
Extracts (All varieties): 5 drops or 1 tsp	Crystal Light •“On-the-Go” sticks: ½ packet
Sugar-Free Syrups*: 1-2 Tablespoons (please view nutrition label to determine amount most appropriate to conform to ≤1g carbohydrate)	TrueLemon® or TrueLime® : 1 packet
*Typical brands Medifast users choose to use: DaVinci, Torani, Walden Farms	“Splenda Flavor Blends” : 1 packet
Generally, these can be purchased online, at Starbucks, specialty stores, Target or Walmarts, but can vary by individual location	

ADDITIONAL CONDIMENT OPTIONS

Raw Onion: •Chopped: 1 Tbsp •Sliced: 1 thin slice	Cream of Tartar: ½ tsp
Chives: 7 Tablespoons chopped	Baker's Yeast: ½ tsp
Flaxseed (Ground or Whole): 1 tsp	Wishbone Salad Spritzers: Asian Silk, French Flair: 5 sprays
Wheat, Rice, or Corn Bran (Crude): ½ tsp	Red Wine, Italian Vinaigrette, Balsamic Breeze, Caesar Delight: 10 sprays
Wheat germ: ½ tsp	
Baking powder: ½ tsp	
Baking soda: 1 tsp	