

# CONDIMENT PORTION SIZE RECOMMENDATIONS:

Condiments can help to enhance the flavor and variety of your Medifast Meals and your Lean & 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) dried: 1 Tbsp leaves	Onion Powder: ½ tsp	Thyme, dried: 1 tsp leaves or ground
Cumin Seed, whole: 1 tsp	Oregano, dried: ½ tsp ground or 1 tsp leaves	Tumeric, ground: ½ tsp
Curry Powder: ½ tsp	Paprika: ½ tsp	Seaweed, dried: 1 Tbsp
	Parsley, dried: 1 Tbsp	
	Pepper, ALL varieties: ½ tsp	

## SAUCES

Barbeque Sauce •Regular: ½ tsp •Sugar-Free: 1 Tbsp	Oyster Sauce: 1 tsp
Catsup, Regular: ½ tsp	Pasta/Marinara Sauce: 1 tsp
Cocktail Sauce •Regular: ½ tsp •Sugar-Free: 1 Tbsp	Salsa, Tomato-based varieties only: 1 Tbsp
Fish Sauce: 1 Tbsp	Soy Sauce •Reg or low-sodium: 1 tsp or 1 packet
Horseradish: 1 tsp	Steak Sauce: 1 tsp
Hot or Tabasco Sauce: 3 Tbsp	Sweet & Sour Sauce: ½ tsp
Mustard: •Yellow: 1 Tbsp or 3 packets •Dijon: 1 tsp •Sweet & Spicy: ½ tsp	Teriyaki Sauce •Ready-to-use only: 1 tsp
	Tomato Paste: 1 tsp
	Vinegar: •Cider, White or Red Wine: 2 Tbsp •Balsamic: 1 tsp
	Wasabi: ½ tsp
	Worcestershire Sauce: ¼ tsp

## Milk:

- Cow's: Unflavored Skim, 1%, 2%, Whole or Half & 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, 2 packets or juice from 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

Half & Half creamer:

2 Tbsp

Whole milk: ½ cup

Butter: 1 tsp

Salad Dressings should provide approximately 5 grams of fat and <6 grams of carbohydrate per serving.

The following meet Medifast guidelines for salad dressing choices, (including but are not limited to):

\*2 Tablespoon Serving Size for:

**Newman's Own® Lighten Up:**

- SunDried 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

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

## Additional Fats/Oils & Other Flavor Enhancers

Do NOT count as a fat serving

Imitation Butter Sprays, e.g., I Can't Believe It's Not Butter®: 10 sprays	Cooking Butter Spray, e.g., 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 (from tub): ½ tsp
	•Pressurized (from can): 1 Tbsp

## Artificial Sweeteners and Flavorings

Artificial Sweeteners: 1 packet	selection may vary by individual location.)
Extracts (all varieties): 5 drops or 1 tsp	Sugarless Gum: 1 piece
Sugar-Free Syrups*: 1-2 Tbsp (please view nutrition label to determine amount most appropriate to conform to ≤1g carbohydrate)	Crystal Light® •"On-the-Go" sticks: ½ packet
*Typical brands Medifast users choose to use include: DaVinci Gourmet™, Torani® and Walden Farms®. (Generally, these can be purchased online, at Starbucks, specialty stores, Target or Walmart-	TrueLemon® or TrueLime®: 1 packet
	Splenda® Flavor Blends:

## ADDITIONAL CONDIMENT OPTIONS

Raw Onion: •Chopped: 1 Tbsp •Sliced: 1 thin slice	Cream of Tartar: ½ tsp
Chives: 7 Tbsp 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	