

EXTRA

- 1 cup popcorn
- 1 Tbsp. fat-free coffee creamer
- 1 Tbsp. ketchup
- 1/8 avocado or 1 Tbsp. pureed
- 1 tsp. oil (canola, olive)
- 1 Tbsp. sugar-free jam or jelly
- 1 cup unsweetened almond milk
- 1 Tbsp. balsamic vinegar
- 1/2 Tbsp. butter substitute, light version (Benecol, Smart Balance, Margarine)
- 1 Tbsp. sugar-free chocolate syrup
- 1 Tbsp. reduced fat or fat-free cream cheese
- 1 Tbsp. cocktail sauce
- 1 Tbsp. coconut
- 1 tsp. honey
- 1 Tbsp. sugar-free honey
- 1 Tbsp. sugar-free maple syrup
- 1 tsp. mayonnaise
- 1 Tbsp. reduced fat mayonnaise
- 1 tsp. regular, low sodium mayonnaise
- 1 Tbsp. black or green olives or 6-7 small olives
- 1/2 cup pimento
- 1 pickle
- 1 Tbsp. relish
- 1 tsp. salad dressing, regular
- 2 Tbsp. fat-free salad dressing
- 1 Tbsp. light or reduced fat salad dressing
- 1 tsp. seeds, deshelled
- 1 Tbsp. tomato paste

FREE FOOD

- Salsa
- Garlic
- Parsley
- Lemon and lime juice
- Mustard
- Pepper
- Butter spray
- Low-sodium broth (chicken, beef, vegetable)
- Capers
- Cumin
- Coffee, black
- Cooking spray
- Unsweetened iced tea
- Ginger
- Green chiles
- Green onions/scallions
- Unsweetened tea, black, green, herbal
- Herbs (basil, dill, parsley)
- Hot sauce
- Calorie-free or low-calorie lemonade
- Paprika
- Hot peppers or jalapeños
- Red pepper flakes
- Plain or flavored setzler
- Low sodium soy sauce
- Low sodium spices and seasoning blends
- Natural, calorie-free sweeteners
- Vinegar (apple cider, white wine, red wine)