

Protein

Most women should choose
3 blocks and men 4 blocks
from the protein list per
meal. (Each protein block
below contains 7 grams of
protein.)

Meat and Poultry

— Best Choices (low in saturated fat)

Beef (range fed or game)	1 oz.
Chicken breast, skinless	1 oz.
Chicken breast, deli-style,	1 ½ oz.
Ground beef (Less than 10% fat)	1 ½ oz.
Lean Canadian Bacon	1 ½ oz.
Turkey breast, skinless	1 oz.
Turkey breast, deli-style,	1 ½ oz.
Turkey, ground	1 ½ oz.
Turkey bacon	3 strips

— Fair Choices (moderate in saturated fat)

Beef (lean cuts)	1 oz.
Chicken, skinless, dark meat	1 oz.
Corned beef, lean	1 oz.
Duck	1 ½ oz.
Ham, lean	1 oz.
Ham, deli-style	1 ½ oz.
Lamb, lean	1 oz.
Pork, lean	1 oz.
Pork Chop	1 oz.
Turkey bacon	3 slices
Turkey, skinless, dark meat	1 oz.
Veal	1 oz.

— Poor Choices (high in saturated fat, Arachidonic Acid, or both)

Bacon, pork	3 ½ slices
Beef, fatty cuts*	1 oz.
Beef, ground (>10% fat)	1 ½ oz.
Hot dog, beef or pork	1 link
Hot dog, chicken or turkey	1 link
Pepperoni	1 oz.
Salami	1 oz.

Sausage, pork	2 links
Sausage, pork	2 patties

*Arachidonic Acid

Fish and Seafood

Bass (freshwater)	1 oz.
Bass (sea)	1 ½ oz.
Bluefish	1 ½ oz.
Calamari	1 ½ oz.
Catfish	1 ½ oz.
Cod	1 ½ oz.
Clams	1 ½ oz.
Crabmeat	1 ½ oz.
Haddock	1 ½ oz.
Halibut	1 ½ oz.
Lobster	1 ½ oz.
Salmon*	1 ½ oz.
Sardines*	1 oz.
Scallops	1 ½ oz.
Snapper	1 ½ oz.
Swordfish	1 ½ oz.
Shrimp	1 ½ oz.
Trout	1 ½ oz.
Tuna (steak)	1 oz.
Tuna, canned in water	1 oz.

*Rich in EPA

Eggs

Best Choices

Egg whites	2
Egg substitute	¼ cup

Fair Choices

Whole egg*	1
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*Arachidonic Acid

Protein-Rich Dairy

Best Choices

Cheese, nonfat	1 oz.
Cottage cheese, low-fat	¼ cup

Fair Choices

Cheese, low-fat	1 oz.
Mozzarella cheese, skim	1 oz.
Ricotta cheese, skim	2 oz.

Poor Choices

Hard cheeses	1 oz.
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Carbohydrates

Most women should choose 3 blocks and men 4 blocks from the carbohydrate list per meal. (Each carbohydrate block below contains 9 grams of carbohydrate.)

Low Density Carbohydrates (Best Choices)

Cooked Vegetables

Artichoke	4 large
Artichoke Hearts	1 cup
Asparagus (12 spears)	1 cup
Beans, green or wax	1 ½ cups
Beans, black	¼ cup
Bok choy	3 cups
Broccoli	3 cups
Brussel sprouts	1 ½ cups
Cabbage	3 cups
Cauliflower	4 cups
Chickpeas	¼ cup
Collard greens	2 cups
Eggplant	1 ½ cups
Hummus	¼ cup
Kale	2 cups
Kidney beans	¼ cup
Leeks	1 cup
Lentils	¼ cup
Mushrooms (boiled)	2 cups
Onions, chopped (boiled)	½ cup
Okra, sliced	1 cup
Sauerkraut	1 cup
Spaghetti squash	2 cups
Spinach	3 ½ cups
Swiss chard	2 ½ cups
Turnip, mashed	1 ½ cups
Turnip greens	4 cups
Yellow squash	2 cups
Zucchini	2 cups

Raw Vegetables

Alfalfa sprouts	10 cups
Bamboo shoots	4 cups
Bean sprouts	3 cups
Broccoli	4 cups
Cabbage, shredded	4 cups
Cauliflower pieces	4 cups
Celery, sliced	2 cups
Chick peas	¼ cup
Cucumber, sliced	4 cups
Endive, chopped	10 cups
Escarole, chopped	10 cups
Green or red peppers	2
Green or red peppers, chopped	2 cups

Jalapeno peppers	2 cups
Lettuce, iceberg	2 heads
Lettuce, romaine, chopped	10 cups
Mushrooms, chopped	4 cups
Onions, chopped	1 ½ cup
Radishes, sliced	4 cups
Salsa	½ cup
Snow peas	1 ½ cups
Spinach	20 cups
Spinach Salad (3 cups raw spinach, ½ raw onion, and 1 raw tomato)	1
Tomato	2
Tomato, cherry	2 cups
Tomato, chopped	1 ½ cups
Tossed salad (3 cups shredded lettuce, ½ raw green pepper, and 1 raw tomato)	1
Water chestnuts	1/3 cup
Water cress	10 cups

Fruits

Apple	½
Applesauce (unsweetened)	1/3 cup
Apricots	3
Blackberries	¾ cup
Blueberries	½ cup
Boysenberries	½ cup
Cherries	8
Fruit cocktail (light)	1/3 cup
Grapes	½ cup
Grapefruit	½
Kiwi	1
Lemon	1
Lime	1
Nectarine	½
Orange	½
Orange, Mandarin, canned in water	1/3 cup
Peach	1
Peaches, canned in water	½ cup
Pear	½
Plum	1
Raspberries	1 cup
Strawberries	1 cup
Tangerine	1

Grains (read labels)

Barley (dry)	½ tbs.
Oatmeal (slow-cooking) (cooked)**	1/3 cup
Oatmeal (slow-cooking) (dry)**	½ oz.

**Contains GLA

High Density Carbohydrates
(use in moderation)

Cooked Vegetables

Acorn squash	½ cup
Beans, baked	¼ cup
Beans, refried	¼ cup
Beets, sliced	½ cup
Butternut squash	½ cup
Carrot	1
Carrots, sliced	1 cup
Carrots, shredded	1 cup

Corn	¼ cup
French fries	5
Lima beans	¼ cup
Parsnips	1/3 cup
Peas	½ cup
Pinto beans	¼ cup
Potato, baked	¼ cup
Potato, boiled	1/3 cup
Potato, mashed	¼ cup
Sweet potato, baked	1/3 cup
Sweet potato, mashed	¼ cup

Fruits

Banana	1/3
Cantaloupe	¼ melon
Cantaloupe, cubed	¾ cup
Cranberries	¾ cup
Cranberry sauce	3 tsp
Dates	2
Fig	1
Guava	½ cup
Honeydew melon, cubed	2/3 cup
Kumquat	3
Mango, sliced	1/3 cup
Papaya, cubed	¾ cup
Pineapple, diced	½ cup
Prunes, dried	2
Raisins	1 tbsp
Watermelon, cubed	¾ cup

Fruit Juices

Apple	1/3 cup
Apple cider	1/3 cup
Cranberry	¼ cup
Fruit punch	¼ cup
Grape	¼ cup
Grapefruit	1/3 cup
Lemonade, unsweetened	1/3 cup
Lime	1/3 cup
Orange	1/3 cup
Pineapple	¼ cup
Tomato	1 cup
V-8	¾ cup

Grains, Cereals, and Breads

Bagel, small	¼
Biscuit	½
Bread crumbs	1 oz.
Bread, whole grain or white	½ slice
Breadstick, hard	1
Breadstick, soft	½
Buckwheat, dry	½ oz.
Bulgur wheat, dry	½ oz.
Cereal, dry	½ oz.
Combread	1-inch square
Cornstarch	4 tsp.
Couscous, dry	1 oz.
Cracker, graham	1 ½ squares
Cracker, saltine	4
Cracker, Triscuit	3
Croissant, plain	¼
Crouton	½ oz.
Doughnut, plain	1/3
English muffin	¼
Granola	½ oz.
Grits, cooked	1/3 cup
Melba toast	½ oz.
Millet, dry	½ oz.
Muffin, blueberry, mini	½
Noodles, egg, cooked	¼ oz.
Pancake, four-inch	1
Pasta, cooked	¼ cup
Pita bread	1 ¼ pocket
Popcorn, popped	2 cups
Rice, brown, cooked	1/5 cup
Rice, white, cooked	1/5 cup
Rice cake	1
Roll, bulkie	¼
Roll, small dinner	½
Roll, hamburger	½
Taco shell	1
Tortilla, six-inch corn	1
Tortilla, eight-inch flour	½
Waffle	½

Alcohol

Beer, light	6 oz. or ½ bottle
Beer, regular	4 oz. or 1/3 bottle
Distilled spirits	1 oz.
Wine	4 oz.

Others

Barbecue sauce	2 tbsp
Cake	1/3 slice
Candy bar	¼
Catsup	2 tbsp
Cocktail sauce	2 tbsp
Cookie, small	1
Honey	½ tbsp
Ice cream, regular	¼ cup
Ice cream, premium	1/6 cup
Jam or jelly	2 tbsp
Molasses, light	½ tsp
Plum sauce	1 ½ tbsp
Potato chips	½ oz.
Pretzels	½ oz.
Relish, pickle	4 tsp
Sugar, brown	2 tsp
Sugar, granulated	2 tsp
Sugar, confectionary	1 tbsp
Syrup, maple	2 tsp
Syrup, pancake	2 tsp
Teriyaki sauce	1 tbsp
Tortilla chips	½ cz.

Fat

Most women should choose 3 blocks and men should choose 4 blocks from the fat list per meal. (Each fat block below contains 1.5 grams of fat.)

— **Best Choices** (rich in monounsaturated fat)

Almond butter	½ tsp.
Almond oil	1/3 tsp.
Almonds (slivered)	1 tsp.
Almonds (whole)	3
Avocado	1 tbsp.
Cashews	2
Guacamole	1 tbsp.
Macadamia nut	1
Olives	3
Olive oil	1/3 tsp.
Olive oil and vinegar dressing	1/3 tsp olive oil plus vinegar to taste
Peanuts	6
Peanut butter, natural	½ tsp.
Peanut oil	1/3 tsp.
Pistachios	3
Almond butter	½ tsp.
Sesame oil	1/3 tsp.
Tahini	½ tsp.

— **Fair Choices** (low in saturated fat)

Canola oil	1/3 tsp.
Mayonnaise, regular	1/3 tsp.
Mayonnaise, light	1 tsp.
Sesame oil	½ tsp.
Soybean oil	1/3 tsp.
Walnuts, shelled and chopped	½ tsp.

— **Poor Choices** (high in saturated fat)

Bacon bits, imitation	2 tsp.
Butter	1/3 tsp.
Cream (half and half)	½ tbsp.
Cream cheese	1 tsp.
Cream cheese, light	2 tsp.
Lard	1/3 tsp.
Sour cream	½ tbsp.
Sour cream, light	1 tbsp.
Vegetable shortening	1/3 tsp.

Vegetarian (always check
package labels)

Protein powder	7 grams, 1/3 oz.
Soy burger	1/2 patty
Soy Canadian bacon	3 slices
Soy hotdog	1 link
Soy hamburger crumbles	1/2 cup
Soy sausage links	2 links
Soy sausage	1 patty
Tofu, firm or extra firm	2 oz.

Mixed Protein Sources
(Contain more carbohydrate, so
read labels carefully)

Soybeans, boiled	1/4 block
Soybean hamburger	3/4 patty
Tofu, silken	5 oz.
Tofu, soft	4 oz.

**Mixed Protein /
Carbohydrate** (Contain 1
block protein and 1 block
carbohydrate)

Milk, low-fat (1%)	1 cup
Soy milk	8 oz.
Soy Flour	10 grams
Yogurt, plain	1/2 cup
Tempeh	1 1/2 oz.