

Food Groups and Portion Sizes

Vegetables (1 cup raw or 1/2 cup cooked)

artichokes	endive	radishes
arugula	escarole	romaine
asparagus	green beans	rutabaga
bamboo shoots	kale	scallions
bean sprouts	kohlrabi	spinach
beets	leeks	summer squash
bok choy	lettuce (any variety)	tomatillos
broccoli	mesclun	tomatoes
Broccolini	mushrooms	turnip greens
Brussels sprouts	mustard greens	turnips
cabbage	okra	watercress
carrots	onions	water chestnuts
cauliflower	parsnips	wax beans
celery	pea pods	winter squash
collard greens	peppers (any color)	zucchini
cucumbers	pumpkin	
eggplant	raddichio	

Fruits

apples, 1 small	4 oz	limes	1
apricots, dried	8 halves	mangoes, half of a small fruit	1/2 cup
banana, 1/2 large	4 oz	melons (any kind)	1 cup
berries	1 cup	nectarines, 1 small	5 oz
cherries, 12	3 oz	oranges, 1 small	6 oz
clementines, 2 small	8 oz	peaches, 1 medium	6 oz
dried fruit without added sugar	1/4 cup	pears, 1 small or 1/2 large	4 oz
fresh figs, 2 medium	3 oz	plums (dried)	3
grapefruit half	11 oz	plums (fresh), 2 small	5 oz
grapefruit sections	1/2 cup	raisins	2 Tbsp
grapes (any color) 12-18	3 oz	tangerines, 2 small	8 oz
kiwi, 1	3.5 oz	watermelon	1 cup
lemons	1		

Whole Grains

brown or wild rice, cooked	1/3 cup
buckwheat flour	3 Tbsp
buckwheat groats	2 Tbsp
bulghur (cracked wheat)	1/2 cup
Kamut grain	2 Tbsp
oat bran breads	1.5 oz
oatmeal, cooked	1/2 cup
popcorn, unbuttered	3 cups
quinoa, uncooked	2 Tbsp
spelt flour	3 Tbsp
spelt grain	2 Tbsp
sprouted grain breads and rolls	1 oz
whole grain amaranth	2 Tbsp
whole grain barley, cooked	1/3 cup
whole grain corn meal	3 Tbsp
whole grain crackers	3/4 oz
whole grain rye or wheat bread	1 oz
whole grain sorghum	2 Tbsp
whole grain triticale	2 Tbsp
whole grain wheat flake cereal	3/4 cup
whole wheat flour	3 Tbsp
whole wheat pasta	1/3 cup
whole wheat pita, 6 inch	1/2 slice

Starches & Starchy Vegetables

Starches (Refined Grains)

bagel	1/5th
cold cereal, unsweetened	3/4 cup
cornstarch	2 Tbsp
Cream of Wheat or Rice	1/2 cup
croutons	1 cup
English muffin	1/2
flour	3 Tbsp
grits	1/2 cup
hummus	1/3 cup
matzoh	3/4 oz
non-whole grain breads	1 oz
pancake or waffle, 4 inch	1
pasta or couscous	1/3 cup
pita bread, 6 inch	1/2 slice
popcorn, unbuttered	3 cups
pretzels	3/4 oz
puffed wheat or rice	1.5 cups
reduced calorie breads	1.5 oz
rice cakes	2
Ritz crackers	6
saltine-type crackers	6
snack chips	3/4 oz
stuffing	1/3 cup
tortilla, 6 inch	1
white rice	1/3

Starchy Vegetables

baked beans	1/3 cup
baked potato, 1/4 large	1/2 cup
corn	1/2 cup or 1/2 cob
peas	1/2 cup
plantain	1/2 cup
potatoes, boiled	1/2 cup
sweet potato	2/3 cup
winter squash	3 oz
yam	1/2 cup

High Calcium Foods

buttermilk	1 cup
collard greens, cooked	1 cup
desserts made with milk or yogurt*	1 cup
evaporated milk	1 cup
fat-free dry milk powder	1 cup
goat's milk	1/3 cup
kefir, unsweetened	1 cup
low-lactose or lactose-free milk	1 cup
lowfat hard cheese, shredded	1/3 cup
lowfat hard cheese	1.5 oz
nonfat or lowfat milk	1 cup
nonfat or lowfat yogurt	1 cup
ricotta, low fat	1/2 cup
soy beverages	
fortified with calcium	1 cup
spinach	1 cup

**when choosing these foods, use the extra Calories as part of your personal choice Calories*

Lean High Protein Foods

lean unprocessed animal protein:

lean beef (such as choice or select grades of round, sirloin, tenderloin, flank steak)	1 oz
chicken (white or dark meat without skin)	1 oz
eggs	1
egg substitutes	1/4 cup
egg whites	1
fish, ocean or fresh water fish	1 oz
ground meats (less than 10% fat content)	1 oz
lamb	1 oz
pork	1 oz
shellfish	1 oz
turkey (white or dark meat without skin)	1 oz
veal	1 oz
venison	1 oz
game meats (without skin—goose, duck, rabbit)	1 oz
lowfat or fat-free cottage cheese	1/4 cup
grated parmesan	2 Tbsp
fat-free cheese	1 oz
oysters	1 oz
sardines (canned, drained)	6

Lean High Protein Foods

vegetable protein sources:

black beans (cooked or canned)	1/2 cup
black-eyed peas (cooked or canned)	1/2 cup
chickpeas (garbanzo beans)	1/2 cup
falafel	1/2 cup
kidney beans, red or white (cooked or canned)	1/2 cup
lentils (cooked)	1/2 cup
navy beans (cooked or canned)	1/3 cup
nuts	1/2 cup
pinto beans	2 Tbsp
Quorn	1/2 cup
seeds	1 oz
soy beans, roasted	2 Tbsp
Soy beans shelled, edamame	2 Tbsp
soy meats	1 oz patty
tempeh	1 oz
tofu	1/4 cup
white beans (cooked or canned)	1/2 cup

Highly Unsaturated Fats & Oils

avocado oil	1 tsp
avocados	2 Tbsp
canola oil	1 tsp
fatty fish (such as anchovies, salmon, sardines)	1/2 oz
grape seed oil	1 tsp
low fat mayonnaise	1 Tbsp
nut butters	2 tsp
nuts	1 Tbsp
olive oil (preferably extra virgin, cold pressed)	1 tsp
olives	9
peanut oil (for stir-frying)	1 tsp
salad dressing (olive oil based)	1 Tbsp
seeds (pumpkin, sesame, sunflower)	1 Tbsp
sesame oil	1 tsp
sesame tahini	2 tsp
walnut oil	1 tsp

Other Foods & Beverages

alcoholic beverages
butter, cream, sour cream
candy
cookies
cured meats
ice cream
jams & jellies
juices
pastries
shortening or lard
snack foods
sodas and sweetened beverages
sports drinks
sugars & syrups
sweets & desserts

Recommended Daily Portion Guidelines

<i>food group</i>	<i>calories/ serving</i>	800	1000	1200	1400
Vegetables	25-50	2	2	3	3
Fruits	80	1	1	1	1.5
Whole Grains	80	2	3	3	3
Starches	80	0	0	0	1
High Calcium Foods	100	1.5	1.5	2	2
High Protein Foods	60-100	3	3	4	4
Oils & Other Fats	50	1	2	3	4
Water (8 oz)	0	5	5	6	6

Core Food Calories	705	835	1035	1205
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Your Choice Calories	100	150	175	175
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Total Calories	805	985	1210	1380

1600	1800	2000	2200	2400	2600	2800	3000
3	3	3	4	4	4	5	5
1.5	2	2	2	2	2	2.5	2.5
3	3	3	3	4	5	5	5
1	2	3	4	4	4	4	5
3	3	3	3	3	3	3	3
5	6	6	6	7	7	7	7
5	5	6	7	7	8	9	10
7	7	8	8	9	9	10	10

1420	1605	1735	1900	2045	2175	2295	2425
175	200	250	300	350	400	500	550
1595	1805	1985	2200	2395	2575	2795	2975