GRAINS

In general, one grain serving is equal to:

* ½ cup cooked cereal, grain
* ⅓ cup cooked rice or pasta
* 1 slice of bread
* approximately 80 calories

Specific serving sizes are listed below

| Brown rice, wild rice, millet, whole wheat couscous, quinoa | ⅓ cup |
| --- | --- |
| Buckwheat groats, cooked | ½ cup |
| Flour, Dry, 100% whole wheat | 3 Tablespoons |
| Oatmeal, cooked, unsweetened (regular or instant) | ½ cup |
| Popcorn, air popped or stove popped | 3 cups |
| Polenta | 3 Tablespoons |
| Tortilla, whole grain corn | 1 small (6 inches across) |
| Bread, 100% whole grain or Ezekiel | 1 slice |
| Bagel, 100% whole grain | ¼ bagel |
| Pancake, 100% whole wheat batter | 1 small (4 inches across) |
| Waffle, 100% whole grain, frozen | 1 |
| Cereal, unsweetened, whole grain | ¾ cup |
| Cereal, lightly sweetened (5gms per ¾ cup) | ½ cup |
| Grape-Nuts Brand cereal | ¼ cup |
| Spelt, wheat berries, cooked | ½ cup |
| Pita, 100% whole wheat | ½ large |
| Crackers, 100% whole grain | 4 medium |
| Rice cakes, 100% brown rice | 2 cakes |
| Hamburger bun, 100% whole wheat | ½ bun |
| Granola, low-fat | 2 Tablespoons |
| Wheat germ | 3 Tablespoons |
| Tortilla chips (baked) | 10 chips |

Brands:

Bobs Red Mill

La Tortilla Factory

El Milagro

Food for Life (bread, corn tortillas)

Kashi

Vans

Trader Joes Products

Cereal (Barbaras, Kashi Shredded Wheat, Trader Joes) List those with 5 grams of sugar or less per serving

Ak-Mak Crackers, wasa crackers, triscuits

STARCHY VEGETABLES

* 1 serving is equal to approximately 80 calories

| Sweet corn | ½ cup |
| --- | --- |
| Corn on the cob | 1 medium ear |
| Peas, green | ½ cup |
| Potatoes: Sweet, white, red, gold | ½ cup or ½ medium baked (size of a computer mouse) |
| Winter Squash: acorn, butternut, pumpkin, spaghetti | 1 cup |

LEGUMES

* 1 serving is equal to approximately 80 calories

| Beans (black, kidney, cannellini, garbanzo, chickpea, navy, adzuki) | ½ cup |
| --- | --- |
| Lima beans | ⅔ cup |
| Peas (yellow split, green split, black-eyed) | ½ cup |
| Lentils (red, green, brown) | ½ cup |
| Hummus | ¼ cup |

FRUIT

In general, 1 fruit serving is equal to:

* 1 small fresh fruit (size of tennis ball)
* ½ cup fruit
* ½ cup dried fruit
* 4 oz 100% fruit juice
* approximately 60 calories

| Apple | 1 small |
| --- | --- |
| Applesauce, unsweetened | ½ cup |
| Apples, dried | 4 rings |
| Apricots, fresh | 4 whole |
| Apricots, dried | 8 halves |
| Banana | 1 small |
| Berries (blackberries, blueberries, raspberries, strawberries) | 1 cup |
| Melon (cantaloupe, honeydew, watermelon) | 1 cup cubes |
| Cherries, fresh | 12 |
| Dates | 3 |
| Figs, fresh | 2 medium |
| Figs, dried | 1 and 1/2 |
| Grapefruit, large | ½ whole |
| Grapes | 17 |
| Kiwi | 1 |
| Mango | ½ cup or ½ small fruit |
| Nectarine | 1 small |
| Orange | 1 small |
| Papaya | 1 cup cubes |
| Peach | 1 small |
| Pear | 1 medium |
| Pineapple | ¾ cup |
| Plums | 2 small |
| Prunes | 3 |
| Raisins | 2 Tablespoons |
| Tangerine or clementine | 2 |

MILK

In general, one milk serving equals 100 calories

| Yogurt, Greek Style, unsweetened, 0% fat | 6 oz (one container) |
| --- | --- |
| Yogurt, Greek Style, fruit flavored, 0% fat | 3 oz (1/2 container) |
| Yogurt, plain | 6 oz (one container) |
| Milk, 2% | 6 oz |
| Milk, whole | 4 oz (1/2 cup) |
| Milk, skim | 8 oz |
| Almond Milk, unsweetened | 8 oz |
| Soy Milk, unsweetened | 8 oz |
| Coconut Milk, canned | ¼ cup |
| Coconut Milk, canned, lite | 6 oz |
| Cheese | 1 oz (size of 4 dice) |

NONSTARCHY VEGETABLES

In general, one serving is equal to:

* ½ cup
* 1 cup leafy
* 4 oz vegetable juice
* approximately 25 calories

| Artichoke | ⅓ medium |
| --- | --- |
| Artichoke Hearts, frozen or canned in water | ½ cup |
| Asparagus | 7 spears |
| Beans (green, wax) | ½ cup |
| Bean sprouts | ½ cup |
| Beets | 1 small (size of golf ball) |
| Broccoli | ½ cup |
| Brussels Sprouts | 3 sprouts |
| Cabbage | ½ cup |
| Carrots | 1 large, 6 baby |
| Cauliflower | ½ cup |
| Celery | 4 large stalks |
| Cucumber | 1 cup slices |
| Eggplant | ½ cup |
| Cooking Greens (collard, kale, mustard, turnip, chard) | 1 cup raw, ½ cup cooked |
| Mushrooms | 1 cup cooked |
| Peppers | 1 medium bell pepper |
| Radish | 17 |
| Salad Greens (spinach, romaine, escarole) | 1 cup |
| Summer Squash | ½ cup |
| Tomato | 8 cherry, 2 roma, 1 medium |
| Zucchini | 1 cup cooked |

CONCENTRATED PROTEIN

In general, one serving of concentrated protein is equal to:

* 7 grams of protein
* 1 ounce of meat, fish, poultry
* 55 calories

| Egg | 1 |
| --- | --- |
| Shrimp | 10 small |
| Beef (90% ground, sirloin, flank steak, tenderloin) | 1 oz |
| Pork (tenderloin, chop) | 1 oz |
| Lamb (roast, chop, or leg) | 1 oz |
| Poultry without skin (chicken, turkey) | 1 oz |
| Fish | 1 oz |
| Oysters | 6 medium |
| Sardines | 2 medium |
| Tofu | 1 oz or 4 cubes |
| Tempeh | 1 oz |
| 100% Whey protein powder | ½ scoop |
| Seitan | 2 oz |

HEALTHY FATS & OILS

In general, one fat/oil serving is equal to 45 calories.

| Almonds | 6 |
| --- | --- |
| Avocado | 2 Tablespoons (1/8 whole) |
| Butter (best from grass-fed cows), ghee | 1 teaspoon |
| Cacao nibs | 2 tsp |
| Cashews | 6 |
| Coconut, shredded | 1 Tablespoon |
| Nut butter (peanut, almond) | ½ Tablespoon |
| Oil (olive, coconut, canola) | 1 teaspoon |
| Olives | 10 |
| Peanuts | 10 |
| Pecans | 4 halves |
| Salad Dressing: vinegar based, such as Balsamic | 1 Tablespoon |
| Seeds (sunflower, chia, pumpkin, sesame) | 1 Tablespoon |
| Tahini | 2 teaspoons |
| Walnuts | 4 halves |