

Eating Nutritious foods in Healthy Portions

Category A VEGETABLES (1 serving size=1/2 cup)

Recommended Intake: unlimited

- Artichokes
- Asparagus
- Bamboo shoots
- Bean sprouts
- Bell or other peppers
- Broccoli
- Brussel sprouts
- Cabbage (all types)
- Cauliflower
- Celery
- Chives, onions, leeks, garlic
- Cucumber
- Eggplant
- Fennel
- Green beans
- Dark Greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, dandelion, mustard, or beet greens, watercress
- Lettuce/Mixed greens: romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory
- Mushrooms
- Okra
- Radishes
- Seaweed (kelp, dulse, kombu etc.)
- Snow peas
- Tomatoes, V8 or tomato juice
- Water chestnuts (5 whole)
- Zucchini/Summer Squash/ Spaghetti squash

Category B VEGETABLES

(1 serving size=1/2 cup or as indicated)

Recommended Intake: 1-2 servings

- Beets
- Winter Squash (acorn, butternut)
- Sweet Potatoes or Yams, 1/2 medium baked
- Carrots, 1/2 cup cooked or 2 med raw or 12 baby carrots

LEGUMES (serving size=1/2 cup or as indicated)

Recommended Intake: 2 servings

- Split peas, sweet green peas
- Beans: garbanzos, pinto, kidney, black, lima, cannellini, navy, mung beans, fat-free refried, edamame
- Hummus (1/4 cup)
- Lentils: brown, green, red
- Bean soup (3/4 cup)

PROTEIN

(serving size=3 -6oz, or as indicated, measure after cooking)

(Meat, poultry, and fish should be grilled, baked or roasted; fish can also be poached. Keep cheese intake low)

Recommended Intake: 3 servings

- Eggs, 2 whole, or 3 egg whites plus one whole egg
- Egg substitute, 2/3 cup
- Fish: salmon, halibut, haddock, sole, cod, pollock, tuna, mahi mahi, trout, sea bass, snapper, monkfish,
- Water-packed canned tuna or salmon, 1/2 cup
- Poultry: chicken breast, turkey (including ground), Cornish hen
- Leg of lamb
- Lean roast
- Wild game (e.g. venison, moose)
- Tofu, 8 oz or 1 cup (fresh) or 3.5 oz (baked)
- Tempeh, 3 oz or 1/2 cup
- Soy burger, 4 oz
- Cottage cheese, nonfat or low-fat, 1/2 cup
- Ricotta, part-skim or nonfat, 1/2 cup
- Mozzarella, part skim or non-fat, 2 oz or 1/2 cup shredded
- TVP (soy protein concentrate), 1/3 cup dry=1/2 serving

NUTS AND SEEDS (serving size as indicated)

Recommended Intake: 1-2 servings

- Almonds or hazelnuts, 10-12 whole nuts
- Walnuts or pecan halves, 7-8
- Pistachios, sunflower, pumpkin, or sesame seeds, 2Tbsp
- Nut butter, 1Tbsp made from above nuts

WHOLE GRAINS

(serving size=1/2 cup cooked or as indicated)

Recommended Intake: 1-2 servings

- Amaranth, Teff, or Quinoa
- Basmati or other Brown Rice
- Barley, Buckwheat, or Millet
- Bulgur (cracked wheat)
- Grape nuts cereal, 1/2 cup
- Whole oats, raw 1/3 cups; cooked oatmeal 1/2 cup
- 100% Whole wheat, spelt or kamut pasta
- Whole grain rye crackers (Ryvita, WASA, Lite Rye), 3 crackers
- Bread: mixed whole grain or 100% whole rye, 1 slice
- Whole wheat tortilla, 1
- Whole wheat pita, 1/2



1 CUP



3/4 CUP



1/2 CUP



3 oz



1 tbsp



1 tsp

Figure A: Common Food Measurements

FRUITS (serving size as indicated)

Recommended Intake: 2-3 servings

- Apple, 1 med
- Unsweetened applesauce, 1/2 cup
- Apricot, 3 med
- Berries: blackberries, blueberries 1cup; raspberries, strawberries 1 1/2cups
- Cherries, 15
- Fresh figs, 2
- Grapes, 15
- Grapefruit, 1 whole
- Honeydew melon, 1/4 small
- Nectarine, 2 small
- Orange (all types), 1 large
- Peach, 2 small
- Pear, 1 med
- Plum, 2 small
- Tangerine, 2 small
- Watermelon, 2 cups

DIARY

(serving size=6oz or as indicated)

Recommended Intake: 1 serving

- Lowfat yogurt, plain, 4 oz
- Fat-Free yogurt, plain
- Nonfat or 1% milk
- Soy milk, plain

OILS (serving size=1 tsp or as indicated)

Recommended Intake: 4-6 servings

- Flaxseed oil (keep refrigerated)
- Walnut oil
- Extra-virgin olive oil (for cooking)
- Canola oil (for cooking)
- Mayonnaise (from canola oil)
- Tofu mayonnaise, 1Tbsp
- Ripe or green olives, 8-10 med
- Avocado, 1/8

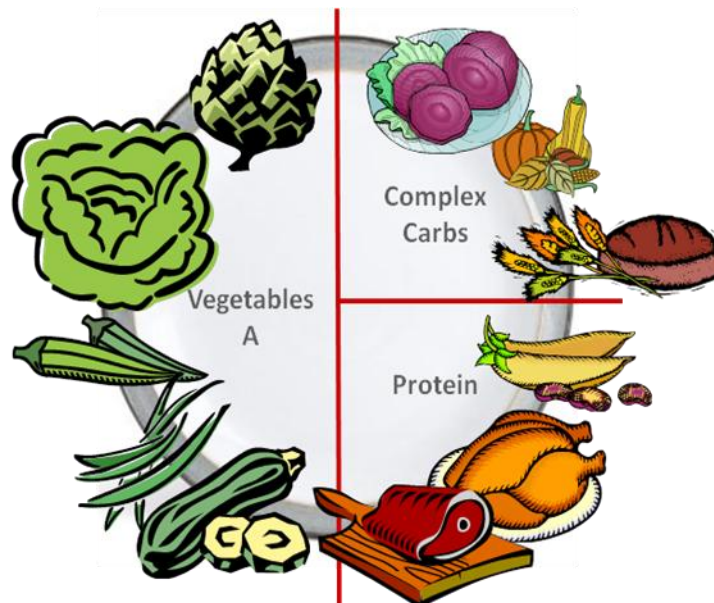
BEVERAGES (unlimited)

Herbal/Green tea,

- Decaffeinated coffee or tea
- Water, Seltzer

CONDIMENTS (unlimited)

- FRESH OR DRY SPICES AND HERBS OF YOUR CHOICE
- Extracts (e.g. vanilla, almond)
- Ginger (fresh or dried)
- Lemon/Lime juice
- Mustard: dry or Dijon
- Salsa
- Tamari soy sauce
- Vegetable or Chicken broth
- Vinegar: apple cider, balsamic, wine, rice
- Stevia



For an easy way to track and analyze your nutrition, try using: myfitnesspal.com or fitnessday.com

Figure B: Simple guidelines for portions & servings