

Grains / Starch / Beans

1 serving = ~18–24 g carbohydrate OR ~½ cup

- ½ cup cooked Quinoa, Amaranth, Buckwheat*
- ½ cup cooked Millet, Wild Rice, Sorghum, Teff, Rice*
- ½ cup cooked Barley, Wheat Berries
- ½ cup cooked Pasta or Couscous
- ¾ cup cooked Oatmeal or Oats
- ½ cup cooked beans or lentils*
- ¼ - 1 cup Cereal (**need to check the label**)
- 1 medium corn on cob or ½ cup cooked corn*
- ½ cup cooked potato /yam/sweet potato/squash* (bake with skin and chunks or small baby)
- ½ medium potato or starchy veggie as above*
- 1 slice whole grain bread / small wrap
- ½ large wrap or pita bread or English muffin
- ½ small bagel or 2 rice cakes* or ½ muffin

*Gluten-free grains and starches

1 serving = ~2-6g carbohydrate OR ~½ cup

1 serving = 1 cup leafy greens

Green

- Broccoli / asparagus / Snap peas / Zucchini
- Okra / Snow Peas / Snap Peas / Green beans
- Mixed greens / spinach / dark romaine
- Kale / Swiss chard / Beet greens

Orange

- Carrots / orange pepper, pumpkin

Red / Purple

- Tomatoes / Red pepper / Beets
- Purple cabbage / eggplant

White

- Cauliflower / Mushrooms / Onion

Yellow

- Yellow pepper, spaghetti squash, yellow string beans

Fruit (Frozen or Fresh)

1 serving = ~20–24g carbohydrate OR ~½ cup

1 serving = 1 small fruit

- Small banana/apple/pear/nectarine/peach
- Orange/citrus fruit/kiwi
- Berries/mango/pineapple
- Dried fruit (berries, apricots) = ¼ cup serving
- Grapes

Protein Foods

HIGH AMOUNT

(3 oz meat = 24-27g protein)

Meat / Egg / Cottage Cheese/ Whey

- Bison, wild or game meat, beef, pork, fish
- Poultry (ground turkey / chicken) (¾ cup serving)
- Extra lean meat cooked (¾ cup serving)
- Eggs (2 = 14g)
- Egg Whites (½ cup = 14 g or ~4 egg whites)
- ½ cup 1% cottage cheese (14g)
- 1 Spolumbo's sausage (24-30g)
- 1 scoop whey protein powder (~24-30g)

MODERATE AMOUNT

(6-20g protein)

(These foods contain protein but may also be sources of carbohydrate and fat)

Dairy / SOME Dairy Alternatives

- Skim milk / chocolate milk / soy milk (1 cup = 7-9g)
- 0% Greek Yogurt (14-21g = 175g or ¾ cup)
- Cheese (mostly fat...1 oz = (7g protein & 9g fat)

Beans & Lentils

(½ cup = ~ 7-8g protein & 20+g carbohydrate)

Nuts (mostly healthy fats)

(¼ cup = ~ 7-8g protein and 16-18g of FAT)

- Almonds, walnuts, pecans, pistachios
- Natural nut butters (2 tbsp = ~ 7g protein & 16g FAT)
- Hemp Hearts (2 tbsp = ~7g protein, 9g FAT, 4g carb*)
- Chia Seeds (2 tbsp = 6g protein, 9g FAT, 10g carbs*)
- *Carbs mostly fibre

LOW AMOUNT

(<5g protein)

- Hummus (2 tbsp = ~2g protein, 3.5g fat, 6g carbs)
- Almond Milk (1 cup = 1g protein)

Healthy Fats

1 serving = ~14-16g fat

Nuts / Seeds (1 oz or ~30g or 2 tbsp)

- Ground flaxseed
- Almonds, walnuts, other nuts, peanuts
- Pumpkin seeds, other seeds

Natural nut butters (2 tbsp = 30 g = 16 g fat)

Cheese (1 oz, 30g = 7g protein & 9g fat)

Butter (1 tbsp = 11g fat)

Vegetable Oils / Fruit

- Vegetable oils (1 tbsp = 1 serving)
- Avocado (½ small avocado = 1 serving)

Omega 3 fats, amount needed can be obtained from eating fish 2-3 x / wk

*Omega 3 fats are just one type of fat the bodies needs

*Visit the link below for info on seafood choices

<http://www.seachoice.org/seafood-recommendations/resources/>

NOTES:
