

NUTRITION FOR OPTIMAL HEALTH

Quantity Portion sizes	Quality Food vs. Food Products No partially hydrogenated oil or high fructose corn syrup	Frequency “Eating Occasion” approximately every 3 hrs	Balance Carbs + Protein + Fat + Unlimited Vegetables
----------------------------------	--	---	--

Your Rx:

CARBS	CARBS & PROTEIN	PROTEIN	FAT & PROTEIN	FAT
<p>Serving size: As indicated OR your fist OR 15g total carbs (on a label)</p> <p style="text-align: center;">Grains</p> <p>amaranth, teff, quinoa, basmati or other brown rice, wild rice, barley, buckwheat, millet, bulgur (cracked wheat), whole oats (? cup)/ cooked oatmeal (¾cup), whole wheat, 100% whole wheat, spelt, kamut pasta, whole grain crackers (3), bread: mixed whole grain or 100% whole rye, whole wheat tortilla or pita (½)</p> <p style="text-align: center;">Fruit</p> <p>apple (1 medium), apricots (3 medium), berries: blackberries & blueberries (1 cup); raspberries & strawberries (1 ½ cups), cantaloupe (½ medium), cherries (15), fresh figs (2), grapefruit (1 whole), grapes (15), honeydew melon (¼ small), nectarines (2 small), orange (1 large), peaches (2 small), pear (1 medium), plums (2 small), tangerines (2 small), ½ banana</p> <p style="text-align: center;">Dairy/Dairy Substitutes</p> <p>serving size: 6 oz. or as indicated buttermilk, fat-free yogurt, plain, lowfat yogurt/ plain (4 oz.), nonfat, 1%, or 2% milk; almond, rice, coconut and soy milks</p> <p style="text-align: center;">Vegetables</p> <p>beets, corn, peas, winter squash (acorn or butter nut), carrots (½ cup cooked or 2 medium raw or 12 baby), sweet potatoes or yams (½ medium baked)</p>	<p>Serving size: As indicated OR your fist OR 15g total carbs (on a label)</p> <p style="text-align: center;">quinoa, tofu, fresh (8oz or 1 cup); tofu, cube (3.5 oz.), tempeh (3 oz. ½ cup), soy or veggie burger (4 oz.), cottage cheese, nonfat or lowfat (¾ cup), ricotta, part skim or nonfat (½ cup), mozzarella, part skim or nonfat (2 oz. or ½ cup shredded)</p> <p style="text-align: center;">Beans—garbanzo, pinto, kidney, black, lima, cannelloni, navy, mung, adzuki, fat-free refried, green soy beans (edamame), bean soups (¾ cup), hummus (¼ cup), split peas, sweet green peas, lentils</p>	<p>Serving size: As indicated or “Palm of your hand, no fingers”</p> <p>meat, poultry and fish should be grilled, baked or roasted; fish can be poached eggs (1 whole or 3 eggs whites), egg substitute (? cup), fish, shellfish (3 ounce fresh or ¾ cup canned in water), poultry, chicken or Cornish hen (breast only), turkey, leg of lamb, lean roast</p>	<p>Serving size: As indicated</p> <p>almonds and hazelnuts (10-12), walnut or pecan halves (7-8), peanuts (18), pistachios, sunflower, pumpkin, or flax hemp seeds, sesame seeds (2 tbsp.), nut butter (1 tbsp.)</p>	<p>Serving size: As indicated or 1 Tbsp.</p> <p style="text-align: center;">Oils:</p> <p>flaxseed, hempseed, sesame, walnut, olive</p> <p style="text-align: center;">Cooking Oils:</p> <p>extra virgin olive, canola, coconut, grapeseed</p> <p style="text-align: center;">avocado (¼ cup), olives (8-10)</p> <p style="text-align: center;">Spreads:</p> <p>tapenade, pesto</p>

UNLIMITED VEGETABLES

artichokes, asparagus, bamboo shoots, bean sprouts, bell or other peppers, broccoli, broccoflower, Brussels sprouts, cabbage (all types), cauliflower, celery, chives, onion, leeks, garlic, cucumber/dill pickles, eggplant, green beans, greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, arugula, radicchio, watercress, chicory, mushrooms, okra, radishes, salsa (sugar free), sea vegetables (kelp, etc.), snow peas, sprouts, tomatoes, tomato juice, water chestnuts (5 whole), zucchini (Italian), squash: yellow, summer, or spaghetti squash