

the better nutrition, simplified plan

<p>quantity</p> <p>Proper portion sizes</p>	<p>quality</p> <p>Food vs. Chemistry Lab Projects</p> <p>No: partially hydrogenated oil; high fructose corn syrup; artificial colors or sweeteners; hormones; antibiotics; GMOs.</p> <p>YES: USDA organic; Non-GMO project verified; Sustainable seafood; Grass-fed/finished</p>	<p>balance</p> <p>Carbs + Protein + Fat + Non-Starchy Vegetables</p> <p>Approx 1 serving each per eating occasion</p>	<p>frequency</p> <p>“Eating Occasion”</p> <p>“Nutrition Pit Stop”</p> <p>Approximately every 3 hrs</p>
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your rx: For most 1 serving each of carb + protein + fat + non-starchy vegetables.

<p>carbs</p> <p>Serving size: As indicated OR ½ cup OR your fist OR 6oz OR on a label 15g Total Carb</p> <p>Grains ****</p> <p>amaranth; barley; buckwheat; bulgur; kamut; millet; oatmeal, cooked (¾ cup); oats, whole (⅓ cup); quinoa; spelt; rice; pasta /pita/bread/crackers/ tortilla: whole grain, sprouted</p> <p>Fruit ****</p> <p>apple (1 medium), apricots (3 medium), banana (½), cherries (15), blackberries (1 cup), blueberries (1 cup), cantaloupe (¾ cup), orange (1 large), fresh figs (2), grapefruit (1 whole), grapes (15), lemons & limes (unlimited), mango (¾ cup), pear (1 medium), melon (¾ cup), nectarines (2 small), papaya (¾ cup), peaches (2 small), pineapple (¾ cup), plums (2 small), raspberries (1½ cups), strawberries (1½ cups), tangerines (2 small); organic juice (4 oz)</p> <p>Dairy/Dairy Substitutes*</p> <p>almond, rice, coconut, hemp and soy milks; coconut water, plain (11 oz); milk, yogurt / kefir</p> <p>Starchy Vegetables & Legumes *</p> <p>beets; carrots (½ cup cooked or 2 medium raw or 12 baby); corn; peas; sweet potatoes or yams (½ medium baked); vegetable juices: carrot, beet, tomato (6 ounces); winter squash: acorn, pumpkin, butternut; tigernuts: bean dips: hummus</p> <p>Sweeteners ****</p> <p>sugars (cane, coconut), raw honey, syrups (agave, coconut, maple, yacon) 1 Tbsp</p>	<p>carbs protein</p> <p>Serving size: As indicated OR your fist OR 15g Carb & 7-15g Protein</p> <p>Beans/Bean-based Foods****</p> <p>beans: adzuki, black, cannelloni, edamame, garbanzo, kidney, lentil, lima, mung, navy, pinto, etc.; bean soups (¾ cup); bean dips (¼ cup); soy or veggie burger (4 oz); tempeh (3 oz); tofu (fresh: 8 oz, cube: 3.5 oz)</p> <p>Grains / Crackers / Bars****</p> <p>Quinoa; crackers; bars</p> <p>Dairy*</p> <p>cottage cheese; mozzarella; ricotta, Greek yogurt (6 oz)</p>	<p>protein</p> <p>Serving size: As indicated OR “Palm of your hand, no fingers”</p> <p>Meat, Fish, Eggs****</p> <p>Beef; bison/buffalo; game; chicken; Cornish hen; eggs (1 whole or 3 whites); fish; lamb; shellfish; turkey</p> <p>Protein Powders****</p> <p>Whey; hemp; rice; pea; blends (carbs <3g svg)</p>	<p>fat protein</p> <p>Serving size: As indicated OR 1 oz OR <15g Fat & > 6g protein</p> <p>Nuts***</p> <p>almonds, peanuts, pistachios (⅓ - ¼ cup)</p> <p>Seeds***</p> <p>Hemp, sunflower (¼ cup) pumpkin (½ cup)</p> <p>Nut/Seed butters***</p> <p>2 Tbsp</p> <p>Cheese*</p> <p>(1 slice or ¼ cup)</p> <p>Blue, Brie, Camembert, Cheddar, Colby, Comte, Gorgonzola, gouda, Gruyère, Havarti, Manchego, Monterey Jack, Muenster, Swiss, Parmesan, Provolone</p>	<p>fat</p> <p>Serving size: As indicated OR 2 Tbsp OR <15g Fat</p> <p>Oils*****</p> <p>canola, chia, coconut, olive, flax, rapeseed, hemp, olive, sesame, walnut</p> <p>Nuts & Seeds****</p> <p>chia seeds (2 Tbsp); macadamia (10); hazelnuts, cashews (18); Brazil nuts (5) walnut, pecan halves (10)</p> <p>Fruit****</p> <p>avocado (½); olives (10); coconut, shredded, unsweetened (3 Tbsp)</p> <p>Spreads*</p> <p>cream cheese; mayo; Neufchâtel; pesto; tapenade</p>
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non starchy vegetables

artichokes, arugula, asparagus, bamboo shoots, bean sprouts, bell or other peppers, bok choy, broccoli, broccoflower, Brussels sprouts, cabbage (all types), cauliflower, celery, chicory, chives, collard greens, cucumber/dill pickles, eggplant, escarole, garlic, green beans, kale, leeks, lettuces, mushrooms, okra, onion, radicchio, radishes, salsa (¼ cup), sea vegetables (kelp, etc.), snow peas, spinach, sprouts, squash (yellow, summer, or spaghetti), Swiss chard, tomatoes, water chestnuts, watercress, zucchini (Italian); vegetable juice (no starchy vegetables or fruit, 16 oz)

- * Low-fat or full-fat; USDA organic; Plain
- ** USDA organic preferred; frozen / ready to eat / dehydrated
- *** USDA organic, raw/roasted/sprouted, <150mg sodium per serving
- **** USDA organic preferred; Non-GMO
- ***** USDA organic preferred; Non-GMO; extra virgin; unrefined/mechanically refined



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