

# Food Groups and Serving Sizes

<p><b>Protein:</b> One serving is approximately 150 calories</p> <p>Meat 3 oz. cooked poultry (skinless), fish, shellfish, lean beef (sirloin, flank or round) or pork tenderloin          Cottage cheese non-fat ¾ c.          Nonfat, plain, <b>Greek</b> yogurt, 8 oz.          Egg 2, or 6 whites, or ¾ c. egg substitute          Beans – ½ c. cooked: black, garbanzo, kidney, lima, navy, pinto, soy, white, lentils, etc.          Quinoa ½ c. cooked          Seitan (plain), 4 oz.          Tofu (<b>lite</b>, firm or extra firm) 9 oz.          Tempeh 2 oz. or 1/3 c. cooked          Vegan alternatives: 3 oz. veggie burger, soy protein, etc.</p>	
<p><b>Vegetable (non-starchy):</b>          1 serving is ½ cup cooked or 1 cup raw</p>	<p><b>Leafy Salad:</b> 1 serving = 2 cups leafy greens plus ½ cup raw vegetable</p> <p><b>Salad Dressing:</b> 1 Tbsp of a natural ingredients are recommended: i.e. lemon juice, lime juice, balsamic vinegar, unseasoned rice vinegar, or other vinegars, mustard, salsa, pico de gallo, olive oil/vinegar, or a commercial salad dressing with minimal ingredients.</p>
<p>Artichoke          Asparagus          Bamboo shoots          Beans (wax, green)          Beets          Bell Pepper, all colors          Broccoli*          Brussels Sprouts*          Cabbage*          Cauliflower*          Carrot          Celery          Cucumber          Eggplant          Lettuce, all varieties, (romaine, butter, etc.)          Jicama          Kohlrabi          Leeks          Turnips          Water chestnuts          Mung bean sprouts          Mushrooms</p>	<p>Okra          Onions          Pea Pods          Peppers, all kinds          Radishes          Seaweed, cooked          Spinach          Summer Squash (zucchini, yellow)          Tomatoes</p> <p><b>Leafy Greens:</b> arugula, beet greens, bibb, bok choy, Boston leaf, butter head, cabbage, collard greens, kale, loose leaf, romaine, spinach, watercress, etc. *iceberg not recommended for leafy greens, but okay to count as a vegetable</p> <p>*Adding in new types of fibers can cause excess flatulence until the GI tract adapts. If you have uncomfortable gas, try limiting or avoiding these vegetables. Switch to the other vegetable choices until your body adjusts. Also, cooked vegetables may be better tolerated than raw vegetables.</p>

<b>Grain/Legume/Starchy Vegetable</b> 1 serving approximately 100 calories		
Barley ½ c. cooked Beans ½ c. cooked: black, garbanzo, kidney, lentil, lima, navy, pinto, great white, soy, etc. Bread, whole-grain 1 slice Cereal (Fiber >5 g. per serving), ½ c. Corn ½ c. raw or cooked Couscous ½ c. cooked Grits ½ c. cooked Millet ½ c. cooked Oats ½ c. cooked Pasta ½ c. cooked Pita ½ of 6-inch round Polenta ½ c. cooked Popcorn air popped, 3 c. Potato ½ c. cooked (Russet, golden, sweet, yam, etc.) Quinoa ½ c. cooked Rice ½ c. cooked Rice cakes, multi-grain, 2 peas, ½ c. cooked		Squash winter (acorn, butternut), ½ c. cooked Tempeh 4 oz. or ⅔ c. cooked Tortilla corn or whole grain 1, 6-inch round Wild rice ⅓ c. cooked Yam ½ c. cooked  <b>High fiber options</b> help to maintain gut health and curb appetite. During PFE phases choose whole grain options and avoid processed starches like white bread, biscuits, crackers, etc. Try to choose options that have 3 or more grams of fiber per serving.  <b>Beans and Tempeh</b> are slightly higher in calories (about 125 calories per half cup, but they are a great source of protein and contain fibers that help keep you feel full. Be sure to add in slowly to avoid excess gas.
<b>Fruit:</b> One serving approximately 60 calories	<b>Fruits not on this list use portion equaling approximately 60 calories</b>	
Apple 1 small (tennis ball) Apricots 3 Banana 1 small (4-6 in) Berries 1 c. Grapefruit ½ Grapes 15 Kiwi 3	Melon 1 c., (watermelon, cantaloupe, etc.) Orange 1 medium Nectarine 1 medium Peach 1 medium Pear 1 medium Pineapple 1 c. Plums 2	
<b>Fat:</b> One serving is approximately 45 calories		
Avocado ⅓ whole Nuts: 6 almonds, 2 Brazil nuts, 8 peanuts, 4-6 pecan halves, 1 tbsp. pignolias (pine nuts), 10 pistachios, or 4 walnut halves Oil 1 tsp. avocado, olive oil, or Canola (avoid vegetable oils) Olives 10 small Seeds 1 tbsp: pumpkin (pepitas), sesame, or sunflower		
<b>Milk/Plant-Milk/Yogurt:</b> One serving is approximately 100 calories		
Nonfat Milk, 1 c. Nonfat or Light Soymilk, 1 c. Oat Milk 1 c. Yogurt or plant-based yogurt (100 calories and about 10g. of protein or more and less than 10 g. sugar per serving)		<b>Okay to substitute this food group. If you choose to eliminate milk/soymilk or yogurt, consume:</b> 1 additional serving of Bean/Grains/Starchy Veg. instead.