

Fats & Oils		Servings / day
		■ ■ ■ ■ ■ ■ ■ ■
2 T.....Avocado	2 T.....Parmesan cheese	
1 t.....Butter (2 t. whipped)	1 T.....Pesto (Olive oil)	
1 T.....Chocolate, dark (1 oz)	1 t.....Mayonnaise	
1½ T..Coconut milk (½ c light)	1 T.....Salad dressing made with quality oils	
2 T ...Half and Half	1½ t ..Earth Balance spread	
8.....Olives, black or green	1 t.....Oils, cooking or salad: Almond, Canola, Coconut (virgin), Grapeseed, Flax Seed Oil (cold pressed), Olive (extra virgin), Safflower or Sunflower high oleic oil, Sesame, Walnut	
		1 serving = 45 calories, 5 g fat

Nuts & Seeds		Servings / day
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6.....Almonds	10.....Peanuts	
2.....Brazil nuts	4.....Pecan halves	
6.....Cashews	1 T.....Pine nuts	
3 T.....Coconut (unsweetened)	16.....Pistachios	
2 T.....Flax seed, ground	1 T.....Pumpkin seeds	
5.....Hazelnuts	1 T.....Sesame seeds	
6.....Mixed nuts (50% peanuts)	1 T.....Sunflower seed kernels	
½ T....Nut butters (1½ t)	2 t.....Tahini (sesame paste)	
1 t.....Nut oils	4.....Walnut halves	
		1 serving = 45 calories, 5 g fat

Protein		Servings / day
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<b>Plant Protein:</b> ( <i>organic, non-GMO preferred</i> )	1 oz...Fish/Shellfish (omega-3 rich: halibut, mackerel, salmon, sardines, tuna)	
1 oz...Burger alternatives: mushroom, soy, veggie	1 oz...Meat: beef, buffalo, elk, lamb, pork, veal, venison, wild game	
3 T.....Miso	2 oz...Mozzarella, part skim or non-fat (½ c shredded)	
¼ c....Natto	6 T.....Parmesan cheese (grated)	
1 oz...Soy foods: soy burgers, soy cheeses, soy dogs	1 oz...Poultry (skinless chicken, turkey, Cornish hen)	
½ c....Tofu, tempeh	¼ c....Ricotta cheese, low-fat	
<b>Animal Proteins (very lean cuts or low-fat)</b>	<b>Protein Powder:</b>	
½ oz..Beef jerky	Check label for #grams/scoop (1 protein serving = 7 g)	
1.....Egg or 2 egg whites		
⅔ c....Egg substitute		
½ oz..Cheese, hard		
1 oz...Cheese, low-fat		
¼ c....Cottage cheese, low-fat		
1 oz...Feta cheese, low-fat		
		1 oz serving = 50-100 calories, 7 g pro

Non-starchy Vegetables			Servings / day
			■ ■ ■ ■ ■ ■ ■ ■
Artichoke	Eggplant	Salsa	
Asparagus	Garlic	Scallions	
Bamboo shoots	Greens (beet, collard, dandelion, kale, mustard, turnip)	Sea vegetables	
Bean sprouts	Green beans	Shallots	
Bell peppers	Jicama	Spinach	
Bok choy	Leeks	Sprouts	
Broccoli	Lettuce	Squash, summer, yellow, zucchini, spaghetti	
Broccoflower	Mushrooms (crimini, Shiitake)	Tomato	
Brussels sprouts	Okra	Vegetable juice (¾ c)	
Cabbage	Onions	Water chestnuts	
Carrots	Peppers	Fermented vegetables (kimchi, sauerkraut)	
Cauliflower	Radish		
Celery			
Chard/Swiss Chard			
Chives			
Cucumbers			
			1 serving = ½ c cooked, 1 c raw, 10- 25 calories, 5 g carb

## The Low Glycemic Impact Food Plan (40/30/30)

Legumes		Servings / day
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½ c....Cooked dried peas, beans, or lentils		
¾ c....Bean soups		
½ c....Edamame, steamed (green soybeans)		
⅓ c....Hummus or other bean dips		
½ c....Fat-free refried beans		
		1 serving = 110 calories, 15 g carb, 7 g pro

Low-fat Dairy/ Alternatives		Servings / day
		■ ■ ■ ■ ■ ■ ■ ■
8 oz...Buttermilk, nonfat or 1%		
8 oz...Kefir, nonfat or 1%		
8 oz...Milks: cow, goat, sheep milk, skim or 1%		
8 oz...Milk alternates: nut, hemp, rice, soy milks; low-fat		
6 oz...Sour cream, nonfat		
6 oz...Yogurt, cow or soy (plain, nonfat or 1%)		
½ c....Yogurt, Greek (plain, nonfat or 1%)		
		1 serving = 70-100 calories, 12 g carb, 7 g pro

Starchy Vegetables		Servings / day
		■ ■ ■ ■ ■ ■ ■ ■
1 c....Acorn squash, cubed	½ md..Potato (sweet, white)	
1 c....Beets, cubed	½ c....Potato, mashed (sweet, white)	
1 c....Butternut squash, cubed	½ c...Winter roots or squashes, (acorn, beet, butternut, parsnip, pumpkin, rutabagas, turnip)	
½ c....Corn		
½ .....Corn-on-the-cob		
½ c....Green peas		
⅓ c....Plantain (½ whole)		
1 c....Snow peas		
		1 serving = 80 calories, 15 g carb

Fruits (No sugar added)			Servings / day
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1 sm .Apple	½.....Grapefruit or (¾ c sections)	½ .....Persimmon	
½ c. ...Applesauce (unsweetened)	15.....Grape	¾ c....Pineapple	
4.....Apricots, fresh	1.....Kiwi	2 sm..Plums	
½.....Banana, med	½ sm.Mango	1 sm..Pomegranate	
¾ c....Blackberries	1 c....Melon	3 md .Prunes	
¾ c....Blueberries	1 sm..Nectarine	2 T.....Raisins	
12.....Cherries	1 sm..Orange	1 c....Raspberries	
3.....Dates or Figs	1 c....Papaya	1¼ c..Strawberries	
½ c....Fruit juice	1 sm..Peach	2 sm..Tangerines	
	1 sm..Pear	2 T.....Dried fruit	
			1 serving = 60 calories, 15 g carb

Grains			Servings / day
			■ ■ ■ ■ ■ ■ ■ ■
Amaranth*	Millet*	Sorghum*	
Basmati rice*	Oats	Spelt	
Bulgur (cracked wheat)	Quinoa*	Tapioca*	
Buckwheat/kasha*	Rice*	Teff*	
Kamut	Semolina	Whole wheat	
			Serving = ⅓-½ c
½ c....Bulgur, cooked		⅓ c....Pasta, whole grain	
1 sl....Breads, whole grains		½.....Pita, whole grain	
½ c....Cereal, cooked (rice, oatmeal, wheat, grits)		3 c....Popcorn	
¾ c....Cereal, ready-to-eat (high fiber, whole grain, Kashi 7 Whole Grain Puffs)		⅓ c....Quinoa*	
		⅓ c....Rice, brown	
		1 sl....Rice bread*	
		2 .....Rice cakes (brown)*	
		3-4.....Rice crackers*	
		⅓ c....Rice noodles or pasta*	
		1.....Tortilla, 6 inch, whole grain or rice	
			* = Gluten free
			1 serving = 75-110 calories, 15 g carb

\* all measurements in single serving sizes