

Lisa Merrill MS, RD, CDE
ABSTINENT EATING PORTION LIST

PROTEIN	
Food	Serving Size
MEAT, POULTRY SEAFOOD	
Beef (all cuts, roast, chop, steak, etc.)	1 ounce cooked weight without bones
Beef Jerky	½ ounce weight (watch out for sugar)
Fish and Shellfish (all kinds including fresh, smoked, canned in water or oil and drained)	1 ounce cooked or raw 1 ounce raw (e.g. sushi, oysters) (Drain canned seafood before weighing)
Game Meat (buffalo, ostrich, rabbit, venison, etc.),	1 ounce cooked weight without bones
Lamb (all cuts, roast, chop, steak, etc.)	1 ounce cooked weight without bones
Organ Meat (heart, kidney, liver)	1 ounce cooked weight
Pork (all cuts including ham and Canadian bacon but NOT regular pork bacon)	1 ounce cooked weight without bones (Regular pork bacon = fat, not protein)
Poultry (all kinds: chicken, duck, goose, turkey and turkey bacon)	1 ounce cooked weight without bones
Processed meats (hot dogs, luncheon meat, sausage)	1 ounce cooked weight
Veal (all cuts)	1 ounce cooked weight without bones
EGGS & CHEESE	
Cheese (all kinds, e.g. brie, cheddar, goat, jack, mozzarella, parmesan, string, Swiss)	1 ounce weight except Parmesan=1/2 oz (try to limit cheese to 1 oz per meal)
Eggs	1 whole egg or 2 egg whites
Egg Substitutes (e.g. Egg Beaters)	¼ cup (2 oz weight) egg beaters
Cottage Cheese & Ricotta Cheese	¼ cup (2 oz weight)
Greek Yogurt (plain)	3 ounces weight (Not regular yogurt which is counted as dairy)
VEGETARIAN PROTEINS	
Beans, Lentils, Split Peas (legumes)	1/3 cup or 3 ounces weight (If eating 9 oz legumes or more at a meal, skip 1 starch at that meal; if eating 12 oz legumes skip 2 starch because ½ cup legumes = 1 protein + 1 starch)
Boca Links	2 Links
Edamame (fresh green soybeans)	2 ounce weight, shelled 3 oz if in pods unshelled
Morningstar Farm Veggie Sausage Patty	1 patty; (1 = 1 oz meat). Recommend combining with other proteins instead of eating multiple patties at one meal.
Protein Powder	Check label: 7 grams of protein is 1 serving
Soy Nuts (roasted, not regular nuts)	2 Tablespoons or ½ ounce weight
Tempeh	1.5 ounces cooked weight
Tofu	2 ounces cooked weight

FAT (Check Label: 1 serving is 5 grams of fat)

Food	Serving Size
Avocado or Guacamole	2 Tablespoon or 1 ounce weighed
Bacon (regular pork)	1 Slice
Butter or Margarine (regular)	1 teaspoon or 5 grams weighed
Butter or Margarine reduced-fat/light	1 Tablespoon or 15 grams or ½ oz weighed
Cheese (can also be protein)	½ oz regular cheese; ¼ oz or 1 T Parmesan
Coconut meat (fresh)	½ ounce
Coffee Creamer or Half & Half	2 Tablespoon or ½ ounce weighed (check for sugar in artificial creamers)
Cream	Heavy=1 Tablespoon; Light=1½ Tablespoon
Cream Cheese	1 Tablespoon or 15 grams or ½ oz weighed
Hummus (garbanzo spread)	2 Tablespoon or 1 ounce weighed
Mayonnaise	1 Tablespoon or 15 grams or ½ oz weighed
Nuts, Seeds (including flax) or Nut Butters	¼ ounce weighed
Oils (all kinds)	1 teaspoon or 5 grams
Olives	8 med. pitted (or serv. = 5 gm fat & ~ 45 cal.)
Salad Dressing (not low fat)	1 Tablespoon or 15 grams or ½ oz weighed
Sour Cream	2 Tablespoon or 1 ounce weighed

STARCH

Food	Serving Size
Starchy Vegetables	
Corn, cooked	3 oz weighed or ½ cup; or 5 oz on cob
Hominy	Cooked: 3 oz or ⅓ c
Legumes (e.g. beans, lentils, split peas)	3 ounces weighed cooked or 1/3 cup
Peas, green	3 ounces weighed cooked or ½ cup
Parsnips	3 ounces weighed cooked or ½ cup
Potatoes, Sweet Potatoes, Yams	3 ounces weighed cooked or ½ cup
Pumpkin, canned, no sugar	6 ounces weighed or 1 cup
Squash, winter (e.g. Acorn, Butternut)	6 ounces weighed or 1 cup
Succotash	3 ounces weighed or 1/2 cup
Grains	
Bran, dry, <i>before</i> cooking	Oat bran ¼ cup; wheat bran ½ cup
Bulgar, Tabbouleh, Wild Rice	½ cup cooked
Grains, whole dry (Millet, Quinoa, Rice, Spelt, etc.) except Oats, Grits, Tabbouleh, Wild Rice)	1 oz dry; Cooked = 3 oz weighed or 1/3 cup
Corn Grits or Oats (oatmeal, groats, polenta)	1 oz dry or ½ cup cooked
Wheat germ, dry	3 Tablespoons
Breads and Processed Grains	
Bread (Whole grain, sprouted, flourless)	1 ounce or 1 slice (~ 60-80 calories)
Pasta (Whole Wheat, quinoa, etc.)	1 oz. dry; Cooked= 1/3 cup or 3 oz weight
Rice cakes	Rice cakes: up to 20 grams weighed or 60-70 calories per serving, check label
Tortilla (corn)	1 6" tortilla, or 1 ounce (~ 60-80 calories)
Triscuits	6 pieces
Whole grain, sugar-free cereal (e.g. Puffed, Shredded, Uncle Sam)	1 ounce weighed

VEGETABLES (Non-Starchy)	
Food	Serving Size
All Nonstarchy Vegetables including artichoke, asparagus, baby corn, bamboo shoots, bean sprouts, garlic, green beans, beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, chayote, daikon, eggplant, gourds, green onions or scallions, greens, hearts of palm, jicama, kohlrabi, leeks, mushrooms, okra, onions, pea pods, peppers, radishes, rutabaga, sauerkraut, spinach, summer squash (crookneck, zucchini, spaghetti squash), sugar snap peas, Swiss chard, tomato (fresh or canned, sauce), turnips, water chestnuts, yard-long beans	Measured by weight : 4 ounces edible portion, weighed cooked or raw Measured by cup : ½ cup cooked; 1 cup raw except lettuce; lettuce 3 cups not-packed into cup.
V-8 juice, tomato, carrot or other vegetable juice containing only non-starchy vegetables	4 ounces weighed, or ½ cup, or one 5.6 oz can
Spaghetti sauce, tomato sauce, marinara	½ cup liquid (1/4 cup or less = condiment)
DAIRY (and Non-Dairy Beverages)	
Milk, Cow or Unsweetened Soy or Rice Milk	1 cup liquid or 8 ounces weighed
Milk, Almond Unsweetened	2 cup liquid or 16 ounces weighed
Yogurt (unsweetened, not Greek)	1 cup liquid or 8 ounces weighed
FRUITS	
<i>Unless otherwise noted, fruit weights are for edible portion only</i>	
“Concentrated Fresh Fruit” include apple and apple sauce, banana*, cherries*, fresh figs, grapes, kiwi, mango, papaya, pear, pomegranate*, all sugar-free canned fruit, fruit juice (emergency only)	4 ounces weighed edible portion; apple sauce 4 ounces weighed or ½ cup; canned fruit cocktail ½ cup; apple juice ½ cup. To weigh banana* in peel add 1 oz for peel. Cherries* are 5 ounces weighed with pits. Pomegranate*=3 oz
Melons: cantaloupe, honeydew, watermelon Strawberries:	8 ounces weighed edible portion
Most Other Fresh Fruits: apricots, berries <i>except</i> strawberries (see above) (blueberries, blackberries, raspberries, etc.), clementines, grapefruit, nectarine, orange, peaches, persimmons, pineapple, plums, peach, plum, tangerines, mixed fresh fruits	6 ounces weighed edible portion. If eating whole stone fruit add 1 ounce for peach pit; ½ oz for apricot or plum pit.
CONDIMENTS	
Bouillon/broth/stock, butter-flavored spray, sugar-free catsup (1 T or ½ oz), horseradish, lemon juice, miso, mustard, non-stick cooking spray, pepper sauce, pickles/relish, salsa, soy sauce, vinegar.	*Check for sugar content. *Up to 20 calories per meal total; OK to combine different condiments *Any veggies under 2 oz = condiment (e.g. ¼ cup or 2 oz tomato sauce/salsa = condiment; larger serving can be added to total vegetables).

Daily Food Plan for: _____

Date: _____

	Protein	Fat	Starch	Veggies	Dairy	Fruit
Breakfast						
Snack						
Lunch						
Snack						
Dinner						
Snack						

Notes: