

**Lisa Merrill MS, RD, CDE**  
**ABSTINENT EATING PORTION LIST**

PROTEIN	
Food	Serving Size
<b>MEAT, POULTRY SEAFOOD</b>	
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
<b>EGGS &amp; CHEESE</b>	
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 ( <i>Not</i> regular yogurt which is counted as dairy) 8 oz reg yog = 1 pro
<b>VEGETARIAN PROTEINS</b>	
Beans, Lentils, Split Peas (legumes)*  <b>VEGETARIAN: 2 oz = 1 protein</b> <b>If diabetic- consult with by RD. (there are carbs in beans)</b>	<b>Other Option:</b> 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
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<b>FAT (Check Label: 1 serving is 5 grams of fat)</b>	
<b>Food</b>	<b>Serving Size</b>
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 1 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	1.5 Tsp 8 grams or ½ T (changed)
Nuts, Seeds (including flax) or Nut Butters	¼ ounce or 1 T nuts/seeds ½ T nut butter
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
Tahini	2 teaspoons
<b>STARCH (Check label: 1 serv = 15-20 grams carb and 80-100 cal)</b>	
<b>Food</b>	<b>Serving Size</b>
<b>Starchy Vegetables</b>	
Corn, cooked	3 oz weighed or ½ cup; or 5 oz on cob
Hominy	Cooked: 3 oz or ¼ 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
<b>Grains</b>	
Bran	Oat bran ¼ cup dry, 3 oz cooked; wheat bran ½ cup dry, 3 oz cooked.
Bulgar, Tabbouleh, Wild Rice	½ cup cooked
Grains, dry: <b>Check Label:</b> (1 serv= 15-20 gm carb/80-100 cal) (Corn Grits, Millet, Oats, Polenta, Quinoa, Rice, Spelt, Wheat, etc.)	<b>*Dry:</b> 1 oz <b>*Cooked =</b> 3 oz weighed, 1/2 cup; <b>OR</b> <b>*2 oz weighed, 1/3 cup (see note, left)</b>
Wheat germ, dry	3 Tablespoons
<b>Breads and Processed Grains</b>	
Bread (All kinds)	1 ounce or 1 slice (~80 calories)

Pasta (Whole grain) Check label for others.	Dry= 1 oz; Cooked= 1/2 cup or 3 oz weight;
Rice cakes	Rice cakes: up to 20 grams weighed or 80 calories/serving, check label
Tortilla (corn)	1 6" tortilla, or 1 ounce or 80-100 cal/serv
Triscuits	4 pieces or 3/4 ounce (product changed)
Cereal, sugar-free (shredded, flakes, puffed)	1 ounce weighed

## VEGETABLES (Non-Starchy)

Food	Serving Size
<b>All Nonstarchy Vegetables</b> including artichoke, asparagus, baby corn, bamboo shoots, bean sprouts, cucumber, 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 <b>weight</b> : 4 ounces edible portion, weighed cooked or raw  Measured by <b>cup</b> : 1/2 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 1/2 cup, or one 5.6 oz can
Spaghetti sauce, tomato sauce, marinara	1/2 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/Nut Milk Unsweetened	1 cup liquid or 8 ounces weighed
Yogurt (unsweetened, not Greek)	1 cup liquid or 8 ounces weighed

## FRUITS

*Unless otherwise noted, fruit weights are for **edible portion only***

<b>"Concentrated Fresh Fruit"</b> include apple and apple sauce, banana*, cherries*, fresh figs, grapes, kiwi, mango, papaya, pear, pomegranate*, all sugar-free canned fruit. Fruit <i>juice (emergency only)</i> . Dried fruit <i>if safe = 1 oz (usually athletes only)</i> .	<b>4 ounces</b> weighed edible portion; apple sauce 4 ounces weighed or 1/2 cup; canned fruit cocktail 1/2 cup; apple juice 1/2 cup. To weigh <b>banana*</b> in peel add 1 oz for peel. <b>Cherries*</b> are 5 ounces weighed with pits. <b>Pomegranate*</b> =3 oz
<b>Melons</b> (cantaloupe, honeydew, watermelon) <b>Strawberries:</b>	<b>8 ounces</b> weighed edible portion
<b>Most Other Fresh Fruits:</b> apricots, berries <i>except</i> strawberries (see above) (blueberries, blackberries, raspberries, etc.),	<b>6 ounces</b> weighed edible portion. If eating whole stone fruit add 1 ounce for peach pit; 1/2 oz for apricot or plum pit.

<p>clementines, grapefruit, nectarine, orange, peaches, persimmons, pineapple, plums, peach, plum, tangerines, mixed fresh fruits</p>	
<b>CONDIMENTS</b>	
<p>Check labels for sugar. 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.</p>	<p><b>*Up to 20 calories per meal total</b>; 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 veggies)</p>

Daily Food Plan for:

Date:

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

Notes: