

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

PROTEIN		
Food	Serving Size	Notes
<b>MEAT, POULTRY SEAFOOD</b>		
Beef (all cuts, roast, chop, steak, etc.)	1 oz cooked weight without bones	
Beef Jerky	1/2 oz weight	Watch out for sugar
Fish and Shellfish (all kinds including fresh, smoked, canned in water or oil and drained)	1 oz cooked or raw 1 oz raw (e.g. sushi, oysters)	Drain canned seafood before weighing
Game Meat (buffalo, ostrich, rabbit, venison, etc.)	1 oz cooked weight without bones	
Lamb (all cuts, roast, chop, steak, etc.)	1 oz cooked weight without bones	
Organ Meat (heart, kidney, liver)	1 oz cooked weight	
Pork (all cuts including ham and Canadian bacon but NOT regular pork bacon)	1 oz cooked weight without bones	Regular pork bacon = fat, not protein
Poultry (all kinds: chicken, duck, goose, turkey and turkey bacon)	1 oz cooked weight without bones	
Processed meats (hot dogs, luncheon meat, sausage)	1 oz cooked weight	
Veal (all cuts)	1 oz cooked weight without bones	
<b>EGGS &amp; CHEESE (counted as protein)</b>		
Cheese (all kinds, e.g. brie, cheddar, goat, jack, mozzarella, parmesan (shaker), string, Swiss)	1 oz weight except Parmesan (shaker) = 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)	1/4 cup (2 oz weight) egg beaters	
Cottage Cheese & Ricotta Cheese	1/4 cup (2 oz weight)	some ricotta (regular, higher fat) 1 oz = 1 protein
Greek Yogurt (plain)	3 oz weight = 1 protein Individual (5.3-7 oz) container = 2 protein	Not regular yogurt which is counted as dairy (6-8oz regular yogurt = 1 protein)

VEGAN PROTEINS (1 vegan protein = 5-7 grams protein = 50-65 calories )		
Beans, Lentils, Split Peas (legumes)	2 oz cooked (1/3 cup) = 1 protein  3/4 oz dry cooks to 2 oz	If diabetic- consult with by RD. (there are carbs in beans)
Bean Pasta (if safe)	2 oz cooked, or 1/3 cup	3/4 oz dry cooks to 2 oz
Boca Links	2 Links	
Morningstar Farm Veggie Sausage Patty	1 patty; (1 = 1 oz protein)	Recommend combining with other proteins instead of eating multiple patties at one meal
Boca/Morningstar type burger	Burger = 2 protein	
Impossible/beyond burgers	4 oz patty = 3 protein & 2 Fat	
Lite life type "meats"	2 slices	
Hemp hearts/seeds	1 tbsp	can also be 1 fat
Nutritional Yeast	2 tbsp	
Hummus	2 oz, or 1/4 cup = 1 protein + 1 fat	Alternative option: 1 oz = 1 fat or 2 oz = 2 fat
Protein Powder	1 oz scoop = 2 protein	check label
Powdered Nut Buter	2 tbsp	
Soy Nuts (roasted, not regular nuts)	1 oz = 2 protein; 1/4 cup	
Edamame (fresh green soybeans)	2 oz weight, shelled 3 oz if in pods unshelled	
Tempeh/Seitan	1.5 oz	1/2 of 8 oz brick = 3 protein for simplicity
Tofu	2 oz for most; 1.5 oz if more dense; 3 oz if more fluffy	check label

<b>FAT (Check Label: 5 grams fat or 45 calories = 1 fat)</b>		
<b>Food</b>	<b>Serving Size</b>	<b>Notes</b>
Avocado or Guacamole	2 tbsp or 1 oz weighed	
Bacon (regular pork)	1 Slice	
Butter or Margarine (regular)	1 tsp or 5 grams weighed	
Butter or Margarine reduced-fat/light	1 tbsp or 15 grams or 1/2 oz weighed	
Cheese (can also be protein)	1/2 oz regular cheese; 1/4 oz or 1 tbsp Parmesan (shaker)	
Coconut meat (fresh)	1/2 oz	or 1 tbsp dried
Coffee Creamer or Half & Half	2 tbsp or 1 oz weighed	Check for sugar in artificial creamers
Cream	Heavy=1 tbsp; Light=1 1/2 tbsp	
Cream Cheese	1 tbsp or 15 grams or 1/2 oz weighed	
Hummus (garbanzo spread)	2 tbsp or 1 oz weighed	
Mayonnaise	1.5 tsp 8 grams or 1/2 tbsp	
Nuts, Seeds (including flax) or Nut Butters	1/4 oz or 1 tbsp nuts/seeds 1/2 tbsp nut butter	
Nut Based Yogurt	6 oz or an individual 5.3 oz container = 2 fats	Check label - some are more dense
Nut cheese	1 oz = 2 fat	Daiya cheese does not count this way; 1 oz = 1 fat & 1/2 starch
Oils (all kinds)	1 tsp or 5 grams	
Olives	8 med. pitted (or serv. = 5 gm fat & ~ 45 cal.)	
Most Salad Dressing	1 tbsp or 15 grams or 1/2 oz weighed	Check label - some are more dense
Sour Cream	2 tbsp or 1 oz weighed	
Tahini	1 tbsp	Check label - some are more dense
Pesto	1 tbsp	Check label - some are more dense

<b>STARCH (Check label: 1 serv = 15-20 grams carb and 80-100 cal)</b>		
<b>Food</b>	<b>Serving Size</b>	<b>Notes</b>
<b>Starchy Vegetables</b>		
Corn, cooked	3 oz weighed or 1/2 cup; or 5 oz on cob	
Hominy	Cooked: 3 oz or 1/3 cup	
Legumes (e.g. beans, lentils, split peas)	3 oz weighed cooked or 1/2 cup	Can also be protein; refer to protein section
Peas, green	3 oz weighed cooked or 1/2 cup	
Parsnips, Plaintains	3 oz weighed cooked or 1/2 cup	
Potatoes, Sweet Potatoes, Yams	3 oz weighed cooked or 1/2 cup	
Pumpkin, canned, no sugar	6 oz weighed or 1 cup	
Squash, winter (e.g. Acorn, Butternut, buttercup, pumpkin, delicata, kabocha)	6 oz weighed or 1 cup	
Succotash/Lima Beans	3 oz weighed or 1/2 cup	
<b>Grains</b>		
Bran (Oat, Wheat)	1/4 cup dry, 3 oz cooked; 1 oz dry	
Bulgar, Tabbouleh, Wild Rice	1/2 cup cooked; 3 oz cooked; 1 oz dry	
Grains, dry: (Corn Grits, Millet, Oats, Polenta, Quinoa, Rice, Spelt, Wheat, etc.)	Cooked: 3 oz weighed, 1/2 cup; 1 oz dry	some companies are much denser than others; check the label
Wheat germ, dry	3 tbsp	
<b>Breads and Processed Grains</b>		
Bread (All kinds)	1 oz 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	1 6" tortilla, or 1 oz or 80-100 cal/serv	
Triscuits	4 pieces or 3/4 oz (product changed)	
Mary's Gone Crackers	3/4 oz dry (0.75 oz)	1 oz = 1 starch & 1 fat
Nut Thins	1 oz = 1 Starch & 1 Fat	3/4 oz = 1 starch
Wasa	2 crackers	
Wasa Lite	3 crackers	
Cereal, sugar-free (shredded, flakes, puffed)	1 oz weighed dry	

VEGETABLES (Non-Starchy)		
Food	Serving Size	Notes
<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, pattypan), sugar snap peas, Swiss chard, tomato (fresh or canned, sauce), turnips, water chestnuts, yard-long beans	Measured by weight: 4 oz edible portion, weighed cooked or raw  Measured by <b>cup</b> : 1/2 cup cooked; 1 cup raw except lettuce; lettuce 3 cups lightly packed into cup.	
V-8 juice, tomato, carrot or other vegetable juice containing only non-starchy vegetables	4 oz weighed, or 1/2 cup, or one 5.5 oz can	
Spaghetti sauce, tomato sauce, marinara	1/2 cup liquid	1/4 cup or less = condiment
DAIRY (and Non-Dairy Beverages)		
<b>Note: I count nut milks as its own category, and prefer to count soy or cowmilk or yogurt as proteins)</b>		
Milk, Cow or Unsweetened Soy or Rice Milk	1 cup liquid or 8 oz weighed	1 cup soy = 1 protein as well
Milk, Almond/Nut Milk Unsweetened	1 cup liquid or 8 oz weighed	
Low Fat Oat Milk	1 cup liquid or 8 oz weighed	Some use as 1 starch due to carbs in it
Yogurt (unsweetened, see Greek below)	1 cup liquid or 8 oz weighed	
Greek Yogurt	Individual Container (5.3-7oz) or 6 oz from large container	Also counted as 2 protein

FRUITS		
<p><i>Unless otherwise noted, fruit weights are for <b>edible</b> portion only</i></p> <p><i>Note for fruit: many of you are used to the old portion lists for fruit (4,6,8 oz)</i></p> <p><i>If you prefer this way to count it is fine too.</i></p>		
<p>All fruits (Most dense: Apples, bananas, grapes, cherries; Least dense: Melon and berries)</p>		
	<p><b>CURRENT most common way</b> 6 oz or 1 cup</p> <p><u>Or old list:</u> 4 oz for apples, banana, grapes, cherries, pear, mango, papayas 8 oz for strawberries &amp; watermelon 6 oz for all others</p>	<p>If measuring edible portion only, remove 1 oz for peel or core, 1 oz for pits, 1/2 oz for pits of apricots and plums</p>
Dried Fruit (if safe)	1 oz	ex. 2 tbsp raisins
Fruit Juice (usually emergency only)	1/2 cup	Mostly use for low blood sugar
CONDIMENTS		
Check labels for sugar. Bouillon/broth/stock, butter-flavored spray, sugar-free catsup (1 tbsp or 1/2 oz), horseradish, lemon juice, miso, mustard, non-stick cooking spray, pepper salt, pickles/relish, salsa, soy sauce, vinegar.	<p><b>*Up to 20 calories per meal total</b></p> <p>(some programs don't worry about condiments)</p>	<p>OK to combine different condiments</p> <p>Any veggies under 2 oz = condiment; larger serving can be added to total veggies</p>

Note:   tbsp =tablespoon  
          tsp = teaspoon  
          3 tsp = 1 tbsp

Daily Food Plan for: \_\_\_\_\_ Date: \_\_\_\_\_

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

Notes: