

Lisa Merrill MS, RD, CDE
PORTION LIST

PROTEIN		
Food	Serving Size	Notes
MEAT, POULTRY SEAFOOD		
Beef (all cuts, roast, chop, steak, etc.)	30 grams cooked weight without bones	
Beef Jerky	15 grams weight	Watch out for sugar
Fish and Shellfish (all kinds including fresh, smoked, canned in water or oil and drained)	30 grams cooked or raw 30 grams raw (e.g. sushi, oysters)	Drain canned seafood before weighing
Game Meat (buffalo, ostrich, rabbit, venison, etc.)	30 grams cooked weight without bones	
Lamb (all cuts, roast, chop, steak, etc.)	30 grams cooked weight without bones	
Organ Meat (heart, kidney, liver)	30 grams cooked weight	
Pork (all cuts including ham and Canadian bacon but NOT regular pork bacon)	30 grams cooked weight without bones	Regular pork bacon = fat, not protein
Poultry (all kinds: chicken, duck, goose, turkey and turkey bacon)	30 grams cooked weight without bones	
Processed meats (hot dogs, luncheon meat, sausage)	30 grams cooked weight	
Veal (all cuts)	30 grams cooked weight without bones	
EGGS & CHEESE (counted as proteins)		
Cheese (all kinds, e.g. brie, cheddar, goat, jack, mozzarella, parmesan (shaker), string, Swiss)	30 grams weight except Parmesan (shaker) =15 grams	Try to limit cheese to 30 grams per meal
Eggs	1 whole egg or 2 egg whites	
Egg Substitutes (e.g. Egg Beaters)	1/4 cup (60 grams weight) egg beaters	
Cottage Cheese & Ricotta Cheese	1/4 cup (60 grams weight)	some ricotta (regular, higher fat) 30 grams = 1 protein
Greek Yogurt (plain)	90 grams weight = 1 protein individual container = 2 protein (159-210 gram container)	Not regular yogurt which is counted as dairy (240 grams regular yogurt = 1 protein)

VEGAN PROTEINS (1 vegan protein = 5-7 grams protein = 50-65 calories)		
Beans, Lentils, Split Peas (legumes)	60 grams cooked (1/3 cup) = 1 protein 22.5 grams dry cooks to 60 grams	If diabetic- consult with by RD. (there are carbs in beans)
Bean Pasta (if safe)	60 grams cooked, or 1/3 cup	22.5 grams dry cooks to 60 grams
Boca Links	2 Links	
Morningstar Farm Veggie Sausage Patty	1 patty; (1 = 30 grams protein)	Recommend combining with other proteins instead of eating multiple patties at one meal
Boca/Morningstar type burger	Burger = 2 protein	
Impossible/beyond burgers	120 grams 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	60 grams, or 1/4 cup = 1 protein + 1 fat	Alternative option: 30 grams = 1 fat or 60 grams = 2 fat
Protein Powder	30 grams scoop = 2 protein	check label
Powdered Nut Butter	2 tbsp	
Soy Nuts (roasted, not regular nuts)	30 grams = 2 protein; 1/4 cup	
Edamame (fresh green soybeans)	60 grams weight, shelled 90 grams if in pods unshelled	
Tempeh/Seitan	45 grams	1/2 of 240 grams brick = 3 protein for simplicity
Tofu	60 grams for most; 45 grams if more dense; 90 grams if more fluffy	check label

FAT (Check Label: 5 grams fat or 45 calories = 1 fat)		
Food	Serving Size	Notes
Avocado or Guacamole	2 tbsp or 30 grams 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 weighed	
Cheese (can also be protein)	15 grams regular cheese; 7.5 grams or 1 tbsp Parmesan (shaker)	
Coconut meat (fresh)	15 grams	or 1 tbsp dried
Coffee Creamer or Half & Half	2 tbsp or 30 grams weighed	Check for sugar in artificial creamers
Cream	Heavy=1 tbsp; Light=1½ tbsp	
Cream Cheese	1 tbsp or 15 grams weighed	
Hummus (garbanzo spread)	2 tbsp or 30 grams weighed	
Mayonnaise	1.5 tsp 8 grams or ½ tbsp	
Nuts, Seeds (including flax) or Nut Butters	7.5 grams or 1 tbsp nuts/seeds ½ tbsp nut butter	
Nut Based Yogurt	180 grams or an individual 159 grams container = 2 fats	Check label - some are more dense
Nut cheese	30 grams = 2 fat	Daiya cheese does not count this way; 30 grams = 1 fat & 1/2 starch
Oils (all kinds)	1 tsp or 5 grams	
Olives	8 med. pitted (or serv. = 5 grams fat & ~ 45 cal.)	
Most Salad Dressing	1 tbsp or 15 grams weighed	Check label - some are more dense
Sour Cream	2 tbsp or 30 grams weighed	
Tahini	1 tbsp	Check label - some are more dense
Pesto	1 tbsp	Check label - some are more dense

STARCH (Check label: 1 serv = 15-20 grams carb and 80-100 cal)		
Starchy Vegetables		
Corn, cooked	90 grams weighed or 1/2 cup; or 150 grams on cob	
Hominy	Cooked: 90 grams or 1/3 cup	
Legumes (e.g. beans, lentils, split peas)	90 grams weighed cooked or 1/2 cup	Can also be protein - Refer to protein section
Peas, green	90 grams weighed cooked or 1/2 cup	
Parsnips, Plantains	90 grams weighed cooked or 1/2 cup	
Potatoes, Sweet Potatoes, Yams	90 grams weighed cooked or 1/2 cup	
Pumpkin, canned, no sugar	180 grams weighed or 1 cup	
Squash, winter (e.g. Acorn, Butternut, buttercup & pumpkin, delicata, kabocha)	180 grams weighed or 1 cup	
Succotash/Lima Beans	90 grams weighed or 1/2 cup	
Grains		
Bran (Oat, Wheat)	1/4 cup dry, 90 grams cooked; 1 oz dry	
Bulgar, Tabbouleh, Wild Rice	1/2 cup cooked; 30 grams dry; 90 grams cooked	
Grains, dry: (Corn Grits, Millet, Oats, Polenta, Quinoa, Rice, Spelt, Wheat, etc.)	Cooked: 90 grams weighed, 1/2 cup; 30 grams dry	Some companies are much denser than others; check the label
Wheat germ, dry	3 tbsp	
Breads and Processed Grains		
Bread (All kinds)	30 grams or 1 slice (~80 calories)	
Pasta (Whole grain) Check label for others.	Dry= 30 grams; Cooked= 1/2 cup or 90 grams weight;	
Rice cakes	Rice cakes: up to 20 grams weighed or 80 calories/serving,	Check label
Tortilla	1 6" tortilla, or 30 grams or 80-100 cal/serv	
Triscuits	4 pieces or 22.5 grams	
Mary's Gone Crackers	23 grams dry	or 30 grams = 1 starch & 1 fat
Nut thins	30 grams = 1 Starch & 1 Fat	23 grams = 1 starch
Wasa	2 crackers	
Wasa Lite	3 crackers	
Cereal, sugar-free (shredded, flakes, puffed)	30 grams weighed dry	

VEGETABLES (Non-Starchy)		
Food	Serving Size	Notes
All Nonstarchy Vegetables 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: 120 grams edible portion, weighed cooked or raw Measured by cup : 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 165 grams can	
Spaghetti sauce, tomato sauce, marinara	1/2 cup liquid	1/4 cup or less = condiment
DAIRY (and Non-Dairy Beverages)		
Note: I count nut milks as its own category, and prefer to count soy or cowmilk as proteins		
Milk, Cow or Unsweetened Soy or Rice Milk	1 cup liquid or 240 grams weighed	1 cup soy/cow can be Also count as 1 protein
Milk, Almond/Nut Milk Unsweetened	1 cup liquid or 240 grams weighed	
Low Fat Oat Milk	1 cup liquid or 240 grams weighed	Some use as 1 starch due to carbs in it
Yogurt (unsweetened, see Greek below)	1 cup liquid or 240 grams weighed	
Greek Yogurt	Individual Container (159-210 grams) or 240 grams from large container	Also counted as protein

FRUITS		
<p><i>Unless otherwise noted, fruit weights are for edible portion only</i> <i>Note for fruit: many of you are used to the old portion lists for fruit (120,180, 240 g)</i> <i>If you prefer this way to count it is fine too.</i></p>		
All fruits (Most dense: Apples, bananas, grapes, cherries; Least dense: Melon and berries)	CURRENT MOST COMMON 180 grams or 1 cup Or old list: 120 g for apples, banana, grapes, cherries, pear, mango, papayas 240 g for strawberries & watermelon 180 g for all others	If measuring edible portion only, remove 30 grams for peel or core, 30 grams for pits, 15 grams for pits of apricots and plums
Dried Fruit (if safe)	30 grams	ex. 2 tbsp raisins
Fruit Juice (Usually emergency only)	1/2 cup	Mostly use for low blood sugar; 1 serving only
CONDIMENTS		
Check labels for sugar. Bouillon/broth/stock, butter-flavored spray, sugar-free catsup (1 tbsp or 15 grams), horseradish, lemon juice, miso, mustard, non-stick cooking spray, pepper, salt pickles/relish, salsa, soy sauce, vinegar.	*Up to 20 calories per meal total (some programs don't worry about condiments)	OK to combine different condiments Any veggies under 60 grams = condiment; larger serving can be added to total veggies

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: