

Lisa Merrill MS, RD, CDE
Vegan PORTION LIST

| PROTEIN | | |
|---|--|---|
| Food | Serving Size | Notes |
| 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 | If diabetic- consult with by RD. (there are carbs in beans) 23 grams dry cooks to 60 grams |
| Bean Pasta (if safe) | 60 grams cooked, or 1/3 cup | 23 grams dry cooks to 60 grams |
| Boca Links | 2 Links | |
| Morningstar Farm Veggie Sausage Patty | 1 patty; (1 = 60 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 gram 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 gram 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 gram 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) | | |
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| Food | Serving Size | Notes |
| Avocado or Guacamole | 2 tbsp or 30 grams weighed | |
| Coconut meat (fresh) | 15 grams | or 1tbsp dried |
| Hummus (garbanzo spread) | 2 tbsp or 30 grams weighed | |
| Mayonnaise | 1.5 tsp, 8 grams, or 1/2 tbsp | |
| Nuts, Seeds (including flax) or Nut Butters | 8 grams or 1 tbsp nuts/seeds 1/2 tbsp nut butter | |
| Nut Based Yogurt | 180 grams or an individual 159 gram 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 gram fat & ~ 45 cal.) | |
| Most Salad Dressing | 1 tbsp or 15 grams weighed | Check label - some are more dense |
| 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 tbsps | |
| 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 23 grams | |
| Mary's Gone Crackers | 23 grams dry | or 30 grams = 1 starch & 1 fat |
| Nut thins | 30 grams = 1 Starch & 1 Fat | 22.5 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 | 120 grams weighed, or 1/2 cup, or one 165 gram can | |
| Spaghetti sauce, tomato sauce, marinara | 1/2 cup liquid | 1/4 cup or less = condiment |
| "DAIRY" (and Non-Dairy Beverages) (I usually count nut milk as it's own category) | | |
| Milk, Unsweetened Soy or Rice Milk | 1 cup liquid or 240 grams weighed | 1 cup soy can 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 |

| 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, 240g)</i> <i>If you prefer this way to count it is fine too.</i></p> | | |
| <p>All fruits</p> <p>(Most dense: Apples, bananas, grapes, cherries; Least dense: Melon and berries)</p> | <p>CURRENT MOST COMMON 180 grams or 1 cup</p> <p>Or old list: 120 g apples, banana, grapes, cherries, pear, mango, papayas 240 g strawberries & watermelon 180 g for all others or mixes</p> | <p>If measuring edible portion only, remove 30 grams for peel or core, 30 grams for pits, 15 grams for pits of apricots and plums</p> |
| 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 | | |
| <p>Check labels for sugar. 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.</p> | <p>*Up to 20 calories per meal total</p> <p>(some programs don't worry about condiments)</p> | <p>OK to combine different condiments</p> <p>Any veggies under 60 grams = 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: