

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)	2 oz cooked (1/3 cup) = 1 protein	If diabetic- consult with by RD. (there are carbs in beans) 3/4 oz dry cooks to 2 oz
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	
Humus	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 Butter	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

FAT (Check Label: 5 grams fat or 45 calories = 1 fat)		
Food	Serving Size	Notes
Avocado or Guacamole	2 tbsp or 1 oz weighed	
Coconut meat (fresh)	1/2 oz	or 1 tbsp dried
Hummus (garbanzo spread)	2 tbsp or 1 oz weighed	
Vegan - Mayonnaise	1.5 tsp 8 grams or 1/2 tbsp	
Nuts, Seeds (including flax) or Nut or Seed 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
Tahini	1 tbsp	Check label - some are more dense
Vegan Pesto	1 tbsp	Check label - some are more dense

STARCH (Check label: 1 serv = 15-20 grams carb and 80-100 cal)		
Food	Serving Size	Notes
Starchy Vegetables		
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, Plantains	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	
Grains		
Bran (Oat, Wheat)	1/4 cup dry, 3 oz cooked; 1 oz dry	
Bulgar, Tabbouleh, Wild Rice	1/2 cup cooked; 1 oz dry; 3 oz cooked	
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 tbsps	
Breads and Processed Grains		
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	
Mary's Gone Crackers	3/4 oz dry	or 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
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: 4 oz 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 5.5 oz 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 8 oz weighed	1 cup soy can also count as 1 protein
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

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 (4,6,8 oz)</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)	<p>CURRENT MOST COMMON 6 oz or 1 cup</p> <p>Or old list: 4 oz for apples, banana, grapes, cherries, pear, mango, papayas 8 oz for strawberries & watermelon 6 oz for all others – 6oz</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
Dried Fruit (if safe)	1 oz	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, 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>*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 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: