



*Daily Food  
Groups & Portions  
izes*



# Daily Food Groups & Portion Sizes

## Proteins

Limit red meat to no more than three weekly exchanges or 10% of your daily protein sources. If you decide to follow a vegetarian lifestyle, be sure to take both vitamin B-6 and vitamin B-12. It would be best if you took both to avoid creating a deficiency in either one.

10% of your protein sources should be *lean* red meat, turkey, and chicken breast (organic, free-range fed, and skinless). Eat more fish, but limit shellfish (such as shrimp) as they can be high in toxins.

Beet leaves, coconut, cottage cheese, eggs, top-quality lean lunch meats, nuts, scallops, tempeh, wild rice (cooked but not boiled), and Feta cheese made from sheep's or goat's milk are excellent sources of protein. Another good protein source is sprouted beans, but once they are cooked, they become carbohydrates. Proteins may also be found in high-protein green drinks.

Not all protein servings are the same. The amount of calories you derive from protein depends entirely on its source. There are low-fat, medium-fat, and high-fat proteins. While losing weight, limiting protein choices to lean and low-fat exchanges is essential.

**Lean Meat Protein - Approximately 55 calories per serving (7 grams of protein and 3 grams of fat)**

**1 oz. of the following:** (includes lean deli meat)

- lean ham
- beef
- organic chicken
- skinless turkey
- Cornish hen
- veal chop or veal roast
- sirloin roast
- lamb
- white fish
- pork tenderloin

### Sea Food

- 6 medium oysters
- 2 oz. fresh shellfish or ½ cup canned
- ¼ cp Albacore tuna (canned in water only)

### Dairy

- 1 egg or +3 medium egg whites
- 2 tbsp of freshly grated parmesan cheese
- ¼ cup nonfat cottage cheese

**Medium Fat Protein - Approximately 75 calories per serving (7 grams of protein and 5 grams of fat)**

Limit medium-fat proteins to 3 exchanges per week.

### 1 oz. of the following:

- liver
- pork chop
- pot
- pork
- chuck roast
- sirloin
- T-bone steak,
- lamb shoulder, rib, or leg
- mackerel
- rainbow trout
- wild salmon
- string cheese
- 3 tbsp Neufchatel cheese
- ¼ cup part skim ricotta
- part skim mozzarella
- 4 oz. tofu (can be eaten more than twice per week)
- 1 whole egg



**High Fat Protein – Approximately 100 calories per serving (7 grams of protein and 8 grams of fat per serving)**

Limit to only one High Fat Protein exchange per month.

**1 oz. of the following:**

- hamburger (30 % fat)
- prime
- spare of short ribs
- summer sausage
- bologna
- corned beef
- hot dogs (of any type)
- knockwurst
- bratwurst
- pastrami
- pepperoni
- salami
- tofu

Regular cheeses of any variety over 55 calories per serving

**Sources of Protein Other Than Meat, Poultry & Seafood**

- 1 cup brown rice – 5 grams
- 1 cup oatmeal – 5-6 grams
- 1 cup amaranth – 9.35 grams
- 1 cup quinoa – 11 grams
- 3 TB – hemp Seeds – 16 grams
- 4 ounces of tempeh – 24 grams
- 1 cup broccoli (chopped) – 5.7 grams
- 1 cup spinach (cooked) – 5.35 grams
- 1 cup mung bean sprouts – 3.16 grams
- 1 cup cauliflower (cooked) – 2.28 grams
- asparagus (8 spears) – 3 grams
- 1-ounce pumpkin seeds – 9.35 grams
- 1-ounce pistachios – 6-7 grams
- Approximately 1-ounce peanuts – 6-7 grams
- Kale is half protein!

## Milk

Limit cow's milk and soy milk and try goat, rice, or almond milk instead. You may exchange these two Milk exchanges for protein exchanges instead, which also applies if you do not care for milk, which is not ideal for us anyway due to its *casein* content.

Use cow's milk, whole or 2%, not 1% or nonfat (skim).

If you eliminate the Milk category from your diet, ensure you eat high-calcium vegetables.

Make sure yogurt is organic, whole, and plain (not nonfat or sugar-free).

Not all protein servings are the same. The amount of calories you derive from protein depends entirely on its source. There are low-fat, medium-fat, and high-fat proteins. While losing weight, limiting protein choices to lean and low-fat exchanges is essential.

**Approximately 90 calories per serving (8 grams of protein and 12 grams of carbohydrates, trace fats)**

- 8 oz. (1 cup) skim milk
- 8 oz. (1 cp) plain nonfat yogurt

## Grains

At least one of your breads and cereals should be whole grain for added fiber.

If you have [Irritable Bowel Syndrome](#), make changes slowly. Adding too much fiber all at once, whether from whole grains or raw vegetables, can do more harm than good, as grains can be challenging to digest. Many people who aren't allergic to wheat gluten still have symptoms. You might consider leaving grains, at least the white ones (such as white flour, bread, potatoes, and rice), alone for a while, as they are most often the cause of stomach problems. Omitting grains will also help to balance your pH, as grains are very acidic. However, for some, leaving grains out of the diet can be a daunting task.

If you decide to eliminate grain from your diet, substitute more vegetables and a few fruits for fiber. Additionally, consider supplementing your fiber intake.



**Approximately 80 calories per serving (3 grams of protein and 15 carbohydrates, trace fats)**

- 1/2 cup bran flakes or cooked cereal
- 2 biscuits shredded wheat
- 1/2 bagel
- 1/2 pita,
- 1/2 English muffin
- 1/2 matzoh
- 2 rice cakes or breadsticks
- 1-6" tortilla
- 3-2 1/2" squares of graham cracker
- 6 low-salt soda crackers
- 4 rye crisp, wasa, or kavli
- 5 Melba toast
- 1 small potato
- 3 cups air-popped popcorn
- 3/4 cup pumpkin or winter squash
- 1/3 cup yams or sweet potatoes
- 1/2 cup split (green) pea, green, or black-eyed peas, red beans, pasta, or ramen
- 1 oz. slice of bread (Don't use two slices of diet bread as an exchange.)
- 3 1/2 oz. (1/3 cup cooked) beans (other than above), lentils, rice, or corn

**Seeds:** Fennel, flax, sunflower, sesame, and anise.

## *Vegetables*

One of your vegetables each day should be a leafy, green variety.

If you have Irritable Bowel Syndrome, start with cooked vegetables until your system has had a chance to adapt to the increase. Steam your vegetables, make soups, or juice them. Drink the broth.

You'll lose some fiber and enzymes, but you still get nutrients.

One leafy green salad with *only* 1-2 other veggies on top is enough to get you started on raw vegetables each day. You can add egg or meat to your salad. If you notice uncomfortable symptoms, reduce your intake of cooked veggies and start again with a small salad the following week. Eating well isn't a race. Don't rush to make changes.

Where green vegetables are called for in your diet, use seaweed at least part of the time. Seaweed may be an acquired taste, but I suggest trying it because of the synergistic and valuable nutrients it offers that you can't find in any other food source on planet Earth.

**Approximately 25 calories per serving (2 grams of protein and 5 grams of carbohydrates)**

**½ cup cooked veggies or 1 cup chopped raw veggies:**

- celery
- soybean
- alfalfa sprouts
- okra
- eggplant
- beets
- spinach
- green peppers
- peppers in general
- chard
- parsley
- kale and/or seaweed
- leaks
- cucumber
- watercress
- escarole
- rutabaga
- rhubarb
- carrots
- peppers
- tomatoes
- veggie and tomato soups
- collard
- mustard greens

Corn and peas are starches and are under the Grain category. They are *not* vegetables.

**Note:** When making salads, place 1 cup of vegetables on a bed of lettuce. Head lettuce is considered a free item. However, 1 cup of any other type of lettuce is regarded as one serving of vegetables. One cup of raw spinach leaves would equal one vegetable. To wash vegetables, rinse them in 1 gallon of pure water that contains ¼ cup of apple cider vinegar.



## *Fruits*

One fruit should be citrus. Citrus fruit is acidic and is usually acceptable to eat, regardless of your pH levels, because of the reaction it causes in the body, which produces more of an alkaline state. However, too much citrus fruit may have an adverse effect.

Some fruits and vegetables are higher in fiber than others. Adding too much fiber to the diet can upset the sensitive stomach. It's better to start with the lower end of the fiber intake range. Lightly cooking fruits and vegetables reduces fiber content.

If you are not thrilled about eating the recommended amount of fruits, try experimenting with making juice by combining fresh fruit and vegetables.

When it comes to fruits, fresh is best (for fiber), then frozen (with no sugar added). Freshly squeezed juice ranks third in retaining fiber but is high in vitamins. Dried fruit would be the fourth choice, and canned fruit would be the last.

### **Approximately 60 calories per serving (15 grams of carbohydrates)**

- small nectarine
- peach
- pear
- orange
- small apple
- 1 cup cantaloupe
- small banana
- 1 cup honeydew
- $\frac{3}{4}$  cup grapefruit
- 2 medium tangerines
- 12 cherries
- 2 figs or dates
- $\frac{3}{4}$  cup raw pineapple
- 1 large kiwi
- $\frac{1}{2}$  small mango
- $\frac{1}{2}$  pomegranate
- 1 medium papaya
- 3 medium plums
- 2 tbsp of raisins
- 15 medium concord grapes
- $\frac{1}{2}$  cup unsweetened applesauce
- 2 medium plums or tangerines
- 4 medium or 7 dried apricots
- $\frac{1}{2}$  cup canned or cooked fruit (the last resort)
- $\frac{1}{4}$  cup dried fruit (no preservatives)



## Berries

- ¾ cup blue or blackberries or cherries
- 1 cup boysenberry or raspberries
- 1 ¼ cup strawberries or watermelon

## Juices

- ½ cup apple, grapefruit, orange, or pineapple juice
- ½ cup cranberry, Concord grape, prune juice
- ¾ cup tomato or low-sodium V-8 juice
- ½ cup of any juice other (unless otherwise specified)

**Note:** Please limit fruit juices. As great as they taste, they are high in sugar and will not only increase blood sugar levels, but those calories will likely be stored as fat in your body. Keep fruit to a minimum, eat it whole as often as you can (for the fiber), and opt for vegetable juices when juicing. Adding a little fruit to vegetable juice is an excellent idea.

## Fats

Use real butter (within limits), not margarine. A small amount of saturated fat is acceptable. I don't advise using peanut butter. It's a bean, not a nut. It's high in arginine, which feeds the herpes virus, is also acidic, and contains carcinogens. Almond butter is a better choice, but it also includes an extremely high amount of arginine. Most nuts do.

Olive oil is excellent. Coconut oil, although some do not consider it healthy, is suitable for those with Irritable Bowel Syndrome. It also retains its value when cooked with it. If you don't like the taste of coconut in your food, be sure to buy the right coconut oil for cooking.

### Fats - Approximately 45 calories per serving (5 grams of fat)

- 1 tsp butter or oil (olive)
- 1 tsp olive, macadamia, or safflower oil.
- 5 black olives
- 2 tbsp avocado
- 1 medium slice of bacon
- 1 small sausage link or patty
- 1oz almonds, almonds, or walnuts

- 2 tbsp shredded coconut
- 1 tbsp cream
- 1 tbsp cream cheese
- 2 tbsp sour cream
- 1 ½ tsp peanut butter
- 1 tbsp oil-based (olive) salad dressing (not to exceed 45 calories.)
- 1 tsp mayonnaise-based dressing (not to exceed 45 calories.)
- 1 ½ tsp of mayonnaise
- 1 oz. of wine in seltzer water
- 1 8 ounce beer (regular) = 2-3 Fats

## *Water*

You be the judge. Your urine should be clear. If it is pale yellow or darker, drink enough water to make it run clear again (usually 4-8 cups of water daily). Adjust accordingly to your bladder sensitivity and the weather. If you still wake up at night to use the bathroom, try to drink most of your water in the morning and early afternoon. Stop drinking fluids two hours before going to bed.

**Note:** You can drink too much water. Fluid retention, swollen hands and feet, and confusion are signs of excessive water intake.

## *Beverages*

Buy herbal teas in *bulk only*, no bags.

Decaf coffee still contains 3% caffeine. Avoid more than 2 cups of caffeinated beverages each day. Caffeine dehydrates the body and can rob it of minerals. Drink an extra half-cup to one cup of water for every 8 ounces of caffeinated beverage.

No diet drinks are allowed due to adverse reactions of bloating, water retention, decreased weight loss, high blood pressure, and heart attack.



## *Free Foods*

**Not to exceed 25 calories per day (any two items) or 1-3 Tbsp.**

- low-sodium bouillon cube
- unprocessed bran
- wheat germ
- catsup
- celery
- chicory
- chives
- cucumber
- endive
- citrus peel
- escarole
- extracts (almond, vanilla, etc.)
- herbs and spices
- horseradish
- lemon
- lime
- mustard
- head lettuce (1 cup)
- low calorie or nonfat salad dressing
- radishes
- taco sauce or salsa
- low sodium soy sauce
- vinegar
- water chestnuts
- Worcestershire sauce

## *Sweeteners*

Honey, stevia, or *Truvia* (a brand name for stevia), but only use the green stevia (not white), white or brown sugar (only for cooking), and crystallized raw cane juice.

**Note:** Sweeteners are not recommended during weight loss if they tend to increase cravings for sugary foods.

## *The 1500 Calorie Sample Menu*

### **Breakfast – Eggs, Toast, Fruit & Coffee**

2 Proteins - 2 soft-boiled eggs  
1 Grain - Whole-grain toast  
2 Fruit - 1 small banana and 1¼ cup of strawberries  
1 Fat - 1 tsp butter  
1 Milk - 8 oz. of milk in a latte

### **Snack – Bagel & Cottage Cheese**

1 Grain – ½ bagel  
1 Fruit - 1 tbsp of low sugar raspberry jam  
1 Protein - ¼ cup cottage cheese  
Herbal tea

### **Lunch – Grilled Cheese and a Salad**

2 Proteins - 2 slices of low-fat cheese  
2 Grain - 2 slices of bread  
2 Vegetables - 2 cups chopped veggies on a bed of lettuce  
Free - 25 calories of low or nonfat salad dressing  
Diet *Snapple*

### **Snack – Apple & Snacks**

1 Protein - 1 string cheese  
1 Fruit - 1 small apple  
1 Grain - 1 ½ graham cracker squares

### **Dinner – Fish, Rice & Veggies**

2 Protein - 2 oz. of white fish  
1 Grain – 1/3 cup rice  
2 Vegetables - 1 cup cooked spinach

### **Snack – 1 Milk - Mock Vanilla Steamer with stevia**

**\* Easy Yogurt Salad Dressing:** Mix plain yogurt with lemon juice, fresh dill, and parmesan, and drizzle it over greens.



## *Food Substitutes*

- Beverages - Distilled, mineral or alkaline water, fresh fruit or vegetable juice, herbal teas.
- Bread - Sprouted or spelt bagel, homemade bread from acceptable ingredients.
- Butter - A tiny bit of real butter or soy butter, or olive oil
- Candy - Made only with natural sugars, no refined (no white, light brown, Karo syrup, corn syrup, etc.)
- Cereals & Grains – Unrefined bran or wheat germ, buckwheat, oats, barley, brown, black, or wild rice, and flour
- Cheese - Goat, soy, or nut cheeses
- Cottage Cheese - Crumbled tofu
- Fats - Olive oil, flax oil, nut butter (almond), vegetable margarine (See “Butter”)
- Grains (acceptable) - Basmati rice, buckwheat, millet, Kamut, amaranth, brown rice. (see *Cereals & Grains* and *Bread*)
- Hot dogs - Meatless hot dogs
- Ice cream - Non-milk ice cream and non-milk sherbets
- Jellies and Jams - Homemade with only fresh fruit and very little sugar, preferably dark sugars (sparingly)
- Mashed potatoes (are acceptable) - For a change, mashed cauliflower.
- Meat/Protein - Vegetable proteins (beans, tempeh, tofu, oats, and Rye), whey protein powder, spirulina, freshwater and ocean fish, chicken (white meat), liver, nuts, almonds (1 ounce or 24 almonds equals one protein and one fat), flaxseed (ground)
- Milk - Rice milk, almond milk, soy milk (limit), buttermilk or goat's milk, raw milk, homogenized milk (not pasteurized), natural cream, unsweetened yogurt
- Nuts and Seeds - Nuts (Brazil, cashew, hazelnut, macadamia, filberts are all low acid nuts), almonds (are alkaline), flaxseeds (ground), sesame seeds, and fennel seeds
- Oils - Cold-pressed olive oil, sesame oil, flaxseed, and almond oil. (See “Fats” and “Butter”)

- Pasta - Vegetable pasta (spinach, spelt, etc.) and whole-grain pasta
- Salad dressings - Pureed avocado, cubed fruit, olive oil, lemon, and lime juice
- Shortening -Vegetable shortening
- Soy Sauce - Use *only* MSG-free *Bragg Liquid Aminos* (sold at health food stores)
- Smoked meat - Smoked tofu is fine.
- Snack chips, etc. - Rice cakes, sprouted tortilla chips, baked veggie chips, and yeast-free crackers
- Sugar - Stevia, dark brown, raw sugars such as turbinado, honey (alkaline, but use only sparingly), Dried fruit (great in hot cereal), molasses (raw, non-sulfur), and agave sweetener
- White sauce - Pureed white beans
- Yogurt - Organic yogurt or soy yogurt.

