

# the nutrition school

## Portion Guide

Food Group	Food/Brand	Portion
<b>STARCH</b>		
<b>CEREALS</b>		
Cold	Natures Path Organic Flax Plus	3/4 cup
	Natures Path Organic Smart Bran with Psyllium & Oat Bran	3/4 cup
	Barbaras Bakery Puffins Original	3/4 cup
	Bob's Red Mill Muesli	1/4 cup
	Uncle Sam Supergrains Rye & Hemp	1/8 cup
	Wheat Germ	3 tablespoons
Hot	Arrowhead Mills Organic Instant Oatmeal Original	1 packet
	Bob's Red Mill 5 Grain Rolled Hot Cereal	1/2 cup cooked
	Bob's Red Mill Quick Cooking Rolled Oats	1/2 cup cooked
	McCann's Steel Cut Oats	1/2 cup cooked
	Old Wessex Ltd. Organic Creamy Oatbran High Fiber Breakfast Cereal	1/2 cup cooked
	Quaker Instant Oatmeal Plain	1 packet
Gluten Free	Bob's Red Mill Gluten Free Oats	1/2 cup cooked
	GlutenFreedea Instant Oatmeal Natural	1 packet
	Quinoa	1/2 cup cooked
<b>WAFFLES</b>		1 waffle
	Nature's Path Organic Waffles Chia Plus	1 waffle
Gluten Free	Vans Gluten Free Waffles Ancient Grains Original	1 waffle
<b>BREAD/TORTILLA</b>		
	Ezekiel Bread Original	1 slice
	Ezekiel Sprouted Whole Grain Tortilla	1 tortilla
	Food 4 Life, Ezekiel 4:9 Sprouted Grain Bread	1 slice
	Food 4 Life 7-Sprouted Grains English Muffins	1/2 muffin
	Mestemacher Organic 3-Grain	1 slice

	Bread	
	Vermont Bread Company Multigrain English Muffin	1 muffin
	Vermont Bread Company Soft Whole Wheat Bread	1 slice
Gluten Free	Le Pain des Fleurs 100% Organic Quinoa Crispbread	4 crackers
	Mary's Gone Crackers	13 crackers
<i>POPCORN</i>	Good Health Half Naked Popcorn with a Hint of Olive Oil	3 cups
	Newman's Own Organic Pop's Corn	3 cup popped
	Quinn Popcorn Microwave	1 cup popped
	Skinny Pop 100 calorie bags	1 bag
<i>GRAINS</i>	Bulgur	1/2 cup cooked
	Kamut	1/2 cup cooked
	Rice Noodles	1/2 cup cooked
	Wheat Germ	2 tablespoons
	Whole Wheat Breadcrumbs	1/4 cup
	Whole Wheat Pasta	1/2 cup cooked
	Soba Noodles	1/2 cup cooked
Gluten Free	Amaranth	1/2 cup cooked
	Brown Rice	1/2 cup cooked
	Buckwheat	1/2 cup cooked
	Millet	1/2 cup cooked
	Quinoa	1/2 cup cooked
	Sorghum	1/2 cup cooked
	Teff	1/2 cup cooked
<i>STARCHY VEGETABLES</i>	Acorn Squash	1 cup cooked
	Butternut Squash	1 cup cooked
	Peas	1/2 cup
	Sweet Potato	1 small or 1/2 large
	Yam	1 small or 1/2 large
	White Potato	1 small or 1/2 large
	Corn	1 small ear or 1/2 cup kernels
	Parsnips	1/2 cup
<i>LEGUMES</i>	Amy's Black Bean Soup	1 cup
	Black Beans	1/2 cup
	Black Eyes Peas	1/2 cup
	Cannelini Beans	1/2 cup
	Dr. Praeger's California Veggie Burger	1 burger
	Fava Beans	1/2 cup
	Garbanzo Beans/Chickpeas	1/2 cup
	Hummus	2 tablespoons
	Kidney Beans	1/2 cup
	Lentils	1/2 cup
	Lima Beans	1/2 cup

	Pinto Beans	1/2 cup
	Split Pea Soup	1 cup
	Split Peas	1/2 cup
	Tribe Hummus Snacker	2 ounce cup
<b>VEGETABLES</b>		*Unlimited when no added fats
	Alfalfa sprouts	
	Artichokes (boiled)	
	Artichoke Hearts	
	Arugula	
	Asparagus	
	Bamboo Shoots	
	Bean Sprouts	
	Beets	
	Broccoli	
	Broccoli Rabe	
	Brussel Sprouts	
	Carrots	
	Cabbage	
	Cauliflower	
	Celery	
	Cherry Tomatos	
	Collard Greens	
	Cucumber	
	Dandelion Greens	
	Eggplant	
	Escarole	
	Green Beans	
	Green Onions/Scallions	
	Heart of Palm	
	Iceberg Letttuce	
	Jicama	
	Kale	
	Leeks	
	Mushroom	
	Onion	
	Peppers	
	Pickles	
	Radish	
	Romaine Lettuce	
	Snow Peas	
	Snap Peas	
	Spaghetti Squash	
	Spinach	
	Swiss Chard	
	Tomato	
	Turnips	
	Water Chestnuts	
	Yellow Squash	
	Zucchini	
	Gazpacho	1 cup

	Tomato Soup	1 cup
	Greens Juice (just vegetables)	1 cup
	V8 Juice Low Sodium	1/2 cup
<b>MILK, YOGURT &amp; SUBSTITUTES</b>		
<b>YOGURT</b>	Fage Total 2% Greek Yogurt Plain	7 oz
	Siggi's (any flavor)	5.3 oz
	SoDelicious Almond Dream Plain Yogurt	6 oz
	Chia Pod	6 oz
<b>COTTAGE CHEESE</b>	Organic Valley Low Fat Cottage Cheese	1/2 cup
<b>SQUEEZABLE YOGURT</b>	Siggi's (any flavor)	1 tube
<b>MILK</b>	Westsoy Almond Milk	1 cup
	SoDelicious Coconut Milk	1 cup
	Hemp Milk	1 cup
	Organic 1% Cow's Milk	1 cup
	Organic Whole Cow's Milk	3/4 cup
	Organic Goat's Milk	1/2 cup
	Rice Milk	1 cup
	Westsoy Soy Milk	1 cup
	*Always choose unsweetened and unflavored varieties.	
<b>KEFIR</b>	Lifeway Kefir Original	1/2 cup
<b>LEAN PROTEIN</b>		<i>*Starting Size: 4-6 ounces for a meal/ 2-3 ounces for a snack</i>
<b>POULTRY</b>	Applegate Farms Organic Turkey Bacon	
	Applegate Farms Organic Turkey Burgers	
	Bell and Evans Fully Cooked Grilled Chicken Breasts (Plain)	
	Chicken Breast (no skin)	
	Cornish Hen (no skin)	
	Freebird Grilled Chicken Breast Strips	
	SnackMaster's Natural Range Grown Turkey Jerky	
	Turkey Breast (no skin)	
<b>DELI MEATS</b>	Applegate Farms Organic Roast Beef (pre-	

	packaged)	
	Applegate Farms Organic Roasted Chicken (sliced fresh at the deli counter)	
	Applegate Farms Organic Roasted Turkey (sliced fresh at the deli counter)	
	Applegate Naturals Uncured Black Forest Ham (pre-packaged)	
<i>FISH</i>	Clams	
	Cod	
	Flounder	
	Halibut	
	King Crab	
	King Oscar Sardines (packed in water or oil)	
	Lobster	
	Mahi Mahi	
	Mussels	
	Red Snapper	
	Salmon (wild)	
	Scallops (large sea)	
	Seabass	
	Shrimp (fresh)	
	SnackMaster's Natural Range Grown Salmon Jerky	
	Sole	
	Swordfish	
	Trout	
	Tuna (Bluefin, raw)	
	Tuna (canned chunk light in water)	
	Tuna (fresh, cooked)	
	Whole Foods Whole Catch Wild Alaskan Sockeye Salmon Filets (frozen)	
<i>MEAT</i>	Beef, 95% Lean Ground	
	Beef, Sirloin	
	Beef, Tenderloin	
	Bison	
	Canadian Bacon	
	Ham, Extra Lean	
	Lamb Loin	
	Laura's 92% Lean Ground Beef Patties	
	Pork, Center Loin Chops	
	Pork, Cutlet	
	Pork, Tenderloin	
	Veal, Loin	

<b>HOT DOGS AND SAUSAGES</b>	Applegate Farms Organic Chicken and Apple Sausage	
	Applegate Farms Organic Chicken Hot Dog	
	Applegate Farms Organic Turkey Hot Dog	
	Bilinski's Organic or All-Natural Chicken Sausage	
	Wellshire Farms Chicken or Turkey Sausage	
<b>SOY PRODUCTS</b>	Nasoya Organic Firm Tofu	6-8 ounces
	Seapoint Farms Edamame, shelled	1/2 cup
	Tempeh	1/2 cup
<b>EGGS</b>	Whole egg	2
	Egg whites	4
	<i>*Organic Omega-3 Fortified</i>	
<b>LEGUMES</b>	Black Beans	1/2 cup
	Black Eyes Peas	1/2 cup
	Cannelini Beans	1/2 cup
	Dr. Praeger's California Veggie Burger	1 burger
	Fava Beans	1/2 cup
	Garbanzo Beans/Chickpeas	1/2 cup
	Hummus	2 tablespoons
	Kidney Beans	1/2 cup
	Lentils	1/2 cup
	Lima Beans	1/2 cup
	Pinto Beans	1/2 cup
	Split Peas	1/2 cup
	Tribe Hummus Snacker	2 ounce cup
<b>FRUIT</b>		
	Apple	1 small
	Apricot (dried)	5
	Apricot (fresh)	3 small
	Banana	1 small
	Blackberries	1 cup
	Blueberries	1 cup
	Cantaloupe	1 cup
	Cherries	1/2 cup
	Crunchies Freeze-Dried Fruit (blueberries, raspberries, grapes, bananas, mangos, pineapple)	1 cup
	Dried Fruit (Prunes, Cranberries, Raisins, Dates)	2 tablespoons
	Figs	2 medium
	Goji Berries	2 tablespoons
	Grapefruit	1/2 fruit

	Honeydew	1 cup
	Kiwi	1
	Mango	1/2 medium
	Mixed Fruit Cup	1 cup
	Orange	1 medium
	Papaya	1 cup
	Passion Fruit	3 medium
	Peach	1 medium
	Pear	1 small
	Pineapple	1 cup
	Plum	1 large
	Pomegranate	1/2 medium
	Raspberries	1 cup
	Santa Cruz Organic Apple Sauce	1/2 cup
	Seedless Grapes	15
	Strawberries (sliced)	1 cup
	Watermelon	1 cup
<b>FATS</b>		
<i>OILS AND DRESSINGS</i>	Avocado Oil	2 teaspoons
	Coconut Oil	2 teaspoons
	Flaxseed Oil	2 teaspoons
	Grapeseed Oil	2 teaspoons
	Olive Oil	2 teaspoons
	Safflower Oil	2 teaspoons
	Salad Dressing (oil-based)	1 tablespoon
	Sesame Oil	2 teaspoons
	Sunflower Oil	2 teaspoons
	Walnut Oil	2 teaspoons
<i>CHEESE</i>	Bleu Cheese (crumbled)	2 tablespoons
	Feta Cheese (crumbled)	2 tablespoons
	Fresh Mozzarella	1/4 inch slice
	Goat Cheese	1/2 inch slice
	Parmesan Cheese (grated)	3 tablespoons
	Ricotta Cheese, part skim	1/4 cup
<i>CONDIMENTS</i>	Hot Sauce	1 teaspoon
	Light Soy Sauce	1 tablespoon
	Mustard	1 teaspoon
	Parmesan Cheese (grated)	3 tablespoons
	Salsa	2 tablespoons
	Sauerkraut	2 tablespoons
	Vinegar	1 tablespoon
<i>OLIVES</i>	Olives (large)	12
	Olives (small)	17
<i>NUTS, SEEDS &amp; AVOCADO</i>	Natural Peanut Butter	2 teaspoons
	Almonds	10 or 1 teaspoon chopped
	Almond Butter	2 teaspoons
	Avocado	1/4 avocado

	Blue Diamond 100 calories packs	1 package
	Brazil Nuts	6 or 2 teaspoons
	Carrington Farms Flax Paks	1 packet
	Cashews	2 teaspoons
	Cashew Butter	2 teaspoons
	Chia Seeds	2 teaspoons
	Flaxseeds (ground)	2 teaspoons
	Hazelnuts	8
	Hemp Seeds	2 teaspoons
	Nutzo Nut Butter Original	2 teaspoons
	Nutzo Nut Butter Peanut Free	2 teaspoons
	Peanuts	15
	Pecan Halves	8
	Pine Nuts	1 teaspoon
	Pistachio Nuts	18
	Pumpkin Seeds	1 teaspoon
	Soy Nuts	1 teaspoon
	Sunflower Seeds	1 teaspoon
	Walnut Halves	7 or 1 teaspoon chopped
<i>HERBS AND SPICES</i>	Any type	<i>*Use Freely</i>
	Remember all of these portions are just guidelines. Portions will vary depending upon your specific needs and lifestyle.	
	Specific products are given when they are a favorite, but there are many more that fit the same guidelines. Also, don't forget to be a savvy consumer and read all labels carefully!	
	Remember, go for organic when possible and the least processed version of whatever you are buying.	