

Eating Plan Food Group Guide



In this handout you will find a sampling of different foods broken down into the various groups which comprise your Eating Plan: Protein, Non-Starchy Vegetables, Other Carbs (fruits, starchy vegetables, grains and legumes), Dairy, Fats and Condiments. You can use the handout to build your meal by identifying the number of calories allowed from the food group as part of the Eating Plan and then choose the food and the portion size from the list.

Don't worry if the calories don't match exactly - just get as close as you can.

This is not a comprehensive list of every food in these groups but rather a selection of some of the most common foods. You are not bound to select from this list. The idea is to have these foods as easy to remember reference points in terms of portion size and calories when building your plate.



Lean proteins and non-starchy vegetables are the foundation of your plate for a number of reasons and the place to start when constructing a meal. First, these foods allow you to add volume to your plate which is always important and especially when following a calorie-restricted diet.



In addition, protein plays an important role during weight loss as it helps preserve your muscle mass (very important!) so the majority of weight you lose is from excess fat stores. Protein can also promote satiety meaning you feel satisfied from the food you have eaten. Non starchy vegetables contain many important micronutrients and antioxidants as well as fiber and even some protein.



We have included a wide range of foods in the category "Other Carbs". All of these foods provide important nutrition and variety to your diet. The reason they are in their own category is that we want you to think of non-starchy vegetables first when building your meal and then add carbs from this category as your eating plan allows. What we want to avoid are foods that include added sugar.



Dairy is included in some of the eating plans as a source of calcium although most non-starchy vegetables are also a good source of calcium. There is also a growing body of evidence that whole milk plays an important role in weight management and for many people excluding this category would create a sense of denial which makes it difficult to follow any eating plan.



Fats for a long time have had a bad rap but our understanding of the role of fats as part of a healthy diet has changed significantly in the last few years. Fats are an essential macronutrient to include in our diet and many types of fats are health promoting. We need to be careful with fats because they contain twice as many calories as protein and carbohydrates for the same portion but there is no need to be afraid of including a relatively high percentage of calories from healthy fats.



A list of condiments has been provided because these are often used to enhance the taste of other foods. They are generally low calorie but still contain calories so need to be accounted for. Use very low calorie condiments such as herbs and spices, lemon juice, vinegar, etc as much as possible.

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Protein (serving size - 1 oz)	Calories	Protein	Fat	Carbs	Fiber
White fish (e.g. Atlantic Cod, Halibut, Sole, Flounder)	23.3	5.0	0.2	0.0	0.0
Shrimp, raw	30.0	5.8	0.5	0.0	0.0
Skinless chicken breast	31.3	6.5	0.4	0.0	0.0
Light Tuna (canned in water)	33.0	7.1	0.2	0.0	0.0
Lean pork loin	33.3	6.4	0.4	0.0	0.0
Sirloin steak (lean)	33.3	5.6	1.0	0.0	0.0
Skinless chicken thigh	33.7	5.6	1.1	0.0	0.0
Ham (11% fat)	45.7	4.6	2.4	1.1	0.0
Atlantic Salmon	52.0	5.6	3.1	0.0	0.0
Sirloin steak (lean & fat)	57.0	5.8	3.6	0.0	0.0
Ground beef 85% lean	61.0	5.3	4.3	0.0	0.0
Pork loin chop (lean and fat)	68.0	8.1	3.7	0.0	0.0
1 extra-large egg	80.0	7.0	5.3	0.5	0.0
Non-Starchy Vegetables	Calories	Protein	Fat	Carb	Fiber
Cucumber, raw without peel (3 cups)	48.0	2.4	0.6	8.6	2.8
Salad Greens (6 cups)	48.0	3.5	0.8	9.3	5.9
Carrots, raw (1 cup)	50.0	1.1	0.3	11.7	3.4
Cauliflower, raw (2 cups)	54.0	4.2	0.0	11.3	5.4
Asparagus, raw (2 cups)	54.0	5.9	0.4	10.7	5.6
Swiss Chard, raw (8 cups)	56.0	5.2	0.0	10.8	4.6
Spinach raw (8 cups)	56.0	6.8	0.0	8.8	5.2
Celery, raw (4 cups)	57.0	2.8	0.7	13.9	6.5
Beets, raw (1 cup)	58.0	2.2	0.2	13.0	3.8
Zucchini, raw (3 cups)	58.0	4.1	1.1	11.9	3.4
Broccoli, raw (2 cups)	60.0	5.0	1.0	11.7	4.6
Mushrooms, raw (3 cups)	63.0	8.9	1.0	9.4	2.9
Chopped Kale, raw (2 cups)	67.0	4.4	1.0	13.4	2.7
Onions, raw (1 cup)	67.0	1.5	0.0	16.2	2.2
Brussel Sprouts, raw (2 cups)	76.0	5.9	0.5	15.8	6.7
Sweet Peppers, raw (2 cups)	77.0	3.0	0.9	18.8	6.3
Other Carbs	Calories	Protein	Fat	Carb	Fiber
Strawberries (1 cup)	49.0	0.0	1.0	11.7	3.0
Cantaloupe (1 cup)	53.0	0.0	1.3	13.7	1.4
Honey Dew Melon (1 cup)	61.0	0.0	1.0	15.5	1.4
Blackberries (1 cup)	62.0	0.0	2.0	14.7	7.6
Orange (medium = 6.3 oz)	62.0	0.0	1.2	15.4	3.1
Raspberries (1 cup)	64.0	0.0	1.5	14.7	8.0
Peach (large = 6.4 oz)	68.0	0.0	1.6	17.3	2.6
Plum (1 cup)	76.0	1.2	0.5	18.8	2.3
Blueberries (1 cup)	84.0	0.0	1.0	21.4	3.5
Apple (medium = 7oz)	93.0	0.0	0.0	24.7	4.3
Pear (medium 7 oz)	103.0	0.0	0.2	27.5	5.5
Banana (large = 7.5oz)	121.0	0.0	1.5	31.6	3.5

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Acorn Squash (1/2 cup, baked)	57.0	1.1	0.0	15.0	4.5
Green peas (1/2 cup, boiled)	59.0	4.0	0.0	10.5	3.7
Sweet Potato baked w/skin (medium = 5 oz)	100.0	2.1	0.0	23.0	3.7
Corn (1/2 cup boiled)	128.0	5.1	2.2	31.3	3.6
Russett Potato baked w/skin (small = 4.9 oz)	134.0	2.1	0.0	29.6	3.2
Grains					
2, 6-inch White Corn Tortillas	90.0	2.0	1.0	18.0	3.0
Plain Pasta (1/2 cup, cooked)	106.0	3.9	0.6	20.7	1.2
Medium grain brown rice (1/2 cup, cooked)	109.0	2.3	1.0	22.0	2.0
Black, Kidney, Northern beans (1/2 cup)	114.0	7.6	0.5	20.4	7.5
Lentils (1/2 cup, cooked)	115.0	8.9	0.5	19.9	7.8
Whole Wheat Bread (2 oz = 2 slices)	120.0	8.0	2.0	22.0	4.0
Chick Peas (1/2 cup)	134.0	7.3	2.1	22.5	6.2
Quinoa, Farro, Kamut Berries, Bulgur Wheat (1/2 cup, cooked)	148.0	5.0	0.0	32.0	4.0
Steel Cut Oats (1/2 cup, cooked)	150.0	5.0	2.5	27.0	4.0
Dairy					
	Calories	Protein	Fat	Carb	Fiber
Almond Milk (1 cup)	60.0	1.0	2.5	8.0	1.0
Soy Milk (1 cup)	90.0	6.0	3.5	8.0	1.0
Skim Milk (1 cup)	91.0	8.7	0.6	12.3	0.0
1% Milk (1 cup)	105.0	8.5	2.4	12.2	0.0
Classic Greek Yogurt (1/2 cup)	108.0	10.2	5.7	4.5	0.0
Grated Parmesan Cheese (1/4 cup)	108.0	9.6	7.2	1.0	0.0
Cheddar Cheese (1 ounce)	112.0	7.0	9.2	0.0	0.0
2 % milk (1 cup)	122.0	8.1	4.8	12.3	0.0
Whole Milk (1 cup)	146.0	7.9	7.9	12.8	0.0
Fat					
	Calories	Protein	Fat	Carb	Fiber
Bacon (1 medium strip)	46.0	3.1	3.6	0.0	0.0
Ranch Salad Dressing (1 TBSP)	73.0	0.0	7.7	1.0	0.0
Oil & Vinegar Dressing (1 TBSP)	75.0	0.0	8.0	0.0	0.0
Almonds (1/2 oz = 12nuts)	82.0	3.0	7.0	3.0	2.0
Mayonnaise (1 TBSP)	90.0	0.0	10.0	0.0	0.0
Butter (1 TBSP)	120.0	0.0	13.5	0.0	0.0
Olive, Canola, Coconut, Corn Oil (1 TBSP)	120.0	0.0	13.5	0.0	0.0
Condiments					
	Calories	Protein	Fat	Carb	Fiber
Pickles (1 oz)	3.0	0.0	0.0	1.0	0.0
Salsa (1 TBSP)	4.0	0.0	0.0	1.0	0.0
Lemon juice (1 TBSP)	4.0	0.0	0.0	1.0	0.0
Fat free sour cream (1 TBSP)	9.0	0.4	0.0	1.9	0.0
Mustard (1 TBSP)	9.0	0.6	0.6	0.9	0.0
Soy Sauce (1 TBSP)	11.0	1.9	0.0	1.0	0.0
Fat free mayonnaise (1 TBSP)	13.0	0.0	0.4	2.5	0.0
Balsamic Vinegar (1 TBSP)	14.0	0.0	0.0	2.7	0.0
Ketchup (1 TBSP)	15.0	0.3	0.0	3.8	0.0
Fat free cream cheese (1 TBSP)	17.0	2.8	0.2	1.0	0.0
Jelly (1 TBSP)	50.0	0.0	0.0	13.0	0.0
Maple Syrup (1 TBSP)	52.0	0.0	0.0	13.4	0.0