

## nutrition made easy

quantity	quality
2 hands full of non-starchy veggies 1 palm sized serving of protein 1 fist sized serving of carbs 1 thumb full of fat	eat real food, no chemicals  <b>NO:</b> partially hydrogenated oil, high fructose corn syrup, artificial colors or sweeteners, low-fat products <b>YES:</b> USDA organic, non-GMO project verified, sustainable seafood, grass-fed, certified humane, pasture-raised

**Eat off a salad (9 inch) plate:** the same amount of food on a smaller plate will satisfy your eyes and you are less likely to overeat

non-starchy vegetables
Serving size = <b>two hands full</b>
artichokes, arugula, <i>asparagus</i> , bamboo shoots, bean sprouts, bell or other peppers, bok choy, broccoli, broccoflower, Brussels sprouts, <i>cabbage</i> , cauliflower, celery, <i>chicory</i> , chives, collard greens, cucumber/dill pickles, eggplant, escarole, <i>fennel</i> , <i>garlic</i> , green beans, <i>jicama</i> , kale, <i>leeks</i> , lettuces, mushrooms, okra, <i>onions</i> , <i>radicchio</i> , <i>radishes</i> , salsa, sea vegetables, snow peas, spinach, sprouts, squash (yellow, summer or spaghetti), Swiss chard, <i>tomatoes</i> , water chestnuts, watercress, zucchini <span style="float: right;">low glycemic index carbs</span>

carbs	carbs + protein	protein	fat + protein	fat
Serving size = <b>your fist</b> (or 1 cup or 6 oz or 15g)	Serving size = <b>your fist</b> (15g carb & 7-15 g protein)	Serving size = <b>palm of your hand</b> (3 oz)	Serving size = <b>1 thumb full</b> (1 oz or 15g fat & 6g protein)	Serving size = <b>1 thumb full</b> (2 tbsp or 15g fat) or <b>handful</b> of nuts and seeds
<b>Grains</b> <i>gluten-free:</i> amaranth, buckwheat, millet, oats, quinoa, rice (brown rice, <i>white rice</i> ), <i>corn tortilla</i> <i>gluten-containing:</i> barley, kamut, rye, spelt, whole wheat, bread, cereals, crackers, pasta, pita  <b>Fruit</b> <i>lowest in sugar:</i> blackberries, cranberries, lemons & limes, raspberries <i>medium to high:</i> apples, apricots, blueberries, cantaloupe, grapefruit, honeydew melon, nectarine, papaya, peaches, strawberries, watermelon <i>fairly high:</i> oranges, pears, pineapples, plums <i>very high:</i> banana, cherries, fresh figs, grapes, mangoes, tangerines, dried fruit  <b>Dairy/Dairy Substitutes</b> almond, coconut, hemp, rice and soy milk; coconut water, kefir, milk  <b>Starchy Vegetables &amp; Legumes</b> beets, carrots, corn, peas, sweet potatoes or yams, <i>winter squash</i> : acorn, butternut, pumpkin; <i>white potatoes</i> avoid high-glycemic index carbs	<b>Beans</b> <b>Bean-based Foods</b> <i>beans:</i> adzuki, black, cannelloni, edamame, garbanzo, kidney, lentil, lima, mung, pinto, etc. bean soups, bean dips, soy or veggie burgers, tempeh, tofu  <b>Dairy</b> cottage cheese, feta, mozzarella, ricotta, Greek full-fat yogurt	<b>Meat, Fish, Fowl, Eggs</b> beef, bison, buffalo, chicken, eggs, fish, game meats, lamb, shellfish, turkey  <b>Protein Powders</b> whey, hemp, rice, pea, blends (carbs <3g/serving)	<b>Nuts &amp; Nut Butters</b> almonds, peanuts, pistachios  <b>Seeds &amp; Seed Butters</b> hemp, pumpkin, sunflower  <b>Cheese</b> Blue cheese, Brie, Camembert, cheddar, Colby, Comte, gorgonzola, Gouda, Gruyere, Havarti, Manchego, Monterey Jack, Muenster, provolone, Swiss  healthy: Omega 3, PUFA, MUFA	<b>Oils</b> avocado, chia, coconut, flax, hemp, olive, rapeseed, sesame, walnut  <b>Nuts &amp; Seeds</b> Brazil nuts, cashews, chia seeds, hazelnuts, macadamia, pecans, pine nuts, walnuts  <b>Fruit</b> avocado, olives, shredded coconut  <b>Spreads</b> butter, cream, cheese, ghee, mayonnaise, pesto, tallow, tapenade  not too much: SFA

\***prebiotics** = raw chicory root, raw Jerusalem artichoke, raw dandelion greens, raw garlic, raw leeks, raw or cooked onions, raw asparagus, raw wheat bran, baked wheat flour, raw banana  
**probiotics** = yogurt, cheese, kefir, sour cream, kimchi, miso, pickles, sauerkraut

**common allergens** = wheat, dairy, soy, corn, eggs, tree nuts, sesame