"CARBS"

Nutrition in Motion

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Best food choices per category

proteins	grains/ starches	vegetables - cat I	vegetables - cat II	fruits
3-4 oz cooked; 1/2 cup 1 serving = 150 calories	½ cup cooked 1 serving = 75-100 calories	½ cup - unlimited 1 servings = 25 calories	½ cup 1 serving = 45 calories	½-¾ cup 1 serving = 80 calories
salmon	amaranth	red peppers	rhutabaga	apples
natural turkey - breast	quinoa	broccoli	parsnip	pears
natural chicken - breast	millet	asparagus	corn	banana
organic egg whites, brown or white	wild rice/ Forbidden rice	squash	potato - yukon gold	mango (half)
tuna	oats - groats or steel cut	green lettuces	beets	plum (2)
egg whites (3-4)	teff	cauliflower	sweet potato/yam	honeydew melon
1 whole egg + 2 egg whites	brown rice	cabbage - red or green	butternut squash	grapefruit
lobster	barley	zuchini or yelow squash	carrots	nectarine or peach
shrimp	whole wheat berries	spaghetti squash	acorn squash	orange (1 large)
bison/ buffalo	spelt berries	arugula	turnip	apricot (3)
scallops	buckwheat/ soba noodles	watercress	batata	kiwi
herring	cornmeal/ polenta	cabbage	taro root	raspberries (1 cup)
sardines	sprouted multi grain breads	spinach	green peas	tangerine (2 small)
lamb or venison	whole grain rye crackers (3)	pumpkin squash	yucca root	strawberries (1 cup)
tofu	whole grain crackers (3)	mushrooms	celery root	blueberries (1 cup)
lowfat cheeses, organic only	bulgur (cracked wheat)	cucumber		canteloupe
lowfat cottage cheese	sprouted multi grain wraps	brussel sprouts		fresh figs (2)
lowfat mozzerella or swiss, etc	brown rice wraps	bean sprouts		papaya (half)
goat cheese		bell peppers		
whey protein powder		artichokes		
soy protein powder		celery		
		eggplant		
		parsley, chives, leeks		
		kale or chard		
		green beans		

legumes/ beans	raw nuts & seeds
½ cup cooked 1 serving = 110 calories	as indicated 1 serving = 100 calories
lentils	almond (10-12 whole)
mung beans	hazelnut (10-12 whole)
edamame beans	peanuts (18 nuts or 2 tbsp)
aduki beans	pistachios (2 tbsp)
hummus (½ cup)	pumpkin seeds (2 tbsp)
red lentils	sesame butter (2 tbsp)
bean soup (¼ cup)	sesame seeds (2 tbsp)
split peas	nut butters (1 tbsp)
sweet peas	hemp seeds (1 tbsp)
yellow mung beans	flax seeds (1 tbsp)
soy beans, white or black	
chick peas/garbanzo beans	
black beans	

fats/ oils
1 teaspoon 1 serving = 40 calories
avocado
olive oil, extra virgin
olives (7-8)
coconut oil/ milk
sesame oil
mayonnaise (tsp)
nuts
flax seed oil (1 tsp)
hemp seed oil (1 tsp)

Food Groups

	servings per day
____ Meal replacements	up to 1 per day
____ Legumes/ Beans	_____
____ vegetables - cat I	6-8 servings
____ vegetables - cat II	_____
____ proteins	_____
____ nuts & seeds	_____
____ oils/fats	_____
____ fruit	_____
____ dairy	up to 1 per day
____ grains/starches	up to 1-2 per day
_____ **Total Calories per day**	

to create a meal (250 calories)

15 grams protein	2 grams fat
24 grams carbs	4 grams fiber