

Food Block Guide

all favorables

Most women should choose 3 selections of protein, carbohydrates and fats for each meal. Most men should choose 4 selections of protein, carbohydrates and fat for each meal. Then choose 1 of each for mid-afternoon a pre-bedtime snacks.

In this revised Food Block Guide, we have subtracted all dietary fiber from the total carbohydrate content of each carbohydrate block, which will increase the total weight or volume when compared to any other food listing or food database. This provides a more precise definition of the desired carbohydrate content of a meal or snack to keep you in the Zone. Also note that any protein content of listed carbohydrates has been eliminated from the Food Block Guide due to limited bio-availability.

Protein

(Each protein selection below contains
7 grams of protein.)

Meat and Poultry (low in saturated fat)	
Beef (range fed or game)	1 oz.
Chicken breast, skinless,	1 oz.
Chicken breast, deli-style,	1.5 oz.
Turkey breast, skinless	1 oz.
Turkey breast, deli-style.	1.5 oz.
Turkey, ground	1.5 oz.
Turkey bacon	3 strips
Lean Canadian bacon	1 oz.

Ground beef (Less than 10% fat) 1.5 oz.

Fish and Seafood	
Bass (freshwater)	1 oz.
Bass (sea)	1.5 oz.
Bluefish	1.5 oz.
Calamari	1.5 oz.
Catfish	1.5 oz.
Cod	1.5 oz.
Clams	1.5 oz.
Crabmeat	1.5 oz.
Haddock	1.5 oz.
Halibut	1.5 oz.
Lobster	1.5 oz.
Mackerel*	1.5 oz.

Carbohydrates

(Each carbohydrate selection
below contains 9 grams of
carb)

Cooked Vegetables	
Artichoke	4 large
Artichoke Hearts	1 cup
Asparagus (12 spears)	1 cup
Beans, green or wax	1 1/2 cups
Beans, black	1/4 cup
Bok choy	3 cups
Broccoli	3 cups
Brussel sprouts	1 1/2 cups
Cabbage	3 cups
Cauliflower pieces	4 cups
Chickpeas	1/4 cup
Collard greens	2 cups
Eggplant	1 1/2 cups
Hummus	1/4 cup
Kale	2 cups
Kidney beans	1/4 cup
Leeks	1 cup
Lentils	1/4 cup
Mushrooms (boiled)	2 cups
Onions, chopped (boiled)	1/2 cup
Okra, sliced	1 cup
Sauerkraut	1 cup
Spaghetti squash	1 cup
Spinach	3 1/2

Olive oil/vinegar dressing	1 tsp.	Blackberries	3/4 cup
Olive oil	1/3 tsp.	Blueberries	1/2 cup
Peanut oil	1/3 tsp.	Boysenberries	1/2 cup
Olives	3	Cherries	8
Peanut butter, natural	1/2 tsp.	Fruit cocktail (light)	1/3 cup
Peanuts	6	Grapes	1/2 cup
Tahini	1/2 tbs.	Grapefruit	1/2
Cashews	3	Kiwi	1
Canola oil	1/3 tsp.	Lemon	1
Guacamole	1 tbs.	Lime	1
Pistachios	3	Nectarine	1/2
Sesame oil	1/3 tsp.	Orange	1/2
		Orange, Mandarin, canned in water	1/3 cup
		Peach	1
		Peaches, canned in water	1/2 cup
		Pear	1/2
		Plum	1
		Raspberries	1 cup
		Strawberries	1 cup
		Tangerine	1

Grains

Barley (dry)	1/2 tbs.
Oatmeal (slow-cooking) (cooked)**	1/3 cup
Oatmeal (slow-cooking) (DRY)**	1/2 oz.

**Contains GLA