



Tracking Your Portions

○ Each represents 1 portion

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	Non-Starchy Vegetables (unlimited)	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○
<input type="checkbox"/>	Fruit B- Snack-	○○○	○○○	○○○	○○○	○○○	○○○
<input type="checkbox"/>	Grains, Legumes & Starchy Vegetables B- L- D-	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○
<input type="checkbox"/>	Milk & Alternatives B- Snack-	○○○	○○○	○○○	○○○	○○○	○○○
<input type="checkbox"/>	Meats, Legumes & Other Alternatives L- D-	○○○	○○○	○○○	○○○	○○○	○○○
<input type="checkbox"/>	Fats, Oils, Nuts & Seeds B- L- D-	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

See next page for reminder of serving sizes

What's A Portion?

Inner Health Nutrition Consulting

Non-Starchy Vegetables: 1/2 cup (50-80gm) most vegetables (<i>broccoli, cauliflower, peppers, zucchini, green beans, etc</i>) – unlimited	
1 cup raw, leafy greens (~55g) – unlimited	LIMIT – peas, carrots to 1 cup or less
Fruits: 1/2 cup most fruits	1 medium size fruit (~80gm)
1/4 cup unsweetened dried fruit	JUICES - NONE
Grains, Legumes* & Starchy Vegetables: 1 slice whole grain bread (30gm)	
1/2 cup most cereals (<i>see list</i>)	1/2 whole grain english muffin, small bagel, med wrap
1/2 cup most cooked grains (<i>oats, whole grain pasta, brown rice, quinoa, barley</i>)	* alcohol – 5oz wine, 1.5oz liquour, 12oz beer
1/2 cup starchy vegetables (<i>sweet potato, potato, corn, beets, squash, rutabaga, turnip</i>)	
Milk & Milk Products: 1 cup milk, milk alternatives (<i>higher protein options - soy, pea protein</i>)	
1.5 oz (45gm), <i>low fat cheese (< 10%MF)</i>	3/4 cup yogurt (2 @ 100gm cont yogurt)
1 cup Kefir (<i>1% plain, or 0% MF plain</i>)	1/2 cup greek yogurt (<i>0% plain, probiotic</i>)
	1/2 cup cottage cheese (<i>1%MF or less</i>)
Meats/Alternatives: 3 oz (90gm) most cooked meats, fish, poultry	
3/4 cup legumes* (no salt) * counts as grain too	1/2 cup chopped meats, shrimp, tuna/salmon (1/2 can)
	2 omega-3 eggs or 1/2 cup egg whites
Fats/Oils: 1 tsp most oils (<i>olive, canola, sunflower, grapeseed, flax</i>)	
1 tbsp ground flax/chiaseed/hemp hearts	1 tsp recommended margarine/unsalted butter
1 tbsp most nuts/seeds (unsalted) - <i>10 almonds or 5 walnuts</i>	1/6 medium avocado; 1/4 small avocado
2 tbsp hummus/guacamole or 1 tbsp tahini	1 tsp nut butters (<i>all natural almond/peanut</i>)
	2 triangle “laughing cow” cheese (<i>light</i>)