

Complete Food Guide

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Serving sizes are based upon recommendations by the US Diabetic Exchange system. OnPoint professionals have altered serving sizes in some instances to align with our methodology and weight loss process.

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Protein

Very Lean Meat and Substitutes: Per Ounce

- 7 grams protein
- 0-1 grams fat
- 35 calories

Note: Protein levels vary in * foods

Food	Amount
Poultry: Chicken/turkey (white meat no skin) OR Cornish hen (no skin)	4 / 6 oz
Fish: Cod, flounder, haddock, halibut, trout, tilapia, cod; tuna, fresh or canned in water	4 / 6 oz filet 4 / 6 oz canned
Shellfish: Clams, crab, lobster, scallops, shrimp, imitation shellfish	4 / 6 oz
Game: Duck or pheasant (no skin, venison, buffalo, ostrich)	4 / 6 oz
Other: Processed sandwich meats with 1 gram or less fat per ounce, such as deli thin, shaved meats, chipped beef, turkey ham	2 / 4 oz
Egg whites	6 / 8
Egg substitutes, plain	½ cup / 1 cup
Sausage (chicken or turkey) with 1 gram or less fat per ounce	2 oz

Protein

Lean Meat and Substitutes: Per Ounce

- 7 grams protein
- 3 grams fat
- 55 calories

Note: Protein levels vary in * foods

Food	Amount
Beef: USDA Select or Choice grades of trimmed lean round, sirloin and flank steak; tenderloin; and roast (rib, chuck, rump; steak (t-bone, porter house, cubed; ground round	4 / 6 oz
Pork: Lean pork such as fresh ham; canned, cured, or boiled ham; Canadian bacon, tenderloin; center loin chop	4 / 6 oz
Lamb: Roast, chop, leg	4 / 6 oz
Veal: Lean chop, roast	4 / 6 oz
Poultry: Chicken (white meat with skin), chicken (dark meat, no skin), turkey (dark meat, no skin), domestic duck or goose (well drained of fat, no skin)	4 / 6 oz
Fish: Oysters, Tuna (canned in oil, drained), Herring, Salmon (fresh or canned), Catfish	6 med oysters 4 / 6 oz fillet 4 / 6 oz canned
Wild Game: Goose (without skin), rabbit	4 / 6 oz
Other: Hotdogs with 3 grams or less fat/ounce Luncheon meat with 3 grams or less fat/ounce	2 oz hot dog 2 / 4 oz meat

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Protein

Medium-Fat Meat: Per Ounce

- 7 grams protein
- 5 grams fat
- 75 calories

Food	Amount
Beef: Most beef products fall into this category: ground beef, meatloaf, corned beef short ribs, prime grades of meat trimmed of fat such as prime rib	4 / 6 oz
Pork: Chops, top loin, Boston butt, cutlets	4 / 6 oz
Lamb: Rib, ground	4 / 6 oz
Veal: Cutlet (unbreaded)	4 / 6 oz
Poultry: Chicken (dark meat with skin), ground turkey or ground chicken, fried chicken (with skin)	4 / 6 oz
Egg (limit to 6 per week)	2 / 3 eggs
Tofu (2 ½ inches x 2 ¾ inches x 1 inch)	8 oz



salmon fillet



pork chop



flank steak

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Vegetarian Protein

Vegetarian Protein Options

~15g protein/serving

Food	Amount	Conversion
Beans/lentils/legumes	1 cup	½ protein + 1 starch
Veggie burger	1	½ protein (15-20g protein) (<10g carb)
Cottage Cheese (low-fat)	½ cup	½ protein
Ricotta Cheese (low-fat)	½ cup	½ protein
Plain Greek yogurt	½ cup	½ protein
Protein Shake	1	½ protein (15-20g protein) (<10g carb)
Tofu, Tempeh	4 oz	½ protein
Unsalted nuts	½ cup	½ protein + 2 fat
Hummus	½ cup	½ protein + 2 fat

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Fruits

Per Serving: 15 grams carbs 60 calories
2 grams fiber

Food	Amount
Apple (raw, 2 inches across)	1 apple
Applesauce (unsweetened)	½ cup
Apricots (medium, raw / canned)	4 apricots ½ cup can
Banana (small)	1 banana
Blackberries (raw)	¾ cup
Blueberries (raw)	¾ cup
Cantaloupe (5 inches across / cubed)	1/3 melon 1 cup cubes
Cherries (large, raw / canned)	12 cherries ½ cup can
Figs (raw)	2 medium
Fruit cocktail (canned in own juice or water)	½ cup
Grapefruit (large / segments)	½ fruit ¾ cup
Grapes (small)	17 grapes
Honeydew (medium / cubes)	1 slice (10 oz)



blueberries



fig



grapefruit

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Fruits

Food	Amount
Kiwi (large)	1 kiwi
Mandarin oranges	$\frac{3}{4}$ cup
Mango (small)	$\frac{1}{2}$ mango or $\frac{1}{2}$ cup
Nectarine (small)	1 nectarine
Orange (small)	1 orange
Peach (medium / canned in own juice or water)	$\frac{1}{2}$ cup 2 halves
Pear	$\frac{1}{2}$ large
Pears (canned in own juice or water)	$\frac{1}{2}$ cup 2 halves
Pineapple (raw / canned in own juice or water)	$\frac{3}{4}$ cup $\frac{1}{2}$ cup
Plums (small)	2 plums
Raspberries (raw)	1 cup
Strawberries (raw, whole)	1 cup
Tangerine (small)	2 tangerines
Watermelon (cubes)	$1\frac{1}{2}$ cup



kiwi



mango



raspberries

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Fruits

Dried Fruit

Food	Amount
Apples	4 rings
Apricots	8 halves
Banana	1/4 cup
Dates	3 medium
Figs	2 figs
Prunes	3 medium
Mixed Dry Fruit	¼ cup
Raisins	2 tbsp



*dried
banana*

Fruit Juices

Food	Amount
Apple Juice/Cider	½ cup
Cranberry juice cocktail	1/3 cup
Cranberry juice cocktail, reduced-calorie	1 cup
Grapefruit juice	½ cup
Grape Juice	1/3 cup
Orange juice	½ cup
Pineapple juice	½ cup
Prune juice	1/3 cup
Fruit juice blends, 100% juice	1/3 cup



*dried
dates*

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Vegetables

Per Serving: *5 grams carbs* *0 grams fat*
 2 grams protein *25 calories*

1 serving size equals:

- *4 oz cooked vegetables*
- *6 oz raw vegetables*

Artichoke	Carrots	Mixed vegetables (w/o corn, peas)	Spaghetti sauce (1/2 cup)
Artichoke hearts	Cauliflower	Mushrooms	Spinach (2 cups)
Asparagus	Celery	Okra	Summer squash
Beans (green, wax, Italian)	Cucumber	Onions	Tomato
Bean sprouts	Eggplant	Pea pods	Tomato sauce (1/2 cup)
Beets	Greens (collard, kale, mustard, turnip)	Peppers (all)	Tomato/veg juice (1/2 cup)
Broccoli	Green onions	Radishes	Turnips
Brussels sprouts	Kohlrabi	Salad greens (3 cups)	Water chestnuts
Cabbage	Leeks	Sauerkraut	Zucchini

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Starches

Per Serving: 20 grams carbs 2 grams fiber
3 grams protein 80-110 cal

Dried Beans/Peas/Lentils

Food	Amount
Beans, cooked (such as kidney, white, split, blackeye)	1/2 cup
Lentils, cooked	1/2 cup
Lima beans	2/3 cup



cooked lentils

Starchy Vegetables

Food	Amount
Corn	½ cup
Corn on the cob, 6-inch	1
Peas, green	½ cup
Potato, baked or boiled	1 small (3 oz)
Potato, mashed	½ cup
Squash, winter	1 cup
Yam, sweet potato, plain	½ cup
Baked beans	1/3 cup



corn on the cob



green peas

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Starches

Cereals/Grains/Pasta

Food	Amount
Bran cereals	½ cup
Bulgur	½ cup
Cooked cereals (oatmeal)	½ cup
Cornmeal, dry	3 tbsp
Couscous	½ cup
Grape-Nuts	¼ cup
Grits, cooked	½ cup
Cereals, ready-to-eat unsweetened	¾ cup
Pasta, cooked	½ cup
Puffed cereal	1 ½ cup
Quinoa (cooked)	½ cup
Rice, white or brown (cooked)	½ cup
Shredded wheat	½ cup
Wheat germ	3 tbsp



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Starches

Bread

Food	Amount
Bagel	½
Bread, reduced calorie	2 slices
Bread-white, wheat, rye	1 slice
English muffin, reduced calorie	1 whole
English muffin	½ muffin
Frankfurter or hamburger bun	½ bun
Pita, 6 inches across	½ pita
Plain roll, small	1
Tortilla, 6 inches across	1

Crackers/Snacks

Food	Amount
Graham crackers, 2 ½ inches	2 sheets
Matzoth	¾ oz
Melba toast	4 slices
Oyster crackers	24
Popcorn	3 cups
Pretzels	½ cup
Rice cakes, 4 inches across	2
Saltine-type crackers	6
Whole wheat crackers (no fat added)	2-5 ¾ oz

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Starches

*Starchy Foods Prepared With Fat: 1 starch **and** 1 fat serving*

Food	Amount
Biscuit, 2 ½ inches across	1
Corn bread, 2 inch cube	½ cup
Cracker, round butter type	1 (2 oz)
Croutons	1 cup
Granola	¼ cup
Muffin, plain, small	1
Pancake, 4 inches across	2
Stuffing , bread (prepared)	1/3 cup
Taco shell - hard	2
Waffle 4 ½ inches square	1
Popcorn, microwave	3 cups
Chow mein noodles	½ cup



granola



pancake



chow mein noodles

Dairy

Per Serving:*Carbs vary
Protein varies**Fat varies
Calories vary*

Food	Amount
Skim, 1%, 2% milk	1 cup
Regular soy, almond, rice, hemp milk	1 cup
Plain nonfat/low-fat yogurt	8 oz
Nonfat/low-fat fruit-flavored yogurt	8 oz
Pudding, low-fat milk	1 cup
Goat's milk	1 cup
Cheese (non-fat and low-fat):	1 oz

*cheddar cheese**yogurt**milk*

**Full flavored and regular cheeses (1 oz) count as 1 dairy and 1 fat serving*

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Fats: Per Serving

- 5 grams fat
- 45 calories

Unsaturated Fats

Food	Amount
Avocado, medium	1/4
Oil: canola, olive, peanut, corn, coconut	1 tsp.
Olives: ripe (black)	8 large
Green, stuffed	10 large
Nuts: Almonds, cashews, pecans, peanuts, mixed (unsalted)	1 tbsp.
Peanut butter, smooth or crunchy	1 tbsp.
Sesame seeds	1 tbsp.
Seeds, pumpkin or sunflower	1 tbsp.
Margarine (stick, tub, squeeze)	1 tsp.
Mayonnaise, regular	1 tsp.
Miracle Whip, regular	2 tsp.
Salad dressings, regular	1 tbsp.

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Fats

Fats: Per Serving

- 5 grams fat
- 45 calories

Saturated Fats

Food	Amount
Butter, stick	1 tsp
Whipped	2 tsp
Butter, reduced fat	1 tbsp
Bacon	1 slice
Chitterlings	½ oz
Coconut, shredded	2 tbsp
Cream, light or half and half	2 tbsp
Cream, sour, regular	2 tbsp
Cream, sour, reduced fat	3 tbsp
Cream, heavy, whipping	1 tbsp
Cream cheese, regular	1 tbsp
Cream cheese, reduced fat	2 tbsp
Shortening or lard	1 tsp

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Condiments

Fat-free or Reduced Fat: Per Serving

- < 5 grams fat
- < 20 calories

Food	Amount
Cream cheese, fat-free	1 tbsp
Creamers, nondairy, liquid	1 tbsp
Creamers, nondairy, powdered	2 tsp
Mayonnaise, fat-free	1 tbsp
Mayonnaise, reduced-fat	1 tsp
Margarine, fat-free	1 tbsp
Margarine, reduced-fat	1 tsp
Miracle Whip, light	1 tbsp
Non-stick cooking spray	unlimited
Salad dressing, mayonnaise type, fat-free	1 tbsp
Salad dressing, mayonnaise type, reduced fat	1 tsp
Salad dressing, fat-free	1 tbsp
Salsa	1/4 cup
Sour cream, fat-free	1 tbsp
Whipped topping, fat-free	2 tbsp

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Condiments

Fat-free or Reduced Fat: Per Serving

- < 5 grams carbs
- < 20 calories

Food	Amount
Fruit spreads, 100% fruit	1 tsp.
Jelly/Jam	1 tbsp.
Honey	1 tbsp.
Cocoa powder, unsweetened	1 tbsp.
Ketchup	1 tbsp.
Soy sauce/taco sauce low sodium	1 tbsp.
Hummus	1 tbsp.
Horseradish	Unlimited
Lemon / Lime juice	Unlimited
Mustard	Unlimited
Vinegar	Unlimited
Low sodium broth	Unlimited
Club soda	Unlimited

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