

# Quick Reference Chart

## Quality Proteins

Each of the following portions represents approx. 15 grams of quality protein.  
(Each 15 gram portion would approximately fill the palm of your hand.)

<b>Dairy:</b>	
• low fat cottage cheese . . . . .	1/2 cup
• low fat, low lactose yogurt. . . . .	1 cup
Egg substitute . . . . .	3/4 cup
Whole eggs <sup>1</sup> . . . . .	2 large
Eggs (whites only) . . . . .	4 large
Lean meat (organic best) . . . . .	2 oz.
Poultry (free range, drug-free) . . . . .	2 oz.
Wild game . . . . .	2 oz.
<b>Soy/Legume protein<sup>2</sup>:</b>	
• beans, tofu, lentils. . . . .	6 oz.
• soy protein powder. . . . .	1 oz.
• tuna (water packed) . . . . .	2 oz.
• sardines (best in sardine oil) . . . . .	2 oz.
Whey Protein, such as Unipro's Perfect Protein® . . . . .	1 scoop
Powdered Nutritional Beverage, such as UltraClear®, UltraClear Sustain®, UltraMeal® . . . . .	2 scoops
<b>Fresh cold-water fish (omega-3-rich):</b>	
• salmon, mackerel, trout, etc . . . . .	3 oz.

## Complex Carbohydrates

Each portion represents approx. 20 grams of complex carbohydrates  
See "Carbohydrate Classifications of Fruits & Vegetables" on the next page.

<b>Pastas<sup>3</sup></b> • whole grain	1 cup
<b>Grains<sup>4</sup></b> • whole minimally processed • whole grain breads	1/2 to 3/4 cups 1 1/2 slices
<b>Higher starch<sup>5</sup></b> (more concentrated) vegetables • 15-25% carbohydrate - respectively	1 cup cooked
<b>High water, high fiber, low starch vegetables</b> • 6 % carbohydrate approx. • 3 % carbohydrate approx.	1 1/2 cups 1 1/2 cups
<b>Higher carbohydrate fruits<sup>6</sup></b> • 15-20% carbohydrate	1/2 cup
<b>High water content, low sugar fruit:</b> • 6 % carbohydrate approx. • 3 % carbohydrate approx.	1 cup 1 1/2 cup

## Leading Lipids: Oils/Fats<sup>4</sup>

Each portion of fat or oil below represents approx. 6 grams of lipid

For dressings and sauces (not to be cooked): • flax, pumpkin and walnut oils (omega 3) • canola, olive (monounsaturates)	2 tsp.
For cooking: olive or sesame	2 tsp.
<b>Seeds:</b> • flax, pumpkin (omega-3 rich) most desirable • sesame, sunflower (omega-3 rich)	1 Tbsp
<b>Nuts:</b> • walnuts and hazelnuts (omega-3-rich) • almonds (monounsaturates)	1 Tbsp
Avocado	1 Tbsp
Eggless mayonnaise	1 Tbsp
Butter	2 tsp.

## Better Beverages<sup>5</sup>

**Pure water:** Drink a minimum of 6 to 8 cups per day.

**Herbal teas:** Vary the type and limit to 4 cups daily unless otherwise prescribed by your health practitioner.

**Black tea and flavored black teas:** As long as they are naturally decaffeinated, 2 to 3 cups daily is fine.

**Freshly juiced vegetable and/or fruits:** These fall under "Carbohydrates" for quality references. Just be aware that once juiced, the carbohydrates in fruits and vegetables are absorbed much more rapidly (due to the absence of their fibers) and tend to raise insulin, triggering fat formation and possibly even inflammatory eicosanoid production.

**Non-dairy milks:** These are best prepared by you to avoid the added refined and greatly simplified carbohydrates which tend to increase insulin. Use these beverages in moderation and consider adding protein powder, such as Unipro's Perfect Protein®, to balance their carbohydrate content (i.e., rice milks, soy milks, nut or seed milks).

**Milk:** Skim milk represents equal units of protein and carbohydrate. 2 cups of skim milk equal one unit of protein and one unit of carbohydrate.

**Important Note:** Help ensure adequate levels of calcium and magnesium with supplements, such as 2 Cal Apatite® and one Magnesium Glycinate tablets twice daily.