

Starches and Grains

Starches and grains provide carbohydrates which are our bodies preferred sources of energy. Choosing higher fiber-lower sugar options provides us with longer lasting energy throughout the day and leaves us feeling fuller longer. Lower fiber-higher sugar options provide more immediate energy and digest more quickly.



This is what roughly 80 Calories/~15 grams of carbohydrates looks like:

HIGHER FIBER/LOWER SUGAR

- 1/2 cup Acorn Squash
- 2/3 cup butternut squash
- 1 cup baby carrots
- 1/2 medium baked potato
- 1/2 medium sweet potato
- 1/3 cup cooked barley
- 1/2 cup cooked brown rice
- 1/2 cup cooked couscous
- 2/3 cup cooked whole wheat pasta
- 1/3 cup cooked quinoa
- 1/2 cup cooked wild rice
- 1/4 cup oats (dry/before cooking)
- 1 slice whole wheat or sprouted grain bread
- 1/2 cup legumes (chickpeas, kidney beans, black beans, pinto beans, green peas etc...)
- 3 cups light popped popcorn

LOWER FIBER/HIGHER SUGAR

- 1/4 bagel
- 1 slice white bread
- 1/2 cup cooked white rice
- 1 flour or corn tortilla (6-8 inch or 1 ounce)
- 1/2 cup cooked grits
- 1/2 hamburger or hot dog bun
- 1 granola bar (20 g)
- 1 fig newton
- 15 baked chips (1 ounce)
- 16 crackers (1 ounce)
- 1/2 cup cereal (aim for cereals with less than 10 g of sugar per serving)
- 1/2 cup yellow corn

Fruit

Fruit provides an excellent source of vital nutrients including vitamin C and potassium. Fruits also provides powerful nutrients that help to prevent chronic disease. It is recommended to have at least 2 servings of fruit per day. If weight loss is one of your goals, choosing lower glycemic load fruits may be beneficial. "Lower glycemic load" means that sugar is released more slowly which keeps blood sugar levels controlled. Better blood sugar control throughout the day can help to support weight loss.



This is what roughly 60 Calories/12-18 grams of carbohydrates looks like:

LOWER GLYCEMIC LOAD FRUIT

- 1 medium apple
- 1 small banana
- 1 large orange
- 1/2 large grapefruit
- 1 cup diced melon
- 1 1/2 cup strawberries
- 1 cup blueberries
- 1 1/2 cup watermelon
- 1 cup raspberries
- 1 small pear

HIGHER GLYCEMIC LOAD FRUIT

- 1 Medjool date
- 1/8 cup raisins
- 15 cherries
- 3 prunes
- 1 small peach
- 2 small kiwis
- 1/2 cup sliced mango
- 3/4 cup pineapple
- 20 grapes

Non Starchy Veggies



~One serving = ½ cup cooked or 1 cup raw for most choices

Vegetables are essential for optimal health. Each color found in vegetables represents different compounds that benefit various aspects of your health. Ideally, you should aim for at least three servings of vegetables per day although more is better. Try to have a variety of colors throughout your week. Choose fresh or frozen vegetables.

- arugula
- asparagus
- kale
- radicchio
- swiss chard
- turnip greens
- hearts of palm
- jicama
- jalapeno peppers
- leeks
- mushrooms
- onions
- okra
- radishes
- snap beans bamboo shoots
- bean sprouts
- beet greens
- bell peppers
- bok choy
- broccoli
- green beans
- snow peas
- sprouts (bean, alfalfa, etc)
- shallots
- spaghetti squash

- sea vegetables
- tomatoes
- watercress
- water chestnuts
- Brussels sprouts
- cabbage
- raw carrots
- cauliflower
- celery
- collard greens
- cucumber
- dandelion greens
- eggplant
- endive
- fennel
- mustard greens
- spinach

VEGETABLE CALCIUM EQUIVALENTS:

- Chinese Cabbage (1/2 Cup)
- Cooked Spinach (1/2 Cup)
- Mustard Greens (1/2 Cup)
- Bok Choy (1 Cup)
- Broccoli (2 Cups)

Protein

Protein supports the production of many things in the body including muscle tissue, collagen in our skin, enzymes, hormones and more. If you are participating in physical activity, your needs for protein will go up as your body requires more. Pairing your proteins with starches and grains or fruits for every meal and snack will help to keep you fuller longer and provide more sustained energy.



High Protein Choices

This is what roughly ~100 Calories/~18 grams of protein looks like:

- Cooked poultry/ White Meat (2 ounces)
- Lean Deli Meat (4 ounces)
- Cooked Steak/ Lean Cuts (2 ounces)
- Egg White (6 large OR 3/4 Cup)
- Powdered Protein Isolate Supplement (1 scoop of 20 g/Standard Scoop)
- **Low-fat Cottage Cheese (3/4 Cup)**
- Cooked fish (2 ounces)
- Cooked shellfish (4 ounces)
- Canned tuna in water (3 ounces)

Moderate Protein Choices

This is what roughly ~100 Calories/10 grams of protein looks like:

- Cooked poultry/ Dark Meat (2 ounces)
- Cooked Steak/Marbled Cuts (1.5 ounces)
- Eggs (1.5 each)
- **Part Skim Ricotta Cheese (1/3 Cup)**
- **2 String Cheese (2 oz. cheese)**
- **Fat Free Plain Greek Yogurt (5.3 ounces/standard cup)**
- Beef Jerky (1 ounce)
- **Skim or 1% Dairy Milk (1 cup)**

BOLD print indicates 1 calcium serving



Plant Protein

Are you following a plant based diet or just looking for ways to decrease your consumption of meat? There are plenty of amazing sources of plant based proteins available. One major difference between plant based protein and their animal based counterparts is that most sources of plant protein are also sources of carbohydrates or fats. For example, most of the calories in a chicken breast come from protein, hence it is categorized as such. However, beans for example are a source of plant based protein but also contain fibrous carbohydrates. Tofu is also a great source of plant based protein but some of the calories in tofu also come from healthy fats.



This is what roughly ~100 Calories/10 grams of protein

- 1/2 cup cooked lentils
- 2/3 cup cooked lentil pasta
- **Firm (fortified) Tofu (4 ounces)**
- Shelled edamame (1/2 cup)
- 1/2 Beyond Meat® Burger or Sausage
- 1/2 Cup Beyond Meat® Beef Crumbles
- 2 ounces tempeh
- **10 fluid ounces unsweetened soy milk**
- **1 cup unsweetened pea protein milk**

BOLD print indicates 1 calcium serving



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Fats

Fats are an essential part of our diet. Fats make up the membranes that protect our cells, aid in the absorption of certain vitamins, and contribute to brain health. Mono and poly-unsaturated fats, found in oils, nuts, fish, and avocados protect our heart and promote overall health. You should limit saturated fats found in butter, processed foods, and animal fat as overconsumption of these fats overtime can lead to increased risk of chronic disease. You should try to avoid trans-fats-also known as trans-fat; found in processed foods as these fats are not typically found in nature and have been known to increase risk cardiovascular

disease. Most people should aim to consume 5 or less servings per day. Considering that most restaurants and fast food establishments cook in a lot of oil, it is safe to say that most people who eat out often are already meeting or exceeding the recommended amount of fat per day, although the fat may be coming from less than ideal sources.



This is what roughly ~160 Calories/16 grams of Fat looks like

1 Serving of nuts = 1 handful or 1/4 cup or 1 ounce

- Walnuts Halves
- Cashews
- Almonds
- Hazelnuts
- Brazil Nuts
- Shelled Pistachios
- Macadamia nuts
- Peanuts
- Pecans

Other Fats

- Nut Butter (1.5 Tbsp.)
- Avocado (1/2)
- Ground Flax, Chia, or Hemp Seed (3 Tbsp.)
- Eggs (2 Each)
- Oil (1 Tbsp.)
- Hummus (6 Tbsp)

Choosing Your Oils

Not all oils can be used in the same ways. The smoking point of any oil is the temperature at which the fat or oil begins to smoke. Smoking is evidence of the fat's breakdown due to heat and can create a very off-putting smell and flavor. When you cook with an oil at a temperature above the smoke point, you start to lose the health benefits associated with that oil and they can actually be harmful to your body.



High Temperature Cooking Oils

Cooking meat or pan frying

- Canola Oil
- Peanut Oil
- Avocado Oil
- Almond Oil

Medium Temperature Cooking Oils

Quick sautéing vegetables

- Extra Virgin Olive Oil
- Coconut Oil
- Sesame Oil
- Hazelnut Oil
- Hemp Oil

Cold Temperature Oil

Great for salads, smoothies, or cold dishes

- Walnut Oil
- Flaxseed Oil
- Wheat Germ Oil
- Chia Seed Oil

