

# Zone Blocks

## ***Proteins***

<i><b>Best Choices</b></i>	<i><b>Fair Choices</b></i>	<i><b>Poor Choices</b></i>
Beef, range fed/game - 1 oz	Beef, lean cuts - 1 oz	Beef, fatty cuts - 1 oz
Ground Beef(<10%fat)-1 1/2	Corned Beef, lean - 1 oz	Ground Beef (>10%) - 1 oz
Chicken Breast, skinless - 1oz	Chicken, skinless, dark - 1oz	Pork Sausage, link - 2
Chicken Breast, deli-style	Turkey, skinless, dark - 1oz	Pork Sausage, patties - 2
Turkey Breast, skinless - 1oz	Ham - 1 oz	Pork Bacon - 3 1/2 slices
Turkey Breast, deli-style- 1 1/2	Ham, deli-style - 1 1/2 oz	Hot Dog, beef or pork - 1
Ground Turkey - 1 1/2 oz	Pork, lean - 1 oz.	Hot Dog, chicken/turkey - 1
Turkey Bacon - 3 strips	Pork Chop - 1 oz	Salami - 1 oz
Canadian Bacon - 1 1/2 oz	Ground Pork - 1 1/2 oz	Pepperoni - 1 oz
Bass, freshwater - 1 oz	Lamb, lean - 1 oz	
Bass, sea - 1 1/2 oz	Ground Lamb - 1 1/2 oz	
Bluefish - 1 1/2 oz	Veal - 1 oz	
Catfish - 1 1/2 oz	Duck - 1 1/2 oz	
Cod - 1 1/2 oz	<b><i>Eggs</i></b>	
Haddock - 1 1/2 oz	Eggs - 1	
Halibut - 1 1/2 oz	<b><i>Dairy</i></b>	
Salmon - 1 1/2 oz	Cheese, low-fat - 1 Oz	
Snapper - 1 1/2 oz	Hard Cheese - 1 oz	
Swordfish - 1 1/2 oz	Mozzarella - 1 Oz	
Trout - 1 1/2 oz	Ricotta - 2 oz	
Tuna, steak - 1 1/2 oz		
Tuna, canned - 1 oz		

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<b><i>Best Choices</i></b>	<b><i>Fair Choices</i></b>	<b><i>Poor Choices</i></b>
Calamari - 1 1/2 oz		
Clams - 1 1/2 oz		
Crabmeat - 1 1/2 oz		
Lobster - 1 1/2 oz		
Sardines - 1 oz		
Scallops - 1 1/2 oz.		
Shrimp - 1 1/2 oz.		
<b><i>Eggs</i></b>		
Egg Whites - 2 eggs		
Egg Substitute - 1/4 cup		
<b><i>Dairy</i></b>		
Cheese, non-fat - 1 oz.		
Cottage Cheese, low fat-1/4 cup		
<b><i>Vegetarian</i></b>		
Seitan - 1 oz		
Spirulina, diced - 1/2 oz		
Soy Bacon - 3 slices		
Soy Burger - 1/2 patty		
Soy Hotdog - 1		
Soy Sausage - 2 links/1 patty		
Tofu, firm - 2 oz		

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## *Vegetables*

<b><i>Best Choices</i></b>	<b><i>Fair Choices</i></b>	<b><i>Poor Choices</i></b>
<b><i>Raw</i></b>	<b><i>Raw</i></b>	<b><i>Raw</i></b>
Alfalfa Sprouts - 10 cups	Cabbage, shredded - 4 cups	
Bamboo Shoots - 4 cups	Celery, sliced - 2 cups	
Bean Sprouts - 3 cups	Cucumber, sliced - 2 cups	
Bell Pepper, chopped - 2 cups	Dill Pickles - 3, 3"	
Broccoli - 4 cups	Iceberg, chopped - 10 cups	
Cauliflower, pieces - 4 cups	Radishes, sliced - 4 cups	
Chick Peas - 1/4 cup	Water Chestnuts - 1/3 cup	
Endive, chopped - 10 cups		
Escarole, chopped - 10 cups		
Jalapeno - 2 cups		
Romaine, chopped - 10 cups		
Mushrooms, chopped- 10 cups		
Onions, chopped - 1 1/2 cups		
Snow Peas - 1 1/2 cups		
Spinach Leaves - 10 cups		
Tomatoes, chopped- 1 1/2 cups		
Tomatoes, cherry - 2 cups		
Water Cress - 10 cups		

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## Vegetables

<b>Best Choices</b>	<b>Fair Choices</b>	<b>Poor Choices</b>
<b>Cooked</b>	<b>Cooked</b>	<b>Cooked</b>
Artichokes - 4 large	Beans, black - 1/4 cup	Acorn Squash - 1/2 cup
Artichoke Hearts - 1 cup	Cabbage - 3 cups	Beans, baked - 1/4 cup
Asparagus - 1 cup/12 spears	Fava Beans - 1/3 cup	Beans, refried - 1/4 cup
Beans, green/wax - 1 1/2 cups	Kidney Beans - 1/4 cup	Beets, sliced - 1/2 cup
Beet Greens - 1 1/4 cups	Lentils - 1/4 cup	Black-eyed Peas - 1/4 cup
Bok Choy - 3 cups	Onions - 1/2 cup	Butternut Squash - 1/2 cup
Broccoli - 3 cups	Spaghetti Squash - 2 cups	Carrot, sliced - 1 cup
Brussel Sprouts - 1 1/2 cups	Tomato Sauce - 1/2 cup	Corn - 1/4 cup
Cauliflower - 4 cups	Turnips, mashed - 1 1/2 cups	Hubbard Squash - 2/3 cup
Chick Peas - 1/4 cup	Yellow Squash - 2 cups	Lima Beans - 1/4 cup
Collard Greens - 2 cups		Parsnips - 1/3 cup
Eggplant - 1 1/2 cups		Peas - 1/2 cup
Kale - 2 cups		Pinto Beans - 1/4 cup
Leeks - 1 cup		Potato, baked - 1/4 cup
Mushrooms - 2 cups		Potato, boiled - 1/3 cup
Okra, sliced - 1 cup		Potato, fried -5
Spinach - 3 1/2 cups		Potato, mashed - 1/4 cup
Swiss Chard - 2 1/2 cups		Sweet Potato, baked - 1/3 cup
Tomatoes - 3/4 cup		Sweet Potato, mashed- 1/4 cup
Turnip Greens - 4 cups		
Zucchini - 2 cups		

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## *Fruits*

<b><i>Best Choices</i></b>	<b><i>Fair Choices</i></b>	<b><i>Juices</i></b>
Apple - 1/2	Banana - 1/3	Apple - 1/3 cup
Applesauce, natural - 1/3 cup	Cantaloupe - 1/4 melon	Apple Cider - 1/3 cup
Apricots - 3	Cantaloupe, cubed - 3/4 cup	Cranberry - 1/4 cup
Blackberries - 3/4 cup	Cranberries - 3/4 cup	Fruit Punch - 1/4 cup
Blueberries - 1/2 cup	Dates - 2	Grape - 1/4 cup
Boysenberries - 1/2 cup	Fig - 1	Grapefruit - 1/3 cup
Cherries - 8	Guava - 1/2 cup	Lemon - 1/3 cup
Fruit Cocktail, lite - 1/3 cup	Honeydew, cubed - 2/3 cup	Lime - 1/3 cup
Grapefruit - 1/2	Kumquat - 3	Orange - 1/3 cup
Grapes - 1/2 cup	Mango, sliced - 1/3 cup	Pineapple - 1/4 cup
Kiwi - 1	Papaya, cubed - 3/4 cup	Tomato - 1 cup
Lemon - 1	Pineapple, diced - 1/2 cup	V-8 - 3/4 cup
Lime - 1	Prunes - 2	
Mandarin Orange - 1/3 cup	Raisins - 1 tbsp	
Nectarine - 1/2	Watermelon, cubed - 3/4 cup	
Orange - 1/2		
Peach - 1		
Peaches, canned - 1/2 cup		
Pear - 1/2		
Plum - 1		
Raspberries - 1 cup		
Strawberries - 1 cup		

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## Grains

<b>Best Choices</b>	<b>Fair Choices</b>	<b>Poor Choices</b>
Amaranth - 3/4 oz	Bagel, whole grain - 1/4	Bagel, white - 1/4
Barley, dry - 1/2 tbsp	Buckwheat, dry - 1/2 oz	Biscuit - 1/2
Bulger Wheat, dry - 1/2 oz	Bread, whole grain - 1/2 slice	Bread, white - 1/2 slice
Cracker, Kashi - 7	Cereal, whole grain - 1/2 oz	Bread Crumbs - 1 oz.
Cracker, Triscuit - 3	Couscous, whole wheat - 1oz	Breadstick, hard - 1
Oatmeal, cooked - 1/3 cup	Flour, whole wheat-1 1/2 tsp	Breadstick, soft - 1/2
Oatmeal, dry - 1/2 oz	Granola - 1/2 oz	Cornbread - 1" square
	Millet, dry - 1/2 oz	Cracker, graham - 1 1/2 sq
	Pasta, whole wheat - 1/4 cup*	Cracker, saltine - 4
	Pita - 1/2 pocket	Croissant - 1/4
	Popcorn, plain - 2 cups	Crouton - 1/2 oz
	Rice, brown - 1/5 cup*	Doughnut, plain - 1/3
	Tortilla, 6" corn - 1	English Muffin - 1/4
	Tortilla, whole wheat - 1/2	Flour, white - 1 1/2 tsp
		Grits, cooked - 1/3cup
		Melba Toast - 1/2 oz
		Muffin, mini - 1/2
		Noodles, egg - 1/4 oz*
		Noodles, udon - 3 tbs*
		Quinoa - 1 tbsp
		Rice, white - 1/5 cup*
		Rice Cake - 1









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## *Miscellaneous*

<b>Snacks</b>	<b>Condiments</b>	<b>Alcohol</b>
Cake - 1/3 slice	BBQ sauce - 2 tbsp	Beer, lite - 6 oz
Candy Bar - 1/4	Cocktail Sauce - 2 tbsp	Beer, regular - 4 oz
Chips, corn - 1/2 oz	Honey - 1/2 tbsp	Liquor - 1 oz
Chips, potato - 1/2 cup	Jam or Jelly - 2 tbsp	Wine - 4 oz
Chips, tortilla - 1/2 oz	Ketchup - 2 tbsp	
Chocolate - 1/2 oz	Molasses, light - 1/2 tsp	
Cookie - 1 small	Pickles, sandwich - 6	
Hummus - 1/4 cup	Plum Sauce - 1 1/2 tbsp	
Ice Cream, regular - 1/4 cup	Relish - 4 tsp	
Pretzels - 1/2 oz	Salsa - 1/2 cup	
	Sauerkraut - 1 cup	
	Steak Sauce - 2 tbsp	
	Sugar, brown - 2 tsp	
	Sugar, confectioner's - 1 tbsp	
	Sugar, granulated - 2 tsp	
	Sweet and Sour Sauce- 1tbsp	
	Syrup, maple - 2 tsp	
	Syrup, pancake - 2 tsp	
	Tartar Sauce - 1/2 tsp	
	Teriyaki Sauce - 1 tbsp	