

The background features three vertical outlines of a fork, a knife, and a spoon. The fork is on the left, the knife is in the center, and the spoon is on the right. The outlines are thin and light gray.

NUTRITION SUCCESS GUIDELINES



NUTRITION SUCCESS GUIDELINES

1. Always eat Protein, Fat, and Carbohydrates together at every meal and snack.

Aids digestion and enhances the delivery of nutrients.

2. Eat within 1 hour of waking.

Kick starts metabolism and prevents the body from going into starvation mode.

3. Never go more than 5 hours without food. If so add in a balanced snack.

Regulates the metabolism and prevents the body from going into starvation mode.

4. Always eat a balanced snack 1 hour to ½ an hour before going to bed.

Helps you burn fat while you sleep.

5. Supplement your eating plan with 3000 milligrams of Pharmaceutical Grade or Molecular Distilled Omega 3 per day.

Helps balance blood sugar levels and helps improve brain function. Omega-3 is essential for healthier hair, nails and skin.

MEAL	POINTS	TIME	MACRONUTRIENT	FOOD ITEM	AMOUNT
Breakfast	3	8am	Protein		
			Carbohydrate		
			Fat		
Snack	1	12pm	Protein		
			Carbohydrate		
			Fat		
Lunch	3	4pm	Protein		
			Carbohydrate		
			Fat		
Snack	1	6pm	Protein		
			Carbohydrate		
			Fat		
Dinner	3	10pm	Protein		
			Carbohydrate		
			Fat		

FOOD EXCHANGE LIST

CARBOHYDRATES

FAVORABLE VEGETABLES

	1 BLOCK
Artichoke	1 medium
Asparagus	12 spears
Beans, green or wax	1 cup
Beans, black	¼ cup
Bok choy	3 cups
Broccoli	1 ¼ cups
Brussels sprouts	1 ½ cups
Cabbage, shredded	3 cups
Cauliflower	2 cups
Chickpeas	¼ cup
Collard greens, chopped	2 cups
Eggplant	1 ½ cups
Kale	1 ¼ cups
Kidney beans	¼ cup
Leeks	1 cup
Lentils	¼ cup
Mushrooms (boiled)	1 cup
Okra, sliced	1 cup
Onions, chopped (boiled)	¾ cup
Sauerkraut	1 cup
Spinach, chopped	1 ¼ cups
Swiss chard, chopped	1 ½ cups
Turnips, mashed	1 cup
Turnip greens, chopped	1 ¾ cup
Yellow squash (summer)	4 cups
Zucchini, sliced	2 cups

RAW VEGETABLES

Alfalfa sprouts	11 cups
Bamboo shoots, cuts	1 ¼ cups
Broccoli	1 ½ cups
Cabbage, shredded	3 cups
Cauliflower, pieces	2 cups
Raw tomato	¼ cup
Raisins	1 tbsp
Raw cucumber	¼ cup
Celery, sliced	2 ½ cups
Cucumber	1 cup
Cucumber, sliced	4 cups

FRUITS

(Fresh, Frozen, Or Canned Light)

	1 BLOCK
Apple	1/2
Apple sauce	1/3 cup
Apricots	3
Blackberries	¾ cup
Blueberries	½ cup
Boysenberries	¾ cup
Cantaloup	¼ melon
Cantaloup, cubed	¾ cup
Cherries	¾ cup
Fruit cocktail	½ cup
Grapefruit	1/2
Grapes	½ cup
Honeydew melon, cubed	1 cup
Lemon	1
Lime	1
Nectarine, medium	1/2
Orange	1/2
Orange, mandarin, canned	1/3 cup
Peach	1
Peaches, canned	1/2
Pear	1/2
Pineapple, cubed	1/2
Plum	1
Raspberries	1 cup
Strawberries	1 cup
Tangerine	1
Watermelon, cubed	¾ cup

GRAINS

Barley (dry)	½ tbsp
Oatmeal (slow cooking, cooked)	1/3 cup
Oatmeal (slow cooking, dry)	½ oz

UNFAVORABLE CARBOHYDRATES 1 BLOCK

Cooked Vegetables (use in moderation)

Acorn squash	½ cup
Baked beans	1/8 cup
Beets, sliced	½ cup



Cucumber, sliced	4 cups	Butternut squash	½ cup
Endive, chopped	7 ½ cups	Carrot	1
Escarole, Chopped	7 ½ cups	Carrot, shredded	1 cup
Green or red peppers	3 cup	Corn	1/4 cup
Green pepper, chopped	2 ¼ cups	French fries	5
Humus	¼ cup	Lima beans	¼ cup
Lettuce, iceberg (6 inch diameter)	1 head	Parsnips	1/3
Lettuce romaine, chopped	4 cups	Peas	1/3 cup
Mushrooms, chopped	3 cups	Pinto beans	¼ cup
Onions, chopped	1 cup	Potato, baked	1/3 cup
Radishes, sliced	2 ½ cups	Potato, boiled	1/3 cup
Salsa	½ cup	Potato, smashed	1/5 cup
Snow peas	1 cup	Refried beans	¼ cup
Spinach chopped	6 cups	Sweet potato, baked	1/3
Tomato	2	Sweet potato, mashed	1/5 cup
Tomato, chopped			
Water chestnuts	1/3 cup	FRUITS	
Spinach salad		Banana	1/3
Raw spinach	3 cups	Cranberries, chopped	¾ cup
Raw onion	¼ cup	Cranberry sauce	3 tbsp
Raw mushrooms	¼ cup	Dates	2 pieces
Raw tomato	¼ cup	Fig	1 piece
Tossed salad		Kumquat	3
Shredded lettuce		Mango, sliced	1/3 cup
Raw green bell pepper		Papaya, cubed	¾ cup
		Prunes (dried)	2



FRUIT JUICE

Apple	1/3 cup
Apple cider	1/3 cup
Cranberry	¼ cup
Fruit punch	¼ cup
Grape	¼ cup
Grapefruit	1/3 cup
Lemon	1/3 cup
Lemonade	1/3 cup
Orange	¼ cup
Pineapple	¾ cup
Tomato	¾ cup
V-8	¾ cup

GRAINS, CEREALS, and BREADS

Bagel (small)	1/4
Biscuit	1/2
Breadcrumbs	½ oz
Bread, wholegrain	½ slice
Bread, white	½ slice
Breadstick soft	1/2
Breadstick, hard	1
Buckwheat, dry	½ oz
Cereal, dry	½ oz
Cornbread	½ oz
Cornstarch	1 tbsp
Couscous, dry	1 oz
Cracker, saltine	4
Cracker, plain	3
Croissant, plain	1/2
Crouton	½ oz
Doughnut, plain	3/4
English muffin	1/4
Granola	½ oz
Grits, cooked	1/3 cup
Melba toast	½ oz
Millet	½ oz
Muffin, blueberry	1/2
Noodles, egg (cooked)	¼ cup
Pancake (4 inch)	1/2
Pasta, cooked	¼ cup
Pitta bread	¼ cup
Pitta bread, mini	½ packets

1 BLOCK

Popcorn, popped	2 cups
Rice, brown (cooked)	1/5 cup
Rice, white (cooked)	1/5 cup
Rice cake	1
Roll, bulkie	1/4
Roll, dinner	½ small
Roll, hamburger	1/2
Taco shell	1 small
Tortilla, corn (six inch)	1
Tortilla, flour (8 inch)	1/2
Waffle	1/2

ALCOHOL

Beer	6 oz
Distilled spirits	1 oz
Wine	4 oz

POOR CHOICES

Barbecue sauce	2 tbsp
Candy bar	¼
Cake	1/3 slice
Cookie (small)	1
Crackers (saltine)	4
Crackers (graham)	1 ½ pieces
Cocktail sauce	2 tbsp
Honey	½ tbsp
Ice cream (regular) (premium)	¼ cup cream
Jam or Jelly	2 tbsp
Ketchup	2 tbsp
Molasses, light	1 ½ tbsp
Plum sauce	1 ½ tbsp
Potato chips	½ oz
Pretzels	½ oz
Relish, pickle	4 tsp
Sugar, brown	2 tsp
Sugar, granulated	2 tsp
Sugar, confectionery	1 tsp
Syrup, maple	2 tsp
Syrup, pancake	2 tsp
Teriyaki sauce	1 tbsp



FOOD EXCHANGE LIST

PROTEINS

BEST CHOICE

1 BLOCK

(Low In Saturated Fats)

Beef	1 oz
Chicken Breast, skinless	1 oz
Chicken Breast, deli style	1.5 oz
Turkey Breast skinless	1 oz
Turkey Breast, deli style	1 oz
Egg whites	2
Egg substitute	¼ cup
Cottage cheese	¼ cup
Cheese	1 oz
Tofu (firm and extra firm)	3 oz
Protein powder	7 g
Soy burgers	½ patty
Soy hot dogs	1
Soy sausages	2
Soy sausage	1 patty
Bass	1 oz
Bluefish	1 oz
Calamari	2.5 oz
Catfish	1.5 oz
Clams	1.5 oz
Cod	1.5 oz
Crabmeat	1.5 oz
Haddock	1.5 oz
Halibut	1.5 oz
Lobster	1 oz
Mackerel**	1.5 oz
Salmon**	1.5 oz
Sardine**	1 oz
Scallops	1.5 oz
Shrimps	1.5 oz
Snapper	1.5 oz

FATS

BEST CHOICES

1 BLOCK

(Rich In Monounsaturated Fat)

Almond butter	1/3 tsp
Almonds (slivered)	1 ½ tsp
Almonds (whole)	3
Avocado	1 tbsp
Canola oil	1/3 tsp
Guacamole	1 tbsp
Macadamia nut	
Olive oil	1/3 tsp
Olive oil and vinegar dressing:	
Olive oil	1/3 tsp
Vinegar	2/3 tsp
Olives	3
Peanut butter, natural	1/2 tsp
Peanut oil	1/3 tsp
Peanuts	6
Tahini	½ tsp

FAIR CHOICES

1 BLOCK

(Low In Saturated Fat)

Whole cashews	2
Mayonnaise, regular	1/3 tsp
Light dressings	1 tsp
Sesame oil	½ tsp
Soy bean oil	1/3 tsp
Walnuts, shelled and chopped	1 tsp

POOR CHOICES *(High In Saturated Fat)*

Bacon bits (imitation)	1 ½ tsp
Butter	1/3 tsp
Cream (Half +Half)	1 tbsp
Cream cheese	1 tsp
Cream cheese, light	2 tsp
Lard	1/3 tsp
Sour cream, light	1 tbsp

Swordfish	1.5 oz
Trout	1 oz
Tuna (Canned In Water)	1 oz
Tuna (steak)	1 oz
** Rich in omega 3 EFA	

FAIR CHOICES (Moderate In Saturated Fats)

Mozzarella cheese	1 oz
Ricotta cheese	2 1/2 oz
Whole egg	1
Beef lean cuts	1 oz
Canadian bacon, lean	1 oz
Chicken, dark meat, skinless	1 oz
Corned beef lean	1 oz
Duck	1 oz
Ham, lean	1.5 oz
Ham, deli style	1.5 oz
Hamburger (less than 10% fat)	1.5 oz
Lamb, lean	1 oz
Pork, lean	1 oz
Pork, chop	1 oz
Turkey bacon	3 strips
Turkey, dark meat, skinless	1 oz
Veal	1 oz

POOR CHOICES

(High In Saturated Fats)

Hard cheese	1 oz
Bacon, pork	3 strips
Beef, fatty cuts	1oz
Beef, ground (10-15% fat)	1.5 oz
Hot dog (Pork or Beef)	1
Hot dog (Turkey or Chicken)	1
Kielbasa	2 oz
Liver, Chicken	1 oz
Pepperoni	1 oz
Salami	1 oz
Vegetable shortening	1/3 tsp

MULTIPLE BLOCKS

CONTAINS: (1 Block Of Carbohydrate, Protein And Fat)

Zone bar	1/2
Balance bar	1/2
Milk, low fat (1-2%)	6 oz
Soy flour	1/3 cup
Tempeh	1 1/2 oz
Tofu, soft and regular	3 oz
Yoghurt, plain	1/2 cup



MEASUREMENT GUIDE			
	Ounces	Milliliters	Metric
1 cup	8 oz	240ml	240 grams
1/4 cup	2 oz	59ml	59 grams
1 tbsp	1/2 oz	15ml	15 grams
1 tsp		5ml	5 grams

ACID/ALKALINE FOOD CHART

← MORE ACIDIC MORE ALKALINE →

MOST ACIDIC	MORE ACIDIC	ACIDIC	ALKALINE	MORE ALKALINE	MOST ALKALINE
ALCOHOL	BARLEY	OYSTERS	ALMONDS	BERRIES	ASPARAGUS
ARTIFICIAL SWEETENERS	BUTTER	PEANUT BUTTER	APPLES	GREEN TEA	BROCCOLI
BACON	CHICKEN	PEAS	APRICOTS	KIWI FRUIT	DANDELION
BEEF	COD	PECANS	AVOCADOS	LETTUCE	GARLIC
BOX CEREAL	CORN	PINTO BEANS	BANANAS	MOLASSES	GRAPEFRUIT
CHEESE	CORN OIL	PUMPKIN SEEDS	BEETS	ORANGES	KALES
HOT DOGS	CURRANTS	SALMON	CABBAGE	PEACHES	LEMONS
ICE CREAM	EGGS	SARDINES	CARROTS	PEARS	LIMES
MILK	OAT BRAN	SHRIMP	CAULIFLOWER	PINEAPPLES	MANGOES
PROCESSED FOODS	TURKEY	YOGHURT	CELERY	QUINOA	ONIONS
REFINED SUGARS	WHEAT		CHERRIES	RADISHES	PAPAYA
SOFT DRINKS	WHOLE WHEAT		CUCUMBERS	SAUERKRAUT	PARSLEY
WHITE FLOUR			DATES	SQUASH	PLUMS
WHITE PASTA			FLAX SEEDS	SWEET POTATOES	SPINACH
WHITE SUGAR			GINGER TEA	ZUCCHINI	WATERMELON
			GRAPES		
			GREEN BEANS		
			GREEN TEA		
			MAPLE SYRUP		
			MUSHROOMS		
			PARSNIPS		
			RAW HONEY		
			TOFU		

Note that a food's acid or alkaline-forming tendency in the body has nothing to with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline, therefore lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves a very acidic residue in the body. Like nearly all animal products, meat is very acid-forming.