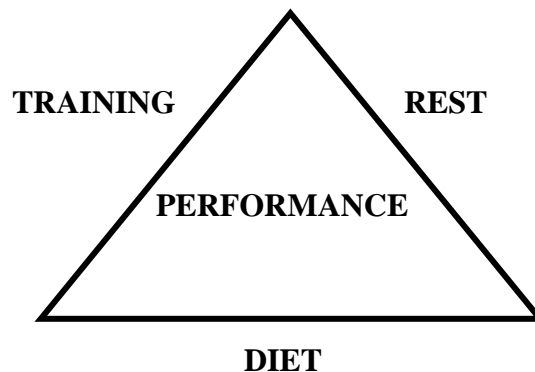


## Saints Performance Nutritional Guidelines

### I. Function of Food

Since food provides the building blocks from which growth, development and strength gains come, good nutrition is essential for attaining maximal athletic performance. The fuel for the high performances required in both practice and competition comes from food. Many athletes want to maximize performance and training through nutrition by either gaining lean body mass, losing weight, or most important in sports, losing body fat. Even the most talented athletes are dependent upon nutrients available to their working tissues. Muscles need a continuous supply of good nutrients in order to maintain strength and stamina, and to recover properly and fully between training sessions or competition. If proper nutrition is not followed it is a waste of time to try and achieve maximal gains on any strength and conditioning program, regardless of program design. **REMEMBER: No amount of hard work can off set a poor lifestyle.**

The three-sided performance triangle below represents how performance is affected by (1) training, (2) rest, and (3) diet. Athletes depend on all three of these factors to maximize and maintain optimal performance. When one of these factors is neglected, the structure is weakened and performance and training suffers.



Supplements are merely meant to be additions to a healthy diet. Before you consider using any supplements, you should have a solid eating/fueling regimen. There are numerous supplements on the market. However, the FDA does not regulate the production or quality of supplements. Therefore, supplements are **MOST OFTEN A WASTE OF MONEY**. Generally, most supplements produce **VERY EXPENSIVE URINE**.

I only recommend that you add 3 supplements to your diet/fueling regimen. These 3 supplements are:

1. Meal Replacements

- Used to increase the protein and caloric content of your diet.
- Easily digestible, easy to prepare
- Best used as snacks or small meals 2-3 times a day
- Best if consumed with complex carbs, fruits, and vegetables

2. Creatine

- Used to increase power and explosiveness
- Used to increase lean muscle mass
- Used to preserve lean muscle mass during
- Best if consumed within 30 minutes after a workout
- Best if consumed with simple sugars and protein  
(i.e. carb/protein shake)

3. Multi-Vitamin/Mineral

- Helps to add vital nutrients to the body
- NOT a replacement for eating fruits and vegetables
- Best if taken at night before bed
- Best if consumed with a meal

## II. **Basic Categories of Nutrients**

The best diet comes from a well-balanced intake of the six major classifications of food groups, which are:

1. Bread, cereals, rice and pastas (6-11 servings)
2. Vegetables (3-5 servings)
3. Fruits (2-4 servings)
4. Milk, yogurt, and cheeses (2-3 servings)
5. Meat, poultry, fish, beans, eggs and nuts (2-3 servings)
6. Oils and sweets (use sparingly)

The six major food groups supply the body with six essential elements, which are those nutrients needed by the body, but cannot be produced by the body and thus must be added through diet for the body to function properly. Carbohydrates, fats, proteins, vitamins, minerals, and water are all classified as essential nutrients and are needed by your body in order to produce energy and for the growth and development of body tissues. Performance as an athlete is strongly influenced by the types of foods that are consumed and when they are consumed. In order for nutrition to optimize performance athletes must focus on their nutrition during training, nutritional support during competition, post-event nutrition as well as pre-event nutrition.

The following information will provide help to achieve an athletically conscious balanced diet. This diet should consist of:

### **25-35% Protein**

Protein is the building block of muscle. Its main function is to repair and maintain the body tissues and organs and to promote muscle growth.

- Good Sources: lean beef, turkey, chicken and fish
- Athletes need more protein than an inactive person
- Without an adequate protein intake muscle growth is impossible

### **55-65% Carbohydrates**

Carbohydrates are the main source of energy in the body. They are especially important for short burst of energy such as sprinting.

- Athletic activity is fueled by a mixture of carbohydrates and fats with protein making a relatively small contribution
- The human body has a very limited ability to store carbohydrates
- Carbohydrates can be classified in several general categories
  - a. Simple Sugars (table sugars, honey, molasses)
    - i. Sugar is not a desirable energy source for anyone, because it burns too fast
    - ii. Causes your body to release insulin to promote fat storage
  - b. Refined Carbohydrates (bread, baked goods, pasta and cereal)
    - i. Refining process results very fast digestion and absorption thus acting like sugar
  - c. Starch (natural form of carbohydrates store in plants: corn, peas, beans, potatoes, whole grains and brown rice)
    - i. Slow burning – good for athletes
    - ii. Not digested as rapidly and does not promote fat storage nearly as much as sugar or refined carbs
  - d. Fiber (a form of carbohydrates found in plants that is not digested very efficiently by humans: spinach, broccoli, cauliflower, zucchini, onions, oat bran)
    - i. Very important because it slows down the release of insulin when digesting starches limiting the amount to be stored as fat.

### **10-15% Fat**

Fats are a secondary source of energy used in slow, long duration aerobic exercise.

- Sources: oil, butter, cream, nuts, peanut butter, mayonnaise, egg yolks, salad dressings, and anything fried

### **III. Designing Your Nutritional Program**

Your diet must supply an adequate number of calories to allow you to perform optimally. You need to try and eat 5-6 smaller meals spaced evenly throughout the day.

#### **1. Protein**

- a. Eat every meal
- b. Preserves muscle mass, helps recuperation
- c.    -    gram for each pound of bodyweight (220 g for a 220 lb. athlete)  
Best Sources: Egg Whites, Lean Meats, beans and rice (combo), Low Fat Dairy, Peanut butter and Wheat Bread, Protein Powder (whey, soy)

#### **2. Carbohydrates**

- a. Eat every meal
- b. Energy for exercise and life
- c. Low Carbs = Low energy/Fatigue
- d. 2 grams - 4 grams for each pound of bodyweight (440 g - 550 g for a 220 lb. athlete) minimum  
Best Sources: Rice, Grains, Cereal, Pasta, Potatoes, Beans, Fruits, Veggies

#### **3. Fruits**

- a. 3 Pieces each day minimum
- b. Quick energy, Sugars, Vitamins, Minerals, Fiber  
Best Sources: Fresh, Dried

#### **4. Veggies**

- a. 3 each day minimum
- b. 1 cup raw / 1/2 cup cooked
- c. FIBER, Carbohydrates, Vitamins, Minerals  
Best Sources: Steamed, Fresh, Frozen

#### **5. Dairy**

- a. 3 servings each day, 1 cup per serving
- b. Calcium, Protein, some carbohydrates  
Best Sources: Low fat Milk, Yogurt, Low fat Cheese

### **IV. Nutritional Programs for Specific Goals**

Diet changes depend on:

- a. metabolism
- b. genetics
- c. types of sport played
- d. amount of training

A. Weight Gaining – training hard but cannot add weight

- 1) EAT (quality matters just as much a quantity)
- 2) You must take in more calories than you burn off. 1 pound of body weight equals 3500 calories.
- 3) Realistically, you can safely gain 1 – 2 pounds (of good weight) per week if you take in 500 extra calories each day
- 4) Eat at least 3 well balanced meals per day
- 5) Eat daily servings from each food groups
- 6) Eat larger portions
- 7) Eat between meal snacks that are high in calories and nutrients (nuts, pizza, fruits, vegetables, etc.)
- 8) Avoid high calorie, low nutrient rich foods
- 9) EAT A GOOD HIGH QUALITY BREAKFAST
- 10) Keep regular hours and get plenty of rest
- 11) Eat a snack 2 hours prior to going to bed each night
- 12) Do not skip weight-training sessions. You want obtain lean muscle mass not fat

**Formula for Gaining Weight/Size**

$$15 - 20 \text{ CALORIES} \times \text{BODY WEIGHT (_____ lbs.)} = \frac{\text{_____}}{\text{(Total \# of Calories per day)}}$$

$$\frac{\text{_____}}{\text{Calories per day}} \times 0.35 = \text{_____} \text{ (Total \# of Calories of Protein per day)}$$

$$\text{_____} \times 0.50 = \text{_____} \text{ (Total \# of Calories of Carbs per day)}$$

$$\text{_____} \times 0.15 = \text{_____} \text{ (Total \# of Calories of Fat per day)}$$

$$\text{Total \# of calories of Protein per day } \frac{\text{_____}}{4} \text{ (1gram of Protein = 4 calories)}$$

$$\text{Total \# of grams of Protein per day } \text{_____}$$

$$\text{Total \# of calories of Carbohydrates per day } \frac{\text{_____}}{4} \text{ (1gram of Carbohydrate = 4 calories)}$$

$$\text{Total \# of grams of Carbohydrates per day } \text{_____}$$

$$\text{Total \# of calories of Fat per day } \frac{\text{_____}}{9} \text{ (1gram of Fat = 9 calories)}$$

$$\text{Total \# of grams of Fat per day } \text{_____}$$

## Meal Planning

Divide the total # of grams of Protein, Carbohydrates, and Fats needed per day evenly into 4 – 6 meals throughout the day.

### **\*\* Per Meal Nutrient Breakdown \*\***

\_\_\_\_\_ grams of Protein per meal

\_\_\_\_\_ grams of Carbohydrates per meal

\_\_\_\_\_ grams of Fat per meal

- B. Weight Loss - To change the diet so that you consume less carbohydrates and more protein
- 1) You must take in fewer calories that you burn off
  - 2) You may lose 1 – 2 pounds safely per week. Any more than you are losing muscle along with the fat
  - 3) For each pound you wish to lose, you must eliminate 3500 calories. This should be accomplished through a combination of exercise and nutrition.
  - 4) Dieting alone is not a good method for losing weight. Cutting your caloric intake below 2500 calories per day will not give you the energy needed for training and competition.
  - 5) Losing weight through exercise along will take a tremendous increase in activity level Increase energy expenditure by performing more exercise. An additionally 30-45 minutes of fairly intense aerobic activity.
  - 6) The fastest, easiest, and best way to lose weight is through a combination of diet and exercise. If you take in 500 few calories and exercise 500 more calories, you take off and additional 100 calories per day. This will equal out to 2 pounds per week

### **Formula for Losing Weight**

8 – 10 CALORIES x BODY WEIGHT (\_\_\_\_\_ lbs.) = \_\_\_\_\_  
(Total # of Calories per day)

\_\_\_\_\_ x 0.40 = \_\_\_\_\_ (Total # of Calories of Protein per day)  
Calories per day

\_\_\_\_\_ x 0.45 = \_\_\_\_\_ (Total # of Calories of Carbs per day)

\_\_\_\_\_ x 0.15 = \_\_\_\_\_ (Total # of Calories of Fat per day)

Total # of calories of **Protein** per day \_\_\_\_\_  
4 (1gram of Protein = 4 calories)

Total # of grams of **Protein** per day \_\_\_\_\_

Total # of calories of **Carbohydrates** per day \_\_\_\_\_  
4 (1gram of Carbohydrate = 4 calories)

Total # of grams of **Carbohydrates** per day \_\_\_\_\_

Total # of calories of **Fat** per day \_\_\_\_\_  
9 (1gram of Fat = 9 calories)

Total # of grams of **Fat** per day \_\_\_\_\_

### **Meal Planning**

Divide the total # of grams of Protein, Carbohydrates, and Fats needed per day evenly into 4 – 6 meals throughout the day.

#### **\*\* Per Meal Nutrient Breakdown \*\***

\_\_\_\_\_ grams of Protein per meal

\_\_\_\_\_ grams of Carbohydrates per meal

\_\_\_\_\_ grams of Fat per meal

### **V. Trouble Shooting**

- If an athlete is losing weight unintentionally, they need to take in more calories- increasing both in carbohydrates and protein
- In an athlete is losing strength and seems over trained –increase protein intake
- If and athlete becomes fatigued before competitions is over – increase carbohydrate intake before and during competition.
- In an athlete is performing resistance training but is failing to make gains in strength – increase protein intake

- If an athlete is gaining fat - decrease carbohydrate intake

## **VI. Success Tips for Training**

5 - 6 Meals, 2-3 hours apart, EVERYDAY containing:

- **LOW FAT** protein sources
- High carbohydrate **LOW SUGAR** sources
- **LOW FAT** Dairy source
- Fruit and/or Vegetable, **EVERY** meal.

**Always EAT BREAKFAST!!**

Fried Foods are horrible!

- **90% Unhealthy / 10% Healthy!!**

**Avoid HIGH SUGAR** foods and drinks.

**Always consume fluids, carbs, and protein within at least 1 hour of completing any exercise, workouts, or training.**

Eat for energy and performance **BEFORE** taste.

Eat a **PROTEIN** source at EVERY meal.

The **MORE** vegetables the **BETTER!**

**WATER, WATER, WATER!**

***1 gallon/day*** is **MANDATORY!!**

Pre-Prepared Ready-to-Eat Foods are **USUALLY** Bad. (Fast Food, Frozen Meals, Frozen pizza, Packaged sandwiches)

## DAILY SERVINGS FROM THE VARIOUS FOOD GROUPS:

The following are guidelines to help achieve this combination. Also included are explanations as to why these guidelines are important

FOOD GROUPS	CALORIE LEVEL		
	2000	3000	4000
DAIRY	2	3	4
MEAT	6	10	13
FAT	4	6	9
FRUIT	6	9	12
VEGITABLE	4	4	6
BREAD/CEREAL	10	16	19

1 DAIRY SERVING = 1 CUP OF SKIM OR 1% MILK  
1 CUP OF PLAIN LOW-FAT YOGURT  
1 OZ. FROZEN YOGURT OR SHERBERT

1 MEAT SERVING = 1 OZ. LEAN RED MEAT, SKINLESS PULTRY OR FISH  
1 TBSP OF PEANUT BUTTER  
½ CUP OF BEANS  
1 EGG

\* 1 SERVING FROM DAIRY GROUP CAN SUBSITUTE FOR 1 OZ OF MEAT'

1 VEGITBALE SERVING = ½ CUP OF COOKED VEGITABLE  
1 CUP RAW VEGITABLE  
½ CUP OF TOMATO OR VEGITABLE JUICE

1 FRUIT SERVING = 1 SMALL-MEDIUM PIECE OF FRESH FRUIT  
½ BANANNA  
1 ½ CUP OF STRAWBERRIES  
½ CUP OF MIXED FRUIT OR APPLESAUCE  
½ CUP OF CITRUS JUICE  
1/3 CUP OF CRANBERRY, GRAPE, OR APPLE JUICE  
1 CUP OF CANTALOUPE OR WATERMELLON

1 BREAD SERVING = 1 PIECE OF BREAD OR 2 PICES OF LITE BREAD  
½ BAGEL, ENGLISH LMUFFIN, OR PITA BREAD  
1 TORTILLA  
3 GRAHM CRACKERS  
6 SALTINE CRACKERS  
3 CUPS OF POP CORN (AIR POPPED)  
¾ OZ. OF PRETZELS  
1/3 CUP OF COOKED BEANS, LEGUMES OR PEAS  
½ CUP OF COOKED CORN, LIMA BEANS, OR GREEN BEANS  
1 SMALL POTATO

1 SMALL PIECE OF ANGEL FOOD CAKE

1 FAT SERVING =

- 1 TSP MARGARINE OF BUTTER
- 1 TSP SALAD DRESSING
- 2 TBSP LITE SALAD DRESSING
- 1 TSP OF MAYONNAISE
- 1 TBSP OF LITE MAYONNAISE
- 1 TSP OF VEGITBALE OIL
- 10 LARGE PEANUTES, 6 ALMONDS, OR 4 WALNUTS
- 2 TBSP OF SOUR CREAM
- 2 TSP OF PEANUT BUTTER

BREAD PRDOUCTS THAT COUNT AS 1 BREAD SERVING  
+ 1 FAT SERVING

- 1 BICUIT, MUFFIN, WAFFLE, OR PANCAKE
- 1 PIECE OF CORNBREAD
- 1 PIECE OF BANANNA BREAD
- 6 RITZ, CLUB OR OTHER SIMILAR CRACKER
- 2 SMALL COOKIES

FREE FOODS THAT DO NOT COUNT AS SERVINGS ANYWHERE

- COFFFE OR UNSWEETENED TEA
- SUGAR FREE GELATINS
- LETTUCE, CELERY, RADISHES, AND OTHER GREENS
- BROTH OR BOUILLON

ALCOHOL:

- 12 OZ BEER = 2 FAT + 1 BREAD SERVING
- 12 OZ LITE BEER = 2 FAT SERVINGS
- 4 OZ WINR OR CHAMPAGNE = 2 FAT SERVINGS
- 1 ½ OZ WHISKY, RUM, GIN, VODKA = 2 FAT SERVINGS

## **GROCERY LISTS**

Mix and Match the foods on the lists to create a meal suitable to your requirements, tastes, limitations. Each list contains foods of the same size, specific to the major nutrient of that list. The foods provided are low in fat, unless indicated, and provide a well-balanced diet when used to build meals with the meal worksheet.

### **1. Protein**

Every protein source on the list contains 10 g of protein (give or take 2 g).

- 4 oz. of meat is about the size of a hamburger.
- 1 chicken breast is about 6 oz. usually.
- Dairy has excellent protein and calcium. Watch out for fat.
- Egg whites and Canned tuna are EASY to measure.
- Eat every meal.

***\*\*Complimentary Proteins- Vegetable sources that when combined contain the same protein as animal sources. They have all the essential Amino Acids. Great for Vegetarians!\*\****

### **2. Beans**

Beans are listed according to 1/2 cup amounts

- Beans have good protein, but usually more carbs than protein
- Bean protein is incomplete but when combined with rice becomes complete
- High in fiber and complex carbohydrates

### **3. Carbohydrates**

The foods listed contain 42 g of carbs (give or take about 5 g).

- Cook your carbs in large amounts and store in the refrigerator
- Measure out carbs in a measuring cup
- Try to eat at least 2 carb sources per meal
- Eat throughout morning up to early evening and then slow down.

### **4. Fruits**

The fruit choices contain 10 g of Carbs.

- Apples and Oranges are great for extended energy
- Bananas, Grapes good for after workouts (high sugar)
- Eat 2-4 per day

### **5. Vegetables**

The vegetable choices contain 5 g of carbs and high fiber.

- 1/2 cup cooked = 1 cup raw
- Vegetables fill your stomach and don't overload calories
- Eat later in the day with protein to avoid excess carbs due to hunger
- Eat 3-5 per day

**PROTEIN SOURCES**  
**10 g of protein per Food choice amount**

***LOW FAT (1-6 g/ serving)***

Canned Tuna	1/4 can
Boneless/ Skinless Chicken Breast (roasted)	1.25 oz
Lean Sirloin Steak	1.25 oz
Halibut (cooked)	1.5 oz
Orange Roughy	2 oz
Sole/ Flounder fillet (baked/broiled)	1.5 oz
Ground Beef (9% fat) raw	2 oz
Canadian Bacon	4 pieces
Turkey Breast lunchmeat slices	4 slices
Lean Ham (5% fat) slices	2 pieces
Egg whites (cooked)	3 each
Tofu	1/2 cup

***Medium-High Fat (6-15 g/ serving)***

Ham (11% fat) slice	2 pieces
Pork Bacon 5	1/2 pieces
Smoked Turkey Sausage	2.5 oz
Ground Turkey (13% fat)- cooked	4 oz patty 1/2 patty
Scrambled Eggs	1 1/2 eggs
Peanuts (all types) roasted	1/4 cup

**BEAN LIST**

**1/2 cup servings**

<b>NAME</b>	<b>Protein g</b>	<b>Carbohydrate g</b>
Green beans	1	5
Baby Lima Beans	6	18
Kidney Beans	9	20
Black-eyed Peas (beans)	2	17
Pinto Beans	7	22
Garbanzo Beans	7	22
Small White Beans	8	23
Black Beans	7	20
Baked Beans	7	27
Great Northern Beans	7	18
Navy Beans	7	24

**COMPLIMENTARY PROTEINS**

***(VEGETABLE SOURCES THAT ARE COMPLETE PROTEINS)***

**GRAINS LEGUMES**

wheat, rice, barley, Dried beans(pinto, navy, oats, cornmeal, kidney, black, etc.) millet, cracked wheat, dried peas, lentils, chick bulgur, rye peas, soybeans, tofu, peanuts, peanut butter

*Examples:* Peanut butter sandwich; meatless bean chili and cornbread; split pea or lentil soup and bread; rice-bean casserole; beans and tortillas; hummus and whole wheat pita bread; middle eastern white bean and bulgur salad; carrot-chickpea soup with whole wheat pistachio bread

### **LEGUMES NUTS AND SEEDS**

dried beans, chick peas pumpkin, sunflower and lentils, dried peas, peanuts, sesame soybeans and soybean products

*Examples:* Lentil salad sprinkled with sesame seeds; pea soup with pumpkin seed topping; curried pumpkin-peanut soup with sunflower seeds

### **GRAINS MILK PRODUCTS**

barley, buckwheat, rice, cheese, milk, yogurt cornmeal, oats, wheat, rye

*Examples:* cereal and milk; macaroni and cheese; rice pudding; seared polenta with summer vegetables; barley salad with bread-cheese kebabs

### **NUTS AND SEEDS GRAINS**

sunflower, sesame, pumpkin rice, wheat, oats, barley cornmeal, buckwheat

*Examples:* bread with sesame seeds; rice with sesame seeds; breadsticks rolled in sesame seeds; soba noodle salad rolled in sesame seeds

### **NUTS AND SEEDS MILK PRODUCTS**

sunflower, sesame, pumpkin cheese, milk, yogurt

*Examples:* cheese balls rolled in sesame seeds; milk with sunflower or pumpkin seeds; yogurt cheese flavored with sunflower seeds and dill

### **MILK PRODUCTS LEGUMES**

cheese, milk, yogurt dried beans, chick peas, lentils, dried peas, peanuts, peanut butter

*Examples:* peanut butter sandwich and milk, bean burrito with yogurt and cheddar; vegetarian chili with jalapeno cheddar; split-pea soup with mint yogurt

### DAIRY LIST - (Low Fat)

NAME	Serving	Protein g	Carbohydrate g	Fat g
Skim Milk	1 cup	8	11	1/2
1% Fat Milk	1 cup	8	11	3
2% Fat Milk	1 cup	8	11	5
Cottage Cheese (small curd)	1/2 cup	13	3	5
Low fat Cottage cheese	1/4 cup	7	2	3/4
Fat Free Cream Cheese	1/2 cup	11	1	3
Fat Free Sharp Cheddar Cheese Slices	4 pieces	10	4	0

### CARBOHYDRATES

42 g of Carbs per Food choice amount

#### ***RICE, GRAINS, PASTA***

Brown Rice (cooked)	1 cup
White Rice (cooked)	1 cup
Medium Sweet Potato (baked/peeled)	1 1/2 potatoes
Large Baked Potato (whole)	1 potato
Couscous (cooked)	1 1/4 cup
Macaroni (cooked)	1 cup
Rotini pasta (cooked)	1 cup
Spaghetti pasta (cooked)	1 cup
Whole Wheat Spaghetti pasta (cooked)	1 cup
Vermicelli pasta (cooked)	1 cup
Lentils (boiled)	1 cup
Instant Oatmeal (packet)	1 1/4 packet
White Corn Grits (cooked)	1 1/4 cup
Wheat Germ	3.5 oz
Plain Pancakes (4 inch diameter)	3 pancakes

#### ***BREAD***

Whole Wheat Bread	3 slices
White Pita Pocket Bread (6 1/2 inch diameter)	1 1/4 each
Whole Wheat Roll	3 each
English Muffin	1 1/2 muffins
Hamburger Bun	2 buns
Taco Shells	7 shells
Flour Tortilla (10 inch)	1 each
Oat Bran Muffin (2 1/2 inch diameter)	1.5 each
Cinnamon Raisin Bagel (3 1/2 inch diameter)	1 each
Waffles (4 inch square)	3 each

#### ***CEREALS***

POST Grape Nuts	1/2 cup
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KELLOG'S All Bran	3/4 cup
Low Fat Granola	1/2 cup

### FRUIT LIST

#### 10 g Carbohydrates per Food choice amount

Medium Apple (w/ peel)	1 apple
Applesauce	1/3 cup
Dried Apple Rings	2 1/2 rings
Apricots (raw and whole)	2 1/2 each
Banana (small)	1/2 banana
Fresh Blackberries	1/2 cup
Fresh Blueberries	1/2 cup
Cantaloupe Wedge	2 wedges
Fresh Sweet Cherries	8 1/2 cherries
Medium Grapefruit (pink, red, white)	1/2 grapefruit
Thompson Seedless Grapes	1/3 cup
Honeydew Melon (1/8 slices)	3/4 piece
Kiwi, medium (raw)	3/4 kiwi
Whole Mango	1/4 mango
Fresh Nectarine	2/3 nectarine
Orange (medium)	2/3 orange
Fresh Papaya (medium)	1/3 papaya
Fresh Peach (medium)	1 peach
Bartlett Pear (medium)	1/3 pear
Fresh Pineapple Chunks	1/2 cup
Fresh Plums (medium)	1 1/4 plum
Seedless Raisins	24 raisins
Fresh Large Strawberries	8 strawberries
Watermelon Slice (1/16 slice)	1/2 slice

### **JUICES**

Apple Juice	3 fl oz
Cranberry Juice	2.5 fl oz
Grape Juice	2 fl oz
Grapefruit Juice	4 fl oz
Pineapple Juice	2.5 fl oz
Orange Juice	3 fl oz

## **VEGETABLE LIST**

**5 g Carbohydrates per Food choice amount**

**1 choice = \_ cup (cooked) 1 cup (raw)**

Artichoke Pea pods  
Asparagus Peppers (all varieties)  
Bean Sprouts Radishes  
Beets Salad Greens  
Broccoli Sauerkraut  
Brussels Sprouts Spinach  
Cabbage Summer Squash  
Carrots Tomato  
Cauliflower Turnips  
Celery Water Chestnuts  
Cucumber Watercress  
Eggplant Zucchini  
Green onions/ scallions  
Greens (collard, kale, mustard, turnip)  
Mushrooms  
Okra  
Onions (red, white, yellow)

