



# Master Food Block List

1 Block Amounts For:

- Proteins
- Carbohydrates
- Fats

## Macronutrient Food Blocks

Listed below are the amounts of protein, carbohydrates, and fat, each consisting of 1 block amounts to construct favorable (*balanced*) snacks and meals. The protein blocks are for uncooked portions. Although favorable carbohydrates are usually low glycemic carbohydrates, there are exceptions (*ice cream, potato chips, etc.*) that are also high in fat. If you have a favorite food not listed, refer to Corinne T. Netzer's Complete Book of Food Counts (*Dell Books*) or Barry Sear's Food Blocks (*Regan Books*) to expand the list.

**When constructing a favorable (balanced) meal, always remember the primary rule:** Keep the Protein, Fat and Carbohydrate block in a 1:1:1 ratio  
(Protein 7 Grams: Fat 2 Grams: Carbohydrates 9 Grams)

## Protein - 1 Block Amount Servings

(Approximately 7 Grams of Protein = 1 Block Amount)

Meat and Poultry	Serving	Dairy	Serving
Grass-fed Meat . . . . .	1 oz	<b>Best choice is from organic grass-fed unpasteurized milk.</b>	
Poultry . . . . .	1 oz	*Cheese ( <i>fat free</i> ) . . . . .	1 oz.
Jerky . . . . .	2 oz	*Cottage Cheese ( <i>low fat</i> ) . . .	1/4 cup
Turkey Sausage Patty . . . . .	1	*Cottage Cheese ( <i>no fat</i> ) . . . .	1/4 cup
Turkey Bacon . . . . .	2 slices	*Cheese ( <i>reduced fat</i> ) . . . . .	1 oz
Chicken Sausage . . . . .	1/2 link	*Mozzarella Cheese ( <i>skim</i> ) . .	1 oz
Chicken Breakfast Links . . . .	2 links	*Ricotta Cheese ( <i>skim</i> ) . . . . .	2 oz
Chicken ( <i>canned</i> ) . . . . .	1 oz	*String Cheese ( <i>low fat</i> ) . . . .	1 oz
Fish and Seafood	Serving	Mixed Protein-Carbohydrates	Serving
Salmon ( <i>canned in water</i> ) . . .	1.5 oz	( <i>approx. 1 block protein = 7 grams &amp; 1 block carbohydrates = 9 grams</i> )	
Sardines ( <i>canned in water</i> ) . .	1.5 oz	*Milk ( <i>low fat</i> ) . . . . .	1 cup
Crab . . . . .	1.5 oz	*Goat's Milk . . . . .	1 cup
Shrimp . . . . .	1.5 oz	*Yogurt ( <i>plain</i> ) . . . . .	1/2 cup
Lobster . . . . .	1 oz	<i>So Delicious Almond</i>	
Eggs	Serving	Milk+Plus . . . . .	1 cup
Egg Whites . . . . .	2	Tempeh . . . . .	1.5 oz
Egg Substitute . . . . .	1/4	Edamame . . . . .	1/4 cup
Whole Egg . . . . .	1	Lentils . . . . .	1/2 cup
Vegetarian	Serving	Lentil pasta or Lentil orzo . . .	1/2 cup
Protein Powder . . . . .	1 Tbsp	Beans . . . . .	1/4 cup
Spirulina . . . . .	2 Tbsp	Hummus ( <i>chickpea puree</i> ) . . .	1/4 cup
Nutritional Yeast . . . . .	2 Tbsp	Kale Krunch . . . . .	1/2 bag
Black bean spaghetti . . . . .	1/3 cup	<i>Taste of Sunrise</i> Vegan Pancake . .	1
<i>Beyond Meat</i> crumbles . . . . .	1/4 cup	<i>Organic Sunshine</i> Burger	
<i>Beyond Meat</i> slider . . . . .	1 slider	black bean or falafel . . . . .	1
Paleo Bread . . . . .	1 slice		

**Note:** \* AVOID on Dairy-Free Lifestyle!

**Favorable Carbohydrates (Use Primarily) 1 Block Amount Servings**

*(Approximately 9 Grams of Carbohydrates = 1 Block)*

<b>Cooked Vegetables</b>	<b>Serving</b>
Artichokes . . . . .	1 small
Asparagus (12 spears) . . . . .	1 cup
Beans (green or wax) . . . . .	1 cup
Bok choy . . . . .	3 cups
Broccoli . . . . .	1 cup
Brussel sprouts . . . . .	1 cup
Cabbage . . . . .	1½ cups
Cauliflower . . . . .	1½ cups
Collard greens . . . . .	1 cup
Eggplant . . . . .	1½ cups
Kale . . . . .	1 cup
Leeks . . . . .	1 cup
Mushrooms (boiled) . . . . .	1 cup
Okra (sliced) . . . . .	1 cup
Onions (boiled) . . . . .	1/2 cup
Sauerkraut . . . . .	1 cup
Spinach . . . . .	1 cup
Swiss chard . . . . .	1 cup
Turnip (mashed) . . . . .	1 cup
Turnip greens . . . . .	1½ cups
Yellow squash . . . . .	1 cup
Yam . . . . .	1/2 (medium)
Zucchini . . . . .	1 cup
Sea Vegetables (seaweed) . . . . .	1 cup

<b>Raw Vegetables</b>	<b>Serving</b>
Bean sprouts . . . . .	3 cups
Bell peppers (chopped) . . . . .	1½ (chopped)
Bell peppers . . . . .	2 cups
Cabbage (shredded) . . . . .	2 cups
Cauliflower . . . . .	2 cups
Celery (chopped) . . . . .	2 cups
Cucumber . . . . .	3 cups
Endive (chopped) . . . . .	5 cups
Escarole(chopped) . . . . .	5 cups
Lettuce (chopped) . . . . .	1 head
Lettuce (Romaine) . . . . .	6 cups
Mushrooms (chopped) . . . . .	3 cups
Onion (chopped) . . . . .	1 cup
Radishes (sliced) . . . . .	2 cups

<b>Raw Vegetables</b>	<b>Serving</b>
Salsa . . . . .	1/2 cup
Snow peas . . . . .	1 cup
Spinach . . . . .	4 cups
Spinach salad . . . . .	1 (2 cups raw spinach, ¼ cup raw onion, ¼ cup raw mushrooms, ¼ raw tomatoes)
Tomato (chopped) . . . . .	1 cup
Tossed salad . . . . .	1 (2 cups shredded lettuce, ¼ cup raw green pepper, ¼ cup raw cucumber, ¼ cup raw tomato)

<b>Fruit</b> <i>(Fresh, frozen, or canned light)</i>	<b>Serving</b>
Apple . . . . .	1/2
Applesauce . . . . .	1/4 cup
Apricots . . . . .	3
Blackberries . . . . .	1/2 cup
Blueberries . . . . .	1/2 cup
Cantaloupe (cubed) . . . . .	1/4 melon
Cherries . . . . .	7
Fruit cocktail . . . . .	1/2 cup
Grapefruit * . . . . .	1/2
Grapes . . . . .	1/2 cup (9)
Honeydew melon (cubed) . . . . .	1/2 cup
Kiwi . . . . .	1
Lemon . . . . .	1
Lime . . . . .	1
Mango (cubed) . . . . .	1/2 cup
Nectarine . . . . .	1/2
Orange * . . . . .	1/2
Orange, mandarin (canned) * . . . . .	1/3 cup
Peach . . . . .	1
Peaches (canned) . . . . .	1/2 cup
Pear . . . . .	1/3
Pineapple (cubed) . . . . .	1/2 cup
Plum . . . . .	1
Prunes . . . . .	2
Raspberries . . . . .	2/3 cup
Strawberries . . . . .	1 cup
Tangerine * . . . . .	1
Watermelon (cubed) . . . . .	1/2 cup

**Note:** AVOID Adding Citrus Fruits\* to liver detoxification medical food shakes

**Starchy Carbohydrates (Use in Moderation):**

*(High Glycemic Index, always eat with a protein to slow absorption)*

<b>Cooked Vegetables</b>	<b>Serving</b>
Acorn squash . . . . .	1/4 cup
Baked beans . . . . .	1/8 cup
Beets ( <i>sliced</i> ) . . . . .	1/2 cup
Butternut squash . . . . .	1/3 cup
Carrots ( <i>sliced</i> ) . . . . .	1/2 cup
Corn* . . . . .	1/4 cup
Lima beans . . . . .	1/4 cup
Parsnip . . . . .	1/3 cup
Peas . . . . .	1/3 cup
Pinto beans ( <i>canned</i> ) . . . . .	1/3 cup
Potato ( <i>baked</i> ) . . . . .	1/3 cup
Potato ( <i>boiled</i> ) . . . . .	1/3 cup
Potato ( <i>French fried</i> ) . . . . .	5 pieces
Potato ( <i>mashed</i> ) . . . . .	1/5 cup
Refried beans . . . . .	3/4 cup
Sweet potato . . . . . (1/2 medium baked)	1/3 cup
Sweet potato ( <i>mashed</i> ) . . . . .	1/3 cup

<b>Other Carbohydrates</b> (9 grams per block)	<b>Serving</b>
Honey . . . . .	1/2 Tbsp
Agave nectar . . . . .	1/2 Tbsp
Maple syrup ( <i>real</i> ) . . . . .	2 tsp
Organic sugar . . . . .	2 tsp
Molasses . . . . .	2 tsp
Jam or jelly . . . . .	2 tsp
Potato chips . . . . .	6 chips
TERRA vegetable chips . . . . .	8 chips
Barbeque sauce . . . . .	2 Tbsp
Relish (pickle) . . . . .	4 tsp
Catsup . . . . .	2 Tbsp
Cocktail sauce . . . . .	2 Tbsp

<b>Grains and Bread</b>	<b>Serving</b>
Amaranth ( <i>cooked</i> ) . . . . .	1/4 cup
Buckwheat ( <i>cooked</i> ) . . . . .	1/3 cup
Millet ( <i>cooked</i> ) . . . . .	1/4 cup
Quinoa ( <i>cooked</i> ) . . . . .	1/3 cup

<b>Grains and Bread Cont'd</b>	<b>Serving</b>
Teff ( <i>cooked</i> ) . . . . .	1/4 cup
Udi's GF millet-chia bread . . .	1 slice
Udi's GF pizza crust . . . . .	1/4
Udi's hamburger bun . . . . .	1/3
Udi's hot dog bun . . . . .	1/3
Udi's GF bagel . . . . .	1/4
Udi's GF granola . . . . .	1/5 cup
Smart Treat granola . . . . .	1/5 cup
Enjoylife bread . . . . .	1/2 slice
Enjoylife cookie . . . . .	1/2 cookie
Van's gluten-free waffles . . . .	1/2 waffle
Gluten-free pancake (4 inch) . .	1/2 pancake
Popcorn ( <i>popped</i> )* . . . . .	2 cups
Crispy rice cereal . . . . .	1/2 cup
Food for Life rice breads . . . .	1/2 slice
Food for Life GF English muffin .	1/4
Wild rice ( <i>cooked</i> ) . . . . .	1/3 cup
Rice ( <i>brown, cooked</i> ) . . . . .	1/4 cup
Rice ( <i>white, cooked</i> ) . . . . .	1/5 cup
Rice crackers . . . . .	6 crackers
Rice cake . . . . .	1 cake
Rice noodles cooked . . . . .	1/4 cup
ENER-G tapioca loaf . . . . .	1 slice
ENER-G tapioca dinner roll . . .	1/2 roll
ENER-G hamburger bun . . . . .	1/2 bun
ENER-G hot dog bun . . . . .	1/2 bun
ENER-G focaccia crust . . . . .	1/2 crust
ENER-G pizza crust 6" . . . . .	1/3 crust
ENER-G cookies . . . . .	1 cookie
Schär burger bun . . . . .	1/3
Schär baguette . . . . .	1/8

<b>Grain-Free</b>	<b>Serving</b>
Against the Grain DF Roll . . . .	1/2 roll
Against the Grain DF Bagel . . .	1/2 bagel
Caveman Cookies . . . . .	1 cookie
Jennie's Macaroons . . . . .	1 macaroon
Paleo People granola . . . . .	1/4 cup
Baked lentil chips . . . . .	12 chips

## Less Favorable Fruit Carbohydrates

*(High Glycemic Index, always eat with a protein to slow absorption)*

Fruit	Serving	Fruit Juice	Serving
Banana	1/3	Apple cider	1/3 cup
Cranberries	1/4 cup	Apple juice	1/4 cup
Cranberry Sauce	4 tsp	Cranberry juice	1/4 cup
Dates	2 dates	Fruit punch	1/4 cup
Guava (cubed)	1/2 cup	Grape juice	1/2 cup
Kumquat	3 kumquats	Grapefruit juice *	1/3 cup
Mango (sliced)	1/3 sliced	Lemon juice	1/3 cup
Papaya (cubed)	1/2 cup	Lemonade	1/3 cup
Raisins	1 Tbsp	Orange juice *	1/4 cup
		Tomato juice	3/4 cup
		V-8 juice	3/4 cup

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## Favorable Fats (Unsaturated)

*(Approximately 2 Grams of Fat =1 Block)*

Nuts	Serving	Seeds	Serving
Almonds	3	Chia seeds	1 Tbsp
Almond butter	1/2 tsp	Flaxseed	1 Tbsp
Almond slivered	1	Pumpkin seeds	1/2 Tbsp
Avocado	1/4	Sesame seeds	1 tsp
Brazil nuts	3	Sesame tahini	1/2 tsp
Cashews	3	Sunflower seeds	1 tsp
Chestnuts	3		
Hazelnuts	3	Oils	Serving
Macadamia nuts	1	Olive oil	1/2 tsp
Olives	3	Canola oil	1/2 tsp
Pecans	3	Almond oil	1/2 tsp
		Grapeseed oil	1/2 tsp
		Mayonaise	1 tsp
		(Vegenaise grapeseed oil)	
		Saturated Fat Blocks	Serving
		Clarified butter (ghee)	1/2 tsp
		Coconut oil	1/2 tsp
		Coconut milk (canned)	1 Tbsp

**Note:** Peanuts contain a potentially toxic mold (Aflatoxin). They are also difficult to digest, especially when roasted.