



# SUBSTITUTION

*List*

**REMINDER:** FOR ADDITIONAL GUIDANCE, REVIEW THE ATTACHED VIDEOS ON HOW TO COUNT YOUR MACROS, HOW TO ADJUST YOUR MACROS, AND HOW TO MAKE SUBSTITUTIONS USING THE LISTS BELOW.

## HOW TO USE THE SUBSTITUTIONS LIST:

IF YOU FIND YOURSELF WANTING TO SUBSTITUTE AN ITEM ON YOUR MEAL PLAN, WE SUGGEST CHOOSING WITHIN THE SAME MACRO AMOUNT AS THE ORIGINAL FOOD IN ORDER TO REMAIN WITHIN THE SAME AMOUNT OF TOTAL GRAMS OF FAT, CARBOHYDRATES, OR PROTEIN. THIS WILL HELP YOU STAY WITHIN YOUR TOTAL CALORIC GOAL AS WELL.

## FOR EXAMPLE:

**PROTEINS:** Choose items to substitute that are within 2g of fat

You can substitute the following:

6 oz. 99% lean ground turkey for 6 oz. 98% lean ground beef

6 oz. cod for 6 oz. chicken thighs

**STARCHY CARBS:** Choose items to substitute that are within 5g of carbs

200 grams of sweet potatoes for 200 grams of red potatoes

200 grams of whole wheat pasta for 200 grams of white pasta

**MILK AND YOGURT:** Choose items to substitute that are within 5g of carbs

8 oz. soy milk for 8 oz. almond milk

8 oz. non-fat milk for 8 oz. greek yogurt

**CHEESES:** Choose items to substitute that are within 2g of fat

20g mozzarella for 20g pepper jack

20g cheddar cheese for 20g vegan cheddar cheese

**FIBROUS CARBS (VEGGIES):** Choose items to substitute that are within 5g of carbs

200 grams of zucchini for 200 grams of asparagus

200 grams of broccoli for 200 grams of green beans

**FIBROUS CARBS (FRUITS):** Choose items to substitute that are within 5g of carbs

200 grams of peaches for 200 grams of plums

200 grams of blueberries for 200 grams of apples

**FRUIT JUICE:** Choose items to substitute that are within 5g of carbs

8 fl oz. of apple juice for 8 fl oz. of orange juice

8 fl oz. of pineapple juice for 8 fl oz. of mango juice

**FATS:** Choose items to substitute that are within 2g of fat

1 tablespoon of peanut butter for 1 tablespoon of almond butter

1 tablespoon of avocado oil for 1 tablespoon of coconut oil

Please review the substitution list below. All macros are separated by **LOW, MODERATE, AND HIGH.**



**FIBROUS CARBS (FRUITS):** CHOOSE ITEMS TO SUBSTITUTE THAT ARE WITHIN 5G OF CARBS

200 GRAMS OF PEACHES FOR 200 GRAMS OF PLUMS

200 GRAMS OF BLUEBERRIES FOR 200 GRAMS OF APPLES

**FRUIT JUICE:** CHOOSE ITEMS TO SUBSTITUTE THAT ARE WITHIN 5G OF CARBS

8 FL OZ. OF APPLE JUICE FOR 8 FL OZ. OF ORANGE JUICE

8 FL OZ. OF PINEAPPLE JUICE FOR 8 FL OZ. OF MANGO JUICE

**FATS:** CHOOSE ITEMS TO SUBSTITUTE THAT ARE WITHIN 2G OF FAT

1 TABLESPOON OF PEANUT BUTTER FOR 1 TABLESPOON OF ALMOND BUTTER

1 TABLESPOON OF AVOCADO OIL FOR 1 TABLESPOON OF COCONUT OIL

PLEASE REVIEW THE SUBSTITUTION LIST BELOW. ALL MACROS ARE SEPARATED BY LOW, MODERATE, AND HIGH.

# PROTEINS

ALL GRAMS OF FAT PER PROTEIN EXAMPLE IS BASED OFF 6 OZ. PORTIONS BELOW:

## EXTRA LEAN PROTEIN: 0-3 GRAMS OF FAT

| FOOD                        | FAT | CARB | PROTEIN |
|-----------------------------|-----|------|---------|
| 98% lean ground chicken     | 2 g | 0 g  | 39 g    |
| 99% lean ground turkey      | 2 g | 0 g  | 41 g    |
| 98% lean ground turkey      | 3 g | 0 g  | 41 g    |
| 98% lean ground beef        | 3 g | 3 g  | 36 g    |
| Turkey Breast               | 3 g | 3 g  | 36 g    |
| Chicken breast              | 3 g | 0 g  | 39 g    |
| Deli turkey breast          | 3 g | 6 g  | 27 g    |
| Deli ham                    | 3 g | 6 g  | 27 g    |
| Egg whites                  | 0 g | 1 g  | 20 g    |
| Tuna packed in water        | 3 g | 3 g  | 30 g    |
| Tuna steak                  | 3 g | 0 g  | 44 g    |
| Halibut                     | 3 g | 0 g  | 32 g    |
| Scallops                    | 1 g | 9 g  | 34 g    |
| Tilapia                     | 4 g | 0 g  | 30 g    |
| Shrimp                      | 3 g | 0 g  | 42 g    |
| Crab                        | 3 g | 0 g  | 40 g    |
| Mahi Mahi                   | 2 g | 0 g  | 40 g    |
| Pollock                     | 0 g | 1 g  | 27 g    |
| Clams                       | 3 g | 0 g  | 27 g    |
| Lobster                     | 0 g | 0 g  | 27 g    |
| Textured Vegetable Protein  | 0 g | 50 g | 85 g    |
| Whey Isolate Protein Powder | 3 g | 31 g | 122 g   |

### LEAN PROTEIN: 4-6 GRAMS OF FAT

| FOOD                 | FAT | CARB | PROTEIN |
|----------------------|-----|------|---------|
| 95% lean ground beef | 6 g | 0 g  | 32 g    |
| Pork tenderloin      | 4 g | 2 g  | 36 g    |
| Cod                  | 5 g | 0 g  | 21 g    |
| Sea bass             | 4 g | 0 g  | 32 g    |
| Black bean burger    | 5 g | 54 g | 14 g    |
| Soy protein powder   | 6 g | 77 g | 81 g    |

### MODERATE FAT PROTEIN: 7-9 GRAMS OF FAT

| FOOD             | FAT | CARB | PROTEIN |
|------------------|-----|------|---------|
| Chicken thigh    | 7 g | 0 g  | 33 g    |
| Tofu             | 8 g | 6 g  | 18 g    |
| Tempeh           | 9 g | 20 g | 32 g    |
| Flounder         | 9 g | 0 g  | 26 g    |
| Oysters          | 9 g | 12 g | 21 g    |
| Ham              | 9 g | 3 g  | 30 g    |
| Edamame, shelled | 9 g | 15 g | 20 g    |
| Cottage cheese   | 9 g | 10 g | 24 g    |
| Beef jerky       | 9 g | 36 g | 66 g    |



HIGH FAT PROTEIN: 10-12 GRAMS OF FAT

| FOOD                     | FAT  | CARB | PROTEIN |
|--------------------------|------|------|---------|
| 93% lean ground turkey   | 12 g | 0 g  | 30 g    |
| 93% lean ground beef     | 12 g | 0 g  | 35 g    |
| Pork ribs                | 11 g | 0 g  | 36 g    |
| Chicken leg (drumstick)  | 12 g | 0 g  | 27 g    |
| Turkey leg (drumstick)   | 12 g | 0 g  | 33 g    |
| Tuna packed in olive oil | 12 g | 0 g  | 20 g    |
| Catfish                  | 14 g | 0 g  | 27 g    |
| Trout                    | 12 g | 0 g  | 31 g    |
| Anchovies                | 14 g | 0 g  | 36 g    |
| Vegan protein powder     | 14 g | 11 g | 119 g   |

SUPER HIGH FAT PROTEIN: 13+ GRAMS OF FAT

| FOOD                    | FAT  | CARB | PROTEIN |
|-------------------------|------|------|---------|
| 90% lean ground beef    | 17 g | 0 g  | 35 g    |
| 85% lean ground beef    | 26 g | 0 g  | 32 g    |
| 90% lean ground bison   | 17 g | 0 g  | 35 g    |
| 85% lean ground bison   | 27 g | 0 g  | 32 g    |
| Whole eggs              | 17 g | 0 g  | 20 g    |
| New York strip steak    | 27 g | 0 g  | 35 g    |
| Ribeye steak            | 30 g | 0 g  | 33 g    |
| Sirloin steak           | 24 g | 0 g  | 46 g    |
| Pulled pork             | 30 g | 4 g  | 36 g    |
| Chicken wing            | 30 g | 0 g  | 27 g    |
| Lamb                    | 31 g | 0 g  | 36 g    |
| Mackerel                | 30 g | 0 g  | 40 g    |
| Atlantic salmon         | 15 g | 0 g  | 23 g    |
| Sardines in water       | 18 g | 0 g  | 3 g     |
| Sardines in oil         | 18 g | 0 g  | 36 g    |
| Turkey sausage          | 18 g | 0 g  | 33 g    |
| Pork sausage            | 30 g | 0 g  | 39 g    |
| Turkey bacon            | 28 g | 0 g  | 23 g    |
| Pork bacon              | 91 g | 0 g  | 45 g    |
| Salami                  | 42 g | 0 g  | 48 g    |
| Plant-based burger      | 17 g | 14 g | 29 g    |
| Plant-based ground meat | 4 g  | 17 g | 35 g    |
| Protein bar             | 18 g | 48 g | 60 g    |

# STARCHY CARBOHYDRATES

ALL GRAMS OF CARBOHYDRATES ARE BASED OFF 200G PORTIONS BELOW:

## LOW CARBOHYDRATES: 0-41 GRAMS

| FOOD             | FAT | CARB | PROTEIN |
|------------------|-----|------|---------|
| Green peas       | 0 g | 35 g | 11 g    |
| Russet potatoes  | 0 g | 35 g | 4 g     |
| Corn             | 2 g | 35 g | 4 g     |
| Sweet potatoes   | 0 g | 41 g | 4 g     |
| Red potatoes     | 0 g | 39 g | 5 g     |
| Acorn squash     | 0 g | 21 g | 2 g     |
| Butternut squash | 0 g | 23 g | 2 g     |
| Pumpkin          | 0 g | 13 g | 27 g    |
| Yellow potatoes  | 0 g | 35 g | 4 g     |
| Parsnips         | 1 g | 36 g | 2 g     |
| Jicama           | 0 g | 18 g | 1 g     |
| Cannellini beans | 1 g | 25 g | 15 g    |
| Kidney beans     | 0 g | 28 g | 12 g    |
| Fava beans       | 1 g | 36 g | 16 g    |
| Lima beans       | 0 g | 30 g | 10 g    |
| Black eyed peas  | 2 g | 25 g | 8 g     |
| Amaranth         | 3 g | 38 g | 8 g     |
| Hominy           | 2 g | 29 g | 3 g     |

## MODERATE CARBOHYDRATES: 42-56 GRAMS

| FOOD        | FAT | CARB | PROTEIN |
|-------------|-----|------|---------|
| Brown rice  | 2 g | 51 g | 5 g     |
| Wild rice   | 1 g | 42 g | 8 g     |
| Black beans | 1 g | 48 g | 17 g    |
| White rice  | 2 g | 53 g | 5 g     |
| Pinto beans | 1 g | 46 g | 19 g    |
| Chickpeas   | 5 g | 55 g | 18 g    |
| Navy beans  | 1 g | 53 g | 16 g    |



## HIGH CARBOHYDRATES: 54-132 GRAMS

| FOOD                          | FAT  | CARB  | PROTEIN |
|-------------------------------|------|-------|---------|
| White bread                   | 4 g  | 108 g | 23 g    |
| Whole wheat bread             | 4 g  | 84 g  | 31 g    |
| Gluten-free white bread       | 8 g  | 89 g  | 6 g     |
| Gluten-free multi-grain bread | 8 g  | 89 g  | 11 g    |
| White bun                     | 8 g  | 125 g | 20 g    |
| Wheat bun                     | 8 g  | 92 g  | 24 g    |
| Whole wheat roll              | 3 g  | 98 g  | 18 g    |
| White roll                    | 6 g  | 112 g | 18 g    |
| English muffin                | 4 g  | 88 g  | 18 g    |
| Pita bread                    | 2 g  | 111 g | 18 g    |
| Sourdough bread               | 0 g  | 106 g | 18 g    |
| French bread                  | 4 g  | 121 g | 18 g    |
| Plain bagel                   | 3 g  | 112 g | 19 g    |
| Cornbread                     | 19 g | 85 g  | 14 g    |
| Naan                          | 19 g | 95 g  | 14 g    |
| Falafel balls                 | 23 g | 57 g  | 17 g    |
| Quinoa                        | 12 g | 130 g | 28 g    |
| Lentils                       | 0 g  | 125 g | 51 g    |
| Flour tortilla                | 13 g | 107 g | 19 g    |
| Corn tortilla                 | 4 g  | 81 g  | 8 g     |
| Lentil pasta                  | 5 g  | 125 g | 49 g    |
| Chickpea pasta                | 12 g | 132 g | 43 g    |
| Kamut                         | 5 g  | 130 g | 25 g    |
| Muesli                        | 17 g | 131 g | 23 g    |
| Regular potato chips          | 70 g | 106 g | 14 g    |



VERY HIGH CARBOHYDRATES: 133-174 GRAMS

| FOOD                                 | FAT  | CARB  | PROTEIN |
|--------------------------------------|------|-------|---------|
| Whole wheat pasta                    | 5 g  | 145 g | 25 g    |
| White pasta                          | 4 g  | 145g  | 25 g    |
| Rolled oats                          | 15 g | 135 g | 25 g    |
| Quick oats                           | 15 g | 154 g | 31 g    |
| Instant oats, Maple and Brown Sugar  | 9 g  | 153 g | 19 g    |
| Instant oats, Strawberries and Cream | 10 g | 147 g | 20 g    |
| Instant oats, Peaches and Cream      | 9 g  | 153 g | 16 g    |
| Corn flakes cereal                   | 0 g  | 171 g | 14 g    |
| Rice chex cereal                     | 4 g  | 170 g | 15 g    |
| Fruity pebbles cereal                | 7 g  | 170 g | 7 g     |
| Raisin bran cereal                   | 4 g  | 161 g | 14 g    |
| Cinnamon toast crunch cereal         | 19 g | 161 g | 6 g     |
| Cheerios                             | 14 g | 143 g | 21 g    |
| Honey nut cheerios                   | 11 g | 157 g | 14 g    |
| Honey bunches of oats cereal         | 6 g  | 163 g | 13 g    |
| Shredded wheat cereal                | 4 g  | 146 g | 15 g    |
| Cream of rice                        | 0 g  | 141 g | 21 g    |
| Cream of wheat                       | 0 g  | 160 g | 9 g     |
| Grits                                | 0 g  | 157 g | 14 g    |
| Granola                              | 33 g | 141 g | 15 g    |
| Granola bar, crunchy                 | 33 g | 138 g | 14 g    |
| Granola bar, chewy                   | 29 g | 142 g | 8 g     |
| Couscous                             | 4 g  | 147 g | 27 g    |
| Buckwheat                            | 7 g  | 143 g | 27 g    |
| Spelt berries                        | 7 g  | 142 g | 27 g    |
| Pearl barley                         | 4 g  | 156 g | 20 g    |
| Bulgur                               | 4 g  | 149 g | 26 g    |
| Millet                               | 7 g  | 150 g | 21 g    |
| Biscuit                              | 15 g | 140 g | 15 g    |
| Breadcrumbs                          | 7 g  | 136 g | 29 g    |
| Whole wheat crackers                 | 32 g | 136 g | 221 g   |
| Saltine crackers                     | 19 g | 150 g | 13 g    |
| Pretzels                             | 7 g  | 164 g | 14 g    |
| Rice cakes                           | 0 g  | 156 g | 0 g     |
| Baked potato chips                   | 24 g | 153 g | 16 g    |

# MILK AND YOGURT - DAIRY AND NON-DAIRY

ALL GRAMS OF CARBOHYDRATES ARE BASED OFF 8 FL OZ. PORTIONS BELOW

## VERY LOW CARBOHYDRATE: 0-10 GRAMS

| FOOD                         | FAT  | CARB | PROTEIN |
|------------------------------|------|------|---------|
| Almond milk, unsweetened     | 3 g  | 1 g  | 1 g     |
| Soy milk, unsweetened        | 4 g  | 4 g  | 7 g     |
| Cashew milk, unsweetened     | 2 g  | 1 g  | 1 g     |
| Coconut milk, unsweetened    | 5 g  | 0 g  | 0 g     |
| Pea milk, unsweetened        | 5 g  | 0 g  | 8 g     |
| Macadamia milk, unsweetened  | 5 g  | 1 g  | 1 g     |
| Hemp milk, unsweetened       | 5 g  | 0 g  | 3 g     |
| Almond milk yogurt           | 18 g | 6 g  | 6 g     |
| Half and Half coffee creamer | 28 g | 8 g  | 8 g     |

## LOW CARBOHYDRATE: 11-20 GRAMS

| FOOD                         | FAT  | CARB | PROTEIN |
|------------------------------|------|------|---------|
| Whole fat milk               | 8 g  | 12 g | 8 g     |
| 2% fat milk                  | 5 g  | 12 g | 8 g     |
| 1% fat milk                  | 3 g  | 13 g | 8 g     |
| Non-fat milk                 | 0 g  | 12 g | 8 g     |
| Rice milk, unsweetened       | 3 g  | 11 g | 0 g     |
| Chocolate almond milk        | 3 g  | 19 g | 1 g     |
| Lactose-free, whole fat milk | 8 g  | 13 g | 8 g     |
| Lactose-free, 2% fat milk    | 5 g  | 13 g | 8 g     |
| Lactose-free, non-fat milk   | 0 g  | 13 g | 8 g     |
| Greek yogurt                 | 0 g  | 14 g | 8 g     |
| Cashew yogurt                | 10 g | 13 g | 4 g     |
| Coconut yogurt               | 7 g  | 13 g | 1 g     |



## MODERATE CARBOHYDRATE: 21-38 GRAMS

| FOOD                     | FAT  | CARB | PROTEIN |
|--------------------------|------|------|---------|
| Light yogurt             | 0 g  | 20 g | 8 g     |
| Regular yogurt           | 0 g  | 21 g | 7 g     |
| Vegan yogurt             | 6 g  | 35 g | 3 g     |
| Frozen yogurt            | 5 g  | 38 g | 6 g     |
| Icecream                 | 14 g | 30 g | 4 g     |
| Oat milk, unsweetened    | 3 g  | 24 g | 4 g     |
| Chocolate milk, 1% fat   | 3 g  | 21 g | 8 g     |
| Chocolate soy milk       | 3 g  | 25 g | 5 g     |
| Non-dairy coffee creamer | 8 g  | 32 g | 0 g     |

## HIGH CARBOHYDRATE: 39-80 GRAMS

| FOOD                 | FAT  | CARB | PROTEIN |
|----------------------|------|------|---------|
| Dairy coffee creamer | 24 g | 80 g | 0 g     |

# CHEESES - DAIRY AND NON-DAIRY

ALL GRAMS OF CARBOHYDRATES ARE BASED OFF 20G PORTIONS BELOW:

## VERY LOW CARBOHYDRATE: 0-10 GRAMS

| FOOD             | FAT | CARB | PROTEIN |
|------------------|-----|------|---------|
| Cheddar          | 7 g | 1 g  | 5 g     |
| Swiss            | 6 g | 0 g  | 5 g     |
| American         | 6 g | 1 g  | 4 g     |
| Mozzarella       | 5 g | 1 g  | 6 g     |
| Colby jack       | 6 g | 1 g  | 5 g     |
| Pepper jack      | 6 g | 1 g  | 5 g     |
| Parmesan         | 4 g | 0 g  | 8 g     |
| Provolone        | 5 g | 0 g  | 5 g     |
| Gouda            | 5 g | 0 g  | 5 g     |
| Feta             | 3 g | 1 g  | 4 g     |
| Bleu             | 6 g | 0 g  | 4 g     |
| Muenster         | 6 g | 0 g  | 5 g     |
| Brie             | 4 g | 0 g  | 4 g     |
| Ricotta          | 3 g | 1 g  | 2 g     |
| Goat             | 5 g | 0 g  | 3 g     |
| Vegan cheddar    | 5 g | 4 g  | 0 g     |
| Vegan mozzarella | 4 g | 5 g  | 1 g     |



# FIBROUS CARBOHYDRATES - VEGETABLES

ALL GRAMS OF CARBOHYDRATES ARE BASED OFF 200G PORTIONS BELOW:

## VERY LOW CARBOHYDRATE: 1-10 GRAMS

| FOOD               | FAT | CARB | PROTEIN |
|--------------------|-----|------|---------|
| Zucchini           | 1 g | 6 g  | 2 g     |
| Spinach            | 1 g | 7 g  | 6 g     |
| Cauliflower        | 1 g | 10 g | 4 g     |
| Mushrooms          | 1 g | 7 g  | 6 g     |
| Asparagus          | 0 g | 8 g  | 4 g     |
| Normandy blend     | 0 g | 8 g  | 3 g     |
| Iceberg lettuce    | 0 g | 6 g  | 2 g     |
| Romaine lettuce    | 1 g | 7 g  | 2 g     |
| Yellow squash      | 0 g | 7 g  | 2 g     |
| Cucumber           | 0 g | 7 g  | 1 g     |
| Celery             | 0 g | 6 g  | 1 g     |
| Radish             | 0 g | 7 g  | 1 g     |
| Rhubarb            | 0 g | 9 g  | 2 g     |
| Arugula            | 1 g | 7 g  | 5 g     |
| Bok choy           | 0 g | 7 g  | 5 g     |
| Swiss chard        | 0 g | 7 g  | 6 g     |
| Mustard greens     | 0 g | 7 g  | 4 g     |
| Watercress         | 1 g | 9 g  | 6 g     |
| Green bell pepper  | 0 g | 9 g  | 2 g     |
| Orange bell pepper | 0 g | 9 g  | 2 g     |
| Alfalfa sprouts    | 1 g | 4 g  | 8 g     |
| Bean sprouts       | 0 g | 4 g  | 1 g     |
| Broccoli sprouts   | 0 g | 6 g  | 6 g     |
| Leeks              | 0 g | 15 g | 2 g     |

LOW CARBOHYDRATE: 11-20 GRAMS

| FOOD                              | FAT | CARB | PROTEIN |
|-----------------------------------|-----|------|---------|
| Broccoli                          | 1 g | 13 g | 6 g     |
| Broccolini                        | 1 g | 12 g | 4 g     |
| Spaghetti squash                  | 1 g | 14 g | 1 g     |
| Eggplant                          | 0 g | 12 g | 2 g     |
| Green beans                       | 0 g | 14 g | 2 g     |
| Brussel sprouts                   | 1 g | 18 g | 7 g     |
| Carrots                           | 0 g | 19 g | 2 g     |
| Collard greens                    | 0 g | 12 g | 9 g     |
| Cabbage, all colors               | 0 g | 12 g | 3 g     |
| Kale                              | 2 g | 18 g | 9 g     |
| Onion                             | 0 g | 19 g | 2 g     |
| Turnip greens                     | 1 g | 14 g | 3 g     |
| Red bell pepper                   | 1 g | 12 g | 2 g     |
| Yellow bell pepper                | 1 g | 16 g | 2 g     |
| Okra                              | 0 g | 14 g | 4 g     |
| Snow peas                         | 0 g | 15 g | 6 g     |
| Scallions                         | 0 g | 15 g | 4 g     |
| Turnips                           | 0 g | 13 g | 2 g     |
| Beets                             | 0 g | 20 g | 2 g     |
| California blend mixed vegetables | 0 g | 12 g | 2 g     |
| Stir fry blend mixed vegetables   | 0 g | 12 g | 2 g     |
| Pasta sauce                       | 3 g | 19 g | 3 g     |
| Sauerkraut                        | 0 g | 11 g | 0 g     |

MODERATE CARBOHYDRATE: 21-56 GRAMS

| FOOD      | FAT | CARB | PROTEIN |
|-----------|-----|------|---------|
| Artichoke | 0 g | 35 g | 4 g     |



# FIBROUS CARBOHYDRATES - FRUITS

ALL GRAMS OF CARBOHYDRATES ARE BASED OFF 200G PORTIONS BELOW:

LOW CARBOHYDRATE: 0-41 GRAMS

| FOOD              | FAT | CARB | PROTEIN |
|-------------------|-----|------|---------|
| Tomatoes          | 0 g | 8 g  | 2 g     |
| Strawberries      | 1 g | 15 g | 1 g     |
| Grapefruit        | 0 g | 16 g | 1 g     |
| Blackberries      | 1 g | 19 g | 3 g     |
| Apricot           | 1 g | 22 g | 3 g     |
| Peaches           | 0 g | 19 g | 2 g     |
| Plums             | 1 g | 23 g | 1 g     |
| Kiwi              | 1 g | 29 g | 2 g     |
| Dragon Fruit      | 3 g | 18 g | 4 g     |
| Papaya            | 1 g | 22 g | 1 g     |
| Pineapple         | 0 g | 26 g | 1 g     |
| Orange            | 0 g | 24 g | 2 g     |
| Clementine orange | 0 g | 24 g | 0 g     |
| Raspberries       | 1 g | 24 g | 2 g     |
| Blueberries       | 1 g | 29 g | 1 g     |
| Cherries          | 0 g | 31 g | 3 g     |
| Apples            | 0 g | 28 g | 1 g     |
| Pears             | 0 g | 31 g | 1 g     |
| Mango             | 1 g | 30 g | 2 g     |
| Honeydew melon    | 0 g | 18 g | 1 g     |
| Guava             | 2 g | 28 g | 5 g     |
| Pomegranate       | 2 g | 37 g | 3 g     |
| Grapes            | 0 g | 37 g | 1 g     |
| Figs              | 1 g | 38 g | 2 g     |
| Nectarine         | 1 g | 29 g | 3 g     |
| Tangerine         | 1 g | 27 g | 2 g     |
| Watermelon        | 0 g | 15 g | 1 g     |
| Cantaloupe        | 0 g | 16 g | 2 g     |
| Applesauce        | 0 g | 23 g | 0 g     |
| Fruit cocktail    | 0 g | 20 g | 1 g     |

## MODERATE CARBOHYDRATE: 42-56 GRAMS

| FOOD      | FAT | CARB | PROTEIN |
|-----------|-----|------|---------|
| Bananas   | 1 g | 46 g | 2 g     |
| Jackfruit | 1 g | 47 g | 3 g     |

## HIGH CARBOHYDRATE: 57-160 GRAMS

| FOOD           | FAT | CARB | PROTEIN |
|----------------|-----|------|---------|
| Plantains      | 7 g | 0 g  | 33 g    |
| Persimmons     | 8 g | 6 g  | 18 g    |
| Medjool dates  | 9 g | 20 g | 32 g    |
| Raisins        | 9 g | 0 g  | 26 g    |
| Prunes         | 9 g | 12 g | 21 g    |
| Dried figs     | 9 g | 3 g  | 30 g    |
| Dried apricots | 9 g | 15 g | 20 g    |
| Grape jelly    | 9 g | 10 g | 24 g    |



# FRUIT JUICE, UNSWEETENED

ALL GRAMS OF CARBOHYDRATES ARE BASED OFF 8 FL OZ. PORTIONS BELOW:

## LOW CARBOHYDRATE: 0-41 GRAMS

| FOOD              | FAT | CARB | PROTEIN |
|-------------------|-----|------|---------|
| Apple juice       | 0 g | 28 g | 0 g     |
| Cranberry juice   | 0 g | 28 g | 0 g     |
| Grape juice       | 0 g | 38 g | 0 g     |
| Mango juice       | 0 g | 33 g | 1 g     |
| Orange juice      | 0 g | 25 g | 0 g     |
| Pineapple juice   | 0 g | 30 g | 0 g     |
| Pomegranate juice | 0 g | 41 g | 0 g     |

## HIGH CARBOHYDRATE: 120+ GRAMS

| FOOD        | FAT | CARB  | PROTEIN |
|-------------|-----|-------|---------|
| Prune juice | 0 g | 122 g | 5 g     |

# FATS- OILS AND FATTY FOODS

ALL GRAMS OF FAT ARE BASED OFF 1 TABLESPOON PORTIONS BELOW:

## LOW FAT: 1-6 GRAMS

| FOOD                    | FAT  | CARB | PROTEIN |
|-------------------------|------|------|---------|
| Avocado                 | 2 g  | 1 g  | 0 g     |
| Coconut                 | 5 g  | 2 g  | 0 g     |
| Walnuts                 | 3 g  | 1 g  | 1 g     |
| Cashews                 | 1 g  | 1 g  | 0 g     |
| Almonds                 | 4 g  | 2 g  | 2 g     |
| Pecans                  | 5 g  | 1 g  | 1 g     |
| Pistachios              | 3 g  | 2 g  | 2 g     |
| Hummus                  | 3 g  | 2 g  | 1 g     |
| Cream cheese            | 3 g  | 0 g  | 1 g     |
| Vegan cream cheese      | 5 g  | 2 g  | 1 g     |
| Hemp seeds              | 0 g  | 5 g  | 3 g     |
| Sunflower seeds         | 4 g  | 2 g  | 2 g     |
| Pumpkin seeds           | 5 g  | 1 g  | 3 g     |
| Chia seeds              | 4 g  | 4 g  | 3 g     |
| Olives                  | 5 g  | 2 g  | 0 g     |
| Sour cream, regular fat | 3 g  | 1 g  | 1 g     |
| Sour cream, light       | 1 g  | 1 g  | 1 g     |
| Mayonnaise              | 11 g | 0 g  | 0 g     |
| Italian dressing, light | 1 g  | 2 g  | 0 g     |
| French dressing         | 6 g  | 2 g  | 0 g     |
| Balsamic dressing       | 2 g  | 3 g  | 0 g     |
| Pesto                   | 6 g  | 1 g  | 1 g     |
| Alfredo sauce           | 3 g  | 1 g  | 1 g     |

## MODERATE FAT: 7-11 GRAMS

| FOOD                           | FAT  | CARB | PROTEIN |
|--------------------------------|------|------|---------|
| Peanut butter                  | 8 g  | 4 g  | 4 g     |
| Almond butter                  | 9 g  | 3 g  | 4 g     |
| Sunflower butter               | 8 g  | 4 g  | 4 g     |
| Cashew butter                  | 8 g  | 4 g  | 3 g     |
| Tahini (sunflower seed butter) | 9 g  | 2 g  | 3 g     |
| Margarine                      | 11 g | 0 g  | 0 g     |
| Mayonnaise                     | 11 g | 0 g  | 0 g     |
| Ranch dressing                 | 7 g  | 1 g  | 1 g     |
| Oil and vinegar dressing       | 8 g  | 1 g  | 0 g     |

## HIGH FAT: 12-16 GRAMS

| FOOD         | FAT  | CARB | PROTEIN |
|--------------|------|------|---------|
| Avocado oil  | 14 g | 0 g  | 0 g     |
| Olive oil    | 14 g | 0 g  | 0 g     |
| Coconut oil  | 14 g | 0 g  | 0 g     |
| Ghee         | 15 g | 0 g  | 0 g     |
| Butter       | 12 g | 0 g  | 0 g     |
| Vegan butter | 11 g | 0 g  | 0 g     |