



FOOD GROUPS – DAILY SERVINGS

According to U.S.D.A. Food Pyramid, Revised by Dr. Donna F. Smith

FOOD GROUPS	1-14yrs	15-21yrs	MEN	WOMEN	Weight Loss
Reverse Osmosis Purified Water - ½ body weight in ounces	See Left	See Left	See Left	See Left	CranWater (See Left)
Proteins – Animal or Vegetable (Examples in Serving)	1-2	2-3	2-3	2-3	2
Legumes/Grains	1	2	3-4	2-3	2
Dairy	0-1	2	2-3	2-3	1
Nuts & Seeds	1-2	2	2	2	1
Greens/Vegetables/Sea Veggies. (Low Glycemic)	2-3	3-4	5-6	4-5	5
Starches – (Medium or High Glycemic Greens/Vegetables)	1-2	2-3	2-3	2-3	2
Fruits	2	3	4	3	2
Fats/Oils	½ -1 T.	1 T.	1 T.	1 T.	1 T.
Seasonings (Culinary Herbs/Spices)	1	2	3-4	2-3	2

AMOUNT PER SERVING

FOOD GROUP	One Serving Is Equal To:	FOOD GROUP	One Serving Is Equal To:
Proteins: Vegetarians	Protein Powder (See container), ½ cup Tofu or Tempeh, 1 grain/legume burger, 2 meatless hot dogs, 2 T. nut butter	Greens/Vegetables Sea Vegetables (Low Glycemic)	1 cup raw, leafy; ½ cup chopped or steamed; ¾ cup juice, 1 piece.. 1 piece is one whole food, ex: 1 tomato.
Proteins: Animals	3 ounces for women; 4 ounces for men of animal flesh proteins; 1 egg	Starches (Medium or High Glycemic)	Same as Greens/Vegetables & Sea Vegetables. Eat less of starches, especially to lose/manage weight.
Legumes/Grains	½ cup or 4 ounces cooked whole grains or legumes; (Occasionally if ingredients are healthy: 1 slice; 3-4 crackers, ½ bagel/muffins, 1 tortilla, 1 chapatti)	Fruits	1 piece (whole fruit), 1 cup raw; ¼ cup dried fruit, ½ cup canned; 4 ounces fresh juice. (Note: 1 piece means is 1 whole fruit, example 1 whole apple)
Dairy (No cow's milk)	1 cup rice or nut milk or yogurt; ½ ounce natural aged cheese, ½ cup cottage or cream cheese	Fats/Oils	1 Tablespoon of oil or 1 T. unsalted, organic butter or 1 T. Better Butter (see recipe)
Nuts & Seeds	¼ cup seeds or 10 each of a nut 2 T. Nut/Seed butters	Seasonings	1 teaspoon (at least), use plentifully

For List of Food with Glycemic Values in Percentages, Refer to “Carbohydrate Classifications of Fruits & Vegetables.”

OILS: Alternate between Coconut Oil, Flax Seed Oil, EFA Liquid Blend Oils (not all brands of oils are the same; oils will be discussed in one of your Dietary Consultations. Purchase Oils from **Advanced Clinical Nutrition** (Omit 1 serving of oil when choosing 1 serving of Fish as Protein). **Eat Fresh, Raw, Whole foods** or Frozen if Raw Not In Season; (Organic **Canned**, eat sparingly, i.e., without preservatives, sea salt okay). **Cottage or Cream Cheese:** whole milk (goat is best).