

# Food Charts

Note: 1 tbsp = 15 ml  
 1/2 cup = 125 ml  
 3/4 cup = 175 ml  
 1 cup = 250 ml  
 1 1/2 cup = 375 ml

Food Item	Portion	Calories
Beets, cooked	1 C	75
Eggplant, cooked	1 C	30
Red Cabbage, cooked	1 C	30
Blackberries	1 C	75
Blueberries	1 C	110
Grapes	1 C	115
Plums	2 small	70



Red/Purple

Food Item	Portion	Calories
Prunes	3 whole	60
Red Apple	1 medium	100
Red Pear	1 medium	100
Red Wine	125 ml glass	80
Strawberries	1 C, sliced	50
Peppers, red, chopped	1 C	30

Tomato Juice	1 C	40
Tomato Sauce or Puree	1 C	100
Tomato Soup, made w/ water	1 C	85
Tomato Vegetable Juice	1 C	45
Tomatoes, cooked	1 C	70



Red

Pink Grapefruit	1/2 fruit	40
Pink Grapefruit Juice	1/2 C	50
Watermelon	1 C balls	50
Tomatoes, raw, chopped	1 C	40

Acorn Squash, baked	1 C	85
Carrots, cooked	1 C	70
Pumpkin, cooked	1 C	50
Sweet Potato	1 C	200
Winter Squash, baked	1 C	70



Orange

Apricots	3 whole	50
Cantaloupe	1 C cubes	55
Mango	1/2 large	80
Carrots, raw	1 C	50

Nectarine	1 large	70
Orange	1 large	85
Orange Juice	1/2 C	50
Papaya	1/2 large	75



Orange/Yellow

Peach	1 large	70
Pineapple	1 C, diced	75
Tangerine	1 medium	45
Yellow Grapefruit	1/2 fruit	40

Collard Greens, cooked	1 C	50
Corn	1 ear	75
Green Beans, cooked	1 C	45
Green Peas	1 C	140
Mustard Greens, cooked	1 C	20
Spinach, cooked	1 C	40
Turnip Greens, cooked	1 C	30
Zucchini, with skin, cooked	1 C	30



Yellow/Green

Avocado	1/2 average fruit	80
Honeydew	1 C cubes	60
Kiwi	1 large	55
Cucumber	1 C	15
Pepper, green, chopped	1 C	30
Pepper, yellow, chopped	1 C	30
Romaine Lettuce	1 C	10
Spinach, raw	1 C	10

Broccoli, cooked	1 C	45
Brussels Sprouts	1 C	60
Cabbage, cooked	1 C	35
Cauliflower, cooked	1 C	30



Green

Chinese Cabbage, cooked	1 C	20
Kale, cooked	1 C	35
Swiss Chard, cooked	1 C	20
Cabbage, raw	1 C	20

Artichoke	1 medium	60
Asparagus	1 C	45
Celery, diced	1 C	20
Leeks, cooked	1 C	30



White/Green

Mushrooms, cooked	1 C	40
Onion, cooked	1 C	105
Endive, raw	1 C	10

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Protein Foods

Food Item	Portion	Calories	Protein (gm)
Egg Whites	7 whites	115	25
Nonfat Cottage Cheese	1 C	140	28
Formula 1 + 1% Milk + PPP	2 scoops Formula 1 + 375 ml 1% Milk + 2 tbsp PPP	300	29
Soy Canadian Bacon	4 slices	80	21 (varies)
Soy Cereal	1/2 C	140	25 (varies)
Formula 1 + Soy Milk + PPP	2 scoops Formula 1 + 375 ml Soy Milk + 2 tbsp PPP	300	29
Turkey Breast	86 g (cooked wt.)	135	25
Chicken Breast	86 g (cooked wt.)	140	25
Lean Red Meat	86 g (cooked wt.)	145-160	25
Ocean-Caught Fish	115 g (cooked wt.)	130-170	25-31
Shrimp, Crab, Lobster	115 g (cooked wt.)	120	22-24
Tuna	115 g, water pack	145	27
Scallops	115 g (cooked wt.)	135	25
Soy Hot Dog	2 links	110	22 (varies)
Soy Ground Round	3/4 C	120	24
Soy Burgers	2 patties	160	26
Tofu, firm	1/2 C	180	20 (varies)



Herbalife Proteins

Food Item	Portion	Calories	Protein (gm)
Formula 1 Shake	2 scoops	90	6.3
Formula 3 Personalized Protein Powder	1 tbsp	20	5
HPLC Shake	2 scoops	110	15
HPLC Drink	1 packet	70	15
HPLC Soup	1 packet	70	15
HPLC Bar	1 bar	150	12



Starch/Grain

Food Item	Portion	Calories	Protein (gm)
Cooked Beans	1/2 C, cooked	115-140	7
Brown Rice	1/2 C, cooked	110	3
Lentils	1/2 C, cooked	115	9
Whole-Grain Pasta	1/2 C, cooked	85	3
Shredded Wheat, bite size	1 C	110	5
High-Fiber Bran Cereal	1/2 C	90-120	4
Oatmeal	1 C, cooked	130	6
Bread, Whole Grain	1 slice	100	5
Bread, Sprouted Wheat	1 slice	80	4
Bread, Sprouted Multigrain	1 slice	60	3
Cheese, reduced fat	29 g	50-80	2-5



Taste Enhancers

Food Item	Portion	Calories	Protein (gm)
Cheese, Parmesan	3 tbsp	80	5
Nuts	15 g	80-100	6-11
Olive Oil	1 tbsp	40	4
Olives	10 large	50	7
Pine Nuts, sesame seeds	1 tbsp (40 nuts)	50	4-7