



*Daily Food
Groups & Portion
Sizes*

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Proteins

Limit red meat to no more than three weekly exchanges or only 10% of your protein sources daily.

If you decide to follow a vegetarian lifestyle, make sure to take both vitamins B-6 and B-12. It would be best if you took both to avoid creating a deficiency in one or the other.

10% of your protein sources should be *lean* red meat, turkey, and chicken breast (organic, free-range fed, skinless) every day. Eat more fish, but limit shellfish (shrimp, etc.), as they can be high in toxins.

Beet leaf, coconut, cottage cheese, eggs, top-quality lean lunch meats, nuts, scallops, tempeh, wild rice (cooked but not boiled), and Feta cheese made from sheep or goat milk are excellent protein choices. Another good protein source is sprouted beans, but once they are cooked, they become carbohydrates. Proteins may also include high-protein green drinks.

All protein servings are not the same. The amount of calories you derive from protein depends entirely on its source. There are low-fat, medium-fat, and high-fat proteins. While losing weight, limiting protein choices to lean and low-fat exchanges are essential.

Lean Meat Protein - Approximately 55 calories per serving (7 grams of protein and 3 grams of fat)

1 oz. of the following: (includes lean deli meat)

- lean ham
- beef
- organic chicken
- skinless turkey
- cornish hen
- veal chop or veal roast
- sirloin roast
- lamb
- white fish
- pork tenderloin

Sea Food

- 6 medium oysters
- 2 oz. fresh shellfish or ½ cup canned
- ¼ cp Albacore tuna (canned in water only)

Dairy

- 1 egg or +3 medium egg whites
- 2 tbsp of freshly grated parmesan cheese
- ¼ cup nonfat cottage cheese

Medium Fat Protein - Approximately 75 calories per serving (7 grams of protein and 5 grams of fat)

Limit medium-fat proteins to 3 exchanges per week.

1 oz. of the following:

- liver
- pork chop
- pot
- pork
- chuck roast
- sirloin
- T-bone steak,
- lamb shoulder, rib, or leg
- mackerel
- rainbow trout
- wild salmon
- string cheese
- 3 tbsp Neufchatel cheese
- ¼ cup part skim ricotta
- part skim mozzarella
- 4 oz. tofu (can be eaten more than twice per week)
- 1 whole egg

Note: Do not eat more than six whole eggs per week.

High Fat Protein – Approximately 100 calories per serving (7 grams of protein and 8 grams of fat per serving)

Limit to only one High Fat Protein exchange per month.

1 oz. of the following:

- hamburger (30 % fat)
- prime
- spare of short ribs
- summer sausage
- bologna
- corned beef
- hot dogs (of any type)
- knockwurst
- bratwurst
- pastrami
- pepperoni
- salami
- tofu

Regular cheeses of any variety over 55 calories per serving

Sources of Protein Other Than Meat, Poultry & Seafood

- 1 cup brown rice – 5 grams
- 1 cup oatmeal – 5-6 grams
- 1 cup amaranth – 9.35 grams
- 1 cup quinoa – 11 grams
- 3 TB – hemp Seeds – 16 grams
- 4 ounces of tempeh – 24 grams
- 1 cup broccoli (chopped) – 5.7 grams
- 1 cup spinach (cooked) – 5.35 grams
- 1 cup mung bean sprouts – 3.16 grams
- 1 cup cauliflower (cooked) – 2.28 grams
- asparagus (8 spears) – 3 grams
- 1-ounce pumpkin seeds – 9.35 grams
- 1-ounce pistachios – 6-7 grams
- Approximately 1-ounce peanuts – 6-7 grams
- Kale is half protein!

Milk

Limit cow and soy milk and try goat, rice, or almond milk. You may exchange these two Milk exchanges for protein exchanges instead, which also applies if you do not care for Milk, which is not so great for us anyway because of its *casein* content.

Using Cow's Milk, use whole or 2%, not 1% or nonfat (skim).

If you eliminate the Milk category from your diet, ensure you eat high-calcium vegetables.

Make sure yogurt is organic, whole, and plain (not nonfat or sugar-free).

Approximately 90 calories per serving (8 grams of protein and 12 grams of carbohydrates, trace fats)

- 8 oz. (1 cup) skim milk
- 8 oz. (1 cp) plain nonfat yogurt

Grains

At least one of your bread and cereals should be whole grain for added fiber.

If you have Irritable Bowel Syndrome, make changes slowly. Adding too much fiber immediately, with either whole grains or raw vegetables, can do more harm than good, as grains can be challenging to digest. Many people who are not allergic to wheat gluten still have symptoms. You might consider leaving grains, at least the white ones (white flour, bread, potato, rice), alone for a while, as they are most often the cause of stomach problems. Omitting grains will also help to balance your pH, as grains are very acidic. However, leaving grains out of the diet can be, for some, a daunting task.

If you decide to eliminate grain from your diet, substitute more vegetables and a few fruits in their place for fiber. You might also try getting your fiber needs from a supplement instead.

Approximately 80 calories per serving (3 grams of protein and 15 carbohydrates, trace fats)

- 1/2 cup bran flakes or cooked cereal
- 2 biscuits shredded wheat
- 1/2 bagel
- 1/2 pita,
- 1/2 English muffin
- 1/2 matzoh
- 2 rice cakes or breadsticks
- 1-6" tortilla
- 3-2 1/2" squares of graham cracker
- 6 low salt soda crackers
- 4 rye crisp, wasa, or kavli
- 5 melba toast
- 1 small potato
- 3 cups air-popped popcorn
- 3/4 cup pumpkin or winter squash
- 1/3 cup yam or sweet potato
- 1/2 cup split (green) pea, green, or black-eyed peas, red beans, pasta, or ramen
- 1 oz. slice of bread (Do *not* use 2 slices of diet bread as an exchange.)
- 3 1/2 oz. (1/3 cup cooked) beans (other than above), lentils, rice, or corn

Seeds: Fennel, Flax, Sunflower, Sesame, and Anise.

Vegetables

One of your vegetables each day should be a leafy, green variety.

If you have Irritable Bowel Syndrome, start with cooked vegetables until your system has had a chance to adapt to an increase in vegetables. Steam your vegetables or make soups or make juices from them. Drink the broth.

You'll lose some fiber and enzymes, but you still get nutrients.

One leafy green salad with *only* 1-2 other veggies on top is enough to get you started on raw vegetables each day. You can add egg or meat to your salad. If you notice uncomfortable symptoms, cut back to all cooked veggies and start again with a small salad the following week. Eating well isn't a race. Don't be in such a hurry to make changes.

Where green vegetables are called for in your diet, use seaweed at least part of the time. Seaweed may be an acquired taste, but I suggest trying it because of the synergistic and valuable nutrients it offers that you can't find in any other food source on planet earth.

Approximately 25 calories per serving (2 grams of protein and 5 grams of carbohydrates)

½ cup cooked veggies or 1 cup chopped raw veggies:

- celery
- soybean
- alfalfa sprouts
- okra
- eggplant
- beets
- spinach
- green peppers
- peppers in general
- chard
- parsley
- kale and/or seaweed
- leaks
- cucumber
- watercress
- escarole
- rutabaga
- rhubarb
- carrots
- peppers
- tomatoes
- veggie and tomato soups
- collard
- mustard greens

Corn and peas are starches and under the Grain category. They are *not* vegetables.

Note: When making salads, 1 cup of vegetables is put on a bed of lettuce. Head lettuce is considered a free item. However, 1 cup of any other type of lettuce is regarded as one vegetable. One cup of raw spinach leaves would equal one vegetable. To wash veggies, rinse in 1 gallon of pure water that contains ¼ cup apple cider vinegar.

Fruits

One fruit should be citrus. Citrus fruit is acidic and is usually acceptable to eat, regardless of your pH levels, because of the reaction it causes in the body, which produces more of an alkaline state. However, too much citrus fruit may have a negative effect.

Some fruits and vegetables are higher in fiber than others. Adding too much fiber to the diet can upset the sensitive stomach. It's better to first stick to the lower end of fiber intake. Lightly cooking fruits and vegetables reduces fiber content.

If you are not thrilled about eating the recommended amount of fruits, experiment with making juice by combining your fresh fruit and vegetables.

When it comes to fruits, fresh is best (for fiber), then frozen (with no sugar added). Freshly squeezed juice ranks third in retaining fiber but is high in vitamins. Dried fruit would be the fourth choice, and canned fruit would be the last.

Approximately 60 calories per serving (15 grams of carbohydrates)

- small nectarine
- peach
- pear
- orange
- small apple
- 1 cup cantaloupe
- small banana
- 1 cup honeydew
- $\frac{3}{4}$ cup grapefruit
- 2 medium tangerines
- 12 cherries
- 2 figs or dates
- $\frac{3}{4}$ cup raw pineapple
- 1 large kiwi
- $\frac{1}{2}$ small mango
- $\frac{1}{2}$ pomegranate
- 1 medium papaya
- 3 medium plums
- 2 tbsp of raisins
- 15 medium concord grapes
- $\frac{1}{2}$ cup unsweetened applesauce
- 2 medium plums or tangerines
- 4 medium or 7 dried apricots
- $\frac{1}{2}$ cup canned or cooked fruit (the last resort)
- $\frac{1}{4}$ cup dried fruit (no preservatives)

Berries

- ¾ cup blue or blackberries or cherries
- 1 cup boysenberry or raspberries
- 1 ¼ cup strawberries or watermelon

Juices

- ½ cup apple, grapefruit, orange, or pineapple juice
- ½ cup cranberry, Concord grape, prune juice
- ¾ cup tomato or low sodium V-8 juice
- ½ cup of any juice other unless otherwise specified

Note: Fruit juices should be limited. As great as they taste, they are full of sugar and will not only increase the sugar in the blood but those calories will likely be stored as fat in your body. Keep fruit to a minimum, eat it whole as often as you can (for the fiber), and opt for vegetable juices when juicing. A little fruit in vegetable juice is a wonderful idea.

Fats

Use real butter (within limits), not margarine. A little bit of saturated fat is fine. I don't advise using peanut butter. It's a bean and not a nut; too acidic and contains carcinogens. Use almond butter instead.

Olive oil is excellent. Coconut oil, although some do not agree it's healthy, is suitable for those with Irritable Bowel Syndrome. It also doesn't lose its value when cooking with it. If you don't like the taste of Coconut in your food, be sure to buy the right coconut oil for cooking.

Fats - Approximately 45 calories per serving (5 grams of fat)

- 1 tsp butter or oil (olive)
- 1 tsp olive, macadamia or safflower oil.
- 5 black olives
- 2 tbsp avocado
- 1 medium slice of bacon
- 1 small sausage link or patty
- 1oz almonds, almonds, or walnuts

- 2 tbsp shredded coconut
- 1 tbsp cream
- 1 tbsp cream cheese
- 2 tbsp sour cream
- 1 ½ tsp peanut butter
- 1 tbsp oil-based (olive) salad dressing (not to exceed 45 calories.)
- 1 tsp mayonnaise-based dressing (not to exceed 45 calories.)
- 1 ½ tsp of mayonnaise
- 1 oz. of wine in seltzer water
- beer (regular) – 8 oz. = 2-3 Fats

Water

You be the judge. As long as your urine is clear, you are fine. If it is pale yellow or darker, drink enough water to make it run clear again. Drink at least 4-8 cups of water per day, adjusted accordingly to your bladder sensitivity and the weather. If you are still getting up at night to relieve your bladder, drink most of your water in the morning and afternoon. Stop drinking fluids 2 hours before bedtime.

Note: You can drink too much water. Fluid retention, swollen hands and feet, and confusion are signs of drinking too much water.

Beverages

Buy herbal teas in *bulk only*, no bags.

Decaf coffee still contains 3% caffeine. Avoid more than 2 cups of caffeinated beverages each day. Caffeine dehydrates the body and robs the body of minerals. Drink an extra half-cup to one cup of water for every 8 ounces of caffeinated beverage.

No diet drinks are allowed due to adverse reactions of bloating, water retention, decreased weight loss, high blood pressure, and heart attack.

Free Foods

Not to exceed 25 calories per day (any two items) or 1-3 Tbsp

- low sodium bouillon Cube
- unprocessed bran
- wheat germ
- catsup
- celery
- chicory
- chives
- cucumber
- endive
- citrus peel
- escarole
- extracts (almond, vanilla, etc.)
- herbs and spices
- horseradish
- lemon
- lime
- mustard
- head lettuce (1 cup)
- low calorie or nonfat salad dressing
- radishes
- taco sauce or salsa
- low sodium soy sauce
- vinegar
- water chestnuts
- Worcestershire sauce

Sweeteners

Honey, Stevia, or Truvia (another brand name for Stevia), but only use the green Stevia, not white), white or brown sugar (only for cooking), and crystalized raw cane juice.

Note: Sweeteners are not recommended during weight loss if they tend to increase cravings for sugary foods.

The 1500 Calorie Sample Menu

Breakfast – Eggs, Toast, Fruit & Coffee

2 Proteins - 2 soft boiled eggs
1 Grain - Whole grain toast
2 Fruit - 1 small banana and 1¼ cup of strawberries
1 Fat - 1 tsp butter
1 Milk - 8 oz. of milk in a latte

Snack – Bagel & Cottage Cheese

1 Grain – ½ bagel
1 Fruit - 1 tbsp of low sugar raspberry jam
1 Protein - ¼ cup cottage cheese
Herbal tea

Lunch – Grilled Cheese and a Salad

2 Proteins - 2 slices of low-fat cheese
2 Grain - 2 slices of bread
2 Vegetables - 2 cups chopped veggies on a bed of lettuce
Free - 25 calories of low or nonfat salad dressing
Diet *Snapple*

Snack – Apple & Snacks

1 Protein - 1 string cheese
1 Fruit - 1 small apple
1 Grain - 1 ½ graham cracker squares

Dinner – Fish, Rice & Veggies

2 Protein - 2 oz. of white fish
1 Grain – 1/3 cups rice
2 Vegetables - 1 cup cooked spinach

Snack – 1 Milk - Mock Vanilla Steamer with stevia

* **Easy Yogurt Salad Dressing:** Mix plain yogurt with lemon juice, fresh dill, and parmesan, and drizzle it over greens.

Food Substitutes

- Beverages - Distilled, mineral or alkaline water, fresh fruit or vegetable juice, herbal teas.
- Bread - Sprouted or spelt bagel, homemade bread from acceptable ingredients.
- Butter - A tiny bit of real butter or soy butter, or olive oil
- Candy - Made only with natural sugars, no refined (no white, light brown, Karo syrup, etc.)
- Cereals & Grains – Unrefined bran or wheat germ, buckwheat, oats, barley, brown, black, or wild rice, and flour
- Cheese - Goat, soy, or nut cheeses
- Cottage Cheese - Crumbled tofu
- Fats - Olive oil, flax oil, nut butter (almond), vegetable margarine (See “Butter”)
- Grains (acceptable) - Basmati rice, buckwheat, millet, Kamut, amaranth, brown rice. (see *Cereals & Grains* and *Bread*)
- Hot dogs - Meatless hot dogs
- Ice cream - Non-milk ice cream and non-milk sherbets
- Jellies and Jams - Homemade with only fresh fruit and very little sugar, preferably dark sugars (sparingly)
- Mashed potatoes (are acceptable) - For a change, mashed cauliflower.
- Meat/Protein - Vegetable proteins (beans, tempeh, tofu, oats, and Rye), whey protein powder, spirulina, freshwater and ocean fish, chicken (white meat), liver, nuts, almonds (1 ounce or 24 almonds equals one protein and one fat), flaxseed (ground)
- Milk - Rice milk, almond milk, soy milk (limit), buttermilk or goat's milk, raw milk, homogenized milk (not pasteurized), natural cream, unsweetened yogurt
- Nuts and Seeds - Nuts (Brazil, cashew, hazelnut, macadamia, filberts are all low acid nuts), almonds (are alkaline), flaxseeds (ground), sesame seeds, and fennel seeds
- Oils - Cold-pressed olive oil, sesame oil, flaxseed, and almond oil. (See “Fats” and “Butter”)

- Pasta - Vegetable pasta (spinach, spelt, etc.) and whole-grain pasta
- Salad dressings - Pureed avocado, cubed fruit, olive oil, lemon, and lime juice
- Shortening -Vegetable shortening
- Soy Sauce - Use *only* MSG-free *Bragg Liquid Aminos* (sold at health food stores)
- Smoked meat - Smoked tofu is fine.
- Snack chips, etc. - Rice cakes, sprouted tortilla chips, baked veggie chips, and yeast-free crackers
- Sugar - Stevia, dark brown, raw sugars such as turbinado, honey (alkaline, but use only sparingly), Dried fruit (great in hot cereal), molasses (raw, non-sulfur), and agave sweetener
- White sauce - Pureed white beans
- Yogurt - Organic yogurt or soy yogurt.

