

# FAST CARBS

# SLOW CARBS

## PASTA & POTATOES

AMOUNT  
VISUAL CUE



- EXAMPLES:**
- Pasta: Couscous, Egg Noodles, Linguini, Macaroni, Penne, Rigatoni, Spaghetti
  - Potatoes & Tubers: Potatoes (Russet, Red-skinned), Sweet Potatoes, Yams



**1 Fist**

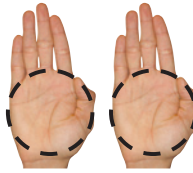
**M:** 1¼ Cup (cooked)  
**W:** 1 Cup (cooked)

## BREAD

AMOUNT  
VISUAL CUE



- EXAMPLES:**
- ½ Bagel
  - 1 English Muffin
  - 1 Flour Tortilla (6")
  - 2 Corn Tortillas (6")
  - 2 Slices of Bread
  - 1 Dinner Roll
  - 1 Medium Pita Bread



**2 Palms**

Look for products high in whole grains and low in fat and sugar.

## FRUIT

AMOUNT  
VISUAL CUE



- EXAMPLES:**
- High Sugar Fruits: Blueberries, Cherries, Grapes, Grapefruit.....**M:** 1¼ Cups **W:** 1 Cup
  - Round Fruits: Apples, Bananas, Oranges.....**M:** 1 Large **W:** 1 Medium
  - Nectarines, Plums, Tangerines.....**M:** 3 Medium **W:** 2 Medium



**1 Fist**

- Dried Fruits: Figs, Prunes, Raisins.....**M:** ½ Cup **W:** ¼ Cup



**½ Palm**

## FATTY FAST CARBS (FAST CARB + FAT)

AMOUNT  
VISUAL CUE



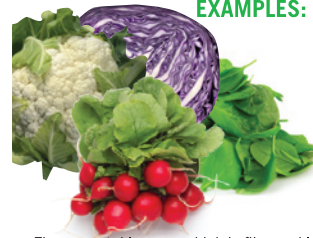
- EXAMPLES:**
- Kettle Chips
  - Tortilla Chips
  - French Fries
  - Onion Rings
  - Cakes
  - Muffins
  - Doughnuts
  - Biscuits



**½ Palm**  
**M:** ¼ Cup  
**W:** ¼ Cup

## FREE CARBS

AMOUNT  
VISUAL CUE



- EXAMPLES:**
- Bok Choi
  - Cabbage
  - Cauliflower
  - Celery
  - Cucumbers
  - Leeks
  - Onions
  - Chili Peppers (Red & Green)
  - Lettuce (All Varieties)
  - Mushrooms (Button, Crimini, White)
  - Radishes
  - Spinach
  - Sprouts



**All You Can Eat**

These vegetables are so high in fiber and low in calories, you can have as much as you want at every meal.

## VEGETABLES

AMOUNT  
VISUAL CUE



- EXAMPLES:**
- Vegetables:
    - Artichokes
    - Portobello Mushrooms
    - Carrots
    - Bell Peppers
    - Brussels Sprouts
    - Green Beans
    - Squash: Acorn, Butternut, Yellow, Spaghetti
    - Cooked Greens: Kale
    - Turnip Greens
    - Zucchini
    - Tomatoes (All Varieties)
    - Asparagus
    - Broccoli
    - Eggplant
    - Turnips
    - Collard Greens



**2 Fists**

**M:** 2 Cups  
**W:** 1½ Cups

## BERRIES & CITRUS

AMOUNT  
VISUAL CUE



- EXAMPLES:**
- Raspberries
  - Strawberries
  - Blackberries
  - Lemons
  - Limes



**Fist**

**M:** 1 Cup  
**W:** 1 Cup

## LEGUMES (BEANS, PEAS, ETC.)

AMOUNT  
VISUAL CUE



- EXAMPLES:**
- Black Beans
  - Cannellini Beans
  - Pinto Beans
  - Kidney Beans
  - Lima Beans
  - Navy Beans
  - Edamame
  - Garbanzo Beans/ Chick Peas
  - Black-Eyed Peas
  - Green Peas
  - Snap Peas
  - Snow Peas



**Half Fist**

**M:** ⅔ Cup  
**W:** ½ Cup

# PROTEIN

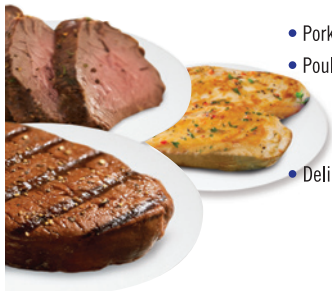
## LEAN MEATS & LIGHT MEAT POULTRY

AMOUNT  
VISUAL CUE

- EXAMPLES:**
- Beef: Extra Lean Ground Beef (95% Lean), Steak: Sirloin, Top Round, Eye of Round
  - Pork: Pork Tenderloin, Pork Center Loin
  - Poultry: Skinless Chicken Breast, Ground Chicken Breast (99% Lean), Skinless Turkey Breast, Ground Turkey Breast (99% Lean)
  - Deli Meats: Low Fat Deli Meats.... **M:** 6-8 slices **W:** 6-8 slices  
Fat Free Deli Meats.... **M:** 8-10 slices **W:** 8-10 slices



**Palm to 1st Knuckle**  
**M:** 4-5 oz.  
**W:** 3-4 oz.



Generally the leanest cuts of meat contain "round" or "loin" in their name. When it comes to poultry, most of the unhealthy fat is the skin.

## FISH & SEAFOOD

AMOUNT  
VISUAL CUE

- EXAMPLES:**
- Fish: Halibut, Mahi Mahi, Orange Roughy, Rainbow Trout, Sea Bass, Swordfish, Tilapia
  - Crustaceans: Crab, Lobster, Shrimp
  - Other Seafood: Clams, Oysters, Scallops, Calamari (grilled)



**1 Hand**



**1 Fist**



## DAIRY & EGGS

AMOUNT  
VISUAL CUE

- EXAMPLES:**
- Dairy: 1% Milk, Fat Free Milk, Low-fat Yogurt.....**M:** 1¼ Cups **W:** 1 Cup
  - Eggs: Egg Whites.....**M:** 4 Large **W:** 3 Large



## FATTY PROTEINS (PROTEIN + FAT)

AMOUNT  
VISUAL CUE

- EXAMPLES:**
- Beef & Pork: Strip Steak, Ribeye, Prime Rib, Beef & Pork Spareribs.....**M:** 3 oz. **W:** 2 oz.



**½ Palm**



**Palm to 1st Knuckle**

- Dark Meat Poultry: Chicken & Turkey: Leg, Thigh.....**M:** 4-5 oz. **W:** 3-4 oz.
- Deli Meats: Pastrami, Corned Beef.....**M:** 5 slices **W:** 4 slices



# FAT

## SPREADS & SAUCES

AMOUNT  
VISUAL CUE

- EXAMPLES:**
- Butter, Peanut Butter.....**M:** 1 TBSP **W:** 1 TBSP
  - Regular Cream Cheese, Mayonnaise..... **M:** 2 TBSP **W:** 2 TBSP



**½ Thumb**



**1 Thumb**



## FATTY CHEESES & MEATS

AMOUNT  
VISUAL CUE

- EXAMPLES:**
- Fatty Cheeses: American..... **M:** 2 slices **W:** 2 slices  
Cheddar, Jack, Swiss, Parmesan, Blue Cheese..... **M:** 1 oz. **W:** 1 oz.
  - Fatty Meats: Bacon..... **M:** 3 thin slices **W:** 3 thin slices  
Pork Sausage..... **M:** 1½ links **W:** 1½ links



**1 Thumb**



**1½ Thumbs**



## SALAD DRESSINGS

AMOUNT  
VISUAL CUE

- EXAMPLES:**
- Vinaigrette
  - Light Caesar
  - Light Ranch
  - Light Blue Cheese
  - Light Italian
  - Light Thousand Island
  - Light Honey Dijon



**1 Thumb**

**M:** 2 TBSP

**W:** 2 TBSP



## NUTS & SEEDS

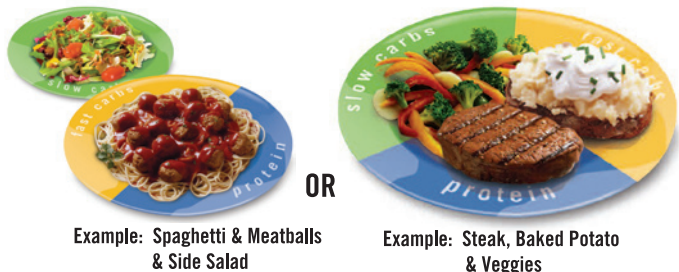
AMOUNT  
VISUAL CUE

- EXAMPLES:**
- Almonds
  - Cashews
  - Peanuts
  - Pecans
  - Sesame Seeds
  - Sunflower Seeds
  - Walnuts



## VERSION A PROTEIN • FAST CARB • SLOW CARB

1 Portion **PROTEIN**  
+  
1 Portion **FAST CARB**  
+  
1 Portion **SLOW CARB**



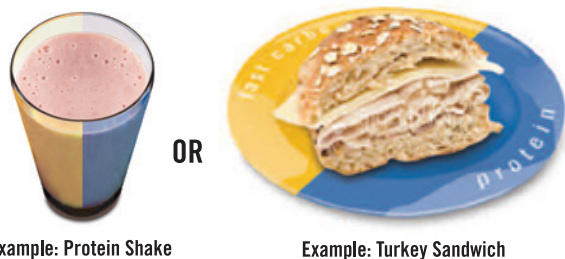
## VERSION B NO FAST CARB

1 Portion **PROTEIN**  
+  
3 Portions **SLOW CARB**



## VERSION C NO SLOW CARB

1 Portion **PROTEIN**  
+  
1 Portion **FAST CARB**



### FAT & THE FAT LOSS PLATE



Added Fat = Per Meal  
Approx. 1 TBSP of mayonaise, oil or salad dressing



OR Fatty Protein or Fatty Fast Carb instead of Fat.

## FAT LOSS SNACK

1 If it Doesn't Have a Label... **JUST EAT IT!**

1-2 Portions of Any Whole Food\*



2 If it *Has* a Label...

Eat Anything You Want as long as it's **150-250 Calories**



Nutrition Facts	
Serving Size 1 oz (28g) (about 12 crackers)	
Servings Per Container About 2	
Amount per serving	
Calories 110	Calories from Fat 110
% Daily Value*	
Total Fat 11g	22%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0g	0%
Sodium 250mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 4%



\* Approx. one "male-sized" portion of any food from the Portion Charts or two slightly smaller portions from different categories.

## Accelerator Snack

Since they are relatively small, snacks rarely have a significant impact on blood sugar levels. However, to *optimize* your blood sugar levels you can upgrade to Accelerator Snacks which means avoiding snacks that are all Fast Carbs. The simplest way to do that is to make sure that... *Everything you eat has Protein.*

## ACCELERATOR SNACK

If you're eating "whole" foods...

(Refer to Portion Charts for amounts)

**VERSION A**  
1/2 Portion **PROTEIN** + 1 Portion **FAST CARB**  
(or nuts or cheese)

**VERSION B**  
1/2 Portion **PROTEIN**  
(w/ Free Carbs - optional)

If you're eating a "packaged" food...

Make sure it is...  
**150-250 calories**  
AND  
has at least  
**7 grams of Protein**



NOTE: You can substitute 2 portions of Slow Carbs for the Fast Carb if you want a larger & healthier snack