

MACRO CONVERSIONS

Your Quick Reference Guide for Menu Selection

The following guide will provide you with the **approximate** *macro value* of common food items found in each of the following food categories:

- **IDEAL VALUE** •
- **FAIR VALUE** •
- **POOR VALUE** •

Macro values for the Ideal Value category are pretty straightforward using the “Pick-A-Team” rule for minimally processed foods.

Macro values for the Fair and Poor Value categories are converted from grams (as indicated on a food label) to the number of macro value *servings* applicable to your daily Macro Code, and displayed in the following sequence:

Protein (servings) - Fat (servings) - Net Carb (grams)

These conversions are provided for you in this easy-to-use guide.



Please note: This guide provides you with the approximate macro value of common food items found in the Ideal, Fair, and Poor food categories. For precise conversions in the Fair and Poor food categories, please refer to your item's food label and use the Macro Conversions Key on page 2 of this guide.

RESET POSSIBLE

Unleash Your Food Label Confidence Using Your Daily Macro Code!

YOUR DAILY MACRO CODE		
Protein	Fat	Net Carbs

Entering Maintenance with your unique daily Macro Code is a game changer!

As long as you continue to eat within the three macro values that make up your personalized daily Macro Code, you should remain in control of your appetite and your weight.

However...

It's important to understand that the stabilizing effect of your Macro Code is due not only to the quantity (the specific number of servings of protein and fat, and grams of net carbs, in your daily allowance) but also to the quality of your food choices using the Pick-A-Team rule. This rule refers to the minimally processed food items offered in Phases 1 and 2—foods that are lower in calories, higher in volume (fiber), and high in satiety (high-quality protein and adequate fat).

All these foods, and the addition of more that have been added, can now be found in the Ideal Value category and will be the same foods that will continue to support your new goals in maintenance.

But you might be asking, "What about all the other food? What if I choose items from the other two categories that don't follow the Pick-A-Team rule? How are macro values determined from a food label?"

That is the purpose of this guide. For quick grams-to-servings conversions straight from a Nutrition Facts panel or recipe, refer to the Macro Conversions Key (included in this guide). For ideas or references when menu planning Fair and Poor Value foods, we have provided examples of Nutrition Facts (in parentheses), then used the Macro Conversions Key to create the macro values. These macro values are helpful in preplanning within your daily Macro Code budget.

This guide is a tool intended to aid in your success as you enter Phase 3 of your journey. It is also intended to demonstrate the ease of maintaining your healthy new weight when you choose your daily food selections predominantly from the Ideal Value category! Changes to the quality and quantity of your Macro Code choices will have an impact on its stabilizing effect, and may lead back to hunger and cravings. These changes include deviating too far off Ideal Value foods and into Fair and Poor Value categories. The values of these foods were not listed to entice you but to enlighten you!

MACRO CONVERSIONS KEY

PROTEIN	
0 - 5 grams	0 servings
6 - 13 grams	0.5 serving
14 - 27 grams	1 serving
28 - 34 grams	1.5 servings
35 - 41 grams	2 servings
42 - 48 grams	2.5 servings
49 - 55 grams	3 servings
56 - 62 grams	3.5 servings (<i>high</i>)
63 - 69 grams	4 servings (<i>high</i>)
70 - 76 grams	4.5 servings (<i>too high</i>)
77 - 84 grams	5 servings (<i>too high</i>)

FAT	
0 - 2 grams	0 servings
3 - 5 grams	0.5 serving
6 - 14 grams	1 serving
15 - 19 grams	1.5 servings
20 - 24 grams	2 servings
25 - 29 grams	2.5 servings
30 - 34 grams	3 servings
35 - 39 grams	3.5 servings (<i>high</i>)
40 - 44 grams	4 servings (<i>high</i>)
45 - 49 grams	4.5 servings (<i>too high</i>)
50 - 54 grams	5 servings (<i>too high</i>)

NET CARBS
Total Carbohydrates - Fiber = Net Carbs
All net carbs in Fair Value and Poor Value items count.

• IDEAL VALUE •

The Ideal Value category consists of all the food items you have enjoyed so far on your Ideal Protein journey. These minimally processed and nutrient-rich foods are the same foods that have helped you achieve your weight loss goal, helped you stabilize your new, healthier weight, and are now the foods that will help you maintain your weight for the long term! For best results at managing hunger and maintaining weight loss, GO for this category!

1 PROTEIN SERVING (HIGH-QUALITY PROTEIN)

Fish	P	F	NC
Anchovy, 3 oz.	1	0	0
Bass, 3 oz.	1	0	0
Catfish, 3 oz.	1	0	0
Cod, 3 oz.	1	0	0
Flounder, 3 oz.	1	0	0
Grouper, 3 oz.	1	0	0
Haddock, 3 oz.	1	0	0
Hake, 3 oz.	1	0	0
Halibut, 3 oz.	1	0	0
Mahi-mahi, 3 oz.	1	0	0
Monkfish, 3 oz.	1	0	0
Perch, 3 oz.	1	0	0
Pike, 3 oz.	1	0	0
Red snapper, 3 oz.	1	0	0
Redfish, 3 oz.	1	0	0
Salmon, 3 oz.	1	0	0
Sea bass, 3 oz.	1	0	0
Shark, 3 oz.	1	0	0
Smelt, 3 oz.	1	0	0
Sole, 3 oz.	1	0	0
Swordfish, 3 oz.	1	0	0
Tilapia, 3 oz.	1	0	0
Trout, 3 oz.	1	0	0
Tuna, 3 oz.	1	0	0
Turbot, 3 oz.	1	0	0
Walleye, 3 oz.	1	0	0
Whiting, 3 oz.	1	0	0

Seafood (other)	P	F	NC
Clams, mussels, oysters, 3 oz.	1	0	0
Crawfish, lobster, langoustine, 3 oz.	1	0	0
Scallops, 3 oz.	1	0	0
Shrimp, crab, squid, scampi, 3 oz.	1	0	0
Beef	P	F	NC
Filet mignon/tenderloin, 2.5 oz.	1	0	0
Flank steak, 2.5 oz.	1	0	0
Lean ground, 2.5 oz.	1	0	0
Lean roasts, 2.5 oz.	1	0	0
Miscellaneous lean cuts, 2.5 oz.	1	0	0
Rump steak, 2.5 oz.	1	0	0
Sirloin, 2.5 oz.	1	0	0
Tournedos, 2.5 oz.	1	0	0
Poultry	P	F	NC
Chicken, lean ground, 3 oz.	1	0	0
Chicken, skinless, 3 oz.	1	0	0
Eggs, 2-3 large	1	0	0
Egg whites, 5 large	1	0	0
Turkey, lean ground, 3 oz.	1	0	0
Turkey, skinless, 3 oz.	1	0	0
Pork	P	F	NC
Lean chop, 3 oz.	1	0	0
Lean ground, 3 oz.	1	0	0
Lean ham, 3 oz.	1	0	0
Tenderloin, 3 oz.	1	0	0
Veal	P	F	NC
Cutlet, 3 oz.	1	0	0
Ground, 3 oz.	1	0	0
Loin, 3 oz.	1	0	0
Rib chop, 3 oz.	1	0	0

Please note: This guide provides you with the approximate macro value of common food items found in the Ideal, Fair, and Poor food categories. For precise conversions in the Fair and Poor food categories, please refer to your item's food label and use the Macro Conversions Key on page 2 of this guide.

• IDEAL VALUE •

The Ideal Value category consists of all the food items you have enjoyed so far on your Ideal Protein journey. These minimally processed and nutrient-rich foods are the same foods that have helped you achieve your weight loss goal, helped you stabilize your new, healthier weight, and are now the foods that will help you maintain your weight for the long term! For best results at managing hunger and maintaining weight loss, GO for this category!

1 PROTEIN SERVING (HIGH-QUALITY PROTEIN)

Lamb	P	F	NC
Chop, 2.5 oz.	1	0	0
Lean ground, 2.5 oz.	1	0	0
Shank, 2.5 oz.	1	0	0
Wild Game	P	F	NC
Bison, 2.5 oz.	1	0	0
Buffalo, 2.5 oz.	1	0	0
Fowl, 3 oz.	1	0	0
Quail, 3 oz.	1	0	0
Rabbit, 3 oz.	1	0	0
Venison, 3 oz.	1	0	0
Wild turkey, 3 oz.	1	0	0
Dairy	P	F	NC
Cottage cheese, plain, 1 cup	1	0	0
Greek yogurt, plain, 1 cup	1	0	0
Vegetarian	P	F	NC
Edamame, 1 cup cooked	1	0	0
Tempeh, ½ cup	1	0	0
Tofu, plain, 1 cup	1	0	0

Pick-A-Team Exceptions:

Apply the macro values for these items toward your daily Macro Code

Ideal Protein Foods	P	F	NC
Non-restricted items	1	0	0
Restricted items	1	0	NC
Meal-replacement items	1	1	NC

Legumes: Vegetarian Protein	P	F	NC
Black beans, ½ cup	0.5	0	15
Cannellini beans, ½ cup	0.5	0	17
Chickpeas, ½ cup	0.5	0	16
Hummus, ½ cup	0.5	1	10
Great northern, ½ cup	0.5	0	13
Kidney beans, ½ cup	0.5	0	14
Lentils, all varieties, ½ cup	0.5	0	12
Lima/butter beans, ½ cup	0.5	0	13
Pinto beans, ½ cup	0.5	0	15

• IDEAL VALUE •

The Ideal Value category consists of all the food items you have enjoyed so far on your Ideal Protein journey. These minimally processed and nutrient-rich foods are the same foods that have helped you achieve your weight loss goal, helped you stabilize your new, healthier weight, and are now the foods that will help you maintain your weight for the long term! For best results at managing hunger and maintaining weight loss, GO for this category!

1 FAT SERVING

Heat-Stable Oils	P	F	NC
Avocado, ½ Tbsp.	0	1	0
Canola, ½ Tbsp.	0	1	0
Coconut, ½ Tbsp.	0	1	0
Grape seed, ½ Tbsp.	0	1	0
Olive, ½ Tbsp.	0	1	0
Peanut, ½ Tbsp.	0	1	0
Rice bran, ½ Tbsp.	0	1	0
Safflower, ½ Tbsp.	0	1	0
Sesame, ½ Tbsp.	0	1	0
Sunflower, ½ Tbsp.	0	1	0
Cold/No Heat Oils	P	F	NC
Flaxseed, ½ Tbsp.	0	1	0
Hemp seed, ½ Tbsp.	0	1	0
Walnut, ½ Tbsp.	0	1	0
Spreads	P	F	NC
Butter, 1 Tbsp.	0	1	0
Cream cheese, 1.5 Tbsp.	0	1	0
Ghee, 1 Tbsp.	0	1	0
Nut butters, all natural & all varieties, 1 Tbsp.	0	1	0
Pesto (basil & sundried tomato), 1 Tbsp.	0	1	0
Sour cream, 3 Tbsp.	0	1	0
Dressings & Pours	P	F	NC
Full-fat salad dressings (≤ 2g carb), 1Tbsp	0	1	0
Half & half creamer, 1 oz.	0	1	0
Heavy cream (light or heavy), 1 oz.	0	1	0

Nuts & Seeds (Raw/Minimally Processed)	P	F	NC
Almonds, 13 whole	0	1	0
Almonds, slivered, 2 Tbsp.	0	1	0
Brazil nuts, 3 whole	0	1	0
Cashews, 10 whole	0	1	0
Chia seeds, 1½ Tbsp.	0	1	0
Flax seeds, 1½ Tbsp.	0	1	0
Macadamia, 5 whole	0	1	0
Peanuts, 2 Tbsp.	0	1	0
Pecan halves, 10	0	1	0
Pistachios, 25 kernels or 2 Tbsp. shelled	0	1	0
Pumpkin seeds, 2 Tbsp.	0	1	0
Sunflower seeds, 2 Tbsp.	0	1	0
Walnut halves, 7	0	1	0
100-calorie-pack nuts/seeds, 1 pack	0	1	0
Pitted Fruits	P	F	NC
Avocado, ¼ medium	0	1	0
Black olives, 15 medium or ½ cup sliced	0	1	0
Green olives, 10 medium or ¼ cup sliced	0	1	0
Olive tapenade, 2 Tbsp.	0	1	0
Cheese	P	F	NC
American, 1 oz./slice	0	1	0
Bleu, 1 oz.	0	1	0
Cheddar, 1 oz.	0	1	0
Feta, 1 oz.	0	1	0
Goat, 1 oz.	0	1	0
Gorgonzola, 1 oz.	0	1	0
Gouda, 1 oz.	0	1	0
Mozarella, 1 oz.	0	1	0
Parmesan, 1 oz.	0	1	0
Pecorino, 1 oz.	0	1	0
Provolone, 1 oz.	0	1	0
Romano, 1 oz.	0	1	0
Swiss, 1 oz./slice	0	1	0

Please note: This guide provides you with the approximate macro value of common food items found in the Ideal, Fair, and Poor food categories. For precise conversions in the Fair and Poor food categories, please refer to your item's food label and use the Macro Conversions Key on page 2 of this guide.

• IDEAL VALUE •

The Ideal Value category consists of all the food items you have enjoyed so far on your Ideal Protein journey. These minimally processed and nutrient-rich foods are the same foods that have helped you achieve your weight loss goal, helped you stabilize your new, healthier weight, and are now the foods that will help you maintain your weight for the long term! For best results at managing hunger and maintaining weight loss, GO for this category!

FOUNDATIONAL CARBOHYDRATES & NET CARBS

Phase 1 Vegetables—Unlimited Intake (0 Net Carbs); 4 cups per day Minimum Encouraged

Cooked/roasted: Count any added fats toward your fat servings according to your Macro Code.

Alfalfa sprouts, Arugula, Asparagus, Bamboo shoots, Bean sprouts, Bell peppers (all), Boston/bibb lettuce, Bok choy, Broccoli, Broccoli rabe, Brussels sprouts, Cabbage (all), Cactus, Cauliflower, Celery, Celeriac, Chard (all), Chicory (all), Chayote, Collards, Cucumber (all), Dill pickles, Eggplant, Endive, Escarole, Fennel, Frisee lettuce, Gai lan (Chinese broccoli), Green & red leaf lettuce, Green onions, Heart of palm, Hot peppers, Iceberg lettuce, Jicama, Kale, Kohlrabi, Leeks, Mushrooms, Okra, Onions, Radicchio, Radish, Rapini, Rhubarb, Romaine lettuce, Rutabaga, Sauerkraut, Snow peas, Spaghetti squash, Spinach, Tomatillo, Tomatoes (all), Turnips, Watercress, Zucchini/yellow squash

Apply Net Carbs toward daily allowance

Root/Starchy Vegetables	P	F	NC
Acorn squash, 1 cup cubed	0	0	21
Beets, 1 cup sliced	0	0	14
Butternut squash, 1 cup cubed	0	0	15
Carrots, 1 cup	0	0	8
Corn, ½ cup	0	0	14
Corn, 1 medium ear	0	0	20
Green peas, ½ cup	0	0	8
Potato, ½ medium	0	0	17
Pumpkin, 1 cup mashed	0	0	9
Sweet potato, medium	0	0	20
Legumes	P	F	NC
Black beans, ½ cup	0.5	0	15
Cannellini beans, ½ cup	0.5	0	17
Chickpeas, ½ cup	0.5	0	16
Great northern, ½ cup	0.5	0	13
Hummus, ½ cup	0.5	1	10
Kidney beans, ½ cup	0.5	0	14
Lentils, all varieties, ½ cup	0.5	0	12
Lima/butter beans, ½ cup	0.5	0	13
Pinto beans, ½ cup	0.5	0	15
Whole Grains	P	F	NC
All Bran®, ½ cup (4g - 1g - 13g)	0	0	13
Brown rice, ½ cup cooked	0	0	21
Fiber One® cereal, ½ cup	0	0	11
Low-carb wrap, 1 wrap	0	0	10
Oat Bran, ½ cup	0	0	10
Quinoa, ½ cup cooked	0	0	17

Sprouted bread varieties (Ezekiel®)	0	0	11
Steel-cut oats, ½ cup cooked	0	0	24
Whole-grain bread, 1 slice	0	0	12
Whole-wheat pasta, ½ cup	0	0	21
Fruit	P	F	NC
Apple, 1 medium	0	0	21
Banana, 1 medium	0	0	24
Blackberries, 1 cup	0	0	6
Blueberries, 1 cup	0	0	14
Cantaloupe, ¼ medium	0	0	11
Cherries, 10 whole	0	0	11
Grapefruit, ½ medium	0	0	13
Grapes, 10 medium	0	0	8
Kiwifruit, 1 medium	0	0	8
Mango, ½ medium	0	0	22
Nectarine, 1 medium	0	0	13
Orange, 1 medium	0	0	14
Passion fruit, ½ cup	0	0	15
Peach, 1 medium	0	0	14
Pear, 1 medium	0	0	22
Pineapple, 1 cup chunks	0	0	20
Plum, 1 medium	0	0	7
Pomegranate, ½ medium	0	0	21
Raspberries, 1 cup	0	0	7
Starfruit, 1 medium	0	0	4
Strawberries, 8 large or 1 cup	0	0	10
Watermelon, 1 wedge	0	0	21

Please note: This guide provides you with the approximate macro value of common food items found in the Ideal, Fair, and Poor food categories. For precise conversions in the Fair and Poor food categories, please refer to your item's food label and use the Macro Conversions Key on page 2 of this guide.

• FAIR VALUE •

The Fair Value category is comprised of a broad range of packaged and processed food items that line the shelves in our supermarkets and grocery stores. Because the nutritional values may differ significantly from item to item, navigate this category carefully and refer to the item's nutrition panel for exact values.

Here are some examples of items found in the Fair Value category.

Meat/Protein	P	F	NC
Breaded chicken, 1 cutlet (31g - 8g - 15g)*	1.5	1	15
Breaded fish, 1 fillet (16g - 12g - 6g)	1	1	6
Chicken/turkey sausage, 1 link (18g - 8g - 0g)	1	1	0
Deli meats, 3 oz. (15g - 11g - 3g)	1	1	3
Milk	P	F	NC
Fat-free, 1 cup (8g - 0g - 12g)	0.5	0	12
Low-fat (1% milkfat), 1 cup (8g - 2.5g - 12g)	0.5	0.5	12
Reduced-fat (2% milkfat), 1 cup (8g - 5g - 12g)	0.5	0.5	12
Whole, 1 cup (8g - 8g - 12g)	0.5	1	12
Almond Milk	P	F	NC
Original (sweetened), 1 cup (1g - 2.5g - 8g)	0	0.5	8
Original (unsweetened), 1 cup (1g - 2.5g - 1g)	0	0.5	1
Vanilla (sweetened), 1 cup (1g - 2.5g - 14g)	0	0.5	14
Vanilla (unsweetened), 1 cup (1g - 2.5g - 1g)	0	0.5	1
Soy Milk	P	F	NC
Soy (sweetened), 1 cup (8g - 4.5 - 9g)	0.5	0.5	9
Soy (unsweetened), 1 cup (7g - 4g - 2g)	0.5	0.5	2
Vanilla (sweetened), 1 cup (6g - 3.5g - 12g)	0.5	0.5	12
Coconut Milk	P	F	NC
Unsweetened, 1 cup (0g - 4.5g - 2g)	0	0.5	2
Vanilla (sweetened) 1 cup (0g - 4.5g - 9g)	0	0.5	9
Yogurt - Greek	P	F	NC
Dannon® Lite & Fit, 5.3 oz. (12g - 0g - 9g)	0.5	0	9
Fruit blended, 5.3 oz. (11g - 2.5g - 18g)	0.5	0.5	18
Fruit blended, whole fat, 5.3 oz. (11g - 4.5g - 17g)	0.5	0.5	17
Fruit on the bottom, 5.3 oz. (11g - 0g - 16g)	0.5	0	16
Oikos® Triple Zero, 5.3 oz. (15g - 0g - 7g)	1	0	7
Two Good®, 5.3 oz. (12g - 2g - 3g)	0.5	0	3
Yogurt - Traditional	P	F	NC
Lite, fruit blended, 6 oz. (5g - 0g - 18g)	0	0	18
Low-fat, fruit blended, 6 oz. (6g - 2g - 27g)	0.5	0	27

Cereal <i>Does not include macros from milk</i>	P	F	NC
Cheerios® Original, 1 cup (3g - 2g - 20g)	0	0	20
Grape Nuts®, ½ cup (6.5g -1g - 39g)	0.5	0	39
Muesli, ½ cup (4g - 1g - 26g)	0	0	26
Special K® Original, 1 cup (6g - 0.5g - 22g)	0.5	0	22
Special K® Protein, 1 cup (13g - 1g - 23g)	0.5	0	23
Oatmeal	P	F	NC
Instant oatmeal, plain, 1 packet (4g - 2.4g - 18g)	0	0	18
Oatmeal with flax, 1 packet (7g - 5g - 33g)	0.5	0.5	33
Bread/Bakery	P	F	NC
Bread, raisin, 1 slice (2g - 1g - 13g)	0	0	13
English muffin, regular, 1 whole (5g - 1.5g - 25g)	0	0	25
Hamburger bun, 1 (5g - 2g - 22g)	0	0	22
Hot dog roll, average size (5g - 2g - 25g)	0	0	25
Oat bran bread, 1 slice (3g - 1g - 13g)	0	0	13
Potato bread, 1 slice (3g - 1.5g - 13g)	0	0	13
Pumpernickel, 1 slice (3g - 1g - 13g)	0	0	13
White bread, 1 slice (3g - 1g - 17g)	0	0	17
Pasta/Rice/Grains <i>cooked portions</i>	P	F	NC
Manicotti, 1 (14g - 11g - 15g)	1	1	15
Pasta, 1 cup (7g - 1g - 36g)	0.5	0	36
Processed couscous, 1 cup (9g - 1g - 46g)	0.5	0	46
Processed rice pilaf, 1 cup (4g - 8g - 41g)	0	1	41
Processed quinoa, 1 cup (6g - 2g - 27g)	0.5	0	27
Protein pasta, 1 cup (10g - 1g - 32g)	0.5	0	32
Tortellini, cheese, 1 cup (12g - 8g - 46g)	0.5	1	46
Dried & Baked Fruits	P	F	NC
Apple, baked chips, ½ cup (0g - 0g - 23g)	0	0	23
Apricot halves, dried, 6 (0.7g - 0g - 12g)	0	0	12
Banana chips, 1 oz. (0.7g - 9.5g - 15g)	0	1	15
Coconut chips, 1 oz. (1.2g - 11g - 12g)	0	1	12

**Values in parentheses represent grams of protein, fat and net carbs from nutrition label*

Please note: This guide provides you with the approximate macro value of common food items found in the Ideal, Fair, and Poor food categories. For precise conversions in the Fair and Poor food categories, please refer to your item's food label and use the Macro Conversions Key on page 2 of this guide.

• POOR VALUE •

The Poor Value category consists of highly and ultra-processed foods that are calorically dense and nutrient poor. Foods in this category are often high in sugar, which can spike blood sugar and insulin levels, leading to a sugar “crash” and the quick return of hunger! The palatability of many food items in this category are chemically enhanced to engage the regions of the brain responsible for reward-seeking behaviors, leading to overconsumption and binge eating. Because many “triggers” reside in this Poor Value category, STOP AND THINK if the reward is worth the risk!

Here are some examples of items found in the Poor Value category.

Meat/Protein	P	F	NC
Bacon, 3 strips (12g - 12g - 1g)	0.5	1	1
Beef/pork sausages, 1 (12g - 28g - 0g)	0.5	2.5	0
Hot dog, 1 (5.6g - 14g - 1.3g)	0.5	1	1
Pepperoni, 1 oz. (5.4g - 13g - 0g)	0	1	0
Salami, 1 oz. (6g - 9g - 0g)	0.5	1	0
Flavored Milk - Chocolate, Vanilla, etc.	P	F	NC
Low-fat (1% milkfat), 1 cup (8g - 2.5g - 28g)	0.5	0.5	28
Reduced-fat (2% milkfat), 1 cup (8g - 5g - 28g)	0.5	0.5	28
Whole, 1 cup (8g - 8g - 28g)	0.5	1	28
Yogurt - Traditional non-Greek varieties	P	F	NC
Fruit on the bottom, 5.3 oz. (5g - 1.5g - 26g)	0	0	26
Kids' varieties (candied, etc.) (5g - 1.5g - 31g)	0	0	31
Whipped, 1 container (5g - 2.5g - 25g)	0	0.5	25
Cereal Does not include macros from milk	P	F	NC
Granola, ½ cup (5g - 2.5g - 27g)	0	0.5	27
Kids' sugared cereals, approx. 1 cup, (2g - 2g - 32g)	0	0	32
Raisin Bran®, 1 cup (5g - 1.6g - 40g)	0	0	40
Rice Krispies®, 1 cup (2g - 0g - 25g)	0	0	25
Special K® with berries, 1 cup (3g - 0.5g - 31g)	0	0	31
Hot Cereals	P	F	NC
Cream of Wheat®, flavored, 1 packet (3g - 0g - 27g)	0	0	27
Oatmeal, instant, flavored, 1 packet (4g - 2g - 30g)	0	0	30

Bread/Bakery	P	F	NC
Bagel, plain, whole, 1 medium (11g - 1.4g - 53g)	0.5	0	53
Bagel, raisin, whole, 1 medium (10g - 2g - 56g)	0.5	0	56
English muffin, raisin, 1 whole (4.5g - 1g - 26g)	0	0	26
Pasta/Rice/Grains	P	F	NC
Beef macaroni, canned, 1 cup (9g - 9g - 30g)	0.5	1	30
Instant rice, all varieties, 1 cup (3.6g - 0.8g - 43g)	0	0	43
Macaroni & cheese, 1 cup (9.7g - 16g - 44g)	0.5	1.5	44
Ramen noodles, 1 package (10g - 15g - 49g)	0.5	1.5	49
Ravioli, canned, 1 cup (7g - 7g - 30g)	0.5	1	30
Spaghetti, canned, 1 cup (7g - 1.5g - 37g)	0.5	0	37
Sweetened Beverages	P	F	NC
Juices, all varieties, 8 fl. oz. (0g - 0g - 31g)	0	0	31
Soft drinks/soda, 12 fl. oz. (0g - 0g - 39g)	0	0	39
Ultra-processed Commercially Baked Products	P	F	NC
Chocolate-glazed donut, 1 (4g - 18g - 43g)	0	1.5	43
Coffee cakes, 2 (3g - 9g - 45g)	0	1	45
Devil Dog®, 1 (2g - 7g - 27g)	0	1	27
Fruit pies, 2 (4g - 25g - 65g)	0	2.5	65



[IdealProtein.com](https://www.IdealProtein.com)