

YELLOW TIER

(with servings)

Proteins

Bacon (uncured is best)	3 oz. cooked
Beef, Lean (Greater than 10% fat)	3 oz. cooked
Buffalo or Wild Game, Lean (Greater than 10% fat)	3 oz. cooked
Canadian Bacon	3 oz. cooked
Chicken, Turkey and other fowl (dark meat, skin)	3 oz. cooked
Ham	3 oz. cooked
Lamb	3 oz. cooked
Pork (fatty cuts)	3 oz. cooked

One Serving

Carbohydrates

Agave Nectar	1 tbsp
Alcohol (hard liquor)	2 oz
Beer	12 oz or ~100 cal
Bread/Bagel products (if not 100% whole grain)	1 slice
Tortilla Chips or Fried Tortillas	1 serving as per package
Crackers (not 100% whole grain)	1 serving as per package
Honey	1 tbsp
Juice (from concentrate)	1 tbsp
Maple Syrup (pure)	1 tbsp
Molasses	1 tbsp
Pasta (not 100% whole grain)	1 serving as per package
Popcorn (microwave)	1/2 cup or 4 oz. cooked
Potatoes (not fried)	1/2 cup
Refried Beans	1/2 cup cooked
Rice (White)	1 serving as per package
Soy Sauce	1/2 cup
Tortillas (flour, not 100% whole grain)	1 each
Wine	4 oz

One Serving

Fats

Alternative Milks (flavored, unsweetened)	1 cup
Butter, salted	1.5 pat or 1/2 tbsp
Canola and Vegetable Oils	1 tbsp
Cream	1 tbsp
Half and Half	1 tbsp
Mayonnaise	1 tbsp

One Serving