

Food Blocks (servings)
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Some diets put foods into blocks to make it easier to know the amount of different nutrients (carbs, protein, fat) in each serving. In the block list below each serving size (block) of carbs is = 9grams, each protein block = 7grams and each fat block = 3.5 grams.

Most Favorable Carbohydrates

Alfalfa sprouts	11 cups
Apple	½
Applesauce (unsweetened)	1/3 cup
Apricots	3
Artichoke	1 med
Artichoke hearts	1 ½ cups
Asparagus (12 spears)	1 cup
Bamboo Shoots, cut	4 cups
Barley, dry	½ Tbsp
Bean Sprouts	3 cups
Beans, black	¼ cup
Beans, green or wax	1 cup
Blackberries	¾ cup
Blueberries	½ cup
Bok Choy	3 cups
Boysenberries	½ cup
Broccoli	4 cups
Broccoli, cooked	3 cups
Brussel Sprouts	1 ½ cups
Cabbage shredded, boiled	3 cups
Cabbage, shredded	4 cups
Cauliflower	3 ½ cups
Cauliflower, pieces	3 ½ cups
Celery, sliced	2 ½ cups
Cherries	8 or ¾ cup
Chickpeas	¼ cup
Collard greens, chopped	2 cups
Cucumber	1-1/2
Cucumber, sliced	4 cups
Eggplant	1 ½ cups
Endive, chopped	10 cups
Escarole, chopped	10 cups
Fruit Cocktail	1/3 cup
Grapefruit	½
Grapes	½ cup
Green or red peppers	2-1/2
Green pepper, chopped	2 cups
Honeydew melon, cubed	2/3 cup
Hummus	¼ cup
Kale	1-1/2 cups
Kidney Beans	¼ cup
Kiwi	1
Leeks	1 cup
Lemon	1

Lentils	¼ cup
Lettuce, iceberg (6" diameter)	2 heads
Lettuce, romaine chopped	10 cups
Lime	1
Mushrooms, boiled	2 cups
Mushrooms, chopped	4 cups
Nectarine, medium	2-Jan
Okra, sliced	1 cup
Onion, chopped	1 ½ cup
Onions, chopped & boiled	½ cup
Orange	½
Orange, mandarin, canned	¼ cup
Peach	1
Peach, canned	½ cup
Pear	½
Plum	1
Radishes, sliced	2 ½ cups
Raspberries	1 cup
Salsa	½ cup
Sauerkraut	1 cup
Slow cooking oatmeal, cooked **	1/3 cup
Slow cooking oatmeal, dry **	½ oz
Snow peas	1 ½ cups
Spinach chopped, cooked	3 ½ cups
Spinach, chopped	20 cups
Strawberries	1 cup
Swiss chard, chopped	2 cups
Tangerine	1
Tomato	2
Tossed Salad	1
Turnip Greens, chopped	4 cups
Turnip mashed	1 ½ cups
Yellow squash	2 cups
Zucchini, sliced	2 cups

Moderately favorable

Butternut squash	1 cup
Butternut Squash, cooked	¾ cup

Least favorable

Acorn squash	1 med
Apple cider	1/3 cup
Apple juice	1/3 cup
Banana	1/3 banana
Barbecue sauce	2 tbsp.
Beer (lite)	6 oz.
Beer (regular)	4 oz
Beets, sliced	1 cup
Cake	1/3 slice
Candy bar	¼
Cantaloupe	¼ melon
Cantaloupe, cubed	¾ cup
Carrot	1 cup
Carrot, shredded	1 cup
Carrot, sliced	1 cup
Cocktail sauce	2 Tbsp.
Cookie (small)	1
Corn	¼ cup
Cracker (graham)	1 ½
Cranberry juice	¼ cup

Distilled Spirits	1 oz
Fruit punch	¼ cup
Grape juice	¼ cup
Grapefruit juice	1/3 cup
Honey	½ Tbsp
Ice cream, regular *	¼ cup
Jam or Jelly	2 tsp
Ketchup	2 Tbsp.
Lemonade	1/3 cup
Lima beans	¼ cup
Melba toast	½ oz
Millet	½ oz
Molasses, light	2 Tbsp
Muffin, blueberry	¼
Noodles, egg (cooked)	¼ cup
Orange juice	1/3 cup
Pancakes (4")	1
Parsnips	¼ cup
Pasta, cooked	¼ cup
Peas	½ cup
Pineapple juice	¼ cup
Pineapple, cubed	½ cup
Pinto Beans	¼ cup
Pita Bread Pocket	¼
Pita bread, mini pocket	½
Plum sauce	1 ½ Tbsp
Popcorn, popped	2 cups
Potato chips *	½ oz
Potato, baked	1/3 cup
Potato, boiled	1/3 cup
Potato, mashed	1/5 cup
Pretzels	½ oz
Refried beans	¼ cup
Relish, pickle	2 tsp
Rice cake	1
Rice, brown/white cooked	1/5 cup
Roll, bulkie	¼
Roll, hamburger	½
Roll, small dinner	½
Sugar, brown	2 tsp
Sugar, confectionery	1 Tbsp
Sugar, granulated	2 tsp
Sweet potato, baked	3-Jan
Sweet potato, mashed	1/5 cup
Syrup, pancake or maple	2 tsp
Taco shell	1
Teriyaki sauce	1 Tbsp
Tomato juice	1 cup
Tortilla chips	½ oz
Tortilla, corn (6")	1
Tortilla, flour (8")	½
V-8 Juice	¾ cup
Waffle	2-Jan
Watermelon, cubed	¾ cup
Wine	4 oz

Best

Bass, fresh water	1 oz
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Bass, sea	1 ½ oz
Beef (range fed/game)	1oz
Bluefish	1 ½ oz
Calamari	1 ½ oz
Catfish	2 oz
Chicken Breast, deli-style	1 ½oz
Chicken Breast, skinless	1oz
Clams	1 ½ oz
Cod	1 ½ oz
Cottage cheese	¼ cup
Crabmeat	1 ½ oz
Egg Whites	2
Haddock	1 ½ oz
Halibut	1 ½ oz
Lobster	1 ½ oz
Mackerel	1 ½ oz
Protein Powder*	1/3 oz
Salmon	1 ½ oz
Sardines	1 oz
Scallops	1 ½ oz
Shrimp	2 oz
Snapper	1 ½ oz
Soy burgers*	½ patty
Soy hot-dog*	1 link
Soy sausage links*	2 links
Soy sausage*	1 patty
Swordfish	1 ½ oz
Tofu, firm + extra firm*	3 oz
Trout	1 oz
Tuna Steak	1 oz
Tuna, canned in water	1 oz
Turkey Breast, skinless	1 oz
Turkey, ground	1 ½ oz

Moderate

Beef, ground (<10% fat)	1 ½ oz
Beef, lean cuts	1oz
Canadian bacon, lean	1 oz
Cheese, reduced fat	1 oz
Chicken, skinless dark meat	1 oz
Corned beef, lean	1 oz
Duck	1 ½ oz
Ham, deli-style	1 ½ oz
Ham, lean	1oz
Lamb, lean	1 oz
Mozzarella cheese, skim	1 oz
Pork chop	1 oz
Pork, lean	1 oz
Ricotta cheese, skim	2 oz
Turkey bacon	3 ½ oz
Turkey, skinless dark meat	1 oz
Veal	1 oz
Whole egg	1

Bad

Bacon, pork	3 ½ slices
Beef, fatty cuts	1 oz
Beef, ground (10-15% fat)	1 ½ oz
Hard Cheese	1 oz
Hot dog (pork, beef, turkey or chicken)*	1 link
Kielbasa*	2 oz
Liver, beef or chicken	1 oz
Pepperoni	1 oz
Salami	1 oz
Sausage, link or patty*	1 oz

Bass, fresh water	1 oz
Almond Butter	1/3 tsp
Almonds, slivered	1 ½ tsp
Almonds, whole	3
Avocado	1 tbsp
Canola Oil	1/3 tsp
Guacamole	1 tbsp
Macadamia Nuts	1 nut
Olive oil	1/3 tsp
Olive oil/Vinegar dressing (1 part/2 parts)	1 Tbsp
Olives	3
Peanut butter, natural	½ tsp
Peanut Oil	1/3 tsp
Peanuts	6
Tahini	½ tsp

Mayonnaise, light	1 tsp
Mayonnaise, regular	1/3 tsp
Sesame oil	½ tsp
Soybean oil	1/3 tsp
Walnuts, shelled & chopped	1 tsp

Bacon bits (imitation)	1/3 tsp
Butter	1/3 tsp
Cream (half & half)	½ tsp
Cream cheese	1/3 tsp
Cream cheese, light	1 tsp
Lard	1/3 tsp
Sour cream	½ tsp
Sour cream, light	1 tbsp
Vegetable shortening	1/3 tsp

Glycemic Index

The glycemic index is a measure of how fast carbohydrates break down into glucose. This is important because the body releases insulin in response to high glucose levels. When insulin is elevated your body is in storage mode (fat!). Choose the lower glycemic foods and you will generally get the added benefits of extra fiber and filling fuller.

Rapid Inducer of insulin

Greater than 100%

Grain based foods

puffed rice

corn flakes

puffed wheat

millet

instant rice

instant potato

microwaved potato

French bread

Simple sugars

maltose

glucose

Snacks

tofu ice cream

puffed-rice cakes

Glycemic index standarder = 100%

white bread

Glycemic index between 80 & 100%

Grain-based foods

granola

whole-wheat bread

oat bran

instant mashed potatoes

white rice

brown rice

Muesli

shredded wheat

Vegetables

carrots

parsnips

corn

Fruits

banana

raisins

apricots

papaya

mango

Snacks

ice cream (low fat)

corn chips

rye crisps

Moderate inducers of insulin

Glycemic index between 50 & 80%

Grain based foods

Spaghetti (white)

Spaghetti (whole wheat)

Pasta, other

pumpberrickel

all-bran cereal

fruits

orange

orange juice

Vegetables

pease

pinto beans

kidney beans (canned)

baked beans

navy beans

Simple sugars

lactose

sucrose

Snacks

candy bar

potato chips (regular)

Reduced insulin secretion

Grain based foods

barley

oatmeal (slow cooking)

whole-grain rye bread

Fruits

apple

apple juice

applesauce

pears

grapes

peaches

Vegetables

kidney beans

lentils

black-eyed peas

chick peas

kidney beans (dried)

lima beans

tomato soup

Dairy product
ice cream (high fat)
milk (skim)
milk (whole)
yogurt
Glycemic index 30% or less
Fruits
berries
cherries
grapefruit
Simple sugars
fructose
vegetables
soy beans
Snack
almonds
peanuts
pecans
walnuts