

Starches and Grains

Starches and grains provide carbohydrates which are our bodies preferred sources of energy. Choosing higher fiber options provides us with longer lasting energy throughout the day and leaves us feeling fuller longer. However, if you are recovering from an eating disorder, digestion may be slowed, and you may find that lower fiber options are easier to digest. Lower fiber options provide more immediate energy and digest more quickly. If you are experiencing intense or uncomfortable fullness, opt for starches that are lower fiber such as white bread and white rice rather than whole grain bread and brown rice.



This is what roughly 1 serving of starch looks like:

- ½ cup Acorn Squash
- ¾ cup butternut squash
- ½ medium baked potato
- ½ medium sweet potato
- ⅓ cup cooked barley
- ½ cup cooked rice
- ½ cup cooked couscous
- ¾ cup cooked pasta
- ⅓ cup cooked quinoa
- ½ cup cooked wild rice
- ¼ cup oats (dry/before cooking)
- 1 slice bread
- ½ bagel
- 1 flour or corn tortilla (6-8 inch or 1 ounce)
- ½ cup cooked grits
- 1 hamburger or hot dog bun 1 granola bar (20g)
- 2 fig newtons
- 15 chips (1 ounce)
- 16 crackers (1 ounce)
- ½ cup cereal
- ½ cup yellow corn
- ½ cup legumes (chickpeas, kidney beans, black beans, pinto beans, green peas etc...)
- 3 cups popped popcorn

Fruit

Fruit provides an excellent source of vital nutrients including vitamin C and potassium. Fruits also provide powerful nutrients that help to prevent chronic disease. Remember, all foods can and do fit into your meal plan. This includes fruit juice and fruit that is canned, fresh, or frozen!



This is what roughly 1 serving of fruit looks like:

- 1 medium apple
- 1 banana
- 1 large orange
- ½ large grapefruit
- 1 cup diced melon
- 1 ½ cup strawberries
- 1 cup blueberries
- 1 ½ cup watermelon
- 1 cup raspberries
- 1 pear
- 1 Medjool date
- ⅓ cup raisins
- 15 cherries
- 3 prunes
- 1 peach
- 2 kiwis
- ½ cup sliced mango
- ¾ cup pineapple
- 20 grapes
- ½ cup fruit juice of your choice

Non Starch Veggies

Each color found in vegetables represents different compounds that benefit various aspects of your health. Try to have a variety of colors throughout your week. Choose fresh, canned or frozen vegetables. You can add them to sandwiches, tacos, or enjoy them with a yummy vegetable dip!



~One serving = ½ cup cooked or 1 cup raw for most choices

- arugula
- asparagus
- kale
- radicchio
- swiss chard
- turnip greens
- hearts of palm
- jicama
- jalapeno peppers
- leeks
- mushrooms
- onions
- okra
- radishes
- snap beans bamboo
- shoots bean sprouts
- beet greens
- bell peppers
- bok choy
- broccoli
- green beans
- snow peas
- sprouts (bean, alfalfa, etc) shallots
- spaghetti squash
- sea vegetables
- tomatoes
- watercress
- water chestnuts
- Brussels sprouts
- cabbage
- raw carrots
- cauliflower
- celery
- collard greens
- cucumber
- dandelion greens
- eggplant
- endive
- fennel
- mustard greens
- spinach

VEGETABLE CALCIUM EQUIVALENTS:

- Chinese Cabbage (½ Cup)
- Cooked Spinach (½ Cup)
- Mustard Greens (¾ Cup)
- Bok Choy (1 Cup)
- Broccoli (2 Cups)



Protein

Protein supports the production of many things in the body including muscle tissue, collagen in our skin, enzymes, hormones and more. Pairing your proteins with starches and grains or fruits for every meal and snack will help to keep you fuller longer and provide more sustained energy.



This is what roughly 1 serving protein looks like:

- Cooked poultry/ White Meat (2 ounces)
- Deli Meat (4 ounces)
- Cooked Steak/ Lean Cuts (2 ounces)
- **Cottage Cheese (¾ Cup)**
- Cooked fish (2 ounces)
- Cooked shellfish (4 ounces)
- Canned tuna (3 ounces)
- Cooked poultry/ Dark Meat (2 ounces)
- Cooked Steak/Marbled Cuts (1.5 ounces)
- Eggs (1 each)
- **Ricotta Cheese (½ Cup)**
- **2 String Cheese (2 oz. cheese)**
- **Greek Yogurt (5.3 ounces/standard cup)**
- Beef Jerky (1 ounce)
- **Skim or 1% Dairy Milk (1 cup)**

BOLD print indicates 1 calcium serving



Plant Protein



One major difference between plant based protein and their animal based counterparts is that most sources of plant protein are also sources of carbohydrates or fats. For example, most of the calories in a chicken breast come from protein, hence it is categorized as such. However, beans for example are a source of plant based protein but also contain fibrous carbohydrates. When choosing plant protein sources such as beans, a serving can count towards protein OR starch but not both in your meal plan.

This is what roughly 1 serving of plant protein looks like:

- ½ cup cooked lentils
- ⅔ cup cooked lentil pasta
- **Firm (fortified) Tofu (4 ounces)**
- Shelled edamame (½ cup)
- ½ Beyond Meat® Burger or Sausage
- ½ Cup Beyond Meat® Beef Crumbles
- 2 ounces tempeh
- **10 fluid ounces soy milk**
- **1 cup pea protein milk**
- ¼ cup nuts
- 1 Tbsp peanut butter/nut butter

BOLD print indicates 1 calcium serving



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Fats

Fats are an essential part of our diet. Fats make up the membranes that protect our cells, aid in the absorption of certain vitamins, and contribute to brain health. Mono and poly-unsaturated fats, found in oils, nuts, fish, and avocados protect our heart and promote overall health.



This is what roughly 1 serving of fat looks like:

1 Serving of nuts = 1 handful or ¼ cup or 1 ounce

- Walnuts
- Cashews
- Almonds
- Hazelnuts
- Brazil Nuts
- Shelled Pistachios
- Macadamia nuts
- Peanuts
- Pecans

Other Fats

- Nut Butter (1 Tbsp)
- Avocado (¼)

- Ground Flax, Chia, or Hemp Seed (3 Tbsp.)
- Eggs (2 Each)
- Oil (1 Tbsp.)
- Hummus (6 Tbsp)
- Mayo (1 Tbsp)
- Guacamole (3 Tbsp)
- Salad Dressing (1 Tbsp)
- Shredded cheese (¼ cup)
- Butter (1 Tbsp)
- Sour cream (2 Tbsp)
- Cream cheese (2 Tbsp)

Dairy

Dairy provides protein, calcium, vitamin D, phosphorus, potassium, and more. The risk of bone loss in people with eating disorders means adequate intake of calcium is crucial! Daily consumption of milk is a quick and easy way to ensure you are consuming calcium and can prevent the need for calcium supplementation. Milk can easily be added to oatmeal, cereal, hot chocolate, smoothies, etc.

Additionally, other dairy sources like cheese and yogurt, can have the calcium equivalency of a glass of milk. If you are concerned about lactose intolerance, opt for lactose-free options or calcium and vitamin d-fortified soymilk and orange juice.



This is what roughly 1 serving of dairy looks like:

- 1 cup of milk or soymilk
- 6 ounces of regular or Greek yogurt
- 1 cup of whole milk (also counts towards 1 fat serving)
- 2 cheese slices or cheese sticks
- 1 cup calcium and vitamin d-fortified orange juice
- 1 cup chocolate or strawberry milk (also counts towards 1 serving starch)

Miscellaneous

Below you will find other options to add to your meal plan. These food options may count towards multiple servings. These are a great way to limit the volume of food needed to satisfy your energy needs! Some options may be “to taste” meaning they will not count towards your meal plan, but will add great flavor to your meals and snacks!



Low Volume Examples

- Protein bars (2-3 servings dependant on the brand)
 - » Clif Bars can count towards 1 starch, 1 fat, 1 protein
- Cookies, pastries, cakes (~1 handful for 1 starch and 1 fat)
- Chocolate candies (¼ cup for 1 starch, 1 fat)
- Other candies (¼ cup for 1 starch)
- French fries, chips, etc (1 starch, 1 fat for one serving)
- Honey, syrup, agave, etc (2 Tbsp for 1 starch)

Other Drink Examples

- 1 cup Lemonade or similar beverage = 1 serving starch
- 1 cup 100% vegetable juice = 1 serving vegetable
- 1 cup 100% fruit juice = 1 serving fruit

“To Taste” Examples

- Balsamic vinegar/vinegar
- Soy sauce
- Mustard
- BBQ/Buffalo Sauce





Tips and Reminders

- Remember, it is progress, not perfection that counts! Your meal plan is simply a guide to plate adequate meals and snacks. If you are hungry for more, listen to your body's cues! The meal plan is a minimum of your needs. All foods can and do fit into your meal plan as all foods fit with balance, variety, and moderation.
- Please do not use serving sizes on nutrition labels to determine portioning. They were not made with your individualized needs in mind and are only a means of comparing foods to one another, not a determinant of how much you should eat.
- Eating at an appropriate pace, not too fast or too quickly, will help with digestion and is important for practicing intuitive eating principles. It is recommended that you allow yourself 15-20 minutes for snacks and approximately 30 minutes for meals.
- Limit caffeine and carbonated beverages as these can lead to false feelings of fullness and may make it difficult to follow your meal plan.
- Consider eliminating diet foods and beverages from your home. These foods may have labels that say "non-fat," "low sugar," "carb free," etc. These foods are not recommended and may not satisfy your needs or meal plan.
- After meals and snacks, if possible, engage in an enjoyable activity such as journaling, listening to music, coloring, sitting outside, etc.

