

Macronutrient Guide



ALT PERFORMANCE NUTRITION

Carbohydrate Rich Foods and Carb Amounts

Breads	Each of these has 15 grams of carbohydrates
Bread, 100% whole wheat, Ezekiel bread	1 slice or 1 ounce
Bagel, 100% whole wheat or white	1/3 of large bagel or 1 ounce
Biscuit	2 ½ inches across
Bun, hamburger or hot dog	½ bun or 1 ounce
Crackers, saltines, round butter, whole grain, etc.	4 to 6 crackers
English muffin	½ of muffin
Melba toast	4 slices
Oyster crackers	20
Croutons	¾ cup
Pancake or waffle	4 inches across
Stuffing	1/3 cup
Tortilla, flour or corn	6 inches across

Cereals	Each of these has 15 grams of carbohydrates
Bran cereal flakes	½ cup
Cold cereal, unsweetened	¾ cup
Cold cereal, sugar coated	½ cup
Oatmeal, grits	½ cup
Granola	¾ cup
Puffed Cereal	1 ½ cups

Grains, Pasta	Each of these has 15 grams of carbohydrates
Rice, white or brown	½ cup
Quinoa	½ cup
Pasta	1/3 cup
Couscous	1/3 cup
Barley	1/3 cup

Starchy Vegetables	Each of these has 15 grams of carbohydrates
Corn	½ cup
Corn on the cob (large)	1/2 cob
Peas	½ cup
Mixed vegetables with corn, peas or pasta	1 cup
Baked potato	1 small, ¼ large, 3 ounces
Mashed potatoes	½ cup
Pumpkin, cooked	1 cup cubes
Squash, acorn, butternut, spaghetti	1 cup
Sweet potato	½ cup
Yam	½ cup

Dried Beans, Peas, and Lentils	Each of these has 15 grams of carbohydrates
Baked beans	1/3 cup
Beans – black, garbanzo, kidney, navy, lima, pinto, white	½ cup cooked
Hummus	1/3 cup
Lentils	½ cup cooked
Peas – black-eyed, split	½ cup cooked
Refried beans	½ cup

Nonstarchy Vegetables	Each of these has 5 grams of carbohydrates
Beans (wax or green)	1 cup raw, ½ cup cooked, ½ cup juice
Bean sprouts	1 cup raw, ½ cup cooked, ½ cup juice
Beets	1 cup raw, ½ cup cooked, ½ cup juice
Broccoli	1 cup raw, ½ cup cooked, ½ cup juice
Brussel sprouts	1 cup raw, ½ cup cooked, ½ cup juice
Cabbage	1 cup raw, ½ cup cooked, ½ cup juice
Carrots	1 cup raw, ½ cup cooked, ½ cup juice
Cauliflower	1 cup raw, ½ cup cooked, ½ cup juice
Celery	1 cup raw, ½ cup cooked, ½ cup juice
Cucumber	1 cup raw, ½ cup cooked, ½ cup juice
Eggplant	1 cup raw, ½ cup cooked, ½ cup juice
Greens	1 cup raw, ½ cup cooked, ½ cup juice
Mushrooms	1 cup raw, ½ cup cooked, ½ cup juice
Lettuce	1 cup raw, ½ cup cooked, ½ cup juice
Okra	1 cup raw, ½ cup cooked, ½ cup juice
Onions	1 cup raw, ½ cup cooked, ½ cup juice
Pea pods	1 cup raw, ½ cup cooked, ½ cup juice
Peppers	1 cup raw, ½ cup cooked, ½ cup juice
Radishes	1 cup raw, ½ cup cooked, ½ cup juice
Rutabaga	1 cup raw, ½ cup cooked, ½ cup juice
Spinach	1 cup raw, ½ cup cooked, ½ cup juice
Tomatoes, salsa	1 cup raw, ½ cup cooked, ½ cup juice, ½ tomato sauce or salsa
Zucchini, summer squash	1 cup raw, ½ cup cooked, ½ cup juice

Fruit	Each of these has 15 grams of carbohydrates
Apple	1 small
Apricots	4 whole or 8 dried halves
Banana, extra small	1 or 4 ounces
Blueberries	¾ cup
Canned fruit in juice	½ cup
Cantaloupe, honeydew melon	1 cub cubes
Dried fruit	2 tablespoons
Grapefruit	½ large
Grapes, small	17
Juice, prune or grape, fruit juice blends, 100% juice	1/3 cup
Juice, unsweetened	½ cup

Kiwi	1
Mango	½ small or ½ cup
Orange	1 small
Papaya	½ of small fruit or 1 cub cubes
Passion fruit	¼ cup
Peach	1 medium
Pear	½ large
Pineapple	¾ cup
Plum	2 small or 3 dried plums
Raspberries	1 cup
Strawberries	1 ¼ cup
Watermelon	1 ¼ cup

Milk	Each of these has 12 to 15 grams of carbohydrates
Fat-free or low-fat milk, cow or soy (almond, cashew, etc. milk is low in carbohydrates)	1 cup
Low-fat chocolate milk	½ cup
Fat-free plain yogurt	2/3 cup
Fat-free artificially sweetened flavored yogurt	2/3 cup
Plain, fat-free Greek yogurt	1 1/3 cup

Snack Foods	Each of these has 15 grams of carbohydrates
Animal crackers	8 crackers
Gingersnaps	3 cookies
Graham crackers	3 squares
Popped popcorn	3 cups
Pretzels	¾ ounce
Rice cakes	2 cakes
Chips	15-20 chips
Vanilla wafers	5 wafers
Sports drink	1 cup
Frozen yogurt, fat-free	1/3 cup
Muffin	¼ of a 4-ounce muffin
Pudding	¼ cup
Cookies, Oreo style	2 small
Jam/jelly	1 tablespoon
Ice cream	½ cup
Pancake syrup	1 tablespoon

Protein Rich Foods and Protein Amounts

Meat, poultry, eggs (cooked)	Serving Size	Protein Amount (grams)
Chicken, skinless	3 ounces	28
Steak	3 ounces	26
Turkey, roasted	3 ounces	25
Lamb	3 ounces	23
Pork	3 ounces	22
Ham	3 ounces	14
Eggs, large	1 egg	6

Seafood (cooked)	Serving Size	Protein Amount (grams)
Salmon	3 ounces	22
Tuna	3 ounces	22
Shrimp	3 ounces	20
Lobster	3 ounces	16
Scallops	3 ounces	14
Tilapia	3 ounces	21
Walleye	3 ounces	21

Legumes, Grains, Vegetables (cooked)	Serving Size	Protein Amount (grams)
Pinto beans	½ cup	11
Lentils	½ cup	9
Edamame	½ cup	9
Black beans	½ cup	8
Chickpeas (garbanzo beans)	½ cup	7
Black-eyed peas	½ cup	7
Fava beans	½ cup	7
Wheat berries	½ cup	6
Kamut	½ cup	6
Lima beans	½ cup	6
Quinoa	½ cup	4
Peas, green	½ cup	4
Spinach, cooked	½ cup	3

Nuts and Seeds	Serving Size	Protein Amount (grams)
Soy nuts	1 ounce	12
Pumpkin seeds	1 ounce	9
Peanuts	1 ounce	7
Peanut butter	1 tablespoon	7
Almonds	1 ounce	6
Pistachios	1 ounce	6
Flax seeds	1 ounce	6
Sunflower seeds	1 ounce	6
Chia seeds	1 ounce	5

Walnuts	1 ounce	4
Cashews	1 ounce	4

Dairy Products	Serving Size	Protein Amount (grams)
Greek yogurt	6 ounces	18
Cottage cheese (1% fat)	4 ounces (1/2 cup)	14
Regular yogurt, nonfat	1 cup	11
Milk, skin	1 cup	8
Soy milk	1 cup	8
Mozzarella, part-skim	1 ounce	7
String cheese	1 piece	6

Dietary Fat Rich Foods and Fat Amounts

High Monounsaturated Fat Foods (healthy fat)	Serving size	Monounsaturated Fat Amount (grams)
Olive oil	1 tablespoon	10
Canola oil	1 tablespoon	9
Peanut oil	1 tablespoon	6
Sesame oil	1 tablespoon	5
Safflower oil	1 tablespoon	10
Avocado	½ cup, cubes	7
Olives	½ cup, whole	5
Almonds	1 ounce	9
Peanuts	¼ cup	9
Macadamia nuts	1 ounce	17
Hazelnuts	10 nuts	6
Pecans	1 ounce (20 halves)	12
Cashews	1 ounce (18 nuts)	7
Peanut butter	2 tablespoons	8

High Polyunsaturated Fat Foods (healthy fat)	Serving size	Polyunsaturated Fat Amount (grams)
Sunflower seeds	1 tablespoon	3
Sesame seeds	1 tablespoon	2
Pumpkin seeds	1 tablespoon	3
Chia seeds	1 tablespoon	3
Flax seeds	1 tablespoon	3
Walnuts	1 ounce (14 halves)	13
Salmon, cooked	3 ounces	1
Mackerel, cooked	3 ounces	3
Herring, cooked	3 ounces	2
Trout, cooked	3 ounces	2
Sardines	3 ounces	3
Fish oil	2 softgels	1

Soybean oil	1 tablespoon	8
Safflower oil	1 tablespoon	2
Soymilk	1 cup	2
Tofu, form	3 ounces	2

The Best Sources of Omega-3s and Omega-6s
Anchovies
Herring
Salmon
Mackerel
Sardines
Trout
Tuna
Mussels
Oysters
Halibut
Algae, such as seaweed
Eggs
Flaxseeds and flaxseed oil
Chia seeds
Canola oil
Soybean oil
Walnuts
Mayonnaise
Edamame
Beans (refried, kidney, etc.)
Brussel sprouts
Kale
Spinach

Fats to Eat Sparingly – Trans Fat	Fats to Eat Sparingly – Saturated Fat
Commercially-baked pastries, cookies, doughnuts, muffins, cakes, pizza dough	Red meat (beef, lamb, pork) 1-2 times per week is fine
Packaged snack food (white crackers, microwavable popcorn, chips)	Chicken skin
Stick margarine, vegetable shortening	Whole fat dairy products (milk, cream)
Fried foods (French fries, fried chicken, chicken nuggets, breaded fish)	Butter
Anything containing hydrogenated vegetable oil, even if it claims to be “trans fat-free”	Lard
	Tropical oils such as coconut and palm oil