

Zone Food Blocks

This is the most precise way to get you to the Zone

The Zone Diet is based upon having the right balance of three macronutrients – protein, carbohydrate, and fat at every meal and snack. This allows you to reach the desired health benefits that come from being in the Zone. Zone Food Blocks are simply a measurement used to define how much of these macronutrients you should be eating throughout the day. Each Zone Food Block consists of one block of protein, one block of carbohydrate and one block of fat. To get the desired balance your goal should be to have a 1:1:1 ratio of protein, carbohydrate, and fat blocks at every meal and snack. The average female eats 11 blocks each day and the average male 14 blocks each day.

What Does One Block Look Like?

Protein = 7 grams

Carbohydrate = 9 grams (total carbohydrate minus fiber)

Fat = 1.5 grams (if you use animal protein at a meal)

or 3 grams of fat (if your protein source is vegetarian)



FOOD BLOCK TYPE:

Some foods are a mix of protein, carbohydrate and fat. We've eliminated the thinking and classified these foods for you. To make a Zone meal, a typical female needs 3 Zone Food Blocks from each of the block categories: protein, carbohydrate and fat. A typical male will require about 4 blocks of each at every meal.

QUANTITY:

This is the amount of each food you can have that will equate to one block whether its protein, carbohydrate or fat. To find out how many blocks you need each day check out our [Body Fat Calculator](#).

CHOICE:

We've classified each food choice as a Best, Fair or Poor. Protein and fat choices rich in monounsaturated fats and low in saturated fats and arachidonic acid are considered Best. Carbohydrates with a low glycemic load, meaning they aren't quick to raise blood sugar levels, are also considered Best. As the levels saturated fat, omega-6s, or high glycemic carbohydrates increase in a food choice, it gradually reduces its rating from Best to Fair to eventually Poor. Even though the macronutrient composition of the meal would remain the same, using fair or poor food ingredients in a meal increase the inflammatory potential.

What Foods You Can Eat in the Zone?

Protein

Every Zone meal starts with making sure you have enough low-fat protein. Protein is important because it helps with retaining muscle mass, immunity, and helps with hunger control. If you want to find out exactly how much protein you require for your needs, use the Zone Protein Calculator.

Best Protein Choices

- Skinless chicken
- Fish
- Egg whites
- Tofu
- Turkey
- Very lean cuts of meat
- Low-fat dairy products
- Plant-based meat substitutes



Carbohydrate

Some carbohydrates are more favorable when following the Zone than others. This is based on their ability to stimulate insulin and spike blood sugar. Fruits and vegetables are considered favorable carbohydrate choices when following the Zone whereas grains and starches are unfavorable because they have a greater likelihood of stimulating insulin. We recommend when using starches and grains to keep the portions small (think condiment sized) or eliminate altogether.

Favorable Carbohydrates (Less impact on insulin)

Best Vegetables: Artichokes, Asparagus, Brussels Sprouts, Broccoli, Cauliflower, Kale, Mushrooms, Spinach,

Best Fruits: Blueberries, Strawberries, Raspberries, Blackberries

Selected grains:

Best: Oatmeal and Barley



Unfavorable Carbohydrates (Greater impact on insulin)

- Grains and starches e.g. pasta, bread, bagels, cereal, potatoes
- Selected fruits e.g. bananas, dried fruit
- Selected vegetables e.g. corn and peas

Fat

Once you have your low-fat protein and favorable carbohydrates, you need some fat. It only takes a little fat at each meal to curb hunger. You want to be careful not to go overboard as eating too much can prevent you from losing excess body fat.

Similar to carbohydrates, not all fats are created equal. The ideal fats in the Zone are monounsaturated fats and long-chain omega-3s like EPA + DHA. Monounsaturated fats are found in olive oil, certain nuts, and avocados. The fats you want to restrict are saturated fats, trans fats, and omega-6 fats rich in arachidonic acid.

Good Fats monounsaturated fats

- Olive Oil
- Almonds
- Avocados



Cooked Vegetables

Acorn Squash	Cooked Vegetables	Carbohydrate	½ cup	Fair
Artichoke	Cooked Vegetables	Carbohydrate	1 large	Best
Artichoke Hearts	Cooked Vegetables	Carbohydrate	2¼ cup	Best
Asparagus (28 spears)	Cooked Vegetables	Carbohydrate	2¼ cup	Best
Bamboo Shoots	Cooked Vegetables	Carbohydrate	3¾ cup	Best
Beans, baked	Cooked Vegetables	Carbohydrate	¼ cup	Fair
Beans, black	Cooked Vegetables	Carbohydrate	½ cup	Best
Beans, green or wax	Cooked Vegetables	Carbohydrate	1½ cup	Best
Beans, refried	Cooked Vegetables	Carbohydrate	⅓ cup	Fair
Bok Choy	Cooked Vegetables	Carbohydrate	6½ cup	Best
Broccoli	Cooked Vegetables	Carbohydrate	1½ cup	Best
Brussels Sprouts	Cooked Vegetables	Carbohydrate	1¼ cup	Best
Butternut Squash, cubed	Cooked Vegetables	Carbohydrate	½ cup	Fair
Cabbage, shredded	Cooked Vegetables	Carbohydrate	1⅔ cup	Best
Cauliflower Pieces	Cooked Vegetables	Carbohydrate	4 cup	Best
Chickpeas	Cooked Vegetables	Carbohydrate	¼ cup	Best
Collard Greens, chopped	Cooked Vegetables	Carbohydrate	2½ cup	Best
Corn	Cooked Vegetables	Carbohydrate	¼ cup	Fair
Eggplant	Cooked Vegetables	Carbohydrate	4½ cup	Best
French Fries	Cooked Vegetables	Carbohydrate	7 (43g)	Fair
Kale	Cooked Vegetables	Carbohydrate	2½ cup	Best
Kidney Beans	Cooked Vegetables	Carbohydrate	¼ cup	Best
Leeks	Cooked Vegetables	Carbohydrate	1¼ cup	Best
Lentils	Cooked Vegetables	Carbohydrate	⅓ cup	Best
Lima Beans	Cooked Vegetables	Carbohydrate	¼ cup	Fair
Mushrooms (boiled)	Cooked Vegetables	Carbohydrate	2 cup	Best
Okra, sliced	Cooked Vegetables	Carbohydrate	2¾ cup	Best
Onions, chopped (boiled)	Cooked Vegetables	Carbohydrate	½ cup	Best
Parsnips	Cooked Vegetables	Carbohydrate	⅓ cup (67g)	Fair
Peas	Cooked Vegetables	Carbohydrate	¾ cup	Fair
Pinto Beans	Cooked Vegetables	Carbohydrate	¼ cup (51g)	Fair
Potato, baked	Cooked Vegetables	Carbohydrate	⅓ cup (45g)	Fair
Potato, boiled	Cooked Vegetables	Carbohydrate	⅓ cup	Fair
Potato, mashed	Cooked Vegetables	Carbohydrate	¼ cup	Fair
Sauerkraut (canned)	Cooked Vegetables	Carbohydrate	unlimited	Best
Spaghetti Squash	Cooked Vegetables	Carbohydrate	cup	Best
Spinach, chopped	Cooked Vegetables	Carbohydrate	4½ cup	Best
Sweet Potato, baked	Cooked Vegetables	Carbohydrate	¼ cup	Fair
Sweet Potato, mashed	Cooked Vegetables	Carbohydrate	2½ Tbsp. (36g)	Fair
Swiss Chard, chopped	Cooked Vegetables	Carbohydrate	2½ cups	Best
Turnip Greens, chopped	Cooked Vegetables	Carbohydrate	7 cup	Best
Turnip, mashed	Cooked Vegetables	Carbohydrate	¼ cup	Best
Yellow Squash, sliced	Cooked Vegetables	Carbohydrate	1¾ cup	Best
Zucchini, sliced	Cooked Vegetables	Carbohydrate	2¾ cup	Best



Fruit Juices

Apple Cider	Fruit Juices	Carbohydrate	1/3 cup	Poor
Apple Juice	Fruit Juices	Carbohydrate	1/3 cup	Poor
Cranberry Juice, unsweet	Fruit Juices	Carbohydrate	1/4 cup	Poor
Fruit Punch	Fruit Juices	Carbohydrate	1/4 cup	Poor
Grape Juice	Fruit Juices	Carbohydrate	1/4 cup	Poor
Grapefruit Juice	Fruit Juices	Carbohydrate	1/3 cup	Poor
Lemonade	Fruit Juices	Carbohydrate	1/4 cup	Poor
Orange Juice	Fruit Juices	Carbohydrate	1/3 cup	Poor
Pineapple Juice	Fruit Juices	Carbohydrate	3 oz.	Poor
Tomato Juice	Fruit Juices	Carbohydrate	1 cup	Poor
V-8	Fruit Juices	Carbohydrate	1 cup	Poor
Lemon Juice, fresh squeezed	Fruit Juices	Fruit Juices	1/2 cup	Fair
Lime Juice, fresh squeezed	Fruit Juices	Fruit Juices	1/2 cup	Poor

Others

Barbecue Sauce	Others	Carbohydrate	2 Tbsp.	Poor
Cake (15g)	Others	Carbohydrate	1/3 slice	Poor
Candy Bar	Others	Carbohydrate	1/4	Poor
Cocktail Sauce	Others	Carbohydrate	2 Tbsp.	Poor
Cookie (small)	Others	Carbohydrate	1	Poor
Honey	Others	Carbohydrate	1/2 Tbsp.	Poor
Ice Cream, premium	Others	Carbohydrate	3 Tbsp.	Poor
Ice Cream, regular	Others	Carbohydrate	1/4 cup	Poor
Ketchup	Others	Carbohydrate	2 Tbsp.	Poor
Molasses, light	Others	Carbohydrate	1 1/2 tsp. ^(12g)	Poor
Plum Sauce	Others	Carbohydrate	2 tsp.	Poor
Potato Chips	Others	Carbohydrate	1/2 oz.	Poor
Pretzels	Others	Carbohydrate	1/2 oz.	Poor
Relish, pickle	Others	Carbohydrate	5 tsp.	Poor
Sugar, brown	Others	Carbohydrate	1 Tbsp.	Poor
Sugar, confectionary	Others	Carbohydrate	1 Tbsp.	Poor
Sugar, granulated	Others	Carbohydrate	2 tsp.	Poor
Syrup, maple	Others	Carbohydrate	2 tsp.	Poor
Syrup, pancake	Others	Carbohydrate	2 tsp.	Poor
Teriyaki Sauce	Others	Carbohydrate	1 1/4 Tbsp.	Poor
Tortilla Chips	Others	Carbohydrate	1/2 oz.	Poor

Fruits

Apple	Fruits	Carbohydrate	½	Best
Applesauce (unsweetened)	Fruits	Carbohydrate	⅓ cup	Best
Apricots	Fruits	Carbohydrate	3 each	Best
Banana	Fruits	Carbohydrate	⅓	Poor
Blackberries	Fruits	Carbohydrate	1⅓ cup	Best
Blueberries	Fruits	Carbohydrate	½ cup	Best
Boysenberries	Fruits	Carbohydrate	1 cup	Best
Cantaloupe	Fruits	Carbohydrate	¼ melon (122g)	Poor
Cantaloupe, cubed	Fruits	Carbohydrate	¾ cup	Poor
Cherries, sweet	Fruits	Carbohydrate	8 each	Best
Cranberries	Fruits	Carbohydrate	¾ cup	Poor
Cranberry Sauce, jellied	Fruits	Carbohydrate	3 tsp.	Poor
Dates	Fruits	Carbohydrate	1½	Poor
Fig	Fruits	Carbohydrate	1	Poor
Fruit Cocktail (light)	Fruits	Carbohydrate	⅓ cup	Best
Grapefruit	Fruits	Carbohydrate	½	Best
Grapes	Fruits	Carbohydrate	½ cup	Best
Guava, chopped	Fruits	Carbohydrate	½ cup (100g)	Poor
Honeydew Melon, cubed	Fruits	Carbohydrate	½ cup	Poor
Kiwi	Fruits	Carbohydrate	1	Best
Kumquat	Fruits	Carbohydrate	5	Poor
Lemon	Fruits	Carbohydrate	2	Best
Lime	Fruits	Carbohydrate	1½ (115g)	Best
Mango, sliced	Fruits	Carbohydrate	⅓ cup	Poor
Nectarine (medium)	Fruits	Carbohydrate	½	Best
Orange, small	Fruits	Carbohydrate	1 (96g)	Best
Orange, Mandarin (canned in water)	Fruits	Carbohydrate	⅓ cup	Best
Papaya, cubed	Fruits	Carbohydrate	⅔ cup (96g)	Poor
Peach	Fruits	Carbohydrate	1 (112g)	Best
Peaches (canned in water)	Fruits	Carbohydrate	¾ cup	Best
Pear	Fruits	Carbohydrate	½ (74g)	Best
Pineapple, diced	Fruits	Carbohydrate	½ cup (75g)	Poor
Plum	Fruits	Carbohydrate	1	Best
Prunes, dried	Fruits	Carbohydrate	2 (16g)	Poor
Raisins	Fruits	Carbohydrate	1 Tbsp.	Poor
Raspberries	Fruits	Carbohydrate	1⅓ cup	Best
Strawberries, sliced	Fruits	Carbohydrate	1 cup	Best
Tangerine	Fruits	Carbohydrate	1	Best
Watermelon, cubed	Fruits	Carbohydrate	¾ cup (122g)	Poor



Grains, Cereals & Bread

Bagel (small)	Grains, Cereals & Breads	Carbohydrate	¼	Poor
Bread crumbs, plain	Grains, Cereals & Breads	Carbohydrate	4½ tsp.	Poor
Bread, whole grain or white	Grains, Cereals & Breads	Carbohydrate	½ slice	Poor
Breadstick, hard	Grains, Cereals & Breads	Carbohydrate	2-3 (15g)	Poor
Breadstick, soft	Grains, Cereals & Breads	Carbohydrate	½ (15g)	Poor
Buckwheat, dry	Grains, Cereals & Breads	Carbohydrate	5 tsp.	Poor
Bulgur wheat, dry	Grains, Cereals & Breads	Carbohydrate	4 tsp.	Poor
Cereal, dry	Grains, Cereals & Breads	Carbohydrate	½ oz.	Poor
Cornbread	Grains, Cereals & Breads	Carbohydrate	1" sq. (18g)	Poor
Cornstarch	Grains, Cereals & Breads	Carbohydrate	1 Tbsp.	Poor
Couscous, dry	Grains, Cereals & Breads	Carbohydrate	1 Tbsp. (11g)	Poor
Cracker, graham	Grains, Cereals & Breads	Carbohydrate	¾ (12g)	Poor
Cracker, saltine	Grains, Cereals & Breads	Carbohydrate	4	Poor
Cracker, Triscuit	Grains, Cereals & Breads	Carbohydrate	3	Poor
Croissant, plain	Grains, Cereals & Breads	Carbohydrate	¼ (15g)	Poor
Crouton	Grains, Cereals & Breads	Carbohydrate	¼ cup	Poor
Doughnut, plain	Grains, Cereals & Breads	Carbohydrate	⅓	Poor
English Muffin	Grains, Cereals & Breads	Carbohydrate	¼	Poor
Granola	Grains, Cereals & Breads	Carbohydrate	3 Tbsp. (25g)	Poor
Grits, cooked	Grains, Cereals & Breads	Carbohydrate	⅓ cup	Poor
Melba Toast (3¼" x 1¼" x ⅛")	Grains, Cereals & Breads	Carbohydrate	2½	Poor
Millet, dry	Grains, Cereals & Breads	Carbohydrate	1 Tbsp.	Poor
Muffin, blueberry (mini)	Grains, Cereals & Breads	Carbohydrate	½ (17g)	Poor
Noodles, egg (cooked)	Grains, Cereals & Breads	Carbohydrate	¼ cup	Poor
Pancake (5 inch)	Grains, Cereals & Breads	Carbohydrate	½ (25g)	Poor
Pasta, cooked elbows	Grains, Cereals & Breads	Carbohydrate	¼ cup	Poor
Pita Bread	Grains, Cereals & Breads	Carbohydrate	¼ pocket	Poor
Pita Bread, mini	Grains, Cereals & Breads	Carbohydrate	½ pocket	Poor
Popcorn, air popped	Grains, Cereals & Breads	Carbohydrate	1½ cup	Poor
Rice Cake	Grains, Cereals & Breads	Carbohydrate	1 (14g)	Poor
Rice, brown (cooked)	Grains, Cereals & Breads	Carbohydrate	1/5 cup	Poor
Rice, white (cooked)	Grains, Cereals & Breads	Carbohydrate	1/5 cup	Poor
Roll, bulkie	Grains, Cereals & Breads	Carbohydrate	¼	Poor
Roll, dinner (small)	Grains, Cereals & Breads	Carbohydrate	½	Poor
Roll, hamburger	Grains, Cereals & Breads	Carbohydrate	½	Poor
Taco Shell	Grains, Cereals & Breads	Carbohydrate	1	Poor
Tortilla, corn (six-inch)	Grains, Cereals & Breads	Carbohydrate	1	Poor
Tortilla, flour (eight inch)	Grains, Cereals & Breads	Carbohydrate	½	Poor
Waffle	Grains, Cereals & Breads	Carbohydrate	½ (25g)	Poor
Barley (dry)	Grains	Carbohydrate	2½ tsp.	Best
Barley, cooked	Grains	Carbohydrate	¼ cup	Best
Oatmeal	Grains	Carbohydrate	⅓ cup	Best
Oatmeal, dry	Grains	Carbohydrate	½ oz.	Best



Raw Vegetables

Alfalfa Sprouts	Raw Vegetables	Carbohydrate	unlimited	Best
Bean Sprouts, mung	Raw Vegetables	Carbohydrate	2¼ cup	Best
Celery, stalks 7½-8"	Raw Vegetables	Carbohydrate	16	Best
Broccoli	Raw Vegetables	Carbohydrate	2⅓ cup	Best
Brussels Sprouts	Raw Vegetables	Carbohydrate	2 cup	Best
Cabbage, shredded	Raw Vegetables	Carbohydrate	4 cup	Best
Carrot	Raw Vegetables	Carbohydrate	2	Best
Carrot, grated	Raw Vegetables	Carbohydrate	1 cup(132g)	Best
Carrot, sliced	Raw Vegetables	Carbohydrate	1 cup	Best
Cauliflower Pieces	Raw Vegetables	Carbohydrate	2¾ cup	Best
Celery, sliced	Raw Vegetables	Carbohydrate	6½ cup	Best
Cucumber (medium 7½")	Raw Vegetables	Carbohydrate	3	Best
Cucumber, sliced	Raw Vegetables	Carbohydrate	5 cup	Best
Endive, chopped	Raw Vegetables	Carbohydrate	unlimited	Best
Escarole, chopped	Raw Vegetables	Carbohydrate	unlimited	Best
Green or Red Peppers	Raw Vegetables	Carbohydrate	2	Best
Green Pepper, chopped	Raw Vegetables	Carbohydrate	2¼ cup	Best
Hummus	Raw Vegetables	Carbohydrate	¼ cup	Best
Jalapeño Peppers, sliced	Raw Vegetables	Carbohydrate	2⅔ cup	Best
Lettuce, iceberg (6" diameter)	Raw Vegetables	Carbohydrate	1 head	Best
Lettuce (Romaine, chopped)	Raw Vegetables	Carbohydrate	14 cup	Best
Mushrooms, chopped	Raw Vegetables	Carbohydrate	4 cup	Best
Onions, chopped	Raw Vegetables	Carbohydrate	¾ cup	Best
Radishes, sliced	Raw Vegetables	Carbohydrate	4 cup	Best
Salsa	Raw Vegetables	Carbohydrate	1 cup	Best
Snow Peas	Raw Vegetables	Carbohydrate	1¼ cup	Best
Spinach, chopped	Raw Vegetables	Carbohydrate	20 cups	Best
Tomato	Raw Vegetables	Carbohydrate	2 (333g)	Best
Tomato, cherry	Raw Vegetables	Carbohydrate	2¼ cup	Best
Tomato, chopped	Raw Vegetables	Carbohydrate	1¾ cup	Best
Water Chestnuts	Raw Vegetables	Carbohydrate	⅓ cup	Best
Watercress	Raw Vegetables	Carbohydrate	33 cup	Best



Oils, Nuts and Spreads

Almond Butter	Oils, Nuts, and Spreads	Fat	1 tsp.	Best
Almond Oil	Oils, Nuts, and Spreads	Fat	1/3 tsp.	Best
Almonds (slivered)	Oils, Nuts, and Spreads	Fat	1 tsp.	Best
Almonds (whole)	Oils, Nuts, and Spreads	Fat	3	Best
Avocado	Oils, Nuts, and Spreads	Fat	1 Tbsp.	Best
Bacon Bits (Hormel, real)	Oils, Nuts, and Spreads	Fat	1 Tbsp.	Poor
Butter	Oils, Nuts, and Spreads	Fat	1/3 tsp.	Poor
Canola Oil	Oils, Nuts, and Spreads	Fat	1/3 tsp.	Fair
Cashews	Oils, Nuts, and Spreads	Fat	2	Best
Cream (half & half), low-fat	Protein-Rich Dairy	Fat	2 tsp.	Poor
Cream Cheese	Oils, Nuts, and Spreads	Fat	1 tsp.	Poor
Cream Cheese, light	Oils, Nuts, and Spreads	Fat	2 tsp.	Poor
Guacamole	Oils, Nuts, and Spreads	Fat	1 Tbsp.	Best
Lard	Oils, Nuts, and Spreads	Fat	1/3 tsp.	Poor
Macadamia Nut	Oils, Nuts, and Spreads	Fat	1	Best
Mayonnaise, light	Oils, Nuts, and Spreads	Fat	1 tsp.	Fair
Mayonnaise, regular	Oils, Nuts, and Spreads	Fat	1/3 tsp.	Fair
Olive Oil	Oils, Nuts, and Spreads	Fat	1/3 tsp.	Best
Olive Oil & Vinegar Dressing	Oils, Nuts, and Spreads	Fat	1/3 tsp oil + vinegar	Best
Olives, large (slivered)	Oils, Nuts, and Spreads	Fat	2 (11g)	Best
Peanut Butter, natural	Oils, Nuts, and Spreads	Fat	1/2 tsp.	Best
Peanut Oil	Oils, Nuts, and Spreads	Fat	1/3 tsp.	Best
Peanuts	Oils, Nuts, and Spreads	Fat	6 (3g)	Best
Sesame oil	Oils, Nuts, and Spreads	Fat	1/3 tsp.	Fair
Sour Cream	Oils, Nuts, and Spreads	Fat	1/2 tsp.	Poor
Sour Cream, light	Oils, Nuts, and Spreads	Fat	1 Tbsp.	Poor
Soybean Oil	Oils, Nuts, and Spreads	Fat	1/3 tsp.	Fair
Tahini	Oils, Nuts, and Spreads	Fat	1/2 Tbsp.	Best
Vegetable Shortening	Oils, Nuts, and Spreads	Fat	1/3 tsp.	Poor
Walnuts, shelled and chopped	Oils, Nuts, and Spreads	Fat	1 tsp.	Fair
Zone Extra Virgin Olive Oil	Oils, Nuts, and Spreads	Fat	1/3 tsp.	Best

Alcohol

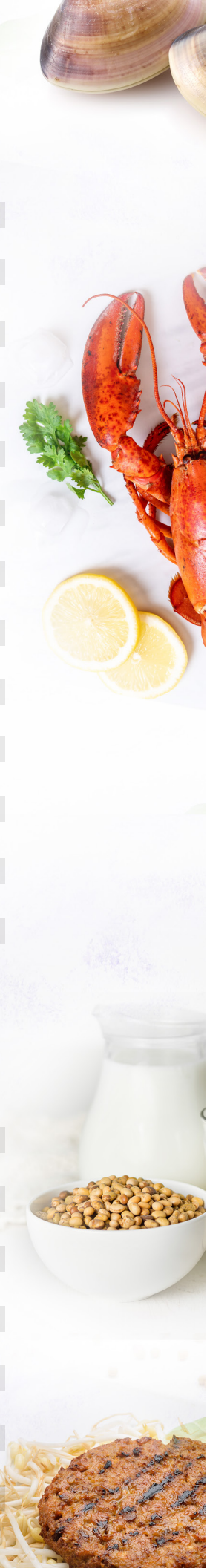
Beer (light)	Alcohol	Carbohydrate	9 oz.	Poor
Beer (regular)	Alcohol	Carbohydrate	7 1/2 oz.	Poor
Wine	Alcohol	Carbohydrate	3 oz.	Poor
Distilled	Alcohol	Carbohydrate	1 oz.	Poor

Egg, Fish and Seafood

Egg Substitute	Eggs	Protein	¼ cup	Best
Egg Whites	Eggs	Protein	2 large	Best
Whole Egg, large	Eggs	Protein	1	Fair
Bass (freshwater)	Fish and Seafood	Protein	2 oz.	Best
Bass (sea)	Fish and Seafood	Protein	2 oz.	Best
Bluefish	Fish and Seafood	Protein	1¼ oz.	Best
Calamari (squid)	Fish and Seafood	Protein	1½ oz.	Best
Catfish	Fish and Seafood	Protein	1½ oz.	Best
Clams	Fish and Seafood	Protein	1½ oz.	Best
Cod	Fish and Seafood	Protein	1½ oz.	Best
Crab Meat	Fish and Seafood	Protein	1¼ oz.	Best
Haddock	Fish and Seafood	Protein	1½ oz.	Best
Halibut	Fish and Seafood	Protein	1¼ oz.	Best
Lobster	Fish and Seafood	Protein	1½ oz.	Best
Mackerel	Fish and Seafood	Protein	1½ oz.	Best
Salmon (note: rich in EPA)	Fish and Seafood	Protein	1½ oz.	Best
Sardines (note: rich in EPA)	Fish and Seafood	Protein	1½ oz.	Best
Scallops	Fish and Seafood	Protein	1½ oz.	Best
Shrimp	Fish and Seafood	Protein	1 oz.	Best
Snapper	Fish and Seafood	Protein	1 oz.	Best
Swordfish	Fish and Seafood	Protein	1¼ oz.	Best
Trout	Fish and Seafood	Protein	1 oz.	Best
Tuna (steak)	Fish and Seafood	Protein	1 oz.	Best
Tuna, white canned in water	Fish and Seafood	Protein	1 oz.	Best
Zone PastaRx Orzo	Grains, Cereals & Breads	Protein	¼ cup	Best
Zone PastaRx Fusilli	Grains, Cereals & Breads	Protein	½ cup	Best

Mixed Protein Sources

Soy Burgers	Mixed Protein Sources	Protein	½ patty (60g)	Fair
Soy Flour, defatted	Mixed Protein Sources	Protein	2 Tbsp. (14g)	Fair
Soy Milk	Mixed Protein Sources	Protein	5-8 oz.	Fair
Soy Protein Powder	Mixed Protein Sources	Protein	⅓ oz. (9g)	Fair
Soybean Canadian Bacon	Mixed Protein Sources	Protein	1½ slices (28g)	Fair
Soybean Frozen Sausage Patty	Mixed Protein Sources	Protein	1 patty (38g)	Fair
Soy Crumbles	Mixed Protein Sources	Protein	⅓ cup	Fair
Yogurt, Greek plain no-fat	Mixed Protein Sources	Protein	¼ cup (69g)	Best
Soybeans, green, boiled (Edamame)	Mixed Protein Sources	Protein	⅓ cup	Fair
Tofu, firm	Mixed Protein Sources	Protein	2½ oz.	Fair
Tofu, silken	Mixed Protein Sources	Protein	5½ oz.	Fair
Tofu, soft	Mixed Protein Sources	Protein	3 oz.	Fair
Yogurt, plain low-fat	Mixed Protein Sources	Protein	½ cup (133g)	Best



Mixed Protein Sources

Dr. Sears Zone Bar	Protein/Carbohydrate Sources	Protein	½ bar	Best
Milk, 1% low-fat	Protein/Carbohydrate Sources	Protein	1 cup	Best
Tempeh	Protein/Carbohydrate Sources	Protein	1¼ oz.	Fair
Cheese, low-fat	Protein-Rich Dairy	Protein	1 oz.	Fair
Cheese, nonfat	Protein-Rich Dairy	Protein	1 oz.	Best
Cottage Cheese, low-fat, 1%	Protein-Rich Dairy	Protein	¼ cup	Best
Greek Yogurt, plain, low-fat, low-fat	Protein-Rich Dairy	Protein	⅓ cup	Best
Hard Cheeses	Protein-Rich Dairy	Protein	1 oz.	Poor
Mozzarella Cheese, part skim	Protein-Rich Dairy	Protein	1 oz.	Fair
Ricotta Cheese, skim	Protein-Rich Dairy	Protein	2 oz.	Fair
Zone Protein Powder	Protein-Rich Dairy	Protein	1 scoop	Best

Meat and Poultry

Bacon, pork (read label)	Meat and Poultry	Protein	½ slice	Poor
Beef, filet mignon	Meat and Poultry	Protein	1 oz.	Fair
Beef, grass fed, ground	Meat and Poultry	Protein	1 oz.	Poor
Beef, grass-fed, strip steaks, lean only	Meat and Poultry	Protein	1 oz.	Fair
Beef, ground (<10% fat)	Meat and Poultry	Protein	1 oz.	Poor
Canadian Bacon, lean	Meat and Poultry	Protein	1½ oz.	Fair
Chicken Breast, deli-style	Meat and Poultry	Protein	1½ oz.	Best
Chicken Breast, skinless	Meat and Poultry	Protein	1 oz.	Best
Chicken skinless, dark meat	Meat and Poultry	Protein	1 oz.	Fair
Corned Beef, lean	Meat and Poultry	Protein	1½ oz.	Fair
Duck, breast	Meat and Poultry	Protein	1¼ oz.	Fair
Ham, lean	Meat and Poultry	Protein	1 oz.	Fair
Ham, lean deli-style	Meat and Poultry	Protein	1½ oz.	Fair
Hot Dog (beef or pork)	Meat and Poultry	Protein	1-2 link (56g)	Poor
Hot Dog (chicken or turkey)	Meat and Poultry	Protein	1-2 link (56g)	Poor
Lamb, lean	Meat and Poultry	Protein	1¼ oz.	Fair
Pepperoni	Meat and Poultry	Protein	1¼ oz.	Poor
Pork Chop	Meat and Poultry	Protein	1¼ oz.	Fair
Pork, lean	Meat and Poultry	Protein	1¼ oz.	Fair
Salami	Meat and Poultry	Protein	1 oz.	Poor
Sausage, pork	Meat and Poultry	Protein	2 links (56g)	Poor
Sausage, pork	Meat and Poultry	Protein	2 patties (56g)	Poor
Turkey Bacon	Meat and Poultry	Protein	1½ oz, 3 strips	Best
Turkey Breast, deli-style	Meat and Poultry	Protein	1¼ oz.	Best
Turkey Breast, skinless	Meat and Poultry	Protein	1 oz.	Best
Turkey Breast, ground	Meat and Poultry	Protein	1¼ oz.	Best
Turkey, skinless, dark meat	Meat and Poultry	Protein	1 oz.	Fair
Veal, loin, lean	Meat and Poultry	Protein	1 oz.	Fair