

FOOD MINI-BLOCK GUIDE

Zone Food Notes

1. Zone meals should always have carbohydrate, protein, and fat mini-blocks in a 1:1:1 ratio.
2. Try to avoid caffeinated beverages such as coffee, tea, dark coloured sodas, chocolate, etc. Caffeine ingestion tends to increase insulin secretion.
3. Do not skip meals and try not to go more than five hours between Zone meals. We suggest you eat a Zone snack if the five-hour time period is exceeded and another Zone meal is not feasible. Zone snacks are designed to keep you in the Zone for 2-3 hours.
4. If you get hungry, eat a Zone snack or ½ of a Zone bar.
5. Always remember that adhering to the ZonePerfect Nutrition Program **80%** of the time will give you access to **90%** of its tremendous health benefits!

7 grams of protein = 1 mini-block

9 grams of carbohydrate = 1 mini-block

1.5 grams of fat = 1 mini-block in this guide

3 grams of fat = 1 Zone mini-block when zoning food labels

PROTEIN

Each choice contains One Mini-Block

Best Choices

Meat and Dairy

Egg Whites	2
Chicken breast, skinless	30g
Chicken breast, deli style	45g
Turkey breast, skinless	30g
Turkey breast, deli style	45g
Cottage cheese	¼ cup
*Protein powder	10g
*Soy burgers	½ patty
*Soy hot dog	1 link
*Soy sausages	2 links
*Tofu, firm and extra firm	85g

Fish

Bass	45g
Bluefish	45g
Calamari	60g
Catfish	45g
Clams	45g
Cod	45g
Crabmeat	45g
Haddock	45g
Halibut	45g
Lobster	45g
Mackerel**	45g
Prawns	45g
Salmon**	45g
Sardines**	30g
Scallops	45g
Snapper	45g
Swordfish	45g
Trout	30g
Tuna steak	30g
Tuna, canned in water	30g

Fair Choices

Meat and Dairy

Whole egg	1
Beef, lean cuts	30g
Chicken, dark meat	30g
Corned beef, lean	30g
Duck	45g
Ham, lean	30g
Ham, deli style	45g
Lamb, lean	30g
Pork, lean	30g
Pork, chop	30g
Turkey, dark meat	30g
Veal	30g
Cheese, reduced fat	30g
Mozzarella cheese, skim	30g
Ricotta cheese, skim	1/3 cup

Poor Choices

Bacon	3½ slices
Beef, fatty cuts	30g
Beef, mince	45g
Liver, beef or chicken	30g
Pepperoni	30g
Salami	45g
Cheese, hard	30g
Parmesan cheese, grated	6 tsp
Ricotta cheese	1/3 cup

* **Check nutrition label for most accurate reading.**

** **Rich in EPA.**

FAVOURABLE CARBOHYDRATES

Each choice contains One Mini-Block

Raw vegetables

Alfalfa sprouts	11 cups
Asparagus	24 spears
Bamboo shoots	2 cups
Bean sprouts	10 cups
Beans, green, raw/frozen	2½ cups
Bok choy	1kg
Broccoli, chopped	4 cups
Cabbage, shredded	5 cups
Cabbage, red, shredded	2½ cups
Capsicum	3
Capsicum, chopped	2¼ cups
Cauliflower	5 cups
Celery, sliced	2½ cups
Chickpeas	1/5 cup
Chilli, chopped	2/3 cup
Chives	1kg
Cucumber	1
Cucumber, sliced	4 cups
Endive, chopped	7½ cups
Humus	¼ cup
Lettuce, iceberg	2½ heads
Lettuce, iceberg, shredded	25 cups
Lettuce, cos or romaine	15 cups
Mushrooms	5 cups
Onion, chopped	4/5 cup
Radishes, sliced	2 cups
Seaweed, wakame, flakes	2½ cups
Shallots, chopped	5 tbsp
Snow peas	1 cup
Spinach, chopped	25 cups
Tomato	2
Tomato, chopped	1 1/3 cups
Tomato, canned, whole	1 2/3 cups
Tomato puree	2/3 cup
Tomato paste	4 tbsp
Water chestnuts	1/3 cup
Zucchini, sliced	5 cups

Cooked vegetables

Artichoke	1 medium
Asparagus, canned	2½ cups
Bean sprouts	3 cups
Beans, black	¼ cup
Beans, green	1 2/3 cups
Bok choy	3 cups
Broccoli, chopped	2½ cups
Brussels sprouts	1½ cups
Cabbage	1 1/3 cups
Cauliflower	5 cups
Chickpeas	¼ cup
Chickpeas, canned	2/5 cup
Eggplant	1½ cups
Kidney beans	¼ cup
Leek	1 cup
Lentils	¼ cup
Mushrooms, canned	2½ cups
Navy beans, canned	1/3 cup
Onion, boiled	½ cup
Refried beans, canned	1/3 cup
Salsa	½ cup
Spinach, boiled	5 cups
Split peas, boiled	2/5 cup
Tomato, boiled	4/5 cup
Tomato, canned, stewed	4/5 cup
Tomato, dried	2/5 cup
Turnip, mashed	1 cup
Yellow squash	1 cup
Zucchini	2½ cups

FAVOURABLE CARBOHYDRATES continued

Each choice contains One Mini-Block

Fruits

Apple	½	Peach	1
Applesauce	¼ cup	Peach, canned, light syrup	1 cup
Apricots	3	Peach, canned	½ cup
Blackberries	¾ cup	Pear	½
Blueberries	¾ cup	Pear, sliced / canned	2/5 cup
Cherries	¾ cup	Pineapple, fresh, diced	½ cup
Fruit cocktail	½ cup	Pineapple, canned light syrup	1/3 cup
Grapefruit	½	Pineapple, canned, sliced	1 slice
Grapes	½ cup	Plum	1
Honeydew melon, cubed	½ cup	Raspberries	1 cup
Kiwi fruit	1	Rockmelon	¼ melon
Lemon	1	Rockmelon, cubed	¾ cup
Lime	1	Strawberries	1 1/3 cups
Nectarine	½	Tangerine	1
Orange	½	Watermelon	¾ cup
Passionfruit	4		

Grains

Barley	½ tbsp
† Porridge, steel cut oats* (slow cooking), cooked	1/3 cup
† Porridge, steel cut oats* (slow cooking), dry	15g

† contains GLA

* available from most health food stores.

LESS FAVOURABLE CARBOHYDRATES

Each choice contains One Mini-Block

Cooked vegetables

Baked beans	1/5 cup
Beetroot, canned/sliced	3/5 cup
Butternut pumpkin	1/2 cup
Carrot, whole 20cm	1 1/2
Carrot, raw, shredded	1 1/3 cups
Carrot, sliced	4/5 cup
Coconut, shredded	1/2 tbsp
Corn	1/3 cup
Hot chips	5
Lima beans	1/4 cup
Parsnip	1/3
Peas	3/5 cup
Potato, boiled/mashed	1/3 cup
Pumpkin, mashed	4/5 cup
Sweet potato, mashed	1/5 cup
Yam	1/3 cup

Fruits

Banana	1/3
Cranberries	1/4 cup
Cranberry sauce	3 tsp.
Dates	2
Fig	1
Guava	1/2 cup
Kumquat	3
Mango, fresh peeled	60g
Mango, sliced	1/3 cup
Papaya, cubed	1/2 cup
Pineapple, canned, heavy syrup	1/5 cup
Prunes, canned, heavy syrup	1/5 cup
Prunes (dried)	2
Raisins	1 tbsp

Grains, Breads and Cereals

Bagel,	1/4
Bread, white	1/2 slice
Bread, whole grain	1/2 slice
Bread crumbs	15g
Cereal	15g
Cereal, corn flakes	2/5 cup
Cereal, weetbix	1 biscuit
Cornflour	4 tsp
Couscous	15g
Croissant	1/4
Crouton	15g
Donut, plain	1/4
English muffin	1/4
Flour, all types	1/10 cup
Granola	15g
Muffin	1/4
Noodles, chinese	2/5 cup
Noodles, egg, cooked	1/5 cup
Noodles, egg, uncooked	15g
Pancake, four inch	1/2
Pasta, cooked	1/4 cup
Pasta, uncooked	11g
Pita bread	1/4 pocket
Pita bread, mini	1/2 pocket
Popcorn, popped	2 cups
Popcorn, not popped	1 1/3 tbsp
Rice, white/brown, cooked	1/5 cup
Rice cake	1
Roll	1/4
Roll, dinner	1/2
Taco shell	1
Waffle	1/2
Wheat germ	5 tbsp

LESS FAVOURABLE CARBOHYDRATES continued

Each choice contains One Mini-Block

<i>Drinks</i>		<i>Others</i>	
Apple cider	1/3 cup	Barbecue sauce	2 tbsp
Chocolate milk	1/3 cup	Chocolate topping	2/3 tbsp
Fruit juice, natural, all types	1/3 cup	Corn chips	15g
Fruit punch	1/4 cup	Honey	1/2 tbsp
Soft drink, all types	1/5 can	Ice cream	1/5 cup
Tomato juice	3/4 cup	Jam	2 tsp
V-8 juice	3/4 cup	Maple syrup	2 tsp
		Mars bar	1/4
		Molasses	2/3 tbsp
		Plum sauce	1 1/2 tbsp
		Potato chips	15g
		Pretzels	15g
		Stir-fry sauce	3 tbsp
		Sugar, fructose	2 1/2 tsp
		Sugar, white	2 tsp
		Sugar, brown	1 1/2 tsp
		Sugar, icing	1 tbsp
		Teriyaki sauce	15g
		Tomato sauce	3 tbsp
		Yoghurt, fruit	1/4 cup

<i>Alcohol</i>			
Beer	1/2 middie		
Beer, light	1 middie		
Spirits	1 shot		
Wine, dry or table	1 glass		
Wine, dessert	1/2 glass		

FAT

Each choice contains One Mini-Block

Best Choices		Fair Choices	
Almond butter	1/3 tsp	Mayonnaise, regular	1/3 tsp
Almonds, slivered	1 tsp	Mayonnaise, light	1 tsp
Almonds	3	Pesto sauce	1 tbsp
Avocado	1 tbsp	Sesame butter	1 tsp
Canola oil	1/3 tsp	Sesame oil	1/2 tsp
Guacamole	1 tbsp	Sesame seeds	2 tsp
Macadamia nuts	1	Soybean oil	1/3 tsp
Olive oil	1/3 tsp	Vegetable oil	1/3 tsp
Olives	3		
Peanuts	6		
Peanut butter, natural	1/2 tsp		
Pine nuts, dried	6g		
Tahini	1/3 tbsp		
		Poor Choices	
		Butter	1 tsp
		Cream	1/2 tbsp
		Cream, whipped	4 tbsp
		Cream cheese	1 tsp
		Cream cheese, light	2 tsp
		Coconut cream/milk, canned	3/4 tbsp
		Lard	1/3 tsp
		Sour cream	1/2 tbsp
		Sour cream, light	1 tbsp
		Vegetable shortening	1/3 tsp

MULTIPLE BLOCK FOODS

Each choice contains One mini-block of protein and One mini-block of carbohydrate

	Amount	Protein	Carbohydrate	Fat
Milk	1 glass	1 mini-block	1 mini-block	3 mini-blocks
Milk, lite	1 glass	1 mini-block	1 mini-block	1 mini-block
*Soy milk	1 glass	1 mini-block	1 mini-block	Check label
*Tempeh	50g	1 mini-block	1 mini-block	Check label
*Yoghurt, plain	1/2 cup	1 mini-block	1 mini-block	Check label

*** Check nutrition label for most accurate reading.**

FAST FOODS

P = number of protein mini-blocks

C = number of carbohydrate mini-blocks

F = number of fat mini-blocks

<i>McDonalds</i>	P	C	F	<i>Pizza Hut</i>	P	C	F
Apple bran muffin	1	4	0	1 slice pan, supreme	2	3	5
Bacon & egg McMuffin	2	4	8	1 slice pan, meat lovers	2	3	6
Baked apple pie	0	4	4	1 slice pan, pepperoni	2	3	3
Big Mac	4	5	9	1 slice pan, vegetarian	2	3	2
Cheeseburger	2	4	5	1 sl. thin 'n crispy, sprm.	2	2	4
Chicken McNuggets, 6	3	2	6	1 sl. thin 'n crispy, meat	2	2	4
Cookies, 1 package	1	4	3	1 sl. thin 'n crispy, pep.	2	2	3
Egg McMuffin	2	3	4	1 sl. thin 'n crispy, veg.	1	2	2
Filet-O-Fish	2	4	5				
French fries, small	0	3	3				
Hash browns	0	1	3	<i>Dominos</i>			
Hotcakes, plain	1	6	2				
Hotcakes, w. syrup & butt.	1	11	5	2 slices, deep dish, ham	4	7	8
Junior burger	2	4	3	2 slices, deep dish, pep.	4	7	10
McChicken	2	5	10	2 slices, deep dish, veg.	3	7	12
Quarter pounder	3	4	7	2 slices, thin crust, ham	3	4	6
Sausage & egg McMuffin	3	3	10	2 slices, thin crust, pep.	3	4	8
Sausage McMuffin	2	3	8	2 slices, thin crust, veg.	2	4	6
Scrambled eggs	2	0	4				
Shake, all flavours, small	2	7	2				
Sundae, regular	1	6	2	<i>Burger King</i>			
				Broiler chicken	4	4	10
<i>Kentucky Fried Chicken</i>				Cheeseburger, regular	3	3	6
1 breast	5	1	7	Double whopper	7	5	19
1 drumstick	2	0	2	Double whopper w. cheese	7	5	21
1 thigh	3	1	6	Fries, medium	1	4	7
Chicken burger	4	5	7	Hamburger	3	3	18
Coleslaw	0	1	2	Onion rings	1	4	5
Mash potato & gravy	0	2	2	Shake, medium	1	6	2
				Whopper	4	5	13
<i>Miscellaneous</i>				Whopper with cheese	5	5	15
Meat Pie	2	5	10	Whopper jr.	3	3	8
				Whopper jr. with cheese	3	3	9