

## Protein Blocks

*(Each serving equals one protein block)*

Listed below are typical examples of protein rich, low-fat protein sources. One block of Protein is equivalent to approximately 7 grams. Every meal should start with the number of protein blocks, which will then determine the amount of carbohydrate and fat blocks added to the meal or snack.

### Sources

#### **Animal**

- Beef, lean (1 oz)
- Chicken breast (1 oz)
- Turkey breast (1 oz)
- Veal (1 oz)
- Beef, ground (1.5 oz)
- Chicken breast, deli (1.5 oz)
- Lamb, lean (1.5 oz)
- Turkey breast, deli (1.5 oz)

#### **Fish**

- Catfish (1.5 oz)
- Crabmeat (1.5 oz)
- Lobster (1.5 oz)
- Scallops (1.5 oz)
- Shrimp (1.5 oz)
- Tuna-steak (1.5 oz)
- Halibut (1.5 oz)
- Swordfish (1.5 oz)
- Clams (1.5 oz)
- Haddock (1.5 oz)
- Salmon (1.5 oz)
- Snapper (1.5 oz)
- Trout (1.5 oz)
- Cod (1.5 oz)
- Sardines (1 oz)
- Tuna-canned (1 oz)

#### **Eggs**

- Egg whites (2)
- Egg (1)
- 1/3 cup Eggbeaters

#### **Vegetarian**

- Tofu (3 oz)
- 2 Tbsp Hemp protein
- 1 Tbsp Protein powder Hydrolyzed Whey or Rice

#### **Protein-rich Dairy**

1/4 cup low-fat cottage cheese

**Mixed Dairy**-Each contains one carbohydrate block for each protein block

Low-fat milk (1 cup)

Low-fat plain yogurt (6 oz)

#### **Low Fat Cheese**

Many cheeses which say "Low Fat" on the package are not really low in fat.

Typical cheese:      8 to 9 grams Protein    )  
                                 4 to 6 grams Fat            )

This cheese is  
90% fat.

You want:            8 to 9 grams Protein    )  
                                 1 to 3 grams Fat            )

This is AUTHENTIC  
low fat cheese!

Low fat cheeses are usually Mozzarella, string cheese, some brands of Swiss cheese. It is unlikely that you would find low-fat American, Jack, Colby, or Cheddar cheese