

## Carbohydrates

- **Apples** - 1/2 apple = 1 Carbohydrate Block.
- **Apricots** - 3 apricots = 1 Carbohydrate Block.
- **Artichokes** - 4 artichokes or 1 cup of artichoke hearts = 1 Carbohydrate Block.
- **Asparagus** - 12 asparagus spears = 1 Carbohydrate Block.
- **Blackberries** - 3/4 cup of blackberries = 1 Carbohydrate Block
- **Blueberries** - 1/2 cup of blueberries = 1 Carbohydrate Block
- **Bok Choy** - 3 cups of cooked bok choy = 1 Carbohydrate Block.
- **Broccoli** - 3 cups of cooked broccoli = 1 Carbohydrate Block
- **Brussels Sprouts** - 1 and 1/2 cups of cooked Brussels sprouts = 1 Carbohydrate Block.
- **Cabbage** - 3 cups of cooked cabbage = 1 Carbohydrate Block.
- **Cauliflower** - 4 cups of cauliflower = 1 Carbohydrate Block
- **Celery** - 2 cups of sliced celery = 1 Carbohydrate Block.
- **Cherries** - 8 cherries = 1 Carbohydrate Block.
- **Cucumbers** - 1 and 1/2 cucumbers = 1 Carbohydrate Block.
- **Eggplant** - 1 and 1/2 cups of cooked eggplant = 1 Carbohydrate Block.
- **Grapefruit** - 1/2 grapefruit = 1 Carbohydrate Block.
- **Grapes** - 1/2 cup of grapes = 1 Carbohydrate Block.
- **Green Beans** - 1 and 1/2 cups of cooked green beans = 1 Carbohydrate Block.
- **Kale** - 2 cups of cooked kale = 1 Carbohydrate Block.
- **Kiwi** - 1 kiwi = 1 Carbohydrate Block.
- **Kohlrabi** - 1 cup of cooked kohlrabi = 1 Carbohydrate Block.
- **Leeks** - 1 cup of cooked leeks = 1 Carbohydrate Block
- **Lettuce** - 10 cups of shredded lettuce = 1 Carbohydrate Block.
- **Mustard Greens** - 4 cups of mustard greens = 1 Carbohydrate Block.
- **Mushrooms** - 2 cups of cooked mushrooms = 1 Carbohydrate Block.
- **Nectarines** - 1/2 nectarine = 1 Zone Block.
- **Okra** - 1 cup of cooked okra = 1 Carbohydrate Block.
- **Onions** - 1/2 cup of cooked or 1/ and 1/2 cups of chopped raw onions = 1 Carbohydrate Block.
- **Oranges** - 1/2 orange = 1 Carbohydrate Block.
- **Peaches** - 1 peach = 1 Carbohydrate Block.
- **Pears** - 1/2 pear = 1 Carbohydrate Block.
- **Plums** - 1 plum = 1 Carbohydrate Block.
- **Radishes** - 4 cups of radishes = 1 Carbohydrate Block.
- **Raspberries** - 1 cup of raspberries = 1 Carbohydrate Block.
- **Red Bell Peppers** - 2 red peppers = 1 Carbohydrate Block.
- **Spinach** - 3 and 1/2 cups of cooked spinach = 1 Carbohydrate Block
- **Strawberries** - 1 cup of strawberries = 1 Carbohydrate Block.
- **Swiss Chard** - 2 and 1/2 cups of cooked Swiss chard = 1 Carbohydrate Block.
- **Tangerines** - 1 tangerine = 1 Carbohydrate Block.
- **Tomatoes** - 2 tomatoes = 1 Carbohydrate Block.
- **Turnip Greens** - 4 cups of cooked turnip greens = 1 Carbohydrate Block.
- **Yellow Squash** - 2 cups of cooked yellow squash = 1 Carbohydrate Block.
- **Zucchini** - 2 cups of cooked zucchini = 1 Carbohydrate Block.

**Protein**

- **Haddock** - 1 and 1/2 ounces of haddock = 1 Protein Block.
- **Cod** - 1 and 1/2 ounces of cod = 1 Protein Block.
- **Crabmeat** - 1 and 1/2 ounces of crabmeat = 1 Zone Block.
- **Egg Whites/Egg Substitute** - 2 egg whites or 1/4 cup of egg substitute = 1 Protein Blk.
- **Lobster** - 1 and 1/2 ounces of lobster = 1 Protein Block.
- **Mackerel** - 1 and 1/2 ounces of mackerel = 1 Protein Block.
- **Salmon** - 1 and 1/2 ounces of salmon = 1 Protein Block.
- **Sardines** - 1 and 1/2 ounces of sardines = 1 Protein Block.
- **Scallops** - 1 and 1/2 ounces of scallops = 1 Protein Block.
- **Sea Bass** - 1 and 1/2 ounces of sea bass = 1 Protein Block.
- **Tuna** - 1 ounce of tuna steak or 1 and 1/2 ounces of canned tuna = 1 Protein Block.
- **Turkey Breast, Skinless** - 1 ounce of skinless turkey breast = 1 Protein Block.
- **Emu** - 1 ounce of emu = 1 Zone Block.
- **Chicken Breast, Skinless** - 1 ounce of skinless chicken breast = 1 Protein Block.
- **Shrimp** - 1 and 1/2 ounces of shrimp = 1 Protein Block.
- **Tempeh** - 1 and 1/2 ounces of tempeh = 1 Zone Block.
- **Trout** - 1 and 1/2 ounces of trout = 1 Zone Block.
- **Beef Tenderloin** - Well-Trimmed. 1 ounce of well-trimmed beef tenderloin = 1 Protein Block.
- **Pork Tenderloin** - Well-Trimmed. 1 ounce of well-trimmed tenderloin = 1 Protein Blk.

**Fats**

- **Macadamia Nuts** - 1 macadamia nut = 1 Fat Block.
- **Olive Oil** - 2/3 teaspoon of olive oil = 1 Fat Block.
- **Almonds** - 3 almonds = 1 Fat Block.
- **Avocados** - 1 tablespoon = 1 Zone Block.
- **Cashews** - 3 cashews = 1 Fat Block.

**Spices and Condiments**

- **Garlic**
- **Basil**
- **Alfalfa Sprouts** - 10 cups of alfalfa sprouts = 1 Carbohydrate Block.
- **Chili peppers**
- **Cinnamon**
- **Curry Powder**
- **Ginger**
- **Lemons**
- **Parsley**
- **Salsa**
- **Sesame Seeds**

**Zone Food Blocks**

- **Protein Block** - One Protein Block contains 7 grams of protein.
- **Carbohydrate Block** - One Carbohydrate Block contains 9 grams of carbohydrates.
- **Fat Block** - One Fat Block contains 3 grams of fat.