

**Ounce-Equivalent (oz-equiv) of Protein Foods**

<b>Protine</b>	<b>Amount that counts as 1 oz-equiv in the Protein Foods Group</b>
<p><b>Nuts and seeds... (No Salted or flavored nuts)</b></p>	<p>½ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves)</p> <p>½ ounce of seeds (pumpkin, sunflower, or squash seeds, hulled, roasted)</p> <p>1 Tablespoon of peanut butter or almond butter</p>
<p><b>Soaked Beans and peas (Soak dired mixed Bean &amp; Peas 24 Hours prio to cooking) *Cook beans with a rapid boiling water for 5 mins- Then rinse rince thoroughly and place in bowl for mixing with salad.</b></p>	<p>¼ cup of cooked beans (such as black, kidney, pinto, or white beans)</p> <p>¼ cup of cooked peas (such as chickpeas, cowpeas, lentils, or split peas)</p> <p>¼ cup of baked beans, refried beans</p> <p>¼ cup (about 2 ounces) of tofu</p> <p>1 oz. tempeh, cooked</p> <p>¼ cup roasted soybeans</p> <p>1 falafel patty (2 ¼", 4 oz)</p> <p>2 Tablespoons hummus</p>
<p><b>Nuts and seeds (No Salted or flavored nuts)</b></p> <p><b>Beans and peas</b></p>	<p>1/2 ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves)</p> <p>1/2 ounce of seeds (pumpkin, sunflower, or squash seeds, hulled, roasted)</p> <p>1 Tablespoon of peanut butter or almond butter</p> <p>1/4 cup of cooked beans (such as black, kidney, pinto, or white beans)</p> <p>1/4 cup of cooked peas (such as chickpeas, cowpeas, lentils, or split peas)</p> <p>1/4 cup of baked beans, refried beans</p> <p>1/4 cup (about 2 ounces)</p>

1 oz tempeh, cooked  
1/4 cup roasted soybeans 1 falafel  
patty (2 1/4", 4 oz)  
2 Tablespoons hummus

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## **Fruits and Vegetables rich in vitamin A (30-4**

Apricot  
Broccoli  
Cantaloupe  
Carrots  
Chicory  
Chili peppers  
Greens (collard, beet, dandelion, turnip, chard, cress, must  
Mango  
Nectarine  
Papaya  
Persimmon  
Raw Plantain  
Sour red cherries  
Spinach  
Squash (hubbard, acorn, winter, pumpkin, other)  
Sweet peppers  
Sweet potato  
Okra  
Peaches  
Peas (in pod)  
Pineapple  
Plums  
Pomegranate  
Potato  
Prickly pear  
Zucchini

## **Quality Proteins (up to 20% of diet)**

Cooked beans  
Cooked chicken  
Cooked turkey

Cottage cheese  
Fish  
Insect larvae  
Low-fat cheese  
Pellet diets  
Tofu  
Tuna in water

## **Carbohydrates (10-20% of diet)**

Amaranth  
Brown rice  
Corn  
Crackers  
Energy bars  
Oat bran  
Oatmeal  
Pasta  
Peas  
Potatoes  
Pretzels  
Quinoa  
Seeds  
Triticale  
Unsalted chips  
Wheat germ  
Whole grain bread  
Whole grain cereal (Total, Special K, Cheerios, Grape-nuts, other)  
Wild rice

## **Poison for Birds!! No No's!**

**Avocado**  
**Caffeine**  
**Appleseed**  
**Chocolate**  
**Celery**  
**Eggplant**  
**Mushrooms**  
**Rhubarb**  
**Onion**  
**Tomato**  
**Asparagus**

**Common portions and oz-equiv**

1 ounce of nuts or seeds = 2 oz-equiv

1 cup split pea soup = 2 oz-equiv

1 cup lentil soup = 2 oz-equiv

1 cup bean soup = 2 oz-equiv

1 soy or bean burger patty = 2 oz-equiv

1 ounce of nuts of seeds = 2 ounce equivalents

1 cup split pea soup = 2 ounce equivalents

1 cup lentil soup = 2 ounce equivalents

1 cup bean soup = 2 ounce equivalents

1 soy or bean burger patty = 2 ounce equivalents

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**40% of diet)**

ard, kale, parsley, other)

