KORB

HEALTHY BITES

WHAT SHOULD I EAT IN A DAY?



USE THIS AS YOUR DAILY GUIDE

Example below based on a 2,000-calorie diet.

TIP ON SERVING SIZES

All meat, poultry, and seafood portions are cooked weight. Don't have a food scale? A 3 oz portion is about the size of a deck of cards or the palm of your hand.

PROTEIN

4 - 5 servings each day (each serving equals 20-25g of protein)

- ☐ 3 oz chicken breast
- ☐ 3 oz turkey breast
- ☐ 3 oz lean ground turkey
- ☐ 3 oz lean beef
- ☐ 3 oz pork tenderloin
- ☐ 3 oz salmon
- ☐ 3 oz shrimp
- ☐ 3 oz tuna
- ☐ 3 oz cod or tilapia
- ☐ 3 eggs (or 1 egg + ½ cup of egg whites)
- ☐ ½ cup of cottage cheese
- ☐ 6 oz tofu
- ☐ 1 cup black beans
- ☐ 1 cup lentils
- ☐ 1 cup shelled edamame
- ☐ 1 scoop protein powder

Find your exact daily protein target with the Protein Target Calculator on the Patient Hub.

Link here: Protein Target Calculator.

VEGETABLES

3 servings (raw or cooked)

- ☐ 2 cups romaine
- ☐ 2 cups spinach
- ☐ 2 cups kale
- ☐ 2 cups arugula
- ☐ 2 cups mixed greens
- ☐ 1 cup broccoli
- ☐ 1 cup green beans
- ☐ 1 cup asparagus
- ☐ 1 cup zucchini
- ☐ 1 cup Brussels sprouts
- ☐ 1 cup bell peppers
- ☐ 1 cup carrots
- ☐ 1 cup cherry tomatoes
- ☐ 1 cup cauliflower
- ☐ 1 cup snap peas

FRESH FRUIT

2 servings

- ☐ 1 med. apple
- ☐ 1 med. banana
- ☐ 1 med. orange
- ☐ 1 med. pear
- ☐ 1 med. peach
- ☐ 1 cup strawberries
- ☐ 1 cup blueberries
- ☐ 1 cup raspberries
- ☐ 1 cup grapes
- ☐ 1 cup cherries
- ☐ 1 cup pineapple
- ☐ 1 cup cantaloupe
- ☐ 1 cup watermelon
- ☐ 1 cup mango
- ☐ 2 kiwis

WHOLE GRAINS

1 - 3 servings

- [ ] ½ cup oatmeal
- [ ] ½ cup brown rice
- [ ] ½ cup quinoa
- [ ] ½ cup barley
- [ ] ½ cup farro
- [ ] 1 slice whole-wheat bread
- [ ] 1 small whole-wheat tortilla
- [ ] 1 corn tortilla (5 inch)
- [ ] ½ whole-wheat English muffin
- [ ] ½ whole-wheat pita
- [ ] ½ cup whole-wheat pasta
- [ ] ½ cup wild rice
- [ ] ½ cup bulgur
- [ ] 1 cup whole-grain cereal
- [ ] 3 cups air-popped popcorn

Also each day:

dairy and healthy fats

DAIRY

3 servings each day

- [ ] 1 cup milk
- [ ] 1 cup kefir
- [ ] 1 cup fortified soy milk
- [ ] ¾ cup plain yogurt
- [ ] ¾ cup plain Greek yogurt
- [ ] 1 string cheese
- [ ] 1 oz cheese
- [ ] ½ cup cottage cheese

HEALTHY FATS

3 ½ servings each day

- [ ] 1 tsp olive oil
- [ ] 1 tsp avocado oil
- [ ] 1 tsp butter
- [ ] 2 Tbsp avocado
- [ ] 8 olives
- [ ] 2 tsp oil-based salad dressing
- [ ] 1 tsp pesto
- [ ] 1 tsp mayo
- [ ] 6 almonds
- [ ] 1 12 tsp peanut butter

SAUCES: MEASURE IT UP!

Limit to 1 serving per meal

- 1 Tbsp low-sodium soy sauce
- 1 Tbsp ketchup
- 1 Tbsp BBQ sauce
- 1 Tbsp teriyaki sauce
- 1 Tbsp honey mustard

Look for sugar-free or low sugar, low-sodium options.

WHAT ABOUT...?

- **Onions and mushrooms:** count as vegetables. 1 cup = 1 serving. A little onion doesn't need counting.
- **Lemon and lime:** use freely. Juice and zest add flavor with almost no calories.
- **Corn, potatoes, sweet potatoes and winter squash:** these are starchy vegetables. Limit them to 1 serving a day (1 cup, or 1 medium potato). They count toward your vegetables. Bake or roast them and skip the fryer.
- **Herbs and spices:** use freely. Fresh or dried, they add flavor with almost no calories. Check the label on seasoning blends and skip the ones with added sugar or a lot of salt.
- **Use freely:** garlic, ginger, vinegar (any kind), mustard, hot sauce, salsa

Don't see it here? If it grew in the ground or on a tree, it's probably ok. If it came in a box with a long ingredient list, skip it.

Feeling full fast? Eat slowly and stop when you feel full, drink at least 64 oz of water a day, and go easy on greasy or fried foods, which can make nausea worse.

Questions? Call our Care Team at 888-959-7299 or email info@korbhealth.com | korbhealth.com

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