



Teladoc Health food groups

TIP

Below are general guidelines for foods without a nutrition label. If your item has a nutrition label, use it to determine how much equals one serving.



This handout includes a list of all the food groups and examples of food choices you'll find within each group. It also includes serving sizes so you'll know how much food is in one serving. Remember, depending on your individualized health goals, you may eat various servings at each meal. Your Teladoc Health coach will help you build (and follow!) the plan that is right for you.

Carbohydrate food group - starches


As below, starches include grains, starchy vegetables, beans, etc. One starch choice has 15 grams of carbs and around 80 calories.




TIP

Fill up on fibre. Look for grain foods that list "100% whole grain" or "whole wheat" as their first ingredient, and make sure they contain at least 3 grams of fibre per serving.




Bagel
1/4 large bagel (1 oz)




Granola cereal
1/4 cup




Plain potato, sweet potato, yam
1/2 cup





Baked beans
1/3 cup





Green peas
1/2 cup




Polenta
1/3 cup




Beans
Black, garbanzo, kidney, lima, navy, pinto, etc.
1/2 cup cooked (drained & rinsed)
 For every 1/2 cup, beans also contain 1 protein serving




Grits
1/2 cup cooked




Popcorn
3 cups





Bread slice
Reduced-calorie, light
2 slices (1 1/2 oz)





Hamburger or hot dog bun
1/2 bun





Ready-to-eat cereal
Dependent, check food label; average is about 3/4 cup





Bread slice
White, whole grain, French, Italian, pumpernickel, rye, sourdough, etc.
1 slice (1 oz)
 Read label, as breads vary in the amount of carbs they contain



Hard taco shell
2 small taco shells




Rice, pasta, quinoa, couscous
1/3 cup cooked




Bulgur
1/2 cup




Matzo
3/4 oz





Roti
1 oz





Chapati
1 oz





Naan
3 1/4-inch square (1 oz)




Succotash
1/2 cup




Corn
1/2 cup or 1/2 large cob




Oatmeal
1/2 cup cooked





Tortilla
6 inches across
1 small tortilla





English muffin
1/2 muffin




Pita
6 inches across
1/2 pita




Winter squash
Butternut or acorn
1 cup


Carbohydrate food group - fruits

One fruit choice has 15 grams of carbs and around 60 calories.

TIP

Go whole. Fresh fruit with the skin (whenever possible) will provide you with the most fibre and fluid — a satisfying combo!



Apple

1 small (4 oz; think the size of a baseball)



Banana

1 extra small or ½ large banana



Blueberries

¾ cup



Cantaloupe or honeydew melon

1 cup diced



Cherries

12 cherries



Clementine

2 small clementines



Dates

3 small dates or
1 large (medjool) date



Dried fruit

2 Tbsp



Fresh apricots

4 apricots



Fresh figs

2 medium figs (3.5 oz)



Grapefruit

½ large grapefruit



Grapes

17 small grapes



Guava

2 small guavas



Juice

Apple, orange, grapefruit, pineapple

½ cup (4 oz)



Juice

Grape, prune, & fruit juice blends

1/3 cup



Kiwi

½ cup sliced



Mango

½ small mango (½ cup)



Nectarine or peach

1 medium nectarine
or peach



Orange

1 medium orange



Papaya

½ papaya (1 cup cubed)



Pear

½ large pear



Pineapple

¾ cup fresh or ½ cup canned



Plantain

¼ plantain (1/3 cup)



Pomegranate seeds

½ cup



Raspberries or blackberries

1 cup



Strawberries

1¼ cup whole



Unsweetened applesauce

½ cup



Watermelon

1¼ cups diced



Carbohydrate food group - milk and yogurt

One milk choice contains 6-12 grams of carbs and around 80-160 calories.

TIP

Stay saturated-fat-conscious. Choose foods that have 2 or fewer grams of saturated fat per serving.



Chocolate milk

½ cup



Cow's milk

Whole, reduced fat, skim

1 cup



Kefir

Plain, unsweetened

1 cup

If flavoured or sweetened, read label for more details



Milk Substitutes - read nutrition label for more info



Rice milk

Plain, unsweetened

1 cup

If flavoured or sweetened, read label for more details



Soy milk

Plain, unsweetened

1 cup

If flavoured or sweetened, read label for more details.

Note: only 4 g carbohydrates perserving in unsweetened soy milk



Yogurt, Greek or regular

Plain, unsweetened

6 oz (¾ cup)

If flavoured or sweetened, read label for more details



Protein food group

One protein choice contains 7 grams of protein and around 35-100 calories. Most protein choices don't contain carbs, but always check the label.

TIP

Keep it lean. Lean protein options like fish, skinless chicken, eggs, and tofu give you loads of bang for your buck — they're low-calorie, super-satisfying choices.



Cheese

1 oz



**Chicken, turkey, fish,
beef, lamb, goat, pork**

1 oz



Cottage cheese

¼ cup



Egg substitute

¼ cup



Egg whites

2 egg whites



Eggs

1 egg



Nut spread, no sugar added

Peanut, cashew, almond,
soy butter, etc.

1 Tbsp



Tempeh

Check label for carb counts

¼ cup



Tofu

½ cup



Fat food group

One fat choice has 5 grams of fat, around 45 calories, usually 0 carbs, but always check the label.

TIP

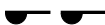
Add plant-based fat to meals and snacks. Foods like nuts, avocados, and olive oil may help keep you fuller longer without affecting blood sugar levels. Talk with your coach about how much you should eat to support your individualized health goals.



Almonds or cashews
6 nuts



Coconut, shredded
2 Tbsp



Peanuts
10 nuts



Avocado
2 Tbsp



Margarine
1 tsp stick or
1 Tbsp low-fat soft spread



Pecans or walnuts
4 halves



Bacon
1 slice



Mayonnaise
1 tsp regular or
1 Tbsp reduced fat



Pine nuts
1 Tbsp



Butter, stick
1 tsp



Nut butters
Almond, peanut, cashew, etc.
1½ tsp



Pistachios
16 nuts



Chitterlings
Boiled
2 Tbsp



Oil
Olive, canola, peanut,
vegetable, etc.
1 tsp



Sour cream
Regular
2 Tbsp



Coconut milk
Canned
1/3 cup light or
1½ Tbsp regular



Olives
8 black or 10 green



Non-starchy vegetable food group

½ cup cooked or 1 cup raw for one non-starchy vegetable choice below; one serving of non-starchy vegetables has about 5 grams of carbohydrates and around 25 calories.

TIP

Pile them on! For fibre-rich meals that satisfy, make half of your plate non-starchy vegetables like the ones listed below.



Artichoke



Celery



Jicama



Radishes



Arugula



Cucumber



Kale



Rutabaga



Asparagus



Daikon



Kohlrabi



Spinach



Bamboo shoots



Eggplant



Leeks



Summer squash
Yellow, zucchini



Beets



Endive



Mushrooms



Swiss chard



Broccoli



Escarole



Okra



Tomato juice



Brussels sprouts



Fennel



Onions



Tomatoes



Cactus



**Green beans,
wax beans,
italian beans**



**Pea pods,
sugar snap peas**



Turnips



Carrots



**Green cabbage,
Red cabbage,
Bok choy**



Peppers
Red, green,
yellow, mini



Water chestnuts



Cauliflower



Greens
Collard, mustard,
turnip, etc.