

1-Block Equivalents for Protein, Fat, and Carbs

Proteins		
Food	Cups/Oz (Cooked)	Grams (Cooked)
Beef	1 oz.	26
Beef, ground 80% lean	1.5 oz.	27
Calamari	1.5 oz.	39
Canadian bacon	1 oz.	25
Catfish	1.5 oz.	38
Cheese, Cheddar	1 oz.	-
Cheese, Cottage	1/4 Cup	-
Cheese, Feta	1.5 oz.	-
Cheese, Ricotta	2 oz.	-
Chicken Breast	1 oz.	23
Clams	1.5 oz.	27
Crabmeat	1.5 oz.	39
Duck	1.5 oz.	30
Egg Substitute, Liquid	1/4 Cup	-
Egg White	2 Large	64
Egg Whole	1 Large	52
Flounder	1.5 oz.	46
Ham	1 oz.	37
Lamb Loin	1 oz.	24
Lamb Ground	1.5 oz.	28
Lobster	1.5 oz.	37
Pork, Loin Chop	1 oz.	27
Pork, Ground	1.5 oz.	27
Pork, Bacon	1 oz.	20
Salmon	1.5 oz.	28
Sardines	1 oz.	28
Scallops	1.5 oz.	34
Shrimp	1.5 oz.	29
Soy Burgers	1/2 Patty	45
Soy Cheese	1 oz.	56
Soy Sausage, Links	2 Links	37
Swordfish	1.5 oz.	30
Tofu, Firm	2 oz.	86
Tofu, Soft	3 oz.	107
Tuna Steak	1.5 oz.	24
Tuna, Canned In Water	1 oz.	36
Turkey Breast	1 oz.	23
Turkey, Ground	1.5 oz.	26
Turkey, Deli Meat	1.5 oz.	32

Fats		
Food	Cups/Oz (Cooked)	Grams
NUTS & SEEDS		
Almonds	~ 3	3
Almond Butter	1/3 Tsp.	3
Cashews	~ 3	3
Macadamia Nuts	~ 1	2
Peanut Butter	1/2 Tsp.	3
Peanuts	~ 6	3
Sunflower Seeds	1/4 Tsp.	3
Walnuts	1 Tsp.	2
OTHER		
Almond Milk (unsweetened)	1/2 Cup	-
Avocado	1 Tbsp.	10
Butter	1/3 Tsp.	2
Coconut Milk	1/2 Tbsp.	7
Coconut Oil	1/3 Tsp.	2
Cream Cheese	1 Tsp.	5
Cream, Heavy	1/3 Tsp.	4
Cream, Light	1/2 Tsp.	8
Half and Half	1 Tbsp.	13
Lard	1/3 Tsp.	2
Mayo, Light	1 Tsp.	5
Mayonnaise	1/3 Tsp.	2
Olive Oil	1/3 Tsp.	2
Olives	~ 5	14
Sour Cream	1 Tsp.	8
Tahini	1/3 Tsp.	3
Tartar Sauce	1/2 Tsp.	9

Notes:

- 1) The amount for each item that is required to obtain 7g of protein, 9g of carbohydrate, or 1.5g of fat.
- 2) Exact data rounded to the nearest whole gram.
- 3) Exact data from USDA Food Composition Databases unless not available therein.
- 4) Fiber in carbohydrate sources is subtracted to determine a block.

Vegetables		
Food	Cups/Oz	Grams
Acorn Squash	2/5 Cup	89
Artichoke	1 Small	270
Arugula	*	-
Asparagus	12 Spears	425
Bean Sprouts	3 Cups	265
Beet Green	1.25 Cups	351
Beets	1/2 Cup	112
Black Beans	1/4 Cup	60
Bok Choy	3 Cups	1,155
Broccoli	1.25 Cups	232
Brussels Sprouts	3/4 Cup	200
Butternut Squash	1/3 Cup	123
Cabbage	1.33 Cups	250
Carrots	1/2 Cup	173
Cauliflower	1.25 Cups	500
Celery	2 Cups	375
Chick Peas	1/4 Cup	45
Collard Greens	1.25 Cups	545
Corn	1/4 Cup	48
Cucumber	1 (9 inches)	-
Dill Pickles	3 (3 inches)	-
Eggplant	1.5 Cups	144
Fava Beans	1/3 Cup	63
Green Beans	1 Cup	193
Kale	1.25 Cups	247
Kidney Beans	1/4 Cup	55
Leeks	1 Cup	137
Lentils	1/4 Cup	74
Lettuce, Iceberg	1 Head	-
Lettuce, Romaine	6 Cups	-
Lima Beans	1/4 Cup	65
Mushrooms	3 Cups	291
Napa Cabbage	5 Cups	405
Okra	3/4 Cup	448
Onion	1/2 Cup	103
Parsnips	1 (3 inches)	67
Peas	1/3 Cup	250
Peppers, Red	1.25 Cups	165
Pinto Beans	1/4 Cup	52

Vegetables		
Food	Cups/Oz	Grams
Potato, White	1/3 Cup	48
Radishes	2 Cups	493
Salsa	1/2 Cup	-
Sauerkraut	1 Cup	650
Snow Peas	3/4 Cup	211
Spaghetti Squash	1 Cup	178
Spinach	1.33 Cups	667
Summer Squash	3 Cups	309
Sweet Potato	1/3 Cup	52
Swiss Chard	1.25 Cups	443
Tomato	1 Cup	273
Tomato Sauce	1/2 Cup	235
Turnip	3/4 Cup	295
Watercress	*	-
Zucchini	3 Cups	536

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- 4) Fiber in carbohydrate sources is subtracted to determine a block.
- 5) *Indicates virtually unlimited amounts (over 5 cups for a block).

Fruits		
Food	Cups/Oz	Grams
Apple	1/2	79
Applesauce, Unsweetened	2/5 Cup	89
Apricots	3 Small	99
Banana	1/3	45
Blackberries	1/2 Cup	210
Blueberries	1/2 Cup	75
Cantaloupe	1/4	125
Cherries	7	65
Cranberries, Raw	1/4 Cup	117
Dates	1	13
Figs	3/4	55
Grapefruit	1/2	140
Grapes	1/2 Cup	53
Guava	1/2 Cup	100
Honeydew	1/2	110
Kiwi	1	75
Kumquat	3	96
Mango	1/3 Cup	67
Nectarine	1/2	102
Orange	1/2	99
Papaya	2/3 Cup	99
Peach	1	112
Pear	1/2	75
Pineapple	1/2 Cup	77
Plum	1	89
Raisins	1 Tbsp.	12
Raspberries	2/3 Cup	167
Strawberries	1 Cup	160
Tangerine	1	78
Watermelon	1/2 Cup	125

Notes:

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Processed Carbs		
Food	Cups/Oz	Grams
Bagel	1/4	17
Biscuit	1/4	19
Bread	1/2 Slice	20
Bread Crumbs	1/2 oz.	20
Cereal	1/2 oz.	14
Cocolate Bar	1/2 oz.	15
Cornbread	1-in square	14
Cornstarch	4 Tsp.	10
Croissant	1/4	21
Crouton	1/2 oz.	12
Doughnut	1/4	37
English Muffin	1/4	12
Flour	1.5 Tsp.	20
French Fries	5	63
Graham Crackers	1.5	12
Granola	1/2 oz.	20
Grits	1/3 Cup	63
Ice Cream	1/4 Cup	39
Melba Toast	1/2 oz.	13
Oatmeal	1/3 Cup	90
Pancake 4-inch	1/2	32
Pasta, Cooked	1/4 Cup	38
Pita Bread	1/4	17
Popcorn	2 Cups	19
Potato Chips	1/2 Cup	18
Pretzels	1/2 oz.	12
Refried Beans	1/4 Cup	90
Rice	3 Tbsp.	32
Rice Cake	1	12
Roll (Dinner)	1/2	18
Roll (Hamburger, Hot Dog)	0.25	18
Saltine Crackers	4	13
Taco Shell	1	16
Tortilla (Corn) 6-inch	1	23
Tortilla (Flour) 6-inch	1/2	20
Tortilla Chips	1/2 Oz.	15
Waffle	1/2	27

