



REAL FOOD

LIST & PORTION GUIDE

Hey there!

With so much conflicting nutrition information floating around these days, it can be difficult to know which foods are the healthiest when it comes to a real food diet!

As Real Food Dietitians we get a lot of questions about which foods we consider to be 'real food' - so that's why we've put together our Real Food List and Portion Guide, to help you cut through the info clutter and start eating your way to a healthier you. Though we don't condone calorie counting we've included portion sizes for those who are looking for more guidance when it comes to filling their plates.

We've kept this list pretty general in the sense that it includes dairy, gluten-free grains and some packaged convenience foods because we realize that everyone has different needs and tolerances. What works for you might not work for another so we encourage you to listen to your body and choose the foods that make you feel your best.

A word about packaged or convenience foods: We've selected a handful of pre-made foods for the list that we consider 'sometimes' foods because like you, we're human, and we don't make 100% of our meals and snacks from scratch. Though we've chosen foods with shorter and cleaner ingredient lists, keep in mind that ideally these foods should make up just 10% of your total intake with the rest coming from real, unprocessed and nutrient-dense vegetables, fruits, proteins and fats.

We hope you find this list useful in your own real food journey!

Peace, Love & Real Food,

Jess & Stacie
[The Real Food Dietitians](#)



the **REAL FOOD**
DIETITIANS ●●●
eat clean. live well. be awesome.

QUALITY PROTEINS

Include a protein with each meal
(Average serving = 15-30 grams protein)



PROTEIN SOURCE | SERVING SIZE

- Organic Eggs** | chicken or duck, preferably pasture-raised | **2-3 eggs** (Note: 1 duck egg = 1½-2 chicken eggs)
Chicken | white or dark meat | **3-5 oz.**
Turkey | white or dark meat | **3-5 oz.**
Ground Beef or Bison | preferably grass-fed | **3-5 oz.**
Beef or Bison Steaks | preferably grass-fed | **3-5 oz.**
Pork | preferably pasture-raised | **3-5 oz.**
Lamb | preferably pasture-raised | **3-5 oz.**
Salmon | wild-caught, Alaskan | **3-5 oz.**
Whitefish | such as Cod, Halibut, Mahi Mahi, Walleye, etc. | **3-5 oz.**
Venison, Elk or Moose | **3-5 oz.**
Duck, Pheasant, Grouse, etc. | **3-5 oz.**
Shrimp, Scallops, Crab or Lobster | **3-5 oz.**
Canned Tuna | packed in water | **3-5 oz.**
Canned Salmon | Alaskan | **3-5 oz.**
Sardines | canned in olive oil or water | **3-5 oz.**
Plant-based Protein Powder Such as [Natural Citizen](#), [Aloha](#), [Amazing Grass](#), [Garden of Life](#) or [Tone it Up](#) | **1-2 scoops**
Whey Protein Powder | such as [Natural Force](#), [Vital Proteins](#), [SFH](#), [Prime Protein](#) or [Tera's Whey](#) | **1-2 scoops**
Collagen | [Vital Proteins](#) or [Primal Kitchen Collagen Fuel](#) | **1-2 scoops** (see package label)
Cottage cheese, full fat | **1/2-3/4 cup**
Greek Yogurt (plain), full fat[^] | **1/2-3/4 cup**
Goat or Sheep Milk Yogurt, full fat[^] | **3/4-1 cup**

Find quality cuts of
beef, chicken and pork
online at [Butcher Box](#)

Italicized = Dairy Protein
[^] = Fermented Food

HEALTHY FATS

Include a fat with each meal
(Average serving = 12-18 grams fat)

For nuts & seeds
choose raw or
dry roasted
(no added oils)



HEALTHY FAT SOURCE | SERVING SIZE

- | | | |
|---|---|--|
| Almonds 16-20 Brazil Nuts 4 Cashews 14-16 Hazelnuts 10-12 Macadamia nuts 7-9 Pecans, halves 18-20 Pine nuts 2 Tbsp. Pistachios 20 nuts Walnuts, halves 8-10 nuts Chia seeds 3 Tbsp. Flax seeds, ground (flax meal) 3 Tbsp. Hemp Hearts 3 Tbsp. Pumpkin seeds or "Pepitas" 2-3 Tbsp. Sesame Seeds 2 Tbsp. Sunflower seeds 2-3 Tbsp. | Nut and seed butter 2 Tbsp (no sugar added. <i>Almond butter, cashew butter, peanut butter, sunflower seed butter, tahini, etc.</i>) Avocados 1/2 medium Avocado Oil 1 Tbsp. (such as Primal Kitchen or Chosen Foods) Coconut Oil 1 Tbsp. Olive Oil 1 Tbsp. Walnut oil 1 Tbsp. Olives 8-10 olives Coconut milk (full-fat, canned) ¼-⅓ cup Coconut Butter 2 Tbsp. Unsweetened Coconut Flakes ¼ cup Unsweetened Shredded Coconut 2 Tbsp. | Mayonnaise , full fat, preferably made from olive oil or avocado oil such as Primal Kitchen 1 Tbsp. Heavy Cream , preferably organic 2 Tbsp. Ghee , preferably grass-fed 1 Tbsp. Butter , preferably grass-fed 1 Tbsp. Animal Fats , pasture-raised duck, chicken, beef (tallow), bison or pork (lard) 1 Tbsp. Cheese , Full-fat, organic 1 oz. Sour Cream , Full-fat, preferably organic 2 Tbsp. |
|---|---|--|

Italicized = dairy fat

CARBS NON-STARCHY VEGETABLES

Include a non-starchy vegetable with as many meals and snacks as possible!



These veggies are low in calories yet high in fiber, nutrients and antioxidants!

* Indicates **Dirty Dozen List** (high in pesticide residue - best to purchase organic)

CARBS - NON-STARCHY VEGETABLES

| | | | |
|------------------|-----------------|----------------|---------------|
| Asparagus | Collard Greens* | Leeks | Snap Peas* |
| Bell Peppers* | Cucumbers* | Lettuce | Snow Peas |
| Bok Choy | Eggplant | Mixed Greens | Swiss Chard |
| Broccoli | Garlic | Mushrooms | Tomatoes* |
| Brussels Sprouts | Green Beans | Mustard Greens | Turnip Greens |
| Butter Lettuce | Green Onions/ | Onion | Yellow Squash |
| Cabbage | Scallions | Radishes | Zucchini |
| Cauliflower | Kale | Romaine | |
| Celery* | Kohlrabi | Spinach* | |

CARBS STARCHY VEGETABLES

Healthy sources of carbohydrate, but keep portion sizes in check for better blood sugar balance. (Average serving = 15 grams carbs)



CARBS - STARCHY VEGETABLES | SERVING SIZE

| | |
|-------------------------------------|--------------------------------|
| Beets 1¼ cup, cooked | Plantains 1/3 cup, cooked |
| Carrots 1 cup, raw | Potatoes* ½ cup, cooked |
| Celeriac 1 cup, cooked | Rutabagas 1 cup, cooked |
| Corn ½ cup or 1 ear | Sweet Potatoes ½ cup, cooked |
| Daikon Radish ½ cup raw or cooked | Turnips ½ cup, cooked |
| Jicama 1 cup, raw | Winter Squash ¾ cup, cooked |
| Pumpkin ¾ cup, cooked | Yams ½ cup, cooked |
| Parsnips ½ cup, cooked | Yuca/Cassava ½ cup cooked |
| Peas ½ cup | |

* Indicates **Dirty Dozen List** (high in pesticide residue - best to purchase organic)

CARBS - STARCHES

(Average serving = 15 grams carbs)

CARBS - STARCHES | SERVING SIZE

Watch your portion sizes - these can add up quickly!

| | |
|--|--|
| Beans 1/3-1/2 cup (black, kidney, garbanzo, pinto, etc.) | Other Gluten-free grains 1/3-1/2 cup (buckwheat, millet, amaranth, teff, etc.) |
| Lentils 1/3-1/2 cup | Quinoa, brown rice or other gluten-free pasta 1/3-1/2 cup |
| Rice 1/3-1/2 cup (brown, white, wild rice) | Gluten-free oats 1/3-1/2 cup |
| Quinoa 1/3-1/2 cup | Gluten-free or corn tortillas 1-2 |

CARBS - FRUITS

Be sure to add variety and choose fruits in season to get the most nutrition bang for your buck!

(Average serving = 15 grams carbs)



CARBS - FRUITS | SERVING SIZE

Apple* | 1 small
Applesauce | unsweetened, ½ cup
Banana | ½ medium
Blackberries | 1 cup
Blueberries | ¾ cup
Cantaloupe | 1 cup, diced
Cherries* | ¾ cup with pits
Clementine | 2 each

Dried Fruit | 2-3 Tbsp.
Grapefruit | 1 each
Grapes* | ½ cup
Honeydew | 1 cup, cubed
Kiwi | ½ cup, sliced
Mango | ½ cup, diced
Nectarine* | 1 small
Orange | 1 medium

Peach* | 1 small
Pear* | 1 small
Pineapple | ¾ cup
Plums | 2 plums
Raspberries | 1 cup
Strawberries* | 1 cup, raw
Watermelon | 1 cup, cubed



BEVERAGES

BEVERAGE | SERVING SIZE

Purified Water
Coffee | 8 oz.
Tea | 8 oz.
Unsweetened Coconut milk | 8 oz.
Unsweetened dairy-free milk | 8 oz.
(such as almond or cashew milk)
Organic Cow or Goat Milk | 8 oz.
Fresh-pressed juice no added sugar (limit) | 6 oz.

Kefir^ | 8 oz.
(water, coconut or dairy-based)
Kombucha^ | 8 oz.
(with less than 4g sugar per serving)
Sparkling Water | 8 oz.
(such as La Croix, [Hint](#) or [Spindrift](#))
Unsweetened Coconut Water | 8 oz.

EXTRAS

FLAVORINGS & CONDIMENTS

Lemon & Lime Juice
Fresh & Dried Herbs
Seasonings & Spices
Hummus | ¼ cup
Guacamole | 1 Tbsp.
Vinegar
Salsa
Hot Sauce

Mustard
Ketchup
Bottled Salad Dressings and Marinades
Look for minimal ingredients and no added sugar such as [Primal Kitchen Foods](#), [Tessemæ's](#) and The New Primal | 1-2 Tbsp
Naturally fermented sauerkraut, kimchi, pickles or other cultured vegetables^
Coffee Creamer such as [Nutpods](#), Califia or New Barn
Marinara/Pasta Sauce - no added sugar

CLEAN BAKING INGREDIENTS

Coconut flour
Gluten-free baking flour
(Such as [Bob's Red Mill 1-to-1 Gluten-free flour](#))
Almond flour
Honey
Maple Syrup

Brown Rice Syrup
Coconut sugar
Dark chocolate chips
(Such as [Enjoy Life](#), [Equal Exchange](#) or [Lily's](#))
Vanilla extract
Stevia

BETTER CONVENIENCE FOODS

PROTEIN BARS

[Primal Kitchen Bars](#)

[GoMacro Bars](#)

[Health Warrior Chia Bars](#)

[Zing Bars](#)

[G2G Bars](#)

[RxBars](#)

[Perfect Bar](#)

MEAT SNACKS

Jerky

(Such as [Country Archer](#), [Organic Prairie Mighty](#), [Epic](#), [Wild Zora](#), or [The New Primal](#))

Meat Bars

(Such as [Epic](#), [Country Archer](#), [Organic Prairie Mighty](#), or [DNX](#))

Meat Sticks

(Such as [Nick's](#), [The New Primal](#), [Epic](#), [Vermont](#), or [Chomps](#))

SNACK/DESSERTS BARS

[Thunderbird Bars](#) (Check out their nut-free [Thunderbird Kids bar](#), too)

[KIND Bars](#) (look for those with less than 5g of sugar)

[Lara Bars](#)

Dark Chocolate (Such as [Eating Evolved](#), [Taza](#), [Lily's](#), [Alter Eco](#), [Equal Exchange](#) or [Endangered Species](#))

CARBS & STARCHES

Gluten-free bread | 1 slice

(Such as [Canyon Bakehouse](#), [Udi's](#), [Little Northern Bakehouse](#))

Gluten-free unsweetened or low-sugar dry cereal

(such as [Cheerios](#), [Rice Chex](#), [Corn Chex](#) or [Barbara's Gluten-free Multigrain Puffins](#)), <6 g sugar per serving | 1 serving (read the label)

Brown rice cakes | 2 cakes

Popcorn popped in coconut or avocado oil | 2-3 cups

Gluten-free, nut or rice crackers | 1 serving

(such as [Jilz Crackerz](#), [Simple Mills](#), [Mary's Gone Crackers](#), [Nut Thins](#), or [Crunchmaster](#))

Gluten-free or Grain-free Granola Homemade or purchased | <6g sugar per ¼ cup, 1 serving

([Bear Naked](#), [KIND](#), [Purely Elizabeth](#), [WholeMe](#), or [Kitchun](#))

Chips Blue, yellow or red corn [tortilla chips](#) or [sweet potato chips](#) made with coconut oil (such as [Jackson's Honest](#)) or **grain-free tortilla chips made with avocado oil** (such as [Siete](#))

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