

The Zone Diet developed by Dr. Barry Sears: -Journal issue 21, May 2004, - Barry Sears' The Zone

Balancing Macronutrients:

The Zone Diet manages blood glucose, proper macronutrient proportion and caloric restriction.

- **Protein** should be lean and varied and account for about **30%** of your total caloric load.
- **Carbohydrates** should be predominantly low-glycemic and account for about **40%** of your total caloric load.
- **Fat** should be predominantly monounsaturated and account for about **30%** of your total caloric load.

Caloric Restriction and Longevity

Current research strongly supports the link between caloric restriction and an increased life expectancy. The incidence of cancers and heart disease sharply decline with a diet that is limited in caloric intake. The CrossFit prescription allows a reduced caloric intake and yet still provides ample nutrition for rigorous activity.

Calories: should be set at between 1.0 grams of **protein** per pound of lean body mass depending on your activity level.

What is a Block?

The Zone Diet is based on a block system of measuring food proportions. A block is a unit of measure used to simplify the process of making balanced meals.

Block Chart Grams:

7 grams of protein (cooked) = 1 block of protein

9 grams of carbohydrate = 1 block of carbohydrate

1.5 grams of fat = 1 block of fat. (The block chart assumes that there is about 1.5 grams of fat in your protein source. If the protein source is specifically labeled "non-fat" then double the usual fat blocks for that meal to 3 grams of fat per block.)

Body Type and Block Requirements: Choose which body type best fits you to determine your block requirement.

Breakfast	Lunch	Snack	Dinner	Snack	Total daily blocks	Body type
2	2	2	2	2	10	Small female
3	3	1	3	1	11	Medium Female
3	3	2	3	2	13	Large Female
4	4	1	4	1	14	Athletic - well muscled female
4	4	2	4	2	16	Small male
5	5	1	5	1	17	Medium male
5	5	2	5	2	19	Large male
4	4	4	4	4	20	X-Large male
5	5	3	5	3	21	Hard gainer
5	5	4	5	4	23	Large hard gainer
5	5	5	5	5	25	Athletic - well muscled male

The Block Chart: Once you decide how many blocks you need, it is simple to use the block chart and select how much of each food you require.

Every meal, every snack must contain equivalent blocks of protein, carbohydrate and fat. Simply choose 1 item from the protein list, 1 item from the carbohydrate list, and 1 item from the fat list to compose a 1 block meal. Or choose 2 items from each column to compose a 2 block meal, etc.

BLOCK CHART

Protien (cooked quantity)	
chicken breast	1 oz
turkey breast	1 oz
ground turkey	1 1/2 oz
veal	1 oz
beef	1 oz
ground beef	1 1/2 oz
canadian bacon	1 oz
corned beef	1 oz
duck	1 1/2 oz
ham	1 oz
lamb	1 oz
ground lamb	1 1/2 oz
pork	1 oz
ground pork	1 1/2 oz
calamari	1 1/2 oz
calfish	1 1/2 oz
clams	1 1/2 oz
crabmeat	1 1/2 oz
flounder/sole	1 1/2 oz
lobster	1 1/2 oz
salmon	1 1/2 oz
scallops	1 1/2 oz
swordfish	1 1/2 oz
shrimp	1 1/2 oz
tuna steak	1 1/2 oz
canned tuna	1 oz
protein powder	1 oz
soy burgers	1/2 patty
soy sausage	2 links
soy cheese	1 oz
firm tofu	2 oz
soft tofu	3 oz
whole egg	1 large
egg whites	2 large
egg substitute	1/4 cup
cottage cheese	1/4 cup
cheese	1 oz
feta cheese	1 1/2 oz
ricotta cheese	2 oz

Carbohydrate (cooked)	
oatmeal	1/3 cup
artichoke	1 small
asparagus	12 spears
green beans	1 cup
black beans	1/4 cup
broccoli	1 1/4 cup
brussel sprouts	3/4 cup
cabbage	1 1/3 cup
cauliflower	1 1/4 cup
chick peas	1/4 cup
dill pickles	3 (3 in)
eggplant	1 1/2 cup
kidney beans	1/4 cup
leeks	1 cup
lentils	1/4 cup
onions	1/2 cup
suarkraut	1 cup
spagetti squash	1 cup
spinach	1 1/3 cup
tomato sauce	1/2 cup
tomatoes	3/4 cup
yellow squash	1 1/4 cup
zucchini	1 1/3 cup

Combo Items (quantity)	
milk	1 cup
yogurt (plain)	1/2 cup
soybeans	1/4 cup
soymilk	1 cup

* note: combo items contain 1 block of protien & 1 block of carbohydrate.

Carbohydrate (raw)	
alfalfa sprouts	7 1/2 cups
broccoli	2 cups
cabbage	2 1/4 cups
cauliflower	2 cups
celery	2 cups
cucumber	1 (9 in)
lettuce, iceburge	1 head
lettuce, romaine	6 cups
mushrooms	3 cups
onions	2/3 cup
peppers	1 1/4 cup
radishes	2 cups
salsa	1/2 cup
snow peas	3/4 cup
spinach	4 cups
tomato	1 cup
apple	1/2
apple sauce	3/8 cup
apricots	3 small
blackberries	1/2 cup
cantaloupe	1/4 cup
cherries	7
fruit cocktail	1/3 cup
blueberries	1/2 cup
grapes	1/2 cup
grapefruit	1/2
honeydew	1/2 cup
kiwi	1
lemon	1
nectarine	1/2
orange	1/2
peach	1
pear	1/2
pinapple	1/2 cup
plum	1
raspberries	2/3 cup
strawberries	1 cup
tangerine	1
watermelon	2/4 cup

Fat (quantity)	
almonds	~3
avocado	1 Tbs
canola oil	1/3 tsp
macadamia nuts	~1
olives	~5
peanut butter	1/2 tsp
peanuts	~6
cashews	~3
peanut oil	1/3 tsp
olive oil	1/3 tsp
tahini	1/3 tsp
guacomole	1/2 Tbs
vegetable oil	1/3 tsp
mayonnaise	1/3 tsp
mayo, light	1 tsp
seseme oil	1/3 tsp
sunflower seeds	1/4 tsp
bacon bits	1 1/2 tsp
butter	1/3 tsp
half and half	1 Tbs
cream, light	1/2 tsp
cream cheese	1 tsp
sour cream	1 tsp
tartar sauce	1/2 tsp
lard	1/3 tsp
veg. shortening	1/3 tsp

Unfavorable Carbohydrates	
Vegetables	
acorn squash	3/8 cup
baked beans	1/8 cup
beets	1/2 cup
butternut squash	1/3 cup
cooked carrots	1/2 cup
corn	1/4 cup
french fries	5
lima beans	1/4 cup
peas	1/3 cup
pinto beans	1/4 cup
potato, boiled	1/3 cup
potato, mashed	1/5 cup
refried beans	1/4 cup
sweet potato, baked	1/3 (5 in)
sweet potato, mashed	1/5 cup
Fruit	
banana	1/3 (9 in)
cranberries	1/4 cup
cranberry sauce	4 tsp
dates	2
figs	3/4
guava	1/2 cup
kumquat	3
mango	1/3 cup
papaya	2/3 cup
prunes	2
raisins	1 Tbs
Fruit Juice	
apple juice	1/3 cup
cranberry juice	1/4 cup
fruit punch	1/4 cup
grape juice	1/4 cup
grapefruit juice	3/8 cup
lemon juice	1/3 cup
orange juice	3/8 cup
pinapple juice	1/4 cup
tomato juice	3/4 cup

Grains & Breads	
bagel	1/4
barley	1 Tbs
biscuit	1/4
baked potato	1/3 cup
bread crumbs	1/2 oz
bread	1/2 slice
bread stick	1
buckwheat	1/2 oz
bulgur wheat	1/2 oz
cereal	1/2 oz
corn bread	1 sq in
comstarch	4 tsp
croissant	1/4
crouton	1/2 oz
donut	1/4
english muffin	1/4
flour	1 1/2 tsp
granola	1/2 oz
grits	1/3 cup
muffins	1/4
noodles	1/4 cup
instant oatmeal	1/2 pkt
pasta, cooked	1/4 cup
pancake	1/2 (4 in)
pita bread	1/4
popcorn	2 cups
rice	3 Tbs
Rice cakes	1
Roll (hamburger, hot dog)	1/4
taco shell	1
tortilla (corn)	1 (6 in)
Tortilla (flour)	1/2 (6 in)
waffle	1/2

* note: When building meals with "unfavorable carbohydrates" quantity becomes critical.

Condiments	
BBQ sauce	2 Tbs
catsup	2 Tbs
cocktail sauce	2 Tbs
Honey	1/2 Tbs
Jelly/jam	2 tsp
plum sauce	1 1/2 Tbs
molasses	2 tsp
pickle (bread & butter)	6 slices
relish (sweet)	4 tsp
steak sauce	2 Tsp
brown sugar	1 1/2 tsp
granulated sugar	2 tsp
confectioners sugar	1 Tsp
maple syrup	2 tsp
teriyaki sauce	1 1/2 Tbs
Alcohol	
Beer	8 oz
liqour	1 oz
wine	4 oz
Snacks	
Chocolate bar	1/2 oz
corn chips	1/2 oz
graham crackers	1 1/2
ice cream	1/4 cup
potato chips	1/2 cup
pretzels	1/2 oz
Tortilla chips	1/2 oz
saltine crackers	4