

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 |