



Calories, Fat, Fiber and Protein

Food	Calories	Total Fat (gms)	Saturated Fat (grams)	Protein (grams)	Fiber (grams)
Citrus – 1 medium					
Orange	62	0.2	trace	1	3.1
Grapefruit	52	0.2	trace	1	1.3
Lemon / Lime	12	trace	trace	trace	0.2
Orange juice (1 cup)	112	0.5	trace	2	0.5
Berries – 1 cup					
Blueberries	83	0.5	trace	1	3.5
Raspberries	64	0.8	trace	0	8.0
Strawberries	43	0.5	trace	1	3.3
Tropical Fruit - 1 medium					
Banana	109	0.6	0.2	1	2.8
Cantaloupe (1/8 th med)	24	0.2	trace	1	0.6
Watermelon (1/16 th)	92	1	0.1	2	1.4
Pineapple (1 cup)	76	0.7	trace	1	1.9
Mango	135	0.6	0.1	1	3.8
Kiwifruit	46	0.3	trace	1	2.6
Dried Fruit – ¼ cup					
Dates	122	0.2	trace	1	3.3
Prunes	102	0.2	trace	1	3
Raisins	109	0.2	trace	1	1.5
Figs	127	0.2	trace	2	6.1
Apricot halves	78	0.2	trace	1	2.4
Shoots, Stalks and Leaves (½ cup cooked)					
Asparagus	22	0.3	trace	2	1.4
Broccoli	28	0.3	trace	2	2.6
Celery	6	trace	trace	0.3	0.7
Collards (1 cup)	49	0.7	trace	4	5.3
Chard (1 cup)	35	0.1	trace	3	3.7
Cauliflower	14	0.3	trace	1	1.7
Artichoke	60	0.2	trace	4	6.6
Green Beans	22	0.2	trace	1	2



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Food	Calories	Total Fat (gms)	Saturated Fat (grams)	Protein (grams)	Fiber (grams)
Root and Starchy Vegetables (1 cup)					
Carrots	55	0.2	trace	2	4.7
Fennel (raw)	30	0.1	trace	1	2.2
Turnips	34	0.1	trace	1	3.1
Potato, baked w/skin	163	0.3	trace	4	3.6
Potato, mashed w/milk	174	1.2	0.7	4	3.2
Sweet Potato	103	0.2	trace	2	3.8
Beets (1/2 cup)	37	0.2	trace	1	1.7
Corn (1/2 cup)	89	1	0.2	3	2.3
Other Vegetables - 1 cup					
Avocado (1/2 med)	153	15	2.2	2	4.2
Cucumber	14	0.1	trace	1	0.8
Dill pickle (1 med)	12	0.1	trace	0.4	0.8
Zucchini	29	0.1	trace	1	2.5
Bell peppers	32	0.2	trace	1	2.1
Eggplant	28	0.2	trace	1	2.4
Tomato (1 medium)	26	0.4	trace	1	1.4
Tomatoes, stewed	80	2.7	0.5	2	1.7
Onions, Leeks and Garlic - 1 medium					
Onion	41	0.2	trace	1	1.5
Shallot (1 tbsp)	7	trace	trace	0.3	NA
Garlic	4	trace	trace	0.2	0.1
Leek	38	0.2	trace	0	1.2
Salad Vegetables - 1 cup shredded					
Romaine	8	0.1	trace	0.9	0.9
Arugula	5	0.1	trace	0.5	0.3
Iceberg	6	trace	trace	0.4	0.5
Watercress	4	trace	trace	0.8	0.6
Spinach	7	0.1	trace	0.9	0.8
Endive	4	trace	trace	0.3	0.8
Mushrooms	18	0.2	trace	2	0.8
Bean Sprouts	16	0.1	0	2	0.9



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Food	Calories	Total Fat (gms)	Saturated Fat (grams)	Protein (grams)	Fiber (grams)
Breads - 1 slice					
White	76	1	0.1	2	0.6
Whole Wheat	70	1.2	0.3	3	2
Rye	73	0.9	0.2	2	1.6
Pumpernickel	71	0.9	0.1	2	1.8
Mixed Grain	71	1.1	0.2	3	1.8
French / Sourdough	78	0.9	0.2	2	0.9
Bagel, plain	360	2.1	0.3	14	3
English muffin	134	1.0	0.1	4	1.5
Croissant (1 medium)	231	12.0	6.6	5	1.5
Bran muffin (small)	305	8.3	1.2	9	5.2
Blueberry muffin	313	7.3	1.6	6	2.9
Banana bread	196	6.3	1.3	3	0.6
Pancake (4-inch)	74	1	0.2	2	0.5
Corn tortilla (6-inch)	56	0.6	0.1	1	1.3
Flour tortilla (10-inch)	171	4.2	0.9	4	1.7
Waffle (7-inch)	218	10.6	2.2	6	NA
Noodles & Rice - 1 cup cooked					
Egg	213	2.4	0.5	8	1.8
Rice	192	0.4	trace	2	1.8
Chow mein	237	13.8	2	4	1.8
Long-grain white	205	0.4	0.1	4	0.6
Glutinous or sticky	169	0.3	trace	4	1.7
Long-grain brown	216	1.8	0.4	5	3.5
Wild	166	0.6	0.4	7	3
Packaged rice / pasta	246	6	1	5	2
Instant white	162	0.3	trace	3	0.9
Cereals & Grains - 1 cup cooked					
Millet	207	1.7	0.3	6	2.2
Quinoa	159	2.5	0.3	6	2.5
Buckwheat groats	155	1	trace	6	4.5
Corn flakes	101	0.2	trace	2	1
Bran cereal	81	1	0.2	4	9.9
Puffed wheat	44	0.1	trace	2	0.5



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Food	Calories	Total Fat (gms)	Saturated Fat (grams)	Protein (grams)	Fiber (grams)
Wheat, Barley and Oats – 1 cup cooked					
Bulgur	151	0.4	trace	6	8.2
Couscous	176	0.3	trace	6	2.2
Wheat germ (2 tbsp)	52	1.4	0.2	3	1.8
Wheat bran (2 tbsp)	16	0.3	0.1	1	3.2
Pearled barley	193	0.7	0.1	4	6
Hulled barley	270	2	trace	7	14
Oats	109	1.8	0.3	5	3
Nuts -1 oz raw					
Almonds	164	14.4	1.1	6	3.3
Brazil nuts	186	18.7	5.6	4	1.5
Cashews	160	1.3	2.3	4	0.9
Pecans	196	20.4	1.8	3	2.7
Peanuts	161	14	1.9	7	2.4
Walnuts	185	18.5	1.7	4	1.9
Peanut butter (2 tbsp)	190	16.6	3.3	8	1.9
Macadamias	203	21.5	3.4	2	2.4
Pistachios	158	12.6	1.5	6	2.9
Seeds - 1 oz					
Sunflower, dry roasted w/o salt	165	14.1	1.5	5	3.1
Sesame seeds (1 tbsp)	97	4.5	0.6	2	1
Flaxseeds (1 tbsp)	59	4	1.4	2	3.3
Soybeans - ½ cup					
Tofu, firm	97	5.6	0.8	10	0.5
Tofu, soft	76	4.6	0.6	8	0.2
Soymilk, vanilla	150	3	0	6	3.3
Edamame	127	5.8	0.6	11	3.8
TVP crumbles	116	6.5	1.6	11	2.5
Vegetable burger	91	0.5	0.1	14	4.3
Legumes - 1 cup					
Lentils	230	0.7	0.1	18	16
Chickpeas	269	4.2	0.4	15	12
Kidney beans	225	0.9	0.1	15	13



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Hummus	93	5.4	0.8	4	3.2
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Food	Calories	Total Fat (gms)	Saturated Fat (grams)	Protein (grams)	Fiber (grams)
Fats & Oils - 1 tablespoon					
Butter	102	11.5	7.2	trace	0
Canola oil	124	14	1	0	0
Vegetable oils	120	13.6	~2.0	0	0
Olive oil	119	13.5	1.8	0	0
Cheese - 1 oz					
Hard cheese	110	8.5	5.4	8	0
Low-fat cheddar	49	2	1.2	7	0
Soft cheese	100	7.5	4.2	6	0
Ricotta	216	16	10.2	14	0
Mozzarella	80	6.1	3.7	6	0
Cottage cheese	116	5	3.2	3	0
Cream cheese	99	10	6.2	2	0
Goat cheese, soft	76	6	4.1	5	0
Milk - 1 cup					
Whole milk	149	8.2	5	8	0
Skim milk	86	0.4	0.2	8	0
Goat's milk	168	10	6.5	9	0
Yogurt - 8 oz container					
Low fat with fruit	232	2.4	1.6	10	0
Plain	140	3.5 – 7.3	2.3 – 4.8	8	0
Eggs - 1 large					
Boiled / poached egg	78	5.3	1.6	6	0
Scrambled egg	101	7.4	2.2	7	0
Fried egg	92	7	1.9	6	0
Fish - 3 oz					
Salmon	175	10.5	2.1	19	0
Sardines, canned (2)	50	2.7	0.4	6	0
Canned tuna, light	99	0.7	0.2	22	0
Fresh tuna, grilled	118	1	0.3	26	0



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Food	Calories	Total Fat (gms)	Saturated Fat (grams)	Protein (grams)	Fiber (grams)
Swordfish	132	4.4	1.2	22	0
Sole, perch, flounder	99	1.3	0.3	21	0
Cod	89	0.7	0.1	19	0
Shellfish - 3 oz					
Lobster, shrimp	99	1.3	0.3	21	0
Scallops	89	0.7	0.1	19	0
Clams	126	1.7	0.2	22	0
Mussels	146	1.1	0.7	20	0
Crabs, steamed	74	1.1	0.2	15	0
Meat - 1 piece serving					
Breast, w/o skin, roast	142	3	0.9	27	0
Breast, w skin, roast	193	7.6	2.1	29	0
Thigh, w/o skin, roast	109	5.6	1.6	13	0
Thigh, w skin, roast	153	9.6	2.7	16	0
Turkey breast, w/o skin	138	3.7	1.2	25	0
T-bone steak, broiled	168	8.2	2.8	22	0
Chunk roast	179	6.5	2.3	28	0
Lean ground beef	173	9	3.7	21	0
Lamb leg, roast	162	6.6	2.3	24	0
Lamb loin, roast	172	8.3	3.2	23	0
Pork spareribs	337	26	9.5	25	0
Pork tenderloin, roast	139	4.1	1.4	24	0

Recommendations:

Calories: _____

Protein: _____

Fiber: _____

Other Recommendations: _____