NUTRITIONAL VALUES - version 12/24/05

| | Quan | Cal | P | CH | Fib |
|---|---|---|---|---|---|
| **DAIRY** | | | | | |
| Milk - whole | 8 oz | 160 | 9 | 12 | |
| Milk - 2% | 8 oz | 120 | 8 | 11 | |
| Dry milk, non-fat | ¼ C | 61 | 6 | 9 | |
| | 1 T | 15 | 1½ | 2 | |
| Soy milk powder | 1 T | 40 | 6 | 3 | 2 |
| Cheese | 1 oz | 110 | 7 | 1 | |
| Parm cheese | 1 T | 25 | 2 | T | |
| Feta lo-fat | 1 oz | 60 | 6 | <1 | |
| Cottage cheese | 1 C | 160 | 24 | 10 | |
| Ricotta, part skim | ¼ C | 100 | 8 | 2 | |
| Sour cream | 1 T | 25 | | 1 | |
| Cream | 1 T | 25 | | 1 | |
| Yogurt | 1 C | 120 | 8 | 14 | |
| Ice cream | 4 oz | 140-150 | | 14 | |
| Egg | 1 | 80 | 6 | | |
| **MEAT** - cooked | | | | | |
| Beef - wet | 1 oz | 56 | 7 | 0 | |
| Beef - oven roast | 1 oz | 50 | 7 | 0 | |
| Steak - lean | 1 oz | 70 | 7 | 0 | |
| Hamburger | 1 oz | 60 | 7 | 0 | |
| Corned beef | 4 oz | 190 | 14 | 0 | |
| Pork | 3 oz | 260-320 | 21 | 0 | |
| Pork sausage | 2 oz | 230 | 7 | T | |
| Pork link - 1 | 28g | 80 | 6 | | |
| Ham pre-cooked | 3 oz | 80 | 14 | 0 | |
| Ham | 3 oz | 245 | 14 | 0 | |
| Bacon | 2 slices | 90 | 5 | 1 | |
| Bratwurst | 2 oz | | 14 | 2 | |
| Hot dog | 2 oz | 170-290 | | | |
| Chicken | 3 oz | 115-155 | 21 | 0 | |
| Chicken thigh | | 270 | | | |
| Turkey | 1 oz | 52-60 | 7 | 0 | |
| **FISH** | | | | | |
| Tuna | 2 oz | 70 | | 0 | |
| Sardines in water | 3.75 oz | 120 | 13 | 0 | |
| Pollock | 1 oz | 34 | | | |
| Fish steaks canned | 1 can | 200 | 20 | 0 | |
| Snapper | 1 oz | 36 | 7½ | 0 | |
| **VEGETABLES** | | | | | |
| Artichoke med | 120g | 60 | 4 | 13 | 6 |
| Beans, green | 1 C | 35 | 2 | 10 | 4 |
| Beans, kidney | 1 C | 230 | 15 | 42 | 13 |
| Beets | 1 C | 74 | 1 | 16 | 4 |
| fresh | 100g | 43 | 2 | 10 | 3 |
| Broccoli | 1 C | 54 | 4 | 12 | 6 |
| raw | 50g | 14 | 1.5 | 2.5 | 0 |
| Cabbage, shredded | 1 C | 20 | 1 | 5 | 2 |
| cooked | 1 C | 32 | 2 | 6 | 2 |
| Carrot, raw 72g | 1 | 30 | 1 | 7 | 2 |
| cooked | 1 C | 54 | 2 | 12 | 4 |
| Cauliflower | 1 C | 28 | 2 | 6 | 4 |
| Celery stalk 40g | 1 | 6 | 0 | 1 | 1 |
| Corn | 1 cob | 70 | | 16 | |
| | 1 C | 170 | | 40 | |
| Cucumber raw | 1 oz | 3 | 0 | 1 | 0 |
| Lettuce | 1 leaf | 1-3 | 0 | 0 | 0 |
| Mushrooms, raw | 1 C | 15 | 2.2 | 1.5 | |
| Onion raw | 110g | 46 | 1 | 11 | 2 |
| Peas - fresh | 1 C | 115 | | 19 | |
| canned | 1 C | 165 | | 31 | |
| Potato - baked | 100g | 90 | | 21 | |
| mashed w milk | 1 C | 125 | | 25 | |
| chips | 10 | 115 | | 10 | |

| | Quan | Cal | P | CH | Fib |
|---|---|---|---|---|---|
| Sauerkraut | 1 C | 27 | 1 | 6 | 4 |
| Spinach | 1 C | 40-45 | 5 | 6 | |
| frozen | 1/2 C | 30 | 4 | 5 | 4 |
| Squash - winter | 1 C | 130 | 4 | 32 | |
| summer | 1 C | 30 | 2 | 7 | |
| Zucchini | 1 C | 29 | 1 | 7 | 3 |
| Sweet potato - raw | 6 oz | 155-170 | | 36-39 | |
| Turnip | 1 C | 35 | 1 | 8 | 3 |
| Tomato | 200g | 36 | 2 | 8 | 2 |
| Juice | 1 C | 40 | 1 | 9 | 0 |
| V8 | 1 C | 30 | 3 | 9 | 2 |
| **FRUIT** | | | | | |
| Apple | 150g | 70 | | 17 | 3 |
| Avocado | 285g | 370 | | 73 | |
| Banana | 175g | 100 | | 26 | |
| Blueberries | 1 C | 85 | 1 | 21 | 3 |
| Cranberries, raw | 1 C | 51 | 0 | 13 | 5 |
| Cherries, dried | each | 4 | | | |
| Lemon/lime juice | 1 T | 4 | | 1 | |
| Orange | 180g | 85 | 2 | 21 | 4 |
| juice | 1 C | 120 | | 28 | |
| Peach | 114g | 35 | | 10 | |
| Plum | 60g | 25 | | 7 | |
| Prune | each | 20 | | 5 | 1 |
| Raspberries | 1 C | 64 | 1 | 15 | 8 |
| Olives - green, lge | 3 | 25 | | 1 | 0 |
| **GRAIN PRODUCTS** | | | | | |
| Flour, whole wh | 1/4 C | 100 | 4 | 21 | |
| Bread | slice | 65-70 | | 12-14 | |
| Tortilla | each | 95 | 2 | 18 | 2 |
| Saltines | each | 12 | | 2 | |
| Triscuit | each | 20 | 0.5 | 3 | |
| Farina cooked | 1 C | 105 | | 22 | |
| Pasta cooked | 1 C | 200 | | 32-39 | |
| Oatmeal cooked | 1 C | 130 | 5 | 23 | |
| Oatmeal, dry | 1 C | 311 | 13 | 54 | 8 |
| Rice cooked | 1 C | 225 | | 50 | |
| Cornstarch | 1 T | 30 | | 7 | |
| Granola | 1 C | 120 | | | |
| Wheat bran | 1 oz (¼C) | 61 | 4 | 18 | 12 |
| | 1 C | 125 | 9 | 37 | 25 |
| Wheat germ | 1 oz (¼C) | 102 | 7 | 15 | 4 |
| | 1 C | 414 | 27 | 60 | 15 |
| Gluten | 1 oz (¼C) | 105 | 21 | 4 | |
| Sunflower seeds | 1 oz (3T) | 164 | 5 | 4 | |
| Oat bran | 1 C | 230 | 16 | 62 | 14 |
| | 1 oz(wt) | 69 | 5 | 19 | 4 |
| Arrowroot | 1 T | 30 | 0 | 7 | |
| Flax meal | 1 T | 37 | 1 | 2 | 2 |
| Flax seed whl | 1 C | 897 | 31 | 49 | 46 |
| **MISCELLANEOUS** | | | | | |
| Butter | 1 T | 100 | T | T | |
| Oil | 1 T | 125 | 0 | 0 | |
| Mayonnaise, reg | 1 T | 100 | | T | |
| Catsup, reg | 1 T | 15 | | 4 | |
| Sugar | 1 T | 40 | | 11 | |
| Yeast granular | 1 T | 35 | 5 | 5 | 3 |
| Gelatin | 1 T | 25 | 6 | 0 | 0 |
| Cocoa | 1 T | 20 | 1 | 3 | 1 |
| Chili (ours) | 1 C | 320 | | | |
| Beer | 12 oz | 150 | | 14 | |
| Wine | 4 oz | 100 | | 5 | |