

## NUTRITIONAL VALUES OF FOODS

<b>FOOD ITEM</b>	<b>AMT.</b>	<b>GRAMS OF PROTEIN</b>	<b>GM OF FAT</b>	<b>MG. OF CALCIUM</b>	<b>MG. OF IRON</b>	<b>MCG. OF FOLIC ACID</b>
CATFISH breaded, fried	3 oz.	15	11	37	1.2	33
COD baked/broiled	3 oz.	20	1	8	0.3	7
FLOUNDER/SOLE baked/broiled	3 oz.	21	1	15	0.3	8
SALMON Red baked/broiled	3 oz.	23	9	6	0.5	4
SALMON Pink, canned	3 oz.	17	5	181	0.7	13
SHRIMP, fried	6 large	10	6	30	0.6	11
TUNA, canned water-pack lt.	3 oz.	22	1	9	1.3	3
BEEF, lean only, cooked	3 oz.	26	11	11	3.1	9
LAMB chops, lean only	3 oz.	30	12	22	2.3	19
CHICKEN, fried, 1/2 breast, w/ bone	5.6 oz.	35	18	28	1.8	29
CHICKEN, fried, thigh	1 ea.	19	14	15	1.2	22
CHICKEN, roasted, 1/2 breast w/bone	4.2 oz.	27	3	13	0.09	3
CHICKEN, roasted, thigh	1 ea.	13	6	5	0.06	4
CHICKEN, canned boneless	5 oz.	31	11	20	2.2	6
TURKEY, roasted, meat only white	3 oz.	25	3	16	1.1	5
TURKEY, roasted, meat only dark	3 oz.	24	6	27	2	8
CHILE CON CARNE with beans, canned	1 C	20	8	67	3.3	58
BEANS - dry cooked, lima	1 C	15	1	32	4.5	156
BEANS - dry cooked: black, kidney	1 C	15	1	32-46	3.6-4.5	230-256
BEANS - dry cooked, pinto	1 C	14	1	82	4.5	294
BEANS - dry cooked, great northern	1C	15	1	120	3.8	181
BEANS - canned baked, plain or vegetarian	1 C	12	1	127	0.7	61
BLACK-EYED PEAS dry cooked	1 C	13	1	41	4.3	210
LENTILS dry cooked	1 C	18	1	38	6.6	358
PEAS - split dry, cooked	1 C	16	1	27	2.5	127
SOYBEANS, dry cooked	1 C	29	15	175	8.8	93
REFRIED BEANS, canned	1 C	14	3	88	4.2	28
EGGS - large, whole, cooked scrambled	1 ea.	6	5	25	0.7	18
EGG SUBSTITUTE, liquid	1/4 C	8	2	33	1.3	9
ALMONDS - whole (approx. 24 nuts)	1 oz.	6	14	70	1.2	8
CASHEWS, dry roasted	1 oz.	4	13	13	1.7	20
PEANUTS, dry roasted (about 28)	1 oz.	7	14	15	0.6	41
PECAN HALVES (about 20 halves)	1 oz.	3	20	20	0.7	6
SESAME SEEDS	1 Tbl.	2	4	10	0.6	8
WALNUTS (about 14 halves)	1 oz.	4	18	29	0.8	28
WILD RICE, cooked	1 C	7	1	5	1	43
BROWN RICE, cooked	1 C	5	2	20	0.8	8
SPAGETTI, MACARONI cooked	1 C	7	1	10	2	172
BAGEL, Egg 4"	1 ea.	9	2	12	3.5	119
EGG NOODLES enriched, cooked	1 C	8	2	19	2.5	166
EGG NOODLES, spinach, cooked	1 C	8	3	30	1.7	150
PEANUT BUTTER reduced fat smooth	1 Tbl.	5	6	6	0.3	12
CHEESE Cheddar	1 oz.	7	9	204	0.2	5
COTTAGE CHEESE, LOW FAT (2%)	1 C	31	4	155	0.4	29
MOZZARELLA CHEESE, part skim	1 oz.	8	5	207	0.1	3

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MILK whole, no milk solids added	1 C	8	8	291	0.1	12
MILK low fat (1%) no milk solids added	1 C	8	3	300	0.1	12
MILK notfat/skim no milk solids added	1 C	8	tr	302	0.1	12
YOGURT whole milk plain	8 oz.	8	7	274	0.1	16
YOGURT nonfat vanilla or lemon	8 oz.	9	tr	325	0.3	25
OKRA, frozen, cooked, boiled & drained *	1 C	4	1	177	1.2	269
SPINICH, cooked, boiled & drained	1 C	5	tr	245	6.4	263
SPINICH, raw	1 C	1	tr	30	0.8	58
ASPARAGUS, frozen, boiled & drained *	1 C	5	1	41	1.2	243
ASPARAGUS, boiled & drained *	4 spears	2	tr	12	0.4	88
ASPARAGUS, frozen, boiled & drained *	4 spears	2	tr	14	0.4	81
BRUSSEL SPROUTS, frozen, boiled & drained *	1 C	6	1	37	1.1	157
BRUSSEL SPROUTS, boiled & drained *	1 C	4	1	56	1.9	94
BEETS, cooked, boiled & drained	1 C	3	tr	27	1.3	136
LETTUCE, butterhead (boston & bibb types)	1 Head	2	tr	52	0.5	119
LETTUCE, Cos or Romaine, raw	1 C	1	tr	20	0.6	76
LETTUCE, Iceberg, raw	1 C	1	tr	10	0.3	31
BROCCOLI, frozen, chopped, boiled & drained *	1 C	6	tr	94	1.1	103
BROCCOLI, raw *	1 C	3	tr	42	0.8	62
CAULIFLOWER, frozen, boiled & drained *	1 C	3	tr	31	0.7	74
CAULIFLOWER, cooked, boiled & drained *	1 C	2	1	20	0.4	55
SQUASH, Winter - all varieties, baked *	1 C	2	1	29	0.7	57
SQUASH, Winter butternut, frozen, boiled	1 C	3	tr	45	1.4	38
POTATO, baked, flesh and skin	1 (202gm)	5	tr	20	2.7	57
POTATO, baked, flesh only	1 (202gm)	3	tr	8	0.5	14
ORANGES, raw, all varieties *	1 ea.	1	tr	52	0.1	39
SQUASH, summer, all varieties, boiled	1 C	2	1	49	0.6	36
CORN ON THE COB, sweet	1 ear	3	1	2	0.5	35
SWEET POTATO, baked in skin *	1 (146gm)	3	tr	41	0.7	34
SWEET POTATO, boiled without skin *	1 (156gm)	3	tr	33	0.9	17
CABBAGE, raw *	1 C	1	tr	33	0.4	30
CABBAGE, cooked, boiled & drained *	1 C	2	1	47	0.3	30
MANGO, raw *	1 mango	1	1	21	0.3	29
KIWI fruit, raw *	1 med.	1	tr	20	0.3	29
CANTALOUPE, raw *	1 C	1	tr	18	0.3	27
CANTALOUPE, raw *	1/8 melon	1	tr	8	0.1	12
PEPPERS, raw, sweet red or green *	1 ea.	1	tr	11	0.5	26
BANANAS, raw	1 ea.	1	1	7	0.4	22
CARROTS, boiled & drained	1 C	2	tr	48	1	22
CARROTS, frozen, boiled & drained	1 c	2	tr	41	0.7	16
CARROTS, raw	1 ea	1	tr	19	0.4	10
AVACADOS, California, raw (1/5 of whole)	1 oz.	1	5	3	0.3	19
AVACADOS, Florida, raw (1/10 of whole)	1 oz.	tr	3	3	0.2	15
TOMATOES, red, ripe, raw *	1 (123gm)	1	tr	6	0.6	18
CELERY, raw	1 stalk	tr	tr	16	0.2	11

Eat approx. 80 - 100 gm of protein each day \* = Good sources of Vit. C Meat/Animal products are only natural sources of B-12