



FOOD ITEMS			
OUNCES	FISH AND FOWL	CALORIES	PROTEIN
4 - 6	Bass	140 - 210	26 - 39
4 - 6	Cod	119 - 179	26 - 39
4 - 6	Flounder	132 - 198	28 - 42
4 - 6	Halibut	159 - 239	30 - 45
4 - 6	Orange Roughy	101 - 152	21 - 32
4 - 6	Red Snapper	145 - 218	23 - 35
4 - 6	Tilapia	123 - 185	26 - 39
4 - 6	Canned Solid Tuna (Low Sodium)	140 - 210	30 - 45
4 - 6	Haddock	127 - 191	28 - 42
4 - 7	Boneless/Skinless Chicken Brst	184 - 322	44 - 77
4 - 6	Turkey Brst	153 - 230	34 - 51
4 - 6	Filet Mignon	208 - 312	22 - 33

SERVING	FRUIT	CALORIES	CARBS
1	Orange	69	17
1	Apple	81	21
1 medium	Grapefruit	92	24
1 medium	Bananna	105	27
1	Peach	37	10
1	Pear	98	25

SERVING	NUTS	CALORIES	PROTEIN	CARB	FATS
1 oz	Almonds (Raw)	163	6	6	14
1 oz	Walnuts (Raw)	183	4	4	18
1 oz	Cashews (Raw)	155	5	9	12
1 Tablespoon	Natural Peanutbutter	94	4	3	8
1 Tablespoon	Natural Almondbutter	101	1	2	4

SERVING	STARCHES	CALORIES	CARBS
1 Cup	Cooked Brown Rice	220	46
1/2 Cup	Oatmeal (Steel Cut)	120	21
1	Rice Cake (No Salt)	35	7
1/2 Cup	Hot Oat Bran Cereal	150	25
5 oz	Baked Yam	140	35

CUP	VEGETABLES	CALORIES
1	Broccoli	31
1	Cauliflower	25
1	Celery	16
1	Asparagus	27
1	Slided Cucumber	16
1	Green Beans	34
1	Peppers (Grn,Red or Yellow)	30
Average	Garden Salad (No Dressing)	70

NOTE: Where Calorie, Protein, Carb or Fat is not listed the amount is nominal