



## Protein Nutritional Values

PRODUCT	SERVING OZ	CALORIES	PROTEIN	CARBS	FAT
Egg	1 large	70	6	0	5
Liquid Egg Whites	½ cup	60	13	0	0
Egg Beaters	¼ cup	30	6	1	0
<b>Poultry</b>					
Breast- meat only	5/8	155/246	33/53	0	1.7/2.85
Wing - meat & skin	5/8	315/502	25/29	0	20/24
Thigh - meat only	5/8	170/274	28/45	0	5.5/8.8
Drumstick - meat & skin	5/8	230/366	27/44	0	12/19
Deli-sliced breast meat (varies)	5/8	130/240	25/45	0-4	2.5/4
<b>Pork</b>					
Lean Ham	5/8	210/331	32/50	0	8/13
Pork Loin/Chop	5/8	300/480	41/65	0	14/22
Country - style ribs - lean	5/8	350/560	38/61	0	21/33
Ground - avg.	5/8	375/594	24/39	0	30/48
Ground - extra lean	5/8	230/366	44/71	0	5/8
Bacon - avg.	2 slices	105	6.5	0	8
Bacon - center cut	2 slices	70	5	0	5
Canadian Bacon	1 oz	55	9	0	2.5
<b>Beef</b>					
95% extra lean ground	5/8	240/389	37/59	0	9/15
80% lean ground	5/8	385/617	37/58	0	25/40
Flank Steak - lean	5/8	275/440	39/63	0	12/19
Sirloin Steak - lean	5/8	270/423	43/69	0	9/15
Round, Eye or Tip - lean	5/8	250/400	39/55	0	9/14
Tenderloin Filet Mignon	5/8	255/406	40/64	0	9/15
T- Bone - lean	5/8	400/640	28/45	0	28/45
Ribs - lean only	5/8	345/548	20/32	0	20/32
Roast - lean	5/8	230/366	6/9	0	6/9
Prime Rib	5/8	360/571	28/46	0	28/46
<b>Wild Game/Miscellaneous</b>					
Bison Steak	5/8	175/274	33/46	0	3/5.7
Buffalo, ground	5/8	285/457	44/70	0	12/19
Elk	5/8	160/251	33/53	0	2/3.4
Lamb - loin	5/8	450/720	36/57	0	32/53
Lamb - chop	5/8	510/817	31/50	0	42/67
Rabbit	5/8	280/446	35/55	0	12/18
Venison	5/8	170/274	33/53	0	3/5.7

These are examples of Nutritional values in various proteins. Actual values may vary on preparation and type of cuts.

Rev. 10/17/2013

PRODUCT	SERVING OZ	CALORIES	PROTEIN	CARBS	FAT
<b>Fish</b>					
Anchovy - in oil	5 each	42	6	0	2
Cod	5/8	120/186	25/40	0	1/1.6
Halibut	5/8	160/251	30/47	0	3/5.7
Grouper	5/8	130/208	27/54	0	1.44/2.3
Mahi - Mahi	5/8	125/200	27/42	0	1/2.2
Salmon - Atlantic	5/8	260/417	28/46	0	16/25
Tilapia	5/8	140/218	29/47	0	2.4/3.8
Trout	5/8	195/314	30/47	0	8/11.2
Tuna - Bluefin/Red	5/8	205/331	33/53	0	7/11.4
Tuna - light – canned	5/8	165/263	36/58	0	1/2.3
<b>Seafood</b>					
Clams	5/8	105/171	18/29	3.7/5.7	1.4/2.3
Crab - King	5/8	120/194	26/41	0	1/1.2
Crawfish	2 oz	45	9	0	.6
Lobster	5/8	130/206	27/42	0.7/1.2	1.2/3
Oysters	5 medium	205	24	12.5	6
Scallops	4 lg/10 sm	55	10	1.4	.5
Shrimp	5/8	150/210	29/46	1.3/2.0	2.4/3.9
<b>Dairy</b>					
Skim Milk	8	90	8.4	3	.44
1 % Milk	8	105	8.2	12	2.5
Almond Milk	8	40	1.51	2	3.58
Lite soy Milk	8	110	7	11	4
Cottage Cheese - 1%	4 oz	80	14	3	1
String Cheese	1 oz 1 stick	80	8	.5	5
Block Cheese	1 oz 1 slice	80	6.5	.8	8
Yogurt - plain fat - free	1 cup	130	14	19	.5
Yogurt - plain - low fat	1 cup	150	13	17	4
Greek - plain fat free	1 cup	130	24	9	0
Yogurt - fruit low-fat	1 cup	240-250	9-11	45/50	2/3
Veggie Cheese	1 slice	68	6	2	4
<b>Beans/Legumes</b>					
Black Beans	1 cup	218	14.47	39.74	.7
Red Kidney Beans	1 cup	218	13.44	39.9	.87
Pinto Beans	1 cup	670	41.34	120.72	2.37
White Beans	1 cup	673	47.19	121.75	1.72
Navy Beans	1 cup	701	46.45	126.36	3.12

These are examples of Nutritional values in various proteins. Actual values may vary on preparation and type of cuts.