



Protein Nutritional Values

PRODUCT	SERVING OZ	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)
Egg	1 large	70	6	0	5
Liquid Egg Whites	½ cup	60	13	0	0
Egg Beaters	¼ cup	30	6	1	0
Poultry					
Breast- meat only	3/5/8	92/155/246	19/33/53	0	1/1.7/2.85
Wing - meat & skin	3/5/8	188/315/502	10/25/29	0	9/20/24
Thigh - meat only	3/5/8	102/170/274	16/28/45	0	3.3/5.5/8.8
Drumstick - meat & skin	3/5/8	137/230/366	16/27/44	0	7/12/19
Deli-sliced breast meat (varies)	3/5/8	90/130/240	16/28/45	0-4	1.5/2.5/4
Pork					
Lean Ham	3/5/8	124/210/331	18/32/50	0	4.8/8/13
Pork Loin/Chop	3/5/8	180/300/480	24/41/65	0	8.2/14/22
Country - style ribs - lean	3/5/8	210/350/560	22/38/61	0	12/21/33
Ground - avg.	3/5/8	222/375/594	14/24/39	0	18/30/48
Ground - extra lean	3/5/8	137/230/366	26/44/71	0	3/5/8
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
Beef					
95% extra lean ground	3/5/8	145/240/389	22/37/59	0	5/9/15
80% lean ground	3/5/8	231/385/617	29/37/58	0	15/25/40
Flank Steak - lean	3/5/8	220/275/440	23/39/63	0	7/12/19
Sirloin Steak - lean	3/5/8	158/270/423	25/43/69	0	5/9/15
Round, Eye or Tip - lean	3/5/8	150/250/400	20/39/55	0	5/9/14
Tenderloin Filet Mignon	3/5/8	152/255/406	24/40/64	0	5/9/15
T- Bone - lean	3/5/8	240/400/640	16/28/45	0	16/28/45
Ribs - lean only	3/5/8	205/345/548	12/20/32	0	12/20/32
Roast - lean	3/5/8	137/230/366	24/40/64	0	4.5/7.5/12
Prime Rib	3/5/8	190360/571	17/28/46	0	17/28/46
Wild Game/Miscellaneous					
Bison Steak	3/5/8	175/274	17/28/46	0	2/3/5.7
Buffalo, ground	3/5/8	285/457	26/44/70	0	7/12/19
Elk	3/5/8	160/251	19/33/53	0	1.2/2/3.4
Lamb - loin	3/5/8	450/720	21/36/57	0	19/32/53
Lamb - chop	3/5/8	510/817	18/31/50	0	25/42/67
Rabbit	3/5/8	280/446	20/35/55	0	6/12/18
Venison	3/5/8	170/274	19/33/53	0	2/3/5.7

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

PRODUCT	SERVING OZ	CALORIES	PROTEIN (g)	CARBS (g)	FAT
Fish					
Anchovy - in oil	5 each	42	6	0	2
Cod	3/5/8	69/120/186	15/25/40	0	.6/1/1.6
Halibut	3/5/8	94/160/251	17/30/47	0	2/3/5.7
Grouper	3/5/8	78/130/208	20/27/54	0	.86/1.44/2.3
Mahi - Mahi	3/5/8	75/125/200	16/27/42	0	.86/1.4/2.2
Salmon - Atlantic	3/5/8	156/260/417	17/28/46	0	9/16/25
Tilapia	3/5/8	81/140/218	17/29/47	0	1.42/2.4/3.8
Trout	3/5/8	118/195/314	17/30/47	0	4.2/8/11.2
Tuna - Bluefin/Red	3/5/8	124/205/331	20/33/53	0	4.27/7/11.4
Tuna - light – canned	3/5/8	33/165/263	22/36/58	0	.86/1.4/2.3
Seafood					
Clams	3/5/8	64/105/171	11/18/29	2/3.7/5.7	.86/1.4/2.3
Crab - King	3/5/8	73/120/194	15/26/41	0	.45/1/1.2
Crawfish	2 oz	45	9	0	.6
Lobster	3/5/8	77/130/206	16/27/42	.45/0.7/1.2	1.12/1.8/3
Oysters	5 medium	205	24	12.5	6
Scallops	4 lg/10 sm	55	10	1.4	.5
Shrimp	3/5/8	78/150/210	17/29/46	.75/1.3/2.0	1.42.4/3.9
Dairy					
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
Beans/Legumes					
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

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