

NUTRITION 101 BASICS

<u>FOOD</u>	<u>KCAL</u>	<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
MEAT, EGGS, SEAFOOD, AND DAIRY				
EGG WHITE (1 LARGE)	17	4g	0	0
EGG (1 WHOLE)	74	6g	0	5g
FLANK STEAK 8 oz.	352	48g	0	6g
GROUND TURKEY 8 oz.	340	40g	0	18g
LOW-FAT 1% COTTAGE CHEESE 8 oz.	163	28g	6g	2g
SALMON 8 oz.	416	45g	0	24g
SKINLESS CHICKEN BREAST 6 oz.	185	39g	0	2g
SKINLESS CHICKEN THIGH 6 oz.	355	44g	0	19g
TOP SIRLOIN STEAK 8 oz.	288	48g	0	8g
TUNA 6 oz.	191	42g	0	1g
TURKEY BREAST 6 oz.	189	42g	0	1g
VEGETABLES				
ASPARAGUS 20 SPEARS	60	6g	12g	0
BAKED POTATO 1 med.	161	4g	37g	0
BROCCOLI 1 cup	31	3g	6g	0
BRUSSELS SPROUTS 1 cup	38	3g	8g	0

<u>FOOD</u>	<u>KCAL</u>	<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
CARROT, 1 med.	25	1g	6g	0
CAULIFLOWER 1 cup	28	1g	3g	0
GREEN BEANS 1 cup, cooked	44	2.4g	10g	0
PEAS, 1 cup	118	8g	21g	1g
SWEET POTATO 1 medium	103	2g	24g	0
TOMATO 1 medium	22	1g	5g	0
ZUCCHINI 1 cup, sliced, boiled	29	1g	7g	0
FRUITS				
APPLE, 1 large	110	0	30g	0
AVOCADO ½ medium	145	2g	8g	13g
BANANA 1 medium	105	1g	27g	0
BLUEBERRIES 1 cup	83	1g	21g	0
CANTALOUPE 1 medium	188	5g	45g	0
GRAPEFRUIT ½ large	53	1g	13g	0
ORANGE 1 large	86	2g	22g	0
RASBERRIES 1 cup	64	1g	15g	0

<u>FOOD</u>	<u>KCAL</u>	<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
STRAWBERRIES 1 cup	46	1g	11g	0
BREAD, RICE, AND CEREALS				
BAGEL 1 medium plain	289	11g	56g	2g
BROWN RICE 1 cup, medium grain	218	5g	46g	2g
MULTIGRAIN BREAD 1 slice	65	3g	12g	1g
OATMEAL 1 cup cooked, plain	147	6g	25g	2g
PITA BREAD 1 large, wheat	170	6g	35g	2g
WHITE RICE 1 cup, medium grain	242	4g	53g	0
WHOLE-WHEAT BREAD 1 slice	70	3g	13g	1g
WILD RICE, 1 cup	166	7g	35g	1g
NUTS				
ALMONDS, 1 oz.	169	6g	5g	15g
PEANUT BUTTER 1 Tbsp.	94	4g	3g	8g
WALNUTS 1 oz.	185	4g	3g	18g

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PROTEIN POWDER, MRP'S, AND RTD'S

WHEY PROTEIN

1 scoop	80	20g	1g	0
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METRX MRP, CHOC.

1 packet	260	38g	19g	3g
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MYOPLEX MRP, VAN

1 packet,	280	42g	24g	3g
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MYOPLEX LITE, CHOC

1 packet	190	25g	18g	1.5g
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MYOPLEX RTD

17 oz.	310	43g	20g	7g
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METRX RTD, CHOC

15 oz.	240	40g	12g	3g
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