

Nutrition Guide  
(Sourced from USDA database)

<b>Meat and Poultry</b>	<b>Ounce</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
<b>Meat</b>					
Beef (roast rump, lean)	3	177	7.90	82	51
Lamb (roast leg, lean)	3	158	6.00	110	70
Pork (roast leg, lean)	3	189	9.40	80	54
Veal (broiled)	3	184	9.40	90	80
<b>Poultry</b>	<b>Ounce</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
Chicken (roast dark meat, no skin)	3	151	7.40	64	81
Chicken (roast light meat, no skin)	3	130	3.50	64	43
Duck (roast, with skin)	3	286	24.10	71	50
Turkey (roast, skin removed)	3	128	2.20	83	57
<b>Fish</b>	<b>Ounce</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
Cod (steamed)	3	71	0.80	60	85
Salmon (steamed)	3	167	11.00	80	94
Scallops (steamed)	3	89	1.20	34	230
Shrimp (boiled)	3	99	0.90	170	1350
<b>Dairy Products</b>	<b>Ounce</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
Butter (1 tablespoon)	0.5	100	11.30	31	116
Brie Cheese	2	187	15.50	56	352
Cheddar Cheese	2	226	18.60	59	347
Cottage, creamed	2	58	2.50	8	227
Cream Cheese	2	195	19.50	62	166
Edam	2	200	15.60	50	540

Cream, Half and Half	2/3 cup	195	17.30	56	62
Egg, boiled	1 large	87	6.10	76	301
Milk (whole)	2/3 cup	92	5.00	21	74
<b>Fruits and Vegetables</b>	<b>Ounce</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
<b>Fruits</b>					
Apple (1 medium)	5	80	0.80	0	1.4
Avocado	5	234	23.00	0	5.6
Banana (1 medium)	5	120	0.30	0	1.4
Pineapple (1 slice)	5	73	0.30	0	1.4
Strawberries	5	52	0.70	0	1.4
<b>Vegetables</b>	<b>Ounce</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
Broccoli (boiled)	4	33	0.30	0	12
Cabbage (boiled)	4	24	0.30	0	21
Potato (boiled)	4	97	0.10	0	6
Sweet potato (boiled )	4	119	0.30	0	15
<b>Bread Pasta and Rice</b>	<b>Ounce</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
<b>Bread</b>					
White (1 slice)	1	67	0.80	0	127
Whole Wheat (1 slice)	1	61	0.80	0	132
Pasta (boiled)	5	155	0.60	0	1.4
Rice (boiled)	5	153	0.10	0	8.4