

NUTRITIONAL VALUES

STEAK, CHICKEN, TURKEY & TUNA

ITEM	SERVING SIZE	CALORIES	PROTEIN (g)	CARBS (g)	SUGARS (g)	FATS (g)	SATURATED FATS (g)	CHOLESTEROL (mg)	SODIUM (mg)	
	SS.	CAL.	PRO.	CARB.	SUG.	FAT	SAT F.	CHO.	SOD.	
STEAK & BEEF	GROUND ROUND BEEF (15% fat)	4oz.	240	22	0	0	17	4	75	55
	EYE OF ROUND	3oz.	143	25	0	0	4	1.5	59	59
	TOP ROUND (London Broil)	3oz.	153	27	0	0	4	1.4	n/a	71
	ROUND TIP (Sirloin Tip Steak)	3oz.	157	24	0	0	6	2	n/a	69
	BOTTOM ROUND	3oz.	161	24	0	0	6	2	n/a	66
	TOP SIRLOIN	3oz.	166	26	0	0	6	2.4	n/a	76
	TOP LOIN (New York Strip)	3oz.	176	24	0	0	8	3.1	n/a	65
	BEEF TENDERLOIN (Filet)	3oz.	179	24	0	0	9	3.2	n/a	71
	FLANK STEAK	3oz.	176	23	0	0	9	3.7	n/a	57
CHICKEN & EGGS	LARGE WHOLE EGGS	1 EGG	75	6	1	0	5	3	213	63
	LARGE WHOLE EGGS (Whites Only)	1 EGG	17	4	0	0	0	0	0	55
	EGG BEATERS	1/4 cup	30	6	0	0	0	0	0	115
	SKINLESS & BONELESS CHICKEN BREAST (raw)	4 oz.	110	26	0	0	1	0	75	45
	SKINLESS & BONELESS CHICKEN BREAST (cooked)	3 oz.	110	25	0	0	1	0	70	30
	2 CHICKEN WINGS (roasted, w/skin)	3.2 oz.	210	19	0	0	15	4.5	115	75
	3 CHICKEN WINGETTES (roasted, w/skin)	3.1oz.	210	19	0	0	15	4.5	110	70
	TYSON, CANNED CHICKEN	2.0oz.	60	13	0	0	1	0	30	200
TURKEY	SKINLESS & BONELESS TURKEY BREAST (raw)	4oz.	120	27	0	0	10	0.5	60	55
	SKINLESS & BONELESS TURKEY BREAST (raw)	3oz.	110	26	0	0	5	0	60	40
	SKINLESS & BONELESS TURKEY BREAST FOR LONDON BROIL (raw)	4oz.	120	27	0	0	10	0.5	60	55
	SKINLESS & BONELESS TURKEY BREAST FOR LONDON BROIL (raw)	3oz.	110	26	0	0	5	0	60	40
	LEAN GROUND TURKEY (raw)	4oz.	170	21	0	0	9	3	90	120
	LEAN GROUND TURKEY (cooked)	3oz.	160	20	0	0	9	2.5	85	85
	LEAN GROUND TURKEY BREAST (raw)	4oz.	120	27	0	0	1.5	0.5	65	60
	LEAN GROUND TURKEY BREAST (cooked)	3oz.	110	25	0	0	1	0	50	40
	PURDUE, LEAN GROUND TURKEY BURGERS (raw)	4oz.	170	21	0	0	9	3	90	120
	PURDUE, LEAN GROUND TURKEY BURGERS (cooked)	4oz.	160	20	0	0	9	2.5	85	85
	STARKIST TUNA PRODUCTS	LOW SODIUM, CHUNKY LIGHT TUNA IN WATER	2oz.	60	13	0	0	5	0	25
CHUNKY LIGHT TUNA IN WATER		2oz.	60	13	0	0	5	0	30	250
CHUNKY LIGHT TUNA IN WATER (tuna in pouch)		2oz.	90	19	0	0	1	0	45	380
SOLID WHITE ALBACORE TUNA IN WATER		2oz.	70	15	0	0	1	0	25	250
SELECT CHUNKY LIGHT TUNA IN WATER		2oz.	60	13	0	0	1	0	30	250
TUNA FILLET		2oz.	60	13	0	0	1	0	30	250

NUTRITIONAL VALUES

SEAFOODS, FRESH

FRUITS and VEGETABLES

	ITEM	SERVING SIZE	CALORIES	PROTEIN (g)	CARBS (g)	SUGARS (g)	FATS (g)	SATURATED FATS (g)	CHOLESTEROL (mg)	SODIUM (mg)	
		SS.	CAL.	PRO.	CARB.	SUG.	FAT	SAT F.	CHO.	SOD.	
DIFFERENT SEAFOODS	SWORD FISH (<i>raw</i>)	3oz.	103	17	0	0	3	1	33	76	DIFFERENT SEAFOODS
	SWORD FISH (<i>cooked</i>)	3oz.	132	22	0	0	4	2	43	98	
	ATLANTIC SALMON (<i>raw</i>)	3oz.	156	17	0	0	9.2	3	50	50	
	BUMBLE BEE CANNED PINK SALMON	2oz.	50	11	0	0	7	0	20	150	
	SHRIMP (<i>cooked</i>)	3oz.	84	18	0	0	1	1	165	190	
	ALASKAN KING CRAB LEGS (<i>raw</i>)	1 Leg	144	32	0	0	1	0	72	1438	
	ALASKAN KING CRAB LEGS (<i>cooked</i>)	1 Leg	129	26	0	0	2	0	72	1436	
	NORTHERN LOBSTER (<i>raw</i>)	3oz.	77	17	0	0	1	0	81	0	
	NORTHERN LOBSTER (<i>cooked</i>)	3oz.	83	17	0	0	1	0	61	323	
FRESH FRUITS	1 MEDIUM APPLE	154g	80	0	22	16	0	0	0	0	FRESH FRUITS
	PINK GRAPE FRUIT	1/2 cup	51	0.6	11.9	11	0.1	0	0	0	
	CANTALOUPE	1/2 cup	29	0.7	6.7	7	7	0	0	0	
	BLUEBERRIES	1/2 cup	41	0.5	9.2	n/a	0.3	0	0	0	
	3 APRICOTS	114g	60	0	11	11	1	0	0	0	
	1 MEDIUM ORANGE		65	1	16	16	0.3	0	0	0	
	1 MEDIUM AVOCADOS	30g	55	1	3	0	5	0	0	0	
	1 MEDIUM BANANA	154g	110	1	29	21	0	0	0	0	
	2 SLICES PINEAPPLES	112g	65	0	17	13	0	0	0	10	
	1 MEDIUM PEAR	166g	100	1	25	17	1	0	0	0	
	2 MEDIUM PLUMS	132g	80	1	19	10	1	0	0	0	
	1/10 MEDIUM HONEYDEW MELON	134g	50	1	13	12	0	0	0	35	
	1 MEDIUM PEACH	98g	40	1	10	9	0	0	0	0	
DICED WATERMELON	280g	80	1	27	25	0	0	0	10		
FRESH VEGETABLES	1 MEDIUM BAKED POTATO (<i>no skin</i>)	3.5oz.	105	2.2	24.4	0	0.1	0	0	6	FRESH VEGETABLES
	1 MEDIUM SWEET POTATO (<i>w/skin</i>)	3.5oz.	118	2	28	0	0.1	0	0	12	
	GREEN BEANS	1/2 cup	17	1	4	1	0	0	0	3	
	CAULIFLOWER	1/2 cup	13	1	3	1	0	0	0	15	
	1 MEDIUM TOMATO	148g	35	1	7	4	0.5	0	0	0	
	1 MEDIUM ONION	148g	60	1	16	9	0	0	0	0	
	1 MEDIUM CARROT (<i>raw</i>)	148g	138	0.7	7.3	0	4	0	0	35	
	WHITE MUSHROOMS	1/2 cup	9	0.7	1.6	0	0	0	0	1	
	YELLOW CORN	1cup	132	5	29	0	0.3	0	0	23	
GREEN PEAS	1cup	117	8	21	0	0.1	0	0	7		

NUTRITIONAL VALUES
OATMEALS,
COMPLEX CARBS,
KRAFT CHEESES

		SERVING SIZE	CALORIES	PROTEIN (g)	CARBS (g)	SUGARS (g)	FATS (g)	SATURATED FATS (g)	CHOLESTEROL (mg)	SODIUM (mg)	
	ITEM	SS.	CAL.	PRO.	CARB.	SUG.	FAT	SAT F.	CHO.	SOD.	
QUAKER OATMEAL	REGULAR QUICK OATS	1/2 cup	150	5	27	1	3	0.5	0	0	QUAKER OATMEAL
	INSTANT, REGULAR	1 pack	100	45	19	3	2	0	0	80	
	INSTANT, APPLES & CINNAMON	1 pack	130	3	27	12	1.5	0.5	0	170	
	INSTANT, CINNAMON & SPICE	1 pack	170	4	35	16	2	0.5	0	250	
	INSTANT, MAPLE & BROWN SUGAR	1 pack	160	4	32	13	2	0	0	260	
	INSTANT, RAISINS & SPICE	1 pack	150	3	33	16	2	0.5	0	240	
	INSTANT, BAKED APPLE	1 pack	150	3	31	14	2	0	0	230	
	INSTANT, CINNAMON ROLL	1 pack	160	3	33	15	3	0.5	0	240	
	INSTANT, HONEY NUT	1 pack	170	4	31	13	35	0.5	0	240	
	INSTANT, RASIN CINNAMON SWIRL	1 pack	160	4	33	13	2	0	0	250	
	INSTANT, FRENCH VANILLA	1 pack	170	4	36	16	2	0.5	0	250	
COMPLEX CARBS	BARILLA WHEAT PASTA	2oz.	200	7	42	1	1	0	0	0	COMPLEX CARBS
	MINUTE LONG GRAIN, WHITE RICE	1/2cup	160	3	36	0	0	0	0	5	
	MINUTE LONG GRAIN, BROWN RICE	1/2cup	170	4	34	0	1.5	0	0	10	
	1 MEDIUM BAKED POTATO (no skin)	3.5oz.	105	2.2	24.4	0	0.1	0	0	6	
	1 MEDIUM SWEET POTATO (w/skin)	3.5oz.	118	2	28	0	0.1	0	0	12	
KRAFT CHEESE & COTTAGE CHEESE	CHEDDAR EXTRA SHARP	1oz.	120	6	0	0	10	6	30	180	KRAFT CHEESE & COTTAGE CHEESE
	CHEDDAR MEDIUM	1oz.	110	7	0	0	9	6	30	180	
	CHEDDAR MILD	1oz.	110	7	0	0	9	6	30	180	
	CHEDDAR SHARP	1oz.	120	6	0	0	9	6	30	180	
	COLBY	1oz.	110	5	2	0	9	6	30	180	
	COLBY MONTEREY JACK	1oz.	110	7	0	0	9	6	30	180	
	DELUXE AMERICAN	1oz.	100	7	0	0	9	6	25	430	
	DELUXE AMERICAN WHITE	1oz.	100	6	0	0	9	6	25	430	
	DELUXE SINGLES AMERICAN	1 slice	60	4	1	1	4.5	2.5	15	250	
	DELUXE SINGLES SWISS	1 slice	60	4	2	1	5	3	20	280	
	MOZZARELLA STRING CHEESE	1 piece	80	7	0	0	6	3.5	20	240	
Breakstone's Non-Fat Cottage Cheese	1/2 cup	80	13	7	5	0	0	10	440		
BREADS	NATURE'S OWN WHEAT	1 slice	50	3	11	1	1	0	0	120	BREADS
	NATURE'S OWN WHEAT	1 slice	60	3	12	1	0.5	0	0	125	
	NATURE'S OWN WHOLE GRAIN, WHEAT (sugar free)	1 slice	50	3	11	0	1	0	0	110	
	NATURE'S OWN WHOLE WHEAT	1 slice	50	4	10	1	1	0	0	115	
	REGULAR BAGEL	1 bagel	250	9	49	7	2	0.5	0	380	

NUTRITIONAL VALUES DEL MONTE, CANNED VEGETABLES

	ITEM	SERVING SIZE	CALORIES	PROTEIN (g)	CARBS (g)	SUGARS (g)	FATS (g)	SATURATED FATS (g)	CHOLESTEROL (mg)	SODIUM (mg)	
		CUP	CAL.	PRO.	CARB.	SUG.	FAT	SAT F.	CHO.	SOD.	
DEL MONTE CANNED - NO SALT ADDED	CUT GREEN BEANS	1/2 CUP	20	1	4	2	0	0	0	10	DEL MONTE CANNED - NO SALT ADDED
	FRENCH STYLE GREEN BEANS	1/2 CUP	20	1	4	2	0	0	0	10	
	MIXED VEGETABLES	1/2 CUP	40	2	8	3	0	0	0	25	
	SWEET CORN CREAMY STYLE	1/2 CUP	60	1	14	7	0.5	0	10	10	
	SWEET PEAS	1/2 CUP	60	3	11	6	0	0	10	10	
	WHOLE KERNEL CORN	1/2 CUP	60	2	11	7	1	0	10	10	
	WHOLE LEAF SPINACH	1/2 CUP	30	2	4	0	0	0	0	85	
	SUMMER CRISP GOLDEN SWEET CORN	1/2 CUP	70	2	13	4	1	0	0	10	
DEL MONTE CANNED VEGETABLES	ASPARAGUS CUTS & TIPS	1/2 CUP	20	2	3	0	0	0	0	365	DEL MONTE CANNED VEGETABLES
	ASPARAGUS SPEARS	1/2 CUP	20	2	3	0	0	0	0	365	
	ASPARAGUS TIPS	1/2 CUP	20	2	3	0	0	0	0	365	
	EXTRA LONG ASPARAGUS	1/2 CUP	20	2	3	0	0	0	0	365	
	GREEN LIMA BEANS	1/2 CUP	80	4	15	0	0	0	0	390	
	WAX BEANS	1/2 CUP	20	1	4	2	0	0	0	360	
	PEAS & CARROTS	1/2 CUP	60	2	11	4	0	0	0	360	
	SLICED CARROTS	1/2 CUP	35	0	8	5	0	0	0	300	
	FIESTA CORN	1/2 CUP	50	2	12	5	1	0	0	310	
	GOLD & WHITE CORN	1/2 CUP	80	2	18	6	0.5	0	0	360	
	SWEET CORN CREAM STYLE	1/2 CUP	60	1	14	7	0.5	0	0	360	
	WHITE CORN	1/2 CUP	60	2	11	7	1	0	0	360	
	CREAM STYLE WHITE CORN	1/2 CUP	100	2	21	6	1	0	0	360	
	WHOLE KERNEL CORN	1/2 CUP	90	2	18	6	1	0	0	360	
	CUT GREEN BEANS	1/2 CUP	20	1	4	2	0	0	0	390	
	ITALIAN GREEN BEANS	1/2 CUP	30	1	6	2	0	0	0	390	
	FRENCH STYLE GREEN BEANS	1/2 CUP	20	1	4	2	0	0	0	390	
	SEASONED GREEN BEANS	1/2 CUP	20	1	4	2	0	0	0	360	
	WHOLE GREEN BEANS	1/2 CUP	20	1	4	2	0	0	0	390	
	SWEET PEAS	1/2 CUP	60	3	13	6	0	0	0	390	
	VERY YOUNG SWEET PEAS	1/2 CUP	60	3	10	5	0	0	0	360	
	WHOLE LEAF SPINACH	1/2 CUP	30	2	4	0	0	0	0	360	
	ZUCCHINI with TOMATOES	1/2 CUP	30	1	7	1	0	0	0	490	
TOMATO WEDGES	1/2 CUP	35	1	9	7	0	0	0	380		
TOMATO SAUCE	1/4 CUP	20	1	4	4	0	0	0	340		

NUTRITIONAL VALUES
KRAFT DRESSINGS,
BUTTERS and CONDIMENTS

		SERVING SIZE	CALORIES	PROTEIN (g)	CARBS (g)	SUGARS (g)	FATS (g)	SATURATED FATS (g)	CHOLESTEROL (mg)	SODIUM (mg)
ITEM		S.S.	CAL.	PRO.	CARB.	SUG.	FAT	SAT F.	CHO.	SOD.
KRAFT FAT FREE DRESSINGS	FAT FREE BLUE CHEESE	2tbsp.	45	0	11	2	0	0	0	360
	FAT FREE CAESAR ITALIAN	2tbsp.	25	0	4	2	0	0	0	480
	FAT FREE CATALINA	2tbsp.	35	0	8	7	0	0	0	320
	FAT FREE CLASSIC CAESAR	2tbsp.	45	0	11	2	0	0	0	360
	FAT FREE CREAMY ITALIAN	2tbsp.	50	0	12	2	0	0	0	330
	FAT FREE FRENCH	2tbsp.	45	0	11	5	0	0	0	300
	FAT FREE GARLIC RANCH	2tbsp.	45	0	11	2	0	0	0	320
	FAT FREE HONEY DIJON	2tbsp.	45	0	10	5	0	0	0	330
	FAT FREE ITALIAN	2tbsp.	20	0	4	2	0	0	0	430
	FAT FREE PEPPERCORN RANCH	2tbsp.	45	0	11	2	0	0	0	330
	FAT FREE RANCH	2tbsp.	50	0	11	2	0	0	0	350
	FAT FREE RED WINE VINEGAR	2tbsp.	15	0	3	2	0	0	0	410
	FAT FREE THOUSAND ISLAND	2tbsp.	40	0	9	5	0	0	0	280
BUTTERS	COUNTRY CROCK REGULAR SOFT	1tbsp.	60	0	0	0	7	1.5	0	110
	COUNTRY CROCK SPREADABLE STICKS	1tbsp.	80	0	0	0	8	1	0	110
	COUNTRY CROCK CHURN STYLE SOFT	1tbsp.	60	0	0	0	7	1.5	0	90
	COUNTRY CROCK CHURN STYLE STICKS	1tbsp.	80	0	0	0	9	1.5	0	85
	COUNTRY CROCK LIGHT SOFT	1tbsp.	50	0	0	0	5	1.5	0	90
	COUNTRY CROCK CALCIUM & VITAMINS	1tbsp.	50	0	0	0	5	1	0	110
	COUNTRY CROCK WHIPPED EASY SQUEEZE	1tbsp.	60	0	0	0	7	1	0	85
	FAT FREE SMART SQUEEZE	1tbsp.	5	0	1	0	0	0	0	100
MAJOR CONDIMENTS	FRENCH'S CLASSIC YELLOW MUSTARD	1tsp.	0	0	0	0	0	0	0	50
	KRAFT, LITE MIRACLE WHIP	1tbsp.	35	0	2	2	3	0	1	130
	KRAFT, FAT FREE MIRACLE WHIP	1tbsp.	15	0	2	2	0	0	0	125
	KRAFT, LITE MAYO	1tbsp.	45	0	2	1	5	0.5	1	90
	KRAFT, FAT FREE MAYO	1tbsp.	10	0	2	1	0	0	0	120
	BREAKSTONE'S SOUR CREAM	2tbsp.	60	1	2	1	5	3.5	20	20
	BREAKSTONE'S REDUCED FAT SOUR CREAM	2tbsp.	40	1	2	0	3	2	15	20
	BREAKSTONE'S NON-FAT SOUR CREAM	2tbsp.	30	1	5	2	0	0	6	25
	HEINZ SQUEEZABLE KETCHUP	1tbsp.	15	0	4	4	0	0	0	190
	PETER PAN CREAMY PEANUT BUTTER	2tbsp.	190	8	6	3	17	3.5	0	150
	A.1. STEAK SAUCE	1tbsp.	15	0	3	2	0	0	0	280
A.1. STEAK SAUCE BOLD & SPICY	1tbsp.	20	0	5	3	0	0	0	260	