

## DETAILED FOOD BREAKDOWNS

Food – A	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Almonds	24 nuts	166	5	7	15
Apple, Dried	64g	155	0,6	42	0,2
Apple, Fruit	1 med (138g)	81	0	21	0
Apricot	3 (100g)	51	1,5	12	0,4
Apricot Jam	1 tsp			17	0
Apricot, Dried	10 halves (35g)	83	1,3	22	0,2
Food - B	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Baked Beans	1/2 cup (112g)			24	1
Banana	1 med (175g)	105	1	27	0
Beef Steak	114g	222	22	0	14
Beef, Minced	110g	272	25	0	19
Beef Porterhouse Steak	114g	322	20	0	26
Beef Rib Roast	114g	376	18	0	33
Beef Sirloin Steak	114g	295	21	0	23
Beef T-Bone Steak	114g	337	29	0	24
Beef, Salami	1 slice (23g)	60	4	1	5
Beer, Light	360ml	100	0,7	4,8	0
Beer, Regular	360ml	146	0,9	13,2	0
Black Beans	1 cup (170g)	227	15,2	41	0,9
Brazil Nuts	8 nuts	186	4	4	19
Bread, Wholewheat	1 slice (35g)	69	2	14	1
White Bread	1 slice (35g)	81	3	15	1
Butter Beans, Boiled	1/2 cup (112g)			16	0
Food - C & D	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Carrot Juice	1 cup (227g)	96	2,47	22	0,35



Carrots, Cooked	1 cup (110g)	48	1	11	0,2
Cashews, Salted	18 nuts	163	4	9	13
Cherries	1 cup (145g)	104	1,7	24	1,4
Chestnuts	3 nuts	69	1	15	1
Chick Peas, Boiled	120g			22	3
Chicken W/Skin, Fried	100g	285	27	4	17
Chicken W/Skin, Roasted	100g	253	26	0	16
Chicken Drumstick W/Skin, Fried	1 (52g)	112	14	0	6
Chicken W/O Skin, Fried	100g	192	33	0	6
Chicken W/O Skin, Roasted	100g	173	31	0	5
Chicken W/Skin, Fried	100g	246	31	2	12
Chicken W/Skin, Roasted	100g	222	29	0	11
Chicken Roll	2 slices (57g)	90	11	1	4
Chicken Thighs/Drums, Banquet	142g	277	16	16	16
Chicken Whole W/O Skin, Stewed	100g	177	27	0	7
Chicken Whole W/ Skin, Stewed	100g	219	25	0	13
Chicken, Grilled Breasts W/Skin	90g	168	25	0	7
Chicken, Grilled Breasts W/O Skin	90g	140	26	0	3
Chicken, Wings Grilled W/Skin	90g	279	17	0	17
Chopped Ham	1 slice (21g)	48	4	0	4
Clams, Steamed	85g	126	22	4	2
Coconut, Shredded	1/4 cup	116	1	11	8
Coffee, Instant or Regular	180ml	4	0,2	0,7	0
Crab	85g	82	17	0	1
Cranberry Juice	180ml	108	0	27	0,1
Crayfish, Steamed	85g	97	20	0	1
Cream, Half-and-Half	1cup	315	7,2	10,4	27,8

Cream, Whipped Heavy	1 cup	821	4,9	6,6	88,1
Cream, Whipped Light	1 cup	699	5,2	7,1	73,9
Cream, Whipped Light	1 tbsp	44	0,3	0,4	4,6
Dates	10 (83g)				
Food -E	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Egg White	1 large	16,5	3,5	1	0
Eggs, Whole	1 large	75	75	1	5
Food - F	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Fish - Bass	113g	287	24	3	19
Fish - Carp, Cooked	85g	138	19	0	6
Fish - Cod, Baked	85g	89	19	0	1
Fish - Herring, Baked	85g	172	20	0	10
Fish - Herring, Pickled	1 pc (15g)	39	2	2	3
Fish - Kingfish, Cooked	100g	255	22	12	13
Fish - Mackerel, Baked	3oz	223	20	0	15
Fish - Tuna (in water)	1 tin (170g)	105	41	0	1,7
Fish - Tuna (in water)	100g serving	105	24	0	1
Fructose, Pure	10g	40	0	10	0
Food - G	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Green Salad	2 cups	61	3	12	1
Grapefruit	120g	38	0,8	10	0,1
Grapes, Green	1 cup (200g)	102	1	27	0,2
Food - H	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Haddock, Baked	85g	95	21	0	1
Hazelnuts	30 nuts	179	4	4	18
Hot Dog	1	240	9	19	14
Food - K	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)

Kidney Beans, Boiled	1 cup (177g)	225	14	40	1
Kiwi Fruit	1 (76g)	46	0,8	11	0,3
Food - L	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Lamb Chops	114g	350	26	0	27
Lamb Shoulder	114g	315	28	0	22
Lamb - Leg of Lamb	114g	211	32	0	8
Lentils, Boiled	1 cup (231g)	231	17,9	40	0,7
Lobster, Steamed	85g	83	17	1	1
Food - M	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Macaroni, Cooked	1 cup (140g)	197	6,7	40	1
Maltabella	100g	345	9,7g	76,5	1,6
Maltodextrin	10g	40	0	10	0
Mango	1 (207g)	135	1,1	35	0,5
Marmalade	1 tsp			17	0
Milk, 2%	1 cup	121	8	12	5
Milk, Chocolate Skim	1 cup (250ml)	144	9	27	1
Milk, Chocolate Regular	1 cup (250ml)	209	8	26	9
Mussels, Baked	85g	147	20	6	4
Food - O	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Oats (rolled)	100g	425	10	61	10
Orange	1 (131g)	62	1,2	15	0,2
Orange Juice, Unsweetened	1 cup (250ml)	111	2	26	0
Oyster, Raw	6 med size (84g)	58	6	3	2
Food - P	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Paw Paw (Papaya)	1 (304g)	117	1,9	30	0,4
Peach	1 (87g)	37	0,6	10	0,1
Peach, Canned, Heavy Syrup	1/2 cup (112g)			269	0

Peanuts, Salted	20 nuts	174	4	6	16
Peanuts, Dry Roasted, Salted	39 nuts	160	7	6	13
Peanut Butter, Chunky	1 tbsp	94	4	3	8
Peanut Butter, Creamy	1 tbsp	94	4	3	8
Pear	1 (166g)	98	0,7	25	0,7
Peas, Green, Cooked	1/2 cup (80g)	67	4,3	13	0,2
Pecans	31 nuts	189	2	5	19
Pineapple	1 cup (155g)	77	0,6	19	0,7
Pineapple Juice, Unsweetened	1 cup (250ml)	139	1	34	0
Plum	1 (66g)	36	0,5	9	0,4
Pork Bacon	3 slices (19g)	109	6	0	9
Pork Loin Chop	1 (151g)	345	20	0	29
Pork Rump, Roasted	100g	274	27	0	18
Pork Sausage	1 (28g)	118	3	0	11
Pork Sausage, Raw	1 pattie (27g)	100	5	0	8
Pork Spare Ribs	114g	201	12	0	17
Potato Chips, Plain	28g	152	2	15	9,8
Potato French Fries	74g	227	2,6	24	13
Potato, Unpeeled, Boiled	4 (168g)			25	0
Potato, Skinned, Mashed	1/2 cup (112g)			20	0
Potato, with Skin, Baked in Oven	1 large (202g)	220	4,7	51	0,2
Potato, with Skin, Microwaved	1 med (112g)			29	0
Pretzels	28g	108	2,6	22	1
Pronutro (original)	50g	185	7,8	31,6	3,8
Prune	10 (84g)	201	2,2	53	0,4
<b>Food - R</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>	<b>Fat (g)</b>
Raisins	1 cup (165g)	488	5,3	0	0,8

Rice, Brown, Cooked	1 cup (180g)	263	5	57	2
Rice, White, Cooked	1 cup (180g)	267	4,8	59	0,1
Rice Basmati, White, Boiled	1 cup (196g)			50	0
Rice Cakes	2 cakes (18g)	70	2	14	0
Rye Bread	1 slice (32g)	64	2	12	1
Food - S	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Sesame Seeds	2 tbsp	103	3	4	9
Skim Milk	1 cup (250ml)	88	9	13	0
Soy Beans, Cooked	1 cup (172g)	298	28,6	17	15,4
Spaghetti, White, Cooked	57g	211	7,3	43	1
Spaghetti, Whole Wheat	57g	198	8,4	43	1
Strawberry Jam	1 tsp			18	0
Sucrose	10g	40	0	10	0
Sweet Potato, Peeled, Boiled, Mashed	1 (114g)	118	2	28	0,1
Food - T	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Tuna Fish (in water)	1 tin (170g)	179	41	0	1,7
Tuna Fish (in water)	100g serving	105	24	0	1
Turkey W/O Skin, Roasted	100g	187	29	0	7
Turkey W/Skin, Roasted	100g	221	28	0	12
Turkey Roll	2 slices (57g)	84	10	1	4
Turkey, Breast Meat	1 slice (21g)	23	5	0	0
Food - V	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Vegetable Juice	1 cup (250ml)	50	1	10	0
Venison	114g	178	34	0	4
Food - W	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Walnuts, Chopped	2 tbsp	96	2	3	9
Watermelon	1 cup (160g)	50	1	12	0,7

White Bread	1 slice (35g)	81	3	15	1
Whole Milk	1 cup (250ml)	150	9	12	10
Wine, Dry or table	1 cup (250ml)	200	0	9.6	0
Food - Y	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)
Yoghurt, Fruited, Low-Fat	1 cup	232	10	43	2