

# *Proteins / Calories / Fat*

**Calories Protein Total Fat Ounces**

<b>Beef</b>				
Pot Roast	183	28	8	3
Flank Steak	175	24	9	3
Rib Roast	172	24	8	3
Round Roast	153	27	4	3
Sirloin	165	26	6	3
Tenderloin	174	24	8	3
Lean 85% Ground Beef	204	22	12	3
Lean 90% Ground Beef	162	25	7	3
Beef Jerky	70	11	1	1
Beef Liver	184	23	7	3
Beef Hot Dogs	184	6	17	1 hot dog

<b>Chicken</b>				
Broth	19	3	1	1/2 cup
Dark Meat	174	23	8	3
White Meat	147	26	4	3
Ground	178	22	9	3
Chicken Liver	133	21	5	3

<b>Pork</b>				
Loin Chop	165	26	7	3
Country-style Ribs	203	21	13	3
Shoulder-lean	207	22	13	3
Tenderloin (breaded)	277	30	13	3
Lean Tenderloin	133	25	4	3
Pork Hot Dog	183	6	17	1 hot dog
Ham	133	21	5	3

<b>Turkey</b>				
Beast (no skin)	133	26	3	3
Breast (with skin)	168	24	4	3
Ground	210	23	12	3
Dark Turkey (no skin)	159	24	6	3
Turkey Hot Dogs	129	8	11	1 hot dog

<b>Lamb</b>				
Shoulder	239	30	12	3
Leg	163	23	7	3
Loin Chops	186	25	8	3
Veal	127	25	3	3

<b>Seafood</b>				
<i>Fish</i>				
Breaded Fish Sticks	231	13	10	3
Cat Fish	132	21	5	3
Cod (baked or broiled)	89	19	1	3
Flounder/Sole	99	22	2	3
Haddock	98	23	1	3
Orange Roughy	143	17	8	3
Red Snapper	19	22	1	3
Canned Salmon	130	17	6	3

**Calories Protein Total Fat Ounces**

<b>Seafood</b>				
Fresh Salmon	183	23	9	3
Sardines	177	21	10	3
Shark	148	24	5	3
Sword Fish	127	22	4	3
Trout	164	30	5	7 to 8
Tuna (oil packed)	169	25	7	3
Tuna (water packed)	111	25	-	3
Fresh Tuna	156	25	5	3
<i>Shrimp</i>				
Battered	195	18	11	3
Canned	102	20	2	3
Fresh / Frozen	84	19	1	3
<i>Lobster</i>				
Broiled / Grilled	80	17	1	3
Canned Meat	79	17	1	3
Oysters	117	12	4	3

<b>Bread</b>				
French	100	3	1	1 slice
Italian	83	3	-	1 slice
Mixed Grain	65	2	1	1 slice
Pumpernickel	80	3	1	1 slice
Raisin	68	2	1	1 slice
Rye	65	2	1	1 slice
Sourdough	88	3	1	1 slice
White-firm	88	3	1	1 slice
White-firm	75	2	1	1 slice
Hamburger Bun	129	4	2	1 bun
Hard Roll	155	5	2	1 roll
Hot Dog Bun	115	3	2	1 bun
Whole Wheat	60	2	1	1 slice
English Muffins	140	5	1	1-3 1/2 inch
<i>Tortillas</i>				
corn	61	2	1	1-6 inch
flour	105	3		1-8 inch

<b>Vegetables</b>				
Lentils	115	9	-	1/2 cup
Refried Beans	135	8	1	1/2 cup
Radish	1	-	-	one
Rhubarb	26	1	-	1 cup
Spinach-Fresh	9	1	-	1/4 cup
<i>Potatoes</i>				
Baked	220	5	-	7
Boiled	124	3	-	5
Mashed	122	3	1	3/4 cup
Baked French Fried	224	3	12	1/3 cup

