

## NUTRITIONAL VALUES

	Measure	Calories	Protein	Fat	Carbs	Glycemic Index
<b>Bakery Products</b>						
Pastry	1 oz.	111	2	5	15	59
Cheese Pizza	1 slice	176	9	6	21	60
Muffin	1 piece	135	2	4	22	62
Croissant	1 piece	231	5	12	26	67
Donut	1 piece	129	2	6	17	76
Waffle	1 piece	218	6	11	25	76
<b>Beverages</b>						
Fruit Flavored Drinks	8 oz.	104	0	0	26	na
Coffee	8 oz.	10	1	0	2	na
<b>Breads</b>						
Mixed Grain Bread	1 slice	62	3	1	12	48
Pumpernickel	1 slice	80	3	1	15	50
White Pita Bread	1 piece	165	5	1	33	57
Hamburger Bun	1 bun	129	4	2	23	61
Rye Bread	1 slice	63	2	1	13	64
Whole Wheat Bread	1 slice	64	3	1	12	69
White Enriched Bread	1 slice	62	2	1	12	71
White Bagel	1 bagel	187	7	1	36	72
Biscuit	1 piece	102	2	5	13	na
Corn Bread	1 slice	60	2	1	12	na
<b>Breakfast Cereals</b>						
Oatmeal	1 cup	133	5	2	23	49
Special K	1 cup	83	4	1	16	54
Life	1 cup	158	8	1	31	66
Cheerios	1 cup	90	3	1	16	74
Cornflakes	1 cup	121	3	1	27	83
Total	1 cup	116	3	1	26	76
<b>Cereal Grains</b>						
Instant Rice (1 min)	1 cup	161	3	1	35	46
Brown Rice	1 cup	216	5	2	45	55
White Rice	1 cup	267	6	1	58	58
<b>Cookies</b>						
Oatmeal Cookie	1 piece	57	1	2	9	55
Chocolate Chip	1 piece	50	1	2	7	na
<b>Dairy Foods</b>						
Low-Fat Yogurt	8 oz.	144	12	4	16	14
Chocolate Milk	8 oz.	178	8	5	26	24
Whole Milk	8 oz.	158	9	8	12	27
Skim Milk	8 oz.	86	9	1	13	32
Whole Yogurt	8 oz.	140	7	7	11	36
Low-Fat Ice Cream	8 oz.	221	9	38	5	50
Ice Cream	8 oz.	295	5	16	33	61

## NUTRITIONAL VALUES

	Measure	Calories	Protein	Fat	Carbs	Glycemic Index
<b>Legumes</b>						
Red Lentils	1/2 cup	115	9	1	20	25
Kidney Beans	1/2 cup	112	8	1	20	29
Green Lentils	1/2 cup	115	9	1	20	29
Pinto Beans	1/2 cup	116	7	1	22	39
Black-Eyed Peas	1/2 cup	100	7	1	18	41
<b>Fruit and Fruit Juices</b>						
Cherries	10	50	1	0	10	22
Grapefruit	1 piece	87	1	0	25	25
Pear	1 piece	98	1	1	25	37
Apple	1 piece	106	0	1	24	38
Apple Juice	8 oz.	118	0	0	30	41
Peach	1 piece	63	1	0	15	42
Orange	1 piece	71	1	0	16	44
Grapes	10	19	0	0	4	46
Pineapple Juice	8 oz.	140	1	1	35	46
Grapefruit Juice	8 oz.	91	1	0	22	48
Orange Juice	8 oz.	113	2	0	28	52
Kiwi	1 piece	46	1	1	11	53
Banana	1 piece	111	1	0	26	54
Raisins	8 tbsp.	28	0	0	7	64
Cantaloupe	1/4 piece	45	1	0	10	65
Pineapple	1 cup	103	1	0	50	66
Watermelon	1 slice	124	2	1	27	72
Applesauce	8 oz.	246	1	0	61	na
Avocado	1/2 piece	361	5	33	12	na
Blueberries	8 oz.	98	1	1	6	na
Olive	1 piece	7	0	1	0	na
Strawberries	8 oz.	60	1	1	13	na
<b>Meats</b>						
Beef Chuck	4 oz.	377	31	27	0	na
Lean Hamburger	4 oz.	239	31	13	0	na
Rump Roast	4 oz.	286	33	16	0	na
Round Steak	4 oz.	237	40	7	0	na
Sirloin, T-Bone	4 oz.	280	28	18	0	na
Porterhouse	4 oz.	182	23	9	0	na
Stew w/ Vegetables	4 oz.	436	32	21	31	na
Crisp Bacon	1 slice	51	2	4	0	na
Canadian Bacon	1 slice	55	6	4	0	na
Pork Chops	4 oz.	289	30	18	0	na
Lean Ham	4 oz.	154	24	6	1	na
Pork Roast	4 oz.	189	24	10	1	na
Venison	4 oz.	179	34	4	0	na
Hot Dog	1 piece	132	6	12	1	na
Meat Loaf	1 piece	230	18	14	7	na
Bologna	1 slice	72	3	6.5	0	na
Lean Ham Lunch Meat	1 slice	37	6	2	0	na
<b>Oils</b>						
Butter, Margarine	1 tbsp.	101.6	0	11	0	na
Canola Oil	1 tbsp.	124	0	14	0	na

## NUTRITIONAL VALUES

	Measure	Calories	Protein	Fat	Carbs	Glycemic Index
<b>Poultry</b>						
Skinless Chicken	4 oz.	187	35	4	0	na
Fried Chicken Breast	1 piece	410	23	26	18	na
Fried Chicken Leg	1 piece	260	15	18	10	na
Chicken Pot Pie	1 piece	544	23	31	43	na
Turkey Pot Pie	1 piece	548	24	31	43	na
Light Turkey Meat	4 oz.	224	33	10	0	na
Dark Turkey Meat	4 oz.	250	31	13	0	na
<b>Snacks</b>						
Peanuts	4 oz.	698	30	54	24	15
Popcorn	8 oz.	61	2	1	13	55
Pretzels	1 piece	23	1	0	5	81
<b>Salad Dressing</b>						
Blue Cheese	1 tbsp.	76	1	8	1	na
Ranch	1 tbsp.	50	0	5	5	na
Caesar	1 tbsp.	61	0	6	3	na
Italian	1 tbsp.	83	0	9	1	na
Mayonnaise	1 tbsp.	102	0	11	0	na
Thousand Island	1 tbsp.	74	0	7	2	na
<b>Sandwiches</b>						
BLT on Toast	1 avg.	287	7	16	29	na
Chicken Salad	1 avg.	205	14	9	17	na
Peanut Butter and Jelly	1 avg.	380	13	15	51	na
Roast Beef	1 avg.	315	23	13	27	na
Tuna Fish	1 avg.	274	11	14	26	na
Turkey	1 avg.	270	19	11	22	na
<b>Seafood</b>						
Bass	4 oz.	166	28	6	0	na
Clams	4 oz.	158	17	8	4	na
Cod	4 oz.	119	26	1	0	na
Crabmeat	4 oz.	156	22	7	0	na
Breaded Fish Sticks	1 stick	38	4	2	1	na
Haddock	4 oz.	265	22	13	14	na
Halibut	4 oz.	159	31	4	0	na
Lobster	4 oz.	111	23	1	2	na
Oysters	4 oz.	90	8	3	8	na
Canned Pink Salmon	4 oz.	162	22	9	0	na
Fried Shrimp	4 oz.	274	24	14	13	na
Trout	4 oz.	192	28	8	0	na
Tuna	4 oz.	132	29	1	0	na
<b>Pasta</b>						
Spaghetti	1 cup	197	7	1	40	27
Fettuccine	1 cup	197	7	1	40	32
Vermicelli	1 cup	197	7	1	40	35
Macaroni	1 cup	197	7	1	40	45
Linguine	1 cup	197	7	1	4	46
Cheese Tortellini	1 cup	347	16	8	50	50
Mac and Cheese	8 oz.	426	17	22	40	64

## NUTRITIONAL VALUES

	Measure	Calories	Protein	Fat	Carbs	Glycemic Index
<b>Sweets</b>						
Jellies and Jams	1 tbsp.	50	0	0	13	49
Chocolate	2 oz.	310	4	18	32	49
Honey	1 tbsp.	64	0	0	16	58
Chocolate Syrup	1 tbsp.	50	1	0	12	na
Maple Syrup	1 tbsp.	51	0	0	13	na
Popsicle	1 piece	66	8	0	17	na
Chocolate Pudding	8 oz.	342	8	6	63	na
Vanilla Pudding	8 oz.	275	9	10	39	na
Orange Sherbert	8 oz.	349	8	8	61	na
Brown Sugar	1 tbsp.	52	0	0	13	na
Powdered Sugar	1 tbsp.	48	0	0	12	na
Whipped Topping	1 tbsp.	7	0	1	0	na
<b>Vegetables</b>						
Carrots	1/2 cup	26	1	1	6	39
Green Peas	8 oz.	111	8	0	19	48
Sweet Potato	8 oz.	171	1	3	34	54
Sweet Corn	8 oz.	151	5	1	31	55
Mashed Potatoes	8 oz.	201	4	9	26	70
French Fries	8 oz.	193	3	9	25	75
Baked Potato	1 piece	148	4	0	33	85
Green Beans	8 oz.	40	2	0	8	na
Broccoli	8 oz.	61	2	0	12	na
Cauliflower	8 oz.	31	3	0	5	na
Celery	1 piece	7	0	0	2	na
Corn on the Cob	1 piece	81	3	1	16	na
Creamed Corn	8 oz.	238	5	1	51	na
Cucumber	1 piece	14	1	0	3	na
Dill Pickle	1 slice	1	0	0	0	na
Sweet Pickle	1 piece	22	0	0	6	na
Mixed Vegetables	8 oz.	124	6	0	24	na
Fresh Mushrooms	8 oz.	20	2	0	3	na
Okra	8 oz.	41	2	0	8	na
Scalloped Potatoes w/ Skin	8 oz.	359	13	19	33	na
Potato Salad	8 oz.	253	7	7	41	na
Spinach	8 oz.	59	6	1	8	na
Summer Squash	8 oz.	38	2	0	7	na
Cole Slaw w/ Mayo	8 oz.	124	1	9	9	na

**Note: all values listed above have been taken from numerous professional publications concerning nutrition and health**