



Nutrition Facts Reference Guide



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Nuts, Seeds, Oil	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Sodium (mg)
Almonds	1 cup, ground 95 g	546	46.9	20.6	11.6	3.7	20.2	1
Cashews	1 oz., 28.3 g	156	12.4	8.5	.9	1.7	5.2	3
Flax Seed	3 tbsp; 30 g	130	11	10	10		6	15
Peanuts	1 cup, 146 g	828	71.9	23.5	12.4	5.8	37.7	26
Pecans	1 cup, chopped, 119 g	822	85.6	16.5	11.4	4.7	10.9	0
Pistachio	1 cup, 128 g	713	56.9	35.8	13.2	9.8	26.4	1
Olive Oil, Extra Virgin	1 tbsp; 15 g	120	14					
Sunflower Seeds	With hulls, edible yield 1 cup. 46 g	269	23.7	9.2	4	1.2	9.6	4
Walnuts, English	1 cup, chopped 120 g	785	78.3	16.5	8	3.1	18.3	2

Fruit	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamins (% Daily)	Sodium (mg)
Apple	1 med., 154 g	80		22	5	16	1	A:2; C:8	
Apple juice	1 cup, 248 g	117	.3	29	.2	27	.1	C:172	7
Applesauce	1cup, 244 g	105	.1	27.5	2.9	24.6	.4	A:1;C:5	5
Apricot	1 cup, 155 g	74	.6	17.2	3.1	14.3	2.2	A:60;C:26	2
Avocado	½ med., 75 g	140	13	8	8	1	3	C:10	
Banana	1 med., 126 g	110		29	4	21	1	C:16	
Blueberries	1 cup, 145 g	80	.5	20	4	17	1	A:2; C:30	10
Cantaloupe	½ Med., 276 g	100	1	23	2	21	2	A:180;C:190	25
Cherries	1cup, 140 g	90	.5	22	3	19	2	A:2;C:15	
Dates	¼ cup, 40 g	110		30	4	21	1	A:2; C: 2	
Grapefruit	1/2 med., 154 g	60		16	6	10	1	A:15;C:110	
Fig	1, 2.5", 64 g	47	.2	12.3	1.9	10.4	.5		1
Grapes	1 cup, 92 g	60	.5	16	1	15	1	C:15	
Grape Juice	8 oz., 240 g	170		42	40			C: 100	20
Honeydew	1/4 med.,335 g	130		33	3	30	3	A:6;C:110	90
Kiwi	1 med., 74 g	50	.5	12	2	8	1	C:120	
Mango	1 med., 207 g	130	.5	35	4	31	1	A:160;C:100	3
Nectarine	1 med., 140 g	70	.5	16	2	12	1	A:4;C:15	
Orange	1 med., 154 g	80		21	7	14	1	A:2; C:130	
O.J.	1 cup, 248 g	112	.5	25.8	.5	20.8	1.7	A:10;C:207	2
Papaya	1 med., 304 g	120		30	5	18	.2	A:15;C:310	10
Peach	1 med., 98 g	40		11	2	9	1	A:2;C:10	
Pear	1 med., 166g	100	1	25	4	17	1	C:10	
Pineapple	1 cup, 155 g	80	.5	19	2	17	1	C:40	
Pineapple juice	8 oz. 240 g	120		29		29	1	A:100	10
Plum	1 med., 66 g	40	.5	10	1	5	1	A:4;C:10	
Prunes	3, 40 g	100		24	2	6	1		
Raisins	1cup, 165 g	493	.8	130.6	6.1	97.7	5.1	C:6	18
Raspberries	1 cup, 125 g	50	.5	17	8	12	1	C:40	
Strawberries	8 med., 147g	45		12	4	8	1	C:160	
Tangerine	1 med., 109g	50	.5	15	3	12	1	C:50	
Tomato	1 med., 66g	20	.5	4	1	1	1	C: 15	4
Watermelon	2 cups; 280 g	80		27	2	25	1	A:20;C:25	10

Vegetables & Legumes	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamins (Daily %)	Sodium (mg)
Artichoke	1 med., 120 g	64	.4	14.3	10.3	1.2	3.5	A: 0; C:15	72
Asparagus	1 cup, 134 g	27	.2	5.2	2.8	2.5	2.9	A: 20; C:13	3
Beets	½ cup, 85 g	37	.2	8.5	1.7	6.8	1.4	A:1; C: 5	65
Beet greens	1 cup, 38 g	8		1.6	1.4	.2	.8	A:48; C: 18	86
Black beans	1 cup, 172 g	227	.9	40.8	15.0		15.2		2
Broccoli	1 cup, 88 g	30	.3	5.8	2.3	1.5	2.5	A:11;C:131	29
Brussel sprouts	5sprouts, 105 g	40	.5	7.5	2.5	2	2.5	A: 3; C: 22	20
Cabbage, raw	1 cup, 89 g	22	.1	5.2	2.2	2.8	1.1	A: 2; C: 54	16
Carrot	1 med., 78 g	35		8	2	5	1	A: 270	40
Carrot Juice	1 cup, 240 g	70		14	1	14	2	A:700; C: 25	150
Cauliflower	1 cup, 100 g	25	.1	5.3	2.5	2.4	2.0	C: 77	30
Celery	1 cup, 120 g	19	.2	3.6	1.9	2.2	.8	A: 11; C: 6	96
Chickpeas	1 cup, 164 g	269	4.2	45	12.5	7.9	14.5	A: 1; C: 15	11
Collard greens	2 cups, 80 g	20		5	3		2	A: 60; C:45	15
Corn, kernels	1 cup, 154	132	1.8	29.3	4.2	5	5	A: 6; C: 17	23
Cucumber	½ cup, 52 g	8	.1	1.9	.3	.9	.3	A: 1; C: 2	1
Dandelion	1 cup, 55 g	25	.4	5.1	1.9	.4	1.5	A:112;C:32	42
Edamame	2/3 cup, 85 g	120	5	9	3	2	10	A: 2; C: 20	10
Eggplant	1 cup, 82 g	20	.2	4.7	2.8	1.9	.8	C: 3	2
Endive/Escarole	1 head, 53 g	10		2	2	1	1	C: 2	
Garlic	2 cloves, 6 g	10		2	1	1	1		
Green beans	1 cup, 110 g	34	.1	7.8	3.7	1.5	2	A:15; C:30	7
Kale, raw	1, 80 g	40	.5	8	2	2	3	A:140; C:160	35
Kidney beans	1 cup, 177 g	225	.9	40.4	11.3	.6	15.3	C: 4	2
Leeks	1 cup, 89 g	54	.3	12.6	1.6	3.5	1.3	A: 30; C:18	18
Lentils	1 cup, 198 g	230	.8	39.9	15.6	3.6	17.9	C: 5	4
Lima beans	1 cup, 188 g	216	.7	39.3	13.2	5.5	14.7		4
Lettuce, Romaine	6 leaves, 85 g	20		3	1	2	1	A:20; C:4	
Mushrooms	1 cup, 70 g	15	.2	2.3	.7	1.2	2.2	C: 2	4
Navy beans	1 cup, 182 g	255	1.1	47.4	19.1	.7	15	C: 3	
Pinto beans	1 cup, 193 g	670	2.4	120.7	29.9	4.1	41.3	C: 20	23
Okra	1 cup, 100 g	31	.1	7	3.2	1.2	2	A: 8; C: 35	8
Onions	1 cup, 160 g	64	.2	14.9	2.7	6.8	1.8	C: 20	6

Vegetables & Legumes	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamins (Daily %)	Sodium (mg)
Parsnips	1 cup, 133g	100	.4	23.9	6.5	6.4	1.6	C:38	13
Peas	1 cup, 145 g	117	.6	21	7.4	8.2	7.9	A: 22; C:97	7
Pepper, green	1 cup, 149 g	30	.3	6.9	2.5	3.6	1.3	A: 11;C:200	4
Pepper, red	1 cup, 149 g	46	.4	9	3.1	6.3	1.5	A: 93;C:317	6
Potato, baked	3"-4.25" , 299g	278	.4	63.2	6.6	3.5	7.5	A: 1; C: 48	30
Potato, sweet	1 cup, 200 g	180	.3	41.4	6.6	13	4	A:769;C:65	72
Pumpkin	1 cup, 116 g	30	.1	7.5	.6	1.6	1.2	A:171; C: 17	1
Radishes	1 cup, 116 g	19	.1	3.9	1.9	2.2	.8	C: 29	45
Spinach	1 cup, 30 g	7	.1	1.1	.7	.1	.9	A: 56; C:14	24
Squash, Smr.	1 cup, 130 g	25	.3	5.3	2.5		1.2	A: 4; C: 18	3
Squash, Winter	1 cup, 140g	63	.2	16.4	2.8	3.1	1.4	A:296; C:49	6
Turnips	1 cup, 130 g	36	.1	8.4	2.3	4.9	1.2	C: 46	87
Turnip greens	1 cup, 55 g	18	.2	3.9	1.8	.4	.8	A:127; C: 55	22
Watercress	1 cup; 34 g	4		.4	.2	.1	.8	A: 22; C: 24	14

Grains	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Sodium (mg)
Amaranth	1 cup, 195 g	729	12.7	129	18.1		28.2	41
Barley	1 cup, 200 g	704	2.3	155.4	31.2	1.6	19.8	18
Basmati Rice	75 g	260	0	57	1.5		6	-
Buckwheat	1 cup, 170 g	583	5.8	121.5	17		22.5	2
Cornmeal	1 cup, 122 g	442	4.4	93.8	8.9	.8	9.9	43
Couscous	1 cup, 157 g	176	.3	36.5	2.2	.2	6	8
Millet, raw	1 cup, 200 g	756	8.4	145.7	17.0		22	10
Oatmeal , Multi-Grain	100 g	61	.5	13.5	2.2		2.1	3
Quinoa	1 cup, 170 g	626	10.3	109.1	11.9		24	9
Rye	1 cup, 169g	566	4.2	117.9	24.7	1.8	24.9	10
Steel Cut Oats	¼ cup, 41 g	160	3	27	8		6	0
Wheat Bran	1 cup, 58 g	125	2.5	37.4	24.8	.2	9	1
Wheat Bread	1 oz., 28.3 g	75	1	13.4	1	1.6	3.1	147
Wheat Germ	3 tbsp., 15 g	50	.5	10	2		3	14
Whole Grain Bread (7 grain)	1 oz., 28.3 g	75	1.2	12.3	2.1	1.8	3.8	119

Fish (Grouped by Omega 3)	Serving Size	Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
Herring	1 filet, 143 g	290	16.6	32.9			110	164
Mackerel	1 filet, 88g	231	15.7	21			66	73
Pompano	1 filet, 88g	186	10.7	20.8			56	67
Sardines	1 can, 94 g	150	8	19			115	240
Salmon, Wild Atlantic Dry Cooked	½ filet, 154 g	280	12.5	39.2			109	86
Blue Fin Tuna	3 oz., 85 g	156	5.3	25.4			42	43
Bluefish	1 filet, 117 g	186	6.4	30.1			89	90
Freshwater Bass	1 filet, 62 g	91	2.9	15			54	56
Mullet	1 filet, 93 g	140	4.5	23.1			59	66
Orange Roughy	3 oz., 85 g	89	.8	19.2			68	59
Cod	1 filet, 180 g	189	1.5	41.1			99	140
Flounder	1 filet, 127 g	149	1.9	30.7			86	133
Haddock	1 filet, 150 g	168	1.4	36.4			111	131
Halibut	½ filet, 159 g	223	4.7	42.4			65	110
Perch	1 filet, 46 g	54	.5	11.4			53	36
Pollack	1/2 filet, 151g	178	1.9	37.6			137	166
Rainbow Trout	1 filet, 143 g	215	8.3	32.8			99	80
Red Snapper	1 filet, 170 g	218	2.9	44.7			80	97
Sea Bass	1 filet, 101 g	125	2.6	23.9			54	88
Yellow Fin Tuna	3 oz. 85 g	118	1	25.5			49	40

Lean Meats & Poultry	Serving Size	Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
Beef, Bottom Sirloin	3 oz. 85 g	155	7.1	22.7			60	47
Bison, Top Sirloin	1 steak, 3 oz. 85g	332	11	54.4			167	103
Chicken Breast , Skinless	1 filet, 190 g	200	1.5	46			95	115
Duck, Skinless	1 cup, 140 g	281	15.7	32.9			125	91
Elk, Loin	1 steak, 148.1 g	190	4.4	35.3			86	62
Goose	½ G., meet only, roasted, 591 g	340	18.1	41.1			137	109
Ground Beef, 95% Lean	3 oz. 85 g	145	5.6	22.3			65	55
Lamb, Loin, Roasted	1 piece, 3oz, 193 g	390	18.8	51.3			168	127
Pork Loin Roast Lean	3 oz. 85 g	178	8.2	24.3			69	49
Rabbit, Stewed	3 oz. 85 g	96	2.4	17.7			NA	NA
Turkey Breast	½ breast, bone & skin removed 306 g	117	.6	26.2			72	45
Veal, Loin	3 oz. 85 g	192	7.8	28.5			106	71
Venison, Loin	3 oz. 85 g	81	1.3	16.3			43	31

Dairy	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium\ (mg)
Yogurt, plain, low fat milk	1 cup; 245 g	154	3.8	17.2		17.2	12.9	15	172
Yogurt, plain, soy	6 oz.,170 g	150	3	27	2	12	6		25
Skim milk	1 cup, 245 g	83	.2	12.2		12.5	8.3	5	103
Soy milk	1 cup, 240 g	100	3.5	10	1	7	6		95

Sweetener	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium\ (mg)
Apricots	1 cup, halves, 155 g	74	.6	17.2	3.1	14.3	2.2		2
Honey	1 tbsp, 21 g	70		17		16			
Maple syrup	¼ cup; 60 g	200		53		53			



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