

NUTRITIONAL GUIDE

BREAKFAST ITEMS

	Serving Size	Calories	Total Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Fried Egg	1 egg	90	6	0	0	12	175	70
Bacon	3 strips	38	2	0	0	5	10	150
Whole Wheat Toast	1 slice	69	1	13	2	3	0	147
White Toast	1 slice	67	1	12	1	2	<1	135
Bagel, plain (3,1/2" diameter)	1 bagel	187	1	36	2	7	0	363

BEVERAGES (CARBONATED)

	Serving Size	Calories	Total Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Coke	1 1/2 cups	152	<1	38	0	0	0	15
Diet Coke	1 1/2 cups	4	0	<1	0	<2	0	21
Root Beer	1 1/2 cups	152	0	39	0	0	0	48
Sprite	1 1/2 cups	147	0	38	0	0	0	40

BEVERAGES (NON-CARBONATED)

	Serving Size	Calories	Total Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Drink, Fruit Punch	1/2 cup	59	<1	15	0	0	0	28
Drink, Grape	1/2 cup	63	0	16	<1	<1	0	1
Juice, Apple	1/2 cup	58	<1	15	<1	<1	0	3.5
Juice, Orange	1/2 cup	55	0.5	13	<1	1	0	1.5
Juice, Pineapple	1/2 cup	70	<1	18	<1	0.5	0	1.5
Juice, Grape	1/2 cup	77	<1	19	1	0.5	0	4
Iced Tea, (sweetened)	1 1/2 cup	133	<1	33	0	<1	0	12

BREAKFAST CEREALS

	Serving Size	Calories	Total Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
All-Bran	1/2 cup	70	1	21	10	4	0	315
Bran Flakes	3/4 cup	95	1	23	4.5	4	0	227
Cheerios	1 cup	90	1	16	2	3	0	249
Corn Flakes	1 1/4 cup	109	<1	24	1	2	0	286
Corn Pops	1 cup	107	<1	25	<1	1	0	103

Froot Loops	1 cup	111	1	25	1	2	0	144
Frosted Flakes	1 cup	133	<1	32	1	2	0	283
Raisin Bran	3/4 cup	114	1	28	4	4	0	203
Rice Krispies	1 cup	114	<1	25	<1	2	0	213
Special K	1 cup	83	<1	16	1	4	<1	196

DAIRY

	Serving Size	Calories	Total Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Cottage Cheese (low fat 2%)	1 cup	203	4	8	0	31	19	918
Cheddar Cheese	1 1/2 oz (2.5 x 1" cubes)	171	13.5	1	0	11.5	45	264
Feta Cheese	1 1/2 oz (2.5 x 1" cubes)	113	9	1.5	0	6	38	474
Milk 2%	1 cup	121	5	12	0	8	18	122
Milk 1%	1 cup	102	3	12	0	8	10	123
Milk, Skim	1 cup/250ml	86	<1	12	0	8	4	126
Milk, Chocolate	1 cup	157	3	26	3	8	7	152
Soy Milk, Vanilla	1 cup/250ml	180	5	26	0	7	0	140
Soy Milk, Chocolate	1 cup/250ml	160	2.5	27	0	7	0	130
Soy Milk, Strawberry	1 cup/250ml	150	2.5	26	0	7	0	130
Yogurt (Fat free, all flavours)	3/4 cup container	130	0	26	0	6	5	95

FRUIT

	Serving Size	Calories	Total Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Apple	1 medium	81	<1	21	3	<1	0	0
Banana	1 medium	104	1	27	2	1	0	1
Cantaloupe	1/2 cup	93	1	22	2	2	0	24
Grapefruit	1/2 fruit	37	<1	9	2	1	0	0
Grape	10 each	40	<1	10	<1	<1	0	1
Honeydew Melon	1/2 cup	45	<1	12	1	1	0	13
Kiwi Fruit	1 fruit	46	<1	11	1	11	0	1
Mango	1/2 fruit	67	<1	18	3	<1	0	2
Orange	1 medium	62	<1	15	3	1	0	0
Peach	1 fruit	37	<1	10	2	1	0	0
Peaches, canned	1/2 cup	55	<1	15	1	1	0	7
Pear	1 fruit	98	1	25	5	1	0	0
Pears, canned	1/2 cup	76	0	20	2	0	0	7
Pineapple, fresh	1/2 cup	38	<1	9.5	1	<1	0	2
Raisins	1/4 cup	109	<1	29	1	1	0	4
Strawberries	1/2 cup	23	<1	5	1	<1	0	<1
Watermelon	1/2 cup	25	<1	6	<1	<1	0	2

GRAINS

GRAINS

	Serving Size	Calories	Total Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Plain Bagel	1/2 Bagel	94	0.5	18	1	3.5	0	182
Bread, white	1 Slice	69	1	13	2	3	0	147
Bread, whole wheat	1 Slice	67	1	12	1	2	<1	135
Pita, white	1 Pita	200	1	40	4	8	0	330
Pita, whole wheat	1 Pita	210	0.5	43	2	8	0	340
Rice, brown cooked	1/2 Cup	108	1	23	2	2.5	0	5
Rice, white cooked	1/2 Cup	134	0.1	29	0.5	3	0	2
Rotini, cooked	1/2 Cup	99	0.5	20	1	3.5	0	1
Spaghetti, cooked in salted water	1/2 Cup	99	0.5	20	1	4	0	70

MEATS

MEATS

	Serving Size	Calories	Total Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Baked Ham	4 oz	280	19	0	0	24	70	1350
Grilled Chicken Breast (without skin)	5 oz	240	5	0	0	44	120	150
Roast Beef	4 oz	370	19	0	0	47	150	70
Roasted Pork Medallions	4 oz	190	5	15	0	18	50	70

MEAT ALTERNATIVES

MEAT ALTERNATIVES

	Serving Size	Calories	Total Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Almonds (dry, roasted & salted)	1/4 Cup	203	18	8	4	6	0	269
Chickpeas	3/4 Cup	202	3	34	6	11	0	8
Eggs	2 Eggs	156	10	2	0	12	424	124
Peanut Butter	2 Tablespoons	188	16	7	2	8	0	153
Peanuts (oil roasted, salted)	1/4 Cup	208	18	8	3	10	0	156
Sunflower seeds (dry, unsalted)	1/4 Cup	205	18	7	2	8	0	1
Tofu	3/4 Cup	141	9	3	1.5	15	0	13.5

VEGETABLES

VEGETABLES

	Serving Size	Calories	Total Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Artichoke Hearts	1/2 cup	42	<1	9	5	3	0	278
Beets	1/2 cup	37	<1	8	1	1	0	65
Broccoli	1/2 cup	16	0	3	1	0	0	15
Carrots	1/2 cup or 1 medium	33	0	8	2	1	0	56
Cauliflower	1/2 cup	12	<1	3	1	1	0	15
Celery	1/2 cup or 1 medium stalk	9	<1	2	1	<1	0	45

Corn	1/2 cup	66	<1	2	2	2	0	4
Cucumber	1/2 cup	8	<1	2	<1	<1	0	1
Lettuce, Iceberg	1 cup	7	<1	1	1	1	0	5
Lettuce, Romaine	1 cup	8	1	2	1	1	0	2
Peas Green	1/2 cup	62	<1	11	4	4	0	70
Peas & Carrots	1/2 cup	38	<1	8	3	2	0	54
Pepper, Green	1/2 cup	19	<1	5	1	1	0	1
Pepper, Red	1/2 cup	14	<1	3	1	<1	0	1
Potato, Baked (with Skin)	1 medium	220	<1	51	5	5	0	8
Spinach Raw	1 cup	12	<1	2	2	2	0	44

