

DAILY VALUE FOR PROTEIN (DV) = 50 grams

Nutrition 10

Protein Content of Foods

FOOD	SERVING SIZE	PROTEIN CONTENT
Beans, refried	1 cup	16 g
Beef round roast	3 oz	25 g
Black beans, boiled	1 cup	15 g
Blackeyed peas, boiled	1 cup	13 g
Bread	1 slice	3 g
Broccoli	1/2 cup	3 g
Cheddar cheese	2 oz	14 g
Chicken, white meat	3.5 oz	31 g
Chickpeas, boiled	1 cup	15 g
Coconut milk, raw	1 cup	6 g
Coconut water	1 cup	2 g
Cottage cheese	1/2 cup	14 g
Duck, domestic, roasted	3.5 oz	24 g
Egg white	1	3 g
Egg, whole	1	6 g
Feta cheese	1 oz	4 g
Flounder, baked	3.5 oz	30 g
Frankfurter	2 oz	7 g
Halibut, cooked	3 oz	18 g
Hunmus	1 cup	12 g
Kidney beans	1/2 cup	8 g
Milk, 1% fat	1 cup	8 g
Milk, 2% fat	1 cup	8 g
Milk, skim	1 cup	8 g
Milk, whole	1 cup	8 g
Miso	100 g	13 g
Mozzarella cheese	1 oz	6 g
Mungo bean	100 g	24 g
Mutton (lamb)	100 g	17 g
Pasta, cooked	1 cup	5 g
Peanut butter	1Tbsp	4 g
Poi	1/2 cup	0.5 g
Pork ribs, lean broiled	3.5 oz	29 g
Pork roast	3 oz	21 g
Rice, brown, cooked	1 cup	5 g
Rice, white, cooked	1 cup	4 g
Sausage, cooked	1 patty	5 g
Shrimp, cooked	12 large	17 g
Snapper	3 oz	22 g
Soymilk	1 cup	6 g
Spanish rice	1 cup	4 g
Stir fry, vegetables	1/2 cup	2 g
Tabbouli	100 g	3 g
Tempeh	100 g	18 g
Termites, raw	100 g	20 g
Tofu	100 g	9 g
Tortilla, corn	1	2 g
Tuna in oil	3 oz	24 g
Turkey, light meat	3 oz	28 g
Yogurt whole milk	8 oz	7 g
Yogurt, low fat	8 oz	12 g

Sources:

1. Nutritive Value of Foods, USDA Home and Garden Bulletin No. 72. Washington, D.C: U.S. Department of Agriculture, 1981.
2. Bowes, Anna De Planter. *Bowes and Church's food values of portions commonly used*. 15th ed./rev. by Jean Al. Pennington. Philadelphia. Lippincott, c1989.
3. Leung, Woot-tsuen Wu. Food composition table for use in Africa; a research project sponsored jointly by U.S. Department of Health, Education and Welfare, Nutrition Program, and Food Consumptions and Planning Branch, Food and Agriculture. Bethesda, MD, 1968.
4. Food composition table for use in East Asia. A research project sponsored by U.S. Department of Health, Education, and Welfare, National Institute of Arthritis, Metabolism and Digestive Diseases, National Institute of Health. Washington, U.S. Government Printing Office, 1973.
5. Whitney EN, Hamilton, EMN, Rolfes, SR. *Understanding Nutrition* 5th ed. West Publishing Co., San Francisco, c1990.

DAILY VALUE FOR CARBOHYDRATE (DV) = 300 grams

Nutrition 10

CARBOHYDRATE CONTENT OF FOODS

FOOD	SERVING SIZE	CARBOHYDRATE CONTENT
Adzuki beans (boiled)	1 cup	57 g
Bagel	1	32 g
Bamboo shoots, raw	1/2 cup	4 g
Banana	1	26 g
Banana	1 medium	27 g
Bean sprouts	3.5 oz	21 g
Beans - black	1 cup	41 g
Beans - refried	1 cup	47 g
Blackeyed peas, boiled	1 cup	36 g
Bok Choy, raw	1 cup	2 g
Broccoli, raw	1/2 cup	2 g
Cantaloupe	1 cup	13 g
Cassava bread	100 g	59 g
Cheddar Cheese	1 oz	Trace
Chicken Tostada	6 oz	14 g
Chickpeas (canned)	1 cup	54 g
Chinese Cabbage - raw	100 g	8 g
Chocolate chip cookie	2	15 g
Chow Mein	1/2 cup	12 g
Coca Cola	12 oz	40 g
Coca Cola, diet	12 oz	2 g
Corn bread	100 g	33 g
English muffin, raisin	1	30 g
English muffin, plain	1	26 g
Gatorade	8 oz	14 g
Gatorload	8 oz	46 g
Graham crackers	2	11 g
Grapefruit	1/2	10 g
Honey	1 Tbsp (21 g)	17 g
Hummus	1 cup	50 g
Kiwi	1 medium	11 g
Macaroni	1/2 cup	16 g
Milk, 1% fat	1 cup	12 g
Milk, 2% fat	1 cup	12 g
Milk, whole (3.3% fat)	1 cup	11 g
Miso- plain	100 g	25 g
Orange	1 medium	16 g
Oreo cookie	3	20 g
Peanut Butter	2 Tbsp	6 g
Pinto beans	1 cup	44 g
Pita pocket bread	1	21 g
Plantain	1 cup	48 g
Poi	1/2 cup	33 g
Polenta (maize), cooked	100 g	74 g
Rice, cooked	1/2 cup	20 g
Ritz crackers	4	9 g
Seaweed	100 g	84 g
Soda crackers	10	20

FOOD	SERVING SIZE	CARBOHYDRATE CONTENT
Spanish Rice	1 cup	21 g
Split peas, cooked	1/2 cup	8 g
Stir fry, vegetables	1/2 cup	12 g
Sugar	1 Tbsp (12 g)	5 g
Sunflower seeds	1/4 cup	5 g
Tempeh	100 g	13 g
Tortilla - flour	1	15 g
Tostada, beef	8.5 oz	40 g
Water chestnuts, canned	1/2 cup	9 g
Wheat thins	8	9 g
White bread	1 slice	12 g
Whole wheat bread	1 slice	12 g
Yellow cake w/icing	1/16th 8" cake	40 g

Sources:

1. Nutritive Value of Foods, USDA Home and Garden Bulletin No. 72. Washington, D.C.: U.S. Department of Agriculture, 1981.
2. Bowes, Anna DePlanter. *Bowes and Church's food values of portions commonly used*. 15th ed./rev. by Jean Al. Pennington. Philadelphia. Lippincott, c1989.
3. Leung, Woot-tsuen Wu. Food composition table for use in Africa; a research project sponsored jointly by U.S. Department of Health, Education and Welfare, Nutrition Program, and Food Consumptions and Planning Branch, Food and Agriculture. Bethesda, MD, 1968.
4. Food composition table for use in East Asia. A research project sponsored by U.S. Department of Health, Education, and Welfare, National Institute of Arthritis, Metabolism and Digestive Diseases, National Institute of Health. Washington, U.S. Government Printing Office, 1973.
5. Whitney EN, Hamilton, EMN, Rolfes, SR. *Understanding Nutrition* 5th ed. West Publishing Co., San Francisco, c1990.

DAILY VALUE FOR FIBER (DV) = 25 grams

Nutrition 10

DIETARY FIBER CONTENT OF FOODS

FOOD	SERVING SIZE	FIBER CONTENT (g)
Bagel	1	1.2 g
Breads		
cracked wheat	1 slice	1.3
mixed grain	1 slice	1.6
wheat	1 slice	0.8
white	1 slice	0.5
Cake (mix)		
chocolate	1/12th	2.0
Cookies		
chocolate chip	2 cookies	0.6
oatmeal	2 cookies	0.8
Crackers		
saltines	2 crackers	0.2
Taco Shell		
corn	1	0.6
flour	1	1.2
Breakfast Cereals, ready to eat		
Bran flakes	3/4 cup (1 oz)	5.3
Corn flakes	1 cup (1 oz)	0.6
Rice, crispy	1 cup (1 oz)	0.3
Cereal grains		
brown rice	1 cup	3.3
white rice	1 cup	1.0
Fruits & Fruit Products		
apple	1 med	3.0
banana	1 med	1.8
orange	1 med	2.9
orange juice	1 cup (8 oz)	0.5
Prunes dried	10	6.0
Legumes, Nuts, Seeds		
almonds, oil roasted	22 (1 oz)	3.1
baked beans	1 cup (8 oz)	17.5
chickpeas, cnd	1 cup (8 oz)	13.9
peanut butter	2 Tbs	2.1
Pasta		
spaghetti	1 cup	2.2
Snacks		
corn chips	1 oz	1.2
popcorn	1 cup	0.9
potato chips	1 oz	1.3
pretzels	1 oz	0.8
tortilla chips	1 oz	1.8
Vegetables & Vegetable Products		
beans, canned	1 cup	3.3
broccoli, raw	1/2 cup	1.2
carrots, raw	1 med	2.3
corn, cooked	1/2 cup	3.0
potato, baked	1	3.0
french fries	10 pieces	2.1
tomatoes, raw	1	1.6
mixed veg, frozen	3/4 cup	4.3

Source: From the USDA Provisional Tables (Matthews and Phersson, 1988). Dietary fiber content of selected foods, HNIS/PT-106, U.S. Department of Agriculture, Human Info. Service, Washington, DC.

DAILY VALUE FOR FAT (DV) = 65 grams

Nutrition 10

FAT CONTENT IN FOODS

FOOD	SERVING SIZE	FAT CONTENT (g)	Kcals
Adzuki beans, boiled	1 cup	0.2 g	284
Beans, black	1 cup	0.9 g	227
Beans, refried	1 cup	3 g	270
Big Mac	1	32 g	562
Butter	1 Tbsp	12 g	100
Cheese - cheddar	1 oz	9 g	114
Cheese - part skim Mozzarella	1 oz	5 g	80
Chow Mein, chicken	1 cup	10 g	255
Cookies (Choc. Chip) (2.25" diameter)	4	9 g	180
Doughnut (glazed)	1	11 g	235
French fries	1 serving	12 g	220
Ground beef (21% fat)	3 oz	17 g	246
Ham, lean and fat	3 oz	14 g	207
Ice Cream (11% fat)	1 cup	14 g	125
Ice Milk (4.3% fat)	1 cup	6 g	184
Margarine	1 Tbsp	12 g	100
Mayonnaise	1 Tbsp	11 g	100
Mayonnaise (low fat)	1 Tbsp	3 g	35
Milk, goat (whole)	1 cup	10 g	168
Milk, low-fat (1%)	1 cup	3 g	102
Milk, skim	1 cup	0.4 g	86
Milk, whole	1 cup	8 g	150
Oil			
Corn	1 Tbsp	14 g	125
Crisco	1 Tbsp	13 g	125
Olive	1 Tbsp	14 g	125
Oyster, raw	1 cup	6 g	200
Salad dressing			
Italian	1 Tbsp	9 g	80
Italian (low-fat)	1 Tbsp	trace	5
Shrimp, cooked	100 g	1 g	99
Snickers	1	14 g	290
Sour Cream	1 Tbsp	3 g	25
Spanish rice	1 cup	4 g	213
Squid, toyama (fried)	100 g	6.0 g	149
Tortilla, corn	1	1 g	65
Tortilla, flour	1	2 g	85
Tostada beef	8.5 oz	30 g	530
Turkey, light meat	3 oz	3 g	133
Won Ton soup	1 cup	1 g	41
Yogurt plain (non-fat)	1 cup	<1 g	127
Yogurt plain (whole)	1 cup	7 g	138

Sources:

1. Nutritive Value of Foods, USDA Home and Garden Bulletin No. 72. Washington, D.C: U.S. Department of Agriculture, 1981.
2. Bowes, Anna De Planter. *Bowes and Church's food values of portions commonly used*. 15th ed./rev. by Jean Al. Pennington. Philadelphia. Lippincott, c1989.
3. Leung, Woot-tsuen Wu. Food composition table for use in Africa; a research project sponsored jointly by U.S. Department of Health, Education and Welfare, Nutrition Program, and Food Consumptions and Planning Branch, Food and Agriculture. Bethesda, MD, 1968.
4. Food composition table for use in East Asia. A research project sponsored by U.S. Department of Health, Education, and Welfare, National Institute of Arthritis, Metabolism and Digestive Diseases, National Institute of Health. Washington, U.S. Government Printing Office, 1973.
5. Whitney EN, Hamilton, EMN, Rolfes, SR. *Understanding Nutrition* 5th ed. West Publishing Co., San Francisco, c1990.