

	Trypt	Threo	IsoLeuc	Leucine	Lysine	Methion	Phenyl	Valine	Hist
Cheese 1 oz 114 cal/9gm fat	91	251	438	676	588	185	372	471	248
LF Ctg Chs 1 cup 164 cal/2gm fat	346	1377	1825	3193	2511	934	1674	1923	1032
Eggs 1 large 80 cal/6 gm fat	97	298	380	533	410	196	343	437	147
Egg Whites 4 16 cal/0 gm fat	204	596	826	1164	824	520	840	1004	304
Halibut 3 oz 93 cal/3 gm fat	198	775	825	1438	1624	524	691	911	521
Chicken 3.5 oz 173 cal/5 gm fat	361	1305	1632	2319	2626	855	1226	1533	959
Beef XL 3.5 oz 250 cal/16gm fat	301	1026	1049	1961	2044	572	928	1186	779
Milk 1% 8 oz 102 cal/3 gm fat	113	362	486	786	637	201	388	537	218
Pnt Btr 1 Tbsp 95 cal/8 gm fat	55	132	177	342	176	47	260	206	133
Rice .5 cups 111 cal/0 gm fat	8	32	28	52	28	16	36	44	20
Beans .5 cups 114 cal/ng gm fat	90	321	336	609	523	114	412	399	213
Corn .5 cups 90 cal/1 gm fat	19	109	109	294	116	57	127	157	75
Tofu .5 cups 183 cal/11 gm fat	156	409	496	761	660	128	487	506	291
Tempeh .5 cups 165 cal/7 gm fat	234	639	832	1358	934	220	840	813	413
Soy .5 cups 127 cal/6 gm fat	135	443	489	795	665	135	503	494	299