

References	Unit	Reference Values					Act				
		Qty	Calories	g Protein	g Carbs	g Fat	Qty	Calories	g Protein	g Fat	
Protein											
Beef - Ground Regular	ozs	3	264	14.4		21.6	4.00	352	19.2	28.8	
Beef - Ground Lean	ozs	3	226	15.1		18.0	4.00	301	20.2	24.0	
Beef - Ground Extra Lean	ozs	3	199	16.1		13.9	4.00	266	21.4	18.6	
Beef - Filet Mignon	ozs	3	158	24.0		6.7	4.00	211	32.0	9.0	
Beef - Filet Mignon Grass Fed	ozs	3	109	24.0		1.9	4.00	145	32.0	2.5	
Lamb - Loin	ozs	3	120	17.5		5.3	4.00	160	23.4	7.0	
Turkey	ozs	3.5	98	22.8		2.0	4.00	112	26.1	2.3	
Turkey- Jerky Snackmasters	ozs	1	70	11.0		0.5	4.00	280	44.0	2.0	
Bison	ozs	3	94	18.7		1.7	4.00	125	25.0	2.2	
Chicken - Leg skinless	ozs	4.9	267	37.8		11.8	4.00	218	30.9	9.6	
Chicken - Breast skinless	ozs	3	94	19.7		0.8	4.00	125	26.2	1.1	
Fish - Salmon Baked	ozs	2.5	100	14		5	4.00	160	22.4	8.0	
Fish - Orange Roughy Baked	ozs	2.75	99	11.9		5.5	4.00	144	17.3	8.0	
Fish - Tuna Steak Baked	ozs	3.25	101	21.4		0.9	4.00	124	26.3	1.1	
Fish - Tuna Albacore	ozs	3.25	98	21.1		1.6	4.00	121	26.0	2.0	
Fish - Halibut Baked	ozs	5.5	171	31.4		3.1	4.00	124	22.8	2.3	
Fish - Mahi Mahi Baked	ozs	4	100	21.0		1.0	4.00	100	21.0	1.0	
Fish - Chilean Sea Bass Baked	ozs	7	150	24.0		2.6	4.00	86	13.7	1.5	
Eggs - Whole Large	ea	1	75	6		5.3	2.00	150	12.0	10.6	
Eggs - Egg Whites Large	ea	1	17	3.5			2.00	34	7.0	0.0	
Milk - Half and Half	ozs	1	39	0.9		3.5	8.00	312	7.2	28.0	
Milk - Whole	ozs	5.25	98	5.7		5.7	8.00	149	8.7	8.7	
Milk - 2%	ozs	6.75	102	7.3		4.2	8.00	121	8.7	5.0	
Milk - 1%	ozs	1	13	1		0.3	8.00	104	8.0	2.4	
Milk - Skim	ozs	8	99	9			8.00	99	9.0	0.0	
Cheese - Ricotta	ozs	1	120	8.0		9.0	1.00	120	8.0	9.0	
Cheese - Cheddar	ozs	1	114	7.0		9.4	1.00	114	7.0	9.4	
Cheese - Provolone	ozs	1	99	7.2		7.5	1.00	99	7.2	7.5	
Cheese - Mozzarella	ozs	1	80	5		6	1.00	80	5.0	6.0	
Cheese - Swiss	ozs	1	108	7.6		7.9	1.00	108	7.6	7.9	
Cheese - Swiss Jarlsberg Lite	gms	21	50	7.0		2.5	28.60	68	9.5	3.4	
Cottage Cheese	ozs	4	116	14.1		5.1	4.00	116	14.1	5.1	
Cottage Cheese - Lowfat 2%	ozs	4	102	15.5		2.2	4.00	102	15.5	2.2	
Cottage Cheese - Lowfat 1%	ozs	4	81	14.0		1.2	4.00	81	14.0	1.2	
Soy - Westsoy Unswetened	Cup	1	90	9		4.5	1.00	90	9.0	4.5	
Soy - Pacific Vanilla Low Fat	Cup	1	80	5		2.5	1.00	80	5.0	2.5	
Yogurt - Greek Fat Free	cup	0.5	60	10			1.00	120	20.0	0.0	
Yogurt - Nancy's Non Fat	Cup	1	120	12			1.00	120	12.0	0.0	
Yogurt - Nancy's Low Fat	Cup	1	150	11		3.0	1.00	150	11.0	3.0	
Yogurt - Regular	Cup	1	149	8.5		8.0	1.00	149	8.5	8.0	
Protein Powder - Mass Pro Unflav	ozs	1.06	121	25.0		1.0	1.00	115	23.7	0.9	1.06 ozs / heap scoop
Protein Powder - Designer Whey	ozs	0.92	100	19.0		2.0	1.00	109	20.7	2.2	0.92 ozs / scoop
Protein Powder - Now Sports Unflav Whey	ozs	1.00	106	25		0.3	1.00	106	25.0	0.3	1 oz or 28g / scoop
Protein Powder - Jay Robb Whey	ozs	1.05	110	25.0		0.0	1.00	105	23.8	0.0	1 Packet = 1.05 g
Fat											
Almonds - Raw Whole	gms	28	160			14.0	2.00	11	0.0	1.0	2 Almonds
Cashews - Raw Whole	gms	28	160			12.0	2.00	11	0.0	0.9	2 Cashews
Walnuts - Raw	gms	28	196			18.7	2.00	14	0.0	1.3	30 g = 1/4 cup
Flaxmeal - Red Mill	tblsp	2	60			4.5	2.00	60	0.0	4.5	
Avocado - Sliced	ozs	1.5	75			6.9	1.50	75	0.0	6.9	
Mayo	tblspn	1	100			11.2	1.00	100	0.0	11.2	
Mayo - Light	tblspn	1	45			4.5	1.00	45	0.0	4.5	
Mayo - Reduced Fat	tblspn	1	20			2.0	1.00	20	0.0	2.0	
Butter	tblspn	2.5	263			30	8.00	842	0.0	96.0	
Dark Chocolate	ozs	3.5	588			14.6	1.00	168	0.0	4.2	

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Carbohydrates											
Rice - Short Grain Brown ckd	cup	1	200			1.00	200	0.0	0.0		
Potatoe-Large 3 - 4 1/4" diam	ea	1	290			1.00	290	0.0	0.4		
Potatoe-Med 2 1/4 - 3 1/4" diam	ea	1	168			1.00	168	0.0	0.2		
Beans - Black	cup	0.5	120			0.50	120	0.0	0.0		
Rice - Short Grain Brown ckd	cup	1	200			0.50	100	0.0	0.0		
Bread - Whole Wheat	ea	1	70			1.00	70	0.0	0.5		
Cracker - Wasa Multi Grain	ea	1	45			1.00	45	0.0	0.0		
Cracker - Wheat Thins Regular	ozs	1	138			1.00	138	0.0	5.5		
Cracker - Wheat Thins Red Fat	ozs	1	128			1.00	128	0.0	3.9		
Cracker - Tr Joe Multigrain & Flax	ea	4	60			1.00	15	0.0	0.3		
Cracker - Carr's Whole Wheat	ea	2	80			1.00	40	0.0	2.0		
Tortillas - Corn 6"	ea	2	110			2.00	110	0.0	1.5		
Tortillas - Flour 6"	ea	1	110			2.00	220	0.0	6.0		
Tortillas - Whole Wheat 6"	ea	1	150			2.00	300	0.0	10.0		
Tortillas - Rudy's Whole Spelt 8"	ea	1	140			2.00	280	0.0	6.0		
Cereal - Bear Naked Peak Protein	Cup	0.25	140			1.00	560	0.0	28.0		
Cereal - Uncle Sam	Cup	0.75	190			1.00	253	0.0	6.7		
Cereal - Ezekiel Flax	Cup	0.5	180			1.00	360	0.0	5.0		
Cereal - Kelloggs Raisin Bran	Cup	1	190			1.00	190	0.0	1.5		
Cereal - Erewhon Raisin Bran	Cup	1	170			1.00	170	0.0	1.0		
Chips - Multigrain FSTG	ea	10	140			10.00	140	0.0	6.0	28 g / 10 chips	
Chips - Multigrain Kettle	ea	10	140			10.00	140	0.0	7.0	28 g / 10 chips	
Pretzels - Spelt	ea	18	110			18.00	110	0.0	1.5		
Cookie - Ranger	ea	1	100	0.5		1.00	100	0.5	5.8		
Cookie - Fig Newtons-Wh Wht NF	ea	1	60			1.00	60	0.0	0.0		
Apple	ozs	7	119			4.50	77	0.0	0.5	Small Apple	
Apple	ozs	7	119			6.50	111	0.0	0.7	Medium Apple	
Banana	oz	2	52			4.60	120	0.0	0.0	Medium Banana	
Orange	ea	1	69			1.00	69	0.0	0.2	3" Diam Fruit	
Blackberries	ozs	1	8			1.00	8	0.0	0.0		
Mango	ozs	5.8	107			1.00	18	0.0	0.0		
Pineapple	ozs	5.5	78			1.00	14	0.0	0.0		
Beer	ozs	12	150			12.00	150	0.0	0.0		
Beer - Lite	ozs	12	100			12.00	100	0.0	0.0		
Wine - Red	ozs	4	100			12.00	300	0.0	0.0		
Wine - White	ozs	4	80			12.00	240	0.0	0.0		
Wine - Port	ozs	4	180			12.00	540	0.0	0.0		
Licorice - Black RJ's	ea	3	140			1.00	47	0.0	0.3		
Agave	tblspn	1	60			1.00	60	0.0	0.0		
Syrup - Whole Maple	ozs	1	105			1.00	105	0.0	0.0		
Wholefoods Blueberry Vinegrette	tblspn	2	45			2.00	45	0.0	3.0		
Wasabi Dressing	tblspn	1	70			7.00	70	0.0	7.0		
Guacamole	ozs	3	110			3.00	110	0.0	13.0		
Salsa	ozs	4	40			4.00	40	0.0	0.0		