

MACRONUTRIENT TABLES - ENGLISH (cont.)

Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat
(dried)	Nuts and Seeds			
1 oz	Almonds	6	6	14
1 oz	Brazil Nuts	4	3	19
1 oz	Cashews	4	9	13
1 oz	Chestnuts	1	15	1
1 oz	Filberts	4	5	18
1 oz	Hickory Nuts	4	5	18
1 oz	Macadamia Nuts	2	2	22
1 oz	Peanuts	7	6	14
1 oz	Pecans	3	4	21
1 oz	Pine Nuts	4	5	18
1 oz	Pistachios	6	8	13
1 tsp	Poppy Seeds	1	1	1
1 oz	Pumpkin Seeds	5	15	6
1 tsp	Sesame Seeds	1	1	1
1 oz	Sunflower Seeds	5	7	14
1 oz	Walnuts	6	3	17
(cooked)	Whole Grains			
½ cup	Amaranth	14	60	4
½ cup	Barley	10	67	2
½ cup	Buckwheat	10	58	3
½ cup	Kamut	12	58	0
½ cup	Millet	3	21	1
½ cup	Oat	12	50	5
½ cup	Quinoa	14	60	5
½ cup	Rice (all types)	2	25	0
½ cup	Rye	13	55	1
½ cup	Spelt	15	57	1
½ cup	Triticale	10	58	2
½ cup	Wheat	11	57	1
½ cup	Wild Rice	3	18	0
(raw)	Greens			
3 ½ oz	Arucula	3	4	1
3 ½ oz	Beet Greens	2	4	0
3 ½ oz	Cilantro	2	4	1
3 ½ oz	Collard Greens	2	6	0
3 ½ oz	Dandelion Greens	2	9	1
3 ½ oz	Endive	1	3	0
3 ½ oz	Kale	3	10	1
3 ½ oz	Lettuce (all types)	1	3	0
3 ½ oz	Mustard Greens	3	5	0
3 ½ oz	Radicchio	1	4	0
3 ½ oz	Spinach	3	4	0
3 ½ oz	Sprouts (all types)	4	4	1
3 ½ oz	Swiss Chard	2	4	0
3 ½ oz	Turnip Greens	1	7	0
3 ½ oz	Watercress	2	1	0

Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat
(raw)	Vegetables			
3 ½ oz	Artichokes	3	11	0
3 ½ oz	Asparagus	2	4	0
3 ½ oz	Avocado	2	9	15
3 ½ oz	Bamboo Shoots	3	5	0
3 ½ oz	Beets	2	10	0
3 ½ oz	Bok Choy	1	2	0
3 ½ oz	Broccoli	3	7	0
3 ½ oz	Brussels Sprouts	3	9	0
3 ½ oz	Cabbage	1	6	0
3 ½ oz	Carrots	1	10	0
3 ½ oz	Cauliflower	2	5	0
3 ½ oz	Celery	1	3	0
3 ½ oz	Corn	3	19	1
3 ½ oz	Cucumber	1	4	0
3 ½ oz	Daikon	1	4	0
3 ½ oz	Eggplant	1	6	0
3 ½ oz	Fennel	1	7	0
1 clove	Garlic	0	1	0
3 ½ oz	Ginger Root	2	18	1
3 ½ oz	Jerusalem Artichoke	2	17	0
3 ½ oz	Jicama	1	9	0
3 ½ oz	Kohlrabi	2	6	0
3 ½ oz	Leek	2	14	0
3 ½ oz	Mushrooms (all types)	3	3	0
3 ½ oz	Okra	2	7	0
3 ½ oz	Olives (all types)	1	6	11
3 ½ oz	Onions (all types)	1	10	0
3 ½ oz	Parsnips	1	18	0
3 ½ oz	Pepper (bell, all colors)	1	6	0
3 ½ oz	Pepper (hot, all colors)	2	9	0
3 ½ oz	Potatoes (all types)	2	16	0
3 ½ oz	Pumpkin	1	7	0
3 ½ oz	Radishes	1	3	0
3 ½ oz	Rutabaga	1	8	0
3 ½ oz	Shallots	2	17	0
3 ½ oz	Squash (all types)	1	6	0
3 ½ oz	Sweet Potato (yam)	1	28	0
3 ½ oz	Tomatoes	1	3	0
3 ½ oz	Turnips	1	6	0
3 ½ oz	Water Chestnuts	3	38	1
3 ½ oz	Zucchini	3	3	0
(dried)	Sea Vegetables			
1 tbsp	All types	0	1	0

Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat
(raw)	Fruits			
3 ½ oz	Apples	0	14	0
3 ½ oz	Apricots	1	11	0
3 ½ oz	Bananas	1	23	0
3 ½ oz	Blackberries	1	10	0
3 ½ oz	Blueberries	1	14	0
3 ½ oz	Boysenberries	1	13	0
3 ½ oz	Cantaloupe	1	8	0
3 ½ oz	Casaba Melon	1	7	0
3 ½ oz	Cherries	1	12	0
3 ½ oz	Coconut	3	15	33
3 ½ oz	Cranberries	0	12	0
3 ½ oz	Currants	1	14	0
3 ½ oz	Dates	2	75	0
3 ½ oz	Elderberries	1	18	0
3 ½ oz	Figs	3	64	1
3 ½ oz	Gooseberries	1	10	1
3 ½ oz	Grapefruit	1	7	0
3 ½ oz	Grapes	1	17	0
3 ½ oz	Guava	1	12	1
3 ½ oz	Honeydew Melon	1	9	0
3 ½ oz	Kiwi Fruit	1	15	1
3 ½ oz	Kumquat	2	16	1
3 ½ oz	Lemons	1	9	0
3 ½ oz	Limes	0	8	0
3 ½ oz	Loganberries	2	13	0
3 ½ oz	Mango	1	17	0
3 ½ oz	Nectarines	1	11	0
3 ½ oz	Oranges	1	12	0
3 ½ oz	Papaya	1	10	0
3 ½ oz	Peaches	1	10	0
3 ½ oz	Pears	1	11	0
3 ½ oz	Persimmon	1	33	0
3 ½ oz	Pineapple	1	13	0
3 ½ oz	Plums	1	11	0
3 ½ oz	Pomegranate	1	17	0
3 ½ oz	Prunes	2	64	0
3 ½ oz	Raisins	3	79	0
3 ½ oz	Raspberries	1	12	1
3 ½ oz	Rhubarb	1	5	0
3 ½ oz	Strawberries	1	8	0
3 ½ oz	Tangerines	1	11	0
3 ½ oz	Watermelon	1	8	0
	Oils and Fats			
1 tbsp	All oils and butters	0	0	13
1 tbsp	Margarine	0	0	8

MACRONUTRIENT TABLES - ENGLISH

Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat
(cooked)	Meats			
3 ½ oz	Beef	26	0	18
3 ½ oz	Buffalo	27	0	2
3 ½ oz	Elk	30	0	2
3 ½ oz	Heart (beef)	28	0	5
3 ½ oz	Kidney (beef)	27	0	5
3 ½ oz	Lamb	23	0	19
3 ½ oz	Liver (beef)	30	5	5
1 oz	Pork (bacon)	11	0	11
3 ½ oz	Pork (ham, chops)	22	0	8
3 ½ oz	Rabbit	29	0	8
3 ½ oz	Venison	31	0	2
(cooked)	Poultry			
3 ½ oz	Chicken (dark meat)	27	0	10
3 ½ oz	Chicken (white meat)	31	0	4
3 ½ oz	Cornish Hen	23	0	4
3 ½ oz	Duck	23	0	11
3 ½ oz	Goose	29	0	13
3 ½ oz	Pheasant	32	0	12
3 ½ oz	Quail	25	0	14
3 ½ oz	Turkey (dark meat)	29	0	4
3 ½ oz	Turkey (white meat)	30	0	1
(cooked)	Seafood			
3 ½ oz	Abalone	20	11	7
3 ½ oz	Anchovy	29	11	10
3 ½ oz	Bass (freshwater)	24	0	5
3 ½ oz	Bass (sea)	24	0	3
3 ½ oz	Catfish	18	0	3
1 oz	Caviar	7	1	5
3 ½ oz	Clams	23	0	1
3 ½ oz	Cod	23	0	1
3 ½ oz	Crab	19	0	2
3 ½ oz	Crayfish	18	0	1
3 ½ oz	Grouper	25	0	1
3 ½ oz	Halibut	27	0	3
3 ½ oz	Herring	22	0	15
3 ½ oz	Lobster	21	1	1
3 ½ oz	Mackerel	24	0	18
3 ½ oz	Mahi-mahi	24	0	1
3 ½ oz	Mussels	23	0	1
3 ½ oz	Octopus	30	4	2
3 ½ oz	Oysters	9	0	1
3 ½ oz	Perch	25	0	1
3 ½ oz	Pompano	24	0	12
3 ½ oz	Rockfish	24	0	2
3 ½ oz	Roughy	19	0	1

Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat
(cooked)	Seafood (cont.)			
3 ½ oz	Salmon	27	0	10
1 oz	Sardine	25	0	11
3 ½ oz	Scallop	23	0	1
3 ½ oz	Shark	18	0	3
3 ½ oz	Shrimp	21	0	1
3 ½ oz	Snapper	26	0	2
3 ½ oz	Squid	18	3	1
3 ½ oz	Swordfish	25	0	5
3 ½ oz	Trout	25	0	7
3 ½ oz	Tuna	26	0	3
3 ½ oz	Whitefish	24	0	8
(cooked)	Legumes			
3 ½ oz	Aduki Beans	8	25	0
3 ½ oz	Black Beans	9	24	1
3 ½ oz	Black-eyed Peas	8	21	1
3 ½ oz	Fava Beans	8	20	0
3 ½ oz	Garbanzo Beans	9	27	3
3 ½ oz	Great Northern Beans	8	21	0
3 ½ oz	Green Beans	2	8	0
3 ½ oz	Green Peas	5	16	0
3 ½ oz	Lentils	9	20	0
3 ½ oz	Lima Beans	8	21	0
3 ½ oz	Mung Beans	7	19	0
3 ½ oz	Navy Beans	9	26	1
3 ½ oz	Pink Beans	9	28	0
3 ½ oz	Pinto Beans	9	25	1
3 ½ oz	Red Beans	9	22	0
3 ½ oz	Soy Beans	10	9	5
3 ½ oz	Tofu	7	2	3
3 ½ oz	White Beans	9	26	1
	Beverages			
1 cup	Almond Milk	2	10	3
12 oz	Beer	1	13	0
1 cup	Fruit Juices	0	33	0
1 oz	Liquor	0	0	0
1 cup	Oat Milk	4	24	3
1 cup	Rice Milk	1	27	2
12 oz	Soft Drinks (colas)	0	40	0
1 cup	Soy Milk	9	11	5
1 cup	Vegetable Juices	1	4	0
3 ½ oz	Wine	0	3	0

NOTE: Gram values displayed are averages extracted from multiple database sources.

Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat
	Dairy and Eggs			
1 oz	Blue Cheese	6	1	8
1 oz	Brie	6	0	8
1 cup	Buttermilk	10	13	5
1 oz	Camembert	6	0	7
1 oz	Cheddar	7	0	9
1 oz	Colby	7	1	9
½ cup	Cottage Cheese	14	3	5
½ cup	Cottage Cheese (lite)	14	3	1
1 oz	Cream (half & half)	1	1	3
1 oz	Cream Cheese	2	1	10
1 oz	Edam	7	0	8
2 whites	Eggs, Chicken (whites)	8	0	0
2 yolks	Eggs, Chicken (yolks)	6	2	10
1 egg	Eggs, Duck (whole)	9	1	10
1 oz	Feta	4	1	8
1 oz	Goat Cheese	8	1	9
1 cup	Goat Milk	9	11	10
1 oz	Gouda	7	1	8
1 oz	Gruyere	8	0	9
½ cup	Ice Cream	3	19	7
1 cup	Milk (2%)	8	11	5
1 cup	Milk (skim)	8	12	0
1 cup	Milk (whole)	8	11	8
1 oz	Monterey Jack	7	0	9
1 oz	Mozzarella	6	1	6
1 oz	Muenster	7	0	9
1 oz	Neufchatel	3	1	7
1 oz	Parmesan	10	1	7
1 oz	Provolone	7	1	8
1 oz	Ricotta	3	1	4
1 oz	Romano	9	1	8
1 oz	Roquefort	6	1	9
½ cup	Sherbet	1	23	2
1 oz	Sour Cream	1	1	6
1 oz	Swiss	8	2	8
3 oz	Whey	1	4	0
3 oz	Yogurt	4	4	2
	Other Items			
1 oz	Chocolate	2	17	8
1 tbs	Mayonnaise	0	0	12
1 tsp	Sugar (all types)	0	4	0
1 tbs	Honey	0	19	0
1 tbs	Molasses	0	17	0