

# Carbohydrate & Calorie Counter Index



For healthy and safe weight loss for a lifetime, visit <http://beautiful-body-ideal-weight.com> today and find out more about how to achieve your beautiful body & ideal weight goals naturally & safely.

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## CARBOHYDRATE & CALORIE COUNTER

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**This handy resource tool helps you keep track of how many carbohydrates you're taking in.**

**It includes the carbohydrate and calorie count of some of the most popular foods at dozens of fast-food restaurants.**

**Ideal for traveling so you stay on track with your weight loss no matter where you go.**

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# **IMAGINE! . . .**

## **FOOD FOR THOUGHT**

*by David Exon,  
Wellness & Weight Management Consultant*



**"IF YOU COULD ONLY OWN ONE CAR . . . AND IT HAD TO LAST YOU YOUR ENTIRE LIFE . . . HOW WOULD YOU LOOK AFTER IT?"**

We have all seen 5 year old cars that are very badly rusted, or damaged and nearly ready to be scrapped, and yet we have also seen 80 year old cars that look as good as the day they were built!

**"WHY?"** . . . To me the reason seems obvious!

WE ARE ONLY GIVEN ONE BODY, and just think what we do to it over a lifetime! No wonder we have trouble maintaining the beautiful body ideal weight we long for, and require for optimum health.

**'LIFE IS NOT A DRESS REHEARSAL, WE ONLY GET ONE CHANCE!'**

Remembering that things like Pollution, Pesticides, Preservatives, Additives, Antibiotics in our food, etc. etc. are beyond our control.

The C.S.I.R.O in a recent study found also that over 50% of our soils are Nutritionally depleted. So even when we try to eat well, we are not always getting what we think we are, from our food.

When our health finally starts to break down, and we no longer have the healthy body ideal weight that we once may have had, we say things like .

. .

**"You have to expect things like this when you get older"**

or

**"Mum had these problems, so it must be hereditary."**



As over 70% of deaths and disease are dietary related, and we usually pick up our eating and cooking habits from our parents, it just stands to reason that the same related problems may occur.

## **In 'VERY SIMPLE TERMS', what our Nutritional Programs do is . . .**

- 1. UNCLOG, CLEANSE, AND TAKE ALL THE BAD THINGS OUT...**
- 2. WHICH THEN ALLOWS OUR SYSTEM TO REPAIR ITSELF!**
- 3. THIS IN TURN ENABLES ALL THE GOOD THINGS TO BE ABSORBED, IN BALANCE, EVERY DAY!**

## **END RESULT: YOU FEEL REALLY GOOD, REALLY QUICKLY!**

**IDEALLY**, as your entire bloodstream changes every 90 days, best results will be achieved with a '90 day commitment to your health', and you will be well on the way to regaining the healthy body ideal weight that you desire.

**THESE NUTRITIONAL PURE FOOD PROGRAMS ARE TOO GOOD NOT TO BE USED SERIOUSLY!**

## **BEWARE!**

**WHY** do so many people let their dreams die unlived?

One reason is the negative cynical attitudes of other people. These people are not enemies, they are friends, even family members. If our friends are negative towards our dreams or aspirations . . . our friends can kill us.

You get excited about the possibility of a new job, a new idea, or a new image. You decide to give up smoking, lose weight, join a Gymnasium, or see the opportunity to make money, do more meaningful work, rise to a personal challenge, or create a new image; revving up for this stimulating new prospect.

Then you tell your neighbour about it over the back fence one evening, you get a smirk, a laugh that says . . . "You can't do that" . . . a foot long list of all the problems and obstacles, and fifty reasons why you will never make it and are better off to stay as you are.

Your enthusiasm disintegrates. You lose all your fire and self-confidence and begin to think of all the reasons why you can't make it, instead of the reasons that you can.

Friends can do more damage than a dozen enemies. Remember, the easiest thing to find on earth, is someone to tell you all the things you cannot do or cannot be.

**Don't listen to them!**

It is always the person who has never made \$40,000 a year, who knows all the reasons why you can't make \$100,000. Have you noticed that the person who says "You don't need to shape up or lose weight," usually does not have a healthy looking body ideal weight themselves?

If you have a dream, give it a chance to happen. Don't let your brother-in-law or your plumber, or the girl in the next office, rob you of that faith in yourself that makes things happen.

Don't let the guy who lives on the couch and watches TV every night tell you how futile life is.

If you have that flame of a dream deep down inside you somewhere, do something about it, and don't let anyone else blow it out.

**Believe you can, and you will find you can.**

**TRY! You will be surprised how many good things can happen to you!**



**So to start your quest for a happier healthier you, please click on the link below to show what others have achieved through 'The Miracle of Nutrition'**

**If millions of others around the world have changed their lives for the better... WHY NOT YOU?**

For healthy and safe weight loss for a lifetime, visit <http://beautiful-body-ideal-weight.com> today and find out more about how to achieve your beautiful body and ideal weight goals naturally and safely



## ALCOHOL

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Beer-light	12 fl. oz.	5 g	NA	99	1 g	0
Beer-regular	12 fl. oz.	13 g	NA	146	1 g	0
Bloody Mary	5 fl. oz.	5 g	NA	115	1 g	0
Bourbon and soda	4 fl. oz.	0	NA	104	0	0
Coffee liqueur 53 proof	1 fl. oz.	16 g	NA	117	0	0
Coffee liqueur 63 proof	1 fl. oz.	11 g	NA	107	0	0
Coffee liqueur + cream	1 fl. oz.	6 g	NA	102	1 g	5
Creme de menthe	1 fl. oz.	14 g	NA	125	0	0
Daiquiri	2 fl. oz.	4 g	NA	112	0	0
Daiquiri - canned	6.8 fl. oz.	32 g	NA	259	0	0
Dessert wine - dry	1 fl. oz.	1 g	NA	38	0	0
Dessert wine - sweet	1 fl. oz.	4 g	NA	46	0	0
Gin	1 fl. oz.	0	NA	73	0	0
Gin and tonic	7.5 fl. oz.	16 g	NA	171	0	0
Manhattan	2 fl. oz.	2 g	NA	128	0	0
Martini	2.5 fl. oz.	0	NA	156	0	0
Pina colada	4.5 fl. oz.	40 g	NA	262	1 g	3
Red wine	3.5 fl. oz.	2 g	NA	74	0	0

Rose wine	3.5 fl. oz.	1 g	NA	73	0	0
Rum	1 fl. oz.	0	NA	64	0	0
Screwdriver	7 fl. oz.	18 g	NA	175	1 g	0
Spirits 100 proof	1 fl. oz.	0	NA	82	0	0
Spirits 80 proof	1 fl. oz.	0	NA	64	0	0
Spirits 86 proof	1 fl. oz.	0	NA	70	0	0
Spirits 90 proof	1 fl. oz.	0	NA	73	0	0
Spirits 94 proof	1 fl. oz.	0	NA	76	0	0
Tequila sunrise	5.5 fl. oz.	15 g	NA	189	1 g	0
Tequila sunrise - can	6.8 fl. oz.	24 g	NA	232	1 g	0
Tom Collins	7.5 fl. oz.	3 g	NA	122	0	0
Vodka	1 fl. oz.	0	NA	64	0	0
Whiskey	1 fl. oz.	0	NA	70	0	0
Whiskey sour	1 fl. oz.	4 g	NA	45	0	0
Whiskey sour - canned	1 fl. oz.	4 g	NA	37	0	0
Whiskey sour - home	1 fl. oz.	2 g	NA	41	0	0
Whiskey sour - mix - bottle	1 fl. oz.	7 g	NA	27	0	0
Whiskey sour - mix - powder	3.5 fl. oz.	97 g	NA	383	1 g	0
Whiskey sour - mix - sodium	1 fl. oz.	7 g	NA	27	0	0
Whiskey sour - powder - prep	1 fl. oz.	5 g	NA	48	0	0

Whiskey sour - sodium	1 fl. oz.	4 g	NA	45	0	0
White wine	3.5 fl. oz.	1 g	NA	70	0	0
Wine - all table	3.5 fl. oz.	1 g	NA	72	0	0



## BEANS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Black beans	1/2 c., boiled	20.4 g	6.1 g	114	7.6 g	0.5 g
Chick-peas, canned	1/2 c.	27.1 g	7.0 g	143	5.9 g	1.4 g
Edible-podded peas	1/2 c., boiled	5.6 g	2.2 g	34	2.6 g	0.2 g
French beans	1/2 c., boiled	20.7 g	N/A	111	6.1 g	0.7 g
Great northern beans	1/2 c., boiled	18.6 g	4.8 g	104	7.3 g	0.4 g
Green peas	1/2 c., boiled	12.5 g	2.4 g	67	4.3 g	0.2 g
Kidney beans	1/2 c., boiled	20.1 g	6.9 g	112	7.6 g	0.4 g
Lentils	1/2 c., boiled	19.9 g	5.2 g	115	8.9 g	0.4 g
Lima beans	1/2 c., boiled	19.6 g	6.8 g	108	7.3 g	0.4 g
Lima beans, baby	1/2 c., boiled	21.2 g	6.6 g	115	7.3 g	0.4 g
Navy beans	1/2 c., boiled	23.9 g	4.9 g	129	7.9 g	0.5 g
Pinto beans	1/2 c., boiled	21.8 g	3.4 g	117	7.0 g	0.4 g
Snap beans, green	1/2 c., boiled	4.9 g	1.8 g	22	1.2 g	0.2 g
Snap beans, Yellow	1/2 c., boiled	4.9 g	1.8 g	22	1.2 g	0.2 g
Split peas	1/2 c., boiled	20.7 g	3.1 g	116	8.2 g	0.4 g

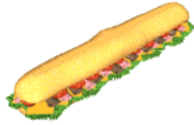


## BEEF

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Beef liver	3 oz., braised	3.0 g	0	137	20.7 g	4.2 g
Blade roast	3 oz., lean only, braised	0	0	213	26.4 g	11.1 g

Bottom round roast	3 oz., lean only, braised	0	0	178	26.9 g	7.0 g
Brisket	3 oz., lean only, braised	0	0	206	25.3 g	10.9 g
Eye round roast	3 oz., lean only, roasted	0	0	143	24.6 g	4.2 g
Filet mignon	3 oz., lean only, broiled	0	0	179	24.0 g	8.5 g
Flank steak	3 oz., lean only, broiled	0	0	176	23.0 g	8.6 g
Ground beef, extra-lean	3 oz., broiled	0	0	218	21.6 g	13.9 g
Porterhouse steak	3 oz., lean only, broiled	0	0	185	23.9 g	9.2 g
Pot roast, arm	3 oz., lean only, braised	0	0	184	28.1 g	7.1 g
Rib eye steak	3 oz., lean only, broiled	0	0	191	23.8 g	10.0 g
Shank cross cuts	3 oz., lean only, simmered	0	0	171	28.6 g	5.4 g
Short ribs	3 oz., lean only, braised	0	0	251	26.2 g	15.4 g
Sirloin steak, wedge bone	3 oz., lean only, broiled	0	0	166	25.8 g	6.1 g
T-bone steak	3 oz., lean only, broiled	0	0	182	23.9 g	8.8 g
Tip round steak	3 oz., lean only, roasted	0	0	157	24.4 g	5.9 g
Top loin steak	3 oz., lean only, broiled	0	0	176	24.3 g	8.0 g

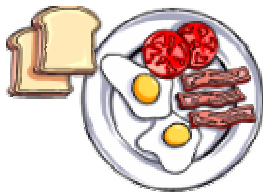
Top round steak	3 oz., lean only, broiled	0	0	153	26.9 g	4.2 g
Tripe, pickled	3 oz.	0	0	53	10.0 g	1.1 g



## BREADS~ROLLS~MUFFINS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Bagel, egg	1 (about 2 oz.)	31.0 g	1.2 g	163	6.0 g	1.4 g
Bagel, Water	1 (about 2 oz.)	31.0 g	1.2 g	163	6.0 g	1.4 g
Biscuit, baking powder, homemade	1 (1 oz.)	12.8 g	0.5 g	103	2.1 g	4.8 g
Boston brown bread	1 piece	20.5 g	2.1 g	95	2.5 g	0.6 g
Bread stick, Vienna-type	1 (1 1/4 oz.)	20.3 g	1.1 g	106	3.3 g	1.1 g
Cornbread, homemade	1 slice	13.1 g	1.2 g	93	3.3 g	3.2 g
Cracked wheat bread	1 slice (about 1 oz.)	13.0 g	1.3 g	66	2.2 g	0.6 g
Croissant	1 (about 2 oz.)	27.0 g	N/A	235	5.0 g	12.0 g
English muffin	1 (about 2 oz.)	30.0 g	1.5 g	154	5.1 g	1.3 g
French or Vienna bread	1 slice (1 1/4 oz.)	19.4 g	0.8 g	102	3.2 g	1.0 g
Italian bread	1 slice (about 1 oz.)	16.9 g	0.8 g	83	2.7 g	0.2 g
Pita bread	1 pocket	20.6 g	0.4 g	105	4.0 g	0.6 g
Popover, homemade	1 (about 1 1/2 oz.)	10.3 g	N/A	90	3.5 g	3.7 g

Pumpernickel bread	1 slice (about 1 oz.)	17.0 g	1.9 g	79	2.9 g	0.4 g
Raisin bread	1 slice (about 1 oz.)	13.4 g	1.0 g	66	1.7 g	0.7 g
Roll or bun, homemade	1 (about 1 1/4 oz.)	19.6 g	0.7 g	119	2.9 g	3.1 g
Rusks	5 pieces	30.9 g	N/A	182	6.0 g	3.8 g
Rye bread, American	1 slice (about 1 oz.)	13.0 g	0.6 g	61	2.3 g	0.3 g
Sourdough bread	1 slice (1 oz.)	12.0 g	0.8 g	70	3.0 g	1.0 g
Spoonbread	1 c.	40.6 g	N/A	468	16.1 g	27.4 g
White bread, soft crumb	1 slice (about 1 oz.)	12.6 g	0.5 g	68	2.2 g	0.8 g
Whole wheat bread, soft crumb	1 slice (about 1 oz.)	13.8 g	2.1 g	67	2.6 g	0.7 g
Blueberry, homemade	1 (about 1 1/2 oz.)	16.8 g	1.4 g	112	2.9 g	3.7 g
Bran, homemade	1 (about 1 1/2 oz.)	17.2 g	3.0 g	104	3.1 g	3.9 g
Corn, homemade	1 (about 1 1/2 oz.)	17.0 g	1.0 g	115	2.9 g	4.1 g
Plain, homemade	1 (about 1 1/2 oz.)	16.9 g	N/A	118	3.1 g	4.0 g



## BREAKFAST FOODS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Biscuit w/ egg and bacon	1 (about 5 1/4 oz.)	28.6 g	N/A	458	17.0 g	31.1 g
Biscuit w/ egg and ham	1 (about 7 oz.)	30.3 g	N/A	442	20.4 g	27.0 g

Biscuit w/ egg and sausage	1 (about 7 oz.)	41.2 g	N/A	581	19.2 g	38.7 g
Biscuit with egg, cheese, and bacon	1 (about 5 oz.)	33.4 g	N/A	477	16.3 g	31.4 g
Croissant with egg and cheese	1 (about 4 1/2 oz.)	24.3 g	N/A	368	12.8 g	24.7 g
Croissant with egg, cheese, and bacon	1 (about 4 1/2 oz.)	23.7 g	N/A	413	16.2 g	28.4 g
Croissant with egg, cheese, and ham	1 (about 5 1/2 oz.)	24.2 g	N/A	474	18.9 g	33.6 g
Croissant with egg, cheese, and sausage	1 (about 5 3/4 oz.)	24.7 g	N/A	523	20.3 g	38.2 g
Danish pastry, cheese	1 (about 3 1/4 oz.)	28.7 g	1.3 g	353	5.8 g	24.6 g
Danish pastry, cinnamon	1 (about 3 oz.)	46.9 g	1.3 g	349	4.8 g	16.7 g
Danish pastry, fruit	1 (about 3 1/4 oz.)	45.1 g	1.9 g	335	4.8 g	15.9 g
English muffin w/ egg, cheese, & Canadian bacon	1 (about 5 1/4 oz.)	31.5 g	1.6 g	383	19.8 g	19.8 g
English muffin w/egg, cheese, & sausage	1 (about 6 oz.)	31.0 g	1.6 g	487	21.7 g	30.9 g

French toast w/ butter	2 slices (about 5 oz)	36.1 g	4.2 g	356	10.3 g	18.8 g
French toast sticks	5 (about 5 oz.)	49.1 g	2.3 g	478	8.3 g	29.1 g
Pancakes with butter and syrup	3 (about 8 1/4 oz.)	90.9 g	N/A	520	8.3 g	14.0 g

## BUTTER

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Salted	2 t.	Trace	0	68	0.1 g	7.7 g
Whipped, salted	2 t.	0	0	45	0.1 g	5.1 g



## CAKES

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Angel food from mix	1 slice (about 2 oz.)	31.5 g	0.4 g	137	3.0 g	0.1 g
Boston cream	1 slice	34.4 g	N/A	208	3.5 g	6.5 g
Cheesecake	1 slice (about 3 oz.)	24.3 g	1.8 g	257	4.6 g	16.3 g
Coffee cake from mix	1 slice	37.7 g	1.8 g	232	4.5 g	6.9 g
Devil's food with chocolate icing	1 slice	40.2 g	1.5 g	234	3.0 g	8.5 g
Fruitcake, dark	1 slice	25.7 g	1.6 g	163	2.1 g	6.6 g
Fruitcake, light	1 slice	24.7 g	1.6 g	167	2.6 g	7.1 g
Gingerbread from mix	1 slice	32.2 g	N/A	174	2.0 g	4.3 g

Pineapple upside-down	1 slice	34.9 g	N/A	221	2.4 g	8.5 g
Pound	1 slice (about 1 oz.)	15.9 g	N/A	119	1.9 g	5.4 g
Sponge	1 slice	35.7 g	N/A	196	5.0 g	3.8 g
White with chocolate icing	1 slice	44.6 g	N/A	249	2.8 g	7.6 g
Yellow with chocolate icing	1 slice	39.7 g	0.6 g	233	2.8 g	7.8 g



## CANDIES

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Almonds, chocolate-coated	7 (about 1 oz.)	11.1 g	2.4 g	159	3.4 g	12.2 g
Almonds, sugar-coated	8 (1 oz.)	19.7 g	1.3 g	128	2.2 g	5.2 g
Butterscotch	4 pieces (1 oz.)	26.5 g	0	111	0	1.0 g
Candy corn	20 pieces (about 1 oz.)	25.1 g	N/A	102	trace	0.6 g
Caramel, plain or chocolate	1 oz.	21.5 g	0.3 g	112	1.1 g	2.9 g
Chewing gum	1 stick	1.6 g	0	5	0	0
Chocolate, milk	1 oz.	15.9 g	0.8 g	146	2.2 g	9.0 g
Chocolate, semisweet	1 oz.	16.0 g	1.8 g	142	1.2 g	10.0 g
Coconut, chocolate-coated	1 oz.	20.2 g	N/A	123	0.8 g	4.9 g
Fudge,	1 oz.	21.0 g	0.4 g	112	0.8 g	3.4 g

chocolate						
Fudge, chocolate, chocolate-coated	1 oz.	20.5 g	0.5 g	120	1.1 g	4.5 g
Fudge, vanilla	1 oz.	20.9 g	0	111	0.8 g	3.1 g
Ginger root, crystallized, candied	1 oz.	24.4 g	N/A	95	0.1 g	0.1 g
Gumdrops	1 oz.	25.0 g	1.7 g	100	0	Trace
Hard candy	1 oz.	27.2 g	0	108	0	0.3 g
Jelly beans	10 (1 oz.)	26.1 g	N/A	103	0	0.1 g
Marshmallow	1 large	5.8 g	N/A	23	0.1 g	0
Mints, chocolate-coated	12 mini (about 1 oz)	22.6 g	N/A	115	0.5 g	2.9 g
Mints, plain	1 oz.	25.1 g	N/A	102	trace	0.6 g
Nougat and caramel candy bar	1 oz.	20.4 g	0.4 g	116	1.1 g	3.9 g
Peanut bars	1 oz.	13.2 g	1.7 g	144	4.9 g	9.0 g
Peanut brittle	1 oz.	22.7 g	0.5 g	118	1.6 g	2.9 g
Peanuts, chocolate-coated	12 (about 1 oz.)	11.0 g	1.6 g	157	4.6 g	11.6 g
Raisins, chocolate-coated	30 (about 1 oz.)	19.7 g	1.3 g	119	1.5 g	4.8 g
Vanilla creams, chocolate-coated	1 oz.	19.7 g	N/A	122	1.1 g	4.8 g



## CARBONATED BEVERAGES

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Club soda	1 can (12	0	0	0	0	0

	fl. oz.)					
Cola	1 can (12 fl. oz.)	38.5 g	0	152	0	Trace
Cola, low-cal, with aspartame	1 can (12 fl. oz.)	0.4 g	0	4	0.4 g	0
Cola, low-cal, with saccharin	1 can (12 fl. oz.)	0.4 g	0	0	0	0
Cream soda	1 can (12 fl. oz.)	49.3 g	0	189	0	0
Ginger ale	1 can (12 fl. oz.)	31.8 g	0	124	0	0
Grape soda	1 can (12 fl. oz.)	41.7 g	0	160	0	0
Lemon-lime soda	1 can (12 fl. oz.)	38.3 g	0	148	0	0
Non-cola, low-cal, with saccharin	1 can (12 fl. oz.)	0.4 g	0	0	0	0
Orange soda	1 can (12 fl. oz.)	46.0 g	0	179	0	0
Pepper-type soda	1 can (12 fl. oz.)	38.2 g	0	151	0	0.4 g
Root beer	1 can (12 fl. oz.)	39.2 g	0	152	0	0
Tonic water	1 can (12 fl. oz.)	32.2 g	0	124	0	0



## CHEESES

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
American	1 oz.	0.5 g	0	105	6.2 g	8.8 g
Blue	1 oz.	0.7 g	0	99	6.0 g	8.1 g
Brick	1 oz.	0.8 g	0	104	6.5 g	8.3 g
Brie	1 oz.	0.1 g	0	93	5.8 g	7.8 g

Camembert	1 oz.	0.1 g	0	84	5.5 g	6.8 g
Caraway	1 oz.	0.9 g	0	105	7.1 g	8.2 g
Cheddar	1 oz.	0.4 g	0	113	7.0 g	9.3 g
Colby	1 oz.	0.7 g	0	110	6.7 g	9.0 g
Cottage cheese, creamed	1/2 c.	3.0 g	0	117	14.1 g	5.1 g
Cottage cheese, dry curd	1/2 c.	2.1 g	0	96	19.5 g	0.5 g
Cottage cheese, low-fat (1%)	1/2 c.	3.1 g	0	82	14.0 g	1.2 g
Cottage cheese, low fat (2%)	1/2 c.	4.1 g	0	101	15.5 g	2.2 g
Cream cheese	1 oz.	0.7 g	0	98	2.1 g	9.8 g
Edam	1 oz.	0.4 g	0	100	7.0 g	7.8 g
Feta	1 oz.	1.2 g	0	74	4.0 g	6.0 g
Fontina	1 oz.	0.4 g	0	109	7.2 g	8.7 g
Gouda	1 oz.	0.6 g	0	100	7.0 g	7.7 g
Gruyere	1 oz.	0.1 g	0	116	8.4 g	9.1 g
Monterey Jack	1 oz.	0.2 g	0	105	6.9 g	8.5 g
Mozzarella, part-skim	1 oz.	0.8 g	0	71	6.8 g	4.5 g
Mozzarella, whole-milk	1 oz.	0.6 g	0	79	5.4 g	6.1 g
Muenster	1 oz.	0.3 g	0	103	6.6 g	8.4 g
Neufchatel	1 oz.	0.8 g	0	73	2.8 g	6.6 g
Parmesan, grated	1 T.	0.2 g	0	23	2.1 g	1.5 g
Provolone	1 oz.	0.6 g	0	98	7.2 g	7.5 g
Ricotta, part-skim	1/2 c.	6.4 g	0	171	14.1 g	9.8 g
Ricotta, whole-milk	1/2 c.	3.8 g	0	216	14.0 g	16.1 g

Romano, grated	1 T.	0.2 g	0	19	1.6 g	1.4 g
Roquefort	1 oz.	0.6 g	0	103	6.0 g	8.6 g
Swiss	1 oz.	1.0 g	0	105	8.0 g	7.7 g
Yogurt cheese, low-fat	1 oz.	2.5 g	0	30	2.2 g	0.6 g



## CHICKEN/PIZZA/SALAD

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Fried chicken drumsticks or thighs	2 pieces	15.7 g	N/A	431	30.1 g	26.7 g
Fried chicken wings or breasts	2 pieces	19.6 g	N/A	494	35.7 g	29.5 g
Fried chicken pieces	6pcs (about 3 1/2 oz)	15.5 g	N/A	290	16.9 g	17.7 g
Garden salad	1 1/2 c.,	6.7 g	N/A	33	2.6 g	0.1 g
Garden salad with cheese and egg	1 1/2 c.,	4.8 g	N/A	102	8.8 g	5.8 g
Garden salad with chicken	1 1/2 c.,	3.7 g	N/A	105	17.4 g	2.2 g
Garden salad with turkey, ham & cheese	1 1/2 c.,	4.7 g	N/A	267	26.0 g	16.1 g
Pizza, cheese	1 slice	20.5 g	N/A	140	7.7 g	3.2 g
Pizza, cheese, meat, and	1 slice	21.3 g	N/A	184	13.0 g	5.4 g

vegetable						
Pizza, pepperoni	1 slice	19.9 g	N/A	181	10.1 g	7.0 g
Salad, pasta and seafood	1 1/2 c.	32.0 g	N/A	379	16.4 g	20.9 g



## CONDIMENTS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Almond paste	1 oz.	12.4 g	N/A	127	3.4 g	7.7 g
Honey	1 T.	17.3 g	Trace	64	0.1 g	0
Molasses, dark	2 T.	24.6 g	0	95	0	0
Nondairy whipped topping	2 T.	2.2 g	0	30	0.1 g	2.4 g
Sugar, brown	1 t.	2.9 g	N/A	11	0	0
Sugar, granulated	1 t.	4.0 g	0	15	0	0
Sugar, powdered	1 t.	2.5 g	0	10	0	0
Syrup, maple	1 T.	12.8 g	0	50	0	0
Syrup, pancake	1 T.	12.8 g	0	50	0	0
Whipped cream topping	2 T.	0.9 g	0	19	0.2 g	1.7 g
<b>CONDIMENTS</b>						
Catsup	1 T.	4.1 g	0.2 g	16	0.2 g	0.1 g
Chowchow, sour	1/2 c.	4.9 g	N/A	35	1.7 g	1.6 g
Chowchow, sweet	1/2 c.	33.1 g	1.8 g	142	1.8 g	1.1 g
Horseradish, prepared	1 t.	0.5 g	0.1 g	2	0.1 g	Trace
Horseradish, raw	1 t.	1.0 g	0.1 g	4	0.2 g	Trace
Lemon juice	1 T.	1.3 g	Trace	4	trace	0
Olives, black	5 large	1.4 g	0.7 g	25	0.2 g	2.4 g
Olives, green, unstuffed	5 large	0.3 g	0.6 g	27	0.3 g	2.9 g
Pickles, dill	1 (about 2 oz.)	2.7 g	0.8 g	12	0.4 g	0.1 g

Pickles, sour	1 (about 1 oz.)	0.8 g	0.5 g	4	0.1 g	0.1 g
Pickles, sweet	1 (about 1 oz.)	11.1 g	0.4 g	41	0.1 g	0.1 g
Relish, sour pickle	1 T.	0.4 g	0.3 g	3	0.1 g	0.1 g
Relish, sweet pickle	1 T.	5.1 g	0.3 g	21	0.1 g	0.1 g
Vinegar, cider	1 T.	0.9 g	0	2	0	0
Vinegar, distilled	1 T.	0.8 g	0	2	0	0



## COOKIES

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Brownie with nuts, homemade	1 (about 3/4 oz.)	10.1 g	0.5 g	93	1.3 g	6.0 g
Chocolate chip	5 (about 2 oz.)	36.6 g	1.4 g	247	2.8 g	11.0 g
Coconut bars	5 (about 1 1/2 oz.)	28.8 g	1.8 g	222	2.8 g	11.0 g
Fig bars	4 (about 2 oz.)	42.2 g	2.6 g	200	2.2 g	3.1 g
Gingersnaps	5 (about 1 1/4 oz.)	27.9 g	0.3 g	147	1.9 g	3.1 g
Lady fingers	4 (about 1 1/2 oz.)	28.4 g	0.3 g	158	3.4 g	3.4 g
Macarons	2 (about 1 1/2 oz.)	25.1 g	0.8 g	181	2.0 g	8.8 g
Marshmallow w/ coconut	4 (about 2 1/2 oz.)	52.1 g	0.1 g	294	2.9 g	9.5 g
Molasses	2 (about 2 oz.)	49.4 g	0.8 g	274	4.2 g	6.9 g
Oatmeal with raisins	4 (about 2 oz.)	38.2 g	1.2 g	235	3.2 g	8.0 g
Peanut butter, homemade	4 (about 1 3/4 oz.)	28.0 g	0.9 g	245	4.0 g	14.0 g

Peanut butter sandwich	4 (about 1 3/4 oz.)	32.8 g	N/A	232	4.9 g	9.4 g
Sandwich cookies, vanilla	4 ovals (about 2 oz.)	41.6 g	0.9 g	297	2.9 g	13.5 g
Sandwich cookies, chocolate	4 ovals (about 2 oz.)	41.6 g	1.7 g	297	2.9 g	13.5 g
Shortbread	5 (about 1 1/4 oz.)	24.4 g	N/A	187	2.7 g	8.7 g
Sugar, homemade	5 (about 1 1/2 oz.)	26.8 g	N/A	170	2.4 g	6.1 g
Sugar wafers	5 (about 1 1/4 oz.)	34.9 g	0.2 g	230	2.3 g	9.2 g
Vanilla wafers	10 (about 1 1/2 oz.)	29.8 g	0.7 g	185	2.2 g	6.4 g

## CREAM/NON-DAIRY CREAMERS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Half-and-half	2 T.	1.3 g	0	39	0.9 g	3.5 g
Heavy cream	2 T.	0.8 g	0	103	0.6 g	11.0 g
Heavy cream	1 c. (yield 2 c. whipped)	6.64 g				
Light cream	2 T.	1.1 g	0	59	0.8 g	5.8 g
Nondairy creamer, powdered	1 t.	1.1 g	0	11	0.1 g	0.7 g
Sour cream	2 T.	1.2 g	0	62	0.9 g	6.0 g

## DOUGHNUTS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Cake-type	1 (2 oz.)	29.8 g	0.8 g	227	2.7 g	10.8 g
Yeast	1 (1 1/2)	15.8 g	0.9 g	174	2.7 g	11.2 g

or raised	oz.)					
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## DESSERTS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
<b>FROZEN DESSERTS</b>						
Frozen yogurt, nonfat, all flavors	1/2 c.	21.0 g	N/A	100	4.0 g	0
Frozen yogurt, regular, chocolate	1/2 c.	24.0 g	N/A	140	3.0 g	4.0 g
Fruit ice	1 c.	62.9 g	0	247	0.8 g	0
Fruit juice bar	1 (about 1 1/4 oz.)	10.1 g	N/A	42	0.6 g	0
Ice cream, French vanilla, soft serve	1/2 c.	19.1 g	0	188	3.5 g	11.3 g
Ice cream, vanilla (10% fat)	1/2 c.	15.9 g	0	135	2.4 g	7.2 g
Ice cream, vanilla (16% fat)	1/2 c.	16.0 g	0	175	2.1 g	11.9 g
Ice milk, vanilla	1/2 c.	14.5 g	0	92	2.6 g	2.8 g
Ice milk, vanilla, soft-serve	1/2 c.	19.2 g	0	112	4.0 g	2.3 g
Sherbet, orange	1/2 c.	29.4 g	N/A	135	1.1 g	1.9 g
Tofutti, all flavors	1/2 c.	22.4 g	N/A	217	2.6 g	12.0 g
<b>PIES</b>						
Apple	1 slice	45.0 g	1.9 g	302	2.6 g	13.1 g
Banana cream, homemade	1 slice	40.0 g	N/A	285	6.0 g	12.0 g
Blackberry	1 slice	40.6 g	N/A	287	3.1 g	13.0 g
Blueberry	1 slice	41.2 g	N/A	286	2.8 g	12.7 g
Cherry	1 slice	45.3 g	0.9 g	308	3.1 g	13.3 g
Chocolate cream, homemade	1 slice	29.5 oz	0.2 g	264	4.6 g	15.1 g

Custard	1 slice (about 4 oz.)	26.7 g	N/A	249	7.0 g	12.7 g
Lemon chiffon	1 slice (about 3 oz.)	35.5 g	N/A	254	5.7 g	10.2 g
Lemon meringue	1 slice	39.6 g	1.3 g	268	3.9 g	10.7 g
Mince	1 slice	48.6 g	N/A	320	3.0 g	13.6 g
Peach	1 slice	45.1 g	N/A	301	3.0 g	12.6 g
Pecan	1 slice	52.8 g	3.6 g	431	5.3 g	23.6 g
Pumpkin	1 slice (about 4 oz.)	27.9 g	3.1 g	241	4.6 g	12.8 g
Raisin	1 slice	50.7 g	N/A	319	3.1 g	12.6 g
Rhubarb	1 slice	45.1 g	N/A	299	3.0 g	12.6 g
Strawberry	1 slice	28.7 g	N/A	184	1.8 g	7.4 g
Sweet potato	1 slice (about 4 oz.)	27.0 g	N/A	243	5.1 g	12.9 g
<b>PUDDINGS</b>						
Bread with raisins	1/2 c.	37.6 g	N/A	248	7.4 g	8.1 g
Chocolate, homemade	1/2 c.	33.4 g	N/A	192	4.0 g	6.1 g
Corn	1/2 c.	16.0 g	N/A	136	5.5 g	6.7 g
Custard, baked	1/2 c.	14.7 g	0	152	7.2 g	7.3 g
Rice with raisins	1/2 c.	35.4 g	N/A	193	4.8 g	4.1 g
Tapioca	1/2 c.	14.1 g	N/A	111	4.1 g	4.2 g
Vanilla, homemade	1/2 c.	20.2 g	N/A	142	4.5 g	5.0 g
<b>OTHER DESSERTS</b>						
Apple brown betty	1/2 c.	32.1 g	N/A	163	1.7 g	3.8 g
Charlotte russe	4 oz.	38.2 g	N/A	326	6.7 g	16.6 g
Cream puff with custard filling	1 (about 4 1/2 oz.)	26.7 g	N/A	303	8.5 g	18.1 g
Éclair	1 (about 3 1/2 oz.)	23.2 g	N/A	239	6.2 g	13.6 g
Gelatin dessert from powder	1/2 c. made	17.0 g	0	72	2.0 g	0
Prune whip	1/2 c., cold	24.0 g	N/A	101	2.9 g	0.1 g

Toaster pastry	1 (about 1 3/4 oz.)	35.2 g	0.1 g	195	1.9 g	5.7 g
<b>SUNDAES/SHAKES</b>						
Fruit pie, fried	1 (about 3 oz.)	33.1 g	0	266	2.4 g	14.4 g
Shake, chocolate	10 fl. oz.	58.0 g	0	359	9.6 g	10.5 g
Shake, strawberry	10 fl. oz.	53.5 g	0	320	9.6 g	7.9 g
Shake, vanilla	10 fl. oz.	50.7 g	0	314	10.0 g	8.5 g
Sundae, caramel	1 (about 5 1/2 oz.)	49.3 g	0	304	7.3 g	9.3 g
Sundae, hot fudge	1 (about 5 1/2 oz.)	47.7 g	0	284	5.6 g	8.6 g
Sundae, strawberry	1 (about 5 1/2 oz.)	44.7 g	0	268	6.3 g	7.9 g

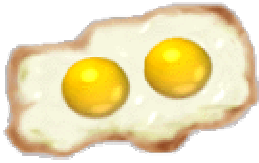


## DRINKS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Carob beverage, powered	3 t., made with 1c milk	22.5 g	N/A	195	8.2 g	8.2 g
Chocolate milk	8 fl. oz.	25.9 g	3.8 g	208	7.9 g	8.5 g
Eggnog	4 fl. oz.	17.2 g	0	171	4.8 g	9.5 g
Malted milk beverage, powdered	1 T., with 1 c. milk	27.3 g	N/A	236	10.3 g	9.8 g
Sports drink	8 fl. oz.	15.2 g	N/A	60	0	0
Tea, iced, unsweetened, instant	8 fl. oz.	0.5 g	0	2	0	0
Water, bottled	8 fl. oz.	0	0	0	0	0
Water, municipal	8 fl. oz.	0	0	0	0	0
Apple juice, un-sweetened	8 fl. oz.	29.0 g	0.3 g	117	0.2 g	0.3 g
Apricot nectar	8 fl. oz.	36.1 g	1.5 g	141	0.9 g	0.2 g
Carrot juice	6 fl. oz.	17.1 g	1.5 g	74	1.8 g	0.3 g

Citrus fruit juice drink	8 fl. oz.	28.5 g	0.2 g	114	0.7 g	0
Cranberry juice cocktail	8 fl. oz.	36.5 g	0.3 g	144	0	0.3 g
Fruit punch juice drink	8 fl. oz.	30.3 g	0.2 g	124	0.3 g	0.5 g
Grape juice, un-sweetened	8 fl. oz.	37.9 g	Trace	154	1.4 g	0.2 g
Grape juice drink	8 fl. oz.	32.3 g	0	125	0.3 g	0
Grapefruit juice, un-sweetened	8 fl. oz.	22.1 g	N/A	94	1.3 g	0.3 g
Lemonade, white or pink	8 fl. oz.	26.0 g	1.0 g	99	0.3 g	0.1 g
Lemonade from powder	8 fl. oz.	25.3 g	0	97	0	0
Limeade	8 fl. oz.	27.2 g	N/A	101	0.1 g	0.1 g
Orange drink	8 fl. oz.	32.0 g	0.2 g	126	0	0
Orange juice	8 fl. oz.	25.8 g	0.2 g	112	1.7 g	0.5 g
Papaya nectar	8 fl. oz.	36.3 g	1.5 g	143	0.4 g	0.4 g
Passion fruit juice	2 fl. oz.	8.4 g	N/A	31	0.2 g	Trace
Peach nectar	8 fl. oz.	34.7 g	1.5 g	135	0.7 g	Trace
Pineapple juice, un-sweetened	8 fl. oz.	34.5 g	N/A	140	0.8 g	0.2 g
Prune juice	8 fl. oz.	44.7 g	2.6 g	182	1.6 g	0.1 g
Tomato juice	6 fl. oz.	7.7 g	1.5 g	31	1.4 g	0.1 g
Vegetable juice cocktail	6 fl. oz.	8.3 g	1.5 g	35	1.2 g	0.2 g
Cocoa, homemade	8 fl. oz.	25.8 g	3.8 g	218	9.1 g	9.1 g
Coffee, brewed	6 fl. oz.	0.7 g	0	4	0.2 g	0
Coffee, instant	6 fl. oz.	0.7 g	0	4	0.2 g	0
Coffee, decaffeinated, instant	6 fl. oz.	0.7 g	0	4	0.2 g	0

Tea, brewed	6 fl. oz.	0.5 g	0	2	0	0
Tea, herbal	6 fl. oz.	0.4 g	0	2	0	0



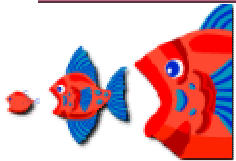
## EGGS/EGG SUBSTITUTES

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Egg substitute, frozen	1/4 c.	1.0 g	0	25	5.0 g	0
Egg substitute, liquid	1/4 c.	3.0 g	0	60	6.0 g	2.0 g
Egg white	1 large, uncooked	0.3 g	0	17	3.5 g	0
Egg yolk	1 large, uncooked	0.3 g	0	59	2.8 g	5.1 g
Fried egg	1 large, fried in butter	0.6 g	0	92	6.2 g	6.9 g
Hard-boiled egg	1 large	0.6 g	0	78	6.3 g	5.3 g
Poached egg	1 large	0.6 g	0	75	6.2 g	5.0 g
Raw egg	1 large	0.6 g	0	75	6.3 g	5.0 g
Scrambled egg	1 large	1.3 g	0	100	6.7 g	7.3 g

## FATS/OILS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
<b>FATS</b>						
Chicken	1 T.	0	0	115	0	12.8 g
Lard	1 T.	0	0	115	0	12.8 g
Shortening	1 T.	0	0	113	0	12.8 g
<b>OILS</b>						
Almond	1 T.	0	0	120	0	13.6 g
Avocado	1 T.	0	0	124	0	14.0 g

Canola	1 T.	0	0	124	0	14.0 g
Coconut	1 T.	0	0	120	0	13.6 g
Corn	1 T.	0	0	120	0	13.6 g
Cottonseed	1 T.	0	0	120	0	13.6 g
Grapeseed	1 T.	0	0	120	0	13.6 g
Hazelnut	1 T.	0	0	120	0	13.6 g
Olive	1 T.	0	0	119	0	13.5 g
Palm	1 T.	0	0	120	0	13.6 g
Peanut	1 T.	0	0	119	0	13.5 g
Safflower	1 T.	0	0	120	0	13.6 g
Sesame	1 T.	0	0	120	0	13.6 g
Soybean	1 T.	0	0	120	0	13.6 g
Sunflower	1 T.	0	0	120	0	13.6 g
Walnut	1 T.	0	0	120	0	13.6 g



## FISH

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Anchovies, canned in olive oil	5 (about 3/4 oz.)	0	0	42	5.8 g	1.9 g
Bass, sea, mixed species	3 oz., cooked, dry heat	0	0	105	20.1 g	2.2 g
Bass, striped	3 oz., uncooked	0	0	82	15.1 g	2.0 g
Bluefish	3 oz., uncooked	0	0	105	17.0 g	3.6 g
Carp	3 oz., cooked dry heat	0	0	138	19.4 g	6.1 g
Catfish, channel, breaded and fried	3 oz.	6.8 g	N/A	195	15.4 g	11.3 g
Catfish, channel, uncooked	3 oz.	0	0	99	15.5 g	3.6 g

Caviar, black or red	1 T.	0.6 g	0	40	3.9 g	2.9 g
Cod, Atlantic	3 oz., cooked dry heat	0	0	89	19.4 g	0.7 g
Croaker, Atlantic, breaded and fried	3 oz.	6.4 g	N/A	188	15.5 g	10.8 g
Croaker, Atlantic, uncooked	3 oz.	0	0	88	15.1 g	2.7 g
Eel	3 oz., cooked dry heat	0	0	201	20.1 g	12.7 g
Flounder	3 oz., cooked, dry heat	0	0	99	20.5 g	1.3 g
Grouper	3 oz., cooked, dry heat	0	0	100	21.1 g	1.1 g
Haddock	3 oz., cooked, dry heat	0	0	95	20.6 g	0.8 g
Halibut	3 oz., cooked, dry heat	0	0	119	22.7 g	2.5 g
Herring, Atlantic	3 oz., cooked, dry heat	0	0	173	19.6 g	9.9 g
Herring, kippered	1 1/2 oz. (about 1 fillet)	0	0	87	9.8 g	5.0 g
Herring, pickled	1/2 oz.	1.5 g	0	39	2.1 g	2.7 g
Mackerel, Atlantic	3 oz., cooked, dry heat	0	0	223	20.3 g	15.1 g
Mackerel, king	3 oz., uncooked	0	0	89	17.2 g	1.7 g
Mackerel, Spanish	3 oz., cooked, dry heat	0	0	134	20.1 g	5.4 g
Mahi-mahi	3 oz., uncooked	0	0	72	16.0 g	0.6 g

Monkfish	3 oz., uncooked	0	0	65	12.3 g	1.3 g
Mullet, striped	3 oz., cooked, dry heat	0	0	128	21.9 g	4.1 g
Ocean perch, Atlantic	3 oz., cooked, dry heat	N/A	0	103	20.3 g	1.8 g
Octopus, common	3 oz. Uncooked	1.9 g	0	70	12.7 g	0.9 g
Orange roughly	3 oz., uncooked	0	0	59	12.5 g	0.6 g
Pike, Northern	3 oz., cooked, dry heat	0	0	96	21.0 g	0.8 g
Pollack	3 oz., cooked, dry heat	0	0	96	20.0 g	1.0 g
Pompano, Florida	3 oz., cooked, dry heat	0	0	179	20.1 g	10.3 g
Roe, mixed species	3 oz., uncooked	1.3 g	0	119	19.0 g	5.5 g
Sablefish	3 oz., smoked	0	0	219	15.0 g	17.1 g
Salmon, Chinook	3 oz., smoked	0	0	99	15.5 g	3.7 g
Salmon, chum, canned	3 oz., drained, w/bones, w/o salt	0	0	120	18.0 g	4.7 g
Salmon, coho	3 oz. cooked, moist heat	0	0	157	23.3 g	6.4 g
Salmon, pink, canned	3 oz., w/bones and liquid w/o salt	0	0	118	16.8 g	5.1 g
Salmon, sockeye, canned	3 oz., drained, w/bones, w/o salt	0	0	130	17.4 g	6.2 g
Salmon, sockeye, fresh	3 oz., cooked,	0	0	184	23.2 g	9.3 g

	dry heat					
Sardines, Atlantic, canned in oil	2 (about 1 oz.),	0	0	50	5.9 g	2.8 g
Shad, American	3 oz., uncooked	0	0	167	14.4 g	11.7 g
Shark, mixed species	3 oz., uncooked	0	0	111	17.8 g	3.8 g
Smelt, rainbow	3 oz., cooked, dry heat	0	0	105	19.2 g	2.6 g
Snapper, mixed species	3 oz., cooked, dry heat	0	0	109	22.4 g	1.5 g
Sole	3 oz, cooked, dry heat	0	0	99	20.5 g	1.3 g
Squid, mixed species	3 oz. fried	6.6 g	0	149	15.3 g	6.4 g
Sturgeon, mixed species	3 oz., smoked	0	0	147	26.5 g	3.7 g
Surimi	3 oz.	5.8 g	0	84	12.9 g	0.7 g
Swordfish	3 oz., cooked, dry heat	0	0	132	21.6 g	4.4 g
Tilefish	3 oz., cooked, dry heat	0	0	125	20.8 g	4.0 g
Trout, rainbow	3 oz., cooked, dry heat	0	0	128	22.4 g	3.7 g
Tuna, fresh	3 oz., cooked, dry heat	0	0	156	25.4 g	5.3 g
Tuna, light meat, canned in water	3 oz., without salt	0	0	111	25.1 g	0.4 g
Tuna, white, canned in water	3 oz., drained	0	0	116	22.7 g	2.1 g
Turbot, European	3 oz., drained	0	0	81	13.6 g	2.5 g
Whitefish, mixed species	3 oz., cooked,	0	0	92	19.9 g	0.8 g

	dry heat					
Whiting, mixed species	3 oz., cooked, dry heat	0	0	98	20 g	1.4 g
<b>SHELLFISH</b>						
Abalone	3 oz., fried	9.4 g	0	161	16.7 g	5.8 g
Clams, mixed species, breaded and fried	20 small	19.4 g	N/A	380	26.8 g	21.0 g
Clams, mixed species, canned	3 oz.	4.4 g	0	126	21.7 g	1.7 g
Clams, mixed species, steamed	20 small (about 3 oz.)	4.6 g	0	133	23.0 g	1.8 g
Crab, Alaskan king	3 oz., steamed	0	0	82	16.5 g	1.3 g
Crab, blue	3 oz. cooked, moist heat	0	0	87	17.2 g	1.5 g
Crab, soft-shell	1 (about 4 1/2 oz.) fried	31.2 g	N/A	334	11.0 g	17.9 g
Crayfish	3 oz., steamed	0	0	97	20.3 g	1.2 g
Lobster	3 oz. cooked, moist heat	1.1 g	0	83	17.4 g	0.5 g
Mussels, blue	3 oz. cooked, moist heat	6.3 g	0	146	20.2 g	3.8 g
Oysters, Eastern, breaded and fried	6 medium	10.2 g	0	173	7.7 g	11.1 g
Oysters, Eastern, steamed	6 medium	3.3 g	0	58	5.9 g	2.1 g
Oysters, Eastern,	6 medium	3.3 g	0	58	5.9 g	2.1 g

uncooked						
Scallops, mixed species, breaded and fried	2 large (about 1 oz.)	3.1 g	N/A	67	5.6 g	3.4 g
Scallops, mixed species, uncooked	3 oz.	2.0 g	0	75	14.3 g	0.7 g
Shrimp, mixed species, breaded and fried	3 oz.	9.8 g	N/A	206	18.2 g	10.4 g
Shrimp, mixed species, steamed	3 oz.	0	0	84	17.8 g	0.9 g
Whelks	3 oz., cooked, moist heat	13.2 g	0	234	40.5 g	0.7 g



## FRUIT

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Acerola Cherries	3 (about 1/2 oz.)	1.1 g	0.2 g	5	0.1 g	Trace
Apple	1 (about 5 oz), w/skin	21.1 g	3.0 g	81	0.3 g	0.5 g
Apples, Dried	10 rings (about 2 oz.)	42.2 g	5.6 g	156	0.6 g	0.2 g
Apricots	3 (about 4 oz.)	11.8 g	2.0 g	51	1.5 g	0.4 g
Apricots, Dried	10 halves	21.6 g	2.7 g	83	1.3 g	0.2 g
Avocado	1/2 (about 3 oz.)	7.4 g	2.5 g	162	2.0 g	15.4 g
Banana	1 (about 4 oz.),	26.7 g	1.8 g	105	1.2 g	0.6 g
Blackberries	1 c.	18.4 g	7.2 g	75	1.0 g	0.6 g

Blueberries	1 c.	20.5 g	3.3 g	81	1.0 g	0.6 g
Cantaloupe	1 c. cubes	13.4 g	1.3 g	56	1.4 g	0.5 g
Cherries, sour	1 c., w/out pits	18.9 g	1.9 g	78	1.6 g	0.5g
Cherries, sweet	1 c., w/out pits	24.0 g	1.6 g	104	1.7 g	1.4 g
Cranberries	1/2 c.	6.0 g	2.0 g	23	0.2 g	0.1 g
Currants, Black	1 c.	17.2 g	4.4 g	71	1.6 g	0.5 g
Currants, Red or White	1 c.	15.5 g	4.8 g	63	1.6 g	0.2 g
Currants, Zante, Dried	1/2 c.	53.3 g	4.9 g	204	2.9 g	0.2 g
Dates	5 (about 1 1/2 oz.)	30.5 g	3.5 g	114	0.8 g	0.2 g
Figs	3 (about 5 oz.)	28.8 g	5.0 g	111	1.1 g	0.5 g
Figs, dried	3 (about 2 oz.)	36.7 g	5.2 g	143	1.7 g	0.7 g
Grapefruit, Pink or White	1/2 (about 4 oz.)	9.5 g	0.7 g	37	0.7 g	0.1 g
Grapefruit, White	1/2 (about 4 oz.)	9.9 g	0.7 g	39	0.8 g	0.1 g
Grapes, American	1 c.	15.8 g	0.6 g	58	0.6 g	0.3 g
Grapes, European	1 c.	28.4	1.1 g	114	1.1 g	0.9 g
Guava	1 (about 3 oz.)	10.7 g	4.9 g	46	0.7 g	0.5 g
Honeydew	1 c. cubes	15.6 g	1.4 g	60	0.8 g	0.2 g
Kiwifruit	1 (about 2 1/2 oz.)	11.3 g	2.6 g	46	0.8 g	0.3 g
Kumquats	5 (about 3 1/2 oz.)	16.4 g	3.7 g	60	0.9 g	0.1 g
Lemon	1/2 (about 1 oz.), w/out skin	2.7 g	0.6 g	8	0.3 g	0.1 g
Lime	1/2 (about 1 oz.), w/out skin	3.5 g	0.7 g	10	0.2 g	0.1 g
Mango	1/2 (about 3	17.6 g	2.1 g	67	0.5 g	0.3 g

	1/2 oz.)					
Nectarine	1 (5 oz.)	16.0 g	2.2 g	67	1.3 g	0.6 g
Orange	1 (about 4 1/2 oz.)	15.4 g	3.1 g	62	1.2 g	0.2 g
Papaya	1/2 (about 5 1/2 oz.)	14.9 g	2.6 g	59	0.9 g	0.2 g
Passion Fruit	5 (3 1/2 oz.)	23.4 g	1.7 g	97	2.2 g	0.7 g
Peach	1	9.7 g	1.4 g	37	0.6 g	0.1 g
Peaches, dried	5 halves (about 2 oz)	39.9 g	5.3 g	155	2.4 g	0.5 g
Pear	1 (6 oz)	25.1 g	4.3 g	98	0.7 g	0.7 g
Pears, dried	5 halves (3 oz.)	61.0 g	11.5 g	229	1.6 g	0.6 g
Persimmon	1 (6 oz.)	31.2 g	2.9 g	118	1.0 g	0.3 g
Pineapple	1 c. cubes	19.2 g	1.9 g	76	0.6 g	0.7 g
Plantains	1/2 c. slices, cooked	24.0 g	1.8 g	89	0.6 g	0.1 g
Plums	2 (about 4 3/4 oz.)	17.2 g	2.0 g	73	1.0 g	0.8 g
Pomegranate	1/2 (about 3 oz.)	13.2 g	2.8 g	52	0.7 g	0.2 g
Prunes	5 (about 1 1/2 oz.)	26.3 g	3.0 g	100	1.1 g	0.2 g
Raisins, golden, Seedless	1/2 c.	57.7 g	3.9 g	219	2.5 g	0.3 g
Raisins, seedless	1/2 c.	57.4 g	3.9 g	218	2.3 g	0.3 g
Raspberries	1 c.	14.2 g	6.0 g	60	1.1 g	0.7 g
Strawberries	1 c.	10.5 g	3.9 g	45	0.9 g	0.6 g
Tangerine	1 (3 oz.)	9.4 g	N/A	37	0.5 g	0.2 g
Watermelon	1 c. cubes	11.5 g	0.6 g	51	1.0 g	0.7 g



## GRAINS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL
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						FAT
Barley, pearled	1/2 c. cooked	22.3 g	4.4 g	97	1.8 g	0.4 g
Bran, Corn	2 T., raw	8.0 g	7.9 g	21	0.8 g	0.1 g
Bran, Oat	2 T., raw	7.7 g	1.8 g	29	2.0 g	0.8 g
Bran, rice	2 T., raw	5.2 g	2.3 g	33	1.4 g	2.2 g
Bran, wheat	2 T., raw	4.5 g	3.0 g	15	1.1 g	0.3 g
Buckwheat Groats	1/2 c., cooked	19.7 g	N/A	91	3.4 g	0.6 g
Bulgur Wheat	1/2 c., cooked	16.9 g	4.1 g	76	2.8 g	0.2 g
Cornmeal, Whole Grain, White or Yellow	1/4 c., raw	23.1 g	3.3 g	109	2.4 g	1.1 g
Corn Grits, White or Yellow	1/2 c., cooked	15.7 g	1.9 g	73	1.7 g	0.2 g
Couscous	1/2 c., cooked	20.9 g	0.9 g	101	3.4 g	0.1 g
Hominy, White or Yellow, Canned	1/2 c., raw	11.4 g	2.0 g	58	1.2 g	0.7 g
Rice, Brown	1/2 c., cooked	23.0 g	1.7 g	110	2.3 g	0.8 g
Rice, White, Enriched	1/2 c., cooked	29.2 g	0.2 g	133	2.4 g	0.2 g
Rice, Wild	1/2 c., cooked	17.5 g	0.6 g	83	3.3 g	0.3 g
Rye	1/4 c., raw	29.3 g	N/A	141	6.2 g	1.1 g
Wheat Germ	1/4 c., toasted	14.1 g	3.7 g	108	8.3 g	3.0 g

## GRAVIES/SAUCES

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
<b>GRAVIES</b>						

Au Jus, Canned	1/4 c.	1.5 g	N/A	10	0.7 g	Trace
Au Jus, Dehydrated	1/4 c.,	1.0 g	N/A	8	0.3 g	0.3 g
Beef, Canned	1/4 c.	2.8 g	0.2 g	31	2.2 g	1.4 g
Brown, Dehydrated	1/4 c.,	3.3 g	0.3 g	19	0.6 g	0.4 g
Chicken, Canned	1/4 c.	3.2 g	0.2 g	47	1.2 g	3.4 g
Chicken, Dehydrated	1/4 c.,	3.6 g	0.3 g	21	0.7 g	0.5 g
Mushroom, Canned	1/4 c.	3.3 g	0.2 g	30	0.8 g	1.6 g
Onion, Dehydrated	1/4 c.,	4.1 g	N/A	20	0.5 g	0.2 g
Turkey, Canned	1/4 c.	3.0 g	0.2 g	30	1.6 g	1.3 g
Turkey, Dehydrated	1/4 c.,	3.8 g	0.3 g	22	0.7 g	0.5 g
<b>SAUCES</b>						
Barbecue, Ready-to-Serve	1/4 c.	8.0 g	N/A	47	1.1 g	1.1 g
Béarnaise, Dehydrated	1/4 c., made	4.4 g	N/A	175	2.1 g	17.1 g
Curry, Dehydrated	1/4 c.,	6.4 g	N/A	67	2.7 g	3.7 g
Hollandaise, Dehydrated	1/4 c., made	4.5 g	0.2 g	176	2.1 g	17.1 g
Hot Pepper	1 t.	0.1 g	0.1 g	0	0.1 g	0
Marianara, Canned	1/2 c.	12.7 g	1.9 g	85	2.0 g	4.2 g
Soy, Regular	1 T.	1.4 g	0	7	0.4 g	Trace
Soy, Shoyu	1 T.	1.5 g	0	10	0.9 g	Trace
Soy, Tamari	1 T.	1.0 g	0	11	1.9 g	Trace
Spaghetti, Canned	1/2 c.	19.8 g	4.2 g	136	2.3 g	5.9 g
Sweet-and-Sour, Dehydrated	1/4 c., made	18.2 g	0.2 g	74	0.2 g	Trace

Tartar	1 T.	0.6 g	N/A	74	0.2 g	8.1 g
Teriyaki, Dehydrated	1/4 c.,	6.9 g	1.3 g	33	1.0 g	Trace
Teriyaki, Ready-to-Serve	1/4 c.	11.5 g	0.1 g	60	4.3 g	0
Tomato, Canned	1/2 c.	8.8 g	1.8 g	37	1.6 g	0.2 g
Tomato Chili, Low Sodium	1 T.	3.7 g	0.9 g	16	0.4 g	0.1 g
White, Dehydrated	1/4 c.,	5.4 g	0.2 g	60	2.6 g	3.4 g
Worcestershire	1 t.	0.9 g	0	4	0.1 g	0



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## LAMB

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Arm roast	3 oz., lean only, roasted	0	0	163	21.6 g	7.9 g
Blade roast	3 oz., lean only, roasted	0	0	178	20.9 g	9.8 g
Foreshank	3 oz., lean only, braised	0	0	159	26.4 g	5.1 g
Ground lamb	3 oz., broiled	0	0	241	21.0 g	16.7 g
Leg	3 oz., lean only, roasted	0	0	162	24.1 g	6.6 g
Liver	3 oz., braised	2.2 g	0	187	26.0 g	7.5 g
Loin roast	3 oz., lean only, roasted	0	0	172	22.6 g	8.3 g
Rib roast	3 oz., lean only, roasted	0	0	197	22.2 g	11.3 g

Shank	3 oz., lean only, roasted	0	0	153	23.9 g	5.7 g
Shoulder	3 oz., lean only, roasted	0	0	173	21.2 g	9.2 g
Sirloin	3 oz., lean only, roasted	0	0	173	24.1 g	7.8 g
Stew/kabob meat	3 oz., lean only, broiled	0	0	158	23.9 g	6.2 g



## LUNCH MEAT/SAUSAGE

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Beef, cured	7 thin slices	1.6 g	0	50	8.0 g	1.1 g
Bologna, beef	2 slices (about 2 oz.)	0.4 g	0	76	6.9 g	16.2 g
Bologna, Lebanon	2 slices (about 2 oz.)	1.5 g	0	120	11.0 g	7.5 g
Bologna, pork	2 slices (about 2 oz.)	0.4 g	0	140	8.7 g	11.3 g
Bologna, turkey	2 slices (about 2 oz.)	0.6 g	0	113	7.8 g	8.6 g
Bratwurst, fresh	1 link (about 3 oz.)	1.8 g	0	256	12.0 g	22.0 g
Braunschweiger	2 oz.	1.8 g	0	204	7.7 g	18.2 g
Chicken roll, light meat	2 slices (about 2 oz.)	1.4 g	0	90	11.1 g	4.2 g
Chorizo, dried	1 link (about 2 oz.)	1.1 g	0	273	14.5 g	23.0 g
Corned beef	2 slices (about 2 oz.)	0	0	142	15.4 g	8.5 g

Frankfurter, beef	1 (about 1 1/2 oz.)	0.8 g	0	142	5.4 g	12.8 g
Frankfurter, chicken	1 (about 1 1/2 oz.)	3.1 g	0	116	5.8 g	8.8 g
Frankfurter, turkey	1 (about 1 1/2 oz.)	0.7 g	0	102	6.4 g	8.0 g
Ham	2 slices (about 2 oz.)	1.8 g	0	103	10.0 g	6.0 g
Keilbasa, smoked	2 slices (about 2 oz.)	1.2 g	0	176	7.5 g	15.4 g
Knockwurst, smoked	1 link (about 2 1/2 oz.)	1.2 g	0	209	8.1 g	18.9 g
Liverwurst, fresh	3 slices (about 2 oz.)	1.3 g	0	185	8.0 g	16.2 g
Mortadella	4 slices (about 2 oz.)	1.8 g	0	187	9.8 g	15.2 g
Olive loaf	2 slices (about 2 oz.)	5.2 g	0	133	6.7 g	9.4 g
Pastrami, beef	2 slices (about 2 oz.)	1.7 g	0	198	9.8 g	16.6 g
Pastrami, turkey	2 slices (about 2 oz.)	0.9 g	0	80	10.4 g	3.5 g
Pepperoni	10 slices (about 2 oz.)	1.6 g	0	273	11.5 g	24.2 g
Pickle and pimiento loaf	2 slices (about 2 oz.)	3.3 g	0	149	6.5 g	12.0 g
Salami, beef	2 slices (about 2 oz.)	1.6 g	0	148	8.5 g	11.7 g
Salami, pork	3 slices (about 2 oz.)	0.9 g	0	230	12.8 g	19.1 g
Salami, turkey	2 slices (about 2 oz.)	0.3 g	0	111	9.3 g	7.8 g

Sausage, beef, smoked	1 link	1.0 g	0	134	6.1 g	11.6 g
Sausage, Italian, fresh	1 link	1.0 g	0	216	13.4 g	17.2 g
Sausage, pork, fresh	4 links (about 2 oz.)	0.5 g	0	192	10.2 g	16.2 g
Sausage, pork, smoked	1 link	1.4 g	0	265	15.1 g	21.6 g
Sausage, Vienna	3 1/2 (about 2 oz.)	1.2 g	0	158	5.8 g	14.2 g
Turkey breast	2 slices	0	0	47	9.6 g	0.7 g
Turkey ham	2 slices (about 2 oz.)	0.2 g	0	73	10.7 g	2.8 g
Turkey roll, light meat	2 slices (about 2 oz.)	0.3 g	0	83	10.6 g	4.1 g

## HOT CEREALS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Cream of Rice	3/4 c., cooked	21.1 g	N/A	95	1.7 g	0.2 g
Cream of Wheat, Quick-cooking	3/4 c., cooked	20.0 g	1.0 g	97	2.7 g	0.4 g
Farina, Enriched	3/4 c., cooked	18.6 g	2.5 g	88	2.4 g	0.2 g
Oatmeal	3/4 c., cooked	18.9 g	3.9 g	109	4.6 g	1.8 g
Ralston	3/4 c., cooked	21.3 g	6.0 g	101	4.2 g	0.6 g
Wheatena	3/4 c., cooked	21.5 g	4.0 g	102	3.6 g	0.9 g



## MEXICAN FOODS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Burrito, bean	2 (about 7 3/4 oz.)	71.4 g	N/A	447	14.1 g	13.5 g
Burrito, bean, cheese, and beef	2 (about 7 1/4 oz.)	39.7 g	N/A	331	14.6 g	13.3 g
Burrito, beef	2 (about 8 oz.)	58.5 g	N/A	524	26.6 g	20.8 g
Chimichanga, beef	1 (about 6 1/4 oz.)	42.8 g	N/A	425	19.6 g	19.7 g
Chimichanga, beef and cheese	1 (about 6 1/2 oz.)	39.3 g	N/A	443	20.1 g	23.4 g
Enchilada, cheese	1 (about 6 oz.)	28.5 g	N/A	319	9.6 g	18.8 g
Enchilada, cheese and beef	1 (about 6 3/4 oz.)	30.5 g	N/A	323	11.9 g	17.6 g
Frijoles, cheese	1 c.	28.7 g	N/A	225	11.4 g	7.8 g
Nachos, cheese	6 - 8 (about 4 oz.)	36.3 g	N/A	346	9.1 g	19.0 g
Nachos, supreme	6 - 8 (about 9 oz.)	55.8 g	N/A	569	19.8 g	30.7 g
Taco	1 small (about 2 1/2 oz)	26.7 g	N/A	369	20.7 g	20.6 g
Taco salad	1 1/2 c.	23.6 g	N/A	279	13.2 g	14.8 g
Tostada, bean & cheese	1 (about 8 oz.)	26.5 g	N/A	223	9.6 g	9.9 g
Tostada, bean, beef and cheese	1 (about 8 oz.)	29.7 g	N/A	333	16.1 g	16.9 g
Tostada, beef & cheese	1 (about 5 3/4 oz.)	22.8 g	N/A	315	19.0 g	16.4 g

# MILK

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Buttermilk	8 fl. oz.	11.7 g	0	99	8.1 g	2.2 g
Low-fat milk (1%)	8 fl. oz.	11.7 g	0	102	8.0 g	2.6 g
Low-fat milk (2%)	8 fl. oz.	11.7 g	0	121	8.1 g	4.7 g
Mother's milk	8 fl. oz.	17.0 g	0	171	2.5 g	10.8 g
Skim milk	8 fl. oz.	11.9 g	0	86	8.4 g	0.4 g
Whole milk	8 fl. oz.	11.4 g	0	157	8.0 g	8.9 g

# NUTS/SEEDS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Almonds, dried, unblanched	1 oz.	5.8 g	1.9 g	167	5.7 g	14.8 g
Coconut, raw	1 oz., grated	4.3 g	2.5 g	99	0.9 g	9.4 g
Coconut, sweetened, flaked	1 oz.	11.7 g	4.7g	126	1.0 g	9.0 g
Coconut cream, canned	1/4 c.	6.2 g	N/A	142	2.0 g	13.1 g
Macadamia nuts, dried	1 oz.	3.9 g	N/A	199	2.4 g	20.9 g
Mixed nuts, dry-roasted	1 oz.	7.2 g	2.6 g	169	4.9 g	14.6 g
Peanuts, dry-roasted	1 oz.	6.0 g	2.2 g	164	6.6 g	13.9 g
Pecans, dried	1 oz.	5.2 g	1.9 g	189	2.2 g	19.2 g
Pistachio nuts, dried	1 oz.	7.1 g	3.1 g	164	5.8 g	13.7 g
Pumpkin seeds, dried	1 oz., hulled	5.1 g	3.9 g	154	7.0 g	13.0 g
Sesame	1 T.,	0.8 g	0.8 g	47	2.1 g	4.4 g

seeds, dried	hulled					
Sunflower seeds, dried	1 oz.	5.3 g	1.9 g	162	6.5 g	14.1 g
Walnuts, black, dried	1 oz.	3.4 g	1.4 g	172	6.9 g	16.1 g
Walnuts, English, dried	1 oz.	5.2 g	1.4 g	182	4.1 g	17.6 g

## PASTA

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Macaroni, Enriched	1 c., cooked	39.7 g	2.2 g	197	6.7 g	0.9 g
Macaroni, Vegetable, Enriched	1 c., cooked	35.7 g	N/A	172	6.1 g	0.2 g
Macaroni, Whole Wheat	1 c., cooked	37.2 g	4.2 g	174	7.5 g	0.8 g
Noodles, Chinese Cellophane, Dehydrated	1 c., raw	120.5 g	0.1 g	491	0.2 g	0.1 g
Noodles, Egg, Enriched	1 c., cooked	39.7 g	3.5 g	213	7.6 g	2.4 g
Noodles, Japanese Soba	1 c., cooked	24.4 g	N/A	113	5.8 g	0.1 g
Noodles, Japanese Somen	1 c., cooked	48.5 g	N/A	231	7.0 g	0.3 g
Noodles, Spinach, Enriched	1 c., cooked	38.8 g	N/A	211	8.1 g	2.5 g
Pasta, Fresh	1 c., cooked	34.9 g	2.2 g	183	7.2 g	1.5 g
Pasta, Spinach, Fresh	1 c., cooked	35.1 g	N/A	182	7.1 g	1.3 g

Spaghetti, Enriched	1 c., cooked	39.7 g	2.2 g	197	6.7 g	0.9 g
Spaghetti, Spinach	1 c., cooked	36.6 g	N/A	182	6.4 g	0.9 g
Spaghetti, Whole Wheat	1 c., cooked	37.2 g	5.4 g	174	7.5 g	0.8 g

## PORK

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Bacon	3 medium slices (about 3/4 oz.)	0.1 g	N/A	109	5.8 g	9.4 g
Bacon, Canadian	2 medium slices (about 1 1/2 oz.)	0.6 g	0	86	11.3 g	3.9 g
Blade loin roast	3 oz., lean only, roasted	0	0	237	21.0 g	16.4 g
Center loin	3 oz., lean only, roasted	0	0	204	24.2 g	11.1 g
Center rib	3 oz., lean only, roasted	0	0	208	24.0 g	11.7 g
Ham, cured	3 oz., boneless, roasted	0.4 g	0	140	18.7 g	6.5 g
Ham, fresh (leg)	3 oz., lean only, roasted	0	0	187	24.1 g	9.4 g
Liver	3 oz., braised	3.2 g	0	140	22.1 g	3.7 g
Picnic shoulder arm	3 oz., lean only, roasted	0	0	194	22.7 g	10.7 g
Shoulder blade	3 oz., lean only, roasted	0	0	218	20.7 g	14.3 g
Sirloin	3 oz., lean only, roasted	0	0	201	23.4 g	11.2 g

Spareribs	3 oz., lean only, braised	0	0	337	24.7 g	25.8 g
Tenderloin	3 oz., lean only, roasted	0	0	141	25.0 g	4.1 g
Top loin	3 oz., lean only, roasted	0	0	209	24.0 g	11.7 g



## POULTRY

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Chicken back, broiler/fryer	1 (about 3 oz.),	0	0	191	22.6 g	10.5 g
Chicken breast, broiler/fryer	1/2 (about 3 oz.),	0	0	142	26.7 g	3.1 g
Chicken drumsticks, broiler/fryer	2 (about 3 oz.),	0	0	151	24.9 g	5.0 g
Chicken leg, broiler/fryer	1 (about 3 oz.),	0	0	181	25.7 g	8.0 g
Chicken thigh, broiler/fryer	1 (about 2 oz.),	0	0	109	13.5 g	5.7 g
Chicken wings, broiler/fryer	4 (about 3 oz.),	0	0	171	25.6 g	6.8 g
Turkey, dark meat	3 oz., meat only, roasted	0	0	159	24.3 g	6.1 g
Turkey white meat	3 oz., meat only, roasted	0	0	133	25.4 g	2.7 g

# PRESERVES/SANDWICH SPREADS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Jams	1 T.	14.0 g	0.4g	54	0.1 g	Trace
Jellies	1 T.	12.7 g	0.5 g	49	trace	Trace
Marmalade	1 T.	14.0 g	1.0 g	51	0.1 g	Trace
Almond butter, unsalted	1 T.	3.4 g	N/A	101	2.4 g	9.5 g
Apple butter	1 T.	8.2 g	0.2 g	33	0.1 g	0.1 g
Cashew butter, unsalted	1 T.	4.4 g	N/A	94	2.8 g	7.9 g
Deviled Ham, canned	2 oz.	0	0	199	7.9 g	18.3 g
Margarine, soft	2 t.	Trace	0	67	0.1 g	7.6 g
Margarine, stick	2 t.	0.1 g	0	68	0.1 g	7.6 g
Mayonnaise	1 T.	0.4 g	0	99	0.2 g	11.0 g
Mustard, brown	1 T.	0.8 g	N/A	14	0.9 g	1.0 g
Mustard, prepared, Yellow	1 T.	1.0 g	0.4 g	11	0.7 g	0.7 g
Peanut butter	2 T.	6.6 g	1.9 g	188	6.6 g	16.0 g
Sandwich spread, chicken or turkey salad	2 oz.	4.2 g	0	113	6.6 g	7.6 g
Sandwich spread, ham salad	2 oz.	6.0 g	0	123	4.9 g	8.8 g
Sandwich spread, pork or beef	2 oz.	6.8 g	0	133	4.3 g	9.8 g

# SALAD DRESSINGS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Blue cheese or Roquefort, low-cal/low-fat	2 T.	0.4 g	Trace	6	0.4 g	0.3 g
Blue cheese or Roquefort, regular	2 T.	2.3 g	0	154	1.5 g	16.0 g
French (vinaigrette)	2 T.	1.0 g	0	177	trace	19.7 g
French, low-cal/low-fat	2 T.	7.1 g	0.1 g	44	0.1 g	1.9 g
French, regular	2 T.	5.5 g	0	134	0.2 g	12.8 g
Italian, low-cal	2 T.	1.5 g	0.1 g	32	trace	2.9 g
Italian, regular	2 T.	3.0 g	0	137	0.2 g	14.2 g
Mayonnaise-type, regular	1 T.	3.5 g	0	57	0.1 g	4.9 g
Oil and vinegar	2 T.	0.8 g	0	140	0	15.6 g
Russian, low-cal	2 T.	9.0 g	0	46	0.2 g	1.3 g
Russian, regular	2 T.	3.2 g	0	151	0.5 g	15.5 g
Thousand island, low-cal	2 T.	5.0 g	0.4 g	49	0.2 g	3.3 g
Thousand island, regular	2 T.	4.7 g	0.6 g	118	0.3 g	11.1 g



## SANDWICHES

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Cheeseburger, plain	1 (3 1/2 oz.)	31.8 g	N/A	319	14.8 g	15.2 g
Cheeseburger with condiments	1 (5 1/2 oz.)	28.1 g	N/A	359	17.8 g	19.8 g
Cheese steak	1 (9 3/4 oz.)	48.8 g	2.2 g	519	35.3 g	18.6 g
Chicken fillet, plain	1 (6 1/2 oz.)	38.7 g	N/A	515	24.1 g	29.5 g
Corn dog	1 (6 1/4 oz.)	55.8 g	N/A	460	16.8 g	18.9 g
Egg and cheese	1 (about 5 1/4 oz.)	25.9 g	N/A	340	15.6 g	19.4 g
Fish with tartar sauce	1 (about 5 1/2 oz.)	41.0 g	N/A	431	16.9 g	22.8 g
Ham and cheese	1 (about 5 1/4 oz.)	33.3 g	N/A	352	20.7 g	15.5 g
Ham, egg, and cheese	1 (about 5 oz.)	31.0 g	N/A	347	19.3 g	16.3 g
Hamburger, McLean Deluxe	1 (about 7 oz.)	35.0 g	N/A	320	22.0 g	10.0 g
Hamburger, plain	1 (about 3 1/4 oz.)	30.5 g	N/A	275	12.3 g	11.8 g
Hamburger w/condiments	1 (about 4 oz.)	27.3 g	N/A	279	12.9 g	13.5 g
Hot dog	1 (about 3 1/2 oz.)	18.0 g	N/A	242	10.4 g	14.5 g
Roast beef	1 (about 5 oz.)	33.4 g	N/A	346	21.5 g	13.8 g
Steak	1 (about 7 1/4 oz.)	52.0 g	N/A	459	30.3 g	14.1 g
Submarine w/ cold cuts	1 (about 8 oz.)	51.1 g	N/A	456	21.8 g	18.6 g
Submarine w/ roast beef	1 (about 7 3/4 oz.)	44.0 g	N/A	410	29.0 g	13.0 g

Submarine w/ tuna salad	1 (about 9 oz.)	55.4 g	N/A	584	29.7 g	28.0 g
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## SIDE DISHES

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Baked potato with cheese sauce & bacon	1 (about 10 3/4 oz.)	44.4 g	N/A	451	18.4 g	25.9 g
Baked potato w/ cheese sauce & broccoli	1 (about 12 oz.)	46.6 g	N/A	403	13.7 g	21.4 g
Baked potato with cheese sauce and chili	1 (about 10 3/4 oz.)	55.9 g	N/A	482	23.2 g	21.8 g
Baked potato with sour cream and chives	1 (about 10 3/4 oz.)	50.0 g	N/A	393	6.7 g	22.3 g
French fries	20-25, 1" -2" strips	29.3 g	N/A	235	3.0 g	12.2 g
Hush puppies	5 (about 2 3/4 oz.)	34.9 g	N/A	257	4.9 g	11.6 g
Onion rings, breaded and fried	8 - 9 (about 3 oz.)	31.3 g	N/A	276	3.7 g	15.5 g
Pierogies, boiled	2 (about 3/4 oz.)	2.2 g	N/A	120	4.0 g	1.0 g



## SNACKS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Chips, corn	30 (about 1 oz.)	16.9 g	1.6 g	155	1.7 g	9.1 g
Chips, potato	10 (about 3/4 oz.)	10.4 g	1.0 g	105	1.3 g	7.1 g
Chips, tortilla	10 (about 1 oz.)	18.0 g	1.8 g	150	2.0 g	8.0 g
Crackers animal	5 ( 1/2 oz.)	10.4 g	Trace	56	0.9 g	1.2 g
Crackers, butter-flavor	4 ( 1/2 oz.)	9.4 g	0.2 g	64	1.0 g	2.5 g
Crackers, cheese	4 round ( 1/2 oz.)	8.5 g	0.1 g	67	1.6 g	3.0 g
Crackers, cheese and peanut butter	2 ( 1/2 oz.)	7.9 g	0.2 g	69	2.1 g	3.4 g
Crackers, graham	1 ( 1/2 oz.)	10.4 g	0.5 g	55	1.1 g	1.3 g
Crackers, saltine	5 ( 1/2 oz.)	10.2 g	0.4 g	61	1.3 g	1.7 g
Crackers, soda	5 ( 1/2 oz.)	10.0 g	0.3g	62	1.3 g	1.9 g
Crackers, wheat	7 thin ( 1/2 oz.)	8.8 g	0.8g	61	1.8 g	1.8 g
Granola bar	1 (about 3/4 oz.)	16.0 g	1.1 g	109	2.4 g	4.2 g
Melba toast	3 pieces ( 1/2 oz.)	12.0 g	0.9 g	60	3.0 g	Trace
Popcorn, air-popped, unsalted	1 c.	4.6 g	0.9 g	23	0.8 g	0.3 g

Potato sticks	1 oz.	15.2 g	1.0 g	148	2.0 g	9.8 g
Pretzels, Dutch-type, salted	2 large (about 1 oz.)	24.3 g	0.9 g	125	3.1 g	1.4 g
Rice cakes	2 (about 1/2 oz.)	16.0 g	0.8 g	70	0.8 g	0.4 g
Ry-krisp	1/4 large square	13.0 g	2.5 g	40	1.5 g	0.2 g



## SOUPS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Beef broth or bouillon, cube	1, in 6 fl. oz. water	0.6 g	0	5	0.6 g	0.1 g
Beef broth or bouillon, powder	1 packet,	1.4 g	0	15	1.0 g	0.5 g
Beef broth or bouillon, ready-to-serve	1 c.	0.1 g	0	17	2.7 g	0.5 g
Beef mushroom, condensed	1 c., made w/water	6.3 g	N/A	73	5.8 g	3.0 g
Beef noodle, condensed	1 c., made w/water	9.0 g	N/A	83	4.8 g	3.1 g
Beef noodle, dehydrated	1 c., made w/water	6.0 g	0.8 g	40	2.2 g	0.8 g
Black bean, condensed	1 c., made w/water	19.8 g	N/A	116	5.6 g	1.5 g
Cheese, condensed	1 c., made w/water	10.5 g	N/A	156	5.4 g	10.5 g
Chicken broth or bouillon, condensed	1 c., made w/water	1.0 g	0	39	4.9 g	1.4 g

Chicken broth or bouillon, cube	1, in 6 fl. oz. water	1.1 g	0	9	0.7 g	0.2 g
Chicken broth or bouillon, powder	1 packet,	1.1 g	0	17	1.0 g	0.8 g
Chicken gumbo, condensed	1 c., made w/water	8.4 g	N/A	56	2.7 g	1.4 g
Chicken mushroom, condensed	1 c., made w/water	9.3 g	N/A	132	4.4 g	9.2 g
Chicken noodle, condensed	1 c., made w/water	9.4 g	N/A	75	4.1 g	2.5 g
Chicken noodle, dehydrated	1 c., made w/water	7.0 g	0.8 g	53	3.0 g	1.2 g
Chicken noodle, ready-to-serve	1 c.	17.0 g	3.8 g	175	12.7 g	6.0 g
Chicken rice, condensed	1 c., made w/water	7.2 g	N/A	60	3.5 g	1.9 g
Chicken rice, dehydrated	1 c., made w/water	9.3 g	0.8 g	61	2.5 g	1.4 g
Chicken rice, ready-to-serve	1 c.	13.0 g	1.0 g	127	12.3 g	3.2 g
Chicken vegetable, condensed	1 c., made w/water	8.6 g	1.0 g	75	4.0 g	2.8 g
Chicken vegetable, dehydrated	1 c., made w/water	7.8 g	N/A	50	2.7 g	0.8 g
Chicken vegetable, ready-to-serve	1 c.	18.9 g	N/A	166	12.3 g	4.8 g
Clam chowder, Manhattan,	1 c., made w/water	12.2 g	N/A	78	2.2 g	2.2 g

condensed						
Clam chowder, New England, condensed	1 c.,	12.4 g	N/A	95	4.8 g	2.9 g
Crab, ready-to-serve	1 c.	10.3 g	N/A	76	5.5 g	1.5 g
Cream of asparagus, condensed	1 c., made w/water	10.7 g	0.7 g	85	2.3 g	4.1 g
Cream of asparagus, dehydrated	1 c., made w/water	9.0 g	N/A	58	2.2 g	1.7 g
Cream of celery, condensed	1 c., made w/water	8.8 g	N/A	90	1.7 g	5.6 g
Cream of celery, dehydrated	1 c., made w/water	9.8 g	0.8 g	64	2.6 g	1.6 g
Cream of chicken, condensed	1 c., made w/water	9.3 g	0.2 g	117	3.4 g	7.4 g
Cream of chicken, dehydrated	1 c., made w/water	13.3 g	0.3 g	107	1.8 g	5.3 g
Cream of mushroom, condensed	1 c., made w/water	9.3 g	0.5 g	129	2.3 g	9.0 g
Cream of potato, condensed	1 c., made w/water	11.5 g	0.5 g	73	1.8 g	2.4 g
Gazpacho, ready-to-serve	1 c.	0.8 g	3.7 g	56	8.7 g	2.2 g
Green pea, condensed	1 c., made w/water	26.5 g	2.8 g	165	8.6 g	2.9 g
Lentil, with ham, ready-to-serve	1 c.	20.2 g	N/A	139	9.3 g	2.8 g
Minestrone, condensed	1 c., made	11.2 g	1.0 g	82	4.3 g	2.5 g

	w/water					
Minestrone, dehydrated	1 c., made w/water	11.9 g	N/A	79	4.4 g	1.7 g
Minestrone, ready-to-serve	1 c.	20.7 g	N/A	127	5.1 g	2.8 g
Mushroom, dehydrated	1 c., made w/water	11.1 g	0.8 g	96	2.2 g	4.9 g
Mushroom barley, condensed	1 c., made w/water	11.7 g	0.5 g	73	1.9 g	2.3 g
Onion, condensed	1 c., made w/water	8.2 g	1.0 g	58	3.8 g	1.7 g
Onion, dehydrated	1 c., made w/water	5.1 g	1.0 g	27	1.1 g	0.6 g
Scotch broth, condensed	1 c., made w/water	9.5 g	1.2 g	80	5.0 g	2.6 g
Split pea with ham, condensed	1 c., made w/water	28.0 g	N/A	190	10.3 g	4.4 g
Split pea, dehydrated	1 c., made w/water	22.7 g	N/A	133	7.7 g	1.6 g
Split pea with ham, ready-to-serve	1 c.	26.8 g	4.1 g	185	11.1 g	4.0 g
Tomato, condensed	1 c., made w/water	16.6 g	N/A	85	2.1 g	1.9 g
Tomato, dehydrated	1 c., made w/water	19.4 g	0.5 g	103	2.5 g	2.4 g
Tomato rice, condensed	1 c., made w/water	21.9 g	1.5 g	119	2.1 g	2.7 g
Turkey noodle, condensed	1 c., made w/water	8.6 g	1.5 g	68	3.9 g	2.0 g
Turkey	1 c.,	8.6 g	0.5 g	72	3.1 g	3.0 g

vegetable, condensed	made w/water					
Vegetable beef, condensed	1 c., made w/water	10.2 g	0.5 g	78	5.6 g	1.9 g
Vegetable beef, dehydrated	1 c., made w/water	8.0 g	0.5 g	53	2.9 g	1.1 g
Vegetarian vegetable, condensed	1 c., made w/water	12.0 g	N/A	72	2.1 g	1.9 g



## STEW\$

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Beef, ready-to-serve	1 c.	17.4 g	N/A	194	14.2 g	7.6 g
Beef, homemade	1 c.	15.2 g	N/A	218	15.7 g	10.5 g
Oyster, condensed	1 c., made w/water	4.1 g	N/A	58	2.1 g	3.8 g
Oyster, homemade	1 c.	10.8 g	N/A	233	12.5 g	15.4 g

## SWEETENERS/TOPPINGS

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Almond paste	1 oz.	12.4 g	N/A	127	3.4 g	7.7 g
Honey	1 T.	17.3 g	Trace	64	0.1 g	0
Molasses, dark	2 T.	24.6 g	0	95	0	0
Nondairy whipped	2 T.	2.2 g	0	30	0.1 g	2.4 g

topping						
Sugar, brown	1 t.	2.9 g	N/A	11	0	0
Sugar, granulated	1 t.	4.0 g	0	15	0	0
Sugar, powdered	1 t.	2.5 g	0	10	0	0
Syrup, maple	1 T.	12.8 g	0	50	0	0
Syrup, pancake	1 T.	12.8 g	0	50	0	0
Whipped cream topping	2 T.	0.9 g	0	19	0.2 g	1.7 g
<b>CONDIMENTS</b>						
Catsup	1 T.	4.1 g	0.2 g	16	0.2 g	0.1 g
Chowchow, sour	1/2 c.	4.9 g	N/A	35	1.7 g	1.6 g
Chowchow, sweet	1/2 c.	33.1 g	1.8 g	142	1.8 g	1.1 g
Horseradish, prepared	1 t.	0.5 g	0.1 g	2	0.1 g	Trace
Horseradish, raw	1 t.	1.0 g	0.1 g	4	0.2 g	Trace
Lemon juice	1 T.	1.3 g	Trace	4	trace	0
Olives, black	5 large	1.4 g	0.7 g	25	0.2 g	2.4 g
Olives, green, unstuffed	5 large	0.3 g	0.6 g	27	0.3 g	2.9 g
Pickles, dill	1 (about 2 oz.)	2.7 g	0.8 g	12	0.4 g	0.1 g
Pickles, sour	1 (about 1 oz.)	0.8 g	0.5 g	4	0.1 g	0.1 g
Pickles, sweet	1 (about 1 oz.)	11.1 g	0.4 g	41	0.1 g	0.1 g
Relish, sour pickle	1 T.	0.4 g	0.3 g	3	0.1 g	0.1 g
Relish, sweet pickle	1 T.	5.1 g	0.3 g	21	0.1 g	0.1 g
Vinegar, cider	1 T.	0.9 g	0	2	0	0
Vinegar, distilled	1 T.	0.8 g	0	2	0	0

## TOFU

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Tofu, firm	1/4 block	3.5 g	N/A	118	12.8 g	7.1 g

Tofu, regular	1/4 block	2.2 g	1.4 g	88	9.4 g	5.5 g
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## VEAL

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Arm roast	3 oz., lean only, roasted	0	0	139	22.2 g	4.9 g
Blade roast	3 oz., lean only, roasted	0	0	145	21.8 g	5.9 g
Ground veal	3 oz., broiled	0	0	146	20.7 g	6.4 g
Leg	3 oz., lean only, roasted	0	0	128	23.9 g	2.9 g
Liver	3 oz., braised	2.3 g	0	140	18.4 g	5.9 g
Loin	3 oz., lean only, roasted	0	0	149	22.4 g	5.9 g
Rib roast	3 oz., lean only, roasted	0	0	150	21.9 g	6.3 g
Sirloin	3 oz., lean only, roasted	0	0	143	22.4 g	5.3 g



## VEGETABLES

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Alfalfa sprouts	1/2 c. raw	0.6 g	N/A	5	0.7 g	0.1 g
Artichoke hearts	1/2 c., boiled	9.4 g	4.4 g	42	2.9 g	0.1 g

Asparagus	1/2 c., boiled	4.0 g	1.5 g	23	2.3 g	0.3 g
Bamboo shoots, canned	1 c. slices, drained	4.2 g	3.9 g	25	2.3 g	0.5 g
Broccoli	1/2 c., chopped, boiled	4.0 g	2.0 g	22	2.3 g	0.3 g
Brussels sprouts	1/2 c., boiled	6.8 g	3.4 g	30	2.0 g	0.4 g
Cabbage, celery	1/2 c., shredded, boiled	1.4 g	1.0 g	8	0.9 g	0.1 g
Cabbage, Chinese	1/2 c., shredded, boiled	1.5 g	1.4 g	10	1.3 g	0.1 g
Cabbage, common	1/2 c., shredded, boiled	3.6 g	1.8 g	16	0.7 g	0.2 g
Cabbage, red	1/2 c., shredded, boiled	3.5 g	1.8 g	16	0.8 g	0.2 g
Cabbage, Savoy	1/2 c., shredded, boiled	4.0 g	2.3 g	18	1.3 g	0.1 g
Carrot	1 (about 2 1/2 oz.), raw	7.3 g	2.3 g	31	0.7 g	0.1 g
Cauliflower	3 florets (2 oz.), raw	2.8 g	1.3 g	13	1.1 g	0.1 g
Celery	1/2 c., diced, raw	2.2 g	1.0 g	10	0.5 g	0.1 g
Chives	1 T., chopped, raw	0.1 g	0.1 g	1	0.1 g	Trace
Corn, sweet Yellow	Kernels from 1 ear, boiled	19.3 g	2.9 g	83	2.6 g	1.0 g
Cucumber	1/2 (about 5 oz.), raw	4.4 g	1.5 g	20	0.8 g	0.2 g
Eggplant	1/2 c., cubed, boiled	3.2 g	1.2 g	13	0.4 g	0.1 g
Endive	1/2 c., chopped, raw	0.8 g	0.5 g	4	0.3 g	0.1 g
Garlic	1 clove, raw	1.0 g	Trace	4	0.2 g	Trace

Ginger root	1 T., raw	0.9 g	0.1 g	4	0.1 g	0.1 g
Jerusalem artichokes	1/2 c. slices, raw	13.1 g	1.2 g	57	1.5 g	Trace
Kale	1/2 c., chopped, boiled	3.7 g	1.3 g	18	1.2 g	0.3 g
Kohlrabi	1/2 c. slices, boiled	5.5 g	0.9 g	24	1.5 g	0.1 g
Leeks	1/2 c., chopped, boiled	4.0 g	1.3 g	16	0.4 g	0.1 g
Lettuce, butterhead	1 c., shredded, raw	1.0 g	0.4 g	5	0.5 g	0.1 g
Lettuce, iceberg	1 c., shredded, raw	2.8 g	1.4 g	18	1.4 g	0.3 g
Lettuce, loose-leaf	1 c., shredded, raw	2.0 g	1.0 g	10	0.7 g	0.2 g
Lettuce, romaine	1 c., shredded, raw	1.3 g	1.0 g	9	0.9 g	0.1 g
Mushrooms	1/2 c. pieces, boiled	4.0 g	1.7 g	21	1.7 g	0.4 g
Onions	1/2 c. chopped, boiled	6.9 g	1.3 g	30	0.9 g	0.1 g
Parsley	1/2 c., chopped, raw	2.1 g	1.3 g	10	0.7 g	0.1 g
Peppers, chili	1 T., raw	0.9 g	0.1 g	4	0.2 g	Trace
Peppers, green bell	1/2 c., chopped, raw	3.2 g	0.8 g	14	0.5 g	0.1 g
Peppers, red bell	1/2 c., chopped, raw	3.2 g	0.8 g	14	0.5 g	0.1 g
Potato	1 (about 7 oz.), baked	51.0 g	2.2 g	220	4.7 g	0.2 g
Pumpkin, canned	1/2 c.	9.9 g	3.4 g	41	1.3 g	0.3 g

Radishes	1/2 c. slices, raw	2.0 g	1.3 g	10	0.4 g	0.3 g
Rhubarb	1 c., diced, raw	5.5 g	2.2 g	26	1.1 g	0.2 g
Scallions	1/2 c., chopped, raw	3.7 g	1.2 g	16	0.9 g	0.1 g
Shallots	1 T., chopped, raw	1.7 g	0.2 g	7	0.3 g	Trace
Spinach	1/2 c., boiled	3.4 g	2.0 g	21	2.7 g	0.2 g
Squash, acorn	1/2 c. cubes, baked	14.9 g	2.9 g	57	1.1 g	0.1 g
Squash, butternut	1/2 c. cubes, baked	10.7 g	2.9 g	41	0.9 g	0.1 g
Squash, crookneck, or straightneck	1/2 c. slices, boiled	3.9 g	1.3 g	18	0.8 g	0.3 g
Squash, hubbard	1/2 c. cubes, baked	11.0 g	2.9 g	51	3.0 g	0.6 g
Squash, spaghetti	1 c., boiled/baked	10.0 g	2.2 g	45	1.0 g	0.4 g
Squash, zucchini	1/2 c. slices, boiled	3.5 g	1.3 g	14	0.6 g	0.1 g
Sweet potato	1 (about 4 oz.) baked	27.7 g	3.4 g	117	2.0 g	0.1 g
Tomato	1 (about 4 oz.), raw	5.7 g	1.6 g	26	1.1 g	0.4 g
Turnips	1/2 c. cues, boiled	3.8 g	1.6 g	14	0.6 g	0.1 g
Watercress	1/2 c., chopped, raw	0.2 g	0.4 g	2	0.4 g	Trace
Yams	1/2 c. cubes, boiled/baked	18.7 g	2.7 g	79	1.0 g	0.1 g



# YOGURT\$

FOOD	SERVING	CARBOHYDRATES	FIBER	CALORIES	PROTEIN	TOTAL FAT
Low-fat yogurt	1 c.	16.0 g	0	144	11.9 g	3.5 g
Low-fat yogurt, fruit-flavored	1 c.	42.3 g	N/A	225	9.0 g	2.6 g
Nonfat yogurt	1 c.	17.4 g	0	127	13.0 g	0.4 g
Whole-milk yogurt	1 c.	10.6 g	0	139	7.9 g	7.4 g



# Standard Conversion Tables

## Oven Temperatures

### An approximate conversion chart

Fahrenheit	Centigrade	Gas mark	Description
225 F	105 C	1/4	Very cool
250 F	120 C	1/2	
275 F	130 C	1	Cool
300 F	150 C	2	
325 F	165 C	3	Very moderate
350 F	180 C	4	Moderate
375 F	190 C	5	
400 F	200 C	6	Moderately hot
425 F	220 C	7	Hot
450 F	230 C	8	
475 F	245 C	9	Very hot

## American Liquid Measures

1 gallon = 4 quarts = 3.79 L (Can usually be rounded to 4 L)

1 quart = 2 pints = 0.95 L (Can usually be rounded to 1 L)

1 pint = 2 cups = 16 fl oz = 450 ml (Can usually be rounded to 500 ml)

1 cup = 8 fl oz = 225 ml (Can usually be rounded to 250 ml)

1 tablespoon = 1/2 fl oz = 16 ml (Can usually be rounded to 15 ml)

1 teaspoon = 1/3 tablespoon = 5 ml



## American Can Sizes

Can Sizes	Contents	Cups (approx)
5 ounce	5 oz.	5/8
8 ounce	8 oz.	1
Picnic	10 1/2 to 12oz.	1 1/4
12 oz. vacuum	12 oz.	1 1/2
No. 300	14 to 16 oz.	1 3/4
No. 303	16 to 17 oz.	2
No. 2	1 lb. 4 oz. or 1 pint 2 fl. oz.	2 1/2
No. 2 1/2	1 lb. 13 oz.	3 1/2
No. 3	46 oz.	5 3/4
Condensed milk	14 fl. oz	1 1/3
Evaporated milk	5 1/3 fl. oz. and 13 fl. oz.	2/3 1 2/3

## British Liquid Measures

- 1 UK pint is about 6 dl
- 1 UK liquid oz is 0.96 US liquid oz.
- 1 pint = 570 ml = 20 fl oz
- 1 breakfast cup = 10 fl oz = 1/2 pint
- 1 tea cup = 1/3 pint
- 1 tablespoon = 15 ml
- 1 dessertspoon = 10 ml
- 1 teaspoon = 5 ml = 1/3 tablespoon



## Weight

- 1 ounce = 28.4 g (can usually be rounded to 25 or 30)
- 1 pound = 454 g
- 1 kg = 2.2 pounds

## International Liquid Measurements

	Standard cup	Tablespoon	Teaspoon
Canada	250ml	15ml	5ml
Australia	250ml	20ml	5ml
New Zealand	250ml	15ml	5ml
UK	250ml	15ml	5ml

## British Short Cuts

- Cheese (grated) 1 oz = 4 level tablespoons
- Cocoa or chocolate powder 1 oz = 3 level tablespoons
- Coconut (desiccated) 1 oz = 4 level tablespoons
- Flour (unsifted) 1 oz = 3 level tablespoons
- Sugar (castor/caster) 1 oz = 2 level tablespoons
- Sugar (granulated) 1 oz = 2 level tablespoons
- Sugar (icing) 1 oz = 2 1/2 level tablespoons
- Syrup (golden) 1 oz = 1 level tablespoons



## Some Australian Conversions

Metric Cups	Grams (approx)	Ounces (approx)
1 cup butter	250	8 3/4
1 cup biscuit (cookie) crumbs	110	3 3/4
1 cup breadcrumbs, soft	60	2
1 cup breadcrumbs, dry	125	4 1/2
1 cup cheese, grated	125	4 1/2
1 cup cocoa	110	3 3/4
1 cup cornflour (cornstarch)	125	4 1/2
1 cup cornflakes	30	1
1 cup rice bubbles (rice crispies)	30	1
1 cup coconut, desiccated (flaked)	95	3 1/4
1 cup dried split peas, lentils	200	7
1 cup dried fruit	160	5 3/4
1 cup dates, chopped	150	5 1/4
1 cup flour, plain, self-rising	125	4 1/2
1 cup flour, wholemeal (whole wheat)	135	4 3/4
1 cup golden syrup, honey, glucose	360	12 3/4
1 cup jam	330	11 1/2
1 cup nuts, chopped	125	4 1/2
1 cup oats, rolled	90	3 1/4
1 cup rice, short grain	210	7 1/2
1 cup rice, long grain	200	7
1 cup salt, or crystal sugar	250	8 3/4
1 cup castor sugar (superfine)	220	7 3/4
1 cup soft brown sugar, firmly packed	170	6
1 cup icing sugar (confectioners')	150	5

## Metric Spoons

Metric spoons	Grams	Ounces
1 level tablespoon peanut butter	20	2/3
1 level tablespoon baking powder, bicarb soda, cream of tartar, gelatin, rice, sago	15	1/2
1 level tablespoon cocoa, cornflour, custard powder, nuts	10	1/3
1 level tablespoon golden syrup, treacle, honey, glucose	30	1
1 level tablespoon sugar, salt	20	2/3
1 level tablespoon yeast, compressed	20	2/3
1 tablespoon = 20 mls		
1 teaspoon = 5 mls		

## Chinese Catties

Catties In ancient China, 1 catty = 1.33 pound = 600 grams.  
 In Modern China, this went with kilograms and stuff. To make the transition easier for the average people they invented a new kind of catty. 1 catty =0.5 kilo (= 1.1 pound )However, old books from Hong Kong and Taiwan still uses the old catty = 600 grams.

## Substitutions and Equivalents

This section contains information on where substitutions can be made, and what they can be made with.

### Flours

US all-purpose flour and UK plain-flour can be substituted for one another without adjustment. US cake flour is lighter than these. It is not used much anymore, but if it does come up, you can substitute all-purpose/plain flour by removing three tablespoons per cup of flour and replacing it with corn starch or potato flour. Self-raising flour contains 1 1/2 teaspoons baking powder and 1/2 teaspoon salt for each cup of flour. US whole wheat flour is interchangeable with UK wholemeal flour.

### Leavening agents

Baking soda is sodium bicarbonate. It must be mixed with acidic ingredients to work. Baking powder contains baking soda and a powdered acid, so it can work without other acidic ingredients.

### Dairy Products

Evaporated milk and sweetened condensed milk both come in cans, both are thick and a weird color... but are not the same thing. Sweetened condensed milk is, as the name implies, mixed with sugar or another sweetener already. It isn't found everywhere, but this recipe makes a good, quick substitute: Mix 1 cup plus 2 tablespoons dry (powdered) milk and 1/2 cup warm water. When mixed, add 3/4 cup granulated sugar.

If a recipe calls for buttermilk or cultured milk, you can make sour milk as a substitute. For each cup you need, take one tablespoon of vinegar or lemon juice , then add enough milk to make one cup. Don't stir. Let it stand for five minutes before using.

The minimum milk fat content by weight for various types of cream

	UK	US
Clotted Cream	55%	N/A
Double Cream	48%	N/A
Heavy Cream	N/A	36%
Whipping Cream	35%	30%
Whipped Cream	35%	N/A
Single Cream	18%	(=Light Cream)
Half Cream	12%	(=Half and Half)

**Quark (aka quarg)** A soft, unripened cheese with the texture and flavor of sour cream. Quark comes in two versions - lowfat and nonfat. Though the calories are the same (35 per ounce), the texture of lowfat Quark is richer than that of lowfat sour cream. It has a milder flavor and richer texture than lowfat yogurt. Quark can be used as a sour cream substitute to top baked potatoes, and as an ingredient in a variety of dishes including cheesecakes, dips, salads and sauces.

## **Starches**

UK cornflour is the same as US cornstarch. Potato flour, despite its name, is a starch, and cannot be substituted for regular flour. It often can be substituted for corn starch and vice versa.

In the US, corn flour means finely ground cornmeal. If in doubt about which type of cornflour is meant in a recipe, ask the person who gave it to you!

A couple of rules of thumb - in cakes, especially sponge cakes, it's likely to mean cornstarch - as a coating for fried okra, it's likely to mean finely ground cornmeal.

Cornmeal or polenta is not the same thing as cornstarch or cornflour! What one can buy labeled 'polenta' really looks no different to cornmeal though, so hey, lets not panic too much.

Polenta is commonly used to describe cornmeal porridge but may also be used to mean plain cornmeal.

Beware. If you don't have cornstarch/corn flour, you can use twice the amount of all-purpose/plain flour. However, unless whatever you're adding it to is allowed to boil, the result will taste starchy.

## **Sugar and Other Sweeteners**

UK castor/caster sugar is somewhat finer than US granulated sugar. There is a product in the US called superfine sugar, which is about the same as UK castor/caster sugar.

Usually, you can use granulated sugar in recipes calling for castor/caster sugar and vice versa, but I've gotten reports of times this didn't work so well! As usual, give the recipe a trial run with the substitute some time when it doesn't need to be perfect. (US) Confectioner's sugar is (UK/Aust/NZ) icing sugar. Sometimes these are marketed as mixtures containing about 5% cornflour.

Corn syrup is common in the US but not always elsewhere. Sugar (golden) syrup can be substituted. Corn syrup comes in two flavors - dark and light. Light corn syrup is just sweet, dark has a mild molasses flavor. Some people have substituted dark corn syrup for golden syrup in ANZAC biscuits and found it successful. A common US brand is Karo.

Golden syrup is a thick, golden brown (fancy that) byproduct of cane sugar refining. The taste is mostly sweet, although there is a slight acidic, metallic component. Lyle's is a common brand.

The New Zealand brand name is Chelsea. If desperate, a plain sugar syrup may be a possible substitute, boil 2 parts sugar, 1 part water. This could be messy.

You may want to thin it out with water. Again, you may want to try this out on your own before making something for a special occasion.

Black treacle and blackstrap molasses are similar but not identical.

## **Fats**

A "stick" of butter or margarine weighs 4 oz and is 1/2 cup US, approximately 100 grams. Each 1/4 cup or half stick butter or margarine in US recipes weighs about 50 g. There are 8 tablespoons in 1/4 pound butter. Shortening is solid, white fat made from hydrogenated vegetable oil. (A popular brand name is Crisco, and many people call all shortening Crisco.) It is common in the US, tougher to find in some other parts of the globe. In my experience, you can usually but not always substitute butter or margarine for shortening.

The result will have a slightly different texture and a more buttery taste (which in the case of, say, chocolate chip cookies seems to be an advantage!). Sometimes this doesn't work too well. Not to sound like a broken record but - try it out before an important occasion.

Copra is a solid fat derived from coconuts, it is fairly saturated and used in recipes where it is melted, combined with other ingredients and left to set.

Lard can be successfully substituted in some recipes, for example it makes very flaky pastry.

Deep frying requires fats/oils with heat-tolerant properties. Butter and margarine, for example, are right out, as are lard and olive oil. Corn and peanut oils are both good.



## **Chocolate**

If you don't have unsweetened baking chocolate, substitute three tablespoons of unsweetened cocoa powder plus one tablespoon of fat (preferably oil) for each one ounce square. US dark chocolate is the same as UK plain chocolate, that is, the darkest and least sweet of the chocolates intended for eating (also called bittersweet).

What is called milk chocolate in the UK is called milk chocolate in the US, too, but many people simply refer to it as "chocolate". The stuff called "semi-sweet chocolate" by some folks is the US dark or UK plain. "Bitter chocolate" is, apparently, the UK term for high quality plain chocolate.

Some manufacturers apparently distinguish between "sweet dark," "semi-sweet" and "bittersweet" (Sarotti is one), but they seem to be minor variations on a theme.

Chocolate chips are not necessarily a substitute for bar chocolates, because the chips have something added to them to slow down melting.

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## What Motivation can do for You

**1. It puts the fire within you** - the fire that gets your inner power going. You're lazy. No ambition. No energy. No imagination. You just don't care. You're totally without interest. You expect some magic pill will solve all of your health and weight problems and give you a perfect body. You expect life to hand you your dream job, dream house, and lots of money without any effort on your part. What bothers me about most people who are like this, is that YOU HAVE the makings of having a leaner body, tons of energy, and vibrant health. YOU HAVE the ability to live the life you want. YOU CAN DO IT. You've got what it takes. But you're selling yourself short. Guess you may just be stuck where you are for the rest of your life.

I can hear the obscenities like fireworks.

"You don't know me, mister! You can't talk to me like that. Take your newsletter, your coaching, and YOU straight to h \_\_ \_!!"

GOOD. You've got it. You've GOT IT. I KNEW you had it in you - if you just got motivated. NOW you're fired up.

Now GET GOING. Show me up. Show up others who don't believe in you. Show YOURSELF that you can do it.

**2. It reveals your talents**, talents you realize you didn't have. Do you know your true potential? Never write yourself off. There is ALWAYS the possibility of reaching within and experience knowing and finding yourself (a tremendous experience). You become a changed person, in every fiber of your being.

**3. You go all-out;** you're not a hold-out. No person should ever, ever, ever give up on himself, or ever, ever, ever think defeat.

But why is it that some people never seem to get going even though their ability is obvious? Do YOU go all-out, or are you a hold-out? In other words, do you do things half-ass (pardon my language), holding back your true capacity, as if you're AFRAID of giving it all you've got? Those who really get ahead in life are the all-outs, not the hold-outs.

**4. You use ALL of your mind.** In other words, you wish positive, but think negative. You have wonderful ideas and goals, and darn it, if you had the time, if you didn't have kids, if you had the money, if you weren't married, if you lived in a better part of the country, if you were more motivated, well, you could achieve. A lot of people have this problem. I call it an internal arm-wrestling match. You've got drive and ambition on the one hand, resistance on the other. Subconsciously you EXPECT to make a mess of anything you try to undertake; won't lose weight, won't have more energy, will fail business, won't get promotion, whatever.

So you never go further than paying lip service to what you want. And you don't do it.

That part of you that wishes positive is YOUR TRUE SELF. Your strong self. The part that goes away with action is your negative self. Your internal arm-wrestling match is where you rationalize your failure and make excuses for not doing anything.

All you have to do to get motivated is take ONE, just ONE, idea or goal you want to achieve, and DO IT NOW. Like, NOW. Not tomorrow. NOW. Break the hesitation and get going. If you don't, you'll be second-rate for life. You don't need to be that way. STOP BEING THAT WAY.

**5. Keeps you open for more motivational experiences.** Sooner or later some idea is going to hit you right square between the eyes, with power to excite and drive you, and it can have the most dramatic and lasting effect on your entire life. To that end, a great way to keep yourself open to this experience is to read and listen to positive, inspiring books, such as the biographies of people who have gone "rags to riches," developing their talents to their maximum, solved problems, and succeeded in spite of everything. These publications make you think, really think.



## Seven Steps to Remake Yourself with New Thoughts

There is a great law of the universe that is simply stated: if you think in negative terms, you will get negative results. If you think in positive terms, you will achieve positive results

In other words, **BELIEVE AND SUCCEED.**

William James said, *"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."*

*"A man's life is what his thoughts make of it." --Marcus Aurelius*

You can make just about anything of your life - anything you believe or visualize, anything you pray for and work for. Look deeply into your marvelous mind.

Amazing wonders are there. Whatever your situation, you can improve it. You are greater than anything that can happen to you.

Here are seven practical steps for changing your mental attitude from negative to positive, for generating new, creative thoughts. This is not a one-time shot; you must keep on trying these steps for them to work.

**1. Deliberately speak positively for the next 24 hours.** Speak hopefully about EVERYTHING. About your job, your health, your future. Go out of your way to talk optimistically about everything. Sure, this will be a challenge, especially if your habit is talking defeat.

**2. Continue this positive talking for the next week.** After the initial 24 hours, KEEP GOING. Then give yourself a day or two to be your "other" self; you'll discover that what you meant by "realistic" a week ago was actually negative talk, but what you now mean by "realistic" is something entirely different. It is your NEW positive-talking self. And you'll notice more people talking pessimistically. You may remark to yourself, "I can't believe so many people talk like that!"

**3. Feed your mind as you feed your body.** To make your mind healthy, you must feed it nourishing, wholesome, positive thoughts. After your 1-2 day "break"

from positive thinking, start at once today to shift your thoughts from negative to positive. Buy a self-help/inspirational/motivational book. From the beginning, underline EVERY sentence about FAITH. Do this for the entire book. These statements are the seeds you'll plant into your mind.

**4. Commit to memorizing every underlined FAITH sentence.** Memorize one sentence each day, until you can recite the entire list from memory. This will take time. But remember, you spent a heck of a lot more time thinking negatively than this exercise requires. Effort and time will eliminate your negative pattern.

**5. Who is the most positive thinker amongst your friends?** Find out who it is and start cultivating that relationship(s). I didn't say to abandon your negative friends; just get closer to the positive ones, absorb their spirit and strengthen your faith, and come back to your negative friends with your new way of thinking without taking on their negativity.

**6. Avoid arguing with negative thinkers.** However, whenever a negative attitude rears its ugly head, counter-attack with a positive and optimistic opinion. Another great, universal law states that for every action, there is an equal and opposite reaction. EVERYTHING IS POLAR - hot/cold, up/down, in/out, front/back, POSITIVE/NEGATIVE. Can't have one without the other. You're not putting the other person down; you're just reinforcing your positive opinion.

**7. Ask and you shall receive.** God did not put us on earth to fail at everything we try. He wants us to achieve all that we desire. Whether we pray or not, we're sending messages to God of what we want. He will not give you anything greater than what you believe you can get. He wants to give you great things, but even He can't make you take anything you don't have faith in. Be careful for what you ask for!

Want a better, more successful life? Cast out the old, dead, unhealthy thoughts. Replace them with vital, positive, dynamite thoughts. This is how simple it is to remake you, your life.



## TOP TEN BACK-TO-BASICS, GET-WELL CONFIDENCE TIPS

Being "good" is easier than you think. (Remember, it's how you PERCEIVE the challenge that makes it difficult or a piece of cake.) But let's back up for just half a second. Do you ever feel like you can never get ahead of the health and fitness game? You and I know there is SO much information out there - heck, even the news reports can't make up their minds.

Margarine is better than butter. No, butter is better than margarine. Coffee is bad for you. Wait, coffee can help you. Wine can help prevent heart disease. No, wine can promote breast cancer. WHICH IS IT???!!!

So the next time you pick up a newspaper, magazine, book, or whatever and you get thrown into more health information overload, refer to this back-to-basics list. These tips will add years to your life, keep you fit, strong, and energized, plus a boost in get-well confidence.

**1. Move it or lose it** (the no-brainer). 30 minutes of exercise daily. I'm not talking about a walk in the park, although you can do that on the side. I mean at least 30 minutes (up to 60) of pushing your body beyond what it's used to doing. I can just imagine some of you frowning, thinking that you must put yourself through some torturous workouts. Not at all. Slash your odds for a number of killer diseases and rev up your metabolism with aerobic conditioning and strength training and slow down (or reverse, to an extent) the aging process.

**2. Stop putting up with stuff that's holding you back** from being healthy, fit, and energized. Why waste your happiness, health, time, and energy when you don't need to in the first place?

Putting up with things is good for no one. Make a list of ten things you're tolerating at home. TAKE ACTION NOW to eliminate these items. Be sure to eliminate the SOURCE of the toleration. Do this same exercise for your workplace. Understand that you're "juiced" by tolerating things. Be willing and committed to being toleration-free. STOP COMPLAINING and get to work on this.

**3. Fruits and veggies.** Get five to seven servings of fruits and veggies a day. Not only do they reduce your risk of getting some forms of cancer, they are heart healthy, and give you more nutrition-bang for your buck. Plus with the added fiber, you feel fuller even when you're eating less. So fruits and veggies are waistline-friendly.

**4. Simplify your life, immediately.** Our lives are too jam-packed with projects, goals, ideas, could's, should's, have-to's, commitments, concerns, obligations.

Phew! **Ask yourself:**

\* Why is my life so busy? Why have I chosen to do so much? \* What am I building with my current lifestyle? Is there a future to it? Is that future costing me my present? \* What am I missing out on about myself because of my current lifestyle?

Start by cutting out 3 projects, tasks, responsibilities, should's, could's, wants, goals, etc. that are not necessary. Eliminate, delegate, or make a system for 12 tasks that are sucking your energy stores dry. When you think of something you "have to do," stop and ask yourself why you have to do it. You probably don't.

**5. Take a multi-vitamin.** Your insurance policy to get the nutrition your body craves. Anti-oxidants. Calcium. Folic acid. The whole gamut of vitamins and minerals to build stronger bones, maximize your metabolism, boost energy, feed muscles, etc.

**6. Create and use 10 Daily Habits.** There is a daily routine which will keep you focused, clear, motivated, and moving forward - your 10 Daily Habits. These are the things you do each day which make your life better.

Choose habits that you WANT to do. There is no place for should's or could's in your 10 daily habits. Instead select or design daily habits which you look forward to and give you pleasure.

Choose habits that GIVE YOU ENERGY. Most of the 10 daily habits that actually work for people are the ones that add to the person's well-being or energy flow. It might mean that you do something like have 6 veggies a day, no TV after dinner, 20 minutes of vigorous exercise, make 5 sales.

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Build an evergrowing client base until you can say...  
"I'm sorry... I'm not taking new clients."

An SBI!-built Theme-Based Content Site is perfect  
because every service revolves around a theme.

<http://service-selling.sitesell.com/strategic4.html>

**For healthy and safe weight loss for a lifetime, visit  
<http://beautiful-body-ideal-weight.com>  
today and find out more about how to achieve your  
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