

Food Sources

Item	Serving Size	Calories	Protein (grams)	Carbs (grams)	Fat (grams)
Beef/Pork, lean	1oz	55-75	7	0	3-7
Fish, Tuna	1oz	35-55	7	0	<3
Chicken/Turkey	1oz	55-75	7	0	3-5
Egg	1	75	7	0	5
Egg substitute	¼ cup	55	7	0	<3
Cottage Cheese	¼ cup	55	7	0	<3
Cheese	1oz	100	7	0	9
Cheese, low fat	1oz	55-75	7-9	0	3-5
Cheese, fat free	1oz	55	7-9	0	0
Cream Cheese					
Regular	1oz (2T)	100	2	1	9
Light	1oz (2T)	62	3	2	5
Fat-free	1oz (2T)	30	4	2	0
Fat-free milk	8oz	90	8	12	0
Whole milk	8oz	150	8	12	5
Sugar-free yogurt	8oz	90	8	12	0-3
Powdered milk	1/3 cup	90	8	12	0
Peanut butter	2Tbsp	190	8	6	17
Nuts	1oz (1T)	190	2-5	5	20
Beans	½ Cup	80	7	15	0
Tofu	1 slice	55	5	3	3
Bacon	3 slices	135	6	0	9
Sausage	1 oz	100	7	0	8