



Protein



Almond Butter



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Almond Butter

Nutrition Facts

1 serving

Serving size

2 Tablespoons

Amount per serving

Calories

196

% Daily Value*

Total Fat 18g 23%

Saturated Fat 2.1g 11%

Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 73mg 3%

Total Carbohydrate 6g 2%

Dietary Fiber 3g 12%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 111mg 9%

Iron 1.1mg 6%

Potassium 239mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Protein



Almonds



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Almonds

Nutrition Facts	
1 serving	
Serving size	1/4 cup
Amount per serving	
Calories	206
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 1g	7%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	16%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 95mg	7%
Iron 1.3mg	7%
Potassium 260mg	6%
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Protein



Bacon



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Bacon

Nutrition Facts	
1 serving	
Serving size	3 slices
Amount per serving	
Calories	161
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4g	21%
Trans Fat 0g	
Cholesterol 34mg	11%
Sodium 581mg	25%
Total Carbohydrate 0.6g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0.1mcg	0%
Calcium 3.8mg	0%
Iron 0.3mg	2%
Potassium 172mg	4%
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Protein



Kidney Beans



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Kidney Beans

Nutrition Facts	
3.5 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	107
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 379mg	16%
Total Carbohydrate 18g	7%
Dietary Fiber 6g	20%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D	0%
Calcium 43mg	3%
Iron 1.5mg	8%
Potassium 303mg	6%
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Protein



Cashews



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Cashews

Nutrition Facts	
1 serving	
Serving size	1/4 cup
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 5mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.8mg	10%
Potassium 190mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Chicken



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Chicken

Nutrition Facts	
1 serving	
Serving size	3 oz.
Amount per serving	
Calories	122
% Daily Value*	
Total Fat 0.7g	1%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 73mg	24%
Sodium 278mg	12%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 11mg	1%
Iron 0.4mg	2%
Potassium 242mg	5%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Chicken, broiled



Chicken, broiled

Nutrition Facts	
1 serving	
Serving size	3 oz.
Amount per serving	
Calories	148
% Daily Value*	
Total Fat 7g	8%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 77mg	26%
Sodium 280mg	12%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 0.4mg	2%
Potassium 234mg	5%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Chicken, deep-fried



Chicken, deep-fried

Nutrition Facts

1 serving

Serving size

3 oz.

Amount per serving

Calories

246

% Daily Value*

Total Fat 15g

19%

Saturated Fat 4g

20%

Trans Fat 0g

Cholesterol 74mg

25%

Sodium 248mg

11%

Total Carbohydrate 8g

3%

Dietary Fiber 0g

0%

Total Sugars 0g

Includes 0g Added Sugars

0%

Protein 19g

Vitamin D 0.8mcg

1%

Calcium 18mg

1%

Iron 1.2mg

7%

Potassium 157mg

3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Protein



Cod, broiled



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Cod, broiled

Nutrition Facts	
1 serving	
Serving size	3 oz.
Amount per serving	
Calories	74
% Daily Value*	
Total Fat 0.4g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 391mg	17%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0.5mcg	3%
Calcium 9mg	0%
Iron 0.2mg	1%
Potassium 253mg	5%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Cod, deep-fried



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Cod, deep-fried

Nutrition Facts

1 serving (about 5 sticks)

Serving size

3 oz.

Amount per serving

Calories

190

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 560mg 24%

Total Carbohydrate 9g 3%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 15g

Vitamin D 0.4mcg 2%

Calcium 20mg 1%

Iron 0.4mg 2%

Potassium 140mg 3%

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Protein



Edamame



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Edamame

Nutrition Facts	
1 serving	
Serving size	1 cup
Amount per serving	
Calories	217
% Daily Value*	
Total Fat 11.7g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 3mg	1%
Sodium 198mg	9%
Total Carbohydrate 13g	5%
Dietary Fiber 7.7g	28%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 95mg	7%
Iron 3.4mg	19%
Potassium 654mg	14%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Egg



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Egg

Nutrition Facts	
1 serving	
Serving size	1 egg
Amount per serving	
Calories	77
% Daily Value*	
Total Fat 5.3g	7%
Saturated Fat 1.6g	8%
Trans Fat 0g	
Cholesterol 187mg	62%
Sodium 62mg	3%
Total Carbohydrate 0.5g	0%
Dietary Fiber 0g	0%
Total Sugars 0.5g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1.1mcg	5%
Calcium 25mg	2%
Iron 0.6mg	3%
Potassium 63mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Ham



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Ham

Nutrition Facts	
1 serving	
Serving size	2 slices
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 23mg	8%
Sodium 582mg	25%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0.3mcg	2%
Calcium 3mg	0%
Iron 0.3mg	2%
Potassium 238mg	5%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Hamburger



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Hamburger

Nutrition Facts	
1 serving	
Serving size	3 oz. patty
Amount per serving	
Calories	196
% Daily Value*	
Total Fat 10g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 76mg	25%
Sodium 73mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 14mg	1%
Iron 2.6mg	15%
Potassium 368mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Lentils



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Lentils

Nutrition Facts	
1 serving, cooked	
Serving size	1/2 cup
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 223mg	10%
Total Carbohydrate 19g	7%
Dietary Fiber 8g	27%
Total Sugars 1.7g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D	0%
Calcium 18mg	1%
Iron 3mg	18%
Potassium 350mg	7%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Peanut Butter



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Peanut Butter

Nutrition Facts	
1 serving	
Serving size	2 Tablespoons
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 135mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D	0%
Calcium 0mg	0%
Iron 0.7mg	4%
Potassium 184mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Pork Chop



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Pork Chop

Nutrition Facts	
1 serving	
Serving size	3 oz.
Amount per serving	
Calories	179
% Daily Value*	
Total Fat 9g	11%
Saturated Fat 2.8g	14%
Trans Fat 0g	
Cholesterol 71mg	24%
Sodium 437mg	19%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0.4mcg	2%
Calcium 7mg	0%
Iron 0.4mg	2%
Potassium 390mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Roast Beef



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Roast Beef

Nutrition Facts	
1 serving	
Serving size	3 oz.
Amount per serving	
Calories	98
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 43mg	14%
Sodium 725mg	32%
Total Carbohydrate 0.5g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 1.7mg	9%
Potassium 550mg	12%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein

Salmon



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Salmon

Nutrition Facts	
1 serving	
Serving size	3 oz.
Amount per serving	
Calories	175
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 54mg	18%
Sodium 52mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 11mcg	56%
Calcium 13mg	1%
Iron 0.3mg	2%
Potassium 327mg	7%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Shrimp



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Shrimp

Nutrition Facts	
1 serving (about 8 prawns/shrimp)	
Serving size	3 oz.
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 10g	11%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 126mg	42%
Sodium 381mg	17%
Total Carbohydrate 9g	3%
Dietary Fiber 0.5g	2%
Total Sugars 0.8g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0.3mcg	1%
Calcium 67mg	5%
Iron 0.9mg	5%
Potassium 121mg	3%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Sunflower Seeds



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Sunflower Seeds

Nutrition Facts

1 serving

Serving size

1/4 cup

Amount per serving

Calories

67

% Daily Value*

Total Fat 6g

7%

Saturated Fat 0.6g

3%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 0mg

0%

Total Carbohydrate 3g

1%

Dietary Fiber 1g

5%

Total Sugars 0g

Includes 0g Added Sugars

0%

Protein 2g

Vitamin D 0mcg

0%

Calcium 8mg

1%

Iron 0.4mg

2%

Potassium 98mg

2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Protein



Tilapia, grilled



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Tilapia, grilled

Nutrition Facts	
1 serving	
Serving size	3 oz.
Amount per serving	
Calories	109
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Cholesterol 48mg	16%
Sodium 48mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 3mcg	16%
Calcium 12mg	1%
Iron 0.6mg	3%
Potassium 323mg	7%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Tuna, canned in water



Tuna, canned in water

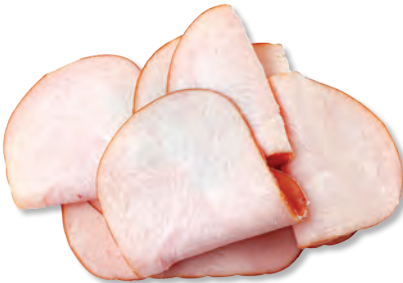
Nutrition Facts	
2 servings per can	
Serving size	3 oz.
Amount per serving	
Calories	77
% Daily Value*	
Total Fat 0.8g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 186mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0.7g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 1mcg	5%
Calcium 15mg	1%
Iron 1.4mg	8%
Potassium 150mg	3%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Turkey



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Turkey

Nutrition Facts

1 serving

Serving size

1 slice

Amount per serving

Calories

51

% Daily Value*

Total Fat 2g

2%

Saturated Fat 0.4g

2%

Trans Fat 0g

Cholesterol 24mg

8%

Sodium 431mg

19%

Total Carbohydrate 1g

0%

Dietary Fiber 0g

0%

Total Sugars 0g

Includes 0g Added Sugars

0%

Protein 7g

Vitamin D 0.1mcg

0%

Calcium 7mg

0%

Iron 0.2mg

1%

Potassium 178mg

4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Protein



Walnuts



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Walnuts

Nutrition Facts	
1 serving	
Serving size	1/4 cup
Amount per serving	
Calories	196
% Daily Value*	
Total Fat 19.6g	25%
Saturated Fat 1.8g	9%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 0.8g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 0.9mg	5%
Potassium 132mg	3%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein



Tofu



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Tofu

Nutrition Facts	
1 serving	
Serving size	3 oz.
Amount per serving	
Calories	52
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 6mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 94mg	7%
Iron 0.9mg	5%
Potassium 102mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	