

Protein / Fat / Carb Counterwww.lvs.com.au/carbcounter

Alcohol		Total Carbs (g)	Fat (g)	Protein (g)
300 mls	Beer	11.2	0	0.9
100 mls	Medium white wine	0.7	0	0
100 mls	Red wine	1.7	0	0.1
Baking Needs		Total Carbs (g)	Fat (g)	Protein (g)
2 tbs	All purpose white flour	11.9	0.2	1.6
0.5 tsp	Cocoa powder, unsweetened	0.5	0.1	0.2
2 tsp	Coconut milk, canned	0.8	6	0.6
2 tsp	Coconut, dried, unsweetened	2.4	6.3	0.7
2 tbs	Cornmeal	13.4	0.3	1.5
1 tsp	Ghee	0	4.2	0
1 tbs	Molasses	12.5	0	0
1 tsp	Sugar, brown	4.5	0	0
1 tsp	Sugar, white	4.2	0	0
Breads, Rolls & Cra	ackers	Total Carbs (g)	Fat (g)	Protein (g)
1 each	Biscuit, 60 gm	27.6	6.9	4.2
1 each	Corn Muffin, 60 gm	29	4.8	3.4
5 each	Crackers, butter-type	51.4	18.3	5.8
5 each	Crackers, rye wafers	44.2	0.5	5.3
5 each	Crackers, water	10	0	1.3
1 each	English muffin	26	1	4.4
1 each	Hard white roll	30	2.5	5.6
1 each	Italian bread	15	1.1	2.6
1 each	Pita pocket bread 16cm	33.4	0.7	5.5
1 piece	Pumpernickel bread	12.4	8.0	2.3
1 piece	Raisin bread	13.6	1.1	2.1
1 piece	Rye bread	15.5	1.1	2.7
1 piece	Sourdough bread	13	8.0	2.2
1 each	Tortilla, corn	12.1	0.7	1.5
1 piece	Wheat bread	11.8	1	2.3
4	\\/\lance\/\la	440	4.4	0.5
1 piece	White bread	14.9	1.1	2.5
1 piece 1 piece	Whole grain bread	14.9 11.8	1.1 1	2.5 2.3
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•			1	
1 piece		11.8		2.3
1 piece Beans	Whole grain bread	11.8 Total Carbs (g)	1 Fat (g)	2.3 Protein (g)
1 piece Beans 0.5 cup	Whole grain bread Baby lima beans	11.8 Total Carbs (g) 21.2	1 Fat (g) 0.3	2.3 Protein (g) 7.3
1 piece Beans 0.5 cup 0.5 cup	Whole grain bread Baby lima beans Black beans	11.8 Total Carbs (g) 21.2 20.4	1 Fat (g) 0.3 0.5	2.3 Protein (g) 7.3 7.6
1 piece Beans 0.5 cup 0.5 cup 0.5 cup	Whole grain bread Baby lima beans Black beans Black eyed peas	11.8 Total Carbs (g) 21.2 20.4 17.9	1 Fat (g) 0.3 0.5 0.5	2.3 Protein (g) 7.3 7.6 6.6
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs	Whole grain bread Baby lima beans Black beans Black eyed peas Red kidney beans	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8	1 Fat (g) 0.3 0.5 0.5 0.1	2.3 Protein (g) 7.3 7.6 6.6 8.1
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup	Whole grain bread Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5	1 Fat (g) 0.3 0.5 0.5 0.1 2.1	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs	Whole grain bread Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs 0.5 cup	Whole grain bread Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs 0.5 cup 0.5 cup	Whole grain bread Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9
1 piece Beans 0.5 cup 2 tbs 0.5 cup 0.5 cup 0.5 cup	Whole grain bread Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1
1 piece Beans 0.5 cup 2 tbs 0.5 cup 0.5 cup 0.5 cup 0.5 cup Cereals	Whole grain bread Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g)	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g)	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g)
1 piece Beans 0.5 cup 2 tbs 0.5 cup 0.5 cup 0.5 cup 0.5 cup Cereals 1 cup	Whole grain bread Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs 0.5 cup	Whole grain bread Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 1.2	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs 0.5 cup	Whole grain bread Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked Puffed wheat cereal	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6 11.1	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 1.2 0.2	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3 2.1
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs 0.5 cup	Whole grain bread Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 1.2	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs 0.5 cup 1 cup 1 cup	Whole grain bread Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked Puffed wheat cereal	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6 11.1 22.8	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 1.2 0.2 0.3	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3 2.1 1.7
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs 0.5 cup 1 cup 1 cup 1 cup	Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked Puffed wheat cereal Rice Krispies	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6 11.1 22.8 Total Carbs (g)	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 1.2 0.2 0.3 Fat (g)	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3 2.1 1.7 Protein (g)
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs 0.5 cup Cereals 1 cup 1 cup 1 cup 1 cup	Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked Puffed wheat cereal Rice Krispies Blue cheese, crumbled	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6 11.1 22.8 Total Carbs (g) 0.4	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 1.2 0.2 0.3 Fat (g) 4.8	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3 2.1 1.7 Protein (g) 3.6
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs 0.5 cup Cereals 1 cup 0.5 cup 1 cup 1 cup 2 tbs 2 tbs 2 tbs	Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked Puffed wheat cereal Rice Krispies Blue cheese, crumbled Cheddar cheese, shredded	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6 11.1 22.8 Total Carbs (g) 0.4 0.2	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 0.2 0.3 Fat (g) 4.8 4.7	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3 2.1 1.7 Protein (g) 3.6 3.5
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs 0.5 cup Cereals 1 cup 1 cup 1 cup Cheeses 2 tbs 2 tbs 2 tbs	Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked Puffed wheat cereal Rice Krispies Blue cheese, crumbled Cheddar cheese, shredded Cream cheese / cottage cheese	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6 11.1 22.8 Total Carbs (g) 0.4 0.2 0.8	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 1.2 0.2 0.3 Fat (g) 4.8 4.7 10.1	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3 2.1 1.7 Protein (g) 3.6 3.5 2.2
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs 0.5 cup Cereals 1 cup 1 cup 1 cup Cheeses 2 tbs 2 tbs 2 tbs 2 tbs	Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked Puffed wheat cereal Rice Krispies Blue cheese, crumbled Cheddar cheese, shredded Cream cheese / cottage cheese Feta cheese, crumbled	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6 11.1 22.8 Total Carbs (g) 0.4 0.2 0.8 0.8	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 1.2 0.2 0.3 Fat (g) 4.8 4.7 10.1 4	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3 2.1 1.7 Protein (g) 3.6 3.5 2.2 2.7
1 piece Beans 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 2 tbs 0.5 cup Cereals 1 cup 1 cup 1 cup Cheeses 2 tbs 2 tbs 2 tbs 2 tbs	Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked Puffed wheat cereal Rice Krispies Blue cheese, crumbled Cheddar cheese, shredded Cream cheese / cottage cheese Feta cheese, crumbled Goats cheese, soft type	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6 11.1 22.8 Total Carbs (g) 0.4 0.2 0.8 0.8 0.8	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 0.2 0.3 Fat (g) 4.8 4.7 10.1 4 6.5	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3 2.1 1.7 Protein (g) 3.6 3.5 2.2 2.7 5.7
1 piece Beans 0.5 cup 1 cup 1 cup 1 cup Cheeses 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked Puffed wheat cereal Rice Krispies Blue cheese, crumbled Cheddar cheese, shredded Cream cheese / cottage cheese Feta cheese, crumbled Goats cheese, soft type Mozzarella, whole milk, shredded	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6 11.1 22.8 Total Carbs (g) 0.4 0.2 0.8 0.8 0.3 0.3	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 1.2 0.3 Fat (g) 4.8 4.7 10.1 4 6.5 3.1	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3 2.1 1.7 Protein (g) 3.6 3.5 2.2 2.7 5.7 2.7
1 piece Beans 0.5 cup 1 cup 1 cup 1 cup Cheeses 2 tbs	Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked Puffed wheat cereal Rice Krispies Blue cheese, crumbled Cheddar cheese, shredded Cream cheese / cottage cheese Feta cheese, crumbled Goats cheese, soft type Mozzarella, whole milk, shredded Parmesan cheese, shredded	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6 11.1 22.8 Total Carbs (g) 0.4 0.2 0.8 0.8 0.3 0.3 0.3	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 1.2 0.2 0.3 Fat (g) 4.8 4.7 10.1 4 6.5 3.1 2.7	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3 2.1 1.7 Protein (g) 3.6 3.5 2.2 2.7 5.7 2.7 3.8
1 piece Beans 0.5 cup 1 cup 1 cup 1 cup 2 tbs	Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked Puffed wheat cereal Rice Krispies Blue cheese, crumbled Cheddar cheese, shredded Cream cheese / cottage cheese Feta cheese, crumbled Goats cheese, soft type Mozzarella, whole milk, shredded Parmesan cheese, whole milk	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6 11.1 22.8 Total Carbs (g) 0.4 0.2 0.8 0.8 0.3 0.3 0.3 1.9	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 1.2 0.2 0.3 Fat (g) 4.8 4.7 10.1 4 6.5 3.1 2.7 8	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3 2.1 1.7 Protein (g) 3.6 3.5 2.2 2.7 5.7 2.7 3.8 6.9
1 piece Beans 0.5 cup 1 cup 1 cup 1 cup Cheeses 2 tbs	Baby lima beans Black beans Black eyed peas Red kidney beans Chickpea/ Garbanzo beans Hummos / Hummus Lentils Navy beans Pinto beans Soybeans Corn flakes Oatmeal, cooked Puffed wheat cereal Rice Krispies Blue cheese, crumbled Cheddar cheese, shredded Cream cheese / cottage cheese Feta cheese, crumbled Goats cheese, soft type Mozzarella, whole milk, shredded Parmesan cheese, shredded	11.8 Total Carbs (g) 21.2 20.4 17.9 19.8 22.5 6.2 19.9 23.9 18 9.9 Total Carbs (g) 24.2 12.6 11.1 22.8 Total Carbs (g) 0.4 0.2 0.8 0.8 0.3 0.3 0.3	1 Fat (g) 0.3 0.5 0.5 0.1 2.1 2.6 0.4 0.5 1 5.8 Fat (g) 0.2 1.2 0.2 0.3 Fat (g) 4.8 4.7 10.1 4 6.5 3.1 2.7	2.3 Protein (g) 7.3 7.6 6.6 8.1 7.3 1.5 8.9 7.9 7 11.1 Protein (g) 1.8 3 2.1 1.7 Protein (g) 3.6 3.5 2.2 2.7 5.7 2.7 3.8

Condiments		Total Carbs (g)	Fat (g)	Protein (g)
1 tbs	Cider vinegar	0.9 2.7	0 0.1	0
1 each 1 each	Dill pickle Garlic	2. <i>1</i> 1	0.1	0.4 0.2
1 tbs	Ginger, Root slices	0.9	0	0.1
1 tsp	Honey	5.8	0	0
1 tsp	Jam	4.6	0	0
1 tbs	Ketchup / Catsup	4.2	0.1	0.2
1 tbs 1 tbs	Maple syrup Miso paste	13.4 3	0 0.8	0 1.9
5 each	Olives, black	1.4	2.3	0.2
5 each	Olives, green	2.5	5	0
1 tbs	Pesto sauce	1	7.1	2.8
1 tbs	Soy sauce	1	0	1.9
1 tbs	Tahini	3.2	8	2.6
Dairy - Milk, Cream	& Butter	Total Carbs (g)	Fat (g)	Protein (g)
1 tsp	Butter	0	3.8	0
1 cup	Buttermilk, 1% low fat	13	2.5	9
2 tbs	Heavy Whipping cream	0.8 11.4	11	0.6
1 cup 2 tbs	Milk, whole Sour cream	11.4	8.1 6	8 0.9
1 cup	Yoghurt, low fat, plain	17.2	3.8	12.9
1 cup	Yoghurt, whole milk, plain	11.4	8	8.5
Desserts & Pastries		Total Carbs (g)	Fat (g)	Protein (g)
1 piece 1 piece	Cake, choc layer, 85 gm Cake, pound, 30 gm	38 13.8	16 5.6	2 1.6
30 gms	Chocolate, dark	18.0	9.0	1.3
30 gms	Chocolate, milk	17.0	9.0	2.2
1 each	Cookie, peanut, 20 gm	11.8	4.8	1.8
1 each	Doughnut, glazed	26.6	13.7	3.8
1 each 0.5 cup	Doughnut, plain lce cream, chocolate	19 18.6	11 7.3	3 2.5
0.5 cup	ice cream, chocolate	10.0	7.5	2.5
Eggs		Total Carbs (g)	Fat (g)	Protein (g)
1 each	Egg, white	0.3	0	3.5
	Egg volk	Λ 2	5.1	2.8
1 each	Egg, yolk	0.3		
1 each	Egg, whole	0.6	5.3	6.3
1 each Fruit & Fruit Juices 1 each	Egg, whole Apple, medium	0.6 Total Carbs (g) 21	5.3 Fat (g) 0.5	6.3 Protein (g) 0.3
1 each Fruit & Fruit Juices 1 each 0.25 cup	Egg, whole Apple, medium Applesauce	0.6 Total Carbs (g) 21 6.9	5.3 Fat (g) 0.5 0	6.3 Protein (g) 0.3 0.1
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup	Apple, medium Applesauce Apricots, dried	0.6 Total Carbs (g) 21 6.9 24.9	5.3 Fat (g) 0.5 0 0.2	6.3 Protein (g) 0.3 0.1 1.5
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each	Egg, whole Apple, medium Applesauce	0.6 Total Carbs (g) 21 6.9 24.9 3.9	5.3 Fat (g) 0.5 0	6.3 Protein (g) 0.3 0.1
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh	0.6 Total Carbs (g) 21 6.9 24.9	5.3 Fat (g) 0.5 0 0.2 0.1	6.3 Protein (g) 0.3 0.1 1.5 0.5
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 0.25 cup 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 0.25 cup 0.25 cup 0.25 cup 0.25 cup 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3 0.1	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 0.25 cup 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 1 each	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.7 32.5 9.6	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3 0.1 0.2 0.6 0.2	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.7 32.5 9.6 7.1	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3 0.1 0.2 0.6 0.2 0.2	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 1 each 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.7 32.5 9.6 7.1 3.9	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3 0.1 0.2 0.6 0.2 0.2 0.2	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 1 each 0.25 cup 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon Juice, apple	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.7 32.5 9.6 7.1 3.9 14.5	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3 0.1 0.2 0.6 0.2 0.2 0.2 0.1	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2 0.4 0.3 0.1
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 1 each 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.7 32.5 9.6 7.1 3.9	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3 0.1 0.2 0.6 0.2 0.2 0.2	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2
Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 0.5 cup 0.5 cup 1 each 0.5 cup 0.5 cup 0.5 cup 0.5 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon Juice, apple Juice, grape Juice, grapefruit Juice, lemon	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.7 32.5 9.6 7.1 3.9 14.5 18.9 11.1 1.3	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3 0.1 0.2 0.6 0.2 0.2 0 0.1 0.1 0.1 0.1 0.1	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2 0.1 0.7 0.6 0.1
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 0.5 cup 1 each 0.25 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon Juice, apple Juice, grape Juice, grape Juice, lemon Juice, orange	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.7 32.5 9.6 7.1 3.9 14.5 18.9 11.1 1.3 13.4	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.2 0.6 0.2 0.2 0.0 0.1 0.1 0.1 0.1 0.1 0.1	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2 0.1 0.7 0.6 0.1 0.8
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 1 each 0.25 cup 0.5 cup 1 tos 0.5 cup 1 tbs 0.5 cup 0.5 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon Juice, apple Juice, grape Juice, grape Juice, lemon Juice, orange Juice, tomato	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.7 32.5 9.6 7.1 3.9 14.5 18.9 11.1 1.3 13.4 5.1	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3 0.1 0.2 0.6 0.2 0.2 0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2 0.1 0.7 0.6 0.1 0.8 0.9
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 1 each 0.25 cup 1 each 0.25 cup 1 each 0.25 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 1 tbs 0.5 cup 1 each	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon Juice, apple Juice, grape Juice, grape Juice, lemon Juice, orange	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.7 32.5 9.6 7.1 3.9 14.5 18.9 11.1 1.3 13.4	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3 0.1 0.2 0.6 0.2 0.2 0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2 0.1 0.7 0.6 0.1 0.8
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Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 1 each 0.25 cup 1 each 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 1 tbs 0.5 cup 1 each 0.5 cup 1 each 0.5 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon Juice, apple Juice, grape Juice, grape Juice, grape Juice, orange Juice, tomato Kiwifruit Mango Nectarine Orange	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.7 32.5 9.6 7.1 3.9 14.5 18.9 11.1 1.3 13.4 5.1 11.3 7 16 16.3	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.2 0.6 0.2 0.2 0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2 0.1 0.7 0.6 0.1 0.8 0.9 0.8 0.9 0.8 0.2 1.3 1.4
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 0.5 cup 1 each 0.5 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon Juice, apple Juice, grape Juice, grape Juice, lemon Juice, orange Juice, tomato Kiwifruit Mango Nectarine Orange Papaya	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.7 32.5 9.6 7.1 3.9 14.5 18.9 11.1 1.3 13.4 5.1 11.3 7 16 16.3 3.4	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.2 0.6 0.2 0.2 0.0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2 0.1 0.7 0.6 0.1 0.7 0.6 0.1 0.8 0.9 0.8 0.9 0.8 0.2 1.3 1.4 0.2
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 0.5 cup 1 each 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 1 tbs 0.5 cup 1 each 0.25 cup 1 each 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon Juice, apple Juice, grape Juice, grape Juice, tomato Kiwifruit Mango Nectarine Orange Papaya Peach, medium	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.7 32.5 9.6 7.1 3.9 14.5 18.9 11.1 1.3 13.4 5.1 11.3 7 16 16.3 3.4 10.9	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.2 0.6 0.2 0.2 0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2 0.1 0.7 0.6 0.1 0.7 0.6 0.1 0.8 0.9 0.8 0.9 0.8 0.2 1.3 1.4 0.2 0.7
Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 1 each 0.25 cup 0.5 cup 1 each 0.5 cup 0.5 cup 0.5 cup 0.5 cup 1 tbs 0.5 cup 1 teach 0.25 cup 1 each 0.25 cup 1 each 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon Juice, apple Juice, grape Juice, grape Juice, lemon Juice, orange Juice, tomato Kiwifruit Mango Nectarine Orange Papaya	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.7 32.5 9.6 7.1 3.9 14.5 18.9 11.1 1.3 13.4 5.1 11.3 7 16 16.3 3.4	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.2 0.6 0.2 0.2 0.0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2 0.1 0.7 0.6 0.1 0.7 0.6 0.1 0.8 0.9 0.8 0.9 0.8 0.2 1.3 1.4 0.2
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 0.25 cup 1 each 0.25 cup 1 each 0.25 cup 0.5 cup 0.5 cup 0.5 cup 1 tbs 0.5 cup 1 tbs 0.5 cup 1 each 0.25 cup 1 each 0.25 cup 1 each 0.25 cup 1 each 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, fresh Grapes Honeydew melon Juice, apple Juice, grape Juice, grape Juice, tomato Kiwifruit Mango Nectarine Orange Papaya Peach, medium Pear, medium	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.5 9.6 7.1 3.9 14.5 18.9 11.1 1.3 13.4 5.1 11.3 7 16 16.3 3.4 10.9 25.1 4.8 8.6	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3 0.1 0.2 0.6 0.2 0.2 0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2 0.1 0.7 0.6 0.1 0.8 0.9 0.8 0.9 0.8 0.2 1.3 1.4 0.2 0.7 0.6 0.2 0.7 0.6 0.2 0.5
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 0.25 cup 1 each 0.25 cup 1 each 0.25 cup 0.5 cup 0.5 cup 0.5 cup 1 tbs 0.5 cup 1 tbs 0.5 cup 1 each 0.25 cup 1 each 0.25 cup 1 each 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon Juice, apple Juice, grape Juice, grape Juice, orange Juice, orange Juice, tomato Kiwifruit Mango Nectarine Orange Papaya Peach, medium Pineapple Plums Prunes	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.5 9.6 7.1 3.9 14.5 18.9 11.1 1.3 13.4 5.1 11.3 7 16 16.3 3.4 10.9 25.1 4.8 8.6 26.7	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3 0.1 0.2 0.6 0.2 0.2 0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2 0.1 0.7 0.6 0.1 0.8 0.9 0.8 0.9 0.8 0.2 1.3 1.4 0.2 0.7 0.6 0.2 0.7 0.6 0.2 0.5 1.1
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 0.25 cup 1 each 0.25 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 0.5 cup 1 tbs 0.5 cup 1 tbs 0.5 cup 1 each 0.25 cup 1 each 0.25 cup 1 each 0.25 cup 1 each 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon Juice, apple Juice, grape Juice, grape Juice, orange Juice, orange Juice, tomato Kiwifruit Mango Nectarine Orange Papaya Peach, medium Pineapple Plums Prunes Raspberries	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.5 9.6 7.1 3.9 14.5 18.9 11.1 1.3 13.4 5.1 11.3 7 16 16.3 3.4 10.9 25.1 4.8 8.6 26.7 3.6	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3 0.1 0.2 0.6 0.2 0.2 0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2 0.1 0.7 0.6 0.1 0.8 0.9 0.8 0.9 0.8 0.2 1.3 1.4 0.2 0.7 0.6 0.2 0.7 0.6 0.2 0.5 1.1 0.3
1 each Fruit & Fruit Juices 1 each 0.25 cup 0.25 cup 1 each 1 each 0.25 cup 1 each 0.25 cup 1 each 0.25 cup 0.5 cup 0.5 cup 0.5 cup 1 tbs 0.5 cup 1 tbs 0.5 cup 1 each 0.25 cup 1 each 0.25 cup 1 each 0.25 cup	Apple, medium Applesauce Apricots, dried Apricots, fresh Avocado Banana, small Blackberries Blueberries Cherries Currants, dried Dates, chopped Figs, dried Figs, fresh Grapes Honeydew melon Juice, apple Juice, grape Juice, grape Juice, orange Juice, orange Juice, tomato Kiwifruit Mango Nectarine Orange Papaya Peach, medium Pineapple Plums Prunes	0.6 Total Carbs (g) 21 6.9 24.9 3.9 14.9 23.7 4.6 5.1 4.8 26.7 32.5 9.6 7.1 3.9 14.5 18.9 11.1 1.3 13.4 5.1 11.3 7 16 16.3 3.4 10.9 25.1 4.8 8.6 26.7	5.3 Fat (g) 0.5 0 0.2 0.1 30.8 0.5 0.1 0.1 0.3 0.1 0.2 0.6 0.2 0.2 0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0	6.3 Protein (g) 0.3 0.1 1.5 0.5 4 1 0.3 0.2 0.4 0.7 0.9 1.5 0.4 0.3 0.2 0.1 0.7 0.6 0.1 0.8 0.9 0.8 0.9 0.8 0.2 1.3 1.4 0.2 0.7 0.6 0.2 0.7 0.6 0.2 0.5 1.1

Grains		Total Carbs (g)	Fat (g)	Protein (g)
2 tbs	Cornmeal	11.7	0.5	1.2
0.5 cup	Couscous, cooked	18.2	0.1	3
0.5 cup	Millet, cooked	28.4	1.2	4.2
2 tbs	Oat Bran, dry	7.8	0.8	2
0.5 cup	Pearled Barley, cooked	22.2	0.3	1.8
0.25 cup	Quinoa Grain, dry	29.3	2.5	5.6
0.5 cup	Rice, brown, cooked	22.4	0.9	2.5
0.5 cup	Rice, white, cooked	22.3	0.2	2.1
Meat - Beef & Veal		Total Carbo (a)	Eat (a)	Drotoin (a)
170 gms	Beef Brisket	Total Carbs (g)	Fat (g) 43.2	Protein (g) 41.8
170 gms	Beef Chuck	0 0	31.6	50.1
170 gms	Beef Eye Round	0	24	45.2
170 gms	Beef Short Ribs	0	71.4	36.7
170 gms	Beef Tenderloin	0	41.8	40.7
170 gms	Calf Liver	10.4	9.9	40.5
170 gms	Chuck Eye Steak	0	41.1	46.2
170 gms	Cubed Steak	Ö	8.3	53.9
170 gms	Ground Veal	0	12.9	41.5
170 gms	Prime Rib	Ö	56.4	36.9
170 gms	Rib Eye Roast	0	37.8	42.4
170 gms	Rib Eye Steak	0	19.9	47.7
170 gms	Roast Beef, Deli	2.3	5.2	34.3
170 gms	Sirloin Steak	0	13.6	51.7
170 gms	Skirt Steak	0	54.7	61.6
170 gms	Top Loin	0	12.1	51
170 gms	Top Sirloin	0	30.4	44.2
170 gms	Veal Arm Shoulder	0	13.1	40.4
170 gms	Veal Cutlet	0	30.4	53.4
170 gms	Veal Loin	0	30.4	53.4
170 gms	Veal Scallops	0	6.3	52.2
170 gms	Veal Shank	0	7.9	43.4
		-		
Meat – Lamb	Our self-self	Total Carbs (g)	Fat (g)	Protein (g)
170 gms	Ground Lamb	0	30.3	38.2
170 gms	Lamb Rib Chops	0	50.3	37.6
170 gms	Lamb Shoulder	0 0	12.6	46.2
170 gms	Lamb Stew Meat		15	57.3
170 gms	Leg of Lamb, bone in	0 0	8.2	30 19.5
170 gms	Rack of Lamb, bone in	U	9.9	19.5
Meat - Poultry		Total Carbs (g)	Fat (g)	Protein (g)
170 gms	Chicken Breast, boneless	0	12.7	48.7
1 each	Chicken Leg	0	15.4	29.7
2 tbs	Chicken Liver Pate, canned	1.7	3.4	3.5
170 gms	Chicken Thigh, boneless	0	34.6	39.2
170 gms	Chicken Thigh, skinless, boneless	0	8.9	44.6
1 each	Chicken Wing	0	6.6	9.1
170 gms	Chicken, mince	0	22.5	40.2
Seafood		Total Carbs (g)	Fat (g)	Protein (g)
30 gms	Anchovies, in oil, canned, drained	0	2.8	8.2
170 gms	Cod	0	1.5	38.8
85 gms	Cod, salted	0	2	53.4
170 gms	Salmon steak Salmon, smoked	0	24.6	45.1
170 gms	Salmon smoked			31.1
170 gms		0	7.3	
	Snapper	0	3	46.5
170 gms				
	Snapper	0	3 12.2	46.5 41.3
Oils & Dressings	Snapper Trout	0 0 Total Carbs (g)	3 12.2 Fat (g)	46.5 41.3 Protein (g)
Oils & Dressings 1 tsp	Snapper Trout Mayonnaise	0 0 Total Carbs (g) 0.1	3 12.2 Fat (g) 3.7	46.5 41.3 Protein (g) 0.1
Oils & Dressings	Snapper Trout Mayonnaise Olive Oil	0 0 Total Carbs (g) 0.1 0	3 12.2 Fat (g)	46.5 41.3 Protein (g)
Oils & Dressings 1 tsp 1 tsp	Snapper Trout Mayonnaise Olive Oil Salad Dressing, Italian	0 0 Total Carbs (g) 0.1	3 12.2 Fat (g) 3.7 4.5	46.5 41.3 Protein (g) 0.1 0 0.2
Oils & Dressings 1 tsp 1 tsp 2 tbs	Snapper Trout Mayonnaise Olive Oil	0 0 Total Carbs (g) 0.1 0 3	3 12.2 Fat (g) 3.7 4.5 14.2	46.5 41.3 Protein (g) 0.1 0
Oils & Dressings 1 tsp 1 tsp 2 tbs 2 tbs	Snapper Trout Mayonnaise Olive Oil Salad Dressing, Italian Salad Dressing, thousand island	0 0 Total Carbs (g) 0.1 0 3 4.8	3 12.2 Fat (g) 3.7 4.5 14.2 11.2	46.5 41.3 Protein (g) 0.1 0 0.2 0.3
Oils & Dressings 1 tsp 1 tsp 2 tbs 2 tbs	Snapper Trout Mayonnaise Olive Oil Salad Dressing, Italian Salad Dressing, thousand island	0 0 Total Carbs (g) 0.1 0 3 4.8	3 12.2 Fat (g) 3.7 4.5 14.2 11.2	46.5 41.3 Protein (g) 0.1 0 0.2 0.3
Oils & Dressings 1 tsp 1 tsp 2 tbs 2 tbs 1 tsp Nuts & Seeds 2 tbs	Snapper Trout Mayonnaise Olive Oil Salad Dressing, Italian Salad Dressing, thousand island Sesame Oil Almond Butter	0 0 Total Carbs (g) 0.1 0 3 4.8 0 Total Carbs (g) 6.8	3 12.2 Fat (g) 3.7 4.5 14.2 11.2 4.5 Fat (g) 18.9	46.5 41.3 Protein (g) 0.1 0 0.2 0.3 0 Protein (g) 4.8
Oils & Dressings 1 tsp 1 tsp 2 tbs 2 tbs 1 tsp Nuts & Seeds 2 tbs 2 tbs	Snapper Trout Mayonnaise Olive Oil Salad Dressing, Italian Salad Dressing, thousand island Sesame Oil Almond Butter Almonds, whole	0 0 Total Carbs (g) 0.1 0 3 4.8 0 Total Carbs (g) 6.8 3.6	3 12.2 Fat (g) 3.7 4.5 14.2 11.2 4.5 Fat (g) 18.9 8.9	46.5 41.3 Protein (g) 0.1 0 0.2 0.3 0 Protein (g) 4.8 3.7
Oils & Dressings 1 tsp 1 tsp 2 tbs 2 tbs 1 tsp Nuts & Seeds 2 tbs 2 tbs 2 tbs 2 tbs	Snapper Trout Mayonnaise Olive Oil Salad Dressing, Italian Salad Dressing, thousand island Sesame Oil Almond Butter Almonds, whole Hazelnuts, whole	Total Carbs (g) 0.1 0 3 4.8 0 Total Carbs (g) 6.8 3.6 2.8	3 12.2 Fat (g) 3.7 4.5 14.2 11.2 4.5 Fat (g) 18.9 8.9 10.3	46.5 41.3 Protein (g) 0.1 0 0.2 0.3 0 Protein (g) 4.8 3.7 2.5
Oils & Dressings 1 tsp 1 tsp 2 tbs 2 tbs 1 tsp Nuts & Seeds 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	Snapper Trout Mayonnaise Olive Oil Salad Dressing, Italian Salad Dressing, thousand island Sesame Oil Almond Butter Almonds, whole Hazelnuts, whole Macadamia Nuts	Total Carbs (g) 0.1 0 3 4.8 0 Total Carbs (g) 6.8 3.6 2.8 2.3	3 12.2 Fat (g) 3.7 4.5 14.2 11.2 4.5 Fat (g) 18.9 8.9 10.3 12.7	46.5 41.3 Protein (g) 0.1 0 0.2 0.3 0 Protein (g) 4.8 3.7 2.5 1.3
Oils & Dressings 1 tsp 1 tsp 2 tbs 2 tbs 1 tsp Nuts & Seeds 2 tbs	Snapper Trout Mayonnaise Olive Oil Salad Dressing, Italian Salad Dressing, thousand island Sesame Oil Almond Butter Almonds, whole Hazelnuts, whole Macadamia Nuts Peanut Butter, natural	Total Carbs (g) 0.1 0 3 4.8 0 Total Carbs (g) 6.8 3.6 2.8 2.3 6.9	3 12.2 Fat (g) 3.7 4.5 14.2 11.2 4.5 Fat (g) 18.9 8.9 10.3 12.7 15.9	46.5 41.3 Protein (g) 0.1 0 0.2 0.3 0 Protein (g) 4.8 3.7 2.5 1.3 7.7
Oils & Dressings 1 tsp 1 tsp 2 tbs 2 tbs 1 tsp Nuts & Seeds 2 tbs	Snapper Trout Mayonnaise Olive Oil Salad Dressing, Italian Salad Dressing, thousand island Sesame Oil Almond Butter Almonds, whole Hazelnuts, whole Macadamia Nuts Peanut Butter, natural Peanut Butter, regular	Total Carbs (g) 0.1 0 3 4.8 0 Total Carbs (g) 6.8 3.6 2.8 2.3 6.9 6.2	3 12.2 Fat (g) 3.7 4.5 14.2 11.2 4.5 Fat (g) 18.9 8.9 10.3 12.7 15.9 16.3	46.5 41.3 Protein (g) 0.1 0 0.2 0.3 0 Protein (g) 4.8 3.7 2.5 1.3 7.7 8.1
Oils & Dressings 1 tsp 1 tsp 2 tbs 2 tbs 1 tsp Nuts & Seeds 2 tbs	Snapper Trout Mayonnaise Olive Oil Salad Dressing, Italian Salad Dressing, thousand island Sesame Oil Almond Butter Almonds, whole Hazelnuts, whole Macadamia Nuts Peanut Butter, natural Peanut Butter, regular Peanuts	Total Carbs (g) 0.1 0 3 4.8 0 Total Carbs (g) 6.8 3.6 2.8 2.3 6.9 6.2 3.4	3 12.2 Fat (g) 3.7 4.5 14.2 11.2 4.5 Fat (g) 18.9 8.9 10.3 12.7 15.9 16.3 8.9	46.5 41.3 Protein (g) 0.1 0 0.2 0.3 0 Protein (g) 4.8 3.7 2.5 1.3 7.7 8.1 4.7
Oils & Dressings 1 tsp 1 tsp 2 tbs 2 tbs 1 tsp Nuts & Seeds 2 tbs	Snapper Trout Mayonnaise Olive Oil Salad Dressing, Italian Salad Dressing, thousand island Sesame Oil Almond Butter Almonds, whole Hazelnuts, whole Macadamia Nuts Peanut Butter, natural Peanut Butter, regular	Total Carbs (g) 0.1 0 3 4.8 0 Total Carbs (g) 6.8 3.6 2.8 2.3 6.9 6.2	3 12.2 Fat (g) 3.7 4.5 14.2 11.2 4.5 Fat (g) 18.9 8.9 10.3 12.7 15.9 16.3	46.5 41.3 Protein (g) 0.1 0 0.2 0.3 0 Protein (g) 4.8 3.7 2.5 1.3 7.7 8.1

2 tbs	Pine Nuts	2.4	8.6	4.1
2 tbs	Pistachio Nuts	4.7	6.9	3.3
2 tbs	Pumpkin Seeds	3.1	7.9	4.2
	•			4.1
2 tbs	Sunflower Seeds	3.4	8.9	
2 tbs	Walnuts, halves	1.7	8.2	1.9
Pasta		Total Carbs (g)	Fat (g)	Protein (g)
0.5 cup	Noodles, egg, cooked	19.9	1.2	3.8
0.5 cup	Pasta, spinach, cooked	18.3	0.4	3.2
	Pasta, whole wheat, cooked	18.6	0.4	3.7
0.5 cup				
0.5 cup	Pasta/Noodles, dry, cooked	19.8	0.5	3.3
110gms	Pasta/Noodles, fresh, cooked	28.3	1.2	5.8
Snacks		Total Carbs (g)	Fat (g)	Protein (g)
10 piece	Potato chips	10.6	6.9	1.4
10 piece	Pretzels	47.5	2.1	5.5
•	Tortilla chips	11.3	4.7	1.3
10 piece	Tortilla Criips	11.3	4.1	1.3
Vagatables		Total Carbo (a)	Eat (a)	Drotoin (a)
Vegetables	A 41 1	Total Carbs (g)	Fat (g)	Protein (g)
1 each	Artichoke	13.4	0.2	4.5
1 each	Artichoke hearts, marinated	1	2.5	0
6 each	Asparagus spears	3.8	0.3	2.3
0.5 cup	Beans, green	4.9	0.2	1.2
•	, 0		0.1	
1 cup	Bok Choy	1.5		1.1
0.5 cup	Broccoflower	3.1	0.2	1.5
0.5 cup	Broccoli	3.9	0.3	2.3
6 each	Brussels sprouts	10.9	0.6	3.2
0.5 cup	Cabbage, red / green	1.9	0.1	0.5
0.5 cup	Cabbage, sauerkraut	5.1	0.2	1.1
•	•			
1 each	Carrots, medium	7.3	0.1	0.7
6 each	Cauliflower	4.4	0.5	2
1 each	Celery stalk	1.5	0.1	0.3
1 each	Chili pepper	0	0	0
1 tbs	Chillies, green, chopped	0.5	0	0
			0.4	
110 gms	Collards	7.3		3.1
0.5 cup	Corn	16	0.4	2.3
1 each	Cucumber, English	4	0.3	0.9
0.5 each	Cucumber, small	2.5	0.2	0.6
0.5 cup	Eggplant	3.3	0.1	0.4
0.5 cup	Endive	1.8	0	0.4
•				
0.5 cup	Kale	3.7	0.3	1.2
1 each	Leeks	12.6	0.3	1.3
1 cup	Lettuce, butterhead	1.3	0.1	0.7
1 cup	Lettuce, romaine	1.3	0.1	0.9
2 tbs	Mushrooms, dried	8.9	0.7	5.6
0.5 cup			0.1	1
	Mushrooms, fresh	1.4		
110gms	Okra	7.5	0.3	1.9
1 each	Onions	9.5	0.2	1.3
0.5 cup	Peas, edible podded	5.6	0.2	2.6
0.5 cup	Peas, green	9.9	0.3	3.8
0.5 cup	Pepper, green or red	4.8	0.1	0.7
1 each	Peppers, jalapeno	0.8	0.1	0.2
0.5 each	Peppers, roasted	2.4	0.1	0.3
1 each	Potato, sweet	22.4	0.1	1.8
0.5 cup	Potato, white	15.4	0.1	1.4
0.5 cup	Pumpkin	9.9	0.3	1.3
6 each	Radishes	1	0.1	0.2
0.5 cup	Rhubarb	2.8	0.1	0.5
0.25 cup	Shallots	6.7	0	1
1 cup	Spinach, raw	1.1	0.1	0.9
0.5 cup	Squash, butternut	10.8	0.1	0.9
1 each				2.2
	Squash, zucchini	5.7	0.3	2.3
1 each		5.7 4.2	0.3 0.3	2.3 0.8
1 each	Squash, zucchini Tomatoes	4.2	0.3	0.8
1 each 6 each	Squash, zucchini Tomatoes Tomatoes, cherry	4.2 4.7	0.3 0.3	0.8 0.9
1 each 6 each 0.25 cup	Squash, zucchini Tomatoes Tomatoes, cherry Tomatoes, sun dried, oil-packed	4.2 4.7 6.4	0.3 0.3 3.9	0.8 0.9 1.4
1 each 6 each 0.25 cup 0.5 cup	Squash, zucchini Tomatoes Tomatoes, cherry Tomatoes, sun dried, oil-packed Turnips	4.2 4.7 6.4 3.8	0.3 0.3 3.9 0.1	0.8 0.9 1.4 0.6
1 each 6 each 0.25 cup 0.5 cup 0.5 cup	Squash, zucchini Tomatoes Tomatoes, cherry Tomatoes, sun dried, oil-packed Turnips Water chestnuts	4.2 4.7 6.4 3.8 8.7	0.3 0.3 3.9 0.1 0	0.8 0.9 1.4 0.6 0.6
1 each 6 each 0.25 cup 0.5 cup	Squash, zucchini Tomatoes Tomatoes, cherry Tomatoes, sun dried, oil-packed Turnips	4.2 4.7 6.4 3.8	0.3 0.3 3.9 0.1	0.8 0.9 1.4 0.6