

**WHEN YOU  
WANT TO SWITCH  
IT UP...**

# SUBSTITUTION LIST

For guidance in using this list, please see this video:

<https://www.youtube.com/watch?v=XPE891iDqCY&t=187s>

Substitution Chart

Wt. (oz.)	Item	Protein Macros Per 1oz. of Food				Protein Equivalents				
		Cal	C	F	P	25 g	20 g	15 g	10 g	5 g
1	Liquid Egg Whites	15.0	0.5	0.0	3.0	8.3 oz.	6.7 oz.	5.0 oz.	3.3 oz.	1.7 oz.
1	Whole Egg	71.5	0.5	5.0	6.5	3.8 oz.	3.1 oz.	2.3 oz.	1.5 oz.	0.8 oz.
1	Ground Turkey 93/7	60	0			3.3 oz.	2.6 oz.	1.9 oz.	1.3 oz.	0.6 oz.
1	Deli Turkey Breast	25.0	1.0			5.6 oz.	4.4 oz.	3.3 oz.	2.2 oz.	1.1 oz.
1	Turkey Breast Tenderloin	25.0	0.0	0.3	5.0	5.0 oz.	4.0 oz.	3.0 oz.	2.0 oz.	1.0 oz.
1	Ground Chicken 93/7	66.0	0.0	3.8	7.6	3.3 oz.	2.6 oz.	2.0 oz.	1.3 oz.	0.7 oz.
1	Chkn Wings- Baked/Broiled w/ Skin, Bone Removed	32.0	0.0	2.1	2.9	8.5 oz.	6.8 oz.	5.1 oz.	3.4 oz.	1.7 oz.
1	Chkn Thighs- Baked/Broiled w/ Skin, Bone Removed	37.0	0.0	2.3	3.7	6.7 oz.	5.4 oz.	4.0 oz.	2.7 oz.	1.4 oz.

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or purchase our

**This or That: Macronutrient Substitution Guide**

<https://gaugegirltraining.com/products/this-or-that-macronutrient-substitution-guide>

**CARBS:  
STARCHES**



# CARBS: STARCHES

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Amaranth – cooked	29.0	5.3	0.6	0.5	1.1	4.72 oz	3.77 oz	2.83 oz	1.89 oz	0.94 oz
1	Barley, Pearled – cooked	35.0	8.0	1.1	0.1	0.6	3.13 oz	2.50 oz	1.88 oz	1.25 oz	0.63 oz
1	Beans, Black – canned	26.0	4.2	1.5	0.2	1.6	5.95 oz	4.76 oz	3.57 oz	2.38 oz	1.19 oz
1	Beans, Kidney – canned	23.5	4.5	1.5	0.2	1.5	5.56 oz	4.44 oz	3.33 oz	2.22 oz	1.11 oz
1	Bread, 100% Whole Wheat, Arnold (1 slice = 43 g/1.536 oz)	71.6	14.3	2.0	1.0	2.6	1.74 oz	1.40 oz	1.05 oz	0.70 oz	0.35 oz
1	Bread, 7-Grain, Gluten Free, Canyon Bakehouse (1 slice = 34 g/1.214 oz)	74.1	14.0	0.8	1.2	1.7	1.79 oz	1.43 oz	1.07 oz	0.71 oz	0.36 oz
1	Bread, Cinnamon Raisin, Gluten Free, Canyon Bakehouse (1 slice = 34 g/1.214 oz)	65.9	12.4	0.8	1.2	1.7	2.02 oz	1.62 oz	1.21 oz	0.81 oz	0.40 oz
1	Bread, Egg Free, Gluten Free, Katz (1 slice = 30 g/1.071 oz)	74.7	12.1	0.8	2.3	0.9	2.06 oz	1.65 oz	1.24 oz	0.82 oz	0.41 oz
1	Bread, Mountain White, Gluten Free, Canyon Bakehouse (1 slice = 34 g/1.214 oz)	74.1	13.2	0.8	1.2	1.7	1.90 oz	1.52 oz	1.14 oz	0.76 oz	0.38 oz
1	Bread, Sprouted Whole Grain, Ezekiel 4:9, Food For Life (1 slice = 34 g/1.214 oz)	65.9	12.4	2.5	0.4	3.3	2.02 oz	1.62 oz	1.21 oz	0.81 oz	0.40 oz
1	Buckwheat Groats, Roasted – cooked	26.0	5.7	0.8	0.2	1.0	4.39 oz	3.51 oz	2.63 oz	1.75 oz	0.88 oz
1	Bulgur – cooked	24.0	5.3	1.3	0.1	0.9	4.72 oz	3.77 oz	2.83 oz	1.89 oz	0.94 oz
1	Corn, Sweet, Yellow Kernels – frozen	24.6	5.8	0.6	0.2	0.8	4.31 oz	3.45 oz	2.59 oz	1.72 oz	0.86 oz
1	Corn, Sweet, Yellow – raw	24.0	5.3	0.8	0.3	0.9	4.72 oz	3.77 oz	2.83 oz	1.89 oz	0.94 oz

# CARBS: STARCHES

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Couscous – cooked	32.0	6.6	0.4	0.1	1.1	3.79 oz	3.03 oz	2.27 oz	1.52 oz	0.76 oz
1	Hummus, Classic, Tribe (2 Tbsp = 28 g/1 oz)	60.0	4.0	1.0	3.5	2.0	6.25 oz	5.00 oz	3.75 oz	2.50 oz	1.25 oz
1	Lentils – cooked	32.9	5.7	2.2	0.1	2.6	4.39 oz	3.51 oz	2.63 oz	1.75 oz	0.88 oz
1	Millet – cooked	34.0	6.7	0.4	0.3	1.0	3.73 oz	2.99 oz	2.24 oz	1.49 oz	0.75 oz
1	Granola, Classic, Gluten Free, Back to Nature	109.8	20.9	2.2	1.4	2.8	1.20 oz	0.96 oz	0.72 oz	0.48 oz	0.24 oz
1	Oatmeal, Instant, Quaker – dry	100.0	19.0	3.0	2.0	4.0	1.32 oz	1.05 oz	0.79 oz	0.53 oz	0.26 Oz
1	Oats, Rolled, Old Fashioned, Gluten Free, Bob's Red Mill – dry	110.8	18.7	2.9	2.0	4.1	1.34 oz	1.07 oz	0.80 oz	0.54 oz	0.27 oz
1	Oats, Rolled, Old Fashioned, Gluten Free, Bob's Red Mill – dry	110.8	18.7	2.9	2.0	4.1	1.34 oz	1.07 oz	0.80 oz	0.54 oz	0.27 oz
1	Oats, Rolled, Quick Cooking, Gluten Free, Bob's Red Mill – dry	112.0	19.3	2.5	1.9	3.7	1.30 oz	1.04 oz	0.78 oz	0.52 oz	0.26 oz
1	Pasta, Penne, Gluten Free, Barilla – dry	95.0	22.0	1.0	0.5	2.0	1.14 oz	0.91 oz	0.68 oz	0.45 oz	0.23 oz
1	Pasta, Penne, Whole Grain, Barilla – dry	90.0	19.5	3.5	0.8	4.0	1.28 oz	1.03 oz	0.77 oz	0.51 oz	0.26 oz
1	Polenta – cooked	20.0	4.0	0.3	0.0	0.5	6.25 oz	5.00 oz	3.75 oz	2.50 oz	1.25 oz
1	Popcorn – dry	108.0	22.0	4.3	1.2	3.4	1.14 oz	0.91 oz	0.68 oz	0.45 oz	0.23 oz
1	Potatoes – cooked	26.0	5.9	0.6	0.0	0.7	4.24 oz	3.39 oz	2.54 oz	1.69 oz	0.85 oz

# CARBS: STARCHES

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Potatoes, Sweet – cooked	25.2	5.8	0.9	0.0	0.6	4.31 oz	3.45 oz	2.59 oz	1.72 oz	0.86 oz
1	Quinoa – cooked	34.0	6.0	0.8	1.0	1.0	4.17 oz	3.33 oz	2.50 oz	1.67 oz	0.83 oz
1	Rice Cakes, Brown, Lightly Salted, Organic, Lundberg (1 piece = 19 g/0.67 oz)	88.4	20.6	1.5	0.7	1.5	1.21 oz	0.97 oz	0.73 oz	0.48 oz	0.24 oz
1	Rice Cakes, Lightly Salted, Original, Quaker (1 piece = 9 g/0.32 oz)	109.5	21.8	0.0	0.0	3.1	1.15 oz	0.92 oz	0.69 oz	0.46 oz	0.23 oz
1	Rice, Long-Grain Brown – cooked (Jasmine, Basmati)	35.0	7.3	0.5	0.3	0.8	3.42 oz	2.74 oz	2.05 oz	1.37 oz	0.68 oz
1	Rice, Long-Grain White – cooked (Jasmine, Basmati)	37.0	8.0	0.1	0.1	0.8	3.13 oz	2.50 oz	1.88 oz	1.25 oz	0.63 oz
1	Rice, Wild – cooked	29.0	6.1	0.5	0.1	1.1	4.10 oz	3.28 oz	2.46 oz	1.64 oz	0.82 oz
1	Spelt – cooked	36.0	7.5	1.1	0.2	1.6	3.33 oz	2.67 oz	2.00 oz	1.33 oz	0.67 oz
1	Taro – cooked	40.0	9.8	1.4	0.0	0.2	2.55 oz	2.04 oz	1.53 oz	1.02 oz	0.51 oz
1	Teff – cooked	29.0	5.6	0.8	0.2	1.1	4.46 oz	3.57 oz	2.68 oz	1.79 oz	0.89 oz
1	Tortillas, Corn, White, Mission (1 tortilla = 23.5 g/0.839 oz)	59.6	11.9	1.8	0.9	1.2	2.10 oz	1.68 oz	1.26 oz	0.84 oz	0.42 oz
1	Tortillas, Corn, Yellow, Mission (1 tortilla = 23.5 g/0.839 oz)	59.6	11.9	1.8	0.9	1.2	2.10 oz	1.68 oz	1.26 oz	0.84 oz	0.42 oz
1	Tortillas, Corn, White, Street Tacos, Mission (3 tortillas = 44 g/1.57 oz)	63.6	12.1	1.9	1.0	1.3	2.07 oz	1.65 oz	1.24 oz	0.83 oz	0.41 oz
1	Tortillas, Corn, Yellow, Street Tacos, Mission (3 tortillas = 44 g/1.57 oz)	57.3	12.1	1.3	0.6	1.3	2.07 oz	1.65 oz	1.24 oz	0.83 oz	0.41 oz

# CARBS: STARCHES

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Tortillas, Flour, Almond, Siete (1 tortilla = 25 g/0.89 oz)	112.0	11.2	2.2	6.2	3.4	2.23 oz	1.79 oz	1.34 oz	0.89 oz	0.45 oz
1	Tortillas, Flour, Whole Wheat, Soft Taco, Mission (1 tortilla = 43 g/1.54 oz)	45.6	11.7	9.8	2.3	3.3	2.13 oz	1.71 oz	1.28 oz	0.85 oz	0.43 oz
1	Wheat, Kamut (Khorasan) – cooked	37.0	7.8	1.2	0.2	1.6	3.21 oz	2.56 oz	1.92 oz	1.28 oz	0.64 oz
1	Yams – cooked	33.0	7.9	1.1	0.1	0.4	3.16 oz	2.53 oz	1.90 oz	1.27 oz	0.63 oz

**CARBS:  
VEGETABLES**





# CARBS: VEGETABLES

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Broth, Vegetable	1.9	0.4	0.0	0.0	0.0	65.79 oz	52.63 oz	39.47 oz	26.32 oz	13.16 oz
1	Arrowroot – raw	18.0	3.8	0.4	0.1	1.2	6.58 oz	5.26 oz	3.95 oz	2.63 oz	1.32 oz
1	Artichoke Hearts – canned in water	8.4	1.7	0.6	0.0	0.3	14.88 oz	11.90 oz	8.93 oz	5.95 oz	2.98 oz
1	Artichokes, Globe – cooked	14.8	3.3	2.4	0.1	0.8	7.58 oz	6.06 oz	4.55 oz	3.03 oz	1.52 oz
1	Artichokes, Jerusalem (Sunchoke) – raw	21.0	4.9	0.5	0.0	0.6	5.10 oz	4.08 oz	3.06 oz	2.04 oz	1.02 oz
1	Arugula (Rocket) – raw	7.0	1.0	0.5	0.2	0.7	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Asparagus – raw	7.1	1.1	0.6	0.0	0.7	23.36 oz	18.69 oz	14.02 oz	9.35 oz	4.67 oz
1	Beans, Broad (Fava Beans) mature seeds – cooked	31.0	5.6	1.5	0.1	2.2	4.46 oz	3.57 oz	2.68 oz	1.79 oz	0.89 oz
1	Beans, Broad (Fava Beans) mature seeds – raw	97.0	17.0	7.1	0.4	7.4	1.47 oz	1.18 oz	0.88 oz	0.59 oz	0.29 oz
1	Beans, Green (String Beans) – raw	9.0	2.0	1.0	0.0	0.5	12.50 oz	10.00 oz	7.50 oz	5.00 oz	2.50 oz
1	Carrots – raw	12.0	2.7	0.8	0.1	0.3	9.19 oz	7.35 oz	5.51 oz	3.68 oz	1.84 oz
1	Carrots, Baby – raw	10.0	2.3	1.0	0.0	0.3	10.73 oz	8.58 oz	6.44 oz	4.29 oz	2.15 oz
1	Cassava (Yucca Root) – raw	44.8	10.7	0.5	0.1	0.4	2.34 oz	1.87 oz	1.40 oz	0.93 oz	0.47 oz
1	Cauliflower – raw	7.0	1.5	0.7	0.0	0.6	16.67 oz	13.33 oz	10.00 oz	6.67 oz	3.33 oz

# CARBS: VEGETABLES

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Celery Root (Celeriac) – raw	12.0	2.6	0.5	0.1	0.4	9.62 oz	7.69 oz	5.77 oz	3.85 oz	1.92 oz
1	Celery – raw	4.5	1.0	0.4	0.0	0.2	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Coleslaw Mix – raw (1.5 cups = 85 g/3.04 oz)	8.2	1.7	0.7	0.0	0.3	15.15 oz	12.12 oz	9.09 oz	6.06 oz	3.03 oz
1	Corn, Sweet, Yellow Kernels – frozen	24.6	5.8	0.6	0.2	0.8	4.31 oz	3.45 oz	2.59 oz	1.72 oz	0.86 oz
1	Corn, Sweet, Yellow – raw	24.0	5.3	0.8	0.3	0.9	4.72 oz	3.77 oz	2.83 oz	1.89 oz	0.94 oz
1	Cucumbers – raw	4.0	1.0	0.1	0.0	0.2	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Edamame – shelled	31.0	3.0	1.3	1.0	3.0	8.33 oz	6.67 oz	5.00 oz	3.33 oz	1.67 oz
1	Eggplant – raw	7.0	1.6	0.9	0.1	0.3	15.43 oz	12.35 oz	9.26 oz	6.17 oz	3.09 oz
1	Fennel – raw	8.8	2.1	0.9	0.1	0.4	11.90 oz	9.52 oz	7.14 oz	4.76 oz	2.38 oz
1	Fiddlehead Ferns – raw	9.6	1.6	0.0	0.1	1.3	15.63 oz	12.50 oz	9.38 oz	6.25 oz	3.13 oz
1	Ginger Root – raw	23.0	5.0	0.6	0.2	0.5	5.00 oz	4.00 oz	3.00 oz	2.00 oz	1.00 oz
1	Greens, Chicory – raw	6.5	1.3	1.1	0.1	0.5	19.23 oz	15.38 oz	11.54 oz	7.69 oz	3.85 oz
1	Greens, Collard – raw	9.1	1.5	1.1	0.2	0.9	16.67 oz	13.33 oz	10.00 oz	6.67 oz	3.33 oz
1	Greens, Dandelion – raw	13.0	2.6	1.0	0.2	0.8	9.62 oz	7.69 oz	5.77 oz	3.85 oz	1.92 oz

# CARBS: VEGETABLES

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Greens, Mustard – raw	7.7	1.3	0.9	0.1	0.8	19.23 oz	15.38 oz	11.54 oz	7.69 oz	3.85 oz
1	Greens, Swiss Chard – raw	5.4	1.1	0.5	0.1	0.5	22.73 oz	18.18 oz	13.64 oz	9.09 oz	4.55 oz
1	Lettuce, Iceberg – raw	4.0	0.8	0.3	0.0	0.3	31.25 oz	25.00 oz	18.75 oz	12.50 oz	6.25 oz
1	Lettuce, Red Leaf – raw	4.5	0.6	0.3	0.1	0.4	41.67 oz	33.33 oz	25.00 oz	16.67 oz	8.33 oz
1	Lettuce, Romaine – raw	4.8	0.9	0.6	0.1	0.4	27.78 oz	22.22 oz	16.67 oz	11.11 oz	5.56 oz
1	Lettuce, Spring Mix – raw	7.0	1.0	0.6	0.0	0.6	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Mixed Vegetables (Carrots, Corn, Green Beans, & Peas) – frozen	16.3	3.6	1.0	0.0	0.7	6.98 oz	5.59 oz	4.19 oz	2.79 oz	1.40 oz
1	Mushrooms, Crimini (Baby Portabellas) – raw	7.6	1.2	0.2	0.0	0.7	20.83 oz	16.67 oz	12.50 oz	8.33 oz	4.17 oz
1	Mushrooms, Portabella – raw	7.3	1.4	0.4	0.1	0.7	17.86 oz	14.29 oz	10.71 oz	7.14 oz	3.57 oz
1	Mushrooms, White – raw	6.0	0.9	0.3	0.1	0.9	27.78 oz	22.22 oz	16.67 oz	11.11 oz	5.56 oz
1	Okra – raw	9.4	2.1	0.9	0.1	0.6	11.90 oz	9.52 oz	7.14 oz	4.76 oz	2.38 oz
1	Onions, Red, White, or Yellow – raw	11.2	2.6	0.5	0.0	0.3	9.62 oz	7.69 oz	5.77 oz	3.85 oz	1.92 oz
1	Onions, Spring or Scallions (includes tops & bulb) – raw	9.0	2.1	0.7	0.1	0.5	11.90 oz	9.52 oz	7.14 oz	4.76 oz	2.38 oz
1	Onions, Sweet – raw	9.0	2.1	0.3	0.0	0.2	11.90 oz	9.52 oz	7.14 oz	4.76 oz	2.38 oz

# CARBS : V E G E T A B L E S

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Carbohydrate Macros Per 1 oz of Food					Carbohydrate Equivalents				
		Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Onions, Young Green (tops only) – raw	7.7	1.6	0.5	0.1	0.3	15.63 oz	12.50 oz	9.38 oz	6.25 oz	3.13 oz
1	Parsnips – raw	21.0	5.1	1.4	0.1	0.3	4.90 oz	3.92 oz	2.94 oz	1.96 oz	0.98 oz
1	Pasta Sauce, Tomato Basil, Cucina Antica – jarred	11.2	1.7	0.5	0.3	0.5	14.45 oz	11.56 oz	8.67 oz	5.78 oz	2.89 oz
1	Peas, English – raw (common & the type that's frozen)	23.0	4.1	1.3	0.0	1.5	6.10 oz	4.88 oz	3.66 oz	2.44 oz	1.22 oz
1	Peas, Snow – raw	11.8	2.1	0.7	0.1	0.8	11.90 oz	21.43 oz	16.07 oz	10.71 oz	5.36 oz
1	Peas, Sugar Snap – raw	11.8	2.1	0.7	0.1	0.8	11.90 oz	9.52 oz	7.14 oz	4.76 oz	2.38 oz
1	Pepperoncini – pickled	10.0	1.0	0.0	0.0	0.0	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Peppers, Bell – raw	6.0	1.0	0.5	0.0	0.2	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Peppers, Shishito – raw	6.0	1.3	0.4	0.1	0.4	19.23 oz	15.38 oz	11.54 oz	7.69 oz	3.85 oz
1	Pickles, Dill or Kosher Dill – brined	3.4	0.7	0.3	0.0	0.2	35.71 oz	28.57 oz	21.43 oz	14.29 oz	7.14 oz
1	Pumpkin – cooked	5.7	1.4	0.3	0.0	0.2	17.86 oz	14.29 oz	10.71 oz	7.14 oz	3.57 oz
1	Pumpkin – raw	7.4	1.8	0.1	0.0	0.3	13.89 oz	11.11 oz	8.33 oz	5.56 oz	2.78 oz
1	Pumpkin Puree – canned	11.0	2.3	0.7	0.1	0.2	10.87 oz	8.70 oz	6.52 oz	4.35 oz	2.17 oz
1	Radicchio – raw	6.5	1.3	0.3	0.1	0.4	19.23 oz	15.38 oz	11.54 oz	7.69 oz	3.85 oz

# CARBS: VEGETABLES

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Radishes – raw	4.5	1.0	0.5	0.0	0.2	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Rutabaga – cooked	8.5	1.9	0.5	0.1	0.3	13.16 oz	10.53 oz	7.89 oz	5.26 oz	2.63 oz
1	Rutabaga – raw	10.0	2.4	0.7	0.1	0.3	10.42 oz	8.33 oz	6.25 oz	4.17 oz	2.08 oz
1	Sauerkraut, Bubbies – jarred	0.0	1.0	1.0	0.0	0.0	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Shallots – raw	20.0	4.8	0.9	0.0	0.7	5.21 oz	4.17 oz	3.13 oz	2.08 oz	1.04 oz
1	Spinach – raw	7.0	1.0	1.0	0.0	1.0	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Squash, Acorn – cooked	15.7	4.1	1.2	0.0	0.3	6.10 oz	4.88 oz	3.66 oz	2.44 oz	1.22 oz
1	Squash, Butternut – cooked	11.2	3.0	0.9	0.0	0.3	8.33 oz	6.67 oz	5.00 oz	3.33 oz	1.67 oz
1	Squash, Delicata – cooked	10.0	2.7	0.7	0.0	0.3	9.26 oz	7.41 oz	5.56 oz	3.70 oz	1.85 oz
1	Squash, Hubbard – cooked	14.0	3.1	1.4	0.2	0.7	8.06 oz	6.45 oz	4.84 oz	3.23 oz	1.61 oz
1	Squash, Spaghetti – cooked	7.7	1.8	0.4	0.1	0.2	13.89 oz	11.11 oz	8.33 oz	5.56 oz	2.78 oz
1	Tomatillos – raw	9.1	1.7	0.5	0.3	0.3	14.71 oz	11.76 oz	8.82 oz	5.88 oz	2.94 oz
1	Tomatoes, Crushed – canned	10.4	2.1	0.7	0.0	0.5	12.02 oz	9.62 oz	7.21 oz	4.81 oz	2.40 oz
1	Tomatoes, Diced – canned	6.9	1.4	0.5	0.0	0.2	17.99 oz	14.39 oz	10.79 oz	7.19 oz	3.60 oz

# CARBS: VEGETABLES

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalent

Wt (oz)	Item	Carbohydrate Macros Per 1 oz of Food					Carbohydrate Equivalent				
		Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Tomato Paste – canned (2 Tbsp = 33 g/1.18 oz)	25.5	5.9	1.7	0.0	0.9	4.21 oz	3.37 oz	2.53 oz	1.68 oz	0.84 oz
1	Tomato Puree – canned	18.1	3.6	1.4	0.0	0.9	6.93 oz	5.54 oz	4.16 oz	2.77 oz	1.39 oz
1	Tomato Sauce – canned, no added sugar	9.0	1.8	0.5	0.0	0.5	13.81 oz	11.05 oz	8.29 oz	5.52 oz	2.76 oz
1	Turnips – cooked	6.2	1.4	0.6	0.0	0.2	17.86 oz	14.29 oz	10.71 oz	7.14 oz	3.57 oz
1	Turnips – raw	7.9	1.8	0.5	0.0	0.3	13.89 oz	11.11 oz	8.33 oz	5.56 oz	2.78 oz
1	Watercress – raw	3.1	0.4	0.1	0.0	0.7	62.50 oz	50.00 oz	37.50 oz	25.00 oz	12.50 oz
1	Zucchini – raw	4.5	0.9	0.3	0.1	0.3	26.88 oz	21.51 oz	16.13 oz	10.75 oz	5.38 oz



**CARBS:  
FRUIT**

# C A R B S : F R U I T

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Acai Powder – freeze dried	186.7	9.3	9.3	14.0	0.0	2.69 oz	2.15 oz	1.61 oz	1.08 oz	0.54 oz
1	Apples – raw	15.0	4.0	0.7	0.0	0.0	6.25 oz	5.00 oz	3.75 oz	2.50 oz	1.25 oz
1	Apricots – raw	14.0	3.2	0.6	0.1	0.4	7.81 oz	6.25 oz	4.69 oz	3.13 oz	1.56 oz
1	Fruit Spread, Apricot, Simply Fruit, Smucker's – jarred	59.0	14.7	0.0	0.0	0.0	1.70 oz	1.36 oz	1.02 oz	0.68 oz	0.34 oz
1	Bananas – raw	25.0	6.5	0.7	0.1	0.3	3.85 oz	3.08 oz	2.31 oz	1.54 oz	0.77 oz
1	Blackberries – raw	12.0	2.7	1.5	0.1	0.4	9.26 oz	7.41 oz	5.56 oz	3.70 oz	1.85 oz
1	Blueberries – raw	16.0	4.1	0.7	0.1	0.3	6.10 oz	4.88 oz	3.66 oz	2.44 oz	1.22 oz
1	Boysenberries – raw	14.0	3.5	1.5	0.1	0.3	7.14 oz	5.71 oz	4.29 oz	2.86 oz	1.43 oz
1	Cantaloupe – raw	9.5	2.5	0.3	0.1	0.2	10.00 oz	8.00 oz	6.00 oz	4.00 oz	2.00 oz
1	Cherries, Sour – raw	14.0	3.5	0.5	0.1	0.3	7.14 oz	5.71 oz	4.29 oz	2.86 oz	1.43 oz
1	Cherries, Sweet – raw, pitted	18.0	4.5	0.6	0.1	0.3	5.56 oz	4.44 oz	3.33 oz	2.22 oz	1.11 oz
1	Cranberries – dried	91.0	23.1	2.1	0.0	0.0	1.08 oz	0.87 oz	0.65 oz	0.43 oz	0.22 oz
1	Cranberries – raw	13.0	3.4	1.0	0.0	0.1	7.35 oz	5.88 oz	4.41 oz	2.94 oz	1.47 oz
1	Cucumbers – raw	4.0	1.0	0.1	0.0	0.2	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz



# C A R B S : F R U I T

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Currants, European Black – raw	18.0	4.4	0.0	0.1	0.4	5.68 oz	4.55 oz	3.41 oz	2.27 oz	1.14 oz
1	Currants, Red & White – raw	16.0	3.9	1.2	0.1	0.4	6.41 oz	5.13 oz	3.85 oz	2.56 oz	1.28 oz
1	Dates, Deglet Noor – raw (1 date pitted = 7 g)	80.0	21.0	2.3	0.1	0.7	1.19 oz	0.95 oz	0.71 oz	0.48 oz	0.24 oz
1	Dates, Medjool – raw (1 date pitted = 24 g)	79.0	21.0	1.9	0.0	0.5	1.19 oz	0.95 oz	0.71 oz	0.48 oz	0.24 oz
1	Figs – raw	21.0	5.4	0.8	0.1	0.2	4.63 oz	3.70 oz	2.78 oz	1.85 oz	0.93 oz
1	Grapefruit, Pink & Red – raw	11.8	3.0	0.4	0.0	0.2	8.33 oz	6.67 oz	5.00 oz	3.33 oz	1.67 oz
1	Grapefruit, White – raw	9.2	2.4	0.3	0.0	0.2	10.42 oz	8.33 oz	6.25 oz	4.17 oz	2.08 oz
1	Grapes – raw	20.0	5.0	0.3	0.0	0.0	5.00 oz	4.00 oz	3.00 oz	2.00 oz	1.00 oz
1	Guavas, Common – raw	19.0	4.1	1.5	0.3	0.7	6.10 oz	4.88 oz	3.66 oz	2.44 oz	1.22 oz
1	Guavas, Strawberry – raw	20.0	4.9	1.5	0.2	0.2	5.10 oz	4.08 oz	3.06 oz	2.04 oz	1.02 oz
1	Honeydew – raw	10.0	2.6	0.2	0.0	0.2	9.62 oz	7.69 oz	5.77 oz	3.85 oz	1.92 oz
1	Kiwifruit, Gold (Chinese Gooseberries) – raw	18.0	4.5	0.4	0.1	0.3	5.56 oz	4.44 oz	3.33 oz	2.22 oz	1.11 oz
1	Kiwifruit, Green (Chinese Gooseberries) – raw	17.0	4.2	0.9	0.2	0.3	5.95 oz	4.76 oz	3.57 oz	2.38 oz	1.19 oz
1	Kumquats – raw	20.0	4.5	1.8	0.2	0.5	5.56 oz	4.44 oz	3.33 oz	2.22 oz	1.11 oz

# C A R B S : F R U I T

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Lemon Juice (1 Tbsp = 15 g/0.54 oz)	6.2	2.0	0.1	0.1	0.1	12.50 oz	10.00 oz	7.50 oz	5.00 oz	2.50 oz
1	Lemon Zest (1 Tbsp = 6 g/0.21 oz)	13.1	4.7	2.8	0.0	0.5	5.35 oz	4.28 oz	3.21 oz	2.14 oz	1.07 oz
1	Lemons – without peel, raw	8.2	2.6	0.8	0.1	0.3	9.62 oz	7.69 oz	5.77 oz	3.85 oz	1.92 oz
1	Lime Juice (1 Tbsp = 15 g/0.54 oz)	7.1	2.4	0.1	0.0	0.1	10.42 oz	8.33 oz	6.25 oz	4.17 oz	2.08 oz
1	Lime Zest (1 Tbsp = 6 g/0.21 oz)	9.3	4.7	4.7	0.0	0.5	5.35 oz	4.28 oz	3.21 oz	2.14 oz	1.07 oz
1	Limes – raw	8.5	3.0	0.8	0.1	0.2	8.33 oz	6.67 oz	5.00 oz	3.33 oz	1.67 oz
1	Lychees (Litchis) – raw	19.0	4.7	0.4	0.1	0.2	5.32 oz	4.26 oz	3.19 oz	2.13 oz	1.06 oz
1	Mangos – raw	18.0	5.0	0.5	0.0	0.0	5.00 oz	4.00 oz	3.00 oz	2.00 oz	1.00 oz
1	Mixed Berries – frozen	16.0	3.4	1.0	0.1	0.2	7.35 oz	5.88 oz	4.41 oz	2.94 oz	1.47 oz
1	Nectarines – raw	12.0	3.0	0.5	0.1	0.3	8.33 oz	6.67 oz	5.00 oz	3.33 oz	1.67 oz
1	Orange Juice – fresh	12.6	2.9	0.1	0.1	0.2	8.62 oz	6.90 oz	5.17 oz	3.45 oz	1.72 oz
1	Orange Marmalade, All Natural 100% Fruit, St. Dalfour	63.0	15.4	1.1	0.0	0.0	1.62 oz	1.30 oz	0.97 oz	0.65 oz	0.32 oz
1	Pears – raw	16.2	4.3	0.9	0.0	0.1	5.81 oz	4.65 oz	3.49 oz	2.33 oz	1.16 oz
1	Pears, Asian – raw	11.8	3.0	1.0	0.1	0.1	8.33 oz	6.67 oz	5.00 oz	3.33 oz	1.67 oz

# C A R B S : F R U I T

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Pineapple – raw	14.0	4.0	0.4	0.0	0.0	6.25 oz	5.00 oz	3.75 oz	2.50 oz	1.25 oz
1	Pineapple Chunks – canned in 100% juice	16.1	3.7	0.2	0.0	0.2	6.76 oz	5.41 oz	4.05 oz	2.70 oz	1.35 oz
1	Pineapple Juice, 100% – canned	16.3	4.0	0.1	0.0	0.1	6.25 oz	5.00 oz	3.75 oz	2.50 oz	1.25 oz
1	Plums – raw	13.0	3.2	0.4	0.1	0.2	7.81 oz	6.25 oz	4.69 oz	3.13 oz	1.56 oz
1	Pomegranate Seeds – raw	24.0	5.3	1.1	0.3	0.5	4.72 oz	3.77 oz	2.83 oz	1.89 oz	0.94 oz
1	Raisins – seedless	90.0	22.0	2.0	0.0	1.0	1.14 oz	0.91 oz	0.68 oz	0.45 oz	0.23 oz
1	Raisins, Golden – seedless	91.0	21.7	1.4	0.0	0.7	1.15 oz	0.92 oz	0.69 oz	0.46 oz	0.23 oz
1	Raspberries – raw	15.0	3.4	1.8	0.2	0.3	7.35 oz	5.88 oz	4.41 oz	2.94 oz	1.47 oz
1	Fruit Spread, Red Raspberry, Simply Fruit, Smucker's – jarred (1 Tbsp = 19 g/0.68 oz)	59.0	14.7	0.0	0.0	0.0	1.70 oz	1.36 oz	1.02 oz	0.68 oz	0.34 oz
1	Starfruit – raw	8.8	1.9	0.8	0.1	0.3	13.16 oz	10.53 oz	7.89 oz	5.26 oz	2.63 oz
1	Strawberries – raw	9.0	2.2	0.6	0.1	0.2	11.36 oz	9.09 oz	6.82 oz	4.55 oz	2.27 oz
1	Fruit Spread, Strawberry, Simply Fruit, Smucker's – jarred (1 Tbsp = 19 g/0.68 oz)	58.95	14.74	0.0	0.0	0.0	1.70 oz	1.36 oz	1.02 oz	0.68 oz	0.34 oz
1	Tamarind – raw	68.0	18.0	1.4	0.2	0.8	1.39 oz	1.11 oz	0.83 oz	0.56 oz	0.28 oz
1	Tangerines (Mandarin Oranges) – raw	15.0	3.8	0.5	0.1	0.2	6.58 oz	5.26 oz	3.95 oz	2.63 oz	1.32 oz

# CARBS: FRUIT

## Carbohydrate Macros Per 1 oz of Food

## Carbohydrate Equivalents

Wt (oz)	Item	Carbohydrate Macros Per 1 oz of Food					Carbohydrate Equivalents				
		Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Tomatoes – raw	5.0	1.0	0.3	0.1	0.2	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Watermelon – raw	8.4	2.1	0.1	0.0	0.2	11.90 oz	9.52 oz	7.14 oz	4.76 oz	2.38 oz

# PROTEINS: SUPPLEMENTS



# PROTEINS: SUPPLEMENTS

## Protein Macros Per 1 oz of Food

## Protein Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Collagen Peptides, Unflavored, Prime, Gauge Life (1 scoop = 22 g/0.786 oz)	114.6	0.0	0.0	0.0	25.5	0.98 oz	0.79 oz	0.59 oz	0.39 oz	0.20 oz
1	Protein Bar, Collagen, Apple Pie, Bulletproof (1 bar = 45 g/1.607 oz)	130.7	10.0	0.6	7.5	7.5	3.35 oz	2.68 oz	2.01 oz	1.34 oz	0.67 oz
1	Protein Bar, Collagen, Chocolate Chip Cookie Dough, Bulletproof (1 bar = 45 g/1.607 oz)	136.9	8.7	3.1	9.3	7.5	3.35 oz	2.68 oz	2.01 oz	1.34 oz	0.67 oz
1	Protein Bar, Collagen, Fudge Brownie, Bulletproof (1 bar = 45 g/1.607 oz)	130.7	8.1	3.7	8.7	7.5	3.35 oz	2.68 oz	2.01 oz	1.34 oz	0.67 oz
1	Protein Bar, Collagen, Lemon Cookie, Bulletproof (1 bar = 45 g/1.607 oz)	136.9	8.7	3.1	8.7	7.5	3.35 oz	2.68 oz	2.01 oz	1.34 oz	0.67 oz
1	Protein Bar, Collagen, Mint Chocolate Chip, Bulletproof (1 bar = 45 g/1.607 oz)	136.9	8.7	3.1	9.3	7.5	3.35 oz	2.68 oz	2.01 oz	1.34 oz	0.67 oz
1	Protein Bar, Collagen, Vanilla Shortbread, Bulletproof (1 bar = 45 g/1.607 oz)	136.9	8.7	3.1	8.7	7.5	3.35 oz	2.68 oz	2.01 oz	1.34 oz	0.67 oz
1	Protein Bar, Collagen, Almond Butter Brownie, Perfect Keto (1 bar = 45 g/1.607 oz)	143.1	7.5	5.6	11.8	6.2	4.02 oz	3.22 oz	2.41 oz	1.61 oz	0.80 oz
1	Protein Bar, Collagen, Chocolate Chip Cookie Dough, Perfect Keto (1 bar = 45 g/1.607 oz)	130.7	6.8	5.6	11.2	6.8	3.65 oz	2.92 oz	2.19 oz	1.46 oz	0.73 oz
1	Protein Bar, Collagen, Cinnamon Roll, Perfect Keto (1 bar = 45 g/1.607 oz)	136.9	7.5	5.6	10.6	6.8	3.65 oz	2.92 oz	2.19 oz	1.46 oz	0.73 oz

# PROTEINS: SUPPLEMENTS

## Protein Macros Per 1 oz of Food

## Protein Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	Protein Equivalents				
							25 g	20 g	15 g	10 g	5 g
1	Protein Bar, Collagen, Lemon Poppyseed, Perfect Keto (1 bar = 45 g/1.607 oz)	143.1	6.8	5.6	11.2	6.8	3.65 oz	2.92 oz	2.19 oz	1.46 oz	0.73 oz
1	Protein Bar, Collagen, Salted Caramel, Perfect Keto (1 bar = 45 g/1.607 oz)	143.1	6.8	5.6	11.2	6.8	3.65 oz	2.92 oz	2.19 oz	1.46 oz	0.73 oz
1	Protein Bar, Egg White, Double Dark Chocolate Chip, Fit, BHU (1 bar = 45 g/1.607 oz)	112.0	9.3	6.2	6.8	8.7	2.87 oz	2.30 oz	1.72 oz	1.15 oz	0.57 oz
1	Protein Bar, Protein Blend, Double Chocolate Mousse, Built Bar (1 bar = 53 g/1.893 oz)	58.1	7.4	3.7	2.1	7.9	3.16 oz	2.53 oz	1.89 oz	1.26 oz	0.63 oz
1	Protein Bar, Protein Blend, Coconut Chocolate Creme, Built Bar (1 bar = 53 g/1.893 oz)	58.1	6.9	3.2	2.1	7.9	3.16 oz	2.53 oz	1.89 oz	1.26 oz	0.63 oz
1	Protein Bar, Protein Blend, Chocolate Chip Cookie Dough, Quest (1 bar = 60 g/2.14 oz)	93.3	9.8	6.5	4.2	9.8	2.55 oz	2.04 oz	1.53 oz	1.02 oz	0.51 oz
1	Protein Bar, Protein Blend, Cookies & Cream, Quest (1 bar = 60 g/2.14 oz)	93.3	9.8	7.0	3.7	9.8	2.55 oz	2.04 oz	1.53 oz	1.02 oz	0.51 oz
1	Protein Bar, Protein Blend, White Chocolate Raspberry, Quest (1 bar = 60 g/2.14 oz)	93.3	10.3	7.0	3.7	9.3	2.68 oz	2.14 oz	1.61 oz	1.07 oz	0.54 oz
1	Protein Cookie, Plant-Based, Birthday Cake, The Complete, Lenny & Larry's (1 cookie = 114 g/4.07 oz)	103.2	15.0	2.5	2.5	3.9	6.36 oz	5.09 oz	3.82 oz	2.54 oz	1.27 oz
1	Protein Cookie, Plant-Based, Chocolate Chip, The Complete, Lenny & Larry's (1 cookie = 114 g/4.07 oz)	103.2	14.5	2.5	3.0	3.9	6.36 oz	5.09 oz	3.82 oz	2.54 oz	1.27 oz

# PROTEINS: SUPPLEMENTS

## Protein Macros Per 1 oz of Food

## Protein Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Protein Cookie, Protein Blend, Chocolate Chip, Quest (1 cookie = 59 g/2.107 oz)	118.6	9.0	4.3	8.1	7.1	3.51 oz	2.81 oz	2.11 oz	1.40 oz	0.70 oz
1	Protein Cookie, Protein Blend, Peanut Butter, Quest (1 cookie = 58 g/2.07 oz)	106.2	10.6	5.8	6.3	7.2	3.45 oz	2.76 oz	2.07 oz	1.38 oz	0.69 oz
1	Protein Powder, Whey Isolate, Chocolate, Prime All Natural, Gauge Life (1 scoop = 28.4 g/1.014 oz)	108.5	2.0	0.0	1.0	23.7	1.06 oz	0.85 oz	0.63 oz	0.42 oz	0.21 oz
1	Protein Powder, Whey Isolate, Unflavored, Prime All Natural, Gauge Life (1 scoop = 28.4 g/1.014 oz)	108.5	1.0	0.0	0.5	25.6	0.98 oz	0.78 oz	0.59 oz	0.39 oz	0.20 oz
1	Protein Powder, Whey Isolate, Vanilla, Prime All Natural, Gauge Life (1 scoop = 28.4 g/1.014 oz)	108.5	1.0	0.0	0.5	24.7	1.01 oz	0.81 oz	0.61 oz	0.41 oz	0.20 oz
1	Protein Powder, Plant-Based, Creamy Chocolate Fudge, Orgain (1 scoop = 23 g/0.821 oz)	91.3	9.1	4.3	2.4	12.8	1.96 oz	1.56 oz	1.17 oz	0.78 oz	0.39 oz
1	Protein Powder, Plant-Based, Vanilla Bean, Orgain (1 scoop = 23 g/0.821 oz)	91.3	9.1	3.0	2.4	12.8	1.96 oz	1.56 oz	1.17 oz	0.78 oz	0.39 oz
1	Protein Powder, Plant-Based, Berry, Vega Sport (1 scoop = 42 g/1.5 oz)	106.7	3.3	1.3	2.0	20.0	1.25 oz	1.00 oz	0.75 oz	0.50 oz	0.25 oz
1	Protein Powder, Plant-Based, Chocolate, Vega Sport (1 scoop = 44 g/1.57 oz)	101.8	3.8	1.3	1.9	19.1	1.31 oz	1.05 oz	0.79 oz	0.52 oz	0.26 oz
1	Protein Powder, Plant-Based, Mocha, Vega Sport (1 scoop = 43 g/1.536 oz)	104.2	3.3	1.3	2.0	19.5	1.28 oz	1.02 oz	0.77 oz	0.51 oz	0.26 oz



# PROTEINS: SUPPLEMENTS

## Protein Macros Per 1 oz of Food

## Protein Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	Protein Equivalents				
							25 g	20 g	15 g	10 g	5 g
1	Protein Powder, Plant-Based, Vanilla, Vega Sport (1 scoop = 41 g/1.464 oz)	109.3	2.7	0.7	2.1	20.5	1.22 oz	0.98 oz	0.73 oz	0.49 oz	0.24 oz
1	Protein Powder, Plant-Based, Chocolate, Warrior Blend, Sun Warrior (1 scoop = 25 g/0.892 oz)	112.0	3.4	1.1	2.8	19.0	1.31 oz	1.05 oz	0.79 oz	0.53 oz	0.26 oz
1	Protein Powder, Plant-Based, Vanilla, Warrior Blend, Sun Warrior (1 scoop = 25 g/0.892 oz)	112.0	2.2	1.1	2.2	20.2	1.24 oz	0.99 oz	0.74 oz	0.50 oz	0.25 oz

**PROTEINS:  
POULTRY, MEAT,  
& SEAFOOD**



# PROTEINS: POULTRY, MEAT, & SEAFOOD

		Protein Macros Per 1 oz of Food					Protein Equivalents				
Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Bone Broth, Chicken	5.6	0.0	0.0	0.0	1.3	20.00 oz	16.00 oz	12.00 oz	8.00 oz	4.00 oz
1	Breakfast Sausages, Chicken & Apple, Applegate Naturals (3 links = 59 g/2.11 oz)	57.0	1.4	0.0	3.3	4.3	5.85 oz	4.68 oz	3.51 oz	2.34 oz	1.17 oz
1	Breakfast Sausages, Chicken & Apple, Applegate Organics (3 links = 59 g/2.11 oz)	57.0	1.4	0.0	3.8	4.3	5.85 oz	4.68 oz	3.51 oz	2.34 oz	1.17 oz
1	Breakfast Sausages, Chicken & Maple, Applegate Naturals (3 links = 59 g/2.11 oz)	52.2	1.0	0.0	3.3	4.3	5.85 oz	4.68 oz	3.51 oz	2.34 oz	1.17 oz
1	Breakfast Sausages, Chicken & Maple, Applegate Organics (3 links = 59 g/2.11 oz)	57.0	1.4	0.0	3.8	4.3	5.85 oz	4.68 oz	3.51 oz	2.34 oz	1.17 oz
1	Breakfast Sausages, Maple Chicken, Trader Joe's (2 links = 57 g/2 oz)	44.2	1.5	0.0	2.0	4.9	5.09 oz	4.07 oz	3.05 oz	2.04 oz	1.02 oz
1	Sausages, Chicken, Italian, Hot, Alfresco Natural – fresh (1 link = 74 g/2.8 oz)	41.6	0.8	0.0	2.3	4.5	5.51 oz	4.41 oz	3.30 oz	2.20 oz	1.10 oz
1	Sausages, Chicken, Italian, Sweet, Alfresco Natural – fresh (1 link = 74 g/2.8 oz)	41.6	0.8	0.0	2.3	4.5	5.51 oz	4.41 oz	3.30 oz	2.20 oz	1.10 oz
1	Sausages, Chicken, Roasted Garlic & Herb, Alfresco Natural – fresh (1 link = 74 g/2.8 oz)	41.6	1.1	0.0	1.9	4.5	5.51 oz	4.41 oz	3.30 oz	2.20 oz	1.10 oz
1	Sausages, Chicken, Sweet Apple, Alfresco Natural – fresh (1 link = 74 g/2.8 oz)	41.6	1.9	0.0	1.9	4.2	6.01 oz	4.81 oz	3.61 oz	2.40 oz	1.20 oz

# PROTEINS: POULTRY, MEAT, & SEAFOOD

		Protein Macros Per 1 oz of Food					Protein Equivalents				
Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Sausages, Chicken, Sweet Apple, Trader Joe's (1 link = 68 g/2.4 oz)	49.4	2.9	0.0	2.5	4.5	5.52 oz	4.42 oz	3.31 oz	2.21 oz	1.10 oz
1	Chicken, Breasts – cooked, boneless skinless	46.2	0.0	0.0	1.0	8.7	2.87 oz	2.30 oz	1.72 oz	1.15 oz	0.57 oz
1	Chicken, Breasts – raw, boneless skinless	32.6	0.0	0.0	0.7	6.1	4.10 oz	3.28 oz	2.46 oz	1.64 oz	0.82 oz
1	Chicken, Breasts – cooked w/skin, bone removed	55.2	0.0	0.0	2.2	8.3	3.01 oz	2.41 oz	1.81 oz	1.20 oz	0.60 oz
1	Chicken, Legs – cooked w/skin, bone removed	60.5	0.0	0.0	3.1	7.6	3.29 oz	2.63 oz	1.97 oz	1.32 oz	0.66 oz
1	Chicken, Leg Quarters – raw w/skin & bone	67.5	0.0	0.0	5.3	4.8	5.21 oz	4.17 oz	3.13 oz	2.08 oz	1.04 oz
1	Chicken, Thighs – cooked, boneless skinless	58.5	0.0	0.0	3.0	7.3	3.42 oz	2.74 oz	2.05 oz	1.37 oz	0.68 oz
1	Chicken, Thighs – cooked w/skin & bone	83.3	0.0	0.0	6.3	6.3	3.97 oz	3.17 oz	2.38 oz	1.59 oz	0.79 oz
1	Chicken, Thighs – cooked w/skin, bone removed	64.0	0.0	0.0	4.0	7.0	3.57 oz	2.86 oz	2.14 oz	1.43 oz	0.71 oz
1	Chicken, Thighs – raw, boneless skinless	34.0	0.0	0.0	1.2	5.6	4.46 oz	3.57 oz	2.68 oz	1.79 oz	0.89 oz

# PROTEINS: POULTRY, MEAT, & SEAFOOD

Wt (oz)	Item	Protein Macros Per 1 oz of Food					Protein Equivalents				
		Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Chicken, Thighs – raw w/skin & bone	62.5	0.0	0.0	4.8	4.8	5.21 oz	4.17 oz	3.13 oz	2.08 oz	1.04 oz
1	Chicken, Wings – cooked w/skin, bone removed	81.2	0.0	0.0	5.4	7.5	3.33 oz	2.67 oz	2.00 oz	1.33 oz	0.67 oz
1	Egg Whites	15.0	0.5	0.0	0.0	3.0	8.33 oz	6.67 oz	5.00 oz	3.33 oz	1.67 oz
1	Eggs, Large (1 egg = 2 oz)	35.8	0.3	0.0	2.5	3.3	7.69 oz	6.15 oz	4.62 oz	3.08 oz	1.54 oz
1	Bacon, Turkey, Applegate Naturals (2 fried slices = 1.07 oz)	56.1	0.0	0.0	2.8	9.4	2.67 oz	2.14 oz	1.60 oz	1.07 oz	0.53 oz
1	Breakfast Sausage Patties, Turkey, Savory, Applegate Naturals (1 patty = 33 g/1.18 oz)	42.4	0.0	0.0	2.6	5.1	4.90 oz	3.92 oz	2.94 oz	1.96 oz	0.98 oz
1	Sausages, Turkey, Italian, Hot, Jennie-O – raw (1 link = 109 g/3.89 oz)	38.5	0.0	0.0	2.1	4.4	5.72 oz	4.58 oz	3.43 oz	2.29 oz	1.14 oz
1	Sausages, Turkey, Italian, Sweet, Jennie-O – raw (1 link = 74 g/2.8 oz)	38.5	0.0	0.0	2.1	4.6	5.41 oz	4.33 oz	3.25 oz	2.16 oz	1.08 oz
1	Turkey, 93/7 Ground – cooked	60.0	0.0	0.0	3.3	7.7	3.25 oz	2.60 oz	1.95 oz	1.30 oz	0.65 oz
1	Turkey, 93/7 Ground – raw	43.0	0.0	0.0	2.4	5.3	4.72 oz	3.77 oz	2.83 oz	1.89 oz	0.94 oz

# PROTEINS: POULTRY, MEAT, & SEAFOOD

Wt (oz)	Item	Protein Macros Per 1 oz of Food					Protein Equivalents				
		Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Turkey, 99/1 Ground – cooked	43.0	0.0	0.0	0.8	9.0	2.78 oz	2.22 oz	1.67 oz	1.11 oz	0.56 oz
1	Turkey, 99/1 Ground – raw	32.0	0.0	0.0	0.6	6.7	3.73 oz	2.99 oz	2.24 oz	1.49 oz	0.75 oz
1	Turkey, Breast – cooked w/skin, bone removed	52.9	0.0	0.0	2.1	8.0	3.13 oz	2.50 oz	1.88 oz	1.25 oz	0.63 oz
1	Turkey, Breast – cooked, skin & bone removed	37.8	0.0	0.0	0.2	8.4	2.98 oz	2.38 oz	1.79 oz	1.19 oz	0.60 oz
1	Turkey, Breast, Boar's Head – deli (multiple varieties)	30.0	0.0	0.0	0.5	6.5	3.85 oz	3.08 oz	2.31 oz	1.54 oz	0.77 oz
1	Bacon, Sunday, Applegate Naturals/Organics (2 fried slices = 14 g/0.5 oz)	140.0	0.0	0.0	10.0	12.0	2.08 oz	1.67 oz	1.25 oz	0.83 oz	0.42 oz
1	Bacon, No Sugar, Applegate Naturals/Organics (2 fried slices = 14 g/0.5 oz)	140.0	0.0	0.0	10.0	12.0	2.08 oz	1.67 oz	1.25 oz	0.83 oz	0.42 oz
1	Canadian Bacon, Hormel Natural Choice	35.0	0.5	0.0	1.0	5.5	4.55 oz	3.64 oz	2.73 oz	1.82 oz	0.91 oz
1	Ham, Black Forest, Applegate Naturals – deli	35.6	0.0	0.0	1.0	6.1	4.09 oz	3.27 oz	2.45 oz	1.64 oz	0.82 oz
1	Ham Steak, Classic Smoked, Farmer John	25.0	1.0	0.0	0.5	4.5	5.56 oz	4.44 oz	3.33 oz	2.22 oz	1.11 oz

# PROTEINS: POULTRY, MEAT, & SEAFOOD

		Protein Macros Per 1 oz of Food					Protein Equivalents				
Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Pancetta – raw	110.0	1.0	0.0	9.0	4.0	6.25 oz	5.00 oz	3.75 oz	2.50 oz	1.25 oz
1	Pepperoni, Sandwich Style, Applegate Naturals	110.0	0.0	0.0	9.0	8.0	3.13 oz	2.50 oz	1.88 oz	1.25 oz	0.63 oz
1	Pepperoni, Sandwich Style, Boar's Head – deli	130.0	1.0	0.0	11.0	6.0	4.17 oz	3.33 oz	2.50 oz	1.67 oz	0.83 oz
1	Pork, 93/7 Ground – raw	35.0	0.0	0.0	1.8	5.0	5.00 oz	4.00 oz	3.00 oz	2.00 oz	1.00 oz
1	Pork, Belly – raw	147.0	0.0	0.0	15.0	2.7	9.26 oz	7.41 oz	5.56 oz	3.70 oz	1.85 oz
1	Pork, Tenderloin – cooked, lean only	40.0	0.0	0.0	1.0	7.3	3.42 oz	2.74 oz	2.05 oz	1.37 oz	0.68 oz
1	Pork, Tenderloin – raw, lean only	30.5	0.0	0.0	0.6	5.9	4.24 oz	3.39 oz	2.54 oz	1.69 oz	0.85 oz
1	Prosciutto Di Parma	60.0	0.0	0.0	3.5	8.0	3.13 oz	2.50 oz	1.88 oz	1.25 oz	0.63 oz
1	Prosciutto, Applegate Naturals	60.0	0.0	0.0	3.5	7.0	3.57 oz	2.86 oz	2.14 oz	1.43 oz	0.71 oz
1	Salami, Genoa, Applegate Naturals	100.0	1.0	0.0	8.0	7.0	3.57 oz	2.86 oz	2.14 oz	1.43 oz	0.71 oz

# PROTEINS: POULTRY, MEAT, & SEAFOOD

		Protein Macros Per 1 oz of Food					Protein Equivalents				
Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Sausage, Chorizo, Ground, Johnsonville – raw	85.0	1.0	0.0	7.0	4.0	6.25 oz	5.00 oz	3.75 oz	2.50 oz	1.25 oz
1	Sausages, Italian, Hot, Trader Joe's – raw (1 link = 91 g/3.25 oz)	70.8	0.3	0.0	5.9	4.3	5.80 oz	4.64 oz	3.48 oz	2.32 oz	1.16 oz
1	Sausages, Italian, Sweet, Trader Joe's – raw (1 link = 91 g/3.25 oz)	92.3	0.3	0.0	8.3	4.0	6.25 oz	5.00 oz	3.75 oz	2.50 oz	1.25 Oz
1	Soppresata, Applegate Naturals	100.0	0.0	0.0	7.0	8.0	3.13 oz	2.50 oz	1.88 oz	1.25 oz	0.63 oz
1	Bone Broth, Beef	5.0	0.0	0.0	0.0	1.3	20.00 oz	16.00 oz	12.00 oz	8.00 oz	4.00 oz
1	Beef, 80/20 Ground – cooked	76.0	0.0	0.0	5.0	8.0	3.13 oz	2.50 oz	1.88 oz	1.25 oz	0.63 oz
1	Beef, 80/20 Ground – raw	72.0	0.0	0.0	5.7	4.9	5.10 oz	4.08 oz	3.06 oz	2.04 oz	1.02 oz
1	Beef, 85/15 Ground – cooked	73.0	0.0	0.0	4.3	8.0	3.13 oz	2.50 oz	1.88 oz	1.25 oz	0.63 oz
1	Beef, 85/15 Ground – raw	60.0	0.0	0.0	4.2	5.2	4.81 oz	3.85 oz	2.88 oz	1.92 oz	0.96 oz
1	Beef, 90/10 Ground – cooked	65.0	0.0	0.0	3.4	8.1	3.09 oz	2.47 oz	1.85 oz	1.23 oz	0.62 oz



# PROTEINS: POULTRY, MEAT, & SEAFOOD

		Protein Macros Per 1 oz of Food					Protein Equivalents				
Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Beef, 90/10 Ground – raw	50.0	0.0	0.0	2.8	5.7	4.39 oz	3.51 oz	2.63 oz	1.75 oz	0.88 oz
1	Beef, 93/7 Ground – cooked	57.0	0.0	0.0	2.7	8.2	3.05 oz	2.44 oz	1.83 oz	1.22 oz	0.61 oz
1	Beef, 93/7 Ground – raw	43.0	0.0	0.0	2.0	5.9	4.24 oz	3.39 oz	2.54 oz	1.69 oz	0.85 oz
1	Beef, 96/4 Ground – raw	35.0	0.0	0.0	1.1	6.0	4.17 oz	3.33 oz	2.50 oz	1.67 oz	0.83 oz
1	Beef, Steak, Flank – cooked	52.1	0.0	0.0	2.1	7.8	3.21 oz	2.56 oz	1.92 oz	1.28 oz	0.64 oz
1	Beef, Steak, Skirt – cooked	67.3	0.0	0.0	4.0	7.0	3.57 oz	2.86 oz	2.14 oz	1.43 oz	0.71 oz
1	Beef, Steak, Tenderloin (Filet Mignon) – cooked	54.0	0.0	0.0	2.2	8.0	3.13 oz	2.50 oz	1.88 oz	1.25 oz	0.63 oz
1	Beef, Steak, Top Loin (New York Strip) – trimmed & cooked	51.0	0.0	0.0	1.8	8.2	3.05 oz	2.44 oz	1.83 oz	1.22 oz	0.61 oz
1	Beef, Steak, Top Sirloin – trimmed to 0" fat, cooked	44.6	0.0	0.0	1.4	8.0	3.13 oz	2.50 oz	1.88 oz	1.25 oz	0.63 oz
1	Roast Beef, Cap-Off Top Round, Deluxe Low Sodium, Boar's Head – deli	45.0	0.5	0.0	1.5	7.5	3.33 oz	2.67 oz	2.00 oz	1.33 oz	0.67 oz

# PROTEINS: POULTRY, MEAT, & SEAFOOD

		Protein Macros Per 1 oz of Food					Protein Equivalents				
Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Roast Beef, Cap-Off Top Round, Seasoned Filet, Boar's Head – deli	45.0	0.0	0.0	1.5	7.0	3.57 oz	2.86 oz	2.14 oz	1.43 oz	0.71 oz
1	Roast Beef, Top Round, London Broil, Boar's Head – deli	35.0	0.0	0.0	1.5	6.0	4.17 oz	3.33 oz	2.50 oz	1.67 oz	0.83 oz
1	Bison, Ground, Grass Fed – cooked	50.1	0.0	0.0	2.4	7.1	3.52 oz	2.82 oz	2.11 oz	1.41 oz	0.70 oz
1	Bison, Ground – raw	47.5	0.0	0.0	2.8	5.8	4.35 oz	3.48 oz	2.61 oz	1.74 oz	0.87 oz
1	Lamb, 85/15 Ground – raw	52.5	0.0	0.0	3.3	5.5	4.55 oz	3.64 oz	2.73 oz	1.82 oz	0.91 oz
1	Catfish, Farmed – cooked	42.6	0.0	0.0	2.2	5.2	4.81 oz	3.85 oz	2.88 oz	1.92 oz	0.96 oz
1	Catfish, Wild – cooked	29.4	0.0	0.0	0.8	5.2	4.81 oz	3.85 oz	2.88 oz	1.92 oz	0.96 oz
1	Clams – cooked	41.4	1.4	0.0	0.5	7.2	3.47 oz	2.78 oz	2.08 oz	1.39 oz	0.69 oz
1	Cod, Atlantic or Pacific – cooked	29.4	0.0	0.0	0.2	6.4	3.91 oz	3.13 oz	2.34 oz	1.56 oz	0.78 oz
1	Crab , Blue – cooked	28.6	0.0	0.0	0.5	5.7	4.39 oz	3.51 oz	2.63 oz	1.75 oz	0.88 oz

# PROTEINS: POULTRY, MEAT, & SEAFOOD

		Protein Macros Per 1 oz of Food					Protein Equivalents				
Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Crab, Alaska King – cooked	27.2	0.0	0.0	0.4	5.4	4.63 oz	3.70 oz	2.78 oz	1.85 oz	0.93 oz
1	Crab, Dungeness – cooked	30.8	0.3	0.0	0.3	6.2	4.03 oz	3.23 oz	2.42 oz	1.61 oz	0.81 oz
1	Crab, Queen (Snow) – cooked	32.2	0.0	0.0	0.4	6.6	3.79 oz	3.03 oz	2.27 oz	1.52 oz	0.76 oz
1	Haddock – cooked	31.4	0.0	0.0	0.3	6.8	3.68 oz	2.94 oz	2.21 oz	1.47 oz	0.74 oz
1	Halibut, Atlantic or Pacific – cooked	39.2	0.0	0.0	0.8	7.5	3.33 oz	2.67 oz	2.00 oz	1.33 oz	0.67 oz
1	Lobster, Northern – cooked	27.4	0.4	0.0	0.2	5.7	4.39 oz	3.51 oz	2.63 oz	1.75 oz	0.88 oz
1	Lobster, Spiny (Rock) – cooked	40.0	0.9	0.0	0.5	7.4	3.38 oz	2.70 oz	2.03 oz	1.35 oz	0.68 oz
1	Mahi Mahi – cooked	30.5	0.0	0.0	0.3	6.6	3.79 oz	3.03 oz	2.27 oz	1.52 oz	0.76 oz
1	Mussels, Blue – cooked	48.2	2.1	0.0	1.3	6.7	3.73 oz	2.99 oz	2.24 oz	1.49 oz	0.75 oz
1	Salmon, Atlantic, Farmed – cooked	57.7	0.0	0.0	3.5	6.2	4.03 oz	3.23 oz	2.42 oz	1.61 oz	0.81 oz

# PROTEINS: POULTRY, MEAT, & SEAFOOD

Wt (oz)	Item	Protein Macros Per 1 oz of Food					Protein Equivalents				
		Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Salmon, Atlantic, Wild – cooked	51.7	0.0	0.0	2.3	7.3	3.42 oz	2.74 oz	2.05 oz	1.37 oz	0.68 oz
1	Salmon, Coho, Farmed – cooked	49.8	0.0	0.0	2.3	6.8	3.68 oz	2.94 oz	2.21 oz	1.47 oz	0.74 oz
1	Salmon, Coho, Wild – cooked	38.9	0.0	0.0	1.2	6.6	3.79 oz	3.03 oz	2.27 oz	1.52 oz	0.76 oz
1	Salmon, Sockeye – cooked	44.3	0.0	0.0	1.6	7.7	3.25 oz	2.60 oz	1.95 oz	1.30 oz	0.65 oz
1	Salmon, Sockeye, Wild Alaskan – smoked	30.0	1.0	0.0	0.3	6.0	4.17 oz	3.33 oz	2.50 oz	1.67 oz	0.83 oz
1	Salmon, Sockeye, Wild – Nova smoked	80.0	0.0	0.0	3.5	12.0	2.08 oz	1.67 oz	1.25 oz	0.83 oz	0.42 oz
1	Scallops, Bay or Sea – cooked	31.4	0.0	0.0	0.4	6.5	3.85 oz	3.08 oz	2.31 oz	1.54 oz	0.77 oz
1	Sea Bass – cooked	34.7	0.0	0.0	0.7	6.6	3.79 oz	3.03 oz	2.27 oz	1.52 oz	0.76 oz
1	Shrimp – cooked	25.7	0.0	0.0	0.3	5.7	4.39 oz	3.51 oz	2.63 oz	1.75 oz	0.88 oz
1	Swordfish – cooked	43.4	0.0	0.0	1.4	7.1	3.52 oz	2.82 oz	2.11 oz	1.41 oz	0.70 oz

# PROTEINS: POULTRY, MEAT, & SEAFOOD

Wt (oz)	Item	Protein Macros Per 1 oz of Food					Protein Equivalents				
		Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Tilapia – cooked	35.8	0.0	0.0	0.7	7.3	3.42 oz	2.74 oz	2.05 oz	1.37 oz	0.68 oz
1	Tuna, Skipjack, Wild Planet – canned	30.0	0.0	0.0	0.3	7.0	3.57 oz	2.86 oz	2.14 oz	1.43 oz	0.71 oz
1	Tuna, Yellowfin (Ahi) – cooked	38.9	0.0	0.0	0.3	8.4	2.98 oz	2.38 oz	1.79 oz	1.19 oz	0.60 oz
1	Tuna, Yellowfin (Ahi) – raw, sushi-grade	30.5	0.0	0.0	0.3	6.6	3.79 oz	3.03 oz	2.27 oz	1.52 oz	0.76 oz
1	Amaebi (Sweet Shrimp) – sashimi	30.0	0.2	0.0	0.5	5.8	4.31 oz	3.45 oz	2.59 oz	1.72 oz	0.86 oz
1	Anago (Conger Eel) – sashimi	67.0	0.0	0.0	4.2	6.7	3.73 oz	2.99 oz	2.24 oz	1.49 oz	0.75 oz
1	Awabi (Abalone) – sashimi	30.0	1.7	0.0	0.2	4.8	5.21 oz	4.17 oz	3.13 oz	2.08 oz	1.04 oz
1	Buri (Yellowtail) – sashimi	41.0	0.0	0.0	1.5	6.6	3.79 oz	3.03 oz	2.27 oz	1.52 oz	0.76 oz
1	Hirame (Flounder) – sashimi	26.0	0.0	0.0	0.3	5.3	4.72 oz	3.77 oz	2.83 oz	1.89 oz	0.94 oz
1	Ika (Squid) – sashimi	26.0	0.9	0.0	0.4	4.4	5.68 oz	4.55 oz	3.41 oz	2.27 oz	1.14 oz

# PROTEINS: POULTRY, MEAT, & SEAFOOD

		Protein Macros Per 1 oz of Food					Protein Equivalents				
Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Ikura (Salmon Roe) – sashimi	19.0	0.2	0.9	0.0	3.1	8.06 oz	6.45 oz	4.84 oz	3.23 oz	1.61 oz
1	Kani (Real King Crab Leg) – sashimi	27.0	0.0	0.0	0.4	5.5	4.55 oz	3.64 oz	2.73 oz	1.82 oz	0.91 oz
1	Kani/Surimi (Fake King Crab Leg) – sashimi	27.0	4.3	0.0	0.1	2.2	11.36 oz	9.09 oz	6.82 oz	4.55 oz	2.27 oz
1	Katsuo (Skipjack, Bonito) – sashimi	29.0	0.0	0.0	0.3	6.2	4.03 oz	3.23 oz	2.42 oz	1.61 oz	0.81 oz
1	Maguro (Bluefin Tuna) – sashimi	40.0	0.0	0.0	1.4	6.6	3.79 oz	3.03 oz	2.27 oz	1.52 oz	0.76 oz
1	Saba (Mackerel) – sashimi	58.0	0.0	0.0	3.9	5.3	4.72 oz	3.77 oz	2.83 oz	1.89 oz	0.94 oz
1	Sake (Farmed Salmon) – sashimi	52.0	0.0	0.0	3.1	5.6	4.46 oz	3.57 oz	2.68 oz	1.79 oz	0.89 oz
1	Sake (Wild Salmon) – sashimi	40.0	0.0	0.0	1.8	5.6	4.46 oz	3.57 oz	2.68 oz	1.79 oz	0.89 oz
1	Shiro Maguro (Albacore White Tuna) – sashimi	49.0	0.0	0.0	2.1	7.2	3.47 oz	2.78 oz	2.08 oz	1.39 oz	0.69 oz
1	Shirauo (Whitefish) – sashimi	21.0	0.0	0.0	1.7	5.4	4.63 oz	3.70 oz	2.78 oz	1.85 oz	0.93 oz

# PROTEINS: POULTRY, MEAT, & SEAFOOD

Wt (oz)	Item	Protein Macros Per 1 oz of Food					Protein Equivalents				
		Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Suzuki (Sea Bass) – sashimi	22.0	0.0	0.0	0.6	5.2	4.81 oz	3.85 oz	2.88 oz	1.92 oz	0.96 oz
1	Tai (Red Snapper) – sashimi	22.0	0.0	0.0	0.4	5.8	4.31 oz	3.45 oz	2.59 oz	1.72 oz	0.86 oz
1	Tako (Octopus) – sashimi	46.0	1.3	0.0	0.6	8.5	2.94 oz	2.35 oz	1.76 oz	1.18 oz	0.59 oz
1	Uni (Sea Urchin) – sashimi	34.0	0.0	0.0	1.1	3.2	7.81 oz	6.25 oz	4.69 oz	3.13 oz	1.56 oz

# PROTEINS: VEGETARIAN SOURCES





# PROTEINS: VEGETARIAN SOURCES

		Protein Macros Per 1 oz of Food					Protein Equivalents				
Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Cheese, Blue, Cambozola, Triple Cream	120.0	0.0	0.0	12.0	4.0	6.25 oz	5.00 oz	3.75 oz	2.50 oz	1.25 oz
1	Cheese, Blue, Gorgonzola, Boar's Head – crumbles	110.0	1.0	0.0	9.0	6.0	4.17 oz	3.33 oz	2.50 oz	1.67 oz	0.83 oz
1	Cheese, Brie, Goat Milk	90.0	1.0	0.0	7.0	6.0	4.17 oz	3.33 oz	2.50 oz	1.67 oz	0.83 oz
1	Cheese, Brie, Triple Creme	110.0	1.0	0.0	10.0	5.0	5.00 oz	4.00 oz	3.00 oz	2.00 oz	1.00 oz
1	Cheese, Cheddar – block	110.0	0.0	0.0	9.0	7.0	3.57 oz	2.86 oz	2.14 oz	1.43 oz	0.71 oz
1	Cheese, Cheddar, Mild or Sharp – shredded	110.0	1.0	0.0	9.0	6.0	4.17 oz	3.33 oz	2.50 oz	1.67 oz	0.83 oz
1	Cheese, Cotija	100.0	0.0	0.0	8.0	6.0	4.17 oz	3.33 oz	2.50 oz	1.67 oz	0.83 oz
1	Cheese, Comte	120.0	0.0	0.0	9.0	8.0	3.13 oz	2.50 oz	1.88 oz	1.25 oz	0.63 oz
1	Cheese, Cream	100.0	1.0	0.0	9.0	2.0	12.50 oz	10.00 oz	7.50 oz	5.00 oz	2.50 oz
1	Cheese, Feta, Boar's Head – crumbles	60.0	1.0	0.0	4.0	5.0	5.00 oz	4.00 oz	3.00 oz	2.00 oz	1.00 oz
1	Cheese, Goat – fresh	75.0	0.0	0.0	6.0	5.0	5.00 oz	4.00 oz	3.00 oz	2.00 oz	1.00 oz
1	Cheese, Goat, Vermont Creamery – crumbles	70.0	1.0	0.0	6.0	5.0	5.00 oz	4.00 oz	3.00 oz	2.00 oz	1.00 oz

# PROTEINS: VEGETARIAN SOURCES

		Protein Macros Per 1 oz of Food					Protein Equivalents				
Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Cheese, Gruyere	116.0	0.1	0.0	9.1	8.3	3.01 oz	2.41 oz	1.81 oz	1.20 oz	0.60 oz
1	Cheese, Manchego	90.0	0.0	0.0	7.0	7.0	3.57 oz	2.86 oz	2.14 oz	1.43 oz	0.71 oz
1	Cheese, Mascarpone	120.0	0.0	0.0	14.0	2.0	12.50 oz	10.00 oz	7.50 oz	5.00 oz	2.50 oz
1	Cheese, Monterey Jack – shredded	100.0	1.0	0.0	8.0	6.0	4.17 oz	3.33 oz	2.50 oz	1.67 oz	0.83 oz
1	Cheese, Mozzarella – fresh	70.0	1.0	0.0	5.0	5.0	5.00 oz	4.00 oz	3.00 oz	2.00 oz	1.00 oz
1	Cheese, Mozzarella – shredded	81.0	1.0	0.0	6.0	7.0	3.57 oz	2.86 oz	2.14 oz	1.43 oz	0.71 oz
1	Cheese, Mozzarella, Buffalo – fresh	75.0	0.0	0.0	6.0	5.0	5.00 oz	4.00 oz	3.00 oz	2.00 oz	1.00 oz
1	Cheese, Neufchatel (1/3 Less Fat Cream Cheese)	70.0	1.0	0.0	6.0	2.0	12.50 oz	10.00 oz	7.50 oz	5.00 oz	2.50 oz
1	Cheese, Provolone, Mild	110.0	0.0	0.0	8.0	7.0	3.57 oz	2.86 oz	2.14 oz	1.43 oz	0.71 oz
1	Cheese, Provolone, Sharp	110.0	0.0	0.0	9.0	7.0	3.57 oz	2.86 oz	2.14 oz	1.43 oz	0.71 oz
1	Cheese, Queso Fresco	80.0	0.0	0.0	6.0	6.0	4.17 oz	3.33 oz	2.50 oz	1.67 oz	0.83 oz
1	Cheese, Parmesan – shredded	110.0	0.0	0.0	7.0	10.0	2.50 oz	2.00 oz	1.50 oz	1.00 oz	0.50 oz

# PROTEINS: VEGETARIAN SOURCES

Wt (oz)	Item	Protein Macros Per 1 oz of Food					Protein Equivalents				
		Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Cheese, Ricotta, Part-Skim	40.7	1.8	0.0	2.7	2.7	9.23 oz	7.38 oz	5.54 oz	3.69 oz	1.85 oz
1	Cheese, String (28 g = 1 piece)	80.0	1.0	0.0	6.0	8.0	3.13 oz	2.50 oz	1.88 oz	1.25 oz	0.63 oz
1	Cottage Cheese, 1%	20.2	0.8	0.0	0.3	3.5	7.14 oz	5.71 oz	4.29 oz	2.86 oz	1.43 oz
1	Cottage Cheese, 2%	24.1	1.0	0.0	0.7	3.3	7.58 oz	6.06 oz	4.55 oz	3.03 oz	1.52 oz
1	Cottage Cheese, 4%	27.3	1.0	0.0	1.2	3.2	7.76 oz	6.21 oz	4.66 oz	3.11 oz	1.55 oz
1	Cottage Cheese, Fat Free	17.4	1.2	0.0	0.0	3.2	7.76 oz	6.21 oz	4.66 oz	3.11 oz	1.55 oz
1	Milk, Whole	18.8	1.5	0.0	1.0	1.0	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Milk, 2%	16.3	1.6	0.0	0.6	1.0	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Milk, 1%	13.8	1.6	0.0	0.3	1.0	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Milk, Skim	10.0	1.6	0.0	0.0	1.0	25.00 oz	20.00 oz	15.00 oz	10.00 oz	5.00 oz
1	Yogurt, Greek, Plain, Non-Fat, Chobani	14.8	1.1	0.0	0.0	2.7	9.23 oz	7.38 oz	5.54 oz	3.69 oz	1.85 oz
1	Yogurt, Greek, Plain, Non-Fat, Chobani (single-serve = 5.3 oz)	15.1	1.1	0.0	0.0	2.8	8.83 oz	7.07 oz	5.30 oz	3.53 oz	1.77 oz

# PROTEINS: VEGETARIAN SOURCES

Wt (oz)	Item	Protein Macros Per 1 oz of Food					Protein Equivalents				
		Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Yogurt, Greek, Plain, 0%, Fage Total (single-serve = 6 oz)	15.0	0.8	0.0	0.0	3.0	8.33 oz	6.67 oz	5.00 oz	3.33 oz	1.67 oz
1	Yogurt, Greek, Plain, 2%, Fage Total	19.8	0.8	0.0	0.6	2.8	8.93 oz	7.14 oz	5.36 oz	3.57 oz	1.79 oz
1	Yogurt, Greek, Plain, 5%, Fage Total	0.9	0.8	0.0	1.5	2.5	10.12 oz	8.10 oz	6.07 oz	4.05 oz	2.02 oz
1	Yogurt, Greek, Vanilla, Non-Fat, Chobani	21.0	2.7	0.1	0.0	2.5	10.12 oz	8.10 oz	6.07 oz	4.05 oz	2.02 oz
1	Yogurt (Skyr), Icelandic, Plain, 0%, Siggi's	16.8	1.1	0.0	0.0	3.0	8.36 oz	6.69 oz	5.02 oz	3.34 oz	1.67 oz
1	Yogurt (Skyr), Icelandic, Vanilla, 0%, Siggi's	20.5	2.2	0.0	0.0	2.8	8.93 oz	7.14 oz	5.36 oz	3.57 oz	1.79 oz
1	Beans, Black – canned	26.0	4.2	1.5	0.2	1.6	15.63 oz	12.50 oz	9.38 oz	6.25 oz	3.13 oz
1	Beans, Black – cooked	37.0	6.6	2.4	0.2	2.5	10.00 oz	8.00 oz	6.00 oz	4.00 oz	2.00 oz
1	Beans, Black Turtle – cooked	36.4	6.8	1.5	0.1	2.3	10.87 oz	8.70 oz	6.52 oz	4.35 oz	2.17 oz
1	Beans, Garbanzo (Chickpeas) – canned	30.0	4.9	1.1	0.2	1.6	15.63 oz	12.50 oz	9.38 oz	6.25 oz	3.13 oz
1	Beans, Garbanzo (Chickpeas) – cooked	46.0	7.8	2.2	0.7	2.5	10.00 oz	8.00 oz	6.00 oz	4.00 oz	2.00 oz
1	Beans, Great Northern – canned	31.9	5.9	1.4	0.1	2.1	11.90 oz	9.52 oz	7.14 oz	4.76 oz	2.38 oz

# PROTEINS: VEGETARIAN SOURCES

		Protein Macros Per 1 oz of Food					Protein Equivalents				
Wt (oz)	Item	Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Beans, Kidney – canned	23.5	4.5	1.5	0.2	1.5	16.67 oz	13.33 oz	10.00 oz	6.67 oz	3.33 oz
1	Beans, Kidney – cooked	35.6	6.4	1.8	0.1	2.4	10.42 oz	8.33 oz	6.25 oz	4.17 oz	2.08 oz
1	Beans, Pinto – canned	24.1	4.3	1.3	0.2	1.4	17.86 oz	14.29 oz	10.71 oz	7.14 oz	3.57 oz
1	Burger, Plant-Based, Beyond Meat	62.5	0.8	0.5	4.5	5.0	5.00 oz	4.00 oz	3.00 oz	2.00 oz	1.00 oz
1	Edamame – shelled	31.0	3.0	1.3	1.0	3.0	8.33 oz	6.67 oz	5.00 oz	3.33 oz	1.67 oz
1	Pasta, Fettuccine, Edamame & Mung Bean, Explore Asia – dry	90.0	10.0	7.0	2.0	12.0	2.08 oz	1.67 oz	1.25 oz	0.83 oz	0.42 oz
1	Pasta, Spaghetti, Black Bean, Explore Asia – dry	90.0	9.5	5.5	1.5	12.5	2.00 oz	1.60 oz	1.20 oz	0.80 oz	0.40 oz
1	Pasta, Spaghetti, Edamame, Explore Asia – dry	90.0	10.0	6.5	1.8	12.0	2.08 oz	1.67 oz	1.25 oz	0.83 oz	0.42 oz
1	Seitan, Traditional, Sweet Earth	45.0	2.0	0.5	1.0	7.5	3.33 oz	2.67 oz	2.00 oz	1.33 oz	0.67 oz
1	Sprouts, Mung Bean – fresh	8.4	1.6	0.5	0.0	0.8	30.86 oz	24.69 oz	18.52 oz	12.35 oz	6.17 oz
1	Tempeh, Original, Lightlife	46.7	3.3	2.3	1.5	5.3	4.69 oz	3.75 oz	2.81 oz	1.88 oz	0.94 oz
1	Tofu, Extra Firm, Nasoya	26.7	1.0	0.3	1.3	3.0	8.33 oz	6.67 oz	5.00 oz	3.33 oz	1.67 oz

# PROTEINS: VEGETARIAN SOURCES

Wt (oz)	Item	Protein Macros Per 1 oz of Food					Protein Equivalents				
		Cal	C	FB	F	P	25 g	20 g	15 g	10 g	5 g
1	Tofu, Extra Firm, Tempt Hemp	42.5	1.3	1.0	3.0	3.8	6.67 oz	5.33 oz	4.00 oz	2.67 oz	1.33 oz
1	Tofu, Organic, Trader Joe San	20.0	0.0	0.0	1.0	2.7	9.36 oz	7.49 oz	5.62 oz	3.75 oz	1.87 oz

# FATS



# F A T S

## Fat Macros Per 1 oz of Food

## Fat Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	15 g	10 g	5 g	2.5 g
1	Almond Butter, Justin's Classic – roasted (2 Tbsp = 32 g/1.14 oz)	193.0	4.4	2.6	16.6	5.3	0.90 oz	0.60 oz	0.30 oz	0.15 oz
1	Almonds – raw	160.0	6.0	3.5	14.0	6.0	1.07 oz	0.71 oz	0.36 oz	0.18 oz
1	Avocado	45.0	2.4	1.9	4.2	0.6	3.57 oz	2.38 oz	1.19 oz	0.60 oz
1	Cashews – raw	157.0	9.0	1.0	12.0	5.0	1.25 oz	0.83 oz	0.42 oz	0.21 oz
1	Coconut, Unsweetened, Bob's Red Mill – shredded (1 Tbsp = 15 g/0.18 oz)	186.7	7.5	5.6	16.8	1.9	0.89 oz	0.60 oz	0.30 oz	0.15 oz
1	Hazelnuts	178.0	4.7	2.7	17.0	4.2	0.88 oz	0.59 oz	0.29 oz	0.15 oz
1	Macadamia Nuts	204.0	4.0	2.4	21.0	2.2	0.71 oz	0.48 oz	0.24 oz	0.12 oz
1	Peanut Butter, Justin's Classic – roasted (2 Tbsp = 32 g/1.14 oz)	184.2	5.3	0.9	15.8	6.1	0.95 oz	0.63 oz	0.32 oz	0.16 oz
1	Peanuts (all types) – raw	161.0	4.6	2.4	14.0	7.3	1.07 oz	0.71 oz	0.36 oz	0.18 oz
1	Pecans	196.0	3.9	2.7	20.0	2.6	0.75 oz	0.50 oz	0.25 oz	0.13 oz
1	Pine Nuts (Pignolis)	191.0	3.7	1.0	19.0	3.9	0.79 oz	0.53 oz	0.26 oz	0.13 oz
1	Pistachios – shelled	159.0	7.7	3.0	13.0	5.7	1.15 oz	0.77 oz	0.38 oz	0.19 oz



# F A T S

## Fat Macros Per 1 oz of Food

## Fat Equivalents

Wt (oz)	Item	Fat Macros Per 1 oz of Food					Fat Equivalents			
		Cal	C	FB	F	P	15 g	10 g	5 g	2.5 g
1	Walnuts – raw	183.0	3.8	1.9	18.3	4.3	0.82 oz	0.55 oz	0.27 oz	0.14 oz
1	Cacao Nibs – raw	177.3	1.6	7.5	14.0	3.7	1.07 oz	0.71 oz	0.36 oz	0.18 oz
1	Chocolate, Dark, 85% Cocoa, Lindt Excellence	158.7	10.3	3.7	13.1	3.7	1.15 oz	0.77 oz	0.38 oz	0.19 oz
1	Chocolate Chips, Dark, 55% Cocoa, Lily's	100.0	18.0	8.0	9.0	2.0	1.67 oz	1.11 oz	0.56 oz	0.28 oz
1	Chocolate, Unsweetened, 100% Cacao, Baker's (1 piece = 7 g/0.25 oz)	180.0	8.0	6.0	14.0	4.0	1.07 oz	0.71 oz	0.36 oz	0.18 oz
1	Chia Seeds	140.0	10.8	10.8	7.5	6.5	1.99 oz	1.33 oz	0.66 oz	0.33 oz
1	Flax Seeds, Brown	153.6	9.0	7.2	9.9	5.4	1.51 oz	1.01 oz	0.50 oz	0.25 oz
1	Flax Seeds, Golden	153.6	9.0	7.2	9.9	5.4	1.51 oz	1.01 oz	0.50 oz	0.25 oz
1	Hemp Seeds (Hemp Hearts) – hulled	160.0	3.0	3.0	12.0	10.0	1.25 oz	0.83 oz	0.42 oz	0.21 oz
1	Pumpkin Seed Kernels (Pepitas)	151.0	5.0	1.1	12.8	6.9	1.17 oz	0.78 oz	0.39 oz	0.20 oz
1	Sesame Paste (Tahini)	167.0	5.9	2.6	15.1	4.8	0.99 oz	0.66 oz	0.33 oz	0.17 oz
1	Sesame Seeds	161.8	6.5	3.4	14.0	5.0	1.07 oz	0.71 oz	0.36 oz	0.18 oz

# F A T S

## Fat Macros Per 1 oz of Food

## Fat Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	Fat Equivalents			
							15 g	10 g	5 g	2.5 g
1	Sunflower Seed Kernels	164.0	5.6	2.4	14.4	5.8	1.04 oz	0.69 oz	0.35 oz	0.17 oz
1	Cheese, Blue, Cambozola, Triple Cream	120.0	0.0	0.0	12.0	4.0	1.25 oz	0.83 oz	0.42 oz	0.21 oz
1	Cheese, Blue, Gorgonzola, Boar's Head – crumbles	110.0	1.0	0.0	9.0	6.0	1.67 oz	1.11 oz	0.56 oz	0.28 oz
1	Cheese, Brie, Goat Milk	90.0	1.0	0.0	7.0	6.0	2.14 oz	1.43 oz	0.71 oz	0.36 oz
1	Cheese, Brie, Triple Creme	110.0	1.0	0.0	10.0	5.0	1.50 oz	1.00 oz	0.50 oz	0.25 oz
1	Cheese, Cheddar – block	110.0	0.0	0.0	9.0	7.0	1.67 oz	1.11 oz	0.56 oz	0.28 oz
1	Cheese, Cheddar, Mild or Sharp – shredded	110.0	1.0	0.0	9.0	6.0	1.67 oz	1.11 oz	0.56 oz	0.28 oz
1	Cheese, Cotija	100.0	0.0	0.0	8.0	6.0	1.88 oz	1.25 oz	0.63 oz	0.31 oz
1	Cheese, Comte	120.0	0.0	0.0	9.0	8.0	1.67 oz	1.11 oz	0.56 oz	0.28 oz
1	Cheese, Cream	100.0	1.0	0.0	9.0	2.0	1.67 oz	1.11 oz	0.56 oz	0.28 oz
1	Cheese, Feta, Boar's Head – crumbles	60.0	1.0	0.0	4.0	5.0	3.75 oz	2.50 oz	1.25 oz	0.63 oz
1	Cheese, Goat – fresh	75.0	0.0	0.0	6.0	5.0	2.50 oz	1.67 oz	0.83 oz	0.42 oz

# F A T S

## Fat Macros Per 1 oz of Food

## Fat Equivalents

Wt (oz)	Item	Cal	C	FB	F	P	Fat Equivalents			
							15 g	10 g	5 g	2.5 g
1	Cheese, Goat, Vermont Creamery – crumbles	70.0	1.0	0.0	6.0	5.0	2.50 oz	1.67 oz	0.83 oz	0.42 oz
1	Cheese, Gruyere	116.0	0.1	0.0	9.1	8.3	1.65 oz	1.10 oz	0.55 oz	0.27 oz
1	Cheese, Manchego	90.0	0.0	0.0	7.0	7.0	2.14 oz	1.43 oz	0.71 oz	0.36 oz
1	Cheese, Mascarpone	120.0	0.0	0.0	14.0	2.0	1.07 oz	0.71 oz	0.36 oz	0.18 oz
1	Cheese, Monterey Jack – shredded	100.0	1.0	0.0	8.0	6.0	1.88 oz	1.25 oz	0.63 oz	0.31 oz
1	Cheese, Mozzarella – fresh	70.0	1.0	0.0	5.0	5.0	3.00 oz	2.00 oz	1.00 oz	0.50 oz
1	Cheese, Mozzarella – shredded	81.0	1.0	0.0	6.0	7.0	2.50 oz	1.67 oz	0.83 oz	0.42 oz
1	Cheese, Mozzarella, Buffalo – fresh	75.0	0.0	0.0	6.0	5.0	2.50 oz	1.67 oz	0.83 oz	0.42 oz
1	Cheese, Neufchatel (1/3 Less Fat Cream Cheese)	70.0	1.0	0.0	6.0	2.0	2.50 oz	1.67 oz	0.83 oz	0.42 oz
1	Cheese, Provolone, Mild	110.0	0.0	0.0	8.0	7.0	1.88 oz	1.25 oz	0.63 oz	0.31 oz
1	Cheese, Provolone, Sharp	110.0	0.0	0.0	9.0	7.0	1.67 oz	1.11 oz	0.56 oz	0.28 oz
1	Cheese, Queso Fresco	80.0	0.0	0.0	6.0	6.0	2.50 oz	1.67 oz	0.83 oz	0.42 oz

# F A T S

## Fat Macros Per 1 oz of Food

## Fat Equivalents

Wt (oz)	Item	Fat Macros Per 1 oz of Food					Fat Equivalents			
		Cal	C	FB	F	P	15 g	10 g	5 g	2.5 g
1	Cheese, Parmesan – shredded	110.0	0.0	0.0	7.0	10.0	2.14 oz	1.43 oz	0.71 oz	0.36 oz
1	Cheese, Ricotta, Part-Skim	40.7	1.8	0.0	2.7	2.7	5.54 oz	3.69 oz	1.85 oz	0.92 oz
1	Cheese, String (28 g = 1 piece)	80.0	1.0	0.0	6.0	8.0	2.50 oz	1.67 oz	0.83 oz	0.42 oz
1	Cottage Cheese, 2%	24.1	1.0	0.0	0.7	3.3	21.43 oz	14.29 oz	7.14 oz	3.57 oz
1	Pepperoni, Natural Choice, Hormel	140.0	0.0	0.0	13.1	4.7	1.15 oz	0.77 oz	0.38 oz	0.19 oz
1	Pepperoni, Sandwich Style, Applegate Naturals	110.0	0.0	0.0	9.0	8.0	1.67 oz	1.11 oz	0.56 oz	0.28 oz
1	Pepperoni, Sandwich Style, Boar's Head – deli	130.0	1.0	0.0	11.0	6.0	1.36 oz	0.91 oz	0.45 oz	0.23 oz
1	Salami, Genoa, Applegate Naturals	100.0	1.0	0.0	8.0	7.0	1.88 oz	1.25 oz	0.63 oz	0.31 oz
1	Salami, Genoa, Boar's Head – deli	95.0	0.5	0.0	7.5	6.0	2.00 oz	1.33 oz	0.67 oz	0.33 oz
1	Salami, Hard, Boar's Head – deli	110.0	1.0	0.0	9.0	6.0	1.67 oz	1.11 oz	0.56 oz	0.28 oz
1	Soppressata, Applegate Naturals	100.0	0.0	0.0	7.0	8.0	2.14 oz	1.43 oz	0.71 oz	0.36 oz
1	Avocado Oil	248.0	0.0	0.0	28.0	0.0	0.54 oz	0.36 oz	0.18 oz	0.09 oz

# F A T S

## Fat Macros Per 1 oz of Food

## Fat Equivalents

Wt (oz)	Item	Fat Macros Per 1 oz of Food					Fat Equivalents			
		Cal	C	FB	F	P	15 g	10 g	5 g	2.5 g
1	Coconut Oil	260.0	0.0	0.0	28.0	0.0	0.54 oz	0.36 oz	0.18 oz	0.09 oz
1	Coconut Butter (Manna)	200.0	6.0	4.0	18.0	2.0	0.83 oz	0.56 oz	0.28 oz	0.14 oz
1	Cod Liver Oil	253.0	0.0	0.0	28.0	0.0	0.54 oz	0.36 oz	0.18 oz	0.09 oz
1	Mayonnaise, Avocado Oil, Primal Kitchen (1 Tbsp = 15 g/0.54 oz)	186.7	0.0	0.0	22.4	0.0	0.67 oz	0.45 oz	0.22 oz	0.11 oz
1	MCT Oil (1 Tbsp = 15 g/0.54 oz)	242.7	0.0	0.0	26.1	0.0	0.57 oz	0.38 oz	0.19 oz	0.10 oz
1	Olive Oil, Kasandrinos Extra Virgin (1 Tbsp = 15 g/0.54 oz)	224.0	0.0	0.0	26.1	0.0	0.57 oz	0.38 oz	0.19 oz	0.10 oz
1	Olives, Black – pitted	74.7	1.9	0.0	7.5	0.0	2.01 oz	1.34 oz	0.67 oz	0.33 oz
1	Olives, Kalamata – pitted	74.7	1.9	0.0	7.5	0.0	2.01 oz	1.34 oz	0.67 oz	0.33 oz
1	Pesto, Basil, Mezzetta – jarred (2 Tbsp = 30 g/1.07 oz)	140.0	0.9	0.9	14.9	1.9	1.00 oz	0.67 oz	0.33 oz	0.17 oz
1	Sesame Oil (1 Tbsp = 15 g/0.54 oz)	252.0	0.0	0.0	28.0	0.0	0.54 oz	0.36 oz	0.18 oz	0.09 oz
1	Almond Milk, Unsweetened	3.8	0.1	0.1	0.3	0.1	48.39 oz	32.26 oz	16.13 oz	8.06 oz
1	Butter (1 Tbsp = 14 g/0.5 oz)	200.0	0.0	0.0	24.0	0.0	0.63 oz	0.42 oz	0.21 oz	0.10 oz

# F A T S

## Fat Macros Per 1 oz of Food

## Fat Equivalents

Wt (oz)	Item	Fat Macros Per 1 oz of Food					Fat Equivalents			
		Cal	C	FB	F	P	15 g	10 g	5 g	2.5 g
1	Coconut Milk, Full Fat – canned	49.0	0.7	0.0	5.3	0.4	2.86 oz	1.90 oz	0.95 oz	0.48 oz
1	Coconut Milk, Unsweetened	5.0	0.1	0.0	0.5	0.0	30.00 oz	20.00 oz	10.00 oz	5.00 oz
1	Cream, Heavy Whipping	93.3	0.0	0.0	11.2	0.0	1.34 oz	0.89 oz	0.45 oz	0.22 oz
1	Cream, Sour	56.0	0.9	0.0	4.7	0.9	3.21 oz	2.14 oz	1.07 oz	0.54 oz
1	Crème Fraiche	100.0	1.0	0.0	11.0	1.0	1.36 oz	0.91 oz	0.45 oz	0.23 oz
1	Ghee (1 Tbsp = 15 g/0.54 oz)	252.0	0.0	0.0	28.0	0.0	0.54 oz	0.36 oz	0.18 oz	0.09 oz
1	Half & Half	37.3	0.9	0.0	3.3	0.9	4.59 oz	3.06 oz	1.53 oz	0.76 oz
1	Milk, Whole	18.8	1.5	0.0	1.0	1.0	15.00 oz	10.00 oz	5.00 oz	2.50 oz
1	Yogurt, Almond Milk, Unsweetened, Plain, Kite Hill	23.3	0.8	0.5	2.0	0.8	7.50 oz	5.00 oz	2.50 oz	1.25 oz
1	Yogurt, Coconut Milk, Dairy Free, Plain, Follow Your Heart	24.3	1.9	1.5	2.1	0.2	7.32 oz	4.88 oz	2.44 oz	1.22 oz

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