

# *Nutrition Guide*

Start Living  
Right



Here is a **nutrition guide with foods** you should be eating on a **daily basis**.

Feel free to print it and use for your reference.

# Protein

FOOD	QUANTITY (ounces)	WEIGHT (grams)	CALORIES	PROTEIN	CARBS	FAT
<b>Chicken breast</b> (skinless, uncooked)	6 oz	170	177	33	0	3
<b>Clams</b> (raw)	1 cup	227	168	29	5.8	2.2
<b>Crab</b> (raw)	4 oz	113	95	20	0	0.7
<b>Cod fish</b> (raw)	4 oz	113	93	20	0	0.8
<b>Egg whites</b> (without the yolk)	6 eggs	198	103	21	1.45	0
<b>Eggs</b> (whole, with the yolk)	1 egg	50	74	6.29	0.38	5
<b>Halibut fish</b> (raw)	8 oz	226	249	47	0	5
<b>Lobster</b> (raw)	6 oz	170	134	28	1.75	0.8
<b>Mussels</b> (raw)	6 oz	170	146	20	6	3.8
<b>Protein powder</b> (Casein)	1 scoop	1 scoop	120	24	3	1
<b>Protein powder</b> (soy)	1 scoop	1 scoop	120	25	2	1.5
<b>Protein powder</b> (Whey)	1 scoop	1 scoop	120	23	2	2
<b>Tuna</b> (canned in water)	4 oz 4 oz	113 113	140 140	26 26	0 0	2 2
<b>Tuna steak</b> (raw)	6 oz	170	184	40	0	2
<b>Salmon</b> (raw)	8 oz	226	415	45	0	25
<b>Scallops</b> (raw)	8 oz	226	291	24	14	14
<b>Shrimp</b> (raw)	6 oz	170	181	35	2	3
<b>Squid</b> (raw)	6 oz	170	154	26	4	2
<b>Steak</b> (flank, raw)	4 oz	113	186	24	0	9
<b>Steak</b> (sirloin, raw)	4 oz	113	152	26	0	8
<b>Steak</b> (tenderloin, filet, raw)	4 oz	113	167	25	0	7
<b>Tilapia fish</b> (raw)	6 oz	170	163	34	0	3
<b>Tofu</b> (plant based protein)	½ a cup	126	88	10	2	5
<b>Turkey breast</b> (skinless, uncooked)	4 oz	113	130	28	0	0.5



## Complex Carbs

(grains, beans, starchy vegetables, bread & pasta)

FOOD	QUANTITY (ounces)	WEIGHT (grams)	CALORIES	PROTEIN	CARBS	FAT
<b>Bagel</b> (whole wheat)	1 bagel	104	300	11	61	1.4
<b>Black beans</b>	½ cup	127	110	7	20	0.5
<b>Bread (rye)</b>	1 slice	28	67	3	13	1
<b>Bread (whole wheat)</b>	1 slice	28	100	5	20	1.5
<b>Brown rice (cooked)</b>	1 cup	185	216	5	44	1.8
<b>Chickpeas</b>	1 cup	260	286	12	54	3
<b>Corn</b>	1 cup	200	132	5	30	5
<b>Couscous (cooked)</b>	1 cup	157	176	6	36	0.3
<b>Granola</b> (with honey, no sugar)	½ cup	55	250	6	31	12
<b>Kidney beans</b>	1 cup	254	311	15	37	12
<b>Lentils (cooked)</b>	1 cup	220	323	16	37	13
<b>Lima beans</b>	1 cup	227	176	11	31	2
<b>Muesli</b>	¾ cup	69	230	6	48	4
<b>Oatmeal</b> (unsweetened, uncooked)	1/2 cup	40	150	5	27	2.5
<b>Pasta</b> (whole wheat, uncooked)	2oz dry	57	189	9	57	1
<b>Peas</b>	1 cup	160	120	8	21	0.5
<b>Pinto beans</b>	½ cup	119	100	6	18	0
<b>Potato (cooked)</b>	1 medium	150	80	2	20	0
<b>Pumpkin (raw)</b>	1 cup	198	160	4	36	0.3
<b>Quinoa</b>	1 cup	185	222	8	39	3.6
<b>Shredded</b>	1 cup	49	170	6	40	1
<b>Wheat cereal</b> (original, no sugar)						
<b>Sweet potato</b> (cooked)	1 cup	200	180	4	41	10



## Dairy products

(protein and simple carbs)

FOOD	QUANTITY (ounces)	WEIGHT (grams)	CALORIES	PROTEIN	CARBS	FAT
<b>Cheddar cheese</b> (nonfat)	3 oz	84	135	27	3	0
<b>Feta cheese</b> (nonfat)	3 oz	84	105	21	3	0
<b>Mozzarella</b> (nonfat)	1 cup	27	180	32	8	0
<b>Parmesan cheese</b> (nonfat)	1 tbsp.	15.5	28	3	3	0.3
<b>Swiss cheese</b> (nonfat)	1 oz	28	40	8	1	0
<b>Cream cheese</b> (nonfat)	2 tbsp.	31	30	4	2	0
<b>Cottage cheese</b> (nonfat)	½ cup	114	80	14	7	0
<b>Nonfat laban</b> (yoghurt)	3.5 oz	100	63	3.2	4.6	3.5
<b>Milk</b> (skimmed)	3 oz	100ml	32	3.1	0	4.8



## Fibrous carbs

### (vegetables)

FOOD	QUANTITY (ounces)	WEIGHT (grams)	CALORIES	PROTEIN	CARBS	FAT
Arugula	1 cup	6	5	0.5	0.7	0.5
Artichoke	1 large	162	76	5	17	0.2
Beets (raw)	½ cup	85	37	1.4	8.5	0.2
Broccoli (raw)	1 cup	88	30	2.5	5.8	0.3
Brussels sprouts (raw)	1 cup	88	38	3	7	0.3
Cabbage (raw)	1 cup	89	22	1.1	5.2	0.1
Cauliflower (raw)	1 cup	100	25	2	5.3	0
Carrot (raw)	1 medium	78	35	1	8	0
Celery	1 cup	120	19	0.8	3.6	0.2
Cucumber	½ cup	52	8	0.3	1.9	0.1
Eggplant (raw)	1 cup	82	20	0.8	4.7	0.2
Garlic	1 clove	3	4	0.2	1	0
Green beans (raw)	1 cup	110	34	2	7.8	0.1
Kale (raw)	1 cup	67	34	2.2	6.7	0.5
Lettuce	½ cup	28	5	0.3	0.9	0.1
Okra (raw)	1 cup	100	31	2	7	0.1
Onion (raw)	1 slice	14	6	0.1	1.3	0
Mushrooms (raw)	1 cup	70	15	2.2	2.3	0.2
Pepper (sweet, green or red, raw)	1 cup	149	30	1.3	6.9	0.3
Radish (raw)	1 large	9	1	0.1	0.3	0
Salsa	4 oz	115	20	0	5	0
Spinach (raw)	1 cup	30	7	0.9	1.1	0.1
Tomato (raw)	1 medium	85	15	0	2.5	0
Tomato sauce	1 cup	226	80	3	16	0
Tomato paste	2 tbsp.	34	30	1	7	0



# Simple carbs

## (fruits)

FOOD	QUANTITY (ounces)	WEIGHT (grams)	CALORIES	PROTEIN	CARBS	FAT
Apple	1 medium	153	80	0	22	0
Apricot	1 apricot	35	17	0.5	3.9	0.1
Banana	1 medium	118	105	1	27	0
Blackberries	1 cup	144	62	2	14	0.7
Cherries	1 cup	117	74	1.2	18.7	0.2
Cranberries	1 cup	110	51	0.4	13	0
Figs	1 large	64	47	0.5	12	0
Grapefruit	½ grapefruit	123	53	0.9	13	0
Grapes	1 cup	92	62	0.6	16	0.3
Guava	1 fruit	90	61	2.3	13	0.2
Kiwi	1 medium	76	46	0.9	11	0
Lemon	1 fruit	58	17	0.6	5	0
Lime	1 fruit	67	20	0.5	7	0.1
Mango	1 fruit	207	135	1	35	1
Melon	1 cup	177	60	1.5	14	0.1
Nectarine	1 medium	142	62	1.5	15	0
Orange	1 medium	131	62	1.2	15	0
Papaya	1 cup	140	55	0.9	14	0
Passion fruit	1 medium	18	14	0.4	4	0
Peach	1 medium	98	38	0.9	9	0
Pear	1 medium	166	96	0.6	26	0.2
Pineapple	1 cup	155	78	0.8	20	0.2
Pomegranate	1 medium	154	105	1.5	26	0.5
Plum	1 medium	66	30	0.5	7.5	0
Prune	6 prunes	50	121	1	32	0
Raisins	¼ cup	40	130	1	26	2
Raspberries	1 cup	123	64	1.5	15	0.8
Strawberries	1 cup	152	52	1	11	0
Tangerine	1 small	70	37	0.6	9	0.2
Watermelon	1 cup	154	46	0.9	11	0.2





## Healthy fats

(oils, nuts, seeds and fats)

FOOD	QUANTITY (ounces)	WEIGHT (grams)	CALORIES	PROTEIN	CARBS	FAT
Avocado	1 cup	150	240	3	12.8	22
Almonds	1 oz	28	163	6	6	14
Brazilian shelled nuts	¼ cup	139	240	5	5	12
Cashews	¼ cup	40	240	7	11	19
Coconut oil	1 tbsp	14	120	0	0	14
Flaxseed oil	1 tbsp	14	130	0	0	14
Hazelnuts	¼ cup	28	180	4	4	18
Macadamia nuts	1 oz	28	213	2	4	21
Peanuts	¼ cup	34	214	9	8	18
Peanut butter (unsweetened)	1 tbsp	15	100	4	4	8
Pine nuts	1 tbsp	9	58	1.2	1	6
Pistachios	1 oz	28	161	6	8	13
Pumpkin seeds	1 tbsp	10	56	3	1	5
Olives	2 oz	56	100	0	4	10
Olive oil	1 tbsp	15	120	0	0	14
Sesame oil	1 tbsp	5	40	0	0	5
Sesame seeds	1 tbsp	9	52	2	2	5
Sunflower seeds	¼ cup	28	170	7	6	15
Walnuts	¼ cup	28	200	4	3	20

