



NUTRITION GUIDE

Fuel your journey to peak wellness with every bite.

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Total daily energy expenditure (TDEE) is the total energy cost over a 24-hour period.

**TDEE = Resting Metabolic Rate (RMR) +
Energy Expended in Voluntary Activity +
Thermic Effect of Food (TEF)**

WHAT IS RMR?

Resting metabolic rate is the rate at which the body expends energy to support all vital functions; often represents between 60-70% of TDEE (equal to 1 MET).



MORE ABOUT RMR:

- Varies based on factors such as genetics, sex, age, height, weight, lean body mass, stress, and hormone activity.
- In case of deprivation, such as involuntary or deliberate starvation or semi-starvation, RMR adapts to conserve energy by dropping rapidly, 15% in 2 weeks. Once adequate food intake is restored, RMR returns to baseline levels.
- RMR (1.0 METs) is different than Basal Metabolic Rate (BMR) (0.9 METs). Basal metabolic rate (BMR): reflects the caloric demands associated with fasted wake from sleep; requires the lowest resting metabolic rate possible.



ENERGY EXPENDED *IN* VOLUNTARY ACTIVITY

- Also called Activity Thermogenesis (AT).
- Most variable component of TDEE, accounts to 15-30% (may be even higher among athletes and certain fitness enthusiasts).
- Activity multipliers can approximate daily need based on daily activity norms.



Multiplier Based on Activity

Sedentary: little to no physical activity	BMR * 1.2
Low physical activity level: no regular exercise but busy lifestyle (standing more than sitting)	BMR * 1.25-1.3
Mild activity level: intense exercise for at least 20 minutes, 1-3 times per week	BMR * 1.3-1.35
Moderate activity level: intense exercise for 30-60min, 3-4 times/week (cardio & resistance exercise)	BMR * 1.5
Heavy or labor intensive activity level: intense exercise for ≥ 60 min, 5-7 days/week	BMR * 1.6-1.7
Extreme activity level: endurance or sports athlete with uninterrupted training schedule with multiple training sessions/day	BMR * 1.8-1.9

All activity counts, that's why Non-Exercise Activity Thermogenesis (NEAT) is important
NEAT is the energy expended for everything that is not sleeping, eating or sports-like exercise.

Thermic effect of food (TEF)

TEF constitutes the increase in caloric expenditure attributable to the digestion or assimilation of consumed foods: 0-3% for fat, 5-10% for carbohydrate, 20-30% for protein, and 10-30% for alcohol.

Intelligent food choices can result in TEF equaling up to 15% of TDEE, poor choices cause this value to drop considerably (e.g., high fat/sugar, low fiber, processed foods).



BMI - Body Mass Index

is a person's weight in kilograms (or pounds) divided by the square of height in meters (or feet).

- A high BMI can indicate high body fatness.
- BMI screens for weight categories that may lead to health problems, but it does not diagnose the body fatness or health of an individual.

➤ National Institute of Health recommendations on weight loss:

Calorie deficits that result in a weight loss of 0.25 to 0.5 kg a week for those with BMI of 27-35.

1 kg of fat is 7700 kcal in order to lose 0.5 kg/week you need to cut down on 3850kcal per week => 500 kcal a day

Based on food intake we decrease gradually but never below REE.

BMI Scale

1

<18.5
Underweight

2

18.5 - 24.9
Normal

3

25 - 29.9
Overweight

4

30 - 34.9
Obese

5

> 35
Extremely Obese

ALCOHOL NUTRITION GUIDE

Fluid oz	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
12 fl oz = 360 ml									
Beer, regular	146	1	0	13	0.7	18	0.1	89	18
Beer, light	99	1	0	5	0	18	0.1	64	11
Beer, root	152	0	0	39	0	19	0.2	4	48
3.5 fl oz = 105 ml									
Wine, red	89	0.07	0	2.7	0	8.4	0.48	133.3	4.2
Wine, white	86	0.07	0	2.73	0	9.45	0.28	74.5	5.25
Wine, sweet	168	0.21	0	14.38	0	8.4	0.25	96.6	9.45
Wine, rose	87	0.35	0	4	0	10.5	0.2	62	5.2
Sangria, red	100.8	0.04	0.04	8.68	0	6.3	0.26	71.4	10.5
Sangria, white	99	0.04	0.04	8.68	0	6.3	0.15	40.9	11.5
2 fl oz = 60ml									
Daiquiri	71	0.05	0.06	9.36	0.06	1.8	0.066	16.8	38.4
4.5 fl oz = 135 ml									
Pina Colada	204	0.48	2.9	26.3	0.13	10.8	0.28	121.5	8.1
1.5 fl oz = 45ml									
Gin, vodka, rum, whiskey & tequila	97	0	0	0	0	0	0.017	0.84	0.42
Arak	142.5	0	0	16.5	0	0	0	0	0
Liqueur	167	0	0.14	18.7	0	0	0.032	0	2.25
Others per drink									
Gin tonic (50/200)	189	0	0	14.8	0	2.25	0.045	2.25	20.2
Orange blossom (gin & juice)	223	1.12	0.2	23.2	0.45	94.5	0.247	297	4.5
Martini	241	0.084	0	0.18	0	1.2	0.108	15.6	2.4
Martini, flavored	227	0.108	0.05	7.99	0.12	3.6	0.06	32.4	1.2
Rum & cola	200	0	0.43	17.6	0	2.25	0.045	9	6.75
Rum & diet cola	135	0.18	0.05	0.495	0	4.5	0.202	13.5	13.5
Whiskey & soda	133	0	0	0	0	9	0.045	4.5	36
Whiskey & cola	200	0	0.43	17.6	0	2.25	0.045	9	6.75
Whiskey & diet cola	135	0.18	0.05	0.495	0	4.5	0.202	13.5	13.5
Whiskey Sour	277	0.18	0.18	36.2	0	4.5	0.202	49.5	173

ALCOHOL NUTRITION GUIDE

Fluid oz	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Others per drink									
Tequila sunrise	252	1.04	0.18	30.4	0.45	85.5	0.225	274	9
Bloody Mary	155	1.48	0.52	7.29	0.9	22.5	0.922	405	477
Mojito	137	0.202	0.07	5.51	0.45	15.8	0.247	42.8	33.8
Liqueur with cream	206	1.76	9.89	13.2	0	10.1	0.082	20.2	58
Liqueur coffee flavored	228	0.068	0.2	31.8	0	0.68	0.041	20.4	5.44
Margarita regular or frozen	274	0.18	0.18	36.2	0	4.5	0.202	49.5	459
Long island iced tea	241	0.022	0.34	19.5	0	2.25	0.09	15.8	36
Vodka & soda	133	0	0	0	0	9	0.045	4.5	36
Vodka & cola	200	0	0.43	17.6	0	2.25	0.045	9	6.75
Vodka & diet cola	135	0.18	0.05	0.495	0	4.5	0.202	13.5	13.5
Vodka & energy drink	202	0.787	0	17.3	0	11.2	0.135	6.75	67.5
Greyhound	191	0.922	1.19	12.8	0.45	27	0.135	241	2.25

STARCH NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Bread									
Pita	275	10.71	0	57	2.1	85.7	2.5	121.4	535.7
Pain demie	268	8.8	3.2	48	2.8	52	5.7	128	464.8
Hard toast	289	8.9	4	55.5	2.7	232	3.7	129.6	537
Burger bun	279	9.8	3.8	50	1.7	144.2	3.4	121.1	494.2
French baguette, classic	26	8.77	0	50.9	1.8	0	3.16	N/A	526
Hot dog	279	9.8	3.8	50	1.7	144.4	3.4	121.1	494.2
Pancake	195	5.2	2.6	36.8	1.3	126.3	1.57	176.3	629
tortilla bread (flour)	304	8.93	8	48.21	1.8	179	0.64	N/A	732
Tortilla bread (corn)	218	5.7	2.85	44.6	6.3	81	1.23	186	45
Bagel	274	9.8	1.4	53.5	2.2	74.6	3.5	101.4	533.8
Cereals									
All-bran	263	13.3	3.3	76.6	32.3	353.3	15	1140	203.3
Granola Natural	451	11	18.1	65.4	6.4	74.5	3	332.7	162
Oats (uncooked)	379	13.2	6.52	67.7	10.1	52	4.25	362	6
Muesli	355	8.6	5.4	75	7.6	36.4	8.2	323.5	238.8
Puffed cereal, rice	400	7.1	0	93	1.4	7.1	31.4	114.2	0
Puffed cereal, wheat	366.6	16.6	0	83.3	4.1	25	31.7	350	0
Unsweetened, plain	371	19.3	0	71	3.2	16.1	28	177.4	806.4
Grains									
Bulgur, cooked	83	3.3	0	18.6	4.5	9.7	0.9	66.7	4.8
Rice, cooked	129.8	2.5	0	28.4	0.38	10.2	1.21	35.2	1.28
Wheat, cooked	132	5.7	0.8	27.3	4.3	8.7	1.7	164	8.1
Quinoa, cooked	120	4.3	1.9	21	2.7	16.7	1.5	171.9	7
Couscous, cooked	112	3.8	0	22.9	1.4	8.3	0.38	58	5
Freekeh, raw	100	13.3	2.22	71.1	15.6	44	4	N/A	0
Pasta									
Pasta, cooked	158	5.8	0.93	30.9	1.8	7	1.3	44.2	1
Noodles, cooked	137	4.51	2.06	25.01	1.2	12	1.46	38	236
Rice noodles, cooked	108	1.79	0.2	24	1	4	0.14	4	19
Penne, cooked	165	7.19	0.72	33.1	1.4	0	0.52	0	0

STARCH NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Starchy Vegetables									
Potato, baked, peeled	93	1.9	0	21.7	1.4	5.12	0.32	391	5.12
Sweet potato, boiled, peeled	105	1.9	0	24.3	1.8	21.1	0.57	184	10.75
Corn, cooked	79.9	3	0.6	19.5	2.3	4.3	0.36	147	4.9
Green peas, frozen, boiled, drained	78	5	0	14.3	5.5	23.7	1.56	168.1	86.9
Crackers & Snacks									
Rice cakes	388	11.1	0	77.8	4.4	11.1	1.11	288.9	322.22
Tortilla Chips	507	7.1	25	64.3	6.4	157.1	1.43	200	535.7
Pretzels	366.67	0	0	66.6	3.3	33.3	3.33	133.33	1700
Potato Chips, reduced fat	478.5	7.1	21.4	67.8	6	21.4	1.42	1764	496.4
Granola Bar, plain	478	10.7	21.4	64.2	5.35	60.7	2.85	339.3	296.4
Cereal Bar, fruity	367.5	5.4	8.1	73	2.1	40.5	4.86	197.3	297.3
Popcorn, airpopped, unsalted	387.5	12.5	0	75	15	12.5	2.5	300	0
Starchy Food prepared with Fat									
French Fries	342.3	4.7	18.8	40	3.5	14.11	0.82	689.4	197.6
Potato Chips, salted	542.9	7.1	35.7	53.5	4.6	28.5	0.36	171.4	578.6
Croutons, seasoned	465	10	17.5	62.5	5	95	2.75	180	1237.5
Hummus, commercial	164.2	7.1	7.1	14.2	5.7	35.7	2.14	228.6	378.5

FRUITS NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Fresh Fruits									
Apples, unpeeled	58.7	0	0	15.2	2.7	7.2	0.14	115.2	0
Apricots	48.5	0	0	11.4	2.3	14.2	0.57	297.1	0
Pear	41.8	0.81	0	10.65	3.6	4	0	121.3	0
Banana	92.3	0.84	0.84	23.7	2.4	5.93	0.33	395.8	0.84
Blackberries	52	0.69	0.69	12.5	5.2	31.9	0.55	195.9	0
Blueberries	55.8	0.69	0.69	13.7	2.69	6.2	0.14	89	6.2
Cherries	70.5	1.5	1.5	16.1	2.35	14.7	0.44	223.5	0
Figs	73.4	0.8	0.3	18.7	3	35	0.37	232	0.93
Grapefruit	30	0.81	0	7.3	1.13	11.3	0.08	129.2	0
Grapes	72	0	0	18	1	12	0.2	186	2
Kiwi, peeled	60.5	1.3	0	14.4	3.4	26.3	0.39	331.6	5.3
Mango	65.2	0.5	0.5	16.9	1.8	10.1	0.14	156	1.9
Melon	34.8	1.5	0	34.7	0.87	11.6	0.14	308.6	8.7
Nectarines	49.2	0.73	0.73	11.8	1.6	5.14	0.14	211.8	0
Orange	47.3	0.76	0	11.4	2.36	39.7	0.07	181	0
Papaya	39.2	0.71	0	10	1.8	24.2	0.07	257.1	2.86
Peach	42.8	1	0	11.22	2	5.1	0.1	197	0
Pineapple	49	0.64	0.64	12.2	1.22	7	0.38	113	1.3
Plums	54.5	1.5	0	13.6	1.5	4.5	0.15	172.7	0
Raspberries	48.7	0.81	0.81	11.4	6.8	21.6	0.56	152	0
Strawberries	27.8	0	0	5.55	2.22	16.66	0.55	166.7	0
Watermelon	32.1	0.7	0.35	7.4	0.5	8	0.17	116	2
Fruit Juice (100ml)									
Apple	47.1	0	0	11.6	0.08	6.8	0.36	118.9	2.8
Apricot	48	0.81	0	12.23	1.58	11.9	0.3	165.1	4
Grapefruit	38.8	0.4	0	9.3	0.08	8.9	0.2	162	0.8
Orange	45.1	0.8	0	10.5	0.2	10.9	0.2	200	0.8
Peach	44	0.8	0	11.7	1.3	6	0.28	129	4
Pineapple	56	0.4	0	13.6	0.2	17.2	0.28	134	1.2
Plums	57.9	0.4	0	15	0.99	9.9	0.35	152.1	1.17

FRUITS NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Dried Fruits									
Apricot	237.1	2.85	0	62.8	9.14	45.7	4.5	1377	11.4
Cranberries	328.5	0	0	85.7	2.14	7.14	0.35	85.7	3.5
Dates	276.2	2.4	0	73.8	7.6	31	1.1	652.4	2.4
Figs	255.3	2.63	0	65.8	12.1	144.8	2.1	713.1	10.5
Peaches	238.4	2.56	0	61.5	8.2	28.2	4.1	995	7.7
Prunes	238	2.38	0	61.9	7.14	50	2.38	745.2	4.8
Raisins	300	3.4	0.7	79.3	4	49	2.06	751	11.7

MILK & MILK SUBSTITUTES NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Liquid milk (100ml)									
Full fat	61.4	3.27	3.27	4.5	0	119.2	0.04	151.6	49.1
Semi-skimmed	49.5	3.27	2	4.9	0	122.9	0.04	156.1	50.4
Skimmed	35.1	3.27	0	4.8	0	123.2	0.04	165.7	51.4
Chocolate milk, full fat	83.2	3.2	3.2	10.4	0.8	112	0.24	166.8	59.6
Chocolate milk, skimmed	63.2	3.2	1.2	10.4	0.52	114.8	0.24	170.4	60.8
Condensed milk	321	7.8	8.8	54.2	0	283.7	0.19	371.2	127.1
Yogurt									
Plain, full fat	61.2	3.5	3	4.8	0	120.7	0.04	154.6	46.2
Plain, non fat	55.9	5.7	0	7.5	0	199.1	0.08	255	76.6
With Fruits, non fat	93.8	4.4	0	18.9	0	152	0.08	194	58.1
Greek	58.8	10	0.4	3.6	0	110	0.1	141.1	35.9
Other									
Evaporated milk, full fat	134.5	6.7	7.5	9.9	0	260.7	0.19	303.1	105.9
Evaporated milk, skimmed	77.7	7.4	0.4	11.3	0	289.4	0.27	331.6	114.8
Soy milk (100 ml)	33	2.85	2	1.63	1.3	4	0.57	140.8	11.8
Rice milk (100 ml)	48.9	0	0.81	10.2	0	8.1	0.08	28.1	35.1

NON-STARCHY VEGETABLES NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Raw Veggies									
Cabbage	25.7	1.42	0	5.7	2.2	47.1	0.57	245.7	18.5
Carrots	43	1.38	0	9.7	3	26.4	0.55	323.6	34.7
Cauliflower	23	0	0	7.7	2.3	23	0.76	300	30.7
Cucumber	13.4	0.96	0	2.88	0.76	14.4	0.29	144.2	1.92
Celery	14	0.69	0.17	2.97	1.6	40	0.2	260	80
Garlic	133.33	0	0	33.33	3.33	166.67	3.33	400	33.33
Lettuce	12.9	1.22	0	2.45	0.98	31.9	0.3	257	4.9
Iceberg	12	0.92	0.18	2	1.39	18.9	0.5	158	9
Mushroom	25.7	2.85	0	4.28	1.14	5.7	1	370	4.28
Onions	38.1	0.9	0	8.18	1.81	20	0.18	157.2	2.72
Onions, green	32	1.83	0.19	7.34	2.6	72	1.48	276	16
Parsley	40	0	0	10	3	140	6	550	60
Peppers (green)	26.8	1	0	6.7	1.76	9.2	0.42	177.3	1.68
Peppers (yellow)	31	0.82	0.12	6.6	1.1	7	0.36	197	2.5
Peppers hot chili (green)	40	2.22	0	8.9	1.55	17.8	1.11	340	6.7
Radish	20	0	0	0	2	20	0	200	20
Tomatoes	21.1	0.81	0	4.88	1.14	4.88	0.49	2100	8.94
Cooked Veggies									
Artichoke	50	3.57	0	11.3	5.41	45.2	1.3	354.1	95.2
Asparagus	23.9	2.78	0.55	7.2	3.6	30	0.83	236.1	63.3
Beets	44.1	1.76	0	10	2	15.9	0.76	305.3	77
Broccoli	28.4	3.4	0	5.7	2.95	47.7	0.9	325	27.2
Cabbage	22	1.33	0.67	4.66	2.33	31.33	0.2	97.33	8
Carrots	44.8	1.28	0	10.2	3.26	30.7	0.64	226.9	66
Cauliflower	23.4	1.6	0.8	4	2.66	16.1	0.32	141.9	15.3
Collards	25.7	2.1	0.52	4.73	2.8	118.9	0.47	260	8.9
Eggplant	28.2	1	0	7	2.52	6	0.3	248.4	3
Kale	27.7	1.53	0.76	5.38	2	72.3	0.92	227.7	23
Mushroom	26.9	1.92	0.64	5.12	2.17	12.8	1.73	792.8	1.92
Okra	31.8	1.87	0	7.5	2.5	63.1	0.43	321.8	5

NON-STARCHY VEGETABLES NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Onions	42.5	1.06	0	10.6	1.38	22.3	0.21	166	3.19
Peppers (green)	27.9	0.73	0	6.6	1.17	8.82	0.44	166.1	2.2
Pumpkin	20	0.82	0	4.9	1.1	15.1	0.57	230.2	0.81
Soybeans	141.1	12.22	6.67	11.11	4.22	145	2.5	538.9	13.89
Spinach	22.78	2.78	0	3.89	2.39	136.11	3.56	466.11	70
Squash	20	1.11	0.56	4.44	1.39	27.2	0.33	192.2	1.11
Turnip	21.15	0.64	0	5.12	1.99	21.8	0.19	135.25	50

SWEETS & DESSERTS NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Sponge cake plain	297	7.9	4.76	52.1	0.63	41.2	1.58	141.3	228.57
Chocolate cake	357.9	5.26	14.73	53.6	1.57	60	1.57	140	314.73
Doughnut, cake type	421.27	4.25	23.4	48.93	1.49	44.7	1.91	127.65	546.8
Doughnut, glazed	403.33	6.67	23.33	10	0.33	10	0.5	23.33	73.33
Eclair	262	6	16	24	0.6	63	1.2	117	337
Muffin, blueberry	277.19	5.26	7	47.36	2.63	56.14	1.58	122.8	447.36
Muffin, bran, with raisins	311.76	5.88	8.82	55.88	8.23	38.23	2.94	176.47	526.47
Brownie (no icing)	405.3	5.35	16	64.2	2.14	28.57	2.32	148.21	312.5
Cookie, butter	460	0	20	60	0	20	2	120	360
Cookie, chocolate chips	480	10	20	70	3	30	3	140	320
Pudding, chocolate	132.74	2.65	4.42	23	0.97	90.26	0.53	179.64	129.2
Pudding, vanilla	130	2.65	3.5	22.1	0.91	87.61	0.91	113.27	135.4
Frozen yogurt, chocolate	159.72	4.16	5.55	25	2.22	147.22	1.25	261.11	98.61
Frozen yogurt, vanilla	158.33	4.16	5.55	23.61	0	143	0.27	211.11	87.5
Ice cream, chocolate	216.66	4.54	10.6	28.78	1.21	109	0.9	248.5	75.75
Ice cream, vanilla	201.5	3	10.6	24.24	0	127.27	0.15	198.5	80.3
Sorbet, orange	137.83	1.35	1.35	29.72	0	54	0.13	95.9	45.9
Honey	304.76	0	0	80.95	0	4.76	0.47	52.38	4.76
Sugar, white	387	0	0	200	0	1	0.05	2	1
Sugar, brown	375.9	0	0	97.27	0	85	1.9	345.9	39
Jam	280	0	0	70	1	20	0.5	75	30
Maple syrup	260	0	0	65	0	65	1	205	10
Molasses	235	0	0	60	0	860	17.5	2490	55
Chocolate, milk	513.6	6.81	31.81	59	3.4	190.9	1.36	384	81.81
Chocolate, dark	567	6.67	46.7	43.3	6.7	33	14.3	564.3	133

SWEETS & DESSERTS NUTRITION GUIDE —

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Carbonated, cola type (100ml)	41	0	0	10.27	0	2.97	0.02	1	3.95
Coffee cream	193.33	0	20	6.66	0	93.33	0	120	40
Cheesecake	321.25	5	22.5	25	0.37	51.25	0.62	90	207.5
Crepe, plain	223	8.8	11	22	0.6	97	1.7	165	283
Tiramisu	354	5.9	24	30	0.4	66	1.1	156	155
Fondant	425	1.8	17	70	0.9	18	1	N/A	180
Ice cream cone biscuit (13g)	50	1	0.5	11	0	0	0.7	40	75
Redbull, regular, 12 fl oz can	168	0.9	0.3	40	0	47	0	11.1	140.2
Redbull, sugar free, 12 fl oz can	18	0.9	0.3	2.5	0	47	0.1	11	299
Gatorade, 12 fl oz can	97	0	0	24	0	3.7	0.2	56	145

FATS

NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Monounsaturated									
Almonds, raw	578	21	50.5	20	11.8	248.42	4.31	728.42	1
Almond milk, unsweetened	15	0.4	1	1.3	0.2	184	0.3	67	72
Almond butter	645	20.8	53	21.2	9.7	264	4.11	745	1
Cashews, raw	533	17	47	30	3.3	67	6	660	17
Pistachios, raw	572	21	45.8	28.3	10.3	107	4	1010	6
Avocado, raw	160	2	14.7	8.53	6.7	12	0.55	485	7
Olives, black	116	0.84	10.9	6.04	1.6	88	6.28	8	735
Olives, black, chopped	133	0	10	6.67	6.7	0	7.2	0	900
Olives, green	145	1	15.3	3.84	3.3	52	0.49	4	1560
Olive tapenade	278	0.73	30	4.17	1.8	60	3.4	17	835
Olive oil	884	0	100	0	0	1	0.56	1	2
Canola oil	884	0	100	0	0	0	0	0	0
Peanuts, raw	567	25.8	49.2	16.1	8.5	92	4.58	705	18
Peanut butter	597	22.5	51.1	22.3	4.8	49	1.73	564	429
Peanut oil	884	0	100	0	0	0	0.03	0	0
Polyunsaturated									
Sunflower oil	884	0	100	0	0	0	0	0	0
Soybean oil	884	0	100	0	0	0	0.05	0	0
Corn oil	900	0	100	0	0	0	0	0	0
Pinenuts, raw	673	13.7	68.4	13.1	3.7	16	5.53	597	2
Pumpkin seeds, raw	574	29.8	49	14.7	6.5	52	8.07	788	18
Flaxseeds, ground	545	18	37.3	34.4	23.1	230	5.78	793	37
Chia seeds	486	16.5	30.7	42.1	34	631	7.72	407	16
Walnuts, raw	654	15.2	65.2	13.7	6.7	98	2.91	441	2
Sesame paste (tahini)	595	17	53.8	21.2	9.3	426	8.95	414	115
Mayo, regular	680	0.96	74.8	0.57	0	8	0.21	20	635
Mayo, diet	238	0.37	22.2	9.23	0	6	0.14	31	827
Mayo, fat free	64	0.2	0	15.8	2	6	0.1	50	750

FATS

NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Saturated									
Butter	717	0.85	81.1	0.06	0	24	0.02	24	643
Cream, heavy	340	2.84	36.1	2.84	0	66	0.1	95	27
Cream, half & half	131	3.13	11.5	4.3	0	107	0.05	132	61
Cream, whipped	343	2.67	33.9	8.59	0	62	0.1	89	26
Sour cream, regular	198	2.44	19.4	4.63	0	101	0.07	125	31
Sour cream, light	136	3.5	10.6	7.1	0	141	0.07	212	83
Coconut milk	31	0.21	2.08	2.92	0	188	0.3	19	19
Coconut, raw or shredded	354	3.3	33.5	15.2	9	14	2.43	356	20

ANIMAL PROTEIN NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Lean meat									
Dairy products & Eggs									
Cream cheese, fat free	93.75	12.5	0	6.25	0	875	1.25	112.5	1975
Cottage cheese, 2% fat	82	11	2.3	4.31	0	103	0.13	120	321
Mozzarella, low fat	282.14	28.5	17.8	3.57	0	739.28	0.35	96.42	535.71
Processed cheese, fat free	147.62	23.8	0	14.28	0	690.47	0.47	285.71	1528.57
Eggs, white only	51.51	12.1	0	0	0	6	0	145.45	166.67
Fish & shellfish									
Crab, steamed	96.4	18.82	1.17	0	0	58.8	0.7	262.35	1071.7
Crab, imitation from surimi	102.35	11.76	1.17	10.59	0	12.94	0.35	90.59	841.17
Haddock, cooked	111.76	24.7	1.17	0	0	42.35	1.29	398.82	87
Herring, pickled	262.35	14.11	17.65	9.4	0	76.4	1.17	69.41	870.59
Herring, cooked	203	23	11.6	0	0	74	1.41	419	115
White fish, cooked	172	24.5	7.51	0	0	33	0.47	406	65
Lobster, steamed	97.65	20	1.17	1.17	0	61.17	0.35	351.76	380
Oysters, raw, meat only	68.14	6.85	2.41	4	0	45.1	6.65	156	210.89
Salmon, baked	216.4	27	10.58	0	0	7	0.59	375.29	65.89
Salmon, smoked	116.47	18.82	4.7	0	0	10.59	0.82	175.3	783.53
Salmon, raw	127	21	4.4	0	0	7	0.4	366	75
Sardines, canned in oil	208.23	24.7	11.76	0	0	382.35	2.94	396.47	504.7
Shrimps, canned, drained solids	120	23.53	2.35	1.17	0	58.82	2.7	210.5	169.41
Shrimps, cooked	119	23	1.8	1.2	0	95	0.4	167	952
Trout, baked	169.41	24.7	7	0	0	85.89	0.35	441.17	42.35
Tuna, canned in oil drained	197.6	29.4	8.23	0	0	12.94	1.41	207	354.11
Tuna, canned in water	116.47	25.89	1.17	0	0	1059	1.52	236.47	337.64

ANIMAL PROTEIN NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Meat & Meat Products									
Steak, sirloin, lean	195.2	30.5	7	0	0	10.58	3	365.88	63.5
Beef, chuck for stew, lean, cooked	186	32.3	6.34	0	0	15	2.84	320	68
Ham, light cure, lean only	156.47	24.7	5.88	0	0	7	0.82	285.88	1187
Lamb, loin, lean	216.47	29.4	9.4	0	0	18.82	2	376.47	83.5
Pork, loin, cooked, lean only	202.35	30.5	8.23	0	0	30.5	0.82	375.29	60
Chicken breast, roasted, skinless	158	32.1	3.24	0	0	6	0.49	343	47
Turkey, roasted	187	28.23	7	0	0	31.76	2.35	290.58	63.52
Turkey, smoked	85	16.95	1.69	1.69	0	0	0.61	N/A	780
Medium Fat									
Dairy Products & Eggs									
Cream cheese, low fat	233.33	13.33	20	6.67	0	113.33	2	166.67	293.33
Feta	267.85	14.3	21.4	3.57	0	421.42	0.35	67.85	621.43
Mozzarella	285.71	21.4	21.4	3.57	0	525	0.35	67.85	378.57
Ricotta, low fat	138.21	11.38	7.72	5.28	0	271.95	0.44	125.2	124.79
Labne	200	3.3	20	3.3	0	67	0	126	250
Akawi	250	14	21	0	0	500	1.3	N/A	3036
Eggs, whole	150	12	10	2	0	50	1.4	122	126
Fish & shellfish									
Fish filet, breaded, fried	231.86	14.2	12	16.48	0.5	17.58	2	319.78	531.87
Oysters, breaded, fried	196.47	8.23	12.94	11.76	0.23	62.35	6.94	243.52	416.47
Shrimps, breaded, fried	242.35	21.17	11.76	11.76	0.35	67	1.29	224.7	343.53

ANIMAL PROTEIN NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Meat & Meat Products									
Ground beef, 73% lean	289.4	23.5	21.17	0	0	10.58	2.47	291.76	83.52
Pork, loin, cooked, lean & fat	240	28.2	12.9	0	0	32.94	0.82	357.64	57.64
Chicken, roasted, drumsticks with skin	172.72	27.27	4.5	0	0	11.36	1.36	245.45	95.45
Chicken, roasted, thigh	209.61	25	11.5	0	0	11.53	1.34	238.46	88.46
Chicken liver	155	25	5	0	0	15	8.5	140	5
Duck, roasted	200.9	23.5	11.31	0	0	12.21	2.71	252	65.15
Burger patty, beef	232	24.7	14.1	0	0	14.3	2.34	297	67
Burger patty, chicken	221	15	7.5	22.7	1.44	100	2.7	590	728
High Fat									
Dairy products & Eggs									
Camembert	300	21	23.6	0	0	386.84	0.26	186.84	842.1
Cheddar	407.14	25	32.1	0	0	728.57	0.71	100	628.57
Blue cheese	357.14	21.4	28.5	3.57	0	535.71	0.35	260.71	1414.28
Cream cheese	340	6.67	33.33	0	0	80	1.33	113.33	286.67
Parmesan	460.71	42.85	32.14	3.57	0	1392.85	1	107.14	1885.71
Ricotta	173.98	11.38	13	2.84	0	206.91	0.36	104.47	84.14
Swiss	382.14	28.5	28.5	3.57	0	971.42	0	110.71	264.28
Processed Cheese	378.57	21.4	32.14	0	0	621.42	0.35	164.28	1450
Halloumi	321	21	25	0	0	1393	N/A	200	1250
Brie	334	21	28	0.5	0	184	0.5	152	629
Gruyere	413	30	32	0.4	0	1011	0.2	81	336
Meat & Meat Products									
Bacon	573.68	31.57	69.2	0	0	10.52	1.57	484.2	1594.73
Ham, light cure, lean & fat	243.52	21.17	16.47	0	0	7	0.94	316.47	1327
Ribs, lean & fat, cooked	370.5	24.7	29.4	0	0	44.7	1.41	315.29	101.17
Frankfurter, beef	315.55	11.11	28.89	2.22	0	20	1.33	166.67	1026.67
Pork sausage	370.37	18.5	29.6	0	0	33.33	1.11	359.26	1292.56
Salami, beef & pork, dry type	420	25	35	5	0	10	1.5	380	1860
Frankfurter, chicken	257.78	13.33	20	6.67	0	95.56	2	84.45	1371.11

PLANT PROTEIN NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Beans, cooked									
Black beans	131.9	8.7	0.58	23.83	8.72	26.74	2.09	355.23	1.16
Kidney beans, red	127.11	8.47	0.56	22.59	7.4	28.24	2.93	402.82	2.25
Lima beans	114.89	7.97	0.53	20.74	7	17	2.39	507.98	2.13
Black-eyed peas	116.2	7.56	0.58	20.9	6.5	23.83	2.5	277.9	4
Chickpeas	164	9.14	2.43	27.4	7.62	48.7	2.86	290.85	6.7
Lentils	116.16	9	0.5	20.2	7.87	19.19	3.33	369.19	2
Soybeans	173.25	16.86	8.72	9.88	5.98	101.74	5.11	515.11	1.16
Others									
Tofu	76.5	8.64	4.93	2.46	0.37	161.73	1.48	176.54	7.4
Soy meat	359	48	0.7	38	19	11	0	N/A	4

MISCELLANEOUS NUTRITION GUIDE

100g	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)
Mustard, yellow	60	3.74	3.34	5.83	4	63	161	152	1100
Pickles, cucumber	14	0.8	0.3	1.99	1	54	0.23	112	808
Pesto	464	7.1	46.43	3.57	0	214	1.29	N/A	786
Caper, canned	23	2.36	0.86	4.89	3.2	40	1.67	40	2350
Guacamole, traditional	200	3.33	16.67	10	6.7	0	0	N/A	267
Tomato sauce, canned, unsalted	24	1.2	0.3	5.31	1.5	14	0.96	297	11
Tomato Paste	91	3.03	0	21.2	6.1	0	3.27	N/A	485
Chicken broth, (100ml)	2	0.42	0	0	0	0	0	N/A	400
Soy sauce, light (100ml)	80	10.67	0	9.33	0.7	47	2	567	3853
Cornstarch	381	0.26	0.05	91.3	0.9	2	0.47	3	9
Rice Vinegar (100ml)	200	0	0	53.3	0	0	0	N/A	4730