

# Nutrition Reference: Top 20 Foods by Category

All values based on 100 grams ( $\approx$  3.5 ounces).

## Animal Protein Sources

Food	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken breast	165	31	0	3.6
Chicken thigh	209	26	0	10.9
Ground beef (85/15)	250	26	0	17
Lean beef (sirloin)	210	27	0	10
Salmon	208	20	0	13
Tuna	132	28	0	1
Shrimp	99	24	0	0.3
Eggs	155	13	1	11
Egg whites	52	11	1	0.2
Greek yogurt (nonfat)	59	10	3.6	0.4
Cottage cheese (low-fat)	98	11	3	4
Bison	143	28	0	2.5
Turkey breast	135	29	0	1
Sardines	208	25	0	11
Cod	82	18	0	0.7
Scallops	111	20	5	0.8
Mussels	172	24	7	4
Liver (beef)	135	20	4	4
Venison	158	22	0	7
Duck breast	202	19	0	14

## Non-Animal Protein Sources

Food	Calories	Protein (g)	Carbs (g)	Fat (g)
Lentils (cooked)	116	9	20	0.4
Black beans	132	9	24	0.5
Chickpeas	164	9	27	2.6
Edamame	121	11	9	5
Tofu	76	8	2	4

Food	Calories	Protein (g)	Carbs (g)	Fat (g)
Tempeh	195	19	9	11
Seitan	143	25	14	2
Quinoa (cooked)	120	4	21	1.9
Chia seeds	486	17	42	31
Hemp seeds	553	31	8	49
Pumpkin seeds	559	30	11	49
Sunflower seeds	584	21	20	51
Almonds	579	21	22	50
Peanuts	567	25	16	49
Walnuts	654	15	14	65
Cashews	553	18	30	44
Oats (dry)	389	17	66	7
Spirulina	290	57	24	8
Nutritional yeast	325	49	36	4
Buckwheat (cooked)	92	3.4	20	0.6

## Fruits

Food	Calories	Protein (g)	Carbs (g)	Fat (g)
Apple	52	0.3	14	0.2
Banana	89	1.1	23	0.3
Orange	47	0.9	12	0.1
Grapes	69	0.7	18	0.2
Blueberries	57	0.7	14	0.3
Strawberries	32	0.7	8	0.3
Raspberries	52	1.2	12	0.7
Cherries	63	1	16	0.2
Pineapple	50	0.5	13	0.1
Mango	60	0.8	15	0.4
Papaya	43	0.5	11	0.3
Kiwi	61	1.1	15	0.5
Pear	57	0.4	15	0.1
Peach	39	0.9	10	0.3
Plum	46	0.7	11	0.3

Food	Calories	Protein (g)	Carbs (g)	Fat (g)
Pomegranate	83	1.7	19	1.2
Watermelon	30	0.6	8	0.2
Cantaloupe	34	0.8	8	0.2
Fig (fresh)	74	0.8	19	0.3
Date (Medjool)	277	1.8	75	0.2

## Vegetables

Food	Calories	Protein (g)	Carbs (g)	Fat (g)
Broccoli	55	4.6	11	0.6
Spinach	23	2.9	3.6	0.4
Kale	49	4.3	9	0.9
Romaine	17	1.2	3	0.3
Carrots	41	0.9	10	0.2
Zucchini	17	1.2	3.1	0.3
Cauliflower	25	2	5	0.3
Brussels sprouts	43	3.4	9	0.3
Asparagus	20	2.2	3.9	0.1
Bell peppers	31	1	6	0.3
Mushrooms	22	3.1	3.3	0.3
Cucumber	16	0.7	4	0.1
Green beans	31	1.8	7	0.1
Celery	14	0.7	3	0.2
Eggplant	25	1	6	0.2
Radish	16	0.7	3	0.1
Beets	43	1.6	10	0.2
Artichoke	47	3.3	11	0.2
Sweet corn	86	3.3	19	1.2
Peas	81	5	14	0.4

## Legumes

Food	Calories	Protein (g)	Carbs (g)	Fat (g)
Black beans	132	9	24	0.5

Food	Calories	Protein (g)	Carbs (g)	Fat (g)
Kidney beans	127	8.7	22	0.5
Pinto beans	143	9	27	0.7
Navy beans	140	8.2	27	0.6
Lentils	116	9	20	0.4
Mung beans	105	7	19	0.4
Chickpeas	164	9	27	2.6
Split peas	118	8	21	0.4
Lupini beans	119	16	12	2
Fava beans	110	8	19	0.4
Adzuki beans	128	7.5	25	0.1
Soybeans	173	16.6	9.9	9
Cowpeas	336	24	60	2
Black-eyed peas	116	8	21	0.5
Butter beans	115	6.8	20	0.3
Broad beans	88	8	19	0.7
Peanuts	567	25	16	49
Lentil sprouts	106	9	20	0.4
Red beans	127	8.7	22	0.5
White beans	139	9	25	0.6

## Starches

Food	Calories	Protein (g)	Carbs (g)	Fat (g)
White rice	130	2.7	28	0.3
Brown rice	111	2.6	23	0.9
Quinoa	120	4.4	21	1.9
Oats	389	17	66	7
Barley	123	2.3	28	0.4
Bulgur	83	3.1	18	0.2
Couscous	112	3.8	23	0.2
Whole grain bread	247	13	41	4.2
Potato (white)	77	2	17	0.1
Sweet potato	86	1.6	20	0.1
Yams	118	1.5	28	0.2

Food	Calories	Protein (g)	Carbs (g)	Fat (g)
Plantains	122	1.3	32	0.4
Corn (kernels)	96	3.4	21	1.5
Polenta	70	2	15	0.3
Rye (bread)	259	9	48	3.3
Millet	119	3.5	23	1
Buckwheat	92	3.4	20	0.6
Farro	150	5	34	1
Pasta (whole grain)	124	5	27	0.9
Cassava	160	1.4	38	0.3