

MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP

Food and Description	Approx. Measure	Food Energy (Calories)	Carbohydrate (grams)	Protein (grams)	Fat (grams)
Bacon, cooked	3 slices	110	0	6	9
Beans, BBQ, baked	1/2 cup	130	26	6	1
Beef, Chuck, Arm Pot Roast, braised	3 ounces	180	0	28	7
Beef, Eye Round Roast, roasted	3 ounces	140	0	25	4
Beef, Sirloin Steak, broiled	3 ounces	170	0	26	6
Beef, Tenderloin Steak, broiled	3 ounces	180	0	24	9
Bologna, beef	1 slice	70	0	3	7
Chicken Breast, baked	3 ounces	120	0	24	2
Chicken Thigh, baked	3 ounces	150	0	21	7
Egg, fried	1 large	90	1	6	7
Egg, white	1 large	17	0	4	0
Fish Sticks, Finfish, frozen, reheated	3 ounces	200	19	9	10
Frankfurter, Beef and Pork, cooked	1 frank	145	1	5	13
Ground Beef, 90% lean/10% fat, broiled	3 ounces	184	0	26	10
Ground Beef, 95% lean/5% fat, broiled	3 ounces	145	0	22	6
Lamb Loin Chop, broiled	3 ounces	180	0	25	8
Lentils, boiled	1/2 cup	115	20	9	1

Ham, baked, lean only	3 ounces	60	1	12	2
Peanut Butter	2 TB	190	7	8	16
Peanuts, dry roasted	1 ounce	165	6	7	14
Pork Chop, Top Loin, broiled	3 ounces	170	0	26	7
Pork Loin, Tenderloin Roast, roasted	3 ounces	140	0	25	4
Shrimp, boiled	3 ounces	85	0	18	1
Sunflower Seeds, dry roasted	1 ounce	165	7	6	14
Tuna Salad	1/2 cup	385	19	33	19
Tuna, White, water packed	3 ounces	115	0	23	2
Turkey, Breast, baked	3 ounces	120	0	24	1
Veal Cutlet, roasted	3 ounces	130	0	24	3
Whitefish, baked	3 ounces	145	0	21	6

Note: Energy and nutrient values for beef, veal, pork, and lamb are based on meats with 1/4 inch fat, removed before eating. Values for chicken and turkey are based on poultry cooked with the skin and removed before eating.

Sources: Composition of Foods, Agriculture Handbook 8 Nos. 1, 2, 4-17, 20. USDA 1976-1992. Bowes & Church's Food Values of Portions Commonly Used, Sixteenth Edition. J.B. Lippincott Company, 1994. Calorie figures over 5 are rounded to the nearest five. Other nutrient values are rounded to the nearest whole number. Values less than 0.5 are listed as zero.

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