

Protein, Fat, and Carbohydrate Content of Selected Foods

Food	Amount	Protein (g)	Fat (g)	Carb (g)	Energy (kcal)
Egg whites	¼ cup	6	0	1	30
Chicken (white meat, roasted)	3 oz	26	3	0	140
Turkey (white meat, roasted)	3 oz	25.5	0.5	0	115
Fish (cod, halibut)	3 oz	19	0.5	0	89
Tuna (fresh or water packed)	3 oz	23	0.5	0	106
Meat (flank steak)	3 oz	30	8	0	199
T-bone steak	3 oz	21	16.5	0	238
Chicken (dark meat, roasted)	3 oz	23	8	0	174
Turkey (dark meat, roasted)	3 oz	24	6	0	159
Pork (tenderloin, roasted)	3 oz	24	4	0	139
Veal (lean)	3 oz	27	6	0	167
Fish (oily such as salmon)	3 oz	20	4	0	118
Tuna (oil packed, drained)	3 oz	25	7	0	168
Milk (whole, 3.3%)	8 oz	8	8	11	146
Milk (reduced fat, 2%)	8 oz	8	5	11	122
Milk (low-fat, 1%)	8 oz	8	2	12	102
Milk (nonfat)	8 oz	8	Trace	12	83
Yogurt (low-fat, fruit on the bottom)	8 oz	6	1.5	31	160
Yogurt (nonfat, artificially sweetened)	8 oz	11	Trace	19	122
Cheese (cheddar)	1 oz	7	9	0	114
Cheese (fat-free)	1 slice	4	0	3	30
Beans	½ cup cooked	8	0.5	24	129
Lentils	½ cup cooked	9	Trace	20	115
Peanuts (oil roasted)	¼ cup	10	19	7	221
Almonds (dry roasted)	¼ cup	8	18	7	206
Sunflower seeds (dry roasted)	¼ cup	6	16	8	186
Sunflower seeds (oil roasted)	¼ cup	6	17	4	178
Rice (white)	½ cup cooked	2	Trace	22	103
Rice (brown)	½ cup cooked	2.5	~1	22	108
Spaghetti noodles	½ cup cooked	3.5	0.5	19.5	95
Potato (baked)	1 large (~7 oz)	5	Trace	43	188
Sweet potato	½ cup cooked	1	Trace	12	51
Bread (white)	1 slice (25g)	2	0.8	13	67
Bread (whole wheat)	1 slice (44g)	2.5-3	~2.5	21.5	~119

Legend: g = gram; oz = ounce; kcal = kilocalorie

Reference: Dunford M, Doyle A. Nutrition for Sport and Exercise, 2nd edition. Wadsworth Publishing: 2008.