

Proteins

3 oz = 90g weight = Deck of cards, palm of hand

Meat, Poultry, Egg	Serving Size	Calories	Protein (grams)
Lean Pork, Chicken, Turkey, Skinless	3 oz	120-150	22-28
Steak, Lamb	3 oz	165	25
Lean Ground Beef/Hamburger patty	3 oz (2/3 cup)	150	21
Egg	2 egg	140	14
Egg White	1/2 cup ~4 egg whites)	60	14
Fish, Seafood	Serving Size	Calories	Protein (grams)
Salmon	3 oz	155	22
Tuna/Shrimp/Scallops	3 oz (~3/4 can drained, ~12 shrimp)	100	20
Plant Based Proteins, Legumes	Serving Size	Calories	Protein (grams)
Tofu (firm)	1/2 container (85g)	140	25
Tempeh	3oz (85g)	170	15
Pinto Beans/kidney	1/2 cup	197	11
Lentils, chickpeas, Edamame	1/2 cup	101	7-9
Quinoa	1/2 cup	111	4
Green Peas	1/2 cup	59	4
Nuts, Seeds	Serving Size	Calories	Protein (grams)
Soy Nuts	1 oz (1/4 cup)	120	12
Pumpkin Seeds	1 oz	159	9
Peanuts, Almonds, Pistashios	1 oz	165	7
Flax, Chia, Sunflower	1 oz	140	5
Walnut, Cashew	1 oz	170	4
Nut /Seed Butters	1 Tbsp	188	7
Nuts, Seeds	Serving Size	Calories	Protein (grams)
Greek Yogurt (2% plain)	1/2 cup	100	10
Regular Yogurt (2% plan)	1/2 cup	70	6
Cottage Cheese (2%)	1/2 cup	125	15
Soy Milk	1 cup	80	7
Regular Milk 2%	1 cup	130	9
Cheese	1 oz	115	7
Protein Powder	1 scoop	120	25-30 g
* coconut, rice, nut milks have <1 g protein			

Carbohydrates	Calories	1 Serving = 15 g carbs
Grains	Nutrient and Calorie density varies, Choose whole grain most often	
Bagel (white or whole wheat)		1/4 -1/2 (ie Tims Bagel 1/2 = 25g)
Bread, Bun (white or whole wheat), Wrap		1 slice (1 ounce), 1/2 Bun, 1 small wrap
Crackers		6 - 10
Dry cereal, unsweetened		3/4 cup
English muffin		1/2 of a small
Macaroni, noodles, pasta or spaghetti		1/3 cup cooked
Pancakes and waffles		1 (4-inch diameter)
Pizza crust, thin		1/8 of a 12-inch pizza
Rice (white or brown), Barley, Quinoa, Oats;		1/2- 1/3 cup cooked
Homemade healthy muffin		1 small muffin
Legumes and Starchy Veg	Nutrient dense, Low GI, High Fibre, Low kcal	1 Serving = 15 g carbs
Lentils and Beans (navy, black, pinto, red, etc.)		1/2 cup cooked
Baked potato (regular or sweet)		1/2 medium (4 inches long)
Corn, Peas		1/2 cup cooked
Winter squash (acorn, butternut, etc.)		1 cup cooked
Vegetable soup		1 cup
Fruits	Nutrient Dense, Low kcal, + fibre	1 Serving = 15 g carbs
Apple, Pear, Orange, Peach, Grapefruit		1 small, 1/2 large
Banana		1/2 medium
Blackberries/Blueberries/Raspberries/Strawberry Halves		1 cup
Canned fruit (in light syrup or juice)		1/2 cup
Cantaloupe, Honeydew, Watermelon		1 - 1 1/4 cup cubed
Cherries, Grapes		15
Juices, Sodas and Sport Drinks	High GI, No Fibre, calorie dense, May be appropriate during Exercise	1 Serving = 15 g carbs
100 % Fruit Juice, Regular Soda		1/2 cup, (12 oz can regular coke = 39g)
Gatorade, G2 (half carb)		250 ml, 500 ml
Dairy Products	MF% and flavoured varieties will make these choices ++ calories	1 Serving = 15 g carbs
Milk (skim, 1-2% fat), Plain Yogurt		1 cup
Flavoured Yogurt		1/3 cup
Cottage Cheese		1.5 cups
Sweets & Snacks	Calorie Dense, Added Fats, processed/refined, High GI	1 Serving = 15 g carbs
Cookies		1 cookie
Chips, Pretzels		1 snack size bag (1.5oz)
Pudding, Frozen yogurt, regular and Ice cream		1/2 cup
Popcorn (plain or air-popped)		3 cups Popped

