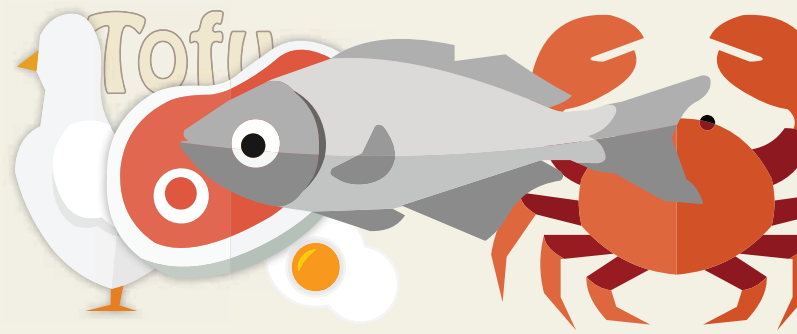


Protein

2.5 oz of meat is:
the size of a deck of cards



Food Item	Measure	Equivalents	Weight (g)	Protein (g)	Sodium (mg)
Meat and Meat Alternatives					
Beef, Pork, cooked	2.5 oz	deck of cards	75	25	45
Chicken, Turkey, cooked	2.5 oz	"	75	20	50
Fish, baked/fried/steamed	2.5 oz	"	75	18	40
Canned fish in water, low sodium	75 g (1/3 cup)		75	18	50-70
Egg	1 large		50	6	65
Shrimp, boiled/steamed	6 small		30	6	67
Chick Peas, Beans, Lentils, canned (rinse first) /boiled	3/4 cup	tennis ball	175 ml	11	30
Peanut Butter (commercial)	2 tbsp		30 ml	8	149
Peanut Butter (natural)	2 tbsp	golf ball	30 ml	7	2
Peanuts, Almonds (unsalted)	1/2 cup	2 golf balls	37	8	2
Tofu (regular, firm, extra firm)	150 g	hockey puck	150	21	26
Dairy Products and Supplements					
Milk, skim, 1%, 2%, whole	1 cup		258	9	105
Milk, 1% chocolate	1 cup		258	9	152
Soy beverage, unsweetened	1 cup		257	7	95
Skim milk powder	~ 1/3 cup		25	9	120
Yogurt, Greek, plain, flavoured	3/4 cup	tennis ball	180	16	65
Yogurt, plain, flavoured	3/4 cup	tennis ball	180	9	115
Cheddar Cheese (from block)	1.5 oz	9-volt battery	50	12	300
Mozzarella Cheese (from block)	1.5 oz	"	50	10	186
Swiss Cheese	1.5 oz	"	50	13	96
Meal Supplement Drinks, high protein plus calories	1 bottle		235 ml	12-15	200-290
Whey Protein Powder	2 tbsp	golf ball	28	20	120
Grains and Starches					
Bread, whole wheat	1 slice		35	5	165
Bread, pita, whole wheat (16.5cm) diameter	1 each		64	7	372
Bagel, plain	1 bagel		71	7	318
Pasta, enriched spaghetti, cooked	1 cup	fist	140	8	1
Special K® Protein cereal, Kellogg's®	1 cup	fist	50	10	125
Vector® Cereal, Kellogg's®	1 1/4 cup	fist & 2 golf balls	55	5.5	220
Edge® Cereal, General Mills®	1 cup	fist	58	11	290
Granola Bar, Natural Valley® Protein	1 bar		40	10	180
Vector® Protein Bar, Kellogg's®	1 bar		40	11	190
Clif Builder's® Bar	1 bar		68	20	200