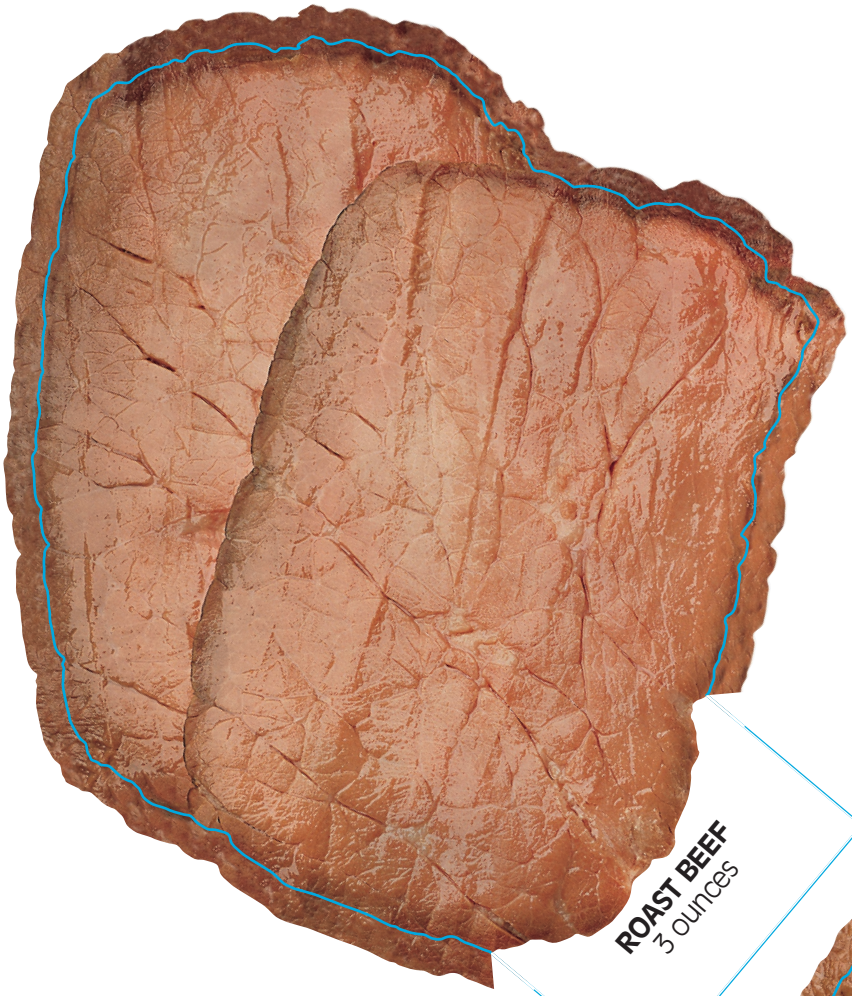
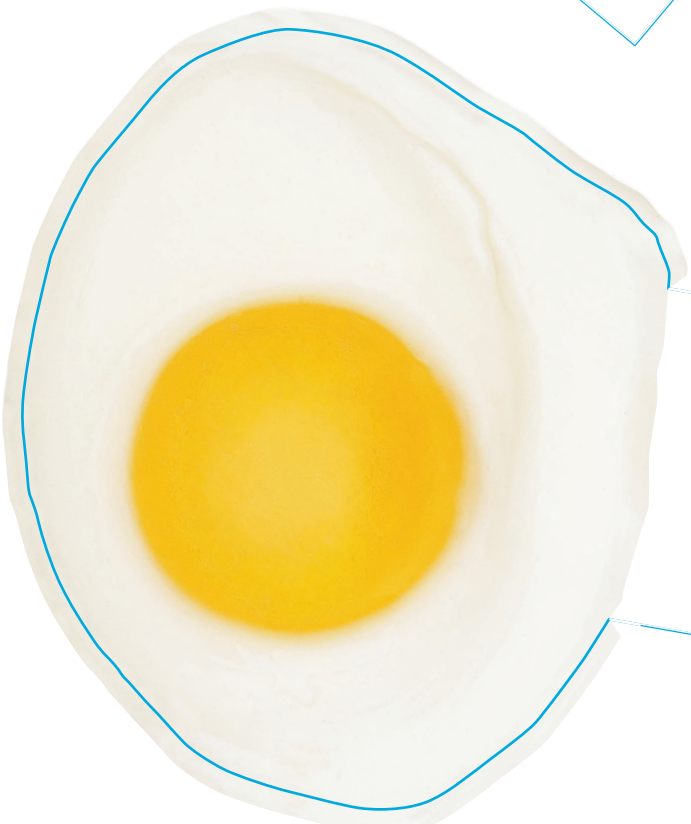
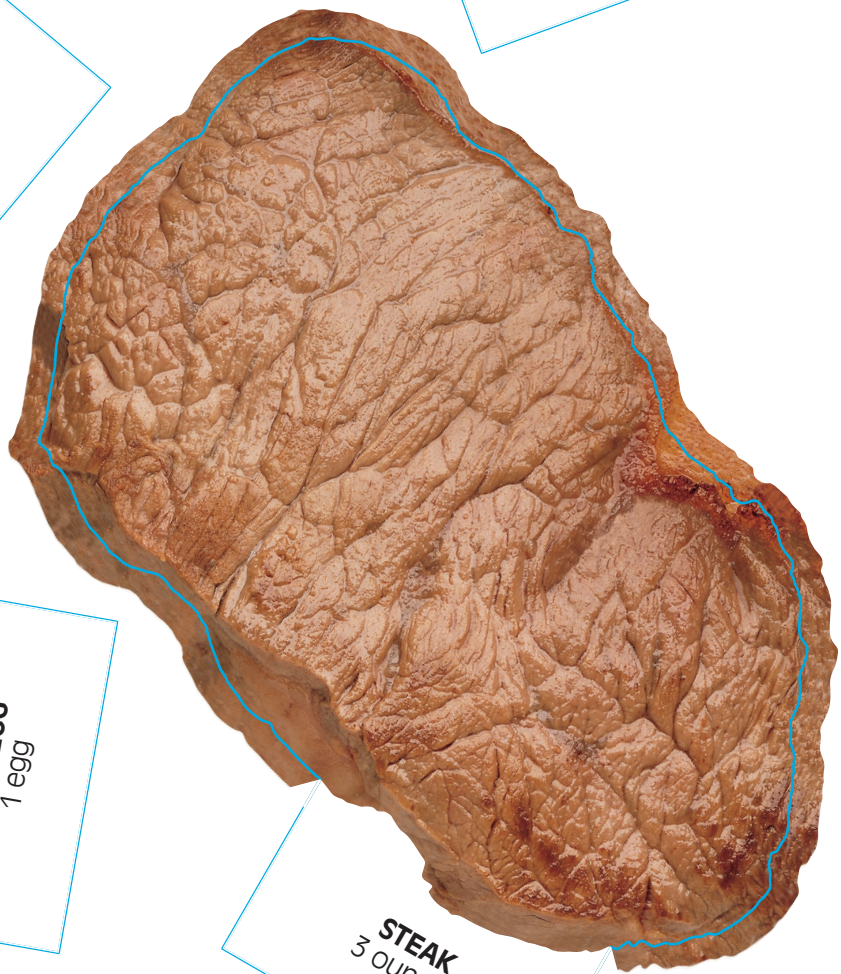


ROAST BEEF
3 ounces

GROUND BEEF HAMBURGER
3 ounces

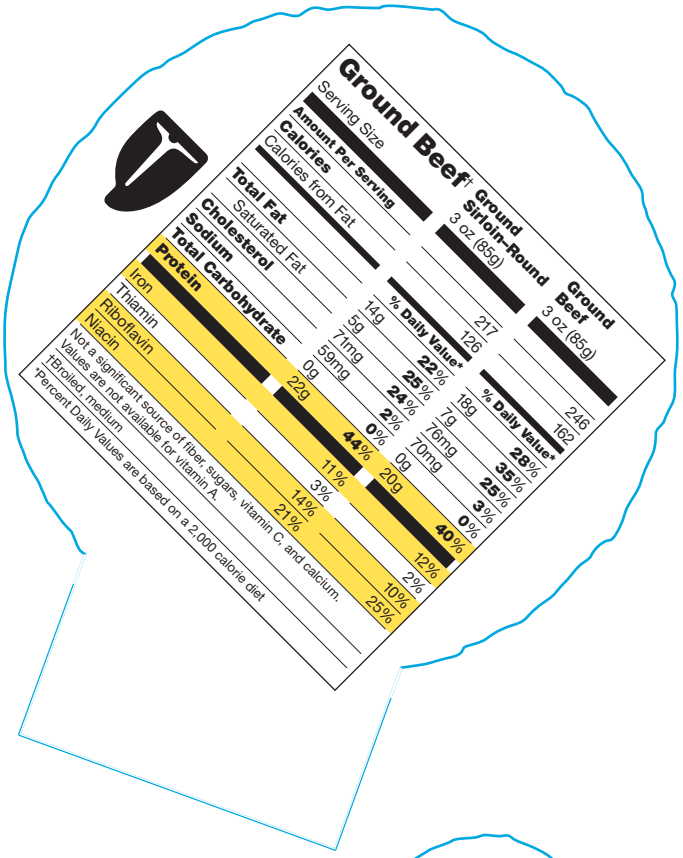


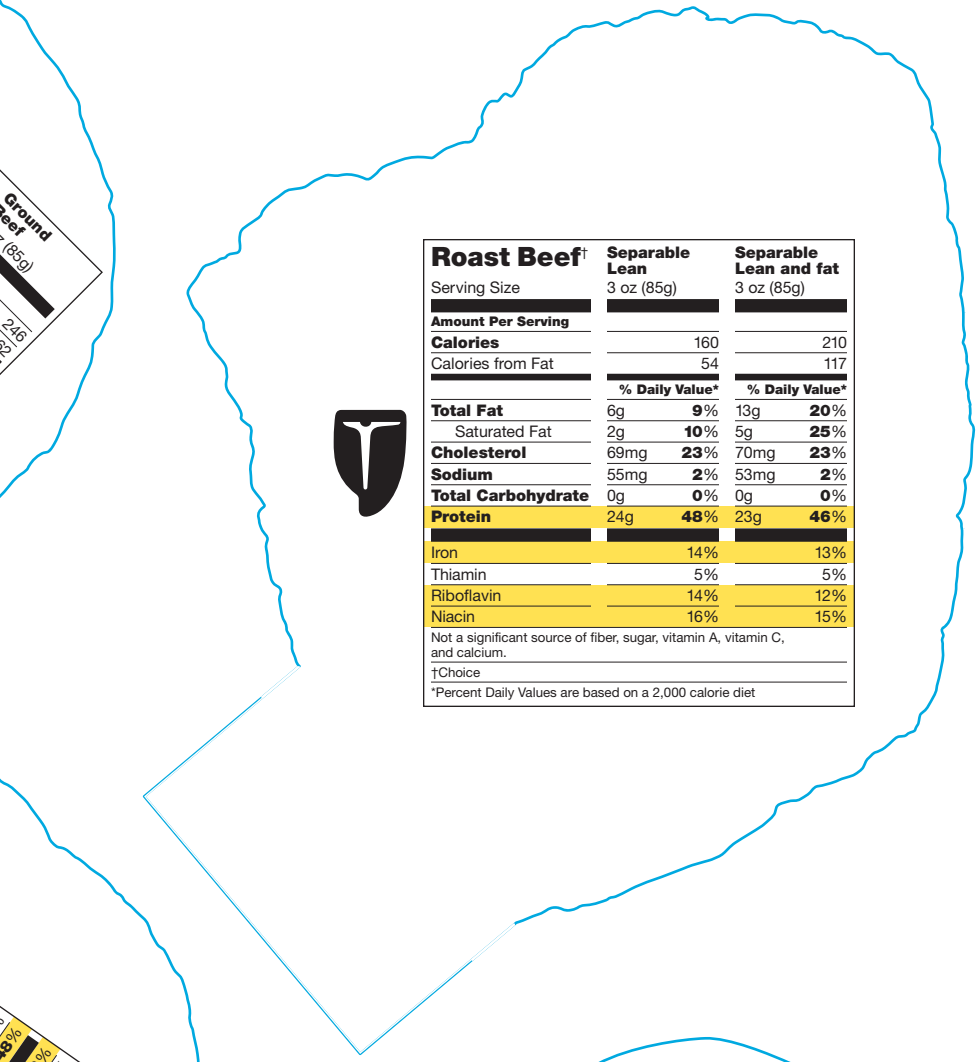
FRIED EGG
1 egg



STEAK
3 ounces

CARD 7



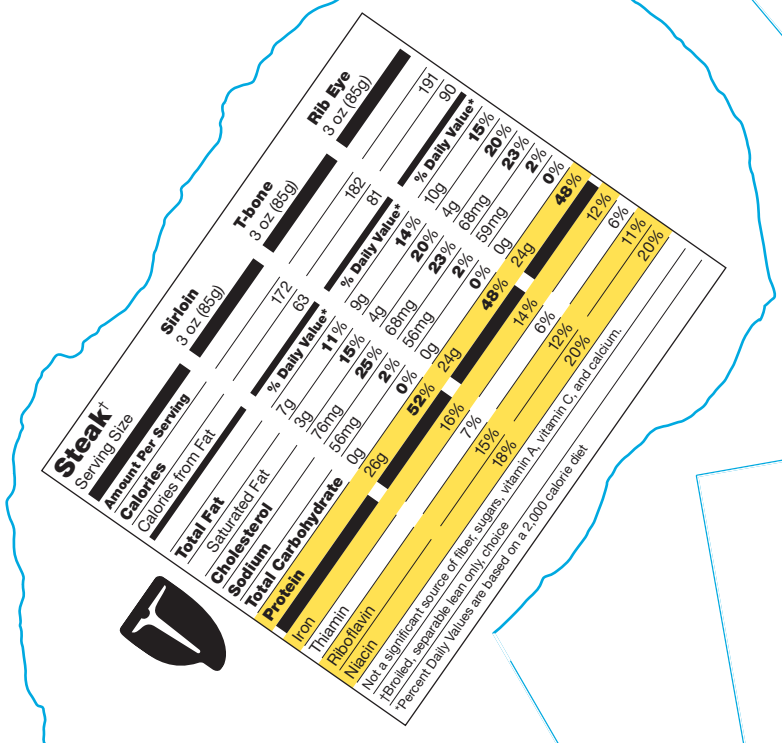


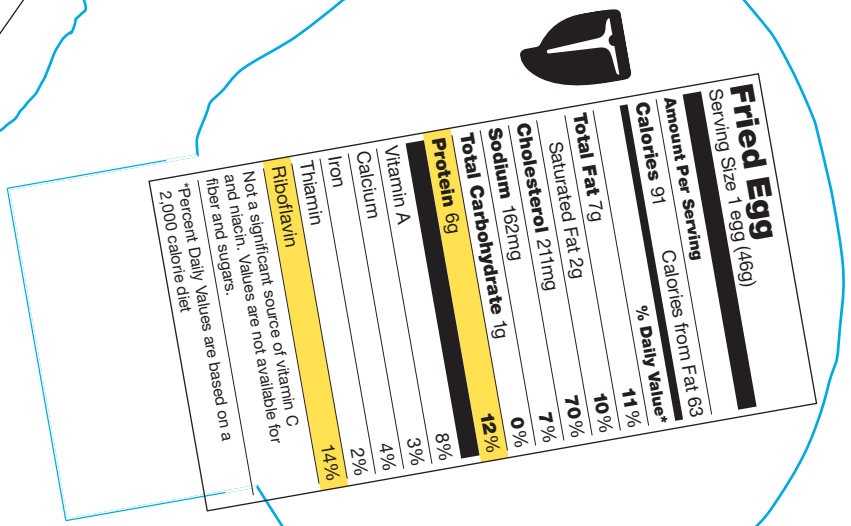
Roast Beef†	Separable Lean		Separable Lean and fat	
Serving Size	3 oz (85g)		3 oz (85g)	
Amount Per Serving				
Calories	160		210	
Calories from Fat	54		117	
		% Daily Value*		**% Daily Value***
Total Fat	6g	**9%**	13g	**20%**
Saturated Fat	2g	**10%**	5g	**25%**
Cholesterol	69mg	**23%**	70mg	**23%**
Sodium	55mg	**2%**	53mg	**2%**
Total Carbohydrate	0g	**0%**	0g	**0%**
Protein	24g	**48%**	23g	**46%**
Iron		14%		13%
Thiamin		5%		5%
Riboflavin		14%		12%
Niacin		16%		15%

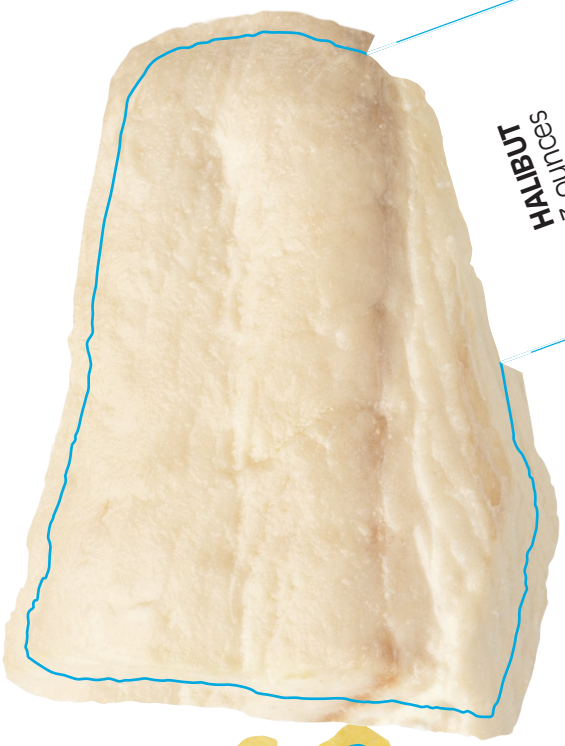
Not a significant source of fiber, sugar, vitamin A, vitamin C, and calcium.

†Choice

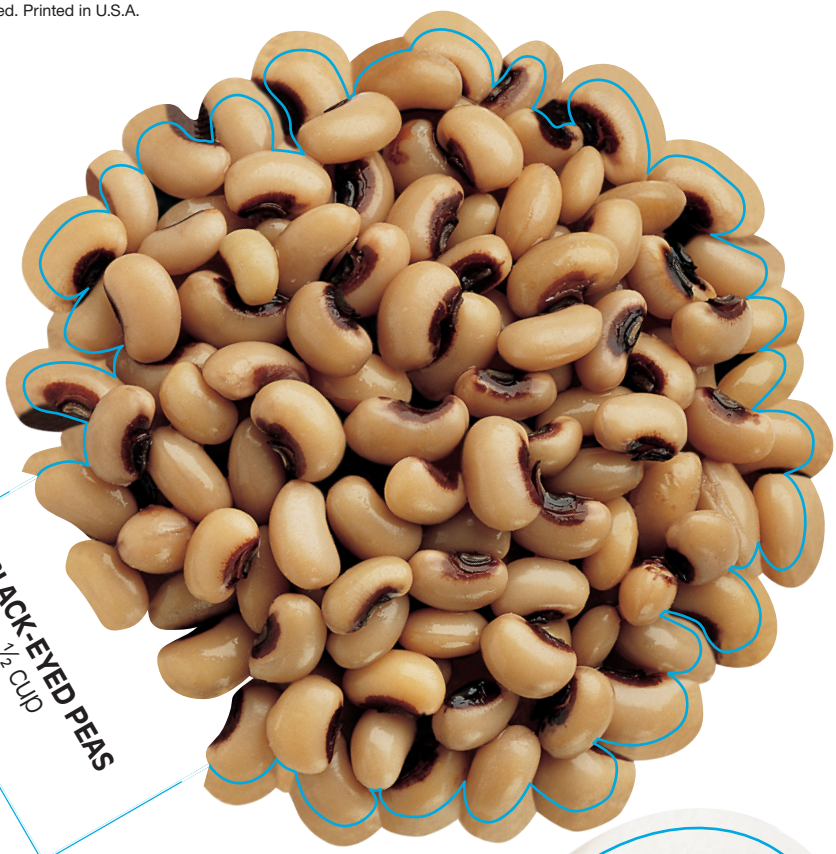
*Percent Daily Values are based on a 2,000 calorie diet







HALIBUT
3 ounces

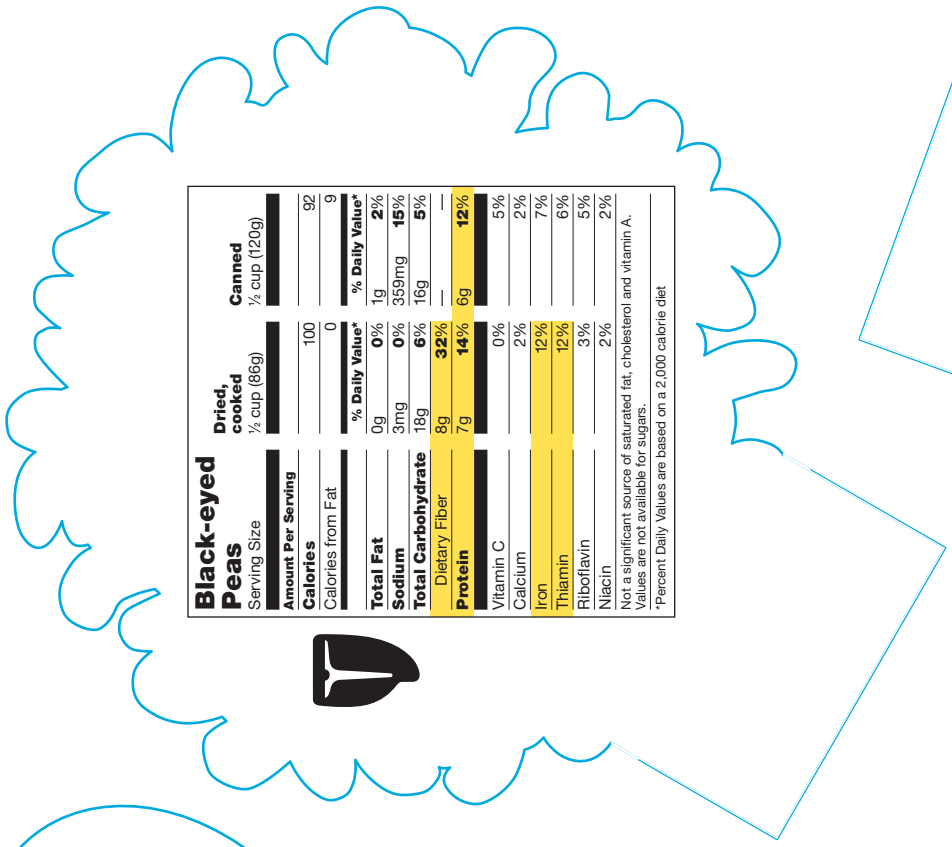


BLACK-EYED PEAS
½ cup

SCRAMBLED EGG
1 egg

HARD-COOKED EGG
1 egg

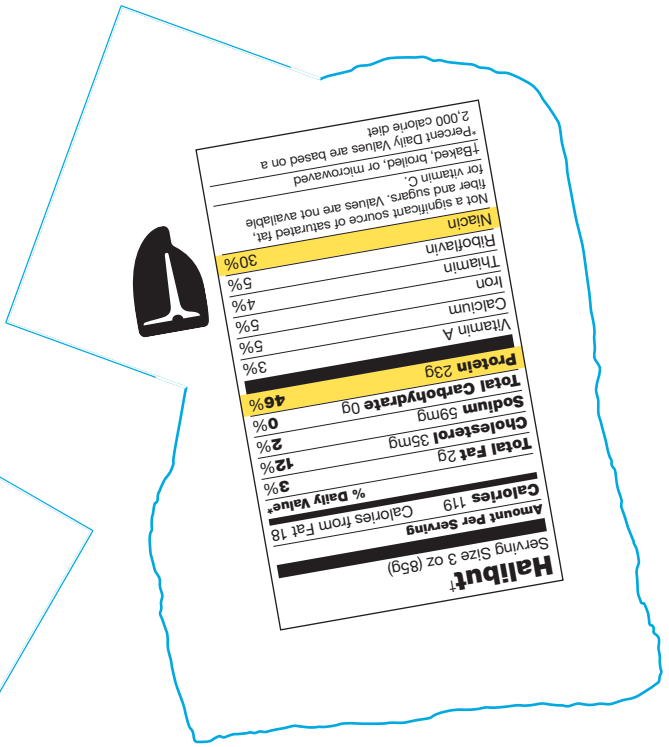
PEANUTS
⅓ cup



Black-eyed Peas
Serving Size

	Dried, cooked ½ cup (86g)		Canned ½ cup (120g)	
Amount Per Serving				
Calories	100		92	
Calories from Fat	0		9	
	% Daily Value*		**% Daily Value***	
Total Fat	0g	**0%**	1g	**2%**
Sodium	3mg	**0%**	359mg	**15%**
Total Carbohydrate	18g	**6%**	16g	**5%**
Dietary Fiber	8g	**32%**	—	—
Protein	7g	**14%**	6g	**12%**
Vitamin C		0%		5%
Calcium		2%		2%
Iron		12%		7%
Thiamin		12%		6%
Riboflavin		3%		5%
Niacin		2%		2%

Not a significant source of saturated fat, cholesterol and vitamin A. Values are not available for sugars.
*Percent Daily Values are based on a 2,000 calorie diet



Halibut*
Serving Size 3 oz (85g)

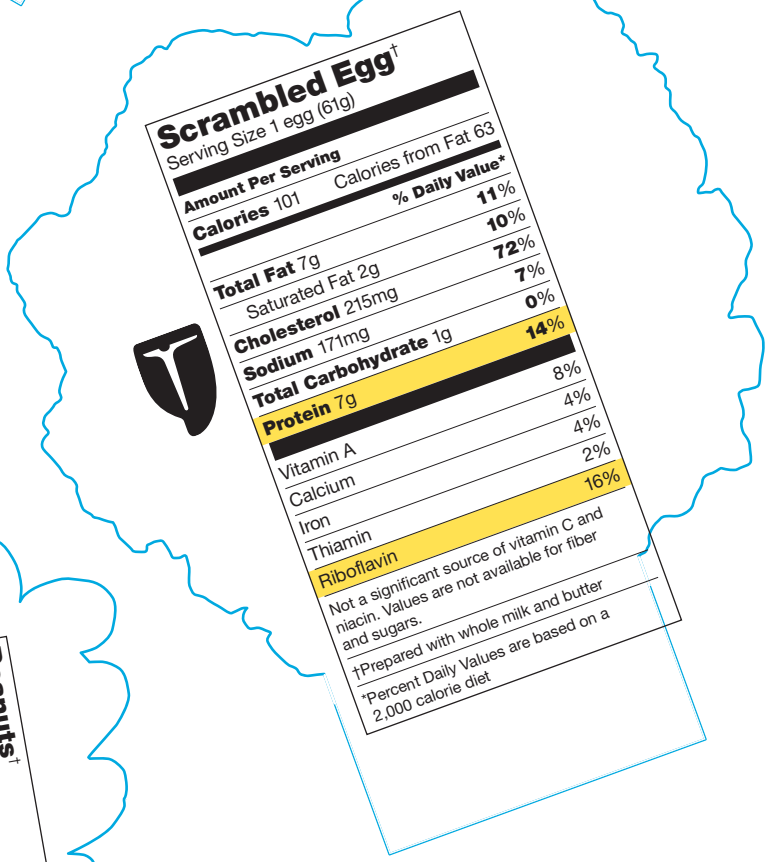
Amount Per Serving	
Calories 119	Calories from Fat 18
	% Daily Value*
Total Fat 2g	**3%**
Cholesterol 35mg	**12%**
Sodium 59mg	**2%**
Total Carbohydrate 0g	**0%**
Protein 23g	**46%**
Vitamin A	3%
Calcium	5%
Iron	5%
Thiamin	4%
Riboflavin	5%
Niacin	30%

Not a significant source of saturated fat, fiber and sugars. Values are not available for vitamin C.
†Baked, broiled, or microwaved
*Percent Daily Values are based on a 2,000 calorie diet

Hard-Cooked Egg
Serving Size 1 egg (50g)

Amount Per Serving	
Calories 77	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated 2g	**10%**
Cholesterol 213mg	**71%**
Sodium 62mg	**3%**
Total Carbohydrate 1g	**0%**
Protein 6g	**12%**
Vitamin A	6%
Calcium	3%
Iron	3%
Thiamin	2%
Riboflavin	15%

Not a significant source of fiber and sugars. Values are not available for vitamin C.
*Percent Daily Values are based on a 2,000 calorie diet



Scrambled Egg†
Serving Size 1 egg (61g)

Amount Per Serving	
Calories 101	Calories from Fat 63
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2g	**10%**
Cholesterol 215mg	**72%**
Sodium 171mg	**7%**
Total Carbohydrate 1g	**0%**
Protein 7g	**14%**
Vitamin A	8%
Calcium	4%
Iron	4%
Thiamin	2%
Riboflavin	16%

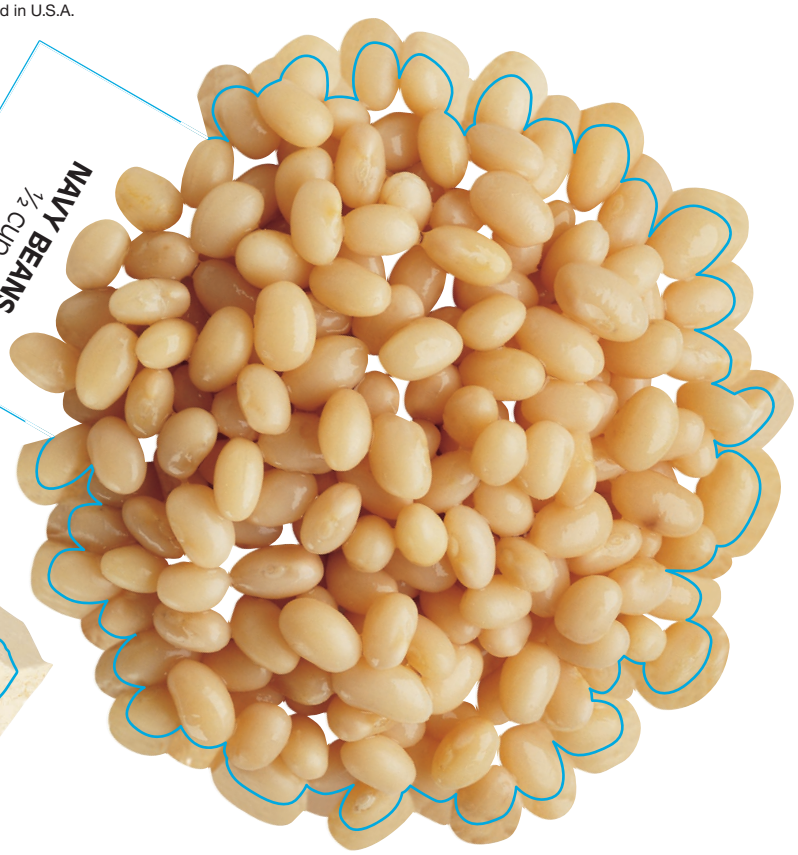
Not a significant source of vitamin C and niacin. Values are not available for fiber and sugars.
†Prepared with whole milk and butter
*Percent Daily Values are based on a 2,000 calorie diet

Peanuts†
oil-roast
Serving Size ⅓ cup (48g)

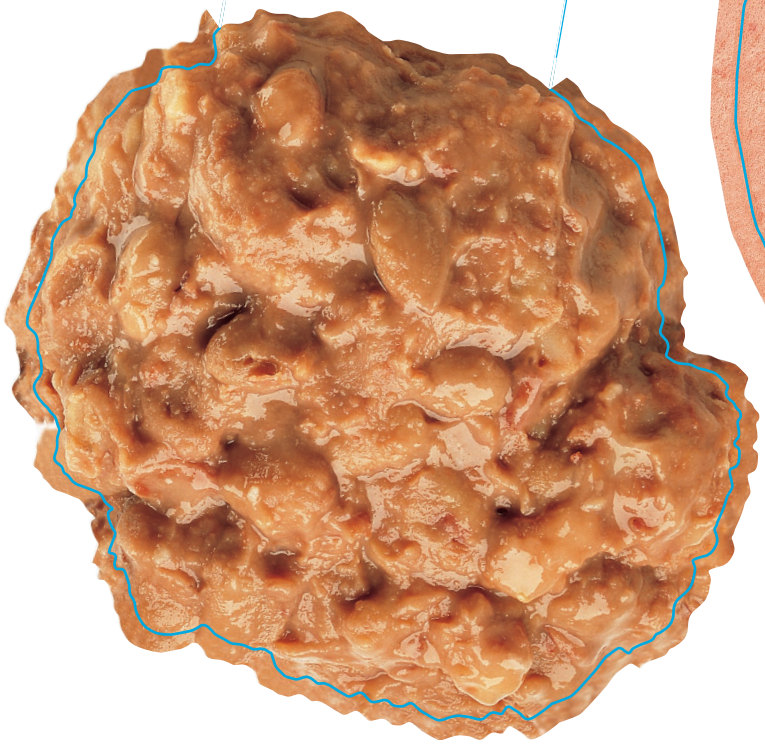
Amount Per Serving	
Calories 279	Calories from Fat 216
	% Daily Value*
Total Fat 24g	**37%**
Saturated Fat 3g	**15%**
Sodium 208mg	**9%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 4g	**16%**
Sugars 2g	
Protein 13g	**26%**
Calcium	4%
Iron	5%
Thiamin	8%
Riboflavin	3%
Niacin	34%

Not a significant source of cholesterol, vitamin A and vitamin C.
†Salted
*Percent Daily Values are based on a 2,000 calorie diet

TOFU
½ cup

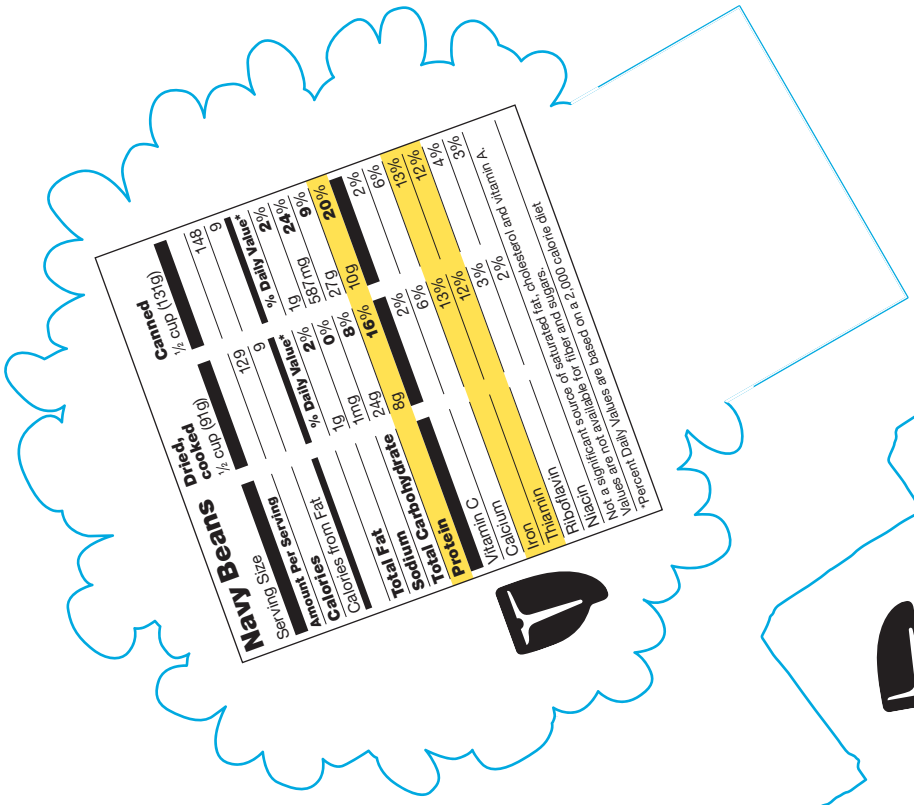


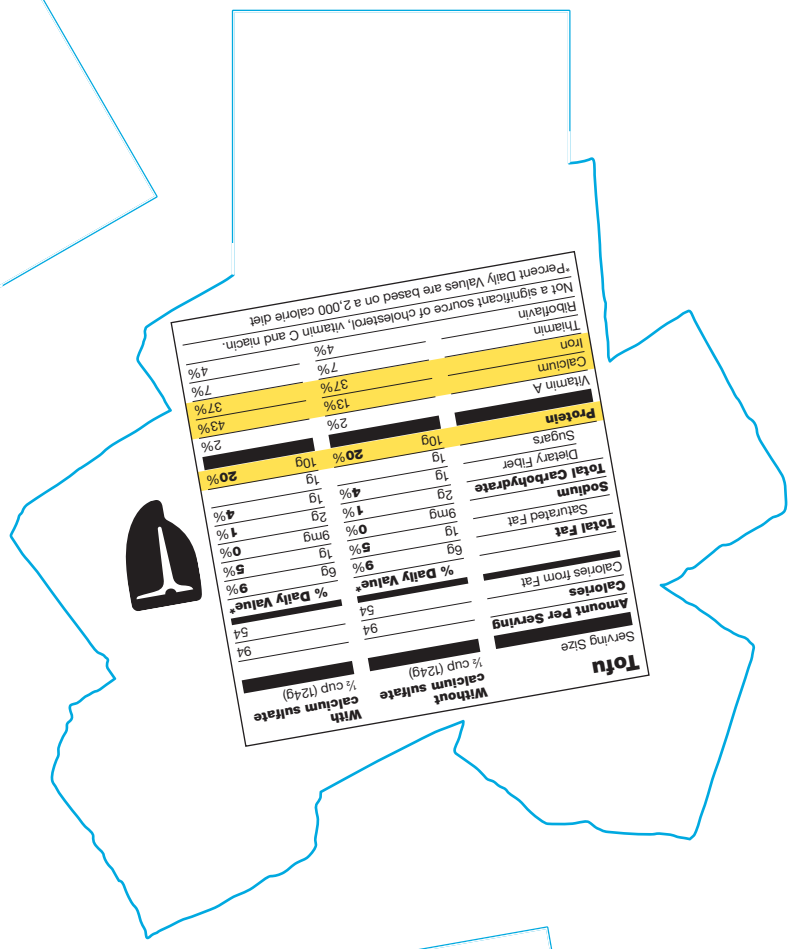
NAVY BEANS
½ cup



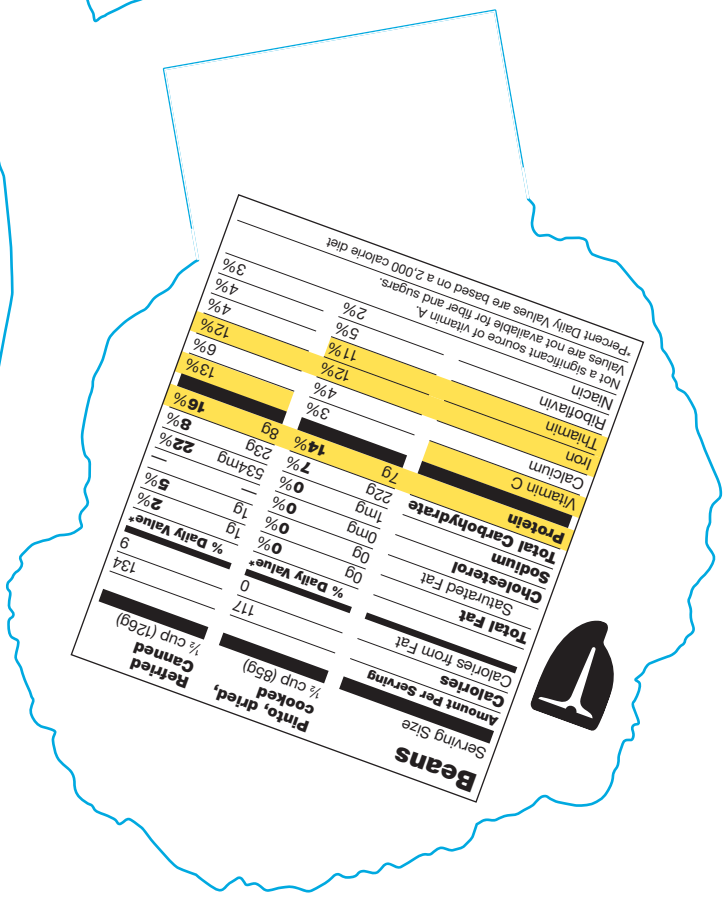
REFRIED BEANS
½ cup

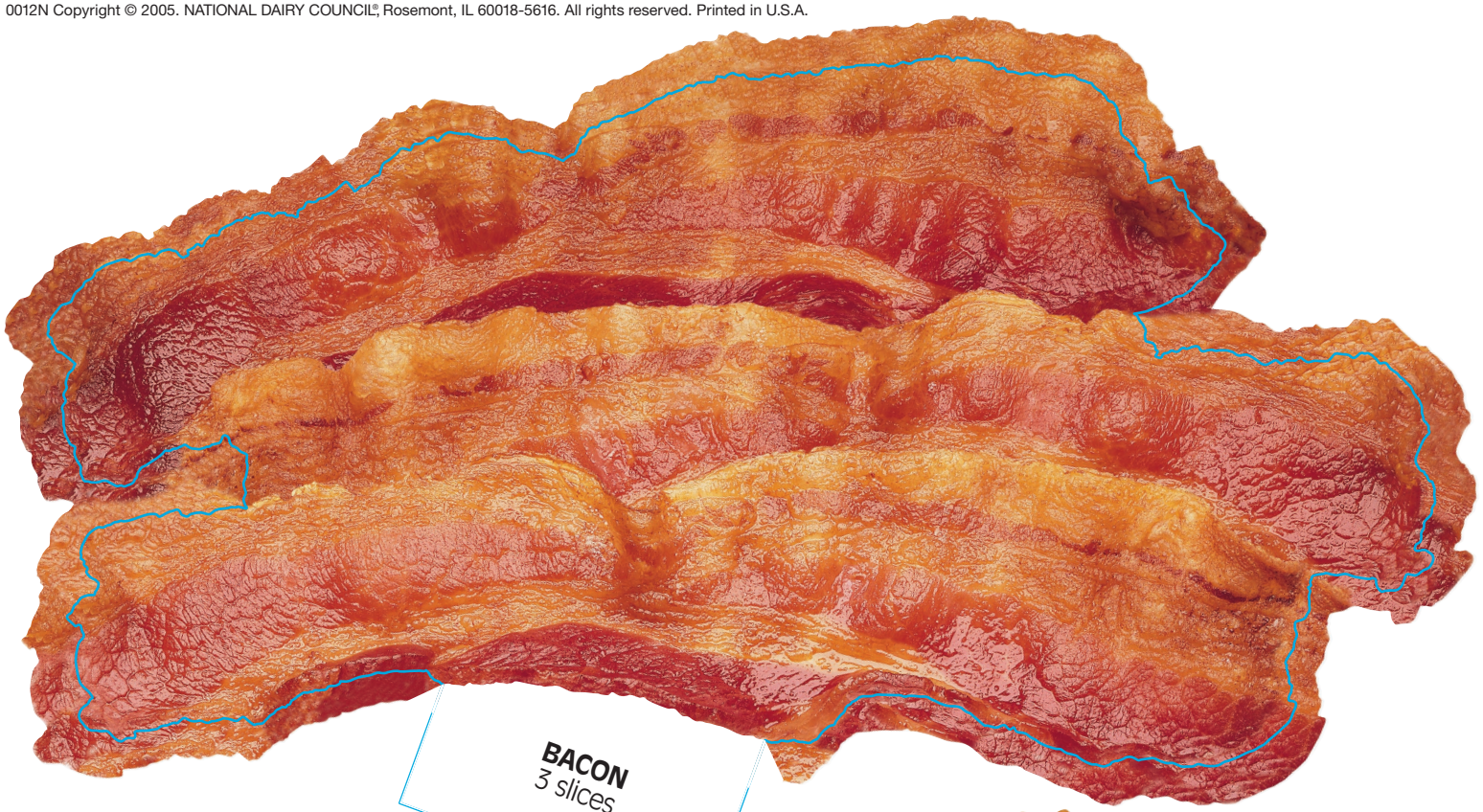
BOLOGNA
1 ounce


Navy Beans
Serving Size
Amount Per Serving
Calories
Calories from Fat
Total Fat
Sodium
Total Carbohydrate
Protein
Vitamin C
Calcium
Iron
Thiamin
Riboflavin
Niacin
Vitamin A
Dried, cooked
½ cup (91g)
Canned
½ cup (131g)
% Daily Value*
*Percent Daily Values are based on a 2,000 calorie diet


Tofu
Serving Size
Amount Per Serving
Calories
Calories from Fat
Total Fat
Saturated Fat
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Calcium
Iron
Thiamin
Riboflavin
Niacin
Without calcium sulfate
½ cup (124g)
With calcium sulfate
½ cup (124g)
% Daily Value*
*Percent Daily Values are based on a 2,000 calorie diet
Not a significant source of cholesterol, vitamin C and niacin.


Bologna
Serving Size
Amount Per Serving
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Protein
Vitamin C
Calcium
Iron
Riboflavin
Niacin
Beef
1 oz (28g)
Turkey
1 oz (28g)
% Daily Value*
Not a significant source of fiber, sugars and thiamin.
Values are not available for vitamin A.
†If contains sodium ascorbate
*Percent Daily Values are based on a 2,000 calorie diet


Beans
Serving Size
Amount Per Serving
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Protein
Vitamin C
Calcium
Iron
Thiamin
Riboflavin
Niacin
Pinto, dried, cooked
½ cup (85g)
Refried Canned
½ cup (126g)
% Daily Value*
Not a significant source of vitamin A
Values are not available for fiber and sugars.
*Percent Daily Values are based on a 2,000 calorie diet

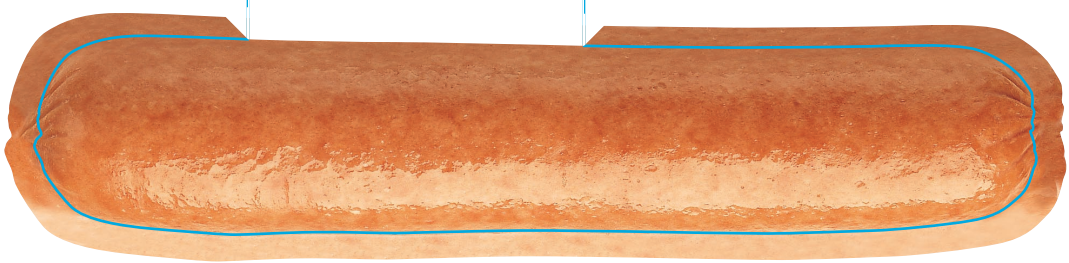


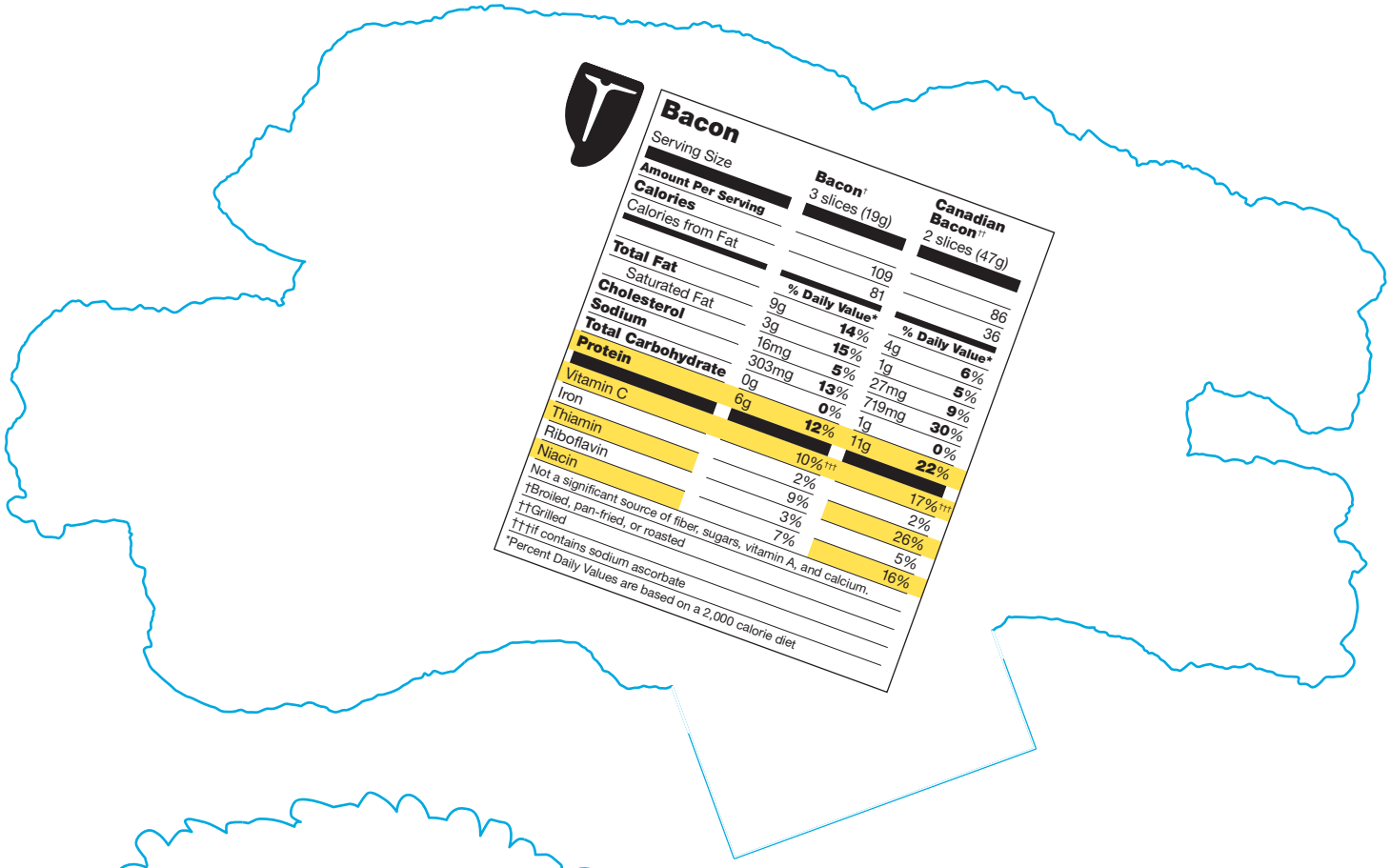
BACON
3 slices

PEANUT BUTTER
2 tablespoons

SUNFLOWER SEEDS
½ cup

HOT DOG
2 ounces





Bacon

Serving Size

Amount Per Serving	Bacon† 3 slices (19g)		Canadian Bacon†† 2 slices (47g)	
Calories	109		86	
Calories from Fat	81		36	
		% Daily Value*		**% Daily Value***
Total Fat	9g	**14%**	4g	**6%**
Saturated Fat	3g	**15%**	1g	**5%**
Cholesterol	16mg	**5%**	27mg	**9%**
Sodium	303mg	**13%**	719mg	**30%**
Total Carbohydrate	0g	**0%**	1g	**0%**
Protein	6g	**12%**	11g	**22%**
Vitamin C		10%†††		17%†††
Iron		2%		2%
Thiamin		9%		26%
Riboflavin		3%		5%
Niacin		7%		16%

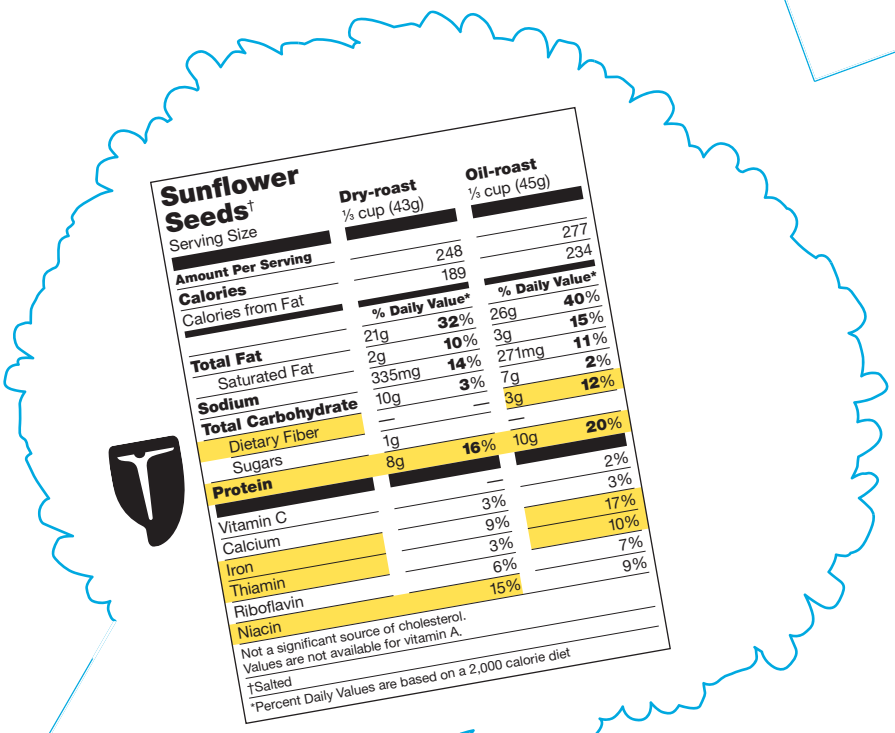
Not a significant source of fiber, sugars, vitamin A, and calcium.

†Broiled, pan-fried, or roasted

††Grilled

†††If contains sodium ascorbate

*Percent Daily Values are based on a 2,000 calorie diet



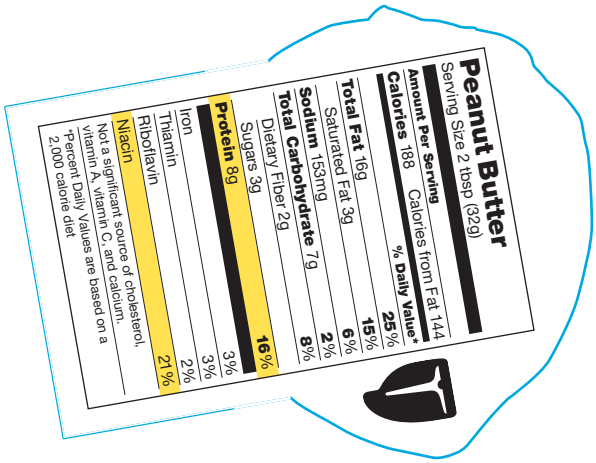
Sunflower Seeds†

Serving Size	Dry-roast 1/3 cup (43g)		Oil-roast 1/3 cup (45g)	
Amount Per Serving				
Calories	248		277	
Calories from Fat	189		234	
		% Daily Value*		**% Daily Value***
Total Fat	21g	**32%**	26g	**40%**
Saturated Fat	2g	**10%**	3g	**15%**
Sodium	335mg	**14%**	271mg	**11%**
Total Carbohydrate	10g	**3%**	7g	**2%**
Dietary Fiber	—	—	3g	**12%**
Sugars	1g	—	—	—
Protein	8g	**16%**	10g	**20%**
Vitamin C		—		2%
Calcium		3%		3%
Iron		9%		17%
Thiamin		3%		10%
Riboflavin		6%		7%
Niacin		15%		9%

Not a significant source of cholesterol.
Values are not available for vitamin A.

†Salted

*Percent Daily Values are based on a 2,000 calorie diet



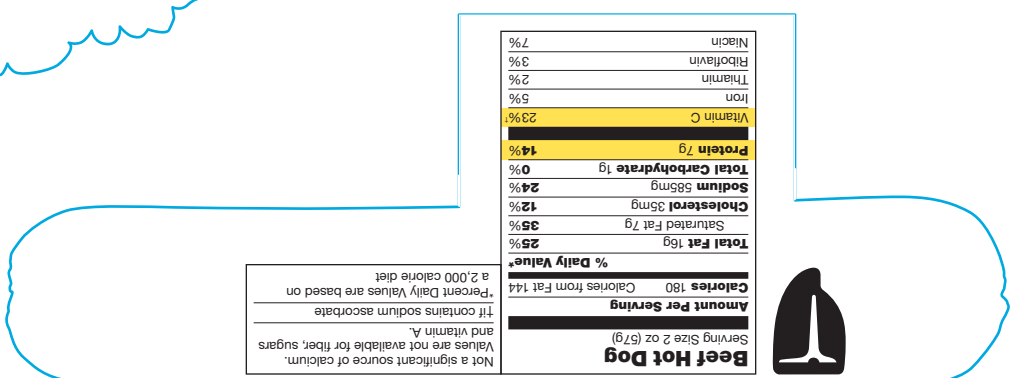
Peanut Butter

Serving Size 2 tbsp (32g)

Amount Per Serving		
Calories 188	Calories from Fat 144	
		% Daily Value*
Total Fat 16g		**25%**
Saturated Fat 3g		**15%**
Sodium 153mg		**6%**
Total Carbohydrate 7g		**2%**
Dietary Fiber 2g		**8%**
Sugars 3g		
Protein 8g		**16%**
Iron		3%
Thiamin		3%
Riboflavin		2%
Niacin		21%

Not a significant source of cholesterol, vitamin A, vitamin C, and calcium.

*Percent Daily Values are based on a 2,000 calorie diet



Beef Hot Dog

Serving Size 2 oz (57g)

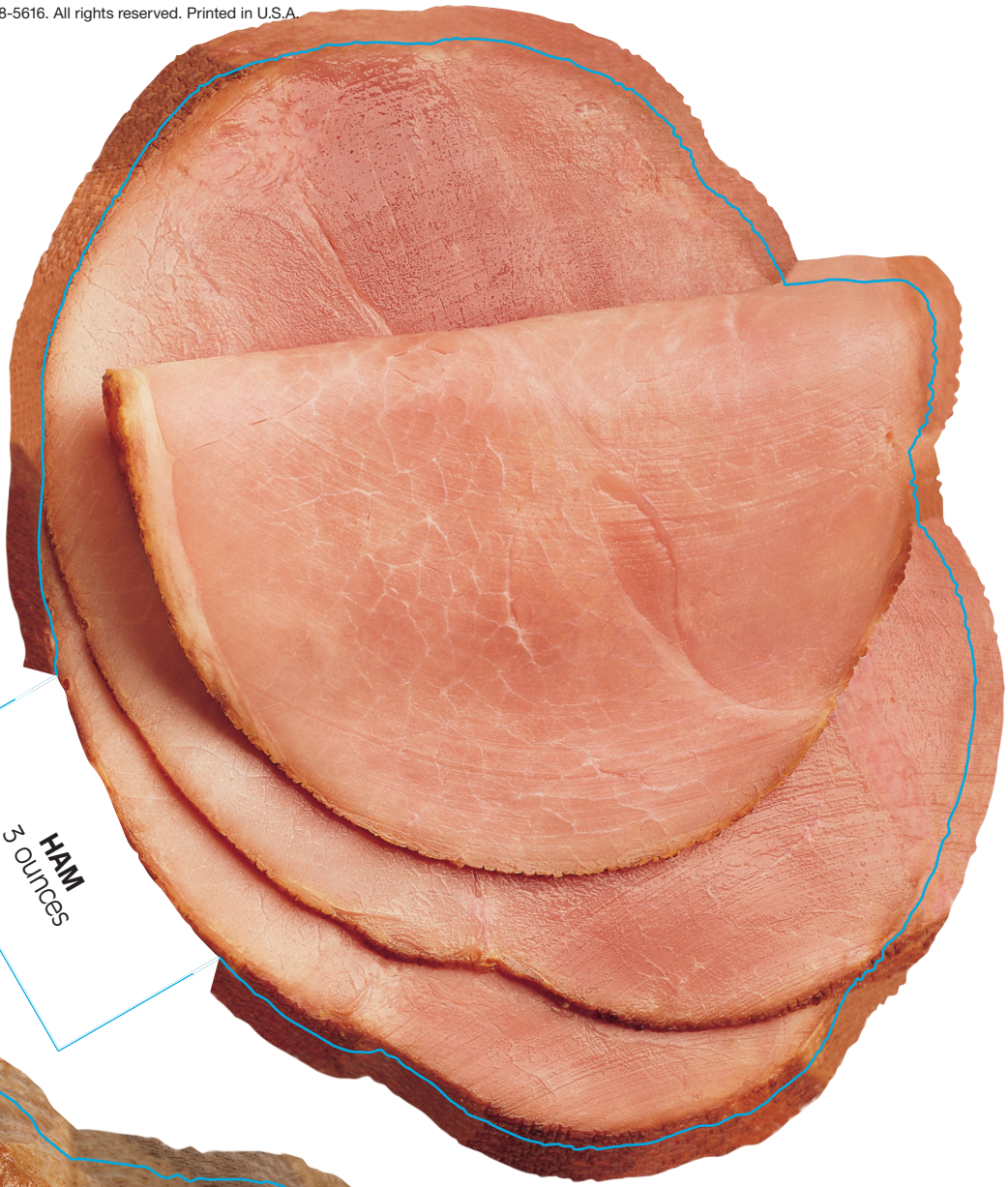
Amount Per Serving	
Calories 180	Calories from Fat 144
	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 7g	**35%**
Cholesterol 35mg	**12%**
Sodium 585mg	**24%**
Total Carbohydrate 1g	**0%**
Protein 7g	**14%**
Vitamin C	23%†
Iron	5%
Thiamin	2%
Riboflavin	3%
Niacin	7%

†Not a significant source of calcium. Values are not available for fiber, sugars and vitamin A.

‡If contains sodium ascorbate

*Percent Daily Values are based on a 2,000 calorie diet

ITALIAN SAUSAGE
3 ounces



HAM
3 ounces

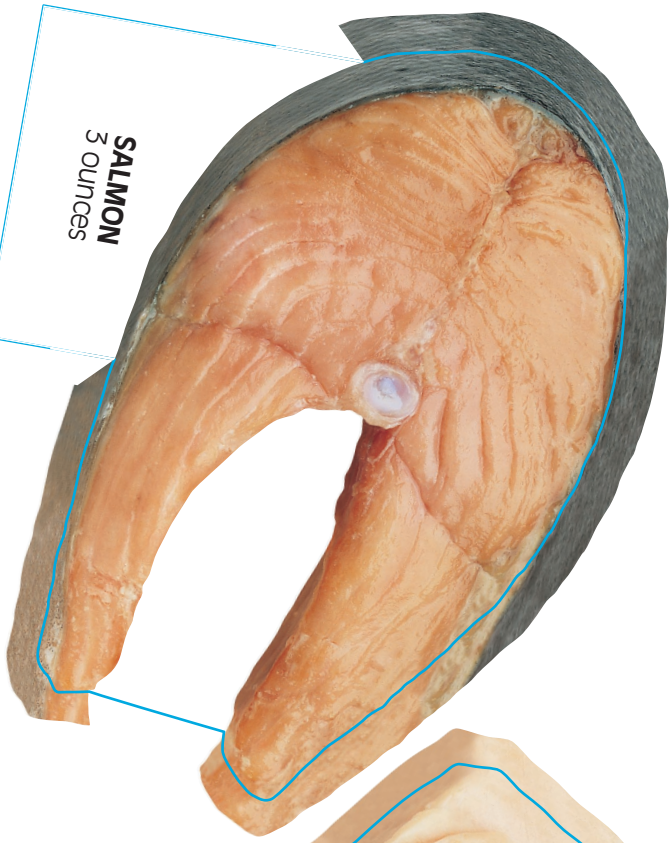
PORK CHOP
3 ounces

PORK SAUSAGE
2 links

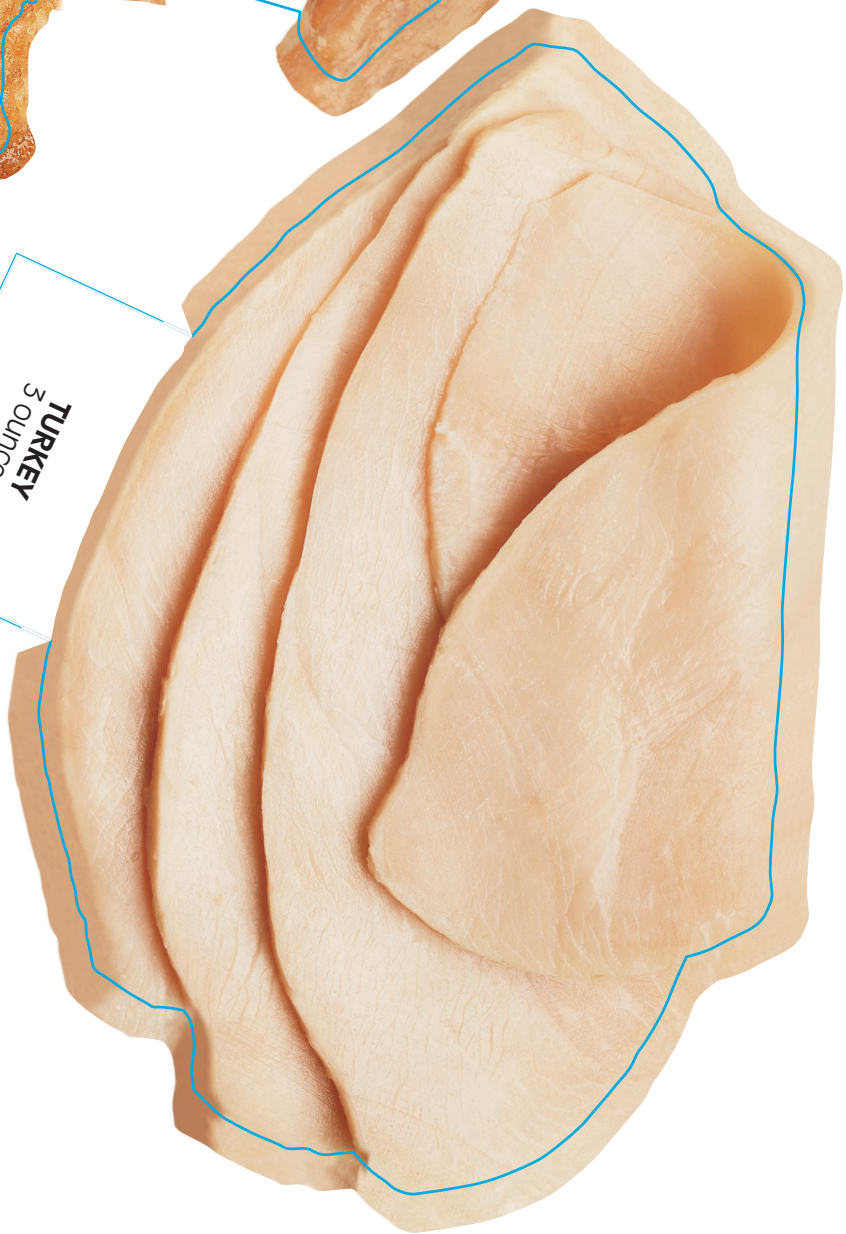

Ham††
Serving Size
Amount Per Serving
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Protein
Vitamin C
Iron
Thiamin
Riboflavin
Niacin
11% fat 3 oz (85g)
5% fat 3 oz (85g)
Turkey 3 oz (85g)
% Daily Value*
Not a significant source of vitamin A and calcium. Values are not available for fiber and sugars.
†if contains sodium ascorbate
††Baked
*Percent Daily Values are based on a 2,000 calorie diet
Italian Sausage
Serving Size 3 oz (83g)
Amount Per Serving
Calories 268
Calories from Fat 189
% Daily Value*
Total Fat 21g 32%
Saturated Fat 8g 40%
Cholesterol 65mg 22%
Sodium 765mg 32%
Total Carbohydrate 1g 0%
Protein 17g 34%
Vitamin C 2%
Calcium 2%
Iron 7%
Thiamin 34%
Riboflavin 11%
Niacin 17%
Values are not available for fiber, sugars and vitamin A.
*Percent Daily Values are based on a 2,000 calorie diet
Pork†
Serving Size
Amount Per Serving
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Protein
Iron
Thiamin
Riboflavin
Niacin
Roast Roasted 3 oz (85g)
Chop Broiled 3 oz (85g)
% Daily Value*
†Separable lean only
Not a significant source of fiber, sugars, vitamin A, vitamin C, and calcium.
*Percent Daily Values are based on a 2,000 calorie diet
Pork Sausage
Serving Size 2 links (56g)
Amount Per Serving
Calories 96
Calories from Fat 72
% Daily Value*
Total Fat 8g
Saturated Fat 3g
Cholesterol 22mg
Sodium 336mg
Total Carbohydrate 0g
Protein 5g
Iron
Thiamin
Riboflavin
Niacin
Not a significant source of fiber, sugars, vitamin C, and calcium. Values are not available for vitamin A.
*Percent Daily Values are based on a 2,000 calorie diet

FRIED CHICKEN
3 ounces

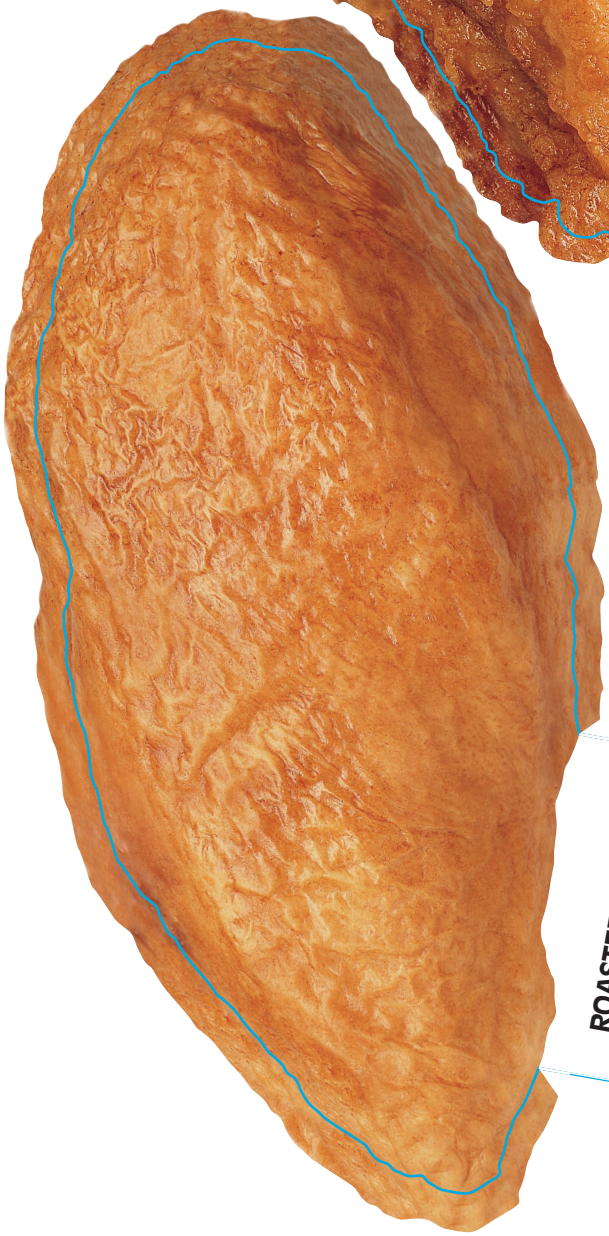
SALMON
3 ounces

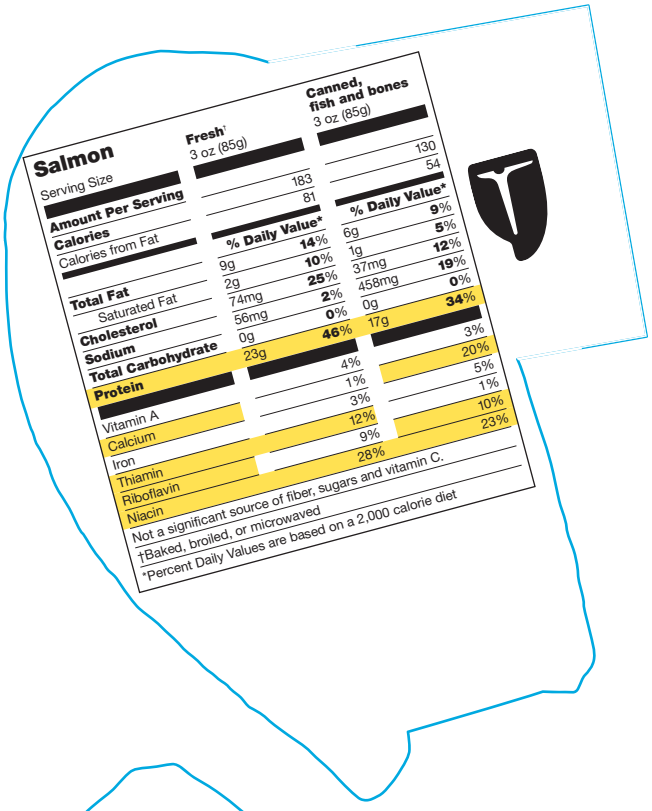


TURKEY
3 ounces



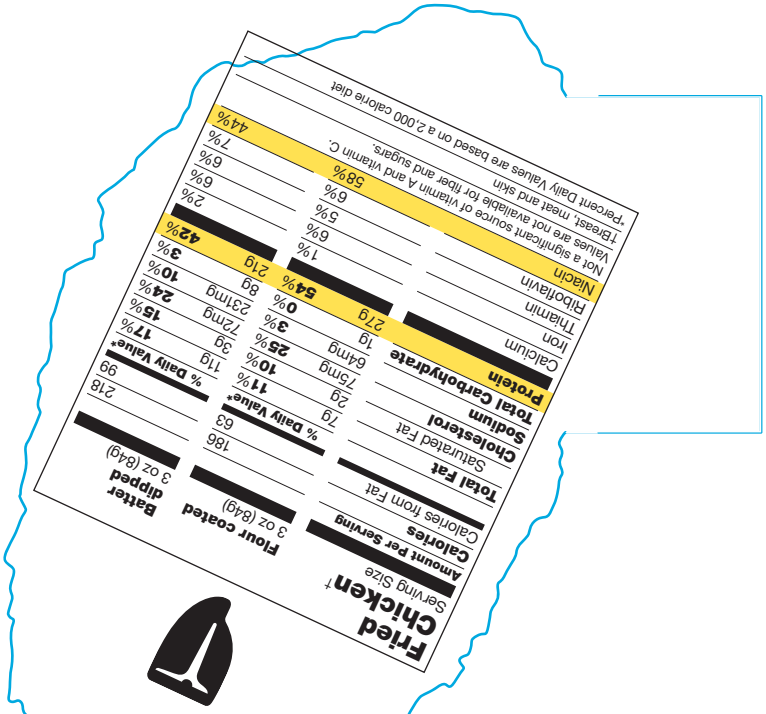
ROASTED CHICKEN
3 ounces





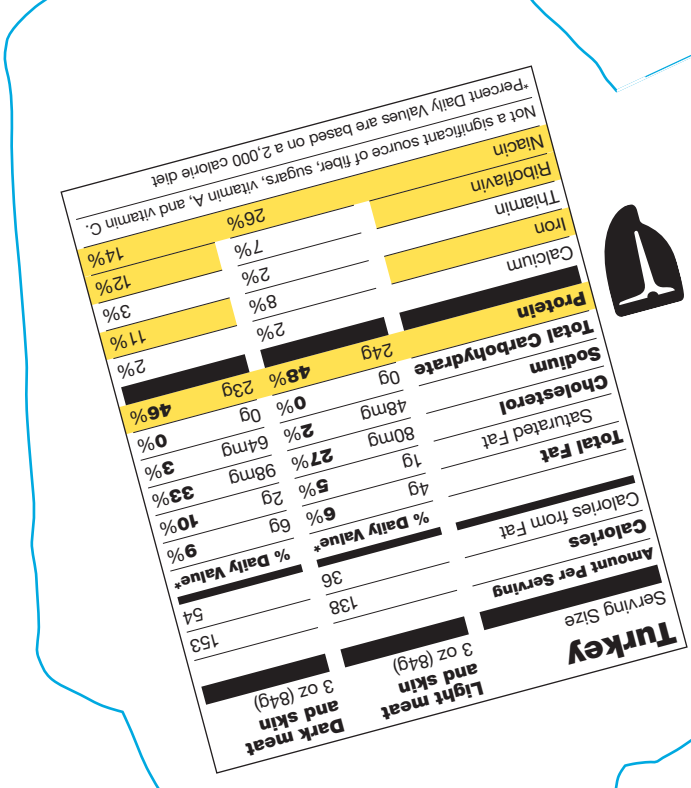
Salmon	Fresh† 3 oz (85g)	Canned, fish and bones 3 oz (85g)
Serving Size		
Amount Per Serving		
Calories	183	130
Calories from Fat	81	54
	% Daily Value*	**% Daily Value***
Total Fat	9g **14%**	6g **9%**
Saturated Fat	2g **10%**	1g **5%**
Cholesterol	74mg **25%**	37mg **12%**
Sodium	56mg **2%**	458mg **19%**
Total Carbohydrate	0g **0%**	0g **0%**
Protein	23g **46%**	17g **34%**
Vitamin A	4%	3%
Calcium	1%	20%
Iron	3%	5%
Thiamin	12%	1%
Riboflavin	9%	10%
Niacin	28%	23%

Not a significant source of fiber, sugars and vitamin C.
†Baked, broiled, or microwaved
*Percent Daily Values are based on a 2,000 calorie diet



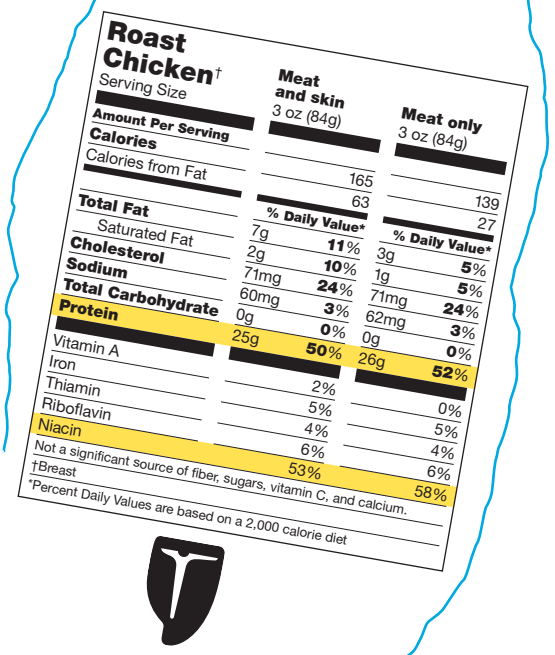
Fried Chicken†	Flour coated 3 oz (84g)	Batter dipped 3 oz (84g)
Serving Size		
Amount Per Serving		
Calories	186	218
Calories from Fat	63	99
	% Daily Value*	**% Daily Value***
Total Fat	7g **11%**	11g **17%**
Saturated Fat	2g **10%**	3g **15%**
Cholesterol	64mg **21%**	72mg **24%**
Sodium	75mg **3%**	231mg **10%**
Total Carbohydrate	7g **2%**	8g **3%**
Protein	19g **38%**	21g **42%**
Calcium	2%	6%
Iron	5%	6%
Thiamin	6%	6%
Riboflavin	6%	7%
Niacin	58%	44%

Not a significant source of vitamin A and vitamin C.
†Breast, meat and skin
Values are not available for fiber and sugars.
*Percent Daily Values are based on a 2,000 calorie diet



Turkey	Light meat and skin 3 oz (84g)	Dark meat and skin 3 oz (84g)
Serving Size		
Amount Per Serving		
Calories	138	153
Calories from Fat	36	54
	% Daily Value*	**% Daily Value***
Total Fat	4g **6%**	6g **9%**
Saturated Fat	1g **5%**	2g **10%**
Cholesterol	80mg **27%**	98mg **33%**
Sodium	48mg **2%**	64mg **3%**
Total Carbohydrate	0g **0%**	0g **0%**
Protein	24g **48%**	23g **46%**
Calcium	2%	2%
Iron	8%	11%
Thiamin	7%	3%
Riboflavin	2%	12%
Niacin	26%	14%

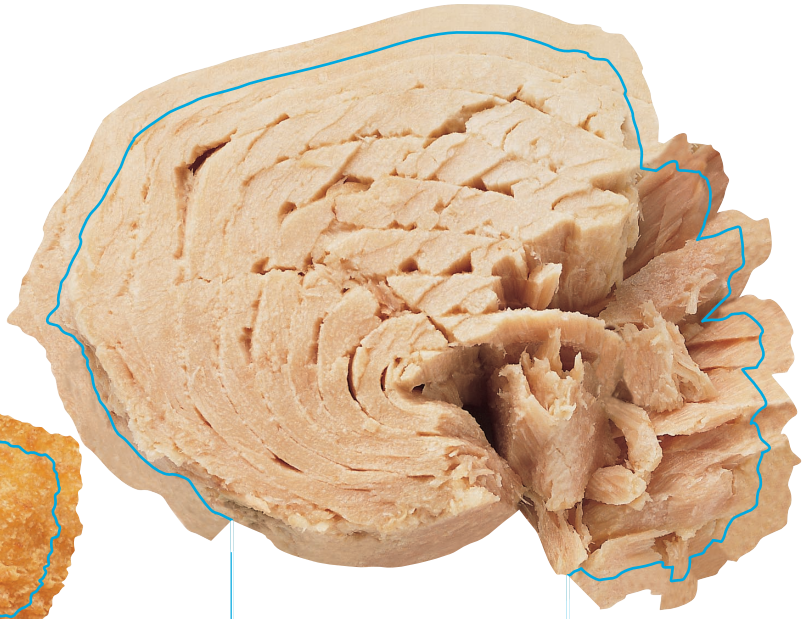
Not a significant source of fiber, sugars, vitamin A, and vitamin C.
*Percent Daily Values are based on a 2,000 calorie diet



Roast Chicken†	Meat and skin 3 oz (84g)	Meat only 3 oz (84g)
Serving Size		
Amount Per Serving		
Calories	165	139
Calories from Fat	63	27
	% Daily Value*	**% Daily Value***
Total Fat	7g **11%**	3g **5%**
Saturated Fat	2g **10%**	1g **5%**
Cholesterol	71mg **24%**	71mg **24%**
Sodium	60mg **3%**	62mg **3%**
Total Carbohydrate	0g **0%**	0g **0%**
Protein	25g **50%**	26g **52%**
Vitamin A	2%	0%
Iron	5%	5%
Thiamin	4%	4%
Riboflavin	6%	6%
Niacin	53%	58%

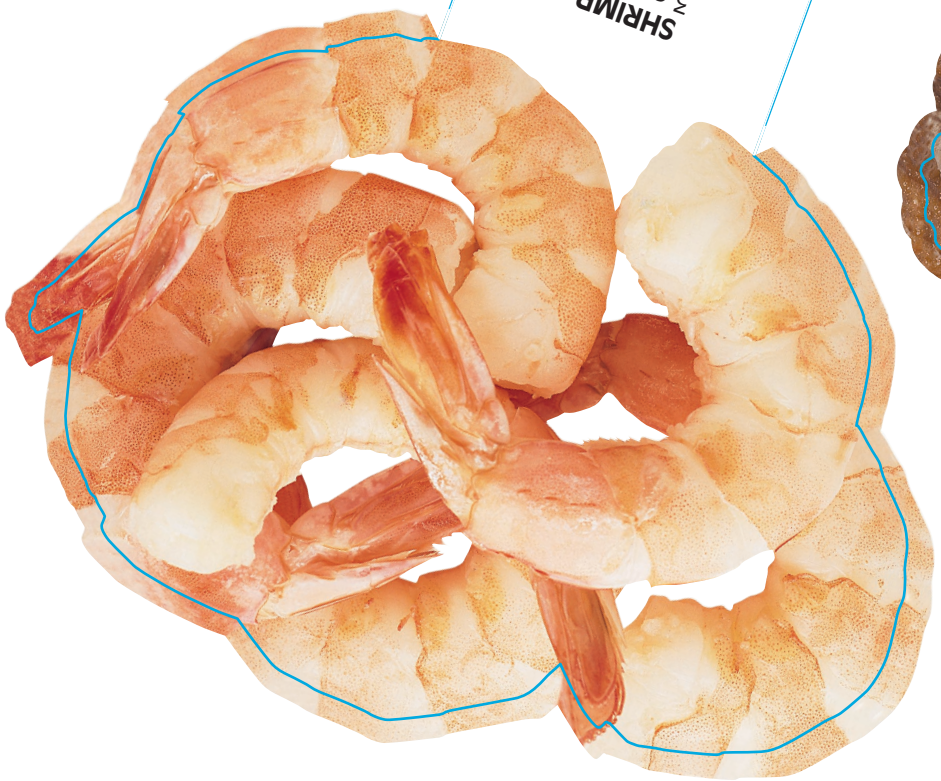
Not a significant source of fiber, sugars, vitamin C, and calcium.
†Breast
*Percent Daily Values are based on a 2,000 calorie diet

FISH STICKS
3 ounces



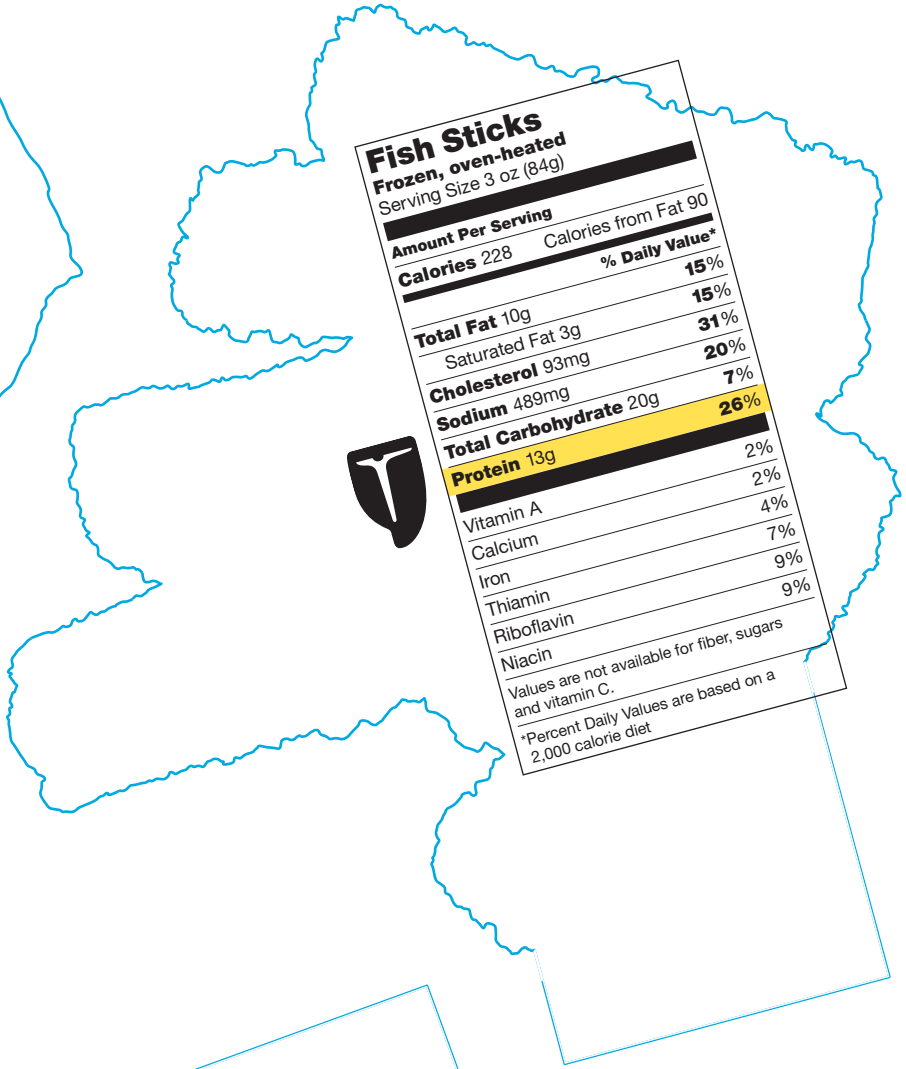
TUNA
3 ounces

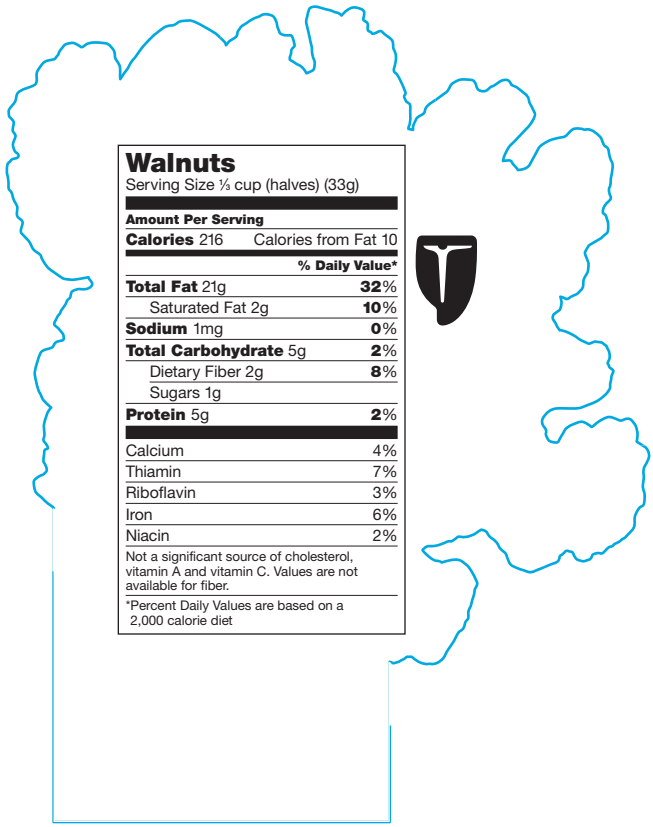
WALNUTS
⅓ cup

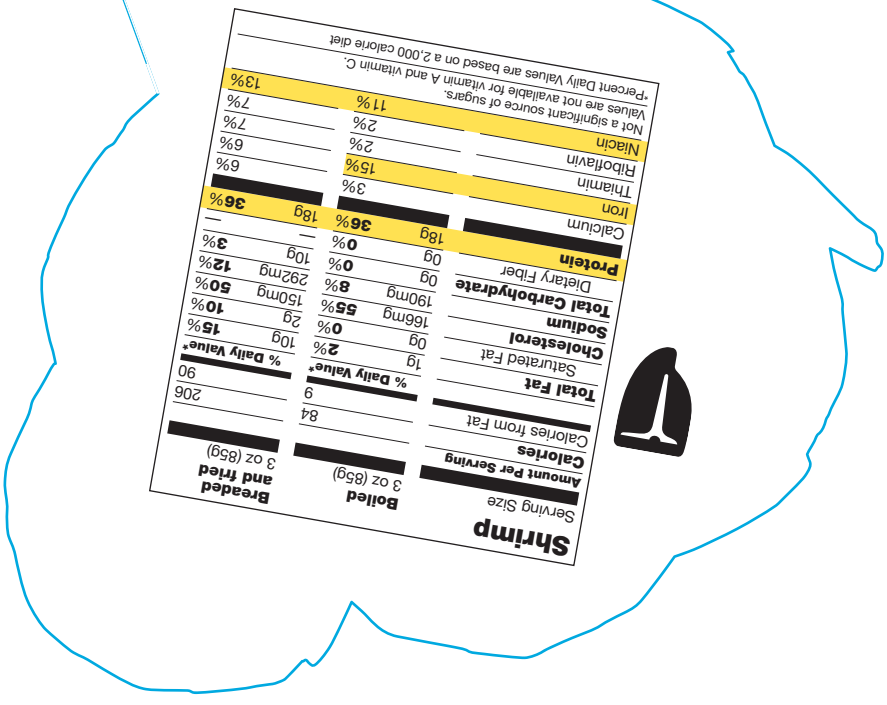


SHRIMP
3 ounces

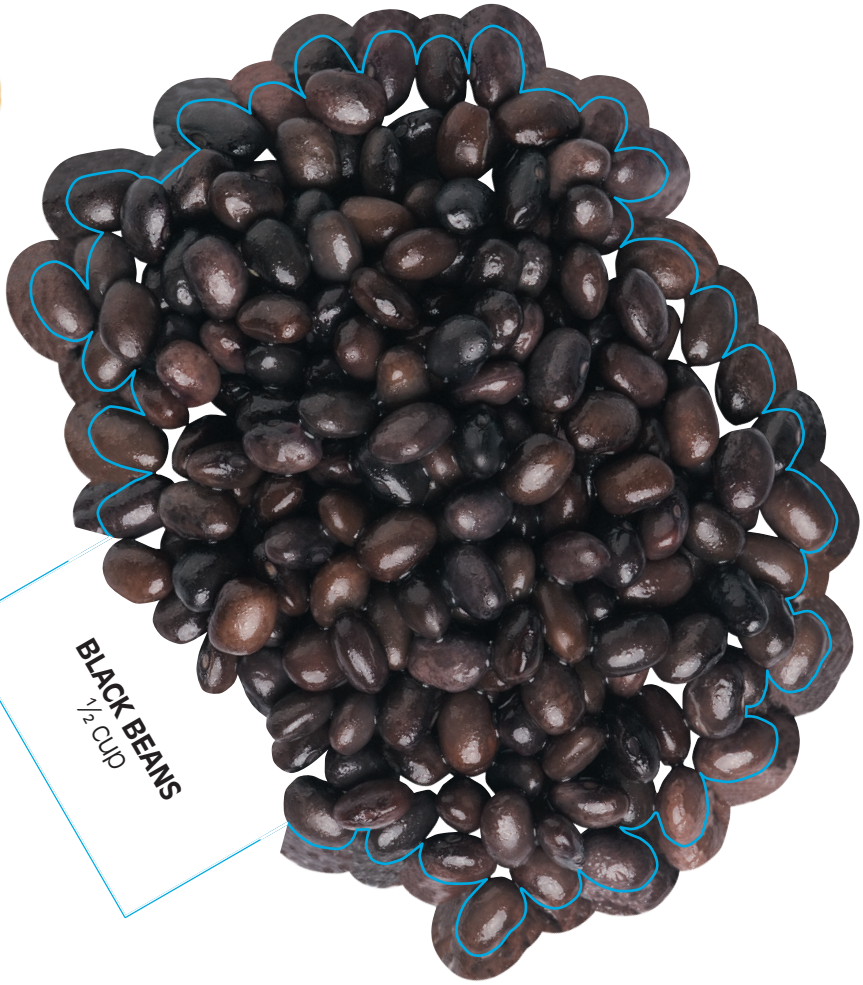

Tuna†
Serving Size
In water 3 oz (85g)
In oil 3 oz (85g)
Amount Per Serving
Calories 116 168
Calories from Fat 18 63
% Daily Value*
Total Fat 2g 3% 7g 11%
Saturated Fat 1g 5% 3g 14%
Cholesterol 35mg 12% 26mg 9%
Sodium 333mg 14% 336mg 14%
Total Carbohydrate 0g 0% 0g 0%
Protein 23g 46% 23g 46%
Iron 3% 3%
Riboflavin 2% 4%
Niacin 25% 50%
Not a significant source of fiber, sugars, calcium, and thiamin.
Values are not available for vitamin A and vitamin C.
†White tuna, canned
*Percent Daily Values are based on a 2,000 calorie diet


Fish Sticks
Frozen, oven-heated
Serving Size 3 oz (84g)
Amount Per Serving
Calories 228 Calories from Fat 90
% Daily Value*
Total Fat 10g 15%
Saturated Fat 3g 15%
Cholesterol 93mg 31%
Sodium 489mg 20%
Total Carbohydrate 20g 7%
Protein 13g 26%
Vitamin A 2%
Calcium 2%
Iron 4%
Thiamin 7%
Riboflavin 9%
Niacin 9%
Values are not available for fiber, sugars and vitamin C.
*Percent Daily Values are based on a 2,000 calorie diet


Walnuts
Serving Size ⅓ cup (halves) (33g)
Amount Per Serving
Calories 216 Calories from Fat 10
% Daily Value*
Total Fat 21g 32%
Saturated Fat 2g 10%
Sodium 1mg 0%
Total Carbohydrate 5g 2%
Dietary Fiber 2g 8%
Sugars 1g
Protein 5g 2%
Calcium 4%
Thiamin 7%
Riboflavin 3%
Iron 6%
Niacin 2%
Not a significant source of cholesterol, vitamin A and vitamin C. Values are not available for fiber.
*Percent Daily Values are based on a 2,000 calorie diet


Shrimp
Serving Size
Boiled 3 oz (85g)
Breaded and fried 3 oz (85g)
Amount Per Serving
Calories 84 206
Calories from Fat 9 90
% Daily Value*
Total Fat 1g 2% 10g 15%
Saturated Fat 0g 0% 2g 10%
Cholesterol 166mg 55% 150mg 50%
Sodium 190mg 8% 292mg 12%
Total Carbohydrate 0g 0% 10g 3%
Dietary Fiber 0g 0% — —
Protein 18g 36% 18g 36%
Calcium 3% 6%
Iron 15% 6%
Thiamin 2% 7%
Riboflavin 2% 7%
Niacin 11% 13%
Not a significant source of sugars.
Values are not available for vitamin A and vitamin C.
*Percent Daily Values are based on a 2,000 calorie diet

CHICKEN NUGGETS
5 pieces (3 ounces)



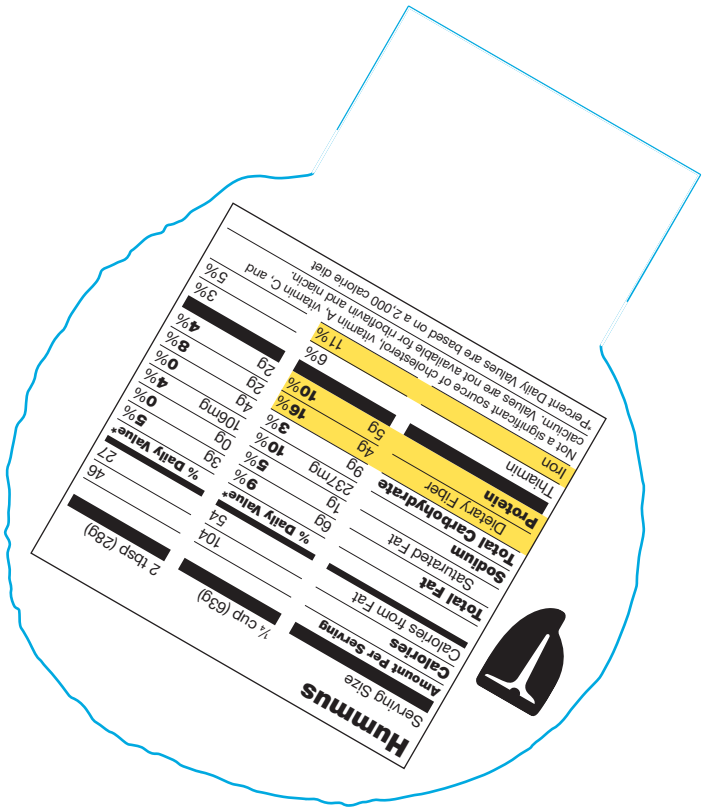
BLACK BEANS
½ cup

LENTILS
½ cup

HUMMUS
¼ cup


Black Beans
Serving Size
Amount Per Serving
Calories
Calories from Fat
Total Fat
Sodium
Total Carbohydrate
Dietary Fiber
Protein
Calcium
Riboflavin
Iron
Cooked ½ cup (86g)
Canned ½ cup (130g)
% Daily Value*
Not a significant source of saturated fat, cholesterol, vitamin A, vitamin C, thiamin, and niacin. Values are not available for sugar.
*Percent Daily Values are based on a 2,000 calorie diet


Chicken Nuggets
Serving Size
Amount Per Serving
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Protein
Iron
Breaded, Baked 5 nuggets (84g)
Breaded, Fast-Food, Fried 5 nuggets (84g)
% Daily Value*
Not a significant source of vitamin A, vitamin C, calcium, thiamin, riboflavin, and niacin.
*Percent Daily Values are based on a 2,000 calorie diet


Hummus
Serving Size ¼ cup (63g)
Amount Per Serving
Calories 104
Calories from Fat 54
Total Fat 6g 9%
Saturated Fat 1g 5%
Sodium 237mg 10%
Total Carbohydrate 9g 3%
Dietary Fiber 4g 16%
Protein 5g 10%
Thiamin 6%
Iron 11%
Not a significant source of cholesterol, vitamin A, vitamin C, and calcium. Values are not available for riboflavin and niacin.
*Percent Daily Values are based on a 2,000 calorie diet


Lentils
Boiled
Serving Size ½ cup (99g)
Amount Per Serving
Calories 115
Total Fat 0g 0%
Sodium 2mg 0%
Total Carbohydrate 20g 7%
Dietary Fiber 8g 32%
Sugars 2g
Protein 18g 36%
Vitamin C 3%
Calcium 2%
Iron 9%
Thiamin 11%
Riboflavin 4%
Niacin 18%
Not a significant source of calories from fat, saturated fat, cholesterol, fiber, and vitamin A.
*Percent Daily Values are based on a 2,000 calorie diet