

Table 1 FAT AND PROTEIN

PROTEIN

For individuals of 4 feet 10 inches or taller, visit this web address for a protein calculator:

www.healthcalculators.org/calculators/protein.asp

For children and those less than 4 feet 10 inches, visit this web address for a calculator:

www.bcm.edu/research/centers/childrens-nutrition-research-center/consumer/archives/percentDV.htm

Note: A person experiencing unusually high stress should increase protein intake by 10 to 20 grams. Pregnant women should increase protein by 20 grams the first month, then about 10 grams every month thereafter to a total of 40 grams extra. Milk-producing women should increase protein by 30 grams when breast-feeding.

FAT

For individuals of 4 feet 10 inches or taller, visit this web address for a fat calculator:

www.healthcalculators.org/calculators/fat.asp

For children and those less than 4 feet 10 inches, visit this web address for a calculator:

www.bcm.edu/research/centers/childrens-nutrition-research-center/consumer/archives/percentDV.htm

USING THE PROTEIN AND FAT TABLE

Example: 5 grams of protein

Brown Rice	2.3	number of ounces of brown rice for 5 grams of protein
	67	number of grams of brown rice for 5 grams of protein
	1.2	number of grams of fat obtained from above amount of rice

In order to get 5 grams of protein using brown rice, 2.3 ounces or 67 grams of rice must be eaten, which also includes 1.2 grams of fat (see table for example).

Note: **N.A. means Not Advisable.** This designation indicates that it is not advisable to use a food at certain protein levels because of too much fat or bulk.

FAT AND PROTEIN TABLE

SOURCE	GRAMS PER OZ		PROTEIN IN GRAMS				
	FAT	PROTEIN	5	10	15	20	25
Beans							
All types (Mean)		6.39	0.8	1.6	2.4	3.2	4.0
			22	44	67	89	111
	0.40		0.3	0.6	1.0	1.3	1.6
Soy (cooked)		3.12	1.6	3.2	4.8	6.4	8.0
			45	91	136	172	227
	1.62		2.6	5.2	7.8	10.4	13.0
Tempeh		4.25	1.2	2.4	3.6	4.8	6.0
			33	67	100	134	167
	2.00		2.4	4.8	7.2	9.6	12.0
Grains							
Brown Rice		2.13	2.3	4.7	7.1	9.4	11.8
			67	133	200	266	333
	0.54		1.2	2.5	3.8	5.1	6.4
Buckwheat		3.32	1.5	3.0	4.3	6.0	7.5
			43	85	128	171	213
	0.68		1.0	2.0	3.1	4.1	5.1
Corn		2.52	2.0	4.0	6.0	7.9	9.9
			56	112	169	225	281
	1.11		2.2	4.4	6.7	8.8	11.0
Popcorn [see the end of the table]							
Flours		3.23	1.5	3.1	4.6	6.2	7.7
			44	88	132	175	219

053		0.8	1.6	24	3.3	4.1
Millet	2.81	1.8	3.6	5.3	7.1	12.7
		50	101	151	202	252
0.82		1.5	3.0	4.4	5.8	10.4
Oat	4.03	1.2	2.5	3.7	5.0	6.2
		35	70	105	141	176
1.60		1.9	4.0	5.9	8.0	9.9
Nuts & Seeds						
Nuts	3.69	L4	N.A.	N.A.	N.A.	N.A.
		38	N.A.	N.A.	N.A.	N.A.
12.97		18.2	N.A.	N.A.	N.A.	N.A.
- hard	4.64	1.1	N.A.	N.A.	N.A.	N.A.
		31	N.A.	N.A.	N.A.	N.A.
16.72		18.4	N.A.	N.A.	N.A.	N.A.
-medium	1.79	2.8	N.A.	N.A.	N.A.	N.A.
		79	N.A.	N.A.	N.A.	N.A.
8.62		24.1	N.A.	N.A.	N.A.	N.A.
- soft	2.18	2.3	4.5	6.9	9.2	11.5
		65	130	195	260	325
2.02		4.7	9.1	13.9	18.6	23.2
Seeds	6.72	0.8	1.5	N.A.	N.A.	N.A.
		21	42	N.A.	N.A.	N.A.
13.93		11.1	20.9	N.A.	N.A.	N.A.
*Nutritional	11.00	0.5	0.9	1.4	1.8	2.3
7.5 grams protein/tbs		13	26	39	52	64
0.28		0.1	0.3	0.4	0.5	0.6
Fish						
Canned	6.51	0.8	1.5	4.6	6.1	N.A.
		44	87	131	174	N.A.
3.90		3.1	5.9	17.9	23.8	N.A.
Warm	6.45	0.8	1.6	2.3	3.1	3.9
(Pacific)		22	44	66	88	110
0.35		0.3	0.6	0.8	1.1	1.4
Cold Ocean	5.69	0.9	1.8	2.6	3.5	4.4
(Atlantic)		25	50	75	100	125
1.97		1.8	3.7	5.1	6.9	8.7
Meats						
Chicken	7.94	0.6	1.3	1.9	2.5	3.1
		18	36	54	71	89
1.79		1.1	2.3	3.4	4.5	5.6
- giblets	2.24	1.3	2.9	N.A.	N.A.	N.A.
Turkey	7.66	0.7	1.3	2.0	2.6	3.3
		18	37	55	74	92
1.73		1.2	2.3	3.5	4.5	5.7
- all	4.65	3.3	61	9.3	121	15.4
Dairy						
Cheeses		[for Butter, see the end of the table]				
- hard (Mean)	7.06	0.7	1.4	2.1	2.8	N.A.
		20	40	60	80	N.A.
8.03		5.6	11.2	16.9	215	N.A.
- cottage	3.86	1.3	2.6	3.9	5.2	6.5
		37	73	110	147	184
1.20		1.6	3.1	4.7	6.2	7.8
- cream	2.00	2.5	N.A.	N.A.	N.A.	N.A.
		71	N.A.	N.A.	N.A.	N.A.
10.70		26.8	N.A.	N.A.	N.A.	N.A.
- curd	3.20	1.6	3.1	4.7	6.3	7.8
		44	89	133	177	221
2.40		3.8	7.5	11.3	15.0	18.8
Egg	3.26	1.5	3.1	4.6	N.A.	N.A.
		43	87	130	N.A.	N.A.
3.31		5.0	10.3	15.2	N.A.	N.A.

- small [1.3 oz]	4.30	4.24 (per egg)					
- med. [1.55]	5.13	5.05 (per egg)					
- large [1.8 oz]	5.96	5.87 (per egg)					
Milk (Whole)		1.0	5	10	N.A.	N.A.	N.A.
			142	283	N.A.	N.A.	N.A.
	1.00		5.0	10.0	N.A.	N.A.	N.A.
- low fat		1.29	3.9	7.8	N.A.	N.A.	N.A.
			110	220	N.A.	N.A.	N.A.
	0.61		2.4	4.8	N.A.	N.A.	N.A.
- skim		1.10	4.5	9.1	N.A.	N.A.	N.A.
			129	258	N.A.	NA	N.A.
	0.03		0.1	0.3	N.A.	N.A.	N.A.
- goat		0.91	5.5	11.0	N.A.	N.A.	N.A.
			156	311	N.A.	N.A.	N.A.
	1.13		6.2	12.4	N.A.	N.A.	N.A.
Yogurt		0.96	5.2	10.4	N.A.	N.A.	N.A.
			148	295	N.A.	N.A.	N.A.
	1.00		5.2	10.4	NA	NA	NA
- low fat		0.45	2.3	4.7	NA.	N.A.	NA.
Low in Fat							
Cabbage/Lett		0.35	14.3	28.6	NA.	N.A.	NA
			405	810	NA.	NA.	N.A.
	0.06		0.9	1.7	NA	N.A.	N.A.
Flowering		0.83	6.0	12.0	18.1	24.1	NA
			171	341	512	683	N.A.
	0.11		0.7	1.3	20	2.7	N.A.
Greens		0.94	5.3	10.6	16.0	21.3	26.6
			151	301	452	603	754
	0.19		1.0	2.0	3.0	4.2	5.1
Pods		1.30	3.8	7.7	11.5	15.4	19.2
			109	218	327	436	545
	0.30		1.1	2.3	3.5	4.6	5.8
Vegetables							
Roots							
Non-starchy		0.67	7.5	14.9	N.A.	N.A.	N.A.
			211	423	N.A.	N.A.	N.A.
	0.12		0.9	1.8	N.A.	N.A.	N.A.
- colored		0.28	17.9	N.A.	N.A.	N.A.	N.A.
			506	N.A.	N.A.	N.A.	N.A.
	0.04		0.7	N.A.	N.A.	N.A.	N.A.
Starchy		0.52	9.6	19.2	28.8	38.5	N.A.
			272	545	817	1090	N.A.
	0.14		1.3	27	4.0	5.4	N.A.
Other		0.27	18.5	N.A.	N.A.	N.A.	N.A.
			525	N.A.	N.A.	N.A.	N.A.
	0.11		20	N.A.	N.A.	N.A.	N.A.
High in Fat							
Avocado	3.49	0.31	12.31	1.09			
Olives	3.60	0.40	12.70	1.41			
Oil (2 Tbs.)	28.00	---	98.76	---			
Margarine	22.96	0.17	80.98	0.60			
Mayonnaise	21.98	0.03	77.52	0.11			
- (12 gm fat/tbs)							
Fruits							
Berries	0.20	0.24	0.7	0.85			
Citrus	0.04	0.11	0.1	0.39			
Coconut	10.00	0.99	35.2	3.49			
Crispy	0.14	0.09	0.49	0.32			
Dry	0.07	0.58	0.25	2.05			
Meaty	0.07	0.14	0.25	0.49			
Melons	0.06	0.25	0.21	0.88			
Butter							
	23.00	0.18	81.12	0.63			
Popcorn							
	1.40	3.73	Popped/cup: 0.3 gms of fat				
			and 0.8 gms of protein				

