

## Protein Comparison Chart

	Serving Size	Calories	Protein g	Fat g	Saturated Fat g	Sodium mg	Fiber g	cost per pound
Salmon	100 grams	370	75	2	0.3	29	0.5	0.81
Chicken, breast	1 each, 4 ounces	198	37	4	1	89	0	0.41
Turkey	4 ounces	214	32	8.4	2.4	117	0	0.51
Tuna	3 ounces	111	25	0.5	0.2	46	0	0.20
Beef, lean	3 ounces	196	24	10	4	74	0	0.68
Pork	3 ounces	202	22	12	4	48	0	0.43
Salmon	100 grams	210	20	13	3	53	0	0.8
Lentils	1 cup	230	18	0.8	0.1	4	16	0.20
Split peas cooked	1 cup	231	16	0.8	0.1	3	16	0.14
Kidney beans	1 cup	225	15	0.9	0.1	1.8	11	0.06
Black Beans	1 cup	241	15	0.7	0.2	5	15	0.06
Farro cooked	1 cup	337	15	2	0.2	5	11	0.31
Eggs	2 large	144	12	9.5	3.2	142	0	0.20
Tempeh	2 ounces	110	11	6	2	8	0	0.44
Tofu	3 ounces	76	9	4.8	0.6	3	0.9	0.11
Peanut butter	2 tablespoons	188	7	16	3	152	1.8	0.12
Jackfruit	1 can	70	4	0	0	900	7	0.25
Walnuts	1 ounce	182	4	18	1.7	0	2	0.37

Notes: store brands were used for cost, cost on beans is canned while lentils and split peas are dried.

Sources: manufacturer's data, USDA Handbook 8.

# Protein Breakfast Compare Returns

**University of Iowa. Department of  
Internal Medicine**

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**Bibliography of Agriculture** ,1990    Diabetic Metabolism with High and Low Diets Elliott P. Joslin,1923    The Dairy ,1915    **The Income and Standard of Living of Unskilled Laborers in Chicago** Leila Houghteling,1927    Country Life ,1915

**Bulletin** Ontario. Dept. of Agriculture,1916    Bulletins Ontario Agricultural College,1916    **Bulletin** Ontario. Department of Agriculture,1915    **Publications** University of Iowa. Department of Internal Medicine,1952 Each vol consists of papers reprinted from various periodicals etc    **Farmer's Advocate and Home Journal** ,1912    *The Farmers' Advocate and Home Magazine* ,1917    Nutrition and Diseases-1973 [-1974]: Obesity and fad diets United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1973    **Classified List of Publications of the Carnegie Institution of Washington** Carnegie Institution of Washington,1923    What's New in Home Economics ,1951

Includes buyers guide    Southern Agriculturist ,1906    **When Wheat Was King** André Magnan,2016-03-05 Over the course of a century the Canadian Prairies went from being the breadbasket of the world to but one of many grain growing regions in a vast global agri food system Magnan traces the causes and consequences of this evolution from the first transatlantic shipments of wheat to the controversial dismantling of the Canadian Wheat Board When Wheat Was King reveals how farmers governments and consumers over successive periods responded to industrialization international trade rules set by the US the liberalization of global markets and the consolidation of corporate power The result is a fascinating look at how regional national and international politics have influenced agriculture and food industries in Canada the UK and around the world    Journal of the National Education Association ,1931

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