

Protein Comparison Chart

	Serving Size	Calories	Protein g	Fat g	Saturated Fat g	Sodium mg	Fiber g	cost per ounce
Beef	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	18	11	0.06
Black Beans	1 cup	241	15	0.7	0.2	5	15	0.06
Farro, cooked	1 cup	307	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	0.8	3	0.9	0.11
Peanut butter	2 tablespoons	168	7	16	3	152	1.8	0.12
Jackfruit	1 can	70	4	0	0	900	7	0.25
Walnuts	1 ounce	182	4	15	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

Jacqueline B. Marcus

Protein Breakfast Compare:

Nutrition and Growth B., Koletzko,R., Shamir,D., Turck,M., Phillip,2014-01-30 The relation between nutrition and growth in children is one of the key concerns of pediatric health that touches a multitude of specialties Exchanging concepts and knowledge between professionals of all the different disciplines involved is thus crucial to facilitate research and interdisciplinary clinical collaborations The present Yearbook on Nutrition and Growth is unique in its concept The contributing editors of each chapter have chosen recent journal articles that have the most potential in relation to the topic of their chapter Providing the practicing physician with succinct editorial comments the editors also evaluate the clinical importance of each article and discuss its application This yearbook is a valuable resource for pediatricians interested in the subspecialties of nutrition endocrinology and gastroenterology but also for pediatric nutritionists and dieticians and other health professionals involved in the care of children *The Big Breakfast Diet* Daniela Jakubowicz,2009-01-01 Offers a twenty eight day plan with recipes and exercise suggestions that stresses eating a big early breakfast to rev up metabolism curb hunger and lose weight *Advances in Food and Nutrition Research* ,2013-03-21 Advances in Food and Nutrition Research recognizes the integral relationship between the food and nutritional sciences and brings together outstanding and comprehensive reviews that highlight this relationship Contributions detail scientific developments in the broad areas of food science and nutrition and are intended to provide those in academia and industry with the latest information on emerging research in these constantly evolving sciences The latest important information for food scientists and nutritionists Peer reviewed articles by a panel of respected scientists The go to series since 1948 *Plant and Animal Proteins in Health and Disease Prevention* Victor R. Preedy,2025-07-22 This book explores the vital role of proteins in human health through 40 in depth chapters organized into four comprehensive sections which include Introductory Concepts Foods of Animal Origin Foods of Plant Origin and Resources The book delves into the biochemical processes behind protein metabolism and its influence on a wide range of health conditions Aimed at educating readers on the diverse sources and types of protein it provides valuable insights into how both plant and animal proteins contribute to disease prevention and overall wellness Features Chapters feature subsections titled Effects of other Proteins to aid comparative interpretation Contains a mini dictionary of terms and summary points in each chapter to facilitate clear understanding Highly illustrated with figures and multiple tables in each chapter Chapter contributors represent global coverage *Plant and Animal Proteins in Health and Disease Prevention* is written for nutritionists food scientists health care professionals research scientists and practitioners and policy makers It is also practically designed for professors students and libraries **Nutrition and the Brain** ,1986

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A summary of the Iowa breakfast studies Cereal Institute, 1957 **Scientific American**, 1916 **Bulletin** Iowa Agriculture and Home Economics Experiment Station, 1902 **Farmer's Bulletins, Nos 226-250** George William Hill, 1906
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