

Protein Comparison Chart

| | Serving Size | Calories | Protein g | Fat g | Saturated Fat g | Sodium mg | Fiber g | cost per ounce |
|-------------------|------------------|----------|-----------|-------|-----------------|-----------|---------|----------------|
| Saltan | 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 | 0.8 | 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

George A. Bray, Claude Bouchard

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

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

Dietary change strategies for sustainable diets and their impact on human health - volume 1 Monica Trif,Zahra Emam-djomeh,Fatih Ozogul,Alexandru Rusu,2023-07-31

Handbook of Obesity - Volume 2 George A. Bray,Claude Bouchard,2023-12-01 Volume 2 of the 5th Edition of the Handbook of Obesity spotlights on clinical applications for

evaluation diagnosis prevention and treatment of obesity It covers on the several major developments occurred between the previous and the new edition including the effect of SARS CoV 2 on people with obesity the concept of Precision Medicine and new medications approved by USFDA aiding patients with obesity weight loss of 15 to 20% This volume is structured into 5 parts Part 1 provides insights from evolution on changes in diet and physical activity and the implications and results for preventing obesity health care costs associated with obesity and the cost effectiveness of obesity prevention and treatment Part 2 deals with evaluation of overweight patients approaches for classifying obesity and using this knowledge to evaluate patients and addressing ethnic and racial considerations in evaluating patients with obesity Part 3 explains the impact of lifestyle in managing obesity which include behavioural management diet dietary composition and meal timing and the effects of physical activity and exercise in weight loss and weight loss maintenance Part 4 is focused on medications in the management of obesity This includes drug selection various classes of drugs combination of drugs affecting weight loss effect of herbal agents on weight loss and treatment of obesity in pediatric populations genetic diseases causing obesity and the role of drugs in treating the dyslipidemias Part 5 discusses bariatric surgery its history procedure and effects in details and other surgical techniques including electric stimulation of the vagus nerve gastric balloons intestinal liners and liposuction

A Guide for Developing a Curriculum in Foods ,1957 A Complete Summary of the Iowa Breakfast Studies Cereal Institute (Chicago, Ill.),1962 Abstract This publication discusses the results of studies conducted over a ten year period on the role of breakfast in the diet regimen Included are a summary of the plans of the experiments techniques employed data collected on an interpretation of their meanings Numerous tables and charts showing results are also included Bulletin ,1901 **Culinary Nutrition** Jacqueline B. Marcus,2013-04-15 Culinary Nutrition The Science and Practice of Healthy Cooking is the first textbook specifically written to bridge the relationship between food science nutrition and culinology as well as consumer choices for diet health and enjoyment The book uses a comprehensive format with real life applications recipes and color photographs of finished dishes to emphasize the necessity of sustainably deliverable health beneficial and taste desirable products With pedagogical elements to enhance and reinforce learning opportunities this book explores what foods involve the optimum nutritional value for dietary needs including specific dietary requirements and how foods are produced It also considers alternative production methods along with the impact of preparation on both the nutritional value of a food and its consumer acceptability Other discussions focus on the basics of proteins carbohydrates and lipids issues of diet and disease such as weight management and food production and preparation Laboratory type in class activities are presented using limited materials and applications of complex concepts in real life situations This book will be a valuable resource for undergraduate students in culinary nutrition nutrition science food science and nutrition and culinary arts courses It will also appeal to professional chefs and food scientists as well as research chefs in product development Gourmand World Cookbook Awards 2014 USA Best Author or Chef for Professionals Gourmand International Global Food

Industry Awards 2014 Special Mention in Communicating Science Related Knowledge to Consumers Aimed at Improving their Lifestyle International Union of Food Science and Technology IUFOST Explores the connections among the technical sciences of nutrition food science and the culinary arts as well as consumer choices for diet health and enjoyment Presents laboratory type in class activities using limited materials and real life applications of complex concepts Includes photographs and recipes to enhance learning experience *Bioactive Proteins and Peptides as Functional Foods and Nutraceuticals* Yoshinori Mine,Eunice Li-Chan,Bo Jiang,2011-06-09 Bioactive Proteins and Peptides as Functional Foods and Nutraceuticals highlights recent developments of nutraceutical proteins and peptides for the promotion of human health The book considers fundamental concepts and structure activity relations for the major classes of nutraceutical proteins and peptides Coverage includes functional proteins and peptides from numerous sources including soy Pacific hake bovine muscle peas wheat fermented milk eggs casein fish collagen bovine lactoferrin and rice The international panel of experts from industry and academia also reviews current applications and future opportunities within the nutraceutical proteins and peptides sector

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
Journal of the American Dietetic Association ,2002 **Station Bulletin** ,1930 **Dietotherapy** William Edward Fitch,1918 **The Delineator** R. S. O'Loughlin,H. F. Montgomery,Charles Dwyer,1929

Protein Breakfast Compare: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have charmed audiences this year. Protein Breakfast Compare : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Protein Breakfast Compare : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Protein Breakfast Compare : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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