

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

Michael Rajnik

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

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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

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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

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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

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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
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

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