

SERVINGS BY ITEM
FOR EASY PERSONAL REFERENCE FOR MYSELF

See [Serving Sizes - Easy Reference Page](#), also contains links for nutritional information for items.
 I did this chart for quick reference for myself, because I can never seem to remember. I need to be reminded of the impact of the various items.

<u>ITEM</u>	Serving	Weight (grams)	Cals	Protein (Grams)	Carbs (grams)	Fats (Grams)	Fiber (Grams)	Glycemic Index	Visual, Comment
<u>Vegetables, beans</u>									
Beans, plain	.5 cup	127	100	6	17	1	6	35	Digestion probs.
Broccoli, chopped	1 cup	88	52	6	10	Tr	6	10	
Carrots, chopped	1 cup	128	52	-	15	-	3	49	Starchy veg.
Peppers, small	3	85	25	1	5	-	1	low	"sugars" 3 g
<u>Grains</u>									
Bread, whole wheat	Slice	28	70	2.7	15	1	2	69	None or minimal
Quick oats	1 cup	81	311	11	56	5.1	3	49	Uncooked
Muesli, w fruit	1 cup	85	289	8	66	4	6	Hi	Poss.
Corn flakes	1 cup		100	1.6	20	tr	0	84	No!!
Granola fruit,nut	.66 cup	55	212	4	44	3	3	Hi	No
Popcorn, low fat	Reg. bag	117	360	12	75	6	12	72	Many are 2x this
<u>Dairy</u>									
Egg, large	1	50	74	6.3	1	4.5		-	Super!
Milk. Low fat 1%	1 cup	245	105	9	12	2		-	
Soy milk	1/2 cup		50	3.5	2	2.5		-	
Cottage cheese	1/2 cup	4 oz	100	14	4	0-5		-	
Butter	Tbsp.	5	36	0.0		8		-	Golf ball, pattie
Cheese	1 1/2 oz	1 1/2 oz	150	10	1.5	11		-	1 ice cube
Whipping cream	Tbsp		60	0	0	6		-	Hi cal, satisfying
<u>ITEM</u>	Serving	Weight (grams)	Cals	Protein (Grams)	Carbs (grams)	Fats (Grams)	Fiber (Grams)	Glycemic Index	Visual, Comment
<u>Fruits</u>									
Apple, large	7"		105	.6	34		5	38	Fist+, good fruit!
Avocado*	1 medium	150	240	2.7	13	22	10	0	
Banana	8"	118	121	1	31		4	55	Not on a diet!
Orange	3"	184	86	1.7	14		3	44	
Orange juice	1 cup		110		26			53	No juices!
Blueberries	.5 cup		113	1	28		2	40	Good
Strawberries, 1/2s	1 cup	152	49	1	12		3	40	Good
<u>Meats, fish</u>									
Meat, cooked	3 oz.	85	158	25.8		6	-	-	Deck of cards
Salmon, cooked	3 oz.	85	155	22		7	-	-	
Ground beef, 70% lean	3 oz.	85	230	22		15	-	-	1g transfat

Turkey, roasted	2 slices	56	60	13	1	.5	-	-	
<u>Nuts, seeds</u>									
Sunflower seeds	.25 cup	28	164	6	6	14	2	0	
Almonds	16	21.6	180	7	6	18	4	0	
<u>Drinks</u>									
Premier Protein	11 oz.	11 oz.	160	30	5	3	3	Med.	1 g sugar
<u>ITEM</u>	Serving	Weight (grams)	Cals	Protein (Grams)	Carbs (grams)	Fats (Grams)	Fiber (Grams)	Glycemic Index	Visual, Comment

*An avocado is officially a fruit, though it is considered by many to be a vegetable. Note how different its fats and glycemic index is from other fruits.

Nutritiondata.self.com - Glycemic load, nutritional information (calories, carbs, protein, fat, fiber, etc.), nutrient balance, protein quality.

See other nutrient information sources as listed in main page on Serving Sizes.