

# Jace Wellness Center

## MACRONUTRIENT TABLES

Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat
(cooked)	<b>Meats</b>			
3 ½ oz	Beef	26	0	18
3 ½ oz	Buffalo	27	0	2
3 ½ oz	Elk	30	0	2
3 ½ oz	Heart (beef)	28	0	5
3 ½ oz	Kidney (beef)	27	0	5
3 ½ oz	Lamb	23	0	19
3 ½ oz	Liver (beef)	30	5	5
1 oz	Pork (bacon)	11	0	11
3 ½ oz	Pork (ham, chops)	22	0	8
3 ½ oz	Rabbit	29	0	8
3 ½ oz	Venison	31	0	2
(cooked)	<b>Poultry</b>			
3 ½ oz	Chicken (dark meat)	27	0	10
3 ½ oz	Chicken (white meat)	31	0	4
3 ½ oz	Cornish Hen	23	0	4
3 ½ oz	Duck	23	0	11
3 ½ oz	Goose	29	0	13
3 ½ oz	Pheasant	32	0	12
3 ½ oz	Quail	25	0	14
3 ½ oz	Turkey (dark meat)	29	0	4
3 ½ oz	Turkey (white meat)	30	0	1
(cooked)	<b>Seafood</b>			
3 ½ oz	Abalone	20	11	7
3 ½ oz	Anchovy	29	11	10
3 ½ oz	Bass (freshwater)	24	0	5
3 ½ oz	Bass (sea)	24	0	3
3 ½ oz	Catfish	18	0	3
1 oz	Caviar	7	1	5
3 ½ oz	Clams	23	0	1
3 ½ oz	Cod	23	0	1
3 ½ oz	Crab	19	0	2
3 ½ oz	Crayfish	18	0	1
3 ½ oz	Grouper	25	0	1
3 ½ oz	Halibut	27	0	3
3 ½ oz	Herring	22	0	15
3 ½ oz	Lobster	21	1	1
3 ½ oz	Mackerel	24	0	18
3 ½ oz	Mahi-mahi	24	0	1
3 ½ oz	Mussels	23	0	1
3 ½ oz	Octopus	30	4	2
3 ½ oz	Oysters	9	0	1
3 ½ oz	Perch	25	0	1
3 ½ oz	Pompano	24	0	12
3 ½ oz	Rockfish	24	0	2
3 ½ oz	Roughy	19	0	1

Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat
(cooked)	<b>Seafood (cont.)</b>			
3 ½ oz	Salmon	27	0	10
1 oz	Sardine	25	0	11
3 ½ oz	Scallop	23	0	1
3 ½ oz	Shark	18	0	3
3 ½ oz	Shrimp	21	0	1
3 ½ oz	Snapper	26	0	2
3 ½ oz	Squid	18	3	1
3 ½ oz	Swordfish	25	0	5
3 ½ oz	Trout	25	0	7
3 ½ oz	Tuna	26	0	3
3 ½ oz	Whitefish	24	0	8
(cooked)	<b>Legumes</b>			
3 ½ oz	Aduki Beans	8	25	0
3 ½ oz	Black Beans	9	24	1
3 ½ oz	Black-eyed Peas	8	21	1
3 ½ oz	Fava Beans	8	20	0
3 ½ oz	Garbanzo Beans	9	27	3
3 ½ oz	Great Northern Beans	8	21	0
3 ½ oz	Green Beans	2	8	0
3 ½ oz	Green Peas	5	16	0
3 ½ oz	Lentils	9	20	0
3 ½ oz	Lima Beans	8	21	0
3 ½ oz	Mung Beans	7	19	0
3 ½ oz	Navy Beans	9	26	1
3 ½ oz	Pink Beans	9	28	0
3 ½ oz	Pinto Beans	9	25	1
3 ½ oz	Red Beans	9	22	0
3 ½ oz	Soy Beans	10	9	5
3 ½ oz	Tofu	7	2	3
3 ½ oz	White Beans	9	26	1
	<b>Beverages</b>			
1 cup	Almond Milk	2	10	3
12 oz	Beer	1	13	0
1 cup	Fruit Juices	0	33	0
1 oz	Liquor	0	0	0
1 cup	Oat Milk	4	24	3
1 cup	Rice Milk	1	27	2
12 oz	Soft Drinks (colas)	0	40	0
1 cup	Soy Milk	9	11	5
1 cup	Vegetable Juices	1	4	0
3 ½ oz	Wine	0	3	0

**NOTE: Gram values displayed are averages extracted from multiple database sources.**

Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat
	<b>Dairy and Eggs</b>			
1 oz	Blue Cheese	6	1	8
1 oz	Brie	6	0	8
1 cup	Buttermilk	10	13	5
1 oz	Camembert	6	0	7
1 oz	Cheddar	7	0	9
1 oz	Colby	7	1	9
½ cup	Cottage Cheese	14	3	5
½ cup	Cottage Cheese (lite)	14	3	1
1 oz	Cream (half & half)	1	1	3
1 oz	Cream Cheese	2	1	10
1 oz	Edam	7	0	8
2 whites	Eggs, Chicken (whites)	8	0	0
2 yolks	Eggs, Chicken (yolks)	6	2	10
1 egg	Eggs, Duck (whole)	9	1	10
1 oz	Feta	4	1	8
1 oz	Goat Cheese	8	1	9
1 cup	Goat Milk	9	11	10
1 oz	Gouda	7	1	8
1 oz	Gruyere	8	0	9
½ cup	Ice Cream	3	19	7
1 cup	Milk (2%)	8	11	5
1 cup	Milk (skim)	8	12	0
1 cup	Milk (whole)	8	11	8
1 oz	Monterey Jack	7	0	9
1 oz	Mozzarella	6	1	6
1 oz	Muenster	7	0	9
1 oz	Neufchatel	3	1	7
1 oz	Parmesan	10	1	7
1 oz	Provolone	7	1	8
1 oz	Ricotta	3	1	4
1 oz	Romano	9	1	8
1 oz	Roquefort	6	1	9
½ cup	Sherbet	1	23	2
1 oz	Sour Cream	1	1	6
1 oz	Swiss	8	2	8
3 oz	Whey	1	4	0
3 oz	Yogurt	4	4	2
	<b>Other Items</b>			
1 oz	Chocolate	2	17	8
1 tbsp	Mayonnaise	0	0	12
1 tsp	Sugar (all types)	0	4	0
1 tbsp	Honey	0	19	0
1 tbsp	Molasses	0	17	0

## MACRONUTRIENT TABLES - ENGLISH (cont.)

Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat	Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat	Serving Size	FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat
(dried)	<b>Nuts and Seeds</b>				(raw)	<b>Vegetables</b>				(raw)	<b>Fruits</b>			
1 oz	Almonds	6	6	14	3 ½ oz	Artichokes	3	11	0	3 ½ oz	Apples	0	14	0
1 oz	Brazil Nuts	4	3	19	3 ½ oz	Asparagus	2	4	0	3 ½ oz	Apricots	1	11	0
1 oz	Cashews	4	9	13	3 ½ oz	Avocado	2	9	15	3 ½ oz	Bananas	1	23	0
1 oz	Chestnuts	1	15	1	3 ½ oz	Bamboo Shoots	3	5	0	3 ½ oz	Blackberries	1	10	0
1 oz	Filberts	4	5	18	3 ½ oz	Beets	2	10	0	3 ½ oz	Blueberries	1	14	0
1 oz	Hickory Nuts	4	5	18	3 ½ oz	Bok Choy	1	2	0	3 ½ oz	Boysenberries	1	13	0
1 oz	Macadamia Nuts	2	2	22	3 ½ oz	Broccoli	3	7	0	3 ½ oz	Cantaloupe	1	8	0
1 oz	Peanuts	7	6	14	3 ½ oz	Brussels Sprouts	3	9	0	3 ½ oz	Casaba Melon	1	7	0
1 oz	Pecans	3	4	21	3 ½ oz	Cabbage	1	6	0	3 ½ oz	Cherries	1	12	0
1 oz	Pine Nuts	4	5	18	3 ½ oz	Carrots	1	10	0	3 ½ oz	Coconut	3	15	33
1 oz	Pistachios	6	8	13	3 ½ oz	Cauliflower	2	5	0	3 ½ oz	Cranberries	0	12	0
1 tsp	Poppy Seeds	1	1	1	3 ½ oz	Celery	1	3	0	3 ½ oz	Currants	1	14	0
1 oz	Pumpkin Seeds	5	15	6	3 ½ oz	Corn	3	19	1	3 ½ oz	Dates	2	75	0
1 tsp	Sesame Seeds	1	1	1	3 ½ oz	Cucumber	1	4	0	3 ½ oz	Elderberries	1	18	0
1 oz	Sunflower Seeds	5	7	14	3 ½ oz	Daikon	1	4	0	3 ½ oz	Figs	3	64	1
1 oz	Walnuts	6	3	17	3 ½ oz	Eggplant	1	6	0	3 ½ oz	Gooseberries	1	10	1
(cooked)	<b>Whole Grains</b>				3 ½ oz	Fennel	1	7	0	3 ½ oz	Grapefruit	1	7	0
½ cup	Amaranth	14	60	4	1 clove	Garlic	0	1	0	3 ½ oz	Grapes	1	17	0
½ cup	Barley	10	67	2	3 ½ oz	Ginger Root	2	18	1	3 ½ oz	Guava	1	12	1
½ cup	Buckwheat	10	58	3	3 ½ oz	Jerusalem Artichoke	2	17	0	3 ½ oz	Honeydew Melon	1	9	0
½ cup	Kamut	12	58	0	3 ½ oz	Jicama	1	9	0	3 ½ oz	Kiwi Fruit	1	15	1
½ cup	Millet	3	21	1	3 ½ oz	Kohlrabi	2	6	0	3 ½ oz	Kumquat	2	16	1
½ cup	Oat	12	50	5	3 ½ oz	Leek	2	14	0	3 ½ oz	Lemons	1	9	0
½ cup	Quinoa	14	60	5	3 ½ oz	Mushrooms (all types)	3	3	0	3 ½ oz	Limes	0	8	0
½ cup	Rice (all types)	2	25	0	3 ½ oz	Okra	2	7	0	3 ½ oz	Loganberries	2	13	0
½ cup	Rye	13	55	1	3 ½ oz	Olives (all types)	1	6	11	3 ½ oz	Mango	1	17	0
½ cup	Spelt	15	57	1	3 ½ oz	Onions (all types)	1	10	0	3 ½ oz	Nectarines	1	11	0
½ cup	Triticale	10	58	2	3 ½ oz	Parsnips	1	18	0	3 ½ oz	Oranges	1	12	0
½ cup	Wheat	11	57	1	3 ½ oz	Pepper (bell, all colors)	1	6	0	3 ½ oz	Papaya	1	10	0
½ cup	Wild Rice	3	18	0	3 ½ oz	Pepper (hot, all colors)	2	9	0	3 ½ oz	Peaches	1	10	0
(raw)	<b>Greens</b>				3 ½ oz	Potatoes (all types)	2	16	0	3 ½ oz	Pears	1	11	0
3 ½ oz	Arugula	3	4	1	3 ½ oz	Pumpkin	1	7	0	3 ½ oz	Persimmon	1	33	0
3 ½ oz	Beet Greens	2	4	0	3 ½ oz	Radishes	1	3	0	3 ½ oz	Pineapple	1	13	0
3 ½ oz	Cilantro	2	4	1	3 ½ oz	Rutabaga	1	8	0	3 ½ oz	Plums	1	11	0
3 ½ oz	Collard Greens	2	6	0	3 ½ oz	Shallots	2	17	0	3 ½ oz	Pomegranate	1	17	0
3 ½ oz	Dandelion Greens	2	9	1	3 ½ oz	Squash (all types)	1	6	0	3 ½ oz	Prunes	2	64	0
3 ½ oz	Endive	1	3	0	3 ½ oz	Sweet Potato (yam)	1	28	0	3 ½ oz	Raisins	3	79	0
3 ½ oz	Kale	3	10	1	3 ½ oz	Tomatoes	1	3	0	3 ½ oz	Raspberries	1	12	1
3 ½ oz	Lettuce (all types)	1	3	0	3 ½ oz	Turnips	1	6	0	3 ½ oz	Rhubarb	1	5	0
3 ½ oz	Mustard Greens	3	5	0	3 ½ oz	Water Chestnuts	3	38	1	3 ½ oz	Strawberries	1	8	0
3 ½ oz	Radicchio	1	4	0	3 ½ oz	Zucchini	3	3	0	3 ½ oz	Tangerines	1	11	0
3 ½ oz	Spinach	3	4	0	(dried)	<b>Sea Vegetables</b>				3 ½ oz	Watermelon	1	8	0
3 ½ oz	Sprouts (all types)	4	4	1	1 tbsp	All types	0	1	0		<b>Oils and Fats</b>			
3 ½ oz	Swiss Chard	2	4	0						1 tbsp	All oils and butters	0	0	13
3 ½ oz	Turnip Greens	1	7	0						1 tbsp	Margarine	0	0	8
3 ½ oz	Watercress	2	1	0										