

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 Snacks Comparison Guide

Drew G. Kelts, Elizabeth G. Jones



Protein Snacks Comparison Guide:

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Nutrition Programs ,2001 Consumers Index to Product Evaluations and Information Sources Pierian Press,1995-03

Catalog Food and Nutrition Information Center (U.S.),1974 **The EatingWell® Diet** Jean Harvey-Berino,2012-08-17
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Manual of Pediatric Nutrition Drew G. Kelts, Elizabeth G. Jones, 1984 Abstract A ready reference text for health professionals caring for children offers basic and practical information regarding current pediatric nutritional practices The 13 text chapters were prepared by 11 authorities in nutritional pediatrics Topics include basic principles of normal diet and digestion in children and infants normal infant feeding practices including breast and formula feedings nutritional needs in adolescents and younger children preventive dental nutrition nutritional state assessment and supplements enteral and parental feedings various problems of the digestive system e g diarrhea malabsorption protein calorie malnutrition etc metabolic errors e g cystic fibrosis etc other pediatric nutrition problems e g burns cancer diabetes obesity birth defects heart disease renal failure and the presence of drugs in breast milk from maternal use of pharmaceuticals Supplementary information on nutritional assessment diet questionnaires and growth charts re appended Tables illustrations and references are presented throughout the text wz

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Snack Food, 1987

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The Healthy Young Child Sari Edelstein, 1995 This volume provides a guide for the nurturing and caring of children A detailed discussion of normal growth and development is outlined throughout The future caregiver will be able to recognize and measure normal growth patterns Eyesight speech dental development weight height psychosocial and cognitive development from birth through age eight is explained to the caregiver How to feed children of all ages and the understanding of nutrition is a focus of the book Caregivers will learn how to prepare infant formula determine feeding schedules and introduce the appropriate first foods to baby The dangers of childhood are reviewed in the book Among these include the avoidance of poisonous plants preventing burns choking on toy parts playground safety bike helmet use safe swimming and implementing fire safety guidelines

Journal of the American Dietetic Association, 1996 *Farm and Home News*, 1982-12 *Simply Good Eating: Text*
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