

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	0.08
Black Beans	1 cup	241	15	0.7	0.2	5	15	0.08
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



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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 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

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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

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