

Meat/Eggs (cooked)	Calories	Saturated Fat (g)	Protein (g)
3 oz Beef Strip Steak	170	4.5	25
3 oz Beef Tenderloin	170	3.0	26
3 oz 93% Lean Beef	150	2.5	22
3 oz 90% Lean Beef	170	4	21
3 oz 80% Lean Beef	220	7	14
3 oz Lamb Chops	160	3	23
3 oz Pork Tenderloin	120	1.5	22
3 oz Pork Chops	170	4	26
3 oz Skinless Chicken Breast	140	0.9	26
3 oz Turkey Breast	130	0.4	26
3 oz 93% Turkey Breast	180	2	23
3 oz Roasted Ham	180	3	25
3 oz Deli Roast Beef	100	1.5	16
3 oz Deli Turkey	100	0	11
3 oz Deli Ham	110	0.5	17
3 slices cooked Bacon	130	3	11
1 Large Egg	90	1	6
1 oz Beef Jerky	120	0.5	9

Fish/Seafood (cooked)	Calories	Saturated Fat (g)	Protein (g)
3 oz Canned Tuna (water)	100	0.2	20
3 oz Fillet of Catfish	120	0.6	16
3 oz Fillet of Tilapia	110	0.5	22
3 oz Fillet of Salmon	130	2.6	21
3 oz Crabmeat	80	0.1	16
3 oz Shrimp	100	0.1	19
3 oz Lobster	80	0.2	16

Beans/Peas (cooked)	Calories	Saturated Fat (g)	Protein (g)
½ cup Edamame	90	0	9
½ cup Tofu	70	1	9
½ cup Pinto Beans	120	0	8
½ cup Black Beans	110	0	8
½ cup Kidney Beans	110	0	7
½ cup Chickpeas	130	0	7

Nuts and Seeds	Calories	Saturated Fat (g)	Protein (g)
2 tbsp Peanut Butter	190	3	8
2 tbsp Almond butter	195	2.5	7
1/3 cup shelled Peanuts	130	2	7
23 Almonds	160	1	6
49 Pistachios	160	1.5	4
14 Walnuts	190	1.5	4
19 halves Pecans	200	2	3
18 Cashews	160	3	4
1 oz Dry Roasted Mixed	170	2	6
¼ cup Sunflower Seeds in shell	175	1.5	8
1 oz Soy Nuts	140	1	12
2 tbsp Flax/Chia Seed	60	0.5	3

Dairy	Calories	Saturated Fat (g)	Protein (g)
1 cup Almond Milk	30	0	1
1 cup Soy Milk	80	0.5	7
1 cup Coconut Milk	45	3.5	0
1 cup Skim Cow's Milk	80	0	8
1 cup 1% Cow's Milk	100	1.5	8
1 cup 2% Cow's Milk	120	3	8
1 cup Whole Cow's Milk	150	4.5	8
1 slice Whole Milk Cheese	70	3.5	3
2% Milk Cheese	45	1.5	4

Fats	Calories	Saturated Fat (g)	Protein (g)
1 T Olive Oil	120	2	0
1 T Canola Oil	120	1	0
1 T Vegetable Oil	120	2	0
1 T Coconut Oil	130	13	0
1/3 medium Avocado	80	1	1
1 T Margarine	70	1.5	0
1 T Butter	110	8	0

Click the Links Below:

Did you know that the FDA has concluded that 2 grams stanol Esters/day lowers LDL cholesterol by approximately 10%?

Did you know that consuming 5-10 grams of soluble fiber can help reduce LDL blood cholesterol levels and cardiovascular events by 15%?

