

| 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           |
| 2 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%?*

