



# ANIMAL PROTEINS

(Seafood, Poultry, and Meats)

<b>SALMON</b>	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>pink, raw</i>	100.00	g	127	20.5	0.0	365.96	4.40
	113.40	g	144	23.2	0.0	415.00	4.99
	4.00	oz					
<i>atlantic, wild, raw</i>	100.00	g	142	19.8	0.0	489.95	0.98
	113.40	g	161	22.5	0.0	555.61	1.11
	4.00	oz					
<i>atlantic, farmed, raw</i>	100.00	g	208	20.4	0.0	362.97	13.42
	113.39	g	236	23.2	0.0	411.60	15.22
	4.00	oz					
<i>pink, canned, drained solids, w/ bone</i>	100.00	g	138	23.1	0.0	332.80	5.02
	85.05	g	117	19.6	0.0	283.05	4.27
	3.00	oz					
<i>pink, canned, with bone and liquid no salt</i>	100.00	g	139	19.8	0.0	325.99	6.05
	56.70	g	79	11.2	0.0	184.84	3.43
	2.00	oz					
<i>pink, canned, drained solids without skin and bones</i>	100.00	g	136	24.6	0.0	326.00	4.21
	85.05	g	116	20.9	0.0	277.26	3.58
	3.00	oz					
<i>chum, canned, drained, with bone no salt</i>	100.00	g	141	21.4	0.0	300.00	5.50
	56.70	g	80	12.2	0.0	170.10	3.12
	2.00	oz					
<i>nuggets, breaded, frozen, heated</i>	100.00	g	212	12.7	14.0	165.00	11.72
<b>TUNA</b>							
<i>bluefin, raw</i>	100.00	g	144	23.3	0.0	251.98	4.90
	113.40	g	163	26.5	0.0	285.74	5.56
	4.00	oz					
<i>yellowfin or Ahi, raw</i>	100.00	g	109	24.4	0.0	440.96	0.49
	113.40	g	124	27.7	0.0	500.05	0.56
	4.00	oz					
<i>canned in oil, drained, light no salt</i>	100.00	g	198	29.1	0.0	207.00	8.21
	56.70	g	112	16.5	0.0	117.37	4.65
	2.00	oz					
<i>white, canned in water, drained no salt</i>	100.00	g	128	23.6	0.0	237.00	2.97
	56.70	g	73	13.4	0.0	134.38	1.68
	2.00	oz					
<i>canned in water, drained, light no salt</i>	100.00	g	116	25.5	0.0	237.00	0.82
	56.70	g	66	14.5	0.0	134.38	0.46
	2.00	oz					
<i>white, canned in oil, drained, no salt</i>	100.00	g	186	26.5	0.0	332.99	8.08
	56.70	g	105	15.0	0.0	188.81	4.58
	2.00	oz					

SARDINES	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>spanish</i>	100.00	g	212	6.2	14.2	0.00	14.16
	113.00	g	240	7.0	16.0	0.00	16.00
	4.00	oz					
<i>atlantic, canned in oil, with bones</i>	100.00	g	208	24.6	0.0	397.00	11.45
	24.00	g	50	5.9	0.0	95.28	2.75
	2.00	oz					
<i>portuguese</i>	100.00	g	236	25.5	0.0	na	12.73
	55.00	g	130	14.0	0.0	na	7.00
	0.50	c					
<i>fillets, canned</i>	100.00	g	338	18.2	7.3	na	26.36
	55.00	g	186	10.0	4.0	na	14.50
	0.25	c					
<b>TILAPIA</b>							
<i>raw</i>	100.00	g	96	20.1	0.0	302.00	1.70
	113.40	g	107	22.8	0.0	342.47	1.93
	4.00	oz					
<i>cooked, dry heat</i>	100.00	g	128	26.2	0.0	379.78	2.65
	85.05	g	109	22.2	0.0	323.00	2.25
	3.00	oz					
<b>POLLOCK</b>							
<i>atlantic, raw</i>	100.00	g	92	19.4	0.0	355.97	0.98
	113.40	g	104	22.0	0.0	403.66	1.11
	4.00	oz					
<i>atlantic, cooked, dry heat</i>	100.00	g	118	24.9	0.0	456.00	1.26
	85.05	g	100	21.2	0.0	387.82	1.07
	3.00	oz					
<i>alaska, untreated, cooked</i>	100.00	g	87	19.4	0.0	364.00	1.00
	85.05	g	74	16.5	0.0	309.58	0.85
	3.00	oz					
<b>PANGASIUS (CREAM DORY/SWAI)</b>							
<i>fillets, boneless</i>	100.00	g	71	14.2	0.0	na	1.77
	113.00	g	80	16.0	0.0	na	2.00
	4.00	oz					
<i>fillets, skinless, boneless</i>	100.00	g	177	20.4	0.0	na	1.77
	113.00	g	200	23.0	0.0	na	2.00
	4.00	oz					

COD	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>atlantic, raw</i>	100.00	g	82	17.8	0.0	412.96	0.67
	113.40	g	93	20.2	0.0	468.30	0.76
	4.00	oz					
<i>atlantic, canned</i>	100.00	g	105	22.8	0.0	527.99	0.86
	56.70	g	60	12.9	0.0	299.37	0.49
	2.00	oz					
<i>atlantic, cooked, dry heat</i>	100.00	g	105	22.8	0.0	244.00	0.86
	85.05	g	89	19.4	0.0	207.52	0.73
	3.00	oz					
<i>pacific, raw</i>	100.00	g	69	15.3	0.0	234.98	0.41
	113.40	g	78	17.3	0.0	266.46	0.46
	4.00	oz					
<i>pacific, cooked, dry heat</i>	100.00	g	85	18.7	0.0	289.00	0.50
	85.05	g	72	15.9	0.0	245.79	0.43
	3.00	oz					
<b>ANCHOVIES</b>							
<i>Raw</i>	100.00	g	131	20.4	0.0	382.96	4.84
	113.40	g	149	23.1	0.0	434.28	5.49
	4.00	oz					
<i>canned, in oil, drained</i>	100.00	g	210	28.9	0.0	544.00	9.71
	16.00	g	34	4.6	0.0	87.04	1.55
	4.00	pcs					
<b>SHRIMP</b>							
<i>mixed species, raw</i>	100.00	g	71	13.6	0.9	113.00	1.01
	113.40	g	81	15.4	1.0	128.14	1.15
	4.00	oz					
<i>mixed species, breaded, fried</i>	100.00	g	242	21.4	11.5	224.87	12.27
	85.05	g	206	18.2	9.8	191.25	10.44
	3.00	oz					
<i>mixed species, cooked, moist heat</i>	100.00	g	119	22.8	1.5	170.00	1.70
	85.05	g	101	19.4	1.3	144.58	1.45
	3.00	oz					
<i>cracker</i>	100.00	G	426	7.1	59.1	193.00	17.86

CLAMS	SERVING QUANTITY	SERVING UNIT	CALORIES (KCAL)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>mixed species, raw</i>	100.00	g	86	14.7	3.6	46.00	0.96
	85.05	g	73	12.5	3.0	39.12	0.82
	3.00	oz					
<i>mixed species, breaded, fried</i>	100.00	g	202	14.2	10.3	326.00	11.15
	85.05	g	172	12.1	8.8	277.26	9.48
	3.00	oz					
<i>mixed species, canned, with liquid</i>	100.00	g	2	0.4	0.1	149.00	0.02
	28.35	g	1	0.1	0.0	42.24	0.01
	1.00	oz					
<i>mixed species, canned, drained</i>	100.00	g	142	24.3	5.9	627.99	1.59
	56.70	g	81	13.8	3.4	356.07	0.90
	2.00	oz					
<b>OYSTERS</b>							
<i>ostrich, raw</i>	100.00	g	125	21.6	0.0	297.00	3.67
	85.05	g	106	18.3	0.0	252.60	3.12
	3.00	oz					
<i>ostrich, cooked</i>	100.00	g	159	28.8	0.0	409.00	3.97
	85.05	g	135	24.5	0.0	347.85	3.38
	3.00	oz					
<i>pacific, raw</i>	100.00	g	81	9.5	5.0	168.00	2.30
	113.40	g	92	10.7	5.6	190.51	2.61
	4.00	oz					
<i>pacific, cooked, moist heat</i>	100.00	g	163	18.9	9.9	302.00	4.60
	85.05	g	139	16.1	8.4	256.85	3.91
	3.00	oz					
<i>eastern, canned</i>	100.00	g	68	7.1	3.9	229.00	2.47
	56.70	g	39	4.0	2.2	129.84	1.40
	2.00	oz					
<i>eastern, farmed, raw</i>	100.00	g	59	5.2	5.5	124.00	1.55
	85.05	g	50	4.4	4.7	105.46	1.32
	3.00	oz					
<i>eastern, wild, raw</i>	100.00	g	51	5.7	2.7	156.00	1.71
	113.40	g	58	6.5	3.1	176.90	1.94
	4.00	oz					
<i>eastern, wild, breaded, fried</i>	100.00	g	199	8.8	11.6	244.00	12.58
	85.05	g	169	7.5	9.9	207.52	10.70
	3.00	oz					
<i>battered, breaded, fried, fast food</i>	100.00	g	265	9.0	28.7	131.00	12.90
	85.05	g	225	7.7	24.4	111.41	10.97
	3.00	oz					

CRAB	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>blue, raw</i>	100.00	g	87	18.1	0.0	329.00	1.08
	113.40	g	99	20.5	0.5	373.09	1.22
	4.00	oz					
<i>blue, canned</i>	100.00	g	83	17.9	0.0	259.00	0.74
	56.70	g	47	10.1	0.0	146.85	0.42
	2.00	oz					
<i>dungeness, raw</i>	100.00	g	86	17.4	0.7	354.00	0.97
	113.40	g	98	19.7	0.8	401.44	1.10
	4.00	oz					
<i>dungeness, cooked, moist heat</i>	100.00	g	110	22.3	1.0	408.00	1.24
	85.05	g	94	19.0	0.8	347.00	1.05
	3.00	oz					
<i>alaska king, raw</i>	100.00	g	84	18.3	0.0	204.00	0.60
	113.40	g	95	20.7	0.0	231.34	0.68
	4.00	oz					
<i>alaska king, cooked, moist heat</i>	100.00	g	97	19.4	0.0	262.00	1.54
	85.05	g	83	16.5	0.0	222.83	1.31
	3.00	oz					
<i>imitation, crabmeat (Kani)</i>	100.00	g	95	7.6	15.0	90.00	0.46
	85.05	g	81	6.5	12.8	76.54	0.39
	3.00	oz					
<i>cakes</i>	100.00	g	266	18.8	8.5	270.00	17.25
	60.00	g	160	11.3	5.1	162.00	10.35
	1.00	pc					
<b>CATFISH</b>							
<i>channel, wild, raw</i>	100.00	g	95	16.4	0.0	405.93	2.82
	113.40	g	108	18.6	0.0	357.97	3.20
	4.00	oz					
<i>channel, farmed, raw</i>	100.00	g	119	15.2	0.0	301.82	5.94
	85.05	g	101	13.0	0.0	256.70	5.05
	3.00	oz					
<i>breaded, fried</i>	100.00	g	229	18.1	8.0	340.00	13.33
	85.05	g	195	15.4	6.8	289.17	11.34
	3.00	oz					
<i>wild, cooked, dry heat</i>	100.00	g	105	18.5	0.0	419.00	2.85
	85.05	g	89	15.7	0.0	356.36	2.42
	3.00	oz					
<i>farmed, cooked, dry heat</i>	100.00	g	144	18.4	0.0	366.00	7.19
	85.05	g	122	15.7	0.0	311.28	6.12
	3.00	oz					

<b>MUSSELS</b>	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>blue, raw</i>	100.00	g	86	11.9	3.7	320.00	2.24
	113.40	g	98	13.5	4.2	362.88	2.54
	4.00	oz					
<i>blue, cooked, moist heat</i>	100.00	g	172	23.8	7.4	268.00	4.48
	85.05	g	146	20.2	6.3	227.93	3.81
	3.00	oz					
<i>atlantic or pacific, meat only</i>	100.00	g	197	8.8	11.6	243.87	12.56
	85.05	g	167	7.5	9.9	207.41	10.69
	3.00	oz					
<b>MACKEREL</b>							
<i>Atlantic or Boston, raw fillet</i>	100.00	g	205	18.6	0.0	313.97	13.89
	113.40	g	232	21.1	0.0	356.04	15.75
	4.00	oz					
<i>pacific and Jack, raw fillet</i>	100.00	g	158	20.1	0.0	405.96	7.89
	113.40	g	179	22.8	0.0	460.36	8.95
	4.00	oz					
<i>Atlantic Spanish, raw fillet</i>	100.00	g	139	19.3	0.0	445.96	6.30
	113.40	g	158	21.9	0.0	505.71	7.14
	4.00	oz					
<i>Jack, canned, solids, drained</i>	100.00	g	156	23.2	0.0	194.00	6.30
	56.70	g	88	13.2	0.0	110.00	3.57
	2.00	oz					
<i>Atlantic or Boston, cooked, dry heat</i>	100.00	g	262	23.9	0.0	401.00	17.81
	85.05	g	223	20.3	0.0	341.05	15.15
	3.00	oz					
<i>Atlantic, Spanish, cooked, dry heat</i>	100.00	g	158	23.6	0.0	553.99	6.32
	85.05	g	134	20.1	0.0	471.17	5.38
	3.00	oz					
<i>Pacific and Jack, mixed species, cooked</i>	100.00	g	201	25.7	0.0	520.99	10.12
	85.05	g	171	21.9	0.0	443.11	8.61
	3.00	oz					

TROUT	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>rainbow, wild, raw, fillet</i>	100.00	g	119	20.5	0.0	481.00	3.46
	113.40	g	135	23.2	0.0	545.45	3.92
	4.00	oz					
<i>rainbow, farmed, raw, fillet</i>	100.00	g	141	19.9	0.0	376.96	6.18
	113.40	g	160	22.6	0.0	427.48	7.01
	4.00	oz					
<i>mixed species, raw fillet</i>	100.00	g	148	20.8	0.0	360.97	6.61
	113.40	g	168	23.6	0.0	409.33	7.50
	4.00	oz					
<i>sea trout, mixed species, raw</i>	100.00	g	104	16.7	0.0	340.97	3.61
	113.40	g	118	19.0	0.0	386.66	4.09
	4.00	oz					
<i>rainbow, wild, cooked, dry heat</i>	100.00	g	150	22.9	0.0	448.00	5.82
	85.05	g	128	19.5	0.0	381.02	4.95
	3.00	oz					
<i>rainbow, farmed, cooked, dry heat</i>	100.00	g	168	23.8	0.0	450.00	7.38
	85.05	g	143	20.2	0.0	382.72	6.28
	3.00	oz					
<i>mixed species, cooked, dry heat</i>	100.00	g	190	26.6	0.0	463.00	8.47
	85.05	g	162	22.7	0.0	393.78	7.20
	3.00	oz					
<i>sea trout, mixed species, cooked, dry heat</i>	100.00	g	133	21.5	0.0	437.00	4.63
	85.05	g	113	18.3	0.0	371.66	3.94
	3.00	oz					
<b>CARP</b>							
<i>raw</i>	100.00	g	127	17.8	0.0	332.97	5.60
	113.40	g	144	20.2	0.0	377.59	6.35
	4.00	oz					
<i>cooked, dry heat</i>	100.00	g	162	22.9	0.0	427.00	7.17
	85.05	g	138	19.4	0.0	363.16	6.10
	3.00	oz					
<b>MAHI-MAHI</b>							
<i>Dorado or Dolphinfish, raw</i>	100.00	g	85	18.5	0.0	415.96	0.70
	113.40	g	96	21.0	0.0	471.70	0.79
	4.00	oz					
<i>Dorado or Dolphinfish, cooked, dry heat</i>	100.00	g	109	23.7	0.0	532.99	0.90
	85.05	g	93	20.2	0.0	452.31	0.77
	3.00	oz					



<b>FLATFISH</b>	SERVING QUANTITY	SERVING UNIT	CALORIES (kCal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>raw</i>	100.00	g	70	12.4	0.0	159.98	1.93
	113.40	g	79	14.1	0.0	181.42	2.19
	4.00	oz					
<i>cooked, dry heat</i>	100.00	g	86	15.2	0.0	197.00	2.37
	85.05	g	73	13.0	0.0	167.55	2.02
	3.00	oz					
<b>HALIBUT</b>							
<i>greenland, raw</i>	100.00	g	186	14.4	0.0	267.97	13.84
	113.40	g	211	16.3	0.0	303.88	15.69
	4.00	oz					
<i>atlantic and pacific, raw</i>	100.00	g	91	18.6	0.0	434.96	1.33
	113.40	g	103	21.0	0.0	493.24	1.51
	4.00	oz					
<i>greenland, cooked, dry heat</i>	100.00	g	239	18.4	0.0	344.00	17.71
	85.05	g	203	15.7	0.0	292.57	15.09
	3.00	oz					
<i>atlantic and pacific, cooked, dry heat</i>	100.00	g	111	22.5	0.0	527.99	1.61
	85.05	g	94	19.2	0.0	449.06	1.37
	3.00	oz					
<b>LOBSTER</b>							
<i>Northern, raw (Langoustine)</i>	100.00	g	77	16.5	0.0	200.00	0.75
	113.40	g	87	18.7	0.0	226.80	0.85
	4.00	oz					
<i>Spiny, mixed species, raw</i>	100.00	g	112	20.6	2.4	180.00	1.51
	113.40	g	127	23.4	2.8	104.12	1.71
	4.00	oz					
<i>Northern, cooked, moist heat (Langoustine)</i>	100.00	g	89	19.0	0.0	230.00	0.86
	85.05	g	76	16.2	0.0	195.61	0.73
	3.00	oz					
<i>Spiny, mixed species, cooked, moist heat</i>	100.00	g	143	26.4	3.1	208.00	1.94
	85.05	g	122	22.5	2.7	176.90	1.65
	3.00	oz					

SCALLOPS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>Mixed species, raw</i>	100.00	g	69	12.1	3.2	205.00	0.49
	113.40	g	78	13.7	3.6	232.47	0.56
	4.00	oz					
<i>Bay and Sea, steamed</i>	100.00	g	111	20.5	5.4	314.00	0.84
	85.05	g	94	17.5	4.6	267.06	0.71
	3.00	oz					
<i>mixed species, breaded and fried</i>	100.00	g	216	18.1	10.1	333.00	10.94
	46.50	g	100	8.4	4.7	15.85	5.09
	3.00	pcs					
<i>breaded, fried, fast food</i>	100.00	g	268	10.9	26.7	204.00	13.47
	85.05	g	228	9.3	22.7	173.50	11.46
	3.00	oz					
<b>HERRING</b>							
<i>Pacific, raw</i>	100.00	g	195	16.4	0.0	422.96	13.88
	113.40	g	221	18.6	0.0	479.64	15.74
	4.00	oz					
<i>Atlantic, raw</i>	100.00	g	158	18.0	0.0	326.97	9.04
	113.40	g	179	20.4	0.0	370.78	10.25
	4.00	oz					
<i>Pacific, cooked, dry heat</i>	100.00	g	250	21.0	0.0	541.99	17.79
	85.05	g	213	17.9	0.0	460.97	15.13
	3.00	oz					
<i>Atlantic, cooked, dry heat</i>	100.00	g	203	23.0	0.0	419.00	11.49
	85.05	g	173	19.6	0.0	356.36	9.86
	3.00	oz					
<i>Roe or eggs, Pacific (Alaska Native)</i>	100.00	g	74	9.6	4.5	na	1.93
	85.05	g	63	8.2	3.8	na	1.64
	3.00	oz					

<b>CRAYFISH/ CRAWFISH</b>	<b>SERVING QUANTITY</b>	<b>SERVING UNIT</b>	<b>CALORIES (kcal)</b>	<b>PROTEIN (g)</b>	<b>TOTAL CARBOHYDRATES (g)</b>	<b>POTASSIUM (mg)</b>	<b>TOTAL FAT (g)</b>
<i>Mixed species, farmed, raw</i>	100.00	g	72	14.9	0.0	261.00	0.97
	113.40	g	82	16.8	0.0	295.97	1.10
	4.00	oz					
<i>Mixed species, wild, raw</i>	100.00	g	77	16.0	0.0	302.00	0.95
	113.40	g	87	18.1	0.0	342.47	1.08
	4.00	oz					
<i>Mixed species, farmed, cooked, moist heat</i>	100.00	g	87	17.5	0.0	238.00	0.22
	85.05	g	74	14.9	0.0	202.42	0.18
	3.00	oz					
<i>mixed species, wild, cooked, moist heat</i>	100.00	g	82	16.8	0.0	296.00	1.20
	85.05	g	70	14.3	0.0	251.75	1.02
	3.00	oz					
<b>SQUID (CALAMARI)</b>							
<i>mixed species, fried</i>	100.00	g	175	17.9	7.8	279.00	7.48
	85.05	g	149	15.3	6.6	237.29	6.36
	3.00	oz					
<i>mixed species, raw boneless</i>	100.00	g	92	15.6	3.1	246.00	1.38
	113.40	g	104	17.7	3.5	278.96	1.56
	4.00	oz					

EGG	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>chicken, raw, large</i>	100.00	g	143	12.6	0.7	138.00	9.51
	50.00	g	72	6.3	0.4	69.00	4.76
	1.00	pc					
<i>chicken, fried, large</i>	100.00	g	196	13.6	0.8	152.00	14.84
	46.00	g	90	6.3	0.4	69.92	6.83
	1.00	pc					
<i>chicken, poached, large</i>	100.00	g	143	12.5	0.7	138.00	9.47
	50.00	g	72	6.3	0.4	69.00	4.74
	1.00	pc					
<i>chicken, hard boiled, large</i>	100.00	g	155	12.6	1.1	126.00	10.61
	50.00	g	78	6.3	0.6	63.00	5.31
	1.00	pc					
<i>scrambled, fast food</i>	100.00	g	212	13.8	2.1	147.00	16.18
	94.00	g	199	13.0	2.0	138.18	15.21
	2.00	pc					
<i>substitute, liquid</i>	100.00	g	84	12.0	0.6	330.00	3.31
	251.00	g	211	30.1	1.6	828.30	8.31
	1.00	c					
<i>substitute, powder</i>	100.00	g	443	55.8	21.8	742.31	12.97
	9.92	g	44	5.5	2.2	73.66	1.29
	0.35	oz					
<i>substitute, frozen</i>	100.00	g	160	11.3	3.2	213.00	11.11
	60.00	g	96	6.8	1.9	127.80	6.67
	0.25	c					
<i>chicken, egg whites only, raw</i>	100.00	g	52	10.9	0.7	163.00	0.17
	33.00	g	17	3.6	0.2	53.79	0.06
	1.00	pc					
<i>chicken, yolk only, raw</i>	100.00	g	322	15.9	3.6	109.00	26.54
	17.00	g	55	2.7	0.6	18.53	4.51
	1.00	pc					
<i>chicken, whole, raw, frozen</i>	100.00	g	147	12.3	1.0	135.00	9.95
	56.70	g	83	7.0	0.6	76.54	5.64
	2.00	oz					
<i>yolk only, frozen, raw</i>	100.00	g	296	15.5	0.8	121.00	25.60
	56.70	g	168	8.8	0.5	68.61	14.51
	2.00	oz					
<i>whites, frozen, raw</i>	100.00	g	48	10.2	1.0	169.00	0.00
	56.70	g	27	5.8	0.6	95.82	0.00
	2.00	oz					
<i>duck, raw</i>	100.00	g	185	12.8	1.5	222.00	13.77
	70.00	g	130	9.0	1.0	155.40	9.64
	1.00	pc					
<i>quail, raw</i>	100.00	g	158	13.1	0.4	132.00	11.09
	9.00	g	14	1.2	0.0	11.88	1.00
	1.00	pc					

CHICKEN	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>ground, raw</i>	100.00	g	143	17.4	0.0	522.00	8.10
<i>meat and skin, raw</i>	100.00	g	215	18.6	0.0	189.00	15.06
	113.40	g	244	21.1	0.0	214.33	17.08
	4.00	oz					
<i>meat and skin, roasted</i>	100.00	g	239	27.3	0.0	223.00	13.60
	85.05	g	203	23.2	0.0	189.66	11.57
	3.00	oz					
<i>thigh meat only, fried</i>	100.00	g	218	28.2	1.2	259.00	10.30
	85.05	g	185	24.0	1.0	220.28	8.76
	3.00	oz					
<i>thigh meat only, roasted</i>	100.00	g	179	24.8	0.0	269.00	8.15
	85.05	g	152	21.1	0.0	228.78	6.93
	3.00	oz					
<i>wing meat only, fried</i>	100.00	g	211	30.2	0.0	208.00	9.15
	85.05	g	179	25.6	0.0	176.90	7.78
	3.00	oz					
<i>wing meat only, roasted</i>	100.00	g	203	30.5	0.0	210.00	8.13
	85.05	g	173	26.0	0.0	178.60	6.91
	3.00	oz					
<i>wing meat only, stewed</i>	100.00	g	181	27.2	0.0	153.00	7.18
	85.05	g	154	23.1	0.0	130.12	6.11
	3.00	oz					
<i>back meat only, fried</i>	100.00	g	288	30.0	5.7	251.00	4.12
	85.05	g	245	25.5	4.8	213.47	3.50
	3.00	oz					
<i>back meat only, roasted</i>	100.00	g	239	28.2	0.0	237.00	13.16
	85.05	g	203	24.0	0.0	201.57	11.19
	3.00	oz					
<i>back meat only, stewed</i>	100.00	g	209	25.3	0.0	158.00	11.19
	85.05	g	178	21.5	0.0	134.38	9.52
	3.00	oz					
<i>drumstick meat only, fried</i>	100.00	g	195	28.6	0.0	249.00	8.08
	85.05	g	166	24.3	0.0	211.77	6.87
	3.00	oz					
<i>drumstick meat only, roasted</i>	100.00	g	155	24.2	0.0	256.00	5.70
	85.05	g	132	20.6	0.0	217.73	4.85
	3	oz					

<b>CHICKEN</b>	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>drumstick meat only, stewed</i>	100.00	g	169	27.5	0.0	199.00	5.71
	85.05	g	144	23.4	0.0	169.25	4.86
	3.00	oz					
<i>leg meat only, fried</i>	100.00	g	208	28.4	0.7	254.00	9.32
	85.05	g	177	24.1	0.6	216.02	7.93
	3.00	oz					
<i>leg meat only, roasted</i>	100.00	g	174	24.2	0.0	269.00	7.80
	85.05	g	148	20.6	0.0	228.78	6.63
	3.00	oz					
<i>leg meat only, stewed</i>	100.00	g	185	26.3	0.0	190.00	8.06
	85.05	g	157	22.3	0.0	161.59	6.85
	3.00	oz					
<i>pate, chicken liver, canned</i>	100.00	g	201	13.5	6.6	95.00	13.10
	52.00	g	105	7.0	3.4	49.40	6.81
	4.00	tbbsp					
<i>chicken tenders, fast food</i>	100.00	g	271	19.2	17.3	373.00	13.95
	62.00	g	168	11.9	10.7	231.26	8.65
	4.00	pcs					
<i>chicken patty, frozen, cooked</i>	100.00	g	287	14.9	12.8	261.00	19.58
<i>bratwurst, chicken, cooked</i>	100.00	g	176	19.4	0.0	211.00	10.30
	83.92	g	148	16.3	0.0	177.06	8.69
	2.96	oz					
<i>sausage, chicken/beef, smoked</i>	100.00	g	295	18.5	0.0	139.00	244.00
	138.00	g	251	15.7	0.0	118.22	20.41
	1.00	c					

<b>TURKEY</b>	<b>SERVING QUANTITY</b>	<b>SERVING UNIT</b>	<b>CALORIES (kcal)</b>	<b>PROTEIN (g)</b>	<b>TOTAL CARBOHYDRATES (g)</b>	<b>POTASSIUM (mg)</b>	<b>TOTAL FAT (g)</b>
<i>breast, meat &amp; skin, raw</i>	100.00	g	144	21.6	0.1	224.00	5.64
	113.40	g	163	24.5	0.2	254.02	6.40
	4.00	oz					
<i>breast, meat &amp; skin, roasted</i>	100.00	g	189	28.6	0.1	239.00	7.39
	85.05	g	161	24.3	0.1	203.27	6.29
	3.00	oz					
<i>breast, meat only, raw</i>	100.00	g	114	23.3	0.0	267.00	2.33
	85.05	g	97	19.9	0.0	227.08	1.98
	3.00	oz					
<i>breast, meat only, roasted</i>	100.00	g	136	29.5	0.0	297.00	1.97
	85.05	g	116	25.1	0.0	252.60	1.68
	3.00	oz					
<i>ground, raw</i>	100.00	g	148	20.0	0.0	237.00	7.66
	113.40	g	168	22.3	0.0	268.76	8.69
	4.00	oz					
<i>ground, cooked</i>	100.00	g	203	27.4	0.0	294.00	10.40
	85.05	g	173	23.3	0.0	250.04	8.85
	3.00	oz					
<i>white rotisserie, deli cut</i>	100.00	g	112	13.5	7.7	349.00	3.00
	56.70	g	64	7.7	4.4	197.88	1.70
	2.00	oz					
<i>ham, extra lean, sliced</i>	100.00	g	134	19.6	0.9	299.00	5.80
	20.00	g	27	3.9	0.2	59.80	1.16
	1.00	pc					
<i>pastrami, sliced</i>	100.00	g	139	16.3	3.3	345.00	6.21
	56.70	g	79	9.2	1.9	195.62	3.52
	2.00	slices					
<i>bologna</i>	100.00	g	209	11.4	4.7	135.00	16.05
	56.70	g	119	6.5	2.7	76.55	9.10
	2.00	slices					
<i>salami</i>	100.00	g	172	19.2	1.6	216.00	9.21
	56.70	g	98	10.9	0.9	122.47	5.22
	2.00	slices					
<i>bacon, turkey, cooked</i>	100.00	g	382	29.6	3.1	395.00	27.90
	28.35	g	108	8.4	0.9	111.98	7.91
	1.00	oz					
<i>bacon, turkey, low sodium</i>	100.00	g	253	13.3	4.8	156.00	20.00
	15.00	g	38	2.0	0.7	23.40	3.00
	1.00	svg					
<i>sausage, turkey, cooked</i>	100.00	g	196	23.9	0.0	298.00	10.44
	56.70	g	111	13.6	0.0	168.97	5.92
	2.00	oz					

<b>PORK</b>	<b>SERVING QUANTITY</b>	<b>SERVING UNIT</b>	<b>CALORIES (kcal)</b>	<b>PROTEIN (g)</b>	<b>TOTAL CARBOHYDRATES (g)</b>	<b>POTASSIUM (mg)</b>	<b>TOTAL FAT (g)</b>
<i>ground, cooked</i>	100.00	g	297	25.7	0.0	362.00	20.77
	85.05	g	253	21.9	0.0	307.88	17.66
	3.00	oz					
<i>ground, raw</i>	100.00	g	263	16.9	0.0	287.00	21.19
	113.40	g	298	19.1	0.0	325.46	24.03
	4.00	oz					
<i>loin, sirloin, roasts, separable lean roasted</i>	100.00	g	204	27.8	0.0	352.00	9.44
	85.05	g	174	23.6	0.0	299.37	8.03
	3.00	oz					
<i>loin, center rib, separable lean, roasted</i>	100.00	g	206	28.8	0.0	287.00	9.21
	85.05	g	175	24.5	0.0	244.09	7.83
	3.00	oz					
<i>loin, sirloin, boneless, separable lean roasted</i>	100.00	g	178	30.4	0.0	408.00	5.31
	85.05	g	151	25.9	0.0	347.00	4.52
	3.00	oz					
<i>loin, center rib, boneless roasted</i>	100.00	g	214	28.8	0.0	363.00	10.13
	85.05	g	182	24.5	0.0	308.73	8.62
	3.00	oz					
<i>shoulder blade, boston roasts roasted turkey, salt.</i>	100.00	g	232	24.2	0.0	427.00	14.30
	85.05	g	197	20.6	0.0	363.16	12.16
	3.00	oz					
<i>shoulder, whole, roasted</i>	100.00	g	230	25.3	0.0	345.80	13.53
	85.05	g	196	21.5	0.0	294.10	11.51
	3.00	oz					
<i>loin, whole, roasted</i>	100.00	g	209	28.6	0.0	425.00	9.63
	85.05	g	178	24.3	0.0	361.46	8.19
	3.00	oz					
<i>leg or ham, whole, roasted</i>	100.00	g	211	29.4	0.0	373.00	9.44
	85.05	g	179	25.0	0.0	317.23	8.03
	3.00	oz					
<i>loin, tenderloin, separable lean &amp; fat roasted</i>	100.00	g	147	26.0	0.0	419.00	3.96
	85.05	g	125	22.2	0.0	356.36	3.37
	3.00	oz					
<i>ground, cooked</i>	100.00	g	297	25.7	0.0	362.00	20.77
	85.05	g	253	21.9	0.0	307.88	17.66
	3.00	oz					



<b>PORK</b>	<b>SERVING QUANTITY</b>	<b>SERVING UNIT</b>	<b>CALORIES (kcal)</b>	<b>PROTEIN (g)</b>	<b>TOTAL CARBOHYDRATES (g)</b>	<b>POTASSIUM (mg)</b>	<b>TOTAL FAT (g)</b>
<i>bacon, cured, broiled, panfried or roasted</i>	100.00	g	541	37.0	1.4	565.00	41.78
	8.00	g	43	3.0	0.1	45.20	3.34
	1.00	slice					
<i>bacon, reduced sodium, cured broiled, panfried or roasted</i>	100.00	g	541	37.0	1.4	565.00	41.78
	56.70	g	307	21.0	0.8	320.36	23.69
	2.00	oz					
<i>country style ribs, separable lean &amp; fat roasted</i>	100.00	g	359	21.8	0.0	322.00	29.46
	85.05	g	305	18.5	0.0	273.86	25.06
	3.00	oz					
<i>sirloin, chops or roasts, boneless, raw</i>	100.00	g	121	22.8	0.0	354.00	2.59
	113.40	g	137	25.9	0.0	401.44	2.94
	4.00	oz					
<i>kidney, braised</i>	100.00	g	151	25.4	0.0	143.00	4.70
	85.05	g	128	21.6	0.0	121.62	4.00
	3.00	oz					
<i>liver, braised</i>	100.00	g	165	26.0	3.8	150.00	4.40
	85.05	g	140	22.1	3.2	127.57	3.74
	3.00	oz					
<i>ham, minced, sliced</i>	100.00	g	263	16.3	1.8	311.00	20.68
	21.00	g	55	3.4	0.4	65.31	4.34
	1.00	slice					
<i>ham, extra lean, 5% fat</i>	100.00	g	107	16.9	0.7	463.00	4.04
	85.05	g	91	14.3	0.6	393.78	3.44
	3.00	oz					
<i>ham, low sodium, cured, cooked</i>	100.00	g	165	22.0	0.5	362.00	7.70
	85.05	g	140	18.7	0.4	307.88	6.55
	3.00	oz					
<i>sausages, Kielbasa, grilled</i>	100.00	g	337	12.5	5.0	306.00	29.68
	85.05	g	287	10.6	4.3	260.25	25.24
	3.00	oz					
<i>Kielbasa, panfried</i>	100.00	g	333	12.4	4.8	304.00	29.43
	85.05	g	283	10.5	4.1	258.55	25.03
	3.00	oz					
<i>Beerwurst, pork/beef</i>	100.00	g	276	14.0	4.3	244.00	22.53
	56.70	g	156	7.9	2.4	138.35	12.77
	2.00	oz					

<b>PORK</b>	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>Italian Sweet, links</i>	100.00	g	149	16.1	2.1	194.00	8.42
	85.05	g	127	13.7	1.8	165.00	7.16
	3.00	oz					
<i>Polish, pork, cooked</i>	100.00	g	326	14.1	1.6	237.00	28.72
	56.70	g	185	8.0	0.9	134.38	16.28
	2.00	oz					
<i>Bratwurst, pork, cooked</i>	100.00	g	333	13.7	2.9	347.99	29.18
	56.70	g	189	7.8	1.6	197.31	16.54
	2.00	oz					
<i>meatloaf/ luncheon meat</i>	100.00	g	260	15.4	1.6	245.00	20.90
	23.00	g	60	3.5	0.4	56.35	4.81
		1.00	slice				
<i>peperoni, beef/pork</i>	100.00	g	504	19.3	1.2	274.00	46.28
	56.70	g	286	11.0	0.7	155.36	26.24
	2.00	oz					
<i>salami, italian, pork</i>	100.00	g	425	21.7	1.2	340.00	37.00
	28.35	g	120	6.2	0.3	96.39	10.49
	1.00	oz					

<b>BEEF</b>	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>chuck</i>	3	g	183	26.7	0.0	344.00	8.46
<i>eyeroast, boneless, all grades</i>	85.05	g	156	22.7	0.0	292.57	7.20
<i>0" fat, separable lean only, roasted</i>	3.00	oz					
<i>chuck</i>	100.00	g	137	20.6	0.0	357.00	6.01
<i>eyeroast, boneless, all grades separable lean only, 0", raw</i>	85.05	g	117	17.5	0.0	303.63	5.11
	3.00	oz					
<i>chuck</i>	100.00	g	236	24.6	0.0	308.00	15.29
<i>eyeroast, boneless, all grades sep lean &amp; fat, 0" fat, roasted</i>	85.05	g	201	21.0	0.0	261.95	13.00
	3.00	oz					
<i>chuck</i>	100.00	g	173	19.3	0.0	367.00	10.67
<i>eyeroast, boneless, all grades sep lean &amp; fat, 0" fat, raw</i>	85.05	g	147	16.4	0.0	312.13	9.07
	3.00	oz					
<i>jerky</i>	100.00	g	410	33.2	11.0	597.00	25.60
	28.35	g	116	9.4	3.1	169.25	7.26
	1.00	oz					
<i>corned beef, brisket, raw</i>	100.00	g	198	14.7	0.1	297.00	14.90
	113.40	g	225	16.7	0.2	336.80	16.90
	4.00	oz					
<i>corned beef, brisket, cooked</i>	100.00	g	251	18.2	0.5	145.00	18.98
	85.05	g	213	15.5	0.4	123.32	16.14
	3.00	oz					
<i>broth cube</i>	100.00	g	170	17.3	16.1	403.00	4.00
<i>1 cube, 6 fl. oz prepared</i>	3.60	g	6	0.6	0.6	14.51	0.14
	1.00	cube					
<i>liver, pan fried</i>	100.00	g	175	26.5	5.2	351.00	4.68
	81.00	g	142	21.5	4.2	284.31	3.79
	1.00	slice					
<i>liver, braised</i>	100.00	g	191	29.1	5.1	352.00	5.26
	85.05	g	162	24.7	4.4	299.37	4.47
	3.00	oz					
<i>tongue, simmered</i>	100.00	g	284	19.3	0.0	184.00	22.30
	85.05	g	242	16.4	0.0	156.49	18.97
	3.00	oz					
<i>kidney simmered</i>	100.00	g	158	27.3	0.0	135.00	4.65
	85.05	g	134	23.2	0.0	114.82	3.95
	3.00	oz					
<i>tripe, simmered</i>	100.00	g	94	11.7	2.0	42.00	4.05
	85.05	g	80	10.0	1.7	35.72	3.44
	3.00	oz					

<b>LAMB</b>	SERVING QUANTITY	SERVING UNIT	CALORIES (kCal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>tenderloin, New Zealand, separable lean only, raw</i>	100.00	g	116	20.5	0.0	381.00	3.81
	85.05	g	99	17.5	0.0	324.04	3.24
	3.00	oz					
<i>loin, NZ, separable lean, frozen, broiled</i>	100.00	g	199	29.3	0.0	189.00	8.24
	85.05	g	169	24.9	0.0	160.74	7.01
	3.00	oz					
<i>australian, separable lean, 1/8" fat, cooked</i>	100.00	g	201	26.7	0.0	318.00	9.63
	85.05	g	171	22.7	0.0	270.46	8.19
	3.00	oz					
<i>Australian, separable lean, 1/8" fat, raw</i>	100.00	g	142	20.3	0.0	320.00	6.18
	113.40	g	161	23.0	0.0	362.88	7.01
	4.00	oz					
<i>Australian, ground, 85%Lean/15%fat, raw</i>	100.00	g	255	17.1	0.0	na	20.17
	85.05	g	217	14.6	0.0	na	17.61
	3.00	oz					
<i>NZ, rib, separable lean, frozen, raw</i>	100.00	g	160	20.7	0.0	309.00	8.61
	113.40	g	181	23.4	0.0	350.41	9.76
	4.00	oz					
<i>NZ, rib, separable lean, frozen, roasted</i>	100.00	g	193	24.4	0.0	323.00	10.63
	85.05	g	164	20.8	0.0	274.71	9.04
	3.00	oz					
<b>VEAL</b>							
<i>separable lean, cooked</i>	100.00	g	196	32.0	0.0	338.00	6.58
	85.05	g	167	27.1	0.0	287.47	5.60
	3.00	oz					
<i>liver, pan fried</i>	100.00	g	193	27.4	4.5	353.00	6.51
	85.05	g	164	23.3	3.8	300.22	5.54
	3.00	oz					
<i>sausage, bratwurst, veal, cooked</i>	100.00	g	341	14.0	0.0	231.00	31.70
	83.92	g	286	11.7	0.0	193.85	26.60
	2.96	oz					
<i>ground, pan fried</i>	100.00	g	503	8.9	0.9	107.00	51.60
	85.05	g	428	7.5	0.8	91.00	43.89
	3.00	oz					

<b>VEAL</b>	<b>SERVING QUANTITY</b>	<b>SERVING UNIT</b>	<b>CALORIES (KCAL)</b>	<b>PROTEIN (g)</b>	<b>TOTAL CARBOHYDRATES (g)</b>	<b>POTASSIUM (mg)</b>	<b>TOTAL FAT (g)</b>
<i>sirloin, separable, lean, braised</i>	100.00	g	204	34.0	0.0	339.00	6.51
	85.05	g	174	28.9	0.0	288.32	5.54
	3.00	oz					
<i>sirloin separable lean, roasted</i>	100.00	g	168	26.3	0.0	365.00	6.22
	85.05	g	143	22.4	0.0	310.43	5.29
	3.00	oz					
<i>sirloin, lean, raw</i>	100.00	g	110	20.2	0.0	348.00	2.59
	113.40	g	125	22.9	0.0	394.63	2.94
	4.00	oz					
<i>loin, lean and fat, braised</i>	100.00	g	284	30.2	0.0	280.00	17.21
	85.05	g	242	25.7	0.0	238.14	14.64
	3.00	oz					
<i>loin, lean and fat, roasted</i>	100.00	g	217	25.0	0.0	325.00	12.32
	85.05	g	185	21.1	0.0	276.41	10.48
	3.00	oz					
<i>loin, lean, braised</i>	100.00	g	226	33.6	0.0	297.00	9.15
	85.05	g	192	28.6	0.0	252.60	7.78
	3.00	oz					
<i>loin, lean, roasted</i>	100.00	g	175	26.3	0.0	340.00	6.94
	85.05	g	149	22.4	0.0	289.17	5.90
	3.00	oz					
<i>loin, lean, raw</i>	100.00	g	114	21.9	0.0	260.00	2.90
	113.40	g	129	24.8	0.0	294.84	3.29
	4.00	oz					
<i>loin, chop, lean and fat, grilled</i>	100.00	g	198	28.0	0.2	229.00	9.48
	85.05	g	168	23.9	0.1	194.76	8.06
	3.00	oz					
<i>bratwurst, veal, cooked</i>	100.00	g	341	14.0	0.0	231.00	31.70
	83.92	g	286	11.7	0.0	193.85	26.60
	2.96	oz					