

**PROTEIN, FAT AND CARBOHYDRATE COMPARISON CHART**

FOOD (100GM)	PROTEIN	FAT	CARB	% OF FAT	BV*
Whey Protein Isolate*	93g	1g	2g	2%	110-159
Spirulina (dried)	58gm	8gm	24gm	18%	65
Chicken Breast	31gm	5gm	0gm	23%	79
Venison	30gm	3gm	0gm	18%	80
Tuna (water)	30gm	0.5gm	0gm	4%	83
Turkey Breast	30gm	3gm	0gm	18%	79
Bacon	30gm	49gm	0gm	79%	82
Swiss Cheese	29gm	28gm	4gm	66%	84
Lamb (leg)	28gm	7gm	0gm	36%	80
Halibut	27gm	3gm	0gm	20%	83
Ground Beef (lean)	25gm	18gm	0gm	62%	80
Beef Liver	24gm	5gm	4gm	27%	82
Beef Pepperoni	22gm	44gm	0gm	82%	80
Salmon (pink)	20gm	6gm	0gm	40%	83
Mozzarella Cheese	20gm	22gm	4gm	67%	84
Sirloin Steak	18gm	20gm	0gm	71%	80
Peanuts (dry roast)	18gm	52gm	25gm	72%	68
Soybeans	17gm	9gm	10gm	43%	74
Sesame Seeds	17gm	49gm	25gm	72%	70
Almonds	16gm	52gm	25gm	74%	66
Beef Salami	15gm	21gm	4gm	71%	80
Egg (yolk)	16gm	26gm	4gm	75%	94
Cottage Cheese	14gm	2gm	4gm	20%	84
Pork Chop	13gm	19gm	0gm	77%	82
Egg (whole)	12gm	11gm	0gm	67%	100
Egg (white)	10gm	0gm	0gm	0%	88
Lentils	9gm	0.4gm	20gm	3%	68
Yogurt (skim)	4gm	1gm	6gm	18%	88
Alfalfa sprouts	4gm	0.6gm	3gm	16%	58
Millet	4gm	1gm	24gm	7%	62
Oatmeal	3gm	0.2gm	11gm	3%	58
Milk (whole)	3gm	3gm	5gm	46%	91
Milk (skim)	3gm	0.2gm	7gm	4%	91
Broccoli	3gm	0.3gm	5gm	8%	60
Spinach	3gm	0.2gm	3gm	7%	60
Baked Potato	2gm	1gm	25gm	8%	60
Brown Rice	2gm	0.8gm	23gm	7%	59
Yam	1gm	0.8gm	28gm	1%	62

\* BV (Biological Value) = % of nitrogen absorbed and retained by the cell after consuming 100gm of protein

\* Whey Protein Isolate (Product of Canada [cGMP] unflavored, unsweetened & extracted using cold temperature technology)