

CALORIE ANALYSIS FOR PROTEIN FOODS

<u>POULTRY (6oz.)</u>	calories	protein grams	fat grams
Chicken: boneless, skinless white meat (breast)	176	39.3	2.1
Chicken: boneless, skinless dark meat	203	24.2	7.3
Turkey: skinless, boneless white meat	177	38.3	2.7
Turkey: skinless, boneless dark meat	203	34.1	7.5
Cornish Hen: boneless, skinless	187	34.1	5.7
Duck Breast: boneless, skinless	200	33.8	7.2

RECOMMENDED METHODS OF COOKING:

Dry-Sautéing, Pan-Searing, Poaching in Stock, Oven Sautéing, Roasting, Outdoor Grilling, Broiling

<u>SEAFOOD: (6oz.)</u>	calories	protein grams	fat grams
Snapper:	161	34.9	2.3
Swordfish:	196	33.7	6.8
Tuna:	174	39.8	1.6
Salmon:	189	33.9	5.9
Shrimp: shelled	170	34.5	2.9
Sea Scallops: (out of shell)	142	28.5	1.3
Clams: (out of shell)	119	21.7	1.6
Mussels: (out of shell)	140	20.2	3.8
Crabmeat:	140	30.7	1.8
Imitation Crabmeat:	171	20.4	2.2

RECOMMENDED METHODS OF COOKING:

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<u>BEEF: (6oz.)</u>	<u>calories</u>	<u>protein grams</u>	<u>fat grams</u>
Flank Steak or London Broil: trimmed	252	34.5	12.7
Tenderloin: trimmed	273	35.3	14.6
Eye of Round: trimmed	223	37.0	8.3

RECOMMENDED METHODS OF COOKING:
Roasting or Outdoor Grilling.

<u>VEAL: (6oz.)</u>	<u>calories</u>	<u>protein grams</u>	<u>fat grams</u>
Chops: trimmed, bone removed	196	34	6.6

RECOMMENDED METHODS OF COOKING:
Roasting or Outdoor Grilling

<u>PORK: (6oz.)</u>	<u>calories</u>	<u>protein grams</u>	<u>fat grams</u>
Tenderloin: all fat removed	195	35.7	5.8
Pork Chop: trimmed, bone removed	208	35.8	7.2

RECOMMENDED METHOD OF COOKING:
Pan-Searing, Outdoor Grilling, Pan-Grilling, Broiling

<u>LAMB: (6oz.)</u>	<u>calories</u>	<u>protein grams</u>	<u>fat grams</u>
Leg: trimmed and boneless:	209	35	7.7
Loin Chop: trimmed, bone removed:	233	35.5	10.1

RECOMMENDED METHODS OF COOKING:
Roasting, Outdoor Grilling, Broiling

