

Nutrition Guide

Protein:

Poultry.

- **Chicken Breast-** This can be bone-in skin on chicken breast. Chicken skin contains a healthy protein type called collagen – it's good for your tendons, ligaments, skin and muscles. BUT you must account for the extra calories. Another benefit to bone-in is it's often less expensive than boneless skinless chicken breast. Serving Size: 3 ounces grilled boneless chicken breast 128 calories 2.7 grams of fat (4% DV) 0.8 g saturated fat (4% DV) 88 mg cholesterol (29% DV) 26 g protein (52%)
- **Chicken Thigs and legs-** These are on the lower end of the protein to calorie ratio compared to breast but are still a good source of your daily protein. Legs and thighs are also less expensive than breast. Be sure to differentiate between breast, legs and thighs when logging your meals/calories. Serving size: 4oz 150 calories 7g fat 21g protein.
- **Turkey-** is almost identical in nutrition to chicken. Turkey is often more expensive. But it's nice to change to turkey occasionally, to have something different. I also prefer to use ground turkey when I make tacos vs. using ground chicken.

Eggs.

- **Large Egg Whole-** Serving size: 1 large egg 70 calories 5g fat 6g protein.
- **Large Egg White Only-** Serving size: 1 large egg white 17 calories .06g fat 3.6g protein.

Fish.

- **Salmon-** Salmon is one of the top sources of omega-3 fatty acids, particularly King or Chinook salmon that is caught between Alaska and California. Leaner versions of salmon like sockeyes are still high in this fat, though they are not quite as beneficial. Serving size: 4oz 185 calories 5.5g fat 31.7g protein.
- **Sardines-** Sardines are an inexpensive way to get more omega-3 fatty acids and protein. Serving size: 5 sardines (canned in oil, drained) 125 calories 7g fat 14.8g protein.
- **Light canned Tuna-** High protein low calories. Serving size: 1 cup 179 calories 1.3g fat 39g protein.
- **Smelt-** Frozen smelt are readily available. Serving size: 3oz 82.5 calories 2.1g fat 15g protein.
- **Cod-** is a mild-flavored fish with white flesh. It's a meatier type of fish, so it can hold up well to many different types of preparations without falling apart. Cod is also an

excellent source of vitamin B12, with one serving containing a little more than 30% of the recommended daily value. Serving size: 1 fillet 95 calories 0.7g fat 20.8g protein.

- **Anchovies-** You will typically find anchovies preserved because they spoil very quickly. These preserved or cooked anchovies will still contain high amounts of omega-3s, making it easy for you to add this benefit to dishes that could use a bit of extra salt or briny flavor. Serving size: 100g 131 calories 4.8g fat 20g protein.

****Watch your salt intake with sardines and anchovies****

Beef.

Cuts that are high fat and calorie—per 3.5oz's

1. **Porter House**
Calories 346; Fat 16.4g; Saturated Fat 6.6g; Protein 46.2g
2. **NY strip**
Calories 360; Fat 18g; Saturated Fat 6g; Protein 46g
3. **T-Bone**
Calories 376; Fat 25.6g; Saturated Fat 10.6g; Protein 33g
4. **Rib-eye**
Calories 466; Fat 37.6g; Saturated Fat 15g; Protein 30g

Cuts that are graded "Choice" or "Select" INSTEAD OF "Prime" Prime usually has more fat. Choose cuts with the least amount of visible fat (marbling).

When selecting ground beef, opt for the lowest percentage of fat.

1. **Eye of round roast and steak**
2. **Sirloin tip side steak**
3. **Top round roast and steak**
4. **Bottom round roast and steak**
5. **Top sirloin steak**

Serving size for general lean beef steak Serving size: 4oz 212 calories 7.5g fat 34g protein.

4% Habits

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Vegetables:

- **Broccoli-** is a true superfood. Studies show that broccoli may decrease insulin resistance in type 2 diabetics. It's also thought to protect against several types of cancer, including prostate cancer. One cup (91 grams) of raw broccoli contains 6 grams of carbs, 2 of which are fiber.

- **Sweet potato-** sweet potatoes are low on the glycemic index chart. They are a complex carbohydrate and will raise blood sugar at a slow & steady pace. 1 medium sweet potato contains 26g carbs, 112 calories, 2g protein, and .1g fat.
- **Kale-** is loaded with antioxidants, these antioxidants have been shown to lower blood pressure and may also help protect against heart disease, type 2 diabetes and other diseases. One cup (67 grams) of raw kale contains 7 grams of carbs, 1 of which is fiber.
- **Brussel sprouts-** A half-cup (78-gram) serving of cooked Brussels sprouts contains 6 grams of carbs, 2 of which are fiber.
- **Radishes and Cabbage-** One cup (116 grams) contains 5 grams of carbs, 3 of which are fiber.
- **Asparagus-** Studies have found that asparagus may help stop the growth of several types of cancer, and studies in mice suggest it may help protect brain health and reduce anxiety.
- **Mushrooms-** Mushrooms are extremely low in carbs. A one-cup (70-gram) serving of raw, white mushrooms contains just 2 grams of carbs, 1 of which is fiber. Mushrooms have been shown to have strong anti-inflammatory properties
- **Onions-** A half cup (58 grams) of sliced raw onions contains 6 grams of carbs, 1 of which is fiber. They are high in the antioxidant quercetin, which may lower blood pressure.
- **Tomatoes-** Are low in digestible carbs. One cup (149 grams) of cherry tomatoes contains 6 grams of carbs, 2 of which are fiber. Tomatoes are a good source of vitamins A, C and K. In addition, they're high in potassium, which can help reduce blood pressure and decrease stroke risk.
- **Cucumbers-** One cup (104 grams) of chopped cucumber contains 4 grams of carbs, less than 1 gram of which is fiber.
- **Colliflower-** Can be used as a substitute for potatoes, rice and other higher-carb foods. One cup (100 grams) of raw cauliflower contains 5 grams of carbs, 3 of which are fiber.
- **Avocados-** A one-cup (150-gram) serving of chopped avocados has 13 grams of carbs, 10 of which are fiber. Small studies have found that avocados can help lower LDL cholesterol and triglyceride level. Although avocados are a high-calorie food, they may be beneficial for weight management. In one study, overweight people who included half an avocado in their lunch reported feeling fuller and had less desire to eat over the next five hours.
- **Lettuce-** Lettuce is one of the lowest-carb vegetables around. One cup (47 grams) of lettuce contains 2 grams of carbs, 1 of which is fiber. Depending on the type, it may also be a good source of certain vitamins. For instance, romaine and other dark-green varieties are rich in vitamins A, C and K.
- **Bell Peppers-** contain antioxidants called carotenoids that may reduce inflammation, decrease cancer risk and protect cholesterol and fats from oxidative damage. One cup (149 grams) of chopped red pepper contains 9 grams of carbs, 3 of which are fiber.
- **Zucchini-** One cup (124 grams) of zucchini contains 4 grams of carbs, 1 of which is fiber.

Fruits:

- **Lemon/Lime-** 1.1 grams of sugar and 7 grams of carb per fruit and lemon 1.5 grams of sugar and 5.4 grams of carb per fruit. You'll typically use these fruits as juice. Try adding a slice to your water or a squeeze of juice to add tartness to a dish.
- **Rhubarb-** 1.3 grams of sugar and 5.5 grams of carb per cup. You're unlikely to find unsweetened rhubarb, so check the label before you assume what you are eating is low in sugar. If you prepare rhubarb yourself, you can adjust the amount of added sugar or artificial sweetener.
- **Apricots-** 3.2 grams of sugar and 3.8 grams of carb per one small apricot. They are available fresh in spring and early summer. You can enjoy them whole, skin and all. Be sure to watch your portions of dried apricots, however, as they shrink when dried.
- **Cranberries-** 3.8 grams of sugar and 12 grams of carbs per cup. While very low in sugar naturally, be aware that they are usually sweetened when used or dried.
- **Guava-** 4.9 grams of sugar and 8 grams of carb per fruit. You can slice and eat guavas, including the rind. Some people enjoy dipping them in salty sauces. They are the low-sugar exception to generally sugary tropical fruits.
- **Raspberries-** 5.4 grams of sugar and 14.7 grams of carb per cup. Nature's gift for those who want a low-sugar fruit, you can enjoy raspberries in every way. Eat a handful by themselves or use as a topping or ingredient. You can get them fresh in summer or find them frozen year-round.
- **Kiwifruit-** 6.8 grams of sugar and 11.1 grams of carb per kiwi. They have a mild flavor but add lovely color to a fruit salad. Also, you can eat the skin.
- **Blackberries and strawberries-** 7 grams of sugar per cup. Blackberries are a little higher in carbs with 13.8 grams per cup while strawberries have 11.7 grams. While they have little more sugar than raspberries, both still make excellent choices for a snack, in a fruit salad, or as an ingredient in a smoothie, sauce, or dessert.
- **Figs-** 8 grams of sugar and 9.6 grams of carb per medium fig. Note that this figure is for fresh figs. It may be harder to estimate for dried figs of different varieties, which can have 5 to 12 grams of sugar per fig.
- **Grapefruit** Half a grapefruit has 8.9 grams of sugar and 10.3 grams of carb. You can enjoy fresh grapefruit in a fruit salad or by itself, adjusting the amount of sugar or sweetener you want to add.

- **Cantaloupes-** 8 grams of sugar and 8.3 grams of carb per large wedge. These are a great fruit to enjoy by themselves or in a fruit salad. They are the lowest in sugar of the melons.
- **Tangerines-** 9 grams of sugar and 11.2 grams of carb per medium tangerine. They have less sugar than oranges and are easy to section for fruit salads.

****Frozen Fruits are a less expensive convenient way to enjoy fruit year-round****

****DO NOT EAT****

- **SUGAR-** Sugar is one of the most dangerous things in modern diet and should really be at the top of this list of what not to eat if you care about your health and wellbeing. Sugar has been linked to many serious diseases. Some foods that contain tons of added sugar include granola bars, breakfast cereals and flavored low-fat yogurt. Also be very careful when choosing fat free or low-fat foods—manufacturers usually add more sugar to compensate for the lost flavor when excess fat is removed. Sodas and sweetened beverages. Soda and other sugary drinks both regular and diet are linked to an increased risk of heart, kidney and liver disease, stroke, diabetes, pancreatic cancer, and osteoporosis.
- **Fried Foods-** self-explanatory.
- **Refined starches-** most breads, pretzels, pastries. What's even worse is that they are very high on the glycemic index and can easily skyrocket your blood sugar levels.
- **Store Bought salad dressings-** many bottled salad dressings are packed with large amounts of salt and sugar in addition to sketchy dyes and preservatives and dangerous vegetable oils. As well as high fat and calorie content.
- **Processed Foods-** Processed foods are altered in some way during preparation to make them more convenient, shelf-stable, and/or flavorful for consumers. Processed foods may raise your cancer risk, are loaded with added sugar, sodium, and trans-fat. Processed foods are designed to make you overeat and become addicted to them; they contain lots of artificial and GMO ingredients. They are high in carbs and low in nutrients and fiber. Processed meats have been linked to an increased risk of intestinal cancer, according to the International Agency for Research on Cancer. They also contain high levels of saturated fat, sodium and preservatives. Not sure if it's a processed food or not? Then it probably is.

Some examples are:

- ❖ Frozen, and microwavable meals are made up mostly of wheat, refined sugar, sodium, and preservatives.
- ❖ Commercially baked goods. Besides the sugar and fat content, packaged cookies, cakes, and doughnuts contain trans fats, which are linked to cancer.
- ❖ Hot dogs, deli meats, sausages, canned cheeses, pizza, precooked foods, frozen dinners, fruit sauces, jellies, jams, pie fillings, breakfast cereals, canned fruits.

For some extra help in the grocery store, check out my free download “Goin’ Shopping” available at MikeDrobish.com

