



Patient Care Services
300 Pasteur Drive
Stanford, CA 94305

Fat & Protein Content of Foods
Stanford Hospital & Clinics
Patient Education

****Always read food labels when possible to get Fat/Protein amt per serving****

GRAINS	Fat (g)	Protein (g)
Breads (1slice) & Bagels (1/2)	~1g	~2-4g
<i>Cereals:</i> Cornflakes (1cup)	0	2
Oatmeal (1/2 c cooked)	1	3
Others – LOOK AT LABEL!		
Crackers – graham (4)	3	2
Crackers – saltine (8)	3	2
Crackers – wheat (8)	3	1
English Muffin (1/2)	1	2
Rice, brown (1/2 c)	1	2
Rice, white (1/2 c)	0	3
Pasta, (1/2 c)	1	3
Potatoes, baked with skin	0	5
Potatoes, hash browns	9	4
Potatoes, mashed (1/2 c)	4	2
Roll, dinner/white (1)	2	2
Roll, dinner/wheat (1)	2	4
VEGETABLES		
Most vegetables:	0-2g	0-2
Avocado – (1 whole w/o pit)	21	3
FRUITS		
Apple, with skin (applesauce too)	1	0
Banana, (1 med)	1	1
Blueberries (50 berries)	0.25	0.5
Melon (1c pieces)	0	0
Peach, (1 med)	0	0
Berries (1 cup)	1	1
DAIRY		
Cheese, processed (2oz)	18	13
Cheese, cheddar (1 oz)	9	7
Cheese, mozzarella (1 oz)	5	7
Cheese, cottage 1% (1/2 cup)	2	14

Cream Cheese- Regular (2 Tbsp)	10	2
Ice Cream, vanilla (1/2 cup)	7	2
Milk, 1% low fat (1 cup)	3	8
Milk, 2% reduced fat (1 cup)	5	8
Pudding, instant (1/2 cup)	3	4
Yogurt, lowfat (1/2 cup)	1-2g	5
Yogurt, frozen (1/2 cup)	4	3
MEATS/POULTRY/FISH	Fat (g)	Protein (g)
Bacon, broiled/pan fried (3 slices)	9	6
Bacon, Canadian – grilled (2 slices = 2 oz)	4	11
Beans, (1/2 cup)	0-2	7-8
Chicken breast – no skin, roasted (3oz)	3	21
Eggs (1 large)	5	7
Ground beef, regular (3.5 oz)	21	24
Ham, lean, roasted (3.5 oz)	6	21
Nuts (1/4 cup)	14	7+
Peanut butter (2 Tbsp)	16	8
Fish (3oz)	4-6	21
Tuna, canned in water (3 oz)	3	20
Turkey, white, roasted (3.5 oz)	3	25
COMBO FOODS		
Beef & vegetable stew (1 cup)	5	22
Chicken pot pie (1/3 of 9" pie)	31	23
Chow Mein (1 cup)	10	31
Lasagna with meat sauce (~8oz)	12	22
Roast beef sandwich	14	22
Soup, chicken noodle (1 cup)	4	6
Soup, tomato (1 cup)	2	2
Soup, split pea (1 cup)	2.5	10
EXTRAS		
Butter, Margarine, Mayonnaise (1 Tbsp)	10-12	0
Cheesecake (1/12 of 9" cake)	33	8
Chocolate chip cookies (2 1/4" each)	5	0
Pie, apple (1/8 of 9" pie)	19	4

- Info compiled by USDA & Wash State Dairy Council.

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Cancer Supportive Care Program/Nutrition

Cancer Supportive Care Program



Nutrition
All classes are free

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