

Most listings: *Nutrient Value of Some Common Foods*, Health Canada

\* Source: USDA Nutrient Database

\*\* Source: Manufacturer

Nutrient values may vary slightly

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Alfalfa sprouts, 125 mL	5	1	1	0.5	tr	6	0.2	6
Anchovies, canned in oil, drained, 10	84	12	0	0	4	93	1.9	5
Apple crisp, 125 mL	243	3	48	n/a	5	42	1.1	7
Apple juice, canned or bottled, 250 mL	123	tr	31	0.3	tr	18	1	tr
Apple, raw, with skin, medium-size	82	tr	21	2.6	tr	10	0.2	4
Applesauce, unsweetened, 125 mL	55	tr	16	1.9	tr	4	0.2	1
Apricots, dried, 60 mL	78	1	20	2.6	tr	15	1.5	3
Artichoke, steamed, medium-size	62	4	14	4.8	tr	56	1.6	64
Asparagus, steamed, 5 spears	18	2	3	1.1	tr	15	0.5	110
Avocado, medium-size	306	4	12	n/a	30	19	2	113

**Bacon**

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Back, grilled, 47 g	86	11	1	0	4	5	0.4	2
Breakfast, broiled or pan-fried, 32 g	182	10	tr	0	16	4	0.5	2
Bacon bits, simulated, 5 mL	15	1	tr	0.1	1	1	0.1	1
Bagel, plain, 10-cm diameter	245	9	48	1.9	1	16	3.2	20
Banana bread, made with margarine, 60 g	196	3	33	n/a	6	13	0.8	7
Banana, medium-size	105	1	27	1.9	1	7	0.4	22
Barbecue sauce, 15 mL	12	tr	2	0.9	tr	3	0.1	1
Bean sprouts, stir-fried, 250 mL	66	6	14	n/a	tr	17	2.5	91
<b>Beans</b>								
Baked, canned with pork, 250 mL	297	14	56	14.7	4	163	4.4	100
Kidney, boiled, 250 mL	238	16	43	12.3	1	52	5.5	242
Lima, boiled, 125 mL	94	6	17	3.8	tr	25	1.8	14

Snap, steamed, 125 mL	23	1	5	1.6	tr	30	0.8	22
<b>Beef</b>								
Eye-of-round roast, roasted, 88 g	155	24	0	0	6	4	1.6	6
Flank steak, broiled, 86 g	197	27	0	0	9	5	1.8	7
Ground, lean, broiled, 70 g	174	20	0	0	10	6	2	8
Ground, regular, broiled, 76 g	220	18	0	0	16	8	1.9	7
Rib-eye steak, broiled, 86 g	174	25	0	0	7	6	1.9	7
Short ribs, 88 g	364	20	0	0	31	16	1.6	4
Standing rib roast, 88 g	194	25	0	0	10	8	2	7
Stewing beef, 98 g	194	32	0	0	6	9	3.7	11
Tenderloin, broiled, 86 g	172	24	0	0	8	6	3.1	6
Top sirloin steak, broiled, 86 g	160	25	0	0	6	15	2.7	9
Beef broth, ready to serve, 284 mL	20	3	tr	0	1	17	0.5	6

**Iron** Feeling tired? Your iron levels may be low.  
Get more energy by eating red meat, whole grains,  
legumes and dried fruit.



	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Beef pot pie, commercial, 200 g	480	16	50	1.8	33	40	2	17
<b>Beer</b>								
De-alcoholized (0.5% alcohol), 250 mL	43	tr	9	n/a	0	18	tr	15
Light (4% alcohol), 1 bottle	95	1	4	0	0	17	0.1	14
Regular (5% alcohol), 1 bottle	151	1	13	0	0	17	0.1	21
Beets, sliced, boiled, 125 mL	40	2	9	1.8	tr	14	0.7	72
<b>Biscuits</b>								
From mix, plain or buttermilk, 57 g	191	0	28	1	7	105	1.2	3
From refrigerated dough, 21 g	63	2	12	n/a	1	4	0.6	1
Blueberries, fresh, 125 mL	43	1	11	2	tr	5	0.1	5
Bok choy, steamed, 125 mL	11	1	2	1.4	tr	84	0.9	36
Bologna, 42 g	114	5	2	0	9	5	0.6	2

**Bread**

Mixed grain, 1 slice, 26 g	65	3	12	1.8	1	24	0.9	12
Rye, 1 slice, 32 g	83	3	15	2	1	23	0.9	16
White, 1 slice, 25 g	67	2	12	0.6	1	27	0.8	8
White, calorie-reduced, 1 slice, 23 g	48	2	10	2.1	1	22	0.7	8
Whole wheat, 1 slice, 28 g	70	3	13	2	1	20	0.9	14
Bread pudding, 125 mL	224	7	33	n/a	8	152	1.5	17
Bread sticks, 2	82	2	14	n/a	2	4	0.9	6
Bread stuffing, from mix, 125 mL	188	3	23	3.1	9	34	1.2	18
Broccoli, boiled, 3 stalks	31	3	6	2.7	tr	51	0.9	56
Brownies, homemade, 36 g	168	2	18	n/a	10	21	0.7	5
Brussels sprouts, boiled, 4	33	2	7	3	tr	30	1	50
Bun, hamburger or hotdog	123	4	22	n/a	2	60	1.4	12

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Butter, 15 mL	103	tr	tr	0	12	3	tr	tr
Buttermilk, 250 mL	105	9	12	0	2	301	0.1	13