



Nutrition Chart

(All measurements are in grams, ounce or portions)

FOOD	MEASURE		CALORIES	PROTEIN	CARBS	FATS
	(gram)					
Chicken (breast)	182	8 oz	250	30.2	0	6
Turkey (breast)	180	8 oz	286	39	0	6
Cod (Fish)	226	8 oz	177	40	0	4
Haddock	226	8 oz	149	41	0	1.2
Halibut	226	8 oz	227	47	0	2.2
Flounder	226	8 oz	351	42.5	0	18
Shrimp	226	8 oz	206	41	3	1.2
Tuna (water)	160	5 oz	315	46	0	6
Steak (Flank)	225	8 oz	326	46	0	13
Liver (beef)	225	8 oz	316	45	12	8
Venison	225	8 oz	286	47	0	9
Granola	113	4 oz	500	12	76	19
W/Wheat Bread	24	1 Slice	64	3	12	1
W/Wheat Muffin	43	1 med.	110	5	21	1
Egg (Whole)	50	1 large	80	6	0	5.58
Cheese Mozzar.	28	1 oz	80	5.5	0	6
Low'/Fat & Sodium Cottage Cheese	226	8 oz	203	31	8	4
Milk (lowfat)	244	8 oz	121	8	11	4
Milk (Whole)	244	8 oz	150	8	11	8
Milk (Skim)	245	8 oz	86	8	11	0
Sherbert	193	6 oz	270	2	58	3
Yogurt (Lowfat)	227	8 oz	144	11	16	3
Almonds	71	1/2 cup	425	12	24	38
Sunflower Seeds	72	1/2 cup	406	17	24	34
Safflower Oil	13	1 Tbs.	120	0	0	13
Wheat Germ Oil	13	1 Tbs.	120	0	0	13
Olive Oil	13.5	1 Tbs.	119	0	0	13
Vegetables Oil	128	1 Tbs.	115	0	0	12.8
Honey	21	1 Tbs.	64	0	17	0



Lee Haney's

Nutritional Support Systems

Designed by 8 Time Mr. Olympia Lee Haney
Trainer of Champions

Molasses	20	1 Tbs.	43	0	11	0
W/W Pan Cakes	46	1 Slice	78	4	10	1
Rye Bread	24	1 Slice	60	3	12	3
Oatmeal (cooked)	234	8 oz	145	6	25	3
Cream of Wheat	251	9 oz	134	4	28	1
(cooked)						
Dat Brow Cereal	84	3 oz	330	15	54	6
Potatoes	150	5 oz	114	3.2	26	0.2
Sweet Potatoes	130	4 oz	136	2	32	1
Rice (Brown)	98	3 oz	350	7	76	1.2
Rice (Wild)	80	2 oz	282.5	11	60	1
Rice (Plain)	97	3 oz	354	6	78.5	1
Black Eye Peas	165	1 Cup	178	13	30	1
Lima Beans	170	1 Cup	208	11	40	1
Kidney Beans	185	1 Cup	218	14.5	40	1
Pinto Beans	95	1/2 cup	381	21	60	1.1
Pasta (Plain)	56	2 oz	210	7	42	1
Pasta (Whole/W)	113	4 oz	400	20	78	1
Broccoli	88	1 Cup	24	2	5	0
Cabbage	70	1 Cup	16	1	3	0
Cauliflower	100	1 Cup	24	2	5	0
Green Beans	110	1 Cup	34	2	7	0
Turnip Greens	55	1 Cup	15	0	3	0
Carrots	54	1/2 cup	24	0	5.5	0
Collards	186	1 Cup	35	2	7	0
Lettuce	75	1 Cup	10	0	1	0
Tomatoes	61	1 med.	12	0	0	0
Asparagus	67	1/2 cup	15	2	3	0
Apple	150	1 med.	81	0	21	0
Banana	175	1 med.	105	1	26	0
Pear	180	1 med.	98	0	25	0
Orange	180	1 med.	62	1	15	0
Grapefruit	241	1/2 grapefruit	38	0	9.7	0
Pineapple	155	5 slices	77	0	9.5	0
Cantaloupe	477	1/2 cantaloupe	9	2	11	0



Lee Haney's

Nutritional Support Systems

Designed by 8 Time Mr. Olympia Lee Haney
Trainer of Champions



Strawberries	149	1 Cup	45	0	10	0
Turbinado Sugar	14	1 Tbs.	14	0	12	0
Pure Maple Syrup	20	1 Tbs.	40	0	12	0