

PRINTABLE PROTEIN COUNTER

Dairy Products

Milk, 1 C.	8gm
Cheddar/Swiss, 1 oz.	7gm
Processed Cheese, 1 oz.	6gm
Cottage Cheese, 1/2C.	12gm
Ice Cream, 1 C.	6gm
Yogurt, 1 C.	7gm
Butter, 1 tbsp.	0.1gm
Sour Cream 1oz.	2.25gm
Cream Cheese, 1oz	2 gm

Meats

Bologna, 1 oz.	3.8gm
Beef, 3oz.	20gm
Chicken, 3oz.	25gm
Egg, 1	6gm
Hot Dog,	1.7gm
Turkey, 3oz.	27gm
Pork, 3oz.	21gm
Liver, 3 1/2oz.	26gm
Sausage Links, 4oz	11gm

Fish

Crabmeat, cooked 4oz	14gm
Clams, Steamed 4oz	12 gm
Haddock, 3oz.	16gm
Salmon, 3oz.	17gm
Shrimp 4oz	20gm
Halibut, 3 1/2oz.	26gm
Tuna, canned 4oz	28gm
Scallops, baked 4oz	17 gm
Lobster, steamed 4oz	19gm

Carbohydrates

Potato, medium	2gm
Rice, 1C. (Brown)	6gm
Corn, 1C.	5gm
Noodles, 1C.	6gm
Sweet Potato, medium	2gm

Bread, 1 slice	2gm
Crackers, 4 saltines	1gm
Doritos, 9/16 oz.	1gm
Fritos, 1 oz.	2gm
Potato Chips, 16 pcs.	0.8gm
Tortillas,	1 1.2gm

Cereals

Cheerios, 1 1/4C.	3.8gm
Granola, 1/4 C.	4gm
Shredded Wheat, 2/3 C.	3gm
Wheat Germ, 1 Tbsp.	2gm

Nuts

Almonds 4oz	21gm
Cashews 4oz	19gm
Pecans 4oz	10gm
Peanut Butter, 1 tbsp.	4gm
Peanuts, 1/4 C.	9gm
Sesame seeds 2oz	5gm
Sunflower seeds 2oz	13 gm
Walnuts, 1/4 C.	6gm

Beans

Pinto Beans, 1/2 C.	7gm
Navy Beans, 1/2 C.	7gm
Kidney Beans, 1/2 C.	7gm
Tofu 4oz	9gm
Soymilk powder 1oz	12gm

Fruit & Juice

Apple, 1 med.	0.3gm
Avacado	4gm
Cantaloupe, 1/4	1gm
Cranberry juice 1C	trace
Grape Juice, 4 oz.	0.3gm
Grapefruit Juice 1C	1gm
Grapes 1C	1gm
Lemon 1 medium	2.5gm

Nectarine 1 medium	1gm
Orange, 1 med.	1.6gm
Orange Juice, 1/2 C.	1gm
Peach, 1 med.	0.6gm
Pineapple Juice 1C	1gm
Pumpkin (raw) 1C	2.5gm
Raisin 1/2 C	2gm
Rhubarb (cooked) 1C	1gm
Strawberries 1C	1gm
Vegetable Juice, 4 oz.	1gm

Vegetables

Asparagus 6 spears	2gm
Broccoli 1C	5gm
Cabbage, 1/2 C. cook	1.2gm
Carrot, 1	0.6gm
Cauliflower, cooked 1C	3gm
Celery, 1 lg. Stalk	0.3gm
Cucumber, 1/8 lb.	0.2gm
Egg Plant, cooked 1C	2gm
Green Beans, 1/2 C.	0.8gm
Kale, cooked 1C	5gm
Lettuce, 1/2 C.	0.3gm
Tomato, 1	1gm
Spinach, 1/4 C.	1gm
Squash, cooked 1C	2gm

Soups

Vegetable Soup, 1 C.	3gm
Beef Broth, 1 C.	5gm
Chicken Noodle, 1 C.	3.4gm
Chili & Beans, 1 C.	18gm

Sugar foods

Caramels,	trace
Colas,	0gm
Honey 2Tbs	trace
White Sugar,	0gm

Protein Counter

Tony Strudwick



Protein Counter:

The Calorie Counter Annette B. Natow, Jo-Ann Heslin, 2003 Now revised and updated this classic by two nationally renowned nutritionists contains information on more than 20 000 food entries featuring items from national and regional restaurant chains brand name foods take out favorites and much more Original **The Ultimate Carbohydrate Counter** Annette B. Natow, Jo-Ann Heslin, 2004-12-28 Two noted nutritionists help readers sort through the carbs that are best for them in this revised guide Contains more than 15 000 listings of brand name foods generic foods and restaurant selections with information on carb and sugar content and portion size Reissue **The Diabetes Carbohydrate and Calorie**

Counter Annette B. Natow, Jo-Ann Heslin, 2003-01-28 In its first update since 1991 this first nutrition counter for people with diabetes by two nutrition experts is updated with more than 10 000 food entries Packed with advice early warning signs and menu plans this guide shows readers that they can control their disease and still eat healthy and flavorful food Reissue

The Vitamin and Mineral Food Counter Annette B. Natow, Jo-Ann Heslin, 2004-04 Listing the contents and calories of more than 7 000 foods including brand name restaurant and takeout foods this addition to the successful food counter series offers an introductory primer on vitamins and minerals drug nutrient interactions daily recommendations and more Original

The Pocket Carbohydrate Counter Guide for Diabetes Shelby Kinnaird, 2018-06-26 The Pocket Carbohydrate Counter Guide for Diabetes offers the simplest most accurate strategies for counting carbs and lowering your blood sugar When you have a strategy for counting carbohydrates you don't need to consult lists of nutritional information every time you sit down to eat The Pocket Carbohydrate Counter Guide for Diabetes makes it easy to manage diabetes in your daily life with simple nutritional strategies to accurately count carbs and maintain normal blood sugar levels Written for recently diagnosed and long time diabetes patients alike this handy pocket reference is a simple solution to eliminate guesswork and confidently judge the carbs in every meal From setting targets and finding your personal sweet spot to actionable strategies like meal planning this carbohydrate counter book makes counting carbs as easy as 1 2 3 Never overestimate or underestimate carbs again This carbohydrate counter book keeps your blood sugar levels in check with Effective tools for counting carbs with clear step by step instructions and illustrations for accurately measuring carbs plus alternative methods such as meal planning and balancing your plate Lifestyle advice that includes recommendations for smart snacking and offers tips on what to order while eating out An introduction on the connection between carbs and diabetes that provides an in depth look at what happens in your body when you eat carbs and an overview of foods that contain and hide carbs Stop guessing learn simple strategies for counting carbohydrates and lower your blood sugar with this carbohydrate counter book *The Fat Counter* Annette B. Natow, Jo-Ann Heslin, 2005 Celebrating 20 years in print this invaluable guide shows readers how to reduce fat intake lose weight and protect their health It contains the most up to date listings for restaurant chains and take out foods as well as the latest news on trans fats food labels and more Reissue *Easy Calorie Counter & Fitness Guide*

Helena Schaar,2015-11-04 The easiest calorie counter ever Inside find all the foods you love to eat All the most popular most common foods fast food restaurants brand names beverages and alcohol back cover *The Healthy Heart Food Counter*

Annette B. Natow,Jo-Ann Heslin,2002-09 In this latest addition to the successful Natow Heslin Counter series the authors offer their trusted advice for getting and staying heart healthy With a sound workable blueprint for longevity and success this book provides individualized guidelines for handling personal risk listings for restaurant chains and takeout food and food counts for calorie sodium fat and cholesterol **Eating Out Food Counter** Annette B. Natow,1998-09 From breakfast to dinner to late night snacks enjoy the fun convenience and variety of eating away from home with this essential and up to date guide The Cholesterol Counter Annette B. Natow,Jo-Ann Heslin,2004 Contains statistics on cholesterol fiber and calories of brand name and generic foods as well as menu items in restaurant chains **Biophysical Chemistry of Proteins**

Engelbert Buxbaum,2025-07-10 This textbook designed for all scientists interested in protein research provides a thorough overview of laboratory methods for the biophysical chemistry of proteins This new edition completely restructured and expanded for ease of learning includes sections on analytical techniques working with proteins protein size and shape protein structure enzyme kinetics industry enzymology and a new section on special statistics **Count on a Healthy Pregnancy**

Annette B. Natow,Jo-Ann Heslin,1999 Written by the bestselling authors of The Fat Counter this portable nutrition guide helps a woman through all nine months of pregnancy by answering common questions and providing nutritional values for 500 foods Includes a place to set goals record weight and jot down questions to ask health care providers **Ion-Exchange Chromatography and Related Techniques** Pavel Nesterenko,Colin Poole,Yan Sun,2023-11-15 Ion Exchange Chromatography and Related Techniques defines the current state of the art in ion exchange chromatography and related techniques and their implementation in laboratory and industrial practice This book provides a compact source of information to facilitate the transfer of knowledge and experience acquired by separation science specialists to colleagues from diverse backgrounds who need to acquire fundamental and practical information to facilitate progress in research and management functions reliant on information acquired by separation Individual chapters written by recognized experts lending credibility to the work will allow this book to serve as a high value reference source of current information for analytical and biopharmaceutical chemists Includes individual chapters written by recognized authoritative and visionary experts in the field to provide an overview and focused treatment of a single topic Presents comprehensive coverage of ion exchange techniques from theory to methods to selected applications for ions and biopolymers Provides Tables and diagrams with commonly used data to facilitate practical work comparison of results and decision making **Medical Physiology for Undergraduate Students - E-Book** Indu Khurana,Arushi Khurana,2022-08-11 The third edition of this book is thoroughly revised and updated as per guidelines issued by National Medical Commission in accordance with the competency based medical education CBME curriculum The content has been arranged in such a way that it provides explanation

complimented by numerous tables, flowcharts and abundant illustrations. The text has been arranged in three parts including twelve sections and each section has been further subdivided into chapters. Part I General Physiology includes one section having four chapters. Part II Systemic Physiology has been arranged into ten sections, one on each body system. Part III Specialized integrated physiology includes one section comprising of four chapters. Features of this book make it an indispensable text for undergraduate medical students. Candidates preparing for PG entrance examinations would find it an authentic reference source. Salient Features: Complete and up to date text incorporating recent advances. Illustrated with more than 1000 clear line diagrams. Complimented with numerous tables and flowcharts for quick comprehension. Balanced amalgamation of pure and applied text. Applied aspects highlighted in boxes. Additional important information has been highlighted as important notes. Page number for each competency has been duly mentioned. For self assessment of the subject, the questionnaire and multiple choice questions are given at the end of each chapter. Online Resource at www.medenact.com. Complimentary access to full e book. **Textbook of Medical Physiology - E-Book** Indu Khurana, Arushi Khurana, Narayan Gurukripa Kowlgi, 2024-09-03. The fourth edition of this well known book has been thoroughly revised and updated as per the suggestions and feedback from students and teachers. The text has been arranged in three parts and each part has been further subdivided into twelve sections and seventy eight chapters. Part I General Physiology includes one section having five chapters. Part II Systemic Physiology has been arranged into ten sections, one on each body system. Part III Specialized integrated physiology includes one section comprising of eight chapters. New to This Edition: Addition of a new chapter on Physiology of Yoga explains effectual relationship between aspects of yoga practice and human physiology. New applied aspects to emphasize the clinical significance of physiology have been included. Additional important notes have been threaded re-emphasizing the core concepts. Self assessment of the topics studied have been introduced at the end of each chapter helps revision. Clinical cases are presented for problem based learning and knowledge at the end of chapters. Salient Features: Extensive revision of chapters as per the basis on scientific advancement and subject requirement. 1140 Illustrations in the form of line diagrams, flowcharts, clinical photographs incorporated to enhance visual representation. Applied aspects highlighted in the boxes presented with recent molecular concepts on pathophysiology, advances in investigative and therapeutic principles. Important notes highlight the additional valuable information wherever relevant for quick revision. Online resource at www.medenact.com. Complimentary access to full ebook. **The Protein Counter** Jo-Ann Heslin, Karen J Nolan, 2010-12-28. Rev ed of The protein counter Annette B Natow and Jo Ann Heslin 2nd ed c2003.

Lymphocyte Functional Crosstalk and Regulation Anil Shanker, Raghvendra Mohan Srivastava, Francesco Maria Marincola, 2020-01-20. *Soccer Science* Tony Strudwick, 2016-07-06. Through the years a wealth of information has been accumulated in soccer. Experiential and science based knowledge abounds in the sport. Yet the scientific information has not been sufficiently disseminated to those who would benefit most from it. Soccer Science fills the void with the best and most

up to date research in the sport With editor Tony Strudwick and a who s who list of international experts on the sport Soccer Science offers you an unprecedented wealth of advanced yet accessible information on biomechanics physiology psychology skill acquisition and coaching tactical approaches and performance and match analysis It is simply the most significant and comprehensive published work on the sport

The Everything Calorie Counting Cookbook Paula Conway, Brierley E Wright, 2007-11-01 If counting calories makes you cringe this easy to use cookbook is just what you need Mix and match recipes to effortlessly map out your meals for a day a week or a month Based on a 1 200 calorie a day diet The Everything Calorie Counting Cookbook features 300 mouth watering recipes for every occasion from super suppers to sensible snacks including Banana Chocolate Chip Pancake Wrap Honey and Cheese Stuffed Figs Creamy Potato Soup Beef Fondue Chili Crusted Sea Scallops Chicken and Green Bean Casserole Spicy Ranch Chicken Wrap Chocolate Chip Peanut Butter Pie Reward your taste buds while you count calories You can have it all and eat it too

Structure and Physics of Viruses Mauricio G. Mateu, 2024-12-31 The second edition of this book provides a completely updated account of the structure dynamics and physics of viral particles from the moment they emerge by self assembly from viral components produced in the infected cell through their extracellular stage until they recognize and infect a new host cell and cease to exist as they lose their physical integrity to initiate a new infectious cycle New insights into the structure of viruses their physical properties and mechanisms of action derived from results obtained in the last decade have been included as well as other bio physical techniques to study the structure or dynamics of virus particles and components These include among many others new advances in high resolution electron cryomicroscopy novel approaches in the use of electron cryotomography or the application of soft X ray tomography to study viruses in the infected cell high speed atomic force microscopy to study virus assembly and dynamics and the development of new antiviral drugs and vaccines as well as of many nanomedical and nanotechnological applications of virus particles New chapters on the study of viruses inside infected cells and on technological applications of modified viral particles have been included in this second edition The book is still aimed primarily at Master s students Ph D students and postdoctoral researchers with degrees in biology chemistry physics or related scientific disciplines who have an interest in or are working with viruses It provides an up to date overview of many important concepts techniques studies and applications in structural and physical virology for specialized researchers working with viruses regardless of their field of specialization covering the latest research together with fundamental concepts and well established facts In short this book is basic enough to be used by undergraduate and Ph D students but advanced and up to date enough for experienced scientists with an interest in structural and or physical virology

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