



YOUR GUIDE TO
MACRO-
NUTRIENTS

BENT ON BETTER

by CPT Matt April

VEGETABLES, ROOTS & TUBERS

ARTICHOKES (1 MEDIUM)	60 cal, 0.2g fat, 13.1 g carb, 4.1g protein
ASPARAGUS (1 CUP)	27 cal, 0.2g fat, 5.3g carb, 2.9g protein
BEETS (1 CUP).....	58 cal, 0.2g fat, 13 g carb, 2.2g protein
BOK CHOY (1 CUP, SHREDDED).....	9 cal, 0.1g fat, 1.5g carb, 1.1g protein
BROCCOLI (1 CUP, FLORETS)	20 cal, 0.2g fat, 3.7g carb, 2.1g protein
BROWN POTATO, MEDIUM	164 cal, 0.2g fat, 37.2g carbs, 4.3g protein
BRUSSELS SPROUTS (1/2 CUP, BOILED)	28 cal, 0.4g fat, 5.5g carb, 2g protein
BUTTERNUT SQUASH (1 CUP, CUBED).....	63 cal, 0.1g fat, 16.4 carb, 1.4g protein
CAULIFLOWER (1 CUP, FLORETS)	27 cal, 0.1g fat, 5.7g carb, 2.1g protein
CABBAGE (1 CUP, SHREDDED).....	17 cal, 0.1g fat, 3.9g carb, 1g protein
CARROTS (1 CUP, CHOPPED).....	52 cal, 0.3g fat, 12.3g carb, 1.2 g protein
CELERY (1 MEDIUM STALK)	6 cal, 0.1g fat, 1.4g carb, 0.3g protein
CUCUMBERS (1/2 CUP, SLICES)	8 cal, 0.1g fat, 1.9 g carb, 0.3g protein
EGGPLANT (1 CUP, SLICED)	20 cal, 0.2g fat, 4.7g carb, 0.8g protein
GREEN BEANS (1 CUP)	31 cal, 0.2g fat, 7g carb, 1.8g protein
GREEN BELL PEPPER (1 CUP CHOPPED)	30 cal, 0.3g fat, 6.9g carb, 1.3g protein
KALE (1 CUP, CHOPPED)	34 cal, 0.5g fat, 6.7 g carb, 2.2g protein
MUSHROOMS, WHITE (1 CUP, SLICED).....	15 cal, 0.2g fat, 2.3g carb, 2.2g protein
ONIONS (1/2 CUP, CHOPPED)	34 cal, 0.1g fat, 8.1g carb, 0.7g protein
PARSNIPS (1 CUP, SLICED)	100 cal, 0.4g fat, 23.9g carb, 1.6g protein
RED BELL PEPPER (1 CUP, CHOPPED)	39 cal, 0.4g fat, 9.4g carb, 1.5g protein
RED POTATO (1 CUP, CHOPPED)	108 cal, 0.2g fat, 23.9g carbs, 2.8g protein
ROMAINE LETTUCE (1CUP, SHREDDED)	8 cal, 0.1g fat, 1.5g carb, 0.6g protein

SNAP PEAS (10 PEA PODS).....	14 cal, 0g fat, 2.6g carb, 1g protein
SPINACH (1 CUP, CHOPPED)	7 cal, 0.1g fat, 1.1g carb, 0.9g protein
SWEET POTATO (ONE 5" LONG)	105 cal, 0.1g fat, 24.5g carb, 1.9g protein
SWISS CHARD (1 CUP, CHOPPED)	7 cal, 0.1g fat, 1.3g carb, 0.6g protein
YELLOW PEPPER (1 CUP, CHOPPED)	41 cal, 0.3g fat, 9.5g carb, 1.5g protein

FRUITS

APPLE (1 MEDIUM)	93 cal, 0.3g fat, 24.7g carb, 0.5g protein
APRICOT (1 CUP, SLICED).....	79 cal, 0.6g fat, 18.5g carb, 2.3g protein
AVOCADO (1 MEDIUM)	234 cal, 21.4g fat, 12.5g carb, 2.9g protein
BANANA (1 MEDIUM).....	105 cal, 0.4g fat, 27g carb, 1.3g protein
BLACKBERRIES (1 CUP)	62 cal, 0.7g fat, 14.7g carb, 2g protein
BLUEBERRIES (1 CUP)	84 cal, 0.5g fat, 21.4g carb, 1.1g protein
CANTALOUPE (1 CUP, CUBED).....	53 cal, 0.3g fat, 13.7g carb, 1.3g protein
CHERRIES (1 CUP).....	97 cal, 0.3g fat, 24.7g carb, 1.6g protein
CRANBERRIES (1 CUP, UNSWEETENED)	46 cal, 0.1g fat, 12.2g carb, 0.4g protein
CRANBERRIES (1 TBSP, DRIED, SWEETENED).....	33 cal, 0g fat, 8.3g carb, 0g protein
DATES (5 DEGLET NOOR DATES)	100 cal, 0.1g fat, 26.6g carb, 0.9g protein
FIGS (3 MEDIUM DRIED, UNCOOKED)	63 cal, 0.2g fat, 16.1g carb, 0.8g protein
GUAVA (1 CUP, CUBED).....	112 cal, 1.6g fat, 23.6g carb, 4.2g protein
GRAPEFRUIT (1/2 A PINK OR RED FRUIT)	38 cal, 0.1g fat, 9g carb, 0.5g protein
GRAPES (1 CUP RED OR GREEN)	104 cal, 0.2g fat, 27.3g carb, 1.1g protein
HONEYDEW MELON (1 CUP DICED).....	61 cal, 0.2g fat, 15.5g carb, 0.9g protein
KIWI (1 MEDIUM FRUIT)	42 cal, 0.4g fat, 10.1g carb, 0.8g protein

LEMON (1 MEDIUM FRUIT)	17 cal, 0.2g fat, 5.4g carb, 0.6g protein
LIME (1 MEDIUM FRUIT).....	20 cal, 0.1g fat, 7.1g carb, 0.5g protein
MANGO (1 CUP, CUBED)	99 cal, 0.6g fat, 25.7g carb, 1.4g protein
ORANGE (1 MEDIUM FRUIT)	69 cal, 0.2g fat, 17.6g carb, 1.3g protein
PAPAYA (1 CUP, CUBED)	55 cal, 0.2g fat, 13.7g carb, 0.9g protein
PEACH (1 MEDIUM FRUIT)	59 cal, 0.4g fat, 14.3g carb, 1.4g protein
PEAR (1 MEDIUM FRUIT)	103 cal, 0.2g fat, 27.5g carb, 0.7g protein
PINEAPPLE (1 CUP)	83 cal, 0.2g fat, 21.6g carb, 0.9g protein
PLUM (1 MEDIUM FRUIT)	30 cal, 0.2g fat, 7.5g carb, 0.5g protein
POMEGRANATE (1/2 CUP SEEDS)	72 cal, 1g fat, 16.3g carb, 1.5g protein
RASPBERRIES (1 CUP)	64 cal, 0.8g fat, 14.7g carb, 1.5g protein
STRAWBERRIES (1 CUP, SLICED).....	53 cal, 0.5g fat, 12.7g carb, 1.1g protein
ROMA TOMATO (1 MEDIUM FRUIT)	35 cal, 1g fat, 7g carb, 1g protein
CHERRY TOMATO (1 MEDIUM CUP).....	27 cal, 0.3g fat, 5.8g carb, 1.3g protein
WATERMELON (1 CUP, CUBED)	46 cal, 0.2g fat, 11.5g carb, 0.9g protein

FATS (1 TBSP)

AVOCADO OIL	124 cal, 14g fat, 0g carb, 0g protein
COCONUT OIL	117 cal, 13.6g fat, 0g carb, 0g protein
GRASS FED BUTTER.....	100 cal, 11g fat, 0g carb, 0g protein
GHEE.....	135 cal, 15g fat, 0g carb, 0g protein
BACON FAT / LARD	115 cal, 12.8g fat, 0g protein, 0g carb
DUCK FAT	112 cal, 12.7g fat, 0g carb, 0g protein
OLIVE OIL	119 cal, 13.5g fat, 0g carb, 0g protein

MACADAMIA NUT OIL 130 cal, 14g fat, 0g carb, 0g protein
WALNUT OIL 120 cal, 13.6g fat, 0g carb, 0g protein

NUTS & SEEDS (1 OUNCE)

ALMONDS..... 164 cal, 14.4g fat, 5.6g carb, 6g protein
BRAZIL NUTS 186 cal, 18.6g fat, 3.2g carb, 4.1g protein
CASHEWS 157 cal, 12.4g fat, 8.6g carb, 5.2g protein
HAZELNUTS 178 cal, 17.2g fat, 4.7g carbs, 4.2g protein
MACADAMIA NUTS..... 204 cal, 21.5g fat, 3.9g carb, 2.2g protein
PECANS..... 196 cal, 20.4g fat, 3.9g carb, 2.6g protein
PINE NUTS..... 162 cal, 14.2g fat, 4.1g carb, 6.6g protein
PISTACHIOS..... 159 cal, 13g fat, 8g carb, 6g protein
PUMPKIN SEEDS, ROASTED 126 cal, 5.5g fat, 15.2g carb, 5.3g protein
FLAX 150 cal, 12g fat, 8g carb, 5g protein
QUINOA (1/2 CUP, COOKED)..... 111 cal, 1.8g fat, 19.7g carb, 4.1g protein
SESAME SEEDS (1 TBSP) 52 cal, 4.5g fat, 2.1g carb, 1.6g protein
SUNFLOWER SEEDS, ROASTED 165 cal, 14.1g fat, 6.8g carb, 5.5g protein
WALNUTS 185 cal, 18.5g fat, 3.9g carb, 4.3g protein
CHIA SEEDS (1 TBSP)..... 60 cal, 4.5g fat, 5g carb, 3g protein

GRAINS

WHITE RICE (1 CUP, 158g, COOKED)..... 206 cal, 0.4g fat, 45g carb, 4g protein

BROWN RICE (1 CUP/195g, COOKED)..... 216 cal, 1.8g fat, 46g carb, 4g protein
STEEL CUT OATS (1/3 CUP DRY)..... 200 cal, 3.3g fat, 36g carbs, 6.7g protein
ROLLED OATS (1/2 CUP DRY)..... 150 cal, 2.5g fat, 27g carbs, 5g protein

BEVERAGES (1 CUP)

ALMOND MILK (UNSWEETENED)..... 40 cal, 2.5g fat, 1g carb, 1g protein
COCONUT MILK (RAW) 552 cal, 57.2g fat, 13.3g carb, 5.5g protein
COCONUT MILK (BEVERAGE, UNSWEETENED) 45 cal, 4.5g fat, 1g carb, 0g protein
COCONUT WATER..... 46 cal, 0.5g fat, 8.9g carb, 1.7g protein
CASHEW MILK (UNSWEETENED) 25 cal, 2.5g fat, 1g carb, 1g protein
FLAX MILK (UNSWEETENED) 25 cal, 2g fat, 1g carb, 0g protein
TEA..... 0 cal, 0g fat, 0g carb, 0g protein
WATER..... 0 cal, 0g fat, 0g carb, 0g protein

MEAT & POULTRY

BACON (3 SLICES).....138 cal, 10.7g fat, 0.4g carb, 9.4g protein
BEEF (3oz GROUND 80% LEAN).....210 cal, 14g fat, 0g carb, 20g protein
BEEF (4oz GROUND 90% LEAN).....200 cal, 11g fat, 0g carb, 22g protein
STEAK (4oz)..... 170 cal, 7g fat, 0g carb, 25g protein
BISON (3oz GROUND).....190 cal, 12.5g fat, 0g carb, 15.88g protein
CHICKEN (4oz BREAST, SKINLESS) 120 cal, 3g fat, 0g carb, 24g protein
TURKEY BREAST (3 oz)88 cal, 1.4g fat, 3.6g carb, 14.5g protein
WILD DUCK (3 oz BREAST)105 cal, 3.6g fat, 0g carb, 16.88g protein

LAMB SHOULDER (3 oz)	163 cal, 7.9g fat, 0g carb, 21.6g protein
PORK (1 CHOP)	232 cal, 15g fat, 0g carb, 23g protein
VEAL (3 oz).....	146 cal, 6g fat, 0g carb, 21g protein
VENISON (3 oz)	174 cal, 8g fat, 0g carb, 25g protein
WHOLE EGG (S)	54 cal, 3.6g fat, 0.3 carb, 4.8 protein
WHOLE EGG (M).....	63 cal, 4.2g fat, 0.3 carb, 5.5g protein
WHOLE EGG (L)	72 cal, 4.8g fat, 0.4g carb, 6.3g protein
WHOLE EGG (XL)	80 cal, 5.3g fat, 0.4g carb, 7g protein
WHOLE EGG (JUMBO)	90 cal, 6g fat, 0.5g carb, 7.9g protein
WHOLE EGG (1 oz)	41 cal, 2.7g fat, 0.2g carb, 3.6g protein
EGG WHITE (L)	17 cal, 0g fat, 0.2g carb, 3.6g protein
EGG WHITE (1 CUP).....	126 cal, 0.4g fat, 1.8g carb, 26.45g protein
EGG WHITE (1 oz)	15 cal, 0g fat, 0.2g carb, 3.1g protein
EGG YOLK (L)	55 cal, 4.5g fat, 0.6g carb, 2.70g protein
EGG YOLK (1 CUP).....	782 cal, 64.5g fat, 8.7g carb, 38.5g protein
EGG YOLK (1 oz).....	91 cal, 7.5g fat, 1g carb, 4.5g protein
DUCK EGG	130 cal, 9.6g fat, 1g carb, 9g protein
GOOSE EGG	266 cal, 19.1g fat, 1.9g carb, 20 protein
QUAIL EGG	14 cal, 1.0g fat, 0g carb, 1.2g protein
TURKEY EGG	135 cal, 9.4g fat, 0.9g carb, 10.8g protein

SEAFOOD (3 OZ)

CATFISH.....	81 cal, 2.4g fat, 0g carb, 13.9g protein
CLAMS (COOKED WITH MOIST HEAT).....	126 cal, 1.7g fat, 4.4g carb, 21.7g protein
CRAB.....	71 cal, 0.5g fat, 0g carb, 15.5g protein

HALIBUT	94 cal, 1.9g fat, 0g carb, 17.7g protein
LOBSTER (COOKED WITH MOIST HEAT).....	83 cal, 0.5g fat, 1.1g carb, 17.4g protein
MAHI MAHI (COOKED WITH DRY HEAT).....	93 cal, 0.8g fat, 0g carb, 20.2g protein
MUSSELS (COOKED WITH MOIST HEAT)	146 cal, 3.8g fat, 6.3g carb, 20.2g protein
OYSTERS.....	69 cal, 2 fat, 4.2g carb, 8g protein
SALMON (COOKED WITH DRY HEAT).....	175 cal, 10.5g fat, 0g carb, 18.8g protein
SARDINES.....	139 cal, 7.4g fat, 0g carb, 17.6g protein
SCALLOPS (STEAMED)	95 cal, 1.2g fat, 0g carb, 19.7g protein
SHRIMP (COOKED WITH MOIST HEAT).....	101 cal, 1.4g fat, 1.3g carb, 19g protein
TUNA	99 cal, 0.7g fat, 0g carb, 21.7g protein
TROUT (COOKED WITH DRY HEAT)	144 cal, 6.1g fat, 0g carb, 20.6g protein
SEA BASS	75 cal, 0.75g fat, 0g carb, 14g protein

DAIRY

GREEK YOGURT (1 CUP, PLAIN)	130 cal, 0g fat, 11g carbs, 22g protein
FETA CHEESE (1 OZ).....	75 cal, 6g fat, 1.2g carb, 4g protein
CHEDDAR CHEESE (1 OZ).....	110 cal, 9g fat, 0g carb, 7g protein
PARMESAN CHEESE (5 g).....	22 cal, 1.4g fat, 0.2g carb, 1.9g protein
MOZZARELLA CHEESE (1 OZ)	78 cal, 4.8g fat, 0.9g carbs, 8g protein
GOAT CHEESE (1 OZ).....	80 cal, 6g fat, 1g carbs, 4g protein

KITCHEN STAPLES

ALMOND FLOUR (3.5 OZ)	580 cal, 51g fat, 20g carb, 21g protein
COCONUT FLOUR (3.5 OZ)	413 cal, 8.7g fat, 65g carb, 19g protein
ALMOND BUTTER (2 TBSP)	200 cal, 18g fat, 6g carb, 7g protein
BROTH (1 CUP)	10 cal, 1g fat, 1g carb, 1g protein
MUSTARD (1 TBSP)	10 cal, 0.5g fat, 1g carb, 0.6g protein
SALSA (1/4 CUP)	18 cal, 0g fat, 4g carb, 1g protein
PEANUT BUTTER (2 TBSP)	210 cal, 16g fat, 6g carb, 7g protein
PICKLES (1 LARGE)	24 cal, 0g fat, 5.6g carb, 0g protein
LIME JUICE (1 FRUIT).....	20 cal, 0.1g fat, 7g carb, 0.5g protein
LEMON JUICE (1 FRUIT).....	17 cal, 0.2g fat, 5g carb, 0.6g protein
HOT SAUCE.....	0 cal, 0g fat, 0g carb, 0g protein



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