

Composition of Food

Nutritional information for protein foods per 100 grams uncooked weight.

	Protein	Carbohydrates	Fats	Calories
Chicken Breast	21.8g	0g	3.2g	116
Rump Steak	18.9g	0g	13.5g	197
Cod Fillet	17.4g	0g	0.7g	76
Skimmed Milk	3.3g	5g	0.1g	33
Turkey Breast	21.9g	0g	2.2g	107
Egg Whites	9g	0g	0g	36
Whole Eggs	12.5g	0g	10.8g	147
Tuna fish in Brine	23.g	0g	0.6g	99

Nutritional values of CNP/DYA supplements.

	Protein	Carbohydrates	Fats	Calories
Pro M.R. (per 72g serving)	42g	19g	3g	270
Pro Peptide (per 65g serving)	45g	6g	3g	270
Pro Mass (per 100g serving in water)	35g	52g	4.87g	392
Pro Bar II (per 70g bar)	31g	19g	5.9g	259

Pro Flapjack bar (per 75g bar)	18.8g	34.9g	7.1g	278
Pro GF (per 42g serving)	12g	22g	0g	140
Pro Recover (per 80g serving)	23.58g	48.45g	1g	297
Pro Fuel (per 50g serving)	0g	47.5g	0g	192

Nutritional information for carbohydrate foods per 100 grams uncooked weight.

	Protein	Carbohydrates	Fats	Calories
Potatoes	2.1g	17.2g	0.2g	75
Brown Rice	6.7g	81.3g	2.8g	357
White Rice	7.3g	85.8g	3.6g	383
Pasta (white)	12g	74.1g	1.8g	342
Pasta (wholemeal)	13.4g	66.2g	2.5g	324
Wholemeal bread	9.2g	41.6g	2.5g	215
Oatmeal	11.2g	66g	9.2g	375
Banana	1.2g	23.2g	0.3g	95
Apple	0.4g	11.8g	0.4g	47
Broccoli	4.4g	1.8g	0.9g	33
Cauliflower	3.6g	3g	0.9g	34

Peas	6.9g	11.3g	1.5g	83
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