



**BASEBALL NOTES - NUTRITIONAL CHART**

<b>Food</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fats</b>
<b>Protein</b>					
Eggs	1 egg	70	<b>6g</b>	1g	5g
Steak	4 oz	247	<b>23g</b>	0g	17g
Ground Beef	4 oz	242	<b>21g</b>	0g	17g
Chicken Breast/Chicken Thigh	4 oz	120	<b>22g</b>	0g	2.5g
Salmon	4 oz	165	<b>24g</b>	0g	7g
Ground Turkey	4 oz	170	<b>21g</b>	0g	8g
Turkey Deli Meat*	8 oz	254	<b>30g</b>	18g	7g
Oikos Triple Zero Greek Yogurt	1 cup	119	<b>16g</b>	12g	0g
<b>Carbohydrates</b>					
White Rice	1 cup	205	4g	<b>45g</b>	0g
Sweet Potato	1 cup/ 7 oz	180	4g	<b>41g</b>	0g
White Potato	1 cup/7 oz	185	5g	<b>42g</b>	0g
Blueberries	1 cup	85	1g	<b>21g</b>	0.5g
Strawberries	1 cup sliced	53	1g	<b>13g</b>	0.5g
Apple	1 medium	95	0.5g	<b>25g</b>	0.3g
Banana	1 medium / 7"	105	1.3g	<b>27g</b>	0.4g
Ezekiel Bread	1 slice	80	4g	<b>15g</b>	0.3g
Siete Grain Free Burrito	1 tortilla	190	2g	34g	7g
<b>Fats</b>					
Avocado	1 large	320	4g	17g	<b>29g</b>
Grass-Fed Butter	1 tbsp	100	0g	0g	<b>11g</b>
Almonds	25 almonds	193	7g	7g	<b>17g</b>
Walnuts	20 walnuts	260	6g	5g	<b>26g</b>
Almond Butter	1 tbsp	98	3g	3g	<b>9g</b>
Cheese	1 oz	115	7g	0g	<b>10g</b>
Uncured Bacon	2 slices	100	6g	0g	<b>8g</b>