

Common protein foods for recovery

*Note: 3-4oz (3-4 servings) cooked is the size of a deck of cards
1 oz is the size of a small thumb*

| G of Protein | | | |
|--|-----|--|-----|
| Cottage cheese ½ cup | 14g | Fresh and frozen fish 3 oz | 21g |
| Chicken w/o skin 4 oz | 28g | Lean beef – round, sirloin, flank 4 oz | 25g |
| Low fat deli meats – turkey, ham 1 medium slice | 7g | Cheese (less than 20% MF) 1 Oz | 7g |
| 1 egg | 7g | Tuna – packed in water ½ cup | 15g |
| Peanut butter – 1 Tbsp | 7g | Sushi (cali roll) 2 pieces | 7g |
| Soy burger | 14g | Tofu – firm ½ cup | 7g |
| Egg whites ½ cup | 14g | | |
| Soy/whey Protein Powder 1 scoop | 15g | | |

Common Carbohydrate Foods for Recovery

| Food | Amount | Carbs (g) |
|--------------------------|-----------------|-----------|
| Bagel | 1 medium | 35 |
| English muffin | 1 | 27 |
| Whole wheat bread | 1 slice | 13 |
| Hamburger bun | 1 | 21 |
| Pancakes | 2 (4" diameter) | 18 |
| Bread sticks | 4 sticks | 28 |
| Bran muffin | 1 lrg (100g) | 46 |
| Rice, cooked* | 1 cup | 50 |
| Oatmeal raisin cookie | 1 | 10 |
| Banana bread | 1 slice (60g) | 33 |
| Crackers | 3-4 squares | 15 |
| Raisins, dried apricots | ½ cup | 59 |
| Applesauce | 1 cup | 60 |
| Grapes | 1 cup | 37 |
| Fruit cocktail | 1 cup | 28 |
| Banana | 1 medium | 27 |
| Baked potato | 1 large | 50 |
| Mashed potato | 1 cup | 35 |
| Sweet potato | 1 large | 28 |
| Corn | 1 cup | 42 |
| Green peas * | 1 cup | 24 |
| Chili, restaurant | 1 cup | 22 |
| Soft bean burrito * | 1 fast food | 60 |
| Baked beans * | 1 cup | 52 |
| Split pea, lentil soup * | 1 cup | 28 |
| Milk ☺ | 1 cup | 12 |
| Pudding, chocolate | 1 cup | 60 |
| Low fat fruit yogurt * | 1 cup | 44 |
| Fruit smoothie * | 24 oz | 95 |
| Gatorade ☺ | 16 oz | 28 |
| Powerade ☺ | 16 oz | 38 |
| Orange or apple juice ☺ | 1 cup | 28 |
| Cranberry cocktail ☺ | 1 cup | 36 |
| Cola, regular ☺ | 1 cup | 26 |

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|-------------------------------|------------------|----|
| Pasta, cooked * | 1 cup | 35 |
| Oatmeal, flavoured | 1 package | 26 |
| Oatmeal, regular | 1 package | 19 |
| Vector cereal | 1 cup | 36 |
| Raisin bran | 1 cup | 42 |
| Muslix, banana nut | 1 cup | 45 |
| Low fat granola | 1 cup | 85 |
| Crunchy granola bar | 1 bar (46g) | 16 |
| Chewy granola bar | 1 bar (28g) | 23 |
| Fig cookie | 3 squares | 28 |
| Powerbar | 1 | 41 |
| Clif Bar | 1 | 44 |
| Meal replacement drink ☺ * | 1 can (240ml) | 41 |

☺ denotes added benefit because also provides fluids

* indicates low glycemic index food