



Weight Management Control

Protein

Resources



Food Item	Serving Size	Protein (g)	Calories	% Protein	Fat (g)
Lean ground beef – 95% lean	3oz	25	164	61%	6.4
Beef tenderloin	3oz	24	179	54%	9
Chicken breast	3oz	23	100	92%	1
Chicken thigh (roasted)	3oz	23	187	49%	9.5
Chicken wing (skin, fried)	1 wing (32g)	8	103	31%	7
Tuna (light, canned in water)	1 can	26	120	87%	0
Wild Salmon fillet	3oz	19	110	69%	3
Shrimp	15 shrimp	7	30	93%	0.3 (chol 14.0mg)
Lobster (boiled)	3oz	18	87	83%	1
Pork chop (lean)	3oz	26	164	63%	6
Bacon (regular)	3 slices	12	220	22%	18
Chicken bacon	3 slices	9	90	40%	4
Eggs (large)	1 egg	6	70	34%	4.5
Skim milk	1 cup	9	90	40%	0
1% milk	1 cup	9	110	34%	2.5
2% milk	1 cup	9	130	27%	5
Soy milk (fat free)	1 cup	7	70	40%	0.25
Yogurt "Source" (fat free)	100g	4	35	46%	0
Yogurt "Activia" (fat free)	100g	4	80	20%	0.4
Greek Yogurt "PC" brand (fat free)	¾ cup (175g)	18	120	60%	0
Greek Yogurt "Liberte" (fat free)	¾ cup (175g)	15	150	40%	0
Greek Yogurt "Oikos" (fat free)	1 container (150 g)	15	80	75%	0
Mozzarella (partly skimmed)	3cm cube (30g)	9	90	40%	5
Mozzarella (regular)	3cm cube (30g)	7	100	28%	8
Cheddar	3cm cube (30g)	7	120	23%	11
Cottage cheese (1%)	½ cup	14	100	56%	1
Dry pressed cottage cheese	55g	11	50	88%	0.3
Tofu (firm)	3oz (85g)	16	140	45%	7
Tofu (soft)	3oz (85g)	4	45	35%	2.5
Edamame beans	1 cup	17	190	36%	6
Red Kidney beans	1 cup	16	219	29%	0
White Kidney beans	1 cup	16	220	29%	1
Lentils	1 cup	16	240	26%	1
Chick peas	1 cup	11	210	21%	3
Peanut butter "Kraft" (smooth)	1 tbsp	3	90	13%	8
Almonds (dry roasted)	¼ cup	8	206	13%	18
Pistachios (dry roasted)	¼ cup	3	85	14%	7
Cashews (dry roasted)	¼ cup	5	197	10%	16
Walnuts	¼ cup	5	210	9%	20
Pumpkin seeds (dry)	¼ cup	3	71	26%	3
Hulled hemp seeds	1 tbsp	2	39	20%	3
Ground flax seeds	1 tbsp	2	37	22%	3
Ground chia seeds	1 tbsp	2	68	12%	5
White rice (long grain, cooked)	1 cup	4	205	8%	0
Quinoa (cooked)	1 cup	8	222	14%	4
Spelt bran	100g	19	190	40%	3
White bread	2 slices	4	120	13%	1
Light rye bread – fewer carbs!	2 slices	6	140	17%	0
Ancient grain bread "Dempster's"	2 slices	16	220	29%	3

Measures: 1oz = 30g = 2tbsp 3oz of meat = deck of cards 1tbsp = 15mL 1cup = 250mL



<u>Snack Ideas (protein or fibre)</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein (g)</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Fibre (g)</u>
Hardboiled egg	1	70	6	5	0	0
"BabyBel" Light Cheese	1 wheel	50	6	3	0	0
"Allegro" Cheese (4%)	3cm cube	60	11	1	0	0
"Laughing Cow" Light	1 wedge	35	2	1.5	1	0
Cheesestring (mozz.)	1 string	60	6	4	0	0
Greek yogurt "Source" 0%	100g	50	8	0	5	0
Yogurt "Source" 0%	100g	35	4	0	5	0
Greek yogurt "Oikos" (fat free)	150g	120	12	0	19	0
Glass of Skim Milk	1 cup	90	9	0	13	0
Almonds, whole dry roasted	14 almonds	103	4	9	3	2
Turkey pepperettes (Schneiders "Slims")	1 pepperette	60	6	3	1	
Selection Tuna Snack	1 can (85g)	90	13	1.5	4	
"Egg Beaters" Cheddar & Chive	50ml	25	5	1	1	
Proti 15 Hot Chocolate	1 pouch	90	15	1.5	5	
Proti Diet Protein Bar	1 bar	150	15	4.5	15	0-4
Slimdown Bar	1 bar	150	15	6	15	0
Simply Whey protein bar – apple cinnamon	1 bar	150	15	2	18	5
Kashi Bar – Cherry Dark Chocolate	1 bar	120	5	2	24	4

Boiled edamame beans	½ cup	120	10	0	8	5
Apple	1 medium	72	0	0	19	3
Mixed berries	1 cup	80	0	0	16	4
Gnu – "Flavour and Fibre"	1 bar	140	4	4	30	12
Fibre One Bar	1 bar	140	2	4	29	9
All-Bran Bar	1 bar	130	2	6	20	4

WMC list of meal replacement examples

Below are examples are widely available at Walmart/Costco/Bulk Barn/local grocery stores)

	<u>Serving size</u>	<u>Calories</u>	<u>Protein (g)</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Fibre (g)</u>
PGX Meal Replacement	2 scoops	250	25	8	19	9
Vega Meal Replacement	1 scoop	260	25	9	21	21
Slimfast Chocolate Shake	1 can (325 mL)	245	12	5.0	38	3.5
Boost Meal Replacement – strawberry	1 bottle (237 mL)	240	10	4	41	0
Elevate Me! bars – Matcha Green Tea with Cranberries	1 bar	230	16	4	35	7
PowerBar – Vanilla Yogurt	1 bar	210	20	5	26	4
Pure Protein bars – peanut butter	1 bar	180	21	4.5	17	2
Equate High Protein Energy Bars – Vanilla Yogurt	1 bar	270	20	5	36	1
Clif Builder's Protein Bar -- chocolate	1 bar	270	20	8	30	3
Optimal Protein Diet Bar	1 bar	180	20	2.5	23	0
Zone bar – chocolate mint	1 bar	210	13	4.5	24	3
Premier protein bar	1 bar	280	30	7	23	1



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Ideally, you can have a
fruit/vegetable with
your meal replacement!



Ideal Meal Replacement

Calories 200-250 kcal
Protein – 20-35 g
Fat – 3-5 g
Carbohydrates – 15-22 g
Fibre – more is better!