

## Ethnic Food Replicas

<i><b>Mexican</b></i>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>	<b>Fats (g)</b>	<b>Fiber (g)</b>
Concha (Mexican Sweet Bread)	396	7	59	14.5	2
Crisp taco	170	8	13	10	3
Enchiladas, beef or cheese (2)	646	24	43	38	3
Arroz con pollo (rice and chicken) 2 oz. meat, ½ cup cooked rice	433	35	35	17	3
<i><b>Italian</b></i>					
Pizza, Sausage and Pepperoni, one 5 ½ inch section, 1/8 of 14 inch pizza	432	16	42	22	3
Spaghetti and meatballs, 1 cup sauce, 6 small meatballs, 1 cup cooked spaghetti	514	22	62	20	8
Lasagna 3 inch by 4 inch (7.5 oz)	277	19	21	11	3
<i><b>Southern</b></i>					
Barbecued chicken, 3 oz.	116	15	1	5	0
Black-eyed peas, ½ cup, canned	90	6	16	1	4
Corn Bread, 2 x 2 x 2"	161	4	23	6	2
<i><b>Asian</b></i>					
Chicken stir-fry	312	32	24	9	5

## Fast Food Replicas

<i>Breads</i>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>	<b>Fats (g)</b>	<b>Fiber (g)</b>
Bun, Hamburger, 2 halves white, Medium	123	4	22	3	1
Bun, hot dog, sliced	123	4	22	3	1
Bun, Hoagie	178	6	34	2	2
<i>Combination Foods</i>					
Pizza, Sausage and Pepperoni, one 5 ½ inch section, 1/8 of 14 inch pizza	432	16	42	22	3
<i>Dairy</i>					
American cheese, slice, 1 oz.	106	6	1	9	0
<i>Meat/Seafood/Poultry</i>					
Bologna, large, round 1 oz. slice	88	3	1	8	0
Wiener, single link, 1 ½ oz.	147	5	1	14	0
Hamburger, beef patty, broiled, 3 oz. (85% lean)	213	22	0	13	0
Fish patty, fried, 3 oz.	230	8	15	15	1
<i>Starchy Vegetables</i>					
Potatoes, French fried, 4 oz. (McDonald's medium)	380	4	48	19	5
<i>Beverages</i>					
Soda, Cola, w/ice, 12 fl. oz	136	0	35	0	0

## Additional Replicas

<i>Vegetables</i>	Calories	Protein (g)	Carbs (g)	Fats (g)	Fiber (g)
Asparagus, ½ cup	15	1.5	3	0	1.5
Beans, baked, no pork, 1/3 cup	80	4	18	0	3.5
Beans, green, cooked or canned, ½ cup	18	1	4	0	2
Beets, cooked or canned, ½ cup	37	1.5	8.5	0	2
Carrot sticks, 2 straight cut	25	1	6	0	2
Corn, whole kernel, canned ½ cup	83	2.5	20.5	.5	2
Pea Pods, ½ cup	26	2	5	0	1.5
Potato, Baked, 6 oz.	145	3	34	0	2.5
Potatoes, mashed w/ whole milk & butter, ½ cup	111	2	18	5	2
Tomato juice in glass, 4 fl. Oz.	21	1	5	0	1
<i>Fruits</i>					
Banana, whole, medium without peel	105	1	27	.5	3
Blueberries, ¾ cup	60	1	15	0	3
<i>Dairy</i>					
American cheese, slice, 1 oz.	106	6	1	9	0
Cheese cubes, 3, 1 oz.	120	7	1	10	0
<i>Grains and Bread</i>					
Bagel, plain, 3 oz.	289	11	56	2	2.5
Bran flakes/dry cereal in bowl, ½ cup	90	4	24	2	5
Crackers, graham, 3	90	1.5	16	2	1
Crackers, soda, 6, 1 oz.	78	2	13	2	1
<i>Desserts</i>					
Cake, Yellow, Frosted 2x2x1 3/4	239	2	38	9	0
Cheesecake slice	257	4.5	20.5	18	.5
Cookie, Chocolate chip, 2 inch	48	.5	7	2.5	.5
Danish, raspberry	263	4	34	13	1
Ice Cream, Chocolate, ½ cup	143	2.5	19	7	1
Ice Cream, Vanilla, ½ cup	133	2	16	7	0
Pie, Apple, 2 crust, 4 in. sector, 1/8 of 9 inch diameter	296	2	42	14	2
<i>Snacks</i>					
Candy bar, small (Milky Way)	254	3	43	10	1
Popcorn, 1 cup	31	1	6	.5	1
Tortilla chips, ¾ oz.	140	2	19	7	2

## Additional Replicas (2)

<i>Meat/ Seafood//Tofu/Egg</i>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>	<b>Fats (g)</b>	<b>Fiber (g)</b>
Bacon, fried, 1 strip, ¼ oz.	41	3	0	3	0
Egg, medium, scrambled	102	7	1	7	0
Bologna, large, round 1 oz. slice	88	3	1	8	0
Eye of round roast, cooked, 3 oz.	177	24	0	8	0
Prime Rib Steak, 8 oz., cooked	460	40	2	33	0
Hamburger, beef patty, broiled, 3 oz. (85% lean)	213	22	0	13	0
Steak, sirloin, raw, lean with fat, 3 oz.	173	18.5	0	11	0
Wiener, single link, 1 ½ oz.	147	5	1	14	0
Pork chop, loin, cooked, 3 oz. Weight does not include bone	275	21	0	21	0
Tilapia fish, 1 filet	93	21	0	1	0
Tuna, canned, ¼ cup	45	10	0	.5	0
Tofu, raw, firm, 1 oz.	20	2.5	.5	1	.5
Peanut butter, 2 Tbsp.	190	10	6	19	2
<i><b>Sandwiches/Soups/Casseroles</b></i>					
Grilled cheese, ½ sandwich (3 oz.)	670	26	40	46	4
Bread, white, 1 slice with 2 Tbsp. peanut butter	270	12.5	21	20	3
Peanut butter and jelly, ½ sandwich	216	6	30	9	1.5
Spaghetti and marinara sauce	218	5	34.5	7	6.5
Spaghetti and 2 meatballs w/sauce, 1 cup	257	11	31	10	4
Macaroni and cheese, 1 cup	430	17	40	22	0
Chili in bowl, 1 cup	298	17	28	13	11
Soup, Tomato, in bowl, 1 cup	100	2	21	1.5	2
Soup, Vegetable, in bowl, 1 cup	72	2	12	2	1