

Cheat Sheets Common Foods Content in Fat, Protein and Carbohydrate



The CogniDiet®

Food Calories

- 1g protein or carbohydrate = 4 calories
- 1g fat = 9 calories...
 - So beware fried foods (bad fats), nuts and nut butters (good fats)
 - Be gentle with the vinaigrette or the butter on the toast
 - Control your cheese portions
 - Most industrial cookies, chocolates and cakes are made with bad hydrogenated fats. The combination with sugar makes it the most pleasant taste experience
 - The more “natural” the flour, wheat or cereal, the more it still contains some of the kernels (fat) and fiber. Therefore it has a lower glycemic index.

Fat Content in Food / 1g = 9 Calories



| Source | Fat Content | Comments |
|--------------------------------------|--|---|
| Meat and Poultry | Beef extra lean: 3oz = 14g , lean 16g and regular 18g Lamb is fattier: Chicken meat / white 3oz = 3g Chicken dark meat = 9g Chicken skin 1oz: 12g | -Fats in meat are mostly saturated -Fats are healthier when beef is grass fed. Bison, venison are better options. |
| Fish/seafood | Salmon (high in fat) 3oz =10g Trout 3oz = 4 to 6g Cod (very low in fat) 3oz = 3g / Fry your fish and add 10g of fat | -Fats are only half saturated -Dark flesh fish are higher in good fat (Omega 3) |
| Nuts and seeds | 20 almonds = 12g Any nut butter/ 1tbsp. = 10g 20 full walnuts = 51g or 20 cashews = 20g | Fats are mostly unsaturated |
| Milk, yogurt and cheese group | 1 cup whole milk = 8g fat, 2% milk = 5g fat 1 egg: 4 to 5 g fat mostly from the yolk 7oz 2% Greek yogurt = 4g Cheese: 1 slice of 1oz = 9g fat | The fat in milk is 63% saturated fat |
| The extra little fat in your meal... | There are 5g of fat or 45 calories in: -1tsp. any oil -1.5tsp. mayonnaise, butter or nut butter -1 tbsp. of regular salad dressing, cream cheese or heavy cream -1.5 tbsp. of sour cream | Most animal fat is saturated fat. Olives, olive oil , avocado and avocado oils are mostly unsaturated. |
| Vegetables and fruits | Almost no fat (except in minimal quantities in the kernels) | !!! Avocados are high in fat (one medium avocado is up to 30g of unsaturated fat) |

Protein Content in Food/ 1g = 4 Calories



| Source | Protein Content | Comments |
|---|--|--|
| Meat , poultry and fish | As a rule of thumb a deck of card is approximately 30z and contains 21g of protein no matter the origin | |
| Dairy | 1 cup milk = 8g 1 cup almond milk = 1g 6oz Greek yogurt (fat or non fat) = 17g 1 oz cheese (soft or hard) = 7g 1 large chicken egg = 7g | Milk and yogurt are rich in carbohydrates in the form of lactose. |
| Nuts and seeds Top nuts in protein are almonds, walnuts and pistachios | 20 almonds = 5g 20 walnuts = 12g 20 cashew nuts = 5-6g (high in carbohydrates...) 20 pistachios = 2-3g | Nuts are a “dangerous” source of protein because they are so high in fat. So watch your calories |
| Legumes such as lentils and beans, soy beans and tofu/tempeh | 1 cup cooked chickpeas = 15g 1 cup cooked lentils = 18g 1 cup cooked black beans = 15g 1 cup soy beans or edamame = 5g 1 cup tofu = firm is 40g , silk is 7g 1 cup tempeh = 31g | This is the source of protein, besides protein powder based on plants for most vegetarians (especially vegans) |
| Other vegetables, and fruits | Usually low in protein As an example a medium tomato is 1g, an apple is 0.5g etc. | |

| Source | Carbohydrates Content (Includes Sugar) | Comments |
|---------------------------------------|--|---|
| Starches | 1 cup quinoa = 40g 1 cup white rice = 53g 1 cup cooked pasta = 43g 1 piece of bread = 12-15g, one large bagel = 70g!!! one croissant = 26g 1 cup cooked oatmeal = 27g 1 cup dry cereals = 30-40g and more when sugar is added | Do not let yourself be fooled by the fact that whole rice, or whole wheat is healthier than white. Yes it is, but it is almost as high in carbohydrates with just more fiber. |
| Starchy vegetables | Lowest: 1 cup turnips (11g) or 1 cup cooked carrots (13g). Higher are parsnips (34g), peas (25g), potatoes (31g) and sweet potatoes are a little bit less but higher in fiber, celeriac (25g) | Beware the starchy vegetables... They have less carbs when eaten raw of course. |
| Non starchy vegetables | All the green leaves 1 cup cooked is +/- 3 to 4g and uncooked chopped 1g One medium tomato uncooked = 5g One cup cauliflower /broccoli = 5g cooked or uncooked One celery stalk = 0.1g One medium cucumber = 10g One medium zucchini = 6g | You can see here the difference between starchy and non starchy |
| Fruits | Most fruits are high in carbs/sugar (form of carbs). An orange is 23g (and this includes 16g of sugar), an apple is 25g (with 18g sugar), a pear is 23g etc. An apricot is 4g. Very high in carbs/sugar are banana (32g for a large) and mango (one is 36g incl. 30g sugar!) Lowest in sugar: One strawberry is 1g carbs, one raspberry or one blueberry is 0.2g carbs | Very high in sugar, please limit in general to max two per day |
| Dairy | 1 cup 2% milk = 12g or 1 cup fat free milk = 14g . Almond milk – 8g per cup Cheese = Almost NO carbs, all fat and protein | All dairy contains a form of sugar = lactose or galactose. The less fat in a milk, the more lactose, therefore the more sugar |
| Other foods such as meat/poultry/fish | Zero carbohydrates / but some industrialized meat/poultry, fed with mostly corn can taste sweeter... | |



Wine or Alcohol – IS SUGAR!!!

- In spite of being unlabeled for sugar (regulations convenient loophole) alcohols are high in sugar alcohols that really behave like sugar in your body
- I suggest you translate all the calories in carbs. So a 150 cal glass of wine is like 8-9 teaspoons of sugar (not scientifically true, but almost...)
- One glass red wine is usually (6 fl.oz)= 150 cal
- One glass white wine (6fl.oz) = 144 cal – less sugar
- One liquid ounce vodka = 90 cal, and then you can add the orange juice, the agave syrup etc.
 - A cocktail can easily get to 300-400 calories
- One liquid ounce tequila = 64 cal
- The older the brandy, or wine (like port) the higher in sugar