

# Calories and Nutrients Table



Breakfast	Calories	Protein	Carbohydrates	Lipid (Fat)	Fiber
Granola	476 Cal/1 c	10g prot.	62g carbs	18g fat	6.5g fiber
Whole milk powder	159 Cal/cuo	8.5g prot.	12g carbs	8.5g fat	0g fiber
Bars (Clif)	250 Cal/ bar	9g prot.	40g carbs	5g fat	5g fiber
Peanut butter (natural)	90 Cal/1 Tbsp	4g prot.	3g carbs	7g fat	1g fiber
Bagel (they pack well)	275 Cal/bagel	10g prot.	49g carbs	1.5g fat	4g fiber
Carnation instant BKFT powder	130 Cal/pouch	13g prot.	39g carbs	1g fat	0g fiber
Oatmeal (steel cut)	140 Cal/1c	6g prot.	25g carbs	2g fat	4g fiber
Dehydrated eggs & bacon	284 Cal/1c	29g prot.	11g carbs	12g fat	4g fiber
Pancake mix	230Cal/1c	6g prot.	28g carbs	10g fat	1.5g fiber
Pre-made waffles	160Cal/1 waffle	2.5g prot.	27g carbs	.5g fat	2g fiber
Pop Tarts	200 Cal/tart	2g prot.	38g carbs	5g fat	.5g fiber
Lunch	Calories	Protein	Carbohydrates	Lipid (Fat)	Fiber
Mixed nuts	600 Cal/1c	24g prot.	29g carbs	20g fat	8g fiber
Dried fruit	260 Cal/1c	2g prot.	28g carbs	0g fat	2.5g fiber
Cheese (cheddar)	202 Cal/2 oz	12g prot.	1g carbs	17g fat	0g fiber
Sausage (pepperoni)	200Cal/2 sticks	24g prot.	3g carbs	10g fat	.5g fiber
Jerky (beef)	75 Cal/2 oz	12.5g prot.	.5g carbs	2.5g fat	0g fiber
Dried hummus	45 Cal/Tbsp	3g prot.	7g carbs	2g fat	2g fiber
Tortillas (soft)	150 Cal/2 shells	4g prot.	23g carbs	3g fat	1g fiber
Fish crackers	60 Cal/1/2c	2g prot.	9g carbs	2.5g fat	0g fiber
Mary's crackers	140 Cal/13	3g prot.	21g carbs	5g fat	3g fiber
Tuna tetra packs	150 Cal/pack	19g prot.	4g carbs	3g fat	0g fiber
Nori seaweed	10 Cal/2.5g	1g prot.	0g carbs	.5g fat	0g fiber (Fe)
Supper	Calories	Protein	Carbohydrates	Lipid (Fat)	Fiber
Dehydrated soups	120+ Cal/pouch	2g prot.	23g carbs	0g fat	0g fiber
Instant rice	128 Cal/3/4c	3g prot.	2g carbs	0g fat	.75g fiber
Couscous	112 Cal/100g	3.8g prot.	23g carbs	0.2g fat	1.4g fiber
Instant noodles	133 Cal/1/2c	2.3g prot.	20g carbs	4.3g fat	1g fiber
Instant mashed potatoes	227 Cal/1 c	4g prot.	30g carb	10g fat	4.5g fiber
Summer sausage	203Cal/2oz	10g prot.	2g carbs	17g fat	0g fiber
Dry vegetables	64 Cal/3/4 c	2g prot.	6g carbs	0g fat	8g fiber
Ramen soup mix	190Cal/packet	4g prot.	26g carbs	7g fat	.5g fiber
Dry meals from outdoor stores	+/-240 Cal/serv.	12g prot.	31g carbs	7g fat	3g fiber
India ready to eat meals	140Cal/serv.	5g prot.	13g carbs	8g fat	6g fiber
Mac and Cheese	216 Cal/1 c	3g prot.	14.5g carbs	4.3g fat	2g fiber
Drinks	Calories	Protein	Carbohydrates	Lipid (Fat)	Fiber
Instant coffee, tea	0Cal	0g prot.	0g carbs	0g fat	0g fiber
Instant cappuccino	77 Cal/ 1 Tbsp	0g prot.	9g carbs	4.5g fat	0g fiber
Hot chocolate powder	72 Cal/1 Tbsp	.3g prot.	8g carbs	.7g fat	.7g fiber
Hot apple cider powder	90 Cal/ 1 Tbsp	0g prot.	22g carbs	0g fat	0g fiber
Electrolyte powder (Nuun)	80Cal/ 1 Tbsp	0g prot.	21g carbs (Na, Mg, K, Vit C)	0g fat	0g fiber
Ener-C drink powderdry cereal	25 Cal/ packet	0g prot.	5g carbs (Vit:A,B3,B6,B12,C, Ca,Mg,K)	0g fat	0g fiber
Miscellaneous	Calories	Protein	Carbohydrates	Lipid (Fat)	Fiber
These items have calories but are low in nutrients					
Candy bars	500Cal/100g				
Chips	540Cal/100g				
Clif - Blocks Energy Chews	100Cal/3 blocks		24g carbs (Na, K)		
Sportbeans - Jelly Beans	100Cal/28g (pack)		25g carbs (Na, K, Vit B6, B12, C)		
Dry cereal (Cheerios)	110Cal/1 cup	2g prot.	24g carbs (Na, K)	1g fat	3g fiber (Ca, K)
Syrup (maple)	52 Cal/1 Tbsp		13g carbs (K)		
Honey	64 Cal/1 Tbsp		17gcarbs		
White sugar	49 Cal/1 Tbsp		13g carbs		
Soy milk powder	370 Cal/100 g	53		35	1
Dry Cheese	100 Cal/ Tbsp	10		1	7
Oil (olive)	80 Cal/2 Tbsp			9g fat	
MCT powder	125 Cal/ 1 Tbsp	0	26g carbs	70g fat	0g fiber (Ca)

16 TBSP	1 C
1 C	8 oz
1 C	236ml
1 oz	28g
1 TSP	5ml
1 TBSP	15ml