

PROTEIN CONTENT OF SOME COMMON FOOD ITEMS

FOOD	SERVING SIZE	PROTEIN (g)
Almonds	1 oz	6
Beans (cooked)	1 cup	13-17
Beef (regular)	3 oz	20 - 22
Bread(s)	1 slice	2 - 4
Chicken	3 oz	20 - 22
Com Grits (cooked)	1 cup	4
Cottage Cheeses	1 cup	26 - 30
Dark Buckwheat	1 cup	12
Eggs (white)	1 ea.	4 - 5
Eggs (whole)	1 ea.	6 - 8
Fish	3 - 3.5 oz	15 -21
Garbanzo beans	1 cup	15
Ice Cream	1 cup	5 - 7
Lamb	3 oz	20 - 22
Oat Meal (cooked)	1 cup	6
Milk(s)	1 cup	8 - 9
Peas (cooked)	1 cup	13 -16
Peanuts	1 oz	7
Pork	3 oz	20 - 24
Raw Wheat Germ	1 cup	23
Ricotta (skim)	1 cup	28
Solid Cheeses	1 oz	6 - 9
Soy Milk	1 cup	7
Toasted germ	1 cup	33
Turkey	3 - 3.5 oz	24 - 29
Yogurt	1 cup	8 - 12

- Spread food intake over 5 - 6 small meals.
- Use foods with a glycemic index of 50 - 80 when consuming a single food.
- When foods are mixed, the resultant glycemic index is the weighed average of the foods eaten together.
- The goal is a resultant glycemic index of 50 - 80.
- Include proteins with each meal in a weight ratio of 2:1 of carbohydrates to protein.
- Above measures stabilize blood sugar levels by optimizing insulin to Glucagon/Cortisol responses.

Glycemic index

"The glycemic index is defined as the blood glucose response to a 50gm available carbohydrate portion of a food expressed as a percentage of the response to the same amount of carbohydrate from a standard food, which has been either glucose or white bread. In practical terms, this means that each food has the ability to raise blood glucose to variable degrees. The greater the blood glucose level, the greater the insulin response. Thus, we want to choose foods with low glycemic indices. See *Table 5* on the following page for a list of glycemic indices for a variety of foods. There are many specific benefits of consuming foods with low glycemic indices

1. Blood lipids are reduced in hypertriglyceridemic patients.
2. Insulin secretion is reduced.
3. Overall blood glucose control improves in insulin-dependent and noninsulin-dependent diabetic subjects.
4. There is a reduction in abnormal blood glucose, insulin, and amino acid levels in patients with cirrhosis.
5. Urinary urea excretion is reduced, presumably by increasing nitrogen trapping by colonic bacteria.
6. Foods with low glycemic indices may enhance satiety
7. Foods with low glycemic indices may increase athletic performance.