

# Healthy2nite Easy Chart Nutrition for Different Foods

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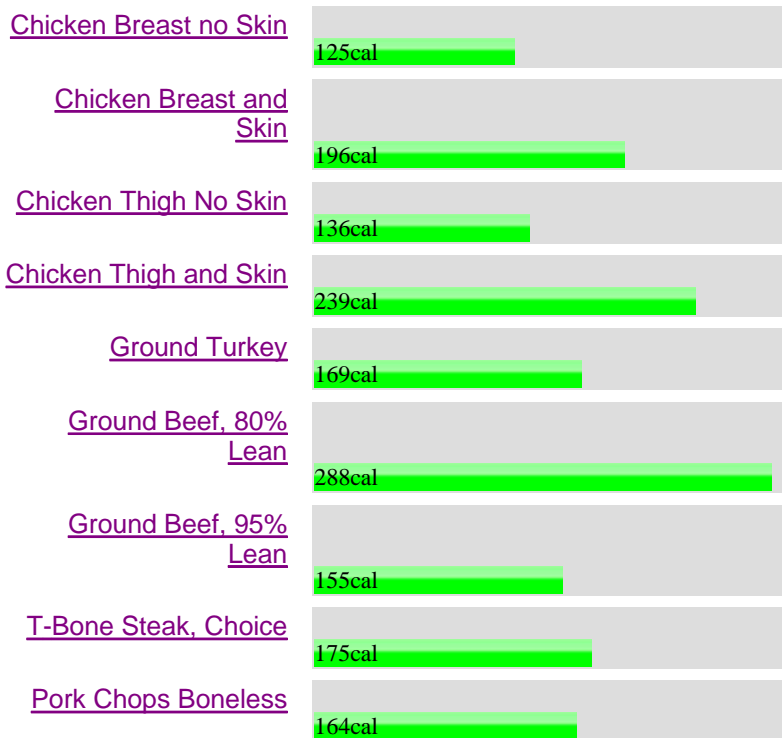
This is a big chart nutrition page that I have been putting together because I wanted to see what foods were better for you than others. I made it to be able to visually compare the amounts of different chart nutritional values from the FDA computed chart nutrition for different foods. For example: it's easy to see that chicken breast without the skin has more than twice the calories as 80% lean ground beef. I was surprised to see that chicken thighs with no skin have almost the same number of calories as chicken breast.

[PDF Version Chart Nutrition](#)

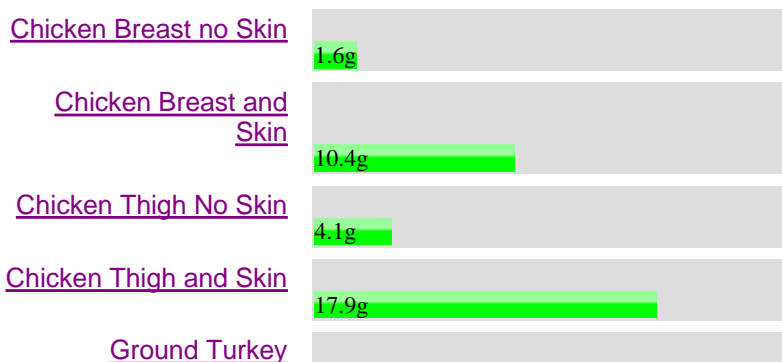
## COMMON MEATS:

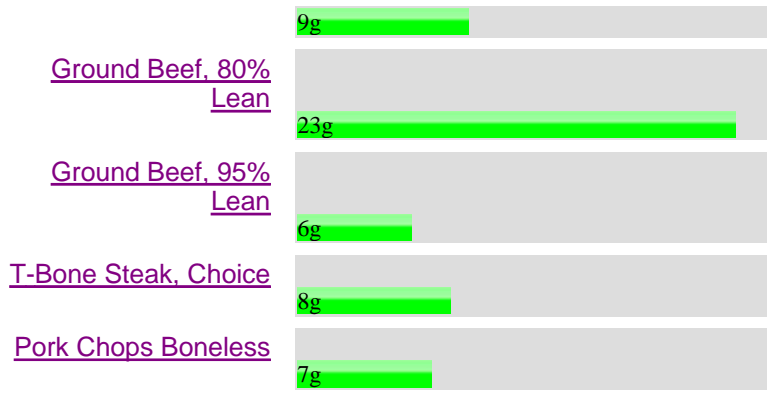
**Some notes about the meats:** None of the listed meats have more than 2% of your recommended daily allowance of Carbohydrates, Vitamin C or Vitamin A so these values are not listed.

### Calories - Chart Nutrition for Meats, 1/4 lb



### Fat - Chart Nutrition for Meats, 1/4 lb





**Protein - Chart Nutrition for Meats, 1/4 lb**



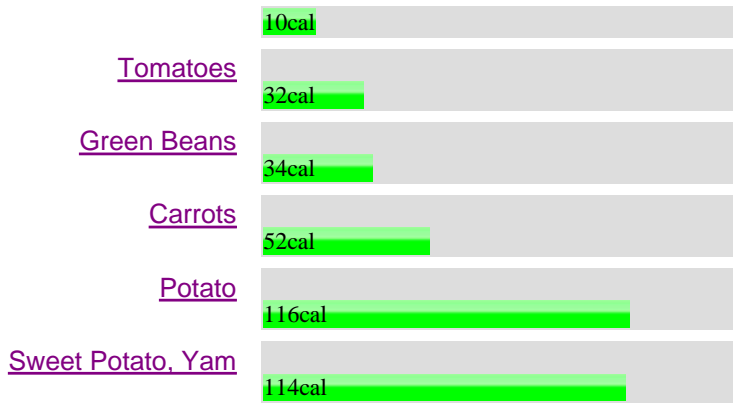
<p><b>Feeding Your Kids</b>                  Change your kids' eating habits - Free 42-day program  <a href="http://healthypower.com/feedingyourkids">healthypower.com/feedingyourkids</a></p>	<p><b>Flat Stomach Diet Recipe</b>                  Follow This Free Diet Recipe. Lose 21 Lbs In 3 Weeks Guaranteed.  <a href="http://DietRecipe.net">DietRecipe.net</a></p>
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**COMMON VEGETABLES**

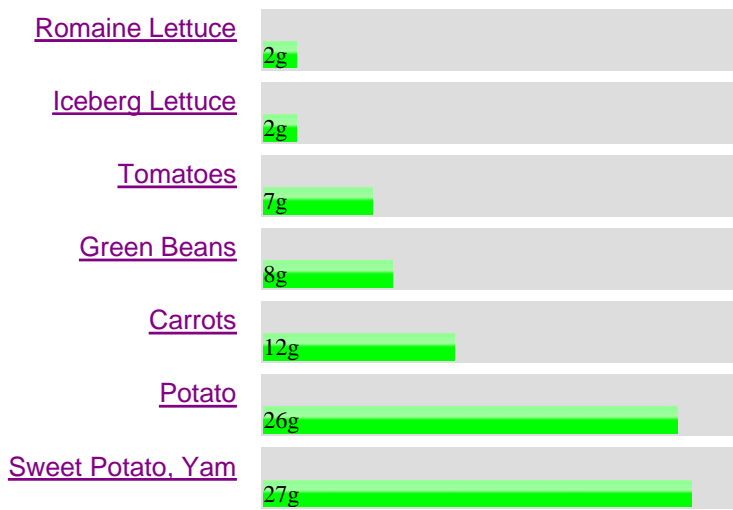
**Some notes about the vegetables:** None of the listed meats have more than 2% of your recommended daily allowance of Fat so this values is not listed.

**Calories - Chart Nutrition for VEGETABLES, 1 cup**

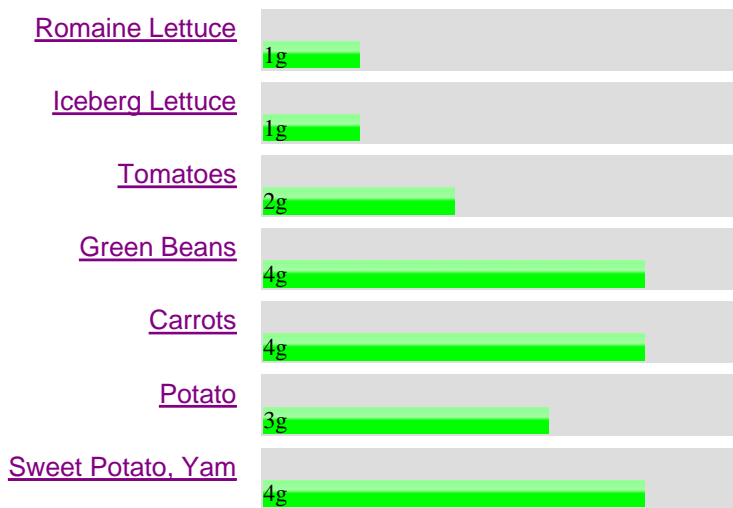




**Carbohydrates - Chart Nutrition for VEGETABLES, 1 cup**

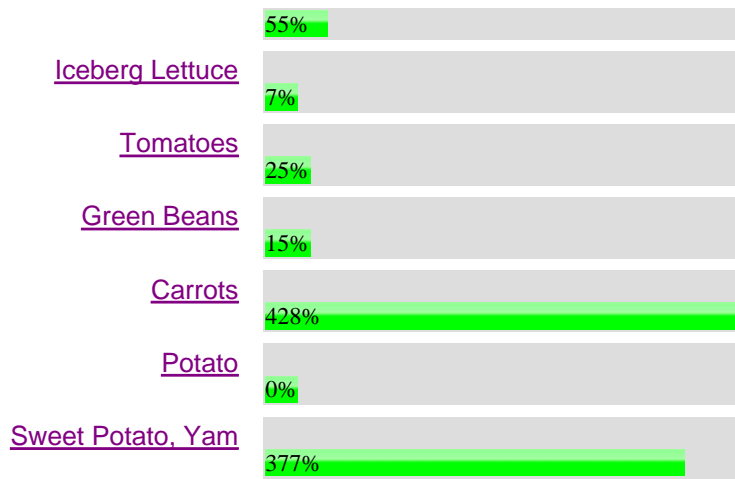


**Fiber - Chart Nutrition for VEGETABLES, 1 cup**

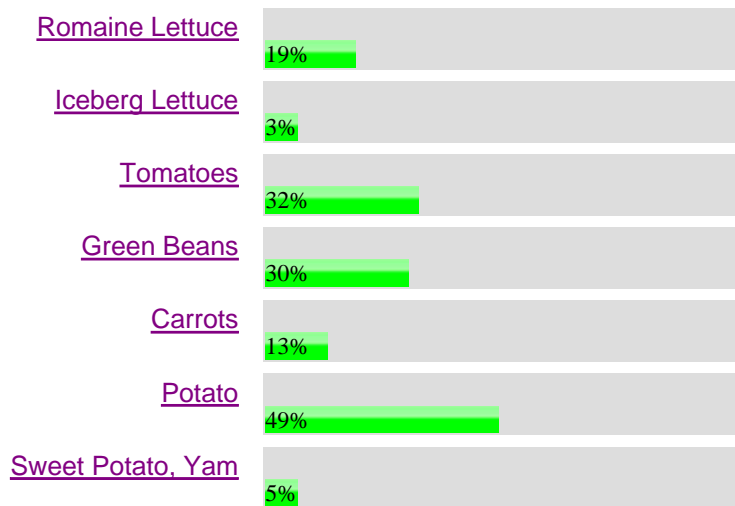


**Vitamin A % Daily Value - VEGETABLES, 1 cup**





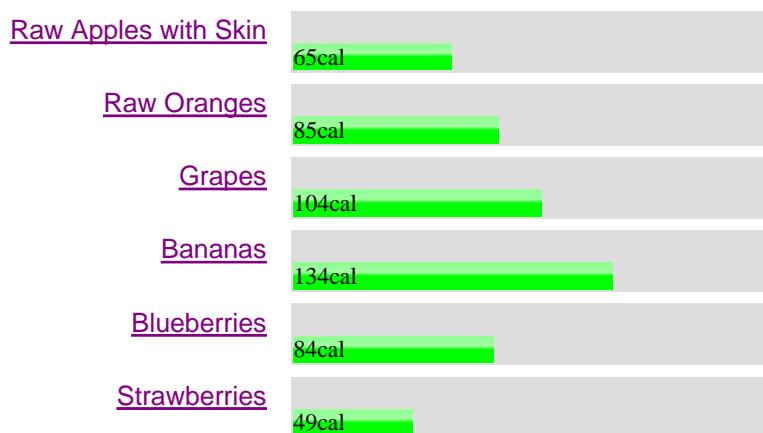
### Vitamin C % Daily Value - VEGETABLES, 1 cup

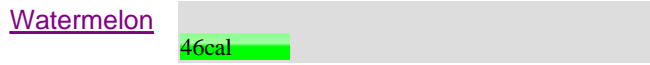


## COMMON FRUITS

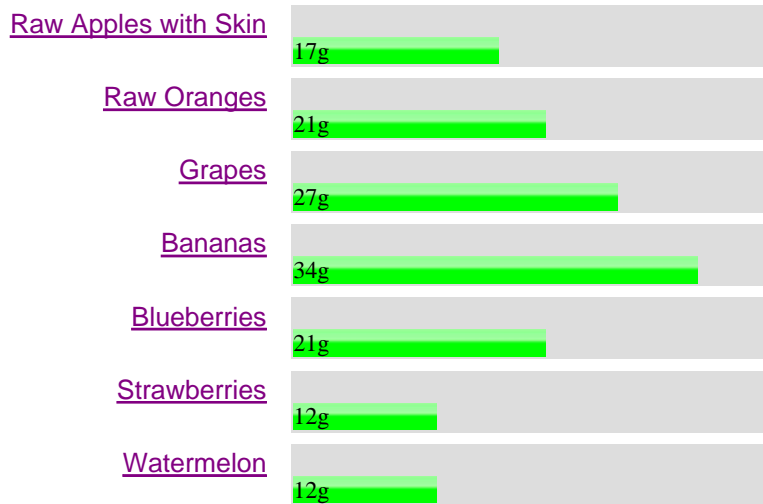
**Some notes about the fruits:** None of the listed meats have more than 2% of your recommended daily allowance of Fat so this values is not listed.

### Calories - Chart Nutrition for FRUITS, 1 cup

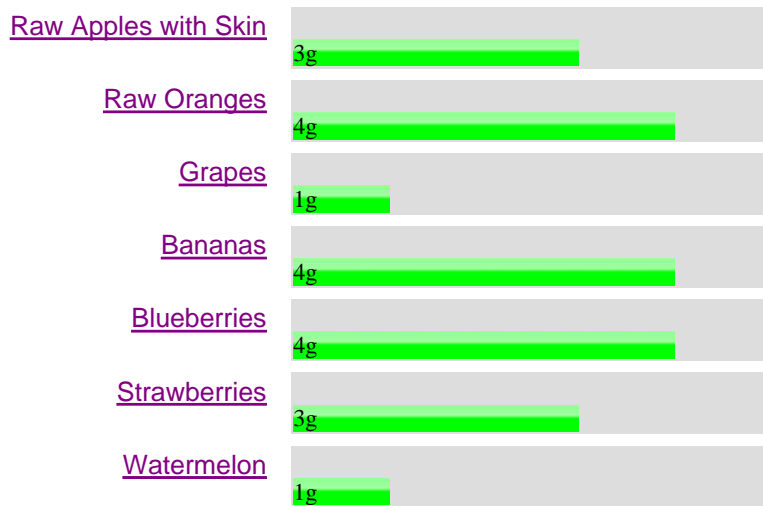




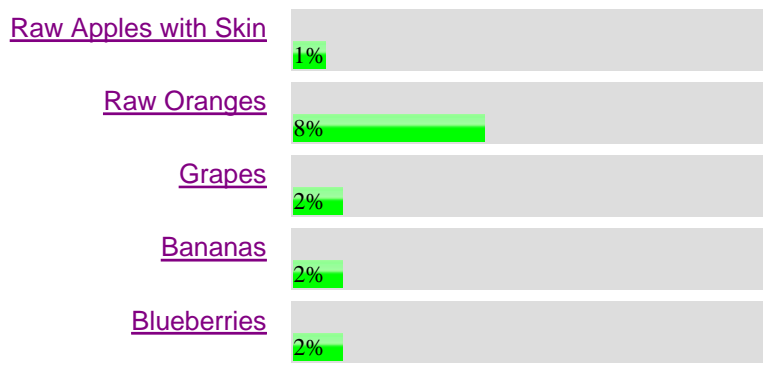
**Carbohydrates - Chart Nutrition for FRUITS, 1 cup**

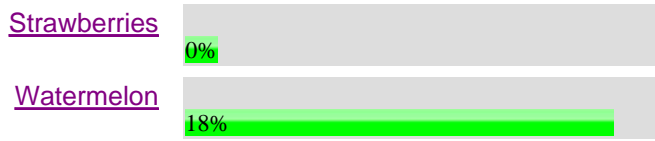


**Fiber - Chart Nutrition for FRUITS, 1 cup**

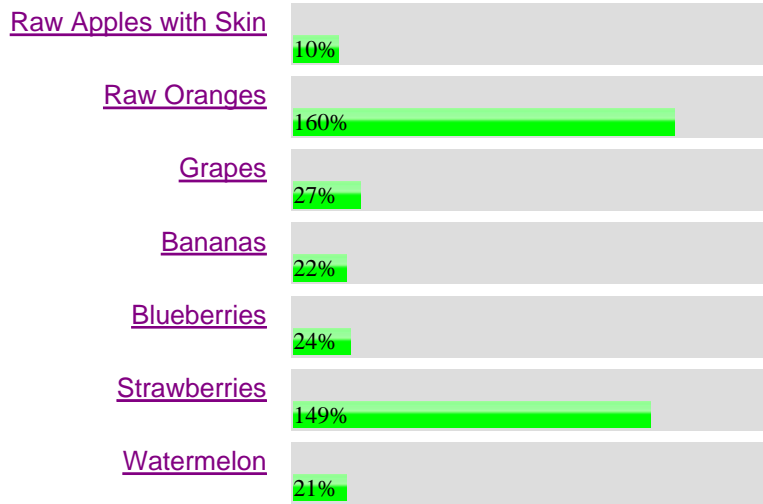


**Vitamin A - Chart Nutrition for FRUITS, 1 cup**





### Vitamin C - Chart Nutrition for FRUITS, 1 cup



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