
Banana Grams Game

purine table and information - markham mchenry - purine table and information page 2! foods (alphabetically) total purines in mg uric acid/100 g (average) min max nutr. density in mg/mj beef, roast beef, sirloin 110 110 120 201.4 **the exchange list system for diabetic meal planning - fshed-86** - vegetable list each vegetable on this list contains about 5 grams of carbohydrate, 2 grams of protein, 0 grams of fat and 25 calories. vegetables contain 2-3 grams of **the diabetic exchange list (exchange diet)** - the diabetic exchange list (exchange diet) the exchange lists are the basis of a meal planning system designed by a committee of the american **calorie count food list - hb health** - calorie count food list hb-health 4 meat & meat substitutes: 35-100+ calories per serving each item equals 1 oz of protein serving size very lean - lean (35-55 calories per serving) • cheese (with