

Dr. Rogers Health Tips

FOODEQUATION

Apple



= 60 CAL = 15 g CHO = 0 g PRO = 0 g FAT

Almond



= 45 CAL = 0 g CHO = 0 g PRO = 5 g FAT

Whole wheat bread



= 80 CAL = 15 g CHO = 3 g PRO = 0-1 g FAT

Spinach



= 25 CAL = 5 g CHO = 2 g PRO = 0 g FAT

Cheese



= 35-55 CAL = 0 g CHO = 0 g PRO = 5 g FAT

Corn



= 80 CAL = 15 g CHO = 3 g PRO = 0 g FAT

Yogurt



= 80 CAL = 12 g CHO = 8 g PRO = 0-3 g FAT

Fish



= 35-55 CAL = 0 g CHO = 7 g PRO = 0-3 g FAT

Olive oil



= 45 CAL = 0 g CHO = 0 g PRO = 5 g FAT

Banana



= 60 CAL = 15 g CHO = 0 g PRO = 0 g FAT

Broccoli



= 25 CAL = 5 g CHO = 2 g PRO = 0 g FAT

Milk



= 80 CAL = 12 g CHO = 8 g PRO = 0-3 g FAT