



Dairy



Cheddar Cheese



Cheddar Cheese

Nutrition Facts	
1 slice	
Serving size	1 oz.
Amount per serving	
Calories	113
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 28 mg	9%
Sodium 182mg	8%
Total Carbohydrate 0.8g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6.4g	
Vitamin D 1mcg	0%
Calcium 199mg	15%
Iron 0mg	0%
Potassium 21mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Dairy



Cottage Cheese



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Cottage Cheese

Nutrition Facts	
1 serving	
Serving size	1 cup (8 oz.)
Amount per serving	
Calories	176
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 25 mg	8%
Sodium 674mg	29%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 216mg	17%
Iron 0.3mg	1%
Potassium 252mg	5%
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Dairy



Feta Cheese



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Feta Cheese

Nutrition Facts	
1 serving	
Serving size	1 oz.
Amount per serving	
Calories	75
	% Daily Value*
Total Fat 6g	7%
Saturated Fat 4g	21%
Trans Fat 0g	
Cholesterol 25 mg	8%
Sodium 260mg	11%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 140mg	11%
Iron 0.2mg	1%
Potassium 18mg	0%
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Dairy



Queso Cheese



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Queso Cheese

Nutrition Facts	
1 serving	
Serving size	1 oz.
Amount per serving	
Calories	85
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4g	18%
Trans Fat 0g	
Cholesterol 20 mg	7%
Sodium 213mg	9%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 1mcg	4%
Calcium 160mg	12%
Iron 0mg	0%
Potassium 37mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Dairy



Swiss Cheese



Swiss Cheese

Nutrition Facts	
1 serving	
Serving size	1 slice (1 oz.)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 26 mg	9%
Sodium 52mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 249mg	20%
Iron 0mg	0%
Potassium 20mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Dairy



1% Milk



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1% Milk

Nutrition Facts	
1 serving	
Serving size	1 cup (8 oz.)
Amount per serving	
Calories	105
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 25 mg	8%
Sodium 95mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 3mcg	13%
Calcium 307mg	24%
Iron 0mg	0%
Potassium 388mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Dairy



Vanilla Soy Milk



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Vanilla Soy Milk

Nutrition Facts

1 serving

Serving size

1 cup (8 oz.)

Amount per serving

Calories

101

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 96mg 4%

Total Carbohydrate 10g 4%

Dietary Fiber 1g 4%

Total Sugars 7g

Includes 6g Added Sugars 12%

Protein 6g

Vitamin D 3mcg 15%

Calcium 303mg 23%

Iron 1mg 6%

Potassium 303mg 6%

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Dairy



Tempeh



Tempeh

Nutrition Facts	
1 serving	
Serving size	3 oz.
Amount per serving	
Calories	166
	% Daily Value*
Total Fat 10g	12%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 12mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 7g	25%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 2mg	10%
Potassium 341mg	7%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Dairy



Tofu



Tofu

Nutrition Facts	
1 serving	
Serving size	3 oz.
Amount per serving	
Calories	52
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 6mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 94mg	7%
Iron 0.9mg	5%
Potassium 102mg	2%
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Dairy



Plain, Greek Yogurt



Plain, Greek Yogurt

Nutrition Facts

1 serving

Serving size

1 cup (8 oz.)

Amount per serving

Calories

133

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 11 mg 4%

Sodium 81mg 4%

Total Carbohydrate 8g 3%

Dietary Fiber 0g 0%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 0mcg 0%

Calcium 248mg 19%

Iron 0.2mg 1%

Potassium 239mg 5%

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