



Nutrition
PROTEIN VS. FAT LAB

Name _____

	Ground Beef	Chicken	Bacon	Tofu	Quinoa
Starting Weight					
Ending Weight					
Fat Loss due to cooking				_____	_____
Total Protein					
Sat Fat					
Total Fat					
Total Calories					
Other Positive Nutritional Benefits?					
Other observations? Taste Texture					

Best Choice Meat: _____ **Why?** _____

Best Choice Non Meat: _____ **Why?** _____

Best Overall Choice: _____ **Why?** _____

Nutritional Data (From Textbook)



Nutrition

Quinoa	Ground Beef	Tofu	Bacon	Chicken
Amount 1 cup	Amount 3 oz	Amount 1 block drained	Amount 3 slices	Amount 1.8 oz
Calories 636	Calories 293	Calories 128	Calories 109	Calories 109
Protein 223	Protein 23	Protein 28	Protein 5.8	Protein 13.5
Fat 9.9	Fat 22	Fat 16	Fat 9.4	Fat 5.7
Sat Fat 1.1	Sat Fat 8.7	Sat Fat 2	Sat Fat 3.3	Sat Fat 1.6