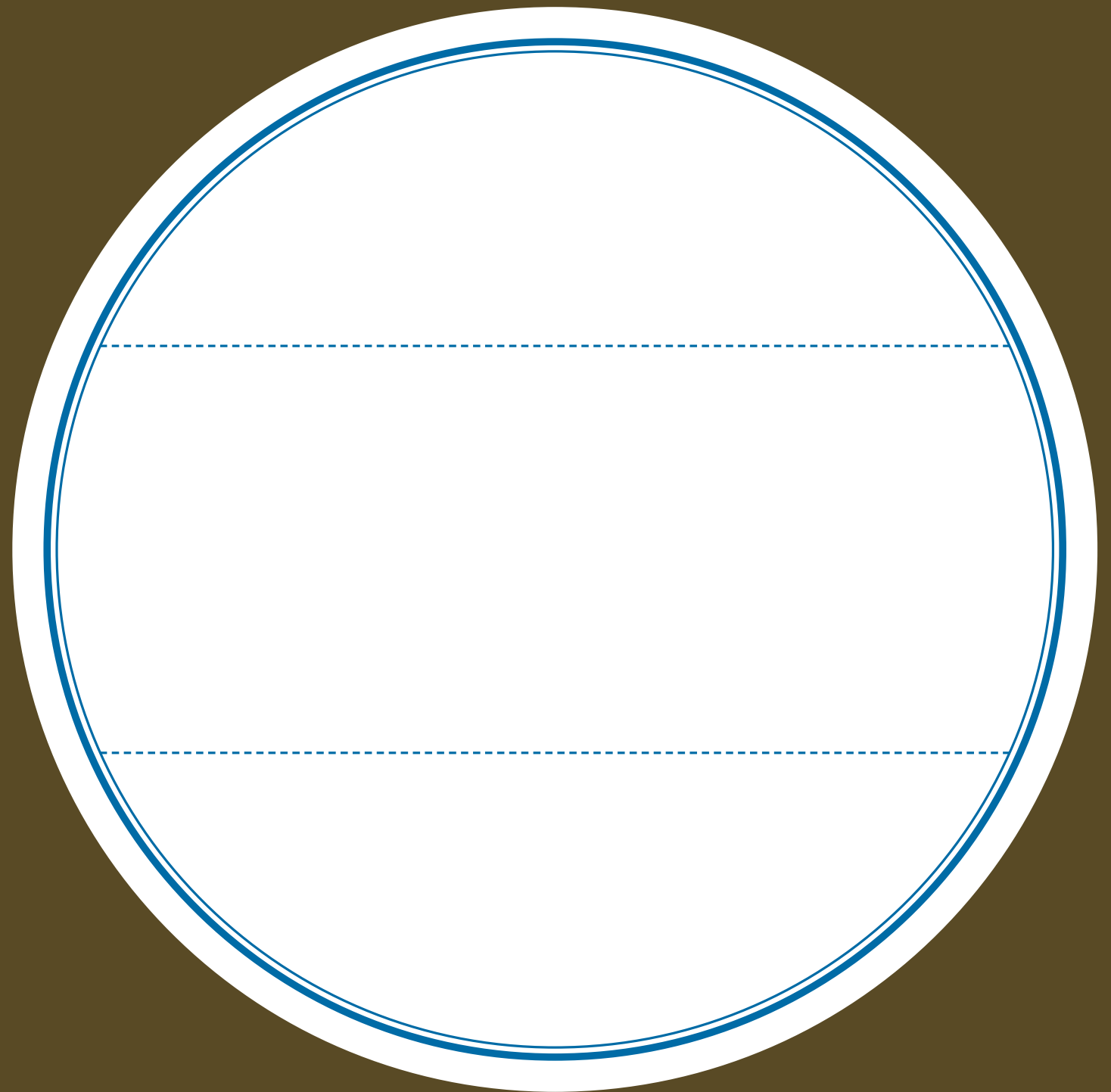


view options



FAVORITES

	protein	vegetable	starch/grain	total calories
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

SOURCES:

Gebhardt, Susan E., and Robin G. Thomas. *Nutritive Value of Foods*. U.S. Department of Agriculture, 2002.

United States Department of Agriculture (USDA) Center for Nutrition Policy and Promotion website cnpp.usda.gov accessed on July 18, 2014.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232