

**HOG Diet Protein and Vegetable Food Chart**

<b>Food Item</b>	<b>Calories Per Ounce</b>	<b>Ounces Eaten</b>	<b>Total Calories</b>
Apple	15	4	60
½ Grapefruit	9	6.6	59.4
Orange	13	4.6	59.8
Strawberries	9	6.6	59.4
Asparagus	6	6.7	40.2
Beet Greens	6	6.7	40.2
Cabbage	7	5.7	39.9
Celery	4	10	40
Chard	7	5.7	39.9
Chicory	7	5.7	39.9
Cucumber	3	13	39
Fennel	9	4.5	40.5
Romaine Lettuce	5	8	40
Iceberg Lettuce	4	10	40
Onion, bulb	12	3.3	39.6
Onion, green	9	4.5	40.5
Radish	5	8	40
Spinach	7	5.7	39.9
Tomato 5 8 40	5	8	40
Chicken	31	4.85	150.35
King Crab	24	6.25	150
Founder/Sole	26	5.8	150.8
Alaskan Sea Bass	28	5.8	150.8
Tilapia	27	5.55	149.85
Cod	23	6.5	149
Halibut	31	4.85	150.35
Ground Turkey 93%	41	3.66	150.06
Ground Turkey 99%	30	5	150
Hamburger 95%	38	3.95	150.1
Prawn	30	5	150
Steak, sirloin	53	2.83	149.99
Scallops	25	6	150
Shrimp, shelled	30	5	150
Lobster	26	5.8	150.8
Egg Whites	15	10	150