

## SORTED BY CARBOHYDRATE CONTENT

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
BROWN AND SERVE SAUSAGE,BRWND 1 LINK	13	50	0	2	5	9	105
PORK, LUNCHEON MEAT,CHOPPD HAM2 SLICES	42	95	0	7	7	21	576
SUNFLOWER OIL 1 TBSP	14	125	0	0	14	0	0
PORK, CURED, HAM, ROSTED,LN+FT3 OZ	85	205	0	18	14	53	1009
PORK, CURED, HAM, ROSTED,LEAN 2.4 OZ	68	105	0	17	4	37	902
PORK, CURED, HAM, CANNED,ROAST3 OZ	85	140	0	18	7	35	908
SUNFLOWER OIL 1 CUP	218	1925	0	0	218	0	0
SOYBEAN-COTTONSEED OIL, HYDRGN1 CUP	218	1925	0	0	218	0	0
SOYBEAN-COTTONSEED OIL, HYDRGN1 TBSP	14	125	0	0	14	0	0
PORK, CURED, BACON, REGUL,CKED3 SLICE	19	110	0	6	9	16	303
PORK CHOP, LOIN, BROIL, LEN+FT3.1 OZ	87	275	0	24	19	84	61
PORK CHOP, LOIN, BROIL, LEAN 2.5 OZ	72	165	0	23	8	71	56
PORK CHOP, LOIN,PANFRY,LEAN+FT3.1 OZ	89	335	0	21	27	92	64
PORK CHOP, LOIN,PANFRY, LEAN 2.4 OZ	67	180	0	19	11	72	57
PORK FRESH HAM, ROASTD,LEAN+FT3 OZ	85	250	0	21	18	79	50
MAYONNAISE, REGULAR 1 TBSP	14	100	0	0	11	8	80
VIENNA SAUSAGE 1 SAUSAG	16	45	0	2	4	8	152
PORK FRESH RIB, ROASTD,LEAN+FT3 OZ	85	270	0	21	20	69	37
VINEGAR AND OIL SALAD DRESSING1 TBSP	16	70	0	0	8	0	0
FLOUNDER OR SOLE, BAKED, BUTTR3 OZ	85	120	0	16	6	68	145
BEEF STEAK,SIRLOIN,BROIL,LEAN 2.5 OZ	72	150	0	22	6	64	48
VEAL CUTLET, MED FAT,BRSD,BRLD3 OZ	85	185	0	23	9	86	56
BEEF, CANNED, CORNED 3 OZ	85	185	0	22	10	80	802
BEEF, DRIED, CHIPPED 2.5 OZ	72	145	0	24	4	46	3053
LAMB,CHOPS,ARM,BRAISED,LEAN 1.7 OZ	48	135	0	17	7	59	36
LAMB,CHOPS,ARM,BRAISED,LEAN+FT2.2 OZ	63	220	0	20	15	77	46
LAMB, RIB, ROASTED, LEAN ONLY 2 OZ	57	130	0	15	7	50	46
LAMB,CHOPS,LOIN,BROIL,LEAN+FAT2.8 OZ	80	235	0	22	16	78	62
LAMB,CHOPS,LOIN,BROIL,LEAN 2.3 OZ	64	140	0	19	6	60	54
LAMB,LEG,ROASTED, LEAN+ FAT 3 OZ	85	205	0	22	13	78	57
LAMB,LEG,ROASTED, LEAN ONLY 2.6 OZ	73	140	0	20	6	65	50
LAMB, RIB, ROASTED, LEAN + FAT3 OZ	85	315	0	18	26	77	60
PORK FRESH HAM, ROASTD, LEAN 2.5 OZ	72	160	0	20	8	68	46
PORK SHOULDER, BRAISD,LEAN+FAT3 OZ	85	295	0	23	22	93	75
PORK FRESH RIB, ROASTD, LEAN 2.5 OZ	71	175	0	20	10	56	33
FLOUNDER OR SOLE, BAKED,W/OFAT3 OZ	85	80	0	17	1	59	101
BUTTER, UNSALTED 1 PAT	5	35	0	0	4	11	1
BUTTER, SALTED 1/2 CUP	113	810	0	1	92	247	933
BUTTER, UNSALTED 1/2 CUP	113	810	0	1	92	247	12

Description of food		Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
BUTTER, SALTED	1 TBSP	14	100	0	0	11	31	116
BUTTER, UNSALTED	1 TBSP	14	100	0	0	11	31	2
BUTTER, SALTED	1 PAT	5	35	0	0	4	11	41
FATS, COOKING/VEGETBL SHORTENG1	TBSP	13	115	0	0	13	0	0
FATS, COOKING/VEGETBL SHORTENG1	CUP	205	1810	0	0	205	0	0
MARGARINE, SPREAD,HARD,60% FAT1	PAT	5	25	0	0	3	0	50
LARD	1 CUP	205	1850	0	0	205	195	0
LARD	1 TBSP	13	115	0	0	13	12	0
MARGARINE, SPREAD,HARD,60% FAT1/2	CUP	113	610	0	1	69	0	1123
MARGARINE, IMITATION 40% FAT	1 TBSP	14	50	0	0	5	0	134
MARGARINE, REGULR,SOFT,80% FAT1	TBSP	14	100	0	0	11	0	151
MARGARINE, SPREAD,HARD,60% FAT1	TBSP	14	75	0	0	9	0	139
MARGARINE, SPREAD,SOFT,60% FAT8	OZ	227	1225	0	1	138	0	2256
SOYBEAN OIL, HYDROGENATED	1 TBSP	14	125	0	0	14	0	0
PEANUT OIL	1 CUP	216	1910	0	0	216	0	0
PORK SHOULDER, BRAISD, LEAN	2.4 OZ	67	165	0	22	8	76	68
SOYBEAN OIL, HYDROGENATED	1 CUP	218	1925	0	0	218	0	0
SAFFLOWER OIL	1 TBSP	14	125	0	0	14	0	0
SAFFLOWER OIL	1 CUP	218	1925	0	0	218	0	0
PEANUT OIL	1 TBSP	14	125	0	0	14	0	0
OLIVE OIL	1 TBSP	14	125	0	0	14	0	0
PORK, LINK, COOKED	1 LINK	13	50	0	3	4	11	168
MARGARINE, SPREAD,SOFT,60% FAT1	TBSP	14	75	0	0	9	0	139
OLIVE OIL	1 CUP	216	1910	0	0	216	0	0
CORN OIL	1 TBSP	14	125	0	0	14	0	0
CORN OIL	1 CUP	218	1925	0	0	218	0	0
EGGS, RAW, WHITE	1 WHITE	33	15	0	4	0	0	55
EGGS, RAW, YOLK	1 YOLK	17	60	0	3	5	213	7
MARGARINE, REGULR,HARD,80% FAT1	PAT	5	35	0	0	4	0	47
FLOUNDER OR SOLE, BAKED,MARGRN3	OZ	85	120	0	16	6	55	151
VEAL RIB, MED FAT, ROASTED	3 OZ	85	230	0	23	14	109	57
HALIBUT, BROILED, BUTTER,LEMJU3	OZ	85	140	0	20	6	62	103
TURKEY, ROASTED, LIGHT MEAT	2 PIECES	85	135	0	25	3	59	54
PARSLEY, FREEZE-DRIED	1 TBSP	0.4	0	0	0	0	0	2
OLIVES, CANNED, RIPE, MISSION	3 SMALL	9	15	0	0	2	0	68
OLIVES, CANNED, GREEN	4 MEDIUM	13	15	0	0	2	0	312
MUSTARD, PREPARED, YELLOW	1 TSP	5	5	0	0	0	0	63
TEA, BREWED	8 FL OZ	240	0	0	0	0	0	1
TURKEY, ROASTED, DARK MEAT	4 PIECES	85	160	0	24	6	72	67

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
GELATIN, DRY 1 ENVELP	7	25	0	6	0	0	6
TURKEY, ROASTED, LIGHT + DARK 3 PIECES	85	145	0	25	4	65	60
CAMEMBERT CHEESE 1 WEDGE	38	115	0	8	9	27	320
CHEDDAR CHEESE 1 OZ	28.35	115	0	7	9	30	176
CHEDDAR CHEESE 1 CU IN	17	70	0	4	6	18	105
DUCK, ROASTED, FLESH ONLY 1/2 DUCK	221	445	0	52	25	197	144
BEEF, CKD,CHUCK BLADE,LEAN+FAT3 OZ	85	325	0	22	26	87	53
TURKEY, ROASTED, LIGHT + DARK 1 CUP	140	240	0	41	7	106	98
CHICKEN, CANNED, BONELESS 5 OZ	142	235	0	31	11	88	714
CHICKEN LIVER, COOKED 1 LIVER	20	30	0	5	1	126	10
COLA, DIET, ASPRTAME + SACCHRN12 FL OZ	355	0	0	0	0	0	32
GIN,RUM,VODKA,WHISKY 80-PROOF 1.5 F OZ	42	95	0	0	0	0	0
GIN,RUM,VODKA,WHISKY 86-PROOF 1.5 F OZ	42	105	0	0	0	0	0
GIN,RUM,VODKA,WHISKY 90-PROOF 1.5 F OZ	42	110	0	0	0	0	0
LETTUCE, BUTTERHEAD, RAW,LEAVE1 LEAF	15	0	0	0	0	0	1
CLUB SODA 12 FL OZ	355	0	0	0	0	0	78
COLA, DIET, ASPARTAME ONLY 12 FL OZ	355	0	0	0	0	0	23
COLA, DIET, SACCHARIN ONLY 12 FL OZ	355	0	0	0	0	0	75
COFFEE, BREWED 6 FL OZ	180	0	0	0	0	0	2
BEEF BROTH, BOULLN, CONSM,CNND1 CUP	240	15	0	3	1	0	782
SALT 1 TSP	5.5	0	0	0	0	0	2132
TURKEY LOAF, BREAST MEAT, W/ C2 SLICES	42	45	0	10	1	17	608
TURKEY LOAF, BREAST MEAT W/O C2 SLICES	42	45	0	10	1	17	608
TURKEY HAM, CURED TURKEY THIGH2 SLICES	57	75	0	11	3	32	565
BEEF STEAK,SIRLOIN,BROIL,LN+FT3 OZ	85	240	0	23	15	77	53
BEEF, CKD,CHUCK BLADE,LEANONLY2.2 OZ	62	170	0	19	9	66	44
BEEF, CKD,BTTM ROUND,LEAN+ FAT3 OZ	85	220	0	25	13	81	43
BEEF, CKD,BTTM ROUND,LEAN ONLY2.8 OZ	78	175	0	25	8	75	40
HERRING, PICKLED 3 OZ	85	190	0	17	13	85	850
SALMON, BAKED, RED 3 OZ	85	140	0	21	5	60	55
SALMON, CANNED, PINK, W/ BONES3 OZ	85	120	0	17	5	34	443
CHICKEN, ROASTED, BREAST 3.0 OZ	86	140	0	27	3	73	64
BEEF HEART, BRAISED 3 OZ	85	150	0	24	5	164	54
BEEF ROAST, RIB, LEAN + FAT 3 OZ	85	315	0	19	26	72	54
BEEF ROAST, RIB, LEAN ONLY 2.2 OZ	61	150	0	17	9	49	45
SALMON, SMOKED 3 OZ	85	150	0	18	8	51	1700
WHIPPING CREAM, UNWHIPED,LIGHT1 TBSP	15	45	0	0	5	17	5
BEEF ROAST, EYE O RND,LEAN+FAT3 OZ	85	205	0	23	12	62	50
WHIPPING CREAM, UNWHIPED,HEAVY1 TBSP	15	50	0	0	6	21	6

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BEEF ROAST, EYE O RND, LEAN 2.6 OZ	75	135	0	22	5	52	46
WHIPPED TOPPING, PRESSURIZED 1 TBSP	3	10	0	0	1	2	4
TUNA, CANND, DRND,WATR, WHITE 3 OZ	85	135	0	30	1	48	468
PASTERZD PROCES CHEESE,AMERICN1 OZ	28.35	105	0	6	9	27	406
MARGARINE, REGULR,HARD,80% FAT1 TBSP	14	100	0	0	11	0	132
MUENSTER CHEESE 1 OZ	28.35	105	0	7	9	27	178
PARMESAN CHEESE, GRATED 1 TBSP	5	25	0	2	2	4	93
CHICKEN, ROASTED, DRUMSTICK 1.6 OZ	44	75	0	12	2	41	42
CHICKEN, STEWED, LIGHT + DARK 1 CUP	140	250	0	38	9	116	98
TROUT, BROILED, W/ BUTTR,LEMJU3 OZ	85	175	0	21	9	71	122
TUNA, CANND, DRND,OIL,CHK, LGHT3 OZ	85	165	0	24	7	55	303
GROUND BEEF, BROILED, REGULAR 3 OZ	85	245	0	20	18	76	70
SARDINES, ATLNTC,CNNED,OIL,DRN3 OZ	85	175	0	20	9	85	425
GROUND BEEF, BROILED, LEAN 3 OZ	85	230	0	21	16	74	65
CRABMEAT, CANNED 1 CUP	135	135	1	23	3	135	1350
ALFALFA SEEDS, SPROUTED, RAW 1 CUP	33	10	1	1	0	0	2
LETTUCE, CRISPHEAD, RAW,PIECES1 CUP	55	5	1	1	0	0	5
SHRIMP, CANNED, DRAINED 3 OZ	85	100	1	21	1	128	1955
BOUILLON, DEHYDRTD, UNPREPARED1 PKT	6	15	1	1	1	1	1019
TARTAR SAUCE 1 TBSP	14	75	1	0	8	4	182
CHICKEN, FRIED, FLOUR, DRMSTCK1.7 OZ	49	120	1	13	7	44	44
BLUE CHEESE SALAD DRESSING 1 TBSP	15	75	1	1	8	3	164
FRENCH SALAD DRESSING, REGULAR1 TBSP	16	85	1	0	9	0	188
ITALIAN SALAD DRESSING,REGULAR1 TBSP	15	80	1	0	9	0	162
CHICKEN ROLL, LIGHT 2 SLICES	57	90	1	11	4	28	331
PARSLEY, RAW 10 SPRIG	10	5	1	0	0	0	4
CUCUMBER, W/ PEEL 6 SLICES	28	5	1	0	0	0	1
MARGARINE, REGULR,SOFT,80% FAT8 OZ	227	1625	1	2	183	0	2449
MARGARINE, REGULR,HARD,80% FAT1/2 CUP	113	810	1	1	91	0	1066
MARGARINE, IMITATION 40% FAT 8 OZ	227	785	1	1	88	0	2178
PROVOLONE CHEESE 1 OZ	28.35	100	1	7	8	20	248
CURRY POWDER 1 TSP	2	5	1	0	0	0	1
SWISS CHEESE 1 OZ	28.35	105	1	8	8	26	74
PASTERZD PROCES CHEESE, SWISS 1 OZ	28.35	95	1	7	7	24	388
LIGHT, COFFEE OR TABLE CREAM 1 TBSP	15	30	1	0	3	10	6
MOZZARELLA CHESE,SKIM, LOMOIST1 OZ	28.35	80	1	8	5	15	150
SOUR CREAM 1 TBSP	12	25	1	0	3	5	6
IMITATION CREAMERS, POWDERED 1 TSP	2	10	1	0	1	0	4
IMITATION WHIPPED TOPPING,FRZN1 TBSP	4	15	1	0	1	0	1

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IMITATN WHIPD TOPING, PWDRD, PRP1 TBSP	4	10	1	0	0	0	3
PARMESAN CHEESE, GRATED 1 OZ	28.35	130	1	12	9	22	528
FETA CHEESE 1 OZ	28.35	75	1	4	6	25	316
MOZZARELLA CHEESE, WHOLE MILK 1 OZ	28.35	80	1	6	6	22	106
IMITATN SOUR DRESSING 1 TBSP	12	20	1	0	2	1	6
PEPPER, BLACK 1 TSP	2.1	5	1	0	0	0	1
SESAME SEEDS 1 TBSP	8	45	1	2	4	0	3
VINEGAR, CIDER 1 TBSP	15	0	1	0	0	0	0
PICKLES, CUCUMBER, DILL 1 PICKLE	65	5	1	0	0	0	928
COFFEE, INSTANT, PREPARED 6 FL OZ	182	0	1	0	0	0	0
PAPRIKA 1 TSP	2.1	5	1	0	0	0	1
CREAM CHEESE 1 OZ	28.35	100	1	2	10	31	84
OREGANO 1 TSP	1.5	5	1	0	0	0	0
TEA, INSTANT, PREPRD, UNSWEETEND8 FL OZ	241	0	1	0	0	0	1
BLUE CHEESE 1 OZ	28.35	100	1	6	8	21	396
CHEDDDAR CHEESE, SHREDDED 1 CUP	113	455	1	28	37	119	701
IMITATN WHIPD TOPING, PRESSRZD 1 TBSP	4	10	1	0	1	0	2
HALF AND HALF, CREAM 1 TBSP	15	20	1	0	2	6	6
FRANKFURTER, COOKED 1 FRANK	45	145	1	5	13	23	504
SALAMI, COOKED TYPE 2 SLICES	57	145	1	8	11	37	607
PORK, LUNCHEON MEAT, CANNED 2 SLICES	42	140	1	5	13	26	541
PORK, LUNCHEON MEAT, CKD HAM, LN2 SLICES	57	75	1	11	3	27	815
RADISHES, RAW 4 RADISH	18	5	1	0	0	0	4
CELERY, PASCAL TYPE, RAW, STALK1 STALK	40	5	1	0	0	0	35
EGGS, RAW, WHOLE 1 EGG	50	75	1	6	5	213	63
SALAMI, DRY TYPE 2 SLICES	20	85	1	5	7	16	372
BAKING POWDER, SAS, CA PO4 1 TSP	3	5	1	0	0	0	329
EGGS, COOKED, FRIED 1 EGG	46	90	1	6	7	211	162
EGGS, COOKED, HARD-COOKED 1 EGG	50	75	1	6	5	213	62
EGGS, COOKED, POACHED 1 EGG	50	75	1	6	5	212	140
EGGS, COOKED, SCRAMBLED/OMELET1 EGG	61	100	1	7	7	215	171
PORK, CURED, BACON, CANADN, CKED2 SLICE	46	85	1	11	4	27	711
LEMON JUICE, CANNED 1 TBSP	15	5	1	0	0	0	3
BAKING POWDER, SAS, CAPO4+CASO4 1 TSP	2.9	5	1	0	0	0	290
BAKING POWDER, STRGHT PHOSPHAT1 TSP	3.8	5	1	0	0	0	312
CHILI POWDER 1 TSP	2.6	10	1	0	0	0	26
BAKING POWDER, LOW SODIUM 1 TSP	4.3	5	1	0	0	0	0
CELERY SEED 1 TSP	2	10	1	0	1	0	3
LETTUCE, LOOSELEAF 1 CUP	56	10	2	1	0	0	5

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CLAMS, RAW 3 OZ	85	65	2	11	1	43	102
PASTERZD PROCES CHESE FOOD,AMR1 OZ	28.35	95	2	6	7	18	337
COOKED SALAD DRSSING, HOME RCP1 TBSP	16	25	2	1	2	9	117
BARBECUE SAUCE 1 TBSP	16	10	2	0	0	0	130
PASTERZD PROCES CHESE SPRED,AM1 OZ	28.35	80	2	5	6	16	381
PRETZELS, STICK 10 PRETZ	3	10	2	0	0	0	48
SOY SAUCE 1 TBSP	18	10	2	2	0	0	1029
SNACK TYPE CRACKERS 1 CRACKR	3	15	2	0	1	0	30
ASPARAGUS,CANNED,SPEARS,W/SALT4 SPEARS	80	10	2	1	0	0	278
ASPARAGUS,CANNED,SPEARS,NOSALT4 SPEARS	80	10	2	1	0	0	3
BROCCOLI, FRZN, COOKED, DRANED1 PIECE	30	10	2	1	0	0	7
ENDIVE, CURLY, RAW 1 CUP	50	10	2	1	0	0	11
CABBAGE, CHINESE,PE-TSAI, RAW 1 CUP	76	10	2	1	0	0	7
CLAMS, CANNED, DRAINED 3 OZ	85	85	2	13	2	54	102
1000 ISLAND, SALAD DRSNG,REGLR1 TBSP	16	60	2	0	6	4	112
ONIONS, SPRING, RAW 6 ONION	30	10	2	1	0	0	1
CINNAMON 1 TSP	2.3	5	2	0	0	0	1
BOLOGNA 2 SLICES	57	180	2	7	16	31	581
BRAUNSCHWEIGER 2 SLICES	57	205	2	8	18	89	652
ITALIAN SALAD DRESSING,LOCALOR1 TBSP	15	5	2	0	0	0	136
SANDWICH SPREAD, PORK, BEEF 1 TBSP	15	35	2	1	3	6	152
GARLIC POWDER 1 TSP	2.8	10	2	0	0	0	1
ONION POWDER 1 TSP	2.1	5	2	0	0	0	1
1000 ISLAND, SALAD DRSNG,LOCAL1 TBSP	15	25	2	0	2	2	150
SPINACH, RAW 1 CUP	55	10	2	2	0	0	43
PORK, LUNCHEON MEAT,CKD HAM,RG2 SLICES	57	105	2	10	6	32	751
FRENCH SALAD DRESSING, LOCALOR1 TBSP	16	25	2	0	2	0	306
CHICKEN, FRIED, FLOUR, BREAST 3.5 OZ	98	220	2	31	9	87	74
MAYONNAISE, IMITATION 1 TBSP	15	35	2	0	3	4	75
IMITATION CREAMERS, LIQUID FRZ1 TBSP	15	20	2	0	1	0	12
CABBAGE, CHINESE, PAK-CHOI,CKD1 CUP	170	20	3	3	0	0	58
PEANUT BUTTER 1 TBSP	16	95	3	5	8	0	75
ASPARAGUS, CKD FRM FRZ,DR,SPER4 SPEARS	60	15	3	2	0	0	2
ASPARAGUS, CKD FRM RAW,DR,SPER4 SPEARS	60	15	3	2	0	0	2
TURKEY ROAST, FRZN, LGHT+DRK,CK3 OZ	85	130	3	18	5	45	578
TOFU 1 PIECE	120	85	3	9	5	0	8
TAHINI 1 TBSP	15	90	3	3	8	0	5
WALNUTS, BLACK, CHOPPED 1 OZ	28.35	170	3	7	16	0	0
CHICKEN FRANKFURTER 1 FRANK	45	115	3	6	9	45	616

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YEAST, BREWERS, DRY	1 TBSP	8	25	3	3	0	0	10
YEAST, BAKERS, DRY, ACTIVE	1 PKG	7	20	3	3	0	0	4
MUSTARD GREENS, COOKED, DRAINED	1 CUP	140	20	3	3	0	0	22
LETTUCE, CRISP HEAD, RAW, WEDGE	1 WEDGE	135	20	3	1	0	0	12
WINE, TABLE, WHITE	3.5 F OZ	102	80	3	0	0	0	5
COTTAGE CHEESE, UNCREAMED	1 CUP	145	125	3	25	1	10	19
MUSHROOMS, RAW	1 CUP	70	20	3	1	0	0	3
SPINACH SOUFFLE	1 CUP	136	220	3	11	18	184	763
PEPPERS, SWEET, COOKED, GREEN	1 PEPPER	73	15	3	0	0	0	1
PEPPERS, SWEET, COOKED, RED	1 PEPPER	73	15	3	0	0	0	1
SEAWEED, KELP, RAW	1 OZ	28.35	10	3	0	0	0	66
PICKLES, CUCUMBER, FRESH PACK	2 SLICES	15	10	3	0	0	0	101
WINE, TABLE, RED	3.5 F OZ	102	75	3	0	0	0	5
ONION SOUP, DEHYDRTD, UNPREPARED	1 PKT	7	20	4	1	0	0	627
BRAZIL NUTS	1 OZ	28.35	185	4	4	19	0	1
CABBAGE, COMMON, RAW	1 CUP	70	15	4	1	0	0	13
MELBA TOAST, PLAIN	1 PIECE	5	20	4	1	0	0	44
PEPPERS, HOT CHILI, RAW, RED	1 PEPPER	45	20	4	1	0	0	3
CATSUP	1 TBSP	15	15	4	0	0	0	156
ONION SOUP, DEHYDRATED, PREPARED	1 PKT	184	20	4	1	0	0	635
PARMESAN CHEESE, GRATED	1 CUP	100	455	4	42	30	79	1861
MACADAMIA NUTS, OIL RSTD, SALTED	1 OZ	28.35	205	4	2	22	0	74
PEPPERS, HOT CHILI, RAW, GREEN	1 PEPPER	45	20	4	1	0	0	3
CABBAGE, RED, RAW	1 CUP	70	20	4	1	0	0	8
PEPPERS, SWEET, RAW, GREEN	1 PEPPER	74	20	4	1	0	0	2
MAYONNAISE TYPE SALAD DRESSING	1 TBSP	15	60	4	0	5	4	107
PLUMS, RAW, 1-1/2-IN DIAM	1 PLUM	28	15	4	0	0	0	0
CELERY, PASCAL TYPE, RAW, PIECE	1 CUP	120	20	4	1	0	0	106
PEPPERS, SWEET, RAW, RED	1 PEPPER	74	20	4	1	0	0	2
MACADAMIA NUTS, OIL RSTD, UNSALTED	1 OZ	28.35	205	4	2	22	0	2
LETTUCE, BUTTERHEAD, RAW, HEAD	1 HEAD	163	20	4	2	0	0	8
FILBERTS, (HAZELNUTS) CHOPPED	1 OZ	28.35	180	4	4	18	0	1
FISH STICKS, FROZEN, REHEATED	1 STICK	28	70	4	6	3	26	53
BAMBOO SHOOTS, CANNED, DRAINED	1 CUP	131	25	4	2	1	0	9
CABBAGE, SAVOY, RAW	1 CUP	70	20	4	1	0	0	20
RELISH, SWEET	1 TBSP	15	20	5	0	0	0	107
PEANUTS, OIL ROASTED, UNSALTED	1 OZ	28.35	165	5	8	14	0	4
PINE NUTS	1 OZ	28.35	160	5	3	17	0	20
PUMPKIN AND SQUASH KERNELS	1 OZ	28.35	155	5	7	13	0	5

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
PEANUTS, OIL ROASTED, SALTED 1 OZ	28.35	165	5	8	14	0	122
PECANS, HALVES 1 OZ	28.35	190	5	2	19	0	0
SUNFLOWER SEEDS 1 OZ	28.35	160	5	6	14	0	1
BEAN SPROUTS, MUNG, COOKD,DRAN1 CUP	124	25	5	3	0	0	12
PICKLES, CUCUMBER, SWT GHERKIN1 PICKLE	15	20	5	0	0	0	107
COLLARDS, COOKED FROM RAW 1 CUP	190	25	5	2	0	0	36
WHOLE-WHEAT WAFERS, CRACKERS 2 CRACKR	8	35	5	1	2	0	59
CAULIFLOWER, RAW 1 CUP	100	25	5	2	0	0	15
WHEAT, THIN CRACKERS 4 CRACKR	8	35	5	1	1	0	69
LEMONS, RAW 1 LEMON	58	15	5	1	0	0	1
TOMATOES, RAW 1 TOMATO	123	25	5	1	0	0	10
BEER, LIGHT 12 FL OZ	355	95	5	1	0	0	11
CHEESE CRACKERS, SANDWCH, PEANT1 SANDWH	8	40	5	1	2	1	90
WALNUTS, ENGLISH, PIECES 1 OZ	28.35	180	5	4	18	0	3
OYSTERS, BREADED, FRIED 1 OYSTER	45	90	5	5	5	35	70
CHICKEN, FRIED, BATTER,DRMSTCK2.5 OZ	72	195	6	16	11	62	194
COTTAGE CHEESE,CREMD,LRGE CURD1 CUP	225	235	6	28	10	34	911
SUGAR, WHITE, GRANULATED 1 PKT	6	25	6	0	0	0	0
MIXED NUTS W/ PEANTS,OIL,UNSLT1 OZ	28.35	175	6	5	16	0	3
CHICKEN NOODLE SOUP,DEHYD,PRPD1 PKT	188	40	6	2	1	2	957
MIXED NUTS W/ PEANTS,OIL,SALTD1 OZ	28.35	175	6	5	16	0	185
COTTAGE CHEESE,CREMD,SMLL CURD1 CUP	210	215	6	26	9	31	850
TURNIP GREENS, COOKED FROM RAW1 CUP	144	30	6	2	0	0	42
OKRA PODS, COOKED 8 PODS	85	25	6	2	0	0	4
PANCAKES, BUCKWHEAT, FROM MIX 1 PANCAK	27	55	6	2	2	20	125
SNAP BEAN,CNND,DRND,YLLW, SALT1 CUP	135	25	6	2	0	0	339
SNAP BEAN,CNND,DRND,YLLW,NOSAL1 CUP	135	25	6	2	0	0	3
CHEESE CRACKERS, PLAIN 10 CRACK	10	50	6	1	3	6	112
SNAP BEAN,CNND,DRND,GRN,NOSALT1 CUP	135	25	6	2	0	0	3
ALMONDS, WHOLE 1 OZ	28.35	165	6	6	15	0	3
CAULIFLOWER, COOKED FROM RAW 1 CUP	125	30	6	2	0	0	8
SNAP BEAN,CNND,DRND,GREEN,SALT1 CUP	135	25	6	2	0	0	339
BEAN SPROUTS, MUNG, RAW 1 CUP	104	30	6	3	0	0	6
POPCORN, AIR-POPPED, UNSALTED 1 CUP	8	30	6	1	0	0	0
POPCORN, POPPED, VEG OIL,SALTD1 CUP	11	55	6	1	3	0	86
EGGPLANT, COOKED, STEAMED 1 CUP	96	25	6	1	0	0	3
RICOTTA CHEESE, WHOLE MILK 1 CUP	246	430	7	28	32	124	207
GRAVY AND TURKEY, FROZEN 5 OZ	142	95	7	8	4	26	787
WHIPPING CREAM, UNWHIPED,LIGHT1 CUP	239	700	7	5	74	265	82



Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
BEEF LIVER, FRIED 3 OZ	85	185	7	23	7	410	90
KALE, COOKED FROM RAW 1 CUP	130	40	7	2	1	0	30
WHIPPING CREAM, UNWHIPED, HEAVY 1 CUP	238	820	7	5	88	326	89
HADDOCK, BREADED, FRIED 3 OZ	85	175	7	17	9	75	123
SPINACH, CANNED, DRND, W/ SALT 1 CUP	214	50	7	6	1	0	683
SPINACH, CANNED, DRND, W/O SALT 1 CUP	214	50	7	6	1	0	58
CAULIFLOWER, COOKED FROM FROZN 1 CUP	180	35	7	3	0	0	32
CARROTS, RAW, WHOLE 1 CARROT	72	30	7	1	0	0	25
WHIPPED TOPPING, PRESSURIZED 1 CUP	60	155	7	2	13	46	78
OCEAN PERCH, BREADED, FRIED 1 FILLET	85	185	7	16	11	66	138
DANDELION GREENS, COOKED, DRND 1 CUP	105	35	7	2	1	0	46
CABBAGE, COMMON, COOKED, DRND 1 CUP	150	30	7	1	0	0	29
BEETS, COOKED, DRAINED, WHOLE 2 BEETS	100	30	7	1	0	0	49
SEAWEED, SPIRULINA, DRIED 1 OZ	28.35	80	7	16	2	0	297
CHICKEN RICE SOUP, CANNED 1 CUP	241	60	7	4	2	7	815
PISTACHIO NUTS 1 OZ	28.35	165	7	6	14	0	2
KALE, COOKED FROM FROZEN 1 CUP	130	40	7	4	1	0	20
COCONUT, RAW, PIECE 1 PIECE	45	160	7	1	15	0	9
MIXED NUTS W/ PEANTS, DRY, UNSLT 1 OZ	28.35	170	7	5	15	0	3
MIXED NUTS W/ PEANTS, DRY, SALTD 1 OZ	28.35	170	7	5	15	0	190
SPINACH, COOKED FROM RAW, DRND 1 CUP	180	40	7	5	0	0	126
OYSTERS, RAW 1 CUP	240	160	8	20	4	120	175
TURNIP GREENS, CKED FRM FROZEN 1 CUP	164	50	8	5	1	0	25
TURNIPS, COOKED, DICED 1 CUP	156	30	8	1	0	0	78
SWEETPOTATOES, CNND, VAC PACK 1 PIECE	40	35	8	1	0	0	21
CASHEW NUTS, OIL ROASTD, SALTED 1 OZ	28.35	165	8	5	14	0	177
CASHEW NUTS, OIL ROASTD, UNSALT 1 OZ	28.35	165	8	5	14	0	5
TOMATO VEG SOUP, DEHYD, PREPRED 1 PKT	189	40	8	1	1	0	856
SQUASH, SUMMER, COOKED, DRAIND 1 CUP	180	35	8	2	1	0	2
WINE, DESSERT 3.5 F OZ	103	140	8	0	0	0	9
CARROTS, CANNED, DRN, W/ SALT 1 CUP	146	35	8	1	0	0	352
CARROTS, CANNED, DRND, W/O SALT 1 CUP	146	35	8	1	0	0	61
CHOCOLATE, BITTER OT BAKING 1 OZ	28.35	145	8	3	15	0	1
ASPARAGUS, CKD FRM RAW, DR, CUT 1 CUP	180	45	8	5	1	0	7
SNAP BEAN, FRZ, CKD, DRND, GREEN 1 CUP	135	35	8	2	0	0	18
ONION RINGS, BREADED, FRZN, PRPD 2 RINGS	20	80	8	1	5	0	75
ONIONS, RAW, SLICED 1 CUP	115	40	8	1	0	0	2
MUSHROOMS, CANNED, DRND, W/SALT 1 CUP	156	35	8	3	0	0	663
BEET GREENS, COOKED, DRAINED 1 CUP	144	40	8	4	0	0	347

Description of food		Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
COTTAGE CHEESE,LOWFAT 2%	1 CUP	226	205	8	31	4	19	918
BROCCOLI, RAW	1 SPEAR	151	40	8	4	1	0	41
MUSHROOMS, COOKED, DRAINED	1 CUP	156	40	8	3	1	0	3
PANCAKES, PLAIN, FROM MIX	1 PANCAK	27	60	8	2	2	16	160
SNAP BEAN,FRZ,CKD,DRND,YELLOW	1 CUP	135	35	8	2	0	0	18
CR OF CHICKEN SOUP W/ H2O,CNND1	CUP	244	115	9	3	7	10	986
CR OF MUSHROM SOUP W/ H2O,CNND1	CUP	244	130	9	2	9	2	1032
TANGERINES, RAW	1 TANGRN	84	35	9	1	0	0	1
GRAPES, EUROPEAN, RAW, THOMPSN10	GRAPE	50	35	9	0	0	0	1
ASPARAGUS, CKD FRM FRZ,DRN,CUT1	CUP	180	50	9	5	1	0	7
PINEAPPLE, CANNED, JUICE PACK	1 SLICE	58	35	9	0	0	0	1
BEEF NOODLE SOUP, CANNED	1 CUP	244	85	9	5	3	5	952
CHICKEN NOODLE SOUP, CANNED	1 CUP	241	75	9	4	2	7	1106
PANCAKES, PLAIN, HOME RECIPE	1 PANCAK	27	60	9	2	2	16	115
CASHEW NUTS, DRY ROASTD,SALTED1	OZ	28.35	165	9	4	13	0	181
CASHEW NUTS, DRY ROASTD,UNSALT1	OZ	28.35	165	9	4	13	0	4
PLUMS, RAW, 2-1/8-IN DIAM	1 PLUM	66	35	9	1	0	0	0
SALTINES	4 CRACKR	12	50	9	1	1	4	165
LIGHT, COFFEE OR TABLE CREAM	1 CUP	240	470	9	6	46	159	95
BROCCOLI, RAW, COOKED, DRAINED1	CUP	155	45	9	5	0	0	17
PEACHES, CANNED, JUICE PACK	1 HALF	77	35	9	0	0	0	3
TOMATO JUICE, CANNED WITH SALT1	CUP	244	40	10	2	0	0	881
SPINACH, COOKED FR FRZEN, DRND1	CUP	190	55	10	6	0	0	163
TOMATO JUICE, CANNED W/O SALT	1 CUP	244	40	10	2	0	0	24
TOMATOES, CANNED, S+L,W/O SALT1	CUP	240	50	10	2	1	0	31
HALF AND HALF, CREAM	1 CUP	242	315	10	7	28	89	98
SOUR CREAM	1 CUP	230	495	10	7	48	102	123
TOMATOES, CANNED, S+L, W/ SALT1	CUP	240	50	10	2	1	0	391
RYE WAFERS, WHOLE-GRAIN	2 WAFERS	14	55	10	1	1	0	115
GRAPEFRUIT, RAW, PINK	1/2 FRUT	120	40	10	1	0	0	0
PEARS, CANNED, JUICE PACK	1 HALF	77	40	10	0	0	0	3
JELLIES	1 PKT	14	40	10	0	0	0	4
APRICOTS, CANNED, JUICE PACK	3 HALVES	84	40	10	1	0	0	3
JAMS AND PRESERVES	1 PKT	14	40	10	0	0	0	2
BROCCOLI, RAW, COOKED, DRAINED1	SPEAR	180	50	10	5	1	0	20
BROCCOLI, FRZN, COOKED, DRANED1	CUP	185	50	10	6	0	0	44
WHITE BREAD, SLICE 22 PER LOAF1	SLICE	20	55	10	2	1	0	101
PEACHES, RAW	1 PEACH	87	35	10	1	0	0	0
TURKEY PATTIES, BRD,BATTD,FRID1	PATTY	64	180	10	9	12	40	512

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
SAUERKRAUT, CANNED 1 CUP	236	45	10	2	0	0	1560
BAKING PWDR BISCUITS, REFRGDOGH1 BISCUT	20	65	10	1	2	1	249
WHITE BREAD, TOASTED 22 PER 1 SLICE	17	55	10	2	1	0	101
SNAP BEAN, RAW, CKD, DRND, YELLOW 1 CUP	125	45	10	2	0	0	4
SNAP BEAN, RAW, CKD, DRND, GREEN 1 CUP	125	45	10	2	0	0	4
GRAPEFRUIT, RAW, WHITE 1/2 FRUT	120	40	10	1	0	0	0
POTATO CHIPS 10 CHIPS	20	105	10	1	7	0	94
CHICKEN CHOW MEIN, HOME RECIPE1 CUP	250	255	10	31	10	75	718
GRAPES, EUROPEAN, RAW, TOKAY 10 GRAPE	57	40	10	0	0	0	1
SCALLOPS, BREADED, FRZN, REHEAT6 SCALOP	90	195	10	15	10	70	298
VEGETABLE BEEF SOUP, CANNED 1 CUP	244	80	10	6	2	5	956
STRAWBERRIES, RAW 1 CUP	149	45	10	1	1	0	1
CHERRIES, SWEET, RAW 10 CHERY	68	50	11	1	1	0	0
RAISINS 1 PACKET	14	40	11	0	0	0	2
LETTUCE, CRISP HEAD, RAW, HEAD 1 HEAD	539	70	11	5	1	0	49
BROWNIES W/ NUTS, FRM HOME RECP1 BROWNE	20	95	11	1	6	18	51
KOHLRABI, COOKED, DRAINED 1 CUP	165	50	11	3	0	0	35
MINISTRONE SOUP, CANNED 1 CUP	241	80	11	4	3	2	911
BEEF GRAVY, CANNED 1 CUP	233	125	11	9	5	7	1305
MILK, WHOLE, 3.3% FAT 1 CUP	244	150	11	8	8	33	120
WATERMELON, RAW, DICED 1 CUP	160	50	11	1	1	0	3
PEAS, EDIBLE POD, COOKED, DRNED1 CUP	160	65	11	5	0	0	6
BEETS, COOKED, DRAINED, DICED 1 CUP	170	55	11	2	0	0	83
SHRIMP, FRENCH FRIED 3 OZ	85	200	11	16	10	168	384
GRAHAM CRACKER, PLAIN 2 CRACKR	14	60	11	1	1	0	86
IMITATN WHIPD TOPING, PRESSRZD 1 CUP	70	185	11	1	16	0	43
VEGETABLE JUICE COCKTAIL, CNND1 CUP	242	45	11	2	0	0	883
CARROTS, RAW, GRATED 1 CUP	110	45	11	1	0	0	39
KIWIFRUIT, RAW 1 KIWI	76	45	11	1	0	0	4
IMITATN SOUR DRESSING 1 CUP	235	415	11	8	39	13	113
YOGURT, W/ WHOLE MILK 8 OZ	227	140	11	8	7	29	105
CARROTS, COOKED FROM FROZEN 1 CUP	146	55	12	2	0	0	86
PINEAPPLE, CANNED, HEAVY SYRUP1 SLICE	58	45	12	0	0	0	1
BEETS, CANNED, DRAINED, NO SALT1 CUP	170	55	12	2	0	0	78
HONEYDEW MELON, RAW 1/10 MEL	129	45	12	1	0	0	13
SUGAR, WHITE, GRANULATED 1 TBSP	12	45	12	0	0	0	0
BEETS, CANNED, DRAINED, W/ SALT1 CUP	170	55	12	2	0	0	466
ARTICHOKES, GLOBE, COOKED, DRN1 ARTCHK	120	55	12	3	0	0	79
COCONUT, RAW, SHREDDED 1 CUP	80	285	12	3	27	0	16

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
ICE CREAM, VANLLA, REGULR 11% 3 FL OZ	50	100	12	2	5	22	44
CLAM CHOWDER, MANHATTAN, CANNND1 CUP	244	80	12	4	2	2	1808
VEGETARIAN SOUP, CANNED 1 CUP	241	70	12	2	2	0	822
MILK, SKIM, ADDED MILK SOLIDS 1 CUP	245	90	12	9	1	5	130
MILK, LOFAT, 2%, ADDED SOLIDS 1 CUP	245	125	12	9	5	18	128
MILK, LOFAT, 1%, NO ADDEDSOLID1 CUP	244	100	12	8	3	10	123
MILK, LOFAT, 1%, ADDED SOLIDS 1 CUP	245	105	12	9	2	10	128
MILK, SKIM, NO ADDED MILKSOLID1 CUP	245	85	12	8	0	4	126
COLLARDS, COOKED FROM FROZEN 1 CUP	170	60	12	5	1	0	85
BUTTERMILK, FLUID 1 CUP	245	100	12	8	2	9	257
RYE BREAD, LIGHT, TOASTED 1 SLICE	22	65	12	2	1	0	175
WHITE BREAD, SLICE 18 PER LOAF1 SLICE	25	65	12	2	1	0	129
WHITE BREAD, TOASTED 18 PER 1 SLICE	22	65	12	2	1	0	129
CHICKEN A LA KING, HOME RECIPE1 CUP	245	470	12	27	34	221	760
PUMPKIN, COOKED FROM RAW 1 CUP	245	50	12	2	0	0	2
WHEAT BREAD 1 SLICE	25	65	12	2	1	0	138
MILK, LOFAT, 2%, NO ADDEDSOLID1 CUP	244	120	12	8	5	18	122
RYE BREAD, LIGHT 1 SLICE	25	65	12	2	1	0	175
APRICOTS, RAW 3 APRCOT	106	50	12	1	0	0	1
OATMEAL BREAD 1 SLICE	25	65	12	2	1	0	124
CRACKED-WHEAT BREAD 1 SLICE	25	65	12	2	1	0	106
CRACKED-WHEAT BREAD, TOASTED 1 SLICE	21	65	12	2	1	0	106
MIXED GRAIN BREAD 1 SLICE	25	65	12	2	1	0	106
MIXED GRAIN BREAD, TOASTED 1 SLICE	23	65	12	2	1	0	106
AVOCADOS, CALIFORNIA 1 AVOCDO	173	305	12	4	30	0	21
OATMEAL BREAD, TOASTED 1 SLICE	23	65	12	2	1	0	124
ONIONS, RAW, CHOPPED 1 CUP	160	55	12	2	0	0	3
WHEAT BREAD, TOASTED 1 SLICE	23	65	12	3	1	0	138
ONIONS, RAW, COOKED, DRAINED 1 CUP	210	60	13	2	0	0	17
CHICKEN, FRIED, BATTER, BREAST4.9 OZ	140	365	13	35	18	119	385
MUSHROOM GRAVY, CANNED 1 CUP	238	120	13	3	6	0	1357
MILK CHOCOLATE CANDY,W/ PENUTS1 OZ	28.35	155	13	4	11	5	19
CHOP SUEY W/ BEEF + PORK,HMRCP1 CUP	250	300	13	26	17	68	1053
CHICKEN GRAVY, CANNED 1 CUP	238	190	13	5	14	5	1373
BRUSSELS SPROUTS, RAW, COOKED 1 CUP	155	60	13	4	1	0	33
TORTILLAS, CORN 1 TORTLA	30	65	13	2	1	0	1
PRETZELS, TWISTED, DUTCH 1 PRETZ	16	65	13	2	1	0	258
JELLIES 1 TBSP	18	50	13	0	0	0	5
BRUSSELS SPROUTS, FRZN, COOKED1 CUP	155	65	13	6	1	0	36

Description of food		Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
BEER, REGULAR	12 FL OZ	360	150	13	1	0	0	18
DANISH PASTRY, PLAIN, NO NUTS	1 OZ	28.35	110	13	2	6	24	109
RAISIN BREAD, TOASTED	1 SLICE	21	65	13	2	1	0	92
WHOLE-WHEAT BREAD, TOASTED	1 SLICE	25	70	13	3	1	0	180
BAKING PWDR BISCUITS, HOMERECPE1	BISCUT	28	100	13	2	5	0	195
RAISIN BREAD	1 SLICE	25	65	13	2	1	0	92
IMITATN WHIPD TOPING, PWDRD, PRP1	CUP	80	150	13	3	10	8	53
WHOLE-WHEAT BREAD	1 SLICE	28	70	13	3	1	0	180
RICOTTA CHEESE, PART SKIM MILK1	CUP	246	340	13	28	19	76	307
VIENNA BREAD	1 SLICE	25	70	13	2	1	0	145
CORN, COOKED FRM FROZN, YELLOW1	EAR	63	60	14	2	0	0	3
CORN, COOKED FRM FROZN, WHITE	1 EAR	63	60	14	2	0	0	3
HOLLANDAISE SCE, W/ H2O, FRM MX1	CUP	259	240	14	5	20	52	1564
ROLLS, DINNER, COMMERCIAL	1 ROLL	28	85	14	2	2	0	155
BROWN GRAVY FROM DRY MIX	1 CUP	261	80	14	3	2	2	1147
CHICKEN GRAVY FROM DRY MIX	1 CUP	260	85	14	3	2	3	1134
RASPBERRIES, RAW	1 CUP	123	60	14	1	1	0	0
BAKING PWDR BISCUITS, FROM MIX	1 BISCUT	28	95	14	2	3	0	262
PLUMS, CANNED, JUICE PACK	3 PLUMS	95	55	14	0	0	0	1
JAMS AND PRESERVES	1 TBSP	20	55	14	0	0	0	2
VEGETABLES, MIXED, CANNED	1 CUP	163	75	15	4	0	0	243
WALNUTS, BLACK, CHOPPED	1 CUP	125	760	15	30	71	0	1
POUND CAKE, COMMERCIAL	1 SLICE	29	110	15	2	5	64	108
ORANGES, RAW	1 ORANGE	131	60	15	1	0	0	0
POUND CAKE, FROM HOME RECIPE	1 SLICE	30	120	15	2	5	32	96
CR OF CHICKEN SOUP W/ MLK, CNND1	CUP	248	190	15	7	11	27	1047
BEEF AND VEGETABLE STEW, HM RCP1	CUP	245	220	15	16	11	71	292
MILK CHOCOLATE CANDY, W/ ALMOND1	OZ	28.35	150	15	3	10	5	23
CR OF MUSHROM SOUP W/ MLK, CNND1	CUP	248	205	15	6	14	20	1076
TACO	1 TACO	81	195	15	9	11	21	456
MALTED MILK, NATURAL, POWDER	3/4 OZ	21	85	15	3	2	4	96
WHITE BREAD CUBES	1 CUP	30	80	15	2	1	0	154
PEARS, CANNED, HEAVY SYRUP	1 HALF	79	60	15	0	0	0	4
BROWNIES W/ NUTS, FRSTNG, CMMRCL1	BROWNE	25	100	16	1	4	14	59
PUMPERNICKEL BREAD	1 SLICE	32	80	16	3	1	0	177
MILK CHOCOLATE CANDY, PLAIN	1 OZ	28.35	145	16	2	9	6	23
CORN CHIPS	1 OZ	28.35	155	16	2	9	0	233
PUMPERNICKEL BREAD, TOASTED	1 SLICE	29	80	16	3	1	0	177
SWEET (DARK) CHOCOLATE	1 OZ	28.35	150	16	1	10	0	5

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
LEMON JUICE,FRZN,SINGLE-STRNGH6 FL OZ	244	55	16	1	1	0	2
NECTARINES, RAW 1 NECTRN	136	65	16	1	1	0	0
YOGURT, W/ LOFAT MILK, PLAIN 8 OZ	227	145	16	12	4	14	159
CARROTS, COOKED FROM RAW 1 CUP	156	70	16	2	0	0	103
LEMON JUICE, CANNED 1 CUP	244	50	16	1	1	0	51
LIME JUICE,CANNED 1 CUP	246	50	16	1	1	0	39
APPLES, RAW, PEELED, SLICED 1 CUP	110	65	16	0	0	0	0
PEACHES, CANNED, HEAVY SYRUP 1 HALF	81	60	16	0	0	0	5
IMITATION WHIPPED TOPPING,FRZN1 CUP	75	240	17	1	19	0	19
FRENCH TOAST, HOME RECIPE 1 SLICE	65	155	17	6	7	112	257
HONEY 1 TBSP	21	65	17	0	0	0	1
ITALIAN BREAD 1 SLICE	30	85	17	3	0	0	176
CLAM CHOWDER, NEW ENG, W/ MILK1 CUP	248	165	17	9	7	22	992
GELATIN DESSERT, PREPARED 1/2 CUP	120	70	17	2	0	0	55
WATER CHESTNUTS, CANNED 1 CUP	140	70	17	1	0	0	11
SNACK CAKES,DEVILS FOOD,CREMFLSM CAKE	28	105	17	1	4	15	105
SHORTBREAD COOKIE, HOME RECIPE2 COOKIE	28	145	17	2	8	0	125
PAPAYAS, RAW 1 CUP	140	65	17	1	0	0	9
POTATOES, FRENCH-FRD,FRZN,OVEN 10 STRIP	50	110	17	2	4	0	16
MACADAMIA NUTS, OILRSTD,SALTED1 CUP	134	960	17	10	103	0	348
YOGURT, W/ NONFAT MILK 8 OZ	227	125	17	13	0	4	174
MACADAMIA NUTS, OILRSTD,UNSALT1 CUP	134	960	17	10	103	0	9
TOMATO SOUP W/ WATER, CANNED 1 CUP	244	85	17	2	2	0	871
POPSICLE 1 POPCLE	95	70	18	0	0	0	11
100% NATURAL CEREAL 1 OZ	28.35	135	18	3	6	0	12
TOMATO SAUCE, CANNED WITH SALT1 CUP	245	75	18	3	0	0	1482
CORN GRITS, COOKED, INSTANT 1 PKT	137	80	18	2	0	0	343
OATMEAL,CKD,INSTNT,PLAIN,FORTF1 PKT	177	105	18	4	2	0	285
APRICOT, CANNED, HEAVY SYRUP 3 HALVES	85	70	18	0	0	0	3
CHICKEN CHOW MEIN, CANNED 1 CUP	250	95	18	7	0	8	725
FILBERTS, (HAZELNUTS) CHOPPED 1 CUP	115	725	18	15	72	0	3
FRENCH BREAD 1 SLICE	35	100	18	3	1	0	203
SQUASH, WINTER, BAKED 1 CUP	205	80	18	2	1	0	2
MILK CHOCOLATE CANDY,W/ RICE C1 OZ	28.35	140	18	2	7	6	46
BLACKBERRIES, RAW 1 CUP	144	75	18	1	1	0	0
MALTED MILK, CHOCOLATE, POWDER3/4 OZ	21	85	18	1	1	1	49
PINEAPPLE, RAW, DICED 1 CUP	155	75	19	1	1	0	2
PEACHES, RAW, SLICED 1 CUP	170	75	19	1	0	0	0
SOYBEANS, DRY, COOKED, DRAINED1 CUP	180	235	19	20	10	0	4

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)	
CORN, COOKED FROM RAW, YELLOW	1 EAR	77	85	19	3	1	0	13
CORN, COOKED FROM RAW, WHITE	1 EAR	77	85	19	3	1	0	13
TUNA SALAD	1 CUP	205	375	19	33	19	80	877
NATURE VALLEY GRANOLA CEREAL	1 OZ	28.35	125	19	3	5	0	58
COCA PWDR W/O NONFAT DRY MILK	3/4 OZ	21	75	19	1	1	0	56
BRAN MUFFINS, HOME RECIPE	1 MUFFIN	45	125	19	3	6	24	189
CHEERIOS CEREAL	1 OZ	28.35	110	20	4	2	0	307
LIMEADE, CONCEN, FROZEN, DILUTED	6 FL OZ	185	75	20	0	0	0	0
BLUEBERRY MUFFINS, HOME RECIPE	1 MUFFIN	45	135	20	3	5	19	198
ROLLS, FRANKFURTER + HAMBURGER	1 ROLL	40	115	20	3	2	0	241
ROLLS, DINNER, HOME RECIPE	1 ROLL	35	120	20	3	3	12	98
PUMPKIN, CANNED	1 CUP	245	85	20	3	1	0	12
DEVIL'S FOOD CAKE, CHOCFRST, FMX	1 CUPCAK	35	120	20	2	4	19	92
BLUEBERRIES, RAW	1 CUP	145	80	20	1	1	0	9
PECANS, HALVES	1 CUP	108	720	20	8	73	0	1
POTATOES, FRENCH-FRD, FRZN, FRIED	10 STRIP	50	160	20	2	8	0	108
SHORTBREAD COOKIE, COMMERCIAL	4 COOKIE	32	155	20	2	8	27	123
ALL-BRAN CEREAL	1 OZ	28.35	70	21	4	1	0	320
PEAS, GREEN, CNND, DRND, W/O SALT	1 CUP	170	115	21	8	1	0	3
PEAS, GREEN, CNND, DRND, W/ SALT	1 CUP	170	115	21	8	1	0	372
CORN MUFFINS, HOME RECIPE	1 MUFFIN	45	145	21	3	5	23	169
WHITE SAUCE W/ MILK FROM MIX	1 CUP	264	240	21	10	13	34	797
PEARS, RAW, BOSC	1 PEAR	141	85	21	1	1	0	0
FUDGE, CHOCOLATE, PLAIN	1 OZ	28.35	115	21	1	3	1	54
CREAM OF WHEAT, CKD, MIX N EAT	1 PKT	142	100	21	3	0	0	241
SPECIAL K CEREAL	1 OZ	28.35	110	21	6	0	0	265
RAISIN BRAN, POST	1 OZ	28.35	85	21	3	1	0	185
RAISIN BRAN, KELLOGG'S	1 OZ	28.35	90	21	3	1	0	207
LEMON JUICE, RAW	1 CUP	244	60	21	1	0	0	2
SYRUP, CHOCOLATE FLVRED, FUDGE	2 TBSP	38	125	21	2	5	0	42
APPLES, RAW, UNPEELED, 3 PER LB	1 APPLE	138	80	21	0	0	0	0
LEMONADE, CONCEN, FRZEN, DILUTED	6 FL OZ	185	80	21	0	0	0	1
BOSTON BROWN BREAD, W/YLLWCRNML	1 SLICE	45	95	21	2	1	3	113
BOSTON BROWN BREAD, W/WHTECRNM	1 SLICE	45	95	21	2	1	3	113
ORANGES, RAW, SECTIONS	1 CUP	180	85	21	2	0	0	0
TEA, INSTANT, PREPARD, SWEETENED	8 FL OZ	262	85	22	0	0	0	0
GRAPEFRUIT JUICE, CANNED, UNSWT	1 CUP	247	95	22	1	0	0	2
BLUEBERRY MUFFINS, FROM COM MIX	1 MUFFIN	45	140	22	3	5	45	225
TOTAL CEREAL	1 OZ	28.35	100	22	3	1	0	352

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
WALNUTS, ENGLISH, PIECES 1 CUP	120	770	22	17	74	0	12
CANTALOUPE, RAW 1/2 MELN	267	95	22	2	1	0	24
40% BRAN FLAKES, POST 1 OZ	28.35	90	22	3	0	0	260
CHEERRIES, SOUR, RED, CANNED, WATER 1 CUP	244	90	22	2	0	0	17
40% BRAN FLAKES, KELLOGG'S 1 OZ	28.35	90	22	4	1	0	264
WHITE BREAD CRUMBS, SOFT 1 CUP	45	120	22	4	2	0	231
CORN MUFFINS, FROM COMMERL MIX 1 MUFFIN	45	145	22	3	6	42	291
LIME JUICE, RAW 1 CUP	246	65	22	1	0	0	2
MOLASSES, CANE, BLACKSTRAP 2 TBSP	40	85	22	0	0	0	38
TOMATO SOUP WITH MILK, CANNED 1 CUP	248	160	22	6	6	17	932
CARAMELS, PLAIN OR CHOCOLATE 1 OZ	28.35	115	22	1	3	1	64
SYRUP, CHOCOLATE FLAVORED THIN 2 TBSP	38	85	22	1	0	0	36
COCOA PWDR WITH NONFAT DRYMILK 1 OZ	28.35	100	22	3	1	1	139
COCOA PWDR W/ NOFAT DRMLK, PRPD 1 SERVNG	206	100	22	3	1	1	139
FRUIT PUNCH DRINK, CANNED 6 FL OZ	190	85	22	0	0	0	15
LUCKY CHARMS CEREAL 1 OZ	28.35	110	23	3	1	0	201
PEAS, GRN, FROZEN COOKED, DRANED 1 CUP	160	125	23	8	0	0	139
HONEY NUT CHEERIOS CEREAL 1 OZ	28.35	105	23	3	1	0	257
WHEATIES CEREAL 1 OZ	28.35	100	23	3	0	0	354
GRAPE-NUTS CEREAL 1 OZ	28.35	100	23	3	0	0	197
MARSHMALLOWS 1 OZ	28.35	90	23	1	0	0	25
CHEESE SAUCE W/ MILK, FRM MIX 1 CUP	279	305	23	16	17	53	1565
PINEAPPLE-GRAPEFRUIT JUICEDRNK 6 FL OZ	187	90	23	0	0	0	24
CAP'N CRUNCH CEREAL 1 OZ	28.35	120	23	1	3	0	213
BEAN WITH BACON SOUP, CANNED 1 CUP	253	170	23	8	6	3	951
SHREDDED WHEAT CEREAL 1 OZ	28.35	100	23	3	1	0	3
GRAPEFRUIT JUICE, RAW 1 CUP	247	95	23	1	0	0	2
CORN FLAKES, TOASTIES 1 OZ	28.35	110	24	2	0	0	297
BRAN MUFFINS, FROM COMMERL MIX 1 MUFFIN	45	140	24	3	4	28	385
PRODUCT 19 CEREAL 1 OZ	28.35	110	24	3	0	0	325
ENCHILADA 1 ENCHLD	230	235	24	20	16	19	1332
CORN FLAKES, KELLOGG'S 1 OZ	28.35	110	24	2	0	0	351
GOLDEN GRAHAMS CEREAL 1 OZ	28.35	110	24	2	1	0	346
VEGETABLES, MIXED, CKED FR FRZ 1 CUP	182	105	24	5	0	0	64
MACARONI, COOKED, TENDER, COLD 1 CUP	105	115	24	4	0	0	1
GRAPEFRUIT JCE, FRZN, DLTD, UNSWTEN 1 CUP	247	100	24	1	0	0	2
WHITE SAUCE, MEDIUM, HOME RECP 1 CUP	250	395	24	10	30	32	888
DOUGHNUTS, CAKE TYPE, PLAIN 1 DONUT	50	210	24	3	12	20	192
SUGAR SMACKS CEREAL 1 OZ	28.35	105	25	2	1	0	75



Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
OATMEAL, CKD, RG, QCK, INST, W/SALT1 CUP	234	145	25	6	2	0	374
FRUITCAKE, DARK, FROM HOMERECIP1 PIECE	43	165	25	2	7	20	67
PUDDING, CHOC, COOKED FROM MIX1/2 CUP	130	150	25	4	4	15	167
TOMATO PUREE, CANNED W/O SALT 1 CUP	250	105	25	4	0	0	50
OATMEAL, CKD, RG, QCK, INST, W/OSAL1 CUP	234	145	25	6	2	0	2
ORANGE + GRAPEFRUIT JUCE, CANND1 CUP	247	105	25	1	0	0	7
TOMATO PUREE, CANNED WITH SALT1 CUP	250	105	25	4	0	0	998
ORANGE JUICE, CANNED 1 CUP	249	105	25	1	0	0	5
PUDDING, TAPIOCA, FROM MIX 1/2 CUP	130	145	25	4	4	15	152
ORANGE JUICE, CHILLED 1 CUP	249	110	25	2	1	0	2
PUDDING, VNLLA, COOKED FROM MIX1/2 CUP	130	145	25	4	4	15	178
GUM DROPS 1 OZ	28.35	100	25	0	0	0	10
EVAPORATED MILK, WHOLE, CANNED1 CUP	252	340	25	17	19	74	267
PEARS, RAW, BARTLETT 1 PEAR	166	100	25	1	1	0	0
RICE KRISPIES CEREAL 1 OZ	28.35	110	25	2	0	0	340
TRIX CEREAL 1 OZ	28.35	110	25	2	0	0	181
FROOT LOOPS CEREAL 1 OZ	28.35	110	25	2	1	0	145
GRAPE DRINK, CANNED 6 FL OZ	187	100	26	0	0	0	11
CHICKEN AND NOODLES, HOME RECP1 CUP	240	365	26	22	18	103	600
CHOCOLATE MILK, LOWFAT 2% 1 CUP	250	180	26	8	5	17	151
CHOCOLATE MILK, LOWFAT 1% 1 CUP	250	160	26	8	3	7	152
DOUGHNUTS, YEAST-LEAVEND, GLZED1 DONUT	60	235	26	4	13	21	222
MACARONI AND CHEESE, CANNED 1 CUP	240	230	26	9	10	24	730
NOODLES, CHOW MEIN, CANNED 1 CUP	45	220	26	6	11	5	450
CHOCOLATE MILK, REGULAR 1 CUP	250	210	26	8	8	31	149
JELLY BEANS 1 OZ	28.35	105	26	0	0	0	7
SUPER SUGAR CRISP CEREAL 1 OZ	28.35	105	26	2	0	0	25
WAFFLES, FROM HOME RECIPE 1 WAFFLE	75	245	26	7	13	102	445
ORANGE JUICE, RAW 1 CUP	248	110	26	2	0	0	2
JERUSALEM-ARTICHOKE, RAW 1 CUP	150	115	26	3	0	0	6
DANISH PASTRY, PLAIN, NO NUTS 1 PASTRY	57	220	26	4	12	49	218
CHOCOLATE CHIP COOKIES, HME RCP4 COOKIE	40	185	26	2	11	18	82
POTATOES, SCALLOPED, HOME RECP1 CUP	245	210	26	7	9	29	821
SUGAR FROSTED FLAKES, KELLOGG 1 OZ	28.35	110	26	1	0	0	230
MALT-O-MEAL, WITH SALT 1 CUP	240	120	26	4	0	0	324
CORNMEAL, DEGERMED, ENRCHED, COOK1 CUP	240	120	26	3	0	0	0
MALT-O-MEAL, W/O SALT 1 CUP	240	120	26	4	0	0	2
CHEESECAKE 1 PIECE	92	280	26	5	18	170	204
AVOCADOS, FLORIDA 1 AVOCDO	304	340	27	5	27	0	15

Description of food		Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
PEA, GREEN, SOUP, CANNED	1 CUP	250	165	27	9	3	0	988
CROISSANTS	1 CROSST	57	235	27	5	12	13	452
BANANAS	1 BANANA	114	105	27	1	1	0	1
WAFFLES, FROM MIX	1 WAFFLE	75	205	27	7	8	59	515
ORANGE JUICE, FRZN, CNCN, DILUTED	1 CUP	249	110	27	2	0	0	2
POTATOES, BOILED, PEELED BEFOR	1 POTATO	135	115	27	2	0	0	7
ENGLISH MUFFINS, PLAIN, TOASTD	1 MUFFIN	50	140	27	5	1	0	378
PEANUTS, OIL ROASTED, UNSALTED	1 CUP	145	840	27	39	71	0	22
MALTED MILK, NATURAL, PWDR PPRD	1 SERVNG	265	235	27	11	10	37	215
POTATOES, BOILED, PEELED AFTER	1 POTATO	136	120	27	3	0	0	5
PUDDING, CHOC, INSTANT, FR MIX	1/2 CUP	130	155	27	4	4	14	440
SNACK CAKES, SPONGE CREME FLLNGSM	1 CAKE	42	155	27	1	5	7	155
PUDDING, RICE, FROM MIX	1/2 CUP	132	155	27	4	4	15	140
PEANUTS, OIL ROASTED, SALTED	1 CUP	145	840	27	39	71	0	626
ENGLISH MUFFINS, PLAIN	1 MUFFIN	57	140	27	5	1	0	378
FONDANT, UNCOATED	1 OZ	28.35	105	27	0	0	0	57
PUDDING, VNLLA, INSTANT FRM MIX	1/2 CUP	130	150	27	4	4	15	375
POTATOES, AU GRATIN, HOME RECP	1 CUP	245	325	28	12	19	56	1061
ALMONDS, SLIVERED	1 CUP	135	795	28	27	70	0	15
GRAPEFRUIT JUICE, CANNED, SWTND	1 CUP	250	115	28	1	0	0	5
POTATO SALAD MADE W/ MAYONNAIS	1 CUP	250	360	28	7	21	170	1323
HARD CANDY	1 OZ	28.35	110	28	0	0	0	7
DANISH PASTRY, FRUIT	1 PASTRY	65	235	28	4	13	56	233
CHOCOLATE CHIP COOKIES, COMMRL	4 COOKIE	42	180	28	2	9	5	140
PUDDING, TAPIOCA, CANNED	5 OZ	142	160	28	3	5	0	252
CHEESEBURGER, REGULAR	1 SANDWH	112	300	28	15	15	44	672
SWEETPOTATOES, BAKED, PEELED	1 POTATO	114	115	28	2	0	0	11
PEANUT BUTTER COOKIE, HOME RECP	4 COOKIE	48	245	28	4	14	22	142
HAMBURGER, REGULAR	1 SANDWH	98	245	28	12	11	32	463
APPLESAUCE, CANNED, UNSWEETENED	1 CUP	244	105	28	0	0	0	5
EVAPORATED MILK, SKIM, CANNED	1 CUP	255	200	29	19	1	9	293
MALTED MILK, CHOCOLATE, PWDRPPD	1 SERVNG	265	235	29	9	9	34	168
SWEETPOTATOES, CANDIED	1 PIECE	105	145	29	1	3	8	74
SANDWICH TYPE COOKIE	4 COOKIE	40	195	29	2	8	0	189
ICE MILK, VANILLA, 4% FAT	1 CUP	131	185	29	5	6	18	105
PEACHES, CANNED, JUICE PACK	1 CUP	248	110	29	2	0	0	10
CRM WHEAT, CKD, REG, INST, W/SALT	1 CUP	244	140	29	4	0	0	390
CRM WHEAT, CKD, QUICK, W/ SALT	1 CUP	244	140	29	4	0	0	390
QUICHE LORRAINE	1 SLICE	176	600	29	13	48	285	653

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)	
APPLE JUICE, CANNED	1 CUP	248	115	29	0	0	7	
CRM WHEAT, CKD, REG, INST, NO SALT	1 CUP	244	140	29	4	0	5	
FRUIT COCKTAIL, CNND, JUICE PACK	1 CUP	248	115	29	1	0	10	
CRM WHEAT, CKD, QUICK, NO SALT	1 CUP	244	140	29	4	0	142	
SPAGHETTI, MEATBALLS, TOMSAC, CND	1 CUP	250	260	29	12	10	23	1220
VANILLA WAFERS	10 COOKE	40	185	29	2	7	25	150
ANGELFOOD CAKE, FROM MIX	1 PIECE	53	125	29	3	0	0	269
CUSTARD, BAKED	1 CUP	265	305	29	14	15	278	209
COCA PWDR W/O NOFAT DRYMLK, PRD	1 SERVNG	265	225	30	9	9	33	176
PUDDING, CHOCOLATE, CANNED	5 OZ	142	205	30	3	11	1	285
POPCORN, SUGAR SYRUP COATED	1 CUP	35	135	30	2	1	0	0
COTTAGE CHEESE, CREMD, W/FRUIT	1 CUP	226	280	30	22	8	25	915
PARSNIPS, COOKED, DRAINED	1 CUP	156	125	30	2	0	0	16
TANGERINE JUICE, CANNED, SWTNED	1 CUP	249	125	30	1	0	0	2
BLACKEYE PEAS, IMMATR, RAW, CKED	1 CUP	165	180	30	13	1	0	7
PEARS, RAW, D'ANJOU	1 PEAR	200	120	30	1	1	0	0
ROLLS, HARD	1 ROLL	50	155	30	5	2	0	313
FRIED PIE, APPLE	1 PIE	85	255	31	2	14	14	326
PLUMS, CANNED, HEAVY SYRUP	3 PLUMS	133	120	31	0	0	0	25
PRUNES, DRIED	5 LARGE	49	115	31	1	0	0	2
CORN GRITS, CKD, REG, YLLW, W/SALT	1 CUP	242	145	31	3	0	0	540
CORN GRITS, CKD, REG, WHITE, W/SALT	1 CUP	242	145	31	3	0	0	540
ENG MUFFIN, EGG, CHEESE, BACON	1 SANDWH	138	360	31	18	18	213	832
SUGAR COOKIE, FROM REFRIG DOGH	4 COOKIE	48	235	31	2	12	29	261
OATMEAL, CKD, INSTNT, FLVRD, FORTF	1 PKT	164	160	31	5	2	0	254
POTATOES, SCALLOPED, FROM MIX	1 CUP	245	230	31	5	11	27	835
CORN GRITS, CKD, REG, YLLW, NOSALT	1 CUP	242	145	31	3	0	0	0
CHILI CON CARNE W/ BEANS, CNND	1 CUP	255	340	31	19	16	28	1354
POTATOES, AU GRATIN, FROM MIX	1 CUP	245	230	31	6	10	12	1076
CORN GRITS, CKD, REG, WHITE, NOSALT	1 CUP	242	145	31	3	0	0	0
APRICOTS, CANNED, JUICE PACK	1 CUP	248	120	31	2	0	0	10
PEARS, CANNED, JUICE PACK	1 CUP	248	125	32	1	0	0	10
GRAPEJCE, FRZN, DILUTD, SWTND, W/C	1 CUP	250	125	32	0	0	0	5
GINGER ALE	12 FL OZ	366	125	32	0	0	0	29
CHOCOLATE CHIP COOKIES, REFRIG	4 COOKIE	48	225	32	2	11	22	173
BEANS, DRY, CANNED, W/FRANKFURTER	1 CUP	255	365	32	19	18	30	1374
SPAGHETTI, COOKED, TENDER	1 CUP	140	155	32	5	1	0	1
MACARONI, COOKED, TENDER, HOT	1 CUP	140	155	32	5	1	0	1
TABLE SYRUP (CORN AND MAPLE)	2 TBSP	42	122	32	0	0	0	19

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
FRIED PIE, CHERRY 1 PIE	85	250	32	2	14	13	371
ICE CREAM, VANLLA, REGULR 11% 1 CUP	133	270	32	5	14	59	116
APPLES, RAW, UNPEELED, 2 PER LB 1 APPLE	212	125	32	0	1	0	0
GINGERBREAD CAKE, FROM MIX 1 PIECE	63	175	32	2	4	1	192
POTATOES, MASHED, FRM DEHYDRTED 1 CUP	210	235	32	4	12	29	697
LIMA BEANS, THICK SEED, FRZN, CKD 1 CUP	170	170	32	10	1	0	90
ICE CREAM, VANLLA, RICH 16% FT 1 CUP	148	350	32	4	24	88	108
PUDDING, VANILLA, CANNED 5 OZ	142	220	33	2	10	1	305
PITA BREAD 1 PITA	60	165	33	6	1	0	339
EGGNOG 1 CUP	254	340	34	10	19	149	138
CORN, COOKED FRM FROZN, WHITE 1 CUP	165	135	34	5	0	0	8
ROAST BEEF SANDWICH 1 SANDWH	150	345	34	22	13	55	757
PINEAPPLE JUICE, CANNED, UNSWTN 1 CUP	250	140	34	1	0	0	3
CORN, COOKED FRM FROZN, YELLOW 1 CUP	165	135	34	5	0	0	8
POTATOES, BAKED FLESH ONLY 1 POTATO	156	145	34	3	0	0	8
POTATOES, MASHED, RECPE, MLK+MAR 1 CUP	210	225	35	4	9	4	620
NONFAT DRY MILK, INSTANTIZED 1 CUP	68	245	35	24	0	12	373
BANANAS, SLICED 1 CUP	150	140	35	2	1	0	2
LIMA BEANS, BABY, FRZN, CKED, DRN 1 CUP	180	190	35	12	1	0	52
MANGOS, RAW 1 MANGO	207	135	35	1	1	0	4
BLACK-EYED PEAS, DRY, COOKED 1 CUP	250	190	35	13	1	0	20
WATERMELON, RAW 1 PIECE	482	155	35	3	2	0	10
CUSTARD PIE 1 PIECE	152	330	36	9	17	169	436
APRICOT NECTAR, NO ADDED VIT C 1 CUP	251	140	36	1	0	0	8
OATMEAL W/ RAISINS COOKIES 4 COOKIE	52	245	36	3	10	2	148
NOODLES, EGG, COOKED 1 CUP	160	200	37	7	2	50	3
PUMPKIN PIE 1 PIECE	152	320	37	6	17	109	325
SPAGHETTI, TOM SAUCE CHEE, HMRP 1 CUP	250	260	37	9	9	8	955
CASHEW NUTS, OIL ROASTD, UNSALT 1 CUP	130	750	37	21	63	0	22
CASHEW NUTS, OIL ROASTD, SALTED 1 CUP	130	750	37	21	63	0	814
SWEETPOTATOES, BOILED W/O PEEL 1 POTATO	151	160	37	2	0	0	20
POTATOES, MASHED, RECPE, W/ MILK 1 CUP	210	160	37	4	1	4	636
TOASTER PASTRIES 1 PASTRY	54	210	38	2	6	0	248
GREAT NORTHN BEANS, DRY, CKD, DRN 1 CUP	180	210	38	14	1	0	13
HAMBURGER, 4OZ PATTY 1 SANDWH	174	445	38	25	21	71	763
ICE CREAM, VANLLA, SOFT SERVE 1 CUP	173	375	38	7	23	153	153
COFFEECAKE, CRUMB, FROM MIX 1 PIECE	72	230	38	5	7	47	310
GRAPE JUICE, CANNED 1 CUP	253	155	38	1	0	0	8
BAGELS, PLAIN 1 BAGEL	68	200	38	7	2	0	245

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
CRANBERRY JUICE COCKTAL W/VITC	1 CUP	253	145	38	0	0	10
LENTILS, DRY, COOKED	1 CUP	200	215	38	16	1	26
BAGELS, EGG	1 BAGEL	68	200	38	7	2	44
PLUMS, CANNED, JUICE PACK	1 CUP	252	145	38	1	0	3
ICE MILK, VANILLA, SOFTSERV 3%	1 CUP	175	225	38	8	5	13
LEMON-LIME SODA	12 FL OZ	372	155	39	0	0	33
SPAGHETTI, COOKED, FIRM	1 CUP	130	190	39	7	1	1
SPAGHETTI, MEATBALLS, TOMSA, HMRP	1 CUP	248	330	39	19	12	89
PINEAPPLE, CANNED, JUICE PACK	1 CUP	250	150	39	1	0	3
BEEF POTPIE, HOME RECIPE	1 PIECE	210	515	39	21	30	42
YELLOWCAKE W/ CHOCFRSTNG, COMML	1 PIECE	69	245	39	2	11	38
GRAPEFRUIT, CANNED, SYRUP PACK	1 CUP	254	150	39	1	0	5
MACARONI, COOKED, FIRM	1 CUP	130	190	39	7	1	1
SPAGHETTI, TOM SAUCE CHEES, CND	1 CUP	250	190	39	6	2	3
FISH SANDWICH, REG, W/ CHEESE	1 SANDWH	140	420	39	16	23	56
PIZZA, CHEESE	1 SLICE	120	290	39	15	9	56
MACARONI AND CHEESE, HOME RCPE	1 CUP	200	430	40	17	22	44
BREAD STUFFING, FROM MX, MOIST	1 CUP	203	420	40	9	26	67
RICE, WHITE, INSTANT, COOKED	1 CUP	165	180	40	4	0	0
BLACKEYE PEAS, IMMTR, FRZN, CKED	1 CUP	170	225	40	14	1	0
YELLOW CAKE W/ CHOC FRST, FRMIX	1 PIECE	69	235	40	3	8	36
CHEESEBURGER, 4OZ PATTY	1 SANDWH	194	525	40	30	31	104
PEA BEANS, DRY, COOKED, DRAINED	1 CUP	190	225	40	15	1	0
DEVIL'S FOOD CAKE, CHOCFRST, FMX	1 PIECE	69	235	40	3	8	37
CORN, CNND, WHL KRNL, WHTE, NO SAL	1 CUP	210	165	41	5	1	0
RICE, WHITE, PARBOILED, COOKED	1 CUP	175	185	41	4	0	0
BLACK BEANS, DRY, COOKED, DRAND	1 CUP	171	225	41	15	1	0
CORN, CNND, WHL KRNL, WHTE, W/SALT	1 CUP	210	165	41	5	1	0
CORN, CNND, WHL KRNL, YLLW, W/SALT	1 CUP	210	165	41	5	1	0
TANGERINES, CANNED, LIGHT SYRP	1 CUP	252	155	41	1	0	0
FISH SANDWICH, LGE, W/O CHEESE	1 SANDWH	170	470	41	18	27	91
CORN, CNND, WHL KRNL, YLLW, NO SAL	1 CUP	210	165	41	5	1	0
COLA, REGULAR	12 FL OZ	369	160	41	0	0	0
PEPPER-TYPE SODA	12 FL OZ	369	160	41	0	0	0
ROOT BEER	12 FL OZ	370	165	42	0	0	0
APPLES, DRIED, SULFURED	10 RINGS	64	155	42	1	0	0
RED KIDNEY BEANS, DRY, CANNED	1 CUP	255	230	42	15	1	0
FIG BARS	4 COOKIE	56	210	42	2	4	27
CHICKEN POTPIE, HOME RECIPE	1 PIECE	232	545	42	23	31	56

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
PEAS, SPLIT, DRY, COOKED 1 CUP	200	230	42	16	1	0	26
WHITE CAKE W/ WHT FRSTNG,COMML1 PIECE	71	260	42	3	9	3	176
YOGURT, W/ LOFAT MILK,FRUITFLV8 OZ	227	230	43	10	2	10	133
COCONUT, DRIED, SWEETND,SHREDD1 CUP	93	470	44	3	33	0	244
POTATOES, HASHED BROWN,FR FRZN1 CUP	156	340	44	5	18	0	53
PRUNE JUICE, CANNED 1 CUP	256	180	45	2	0	0	10
CASHEW NUTS, DRY ROASTED,SALTD1 CUP	137	785	45	21	63	0	877
CHICKPEAS, COOKED, DRAINED 1 CUP	163	270	45	15	4	0	11
CASHEW NUTS, DRY ROASTD,UNSALT1 CUP	137	785	45	21	63	0	21
CORN, CNND,CRM STL,YLLW,W/SALT1 CUP	256	185	46	4	1	0	730
GRAPE SODA 12 FL OZ	372	180	46	0	0	0	48
ORANGE SODA 12 FL OZ	372	180	46	0	0	0	52
CORN, CNND,CRM STL,YLLW,NO SAL1 CUP	256	185	46	4	1	0	8
CORN, CNND,CRM STL,WHIT,W/SALT1 CUP	256	185	46	4	1	0	730
CORN, CNND,CRM STL,WHIT,NO SAL1 CUP	256	185	46	4	1	0	8
NONFAT DRY MILK, INSTANTIZED 1 ENVLPE	91	325	47	32	1	17	499
CARROT CAKE,CREMCHSE FRST,REC1 PIECE	96	385	48	4	21	74	279
BEANS, DRY, CANNED, W/PORK+TOMSCE1 CUP	255	310	48	16	7	10	1181
PRETZELS, TWISTED, THIN 10 PRETZ	60	240	48	6	2	0	966
PLANTAINS, COOKED 1 CUP	154	180	48	1	0	0	8
FRUIT COCKTAIL, CNND,HEAVYSYRUP1 CUP	255	185	48	1	0	0	15
SHEETCAKE,W/O FRSTNG,HOMERECIP1 PIECE	86	315	48	4	12	61	258
PINTO BEANS, DRY, COOKED, DRAINED1 CUP	180	265	49	15	1	0	3
TOMATO PASTE, CANNED WITH SALT1 CUP	262	220	49	10	2	0	2070
LIMA BEANS, DRY, COOKED,DRANED1 CUP	190	260	49	16	1	0	4
PEARS, CANNED, HEAVY SYRUP 1 CUP	255	190	49	1	0	0	13
TOMATO PASTE, CANNED W/O SALT 1 CUP	262	220	49	10	2	0	170
BLUEBERRIES, FROZEN, SWEETENED1 CUP	230	185	50	1	0	0	2
SHAKES, THICK, VANILLA 10 OZ	283	315	50	11	9	33	270
RICE, WHITE, COOKED 1 CUP	205	225	50	4	0	0	0
BREAD STUFFING, FROM MX, DRYTYPE1 CUP	140	500	50	9	31	0	1254
RICE, BROWN, COOKED 1 CUP	195	230	50	5	1	0	0
APPLESAUCE, CANNED, SWEETENED 1 CUP	255	195	51	0	0	0	8
POTATOES, BAKED WITH SKIN 1 POTATO	202	220	51	5	0	0	16
REFRIED BEANS, CANNED 1 CUP	290	295	51	18	3	0	1228
PEACHES, DRIED, COOKED, UNSWETND1 CUP	258	200	51	3	1	0	5
PEACHES, CANNED, HEAVY SYRUP 1 CUP	256	190	51	1	0	0	15
PINEAPPLE, CANNED, HEAVY SYRUP1 CUP	255	200	52	1	0	0	3
LEMON MERINGUE PIE 1 PIECE	140	355	53	5	14	143	395

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)	
BEANS, DRY, CANNED, W/PORK+SWTSC	1 CUP	255	385	54	16	12	10	969
APRICOTS, DRIED, COOKED, UNSWTN	1 CUP	250	210	55	3	0	0	8
APRICOT, CANNED, HEAVY SYRUP	1 CUP	258	215	55	1	0	0	10
BLUEBERRY PIE	1 PIECE	158	380	55	4	17	0	423
PLANTAINS, RAW	1 PLANTN	179	220	57	2	1	0	7
BUTTERMILK, DRIED	1 CUP	120	465	59	41	7	83	621
SHERBET, 2% FAT	1 CUP	193	270	59	2	4	14	88
CREME PIE	1 PIECE	152	455	59	3	23	8	369
SWEETPOTATOES, CANNED, MASHED	1 CUP	255	260	59	5	1	0	191
SHAKES, THICK, CHOCOLATE	10 OZ	283	335	60	9	8	30	314
PRUNES, DRIED, COOKED, UNSWTNED	1 CUP	212	225	60	2	0	0	4
APPLE PIE	1 PIECE	158	405	60	3	18	0	476
PEACH PIE	1 PIECE	158	405	60	4	17	0	423
PLUMS, CANNED, HEAVY SYRUP	1 CUP	258	230	60	1	0	0	49
PEACHES, FROZEN, SWETNED, W/VITC	1 CUP	250	235	60	2	0	0	15
CHERRY PIE	1 PIECE	158	410	61	4	18	0	480
DATES	10 DATES	83	230	61	2	0	0	2
BLUEBERRIES, FROZEN, SWEETENED	10 OZ	284	230	62	1	0	0	3
MISO	1 CUP	276	470	65	29	13	0	8142
RASPBERRIES, FROZEN, SWEETENED	1 CUP	250	255	65	2	0	0	3
STRAWBERRIES, FROZEN, SWEETEND	1 CUP	255	245	66	1	0	0	8
PEACHES, FROZEN, SWETNED, W/VITC	10 OZ	284	265	68	2	0	0	17
CATSUP	1 CUP	273	290	69	5	1	0	2845
PECAN PIE	1 PIECE	138	575	71	7	32	95	305
ROLLS, HOAGIE OR SUBMARINE	1 ROLL	135	400	72	11	8	0	683
GRAPEFRT JCE, FRZN, CNCN, UNSWTEN	6 FL OZ	207	300	72	4	1	0	6
BREADCRUMBS, DRY, GRATED	1 CUP	100	390	73	13	5	5	736
STRAWBERRIES, FROZEN, SWEETEND	10 OZ	284	275	74	2	0	0	9
RASPBERRIES, FROZEN, SWEETENED	10 OZ	284	295	74	2	0	0	3
RHUBARB, COOKED, ADDED SUGAR	1 CUP	240	280	75	1	0	0	2
CAKE OR PASTRY FLOUR, SIFTED	1 CUP	96	350	76	7	1	0	2
CHESTNUTS, EUROPEAN, ROASTED	1 CUP	143	350	76	5	3	0	3
SHEETCAKE, W/ WHFRSTNG, HOMERCIP	1 PIECE	121	445	77	4	14	70	275
BUCKWHEAT FLOUR, LIGHT, SIFTED	1 CUP	98	340	78	6	1	0	2
PIECRUST, FROM HOME RECIPE	1 SHELL	180	900	79	11	60	0	1100
APRICOTS, DRIED, UNCOOKED	1 CUP	130	310	80	5	1	0	13
ORANGE JUICE, FROZEN CONCENTRTE	6 FL OZ	213	340	81	5	0	0	6
WHOLE-WHEAT FLOUR, HRD WHT, STIR	1 CUP	120	400	85	16	2	0	4
WHEAT FLOUR, ALL-PURPOSE, SIFTD	1 CUP	115	420	88	12	1	0	2

Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
CORNMEAL, WHOLE-GRND, UNBOLT, DRY1 CUP	122	435	90	11	5	0	1
CORNMEAL, BOLTED, DRY FORM 1 CUP	122	440	91	11	4	0	1
SELF-RISING FLOUR, UNSIFTED 1 CUP	125	440	93	12	1	0	1349
WHEAT FLOUR, ALL-PURPOSE, UNSIF1 CUP	125	455	95	13	1	0	3
GRAPEJCE, FRZN, CONCEN, SWTND, W/C6 FL OZ	216	385	96	1	1	0	15
SEMISWEET CHOCOLATE 1 CUP	170	860	97	7	61	0	24
PEACHES, DRIED 1 CUP	160	380	98	6	1	0	11
SUGAR, POWDERED, SIFTED 1 CUP	100	385	100	0	0	0	2
CORNMEAL, DEGERMED, ENRICHED, DRY1 CUP	138	500	108	11	2	0	1
LIMEADE, CONCENTRATE, FRZN, UNDIL6 FL OZ	218	410	108	0	0	0	0
CRANBERRY SAUCE, CANNED, SWTND 1 CUP	277	420	108	1	0	0	80
LEMONADE, CONCENTRATE, FRZ, UNDIL6 FL OZ	219	425	112	0	0	0	4
RAISINS 1 CUP	145	435	115	5	1	0	17
FIGS, DRIED 10 FIGS	187	475	122	6	2	0	21
CAROB FLOUR 1 CUP	140	255	126	6	0	0	24
BULGUR, UNCOOKED 1 CUP	170	600	129	19	3	0	7
DATES, CHOPPED 1 CUP	178	490	131	4	1	0	5
PIECRUST, FROM MIX 2 CRUST	320	1485	141	20	93	0	2602
RICE, WHITE, RAW 1 CUP	185	670	149	12	1	0	9
RICE, WHITE, PARBOILED, RAW 1 CUP	185	685	150	14	1	0	17
DANISH PASTRY, PLAIN, NO NUTS 1 RING	340	1305	152	21	71	292	1302
BARLEY, PEARLED, LIGHT, UNCOOKD1 CUP	200	700	158	16	2	0	6
SWEETENED CONDENSED MILK CNND 1 CUP	306	980	166	24	27	104	389
SUGAR, WHITE, GRANULATED 1 CUP	200	770	199	0	0	0	5
WHOLE-WHEAT BREAD 1 LOAF	454	1110	206	44	20	0	2887
OATMEAL BREAD 1 LOAF	454	1145	212	38	20	0	2231
MIXED GRAIN BREAD 1 LOAF	454	1165	212	45	17	0	1870
SUGAR, BROWN, PRESSED DOWN 1 CUP	220	820	212	0	0	0	97
CUSTARD PIE 1 PIE	910	1985	213	56	101	1010	2612
WHEAT BREAD 1 LOAF	454	1160	213	43	19	0	2447
PUMPERNICKEL BREAD 1 LOAF	454	1160	218	42	16	0	2461
RYE BREAD, LIGHT 1 LOAF	454	1190	218	38	17	0	3164
WHITE BREAD 1 LOAF	454	1210	222	38	18	0	2334
PUMPKIN PIE 1 PIE	910	1920	223	36	102	655	1947
COFFEECAKE, CRUMB, FROM MIX 1 CAKE	430	1385	225	27	41	279	1853
CRACKED-WHEAT BREAD 1 LOAF	454	1190	227	42	16	0	1966
FRENCH OR VIENNA BREAD 1 LOAF	454	1270	230	43	18	0	2633
ICE MILK, VANILLA, 4% FAT 1/2 GAL	1048	1470	232	41	45	146	836
RAISIN BREAD 1 LOAF	454	1260	239	37	18	0	1657



Description of food	Weight (Grams)	Food Energy (Kilocalorie)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligram)
ICE CREAM, VANLLA, REGULR 11% 1/2 GALN	1064	2155	254	38	115	476	929
ITALIAN BREAD 1 LOAF	454	1255	256	41	4	0	2656
ICE CREAM, VANLLA, RICH 16% FT1/2 GAL	1188	2805	256	33	190	703	868
POUND CAKE, COMMERCIAL 1 LOAF	500	1935	257	26	94	1100	1857
POUND CAKE, FROM HOME RECIPE 1 LOAF	514	2025	265	33	94	555	1645
HONEY 1 CUP	339	1030	279	1	0	0	17
GINGERBREAD CAKE, FROM MIX 1 CAKE	570	1575	291	18	39	6	1733
CHEESECAKE 1 CAKE	1110	3350	317	60	213	2053	2464
LEMON MERINGUE PIE 1 PIE	840	2140	317	31	86	857	2369
BLUEBERRY PIE 1 PIE	945	2285	330	23	102	0	2533
ANGELFOOD CAKE, FROM MIX 1 CAKE	635	1510	342	38	2	0	3226
CREME PIE 1 PIE	910	2710	351	20	139	46	2207
APPLE PIE 1 PIE	945	2420	360	21	105	0	2844
PEACH PIE 1 PIE	945	2410	361	24	101	0	2533
CHERRY PIE 1 PIE	945	2465	363	25	107	0	2873
PECAN PIE 1 PIE	825	3450	423	42	189	569	1823
SHEETCAKE W/O FRSTNG, HOMERECIP1 CAKE	777	2830	434	35	108	552	2331
SHERBET, 2% FAT 1/2 GAL	1542	2160	469	17	31	113	706
YELLOWCAKE W/ CHOCFRSTNG, COMML1 CAKE	1108	3895	620	40	175	609	3080
YELLOW CAKE W/ CHOC FRST, FRMIX1 CAKE	1108	3735	638	45	125	576	2515
DEVIL'S FOOD CAKE, CHOCFRST, FMX1 CAKE	1107	3755	645	49	136	598	2900
WHITE CAKE W/ WHT FRSTNG, COMML1 CAKE	1140	4170	670	43	148	46	2827
SHEETCAKE, W/ WHFRSTNG, HOMERCIPI1 CAKE	1096	4020	694	37	129	636	2488
CARROT CAKE, CREMCHESSE FRST, REC1 CAKE	1536	6175	775	63	328	1183	4470
FRUITCAKE, DARK, FROM HOMERECIP1 CAKE	1361	5185	783	74	228	640	2123