

**Table 9. Nutritive Value of the Edible Part of Food**

<http://www.ideal-weight-charts.com/caloriecounterchart.html>

Food Description portion	Calories (kcal)	protein (g)	fat (g)	fiber	g. carb
<b>Beverages (Alcoholic)</b>					
Beer Regular ..... 12 fl oz	146	1	0	0.7	13
Beer Light ..... 12 fl oz	99	1	0	0	5
Gin, rum, vodka, whiskey 80 proof .....1.5 fl oz	97	0	0	0	0
Liqueur, coffee, 53 proof..... 1.5 fl oz	175	Tr	Tr	0	24
Daiquiri ..... 2 fl oz	112	Tr	Tr	0	4
Pina colada..... 4.5 fl oz	262	1	3	0.8	40
Sweet Desert Wine..... 3.5 fl oz	158	Tr	0	0	12
Table Wine..... 3.5 fl oz	74	Tr	0	0	2
<b>Beverages (Nonalcoholic)</b>					
Club soda ..... 12 fl oz	0	0	0	0	0
Cola type ..... 12 fl oz	152	0	0	0	38
Diet Cola (aspartane)..... 12 fl oz	4	Tr	0	0	Trace
Other diet drink ..... 12 fl oz	0	Tr	0	0	Trace
Ginger Ale.....12 fl oz	124	0	0	0	32
Grape ..... 12 fl oz	160	0	0	0	42
Lemon lime..... 12 fl oz	147	0	0	0	38
Orange..... 12 fl oz	179	0	0	0	46
Chocolate beverage mix Prepared with milk ..... 1 cup	226	9	9	1.3	20
Cocoa (powder containing nonfat dry milk).... 3 heaping tsp	102	3	1	0.3	22
Cocoa Powder containing aspartane.... 1\2-oz envelope	48	4	Tr	0.4	9
Coffee Brewed ..... 6 fl oz	4	Tr	0	0	1
30 Espresso ..... 2 fl oz	5	Tr	Tr	0	1
Cranberry juice cocktail..... 8 fl oz	144	0	Tr	0.3	36
Fruit Punch Drink	117	0	0	0.2	30
grape drink ..... 8 fl oz	113	0	0	0	29
Pineapple grapefruit juice drink..... 8 fl oz	118	1	Tr	0.3	29
Pineapple orange juice drink..... 8 fl oz	125	3	0	0.3	30
Lemonade Frozen concentrate prepared ..... 8 fl oz	99	Tr	0	0.2	26
Lemonade Low cal @ aspartame..... 8 fl oz	5	0	0	0	1
Malted milk Chocolate Prepared ..... 1 cup	225	9	9	0.3	18
Rice beverage (RICE DREAM) ..... 1 cup	120	Tr	2	0	25
Tea Black brewed..... 6 fl oz	2	0	0	0	1
Tea Herb other than chamomile..... 6 fl oz	2	0	0	0	Trace
Tea Sweetened, lemon flavor ..... 8 fl oz	88	Tr	0	0	22
Tea Sweetened with saccharin, lemon flavor.....8oz	5	0	0	0	1
<b>Dairy Products</b>					
Blue Cheese..... 1 oz	100	6	8	0	1
Camembert (3 weges @ 4-oz container)..... 1 wedge	114	8	9	0	Trace
Cheddar Cut pieces ..... 1 oz	114	7	9	0	Trace
Cheddar Shredded ..... 1 cup	455	28	37	0	1
Cottage cheese (4%) Large curd ..... 1 cup	233	28	10	0	6
Cottage cheese Low fat (1%) ..... 1 cup	164	28	2	0	6
Cream Cheese..... 1 oz	99	2	10	0	1
..... 1 tbsp	51	1	5	0	Trace
Cream Cheese Low fat..... 1 tbsp	35	2	3	0	1
Cream Cheese Fat free..... 1 tbsp	15	2	Tr	0	1
Feta Cheese..... 1 oz	75	4	6	0	1
Low fat, cheddar or colby..... 1 oz	49	7	2	0	1
Mozzarella made with whole milk..... 1 oz	80	6	6	0	1
Mozzarella (Part skim low moisture) ..... 1 oz	79	8	5	0	1

Muenster..... 1 oz	104	7	9	0	Trace
Neufchatel ..... 1 oz	74	3	7	0	1
Parmesan, grated..... 1 cup	456	42	30	0	4
..... 1 tbsp	23	2	2	0	Trace
..... 1 oz	129	12	9	0	1
Provolone ..... 1 oz	100	7	8	0	1
Ricotta, made with whole milk..... 1 cup	428	28	32	0	7
Part skim milk ..... 1 cup	340	28	19	0	13
Swiss ..... 1 oz	107	8	8	0	1
American Cheese Regular ..... 1 oz	106	6	9	0	Trace
American Fat free..... 1 slice	31	5	Tr	0	3
Swiss ..... 1 oz	95	7	7	0	1
Half and Half ..... 1 cup .	315	7	28	0	10
..... 1 tbsp	20	Tr	2	0	1
Light, coffee, or table cream..... 1 cup	469	6	46	0	9
..... 1 tbsp	29	Tr	3	0	1
Whipping Cream, unwhipped Light ..... 1 cup	699	5	74	0	7
... (volume about double when whipped).....1 tbsp .	44	Tr	5	0	Trace
Whipping Cream, unwhipped Heavy..... 1 cup	821	5	88	0	7
..... 1 tbsp	52	Tr	6	0	Trace
Whipped topping (pressurized) ..... 1 cup	154	2	13	0	7
..... 1 tbsp	8	Tr	1	0	Trace
Sour Cream, Regular ..... 1 cup .	493	7	48	0	10
.....1 tbsp	26	Tr	3	0	1
Sour Cream, Reduced fat ..... 1 tbsp	20	Tr	2	0	1
Sour Cream, Fat free ..... 1 tbsp	12	Tr	0	0	2
Imitation Whipped topping Frozen ..... 1 cup	239	1	19	0	17
..... 1 tbsp	13	Tr	1	0	1
Frozen yougurt Chocolate ..... 1/2 cup	115	3	4	1.6	18
Frozen yougurt Vanilla ..... 1/2 cup.	114	3	4	0	17
Regular Ice Cream Chocolate.....1/2 cu	143	3	7	0.8	19
regular Ice Cream Vanilla..... 1/2 cup.	133	2	7	0	16
Ice Cream Light (50% reduced fat) vanilla.....1/2 cup	92	3	3	0	15
Soft serve, french vanilla..... 1/2 cup.	185	4	11	0	19
Sherbet, orange ..... 1/2 cup	102	1	1	0	22
Milk Whole (3.3% fat) ..... 1 cup	150	8	8	0	11
Milk Reduced fat (2%) ..... 1 cup	121	8	5	0	12
Milk Lowfat (1%) ..... 1 cup	102	8	3	0	12
Milk Nonfat (skim) ..... 1 cup	86	8	Tr	0	12
Milk Buttermilk ..... 1 cup	99	8	2	0	12
Canned Milk Condensed, sweetened..... 1 cup	982	24	27	0	166
Canned Milk Evaporated Whole milk..... 1 cup	339	17	19	0	25
Evaporated Skim milk ..... 1 cup	199	19	1	0	29
Nonfat instant milk..... 1 cup	244	24	Tr	0	35
Chocolate milk Reduced fat (2%) ..... 1 cup	179	8	5	1.3	26
Chocolate milk Lowfat (1%) ..... 1 cup	158	8	3	1.3	26
Milk shake, thick, Chocolate ..... 10.6 fl oz	356	9	8	0.9	63
Milk shake, thick, Vanilla ..... 11 fl oz	350	12	9	0	56
Low Fat yogurt (milk solids) Fruit flavored..... 8-oz	231	10	2	0	43
low fat yogurt (milk solids) Plain..... 8-oz	144	12	4	0	16
nonfat yogurt (milk solids) Fruit flavored..... 8-oz	213	10	Tr	0	43
nonfat yogurt(milk solids) Plain..... 8-oz	127	13	Tr	0	17
Yogurt (no milk solids) plain ..... 8-oz	139	8	7	0	11
Yogurt (no milk solids) nonfat milk, low cal.....8-oz	98	9	Tr	0	17
<b>Eggs</b>					
Egg Whole raw..... 1 medium	66	5	4	0	1

..... 1 large raw	75	6	5	0	1
.....1 extra large r	86	7	6	0	1
Egg White raw..... 1 large	17	4	0	0	Trace
Egg Yolk raw..... 1 large	59	3	5	0	Trace
Fried egg in margarine..... 1 large	92	6	7	0	1
Hard Boild egg..... 1 large	78	6	5	0	1
.....1 cup chopped	211	17	14	0	2
Egg Poached, with salt..... 1 large	75	6	5	0	1
Scrambled egg in margarine..... 1 large	101	7	7	0	1
Egg substitute, liquid ..... 1/4 cu	53	8	2	0	Trace
<b>Fats and Oils</b>					
Butter..... 1 stick	813	1	92	0	Trace
..... 1 tbsp	102	Tr	12	0	Trace
Lard ..... 1 cup	1849	0	205	0	0
..... 1 tbsp	115	0	13	0	0
Margarine Hard (4 sticks per lb) ..... 1 stick	815	1	91	0	1
.....1 tbs	101	Tr	11	0	Trace
Margarine Soft ..... 1 cup	1626	2	183	0	1
.....1 tsp	34	Tr	4	0	Trace
Margarine Hard 60% fat (4 sticks per lb) ..... 1 stick	621	1	70	0	0
..... 1 tbsp	76	Tr	9	0	0
Spread (about 40% fat)..... 1 cup	801	1	90	0	1
Margarine butter blend..... 1 stick	811	1	91	0	1
..... 1 tbsp	102	Tr	11	0	Trace
Olive or Peanut oil..... 1 cup	1909	0	216	0	0
..... 1 tbsp	119	0	14	0	0
Other oil (such as canola,corn,soy) ..... 1 cup	1927	0	218	0	0
..... 1 tbsp	120	0	14	0	0
<b>Salad Dressings Commercial</b>					
Blue cheese Regular ..... 1 tbsp	77	1	8	0	1
Blue cheese Low calorie..... 1 tbsp	15	1	1	0	Trace
Caesar Regular ..... 1 tbsp	78	Tr	8	Tr	Trace
Caesar Low calorie..... 1 tbsp	17	Tr	1	Tr	3
French Regular ..... 1 tbsp	67	Tr	6	0	3
French Low calorie..... 1 tbsp	22	Tr	1	0	4
Italian Regular ..... 1 tbsp	69	Tr	7	0	1
Italian Low calorie..... 1 tbsp	16	Tr	1	Tr	1
Mayonnaise Regular ..... 1 tbsp	99	Tr	11	0	Trace
Mayonnaise Light Cholestorol free	49	Tr	5	0	1
MayonnaiseFat free..... 1 tbsp	12	0	Tr	0.6	2
Russian Regular ..... 1 tbsp	76	Tr	8	0	2
Russian Low calorie..... 1 tbsp	23	Tr	1	Tr	4
Thousand Island Regular ..... 1 tbsp	59	Tr	6	0	2
Thousand Island Low calorie..... 1 tbsp	24	Tr	2	0.2	2
Homemade French.....1 tbsp	88	Tr	10	0	Trace
Homemade Vinegar and oil..... 1 tbsp	70	0	8	0	Trace
<b>Fish and Shellfish</b>					
Catfish, breaded, fried..... 3 oz	195	15	11	0.6	7
Clam Raw, meat only ..... 3 oz	63	11	1	0	2
Clam Breaded, fried .....3/4 cup	451	13	26	0.3	39
Clams Canned, drained solids ..... 3 oz	126	22	2	0	4
.....1 cup	237	41	3	0	8
Cod Baked or broiled ..... 3 oz	89	20	1	0	0
Canned, solids and liquid ..... 3 oz	89	19	1	0	0
Crab Alaska King Steamed..... 1 leg	130	26	2	0	0
.....3 oz	82	16	1	0	0

Crab Imitation, from surimi ..... 3 oz	87	10	1	0	9
Blue crab Steamed..... 3 oz	87	17	2	0	0
Blue crab Canned crabmeat ..... 1 cup	134	28	2	0	0
Crab Cake with egg and onion fried in margarine ... 1 cake	93	12	5	0	Trace
Flounder or sole baked or broiled ..... 3 oz	99	21	1	0	0
Haddock, baked or broiled..... 3 oz	95	21	1	0	0
Halibut, baked or broiled ..... 3 oz	119	23	2	0	0
Herring, pickled ..... 3 oz	223	12	15	0	8
Lobster, steamed ..... 3 oz	83	17	1	0	1
Ocean perch, baked or broiled..... 3 oz	103	20	2	0	0
Oyster Raw, meat only ..... 1 cup	169	17	6	0	10
Oyster 6 medium	57	6	2	0	3
Oyster Breaded, fried ..... 3 oz	167	7	11	0.2	0
Pollock, baked or broiled..... 3 oz	96	20	1	0	0
Rockfish, baked or broiled..... 3 oz	103	20	2	0	
Roughy, orange, baked or broiled ..... 3 oz	76	16	1	0	0
Salmon Baked or broiled (red) ..... 3 oz	184	23	9	0	0
Salmon Canned (pink) solids and liquid ..... 3 oz	118	17	5	0	0
Smoked (chinook) ..... 3 oz	99	16	4	0	0
Sardines in oil (drained) ..... 3 oz	177	21	10	0	0
Scallops, cooked, breaded, fried ..... 6 large	200	17	10	0.2	9
Scallops Steamed..... 3 oz	95	20	1	0	9
Shrimp breaded, fried ..... 3 oz	206	18	10	0.3	10
Shrimp 6 large	108	10	6	0.2	1
Shrimp canned, drained solids ..... 3 oz	102	20	2	0	1
Swordfish, baked or broiled..... 3 oz	132	22	4	0	1
Trout, baked or broiled ..... 3 oz	144	21	6	0	1
Tuna Baked or broiled ..... 3 oz	118	25	1	0	1
Tuna canned in oil pack,drained, chunk light ..... 3 oz	168	25	7	0	1
Tuna water pack, chunk light..... 3 oz	99	22	1	0	1
Tuna Water pack, solid white ..... 3 oz	109	20	3	0	1
Tuna salad (made with mayo)..... 1 cup	383	33	19	0	19
<b>Fruits and Fruit Juices</b>					
Apple raw unpeeled (3 per lb) 2 3/4" ..... 1 apple	81	Tr	Tr	3.7	21
Apple peeled, sliced ..... 1 cup	63	Tr	Tr	2.1	16
Apple juice, bottled or canned..... 1 cup	117	Tr	Tr	0.2	29
Applesauce Sweetened ..... 1 cup	194	Tr	Tr	3.1	51
Applesauce Unsweetened..... 1 cup	105	Tr	Tr	2.9	28
Apricots Raw no pits (12 per lb with pits) ..... 1 apricot	17	Tr	Tr	0.8	4
Apricots canned in heavy syrup ..... 1 cup	214	1	Tr	4.1	55
.....in Juice pack..... 1 cup	117	2	Tr	3.9	30
Apricot nectar ..... 1 cup	141	1	Tr	1.5	36
Asian pear, raw 2 1/4" high x 2 1/2" dia..... 1 pear	51	1	Tr	4.4	13
..... 3 3/8" high x 3" dia ..... 1 pear	116	1	1	9.9	29
Avocado (no skin or seed) California (1/5 whole).... 1 oz	50	1	5	1.4	2
Avocado (no skin or seed) Florida (1/10 whole) ..... 1 oz	32	Tr	3	1.5	3
Banana Whole, medium (7" to 7 7/8"long)..... 1 banana	109	1	1	2.8	28
Banana Sliced ..... 1 cup	138	2	1	3.6	35
Blackberries, raw ..... 1 cup	75	1	1	7.6	18
Blueberries Raw ..... 1 cup	81	1	1	3.9	20
Blueberries Frozen, sweetened, thawed .... 1 cup	186	1	Tr	4.8	50
Carambola (starfruit) Whole (3 5/8" long)..... 1 fruit	30	Tr	Tr	2.5	7
.....Sliced ..... 1 cup	36	1	Tr	2.9	8
Cherries, sour, pitted, canned in water ..... 1 cup	88	2	Tr	2.7	22
Cherries sweet raw ..... 10 cherries	49	1	Tr	1.6	11
Cherry pie filling, canned ..... 1/5 of 21-oz can	85	Tr	Tr	0.4	21

Cranberries, dried, sweetened... 1/4 cup	92	Tr	Tr	2.5	24
Cranberry sauce (1/8 of can)..... 1 slice	86	Tr	Tr	0.6	22
Dates, without pits Whole..... 5 dates	116	1	Tr	3.2	31
Dates, without pits Chopped ..... 1 cup	490	4	1	13.4	131
Figs, dried..... 2 figs	97	1	Tr	4.6	25
Fruit cocktail, canned in heavy syrup ..... 1 cup	181	1	Tr	2.5	47
Fruit cocktail, canned in juice pack ..... 1 cup	109	1	Tr	2.4	28
Grapefruit (3 3/4" dia) ..... 1/2 grapefruit	37	1	Tr	1.4	9
Grapefruit canned in light syrup ..... 1 cup	152	1	Tr	1	39
Grapefruit juice Raw Pink or White..... 1 cup	96	1	Tr	0.2	23
Grapefruit juice canned Unsweetened ..... 1 cup	94	1	Tr	0.2	23
Grapefruit juice concentrate Undiluted..... 6-fl-oz can	302	4	Tr	0.8	72
Grapefruit juice diluted 3x by volume..... 1 cup	101	1	Tr	0.2	24
Grapes, seedless, raw ..... 10 grapes	36	Tr	Tr	0.5	9
.....1 cup	114	1	1	1.6	28
Grape juice Canned or bottled ..... 1 cup	154	1	Tr	0.3	38
Grape Juice concentrate Undiluted..... 6-fl-oz can	387	1	1	0.6	96
Diluted with 3 parts water by volume ..... 1 cup	128	Tr	Tr	0.3	32
Kiwi fruit (about 5 per lb with skin) .... 1 medium	46	1	Tr	2.6	11
Lemons or Lime no peel (2 1/8" dia with p..... 1 fruit	17	1	Tr	1.6	5
Lemon or Lime juice Raw ..... juice of 1 fruit(2 1/8")	12	Tr	0	0.2	4
Lemon or Lime juice canned or bottled unsweet ..... 1 cup	51	1	1	1	16
Mango Whole..... 1 mango	135	1	1	3.7	35
Mango Sliced ..... 1 cup	107	1	Tr	3	28
Cantaloupe (5") Wedge..... 1/8 melon	24	1	Tr	0.6	6
Cantaloupe Cubes..... 1 cup	56	1	Tr	1.3	13
Honeydew Wedge (6-7")..... 1/8 melon	56	1	Tr	1	15
Honeydew diced ..... 1 cup	60	1	Tr	1	16
Frozen sweetened mixed fruit..... 1 cup	245	4	Tr	4.8	61
326 Nectarines, raw (2 1/8" dia)..... 1 nectarine	67	1	1	2.2	16
Orange (2 5/8" dia) ..... 1 orange	62	1	Tr	3.1	15
Orange Sections without membranes ..... 1 cup	85	2	Tr	4.3	21
Orange juice Raw, all varieties ..... 1 cup	112	2	Tr	0.5	26
Orange juice Canned, unsweetened ..... 1 cup	105	1	Tr	0.5	25
Orange juice Chilled (refrigerator case) ..... 1 cup	110	2	1	0.5	25
frozen Orange juice concentrate Undiluted..... 6-fl-oz can	339	5	Tr	1.7	81
Orange juice diluted @ 3 x water..... 1 cup	112	2	Tr	0.5	27
Papaya 1/2" cubes ..... 1 cup	55	1	Tr	2.5	14
Papaya Whole (5 1/8" long x 3" dia)..... 1 papaya	119	2	Tr	5.5	30
Peach 2 1/2"(about 4 per lb) ..... 1 peach	42	1	Tr	2	11
Peaches Sliced..... 1 cup	73	1	Tr	3.4	19
Peaches in Heavy syrup pack..... 1 cup	194	1	Tr	3.4	52
Peaches canned in Juice pack..... 1 cup	109	2	Tr	3.2	29
..... 1 half peach	43	1	Tr	1.3	11
Peaches Dried, sulfured..... 3 halves	93	1	Tr	3.2	24
Peaches frozen sweetened..... 1 cup	235	2	Tr	4.5	60
Pear raw with skin 2 1/2" dia ..... 1 pear	98	1	1	4	25
Pear canned in Heavy syrup pack..... 1 cup	197	1	Tr	4.3	51
Pear canned in Juice pack..... 1 cup	124	1	Tr	4	32
..... 1 half pear	38	Tr	Tr	1.2	10
Pineapple Raw, diced..... 1 cup	76	1	1	1.9	19
Pineapple chunks canned in heavy syrup ..... 1 cup	198	1	Tr	2	51
Pineapple chunks canned in juice..... 1 cup	149	1	Tr	2	39
Pineapple Slice canned in juice (3" dia) ..... 1 slice	28	Tr	Tr	0.4	7
Pineapple juice unsweetened canned ..... 1 cup	140	1	Tr	0.5	34
Plantain Raw ..... 1 medium	218	2	1	4.1	57

Plantain Cooked, slices..... 1 cup	179	1	Tr	3.5	48
Plum Raw (2 1/8" dia) ..... 1 plum	36	1	Tr	1	9
Plum canned in Heavy syrup pack..... 1 cup	230	1	Tr	2.6	60
Plum canned in Juice pack..... 1 cup	146	1	Tr	2.5	38
..... 1 plum	27	Tr	Tr	0.5	7
Prunes dried Uncooked ..... 5 prunes	100	1	Tr	3	26
Prunes stewed unsweetened and liquid..... 1 cup	256	3	1	16.4	70
Prune juice, canned or bottled .. 1 cup	182	2	Tr	2.6	45
Raisins, not packed ..... 1 cup	435	5	1	5.8	115
Raisin Packet, 1/2 oz (1 1/2 tbsp) ..... 1 packet	42	Tr	Tr	0.6	11
Raspberries Raw ..... 1 cup	60	1	1	8.4	14
Raspberries Frozen, sweetened, thawed .... 1 cup	258	2	Tr	11	65
Rhubarb frozen cooked with sugar ..... 1 cup	278	1	Tr	4.8	75
Strawberry raw Large (1 1/8" dia)..... 1 strawberry	5	Tr	Tr	0.4	1
Strawberry Sliced..... 1 cup	50	1	1	3.8	12
Strawberries frozen sweetened..... 1 cup	245	1	Tr	4.8	66
Tangerine raw (2 3/8" dia) ..... 1 tangerine	37	1	Tr	1.9	9
Tangerine canned (mandarin oranges) light syrup..1 cup	154	1	Tr	1.8	41
Tangerine juice sweetened ..... 1 cup	125	1	Tr	0.5	30
Watermelon raw (15" x 7 1/2") ..... 1 wedge (1/16 th)	92	2	1	1.4	21
Watermelon Diced ..... 1 cup	49	1	1	0.8	11
<b>Grain Products</b>					
Bagel Plain ..... 3 1/2" bagel	195	7	1	1.6	38
..... 4" bagel	245	9	1	2	48
Bagel Cinnamon raisin ..... 3 1/2" bagel	195	7	1	1.6	39
Bagel Egg ..... 3 1/2" bagel	197	8	1	1.6	38
Banana bread recipe prepared with margarine .. 1 slice	196	3	6	0.7	33
Barley pearled Uncooked ..... 1 cup	704	20	2	31.2	155
Barley pearled Cooked ..... 1 cup	193	4	1	6	44
Biscuits made with 2% milk ..... 2 1/2" biscuit	212	4	10	0.9	27
..... 4" biscuit	358	7	16	1.5	45
Biscuit from refrigerated dough Regular ..... 2 1/2" biscuit	93	2	4	0.4	13
..... Lower fat ..... 2 1/4" biscuit	63	2	1	0.4	12
Bread Cracked wheat ..... 1 slice	65	2	1	1.4	12
Egg bread (challah) ..... 1/2" slice	115	4	2	0.9	19
French,vienna,or sourdough bread ..... 1/2" slice	69	2	1	0.8	13
Indian fry (navajo) bread..... 5" bread	296	6	9	1.6	48
..... 10 1/2" bread	526	11	15	2.9	85
Italian Bread ..... 1 slice	54	2	1	0.5	10
Mixed grain bread ..... 1 slice	65	3	1	1.7	12
Oatmeal Bread ..... 1 slice	73	2	1	1.1	13
Pita Bread ..... 4" pita	77	3	Tr	0.6	16
.....6 1/2" pita	165	5	1	1.3	33
Pumpernickel Bread ..... 1 slice	80	3	1	2.1	15
Raisin Bread ..... 1 slice	71	2	1	1.1	14
Rye Bread ..... 1 slice	83	3	1	1.9	15
Rye Bread, reduced calorie..... 1 slice	47	2	1	2.8	9
Wheat Bread ..... 1 slice	65	2	1	1.1	12
Wheat bread, reduced calorie..... 1 slice	46	2	1	2.8	10
White Bread ..... 1 slice	67	2	1	0.6	12
Soft bread crumbs ..... 1 cup	120	4	2	1	22
White Bread, reduced calorie ..... 1 slice	48	2	1	2.2	10
Whole Wheat Bread ..... 1 slice	69	3	1	1.9	13
Bread Crumbs dry, enriched ..... 1 cup	427	14	6	2.6	78
..... 1 oz	112	4	2	0.7	21
Bread Crumbs Seasoned, unenriched ..... 1 cup	440	17	3	5	84

Bread stuffing prepared from dry mix .....	1/2 cup	178	3	9	2.9	22
Breakfast bar with fruit filling, fat free .....	1 bar	121	2	Tr	0.8	28
Grits cooked .....	1 cup	145	3	Tr	0.5	31
Grits Instant, plain.....	1 packet	89	2	Tr	1.2	21
Cream of Wheat Regular .....	1 cup	133	4	1	1.8	28
Cream of Wheat Mix'n Eat, plain .....	1 packet	102	3	Tr	0.4	21
MALT O MEAL.....	1 cup	122	4	Tr	1	26
Oatmeal plain, nonfortified .....	1 cup	145	6	2	4	25
Oatmeal Instant, fortified, plain .....	1 packet	104	4	2	3	18
Quaker instant Apples and cinnamon .....	1 packet	125	3	1	2.5	26
Quaker instant Maple and brown sugar ..	1 packet	153	4	2	2.6	31
WHEATENA.....	1 cup	136	5	1	6.6	29
APPLE JACKS.....	1 cup	116	1	Tr	0.6	27
BASIC 4 .....	1 cup	201	4	3	3.4	42
CHEERIOS.....	1 Cup	110	3	2	2.6	23
CHEX Corn .....	1 cup	113	2	Tr	0.5	26
CHEX Multi bran.....	1 cup	165	4	1	6.4	41
CHEX Rice .....	1 1/4 cup	117	2	Tr	0.3	27
CHEX Wheat.....	1 cup	104	3	1	3.3	24
CINNAMON LIFE .....	1 cup	190	4	2	3	40
COCOA KRISPIES.....	1 cup	160	3	1.3	0.5	27
COCOA PUFFS .....	1 cup	119	1	1	0.2	27
GENERAL MILLS TOTAL .....	1 1/3 cup	112	2	Tr	0.8	26
KELLOGG'S CORN FLAKES.....	1 cup	102	2	Tr	0.8	24
CORN POPS .....	1 cup	118	1	Tr	0.4	28
CRISPIX.....	1 cup	108	2	Tr	0.6	25
FROOT LOOPS .....	1 cup	117	1	1	0.6	26
FROSTED MINI WHEATS Bite size .....	1 cup	187	5	1	5.9	45
HONEY NUT CHEERIOS ..	1 cup	115	3	1	1.6	24
HONEY NUT CLUSTERS ..	1 cup	213	5	3	4.2	43
KIX .....	1 1/3 cup	114	2	1	0.8	26
PRODUCT 19 .....	1 cup	110	3	Tr	1	25
Puffed Rice.....	1 cup	56	1	Tr	0.2	13
Puffed Wheat.....	1 cup	44	2	Tr	0.5	10
TOTAL Raisin Brand .....	1 cup	178	4	1	5	43
KELLOGG'S Raisin Brand.....	1 cup	186	6	1	8.2	47
RAISIN NUT BRAN .....	1 cup	209	5	4	5.1	41
RICE KRISPIES .....	1 1/4 cup	124	2	Tr	0.4	29
SHREDDED WHEAT.....	2 biscuits	156	5	1	5.3	38
SPECIAL K.....	1 cup	115	6	Tr	1	22
TOTAL, Whole Grain .....	3/4 cup	105	3	1	2.6	24
TRIX.....	1 cup	122	1	2	0.7	26
WHEATIES.....	1 cup	110	3	1	2.1	24
Brownies without icing (2 3/4 sq x 7/8").....	1 brownie	227	3	9	1.2	36
Brownie Fat free, 2" sq.....	1 brownie	89	1	Tr	1	22
Buckwheat groats, roasted (kasha), cooked .....	1 cup	155	6	1	4.5	33
Bulgur Cooked .....	1 cup	151	6	Tr	8.2	34
Cake Angelfood (1/12 of 10" dia) .....	1 piece	129	3	Tr	0.1	29
Cake Chocolate without frosting (1/12 of 9" dia) ...	1 piece	340	5	14	1.5	51
Gingerbread 1/9 of 8" square) .....	1 piece	263	3	12	0.7	36
Pineapple upside down (1/9 of 8" square) .....	1 piece	367	4	14	0.9	58
Shortcake, biscuit type (about 3" dia) .....	1 shortcake	225	4	9	0.8	32
Sponge (1/12of 16-oz cake).....	1 piece	187	5	5	0.4	71
White cake With coconut frosting (1/12 of 9" dia) ..	1 piece	399	5	12	1.1	71
white cake without frosting (1/12 of 9" dia) .....	1 piece	264	4	9	0.6	42
Angelfood (1/12 of 12-oz cake) .....	1 piece	72	2	Tr	0.4	16

Boston cream (1/8 of pie) ..... 1 piece	232	2	8	1.3	39
Chocolat cake @chocolate icing 18-oz cake) ..... 1 piece	235	3	10	1.8	35
Fat free cake (3 1/4 x 23/4") x 5/8" slice)..... 1 slice	79	2	Tr	0.3	17
Sponge Snack cake, creme filled..... 1 cake	155	1	5	0.2	27
Sponge shortcake..... 1 shortcake	87	2	1	0.2	18
Yellow Cake With chocolate frosting ..... 1 piece	243	2	11	1.2	35
Cheesecake (1/6 of 17-oz cake)..... 1 piece	257	4	18	0.3	20
Cheese flavor puffs or twists .... 1 oz	157	2	10	0.3	15
CHEX mix 1 oz (about 2/3 cup)	120	3	5	1.6	18
Butter Cookies prepared ..... 1 cookie	23	Tr	1	Tr	3
Chocolate chip cookie medium (2 1/4" -2 1/2")					
Chocolate chip cookie (2 1/4" -2 1/2") Regular .. 1 cookie	48	1	2	0.3	7
..... Reduced fat..... 1 cookie	45	1	2	0.4	7
Prepared from recipe, with margarine ..... 1 cookie	78	1	5	0.4	9
Devil's food commercially prepared, fat free .... 1 cookie	49	1	Tr	0.3	12
Fig bar ..... 1 cookie	56	1	1	0.7	11
Molasses Cookie Medium ..... 1 cookie	65	1	2	0.1	11
Molasses Cookie Large (3 1/2"-4" dia) ..... 1 cookie	138	2	4	0.3	24
Oatmeal Cookie Regular, large ..... 1 cookie	113	2	5	0.7	17
Oatmeal Cookie Fat free..... 1 cookie	36	1	Tr	0.8	9
Oatmeal Cookie Prepared raisins (2 5/8" dia).....1 cookie	65	1	2	0.5	10
Peanut Butter Cookie Commercially prepared .... 1 cookie	72	1	4	0.3	9
Crème Filled Sandwich Cookie Chocolate ..... 1 cookie	47	Tr	2	0.3	7
Crème Filled Sandwich Cookie Vanilla Round... 1 cookie	48	Tr	2	0.2	7
Shortbread Cookie Plain (1B\," sq) ..... 1 cookie	40	Tr	2	0.1	5
Pecan Shortbread Cookie Regular (2" dia)..... 1 cookie	76	1	5	0.3	8
Pecan Shortbread Cookie Reduced fat..... 1 cookie	73	1	3	0.2	11
Sugar Cookie Commercially prepared ..... 1 cookie	72	1	3	0.1	10
Sugar Cookie From refrigerated dough..... 1 cookie	73	1	3	0.1	10
Vanilla wafer medium size ..... 1 cookie	18	Tr	1	0.1	3
Corn Chips Plain ..... 1 oz	153	2	9	1.4	16
Cornbread (3 3/4" x 2 1/2" x 3/4")..... 1 piece	188	4	6	1.4	29
Cornbread @ 2% milk (2 1/2" x 2 1/2" x 1 1/2") ...1 piece	173	4	5	1.9	28
Cornmeal Whole grain ..... 1 cup	442	10	4	8.9	94
Cornmeal Self rising degermed enriched ..... 1 cup	490	12	2	9.8	103
Cornstarch ..... 1 tbsp	30	Tr	Tr	0.1	7
Couscous Cooked ..... 1 cup	176	6	Tr	2.2	36
Crackers Cheese, 1" sq ..... 10 crackers	50	1	3	0.2	6
Crackers Graham 2 1/2" sq ..... 2 squares	59	1	1	0.4	11
Graham Crackers Crushed ..... 1 cup	356	6	8	2.4	65
Melba toast, plain ..... 4 pieces	78	2	1	1.3	15
Rye wafer, whole grain plain ..... 1 wafer	37	1	Tr	2.5	9
Saltine Square..... 4 crackers	52	1	1	0.4	9
Saltine Oyster type ..... 1 cup	195	4	5	1.4	32
Crackers Wheat with cheese ..... 1 sandwich	33	1	1	0.1	4
Crackers Cheese with peanut butter ... 1 sandwich	34	1	2	0.2	4
Crackers Bite size..... 1 cup	311	5	16	1	38
Crackers Round ..... 4 crackers	60	1	3	0.2	7
Wheat, thin square..... 4 crackers	38	1	2	0.4	5
Whole wheat ..... 4 crackers	71	1	3	1.7	11
Croissant, butter ..... 1 croissant	231	5	12	1.5	26
Croutons, seasoned..... 1 cup	186	4	7	2	25
Danish pastry Cheese filled ..... 1 danish	266	6	16	0.7	26
Danish pastry Fruit filled..... 1 danish	263	4	13	1.3	34
Doughnuts Cake type ..... 1 hole	59	1	3	0.2	7
Doughnuts 1 medium .....47 21 198 2 11 1.7 4.4 3.7	198	2	11	0.7	23



Doughnuts Yeast leavened, glazed ..... 1 hole	52	1	3	0.2	6
..... 1 medium	242	4	14	0.7	27
Éclair, 5" x 2" x 1 3/4" ..... 1 éclair	262	6	16	0.6	24
English muffin Untoasted ..... 1 muffin	134	4	1	1.5	26
English muffin Toasted ..... 1 muffin	133	4	1	1.5	26
French toast made @ 2% milk fried in margarine... 1 slice	149	5	7	0.7	16
French toast Frozen, ready to heat..... 1 slice	126	4	4	0.7	19
Granola bar Hard, plain ..... 1 bar	134	3	6	1.5	18
Granola bar Soft, chocolate-coated peanut butter .... 1 bar	144	3	9	0.8	15
Macaroni (elbows) cooked ..... 1 cup	197	7	1	1.8	40
Matzo, plain..... 1 matzo	112	3	Tr	0.9	24
Blueberry Muffin (2 3/4" dia x 2")..... 1 muffin	158	3	4	1.5	27
Bran Muffin with raisins toaster type, toasted ..... 1 muffin	106	2	3	2.8	19
Corn Muffin (2 1/2" dia x 2 1/4") ..... 1 muffin	174	3	5	1.9	29
Oat bran muffin (2 1/2" x 2 1/4")..... 1 muffin	154	4	4	2.6	28
Noodles, chow mein, canned .... 1 cup	237	4	14	1.8	26
Noodles (egg noodles) cooked Regular ..... 1 cup	213	8	2	1.8	40
Noodles (egg noodles) cooked Spinach..... 1 cup	211	8	3	3.7	39
NUTRI GRAIN Cereal Bar, fruit filled ..... 1 bar	136	2	3	0.8	27
Oat bran Uncooked ..... 1 cup	231	16	7	14.5	62
Oat bran Cooked ..... 1 cup	88	7	2	5.7	25
Oriental snack mix .... 1 oz (about 1/4cup)	156	5	7	3.7	15
Pancakes, plain (4" dia) from mix..... 1 pancake	74	2	1	0.5	14
Pancakes, plain (4" dia) from scratch @ oil ..... 1 pancake	83	3	3	0.7	11
Pie crust, baked From recipe ..... 1 pie shell	949	12	62	3	86
Pie crust, baked From frozen..... 1 pie shell	648	6	41	1.3	62
Pie crust, baked Graham cracker ..... 1 pie shell	1181	10	60	3.6	156
Pie Prepared from recipe (1/8 of 9" dia)					
.. Apple ..... 1 piece	411	4	19	3.6	58
.. Blueberry..... 1 piece	360	4	17	3.6	49
.. Cherry..... 1 piece	486	5	22	3.5	69
.. Lemon meringue ..... 1 piece	362	5	16	0.7	50
.. Pecan ..... 1 piece	503	6	27	2.2	64
.. Pumpkin ..... 1 piece	316	7	14	2.9	41
.. Fried, cherry ..... 1 pie	404	4	21	3.3	55
Popcorn					
.. Air popped, unsalted ..... 1 cup	31	1	Tr	1.2	6
.. Oil popped, salted..... 1 cup	55	1	3	1.1	6
.. Caramel coated With peanuts ..... 1 cup	168	3	3	1.6	34
.. Caramel coated Without peanuts ..... 1 cup	152	1	5	1.8	28
.. Cheese flavor ..... 1 cup	58	1	4	1.1	6
Pretzels Stick, 2 1/4" long..... 10 pretzels	11	Tr	Tr	0.1	6
Pretzels Twisted, regular ..... 10 pretzels	229	5	2	1.9	48
Pretzels Twisted, dutch, 2 3/4" x 2 5/8" ..... 1 pretzel	61	1	1	0.5	13
Rice					
.. Brown, long grain, cooked ..... 1 cup	216	5	2	3.5	45
.. White, long grain, enriched Raw ..... 1 cup	675	13	1	2.4	148
.. White, long grain, enriched Cooked..... 1 cup	205	4	Tr	0.6	45
.. White, long grain, enriched Instant, prepared ..... 1 cup	162	3	Tr	1	35
.. Parboiled Raw ..... 1 cup	686	13	1	3.1	151
.. Parboiled Cooked..... 1 cup	200	4	Tr	0.7	43
.. Parboiled Wild, cooked..... 1 cup	166	7	1	3	35
Rice cake, brown rice, plain ..... 1 cake	35	1	Tr	0.4	7
Rolls Dinner ..... 1 roll	84	2	2	0.8	14
Rolls Hamburger or hotdog ..... 1 roll	123	4	2	1.2	22
Rolls Hard, kaiser..... 1 roll	167	6	2	1.3	30

Spaghetti, cooked Enriched .....	1 cup	197	7	1	2.4	40
Spaghetti, cooked Whole wheat .....	1 cup	174	1	0	6.3	37
Sweet rolls, cinnamon Commercial, with raisins ....	1 roll	223	4	10	1.4	31
Sweet rolls, cinnamon from dough with frosting .....	roll	109	2	4	0.6	17
Taco shell, baked.....	1 medium	62	1	3	1	8
Tapioca, pearl, dry.....	1 cup	544	Tr	Tr	1.4	135
Toaster pastries Brown sugar cinnamon.....	1 pastry	206	3	7	0.5	34
Toaster pastries Chocolate with frosting .....	1 pastry	201	3	5	0.6	37
Toaster pastries Fruit filled.....	1 pastry	204	2	5	1.1	37
Toaster pastries Low fat .....	1 pastry	193	2	3	0.8	40
Tortilla chips Regular .....	1 oz	142	2	7	1.8	18
Tortilla chips Low fat, baked.....	10 chips	54	2	1	0.7	11
Tortilla chips Light, reduced fat.....	1 oz	126	2	4	1.4	20
Tortillas, ready to cook (about 6" dia) Corn .....	1 tortilla	58	1	1	1.4	12
Tortillas, ready to cook (about 6" dia) Flour .....	1 tortilla	104	3	2	1.1	18
Waffles Prepared from recipe, 7" dia ..	1 waffle	218	6	11	0.7	25
Waffles Frozen, toasted, 4" dia.....	1 waffle	87	2	3	0.8	13
Waffles Low fat, 4" dia .....	1 waffle	83	2	1	0.4	15
Wheat flours All purpose, Sifted, spooned.....	1 cup	419	12	1	3.1	88
Bread flours, enriched.....	1 cup	495	16	2	3.3	99
Whole wheat from hard wheats, ....	1 cup	407	16	2	14.6	87
Wheat germ, toasted, plain .....	1 tbsp	27	2	1	0.9	3
<b>Legumes, Nuts, and Seeds</b>						
Almonds Sliced .....	1 cup	549	20	48	11.2	19
Almonds Whole.....	1 oz (24 nuts)	164	6	14	3.3	6
Beans, dry cooked, Black .....	1 cup	227	15	1	15	41
Beans, dry cooked, Great Northern .....	1 cup	209	15	1	12.4	37
Beans, dry cooked, Kidney, red .....	1 cup	225	15	1	13.1	40
Beans, dry cooked, Lima, large .....	1 cup	216	15	1	13.2	39
Beans, dry cooked, Pea (navy) .....	1 cup	258	16	1	11.6	48
Beans, dry cooked, Pinto .....	1 cup	234	14	1	14.7	44
Baked beans Plain or vegetarian .....	1 cup	236	12	1	12.7	52
Baked beans With frankfurters.....	1 cup	368	17	17	17.9	40
Baked beans With pork in tomato sauce .....	1 cup	248	13	3	12.1	49
Baked beans With pork in sweet sauce ...	1 cup	281	13	4	13.2	53
Baked beans Kidney, red .....	1 cup	218	13	1	16.4	40
Baked beans Lima, large .....	1 cup	190	12	Tr	11.6	36
Baked beans White .....	1 cup	307	19	1	12.6	57
Black eyed peas Cooked .....	1 cup	200	13	1	11.2	36
Black eyed peas Canned, solids and liquid .....	1 cup	185	11	1	7.9	33
Brazil nuts, shelled.....	1 oz (6-8 nuts)	186	4	19	1.5	4
Carob flour .....	1 cup	229	5	1	41	92
Cashews Dry roasted .....	1 oz	163	4	13	0.9	9
Cashews Oil roasted.....	1 cup	749	21	63	4.9	37
Cashews .....	1 oz (18 nuts)	163	5	14	1.1	8
Chestnuts, european roasted shelled .....	1 cup	350	5	3	7.3	76
Chickpeas, dry Cooked .....	1 cup	269	15	4	12.5	45
Chickpeas, dry Canned, solids and liquid .....	1 cup	286	12	3	10.6	54
Coconut raw Piece, about 2" x 2" x Z"x ....	1 piece	159	1	15	4.1	7
Coconut raw Shredded, not packed.....	1 cup	283	3	27	7.2	12
Coconut raw Dried, sweetened, shredded ...	1 cup	466	3	33	4.2	44
Hazelnuts (filberts), chopped....	1 cup	722	17	70	11.2	19
.....	1 oz	178	4	17	2.7	5
Hummus, commercial.....	1 tbsp	23	1	1	0.8	2
Lentils, dry, cooked.....	1 cup	230	18	1	15.6	40
Macadamia nuts, dry roasted,salted .....	1 cup	959	10	102	10.7	17

.....1 oz (10-12 nuts)	203	2	22	2.3	4
Mixed nuts, with peanuts Dry roasted ..... 1 oz	168	5	15	2.6	7
Peanuts Dry Roasted Salted..... 1 oz (about 28)	166	7	14	2.3	6
Peanuts Oil roasted, salted..... 1 cup	837	38	71	13.2	27
Peanuts..... 1 oz	165	7	14	2.6	5
Peanut butter Smooth style ..... 1 tbsp	95	4	8	0.9	3
Peanut butter Chunk style ..... 1 tbsp	94	4	8	1.1	3
Peanut butter Reduced fat, smooth..... 1 tbsp	94	5	6	16.3	3
Peas, split, dry, cooked ..... 1 cup	231	16	1	16.3	41
Pecans, halves..... 1 cup	746	10	78	10.4	15
..... 1 oz (20 halves)	196	3	20	2.7	4
Pine nuts (pignolia), shelled ..... 1 oz	160	7	14	1.3	4
..... 1 tbsp	49	2	4	0.4	1
Pistachio nuts, dry roast,with salt, shelled ... 1 oz (47 nuts)	161	6	13	2.9	8
Pumpkin and squash kernels.roasted, seeds) ....1 oz	148	9	12	1.1	4
Refried beans, canned ..... 1 cup	237	14	3	13.4	39
Sesame seeds..... 1 tbsp	47	2	4	0.9	1
Soybeans, dry, cooked..... 1 cup .	298	29	15	10.3	17
Miso (soy)..... 1 cup	567	32	17	14.9	77
Soy milk..... 1 cup	81	7	5	3.2	4
Tofu Firm ..... 1/4 block	62	7	4	0.3	2
Tofu Soft, piece 2 1/2" x 2 3/4" x 1"..... 1 piece	73	8	4	0.2	2
Sunflower seed kernels, dryroasted.....1/4cup	186	6	16	2.9	8
.....1 oz	165	5	14	2.6	7
Tahini ..... 1 tbsp	89	3	8	1.4	3
Walnuts, English ..... 1 cup, chopped	785	18	78	8	16
.....1 oz (14 halves)	185	4	18	1.9	4
<b>Meat and Meat Products</b>					
<b>Beef, cooked</b>					
.. Fatty cut (pot roasted or simmered) Lean and fat.... 3 oz	293	23	22	0	0
.. Lean only (pot roasted or simmered)..... 3 oz	213	26	11	0	0
.. Lean cut(bottom round) simmered Lean and fat.... 3 oz	234	24	14	0	0
.. Lean cut(bottom round) simmered Lean only..... 3 oz	178	27	7	0	0
.. Ground beef, broiled 83% lean..... 3 oz	218	22	14	0	0
.. Ground beef, broiled 73% lean..... 3 oz	246	20	18	0	0
.. Liver, fried2C\," x C\," ..... 3 oz	184	23	7	0	7
.. Fatty Roast (rib) oven cooked Lean and fat..... 3 oz	304	19	25	0	0
.. Fatty Roast (rib)oven cooked Lean only..... 3 oz .	195	23	11	0	0
.. Lean Roast eye of round) oven cooked Lean only... 3 oz	143	25	4	0	0
.. Sirloin Steak broiled Lean and fat..... 3 oz	219	24	13	0	0
.. Sirloin Steak broiled Lean only..... 3 oz	166	26	6	0	0
.. Beef, canned, corned..... 3 oz	213	23	13	0	0
.. Beef, dried, chipped ..... 1 oz	47	8	1	0	Tr
<b>Lamb Cooked</b>					
.. Chops braised Lean and fat..... 3 oz	294	26	20	0	0
.. Chops braised Lean only..... 3 oz	237	30	12	0	0
.. Loin, broiled Lean and fat..... 3 oz	269	21	20	0	0
.. Loin, broiled Lean only..... 3 oz	184	25	8	0	0
.. Leg, roasted Lean and fat..... 3 oz	219	22	14	0	0
.. Leg, roasted Lean only..... 3 oz	162	24	7	0	0
.. Rib Lean and fat..... 3 oz	305	18	25	0	0
.. Rib Lean only..... 3 oz	197	22	11	0	0
<b>Pork</b>					
.. Bacon Regular ..... 3 medium slices	109	6	9	0	Tr
.. Bacon Canadian style (6 slices per 6-oz pkg)...2 slices	86	11	4	0	1
.. Ham, light cure, roasted Lean and fat..... 3 oz	207	18	14	0	0

.. Ham, light cure, roasted Lean only..... 3 oz	133	21	5	0	0
.. Ham, canned, roasted..... 3 oz	142	18	7	0	Tr
.. Pork chop (broiled)Lean and fat..... 3 oz	204	24	11	0	0
.. Pork chop (broiled) Lean only..... 3 oz	172	26	7	0	0
.. Pork chop (fried) Lean and fat..... 3 oz	235	25	14	0	0
.. Pork chop (fried) Lean only..... 3 oz	197	27	9		0
.. Ham (roasted) Lean and fat..... 3 oz	232	23	15	0	0
.. Ham (roasted) Lean only..... 3 oz	179	25	8	0	0
.. Rib roast Lean and fat..... 3 oz	217	23	13	0	0
.. Rib roast Lean only..... 3 oz	190	24	9	0	0
.. Ribs Backribs, roasted..... 3 oz	315	21	25	0	0
.. Ribs Country style, braised..... 3 oz	252	20	18	0	0
.. Ribs Spareribs, braised..... 3 oz	337	25	26	0	0
.. Shoulder cut Lean and fat..... 3 oz	280	24	20	0	0
.. Shoulder cut Lean only..... 3 oz	211	27	10	0	0
<b>Sausages and luncheon meats</b>					
.. Bologna, beef and pork (8 per 8-oz pkg) ....2 slices	180	7	16	0	2
.. Braunschweiger (6 slices per6-oz pkg)..... 2 slices	205	8	18	0	2
.. Canned, lunch meat(7 slices per 7-oz can).... 2 slices	172	7	15	0	1
.. Pork with ham (12 slices per12-oz can) ..... 2 slices	188	8	17	0	1
.. Pork and chicken (12 slicesper 12-oz can) ..... 2 slices	117	9	8	0	1
.. Cooked ham (1 oz) Regular ..... 2 slices	104	10	6	0	2
.. Cooked ham (1 oz) Extra lean ..... 2 slices	75	11	3	0	1
.. Frankfurter (1.6 oz) Beef and pork..... 1 frank	144	5	13	0	1
.. Frankfurter (1.6 oz) Beef ..... 1 frank	142	5	5	0	1
.. Pork sausage cooked Link (4" x 7/8" raw) ..... 2 links	96	5	8	0	Tr
.. Pork sausage cooked Patty (3 7/8" x 1/4" raw) ... 1 patty	100	5	8	0	Tr
.. Salami, beef and pork (1 oz) cooked type..... 2 slices	143	8	11	0	1
.. Salami, beef and pork (3 1/8" x 1/16") dry type .. 2 slices	84	5	7	0	1
.. Vienna sausage (7 per 4-oz can) ..... 1 sausage	45	2	4	0	Tr
Veal Cutlet lean and fat cooked ..... 3 oz	179	31	5	0	0
Veal Rib, roasted, lean and fat..... 3 oz	194	20	12	0	0
<b>Mixed Dishes and Fast Foods</b>					
Beef macaroni, frozen, HEALTHY CHOICE..... 1 package	211	14	2	4.6	33
Beef stew, canned ..... 1 cup	218	11	12	3.5	16
Chicken pot pie, frozen ..... 1 small pie	484	13	29	1.7	43
Chili con carne with beans, canned..... 1 cup	255	20	8	8.2	24
Macaroni and cheese, canned, made with corn oil ... 1 cup	199	8	6	3	29
Meatless burger crumbles,MORNINGSTAR FARMS.. 1 cup	231	22	13	5.1	7
Meatless burger patty, MORNINGSTAR FARMS .. 1 patty	91	14	1	4.3	8
Pasta with meatballs in tomato sauce, canned ..... 1 cup	260	11	10	6.8	31
Spaghetti meat sauce, frozen HEALTHY CHOICE...1 pack	255	14	3	5.1	43
Spaghetti in tomato sauce with cheese, canned ..... 1 cup	192	6	2	7.8	39
Tortellini, pasta with cheese filling, frozen.. (1 cup cooked)	249	11	6	1.5	38
Biscuit with egg and sausage ..... 1 biscuit	581	19	39	0.9	41
Croissant with egg, cheese, bacon..... 1 croissant	413	16	28	NA	24
Danish pastry Cheese filled..... 1 pastry	353	6	25	NA	29
Danish pastry Fruit filled..... 1 pastry	335	5	16	NA	45
English muffin egg,cheese, Canadian bacon ..... 1 muffin	289	17	13	1.5	27
French toast with butter ..... 2 slices	356	10	19	NA	36
French toast sticks ..... 5 sticks	513	8	29	2.7	58
Hashed brown potatoes..... 1/2 cu	151	2	9	NA	16
Pancakes with butter syrup..... 2 pancakes	520	8	14	NA	91
Burrito With beans and cheese..... 1 burrito	189	8	6	NA	27
Burrito With beans and meat..... 1 burrito	255	11	9	NA	33
Cheeseburger Double patty with mayo veg... 1 sandwich	417	21	21	NA	35

Cheeseburger Single patty with mayo veg..... 1 sandwich	295	16	14	NA	27
Cheeseburger plain Double patty ..... 1 sandwich	457	28	28	NA	22
Cheeseburger plain Single patty..... 1 sandwich	319	15	15	NA	32
Cheeseburger Large Single patty mayo veg.. 1 sandwich	563	28	33	NA	38
.....with bacon .... 1 sandwich	608	32	37	NA	37
Chicken fillet (breaded fried) sandwich, plain .. 1 sandwich	515	24	29	NA	39
Chicken pieces, boneless,breaded fried, plain ... 6 pieces	319	18	21	0	15
Chili con carne..... 1 cup	256	25	8	NA	22
Chimichanga with beef ..... 1 chimichanga	452	20	20	NA	43
Coleslaw..... 3/4 cup	147	1	11	NA	13
Ice milk, soft, vanilla, in cone ..... 1 cone	164	4	6	0.1	24
Sundae, hot fudge ..... 1 sundae	284	6	9	0	48
Enchilada with cheese ..... 1 enchilada	319	10	19	NA	29
Fish sandwich, with tartar sauce and cheese ...1 sandwich	523	21	29	NA	48
French fries..... 1 small	291	4	16	3	34
.....1 medium	458	6	25	4.7	53
.....1 large	578	7	31	5.9	67
Frijoles (refried beans, chili sauce, cheese) ..... 1 cup	225	11	8	NA	29
Hamburger Regular condiments Double patty 1 sandwich	576	32	32	NA	39
Hamburger Regular condiments Single patty... 1 sandwich	272	12	10	2.3	34
Hamburger Large everything Double patty ... 1 sandwich	540	34	27	NA	40
Hamburger Large everything Single patty..... 1 sandwich	512	26	27	NA	40
Hot dog Plain..... 1 sandwich	242	10	15	NA	18
Hot dog With chili ..... 1 sandwich	296	14	13	NA	31
Hot dog (corndog)..... 1 corndog	460	17	19	NA	56
Hush puppies ..... 5 pieces	257	5	12	NA	35
Mashed potatoes .....1/3 cup	66	2	1	NA	35
Nachos, with cheese sauce ..... 6-8 nachos	346	9	19	NA	36
Onion rings, breaded and fried..... 8-9 rings	276	4	16	NA	31
Pizza Cheese ..... 1 slice (1/8 of 12" pizza)	140	8	3	NA	21
Pizza Meat and vegetables ..... 1 slice (1/8 of 12" pizza)	184	13	5	NA	21
Pizza Pepperoni ..... 1 slice (1/8 of 12" pizza)	181	10	7	NA	20
Roast beef sandwich, plain .... 1 sandwich	346	22	14	NA	33
Salad, tossed, with chicken, no dressing..... 1 1/2 cups	105	17	2	NA	4
Salad, tossed, with egg, cheese, no dressing.... 1 1/2 cups	102	9	6	NA	5
Shrimp, breaded and fried..... 6-8 shrimp	454	19	25	NA	40
Sub sandwich 6"(oil,cold cuts, everything) ... 1 sandwich	456	22	19	NA	51
Sub Roast beef 6"(with tomato,lettuce, mayo) . 1 sandwich	410	29	13	NA	44
Sub Tuna salad 6" (with mayo,lettuce) ..... 1 sandwich	584	30	28	NA	55
Taco, beef..... 1 small	369	21	21	NA	27
..... 1 large	568	32	32	NA	41
Taco salad (with beef, cheese, taco shell) ... .1 1/2 cups	279	13	15	NA	24
Tostada (with cheese, veg) beans and beef... .1 tostada	333	16	17	NA	30
Tostada (with cheese, veg) With guacamole ..... 1 tostada	181	6	12	NA	16
<b>Poultry and Poultry Products</b>					
Chicken					
.. Chicken Breast dipped fried (with bones skin).1/2 breast	364	35	18	0.4	13
.. Drumstick batter fried (with bones skin)..... 1 drumstick	193	16	11	0.2	6
.. Thigh batter dipped fried (with bones skin)..... 1 thigh	238	19	14	0.3	8
.. Wing batter dipped fried (with bones skin)..... 1 wing	159	10	11	0.1	5
.. Dark meat (fried)..... 3 oz	203	25	10	0	2
.. Light meat (fried)..... 3 oz	163	28	5	0	Tr
.. Breast meat only roasted..... 1/2 breast	142	27	3	0	0
.. Drumstick meat only roasted ..... 1 drumstick	76	12	2	0	0
.. Thigh meat only roasted..... 1 thigh	109	13	6	0	0
.. Stewed dark and light meat chopped or diced .... 1 cup	332	43	17	0	0

.. Chicken giblets, simmered, chopped ..... 1 cup	228	37	7	0	1
.. Chicken liver, simmered ..... 1 liver	31	5	1	0	Tr
.. Chicken neck, meat only, simmered..... 1 neck	32	4	1	0	0
Duck, roasted, flesh only ..... 1/2 duck	444	52	25	0	0
Turkey Roasted Dark meat..... 3 oz	159	24	6	0	0
Turkey Roasted Light meat ..... 3 oz	133	25	3	0	0
Turkey Roasted Light and dark meat, chop or diced.. 1 cup	238	41	7	0	0
Turkey Ground, cookedPatty, from 4 oz raw..... 1 patty	193	22	11	0	0
Turkey Ground, cooked Crumbled..... 1 cup	298	35	17	0	0
Turkey giblets, simmered, chopped ..... 1 cup	242	39	7	0	3
Turkey neck, meat only, simmered..... 1 neck	274	41	11	0	0
Chicken Canned, boneless ..... 5 oz	234	31	11	0	0
Chicken Frankfurter 1.6 oz ..... 1 frank	116	6	9	0	3
Chicken Roll, light meat (1oz per slice)..... 2 slices	90	11	4	0	1
Turkey Gravy and turkey, frozen ..... 5-oz package	95	8	4	0	7
Turkey Patties breaded fried (2.25 oz) ..... 1 patty	181	9	12	0.3	10
Turkey Roast boneless light + dark meat, cooked..... 3 oz	132	18	5	0	3
<b>Soups, Sauces, and Gravies</b>					
Soups Prepared with whole milk					
.. Clam chowder, New England..... 1 cup	164	9	7	1.5	17
.. Cream of mushroom ..... 1 cup	203	6	14	0.5	15
.. Tomato ..... 1 cup	161	6	6	2.7	22
Bean with pork ..... 1 cup	172	8	6	8.6	23
Beef broth,bouillon, Consomme ..... 1 cup	29	5	0	0	2
Beef noodle ..... 1 cup	83	5	3	0.7	9
Chicken noodle..... 1 cup	75	4	2	0.7	9
Chicken and rice..... 1 cup	60	4	2	0.7	7
Clam chowder, Manhattan ..... 1 cup	78	2	2	1.5	12
Cream of mushroom ..... 1 cup	129	2	9	0.5	9
Minestrone..... 1 cup	82	4	3	1	11
Pea, green ..... 1 cup	165	9	3	2.8	27
Tomato ..... 1 cup	85	2	2	0.5	17
Vegetable beef ..... 1 cup	78	6	2	0.5	10
Vegetarian vegetable ..... 1 cup	72	2	2	0.5	12
Canned, ready to serve, Bean with ham ..... 1 cup	231	13	9	11.2	27
Canned, ready to serve, Chicken noodle ..... 1 cup	175	13	6	3.8	17
Canned, ready to serve, Chicken and vegetable ..... 1 cup	166	12	5	NA	19
Canned, ready to serve, Vegetable ..... 1 cup	122	4	4	1.2	19
Chicken broth..... 1 cup	17	3	0	0	1
Chicken noodle ..... 1 cup	76	6	2	1.2	9
Chicken and rice ..... 1 cup	116	7	3	0.7	14
Chicken and rice with vegetables ..... 1 cup	88	6	1	0.7	12
Clam chowder, New England..... 1 cup	117	5	2	1.2	20
Lentil ..... 1 cup	126	8	2	5.6	20
Minestrone ..... 1 cup	123	5	3	1.2	20
Vegetable ..... 1 cup	81	4	1	1.4	13
Beef bouillon..... 1 packet	14	1	1	0	1
Onion ..... 1 packet	115	5	2	4.1	21
Chicken noodle..... 1 cup	58	2	1	0.3	9
Onion ..... 1 cup	27	1	1	1	5
Beef stock (home prepared)..... 1 cup	31	5	Tr	0	3
Chicken stock (home prepared)..... 1 cup	86	6	3	0	8
Barbecue Sauce..... 1 tbsp	12	Tr	Tr	0.2	2
Hoisin Sauce..... 1 tbsp	35	1	1	0.4	7
Nacho cheese Sauce..... 1/4 cup	119	5	10	0.5	3
Pepper or hot Sauce..... 1 tsp	1	Tr	Tr	0.1	Tr

Salsa Sauce..... 1 tbsp	4	Tr	Tr	0.3	1
Soy Sauce..... 1 tbsp	9	Tr	Tr	0.1	1
Spaghetti/marinara/pasta Sauce..... 1 cup	143	4	5	4	21
Teriyaki Sauce..... 1 tbsp	15	1	0	Tr	3
Tomato chili Sauce.....1/4 cup	71	2	Tr	4	17
Worcestershire Sauce..... 1 tbsp	11	0	0	0	3
Beef gravy canned..... 1/4 cup	31	2	1	0.2	3
Chicken gravy canned..... 1/4 cup	47	1	3	0.2	3
Country sausage gravy canned.....1/4 cup	96	3	8	0.4	4
Mushroom gravy canned..... 1/4 cup	30	1	2	0.2	3
Turkey gravy canned.....1/4 cup	31	2	1	0.2	3
<b>Sugars and Sweets</b>					
BUTTERFINGER (NESTLE)..... 1 fun size bar	34	1	1	0.2	Tr
Caramel Plain..... 1 piece	39	Tr	1	0.1	8
Carob candy..... 1 oz	153	2	9	1.1	16
Milk Chocolate Plain..... 1 bar (1.55 oz)	226	3	14	1.5	26
MR. GOODBAR (HERSHEY) ..... 1 bar (1.75 oz)	267	5	17	1.7	25
NESTLE CRUNCH ..... 1 bar (1.55 oz)	230	3	12	1.1	29
Chocolate chips					
.. Milk ..... 1 cup	862	12	52	5.7	99
.. Semisweet ..... 1 cup	805	7	50	9.9	106
.. White ..... 1 cup	916	10	55	0	101
Chocolate coated peanuts..... 10 pieces	208	5	13	1.9	20
Chocolate coated raisins..... 10 pieces	39	Tr	1	0.4	7
Fruit leather, pieces ..... 1 oz	97	Tr	2	1	22
Gumdrops (3/4" dia) ..... 1 cup	703	0	0	0	180
Gummy bears ..... 10 bears	85	0	0	0	22
Gummy worms..... 10 worms	286	0	0	0	73
Hard candy..... 1 piece	24	0	Tr	0	6
KIT KAT (HERSHEY) ..... 1 bar (1.5 oz)	216	3	11	0.8	27
Marshmallows Miniature..... 1 cup	159	1	Tr	0.1	41
M&M's (M&M MARS) Peanut..... 1/4 cup	222	4	11	1.5	26
M&M's (M&M MARS) Plain.....1/4 cup	256	2	11	1.3	37
MILKY WAY (M&M MARS)..... 1 fun size bar	76	1	3	0.3	13
MILKY WAY .....1 bar (2.15 oz)	258	3	10	1	44
REESE'S Peanut butter cup (contains 2) ..1 pack	243	5	14	1.4	25
SNICKERS 1 bar (2 oz)	273	5	14	1.4	34
STARBURST fruit chews (M&M MARS) 2.07 oz) ..1 bag	234	Tr	4	0	50
Chocolate Frosting.....1/12 package	151	Tr	7	0.2	24
Vanilla Frosting.....1/12 package	159	Tr	6	Tr	26
Fruit and juice bar ..... 1 bar (2.5 fl oz)	63	1	Tr	0	16
Ice pop..... 1 bar (2 fl oz)	42	0	0	0	11
Italian ices..... 1/2 cup	61	Tr	Tr	0	16
gelatin dessert Regular ..... 1/2 cup	80	2	0	0	19
gelatin dessert Reduced cal (with aspartame)....1/2 cup	8	1	0	0	1
Honey.....1 tbsp	64	Tr	0	Tr	17
.....1 cup	1031	1	0	0.7	279
Jams and preserves.....1 tbsp	56	Tr	Tr	0.2	14
..... 1( .5 oz) packet	39	Tr	Tr	0.2	10
Jellies.....1 tbsp	54	Tr	Tr	0.2	13
..... 1(.5 oz) packet	40	Tr	Tr	0.1	10
Puddings					
.. Chocolate, ready to eat.....4 oz	150	3	5	1.1	28
.. Rice, ready to eat..... 4 oz	184	2	8	0.1	25
.. Tapioca, ready to eat.....4 oz	134	2	4	0.1	22
.. Vanilla, ready to eat.....4 oz	147	3	4	0.1	25

.. Chocolate, Fat Free.....4 oz	107	3	Tr	0.9	23
.. Tapioca, Fat Free.....4 oz	98	2	Tr	0.1	23
.. Vanilla, Fat Free.....4 oz	105	2	Tr	0.1	24
Brown Sugar packed.....1 cup	827	0	0	0	214
Brown Sugar unpacked.....1 cup	545	0	0	0	141
.....1 tbsp	34	0	0	0	9
White Sugar granulated.....1 packet	23	0	0	0	6
.....1 tsp	16	0	0	0	4
.....1 cup	774	0	0	0	200
White sugar Powdered.....1 tbsp	31	0	Tr	0	8
.....1 cup	467	0	Tr	0	119
Chocolate syrup thin.....1 tbsp	53	Tr	Tr	0.3	12
Chocolate Syrup Fudge type.....1 tbsp	67	1	2	0.5	12
Corn syrup, light.....1 tbsp	56	0	0	0	15
Maple Syrup.....1 tbsp	52	0	Tr	0	13
Molasses, blackstrap.....1 tbsp	47	0	0	0	12
Pancake Syrup.....1 tbsp	57	0	0	0	15
Pancake Syrup, reduced calorie.....1 tbsp	25	0	0	0	7
<b>Vegetables and Vegetable Products</b>					
1037 Alfalfa sprouts, raw..... 1 cup .	10	1	Tr	0.8	1
Artichokes, cooked, drained..... 1 cup	84	6	Tr	9.1	19
1039 1 medium .....120 84 60 4 Tr Tr Tr 0.1	60	4	Tr	6.5	13
Asparagus, From raw ..... 1 cup	43	5	1	2.9	8
Asparagus, Canned 5" drained..... 1 cup	46	5	2	3.9	6
..... 4 spears	14	2	Tr	1.2	2
Bamboo shoots, canned, drained..... 1 cup	25	2	1	1.8	4
Lima Beans, Ford hooks..... 1 cup	170	10	1	9.9	32
Baby limas ..... 1 cup	189	12	1	10.8	35
Beans, Snap Beans Green, from raw..... 1 cup	44	2	Tr	4	10
Snap Beans Green..... 1 cup	38	2	Tr	4.1	9
Snap Beans Green, from can..... 1 cup	27	2	Tr	2.6	6
Bean sprouts (mung), Cooked, drained..... 1 cup	26	3	Tr	1.5	5
Beets Slices ..... 1 cup	75	3	Tr	3.4	17
Beets ,canned Slices ..... 1 cup	53	2	Tr	2.9	12
Beet greens, drained, 1" pieces..... 1 cup	39	4	Tr	4.2	8
Black eyed peas ..... 1 cup	224	14	1	10.9	40
Broccoli Chopped or diced raw ..... 1 cup	25	3	Tr	2.6	5
Broccoli Chopped, cooked..... 1 cup	44	5	1	4.5	8
Broccoli From frozen, chopped, cooked..... 1 cup	52	6	Tr	5.5	10
Brussels sprouts, cooked, ..... 1 cup	65	6	1	6.4	13
Cabbage, Raw ..... 1 cup	18	1	Tr	1.6	4
Cabbage, Cooked, drained..... 1 cup	33	2	1	3.5	7
Carrot juice, canned ..... 1 cup	94	2	Tr	1.9	22
Carrots Raw, Grated..... 1 cup	47	1	Tr	3.3	11
Carrots Raw, Baby ..... 1 medium	4	Tr	Tr	0.2	1
Carrots Cooked, ..... 1 cup	70	2	Tr	5.1	16
Cauliflower Cooked, ..... 1 cup	34	3	Tr	4.9	7
Celery Stalk, medium ..... 1 stalk	7	Tr	Tr	0.6	2
Celery Cooked, Pieces, diced..... 1 cup	27	1	Tr	2.4	6
Chives, raw, chopped ..... 1 tbsp	1	Tr	Tr	0.1	Tr
Collards, cooked, drained, ..... 1 cup	61	5	1	4.8	12
Corn, sweet, yellow, Cooked, kernels on cob .... 1 ear	83	3	1	2.2	19
Corn, from frozen Kernels..... 1 cup	131	5	1	3.9	32
Corn, Canned Cream style ..... 1 cup	184	4	1	3.1	46
Cucumber Peeled Sliced..... 1 cup	14	1	Tr	0.8	3
Cucumber Sliced..... 1 cup	14	1	Tr	0.8	3



Cucumber Whole, 8 1/4" long..... 1 large	39	2	Tr	2.4	8
Dandelion greens, cooked, drained..... 1 cup	35	2	1	3	7
Eggplant, cooked, drained ..... 1 cup	28	1	Tr	2.5	7
Endive, curly (including escarole,raw, pieces..... 1 cup	9	1	Tr	1.6	2
Hearts of palm, canned ..... 1 piece	9	1	Tr	0.8	2
Jerusalem artichoke, raw, sliced ..... 1 cup	114	3	Tr	2.4	26
Kale, cooked, drained, chopped ..... 1 cup	39	4	1	2.6	7
Kohlrabi, cooked, drained, slices..... 1 cup	48	3	Tr	1.8	11
Leeks, diced, cooked, drained..... 1 cup	32	1	Tr	1	8
Lettuce, raw Leaf (Butterhead, Boston) 5" dia ..... 1 head	21	2	Tr	1.6	4
Lettuce, raw, Crisphead, as iceberg Head, 6" dia ..1 head	65	5	1	7.5	11
Lettuce, raw, Crisphead, as iceberg chopped ..... 1 cup	7	1	Tr	0.8	1
Lettuce, raw, Looseleaf, Leaf ..... 1 leaf	2	Tr	Tr	0.2	Tr
Lettuce, raw, Looseleaf, Pieces, shredded..... 1 cup	10	1	Tr	1.1	2
Lettuce,raw, Romaine or cos Pieces, shredded..... 1 cup	8	1	Tr	1	1
Mushrooms Cooked, drained, pieces ..... 1 cup	42	3	1	3.4	8
Mushrooms, shiitake Cooked pieces..... 1 cup	80	2	Tr	3	21
Mushrooms, shiitake Dried ..... 1 mushroom	11	Tr	Tr	0.4	3
Mustard greens, cooked, drained..... 1 cup	21	3	Tr	2.8	3
Okra, sliced, cooked, drained From frozen ..... 1 cup	52	4	1	5.2	11
Onions Raw Chopped ..... 1 cup	61	2	Tr	2.9	14
Onions Cooked drained ..... 1 cup	92	3	Tr	2.9	21
Onions Cooked 1 medium	41	1	Tr	1.3	10
Onions Dehydrated flakes..... 1 tbsp	17	Tr	Tr	0.5	4
Onions Spring raw Chopped ..... 1 cup	32	2	Tr	2.6	7
Onion rings, 2"-3" dia fried, frozen, oven heated ...10 rings	244	3	16	..8	23
Parsnips, sliced, cooked, drained..... 1 cup	126	2	Tr	6.2	30
Peas, edible pod, cooked, ..... 1 cup	83	6	1	5	14
Peas, green boiled, drained..... 1 cup	125	8	Tr	8.8	23
Peppers, Hot Chili, raw Green or red ..... 1 pepper	18	1	Tr	0.7	4
Jalapeno, canned, solids and liquids..... 1/4 cup	7	Tr	Tr	0.7	1
Green or Red Pepper Chopped ..... 1 cup	40	1	Tr	2.7	10
Green Pepper whole (2 1/4"x 2 1/2")..... 1 pepper	32	1	Tr	2.1	8
Red Pepper whole (2 1/4"x 2 1/2")..... 1 pepper	32	1	Tr	2.4	8
Green or Red Pepper cooked ..... 1 cup	38	1	Tr	1.6	9
Baked Potato With skin (2 1/3" x 4 3/4")..... 1 potato	220	5	Tr	4.8	51
Baked Potato Flesh only..... 1 potato	145	3	Tr	2.3	34
Baked Potato Skin only ..... 1 skin	115	2	Tr	4.6	27
Potato Boiled (2 1/2") Peeled after boiling..... 1 potato	118	3	Tr	2.4	27
Potato Au gratin @ whole milk, butter mix ..... 1 cup	228	6	10	2.2	31
Potato Au gratin @ whole milk, butter home recipe... 1 cup	323	12	19	4.4	28
French fried, frozen, oven heated..... 10 strips	100	2	4	1.6	16
Hashed brown From home recipe ..... 1 cup	326	4	22	3.1	33
Mashed Potatoes from flakes @ whole milk, butter... 1 cup	237	4	12	4.8	32
Mashed Potatoes home recipe With whole milk ..... 1 cup	162	4	1	4.2	37
Mashed Potatoes With whole milk, margarine..... 1 cup	223	4	9	4.2	35
Potato pancakes, home prepared..... 1 pancake	207	5	12	1.5	22
Potato salad, home prepared .. .....1 cup	358	7	21	3.3	28
Scalloped Potatoes from mix, milk, butter ..... 1 cup	228	5	11	2.7	31
Scalloped Potatoes from home recipe milk, butter.. 1 cup	211	7	9	4.7	26
Pumpkin Cooked, mashed..... 1 cup	49	2	Tr	2.7	12
Pumpkin Canned ..... 1 cup	83	3	1	7.1	20
Radishes, raw (3/4" to 1" dia) ..... 1 radish	1	Tr	Tr	0.1	Tr
Rutabagas, cooked, drained, cubes..... 1 cup	66	2	Tr	3.1	15
Sauerkraut, canned, solids and liquid ..... 1 cup	45	2	Tr	5.9	10
Seaweed Kelp, raw..... 2 tbsp	4	Tr	Tr	0.1	1

Spirulina, dried ..... 1 tbsp	3	Tr	Tr	Tr	Tr
Shallots, raw, chopped ..... 1 tbsp	7	Tr	Tr	0.2	2
Soybeans, green, cooked, drained..... 1 cup	254	22	12	7.6	20
Spinach Raw Chopped ..... 1 cup	7	1	Tr	0.8	1
Spinach Cooked, drained ..... 1 cup	41	5	Tr	4.3	7
Squash Cooked, drained ..... 1 cup	36	2	1	2.5	8
Squash Winter (all varieties), baked, cubes ..... 1 cup	80	2	1	5.7	18
Squash Winter, butternut, frozen, cooked, mashed ... 1 cup	94	3	Tr	2.2	24
Sweetpotatoes Baked, with skin ..... 1 potato	150	3	Tr	4.4	35
Sweetpotatoes Boiled, without skin..... 1 potato	164	3	Tr	2.8	38
Sweetpotatoes Candied (2Z"x x 2" piece)..... 1 piece	144	1	3	2.5	29
Sweetpotatoes Canned Syrup pack, drained ..... 1 cup	212	3	1	5.9	50
Tomatillos, raw..... 1 medium	11	Tr	Tr	0.6	2
Tomatoes Raw Chopped or sliced ..... 1 cup	38	2	1	2	8
Tomatoes Slice, medium,1/8 " thick..... 1 slice	4	Tr	Tr	0.2	1
Tomatoes Cherry ..... 1 cherry	4	Tr	Tr	0.2	1
Tomatoes whole Medium,..... 1 tomato	26	1	Tr	1.4	6
Tomatoes Canned, solids and liquid ..... 1 cup	46	2	Tr	2.4	10
Tomatoes Sun dried Plain..... 1 piece	5	Tr	Tr	0.2	1
Tomatoes Packed in oil, drained ..... 1 piece	6	Tr	Tr	0.2	1
Tomato juice, canned, with salt added ..... 1 cup	41	2	Tr	1	10
Tomato Paste ..... 1 cup	215	10	1	10.7	51
Tomato Puree ..... 1 cup	100	4	Tr	5	24
Tomato Sauce ..... 1 cup	74	3	Tr	3.4	18
Tomato Stewed..... 1 cup	71	2	Tr	2.6	17
Turnips, cooked, cubes..... 1 cup	33	1	Tr	3.1	8
Turnip greens, cooked, drained ..... 1 cup	29	2	Tr	5	6
Vegetable juice cocktail, canned ..... 1 cup	46	2	Tr	1.9	11
Vegetables, mixed Canned, drained..... 1 cup	77	4	Tr	4.9	15
Vegetables, mixed Frozen, cooked, drained ..... 1 cup	107	5	Tr	8	24
Waterchestnuts, canned, slices,solids and liquids ... 1 cup	70	1	Tr	3.5	17
<b>Miscellaneous Items</b>					
Catsup ..... 1 cup	250	4	1	3.1	65
..... 1 tbsp	16	Tr	Tr	0.2	4
..... 1 packet	6	Tr	Tr	0.1	2
Mustard, prepared, yellow ..... 1 tsp or 1 packet	3	Tr	Tr	0.2	Tr
Olives, canned Pickled, green ..... 5 medium	20	Tr	2	0.2	Tr
Olives, canned Ripe, black ..... 5 large	25	Tr	2	0.7	1
Pickles, cucumber whole medium..... 1 pickle	12	Tr	Tr	0.8	3
Fresh bread and butter pickles..... 3 slices	18	Tr	Tr	0.4	4
Pickle relish, sweet ..... 1 tbsp	20	Tr	Tr	0.2	5
Potato chips ..... 1 oz	152	2	10	1.3	15
Potato chips Reduced fat ..... 1 oz	134	2	6	1.7	19
Potato chips Fat free, made with olestra..... 1 oz	75	2	Tr	1.1	17
Potato chips Plain Made from dried potatoes..... 1 oz	158	2	11	1	14
Potato chips Reduced fat ..... 1 oz	142	2	7	1	18
Trail mix nuts and seeds..... 1 cup	707	21	47	8.8	66
Trail mix Tropical ..... 1 cup	570	9	24	10.6	92
Vinegar Cider ..... 1 tbsp	2	0	0	0	1
© <a href="http://www.ideal-weight-charts.com/caloriecounterchart.html">http://www.ideal-weight-charts.com/caloriecounterchart.html</a>					