

Nutritive Value of Food with Grams of Protein per Calorie

egg and dairy							
vegetables							
Food Description portion	Calories (kcal)	protein (g)	fat (g)	fiber	g. protein/calorie	% protein	
Egg White raw..... 1 large	17	4	0	0	0.235294118	94.11765	
Cod Baked or broiled 3 oz	89	20	1	0	0.224719101	89.88764	
Tuna water pack, chunk light..... 3 oz	99	22	1	0	0.222222222	88.88889	
Haddock, baked or broiled..... 3 oz	95	21	1	0	0.221052632	88.42105	
Canned, solids and liquid 3 oz	89	19	1	0	0.213483146	85.39326	
Flounder or sole baked or broiled 3 oz	99	21	1	0	0.212121212	84.84848	
Tuna Baked or broiled 3 oz	118	25	1	0	0.211864407	84.74576	
Roughy, orange, baked or broiled 3 oz	76	16	1	0	0.210526316	84.21053	
Scallops Steamed..... 3 oz	95	20	1	0	0.210526316	84.21053	
Blue crab Canned crabmeat 1 cup	134	28	2	0	0.208955224	83.58209	
Pollock, baked or broiled..... 3 oz	96	20	1	0	0.208333333	83.33333	
Lobster, steamed 3 oz	83	17	1	0	0.204819277	81.92771	
Crab Alaska King Steamed..... 1 leg	130	26	2	0	0.2	80	
Shrimp canned, drained solids 3 oz	102	20	2	0	0.196078431	78.43137	
Blue crab Steamed..... 3 oz	87	17	2	0	0.195402299	78.16092	
Crab Alaska King Steamed.....3 oz	82	16	1	0	0.195121951	78.04878	
Ocean perch, baked or broiled..... 3 oz	103	20	2	0	0.194174757	77.6699	
Rockfish, baked or broiled..... 3 oz	103	20	2	0	0.194174757	77.6699	
Halibut, baked or broiled 3 oz	119	23	2	0	0.193277311	77.31092	
Chicken Breast meat only roasted..... 1/2 breast	142	27	3	0	0.190140845	76.05634	
Turkey Roasted Light meat 3 oz	133	25	3	0	0.187969925	75.18797	
Tuna Water pack, solid white 3 oz	109	20	3	0	0.183486239	73.3945	
Chicken broth..... 1 cup	17	3	0	0	0.176470588	70.58824	
Lean Roast eye of round) oven cooked Lean only... 3 oz	143	25	4	0	0.174825175	69.93007	
Clam Raw, meat only 3 oz	63	11	1	0	0.174603175	69.84127	
Clams Canned, drained solids 3 oz	126	22	2	0	0.174603175	69.84127	
Veal Cutlet lean and fat cooked 3 oz	179	31	5	0	0.173184358	69.27374	
Clams Canned, drained solids.....1 cup	237	41	3	0	0.172995781	69.19831	
Beef broth,bouillon, Consomme 1 cup	29	5	0	0	0.172413793	68.96552	
Turkey Roasted Light and dark meat, chop or diced.. 1 cup	238	41	7	0	0.172268908	68.90756	
Chicken. Light meat (fried)..... 3 oz	163	28	5	0	0.171779141	68.71166	
Cottage cheese Low fat (1%) 1 cup	164	28	2	0	0.170731707	68.29268	
Beef, dried, chipped 1 oz	47	8	1	0	0.170212766	68.08511	
Swordfish, baked or broiled..... 3 oz	132	22	4	0	0.166666667	66.66667	
Chicken giblets, simmered, chopped 1 cup	228	37	7	0	0.162280702	64.91228	
Salad, tossed, with chicken, no dressing..... 1 1/2 cups	105	17	2	NA	0.161904762	64.7619	
Smoked (chinook) 3 oz	99	16	4	0	0.161616162	64.64646	
American Cheese Fat free..... 1 slice	31	5	Tr	0	0.161290323	64.51613	
Chicken liver, simmered 1 liver	31	5	1	0	0.161290323	64.51613	
Beef stock (home prepared)..... 1 cup	31	5	Tr	0	0.161290323	64.51613	
Turkey giblets, simmered, chopped 1 cup	242	39	7	0	0.161157025	64.46281	
.. Ham, light cure, roasted Lean only..... 3 oz	133	21	5	0	0.157894737	63.15789	
Chicken Drumstick meat only roasted 1 drumstick	76	12	2	0	0.157894737	63.15789	
.. Sirloin Steak broiled Lean only..... 3 oz	166	26	6	0	0.156626506	62.6506	
Meatless burger patty, MORNINGSTAR FARMS .. 1 patty	91	14	1	4.3	0.153846154	61.53846	
Lean cut(bottom round) simmered Lean only..... 3 oz	178	27	7	0	0.151685393	60.67416	
.. Pork chop (broiled) Lean only..... 3 oz	172	26	7	0	0.151162791	60.46512	
Egg substitute, liquid 1/4 cu	53	8	2	0	0.150943396	60.37736	
Turkey Roasted Dark meat..... 3 oz	159	24	6	0	0.150943396	60.37736	
Turkey neck, meat only, simmered..... 1 neck	274	41	11	0	0.149635036	59.85401	

Tuna canned in oil pack,drained, chunk light	3 oz	168	25	7	0	0.148809524	59.52381
Lamb. Leg, roasted Lean only.....	3 oz	162	24	7	0	0.148148148	59.25926
Cooked ham (1 oz) Extra lean	2 slices	75	11	3	0	0.146666667	58.66667
Trout, baked or broiled	3 oz	144	21	6	0	0.145833333	58.33333
Salmon Canned (pink) solids and liquid	3 oz	118	17	5	0	0.144067797	57.62712
Low fat, cheddar or colby.....	1 oz	49	7	2	0	0.142857143	57.14286
Asparagus.....	4 spears	14	2	Tr	1.2	0.142857143	57.14286
Lettuce, raw, Crisphead, as iceberg chopped	1 cup	7	1	Tr	0.8	0.142857143	57.14286
Mustard greens, cooked, drained.....	1 cup	21	3	Tr	2.8	0.142857143	57.14286
Spinach Raw Chopped	1 cup	7	1	Tr	0.8	0.142857143	57.14286
.. Ham (roasted) Lean only.....	3 oz	179	25	8	0	0.139664804	55.86592
.. Pork chop (fried) Lean only.....	3 oz	197	27	9		0.137055838	54.82234
Turkey Roast boneless light + dark meat, cooked.....	3 oz	132	18	5	0	0.136363636	54.54545
Lamb Loin, broiled Lean only.....	3 oz	184	25	8	0	0.135869565	54.34783
Cream Cheese Fat free.....	1 tbsp	15	2	Tr	0	0.133333333	53.33333
Chicken Canned, boneless	5 oz	234	31	11	0	0.132478632	52.99145
Chicken Stewed dark+ light meat chopped or diced .	1 cup	332	43	17	0	0.129518072	51.80723
Crab Cake with egg and onion fried in margarine ...	1 cake	93	12	5	0	0.129032258	51.6129
Shoulder cut Lean only.....	3 oz	211	27	10	0	0.127962085	51.18483
Bacon Canadian style (6 slices per 6-oz pkg)....	2 slices	86	11	4	0	0.127906977	51.16279
.. Ham, canned, roasted.....	3 oz	142	18	7	0	0.126760563	50.70423
Lamb Chops braised Lean only.....	3 oz	237	30	12	0	0.126582278	50.63291
.. Rib roast Lean only.....	3 oz	190	24	9	0	0.126315789	50.52632
Salmon Baked or broiled (red)	3 oz	184	23	9	0	0.125	50
Liver, fried2C\, " x C\,"	3 oz	184	23	7	0	0.125	50
Chicken neck, meat only, simmered.....	1 neck	32	4	1	0	0.125	50
gelatin dessert Reduced cal (with aspartame)....	1/2 cup	8	1	0	0	0.125	50
Lettuce,raw, Romaine or cos Pieces, shredded.....	1 cup	8	1	Tr	1	0.125	50
Chicken Dark meat (fried).....	3 oz	203	25	10	0	0.123152709	49.26108
Chicken Roll, light meat (1oz per slice).....	2 slices	90	11	4	0	0.122222222	48.88889
Lean only (pot roasted or simmered).....	3 oz	213	26	11	0	0.122065728	48.82629
Spinach Cooked, drained	1 cup	41	5	Tr	4.3	0.12195122	48.78049
Cottage cheese (4%) Large curd	1 cup	233	28	10	0	0.120171674	48.06867
Broccoli Chopped or diced raw	1 cup	25	3	Tr	2.6	0.12	48
Chicken. Thigh meat only roasted.....	1 thigh	109	13	6	0	0.119266055	47.70642
Sardines in oil (drained)	3 oz	177	21	10	0	0.118644068	47.45763
Fatty Roast (rib)oven cooked Lean only.....	3 oz .	195	23	11	0	0.117948718	47.17949
.. Pork chop (broiled)Lean and fat.....	3 oz	204	24	11	0	0.117647059	47.05882
Turkey Ground, cooked Crumbled.....	1 cup	298	35	17	0	0.117449664	46.97987
Duck, roasted, flesh only	1/2 duck	444	52	25	0	0.117117117	46.84685
Asparagus, From raw	1 cup	43	5	1	2.9	0.11627907	46.51163
Bean sprouts (mung), Cooked, drained.....	1 cup	26	3	Tr	1.5	0.115384615	46.15385
Broccoli From frozen, chopped, cooked.....	1 cup	52	6	Tr	5.5	0.115384615	46.15385
Crab Imitation, from surimi	3 oz	87	10	1	0	0.114942529	45.97701
Turkey Ground, cookedPatty, from 4 oz raw.....	1 patty	193	22	11	0	0.113989637	45.59585
Broccoli Chopped, cooked.....	1 cup	44	5	1	4.5	0.113636364	45.45455
Tofu Firm	1/4 block	62	7	4	0.3	0.112903226	45.16129
Lamb Rib Lean only.....	3 oz	197	22	11	0	0.111675127	44.67005
Endive, curly (including escarole,raw, pieces.....	1 cup	9	1	Tr	1.6	0.111111111	44.44444
Hearts of palm, canned	1 piece	9	1	Tr	0.8	0.111111111	44.44444
Tofu Soft, piece 2 1/2" x 2 3/4" x 1".....	1 piece	73	8	4	0.2	0.109589041	43.83562
.. Sirloin Steak broiled Lean and fat.....	3 oz	219	24	13	0	0.109589041	43.83562
Asparagus, Canned 5" drained.....	1 cup	46	5	2	3.9	0.108695652	43.47826
.. Beef, canned, corned.....	3 oz	213	23	13	0	0.107981221	43.19249
.. Pork chop (fried) Lean and fat.....	3 oz	235	25	14	0	0.106382979	42.55319
.. Rib roast Lean and fat.....	3 oz	217	23	13	0	0.105990783	42.39631

Oyster 6 medium	57	6	2	0	0.105263158	42.10526
Veal Rib, roasted, lean and fat..... 3 oz	194	20	12	0	0.103092784	41.23711
Lean cut(bottom round) simmered Lean and fat.... 3 oz	234	24	14	0	0.102564103	41.02564
Beet greens, drained, 1" pieces..... 1 cup	39	4	Tr	4.2	0.102564103	41.02564
Kale, cooked, drained, chopped 1 cup	39	4	1	2.6	0.102564103	41.02564
nonfat yogurt(milk solids) Plain..... 8-oz	127	13	Tr	0	0.102362205	40.94488
Mozzarella (Part skim low moisture) 1 oz	79	8	5	0	0.101265823	40.50633
Ground beef, broiled 83% lean..... 3 oz	218	22	14	0	0.100917431	40.36697
Oyster Raw, meat only 1 cup	169	17	6	0	0.100591716	40.23669
Lamb. Leg, roasted Lean and fat..... 3 oz	219	22	14	0	0.100456621	40.18265
1037 Alfalfa sprouts, raw..... 1 cup .	10	1	Tr	0.8	0.1	40
Lettuce, raw, Looseleaf, Pieces, shredded..... 1 cup	10	1	Tr	1.1	0.1	40
.. Ham (roasted) Lean and fat..... 3 oz	232	23	15	0	0.099137931	39.65517
Nonfat instant milk..... 1 cup	244	24	Tr	0	0.098360656	39.34426
Chili con carne..... 1 cup	256	25	8	NA	0.09765625	39.0625
Soybeans, dry, cooked..... 1 cup .	298	29	15	10.3	0.097315436	38.92617
Cooked ham (1 oz) Regular 2 slices	104	10	6	0	0.096153846	38.46154
Chicken Breast dipped fried (with bones skin).1/2 breast	364	35	18	0.4	0.096153846	38.46154
Evaporated Skim milk 1 cup	199	19	1	0	0.095477387	38.19095
Meatless burger crumbles,MORNINGSTAR FARMS.. 1 cup	231	22	13	5.1	0.095238095	38.09524
Lettuce, raw Leaf (Butterhead, Boston) 5" dia 1 head	21	2	Tr	1.6	0.095238095	38.09524
Parmesan, grated..... 1 oz	129	12	9	0	0.093023256	37.2093
Milk Nonfat (skim) 1 cup	86	8	Tr	0	0.093023256	37.2093
Shrimp 6 large	108	10	6	0.2	0.092592593	37.03704
Brussels sprouts, cooked, 1 cup	65	6	1	6.4	0.092307692	36.92308
Parmesan, grated..... 1 cup	456	42	30	0	0.092105263	36.84211
Yogurt (no milk solids) nonfat milk, low cal.....8-oz	98	9	Tr	0	0.091836735	36.73469
Lamb. Chops braised Lean and fat..... 3 oz	294	26	20	0	0.088435374	35.37415
Salad, tossed, with egg, cheese, no dressing.... 1 1/2 cups	102	9	6	NA	0.088235294	35.29412
Cauliflower Cooked, 1 cup	34	3	Tr	4.9	0.088235294	35.29412
Shrimp breaded, fried 3 oz	206	18	10	0.3	0.087378641	34.95146
Parmesan, grated..... 1 tbsp	23	2	2	0	0.086956522	34.78261
.. Ham, light cure, roasted Lean and fat..... 3 oz	207	18	14	0	0.086956522	34.78261
Soybeans, green, cooked, drained..... 1 cup	254	22	12	7.6	0.086614173	34.64567
Soy milk..... 1 cup	81	7	5	3.2	0.086419753	34.5679
Tuna salad (made with mayo)..... 1 cup	383	33	19	0	0.08616188	34.46475
Shoulder cut Lean and fat..... 3 oz	280	24	20	0	0.085714286	34.28571
Scallops, cooked, breaded, fried 6 large	200	17	10	0.2	0.085	34
Turkey Gravy and turkey, frozen 5-oz package	95	8	4	0	0.084210526	33.68421
Cocoa Powder containing aspartane.... 1\2-oz envelope	48	4	Tr	0.4	0.083333333	33.33333
low fat yogurt (milk solids) Plain..... 8-oz	144	12	4	0	0.083333333	33.33333
Chicken. 1 Drumstick batter fried (with bones skin)..	193	16	11	0.2	0.082901554	33.16062
Part skim milk 1 cup	340	28	19	0	0.082352941	32.94118
Collards, cooked, drained, 1 cup	61	5	1	4.8	0.081967213	32.78689
Egg Whole raw.....1 x large	86	7	6	0	0.081395349	32.55814
Ground beef, broiled 73% lean..... 3 oz	246	20	18	0	0.081300813	32.52033
Milk Buttermilk 1 cup	99	8	2	0	0.080808081	32.32323
Hard Boild egg.....1 cup chopped	211	17	14	0	0.08056872	32.22749
Egg Whole raw..... 1 large	75	6	5	0	0.08	32
Egg Poached, with salt..... 1 large	75	6	5	0	0.08	32
Bamboo shoots, canned, drained..... 1 cup	25	2	1	1.8	0.08	32
Chicken 1 Thigh batter dipped fried (with bones skin)	238	19	14	0.3	0.079831933	31.93277
Oat bran Cooked 1 cup	88	7	2	5.7	0.079545455	31.81818
Ribs Country style, braised..... 3 oz	252	20	18	0	0.079365079	31.74603
Chicken noodle 1 cup	76	6	2	1.2	0.078947368	31.57895
Fatty cut (pot roasted or simmered) Lean and fat.... 3 oz	293	23	22	0	0.078498294	31.39932

Milk Lowfat (1%) 1 cup	102	8	3	0	0.078431373	31.37255
Chili con carne with beans, canned..... 1 cup	255	20	8	8.2	0.078431373	31.37255
Lentils, dry, cooked..... 1 cup	230	18	1	15.6	0.07826087	31.30435
Lamb. Loin, broiled Lean and fat..... 3 oz	269	21	20	0	0.078066914	31.22677
Hard Boild egg..... 1 large	78	6	5	0	0.076923077	30.76923
Catfish, breaded, fried..... 3 oz	195	15	11	0.6	0.076923077	30.76923
Pork and chicken (12 slicesper 12-oz can) 2 slices	117	9	8	0	0.076923077	30.76923
Vegetable beef 1 cup	78	6	2	0.5	0.076923077	30.76923
Lettuce, raw, Crisphead, as iceberg Head, 6" dia ..1 head	65	5	1	7.5	0.076923077	30.76923
Okra, sliced, cooked, drained From frozen 1 cup	52	4	1	5.2	0.076923077	30.76923
Egg Whole raw..... 1 medium	66	5	4	0	0.075757576	30.30303
Mozzarella made with whole milk..... 1 oz	80	6	6	0	0.075	30
Above this point food is greater than 30% of calories from protein						
Swiss Cheese..... 1 oz	107	8	8	0	0.074766355	29.90654
Canned, ready to serve, Chicken noodle 1 cup	175	13	6	3.8	0.074285714	29.71429
Ribs Spareribs, braised..... 3 oz	337	25	26	0	0.074183976	29.67359
Wheat germ, toasted, plain 1 tbsp	27	2	1	0.9	0.074074074	29.62963
Snap Beans Green, from can..... 1 cup	27	2	Tr	2.6	0.074074074	29.62963
Swiss .Cheese..... 1 oz	95	7	7	0	0.073684211	29.47368
Canned, ready to serve, Chicken and vegetable 1 cup	166	12	5	NA	0.072289157	28.91566
Peas, edible pod, cooked, 1 cup	83	6	1	5	0.072289157	28.91566
Beans, dry cooked, Great Northern 1 cup	209	15	1	12.4	0.071770335	28.70813
Beef bouillon..... 1 packet	14	1	1	0	0.071428571	28.57143
Artichokes, cooked, drained..... 1 cup	84	6	Tr	9.1	0.071428571	28.57143
Cucumber Peeled Sliced..... 1 cup	14	1	Tr	0.8	0.071428571	28.57143
Cucumber Sliced..... 1 cup	14	1	Tr	0.8	0.071428571	28.57143
Mushrooms Cooked, drained, pieces 1 cup	42	3	1	3.4	0.071428571	28.57143
Sub Roast beef 6"(with tomato,lettuce, mayo) . 1 sandwich	410	29	13	NA	0.070731707	28.29268
Pizza Meat and vegetables 1 slice (1/8 of 12" pizza)	184	13	5	NA	0.070652174	28.26087
Camembert (3 weges @ 4-oz container)..... 1 wedge	114	8	9	0	0.070175439	28.07018
Provolone 1 oz	100	7	8	0	0.07	28
Chicken stock (home prepared)..... 1 cup	86	6	3	0	0.069767442	27.90698
Beans, dry cooked, Lima, large 1 cup	216	15	1	13.2	0.069444444	27.77778
Scrambled egg in margarine..... 1 large	101	7	7	0	0.069306931	27.72277
Oat bran Uncooked 1 cup	231	16	7	14.5	0.069264069	27.70563
Peas, split, dry, cooked 1 cup	231	16	1	16.3	0.069264069	27.70563
Turnip greens, cooked, drained 1 cup	29	2	Tr	5	0.068965517	27.58621
Chicken and rice with vegetables 1 cup	88	6	1	0.7	0.068181818	27.27273
Muenster..... 1 oz	104	7	9	0	0.067307692	26.92308
Blue cheese Low calorie..... 1 tbsp	15	1	1	0	0.066666667	26.66667
Beans, dry cooked, Kidney, red 1 cup	225	15	1	13.1	0.066666667	26.66667
.. Ribs Backribs, roasted..... 3 oz	315	21	25	0	0.066666667	26.66667
Chicken and rice..... 1 cup	60	4	2	0.7	0.066666667	26.66667
Teriyaki Sauce..... 1 tbsp	15	1	0	Tr	0.066666667	26.66667
Beef macaroni, frozen, HEALTHY CHOICE..... 1 package	211	14	2	4.6	0.066350711	26.54028
Milk Reduced fat (2%) 1 cup	121	8	5	0	0.066115702	26.44628
Beans, dry cooked, Black 1 cup	227	15	1	15	0.066079295	26.43172
Ricotta, made with whole milk..... 1 cup	428	28	32	0	0.065420561	26.16822
Fried egg in margarine..... 1 large	92	6	7	0	0.065217391	26.08696
Black eyed peas Cooked 1 cup	200	13	1	11.2	0.065	26
Beef gravy canned..... 1/4 cup	31	2	1	0.2	0.064516129	25.80645
Turkey gravy canned.....1/4 cup	31	2	1	0.2	0.064516129	25.80645
Peas, green boiled, drained..... 1 cup	125	8	Tr	8.8	0.064	25.6
Roast beef sandwich, plain 1 sandwich	346	22	14	NA	0.063583815	25.43353
Lentil 1 cup	126	8	2	5.6	0.063492063	25.39683
Baby limas 1 cup	189	12	1	10.8	0.063492063	25.39683

Baked beans Lima, large 1 cup	190	12	Tr	11.6	0.063157895	25.26316
Hamburger Large everything Double patty ... 1 sandwich	540	34	27	NA	0.062962963	25.18519
Chicken 1 Wing batter dipped fried (with bones skin).	159	10	11	0.1	0.062893082	25.15723
Fatty Roast (rib) oven cooked Lean and fat..... 3 oz	304	19	25	0	0.0625	25
Black eyed peas 1 cup	224	14	1	10.9	0.0625	25
Kohlrabi, cooked, drained, slices..... 1 cup	48	3	Tr	1.8	0.0625	25
Onions Spring raw Chopped 1 cup	32	2	Tr	2.6	0.0625	25
Above this point food is greater than 25% of calories from protein						
Beans, dry cooked, Pea (navy) 1 cup	258	16	1	11.6	0.062015504	24.8062
Baked beans White 1 cup	307	19	1	12.6	0.061889251	24.7557
Cheddar Shredded 1 cup	455	28	37	0	0.061538462	24.61538
Cheddar Cut pieces 1 oz	114	7	9	0	0.061403509	24.5614
Cheeseburger plain Double patty 1 sandwich	457	28	28	NA	0.061269147	24.50766
Pumpkin and squash kernels.roasted, seeds)1 oz	148	9	12	1.1	0.060810811	24.32432
Cabbage, Cooked, drained..... 1 cup	33	2	1	3.5	0.060606061	24.24242
Chicken and rice 1 cup	116	7	3	0.7	0.060344828	24.13793
Beef noodle 1 cup	83	5	3	0.7	0.060240964	24.09639
Blue Cheese..... 1 oz	100	6	8	0	0.06	24
Beans, dry cooked, Pinto 1 cup	234	14	1	14.7	0.05982906	23.93162
Baked beans Kidney, red 1 cup	218	13	1	16.4	0.059633028	23.85321
Salami, beef and pork (3 1/8" x 1/16") dry type .. 2 slices	84	5	7	0	0.05952381	23.80952
Black eyed peas Canned, solids and liquid 1 cup	185	11	1	7.9	0.059459459	23.78378
Refried beans, canned 1 cup	237	14	3	13.4	0.05907173	23.62869
Lamb Rib Lean and fat..... 3 oz	305	18	25	0	0.059016393	23.60656
Lemons or Lime no peel (2 1/8" dia with p..... 1 fruit	17	1	Tr	1.6	0.058823529	23.52941
English muffin egg,cheese, Canadian bacon 1 muffin	289	17	13	1.5	0.058823529	23.52941
Lima Beans, Ford hooks..... 1 cup	170	10	1	9.9	0.058823529	23.52941
Yogurt (no milk solids) plain 8-oz	139	8	7	0	0.057553957	23.02158
Cream Cheese Low fat..... 1 tbsp	35	2	3	0	0.057142857	22.85714
Pizza Cheese 1 slice (1/8 of 12" pizza)	140	8	3	NA	0.057142857	22.85714
Dandelion greens, cooked, drained..... 1 cup	35	2	1	3	0.057142857	22.85714
Taco, beef..... 1 small	369	21	21	NA	0.056910569	22.76423
American Cheese Regular 1 oz	106	6	9	0	0.056603774	22.64151
Miso (soy)..... 1 cup	567	32	17	14.9	0.05643739	22.57496
Chicken pieces, boneless,breaded fried, plain ... 6 pieces	319	18	21	0	0.056426332	22.57053
Taco, beef..... 1 large	568	32	32	NA	0.056338028	22.53521
Canned, ready to serve, Bean with ham 1 cup	231	13	9	11.2	0.056277056	22.51082
Salami, beef and pork (1 oz) cooked type..... 2 slices	143	8	11	0	0.055944056	22.37762
Chickpeas, dry Cooked 1 cup	269	15	4	12.5	0.055762082	22.30483
Hamburger Regular condiments Double patty 1 sandwich	576	32	32	NA	0.055555556	22.22222
Cabbage, Raw 1 cup	18	1	Tr	1.6	0.055555556	22.22222
Peppers, Hot Chili, raw Green or red 1 pepper	18	1	Tr	0.7	0.055555556	22.22222
Squash Cooked, drained 1 cup	36	2	1	2.5	0.055555556	22.22222
Pizza Pepperoni 1 slice (1/8 of 12" pizza)	181	10	7	NA	0.055248619	22.09945
. Bacon Regular 3 medium slices	109	6	9	0	0.055045872	22.01835
Spaghetti meat sauce, frozen HEALTHY CHOICE...1 pack	255	14	3	5.1	0.054901961	21.96078
Soups with whole milk Clam chowder, New England. 1 cup	164	9	7	1.5	0.054878049	21.95122
Pea, green soup..... 1 cup	165	9	3	2.8	0.054545455	21.81818
Cheeseburger Single patty with mayo veg..... 1 sandwich	295	16	14	NA	0.054237288	21.69492
Herring, pickled 3 oz	223	12	15	0	0.053811659	21.52466
Feta Cheese..... 1 oz	75	4	6	0	0.053333333	21.33333
Milk Whole (3.3% fat) 1 cup	150	8	8	0	0.053333333	21.33333
Chicken noodle..... 1 cup	75	4	2	0.7	0.053333333	21.33333
Peanut butter Reduced fat, smooth..... 1 tbsp	94	5	6	16.3	0.053191489	21.2766
Snap Beans Green..... 1 cup	38	2	Tr	4.1	0.052631579	21.05263
Tomatoes Raw Chopped or sliced 1 cup	38	2	1	2	0.052631579	21.05263

Baked beans With pork in tomato sauce 1 cup	248	13	3	12.1	0.052419355	20.96774
SPECIAL K..... 1 cup	115	6	Tr	1	0.052173913	20.86957
Pork sausage cooked Link (4" x 7/8" raw) 2 links	96	5	8	0	0.052083333	20.83333
Vegetables, mixed Canned, drained..... 1 cup	77	4	Tr	4.9	0.051948052	20.77922
Chicken Frankfurter 1.6 oz 1 frank	116	6	9	0	0.051724138	20.68966
Sub Tuna salad 6" (with mayo,lettuce) 1 sandwich	584	30	28	NA	0.051369863	20.54795
Cucumber Whole, 8 1/4" long..... 1 large	39	2	Tr	2.4	0.051282051	20.51282
Egg Yolk raw..... 1 large	59	3	5	0	0.050847458	20.33898
Baked beans Plain or vegetarian 1 cup	236	12	1	12.7	0.050847458	20.33898
Hamburger Large everything Single patty..... 1 sandwich	512	26	27	NA	0.05078125	20.3125
Chocolate milk Lowfat (1%) 1 cup	158	8	3	1.3	0.050632911	20.25316
Beef stew, canned 1 cup	218	11	12	3.5	0.050458716	20.18349
Cheeseburger Double patty with mayo veg... 1 sandwich	417	21	21	NA	0.050359712	20.14388
Canned Milk Evaporated Whole milk..... 1 cup	339	17	19	0	0.050147493	20.059
Pork sausage cooked Patty (3 7/8" x 1/4" raw) ... 1 patty	100	5	8	0	0.05	20
Above this point food is greater than 20% of calories from protein						
						#DIV/0!
Cheeseburger Large Single patty mayo veg.. 1 sandwich	563	28	33	NA	0.04973357	19.89343
Turkey Patties breaded fried (2.25 oz) 1 patty	181	9	12	0.3	0.049723757	19.8895
Vegetable .Soup..... 1 cup	81	4	1	1.4	0.049382716	19.75309
Frijoles (refried beans, chili sauce, cheese) 1 cup	225	11	8	NA	0.048888889	19.55556
Minestrone...Soup..... 1 cup	82	4	3	1	0.048780488	19.5122
Tomato juice, canned, with salt added 1 cup	41	2	Tr	1	0.048780488	19.5122
Sub sandwich 6"(oil,cold cuts, everything) ... 1 sandwich	456	22	19	NA	0.048245614	19.29825
Tostada (with cheese, veg) beans and beef... .1 tostada	333	16	17	NA	0.048048048	19.21922
Hot dog With chili 1 sandwich	296	14	13	NA	0.047297297	18.91892
Cheeseburger plain Single patty..... 1 sandwich	319	15	15	NA	0.047021944	18.80878
nonfat yogurt (milk solids) Fruit flavored..... 8-oz	213	10	Tr	0	0.046948357	18.77934
Vegetables, mixed Frozen, cooked, drained 1 cup	107	5	Tr	8	0.046728972	18.69159
Chicken fillet (breaded fried) sandwich, plain .. 1 sandwich	515	24	29	NA	0.046601942	18.64078
Taco salad (with beef, cheese, taco shell)1 1/2 cups	279	13	15	NA	0.046594982	18.63799
Bean with pork 1 cup	172	8	6	8.6	0.046511628	18.60465
Tomato Paste 1 cup	215	10	1	10.7	0.046511628	18.60465
Baked beans With pork in sweet sauce ... 1 cup	281	13	4	13.2	0.046263345	18.50534
Baked beans With frankfurters..... 1 cup	368	17	17	17.9	0.046195652	18.47826
Mixed grain bread 1 slice	65	3	1	1.7	0.046153846	18.46154
Puffed Wheat..... 1 cup	44	2	Tr	0.5	0.045454545	18.18182
Beans, Snap Beans Green, from raw..... 1 cup	44	2	Tr	4	0.045454545	18.18182
Peanuts in Oil roasted, salted..... 1 cup	837	38	71	13.2	0.045400239	18.1601
Chocolate milk Reduced fat (2%) 1 cup	179	8	5	1.3	0.044692737	17.87709
Vienna sausage (7 per 4-oz can) 1 sausage	45	2	4	0	0.044444444	17.77778
Sauerkraut, canned, solids and liquid 1 cup	45	2	Tr	5.9	0.044444444	17.77778
Chimichanga with beef 1 chimichanga	452	20	20	NA	0.044247788	17.69912
Tortellini, pasta with cheese filling, frozen.. (1 cup cooked)	249	11	6	1.5	0.044176707	17.67068
Hamburger Regular condiments Single patty... 1 sandwich	272	12	10	2.3	0.044117647	17.64706
Pine nuts (pignolia), shelled 1 oz	160	7	14	1.3	0.04375	17.5
Wheat bread, reduced calorie..... 1 slice	46	2	1	2.8	0.043478261	17.3913
Whole Wheat Bread 1 slice	69	3	1	1.9	0.043478261	17.3913
Hummus, commercial..... 1 tbsp	23	1	1	0.8	0.043478261	17.3913
Onion 1 packet	115	5	2	4.1	0.043478261	17.3913
Tomatoes Canned, solids and liquid 1 cup	46	2	Tr	2.4	0.043478261	17.3913
Vegetable juice cocktail, canned 1 cup	46	2	Tr	1.9	0.043478261	17.3913
Low Fat yogurt (milk solids) Fruit flavored..... 8-oz	231	10	2	0	0.043290043	17.31602
Burrito With beans and meat..... 1 burrito	255	11	9	NA	0.043137255	17.2549
Clam chowder, New England..... 1 cup	117	5	2	1.2	0.042735043	17.09402
Rye Bread, reduced calorie..... 1 slice	47	2	1	2.8	0.042553191	17.02128
Peanut butter Chunk style 1 tbsp	94	4	8	1.1	0.042553191	17.02128

Sesame seeds..... 1 tbsp	47	2	4	0.9	0.042553191	17.02128
Pork with ham (12 slices per 12-oz can) 2 slices	188	8	17	0	0.042553191	17.02128
Peanuts..... 1 oz	165	7	14	2.6	0.042424242	16.9697
Burrito With beans and cheese..... 1 burrito	189	8	6	NA	0.042328042	16.93122
Pasta with meatballs in tomato sauce, canned 1 cup	260	11	10	6.8	0.042307692	16.92308
Rice Parboiled Wild, cooked..... 1 cup	166	7	1	3	0.042168675	16.86747
Peanuts Dry Roasted Salted..... 1 oz (about 28)	166	7	14	2.3	0.042168675	16.86747
Peanut butter Smooth style 1 tbsp	95	4	8	0.9	0.042105263	16.84211
Nacho cheese Sauce..... 1/4 cup	119	5	10	0.5	0.042016807	16.80672
Chickpeas, dry Canned, solids and liquid 1 cup	286	12	3	10.6	0.041958042	16.78322
Oyster Breaded, fried 3 oz	167	7	11	0.2	0.041916168	16.76647
Shrimp, breaded and fried..... 6-8 shrimp	454	19	25	NA	0.04185022	16.74009
Cantaloupe (5") Wedge..... 1/8 melon	24	1	Tr	0.6	0.041666667	16.66667
White Bread, reduced calorie 1 slice	48	2	1	2.2	0.041666667	16.66667
Oatmeal plain, nonfortified 1 cup	145	6	2	4	0.04137931	16.55172
Hot dog Plain..... 1 sandwich	242	10	15	NA	0.041322314	16.52893
Pine nuts (pignolia), shelled..... 1 tbsp	49	2	4	0.4	0.040816327	16.32653
Pumpkin Cooked, mashed..... 1 cup	49	2	Tr	2.7	0.040816327	16.32653
Canned, lunch meat(7 slices per 7-oz can).... 2 slices	172	7	15	0	0.040697674	16.27907
Minestrone 1 cup	123	5	3	1.2	0.040650407	16.26016
Bagel Egg 3 1/2" bagel	197	8	1	1.6	0.040609137	16.24365
Neufchatel 1 oz	74	3	7	0	0.040540541	16.21622
Tomato Sauce 1 cup	74	3	Tr	3.4	0.040540541	16.21622
Macaroni and cheese, canned, made with corn oil ... 1 cup	199	8	6	3	0.040201005	16.0804
Fish sandwich, with tartar sauce and cheese ... 1 sandwich	523	21	29	NA	0.040152964	16.06119
Malted milk Chocolate Prepared 1 cup	225	9	9	0.3	0.04	16
Beets Slices 1 cup	75	3	Tr	3.4	0.04	16
Tomato Puree 1 cup	100	4	Tr	5	0.04	16
Chocolate beverage mix Prepared with milk 1 cup	226	9	9	1.3	0.039823009	15.9292
Bulgur Cooked 1 cup	151	6	Tr	8.2	0.039735099	15.89404
Whole wheat from hard wheats, 1 cup	407	16	2	14.6	0.039312039	15.72482
Braunschweiger (6 slices per 6-oz pkg)..... 2 slices	205	8	18	0	0.03902439	15.60976
Pita Bread 4" pita	77	3	Tr	0.6	0.038961039	15.58442
Bologna, beef and pork (8 per 8-oz pkg) 2 slices	180	7	16	0	0.038888889	15.55556
Croissant with egg, cheese, bacon..... 1 croissant	413	16	28	NA	0.03874092	15.49637
Buckwheat groats, roasted (kasha), cooked 1 cup	155	6	1	4.5	0.038709677	15.48387
Bread Crumbs Seasoned, unenriched 1 cup	440	17	3	5	0.038636364	15.45455
Oatmeal Instant, fortified, plain 1 packet	104	4	2	3	0.038461538	15.38462
Tomatoes whole Medium,..... 1 tomato	26	1	Tr	1.4	0.038461538	15.38462
Corn, from frozen Kernels..... 1 cup	131	5	1	3.9	0.038167939	15.26718
Noodles (egg noodles) cooked Spinach..... 1 cup	211	8	3	3.7	0.037914692	15.16588
Beets ,canned Slices 1 cup	53	2	Tr	2.9	0.037735849	15.09434
Noodles (egg noodles) cooked Regular 1 cup	213	8	2	1.8	0.037558685	15.02347
Pumpernickel Bread 1 slice	80	3	1	2.1	0.0375	15
Above this point food is greater than 15% of calories from protein						
Pistachio nuts, dry roast,with salt, shelled ... 1 oz (47 nuts)	161	6	13	2.9	0.037267081	14.90683
Soups with whole milk Tomato 1 cup	161	6	6	2.7	0.037267081	14.90683
Potato Au gratin @ whole milk, butter home recipe... 1 cup	323	12	19	4.4	0.037151703	14.86068
Italian Bread 1 slice	54	2	1	0.5	0.037037037	14.81481
Tortilla chips Low fat, baked..... 10 chips	54	2	1	0.7	0.037037037	14.81481
Onion 1 cup	27	1	1	1	0.037037037	14.81481
Celery Cooked, Pieces, diced..... 1 cup	27	1	Tr	2.4	0.037037037	14.81481
Hot dog (corndog)..... 1 corndog	460	17	19	NA	0.036956522	14.78261
WHEATENA..... 1 cup	136	5	1	6.6	0.036764706	14.70588
Bagel Plain..... 4" bagel	245	9	1	2	0.036734694	14.69388
Almonds Whole..... 1 oz (24 nuts)	164	6	14	3.3	0.036585366	14.63415

Almonds Sliced	1 cup	549	20	48	11.2	0.036429872	14.57195
Rye Bread	1 slice	83	3	1	1.9	0.036144578	14.45783
Pancakes, plain (4" dia) from scratch @ oil	1 pancake	83	3	3	0.7	0.036144578	14.45783
Corn, sweet, yellow, Cooked, kernels on cob	1 ear	83	3	1	2.2	0.036144578	14.45783
Pumpkin Canned	1 cup	83	3	1	7.1	0.036144578	14.45783
Rolls Hard, kaiser.....	1 roll	167	6	2	1.3	0.035928144	14.37126
Bagel Plain	3 1/2" bagel	195	7	1	1.6	0.035897436	14.35897
Bagel Cinnamon raisin	3 1/2" bagel	195	7	1	1.6	0.035897436	14.35897
Bread Crumbs dry, enriched.....	1 oz	112	4	2	0.7	0.035714286	14.28571
Eggplant, cooked, drained	1 cup	28	1	Tr	2.5	0.035714286	14.28571
Macaroni (elbows) cooked	1 cup	197	7	1	1.8	0.035532995	14.2132
Spaghetti, cooked Enriched	1 cup	197	7	1	2.4	0.035532995	14.2132
Frankfurter (1.6 oz) Beef	1 frank	142	5	5	0	0.035211268	14.08451
Egg bread (challah)	1/2" slice	115	4	2	0.9	0.034782609	13.91304
Frankfurter (1.6 oz) Beef and pork.....	1 frank	144	5	13	0	0.034722222	13.88889
Chicken noodle.....	1 cup	58	2	1	0.3	0.034482759	13.7931
Milk shake, thick, Vanilla	11 fl oz	350	12	9	0	0.034285714	13.71429
Couscous Cooked	1 cup	176	6	Tr	2.2	0.034090909	13.63636
Tahini	1 tbsp	89	3	8	1.4	0.033707865	13.48315
French toast made @ 2% milk fried in margarine...	1 slice	149	5	7	0.7	0.033557047	13.42282
Soft bread crumbs	1 cup	120	4	2	1	0.033333333	13.33333
Mushroom gravy canned.....	1/4 cup	30	1	2	0.2	0.033333333	13.33333
Scalloped Potatoes from home recipe milk, butter..	1 cup	211	7	9	4.7	0.033175355	13.27014
Tostada (with cheese, veg) With guacamole	1 tostada	181	6	12	NA	0.033149171	13.25967
Bread Crumbs dry, enriched	1 cup	427	14	6	2.6	0.032786885	13.11475
MALT O MEAL.....	1 cup	122	4	Tr	1	0.032786885	13.11475
Canned, ready to serve, Vegetable	1 cup	122	4	4	1.2	0.032786885	13.11475
Onions Raw Chopped	1 cup	61	2	Tr	2.9	0.032786885	13.11475
Biscuit with egg and sausage	1 biscuit	581	19	39	0.9	0.032702238	13.0809
Ice Cream Light (50% reduced fat) vanilla.....	1/2 cup	92	3	3	0	0.032608696	13.04348
Onions Cooked drained	1 cup	92	3	Tr	2.9	0.032608696	13.04348
Rolls Hamburger or hotdog	1 roll	123	4	2	1.2	0.032520325	13.00813
Bread flours, enriched.....	1 cup	495	16	2	3.3	0.032323232	12.92929
KELLOGG'S Raisin Brand.....	1 cup	186	6	1	8.2	0.032258065	12.90323
.Popcorn. Air popped, unsalted	1 cup	31	1	Tr	1.2	0.032258065	12.90323
Sunflower seed kernels, dryroasted.....	1/4cup	186	6	16	2.9	0.032258065	12.90323
SHREDDED WHEAT.....	2 biscuits	156	5	1	5.3	0.032051282	12.82051
Oriental snack mix	1 oz (about 1/4cup)	156	5	7	3.7	0.032051282	12.82051
Squash Winter, butternut, frozen, cooked, mashed ...	1 cup	94	3	Tr	2.2	0.031914894	12.76596
Biscuit from refrigerated dough. Lower fat	2 1/4" biscuit	63	2	1	0.4	0.031746032	12.69841
French toast Frozen, ready to heat.....	1 slice	126	4	4	0.7	0.031746032	12.69841
Enchilada with cheese	1 enchilada	319	10	19	NA	0.031347962	12.53918
Spaghetti in tomato sauce with cheese, canned	1 cup	192	6	2	7.8	0.03125	12.5
Country sausage gravy canned.....	1/4 cup	96	3	8	0.4	0.03125	12.5
Leeks, diced, cooked, drained.....	1 cup	32	1	Tr	1	0.03125	12.5
Green Pepper whole (2 1/4"x 2 1/2").....	1 pepper	32	1	Tr	2.1	0.03125	12.5
Red Pepper whole (2 1/4"x 2 1/2").....	1 pepper	32	1	Tr	2.4	0.03125	12.5
Bread Cracked wheat	1 slice	65	2	1	1.4	0.030769231	12.30769
Wheat Bread	1 slice	65	2	1	1.1	0.030769231	12.30769
Cashews	1 oz (18 nuts)	163	5	14	1.1	0.030674847	12.26994
Pita Bread.....	6 1/2" pita	165	5	1	1.3	0.03030303	12.12121
Crackers Wheat with cheese	1 sandwich	33	1	1	0.1	0.03030303	12.12121
Sunflower seed kernels, dryroasted.....	1 oz	165	5	14	2.6	0.03030303	12.12121
Mashed potatoes	1/3 cup	66	2	1	NA	0.03030303	12.12121
Rutabagas, cooked, drained, cubes.....	1 cup	66	2	Tr	3.1	0.03030303	12.12121
Turnips, cooked, cubes.....	1 cup	33	1	Tr	3.1	0.03030303	12.12121

Cream of Wheat Regular 1 cup	133	4	1	1.8	0.030075188	12.03008
English muffin Toasted 1 muffin	133	4	1	1.5	0.030075188	12.03008
White Bread 1 slice	67	2	1	0.6	0.029850746	11.9403
English muffin Untoasted 1 muffin	134	4	1	1.5	0.029850746	11.9403
Mixed nuts, with peanuts Dry roasted 1 oz	168	5	15	2.6	0.029761905	11.90476
Trail mix nuts and seeds..... 1 cup	707	21	47	8.8	0.02970297	11.88119
Soups with whole milk . Cream of mushroom 1 cup	203	6	14	0.5	0.02955665	11.82266
Cocoa (powder containing nonfat dry milk).... 3 heaping tsp	102	3	1	0.3	0.029411765	11.76471
Cream of Wheat Mix'n Eat, plain 1 packet	102	3	Tr	0.4	0.029411765	11.76471
Crackers Cheese with peanut butter ... 1 sandwich	34	1	2	0.2	0.029411765	11.76471
BUTTERFINGER (NESTLE)..... 1 fun size bar	34	1	1	0.2	0.029411765	11.76471
French,vienna,or sourdough bread 1/2" slice	69	2	1	0.8	0.028985507	11.5942
CHEX Wheat..... 1 cup	104	3	1	3.3	0.028846154	11.53846
Tortillas, ready to cook (about 6" dia) Flour 1 tortilla	104	3	2	1.1	0.028846154	11.53846
Clam Breaded, fried3/4 cup	451	13	26	0.3	0.028824834	11.52993
Wheat flours All purpose, Sifted, spooned..... 1 cup	419	12	1	3.1	0.028639618	11.45585
TOTAL, Whole Grain 3/4 cup	105	3	1	2.6	0.028571429	11.42857
Rice cake, brown rice, plain 1 cake	35	1	Tr	0.4	0.028571429	11.42857
Hoisin Sauce..... 1 tbsp	35	1	1	0.4	0.028571429	11.42857
Carrots Cooked, 1 cup	70	2	Tr	5.1	0.028571429	11.42857
Barley pearled Uncooked 1 cup	704	20	2	31.2	0.028409091	11.36364
Raisin Bread 1 slice	71	2	1	1.1	0.028169014	11.26761
Tomato chili Sauce.....1/4 cup	71	2	Tr	4	0.028169014	11.26761
Tomato Stewed..... 1 cup	71	2	Tr	2.6	0.028169014	11.26761
French toast with butter 2 slices	356	10	19	NA	0.028089888	11.23596
Cashews Oil roasted..... 1 cup	749	21	63	4.9	0.028037383	11.21495
.. Chocolate, Fat Free.....4 oz	107	3	Tr	0.9	0.028037383	11.21495
Spaghetti/marinara/pasta Sauce..... 1 cup	143	4	5	4	0.027972028	11.18881
Carambola (starfruit).....Sliced 1 cup	36	1	Tr	2.9	0.027777778	11.11111
Plum Raw (2 1/8" dia) 1 plum	36	1	Tr	1	0.027777778	11.11111
Angelfood (1/12 of 12-oz cake) 1 piece	72	2	Tr	0.4	0.027777778	11.11111
Oatmeal Cookie Fat free..... 1 cookie	36	1	Tr	0.8	0.027777778	11.11111
Vegetarian vegetable 1 cup	72	2	2	0.5	0.027777778	11.11111
Waffles Prepared from recipe, 7" dia .. 1 waffle	218	6	11	0.7	0.027522936	11.00917
Oatmeal Bread 1 slice	73	2	1	1.1	0.02739726	10.9589
CHEERIOS.....1 Cup	110	3	2	2.6	0.027272727	10.90909
PRODUCT 19 1 cup	110	3	Tr	1	0.027272727	10.90909
WHEATIES..... 1 cup	110	3	1	2.1	0.027272727	10.90909
Grapefruit (3 3/4" dia) 1/2 grapefruit	37	1	Tr	1.4	0.027027027	10.81081
Tangerine raw (2 3/8" dia) 1 tangerine	37	1	Tr	1.9	0.027027027	10.81081
Rye wafer, whole grain plain 1 wafer	37	1	Tr	2.5	0.027027027	10.81081
Pancakes, plain (4" dia) from mix..... 1 pancake	74	2	1	0.5	0.027027027	10.81081
Chicken pot pie, frozen 1 small pie	484	13	29	1.7	0.026859504	10.7438
Matzo, plain..... 1 matzo	112	3	Tr	0.9	0.026785714	10.71429
FROSTED MINI WHEATS Bite size 1 cup	187	5	1	5.9	0.026737968	10.69519
Sponge (1/12of 16-oz cake)..... 1 piece	187	5	5	0.4	0.026737968	10.69519
Potato chips Fat free, made with olestra..... 1 oz	75	2	Tr	1.1	0.026666667	10.66667
Frozen yougurt Vanilla 1/2 cup.	114	3	4	0	0.026315789	10.52632
Wheat, thin square..... 4 crackers	38	1	2	0.4	0.026315789	10.52632
Jerusalem artichoke, raw, sliced 1 cup	114	3	Tr	2.4	0.026315789	10.52632
Green or Red Pepper cooked 1 cup	38	1	Tr	1.6	0.026315789	10.52632
Potato Au gratin @ whole milk, butter mix 1 cup	228	6	10	2.2	0.026315789	10.52632
Quaker instant Maple and brown sugar .. 1 packet	153	4	2	2.6	0.026143791	10.45752
Frozen yougurt Chocolate 1/2 cup	115	3	4	1.6	0.026086957	10.43478
HONEY NUT CHEERIOS .. 1 cup	115	3	1	1.6	0.026086957	10.43478
Nachos, with cheese sauce 6-8 nachos	346	9	19	NA	0.026011561	10.40462

Oat bran muffin (2 1/2" x 2 1/4")..... 1 muffin	154	4	4	2.6	0.025974026	10.38961
Melba toast, plain 4 pieces	78	2	1	1.3	0.025641026	10.25641
Clam chowder, Manhattan 1 cup	78	2	2	1.5	0.025641026	10.25641
Potato Boiled (2 1/2") Peeled after boiling..... 1 potato	118	3	Tr	2.4	0.025423729	10.16949
Fat free cake (3 1/4 x 23/4") x 5/8" slice)..... 1 slice	79	2	Tr	0.3	0.025316456	10.12658
Milk shake, thick, Chocolate 10.6 fl oz	356	9	8	0.9	0.025280899	10.11236
CHEX mix 1 oz (about 2/3 cup)	120	3	5	1.6	0.025	10
gelatin dessert Regular 1/2 cup	80	2	0	0	0.025	10
Mushrooms, shiitake Cooked pieces..... 1 cup	80	2	Tr	3	0.025	10
Green or Red Pepper Chopped 1 cup	40	1	Tr	2.7	0.025	10
Squash Winter (all varieties), baked, cubes 1 cup	80	2	1	5.7	0.025	10
Mashed Potatoes home recipe With whole milk 1 cup	162	4	1	4.2	0.024691358	9.876543
Cashews Dry roasted 1 oz	163	4	13	0.9	0.024539877	9.815951
Cornmeal Self rising degermed enriched 1 cup	490	12	2	9.8	0.024489796	9.795918
Canned Milk Condensed, sweetened..... 1 cup	982	24	27	0	0.024439919	9.775967
Ice milk, soft, vanilla, in cone 1 cone	164	4	6	0.1	0.024390244	9.756098
Onions Cooked 1 medium	41	1	Tr	1.3	0.024390244	9.756098
CHEX Multi bran..... 1 cup	165	4	1	6.4	0.024242424	9.69697
Potato pancakes, home prepared..... 1 pancake	207	5	12	1.5	0.024154589	9.661836
Waffles Low fat, 4" dia 1 waffle	83	2	1	0.4	0.024096386	9.638554
Chocolate coated peanuts..... 10 pieces	208	5	13	1.9	0.024038462	9.615385
Pineapple orange juice drink..... 8 fl oz	125	3	0	0.3	0.024	9.6
Quaker instant Apples and cinnamon 1 packet	125	3	1	2.5	0.024	9.6
RAISIN NUT BRAN 1 cup	209	5	4	5.1	0.023923445	9.569378
Peach 2 1/2"(about 4 per lb) 1 peach	42	1	Tr	2	0.023809524	9.52381
Rolls Dinner 1 roll	84	2	2	0.8	0.023809524	9.52381
Hazelnuts (filberts), chopped.... 1 cup	722	17	70	11.2	0.023545706	9.418283
Orange Sections without membranes 1 cup	85	2	Tr	4.3	0.023529412	9.411765
Tomato 1 cup	85	2	2	0.5	0.023529412	9.411765
HONEY NUT CLUSTERS .. 1 cup	213	5	3	4.2	0.023474178	9.389671
Peaches canned in Juice pack..... 1 half peach	43	1	Tr	1.3	0.023255814	9.302326
Cake Angelfood (1/12 of 10" dia) 1 piece	129	3	Tr	0.1	0.023255814	9.302326
Rice Brown, long grain, cooked 1 cup	216	5	2	3.5	0.023148148	9.259259
Cornbread @ 2% milk (2 1/2" x 2 1/2" x 1 1/2") ...1 piece	173	4	5	1.9	0.023121387	9.248555
Sponge shortcake..... 1 shortcake	87	2	1	0.2	0.022988506	9.195402
Waffles Frozen, toasted, 4" dia..... 1 waffle	87	2	3	0.8	0.022988506	9.195402
Walnuts, English 1 cup, chopped	785	18	78	8	0.022929936	9.171975
Éclair, 5" x 2" x 1 3/4" 1 éclair	262	6	16	0.6	0.022900763	9.160305
Cherries, sour, pitted, canned in water 1 cup	88	2	Tr	2.7	0.022727273	9.090909
Baked Potato With skin (2 1/3" x 4 3/4")..... 1 potato	220	5	Tr	4.8	0.022727273	9.090909
Cornmeal Whole grain 1 cup	442	10	4	8.9	0.022624434	9.049774
Danish pastry Cheese filled 1 danish	266	6	16	0.7	0.022556391	9.022556
Grits Instant, plain..... 1 packet	89	2	Tr	1.2	0.02247191	8.988764
TOTAL Raisin Brand 1 cup	178	4	1	5	0.02247191	8.988764
Hazelnuts (filberts),..... 1 oz	178	4	17	2.7	0.02247191	8.988764
Granola bar Hard, plain 1 bar	134	3	6	1.5	0.02238806	8.955224
Half and Half 1 cup .	315	7	28	0	0.022222222	8.888889
Chocolate chip cookie.... Reduced fat..... 1 cookie	45	1	2	0.4	0.022222222	8.888889
.Pie . Pumpkin 1 piece	316	7	14	2.9	0.022151899	8.860759
Scalloped Potatoes from mix, milk, butter 1 cup	228	5	11	2.7	0.021929825	8.77193
Pretzels Twisted, regular 10 pretzels	229	5	2	1.9	0.021834061	8.733624
Carob flour 1 cup	229	5	1	41	0.021834061	8.733624
Kiwi fruit (about 5 per lb with skin) 1 medium	46	1	Tr	2.6	0.02173913	8.695652
Watermelon raw (15" x 7 1/2") 1 wedge (1/16 th)	92	2	1	1.4	0.02173913	8.695652
Corn, Canned Cream style 1 cup	184	4	1	3.1	0.02173913	8.695652
Croissant, butter 1 croissant	231	5	12	1.5	0.021645022	8.658009

Soft serve, french vanilla..... 1/2 cup.	185	4	11	0	0.021621622	8.648649
Walnuts, English1 oz (14 halves)	185	4	18	1.9	0.021621622	8.648649
Biscuit from refrigerated dough Regular 2 1/2" biscuit	93	2	4	0.4	0.021505376	8.602151
Croutons, seasoned..... 1 cup	186	4	7	2	0.021505376	8.602151
Brazil nuts, shelled..... 1 oz (6-8 nuts)	186	4	19	1.5	0.021505376	8.602151
Cornbread (3 3/4" x 2 1/2" x 3/4")..... 1 piece	188	4	6	1.4	0.021276596	8.510638
Chicken gravy canned..... 1/4 cup	47	1	3	0.2	0.021276596	8.510638
Carrot juice, canned 1 cup	94	2	Tr	1.9	0.021276596	8.510638
Carrots Raw, Grated..... 1 cup	47	1	Tr	3.3	0.021276596	8.510638
Sundae, hot fudge 1 sundae	284	6	9	0	0.021126761	8.450704
CINNAMON LIFE 1 cup	190	4	2	3	0.021052632	8.421053
Regular Ice Cream Chocolate.....1/2 cu	143	3	7	0.8	0.020979021	8.391608
Indian fry (navajo) bread..... 10 1/2" bread	526	11	15	2.9	0.020912548	8.365019
Chocolate chip cookie (2 1/4" -2 1/2") Regular .. 1 cookie	48	1	2	0.3	0.020833333	8.333333
Granola bar Soft, chocolate-coated peanut butter 1 bar	144	3	9	0.8	0.020833333	8.333333
Barley pearled Cooked 1 cup	193	4	1	6	0.020725389	8.290155
Grits cooked 1 cup	145	3	Tr	0.5	0.020689655	8.275862
Baked Potato Flesh only..... 1 potato	145	3	Tr	2.3	0.020689655	8.275862
REESE'S Peanut butter cup (contains 2) ..1 pack	243	5	14	1.4	0.020576132	8.230453
Saltine Oyster type 1 cup	195	4	5	1.4	0.020512821	8.205128
Cherries sweet raw 10 cherries	49	1	Tr	1.6	0.020408163	8.163265
Watermelon Diced 1 cup	49	1	1	0.8	0.020408163	8.163265
Devil's food commercially prepared, fat free 1 cookie	49	1	Tr	0.3	0.020408163	8.163265
.. Vanilla, ready to eat.....4 oz	147	3	4	0.1	0.020408163	8.163265
.. Tapioca, Fat Free.....4 oz	98	2	Tr	0.1	0.020408163	8.163265
Indian fry (navajo) bread..... 5" bread	296	6	9	1.6	0.02027027	8.108108
Cream Cheese..... 1 oz	99	2	10	0	0.02020202	8.080808
Avocado (no skin or seed) California (1/5 whole).... 1 oz	50	1	5	1.4	0.02	8
Strawberry Sliced..... 1 cup	50	1	1	3.8	0.02	8
Crackers Cheese, 1" sq 10 crackers	50	1	3	0.2	0.02	8
Rice Parboiled Cooked..... 1 cup	200	4	Tr	0.7	0.02	8
.. Chocolate, ready to eat.....4 oz	150	3	5	1.1	0.02	8
French fried, frozen, oven heated..... 10 strips	100	2	4	1.6	0.02	8
Sweetpotatoes Baked, with skin 1 potato	150	3	Tr	4.4	0.02	8
BASIC 4 1 cup	201	4	3	3.4	0.019900498	7.960199
Cream Cheese..... 1 tbsp	51	1	5	0	0.019607843	7.843137
Asian pear, raw 2 1/4" high x 2 1/2" dia..... 1 pear	51	1	Tr	4.4	0.019607843	7.843137
Lemon or Lime juice canned or bottled unsweet 1 cup	51	1	1	1	0.019607843	7.843137
KELLOGG'S CORN FLAKES..... 1 cup	102	2	Tr	0.8	0.019607843	7.843137
Biscuits made with 2% milk..... 4" biscuit	358	7	16	1.5	0.019553073	7.821229
Potato salad, home prepared1 cup	358	7	21	3.3	0.019553073	7.821229
Rice White, long grain, enriched Cooked..... 1 cup	205	4	Tr	0.6	0.019512195	7.804878
Hush puppies 5 pieces	257	5	12	NA	0.019455253	7.782101
Rice White, long grain, enriched Raw 1 cup	675	13	1	2.4	0.019259259	7.703704
Saltine Square..... 4 crackers	52	1	1	0.4	0.019230769	7.692308
Doughnuts Yeast leavened, glazed 1 hole	52	1	3	0.2	0.019230769	7.692308
.. Vanilla, Fat Free.....4 oz	105	2	Tr	0.1	0.019047619	7.619048
Blueberry Muffin (2 3/4" dia x 2")..... 1 muffin	158	3	4	1.5	0.018987342	7.594937
Rice Parboiled Raw 1 cup	686	13	1	3.1	0.018950437	7.580175
Biscuits made with 2% milk 2 1/2" biscuit	212	4	10	0.9	0.018867925	7.54717
Bran Muffin with raisins toaster type, toasted 1 muffin	106	2	3	2.8	0.018867925	7.54717
COCOA KRISPIES..... 1 cup	160	3	1.3	0.5	0.01875	7.5
MR. GOODBAR (HERSHEY) 1 bar (1.75 oz)	267	5	17	1.7	0.018726592	7.490637
CRISPIX..... 1 cup	108	2	Tr	0.6	0.018518519	7.407407
Rice White, long grain, enriched Instant, prepared 1 cup	162	3	Tr	1	0.018518519	7.407407
Peaches canned in Juice pack..... 1 cup	109	2	Tr	3.2	0.018348624	7.33945

Sweet rolls, cinnamon from dough with frosting	roll	109	2	4	0.6	0.018348624	7.33945
SNICKERS 1 bar (2 oz)		273	5	14	1.4	0.018315018	7.326007
Sweetpotatoes Boiled, without skin.....	1 potato	164	3	Tr	2.8	0.018292683	7.317073
Orange juice Chilled (refrigerator case)	1 cup	110	2	1	0.5	0.018181818	7.272727
Papaya 1/2" cubes	1 cup	55	1	Tr	2.5	0.018181818	7.272727
.Popcorn. Oil popped, salted.....	1 cup	55	1	3	1.1	0.018181818	7.272727
M&M's (M&M MARS) Peanut.....	1/4 cup	222	4	11	1.5	0.018018018	7.207207
Sweet rolls, cinnamon Commercial, with raisins	1 roll	223	4	10	1.4	0.01793722	7.174888
Mashed Potatoes With whole milk, margarine.....	1 cup	223	4	9	4.2	0.01793722	7.174888
Cantaloupe Cubes.....	1 cup	56	1	Tr	1.3	0.017857143	7.142857
Honeydew Wedge (6-7").....	1/8 melon	56	1	Tr	1	0.017857143	7.142857
Orange juice Raw, all varieties	1 cup	112	2	Tr	0.5	0.017857143	7.142857
Orange juice diluted @ 3 x water.....	1 cup	112	2	Tr	0.5	0.017857143	7.142857
GENERAL MILLS TOTAL	1 1/3 cup	112	2	Tr	0.8	0.017857143	7.142857
Puffed Rice.....	1 cup	56	1	Tr	0.2	0.017857143	7.142857
Fig bar	1 cookie	56	1	1	0.7	0.017857143	7.142857
Popcorn.. Caramel coated With peanuts	1 cup	168	3	3	1.6	0.017857143	7.142857
Shortcake, biscuit type (about 3" dia)	1 shortcake	225	4	9	0.8	0.017777778	7.111111
CHEX Corn	1 cup	113	2	Tr	0.5	0.017699115	7.079646
Oatmeal Cookie Regular, large	1 cookie	113	2	5	0.7	0.017699115	7.079646
KIX	1 1/3 cup	114	2	1	0.8	0.01754386	7.017544
Baked Potato Skin only	1 skin	115	2	Tr	4.6	0.017391304	6.956522
Corn Muffin (2 1/2" dia x 2 1/4")	1 muffin	174	3	5	1.9	0.017241379	6.896552
Popcorn.. Cheese flavor	1 cup	58	1	4	1.1	0.017241379	6.896552
Tortillas, ready to cook (about 6" dia) Corn	1 tortilla	58	1	1	1.4	0.017241379	6.896552
Apricots canned in Juice pack.....	1 cup	117	2	Tr	3.9	0.017094017	6.837607
CHEX Rice	1 1/4 cup	117	2	Tr	0.3	0.017094017	6.837607
Danish pastry Cheese filled.....	1 pastry	353	6	25	NA	0.016997167	6.798867
Crackers Graham 2 1/2" sq	2 squares	59	1	1	0.4	0.016949153	6.779661
Doughnuts Cake type	1 hole	59	1	3	0.2	0.016949153	6.779661
Noodles, chow mein, canned	1 cup	237	4	14	1.8	0.016877637	6.751055
Mashed Potatoes from flakes @ whole milk, butter... 1 cup		237	4	12	4.8	0.016877637	6.751055
Bread stuffing prepared from dry mix	1/2 cup	178	3	9	2.9	0.016853933	6.741573
Graham Crackers Crushed	1 cup	356	6	8	2.4	0.016853933	6.741573
Papaya Whole (5 1/8" long x 3" dia).....	1 papaya	119	2	Tr	5.5	0.016806723	6.722689
Honeydew diced	1 cup	60	1	Tr	1	0.016666667	6.666667
Raspberries Raw	1 cup	60	1	1	8.4	0.016666667	6.666667
Crackers Round	4 crackers	60	1	3	0.2	0.016666667	6.666667
Breakfast bar with fruit filling, fat free	1 bar	121	2	Tr	0.8	0.016528926	6.61157
Doughnuts Yeast leavened, glazed.....	1 medium	242	4	14	0.7	0.016528926	6.61157
Pretzels Twisted, dutch, 2 3/4" x 2 5/8"	1 pretzel	61	1	1	0.5	0.016393443	6.557377
Frozen sweetened mixed fruit.....	1 cup	245	4	Tr	4.8	0.016326531	6.530612
Orange (2 5/8" dia)	1 orange	62	1	Tr	3.1	0.016129032	6.451613
RICE KRISPIES	1 1/4 cup	124	2	Tr	0.4	0.016129032	6.451613
Taco shell, baked.....	1 medium	62	1	3	1	0.016129032	6.451613
Crackers Bite size.....	1 cup	311	5	16	1	0.01607717	6.430868
Catsup	1 cup	250	4	1	3.1	0.016	6.4
Tortilla chips Light, reduced fat.....	1 oz	126	2	4	1.4	0.015873016	6.349206
Fruit and juice bar	1 bar (2.5 fl oz)	63	1	Tr	0	0.015873016	6.349206
Parsnips, sliced, cooked, drained.....	1 cup	126	2	Tr	6.2	0.015873016	6.349206
Trail mix Tropical	1 cup	570	9	24	10.6	0.015789474	6.315789
French toast sticks	5 sticks	513	8	29	2.7	0.015594542	6.237817
Cheesecake (1/6 of 17-oz cake).....	1 piece	257	4	18	0.3	0.015564202	6.225681
Cream of mushroom	1 cup	129	2	9	0.5	0.015503876	6.20155
Molasses Cookie Medium	1 cookie	65	1	2	0.1	0.015384615	6.153846
Oatmeal Cookie Prepared raisins (2 5/8" dia).....	1 cookie	65	1	2	0.5	0.015384615	6.153846

Pancakes with butter syrup..... 2 pancakes	520	8	14	NA	0.015384615	6.153846
Banana bread recipe prepared with margarine .. 1 slice	196	3	6	0.7	0.015306122	6.122449
Pecans, halves..... 1 oz (20 halves)	196	3	20	2.7	0.015306122	6.122449
Danish pastry Fruit filled..... 1 danish	263	4	13	1.3	0.015209125	6.08365
white cake without frosting (1/12 of 9" dia) 1 piece	264	4	9	0.6	0.015151515	6.060606
regular Ice Cream Vanilla..... 1/2 cup.	133	2	7	0	0.015037594	6.015038
326 Nectarines, raw (2 1/8" dia)..... 1 nectarine	67	1	1	2.2	0.014925373	5.970149
Toaster pastries Chocolate with frosting 1 pastry	201	3	5	0.6	0.014925373	5.970149
Danish pastry Fruit filled..... 1 pastry	335	5	16	NA	0.014925373	5.970149
.. Tapioca, ready to eat.....4 oz	134	2	4	0.1	0.014925373	5.970149
Chocolate Syrup Fudge type.....1 tbsp	67	1	2	0.5	0.014925373	5.970149
Potato chips Reduced fat 1 oz	134	2	6	1.7	0.014925373	5.970149
frozen Orange juice concentrate Undiluted..... 6-fl-oz can	339	5	Tr	1.7	0.014749263	5.899705
Cake Chocolate without frosting (1/12 of 9" dia) ... 1 piece	340	5	14	1.5	0.014705882	5.882353
NUTRI GRAIN Cereal Bar, fruit filled 1 bar	136	2	3	0.8	0.014705882	5.882353
Toaster pastries Brown sugar cinnamon..... 1 pastry	206	3	7	0.5	0.014563107	5.825243
Banana Sliced 1 cup	138	2	1	3.6	0.014492754	5.797101
Molasses Cookie Large (3 1/2"-4" dia) 1 cookie	138	2	4	0.3	0.014492754	5.797101
Onion rings, breaded and fried..... 8-9 rings	276	4	16	NA	0.014492754	5.797101
Chestnuts, european roasted shelled 1 cup	350	5	3	7.3	0.014285714	5.714286
Waterchestnuts, canned, slices,solids and liquids ... 1 cup	70	1	Tr	3.5	0.014285714	5.714286
Sour Cream, Regular 1 cup .	493	7	48	0	0.014198783	5.679513
Sweetpotatoes Canned Syrup pack, drained 1 cup	212	3	1	5.9	0.014150943	5.660377
Whole wheat 4 crackers	71	1	3	1.7	0.014084507	5.633803
Tortilla chips Regular 1 oz	142	2	7	1.8	0.014084507	5.633803
Potato chips Reduced fat 1 oz	142	2	7	1	0.014084507	5.633803
.. Milk Chocolate chips..... 1 cup	862	12	52	5.7	0.013921114	5.568445
Peanut Butter Cookie Commercially prepared 1 cookie	72	1	4	0.3	0.013888889	5.555556
Sugar Cookie Commercially prepared 1 cookie	72	1	3	0.1	0.013888889	5.555556
KIT KAT (HERSHEY) 1 bar (1.5 oz)	216	3	11	0.8	0.013888889	5.555556
..Pie Lemon meringue 1 piece	362	5	16	0.7	0.013812155	5.524862
French fries..... 1 small	291	4	16	3	0.013745704	5.498282
Peaches Sliced..... 1 cup	73	1	Tr	3.4	0.01369863	5.479452
Pecan Shortbread Cookie Reduced fat..... 1 cookie	73	1	3	0.2	0.01369863	5.479452
Sugar Cookie From refrigerated dough..... 1 cookie	73	1	3	0.1	0.01369863	5.479452
Pecans, halves..... 1 cup	746	10	78	10.4	0.013404826	5.36193
Blackberries, raw 1 cup	75	1	1	7.6	0.013333333	5.333333
Milk Chocolate Plain..... 1 bar (1.55 oz)	226	3	14	1.5	0.013274336	5.309735
Grapefruit juice concentrate Undiluted..... 6-fl-oz can	302	4	Tr	0.8	0.013245033	5.298013
Hashed brown potatoes..... 1/2 cu	151	2	9	NA	0.013245033	5.298013
Brownies without icing (2 3/4 sq x 7/8")..... 1 brownie	227	3	9	1.2	0.013215859	5.286344
Pineapple Raw, diced..... 1 cup	76	1	1	1.9	0.013157895	5.263158
Pecan Shortbread Cookie Regular (2" dia)..... 1 cookie	76	1	5	0.3	0.013157895	5.263158
MILKY WAY (M&M MARS)..... 1 fun size bar	76	1	3	0.3	0.013157895	5.263158
Potato chips 1 oz	152	2	10	1.3	0.013157895	5.263158
French fries.....1 medium	458	6	25	4.7	0.013100437	5.240175
Corn Chips Plain 1 oz	153	2	9	1.4	0.013071895	5.228758
Carob candy..... 1 oz	153	2	9	1.1	0.013071895	5.228758
NESTLE CRUNCH 1 bar (1.55 oz)	230	3	12	1.1	0.013043478	5.217391
Whipped topping (pressurized) 1 cup	154	2	13	0	0.012987013	5.194805
Blue cheese Regular 1 tbsp	77	1	8	0	0.012987013	5.194805
Prepared from recipe, with margarine 1 cookie	78	1	5	0.4	0.012820513	5.128205
Light, coffee, or table cream..... 1 cup	469	6	46	0	0.012793177	5.117271
Chocolat cake @chocolate icing 18-oz cake) 1 piece	235	3	10	1.8	0.012765957	5.106383
Cheese flavor puffs or twists 1 oz	157	2	10	0.3	0.012738854	5.095541
Potato chips Plain Made from dried potatoes..... 1 oz	158	2	11	1	0.012658228	5.063291

Pie crust, baked From recipe 1 pie shell	949	12	62	3	0.012644889	5.057956
White cake With coconut frosting (1/12 of 9" dia) ..1 piece	399	5	12	1.1	0.012531328	5.012531
Blueberries Raw 1 cup	81	1	1	3.9	0.012345679	4.938272
Onion rings, 2"-3" dia fried, frozen, oven heated ...10 rings	244	3	16	..8	0.012295082	4.918033
Hashed brown From home recipe 1 cup	326	4	22	3.1	0.012269939	4.907975
French fries.....1 large	578	7	31	5.9	0.012110727	4.844291
Pie .. Pecan 1 piece	503	6	27	2.2	0.011928429	4.771372
Prunes stewed unsweetened and liquid..... 1 cup	256	3	1	16.4	0.01171875	4.6875
MILKY WAY1 bar (2.15 oz)	258	3	10	1	0.011627907	4.651163
Raisins, not packed 1 cup	435	5	1	5.8	0.011494253	4.597701
Gingerbread (1/9 of 8" square) 1 piece	263	3	12	0.7	0.011406844	4.562738
Brownie Fat free, 2" sq..... 1 brownie	89	1	Tr	1	0.011235955	4.494382
Pie .. Blueberry..... 1 piece	360	4	17	3.6	0.011111111	4.444444
Prune juice, canned or bottled .. 1 cup	182	2	Tr	2.6	0.010989011	4.395604
.. White Chocolate chips..... 1 cup	916	10	55	0	0.010917031	4.366812
Pineapple upside down (1/9 of 8" square) 1 piece	367	4	14	0.9	0.010899183	4.359673
.. Rice, ready to eat..... 4 oz	184	2	8	0.1	0.010869565	4.347826
Peaches Dried, sulfured..... 3 halves	93	1	Tr	3.2	0.010752688	4.301075
Grapefruit juice canned Unsweetened 1 cup	94	1	Tr	0.2	0.010638298	4.255319
Coconut raw Shredded, not packed..... 1 cup	283	3	27	7.2	0.010600707	4.240283
Macadamia nuts, dry roasted,salted 1 cup	959	10	102	10.7	0.010427529	4.171011
Grapefruit juice Raw Pink or White..... 1 cup	96	1	Tr	0.2	0.010416667	4.166667
Toaster pastries Low fat 1 pastry	193	2	3	0.8	0.010362694	4.145078
Figs, dried..... 2 figs	97	1	Tr	4.6	0.010309278	4.123711
.Pie . Cherry..... 1 piece	486	5	22	3.5	0.010288066	4.115226
Pear raw with skin 2 1/2" dia 1 pear	98	1	1	4	0.010204082	4.081633
Beer Light 12 fl oz	99	1	0	0	0.01010101	4.040404
Doughnuts 1 medium47 21 198 2 11 1.7 4.4 3.7	198	2	11	0.7	0.01010101	4.040404
Prunes dried Uncooked 5 prunes	100	1	Tr	3	0.01	4
Grapefruit juice diluted 3x by volume..... 1 cup	101	1	Tr	0.2	0.00990099	3.960396
.Pie . Fried, cherry 1 pie	404	4	21	3.3	0.00990099	3.960396
Macadamia nuts, dry roasted,salted...1 oz (10-12 nuts)	203	2	22	2.3	0.009852217	3.940887
Sherbet, orange 1/2 cup	102	1	1	0	0.009803922	3.921569
Toaster pastries Fruit filled..... 1 pastry	204	2	5	1.1	0.009803922	3.921569
.Pie . Apple 1 piece	411	4	19	3.6	0.00973236	3.892944
Orange juice Canned, unsweetened 1 cup	105	1	Tr	0.5	0.00952381	3.809524
Mango Sliced 1 cup	107	1	Tr	3	0.009345794	3.738318
Pie crust, baked From frozen..... 1 pie shell	648	6	41	1.3	0.009259259	3.703704
Banana Whole, medium (7" to 7 7/8"long)..... 1 banana	109	1	1	2.8	0.009174312	3.669725
Fruit cocktail, canned in juice pack 1 cup	109	1	Tr	2.4	0.009174312	3.669725
Plantain Raw 1 medium	218	2	1	4.1	0.009174312	3.669725
Grapes, seedless, raw.....1 cup	114	1	1	1.6	0.00877193	3.508772
.. Semisweet Chocolate chips..... 1 cup	805	7	50	9.9	0.008695652	3.478261
Asian pear, 3 3/8" high x 3" dia 1 pear	116	1	1	9.9	0.00862069	3.448276
Dates, without pits Whole..... 5 dates	116	1	Tr	3.2	0.00862069	3.448276
APPLE JACKS..... 1 cup	116	1	Tr	0.6	0.00862069	3.448276
Boston cream (1/8 of pie) 1 piece	232	2	8	1.3	0.00862069	3.448276
FROOT LOOPS 1 cup	117	1	1	0.6	0.008547009	3.418803
Peaches frozen sweetened..... 1 cup	235	2	Tr	4.5	0.008510638	3.404255
Pineapple grapefruit juice drink..... 8 fl oz	118	1	Tr	0.3	0.008474576	3.389831
CORN POPS 1 cup	118	1	Tr	0.4	0.008474576	3.389831
Pie crust, baked Graham cracker 1 pie shell	1181	10	60	3.6	0.008467401	3.38696
COCOA PUFFS 1 cup	119	1	1	0.2	0.008403361	3.361345
Yellow Cake With chocolate frosting 1 piece	243	2	11	1.2	0.008230453	3.292181
TRIX..... 1 cup	122	1	2	0.7	0.008196721	3.278689
Dates, without pits Chopped 1 cup	490	4	1	13.4	0.008163265	3.265306

Pear canned in Juice pack..... 1 cup	124	1	Tr	4	0.008064516	3.225806
Tangerine juice sweetened 1 cup	125	1	Tr	0.5	0.008	3.2
M&M's (M&M MARS) Plain.....1/4 cup	256	2	11	1.3	0.0078125	3.125
Raspberries Frozen, sweetened, thawed 1 cup	258	2	Tr	11	0.007751938	3.100775
Mango Whole..... 1 mango	135	1	1	3.7	0.007407407	2.962963
Whipping Cream, unwhipped Light 1 cup	699	5	74	0	0.007153076	2.86123
Pineapple juice unsweetened canned 1 cup	140	1	Tr	0.5	0.007142857	2.857143
Apricot nectar 1 cup	141	1	Tr	1.5	0.007092199	2.836879
Sweetpotatoes Candied (2Z"x x 2" piece)..... 1 piece	144	1	3	2.5	0.006944444	2.777778
Beer Regular 12 fl oz	146	1	0	0.7	0.006849315	2.739726
Plum canned in Juice pack..... 1 cup	146	1	Tr	2.5	0.006849315	2.739726
Coleslaw..... 3/4 cup	147	1	11	NA	0.006802721	2.721088
Pineapple chunks canned in juice..... 1 cup	149	1	Tr	2	0.006711409	2.684564
Grapefruit canned in light syrup 1 cup	152	1	Tr	1	0.006578947	2.631579
Popcorn.. Caramel coated Without peanuts 1 cup	152	1	5	1.8	0.006578947	2.631579
Grape juice Canned or bottled 1 cup	154	1	Tr	0.3	0.006493506	2.597403
Tangerine canned (mandarin oranges) light syrup..1 cup	154	1	Tr	1.8	0.006493506	2.597403
Sponge Snack cake, creme filled..... 1 cake	155	1	5	0.2	0.006451613	2.580645
Coconut raw Dried, sweetened, shredded ... 1 cup	466	3	33	4.2	0.006437768	2.575107
Coconut raw Piece, about 2" x 2" x Z"x" 1 piece	159	1	15	4.1	0.006289308	2.515723
Marshmallows Miniature..... 1 cup	159	1	Tr	0.1	0.006289308	2.515723
Whipping Cream, unwhipped Heavy..... 1 cup	821	5	88	0	0.006090134	2.436054
Spaghetti, cooked Whole wheat 1 cup	174	1	0	6.3	0.005747126	2.298851
Plantain Cooked, slices..... 1 cup	179	1	Tr	3.5	0.005586592	2.234637
Fruit cocktail, canned in heavy syrup 1 cup	181	1	Tr	2.5	0.005524862	2.209945
Blueberries Frozen, sweetened, thawed 1 cup	186	1	Tr	4.8	0.005376344	2.150538
Peaches in Heavy syrup pack..... 1 cup	194	1	Tr	3.4	0.005154639	2.061856
Pear canned in Heavy syrup pack..... 1 cup	197	1	Tr	4.3	0.005076142	2.030457
Pineapple chunks canned in heavy syrup 1 cup	198	1	Tr	2	0.005050505	2.020202
Apricots canned in heavy syrup 1 cup	214	1	Tr	4.1	0.004672897	1.869159
Plum canned in Heavy syrup pack..... 1 cup	230	1	Tr	2.6	0.004347826	1.73913
Immitation Whipped topping Frozen 1 cup	239	1	19	0	0.0041841	1.67364
Strawberries frozen sweetened..... 1 cup	245	1	Tr	4.8	0.004081633	1.632653
Pina colada..... 4.5 fl oz	262	1	3	0.8	0.003816794	1.526718
Rhubarb frozen cooked with sugar 1 cup	278	1	Tr	4.8	0.003597122	1.438849
Margarine Soft 1 cup	626	2	183	0	0.003194888	1.277955
Grape Juice concentrate Undiluted..... 6-fl-oz can	387	1	1	0.6	0.002583979	1.033592
Margarine Hard (4 sticks per lb) 1 stick	621	1	70	0	0.001610306	0.644122
Spread (about 40% fat)..... 1 cup	801	1	90	0	0.001248439	0.499376
Margarine butter blend..... 1 stick	811	1	91	0	0.001233046	0.493218
Butter..... 1 stick	813	1	92	0	0.001230012	0.492005
Margarine Hard (4 sticks per lb) 1 stick	815	1	91	0	0.001226994	0.490798
Honey.....1 cup	1031	1	0	0.7	0.000969932	0.387973
Diet pepper type 12 fl oz	0	Tr	0	0	Trace	
Chives, raw, chopped 1 tbsp	1	Tr	Tr	0.1	Trace	
Pepper or hot Sauce..... 1 tsp	1	Tr	Tr	0.1	Trace	
Radishes, raw (3/4" to 1" dia) 1 radish	1	Tr	Tr	0.1	Trace	
Spirulina, dried 1 tbsp	1	Tr	Tr	Tr	Trace	
Lettuce, raw, Looseleaf, Leaf 1 leaf	2	Tr	Tr	0.2	Trace	
Mustard, prepared, yellow 1 tsp or 1 packet	3	Tr	Tr	0.2	Trace	
Carrots Raw, Baby 1 medium	4	Tr	Tr	0.2	Trace	
Coffee Brewed 6 fl oz	4	Tr	0	0	Trace	
Diet Cola (aspartane)..... 12 fl oz	4	Tr	0	0	Trace	
Salsa Sauce..... 1 tbsp	4	Tr	Tr	0.3	Trace	
Seaweed Kelp, raw..... 2 tbsp	4	Tr	Tr	0.1	Trace	
Tomatoes Cherry 1 cherry	4	Tr	Tr	0.2	Trace	

Tomatoes Slice, medium, 1/8" thick..... 1 slice	4	Tr	Tr	0.2	Trace
30 Espresso 2 fl oz	5	Tr	Tr	0	Trace
Strawberry raw Large (1 1/8" dia)..... 1 strawberry	5	Tr	Tr	0.4	Trace
Tomatoes Sun dried Plain..... 1 piece	5	Tr	Tr	0.2	Trace
Catsup..... 1 packet	6	Tr	Tr	0.1	Trace
Tomatoes Packed in oil, drained 1 piece	6	Tr	Tr	0.2	Trace
Celery Stalk, medium 1 stalk	7	Tr	Tr	0.6	Trace
Jalapeno, canned, solids and liquids..... 1/4 cup	7	Tr	Tr	0.7	Trace
Shallots, raw, chopped 1 tbsp	7	Tr	Tr	0.2	Trace
Whipped topping (pressurized)..... 1 tbsp	8	Tr	1	0	Trace
Soy Sauce..... 1 tbsp	9	Tr	Tr	0.1	Trace
Mushrooms, shiitake Dried 1 mushroom	11	Tr	Tr	0.4	Trace
Pretzels Stick, 2 1/4" long..... 10 pretzels	11	Tr	Tr	0.1	Trace
Tomatillos, raw..... 1 medium	11	Tr	Tr	0.6	Trace
Barbecue Sauce..... 1 tbsp	12	Tr	Tr	0.2	Trace
Lemon or Lime juice Raw juice of 1 fruit(2 1/8")	12	Tr	0	0.2	Trace
Pickles, cucumber whole medium..... 1 pickle	12	Tr	Tr	0.8	Trace
Sour Cream, Fat free 1 tbsp	12	Tr	0	0	Trace
Immitation Whipped topping Frozen 1 tbsp	13	Tr	1	0	Trace
Italian Low calorie..... 1 tbsp	16	Tr	1	Tr	Trace
Catsup..... 1 tbsp	16	Tr	Tr	0.2	Trace
Caesar Low calorie..... 1 tbsp	17	Tr	1	Tr	Trace
Apricots Raw no pits (12 per lb with pits) 1 apricot	17	Tr	Tr	0.8	Trace
Onions Dehydrated flakes..... 1 tbsp	17	Tr	Tr	0.5	Trace
Fresh bread and butter pickles..... 3 slices	18	Tr	Tr	0.4	Trace
Vanilla wafer medium size 1 cookie	18	Tr	1	0.1	Trace
Half and Half..... 1 tbsp	20	Tr	2	0	Trace
Olives, canned Pickled, green 5 medium	20	Tr	2	0.2	Trace
Pickle relish, sweet 1 tbsp	20	Tr	Tr	0.2	Trace
Sour Cream, Reduced fat 1 tbsp	20	Tr	2	0	Trace
French Low calorie..... 1 tbsp	22	Tr	1	0	Trace
Russian Low calorie..... 1 tbsp	23	Tr	1	Tr	Trace
Butter Cookies prepared 1 cookie	23	Tr	1	Tr	Trace
Thousand Island Low calorie..... 1 tbsp	24	Tr	2	0.2	Trace
Olives, canned Ripe, black 5 large	25	Tr	2	0.7	Trace
Sour Cream, Regular..... 1 tbsp	26	Tr	3	0	Trace
Plum canned in Juice pack..... 1 plum	27	Tr	Tr	0.5	Trace
Pineapple Slice canned in juice (3" dia) 1 slice	28	Tr	Tr	0.4	Trace
Light, coffee, or table cream..... 1 tbsp	29	Tr	3	0	Trace
Carambola (starfruit) Whole (3 5/8" long)..... 1 fruit	30	Tr	Tr	2.5	Trace
Cornstarch 1 tbsp	30	Tr	Tr	0.1	Trace
Avocado (no skin or seed) Florida (1/10 whole) 1 oz	32	Tr	3	1.5	Trace
Margarine Soft..... 1 tsp	34	Tr	4	0	Trace
Grapes, seedless, raw 10 grapes	36	Tr	Tr	0.5	Trace
Pear canned in Juice pack..... 1 half pear	38	Tr	Tr	1.2	Trace
Caramel Plain..... 1 piece	39	Tr	1	0.1	Trace
Chocolate coated raisins..... 10 pieces	39	Tr	1	0.4	Trace
Jams and preserves..... 1(.5 oz) packet	39	Tr	Tr	0.2	Trace
Jellies..... 1(.5 oz) packet	40	Tr	Tr	0.1	Trace
Shortbread Cookie Plain (1B\," sq) 1 cookie	40	Tr	2	0.1	Trace
Raisin Packet, 1/2 oz (1 1/2 tbsp) 1 packet	42	Tr	Tr	0.6	Trace
... (volume about double when whipped)..... 1 tbsp .	44	Tr	5	0	Trace
Crème Filled Sandwich Cookie Chocolate 1 cookie	47	Tr	2	0.3	Trace
Crème Filled Sandwich Cookie Vanilla Round... 1 cookie	48	Tr	2	0.2	Trace
Mayonnaise Light Cholestorol free	49	Tr	5	0	Trace
Whipping Cream, unwhipped Heavy..... 1 tbsp	52	Tr	6	0	Trace

Chocolate syrup thin.....1 tbsp	53	Tr	Tr	0.3	Trace	
Jellies.....1 tbsp	54	Tr	Tr	0.2	Trace	
Jams and preserves.....1 tbsp	56	Tr	Tr	0.2	Trace	
Thousand Island Regular 1 tbsp	59	Tr	6	0	Trace	
Italian ices..... 1/2 cup	61	Tr	Tr	0	Trace	
Apple peeled, sliced 1 cup	63	Tr	Tr	2.1	Trace	
Honey.....1 tbsp	64	Tr	0	Tr	Trace	
French Regular 1 tbsp	67	Tr	6	0	Trace	
Italian Regular 1 tbsp	69	Tr	7	0	Trace	
Table Wine..... 3.5 fl oz	74	Tr	0	0	Trace	
Russian Regular 1 tbsp	76	Tr	8	0	Trace	
Margarine Hard..... 1 tbsp	76	Tr	9	0	Trace	
Caesar Regular 1 tbsp	78	Tr	8	Tr	Trace	
Apple raw unpeeled (3 per lb) 2 3/4"..... 1 apple	81	Tr	Tr	3.7	Trace	
Cherry pie filling, canned 1/5 of 21-oz can	85	Tr	Tr	0.4	Trace	
Cranberry sauce (1/8 of can)..... 1 slice	86	Tr	Tr	0.6	Trace	
Homemade French.....1 tbsp	88	Tr	10	0	Trace	
Tea Sweetened, lemon flavor 8 fl oz	88	Tr	0	0	Trace	
Cranberries, dried, sweetened...1/4 cup	92	Tr	Tr	2.5	Trace	
Fruit leather, pieces 1 oz	97	Tr	2	1	Trace	
Mayonnaise Regular 1 tbsp	99	Tr	11	0	Trace	
Lemonade Frozen concentrate prepared 8 fl oz	99	Tr	0	0.2	Trace	
Margarine Hard.....1 tbs	101	Tr	11	0	Trace	
Butter..... 1 tbsp	102	Tr	12	0	Trace	
Margarine butter blend..... 1 tbsp	102	Tr	11	0	Trace	
Applesauce Unsweetened..... 1 cup	105	Tr	Tr	2.9	Trace	
Daiquiri 2 fl oz	112	Tr	Tr	0	Trace	
Apple juice, bottled or canned..... 1 cup	117	Tr	Tr	0.2	Trace	
Rice beverage (RICE DREAM) 1 cup	120	Tr	2	0	Trace	
Diluted with 3 parts water by volume 1 cup	128	Tr	Tr	0.3	Trace	
Chocolate Frosting.....1/12 package	151	Tr	7	0.2	Trace	
Sweet Desert Wine..... 3.5 fl oz	158	Tr	0	0	Trace	
Vanilla Frosting.....1/12 package	159	Tr	6	Tr	Trace	
Liqueur, coffee, 53 proof..... 1.5 fl oz	175	Tr	Tr	0	Trace	
Applesauce Sweetened 1 cup	194	Tr	Tr	3.1	Trace	
STARBURST fruit chews (M&M MARS) 2.07 oz) ..1 bag	234	Tr	4	0	Trace	
Tapioca, pearl, dry..... 1 cup	544	Tr	Tr	1.4	Trace	
Gin, rum, vodka, whiskey 80 proof1.5 fl oz	97	0	0	0		0
Cola type 12 fl oz	152	0	0	0		0
Ginger Ale.....12 fl oz	124	0	0	0		0
Grape 12 fl oz	160	0	0	0		0
Lemon lime..... 12 fl oz	147	0	0	0		0
Orange..... 12 fl oz	179	0	0	0		0
Cranberry juice cocktail..... 8 fl oz	144	0	Tr	0.3		0
Fruit Punch Drink	117	0	0	0.2		0
grape drink 8 fl oz	113	0	0	0		0
Lemonade Low cal @ aspartame..... 8 fl oz	5	0	0	0		0
Tea Black brewed..... 6 fl oz	2	0	0	0		0
Tea Herb other than chamomile..... 6 fl oz	2	0	0	0		0
Tea Sweetened with saccharin, lemon flavor.....8oz	5	0	0	0		0
Lard 1 cup	849	0	205	0		0
Lard..... 1 tbsp	115	0	13	0		0
Olive or Peanut oil..... 1 cup	1909	0	216	0		0
Olive or Peanut oil..... 1 tbsp	119	0	14	0		0
Other oil (such as canola,corn,soy) 1 cup	1927	0	218	0		0
Other oil (such as canola,corn,soy)..... 1 tbsp	120	0	14	0		0

Mayonnaise Fat free..... 1 tbsp	12	0	Tr	0.6	0
Homemade Vinegar and oil..... 1 tbsp	70	0	8	0	0
Worcestershire Sauce..... 1 tbsp	11	0	0	0	0
Gumdrops (3/4" dia) 1 cup	703	0	0	0	0
Gummy bears 10 bears	85	0	0	0	0
Gummy worms..... 10 worms	286	0	0	0	0
Hard candy..... 1 piece	24	0	Tr	0	0
Ice pop..... 1 bar (2 fl oz)	42	0	0	0	0
Brown Sugar packed.....1 cup	827	0	0	0	0
Brown Sugar unpacked.....1 cup	545	0	0	0	0
Brown Sugar1 tbsp	34	0	0	0	0
White Sugar granulated.....1 packet	23	0	0	0	0
White Sugar.....1 tsp	16	0	0	0	0
White Sugar.....1 cup	774	0	0	0	0
White sugar Powdered.....1 tbsp	31	0	Tr	0	0
White sugar Powdered.....1 cup	467	0	Tr	0	0
Corn syrup, light.....1 tbsp	56	0	0	0	0
Maple Syrup.....1 tbsp	52	0	Tr	0	0
Molasses, blackstrap.....1 tbsp	47	0	0	0	0
Pancake Syrup.....1 tbsp	57	0	0	0	0
Pancake Syrup, reduced calorie.....1 tbsp	25	0	0	0	0
Vinegar Cider 1 tbsp	2	0	0	0	0
Club soda 12 fl oz	0	0	0	0	0