

Nutritive Value of Food with Grams of Protein per Calorie

Food Description portion	Calories (kcal)	protein (g)	fat (g)	fiber	g. protein/calorie
Beverages (Alcoholic)					
Beer Regular 12 fl oz	146	1	0	0.7	0.006849315
Beer Light 12 fl oz	99	1	0	0	0.01010101
Gin, rum, vodka, whiskey 80 proof1.5 fl oz	97	0	0	0	0
Liqueur, coffee, 53 proof..... 1.5 fl oz	175	Tr	Tr	0	Trace
Daiquiri 2 fl oz	112	Tr	Tr	0	Trace
Pina colada..... 4.5 fl oz	262	1	3	0.8	0.003816794
Sweet Desert Wine..... 3.5 fl oz	158	Tr	0	0	Trace
Table Wine..... 3.5 fl oz	74	Tr	0	0	Trace
Beverages (Nonalcoholic)					
Club soda 12 fl oz	0	0	0	0	Trace
Cola type 12 fl oz	152	0	0	0	0
Diet Cola (aspartane)..... 12 fl oz	4	Tr	0	0	Trace
Diet pepper type 12 fl oz	0	Tr	0	0	Trace
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
Chocolate beverage mix Prepared with milk 1 cup	226	9	9	1.3	0.039823009
Cocoa (powder containing nonfat dry milk).... 3 heaping tsp	102	3	1	0.3	0.029411765
Cocoa Powder containing aspartane.... 1½-oz envelope	48	4	Tr	0.4	0.083333333
Coffee Brewed 6 fl oz	4	Tr	0	0	Trace
30 Espresso 2 fl oz	5	Tr	Tr	0	Trace
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
Pineapple grapefruit juice drink..... 8 fl oz	118	1	Tr	0.3	0.008474576
Pineapple orange juice drink..... 8 fl oz	125	3	0	0.3	0.024
Lemonade Frozen concentrate prepared 8 fl oz	99	Tr	0	0.2	Trace
Lemonade Low cal @ aspartame..... 8 fl oz	5	0	0	0	0
Malted milk Chocolate Prepared 1 cup	225	9	9	0.3	0.04
Rice beverage (RICE DREAM) 1 cup	120	Tr	2	0	Trace
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, lemon flavor 8 fl oz	88	Tr	0	0	Trace
Tea Sweetened with saccharin, lemon flavor.....8oz	5	0	0	0	0
Dairy Products					
Blue Cheese..... 1 oz	100	6	8	0	0.06
Camembert (3 weges @ 4-oz container)..... 1 wedge	114	8	9	0	0.070175439
Cheddar Cut pieces 1 oz	114	7	9	0	0.061403509
Cheddar Shredded 1 cup	455	28	37	0	0.061538462
Cottage cheese (4%) Large curd 1 cup	233	28	10	0	0.120171674
Cottage cheese Low fat (1%) 1 cup	164	28	2	0	0.170731707
Cream Cheese..... 1 oz	99	2	10	0	0.02020202
..... 1 tbsp	51	1	5	0	0.019607843
Cream Cheese Low fat..... 1 tbsp	35	2	3	0	0.057142857
Cream Cheese Fat free..... 1 tbsp	15	2	Tr	0	0.133333333
Feta Cheese..... 1 oz	75	4	6	0	0.053333333
Low fat, cheddar or colby..... 1 oz	49	7	2	0	0.142857143
Mozzarella made with whole milk..... 1 oz	80	6	6	0	0.075

Mozzarella (Part skim low moisture) 1 oz	79	8	5	0	0.101265823
Muenster..... 1 oz	104	7	9	0	0.067307692
Neufchatel 1 oz	74	3	7	0	0.040540541
Parmesan, grated..... 1 cup	456	42	30	0	0.092105263
..... 1 tbsp	23	2	2	0	0.086956522
..... 1 oz	129	12	9	0	0.093023256
Provolone 1 oz	100	7	8	0	0.07
Ricotta, made with whole milk..... 1 cup	428	28	32	0	0.065420561
Part skim milk 1 cup	340	28	19	0	0.082352941
Swiss 1 oz	107	8	8	0	0.074766355
American Cheese Regular 1 oz	106	6	9	0	0.056603774
American Fat free..... 1 slice	31	5	Tr	0	0.161290323
Swiss 1 oz	95	7	7	0	0.073684211
Half and Half 1 cup .	315	7	28	0	0.022222222
..... 1 tbsp	20	Tr	2	0	Trace
Light, coffee, or table cream..... 1 cup	469	6	46	0	0.012793177
..... 1 tbsp	29	Tr	3	0	Trace
Whipping Cream, unwhipped Light 1 cup	699	5	74	0	0.007153076
... (volume about double when whipped).....1 tbsp .	44	Tr	5	0	Trace
Whipping Cream, unwhipped Heavy..... 1 cup	821	5	88	0	0.006090134
..... 1 tbsp	52	Tr	6	0	Trace
Whipped topping (pressurized) 1 cup	154	2	13	0	0.012987013
..... 1 tbsp	8	Tr	1	0	Trace
Sour Cream, Regular 1 cup .	493	7	48	0	0.014198783
.....1 tbsp	26	Tr	3	0	Trace
Sour Cream, Reduced fat 1 tbsp	20	Tr	2	0	Trace
Sour Cream, Fat free 1 tbsp	12	Tr	0	0	Trace
Immitation Whipped topping Frozen 1 cup	239	1	19	0	0.0041841
..... 1 tbsp	13	Tr	1	0	Trace
Frozen yougurt Chocolate 1/2 cup	115	3	4	1.6	0.026086957
Frozen yougurt Vanilla 1/2 cup.	114	3	4	0	0.026315789
Regular Ice Cream Chocolate.....1/2 cu	143	3	7	0.8	0.020979021
regular Ice Cream Vanilla..... 1/2 cup.	133	2	7	0	0.015037594
Ice Cream Light (50% reduced fat) vanilla.....1/2 cup	92	3	3	0	0.032608696
Soft serve, french vanilla..... 1/2 cup.	185	4	11	0	0.021621622
Sherbet, orange 1/2 cup	102	1	1	0	0.009803922
Milk Whole (3.3% fat) 1 cup	150	8	8	0	0.053333333
Milk Reduced fat (2%) 1 cup	121	8	5	0	0.066115702
Milk Lowfat (1%) 1 cup	102	8	3	0	0.078431373
Milk Nonfat (skim) 1 cup	86	8	Tr	0	0.093023256
Milk Buttermilk 1 cup	99	8	2	0	0.080808081
Canned Milk Condensed, sweetened..... 1 cup	982	24	27	0	0.024439919
Canned Milk Evaporated Whole milk..... 1 cup	339	17	19	0	0.050147493
Evaporated Skim milk 1 cup	199	19	1	0	0.095477387
Nonfat instant milk..... 1 cup	244	24	Tr	0	0.098360656
Chocolate milk Reduced fat (2%) 1 cup	179	8	5	1.3	0.044692737
Chocolate milk Lowfat (1%) 1 cup	158	8	3	1.3	0.050632911
Milk shake, thick, Chocolate 10.6 fl oz	356	9	8	0.9	0.025280899
Milk shake, thick, Vanilla 11 fl oz	350	12	9	0	0.034285714
Low Fat yogurt (milk solids) Fruit flavored..... 8-oz	231	10	2	0	0.043290043
low fat yogurt (milk solids) Plain..... 8-oz	144	12	4	0	0.083333333
nonfat yogurt (milk solids) Fruit flavored..... 8-oz	213	10	Tr	0	0.046948357
nonfat yogurt(milk solids) Plain..... 8-oz	127	13	Tr	0	0.102362205
Yogurt (no milk solids) plain 8-oz	139	8	7	0	0.057553957
Yogurt (no milk solids) nonfat milk, low cal.....8-oz	98	9	Tr	0	0.091836735

Eggs						
Egg Whole raw..... 1 medium	66	5	4	0	0.075757576	
..... 1 large raw	75	6	5	0	0.08	
.....1 extra large r	86	7	6	0	0.081395349	
Egg White raw..... 1 large	17	4	0	0	0.235294118	
Egg Yolk raw..... 1 large	59	3	5	0	0.050847458	
Fried egg in margarine..... 1 large	92	6	7	0	0.065217391	
Hard Boiled egg..... 1 large	78	6	5	0	0.076923077	
.....1 cup chopped	211	17	14	0	0.08056872	
Egg Poached, with salt..... 1 large	75	6	5	0	0.08	
Scrambled egg in margarine..... 1 large	101	7	7	0	0.069306931	
Egg substitute, liquid 1/4 cu	53	8	2	0	0.150943396	
Fats and Oils						
Butter..... 1 stick	813	1	92	0	0.001230012	
..... 1 tbsp	102	Tr	12	0	Trace	
Lard 1 cup	849	0	205	0	0	
..... 1 tbsp	115	0	13	0	0	
Margarine Hard (4 sticks per lb) 1 stick	815	1	91	0	0.001226994	
.....1 tbs	101	Tr	11	0	Trace	
Margarine Soft 1 cup	626	2	183	0	0.003194888	
.....1 tsp	34	Tr	4	0	Trace	
Margarine Hard (4 sticks per lb) 1 stick	621	1	70	0	0.001610306	
..... 1 tbsp	76	Tr	9	0	Trace	
Spread (about 40% fat)..... 1 cup	801	1	90	0	0.001248439	
Margarine butter blend..... 1 stick	811	1	91	0	0.001233046	
..... 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	
Salad Dressings Commercial					Trace	
Blue cheese Regular 1 tbsp	77	1	8	0	0.012987013	
Blue cheese Low calorie..... 1 tbsp	15	1	1	0	0.066666667	
Caesar Regular 1 tbsp	78	Tr	8	Tr	Trace	
Caesar Low calorie..... 1 tbsp	17	Tr	1	Tr	Trace	
French Regular 1 tbsp	67	Tr	6	0	Trace	
French Low calorie..... 1 tbsp	22	Tr	1	0	Trace	
Italian Regular 1 tbsp	69	Tr	7	0	Trace	
Italian Low calorie..... 1 tbsp	16	Tr	1	Tr	Trace	
Mayonnaise Regular 1 tbsp	99	Tr	11	0	Trace	
Mayonnaise Light Cholesterol free	49	Tr	5	0	Trace	
Mayonnaise Fat free..... 1 tbsp	12	0	Tr	0.6	0	
Russian Regular 1 tbsp	76	Tr	8	0	Trace	
Russian Low calorie..... 1 tbsp	23	Tr	1	Tr	Trace	
Thousand Island Regular 1 tbsp	59	Tr	6	0	Trace	
Thousand Island Low calorie..... 1 tbsp	24	Tr	2	0.2	Trace	
Homemade French.....1 tbsp	88	Tr	10	0	Trace	
Homemade Vinegar and oil..... 1 tbsp	70	0	8	0	0	
Fish and Shellfish						
Catfish, breaded, fried..... 3 oz	195	15	11	0.6	0.076923077	
Clam Raw, meat only 3 oz	63	11	1	0	0.174603175	
Clam Breaded, fried3/4 cup	451	13	26	0.3	0.028824834	
Clams Canned, drained solids 3 oz	126	22	2	0	0.174603175	
.....1 cup	237	41	3	0	0.172995781	

Cod Baked or broiled 3 oz	89	20	1	0	0.224719101
Canned, solids and liquid 3 oz	89	19	1	0	0.213483146
Crab Alaska King Steamed..... 1 leg	130	26	2	0	0.2
.....3 oz	82	16	1	0	0.195121951
Crab Imitation, from surimi 3 oz	87	10	1	0	0.114942529
Blue crab Steamed..... 3 oz	87	17	2	0	0.195402299
Blue crab Canned crabmeat 1 cup	134	28	2	0	0.208955224
Crab Cake with egg and onion fried in margarine ... 1 cake	93	12	5	0	0.129032258
Flounder or sole baked or broiled 3 oz	99	21	1	0	0.212121212
Haddock, baked or broiled..... 3 oz	95	21	1	0	0.221052632
Halibut, baked or broiled 3 oz	119	23	2	0	0.193277311
Herring, pickled 3 oz	223	12	15	0	0.053811659
Lobster, steamed 3 oz	83	17	1	0	0.204819277
Ocean perch, baked or broiled..... 3 oz	103	20	2	0	0.194174757
Oyster Raw, meat only 1 cup	169	17	6	0	0.100591716
Oyster 6 medium	57	6	2	0	0.105263158
Oyster Breaded, fried 3 oz	167	7	11	0.2	0.041916168
Pollock, baked or broiled..... 3 oz	96	20	1	0	0.208333333
Rockfish, baked or broiled..... 3 oz	103	20	2	0	0.194174757
Roughy, orange, baked or broiled 3 oz	76	16	1	0	0.210526316
Salmon Baked or broiled (red) 3 oz	184	23	9	0	0.125
Salmon Canned (pink) solids and liquid 3 oz	118	17	5	0	0.144067797
Smoked (chinook) 3 oz	99	16	4	0	0.161616162
Sardines in oil (drained) 3 oz	177	21	10	0	0.118644068
Scallops, cooked, breaded, fried 6 large	200	17	10	0.2	0.085
Scallops Steamed..... 3 oz	95	20	1	0	0.210526316
Shrimp breaded, fried 3 oz	206	18	10	0.3	0.087378641
Shrimp 6 large	108	10	6	0.2	0.092592593
Shrimp canned, drained solids 3 oz	102	20	2	0	0.196078431
Swordfish, baked or broiled..... 3 oz	132	22	4	0	0.166666667
Trout, baked or broiled 3 oz	144	21	6	0	0.145833333
Tuna Baked or broiled 3 oz	118	25	1	0	0.211864407
Tuna canned in oil pack,drained, chunk light 3 oz	168	25	7	0	0.148809524
Tuna water pack, chunk light..... 3 oz	99	22	1	0	0.222222222
Tuna Water pack, solid white 3 oz	109	20	3	0	0.183486239
Tuna salad (made with mayo)..... 1 cup	383	33	19	0	0.08616188
Fruits and Fruit Juices					
Apple raw unpeeled (3 per lb) 2 3/4"..... 1 apple	81	Tr	Tr	3.7	Trace
Apple peeled, sliced 1 cup	63	Tr	Tr	2.1	Trace
Apple juice, bottled or canned..... 1 cup	117	Tr	Tr	0.2	Trace
Applesauce Sweetened 1 cup	194	Tr	Tr	3.1	Trace
Applesauce Unsweetened..... 1 cup	105	Tr	Tr	2.9	Trace
Apricots Raw no pits (12 per lb with pits) 1 apricot	17	Tr	Tr	0.8	Trace
Apricots canned in heavy syrup 1 cup	214	1	Tr	4.1	0.004672897
.....in Juice pack..... 1 cup	117	2	Tr	3.9	0.017094017
Apricot nectar 1 cup	141	1	Tr	1.5	0.007092199
Asian pear, raw 2 1/4" high x 2 1/2" dia..... 1 pear	51	1	Tr	4.4	0.019607843
..... 3 3/8" high x 3" dia 1 pear	116	1	1	9.9	0.00862069
Avocado (no skin or seed) California (1/5 whole).... 1 oz	50	1	5	1.4	0.02
Avocado (no skin or seed) Florida (1/10 whole) 1 oz	32	Tr	3	1.5	Trace
Banana Whole, medium (7" to 7 7/8"long)..... 1 banana	109	1	1	2.8	0.009174312
Banana Sliced 1 cup	138	2	1	3.6	0.014492754
Blackberries, raw 1 cup	75	1	1	7.6	0.013333333
Blueberries Raw 1 cup	81	1	1	3.9	0.012345679
Blueberries Frozen, sweetened, thawed 1 cup	186	1	Tr	4.8	0.005376344

Carambola (starfruit) Whole (3 5/8" long)..... 1 fruit	30	Tr	Tr	2.5	Trace
.....Sliced 1 cup	36	1	Tr	2.9	0.027777778
Cherries, sour, pitted, canned in water 1 cup	88	2	Tr	2.7	0.022727273
Cherries sweet raw 10 cherries	49	1	Tr	1.6	0.020408163
Cherry pie filling, canned 1/5 of 21-oz can	85	Tr	Tr	0.4	Trace
Cranberries, dried, sweetened...1/4 cup	92	Tr	Tr	2.5	Trace
Cranberry sauce (1/8 of can)..... 1 slice	86	Tr	Tr	0.6	Trace
Dates, without pits Whole..... 5 dates	116	1	Tr	3.2	0.00862069
Dates, without pits Chopped 1 cup	490	4	1	13.4	0.008163265
Figs, dried..... 2 figs	97	1	Tr	4.6	0.010309278
Fruit cocktail, canned in heavy syrup 1 cup	181	1	Tr	2.5	0.005524862
Fruit cocktail, canned in juice pack 1 cup	109	1	Tr	2.4	0.009174312
Grapefruit (3 3/4" dia) 1/2 grapefruit	37	1	Tr	1.4	0.027027027
Grapefruit canned in light syrup 1 cup	152	1	Tr	1	0.006578947
Grapefruit juice Raw Pink or White..... 1 cup	96	1	Tr	0.2	0.010416667
Grapefruit juice canned Unsweetened 1 cup	94	1	Tr	0.2	0.010638298
Grapefruit juice concentrate Undiluted..... 6-fl-oz can	302	4	Tr	0.8	0.013245033
Grapefruit juice diluted 3x by volume..... 1 cup	101	1	Tr	0.2	0.00990099
Grapes, seedless, raw 10 grapes	36	Tr	Tr	0.5	Trace
.....1 cup	114	1	1	1.6	0.00877193
Grape juice Canned or bottled 1 cup	154	1	Tr	0.3	0.006493506
Grape Juice concentrate Undiluted..... 6-fl-oz can	387	1	1	0.6	0.002583979
Diluted with 3 parts water by volume 1 cup	128	Tr	Tr	0.3	Trace
Kiwi fruit (about 5 per lb with skin) 1 medium	46	1	Tr	2.6	0.02173913
Lemons or Lime no peel (2 1/8" dia with p..... 1 fruit	17	1	Tr	1.6	0.058823529
Lemon or Lime juice Raw juice of 1 fruit(2 1/8")	12	Tr	0	0.2	Trace
Lemon or Lime juice canned or bottled unsweet 1 cup	51	1	1	1	0.019607843
Mango Whole..... 1 mango	135	1	1	3.7	0.007407407
Mango Sliced 1 cup	107	1	Tr	3	0.009345794
Cantaloupe (5") Wedge..... 1/8 melon	24	1	Tr	0.6	0.041666667
Cantaloupe Cubes..... 1 cup	56	1	Tr	1.3	0.017857143
Honeydew Wedge (6-7")..... 1/8 melon	56	1	Tr	1	0.017857143
Honeydew diced 1 cup	60	1	Tr	1	0.016666667
Frozen sweetened mixed fruit..... 1 cup	245	4	Tr	4.8	0.016326531
326 Nectarines, raw (2 1/8" dia)..... 1 nectarine	67	1	1	2.2	0.014925373
Orange (2 5/8" dia) 1 orange	62	1	Tr	3.1	0.016129032
Orange Sections without membranes 1 cup	85	2	Tr	4.3	0.023529412
Orange juice Raw, all varieties 1 cup	112	2	Tr	0.5	0.017857143
Orange juice Canned, unsweetened 1 cup	105	1	Tr	0.5	0.00952381
Orange juice Chilled (refrigerator case) 1 cup	110	2	1	0.5	0.018181818
frozen Orange juice concentrate Undiluted..... 6-fl-oz can	339	5	Tr	1.7	0.014749263
Orange juice diluted @ 3 x water..... 1 cup	112	2	Tr	0.5	0.017857143
Papaya 1/2" cubes 1 cup	55	1	Tr	2.5	0.018181818
Papaya Whole (5 1/8" long x 3" dia)..... 1 papaya	119	2	Tr	5.5	0.016806723
Peach 2 1/2"(about 4 per lb) 1 peach	42	1	Tr	2	0.023809524
Peaches Sliced..... 1 cup	73	1	Tr	3.4	0.01369863
Peaches in Heavy syrup pack..... 1 cup	194	1	Tr	3.4	0.005154639
Peaches canned in Juice pack..... 1 cup	109	2	Tr	3.2	0.018348624
..... 1 half peach	43	1	Tr	1.3	0.023255814
Peaches Dried, sulfured..... 3 halves	93	1	Tr	3.2	0.010752688
Peaches frozen sweetened..... 1 cup	235	2	Tr	4.5	0.008510638
Pear raw with skin 2 1/2" dia 1 pear	98	1	1	4	0.010204082
Pear canned in Heavy syrup pack..... 1 cup	197	1	Tr	4.3	0.005076142
Pear canned in Juice pack..... 1 cup	124	1	Tr	4	0.008064516
..... 1 half pear	38	Tr	Tr	1.2	Trace

Pineapple Raw, diced..... 1 cup	76	1	1	1.9	0.013157895
Pineapple chunks canned in heavy syrup 1 cup	198	1	Tr	2	0.005050505
Pineapple chunks canned in juice..... 1 cup	149	1	Tr	2	0.006711409
Pineapple Slice canned in juice (3" dia) 1 slice	28	Tr	Tr	0.4	Trace
Pineapple juice unsweetened canned 1 cup	140	1	Tr	0.5	0.007142857
Plantain Raw 1 medium	218	2	1	4.1	0.009174312
Plantain Cooked, slices..... 1 cup	179	1	Tr	3.5	0.005586592
Plum Raw (2 1/8" dia) 1 plum	36	1	Tr	1	0.027777778
Plum canned in Heavy syrup pack..... 1 cup	230	1	Tr	2.6	0.004347826
Plum canned in Juice pack..... 1 cup	146	1	Tr	2.5	0.006849315
..... 1 plum	27	Tr	Tr	0.5	Trace
Prunes dried Uncooked 5 prunes	100	1	Tr	3	0.01
Prunes stewed unsweetened and liquid..... 1 cup	256	3	1	16.4	0.01171875
Prune juice, canned or bottled .. 1 cup	182	2	Tr	2.6	0.010989011
Raisins, not packed 1 cup	435	5	1	5.8	0.011494253
Raisin Packet, 1/2 oz (1 1/2 tbsp) 1 packet	42	Tr	Tr	0.6	Trace
Raspberries Raw 1 cup	60	1	1	8.4	0.016666667
Raspberries Frozen, sweetened, thawed 1 cup	258	2	Tr	11	0.007751938
Rhubarb frozen cooked with sugar 1 cup	278	1	Tr	4.8	0.003597122
Strawberry raw Large (1 1/8" dia)..... 1 strawberry	5	Tr	Tr	0.4	Trace
Strawberry Sliced..... 1 cup	50	1	1	3.8	0.02
Strawberries frozen sweetened..... 1 cup	245	1	Tr	4.8	0.004081633
Tangerine raw (2 3/8" dia) 1 tangerine	37	1	Tr	1.9	0.027027027
Tangerine canned (mandarin oranges) light syrup..1 cup	154	1	Tr	1.8	0.006493506
Tangerine juice sweetened 1 cup	125	1	Tr	0.5	0.008
Watermelon raw (15" x 7 1/2") 1 wedge (1/16 th)	92	2	1	1.4	0.02173913
Watermelon Diced 1 cup	49	1	1	0.8	0.020408163
Grain Products					
Bagel Plain 3 1/2" bagel	195	7	1	1.6	0.035897436
..... 4" bagel	245	9	1	2	0.036734694
Bagel Cinnamon raisin 3 1/2" bagel	195	7	1	1.6	0.035897436
Bagel Egg 3 1/2" bagel	197	8	1	1.6	0.040609137
Banana bread recipe prepared with margarine .. 1 slice	196	3	6	0.7	0.015306122
Barley pearled Uncooked 1 cup	704	20	2	31.2	0.028409091
Barley pearled Cooked 1 cup	193	4	1	6	0.020725389
Biscuits made with 2% milk 2 1/2" biscuit	212	4	10	0.9	0.018867925
..... 4" biscuit	358	7	16	1.5	0.019553073
Biscuit from refrigerated dough Regular 2 1/2" biscuit	93	2	4	0.4	0.021505376
..... Lower fat 2 1/4" biscuit	63	2	1	0.4	0.031746032
Bread Cracked wheat 1 slice	65	2	1	1.4	0.030769231
Egg bread (challah) 1/2" slice	115	4	2	0.9	0.034782609
French,vienna,or sourdough bread 1/2" slice	69	2	1	0.8	0.028985507
Indian fry (navajo) bread..... 5" bread	296	6	9	1.6	0.02027027
..... 10 1/2" bread	526	11	15	2.9	0.020912548
Italian Bread 1 slice	54	2	1	0.5	0.037037037
Mixed grain bread 1 slice	65	3	1	1.7	0.046153846
Oatmeal Bread 1 slice	73	2	1	1.1	0.02739726
Pita Bread 4" pita	77	3	Tr	0.6	0.038961039
.....6 1/2" pita	165	5	1	1.3	0.03030303
Pumpnickel Bread 1 slice	80	3	1	2.1	0.0375
Raisin Bread 1 slice	71	2	1	1.1	0.028169014
Rye Bread 1 slice	83	3	1	1.9	0.036144578
Rye Bread, reduced calorie..... 1 slice	47	2	1	2.8	0.042553191
Wheat Bread 1 slice	65	2	1	1.1	0.030769231
Wheat bread, reduced calorie..... 1 slice	46	2	1	2.8	0.043478261

White Bread 1 slice	67	2	1	0.6	0.029850746
Soft bread crumbs 1 cup	120	4	2	1	0.033333333
White Bread, reduced calorie 1 slice	48	2	1	2.2	0.041666667
Whole Wheat Bread 1 slice	69	3	1	1.9	0.043478261
Bread Crumbs dry, enriched 1 cup	427	14	6	2.6	0.032786885
..... 1 oz	112	4	2	0.7	0.035714286
Bread Crumbs Seasoned, unenriched 1 cup	440	17	3	5	0.038636364
Bread stuffing prepared from dry mix 1/2 cup	178	3	9	2.9	0.016853933
Breakfast bar with fruit filling, fat free 1 bar	121	2	Tr	0.8	0.016528926
Grits cooked 1 cup	145	3	Tr	0.5	0.020689655
Grits Instant, plain..... 1 packet	89	2	Tr	1.2	0.02247191
Cream of Wheat Regular 1 cup	133	4	1	1.8	0.030075188
Cream of Wheat Mix'n Eat, plain 1 packet	102	3	Tr	0.4	0.029411765
MALT O MEAL..... 1 cup	122	4	Tr	1	0.032786885
Oatmeal plain, nonfortified 1 cup	145	6	2	4	0.04137931
Oatmeal Instant, fortified, plain 1 packet	104	4	2	3	0.038461538
Quaker instant Apples and cinnamon 1 packet	125	3	1	2.5	0.024
Quaker instant Maple and brown sugar .. 1 packet	153	4	2	2.6	0.026143791
WHEATENA..... 1 cup	136	5	1	6.6	0.036764706
APPLE JACKS..... 1 cup	116	1	Tr	0.6	0.00862069
BASIC 4 1 cup	201	4	3	3.4	0.019900498
CHEERIOS.....1 Cup	110	3	2	2.6	0.027272727
CHEX Corn 1 cup	113	2	Tr	0.5	0.017699115
CHEX Multi bran..... 1 cup	165	4	1	6.4	0.024242424
CHEX Rice 1 1/4 cup	117	2	Tr	0.3	0.017094017
CHEX Wheat..... 1 cup	104	3	1	3.3	0.028846154
CINNAMON LIFE 1 cup	190	4	2	3	0.021052632
COCOA KRISPIES..... 1 cup	160	3	1.3	0.5	0.01875
COCOA PUFFS 1 cup	119	1	1	0.2	0.008403361
GENERAL MILLS TOTAL 1 1/3 cup	112	2	Tr	0.8	0.017857143
KELLOGG'S CORN FLAKES..... 1 cup	102	2	Tr	0.8	0.019607843
CORN POPS 1 cup	118	1	Tr	0.4	0.008474576
CRISPIX..... 1 cup	108	2	Tr	0.6	0.018518519
FROOT LOOPS 1 cup	117	1	1	0.6	0.008547009
FROSTED MINI WHEATS Bite size 1 cup	187	5	1	5.9	0.026737968
HONEY NUT CHEERIOS .. 1 cup	115	3	1	1.6	0.026086957
HONEY NUT CLUSTERS .. 1 cup	213	5	3	4.2	0.023474178
KIX 1 1/3 cup	114	2	1	0.8	0.01754386
PRODUCT 19 1 cup	110	3	Tr	1	0.027272727
Puffed Rice..... 1 cup	56	1	Tr	0.2	0.017857143
Puffed Wheat..... 1 cup	44	2	Tr	0.5	0.045454545
TOTAL Raisin Brand 1 cup	178	4	1	5	0.02247191
KELLOGG'S Raisin Brand..... 1 cup	186	6	1	8.2	0.032258065
RAISIN NUT BRAN 1 cup	209	5	4	5.1	0.023923445
RICE KRISPIES 1 1/4 cup	124	2	Tr	0.4	0.016129032
SHREDDED WHEAT..... 2 biscuits	156	5	1	5.3	0.032051282
SPECIAL K..... 1 cup	115	6	Tr	1	0.052173913
TOTAL, Whole Grain 3/4 cup	105	3	1	2.6	0.028571429
TRIX..... 1 cup	122	1	2	0.7	0.008196721
WHEATIES..... 1 cup	110	3	1	2.1	0.027272727
Brownies without icing (2 3/4 sq x 7/8")..... 1 brownie	227	3	9	1.2	0.013215859
Brownie Fat free, 2" sq..... 1 brownie	89	1	Tr	1	0.011235955
Buckwheat groats, roasted (kasha), cooked 1 cup	155	6	1	4.5	0.038709677
Bulgur Cooked 1 cup	151	6	Tr	8.2	0.039735099
Cake Angelfood (1/12 of 10" dia) 1 piece	129	3	Tr	0.1	0.023255814

Cake Chocolate without frosting (1/12 of 9" dia) ... 1 piece	340	5	14	1.5	0.014705882
Gingerbread 1/9 of 8" square) 1 piece	263	3	12	0.7	0.011406844
Pineapple upside down (1/9 of 8" square) 1 piece	367	4	14	0.9	0.010899183
Shortcake, biscuit type (about 3" dia) 1 shortcake	225	4	9	0.8	0.017777778
Sponge (1/12of 16-oz cake)..... 1 piece	187	5	5	0.4	0.026737968
White cake With coconut frosting (1/12 of 9" dia) ..1 piece	399	5	12	1.1	0.012531328
white cake without frosting (1/12 of 9" dia) 1 piece	264	4	9	0.6	0.015151515
Angelfood (1/12 of 12-oz cake) 1 piece	72	2	Tr	0.4	0.027777778
Boston cream (1/8 of pie) 1 piece	232	2	8	1.3	0.00862069
Chocolat cake @chocolate icing 18-oz cake) 1 piece	235	3	10	1.8	0.012765957
Fat free cake (3 1/4 x 23/4") x 5/8" slice)..... 1 slice	79	2	Tr	0.3	0.025316456
Sponge Snack cake, creme filled..... 1 cake	155	1	5	0.2	0.006451613
Sponge shortcake..... 1 shortcake	87	2	1	0.2	0.022988506
Yellow Cake With chocolate frosting 1 piece	243	2	11	1.2	0.008230453
Cheesecake (1/6 of 17-oz cake)..... 1 piece	257	4	18	0.3	0.015564202
Cheese flavor puffs or twists 1 oz	157	2	10	0.3	0.012738854
CHEX mix 1 oz (about 2/3 cup)	120	3	5	1.6	0.025
Butter Cookies prepared 1 cookie	23	Tr	1	Tr	Trace
Chocolate chip cokie medium (2 1/4" -2 1/2")					
Chocolate chip cookie (2 1/4" -2 1/2") Regular .. 1 cookie	48	1	2	0.3	0.020833333
..... Reduced fat..... 1 cookie	45	1	2	0.4	0.022222222
Prepared from recipe, with margarine 1 cookie	78	1	5	0.4	0.012820513
Devil's food commercially prepared, fat free 1 cookie	49	1	Tr	0.3	0.020408163
Fig bar 1 cookie	56	1	1	0.7	0.017857143
Molasses Cookie Medium 1 cookie	65	1	2	0.1	0.015384615
Molasses Cookie Large (3 1/2"-4" dia) 1 cookie	138	2	4	0.3	0.014492754
Oatmeal Cookie Regular, large 1 cookie	113	2	5	0.7	0.017699115
Oatmeal Cookie Fat free..... 1 cookie	36	1	Tr	0.8	0.027777778
Oatmeal Cookie Prepared raisins (2 5/8" dia).....1 cookie	65	1	2	0.5	0.015384615
Peanut Butter Cookie Commercially prepared 1 cookie	72	1	4	0.3	0.013888889
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
Shortbread Cookie Plain (1B\," sq) 1 cookie	40	Tr	2	0.1	Trace
Pecan Shortbread Cookie Regular (2" dia)..... 1 cookie	76	1	5	0.3	0.013157895
Pecan Shortbread Cookie Reduced fat..... 1 cookie	73	1	3	0.2	0.01369863
Sugar Cookie Commercially prepared 1 cookie	72	1	3	0.1	0.013888889
Sugar Cookie From refrigerated dough..... 1 cookie	73	1	3	0.1	0.01369863
Vanilla wafer medium size 1 cookie	18	Tr	1	0.1	Trace
Corn Chips Plain 1 oz	153	2	9	1.4	0.013071895
Cornbread (3 3/4" x 2 1/2" x 3/4")..... 1 piece	188	4	6	1.4	0.021276596
Cornbread @ 2% milk (2 1/2" x 2 1/2" x 1 1/2") ...1 piece	173	4	5	1.9	0.023121387
Cornmeal Whole grain 1 cup	442	10	4	8.9	0.022624434
Cornmeal Self rising degermed enriched 1 cup	490	12	2	9.8	0.024489796
Cornstarch 1 tbsp	30	Tr	Tr	0.1	Trace
Couscous Cooked 1 cup	176	6	Tr	2.2	0.034090909
Crackers Cheese, 1" sq 10 crackers	50	1	3	0.2	0.02
Crackers Graham 2 1/2" sq 2 squares	59	1	1	0.4	0.016949153
Graham Crackers Crushed 1 cup	356	6	8	2.4	0.016853933
Melba toast, plain 4 pieces	78	2	1	1.3	0.025641026
Rye wafer, whole grain plain 1 wafer	37	1	Tr	2.5	0.027027027
Saltine Square..... 4 crackers	52	1	1	0.4	0.019230769
Saltine Oyster type 1 cup	195	4	5	1.4	0.020512821
Crackers Wheat with cheese 1 sandwich	33	1	1	0.1	0.03030303
Crackers Cheese with peanut butter ... 1 sandwich	34	1	2	0.2	0.029411765
Crackers Bite size..... 1 cup	311	5	16	1	0.01607717

Crackers Round 4 crackers	60	1	3	0.2	0.016666667
Wheat, thin square..... 4 crackers	38	1	2	0.4	0.026315789
Whole wheat 4 crackers	71	1	3	1.7	0.014084507
Croissant, butter 1 croissant	231	5	12	1.5	0.021645022
Croutons, seasoned..... 1 cup	186	4	7	2	0.021505376
Danish pastry Cheese filled 1 danish	266	6	16	0.7	0.022556391
Danish pastry Fruit filled..... 1 danish	263	4	13	1.3	0.015209125
Doughnuts Cake type 1 hole	59	1	3	0.2	0.016949153
Doughnuts 1 medium47 21 198 2 11 1.7 4.4 3.7	198	2	11	0.7	0.01010101
Doughnuts Yeast leavened, glazed 1 hole	52	1	3	0.2	0.019230769
..... 1 medium	242	4	14	0.7	0.016528926
Éclair, 5" x 2" x 1 3/4" 1 éclair	262	6	16	0.6	0.022900763
English muffin Untoasted 1 muffin	134	4	1	1.5	0.029850746
English muffin Toasted 1 muffin	133	4	1	1.5	0.030075188
French toast made @ 2% milk fried in margarine... 1 slice	149	5	7	0.7	0.033557047
French toast Frozen, ready to heat..... 1 slice	126	4	4	0.7	0.031746032
Granola bar Hard, plain 1 bar	134	3	6	1.5	0.02238806
Granola bar Soft, chocolate-coated peanut butter 1 bar	144	3	9	0.8	0.020833333
Macaroni (elbows) cooked 1 cup	197	7	1	1.8	0.035532995
Matzo, plain..... 1 matzo	112	3	Tr	0.9	0.026785714
Blueberry Muffin (2 3/4" dia x 2")..... 1 muffin	158	3	4	1.5	0.018987342
Bran Muffin with raisins toaster type, toasted 1 muffin	106	2	3	2.8	0.018867925
Corn Muffin (2 1/2" dia x 2 1/4") 1 muffin	174	3	5	1.9	0.017241379
Oat bran muffin (2 1/2" x 2 1/4")..... 1 muffin	154	4	4	2.6	0.025974026
Noodles, chow mein, canned 1 cup	237	4	14	1.8	0.016877637
Noodles (egg noodles) cooked Regular 1 cup	213	8	2	1.8	0.037558685
Noodles (egg noodles) cooked Spinach..... 1 cup	211	8	3	3.7	0.037914692
NUTRI GRAIN Cereal Bar, fruit filled 1 bar	136	2	3	0.8	0.014705882
Oat bran Uncooked 1 cup	231	16	7	14.5	0.069264069
Oat bran Cooked 1 cup	88	7	2	5.7	0.079545455
Oriental snack mix 1 oz (about 1/4cup)	156	5	7	3.7	0.032051282
Pancakes, plain (4" dia) from mix..... 1 pancake	74	2	1	0.5	0.027027027
Pancakes, plain (4" dia) from scratch @ oil 1 pancake	83	3	3	0.7	0.036144578
Pie crust, baked From recipe 1 pie shell	949	12	62	3	0.012644889
Pie crust, baked From frozen..... 1 pie shell	648	6	41	1.3	0.009259259
Pie crust, baked Graham cracker 1 pie shell	1181	10	60	3.6	0.008467401
Pie Prepared from recipe (1/8 of 9" dia)					
.. Apple 1 piece	411	4	19	3.6	0.00973236
.. Blueberry..... 1 piece	360	4	17	3.6	0.011111111
.. Cherry..... 1 piece	486	5	22	3.5	0.010288066
.. Lemon meringue 1 piece	362	5	16	0.7	0.013812155
.. Pecan 1 piece	503	6	27	2.2	0.011928429
.. Pumpkin 1 piece	316	7	14	2.9	0.022151899
.. Fried, cherry 1 pie	404	4	21	3.3	0.00990099
Popcorn					
.. Air popped, unsalted 1 cup	31	1	Tr	1.2	0.032258065
.. Oil popped, salted..... 1 cup	55	1	3	1.1	0.018181818
.. Caramel coated With peanuts 1 cup	168	3	3	1.6	0.017857143
.. Caramel coated Without peanuts 1 cup	152	1	5	1.8	0.006578947
.. Cheese flavor 1 cup	58	1	4	1.1	0.017241379
Pretzels Stick, 2 1/4" long..... 10 pretzels	11	Tr	Tr	0.1	#VALUE!
Pretzels Twisted, regular 10 pretzels	229	5	2	1.9	0.021834061
Pretzels Twisted, dutch, 2 3/4" x 2 5/8" 1 pretzel	61	1	1	0.5	0.016393443
Rice					
.. Brown, long grain, cooked 1 cup	216	5	2	3.5	0.023148148

.. White, long grain, enriched Raw 1 cup	675	13	1	2.4	0.019259259
.. White, long grain, enriched Cooked..... 1 cup	205	4	Tr	0.6	0.019512195
.. White, long grain, enriched Instant, prepared 1 cup	162	3	Tr	1	0.018518519
.. Parboiled Raw 1 cup	686	13	1	3.1	0.018950437
.. Parboiled Cooked..... 1 cup	200	4	Tr	0.7	0.02
.. Parboiled Wild, cooked..... 1 cup	166	7	1	3	0.042168675
Rice cake, brown rice, plain 1 cake	35	1	Tr	0.4	0.028571429
Rolls Dinner 1 roll	84	2	2	0.8	0.023809524
Rolls Hamburger or hotdog 1 roll	123	4	2	1.2	0.032520325
Rolls Hard, kaiser..... 1 roll	167	6	2	1.3	0.035928144
Spaghetti, cooked Enriched 1 cup	197	7	1	2.4	0.035532995
Spaghetti, cooked Whole wheat 1 cup	174	1	0	6.3	0.005747126
Sweet rolls, cinnamon Commercial, with raisins 1 roll	223	4	10	1.4	0.01793722
Sweet rolls, cinnamon from dough with frosting roll	109	2	4	0.6	0.018348624
Taco shell, baked..... 1 medium	62	1	3	1	0.016129032
Tapioca, pearl, dry..... 1 cup	544	Tr	Tr	1.4	Trace
Toaster pastries Brown sugar cinnamon..... 1 pastry	206	3	7	0.5	0.014563107
Toaster pastries Chocolate with frosting 1 pastry	201	3	5	0.6	0.014925373
Toaster pastries Fruit filled..... 1 pastry	204	2	5	1.1	0.009803922
Toaster pastries Low fat 1 pastry	193	2	3	0.8	0.010362694
Tortilla chips Regular 1 oz	142	2	7	1.8	0.014084507
Tortilla chips Low fat, baked..... 10 chips	54	2	1	0.7	0.037037037
Tortilla chips Light, reduced fat..... 1 oz	126	2	4	1.4	0.015873016
Tortillas, ready to cook (about 6" dia) Corn 1 tortilla	58	1	1	1.4	0.017241379
Tortillas, ready to cook (about 6" dia) Flour 1 tortilla	104	3	2	1.1	0.028846154
Waffles Prepared from recipe, 7" dia .. 1 waffle	218	6	11	0.7	0.027522936
Waffles Frozen, toasted, 4" dia..... 1 waffle	87	2	3	0.8	0.022988506
Waffles Low fat, 4" dia 1 waffle	83	2	1	0.4	0.024096386
Wheat flours All purpose, Sifted, spooned..... 1 cup	419	12	1	3.1	0.028639618
Bread flours, enriched..... 1 cup	495	16	2	3.3	0.032323232
Whole wheat from hard wheats, 1 cup	407	16	2	14.6	0.039312039
Wheat germ, toasted, plain 1 tbsp	27	2	1	0.9	0.074074074
Legumes, Nuts, and Seeds					
Almonds Sliced 1 cup	549	20	48	11.2	0.036429872
Almonds Whole..... 1 oz (24 nuts)	164	6	14	3.3	0.036585366
Beans, dry cooked, Black 1 cup	227	15	1	15	0.066079295
Beans, dry cooked, Great Northern 1 cup	209	15	1	12.4	0.071770335
Beans, dry cooked, Kidney, red 1 cup	225	15	1	13.1	0.066666667
Beans, dry cooked, Lima, large 1 cup	216	15	1	13.2	0.069444444
Beans, dry cooked, Pea (navy) 1 cup	258	16	1	11.6	0.062015504
Beans, dry cooked, Pinto 1 cup	234	14	1	14.7	0.05982906
Baked beans Plain or vegetarian 1 cup	236	12	1	12.7	0.050847458
Baked beans With frankfurters..... 1 cup	368	17	17	17.9	0.046195652
Baked beans With pork in tomato sauce 1 cup	248	13	3	12.1	0.052419355
Baked beans With pork in sweet sauce ... 1 cup	281	13	4	13.2	0.046263345
Baked beans Kidney, red 1 cup	218	13	1	16.4	0.059633028
Baked beans Lima, large 1 cup	190	12	Tr	11.6	0.063157895
Baked beans White 1 cup	307	19	1	12.6	0.061889251
Black eyed peas Cooked 1 cup	200	13	1	11.2	0.065
Black eyed peas Canned, solids and liquid 1 cup	185	11	1	7.9	0.059459459
Brazil nuts, shelled..... 1 oz (6-8 nuts)	186	4	19	1.5	0.021505376
Carob flour 1 cup	229	5	1	41	0.021834061
Cashews Dry roasted 1 oz	163	4	13	0.9	0.024539877
Cashews Oil roasted..... 1 cup	749	21	63	4.9	0.028037383
Cashews 1 oz (18 nuts)	163	5	14	1.1	0.030674847

Chestnuts, european roasted shelled 1 cup	350	5	3	7.3	0.014285714
Chickpeas, dry Cooked 1 cup	269	15	4	12.5	0.055762082
Chickpeas, dry Canned, solids and liquid 1 cup	286	12	3	10.6	0.041958042
Coconut raw Piece, about 2" x 2" x 1/2" 1 piece	159	1	15	4.1	0.006289308
Coconut raw Shredded, not packed..... 1 cup	283	3	27	7.2	0.010600707
Coconut raw Dried, sweetened, shredded ... 1 cup	466	3	33	4.2	0.006437768
Hazelnuts (filberts), chopped.... 1 cup	722	17	70	11.2	0.023545706
..... 1 oz	178	4	17	2.7	0.02247191
Hummus, commercial..... 1 tbsp	23	1	1	0.8	0.043478261
Lentils, dry, cooked..... 1 cup	230	18	1	15.6	0.07826087
Macadamia nuts, dry roasted,salted 1 cup	959	10	102	10.7	0.010427529
.....1 oz (10-12 nuts)	203	2	22	2.3	0.009852217
Mixed nuts, with peanuts Dry roasted 1 oz	168	5	15	2.6	0.029761905
Peanuts Dry Roasted Salted..... 1 oz (about 28)	166	7	14	2.3	0.042168675
Peanuts Oil roasted, salted..... 1 cup	837	38	71	13.2	0.045400239
Peanuts..... 1 oz	165	7	14	2.6	0.042424242
Peanut butter Smooth style 1 tbsp	95	4	8	0.9	0.042105263
Peanut butter Chunk style 1 tbsp	94	4	8	1.1	0.042553191
Peanut butter Reduced fat, smooth..... 1 tbsp	94	5	6	16.3	0.053191489
Peas, split, dry, cooked 1 cup	231	16	1	16.3	0.069264069
Pecans, halves..... 1 cup	746	10	78	10.4	0.013404826
..... 1 oz (20 halves)	196	3	20	2.7	0.015306122
Pine nuts (pignolia), shelled 1 oz	160	7	14	1.3	0.04375
..... 1 tbsp	49	2	4	0.4	0.040816327
Pistachio nuts, dry roast,with salt, shelled ... 1 oz (47 nuts)	161	6	13	2.9	0.037267081
Pumpkin and squash kernels.roasted, seeds)1 oz	148	9	12	1.1	0.060810811
Refried beans, canned 1 cup	237	14	3	13.4	0.05907173
Sesame seeds..... 1 tbsp	47	2	4	0.9	0.042553191
Soybeans, dry, cooked..... 1 cup .	298	29	15	10.3	0.097315436
Miso (soy)..... 1 cup	567	32	17	14.9	0.05643739
Soy milk..... 1 cup	81	7	5	3.2	0.086419753
Tofu Firm 1/4 block	62	7	4	0.3	0.112903226
Tofu Soft, piece 2 1/2" x 2 3/4" x 1"..... 1 piece	73	8	4	0.2	0.109589041
Sunflower seed kernels, dryroasted.....1/4cup	186	6	16	2.9	0.032258065
.....1 oz	165	5	14	2.6	0.03030303
Tahini 1 tbsp	89	3	8	1.4	0.033707865
Walnuts, English 1 cup, chopped	785	18	78	8	0.022929936
.....1 oz (14 halves)	185	4	18	1.9	0.021621622
Meat and Meat Products					
Beef, cooked					
.. Fatty cut (pot roasted or simmered) Lean and fat.... 3 oz	293	23	22	0	0.078498294
.. Lean only (pot roasted or simmered)..... 3 oz	213	26	11	0	0.122065728
.. Lean cut(bottom round) simmered Lean and fat.... 3 oz	234	24	14	0	0.102564103
.. Lean cut(bottom round) simmered Lean only..... 3 oz	178	27	7	0	0.151685393
.. Ground beef, broiled 83% lean..... 3 oz	218	22	14	0	0.100917431
.. Ground beef, broiled 73% lean..... 3 oz	246	20	18	0	0.081300813
.. Liver, fried2C\," x C\," 3 oz	184	23	7	0	0.125
.. Fatty Roast (rib) oven cooked Lean and fat..... 3 oz	304	19	25	0	0.0625
.. Fatty Roast (rib)oven cooked Lean only..... 3 oz .	195	23	11	0	0.117948718
.. Lean Roast eye of round) oven cooked Lean only... 3 oz	143	25	4	0	0.174825175
.. Sirloin Steak broiled Lean and fat..... 3 oz	219	24	13	0	0.109589041
.. Sirloin Steak broiled Lean only..... 3 oz	166	26	6	0	0.156626506
.. Beef, canned, corned..... 3 oz	213	23	13	0	0.107981221
.. Beef, dried, chipped 1 oz	47	8	1	0	0.170212766
Lamb Cooked					#DIV/0!

.. Chops braised Lean and fat..... 3 oz	294	26	20	0	0.088435374
.. Chops braised Lean only..... 3 oz	237	30	12	0	0.126582278
.. Loin, broiled Lean and fat..... 3 oz	269	21	20	0	0.078066914
.. Loin, broiled Lean only..... 3 oz	184	25	8	0	0.135869565
.. Leg, roasted Lean and fat..... 3 oz	219	22	14	0	0.100456621
.. Leg, roasted Lean only..... 3 oz	162	24	7	0	0.148148148
.. Rib Lean and fat..... 3 oz	305	18	25	0	0.059016393
.. Rib Lean only..... 3 oz	197	22	11	0	0.111675127
Pork					
.. Bacon Regular 3 medium slices	109	6	9	0	0.055045872
.. Bacon Canadian style (6 slices per 6-oz pkg)...2 slices	86	11	4	0	0.127906977
.. Ham, light cure, roasted Lean and fat..... 3 oz	207	18	14	0	0.086956522
.. Ham, light cure, roasted Lean only..... 3 oz	133	21	5	0	0.157894737
.. Ham, canned, roasted..... 3 oz	142	18	7	0	0.126760563
.. Pork chop (broiled)Lean and fat..... 3 oz	204	24	11	0	0.117647059
.. Pork chop (broiled) Lean only..... 3 oz	172	26	7	0	0.151162791
.. Pork chop (fried) Lean and fat..... 3 oz	235	25	14	0	0.106382979
.. Pork chop (fried) Lean only..... 3 oz	197	27	9		0.137055838
.. Ham (roasted) Lean and fat..... 3 oz	232	23	15	0	0.099137931
.. Ham (roasted) Lean only..... 3 oz	179	25	8	0	0.139664804
.. Rib roast Lean and fat..... 3 oz	217	23	13	0	0.105990783
.. Rib roast Lean only..... 3 oz	190	24	9	0	0.126315789
.. Ribs Backribs, roasted..... 3 oz	315	21	25	0	0.066666667
.. Ribs Country style, braised..... 3 oz	252	20	18	0	0.079365079
.. Ribs Spareribs, braised..... 3 oz	337	25	26	0	0.074183976
.. Shoulder cut Lean and fat..... 3 oz	280	24	20	0	0.085714286
.. Shoulder cut Lean only..... 3 oz	211	27	10	0	0.127962085
Sausages and luncheon meats					
.. Bologna, beef and pork (8 per 8-oz pkg)2 slices	180	7	16	0	0.038888889
.. Braunschweiger (6 slices per6-oz pkg)..... 2 slices	205	8	18	0	0.03902439
.. Canned, lunch meat(7 slices per 7-oz can).... 2 slices	172	7	15	0	0.040697674
.. Pork with ham (12 slices per12-oz can) 2 slices	188	8	17	0	0.042553191
.. Pork and chicken (12 slicesper 12-oz can) 2 slices	117	9	8	0	0.076923077
.. Cooked ham (1 oz) Regular 2 slices	104	10	6	0	0.096153846
.. Cooked ham (1 oz) Extra lean 2 slices	75	11	3	0	0.146666667
.. Frankfurter (1.6 oz) Beef and pork..... 1 frank	144	5	13	0	0.034722222
.. Frankfurter (1.6 oz) Beef 1 frank	142	5	5	0	0.035211268
.. Pork sausage cooked Link (4" x 7/8" raw) 2 links	96	5	8	0	0.052083333
.. Pork sausage cooked Patty (3 7/8" x 1/4" raw) ... 1 patty	100	5	8	0	0.05
.. Salami, beef and pork (1 oz) cooked type..... 2 slices	143	8	11	0	0.055944056
.. Salami, beef and pork (3 1/8" x 1/16") dry type .. 2 slices	84	5	7	0	0.05952381
.. Vienna sausage (7 per 4-oz can) 1 sausage	45	2	4	0	0.044444444
Veal Cutlet lean and fat cooked 3 oz	179	31	5	0	0.173184358
Veal Rib, roasted, lean and fat..... 3 oz	194	20	12	0	0.103092784
Mixed Dishes and Fast Foods					
Beef macaroni, frozen, HEALTHY CHOICE..... 1 package	211	14	2	4.6	0.066350711
Beef stew, canned 1 cup	218	11	12	3.5	0.050458716
Chicken pot pie, frozen 1 small pie	484	13	29	1.7	0.026859504
Chili con carne with beans, canned..... 1 cup	255	20	8	8.2	0.078431373
Macaroni and cheese, canned, made with corn oil ... 1 cup	199	8	6	3	0.040201005
Meatless burger crumbles,MORNINGSTAR FARMS.. 1 cup	231	22	13	5.1	0.095238095
Meatless burger patty, MORNINGSTAR FARMS .. 1 patty	91	14	1	4.3	0.153846154
Pasta with meatballs in tomato sauce, canned 1 cup	260	11	10	6.8	0.042307692
Spaghetti meat sauce, frozen HEALTHY CHOICE...1 pack	255	14	3	5.1	0.054901961
Spaghetti in tomato sauce with cheese, canned 1 cup	192	6	2	7.8	0.03125

Tortellini, pasta with cheese filling, frozen.. (1 cup cooked)	249	11	6	1.5	0.044176707
Biscuit with egg and sausage	581	19	39	0.9	0.032702238
Croissant with egg, cheese, bacon.....	413	16	28	NA	0.03874092
Danish pastry Cheese filled.....	353	6	25	NA	0.016997167
Danish pastry Fruit filled.....	335	5	16	NA	0.014925373
English muffin egg,cheese, Canadian bacon	289	17	13	1.5	0.058823529
French toast with butter	356	10	19	NA	0.028089888
French toast sticks	513	8	29	2.7	0.015594542
Hashed brown potatoes.....	151	2	9	NA	0.013245033
Pancakes with butter syrup.....	520	8	14	NA	0.015384615
Burrito With beans and cheese.....	189	8	6	NA	0.042328042
Burrito With beans and meat.....	255	11	9	NA	0.043137255
Cheeseburger Double patty with mayo veg... 1 sandwich	417	21	21	NA	0.050359712
Cheeseburger Single patty with mayo veg..... 1 sandwich	295	16	14	NA	0.054237288
Cheeseburger plain Double patty	457	28	28	NA	0.061269147
Cheeseburger plain Single patty.....	319	15	15	NA	0.047021944
Cheeseburger Large Single patty mayo veg.. 1 sandwich	563	28	33	NA	0.04973357
.....with bacon 1 sandwich	608	32	37	NA	0.052631579
Chicken fillet (breaded fried) sandwich, plain .. 1 sandwich	515	24	29	NA	0.046601942
Chicken pieces, boneless,breaded fried, plain ... 6 pieces	319	18	21	0	0.056426332
Chili con carne.....	256	25	8	NA	0.09765625
Chimichanga with beef	452	20	20	NA	0.044247788
Coleslaw.....	147	1	11	NA	0.006802721
Ice milk, soft, vanilla, in cone	164	4	6	0.1	0.024390244
Sundae, hot fudge	284	6	9	0	0.021126761
Enchilada with cheese	319	10	19	NA	0.031347962
Fish sandwich, with tartar sauce and cheese ...1 sandwich	523	21	29	NA	0.040152964
French fries.....	291	4	16	3	0.013745704
.....1 medium	458	6	25	4.7	0.013100437
.....1 large	578	7	31	5.9	0.012110727
Frijoles (refried beans, chili sauce, cheese)	225	11	8	NA	0.048888889
Hamburger Regular condiments Double patty 1 sandwich	576	32	32	NA	0.055555556
Hamburger Regular condiments Single patty... 1 sandwich	272	12	10	2.3	0.044117647
Hamburger Large everything Double patty ... 1 sandwich	540	34	27	NA	0.062962963
Hamburger Large everything Single patty..... 1 sandwich	512	26	27	NA	0.05078125
Hot dog Plain.....	242	10	15	NA	0.041322314
Hot dog With chili	296	14	13	NA	0.047297297
Hot dog (corndog).....	460	17	19	NA	0.036956522
Hush puppies	257	5	12	NA	0.019455253
Mashed potatoes	66	2	1	NA	0.03030303
Nachos, with cheese sauce	346	9	19	NA	0.026011561
Onion rings, breaded and fried.....	276	4	16	NA	0.014492754
Pizza Cheese	140	8	3	NA	0.057142857
Pizza Meat and vegetables	184	13	5	NA	0.070652174
Pizza Pepperoni	181	10	7	NA	0.055248619
Roast beef sandwich, plain 1 sandwich	346	22	14	NA	0.063583815
Salad, tossed, with chicken, no dressing..... 1 1/2 cups	105	17	2	NA	0.161904762
Salad, tossed, with egg, cheese, no dressing.... 1 1/2 cups	102	9	6	NA	0.088235294
Shrimp, breaded and fried.....	454	19	25	NA	0.04185022
Sub sandwich 6"(oil,cold cuts, everything) ... 1 sandwich	456	22	19	NA	0.048245614
Sub Roast beef 6"(with tomato,lettuce, mayo) . 1 sandwich	410	29	13	NA	0.070731707
Sub Tuna salad 6" (with mayo,lettuce)	584	30	28	NA	0.051369863
Taco, beef.....	369	21	21	NA	0.056910569
..... 1 large	568	32	32	NA	0.056338028
Taco salad (with beef, cheese, taco shell) ... 1 1/2 cups	279	13	15	NA	0.046594982

Tostada (with cheese, veg) beans and beef... 1 tostada	333	16	17	NA	0.048048048
Tostada (with cheese, veg) With guacamole 1 tostada	181	6	12	NA	0.033149171
Poultry and Poultry Products					
Chicken					
.. Chicken Breast dipped fried (with bones skin).1/2 breast	364	35	18	0.4	0.096153846
.. Drumstick batter fried (with bones skin)..... 1 drumstick	193	16	11	0.2	0.082901554
.. Thigh batter dipped fried (with bones skin)..... 1 thigh	238	19	14	0.3	0.079831933
.. Wing batter dipped fried (with bones skin)..... 1 wing	159	10	11	0.1	0.062893082
.. Dark meat (fried)..... 3 oz	203	25	10	0	0.123152709
.. Light meat (fried)..... 3 oz	163	28	5	0	0.171779141
.. Breast meat only roasted..... 1/2 breast	142	27	3	0	0.190140845
.. Drumstick meat only roasted 1 drumstick	76	12	2	0	0.157894737
.. Thigh meat only roasted..... 1 thigh	109	13	6	0	0.119266055
.. Stewed dark and light meat chopped or diced 1 cup	332	43	17	0	0.129518072
.. Chicken giblets, simmered, chopped 1 cup	228	37	7	0	0.162280702
.. Chicken liver, simmered 1 liver	31	5	1	0	0.161290323
.. Chicken neck, meat only, simmered..... 1 neck	32	4	1	0	0.125
Duck, roasted, flesh only 1/2 duck	444	52	25	0	0.117117117
Turkey Roasted Dark meat..... 3 oz	159	24	6	0	0.150943396
Turkey Roasted Light meat 3 oz	133	25	3	0	0.187969925
Turkey Roasted Light and dark meat, chop or diced.. 1 cup	238	41	7	0	0.172268908
Turkey Ground, cookedPatty, from 4 oz raw..... 1 patty	193	22	11	0	0.113989637
Turkey Ground, cooked Crumbled..... 1 cup	298	35	17	0	0.117449664
Turkey giblets, simmered, chopped 1 cup	242	39	7	0	0.161157025
Turkey neck, meat only, simmered..... 1 neck	274	41	11	0	0.149635036
Chicken Canned, boneless 5 oz	234	31	11	0	0.132478632
Chicken Frankfurter 1.6 oz 1 frank	116	6	9	0	0.051724138
Chicken Roll, light meat (1oz per slice)..... 2 slices	90	11	4	0	0.122222222
Turkey Gravy and turkey, frozen 5-oz package	95	8	4	0	0.084210526
Turkey Patties breaded fried (2.25 oz) 1 patty	181	9	12	0.3	0.049723757
Turkey Roast boneless light + dark meat, cooked..... 3 oz	132	18	5	0	0.136363636
Soups, Sauces, and Gravies					
Soups Prepared with whole milk					
.. Clam chowder, New England..... 1 cup	164	9	7	1.5	0.054878049
.. Cream of mushroom 1 cup	203	6	14	0.5	0.02955665
.. Tomato 1 cup	161	6	6	2.7	0.037267081
Bean with pork 1 cup	172	8	6	8.6	0.046511628
Beef broth,bouillon, Consomme 1 cup	29	5	0	0	0.172413793
Beef noodle 1 cup	83	5	3	0.7	0.060240964
Chicken noodle..... 1 cup	75	4	2	0.7	0.053333333
Chicken and rice..... 1 cup	60	4	2	0.7	0.066666667
Clam chowder, Manhattan 1 cup	78	2	2	1.5	0.025641026
Cream of mushroom 1 cup	129	2	9	0.5	0.015503876
Minestrone..... 1 cup	82	4	3	1	0.048780488
Pea, green 1 cup	165	9	3	2.8	0.054545455
Tomato 1 cup	85	2	2	0.5	0.023529412
Vegetable beef 1 cup	78	6	2	0.5	0.076923077
Vegetarian vegetable 1 cup	72	2	2	0.5	0.027777778
Canned, ready to serve, Bean with ham 1 cup	231	13	9	11.2	0.056277056
Canned, ready to serve, Chicken noodle 1 cup	175	13	6	3.8	0.074285714
Canned, ready to serve, Chicken and vegetable 1 cup	166	12	5	NA	0.072289157
Canned, ready to serve, Vegetable 1 cup	122	4	4	1.2	0.032786885
Chicken broth..... 1 cup	17	3	0	0	0.176470588
Chicken noodle 1 cup	76	6	2	1.2	0.078947368

Chicken and rice 1 cup	116	7	3	0.7	0.060344828
Chicken and rice with vegetables 1 cup	88	6	1	0.7	0.068181818
Clam chowder, New England..... 1 cup	117	5	2	1.2	0.042735043
Lentil 1 cup	126	8	2	5.6	0.063492063
Minestrone 1 cup	123	5	3	1.2	0.040650407
Vegetable 1 cup	81	4	1	1.4	0.049382716
Beef bouillon..... 1 packet	14	1	1	0	0.071428571
Onion 1 packet	115	5	2	4.1	0.043478261
Chicken noodle..... 1 cup	58	2	1	0.3	0.034482759
Onion 1 cup	27	1	1	1	0.037037037
Beef stock (home prepared)..... 1 cup	31	5	Tr	0	0.161290323
Chicken stock (home prepared)..... 1 cup	86	6	3	0	0.069767442
Barbecue Sauce..... 1 tbsp	12	Tr	Tr	0.2	Trace
Hoisin Sauce..... 1 tbsp	35	1	1	0.4	0.028571429
Nacho cheese Sauce..... 1/4 cup	119	5	10	0.5	0.042016807
Pepper or hot Sauce..... 1 tsp	1	Tr	Tr	0.1	Trace
Salsa Sauce..... 1 tbsp	4	Tr	Tr	0.3	Trace
Soy Sauce..... 1 tbsp	9	Tr	Tr	0.1	Trace
Spaghetti/marinara/pasta Sauce..... 1 cup	143	4	5	4	0.027972028
Teriyaki Sauce..... 1 tbsp	15	1	0	Tr	0.066666667
Tomato chili Sauce..... 1/4 cup	71	2	Tr	4	0.028169014
Worcestershire Sauce..... 1 tbsp	11	0	0	0	0
Beef gravy canned..... 1/4 cup	31	2	1	0.2	0.064516129
Chicken gravy canned..... 1/4 cup	47	1	3	0.2	0.021276596
Country sausage gravy canned..... 1/4 cup	96	3	8	0.4	0.03125
Mushroom gravy canned..... 1/4 cup	30	1	2	0.2	0.033333333
Turkey gravy canned..... 1/4 cup	31	2	1	0.2	0.064516129
Sugars and Sweets					
BUTTERFINGER (NESTLE)..... 1 fun size bar	34	1	1	0.2	0.029411765
Caramel Plain..... 1 piece	39	Tr	1	0.1	#VALUE!
Carob candy..... 1 oz	153	2	9	1.1	0.013071895
Milk Chocolate Plain..... 1 bar (1.55 oz)	226	3	14	1.5	0.013274336
MR. GOODBAR (HERSHEY) 1 bar (1.75 oz)	267	5	17	1.7	0.018726592
NESTLE CRUNCH 1 bar (1.55 oz)	230	3	12	1.1	0.013043478
Chocolate chips					
.. Milk 1 cup	862	12	52	5.7	0.013921114
.. Semisweet 1 cup	805	7	50	9.9	0.008695652
.. White 1 cup	916	10	55	0	0.010917031
Chocolate coated peanuts..... 10 pieces	208	5	13	1.9	0.024038462
Chocolate coated raisins..... 10 pieces	39	Tr	1	0.4	Trace
Fruit leather, pieces 1 oz	97	Tr	2	1	Trace
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
KIT KAT (HERSHEY) 1 bar (1.5 oz)	216	3	11	0.8	0.013888889
Marshmallows Miniature..... 1 cup	159	1	Tr	0.1	0.006289308
M&M's (M&M MARS) Peanut..... 1/4 cup	222	4	11	1.5	0.018018018
M&M's (M&M MARS) Plain..... 1/4 cup	256	2	11	1.3	0.0078125
MILKY WAY (M&M MARS)..... 1 fun size bar	76	1	3	0.3	0.013157895
MILKY WAY 1 bar (2.15 oz)	258	3	10	1	0.011627907
REESE'S Peanut butter cup (contains 2) ..1 pack	243	5	14	1.4	0.020576132
SNICKERS 1 bar (2 oz)	273	5	14	1.4	0.018315018
STARBURST fruit chews (M&M MARS) 2.07 oz) ..1 bag	234	Tr	4	0	Trace
Chocolate Frosting..... 1/12 package	151	Tr	7	0.2	Trace

Vanilla Frosting.....1/12 package	159	Tr	6	Tr	Trace
Fruit and juice bar 1 bar (2.5 fl oz)	63	1	Tr	0	0.015873016
Ice pop..... 1 bar (2 fl oz)	42	0	0	0	0
Italian ices..... 1/2 cup	61	Tr	Tr	0	Trace
gelatin dessert Regular 1/2 cup	80	2	0	0	0.025
gelatin dessert Reduced cal (with aspartame)....1/2 cup	8	1	0	0	0.125
Honey.....1 tbsp	64	Tr	0	Tr	Trace
.....1 cup	1031	1	0	0.7	0.000969932
Jams and preserves.....1 tbsp	56	Tr	Tr	0.2	Trace
..... 1(.5 oz) packet	39	Tr	Tr	0.2	Trace
Jellies.....1 tbsp	54	Tr	Tr	0.2	Trace
..... 1(.5 oz) packet	40	Tr	Tr	0.1	Trace
Puddings					
.. Chocolate, ready to eat.....4 oz	150	3	5	1.1	0.02
.. Rice, ready to eat..... 4 oz	184	2	8	0.1	0.010869565
.. Tapioca, ready to eat.....4 oz	134	2	4	0.1	0.014925373
.. Vanilla, ready to eat.....4 oz	147	3	4	0.1	0.020408163
.. Chocolate, Fat Free.....4 oz	107	3	Tr	0.9	0.028037383
.. Tapioca, Fat Free.....4 oz	98	2	Tr	0.1	0.020408163
.. Vanilla, Fat Free.....4 oz	105	2	Tr	0.1	0.019047619
Brown Sugar packed.....1 cup	827	0	0	0	0
Brown Sugar unpacked.....1 cup	545	0	0	0	0
.....1 tbsp	34	0	0	0	0
White Sugar granulated.....1 packet	23	0	0	0	0
.....1 tsp	16	0	0	0	0
.....1 cup	774	0	0	0	0
White sugar Powdered.....1 tbsp	31	0	Tr	0	0
.....1 cup	467	0	Tr	0	0
Chocolate syrup thin.....1 tbsp	53	Tr	Tr	0.3	Trace
Chocolate Syrup Fudge type.....1 tbsp	67	1	2	0.5	0.014925373
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
Vegetables and Vegetable Products					
1037 Alfalfa sprouts, raw..... 1 cup .	10	1	Tr	0.8	0.1
Artichokes, cooked, drained..... 1 cup	84	6	Tr	9.1	0.071428571
1039 1 medium120 84 60 4 Tr Tr Tr 0.1	60	4	Tr	6.5	0.066666667
Asparagus, From raw 1 cup	43	5	1	2.9	0.11627907
Asparagus, Canned 5" drained..... 1 cup	46	5	2	3.9	0.108695652
..... 4 spears	14	2	Tr	1.2	0.142857143
Bamboo shoots, canned, drained..... 1 cup	25	2	1	1.8	0.08
Lima Beans, Ford hooks..... 1 cup	170	10	1	9.9	0.058823529
Baby limas 1 cup	189	12	1	10.8	0.063492063
Beans, Snap Beans Green, from raw..... 1 cup	44	2	Tr	4	0.045454545
Snap Beans Green..... 1 cup	38	2	Tr	4.1	0.052631579
Snap Beans Green, from can..... 1 cup	27	2	Tr	2.6	0.074074074
Bean sprouts (mung), Cooked, drained..... 1 cup	26	3	Tr	1.5	0.115384615
Beets Slices 1 cup	75	3	Tr	3.4	0.04
Beets ,canned Slices 1 cup	53	2	Tr	2.9	0.037735849
Beet greens, drained, 1" pieces..... 1 cup	39	4	Tr	4.2	0.102564103
Black eyed peas 1 cup	224	14	1	10.9	0.0625
Broccoli Chopped or diced raw 1 cup	25	3	Tr	2.6	0.12
Broccoli Chopped, cooked..... 1 cup	44	5	1	4.5	0.113636364

Broccoli From frozen, chopped, cooked..... 1 cup	52	6	Tr	5.5	0.115384615
Brussels sprouts, cooked, 1 cup	65	6	1	6.4	0.092307692
Cabbage, Raw 1 cup	18	1	Tr	1.6	0.055555556
Cabbage, Cooked, drained..... 1 cup	33	2	1	3.5	0.060606061
Carrot juice, canned 1 cup	94	2	Tr	1.9	0.021276596
Carrots Raw, Grated..... 1 cup	47	1	Tr	3.3	0.021276596
Carrots Raw, Baby 1 medium	4	Tr	Tr	0.2	Trace
Carrots Cooked, 1 cup	70	2	Tr	5.1	0.028571429
Cauliflower Cooked, 1 cup	34	3	Tr	4.9	0.088235294
Celery Stalk, medium 1 stalk	7	Tr	Tr	0.6	Trace
Celery Cooked, Pieces, diced..... 1 cup	27	1	Tr	2.4	0.037037037
Chives, raw, chopped 1 tbsp	1	Tr	Tr	0.1	Trace
Collards, cooked, drained, 1 cup	61	5	1	4.8	0.081967213
Corn, sweet, yellow, Cooked, kernels on cob 1 ear	83	3	1	2.2	0.036144578
Corn, from frozen Kernels..... 1 cup	131	5	1	3.9	0.038167939
Corn, Canned Cream style 1 cup	184	4	1	3.1	0.02173913
Cucumber Peeled Sliced..... 1 cup	14	1	Tr	0.8	0.071428571
Cucumber Sliced..... 1 cup	14	1	Tr	0.8	0.071428571
Cucumber Whole, 8 1/4" long..... 1 large	39	2	Tr	2.4	0.051282051
Dandelion greens, cooked, drained..... 1 cup	35	2	1	3	0.057142857
Eggplant, cooked, drained 1 cup	28	1	Tr	2.5	0.035714286
Endive, curly (including escarole,raw, pieces..... 1 cup	9	1	Tr	1.6	0.111111111
Hearts of palm, canned 1 piece	9	1	Tr	0.8	0.111111111
Jerusalem artichoke, raw, sliced 1 cup	114	3	Tr	2.4	0.026315789
Kale, cooked, drained, chopped 1 cup	39	4	1	2.6	0.102564103
Kohlrabi, cooked, drained, slices..... 1 cup	48	3	Tr	1.8	0.0625
Leeks, diced, cooked, drained..... 1 cup	32	1	Tr	1	0.03125
Lettuce, raw Leaf (Butterhead, Boston) 5" dia 1 head	21	2	Tr	1.6	0.095238095
Lettuce, raw, Crisphead, as iceberg Head, 6" dia ..1 head	65	5	1	7.5	0.076923077
Lettuce, raw, Crisphead, as iceberg chopped 1 cup	7	1	Tr	0.8	0.142857143
Lettuce, raw, Looseleaf, Leaf 1 leaf	2	Tr	Tr	0.2	Trace
Lettuce, raw, Looseleaf, Pieces, shredded..... 1 cup	10	1	Tr	1.1	0.1
Lettuce,raw, Romaine or cos Pieces, shredded..... 1 cup	8	1	Tr	1	0.125
Mushrooms Cooked, drained, pieces 1 cup	42	3	1	3.4	0.071428571
Mushrooms, shiitake Cooked pieces..... 1 cup	80	2	Tr	3	0.025
Mushrooms, shiitake Dried 1 mushroom	11	Tr	Tr	0.4	Trace
Mustard greens, cooked, drained..... 1 cup	21	3	Tr	2.8	0.142857143
Okra, sliced, cooked, drained From frozen 1 cup	52	4	1	5.2	0.076923077
Onions Raw Chopped 1 cup	61	2	Tr	2.9	0.032786885
Onions Cooked drained 1 cup	92	3	Tr	2.9	0.032608696
Onions Cooked 1 medium	41	1	Tr	1.3	0.024390244
Onions Dehydrated flakes..... 1 tbsp	17	Tr	Tr	0.5	Trace
Onions Spring raw Chopped 1 cup	32	2	Tr	2.6	0.0625
Onion rings, 2"-3" dia fried, frozen, oven heated ...10 rings	244	3	16	..8	0.012295082
Parsnips, sliced, cooked, drained..... 1 cup	126	2	Tr	6.2	0.015873016
Peas, edible pod, cooked, 1 cup	83	6	1	5	0.072289157
Peas, green boiled, drained..... 1 cup	125	8	Tr	8.8	0.064
Peppers, Hot Chili, raw Green or red 1 pepper	18	1	Tr	0.7	0.055555556
Jalapeno, canned, solids and liquids..... 1/4 cup	7	Tr	Tr	0.7	Trace
Green or Red Pepper Chopped 1 cup	40	1	Tr	2.7	0.025
Green Pepper whole (2 1/4"x 2 1/2")..... 1 pepper	32	1	Tr	2.1	0.03125
Red Pepper whole (2 1/4"x 2 1/2")..... 1 pepper	32	1	Tr	2.4	0.03125
Green or Red Pepper cooked 1 cup	38	1	Tr	1.6	0.026315789
Baked Potato With skin (2 1/3" x 4 3/4")..... 1 potato	220	5	Tr	4.8	0.022727273
Baked Potato Flesh only..... 1 potato	145	3	Tr	2.3	0.020689655

Baked Potato Skin only 1 skin	115	2	Tr	4.6	0.017391304
Potato Boiled (2 1/2") Peeled after boiling..... 1 potato	118	3	Tr	2.4	0.025423729
Potato Au gratin @ whole milk, butter mix 1 cup	228	6	10	2.2	0.026315789
Potato Au gratin @ whole milk, butter home recipe... 1 cup	323	12	19	4.4	0.037151703
French fried, frozen, oven heated..... 10 strips	100	2	4	1.6	0.02
Hashed brown From home recipe 1 cup	326	4	22	3.1	0.012269939
Mashed Potatoes from flakes @ whole milk, butter... 1 cup	237	4	12	4.8	0.016877637
Mashed Potatoes home recipe With whole milk 1 cup	162	4	1	4.2	0.024691358
Mashed Potatoes With whole milk, margarine..... 1 cup	223	4	9	4.2	0.01793722
Potato pancakes, home prepared..... 1 pancake	207	5	12	1.5	0.024154589
Potato salad, home prepared1 cup	358	7	21	3.3	0.019553073
Scalloped Potatoes from mix, milk, butter 1 cup	228	5	11	2.7	0.021929825
Scalloped Potatoes from home recipe milk, butter.. 1 cup	211	7	9	4.7	0.033175355
Pumpkin Cooked, mashed..... 1 cup	49	2	Tr	2.7	0.040816327
Pumpkin Canned 1 cup	83	3	1	7.1	0.036144578
Radishes, raw (3/4" to 1" dia) 1 radish	1	Tr	Tr	0.1	Trace
Rutabagas, cooked, drained, cubes..... 1 cup	66	2	Tr	3.1	0.03030303
Sauerkraut, canned, solids and liquid 1 cup	45	2	Tr	5.9	0.044444444
Seaweed Kelp, raw..... 2 tbsp	4	Tr	Tr	0.1	Trace
Spirulina, dried 1 tbsp	1	Tr	Tr	Tr	Trace
Shallots, raw, chopped 1 tbsp	7	Tr	Tr	0.2	Trace
Soybeans, green, cooked, drained..... 1 cup	254	22	12	7.6	0.086614173
Spinach Raw Chopped 1 cup	7	1	Tr	0.8	0.142857143
Spinach Cooked, drained 1 cup	41	5	Tr	4.3	0.12195122
Squash Cooked, drained 1 cup	36	2	1	2.5	0.055555556
Squash Winter (all varieties), baked, cubes 1 cup	80	2	1	5.7	0.025
Squash Winter, butternut, frozen, cooked, mashed ... 1 cup	94	3	Tr	2.2	0.031914894
Sweetpotatoes Baked, with skin 1 potato	150	3	Tr	4.4	0.02
Sweetpotatoes Boiled, without skin..... 1 potato	164	3	Tr	2.8	0.018292683
Sweetpotatoes Candied (2Zx" x 2" piece)..... 1 piece	144	1	3	2.5	0.006944444
Sweetpotatoes Canned Syrup pack, drained 1 cup	212	3	1	5.9	0.014150943
Tomatillos, raw..... 1 medium	11	Tr	Tr	0.6	Trace
Tomatoes Raw Chopped or sliced 1 cup	38	2	1	2	0.052631579
Tomatoes Slice, medium,1/8 " thick..... 1 slice	4	Tr	Tr	0.2	Trace
Tomatoes Cherry 1 cherry	4	Tr	Tr	0.2	Trace
Tomatoes whole Medium,..... 1 tomato	26	1	Tr	1.4	0.038461538
Tomatoes Canned, solids and liquid 1 cup	46	2	Tr	2.4	0.043478261
Tomatoes Sun dried Plain..... 1 piece	5	Tr	Tr	0.2	Trace
Tomatoes Packed in oil, drained 1 piece	6	Tr	Tr	0.2	Trace
Tomato juice, canned, with salt added 1 cup	41	2	Tr	1	0.048780488
Tomato Paste 1 cup	215	10	1	10.7	0.046511628
Tomato Puree 1 cup	100	4	Tr	5	0.04
Tomato Sauce 1 cup	74	3	Tr	3.4	0.040540541
Tomato Stewed..... 1 cup	71	2	Tr	2.6	0.028169014
Turnips, cooked, cubes..... 1 cup	33	1	Tr	3.1	0.03030303
Turnip greens, cooked, drained 1 cup	29	2	Tr	5	0.068965517
Vegetable juice cocktail, canned 1 cup	46	2	Tr	1.9	0.043478261
Vegetables, mixed Canned, drained..... 1 cup	77	4	Tr	4.9	0.051948052
Vegetables, mixed Frozen, cooked, drained 1 cup	107	5	Tr	8	0.046728972
Waterchestnuts, canned, slices,solids and liquids ... 1 cup	70	1	Tr	3.5	0.014285714
Miscellaneous Items					
Catsup 1 cup	250	4	1	3.1	0.016
..... 1 tbsp	16	Tr	Tr	0.2	Trace
..... 1 packet	6	Tr	Tr	0.1	Trace
Mustard, prepared, yellow 1 tsp or 1 packet	3	Tr	Tr	0.2	Trace

Olives, canned Pickled, green 5 medium	20	Tr	2	0.2	Trace
Olives, canned Ripe, black 5 large	25	Tr	2	0.7	Trace
Pickles, cucumber whole medium..... 1 pickle	12	Tr	Tr	0.8	Trace
Fresh bread and butter pickles..... 3 slices	18	Tr	Tr	0.4	Trace
Pickle relish, sweet 1 tbsp	20	Tr	Tr	0.2	Trace
Potato chips 1 oz	152	2	10	1.3	0.013157895
Potato chips Reduced fat 1 oz	134	2	6	1.7	0.014925373
Potato chips Fat free, made with olestra..... 1 oz	75	2	Tr	1.1	0.026666667
Potato chips Plain Made from dried potatoes..... 1 oz	158	2	11	1	0.012658228
Potato chips Reduced fat 1 oz	142	2	7	1	0.014084507
Trail mix nuts and seeds..... 1 cup	707	21	47	8.8	0.02970297
Trail mix Tropical 1 cup	570	9	24	10.6	0.015789474
Vinegar Cider 1 tbsp	2	0	0	0	0