

High Fibre Foods List

Food Description portion	Calories (kcal)	protein (g)	fat (g)	fiber	g. carb	fiber / cal
Carob flour 1 cup	229	5	1	41	92	0.179039
Endive, curly (including escarole,raw, pieces..... 1 cup	9	1	Tr	1.6	2	0.177778
Peanut butter Reduced fat, smooth..... 1 tbsp	94	5	6	16.3	3	0.173404
Turnip greens, cooked, drained 1 cup	29	2	Tr	5	6	0.172414
Cauliflower Cooked, 1 cup	34	3	Tr	4.9	7	0.144118
Raspberries Raw 1 cup	60	1	1	8.4	14	0.14
Mustard greens, cooked, drained..... 1 cup	21	3	Tr	2.8	3	0.133333
Sauerkraut, canned, solids and liquid 1 cup	45	2	Tr	5.9	10	0.131111
Lettuce,raw, Romaine or cos Pieces, shredded..... 1 cup	8	1	Tr	1	1	0.125
Lettuce, raw, Crisphead, as iceberg Head, 6" dia ..1 head	65	5	1	7.5	11	0.115385
Lettuce, raw, Crisphead, as iceberg chopped 1 cup	7	1	Tr	0.8	1	0.114286
Spinach Raw Chopped 1 cup	7	1	Tr	0.8	1	0.114286
Lettuce, raw, Looseleaf, Pieces, shredded..... 1 cup	10	1	Tr	1.1	2	0.11
1039 1 medium120 84 60 4 Tr Tr Tr 0.1	60	4	Tr	6.5	13	0.108333
Artichokes, cooked, drained..... 1 cup	84	6	Tr	9.1	19	0.108333
Snap Beans Green..... 1 cup	38	2	Tr	4.1	9	0.107895
Beet greens, drained, 1" pieces..... 1 cup	39	4	Tr	4.2	8	0.107692
Cabbage, Cooked, drained..... 1 cup	33	2	1	3.5	7	0.106061
Broccoli From frozen, chopped, cooked..... 1 cup	52	6	Tr	5.5	10	0.105769
Spinach Cooked, drained 1 cup	41	5	Tr	4.3	7	0.104878
Broccoli Chopped or diced raw 1 cup	25	3	Tr	2.6	5	0.104
Broccoli Chopped, cooked..... 1 cup	44	5	1	4.5	8	0.102273
Blackberries, raw 1 cup	75	1	1	7.6	18	0.101333
Pepper or hot Sauce..... 1 tsp	1	Tr	Tr	0.1	Tr	0.1
Chives, raw, chopped 1 tbsp	1	Tr	Tr	0.1	Tr	0.1
Lettuce, raw, Looseleaf, Leaf 1 leaf	2	Tr	Tr	0.2	Tr	0.1
Okra, sliced, cooked, drained From frozen 1 cup	52	4	1	5.2	11	0.1
Radishes, raw (3/4" to 1" dia) 1 radish	1	Tr	Tr	0.1	Tr	0.1
Jalapeno, canned, solids and liquids..... 1/4 cup	7	Tr	Tr	0.7	1	0.1
Brussels sprouts, cooked, 1 cup	65	6	1	6.4	13	0.098462
Snap Beans Green, from can..... 1 cup	27	2	Tr	2.6	6	0.096296
Lemons or Lime no peel (2 1/8" dia with p..... 1 fruit	17	1	Tr	1.6	5	0.094118
Turnips, cooked, cubes..... 1 cup	33	1	Tr	3.1	8	0.093939
Beans, Snap Beans Green, from raw..... 1 cup	44	2	Tr	4	10	0.090909
Eggplant, cooked, drained 1 cup	28	1	Tr	2.5	7	0.089286
Cabbage, Raw 1 cup	18	1	Tr	1.6	4	0.088889
Celery Cooked, Pieces, diced..... 1 cup	27	1	Tr	2.4	6	0.088889
Hearts of palm, canned 1 piece	9	1	Tr	0.8	2	0.088889
Asian pear, raw 2 1/4" high x 2 1/2" dia..... 1 pear	51	1	Tr	4.4	13	0.086275
Asparagus, Canned 5" drained..... 4 spears	14	2	Tr	1.2	2	0.085714
Celery Stalk, medium 1 stalk	7	Tr	Tr	0.6	2	0.085714
Dandelion greens, cooked, drained..... 1 cup	35	2	1	3	7	0.085714
Pumpkin Canned 1 cup	83	3	1	7.1	20	0.085542
Asian pear, raw..... 3 3/8" high x 3" dia 1 pear	116	1	1	9.9	29	0.085345
Asparagus, Canned 5" drained..... 1 cup	46	5	2	3.9	6	0.084783
Carambola (starfruit) Whole (3 5/8" long)..... 1 fruit	30	Tr	Tr	2.5	7	0.083333
Onions Spring raw Chopped 1 cup	32	2	Tr	2.6	7	0.08125
Mushrooms Cooked, drained, pieces 1 cup	42	3	1	3.4	8	0.080952
Carambola (starfruit)Sliced 1 cup	36	1	Tr	2.9	8	0.080556
Strawberry raw Large (1 1/8" dia)..... 1 strawberry	5	Tr	Tr	0.4	1	0.08
1037 Alfalfa sprouts, raw..... 1 cup .	10	1	Tr	0.8	1	0.08
Collards, cooked, drained, 1 cup	61	5	1	4.8	12	0.078689
Lettuce, raw Leaf (Butterhead, Boston) 5" dia 1 head	21	2	Tr	1.6	4	0.07619
Strawberry Sliced..... 1 cup	50	1	1	3.8	12	0.076
Baked beans Kidney, red 1 cup	218	13	1	16.4	40	0.075229
Salsa Sauce..... 1 tbsp	4	Tr	Tr	0.3	1	0.075
Red Pepper whole (2 1/4"x 2 1/2")..... 1 pepper	32	1	Tr	2.4	8	0.075

Vegetables, mixed Frozen, cooked, drained 1 cup	107	5	Tr	8	24	0.074766
Carrots Cooked, 1 cup	70	2	Tr	5.1	16	0.072857
Bamboo shoots, canned, drained..... 1 cup	25	2	1	1.8	4	0.072
Squash Winter (all varieties), baked, cubes 1 cup	80	2	1	5.7	18	0.07125
Peas, split, dry, cooked 1 cup	231	16	1	16.3	41	0.070563
Peas, green boiled, drained..... 1 cup	125	8	Tr	8.8	23	0.0704
Carrots Raw, Grated..... 1 cup	47	1	Tr	3.3	11	0.070213
Squash Cooked, drained 1 cup	36	2	1	2.5	8	0.069444
Lentils, dry, cooked..... 1 cup	230	18	1	15.6	40	0.067826
Rye wafer, whole grain plain 1 wafer	37	1	Tr	2.5	9	0.067568
Green or Red Pepper Chopped 1 cup	40	1	Tr	2.7	10	0.0675
Asparagus, From raw 1 cup	43	5	1	2.9	8	0.067442
Kale, cooked, drained, chopped 1 cup	39	4	1	2.6	7	0.066667
Mustard, prepared, yellow 1 tsp or 1 packet	3	Tr	Tr	0.2	Tr	0.066667
Pickles, cucumber whole medium..... 1 pickle	12	Tr	Tr	0.8	3	0.066667
Beans, dry cooked, Black 1 cup	227	15	1	15	41	0.066079
Green Pepper whole (2 1/4"x 2 1/2")..... 1 pepper	32	1	Tr	2.1	8	0.065625
Oat bran Cooked 1 cup	88	7	2	5.7	25	0.064773
Prunes stewed unsweetened and liquid..... 1 cup	256	3	1	16.4	70	0.064063
Vegetables, mixed Canned, drained..... 1 cup	77	4	Tr	4.9	15	0.063636
Beans, dry cooked, Pinto 1 cup	234	14	1	14.7	44	0.062821
Oat bran Uncooked 1 cup	231	16	7	14.5	62	0.062771
Cucumber Whole, 8 1/4" long..... 1 large	39	2	Tr	2.4	8	0.061538
Beans, dry cooked, Lima, large 1 cup	216	15	1	13.2	39	0.061111
Baked beans Lima, large 1 cup	190	12	Tr	11.6	36	0.061053
Wheat bread, reduced calorie..... 1 slice	46	2	1	2.8	10	0.06087
Peas, edible pod, cooked, 1 cup	83	6	1	5	14	0.060241
Rye Bread, reduced calorie..... 1 slice	47	2	1	2.8	9	0.059574
Beans, dry cooked, Great Northern 1 cup	209	15	1	12.4	37	0.05933
Lima Beans, Ford hooks..... 1 cup	170	10	1	9.9	32	0.058235
Beans, dry cooked, Kidney, red 1 cup	225	15	1	13.1	40	0.058222
Bean sprouts (mung), Cooked, drained..... 1 cup	26	3	Tr	1.5	5	0.057692
Baby limas 1 cup	189	12	1	10.8	35	0.057143
Cucumber Peeled Sliced..... 1 cup	14	1	Tr	0.8	3	0.057143
Cucumber Sliced..... 1 cup	14	1	Tr	0.8	3	0.057143
Refried beans, canned 1 cup	237	14	3	13.4	39	0.05654
Kiwi fruit (about 5 per lb with skin) 1 medium	46	1	Tr	2.6	11	0.056522
Tomato chili Sauce.....1/4 cup	71	2	Tr	4	17	0.056338
Black eyed peas Cooked 1 cup	200	13	1	11.2	36	0.056
Pumpkin Cooked, mashed..... 1 cup	49	2	Tr	2.7	12	0.055102
Beets ,canned Slices 1 cup	53	2	Tr	2.9	12	0.054717
Tomatillos, raw..... 1 medium	11	Tr	Tr	0.6	2	0.054545
Bulgur Cooked 1 cup	151	6	Tr	8.2	34	0.054305
Tomatoes whole Medium,..... 1 tomato	26	1	Tr	1.4	6	0.053846
Baked beans Plain or vegetarian 1 cup	236	12	1	12.7	52	0.053814
Tomatoes Raw Chopped or sliced 1 cup	38	2	1	2	8	0.052632
Tomatoes Canned, solids and liquid 1 cup	46	2	Tr	2.4	10	0.052174
Tangerine raw (2 3/8" dia) 1 tangerine	37	1	Tr	1.9	9	0.051351
Orange Sections without membranes 1 cup	85	2	Tr	4.3	21	0.050588
Orange (2 5/8" dia) 1 orange	62	1	Tr	3.1	15	0.05
Carrots Raw, Baby 1 medium	4	Tr	Tr	0.2	1	0.05
Tomatoes Slice, medium,1/8 " thick..... 1 slice	4	Tr	Tr	0.2	1	0.05
Tomatoes Cherry 1 cherry	4	Tr	Tr	0.2	1	0.05
Tomato Puree 1 cup	100	4	Tr	5	24	0.05
Waterchestnuts, canned, slices,solids and liquids ... 1 cup	70	1	Tr	3.5	17	0.05
MayonnaiseFat free..... 1 tbsp	12	0	Tr	0.6	2	0.05
Bean with pork .soup..... 1 cup	172	8	6	8.6	23	0.05
Tomato Paste 1 cup	215	10	1	10.7	51	0.049767
Parsnips, sliced, cooked, drained..... 1 cup	126	2	Tr	6.2	30	0.049206

Baked beans With pork in tomato sauce 1 cup	248	13	3	12.1	49	0.04879
Black eyed peas 1 cup	224	14	1	10.9	40	0.048661
Baked beans With frankfurters..... 1 cup	368	17	17	17.9	40	0.048641
WHEATENA..... 1 cup	136	5	1	6.6	29	0.048529
Canned, ready to serve, Bean with ham ..soup..... 1 cup	231	13	9	11.2	27	0.048485
Blueberries Raw 1 cup	81	1	1	3.9	20	0.048148
Peach 2 1/2"(about 4 per lb) 1 peach	42	1	Tr	2	11	0.047619
Onions Raw Chopped 1 cup	61	2	Tr	2.9	14	0.047541
Figs, dried..... 2 figs	97	1	Tr	4.6	25	0.047423
Meatless burger patty, MORNINGSTAR FARMS .. 1 patty	91	14	1	4.3	8	0.047253
Apricots Raw no pits (12 per lb with pits) 1 apricot	17	Tr	Tr	0.8	4	0.047059
Baked beans With pork in sweet sauce ... 1 cup	281	13	4	13.2	53	0.046975
Rutabagas, cooked, drained, cubes..... 1 cup	66	2	Tr	3.1	15	0.04697
Avocado (no skin or seed) Florida (1/10 whole) 1 oz	32	Tr	3	1.5	3	0.046875
Peaches Sliced..... 1 cup	73	1	Tr	3.4	19	0.046575
Chickpeas, dry Cooked 1 cup	269	15	4	12.5	45	0.046468
Papaya Whole (5 1/8" long x 3" dia)..... 1 papaya	119	2	Tr	5.5	30	0.046218
Tomato Sauce 1 cup	74	3	Tr	3.4	18	0.045946
White Bread, reduced calorie 1 slice	48	2	1	2.2	10	0.045833
Apple raw unpeeled (3 per lb) 2 3/4"..... 1 apple	81	Tr	Tr	3.7	21	0.045679
Papaya 1/2" cubes 1 cup	55	1	Tr	2.5	14	0.045455
Beets Slices 1 cup	75	3	Tr	3.4	17	0.045333
Beans, dry cooked, Pea (navy) 1 cup	258	16	1	11.6	48	0.044961
Lentil .soup..... 1 cup	126	8	2	5.6	20	0.044444
Barley pearly Uncooked 1 cup	704	20	2	31.2	155	0.044318
KELLOGG'S Raisin Brand..... 1 cup	186	6	1	8.2	47	0.044086
Black eyed peas Canned, solids and liquid 1 cup	185	11	1	7.9	33	0.042703
Raspberries Frozen, sweetened, thawed 1 cup	258	2	Tr	11	65	0.042636
Green or Red Pepper cooked 1 cup	38	1	Tr	1.6	9	0.042105
Vegetable juice cocktail, canned 1 cup	46	2	Tr	1.9	11	0.041304
Baked beans White 1 cup	307	19	1	12.6	57	0.041042
Pear raw with skin 2 1/2" dia 1 pear	98	1	1	4	25	0.040816
Spaghetti in tomato sauce with cheese, canned 1 cup	192	6	2	7.8	39	0.040625
Tomatoes Sun dried Plain..... 1 piece	5	Tr	Tr	0.2	1	0.04
Baked Potato Skin only 1 skin	115	2	Tr	4.6	27	0.04
Soy milk..... 1 cup	81	7	5	3.2	4	0.039506
Peppers, Hot Chili, raw Green or red 1 pepper	18	1	Tr	0.7	4	0.038889
CHEX Multi bran..... 1 cup	165	4	1	6.4	41	0.038788
Popcorn-Air popped, unsalted 1 cup	31	1	Tr	1.2	6	0.03871
Grapefruit (3 3/4" dia) 1/2 grapefruit	37	1	Tr	1.4	9	0.037838
Kohlrabi, cooked, drained, slices..... 1 cup	48	3	Tr	1.8	11	0.0375
Mushrooms, shiitake Cooked pieces..... 1 cup	80	2	Tr	3	21	0.0375
Chickpeas, dry Canned, solids and liquid 1 cup	286	12	3	10.6	54	0.037063
Onionsoup..... 1 cup	27	1	1	1	5	0.037037
Tomato Stewed..... 1 cup	71	2	Tr	2.6	17	0.03662
Mushrooms, shiitake Dried 1 mushroom	11	Tr	Tr	0.4	3	0.036364
Spaghetti, cooked Whole wheat 1 cup	174	1	0	6.3	37	0.036207
Whole wheat from hard wheats, 1 cup	407	16	2	14.6	87	0.035872
Onion ..soup..... 1 packet	115	5	2	4.1	21	0.035652
Hummus, commercial..... 1 tbsp	23	1	1	0.8	2	0.034783
Soybeans, dry, cooked..... 1 cup .	298	29	15	10.3	17	0.034564
Peaches Dried, sulfured..... 3 halves	93	1	Tr	3.2	24	0.034409
SHREDDED WHEAT..... 2 biscuits	156	5	1	5.3	38	0.033974
Apple peeled, sliced 1 cup	63	Tr	Tr	2.1	16	0.033333
Apricots canned....in Juice pack..... 1 cup	117	2	Tr	3.9	30	0.033333
Wheat germ, toasted, plain 1 tbsp	27	2	1	0.9	3	0.033333
Tomatoes Packed in oil, drained 1 piece	6	Tr	Tr	0.2	1	0.033333
326 Nectarines, raw (2 1/8" dia)..... 1 nectarine	67	1	1	2.2	16	0.032836
Cherries sweet raw 10 cherries	49	1	Tr	1.6	11	0.032653

Pear canned in Juice pack..... 1 cup	124	1	Tr	4	32	0.032258
Chili con carne with beans, canned..... 1 cup	255	20	8	8.2	24	0.032157
CHEX Wheat..... 1 cup	104	3	1	3.3	24	0.031731
Onions Cooked 1 medium	41	1	Tr	1.3	10	0.031707
Pear canned in Juice pack..... 1 half pear	38	Tr	Tr	1.2	10	0.031579
FROSTED MINI WHEATS Bite size 1 cup	187	5	1	5.9	45	0.031551
Onions Cooked drained 1 cup	92	3	Tr	2.9	21	0.031522
Leeks, diced, cooked, drained..... 1 cup	32	1	Tr	1	8	0.03125
Barley pearly Cooked 1 cup	193	4	1	6	44	0.031088
Cherries, sour, pitted, canned in water 1 cup	88	2	Tr	2.7	22	0.030682
Peaches canned in Juice pack..... 1 half peach	43	1	Tr	1.3	11	0.030233
Prunes dried Uncooked 5 prunes	100	1	Tr	3	26	0.03
Soybeans, green, cooked, drained..... 1 cup	254	22	12	7.6	20	0.029921
Corn, from frozen Kernels..... 1 cup	131	5	1	3.9	32	0.029771
Onions Dehydrated flakes..... 1 tbsp	17	Tr	Tr	0.5	4	0.029412
Peaches canned in Juice pack..... 1 cup	109	2	Tr	3.2	29	0.029358
Sweetpotatoes Baked, with skin 1 potato	150	3	Tr	4.4	35	0.029333
Buckwheat groats, roasted (kasha), cooked 1 cup	155	6	1	4.5	33	0.029032
Oatmeal Instant, fortified, plain 1 packet	104	4	2	3	18	0.028846
Shallots, raw, chopped 1 tbsp	7	Tr	Tr	0.2	2	0.028571
TOTAL Raisin Brand 1 cup	178	4	1	5	43	0.02809
Mango Sliced 1 cup	107	1	Tr	3	28	0.028037
Avocado (no skin or seed) California (1/5 whole).... 1 oz	50	1	5	1.4	2	0.028
Olives, canned Ripe, black 5 large	25	Tr	2	0.7	1	0.028
Spaghetti/marinara/pasta Sauce..... 1 cup	143	4	5	4	21	0.027972
Sweetpotatoes Canned Syrup pack, drained 1 cup	212	3	1	5.9	50	0.02783
Plum Raw (2 1/8" dia) 1 plum	36	1	Tr	1	9	0.027778
Applesauce Unsweetened..... 1 cup	105	Tr	Tr	2.9	28	0.027619
Dates, without pits Whole..... 5 dates	116	1	Tr	3.2	31	0.027586
Oatmeal plain, nonfortified 1 cup	145	6	2	4	25	0.027586
Whole Wheat Bread 1 slice	69	3	1	1.9	13	0.027536
Mango Whole..... 1 mango	135	1	1	3.7	35	0.027407
Dates, without pits Chopped 1 cup	490	4	1	13.4	131	0.027347
Cranberries, dried, sweetened... 1/4 cup	92	Tr	Tr	2.5	24	0.027174
Corn, sweet, yellow, Cooked, kernels on cob 1 ear	83	3	1	2.2	19	0.026506
Bran Muffin with raisins toaster type, toasted 1 muffin	106	2	3	2.8	19	0.026415
Miso (soy)..... 1 cup	567	32	17	14.9	77	0.026279
Pumpnickel Bread 1 slice	80	3	1	2.1	15	0.02625
Mixed grain bread 1 slice	65	3	1	1.7	12	0.026154
Pasta with meatballs in tomato sauce, canned 1 cup	260	11	10	6.8	31	0.026154
Banana Sliced 1 cup	138	2	1	3.6	35	0.026087
Mashed Potatoes home recipe With whole milk 1 cup	162	4	1	4.2	37	0.025926
Blueberries Frozen, sweetened, thawed 1 cup	186	1	Tr	4.8	50	0.025806
Coconut raw Piece, about 2" x 2" x 2"x 1 piece	159	1	15	4.1	7	0.025786
Banana Whole, medium (7" to 7 7/8"long)..... 1 banana	109	1	1	2.8	28	0.025688
Coconut raw Shredded, not packed..... 1 cup	283	3	27	7.2	12	0.025442
Seaweed Kelp, raw..... 2 tbsp	4	Tr	Tr	0.1	1	0.025
Cantaloupe (5") Wedge..... 1/8 melon	24	1	Tr	0.6	6	0.025
Pineapple Raw, diced..... 1 cup	76	1	1	1.9	19	0.025
TOTAL, Whole Grain 3/4 cup	105	3	1	2.6	24	0.024762
RAISIN NUT BRAN 1 cup	209	5	4	5.1	41	0.024402
Tomato juice, canned, with salt added 1 cup	41	2	Tr	1	10	0.02439
Tortillas, ready to cook (about 6" dia) Corn 1 tortilla	58	1	1	1.4	12	0.024138
Whole wheat 4 crackers	71	1	3	1.7	11	0.023944
Oriental snack mix 1 oz (about 1/4cup)	156	5	7	3.7	15	0.023718
CHEERIOS.....1 Cup	110	3	2	2.6	23	0.023636
Squash Winter, butternut, frozen, cooked, mashed ... 1 cup	94	3	Tr	2.2	24	0.023404
Cantaloupe Cubes..... 1 cup	56	1	Tr	1.3	13	0.023214
Rye Bread 1 slice	83	3	1	1.9	15	0.022892

Scalloped Potatoes from home recipe milk, butter.. 1 cup	211	7	9	4.7	26	0.022275
Oatmeal Cookie Fat free..... 1 cookie	36	1	Tr	0.8	9	0.022222
Fresh bread and butter pickles..... 3 slices	18	Tr	Tr	0.4	4	0.022222
Meatless burger crumbles,MORNINGSTAR FARMS.. 1 cup	231	22	13	5.1	7	0.022078
Fruit cocktail, canned in juice pack 1 cup	109	1	Tr	2.4	28	0.022018
Pear canned in Heavy syrup pack..... 1 cup	197	1	Tr	4.3	51	0.021827
Baked Potato With skin (2 1/3" x 4 3/4")..... 1 potato	220	5	Tr	4.8	51	0.021818
Beef macaroni, frozen, HEALTHY CHOICE..... 1 package	211	14	2	4.6	33	0.021801
Canned, ready to serve, Chicken noodle ..soup..... 1 cup	175	13	6	3.8	17	0.021714
Bread Cracked wheat 1 slice	65	2	1	1.4	12	0.021538
Jerusalem artichoke, raw, sliced 1 cup	114	3	Tr	2.4	26	0.021053
Chestnuts, european roasted shelled 1 cup	350	5	3	7.3	76	0.020857
Almonds Sliced 1 cup	549	20	48	11.2	19	0.020401
Potato Boiled (2 1/2") Peeled after boiling..... 1 potato	118	3	Tr	2.4	27	0.020339
Mashed Potatoes from flakes @ whole milk, butter... 1 cup	237	4	12	4.8	32	0.020253
Carrot juice, canned 1 cup	94	2	Tr	1.9	22	0.020213
Cornmeal Whole grain 1 cup	442	10	4	8.9	94	0.020136
Almonds Whole..... 1 oz (24 nuts)	164	6	14	3.3	6	0.020122
Quaker instant Apples and cinnamon 1 packet	125	3	1	2.5	26	0.02
Cornmeal Self rising degermed enriched 1 cup	490	12	2	9.8	103	0.02
Popcorn-Oil popped, salted..... 1 cup	55	1	3	1.1	6	0.02
Spaghetti meat sauce, frozen HEALTHY CHOICE...1 pack	255	14	3	5.1	43	0.02
HONEY NUT CLUSTERS .. 1 cup	213	5	3	4.2	43	0.019718
Lemon or Lime juice canned or bottled unsweet 1 cup	51	1	1	1	16	0.019608
Frozen sweetened mixed fruit..... 1 cup	245	4	Tr	4.8	61	0.019592
Strawberries frozen sweetened..... 1 cup	245	1	Tr	4.8	66	0.019592
Plantain Cooked, slices..... 1 cup	179	1	Tr	3.5	48	0.019553
Clam chowder, Manhattan 1 cup	78	2	2	1.5	12	0.019231
Apricots canned in heavy syrup 1 cup	214	1	Tr	4.1	55	0.019159
Peaches frozen sweetened..... 1 cup	235	2	Tr	4.5	60	0.019149
Sesame seeds..... 1 tbsp	47	2	4	0.9	1	0.019149
WHEATIES..... 1 cup	110	3	1	2.1	24	0.019091
Popcorn-Cheese flavor 1 cup	58	1	4	1.1	6	0.018966
Mashed Potatoes With whole milk, margarine..... 1 cup	223	4	9	4.2	35	0.018834
Plantain Raw 1 medium	218	2	1	4.1	57	0.018807
Trail mix Tropical 1 cup	570	9	24	10.6	92	0.018596
Plum canned in Juice pack..... 1 plum	27	Tr	Tr	0.5	7	0.018519
Rice-Parboiled Wild, cooked..... 1 cup	166	7	1	3	35	0.018072
Pistachio nuts, dry roast,with salt, shelled ... 1 oz (47 nuts)	161	6	13	2.9	8	0.018012
Honeydew Wedge (6-7")..... 1/8 melon	56	1	Tr	1	15	0.017857
Noodles (egg noodles) cooked Spinach..... 1 cup	211	8	3	3.7	39	0.017536
Peaches in Heavy syrup pack..... 1 cup	194	1	Tr	3.4	52	0.017526
Sweetpotatoes Candied (2 1/2" x 2" piece)..... 1 piece	144	1	3	2.5	29	0.017361
Vegetable ..soup..... 1 cup	81	4	1	1.4	13	0.017284
Rhubarb frozen cooked with sugar 1 cup	278	1	Tr	4.8	75	0.017266
Plum canned in Juice pack..... 1 cup	146	1	Tr	2.5	38	0.017123
Sweetpotatoes Boiled, without skin..... 1 potato	164	3	Tr	2.8	38	0.017073
Quaker instant Maple and brown sugar .. 1 packet	153	4	2	2.6	31	0.016993
Pea, green ..soup..... 1 cup	165	9	3	2.8	27	0.01697
Wheat Bread 1 slice	65	2	1	1.1	12	0.016923
BASIC 4 1 cup	201	4	3	3.4	42	0.016915
Oat bran muffin (2 1/2" x 2 1/4")..... 1 muffin	154	4	4	2.6	28	0.016883
Corn, Canned Cream style 1 cup	184	4	1	3.1	46	0.016848
Tomato ..soup..... 1 cup	161	6	6	2.7	22	0.01677
Lemon or Lime juice Raw juice of 1 fruit(2 1/8")	12	Tr	0	0.2	4	0.016667
Honeydew diced 1 cup	60	1	Tr	1	16	0.016667
Melba toast, plain 4 pieces	78	2	1	1.3	15	0.016667
Barbecue Sauce..... 1 tbsp	12	Tr	Tr	0.2	2	0.016667
Catsup 1 packet	6	Tr	Tr	0.1	2	0.016667

Watermelon Diced 1 cup	49	1	1	0.8	11	0.016327
Bread stuffing prepared from dry mix 1/2 cup	178	3	9	2.9	22	0.016292
Rice- Brown, long grain, cooked 1 cup	216	5	2	3.5	45	0.016204
Taco shell, baked..... 1 medium	62	1	3	1	8	0.016129
Beef stew, canned 1 cup	218	11	12	3.5	16	0.016055
French fried, frozen, oven heated..... 10 strips	100	2	4	1.6	16	0.016
Applesauce Sweetened 1 cup	194	Tr	Tr	3.1	51	0.015979
Baked Potato Flesh only..... 1 potato	145	3	Tr	2.3	34	0.015862
CINNAMON LIFE 1 cup	190	4	2	3	40	0.015789
Chicken noodle .soup..... 1 cup	76	6	2	1.2	9	0.015789
Peanuts Oil roasted, salted..... 1 cup	837	38	71	13.2	27	0.015771
Peanuts..... 1 oz	165	7	14	2.6	5	0.015758
Sunflower seed kernels, dryroasted.....1 oz	165	5	14	2.6	7	0.015758
Tahini 1 tbsp	89	3	8	1.4	3	0.01573
Sunflower seed kernels, dryroasted.....1/4cup	186	6	16	2.9	8	0.015591
Hazelnuts (filberts), chopped.... 1 cup	722	17	70	11.2	19	0.015512
Raisin Bread 1 slice	71	2	1	1.1	14	0.015493
Mixed nuts, with peanuts Dry roasted 1 oz	168	5	15	2.6	7	0.015476
Watermelon raw (15" x 7 1/2") 1 wedge (1/16 th)	92	2	1	1.4	21	0.015217
Hazelnuts (filberts), chopped.... 1 oz	178	4	17	2.7	5	0.015169
Macaroni and cheese, canned, made with corn oil ... 1 cup	199	8	6	3	29	0.015075
Oatmeal Bread 1 slice	73	2	1	1.1	13	0.015068
Potato chips Fat free, made with olestra..... 1 oz	75	2	Tr	1.1	17	0.014667
Pineapple Slice canned in juice (3" dia) 1 slice	28	Tr	Tr	0.4	7	0.014286
Prune juice, canned or bottled .. 1 cup	182	2	Tr	2.6	45	0.014286
Raisin Packet, 1/2 oz (1 1/2 tbsp) 1 packet	42	Tr	Tr	0.6	11	0.014286
Grapes, seedless, raw1 cup	114	1	1	1.6	28	0.014035
Pecans, halves..... 1 cup	746	10	78	10.4	15	0.013941
Frozen yogurt Chocolate 1/2 cup	115	3	4	1.6	18	0.013913
HONEY NUT CHEERIOS .. 1 cup	115	3	1	1.6	24	0.013913
Grapes, seedless, raw 10 grapes	36	Tr	Tr	0.5	9	0.013889
Peanuts Dry Roasted Salted..... 1 oz (about 28)	166	7	14	2.3	6	0.013855
Fruit cocktail, canned in heavy syrup 1 cup	181	1	Tr	2.5	47	0.013812
Pecans, halves..... 1 oz (20 halves)	196	3	20	2.7	4	0.013776
Potato Au gratin @ whole milk, butter home recipe... 1 cup	323	12	19	4.4	28	0.013622
Cream of Wheat Regular 1 cup	133	4	1	1.8	28	0.013534
Grits Instant, plain..... 1 packet	89	2	Tr	1.2	21	0.013483
Pineapple chunks canned in juice..... 1 cup	149	1	Tr	2	39	0.013423
CHEX mix 1 oz (about 2/3 cup)	120	3	5	1.6	18	0.013333
Raisins, not packed 1 cup	435	5	1	5.8	115	0.013333
Tortilla chips Low fat, baked..... 10 chips	54	2	1	0.7	11	0.012963
Potato chips Reduced fat 1 oz	134	2	6	1.7	19	0.012687
Tortilla chips Regular 1 oz	142	2	7	1.8	18	0.012676
Couscous Cooked 1 cup	176	6	Tr	2.2	36	0.0125
Catsup 1 tbsp	16	Tr	Tr	0.2	4	0.0125
Fig bar 1 cookie	56	1	1	0.7	11	0.0125
Trail mix nuts and seeds..... 1 cup	707	21	47	8.8	66	0.012447
Catsup 1 cup	250	4	1	3.1	65	0.0124
Semisweet Chocolate chips..... 1 cup	805	7	50	9.9	106	0.012298
Minestrone.....soup..... 1 cup	82	4	3	1	11	0.012195
Spaghetti, cooked Enriched 1 cup	197	7	1	2.4	40	0.012183
Popcorn-Caramel coated Without peanuts 1 cup	152	1	5	1.8	28	0.011842
Scalloped Potatoes from mix, milk, butter 1 cup	228	5	11	2.7	31	0.011842
Peanut butter Chunk style 1 tbsp	94	4	8	1.1	3	0.011702
Tangerine canned (mandarin oranges) light syrup..1 cup	154	1	Tr	1.8	41	0.011688
Chicken and rice...soup..... 1 cup	60	4	2	0.7	7	0.011667
French,vienna,or sourdough bread 1/2" slice	69	2	1	0.8	13	0.011594
Rice cake, brown rice, plain 1 cake	35	1	Tr	0.4	7	0.011429
Hoisin Sauce..... 1 tbsp	35	1	1	0.4	7	0.011429

Bread Crumbs Seasoned, unenriched 1 cup	440	17	3	5	84	0.011364
Puffed Wheat..... 1 cup	44	2	Tr	0.5	10	0.011364
Macadamia nuts, dry roasted,salted1 oz (10-12 nuts)	203	2	22	2.3	4	0.01133
Plum canned in Heavy syrup pack..... 1 cup	230	1	Tr	2.6	60	0.011304
English muffin Toasted 1 muffin	133	4	1	1.5	26	0.011278
Brownie Fat free, 2" sq..... 1 brownie	89	1	Tr	1	22	0.011236
English muffin Untoasted 1 muffin	134	4	1	1.5	26	0.011194
Granola bar Hard, plain 1 bar	134	3	6	1.5	18	0.011194
Macadamia nuts, dry roasted,salted 1 cup	959	10	102	10.7	17	0.011157
Soy Sauce..... 1 tbsp	9	Tr	Tr	0.1	1	0.011111
Tortilla chips Light, reduced fat..... 1 oz	126	2	4	1.4	20	0.011111
Cornbread @ 2% milk (2 1/2" x 2 1/2" x 1 1/2") ...1 piece	173	4	5	1.9	28	0.010983
Corn Muffin (2 1/2" dia x 2 1/4") 1 muffin	174	3	5	1.9	29	0.01092
Croutons, seasoned..... 1 cup	186	4	7	2	25	0.010753
Apricot nectar 1 cup	141	1	Tr	1.5	36	0.010638
Tortillas, ready to cook (about 6" dia) Flour 1 tortilla	104	3	2	1.1	18	0.010577
Wheat, thin square..... 4 crackers	38	1	2	0.4	5	0.010526
French fries..... 1 small	291	4	16	3	34	0.010309
Fruit leather, pieces 1 oz	97	Tr	2	1	22	0.010309
Walnuts, English1 oz (14 halves)	185	4	18	1.9	4	0.01027
French fries.....1 medium	458	6	25	4.7	53	0.010262
Clam chowder, New England..... 1 cup	117	5	2	1.2	20	0.010256
Chocolate coated raisins..... 10 pieces	39	Tr	1	0.4	7	0.010256
French fries.....1 large	578	7	31	5.9	67	0.010208
Walnuts, English 1 cup, chopped	785	18	78	8	16	0.010191
Pineapple chunks canned in heavy syrup 1 cup	198	1	Tr	2	51	0.010101
Pie.. Blueberry..... 1 piece (1/8 of 9" dia)	360	4	17	3.6	49	0.01
Olives, canned Pickled, green 5 medium	20	Tr	2	0.2	Tr	0.01
Pickle relish, sweet 1 tbsp	20	Tr	Tr	0.2	5	0.01
Canned, ready to serve, Vegetable ..soup..... 1 cup	122	4	4	1.2	19	0.009836
Rolls Hamburger or hotdog 1 roll	123	4	2	1.2	22	0.009756
Minestrone ..soup..... 1 cup	123	5	3	1.2	20	0.009756
Potato Au gratin @ whole milk, butter mix 1 cup	228	6	10	2.2	31	0.009649
Popcorn-Caramel coated With peanuts 1 cup	168	3	3	1.6	34	0.009524
Rolls Dinner 1 roll	84	2	2	0.8	14	0.009524
Hashed brown From home recipe 1 cup	326	4	22	3.1	33	0.009509
Blueberry Muffin (2 3/4" dia x 2")..... 1 muffin	158	3	4	1.5	27	0.009494
Peanut butter Smooth style 1 tbsp	95	4	8	0.9	3	0.009474
Chicken noodle..soup..... 1 cup	75	4	2	0.7	9	0.009333
Italian Bread 1 slice	54	2	1	0.5	10	0.009259
Potato salad, home prepared1 cup	358	7	21	3.3	28	0.009218
Waffles Frozen, toasted, 4" dia..... 1 waffle	87	2	3	0.8	13	0.009195
Pie. Pumpkin 1 piece (1/8 of 9" dia)	316	7	14	2.9	41	0.009177
Corn Chips Plain 1 oz	153	2	9	1.4	16	0.00915
Clam chowder, New England..... 1 cup	164	9	7	1.5	17	0.009146
Macaroni (elbows) cooked 1 cup	197	7	1	1.8	40	0.009137
Chocolate coated peanuts..... 10 pieces	208	5	13	1.9	20	0.009135
Pretzels Stick, 2 1/4" long..... 10 pretzels	11	Tr	Tr	0.1	6	0.009091
PRODUCT 19 1 cup	110	3	Tr	1	25	0.009091
Coconut raw Dried, sweetened, shredded ... 1 cup	466	3	33	4.2	44	0.009013
White Bread 1 slice	67	2	1	0.6	12	0.008955
Chocolate chip cookie. Reduced fat..... 1 cookie	45	1	2	0.4	7	0.008889
Pie. Apple 1 piece (1/8 of 9" dia)	411	4	19	3.6	58	0.008759
SPECIAL K..... 1 cup	115	6	Tr	1	22	0.008696
Potato chips 1 oz	152	2	10	1.3	15	0.008553
Hamburger Regular condiments Single patty... 1 sandwich	272	12	10	2.3	34	0.008456
Noodles (egg noodles) cooked Regular 1 cup	213	8	2	1.8	40	0.008451
Pancakes, plain (4" dia) from scratch @ oil 1 pancake	83	3	3	0.7	11	0.008434
Beef noodle .soup..... 1 cup	83	5	3	0.7	9	0.008434

Chocolate Pudding, Fat Free.....4 oz	107	3	Tr	0.9	23	0.008411
Cocoa Powder containing aspartane.... 1½-oz envelope	48	4	Tr	0.4	9	0.008333
Thousand Island Low calorie..... 1 tbsp	24	Tr	2	0.2	2	0.008333
Soft bread crumbs 1 cup	120	4	2	1	22	0.008333
Pretzels Twisted, regular 10 pretzels	229	5	2	1.9	48	0.008297
Chocolate milk Lowfat (1%) 1 cup	158	8	3	1.3	26	0.008228
Bagel Plain 3 1/2" bagel	195	7	1	1.6	38	0.008205
Bagel Cinnamon raisin 3 1/2" bagel	195	7	1	1.6	39	0.008205
MALT O MEAL..... 1 cup	122	4	Tr	1	26	0.008197
Pretzels Twisted, dutch, 2 3/4" x 2 5/8" 1 pretzel	61	1	1	0.5	13	0.008197
Pie.. Fried, cherry 1 pie (1/8 of 9" dia)	404	4	21	3.3	55	0.008168
Bagel Plain..... 4" bagel	245	9	1	2	48	0.008163
Pine nuts (pignolia), shelled ... 1 tbsp	49	2	4	0.4	1	0.008163
Pine nuts (pignolia), shelled 1 oz	160	7	14	1.3	4	0.008125
Bagel Egg 3 1/2" bagel	197	8	1	1.6	38	0.008122
Brazil nuts, shelled..... 1 oz (6-8 nuts)	186	4	19	1.5	4	0.008065
Matzo, plain..... 1 matzo	112	3	Tr	0.9	24	0.008036
Chicken and rice with vegetables 1 cup	88	6	1	0.7	12	0.007955
Pita Bread.....6 1/2" pita	165	5	1	1.3	33	0.007879
KELLOGG'S CORN FLAKES..... 1 cup	102	2	Tr	0.8	24	0.007843
Egg bread (challah) 1/2" slice	115	4	2	0.9	19	0.007826
Pita Bread 4" pita	77	3	Tr	0.6	16	0.007792
Rolls Hard, kaiser..... 1 roll	167	6	2	1.3	30	0.007784
Oatmeal Cookie Prepared raisins (2 5/8" dia).....1 cookie	65	1	2	0.5	10	0.007692
Saltine Square..... 4 crackers	52	1	1	0.4	9	0.007692
Chocolat cake @chocolate icing 18-oz cake) 1 piece	235	3	10	1.8	35	0.00766
Noodles, chow mein, canned 1 cup	237	4	14	1.8	26	0.007595
Chocolate Syrup Fudge type.....1 tbsp	67	1	2	0.5	12	0.007463
Cornbread (3 3/4" x 2 1/2" x 3/4")..... 1 piece	188	4	6	1.4	29	0.007447
Pumpkin and squash kernels.roasted, seeds)1 oz	148	9	12	1.1	4	0.007432
Wheat flours All purpose, Sifted, spooned..... 1 cup	419	12	1	3.1	88	0.007399
Chocolate,Pudding ready to eat.....4 oz	150	3	5	1.1	28	0.007333
Chocolate milk Reduced fat (2%) 1 cup	179	8	5	1.3	26	0.007263
Potato pancakes, home prepared..... 1 pancake	207	5	12	1.5	22	0.007246
Pie.. Cherry..... 1 piece (1/8 of 9" dia)	486	5	22	3.5	69	0.007202
Carob candy..... 1 oz	153	2	9	1.1	16	0.00719
Saltine Oyster type 1 cup	195	4	5	1.4	32	0.007179
GENERAL MILLS TOTAL 1 1/3 cup	112	2	Tr	0.8	26	0.007143
Potato chips Reduced fat 1 oz	142	2	7	1	18	0.007042
KIX 1 1/3 cup	114	2	1	0.8	26	0.007018
Cranberry sauce (1/8 of can)..... 1 slice	86	Tr	Tr	0.6	22	0.006977
Vegetarian vegetable .soup..... 1 cup	72	2	2	0.5	12	0.006944
Crackers Graham 2 1/2" sq 2 squares	59	1	1	0.4	11	0.00678
Pancakes, plain (4" dia) from mix..... 1 pancake	74	2	1	0.5	14	0.006757
M&M's (M&M MARS) Peanut..... 1/4 cup	222	4	11	1.5	26	0.006757
Cashews1 oz (18 nuts)	163	5	14	1.1	8	0.006748
Graham Crackers Crushed 1 cup	356	6	8	2.4	65	0.006742
Mushroom gravy canned..... 1/4 cup	30	1	2	0.2	3	0.006667
Bread flours, enriched..... 1 cup	495	16	2	3.3	99	0.006667
Milk Chocolate Plain..... 1 bar (1.55 oz)	226	3	14	1.5	26	0.006637
Milk Chocolate chips..... 1 cup	862	12	52	5.7	99	0.006613
Breakfast bar with fruit filling, fat free 1 bar	121	2	Tr	0.8	28	0.006612
Grapefruit canned in light syrup 1 cup	152	1	Tr	1	39	0.006579
Cashews Oil roasted..... 1 cup	749	21	63	4.9	37	0.006542
Croissant, butter 1 croissant	231	5	12	1.5	26	0.006494
Beef gravy canned..... 1/4 cup	31	2	1	0.2	3	0.006452
Turkey gravy canned.....1/4 cup	31	2	1	0.2	3	0.006452
Vegetable beef ..soup..... 1 cup	78	6	2	0.5	10	0.00641
Crème Filled Sandwich Cookie Chocolate 1 cookie	47	Tr	2	0.3	7	0.006383

MR. GOODBAR (HERSHEY) 1 bar (1.75 oz)	267	5	17	1.7	25	0.006367
Biscuit from refrigerated dough . Lower fat .. 2 1/4" biscuit	63	2	1	0.4	12	0.006349
Potato chips Plain Made from dried potatoes..... 1 oz	158	2	11	1	14	0.006329
Sweet rolls, cinnamon Commercial, with raisins 1 roll	223	4	10	1.4	31	0.006278
Bread Crumbs dry, enriched..... 1 oz	112	4	2	0.7	21	0.00625
Chocolate chip cookie (2 1/4" -2 1/2") Regular .. 1 cookie	48	1	2	0.3	7	0.00625
Oatmeal Cookie Regular, large 1 cookie	113	2	5	0.7	17	0.006195
Rice-White, long grain, enriched Instant, prepared 1 cup	162	3	Tr	1	35	0.006173
Devil's food commercially prepared, fat free 1 cookie	49	1	Tr	0.3	12	0.006122
Bread Crumbs dry, enriched 1 cup	427	14	6	2.6	78	0.006089
Chicken and rice .soup..... 1 cup	116	7	3	0.7	14	0.006034
Tortellini, pasta with cheese filling, frozen.. (1 cup cooked)	249	11	6	1.5	38	0.006024
Crackers Cheese with peanut butter ... 1 sandwich	34	1	2	0.2	4	0.005882
NUTRI GRAIN Cereal Bar, fruit filled 1 bar	136	2	3	0.8	27	0.005882
Tomato .soup..... 1 cup	85	2	2	0.5	17	0.005882
BUTTERFINGER (NESTLE)..... 1 fun size bar	34	1	1	0.2	Tr	0.005882
REESE'S Peanut butter cup (contains 2) ..1 pack	243	5	14	1.4	25	0.005761
Chocolate beverage mix Prepared with milk 1 cup	226	9	9	1.3	20	0.005752
TRIX..... 1 cup	122	1	2	0.7	26	0.005738
Chocolate syrup thin.....1 tbsp	53	Tr	Tr	0.3	12	0.00566
Boston cream (1/8 of pie) 1 piece	232	2	8	1.3	39	0.005603
Regular Ice Cream Chocolate.....1/2 cu	143	3	7	0.8	19	0.005594
CRISPIX..... 1 cup	108	2	Tr	0.6	25	0.005556
Angelfood (1/12 of 12-oz cake) 1 piece	72	2	Tr	0.4	16	0.005556
Vanilla wafer medium size 1 cookie	18	Tr	1	0.1	3	0.005556
Granola bar Soft, chocolate-coated peanut butter 1 bar	144	3	9	0.8	15	0.005556
French toast Frozen, ready to heat..... 1 slice	126	4	4	0.7	19	0.005556
Cashews Dry roasted 1 oz	163	4	13	0.9	9	0.005521
Indian fry (navajo) bread..... 10 1/2" bread	526	11	15	2.9	85	0.005513
Sweet rolls, cinnamon from dough with frosting roll	109	2	4	0.6	17	0.005505
Indian fry (navajo) bread..... 5" bread	296	6	9	1.6	48	0.005405
Toaster pastries Fruit filled..... 1 pastry	204	2	5	1.1	37	0.005392
Brownies without icing (2 3/4 sq x 7/8")..... 1 brownie	227	3	9	1.2	36	0.005286
French toast sticks 5 sticks	513	8	29	2.7	58	0.005263
English muffin egg,cheese, Canadian bacon 1 muffin	289	17	13	1.5	27	0.00519
APPLE JACKS..... 1 cup	116	1	Tr	0.6	27	0.005172
Chicken noodle..soup..... 1 cup	58	2	1	0.3	9	0.005172
FROOT LOOPS 1 cup	117	1	1	0.6	26	0.005128
Prepared from recipe, with margarine 1 cookie	78	1	5	0.4	9	0.005128
SNICKERS 1 bar (2 oz)	273	5	14	1.4	34	0.005128
Jams and preserves..... 1(.5 oz) packet	39	Tr	Tr	0.2	10	0.005128
M&M's (M&M MARS) Plain.....1/4 cup	256	2	11	1.3	37	0.005078
frozen Orange juice concentrate Undiluted..... 6-fl-oz can	339	5	Tr	1.7	81	0.005015
Danish pastry Fruit filled..... 1 danish	263	4	13	1.3	34	0.004943
Yellow Cake With chocolate frosting 1 piece	243	2	11	1.2	35	0.004938
Tofu Firm 1/4 block	62	7	4	0.3	2	0.004839
Waffles Low fat, 4" dia 1 waffle	83	2	1	0.4	15	0.004819
Beer Regular 12 fl oz	146	1	0	0.7	13	0.004795
NESTLE CRUNCH 1 bar (1.55 oz)	230	3	12	1.1	29	0.004783
Orange juice Canned, unsweetened 1 cup	105	1	Tr	0.5	25	0.004762
Cherry pie filling, canned 1/5 of 21-oz can	85	Tr	Tr	0.4	21	0.004706
French toast made @ 2% milk fried in margarine... 1 slice	149	5	7	0.7	16	0.004698
Orange juice Chilled (refrigerator case) 1 cup	110	2	1	0.5	25	0.004545
Rice- Parboiled Raw 1 cup	686	13	1	3.1	151	0.004519
Orange juice Raw, all varieties 1 cup	112	2	Tr	0.5	26	0.004464
Orange juice diluted @ 3 x water..... 1 cup	112	2	Tr	0.5	27	0.004464
CHEX Corn 1 cup	113	2	Tr	0.5	26	0.004425
Cake Chocolate without frosting (1/12 of 9" dia) ... 1 piece	340	5	14	1.5	51	0.004412
Pie .. Pecan 1 piece (1/8 of 9" dia)	503	6	27	2.2	64	0.004374

Biscuit from refrigerated dough Regular 2 1/2" biscuit	93	2	4	0.4	13	0.004301
Chicken gravy canned..... 1/4 cup	47	1	3	0.2	3	0.004255
Biscuits made with 2% milk 2 1/2" biscuit	212	4	10	0.9	27	0.004245
Nacho cheese Sauce..... 1/4 cup	119	5	10	0.5	3	0.004202
Biscuits made with 2% milk 4" biscuit	358	7	16	1.5	45	0.00419
Peanut Butter Cookie Commercially prepared 1 cookie	72	1	4	0.3	9	0.004167
Crème Filled Sandwich Cookie Vanilla Round... 1 cookie	48	Tr	2	0.2	7	0.004167
Country sausage gravy canned.....1/4 cup	96	3	8	0.4	4	0.004167
Toaster pastries Low fat 1 pastry	193	2	3	0.8	40	0.004145
Tangerine juice sweetened 1 cup	125	1	Tr	0.5	30	0.004
Crackers Cheese, 1" sq 10 crackers	50	1	3	0.2	6	0.004
Pecan Shortbread Cookie Regular (2" dia)..... 1 cookie	76	1	5	0.3	8	0.003947
MILKY WAY (M&M MARS)..... 1 fun size bar	76	1	3	0.3	13	0.003947
Cream of Wheat Mix'n Eat, plain 1 packet	102	3	Tr	0.4	21	0.003922
Cream of mushroom .soup..... 1 cup	129	2	9	0.5	9	0.003876
MILKY WAY1 bar (2.15 oz)	258	3	10	1	44	0.003876
Doughnuts Yeast leavened, glazed 1 hole	52	1	3	0.2	6	0.003846
Fat free cake (3 1/4 x 23/4") x 5/8" slice)..... 1 slice	79	2	Tr	0.3	17	0.003797
KIT KAT (HERSHEY) 1 bar (1.5 oz)	216	3	11	0.8	27	0.003704
Jellies.....1 tbsp	54	Tr	Tr	0.2	13	0.003704
Puffed Rice..... 1 cup	56	1	Tr	0.2	13	0.003571
Jams and preserves.....1 tbsp	56	Tr	Tr	0.2	14	0.003571
Pineapple juice unsweetened canned 1 cup	140	1	Tr	0.5	34	0.003571
Banana bread recipe prepared with margarine .. 1 slice	196	3	6	0.7	33	0.003571
Shortcake, biscuit type (about 3" dia) 1 shortcake	225	4	9	0.8	32	0.003556
Rice-Brown White, long grain, enriched Raw 1	675	13	1	2.4	148	0.003556
Doughnuts 1 medium47 21 198 2 11 1.7 4.4 3.7	198	2	11	0.7	23	0.003535
Chicken pot pie, frozen 1 small pie	484	13	29	1.7	43	0.003512
Rice- Parboiled Cooked..... 1 cup	200	4	Tr	0.7	43	0.0035
Grits cooked 1 cup	145	3	Tr	0.5	31	0.003448
CORN POPS 1 cup	118	1	Tr	0.4	28	0.00339
Doughnuts Cake type 1 hole	59	1	3	0.2	7	0.00339
Cornstarch 1 tbsp	30	Tr	Tr	0.1	7	0.003333
Crackers Round 4 crackers	60	1	3	0.2	7	0.003333
RICE KRISPIES 1 1/4 cup	124	2	Tr	0.4	29	0.003226
Crackers Bite size..... 1 cup	311	5	16	1	38	0.003215
Waffles Prepared from recipe, 7" dia .. 1 waffle	218	6	11	0.7	25	0.003211
Pie crust, baked From recipe 1 pie shell	949	12	62	3	86	0.003161
COCOA KRISPIES..... 1 cup	160	3	1.3	0.5	27	0.003125
Catfish, breaded, fried..... 3 oz	195	15	11	0.6	7	0.003077
Pina colada..... 4.5 fl oz	262	1	3	0.8	40	0.003053
Pie crust, baked Graham cracker 1 pie shell	1181	10	60	3.6	156	0.003048
Crackers Wheat with cheese 1 sandwich	33	1	1	0.1	4	0.00303
Toaster pastries Chocolate with frosting 1 pastry	201	3	5	0.6	37	0.002985
Cocoa (powder containing nonfat dry milk).... 3 heaping tsp	102	3	1	0.3	22	0.002941
Rice-White, long grain, enriched Cooked..... 1 cup	205	4	Tr	0.6	45	0.002927
Doughnuts Yeast leavened, glazed..... 1 medium	242	4	14	0.7	27	0.002893
White cake With coconut frosting (1/12 of 9" dia) ..1 piece	399	5	12	1.1	71	0.002757
Pecan Shortbread Cookie Reduced fat..... 1 cookie	73	1	3	0.2	11	0.00274
Tofu Soft, piece 2 1/2" x 2 3/4" x 1" 1 piece	73	8	4	0.2	2	0.00274
Gingerbread 1/9 of 8" square) 1 piece	263	3	12	0.7	36	0.002662
Grapefruit juice concentrate Undiluted..... 6-fl-oz can	302	4	Tr	0.8	72	0.002649
Danish pastry Cheese filled 1 danish	266	6	16	0.7	26	0.002632
Tapioca, pearl, dry..... 1 cup	544	Tr	Tr	1.4	135	0.002574
CHEX Rice 1 1/4 cup	117	2	Tr	0.3	27	0.002564
Caramel Plain..... 1 piece	39	Tr	1	0.1	8	0.002564
Pineapple grapefruit juice drink..... 8 fl oz	118	1	Tr	0.3	29	0.002542
Milk shake, thick, Chocolate 10.6 fl oz	356	9	8	0.9	63	0.002528
Shortbread Cookie Plain (1B\, " sq) 1 cookie	40	Tr	2	0.1	5	0.0025

Jellies..... 1(.5 oz) packet	40	Tr	Tr	0.1	10	0.0025
Cream of mushroom soup..... 1 cup	203	6	14	0.5	15	0.002463
Pineapple upside down (1/9 of 8" square) 1 piece	367	4	14	0.9	58	0.002452
Toaster pastries Brown sugar cinnamon..... 1 pastry	206	3	7	0.5	34	0.002427
Pineapple orange juice drink..... 8 fl oz	125	3	0	0.3	30	0.0024
Diluted with 3 parts water by volume 1 cup	128	Tr	Tr	0.3	32	0.002344
Sponge shortcake..... 1 shortcake	87	2	1	0.2	18	0.002299
Éclair, 5" x 2" x 1 3/4" 1 éclair	262	6	16	0.6	24	0.00229
white cake without frosting (1/12 of 9" dia) 1 piece	264	4	9	0.6	42	0.002273
Molasses Cookie Large (3 1/2"-4" dia) 1 cookie	138	2	4	0.3	24	0.002174
Sponge (1/12of 16-oz cake)..... 1 piece	187	5	5	0.4	71	0.002139
Grapefruit juice canned Unsweetened 1 cup	94	1	Tr	0.2	23	0.002128
Cranberry juice cocktail..... 8 fl oz	144	0	Tr	0.3	36	0.002083
Grapefruit juice Raw Pink or White..... 1 cup	96	1	Tr	0.2	23	0.002083
Lemonade Frozen concentrate prepared 8 fl oz	99	Tr	0	0.2	26	0.00202
Pie crust, baked From frozen..... 1 pie shell	648	6	41	1.3	62	0.002006
Grapefruit juice diluted 3x by volume..... 1 cup	101	1	Tr	0.2	24	0.00198
Grape juice Canned or bottled 1 cup	154	1	Tr	0.3	38	0.001948
Pie. Lemon meringue 1 piece (1/8 of 9" dia)	362	5	16	0.7	50	0.001934
Cheese flavor puffs or twists 1 oz	157	2	10	0.3	15	0.001911
Shrimp 6 large	108	10	6	0.2	1	0.001852
Fruit Punch Drink	117	0	0	0.2	30	0.001709
Apple juice, bottled or canned..... 1 cup	117	Tr	Tr	0.2	29	0.001709
COCOA PUFFS 1 cup	119	1	1	0.2	27	0.001681
Turkey Patties breaded fried (2.25 oz) 1 patty	181	9	12	0.3	10	0.001657
Grape Juice concentrate Undiluted..... 6-fl-oz can	387	1	1	0.6	96	0.00155
Biscuit with egg and sausage 1 biscuit	581	19	39	0.9	41	0.001549
Molasses Cookie Medium 1 cookie	65	1	2	0.1	11	0.001538
Shrimp breaded, fried 3 oz	206	18	10	0.3	10	0.001456
Sugar Cookie Commercially prepared 1 cookie	72	1	3	0.1	10	0.001389
Sugar Cookie From refrigerated dough..... 1 cookie	73	1	3	0.1	10	0.00137
Malted milk Chocolate Prepared 1 cup	225	9	9	0.3	18	0.001333
Chocolate Frosting.....1/12 package	151	Tr	7	0.2	24	0.001325
Sponge Snack cake, creme filled..... 1 cake	155	1	5	0.2	27	0.00129
Chicken Thigh batter dipped fried (with bones skin).1 thigh	238	19	14	0.3	8	0.001261
Oyster Breaded, fried 3 oz	167	7	11	0.2	0	0.001198
Cheesecake (1/6 of 17-oz cake)..... 1 piece	257	4	18	0.3	20	0.001167
Chicken Breast dipped fried (with bones skin).1/2 breast	364	35	18	0.4	13	0.001099
Chicken Drumstick batter fried (with bones skin). 1 drum	193	16	11	0.2	6	0.001036
Tapioca, Pudding Fat Free.....4 oz	98	2	Tr	0.1	23	0.00102
Scallops, cooked, breaded, fried 6 large	200	17	10	0.2	9	0.001
Vanilla Pudding Fat Free.....4 oz	105	2	Tr	0.1	24	0.000952
Cake Angelfood (1/12 of 10" dia) 1 piece	129	3	Tr	0.1	29	0.000775
Tapioca Pudding, ready to eat.....4 oz	134	2	4	0.1	22	0.000746
Vanilla Pudding ready to eat.....4 oz	147	3	4	0.1	25	0.00068
Honey.....1 cup	1031	1	0	0.7	279	0.000679
Clam Breaded, fried3/4 cup	451	13	26	0.3	39	0.000665
Chicken Wing batter dipped fried (with bones skin).. 1 wing	159	10	11	0.1	5	0.000629
Marshmallows Miniature..... 1 cup	159	1	Tr	0.1	41	0.000629
Ice milk, soft, vanilla, in cone 1 cone	164	4	6	0.1	24	0.00061
Rice Pudding, ready to eat.....4 oz	184	2	8	0.1	25	0.000543
Club soda 12 fl oz	0	0	0	0	0	#DIV/0!
Other diet drink 12 fl oz	0	Tr	0	0	Trace	#DIV/0!
Caesar Regular 1 tbsp	78	Tr	8	Tr	Trace	#VALUE!
Caesar Low calorie..... 1 tbsp	17	Tr	1	Tr	3	#VALUE!
Italian Low calorie..... 1 tbsp	16	Tr	1	Tr	1	#VALUE!
Russian Low calorie..... 1 tbsp	23	Tr	1	Tr	4	#VALUE!
Butter Cookies prepared 1 cookie	23	Tr	1	Tr	3	#VALUE!
Croissant with egg, cheese, bacon..... 1 croissant	413	16	28	NA	24	#VALUE!

Danish pastry Cheese filled..... 1 pastry	353	6	25	NA	29	#VALUE!
Danish pastry Fruit filled..... 1 pastry	335	5	16	NA	45	#VALUE!
French toast with butter 2 slices	356	10	19	NA	36	#VALUE!
Hashed brown potatoes..... 1/2 cu	151	2	9	NA	16	#VALUE!
Pancakes with butter syrup..... 2 pancakes	520	8	14	NA	91	#VALUE!
Burrito With beans and cheese..... 1 burrito	189	8	6	NA	27	#VALUE!
Burrito With beans and meat..... 1 burrito	255	11	9	NA	33	#VALUE!
Cheeseburger Double patty with mayo veg... 1 sandwich	417	21	21	NA	35	#VALUE!
Cheeseburger Single patty with mayo veg..... 1 sandwich	295	16	14	NA	27	#VALUE!
Cheeseburger plain Double patty 1 sandwich	457	28	28	NA	22	#VALUE!
Cheeseburger plain Single patty..... 1 sandwich	319	15	15	NA	32	#VALUE!
Cheeseburger Large Single patty mayo veg.. 1 sandwich	563	28	33	NA	38	#VALUE!
Cheeseburger all the way.....with bacon 1 sandwich	608	32	37	NA	37	#VALUE!
Chicken fillet (breaded fried) sandwich, plain .. 1 sandwich	515	24	29	NA	39	#VALUE!
Chili con carne..... 1 cup	256	25	8	NA	22	#VALUE!
Chimichanga with beef 1 chimichanga	452	20	20	NA	43	#VALUE!
Coleslaw..... 3/4 cup	147	1	11	NA	13	#VALUE!
Enchilada with cheese 1 enchilada	319	10	19	NA	29	#VALUE!
Fish sandwich, with tartar sauce and cheese ...1 sandwich	523	21	29	NA	48	#VALUE!
Frijoles (refried beans, chili sauce, cheese) 1 cup	225	11	8	NA	29	#VALUE!
Hamburger Regular condiments Double patty 1 sandwich	576	32	32	NA	39	#VALUE!
Hamburger Large everything Double patty ... 1 sandwich	540	34	27	NA	40	#VALUE!
Hamburger Large everything Single patty..... 1 sandwich	512	26	27	NA	40	#VALUE!
Hot dog Plain..... 1 sandwich	242	10	15	NA	18	#VALUE!
Hot dog With chili 1 sandwich	296	14	13	NA	31	#VALUE!
Hot dog (corndog)..... 1 corndog	460	17	19	NA	56	#VALUE!
Hush puppies 5 pieces	257	5	12	NA	35	#VALUE!
Mashed potatoes1/3 cup	66	2	1	NA	35	#VALUE!
Nachos, with cheese sauce 6-8 nachos	346	9	19	NA	36	#VALUE!
Onion rings, breaded and fried..... 8-9 rings	276	4	16	NA	31	#VALUE!
Pizza Cheese 1 slice (1/8 of 12" pizza)	140	8	3	NA	21	#VALUE!
Pizza Meat and vegetables 1 slice (1/8 of 12" pizza)	184	13	5	NA	21	#VALUE!
Pizza Pepperoni 1 slice (1/8 of 12" pizza)	181	10	7	NA	20	#VALUE!
Roast beef sandwich, plain 1 sandwich	346	22	14	NA	33	#VALUE!
Salad, tossed, with chicken, no dressing..... 1 1/2 cups	105	17	2	NA	4	#VALUE!
Salad, tossed, with egg, cheese, no dressing.... 1 1/2 cups	102	9	6	NA	5	#VALUE!
Shrimp, breaded and fried..... 6-8 shrimp	454	19	25	NA	40	#VALUE!
Sub sandwich 6"(oil,cold cuts, everything) ... 1 sandwich	456	22	19	NA	51	#VALUE!
Sub Roast beef 6"(with tomato,lettuce, mayo) . 1 sandwich	410	29	13	NA	44	#VALUE!
Sub Tuna salad 6" (with mayo,lettuce) 1 sandwich	584	30	28	NA	55	#VALUE!
Taco, beef..... 1 small	369	21	21	NA	27	#VALUE!
Taco, beef..... 1 large	568	32	32	NA	41	#VALUE!
Taco salad (with beef, cheese, taco shell)1 1/2 cups	279	13	15	NA	24	#VALUE!
Tostada (with cheese, veg) beans and beef... .1 tostada	333	16	17	NA	30	#VALUE!
Tostada (with cheese, veg) With guacamole 1 tostada	181	6	12	NA	16	#VALUE!
Soups Prepared with whole milk						#DIV/0!
Canned, ready to serve, Chicken and vegetable soup 1 cup	166	12	5	NA	19	#VALUE!
Teriyaki Sauce..... 1 tbsp	15	1	0	Tr	3	#VALUE!
Vanilla Frosting.....1/12 package	159	Tr	6	Tr	26	#VALUE!
Honey..... 1 tbsp	64	Tr	0	Tr	17	#VALUE!
Onion rings, 2"-3" dia fried, frozen, oven heated ...10 rings	244	3	16	.8	23	#VALUE!
Spirulina, dried 1 tbsp	3	Tr	Tr	Tr	Tr	#VALUE!
Beer Light 12 fl oz	99	1	0	0	5	0
Gin, rum, vodka, whiskey 80 proof1.5 fl oz	97	0	0	0	0	0
Liqueur, coffee, 53 proof..... 1.5 fl oz	175	Tr	Tr	0	24	0
Daiquiri 2 fl oz	112	Tr	Tr	0	4	0
Sweet Desert Wine..... 3.5 fl oz	158	Tr	0	0	12	0
Table Wine..... 3.5 fl oz	74	Tr	0	0	2	0
Cola type 12 fl oz	152	0	0	0	38	0

Diet Cola (aspartane)..... 12 fl oz	4	Tr	0	0	Trace	0
Ginger Ale.....12 fl oz	124	0	0	0	32	0
Grape 12 fl oz	160	0	0	0	42	0
Lemon lime..... 12 fl oz	147	0	0	0	38	0
Orange..... 12 fl oz	179	0	0	0	46	0
Coffee Brewed 6 fl oz	4	Tr	0	0	1	0
30 Espresso 2 fl oz	5	Tr	Tr	0	1	0
grape drink 8 fl oz	113	0	0	0	29	0
Lemonade Low cal @ aspartame..... 8 fl oz	5	0	0	0	1	0
Rice beverage (RICE DREAM) 1 cup	120	Tr	2	0	25	0
Tea Black brewed..... 6 fl oz	2	0	0	0	1	0
Tea Herb other than chamomile..... 6 fl oz	2	0	0	0	Trace	0
Tea Sweetened, lemon flavor 8 fl oz	88	Tr	0	0	22	0
Tea Sweetened with saccharin, lemon flavor.....8oz	5	0	0	0	1	0
Blue Cheese..... 1 oz	100	6	8	0	1	0
Camembert (3 weges @ 4-oz container)..... 1 wedge	114	8	9	0	Trace	0
Cheddar Cut pieces 1 oz	114	7	9	0	Trace	0
Cheddar Shredded 1 cup	455	28	37	0	1	0
Cottage cheese (4%) Large curd 1 cup	233	28	10	0	6	0
Cottage cheese Low fat (1%) 1 cup	164	28	2	0	6	0
Cream Cheese..... 1 oz	99	2	10	0	1	0
Cream Cheese..... 1 tbsp	51	1	5	0	Trace	0
Cream Cheese Low fat..... 1 tbsp	35	2	3	0	1	0
Cream Cheese Fat free..... 1 tbsp	15	2	Tr	0	1	0
Feta Cheese..... 1 oz	75	4	6	0	1	0
Low fat, cheddar or colby..... 1 oz	49	7	2	0	1	0
Mozzarella made with whole milk..... 1 oz	80	6	6	0	1	0
Mozzarella (Part skim low moisture) 1 oz	79	8	5	0	1	0
Muenster..... 1 oz	104	7	9	0	Trace	0
Neufchatel 1 oz	74	3	7	0	1	0
Parmesan, grated..... 1 cup	456	42	30	0	4	0
Parmesan, grated..... 1 tbsp	23	2	2	0	Trace	0
Parmesan, grated..... 1 oz	129	12	9	0	1	0
Provolone 1 oz	100	7	8	0	1	0
Ricotta, made with whole milk..... 1 cup	428	28	32	0	7	0
Part skim milk 1 cup	340	28	19	0	13	0
Swiss 1 oz	107	8	8	0	1	0
American Cheese Regular 1 oz	106	6	9	0	Trace	0
American Fat free..... 1 slice	31	5	Tr	0	3	0
Swiss 1 oz	95	7	7	0	1	0
Half and Half 1 cup .	315	7	28	0	10	0
Half and Half..... 1 tbsp	20	Tr	2	0	1	0
Light, coffee, or table cream..... 1 cup	469	6	46	0	9	0
Light, coffee, or table cream... 1 tbsp	29	Tr	3	0	1	0
Whipping Cream, unwhipped Light 1 cup	699	5	74	0	7	0
... (volume about double when whipped).....1 tbsp .	44	Tr	5	0	Trace	0
Whipping Cream, unwhipped Heavy..... 1 cup	821	5	88	0	7	0
Whipping Cream, unwhipped Heavy..... 1 tbsp	52	Tr	6	0	Trace	0
Whipped topping (pressurized) 1 cup	154	2	13	0	7	0
Whipped topping (pressurized) 1 tbsp	8	Tr	1	0	Trace	0
Sour Cream, Regular 1 cup .	493	7	48	0	10	0
Sour Cream, Regular.....1 tbsp	26	Tr	3	0	1	0
Sour Cream, Reduced fat 1 tbsp	20	Tr	2	0	1	0
Sour Cream, Fat free 1 tbsp	12	Tr	0	0	2	0
Immitation Whipped topping Frozen 1 cup	239	1	19	0	17	0
Immitation Whipped topping Frozen..... 1 tbsp	13	Tr	1	0	1	0
Frozen yougurt Vanilla 1/2 cup.	114	3	4	0	17	0
regular Ice Cream Vanilla..... 1/2 cup.	133	2	7	0	16	0
Ice Cream Light (50% reduced fat) vanilla.....1/2 cup	92	3	3	0	15	0

Soft serve, french vanilla..... 1/2 cup.	185	4	11	0	19	0
Sherbet, orange 1/2 cup	102	1	1	0	22	0
Milk Whole (3.3% fat) 1 cup	150	8	8	0	11	0
Milk Reduced fat (2%) 1 cup	121	8	5	0	12	0
Milk Lowfat (1%) 1 cup	102	8	3	0	12	0
Milk Nonfat (skim) 1 cup	86	8	Tr	0	12	0
Milk Buttermilk 1 cup	99	8	2	0	12	0
Canned Milk Condensed, sweetened..... 1 cup	982	24	27	0	166	0
Canned Milk Evaporated Whole milk..... 1 cup	339	17	19	0	25	0
Evaporated Skim milk 1 cup	199	19	1	0	29	0
Nonfat instant milk..... 1 cup	244	24	Tr	0	35	0
Milk shake, thick, Vanilla 11 fl oz	350	12	9	0	56	0
Low Fat yogurt (milk solids) Fruit flavored..... 8-oz	231	10	2	0	43	0
low fat yogurt (milk solids) Plain..... 8-oz	144	12	4	0	16	0
nonfat yogurt (milk solids) Fruit flavored..... 8-oz	213	10	Tr	0	43	0
nonfat yogurt(milk solids) Plain..... 8-oz	127	13	Tr	0	17	0
Yogurt (no milk solids) plain 8-oz	139	8	7	0	11	0
Yogurt (no milk solids) nonfat milk, low cal.....8-oz	98	9	Tr	0	17	0
Egg Whole raw..... 1 medium	66	5	4	0	1	0
Egg Whole raw..... 1 large raw	75	6	5	0	1	0
Egg Whole raw	86	7	6	0	1	0
Egg White raw..... 1 large	17	4	0	0	Trace	0
Egg Yolk raw..... 1 large	59	3	5	0	Trace	0
Fried egg in margarine..... 1 large	92	6	7	0	1	0
Hard Boild egg..... 1 large	78	6	5	0	1	0
Hard Boild egg.....1 cup chopped	211	17	14	0	2	0
Egg Poached, with salt..... 1 large	75	6	5	0	1	0
Scrambled egg in margarine..... 1 large	101	7	7	0	1	0
Egg substitute, liquid 1/4 cu	53	8	2	0	Trace	0
Butter..... 1 stick	813	1	92	0	Trace	0
Butter..... 1 tbsp	102	Tr	12	0	Trace	0
Lard 1 cup	1849	0	205	0	0	0
Lard..... 1 tbsp	115	0	13	0	0	0
Margarine Hard (4 sticks per lb) 1 stick	815	1	91	0	1	0
Margarine Hard (4 sticks per lb)1 tbs	101	Tr	11	0	Trace	0
Margarine Soft 1 cup	1626	2	183	0	1	0
Margarine Soft1 tsp	34	Tr	4	0	Trace	0
Margarine Hard 60% fat (4 sticks per lb) 1 stick	621	1	70	0	0	0
Margarine Hard 60% fat (4 sticks per lb) 1 tbsp	76	Tr	9	0	0	0
Spread (about 40% fat)..... 1 cup	801	1	90	0	1	0
Margarine butter blend..... 1 stick	811	1	91	0	1	0
Margarine butter blend..... 1 tbsp	102	Tr	11	0	Trace	0
Olive or Peanut oil..... 1 cup	1909	0	216	0	0	0
Olive or Peanut oil..... 1 tbsp	119	0	14	0	0	0
Other oil (such as canola,corn,soy) 1 cup	1927	0	218	0	0	0
Other oil (such as canola,corn,soy).. 1 tbsp	120	0	14	0	0	0
Blue cheese Regular 1 tbsp	77	1	8	0	1	0
Blue cheese Low calorie..... 1 tbsp	15	1	1	0	Trace	0
French Regular 1 tbsp	67	Tr	6	0	3	0
French Low calorie..... 1 tbsp	22	Tr	1	0	4	0
Italian Regular 1 tbsp	69	Tr	7	0	1	0
Mayonnaise Regular 1 tbsp	99	Tr	11	0	Trace	0
Mayonnaise Light Cholestorol free	49	Tr	5	0	1	0
Russian Regular 1 tbsp	76	Tr	8	0	2	0
Thousand Island Regular 1 tbsp	59	Tr	6	0	2	0
Homemade French.....1 tbsp	88	Tr	10	0	Trace	0
Homemade Vinegar and oil..... 1 tbsp	70	0	8	0	Trace	0
Clam Raw, meat only 3 oz	63	11	1	0	2	0
Clams Canned, drained solids 3 oz	126	22	2	0	4	0

Clams Canned, drained solids.....1 cup	237	41	3	0	8	0
Cod Baked or broiled 3 oz	89	20	1	0	0	0
Canned, solids and liquid 3 oz	89	19	1	0	0	0
Crab Alaska King Steamed..... 1 leg	130	26	2	0	0	0
Crab Alaska King Steamed.....3 oz	82	16	1	0	0	0
Crab Imitation, from surimi 3 oz	87	10	1	0	9	0
Blue crab Steamed..... 3 oz	87	17	2	0	0	0
Blue crab Canned crabmeat 1 cup	134	28	2	0	0	0
Crab Cake with egg and onion fried in margarine ... 1 cake	93	12	5	0	Trace	0
Flounder or sole baked or broiled 3 oz	99	21	1	0	0	0
Haddock, baked or broiled..... 3 oz	95	21	1	0	0	0
Halibut, baked or broiled 3 oz	119	23	2	0	0	0
Herring, pickled 3 oz	223	12	15	0	8	0
Lobster, steamed 3 oz	83	17	1	0	1	0
Ocean perch, baked or broiled..... 3 oz	103	20	2	0	0	0
Oyster Raw, meat only 1 cup	169	17	6	0	10	0
Oyster 6 medium	57	6	2	0	3	0
Pollock, baked or broiled..... 3 oz	96	20	1	0	0	0
Rockfish, baked or broiled..... 3 oz	103	20	2	0		0
Roughy, orange, baked or broiled 3 oz	76	16	1	0	0	0
Salmon Baked or broiled (red) 3 oz	184	23	9	0	0	0
Salmon Canned (pink) solids and liquid 3 oz	118	17	5	0	0	0
Smoked (chinook) 3 oz	99	16	4	0	0	0
Sardines in oil (drained) 3 oz	177	21	10	0	0	0
Scallops Steamed..... 3 oz	95	20	1	0	9	0
Shrimp canned, drained solids 3 oz	102	20	2	0	1	0
Swordfish, baked or broiled..... 3 oz	132	22	4	0	1	0
Trout, baked or broiled 3 oz	144	21	6	0	1	0
Tuna Baked or broiled 3 oz	118	25	1	0	1	0
Tuna canned in oil pack,drained, chunk light 3 oz	168	25	7	0	1	0
Tuna water pack, chunk light..... 3 oz	99	22	1	0	1	0
Tuna Water pack, solid white 3 oz	109	20	3	0	1	0
Tuna salad (made with mayo)..... 1 cup	383	33	19	0	19	0
.Beef,.Fatty cut (pot roasted or simmered) Lean and fat 3 oz	293	23	22	0	0	0
Beef,.. Lean only (pot roasted or simmered)..... 3 oz	213	26	11	0	0	0
Beef, Lean cut(bottom round) simmered Lean and fat. 3 oz	234	24	14	0	0	0
.Beef,. Lean cut(bottom round) simmered Lean only.. 3 oz	178	27	7	0	0	0
Ground beef, broiled 83% lean..... 3 oz	218	22	14	0	0	0
Ground beef, broiled 73% lean..... 3 oz	246	20	18	0	0	0
.Beef,. Liver, fried2C\," x C\," 3 oz	184	23	7	0	7	0
.Beef, Fatty Roast (rib) oven cooked Lean and fat..... 3 oz	304	19	25	0	0	0
.Beef,. Fatty Roast (rib)oven cooked Lean only..... 3 oz .	195	23	11	0	0	0
.Beef,. Lean Roast eye of round) cooked Lean only... 3 oz	143	25	4	0	0	0
Sirloin Steak broiled Lean and fat..... 3 oz	219	24	13	0	0	0
Sirloin Steak broiled Lean only..... 3 oz	166	26	6	0	0	0
Beef, canned, corned..... 3 oz	213	23	13	0	0	0
Beef, dried, chipped 1 oz	47	8	1	0	Tr	0
Lamb Chops braised Lean and fat..... 3 oz	294	26	20	0	0	0
Lamb Chops braised Lean only..... 3 oz	237	30	12	0	0	0
Lamb Loin, broiled Lean and fat..... 3 oz	269	21	20	0	0	0
Lamb . Loin, broiled Lean only..... 3 oz	184	25	8	0	0	0
.Lamb Leg, roasted Lean and fat..... 3 oz	219	22	14	0	0	0
Lamb Cooked.. Leg, roasted Lean only..... 3 oz	162	24	7	0	0	0
Lamb Cooked... Rib Lean and fat..... 3 oz	305	18	25	0	0	0
Lamb Cooked... Rib Lean only..... 3 oz	197	22	11	0	0	0
Bacon Regular 3 medium slices	109	6	9	0	Tr	0
Bacon Canadian style (6 slices per 6-oz pkg)...2 slices	86	11	4	0	1	0
Ham, light cure, roasted Lean and fat..... 3 oz	207	18	14	0	0	0
Ham, light cure, roasted Lean only..... 3 oz	133	21	5	0	0	0

Ham, canned, roasted..... 3 oz	142	18	7	0	Tr	0
Pork chop (broiled)Lean and fat..... 3 oz	204	24	11	0	0	0
Pork chop (broiled) Lean only..... 3 oz	172	26	7	0	0	0
Pork chop (fried) Lean and fat..... 3 oz	235	25	14	0	0	0
Pork chop (fried) Lean only..... 3 oz	197	27	9		0	0
Ham (roasted) Lean and fat..... 3 oz	232	23	15	0	0	0
Ham (roasted) Lean only..... 3 oz	179	25	8	0	0	0
Pork. Rib roast Lean and fat..... 3 oz	217	23	13	0	0	0
Pork. Rib roast Lean only..... 3 oz	190	24	9	0	0	0
Pork. Ribs Backribs, roasted..... 3 oz	315	21	25	0	0	0
Pork.. Ribs Country style, braised..... 3 oz	252	20	18	0	0	0
Pork. Ribs Spareribs, braised..... 3 oz	337	25	26	0	0	0
Pork. Shoulder cut Lean and fat..... 3 oz	280	24	20	0	0	0
Pork Shoulder cut Lean only..... 3 oz	211	27	10	0	0	0
Bologna, beef and pork (8 per 8-oz pkg)2 slices	180	7	16	0	2	0
Braunschweiger (6 slices per6-oz pkg)..... 2 slices	205	8	18	0	2	0
Canned, lunch meat(7 slices per 7-oz can).... 2 slices	172	7	15	0	1	0
Pork with ham (12 slices per12-oz can) 2 slices	188	8	17	0	1	0
Pork and chicken (12 slicesper 12-oz can) 2 slices	117	9	8	0	1	0
Cooked ham (1 oz) Regular 2 slices	104	10	6	0	2	0
Cooked ham (1 oz) Extra lean 2 slices	75	11	3	0	1	0
Frankfurter (1.6 oz) Beef and pork..... 1 frank	144	5	13	0	1	0
Frankfurter (1.6 oz) Beef 1 frank	142	5	5	0	1	0
Pork sausage cooked Link (4" x 7/8" raw) 2 links	96	5	8	0	Tr	0
Pork sausage cooked Patty (3 7/8" x 1/4" raw) ... 1 patty	100	5	8	0	Tr	0
Salami, beef and pork (1 oz) cooked type..... 2 slices	143	8	11	0	1	0
Salami, beef and pork (3 1/8" x 1/16") dry type .. 2 slices	84	5	7	0	1	0
Vienna sausage (7 per 4-oz can) 1 sausage	45	2	4	0	Tr	0
Veal Cutlet lean and fat cooked 3 oz	179	31	5	0	0	0
Veal Rib, roasted, lean and fat..... 3 oz	194	20	12	0	0	0
Chicken pieces, boneless,breaded fried, plain ... 6 pieces	319	18	21	0	15	0
Sundae, hot fudge 1 sundae	284	6	9	0	48	0
Chicken Dark meat (fried)..... 3 oz	203	25	10	0	2	0
Chicken Light meat (fried)..... 3 oz	163	28	5	0	Tr	0
Chicken Breast meat only roasted..... 1/2 breast	142	27	3	0	0	0
Chicken Drumstick meat only roasted 1 drumstick	76	12	2	0	0	0
Chicken. Thigh meat only roasted..... 1 thigh	109	13	6	0	0	0
Chicken. Stewed dark and light meat chopped or diced 1 cu	332	43	17	0	0	0
Chicken giblets, simmered, chopped 1 cup	228	37	7	0	1	0
Chicken liver, simmered 1 liver	31	5	1	0	Tr	0
Chicken neck, meat only, simmered..... 1 neck	32	4	1	0	0	0
Duck, roasted, flesh only 1/2 duck	444	52	25	0	0	0
Turkey Roasted Dark meat..... 3 oz	159	24	6	0	0	0
Turkey Roasted Light meat 3 oz	133	25	3	0	0	0
Turkey Roasted Light and dark meat, chop or diced.. 1 cup	238	41	7	0	0	0
Turkey Ground, cookedPatty, from 4 oz raw..... 1 patty	193	22	11	0	0	0
Turkey Ground, cooked Crumbled..... 1 cup	298	35	17	0	0	0
Turkey giblets, simmered, chopped 1 cup	242	39	7	0	3	0
Turkey neck, meat only, simmered..... 1 neck	274	41	11	0	0	0
Chicken Canned, boneless 5 oz	234	31	11	0	0	0
Chicken Frankfurter 1.6 oz 1 frank	116	6	9	0	3	0
Chicken Roll, light meat (1oz per slice)..... 2 slices	90	11	4	0	1	0
Turkey Gravy and turkey, frozen 5-oz package	95	8	4	0	7	0
Turkey Roast boneless light + dark meat, cooked..... 3 oz	132	18	5	0	3	0
Beef broth,bouillon, Consomme 1 cup	29	5	0	0	2	0
Chicken broth..... 1 cup	17	3	0	0	1	0
Beef bouillon..... 1 packet	14	1	1	0	1	0
Beef stock (home prepared)...soup..... 1 cup	31	5	Tr	0	3	0
Chicken stock (home prepared)..... 1 cup	86	6	3	0	8	0

Worcestershire Sauce..... 1 tbsp	11	0	0	0	3	0
White Chocolate chips..... 1 cup	916	10	55	0	101	0
Gumdrops (3/4" dia) 1 cup	703	0	0	0	180	0
Gummy bears 10 bears	85	0	0	0	22	0
Gummy worms..... 10 worms	286	0	0	0	73	0
Hard candy..... 1 piece	24	0	Tr	0	6	0
STARBURST fruit chews (M&M MARS) 2.07 oz) ..1 bag	234	Tr	4	0	50	0
Fruit and juice bar 1 bar (2.5 fl oz)	63	1	Tr	0	16	0
Ice pop..... 1 bar (2 fl oz)	42	0	0	0	11	0
Italian ices..... 1/2 cup	61	Tr	Tr	0	16	0
gelatin dessert Regular 1/2 cup	80	2	0	0	19	0
gelatin dessert Reduced cal (with aspartame)....1/2 cup	8	1	0	0	1	0
Brown Sugar packed.....1 cup	827	0	0	0	214	0
Brown Sugar unpacked.....1 cup	545	0	0	0	141	0
Brown Sugar unpacked.....1 tbsp	34	0	0	0	9	0
White Sugar granulated.....1 packet	23	0	0	0	6	0
White Sugar granulated.....1 tsp	16	0	0	0	4	0
White Sugar granulated.....1 cup	774	0	0	0	200	0
White sugar Powdered.....1 tbsp	31	0	Tr	0	8	0
White sugar Powdered.....1 cup	467	0	Tr	0	119	0
Corn syrup, light.....1 tbsp	56	0	0	0	15	0
Maple Syrup.....1 tbsp	52	0	Tr	0	13	0
Molasses, blackstrap.....1 tbsp	47	0	0	0	12	0
Pancake Syrup.....1 tbsp	57	0	0	0	15	0
Pancake Syrup, reduced calorie.....1 tbsp	25	0	0	0	7	0
Vinegar Cider 1 tbsp	2	0	0	0	1	0
http://www.ideal-weight-charts.com						

