

Nutritive Value of Food with Grams of Protein per Calorie

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

Egg substitute, liquid 1/4 cu	53	8	2	0	0.150943396
Turkey Roasted Dark meat..... 3 oz	159	24	6	0	0.150943396
Turkey neck, meat only, simmered..... 1 neck	274	41	11	0	0.149635036
Tuna canned in oil pack,drained, chunk light 3 oz	168	25	7	0	0.148809524
Lamb. Leg, roasted Lean only..... 3 oz	162	24	7	0	0.148148148
Cooked ham (1 oz) Extra lean 2 slices	75	11	3	0	0.146666667
Trout, baked or broiled 3 oz	144	21	6	0	0.145833333
Salmon Canned (pink) solids and liquid 3 oz	118	17	5	0	0.144067797
Low fat, cheddar or colby..... 1 oz	49	7	2	0	0.142857143
Asparagus..... 4 spears	14	2	Tr	1.2	0.142857143
Lettuce, raw, Crisphead, as iceberg chopped 1 cup	7	1	Tr	0.8	0.142857143
Mustard greens, cooked, drained..... 1 cup	21	3	Tr	2.8	0.142857143
Spinach Raw Chopped 1 cup	7	1	Tr	0.8	0.142857143
.. Ham (roasted) Lean only..... 3 oz	179	25	8	0	0.139664804
.. Pork chop (fried) Lean only..... 3 oz	197	27	9		0.137055838
Turkey Roast boneless light + dark meat, cooked..... 3 oz	132	18	5	0	0.136363636
Lamb Loin, broiled Lean only..... 3 oz	184	25	8	0	0.135869565
Cream Cheese Fat free..... 1 tbsp	15	2	Tr	0	0.133333333
Chicken Canned, boneless 5 oz	234	31	11	0	0.132478632
Chicken Stewed dark+ light meat chopped or diced . 1 cup	332	43	17	0	0.129518072
Crab Cake with egg and onion fried in margarine ... 1 cake	93	12	5	0	0.129032258
Shoulder cut Lean only..... 3 oz	211	27	10	0	0.127962085
Bacon Canadian style (6 slices per 6-oz pkg)...2 slices	86	11	4	0	0.127906977
.. Ham, canned, roasted..... 3 oz	142	18	7	0	0.126760563
Lamb Chops braised Lean only..... 3 oz	237	30	12	0	0.126582278
.. Rib roast Lean only..... 3 oz	190	24	9	0	0.126315789
Salmon Baked or broiled (red) 3 oz	184	23	9	0	0.125
Liver, fried2C\, " x C\," 3 oz	184	23	7	0	0.125
Chicken neck, meat only, simmered..... 1 neck	32	4	1	0	0.125
gelatin dessert Reduced cal (with aspartame)....1/2 cup	8	1	0	0	0.125
Lettuce,raw, Romaine or cos Pieces, shredded..... 1 cup	8	1	Tr	1	0.125
Chicken Dark meat (fried)..... 3 oz	203	25	10	0	0.123152709
Chicken Roll, light meat (1oz per slice)..... 2 slices	90	11	4	0	0.122222222
Lean only (pot roasted or simmered)..... 3 oz	213	26	11	0	0.122065728
Spinach Cooked, drained 1 cup	41	5	Tr	4.3	0.12195122
Cottage cheese (4%) Large curd 1 cup	233	28	10	0	0.120171674
Broccoli Chopped or diced raw 1 cup	25	3	Tr	2.6	0.12
Chicken. Thigh meat only roasted..... 1 thigh	109	13	6	0	0.119266055
Sardines in oil (drained) 3 oz	177	21	10	0	0.118644068
Fatty Roast (rib)oven cooked Lean only..... 3 oz .	195	23	11	0	0.117948718
.. Pork chop (broiled)Lean and fat..... 3 oz	204	24	11	0	0.117647059
Turkey Ground, cooked Crumbled..... 1 cup	298	35	17	0	0.117449664
Duck, roasted, flesh only 1/2 duck	444	52	25	0	0.117117117
Asparagus, From raw 1 cup	43	5	1	2.9	0.11627907
Bean sprouts (mung), Cooked, drained..... 1 cup	26	3	Tr	1.5	0.115384615
Broccoli From frozen, chopped, cooked..... 1 cup	52	6	Tr	5.5	0.115384615
Crab Imitation, from surimi 3 oz	87	10	1	0	0.114942529
Turkey Ground, cookedPatty, from 4 oz raw..... 1 patty	193	22	11	0	0.113989637
Broccoli Chopped, cooked..... 1 cup	44	5	1	4.5	0.113636364
Tofu Firm 1/4 block	62	7	4	0.3	0.112903226
Lamb Rib Lean only..... 3 oz	197	22	11	0	0.111675127
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

Tofu Soft, piece 2 1/2" x 2 3/4" x 1"..... 1 piece	73	8	4	0.2	0.109589041
.. Sirloin Steak broiled Lean and fat..... 3 oz	219	24	13	0	0.109589041
Asparagus, Canned 5" drained..... 1 cup	46	5	2	3.9	0.108695652
.. Beef, canned, corned..... 3 oz	213	23	13	0	0.107981221
.. Pork chop (fried) Lean and fat..... 3 oz	235	25	14	0	0.106382979
.. Rib roast Lean and fat..... 3 oz	217	23	13	0	0.105990783
Oyster 6 medium	57	6	2	0	0.105263158
Veal Rib, roasted, lean and fat..... 3 oz	194	20	12	0	0.103092784
Lean cut(bottom round) simmered Lean and fat.... 3 oz	234	24	14	0	0.102564103
Beet greens, drained, 1" pieces..... 1 cup	39	4	Tr	4.2	0.102564103
Kale, cooked, drained, chopped 1 cup	39	4	1	2.6	0.102564103
nonfat yogurt(milk solids) Plain..... 8-oz	127	13	Tr	0	0.102362205
Mozzarella (Part skim low moisture) 1 oz	79	8	5	0	0.101265823
Ground beef, broiled 83% lean..... 3 oz	218	22	14	0	0.100917431
Oyster Raw, meat only 1 cup	169	17	6	0	0.100591716
Lamb. Leg, roasted Lean and fat..... 3 oz	219	22	14	0	0.100456621
1037 Alfalfa sprouts, raw..... 1 cup .	10	1	Tr	0.8	0.1
Lettuce, raw, Looseleaf, Pieces, shredded..... 1 cup	10	1	Tr	1.1	0.1
.. Ham (roasted) Lean and fat..... 3 oz	232	23	15	0	0.099137931
Nonfat instant milk..... 1 cup	244	24	Tr	0	0.098360656
Chili con carne..... 1 cup	256	25	8	NA	0.09765625
Soybeans, dry, cooked..... 1 cup .	298	29	15	10.3	0.097315436
Cooked ham (1 oz) Regular 2 slices	104	10	6	0	0.096153846
Chicken Breast dipped fried (with bones skin).1/2 breast	364	35	18	0.4	0.096153846
Evaporated Skim milk 1 cup	199	19	1	0	0.095477387
Meatless burger crumbles,MORNINGSTAR FARMS.. 1 cup	231	22	13	5.1	0.095238095
Lettuce, raw Leaf (Butterhead, Boston) 5" dia 1 head	21	2	Tr	1.6	0.095238095
Parmesan, grated..... 1 oz	129	12	9	0	0.093023256
Milk Nonfat (skim) 1 cup	86	8	Tr	0	0.093023256
Shrimp 6 large	108	10	6	0.2	0.092592593
Brussels sprouts, cooked, 1 cup	65	6	1	6.4	0.092307692
Parmesan, grated..... 1 cup	456	42	30	0	0.092105263
Yogurt (no milk solids) nonfat milk, low cal.....8-oz	98	9	Tr	0	0.091836735
Lamb. Chops braised Lean and fat..... 3 oz	294	26	20	0	0.088435374
Salad, tossed, with egg, cheese, no dressing.... 1 1/2 cups	102	9	6	NA	0.088235294
Cauliflower Cooked, 1 cup	34	3	Tr	4.9	0.088235294
Shrimp breaded, fried 3 oz	206	18	10	0.3	0.087378641
Parmesan, grated..... 1 tbsp	23	2	2	0	0.086956522
.. Ham, light cure, roasted Lean and fat..... 3 oz	207	18	14	0	0.086956522
Soybeans, green, cooked, drained..... 1 cup	254	22	12	7.6	0.086614173
Soy milk..... 1 cup	81	7	5	3.2	0.086419753
Tuna salad (made with mayo)..... 1 cup	383	33	19	0	0.08616188
Shoulder cut Lean and fat..... 3 oz	280	24	20	0	0.085714286
Scallops, cooked, breaded, fried 6 large	200	17	10	0.2	0.085
Turkey Gravy and turkey, frozen 5-oz package	95	8	4	0	0.084210526
Cocoa Powder containing aspartane.... 1 1/2-oz envelope	48	4	Tr	0.4	0.083333333
low fat yogurt (milk solids) Plain..... 8-oz	144	12	4	0	0.083333333
Chicken. 1 Drumstick batter fried (with bones skin)..	193	16	11	0.2	0.082901554
Part skim milk 1 cup	340	28	19	0	0.082352941
Collards, cooked, drained, 1 cup	61	5	1	4.8	0.081967213
Egg Whole raw.....1 x large	86	7	6	0	0.081395349
Ground beef, broiled 73% lean..... 3 oz	246	20	18	0	0.081300813
Milk Buttermilk 1 cup	99	8	2	0	0.080808081

Hard Boiled egg.....1 cup chopped	211	17	14	0	0.08056872
Egg Whole raw..... 1 large	75	6	5	0	0.08
Egg Poached, with salt..... 1 large	75	6	5	0	0.08
Bamboo shoots, canned, drained..... 1 cup	25	2	1	1.8	0.08
Chicken 1 Thigh batter dipped fried (with bones skin)	238	19	14	0.3	0.079831933
Oat bran Cooked 1 cup	88	7	2	5.7	0.079545455
Ribs Country style, braised..... 3 oz	252	20	18	0	0.079365079
Chicken noodle 1 cup	76	6	2	1.2	0.078947368
Fatty cut (pot roasted or simmered) Lean and fat.... 3 oz	293	23	22	0	0.078498294
Milk Lowfat (1%) 1 cup	102	8	3	0	0.078431373
Chili con carne with beans, canned..... 1 cup	255	20	8	8.2	0.078431373
Lentils, dry, cooked..... 1 cup	230	18	1	15.6	0.07826087
Lamb. Loin, broiled Lean and fat..... 3 oz	269	21	20	0	0.078066914
Hard Boiled egg..... 1 large	78	6	5	0	0.076923077
Catfish, breaded, fried..... 3 oz	195	15	11	0.6	0.076923077
Pork and chicken (12 slices per 12-oz can) 2 slices	117	9	8	0	0.076923077
Vegetable beef 1 cup	78	6	2	0.5	0.076923077
Lettuce, raw, Crisphead, as iceberg Head, 6" dia ..1 head	65	5	1	7.5	0.076923077
Okra, sliced, cooked, drained From frozen 1 cup	52	4	1	5.2	0.076923077
Egg Whole raw..... 1 medium	66	5	4	0	0.075757576
Mozzarella made with whole milk..... 1 oz	80	6	6	0	0.075
Above this point food is greater than 30% of calories from protein					
Swiss Cheese..... 1 oz	107	8	8	0	0.074766355
Canned, ready to serve, Chicken noodle 1 cup	175	13	6	3.8	0.074285714
Ribs Spareribs, braised..... 3 oz	337	25	26	0	0.074183976
Wheat germ, toasted, plain 1 tbsp	27	2	1	0.9	0.074074074
Snap Beans Green, from can..... 1 cup	27	2	Tr	2.6	0.074074074
Swiss .Cheese..... 1 oz	95	7	7	0	0.073684211
Canned, ready to serve, Chicken and vegetable 1 cup	166	12	5	NA	0.072289157
Peas, edible pod, cooked, 1 cup	83	6	1	5	0.072289157
Beans, dry cooked, Great Northern 1 cup	209	15	1	12.4	0.071770335
Beef bouillon..... 1 packet	14	1	1	0	0.071428571
Artichokes, cooked, drained..... 1 cup	84	6	Tr	9.1	0.071428571
Cucumber Peeled Sliced..... 1 cup	14	1	Tr	0.8	0.071428571
Cucumber Sliced..... 1 cup	14	1	Tr	0.8	0.071428571
Mushrooms Cooked, drained, pieces 1 cup	42	3	1	3.4	0.071428571
Sub Roast beef 6"(with tomato,lettuce, mayo) . 1 sandwich	410	29	13	NA	0.070731707
Pizza Meat and vegetables 1 slice (1/8 of 12" pizza)	184	13	5	NA	0.070652174
Camembert (3 weges @ 4-oz container)..... 1 wedge	114	8	9	0	0.070175439
Provolone 1 oz	100	7	8	0	0.07
Chicken stock (home prepared)..... 1 cup	86	6	3	0	0.069767442
Beans, dry cooked, Lima, large 1 cup	216	15	1	13.2	0.069444444
Scrambled egg in margarine..... 1 large	101	7	7	0	0.069306931
Oat bran Uncooked 1 cup	231	16	7	14.5	0.069264069
Peas, split, dry, cooked 1 cup	231	16	1	16.3	0.069264069
Turnip greens, cooked, drained 1 cup	29	2	Tr	5	0.068965517
Chicken and rice with vegetables 1 cup	88	6	1	0.7	0.068181818
Muenster..... 1 oz	104	7	9	0	0.067307692
Blue cheese Low calorie..... 1 tbsp	15	1	1	0	0.066666667
Beans, dry cooked, Kidney, red 1 cup	225	15	1	13.1	0.066666667
.. Ribs Backribs, roasted..... 3 oz	315	21	25	0	0.066666667
Chicken and rice..... 1 cup	60	4	2	0.7	0.066666667
Teriyaki Sauce..... 1 tbsp	15	1	0	Tr	0.066666667

Beef macaroni, frozen, HEALTHY CHOICE..... 1 package	211	14	2	4.6	0.066350711
Milk Reduced fat (2%) 1 cup	121	8	5	0	0.066115702
Beans, dry cooked, Black 1 cup	227	15	1	15	0.066079295
Ricotta, made with whole milk..... 1 cup	428	28	32	0	0.065420561
Fried egg in margarine..... 1 large	92	6	7	0	0.065217391
Black eyed peas Cooked 1 cup	200	13	1	11.2	0.065
Beef gravy canned..... 1/4 cup	31	2	1	0.2	0.064516129
Turkey gravy canned.....1/4 cup	31	2	1	0.2	0.064516129
Peas, green boiled, drained..... 1 cup	125	8	Tr	8.8	0.064
Roast beef sandwich, plain 1 sandwich	346	22	14	NA	0.063583815
Lentil 1 cup	126	8	2	5.6	0.063492063
Baby limas 1 cup	189	12	1	10.8	0.063492063
Baked beans Lima, large 1 cup	190	12	Tr	11.6	0.063157895
Hamburger Large everything Double patty ... 1 sandwich	540	34	27	NA	0.062962963
Chicken 1 Wing batter dipped fried (with bones skin).	159	10	11	0.1	0.062893082
Fatty Roast (rib) oven cooked Lean and fat..... 3 oz	304	19	25	0	0.0625
Black eyed peas 1 cup	224	14	1	10.9	0.0625
Kohlrabi, cooked, drained, slices..... 1 cup	48	3	Tr	1.8	0.0625
Onions Spring raw Chopped 1 cup	32	2	Tr	2.6	0.0625
Above this point food is greater than 25% of calories from protein					
Beans, dry cooked, Pea (navy) 1 cup	258	16	1	11.6	0.062015504
Baked beans White 1 cup	307	19	1	12.6	0.061889251
Cheddar Shredded 1 cup	455	28	37	0	0.061538462
Cheddar Cut pieces 1 oz	114	7	9	0	0.061403509
Cheeseburger plain Double patty 1 sandwich	457	28	28	NA	0.061269147
Pumpkin and squash kernels.roasted, seeds)1 oz	148	9	12	1.1	0.060810811
Cabbage, Cooked, drained..... 1 cup	33	2	1	3.5	0.060606061
Chicken and rice 1 cup	116	7	3	0.7	0.060344828
Beef noodle 1 cup	83	5	3	0.7	0.060240964
Blue Cheese..... 1 oz	100	6	8	0	0.06
Beans, dry cooked, Pinto 1 cup	234	14	1	14.7	0.05982906
Baked beans Kidney, red 1 cup	218	13	1	16.4	0.059633028
Salami, beef and pork (3 1/8" x 1/16") dry type .. 2 slices	84	5	7	0	0.05952381
Black eyed peas Canned, solids and liquid 1 cup	185	11	1	7.9	0.059459459
Refried beans, canned 1 cup	237	14	3	13.4	0.05907173
Lamb Rib Lean and fat..... 3 oz	305	18	25	0	0.059016393
Lemons or Lime no peel (2 1/8" dia with p..... 1 fruit	17	1	Tr	1.6	0.058823529
English muffin egg,cheese, Canadian bacon 1 muffin	289	17	13	1.5	0.058823529
Lima Beans, Ford hooks..... 1 cup	170	10	1	9.9	0.058823529
Yogurt (no milk solids) plain 8-oz	139	8	7	0	0.057553957
Cream Cheese Low fat..... 1 tbsp	35	2	3	0	0.057142857
Pizza Cheese 1 slice (1/8 of 12" pizza)	140	8	3	NA	0.057142857
Dandelion greens, cooked, drained..... 1 cup	35	2	1	3	0.057142857
Taco, beef..... 1 small	369	21	21	NA	0.056910569
American Cheese Regular 1 oz	106	6	9	0	0.056603774
Miso (soy)..... 1 cup	567	32	17	14.9	0.05643739
Chicken pieces, boneless,breaded fried, plain ... 6 pieces	319	18	21	0	0.056426332
Taco, beef..... 1 large	568	32	32	NA	0.056338028
Canned, ready to serve, Bean with ham 1 cup	231	13	9	11.2	0.056277056
Salami, beef and pork (1 oz) cooked type..... 2 slices	143	8	11	0	0.055944056
Chickpeas, dry Cooked 1 cup	269	15	4	12.5	0.055762082
Hamburger Regular condiments Double patty 1 sandwich	576	32	32	NA	0.055555556
Cabbage, Raw 1 cup	18	1	Tr	1.6	0.055555556

Peppers, Hot Chili, raw Green or red 1 pepper	18	1	Tr	0.7	0.055555556
Squash Cooked, drained 1 cup	36	2	1	2.5	0.055555556
Pizza Pepperoni 1 slice (1/8 of 12" pizza)	181	10	7	NA	0.055248619
. Bacon Regular 3 medium slices	109	6	9	0	0.055045872
Spaghetti meat sauce, frozen HEALTHY CHOICE...1 pack	255	14	3	5.1	0.054901961
Soups with whole milk Clam chowder, New England. 1 cup	164	9	7	1.5	0.054878049
Pea, green soup..... 1 cup	165	9	3	2.8	0.054545455
Cheeseburger Single patty with mayo veg.... 1 sandwich	295	16	14	NA	0.054237288
Herring, pickled 3 oz	223	12	15	0	0.053811659
Feta Cheese..... 1 oz	75	4	6	0	0.053333333
Milk Whole (3.3% fat) 1 cup	150	8	8	0	0.053333333
Chicken noodle..... 1 cup	75	4	2	0.7	0.053333333
Peanut butter Reduced fat, smooth..... 1 tbsp	94	5	6	16.3	0.053191489
Snap Beans Green..... 1 cup	38	2	Tr	4.1	0.052631579
Tomatoes Raw Chopped or sliced 1 cup	38	2	1	2	0.052631579
Baked beans With pork in tomato sauce 1 cup	248	13	3	12.1	0.052419355
SPECIAL K..... 1 cup	115	6	Tr	1	0.052173913
Pork sausage cooked Link (4" x 7/8" raw) 2 links	96	5	8	0	0.052083333
Vegetables, mixed Canned, drained..... 1 cup	77	4	Tr	4.9	0.051948052
Chicken Frankfurter 1.6 oz 1 frank	116	6	9	0	0.051724138
Sub Tuna salad 6" (with mayo,lettuce) 1 sandwich	584	30	28	NA	0.051369863
Cucumber Whole, 8 1/4" long..... 1 large	39	2	Tr	2.4	0.051282051
Egg Yolk raw..... 1 large	59	3	5	0	0.050847458
Baked beans Plain or vegetarian 1 cup	236	12	1	12.7	0.050847458
Hamburger Large everything Single patty..... 1 sandwich	512	26	27	NA	0.05078125
Chocolate milk Lowfat (1%) 1 cup	158	8	3	1.3	0.050632911
Beef stew, canned 1 cup	218	11	12	3.5	0.050458716
Cheeseburger Double patty with mayo veg... 1 sandwich	417	21	21	NA	0.050359712
Canned Milk Evaporated Whole milk..... 1 cup	339	17	19	0	0.050147493
Pork sausage cooked Patty (3 7/8" x 1/4" raw) ... 1 patty	100	5	8	0	0.05
Above this point food is greater than 20% of calories from protein					
Cheeseburger Large Single patty mayo veg.. 1 sandwich	563	28	33	NA	0.04973357
Turkey Patties breaded fried (2.25 oz) 1 patty	181	9	12	0.3	0.049723757
Vegetable .Soup..... 1 cup	81	4	1	1.4	0.049382716
Frijoles (refried beans, chili sauce, cheese) 1 cup	225	11	8	NA	0.048888889
Minestrone...Soup..... 1 cup	82	4	3	1	0.048780488
Tomato juice, canned, with salt added 1 cup	41	2	Tr	1	0.048780488
Sub sandwich 6"(oil,cold cuts, everything) ... 1 sandwich	456	22	19	NA	0.048245614
Tostada (with cheese, veg) beans and beef... .1 tostada	333	16	17	NA	0.048048048
Hot dog With chili 1 sandwich	296	14	13	NA	0.047297297
Cheeseburger plain Single patty..... 1 sandwich	319	15	15	NA	0.047021944
nonfat yogurt (milk solids) Fruit flavored..... 8-oz	213	10	Tr	0	0.046948357
Vegetables, mixed Frozen, cooked, drained 1 cup	107	5	Tr	8	0.046728972
Chicken fillet (breaded fried) sandwich, plain .. 1 sandwich	515	24	29	NA	0.046601942
Taco salad (with beef, cheese, taco shell)1 1/2 cups	279	13	15	NA	0.046594982
Bean with pork 1 cup	172	8	6	8.6	0.046511628
Tomato Paste 1 cup	215	10	1	10.7	0.046511628
Baked beans With pork in sweet sauce ... 1 cup	281	13	4	13.2	0.046263345
Baked beans With frankfurters..... 1 cup	368	17	17	17.9	0.046195652
Mixed grain bread 1 slice	65	3	1	1.7	0.046153846
Puffed Wheat..... 1 cup	44	2	Tr	0.5	0.045454545
Beans, Snap Beans Green, from raw..... 1 cup	44	2	Tr	4	0.045454545
Peanuts in Oil roasted, salted..... 1 cup	837	38	71	13.2	0.045400239

Chocolate milk Reduced fat (2%) 1 cup	179	8	5	1.3	0.044692737
Vienna sausage (7 per 4-oz can) 1 sausage	45	2	4	0	0.044444444
Sauerkraut, canned, solids and liquid 1 cup	45	2	Tr	5.9	0.044444444
Chimichanga with beef 1 chimichanga	452	20	20	NA	0.044247788
Tortellini, pasta with cheese filling, frozen.. (1 cup cooked)	249	11	6	1.5	0.044176707
Hamburger Regular condiments Single patty... 1 sandwich	272	12	10	2.3	0.044117647
Pine nuts (pignolia), shelled 1 oz	160	7	14	1.3	0.04375
Wheat bread, reduced calorie..... 1 slice	46	2	1	2.8	0.043478261
Whole Wheat Bread 1 slice	69	3	1	1.9	0.043478261
Hummus, commercial..... 1 tbsp	23	1	1	0.8	0.043478261
Onion 1 packet	115	5	2	4.1	0.043478261
Tomatoes Canned, solids and liquid 1 cup	46	2	Tr	2.4	0.043478261
Vegetable juice cocktail, canned 1 cup	46	2	Tr	1.9	0.043478261
Low Fat yogurt (milk solids) Fruit flavored..... 8-oz	231	10	2	0	0.043290043
Burrito With beans and meat..... 1 burrito	255	11	9	NA	0.043137255
Clam chowder, New England..... 1 cup	117	5	2	1.2	0.042735043
Rye Bread, reduced calorie..... 1 slice	47	2	1	2.8	0.042553191
Peanut butter Chunk style 1 tbsp	94	4	8	1.1	0.042553191
Sesame seeds..... 1 tbsp	47	2	4	0.9	0.042553191
Pork with ham (12 slices per12-oz can) 2 slices	188	8	17	0	0.042553191
Peanuts..... 1 oz	165	7	14	2.6	0.042424242
Burrito With beans and cheese..... 1 burrito	189	8	6	NA	0.042328042
Pasta with meatballs in tomato sauce, canned 1 cup	260	11	10	6.8	0.042307692
Rice Parboiled Wild, cooked..... 1 cup	166	7	1	3	0.042168675
Peanuts Dry Roasted Salted..... 1 oz (about 28)	166	7	14	2.3	0.042168675
Peanut butter Smooth style 1 tbsp	95	4	8	0.9	0.042105263
Nacho cheese Sauce..... 1/4 cup	119	5	10	0.5	0.042016807
Chickpeas, dry Canned, solids and liquid 1 cup	286	12	3	10.6	0.041958042
Oyster Breaded, fried 3 oz	167	7	11	0.2	0.041916168
Shrimp, breaded and fried..... 6-8 shrimp	454	19	25	NA	0.04185022
Cantaloupe (5") Wedge..... 1/8 melon	24	1	Tr	0.6	0.041666667
White Bread, reduced calorie 1 slice	48	2	1	2.2	0.041666667
Oatmeal plain, nonfortified 1 cup	145	6	2	4	0.04137931
Hot dog Plain..... 1 sandwich	242	10	15	NA	0.041322314
Pine nuts (pignolia), shelled..... 1 tbsp	49	2	4	0.4	0.040816327
Pumpkin Cooked, mashed..... 1 cup	49	2	Tr	2.7	0.040816327
Canned, lunch meat(7 slices per 7-oz can).... 2 slices	172	7	15	0	0.040697674
Minestrone 1 cup	123	5	3	1.2	0.040650407
Bagel Egg 3 1/2" bagel	197	8	1	1.6	0.040609137
Neufchatel 1 oz	74	3	7	0	0.040540541
Tomato Sauce 1 cup	74	3	Tr	3.4	0.040540541
Macaroni and cheese, canned, made with corn oil ... 1 cup	199	8	6	3	0.040201005
Fish sandwich, with tartar sauce and cheese ...1 sandwich	523	21	29	NA	0.040152964
Malted milk Chocolate Prepared 1 cup	225	9	9	0.3	0.04
Beets Slices 1 cup	75	3	Tr	3.4	0.04
Tomato Puree 1 cup	100	4	Tr	5	0.04
Chocolate beverage mix Prepared with milk 1 cup	226	9	9	1.3	0.039823009
Bulgur Cooked 1 cup	151	6	Tr	8.2	0.039735099
Whole wheat from hard wheats, 1 cup	407	16	2	14.6	0.039312039
Braunschweiger (6 slices per6-oz pkg)..... 2 slices	205	8	18	0	0.03902439
Pita Bread 4" pita	77	3	Tr	0.6	0.038961039
Bologna, beef and pork (8 per 8-oz pkg)2 slices	180	7	16	0	0.038888889
Croissant with egg, cheese, bacon..... 1 croissant	413	16	28	NA	0.03874092

Buckwheat groats, roasted (kasha), cooked 1 cup	155	6	1	4.5	0.038709677
Bread Crumbs Seasoned, unenriched 1 cup	440	17	3	5	0.038636364
Oatmeal Instant, fortified, plain 1 packet	104	4	2	3	0.038461538
Tomatoes whole Medium,..... 1 tomato	26	1	Tr	1.4	0.038461538
Corn, from frozen Kernels..... 1 cup	131	5	1	3.9	0.038167939
Noodles (egg noodles) cooked Spinach..... 1 cup	211	8	3	3.7	0.037914692
Beets ,canned Slices 1 cup	53	2	Tr	2.9	0.037735849
Noodles (egg noodles) cooked Regular 1 cup	213	8	2	1.8	0.037558685
Pumpnickel Bread 1 slice	80	3	1	2.1	0.0375
Above this point food is greater than 15% of calories from protein					
Pistachio nuts, dry roast,with salt, shelled ... 1 oz (47 nuts)	161	6	13	2.9	0.037267081
Soups with whole milk Tomato 1 cup	161	6	6	2.7	0.037267081
Potato Au gratin @ whole milk, butter home recipe... 1 cup	323	12	19	4.4	0.037151703
Italian Bread 1 slice	54	2	1	0.5	0.037037037
Tortilla chips Low fat, baked..... 10 chips	54	2	1	0.7	0.037037037
Onion 1 cup	27	1	1	1	0.037037037
Celery Cooked, Pieces, diced..... 1 cup	27	1	Tr	2.4	0.037037037
Hot dog (corndog)..... 1 corndog	460	17	19	NA	0.036956522
WHEATENA..... 1 cup	136	5	1	6.6	0.036764706
Bagel Plain..... 4" bagel	245	9	1	2	0.036734694
Almonds Whole..... 1 oz (24 nuts)	164	6	14	3.3	0.036585366
Almonds Sliced 1 cup	549	20	48	11.2	0.036429872
Rye Bread 1 slice	83	3	1	1.9	0.036144578
Pancakes, plain (4" dia) from scratch @ oil 1 pancake	83	3	3	0.7	0.036144578
Corn, sweet, yellow, Cooked, kernels on cob 1 ear	83	3	1	2.2	0.036144578
Pumpkin Canned 1 cup	83	3	1	7.1	0.036144578
Rolls Hard, kaiser..... 1 roll	167	6	2	1.3	0.035928144
Bagel Plain 3 1/2" bagel	195	7	1	1.6	0.035897436
Bagel Cinnamon raisin 3 1/2" bagel	195	7	1	1.6	0.035897436
Bread Crumbs dry, enriched..... 1 oz	112	4	2	0.7	0.035714286
Eggplant, cooked, drained 1 cup	28	1	Tr	2.5	0.035714286
Macaroni (elbows) cooked 1 cup	197	7	1	1.8	0.035532995
Spaghetti, cooked Enriched 1 cup	197	7	1	2.4	0.035532995
Frankfurter (1.6 oz) Beef 1 frank	142	5	5	0	0.035211268
Egg bread (challah) 1/2" slice	115	4	2	0.9	0.034782609
Frankfurter (1.6 oz) Beef and pork..... 1 frank	144	5	13	0	0.034722222
Chicken noodle..... 1 cup	58	2	1	0.3	0.034482759
Milk shake, thick, Vanilla 11 fl oz	350	12	9	0	0.034285714
Couscous Cooked 1 cup	176	6	Tr	2.2	0.034090909
Tahini 1 tbsp	89	3	8	1.4	0.033707865
French toast made @ 2% milk fried in margarine... 1 slice	149	5	7	0.7	0.033557047
Soft bread crumbs 1 cup	120	4	2	1	0.033333333
Mushroom gravy canned..... 1/4 cup	30	1	2	0.2	0.033333333
Scalloped Potatoes from home recipe milk, butter.. 1 cup	211	7	9	4.7	0.033175355
Tostada (with cheese, veg) With guacamole 1 tostada	181	6	12	NA	0.033149171
Bread Crumbs dry, enriched 1 cup	427	14	6	2.6	0.032786885
MALT O MEAL..... 1 cup	122	4	Tr	1	0.032786885
Canned, ready to serve, Vegetable 1 cup	122	4	4	1.2	0.032786885
Onions Raw Chopped 1 cup	61	2	Tr	2.9	0.032786885
Biscuit with egg and sausage 1 biscuit	581	19	39	0.9	0.032702238
Ice Cream Light (50% reduced fat) vanilla.....1/2 cup	92	3	3	0	0.032608696
Onions Cooked drained 1 cup	92	3	Tr	2.9	0.032608696
Rolls Hamburger or hotdog 1 roll	123	4	2	1.2	0.032520325

Bread flours, enriched..... 1 cup	495	16	2	3.3	0.032323232
KELLOGG'S Raisin Brand..... 1 cup	186	6	1	8.2	0.032258065
.Popcorn. Air popped, unsalted 1 cup	31	1	Tr	1.2	0.032258065
Sunflower seed kernels, dryroasted.....1/4cup	186	6	16	2.9	0.032258065
SHREDDED WHEAT..... 2 biscuits	156	5	1	5.3	0.032051282
Oriental snack mix 1 oz (about 1/4cup)	156	5	7	3.7	0.032051282
Squash Winter, butternut, frozen, cooked, mashed ... 1 cup	94	3	Tr	2.2	0.031914894
Biscuit from refrigerated dough. Lower fat 2 1/4" biscuit	63	2	1	0.4	0.031746032
French toast Frozen, ready to heat..... 1 slice	126	4	4	0.7	0.031746032
Enchilada with cheese 1 enchilada	319	10	19	NA	0.031347962
Spaghetti in tomato sauce with cheese, canned 1 cup	192	6	2	7.8	0.03125
Country sausage gravy canned.....1/4 cup	96	3	8	0.4	0.03125
Leeks, diced, cooked, drained..... 1 cup	32	1	Tr	1	0.03125
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
Bread Cracked wheat 1 slice	65	2	1	1.4	0.030769231
Wheat Bread 1 slice	65	2	1	1.1	0.030769231
Cashews1 oz (18 nuts)	163	5	14	1.1	0.030674847
Pita Bread.....6 1/2" pita	165	5	1	1.3	0.03030303
Crackers Wheat with cheese 1 sandwich	33	1	1	0.1	0.03030303
Sunflower seed kernels, dryroasted.....1 oz	165	5	14	2.6	0.03030303
Mashed potatoes1/3 cup	66	2	1	NA	0.03030303
Rutabagas, cooked, drained, cubes..... 1 cup	66	2	Tr	3.1	0.03030303
Turnips, cooked, cubes..... 1 cup	33	1	Tr	3.1	0.03030303
Cream of Wheat Regular 1 cup	133	4	1	1.8	0.030075188
English muffin Toasted 1 muffin	133	4	1	1.5	0.030075188
White Bread 1 slice	67	2	1	0.6	0.029850746
English muffin Untoasted 1 muffin	134	4	1	1.5	0.029850746
Mixed nuts, with peanuts Dry roasted 1 oz	168	5	15	2.6	0.029761905
Trail mix nuts and seeds..... 1 cup	707	21	47	8.8	0.02970297
Soups with whole milk . Cream of mushroom 1 cup	203	6	14	0.5	0.02955665
Cocoa (powder containing nonfat dry milk).... 3 heaping tsp	102	3	1	0.3	0.029411765
Cream of Wheat Mix'n Eat, plain 1 packet	102	3	Tr	0.4	0.029411765
Crackers Cheese with peanut butter ... 1 sandwich	34	1	2	0.2	0.029411765
BUTTERFINGER (NESTLE)..... 1 fun size bar	34	1	1	0.2	0.029411765
French,vienna,or sourdough bread 1/2" slice	69	2	1	0.8	0.028985507
CHEX Wheat..... 1 cup	104	3	1	3.3	0.028846154
Tortillas, ready to cook (about 6" dia) Flour 1 tortilla	104	3	2	1.1	0.028846154
Clam Breaded, fried3/4 cup	451	13	26	0.3	0.028824834
Wheat flours All purpose, Sifted, spooned..... 1 cup	419	12	1	3.1	0.028639618
TOTAL, Whole Grain 3/4 cup	105	3	1	2.6	0.028571429
Rice cake, brown rice, plain 1 cake	35	1	Tr	0.4	0.028571429
Hoisin Sauce..... 1 tbsp	35	1	1	0.4	0.028571429
Carrots Cooked, 1 cup	70	2	Tr	5.1	0.028571429
Barley pearly Uncooked 1 cup	704	20	2	31.2	0.028409091
Raisin Bread 1 slice	71	2	1	1.1	0.028169014
Tomato chili Sauce.....1/4 cup	71	2	Tr	4	0.028169014
Tomato Stewed..... 1 cup	71	2	Tr	2.6	0.028169014
French toast with butter 2 slices	356	10	19	NA	0.028089888
Cashews Oil roasted..... 1 cup	749	21	63	4.9	0.028037383
.. Chocolate, Fat Free.....4 oz	107	3	Tr	0.9	0.028037383
Spaghetti/marinara/pasta Sauce..... 1 cup	143	4	5	4	0.027972028
Carambola (starfruit).....Sliced 1 cup	36	1	Tr	2.9	0.027777778

Plum Raw (2 1/8" dia) 1 plum	36	1	Tr	1	0.027777778
Angelfood (1/12 of 12-oz cake) 1 piece	72	2	Tr	0.4	0.027777778
Oatmeal Cookie Fat free..... 1 cookie	36	1	Tr	0.8	0.027777778
Vegetarian vegetable 1 cup	72	2	2	0.5	0.027777778
Waffles Prepared from recipe, 7" dia .. 1 waffle	218	6	11	0.7	0.027522936
Oatmeal Bread 1 slice	73	2	1	1.1	0.02739726
CHEERIOS.....1 Cup	110	3	2	2.6	0.027272727
PRODUCT 19 1 cup	110	3	Tr	1	0.027272727
WHEATIES..... 1 cup	110	3	1	2.1	0.027272727
Grapefruit (3 3/4" dia) 1/2 grapefruit	37	1	Tr	1.4	0.027027027
Tangerine raw (2 3/8" dia) 1 tangerine	37	1	Tr	1.9	0.027027027
Rye wafer, whole grain plain 1 wafer	37	1	Tr	2.5	0.027027027
Pancakes, plain (4" dia) from mix..... 1 pancake	74	2	1	0.5	0.027027027
Chicken pot pie, frozen 1 small pie	484	13	29	1.7	0.026859504
Matzo, plain..... 1 matzo	112	3	Tr	0.9	0.026785714
FROSTED MINI WHEATS Bite size 1 cup	187	5	1	5.9	0.026737968
Sponge (1/12of 16-oz cake)..... 1 piece	187	5	5	0.4	0.026737968
Potato chips Fat free, made with olestra..... 1 oz	75	2	Tr	1.1	0.026666667
Frozen yougurt Vanilla 1/2 cup.	114	3	4	0	0.026315789
Wheat, thin square..... 4 crackers	38	1	2	0.4	0.026315789
Jerusalem artichoke, raw, sliced 1 cup	114	3	Tr	2.4	0.026315789
Green or Red Pepper cooked 1 cup	38	1	Tr	1.6	0.026315789
Potato Au gratin @ whole milk, butter mix 1 cup	228	6	10	2.2	0.026315789
Quaker instant Maple and brown sugar .. 1 packet	153	4	2	2.6	0.026143791
Frozen yougurt Chocolate 1/2 cup	115	3	4	1.6	0.026086957
HONEY NUT CHEERIOS .. 1 cup	115	3	1	1.6	0.026086957
Nachos, with cheese sauce 6-8 nachos	346	9	19	NA	0.026011561
Oat bran muffin (2 1/2" x 2 1/4")..... 1 muffin	154	4	4	2.6	0.025974026
Melba toast, plain 4 pieces	78	2	1	1.3	0.025641026
Clam chowder, Manhattan 1 cup	78	2	2	1.5	0.025641026
Potato Boiled (2 1/2") Peeled after boiling..... 1 potato	118	3	Tr	2.4	0.025423729
Fat free cake (3 1/4 x 23/4") x 5/8" slice)..... 1 slice	79	2	Tr	0.3	0.025316456
Milk shake, thick, Chocolate 10.6 fl oz	356	9	8	0.9	0.025280899
CHEX mix 1 oz (about 2/3 cup)	120	3	5	1.6	0.025
gelatin dessert Regular 1/2 cup	80	2	0	0	0.025
Mushrooms, shiitake Cooked pieces..... 1 cup	80	2	Tr	3	0.025
Green or Red Pepper Chopped 1 cup	40	1	Tr	2.7	0.025
Squash Winter (all varieties), baked, cubes 1 cup	80	2	1	5.7	0.025
Mashed Potatoes home recipe With whole milk 1 cup	162	4	1	4.2	0.024691358
Cashews Dry roasted 1 oz	163	4	13	0.9	0.024539877
Cornmeal Self rising degermed enriched 1 cup	490	12	2	9.8	0.024489796
Canned Milk Condensed, sweetened..... 1 cup	982	24	27	0	0.024439919
Ice milk, soft, vanilla, in cone 1 cone	164	4	6	0.1	0.024390244
Onions Cooked 1 medium	41	1	Tr	1.3	0.024390244
CHEX Multi bran..... 1 cup	165	4	1	6.4	0.024242424
Potato pancakes, home prepared..... 1 pancake	207	5	12	1.5	0.024154589
Waffles Low fat, 4" dia 1 waffle	83	2	1	0.4	0.024096386
Chocolate coated peanuts..... 10 pieces	208	5	13	1.9	0.024038462
Pineapple orange juice drink..... 8 fl oz	125	3	0	0.3	0.024
Quaker instant Apples and cinnamon 1 packet	125	3	1	2.5	0.024
RAISIN NUT BRAN 1 cup	209	5	4	5.1	0.023923445
Peach 2 1/2"(about 4 per lb) 1 peach	42	1	Tr	2	0.023809524
Rolls Dinner 1 roll	84	2	2	0.8	0.023809524

Hazelnuts (filberts), chopped.... 1 cup	722	17	70	11.2	0.023545706
Orange Sections without membranes 1 cup	85	2	Tr	4.3	0.023529412
Tomato 1 cup	85	2	2	0.5	0.023529412
HONEY NUT CLUSTERS .. 1 cup	213	5	3	4.2	0.023474178
Peaches canned in Juice pack..... 1 half peach	43	1	Tr	1.3	0.023255814
Cake Angelfood (1/12 of 10" dia) 1 piece	129	3	Tr	0.1	0.023255814
Rice Brown, long grain, cooked 1 cup	216	5	2	3.5	0.023148148
Cornbread @ 2% milk (2 1/2" x 2 1/2" x 1 1/2") ...1 piece	173	4	5	1.9	0.023121387
Sponge shortcake..... 1 shortcake	87	2	1	0.2	0.022988506
Waffles Frozen, toasted, 4" dia..... 1 waffle	87	2	3	0.8	0.022988506
Walnuts, English 1 cup, chopped	785	18	78	8	0.022929936
Éclair, 5" x 2" x 1 3/4" 1 éclair	262	6	16	0.6	0.022900763
Cherries, sour, pitted, canned in water 1 cup	88	2	Tr	2.7	0.022727273
Baked Potato With skin (2 1/3" x 4 3/4")..... 1 potato	220	5	Tr	4.8	0.022727273
Cornmeal Whole grain 1 cup	442	10	4	8.9	0.022624434
Danish pastry Cheese filled 1 danish	266	6	16	0.7	0.022556391
Grits Instant, plain..... 1 packet	89	2	Tr	1.2	0.02247191
TOTAL Raisin Brand 1 cup	178	4	1	5	0.02247191
Hazelnuts (filberts),..... 1 oz	178	4	17	2.7	0.02247191
Granola bar Hard, plain 1 bar	134	3	6	1.5	0.02238806
Half and Half 1 cup .	315	7	28	0	0.022222222
Chocolate chip cookie.... Reduced fat..... 1 cookie	45	1	2	0.4	0.022222222
.Pie . Pumpkin 1 piece	316	7	14	2.9	0.022151899
Scalloped Potatoes from mix, milk, butter 1 cup	228	5	11	2.7	0.021929825
Pretzels Twisted, regular 10 pretzels	229	5	2	1.9	0.021834061
Carob flour 1 cup	229	5	1	41	0.021834061
Kiwi fruit (about 5 per lb with skin) 1 medium	46	1	Tr	2.6	0.02173913
Watermelon raw (15" x 7 1/2") 1 wedge (1/16 th)	92	2	1	1.4	0.02173913
Corn, Canned Cream style 1 cup	184	4	1	3.1	0.02173913
Croissant, butter 1 croissant	231	5	12	1.5	0.021645022
Soft serve, french vanilla..... 1/2 cup.	185	4	11	0	0.021621622
Walnuts, English1 oz (14 halves)	185	4	18	1.9	0.021621622
Biscuit from refrigerated dough Regular 2 1/2" biscuit	93	2	4	0.4	0.021505376
Croutons, seasoned..... 1 cup	186	4	7	2	0.021505376
Brazil nuts, shelled..... 1 oz (6-8 nuts)	186	4	19	1.5	0.021505376
Cornbread (3 3/4" x 2 1/2" x 3/4")..... 1 piece	188	4	6	1.4	0.021276596
Chicken gravy canned..... 1/4 cup	47	1	3	0.2	0.021276596
Carrot juice, canned 1 cup	94	2	Tr	1.9	0.021276596
Carrots Raw, Grated..... 1 cup	47	1	Tr	3.3	0.021276596
Sundae, hot fudge 1 sundae	284	6	9	0	0.021126761
CINNAMON LIFE 1 cup	190	4	2	3	0.021052632
Regular Ice Cream Chocolate.....1/2 cu	143	3	7	0.8	0.020979021
Indian fry (navajo) bread..... 10 1/2" bread	526	11	15	2.9	0.020912548
Chocolate chip cookie (2 1/4" -2 1/2") Regular .. 1 cookie	48	1	2	0.3	0.020833333
Granola bar Soft, chocolate-coated peanut butter 1 bar	144	3	9	0.8	0.020833333
Barley pearled Cooked 1 cup	193	4	1	6	0.020725389
Grits cooked 1 cup	145	3	Tr	0.5	0.020689655
Baked Potato Flesh only..... 1 potato	145	3	Tr	2.3	0.020689655
REESE'S Peanut butter cup (contains 2) ..1 pack	243	5	14	1.4	0.020576132
Saltine Oyster type 1 cup	195	4	5	1.4	0.020512821
Cherries sweet raw 10 cherries	49	1	Tr	1.6	0.020408163
Watermelon Diced 1 cup	49	1	1	0.8	0.020408163
Devil's food commercially prepared, fat free 1 cookie	49	1	Tr	0.3	0.020408163

.. Vanilla, ready to eat.....4 oz	147	3	4	0.1	0.020408163
.. Tapioca, Fat Free.....4 oz	98	2	Tr	0.1	0.020408163
Indian fry (navajo) bread..... 5" bread	296	6	9	1.6	0.02027027
Cream Cheese..... 1 oz	99	2	10	0	0.02020202
Avocado (no skin or seed) California (1/5 whole).... 1 oz	50	1	5	1.4	0.02
Strawberry Sliced..... 1 cup	50	1	1	3.8	0.02
Crackers Cheese, 1" sq 10 crackers	50	1	3	0.2	0.02
Rice Parboiled Cooked..... 1 cup	200	4	Tr	0.7	0.02
.. Chocolate, ready to eat.....4 oz	150	3	5	1.1	0.02
French fried, frozen, oven heated..... 10 strips	100	2	4	1.6	0.02
Sweetpotatoes Baked, with skin 1 potato	150	3	Tr	4.4	0.02
BASIC 4 1 cup	201	4	3	3.4	0.019900498
Cream Cheese..... 1 tbsp	51	1	5	0	0.019607843
Asian pear, raw 2 1/4" high x 2 1/2" dia..... 1 pear	51	1	Tr	4.4	0.019607843
Lemon or Lime juice canned or bottled unsweet 1 cup	51	1	1	1	0.019607843
KELLOGG'S CORN FLAKES..... 1 cup	102	2	Tr	0.8	0.019607843
Biscuits made with 2% milk..... 4" biscuit	358	7	16	1.5	0.019553073
Potato salad, home prepared1 cup	358	7	21	3.3	0.019553073
Rice White, long grain, enriched Cooked..... 1 cup	205	4	Tr	0.6	0.019512195
Hush puppies 5 pieces	257	5	12	NA	0.019455253
Rice White, long grain, enriched Raw 1 cup	675	13	1	2.4	0.019259259
Saltine Square..... 4 crackers	52	1	1	0.4	0.019230769
Doughnuts Yeast leavened, glazed 1 hole	52	1	3	0.2	0.019230769
.. Vanilla, Fat Free.....4 oz	105	2	Tr	0.1	0.019047619
Blueberry Muffin (2 3/4" dia x 2")..... 1 muffin	158	3	4	1.5	0.018987342
Rice Parboiled Raw 1 cup	686	13	1	3.1	0.018950437
Biscuits made with 2% milk 2 1/2" biscuit	212	4	10	0.9	0.018867925
Bran Muffin with raisins toaster type, toasted 1 muffin	106	2	3	2.8	0.018867925
COCOA KRISPIES..... 1 cup	160	3	1.3	0.5	0.01875
MR. GOODBAR (HERSHEY) 1 bar (1.75 oz)	267	5	17	1.7	0.018726592
CRISPIX..... 1 cup	108	2	Tr	0.6	0.018518519
Rice White, long grain, enriched Instant, prepared 1 cup	162	3	Tr	1	0.018518519
Peaches canned in Juice pack..... 1 cup	109	2	Tr	3.2	0.018348624
Sweet rolls, cinnamon from dough with frosting roll	109	2	4	0.6	0.018348624
SNICKERS 1 bar (2 oz)	273	5	14	1.4	0.018315018
Sweetpotatoes Boiled, without skin..... 1 potato	164	3	Tr	2.8	0.018292683
Orange juice Chilled (refrigerator case) 1 cup	110	2	1	0.5	0.018181818
Papaya 1/2" cubes 1 cup	55	1	Tr	2.5	0.018181818
.Popcorn. Oil popped, salted..... 1 cup	55	1	3	1.1	0.018181818
M&M's (M&M MARS) Peanut..... 1/4 cup	222	4	11	1.5	0.018018018
Sweet rolls, cinnamon Commercial, with raisins 1 roll	223	4	10	1.4	0.01793722
Mashed Potatoes With whole milk, margarine..... 1 cup	223	4	9	4.2	0.01793722
Cantaloupe Cubes..... 1 cup	56	1	Tr	1.3	0.017857143
Honeydew Wedge (6-7")..... 1/8 melon	56	1	Tr	1	0.017857143
Orange juice Raw, all varieties 1 cup	112	2	Tr	0.5	0.017857143
Orange juice diluted @ 3 x water..... 1 cup	112	2	Tr	0.5	0.017857143
GENERAL MILLS TOTAL 1 1/3 cup	112	2	Tr	0.8	0.017857143
Puffed Rice..... 1 cup	56	1	Tr	0.2	0.017857143
Fig bar 1 cookie	56	1	1	0.7	0.017857143
Popcorn.. Caramel coated With peanuts 1 cup	168	3	3	1.6	0.017857143
Shortcake, biscuit type (about 3" dia) 1 shortcake	225	4	9	0.8	0.017777778
CHEX Corn 1 cup	113	2	Tr	0.5	0.017699115
Oatmeal Cookie Regular, large 1 cookie	113	2	5	0.7	0.017699115

KIX	1 1/3 cup	114	2	1	0.8	0.01754386
Baked Potato Skin only	1 skin	115	2	Tr	4.6	0.017391304
Corn Muffin (2 1/2" dia x 2 1/4")	1 muffin	174	3	5	1.9	0.017241379
Popcorn.. Cheese flavor	1 cup	58	1	4	1.1	0.017241379
Tortillas, ready to cook (about 6" dia) Corn	1 tortilla	58	1	1	1.4	0.017241379
Apricots canned in Juice pack.....	1 cup	117	2	Tr	3.9	0.017094017
CHEX Rice	1 1/4 cup	117	2	Tr	0.3	0.017094017
Danish pastry Cheese filled.....	1 pastry	353	6	25	NA	0.016997167
Crackers Graham 2 1/2" sq	2 squares	59	1	1	0.4	0.016949153
Doughnuts Cake type	1 hole	59	1	3	0.2	0.016949153
Noodles, chow mein, canned	1 cup	237	4	14	1.8	0.016877637
Mashed Potatoes from flakes @ whole milk, butter... 1 cup		237	4	12	4.8	0.016877637
Bread stuffing prepared from dry mix	1/2 cup	178	3	9	2.9	0.016853933
Graham Crackers Crushed	1 cup	356	6	8	2.4	0.016853933
Papaya Whole (5 1/8" long x 3" dia).....	1 papaya	119	2	Tr	5.5	0.016806723
Honeydew diced	1 cup	60	1	Tr	1	0.016666667
Raspberries Raw	1 cup	60	1	1	8.4	0.016666667
Crackers Round	4 crackers	60	1	3	0.2	0.016666667
Breakfast bar with fruit filling, fat free	1 bar	121	2	Tr	0.8	0.016528926
Doughnuts Yeast leavened, glazed.....	1 medium	242	4	14	0.7	0.016528926
Pretzels Twisted, dutch, 2 3/4" x 2 5/8"	1 pretzel	61	1	1	0.5	0.016393443
Frozen sweetened mixed fruit.....	1 cup	245	4	Tr	4.8	0.016326531
Orange (2 5/8" dia)	1 orange	62	1	Tr	3.1	0.016129032
RICE KRISPIES	1 1/4 cup	124	2	Tr	0.4	0.016129032
Taco shell, baked.....	1 medium	62	1	3	1	0.016129032
Crackers Bite size.....	1 cup	311	5	16	1	0.01607717
Catsup	1 cup	250	4	1	3.1	0.016
Tortilla chips Light, reduced fat.....	1 oz	126	2	4	1.4	0.015873016
Fruit and juice bar	1 bar (2.5 fl oz)	63	1	Tr	0	0.015873016
Parsnips, sliced, cooked, drained.....	1 cup	126	2	Tr	6.2	0.015873016
Trail mix Tropical	1 cup	570	9	24	10.6	0.015789474
French toast sticks	5 sticks	513	8	29	2.7	0.015594542
Cheesecake (1/6 of 17-oz cake).....	1 piece	257	4	18	0.3	0.015564202
Cream of mushroom	1 cup	129	2	9	0.5	0.015503876
Molasses Cookie Medium	1 cookie	65	1	2	0.1	0.015384615
Oatmeal Cookie Prepared raisins (2 5/8" dia).....	1 cookie	65	1	2	0.5	0.015384615
Pancakes with butter syrup.....	2 pancakes	520	8	14	NA	0.015384615
Banana bread recipe prepared with margarine ..	1 slice	196	3	6	0.7	0.015306122
Pecans, halves.....	1 oz (20 halves)	196	3	20	2.7	0.015306122
Danish pastry Fruit filled.....	1 danish	263	4	13	1.3	0.015209125
white cake without frosting (1/12 of 9" dia)	1 piece	264	4	9	0.6	0.015151515
regular Ice Cream Vanilla.....	1/2 cup.	133	2	7	0	0.015037594
326 Nectarines, raw (2 1/8" dia).....	1 nectarine	67	1	1	2.2	0.014925373
Toaster pastries Chocolate with frosting	1 pastry	201	3	5	0.6	0.014925373
Danish pastry Fruit filled.....	1 pastry	335	5	16	NA	0.014925373
.. Tapioca, ready to eat.....	4 oz	134	2	4	0.1	0.014925373
Chocolate Syrup Fudge type.....	1 tbsp	67	1	2	0.5	0.014925373
Potato chips Reduced fat	1 oz	134	2	6	1.7	0.014925373
frozen Orange juice concentrate Undiluted.....	6-fl-oz can	339	5	Tr	1.7	0.014749263
Cake Chocolate without frosting (1/12 of 9" dia) ...	1 piece	340	5	14	1.5	0.014705882
NUTRI GRAIN Cereal Bar, fruit filled	1 bar	136	2	3	0.8	0.014705882
Toaster pastries Brown sugar cinnamon.....	1 pastry	206	3	7	0.5	0.014563107
Banana Sliced	1 cup	138	2	1	3.6	0.014492754

Molasses Cookie Large (3 1/2"-4" dia)	1 cookie	138	2	4	0.3	0.014492754
Onion rings, breaded and fried.....	8-9 rings	276	4	16	NA	0.014492754
Chestnuts, european roasted shelled	1 cup	350	5	3	7.3	0.014285714
Waterchestnuts, canned, slices,solids and liquids ...	1 cup	70	1	Tr	3.5	0.014285714
Sour Cream, Regular	1 cup .	493	7	48	0	0.014198783
Sweetpotatoes Canned Syrup pack, drained	1 cup	212	3	1	5.9	0.014150943
Whole wheat	4 crackers	71	1	3	1.7	0.014084507
Tortilla chips Regular	1 oz	142	2	7	1.8	0.014084507
Potato chips Reduced fat	1 oz	142	2	7	1	0.014084507
.. Milk Chocolate chips.....	1 cup	862	12	52	5.7	0.013921114
Peanut Butter Cookie Commercially prepared	1 cookie	72	1	4	0.3	0.013888889
Sugar Cookie Commercially prepared	1 cookie	72	1	3	0.1	0.013888889
KIT KAT (HERSHEY)	1 bar (1.5 oz)	216	3	11	0.8	0.013888889
..Pie Lemon meringue	1 piece	362	5	16	0.7	0.013812155
French fries.....	1 small	291	4	16	3	0.013745704
Peaches Sliced.....	1 cup	73	1	Tr	3.4	0.01369863
Pecan Shortbread Cookie Reduced fat.....	1 cookie	73	1	3	0.2	0.01369863
Sugar Cookie From refrigerated dough.....	1 cookie	73	1	3	0.1	0.01369863
Pecans, halves.....	1 cup	746	10	78	10.4	0.013404826
Blackberries, raw	1 cup	75	1	1	7.6	0.013333333
Milk Chocolate Plain.....	1 bar (1.55 oz)	226	3	14	1.5	0.013274336
Grapefruit juice concentrate Undiluted.....	6-fl-oz can	302	4	Tr	0.8	0.013245033
Hashed brown potatoes.....	1/2 cu	151	2	9	NA	0.013245033
Brownies without icing (2 3/4 sq x 7/8").....	1 brownie	227	3	9	1.2	0.013215859
Pineapple Raw, diced.....	1 cup	76	1	1	1.9	0.013157895
Pecan Shortbread Cookie Regular (2" dia).....	1 cookie	76	1	5	0.3	0.013157895
MILKY WAY (M&M MARS).....	1 fun size bar	76	1	3	0.3	0.013157895
Potato chips	1 oz	152	2	10	1.3	0.013157895
French fries.....	1 medium	458	6	25	4.7	0.013100437
Corn Chips Plain	1 oz	153	2	9	1.4	0.013071895
Carob candy.....	1 oz	153	2	9	1.1	0.013071895
NESTLE CRUNCH	1 bar (1.55 oz)	230	3	12	1.1	0.013043478
Whipped topping (pressurized)	1 cup	154	2	13	0	0.012987013
Blue cheese Regular	1 tbsp	77	1	8	0	0.012987013
Prepared from recipe, with margarine	1 cookie	78	1	5	0.4	0.012820513
Light, coffee, or table cream.....	1 cup	469	6	46	0	0.012793177
Chocolat cake @chocolate icing 18-oz cake)	1 piece	235	3	10	1.8	0.012765957
Cheese flavor puffs or twists	1 oz	157	2	10	0.3	0.012738854
Potato chips Plain Made from dried potatoes.....	1 oz	158	2	11	1	0.012658228
Pie crust, baked From recipe	1 pie shell	949	12	62	3	0.012644889
White cake With coconut frosting (1/12 of 9" dia) ..	1 piece	399	5	12	1.1	0.012531328
Blueberries Raw	1 cup	81	1	1	3.9	0.012345679
Onion rings, 2"-3" dia fried, frozen, oven heated ...	10 rings	244	3	16	..8	0.012295082
Hashed brown From home recipe	1 cup	326	4	22	3.1	0.012269939
French fries.....	1 large	578	7	31	5.9	0.012110727
Pie .. Pecan	1 piece	503	6	27	2.2	0.011928429
Prunes stewed unsweetened and liquid.....	1 cup	256	3	1	16.4	0.01171875
MILKY WAY	1 bar (2.15 oz)	258	3	10	1	0.011627907
Raisins, not packed	1 cup	435	5	1	5.8	0.011494253
Gingerbread 1/9 of 8" square)	1 piece	263	3	12	0.7	0.011406844
Brownie Fat free, 2" sq.....	1 brownie	89	1	Tr	1	0.011235955
Pie .. Blueberry.....	1 piece	360	4	17	3.6	0.011111111
Prune juice, canned or bottled ..	1 cup	182	2	Tr	2.6	0.010989011

.. White Chocolate chips..... 1 cup	916	10	55	0	0.010917031
Pineapple upside down (1/9 of 8" square) 1 piece	367	4	14	0.9	0.010899183
.. Rice, ready to eat.....4 oz	184	2	8	0.1	0.010869565
Peaches Dried, sulfured..... 3 halves	93	1	Tr	3.2	0.010752688
Grapefruit juice canned Unsweetened 1 cup	94	1	Tr	0.2	0.010638298
Coconut raw Shredded, not packed..... 1 cup	283	3	27	7.2	0.010600707
Macadamia nuts, dry roasted,salted 1 cup	959	10	102	10.7	0.010427529
Grapefruit juice Raw Pink or White..... 1 cup	96	1	Tr	0.2	0.010416667
Toaster pastries Low fat 1 pastry	193	2	3	0.8	0.010362694
Figs, dried..... 2 figs	97	1	Tr	4.6	0.010309278
.Pie . Cherry..... 1 piece	486	5	22	3.5	0.010288066
Pear raw with skin 2 1/2" dia 1 pear	98	1	1	4	0.010204082
Beer Light 12 fl oz	99	1	0	0	0.01010101
Doughnuts 1 medium47 21 198 2 11 1.7 4.4 3.7	198	2	11	0.7	0.01010101
Prunes dried Uncooked 5 prunes	100	1	Tr	3	0.01
Grapefruit juice diluted 3x by volume..... 1 cup	101	1	Tr	0.2	0.00990099
.Pie . Fried, cherry 1 pie	404	4	21	3.3	0.00990099
Macadamia nuts, dry roasted,salted...1 oz (10-12 nuts)	203	2	22	2.3	0.009852217
Sherbet, orange 1/2 cup	102	1	1	0	0.009803922
Toaster pastries Fruit filled..... 1 pastry	204	2	5	1.1	0.009803922
.Pie . Apple 1 piece	411	4	19	3.6	0.00973236
Orange juice Canned, unsweetened 1 cup	105	1	Tr	0.5	0.00952381
Mango Sliced 1 cup	107	1	Tr	3	0.009345794
Pie crust, baked From frozen..... 1 pie shell	648	6	41	1.3	0.009259259
Banana Whole, medium (7" to 7 7/8"long)..... 1 banana	109	1	1	2.8	0.009174312
Fruit cocktail, canned in juice pack 1 cup	109	1	Tr	2.4	0.009174312
Plantain Raw 1 medium	218	2	1	4.1	0.009174312
Grapes, seedless, raw.....1 cup	114	1	1	1.6	0.00877193
.. Semisweet Chocolate chips..... 1 cup	805	7	50	9.9	0.008695652
Asian pear, 3 3/8" high x 3" dia 1 pear	116	1	1	9.9	0.00862069
Dates, without pits Whole..... 5 dates	116	1	Tr	3.2	0.00862069
APPLE JACKS..... 1 cup	116	1	Tr	0.6	0.00862069
Boston cream (1/8 of pie) 1 piece	232	2	8	1.3	0.00862069
FROOT LOOPS 1 cup	117	1	1	0.6	0.008547009
Peaches frozen sweetened..... 1 cup	235	2	Tr	4.5	0.008510638
Pineapple grapefruit juice drink..... 8 fl oz	118	1	Tr	0.3	0.008474576
CORN POPS 1 cup	118	1	Tr	0.4	0.008474576
Pie crust, baked Graham cracker 1 pie shell	1181	10	60	3.6	0.008467401
COCOA PUFFS 1 cup	119	1	1	0.2	0.008403361
Yellow Cake With chocolate frosting 1 piece	243	2	11	1.2	0.008230453
TRIX..... 1 cup	122	1	2	0.7	0.008196721
Dates, without pits Chopped 1 cup	490	4	1	13.4	0.008163265
Pear canned in Juice pack..... 1 cup	124	1	Tr	4	0.008064516
Tangerine juice sweetened 1 cup	125	1	Tr	0.5	0.008
M&M's (M&M MARS) Plain.....1/4 cup	256	2	11	1.3	0.0078125
Raspberries Frozen, sweetened, thawed 1 cup	258	2	Tr	11	0.007751938
Mango Whole..... 1 mango	135	1	1	3.7	0.007407407
Whipping Cream, unwhipped Light 1 cup	699	5	74	0	0.007153076
Pineapple juice unsweetened canned 1 cup	140	1	Tr	0.5	0.007142857
Apricot nectar 1 cup	141	1	Tr	1.5	0.007092199
Sweetpotatoes Candied (2Z\ x 2" piece)..... 1 piece	144	1	3	2.5	0.006944444
Beer Regular 12 fl oz	146	1	0	0.7	0.006849315
Plum canned in Juice pack..... 1 cup	146	1	Tr	2.5	0.006849315

Coleslaw..... 3/4 cup	147	1	11	NA	0.006802721
Pineapple chunks canned in juice..... 1 cup	149	1	Tr	2	0.006711409
Grapefruit canned in light syrup 1 cup	152	1	Tr	1	0.006578947
Popcorn.. Caramel coated Without peanuts 1 cup	152	1	5	1.8	0.006578947
Grape juice Canned or bottled 1 cup	154	1	Tr	0.3	0.006493506
Tangerine canned (mandarin oranges) light syrup..1 cup	154	1	Tr	1.8	0.006493506
Sponge Snack cake, creme filled..... 1 cake	155	1	5	0.2	0.006451613
Coconut raw Dried, sweetened, shredded ... 1 cup	466	3	33	4.2	0.006437768
Coconut raw Piece, about 2" x 2" x 1/2" 1 piece	159	1	15	4.1	0.006289308
Marshmallows Miniature..... 1 cup	159	1	Tr	0.1	0.006289308
Whipping Cream, unwhipped Heavy..... 1 cup	821	5	88	0	0.006090134
Spaghetti, cooked Whole wheat 1 cup	174	1	0	6.3	0.005747126
Plantain Cooked, slices..... 1 cup	179	1	Tr	3.5	0.005586592
Fruit cocktail, canned in heavy syrup 1 cup	181	1	Tr	2.5	0.005524862
Blueberries Frozen, sweetened, thawed 1 cup	186	1	Tr	4.8	0.005376344
Peaches in Heavy syrup pack..... 1 cup	194	1	Tr	3.4	0.005154639
Pear canned in Heavy syrup pack..... 1 cup	197	1	Tr	4.3	0.005076142
Pineapple chunks canned in heavy syrup 1 cup	198	1	Tr	2	0.005050505
Apricots canned in heavy syrup 1 cup	214	1	Tr	4.1	0.004672897
Plum canned in Heavy syrup pack..... 1 cup	230	1	Tr	2.6	0.004347826
Imitation Whipped topping Frozen 1 cup	239	1	19	0	0.0041841
Strawberries frozen sweetened..... 1 cup	245	1	Tr	4.8	0.004081633
Pina colada..... 4.5 fl oz	262	1	3	0.8	0.003816794
Rhubarb frozen cooked with sugar 1 cup	278	1	Tr	4.8	0.003597122
Margarine Soft 1 cup	626	2	183	0	0.003194888
Grape Juice concentrate Undiluted..... 6-fl-oz can	387	1	1	0.6	0.002583979
Margarine Hard (4 sticks per lb) 1 stick	621	1	70	0	0.001610306
Spread (about 40% fat)..... 1 cup	801	1	90	0	0.001248439
Margarine butter blend..... 1 stick	811	1	91	0	0.001233046
Butter..... 1 stick	813	1	92	0	0.001230012
Margarine Hard (4 sticks per lb) 1 stick	815	1	91	0	0.001226994
Honey.....1 cup	1031	1	0	0.7	0.000969932
Diet pepper type 12 fl oz	0	Tr	0	0	Trace
Chives, raw, chopped 1 tbsp	1	Tr	Tr	0.1	Trace
Pepper or hot Sauce..... 1 tsp	1	Tr	Tr	0.1	Trace
Radishes, raw (3/4" to 1" dia) 1 radish	1	Tr	Tr	0.1	Trace
Spirulina, dried 1 tbsp	1	Tr	Tr	Tr	Trace
Lettuce, raw, Looseleaf, Leaf 1 leaf	2	Tr	Tr	0.2	Trace
Mustard, prepared, yellow 1 tsp or 1 packet	3	Tr	Tr	0.2	Trace
Carrots Raw, Baby 1 medium	4	Tr	Tr	0.2	Trace
Coffee Brewed 6 fl oz	4	Tr	0	0	Trace
Diet Cola (aspartane)..... 12 fl oz	4	Tr	0	0	Trace
Salsa Sauce..... 1 tbsp	4	Tr	Tr	0.3	Trace
Seaweed Kelp, raw..... 2 tbsp	4	Tr	Tr	0.1	Trace
Tomatoes Cherry 1 cherry	4	Tr	Tr	0.2	Trace
Tomatoes Slice, medium,1/8 " thick..... 1 slice	4	Tr	Tr	0.2	Trace
30 Espresso 2 fl oz	5	Tr	Tr	0	Trace
Strawberry raw Large (1 1/8" dia)..... 1 strawberry	5	Tr	Tr	0.4	Trace
Tomatoes Sun dried Plain..... 1 piece	5	Tr	Tr	0.2	Trace
Catsup..... 1 packet	6	Tr	Tr	0.1	Trace
Tomatoes Packed in oil, drained 1 piece	6	Tr	Tr	0.2	Trace
Celery Stalk, medium 1 stalk	7	Tr	Tr	0.6	Trace
Jalapeno, canned, solids and liquids..... 1/4 cup	7	Tr	Tr	0.7	Trace

Shallots, raw, chopped 1 tbsp	7	Tr	Tr	0.2	Trace
Whipped topping (pressurized)..... 1 tbsp	8	Tr	1	0	Trace
Soy Sauce..... 1 tbsp	9	Tr	Tr	0.1	Trace
Mushrooms, shiitake Dried 1 mushroom	11	Tr	Tr	0.4	Trace
Pretzels Stick, 2 1/4" long..... 10 pretzels	11	Tr	Tr	0.1	Trace
Tomatillos, raw..... 1 medium	11	Tr	Tr	0.6	Trace
Barbecue Sauce..... 1 tbsp	12	Tr	Tr	0.2	Trace
Lemon or Lime juice Raw juice of 1 fruit(2 1/8")	12	Tr	0	0.2	Trace
Pickles, cucumber whole medium..... 1 pickle	12	Tr	Tr	0.8	Trace
Sour Cream, Fat free 1 tbsp	12	Tr	0	0	Trace
Imitation Whipped topping Frozen 1 tbsp	13	Tr	1	0	Trace
Italian Low calorie..... 1 tbsp	16	Tr	1	Tr	Trace
Catsup..... 1 tbsp	16	Tr	Tr	0.2	Trace
Caesar Low calorie..... 1 tbsp	17	Tr	1	Tr	Trace
Apricots Raw no pits (12 per lb with pits) 1 apricot	17	Tr	Tr	0.8	Trace
Onions Dehydrated flakes..... 1 tbsp	17	Tr	Tr	0.5	Trace
Fresh bread and butter pickles..... 3 slices	18	Tr	Tr	0.4	Trace
Vanilla wafer medium size 1 cookie	18	Tr	1	0.1	Trace
Half and Half..... 1 tbsp	20	Tr	2	0	Trace
Olives, canned Pickled, green 5 medium	20	Tr	2	0.2	Trace
Pickle relish, sweet 1 tbsp	20	Tr	Tr	0.2	Trace
Sour Cream, Reduced fat 1 tbsp	20	Tr	2	0	Trace
French Low calorie..... 1 tbsp	22	Tr	1	0	Trace
Russian Low calorie..... 1 tbsp	23	Tr	1	Tr	Trace
Butter Cookies prepared 1 cookie	23	Tr	1	Tr	Trace
Thousand Island Low calorie..... 1 tbsp	24	Tr	2	0.2	Trace
Olives, canned Ripe, black 5 large	25	Tr	2	0.7	Trace
Sour Cream, Regular.....1 tbsp	26	Tr	3	0	Trace
Plum canned in Juice pack..... 1 plum	27	Tr	Tr	0.5	Trace
Pineapple Slice canned in juice (3" dia) 1 slice	28	Tr	Tr	0.4	Trace
Light, coffee, or table cream..... 1 tbsp	29	Tr	3	0	Trace
Carambola (starfruit) Whole (3 5/8" long)..... 1 fruit	30	Tr	Tr	2.5	Trace
Cornstarch 1 tbsp	30	Tr	Tr	0.1	Trace
Avocado (no skin or seed) Florida (1/10 whole) 1 oz	32	Tr	3	1.5	Trace
Margarine Soft.....1 tsp	34	Tr	4	0	Trace
Grapes, seedless, raw 10 grapes	36	Tr	Tr	0.5	Trace
Pear canned in Juice pack..... 1 half pear	38	Tr	Tr	1.2	Trace
Caramel Plain..... 1 piece	39	Tr	1	0.1	Trace
Chocolate coated raisins..... 10 pieces	39	Tr	1	0.4	Trace
Jams and preserves..... 1(.5 oz) packet	39	Tr	Tr	0.2	Trace
Jellies..... 1(.5 oz) packet	40	Tr	Tr	0.1	Trace
Shortbread Cookie Plain (1B\," sq) 1 cookie	40	Tr	2	0.1	Trace
Raisin Packet, 1/2 oz (1 1/2 tbsp) 1 packet	42	Tr	Tr	0.6	Trace
... (volume about double when whipped).....1 tbsp .	44	Tr	5	0	Trace
Crème Filled Sandwich Cookie Chocolate 1 cookie	47	Tr	2	0.3	Trace
Crème Filled Sandwich Cookie Vanilla Round... 1 cookie	48	Tr	2	0.2	Trace
Mayonnaise Light Cholesterol free	49	Tr	5	0	Trace
Whipping Cream, unwhipped Heavy..... 1 tbsp	52	Tr	6	0	Trace
Chocolate syrup thin.....1 tbsp	53	Tr	Tr	0.3	Trace
Jellies.....1 tbsp	54	Tr	Tr	0.2	Trace
Jams and preserves.....1 tbsp	56	Tr	Tr	0.2	Trace
Thousand Island Regular 1 tbsp	59	Tr	6	0	Trace
Italian ices..... 1/2 cup	61	Tr	Tr	0	Trace

Apple peeled, sliced 1 cup	63	Tr	Tr	2.1	Trace
Honey.....1 tbsp	64	Tr	0	Tr	Trace
French Regular 1 tbsp	67	Tr	6	0	Trace
Italian Regular 1 tbsp	69	Tr	7	0	Trace
Table Wine..... 3.5 fl oz	74	Tr	0	0	Trace
Russian Regular 1 tbsp	76	Tr	8	0	Trace
Margarine Hard..... 1 tbsp	76	Tr	9	0	Trace
Caesar Regular 1 tbsp	78	Tr	8	Tr	Trace
Apple raw unpeeled (3 per lb) 2 3/4"..... 1 apple	81	Tr	Tr	3.7	Trace
Cherry pie filling, canned 1/5 of 21-oz can	85	Tr	Tr	0.4	Trace
Cranberry sauce (1/8 of can)..... 1 slice	86	Tr	Tr	0.6	Trace
Homemade French.....1 tbsp	88	Tr	10	0	Trace
Tea Sweetened, lemon flavor 8 fl oz	88	Tr	0	0	Trace
Cranberries, dried, sweetened...1/4 cup	92	Tr	Tr	2.5	Trace
Fruit leather, pieces 1 oz	97	Tr	2	1	Trace
Mayonnaise Regular 1 tbsp	99	Tr	11	0	Trace
Lemonade Frozen concentrate prepared 8 fl oz	99	Tr	0	0.2	Trace
Margarine Hard.....1 tbs	101	Tr	11	0	Trace
Butter..... 1 tbsp	102	Tr	12	0	Trace
Margarine butter blend..... 1 tbsp	102	Tr	11	0	Trace
Applesauce Unsweetened..... 1 cup	105	Tr	Tr	2.9	Trace
Daiquiri 2 fl oz	112	Tr	Tr	0	Trace
Apple juice, bottled or canned..... 1 cup	117	Tr	Tr	0.2	Trace
Rice beverage (RICE DREAM) 1 cup	120	Tr	2	0	Trace
Diluted with 3 parts water by volume 1 cup	128	Tr	Tr	0.3	Trace
Chocolate Frosting.....1/12 package	151	Tr	7	0.2	Trace
Sweet Desert Wine..... 3.5 fl oz	158	Tr	0	0	Trace
Vanilla Frosting.....1/12 package	159	Tr	6	Tr	Trace
Liqueur, coffee, 53 proof..... 1.5 fl oz	175	Tr	Tr	0	Trace
Applesauce Sweetened 1 cup	194	Tr	Tr	3.1	Trace
STARBURST fruit chews (M&M MARS) 2.07 oz) ..1 bag	234	Tr	4	0	Trace
Tapioca, pearl, dry..... 1 cup	544	Tr	Tr	1.4	Trace
Gin, rum, vodka, whiskey 80 proof1.5 fl oz	97	0	0	0	0
Cola type 12 fl oz	152	0	0	0	0
Ginger Ale.....12 fl oz	124	0	0	0	0
Grape 12 fl oz	160	0	0	0	0
Lemon lime..... 12 fl oz	147	0	0	0	0
Orange..... 12 fl oz	179	0	0	0	0
Cranberry juice cocktail..... 8 fl oz	144	0	Tr	0.3	0
Fruit Punch Drink	117	0	0	0.2	0
grape drink 8 fl oz	113	0	0	0	0
Lemonade Low cal @ aspartame..... 8 fl oz	5	0	0	0	0
Tea Black brewed..... 6 fl oz	2	0	0	0	0
Tea Herb other than chamomile..... 6 fl oz	2	0	0	0	0
Tea Sweetened with saccharin, lemon flavor.....8oz	5	0	0	0	0
Lard 1 cup	849	0	205	0	0
Lard..... 1 tbsp	115	0	13	0	0
Olive or Peanut oil..... 1 cup	1909	0	216	0	0
Olive or Peanut oil..... 1 tbsp	119	0	14	0	0
Other oil (such as canola,corn,soy) 1 cup	1927	0	218	0	0
Other oil (such as canola,corn,soy)..... 1 tbsp	120	0	14	0	0
MayonnaiseFat free..... 1 tbsp	12	0	Tr	0.6	0
Homemade Vinegar and oil..... 1 tbsp	70	0	8	0	0

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