

Table 9. Nutritive Value of the Edible Part of Food

Food Description portion	Calories / Pound	Calories	protein (g)	fat (g)	fiber	carb (g)
↓↓ Lose Weight by sticking to less than 400 Calories per Pound ↓↓						
Cucumber Peeled Sliced..... 1 cup	53.36	14	1	Tr	0.8	3
Beef broth,bouillon, Consomme 1 cup	54.58	29	5	0	0	2
Lettuce, raw, Crishead, as iceberg chopped 1 cup	57.73	7	1	Tr	0.8	1
Beef stock (home prepared)..... 1 cup	58.59	31	5	Tr	0	3
Cucumber Whole, 8 1/4" long..... 1 large	58.77	39	2	Tr	2.4	8
Vinegar Cider 1 tbsp	60.48	2	0	0	0	1
Cucumber Sliced..... 1 cup	61.06	14	1	Tr	0.8	3
Lettuce,raw, Romaine or cos Pieces, shredded..... 1 cup	64.80	8	1	Tr	1	1
Mustard greens, cooked, drained..... 1 cup	68.04	21	3	Tr	2.8	3
Tomato juice, canned, with salt added 1 cup	76.53	41	2	Tr	1	10
Celery Stalk, medium 1 stalk	79.38	7	Tr	Tr	0.6	2
Turnip greens, cooked, drained 1 cup	80.21	29	2	Tr	5	6
Lettuce, raw, Looseleaf, Pieces, shredded..... 1 cup	81.00	10	1	Tr	1.1	2
Endive, curly (including escarole,raw, pieces..... 1 cup	81.65	9	1	Tr	1.6	2
Celery Cooked, Pieces, diced..... 1 cup	81.65	27	1	Tr	2.4	6
Pickles, cucumber whole medium..... 1 pickle	83.74	12	Tr	Tr	0.8	3
Asparagus, Canned 5" drained..... 1 cup	86.22	46	5	2	3.9	6
Vegetable juice cocktail, canned 1 cup	86.22	46	2	Tr	1.9	11
Sauerkraut, canned, solids and liquid 1 cup	86.49	45	2	Tr	5.9	10
Bamboo shoots, canned, drained..... 1 cup	86.56	25	2	1	1.8	4
Tomatoes Canned, solids and liquid 1 cup	86.94	46	2	Tr	2.4	10
Pumpkin Cooked, mashed..... 1 cup	90.72	49	2	Tr	2.7	12
Pepper or hot Sauce..... 1 tsp	90.72	1	Tr	Tr	0.1	Tr
Snap Beans Green, from can..... 1 cup	90.72	27	2	Tr	2.6	6
Lettuce, raw, Looseleaf, Leaf 1 leaf	90.72	2	Tr	Tr	0.2	Tr
Radishes, raw (3/4" to 1" dia) 1 radish	90.72	1	Tr	Tr	0.1	Tr
Squash Cooked, drained 1 cup	90.72	36	2	1	2.5	8
Tomatoes Slice, medium,1/8 " thick..... 1 slice	90.72	4	Tr	Tr	0.2	1
Lemon or Lime juice canned or bottled unsweet 1 cup	94.04	51	1	1	1	16
Tomatoes Raw Chopped or sliced 1 cup	95.76	38	2	1	2	8
Tomatoes whole Medium,..... 1 tomato	95.88	26	1	Tr	1.4	6
Turnips, cooked, cubes..... 1 cup	95.95	33	1	Tr	3.1	8
Cabbage, Cooked, drained..... 1 cup	99.79	33	2	1	3.5	7
Spinach Cooked, drained 1 cup	103.32	41	5	Tr	4.3	7
Spinach Raw Chopped 1 cup	105.84	7	1	Tr	0.8	1
Tomatoes Cherry 1 cherry	106.73	4	Tr	Tr	0.2	1
Asparagus, From raw 1 cup	108.36	43	5	1	2.9	8
Chicken and rice...Soup..... 1 cup	112.93	60	4	2	0.7	7
Bean sprouts (mung), Cooked, drained..... 1 cup	113.40	26	3	Tr	1.5	5
Salsa Sauce..... 1 tbsp	113.40	4	Tr	Tr	0.3	1
Cabbage, Raw 1 cup	116.64	18	1	Tr	1.6	4
Green or Red Pepper Chopped 1 cup	121.77	40	1	Tr	2.7	10
Green Pepper whole (2 1/4"x 2 1/2")..... 1 pepper	121.97	32	1	Tr	2.1	8
Red Pepper whole (2 1/4"x 2 1/2")..... 1 pepper	121.97	32	1	Tr	2.4	8
Jalapeno, canned, solids and liquids..... 1/4 cup	122.12	7	Tr	Tr	0.7	1
Mushrooms Cooked, drained, pieces 1 cup	122.12	42	3	1	3.4	8
Beet greens, drained, 1" pieces..... 1 cup	122.85	39	4	Tr	4.2	8
Hearts of palm, canned 1 piece	123.71	9	1	Tr	0.8	2
Cauliflower Cooked, 1 cup	124.37	34	3	Tr	4.9	7
Strawberry raw Large (1 1/8" dia)..... 1 strawberry	126.00	5	Tr	Tr	0.4	1
Tomato Stewed..... 1 cup	126.29	71	2	Tr	2.6	17
Green or Red Pepper cooked 1 cup	126.74	38	1	Tr	1.6	9
Broccoli Chopped, cooked..... 1 cup	127.94	44	5	1	4.5	8

Broccoli From frozen, chopped, cooked..... 1 cup	128.19	52	6	Tr	5.5	10
Okra, sliced, cooked, drained From frozen 1 cup	128.19	52	4	1	5.2	11
Eggplant, cooked, drained 1 cup	128.29	28	1	Tr	2.5	7
Broccoli Chopped or diced raw 1 cup	128.86	25	3	Tr	2.6	5
Kohlrabi, cooked, drained, slices..... 1 cup	131.95	48	3	Tr	1.8	11
Lemons or Lime no peel (2 1/8" dia with p..... 1 fruit	132.95	17	1	Tr	1.6	5
Vegetarian vegetable Soup 1 cup	135.51	72	2	2	0.5	12
Kale, cooked, drained, chopped 1 cup	136.08	39	4	1	2.6	7
Grapefruit (3 3/4" dia) 1/2 grapefruit	136.45	37	1	Tr	1.4	9
Strawberry Sliced..... 1 cup	136.62	50	1	1	3.8	12
Tomato Sauce 1 cup	137.00	74	3	Tr	3.4	18
1037 Alfalfa sprouts, raw..... 1 cup .	137.45	10	1	Tr	0.8	1
Snap Beans Green..... 1 cup	137.89	38	2	Tr	4.1	9
Leeks, diced, cooked, drained..... 1 cup	139.57	32	1	Tr	1	8
Chicken noodle..Soup..... 1 cup	141.16	75	4	2	0.7	9
Beets ,canned Slices 1 cup	141.41	53	2	Tr	2.9	12
Lemon or Lime juice Raw juice of 1 fruit(2 1/8")	143.24	12	Tr	0	0.2	4
Clam chowder, Manhattan 1 cup	145.00	78	2	2	1.5	12
Vegetable beef .Soup..... 1 cup	145.00	78	6	2	0.5	10
Onions Spring raw Chopped 1 cup	145.15	32	2	Tr	2.6	7
Chicken noodle Soup..... 1 cup	145.46	76	6	2	1.2	9
Collards, cooked, drained, 1 cup	145.63	61	5	1	4.8	12
Watermelon raw (15" x 7 1/2") 1 wedge (1/16 th)	145.91	92	2	1	1.4	21
Watermelon Diced 1 cup	146.22	49	1	1	0.8	11
Tomatillos, raw..... 1 medium	146.75	11	Tr	Tr	0.6	2
Carambola (starfruit) Whole (3 5/8" long)..... 1 fruit	149.54	30	Tr	Tr	2.5	7
Soy milk..... 1 cup	149.96	81	7	5	3.2	4
Chives, raw, chopped 1 tbsp	151.20	1	Tr	Tr	0.1	Tr
Dandelion greens, cooked, drained..... 1 cup	151.20	35	2	1	3	7
Carambola (starfruit).....Sliced 1 cup	151.20	36	1	Tr	2.9	8
Pumpkin Canned 1 cup	153.67	83	3	1	7.1	20
Beef noodle Soup..... 1 cup	154.30	83	5	3	0.7	9
Minestrone..Soup..... 1 cup	154.33	82	4	3	1	11
Vegetable ..Soup..... 1 cup	154.37	81	4	1	1.4	13
Cantaloupe (5") Wedge..... 1/8 melon	157.77	24	1	Tr	0.6	6
Tomato .Soup..... 1 cup	158.01	85	2	2	0.5	17
Cantaloupe Cubes..... 1 cup	158.76	56	1	Tr	1.3	13
Honeydew Wedge (6-7")..... 1/8 melon	158.76	56	1	Tr	1	15
Beans, Snap Beans Green, from raw..... 1 cup	159.66	44	2	Tr	4	10
Honeydew diced 1 cup	160.09	60	1	Tr	1	16
Chicken stock (home prepared)..... 1 cup	162.54	86	6	3	0	8
Cherries, sour, pitted, canned in water 1 cup	163.59	88	2	Tr	2.7	22
Chicken and rice with vegetables Soup..... 1 cup	167.01	88	6	1	0.7	12
Grapefruit juice canned Unsweetened 1 cup	172.62	94	1	Tr	0.2	23
Onions Raw Chopped 1 cup	172.93	61	2	Tr	2.9	14
Rutabagas, cooked, drained, cubes..... 1 cup	176.10	66	2	Tr	3.1	15
Grapefruit juice Raw Pink or White..... 1 cup	176.30	96	1	Tr	0.2	23
Squash Winter (all varieties), baked, cubes 1 cup	177.01	80	2	1	5.7	18
Papaya Whole (5 1/8" long x 3" dia)..... 1 papaya	177.56	119	2	Tr	5.5	30
Squash Winter, butternut, frozen, cooked, mashed ... 1 cup	177.66	94	3	Tr	2.2	24
Papaya 1/2" cubes 1 cup	178.20	55	1	Tr	2.5	14
Carrot juice, canned 1 cup	180.67	94	2	Tr	1.9	22
Lettuce, raw, Crisphead, as iceberg Head, 6" dia ..1 head	180.88	65	5	1	7.5	11
Carrots Raw, Baby 1 medium	181.44	4	Tr	Tr	0.2	1
Peppers, Hot Chili, raw Green or red 1 pepper	181.44	18	1	Tr	0.7	4
Seaweed Kelp, raw..... 2 tbsp	181.44	4	Tr	Tr	0.1	1
Tomato Puree 1 cup	181.44	100	4	Tr	5	24
Oat bran Cooked 1 cup	182.27	88	7	2	5.7	25
Grapefruit juice diluted 3x by volume..... 1 cup	185.48	101	1	Tr	0.2	24

Brussels sprouts, cooked, 1 cup	189.00	65	6	1	6.4	13
Asian pear, raw 2 1/4" high x 2 1/2" dia..... 1 pear	189.62	51	1	Tr	4.4	13
Orange juice Canned, unsweetened 1 cup	191.27	105	1	Tr	0.5	25
Asian pear, raw 3 3/8" high x 3" dia 1 pear	191.33	116	1	1	9.9	29
Carrots Raw, Grated..... 1 cup	193.81	47	1	Tr	3.3	11
Peach 2 1/2"(about 4 per lb) 1 peach	194.40	42	1	Tr	2	11
Peaches Sliced..... 1 cup	194.78	73	1	Tr	3.4	19
Applesauce Unsweetened..... 1 cup	195.19	105	Tr	Tr	2.9	28
Yogurt (no milk solids) nonfat milk, low cal.....8-oz	195.82	98	9	Tr	0	17
Onions Cooked 1 medium	197.84	41	1	Tr	1.3	10
Onions Cooked drained 1 cup	198.72	92	3	Tr	2.9	21
Peaches canned in Juice pack..... 1 cup	199.36	109	2	Tr	3.2	29
Tangerine raw (2 3/8" dia) 1 tangerine	199.80	37	1	Tr	1.9	9
Beets Slices 1 cup	200.11	75	3	Tr	3.4	17
Orange juice Chilled (refrigerator case) 1 cup	200.38	110	2	1	0.5	25
Carrots Cooked, 1 cup	203.54	70	2	Tr	5.1	16
Orange juice diluted @ 3 x water..... 1 cup	204.03	112	2	Tr	0.5	27
Orange juice Raw, all varieties 1 cup	204.85	112	2	Tr	0.5	26
Fruit cocktail, canned in juice pack 1 cup	208.61	109	1	Tr	2.4	28
Salad, tossed, with egg, cheese, no dressing.... 1 1/2 cups	213.21	102	9	6	NA	5
Apple juice, bottled or canned..... 1 cup	213.99	117	Tr	Tr	0.2	29
Orange Sections without membranes 1 cup	214.20	85	2	Tr	4.3	21
Vegetables, mixed Canned, drained..... 1 cup	214.27	77	4	Tr	4.9	15
Orange (2 5/8" dia) 1 orange	214.68	62	1	Tr	3.1	15
Apricots canned....in Juice pack..... 1 cup	217.50	117	2	Tr	3.9	30
Clam chowder, New England..... 1 cup	217.50	117	5	2	1.2	20
Chicken and rice .Soup..... 1 cup	218.33	116	7	3	0.7	14
Salad, tossed, with chicken, no dressing..... 1 1/2 cups	218.47	105	17	2	NA	4
Apricots Raw no pits (12 per lb with pits) 1 apricot	220.32	17	Tr	Tr	0.8	4
Raspberries Raw 1 cup	221.26	60	1	1	8.4	14
Pineapple Raw, diced..... 1 cup	222.41	76	1	1	1.9	19
326 Nectarines, raw (2 1/8" dia)..... 1 nectarine	223.46	67	1	1	2.2	16
Pear canned in Juice pack..... 1 cup	226.80	124	1	Tr	4	32
Mushroom gravy canned..... 1/4 cup	226.80	30	1	2	0.2	3
Artichokes, cooked, drained..... 1 cup	226.80	84	6	Tr	9.1	19
Artichokes 1 medium	226.80	60	4	Tr	6.5	13
Waterchestnuts, canned, slices,solids and liquids ... 1 cup	226.80	70	1	Tr	3.5	17
Tangerine juice sweetened 1 cup	227.71	125	1	Tr	0.5	30
MALT O MEAL..... 1 cup	230.58	122	4	Tr	1	26
Canned, ready to serve, Vegetable 1 cup	230.58	122	4	4	1.2	19
Minestrone .Soup..... 1 cup	231.50	123	5	3	1.2	20
Diluted with 3 parts water by volume 1 cup	232.24	128	Tr	Tr	0.3	32
Mushrooms, shiitake Cooked pieces..... 1 cup	232.61	80	2	Tr	3	21
Egg White raw..... 1 large	233.67	17	4	0	0	Trace
Turkey gravy canned.....1/4 cup	234.36	31	2	1	0.2	3
Peas, edible pod, cooked, 1 cup	235.30	83	6	1	5	14
Lentil .Soup..... 1 cup	236.17	126	8	2	5.6	20
Blackberries, raw 1 cup	236.25	75	1	1	7.6	18
Italian ices..... 1/2 cup	238.53	61	Tr	Tr	0	16
Cream of mushroom Soup..... 1 cup	239.81	129	2	9	0.5	9
Cream of Wheat Regular 1 cup	240.35	133	4	1	1.8	28
Beef gravy canned..... 1/4 cup	242.44	31	2	1	0.2	3
Plum Raw (2 1/8" dia) 1 plum	247.41	36	1	Tr	1	9
Blueberries Raw 1 cup	253.39	81	1	1	3.9	20
nonfat yogurt(milk solids) Plain..... 8-oz	253.77	127	13	Tr	0	17
WHEATENA..... 1 cup	253.86	136	5	1	6.6	29
Pineapple juice unsweetened canned 1 cup	254.01	140	1	Tr	0.5	34
Apricot nectar 1 cup	254.81	141	1	Tr	1.5	36
Soy Sauce..... 1 tbsp	255.15	9	Tr	Tr	0.1	1

Spaghetti/marinara/pasta Sauce..... 1 cup	259.45	143	4	5	4	21
Apple peeled, sliced 1 cup	259.78	63	Tr	Tr	2.1	16
Plum canned in Juice pack..... 1 cup	262.80	146	1	Tr	2.5	38
Apple raw unpeeled (3 per lb) 2 3/4"..... 1 apple	266.24	81	Tr	Tr	3.7	21
Oatmeal Instant, fortified, plain 1 packet	266.52	104	4	2	3	18
Vegetables, mixed Frozen, cooked, drained 1 cup	266.67	107	5	Tr	8	24
Pear raw with skin 2 1/2" dia 1 pear	267.78	98	1	1	4	25
gelatin dessert Regular 1/2 cup	268.80	80	2	0	0	19
Pineapple Slice canned in juice (3" dia) 1 slice	270.23	28	Tr	Tr	0.4	7
Grapefruit canned in light syrup 1 cup	271.44	152	1	Tr	1	39
Grits cooked 1 cup	271.78	145	3	Tr	0.5	31
Mustard, prepared, yellow 1 tsp or 1 packet	272.16	3	Tr	Tr	0.2	Tr
Pineapple chunks canned in juice..... 1 cup	272.52	149	1	Tr	2	39
Kiwi fruit (about 5 per lb with skin) 1 medium	274.54	46	1	Tr	2.6	11
Tofu Soft, piece 2 1/2" x 2 3/4" x 1"..... 1 piece	275.94	73	8	4	0.2	2
Grape juice Canned or bottled 1 cup	276.10	154	1	Tr	0.3	38
Tangerine canned (mandarin oranges) light syrup..1 cup	277.20	154	1	Tr	1.8	41
Yogurt (no milk solids) plain 8-oz	277.75	139	8	7	0	11
Oatmeal plain, nonfortified 1 cup	281.07	145	6	2	4	25
Chocolate milk Lowfat (1%) 1 cup	286.67	158	8	3	1.3	26
low fat yogurt (milk solids) Plain..... 8-oz	287.74	144	12	4	0	16
Worcestershire Sauce..... 1 tbsp	293.50	11	0	0	0	3
Mango Sliced 1 cup	294.15	107	1	Tr	3	28
.. Tomato Soup..... 1 cup	294.47	161	6	6	2.7	22
Grits Instant, plain..... 1 packet	294.67	89	2	Tr	1.2	21
Mango Whole..... 1 mango	295.82	135	1	1	3.7	35
Pea, green .Soup..... 1 cup	299.37	165	9	3	2.8	27
Clam chowder, New England..... 1 cup	299.96	164	9	7	1.5	17
Turkey Gravy and turkey, frozen 5-oz package	303.46	95	8	4	0	7
Oyster 6 medium	307.79	57	6	2	0	3
Bean with pork .Soup..... 1 cup	308.37	172	8	6	8.6	23
Oyster Raw, meat only 1 cup	309.10	169	17	6	0	10
Canned, ready to serve, Chicken and vegetable 1 cup	313.73	166	12	5	NA	19
Shallots, raw, chopped 1 tbsp	317.51	7	Tr	Tr	0.2	2
Prune juice, canned or bottled .. 1 cup	322.48	182	2	Tr	2.6	45
Chocolate milk Reduced fat (2%) 1 cup	324.77	179	8	5	1.3	26
Cream of Wheat Mix'n Eat, plain 1 packet	325.82	102	3	Tr	0.4	21
Corn, Canned Cream style 1 cup	326.02	184	4	1	3.1	46
Grapes, seedless, raw 10 grapes	326.59	36	Tr	Tr	0.5	9
Cherries sweet raw 10 cherries	326.85	49	1	Tr	1.6	11
Cottage cheese Low fat (1%) 1 cup	329.16	164	28	2	0	6
Canned, ready to serve, Chicken noodle 1 cup	330.74	175	13	6	3.8	17
Fruit cocktail, canned in heavy syrup 1 cup	331.05	181	1	Tr	2.5	47
Peaches in Heavy syrup pack..... 1 cup	335.87	194	1	Tr	3.4	52
Pear canned in Heavy syrup pack..... 1 cup	335.93	197	1	Tr	4.3	51
Clam Raw, meat only 3 oz	336.19	63	11	1	0	2
Fresh bread and butter pickles..... 3 slices	340.19	18	Tr	Tr	0.4	4
Sour Cream, Fat free 1 tbsp	340.19	12	Tr	0	0	2
MayonnaiseFat free..... 1 tbsp	340.19	12	0	Tr	0.6	2
Barbecue Sauce..... 1 tbsp	340.19	12	Tr	Tr	0.2	2
Jerusalem artichoke, raw, sliced 1 cup	344.73	114	3	Tr	2.4	26
Applesauce Sweetened 1 cup	345.09	194	Tr	Tr	3.1	51
Spaghetti in tomato sauce with cheese, canned 1 cup	345.59	192	6	2	7.8	39
Tofu Firm 1/4 block	347.19	62	7	4	0.3	2
Black eyed peas Canned, solids and liquid 1 cup	349.64	185	11	1	7.9	33
Mashed Potatoes home recipe With whole milk 1 cup	349.91	162	4	1	4.2	37
Evaporated Skim milk 1 cup	352.60	199	19	1	0	29
Pineapple chunks canned in heavy syrup 1 cup	353.59	198	1	Tr	2	51
Peas, green boiled, drained..... 1 cup	354.37	125	8	Tr	8.8	23

Chicken gravy canned..... 1/4 cup	355.31	47	1	3	0.2	3
Baked beans Lima, large 1 cup	357.60	190	12	Tr	11.6	36
Macaroni and cheese, canned, made with corn oil ... 1 cup	358.19	199	8	6	3	29
Corn, from frozen Kernels..... 1 cup	362.32	131	5	1	3.9	32
Parsnips, sliced, cooked, drained..... 1 cup	366.36	126	2	Tr	6.2	30
Blueberries Frozen, sweetened, thawed 1 cup	366.82	186	1	Tr	4.8	50
Fruit and juice bar 1 bar (2.5 fl oz)	371.12	63	1	Tr	0	16
Cream of mushroom soup .Soup..... 1 cup	371.29	203	6	14	0.5	15
Tomato Paste 1 cup	372.22	215	10	1	10.7	51
Mashed potatoes1/3 cup	374.21	66	2	1	NA	35
Apricots canned in heavy syrup 1 cup	376.24	214	1	Tr	4.1	55
Teriyaki Sauce..... 1 tbsp	377.99	15	1	0	Tr	3
Quaker instant Apples and cinnamon 1 packet	380.53	125	3	1	2.5	26
Egg substitute, liquid 1/4 cup	381.59	53	8	2	0	Trace
Baked beans Kidney, red 1 cup	386.26	218	13	1	16.4	40
Scalloped Potatoes from home recipe milk, butter.. 1 cup	390.64	211	7	9	4.7	26
..Puddings Tapioca, Fat Free.....4 oz	393.38	98	2	Tr	0.1	23
Potato Boiled (2 1/2") Peeled after boiling..... 1 potato	393.56	118	3	Tr	2.4	27
Beef macaroni, frozen, HEALTHY CHOICE..... 1 package	398.78	211	14	2	4.6	33

↑↑ Lose Weight by sticking to less than 400 Calories per Pound ss than 400 Calories per Pound ↑↑

↓↓ Maintain Weight by sticking to 400 to 600 Calories per pound ↓↓

Food Description portion	Calories / Poun	Calories	protein (g)	fat (g)	fiber	g. carb
Plum canned in Heavy syrup pack..... 1 cup	404.37	230	1	Tr	2.6	60
Roughly, orange, baked or broiled 3 oz	405.56	76	16	1	0	0
Spaghetti meat sauce, frozen HEALTHY CHOICE...1 pack	408.71	255	14	3	5.1	43
Banana Sliced 1 cup	417.30	138	2	1	3.6	35
Buckwheat groats, roasted (kasha), cooked 1 cup	418.49	155	6	1	4.5	33
Banana Whole, medium (7" to 7 7/8"long)..... 1 banana	419.00	109	1	1	2.8	28
Baked beans Plain or vegetarian 1 cup	421.45	236	12	1	12.7	52
..Puddings Vanilla, Fat Free.....4 oz	421.48	105	2	Tr	0.1	24
Baked Potato Flesh only..... 1 potato	421.61	145	3	Tr	2.3	34
Potato Au gratin @ whole milk, butter mix 1 cup	422.12	228	6	10	2.2	31
Scalloped Potatoes from mix, milk, butter 1 cup	422.12	228	5	11	2.7	31
Cream Cheese Fat free..... 1 tbsp	425.24	15	2	Tr	0	1
nonfat yogurt (milk solids) Fruit flavored..... 8-oz	425.62	213	10	Tr	0	43
Beef stew, canned 1 cup	426.22	218	11	12	3.5	16
Peaches frozen sweetened..... 1 cup	426.38	235	2	Tr	4.5	60
Refried beans, canned 1 cup	426.59	237	14	3	13.4	39
..Puddings. Chocolate, Fat Free.....4 oz	429.51	107	3	Tr	0.9	23
Canned, ready to serve, Bean with ham 1 cup	431.19	231	13	9	11.2	27
Strawberries frozen sweetened..... 1 cup	435.80	245	1	Tr	4.8	66
Crab Alaska King Steamed.....3 oz	437.58	82	16	1	0	0
Lobster, steamed 3 oz	442.92	83	17	1	0	1
Frozen sweetened mixed fruit..... 1 cup	444.52	245	4	Tr	4.8	61
Baked beans With pork in tomato sauce 1 cup	444.63	248	13	3	12.1	49
..Rice. White, long grain, enriched Instant, prepared . 1 cup	445.35	162	3	Tr	1	35
Quaker instant Maple and brown sugar .. 1 packet	447.74	153	4	2	2.6	31
Blue crab Canned crabmeat 1 cup	450.23	134	28	2	0	0
Blue cheese Low calorie..... 1 tbsp	453.59	15	1	1	0	Trace
Lima Beans, Ford hooks..... 1 cup	453.59	170	10	1	9.9	32
Chili con carne..... 1 cup	458.97	256	25	8	NA	22
..Rice. Parboiled Wild, cooked..... 1 cup	459.12	166	7	1	3	35
Couscous Cooked 1 cup	461.46	176	6	Tr	2.2	36
Low Fat yogurt (milk solids) Fruit flavored..... 8-oz	461.59	231	10	2	0	43
Crab Imitation, from surimi 3 oz	464.27	87	10	1	0	9
Blue crab Steamed..... 3 oz	464.27	87	17	2	0	0

Sweetpotatoes Baked, with skin	1 potato	466.02	150	3	Tr	4.4	35
Pasta with meatballs in tomato sauce, canned	1 cup	467.99	260	11	10	6.8	31
Raspberries Frozen, sweetened, thawed	1 cup	468.11	258	2	Tr	11	65
Prunes stewed unsweetened and liquid.....	1 cup	468.22	256	3	1	16.4	70
Cottage cheese (4%) Large curd	1 cup	469.72	233	28	10	0	6
Catsup	1 cup	472.49	250	4	1	3.1	65
Tomato chili Sauce.....	1/4 cup	473.60	71	2	Tr	4	17
Cod Baked or broiled	3 oz	474.94	89	20	1	0	0
Canned, solids and liquid	3 oz	474.94	89	19	1	0	0
Baby limas	1 cup	476.27	189	12	1	10.8	35
Sweetpotatoes Boiled, without skin.....	1 potato	476.85	164	3	Tr	2.8	38
Mashed Potatoes With whole milk, margarine.....	1 cup	481.67	223	4	9	4.2	35
Italian Low calorie.....	1 tbsp	483.83	16	Tr	1	Tr	1
Meatless burger patty, MORNINGSTAR FARMS ..	1 patty	485.61	91	14	1	4.3	8
Corn, sweet, yellow, Cooked, kernels on cob	1 ear	488.94	83	3	1	2.2	19
Bulgur Cooked	1 cup	489.23	151	6	Tr	8.2	34
Sweetpotatoes Canned Syrup pack, drained	1 cup	490.62	212	3	1	5.9	50
Baked Potato With skin (2 1/3" x 4 3/4").....	1 potato	494.01	220	5	Tr	4.8	51
Rice.. Brown, long grain, cooked	1 cup	502.44	216	5	2	3.5	45
Baked beans With pork in sweet sauce ...	1 cup	503.79	281	13	4	13.2	53
Haddock, baked or broiled.....	3 oz	506.96	95	21	1	0	0
Scallops Steamed.....	3 oz	506.96	95	20	1	0	9
Milk shake, thick, Vanilla	11 fl oz	507.21	350	12	9	0	56
Mashed Potatoes from flakes @ whole milk, butter...	1 cup	511.91	237	4	12	4.8	32
Pollock, baked or broiled.....	3 oz	512.29	96	20	1	0	0
Caesar Low calorie.....	1 tbsp	514.07	17	Tr	1	Tr	3
Olives, canned Ripe, black	5 large	515.45	25	Tr	2	0.7	1
Avocado (no skin or seed) Florida (1/10 whole)	1 oz	518.39	32	Tr	3	1.5	3
.Rice. Parboiled Cooked.....	1 cup	518.39	200	4	Tr	0.7	43
Cherry pie filling, canned	1/5 of 21-oz can	521.02	85	Tr	Tr	0.4	21
Chili con carne with beans, canned.....	1 cup	521.02	255	20	8	8.2	24
Beans, dry cooked, Lima, large	1 cup	521.15	216	15	1	13.2	39
Rhubarb frozen cooked with sugar	1 cup	525.41	278	1	Tr	4.8	75
Lentils, dry, cooked.....	1 cup	526.90	230	18	1	15.6	40
Plantain Cooked, slices.....	1 cup	527.23	179	1	Tr	3.5	48
Black eyed peas Cooked	1 cup	527.43	200	13	1	11.2	36
Flounder or sole baked or broiled	3 oz	528.30	99	21	1	0	0
Smoked (chinook)	3 oz	528.30	99	16	4	0	0
Tuna water pack, chunk light.....	3 oz	528.30	99	22	1	0	1
Baked beans White	1 cup	531.50	307	19	1	12.6	57
Olives, canned Pickled, green	5 medium	533.64	20	Tr	2	0.2	Tr
Peas, split, dry, cooked	1 cup	534.59	231	16	1	16.3	41
Beans, dry cooked, Great Northern	1 cup	535.60	209	15	1	12.4	37
Puddings.. Tapioca, ready to eat.....	4 oz	537.89	134	2	4	0.1	22
Milk shake, thick, Chocolate	10.6 fl oz	538.26	356	9	8	0.9	63
Chickpeas, dry Canned, solids and liquid	1 cup	540.53	286	12	3	10.6	54
Shrimp canned, drained solids	3 oz	544.31	102	20	2	0	1
Ocean perch, baked or broiled.....	3 oz	549.65	103	20	2	0	0
Rockfish, baked or broiled.....	3 oz	549.65	103	20	2	0	0
Plantain Raw	1 medium	552.42	218	2	1	4.1	57
Barley pearly Cooked	1 cup	557.60	193	4	1	6	44
Spaghetti, cooked Whole wheat	1 cup	563.75	174	1	0	6.3	37
Beans, dry cooked, Kidney, red	1 cup	576.60	225	15	1	13.1	40
Tuna Water pack, solid white	3 oz	581.67	109	20	3	0	1
.Rice. White, long grain, enriched Cooked.....	1 cup	588.52	205	4	Tr	0.6	45
.Puddings. Vanilla, ready to eat.....	4 oz	590.07	147	3	4	0.1	25
Half and Half	1 cup .	590.42	315	7	28	0	10
.. Cooked ham (1 oz) Extra lean	2 slices	596.83	75	11	3	0	1
Potato Au gratin @ whole milk, butter home recipe...	1 cup	598.00	323	12	19	4.4	28

Noodles (egg noodles) cooked Spinach..... 1 cup	598.17	211	8	3	3.7	39
Beans, dry cooked, Black 1 cup	598.64	227	15	1	15	41
↑↑ Stick to between 400 and 600 Calories to Maintain Weight ↑↑						
↓↓ Only Young Active People should eat between 600 and 900 calories per pound ↓↓						
	Calories /			fat		carb
Food Description portion	Pound	Calories	protein (g)	(g)	fiber	(g)
.Puddings. Chocolate, ready to eat.....4 oz	602.11	150	3	5	1.1	28
Noodles (egg noodles) cooked Regular 1 cup	603.84	213	8	2	1.8	40
Sour Cream, Reduced fat 1 tbsp	604.79	20	Tr	2	0	1
Pickle relish, sweet 1 tbsp	604.79	20	Tr	Tr	0.2	5
Canned Milk Evaporated Whole milk..... 1 cup	610.19	339	17	19	0	25
Frijoles (refried beans, chili sauce, cheese) 1 cup	611.13	225	11	8	NA	29
Black eyed peas 1 cup	615.79	224	14	1	10.9	40
Beans, dry cooked, Pinto 1 cup	620.71	234	14	1	14.7	44
Sweetpotatoes Candied (2Z"x 2" piece)..... 1 piece	622.07	144	1	3	2.5	29
French Low calorie..... 1 tbsp	623.69	22	Tr	1	0	4
Tostada (with cheese, veg) With guacamole 1 tostada	626.72	181	6	12	NA	16
Part skim milk 1 cup	626.92	340	28	19	0	13
Salmon Canned (pink) solids and liquid 3 oz	629.69	118	17	5	0	0
Tuna Baked or broiled 3 oz	629.69	118	25	1	0	1
Ice Cream Light (50% reduced fat) vanilla..... 1/2 cup	632.28	92	3	3	0	15
Halibut, baked or broiled 3 oz	635.03	119	23	2	0	0
Macaroni (elbows) cooked 1 cup	638.27	197	7	1	1.8	40
Spaghetti, cooked Enriched 1 cup	638.27	197	7	1	2.4	40
Taco salad (with beef, cheese, taco shell)1 1/2 cups	639.15	279	13	15	NA	24
Soybeans, green, cooked, drained..... 1 cup	640.07	254	22	12	7.6	20
Beans, dry cooked, Pea (navy) 1 cup	643.00	258	16	1	11.6	48
Baked beans With frankfurters..... 1 cup	644.49	368	17	17	17.9	40
Potato salad, home prepared1 cup	649.54	358	7	21	3.3	28
Russian Low calorie..... 1 tbsp	652.04	23	Tr	1	Tr	4
Grapefruit juice concentrate Undiluted..... 6-fl-oz can	661.76	302	4	Tr	0.8	72
American Fat free..... 1 slice	669.59	31	5	Tr	0	3
Tostada (with cheese, veg) beans and beef... .1 tostada	671.32	333	16	17	NA	30
Clams Canned, drained solids 3 oz	672.38	126	22	2	0	4
Coleslaw..... 3/4 cup	673.52	147	1	11	NA	13
Egg Poached, with salt..... 1 large	680.39	75	6	5	0	1
Egg Whole raw..... 1 medium	680.39	66	5	4	0	1
Cranberry sauce (1/8 of can)..... 1 slice	684.37	86	Tr	Tr	0.6	22
Country sausage gravy canned.....1/4 cup	702.34	96	3	8	0.4	4
Crab Cake with egg and onion fried in margarine ... 1 cake	703.07	93	12	5	0	Trace
.. Chicken liver, simmered 1 liver	703.07	31	5	1	0	Tr
Swordfish, baked or broiled..... 3 oz	704.40	132	22	4	0	1
Turkey Roast boneless light + dark meat, cooked..... 3 oz	704.40	132	18	5	0	3
Hard Boild egg..... 1 large	707.60	78	6	5	0	1
.. Ham, light cure, roasted Lean only..... 3 oz	709.74	133	21	5	0	0
Turkey Roasted Light meat 3 oz	709.74	133	25	3	0	0
.. Chicken giblets, simmered, chopped 1 cup	713.23	228	37	7	0	1
Chicken Roll, light meat (1oz per slice)..... 2 slices	716.20	90	11	4	0	1
Frozen yougurt Vanilla 1/2 cup.	718.19	114	3	4	0	17
frozen Orange juice concentrate Undiluted..... 6-fl-oz can	721.91	339	5	Tr	1.7	81
Ice milk, soft, vanilla, in cone 1 cone	722.22	164	4	6	0.1	24
Frozen yougurt Chocolate 1/2 cup	724.49	115	3	4	1.6	18
Thousand Island Low calorie..... 1 tbsp	725.75	24	Tr	2	0.2	2
.Puddings. Rice, ready to eat.....4 oz	738.59	184	2	8	0.1	25
Chickpeas, dry Cooked 1 cup	744.00	269	15	4	12.5	45
Hummus, commercial..... 1 tbsp	745.19	23	1	1	0.8	2
Chicken Canned, boneless 5 oz	747.47	234	31	11	0	0
.Chicken. Breast meat only roasted..... 1/2 breast	748.95	142	27	3	0	0

Scrambled egg in margarine..... 1 large	751.03	101	7	7	0	1
Pancake Syrup, reduced calorie.....1 tbsp	755.99	25	0	0	0	7
Crab Alaska King Steamed..... 1 leg	755.99	130	26	2	0	0
Turkey giblets, simmered, chopped 1 cup	757.03	242	39	7	0	3
.. Ham, canned, roasted..... 3 oz	757.77	142	18	7	0	Tr
..Beef, cooked. Beef, dried, chipped 1 oz	761.39	47	8	1	0	Tr
.. Lean Roast eye of round) oven cooked Lean only... 3 oz	763.10	143	25	4	0	0
Trout, baked or broiled 3 oz	768.44	144	21	6	0	1
Turkey Roasted Light and dark meat, chop or diced.. 1 cup	771.11	238	41	7	0	0
..Chicken Drumstick meat only roasted 1 drumstick	783.48	76	12	2	0	0
Soybeans, dry, cooked..... 1 cup .	785.88	298	29	15	10.3	17
Ricotta, made with whole milk..... 1 cup	789.18	428	28	32	0	7
Low fat, cheddar or colby..... 1 oz	793.79	49	7	2	0	1
.. Chicken neck, meat only, simmered..... 1 neck	806.39	32	4	1	0	0
Bread stuffing prepared from dry mix 1/2 cup	807.39	178	3	9	2.9	22
Avocado (no skin or seed) California (1/5 whole).... 1 oz	809.99	50	1	5	1.4	2
Grape Juice concentrate Undiluted..... 6-fl-oz can	812.69	387	1	1	0.6	96
Sundae, hot fudge 1 sundae	815.32	284	6	9	0	48
Turkey neck, meat only, simmered..... 1 neck	817.66	274	41	11	0	0
.. Cooked ham (1 oz) Regular 2 slices	827.61	104	10	6	0	2
.. Bacon Canadian style (6 slices per 6-oz pkg)...2 slices	829.98	86	11	4	0	1
Tuna salad (made with mayo)..... 1 cup	847.44	383	33	19	0	19
Turkey Roasted Dark meat..... 3 oz	848.48	159	24	6	0	0
Nacho cheese Sauce..... 1/4 cup	856.79	119	5	10	0.5	3
Sub Roast beef 6"(with tomato,lettuce, mayo) . 1 sandwich	860.99	410	29	13	NA	44
..Lamb Cooked. Leg, roasted Lean only..... 3 oz	864.49	162	24	7	0	0
..Chicken. Light meat (fried)..... 3 oz	869.83	163	28	5	0	Tr
..Beef, cooked. Sirloin Steak broiled Lean only..... 3 oz	885.84	166	26	6	0	0
Light, coffee, or table cream..... 1 cup	886.40	469	6	46	0	9
Enchilada with cheese 1 enchilada	887.71	319	10	19	NA	29
Oyster Breaded, fried 3 oz	891.18	167	7	11	0.2	0
Tuna canned in oil pack,drained, chunk light 3 oz	896.51	168	25	7	0	1
Baked Potato Skin only 1 skin	899.36	115	2	Tr	4.6	27

↑↑ Only Young Active People should eat between 600 and 900 calories per pound ↑↑

↓↓ You are quickly gaining weight if you eat food that is greater than 900 calories per pound ↓↓

Food Description portion	Calories / Pound	Calories	protein (g)	fat (g)	fiber	carb (g)
Cheeseburger plain Single patty..... 1 sandwich	904.35	319	15	15	NA	32
Fried egg in margarine..... 1 large	907.18	92	6	7	0	1
Wheat bread, reduced calorie..... 1 slice	907.18	46	2	1	2.8	10
French fried, frozen, oven heated..... 10 strips	907.18	100	2	4	1.6	16
Tomatoes Packed in oil, drained 1 piece	907.18	6	Tr	Tr	0.2	1
Sub sandwich 6"(oil,cold cuts, everything) ... 1 sandwich	907.18	456	22	19	NA	51
Duck, roasted, flesh only 1/2 duck	911.29	444	52	25	0	0
regular Ice Cream Vanilla..... 1/2 cup.	914.06	133	2	7	0	16
.. Pork chop (broiled) Lean only..... 3 oz	917.86	172	26	7	0	0
Burrito With beans and cheese..... 1 burrito	921.82	189	8	6	NA	27
Rye Bread, reduced calorie..... 1 slice	926.91	47	2	1	2.8	9
.. Pork and chicken (12 slicesper 12-oz can) 2 slices	931.06	117	9	8	0	1
Pancakes, plain (4" dia) from mix..... 1 pancake	932.38	74	2	1	0.5	14
Miso (soy)..... 1 cup	935.22	567	32	17	14.9	77
Sardines in oil (drained) 3 oz	944.54	177	21	10	0	0
White Bread, reduced calorie 1 slice	946.63	48	2	1	2.2	10
Hashed brown From home recipe 1 cup	947.89	326	4	22	3.1	33
..Beef, Lean cut(bottom round) Lean only..... 3 oz	949.88	178	27	7	0	0
..Chicken. Thigh meat only roasted..... 1 thigh	950.80	109	13	6	0	0
Hashed brown potatoes..... 1/2 cup	951.28	151	2	9	NA	16

Meatless burger crumbles,MORNINGSTAR FARMS.. 1 cup	952.54	231	22	13	5.1	7
.. Ham (roasted) Lean only..... 3 oz	955.21	179	25	8	0	0
Veal Cutlet lean and fat cooked 3 oz	955.21	179	31	5	0	0
English muffin egg,cheese, Canadian bacon 1 muffin	956.85	289	17	13	1.5	27
French toast Frozen, ready to heat..... 1 slice	968.69	126	4	4	0.7	19
Sour Cream, Regular 1 cup .	972.27	493	7	48	0	10
Scallops, cooked, breaded, fried 6 large	975.47	200	17	10	0.2	9
Soft serve, french vanilla..... 1/2 cup.	975.75	185	4	11	0	19
Taco, beef..... 1 small	978.80	369	21	21	NA	27
Salmon Baked or broiled (red) 3 oz	981.89	184	23	9	0	0
.Beef, cooked. Liver, fried2C\," x C\," 3 oz	981.89	184	23	7	0	7
Lamb Cooked.. Loin, broiled Lean only..... 3 oz	981.89	184	25	8	0	0
Regular Ice Cream Chocolate.....1/2 cup	982.78	143	3	7	0.8	19
Pancakes, plain (4" dia) from scratch @ oil 1 pancake	990.74	83	3	3	0.7	11
Hoisin Sauce..... 1 tbsp	992.23	35	1	1	0.4	7
Burrito With beans and meat..... 1 burrito	997.12	255	11	9	NA	33
Pizza Cheese 1 slice (1/8 of 12" pizza)	1007.98	140	8	3	NA	21
Carob flour 1 cup	1008.47	229	5	1	41	92
Chicken pot pie, frozen 1 small pie	1011.70	484	13	29	1.7	43
Tortillas, ready to cook (about 6" dia) Corn 1 tortilla	1011.86	58	1	1	1.4	12
.. Rib roast Lean only..... 3 oz	1013.91	190	24	9	0	0
Pancakes with butter syrup..... 2 pancakes	1016.67	520	8	14	NA	91
Sub Tuna salad 6" (with mayo,lettuce) 1 sandwich	1034.76	584	30	28	NA	55
Veal Rib, roasted, lean and fat..... 3 oz	1035.26	194	20	12	0	0
French toast made @ 2% milk fried in margarine... 1 slice	1039.77	149	5	7	0.7	16
Catfish, breaded, fried..... 3 oz	1040.59	195	15	11	0.6	7
.. Fatty Roast (rib)oven cooked Lean only..... 3 oz .	1040.59	195	23	11	0	0
.Lamb Cooked. Rib Lean only..... 3 oz	1051.27	197	22	11	0	0
.. Pork chop (fried) Lean only..... 3 oz	1051.27	197	27	9		0
Pizza Meat and vegetables 1 slice (1/8 of 12" pizza)	1056.47	184	13	5	NA	21
Cream Cheese Low fat..... 1 tbsp	1058.38	35	2	3	0	1
Beef bouillon..... 1 packet	1058.38	14	1	1	0	1
Turkey Ground, cooked Crumbled..... 1 cup	1064.33	298	35	17	0	0
Hamburger Large everything Single patty..... 1 sandwich	1065.32	512	26	27	NA	40
Molasses, blackstrap.....1 tbsp	1065.94	47	0	0	0	12
English muffin Untoasted 1 muffin	1066.34	134	4	1	1.5	26
Turkey Ground, cookedPatty, from 4 oz raw..... 1 patty	1067.60	193	22	11	0	0
Waffles Low fat, 4" dia 1 waffle	1075.66	83	2	1	0.4	15
.Chicken. Stewed dark and light meat chopped or diced 1 cup	1075.66	332	43	17	0	0
Prunes dried Uncooked 5 prunes	1079.98	100	1	Tr	3	26
Peaches Dried, sulfured..... 3 halves	1081.64	93	1	Tr	3.2	24
..Chicken Dark meat (fried)..... 3 oz	1083.29	203	25	10	0	2
Hamburger Large everything Double patty ... 1 sandwich	1083.80	540	34	27	NA	40
Shrimp 6 large	1088.62	108	10	6	0.2	1
.. Pork chop (broiled)Lean and fat..... 3 oz	1088.62	204	24	11	0	0
Shrimp breaded, fried 3 oz	1099.29	206	18	10	0.3	10
.. Ham, light cure, roasted Lean and fat..... 3 oz	1104.63	207	18	14	0	0
Chestnuts, european roasted shelled 1 cup	1110.19	350	5	3	7.3	76
Oat bran Uncooked 1 cup	1114.68	231	16	7	14.5	62
Whole Wheat Bread 1 slice	1117.78	69	3	1	1.9	13
Hot dog Plain..... 1 sandwich	1120.10	242	10	15	NA	18
.. Shoulder cut Lean only..... 3 oz	1125.98	211	27	10	0	0
Roast beef sandwich, plain 1 sandwich	1129.09	346	22	14	NA	33
Mixed grain bread 1 slice	1133.98	65	3	1	1.7	12
Pumpnickel Bread 1 slice	1133.98	80	3	1	2.1	15
Tomatoes Sun dried Plain..... 1 piece	1133.98	5	Tr	Tr	0.2	1
.Beef,. Lean only (pot roasted or simmered)..... 3 oz	1136.65	213	26	11	0	0
Beef, cooked.. Beef, canned, corned..... 3 oz	1136.65	213	23	13	0	0
.. Salami, beef and pork (1 oz) cooked type..... 2 slices	1137.96	143	8	11	0	1

Cheeseburger Double patty with mayo veg... 1 sandwich	1139.45	417	21	21	NA	35
Boston cream (1/8 of pie) 1 piece	1143.84	232	2	8	1.3	39
Pizza Pepperoni 1 slice (1/8 of 12" pizza)	1156.34	181	10	7	NA	20
Figs, dried..... 2 figs	1157.85	97	1	Tr	4.6	25
.. Rib roast Lean and fat..... 3 oz	1157.99	217	23	13	0	0
English muffin Toasted 1 muffin	1160.15	133	4	1	1.5	26
.Beef, cooked. Ground beef, broiled 83% lean..... 3 oz	1163.33	218	22	14	0	0
Hamburger Regular condiments Single patty... 1 sandwich	1163.94	272	12	10	2.3	34
Whipped topping (pressurized) 1 cup	1164.22	154	2	13	0	7
Cheeseburger Large Single patty mayo veg.. 1 sandwich	1166.08	563	28	33	NA	38
Angelfood (1/12 of 12-oz cake) 1 piece	1166.38	72	2	Tr	0.4	16
.Beef, cooked. Sirloin Steak broiled Lean and fat..... 3 oz	1168.67	219	24	13	0	0
.Lamb Cooked. Leg, roasted Lean and fat..... 3 oz	1168.67	219	22	14	0	0
Chicken Frankfurter 1.6 oz 1 frank	1169.26	116	6	9	0	3
Cake Angelfood (1/12 of 10" dia) 1 piece	1170.27	129	3	Tr	0.1	29
Rye Bread 1 slice	1176.51	83	3	1	1.9	15
Hot dog With chili 1 sandwich	1177.75	296	14	13	NA	31
Chimichanga with beef 1 chimichanga	1178.30	452	20	20	NA	43
Bread Cracked wheat 1 slice	1179.34	65	2	1	1.4	12
Wheat Bread 1 slice	1179.34	65	2	1	1.1	12
Chicken Breast dipped fried (with bones skin).1/2 breast	1179.34	364	35	18	0.4	13
Maple Syrup.....1 tbsp	1179.34	52	0	Tr	0	13
Cheeseburger Single patty with mayo veg..... 1 sandwich	1184.16	295	16	14	NA	27
Éclair, 5" x 2" x 1 3/4" 1 éclair	1188.41	262	6	16	0.6	24
Herring, pickled 3 oz	1190.01	223	12	15	0	8
Lettuce, raw Leaf (Butterhead, Boston) 5" dia 1 head	1190.68	21	2	Tr	1.6	4
Hot dog (corndog)..... 1 corndog	1192.30	460	17	19	NA	56
Waffles Frozen, toasted, 4" dia..... 1 waffle	1195.83	87	2	3	0.8	13
French toast with butter 2 slices	1196.14	356	10	19	NA	36
Neufchatel 1 oz	1198.78	74	3	7	0	1
Cornbread @ 2% milk (2 1/2" x 2 1/2" x 1 1/2") ...1 piece	1207.25	173	4	5	1.9	28
Soft bread crumbs 1 cup	1209.58	120	4	2	1	22
Feta Cheese..... 1 oz	1214.98	75	4	6	0	1
Potato chips Fat free, made with olestra..... 1 oz	1214.98	75	2	Tr	1.1	17
Hamburger Regular condiments Double patty 1 sandwich	1215.21	576	32	32	NA	39
White Bread 1 slice	1215.63	67	2	1	0.6	12
Chicken batter fried (with bones skin).. 1 drumstick	1215.88	193	16	11	0.2	6
Italian Bread 1 slice	1224.70	54	2	1	0.5	10
Oat bran muffin (2 1/2" x 2 1/4")..... 1 muffin	1225.50	154	4	4	2.6	28
Oatmeal Bread 1 slice	1226.38	73	2	1	1.1	13
Potato pancakes, home prepared..... 1 pancake	1235.44	207	5	12	1.5	22
.. Ham (roasted) Lean and fat..... 3 oz	1238.04	232	23	15	0	0
Raisin Bread 1 slice	1238.66	71	2	1	1.1	14
Bagel Plain 3 1/2" bagel	1245.78	195	7	1	1.6	38
Bagel Cinnamon raisin 3 1/2" bagel	1245.78	195	7	1	1.6	39
Pita Bread 4" pita	1247.38	77	3	Tr	0.6	16
Mushrooms, shiitake Dried 1 mushroom	1247.38	11	Tr	Tr	0.4	3
Dates, without pits Chopped 1 cup	1248.65	490	4	1	13.4	131
Bagel Plain 4" bagel	1248.65	245	9	1	2	48
.Beef,. Lean cut(bottom round) Lean and fat.... 3 oz	1248.71	234	24	14	0	0
French,vienna,or sourdough bread 1/2" slice	1251.91	69	2	1	0.8	13
Dates, without pits Whole..... 5 dates	1252.78	116	1	Tr	3.2	31
.. Pork chop (fried) Lean and fat..... 3 oz	1254.05	235	25	14	0	0
Chicken Thigh batter dipped fried (with bones skin) 1 thigh	1255.29	238	19	14	0.3	8
Shrimp, breaded and fried..... 6-8 shrimp	1255.68	454	19	25	NA	40
Blueberry Muffin (2 3/4" dia x 2")..... 1 muffin	1257.33	158	3	4	1.5	27
Bagel Egg 3 1/2" bagel	1258.56	197	8	1	1.6	38
.Lamb Cooked. Chops braised Lean only..... 3 oz	1264.72	237	30	12	0	0
Chocolate syrup thin.....1 tbsp	1265.28	53	Tr	Tr	0.3	12

Jams and preserves.....1 tbsp	1270.06	56	Tr	Tr	0.2	14
Corn syrup, light.....1 tbsp	1270.06	56	0	0	0	15
.. Vienna sausage (7 per 4-oz can) 1 sausage	1275.73	45	2	4	0	Tr
Mozzarella (Part skim low moisture) 1 oz	1279.78	79	8	5	0	1
Fat free cake (3 1/4 x 23/4") x 5/8" slice)..... 1 slice	1279.78	79	2	Tr	0.3	17
Turkey Patties breaded fried (2.25 oz) 1 patty	1282.82	181	9	12	0.3	10
Chicken fillet (breaded fried) sandwich, plain .. 1 sandwich	1283.52	515	24	29	NA	39
Jellies.....1 tbsp	1289.16	54	Tr	Tr	0.2	13
Pancake Syrup.....1 tbsp	1292.74	57	0	0	0	15
Mozzarella made with whole milk..... 1 oz	1295.98	80	6	6	0	1
Fish sandwich, with tartar sauce and cheese ...1 sandwich	1296.33	523	21	29	NA	48
Rolls Hamburger or hotdog 1 roll	1297.49	123	4	2	1.2	22
Egg bread (challah) 1/2" slice	1304.08	115	4	2	0.9	19
.Beef, cooked. Ground beef, broiled 73% lean..... 3 oz	1312.75	246	20	18	0	0
.Pie . Pumpkin 1 piece	1315.00	316	7	14	2.9	41
Sponge shortcake..... 1 shortcake	1315.42	87	2	1	0.2	18
Waffles Prepared from recipe, 7" dia .. 1 waffle	1318.44	218	6	11	0.7	25
Whipping Cream, unwhipped Light 1 cup	1326.62	699	5	74	0	7
Rolls Hard, kaiser..... 1 roll	1328.95	167	6	2	1.3	30
Cheeseburger plain Double patty 1 sandwich	1337.37	457	28	28	NA	22
Onion Soup..... 1 packet	1337.52	115	5	2	4.1	21
.. Ribs Country style, braised..... 3 oz	1344.77	252	20	18	0	0
Sponge (1/12of 16-oz cake)..... 1 piece	1346.38	187	5	5	0.4	71
Raisins, not packed 1 cup	1360.78	435	5	1	5.8	115
Raisin Packet, 1/2 oz (1 1/2 tbsp) 1 packet	1360.78	42	Tr	Tr	0.6	11
Biscuit from refrigerated.... Lower fat 2 1/4" biscuit	1360.78	63	2	1	0.4	12
Rolls Dinner 1 roll	1360.78	84	2	2	0.8	14
Camembert (3 weges @ 4-oz container)..... 1 wedge	1360.78	114	8	9	0	Trace
Spirulina, dried 1 tbsp	1360.78	3	Tr	Tr	Tr	Tr
Chicken pieces, boneless,breaded fried, plain ... 6 pieces	1365.06	319	18	21	0	15
.. Canned, lunch meat(7 slices per 7-oz can).... 2 slices	1368.73	172	7	15	0	1
Honey.....1 cup	1379.51	1031	1	0	0.7	279
Honey.....1 tbsp	1382.38	64	Tr	0	Tr	17
KELLOGG'S Raisin Brand..... 1 cup	1383.08	186	6	1	8.2	47
Corn Muffin (2 1/2" dia x 2 1/4") 1 muffin	1384.65	174	3	5	1.9	29
Nachos, with cheese sauce 6-8 nachos	1388.88	346	9	19	NA	36
Devil's food commercially prepared, fat free 1 cookie	1389.13	49	1	Tr	0.3	12
Tortellini, pasta with cheese filling, frozen.. (1 cup cooked)	1394.38	249	11	6	1.5	38
Pie .. Blueberry..... 1 piece	1395.67	360	4	17	3.6	49
Bran Muffin with raisins toaster type, toasted 1 muffin	1414.14	106	2	3	2.8	19
Cheeseburger Large.....with bacon 1 sandwich	1414.28	608	32	37	NA	37
Crème Filled Sandwich Cookie Chocolate 1 cookie	1421.26	47	Tr	2	0.3	7
Corbread (3 3/4" x 2 1/2" x 3/4")..... 1 piece	1421.26	188	4	6	1.4	29
.. Frankfurter (1.6 oz) Beef 1 frank	1431.34	142	5	5	0	1
.Pie . Fried, cherry 1 pie	1431.65	404	4	21	3.3	55
.. Bologna, beef and pork (8 per 8-oz pkg)2 slices	1432.40	180	7	16	0	2
.Lamb Cooked. Loin, broiled Lean and fat..... 3 oz	1435.49	269	21	20	0	0
Brownie Fat free, 2" sq..... 1 brownie	1441.78	89	1	Tr	1	22
Marshmallows Miniature..... 1 cup	1442.42	159	1	Tr	0.1	41
Immitation Whipped topping Frozen 1 cup	1445.45	239	1	19	0	17
Pineapple upside down (1/9 of 8" square) 1 piece	1447.55	367	4	14	0.9	58
.. Frankfurter (1.6 oz) Beef and pork..... 1 frank	1451.50	144	5	13	0	1
Croissant with egg, cheese, bacon..... 1 croissant	1452.20	413	16	28	NA	24
.Pie . Lemon meringue 1 piece	1453.10	362	5	16	0.7	50
Canned Milk Condensed, sweetened..... 1 cup	1455.65	982	24	27	0	166
Cheesecake (1/6 of 17-oz cake)..... 1 piece	1457.17	257	4	18	0.3	20
Biscuit with egg and sausage 1 biscuit	1464.10	581	19	39	0.9	41
TOTAL Raisin Brand 1 cup	1467.99	178	4	1	5	43
Chicken. Wing batter dipped fried (with bones skin). 1 wing	1471.86	159	10	11	0.1	5

Tortillas, ready to cook (about 6" dia) Flour	1 tortilla	1474.18	104	3	2	1.1	18
Mayonnaise Light Cholesterol free...	1 tbsp	1481.74	49	Tr	5	0	1
Banana bread recipe prepared with margarine ..	1 slice	1481.74	196	3	6	0.7	33
Breakfast bar with fruit filling, fat free	1 bar	1483.37	121	2	Tr	0.8	28
Oatmeal Cookie Fat free.....	1 cookie	1484.48	36	1	Tr	0.8	9
Cranberries, dried, sweetened...1/4 cup		1490.37	92	Tr	Tr	2.5	24
Indian fry (navajo) bread.....	5" bread	1491.81	296	6	9	1.6	48
.. Shoulder cut Lean and fat.....	3 oz	1494.19	280	24	20	0	0
Hush puppies	5 pieces	1494.53	257	5	12	NA	35
.. Pork with ham (12 slices per12-oz can)	2 slices	1496.06	188	8	17	0	1
Onion rings, breaded and fried.....	8-9 rings	1508.33	276	4	16	NA	31
Rye wafer, whole grain plain	1 wafer	1525.72	37	1	Tr	2.5	9
CHEX Multi bran.....	1 cup	1527.40	165	4	1	6.4	41
SHREDDED WHEAT.....	2 biscuits	1538.27	156	5	1	5.3	38
Whole wheat from hard wheats,	1 cup	1538.43	407	16	2	14.6	87
Swiss	1 oz	1538.97	95	7	7	0	1
Onions Dehydrated flakes.....	1 tbsp	1542.21	17	Tr	Tr	0.5	4
French fries.....	1 small	1552.89	291	4	16	3	34
Biscuit from refrigerated dough Regular	2 1/2" biscuit	1562.37	93	2	4	0.4	13
.Beef,. Fatty cut (pot roasted or simmer) Lean and fat..	3 oz	1563.56	293	23	22	0	0
Whipping Cream, unwhipped Heavy.....	1 cup	1564.70	821	5	88	0	7
Spread (about 40% fat).....	1 cup	1566.07	801	1	90	0	1
.Lamb Cooked. Chops braised Lean and fat.....	3 oz	1568.90	294	26	20	0	0
Shortcake, biscuit type (about 3" dia)	1 shortcake	1570.13	225	4	9	0.8	32
Fruit leather, pieces	1 oz	1571.37	97	Tr	2	1	22
CHEX Wheat.....	1 cup	1572.45	104	3	1	3.3	24
Egg Yolk raw.....	1 large	1574.23	59	3	5	0	Trace
TOTAL, Whole Grain	3/4 cup	1587.57	105	3	1	2.6	24
Fig bar	1 cookie	1587.57	56	1	1	0.7	11
Pie .. Apple	1 piece	1593.39	411	4	19	3.6	58
Barley pearled Uncooked	1 cup	1596.65	704	20	2	31.2	155
Chocolate Syrup Fudge type.....	1 tbsp	1599.51	67	1	2	0.5	12
Biscuits made with 2% milk	2 1/2" biscuit	1602.69	212	4	10	0.9	27
Coconut raw Piece, about 2" x 2" x Zx"	1 piece	1602.69	159	1	15	4.1	7
Cream Cheese.....	1 oz	1603.77	99	2	10	0	1
Coconut raw Shredded, not packed.....	1 cup	1604.58	283	3	27	7.2	12
Cornmeal Self rising degermed enriched	1 cup	1610.58	490	12	2	9.8	103
Gingerbread 1/9 of 8" square)	1 piece	1612.09	263	3	12	0.7	36
White cake With coconut frosting (1/12 of 9" dia) ..	1 piece	1615.92	399	5	12	1.1	71
Danish pastry Fruit filled.....	1 pastry	1616.53	335	5	16	NA	45
white cake without frosting (1/12 of 9" dia)	1 piece	1618.22	264	4	9	0.6	42
Blue Cheese.....	1 oz	1619.97	100	6	8	0	1
Provolone	1 oz	1619.97	100	7	8	0	1
.. Fatty Roast (rib) oven cooked Lean and fat.....	3 oz	1622.26	304	19	25	0	0
Tapioca, pearl, dry.....	1 cup	1623.38	544	Tr	Tr	1.4	135
Cake Chocolate without frosting (1/12 of 9" dia) ...	1 piece	1623.38	340	5	14	1.5	51
Nonfat instant milk.....	1 cup	1627.60	244	24	Tr	0	35
Lamb Cooked.. Rib Lean and fat.....	3 oz	1627.60	305	18	25	0	0
.. Braunschweiger (6 slices per6-oz pkg).....	2 slices	1631.34	205	8	18	0	2
Sponge Snack cake, creme filled.....	1 cake	1635.04	155	1	5	0.2	27
Bread flours, enriched.....	1 cup	1638.89	495	16	2	3.3	99
Cornmeal Whole grain	1 cup	1643.34	442	10	4	8.9	94
Sweet rolls, cinnamon from dough with frosting	roll	1648.05	109	2	4	0.6	17
French toast sticks	5 sticks	1650.30	513	8	29	2.7	58
KELLOGG'S CORN FLAKES.....	1 cup	1652.37	102	2	Tr	0.8	24
Wheat flours All purpose, Sifted, spooned.....	1 cup	1652.65	419	12	1	3.1	88
.Rice. White, long grain, enriched Raw	1 cup	1655.00	675	13	1	2.4	148
BASIC 4	1 cup	1657.67	201	4	3	3.4	42
Bread Crumbs Seasoned, unenriched	1 cup	1663.17	440	17	3	5	84

CHEERIOS.....1 Cup	1663.17	110	3	2	2.6	23
FROSTED MINI WHEATS Bite size 1 cup	1663.17	187	5	1	5.9	45
PRODUCT 19 1 cup	1663.17	110	3	Tr	1	25
Puffed Wheat..... 1 cup	1663.17	44	2	Tr	0.5	10
WHEATIES..... 1 cup	1663.17	110	3	1	2.1	24
Pretzels Stick, 2 1/4" long..... 10 pretzels	1663.17	11	Tr	Tr	0.1	6
Chocolat cake @chocolate icing 18-oz cake) 1 piece	1665.53	235	3	10	1.8	35
NUTRI GRAIN Cereal Bar, fruit filled 1 bar	1667.26	136	2	3	0.8	27
Thousand Island Regular 1 tbsp	1672.62	59	Tr	6	0	2
.. Pork sausage cooked Link (4" x 7/8" raw) 2 links	1674.80	96	5	8	0	Tr
.. Pork sausage cooked Patty (3 7/8" x 1/4" raw) ... 1 patty	1679.97	100	5	8	0	Tr
Danish pastry Fruit filled..... 1 danish	1680.21	263	4	13	1.3	34
.. Ribs Backribs, roasted..... 3 oz	1680.96	315	21	25	0	0
.Rice. Parboiled Raw 1 cup	1681.97	686	13	1	3.1	151
SPECIAL K..... 1 cup	1682.68	115	6	Tr	1	22
Toaster pastries Low fat 1 pastry	1683.53	193	2	3	0.8	40
Muenster..... 1 oz	1684.77	104	7	9	0	Trace
Sweet rolls, cinnamon Commercial, with raisins 1 roll	1685.85	223	4	10	1.4	31
CRISPIX..... 1 cup	1689.24	108	2	Tr	0.6	25
GENERAL MILLS TOTAL 1 1/3 cup	1693.41	112	2	Tr	0.8	26
Danish pastry Cheese filled 1 danish	1699.37	266	6	16	0.7	26
Cornstarch 1 tbsp	1700.97	30	Tr	Tr	0.1	7
RICE KRISPIES 1 1/4 cup	1704.41	124	2	Tr	0.4	29
Brown Sugar unpacked.....1 cup	1704.88	545	0	0	0	141
Brown Sugar packed.....1 cup	1705.09	827	0	0	0	214
CHEX Corn 1 cup	1708.53	113	2	Tr	0.5	26
CHEX Rice 1 1/4 cup	1711.95	117	2	Tr	0.3	27
American Cheese Regular 1 oz	1717.17	106	6	9	0	Trace
Yellow Cake With chocolate frosting 1 piece	1722.23	243	2	11	1.2	35
CINNAMON LIFE 1 cup	1723.65	190	4	2	3	40
KIX 1 1/3 cup	1723.65	114	2	1	0.8	26
RAISIN NUT BRAN 1 cup	1723.65	209	5	4	5.1	41
CORN POPS 1 cup	1726.58	118	1	Tr	0.4	28
Pretzels Twisted, dutch, 2 3/4" x 2 5/8" 1 pretzel	1729.32	61	1	1	0.5	13
Pretzels Twisted, regular 10 pretzels	1731.21	229	5	2	1.9	48
Swiss 1 oz	1733.37	107	8	8	0	1
HONEY NUT CHEERIOS .. 1 cup	1738.77	115	3	1	1.6	24
White Sugar granulated.....1 packet	1738.77	23	0	0	0	6
Tortilla chips Low fat, baked..... 10 chips	1749.57	54	2	1	0.7	11
Wheat germ, toasted, plain 1 tbsp	1749.57	27	2	1	0.9	3
Gumdrops (3/4" dia) 1 cup	1752.06	703	0	0	0	180
Gummy bears 10 bears	1752.52	85	0	0	0	22
Gummy worms..... 10 worms	1753.07	286	0	0	0	73
Toaster pastries Chocolate with frosting 1 pastry	1753.31	201	3	5	0.6	37
APPLE JACKS..... 1 cup	1753.89	116	1	Tr	0.6	27
White Sugar granulated.....1 cup	1755.40	774	0	0	0	200
HONEY NUT CLUSTERS .. 1 cup	1756.64	213	5	3	4.2	43
.Popcorn. Air popped, unsalted 1 cup	1757.67	31	1	Tr	1.2	6
White sugar Powdered.....1 tbsp	1757.67	31	0	Tr	0	8
Danish pastry Cheese filled..... 1 pastry	1759.54	353	6	25	NA	29
Rice cake, brown rice, plain 1 cake	1763.97	35	1	Tr	0.4	7
White sugar Powdered.....1 cup	1765.23	467	0	Tr	0	119
FROOT LOOPS 1 cup	1769.01	117	1	1	0.6	26
Melba toast, plain 4 pieces	1769.01	78	2	1	1.3	15
Caramel Plain..... 1 piece	1769.01	39	Tr	1	0.1	8
Chocolate coated raisins..... 10 pieces	1769.01	39	Tr	1	0.4	7
Clam Breaded, fried3/4 cup	1778.87	451	13	26	0.3	39
Toaster pastries Fruit filled..... 1 pastry	1779.48	204	2	5	1.1	37
Bread Crumbs dry, enriched 1 cup	1793.37	427	14	6	2.6	78

.. Ribs Spareribs, braised..... 3 oz	1798.36	337	25	26	0	0
STARBURST fruit chews (M&M MARS) 2.07 oz) ..1 bag	1798.99	234	Tr	4	0	50
COCOA PUFFS 1 cup	1799.25	119	1	1	0.2	27
Chocolate Frosting.....1/12 package	1802.43	151	Tr	7	0.2	24
Puffed Rice..... 1 cup	1814.37	56	1	Tr	0.2	13
Doughnuts Yeast leavened, glazed 1 hole	1814.37	52	1	3	0.2	6
Matzo, plain..... 1 matzo	1814.37	112	3	Tr	0.9	24
..Popcorn Caramel coated With peanuts 1 cup	1814.37	168	3	3	1.6	34
Hard candy..... 1 piece	1814.37	24	0	Tr	0	6
Cheddar Shredded 1 cup	1826.41	455	28	37	0	1
doughnuts Yeast..... 1 medium	1829.49	242	4	14	0.7	27
Croissant, butter 1 croissant	1838.24	231	5	12	1.5	26
Brownies without icing (2 3/4 sq x 7/8")..... 1 brownie	1838.67	227	3	9	1.2	36
TRIX..... 1 cup	1844.61	122	1	2	0.7	26
Onion rings, 2"-3" dia fried, frozen, oven heated ...10 rings	1844.61	244	3	16	..8	23
Cheddar Cut pieces 1 oz	1846.77	114	7	9	0	Trace
Trail mix Tropical 1 cup	1846.77	570	9	24	10.6	92
Toaster pastries Brown sugar cinnamon..... 1 pastry	1868.80	206	3	7	0.5	34
Pie .. Cherry..... 1 piece	1884.15	486	5	22	3.5	69
Vanilla Frosting.....1/12 package	1897.93	159	Tr	6	Tr	26
French Regular 1 tbsp	1899.42	67	Tr	6	0	3
.. Salami, beef and pork (3 1/8" x 1/16") dry type .. 2 slices	1905.09	84	5	7	0	1
Doughnuts 1 medium	1910.88	198	2	11	0.7	23
Crackers Graham 2 1/2" sq 2 squares	1911.57	59	1	1	0.4	11
Doughnuts Cake type 1 hole	1911.57	59	1	3	0.2	7
MILKY WAY (M&M MARS)..... 1 fun size bar	1915.17	76	1	3	0.3	13
MILKY WAY1 bar (2.15 oz)	1918.47	258	3	10	1	44
Graham Crackers Crushed 1 cup	1922.37	356	6	8	2.4	65
CHEX mix 1 oz (about 2/3 cup)	1943.97	120	3	5	1.6	18
Molasses Cookie Large (3 1/2"-4" dia) 1 cookie	1956.12	138	2	4	0.3	24
Molasses Cookie Medium 1 cookie	1965.57	65	1	2	0.1	11
Oatmeal Cookie Prepared raisins (2 5/8" dia).....1 cookie	1965.57	65	1	2	0.5	10
Saltine Square..... 4 crackers	1965.57	52	1	1	0.4	9
..Popcorn Caramel coated Without peanuts 1 cup	1969.89	152	1	5	1.8	28
Homemade Vinegar and oil..... 1 tbsp	1984.47	70	0	8	0	Trace
Whole wheat 4 crackers	2012.82	71	1	3	1.7	11
Pie .. Pecan 1 piece	2019.09	503	6	27	2.2	64
Chocolate chip cookie. Reduced fat..... 1 cookie	2041.17	45	1	2	0.4	7
Sugar Cookie Commercially prepared 1 cookie	2041.17	72	1	3	0.1	10
Vanilla wafer medium size 1 cookie	2041.17	18	Tr	1	0.1	3
Tortilla chips Light, reduced fat..... 1 oz	2041.17	126	2	4	1.4	20
Oatmeal Cookie Regular, large 1 cookie	2050.24	113	2	5	0.7	17
Parmesan, grated..... 1 cup	2068.38	456	42	30	0	4
Italian Regular 1 tbsp	2086.52	69	Tr	7	0	1
Butter Cookies prepared 1 cookie	2086.52	23	Tr	1	Tr	3
Croutons, seasoned..... 1 cup	2109.20	186	4	7	2	25
Crackers Wheat with cheese 1 sandwich	2138.36	33	1	1	0.1	4
Wheat, thin square..... 4 crackers	2154.56	38	1	2	0.4	5
Taco shell, baked..... 1 medium	2163.29	62	1	3	1	8
Granola bar Hard, plain 1 bar	2170.76	134	3	6	1.5	18
Potato chips Reduced fat 1 oz	2170.76	134	2	6	1.7	19
SNICKERS 1 bar (2 oz)	2172.47	273	5	14	1.4	34
..Chocolate chips. Semisweet 1 cup	2173.46	805	7	50	9.9	106
Chocolate chip cookie (2 1/4" -2 1/2") Regular .. 1 cookie	2177.24	48	1	2	0.3	7
Peanut Butter Cookie Commercially prepared 1 cookie	2177.24	72	1	4	0.3	9
Crème Filled Sandwich Cookie Vanilla Round... 1 cookie	2177.24	48	Tr	2	0.2	7
Trail mix nuts and seeds..... 1 cup	2196.51	707	21	47	8.8	66
Crackers Cheese with peanut butter ... 1 sandwich	2203.16	34	1	2	0.2	4
BUTTERFINGER (NESTLE)..... 1 fun size bar	2203.16	34	1	1	0.2	Tr

Sugar Cookie From refrigerated dough..... 1 cookie	2207.48	73	1	3	0.1	10
Prepared from recipe, with margarine 1 cookie	2211.26	78	1	5	0.4	9
M&M's (M&M MARS) Plain.....1/4 cup	2233.07	256	2	11	1.3	37
Pie crust, baked Graham cracker 1 pie shell	2241.39	1181	10	60	3.6	156
Crackers Round 4 crackers	2267.96	60	1	3	0.2	7
Shortbread Cookie Plain (1B,\" sq) 1 cookie	2267.96	40	Tr	2	0.1	5
Crackers Cheese, 1\" sq 10 crackers	2267.96	50	1	3	0.2	6
.Popcorn. Oil popped, salted..... 1 cup	2267.96	55	1	3	1.1	6
Coconut raw Dried, sweetened, shredded ... 1 cup	2272.84	466	3	33	4.2	44
Russian Regular 1 tbsp	2298.20	76	Tr	8	0	2
Tortilla chips Regular 1 oz	2300.36	142	2	7	1.8	18
Potato chips Reduced fat 1 oz	2300.36	142	2	7	1	18
..Chocolate chips Milk 1 cup	2327.36	862	12	52	5.7	99
Blue cheese Regular 1 tbsp	2328.44	77	1	8	0	1
KIT KAT (HERSHEY) 1 bar (1.5 oz)	2332.76	216	3	11	0.8	27
Granola bar Soft, chocolate-coated peanut butter 1 bar	2332.76	144	3	9	0.8	15
Pie crust, baked From frozen..... 1 pie shell	2332.76	648	6	41	1.3	62
COCOA KRISPIES..... 1 cup	2341.12	160	3	1.3	0.5	27
M&M's (M&M MARS) Peanut..... 1/4 cup	2341.80	222	4	11	1.5	26
Caesar Regular 1 tbsp	2358.68	78	Tr	8	Tr	Trace
Chocolate coated peanuts..... 10 pieces	2358.68	208	5	13	1.9	20
Pecan Shortbread Cookie Reduced fat..... 1 cookie	2365.16	73	1	3	0.2	11
Peanut butter Reduced fat, smooth..... 1 tbsp	2368.76	94	5	6	16.3	3
NESTLE CRUNCH 1 bar (1.55 oz)	2371.05	230	3	12	1.1	29
Noodles, chow mein, canned 1 cup	2388.92	237	4	14	1.8	26
Pie crust, baked From recipe 1 pie shell	2391.44	949	12	62	3	86
.Popcorn. Cheese flavor 1 cup	2391.67	58	1	4	1.1	6
Pumpkin and squash kernels.roasted, seeds)1 oz	2397.56	148	9	12	1.1	4
..Chocolate chips White 1 cup	2444.06	916	10	55	0	101
Margarine Hard 60% fat (4 sticks per lb) 1 stick	2449.40	621	1	70	0	0
REESE'S Peanut butter cup (contains 2) ..1 pack	2449.40	243	5	14	1.4	25
Pecan Shortbread Cookie Regular (2\" dia)..... 1 cookie	2462.36	76	1	5	0.3	8
Potato chips 1 oz	2462.36	152	2	10	1.3	15
MR. GOODBAR (HERSHEY) 1 bar (1.75 oz)	2471.62	267	5	17	1.7	25
Corn Chips Plain 1 oz	2478.56	153	2	9	1.4	16
Carob candy..... 1 oz	2478.56	153	2	9	1.1	16
Oriental snack mix 1 oz (about 1/4cup)	2527.16	156	5	7	3.7	15
Cheese flavor puffs or twists 1 oz	2543.36	157	2	10	0.3	15
Potato chips Plain Made from dried potatoes..... 1 oz	2559.56	158	2	11	1	14
Pine nuts (pignolia), shelled 1 oz	2591.96	160	7	14	1.3	4
.. Bacon Regular 3 medium slices	2602.19	109	6	9	0	Tr
Pistachio nuts, dry roast,with salt, shelled ... 1 oz (47 nuts)	2608.16	161	6	13	2.9	8
Cashews Oil roasted..... 1 cup	2613.39	749	21	63	4.9	37
Almonds Sliced 1 cup	2621.29	549	20	48	11.2	19
Peanuts Oil roasted, salted..... 1 cup	2636.51	837	38	71	13.2	27
Sunflower seed kernels, dryroasted.....1/4cup	2636.51	186	6	16	2.9	8
Cashews Dry roasted 1 oz	2640.56	163	4	13	0.9	9
Cashews1 oz (18 nuts)	2640.56	163	5	14	1.1	8
Almonds Whole..... 1 oz (24 nuts)	2656.76	164	6	14	3.3	6
Peanut butter Chunk style 1 tbsp	2664.86	94	4	8	1.1	3
Sesame seeds..... 1 tbsp	2664.86	47	2	4	0.9	1
Peanuts..... 1 oz	2672.96	165	7	14	2.6	5
Peanuts Dry Roasted Salted..... 1 oz (about 28)	2689.15	166	7	14	2.3	6
Peanut butter Smooth style 1 tbsp	2693.20	95	4	8	0.9	3
Mixed nuts, with peanuts Dry roasted 1 oz	2721.55	168	5	15	2.6	7
Hazelnuts (filberts), chopped.... 1 cup	2847.77	722	17	70	11.2	19
Homemade French Dressing.....1 tbsp	2851.15	88	Tr	10	0	Trace
Walnuts, English 1 cup, chopped	2967.25	785	18	78	8	16
Brazil nuts, shelled..... 1 oz (6-8 nuts)	3013.15	186	4	19	1.5	4

Pecans, halves..... 1 cup	3133.15	746	10	78	10.4	15
Crackers Bite size..... 1 cup	3134.83	311	5	16	1	38
Mayonnaise Regular 1 tbsp	3207.55	99	Tr	11	0	Trace
Macadamia nuts, dry roasted,salted 1 cup	3246.23	959	10	102	10.7	17
Margarine Soft 1 cup	3249.08	1626	2	183	0	1
Butter..... 1 stick	3263.46	813	1	92	0	Trace
Margarine Hard (4 sticks per lb) 1 stick	3271.48	815	1	91	0	1
Margarine butter blend..... 1 stick	3284.49	811	1	91	0	1
Olive or Peanut oil..... 1 cup	4008.83	1909	0	216	0	0
Other oil (such as canola,corn,soy) 1 cup	4009.51	1927	0	218	0	0
Lard 1 cup	4091.18	1849	0	205	0	0

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