

## Appendix A

Content of specific foodstuffs in terms of calories, fats, carbohydrate, and protein

(Source: <http://www.ntwrks.com/~mikev/chart1.html>)

SORTED BY FOOD NAME (<http://www.ntwrks.com/~mikev/chart1.html>)

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
1000 ISLAND, SALAD DRNG,LOCAL1 TBSP	2	25	2	0	2	15	0.2
1000 ISLAND, SALAD DRNG,REGLR1 TBSP	6	60	2	0	4	16	1
100% NATURAL CEREAL 1 OZ	6	135	18	3	0	28.35	4.1
40% BRAN FLAKES, KELLOGG'S 1 OZ	1	90	22	4	0	28.35	0.1
40% BRAN FLAKES, POST 1 OZ	0	90	22	3	0	28.35	0.1
ALFALFA SEEDS, SPROUTED, RAW 1 CUP	0	10	1	1	0	33	0
ALL-BRAN CEREAL 1 OZ	1	70	21	4	0	28.35	0.1
ALMONDS, SLIVERED 1 CUP	70	795	28	27	0	135	6.7
ALMONDS, WHOLE 1 OZ	15	165	6	6	0	28.35	1.4
ANGELFOOD CAKE, FROM MIX 1 CAKE	2	1510	342	38	0	635	0.4
ANGELFOOD CAKE, FROM MIX 1 PIECE	0	125	29	3	0	53	0
APPLE JUICE, CANNED 1 CUP	0	115	29	0	0	248	0
APPLE PIE 1 PIE	105	2420	360	21	0	945	27.4

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
APPLE PIE 1 PIECE	18	405	60	3	0	158	4.6
APPLESAUCE, CANNED, SWEETENED 1 CUP	0	195	51	0	0	255	0.1
APPLESAUCE, CANNED, UNSWEETENED 1 CUP	0	105	28	0	0	244	0
APPLES, DRIED, SULFURED 10 RINGS	0	155	42	1	0	64	0
APPLES, RAW, PEELED, SLICED 1 CUP	0	65	16	0	0	110	0.1
APPLES, RAW, UNPEELED, 2 PER LB 1 APPLE	1	125	32	0	0	212	0.1
APPLES, RAW, UNPEELED, 3 PER LB 1 APPLE	0	80	21	0	0	138	0.1
APRICOT NECTAR, NO ADDED VIT C 1 CUP	0	140	36	1	0	251	0
APRICOTS, CANNED, JUICE PACK 1 CUP	0	120	31	2	0	248	0
APRICOTS, CANNED, JUICE PACK 3 HALVES	0	40	10	1	0	84	0
APRICOTS, DRIED, COOKED, UNSWTN 1 CUP	0	210	55	3	0	250	0
APRICOTS, DRIED, UNCOOKED 1 CUP	1	310	80	5	0	130	0
APRICOTS, RAW 3 APRCOT	0	50	12	1	0	106	0

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
APRICOT, CANNED, HEAVY SYRUP 1 CUP	0	215	55	1	0	258	0
APRICOT, CANNED, HEAVY SYRUP 3 HALVES	0	70	18	0	0	85	0
ARTICHOKES, GLOBE, COOKED, DRN 1 ARTCHK	0	55	12	3	0	120	0
ASPARAGUS, CKD FRM FRZ, DRN, CUT 1 CUP	1	50	9	5	0	180	0.2
ASPARAGUS, CKD FRM FRZ, DR, SPER 4 SPEARS	0	15	3	2	0	60	0.1
ASPARAGUS, CKD FRM RAW, DR, CUT 1 CUP	1	45	8	5	0	180	0.1
ASPARAGUS, CKD FRM RAW, DR, SPER 4 SPEARS	0	15	3	2	0	60	0
ASPARAGUS, CANNED, SPEARS, NOSALT 4 SPEARS	0	10	2	1	0	80	0
ASPARAGUS, CANNED, SPEARS, W/SALT 4 SPEARS	0	10	2	1	0	80	0
AVOCADOS, CALIFORNIA 1 AVOCDO	30	305	12	4	0	173	4.5
AVOCADOS, FLORIDA 1 AVOCDO	27	340	27	5	0	304	5.3
BAGELS, EGG 1 BAGEL	2	200	38	7	44	68	0.3
BAGELS, PLAIN 1 BAGEL	2	200	38	7	0	68	0.3

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
BAKING POWDER, LOW SODIUM 1 TSP	0	5	1	0	0	4.3	0
BAKING POWDER, STRGHT PHOSPHAT 1 TSP	0	5	1	0	0	3.8	0
BAKING POWDER, SAS, CA PO4 1 TSP	0	5	1	0	0	3	0
BAKING POWDER, SAS, CAPO4+CASO4 1 TSP	0	5	1	0	0	2.9	0
BAKING PWDR BISCUITS, FROM MIX 1 BISCUIT	3	95	14	2	0	28	0.8

BAKING PWDR BISCUITS,HOMERECPE1	BISCUT	5	100	13	2	0	28	1.2
BAKING PWDR BISCUITS,REFRGGDOGH1	BISCUT	2	65	10	1	1	20	0.6
BAMBOO SHOOTS, CANNED, DRAINED1	CUP	1	25	4	2	0	131	0.1
BANANAS	1 BANANA	1	105	27	1	0	114	0.2
BANANAS, SLICED	1 CUP	1	140	35	2	0	150	0.3
BARBECUE SAUCE	1 TBSP	0	10	2	0	0	16	0
BARLEY, PEARLED,LIGHT, UNCOOKD1	CUP	2	700	158	16	0	200	0.3
BEAN SPROUTS, MUNG, COOKD,DRAN1	CUP	0	25	5	3	0	124	0

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
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BEAN SPROUTS, MUNG, RAW	1 CUP	0	30	6	3	0	104	0
BEAN WITH BACON SOUP, CANNED	1 CUP	6	170	23	8	3	253	1.5
BEANS, DRY, CANNED, W/FRANKFURTER1	CUP	18	365	32	19	30	255	7.4
BEANS, DRY, CANNED, W/PORK+SWTSCE1	CUP	12	385	54	16	10	255	4.3
BEANS, DRY, CANNED, W/PORK+TOMSCE1	CUP	7	310	48	16	10	255	2.4
BEEF AND VEGETABLE STEW, HM RCP1	CUP	11	220	15	16	71	245	4.4
BEEF BROTH, BOULLN, CONSM,CNND1	CUP	1	15	0	3	0	240	0.3
BEEF GRAVY, CANNED	1 CUP	5	125	11	9	7	233	2.7
BEEF HEART, BRAISED	3 OZ	5	150	0	24	164	85	1.2
BEEF LIVER, FRIED	3 OZ	7	185	7	23	410	85	2.5
BEEF NOODLE SOUP, CANNED	1 CUP	3	85	9	5	5	244	1.1
BEEF POTPIE, HOME RECIPE	1 PIECE	30	515	39	21	42	210	7.9
BEEF ROAST, EYE O RND, LEAN	2.6 OZ	5	135	0	22	52	75	1.9

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
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BEEF ROAST, EYE O RND, LEAN+FAT3	OZ	12	205	0	23	62	85	4.9
BEEF ROAST, RIB, LEAN ONLY	2.2 OZ	9	150	0	17	49	61	3.6
BEEF ROAST, RIB, LEAN + FAT	3 OZ	26	315	0	19	72	85	10.8
BEEF STEAK, SIRLOIN, BROIL, LEAN	2.5 OZ	6	150	0	22	64	72	2.6
BEEF STEAK, SIRLOIN, BROIL, LN+FT3	OZ	15	240	0	23	77	85	6.4
BEEF, CANNED, CORNED	3 OZ	10	185	0	22	80	85	4.2
BEEF, CKD, BTM ROUND, LEAN ONLY	2.8 OZ	8	175	0	25	75	78	2.7
BEEF, CKD, BTM ROUND, LEAN+ FAT3	OZ	13	220	0	25	81	85	4.8
BEEF, CKD, CHUCK BLADE, LEAN ONLY	2.2 OZ	9	170	0	19	66	62	3.9
BEEF, CKD, CHUCK BLADE, LEAN+FAT3	OZ	26	325	0	22	87	85	10.8
BEEF, DRIED, CHIPPED	2.5 OZ	4	145	0	24	46	72	1.8
BEER, LIGHT	12 FL OZ	0	95	5	1	0	355	0
BEER, REGULAR	12 FL OZ	0	150	13	1	0	360	0

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
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BEE GREENS, COOKED, DRAINED	1 CUP	0	40	8	4	0	144	0
BEETS, CANNED, DRAINED, NO SALT1	CUP	0	55	12	2	0	170	0
BEETS, CANNED, DRAINED, W/ SALT1	CUP	0	55	12	2	0	170	0
BEETS, COOKED, DRAINED, DICED	1 CUP	0	55	11	2	0	170	0
BEETS, COOKED, DRAINED, WHOLE	2 BEETS	0	30	7	1	0	100	0
BLACK-EYED PEAS, DRY, COOKED	1 CUP	1	190	35	13	0	250	0.2
BLACK BEANS, DRY, COOKED, DRAND1	CUP	1	225	41	15	0	171	0.1
BLACKBERRIES, RAW	1 CUP	1	75	18	1	0	144	0.2
BLACKEYE PEAS, IMMATR, RAW, CKED1	CUP	1	180	30	13	0	165	0.3
BLACKEYE PEAS, IMMTR, FRZN, CKED	1 CUP	1	225	40	14	0	170	0.3
BLUE CHEESE	1 OZ	8	100	1	6	21	28.35	5.3
BLUE CHEESE SALAD DRESSING	1 TBSP	8	75	1	1	3	15	1.5
BLUEBERRIES, FROZEN, SWEETENED1	CUP	0	185	50	1	0	230	0

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
BLUEBERRIES, FROZEN, SWEETENED10 OZ	0	230	62	1	0	284	0
BLUEBERRIES, RAW 1 CUP	1	80	20	1	0	145	0
BLUEBERRY MUFFINS, HOME RECIPE1 MUFFIN	5	135	20	3	19	45	1.5
BLUEBERRY MUFFINS, FROM COM MIX1 MUFFIN	5	140	22	3	45	45	1.4
BLUEBERRY PIE 1 PIE	102	2285	330	23	0	945	25.5
BLUEBERRY PIE 1 PIECE	17	380	55	4	0	158	4.3
BOLOGNA 2 SLICES	16	180	2	7	31	57	6.1
BOSTON BROWN BREAD, W/WHTECRNM 1 SLICE	1	95	21	2	3	45	0.3
BOSTON BROWN BREAD, W/YLLWCRNML1 SLICE	1	95	21	2	3	45	0.3
BOUILLON, DEHYDRTD, UNPREPARED1 PKT	1	15	1	1	1	6	0.3
BRAN MUFFINS, FROM COMMERL MIX1 MUFFIN	4	140	24	3	28	45	1.3
BRAN MUFFINS, HOME RECIPE 1 MUFFIN	6	125	19	3	24	45	1.4
BRAUNSCHWEIGER 2 SLICES	18	205	2	8	89	57	6.2

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
BRAZIL NUTS 1 OZ	19	185	4	4	0	28.35	4.6
BREAD STUFFING, FROM MX, DRYTYPE1 CUP	31	500	50	9	0	140	6.1
BREAD STUFFING, FROM MX, MOIST 1 CUP	26	420	40	9	67	203	5.3
BREADCRUMBS, DRY, GRATED 1 CUP	5	390	73	13	5	100	1.5
BROCCOLI, FRZN, COOKED, DRANED1 CUP	0	50	10	6	0	185	0
BROCCOLI, FRZN, COOKED, DRANED1 PIECE	0	10	2	1	0	30	0
BROCCOLI, RAW 1 SPEAR	1	40	8	4	0	151	0.1
BROCCOLI, RAW, COOKED, DRAINED1 CUP	0	45	9	5	0	155	0.1
BROCCOLI, RAW, COOKED, DRAINED1 SPEAR	1	50	10	5	0	180	0.1
BROWN AND SERVE SAUSAGE, BRWND 1 LINK	5	50	0	2	9	13	1.7
BROWN GRAVY FROM DRY MIX 1 CUP	2	80	14	3	2	261	0.9
BROWNIES W/ NUTS, FRM HOME RECP1 BROWNE	6	95	11	1	18	20	1.4
BROWNIES W/ NUTS, FRSTNG, CMMRCL1 BROWNE	4	100	16	1	14	25	1.6

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
BRUSSELS SPROUTS, FRZN, COOKED1 CUP	1	65	13	6	0	155	0.1
BRUSSELS SPROUTS, RAW, COOKED 1 CUP	1	60	13	4	0	155	0.2
BUCKWHEAT FLOUR, LIGHT, SIFTED1 CUP	1	340	78	6	0	98	0.2
BULGUR, UNCOOKED 1 CUP	3	600	129	19	0	170	1.2
BUTTERMILK, DRIED 1 CUP	7	465	59	41	83	120	4.3
BUTTERMILK, FLUID 1 CUP	2	100	12	8	9	245	1.3
BUTTER, SALTED 1 PAT	4	35	0	0	11	5	2.5
BUTTER, SALTED 1 TBSP	11	100	0	0	31	14	7.1
BUTTER, SALTED 1/2 CUP	92	810	0	1	247	113	57.1
BUTTER, UNSALTED 1 PAT	4	35	0	0	11	5	2.5
BUTTER, UNSALTED 1 TBSP	11	100	0	0	31	14	7.1
BUTTER, UNSALTED 1/2 CUP	92	810	0	1	247	113	57.1
CABBAGE, CHINESE, PAK-CHOI, CKD1 CUP	0	20	3	3	0	170	0

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
CABBAGE, CHINESE, PE-TSAI, RAW 1 CUP	0	10	2	1	0	76	0
CABBAGE, COMMON, COOKED, DRNED1 CUP	0	30	7	1	0	150	0
CABBAGE, COMMON, RAW 1 CUP	0	15	4	1	0	70	0
CABBAGE, RED, RAW 1 CUP	0	20	4	1	0	70	0
CABBAGE, SAVOY, RAW 1 CUP	0	20	4	1	0	70	0
CAKE OR PASTRY FLOUR, SIFTED 1 CUP	1	350	76	7	0	96	0.1
CAMEMBERT CHEESE 1 WEDGE	9	115	0	8	27	38	5.8

CANTALOUPE, RAW	1/2 MELN	1	95	22	2	0	267	0.1
CAP'N CRUNCH CEREAL	1 OZ	3	120	23	1	0	28.35	1.7
CARAMELS, PLAIN OR CHOCOLATE	1 OZ	3	115	22	1	1	28.35	2.2
CAROB FLOUR	1 CUP	0	255	126	6	0	140	0
CARROT CAKE,CREMCHSE FRST,REC1	CAKE	328	6175	775	63	1183	1536	66
CARROT CAKE,CREMCHSE FRST,REC1	PIECE	21	385	48	4	74	96	4.1

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)	
CARROTS, CANNED, DRN, W/ SALT	1 CUP	0	35	8	1	0	146	0.1
CARROTS, CANNED,DRND, W/O SALT	1 CUP	0	35	8	1	0	146	0.1
CARROTS, COOKED FROM FROZEN	1 CUP	0	55	12	2	0	146	0
CARROTS, COOKED FROM RAW	1 CUP	0	70	16	2	0	156	0.1
CARROTS, RAW, GRATED	1 CUP	0	45	11	1	0	110	0
CARROTS, RAW, WHOLE	1 CARROT	0	30	7	1	0	72	0
CASHEW NUTS, DRY ROASTD,SALTED	1 OZ	13	165	9	4	0	28.35	2.6
CASHEW NUTS, DRY ROASTD,UNSALT	1 CUP	63	785	45	21	0	137	12.5
CASHEW NUTS, DRY ROASTD,UNSALT	1 OZ	13	165	9	4	0	28.35	2.6
CASHEW NUTS, DRY ROASTED,SALTD	1 CUP	63	785	45	21	0	137	12.5
CASHEW NUTS, OIL ROASTD,SALTED	1 CUP	63	750	37	21	0	130	12.4
CASHEW NUTS, OIL ROASTD,SALTED	1 OZ	14	165	8	5	0	28.35	2.7
CASHEW NUTS, OIL ROASTD,UNSALT	1 CUP	63	750	37	21	0	130	12.4

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)	
CASHEW NUTS, OIL ROASTD,UNSALT	1 OZ	14	165	8	5	0	28.35	2.7
CATSUP	1 CUP	1	290	69	5	0	273	0.2
CATSUP	1 TBSP	0	15	4	0	0	15	0
CAULIFLOWER, COOKED FROM FROZN	1 CUP	0	35	7	3	0	180	0.1
CAULIFLOWER, COOKED FROM RAW	1 CUP	0	30	6	2	0	125	0
CAULIFLOWER, RAW	1 CUP	0	25	5	2	0	100	0
CELERY SEED	1 TSP	1	10	1	0	0	2	0
CELERY, PASCAL TYPE, RAW,PIECE	1 CUP	0	20	4	1	0	120	0
CELERY, PASCAL TYPE, RAW,STALK	1 STALK	0	5	1	0	0	40	0
CHEDDAR CHEESE	1 CU IN	6	70	0	4	18	17	3.6
CHEDDAR CHEESE	1 OZ	9	115	0	7	30	28.35	6
CHEDDDAR CHEESE, SHREDDED	1 CUP	37	455	1	28	119	113	23.8
CHEERIOS CEREAL	1 OZ	2	110	20	4	0	28.35	0.3

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)	
CHEESE CRACKERS, PLAIN	10 CRACK	3	50	6	1	6	10	0.9
CHEESE CRACKERS, SANDWCH,PEANT	1 SANDWH	2	40	5	1	1	8	0.4
CHEESE SAUCE W/ MILK, FRM MIX	1 CUP	17	305	23	16	53	279	9.3
CHEESEBURGER, 4OZ PATTY	1 SANDWH	31	525	40	30	104	194	15.1
CHEESEBURGER, REGULAR	1 SANDWH	15	300	28	15	44	112	7.3
CHEESECAKE	1 CAKE	213	3350	317	60	2053	1110	119.9
CHEESECAKE	1 PIECE	18	280	26	5	170	92	9.9
CHERRIES, SOUR,RED,CANND,WATER	1 CUP	0	90	22	2	0	244	0.1
CHERRIES, SWEET, RAW	10 CHERY	1	50	11	1	0	68	0.1
CHERRY PIE	1 PIE	107	2465	363	25	0	945	28.4
CHERRY PIE	1 PIECE	18	410	61	4	0	158	4.7
CHESTNUTS, EUROPEAN, ROASTED	1 CUP	3	350	76	5	0	143	0.6
CHICKEN A LA KING, HOME RECIPE	1 CUP	34	470	12	27	221	245	12.9

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
CHICKEN AND NOODLES, HOME RECP1 CUP	18	365	26	22	103	240	5.1
CHICKEN CHOW MEIN, CANNED 1 CUP	0	95	18	7	8	250	0.1
CHICKEN CHOW MEIN, HOME RECIPE1 CUP	10	255	10	31	75	250	4.1
CHICKEN FRANKFURTER 1 FRANK	9	115	3	6	45	45	2.5
CHICKEN GRAVY FROM DRY MIX 1 CUP	2	85	14	3	3	260	0.5
CHICKEN GRAVY, CANNED 1 CUP	14	190	13	5	5	238	3.4
CHICKEN LIVER, COOKED 1 LIVER	1	30	0	5	126	20	0.4
CHICKEN NOODLE SOUP, CANNED 1 CUP	2	75	9	4	7	241	0.7
CHICKEN NOODLE SOUP,DEHYD,PRPD1 PKT	1	40	6	2	2	188	0.2
CHICKEN POTPIE, HOME RECIPE 1 PIECE	31	545	42	23	56	232	10.3
CHICKEN RICE SOUP, CANNED 1 CUP	2	60	7	4	7	241	0.5
CHICKEN ROLL, LIGHT 2 SLICES	4	90	1	11	28	57	1.1
CHICKEN, CANNED, BONELESS 5 OZ	11	235	0	31	88	142	3.1

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
CHICKEN, FRIED, BATTER, BREAST4.9 OZ	18	365	13	35	119	140	4.9
CHICKEN, FRIED, BATTER,DRMSTCK2.5 OZ	11	195	6	16	62	72	3
CHICKEN, FRIED, FLOUR, BREAST 3.5 OZ	9	220	2	31	87	98	2.4
CHICKEN, FRIED, FLOUR, DRMSTCK1.7 OZ	7	120	1	13	44	49	1.8
CHICKEN, ROASTED, BREAST 3.0 OZ	3	140	0	27	73	86	0.9
CHICKEN, ROASTED, DRUMSTICK 1.6 OZ	2	75	0	12	41	44	0.7
CHICKEN, STEWED, LIGHT + DARK 1 CUP	9	250	0	38	116	140	2.6
CHICKPEAS, COOKED, DRAINED 1 CUP	4	270	45	15	0	163	0.4
CHILI CON CARNE W/ BEANS, CNND1 CUP	16	340	31	19	28	255	5.8
CHILI POWDER 1 TSP	0	10	1	0	0	2.6	0.1
CHOCOLATE CHIP COOKIES,COMMRCL4 COOKIE	9	180	28	2	5	42	2.9
CHOCOLATE CHIP COOKIES,HME RCP4 COOKIE	11	185	26	2	18	40	3.9
CHOCOLATE CHIP COOKIES,REFRIG 4 COOKIE	11	225	32	2	22	48	4

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
CHOCOLATE MILK, LOWFAT 1% 1 CUP	3	160	26	8	7	250	1.5
CHOCOLATE MILK, LOWFAT 2% 1 CUP	5	180	26	8	17	250	3.1
CHOCOLATE MILK, REGULAR 1 CUP	8	210	26	8	31	250	5.3
CHOCOLATE, BITTER OT BAKING 1 OZ	15	145	8	3	0	28.35	9
CHOP SUEY W/ BEEF + PORK,HMRCP1 CUP	17	300	13	26	68	250	4.3
CINNAMON 1 TSP	0	5	2	0	0	2.3	0
CLAM CHOWDER, MANHATTAN, CANND1 CUP	2	80	12	4	2	244	0.4
CLAM CHOWDER, NEW ENG, W/ MILK1 CUP	7	165	17	9	22	248	3
CLAMS, CANNED, DRAINED 3 OZ	2	85	2	13	54	85	0.5
CLAMS, RAW 3 OZ	1	65	2	11	43	85	0.3
CLUB SODA 12 FL OZ	0	0	0	0	0	355	0
COCA PWDR W/O NOFAT DRYMLK,PRD1 SERVNG	9	225	30	9	33	265	5.4
COCA PWDR W/O NOFAT DRY MILK 3/4 OZ	1	75	19	1	0	21	0.3

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
COCOA PWDR WITH NOFAT DRYMILK1 OZ	1	100	22	3	1	28.35	0.6
COCOA PWDR W/ NOFAT DRMLK,PRPD1 SERVNG	1	100	22	3	1	206	0.6
COCONUT, DRIED, SWEETND,SHREDD1 CUP	33	470	44	3	0	93	29.3
COCONUT, RAW, PIECE 1 PIECE	15	160	7	1	0	45	13.4
COCONUT, RAW, SHREDDED 1 CUP	27	285	12	3	0	80	23.8
COFFEECAKE, CRUMB, FROM MIX 1 CAKE	41	1385	225	27	279	430	11.8
COFFEECAKE, CRUMB, FROM MIX 1 PIECE	7	230	38	5	47	72	2

COFFEE, BREWED	6 FL OZ	0	0	0	0	0	180	0
COFFEE, INSTANT, PREPARED	6 FL OZ	0	0	1	0	0	182	0
COLA, DIET, ASPARTAME ONLY	12 FL OZ	0	0	0	0	0	355	0
COLA, DIET, ASPRTAME + SACCHRN	12 FL OZ	0	0	0	0	0	355	0
COLA, DIET, SACCHARIN ONLY	12 FL OZ	0	0	0	0	0	355	0
COLA, REGULAR	12 FL OZ	0	160	41	0	0	369	0

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
COLLARDS, COOKED FROM FROZEN	1 CUP	1	60	12	5	0	170	0.1
COLLARDS, COOKED FROM RAW	1 CUP	0	25	5	2	0	190	0.1
COOKED SALAD DRSSING, HOME RCP	1 TBSP	2	25	2	1	9	16	0.5
CORN CHIPS	1 OZ	9	155	16	2	0	28.35	1.4
CORN FLAKES, KELLOGG'S	1 OZ	0	110	24	2	0	28.35	0
CORN FLAKES, TOASTIES	1 OZ	0	110	24	2	0	28.35	0
CORN GRITS, COOKED, INSTANT	1 PKT	0	80	18	2	0	137	0
CORN GRITS,CKD,REG,WHT,NOSALT	1 CUP	0	145	31	3	0	242	0
CORN GRITS,CKD,REG,WHT,W/SALT	1 CUP	0	145	31	3	0	242	0
CORN GRITS,CKD,REG,YLLW,NOSALT	1 CUP	0	145	31	3	0	242	0
CORN GRITS,CKD,REG,YLLW,W/SALT	1 CUP	0	145	31	3	0	242	0
CORN MUFFINS, FROM COMMERL MIX	1 MUFFIN	6	145	22	3	42	45	1.7
CORN MUFFINS, HOME RECIPE	1 MUFFIN	5	145	21	3	23	45	1.5

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
CORN OIL	1 CUP	218	1925	0	0	0	218	27.7
CORN OIL	1 TBSP	14	125	0	0	0	14	1.8
CORNMEAL,BOLTED,DRY FORM	1 CUP	4	440	91	11	0	122	0.5
CORNMEAL,DEGERMED,ENRCHED,COOK	1 CUP	0	120	26	3	0	240	0
CORNMEAL,DEGERMED,ENRICHED,DRY	1 CUP	2	500	108	11	0	138	0.2
CORNMEAL,WHOLE-GRND,UNBOLT,DRY	1 CUP	5	435	90	11	0	122	0.5
CORN, CNND,CRM STL,WHT,NO SAL	1 CUP	1	185	46	4	0	256	0.2
CORN, CNND,CRM STL,WHT,W/SALT	1 CUP	1	185	46	4	0	256	0.2
CORN, CNND,CRM STL,YLLW,NO SAL	1 CUP	1	185	46	4	0	256	0.2
CORN, CNND,CRM STL,YLLW,W/SALT	1 CUP	1	185	46	4	0	256	0.2
CORN, COOKED FRM FROZN, WHITE	1 CUP	0	135	34	5	0	165	0
CORN, COOKED FRM FROZN, WHITE	1 EAR	0	60	14	2	0	63	0.1
CORN, COOKED FRM FROZN, YELLOW	1 CUP	0	135	34	5	0	165	0

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
CORN, COOKED FRM FROZN, YELLOW	1 EAR	0	60	14	2	0	63	0.1
CORN, COOKED FROM RAW, WHITE	1 EAR	1	85	19	3	0	77	0.2
CORN, COOKED FROM RAW, YELLOW	1 EAR	1	85	19	3	0	77	0.2
CORN,CNND,WHL KRNL,WHT,NO SAL	1 CUP	1	165	41	5	0	210	0.2
CORN,CNND,WHL KRNL,WHT,W/SALT	1 CUP	1	165	41	5	0	210	0.2
CORN,CNND,WHL KRNL,YLLW,NO SAL	1 CUP	1	165	41	5	0	210	0.2
CORN,CNND,WHL KRNL,YLLW,W/SALT	1 CUP	1	165	41	5	0	210	0.2
COTTAGE CHEESE,CREMD,LRGE CURD	1 CUP	10	235	6	28	34	225	6.4
COTTAGE CHEESE,CREMD,SMLL CURD	1 CUP	9	215	6	26	31	210	6
COTTAGE CHEESE,CREMD,W/FRUIT	1 CUP	8	280	30	22	25	226	4.9
COTTAGE CHEESE,LOWFAT 2%	1 CUP	4	205	8	31	19	226	2.8
COTTAGE CHEESE,UNCREAMED	1 CUP	1	125	3	25	10	145	0.4
CR OF CHICKEN SOUP W/ H2O,CNND	1 CUP	7	115	9	3	10	244	2.1

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
CR OF CHICKEN SOUP W/ MLK,CNND1 CUP	11	190	15	7	27	248	4.6
CR OF MUSHROM SOUP W/ H2O,CNND1 CUP	9	130	9	2	2	244	2.4
CR OF MUSHROM SOUP W/ MLK,CNND1 CUP	14	205	15	6	20	248	5.1
CRABMEAT, CANNED 1 CUP	3	135	1	23	135	135	0.5
CRACKED-WHEAT BREAD 1 LOAF	16	1190	227	42	0	454	3.1
CRACKED-WHEAT BREAD 1 SLICE	1	65	12	2	0	25	0.2
CRACKED-WHEAT BREAD, TOASTED 1 SLICE	1	65	12	2	0	21	0.2
CRANBERRY JUICE COCKTAL W/VITC1 CUP	0	145	38	0	0	253	0
CRANBERRY SAUCE, CANNED,SWTND 1 CUP	0	420	108	1	0	277	0
CREAM CHEESE 1 OZ	10	100	1	2	31	28.35	6.2
CREAM OF WHEAT,CKD,MIX N EAT 1 PKT	0	100	21	3	0	142	0
CREME PIE 1 PIE	139	2710	351	20	46	910	90.1
CREME PIE 1 PIECE	23	455	59	3	8	152	15

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
CRM WHEAT,CKD, QUICK, NO SALT 1 CUP	0	140	29	4	0	244	0.1
CRM WHEAT,CKD,QUICK, W/ SALT 1 CUP	0	140	29	4	0	244	0.1
CRM WHEAT,CKD,REG,INST,NO SALT1 CUP	0	140	29	4	0	244	0.1
CRM WHEAT,CKD,REG,INST,W/SALT 1 CUP	0	140	29	4	0	244	0.1
CROISSANTS 1 CROSST	12	235	27	5	13	57	3.5
CUCUMBER, W/ PEEL 6 SLICES	0	5	1	0	0	28	0
CURRY POWDER 1 TSP	0	5	1	0	0	2	0
CUSTARD PIE 1 PIE	101	1985	213	56	1010	910	33.7
CUSTARD PIE 1 PIECE	17	330	36	9	169	152	5.6
CUSTARD, BAKED 1 CUP	15	305	29	14	278	265	6.8
DANDELION GREENS, COOKED, DRND1 CUP	1	35	7	2	0	105	0.1
DANISH PASTRY, FRUIT 1 PASTRY	13	235	28	4	56	65	3.9
DANISH PASTRY, PLAIN, NO NUTS 1 OZ	6	110	13	2	24	28.35	1.8

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
DANISH PASTRY, PLAIN, NO NUTS 1 PASTRY	12	220	26	4	49	57	3.6
DANISH PASTRY, PLAIN, NO NUTS 1 RING	71	1305	152	21	292	340	21.8
DATES 10 DATES	0	230	61	2	0	83	0.1
DATES, CHOPPED 1 CUP	1	490	131	4	0	178	0.3
DEVIL'S FOOD CAKE,CHOCFRST,FMX1 CAKE	136	3755	645	49	598	1107	55.6
DEVIL'S FOOD CAKE,CHOCFRST,FMX1 CUPCAK	4	120	20	2	19	35	1.8
DEVIL'S FOOD CAKE,CHOCFRST,FMX1 PIECE	8	235	40	3	37	69	3.5
DOUGHNUTS, CAKE TYPE, PLAIN 1 DONUT	12	210	24	3	20	50	2.8
DOUGHNUTS, YEAST-LEAVEND,GLZED1 DONUT	13	235	26	4	21	60	5.2
DUCK, ROASTED, FLESH ONLY 1/2 DUCK	25	445	0	52	197	221	9.2
EGGNOG 1 CUP	19	340	34	10	149	254	11.3
EGGPLANT, COOKED, STEAMED 1 CUP	0	25	6	1	0	96	0
EGGS, COOKED, FRIED 1 EGG	7	90	1	6	211	46	1.9

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
EGGS, COOKED, HARD-COOKED 1 EGG	5	75	1	6	213	50	1.6
EGGS, COOKED, POACHED 1 EGG	5	75	1	6	212	50	1.5
EGGS, COOKED, SCRAMBLED/OMELET1 EGG	7	100	1	7	215	61	2.2
EGGS, RAW, WHITE 1 WHITE	0	15	0	4	0	33	0
EGGS, RAW, WHOLE 1 EGG	5	75	1	6	213	50	1.6
EGGS, RAW, YOLK 1 YOLK	5	60	0	3	213	17	1.6
ENCHILADA 1 ENCHLD	16	235	24	20	19	230	7.7

ENDIVE, CURLY, RAW	1 CUP	0	10	2	1	0	50	0
ENG MUFFIN, EGG, CHEESE, BACON	1 SANDWH	18	360	31	18	213	138	8
ENGLISH MUFFINS, PLAIN	1 MUFFIN	1	140	27	5	0	57	0.3
ENGLISH MUFFINS, PLAIN, TOAST	1 MUFFIN	1	140	27	5	0	50	0.3
EVAPORATED MILK, SKIM, CANNED	1 CUP	1	200	29	19	9	255	0.3
EVAPORATED MILK, WHOLE, CANNED	1 CUP	19	340	25	17	74	252	11.6

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
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FATS, COOKING/VEGETBL SHORTEN	1 CUP	205	1810	0	0	0	205	51.3
FATS, COOKING/VEGETBL SHORTEN	1 TBSP	13	115	0	0	0	13	3.3
FETA CHEESE	1 OZ	6	75	1	4	25	28.35	4.2
FIG BARS	4 COOKIE	4	210	42	2	27	56	1
FIGS, DRIED	10 FIGS	2	475	122	6	0	187	0.4
FILBERTS, (HAZELNUTS) CHOPPED	1 CUP	72	725	18	15	0	115	5.3
FILBERTS, (HAZELNUTS) CHOPPED	1 OZ	18	180	4	4	0	28.35	1.3
FISH SANDWICH, LGE, W/O CHEESE	1 SANDWH	27	470	41	18	91	170	6.3
FISH SANDWICH, REG, W/ CHEESE	1 SANDWH	23	420	39	16	56	140	6.3
FISH STICKS, FROZEN, REHEATED	1 STICK	3	70	4	6	26	28	0.8
FLOUNDER OR SOLE, BAKED, BUTTR	3 OZ	6	120	0	16	68	85	3.2
FLOUNDER OR SOLE, BAKED, MARGRN	3 OZ	6	120	0	16	55	85	1.2
FLOUNDER OR SOLE, BAKED, W/OFAT	3 OZ	1	80	0	17	59	85	0.3

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
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FONDANT, UNCOATED	1 OZ	0	105	27	0	0	28.35	0
FRANKFURTER, COOKED	1 FRANK	13	145	1	5	23	45	4.8
FRENCH BREAD	1 SLICE	1	100	18	3	0	35	0.3
FRENCH OR VIENNA BREAD	1 LOAF	18	1270	230	43	0	454	3.8
FRENCH SALAD DRESSING, LOCALOR	1 TBSP	2	25	2	0	0	16	0.2
FRENCH SALAD DRESSING, REGULAR	1 TBSP	9	85	1	0	0	16	1.4
FRENCH TOAST, HOME RECIPE	1 SLICE	7	155	17	6	112	65	1.6
FRIED PIE, APPLE	1 PIE	14	255	31	2	14	85	5.8
FRIED PIE, CHERRY	1 PIE	14	250	32	2	13	85	5.8
FROOT LOOPS CEREAL	1 OZ	1	110	25	2	0	28.35	0.2
FRUIT COCKTAIL, CNND, HEAVYSYRUP	1 CUP	0	185	48	1	0	255	0
FRUIT COCKTAIL, CNND, JUICE PACK	1 CUP	0	115	29	1	0	248	0
FRUIT PUNCH DRINK, CANNED	6 FL OZ	0	85	22	0	0	190	0

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
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FRUITCAKE, DARK, FROM HOMERECIP	1 CAKE	228	5185	783	74	640	1361	47.6
FRUITCAKE, DARK, FROM HOMERECIP	1 PIECE	7	165	25	2	20	43	1.5
FUDGE, CHOCOLATE, PLAIN	1 OZ	3	115	21	1	1	28.35	2.1
GARLIC POWDER	1 TSP	0	10	2	0	0	2.8	0
GELATIN DESSERT, PREPARED	1/2 CUP	0	70	17	2	0	120	0
GELATIN, DRY	1 ENVELP	0	25	0	6	0	7	0
GINGER ALE	12 FL OZ	0	125	32	0	0	366	0
GINGERBREAD CAKE, FROM MIX	1 CAKE	39	1575	291	18	6	570	9.6
GINGERBREAD CAKE, FROM MIX	1 PIECE	4	175	32	2	1	63	1.1
GIN, RUM, VODKA, WHISKY 80-PROOF	1.5 F OZ	0	95	0	0	0	42	0
GIN, RUM, VODKA, WHISKY 86-PROOF	1.5 F OZ	0	105	0	0	0	42	0
GIN, RUM, VODKA, WHISKY 90-PROOF	1.5 F OZ	0	110	0	0	0	42	0
GOLDEN GRAHAMS CEREAL	1 OZ	1	110	24	2	0	28.35	0.7

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
GRAHAM CRACKER, PLAIN	2 CRACKR	1	60	11	1	0	14	0.4
GRAPE-NUTS CEREAL	1 OZ	0	100	23	3	0	28.35	0
GRAPE DRINK, CANNED	6 FL OZ	0	100	26	0	0	187	0
GRAPE JUICE, CANNED	1 CUP	0	155	38	1	0	253	0.1
GRAPE SODA	12 FL OZ	0	180	46	0	0	372	0
GRAPEFRUIT JCE,FRZN,CNCN,UNSWTEN6	FL OZ	1	300	72	4	0	207	0.1
GRAPEFRUIT JCE,FRZN,DLTD,UNSWTEN1	CUP	0	100	24	1	0	247	0
GRAPEFRUIT JUICE, CANNED,SWTND1	CUP	0	115	28	1	0	250	0
GRAPEFRUIT JUICE, CANNED,UNSWT1	CUP	0	95	22	1	0	247	0
GRAPEFRUIT JUICE, RAW	1 CUP	0	95	23	1	0	247	0
GRAPEFRUIT, CANNED, SYRUP PACK1	CUP	0	150	39	1	0	254	0
GRAPEFRUIT, RAW, PINK	1/2 FRUT	0	40	10	1	0	120	0
GRAPEFRUIT, RAW, WHITE	1/2 FRUT	0	40	10	1	0	120	0

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
GRAPEJCE,FRZN,CONCEN,SWTND,W/C6	FL OZ	1	385	96	1	0	216	0.2
GRAPEJCE,FRZN,DILUTD,SWTND,W/C1	CUP	0	125	32	0	0	250	0.1
GRAPES, EUROPEAN, RAW, THOMPSN10	GRAPE	0	35	9	0	0	50	0.1
GRAPES, EUROPEAN, RAW, TOKAY	10 GRAPE	0	40	10	0	0	57	0.1
GRAVY AND TURKEY, FROZEN	5 OZ	4	95	7	8	26	142	1.2
GREAT NORTHN BEANS, DRY,CKD,DRN1	CUP	1	210	38	14	0	180	0.1
GROUND BEEF, BROILED, LEAN	3 OZ	16	230	0	21	74	85	6.2
GROUND BEEF, BROILED, REGULAR	3 OZ	18	245	0	20	76	85	6.9
GUM DROPS	1 OZ	0	100	25	0	0	28.35	0
HADDOCK, BREADED, FRIED	3 OZ	9	175	7	17	75	85	2.4
HALF AND HALF, CREAM	1 CUP	28	315	10	7	89	242	17.3
HALF AND HALF, CREAM	1 TBSP	2	20	1	0	6	15	1.1
HALIBUT, BROILED, BUTTER,LEMJU3	OZ	6	140	0	20	62	85	3.3

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
HAMBURGER, 4OZ PATTY	1 SANDWH	21	445	38	25	71	174	7.1
HAMBURGER, REGULAR	1 SANDWH	11	245	28	12	32	98	4.4
HARD CANDY	1 OZ	0	110	28	0	0	28.35	0
HERRING, PICKLED	3 OZ	13	190	0	17	85	85	4.3
HOLLANDAISE SCE, W/ H2O,FRM MX1	CUP	20	240	14	5	52	259	11.6
HONEY	1 CUP	0	1030	279	1	0	339	0
HONEY	1 TBSP	0	65	17	0	0	21	0
HONEY NUT CHEERIOS CEREAL	1 OZ	1	105	23	3	0	28.35	0.1
HONEYDEW MELON, RAW	1/10 MEL	0	45	12	1	0	129	0
ICE CREAM, VANLLA, REGULR 11%	1 CUP	14	270	32	5	59	133	8.9
ICE CREAM, VANLLA, REGULR 11%	1/2 GALN	115	2155	254	38	476	1064	71.3
ICE CREAM, VANLLA, REGULR 11%	3 FL OZ	5	100	12	2	22	50	3.4
ICE CREAM, VANLLA, RICH 16%	FT1 CUP	24	350	32	4	88	148	14.7

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
ICE CREAM, VANLLA, RICH 16%	FT1/2 GAL	190	2805	256	33	703	1188	118.3
ICE CREAM, VANLLA, SOFT SERVE	1 CUP	23	375	38	7	153	173	13.5
ICE MILK, VANILLA, 4% FAT	1 CUP	6	185	29	5	18	131	3.5
ICE MILK, VANILLA, 4% FAT	1/2 GAL	45	1470	232	41	146	1048	28.1
ICE MILK, VANILLA,SOFTSERV 3%	1 CUP	5	225	38	8	13	175	2.9
IMITATION CREAMERS, LIQUID FRZ1	TBSP	1	20	2	0	0	15	1.4
IMITATION CREAMERS, POWDERED	1 TSP	1	10	1	0	0	2	0.7

IMITATION WHIPPED TOPPING,FRZN1 CUP	19	240	17	1	0	75	16.3
IMITATION WHIPPED TOPPING,FRZN1 TBSP	1	15	1	0	0	4	0.9
IMITATN SOUR DRESSING 1 CUP	39	415	11	8	13	235	31.2
IMITATN SOUR DRESSING 1 TBSP	2	20	1	0	1	12	1.6
IMITATN WHIPD TOPING,PRESSRZD 1 CUP	16	185	11	1	0	70	13.2
IMITATN WHIPD TOPING,PRESSRZD 1 TBSP	1	10	1	0	0	4	0.8

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
IMITATN WHIPD TOPING,PWDRD,PRP1 CUP	10	150	13	3	8	80	8.5
IMITATN WHIPD TOPING,PWDRD,PRP1 TBSP	0	10	1	0	0	4	0.4
ITALIAN BREAD 1 LOAF	4	1255	256	41	0	454	0.6
ITALIAN BREAD 1 SLICE	0	85	17	3	0	30	0
ITALIAN SALAD DRESSING,LOCALOR1 TBSP	0	5	2	0	0	15	0
ITALIAN SALAD DRESSING,REGULAR1 TBSP	9	80	1	0	0	15	1.3
JAMS AND PRESERVES 1 PKT	0	40	10	0	0	14	0
JAMS AND PRESERVES 1 TBSP	0	55	14	0	0	20	0
JELLIES 1 PKT	0	40	10	0	0	14	0
JELLIES 1 TBSP	0	50	13	0	0	18	0
JELLY BEANS 1 OZ	0	105	26	0	0	28.35	0
JERUSALEM-ARTICHOKE, RAW 1 CUP	0	115	26	3	0	150	0
KALE, COOKED FROM FROZEN 1 CUP	1	40	7	4	0	130	0.1

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
KALE, COOKED FROM RAW 1 CUP	1	40	7	2	0	130	0.1
KIWIFRUIT, RAW 1 KIWI	0	45	11	1	0	76	0
KOHLRABI, COOKED, DRAINED 1 CUP	0	50	11	3	0	165	0
LAMB, RIB, ROASTED, LEAN ONLY 2 OZ	7	130	0	15	50	57	3.2
LAMB, RIB, ROASTED, LEAN + FAT3 OZ	26	315	0	18	77	85	12.1
LAMB,CHOPS,ARM,BRAISED,LEAN 1.7 OZ	7	135	0	17	59	48	2.9
LAMB,CHOPS,ARM,BRAISED,LEAN+FT2.2 OZ	15	220	0	20	77	63	6.9
LAMB,CHOPS,LOIN,BROIL,LEAN 2.3 OZ	6	140	0	19	60	64	2.6
LAMB,CHOPS,LOIN,BROIL,LEAN+FAT2.8 OZ	16	235	0	22	78	80	7.3
LAMB,LEG,ROASTED, LEAN ONLY 2.6 OZ	6	140	0	20	65	73	2.4
LAMB,LEG,ROASTED, LEAN+ FAT 3 OZ	13	205	0	22	78	85	5.6
LARD 1 CUP	205	1850	0	0	195	205	80.4
LARD 1 TBSP	13	115	0	0	12	13	5.1

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
LEMON-LIME SODA 12 FL OZ	0	155	39	0	0	372	0
LEMON JUICE, CANNED 1 CUP	1	50	16	1	0	244	0.1
LEMON JUICE, CANNED 1 TBSP	0	5	1	0	0	15	0
LEMON JUICE, RAW 1 CUP	0	60	21	1	0	244	0
LEMON JUICE,FRZN,SINGLE-STRNGH6 FL OZ	1	55	16	1	0	244	0.1
LEMON MERINGUE PIE 1 PIE	86	2140	317	31	857	840	26
LEMON MERINGUE PIE 1 PIECE	14	355	53	5	143	140	4.3
LEMONADE,CONCENTRATE,FRZ,UNDIL6 FL OZ	0	425	112	0	0	219	0
LEMONADE,CONCEN,FRZEN,DILUTED 6 FL OZ	0	80	21	0	0	185	0
LEMONS, RAW 1 LEMON	0	15	5	1	0	58	0
LENTILS, DRY, COOKED 1 CUP	1	215	38	16	0	200	0.1
LETTUCE, BUTTERHEAD, RAW,HEAD 1 HEAD	0	20	4	2	0	163	0
LETTUCE, BUTTERHEAD, RAW,LEAVE1 LEAF	0	0	0	0	0	15	0

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
LETTUCE, CRISP HEAD, RAW, HEAD 1 HEAD	1	70	11	5	0	539	0.1
LETTUCE, CRISP HEAD, RAW, PIECES 1 CUP	0	5	1	1	0	55	0
LETTUCE, CRISP HEAD, RAW, WEDGE 1 WEDGE	0	20	3	1	0	135	0
LETTUCE, LOOSE LEAF 1 CUP	0	10	2	1	0	56	0
LIGHT, COFFEE OR TABLE CREAM 1 CUP	46	470	9	6	159	240	28.8
LIGHT, COFFEE OR TABLE CREAM 1 TBSP	3	30	1	0	10	15	1.8
LIMA BEANS, DRY, COOKED, DRAINED 1 CUP	1	260	49	16	0	190	0.2
LIMA BEANS, BABY, FRZD, CKED, DRN 1 CUP	1	190	35	12	0	180	0.1
LIMA BEANS, THICK SEED, FRZD, CKD 1 CUP	1	170	32	10	0	170	0.1
LIME JUICE, RAW 1 CUP	0	65	22	1	0	246	0
LIME JUICE, CANNED 1 CUP	1	50	16	1	0	246	0.1
LIMEADE, CONCENTRATE, FRZD, UNDL 6 FL OZ	0	410	108	0	0	218	0
LIMEADE, CONCEN, FROZEN, DILUTED 6 FL OZ	0	75	20	0	0	185	0

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
LUCKY CHARMS CEREAL 1 OZ	1	110	23	3	0	28.35	0.2
MACADAMIA NUTS, OILRSTD, SALTED 1 CUP	103	960	17	10	0	134	15.4
MACADAMIA NUTS, OILRSTD, SALTED 1 OZ	22	205	4	2	0	28.35	3.2
MACADAMIA NUTS, OILRSTD, UNSALT 1 CUP	103	960	17	10	0	134	15.4
MACADAMIA NUTS, OILRSTD, UNSALT 1 OZ	22	205	4	2	0	28.35	3.2
MACARONI AND CHEESE, CANNED 1 CUP	10	230	26	9	24	240	4.7
MACARONI AND CHEESE, HOME RCPE 1 CUP	22	430	40	17	44	200	9.8
MACARONI, COOKED, FIRM 1 CUP	1	190	39	7	0	130	0.1
MACARONI, COOKED, TENDER, HOT 1 CUP	1	155	32	5	0	140	0.1
MACARONI, COOKED, TENDER, COLD 1 CUP	0	115	24	4	0	105	0.1
MALT-O-MEAL, WITH SALT 1 CUP	0	120	26	4	0	240	0
MALT-O-MEAL, W/O SALT 1 CUP	0	120	26	4	0	240	0
MALTED MILK, CHOCOLATE, POWDER 3/4 OZ	1	85	18	1	1	21	0.5

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
MALTED MILK, CHOCOLATE, PWD RPPD 1 SERVNG	9	235	29	9	34	265	5.5
MALTED MILK, NATURAL, POWDER 3/4 OZ	2	85	15	3	4	21	0.9
MALTED MILK, NATURAL, PWDR PPRD 1 SERVNG	10	235	27	11	37	265	6
MANGOS, RAW 1 MANGO	1	135	35	1	0	207	0.1
MARGARINE, IMITATION 40% FAT 1 TBSP	5	50	0	0	0	14	1.1
MARGARINE, IMITATION 40% FAT 8 OZ	88	785	1	1	0	227	17.5
MARGARINE, REGULR, HARD, 80% FAT 1 PAT	4	35	0	0	0	5	0.8
MARGARINE, REGULR, HARD, 80% FAT 1 TBSP	11	100	0	0	0	14	2.2
MARGARINE, REGULR, HARD, 80% FAT 1/2 CUP	91	810	1	1	0	113	17.9
MARGARINE, REGULR, SOFT, 80% FAT 1 TBSP	11	100	0	0	0	14	1.9
MARGARINE, REGULR, SOFT, 80% FAT 8 OZ	183	1625	1	2	0	227	31.3
MARGARINE, SPREAD, HARD, 60% FAT 1 PAT	3	25	0	0	0	5	0.7
MARGARINE, SPREAD, HARD, 60% FAT 1 TBSP	9	75	0	0	0	14	2

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
MARGARINE, SPREAD, HARD, 60% FAT 1/2 CUP	69	610	0	1	0	113	15.9
MARGARINE, SPREAD, SOFT, 60% FAT 1 TBSP	9	75	0	0	0	14	1.8
MARGARINE, SPREAD, SOFT, 60% FAT 8 OZ	138	1225	0	1	0	227	29.1
MARSHMALLOWS 1 OZ	0	90	23	1	0	28.35	0
MAYONNAISE TYPE SALAD DRESSING 1 TBSP	5	60	4	0	4	15	0.7
MAYONNAISE, IMITATION 1 TBSP	3	35	2	0	4	15	0.5
MAYONNAISE, REGULAR 1 TBSP	11	100	0	0	8	14	1.7

MELBA TOAST, PLAIN	1	PIECE	0	20	4	1	0	5	0.1
MILK CHOCOLATE CANDY, PLAIN	1	OZ	9	145	16	2	6	28.35	5.4
MILK CHOCOLATE CANDY,W/ ALMOND	10	OZ	10	150	15	3	5	28.35	4.8
MILK CHOCOLATE CANDY,W/ PENUTS	11	OZ	11	155	13	4	5	28.35	4.2
MILK CHOCOLATE CANDY,W/ RICE C	7	OZ	7	140	18	2	6	28.35	4.4
MILK, LOFAT, 1%, ADDED SOLIDS	1	CUP	2	105	12	9	10	245	1.5

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)		
MILK, LOFAT, 1%, NO ADDEDSOLID	3	100	12	8	10	244	1.6		
MILK, LOFAT, 2%, ADDED SOLIDS	5	125	12	9	18	245	2.9		
MILK, LOFAT, 2%, NO ADDEDSOLID	5	120	12	8	18	244	2.9		
MILK, SKIM, ADDED MILK SOLIDS	1	90	12	9	5	245	0.4		
MILK, SKIM, NO ADDED MILKSOLID	0	85	12	8	4	245	0.3		
MILK, WHOLE, 3.3% FAT	1	CUP	8	150	11	8	33	244	5.1
MINESTRONE SOUP, CANNED	1	CUP	3	80	11	4	2	241	0.6
MISO	1	CUP	13	470	65	29	0	276	1.8
MIXED GRAIN BREAD	1	LOAF	17	1165	212	45	0	454	3.2
MIXED GRAIN BREAD	1	SLICE	1	65	12	2	0	25	0.2
MIXED GRAIN BREAD, TOASTED	1	SLICE	1	65	12	2	0	23	0.2
MIXED NUTS W/ PEANTS, DRY, SALT	15	OZ	15	170	7	5	0	28.35	2
MIXED NUTS W/ PEANTS, DRY, UNSL	15	OZ	15	170	7	5	0	28.35	2

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)		
MIXED NUTS W/ PEANTS, OIL, SALT	16	175	6	5	0	28.35	2.5		
MIXED NUTS W/ PEANTS, OIL, UNSL	16	175	6	5	0	28.35	2.5		
MOLASSES, CANE, BLACKSTRAP	2	TBSP	0	85	22	0	0	40	0
MOZZARELLA CHEESE, WHOLE MILK	1	OZ	6	80	1	6	22	28.35	3.7
MOZZARELLA CHEESE, SKIM, LOMO	1	OZ	5	80	1	8	15	28.35	3.1
MUENSTER CHEESE	1	OZ	9	105	0	7	27	28.35	5.4
MUSHROOM GRAVY, CANNED	1	CUP	6	120	13	3	0	238	1
MUSHROOMS, CANNED, DRND, W/SALT	1	CUP	0	35	8	3	0	156	0.1
MUSHROOMS, COOKED, DRAINED	1	CUP	1	40	8	3	0	156	0.1
MUSHROOMS, RAW	1	CUP	0	20	3	1	0	70	0
MUSTARD GREENS, COOKED, DRANED	1	CUP	0	20	3	3	0	140	0
MUSTARD, PREPARED, YELLOW	1	TSP	0	5	0	0	0	5	0
NATURE VALLEY GRANOLA CEREAL	1	OZ	5	125	19	3	0	28.35	3.3

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)		
NECTARINES, RAW	1	NECTRN	1	65	16	1	0	136	0.1
NONFAT DRY MILK, INSTANTIZED	1	CUP	0	245	35	24	12	68	0.3
NONFAT DRY MILK, INSTANTIZED	1	ENVLPE	1	325	47	32	17	91	0.4
NOODLES, CHOW MEIN, CANNED	1	CUP	11	220	26	6	5	45	2.1
NOODLES, EGG, COOKED	1	CUP	2	200	37	7	50	160	0.5
OATMEAL BREAD	1	LOAF	20	1145	212	38	0	454	3.7
OATMEAL BREAD	1	SLICE	1	65	12	2	0	25	0.2
OATMEAL BREAD, TOASTED	1	SLICE	1	65	12	2	0	23	0.2
OATMEAL W/ RAISINS COOKIES	4	COOKIE	10	245	36	3	2	52	2.5
OATMEAL, CKD, INSTNT, FLVRD, FORTF	1	PKT	2	160	31	5	0	164	0.3
OATMEAL, CKD, INSTNT, PLAIN, FORTF	1	PKT	2	105	18	4	0	177	0.3
OATMEAL, CKD, RG, QCK, INST, W/OSAL	1	CUP	2	145	25	6	0	234	0.4
OATMEAL, CKD, RG, QCK, INST, W/SALT	1	CUP	2	145	25	6	0	234	0.4

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
OCEAN PERCH, BREADED, FRIED	1 FILLET	11	185	7	16	66	85	2.6
OKRA PODS, COOKED	8 PODS	0	25	6	2	0	85	0
OLIVE OIL	1 CUP	216	1910	0	0	0	216	29.2
OLIVE OIL	1 TBSP	14	125	0	0	0	14	1.9
OLIVES, CANNED, GREEN	4 MEDIUM	2	15	0	0	0	13	0.2
OLIVES, CANNED, RIPE, MISSION	3 SMALL	2	15	0	0	0	9	0.3
ONION POWDER	1 TSP	0	5	2	0	0	2.1	0
ONION RINGS, BREADED,FRZN,PRPD2	RINGS	5	80	8	1	0	20	1.7
ONION SOUP, DEHYDRATD, PREPRED1	PKT	0	20	4	1	0	184	0.1
ONION SOUP, DEHYDRTD, UNPRPRED1	PKT	0	20	4	1	0	7	0.1
ONIONS, RAW, CHOPPED	1 CUP	0	55	12	2	0	160	0.1
ONIONS, RAW, COOKED, DRAINED	1 CUP	0	60	13	2	0	210	0.1
ONIONS, RAW, SLICED	1 CUP	0	40	8	1	0	115	0.1

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
ONIONS, SPRING, RAW	6 ONION	0	10	2	1	0	30	0
ORANGE JUICE, CANNED	1 CUP	0	105	25	1	0	249	0
ORANGE JUICE, CHILLED	1 CUP	1	110	25	2	0	249	0.1
ORANGE JUICE, RAW	1 CUP	0	110	26	2	0	248	0.1
ORANGE JUICE,FROZEN CONCENTRTE6	FL OZ	0	340	81	5	0	213	0.1
ORANGE JUICE,FRZN,CNCN,DILUTED1	CUP	0	110	27	2	0	249	0
ORANGE SODA	12 FL OZ	0	180	46	0	0	372	0
ORANGE + GRAPEFRUIT JUCE,CANND1	CUP	0	105	25	1	0	247	0
ORANGES, RAW	1 ORANGE	0	60	15	1	0	131	0
ORANGES, RAW, SECTIONS	1 CUP	0	85	21	2	0	180	0
OREGANO	1 TSP	0	5	1	0	0	1.5	0
OYSTERS, BREADED, FRIED	1 OYSTER	5	90	5	5	35	45	1.4
OYSTERS, RAW	1 CUP	4	160	8	20	120	240	1.4

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
PANCAKES, BUCKWHEAT, FROM MIX	1 PANCAK	2	55	6	2	20	27	0.9
PANCAKES, PLAIN, FROM MIX	1 PANCAK	2	60	8	2	16	27	0.5
PANCAKES, PLAIN, HOME RECIPE	1 PANCAK	2	60	9	2	16	27	0.5
PAPAYAS, RAW	1 CUP	0	65	17	1	0	140	0.1
PAPRIKA	1 TSP	0	5	1	0	0	2.1	0
PARMESAN CHEESE, GRATED	1 CUP	30	455	4	42	79	100	19.1
PARMESAN CHEESE, GRATED	1 OZ	9	130	1	12	22	28.35	5.4
PARMESAN CHEESE, GRATED	1 TBSP	2	25	0	2	4	5	1
PARSLEY, FREEZE-DRIED	1 TBSP	0	0	0	0	0	0.4	0
PARSLEY, RAW	10 SPRIG	0	5	1	0	0	10	0
PARSNIPS, COOKED, DRAINED	1 CUP	0	125	30	2	0	156	0.1
PASTERZD PROCES CHEESE, SWISS	1 OZ	7	95	1	7	24	28.35	4.5
PASTERZD PROCES CHEESE,AMERICN1	OZ	9	105	0	6	27	28.35	5.6

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
PASTERZD PROCES CHESE FOOD,AMR1	OZ	7	95	2	6	18	28.35	4.4
PASTERZD PROCES CHESE SPRED,AM1	OZ	6	80	2	5	16	28.35	3.8
PEA BEANS, DRY, COOKED,DRAINED1	CUP	1	225	40	15	0	190	0.1
PEACH PIE	1 PIE	101	2410	361	24	0	945	24.6
PEACH PIE	1 PIECE	17	405	60	4	0	158	4.1
PEACHES, CANNED, HEAVY SYRUP	1 CUP	0	190	51	1	0	256	0
PEACHES, CANNED, HEAVY SYRUP	1 HALF	0	60	16	0	0	81	0

PEACHES, CANNED, JUICE PACK	1 CUP	0	110	29	2	0	248	0
PEACHES, CANNED, JUICE PACK	1 HALF	0	35	9	0	0	77	0
PEACHES, DRIED	1 CUP	1	380	98	6	0	160	0.1
PEACHES, DRIED,COOKED,UNSWETND1	CUP	1	200	51	3	0	258	0.1
PEACHES, FROZEN,SWETNED,W/VITC1	CUP	0	235	60	2	0	250	0
PEACHES, FROZEN,SWETNED,W/VITC10	OZ	0	265	68	2	0	284	0

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
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PEACHES, RAW	1 PEACH	0	35	10	1	0	87	0
PEACHES, RAW, SLICED	1 CUP	0	75	19	1	0	170	0
PEANUT BUTTER	1 TBSP	8	95	3	5	0	16	1.4
PEANUT BUTTER COOKIE,HOME RECP4	COOKIE	14	245	28	4	22	48	4
PEANUT OIL	1 CUP	216	1910	0	0	0	216	36.5
PEANUT OIL	1 TBSP	14	125	0	0	0	14	2.4
PEANUTS, OIL ROASTED, SALTED	1 CUP	71	840	27	39	0	145	9.9
PEANUTS, OIL ROASTED, SALTED	1 OZ	14	165	5	8	0	28.35	1.9
PEANUTS, OIL ROASTED, UNSALTED1	CUP	71	840	27	39	0	145	9.9
PEANUTS, OIL ROASTED, UNSALTED1	OZ	14	165	5	8	0	28.35	1.9
PEARS, CANNED, HEAVY SYRUP	1 CUP	0	190	49	1	0	255	0
PEARS, CANNED, HEAVY SYRUP	1 HALF	0	60	15	0	0	79	0
PEARS, CANNED, JUICE PACK	1 CUP	0	125	32	1	0	248	0

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
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PEARS, CANNED, JUICE PACK	1 HALF	0	40	10	0	0	77	0
PEARS, RAW, BARTLETT	1 PEAR	1	100	25	1	0	166	0
PEARS, RAW, BOSC	1 PEAR	1	85	21	1	0	141	0
PEARS, RAW, D'ANJOU	1 PEAR	1	120	30	1	0	200	0
PEAS, EDIBLE POD, COOKED,DRND1	CUP	0	65	11	5	0	160	0.1
PEAS, GREEN,CNND,DRND, W/ SALT1	CUP	1	115	21	8	0	170	0.1
PEAS, GREEN,CNND,DRND,W/O SALT1	CUP	1	115	21	8	0	170	0.1
PEAS, SPLIT, DRY, COOKED	1 CUP	1	230	42	16	0	200	0.1
PEAS,GRN, FROZEN COOKED,DRANED1	CUP	0	125	23	8	0	160	0.1
PEA, GREEN, SOUP, CANNED	1 CUP	3	165	27	9	0	250	1.4
PECAN PIE	1 PIE	189	3450	423	42	569	825	28.1
PECAN PIE	1 PIECE	32	575	71	7	95	138	4.7
PECANS, HALVES	1 CUP	73	720	20	8	0	108	5.9

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
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PECANS, HALVES	1 OZ	19	190	5	2	0	28.35	1.5
PEPPER-TYPE SODA	12 FL OZ	0	160	41	0	0	369	0
PEPPERS, HOT CHILI, RAW, GREEN1	PEPPER	0	20	4	1	0	45	0
PEPPERS, HOT CHILI, RAW, RED	1 PEPPER	0	20	4	1	0	45	0
PEPPERS, SWEET, COOKED, GREEN	1 PEPPER	0	15	3	0	0	73	0
PEPPERS, SWEET, COOKED, RED	1 PEPPER	0	15	3	0	0	73	0
PEPPERS, SWEET, RAW, GREEN	1 PEPPER	0	20	4	1	0	74	0
PEPPERS, SWEET, RAW, RED	1 PEPPER	0	20	4	1	0	74	0
PEPPER, BLACK	1 TSP	0	5	1	0	0	2.1	0
PICKLES, CUCUMBER, DILL	1 PICKLE	0	5	1	0	0	65	0
PICKLES, CUCUMBER, FRESH PACK	2 SLICES	0	10	3	0	0	15	0
PICKLES, CUCUMBER, SWT GHERKIN1	PICKLE	0	20	5	0	0	15	0
PIECRUST, FROM MIX	2 CRUST	93	1485	141	20	0	320	22.7

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
PIECRUST, FROM HOME RECIPE 1 SHELL	60	900	79	11	0	180	14.8
PINE NUTS 1 OZ	17	160	5	3	0	28.35	2.7
PINEAPPLE-GRAPEFRUIT JUICEDRNK6 FL OZ	0	90	23	0	0	187	0
PINEAPPLE JUICE, CANNED, UNSWTN1 CUP	0	140	34	1	0	250	0
PINEAPPLE, CANNED, HEAVY SYRUP1 CUP	0	200	52	1	0	255	0
PINEAPPLE, CANNED, HEAVY SYRUP1 SLICE	0	45	12	0	0	58	0
PINEAPPLE, CANNED, JUICE PACK 1 CUP	0	150	39	1	0	250	0
PINEAPPLE, CANNED, JUICE PACK 1 SLICE	0	35	9	0	0	58	0
PINEAPPLE, RAW, DICED 1 CUP	1	75	19	1	0	155	0
PINTO BEANS, DRY, COOKED, DRAINED1 CUP	1	265	49	15	0	180	0.1
PISTACHIO NUTS 1 OZ	14	165	7	6	0	28.35	1.7
PITA BREAD 1 PITA	1	165	33	6	0	60	0.1
PIZZA, CHEESE 1 SLICE	9	290	39	15	56	120	4.1

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
PLANTAINS, COOKED 1 CUP	0	180	48	1	0	154	0.1
PLANTAINS, RAW 1 PLANTN	1	220	57	2	0	179	0.3
PLUMS, CANNED, HEAVY SYRUP 1 CUP	0	230	60	1	0	258	0
PLUMS, CANNED, HEAVY SYRUP 3 PLUMS	0	120	31	0	0	133	0
PLUMS, CANNED, JUICE PACK 1 CUP	0	145	38	1	0	252	0
PLUMS, CANNED, JUICE PACK 3 PLUMS	0	55	14	0	0	95	0
PLUMS, RAW, 1-1/2-IN DIAM 1 PLUM	0	15	4	0	0	28	0
PLUMS, RAW, 2-1/8-IN DIAM 1 PLUM	0	35	9	1	0	66	0
POPCORN, AIR-POPPED, UNSALTED 1 CUP	0	30	6	1	0	8	0
POPCORN, POPPED, VEG OIL, SALTD1 CUP	3	55	6	1	0	11	0.5
POPCORN, SUGAR SYRUP COATED 1 CUP	1	135	30	2	0	35	0.1
POPSICLE 1 POPCLE	0	70	18	0	0	95	0
PORK CHOP, LOIN, BROIL, LEAN 2.5 OZ	8	165	0	23	71	72	2.6

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
PORK CHOP, LOIN, BROIL, LEN+FT3.1 OZ	19	275	0	24	84	87	7
PORK CHOP, LOIN, PANFRY, LEAN 2.4 OZ	11	180	0	19	72	67	3.7
PORK CHOP, LOIN, PANFRY, LEAN+FT3.1 OZ	27	335	0	21	92	89	9.8
PORK FRESH HAM, ROASTD, LEAN 2.5 OZ	8	160	0	20	68	72	2.7
PORK FRESH HAM, ROASTD, LEAN+FT3 OZ	18	250	0	21	79	85	6.4
PORK FRESH RIB, ROASTD, LEAN 2.5 OZ	10	175	0	20	56	71	3.4
PORK FRESH RIB, ROASTD, LEAN+FT3 OZ	20	270	0	21	69	85	7.2
PORK SHOULDER, BRAISD, LEAN 2.4 OZ	8	165	0	22	76	67	2.8
PORK SHOULDER, BRAISD, LEAN+FAT3 OZ	22	295	0	23	93	85	7.9
PORK, CURED, BACON, REGUL, CKED3 SLICE	9	110	0	6	16	19	3.3
PORK, CURED, BACON, CANADN, CKED2 SLICE	4	85	1	11	27	46	1.3
PORK, CURED, HAM, CANNED, ROAST3 OZ	7	140	0	18	35	85	2.4
PORK, CURED, HAM, ROSTED, LEAN 2.4 OZ	4	105	0	17	37	68	1.3

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
PORK, CURED, HAM, ROSTED, LN+FT3 OZ	14	205	0	18	53	85	5.1
PORK, LINK, COOKED 1 LINK	4	50	0	3	11	13	1.4
PORK, LUNCHEON MEAT, CANNED 2 SLICES	13	140	1	5	26	42	4.5
PORK, LUNCHEON MEAT, CHOPPD HAM2 SLICES	7	95	0	7	21	42	2.4
PORK, LUNCHEON MEAT, CKD HAM, LN2 SLICES	3	75	1	11	27	57	0.9
PORK, LUNCHEON MEAT, CKD HAM, RG2 SLICES	6	105	2	10	32	57	1.9
POTATO CHIPS 10 CHIPS	7	105	10	1	0	20	1.8

POTATO SALAD MADE W/ MAYONNAIS1 CUP	21	360	28	7	170	250	3.6
POTATOES, AU GRATIN, FROM MIX 1 CUP	10	230	31	6	12	245	6.3
POTATOES, AU GRATIN, HOME RECP1 CUP	19	325	28	12	56	245	11.6
POTATOES, BAKED FLESH ONLY 1 POTATO	0	145	34	3	0	156	0
POTATOES, BAKED WITH SKIN 1 POTATO	0	220	51	5	0	202	0.1
POTATOES, BOILED, PEELED AFTER1 POTATO	0	120	27	3	0	136	0

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
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POTATOES, BOILED, PEELED BEFOR1 POTATO	0	115	27	2	0	135	0
POTATOES, HASHED BROWN,FR FRZN1 CUP	18	340	44	5	0	156	7
POTATOES, MASHED,FRM DEHYDRTED1 CUP	12	235	32	4	29	210	7.2
POTATOES, MASHED,RECPE,MLK+MAR1 CUP	9	225	35	4	4	210	2.2
POTATOES, MASHED,RECPE,W/ MILK1 CUP	1	160	37	4	4	210	0.7
POTATOES, SCALLOPED, FROM MIX 1 CUP	11	230	31	5	27	245	6.5
POTATOES, SCALLOPED, HOME RECP1 CUP	9	210	26	7	29	245	5.5
POTATOES,FRENCH-FRD,FRZN,FRIED10 STRIP	8	160	20	2	0	50	2.5
POTATOES,FRENCH-FRD,FRZN,OVEN 10 STRIP	4	110	17	2	0	50	2.1
POUND CAKE, COMMERCIAL 1 LOAF	94	1935	257	26	1100	500	52
POUND CAKE, COMMERCIAL 1 SLICE	5	110	15	2	64	29	3
POUND CAKE, FROM HOME RECIPE 1 LOAF	94	2025	265	33	555	514	21.1
POUND CAKE, FROM HOME RECIPE 1 SLICE	5	120	15	2	32	30	1.2

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
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PRETZELS, STICK 10 PRETZ	0	10	2	0	0	3	0
PRETZELS, TWISTED, DUTCH 1 PRETZ	1	65	13	2	0	16	0.1
PRETZELS, TWISTED, THIN 10 PRETZ	2	240	48	6	0	60	0.4
PRODUCT 19 CEREAL 1 OZ	0	110	24	3	0	28.35	0
PROVOLONE CHEESE 1 OZ	8	100	1	7	20	28.35	4.8
PRUNE JUICE, CANNED 1 CUP	0	180	45	2	0	256	0
PRUNES, DRIED 5 LARGE	0	115	31	1	0	49	0
PRUNES, DRIED, COOKED,UNSWTND1 CUP	0	225	60	2	0	212	0
PUDDING, CHOCOLATE,CANNED 5 OZ	11	205	30	3	1	142	9.5
PUDDING, CHOC, COOKED FROM MIX1/2 CUP	4	150	25	4	15	130	2.4
PUDDING, CHOC, INSTANT, FR MIX1/2 CUP	4	155	27	4	14	130	2.3
PUDDING, RICE, FROM MIX 1/2 CUP	4	155	27	4	15	132	2.3
PUDDING, TAPIOCA, CANNED 5 OZ	5	160	28	3	0	142	4.8

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
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PUDDING, TAPIOCA, FROM MIX 1/2 CUP	4	145	25	4	15	130	2.3
PUDDING, VANILLA, CANNED 5 OZ	10	220	33	2	1	142	9.5
PUDDING, VNLLA,COOKED FROM MIX1/2 CUP	4	145	25	4	15	130	2.3
PUDDING, VNLLA,INSTANT FRM MIX1/2 CUP	4	150	27	4	15	130	2.2
PUMPERNICKEL BREAD 1 LOAF	16	1160	218	42	0	454	2.6
PUMPERNICKEL BREAD 1 SLICE	1	80	16	3	0	32	0.2
PUMPERNICKEL BREAD, TOASTED 1 SLICE	1	80	16	3	0	29	0.2
PUMPKIN AND SQUASH KERNELS 1 OZ	13	155	5	7	0	28.35	2.5
PUMPKIN PIE 1 PIE	102	1920	223	36	655	910	38.2
PUMPKIN PIE 1 PIECE	17	320	37	6	109	152	6.4
PUMPKIN, CANNED 1 CUP	1	85	20	3	0	245	0.4
PUMPKIN, COOKED FROM RAW 1 CUP	0	50	12	2	0	245	0.1
QUICHE LORRAINE 1 SLICE	48	600	29	13	285	176	23.2

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
RADISHES, RAW	4 RADISH	0	5	1	0	0	18	0
RAISIN BRAN, KELLOGG'S	1 OZ	1	90	21	3	0	28.35	0.1
RAISIN BRAN, POST	1 OZ	1	85	21	3	0	28.35	0.1
RAISIN BREAD	1 LOAF	18	1260	239	37	0	454	4.1
RAISIN BREAD	1 SLICE	1	65	13	2	0	25	0.2
RAISIN BREAD, TOASTED	1 SLICE	1	65	13	2	0	21	0.2
RAISINS	1 CUP	1	435	115	5	0	145	0.2
RAISINS	1 PACKET	0	40	11	0	0	14	0
RASPBERRIES, FROZEN, SWEETENED	1 CUP	0	255	65	2	0	250	0
RASPBERRIES, FROZEN, SWEETENED	10 OZ	0	295	74	2	0	284	0
RASPBERRIES, RAW	1 CUP	1	60	14	1	0	123	0
RED KIDNEY BEANS, DRY, CANNED	1 CUP	1	230	42	15	0	255	0.1
REFRIED BEANS, CANNED	1 CUP	3	295	51	18	0	290	0.4
RELISH, SWEET	1 TBSP	0	20	5	0	0	15	0

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
RHUBARB, COOKED, ADDED SUGAR	1 CUP	0	280	75	1	0	240	0
RICE KRISPIES CEREAL	1 OZ	0	110	25	2	0	28.35	0
RICE, BROWN, COOKED	1 CUP	1	230	50	5	0	195	0.3
RICE, WHITE, COOKED	1 CUP	0	225	50	4	0	205	0.1
RICE, WHITE, INSTANT, COOKED	1 CUP	0	180	40	4	0	165	0.1
RICE, WHITE, PARBOILED, COOKED	1 CUP	0	185	41	4	0	175	0
RICE, WHITE, PARBOILED, RAW	1 CUP	1	685	150	14	0	185	0.1
RICE, WHITE, RAW	1 CUP	1	670	149	12	0	185	0.2
RICOTTA CHEESE, PART SKIM MILK	1 CUP	19	340	13	28	76	246	12.1
RICOTTA CHEESE, WHOLE MILK	1 CUP	32	430	7	28	124	246	20.4
ROAST BEEF SANDWICH	1 SANDWH	13	345	34	22	55	150	3.5
ROLLS, DINNER, COMMERCIAL	1 ROLL	2	85	14	2	0	28	0.5
ROLLS, DINNER, HOME RECIPE	1 ROLL	3	120	20	3	12	35	0.8

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
ROLLS, FRANKFURTER + HAMBURGER	1 ROLL	2	115	20	3	0	40	0.5
ROLLS, HARD	1 ROLL	2	155	30	5	0	50	0.4
ROLLS, HOAGIE OR SUBMARINE	1 ROLL	8	400	72	11	0	135	1.8
ROOT BEER	12 FL OZ	0	165	42	0	0	370	0
RYE BREAD, LIGHT	1 LOAF	17	1190	218	38	0	454	3.3
RYE BREAD, LIGHT	1 SLICE	1	65	12	2	0	25	0.2
RYE BREAD, LIGHT, TOASTED	1 SLICE	1	65	12	2	0	22	0.2
RYE WAFERS, WHOLE-GRAIN	2 WAFERS	1	55	10	1	0	14	0.3
SAFFLOWER OIL	1 CUP	218	1925	0	0	0	218	19.8
SAFFLOWER OIL	1 TBSP	14	125	0	0	0	14	1.3
SALAMI, COOKED TYPE	2 SLICES	11	145	1	8	37	57	4.6
SALAMI, DRY TYPE	2 SLICES	7	85	1	5	16	20	2.4
SALMON, BAKED, RED	3 OZ	5	140	0	21	60	85	1.2

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
SALMON, CANNED, PINK, W/ BONES	3 OZ	5	120	0	17	34	85	0.9
SALMON, SMOKED	3 OZ	8	150	0	18	51	85	2.6
SALT	1 TSP	0	0	0	0	0	5.5	0
SALTINES	4 CRACKR	1	50	9	1	4	12	0.5
SANDWICH SPREAD, PORK, BEEF	1 TBSP	3	35	2	1	6	15	0.9
SANDWICH TYPE COOKIE	4 COOKIE	8	195	29	2	0	40	2

SARDINES, ATLNTC,CNNED,OIL,DRN3 OZ	9	175	0	20	85	85	2.1
SAUERKRAUT, CANNED 1 CUP	0	45	10	2	0	236	0.1
SCALLOPS, BREADED, FRZN,REHEAT6 SCALOP	10	195	10	15	70	90	2.5
SEAWEED, KELP, RAW 1 OZ	0	10	3	0	0	28.35	0.1
SEAWEED, SPIRULINA, DRIED 1 OZ	2	80	7	16	0	28.35	0.8
SELF-RISING FLOUR, UNSIFTED 1 CUP	1	440	93	12	0	125	0.2
SEMISWEET CHOCOLATE 1 CUP	61	860	97	7	0	170	36.2

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
SESAME SEEDS 1 TBSP		4	45	1	2	0	8	0.6
SHAKES, THICK, CHOCOLATE 10 OZ		8	335	60	9	30	283	4.8
SHAKES, THICK, VANILLA 10 OZ		9	315	50	11	33	283	5.3
SHEETCAKE W/O FRSTNG,HOMERECIP1 CAKE		108	2830	434	35	552	777	29.5
SHEETCAKE,W/ WHFRSTNG,HOMERECIP1 CAKE		129	4020	694	37	636	1096	41.6
SHEETCAKE,W/ WHFRSTNG,HOMERECIP1 PIECE		14	445	77	4	70	121	4.6
SHEETCAKE,W/O FRSTNG,HOMERECIP1 PIECE		12	315	48	4	61	86	3.3
SHERBET, 2% FAT 1 CUP		4	270	59	2	14	193	2.4
SHERBET, 2% FAT 1/2 GAL		31	2160	469	17	113	1542	19
SHORTBREAD COOKIE, COMMERCIAL 4 COOKIE		8	155	20	2	27	32	2.9
SHORTBREAD COOKIE, HOME RECIPE2 COOKIE		8	145	17	2	0	28	1.3
SHREDDED WHEAT CEREAL 1 OZ		1	100	23	3	0	28.35	0.1
SHRIMP, CANNED, DRAINED 3 OZ		1	100	1	21	128	85	0.2

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
SHRIMP, FRENCH FRIED 3 OZ		10	200	11	16	168	85	2.5
SNACK CAKES,DEVILS FOOD,CREMFLSM CAKE		4	105	17	1	15	28	1.7
SNACK CAKES,SPONGE CREME FLLNGSM CAKE		5	155	27	1	7	42	2.3
SNACK TYPE CRACKERS 1 CRACKR		1	15	2	0	0	3	0.2
SNAP BEAN,CNND,DRND,GREEN,SALT1 CUP		0	25	6	2	0	135	0
SNAP BEAN,CNND,DRND,GRN,NOSALT1 CUP		0	25	6	2	0	135	0
SNAP BEAN,CNND,DRND,YLLW, SALT1 CUP		0	25	6	2	0	135	0
SNAP BEAN,CNND,DRND,YLLW,NOSAL1 CUP		0	25	6	2	0	135	0
SNAP BEAN,FRZ,CKD,DRND,GREEN 1 CUP		0	35	8	2	0	135	0
SNAP BEAN,FRZ,CKD,DRND,YELLOW 1 CUP		0	35	8	2	0	135	0
SNAP BEAN,RAW,CKD,DRND,GREEN 1 CUP		0	45	10	2	0	125	0.1
SNAP BEAN,RAW,CKD,DRND,YELLOW 1 CUP		0	45	10	2	0	125	0.1
SOUR CREAM 1 CUP		48	495	10	7	102	230	30

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
SOUR CREAM 1 TBSP		3	25	1	0	5	12	1.6
SOY SAUCE 1 TBSP		0	10	2	2	0	18	0
SOYBEAN-COTTONSEED OIL, HYDRGN1 CUP		218	1925	0	0	0	218	39.2
SOYBEAN-COTTONSEED OIL, HYDRGN1 TBSP		14	125	0	0	0	14	2.5
SOYBEAN OIL, HYDROGENATED 1 CUP		218	1925	0	0	0	218	32.5
SOYBEAN OIL, HYDROGENATED 1 TBSP		14	125	0	0	0	14	2.1
SOYBEANS, DRY, COOKED, DRAINED1 CUP		10	235	19	20	0	180	1.3
SPAGHETTI, COOKED, FIRM 1 CUP		1	190	39	7	0	130	0.1
SPAGHETTI, COOKED, TENDER 1 CUP		1	155	32	5	0	140	0.1
SPAGHETTI, TOM SAUCE CHEES,CND1 CUP		2	190	39	6	3	250	0.4
SPAGHETTI, TOM SAUCE CHEE,HMRP1 CUP		9	260	37	9	8	250	3
SPAGHETTI,MEATBALLS,TOMSAC,CND1 CUP		10	260	29	12	23	250	2.4
SPAGHETTI,MEATBALLS,TOMSA,HMRP1 CUP		12	330	39	19	89	248	3.9

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)	
SPECIAL K CEREAL	1 OZ	0	110	21	6	0	28.35	0
SPINACH SOUFFLE	1 CUP	18	220	3	11	184	136	7.1
SPINACH, CANNED, DRND,W/ SALT	1 CUP	1	50	7	6	0	214	0.2
SPINACH, CANNED, DRND,W/O SALT	1 CUP	1	50	7	6	0	214	0.2
SPINACH, COOKED FR FRZEN, DRND	1 CUP	0	55	10	6	0	190	0.1
SPINACH, COOKED FROM RAW, DRND	1 CUP	0	40	7	5	0	180	0.1
SPINACH, RAW	1 CUP	0	10	2	2	0	55	0
SQUASH, SUMMER, COOKED, DRAIN	1 CUP	1	35	8	2	0	180	0.1
SQUASH, WINTER, BAKED	1 CUP	1	80	18	2	0	205	0.3
STRAWBERRIES, FROZEN, SWEETEN	1 CUP	0	245	66	1	0	255	0
STRAWBERRIES, FROZEN, SWEETEN	10 OZ	0	275	74	2	0	284	0
STRAWBERRIES, RAW	1 CUP	1	45	10	1	0	149	0
SUGAR COOKIE, FROM REFRIG	DOG4 COOKIE	12	235	31	2	29	48	2.3

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)	
SUGAR FROSTED FLAKES, KELLOGG	1 OZ	0	110	26	1	0	28.35	0
SUGAR SMACKS CEREAL	1 OZ	1	105	25	2	0	28.35	0.1
SUGAR, BROWN, PRESSED DOWN	1 CUP	0	820	212	0	0	220	0
SUGAR, POWDERED, SIFTED	1 CUP	0	385	100	0	0	100	0
SUGAR, WHITE, GRANULATED	1 CUP	0	770	199	0	0	200	0
SUGAR, WHITE, GRANULATED	1 PKT	0	25	6	0	0	6	0
SUGAR, WHITE, GRANULATED	1 TBSP	0	45	12	0	0	12	0
SUNFLOWER OIL	1 CUP	218	1925	0	0	0	218	22.5
SUNFLOWER OIL	1 TBSP	14	125	0	0	0	14	1.4
SUNFLOWER SEEDS	1 OZ	14	160	5	6	0	28.35	1.5
SUPER SUGAR CRISP CEREAL	1 OZ	0	105	26	2	0	28.35	0
SWEET (DARK) CHOCOLATE	1 OZ	10	150	16	1	0	28.35	5.9
SWEETENED CONDENSED MILK	CNND 1 CUP	27	980	166	24	104	306	16.8

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)	
SWEETPOTATOES, BAKED, PEELED	1 POTATO	0	115	28	2	0	114	0
SWEETPOTATOES, BOILED W/O PEEL	1 POTATO	0	160	37	2	0	151	0.1
SWEETPOTATOES, CANDIED	1 PIECE	3	145	29	1	8	105	1.4
SWEETPOTATOES, CANNED, MASHED	1 CUP	1	260	59	5	0	255	0.1
SWEETPOTATOES, CNND, VAC PACK	1 PIECE	0	35	8	1	0	40	0
SWISS CHEESE	1 OZ	8	105	1	8	26	28.35	5
SYRUP, CHOCOLATE FLAVORED	THIN2 TBSP	0	85	22	1	0	38	0.2
SYRUP, CHOCOLATE FLVRED, FUDGE	2 TBSP	5	125	21	2	0	38	3.1
TABLE SYRUP (CORN AND MAPLE)	2 TBSP	0	122	32	0	0	42	0
TACO	1 TACO	11	195	15	9	21	81	4.1
TAHINI	1 TBSP	8	90	3	3	0	15	1.1
TANGERINE JUICE, CANNED,SWTNED	1 CUP	0	125	30	1	0	249	0
TANGERINES, CANNED, LIGHT SYRP	1 CUP	0	155	41	1	0	252	0

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)	
TANGERINES, RAW	1 TANGRN	0	35	9	1	0	84	0
TARTAR SAUCE	1 TBSP	8	75	1	0	4	14	1.2
TEA, BREWED	8 FL OZ	0	0	0	0	0	240	0
TEA, INSTANT,PREPRD,UNSWEETEND	8 FL OZ	0	0	1	0	0	241	0
TEA, INSTANT,PREPRD,SWEETENED	8 FL OZ	0	85	22	0	0	262	0
TOASTER PASTRIES	1 PASTRY	6	210	38	2	0	54	1.7
TOFU	1 PIECE	5	85	3	9	0	120	0.7

TOMATO JUICE, CANNED WITH SALT1 CUP	0	40	10	2	0	244	0
TOMATO JUICE, CANNED W/O SALT 1 CUP	0	40	10	2	0	244	0
TOMATO PASTE, CANNED WITH SALT1 CUP	2	220	49	10	0	262	0.3
TOMATO PASTE, CANNED W/O SALT 1 CUP	2	220	49	10	0	262	0.3
TOMATO PUREE, CANNED WITH SALT1 CUP	0	105	25	4	0	250	0
TOMATO PUREE, CANNED W/O SALT 1 CUP	0	105	25	4	0	250	0
TOMATO SAUCE, CANNED WITH SALT1 CUP	0	75	18	3	0	245	0.1

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
TOMATO SOUP WITH MILK, CANNED 1 CUP	6	160	22	6	17	248	2.9
TOMATO SOUP W/ WATER, CANNED 1 CUP	2	85	17	2	0	244	0.4
TOMATO VEG SOUP, DEHYD,PREPRED1 PKT	1	40	8	1	0	189	0.3
TOMATOES, CANNED, S+L, W/ SALT1 CUP	1	50	10	2	0	240	0.1
TOMATOES, CANNED, S+L,W/O SALT1 CUP	1	50	10	2	0	240	0.1
TOMATOES, RAW 1 TOMATO	0	25	5	1	0	123	0
TORTILLAS, CORN 1 TORTLA	1	65	13	2	0	30	0.1
TOTAL CEREAL 1 OZ	1	100	22	3	0	28.35	0.1
TRIX CEREAL 1 OZ	0	110	25	2	0	28.35	0.2
TROUT, BROILED, W/ BUTTR,LEMJU3 OZ	9	175	0	21	71	85	4.1
TUNA SALAD 1 CUP	19	375	19	33	80	205	3.3
TUNA, CANND, DRND,OIL,CHK,LGHT3 OZ	7	165	0	24	55	85	1.4
TUNA, CANND, DRND,WATR, WHITE 3 OZ	1	135	0	30	48	85	0.3

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
TURKEY HAM, CURED TURKEY THIGH2 SLICES	3	75	0	11	32	57	1
TURKEY LOAF, BREAST MEAT W/O C2 SLICES	1	45	0	10	17	42	0.2
TURKEY LOAF, BREAST MEAT, W/ C2 SLICES	1	45	0	10	17	42	0.2
TURKEY PATTIES, BRD,BATTD,FRID1 PATTY	12	180	10	9	40	64	3
TURKEY ROAST, FRZN,LGHT+DRK,CK3 OZ	5	130	3	18	45	85	1.6
TURKEY, ROASTED, DARK MEAT 4 PIECES	6	160	0	24	72	85	2.1
TURKEY, ROASTED, LIGHT MEAT 2 PIECES	3	135	0	25	59	85	0.9
TURKEY, ROASTED, LIGHT + DARK 1 CUP	7	240	0	41	106	140	2.3
TURKEY, ROASTED, LIGHT + DARK 3 PIECES	4	145	0	25	65	85	1.4
TURNIP GREENS, CKED FRM FROZEN1 CUP	1	50	8	5	0	164	0.2
TURNIP GREENS, COOKED FROM RAW1 CUP	0	30	6	2	0	144	0.1
TURNIPS, COOKED, DICED 1 CUP	0	30	8	1	0	156	0
VANILLA WAFERS 10 COOKE	7	185	29	2	25	40	1.8

Description of food	Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
VEAL CUTLET, MED FAT,BRSD,BRLD3 OZ	9	185	0	23	86	85	4.1
VEAL RIB, MED FAT, ROASTED 3 OZ	14	230	0	23	109	85	6
VEGETABLE BEEF SOUP, CANNED 1 CUP	2	80	10	6	5	244	0.9
VEGETABLE JUICE COCKTAIL, CNND1 CUP	0	45	11	2	0	242	0
VEGETABLES, MIXED, CANNED 1 CUP	0	75	15	4	0	163	0.1
VEGETABLES, MIXED, CKED FR FRZ1 CUP	0	105	24	5	0	182	0.1
VEGETARIAN SOUP, CANNED 1 CUP	2	70	12	2	0	241	0.3
VIENNA BREAD 1 SLICE	1	70	13	2	0	25	0.2
VIENNA SAUSAGE 1 SAUSAG	4	45	0	2	8	16	1.5
VINEGAR AND OIL SALAD DRESSING1 TBSP	8	70	0	0	0	16	1.5
VINEGAR, CIDER 1 TBSP	0	0	1	0	0	15	0
WAFFLES, FROM HOME RECIPE 1 WAFFLE	13	245	26	7	102	75	4
WAFFLES, FROM MIX 1 WAFFLE	8	205	27	7	59	75	2.7

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
WALNUTS, BLACK, CHOPPED	1 CUP	71	760	15	30	0	125	4.5
WALNUTS, BLACK, CHOPPED	1 OZ	16	170	3	7	0	28.35	1
WALNUTS, ENGLISH, PIECES	1 CUP	74	770	22	17	0	120	6.7
WALNUTS, ENGLISH, PIECES	1 OZ	18	180	5	4	0	28.35	1.6
WATER CHESTNUTS, CANNED	1 CUP	0	70	17	1	0	140	0
WATERMELON, RAW	1 PIECE	2	155	35	3	0	482	0.3
WATERMELON, RAW, DICED	1 CUP	1	50	11	1	0	160	0.1
WHEAT BREAD	1 LOAF	19	1160	213	43	0	454	3.9
WHEAT BREAD	1 SLICE	1	65	12	2	0	25	0.2
WHEAT BREAD, TOASTED	1 SLICE	1	65	12	3	0	23	0.2
WHEAT FLOUR, ALL-PURPOSE,SIFTD1	CUP	1	420	88	12	0	115	0.2
WHEAT FLOUR, ALL-PURPOSE,UNSIF1	CUP	1	455	95	13	0	125	0.2
WHEATIES CEREAL	1 OZ	0	100	23	3	0	28.35	0.1

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
WHEAT, THIN CRACKERS	4 CRACKR	1	35	5	1	0	8	0.5
WHIPPED TOPPING, PRESSURIZED	1 CUP	13	155	7	2	46	60	8.3
WHIPPED TOPPING, PRESSURIZED	1 TBSP	1	10	0	0	2	3	0.4
WHIPPING CREAM, UNWHIPED,HEAVY1	CUP	88	820	7	5	326	238	54.8
WHIPPING CREAM, UNWHIPED,HEAVY1	TBSP	6	50	0	0	21	15	3.5
WHIPPING CREAM, UNWHIPED,LIGHT1	CUP	74	700	7	5	265	239	46.2
WHIPPING CREAM, UNWHIPED,LIGHT1	TBSP	5	45	0	0	17	15	2.9
WHITE BREAD	1 LOAF	18	1210	222	38	0	454	5.6
WHITE BREAD CRUMBS, SOFT	1 CUP	2	120	22	4	0	45	0.6
WHITE BREAD CUBES	1 CUP	1	80	15	2	0	30	0.4
WHITE BREAD, SLICE 18 PER LOAF1	SLICE	1	65	12	2	0	25	0.3
WHITE BREAD, SLICE 22 PER LOAF1	SLICE	1	55	10	2	0	20	0.2
WHITE BREAD, TOASTED 18 PER	1 SLICE	1	65	12	2	0	22	0.3

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
WHITE BREAD, TOASTED 22 PER	1 SLICE	1	55	10	2	0	17	0.2
WHITE CAKE W/ WHT FRSTNG,COMML1	CAKE	148	4170	670	43	46	1140	33.1
WHITE CAKE W/ WHT FRSTNG,COMML1	PIECE	9	260	42	3	3	71	2.1
WHITE SAUCE W/ MILK FROM MIX	1 CUP	13	240	21	10	34	264	6.4
WHITE SAUCE, MEDIUM, HOME RECP1	CUP	30	395	24	10	32	250	9.1
WHOLE-WHEAT BREAD	1 LOAF	20	1110	206	44	0	454	5.8
WHOLE-WHEAT BREAD	1 SLICE	1	70	13	3	0	28	0.4
WHOLE-WHEAT BREAD, TOASTED	1 SLICE	1	70	13	3	0	25	0.4
WHOLE-WHEAT FLOUR,HRD WHT,STIR1	CUP	2	400	85	16	0	120	0.3
WHOLE-WHEAT WAFERS, CRACKERS	2 CRACKR	2	35	5	1	0	8	0.5
WINE, DESSERT	3.5 F OZ	0	140	8	0	0	103	0
WINE, TABLE, RED	3.5 F OZ	0	75	3	0	0	102	0
WINE, TABLE, WHITE	3.5 F OZ	0	80	3	0	0	102	0

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
YEAST, BAKERS, DRY, ACTIVE	1 PKG	0	20	3	3	0	7	0
YEAST, BREWERS, DRY	1 TBSP	0	25	3	3	0	8	0
YELLOW CAKE W/ CHOC FRST,FRMIX1	CAKE	125	3735	638	45	576	1108	47.8
YELLOW CAKE W/ CHOC FRST,FRMIX1	PIECE	8	235	40	3	36	69	3
YELLOWCAKE W/ CHOCFRSTNG,COMML1	CAKE	175	3895	620	40	609	1108	92
YELLOWCAKE W/ CHOCFRSTNG,COMML1	PIECE	11	245	39	2	38	69	5.7
YOGURT, W/ LOFAT MILK, PLAIN	8 OZ	4	145	16	12	14	227	2.3

YOGURT, W/ LOFAT MILK,FRUITFLV8 OZ	2	230	43	10	10	227	1.6
YOGURT, W/ NONFAT MILK 8 OZ	0	125	17	13	4	227	0.3
YOGURT, W/ WHOLE MILK 8 OZ	7	140	11	8	29	227	4.8