

CALORIE CHART SORTED BY FOOD NAME

| Description of food                  | Fat   | Food Energy | Carbohydrate | Protein | Cholesterol | Weight | Saturated Fat |
|--------------------------------------|-------|-------------|--------------|---------|-------------|--------|---------------|
|                                      | Grams | calories    | Grams        | Grams   | Milligrams  | Grams  | Grams         |
| 1000 ISLAND, SALAD DRSNG,LOCAL1 TBSP | 2     | 25          | 2            | 0       | 2           | 15     | 0.2           |
| 1000 ISLAND, SALAD DRSNG,REG 1 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           |
| <u>ALMONDS</u> , 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          |
| 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, UNSWEETENED1 CUP | 0     | 105         | 28           | 0       | 0           | 244    | 0             |

| Description of food                            | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| APPLES, DRIED, SULFURED 10 RINGS               | 0              | 155                       | 42                      | 1                  | 0                           | 64                | 0                        |
| <u>APPLES</u> , RAW, PEELED, SLICED 1 CUP      | 0              | 65                        | 16                      | 0                  | 0                           | 110               | 0.1                      |
| APPLES, RAW, UNPEELED,2 PER LB1 APPLE          | 1              | 125                       | 32                      | 0                  | 0                           | 212               | 0.1                      |
| APPLES, RAW, UNPEELED,3 PER LB1 APPLE          | 0              | 80                        | 21                      | 0                  | 0                           | 138               | 0.1                      |
| APRICOT NECTAR, NO ADDED VIT C1 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,UNSWTN1 CUP            | 0              | 210                       | 55                      | 3                  | 0                           | 250               | 0                        |
| APRICOTS, DRIED, UNCOOKED 1 CUP                | 1              | 310                       | 80                      | 5                  | 0                           | 130               | 0                        |
| <u>APRICOTS</u> , RAW 3 APRCOT                 | 0              | 50                        | 12                      | 1                  | 0                           | 106               | 0                        |
| 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                        |
| <u>ARTICHOKES</u> , GLOBE, COOKED, DRN1 ARTCHK | 0              | 55                        | 12                      | 3                  | 0                           | 120               | 0                        |
| ASPARAGUS, CKD FRM FRZ,DRN,CUT1 CUP            | 1              | 50                        | 9                       | 5                  | 0                           | 180               | 0.2                      |
| ASPARAGUS, CKD FRM FRZ,DR,SPER4 SPEARS         | 0              | 15                        | 3                       | 2                  | 0                           | 60                | 0.1                      |
| <u>ASPARAGUS</u> , CKD FRM RAW, DR,CUT1 CUP    | 1              | 45                        | 8                       | 5                  | 0                           | 180               | 0.1                      |
| ASPARAGUS, CKD FRM RAW,DR,SPER4 SPEARS         | 0              | 15                        | 3                       | 2                  | 0                           | 60                | 0                        |
| ASPARAGUS, CANNED, SPEARS, NOSALT4 SPEARS      | 0              | 10                        | 2                       | 1                  | 0                           | 80                | 0                        |

| Description of food                       |          | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---|----------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| ASPARAGUS, CANNED, SPEARS, W/SALT4 SPEARS |          | 0              | 10                        | 2                       | 1                  | 0                           | 80                | 0                        |
| <u>AVOCADOS</u> , CALIFORNIA              | 1 AVOCDO | 30             | 305                       | 12                      | 4                  | 0                           | 173               | 4.5                      |
| AVOCADOS, FLORIDA                         | 1 AVOCDO | 27             | 340                       | 27                      | 5                  | 0                           | 304               | 5.3                      |

| Description of food              |          | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|----------------------------------|----------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| BAGELS, EGG                      | 1 BAGEL  | 2              | 200                       | 38                      | 7                  | 44                          | 68                | 0.3                      |
| BAGELS, PLAIN                    | 1 BAGEL  | 2              | 200                       | 38                      | 7                  | 0                           | 68                | 0.3                      |
| BAKING POWDER, LOW SODIUM        | 1 TSP    | 0              | 5                         | 1                       | 0                  | 0                           | 4.3               | 0                        |
| BAKING POWDER, STRGHT PHOSPHAT1  | 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 BISCUT | 3              | 95                        | 14                      | 2                  | 0                           | 28                | 0.8                      |
| BAKING PWDR BISCUITS, HOMERECPE1 | BISCUT   | 5              | 100                       | 13                      | 2                  | 0                           | 28                | 1.2                      |
| BAKING PWDR BISCUITS, REFRGDOGH1 | BISCUT   | 2              | 65                        | 10                      | 1                  | 1                           | 20                | 0.6                      |
| <u>BALSAMIC</u> VINEGAR          | 1 TBSP   | 0              | 10                        | 2                       | 0                  | 0                           | 0                 | 0                        |
| BAMBOO SHOOTS, CANNED, DRAINED1  | CUP      | 1              | 25                        | 4                       | 2                  | 0                           | 131               | 0.1                      |
| <u>BANANAS</u>                   | 1 BANANA | 1              | 105                       | 27                      | 1                  | 0                           | 114               | 0.2                      |

| Description of food               | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |     |
|-----------------------------------|---------|-------------|--------------|---------|--------------|---------|---------------|-----|
|                                   | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |     |
| 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, UNCOOKD    | 1 CUP   | 2           | 700          | 158     | 16           | 0       | 200           | 0.3 |
| BEAN SPROUTS, MUNG, COOKD,DRAN    | 1 CUP   | 0           | 25           | 5       | 3            | 0       | 124           | 0   |
| <u>BEAN SPROUTS, MUNG, RAW</u>    | 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/FRANKFURTER | 1 CUP   | 18          | 365          | 32      | 19           | 30      | 255           | 7.4 |
| BEANS, DRY, CANNED, W/PORK+SWTSCE | 1 CUP   | 12          | 385          | 54      | 16           | 10      | 255           | 4.3 |
| BEANS, DRY, CANNED, W/PORK+TOMSCE | 1 CUP   | 7           | 310          | 48      | 16           | 10      | 255           | 2.4 |
| BEEF AND VEGETABLE STEW, HM RCP   | 1 CUP   | 11          | 220          | 15      | 16           | 71      | 245           | 4.4 |
| BEEF BROTH, BOULLN, CONSM,CNND    | 1 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 |
| BEEF ROAST, EYE O RND, LEAN+FAT   | 3 OZ    | 12          | 205          | 0       | 23           | 62      | 85            | 4.9 |

| Description of food                      | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                        |
| BEET GREENS, COOKED, DRAINED 1 CUP       | 0              | 40                        | 8                       | 4                  | 0                           | 144               | 0                        |
| BEETS, CANNED, DRAINED, NO SALT 1 CUP    | 0              | 55                        | 12                      | 2                  | 0                           | 170               | 0                        |
| BEETS, CANNED, DRAINED, W/ SALT 1 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                      |

| Description of food                    | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                        |
| BLUEBERRIES, FROZEN, SWEETENED10 OZ    | 0              | 230                       | 62                      | 1                  | 0                           | 284               | 0                        |
| <u>BLUEBERRIES, RAW</u> 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                      |

| Description of food                          | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                      |
| BRAZIL NUTS 1 OZ                             | 19             | 185                       | 4                       | 4                  | 0                           | 28.35             | 4.6                      |
| BREAD STUFFING, FROM MX, DRY TYPE 1 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, DRANED 1 CUP         | 0              | 50                        | 10                      | 6                  | 0                           | 185               | 0                        |
| BROCCOLI, FRZN, COOKED, DRANED 1 PIECE       | 0              | 10                        | 2                       | 1                  | 0                           | 30                | 0                        |
| BROCCOLI, RAW 1 SPEAR                        | 1              | 40                        | 8                       | 4                  | 0                           | 151               | 0.1                      |
| <u>BROCCOLI</u> , RAW, COOKED, DRAINED 1 CUP | 0              | 45                        | 9                       | 5                  | 0                           | 155               | 0.1                      |
| BROCCOLI, RAW, COOKED, DRAINED 1 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 RECP 1 BROWNE     | 6              | 95                        | 11                      | 1                  | 18                          | 20                | 1.4                      |
| BROWNIES W/ NUTS, FRSTNG, CMMRCL 1 BROWNE    | 4              | 100                       | 16                      | 1                  | 14                          | 25                | 1.6                      |
| BRUSSELS SPROUTS, FRZN, COOKED 1 CUP         | 1              | 65                        | 13                      | 6                  | 0                           | 155               | 0.1                      |
| <u>BRUSSELS SPROUTS</u> , RAW, COOKED 1 CUP  | 1              | 60                        | 13                      | 4                  | 0                           | 155               | 0.2                      |
| BUCKWHEAT FLOUR, LIGHT, SIFTED 1 CUP         | 1              | 340                       | 78                      | 6                  | 0                           | 98                | 0.2                      |

| Description of food    |         | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|------------------------|---------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                      |
| <u>BUTTER</u> , 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                     |

| Description of food             |       | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---------------------------------|-------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| CABBAGE, CHINESE, PAK-CHOI,CKD1 | CUP   | 0              | 20                        | 3                       | 3                  | 0                           | 170               | 0                        |
| 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

Description of food Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat  
 (Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams)

CAMEMBERT CHEESE 1 WEDGE 9 115 0 8 27 38 5.8

CANTALOUPE, RAW 1/2 MELON 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

CARROTS, CANNED, DRN, W/ SALT 1 CUP 0 35 8 1 0 146 0.1

CARROTS, CANNED,DRND, W/O SALT1 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,SALTED1 OZ 13 165 9 4 0 28.35 2.6

CASHEW NUTS, DRY ROASTD,UNSALT1 CUP 63 785 45 21 0 137 12.5

CASHEW NUTS, DRY ROASTD,UNSALT1 OZ 13 165 9 4 0 28.35 2.6

CASHEW NUTS, DRY ROASTED,SALTD1 CUP 63 785 45 21 0 137 12.5

| Description of food                    | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| CASHEW NUTS, OIL ROASTD,SALTED1 CUP    | 63             | 750                       | 37                      | 21                 | 0                           | 130               | 12.4                     |
| CASHEW NUTS, OIL ROASTD,SALTED1 OZ     | 14             | 165                       | 8                       | 5                  | 0                           | 28.35             | 2.7                      |
| CASHEW NUTS, OIL ROASTD,UNSALT1 CUP    | 63             | 750                       | 37                      | 21                 | 0                           | 130               | 12.4                     |
| CASHEW NUTS, OIL ROASTD,UNSALT1 OZ     | 14             | 165                       | 8                       | 5                  | 0                           | 28.35             | 2.7                      |
| CATSUP 1 CUP                           | 1              | 290                       | 69                      | 5                  | 0                           | 273               | 0.2                      |
| <u>CATSUP</u> 1 TBSP                   | 0              | 15                        | 4                       | 0                  | 0                           | 15                | 0                        |
| CAULIFLOWER, COOKED FROM FROZN1 CUP    | 0              | 35                        | 7                       | 3                  | 0                           | 180               | 0.1                      |
| CAULIFLOWER, COOKED FROM RAW 1 CUP     | 0              | 30                        | 6                       | 2                  | 0                           | 125               | 0                        |
| <u>CAULIFLOWER, RAW</u> 1 CUP          | 0              | 25                        | 5                       | 2                  | 0                           | 100               | 0                        |
| CELERY SEED 1 TSP                      | 1              | 10                        | 1                       | 0                  | 0                           | 2                 | 0                        |
| CELERY, PASCAL TYPE, RAW,PIECE1 CUP    | 0              | 20                        | 4                       | 1                  | 0                           | 120               | 0                        |
| CELERY, PASCAL TYPE, RAW,STALK1 STALK  | 0              | 5                         | 1                       | 0                  | 0                           | 40                | 0                        |
| CHEDDAR CHEESE 1 CU IN                 | 6              | 70                        | 0                       | 4                  | 18                          | 17                | 3.6                      |
| <u>CHEDDAR CHEESE</u> 1 OZ             | 9              | 115                       | 0                       | 7                  | 30                          | 28.35             | 6                        |
| CHEDDAR 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                      |
| CHEESE CRACKERS, PLAIN 10 CRACK        | 3              | 50                        | 6                       | 1                  | 6                           | 10                | 0.9                      |
| CHEESE CRACKERS, SANDWCH,PEANT1 SANDWH | 2              | 40                        | 5                       | 1                  | 1                           | 8                 | 0.4                      |

| Description of food               |          | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|-----------------------------------|----------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                     |
| CHICKEN AND NOODLES, HOME RECP    | 1 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 RECIPE    | 1 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 |
|-----------------------------|-------|---|----|---|---|---|-----|-----|

| Description of food |  | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---------------------|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
|---------------------|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|

|                                     |  |   |    |   |   |   |     |     |
|-------------------------------------|--|---|----|---|---|---|-----|-----|
| 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 |
|---------------------------|------|----|-----|---|----|----|-----|-----|

|                                |        |    |     |    |    |     |     |     |
|--------------------------------|--------|----|-----|----|----|-----|-----|-----|
| CHICKEN, FRIED, BATTER, BREAST | 4.9 OZ | 18 | 365 | 13 | 35 | 119 | 140 | 4.9 |
|--------------------------------|--------|----|-----|----|----|-----|-----|-----|

|                                |        |    |     |   |    |    |    |   |
|--------------------------------|--------|----|-----|---|----|----|----|---|
| CHICKEN, FRIED, BATTER,DRMSTCK | 2.5 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, DRMSTCK | 1.7 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, CNND | 1 CUP | 16 | 340 | 31 | 19 | 28 | 255 | 5.8 |
|--------------------------------|-------|----|-----|----|----|----|-----|-----|

|                     |       |   |    |   |   |   |     |     |
|---------------------|-------|---|----|---|---|---|-----|-----|
| <u>CHILI POWDER</u> | 1 TSP | 0 | 10 | 1 | 0 | 0 | 2.6 | 0.1 |
|---------------------|-------|---|----|---|---|---|-----|-----|

|                                |          |   |     |    |   |   |    |     |
|--------------------------------|----------|---|-----|----|---|---|----|-----|
| CHOCOLATE CHIP COOKIES,COMMRCL | 4 COOKIE | 9 | 180 | 28 | 2 | 5 | 42 | 2.9 |
|--------------------------------|----------|---|-----|----|---|---|----|-----|

|                                |          |    |     |    |   |    |    |     |
|--------------------------------|----------|----|-----|----|---|----|----|-----|
| CHOCOLATE CHIP COOKIES,HME RCP | 4 COOKIE | 11 | 185 | 26 | 2 | 18 | 40 | 3.9 |
|--------------------------------|----------|----|-----|----|---|----|----|-----|

| Description of food                    | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| CHOCOLATE CHIP COOKIES,REFRIG 4 COOKIE | 11             | 225                       | 32                      | 2                  | 22                          | 48                | 4                        |
| 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 NONFAT DRY MILK 3/4 OZ   | 1              | 75                        | 19                      | 1                  | 0                           | 21                | 0.3                      |
| COCOA PWDR WITH NONFAT 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 |
|------------------------|-------|----|-----|----|---|---|----|------|

| Description of food |  | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---------------------|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
|---------------------|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|

|                             |        |    |      |     |    |     |     |      |
|-----------------------------|--------|----|------|-----|----|-----|-----|------|
| 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 |
|---------------|----------|---|-----|----|---|---|-----|---|

|                              |       |   |    |    |   |   |     |     |
|------------------------------|-------|---|----|----|---|---|-----|-----|
| COLLARDS, COOKED FROM FROZEN | 1 CUP | 1 | 60 | 12 | 5 | 0 | 170 | 0.1 |
|------------------------------|-------|---|----|----|---|---|-----|-----|

|                                   |       |   |    |   |   |   |     |     |
|-----------------------------------|-------|---|----|---|---|---|-----|-----|
| <u>COLLARDS</u> , 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,WHTE,NOSALT | 1 CUP | 0 | 145 | 31 | 3 | 0 | 242 | 0 |
|--------------------------------|-------|---|-----|----|---|---|-----|---|

|                                |       |   |     |    |   |   |     |   |
|--------------------------------|-------|---|-----|----|---|---|-----|---|
| CORN GRITS,CKD,REG,WHTE,W/SALT | 1 CUP | 0 | 145 | 31 | 3 | 0 | 242 | 0 |
|--------------------------------|-------|---|-----|----|---|---|-----|---|

| Description of food                    | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| CORN GRITS,CKD,REG,YLLW,NOSALT1 CUP    | 0              | 145                       | 31                      | 3                  | 0                           | 242               | 0                        |
| CORN GRITS,CKD,REG,YLLW,W/SALT1 CUP    | 0              | 145                       | 31                      | 3                  | 0                           | 242               | 0                        |
| CORN MUFFINS, FROM COMMERL MIX1 MUFFIN | 6              | 145                       | 22                      | 3                  | 42                          | 45                | 1.7                      |
| CORN MUFFINS, HOME RECIPE 1 MUFFIN     | 5              | 145                       | 21                      | 3                  | 23                          | 45                | 1.5                      |
| 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,COOK1 CUP    | 0              | 120                       | 26                      | 3                  | 0                           | 240               | 0                        |
| CORNMEAL,DEGERMED,ENRICHED,DRY1 CUP    | 2              | 500                       | 108                     | 11                 | 0                           | 138               | 0.2                      |
| CORNMEAL,WHOLE-GRND,UNBOLT,DRY1 CUP    | 5              | 435                       | 90                      | 11                 | 0                           | 122               | 0.5                      |
| CORN, CNND,CRM STL,WHIT,NO SAL1 CUP    | 1              | 185                       | 46                      | 4                  | 0                           | 256               | 0.2                      |
| CORN, CNND,CRM STL,WHIT,W/SALT1 CUP    | 1              | 185                       | 46                      | 4                  | 0                           | 256               | 0.2                      |
| CORN, CNND,CRM STL,YLLW,NO SAL1 CUP    | 1              | 185                       | 46                      | 4                  | 0                           | 256               | 0.2                      |
| CORN, CNND,CRM STL,YLLW,W/SALT1 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, YELLOW1 CUP    | 0              | 135                       | 34                      | 5                  | 0                           | 165               | 0                        |
| CORN, COOKED FRM FROZN, YELLOW1 EAR    | 0              | 60                        | 14                      | 2                  | 0                           | 63                | 0.1                      |

| Description of food                         | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| CORN, COOKED FROM RAW, WHITE 1 EAR          | 1              | 85                        | 19                      | 3                  | 0                           | 77                | 0.2                      |
| <u>CORN</u> , COOKED FROM RAW, YELLOW 1 EAR | 1              | 85                        | 19                      | 3                  | 0                           | 77                | 0.2                      |
| CORN, CNND, WHL KRNL, WHITE, NO SAL1 CUP    | 1              | 165                       | 41                      | 5                  | 0                           | 210               | 0.2                      |
| CORN, CNND, WHL KRNL, WHITE, W/SALT1 CUP    | 1              | 165                       | 41                      | 5                  | 0                           | 210               | 0.2                      |
| CORN, CNND, WHL KRNL, YLLW, NO SAL1 CUP     | 1              | 165                       | 41                      | 5                  | 0                           | 210               | 0.2                      |
| CORN, CNND, WHL KRNL, YLLW, W/SALT1 CUP     | 1              | 165                       | 41                      | 5                  | 0                           | 210               | 0.2                      |
| COTTAGE CHEESE, CREMD, LRGE CURD1 CUP       | 10             | 235                       | 6                       | 28                 | 34                          | 225               | 6.4                      |
| COTTAGE CHEESE, CREMD, SMLL CURD1 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, CNND1 CUP        | 7              | 115                       | 9                       | 3                  | 10                          | 244               | 2.1                      |
| 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                      |



| Description of food                        | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| CRACKED-WHEAT BREAD, TOASTED 1 SLICE       | 1              | 65                        | 12                      | 2                  | 0                           | 21                | 0.2                      |
| <u>CRANBERRY JUICE COCKTAL</u> 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                       |
| 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                      |
| <u>CUCUMBER, W/ PEEL</u> 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                      |

| Description of food                      | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|--|---------|-------------|--------------|---------|--------------|---------|---------------|
|  | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| 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           |
| 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           |

| Description of food | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|---------------------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                     | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| EGGNOG 1 CUP        | 19      | 340         | 34           | 10      | 149          | 254     | 11.3          |

| Description of food               | Fat      | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |      |
|-----------------------------------|----------|-------------|--------------|---------|--------------|---------|---------------|------|
|                                   | (Grams)  | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |      |
| <u>EGGPLANT</u> , COOKED, STEAMED | 1 CUP    | 0           | 25           | 6       | 1            | 0       | 96            | 0    |
| <u>EGGS</u> , COOKED, FRIED       | 1 EGG    | 7           | 90           | 1       | 6            | 211     | 46            | 1.9  |
| 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/OMELET    | 1 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, TOASTD    | 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     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|---------------------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                     | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |

| Description of food                    | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| FATS, COOKING/VEGETBL SHORTENG1 CUP    | 205            | 1810                      | 0                       | 0                  | 0                           | 205               | 51.3                     |
| FATS, COOKING/VEGETBL SHORTENG1 TBSP   | 13             | 115                       | 0                       | 0                  | 0                           | 13                | 3.3                      |
| <u>FETA CHEESE</u> 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 CHEESE1 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, BUTTR3 OZ     | 6              | 120                       | 0                       | 16                 | 68                          | 85                | 3.2                      |
| FLOUNDER OR SOLE, BAKED,MARGRN3 OZ     | 6              | 120                       | 0                       | 16                 | 55                          | 85                | 1.2                      |
| FLOUNDER OR SOLE, BAKED,W/OFAT3 OZ     | 1              | 80                        | 0                       | 17                 | 59                          | 85                | 0.3                      |
| 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, LOCALOR1 TBSP   | 2              | 25                        | 2                       | 0                  | 0                           | 16                | 0.2                      |

| Description of food                   | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---------------------------------------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| FRENCH SALAD DRESSING, REGULAR1 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,HEAVYSYRUP1 CUP   | 0              | 185                       | 48                      | 1                  | 0                           | 255               | 0                        |
| FRUIT COCKTAIL,CNND,JUICE PACK1 CUP   | 0              | 115                       | 29                      | 1                  | 0                           | 248               | 0                        |
| FRUIT PUNCH DRINK, CANNED 6 FL OZ     | 0              | 85                        | 22                      | 0                  | 0                           | 190               | 0                        |
| FRUITCAKE,DARK, FROM HOMERECIP1 CAKE  | 228            | 5185                      | 783                     | 74                 | 640                         | 1361              | 47.6                     |
| FRUITCAKE,DARK, FROM HOMERECIP1 PIECE | 7              | 165                       | 25                      | 2                  | 20                          | 43                | 1.5                      |
| FUDGE, CHOCOLATE, PLAIN 1 OZ          | 3              | 115                       | 21                      | 1                  | 1                           | 28.35             | 2.1                      |

| Description of food               | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|-----------------------------------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| <u>GARLIC POWDER</u> 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 |
|----------------------------|--------|----|------|-----|----|---|-----|-----|

| Description of food |  | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---------------------|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
|---------------------|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|

|                            |         |   |     |    |   |   |    |     |
|----------------------------|---------|---|-----|----|---|---|----|-----|
| GINGERBREAD CAKE, FROM MIX | 1 PIECE | 4 | 175 | 32 | 2 | 1 | 63 | 1.1 |
|----------------------------|---------|---|-----|----|---|---|----|-----|

|                                      |          |   |    |   |   |   |    |   |
|--------------------------------------|----------|---|----|---|---|---|----|---|
| <u>GIN,RUM,VODKA,WHISKY</u> 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 |
|-----------------------|------|---|-----|----|---|---|-------|-----|

|                       |          |   |    |    |   |   |    |     |
|-----------------------|----------|---|----|----|---|---|----|-----|
| 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 |
|------------|----------|---|-----|----|---|---|-----|---|

|                                 |       |   |     |    |   |   |     |     |
|---------------------------------|-------|---|-----|----|---|---|-----|-----|
| GRAPEFRT JCE,FRZN,CNCN,UNSWTEN6 | FL OZ | 1 | 300 | 72 | 4 | 0 | 207 | 0.1 |
|---------------------------------|-------|---|-----|----|---|---|-----|-----|

|                                 |     |   |     |    |   |   |     |   |
|---------------------------------|-----|---|-----|----|---|---|-----|---|
| GRAPEFRT 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 |
|-----------------------|----------|---|----|----|---|---|-----|---|

| Description of food                       | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|---|---------|-------------|--------------|---------|--------------|---------|---------------|
|   | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| GRAPEFRUIT, RAW, WHITE 1/2 FRUT           | 0       | 40          | 10           | 1       | 0            | 120     | 0             |
| 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             |

| Description of food                 | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|-------------------------------------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                                     | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| 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           |
| HAMBURGER, 4OZ PATTY 1 SANDWH       | 21      | 445         | 38           | 25      | 71           | 174     | 7.1           |

| Description of food                 | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|-------------------------------------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                                     | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| 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             |
| <u>HONEY</u> 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             |

| Description of food                    | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|--|---------|-------------|--------------|---------|--------------|---------|---------------|
|  | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| 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          |
| 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 |
|---------------------------|---------|----|------|-----|----|-----|------|------|

| Description of food | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|---------------------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                     | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |

|                                     |   |     |    |   |    |     |     |
|-------------------------------------|---|-----|----|---|----|-----|-----|
| 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 |
|--------------------------------------|---|----|---|---|---|---|-----|

|                                     |    |     |    |   |   |    |     |
|-------------------------------------|----|-----|----|---|---|----|-----|
| 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 |
|----------------------|---|------|-----|----|---|-----|-----|

|                              |   |    |    |   |   |    |   |
|------------------------------|---|----|----|---|---|----|---|
| <u>ITALIAN BREAD</u> 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 |
|--------------------------------------|---|----|---|---|---|----|-----|

| Description of food | Fat | Food Energy | Carbohydrate | Protein | Cholesterol | Weight | Saturated Fat |
|---------------------|-----|-------------|--------------|---------|-------------|--------|---------------|
|---------------------|-----|-------------|--------------|---------|-------------|--------|---------------|

(Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams)

Description of food

Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat

(Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams)

|                           |        |   |     |    |   |   |       |   |
|---------------------------|--------|---|-----|----|---|---|-------|---|
| JAMS AND PRESERVES        | 1 PKT  | 0 | 40  | 10 | 0 | 0 | 14    | 0 |
| <u>JAMS AND PRESERVES</u> | 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 |

Description of food

Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat

(Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams)

|                               |        |   |    |    |   |   |     |     |
|-------------------------------|--------|---|----|----|---|---|-----|-----|
| KALE, COOKED FROM FROZEN      | 1 CUP  | 1 | 40 | 7  | 4 | 0 | 130 | 0.1 |
| <u>KALE</u> , 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   |

Description of food

Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat

(Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams)

|                                    |  |   |     |   |    |    |    |     |
|------------------------------------|--|---|-----|---|----|----|----|-----|
| LAMB, RIB, ROASTED, LEAN ONLY 2 OZ |  | 7 | 130 | 0 | 15 | 50 | 57 | 3.2 |
|------------------------------------|--|---|-----|---|----|----|----|-----|

| Description of food                      | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                      |
| 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                      |
| <u>LEMON JUICE, CANNED</u> 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                        |

| Description of food                       | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| <u>LEMONS</u> , 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, LEAF 1 LEAF     | 0              | 0                         | 0                       | 0                  | 0                           | 15                | 0                        |
| 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                        |
| <u>LETTUCE</u> , 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                      |
| <u>LIME JUICE</u> , 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, UNDIL 6 FL OZ | 0              | 410                       | 108                     | 0                  | 0                           | 218               | 0                        |
| LIMEADE, CONCEN, FROZEN, DILUTED 6 FL OZ  | 0              | 75                        | 20                      | 0                  | 0                           | 185               | 0                        |
| LUCKY CHARMS CEREAL 1 OZ                  | 1              | 110                       | 23                      | 3                  | 0                           | 28.35             | 0.2                      |

| Description of food                    | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| MACADAMIA NUTS, OILRSTD,SALTED1 CUP    | 103            | 960                       | 17                      | 10                 | 0                           | 134               | 15.4                     |
| MACADAMIA NUTS, OILRSTD,SALTED1 OZ     | 22             | 205                       | 4                       | 2                  | 0                           | 28.35             | 3.2                      |
| MACADAMIA NUTS, OILRSTD,UNSALT1 CUP    | 103            | 960                       | 17                      | 10                 | 0                           | 134               | 15.4                     |
| MACADAMIA NUTS, OILRSTD,UNSALT1 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 RCPE1 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, POWDER3/4 OZ   | 1              | 85                        | 18                      | 1                  | 1                           | 21                | 0.5                      |
| MALTED MILK,CHOCOLATE, PWDRPPD1 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 PPRD1 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                      |

| Description of food                   | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---------------------------------------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| MARGARINE, IMITATION 40% FAT 8 OZ     | 88             | 785                       | 1                       | 1                  | 0                           | 227               | 17.5                     |
| MARGARINE, REGULR,HARD,80% FAT1 PAT   | 4              | 35                        | 0                       | 0                  | 0                           | 5                 | 0.8                      |
| MARGARINE, REGULR,HARD,80% FAT1 TBSP  | 11             | 100                       | 0                       | 0                  | 0                           | 14                | 2.2                      |
| MARGARINE, REGULR,HARD,80% FAT1/2 CUP | 91             | 810                       | 1                       | 1                  | 0                           | 113               | 17.9                     |
| MARGARINE, REGULR,SOFT,80% FAT1 TBSP  | 11             | 100                       | 0                       | 0                  | 0                           | 14                | 1.9                      |
| MARGARINE, REGULR,SOFT,80% FAT8 OZ    | 183            | 1625                      | 1                       | 2                  | 0                           | 227               | 31.3                     |
| MARGARINE, SPREAD,HARD,60% FAT1 PAT   | 3              | 25                        | 0                       | 0                  | 0                           | 5                 | 0.7                      |
| MARGARINE, SPREAD,HARD,60% FAT1 TBSP  | 9              | 75                        | 0                       | 0                  | 0                           | 14                | 2                        |
| MARGARINE, SPREAD,HARD,60% FAT1/2 CUP | 69             | 610                       | 0                       | 1                  | 0                           | 113               | 15.9                     |
| MARGARINE, SPREAD,SOFT,60% FAT1 TBSP  | 9              | 75                        | 0                       | 0                  | 0                           | 14                | 1.8                      |
| MARGARINE, SPREAD,SOFT,60% FAT8 OZ    | 138            | 1225                      | 0                       | 1                  | 0                           | 227               | 29.1                     |
| MARSHMALLOWS 1 OZ                     | 0              | 90                        | 23                      | 1                  | 0                           | 28.35             | 0                        |
| MAYONNAISE TYPE SALAD DRESSING1 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/ ALMOND1 OZ    | 10             | 150                       | 15                      | 3                  | 5                           | 28.35             | 4.8                      |

| Description of food                  | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--------------------------------------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| MILK CHOCOLATE CANDY,W/ PENUTS1 OZ   | 11             | 155                       | 13                      | 4                  | 5                           | 28.35             | 4.2                      |
| MILK CHOCOLATE CANDY,W/ RICE C1 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                      |
| MILK, LOFAT, 1%, NO ADDEDSOLID1 CUP  | 3              | 100                       | 12                      | 8                  | 10                          | 244               | 1.6                      |
| MILK, LOFAT, 2%, ADDED SOLIDS 1 CUP  | 5              | 125                       | 12                      | 9                  | 18                          | 245               | 2.9                      |
| MILK, LOFAT, 2%, NO ADDEDSOLID1 CUP  | 5              | 120                       | 12                      | 8                  | 18                          | 244               | 2.9                      |
| MILK, SKIM, ADDED MILK SOLIDS 1 CUP  | 1              | 90                        | 12                      | 9                  | 5                           | 245               | 0.4                      |
| MILK, SKIM, NO ADDED MILKSOLID1 CUP  | 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, SALTD1 OZ | 15             | 170                       | 7                       | 5                  | 0                           | 28.35             | 2                        |
| MIXED NUTS W/ PEANTS, DRY, UNSLT1 OZ | 15             | 170                       | 7                       | 5                  | 0                           | 28.35             | 2                        |
| MIXED NUTS W/ PEANTS, OIL, SALTD1 OZ | 16             | 175                       | 6                       | 5                  | 0                           | 28.35             | 2.5                      |
| MIXED NUTS W/ PEANTS, OIL, UNSLT1 OZ | 16             | 175                       | 6                       | 5                  | 0                           | 28.35             | 2.5                      |

| Description of food                   | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---------------------------------------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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, LOMOIST 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                        |

| Description of food                   | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---------------------------------------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| NATURE VALLEY GRANOLA CEREAL 1 OZ     | 5              | 125                       | 19                      | 3                  | 0                           | 28.35             | 3.3                      |
| 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                      |



| Description of food                 |          | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|-------------------------------------|----------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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, FORTF1  | PKT      | 2              | 160                       | 31                      | 5                  | 0                           | 164               | 0.3                      |
| OATMEAL,CKD, INSTNT, PLAIN, FORTF1  | PKT      | 2              | 105                       | 18                      | 4                  | 0                           | 177               | 0.3                      |
| OATMEAL,CKD, RG, QCK, INST, W/OSAL1 | CUP      | 2              | 145                       | 25                      | 6                  | 0                           | 234               | 0.4                      |
| OATMEAL,CKD, RG, QCK, INST, W/SALT1 | CUP      | 2              | 145                       | 25                      | 6                  | 0                           | 234               | 0.4                      |
| 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 |
|-------------------------------------|---|----|---|---|---|---|-----|

| Description of food | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|---------------------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                     | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |

|                      |       |   |    |    |   |   |     |     |
|----------------------|-------|---|----|----|---|---|-----|-----|
| 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 |
|---------------------|-------|---|----|---|---|---|-----|-----|

|                     |         |   |    |   |   |   |    |   |
|---------------------|---------|---|----|---|---|---|----|---|
| 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 CONCENTRTE | 6 FL OZ | 0 | 340 | 81 | 5 | 0 | 213 | 0.1 |
|---------------------------------|---------|---|-----|----|---|---|-----|-----|

|                                   |       |   |     |    |   |   |     |   |
|-----------------------------------|-------|---|-----|----|---|---|-----|---|
| ORANGE JUICE, FRZN, CNCN, DILUTED | 1 CUP | 0 | 110 | 27 | 2 | 0 | 249 | 0 |
|-----------------------------------|-------|---|-----|----|---|---|-----|---|

|             |          |   |     |    |   |   |     |   |
|-------------|----------|---|-----|----|---|---|-----|---|
| ORANGE SODA | 12 FL OZ | 0 | 180 | 46 | 0 | 0 | 372 | 0 |
|-------------|----------|---|-----|----|---|---|-----|---|

|                                 |       |   |     |    |   |   |     |   |
|---------------------------------|-------|---|-----|----|---|---|-----|---|
| ORANGE + GRAPEFRUIT JUCE, CANND | 1 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     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|---------------------------------|----------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                                 |          | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (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, AMERICN | 1 OZ     | 9       | 105         | 0            | 6       | 27           | 28.35   | 5.6           |
| PASTERZD PROCES CHESE FOOD, AMR | 1 OZ     | 7       | 95          | 2            | 6       | 18           | 28.35   | 4.4           |
| PASTERZD PROCES CHESE SPRED, AM | 1 OZ     | 6       | 80          | 2            | 5       | 16           | 28.35   | 3.8           |
| PEA BEANS, DRY, COOKED, DRAINED | 1 CUP    | 1       | 225         | 40           | 15      | 0            | 190     | 0.1           |
| PEACH PIE                       | 1 PIE    | 101     | 2410        | 361          | 24      | 0            | 945     | 24.6          |

| Description of food              | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|----------------------------------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                                  | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| PEACH PIE                        | 17      | 405         | 60           | 4       | 0            | 158     | 4.1           |
| PEACHES, CANNED, HEAVY SYRUP     | 0       | 190         | 51           | 1       | 0            | 256     | 0             |
| PEACHES, CANNED, HEAVY SYRUP     | 0       | 60          | 16           | 0       | 0            | 81      | 0             |
| PEACHES, CANNED, JUICE PACK      | 0       | 110         | 29           | 2       | 0            | 248     | 0             |
| PEACHES, CANNED, JUICE PACK      | 0       | 35          | 9            | 0       | 0            | 77      | 0             |
| PEACHES, DRIED                   | 1       | 380         | 98           | 6       | 0            | 160     | 0.1           |
| PEACHES, DRIED, COOKED, UNSWETND | 1       | 200         | 51           | 3       | 0            | 258     | 0.1           |
| PEACHES, FROZEN, SWETNED, W/VITC | 0       | 235         | 60           | 2       | 0            | 250     | 0             |
| PEACHES, FROZEN, SWETNED, W/VITC | 0       | 265         | 68           | 2       | 0            | 284     | 0             |
| PEACHES, RAW                     | 0       | 35          | 10           | 1       | 0            | 87      | 0             |
| PEACHES, RAW, SLICED             | 0       | 75          | 19           | 1       | 0            | 170     | 0             |
| PEANUT BUTTER                    | 8       | 95          | 3            | 5       | 0            | 16      | 1.4           |
| PEANUT BUTTER COOKIE, HOME RECP  | 14      | 245         | 28           | 4       | 22           | 48      | 4             |
| PEANUT OIL                       | 216     | 1910        | 0            | 0       | 0            | 216     | 36.5          |
| PEANUT OIL                       | 14      | 125         | 0            | 0       | 0            | 14      | 2.4           |
| PEANUTS, OIL ROASTED, SALTED     | 71      | 840         | 27           | 39      | 0            | 145     | 9.9           |
| PEANUTS, OIL ROASTED, SALTED     | 14      | 165         | 5            | 8       | 0            | 28.35   | 1.9           |
| PEANUTS, OIL ROASTED, UNSALTED   | 71      | 840         | 27           | 39      | 0            | 145     | 9.9           |

| Description of food                 | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|-------------------------------------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                        |
| 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, BOSCO 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,DRNED1 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                      |
| PECANS, HALVES 1 OZ                 | 19             | 190                       | 5                       | 2                  | 0                           | 28.35             | 1.5                      |

| Description of food                    | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                     |
| 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                        |

| Description of food                     | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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, DRAINED 1 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                      |
| PLANTAINS, COOKED 1 CUP                 | 0              | 180                       | 48                      | 1                  | 0                           | 154               | 0.1                      |
| PLANTAINS, RAW 1 PLANTIN                | 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, SALTD 1 CUP   | 3              | 55                        | 6                       | 1                  | 0                           | 11                | 0.5                      |
| POPCORN, SUGAR SYRUP COATED 1 CUP       | 1              | 135                       | 30                      | 2                  | 0                           | 35                | 0.1                      |

| Description of food                   | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|---------------------------------------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                                       | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| 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           |
| 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           |
| 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           |



| Description of food                     | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                        |
| 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                      |

| Description of food                       |          | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---|----------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                      |
| 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, UNSWTNED           | 1 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 MIX            | 1/2 CUP  | 4              | 150                       | 25                      | 4                  | 15                          | 130               | 2.4                      |
| PUDDING, CHOC, INSTANT, FR MIX            | 1/2 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                      |

|                            |         |   |     |    |   |    |     |     |
|----------------------------|---------|---|-----|----|---|----|-----|-----|
| PUDDING, TAPIOCA, FROM MIX | 1/2 CUP | 4 | 145 | 25 | 4 | 15 | 130 | 2.3 |
|----------------------------|---------|---|-----|----|---|----|-----|-----|

| Description of food |  | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|---------------------|--|---------|-------------|--------------|---------|--------------|---------|---------------|
|                     |  | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |

|                          |      |    |     |    |   |   |     |     |
|--------------------------|------|----|-----|----|---|---|-----|-----|
| PUDDING, VANILLA, CANNED | 5 OZ | 10 | 220 | 33 | 2 | 1 | 142 | 9.5 |
|--------------------------|------|----|-----|----|---|---|-----|-----|

|                                 |         |   |     |    |   |    |     |     |
|---------------------------------|---------|---|-----|----|---|----|-----|-----|
| PUDDING, VNLLA, COOKED FROM MIX | 1/2 CUP | 4 | 145 | 25 | 4 | 15 | 130 | 2.3 |
|---------------------------------|---------|---|-----|----|---|----|-----|-----|

|                                 |         |   |     |    |   |    |     |     |
|---------------------------------|---------|---|-----|----|---|----|-----|-----|
| PUDDING, VNLLA, INSTANT FRM MIX | 1/2 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 |
|--------------------------|-------|---|----|----|---|---|-----|-----|

| Description of food |  | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|---------------------|--|---------|-------------|--------------|---------|--------------|---------|---------------|
|                     |  | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |

|                 |         |    |     |    |    |     |     |      |
|-----------------|---------|----|-----|----|----|-----|-----|------|
| QUICHE LORRAINE | 1 SLICE | 48 | 600 | 29 | 13 | 285 | 176 | 23.2 |
|-----------------|---------|----|-----|----|----|-----|-----|------|

| Description of food |  | Fat | Food Energy | Carbohydrate | Protein | Cholesterol | Weight | Saturated Fat |
|---------------------|--|-----|-------------|--------------|---------|-------------|--------|---------------|
|---------------------|--|-----|-------------|--------------|---------|-------------|--------|---------------|

| Description of food            |          | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
|--------------------------------|----------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                                |          | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|                                |          | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (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             |
| 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           |

| Description of food            | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |      |
|--------------------------------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|------|
| 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  |
| 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  |

| Description of food               |          | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|-----------------------------------|----------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                                   |          | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| 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           |
| 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, DRN | 3 OZ     | 9       | 175         | 0            | 20      | 85           | 85      | 2.1           |
| SAUERKRAUT, CANNED                | 1 CUP    | 0       | 45          | 10           | 2       | 0            | 236     | 0.1           |
| SCALLOPS, BREADED, FRZN, REHEAT   | 6 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           |

| Description of food                    | Fat      | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |      |
|--|----------|-------------|--------------|---------|--------------|---------|---------------|------|
|  | (Grams)  | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |      |
| SEMISWEET CHOCOLATE                    | 1 CUP    | 61          | 860          | 97      | 7            | 0       | 170           | 36.2 |
| 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,HOMERCIP1 CAKE   |          | 129         | 4020         | 694     | 37           | 636     | 1096          | 41.6 |
| SHEETCAKE,W/ WHFRSTNG,HOMERCIP1 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  |
| 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  |

| Description of food                  | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--------------------------------------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                       |
| 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                      |



| Description of food                    | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                      |
| 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 SALT1 CUP    | 1              | 50                        | 7                       | 6                  | 0                           | 214               | 0.2                      |
| SPINACH, COOKED FR FRZEN, DRND1 CUP    | 0              | 55                        | 10                      | 6                  | 0                           | 190               | 0.1                      |
| SPINACH, COOKED FROM RAW, DRND1 CUP    | 0              | 40                        | 7                       | 5                  | 0                           | 180               | 0.1                      |
| SPINACH, RAW 1 CUP                     | 0              | 10                        | 2                       | 2                  | 0                           | 55                | 0                        |
| SQUASH, SUMMER, COOKED, DRAIND1 CUP    | 1              | 35                        | 8                       | 2                  | 0                           | 180               | 0.1                      |
| SQUASH, WINTER, BAKED 1 CUP            | 1              | 80                        | 18                      | 2                  | 0                           | 205               | 0.3                      |
| STRAWBERRIES, FROZEN, SWEETEND1 CUP    | 0              | 245                       | 66                      | 1                  | 0                           | 255               | 0                        |
| STRAWBERRIES, FROZEN, SWEETEND10 OZ    | 0              | 275                       | 74                      | 2                  | 0                           | 284               | 0                        |
| STRAWBERRIES, RAW 1 CUP                | 1              | 45                        | 10                      | 1                  | 0                           | 149               | 0                        |
| SUGAR COOKIE, FROM REFRIG DOGH4 COOKIE | 12             | 235                       | 31                      | 2                  | 29                          | 48                | 2.3                      |
| SUGAR FROSTED FLAKES, KELLOGG 1 OZ     | 0              | 110                       | 26                      | 1                  | 0                           | 28.35             | 0                        |

| Description of food            |          | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--------------------------------|----------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                     |
| 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, CNNED, 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, FUDGE2 TBSP | 5 | 125 | 21 | 2 | 0 | 38 | 3.1 |

| Description of food                    |  | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|--|--|---------|-------------|--------------|---------|--------------|---------|---------------|
|  |  | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| 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,SWTNED1 CUP    |  | 0       | 125         | 30           | 1       | 0            | 249     | 0             |
| TANGERINES, CANNED, LIGHT SYRP1 CUP    |  | 0       | 155         | 41           | 1       | 0            | 252     | 0             |
| 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,UNSWEETEND8 FL OZ  |  | 0       | 0           | 1            | 0       | 0            | 241     | 0             |
| TEA, INSTANT,PREPARD,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             |
| Description of food                 |          | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|                                     |          | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| 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           |
| 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           |

| Description of food                    | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|--|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| TUNA, CANND, DRND,WATR, WHITE 3 OZ     | 1              | 135                       | 0                       | 30                 | 48                          | 85                | 0.3                      |
| 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                        |

| Description of food                | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|------------------------------------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| VANILLA WAFERS 10 COOKE            | 7              | 185                       | 29                      | 2                  | 25                          | 40                | 1.8                      |
| VEAL CUTLET, MED FAT,BRSD,BRLD3 OZ | 9              | 185                       | 0                       | 23                 | 86                          | 85                | 4.1                      |

| Description of food                  | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|--------------------------------------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                                      | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| 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             |

| Description of food                | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|------------------------------------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                                    | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| 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           |
| 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           |

| Description of food             |          | Fat<br>(Grams) | Food Energy<br>(calories) | Carbohydrate<br>(Grams) | Protein<br>(Grams) | Cholesterol<br>(Milligrams) | Weight<br>(Grams) | Saturated Fat<br>(Grams) |
|---------------------------------|----------|----------------|---------------------------|-------------------------|--------------------|-----------------------------|-------------------|--------------------------|
| 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                      |
| 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           |
| Description of food              |          | Fat     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|                                  |          | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (Grams)       |
| WHITE BREAD CUBES                | 1 CUP    | 1       | 80          | 15           | 2       | 0            | 30      | 0.4           |
| WHITE BREAD, SLICE 18 PER LOAF   | 1 SLICE  | 1       | 65          | 12           | 2       | 0            | 25      | 0.3           |
| WHITE BREAD, SLICE 22 PER LOAF   | 1 SLICE  | 1       | 55          | 10           | 2       | 0            | 20      | 0.2           |
| WHITE BREAD, TOASTED 18 PER      | 1 SLICE  | 1       | 65          | 12           | 2       | 0            | 22      | 0.3           |
| WHITE BREAD, TOASTED 22 PER      | 1 SLICE  | 1       | 55          | 10           | 2       | 0            | 17      | 0.2           |
| WHITE CAKE W/ WHT FRSTNG, COMML  | 1 CAKE   | 148     | 4170        | 670          | 43      | 46           | 1140    | 33.1          |
| WHITE CAKE W/ WHT FRSTNG, COMML  | 1 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 RECP   | 1 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, STIR | 1 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     | Food Energy | Carbohydrate | Protein | Cholesterol  | Weight  | Saturated Fat |
|---------------------------------------|---------|-------------|--------------|---------|--------------|---------|---------------|
|                                       | (Grams) | (calories)  | (Grams)      | (Grams) | (Milligrams) | (Grams) | (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           |