

	Mass	Water	Calories	Prot.	Fat	Sat	Carbo
	gm			gm	gm	Fat	gm
BEER; REGULAR 12 FL OZ	360	92	150	1	0	0	13
BEER; LIGHT 12 FL OZ	355	95	95	1	0	0	5
GIN;RUM;VODKA;WHISKY 80-PROOF 1.5 F OZ	42	67	95	0	0	0	0
GIN;RUM;VODKA;WHISKY 86-PROOF 1.5 F OZ	42	64	105	0	0	0	0
GIN;RUM;VODKA;WHISKY 90-PROOF 1.5 F OZ	42	62	110	0	0	0	0
WINE; DESSERT 3.5 F OZ	103	77	140	0	0	0	8
WINE; TABLE; RED 3.5 F OZ	102	88	75	0	0	0	3
WINE; TABLE; WHITE 3.5 F OZ	102	87	80	0	0	0	3
CLUB SODA 12 FL OZ	355	100	0	0	0	0	0
COLA; REGULAR 12 FL OZ	369	89	160	0	0	0	41
COLA; DIET; ASPRTAME + SACCHRN12 FL OZ	355	100	0	0	0	0	0
COLA; DIET; SACCHARIN ONLY 12 FL OZ	355	100	0	0	0	0	0
COLA; DIET; ASPARTAME ONLY 12 FL OZ	355	100	0	0	0	0	0
GINGER ALE 12 FL OZ	366	91	125	0	0	0	32
GRAPE SODA 12 FL OZ	372	88	180	0	0	0	46
LEMON-LIME SODA 12 FL OZ	372	89	155	0	0	0	39
ORANGE SODA 12 FL OZ	372	88	180	0	0	0	46
PEPPER-TYPE SODA 12 FL OZ	369	89	160	0	0	0	41
ROOT BEER 12 FL OZ	370	89	165	0	0	0	42
COFFEE; BREWED 6 FL OZ	180	100	0	0	0	0	0
COFFEE; INSTANT; PREPARED 6 FL OZ	182	99	0	0	0	0	1
FRUIT PUNCH DRINK; CANNED 6 FL OZ	190	88	85	0	0	0	22
GRAPE DRINK; CANNED 6 FL OZ	187	86	100	0	0	0	26
PINEAPPLE-GRAPEFRUIT JUICEDRNK6 FL OZ	187	87	90	0	0	0	23
LEMONADE;CONCENTRATE;FRZ;UNDIL6 FL OZ	219	49	425	0	0	0	112
LEMONADE;CONCEN;FRZEN;DILUTED 6 FL OZ	185	89	80	0	0	0	21
LIMEADE;CONCENTRATE;FRZN;UNDIL6 FL OZ	218	50	410	0	0	0	108
LIMEADE;CONCEN;FROZEN;DILUTED 6 FL OZ	185	89	75	0	0	0	20
TEA; BREWED 8 FL OZ	240	100	0	0	0	0	0
TEA; INSTANT;PREPRD;UNSWEETEND8 FL OZ	241	100	0	0	0	0	1
TEA;INSTANT;PREPARD;SWEETENED 8 FL OZ	262	91	85	0	0	0	22
BLUE CHEESE 1 OZ	28.35	42	100	6	8	5.3	1
CAMEMBERT CHEESE 1 WEDGE	38	52	115	8	9	5.8	0
CHEDDAR CHEESE 1 OZ	28.35	37	115	7	9	6	0
CHEDDAR CHEESE 1 CU IN	17	37	70	4	6	3.6	0
CHEDDDAR CHEESE; SHREDDED 1 CUP	113	37	455	28	37	23.8	1
COTTAGE CHEESE;CREMD;LRGE CURD1 CUP	225	79	235	28	10	6.4	6
COTTAGE CHEESE;CREMD;SMLL CURD1 CUP	210	79	215	26	9	6	6
COTTAGE CHEESE;CREMD;W/FRUIT 1 CUP	226	72	280	22	8	4.9	30
COTTAGE CHEESE;LOWFAT 2% 1 CUP	226	79	205	31	4	2.8	8
COTTAGE CHEESE;UNCREAMED 1 CUP	145	80	125	25	1	0.4	3
CREAM CHEESE 1 OZ	28.35	54	100	2	10	6.2	1
FETA CHEESE 1 OZ	28.35	55	75	4	6	4.2	1
MOZZARELLA CHEESE; WHOLE MILK 1 OZ	28.35	54	80	6	6	3.7	1
MOZZARELLA CHEESE;SKIM; LOMOIST1 OZ	28.35	49	80	8	5	3.1	1
MUENSTER CHEESE 1 OZ	28.35	42	105	7	9	5.4	0
PARMESAN CHEESE; GRATED 1 CUP	100	18	455	42	30	19.1	4
PARMESAN CHEESE; GRATED 1 TBSP	5	18	25	2	2	1	0

PARMESAN CHEESE; GRATED 1 OZ	28.35	18	130	12	9	5.4	1
PROVOLONE CHEESE 1 OZ	28.35	41	100	7	8	4.8	1
RICOTTA CHEESE; WHOLE MILK 1 CUP	246	72	430	28	32	20.4	7
RICOTTA CHEESE; PART SKIM MILK1 CUP	246	74	340	28	19	12.1	13
SWISS CHEESE 1 OZ	28.35	37	105	8	8	5	1
PASTERZD PROCES CHEESE;AMERICN1 OZ	28.35	39	105	6	9	5.6	0
PASTERZD PROCES CHEESE; SWISS 1 OZ	28.35	42	95	7	7	4.5	1
PASTERZD PROCES CHESE FOOD;AMR1 OZ	28.35	43	95	6	7	4.4	2
PASTERZD PROCES CHESE SPRED;AM1 OZ	28.35	48	80	5	6	3.8	2
HALF AND HALF; CREAM 1 CUP	242	81	315	7	28	17.3	10
HALF AND HALF; CREAM 1 TBSP	15	81	20	0	2	1.1	1
LIGHT; COFFEE OR TABLE CREAM 1 CUP	240	74	470	6	46	28.8	9
LIGHT; COFFEE OR TABLE CREAM 1 TBSP	15	74	30	0	3	1.8	1
WHIPPING CREAM; UNWHIPED;LIGHT1 CUP	239	64	700	5	74	46.2	7
WHIPPING CREAM; UNWHIPED;LIGHT1 TBSP	15	64	45	0	5	2.9	0
WHIPPING CREAM; UNWHIPED;HEAVY1 CUP	238	58	820	5	88	54.8	7
WHIPPING CREAM; UNWHIPED;HEAVY1 TBSP	15	58	50	0	6	3.5	0
WHIPPED TOPPING; PRESSURIZED 1 CUP	60	61	155	2	13	8.3	7
WHIPPED TOPPING; PRESSURIZED 1 TBSP	3	61	10	0	1	0.4	0
SOUR CREAM 1 CUP	230	71	495	7	48	30	10
SOUR CREAM 1 TBSP	12	71	25	0	3	1.6	1
IMITATION CREAMERS; LIQUID FRZ1 TBSP	15	77	20	0	1	1.4	2
IMITATION CREAMERS; POWDERED 1 TSP	2	2	10	0	1	0.7	1
IMITATION WHIPPED TOPPING;FRZN1 CUP	75	50	240	1	19	16.3	17
IMITATION WHIPPED TOPPING;FRZN1 TBSP	4	50	15	0	1	0.9	1
IMITATN WHIPD TOPING;PWDRD;PRP1 CUP	80	67	150	3	10	8.5	13
IMITATN WHIPD TOPING;PWDRD;PRP1 TBSP	4	67	10	0	0	0.4	1
IMITATN WHIPD TOPING;PRESSRZD 1 CUP	70	60	185	1	16	13.2	11
IMITATN WHIPD TOPING;PRESSRZD 1 TBSP	4	60	10	0	1	0.8	1
IMITATN SOUR DRESSING 1 CUP	235	75	415	8	39	31.2	11
IMITATN SOUR DRESSING 1 TBSP	12	75	20	0	2	1.6	1
MILK; WHOLE; 3.3% FAT 1 CUP	244	88	150	8	8	5.1	11
MILK; LOFAT; 2%; NO ADDEDSOLID1 CUP	244	89	120	8	5	2.9	12
MILK; LOFAT; 2%; ADDED SOLIDS 1 CUP	245	89	125	9	5	2.9	12
MILK; LOFAT; 1%; NO ADDEDSOLID1 CUP	244	90	100	8	3	1.6	12
MILK; LOFAT; 1%; ADDED SOLIDS 1 CUP	245	90	105	9	2	1.5	12
MILK; SKIM; NO ADDED MILKSOLID1 CUP	245	91	85	8	0	0.3	12
MILK; SKIM; ADDED MILK SOLIDS 1 CUP	245	90	90	9	1	0.4	12
BUTTERMILK; FLUID 1 CUP	245	90	100	8	2	1.3	12
SWEETENED CONDENSED MILK CNND 1 CUP	306	27	980	24	27	16.8	166
EVAPORATED MILK; WHOLE; CANNED1 CUP	252	74	340	17	19	11.6	25
EVAPORATED MILK; SKIM; CANNED 1 CUP	255	79	200	19	1	0.3	29
BUTTERMILK; DRIED 1 CUP	120	3	465	41	7	4.3	59
NONFAT DRY MILK; INSTANTIZED 1 ENVLPE	91	4	325	32	1	0.4	47
NONFAT DRY MILK; INSTANTIZED 1 CUP	68	4	245	24	0	0.3	35
CHOCOLATE MILK; REGULAR 1 CUP	250	82	210	8	8	5.3	26
CHOCOLATE MILK; LOWFAT 2% 1 CUP	250	84	180	8	5	3.1	26
CHOCOLATE MILK; LOWFAT 1% 1 CUP	250	85	160	8	3	1.5	26
COCOA PWDR WITH NONFAT DRYMILK1 OZ	28.35	1	100	3	1	0.6	22
COCOA PWDR W/ NOFAT DRMLK;PRPD1 SERVNC	206	86	100	3	1	0.6	22

COCA PWDR W/O NONFAT DRY MILK 3/4 OZ	21	1	75	1	1	0.3	19
COCA PWDR W/O NOFAT DRYMLK;PRD1 SERVNG	265	81	225	9	9	5.4	30
EGGNOG 1 CUP	254	74	340	10	19	11.3	34
MALTED MILK; CHOCOLATE; POWDER3/4 OZ	21	2	85	1	1	0.5	18
MALTED MILK;CHOCOLATE; PWDRPPD1 SERVNG	265	81	235	9	9	5.5	29
MALTED MILK;NATURAL; POWDER 3/4 OZ	21	3	85	3	2	0.9	15
MALTED MILK;NATURAL; PWDR PPRD1 SERVNG	265	81	235	11	10	6	27
SHAKES; THICK; CHOCOLATE 10 OZ	283	72	335	9	8	4.8	60
SHAKES; THICK; VANILLA 10 OZ	283	74	315	11	9	5.3	50
ICE CREAM; VANLLA; REGULR 11% 1/2 GALN	1064	61	2155	38	115	71.3	254
ICE CREAM; VANLLA; REGULR 11% 1 CUP	133	61	270	5	14	8.9	32
ICE CREAM; VANLLA; REGULR 11% 3 FL OZ	50	61	100	2	5	3.4	12
ICE CREAM; VANLLA; SOFT SERVE 1 CUP	173	60	375	7	23	13.5	38
ICE CREAM; VANLLA; RICH 16% FT1/2 GAL	1188	59	2805	33	190	118	256
ICE CREAM; VANLLA; RICH 16% FT1 CUP	148	59	350	4	24	14.7	32
ICE MILK; VANILLA; 4% FAT 1/2 GAL	1048	69	1470	41	45	28.1	232
ICE MILK; VANILLA; 4% FAT 1 CUP	131	69	185	5	6	3.5	29
ICE MILK; VANILLA;SOFTSERV 3% 1 CUP	175	70	225	8	5	2.9	38
SHERBET; 2% FAT 1/2 GAL	1542	66	2160	17	31	19	469
SHERBET; 2% FAT 1 CUP	193	66	270	2	4	2.4	59
YOGURT; W/ LOFAT MILK;FRUITFLV8 OZ	227	74	230	10	2	1.6	43
YOGURT; W/ LOFAT MILK; PLAIN 8 OZ	227	85	145	12	4	2.3	16
YOGURT; W/ NONFAT MILK 8 OZ	227	85	125	13	0	0.3	17
YOGURT; W/ WHOLE MILK 8 OZ	227	88	140	8	7	4.8	11
EGGS; RAW; WHOLE 1 EGG	50	75	75	6	5	1.6	1
EGGS; RAW; WHITE 1 WHITE	33	88	15	4	0	0	0
EGGS; RAW; YOLK 1 YOLK	17	49	60	3	5	1.6	0
EGGS; COOKED; FRIED 1 EGG	46	69	90	6	7	1.9	1
EGGS; COOKED; HARD-COOKED 1 EGG	50	75	75	6	5	1.6	1
EGGS; COOKED; POACHED 1 EGG	50	75	75	6	5	1.5	1
EGGS; COOKED; SCRAMBLED/OMELET1 EGG	61	73	100	7	7	2.2	1
BUTTER; SALTED 1/2 CUP	113	16	810	1	92	57.1	0
BUTTER; UNSALTED 1/2 CUP	113	16	810	1	92	57.1	0
BUTTER; SALTED 1 TBSP	14	16	100	0	11	7.1	0
BUTTER; UNSALTED 1 TBSP	14	16	100	0	11	7.1	0
BUTTER; SALTED 1 PAT	5	16	35	0	4	2.5	0
BUTTER; UNSALTED 1 PAT	5	16	35	0	4	2.5	0
FATS; COOKING/VEGETBL SHORTENG1 CUP	205	0	1810	0	205	51.3	0
FATS; COOKING/VEGETBL SHORTENG1 TBSP	13	0	115	0	13	3.3	0
LARD 1 CUP	205	0	1850	0	205	80.4	0
LARD 1 TBSP	13	0	115	0	13	5.1	0
MARGARINE; IMITATION 40% FAT 8 OZ	227	58	785	1	88	17.5	1
MARGARINE; IMITATION 40% FAT 1 TBSP	14	58	50	0	5	1.1	0
MARGARINE; REGULR;HARD;80% FAT1/2 CUP	113	16	810	1	91	17.9	1
MARGARINE; REGULR;HARD;80% FAT1 TBSP	14	16	100	0	11	2.2	0
MARGARINE; REGULR;HARD;80% FAT1 PAT	5	16	35	0	4	0.8	0
MARGARINE; REGULR;SOFT;80% FAT8 OZ	227	16	1625	2	183	31.3	1
MARGARINE; REGULR;SOFT;80% FAT1 TBSP	14	16	100	0	11	1.9	0
MARGARINE; SPREAD;HARD;60% FAT1/2 CUP	113	37	610	1	69	15.9	0
MARGARINE; SPREAD;HARD;60% FAT1 TBSP	14	37	75	0	9	2	0

MARGARINE; SPREAD;HARD;60% FAT1 PAT	5	37	25	0	3	0.7	0
MARGARINE; SPREAD;SOFT;60% FAT8 OZ	227	37	1225	1	138	29.1	0
MARGARINE; SPREAD;SOFT;60% FAT1 TBSP	14	37	75	0	9	1.8	0
CORN OIL 1 CUP	218	0	1925	0	218	27.7	0
CORN OIL 1 TBSP	14	0	125	0	14	1.8	0
OLIVE OIL 1 CUP	216	0	1910	0	216	29.2	0
OLIVE OIL 1 TBSP	14	0	125	0	14	1.9	0
PEANUT OIL 1 CUP	216	0	1910	0	216	36.5	0
PEANUT OIL 1 TBSP	14	0	125	0	14	2.4	0
SAFFLOWER OIL 1 CUP	218	0	1925	0	218	19.8	0
SAFFLOWER OIL 1 TBSP	14	0	125	0	14	1.3	0
SOYBEAN OIL; HYDROGENATED 1 CUP	218	0	1925	0	218	32.5	0
SOYBEAN OIL; HYDROGENATED 1 TBSP	14	0	125	0	14	2.1	0
SOYBEAN-COTTONSEED OIL; HYDRGN1 CUP	218	0	1925	0	218	39.2	0
SOYBEAN-COTTONSEED OIL; HYDRGN1 TBSP	14	0	125	0	14	2.5	0
SUNFLOWER OIL 1 CUP	218	0	1925	0	218	22.5	0
SUNFLOWER OIL 1 TBSP	14	0	125	0	14	1.4	0
BLUE CHEESE SALAD DRESSING 1 TBSP	15	32	75	1	8	1.5	1
FRENCH SALAD DRESSING; REGULAR1 TBSP	16	35	85	0	9	1.4	1
FRENCH SALAD DRESSING; LOCALOR1 TBSP	16	75	25	0	2	0.2	2
ITALIAN SALAD DRESSING;REGULAR1 TBSP	15	34	80	0	9	1.3	1
ITALIAN SALAD DRESSING;LOCALOR1 TBSP	15	86	5	0	0	0	2
MAYONNAISE; REGULAR 1 TBSP	14	15	100	0	11	1.7	0
MAYONNAISE; IMITATION 1 TBSP	15	63	35	0	3	0.5	2
MAYONNAISE TYPE SALAD DRESSING1 TBSP	15	40	60	0	5	0.7	4
TARTAR SAUCE 1 TBSP	14	34	75	0	8	1.2	1
1000 ISLAND; SALAD DRSSNG;REGLR1 TBSP	16	46	60	0	6	1	2
1000 ISLAND; SALAD DRSSNG;LOCAL1 TBSP	15	69	25	0	2	0.2	2
COOKED SALAD DRSSING; HOME RCP1 TBSP	16	69	25	1	2	0.5	2
VINEGAR AND OIL SALAD DRESSING1 TBSP	16	47	70	0	8	1.5	0
CLAMS; RAW 3 OZ	85	82	65	11	1	0.3	2
CLAMS; CANNED; DRAINED 3 OZ	85	77	85	13	2	0.5	2
CRABMEAT; CANNED 1 CUP	135	77	135	23	3	0.5	1
FISH STICKS; FROZEN; REHEATED 1 STICK	28	52	70	6	3	0.8	4
FLOUNDER OR SOLE; BAKED; BUTTR3 OZ	85	73	120	16	6	3.2	0
FLOUNDER OR SOLE; BAKED;MARGRN3 OZ	85	73	120	16	6	1.2	0
FLOUNDER OR SOLE; BAKED;W/OFAT3 OZ	85	78	80	17	1	0.3	0
HADDOCK; BREADED; FRIED 3 OZ	85	61	175	17	9	2.4	7
HALIBUT; BROILED; BUTTER;LEMJU3 OZ	85	67	140	20	6	3.3	0
HERRING; PICKLED 3 OZ	85	59	190	17	13	4.3	0
OCEAN PERCH; BREADED; FRIED 1 FILLET	85	59	185	16	11	2.6	7
OYSTERS; RAW 1 CUP	240	85	160	20	4	1.4	8
OYSTERS; BREADED; FRIED 1 OYSTER	45	65	90	5	5	1.4	5
SALMON; CANNED; PINK; W/ BONES3 OZ	85	71	120	17	5	0.9	0
SALMON; BAKED; RED 3 OZ	85	67	140	21	5	1.2	0
SALMON; SMOKED 3 OZ	85	59	150	18	8	2.6	0
SARDINES; ATLNTC;CNNED;OIL;DRN3 OZ	85	62	175	20	9	2.1	0
SCALLOPS; BREADED; FRZN;REHEAT6 SCALOP	90	59	195	15	10	2.5	10
SHRIMP; CANNED; DRAINED 3 OZ	85	70	100	21	1	0.2	1
SHRIMP; FRENCH FRIED 3 OZ	85	55	200	16	10	2.5	11

TROUT; BROILED; W/ BUTTR;LEMJU3 OZ	85	63	175	21	9	4.1	0
TUNA; CANND; DRND;OIL;CHK;LGHT3 OZ	85	61	165	24	7	1.4	0
TUNA; CANND; DRND;WATR; WHITE 3 OZ	85	63	135	30	1	0.3	0
TUNA SALAD 1 CUP	205	63	375	33	19	3.3	19
APPLES; RAW; UNPEELED;3 PER LB1 APPLE	138	84	80	0	0	0.1	21
APPLES; RAW; UNPEELED;2 PER LB1 APPLE	212	84	125	0	1	0.1	32
APPLES; RAW; PEELED; SLICED 1 CUP	110	84	65	0	0	0.1	16
APPLES; DRIED; SULFURED 10 RINGS	64	32	155	1	0	0	42
APPLE JUICE; CANNED 1 CUP	248	88	115	0	0	0	29
APPLESAUCE; CANNED; SWEETENED 1 CUP	255	80	195	0	0	0.1	51
APPLESAUCE; CANNED;UNSWEETENED1 CUP	244	88	105	0	0	0	28
APRICOTS; RAW 3 APRCOT	106	86	50	1	0	0	12
APRICOT; CANNED; HEAVY SYRUP 1 CUP	258	78	215	1	0	0	55
APRICOT; CANNED; HEAVY SYRUP 3 HALVES	85	78	70	0	0	0	18
APRICOTS; CANNED; JUICE PACK 1 CUP	248	87	120	2	0	0	31
APRICOTS; CANNED; JUICE PACK 3 HALVES	84	87	40	1	0	0	10
APRICOTS; DRIED; UNCOOKED 1 CUP	130	31	310	5	1	0	80
APRICOTS; DRIED; COOKED;UNSWTN1 CUP	250	76	210	3	0	0	55
APRICOT NECTAR; NO ADDED VIT C1 CUP	251	85	140	1	0	0	36
AVOCADOS; CALIFORNIA 1 AVOCDO	173	73	305	4	30	4.5	12
AVOCADOS; FLORIDA 1 AVOCDO	304	80	340	5	27	5.3	27
BANANAS 1 BANANA	114	74	105	1	1	0.2	27
BANANAS; SLICED 1 CUP	150	74	140	2	1	0.3	35
BLACKBERRIES; RAW 1 CUP	144	86	75	1	1	0.2	18
BLUEBERRIES; RAW 1 CUP	145	85	80	1	1	0	20
BLUEBERRIES; FROZEN; SWEETENED10 OZ	284	77	230	1	0	0	62
BLUEBERRIES; FROZEN; SWEETENED1 CUP	230	77	185	1	0	0	50
CHERRIES; SOUR;RED;CANND;WATER1 CUP	244	90	90	2	0	0.1	22
CHERRIES; SWEET; RAW 10 CHERY	68	81	50	1	1	0.1	11
CRANBERRY JUICE COCKTAL W/VITC1 CUP	253	85	145	0	0	0	38
CRANBERRY SAUCE; CANNED;SWTND 1 CUP	277	61	420	1	0	0	108
DATES 10 DATES	83	23	230	2	0	0.1	61
DATES; CHOPPED 1 CUP	178	23	490	4	1	0.3	131
FIGS; DRIED 10 FIGS	187	28	475	6	2	0.4	122
FRUIT COCKTAIL;CNND;HEAVYSYRUP1 CUP	255	80	185	1	0	0	48
FRUIT COCKTAIL;CNND;JUICE PACK1 CUP	248	87	115	1	0	0	29
GRAPEFRUIT; RAW; WHITE 1/2 FRUT	120	91	40	1	0	0	10
GRAPEFRUIT; RAW; PINK 1/2 FRUT	120	91	40	1	0	0	10
GRAPEFRUIT; CANNED; SYRUP PACK1 CUP	254	84	150	1	0	0	39
GRAPEFRUIT JUICE; RAW 1 CUP	247	90	95	1	0	0	23
GRAPEFRUIT JUICE; CANNED;UNSWT1 CUP	247	90	95	1	0	0	22
GRAPEFRUIT JUICE; CANNED;SWTND1 CUP	250	87	115	1	0	0	28
GRAPEFRT JCE;FRZN;CNCN;UNSWTEN6 FL OZ	207	62	300	4	1	0.1	72
GRAPEFRT JCE;FRZN;DLTD;UNSWTEN1 CUP	247	89	100	1	0	0	24
GRAPES; EUROPEAN; RAW; THOMPSN10 GRAPE	50	81	35	0	0	0.1	9
GRAPES; EUROPEAN; RAW; TOKAY 10 GRAPE	57	81	40	0	0	0.1	10
GRAPE JUICE; CANNED 1 CUP	253	84	155	1	0	0.1	38
GRAPEJCE;FRZN;CONCEN;SWTND;W/C6 FL OZ	216	54	385	1	1	0.2	96
GRAPEJCE;FRZN;DILUTD;SWTND;W/C1 CUP	250	87	125	0	0	0.1	32
KIWI FRUIT; RAW 1 KIWI	76	83	45	1	0	0	11

LEMONS; RAW	1 LEMON	58	89	15	1	0	0	5
LEMON JUICE; RAW	1 CUP	244	91	60	1	0	0	21
LEMON JUICE; CANNED	1 CUP	244	92	50	1	1	0.1	16
LEMON JUICE; CANNED	1 TBSP	15	92	5	0	0	0	1
LEMON JUICE;FRZN;SINGLE-STRNGH6 FL OZ		244	92	55	1	1	0.1	16
LIME JUICE; RAW	1 CUP	246	90	65	1	0	0	22
LIME JUICE;CANNED	1 CUP	246	93	50	1	1	0.1	16
MANGOS; RAW	1 MANGO	207	82	135	1	1	0.1	35
CANTALOUPE; RAW	1/2 MELN	267	90	95	2	1	0.1	22
HONEYDEW MELON; RAW	1/10 MEL	129	90	45	1	0	0	12
NECTARINES; RAW	1 NECTR N	136	86	65	1	1	0.1	16
ORANGES; RAW	1 ORANGE	131	87	60	1	0	0	15
ORANGES; RAW; SECTIONS	1 CUP	180	87	85	2	0	0	21
ORANGE JUICE; RAW	1 CUP	248	88	110	2	0	0.1	26
ORANGE JUICE; CANNED	1 CUP	249	89	105	1	0	0	25
ORANGE JUICE; CHILLED	1 CUP	249	88	110	2	1	0.1	25
ORANGE JUICE;FROZEN CONCENTRTE6 FL OZ		213	58	340	5	0	0.1	81
ORANGE JUICE;FRZN;CNCN;DILUTED1 CUP		249	88	110	2	0	0	27
ORANGE + GRAPEFRUIT JUICE;CANND1 CUP		247	89	105	1	0	0	25
PAPAYAS; RAW	1 CUP	140	86	65	1	0	0.1	17
PEACHES; RAW	1 PEACH	87	88	35	1	0	0	10
PEACHES; RAW; SLICED	1 CUP	170	88	75	1	0	0	19
PEACHES; CANNED; HEAVY SYRUP	1 CUP	256	79	190	1	0	0	51
PEACHES; CANNED; HEAVY SYRUP	1 HALF	81	79	60	0	0	0	16
PEACHES; CANNED; JUICE PACK	1 CUP	248	87	110	2	0	0	29
PEACHES; CANNED; JUICE PACK	1 HALF	77	87	35	0	0	0	9
PEACHES; DRIED	1 CUP	160	32	380	6	1	0.1	98
PEACHES; DRIED;COOKED;UNSWETND1 CUP		258	78	200	3	1	0.1	51
PEACHES; FROZEN;SWETNED;W/VITC10 OZ		284	75	265	2	0	0	68
PEACHES; FROZEN;SWETNED;W/VITC1 CUP		250	75	235	2	0	0	60
PEARS; RAW; BARTLETT	1 PEAR	166	84	100	1	1	0	25
PEARS; RAW; BOSCH	1 PEAR	141	84	85	1	1	0	21
PEARS; RAW; D'ANJOU	1 PEAR	200	84	120	1	1	0	30
PEARS; CANNED; HEAVY SYRUP	1 CUP	255	80	190	1	0	0	49
PEARS; CANNED; HEAVY SYRUP	1 HALF	79	80	60	0	0	0	15
PEARS; CANNED; JUICE PACK	1 CUP	248	86	125	1	0	0	32
PEARS; CANNED; JUICE PACK	1 HALF	77	86	40	0	0	0	10
PINEAPPLE; RAW; DICED	1 CUP	155	87	75	1	1	0	19
PINEAPPLE; CANNED; HEAVY SYRUP1 CUP		255	79	200	1	0	0	52
PINEAPPLE; CANNED; HEAVY SYRUP1 SLICE		58	79	45	0	0	0	12
PINEAPPLE; CANNED; JUICE PACK 1 CUP		250	84	150	1	0	0	39
PINEAPPLE; CANNED; JUICE PACK 1 SLICE		58	84	35	0	0	0	9
PINEAPPLE JUICE; CANNED;UNSWTN1 CUP		250	86	140	1	0	0	34
PLANTAINS; RAW	1 PLANTN	179	65	220	2	1	0.3	57
PLANTAINS; COOKED	1 CUP	154	67	180	1	0	0.1	48
PLUMS; RAW; 2-1/8-IN DIAM	1 PLUM	66	85	35	1	0	0	9
PLUMS; RAW; 1-1/2-IN DIAM	1 PLUM	28	85	15	0	0	0	4
PLUMS; CANNED; HEAVY SYRUP	1 CUP	258	76	230	1	0	0	60
PLUMS; CANNED; HEAVY SYRUP	3 PLUMS	133	76	120	0	0	0	31
PLUMS; CANNED; JUICE PACK	1 CUP	252	84	145	1	0	0	38

PLUMS; CANNED; JUICE PACK 3 PLUMS	95	84	55	0	0	0	14
PRUNES; DRIED 5 LARGE	49	32	115	1	0	0	31
PRUNES; DRIED; COOKED; UNSWTNED1 CUP	212	70	225	2	0	0	60
PRUNE JUICE; CANNED 1 CUP	256	81	180	2	0	0	45
RAISINS 1 CUP	145	15	435	5	1	0.2	115
RAISINS 1 PACKET	14	15	40	0	0	0	11
RASPBERRIES; RAW 1 CUP	123	87	60	1	1	0	14
RASPBERRIES; FROZEN; SWEETENED10 OZ	284	73	295	2	0	0	74
RASPBERRIES; FROZEN; SWEETENED1 CUP	250	73	255	2	0	0	65
RHUBARB; COOKED; ADDED SUGAR 1 CUP	240	68	280	1	0	0	75
STRAWBERRIES; RAW 1 CUP	149	92	45	1	1	0	10
STRAWBERRIES; FROZEN; SWEETEND10 OZ	284	73	275	2	0	0	74
STRAWBERRIES; FROZEN; SWEETEND1 CUP	255	73	245	1	0	0	66
TANGERINES; RAW 1 TANGRN	84	88	35	1	0	0	9
TANGERINES; CANNED; LIGHT SYRP1 CUP	252	83	155	1	0	0	41
TANGERINE JUICE; CANNED;SWTNED1 CUP	249	87	125	1	0	0	30
WATERMELON; RAW 1 PIECE	482	92	155	3	2	0.3	35
WATERMELON; RAW; DICED 1 CUP	160	92	50	1	1	0.1	11
BAGELS; PLAIN 1 BAGEL	68	29	200	7	2	0.3	38
BAGELS; EGG 1 BAGEL	68	29	200	7	2	0.3	38
BARLEY; PEARLED;LIGHT; UNCOOKD1 CUP	200	11	700	16	2	0.3	158
BAKING PWDR BISCUITS;HOMERECPE1 BISCUIT	28	28	100	2	5	1.2	13
BAKING PWDR BISCUITS;FROM MIX 1 BISCUIT	28	29	95	2	3	0.8	14
BAKING PWDR BISCUITS;REFRGGDOGH1 BISCUIT	20	30	65	1	2	0.6	10
BREADCRUMBS; DRY; GRATED 1 CUP	100	7	390	13	5	1.5	73
BOSTON BROWN BREAD;W/WHTECRNM 1 SLICE	45	45	95	2	1	0.3	21
BOSTON BROWN BREAD;W/YLLWCRNML1 SLICE	45	45	95	2	1	0.3	21
CRACKED-WHEAT BREAD 1 LOAF	454	35	1190	42	16	3.1	227
CRACKED-WHEAT BREAD 1 SLICE	25	35	65	2	1	0.2	12
CRACKED-WHEAT BREAD; TOASTED 1 SLICE	21	26	65	2	1	0.2	12
FRENCH OR VIENNA BREAD 1 LOAF	454	34	1270	43	18	3.8	230
FRENCH BREAD 1 SLICE	35	34	100	3	1	0.3	18
VIENNA BREAD 1 SLICE	25	34	70	2	1	0.2	13
ITALIAN BREAD 1 LOAF	454	32	1255	41	4	0.6	256
ITALIAN BREAD 1 SLICE	30	32	85	3	0	0	17
MIXED GRAIN BREAD 1 LOAF	454	37	1165	45	17	3.2	212
MIXED GRAIN BREAD 1 SLICE	25	37	65	2	1	0.2	12
MIXED GRAIN BREAD; TOASTED 1 SLICE	23	27	65	2	1	0.2	12
OATMEAL BREAD 1 LOAF	454	37	1145	38	20	3.7	212
OATMEAL BREAD 1 SLICE	25	37	65	2	1	0.2	12
OATMEAL BREAD; TOASTED 1 SLICE	23	30	65	2	1	0.2	12
PITA BREAD 1 PITA	60	31	165	6	1	0.1	33
PUMPERNICKEL BREAD 1 LOAF	454	37	1160	42	16	2.6	218
PUMPERNICKEL BREAD 1 SLICE	32	37	80	3	1	0.2	16
PUMPERNICKEL BREAD; TOASTED 1 SLICE	29	28	80	3	1	0.2	16
RAISIN BREAD 1 LOAF	454	33	1260	37	18	4.1	239
RAISIN BREAD 1 SLICE	25	33	65	2	1	0.2	13
RAISIN BREAD; TOASTED 1 SLICE	21	24	65	2	1	0.2	13
RYE BREAD; LIGHT 1 LOAF	454	37	1190	38	17	3.3	218
RYE BREAD; LIGHT 1 SLICE	25	37	65	2	1	0.2	12

RYE BREAD; LIGHT; TOASTED 1 SLICE	22	28	65	2	1	0.2	12
WHEAT BREAD 1 LOAF	454	37	1160	43	19	3.9	213
WHEAT BREAD 1 SLICE	25	37	65	2	1	0.2	12
WHEAT BREAD; TOASTED 1 SLICE	23	28	65	3	1	0.2	12
WHITE BREAD 1 LOAF	454	37	1210	38	18	5.6	222
WHITE BREAD; SLICE 18 PER LOAF1 SLICE	25	37	65	2	1	0.3	12
WHITE BREAD; TOASTED 18 PER 1 SLICE	22	28	65	2	1	0.3	12
WHITE BREAD; SLICE 22 PER LOAF1 SLICE	20	37	55	2	1	0.2	10
WHITE BREAD; TOASTED 22 PER 1 SLICE	17	28	55	2	1	0.2	10
WHITE BREAD CUBES 1 CUP	30	37	80	2	1	0.4	15
WHITE BREAD CRUMBS; SOFT 1 CUP	45	37	120	4	2	0.6	22
WHOLE-WHEAT BREAD 1 LOAF	454	38	1110	44	20	5.8	206
WHOLE-WHEAT BREAD 1 SLICE	28	38	70	3	1	0.4	13
WHOLE-WHEAT BREAD; TOASTED 1 SLICE	25	29	70	3	1	0.4	13
BREAD STUFFING;FROM MX;DRYTYPE1 CUP	140	33	500	9	31	6.1	50
BREAD STUFFING;FROM MX;MOIST 1 CUP	203	61	420	9	26	5.3	40
CORN GRITS;CKD;REG;WHT;NOSALT1 CUP	242	85	145	3	0	0	31
CORN GRITS;CKD;REG;WHT;W/SALT1 CUP	242	85	145	3	0	0	31
CORN GRITS;CKD;REG;YLLW;NOSALT1 CUP	242	85	145	3	0	0	31
CORN GRITS;CKD;REG;YLLW;W/SALT1 CUP	242	85	145	3	0	0	31
CORN GRITS; COOKED; INSTANT 1 PKT	137	85	80	2	0	0	18
CRM WHEAT;CKD;REG;INST;NO SALT1 CUP	244	86	140	4	0	0.1	29
CRM WHEAT;CKD;REG;INST;W/SALT 1 CUP	244	86	140	4	0	0.1	29
CRM WHEAT;CKD; QUICK; NO SALT 1 CUP	244	86	140	4	0	0.1	29
CRM WHEAT;CKD;QUICK; W/ SALT 1 CUP	244	86	140	4	0	0.1	29
CREAM OF WHEAT;CKD;MIX N EAT 1 PKT	142	82	100	3	0	0	21
MALT-O-MEAL; W/O SALT 1 CUP	240	88	120	4	0	0	26
MALT-O-MEAL; WITH SALT 1 CUP	240	88	120	4	0	0	26
OATMEAL;CKD;RG;QCK;INST;W/OSAL1 CUP	234	85	145	6	2	0.4	25
OATMEAL;CKD;RG;QCK;INST;W/SALT1 CUP	234	85	145	6	2	0.4	25
OATMEAL;CKD;INSTNT;PLAIN;FORTF1 PKT	177	86	105	4	2	0.3	18
OATMEAL;CKD;INSTNT;FLVRD;FORTF1 PKT	164	76	160	5	2	0.3	31
ALL-BRAN CEREAL 1 OZ	28.35	3	70	4	1	0.1	21
CAP'N CRUNCH CEREAL 1 OZ	28.35	3	120	1	3	1.7	23
CHEERIOS CEREAL 1 OZ	28.35	5	110	4	2	0.3	20
CORN FLAKES; KELLOGG'S 1 OZ	28.35	3	110	2	0	0	24
CORN FLAKES; TOASTIES 1 OZ	28.35	3	110	2	0	0	24
40% BRAN FLAKES; KELLOGG'S 1 OZ	28.35	3	90	4	1	0.1	22
40% BRAN FLAKES; POST 1 OZ	28.35	3	90	3	0	0.1	22
FROOT LOOPS CEREAL 1 OZ	28.35	3	110	2	1	0.2	25
GOLDEN GRAHAMS CEREAL 1 OZ	28.35	2	110	2	1	0.7	24
GRAPE-NUTS CEREAL 1 OZ	28.35	3	100	3	0	0	23
HONEY NUT CHEERIOS CEREAL 1 OZ	28.35	3	105	3	1	0.1	23
LUCKY CHARMS CEREAL 1 OZ	28.35	3	110	3	1	0.2	23
NATURE VALLEY GRANOLA CEREAL 1 OZ	28.35	4	125	3	5	3.3	19
100% NATURAL CEREAL 1 OZ	28.35	2	135	3	6	4.1	18
PRODUCT 19 CEREAL 1 OZ	28.35	3	110	3	0	0	24
RAISIN BRAN; KELLOGG'S 1 OZ	28.35	8	90	3	1	0.1	21
RAISIN BRAN; POST 1 OZ	28.35	9	85	3	1	0.1	21
RICE KRISPIES CEREAL 1 OZ	28.35	2	110	2	0	0	25

SHREDDED WHEAT CEREAL 1 OZ	28.35	5	100	3	1	0.1	23
SPECIAL K CEREAL 1 OZ	28.35	2	110	6	0	0	21
SUPER SUGAR CRISP CEREAL 1 OZ	28.35	2	105	2	0	0	26
SUGAR FROSTED FLAKES; KELLOGG 1 OZ	28.35	3	110	1	0	0	26
SUGAR SMACKS CEREAL 1 OZ	28.35	3	105	2	1	0.1	25
TOTAL CEREAL 1 OZ	28.35	4	100	3	1	0.1	22
TRIX CEREAL 1 OZ	28.35	3	110	2	0	0.2	25
WHEATIES CEREAL 1 OZ	28.35	5	100	3	0	0.1	23
BUCKWHEAT FLOUR; LIGHT; SIFTED1 CUP	98	12	340	6	1	0.2	78
BULGUR; UNCOOKED 1 CUP	170	10	600	19	3	1.2	129
ANGELFOOD CAKE; FROM MIX 1 CAKE	635	38	1510	38	2	0.4	342
ANGELFOOD CAKE; FROM MIX 1 PIECE	53	38	125	3	0	0	29
COFFEECAKE; CRUMB; FROM MIX 1 CAKE	430	30	1385	27	41	11.8	225
COFFEECAKE; CRUMB; FROM MIX 1 PIECE	72	30	230	5	7	2	38
DEVIL'S FOOD CAKE;CHOCFRST;FMX1 CAKE	1107	24	3755	49	136	55.6	645
DEVIL'S FOOD CAKE;CHOCFRST;FMX1 PIECE	69	24	235	3	8	3.5	40
DEVIL'S FOOD CAKE;CHOCFRST;FMX1 CUPCAK	35	24	120	2	4	1.8	20
GINGERBREAD CAKE; FROM MIX 1 CAKE	570	37	1575	18	39	9.6	291
GINGERBREAD CAKE; FROM MIX 1 PIECE	63	37	175	2	4	1.1	32
YELLOW CAKE W/ CHOC FRST;FRMIX1 CAKE	1108	26	3735	45	125	47.8	638
YELLOW CAKE W/ CHOC FRST;FRMIX1 PIECE	69	26	235	3	8	3	40
CARROT CAKE;CREMCHESE FRST;REC1 CAKE	1536	23	6175	63	328	66	775
CARROT CAKE;CREMCHESE FRST;REC1 PIECE	96	23	385	4	21	4.1	48
FRUITCAKE;DARK; FROM HOMERECIP1 CAKE	1361	18	5185	74	228	47.6	783
FRUITCAKE;DARK; FROM HOMERECIP1 PIECE	43	18	165	2	7	1.5	25
SHEETCAKE W/O FRSTNG;HOMERECIP1 CAKE	777	25	2830	35	108	29.5	434
SHEETCAKE;W/O FRSTNG;HOMERECIP1 PIECE	86	25	315	4	12	3.3	48
SHEETCAKE;W/ WHFRSTNG;HOMERECIP1 CAKE	1096	21	4020	37	129	41.6	694
SHEETCAKE;W/ WHFRSTNG;HOMERECIP1 PIECE	121	21	445	4	14	4.6	77
POUND CAKE; FROM HOME RECIPE 1 LOAF	514	22	2025	33	94	21.1	265
POUND CAKE; FROM HOME RECIPE 1 SLICE	30	22	120	2	5	1.2	15
POUND CAKE; COMMERCIAL 1 LOAF	500	24	1935	26	94	52	257
POUND CAKE; COMMERCIAL 1 SLICE	29	24	110	2	5	3	15
SNACK CAKES;DEVILS FOOD;CREMFLSM CAKE	28	20	105	1	4	1.7	17
SNACK CAKES;SPONGE CREME FLLNGSM CAKE	42	19	155	1	5	2.3	27
WHITE CAKE W/ WHT FRSTNG;COMML1 CAKE	1140	24	4170	43	148	33.1	670
WHITE CAKE W/ WHT FRSTNG;COMML1 PIECE	71	24	260	3	9	2.1	42
YELLOWCAKE W/ CHOCFRSTNG;COMML1 CAKE	1108	23	3895	40	175	92	620
YELLOWCAKE W/ CHOCFRSTNG;COMML1 PIECE	69	23	245	2	11	5.7	39
CHEESECAKE 1 CAKE	1110	46	3350	60	213	120	317
CHEESECAKE 1 PIECE	92	46	280	5	18	9.9	26
BROWNIES W/ NUTS;FRSTNG;CMRCL1 BROWNE	25	13	100	1	4	1.6	16
BROWNIES W/ NUTS;FRM HOME RECP1 BROWNE	20	10	95	1	6	1.4	11
CHOCOLATE CHIP COOKIES;COMMRL4 COOKIE	42	4	180	2	9	2.9	28
CHOCOLATE CHIP COOKIES;HME RCP4 COOKIE	40	3	185	2	11	3.9	26
CHOCOLATE CHIP COOKIES;REFRIG 4 COOKIE	48	5	225	2	11	4	32
FIG BARS 4 COOKIE	56	12	210	2	4	1	42
OATMEAL W/ RAISINS COOKIES 4 COOKIE	52	4	245	3	10	2.5	36
PEANUT BUTTER COOKIE;HOME RECP4 COOKIE	48	3	245	4	14	4	28
SANDWICH TYPE COOKIE 4 COOKIE	40	2	195	2	8	2	29

SHORTBREAD COOKIE; COMMERCIAL 4 COOKIE	32	6	155	2	8	2.9	20
SHORTBREAD COOKIE; HOME RECIPE2 COOKIE	28	3	145	2	8	1.3	17
SUGAR COOKIE; FROM REFRIG DOGH4 COOKIE	48	4	235	2	12	2.3	31
VANILLA WAFERS 10 COOKE	40	4	185	2	7	1.8	29
CORN CHIPS 1 OZ	28.35	1	155	2	9	1.4	16
CORNMEAL;WHOLE-GRND;UNBOLT;DRY1 CUP	122	12	435	11	5	0.5	90
CORNMEAL;BOLTED;DRY FORM 1 CUP	122	12	440	11	4	0.5	91
CORNMEAL;DEGERMED;ENRICHED;DRY1 CUP	138	12	500	11	2	0.2	108
CORNMEAL;DEGERMED;ENRCHED;COOK1 CUP	240	88	120	3	0	0	26
CHEESE CRACKERS; PLAIN 10 CRACK	10	4	50	1	3	0.9	6
CHEESE CRACKERS; SANDWCH;PEANT1 SANDW	8	3	40	1	2	0.4	5
GRAHAM CRACKER; PLAIN 2 CRACKR	14	5	60	1	1	0.4	11
MELBA TOAST; PLAIN 1 PIECE	5	4	20	1	0	0.1	4
RYE WAFERS; WHOLE-GRAIN 2 WAFERS	14	5	55	1	1	0.3	10
SALTINES 4 CRACKR	12	4	50	1	1	0.5	9
SNACK TYPE CRACKERS 1 CRACKR	3	3	15	0	1	0.2	2
WHEAT; THIN CRACKERS 4 CRACKR	8	3	35	1	1	0.5	5
WHOLE-WHEAT WAFERS; CRACKERS 2 CRACKR	8	4	35	1	2	0.5	5
CROISSANTS 1 CROSST	57	22	235	5	12	3.5	27
DANISH PASTRY; PLAIN; NO NUTS 1 RING	340	27	1305	21	71	21.8	152
DANISH PASTRY; PLAIN; NO NUTS 1 PASTRY	57	27	220	4	12	3.6	26
DANISH PASTRY; PLAIN; NO NUTS 1 OZ	28.35	27	110	2	6	1.8	13
DANISH PASTRY; FRUIT 1 PASTRY	65	30	235	4	13	3.9	28
DOUGHNUTS; CAKE TYPE; PLAIN 1 DONUT	50	21	210	3	12	2.8	24
DOUGHNUTS; YEAST-LEAVEND;GLZED1 DONUT	60	27	235	4	13	5.2	26
ENGLISH MUFFINS; PLAIN 1 MUFFIN	57	42	140	5	1	0.3	27
ENGLISH MUFFINS; PLAIN; TOASTD1 MUFFIN	50	29	140	5	1	0.3	27
FRENCH TOAST; HOME RECIPE 1 SLICE	65	53	155	6	7	1.6	17
MACARONI; COOKED; FIRM 1 CUP	130	64	190	7	1	0.1	39
MACARONI; COOKED; TENDER;COLD 1 CUP	105	72	115	4	0	0.1	24
MACARONI; COOKED; TENDER; HOT 1 CUP	140	72	155	5	1	0.1	32
BLUEBERRY MUFFINS; HOME RECIPE1 MUFFIN	45	37	135	3	5	1.5	20
BRAN MUFFINS; HOME RECIPE 1 MUFFIN	45	35	125	3	6	1.4	19
CORN MUFFINS; HOME RECIPE 1 MUFFIN	45	33	145	3	5	1.5	21
BLUEBERRY MUFFINS;FROM COM MIX1 MUFFIN	45	33	140	3	5	1.4	22
BRAN MUFFINS; FROM COMMERL MIX1 MUFFIN	45	28	140	3	4	1.3	24
CORN MUFFINS; FROM COMMERL MIX1 MUFFIN	45	30	145	3	6	1.7	22
NOODLES; EGG; COOKED 1 CUP	160	70	200	7	2	0.5	37
NOODLES; CHOW MEIN; CANNED 1 CUP	45	11	220	6	11	2.1	26
PANCAKES; BUCKWHEAT; FROM MIX 1 PANCAK	27	58	55	2	2	0.9	6
PANCAKES; PLAIN; HOME RECIPE 1 PANCAK	27	50	60	2	2	0.5	9
PANCAKES; PLAIN; FROM MIX 1 PANCAK	27	54	60	2	2	0.5	8
PIECRUST;FROM HOME RECIPE 1 SHELL	180	15	900	11	60	14.8	79
PIECRUST; FROM MIX 2 CRUST	320	19	1485	20	93	22.7	141
APPLE PIE 1 PIE	945	48	2420	21	105	27.4	360
APPLE PIE 1 PIECE	158	48	405	3	18	4.6	60
BLUEBERRY PIE 1 PIE	945	51	2285	23	102	25.5	330
BLUEBERRY PIE 1 PIECE	158	51	380	4	17	4.3	55
CHERRY PIE 1 PIE	945	47	2465	25	107	28.4	363
CHERRY PIE 1 PIECE	158	47	410	4	18	4.7	61

CREME PIE	1 PIE	910	43	2710	20	139	90.1	351
CREME PIE	1 PIECE	152	43	455	3	23	15	59
CUSTARD PIE	1 PIE	910	58	1985	56	101	33.7	213
CUSTARD PIE	1 PIECE	152	58	330	9	17	5.6	36
LEMON MERINGUE PIE	1 PIE	840	47	2140	31	86	26	317
LEMON MERINGUE PIE	1 PIECE	140	47	355	5	14	4.3	53
PEACH PIE	1 PIE	945	48	2410	24	101	24.6	361
PEACH PIE	1 PIECE	158	48	405	4	17	4.1	60
PECAN PIE	1 PIE	825	20	3450	42	189	28.1	423
PECAN PIE	1 PIECE	138	20	575	7	32	4.7	71
PUMPKIN PIE	1 PIE	910	59	1920	36	102	38.2	223
PUMPKIN PIE	1 PIECE	152	59	320	6	17	6.4	37
FRIED PIE; APPLE	1 PIE	85	43	255	2	14	5.8	31
FRIED PIE; CHERRY	1 PIE	85	42	250	2	14	5.8	32
POPCORN; AIR-POPPED; UNSALTED	1 CUP	8	4	30	1	0	0	6
POPCORN; POPPED; VEG OIL;SALTD1	CUP	11	3	55	1	3	0.5	6
POPCORN; SUGAR SYRUP COATED	1 CUP	35	4	135	2	1	0.1	30
PRETZELS; STICK	10 PRETZ	3	3	10	0	0	0	2
PRETZELS; TWISTED; DUTCH	1 PRETZ	16	3	65	2	1	0.1	13
PRETZELS; TWISTED; THIN	10 PRETZ	60	3	240	6	2	0.4	48
RICE; BROWN; COOKED	1 CUP	195	70	230	5	1	0.3	50
RICE; WHITE; RAW	1 CUP	185	12	670	12	1	0.2	149
RICE; WHITE; COOKED	1 CUP	205	73	225	4	0	0.1	50
RICE; WHITE; INSTANT; COOKED	1 CUP	165	73	180	4	0	0.1	40
RICE; WHITE; PARBOILED; RAW	1 CUP	185	10	685	14	1	0.1	150
RICE; WHITE; PARBOILED; COOKED1	CUP	175	73	185	4	0	0	41
ROLLS; DINNER; COMMERCIAL	1 ROLL	28	32	85	2	2	0.5	14
ROLLS; FRANKFURTER + HAMBURGER1	ROLL	40	34	115	3	2	0.5	20
ROLLS; HARD	1 ROLL	50	25	155	5	2	0.4	30
ROLLS; HOAGIE OR SUBMARINE	1 ROLL	135	31	400	11	8	1.8	72
ROLLS; DINNER; HOME RECIPE	1 ROLL	35	26	120	3	3	0.8	20
SPAGHETTI; COOKED; FIRM	1 CUP	130	64	190	7	1	0.1	39
SPAGHETTI; COOKED; TENDER	1 CUP	140	73	155	5	1	0.1	32
TOASTER PASTRIES	1 PASTRY	54	13	210	2	6	1.7	38
TORTILLAS; CORN	1 TORTLA	30	45	65	2	1	0.1	13
WAFFLES; FROM HOME RECIPE	1 WAFFLE	75	37	245	7	13	4	26
WAFFLES; FROM MIX	1 WAFFLE	75	42	205	7	8	2.7	27
WHEAT FLOUR; ALL-PURPOSE;SIFTD1	CUP	115	12	420	12	1	0.2	88
WHEAT FLOUR; ALL-PURPOSE;UNSIFI	CUP	125	12	455	13	1	0.2	95
CAKE OR PASTRY FLOUR; SIFTED	1 CUP	96	12	350	7	1	0.1	76
SELF-RISING FLOUR; UNSIFTED	1 CUP	125	12	440	12	1	0.2	93
WHOLE-WHEAT FLOUR;HRD WHT;STIR1	CUP	120	12	400	16	2	0.3	85
ALMONDS; SLIVERED	1 CUP	135	4	795	27	70	6.7	28
ALMONDS; WHOLE	1 OZ	28.35	4	165	6	15	1.4	6
BLACK BEANS; DRY; COOKED;DRAND1	CUP	171	66	225	15	1	0.1	41
GREAT NORTHN BEANS;DRY;CKD;DRN1	CUP	180	69	210	14	1	0.1	38
LIMA BEANS; DRY; COOKED;DRANED1	CUP	190	64	260	16	1	0.2	49
PEA BEANS; DRY; COOKED;DRAINED1	CUP	190	69	225	15	1	0.1	40
PINTO BEANS;DRY;COOKED;DRAINED1	CUP	180	65	265	15	1	0.1	49
BEANS;DRY;CANNED;W/FRANKFURTER1	CUP	255	71	365	19	18	7.4	32

BEANS;DRY;CANNED;W/PORK+TOMSCE1 CUP	255	71	310	16	7	2.4	48
BEANS;DRY;CANNED;W/PORK+SWTSCE1 CUP	255	66	385	16	12	4.3	54
RED KIDNEY BEANS; DRY; CANNED 1 CUP	255	76	230	15	1	0.1	42
BLACK-EYED PEAS; DRY; COOKED 1 CUP	250	80	190	13	1	0.2	35
BRAZIL NUTS 1 OZ	28.35	3	185	4	19	4.6	4
CAROB FLOUR 1 CUP	140	3	255	6	0	0	126
CASHEW NUTS; DRY ROASTED;SALTD1 CUP	137	2	785	21	63	12.5	45
CASHEW NUTS; DRY ROASTD;UNSALT1 CUP	137	2	785	21	63	12.5	45
CASHEW NUTS; DRY ROASTD;SALTED1 OZ	28.35	2	165	4	13	2.6	9
CASHEW NUTS; DRY ROASTD;UNSALT1 OZ	28.35	2	165	4	13	2.6	9
CASHEW NUTS; OIL ROASTD;SALTED1 CUP	130	4	750	21	63	12.4	37
CASHEW NUTS; OIL ROASTD;UNSALT1 CUP	130	4	750	21	63	12.4	37
CASHEW NUTS; OIL ROASTD;SALTED1 OZ	28.35	4	165	5	14	2.7	8
CASHEW NUTS; OIL ROASTD;UNSALT1 OZ	28.35	4	165	5	14	2.7	8
CHESTNUTS; EUROPEAN; ROASTED 1 CUP	143	40	350	5	3	0.6	76
CHICKPEAS; COOKED; DRAINED 1 CUP	163	60	270	15	4	0.4	45
COCONUT; RAW; PIECE 1 PIECE	45	47	160	1	15	13.4	7
COCONUT; RAW; SHREDDED 1 CUP	80	47	285	3	27	23.8	12
COCONUT; DRIED; SWEETND;SHREDD1 CUP	93	13	470	3	33	29.3	44
FILBERTS; (HAZELNUTS) CHOPPED 1 CUP	115	5	725	15	72	5.3	18
FILBERTS; (HAZELNUTS) CHOPPED 1 OZ	28.35	5	180	4	18	1.3	4
LENTILS; DRY; COOKED 1 CUP	200	72	215	16	1	0.1	38
MACADAMIA NUTS; OILRSTD;SALTED1 CUP	134	2	960	10	103	15.4	17
MACADAMIA NUTS; OILRSTD;UNSALT1 CUP	134	2	960	10	103	15.4	17
MACADAMIA NUTS; OILRSTD;SALTED1 OZ	28.35	2	205	2	22	3.2	4
MACADAMIA NUTS; OILRSTD;UNSALT1 OZ	28.35	2	205	2	22	3.2	4
MIXED NUTS W/ PEANTS;DRY;SALTD1 OZ	28.35	2	170	5	15	2	7
MIXED NUTS W/ PEANTS;DRY;UNSLT1 OZ	28.35	2	170	5	15	2	7
MIXED NUTS W/ PEANTS;OIL;SALTD1 OZ	28.35	2	175	5	16	2.5	6
MIXED NUTS W/ PEANTS;OIL;UNSLT1 OZ	28.35	2	175	5	16	2.5	6
PEANUTS; OIL ROASTED; SALTED 1 CUP	145	2	840	39	71	9.9	27
PEANUTS; OIL ROASTED; UNSALTED1 CUP	145	2	840	39	71	9.9	27
PEANUTS; OIL ROASTED; SALTED 1 OZ	28.35	2	165	8	14	1.9	5
PEANUTS; OIL ROASTED; UNSALTED1 OZ	28.35	2	165	8	14	1.9	5
PEANUT BUTTER 1 TBSP	16	1	95	5	8	1.4	3
PEAS; SPLIT; DRY; COOKED 1 CUP	200	70	230	16	1	0.1	42
PECANS; HALVES 1 CUP	108	5	720	8	73	5.9	20
PECANS; HALVES 1 OZ	28.35	5	190	2	19	1.5	5
PINE NUTS 1 OZ	28.35	6	160	3	17	2.7	5
PISTACHIO NUTS 1 OZ	28.35	4	165	6	14	1.7	7
PUMPKIN AND SQUASH KERNELS 1 OZ	28.35	7	155	7	13	2.5	5
REFRIED BEANS; CANNED 1 CUP	290	72	295	18	3	0.4	51
SESAME SEEDS 1 TBSP	8	5	45	2	4	0.6	1
SOYBEANS; DRY; COOKED; DRAINED1 CUP	180	71	235	20	10	1.3	19
MISO 1 CUP	276	53	470	29	13	1.8	65
TOFU 1 PIECE	120	85	85	9	5	0.7	3
SUNFLOWER SEEDS 1 OZ	28.35	5	160	6	14	1.5	5
TAHINI 1 TBSP	15	3	90	3	8	1.1	3
WALNUTS; BLACK; CHOPPED 1 CUP	125	4	760	30	71	4.5	15
WALNUTS; BLACK; CHOPPED 1 OZ	28.35	4	170	7	16	1	3

WALNUTS; ENGLISH; PIECES 1 CUP	120	4	770	17	74	6.7	22
WALNUTS; ENGLISH; PIECES 1 OZ	28.35	4	180	4	18	1.6	5
BEEF; CKD;CHUCK BLADE;LEAN+FAT3 OZ	85	43	325	22	26	10.8	0
BEEF; CKD;CHUCK BLADE;LEANONLY2.2 OZ	62	53	170	19	9	3.9	0
BEEF; CKD;BTTM ROUND;LEAN+ FAT3 OZ	85	54	220	25	13	4.8	0
BEEF; CKD;BTTM ROUND;LEAN ONLY2.8 OZ	78	57	175	25	8	2.7	0
GROUND BEEF; BROILED; LEAN 3 OZ	85	56	230	21	16	6.2	0
GROUND BEEF; BROILED; REGULAR 3 OZ	85	54	245	20	18	6.9	0
BEEF HEART; BRAISED 3 OZ	85	65	150	24	5	1.2	0
BEEF LIVER; FRIED 3 OZ	85	56	185	23	7	2.5	7
BEEF ROAST; RIB; LEAN + FAT 3 OZ	85	46	315	19	26	10.8	0
BEEF ROAST; RIB; LEAN ONLY 2.2 OZ	61	57	150	17	9	3.6	0
BEEF ROAST; EYE O RND;LEAN+FAT3 OZ	85	57	205	23	12	4.9	0
BEEF ROAST; EYE O RND; LEAN 2.6 OZ	75	63	135	22	5	1.9	0
BEEF STEAK;SIRLOIN;BROIL;LN+FT3 OZ	85	53	240	23	15	6.4	0
BEEF STEAK;SIRLOIN;BROIL;LEAN 2.5 OZ	72	59	150	22	6	2.6	0
BEEF; CANNED; CORNED 3 OZ	85	59	185	22	10	4.2	0
BEEF; DRIED; CHIPPED 2.5 OZ	72	48	145	24	4	1.8	0
LAMB;CHOPS;ARM;BRAISED;LEAN+FT2.2 OZ	63	44	220	20	15	6.9	0
LAMB;CHOPS;ARM;BRAISED;LEAN 1.7 OZ	48	49	135	17	7	2.9	0
LAMB;CHOPS;LOIN;BROIL;LEAN+FAT2.8 OZ	80	54	235	22	16	7.3	0
LAMB;CHOPS;LOIN;BROIL;LEAN 2.3 OZ	64	61	140	19	6	2.6	0
LAMB;LEG;ROASTED; LEAN+ FAT 3 OZ	85	59	205	22	13	5.6	0
LAMB;LEG;ROASTED; LEAN ONLY 2.6 OZ	73	64	140	20	6	2.4	0
LAMB; RIB; ROASTED; LEAN + FAT3 OZ	85	47	315	18	26	12.1	0
LAMB; RIB; ROASTED; LEAN ONLY 2 OZ	57	60	130	15	7	3.2	0
PORK; CURED; BACON; REGUL;CKED3 SLICE	19	13	110	6	9	3.3	0
PORK; CURED; BACON;CANADN;CKED2 SLICE	46	62	85	11	4	1.3	1
PORK; CURED; HAM; ROSTED;LN+FT3 OZ	85	58	205	18	14	5.1	0
PORK; CURED; HAM; ROSTED;LEAN 2.4 OZ	68	66	105	17	4	1.3	0
PORK; CURED; HAM; CANNED;ROAST3 OZ	85	67	140	18	7	2.4	0
PORK; LUNCHEON MEAT;CANNED 2 SLICES	42	52	140	5	13	4.5	1
PORK; LUNCHEON MEAT;CHOPPD HAM2 SLICES	42	64	95	7	7	2.4	0
PORK; LUNCHEON MEAT;CKD HAM;RG2 SLICES	57	65	105	10	6	1.9	2
PORK; LUNCHEON MEAT;CKD HAM;LN2 SLICES	57	71	75	11	3	0.9	1
PORK CHOP; LOIN; BROIL; LEN+FT3.1 OZ	87	50	275	24	19	7	0
PORK CHOP; LOIN; BROIL; LEAN 2.5 OZ	72	57	165	23	8	2.6	0
PORK CHOP; LOIN;PANFRY;LEAN+FT3.1 OZ	89	45	335	21	27	9.8	0
PORK CHOP; LOIN;PANFRY; LEAN 2.4 OZ	67	54	180	19	11	3.7	0
PORK FRESH HAM; ROASTD;LEAN+FT3 OZ	85	53	250	21	18	6.4	0
PORK FRESH HAM; ROASTD; LEAN 2.5 OZ	72	60	160	20	8	2.7	0
PORK FRESH RIB; ROASTD;LEAN+FT3 OZ	85	51	270	21	20	7.2	0
PORK FRESH RIB; ROASTD; LEAN 2.5 OZ	71	57	175	20	10	3.4	0
PORK SHOULDER; BRAISD;LEAN+FAT3 OZ	85	47	295	23	22	7.9	0
PORK SHOULDER; BRAISD; LEAN 2.4 OZ	67	54	165	22	8	2.8	0
BOLOGNA 2 SLICES	57	54	180	7	16	6.1	2
BRAUNSCHWEIGER 2 SLICES	57	48	205	8	18	6.2	2
BROWN AND SERVE SAUSAGE;BRWND 1 LINK	13	45	50	2	5	1.7	0
FRANKFURTER; COOKED 1 FRANK	45	54	145	5	13	4.8	1
PORK; LINK; COOKED 1 LINK	13	45	50	3	4	1.4	0

SALAMI; COOKED TYPE 2 SLICES	57	60	145	8	11	4.6	1
SALAMI; DRY TYPE 2 SLICES	20	35	85	5	7	2.4	1
SANDWICH SPREAD; PORK; BEEF 1 TBSP	15	60	35	1	3	0.9	2
VIENNA SAUSAGE 1 SAUSAG	16	60	45	2	4	1.5	0
VEAL CUTLET; MED FAT;BRSD;BRLD3 OZ	85	60	185	23	9	4.1	0
VEAL RIB; MED FAT; ROASTED 3 OZ	85	55	230	23	14	6	0
BEEF AND VEGETABLE STEW;HM RCP1 CUP	245	82	220	16	11	4.4	15
BEEF POTPIE; HOME RECIPE 1 PIECE	210	55	515	21	30	7.9	39
CHICKEN A LA KING; HOME RECIPE1 CUP	245	68	470	27	34	12.9	12
CHICKEN AND NOODLES; HOME RECP1 CUP	240	71	365	22	18	5.1	26
CHICKEN CHOW MEIN; CANNED 1 CUP	250	89	95	7	0	0.1	18
CHICKEN CHOW MEIN; HOME RECIPE1 CUP	250	78	255	31	10	4.1	10
CHICKEN POTPIE; HOME RECIPE 1 PIECE	232	57	545	23	31	10.3	42
CHILI CON CARNE W/ BEANS; CNND1 CUP	255	72	340	19	16	5.8	31
CHOP SUEY W/ BEEF + PORK;HMRCP1 CUP	250	75	300	26	17	4.3	13
MACARONI AND CHEESE; CANNED 1 CUP	240	80	230	9	10	4.7	26
MACARONI AND CHEESE; HOME RCPE1 CUP	200	58	430	17	22	9.8	40
QUICHE LORRAINE 1 SLICE	176	47	600	13	48	23.2	29
SPAGHETTI; TOM SAUCE CHEES;CND1 CUP	250	80	190	6	2	0.4	39
SPAGHETTI; TOM SAUCE CHEE;HMRP1 CUP	250	77	260	9	9	3	37
SPAGHETTI;MEATBALLS;TOMSAC;CND1 CUP	250	78	260	12	10	2.4	29
SPAGHETTI;MEATBALLS;TOMSA;HMRP1 CUP	248	70	330	19	12	3.9	39
CHEESEBURGER; REGULAR 1 SANDWH	112	46	300	15	15	7.3	28
CHEESEBURGER; 4OZ PATTY 1 SANDWH	194	46	525	30	31	15.1	40
ENCHILADA 1 ENCHLD	230	72	235	20	16	7.7	24
ENG MUFFIN; EGG; CHEESE; BACON1 SANDWH	138	49	360	18	18	8	31
FISH SANDWICH; REG; W/ CHEESE 1 SANDWH	140	43	420	16	23	6.3	39
FISH SANDWICH; LGE; W/O CHEESE1 SANDWH	170	48	470	18	27	6.3	41
HAMBURGER; REGULAR 1 SANDWH	98	46	245	12	11	4.4	28
HAMBURGER; 4OZ PATTY 1 SANDWH	174	50	445	25	21	7.1	38
PIZZA; CHEESE 1 SLICE	120	46	290	15	9	4.1	39
ROAST BEEF SANDWICH 1 SANDWH	150	52	345	22	13	3.5	34
TACO 1 TACO	81	55	195	9	11	4.1	15
CHICKEN; FRIED; BATTER; BREAST4.9 OZ	140	52	365	35	18	4.9	13
CHICKEN; FRIED; BATTER;DRMSTCK2.5 OZ	72	53	195	16	11	3	6
CHICKEN; FRIED; FLOUR; BREAST 3.5 OZ	98	57	220	31	9	2.4	2
CHICKEN; FRIED; FLOUR; DRMSTCK1.7 OZ	49	57	120	13	7	1.8	1
CHICKEN; ROASTED; BREAST 3.0 OZ	86	65	140	27	3	0.9	0
CHICKEN; ROASTED; DRUMSTICK 1.6 OZ	44	67	75	12	2	0.7	0
CHICKEN; STEWED; LIGHT + DARK 1 CUP	140	67	250	38	9	2.6	0
CHICKEN LIVER; COOKED 1 LIVER	20	68	30	5	1	0.4	0
DUCK; ROASTED; FLESH ONLY 1/2 DUCK	221	64	445	52	25	9.2	0
TURKEY; ROASTED; DARK MEAT 4 PIECES	85	63	160	24	6	2.1	0
TURKEY; ROASTED; LIGHT MEAT 2 PIECES	85	66	135	25	3	0.9	0
TURKEY; ROASTED; LIGHT + DARK 1 CUP	140	65	240	41	7	2.3	0
TURKEY; ROASTED; LIGHT + DARK 3 PIECES	85	65	145	25	4	1.4	0
CHICKEN; CANNED; BONELESS 5 OZ	142	69	235	31	11	3.1	0
CHICKEN FRANKFURTER 1 FRANK	45	58	115	6	9	2.5	3
CHICKEN ROLL; LIGHT 2 SLICES	57	69	90	11	4	1.1	1
GRAVY AND TURKEY; FROZEN 5 OZ	142	85	95	8	4	1.2	7

TURKEY HAM; CURED TURKEY THIGH2 SLICES	57	71	75	11	3	1	0
TURKEY LOAF; BREAST MEAT W/O C2 SLICES	42	72	45	10	1	0.2	0
TURKEY LOAF; BREAST MEAT; W/ C2 SLICES	42	72	45	10	1	0.2	0
TURKEY PATTIES; BRD;BATTD;FRID1 PATTY	64	50	180	9	12	3	10
TURKEY ROAST; FRZN;LGHT+DRK;CK3 OZ	85	68	130	18	5	1.6	3
CLAM CHOWDER; NEW ENG; W/ MILK1 CUP	248	85	165	9	7	3	17
CR OF CHICKEN SOUP W/ MLK;CNND1 CUP	248	85	190	7	11	4.6	15
CR OF MUSHROM SOUP W/ MLK;CNND1 CUP	248	85	205	6	14	5.1	15
TOMATO SOUP WITH MILK; CANNED 1 CUP	248	85	160	6	6	2.9	22
BEAN WITH BACON SOUP; CANNED 1 CUP	253	84	170	8	6	1.5	23
BEEF BROTH; BOULLN; CONSM;CNND1 CUP	240	98	15	3	1	0.3	0
BEEF NOODLE SOUP; CANNED 1 CUP	244	92	85	5	3	1.1	9
CHICKEN NOODLE SOUP; CANNED 1 CUP	241	92	75	4	2	0.7	9
CHICKEN RICE SOUP; CANNED 1 CUP	241	94	60	4	2	0.5	7
CLAM CHOWDER; MANHATTAN; CANND1 CUP	244	90	80	4	2	0.4	12
CR OF CHICKEN SOUP W/ H2O;CNND1 CUP	244	91	115	3	7	2.1	9
CR OF MUSHROM SOUP W/ H2O;CNND1 CUP	244	90	130	2	9	2.4	9
MINESTRONE SOUP; CANNED 1 CUP	241	91	80	4	3	0.6	11
PEA; GREEN; SOUP; CANNED 1 CUP	250	83	165	9	3	1.4	27
TOMATO SOUP W/ WATER; CANNED 1 CUP	244	90	85	2	2	0.4	17
VEGETABLE BEEF SOUP; CANNED 1 CUP	244	92	80	6	2	0.9	10
VEGETARIAN SOUP; CANNED 1 CUP	241	92	70	2	2	0.3	12
BOUILLON; DEHYDRTD; UNPREPARED1 PKT	6	3	15	1	1	0.3	1
ONION SOUP; DEHYDRTD; UNPRPRED1 PKT	7	4	20	1	0	0.1	4
CHICKEN NOODLE SOUP;DEHYD;PRPD1 PKT	188	94	40	2	1	0.2	6
ONION SOUP; DEHYDRATD; PREPRED1 PKT	184	96	20	1	0	0.1	4
TOMATO VEG SOUP; DEHYD;PREPRED1 PKT	189	94	40	1	1	0.3	8
CHEESE SAUCE W/ MILK; FRM MIX 1 CUP	279	77	305	16	17	9.3	23
HOLLANDAISE SCE; W/ H2O;FRM MX1 CUP	259	84	240	5	20	11.6	14
WHITE SAUCE W/ MILK FROM MIX 1 CUP	264	81	240	10	13	6.4	21
WHITE SAUCE; MEDIUM; HOME RECP1 CUP	250	73	395	10	30	9.1	24
BARBECUE SAUCE 1 TBSP	16	81	10	0	0	0	2
SOY SAUCE 1 TBSP	18	68	10	2	0	0	2
BEEF GRAVY; CANNED 1 CUP	233	87	125	9	5	2.7	11
CHICKEN GRAVY; CANNED 1 CUP	238	85	190	5	14	3.4	13
MUSHROOM GRAVY; CANNED 1 CUP	238	89	120	3	6	1	13
BROWN GRAVY FROM DRY MIX 1 CUP	261	91	80	3	2	0.9	14
CHICKEN GRAVY FROM DRY MIX 1 CUP	260	91	85	3	2	0.5	14
CARAMELS; PLAIN OR CHOCOLATE 1 OZ	28.35	8	115	1	3	2.2	22
MILK CHOCOLATE CANDY; PLAIN 1 OZ	28.35	1	145	2	9	5.4	16
MILK CHOCOLATE CANDY;W/ ALMOND1 OZ	28.35	2	150	3	10	4.8	15
MILK CHOCOLATE CANDY;W/ PENUTS1 OZ	28.35	1	155	4	11	4.2	13
MILK CHOCOLATE CANDY;W/ RICE C1 OZ	28.35	2	140	2	7	4.4	18
SEMISWEET CHOCOLATE 1 CUP	170	1	860	7	61	36.2	97
SWEET (DARK) CHOCOLATE 1 OZ	28.35	1	150	1	10	5.9	16
FONDANT; UNCOATED 1 OZ	28.35	3	105	0	0	0	27
FUDGE; CHOCOLATE; PLAIN 1 OZ	28.35	8	115	1	3	2.1	21
GUM DROPS 1 OZ	28.35	12	100	0	0	0	25
HARD CANDY 1 OZ	28.35	1	110	0	0	0	28
JELLY BEANS 1 OZ	28.35	6	105	0	0	0	26

MARSHMALLOWS	1 OZ	28.35	17	90	1	0	0	23
CUSTARD; BAKED	1 CUP	265	77	305	14	15	6.8	29
GELATIN DESSERT; PREPARED	1/2 CUP	120	84	70	2	0	0	17
HONEY	1 CUP	339	17	1030	1	0	0	279
HONEY	1 TBSP	21	17	65	0	0	0	17
JAMS AND PRESERVES	1 TBSP	20	29	55	0	0	0	14
JAMS AND PRESERVES	1 PKT	14	29	40	0	0	0	10
JELLIES	1 TBSP	18	28	50	0	0	0	13
JELLIES	1 PKT	14	28	40	0	0	0	10
POPSICLE	1 POPCLE	95	80	70	0	0	0	18
PUDDING; CHOCOLATE;CANNED	5 OZ	142	68	205	3	11	9.5	30
PUDDING; TAPIOCA; CANNED	5 OZ	142	74	160	3	5	4.8	28
PUDDING; VANILLA; CANNED	5 OZ	142	69	220	2	10	9.5	33
PUDDING; CHOC; INSTANT; FR MIX	1/2 CUP	130	71	155	4	4	2.3	27
PUDDING; CHOC; COOKED FROM MIX	1/2 CUP	130	73	150	4	4	2.4	25
PUDDING; RICE; FROM MIX	1/2 CUP	132	73	155	4	4	2.3	27
PUDDING; TAPIOCA; FROM MIX	1/2 CUP	130	75	145	4	4	2.3	25
PUDDING; VNLLA;INSTANT FRM MIX	1/2 CUP	130	73	150	4	4	2.2	27
PUDDING; VNLLA;COOKED FROM MIX	1/2 CUP	130	74	145	4	4	2.3	25
SUGAR; BROWN; PRESSED DOWN	1 CUP	220	2	820	0	0	0	212
SUGAR; WHITE; GRANULATED	1 CUP	200	1	770	0	0	0	199
SUGAR; WHITE; GRANULATED	1 TBSP	12	1	45	0	0	0	12
SUGAR; WHITE; GRANULATED	1 PKT	6	1	25	0	0	0	6
SUGAR; POWDERED; SIFTED	1 CUP	100	1	385	0	0	0	100
SYRUP; CHOCOLATE FLAVORED THIN	2 TBSP	38	37	85	1	0	0.2	22
SYRUP; CHOCOLATE FLVRED; FUDGE	2 TBSP	38	25	125	2	5	3.1	21
MOLASSES; CANE; BLACKSTRAP	2 TBSP	40	24	85	0	0	0	22
TABLE SYRUP (CORN AND MAPLE)	2 TBSP	42	25	122	0	0	0	32
ALFALFA SEEDS; SPROUTED; RAW	1 CUP	33	91	10	1	0	0	1
ARTICHOKES; GLOBE; COOKED; DRN	1 ARTCHK	120	87	55	3	0	0	12
ASPARAGUS; CKD FRM RAW; DR;CUT	1 CUP	180	92	45	5	1	0.1	8
ASPARAGUS; CKD FRM RAW;DR;SPER	4 SPEARS	60	92	15	2	0	0	3
ASPARAGUS; CKD FRM FRZ;DRN;CUT	1 CUP	180	91	50	5	1	0.2	9
ASPARAGUS; CKD FRM FRZ;DR;SPER	4 SPEARS	60	91	15	2	0	0.1	3
ASPARAGUS;CANNED;SPEARS;W/SALT	4 SPEARS	80	95	10	1	0	0	2
ASPARAGUS;CANNED;SPEARS;NOSALT	4 SPEARS	80	95	10	1	0	0	2
BAMBOO SHOOTS; CANNED; DRAINED	1 CUP	131	94	25	2	1	0.1	4
LIMA BEANS;THICK SEED;FRZN;CKD	1 CUP	170	74	170	10	1	0.1	32
LIMA BEANS;BABY; FRZN;CKED;DRN	1 CUP	180	72	190	12	1	0.1	35
SNAP BEAN;RAW;CKD;DRND;GREEN	1 CUP	125	89	45	2	0	0.1	10
SNAP BEAN;RAW;CKD;DRND;YELLOW	1 CUP	125	89	45	2	0	0.1	10
SNAP BEAN;FRZ;CKD;DRND;GREEN	1 CUP	135	92	35	2	0	0	8
SNAP BEAN;FRZ;CKD;DRND;YELLOW	1 CUP	135	92	35	2	0	0	8
SNAP BEAN;CNND;DRND;GREEN;SALT	1 CUP	135	93	25	2	0	0	6
SNAP BEAN;CNND;DRND;GRN;NOSALT	1 CUP	135	93	25	2	0	0	6
SNAP BEAN;CNND;DRND;YLLW; SALT	1 CUP	135	93	25	2	0	0	6
SNAP BEAN;CNND;DRND;YLLW;NOSAL	1 CUP	135	93	25	2	0	0	6
BEAN SPROUTS; MUNG; RAW	1 CUP	104	90	30	3	0	0	6
BEAN SPROUTS; MUNG; COOKD;DRAN	1 CUP	124	93	25	3	0	0	5
BEETS; COOKED; DRAINED; DICED	1 CUP	170	91	55	2	0	0	11

BEETS; COOKED; DRAINED; WHOLE 2 BEETS	100	91	30	1	0	0	7
BEETS; CANNED; DRAINED;W/ SALT1 CUP	170	91	55	2	0	0	12
BEETS; CANNED; DRAINED;NO SALT1 CUP	170	91	55	2	0	0	12
BEET GREENS; COOKED; DRAINED 1 CUP	144	89	40	4	0	0	8
BLACKEYE PEAS; IMMATR;RAW;CKED1 CUP	165	72	180	13	1	0.3	30
BLACKEYE PEAS;IMMTR;FRZN;CKED 1 CUP	170	66	225	14	1	0.3	40
BROCCOLI; RAW 1 SPEAR	151	91	40	4	1	0.1	8
BROCCOLI; RAW; COOKED; DRAINED1 SPEAR	180	90	50	5	1	0.1	10
BROCCOLI; RAW; COOKED; DRAINED1 CUP	155	90	45	5	0	0.1	9
BROCCOLI; FRZN; COOKED; DRANED1 PIECE	30	91	10	1	0	0	2
BROCCOLI; FRZN; COOKED; DRANED1 CUP	185	91	50	6	0	0	10
BRUSSELS SPROUTS; RAW; COOKED 1 CUP	155	87	60	4	1	0.2	13
BRUSSELS SPROUTS; FRZN; COOKED1 CUP	155	87	65	6	1	0.1	13
CABBAGE; COMMON; RAW 1 CUP	70	93	15	1	0	0	4
CABBAGE; COMMON; COOKED; DRNED1 CUP	150	94	30	1	0	0	7
CABBAGE; CHINESE; PAK-CHOI;CKD1 CUP	170	96	20	3	0	0	3
CABBAGE; CHINESE;PE-TSAI; RAW 1 CUP	76	94	10	1	0	0	2
CABBAGE; RED; RAW 1 CUP	70	92	20	1	0	0	4
CABBAGE; SAVOY; RAW 1 CUP	70	91	20	1	0	0	4
CARROTS; RAW; WHOLE 1 CARROT	72	88	30	1	0	0	7
CARROTS; RAW; GRATED 1 CUP	110	88	45	1	0	0	11
CARROTS; COOKED FROM RAW 1 CUP	156	87	70	2	0	0.1	16
CARROTS; COOKED FROM FROZEN 1 CUP	146	90	55	2	0	0	12
CARROTS; CANNED; DRN; W/ SALT 1 CUP	146	93	35	1	0	0.1	8
CARROTS; CANNED;DRND; W/O SALT1 CUP	146	93	35	1	0	0.1	8
CAULIFLOWER; RAW 1 CUP	100	92	25	2	0	0	5
CAULIFLOWER; COOKED FROM RAW 1 CUP	125	93	30	2	0	0	6
CAULIFLOWER; COOKED FROM FROZN1 CUP	180	94	35	3	0	0.1	7
CELERY; PASCAL TYPE; RAW;STALK1 STALK	40	95	5	0	0	0	1
CELERY; PASCAL TYPE; RAW;PIECE1 CUP	120	95	20	1	0	0	4
COLLARDS; COOKED FROM RAW 1 CUP	190	96	25	2	0	0.1	5
COLLARDS; COOKED FROM FROZEN 1 CUP	170	88	60	5	1	0.1	12
CORN; COOKED FROM RAW; YELLOW 1 EAR	77	70	85	3	1	0.2	19
CORN; COOKED FROM RAW; WHITE 1 EAR	77	70	85	3	1	0.2	19
CORN; COOKED FRM FROZN; YELLOW1 EAR	63	73	60	2	0	0.1	14
CORN; COOKED FRM FROZN; WHITE 1 EAR	63	73	60	2	0	0.1	14
CORN; COOKED FRM FROZN; YELLOW1 CUP	165	76	135	5	0	0	34
CORN; COOKED FRM FROZN; WHITE 1 CUP	165	76	135	5	0	0	34
CORN; CNND;CRM STL;YLLW;W/SALT1 CUP	256	79	185	4	1	0.2	46
CORN; CNND;CRM STL;YLLW;NO SAL1 CUP	256	79	185	4	1	0.2	46
CORN; CNND;CRM STL;WHIT;W/SALT1 CUP	256	79	185	4	1	0.2	46
CORN; CNND;CRM STL;WHIT;NO SAL1 CUP	256	79	185	4	1	0.2	46
CORN;CNND;WHL KRNL;YLLW;W/SALT1 CUP	210	77	165	5	1	0.2	41
CORN;CNND;WHL KRNL;YLLW;NO SAL1 CUP	210	77	165	5	1	0.2	41
CORN;CNND;WHL KRNL;WHTE;W/SALT1 CUP	210	77	165	5	1	0.2	41
CORN;CNND;WHL KRNL;WHTE;NO SAL1 CUP	210	77	165	5	1	0.2	41
CUCUMBER; W/ PEEL 6 SLICES	28	96	5	0	0	0	1
DANDELION GREENS; COOKED; DRND1 CUP	105	90	35	2	1	0.1	7
EGGPLANT; COOKED; STEAMED 1 CUP	96	92	25	1	0	0	6
ENDIVE; CURLY; RAW 1 CUP	50	94	10	1	0	0	2

JERUSALEM-ARTICHOKE; RAW 1 CUP	150	78	115	3	0	0	26
KALE; COOKED FROM RAW 1 CUP	130	91	40	2	1	0.1	7
KALE; COOKED FROM FROZEN 1 CUP	130	91	40	4	1	0.1	7
KOHLRABI; COOKED; DRAINED 1 CUP	165	90	50	3	0	0	11
LETTUCE; BUTTERHEAD; RAW;HEAD 1 HEAD	163	96	20	2	0	0	4
LETTUCE; BUTTERHEAD; RAW;LEAVE1 LEAF	15	96	0	0	0	0	0
LETTUCE; CRISPHEAD; RAW; HEAD 1 HEAD	539	96	70	5	1	0.1	11
LETTUCE; CRISPHEAD; RAW;WEDGE 1 WEDGE	135	96	20	1	0	0	3
LETTUCE; CRISPHEAD; RAW;PIECES1 CUP	55	96	5	1	0	0	1
LETTUCE; LOOSELEAF 1 CUP	56	94	10	1	0	0	2
MUSHROOMS; RAW 1 CUP	70	92	20	1	0	0	3
MUSHROOMS; COOKED; DRAINED 1 CUP	156	91	40	3	1	0.1	8
MUSHROOMS; CANNED; DRND;W/SALT1 CUP	156	91	35	3	0	0.1	8
MUSTARD GREENS; COOKED; DRANED1 CUP	140	94	20	3	0	0	3
OKRA PODS; COOKED 8 PODS	85	90	25	2	0	0	6
ONIONS; RAW; CHOPPED 1 CUP	160	91	55	2	0	0.1	12
ONIONS; RAW; SLICED 1 CUP	115	91	40	1	0	0.1	8
ONIONS; RAW; COOKED; DRAINED 1 CUP	210	92	60	2	0	0.1	13
ONIONS; SPRING; RAW 6 ONION	30	92	10	1	0	0	2
ONION RINGS; BREADED;FRZN;PRPD2 RINGS	20	29	80	1	5	1.7	8
PARSLEY; RAW 10 SPRIG	10	88	5	0	0	0	1
PARSLEY; FREEZE-DRIED 1 TBSP	0.4	2	0	0	0	0	0
PARSNIPS; COOKED; DRAINED 1 CUP	156	78	125	2	0	0.1	30
PEAS; EDIBLE POD; COOKED;DRNED1 CUP	160	89	65	5	0	0.1	11
PEAS; GREEN;CNND;DRND; W/ SALT1 CUP	170	82	115	8	1	0.1	21
PEAS; GREEN;CNND;DRND;W/O SALT1 CUP	170	82	115	8	1	0.1	21
PEAS;GRN; FROZEN COOKED;DRANED1 CUP	160	80	125	8	0	0.1	23
PEPPERS; HOT CHILI; RAW; RED 1 PEPPER	45	88	20	1	0	0	4
PEPPERS; HOT CHILI; RAW; GREEN1 PEPPER	45	88	20	1	0	0	4
PEPPERS; SWEET; RAW; GREEN 1 PEPPER	74	93	20	1	0	0	4
PEPPERS; SWEET; RAW; RED 1 PEPPER	74	93	20	1	0	0	4
PEPPERS; SWEET; COOKED; GREEN 1 PEPPER	73	95	15	0	0	0	3
PEPPERS; SWEET; COOKED; RED 1 PEPPER	73	95	15	0	0	0	3
POTATOES; BAKED WITH SKIN 1 POTATO	202	71	220	5	0	0.1	51
POTATOES; BAKED FLESH ONLY 1 POTATO	156	75	145	3	0	0	34
POTATOES; BOILED; PEELED AFTER1 POTATO	136	77	120	3	0	0	27
POTATOES; BOILED; PEELED BEFOR1 POTATO	135	77	115	2	0	0	27
POTATOES;FRENCH-FRD;FRZN;OVEN 10 STRIP	50	53	110	2	4	2.1	17
POTATOES;FRENCH-FRD;FRZN;FRIED10 STRIP	50	38	160	2	8	2.5	20
POTATOES; AU GRATIN; FROM MIX 1 CUP	245	79	230	6	10	6.3	31
POTATOES; AU GRATIN; HOME RECP1 CUP	245	74	325	12	19	11.6	28
POTATOES; HASHED BROWN;FR FRZN1 CUP	156	56	340	5	18	7	44
POTATOES; MASHED;RECPE;W/ MILK1 CUP	210	78	160	4	1	0.7	37
POTATOES; MASHED;RECPE;MLK+MAR1 CUP	210	76	225	4	9	2.2	35
POTATOES; MASHED;FRM DEHYDRTED1 CUP	210	76	235	4	12	7.2	32
POTATO SALAD MADE W/ MAYONNAIS1 CUP	250	76	360	7	21	3.6	28
POTATOES; SCALLOPED; FROM MIX 1 CUP	245	79	230	5	11	6.5	31
POTATOES; SCALLOPED; HOME RECP1 CUP	245	81	210	7	9	5.5	26
POTATO CHIPS 10 CHIPS	20	3	105	1	7	1.8	10
PUMPKIN; COOKED FROM RAW 1 CUP	245	94	50	2	0	0.1	12

PUMPKIN; CANNED	1 CUP	245	90	85	3	1	0.4	20
RADISHES; RAW	4 RADISH	18	95	5	0	0	0	1
SAUERKRAUT; CANNED	1 CUP	236	93	45	2	0	0.1	10
SEAWEED; KELP; RAW	1 OZ	28.35	82	10	0	0	0.1	3
SEAWEED; SPIRULINA; DRIED	1 OZ	28.35	5	80	16	2	0.8	7
SPINACH; RAW	1 CUP	55	92	10	2	0	0	2
SPINACH; COOKED FROM RAW; DRND	1 CUP	180	91	40	5	0	0.1	7
SPINACH; COOKED FR FRZEN; DRND	1 CUP	190	90	55	6	0	0.1	10
SPINACH; CANNED; DRND;W/ SALT	1 CUP	214	92	50	6	1	0.2	7
SPINACH; CANNED; DRND;W/O SALT	1 CUP	214	92	50	6	1	0.2	7
SPINACH SOUFFLE	1 CUP	136	74	220	11	18	7.1	3
SQUASH; SUMMER; COOKED; DRAIN	1 CUP	180	94	35	2	1	0.1	8
SQUASH; WINTER; BAKED	1 CUP	205	89	80	2	1	0.3	18
SWEETPOTATOES; BAKED; PEELED	1 POTATO	114	73	115	2	0	0	28
SWEETPOTATOES; BOILED W/O PEEL	1 POTATO	151	73	160	2	0	0.1	37
SWEETPOTATOES; CANDIED	1 PIECE	105	67	145	1	3	1.4	29
SWEETPOTATOES; CANNED; MASHED	1 CUP	255	74	260	5	1	0.1	59
SWEETPOTATOES; CANNED; VAC PACK	1 PIECE	40	76	35	1	0	0	8
TOMATOES; RAW	1 TOMATO	123	94	25	1	0	0	5
TOMATOES; CANNED; S+L; W/ SALT	1 CUP	240	94	50	2	1	0.1	10
TOMATOES; CANNED; S+L;W/O SALT	1 CUP	240	94	50	2	1	0.1	10
TOMATO JUICE; CANNED WITH SALT	1 CUP	244	94	40	2	0	0	10
TOMATO JUICE; CANNED W/O SALT	1 CUP	244	94	40	2	0	0	10
TOMATO PASTE; CANNED W/O SALT	1 CUP	262	74	220	10	2	0.3	49
TOMATO PASTE; CANNED WITH SALT	1 CUP	262	74	220	10	2	0.3	49
TOMATO PUREE; CANNED W/O SALT	1 CUP	250	87	105	4	0	0	25
TOMATO PUREE; CANNED WITH SALT	1 CUP	250	87	105	4	0	0	25
TOMATO SAUCE; CANNED WITH SALT	1 CUP	245	89	75	3	0	0.1	18
TURNIPS; COOKED; DICED	1 CUP	156	94	30	1	0	0	8
TURNIP GREENS; COOKED FROM RAW	1 CUP	144	93	30	2	0	0.1	6
TURNIP GREENS; CKED FRM FROZEN	1 CUP	164	90	50	5	1	0.2	8
VEGETABLE JUICE COCKTAIL; CNND	1 CUP	242	94	45	2	0	0	11
VEGETABLES; MIXED; CANNED	1 CUP	163	87	75	4	0	0.1	15
VEGETABLES; MIXED; CKED FR FRZ	1 CUP	182	83	105	5	0	0.1	24
WATER CHESTNUTS; CANNED	1 CUP	140	86	70	1	0	0	17
BAKING POWDER;SAS; CA PO4	1 TSP	3	2	5	0	0	0	1
BAKING POWDER;SAS;CAPO4+CASO4	1 TSP	2.9	1	5	0	0	0	1
BAKING POWDER; STRGHT PHOSPHAT	1 TSP	3.8	2	5	0	0	0	1
BAKING POWDER; LOW SODIUM	1 TSP	4.3	1	5	0	0	0	1
CATSUP	1 CUP	273	69	290	5	1	0.2	69
CATSUP	1 TBSP	15	69	15	0	0	0	4
CELERY SEED	1 TSP	2	6	10	0	1	0	1
CHILI POWDER	1 TSP	2.6	8	10	0	0	0.1	1
CHOCOLATE; BITTER OT BAKING	1 OZ	28.35	2	145	3	15	9	8
CINNAMON	1 TSP	2.3	10	5	0	0	0	2
CURRY POWDER	1 TSP	2	10	5	0	0	0	1
GARLIC POWDER	1 TSP	2.8	6	10	0	0	0	2
GELATIN; DRY	1 ENVELP	7	13	25	6	0	0	0
MUSTARD; PREPARED; YELLOW	1 TSP	5	80	5	0	0	0	0
OLIVES; CANNED; GREEN	4 MEDIUM	13	78	15	0	2	0.2	0

OLIVES; CANNED; RIPE; MISSION 3 SMALL	9	73	15	0	2	0.3	0
ONION POWDER 1 TSP	2.1	5	5	0	0	0	2
OREGANO 1 TSP	1.5	7	5	0	0	0	1
PAPRIKA 1 TSP	2.1	10	5	0	0	0	1
PEPPER; BLACK 1 TSP	2.1	11	5	0	0	0	1
PICKLES; CUCUMBER; DILL 1 PICKLE	65	93	5	0	0	0	1
PICKLES; CUCUMBER; FRESH PACK 2 SLICES	15	79	10	0	0	0	3
PICKLES; CUCUMBER; SWT GHERKINI PICKLE	15	61	20	0	0	0	5
RELISH; SWEET 1 TBSP	15	63	20	0	0	0	5
SALT 1 TSP	5.5	0	0	0	0	0	0
VINEGAR; CIDER 1 TBSP	15	94	0	0	0	0	1
YEAST; BAKERS; DRY; ACTIVE 1 PKG	7	5	20	3	0	0	3
YEAST; BREWERS; DRY 1 TBSP	8	5	25	3	0	0	3