

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Almond, blanched	1 oz.	165	14.3	6.2	5.6	2.9	0	8
Almond, dry roasted w/salt	1 oz.	170	15.0	6.3	5.5	3.3	00	96
Almond Paste	1 oz.	129	7.9	2.5	13.5	1.4	0	3
Anchovy, canned in oil	1 oz.	60	2.8	8.2	0.0	0.0	24	1040
Apple, raw	1 med.	81	0.5	0.3	21.0	3.7	0	0
Apple, canned, sweetened	1 cup	136	1.0	0.4	34.1	3.5	0	6
Apple, dried, no sugar added	1 cup	145	0.2	0.6	39.1	5.1	0	51
Apple Butter	1 tsp.	29	0.0	0.0	7.3	0.3	0	0
Apple Cider	6 oz.	90	0.0	0.0	21.0	trace	0	0
Apple Cranberry Juice	1 cup	164	0.0	0.2	41.9	0.2	0	5
Apple Juice	1 cup	117	0.3	0.1	28.9	0.2	0	7
Applesauce, unsweetened	1 cup	105	0.1	0.4	27.5	2.9	0	5
Apricot, raw halves	1 cup	79	0.6	2.3	18.3	3.9	0	2
Apricot, canned, light syrup	1 cup	159	0.1	1.3	41.7	4	0	10
Apricot, dried, uncooked	1 cup	309	0.6	4.7	80.2	11.7	0	13
Apricot Nectar	1 cup	141	0.2	1.0	36.0	1.5	0	7.5
Artichoke Hearts	3.5 oz.	225	26.5	2.0	6.0	trace	0	15
Artichoke Hearts, frozen	1/2 cup	42	0.1	2.9	9.4	4.5	0	79
Artichoke Hearts, raw	1 medium	60	0.2	4.2	13.4	6.9	0	120
Artichokes, Jerusalem, raw	1 cup	114	0.0	3.0	26.2	26.1	0	6
Arugula, raw	1/2 cup	3	0.1	0.3	0.4	0.2	0	3
Asparagus, fresh	5 spears	18	0.0	2.0	2.0	2.0	0	1.6
Asparagus, spears, canned	1 cup	46	1.6	5.2	6.0	3.8	0	694
Asparagus, frozen spears	1 cup	50	0.7	5.3	8.7	2.9	0	7
Avocado, California, pureed 1 cup	1 cup	407	39.8	4.8	15.9	11.3	0	27.8
Avocado, Florida, pureed	1 cup	257	20.4	3.6	20.5	12.2	0	11.5

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Bacon, cured, 12 slices per lb., raw	1 thick slice	211	21.8	3.3	0.0	0.0	25	277
Bacon, Turkey (Louis Rich)	1 slice	33	2.7	2.1	0.3	0.0	12	185
Bacon, Canadian, cured, unheated	2 oz.	89	4.0	11.7	1.0	0.0	28	798
Bacon Bits (Bac-Os)	2 tsp.	25	1.0	2.0	2.0	na	na	90
Bacon Pieces (Hormel)	1 oz.	94	5.0	12.0	2.0	na	26	654
Bagel, Blueberry (Earth Grains)	1 bagel	245	0.0	9.0	48	na	0	210
Bagel, Cinnamon Raisin (Earth Grains)	1 bagel	245	0.0	9.0	48.0	na	0	210
Bagel, Egg (Lender's)	1 bagel	230	2.5	9.0	41.0	2.0	15	460

Bagel, Onion (Earth Grains)	1 bagel	240	0.0	9.0	45.0	na	0	210
Bagel, Plain (Earth Grains)	1 bagel	240	0.0	9.0	45.0	na	0	210
Bagel Chips	1 oz.	130	4.0	4.0	20.0	1.0	0	170
Baked Beans (Van Camp's)	1 cup	260	2.0	11.0	52.0	trace	na	1020
Baked Beans, vegetarian (Van Camp's)	1 cup	206	0.6	10.0	42.0	trace	0	950
Baked Beans, w/franks (Van Camp's)	1 cup	326	15.4	15.2	31.7	7.0	15	990
Baked Beans, w/pork (Van Camp's)	1 cup	216	1.9	10.9	41.0	9.9	trace	1000
Baking Powder	1 tsp.	3	0.0	0.0	0.7	0.0	0	290
Baking Soda	1 tsp.	0	0.0	0.0	0.0	0.0	0	476
Bamboo Shoots, canned	1.5 oz.	8	0.2	0.7	1.4	trace	0	3
Banana, fresh, raw	1 medium	120	1.0	1.0	28.0	3.0	0	1
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Banana, dehydrated	1/4 cup	87	0.5	1.0	22.1	1.8	0	1
Banana Nectar	6 oz.	110	0.0	0.0	26.0	na	na	15
Barbecue Sauce (Healthy Choice)	1.1 oz.	25	0.2	0.3	5.7	0.5	0	229
Barbecue Sauce (Heinz Original)	1 oz.	35	0.0	0.0	8.0	na	0	390
Barley, pearled, cooked	1 cup	193	0.7	3.5	44.3	6.0	0	5
Barley Flour	2 oz.	200	1.0	7.0	35.0	7.2	0	0
Basil, dried, ground	1 tsp.	5	trace	0.0	0.0	0.0	na	0
Basil, fresh	2 tbsp.	1	0.0	0.1	0.2	na	0	0
Bass, Freshwater, raw	3 oz.	97	3.1	16.0	0.0	0.0	58	59
Bass, Sea, raw	3 oz.	82	1.7	15.7	0.0	0.0	35	58
Bay Leaf, dried, crumbled	1 tsp.	2	0.1	0.1	0.5	0.2	0	0
Bean Salad, (3) canned (Green Giant)	1/2 cup	70	1.0	2.0	18.0	3.0	0	470
Bean Sprouts, canned (LaChoy)	2 oz.	6	0.1	0.7	1.4	0.7	0	17
Beef Brisket, whole, trimmed, braised	3 oz.	185	8.6	25.3	0.0	0.0	79	59
Beef Chuck Roast, trimmed, braised	3 oz.	178	6.5	28.1	0.0	0.0	86	56
Beef Flank, trimmed, braised	3 oz.	201	11.0	23.8	0.0	0.0	60	61
Beef Heart, boiled	3 oz.	149	4.8	24.5	0.4	0.0	164	54
Beef Liver, braised	3 oz.	137	4.2	20.7	2.9	0.0	331	59
Beef, Porterhouse, trimmed, broiled	3 oz.	185	9.2	23.9	0.0	0.0	68	56
Beef Ribs, Shortribs, braised	3 oz.	251	15.4	26.1	0.0	0.0	79	49
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Beef Ribs, whole, trimmed, braised	3 oz.	190	10.4	22.4	0.0	0.0	65	60
Beef Rib Eye, trimmed, broiled	3 oz.	191	9.9	23.8	0.0	0.0	68	59
Beef Round, Bottom, trimmed, braised	3 oz.	173	6.5	26.9	0.0	0.0	82	43

Beef Round, Eye of, trimmed, roasted	3 oz.	141	4.0	24.6	0.0	0.0	59	53
Beef Round, Tip, trimmed, roasted	3 oz.	150	5.0	24.4	0.0	0.0	69	55
Beef, Round, trimmed, braised	3 oz.	169	4.3	30.7	0.0	0.0	77	38
Beef, Sirloin, Top, trimmed, broiled	3 oz.	162	5.8	25.8	0.0	0.0	76	56
Beef, T-bone, trimmed, broiled	3 oz.	182	8.8	23.9	0.0	0.0	68	56
Beef, Tenderloin, trimmed, broiled	3 oz.	175	8.1	24.0	0.0	0.0	71	54
Beef, Tongue, simmered	3 oz.	241	17.6	18.8	0.3	0.0	91	51
Beef, Corned, Brisket, cured, raw	1 oz.	56	4.2	4.2	0.0	0.0	15	35
Beef, Corned, cured, canned	1 oz.	71	4.2	7.7	0.0	0.0	24	285
Beef, Corned, Hash, canned w/potato	1 cup	398	24.9	19.4	23.5	1.1	73	1188
Beef, Dried	1 oz.	47	1.1	8.3	0.4	0.0	12	984
Beef, Ground, Extra Lean, raw	4 oz.	264	19.3	21.1	0.0	0.0	78	75
Beef, Ground, Lean, raw	4 oz.	298	23.4	20.0	0.0	0.0	85	78
Beef, Ground, Regular, raw	4 oz.	350	30.0	18.8	0.0	0.0	96	77
Beet, raw, sliced	1/2 cup	29	0.1	1.1	6.5	1.9	0	53
Beet, canned, pickled (Del Monte)	1/2 cup	80	0.0	1.0	19.0	trace	0	375
Beet, canned, sliced (Stokley)	1/2 cup	40	0.0	1.0	8.0	trace	0	300
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Biscuit Mix, regular (Bisquick)	1/3 cup	160	6.0	3.0	24.7	trace	0	467
Biscuit Mix, reduced fat (Bisquick)	1/3 cup	140	3.0	3.0	27.0	trace	0	500
Black Bean, canned (Green Giant)	1/2 cup	90	0.0	7.0	21.0	6.0	0	580
Blackberry, raw	1/2 cup	37	0.3	0.5	9.2	3.6	0	0
Blackberry, canned in water	1/2 cup	25	1.0	1.0	4.0	trace	0	15
Blackberry, frozen, unsweetened	1/2 cup	49	0.3	0.9	11.8	2.0	0	1
Black-eyed Peas, canned	1/2 cup	90	1.0	7.0	18.0	4.0	0	300
Black-eyed Peas, dried, boiled	1/2 cup	100	0.5	6.7	17.9	8.3	0	3
Black-eyed Peas, frozen, boiled	1/2 cup	112	0.6	7.2	20.2	1.3	0	5
Blueberry, fresh	1/2 cup	41	0.3	0.5	10.2	1.7	0	5
Blueberry, canned in water	4 oz.	40	0.0	0.0	9.0	trace	0	0
Blueberry, frozen, unsweetened	1/2 cup	39	0.5	0.3	9.4	2.5	0	1
Bluegill, raw	3 oz.	75	0.6	16.5	0.0	0.0	57	69
Bok Choy, raw, shredded	1/2 cup	5	0.1	0.5	0.8	0.4	0	23
Boysenberry, frozen, unsweetened	1 cup	66	0.3	1.5	16.1	5.2	0	1
Brazil Nut, shelled,	1 cup	919	92.7	20.1	17.9	8.0	0	2

unblanched								
Bread, French, enriched	1 oz.	78	0.9	2.5	14.7	0.8	0	173
Bread, 7-Grain (Pepperidge Farm)	2 slices	180	2.0	5.0	36.0	2.0	0	340
Bread, Hawaiian (King's Hawaiian)	2 oz.	180	4.0	6.0	30.0	2.0	20	160
Bread, Italian (Pepperidge Farm)	1 oz.	80	1.0	2.0	14.0	0.0	0	150
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Bread, Oat (Rainbow Split Top)	1 oz. (slice)	70	1.0	3.0	13.0	na	0	140
Bread, Oat Bran (Roman Meal)	1 slice	68	0.9	2.9	13.2	1.1	0	140
Bread, Pita, white	1 oz.	78	0.3	2.6	15.8	0.5	0	152
Bread, Pumpernickel (Pepperidge Farm)	1 slice	80	1.0	3.0	15.0	2.0	0	230
Bread, Raisin (Pepperidge Farm)	1 slice	90	2.0	2.0	16.0	2.0	0	100
Bread, Rye, seeded (Pepperidge Farm)	1 slice	80	1.0	3.0	16.0	2.0	0	220
Bread, Sourdough, light (Earth Grains)	.75 oz.	40	1.0	2.0	9.0	na	0	115
Bread, Wheat, (Wonder)	1 slice	70	1.0	3.0	13.0	0.8	na	180
Bread, White, plain (Wonder)	1 slice	70	1.0	3.0	13.0	0.7	na	140
Cornbread, prepared (Gold Medal)	1/6 pan	150	5.0	4.0	22.0	trace	trace	490
Bread, Gingerbread (Pillsbury)	3 inch square	190	4.0	2.0	36.0	trace	na	310
Breadstick, plain (Stella D'oro)	1 stick	41	1.2	1.0	6.5	trace	na	trace
Broccoli, florets, raw, chopped	1/2 cup	12	0.2	1.3	2.3	0.5	0	12
Broccoli, frozen, chopped	3.3 oz.	25	0.0	3.0	5.0	3.0	0	15
Broccoli, frozen, spears	3.3 oz.	25	0.0	3.0	5.0	3.0	0	20
Brussels Sprouts, raw	1/2 cup	19	0.1	1.5	3.9	1.9	0	11
Brussels Sprouts, frozen	3.3 oz.	35	0.0	3.0	7.0	3.0	0	15
Buckwheat, whole-grain	1/2 cup	292	2.9	11.3	60.8	8.5	0	1
Bulgur, dry	1/2 cup	239	0.9	8.6	53.1	12.8	0	12
Bun, Frankfurter, plain	1 bun	140	3.0	5.0	24.0	0.5	0	270
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Bun, Hamburger, plain	1 bun	130	2.0	5.0	22.0	0.5	0	240
Butter, salted	1 tbsp.	100	11.4	0.1	0.0	0.0	31	115
Butter, unsalted	1 tbsp.	100	11.4	0.1	0.0	0.0	31	1
Buttermilk, cultured	1 cup	99	2.2	8.1	11.7	0.0	9	257
Butterscotch Topping (Kraft)	1 tbsp.	60	1.0	0.0	13.0	trace	0	70
Butter Buds®, .5 oz. package	1 tbsp	5	0.0	0.0	2.0	0.0	0	75

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Cabbage, boiled, drained	1/2 cup	16	0.3	0.8	3.3	2.1	0	6
Cabbage, raw,	1/2 cup	9	0.1	0.5	1.9	0.8	0	6

shredded								
Cabbage, Napa, raw, shredded	1/2 cup	5	0.1	0.5	0.8	0.4	0	23
Cabbage, Red, raw, shredded	1/2 cup	9	0.1	0.5	2.1	0.7	0	4
Cabbage, Savoy, raw, shredded	1/2 cup	9	0.0	0.7	2.1	1.0	0	10
Cane Syrup, table blend	1 tbsp.	50	0.0	0.0	12.8	0.0	0	trace
Canola Oil	1 tbsp.	124	14.0	0.0	0.0	0.0	0	0
Cantaloupe, cubed	1/2 cup	29	0.2	0.7	6.7	0.6	0	7
Caramel Topping (Kraft)	1 tbsp.	60	0.0	1.0	13.0	0.0	0	45
Caraway Seed, whole	1 tsp.	7	0.3	0.4	1.0	0.8	0	0
Cardamom, ground	1 tsp.	6	0.1	0.2	1.4	0.2	0	0
Carob Flour	1 cup	394	0.7	4.8	91.5	41.0	0	36
Carp, raw	3 oz.	108	4.8	15.2	0.0	0.0	56	42
Carrot, raw	1 medium	31	0.1	0.7	7.3	2.3	0	25
Carrot, raw, shredded	1/2 cup	24	0.1	0.6	5.6	1.7	0	19
Carrot, canned, sliced	1/2 cup	35	0.0	1.0	7.0	1.0	0	300
Carrot, frozen, sliced	1/2 cup	25	0.1	0.7	5.8	2.1	0	38
Carrot Juice	1/2 cup	49	0.2	1.2	11.4	1.0	0	36
Cashew, dry roasted, salted	1 oz.	163	13.2	4.3	9.3	0.9	0	182
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Catfish, Channel, raw	3 oz.	115	6.4	13.2	0.0	0.0	40	45
Catsup (ketchup)	1 tbsp.	16	0.0	0.2	3.8	0.2	0	213
Cauliflower, boiled, drained	1/2 cup	14	0.3	1.1	2.5	1.7	0	9
Cauliflower, raw cuts	1/2 cup	13	0.1	1.0	2.6	1.3	0	15
Cauliflower, frozen cuts	1/2 cup	12	0.0	1.0	3.0	1.0	0	25
Caviar, black, granular	1 tbsp.	40	2.9	3.9	0.6	0.0	94	240
Caviar, red, granular	1 tbsp.	40	2.9	3.9	0.6	0.0	94	240
Cayenne Pepper	1 tsp.	6	0.3	0.2	1.0	0.5	0	1
Celeriac, raw, diced	1/2 cup	30	0.2	1.2	7.2	1.4	0	78
Celery, raw, diced	1/2 cup	10	0.1	0.5	2.2	1.0	0	52
Celery Flakes	1 tsp.	9	0.5	0.4	0.9	0.3	0	4
Celery Salt	1 tsp.	6	0.4	0.3	0.6	0.2	0	1584
Celery Seed	1 tsp.	8	0.5	0.4	0.8	0.2	0	3
Cereal, Mixed Grain (Malt-o-Meal)	1 tbsp.	38	0.1	1.1	8.0	0.1	0	1
Cereal, Oat Bran	1 oz.	110	1.0	6.0	17.0	5.1	0	1
Cereal, Oatmeal Old Fashioned	1 oz.	100	2.0	5.0	18.0	3.0	0	0
Cereal, Quick	1 oz.	100	2.0	5.0	18.0	3.0	0	0
Cereal, Rice (Cream of Rice)	1 tbsp.	38	0.1	0.6	8.4	0.0	0	1
Cereal, Wheat (Cream of Wheat)	1 tbsp.	39	0.2	1.1	8.1	0.0	0	1
Cheese, American, Slices, regular	1 oz.	110	9.0	6.0	1.0	0.0	25	40
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Cheese, American, Slices, fat-free	1 oz.	40	0.0	6.0	4.0	na	5	380

Cheese, Blue	1 oz.	100	9.0	6.0	1.0	0.0	30	330
Cheese, Brie	1 oz.	81	6.6	5.1	0.3	0.0	20	229
Cheese, Camembert, domestic	1 oz.	84	6.8	5.5	0.1	0.0	20	236
Cheese, Caraway	1 oz.	105	8.2	7.1	0.9	0.0	26	193
Cheese, Cheddar, American domestic	1 oz.	113	9.3	7.0	0.4	0.0	29	174
Cheese, Cheddar, lite	1 oz.	80	5.0	9.0	1.0	0.0	20	220
Cheese, Colby	1 oz.	110	9.0	7.0	1.0	0.0	30	180
Cheese, Colby, lite	1 oz.	80	5.0	8.0	1.0	0.0	20	220
Cheese, Cottage, creamed 4% fat	1/2 cup	117	5.1	14.1	3.0	0.0	17	457
Cheese, Cottage, nonfat	1/2 cup	90	0.0	14.0	7.0	0.0	10	400
Cheese, Cream, regular	1 oz.	100	10.0	2.0	1.0	0.0	30	90
Cheese, Cream, light	1 oz.	60	5.0	3.0	2.0	0.0	10	160
Cheese, Cream, fat-free	1 oz.	25	0.0	4.0	1.0	0.0	5	170
Cheese, Edam	1 oz.	90	7.0	8.0	0.0	0.0	20	310
Cheese, Farmer	1 oz.	100	8.0	7.0	1.0	0.0	26	130
Cheese, Feta	1 oz.	80	6.0	4.0	1.0	0.0	33	320
Cheese, Goat, semisoft	1 oz.	103	8.5	6.1	0.7	0.0	22	146
Cheese, Gouda	1 oz.	110	9.0	7.0	0.0	0.0	30	200
Cheese, Gruyere	1oz.	116	9.1	8.4	0.1	0.0	31	94
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Cheese, Jarlsberg	1 oz.	100	7.0	7.0	1.0	0.0	16	130
Cheese, Monterey Jack	1 oz.	110	9.0	6.0	0.0	0.0	30	190
Cheese, Monterey Jack, Light	1 oz.	80	5.0	9.0	0.0	0.0	20	220
Cheese, Mozzarella, part skim	1 oz.	80	5.0	8.0	1.0	0.0	15	200
Cheese, Mozzarella, light	1 oz.	80	4.0	8.0	1.0	0.0	15	200
Cheese, Muenster	1 oz.	100	8.0	7.0	1.0	0.0	30	85
Cheese, Neufchatel, light	1 oz.	80	7.0	3.0	1.0	0.0	25	115
Cheese, Parmesan, natural, grated	1 tbsp.	23	1.5	2.1	0.2	0.0	4	93
Cheese, Parmesan, reduced fat, grated	1 tbsp.	10	0.5	1.0	1.0	0.0	2.5	38
Cheese, Provolone	1 oz.	100	7.0	7.0	1.0	0.0	25	260
Cheese, Ricotta, part skim (Frigo)	1 oz.	45	3.0	3.0	1.0	0.0	10	100
Cheese, Ricotta, fat-free (Frigo)	1 oz.	20	0.0	4.0	2.0	na	3	15
Cheese, Romano, grated	1 oz.	130	9.0	11.0	1.0	0.0	30	350
Cheese, Roquefort	1 oz.	103	8.6	6.0	0.6	0.0	25	507
Cheese, String	1 oz.	80	5.0	8.0	1.0	0.0	20	230
Cheese, Swiss	1 oz.	110	8.0	8.0	1.0	0.0	25	45
Cheese, Swiss, light	1 oz.	90	5.0	10.0	1.0	0.0	20	45
Cherry, Sour Red, fresh	1/2 cup	52	0.3	1.0	12.6	1.2	0	3
Cherry, Sweet, fresh	1/2 cup	90	1.4	1.7	24.0	3.3	0	0

Cherry, Sour Red, canned in water	1/2 cup	44	0.1	0.9	10.9	1.0	0	9
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Cherry, Sweet, canned in water	1/2 cup	57	0.2	1.0	14.6	0.9	0	1
Cherry, Sour Red, frozen, unsweetened	1/2 cup	36	0.3	0.7	8.5	1.0	0	1
Cherry, Sweet, frozen, sweetened	1/2 cup	115	0.2	1.5	28.9	1.3	0	2
Cherry, Maraschino, in jar w/liquid	1 oz.	33	0.1	0.1	8.3	0.1	0	na
Chervil, dried	1 tsp.	1	0.0	0.1	0.3	0.1	0	1
Chicken, Breast, meat & skin, raw	1 oz.	49	2.6	5.9	0.0	0.0	18	18
Chicken, Breast, meat only, raw	1 oz.	31	0.4	6.5	0.0	0.0	16	18
Chicken, Drumstick, meat & skin, raw	1 oz.	46	2.5	5.5	0.0	0.0	23	24
Chicken, Drumstick, meat only, raw	1 oz.	34	1.0	5.8	0.0	0.0	22	25
Chicken, Thigh, meat & skin, raw	1 oz.	60	4.3	4.9	0.0	0.0	24	22
Chicken, Thigh, meat only, raw	1 oz.	34	1.1	5.6	0.0	0.0	24	24
Chicken, Wing, meat & skin, raw	1 oz.	63	4.5	5.2	0.0	0.0	22	21
Chicken, Wing, meat only, raw	1 oz.	36	1.0	6.2	0.0	0.0	16	23
Chicken, Breast, canned	2.5 oz.	90	3.0	15.0	0.0	0.0	30	310
Chicken, white & dark, canned	2.5 oz.	100	4.0	16.0	0.0	0	40	240
Chicken, Gizzard, raw, approx. 1.3 oz.	1 medium	44	1.6	6.7	0.2	0	48	28
Chicken, Liver, raw, approx. 1.1 o.	1 medium	40	1.2	5.8	1.1	0	140	25
Chili Powder	1 tsp.	11	0.01	0.0	0.0	0	na	0
Chives, raw, chopped	1 tsp.	1	0.0	0.1	0.1	.1	0	0
Chocolate, Baking, semi-sweet	1 oz.	140	9.0	1.0	17.0	na	0	0
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Chocolate, Baking, unsweetened	1 oz.	140	15.0	3.0	9.0	na	0	0
Chocolate Chips, milk chocolate	1/4 cup	220	12.0	2.0	27.0	na	10	55
Chocolate Chips, mint	1.5 oz.	230	12.0	2.0	28.0	trace	0	1
Chocolate Chips, semi-sweet	1/4 cup	200	9.0	2.0	30.0	trace	0	30
Chocolate Chips, vanilla white milk	1.5 oz.	240	14.0	3.0	25.0	trace	0	65
Chocolate Topping (Kraft)	1 tbsp.	50	0.0	1.0	11.0	trace	0	15
Chorizo	1 oz.	129	10.9	6.8	0.5	0	25	350
Cilantro, trimmed	1/4 cup	1	.1	0.1	0.1	.1	0	1
Cinnamon, ground	1 tsp.	6	0.1	0.1	1.8	1.3	0	1
Clam, canned, minced	1/2 cup	70	0.9	12.0	2.0	0	31	140
Clam, boiled	4 oz.	168	2.2	29.0	5.8	0	76	127

Clam Juice	3 oz.	4	0.0	1.0	0.0	0	na	110
Clam Tomato Juice	5.5 oz.	76	0.2	1.0	18.1	.2	0	664
Cloves	1 tsp.	7	0.4	0.1	1.3	.7	0	5
Cocoa Powder, unsweetened, 1 oz.	approx. 1 cup	120	4.0	7.0	13.0	trace	0	10
Coconut, Raw, shredded	1 cup	283	26.8	2.7	12.2	7.2	0	16
Coconut, Dried, sweetened, flaked	1 cup	351	23.8	2.4	35.2	3.2	0	189
Coconut Milk	1 tbsp.	30	3.2	0.3	0.4	.3	0	2
Cod, Alaskan, raw	1 oz.	55	4.3	3.8	0.0	0	14	16
Cod, Atlantic, raw	1 oz.	23	0.2	5.0	0.0	0	12	15
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Cod, Pacific, raw	1 oz.	23	0.2	5.1	0.0	0	10	20
Coffee, brewed	6 oz.	4	0.0	0.2	0.7	0	0	2
Collards, chopped, boiled, drained	1/2 cup	17	0.1	0.9	3.9	1.3	0	161
Cooking Spray, corn oil (Mazola)	2.5 sec. spray	6	1.0	0.0	0.0	0	0	0
Cooking Spray, (Pam) 1/3 if 10" skillet	1 spray	2	1.0	0.0	0.0	0	0	0
Cooking Spray, (Weight Watcher's)	1 sec. spray	2	1.0	0.0	0.0	0	0	0
Coriander, raw	1 tbsp.	5	0.1	0.4	0.9	.2	0	4
Coriander Seed, whole	1 tsp.	5	0.3	0.2	1.0	.5	0	1
Corn, sweet, yellow kernals from cob	1 ear	77	1.1	2.9	17.1	2.9	0	14
Corn, sweet, raw yellow, cut	1/2 cup	66	0.9	2.5	14.7	2.5	0	12
Corn, canned, cream style	1/2 cup	100	1.0	2.0	24.0	2.0	0	390
Corn, canned kernals	1/2 cup	80	0.0	2.0	20.0	2.0	0	330
Corn, frozen kernals	1/2 cup	80	1.0	2.0	17.0	2.0	0	40
Corn Flake Crumbs	1 oz.	100	0.0	2.0	24.0	1.0	0	290
Corn Flour, masa, enriched white	1 cup	416	4.3	10.6	86.9	10.9	0	6
Corn Flour, masa, enriched yellow	1 cup	416	4.3	10.6	86.9	10.9	0	6
Corn Flour, whole grain white	1 cup	209	2.2	4.0	44.6	5.6	0	3
Corn Flour, whole grain yellow	1 cup	209	2.2	4.0	44.6	7.8	0	3
Corn Oil	1 tbsp.	120	13.6	0.0	0.0	0.0	0	0
Corn Syrup, dark	1 tbsp.	56	0.0	0.0	15.3	0	0	31
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Corn Syrup, light	1 tbsp.	56	0.0	0.0	15.3	0.0	0	24
Cornmeal	1 cup	605	7.9	15.6	123.3	4.8	0	58
Cornstarch	1 tbsp.	30	trace	0.1	7.3	0.1	0	1
Couscous, cooked	1/2 cup	101	0.1	3.4	20.8	1.3	0	4.5
Couscous, dry	1/2 cup	346	0.6	11.7	71.2	4.6	0	9
Crab, Alaskan King, boiled	4 oz.	110	1.7	21.9	0.0	0.0	60	1216
Crab, Blue & Softshell, boiled	4 oz.	116	2.0	22.9	0.0	0.0	113	316
Crab Alternative,	3 oz.	87	1.1	10.2	8.7	0.0	17	715

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Crabapple, trimmed with skin, sliced	1/2 cup	42	0.2	0.2	11.0	0.3	0	1
Cracker, saltine (Premium)	5 crackers	60	2.0	1.0	10.0	0.0	0	180
Cranberry, raw, whole	1 cup	47	0.2	0.4	12.0	4.0	0	1
Cranberry Juice, 100% juice	8 oz.	40	0.0	1.0	10.0	na	0	na
Cranberry Juice Cocktail (OceanSpray)	6 oz.	110	0.0	0.0	26.0	trace	0	10
Cranberry Sauce, jellied	2 oz.	80	0.0	0.0	22.0	trace	0	10
Cranberry Sauce, whole berry	2 oz.	80	0.0	0.0	21.0	trace	0	10
Crayfish, farmed, raw	3 oz.	61	0.8	12.6	0.0	0.0	91	53
Cream, half and half	1 cup	315	27.8	7.2	10.4	0.0	89	98
Cream, heavy whipping	1 cup	821	88.1	4.9	6.6	0.0	326	89
Croissant, plain, 2.5 oz.	1 croissant	310	19.0	7.0	27.0	2.0	0	240
Croutons, plain	1 cup	122	2.0	3.6	22.0	1.5	0	209
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Croutons, seasoned	1 cup	186	7.3	4.3	25.4	2.0	1	495
Currant, Black, raw	1 cup	71	0.5	1.6	17.2	2.7	0	2
Currant, Red, raw	1 cup	63	0.2	1.6	15.5	4.8	0	1
Curry Powder, ground	1 tsp.	7	0.3	0.3	1.2	0.7	0	1

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Dandelion Greens	1 cup	35	0.6	2.1	6.7	3.1	0	46
Date, domestic, chopped	1/2 cup	245	0.4	1.8	65.4	4.5	0	3
Date, imported, chopped	1/4 cup	130	0.0	1.0	31.0	trace	0	0
Deer, cooked	3 oz.	134	2.7	25.7	0.0	na	95	46
Dill Seed, whole	1 tsp	20	1.0	1.0	3.6	1.4	0	1
Drum, Freshwater	3 oz.	101	4.2	14.9	0.0	0.0	54	64
Duck, Domesticated, raw, meat & skin	1 oz.	115	11.2	3.3	0.0	0.0	22	18
Duck, Domesticated, raw, meat only	1 oz.	37	1.7	5.2	0.0	0.0	22	21
Duck, Wild, raw, meat & skin	1 oz.	60	123	4.9	0.0	4.3	0	16

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Egg Substitute (Egg Beaters)	1/4 cup	25	0.0	5.0	1.0	0.0	0	80
Egg Substitute (All Whites)	1/4 cup	25	0.0	5.0	0.0	0.0	0	75
Egg, Chicken, raw	1 large	75	5.0	6.3	0.6	0.0	213	63
Egg White, Chicken, raw	1 large	17	0.0	3.5	0.3	0.0	0	55
Egg Yolk, Chicken, raw	1 large	60	5.1	2.8	0.3	0.0	214	7
Eggplant, raw, cubed	1/2 cup	11	0.1	0.4	2.5	1.0	0	1
Eggplant, cooked	1 cup	27	0.2	0.8	6.4	2.4	0	3

English Muffin, plain	1 muffin	130	1.0	5.0	26.0	1.0	0	410
English Muffin, with raisins	1 muffin	160	2.0	5.0	33.0	1.0	0	300

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Fava Beans, canned	1/2 cup	91	0.3	7.0	16.0	0.5	0	580
Fennel Seed	1 tbsp.	20	0.9	0.9	3.0	0.8	0	5
Field Peas, canned with snaps	1/2 cup	100	0.9	5.0	20.0	trace	0	370
Fig, fresh	1 med	38	0.2	0.4	9.6	1.6	0	1
Flounder, raw	3 oz.	77	1.0	16.0	0.0	0.0	41	69
Frankfurter, beef and pork, 1 oz.	1 frank	91	8.3	3.2	0.7	0.0	14	318
Frankfurter, chicken, 1 oz.	1 frank	73	5.5	3.7	1.9	0.0	29	388
Frankfurter, turkey, 1.6 oz.	1 frank	106	8.9	5.5	0.9	0.0	31	440
Fruit Cocktail, canned w/syrup	1/2 cup	80	0.0	0.0	23.0	0.0	0	10
Fruit Cocktail, canned in juice	1/2 cup	50	0.0	0.0	13.0	0.0	0	10
Fruit Spread, Apricot (All Fruit)	1 tsp.	14	0.0	0.0	4.0	na	na	0
Fruit Spread, Black Cherry (All Fruit)	1 tsp.	14	0.0	0.0	4.0	na	na	0
Fruit Spread, Blueberry (All Fruit)	1 tsp.	14	0.0	0.0	4.0	na	na	0
Fruit Spread, Grape (All Fruit)	1 tsp.	14	0.0	0.0	4.0	na	na	0
Fruit Spread, Orange (All Fruit)	1 tsp.	14	0.0	0.0	4.0	na	na	0
Fruit Spread, Raspberry (All Fruit)	1 tsp.	14	0.0	0.0	4.0	na	na	0
Fruit Spread, Strawberry (All Fruit)	1 tsp.	14	0.0	0.0	4.0	na	na	0
Fruit Syrup, All Flavors (Smuckers)	2 tbsp.	100	0.0	0.0	26.0	na	0	0
Fudge Topping (Hershey's)	2 tbsp.	100	4.0	1.0	14.0	0.0	5	30

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Garbanzo Beans (Green Giant)	1 oz.	166	14.9	5.8	5.3	0.7	0	3
Garlic	1 oz.	42	0.1	1.8	9.4	0.3	0	5
Garlic Powder	1 tsp.	9	0.0	0.5	2.0	0.1	0	1
Garlic Salt	1 tsp.	4	0.0	0.1	0.8	0.0	0	968
Gelatin, Unflavored (Knox)	1 pkg.	25	0.0	6.0	0.0	0.0	0	10
Gelatin, Cherry, Prepared	1/2 cup	80	0.0	2.0	19.0	trace	0	70
Gelatin, Cherry, Prepared, Sugar Free	1/2 cup	8	0.0	1.0	0.0	na	0	80
Gelatin, Lemon, Prepared	1/2 cup	80	0.0	2.0	19.0	trace	0	75
Gelatin, Lemon, Prepared, Sugar Free	1/2 cup	8	0.0	1.0	0.0	na	0	60

Gelatin, Lime, Prepared	1/2 cup	80	0.0	2.0	19.0	trace	0	55
Gelatin, Lime, Prepared, Sugar Free	1/2 cup	8	0.0	1.0	0.0	na	0	65
Gelatin, Orange, Prepared	1/2 cup	80	0.0	2.0	19.0	trace	0	95
Gelatin, Orange, Prepared, Sugar Free	1/2 cup	8	0.0	1.0	0.0	na	0	55
Ginger, ground	1 tsp.	6	0.1	0.2	1.3	0.2	0	0
Ginger, fresh, grated	1 oz.	20	0.2	0.5	4.3	0.2	0	4
Goose, meat and skin	4 oz.	346	24.9	28.5	0.0	0.0	103	79
Goose, meat only	4 oz.	270	14.4	32.9	0.0	0.0	109	86
Gooseberry, fresh	1 cup	66	0.9	1.3	15.3	6.4	0	2
Grape, Concord	1/2 cup	29	0.0	0.4	8.0	0.7	0	1
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Grape, Tokay (Red), Thompson (Green)	1/2 cup	57	0.5	0.5	14.2	0.6	0	2
Grape Juice, Purple	6 oz.	120	0.0	0.0	30.0	0.0	0	10
Grape Juice, Red	6 oz.	120	0.0	0.0	30.0	0.0	0	15
Grape Juice, White	6 oz.	120	0.0	0.0	30.0	0.0	0	15
Grapefruit, Ruby Red, fresh	1 cup	85	0.2	1.1	22.3	0.4	0	2
Grapefruit, White, fresh	1 cup	85	0.2	2.0	20.9	0.4	0	0
Great Northern Beans, canned	1/2 cup	80	1.0	6.0	18.0	5.0	0	290
Green Beans, raw	1/2 cup	17	0.1	1.0	3.9	1.0	0	3
Green Beans, canned, cut	1/2 cup	16	0.0	1.0	4.0	1.0	0	300
Green Beans, frozen, cut	1/2 cup	16	0.0	1.0	4.0	1.0	0	95
Grits, dry uncooked	1/4 cup	145	0.5	3.5	31.0	0.5	0	0
Grits, prepared cooked	1 cup	145	0.5	3.5	31.0	0.5	0	0
Guava, fresh	1 cup	84	1.0	1.4	19.6	8.9	0	5
Guava Juice	6 oz.	100	0.0	0.0	25.0	0.0	0	20
Guava Nectar	6 oz.	110	0.0	0.0	26.0	0.0	0	15

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Haddock, raw	3 oz.	74	0.0	16.1	0.0	0.0	48	58
Halibut, Alantic & Pacific	3 oz.	94	2.0	17.7	0.0	0.0	27	46
Ham, canned, cured, (12 - 13% fat)	3 oz.	192	12.9	17.5	0.4	0.0	53	800
Ham, canned, cured, extra lean	3 oz.	142	7.2	17.8	0.4	0.0	35	908
Ham, boneless, whole, fully cooked	3 oz.	133	4.7	21.3	0.0	0.0	47	1128
Ham, Deviled	1 tbsp.	35	3.0	2.0	0.0	0.0	9	108
Hazelnut, dry-roasted, salted	1 oz.	188	18.8	2.8	5.1	1.7	0	221
Herring, raw	3 oz.	134	7.7	15.3	0.0	0.0	51	77
Herring, kippered	4 oz.	246	14.0	27.9	0.0	0.0	93	1041
Herring, snack, wine (Lascco)	2 oz.	100	5.0	9.0	6.0	0.0	0	600
Honey	1 tbsp.	65	0.0	0.0	17.0	0.0	0	0

Honeydew Melon, fresh, peeled, cubed	1 cup	59	0.2	0.8	15.6	1.0	0	17
Horseradish, prepared	1 tbsp.	6	0.0	0.2	1.4	0.0	0	14
Horseradish, raw	1 oz.	18	0.0	0.1	4.1	0.0	0	2
Hummus, prepared	1 tbsp.	7	0.1	0.2	1.7	0.5	0	47

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Ice Bars, most flavors (Popsicle)	1 bar	50	0.0	0.0	12.0	trace	0	10
Ice Bars, Cherry (Popsicle)	1 bar	70	0.0	0.0	17.0	trace	0	15
Ice Bar, Wildberry (Popsicle)	1 bar	40	0.0	0.0	10.0	trace	0	10
Ice Cream, Chocolate (Breyers)	4 oz.	160	8.0	3.0	20.0	trace	20	30
Ice Cream, Chocolate (HealthyChoice)	4 oz.	130	2.0	3.0	24.0	na	5	70
Ice Cream, Strawberry (Breyers)	4 oz.	130	6.0	2.0	16.0	trace	20	40
Ice Cream, Strawberry (HealthyChoice)	4 oz.	120	2.0	2.0	23.0	trace	5	50
Ice Cream, Vanilla (Breyers)	4 oz.	150	8.0	3.0	15.0	0.0	25	50
Ice Cream, Vanilla (HealthyChoice)	4 oz.	120	2.0	4.0	21.0	na	5	60

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Jam, all flavors (Bama)	2 tsp.	30	0.0	0.0	8.0	0.0	0	5
Jelley, Apple (Bama)	2 tsp.	30	0.0	0.0	8.0	0.0	0	5
Jelley, Blackberry (Bama)	2 tsp.	30	0.0	0.0	8.0	0.0	0	5
Jelley, Grape (Welch's)	2 tsp.	35	0.0	0.0	9.0	0.0	0	5
Jelley, Jalapeño (Knott's Berry Farm)	2 tsp.	36	0.0	0.0	8.0	0.0	0	0
Jelley, Plum (Smucker's)	2 tsp.	36	0.0	0.0	8.0	0.0	0	0
Jelley, Strawberry (Smucker's)	2 tsp.	36	0.0	0.0	8.0	0.0	0	0
Jicama, raw, diced	1/2 cup	25	0.1	0.8	5.3	0.3	0	4

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Kale, raw, chopped	1/2 cup	17	0.3	1.1	3.3	0.7	0	15
Kidney Bean, cooked	1/2 cup	112	0.4	7.6	20.1	6.5	0	2
Kidney Bean, canned	1/2 cup	90	0.9	7.0	20.0	5.0	0	330
Kielbasa	1 oz.	88	7.7	3.8	0.6	0.0	18.9	305
Kiwi Fruit, fresh	1 medium	46	0.3	0.8	11.3	2.6	0	4
Knackwurst	1 oz.	87	7.9	3.4	0.5	0.0	16.4	259
Kohlrabi, raw, cubed	1/2 cup	19	0.1	1.2	4.3	2.5	0	14
Kumquat, raw	1 fruit	12	0.0	0.2	3.1	0.6	0	1

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Lamb, sirloin, roasted	3 oz.	173	7.8	24.1	0.0	0.0	78	60
Lamb, loin, roasted	3 oz.	172	8.3	22.6	0.0	0.0	74	56

Leek, raw, chopped	1/2 cup	32	0.2	0.8	7.4	0.6	0	10
Lemon, fresh, no peel	1 medium	17	0.2	0.6	5.4	1.6	0	1
Lemon Juice	1 cup	61	0.0	0.9	21.1	0.0	0	2
Lemonade, sweetened	6 oz.	80	0.0	0.0	21.0	0.0	0	20
Lentil, boiled	1/2 cup	115	0.4	8.9	19.9	4.0	0	2
Lettuce, Bibb or Boston	1 head	21	0.4	2.1	3.8	1.6	0	8
Lettuce, Iceberg	1 head	70	1.0	5.4	11.3	5.4	0	49
Lettuce, Green Leaf	1 cup	10	0.0	0.8	0.9	0.8	0	38
Lettuce, Romaine	1 cup	8	0.1	1.0	1.4	1.0	0	4
Lima Bean, baby, frozen	1/2 cup	94	0.3	6.0	17.5	1.5	0	26
Lima Bean, Fordhook, frozen	1/2 cup	85	0.3	5.2	16.0	6.1	0	45
Lime, fresh	1 medium	20	0.1	0.5	7.1	1.9	0	1
Lime Juice	1 tsbp.	4	0.0	0.1	1.4	0.0	0	0
Limeade, sweetened	6 oz.	70	0.0	0.0	19.0	0.0	0	0
Lobster, raw	3 oz.	77	0.8	16.0	0.4	0.0	81	252
Lunchmeat, Bologna	1 oz.	90	8.3	3.1	0.7	0.0	19	311
Lunchmeat, Chicken Breast	1 oz.	30	1.0	6.0	1.0	0.0	5	300
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Lunchmeat, Ham	1 oz.	35	1.0	5.0	2.0	0.0	15	310
Lunchmeat, Pastrami	1 oz.	40	1.5	6.0	1.0	0.0	16	270
Lunchmeat, Roast Beef	1 oz.	30	0.4	6.4	0.2	0.0	13	130
Lunchmeat, Turkey	1 oz.	35	1.0	6.0	1.0	0.0	20	200
Lunchmeat, Turkey Ham	1 oz.	25	0.7	4.2	0.6	0.0	14	217

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Macadamia Nut, oil roasted, shelled	1 oz.	204	21.7	2.1	3.7	0.4	0	2
Mackerel, Atlantic, raw	3 oz.	174	11.8	15.8	0.0	0.0	59	77
Mackerel, King, raw	3 oz.	89	1.7	17.2	0.0	0.0	45	134
Mackerel, Spanish, raw	3 oz.	118	5.3	16.4	0.0	0.0	65	50
Mahi Mahi, raw	3 oz.	72	0.6	15.7	0.0	0.0	62	75
Mandarin Orange, sections, canned	1/2 cup	70	0.9	0.0	19.0	0.0	0	10
Mango, fresh, cubed	1 cup	107	0.5	0.8	28.1	3.0	0	3
Maple Syrup	1 tsbp.	52	0.0	0.0	13.4	0.0	0	2
Margarine, corn oil, stick	1 tsbp.	35	11.0	0.0	0.0	na	0	35
Margarine, safflower, oil, salted	1 tsbp.	100	11.0	0.0	0.0	na	0	130
Margarine, w/yogurt (Brummel&Brown)	1 tsbp.	45	5.0	0.0	0.0	na	0	90
Margarine, reduced calorie	1 tsbp.	50	6.0	0.0	0.0	na	0	50
Majoram, ground, dried	1 tsp.	2	0.0	0.1	0.4	0.1	0	0
Marmalade, Orange	1 tsp.	18	0.0	0.0	4.0	0.0	0	0
Marshmallow	1 piece	25	0.0	0.0	6.0	0.0	0	5

Marshmallow, miniature	5 pieces	9	0.0	0.0	2.5	0.0	0	3
Marshmallow Creme	1 oz.	90	0.0	0.0	23.0	0.0	0	20
Mayonnaise (Hellman's®)	1 tbsp.	100	11.0	0.0	0.0	0.0	5	80
Mayonnaise, light (Hellman's®)	1 tbsp.	50	5.0	0.0	1.0	0.0	5	115
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Melba Toast, plain	1 piece	16	0.4	1.0	3.0	0.2	0	30
Milk, Cow, whole	1 cup	150	8.0	8.0	11.0	0.0	33	130
Milk, Cow, 2%	1 cup	121	4.7	8.1	11.7	0.0	18	122
Milk, Cow, 1%	1 cup	102	2.6	8.0	11.7	0.0	10	123
Milk, Cow, Skim	1 cup	86	0.4	8.4	11.9	0.0	4	126
Milk, Condensed, sweetened, canned	2 tbsp.	130	3.0	3.0	23	0.0	10	40
Milk, Condensed, sweetened, nonfat	2 tbsp.	110	0.0	3.0	24	0.0	< 5	40
Milk, Evaporated, canned	2 tbsp.	43	2.5	2.0	3.0	0.0	9	35
Milk, Evaporated, canned, nonfat	2 tbsp.	25	0.0	2.0	4.0	0.0	0	40
Millet, pearl, cooked	1/2 cup	143	1.2	4.2	28.4	1.6	0	2
Millet Flour	4 oz.	370	4.0	12.0	84.0	7.4	0	2
Miso	1/2 cup	284	8.4	16.3	38.6	7.4	0	5033
Molasses	1 tbsp.	53	0.0	0.0	13.8	0.0	0	7
Monkfish, raw	3 oz.	65	1.3	12.3	0.0	0.0	21	15
Mullet, Striped, raw	3 oz.	99	3.2	16.5	0.0	0.0	42	55
Mung Bean, sprouted	1/2 cup	16	0.1	1.6	3.1	0.9	0	3
Mung Bean, sprouted, canned	1/2 cup	7	0.0	0.9	1.3	0.5	0	87
Mushroom, Enoki	1 medium	1	0.0	0.1	0.2	na	0	0
Mushroom, Portobello	8 oz.	55	1.0	5.0	10.0	3.0	0	9
Mushroom, Shitake	1 cup	80	0.3	2.3	20.7	3.0	0	6
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Mushroom, Straw, canned	1/4 cup	12	0.0	1.0	2.0	1.0	0	290
Mushroom, White, fresh	1/2 cup	9	0.2	0.7	1.6	0.5	0	1
Mushroom, White, canned	1/2 cup	19	0.2	1.5	3.9	1.9	0	331
Mussel, raw	3 oz.	73	1.9	10.1	3.1	0.0	24	243
Mustard, prepared	1 tbsp.	16	1.0	1.0	1.0	0.0	0	240
Mustard, Dijon	1 tbsp.	18	1.0	0.0	0.0	0.0	0	450
Mustard, Stone Ground	1 tbsp.	14	1.0	1.0	1.0	0.0	0	185
Mustard Greens, cooked, chopped	1 cup	10	0.2	1.6	1.5	1.4	0	11
Mustard, dry, ground	1 tsp.	19	0.0	0.0	0.0	0.0	0	0

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Navy Bean, cooked	1/2 cup	129	0.5	7.9	23.9	2.8	0	1
Navy Bean, canned	1/2 cup	60	1.0	5.0	17.0	7.0	0	370
Nectarine, fresh,	1 cup	68	0.6	1.3	16.3	2.2	0	0

sliced								
Noodle, Chow Mein	1/2 cup	119	6.9	1.9	15.0	0.9	0	99
Noodles, Enriched, dry	2 oz.	220	3.0	8.0	42.0	0.0	55	15
Nutmeg, ground	1 tsp.	12	0.8	0.1	1.1	0.5	0	0

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Oat Flour	1 cup	390	3.0	14.0	81.0	4.0	0	0
Ocean Peach, raw	3 oz.	81	1.5	15.9	0.0	0.0	36	63
Okra, cooked	1/2 cup	26	0.1	1.5	5.8	2.0	0	4
Okra, frozen, cooked	1/2 cup	34	0.3	1.9	7.5	2.6	0	3
Olive, Black, jumbo	5 olives	35	3.0	0.5	2.5	1.5	0	375
Olive, Green	5 olives	23	2.5	0.3	0.3	0.5	0	463
Olive, Manzanilla, Mission	5 olives	26	2.4	0.3	1.4	0.7	0	192
Olive Oil	1 tbsp.	130	14.0	0.0	0.0	0.0	0	0
Onion, White, raw, chopped	1/2 cup	30	0.1	0.9	6.9	1.3	0	2
Onion, Green, w/top, chopped	1/2 cup	16	0.1	0.9	3.7	1.2	0	8
Onion Powder	1 tsp.	7	trace	0.2	1.7	0.9	0	0
Onion Salt	1 tsp.	1	trace	0.1	0.4	trace	0	1599
Orange, Navel, fresh	1 medium	64	0.1	1.4	16.3	0.5	0	1
Orange, Florida	1 medium	69	0.3	1.1	17.4	3.6	0	0
Orange Juice	8 oz.	112	0.5	1.7	25.8	0.5	0	2
Oregano, dried	1 tsp.	5	0.2	0.2	1.0	0.1	0	0
Oysters, raw	3 oz.	50	1.3	4.4	4.7	0.0	21	150

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Papaya, fresh, cubed	1 cup	55	0.2	0.9	13.7	2.5	0	4
Papaya Nectar	8 oz.	142	0.4	0.4	36.3	1.5	0	13
Paprika, ground	1 tsp.	6	0.3	0.3	1.2	0.4	0	1
Parsley, dried	1 tbsp.	4	0.1	0.3	0.7	0.1	0	6
Parsley, fresh, chopped	1/2 cup	11	0.2	0.9	1.9	trace	0	17
Parsnip, boiled, cubed	1/2 cup	63	0.2	1.0	15.2	3.1	0	8
Passion Fruit	1 medium	17	0.1	0.4	4.2	1.9	0	5
Pasta, all 100% durum wheat semolina	2 oz.	210	0.0	7.0	42.0	0.0	0	0
Peach, fresh, sliced	1 cup	73	0.2	1.2	18.9	2.7	0	0
Peach, canned, freestone, heavy syrup	1/2 cup	90	0.0	0.0	23.0	na	0	10
Peach, canned, freestone, in juice	1/2 cup	60	0.0	0.0	13.0	na	0	10
Peach, frozen, sweetened	1/2 cup	118	0.2	0.8	30.0	1.8	0	8
Peach Nectar	1 cup	134	0.0	0.7	17.0	0.1	0	1.5
Peanut, dry roasted, salted	1 oz.	160	14.0	7.0	5.0	2.5	0	15

Peanut Butter, chunky	2 tbsp.	190	16.0	9.0	6.0	na	0	155
Peanut Butter, smooth	2 tbsp.	190	16.0	9.0	6.0	na	0	155
Peanut Oil	1 tbsp.	122	13.6	0.0	0.0	0.0	0	0.0
Pear, fresh, sliced	1 cup	97	0.7	0.6	24.9	4.3	0	0
Pear, canned, in heavy syrup	1/2 cup	94	0.2	0.3	24.4	0.6	0	7
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Pear, canned, in juice	1/2 cup	62	0.1	0.4	16.0	1.1	0	5
Peas, Green, fresh	1/2 cup	58	0.3	3.9	10.4	1.5	0	4
Peas, Green, canned	1/2 cup	59	0.3	3.8	10.7	2.9	0	186
Peas, Green, frozen	1/2 cup	62	0.2	4.1	11.4	1.6	0	70
Peas, Snap, frozen	1/2 cup	30	0.0	2.0	8.0	2.0	0	0
Peas, Snow, frozen	1/2 cup	24	0.0	1.4	5.3	2.0	0	0
Pecan, fresh	1 oz.	190	20.0	2.0	5.0	1.8	0	0
Pepper, Cherry, pickled	1/2 cup	130	12.0	0.0	3.0	1.0	0	110
Pepper, Chili, green, canned, diced	1/2 cup	20	0.0	0.0	5.0	2.0	0	690
Pepper, Black, ground	1 tsp.	5	0.1	0.2	1.4	0.6	0	1
Pepper, Red (Cayenne), ground	1 tsp.	6	0.3	0.2	1.0	0.4	0	0
Pepper, White, ground	1 tsp.	7	0.1	0.3	1.6	trace	0	0
Pepper, Jalapeño, canned, diced	1 tbsp.	2	0.0	0.9	1.0	na	0	335
Pepper, Sweet Bell, diced, all colors	1/2 cup	14	0.1	0.4	3.2	0.8	0	1
Pepperoni, 3/8" x 1/8" slice	1 slice	27	2.4	1.2	0.2	0.0	4.3	128
Persimmon, raw	1 medium	32	0.1	0.2	8.4	0.3	0	0
Phyllo, 1 sheet	1 oz.	85	1.7	2.0	14.9	na	0	137
Pickles, Bread & Butter (Claussen)	1 oz.	20	0.1	0.2	4.7	na	0	172
Pickles, Dill Chips (Heinz)	1 oz.	4	0.0	0.0	1.0	na	0	275
Pickles, Sweet, sliced (Heinz)	1 oz.	35	0.0	0.0	8.0	na	0	205
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Pimento, in jar	1 tbsp.	3	0.0	0.1	0.6	trace	0	2
Pine Nut	1 tbsp.	52	5.1	2.4	1.4	0.4	0	0
Pineapple, fresh, cubed	1 cup	76	0.7	0.6	19.2	1.9	0	2
Pineapple, canned, chunks, in syrup	1/2 cup	109	0.1	0.4	28.0	0.5	0	2
Pineapple, canned, chunks, in juice	1/2 cup	70	0.0	0.0	18.0	0.5	0	10
Pineapple Juice, 100%	8 oz.	125	0.0	0.7	31.0	na	0	10
Pinto Bean, canned	1/2 cup	90	1.0	6.0	20.0	5.0	0	280
Pistachio Nut, dry roasted	1 oz.	172	15.0	4.2	7.8	3.1	0	2
Plantain, fresh, sliced	1 cup	181	0.6	1.9	47.2	3.4	0	6
Plum, fresh, sliced	1 cup	91	1.0	1.3	21.5	2.5	0	0

Polish Sausage (Pilgrim's Pride)	3 oz.	131	7.7	13.2	2.3	0.0	72	780
Popcorn, White Kernal, air popped	3 cups	60	0.9	2.0	15.0	4.0	0	2
Popcorn, Yellow Kernal, air popped	3 cups	60	0.9	2.0	14.0	4.0	0	2
Poppy Seed	1 tbsp.	47	3.9	1.6	2.1	2.6	0	2
Pork, Center Loin, broiled	3 oz.	172	6.9	25.7	0.0	0.0	70	51
Pork, Country Style Ribs, roasted	3 oz.	210	12.6	22.6	0.0	0.0	79	25
Pork, Ground, raw	3 oz.	225	18.0	14.4	0.0	0.0	60	48
Potato, raw, peeled, diced	1/2 cup	59	0.1	1.5	13.5	1.2	0	5
Potato, canned, diced	1/2 cup	45	0.9	2.0	10.0	na	0	360
Potato Flakes, (Hungry Jack)	6.6 oz.	35	0.0	0.5	8.0	0.5	0	13
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Poultry Seasoning, ground	1 tsp.	5	0.1	0.1	1.0	0.2	0	0
Preserves, Apple Butter (Bama)	2 tsp.	25	0.0	0.0	6.0	na	0	5
Preserves, Apricot (Knott's Berry Farm)	2 tsp.	36	0.0	0.0	8.0	na	0	0
Preserves, Blackberry (Knott's Berry)	2 tsp.	36	0.0	0.0	8.0	na	0	0
Preserves, Raspberrry (Knot's Berry)	2 tsp.	36	0.9	0.0	8.0	na	0	0
Preserves, Strawberry (Bama)	2 tsp.	30	0.0	0.0	8.0	na	0	5
Pretzels, salted (Rold Gold)	1 oz.	110	2.0	3.0	22.0	na	0	550
Prune, dried	1 cup	385	0.8	4.2	101.0	11.6	0	6
Prune Juice	6 oz.	130	0.0	1.0	32.0	na	0	8
Pudding Mix, Chocolate, prepared	1/2 cup	160	4.0	5.0	28.0	na	15	170
Pudding Mix, Choc., prepared, instant	1/2 cup	180	4.0	4.0	31.0	na	15	480
Pudding Mix, Vanilla, prepared	1/2 cup	160	4.0	4.0	26.0	na	15	200
Pudding Mix, Vanilla, prepared, instant	1/2 cup	160	4.0	4.0	28.0	na	15	400
Puff Pastry, frozen shells	1 shell	210	15.0	3.0	16.0	na	na	180
Pumpkin, canned	1/2 cup	42	0.4	1.4	10.1	3.8	0	6
Pumpkin Pie Spice, ground	1 tsp.	6	0.2	0.1	1.2	0.3	0	0
Pumpkin Seeds, Roasted, Salted	1 oz-85 seeds	126	5	5	15	4	0	163

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	SODIUM MGS	CHOL. MGS
Quail, raw	3.5 oz.	134	4.5	21.8	0.0	0.0	51	70
Quince, raw, approx. 92 gms	1 fruit	53	< 0.1	0.4	14.1	1.8	4	0

FOOD	SERVING	TOTAL	FAT	PROTEIN	CARBS	FIBER	SODIUM	CHOL.
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	SIZE	CALORIES	GMS	GMS	GMS	GMS	MGS	MGS
Radicchio, raw, chopped	1/2 cup	5	0.1	0.3	0.9	na	4	0
Radish, raw, sliced	1/2 cup	11.6	0.3	0.3	2.0	0.9	14	0
Radish, White, raw, sliced	1/2 cup	7	< 0.1	0.6	1.3	0.7	8	0
Raisin, seedless, dark	1 cup	435	0.7	4.7	114.7	7.7	17	0
Raisin, seedless, golden	1 cup	438	0.7	4.9	115.3	2.0	17	0
Raspberry, fresh	1 cup	60	0.7	1.1	14.2	8.4	0	0
Raspberry, frozen, sweetened	1 cup	258	0.4	1.8	67.4	12.6	2	0
Red Bean, canned (Green Giant)	1/2 cup	90	1.0	6.0	19.0	5.0	340	0
Refried Beans, canned	1/2 cup	135	1.4	7.8	23.3	6.7	534	0
Relish, India (Heinz)	1 oz.	35	0.0	0.0	9.0	na	215	0
Relish, Sweet (Heinz)	1 oz.	35	0.0	0.0	9.0	na	205	0
Rhubarb, frozen	1/2 cup	14	0.1	0.4	3.5	2.0	1	0
Rice, Brown, long grain, cooked	1/2 cup	109	0.9	2.5	22.5	1.8	5	0
Rice, White, long grain, cooked	1/2 cup	194	5.6	13.7	52.3	0.3	3	0
Rice, White, instant, cooked (Minute)	3/4 cup	160	0.0	3.0	36.0	< 1.0	5	0
Rice, Wild, cooked	1/2 cup	83	0.3	3.3	17.5	1.5	2	0
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	SODIUM MGS	CHOL. MGS
Rice Cake, plain (Quaker)	1 cake	35	0.0	1.0	7.0	na	35	0
Rice Flour, brown	1/2 cup	287	2.2	5.7	60.4	3.6	6	0
Rice Flour, white	1/2 cup	289	1.1	4.7	63.3	1.9	0	0
Roll, Crescent (Pillsbury)	1 roll	100	6.0	2.0	11.0	na	230	5
Roll, Kaiser	1 roll	194	2.9	7.0	35.4	2.0	338	5
Roll, Parker House	1 roll	60	1.0	2.0	9.0	trace	80	5
Roll, Sourdough	1 roll	100	1.0	4.0	19.0	0.5	240	0
Rosemary, dried	1 tsp.	4	0.2	0.1	0.8	0.1	1	0
Rutabaga, boiled	1/2 cup	33	0.2	1.1	7.4	1.5	17	0
Rye Flour, medium	1/2 cup	181	0.9	4.8	39.5	7.4	2	0

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Safflower Oil (linoleic or oleic)	1 tbsp.	120	13.6	0.0	0.0	0.0	0	0
Saffron, dried	1 tsp.	2	0.0	0.1	0.5	trace	0	1
Sage, ground	1 tsp.	2	0.1	0.1	0.4	0.1	0	0
Salmon, Atlantic, raw	3 oz.	156	9.2	16.9	0.0	0.0	50	50
Salmon, Alaska, Pink, canned	1/2 cup	140	6.0	20.0	0.0	0.0	65	450
Salmon, Sockeye, raw	3 oz.	143	7.3	18.1	0.0	0.0	53	40
Salsa (Pace) Thick and Chunky	2 tbsp.	4	< 1.0	< 1.0	< 1.01	na	na	101
Salt, iodized	1 tsp	0	0.0	0.0	0.0	0.0	0	2300

Sardine, Atlantic, in soybean oil	2 medium	50	2.8	5.9	0.0	0	34	121
Sauce, Cocktail	1/4 cup	70	0.0	1.0	17.0	na	0	765
Sauce, Plum (KA·ME)	2 tbsp.	70	0.0	0.0	16.0	na	0	360
Sauce, Tabasco	1/4 tsp.	< 1	trace	trace	< 1.0	trace	0	9
Sauce, Teriyaki	1 tbsp.	15	trace	na	2.7	na	trace	630
Sauce, Worcestershire	1 tsp.	5	< 1.0	< 1.0	1.0	na	0	55
Sauerkraut, canned	1/2 cup	20	0.0	1.0	5.0	na	na	680
Sausage, Pork Links, cooked	1 link	48	4.1	2.5	0.1	0.0	11	168
Sausage, fresh, cooked	1 oz.	105	8.8	5.6	0.3	0.0	24	367
Scallop, raw	3 oz.	75	0.7	14.3	2.0	0.0	28	137
Sesame Seed, whole, dried	1 tbsp.	52	4.5	1.6	2.1	1.1	0	1
Shallot, raw	1 tbsp.	7	0.0	0.3	1.7	0.1	0	1
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Shortening, vegetable	1 tbsp.	110	12.0	0.0	0.0	0.0	0	0
Shrimp, raw	3 oz.	90	1.5	17.3	0.8	0.0	129	126
Shrimp, canned	3 oz.	102	1.7	19.6	0.9	0.0	147	144
Snapper, Red, raw	3 oz.	85	1.1	17.4	0.0	0.0	31	54
Sole, raw	3 oz.	77	1.0	16.0	0.0	0.0	41	69
Sorghum Syrup	1 tbsp.	53.	0.0	0.0	4.0	0.0	0	na
Soup, Condensed Cream of Chicken, canned, unprepared (1 can)	10.75 oz.	284	17.9	8.3	22.5	0.6	24	2397
Soup, Condensed Cream of Chicken, canned, unprepared (Healthy Request)	10.75 oz.	178	6.3	6.3	30.5	na	25.5	1093
Soup, Condensed Cream of Mushroom, canned, unprepared (1 can)	10.75 oz.	314	23.1	4.9	22.6	0.9	3	2470
Soup, Condensed Cream of Mushroom, canned, unprepared (Healthy Request)	10.75 oz.	178	7.6	0.2	1.4	na	12.5	2288
Soup, Tomato, canned, unprepared	10.75 oz.	207	4.7	5.0	40.3	1.2	0	2120
Soup, Broth, Chicken, canned (Healthy Request)	8 oz.	16	0.0	3.0	1.0	na	0	470
Sour Cream	2 tbsp.	32	5.0	0.8	1.0	0.0	10	12
Sour Cream, Light (Land O'Lakes)	2 tbsp.	40	2.0	2.0	4.0	na	5	35
Sour Cream, Nonfat	2 tbsp.	20	0.0	2.0	2.0	na	0	60
Spinach, cooked	1/2 cup	21	0.2	2.7	3.4	2.0	0	63
Spinach, canned	1/2 cup	25	0.5	3.0	3.6	0.8	0	29
Spinach, frozen, not cooked	1 cup	37	0.5	4.6	6.2	4.7	0	115
Split Peas, boiled	1/2 cup	116	0.4	8.2	20.7	8.1	0	2
Squash, Acorn, boiled, mashed	1/2 cup	41	0.1	0.8	10.7	1.4	0	4

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Squash, Butternut, baked, cubes	1/2 cup	41	0.1	0.9	10.7	1.3	0	4
Squash, Crookneck, boiled	1/2 cup	18	0.3	0.8	3.9	0.5	0	1
Squash, Spaghetti, boiled	1/2 cup	23	0.2	0.5	5.0	1.1	0	14
Squash, Zucchini, boiled	1/2 cup	14	0.0	0.6	3.5	1.3	0	3
Strawberry, fresh	1 cup	45	0.6	0.9	10.5	3.9	0	1
Strawberry, frozen, sweetened	1 cup	199	0.4	1.3	53.5	4.8	0	3
Stuffing, cornbread, dry	1 oz.	110	1.0	3.0	22.0	1.5	0	320
Stuffing, herb, dry	1 oz.	110	1.0	3.0	22.0	1.4	0	380
Sugar, Brown, beet or cane	1 cup	827	0.0	0.0	214	0.0	0	86
Sugar, Confectioner's , beet or cane	1 cup	385	0.0	0.0	99.5	0.0	0	1
Sugar, Granulated, beet or cane	1 cup	774	0.0	0.0	199.8	0.0	0	2
Sugar, Granulated, beet or cane	1 tsp.	15	0.0	0.0	4.0	0.0	0	0
Sunflower Seed Kernals, dry roasted	1 oz.	165	14.1	5.5	6.8	2.5	0	1
Sweet Potato, approx. 4 oz.	1 potato	117	0.1	2.0	27.5	3.4	0	11
Sweet Potato, canned, in heavy syrup	1/2 cup	130	0.0	1.0	34.0	na	0	35
Sweet Potato, canned, in light syrup	1/2 cup	110	0.0	1.0	28.0	na	0	25
Swiss Chard, raw, chopped	1/2 cup	3	0.0	0.3	0.7	0.3	0	38
Swordfish, raw	3 oz.	103	3.4	16.8	0.0	0.0	33	77

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Tangerine, sections, no membrane	1/2 cup	43	0.2	0.6	10.9	0.2	0	2
Tangerine, canned, in light syrup	1/2 cup	80	1.0	1.0	20.0	na	0	0
Tangerine, canned in juice	1/2 cup	28	0.0	0.0	7.0	na	0	10
Tapioca, Pearl, dry, unprepared	1 cup	518	0.0	0.3	134.8	1.6	0	2
Thyme, ground	1 tsp.	4	0.1	0.1	0.9	0.3	0	0
Tilapia, raw	4 oz.	93	1.0	21.0	0.0	na	55	40
Tofu, raw	1/2 cup	94	5.9	10.0	2.3	1.5	0	9
Tomatillo, raw	1 medium	11	0.4	0.3	2.0	na	0	0
Tomato, Red, raw, chopped	1/2 cup	19	0.3	0.8	4.2	1.2	0	8
Tomato, canned, stewed	1/2 cup	35	0.0	1.0	8.0	na	0	355
Tomato Juice	6 oz.	35	0.0	2.0	7.0	na	0	500
Tomato Paste (1/2 small can)	2 oz.	50	1.0	2.0	11.00	na	0	40

Tomato Sauce	1/2 cup	30	1.0	1.0	7.0	na	0	580
Tortilla, Corn, yellow	45	1.0	00	9.0	10.0	0.0	0	0
Tortilla, Flour, taco size (Mission)	1 tortilla	150	4.0	4.0	25.0	2.0	0	255
Tortilla, Flour, 98% fat-free (Mission)	1 tortilla	120	0.5	4.0	24.0	2.0	0	340
Trout, Rainbow, raw	3 oz.	101	2.9	17.4	0.0	0.0	50	26
Trout, Sea, raw	3 oz.	88	3.1	14.2	0.0	0.0	71	49
FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Tuna, Bluefin, raw	3 oz.	122	4.2	19.8	0.0	0.0	32	33
Tuna, canned in vegetable oil	2 oz.	160	2.3	12.0	0.0	0.0	5	100
Tuna, canned in spring water	2 oz.	60	1.0	14.0	1.0	0.0	0	250
Tuna, Solid White Albacore in spring water	2 oz.	70	1.0	15.0	0.0	0.0	25	250
Turkey, Breast Meat only, raw	3 oz.	93	0.6	21.0	0.0	0.0	54	42
Turkey, Dark Meat only, raw	3 oz.	93	2.4	17.4	0.0	0.0	69	60
Turkey, Ground, raw	3 oz.	120	6.3	14.7	0.081	0.0	63	150
Tumeric, ground	1 tsp.	8	0.2	0.2	1.4	0.5	0	1
Turnip, boiled, cubed	1/2 cup	14	0.1	0.6	3.8	1.6	0	39
Turnip, raw, cubed	1/2 cup	18	0.1	0.6	4.1	1.2	0	44
Turnip Greens, boiled, chopped	1/2 cup	14	0.2	0.8	3.1	2.2	0	21
Turnip Greens, canned, w/turnips	1/2 cup	25	0.0	1.0	4.0	2.0	0	370
Turnip Greens, frozen, chopped	1/2 cup	18	0.0	2.0	4.0	0.9	0	10

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	SODIUM MGS	CHOL. MGS
Udon Noodles 1/3 block or 36g	36g	163	7	4.0	22	3.0	647	0
Ugli Fruit	1/2 fruit	50	0.0	1.0	14.0	6.0	0	0

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Vanilla Extract, pure	1 tsp.	10	0.0	0.0	0.3	0.0	0	0
Veal, Ground, raw	3 oz.	120	5.7	16.2	0.0	0.0	69	69
Veal, Loin, raw	3 oz.	96	2.7	17.1	0.0	0.0	66	75
Veal, Shoulder, whole, raw	3 oz.	93	2.4	16.5	0.0	0.0	72	79
Veal, Sirloin, raw	3 oz.	93	2.1	17.1	0.0	0.0	66	66
Vinegar, Apple Cider	1 tbsp.	2	0.0	0.0	0.9	0.0	0	0
Vinegar, White	1 tbsp.	2	0.0	0.0	0.0	0.0	0	1

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Walnut, Black, dried	1 oz.	182	17.6	4.1	5.2	1.4	0	3
Walnut, English, dried	1 oz.	182	17.6	4.1	5.2	1.4	0	3
Water Chestnut, canned, sliced	1/2 cup	35	0.0	0.6	8.7	1.8	0	6

Watercress, fresh, chopped	1/2 cup	2	0.0	0.4	0.2	0.4	0	7
Watermelon, fresh, diced	1 cup	51	0.7	1.0	11.5	0.6	0	3
Wax Bean, canned	1/2 cup	20	na	0.0	4.0	1.8	0	4.0
Wheat Flour, Rye	1 cup	400	2.0	12.0	83.0	9.0	0	0
Wheat Flour, White	1 cup	400	1.0	11.0	87.0	3.4	0	0
Wheat Flour, Whole Grain	1 cup	400	2.0	15.0	80.0	8.0	0	10

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Yam, boiled or baked, cubed	1/2 cup	79	0.1	1.0	18.8	2.7	0	5
Yeast, Baker's Active, dry	1 tbsp.	35	0.6	4.6	4.6	3.3	0	6
Yogurt, Plain, lowfat	8 oz.	140	4.0	10.0	16.0	0.0	15	160
Yogurt, Plain, nonfat	8 oz.	110	0.0	11.0	16.0	0.0	5	160
Yogurt, Chocolate, frozen, nonfat	4 oz.	80	< 1.0	4.0	19.0	0.0	0	70
Yogurt, Strawberry, frozen, nonfat	4 oz.	80	0.0	4.0	19.0	0.0	0	70
Yogurt, Vanilla, frozen, nonfat	4 oz.	80	0.0	4.0	20.0	0.0	0	70

FOOD	SERVING SIZE	TOTAL CALORIES	FAT GMS	PROTEIN GMS	CARBS GMS	FIBER GMS	CHOL. MGS	SODIUM MGS
Zucchini, boiled, w/skin	1/2 cup	14	0.0	0.6	3.5	1.3	0	3
Zucchini, canned in tomato juice	1/2 cup	33	0.1	1.2	7.8	0.5	0	424
Zwieback, Gerber, 1 toast, 7.0 g	1 toast	30	0.6	.7	5.2	0.17	1.5	16.2