

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
BAMBOO SHOOTS,BOILED	1CUP	120.0	15.0	2.3	1.8	0.3	3.5
Abalone, cnd, drnd, avg	3 oz	85.0	123.0	4.4	21.1	1.7	17.5
Abalone, fried, avg	3 oz	85.0	161.0	9.4	16.7	5.8	20.9
Abalone, raw, avg	3 oz	85.0	89.0	5.1	14.5	0.6	13.9
Abalone, stmd/pchd, avg	3 oz	85.0	179.0	10.2	29.1	1.3	28.0
Acerola, Raw, avg	1/2 cup	49.0	16.0	3.8	0.2	0.1	3.9
Ackee Fish, cnd, avg	3 oz	85.0	128.0	2.1	2.5	12.9	6.8
Ale, Miller Reserve Amber, 12 fl oz	1 ea	356.0	158.0	12.2	2.1	0.0	13.5
ALFALFA SPROUTS, RAW	3.5 OZ	100.0	41.0	5.5	5.1	0.6	8.7
Allspice, ground, avg	1 tsp	2.0	5.0	1.4	0.1	0.2	1.5
ALMONDS, ROASTED, SALTED	1 OZ	28.0	176.0	5.5	5.2	16.2	12.7
Amaranth, Cooked, salted, avg	1/2 cup	66.0	14.0	2.7	1.4	0.1	3.6
Amaranth, Leaf, ckd, drnd, avg	1/2 cup	66.0	14.0	2.7	1.4	0.1	3.6
Amaranth, Raw, chpd, avg	1/2 cup	14.0	3.0	0.6	0.3	0.0	0.8
AMARANTH,BOILED	1/2 CUP	66.0	14.0	0.1	80.4	1.3	48.7
ANCHOVY, CANNED	3 FILLETS	12.0	21.0	0.0	2.3	1.2	1.7
Anchovy, cnd in oil, drnd, avg	1 ea	45.0	94.0	0.0	13.0	4.4	8.9
Anchovy, European, raw, avg	3 oz	85.0	111.0	0.0	17.3	4.1	11.4
ANGEL FOOD CAKE	1 PIECE	60.0	161.0	35.7	4.8	0.1	38.6
Anise Seed, avg	1 tsp	2.0	7.0	1.0	0.4	0.3	1.3
Annatto Seed, American Spice & Trade Assoc	1 tsp	2.0	7.0	1.4	0.3	0.1	1.6
Antelope, Raw	4 oz	113.0	129.0	0.0	25.3	2.3	15.8
Antelope, Roasted	3 oz	85.0	128.0	0.0	25.1	2.3	15.6
APPLE	1 MEDIUM	138.0	81.0	21.1	0.3	0.5	21.4
APPLE JUICE	8 OZ	248.0	116.0	29.0	0.2	0.3	29.2
APPLE RINGS, DRIED	10 RINGS	64.0	155.0	42.4	0.6	0.2	42.8
Apple, Baked, unswtnd, avg	1 ea	161.0	101.0	26.4	0.3	0.6	26.7
Apple, Candied, avg	1 ea	184.0	254.0	56.0	2.3	4.2	58.4
Apple, Canned, avg	1/2 cup	102.0	68.0	17.1	0.2	0.4	17.3
Apple, Canned, slices, swtnd, avg	1/2 cup	102.0	68.0	17.0	0.2	0.5	17.2
Apple, Cooked, avg	1/2 cup	86.0	46.0	11.7	0.2	0.3	11.9
Apple, Cooked, slices, peeled, avg	1/2 cup	85.0	48.0	12.2	0.2	0.4	12.4
Apple, Dried, rings, avg	1/2 cup	43.0	104.0	28.3	0.4	0.1	28.6
Apple, Dried, swtnd, avg	1/2 cup	140.0	116.0	28.1	0.3	0.1	28.3
Apple, Dried, unswtnd, avg	1/2 cup	128.0	73.0	19.6	0.3	0.1	19.8
Apple, Frozen, unswtnd, avg	1/2 cup	86.0	41.0	10.6	0.2	0.3	10.8
Apple, Pickled, avg	1 ea	19.0	25.0	6.5	0.0	0.0	6.5
Apple, Raw, golden delicious, w/peel, avg	1 ea	138.0	59.0	16.1	0.4	0.0	16.3
Apple, Raw, granny smith, w/peel, avg	1 ea	138.0	61.0	17.1	0.4	0.0	17.3

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Apple, Raw, rose, avg	1/2 cup	68.0	17.0	3.9	0.4	0.2	4.2
Apple, Raw, w/o peel, avg	1 ea	128.0	73.0	18.9	0.2	0.4	19.1
Apple, Raw, w/peel, avg	1 ea	138.0	81.0	21.1	0.3	0.5	21.4
Applesauce, Canned, avg	1/2 cup	122.0	52.0	13.8	0.2	0.1	13.9
APPLESAUCE, CANNED, UNSWEETENED	1/2 CUP	122.0	53.0	13.8	0.2	0.1	13.9
Applesauce, Canned, w/vit C, avg	1/2 cup	122.0	52.0	13.8	0.2	0.1	13.9
Applesauce, Sweetened, avg	1/2 cup	128.0	97.0	25.5	0.2	0.2	25.7
Applesauce, Sweetened, unsalted, avg	1/2 cup	128.0	97.0	25.5	0.2	0.2	25.7
APRICOT NECTAR	8 OZ	251.0	141.0	36.1	0.9	0.2	36.7
Apricots, Candied, avg	1 oz	28.0	95.0	24.2	0.2	0.1	24.3
APRICOTS, CANNED IN WATER	4 HALVES	90.0	20.0	4.9	0.6	0.0	5.3
Apricots, Canned, heavy syrup, w/o skin, avg	1/2 cup	129.0	107.0	27.7	0.7	0.1	28.1
Apricots, Canned, heavy syrup, w/skin, avg	1/2 cup	120.0	100.0	25.8	0.6	0.1	26.2
Apricots, Canned, juice, w/skin, halves, avg	1/2 cup	122.0	59.0	15.0	0.8	0.0	15.5
Apricots, Canned, light syrup, w/skin, avg	1/2 cup	126.0	79.0	20.8	0.7	0.1	21.2
Apricots, Canned, water, w/o skin, avg	1/2 cup	114.0	25.0	6.2	0.8	0.0	6.7
Apricots, Canned, water, w/skin, avg	1/2 cup	122.0	33.0	7.8	0.9	0.2	8.4
Apricots, Canned, xtr heavy syrup, w/o skin, avg	1/2 cup	123.0	118.0	30.6	0.7	0.0	31.0
Apricots, Dried, sulfured, unckd, avg	1/2 cup	65.0	155.0	40.2	2.4	0.3	41.7
Apricots, Frozen, swtnd, avg	1/2 cup	121.0	119.0	30.4	0.8	0.1	30.9
APRICOTS, RAW	3 MEDIUM	106.0	51.0	11.8	1.5	0.4	12.8
Apricots, Raw, pitted, fresh, sliced, avg	1/2 cup	82.0	39.0	9.1	1.1	0.3	9.8
Apricots, Stewed, dried, halves, slfrd, swntd, avg	1/2 cup	135.0	153.0	39.6	1.6	0.2	40.6
Apricots, Stewed, dried, sulfured, avg	1/2 cup	125.0	106.0	27.4	1.6	0.2	28.4
ARBY'S CLUB SANDWICH		252.0	560.0	43.0	30.0	30.0	68.5
ARBY'S HAM & CHEESE SANDWICH		154.0	380.0	33.0	23.0	17.0	51.1
ARBY'S JUNIOR ROAST BEEF		74.0	220.0	21.0	12.0	9.0	30.5
ARBY'S ROAST BEEF & CHEESE		168.0	450.0	36.0	27.0	22.0	57.7
ARBY'S ROAST BEEF SANDWICH		140.0	350.0	32.0	22.0	15.0	49.0
ARBY'S SUPER ROAST BEEF		263.0	620.0	61.0	30.0	28.0	86.0
Arrowhead, Cooked, avg	1 ea	12.0	9.0	1.9	0.5	0.0	2.2
Arrowhead, Raw, avg	1 ea	12.0	12.0	2.4	0.6	0.0	2.8
ARROWHEAD,BOILED	1 MEDIUM	12.0	9.0	0.0	9.3	0.0	5.6
ARTICHOKE HEARTS,BOILED	1/2CUP	84.0	37.0	8.7	1.9	0.1	9.9
ARTICHOKE,BOLIED	1 MEDIUM	300.0	53.0	12.4	2.8	0.2	14.1
Artichokes, Frozen, ckd, avg	1/2 cup	84.0	38.0	7.7	2.6	0.4	9.4
Artichokes, Globe, ckd, avg	1 ea	120.0	60.0	13.4	4.2	0.2	16.0
Artichokes, Globe, raw, avg	1 ea	128.0	60.0	13.4	4.2	0.2	16.0
Artichokes, Hearts, marinated, avg	1/2 cup	65.0	64.0	5.0	1.6	5.2	7.3

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Artichokes, Hearts, Progresso	1 pce	41.0	18.0	3.0	1.0	0.0	3.6
Artichokes, Jerusalem, raw, avg	1/2 cup	75.0	57.0	13.1	1.5	0.0	14.0
Arugula, Leaf, raw, avg	1/2 cup	10.0	3.0	0.4	0.3	6.6	2.2
Asparagus, Canned, 50% less salt, Green Giant	1/2 cup	120.0	18.0	3.0	1.4	0.0	3.8
Asparagus, Canned, unsalted, avg	1/2 cup	122.0	18.0	3.0	2.2	0.2	4.4
Asparagus, Canned, w/liquid, avg	1/2 cup	122.0	18.0	3.0	2.2	0.2	4.4
Asparagus, Canned, white spears, Pillsbury	3 oz	85.0	12.0	2.0	1.7	0.1	3.0
Asparagus, Cooked, avg	1/2 cup	90.0	22.0	3.8	2.3	0.3	5.3
ASPARAGUS, FRESH, COOKED	2/3 CUP	100.0	20.0	3.6	2.2	0.2	5.0
ASPARAGUS, FROZEN	3/5 CUP	100.0	24.0	4.2	3.3	0.2	6.2
Asparagus, Frozen, ckd, avg	1/2 cup	90.0	25.0	4.4	2.7	0.4	6.1
Asparagus, Raw, avg	1/2 cup	67.0	15.0	3.0	1.5	0.1	3.9
ASPARAGUS,BOILED	1/2CUP	90.0	22.0	4.0	2.3	0.3	5.5
Avocado, avg	1/2 cup	115.0	129.0	10.2	1.8	10.2	13.8
Avocado, California, pureed, avg	1/2 cup	115.0	204.0	7.9	2.4	19.9	14.3
AVOCADO, RAW, CALIFORNIA	1 MEDIUM	173.0	306.0	12.0	3.6	30.0	21.7
Avocado, Sliced, avg	1/2 cup	73.0	118.0	5.4	1.4	11.2	9.0
Bacon Bits, Bac-O-Bits, General Mills	1 Tbs	16.0	67.0	4.3	6.6	2.6	8.9
Bacon Bits, Meatless, avg	1/4 oz	7.0	31.0	2.0	2.2	1.8	3.8
Bacon Bits, Oscar Mayer	1 Tbs	7.0	24.0	0.2	2.7	1.3	2.1
Bacon Bits, Oscar Mayer	1 Tbs	7.0	24.0	0.2	2.7	1.3	2.1
Bacon, Bits, Oscar Mayer	1 Tbs	7.0	24.0	0.2	2.7	1.3	2.1
Bacon, Bits, Oscar Mayer	1 Tbs	7.0	24.0	0.2	2.7	1.3	2.1
Bacon, Canadian, grilled	1 pce	23.0	43.0	0.3	5.6	1.9	4.1
Bacon, Canadian, unheated	1 pce	28.0	44.0	0.5	5.8	1.1	4.3
Bacon, Cooked	4 pce	32.0	184.0	0.2	9.8	15.7	10.0
Bacon, Cooked, low sod, Oscar Mayer	5 pce	30.0	140.0	1.5	10.0	10.5	10.1
Bacon, Cooked, thick cut, Oscar Mayer	3 pce	30.0	150.0	0.0	6.0	12.0	6.6
BACON, FRIED CRISP	1 SLICE	6.0	35.0	0.1	1.6	3.1	1.8
Bacon, Raw	2 pce	57.0	317.0	0.1	4.9	32.8	11.2
Bacon, Smoked, low sod	1 oz	28.0	161.0	0.2	8.5	13.8	8.8
BAGEL	1 MEDIUM	55.0	163.0	30.9	6.0	1.4	34.9
Bagel, Cinnamon Raisin, large, avg	1 ea	118.0	323.0	65.1	11.6	2.0	72.6
Bagel, Egg, large, avg	1 ea	110.0	306.0	58.3	11.7	2.3	65.9
Bagel, Onion, small, Arnie's Bagelicious	1 ea	55.0	143.0	29.1	5.1	0.7	32.3
Bagel, Plain, small, Arnie's Bagelicious	1 ea	55.0	144.0	29.3	5.0	0.8	32.5
Bagel, Sesame Seed, small, Arnie's Bagelicious	1 ea	55.0	147.0	28.0	5.2	1.6	31.5
Bagel, Whole Wheat, small, avg	1 ea	55.0	145.0	31.0	6.0	0.8	34.8
Baking Chips, Butterscotch Morsels, Toll House	1/2 cup	86.0	491.0	61.4	0.0	24.9	67.6

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Baking Chips, Butterscotch, avg	1/2 cup	85.0	458.0	57.0	1.9	24.7	64.3
Baking Chips, Butterscotch, Bakeshoppe	1/2 cup	120.0	649.0	77.3	4.6	35.8	89.0
Baking Chips, Carob Vegan Malted, avg	30 pce	14.0	68.0	10.0	0.4	3.1	11.0
Baking Chips, Carob, avg	1/2 cup	85.0	459.0	47.9	6.9	26.7	58.7
Baking Chips, Carob, unswtnd, avg	30 pce	6.0	28.0	3.3	0.9	1.3	4.2
Baking Chips, Choc Bittersweet, Ambrosia	1/2 cup	86.0	404.0	57.6	4.3	22.4	65.8
Baking Chips, Crunch Pieces, Nestle	2 Tbs	24.0	125.0	15.6	1.4	6.3	18.0
Baking Chips, Milk Choc Kisses, mini, Hershey's	10 ea	14.0	76.0	8.1	1.0	4.4	9.8
Baking Chips, Milk Choc Morsels, Toll House	1/2 cup	86.0	430.0	55.3	0.0	27.5	62.2
Baking Chips, Milk Choc, Bakers	1 oz	28.0	140.0	18.0	2.0	8.0	21.2
Baking Chips, Milk Choc, Bakeshoppe	1/2 cup	120.0	647.0	72.1	8.8	35.9	86.4
Baking Chips, Milk Choc, mini bits, M & M's	1 Tbs	14.0	70.0	9.4	0.7	3.3	10.6
Baking Chips, Peanut Butter, Reese's	1/2 cup	120.0	629.0	55.9	24.8	33.1	79.1
Baking Chips, Semi-Swt Choc Flvd , Bakers	1 oz	28.0	140.0	20.0	0.0	6.0	21.5
Baking Chips, Semi-Swt Choc Mini Bits, M&M's	1 Tbs	14.0	73.0	9.2	0.6	3.7	10.5
Baking Chips, Semi-Swt Choc Mini Morsels, Toll Hse	1/2 cup	86.0	430.0	55.3	0.0	24.9	61.5
Baking Chips, Semi-Swt Choc Morsels, Toll House	1/2 cup	86.0	430.0	55.3	0.0	24.9	61.5
Baking Chips, Semi-Swt Choc, avg	1/2 cup	84.0	402.0	53.0	3.5	25.2	61.4
Baking Chips, Semi-Swt Choc, Bakeshoppe	1/2 cup	120.0	635.0	78.9	5.6	32.6	90.4
Baking Chips, Semi-Swt Real Choc, Bakers	1 oz	28.0	120.0	18.0	2.0	7.0	21.0
Baking Chips, Vanilla, Hershey's	1/2 cup	120.0	637.0	73.4	9.3	34.0	87.5
Baking Chips, White, avg	1/2 cup	85.0	458.0	50.4	4.1	27.3	59.7
Baking Choc, Bittersweet Bar, Hershey's	1 ea	28.0	157.0	15.1	1.9	9.4	18.6
Baking Choc, Bittersweet Coating, Blue Ribbon	1 oz	28.0	134.0	14.6	1.1	10.4	17.9
Baking Choc, Bittersweet Square, avg	1 ea	28.0	134.0	13.1	2.2	11.1	17.2
Baking Choc, German's Sweet Bar, Baker's	2 pce	13.0	60.0	8.0	1.0	3.5	9.5
Baking Choc, Mexican Squares, avg	1 ea	20.0	85.0	15.5	0.7	3.1	16.7
Baking Choc, Milk Choc Coating, avg	1 oz	28.0	143.0	18.2	1.1	7.8	20.8
Baking Choc, Semi-Sweet Bar, Baker's	1 pce	28.0	130.0	17.0	2.0	9.0	20.5
Baking Choc, Semi-Sweet Bar, Hershey's	1 ea	28.0	149.0	18.0	1.4	7.1	20.6
Baking Choc, Semi-Sweet Bar, Nestle	1 oz	28.0	140.0	18.0	1.6	8.1	21.0
Baking Choc, Semi-Sweet, w/butter, avg	1/2 cup	85.0	405.0	53.9	3.6	25.2	62.4
Baking Choc, Unswtnd Bar, Hershey's	1 ea	28.0	178.0	8.1	4.0	14.4	14.1
Baking Choc, Unswtnd Bar, Nestle	1 oz	28.0	160.0	8.1	4.0	14.0	14.0
Baking Choc, Unswtnd Square, avg	1 ea	28.0	146.0	7.9	2.9	15.5	13.5
Baking Choc, Unswtnd Square, grated, avg	1/2 cup	66.0	345.0	18.7	6.8	36.5	31.9
Baking Choc, Unswtnd White, Toll House	1 oz	28.0	160.0	15.1	1.1	10.1	18.3
Baking Choc, Unswtnd, pre-mltd, ChocoBake	1 oz	28.0	160.0	9.1	0.0	15.1	12.9
Baking Powder, Avg	1 tsp	4.0	3.0	0.8	0.0	0.0	0.8

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Baking Powder, Double Acting, Fleischmann's	1 tsp	4.0	0.0	0.0	0.0	0.0	0.0
Baking Powder, Low Sodium, avg	1 tsp	5.0	5.0	2.3	0.0	0.0	2.3
Baking Soda, Ashland Chemical	1 tsp	5.0	0.0	0.0	0.0	0.0	0.0
Baking Soda, Low Sodium, Ashland Chemical	1/4 oz	7.0	0.0	0.0	0.0	0.0	0.0
Balsam Pear, Leaf Tips, ckd, avg	1/2 cup	58.0	20.0	3.9	2.1	0.1	5.2
Balsam Pear, Leaf Tips, raw, avg	1/2 cup	48.0	14.0	1.6	2.5	0.3	3.2
Balsam Pear, Pods, ckd, avg	1/2 cup	62.0	12.0	2.7	0.5	0.1	3.0
Balsam Pear, Pods, raw, avg	1/2 cup	46.0	8.0	1.7	0.5	0.1	2.0
Bamboo Shoots, Canned, La Choy	2 oz	57.0	6.0	1.7	0.4	0.1	2.0
Bamboo Shoots, Canned, sliced, avg	1/2 cup	66.0	13.0	2.1	1.1	0.3	2.8
Bamboo Shoots, Cooked, avg	1/2 cup	60.0	7.0	1.2	0.9	0.1	1.8
Bamboo Shoots, Raw, sliced, avg	1/2 cup	76.0	21.0	3.1	1.1	0.2	3.8
BAMBOO,SHOOTS,RAW	1/2CUP	76.0	21.0	4.0	2.0	0.2	5.3
BANANA	1 MEDIUM	114.0	105.0	26.7	1.2	0.6	27.6
Banana Split, Dairy Queen	1 ea	369.0	510.0	96.0	8.0	12.0	103.8
Banana, Dried, chips, avg	1/2 cup	46.0	239.0	26.9	1.1	15.5	31.4
Banana, Fried, green, avg	1 ea	90.0	158.0	21.5	0.9	8.8	24.2
Banana, Fried, ripe, avg	1 ea	91.0	184.0	23.8	1.2	10.6	27.2
Banana, Raw, red, avg	1/2 cup	75.0	68.0	17.6	0.9	0.2	18.2
Banana, Raw, slices, avg	1/2 cup	75.0	69.0	17.6	0.8	0.4	18.2
Bar, Apple Bakes, fat free, Health Valley	1 ea	27.0	70.0	18.0	2.0	0.0	19.2
Bar, Apple Bakes, fat free, Health Valley	1 ea	27.0	70.0	18.0	2.0	0.0	19.2
Bar, Apple Cinn Spice, diet, Sweet Success	1 ea	33.0	120.0	22.0	2.0	4.0	24.2
Bar, Apple Cinnamon Filling, Snackwells	1 ea	37.0	119.0	29.2	1.1	0.3	29.9
Bar, Blueberry Filling, Snackwells	1 ea	37.0	121.0	29.3	1.0	0.3	30.0
Bar, Breakfast, chco chip, Carnation	1 ea	36.0	150.0	21.1	2.0	6.1	23.8
Bar, Breakfast, chco chip, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4
Bar, Breakfast, chco chip, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4
Bar, Breakfast, choc brownie, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4
Bar, Breakfast, choc brownie, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4
Bar, Breakfast, choc chunk granola, Crn	1 ea	36.0	389.0	61.1	5.6	14.0	68.0
Bar, Breakfast, choc peanut butter, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4
Bar, Breakfast, choc peanut butter, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4
Bar, Breakfast, choc raspberry, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4
Bar, Breakfast, honey & oats granola, Crn	1 ea	36.0	130.0	23.0	2.0	3.1	25.0
Bar, Breakfast, oatmeal raisin, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4
Bar, Breakfast, peanut butter & choc chip, Crn	1 ea	36.0	150.0	20.1	2.1	5.0	22.6
Bar, Choc Brownie, diet, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4
Bar, Choc Brownie, diet, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Bar, Choc Chip, diet, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4
Bar, Choc Chip, diet, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4
Bar, Choc Peanut Butter, diet, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4
Bar, Choc Peanut Butter, diet, Sweet Success	1 ea	33.0	120.0	23.0	1.1	3.1	24.4
Bar, Choc Sandwich, fat free, Health Valley	1 ea	52.0	150.0	26.0	3.0	0.0	27.8
Bar, Date Bakes, fat free, Health Valley	1 ea	27.0	70.0	18.0	2.0	0.0	19.2
Bar, Date Bakes, fat free, Health Valley	1 ea	27.0	70.0	18.0	2.0	0.0	19.2
Bar, Fiber 7 Flakes, fat free, Health Valley	1 ea	37.0	110.0	26.0	2.0	0.0	27.2
Bar, Granola, almond, hard, avg	1 ea	24.0	119.0	14.9	1.8	6.1	17.5
Bar, Granola, choc chip, chewy, Rice Krispies	1 ea	28.0	120.0	20.0	1.0	4.0	21.6
Bar, Granola, choc chip, Graham&Marsh, soft, avg	1 ea	28.0	120.0	19.8	1.7	4.3	21.9
Bar, Granola, choc chip, hard, avg	1 ea	24.0	105.0	17.3	1.8	3.9	19.4
Bar, Granola, choc chip, w/choc coating, soft, avg	1 ea	35.0	163.0	22.3	2.0	8.7	25.7
Bar, Granola, choc coated, avg	1 ea	34.0	158.0	22.7	2.2	7.2	25.8
Bar, Granola, choc, soft, avg	1 ea	42.0	176.0	29.0	3.1	6.1	32.4
Bar, Granola, nut & raisin, uncoated, soft, avg	1 ea	28.0	127.0	17.8	2.2	5.7	20.5
Bar, Granola, nutty fudge, snack bar, Kudos	1 ea	37.0	201.0	20.1	3.0	12.0	24.9
Bar, Granola, oat, Raisin & Coconut, avg	1 ea	40.0	182.0	26.7	3.9	7.0	30.8
Bar, Granola, peanut butter soft, unctd, avg	1 ea	24.0	102.0	15.5	2.5	3.8	17.9
Bar, Granola, peanut butter, choc ctd, soft, avg	1 ea	37.0	188.0	19.8	3.8	11.5	25.0
Bar, Granola, peanut butter, hard, avg	1 ea	24.0	116.0	14.1	2.4	5.7	17.0
Bar, Granola, peanut butter, snack bar, Kudos	1 ea	37.0	201.0	19.1	4.0	12.0	24.5
Bar, Granola, peanut butter/choc, unctd, soft, avg	1 ea	28.0	121.0	17.4	2.7	5.6	20.4
Bar, Granola, peanut, hard, avg	1 ea	24.0	115.0	15.3	2.6	5.1	18.1
Bar, Granola, plain, hard, avg	1 ea	24.0	113.0	15.5	2.4	4.8	18.1
Bar, Granola, plain, uncoated, soft, avg	1 ea	28.0	124.0	18.8	2.1	4.8	21.3
Bar, Granola, raisin, soft, avg	1 ea	42.0	188.0	27.9	3.2	7.5	31.7
Bar, Granola, w/nougat, avg	1 ea	34.0	140.0	24.1	2.0	4.8	26.5
Bar, Granola, yogurt coated, w/high fiber, avg	1 ea	28.0	96.0	18.6	2.7	2.9	20.9
Bar, Marsh Trop Sandwich, fat free, Health Valley	1 ea	30.0	90.0	22.0	1.0	0.0	22.6
Bar, Oat Bran Flakes, Blueberry, Health Valley	1 ea	37.0	110.0	26.0	2.0	0.0	27.2
Bar, Oatmeal Raisin, Sweet Success	1 ea	33.0	120.0	22.0	2.0	4.0	24.2
Bar, Raisin Bakes, fat free, Health Valley	1 ea	27.0	70.0	18.0	2.0	0.0	19.2
Bar, Raisin Bran/Apple, fat free, Health Valley	1 ea	37.0	110.0	26.0	2.0	0.0	27.2
Bar, Strawberry Filling, Snackwells	1 ea	37.0	120.0	29.3	1.0	0.3	30.0
Bar, Strawberry, Nutri Grain	1 ea	37.0	140.0	27.0	2.0	3.0	29.0
Bar, Supplement, Apple Cinnamon, Power Bar	1 ea	65.0	230.0	45.0	10.0	2.5	51.6
Bar, Supplement, Banana, Power Bar	1 ea	65.0	230.0	45.0	9.0	2.0	50.9
Bar, Supplement, Choc, Power Bar	1 ea	65.0	230.0	45.0	10.0	2.0	51.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Bar, Supplement, Malt Nut, Power Bar	1 ea	65.0	230.0	45.0	10.0	2.5	51.6
Bar, Supplement, Mocha, Power Bar	1 ea	65.0	230.0	45.0	10.0	2.5	51.6
Bar, Supplement, Oatmeal Raisin, Power Bar	1 ea	65.0	230.0	45.0	10.0	2.5	51.6
Bar, Supplement, Peanut Butter, Power Bar	1 ea	65.0	230.0	45.0	10.0	2.5	51.6
Bar, Supplement, Wild Berry, Power Bar	1 ea	65.0	230.0	45.0	10.0	2.5	51.6
Barley, Flakes, rolled, Arrowhead Mills	1/4 cup	28.0	83.0	21.2	3.0	0.8	23.2
Barley, Malted, avg	1 oz	28.0	92.0	20.5	3.2	0.4	22.5
Barley, Pearled, ckd, avg	1/4 cup	39.0	48.0	10.1	0.9	0.2	10.7
Barley, Pearled, dry, avg	1/4 cup	50.0	176.0	38.9	4.1	0.6	41.5
BARLEY, PEARLED, QUICK, DRY	1/4 CUP (1.7 OZ)	48.0	172.0	36.3	5.5	0.5	39.7
Barley, Whole, ckd, avg	1/4 cup	50.0	68.0	14.9	1.9	0.5	16.2
Barley, Whole, dry, avg	1/4 cup	46.0	163.0	33.8	5.8	1.1	37.6
Basil Leaves, dried, Foran Spice Company	1 tsp	1.0	3.0	0.6	0.1	0.0	0.7
Basil Leaves, fresh, chpd, avg	1 Tbs	3.0	1.0	0.1	7.6	0.0	4.7
Basil, ground, avg	1 tsp	2.0	5.0	1.2	0.3	0.1	1.4
BASKIN-ROBBIN'S CAPPUCCINO BLAST	16 OZ.		280.0	42.0	6.0	10.0	48.1
BASKIN-ROBBIN'S CHOCOLATE CHIP ICE CREAM	REGULAR SCOOP		270.0	26.0	4.0	18.0	32.9
BASKIN-ROBBINS CHOCOLATE ICE CREAM	REGULAR SCOOP		270.0	31.0	4.0	16.0	37.4
BASKIN'ROBBIN'S DAIQUIRI ICE	REGULAR SCOOP		130.0	33.0	0.0	0.0	33.0
BASKIN-ROBBIN'S MAUI BROWNIE MADNESS LOW	KID'S SCOOP (½C)		140.0	26.0	5.0	3.0	29.8
BASKIN-ROBBIN'S NO SUGAR ADDED CHOC. CHO	KID'S SCOOP (½C)		100.0	17.0	4.0	3.0	20.2
BASKIN-ROBBIN'S NO SUGAR ADDED THIN MINT I	KID'S SCOOP (½C)		100.0	17.0	4.0	3.0	20.2
BASKIN-ROBBIN'S PERILS OF PRAULINE LOW FAT	KID'S SCOOP (½C)		130.0	24.0	4.0	3.0	27.2
BASKIN-ROBBIN'S RAINBOW SHERBERT	REGULAR SCOOP		160.0	34.0	2.0	2.0	35.7
BASKIN-ROBBIN'S RASPBERRY CHEESE LOUISE L	KID'S SCOOP (½C)		130.0	24.0	4.0	3.0	27.2
BASKIN-ROBBIN'S RED RASPBERRY SORBET	REGULAR SCOOP		140.0	36.0	0.0	0.0	36.0
BASKIN-ROBBIN'S ROCKY ROAD ICE CREAM	REGULAR SCOOP		300.0	34.0	5.0	17.0	41.3
BASKIN-ROBBIN'S VANILLA ICE CREAM	REGULAR SCOOP		240.0	25.0	5.0	14.0	31.5
BASKIN-ROBBIN'S VERY BERRY STAWBERRY ICE	REGULAR SCOOP		220.0	28.0	3.0	12.0	32.8
Bass, Freshwater, bkd, fillet, avg	1 ea	62.0	91.0	0.0	15.0	2.9	9.7
Bass, Freshwater, raw, fillet, avg	1 ea	79.0	90.0	0.0	14.9	2.9	9.7
Bass, Sea, bkd, fillet, avg	1 ea	101.0	125.0	0.0	23.8	2.6	14.9
Bass, Sea, raw, fillet, avg	1 ea	129.0	125.0	0.0	23.7	2.6	14.9
Bass, Striped, bkd, fillet, avg	1 ea	124.0	154.0	0.0	28.1	3.7	17.8
Bass, Striped, raw, fillet, avg	1 ea	159.0	154.0	0.0	28.1	3.7	17.8
Bay Leaf, dried, avg	1 tsp	1.0	3.0	0.8	0.1	8.4	3.0
BEAN SALAD 3 BEAN PILLSBURY	1/2 CUP	113.0	80.0	17.4	2.3	0.2	18.8
BEAN SALAD 3 BEAN, JOAN OF ARC	1/2 CUP	127.0	90.0	19.8	2.2	0.3	21.2
BEAN SALAD 4 BEAN JOAN OF ARC	1/2 CUP	138.0	120.0	26.9	2.8	0.2	28.6

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
BEANS BAKED,GARDEN STYLE,SPECIAL RECIPE	6.9 OZ	195.0	191.0	37.2	7.2	1.5	41.9
BEANS CND BAKED B&M	7/8 CUP	227.0	330.0	49.0	16.0	8.0	60.6
BEANS FRIEND'S	1 CUP	255.0	360.0	62.0	17.0	5.0	73.5
BEANS JOAN OF ARC	1/2 CUP	119.0	100.0	16.7	6.1	1.1	20.6
BEANS 'N FRANKS, CAN, STOKELEYS	1 CUP	250.0	340.0	35.0	16.0	16.0	48.6
BEANS W/TOMATO SAUCE, CANNED	3.5 OZ	100.0	109.0	20.1	5.3	1.0	23.5
Beans, Adzuki, unsalted, Eden	1/2 cup	130.0	110.0	19.0	7.0	0.0	23.2
Beans, Baked, 99% fat free, B&M	1/2 cup	130.0	160.0	31.0	8.0	1.0	36.1
Beans, Baked, barbecue, B&M	1/2 cup	133.0	170.0	32.0	7.0	2.0	36.7
Beans, Baked, brick oven, B&M	1/2 cup	131.0	180.0	32.0	8.0	2.0	37.3
Beans, Baked, extra hearty, B&M	1/2 cup	131.0	190.0	36.0	8.0	2.0	41.3
Beans, Baked, fat free, Health Valley	1/2 cup	120.0	110.0	24.0	7.0	0.0	28.2
Beans, Baked, fat free, unsltd, Health Valley	1/2 cup	120.0	110.0	24.0	7.0	0.0	28.2
Beans, Baked, Kentucky Fried Chicken	1/3 cup	110.0	132.0	24.0	5.1	2.0	27.6
Beans, Baked, red kidney, B&M	1/2 cup	132.0	170.0	32.0	7.0	2.0	36.7
Beans, Baked, w/honey, B&M	1/2 cup	134.0	170.0	30.0	8.0	1.5	35.2
Beans, Baked, yellow eye, B&M	1/2 cup	130.0	170.0	28.0	8.0	2.0	33.3
Beans, Black, 50% less salt, cnd, S&W	1/2 cup	127.0	70.0	17.0	5.0	0.0	20.0
Beans, Black, cnd, Old El Paso	1/2 cup	130.0	100.0	17.0	7.0	1.0	21.5
Beans, Black, refried, cnd, Old El Paso	1/2 cup	120.0	120.0	18.0	6.0	2.0	22.1
Beans, Broadbeans/Fava, ckd, avg	1/2 cup	100.0	62.0	10.1	4.8	0.5	13.1
Beans, Broadbeans/Fava, cnd, Progresso	1/2 cup	130.0	110.0	20.0	6.0	0.5	23.7
Beans, Broadbeans/Fava, raw, avg	1/2 cup	75.0	256.0	43.7	19.6	1.1	55.7
Beans, Butter, cnd, S&W	1/2 cup	124.0	70.0	18.0	6.0	0.0	21.6
Beans, Cannellini, cnd, Progresso	1/2 cup	130.0	100.0	18.0	5.0	0.5	21.1
Beans, Chili, cnd, Campbell's	1/2 cup	130.0	130.0	21.0	6.0	3.0	25.4
Beans, Garbanzo/Chickpeas, ckd, avg	1/2 cup	82.0	134.0	22.5	7.3	2.1	27.4
Beans, Garbanzo/Chickpeas, cnd, Old El Paso	1/2 cup	130.0	120.0	20.0	5.0	2.5	23.6
Beans, Garbanzo/Chickpeas, raw, avg	1/2 cup	100.0	364.0	60.7	19.3	6.0	73.8
Beans, Garbanzo/Chickpeas, unsltd, cnd, Eden	1/2 cup	130.0	120.0	19.0	7.0	1.5	23.6
Beans, Great Northern, ckd, avg	1/2 cup	88.0	104.0	18.6	7.3	0.4	23.1
Beans, Great Northern, cnd, S&W	1/2 cup	127.0	70.0	17.0	6.0	0.0	20.6
Beans, Green, Long John Silvers	3 1/2 oz	99.0	20.0	3.0	1.0		3.6
Beans, Green, snap/string, ckd, avg	1/2 cup	62.0	22.0	4.9	1.2	0.2	5.7
Beans, Hyacinth, ckd, avg	1/2 cup	44.0	22.0	4.0	1.3	0.1	4.8
Beans, Hyacinth, raw, avg	1/2 cup	40.0	18.0	3.7	0.8	8.0	6.2
Beans, Kidney, all types, ckd, avg	1/2 cup	88.0	112.0	20.1	7.6	0.4	24.8
Beans, Kidney, cnd, Progresso	1/2 cup	130.0	110.0	20.0	7.0	0.5	24.3
Beans, Kidney, fat free, unsltd, cnd, Eden	1/2 cup	130.0	100.0	18.0	8.0	0.0	22.8

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Beans, Lima, baby, ckd f/fzn	1/2 cup	90.0	94.0	17.6	5.1	0.3	20.7
Beans, Lima, baby, ckd, avg	1/2 cup	85.0	105.0	20.1	5.8	0.3	23.7
Beans, Lima, baby, cnd, low sod, avg	1/2 cup	87.0	62.0	11.6	3.5	0.3	13.8
Beans, Lima, baby, dry, avg	1/2 cup	101.0	338.0	63.4	20.8	0.9	76.1
Beans, Lima, large, ckd f/fzn, avg	1/2 cup	85.0	85.0	15.1	5.2	0.3	18.3
Beans, Lima, large, ckd, avg	1/2 cup	94.0	108.0	19.6	7.3	0.4	24.1
Beans, Lima, large, cnd, avg	1/2 cup	120.0	95.0	17.9	5.9	0.2	21.5
Beans, Lima, large, raw, avg	1/2 cup	78.0	88.0	15.8	5.3	0.7	19.2
Beans, Mean, svg, Kentucky Fried Chicken	1 ea	111.0	52.0	8.0	3.0	2.0	10.3
Beans, Mexican, cnd, Old El Paso	1/2 cup	130.0	110.0	19.0	7.0	0.5	23.3
Beans, Navy, ckd, avg	1/2 cup	91.0	129.0	23.9	7.9	0.5	28.8
Beans, Navy, unsalted, cnd, Eden	1/2 cup	130.0	110.0	20.0	7.0	0.5	24.3
Beans, Pinto, ckd f/fzn, avg	3 oz	85.0	138.0	26.3	7.9	0.4	31.1
Beans, Pinto, ckd, avg	1/2 cup	86.0	118.0	22.1	7.1	0.4	26.5
Beans, Pinto, cnd, Old El Paso	1/2 cup	130.0	110.0	19.0	6.0	0.5	22.7
Beans, Pinto, cnd, unsltd, fat free, Eden	1/2 cup	130.0	100.0	18.0	6.0	0.0	21.6
Beans, Pork & Beans, w/sweet sauce, cnd, avg	1/2 cup	126.0	140.0	26.5	6.7	1.8	31.0
Beans, Pork & Beans, w/tomato sauce, cnd, avg	1/2 cup	126.0	123.0	24.4	6.5	1.3	28.6
Beans, Refried, cnd, avg	1/2 cup	126.0	118.0	19.5	6.9	1.6	24.0
Beans, Refried, cnd, fat free, Old El Paso	1/2 cup	124.0	110.0	20.0	6.0	0.0	23.6
Beans, Refried, vegetarian, cnd, Old El Paso	1/2 cup	118.0	100.0	16.0	6.0	1.0	19.9
Beans, Refried, w/cheese, cnd, Old El Paso	1/2 cup	120.0	130.0	18.0	7.0	3.5	23.1
Beans, Refried, w/green chilis, cnd, Old El Paso	1/2 cup	122.0	110.0	19.0	6.0	0.5	22.7
Beans, Refried, w/sausage, cnd, Old El Paso	1/2 cup	118.0	200.0	14.0	7.0	13.0	21.5
Beans, Shell, cnd, avg	1/2 cup	122.0	37.0	7.6	2.1	0.2	8.9
Beans, Snap/String, ckd f/fzn, avg	1/2 cup	68.0	19.0	4.4	1.0	0.1	5.0
Beans, Snap/String, cnd w/liquid, avg	1/2 cup	120.0	18.0	4.2	0.1	0.1	4.3
Beans, Snap/String, raw, avg	1/2 cup	55.0	17.0	3.9	1.0	0.1	4.5
Beans, Soybeans, dry rstd, avg	1/2 cup	86.0	387.0	28.1	34.1	18.6	53.2
Beans, Soybeans, dry rstd, avg	1/2 cup	86.0	387.0	28.1	34.1	18.6	53.2
Beans, String, 50% less salt, cnd, Green Giant	1/2 cup	120.0	22.0	4.3	0.8	0.1	4.8
Beans, String, low sod, cnd w/liquid, avg	1/2 cup	120.0	18.0	4.2	0.1	0.1	4.3
Beans, String, pckld, avg	1/2 cup	68.0	19.0	4.5	1.1	0.1	5.2
Beans, String, w/butter sauce, Green Giant	3 oz	85.0	28.0	4.4	1.0	1.4	5.4
Beans, White, ckd, avg	1/2 cup	90.0	128.0	23.2	8.1	0.6	28.2
Beans, White, cnd, S&W	1/2 cup	122.0	80.0	19.0	7.0	0.5	23.3
BEANS, WHITE, COOKED	1/2 CUP	100.0	118.0	21.2	7.8	0.6	26.0
Beans, White, raw, avg	1/2 cup	108.0	363.0	67.3	22.8	1.3	81.3
Beans, Winged/Goabean, dry, ckd, avg	1/2 cup	86.0	126.0	12.8	9.1	5.0	19.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Beans, Winged/Goabean, mature, dry, avg	1/2 cup	91.0	372.0	37.9	27.0	14.8	57.8
Beans, Yard Long, ckd, avg	1/2 cup	86.0	101.0	18.1	7.1	0.4	22.5
Beans, Yard Long, mature, raw, avg	1/2 cup	84.0	291.0	51.1	20.4	1.1	63.6
Beans, Yellow Wax, ckd f/fzn, avg	1/2 cup	68.0	19.0	4.4	1.0	0.1	5.0
Beans, Yellow Wax, ckd, avg	1/2 cup	62.0	22.0	4.9	1.2	0.2	5.7
Beans, Yellow Wax, Snap, cnd, avg	1/2 cup	120.0	18.0	4.2	0.1	0.1	4.3
Beans, Yellow Wax, Snap, cnd, low sod, avg	1/2 cup	120.0	18.0	4.2	0.1	0.1	4.3
Beans, Yellow Wax, Snap, raw, avg	1/2 cup	55.0	17.0	3.9	1.0	0.1	4.5
BEANS,BAKED,HOMESTYLE,CAMPBELL'S	8 OZ	227.0	265.0	47.8	11.5	3.1	55.5
BEANS,BAKED,HONEY B&M	7/8 CUP	227.0	280.0	50.0	15.0	2.0	59.5
BEANS,BAKED,MAPLE,FRIEND'S	7/8 CUP	227.0	280.0	50.0	15.0		59.0
Beans,Boiled	1cup	230.0	294.0	57.0	17.3	0.2	67.4
BEANS,CAMPBELL	7.9OZ	223.0	248.0	42.3	10.8	4.0	49.8
BEANS,MEXICAN VAN CAMP'S	1 CUP	227.0	210.0	35.8	11.4	2.4	43.2
BEANS,SPECIAL RECIPE	6.9 OZ	195.0	217.0	37.0	9.4	3.5	43.5
Bear, Cooked	3 oz	85.0	220.0	0.0	27.5	11.4	19.3
Bear, Raw	4 oz	113.0	182.0	0.0	22.7	9.4	16.0
Beaver, Raw	4 oz	113.0	165.0	0.0	27.2	5.4	17.7
Beaver, Roasted	3 oz	85.0	180.0	0.0	29.7	5.9	19.3
Beef & Noodles, fzn, Banquet	1 cup	227.0	150.0	17.0	12.0	4.0	25.2
Beef & Noodles, w/Cream Sauce, avg	1 cup	249.0	408.0	22.6	27.8	22.3	44.9
Beef & Noodles, w/Gravy, avg	1 cup	249.0	306.0	18.4	32.8	10.6	40.7
Beef & Noodles, w/Mushroom Soup, avg	1 cup	249.0	381.0	22.4	33.8	16.4	46.8
Beef & Noodles, w/o Sauce, avg	1 cup	156.0	270.0	17.8	26.3	9.6	36.0
Beef & Noodles, w/Tomato Sauce, avg	1 cup	249.0	281.0	20.8	30.1	8.3	40.9
Beef & Potatoes, fzn, Stouffers	1 ea	230.0	270.0	25.0	19.0	10.0	38.9
Beef & Potatoes, w/Cheese Sauce, avg	1 cup	249.0	513.0	23.3	33.9	31.7	51.6
Beef & Potatoes, w/Cream Sauce, avg	1 cup	252.0	310.0	23.5	24.5	12.9	41.4
Beef & Potatoes, w/Mushroom Soup, avg	1 cup	252.0	328.0	23.1	27.4	12.9	42.8
Beef & Rice, w/Cream Sauce, avg	1/2 cup	124.0	226.0	16.5	11.7	12.2	26.6
Beef & Rice, w/Gravy, avg	1/2 cup	111.0	160.0	14.1	10.3	6.5	21.9
Beef & Rice, w/Mushroom Soup, avg	1/2 cup	124.0	206.0	16.6	10.3	10.6	25.4
Beef & Rice, w/o Sauce, avg	1/2 cup	98.0	197.0	16.3	11.8	8.8	25.6
Beef & Rice, w/Soy Sauce, avg	1/2 cup	122.0	172.0	11.3	10.8	9.0	20.0
Beef & Rice, w/Tomato Sauce, avg	1/2 cup	122.0	168.0	17.5	9.5	6.8	24.9
BEEF BOULLION CUBE	1 CUBE	4.0	6.0	0.6	0.6	0.1	1.0
BEEF BOULLION, CANNED	1 CUP	240.0	16.0	0.1	2.7	0.5	1.8
BEEF CHUCK STEW MEAT	4 OZ	113.0	476.0	0.0	25.4	40.7	25.4
Beef Dinner, Cannelloni, w/pork, low cal, fzn, avg	1 ea	273.0	246.0	24.6	18.2	8.1	37.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Beef Dinner, Cantonese, fzn, Healthy Choice	1 ea	326.0	270.0	32.0	22.0	6.0	46.7
Beef Dinner, Corned Beef Hash, fzn, avg	1 ea	284.0	406.0	43.6	19.8	17.5	59.9
Beef Dinner, Frozen, Banquet	1 ea	255.0	240.0	19.0	26.0	7.0	36.4
Beef Dinner, Meatballs, Swedish, fzn, Armour	1 ea	284.0	300.0	20.0	18.0	17.0	35.1
Beef Dinner, Meatballs, Swedish, w/noodles,fzn,avg	1 ea	284.0	503.0	36.2	24.9	27.9	58.1
Beef Dinner, Meatloaf, extra helping, fzn, Banquet	1 ea	539.0	650.0	49.0	29.0	38.0	75.9
Beef Dinner, Meatloaf, fzn, Armour	1 ea	319.0	300.0	33.0	19.0	10.0	46.9
Beef Dinner, Meatloaf, fzn, Banquet	1 ea	269.0	280.0	23.0	12.0	17.0	34.5
Beef Dinner, Meatloaf, fzn, Hungry Man	1 ea	468.0	640.0	65.0	24.0	31.0	87.2
Beef Dinner, Meatloaf, fzn, Swanson	1 ea	305.0	380.0	37.0	19.0	14.0	51.9
Beef Dinner, Meatloaf, w/gravy&pot, fzn, Mar Clnr	1 ea	380.0	555.0	45.2	23.6	30.8	67.1
Beef Dinner, Meatloaf, w/tom sc, pot&veg, fzn, avg	1 ea	312.0	402.0	35.9	22.2	19.2	54.0
Beef Dinner, Meatloaf, w/tom sc, pot,veg&dsrt, avg	1 ea	312.0	493.0	58.3	18.7	21.7	74.9
Beef Dinner, Meatloaf, w/tom sc, veg&aplsce, avg	1 ea	312.0	374.0	38.9	18.5	16.5	54.1
Beef Dinner, Oriental, w/veg, fzn, Chef Mate	1 cup	253.0	190.0	25.0	9.0	6.0	31.9
Beef Dinner, Oriental, w/veg, lo cal, fzn,avg	1 ea	245.0	289.0	34.9	20.1	6.4	48.6
Beef Dinner, Patty, fzn, Banquet	1 ea	269.0	300.0	21.0	11.0	20.0	32.6
Beef Dinner, Pepper Steak, fzn, La Choy	1 ea	283.0	93.0	19.3	5.1	0.4	22.5
Beef Dinner, Pepper Steak, lite, fzn, Armour	1 ea	312.0	210.0	29.0	16.0	4.0	39.6
Beef Dinner, Pepper Steak, w/rice & vgs, fzn, avg	1 ea	284.0	281.0	27.5	21.7	9.1	42.8
Beef Dinner, Pepper Steak, w/rice, fzn, Bdgt Grmt	1 ea	284.0	300.0	39.0	15.0	9.0	50.3
Beef Dinner, Pot Roast, fzn, Stouffers	1 ea	252.0	270.0	25.0	19.0	10.0	38.9
Beef Dinner, Pot Roast, Yankee, fzn, Hlthy Chc	1 ea	312.0	290.0	38.0	19.0	7.0	51.2
Beef Dinner, Pot Roast, Yankee, fzn, Hungry Man	1 ea	454.0	360.0	48.0	27.0	6.0	65.7
Beef Dinner, Pot Roast, Yankee, fzn, Swanson	1 ea	326.0	250.0	39.0	12.0	4.5	47.3
Beef Dinner, Salisbury Steak, con queso,fzn,Patio	1 ea	312.0	390.0	33.0	18.0	20.0	48.8
Beef Dinner, Salisbury Steak, fzn, Banquet	1 ea	269.0	310.0	28.0	14.0	16.0	40.4
Beef Dinner, Salisbury Steak, fzn, Healthy Choice	1 ea	326.0	330.0	48.0	18.0	7.0	60.6
Beef Dinner, Salisbury Steak, lite, fzn, Armour	1 ea	326.0	260.0	26.0	22.0	7.0	41.0
Beef Dinner, Salisbury Steak, xtr hlpng, fzn,Bnqt	1 ea	539.0	740.0	52.0	31.0	46.0	82.1
Beef Dinner, Sandwich, Roast Beef, fzn, Swanson	1 ea	291.0	350.0	46.0	16.0	12.0	58.6
Beef Dinner, Sandwich, Salisbury Steak, fzn, Banquet	1 ea	142.0	220.0	8.0	9.0	16.0	17.4
Beef Dinner, Sirloin, chpd, w/grv, pot&veg,fzn,avg	1 ea	347.0	559.0	47.4	26.5	30.0	70.8
Beef Dinner, Sirloin, w/gravy, pot&vegs, avg	1 ea	312.0	278.0	20.7	27.2	9.8	39.5
Beef Dinner, Sirloin, w/herb sce, fzn, Bdgt Grmt	1 ea	284.0	290.0	27.0	19.0	12.0	41.4
Beef Dinner, Sliced, w/broccoli, fzn, Swanson	1 ea	284.0	350.0	53.0	11.0	10.0	62.1
Beef Dinner, Sliced, w/carrots, low cal, fzn, avg	1 ea	284.0	372.0	14.1	27.9	22.5	36.5
Beef Dinner, Sliced, w/gravy, fzn, Swanson	1 ea	312.0	460.0	47.0	17.0	22.0	62.7
Beef Dinner, Sliced, w/gravy, pot&vegs, fzn, avg	1 ea	312.0	462.0	24.8	24.0	28.4	46.3

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Beef Dinner, Sliced, w/gravy, pot, vegs&dsrt, fzn, avg	1 ea	326.0	375.0	36.9	28.6	12.3	57.1
Beef Dinner, Sliced, w/grv,pot,veg,sp&dsrt,fzn,avg	1 ea	425.0	595.0	60.8	32.7	25.8	86.9
Beef Dinner, Sliced, w/mac, tom sc, vegs&dsrt, avg	1 ea	340.0	422.0	59.9	15.8	14.0	72.9
Beef Dinner, Sliced, w/noodles & vegetables, avg	1 ea	298.0	405.0	58.9	13.6	14.1	70.6
Beef Dinner, Sliced, w/pot& vegs in sauce, avg	1 ea	284.0	389.0	23.5	27.7	20.2	45.2
Beef Dinner, Sliced, w/potatoes, avg	1 ea	227.0	547.0	48.2	24.7	28.6	70.2
Beef Dinner, Steak, chicken fried, fzn, Banquet	1 ea	524.0	800.0	73.0	29.0	44.0	101.4
Beef Dinner, Steak, Sws,w/grv,pot,veg&dsrt,fzn,avg	1 ea	326.0	430.0	44.3	23.4	18.0	62.8
Beef Dinner, Steak, w/pot&vegs, fzn, avg	1 ea	312.0	346.0	24.1	29.3	14.7	45.4
Beef Dinner, Steak, w/rice&vegs, low cal, fzn, avg	1 ea	284.0	304.0	28.1	25.0	9.3	45.4
Beef Dinner, Tips, fzn, Healthy Choice	1 ea	319.0	280.0	32.0	20.0	8.0	46.0
Beef Dinner, Tips, fzn, Hungry Man	1 ea	447.0	440.0	53.0	23.0	15.0	70.6
Beef Dinner, Tips, w/gravy, pot&veg, fzn, avg	1 ea	284.0	344.0	21.5	22.6	18.7	39.7
Beef Dinner, Tips, w/grv,pot&veg in chs sc,fzn,avg	1 ea	326.0	388.0	30.1	31.8	15.8	53.1
Beef Dinner, Tips, w/noodles&gravy, fzn, Swanson	1 ea	283.0	290.0	34.0	16.0	11.0	46.4
Beef Dinner, Tips, w/pot&vegs, low cal, fzn, avg	1 ea	333.0	290.0	33.6	24.1	5.9	49.5
BEEF JERKY	1/3 OZ	10.0	38.0	1.4	4.2	1.7	4.3
BEEF LIVER, FRIED	3.5 OZ	100.0	229.0	5.3	26.4	10.6	23.8
Beef Lunch, Meatballs,Swdsh,w/pasta,Lunch Express	1 ea	291.0	530.0	41.0	19.0	32.0	60.4
Beef Lunch, Oriental, Lunch Express	1 ea	273.0	260.0	34.0	12.0	8.0	43.2
Beef Lunch, Rigatoni, w/meat sauce, Lunch Express	1 ea	305.0	340.0	44.0	14.0	12.0	55.4
Beef Lunch, Spaghetti w/Meat Sauce, Lunch Express	1 ea	273.0	320.0	43.0	15.0	10.0	54.5
Beef Lunchmeat, Jellied, cured, avg	1 oz	28.0	31.0	0.0	5.3	0.9	3.4
Beef Lunchmeat, Roast Beef, Oscar Mayer	2 pce	26.0	30.0	0.4	5.3	0.8	3.8
Beef Lunchmeat, Smoked, chpd, cured, avg	1 oz	28.0	37.0	0.5	5.7	1.2	4.2
Beef Lunchmeat, Thin Sliced, avg	6 pce	25.0	44.0	1.4	7.0	0.1	5.6
BEEF PIE, FRZN, BANQUET	8 OZ	227.0	409.0	40.9	16.3	20.0	55.7
BEEF SMOKED LINK SAUSAGE	1 LINK	43.0	130.0	0.9	6.0	11.6	7.4
Beef Steak, Cube, Kings Command Foods	3 oz	85.0	247.0	1.9	17.3	18.5	16.9
BEEF STEW, CAN, BOUNTY	7 1/2 OZ	210.0	145.0	16.0	12.0	4.0	24.2
Beef Stroganoff, prep f/dry mix, Hamburger Helper	1 cup	124.0	390.0	30.0	22.0	20.0	48.2
Beef Stroganoff, w/noodles, avg	1 cup	256.0	343.0	20.8	20.0	19.8	37.7
BEEF W/GRAVY, FRZN, BANQUET	8 OZ	227.0	196.0	8.6	16.6	10.5	21.2
Beef, Average, 1/8" fat trim, ckd	3 oz	85.0	247.0	0.0	22.4	16.7	17.6
Beef, Average, 1/8" fat trim, raw	4 oz	113.0	264.0	0.0	21.1	19.4	17.5
Beef, Brains, ckd	3 oz	85.0	136.0	0.0	9.4	10.6	8.3
Beef, Brains, raw	4 oz	85.0	107.0	0.0	8.3	7.9	7.0
Beef, Brisket, 1/8" fat trim, brsd	3 oz	85.0	281.0	0.0	22.0	20.8	18.4
Beef, Brisket, 1/8" fat trim, corned, ckd	3 oz	85.0	213.0	0.4	15.5	16.2	13.8

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Beef, Brisket, 1/8" fat trim, corned, cnd, ckd	1 cup	140.0	350.0	0.0	37.9	20.9	28.0
Beef, Brisket, 1/8" fat trim, corned, raw	4 oz	113.0	224.0	0.2	16.6	16.8	14.4
Beef, Brisket, 1/8" fat trim, raw	4 oz	113.0	284.0	0.0	20.8	21.6	17.9
Beef, Charbroiled w/Gravy, fzn, Banquet	1 ea	132.0	180.0	7.0	8.0	13.0	15.1
Beef, Chicken Fried Steak, fzn, Marie Calendar	1 ea	425.0	650.0	68.1	22.1	30.1	88.9
BEEF, CHIPPED	3 OZ	85.0	173.0	0.0	29.1	5.4	18.8
Beef, Chuck, arm pot roast, 1/8" fat trim, raw	4 oz	113.0	264.0	0.0	21.2	19.2	17.5
Beef, Chuck, arm pot roast, 1/8" fat trim, brsd	3 oz	85.0	263.0	0.0	24.2	17.6	18.9
Beef, Chuck, blade pot roast, 1/8" fat trim, raw	4 oz	113.0	280.0	0.0	19.4	21.9	17.1
Beef, Chuck, blade pot roast, 1/8" trim, brsd	3 oz	85.0	290.0	0.0	22.8	21.3	19.0
Beef, Commodity, ground, bulk/coarse, ckd f/fzn	3 oz	85.0	194.0	0.0	14.8	14.5	12.5
Beef, Commodity, ground, bulk/coarse, fzn	4 oz	113.0	293.0	0.0	29.5	18.4	22.3
Beef, Commodity, patties, ckd f/fzn	3 oz	85.0	212.0	0.8	19.6	13.9	16.0
Beef, Commodity, patties, fzn, raw	4 oz	113.0	231.0	0.0	16.5	17.7	14.3
Beef, Commodity, patties, w/veg protein, ckd f/fzn	3 oz	85.0	210.0	6.7	13.3	14.4	18.3
Beef, Commodity, patties, w/veg protein, fzn, raw	4 oz	113.0	254.0	4.3	17.2	18.6	19.3
BEEF, CREAMED CHIPPED	1/2 CUP	120.0	209.0	6.1	16.1	13.1	19.0
Beef, Creamed, dried, on toast, avg	1 pce	145.0	241.0	21.2	10.1	12.3	30.3
Beef, Cured/Dried	5 pce	21.0	35.0	0.3	6.1	0.8	4.2
Beef, Ground, 16% Fat, bkd	3 oz	85.0	213.0	0.0	20.8	13.7	15.9
Beef, Ground, 16% Fat, brld	3 oz	85.0	218.0	0.0	21.6	13.9	16.4
Beef, Ground, 16% Fat, pan fried	3 oz	85.0	217.0	0.0	21.3	13.9	16.3
Beef, Ground, 17% Fat, raw	4 oz	113.0	264.0	0.0	21.1	19.3	17.5
Beef, Ground, 18% Fat, bkd	3 oz	85.0	228.0	0.0	20.3	15.6	16.1
Beef, Ground, 19% Fat, brld	3 oz	85.0	231.0	0.0	20.1	15.7	16.0
Beef, Ground, 19% Fat, fried	3 oz	85.0	234.0	0.0	20.6	16.2	16.4
Beef, Ground, 21% Fat, bkd	3 oz	85.0	244.0	0.0	19.6	17.8	16.2
Beef, Ground, 21% Fat, brld	3 oz	85.0	246.0	0.0	20.5	17.6	16.7
Beef, Ground, 21% Fat, raw	4 oz	113.0	298.0	0.0	20.0	23.4	17.8
Beef, Ground, 23% Fat, fried	3 oz	85.0	260.0	0.0	20.3	19.2	17.0
Beef, Ground, 27% Fat, raw	4 oz	113.0	350.0	0.0	18.8	30.1	18.8
Beef, Ground, 9% Fat, raw	4 oz	113.0	191.0	0.0	23.2	10.2	16.5
Beef, Ground, patty, breaded, Kings Command Foods	3 oz	85.0	219.0	11.2	16.4	11.9	24.0
Beef, Ground, patty, Kings Command Foods	3 oz	85.0	210.0	2.9	17.6	14.1	17.0
Beef, Ground, patty, Tenderflake	1 ea	85.0	222.0	0.8	14.7	17.8	14.1
Beef, Ground, patty, Travis Meats	1 ea	91.0	236.0	1.6	15.1	18.9	15.4
Beef, Heart, ckd	3 oz	85.0	149.0	0.4	24.5	4.8	16.3
Beef, Heart, raw	4 oz	113.0	132.0	2.9	19.3	4.3	15.6
Beef, Jerky, large pce, avg	1 ea	20.0	82.0	2.2	6.6	5.1	7.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Beef, Jerky, Tombstone	1 pce	13.0	36.0	1.0	6.1	0.0	4.7
Beef, Kidney, ckd	3 oz	85.0	122.0	0.8	21.7	2.9	14.5
Beef, Kidney, raw	4 oz	113.0	121.0	2.5	18.8	3.5	14.7
Beef, Liver, brsd	3 oz	85.0	137.0	2.9	20.7	4.2	16.4
Beef, Liver, raw	4 oz	113.0	162.0	6.6	22.6	4.4	21.3
Beef, Lungs, brsd	3 oz	85.0	102.0	0.0	17.3	3.1	11.2
Beef, Lungs, raw	4 oz	113.0	104.0	0.0	18.3	2.8	11.7
Beef, Macaroni, fzn, Banquet	1 ea	227.0	230.0	31.0	6.0	7.0	36.4
Beef, Macaroni, fzn, Healthy Choice	1 ea	241.0	210.0	34.0	14.0	2.0	42.9
Beef, Macaroni, fzn, Lean Cuisine	1 ea	284.0	280.0	40.0	13.0	8.0	49.8
Beef, Macaroni, fzn, Weight Watchers	1 ea	269.0	220.0	32.0	13.0	4.5	40.9
Beef, Meat Sticks, smkd, avg	1 ea	20.0	110.0	1.1	4.3	9.9	6.2
Beef, Mesquite BBQ, fzn, Healthy Choice	1 ea	312.0	320.0	38.0	21.0	9.0	52.9
Beef, Pancreas, brsd	3 oz	85.0	230.0	0.0	23.0	14.6	17.5
Beef, Pancreas, raw	4 oz	113.0	266.0	0.0	17.7	21.0	15.9
Beef, Patty, charbroiled, fzn, Banquet	1 ea	255.0	290.0	25.1	10.1	15.1	34.9
Beef, Patty, w/green pepper, fzn, Travis Meats	1 ea	113.0	256.0	3.2	18.7	18.7	19.1
Beef, Pepper Steak, fzn, avg	1 cup	217.0	332.0	5.4	28.7	21.3	27.9
Beef, Pepper Steak, fzn, Chung King	1 ea	369.0	300.0	50.0	15.0	4.0	60.0
Beef, Porterhouse Steak, 1/8" fat trim, ckd	3 oz	85.0	252.0	0.0	19.1	18.5	16.1
Beef, Porterhouse Steak, 1/8" fat trim, raw	4 oz	113.0	279.0	0.0	21.2	20.9	17.9
Beef, Pot Roast, fzn, Lean Cuisine	1 ea	255.0	210.0	21.0	16.0	7.0	32.4
Beef, Pot Roast, w/gravy, fzn, Marie Calendar	1 cup	213.0	180.0	21.0	14.0	5.0	30.7
Beef, Ribs, large end 6-9, 1/8" fat trim, ckd	3 oz	85.0	287.0	0.0	18.4	23.1	16.8
Beef, Ribs, large end 6-9, 1/8" fat trim, raw	4 oz	113.0	357.0	0.0	18.4	30.8	18.7
Beef, Ribs, sml end 10-12, 1/8" fat trim, ckd	3 oz	85.0	281.0	0.0	20.3	21.4	17.5
Beef, Ribs, sml end 10-12, 1/8" fat trim, raw	4 oz	113.0	329.0	0.0	19.2	27.3	18.3
Beef, Ribs, whl 6-12, 1/8" fat trim, ckd	3 oz	85.0	286.0	0.0	19.0	22.8	17.1
Beef, Ribs, whl 6-12, 1/8" fat trim, raw	4 oz	85.0	260.0	0.0	14.0	22.2	14.0
Beef, Round, bottom, 1/8" fat trim, ckd	3 oz	85.0	218.0	0.0	25.1	12.2	18.1
Beef, Round, bottom, 1/8" fat trim, raw	4 oz	113.0	216.0	0.0	23.4	12.9	17.3
BEEF, ROUND, BOTTOM, COOKED	1 MED SLICE	111.0	254.0	0.0	43.1	5.9	27.3
Beef, Round, tip, 1/8" fat trim, ckd	3 oz	85.0	186.0	0.0	23.4	9.6	16.4
Beef, Round, tip, 1/8" fat trim, raw	4 oz	113.0	214.0	0.0	22.1	13.2	16.6
Beef, Sirloin, top, 1/8" fat trim, raw	4 oz	113.0	231.0	0.0	22.0	15.1	17.0
Beef, Sirloin, top, 1/8" fat trim, ckd	3 oz	85.0	211.0	0.0	23.1	11.1	16.6
Beef, Sliced, w/gravy, fzn, Banquet	1 pce	80.0	50.0	3.5	6.5	1.5	7.8
Beef, Sliced, w/gravy, fzn, Libbys	1 cup	228.0	210.0	3.0	39.0	4.6	27.5
Beef, Snappy Sticks, dried, Tombstone	1 pce	21.0	108.0	0.1	3.9	9.9	4.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Beef, Spleen, brsd	3 oz	85.0	123.0	0.0	21.3	3.6	13.7
Beef, Spleen, raw	4 oz	113.0	119.0	0.0	20.7	3.4	13.3
Beef, Steak, batter fried	1 ea	243.0	768.0	13.5	57.4	52.1	61.0
Beef, Steak, breaded, lean, brld	1 ea	243.0	799.0	25.7	58.1	49.4	72.9
Beef, Steak, breaded, lean, brld	1 ea	165.0	455.0	17.4	44.3	21.8	49.4
Beef, Steak, brld	3 oz	85.0	216.0	0.0	23.7	12.8	17.4
Beef, Steak, fried	1 ea	153.0	441.0	0.0	47.0	26.6	34.9
Beef, Steak, lean, batter fried,	1 ea	165.0	434.0	9.2	43.3	23.7	41.1
Beef, Steak, lean, brld	3 oz	85.0	169.0	0.0	24.1	6.9	16.2
Beef, Steak, lean, fried	1 ea	117.0	269.0	0.0	39.5	11.2	26.5
Beef, Steak, Pepper, Kings Command Foods	3 oz	85.0	255.0	2.7	15.6	19.1	16.8
Beef, Sticks, dried, Tombstone	1 pce	21.0	108.0	0.0	2.1	9.9	3.7
Beef, Stuffed Cabbage, w/tom sce, low cal, fzn, avg	1 ea	305.0	247.0	22.2	16.1	10.6	34.5
Beef, Swiss Steak, fzn, avg	1 ea	170.0	179.0	6.6	19.8	7.8	20.4
Beef, T-bone Steak, 1/8" fat trim, ckd	3 oz	85.0	238.0	0.0	20.7	16.6	16.6
Beef, T-bone Steak, 1/8" fat trim, raw	4 oz	113.0	249.0	0.0	21.7	17.3	17.3
Beef, Tenderloin, 1/8" fat trim, ckd	3 oz	85.0	239.0	0.0	21.8	16.2	17.1
Beef, Tenderloin, 1/8" fat trim, raw	4 oz	113.0	308.0	0.0	20.3	24.5	18.3
Beef, Teriyaki Bowl, Jack In The Box	1 ea	440.0	640.0	124.0	28.0	3.0	141.6
Beef, Thymus, brsd	3 oz	85.0	271.0	0.0	18.6	21.3	16.5
Beef, Thymus, raw	4 oz	113.0	267.0	0.0	13.8	23.1	14.1
Beef, Tips, Francais, fzn, Healthy Choice	1 ea	262.0	280.0	40.0	20.0	5.0	53.3
Beef, Tips, w/burgundy sauce, fzn, Budget Gourmet	1 ea	312.0	310.0	28.0	24.0	11.0	45.2
Beef, Tips, w/country gravy, fzn, Budget Gourmet	1 ea	284.0	310.0	21.0	16.0	18.0	35.1
Beef, Tongue, ckd	3 oz	85.0	241.0	0.3	18.8	17.6	16.0
Beef, Tongue, raw	4 oz	113.0	253.0	4.2	16.8	18.2	18.8
Beef, Tongue, smkd, cured, pckld, ckd	4 pce	80.0	214.0	0.2	15.4	16.2	13.5
Beef, Top Round, 1/8" fat trim, ckd	3 oz	85.0	176.0	0.0	25.9	7.2	17.3
Beef, Top Round, 1/8" fat trim, raw	4 oz	113.0	184.0	0.0	24.6	8.8	17.0
Beef, Tripe, pckld	3 oz	85.0	53.0	0.0	10.0	1.1	6.3
Beef, Tripe, raw	4 oz	113.0	111.0	0.0	16.5	4.5	11.0
Beef, w/Onion Gravy, fzn, Marie Calendar	1 ea	132.0	180.0	7.0	8.0	14.0	15.3
Beefalo, Raw	4 oz	113.0	162.0	0.0	26.3	5.4	17.1
Beefalo, Roasted	3 oz	85.0	160.0	0.0	26.1	5.4	17.0
BEER	12 FL. OZ.	360.0	148.0	13.2	0.9	0.0	13.7
Beer, avg, 12 fl oz	1 ea	356.0	146.0	13.2	1.1	0.0	13.9
Beer, avg, light, 12 fl oz	1 ea	354.0	99.0	4.6	0.7	0.0	5.0
Beer, Bud Dry, 12 fl oz	1 ea	356.0	130.0	7.8	1.1	0.0	8.5
Beer, Bud Light, 12 fl oz	1 ea	356.0	110.0	6.6	1.2	0.0	7.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Beer, Budweiser, 12 fl oz	1 ea	357.0	145.0	10.6	1.3	0.0	11.4
Beer, Coors Premium, 12 fl oz	1 ea	360.0	141.0	11.6	1.0	0.0	12.2
Beer, Icehouse, 12 fl oz	1 ea	355.0	132.0	8.7	1.2	0.0	9.4
BEER, LIGHT	12 FL. OZ.	360.0	100.0	6.0	0.4	0.0	6.2
Beer, Lowenbrau Dark, 12 fl oz	1 ea	355.0	158.0	14.3	1.4	0.0	15.1
Beer, Lowenbrau Malt Liquor, 12 fl oz	1 ea	356.0	167.0	11.8	0.4	0.0	12.0
Beer, Lowenbrau Special, 12 fl oz	1 ea	356.0	158.0	14.3	1.4	0.0	15.1
Beer, Magnum, 12 fl oz	1 ea	356.0	155.0	9.0	1.1	0.0	9.7
Beer, Meister Brau Light, 12 fl oz	1 ea	356.0	102.0	4.5	0.8	0.0	5.0
Beer, Meister Brau, 12 fl oz	1 ea	356.0	130.0	11.1	0.9	0.0	11.6
Beer, Miller Genuine Draft Light, 12 fl oz	1 ea	356.0	98.0	3.5	0.8	0.0	4.0
Beer, Miller Genuine Draft, 12 fl oz	1 ea	356.0	143.0	13.1	1.0	0.0	13.7
Beer, Miller High Life Ice, 12 fl oz	1 ea	356.0	142.0	9.2	1.0	0.0	9.8
Beer, Miller High Life Light, 12 fl oz	1 ea	356.0	98.0	3.5	0.8	0.0	4.0
Beer, Miller High Life, 12 fl oz	1 ea	356.0	143.0	13.1	1.0	0.0	13.7
Beer, Miller Lite Ice 5.0, 12 fl oz	1 ea	356.0	113.0	4.0	0.9	0.0	4.5
Beer, Miller Lite, 12 fl oz	1 ea	356.0	96.0	3.2	0.9	0.0	3.7
Beer, Miller Reserve Lager, 12 fl oz	1 ea	356.0	142.0	8.6	2.2	0.0	9.9
Beer, Miller Reserve Velvet Stout, 12 fl oz	1 ea	356.0	157.0	13.2	1.9	0.0	14.3
Beer, Milwaukee's Best Ice, 12 fl oz	1 ea	356.0	135.0	6.9	0.9	0.0	7.4
Beer, Milwaukee's Best Light, 12 fl oz	1 ea	356.0	98.0	3.5	0.8	0.0	4.0
Beer, Milwaukee's Best, 12 fl oz	1 ea	356.0	133.0	11.4	0.9	0.0	11.9
Beer, Non Alcoholic, O'doul's, 12 fl oz	1 ea	361.0	70.0	15.0	0.7	0.0	15.4
Beer, non alcoholic, Coors Cutter, 12 fl oz	1 ea	356.0	82.0	15.1	0.7	0.0	15.5
Beer, Non Alcoholic, Near Beer, 12 fl oz	1 ea	356.0	32.0	4.1	1.1	0.0	4.8
Beer, Non Alcoholic, Sharp's, 12 fl oz	1 ea	356.0	58.0	12.1	0.4	0.0	12.3
Beer, Red Dog, 12 fl oz	1 ea	356.0	147.0	14.1	0.7	0.0	14.5
Beets, Canned, harvard, Green Giant	1/2 cup	135.0	97.0	22.8	1.4	0.1	23.7
Beets, Canned, w/liquid, avg	1/2 cup	123.0	34.0	8.1	0.1	0.1	8.2
Beets, Canned, w/liquid, low sod, avg	1/2 cup	123.0	34.0	8.1	0.1	0.1	8.2
BEETS, CANNED, WHOLE	3/5 CUP	100.0	31.0	7.2	0.9	0.1	7.8
Beets, Cooked, diced, avg	1/2 cup	85.0	37.0	8.5	1.4	0.2	9.4
Beets, Greens, ckd, avg	1/2 cup	72.0	19.0	3.9	1.9	0.1	5.1
Beets, Greens, raw, avg	1/2 cup	38.0	7.0	1.5	0.7	0.0	1.9
Beets, Pickled, w/liquid, slices, avg	1/2 cup	114.0	74.0	18.6	0.9	9.1	21.4
BEETS, RAW	2 MEDIUM BEETS	100.0	43.0	9.9	1.6	0.1	10.9
Beets, Raw, avg	1 ea	82.0	36.0	8.2	1.2	0.1	8.9
Beets, Root Juice, avg	1/2 cup	118.0	41.0	9.6	1.3		10.4
Biscuit w/Bacon & Egg, Hardees	1 ea	124.0	490.0	44.0	15.0	27.0	59.8

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Biscuit w/Bacon, Egg & Cheese, Burger King	1 ea	171.0	510.0	39.0	19.0	31.0	58.2
Biscuit w/Bacon, Egg & Cheese, Hardees	1 ea	137.0	530.0	45.0	18.0	31.0	63.6
Biscuit w/Bacon, Egg & Cheese, Mc Donalds	1 ea	152.0	450.0	33.2	17.3	27.3	50.4
Biscuit w/Country Ham, Hardees	1 ea	108.0	430.0	25.0	15.0	22.0	39.5
Biscuit w/Egg & Bacon, avg	1 ea	150.0	458.0	28.7	16.1	31.1	46.1
Biscuit w/Egg & Bacon, avg	1 ea	150.0	458.0	28.7	16.1	31.1	46.1
Biscuit w/Egg & Bacon, fzn, avg	1 ea	150.0	458.0	28.7	16.1	31.1	46.1
Biscuit w/Egg & Bacon, fzn, avg	1 ea	150.0	458.0	28.7	16.1	31.1	46.1
Biscuit w/Egg & Ham, avg	1 ea	192.0	442.0	30.3	20.4	27.1	49.3
Biscuit w/Egg & Ham, avg	1 ea	192.0	442.0	30.3	20.4	27.1	49.3
Biscuit w/Egg & Ham, fzn, avg	1 ea	192.0	442.0	30.3	20.4	27.1	49.3
Biscuit w/Egg & Ham, fzn, avg	1 ea	192.0	442.0	30.3	20.4	27.1	49.3
Biscuit w/Egg & Sausage, avg	1 ea	180.0	581.0	41.2	19.1	38.7	62.3
Biscuit w/Egg & Sausage, avg	1 ea	180.0	581.0	41.2	19.1	38.7	62.3
Biscuit w/Egg & Sausage, fzn, avg	1 ea	180.0	581.0	41.2	19.1	38.7	62.3
Biscuit w/Egg & Sausage, fzn, avg	1 ea	180.0	581.0	41.2	19.1	38.7	62.3
Biscuit w/Egg & Steak, avg	1 ea	148.0	410.0	21.3	17.9	28.4	39.1
Biscuit w/Egg & Steak, avg	1 ea	148.0	410.0	21.3	17.9	28.4	39.1
Biscuit w/Egg & Steak, fzn, avg	1 ea	148.0	410.0	21.3	17.9	28.4	39.1
Biscuit w/Egg & Steak, fzn, avg	1 ea	148.0	410.0	21.3	17.9	28.4	39.1
Biscuit w/Egg, avg	1 ea	136.0	316.0	24.2	11.1	20.3	35.9
Biscuit w/Egg, avg	1 ea	136.0	316.0	24.2	11.1	20.3	35.9
Biscuit w/Egg, Cheese & Bacon, avg	1 ea	144.0	477.0	33.4	16.3	31.4	51.0
Biscuit w/Egg, Cheese & Bacon, avg	1 ea	144.0	477.0	33.4	16.3	31.4	51.0
Biscuit w/Egg, Cheese & Bacon, fzn, avg	1 ea	144.0	477.0	33.4	16.3	31.4	51.0
Biscuit w/Egg, Cheese & Bacon, fzn, avg	1 ea	144.0	477.0	33.4	16.3	31.4	51.0
Biscuit w/Egg, fzn, avg	1 ea	136.0	316.0	24.2	11.1	20.3	35.9
Biscuit w/Egg, fzn, avg	1 ea	136.0	316.0	24.2	11.1	20.3	35.9
Biscuit w/Ham, avg	1 ea	113.0	386.0	43.8	13.4	18.4	56.4
Biscuit w/Ham, avg	1 ea	113.0	386.0	43.8	13.4	18.4	56.4
Biscuit w/Ham, Egg & Cheese, Hardees	1 ea	159.0	500.0	48.0	18.0	27.0	65.6
Biscuit w/Ham, fzn, avg	1 ea	113.0	386.0	43.8	13.4	18.4	56.4
Biscuit w/Ham, fzn, avg	1 ea	113.0	386.0	43.8	13.4	18.4	56.4
Biscuit w/Ham, Hardees	1 ea	114.0	400.0	47.0	9.0	20.0	57.4
Biscuit w/Sausage & Egg, Hardees	1 ea	149.0	580.0	44.0	18.0	35.0	63.6
Biscuit w/Sausage & Egg, Mc Donalds	1 ea	170.0	518.0	32.8	16.4	35.4	51.5
Biscuit w/Sausage, avg	1 ea	124.0	485.0	40.1	12.1	31.7	55.3
Biscuit w/Sausage, avg	1 ea	124.0	485.0	40.1	12.1	31.7	55.3
Biscuit w/Sausage, Burger King	1 ea	151.0	590.0	41.0	16.0	40.0	60.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Biscuit w/Sausage, fzn, avg	1 ea	124.0	485.0	40.1	12.1	31.7	55.3
Biscuit w/Sausage, fzn, avg	1 ea	124.0	485.0	40.1	12.1	31.7	55.3
Biscuit w/Sausage, Hardees	1 ea	118.0	510.0	44.0	13.0	31.0	59.6
Biscuit w/Sausage, Mc Donalds	1 ea	119.0	433.0	32.3	10.1	29.3	45.7
Biscuit w/Steak, avg	1 ea	141.0	455.0	44.4	13.1	25.9	58.7
Biscuit w/Steak, avg	1 ea	141.0	455.0	44.4	13.1	25.9	58.7
Biscuit w/Steak, fzn, avg	1 ea	141.0	455.0	44.4	13.1	25.9	58.7
Biscuit w/Steak, fzn, avg	1 ea	141.0	455.0	44.4	13.1	25.9	58.7
Biscuit, Buttermilk, prep f/chilled dough, Grands	1 ea	61.0	201.0	23.3	3.9	10.3	28.2
Biscuit, Buttermilk, prep f/mix, avg	1 ea	77.0	280.0	37.3	4.8	12.7	43.4
BISCUIT, CANNED BUTTERMILK	2 BISCUITS	40.0	130.0	18.0	2.0	6.0	20.7
BISCUIT, CANNED PREBUTTERED	2 BISCUITS	50.0	190.0	22.0	3.0	10.0	26.3
Biscuit, Cheese, avg	1 ea	30.0	115.0	11.8	2.9	6.2	15.1
Biscuit, Cinnamon Raisin, prep f/mix, Gold Medal	1 ea	63.0	262.0	41.3	4.0	9.1	46.0
Biscuit, Dough, Buttermilk, Pillsbury	1 ea	21.0	51.0	9.5	1.4	0.8	10.5
Biscuit, Dough, chilled, avg	1 ea	30.0	95.0	13.1	1.9	4.1	15.3
Biscuit, Dough, chilled, low fat, avg	1 ea	23.0	59.0	10.9	1.5	1.0	12.0
Biscuit, Dough, chilled, mixed grain, avg	1 ea	44.0	116.0	20.9	2.7	2.5	23.1
Biscuit, Dough, Cinnamon Raisin, Grands	1 ea	57.0	186.0	26.3	3.5	7.4	30.2
Biscuit, Dough, Extra Lights Oven Ready, Ballard	1 ea	21.0	50.0	9.4	1.4	0.7	10.4
Biscuit, Dough, Flaky, Grands	1 ea	57.0	181.0	22.4	3.8	8.5	26.8
Biscuit, Dough, Fluffy, Hungry Jack	1 ea	28.0	87.0	11.2	1.7	4.1	13.2
Biscuit, Dry Mix, Cinnamon Raisin, Gold Medal	1 oz	28.0	118.0	18.2	1.7	4.2	20.3
Biscuit, Dry Mix, Old Fash, baking pwd, Gen Mills	1 oz	28.0	108.0	17.4	2.8	3.1	19.9
Biscuit, Dry Mix, Plain, General Mills	1 oz	28.0	120.0	16.2	2.5	5.0	19.0
Biscuit, Dry Mix, Plain/Buttermilk, avg	2 Tbs	30.0	128.0	18.1	2.4	4.6	20.7
BISCUIT, FROM MIX	1 BISCUIT	28.0	93.0	13.6	2.1	3.3	15.7
Biscuit, Garlic & Cheese, Pepperidge Farms	1 ea	50.0	170.0	24.0	4.0	6.0	27.9
Biscuit, Homemade, avg	1 ea	60.0	212.0	26.8	4.2	9.8	31.8
Biscuit, Old Fash, bkng pwd, prep f/mix, Gen Mills	1 ea	40.0	158.0	24.7	3.1	4.9	27.8
Biscuit, Plain, prep f/chilled dough, avg	1 ea	27.0	93.0	12.8	1.8	3.1	14.7
Biscuit, Plain, prep f/chilled dough, Grands	1 ea	61.0	198.0	22.9	3.9	10.2	27.8
Biscuit, Plain, prep f/chilled dough, Hungry Jack	1 ea	28.0	87.0	11.2	1.7	4.1	13.2
Biscuit, Plain, prep f/chilled dough, low fat, avg	1 ea	21.0	63.0	11.6	1.6	1.1	12.8
Biscuit, Plain, prep f/chlld dgh, mxd grains, avg	1 ea	41.0	125.0	22.6	2.9	2.7	25.0
Biscuit, Whole Wheat, avg	1 ea	63.0	200.0	29.2	6.2	7.6	34.8
Bison, Raw	4 oz	113.0	123.0	0.0	24.4	2.1	15.2
Bison, Roasted	3 oz	85.0	122.0	0.0	24.1	2.1	15.0
BISQUICK MIX	1/2 CUP	56.0	240.0	38.0	4.0	8.0	42.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Bisquick, Wheat, dry, General Mills	1/4 cup	30.0	121.0	18.3	2.1	4.5	20.7
BLACKBERRIES	1/2 CUP	72.0	37.0	9.2	0.5	0.3	9.6
Blackberries, Canned, w/heavy syrup, avg	1/2 cup	128.0	118.0	29.6	1.7	0.2	30.7
Blackberries, Fresh, avg	1/2 cup	72.0	37.0	9.2	0.5	0.3	9.6
BLACKBERRIES, FROZEN	1 CUP	151.0	97.0	23.7	1.8	0.7	25.0
Blackberries, Frozen, unswtnd, avg	1/2 cup	76.0	49.0	11.9	0.9	0.3	12.5
BLACK-EYED PEAS, FRESH	1/2 CUP COOKED	80.0	86.0	14.5	6.5	0.6	18.6
BLIMPIE 5 MEATBALL SUB	6-INCH		500.0	52.0	23.0	22.0	71.3
BLIMPIE BEST	6-INCH		410.0	47.0	26.0	13.0	65.9
BLIMPIE CHEESE TRIO	6-INCH		510.0	51.0	26.0	23.0	72.4
BLIMPIE CLUB	6-INCH		450.0	53.0	30.0	13.0	74.3
BLIMPIE GRILLED CHICKEN SALAD			350.0	13.0	47.0	12.0	44.2
BLIMPIE GRILLED CHICKEN SUB	6-INCH		400.0	52.0	28.0	9.0	71.1
BLIMPIE HAM AND SWISS	6-INCH		400.0	47.0	25.0	13.0	65.3
BLIMPIE HAM, SALAMI, PROVOLONE SUB	6-INCH		590.0	52.0	32.0	28.0	78.2
BLIMPIE ROAST BEEF SUB	6-INCH		340.0	47.0	27.0	5.0	64.5
BLIMPIE STEAK AND CHEESE SUB	6-INCH		550.0	51.0	27.0	26.0	73.7
BLIMPIE TUNA SUB	6-INCH		570.0	50.0	21.0	32.0	70.6
BLIMPIE TURKEY SUB	6-INCH		320.0	51.0	19.0	5.0	63.7
Blintz, Fruit Filled, avg	1 ea	70.0	125.0	17.4	3.9	4.5	20.9
Blizzard, Butterfinger, med, Dairy Queen	1 ea	376.0	750.0	115.0	16.0	26.0	131.1
Blizzard, Choc Chp Ckie Dgh, med, Dry Qn	1 ea	439.0	950.0	143.0	17.0	36.0	162.2
Blizzard, Choc Sndwch Ckie, med, Dry Qn	1 ea	326.0	640.0	97.0	12.0	23.0	110.0
Blizzard, Heath, med, Dairy Queen	1 ea	404.0	820.0	119.0	14.0	33.0	135.7
Blizzard, Reeses Pnt Bttr Cp, med, Dry Qn	1 ea	376.0	790.0	105.0	19.0	33.0	124.7
Blizzard, Strawberry, med, Dairy Queen	1 ea	383.0	570.0	95.0	12.0	16.0	106.2
Blue Fish, bkd, fillet, avg	1 ea	117.0	186.0	0.0	30.1	6.4	19.7
Blue Fish, raw, fillet, avg	1 ea	150.0	186.0	0.0	30.0	6.4	19.6
Blueberries, Canned, heavy syrup, avg	1/2 cup	128.0	113.0	28.3	0.8	0.4	28.9
Blueberries, Dehydrated, Basic Vegetable Products	1 oz	28.0	99.0	24.9	1.2	0.7	25.8
Blueberries, Freeze Dried, Mercer Processing	1 oz	28.0	99.0	24.9	1.2	0.7	25.8
BLUEBERRIES, FRESH	1 CUP	145.0	82.0	20.5	1.0	0.6	21.3
Blueberries, Fresh, avg	1/2 cup	72.0	40.0	10.2	0.5	0.3	10.6
Blueberries, Frozen, avg	1/2 cup	78.0	40.0	9.5	0.3	0.5	9.8
Blueberries, Frozen, swtnd, thawed, avg	1/2 cup	115.0	93.0	25.3	0.5	0.1	25.6
Boar, Raw	4 oz	113.0	138.0	0.0	24.3	3.8	15.5
Boar, Roasted	3 oz	85.0	136.0	0.0	24.1	3.7	15.4
Bologna Lunch, w/American Cheese, Lunchable	1 ea	128.0	450.0	19.0	18.0	34.0	38.3
Bologna Lunch, w/Wild Cherry Cooler, Lunchable	1 ea	318.0	530.0	58.0	13.0	29.0	73.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
BOLOGNA, BEEF	1 SLICE	23.0	72.0	0.5	2.7	6.5	3.7
Bologna, Beef & Pork, avg	1 pce	23.0	57.0	0.2	3.5	4.6	3.4
Bologna, Beef & Pork, fat free, Oscar Mayer	1 pce	28.0	22.0	1.7	3.5	0.2	3.9
Bologna, Beef & Pork, garlic, Oscar Mayer	1 pce	41.0	130.0	1.0	4.5	12.1	6.7
Bologna, Beef, avg	1 pce	23.0	72.0	0.2	2.8	6.6	3.5
Bologna, Beef, lebanon, avg	1 pce	23.0	49.0	0.6	4.4	3.0	4.0
Bologna, Beef, light, Oscar Mayer	1 pce	28.0	56.0	1.7	3.3	4.0	4.7
Bologna, Beef, low sodium, avg	1 pce	23.0	72.0	0.5	2.7	6.5	3.7
Bologna, Beef, Oscar Mayer	1 pce	28.0	89.0	0.7	3.1	8.2	4.6
BOLOGNA, TURKEY	1 SLICE	28.0	60.0	0.6	3.9	4.5	4.1
Bologna, Turkey, avg	1 pce	28.0	56.0	0.3	3.8	4.3	3.7
Bologna, Turkey, deluxe, Louis Rich	1 pce	56.0	115.0	1.0	6.4	9.6	7.2
Borage, Cooked, drnd, avg	2 oz	57.0	14.0	2.0	1.2	0.5	2.8
Borage, Raw, avg	1/2 cup	44.0	9.0	1.3	0.8	0.3	1.9
Bourbon, 80 Proof, avg, 1.5 fl oz	1 ea	42.0	97.0	0.0	0.0	0.0	0.0
Boysenberries, Frozen, avg	1/2 cup	66.0	33.0	8.1	0.7	0.2	8.6
Boysenberries/Loganberries, Canned, hvy syrup, avg	1/2 cup	128.0	113.0	28.5	1.3	0.2	29.3
Bran, Corn, Crude, avg	1/4 cup	19.0	43.0	16.3	1.6	0.2	17.3
Bran, Oat, ckd, avg	1/4 cup	55.0	22.0	6.3	1.8	0.5	7.5
Bran, Oat, dry, avg	1/4 cup	24.0	59.0	15.9	4.2	1.7	18.8
Bran, Rice, crude, avg	1/4 cup	30.0	95.0	14.9	4.0	6.3	18.9
Bran, Wheat, crude, avg	1/4 cup	14.0	30.0	9.0	2.2	0.6	10.5
Bran, Wheat, Kretschmer, toasted, Quaker	1 oz	28.0	101.0	14.6	5.6	2.2	18.5
Brandy, 80 Proof, avg, 1.5 fl oz	1 ea	42.0	97.0	0.0	0.0	0.0	0.0
BRATWURST, COOKED	1 LINK	85.0	256.0	1.8	12.0	22.0	14.5
BRAZIL NUTS	4 MEDIUM	15.0	97.0	1.7	2.2	9.9	5.5
Bread Crumbs, Italian Style, Progresso	1/4 cup	28.0	110.0	20.0	4.0	1.5	22.8
Bread Crumbs, Plain, dry, grated, avg	1/4 cup	27.0	107.0	19.6	3.4	1.5	22.0
Bread Crumbs, Seasoned, dry, grated, avg	1/4 cup	27.0	99.0	19.0	3.8	0.7	21.5
Bread Mix, Wheat, Kamut, dry, Arrowhead Mills	1/4 cup	34.0	106.0	23.4	5.3	0.8	26.8
Bread Stick, Brown & Serve, Pepperidge Farms	1 ea	57.0	150.0	28.0	7.0	1.5	32.6
Bread Stick, Cheddar Cheese, thin, Pepp Farms	1 oz	28.0	122.0	17.5	3.5	4.4	20.7
Bread Stick, Onion, thin, Pepperidge Farms	1 oz	28.0	122.0	19.3	3.5	3.5	22.3
Bread Stick, Plain, w/o salt coating, avg	1 ea	10.0	41.0	6.8	1.2	0.1	7.5
Bread Stick, Plain, w/salt coating, avg	1 ea	35.0	134.0	26.4	4.2	1.0	29.2
Bread Stick, Sesame, thin, Pepperidge Farms	1 oz	28.0	105.0	19.3	12.3	2.6	27.3
Bread Stuffing, Beef, dry mix, Stove Top	1/2 cup	30.0	110.0	22.0	4.0	1.0	24.7
Bread Stuffing, Chicken, dry mix, low sod, Stv Tp	1/2 cup	28.0	110.0	21.0	4.0	1.0	23.7
Bread Stuffing, Clssc Chicken, dry mix, Pepp Farms	1/2 cup	34.0	130.0	24.0	5.0	1.5	27.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Bread Stuffing, Country Style, dry mix, Pepp Farms	1/2 cup	25.0	95.0	18.2	3.4	1.0	20.5
Bread Stuffing, Cube, dry mix, Pepp Farms	1/2 cup	25.0	95.0	18.9	2.7	1.0	20.8
Bread Stuffing, Garden Herb, dry mix, Pepp Farms	1/2 cup	34.0	150.0	22.0	4.0	5.0	25.7
Bread Stuffing, Harv Veg&Alm, dry mix, Pepp Farms	1/2 cup	34.0	140.0	23.0	5.0	3.0	26.8
Bread Stuffing, Plain, dry mix, 6 oz pkg, avg	1 ea	170.0	656.0	129.5	18.7	5.8	142.2
Bread Stuffing, Plain, prep f/dry mix, avg	1/2 cup	100.0	178.0	21.7	3.2	8.6	25.8
Bread Stuffing, Plain, prep f/dry mix, Stove Top	1/2 cup	108.0	176.0	20.7	4.5	8.9	25.6
Bread Stuffing, Plain, prep f/recipe, avg	1/2 cup	116.0	195.0	25.8	4.4	8.4	30.5
Bread Stuffing, Pork, dry mix, Stove Top	1/2 cup	28.0	110.0	20.0	4.0	1.0	22.7
Bread Stuffing, Sage&Onion, dry mix, Pepp Farms	1/2 cup	37.0	150.0	28.0	5.0	1.5	31.4
Bread Stuffing, San Fran Style, dry mix, Stv Tp	1/2 cup	28.0	110.0	20.0	4.0	1.0	22.7
Bread Stuffing, Turkey, dry mix, Stove Top	1/2 cup	28.0	110.0	20.0	3.0	1.0	22.1
Bread, Apple Cinnamon, quick dry mix, Pillsbury	1 oz	28.0	107.0	23.1	1.4	1.0	24.2
Bread, Apple Walnut Swirl, Pepperidge Farms	1 pce	28.0	80.0	14.0	2.0	2.0	15.7
Bread, Armenian, avg	1 pce	20.0	55.0	10.3	1.8	0.7	11.6
Bread, Banana, prep f/recipe, w/marg, avg	1 pce	60.0	196.0	32.8	2.6	6.3	35.9
Bread, Banana, quick dry mix, Pillsbury	1 oz	28.0	106.0	22.4	1.6	1.1	23.6
Bread, Barley, avg	1 pce	26.0	69.0	12.1	2.1	0.1	13.4
Bread, Batter, avg	1 oz	28.0	79.0	12.9	2.3	1.9	14.8
Bread, Blueberry, quick dry mix, Pillsbury	1 oz	28.0	105.0	22.6	1.5	1.1	23.8
Bread, Brown, Boston, cnd, avg	1 pce	45.0	88.0	19.5	2.3	0.7	21.1
Bread, Brown, Plain, B & M	1 pce	56.0	130.0	29.0	3.0	0.5	30.9
Bread, Brown, Raisin, B & M	1 pce	56.0	130.0	29.0	3.0	0.5	30.9
Bread, Buckwheat, avg	1 pce	27.0	71.0	13.1	2.3	1.1	14.8
Bread, Carrot, quick dry mix, Pillsbury	1 oz	28.0	107.0	22.4	1.7	1.2	23.7
Bread, Cheese, avg	1 pce	26.0	71.0	12.2	2.3	1.3	13.9
Bread, Cheese, Mont Jack w/Jalapeno, Pepp Farms	1 pce	56.0	200.0	22.0	5.0	10.0	27.5
Bread, Cheese, Two Cheddar, Pepperidge Farms	1 pce	56.0	210.0	21.0	5.0	11.0	26.8
Bread, Cinnamon Swirl, Pepperidge Farms	1 pce	28.0	80.0	14.0	3.0	2.5	16.4
Bread, Corn & Molasses, avg	1 pce	32.0	86.0	15.1	2.1	1.9	16.8
Bread, Cracked Wheat, avg	1 pce	25.0	65.0	12.4	2.2	0.1	13.7
Bread, Cracked Wheat, Thin, Pepperidge Farms	1 pce	25.0	70.0	12.0	2.0	1.0	13.5
Bread, Cranberry, quick dry mix, Pillsbury	1 oz	28.0	106.0	22.7	1.5	1.1	23.9
Bread, Cuban, avg	1 pce	20.0	58.0	11.1	1.8	0.6	12.3
Bread, Date, quick dry mix, Pillsbury	1 oz	28.0	108.0	22.1	1.4	1.1	23.2
Bread, Egg/Challah, avg	1 pce	40.0	115.0	19.1	3.8	2.4	22.0
BREAD, FRENCH	1 SLICE	25.0	70.0	12.6	2.4	1.0	14.3
Bread, French, avg	1 pce	25.0	68.0	12.1	2.2	0.8	13.6
Bread, Fruit & Nut, avg	1 pce	56.0	217.0	29.6	3.2	10.1	34.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Bread, Fruit, w/o nuts, avg	1 pce	41.0	150.0	22.6	2.0	5.9	25.3
Bread, Garlic, Mozzarella, Pepperidge Farms	1 pce	56.0	200.0	21.0	6.0	10.0	27.1
Bread, Garlic, Parmesan, Pepperidge Farms	1 pce	47.0	160.0	19.0	6.0	7.0	24.4
Bread, Garlic, Plain, Pepperidge Farms	1 pce	47.0	160.0	14.0	5.0	10.0	19.5
Bread, Greek, avg	1 pce	20.0	55.0	10.3	1.8	0.7	11.6
Bread, High Calcium, Dark Hollywood, avg	1 pce	18.0	39.0	7.9	1.6	0.4	9.0
Bread, High Calcium, Light Hollywood, avg	1 pce	18.0	41.0	7.1	1.5	0.4	8.1
Bread, Indian/Navajo Fry, avg	1 pce	90.0	296.0	47.1	6.4	8.6	53.1
Bread, Injera, Ethiopian, avg	1 pce	127.0	173.0	37.8	5.6	1.1	41.4
Bread, Irish Soda, avg	1 pce	60.0	174.0	33.6	3.1	3.0	36.2
Bread, Italian, avg	1 pce	30.0	81.0	15.0	2.6	1.1	16.8
BREAD, LOW CALORIE	1 SLICE	28.0	50.0	9.5	2.5	0.5	11.1
Bread, Milk & Honey, avg	1 pce	28.0	74.0	14.7	2.1	0.6	16.1
Bread, Multi-Grain, crunchy, Pepperidge Farms	1 pce	34.0	90.0	16.0	4.0	1.0	18.7
Bread, Multi-Grain, low calorie, high fiber, avg	1 pce	23.0	46.0	10.2	2.0	0.5	11.5
Bread, Multi-Grain, mixed grain, avg	1 pce	26.0	65.0	12.1	2.6	0.1	13.7
Bread, Multi-Grain, nine grain, Pepperidge Farms	1 pce	34.0	90.0	16.0	4.0	1.0	18.7
Bread, Multi-Grain, seven grain, light, Pepp Farms	1 pce	17.0	48.0	9.5	2.0	0.3	10.8
Bread, Multi-Grain, seven grain, Pepp Farms	1 pce	38.0	100.0	18.0	3.0	1.5	20.2
Bread, Nut, quick dry mix, Pillsbury	1 oz	28.0	115.0	20.7	1.9	2.7	22.5
Bread, Oat Bran, avg	1 pce	30.0	71.0	11.9	3.1	1.3	14.1
Bread, Oat Bran, low calorie, avg	1 pce	23.0	46.0	9.5	1.8	0.7	10.8
Bread, Oatmeal, avg	1 pce	27.0	73.0	13.1	2.3	1.2	14.8
Bread, Oatmeal, Hearty Crunchy, Pepperidge Farms	1 pce	38.0	100.0	17.0	4.0	2.0	19.9
Bread, Oatmeal, light, Pepperidge Farms	1 pce	19.0	47.0	9.0	2.3	0.3	10.5
Bread, Oatmeal, low calorie, avg	1 pce	23.0	48.0	9.1	1.7	0.8	10.3
Bread, Oatmeal, soft, Pepperidge Farms	1 pce	25.0	60.0	12.0	2.0	0.5	13.3
Bread, Oatmeal, thin sliced, Pepperidge Farms	1 pce	25.0	60.0	11.0	2.0	1.0	12.5
Bread, Pannetone, Sweet Italian, avg	1 pce	27.0	86.0	14.6	2.1	2.2	16.4
Bread, Pita, White, avg	1 ea	60.0	165.0	33.4	5.5	0.7	36.9
Bread, Pita, Whole Wheat, avg	1 ea	64.0	170.0	35.2	6.3	1.7	39.4
Bread, Pita, Wholesome Choice, mini, Pepp Farms	1 ea	28.0	70.0	15.0	3.0	0.0	16.8
Bread, Potato, avg	1 pce	26.0	69.0	12.8	2.1	0.9	14.3
Bread, Potato, Russet, Pepperidge Farms	1 pce	38.0	90.0	18.0	4.0	1.5	20.8
Bread, Protein, avg	1 pce	19.0	47.0	8.3	2.3	0.4	9.8
BREAD, PUMPERNICKEL	1 SLICE	32.0	82.0	15.4	2.9	0.8	17.3
Bread, Pumpnickel, avg	1 pce	26.0	65.0	12.4	2.3	0.8	14.0
Bread, Pumpnickel, Classic Dark, Pepp Farms	1 pce	32.0	80.0	15.0	3.0	1.0	17.1
Bread, Pumpnickel, Party, Pepperidge Farms	1 pce	16.0	37.0	7.3	2.0	0.5	8.6

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Bread, Pumpernickel, prep f/recipe, avg	1 pce	60.0	199.0	30.7	2.4	7.7	34.1
Bread, Pumpkin, quick dry mix, Pillsbury	1 oz	28.0	106.0	22.5	1.6	1.1	23.7
BREAD, RAISIN	1 SLICE	25.0	70.0	13.2	2.1	1.0	14.7
Bread, Raisin, avg	1 pce	26.0	71.0	13.6	2.1	1.1	15.1
Bread, Raisin, Cinnamon Swirl, Pepperidge Farms	1 pce	28.0	80.0	14.0	3.0	1.5	16.2
Bread, Raisin, Cinnamon, Pepperidge Farms	1 pce	28.0	80.0	14.0	3.0	1.5	16.2
Bread, Rice Bran, avg	1 pce	27.0	66.0	11.7	2.4	1.2	13.4
Bread, Rice, avg	1 pce	25.0	79.0	9.8	1.7	3.9	11.8
BREAD, RYE	1 SLICE	25.0	66.0	12.0	2.1	0.9	13.5
Bread, Rye, avg	1 pce	32.0	83.0	15.5	2.7	1.1	17.4
Bread, Rye, Dijon Rye, thin, Pepperidge Farms	1 pce	20.0	49.0	8.8	1.1	0.7	9.6
Bread, Rye, Jewish Seeded, Pepperidge Farms	1 pce	32.0	80.0	15.0	3.0	1.0	17.1
Bread, Rye, Jewish Seedless, Pepperidge Farms	1 pce	32.0	80.0	15.0	3.0	1.0	17.1
Bread, Rye, low calorie, avg	1 pce	23.0	47.0	9.3	2.1	0.7	10.7
Bread, Rye, Onion, Pepperidge Farms	1 pce	32.0	80.0	15.0	3.0	1.0	17.1
Bread, Rye, Party Slices, Pepperidge Farms	1 pce	16.0	37.0	7.3	2.0	0.5	8.6
BREAD, SOURDOUGH	1 SLICE	28.0	68.0	13.4	2.5	0.5	15.0
Bread, Sourdough, avg	1 pce	25.0	68.0	12.1	2.2	0.8	13.6
Bread, Sourdough, Garlic, Pepperidge Farms	1 pce	47.0	180.0	20.0	5.0	9.0	25.3
Bread, Sourdough, light, Pepperidge Farms	1 pce	20.0	44.0	9.2	2.0	0.3	10.5
Bread, Soy, avg	1 pce	26.0	69.0	11.5	3.3	1.1	13.8
Bread, Sunflower Meal, avg	1 pce	27.0	75.0	12.2	3.1	1.4	14.4
Bread, Sweet Potato, avg	1 pce	25.0	72.0	12.5	1.1	1.5	13.5
Bread, Triticale, avg	1 pce	25.0	63.0	11.8	2.3	0.9	13.4
Bread, Vienna, avg	1 pce	25.0	68.0	12.1	2.2	0.8	13.6
Bread, Vienna, light, Pepperidge Farms	1 pce	20.0	44.0	9.5	2.0	0.3	10.8
Bread, Vienna, thick sliced, enriched, Pepp Farms	1 ea	25.0	70.0	12.0	3.0	1.0	14.1
Bread, Wheat Bran, avg	1 pce	36.0	89.0	17.2	3.2	1.2	19.4
Bread, Wheat Bran, old fash, Pepperidge Farms	1 pce	34.0	90.0	17.0	3.0	1.0	19.1
Bread, Wheat Germ, avg	1 pce	28.0	73.0	13.5	2.7	0.8	15.3
Bread, Wheat, low calorie, avg	1 pce	23.0	46.0	10.0	2.1	0.5	11.4
Bread, Wheat, Machine Mix, dry, Pillsbury	1 oz	28.0	103.0	19.2	3.2	1.5	21.5
Bread, Wheat, part whole wheat, loaf, avg	1 ea	454.0	899.0	197.9	41.3	10.4	225.3
Bread, Wheat, Sprouted, avg	1 pce	26.0	68.0	12.5	2.2	1.1	14.1
Bread, Wheat, very thin, Pepperidge Farms	1 pce	16.0	37.0	7.5	1.4	0.7	8.5
BREAD, WHITE	1 SLICE	24.0	64.0	11.7	2.0	0.9	13.1
Bread, White, avg	1 pce	30.0	80.0	14.9	2.5	1.1	16.7
Bread, White, Hearty Country, Pepperidge Farms	1 pce	38.0	90.0	19.0	3.0	1.0	21.1
Bread, White, low calorie, avg	1 pce	23.0	48.0	10.2	2.0	0.6	11.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Bread, White, Machine Mix, dry, Pillsbury	1 oz	28.0	103.0	19.4	3.1	1.5	21.6
Bread, White, prep f/recipe, w/whole milk, avg	1 pce	38.0	110.0	18.8	2.1	2.4	20.7
Bread, White, very low sod, avg	1 pce	25.0	67.0	12.4	2.1	0.9	13.9
BREAD, WHOLE WHEAT	1 SLICE	24.0	61.0	11.3	2.3	1.0	12.9
Bread, Whole Wheat, avg	1 pce	28.0	69.0	12.9	2.7	1.2	14.8
Bread, Whole Wheat, Hearty Sesame, Pepp Farms	1 pce	38.0	100.0	17.0	4.0	1.5	19.8
Bread, Whole Wheat, prep f/recipe, avg	1 pce	46.0	128.0	23.6	3.9	2.5	26.6
Bread, Whole Wheat, thin sliced, Pepperidge Farms	1 pce	25.0	60.0	11.0	3.0	1.0	13.1
Bread, Whole Wheat, Wheatberry, Pepp Farms	1 pce	38.0	100.0	18.0	3.0	1.5	20.2
Breadfruit, Raw, avg	1/2 cup	110.0	113.0	29.8	1.2	0.3	30.6
BREAKFAST BARS, NUTRI-GRAIN, BLUEBERRY & STRAWBERRY		43.0	180.0	26.0	2.0	8.0	29.2
BREAKFAST LINKS, MORNINGST.FARM	5 LINKS	68.0	190.0	3.2	14.5	13.3	15.2
BREAKFAST PATTIES, MORNINGST.FM	2 PATTIES	76.0	224.0	6.8	15.7	14.9	19.9
BREAKFAST STRIPS, MORNINGST.FMS	3 STRIPS	24.0	92.0	1.1	2.8	8.5	4.9
Broccoli, Batter Dipped, fried, avg	1/2 cup	42.0	60.0	4.4	1.7	4.4	6.5
Broccoli, Cooked, w/cheese sauce, avg	1/2 cup	114.0	109.0	6.3	6.1	7.3	11.8
Broccoli, Cooked, w/cream sauce, avg	1/2 cup	114.0	93.0	7.7	3.9	5.8	11.5
Broccoli, Cuts In Butter, svg, Green Giant	1 ea	127.0	44.0	7.3	2.5	1.8	9.3
BROCCOLI, FROZEN	1/2 CUP	100.0	27.0	4.5	3.1	0.3	6.4
Broccoli, Frozen, ckd, avg	1/2 cup	92.0	26.0	4.9	2.9	0.1	6.7
Broccoli, Leaves, raw, avg	1/2 cup	44.0	12.0	2.3	1.3	0.2	3.1
Broccoli, Raw, chpd, avg	1/2 cup	44.0	12.0	2.3	1.3	0.2	3.1
Broccoli, Spears, Green Giant	3 oz	85.0	23.0	3.7	1.8	0.2	4.8
Broccoli, Steamed, avg	1/2 cup	78.0	22.0	4.1	2.3	0.3	5.6
Broccoli, w/Cheese Sauce, fzn, Green Giant	1 cup	168.0	104.0	13.4	4.4	3.9	17.0
BROCOLLI, RAW	1 STALK	100.0	32.0	5.9	3.6	0.3	8.1
Brown Betty, Apple, avg	1/2 cup	103.0	175.0	30.6	2.4	5.3	33.4
BROWNIE MIX, FUDGE, DUNCAN HINES	1 BROWNIE	23.0	100.0	18.0	1.0	2.0	19.1
BROWNIE MIX, PEANUT BUTTER, DUNCAN HINES	1 BROWNIE	25.0	120.0	16.0	3.0	5.0	19.1
BROWNIE MIX, WALNUT, GENERAL MILLS	1 BROWNIE	26.0	140.0	18.0	1.0	7.0	20.4
Brownie, A La Mode, Weight Watchers	1 ea	91.0	95.0	17.5	3.0	2.0	19.8
Brownie, Bar w/Caramel Top, fat free, Hlth Vily	1 ea	38.0	110.0	26.0	3.0	0.0	27.8
Brownie, Butterscotch, avg	1 ea	34.0	149.0	21.7	1.6	6.6	24.3
Brownie, Chocolate Frosted, Weight Watchers	1 ea	35.0	99.0	21.7	1.1	2.5	23.0
Brownie, Double Fudge Parfait, Weight Watchers	1 ea	75.0	95.0	19.5	2.1	1.2	21.1
Brownie, Fudge Walnut, Tasty Kake	1 ea	85.0	370.0	52.0	5.0	17.0	59.3
BROWNIE, FUDGE, LITTLE DEBBIE	1 BROWNIE	57.0	236.0	38.6	2.7	8.0	42.2
Brownie, Gold Medal	1 ea	42.0	188.0	31.6	1.1	4.9	33.5
Brownie, Iced, fzn, avg	1 ea	25.0	104.0	15.2	1.2	5.2	17.2

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Brownie, Low Calorie, low sod, avg	1 ea	22.0	84.0	15.7	0.8	2.4	16.8
Brownie, Low Calorie, low sod, dry mix, avg	1 oz	28.0	119.0	22.5	0.8	3.5	23.9
Brownie, Peanut Butter Fudge, Weight Watchers	1 ea	35.0	110.0	21.1	2.0	2.5	22.9
Brownie, w/Nuts, avg	1 ea	61.0	247.0	38.1	2.9	9.9	42.3
Brownie, w/o Nuts, avg	1 ea	33.0	140.0	20.4	1.4	6.6	22.9
Brownie, w/o Nuts, dry mix, avg	1 oz	28.0	122.0	21.4	1.1	4.2	23.1
Brownie, w/out nuts, avg	1 ea	60.0	243.0	39.0	2.7	10.1	43.1
Brownie, w/Walnuts, avg	1 ea	24.0	112.0	12.0	1.5	6.1	14.4
Brownie, Walnut, Long John Silvers	1 ea	97.0	440.0	54.0	5.0	22.0	62.5
BRUSSELS SPROUTS, COOKED	6-8 MEDIUM	100.0	36.0	6.4	4.2	0.4	9.0
Buckwheat, Kasha, ckd, avg	1/4 cup	50.0	173.0	37.5	5.9	1.4	41.4
Buckwheat, Kasha, raw, avg	1/4 cup	82.0	75.0	16.3	2.8	0.5	18.1
Buckwheat, Korean Mook, prep, avg	1/4 cup	42.0	26.0	5.1	1.1	0.1	5.8
BULGAR WHEAT	1 CUP	135.0	227.0	47.3	8.4	0.9	52.6
Bulgur, Wheat, ckd, avg	1/4 cup	46.0	38.0	8.6	1.4	0.1	9.5
Bulgur, Wheat, dry, avg	1/4 cup	35.0	120.0	26.6	4.3	0.5	29.3
Burbot Fish, bkd, fillet, avg	1 ea	90.0	103.0	0.0	22.3	0.9	13.6
Burbot Fish, raw, fillet, avg	1 ea	116.0	104.0	0.0	22.4	0.9	13.7
Burdock Root, Cooked, 1" pces, avg	1/2 cup	62.0	55.0	13.1	1.3	0.1	13.9
Burdock Root, Raw, 1" pces, avg	1/2 cup	59.0	42.0	10.3	0.9	0.1	10.9
BURGER KING BISCUIT WITH BACON, EGG, AND CHEESE			510.0	39.0	19.0	31.0	58.2
BURGER KING BISCUIT WITH SAUSAGE			590.0	41.0	16.0	40.0	60.6
BURGER KING BK BIG FISH SANDWICH			700.0	56.0	26.0	41.0	81.9
BURGER KING BK BROILER CHICKEN SANDWICH			550.0	41.0	30.0	29.0	66.3
BURGER KING CHEESEBURGER		124.0	350.0	30.0	18.0	17.0	45.1
BURGER KING CHICKEN SANDWICH			710.0	54.0	26.0	43.0	80.4
BURGER KING CROISSAN'WICH W/SAUSAGE, EGG, AND CHEESE			600.0	25.0	22.0	46.0	49.7
BURGER KING DOUBLE CHEESEBURGER		179.0	530.0	31.0	30.0	32.0	57.0
BURGER KING DOUBLE CHEESEBURGER W/ BACON			640.0	28.0	44.0	39.0	64.2
BURGER KING DOUBLE WHOPPER		337.0	850.0	52.0	44.0	52.0	91.4
BURGER KING DOUBLE WHOPPER W/CHEESE			960.0	46.0	52.0	63.0	93.0
BURGER KING FRENCH FRIES	MEDIUM		370.0	43.0	5.0	20.0	51.0
BURGER KING FRENCH TOAST STICKS	1 ORDER		500.0	60.0	4.0	27.0	69.2
BURGER KING GARDEN SALAD			100.0	7.0	6.0	5.0	11.9
BURGER KING HAMBURGER		110.0	290.0	29.0	15.0	13.0	41.3
BURGER KING HASH BROWNS	1 ORDER		220.0	25.0	2.0	12.0	29.2
BURGER KING MILKSHAKES		282.0	340.0	57.0	8.0	11.0	64.6
BURGER KING ONION RINGS		76.0	270.0	29.0	3.0	16.0	34.8
BURGER KING REG. FRENCH FRIES		68.0	210.0	25.0	3.0	11.0	29.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
BURGER KING SIDE SALAD			60.0	4.0	3.0	3.0	6.6
BURGER KING WHOPPER		261.0	630.0	50.0	26.0	36.0	74.6
BURGER KING WHOPPER JUNIOR		144.0	370.0	31.0	15.0	20.0	45.0
BURGER KING WHOPPER JUNIOR W/CHEESE		158.0	420.0	32.0	18.0	25.0	49.1
BURGER KING WHOPPER W/CHEESE		289.0	740.0	52.0	32.0	45.0	82.5
BURKER KING BROILED CHICKEN SALAD			200.0	7.0	21.0	10.0	22.1
Burrito Seasoning, dry, Old El Paso	1/4 oz	7.0	23.0	3.5	0.6	0.0	3.9
Burrito w/Sausage, fzn, Great Starts	1 ea	99.0	240.0	24.0	9.0	12.0	32.4
Burrito w/Scram Eggs&Bcn, fzn, Grt Str	1 ea	99.0	250.0	27.0	10.0	11.0	35.8
Burrito w/Scrambled Eggs, fzn, Grt Strt	1 ea	99.0	200.0	25.0	8.0	8.0	31.8
Burrito, 7 Layer, Taco Bell	1 ea	283.0	530.0	66.0	16.0	23.0	81.4
Burrito, Bacon Cheeseburger, Taco Bell	1 ea	241.0	570.0	46.0	27.0	31.0	70.0
Burrito, Bean & Cheese, fzn, Patio	1 ea	142.0	270.0	46.0	9.0	5.0	52.7
Burrito, Bean, Crispy, Taco Time	1 ea	149.0	354.0	34.0	11.0	21.0	45.9
Burrito, Bean, Soft, Taco Time	1 ea	255.0	420.0	50.0	18.0	18.0	65.3
Burrito, Bean, Taco Johns	1 ea	170.0	340.0	45.2	14.8	11.1	56.9
Burrito, Bean, w/red sauce, Taco Bell	1 ea	198.0	380.0	55.0	13.0	12.0	65.8
Burrito, Beef & Bean, fzn, Patio	1 ea	170.0	420.0	51.0	11.0	19.0	62.4
Burrito, Beef & Bean, w/green chili, fzn, Patio	1 ea	142.0	260.0	44.0	11.0	5.0	51.9
Burrito, Beef & Bean, w/red chili, fzn, Patio	1 ea	142.0	260.0	42.0	11.0	5.0	49.9
Burrito, Beef & Bean, w/salsa, fzn, avg	1 ea	305.0	540.0	61.5	23.5	21.1	80.9
Burrito, Beef, Crispy, Taco Time	1 ea	149.0	466.0	32.0	22.0	28.0	52.2
Burrito, Beef, Taco Johns	1 ea	170.0	415.0	39.4	22.4	18.9	57.6
Burrito, Big Beef Supreme, Taco Bell	1 ea	298.0	520.0	54.0	24.0	23.0	74.2
Burrito, Casita, Taco Time	1 ea	340.0	638.0	54.0	30.0	34.0	80.5
Burrito, Chicken Big Supreme, Taco Bell	1 ea	248.0	500.0	51.0	27.0	20.0	72.2
Burrito, Chicken Club, Taco Bell	1 ea	227.0	540.0	43.0	20.0	32.0	63.0
Burrito, Chicken Con Queso, fzn, Healthy Choice	1 ea	306.0	358.0	61.4	14.3	6.1	71.5
Burrito, Chicken Fajita, Taco Johns	1 ea	227.0	360.0	41.4	20.4	11.9	56.6
Burrito, Chicken Fajita, Taco Time	1 ea	170.0	394.0	38.0	26.0	15.0	57.4
Burrito, Chicken, fzn, Patio	1 ea	142.0	260.0	44.0	12.0	4.0	52.2
Burrito, Chicken, Grilled, Taco Bell	1 ea	202.0	400.0	50.0	19.0	14.0	64.9
Burrito, Chicken, Taco Bell	1 ea	171.0	345.0	41.0	17.0	13.0	54.5
Burrito, Chili Cheese, Taco Bell	1 ea	142.0	330.0	37.0	14.0	13.0	48.7
Burrito, Combination, Soft, Taco Time	1 ea	255.0	520.0	48.0	27.0	25.0	70.5
Burrito, Combination, Taco Johns	1 ea	170.0	378.0	46.1	18.1	13.4	60.3
Burrito, Country, breakfast, Taco Bell	1 ea	113.0	220.0	26.0	8.0	14.0	34.3
Burrito, Double Bacon & Egg, breakfast, Taco Bell	1 ea	177.0	480.0	39.0	18.0	27.0	56.6
Burrito, Fiesta, breakfast, Taco Bell	1 ea	92.0	280.0	25.0	9.0	16.0	34.4

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Burrito, Grande, breakfast, Taco Bell	1 ea	177.0	420.0	43.0	13.0	22.0	56.3
Burrito, Meat, Soft, Taco Time	1 ea	255.0	557.0	36.0	34.0	30.0	63.9
Burrito, Nacho Beef, fzn, Patio	1 ea	170.0	410.0	48.0	13.0	18.0	60.3
Burrito, Nacho Cheese, fzn, Patio	1 ea	170.0	360.0	52.0	10.0	13.0	61.3
Burrito, Ranchero, Beef, fzn, Healthy Choice	1 ea	306.0	290.0	44.0	13.0	7.0	53.6
Burrito, Ranchero, mild, fzn, Healthy Choice	1 ea	306.0	300.0	45.0	13.0	7.0	54.6
Burrito, Red Chili, fzn, Patio	1 ea	142.0	270.0	42.0	11.0	6.0	50.1
Burrito, Super, Taco Johns	1 ea	241.0	424.0	45.0	19.6	18.8	61.5
Burrito, Supreme, w/red sauce, Taco Bell	1 ea	255.0	440.0	51.0	17.0	19.0	66.0
BUTTER	1 TBSP	15.0	108.0	0.0	0.1	12.2	3.1
BUTTER BEANS, COOKED	1 CUP	250.0	170.0	33.0	12.0	0.0	40.2
Butter Fish, bkd, fillet, avg	1 ea	25.0	47.0	0.0	5.6	2.6	4.0
Butter Fish, raw, fillet, avg	1 ea	32.0	47.0	0.0	5.5	2.6	3.9
Butter, I Can't Believe It's Not	1 tsp	5.0	32.0	0.0	0.0	3.6	0.9
Butter, Salted, avg	1 tsp	5.0	36.0	0.0	0.0	4.1	1.0
Butter, Salted, lightly, avg	1 tsp	5.0	36.0	0.0	0.0	4.1	1.0
Butter, Spray, 1/3 sec spray, Pam	1 ea	0.0	0.0	0.0	0.0	0.0	0.0
Butter, Touch of, 47% Veg Oil, Dairy Spread Tub	1 tsp	5.0	21.0	0.0	0.0	2.5	0.6
Butter, Touch of, 64% Veg Oil, Dairy Sprd Squeez	1 tsp	5.0	29.0	0.0	0.0	3.2	0.8
Butter, Touch of, Spread Stick	1 tsp	5.0	32.0	0.0	0.0	3.6	0.9
Butter, Unsalted, avg	1 tsp	5.0	36.0	0.0	0.0	4.1	1.0
Butter, Whipped, salted, avg	1 tsp	5.0	36.0	0.0	0.0	4.1	1.0
BUTTERMILK, CULTURED	1 CUP	245.0	99.0	11.7	8.1	2.2	17.1
Cabbage Leaves, Stuffed w/Rice & Beef, avg	3 oz	85.0	103.0	7.6	6.8	5.2	13.0
Cabbage, Common, ckd, shred, avg	1/2 cup	75.0	16.0	3.3	0.8	0.3	3.9
Cabbage, Common, pckld, avg	1/2 cup	75.0	16.0	3.3	1.2	0.1	4.0
Cabbage, Common, raw, shred, avg	1 cup	70.0	17.0	3.8	1.0	0.2	4.4
CABBAGE, COOKED	3/5 CUP	100.0	20.0	4.3	1.1	0.2	5.0
Cabbage, Kim Chee, avg	1/2 cup	75.0	16.0	3.1	1.2	0.2	3.9
Cabbage, Pak Choi/Bok Choy, raw, shred, avg	1 cup	70.0	9.0	1.5	1.1	0.1	2.2
Cabbage, Pak Choi/Bok Choy, stmd, avg	1/2 cup	85.0	11.0	1.9	1.3	0.2	2.7
Cabbage, Pe Tsai, ckd, shred	1/2 cup	60.0	8.0	1.4	0.9	0.1	2.0
Cabbage, Pe Tsai, raw, avg	1 cup	76.0	12.0	2.5	0.9	0.2	3.1
CABBAGE, RAW	1 CUP SHREDDED	100.0	24.0	5.4	1.3	0.2	6.2
Cabbage, Red, ckd, avg	1/2 cup	75.0	16.0	3.5	0.8	0.2	4.0
Cabbage, Red, pckld, avg	1/2 cup	75.0	110.0	28.7	0.4	0.1	29.0
Cabbage, Red, raw, shred, avg	1 cup	70.0	19.0	4.3	0.1	0.2	4.4
Cabbage, Sauerkraut, cnd, avg	1/2 cup	118.0	22.0	5.1	1.1	0.2	5.8
Cabbage, Sauerkraut, cnd, low sod, avg	1/2 cup	71.0	13.0	3.1	0.6	0.1	3.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cabbage, Savoy, ckd, avg	1/2 cup	72.0	17.0	3.9	1.3	0.1	4.7
Cabbage, Savoy, raw, avg	1 cup	70.0	19.0	4.3	1.4	0.1	5.2
Cactus/Nopales, ckd, unsalted, avg	1/2 cup	74.0	11.0	2.4	0.1	0.0	2.5
Cactus/Nopales, raw, avg	1/2 cup	43.0	7.0	1.5	0.6	0.1	1.9
Cajun Seasoning, Lawry's	1 tsp	3.0	7.0	1.1	0.2	0.1	1.2
Cake, Angel Food, dry mix, avg	1 oz	28.0	104.0	23.8	2.5	0.1	25.3
Cake, Angel Food, prep f/mix, avg	1 pce	50.0	128.0	29.4	3.1	0.2	31.3
Cake, Angel Food, prep f/recipe, avg	1 pce	53.0	142.0	31.5	4.0	0.1	33.9
Cake, Angel Food, prep, avg	1 pce	28.0	72.0	16.2	1.7	0.2	17.3
Cake, Applesauce, w/icing, avg	1 pce	108.0	399.0	69.8	2.9	13.3	74.9
Cake, Applesauce, w/o icing, avg	1 pce	87.0	313.0	52.0	3.0	11.4	56.6
Cake, Banana, Crunch, fat free, Entenmann's	1 pce	53.0	140.0	33.0	2.0	0.0	34.2
Cake, Banana, dry mix, Pillsbury	1 oz	28.0	117.0	22.7	0.1	2.5	23.4
Cake, Banana, Loaf, fat free, Entenmann's	1 pce	57.0	150.0	34.0	2.0	0.0	35.2
Cake, Banana, w/icing, avg	1 pce	87.0	245.0	43.3	3.1	7.3	47.0
Cake, Banana, w/icing, avg	1 pce	108.0	309.0	58.5	3.5	7.6	62.5
Cake, Black Forest, avg	1 pce	80.0	280.0	32.5	3.0	15.4	38.1
Cake, Blueberry, Crunch, fat free, Entenmann's	1 pce	57.0	140.0	32.0	2.0	0.0	33.2
Cake, Boston Cream Pie, avg	1 pce	92.0	232.0	39.5	2.2	7.8	42.8
Cake, Boston Cream Pie, prep f/recipe, avg	1 pce	93.0	293.0	42.1	4.3	12.3	47.8
Cake, Butter, Entenmann's	1 pce	57.0	220.0	31.0	3.0	10.0	35.3
Cake, Caramel, avg	1 pce	63.0	243.0	33.8	2.8	10.9	38.2
Cake, Carrot, Entenmann's	1 pce	71.0	290.0	35.0	3.0	16.0	40.8
Cake, Carrot, fat free, Entenmann's	1 pce	71.0	170.0	40.0	3.0	0.0	41.8
Cake, Carrot, pudding type, dry mix, avg	1 oz	28.0	116.0	22.2	1.4	2.7	23.7
Cake, Carrot, w/crm cheese frost, prep f/rec, avg	1 pce	111.0	484.0	52.4	5.1	29.3	62.8
Cake, Carrot, w/o frosting, prep f/mix, avg	1 pce	70.0	239.0	32.7	3.6	10.1	37.4
Cake, Cherry, dry mix, Gold Medal	1 oz	28.0	119.0	20.7	1.7	3.4	22.6
Cake, Cherry, prep f/mix, Gold Medal	1 pce	44.0	198.0	25.7	1.1	9.9	28.8
Cake, Chocolate, Chip, fat free, Entenmann's	1 pce	53.0	130.0	31.0	3.0	0.0	32.8
Cake, Chocolate, Crunch, fat free, Entenmann's	1 pce	50.0	130.0	32.0	2.0	0.0	33.2
Cake, Chocolate, Devil's Food, Gold Medal	1 pce	44.0	208.0	24.7	2.1	9.9	28.4
Cake, Chocolate, Double Fudge, Weight Watchers	1 pce	78.0	190.0	36.0	4.0	4.5	39.5
Cake, Chocolate, dry mix, avg	1 oz	28.0	120.0	20.4	1.7	4.4	22.5
Cake, Chocolate, Fudge Iced, fat free, Entenmann's	1 pce	85.0	210.0	51.0	3.0	0.0	52.8
Cake, Chocolate, Fudge, Entenmann's	1 pce	85.0	310.0	47.0	3.0	14.0	52.3
Cake, Chocolate, German, w/icing, avg	1 pce	11.0	40.0	5.5	0.4	2.0	6.2
Cake, Chocolate, Juniors, TastyKake	1 pce	94.0	360.0	57.0	4.0	13.0	62.7
Cake, Chocolate, Loaf, fat free, Entenmann's	1 pce	53.0	130.0	30.0	3.0	0.0	31.8

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cake, Chocolate, low sod, w/fructose, avg	1 pce	38.0	116.0	23.0	1.4	2.9	24.6
Cake, Chocolate, Milk, Gold Medal	1 pce	44.0	198.0	25.7	2.1	9.9	29.4
Cake, Chocolate, Mocha Iced, Entenmann's	1 pce	85.0	200.0	46.0	3.0	0.0	47.8
Cake, Chocolate, prep f/mix, avg	1 pce	65.0	198.0	31.9	3.6	7.6	36.0
Cake, Chocolate, w/cream cheese Icing, avg	1 pce	103.0	355.0	57.2	3.7	14.2	63.0
Cake, Chocolate, w/fluffy white icing, avg	1 pce	91.0	262.0	48.1	4.0	7.6	52.4
Cake, Chocolate, w/frosting, avg	1 pce	64.0	235.0	34.9	2.6	10.5	39.1
Cake, Chocolate, w/vanilla icing, avg	1 pce	103.0	358.0	58.2	3.7	13.1	63.7
Cake, Coconut Layer, Pepperidge Farms	1 pce	80.0	300.0	41.0	2.0	14.0	45.7
Cake, Coconut, Juniors, Tastykake	1 pce	94.0	320.0	59.0	4.0	8.0	63.4
Cake, Coffee, Banana Crunch, Entenmann's	1 pce	57.0	220.0	32.0	2.0	9.0	35.5
Cake, Coffee, Cheese, avg	1 pce	76.0	258.0	33.7	5.3	11.6	39.8
Cake, Coffee, Cinn Apple, fat free, Entenmann's	1 pce	54.0	130.0	29.0	2.0	0.0	30.2
Cake, Coffee, Cinn, w/crumb top, dry mix, avg	1 oz	28.0	122.0	21.8	1.3	3.4	23.4
Cake, Coffee, Cinn, w/crumb top, prep f/mix, avg	1 pce	63.0	263.0	29.4	4.3	14.7	35.7
Cake, Coffee, Crème Filled, w/choc frosting, avg	1 pce	90.0	298.0	48.4	4.5	9.7	53.5
Cake, Coffee, French Crumb, Entenmann's	1 pce	50.0	210.0	29.0	3.0	10.0	33.3
Cake, Coffee, Fruit, avg	1 pce	50.0	156.0	25.8	2.6	5.1	28.6
Cake, Coffee, Koffee Kake Cup Cake, Tastykake	1 pce	28.0	118.0	17.2	1.5	4.4	19.2
Cake, Coffee, Plain, avg	1 pce	63.0	263.0	29.4	4.3	14.7	35.7
Cake, Coffee, Plain, prep f/mix, avg	1 pce	56.0	178.0	29.6	3.1	5.4	32.8
Cake, Coffee, Plain, prep f/recipe, avg	1 pce	60.0	240.0	30.2	3.9	12.1	35.6
Cake, Fruit, avg	1 pce	43.0	139.0	26.5	1.2	3.9	28.2
Cake, Fruit, prep f/recipe, avg	1 pce	84.0	302.0	54.4	3.0	9.7	58.6
Cake, Funnel, avg	1 pce	90.0	284.0	29.1	7.3	15.3	37.3
Cake, Gingerbread, dry mix, avg	1 oz	28.0	122.0	20.9	1.2	3.9	22.6
Cake, Gingerbread, prep f/mix, avg	1 pce	67.0	207.0	33.1	2.7	6.8	36.4
Cake, Gingerbread, prep f/recipe, avg	1 pce	74.0	263.0	36.4	2.9	12.1	41.2
Cake, Graham Cracker, avg	1 pce	45.0	156.0	21.9	2.7	6.9	25.2
Cake, Ice Cream, Chocolate, avg	1 pce	34.0	102.0	13.6	1.4	5.0	15.7
Cake, Lemon, dry mix, Gold Medal	1 oz	28.0	119.0	20.7	1.7	3.4	22.6
Cake, Lemon, Mousse, Pepperidge Farms	1 pce	69.0	250.0	34.0	2.0	12.0	38.2
Cake, Lemon, prep f/mix, Gold Medal	1 pce	44.0	198.0	25.7	1.1	9.9	28.8
Cake, Lemon, w/icing, avg	1 pce	109.0	388.0	70.3	2.8	11.3	74.8
Cake, Marble, fat free, Entenmann's	1 pce	50.0	130.0	29.0	2.0	0.0	30.2
Cake, Marble, pudding type, dry mix, avg	1 oz	28.0	116.0	22.2	0.1	3.3	23.1
Cake, Marble, pudding type, prep f/mix, avg	1 pce	73.0	253.0	34.5	3.1	12.4	39.5
Cake, Marble, w/choc icing, avg	1 pce	111.0	404.0	58.6	3.5	19.1	65.5
Cake, Oatmeal, w/icing, avg	1 pce	110.0	410.0	70.5	3.0	14.0	75.8

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cake, Peanut Butter, w/icing, avg	1 pce	109.0	409.0	61.9	6.1	16.3	69.6
Cake, Pineapple Cream, w/coconut, Pepp Farms	1 pce	76.0	240.0	38.0	2.0	10.0	41.7
Cake, Pineapple, upside down, prep f/recipe, avg	1 pce	115.0	367.0	58.1	4.0	13.9	64.0
Cake, Plum Pudding, avg	1 pce	42.0	131.0	19.2	1.7	5.7	21.6
Cake, Poppy Seed, w/icing, avg	1 pce	90.0	354.0	43.2	6.5	17.5	51.5
Cake, Pound, dry mix, Gold Medal	1 oz	28.0	138.0	18.8	1.7	6.4	21.4
Cake, Pound, fat free, avg	1 pce	80.0	226.0	48.8	4.3	0.1	51.4
Cake, Pound, prep f/mix, Gold Medal	1 pce	22.0	112.0	14.3	1.0	5.1	16.2
Cake, Pound, prep w/butter, avg	1 pce	54.0	206.0	28.4	3.2	9.0	32.6
Cake, Pound, prep w/marg, avg	1 pce	54.0	206.0	28.5	3.2	8.1	32.4
Cake, Raisin, Entenmann's	1 pce	57.0	220.0	32.0	3.0	9.0	36.1
Cake, Raisin, fat free, Entenmann's	1 pce	53.0	140.0	33.0	2.0	0.0	34.2
Cake, Slice, fzn, Dairy Queen	1 pce	172.0	350.0	54.0	7.0	12.0	61.2
Cake, Snack, Butter Cream, mini, Tastykake	1 ea	14.0	55.0	9.0	0.5	2.0	9.8
Cake, Snack, Butterscotch Iced, Tastykake	1 ea	28.0	103.0	19.6	0.1	2.5	20.3
Cake, Snack, Chocolate Cream filled, Tastykake	1 ea	32.0	100.0	21.0	1.5	1.5	22.3
Cake, Snack, Chocolate Creamies, Tastykake	1 ea	43.0	180.0	26.0	2.0	7.0	29.0
Cake, Snack, Chocolate Creme Filled, w/icing, avg	1 ea	50.0	188.0	30.2	1.7	7.3	33.0
Cake, Snack, Chocolate Crème, cup cake, Tastykake	1 ea	32.0	125.0	20.5	1.5	4.0	22.4
Cake, Snack, Chocolate Finger, Pet Inc	1 ea	42.0	143.0	23.2	1.1	4.9	25.1
Cake, Snack, Chocolate w/Frosting, low fat, avg	1 ea	43.0	131.0	28.9	1.8	1.6	30.4
Cake, Snack, Chocolate w/Fruit & Cream, avg	1 ea	43.0	146.0	24.1	1.9	4.8	26.4
Cake, Snack, Chocolate, cup cake, Tastykake	1 ea	30.0	110.0	19.5	1.5	3.0	21.2
Cake, Snack, Chocolate, mini, Tastykake	1 ea	14.0	55.0	9.0	0.5	2.0	9.8
Cake, Snack, Chocolate, Tastykake	1 ea	19.0	90.0	11.7	1.0	4.3	13.4
Cake, Snack, Coconut, Tastykake	1 ea	19.0	87.0	11.3	1.0	4.3	13.0
Cake, Snack, Crème Filled, Tastykake	1 ea	13.0	55.0	8.0	0.5	2.0	8.8
Cake, Snack, Jelly Filled, Tastykake	1 ea	28.0	93.0	18.7	0.1	1.5	19.1
Cake, Snack, Kreme Kup, Tastykake	1 ea	25.0	95.0	15.5	1.0	3.0	16.9
Cake, Snack, Peanut Butter, Tastykake	1 ea	19.0	90.0	10.5	1.5	5.0	12.7
Cake, Snack, Raspberry Finger, Pet Inc	1 ea	42.0	138.0	24.2	1.1	3.1	25.6
Cake, Snack, Sponge, avg	1 ea	42.0	153.0	26.8	1.3	4.8	28.8
Cake, Snack, Sprinkled Creamies, Tastykake	1 ea	38.0	150.0	25.0	1.0	6.0	27.1
Cake, Snack, Vanilla Cream filled, Tastykake	1 ea	32.0	105.0	20.5	1.5	2.0	21.9
Cake, Snack, Vanilla Creamies, Tastykake	1 ea	43.0	190.0	26.0	1.0	8.0	28.6
Cake, Snack, Vanilla Finger, Pet Inc	1 ea	42.0	143.0	23.2	1.1	4.9	25.1
Cake, Snack, Witchy Good Treat, Tastykake	1 ea	38.0	150.0	24.0	2.0	6.0	26.7
Cake, Spice, Apple, fat free, Entenmann's	1 pce	50.0	130.0	30.0	2.0	0.0	31.2
Cake, Spice, dry mix, Gold Medal	1 oz	28.0	119.0	20.7	1.7	3.4	22.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cake, Spice, prep f/mix, Gold Medal	1 pce	44.0	198.0	25.7	1.1	9.9	28.8
Cake, Spice, prep w/icing, avg	1 pce	109.0	374.0	65.2	4.3	11.3	70.6
Cake, Sponge, avg	1 pce	38.0	110.0	23.2	2.1	1.0	24.7
Cake, Sponge, Chocolate, w/o icing, avg	1 pce	66.0	195.0	35.8	5.4	4.1	40.1
Cake, Sponge, prep f/recipe, avg	1 pce	63.0	187.0	36.4	4.6	2.7	39.8
Cake, Strawberry, Cream, w/coconut, Pepp Farms	1 pce	76.0	230.0	38.0	2.0	9.0	41.5
Cake, Strawberry, layer, Pepperidge Farms	1 pce	90.0	310.0	47.0	2.0	13.0	51.5
Cake, Strawberry, Shortcake, Ala Mode, Wt Wtchrs	1 pce	92.0	90.0	19.5	2.0	0.8	20.9
Cake, Vanilla, Pepperidge Farms	1 pce	80.0	290.0	41.0	2.0	13.0	45.5
Cake, White, avg	1 pce	62.0	190.0	34.3	2.5	4.8	37.0
Cake, White, dry mix, Gold Medal	1 oz	28.0	120.0	20.7	1.7	3.4	22.6
Cake, White, low sod, avg	1 pce	38.0	118.0	23.3	1.3	2.5	24.7
Cake, White, prep f/mix, Gold Medal	1 pce	44.0	198.0	25.7	1.1	9.9	28.8
Cake, White, w/choc icing, prep f/recipe, avg	1 pce	100.0	364.0	64.1	2.5	11.5	68.5
Cake, White, w/coconut icing, prep f/recipe, avg	1 pce	112.0	399.0	70.8	4.9	11.5	76.6
Cake, White, w/o frosting, prep f/recipe, avg	1 pce	74.0	264.0	42.3	3.1	9.2	46.5
Cake, White, w/white frosting, prep f/recipe, avg	1 pce	71.0	266.0	44.7	2.3	9.6	48.5
Cake, Yellow, dry mix, avg	1 oz	28.0	121.0	21.9	1.2	3.2	23.4
Cake, Yellow, layer, Pepperidge Farms	1 pce	80.0	290.0	40.0	3.0	14.0	45.3
Cake, Yellow, light, avg	1 pce	69.0	181.0	36.8	2.1	2.4	38.7
Cake, Yellow, prep f/mix, avg	1 pce	63.0	202.0	34.3	2.1	5.9	37.0
Cake, Yellow, pudding type, avg	1 pce	73.0	257.0	35.1	3.3	11.6	40.0
Cake, Yellow, w/choc frosting, avg	1 pce	64.0	243.0	35.5	2.4	11.1	39.7
Cake, Yellow, w/o frosting, prep f/recipe, avg	1 pce	80.0	289.0	42.4	4.2	11.7	47.8
Cake, Yellow, w/vanilla frosting, avg	1 pce	64.0	239.0	37.6	2.2	9.3	41.2
CANADIAN BACON, FRIED	1 SLICE	21.0	65.0	3.0	6.2	4.2	7.8
Candied Fruit, Fruit Citron, chpd, avg	2 Tbs	28.0	88.0	22.5	0.1	0.1	22.6
Candied Fruit, Lemon Peel, avg	1 oz	28.0	75.0	21.5	0.0	0.0	21.5
Candied Fruit, Orange Peel, avg	1 oz	28.0	75.0	21.5	0.0	0.0	21.5
Candied Fruit, Pears, avg	1 oz	28.0	85.0	21.3	0.4	0.2	21.6
Candy, 100 Grand, mini, .74 oz bar	1 ea	21.0	98.0	14.8	1.0	3.8	16.4
Candy, 100 Grand, 1.5 oz bar	1 ea	43.0	200.0	30.4	2.1	7.8	33.6
Candy, 3 Musketeers, 2.12 oz bar	1 ea	60.0	250.0	46.1	1.9	7.7	49.2
Candy, 3 Musketeers, fun size, .58 oz bar	1 ea	16.0	67.0	12.3	0.5	2.1	13.1
Candy, 5TH Avenue, 2 oz bar	1 ea	57.0	280.0	37.7	5.1	12.1	43.8
Candy, Almond Joy, 1.73 oz bar	1 ea	49.0	229.0	28.6	2.1	13.1	33.1
Candy, Almond Joy, fun size, .7 oz bar	1 ea	20.0	93.0	11.7	0.8	5.4	13.5
Candy, Almond Roca	1 pce	11.0	48.0	7.3	0.8	2.0	8.3
Candy, Alpine, white choc & almonds, 1.23 oz bar	1 ea	35.0	193.0	17.7	3.4	12.9	23.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Candy, Baby Ruth , 2.12 oz bar	1 ea	60.0	289.0	39.1	4.5	12.7	45.0
Candy, Baby Ruth, fun size, .5 oz bar	1 ea	14.0	67.0	9.1	1.0	2.1	10.2
Candy, Bar None, 1.52 oz bar	1 ea	43.0	224.0	22.4	3.5	14.6	28.1
Candy, Bit-O-Honey Chews	5 pce	40.0	155.0	32.4	1.1	3.2	33.9
Candy, Buncha Crunch, 1.4 oz bar	1 ea	40.0	202.0	26.3	2.0	10.0	30.0
Candy, Butter Mints, Kraft	5 pce	11.0	44.0	10.3	0.0	0.0	10.3
Candy, Butterscotch, avg	5 pce	30.0	119.0	28.6	0.0	1.1	28.9
Candy, Candy Corn, avg	1 pce	16.0	57.0	14.8	0.0	0.0	14.8
Candy, Candy Corn, choc cvrd, avg	1 pce	14.0	51.0	11.2	0.3	1.3	11.7
Candy, Caramel Dip, Marie's	2 Tbs	35.0	150.0	24.0	0.5	5.0	25.6
Candy, Caramello, 1.6 oz bar	1 ea	45.0	213.0	28.5	2.7	9.8	32.6
Candy, Caramels, avg	5 pce	50.0	191.0	38.5	2.3	4.1	40.9
Candy, Caramels, choc flvd roll, avg	5 ea	25.0	90.0	21.8	0.5	0.6	22.2
Candy, Caramels, Kraft	5 pce	41.0	170.0	32.0	2.0	3.0	34.0
Candy, Carob, avg, 3.1 oz. bar	1 ea	87.0	470.0	48.1	7.1	27.3	59.2
Candy, Choc Coated Almonds, avg	1/2 cup	82.0	466.0	32.5	10.1	36.4	47.7
Candy, Choc Cvrd Banana, w/nuts, avg	1 ea	145.0	336.0	43.2	6.8	18.8	52.0
Candy, Choc Cvrd Fondant/Mints, avg	5 ea	55.0	201.0	44.1	1.2	5.1	46.1
Candy, Chocolate Cvrd, dietetic, avg	5 ea	80.0	439.0	34.6	10.1	31.5	48.5
Candy, Chunky, 1.4 oz. bar	1 ea	40.0	198.0	22.8	3.6	11.7	27.9
Candy, Crisped Rice Almond, avg, 1 oz bar	1 ea	28.0	128.0	18.1	1.1	5.7	20.2
Candy, Crisped Rice Choc Chip, avg, 1 oz bar	1 ea	28.0	113.0	20.4	1.4	3.8	22.2
Candy, Crunch, milk choc, 1.4 oz bar	1 ea	40.0	209.0	26.1	2.4	10.5	30.2
Candy, Crunch, milk choc, mini, .35 oz bar	1 ea	10.0	52.0	6.5	0.6	2.6	7.5
Candy, Dark Choc Coffee Beans, avg	1 oz	28.0	111.0	13.8	0.8	7.2	16.1
Candy, Divinity, w/o nuts, avg	1 pce	11.0	38.0	9.8	0.1	0.0	9.9
Candy, Fudge, Choc Marsh w/nuts, avg	1 pce	22.0	96.0	15.1	0.7	4.3	16.6
Candy, Fudge, Choc Marsh, avg	1 pce	20.0	84.0	14.3	0.5	3.4	15.5
Candy, Fudge, Choc w/nuts, recipe, avg	1 pce	19.0	81.0	13.8	0.6	3.1	14.9
Candy, Fudge, Choc, avg	1 pce	17.0	65.0	13.5	0.3	1.4	14.0
Candy, Fudge, Peanut Butter, avg	1 pce	16.0	59.0	12.5	0.6	1.0	13.1
Candy, Fudge, Penuche, w/brown sugar & nuts, avg	1 pce	14.0	55.0	10.9	0.4	1.4	11.5
Candy, Fudge, Vanilla w/nuts, avg	1 pce	15.0	62.0	11.3	0.4	1.1	11.8
Candy, Fudge, Vanilla, avg	1 pce	16.0	59.0	13.2	0.2	0.9	13.5
Candy, Fudgies, Kraft	1 pce	8.0	35.0	6.2	0.2	0.1	6.3
Candy, Golden Almond Choc, 3 oz bar	1 ea	85.0	488.0	38.8	10.5	32.4	53.2
Candy, Golden Almond Solitaires, 2.75 oz pkg	1 ea	78.0	444.0	36.6	9.4	28.9	49.5
Candy, Golden III Choc, 3.2 oz bar	1 ea	91.0	471.0	50.8	5.9	30.0	61.8
Candy, Goobers, milk choc cvrd peanuts	1/2 cup	82.0	421.0	39.9	11.2	27.5	53.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Candy, Gumdrops, avg	5 pce	18.0	69.0	17.8	0.0	0.0	17.8
Candy, Gummy Bears	5 pce	11.0	42.0	10.9	0.0	0.0	10.9
Candy, Gummy Dinosaurs	5 pce	32.0	124.0	31.6	0.0	0.0	31.6
Candy, Gummy Fish	5 pce	25.0	96.0	24.7	0.0	0.0	24.7
Candy, Gummy Worms	5 pce	37.0	143.0	36.6	0.0	0.0	36.6
Candy, Hard, all flvrs, avg	1 pce	6.0	24.0	5.9	0.0	0.0	5.9
Candy, Hard, low cal, dietetic, avg	5 pce	15.0	56.0	14.0	0.0	0.0	14.0
Candy, Jelly Ring, avg	5 pce	50.0	193.0	49.5	0.0	0.0	49.5
Candy, Jellybeans, avg	10 pce	11.0	40.0	10.2	0.0	0.1	10.2
Candy, Jordan Almonds, sugar ctd, avg	7 ea	28.0	128.0	19.7	2.2	5.2	22.3
Candy, Kisses, milk choc, Hershey's	6 pce	28.0	144.0	16.6	1.9	8.6	19.9
Candy, Kisses, milk choc, Hershey's, 1.6 oz pkg	1 ea	44.0	226.0	26.0	3.0	13.5	31.2
Candy, Kit Kat, 1.48 oz bar	1 ea	42.0	216.0	26.9	2.1	10.7	30.8
Candy, Krackel, choc & crisped rice, 1.45 oz bar	1 ea	41.0	218.0	25.3	2.7	11.8	29.9
Candy, Licorice, avg	1 oz	28.0	103.0	26.1	0.0	0.1	26.1
Candy, Lollipop, avg	1 ea	6.0	24.0	5.9	0.0	0.0	5.9
Candy, M&M's, mini milk chocolate, 5 oz pkg	1 ea	142.0	707.0	95.3	6.8	33.1	107.7
Candy, M&M's, peanut, 25 pces, 1.74 oz pkg	1 ea	49.0	253.0	29.6	4.6	12.8	35.6
Candy, M&M's, plain, 69 pces, 1.69 oz pkg	1 ea	48.0	236.0	34.2	2.1	10.1	38.0
Candy, Mars Almond, 1.76 oz bar	1 ea	50.0	234.0	31.4	4.1	11.5	36.7
Candy, Marzipan	100 g	100.0	410.0	59.1	7.4	18.1	68.1
Candy, Milk Choc After 8 Mint, Nestle	1 pce	8.0	29.0	6.1	0.2	1.1	6.5
Candy, Milk Choc Coated Peanuts, avg	5 pce	20.0	104.0	9.9	2.6	6.7	13.1
Candy, Milk Choc Coffee Beans, avg	100 g	100.0	529.0	67.0	7.1	24.7	77.4
Candy, Milk Choc Cvr'd Raisins, avg	1/2 cup	95.0	370.0	64.9	3.9	14.1	70.8
Candy, Milk Choc w/Almonds, avg, 1.45 oz bar	1 ea	41.0	216.0	21.8	3.7	14.1	27.5
Candy, Milk Choc, Nestle, 1.45 oz bar	1 ea	41.0	219.0	22.9	3.1	13.1	28.0
Candy, Milk Choc, w/crisped rice, avg, 1.4 oz bar	1 ea	40.0	198.0	25.4	2.5	10.6	29.5
Candy, Milk Choc, w/peanuts, avg, 1 oz bar	1 ea	28.0	155.0	10.8	4.5	11.5	16.4
Candy, Milky Way, 2.12 oz bar	1 ea	60.0	254.0	43.0	2.7	9.7	47.0
Candy, Milky Way, fun size, .63 oz bar	1 ea	18.0	76.0	12.9	0.8	2.9	14.1
Candy, Mints, asstd flvrs, Breath Savers	1 pce	2.0	10.0	0.0	0.0	0.0	0.0
Candy, Mounds, 1.87 oz bar	1 ea	53.0	253.0	31.2	2.0	13.3	35.7
Candy, Mr. Goodbar, 1.73 oz bar	1 ea	49.0	267.0	25.3	5.2	17.1	32.7
Candy, Nibs Cherry, 1 oz pkg	1 ea	28.0	105.0	25.9	0.8	0.6	26.5
Candy, Nips Caramel	5 pce	36.0	154.0	30.9	0.0	3.1	31.7
Candy, Nips Choc Parfait	5 pce	36.0	154.0	28.3	1.3	5.0	30.3
Candy, Nips Coffee	5 pce	25.0	107.0	21.4	0.0	2.8	22.1
Candy, Nips Licorice	1 oz	28.0	120.0	23.1	0.0	3.1	23.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Candy, Nips Peanut Butter Parfait	1 oz	28.0	120.0	21.1	1.1	3.9	22.7
Candy, Oh Henry, 2 oz bar	1 ea	57.0	246.0	36.9	6.2	9.6	43.0
Candy, Peanut Bar, avg, 1.4 oz	1 ea	40.0	209.0	18.1	6.2	13.5	25.2
Candy, Peanut Brittle, avg	1/2 cup	74.0	335.0	51.3	5.6	14.1	58.2
Candy, Peanut Brittle, Kraft	5 pce	38.0	170.0	29.0	3.0	5.0	32.1
Candy, Peanut Butter, avg	1/2 cup	84.0	417.0	37.7	15.4	25.0	53.2
Candy, Planters Peanut Bar, 1.4 oz	1 ea	40.0	209.0	18.1	6.2	13.5	25.2
Candy, Praline, avg	1 pce	39.0	177.0	24.2	1.1	9.5	27.2
Candy, Raisinets, mlk choc cvrd rsns, 1.59 oz pkg	1 ea	45.0	185.0	32.0	2.1	7.2	35.1
Candy, Reese's Peanut Butter Cups, 1.76 oz pkg	1 ea	50.0	270.0	27.3	5.2	15.7	34.3
Candy, Reese's Peanut Butter Cups, mini, 1.2 oz	5 ea	35.0	189.0	19.1	3.6	10.1	23.8
Candy, Reese's Pieces, 1.6 oz pkg	1 ea	46.0	226.0	28.2	6.3	9.7	34.4
Candy, Rolo Caramels, milk choc, 1.87 oz pkg	1 ea	53.0	218.0	28.4	2.6	10.6	32.6
Candy, Sesame Crunch, avg	20 pce	35.0	181.0	17.6	4.1	11.7	23.0
Candy, Skittles, 2.17 oz pkg	1 ea	62.0	251.0	56.2	0.1	2.7	56.9
Candy, Skor English Toffee, 1.38 oz bar	1 ea	39.0	217.0	22.5	1.8	13.3	26.9
Candy, Snickers, 2 oz. bar	1 ea	57.0	273.0	33.7	4.6	14.0	40.0
Candy, Snickers, fun size, .5 oz. bar	1 ea	15.0	72.0	8.9	1.2	3.7	10.5
Candy, Special Dark Choc, Hershey's, 1.45 oz bar	1 ea	41.0	226.0	24.8	2.0	13.3	29.3
Candy, Spice Drop, avg	5 pce	120.0	463.0	118.7	0.0	0.0	118.7
Candy, Spice Stick, avg	5 pce	48.0	185.0	47.5	0.0	0.0	47.5
Candy, Starburst Fruit Chews	5 pce	25.0	99.0	21.1	0.1	2.1	21.7
Candy, Sweet Choc, avg. 1.45 oz bar	1 ea	41.0	207.0	24.4	1.6	14.0	28.9
Candy, Symphony Milk Choc, 1.4 oz bar	1 ea	40.0	221.0	23.2	2.9	13.1	28.2
Candy, Taffy, avg	1 pce	15.0	56.0	13.7	0.0	0.5	13.8
Candy, Toffee, avg	1 pce	12.0	65.0	7.7	0.1	3.9	8.7
Candy, Truffles, avg	1 pce	12.0	59.0	5.4	0.7	4.1	6.8
Candy, Turtles, choc, caramel & pecans, Nestle	1 pce	17.0	82.0	9.9	1.1	4.7	11.7
Candy, Twix Caramel Cookie Bar, 2 oz pkg	1 ea	57.0	284.0	37.4	2.6	13.9	42.4
Candy, Twix Peanut Butter Cookie Bar, 1.9 oz pkg	1 ea	54.0	286.0	28.5	5.5	17.4	36.1
Candy, Twizzlers Cherry Bits Licorice, 1.38 oz pkg	1 ea	39.0	135.0	30.6	1.1	0.1	31.3
Candy, Twizzlers Strwbry Bits Licorice, 2.5 oz pkg	1 ea	71.0	237.0	54.1	2.4	1.1	55.8
Candy, Whatchamacallit, 1.69 oz bar	1 ea	48.0	214.0	28.9	4.3	9.3	33.8
Candy, Whoppers, malted milk balls	10 ea	29.0	144.0	18.4	1.8	7.7	21.4
Candy, Yogurt Coated, avg	100 g	100.0	521.0	63.7	5.9	27.0	74.0
Candy, Yogurt Cvr'd Peanuts, avg	1/2 cup	85.0	387.0	32.0	7.5	26.1	43.0
Candy, Yogurt Cvr'd Raisins, avg	1/2 cup	96.0	382.0	68.8	4.3	12.5	74.5
Candy, York Peppermint Patty, 1.48 oz pkg	1 ea	42.0	165.0	33.6	0.9	2.1	34.7
Cannelloni, Beef, fzn, Bernardis	1 ea	85.0	200.0	19.0	9.0	10.0	26.9

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Cannelloni, Cheese, fzn, Lean Cuisine	1 ea	259.0	270.0	28.0	21.0	8.0	42.6
Cannelloni, Cheese, low calorie, fzn, avg	1 ea	259.0	298.0	24.3	21.9	12.5	40.6
CANTALOUPE, RAW	1 CUP	160.0	57.0	13.4	1.4	0.4	14.3
Cantonese Noodle, fzn, Spice Hunter	1 cup	234.0	82.0	15.5	3.1	0.0	17.4
Capers, avg	1 tsp	5.0	0.0	0.1	0.2	0.0	0.2
Cappuccino, Cinnamon, Maxwell House	1 cup	257.0	90.0	16.0	2.0	1.5	17.6
Cappuccino, Iced, Maxwell House	1 cup	236.0	130.0	24.0	2.0	2.5	25.8
Cappuccino, Italian, General Foods	1 cup	249.0	50.0	10.0	0.5	1.5	10.7
Cappuccino, Maxwell House	1 cup	258.0	90.0	18.0	1.0	1.0	18.9
Cappuccino, Mocha, decaf, Maxwell House	1 cup	259.0	100.0	17.0	2.0	2.5	18.8
Cappuccino, Mocha, Maxwell House	1 cup	259.0	100.0	17.0	2.0	2.5	18.8
Cappuccino, Orange, General Foods	1 cup	252.0	70.0	11.0	0.5	2.0	11.8
Cappuccino, Orange, sugar free, General Foods	1 cup	243.0	30.0	3.0	0.5	1.5	3.7
Cappuccino, Vanilla, decaf, Maxwell House	1 cup	258.0	90.0	19.0	1.0	1.0	19.9
Cappuccino, Vanilla, Maxwell House	1 cup	258.0	90.0	19.0	1.0	1.0	19.9
Cappuccino, w/Sugar, avg	1 cup	256.0	82.0	14.3	0.5	2.8	15.3
CAPTAIN D'S BROILED CHICKEN DINNER			802.0	131.0	46.0	10.0	161.1
CAPTAIN D'S BROILED CHICKEN SANDWICH			451.0	29.0	40.0	19.0	57.8
CAPTAIN D'S BROILED FISH DINNER			734.0	131.0	36.0	7.0	154.4
CAPTAIN D'S BROILED SHRIMP DINNER			720.0	131.0	32.0	8.0	152.2
CAPTAIN D'S FISH AND CHICKEN DINNER			777.0	131.0	41.0	10.0	158.1
CAPTAIN D'S FISH AND SHRIMP DINNER			736.0	131.0	34.0	8.0	153.4
CAPTAIN D'S HUSHPUPPY	1 HUSHPUPPY		126.0	20.0	2.0	4.0	22.2
CAPTAIN D'S STUFFED CRAB DINNER			723.0	147.0	23.0	13.0	164.1
CAPTIAN D'S FRENCH FRIED POTATOS			302.0	50.0	3.0	10.0	54.3
Carambola/Starfruit, Dried, Freidas Spec Produce	1/2 cup	61.0	183.0	44.2	3.1	0.0	46.1
Carambola/Starfruit, Raw, slices, avg	1/2 cup	54.0	18.0	4.2	0.3	0.2	4.4
Caraway Seed, avg	1 tsp	2.0	7.0	0.1	0.4	0.3	0.4
Cardamom Seeds, Foren Spice Company	1 tsp	2.0	7.0	1.5	0.2	0.1	1.6
Cardamom, ground, avg	1 tsp	2.0	6.0	1.4	0.2	0.1	1.5
Caribou, Raw	4 oz	113.0	144.0	0.0	25.5	3.8	16.2
Caribou, Roasted	3 oz	85.0	142.0	0.0	25.3	3.8	16.1
Carissa/Natal Plum, Raw, slices, avg	1/2 cup	75.0	46.0	10.2	0.4	0.1	10.5
Carob Beverage, dry mix, avg	1 Tbs	12.0	45.0	11.2	0.2	0.0	11.3
Carob Beverage, prep f/mix, avg	1 cup	256.0	195.0	22.5	8.2	8.2	29.5
Carp, bkd, avg	1 ea	170.0	275.0	0.0	38.9	12.2	26.4
Carp, breaded, fried, avg	3 oz	85.0	235.0	10.2	17.6	13.4	24.1
Carp, raw, fillet, avg	1 ea	218.0	277.0	0.0	38.8	12.2	26.3
CARROT CAKE		50.0	250.0	35.0	3.0	11.0	39.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
CARROT JUICE	8 OZ	240.0	96.0	21.4	1.9	0.2	22.6
Carrots, Baby, raw, avg	1 ea	10.0	4.0	0.8	0.1	0.1	0.9
Carrots, Canned, w/liquid, avg	1/2 cup	123.0	28.0	6.6	0.7	0.2	7.1
Carrots, Canned, w/liquid, unsalted, avg	1/2 cup	123.0	28.0	6.6	0.7	0.2	7.1
Carrots, Chips, dried, avg	1/4 cup	18.0	66.0	13.1	1.6	0.3	14.1
CARROTS, COOKED	2/3 CUP	100.0	31.0	7.1	0.9	0.2	7.7
Carrots, Cooked, glzd, avg	1/2 cup	80.0	116.0	16.7	0.8	5.6	18.6
Carrots, Cooked, w/cheese sauce, avg	1/2 cup	114.0	88.0	10.7	3.8	3.5	13.9
Carrots, Frozen, ckd, drnd, avg	1/2 cup	73.0	26.0	6.0	0.9	0.1	6.6
Carrots, Juice, cnd, avg	1/2 cup	118.0	47.0	10.1	1.1	0.2	10.8
CARROTS, RAW	1 LARGE	100.0	42.0	9.7	1.1	0.2	10.4
Carrots, Raw, 7 ½ ", avg	1 ea	72.0	31.0	7.3	0.7	0.1	7.7
Carrots, Raw, chpd, avg	1/2 cup	64.0	28.0	6.5	0.7	0.1	6.9
Carrots, Steamed, avg	1/2 cup	78.0	34.0	7.9	0.8	0.1	8.4
CASABA MELON, RAW	1 CUP	170.0	45.0	10.5	1.5	0.2	11.5
CASHEW NUTS, ROASTED	6-8 NUTS	15.0	84.0	4.4	2.6	6.9	7.7
Cassava, Cooked, avg	1/2 cup	68.0	82.0	18.4	2.1	0.3	19.7
Cassava, Raw, avg	1/2 cup	103.0	165.0	39.2	1.4	0.3	40.1
Catfish, breaded/battered, bkd, avg	3 oz	85.0	257.0	10.2	15.4	16.8	23.6
Catfish, breaded/floured, fried, fillet, avg	1 ea	332.0	953.0	40.2	61.3	59.2	91.8
Catfish, channel, farmed, bkd, fillet, avg	1 ea	143.0	217.0	0.0	26.7	11.5	18.9
Catfish, channel, farmed, raw, fillet, avg	1 ea	159.0	215.0	0.0	24.8	12.1	17.9
Catfish, channel, wild, bkd, fillet, avg	1 ea	143.0	150.0	0.0	26.5	4.1	16.9
Catfish, channel, wild, brd/frd, fillet, avg	1 ea	87.0	199.0	6.1	15.7	11.6	18.4
Catfish, channel, wild, stmd, fillet, avg	1 ea	159.0	151.0	0.0	26.1	4.5	16.8
CATFISH, RAW	3.5 OZ	100.0	103.0	0.0	17.6	3.1	11.3
Catfish, stmd, avg	3 oz	85.0	144.0	0.0	16.5	8.1	11.9
Catsup, Avg	1 Tbs	15.0	16.0	4.1	0.2	5.4	5.6
Catsup, Low Salt, avg	1 Tbs	15.0	16.0	4.1	0.2	5.4	5.6
CATSUP, TOMATO	2 TBSP	30.0	32.0	7.6	0.6	0.2	8.0
Cauliflower, Batter Dipped, fried, avg	5 pce	130.0	251.0	12.8	6.0	20.1	21.4
CAULIFLOWER, COOKED	7/8 CUP	100.0	22.0	4.1	2.3	0.2	5.5
Cauliflower, Cooked, avg	1/2 cup	62.0	14.0	2.5	1.1	0.3	3.2
Cauliflower, Frozen, ckd, avg	1/2 cup	90.0	17.0	3.4	1.4	0.2	4.3
Cauliflower, Green, ckd, unsalted, avg	1/2 cup	62.0	20.0	3.9	1.9	0.2	5.1
Cauliflower, Green, raw, avg	1/2 cup	32.0	10.0	1.9	0.9	0.1	2.5
Cauliflower, Pickled, avg	1/2 ea	14.0	6.0	1.4	0.2	0.0	1.5
CAULIFLOWER, RAW	1 CUP PIECES	100.0	27.0	5.2	2.7	0.2	6.9
Cauliflower, Raw, avg	1/2 cup	50.0	12.0	2.6	0.1	0.1	2.7

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Cauliflower, w/Cheese Sauce, fzn, Green Giant	1/2 cup	99.0	60.0	7.8	2.2	2.3	9.7
Cauliflower, w/Cheese/Cream Sauce, avg	1/2 cup	81.0	73.0	4.6	3.3	4.8	7.8
Caviar, black/red, sturgn roe, granular, avg	1 Tbs	16.0	40.0	0.6	3.9	2.9	3.7
Cayenne/Red Pepper, dried, avg	1 tsp	2.0	6.0	1.1	0.2	0.3	1.3
Celery Salt, Heller Seasonings	1 tsp	4.0	2.0	0.2	0.1	0.2	0.3
Celery Seed, avg	1 tsp	2.0	8.0	0.8	0.4	0.5	1.2
Celery, Pickled, avg	1/2 cup	75.0	11.0	2.8	0.5	0.1	3.1
CELERY, RAW	1 STALK	50.0	8.0	2.0	0.4	0.1	2.3
Celery, Raw, avg	1/2 cup	60.0	10.0	2.2	0.5	8.4	4.6
Celery, Root/Celeriac, ckd, avg	1/2 cup	78.0	21.0	4.6	0.7	0.1	5.0
Celery, Root/Celeriac, raw, avg	1/2 cup	78.0	33.0	7.2	1.2	0.2	8.0
Celery, Steamed, avg	1/2 cup	75.0	12.0	2.7	0.6	0.1	3.1
Cereal In A Cup, Apple Cinn Oatmeal, dry, Fant Fd	1 ea	47.0	170.0	37.0	6.0	2.0	41.1
Cereal In A Cup, Ban Nut Barley, dry, Fant Fd	1 ea	46.0	170.0	39.0	4.0	2.5	42.0
Cereal In A Cup, Cran Orange Oatmeal, dry, Fant Fd	1 ea	49.0	180.0	38.0	6.0	2.0	42.1
Cereal In A Cup, Mango w/Oat Bran, dry, Fant Fd	1 ea	50.0	180.0	39.0	6.0	2.5	43.2
Cereal In A Cup, Maple Raisin 3 Grain, dry,Fant Fd	1 ea	52.0	180.0	42.0	5.0	1.0	45.3
Cereal In A Cup, Pchbry Wht&Oat, dry pkg, Fant Fd	1 ea	50.0	190.0	42.0	5.0	1.5	45.4
Cereal In A Cup, Straw Ban 3 Grn, dry pkg, Fant Fd	1 ea	48.0	180.0	40.0	5.0	1.5	43.4
Cereal In A Cup, Wheat N'Berries, dry pkg, Fant Fd	1 ea	49.0	170.0	40.0	5.0	1.0	43.3
Cereal, 100% Bran Flakes, Nabisco	1 cup	66.0	178.0	48.1	8.3	3.3	53.9
Cereal, 40% Bran Flakes, Ralston Purina	1 cup	37.0	120.0	29.5	4.3	0.5	32.2
Cereal, 4-Grain Plus Flax, Arrowhead Mills	1 cup	180.0	600.0	112.0	24.0	8.0	128.4
CEREAL, ALL BRAN	1/3 CUP (1 OZ)	28.0	71.0	21.1	4.0	0.5	23.6
Cereal, All-Bran, Kellogg's	1 cup	62.0	164.0	47.1	7.6	1.9	52.1
Cereal, All-Bran, w/extra fiber, Kellogg's	1 cup	52.0	92.0	39.3	6.4	1.6	43.5
Cereal, Almond Crunch w/Raisins, Healthy Choice	1 cup	58.0	209.0	45.6	5.0	2.7	49.3
Cereal, Almond Delight Honey, Ralston Purina	1 cup	51.0	210.0	41.0	5.0	3.0	44.8
Cereal, Almond Delight, Ralston Purina	1 cup	38.0	149.0	31.2	2.9	2.2	33.5
CEREAL, ALPEN	1 OZ	28.0	110.0	19.0	3.7	5.0	22.5
Cereal, Alpha Bits w/Marshmallows, Post	1 cup	29.0	120.0	25.0	2.0	1.0	26.5
Cereal, Alpha Bits, Post	1 cup	28.0	110.0	24.2	2.2	0.6	25.7
CEREAL, ALPHA-BITS	1 CUP (1 OZ)	28.0	111.0	24.6	2.2	0.6	26.1
Cereal, Amaranth Flakes, Arrowhead Mills	1 cup	34.0	130.0	25.0	4.0	2.0	27.9
Cereal, Apple Cinn O's, fat free, Health Valley	1 cup	86.0	303.0	63.7	9.1	0.0	69.2
Cereal, Apple Cinnamon Squares, Kellogg's	1 cup	73.0	242.0	58.5	5.3	1.3	62.0
CEREAL, APPLE JACKS	1 CUP (1 OZ)	28.0	110.0	25.7	2.2	0.1	27.0
Cereal, Apple Jacks, Kellogg's	1 cup	33.0	127.0	29.5	1.6	0.4	30.6
Cereal, Apple Raisin Crisp, Kellogg's	1 cup	53.0	178.0	44.1	3.3	0.5	46.2

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cereal, Banana Nut Crunch, Post	1 cup	59.0	250.0	43.0	5.0	6.0	47.5
Cereal, Basic 4, General Mills	1 cup	55.0	201.0	41.1	4.2	2.8	44.3
Cereal, Blueberry Morning, Post	1 cup	46.0	186.0	36.3	3.2	2.8	38.9
Cereal, Blueberry Squares, Kellogg's	1 cup	72.0	238.0	57.3	5.5	1.3	60.9
Cereal, Body Buddies, General Mills	1 cup	30.0	115.0	25.8	1.5	0.9	26.9
CEREAL, BOO BERRY	1 CUP (1 OZ)	28.0	109.0	23.7	1.0	1.0	24.6
Cereal, Boo Berry, General Mills	1 cup	30.0	116.0	27.3	0.1	0.5	27.5
CEREAL, BRAN BUDS	1/3 CUP (1 OZ)	28.0	73.0	21.6	3.9	0.7	24.1
Cereal, Bran Buds, Kellogg's	1 cup	91.0	251.0	72.7	8.6	2.2	78.4
CEREAL, BRAN CHEX	2/3 CUP (1 OZ)	28.0	91.0	22.6	2.9	0.8	24.5
Cereal, Bran Flakes, Post	1 cup	47.0	152.0	37.3	5.3	0.8	40.7
CEREAL, BRAN, 100%	1/2 CUP (1 OZ)	28.0	76.0	20.7	3.5	1.4	23.2
Cereal, Bran'ola w/Raisins, Post	1 cup	110.0	400.0	88.0	8.0	6.0	94.3
Cereal, Bran'ola Original, Post	1 cup	106.0	400.0	86.0	8.0	6.0	92.3
CEREAL, C.W. POST	1/4 CUP (1 OZ)	28.0	126.0	20.3	2.6	4.4	23.0
Cereal, C.W. Post w/Raisins, Post	1 cup	103.0	446.0	73.1	8.1	14.7	81.6
Cereal, C.W. Post, Post	1 cup	97.0	421.0	72.7	9.1	12.8	81.4
CEREAL, CAP'N CRUNCH	1/2 CUP (1 OZ)	28.0	119.0	22.9	1.5	2.6	24.5
Cereal, Cap'n Crunch, Choco, Quaker	1 cup	43.0	178.0	36.6	2.3	2.6	38.6
Cereal, Cap'n Crunch, Crunchberries, Quaker	1 cup	35.0	140.0	29.1	1.7	1.7	30.5
Cereal, Cap'n Crunch, Original, Quaker	1 cup	37.0	147.0	31.6	1.9	1.9	33.2
Cereal, Cap'n Crunch, Peanut Butter, Quaker	1 cup	35.0	146.0	27.9	2.5	3.0	30.1
CEREAL, CHEERIOS	1 1/4 CUP (1 OZ)	28.0	111.0	19.6	4.3	1.8	22.6
Cereal, Cheerios, Apple Cinn, General Mills	1 cup	40.0	157.0	33.4	2.5	2.2	35.5
Cereal, Cheerios, Frosted, General Mills	1 cup	30.0	115.0	25.5	1.1	0.1	26.2
Cereal, Cheerios, General Mills	1 cup	23.0	84.0	17.5	2.4	1.4	19.3
Cereal, Cheerios, Honey Nut, General Mills	1 cup	33.0	126.0	26.7	3.1	1.4	28.9
Cereal, Cheerios, Multigrain, General Mills	1 cup	30.0	112.0	24.5	2.6	1.1	26.3
Cereal, Chex, Bran, Ralston Purina	1 cup	49.0	156.0	39.1	5.0	1.4	42.4
Cereal, Chex, Corn, Ralston Purina	1 cup	28.0	110.0	24.6	1.1	0.1	25.3
Cereal, Chex, Crispy Mini Grahams, Ralson Purina	1 cup	52.0	210.0	45.0	3.0	1.5	47.2
Cereal, Chex, Crispy Oatmeal Raisin, Ralston Purina	1 cup	29.0	107.0	23.7	2.3	0.4	25.2
Cereal, Chex, Double, Ralston Purina	1 cup	24.0	96.0	21.6	0.8	0.0	22.1
Cereal, Chex, Rice, Ralston Purina	1 cup	33.0	130.0	29.4	1.7	0.1	30.4
Cereal, Chex, Wheat, Ralston Purina	1 cup	46.0	169.0	37.8	4.6	1.2	40.9
Cereal, Cinnamon Mini Buns, Kellogg's	1 cup	40.0	154.0	35.5	1.1	0.8	36.4
Cereal, Cinnamon Oatmeal Squares, Quaker	1 cup	60.0	232.0	47.2	7.6	2.6	52.4
Cereal, Cinnamon Toast Crunch, General Mills	1 cup	40.0	166.0	31.8	2.2	4.0	34.1
Cereal, Clusters, General Mills	1 cup	55.0	213.0	43.4	5.4	3.5	47.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
CEREAL, COCOA KRISPIES	3/4 CUP (1 OZ)	28.0	110.0	25.2	1.5	0.4	26.2
Cereal, Cocoa Krispies, Kellogg's	1 cup	41.0	159.0	36.0	2.1	1.1	37.5
Cereal, Cocoa Pebbles, Post	1 cup	32.0	131.0	27.5	1.5	1.7	28.8
CEREAL, COCOA PUFFS	1 CUP (1 OZ)	28.0	109.0	24.7	1.0	1.0	25.6
Cereal, Cocoa Puffs, General Mills	1 cup	30.0	119.0	26.7	1.1	0.9	27.6
Cereal, Common Sense, Kellogg's	1 cup	40.0	145.0	30.1	5.2	1.6	33.6
Cereal, Cookie Crisp, Ralston Purina	1 cup	30.0	120.0	26.3	1.5	1.1	27.5
Cereal, Corn Bran, Quaker	1 cup	36.0	120.0	30.3	2.5	1.2	32.1
CEREAL, CORN CHEX	1 CUP (1 OZ)	28.0	111.0	24.9	2.0	0.1	26.1
Cereal, Corn Flakes, Country, General Mills	1 cup	30.0	114.0	25.1	1.8	0.5	26.3
Cereal, Corn Flakes, Frosted, General Mills	1 cup	41.0	161.0	36.9	1.6	0.5	38.0
Cereal, Corn Flakes, Honey Crunch, Kellogg's	1 cup	40.0	147.0	34.7	2.7	1.3	36.6
Cereal, Corn Flakes, Kellogg's	1 cup	28.0	102.0	24.2	1.8	0.2	25.3
CEREAL, CORN FLAKES, KELLOGG'S	1 1/4 CUPS (1 OZ)	28.0	110.0	24.4	2.3	0.1	25.8
Cereal, Corn Flakes, low sod, avg	1 cup	25.0	100.0	22.2	1.9	0.1	23.4
Cereal, Corn Pops, Kellogg's	1 cup	31.0	118.0	28.4	1.1	0.2	29.1
Cereal, Count Chocula, General Mills	1 cup	30.0	117.0	26.4	1.4	0.9	27.5
CEREAL, CRACKLIN' BRAN	1/3 CUP (1 OZ)	28.0	108.0	19.4	2.6	4.1	22.0
Cereal, Cracklin' Oat Bran, Kellogg's	1 cup	65.0	266.0	47.4	5.5	8.3	52.8
Cereal, Crisp Brn Rice, swtnd, Health Valley	1 cup	37.0	110.0	30.0	1.0	0.0	30.6
Cereal, Crisp Rice, Krusteaz	1 cup	32.0	130.0	27.0	3.0	0.0	28.8
Cereal, Crispix, Kellogg's	1 cup	29.0	108.0	24.1	2.1	0.3	25.4
Cereal, Crispy Puffs, Arrowhead Mills	1 cup	20.0	80.0	16.0	2.0	1.0	17.5
Cereal, Crispy Rice, avg	1 cup	28.0	111.0	24.8	1.8	0.1	25.9
Cereal, Crispy Rice, low sod, avg	1 cup	28.0	113.0	25.5	1.5	8.4	28.5
Cereal, Crispy Wheat 'N Raisins, General Mills	1 cup	43.0	150.0	34.7	3.5	0.6	37.0
CEREAL, CRISPY WHEATS 'N RAISIN	3/4 CUP (1 OZ)	28.0	99.0	23.1	2.0	0.5	24.4
Cereal, Crispy Whole Grain w/Raisins, lowfat, Qkr	1 cup	100.0	389.0	80.7	8.3	5.3	87.0
Cereal, Crunchy Nut Oh's, Quaker	1 cup	28.0	129.0	21.2	1.7	4.2	23.3
Cereal, Double Dip Crunch, Kellogg's	1 cup	39.0	149.0	35.5	1.3	0.2	36.3
Cereal, Fiber One, General Mills	1 cup	60.0	123.0	48.0	5.6	1.7	51.8
Cereal, Frankenberry, General Mills	1 cup	30.0	117.0	27.3	0.1	0.5	27.5
CEREAL, FROOT LOOPS	1 CUP (1 OZ)	28.0	111.0	25.0	1.7	0.5	26.1
Cereal, Froot Loops, Kellogg's	1 cup	32.0	125.0	28.2	1.6	0.9	29.4
Cereal, Frosted Bran, Kellogg's	1 cup	60.0	203.0	50.8	4.7	0.7	53.8
CEREAL, FROSTED FLAKES, KELLOGG	3/4 CUP (1 OZ)	28.0	108.0	25.7	1.4	0.1	26.6
Cereal, Frosted Flakes, Kellogg's	1 cup	41.0	158.0	37.4	1.6	0.2	38.4
CEREAL, FROSTED MINI-WHEATS	4 BISCUITS (1 OZ)	28.0	102.0	23.4	2.9	0.3	25.2
Cereal, Frosted Mini-Wheats, Kellogg's	1 cup	51.0	173.0	42.1	4.8	0.8	45.2

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Cereal, Frosted Rice Krinkles, avg	1 cup	45.0	173.0	40.1	2.2	0.1	41.4
Cereal, Frosted Wheat Bites, Nabisco	1 cup	52.0	190.0	44.0	4.0	1.0	46.7
CEREAL, FRUIT 'N FIBER A+CINN	1/2 CUP (1 OZ)	28.0	87.0	22.0	2.7	0.3	23.7
CEREAL, FRUIT 'N FIBER DATES &	1/2 CUP (1 OZ)	28.0	87.0	21.0	2.9	0.7	22.9
Cereal, Fruit Wheats, Blueberry, Nabisco	1 cup	68.0	227.0	54.7	5.3	1.3	58.2
Cereal, Fruit Wheats, Raspberry, Nabisco	1 cup	65.0	212.0	53.1	5.3	0.7	56.5
Cereal, Fruit Wheats, Strawberry, Nabisco	1 cup	68.0	227.0	54.7	5.3	0.7	58.1
Cereal, Fruit Whirls, Krusteaz	1 cup	40.0	160.0	32.0	4.0	1.3	34.7
Cereal, Fruit&Fibre, w/dates, raisins&nuts, Post	1 cup	57.0	193.0	43.3	4.8	2.1	46.7
Cereal, Fruit&Fibre, w/dates, raisins&wnts, Post	1 cup	60.0	210.0	46.0	4.0	3.0	49.2
Cereal, Fruit&Fibre, w/peaches, rsns&alm, Post	1 cup	60.0	210.0	46.0	4.0	3.0	49.2
Cereal, Fruity Marshmlw Krispies, Kellogg's	1 cup	37.0	140.0	33.4	1.7	0.1	34.4
CEREAL, FRUITY PEBBLES	7/8 CUP (1 OZ)	28.0	115.0	24.4	1.1	1.5	25.4
Cereal, Fruity Pebbles, Post	1 cup	32.0	130.0	27.6	1.3	1.7	28.8
CEREAL, GOLDEN GRAHAMS	3/4 CUP (1 OZ)	28.0	109.0	24.1	1.6	1.1	25.3
Cereal, Golden Grahams, General Mills	1 cup	39.0	150.0	33.4	2.1	1.4	35.0
Cereal, Graham Crackos, avg	1 cup	37.0	134.0	31.1	2.8	0.2	32.8
Cereal, Granola, Apple Cinn, 100% nat, Quaker	1 cup	104.0	477.0	69.8	11.0	19.6	81.3
Cereal, Granola, Cinnamon & Raisin, Nature Valley	1 cup	73.0	312.0	51.0	6.5	10.2	57.4
Cereal, Granola, Fruit N' Nut, Nature Valley	1 cup	83.0	382.0	51.7	8.9	16.8	61.2
Cereal, Granola, Fruit, Nature Valley	1 cup	83.0	320.0	66.1	6.9	4.5	71.4
Cereal, Granola, Hearty, C.W. Post	1 cup	92.0	422.0	67.9	7.5	13.6	75.8
Cereal, Granola, lowfat, avg	1 cup	94.0	362.0	75.3	9.0	6.0	82.2
Cereal, Granola, lowfat, Kellogg's	1 cup	98.0	380.0	78.7	8.2	5.8	85.1
Cereal, Granola, lowfat, NatureValley	1 cup	113.0	510.0	74.5	11.1	19.9	86.1
Cereal, Granola, lowfat, oat & wheat germ, avg	1 cup	122.0	570.0	64.7	17.9	30.0	82.9
CEREAL, GRANOLA, NATURE VALLEY	1/3 CUP (1 OZ)	28.0	126.0	18.9	2.9	4.9	21.9
Cereal, Granola, O's Almond, fat free, Hlth Vly	1 cup	41.0	159.0	34.4	3.1	0.0	36.3
Cereal, Granola, O's Apl Cinn, fat free, Hlth Vly	1 cup	41.0	159.0	34.4	3.1	0.0	36.3
Cereal, Granola, O's Hny Crnch, fat free, HlthVly	1 cup	41.0	159.0	34.4	3.1	0.0	36.3
Cereal, Granola, Oats&Honey, lowfat,100% nat, Qkr	1 cup	104.0	462.0	71.3	10.9	17.2	82.1
Cereal, Granola, Raisins&Dates, lowfat, 100%, Qkr	1 cup	110.0	496.0	72.4	11.7	20.4	84.5
Cereal, Granola, Tstd Oat, lowfat, General Mills	1 cup	80.0	361.0	52.8	8.0	14.1	61.1
Cereal, Granola, w/Raisins, lowfat, 100% nat, Qkr	1 cup	102.0	437.0	71.7	9.7	14.6	81.2
Cereal, Granola, w/Raisins, lowfat, Kellogg's	1 cup	90.0	330.0	71.5	7.4	4.5	77.1
CEREAL, GRAPE NUTS	1/4 CUP (1 OZ)	28.0	101.0	23.2	3.3	0.1	25.2
CEREAL, GRAPE NUTS FLAKES	7/8 CUP (1 OZ)	28.0	102.0	23.2	3.0	0.3	25.1
Cereal, Grape Nuts Flakes, Post	1 cup	39.0	144.0	31.6	4.4	1.1	34.5
Cereal, Grape Nuts, Post	1 cup	109.0	389.0	89.4	13.4	0.4	97.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Cereal, Great Grains, Crunchy, Post	1 cup	80.0	332.0	57.4	7.5	9.1	64.2
Cereal, Great Grains, Rais,Dts&Pecans, Post	1 cup	82.0	319.0	59.2	6.1	7.6	64.8
Cereal, Halfsies, Quaker	1 cup	32.0	129.0	27.4	2.1	1.3	29.0
CEREAL, HEARTLAND NATURAL	1/4 CUP (1 OZ)	28.0	123.0	19.4	2.9	4.4	22.2
Cereal, Heartland Natural, avg	1 cup	115.0	499.0	78.5	11.6	17.7	89.9
Cereal, Heartland Natural, w/coconut, avg	1 cup	105.0	463.0	71.3	10.9	17.1	82.1
Cereal, Heartland Natural, w/raisins, avg	1 cup	110.0	468.0	75.9	10.7	15.6	86.2
Cereal, Heartwise, avg	1 cup	39.0	113.0	31.2	3.9	0.9	33.8
Cereal, Honey Bran, avg	1 cup	35.0	119.0	28.6	3.1	0.7	30.6
Cereal, Honey Bucwheat Crisp, avg	1 cup	38.0	147.0	30.8	4.0	1.3	33.5
Cereal, Honey Bunches Of Oats w/Almonds, Post	1 cup	41.0	172.0	31.7	3.1	3.1	34.3
Cereal, Honey Bunches Of Oats, Post	1 cup	41.0	172.0	31.7	3.1	3.1	34.3
Cereal, Honey Cluster Flakes, Almond, Hlth Vly	1 cup	41.0	172.0	34.4	3.1	0.0	36.3
Cereal, Honey Cluster Flakes, Apl Cinn, Hlth Vly	1 cup	41.0	172.0	34.4	3.1	0.0	36.3
Cereal, Honey Cluster Flakes, Crunch, Hlth Vly	1 cup	41.0	172.0	34.4	3.1	0.0	36.3
Cereal, Honey Comb, Post	1 cup	22.0	86.0	19.6	1.3	0.4	20.5
Cereal, Honey Graham OH!S, Quaker	1 cup	36.0	149.0	30.3	1.8	2.5	32.0
Cereal, Honey Nut Toasted Oatmeal, Quaker	1 cup	49.0	191.0	38.1	4.9	2.7	41.7
Cereal, Honey Nut Toasted Oats, Krusteaz	1 cup	40.0	160.0	30.7	4.0	2.7	33.8
Cereal, Honey Smacks, Kellogg's	1 cup	36.0	137.0	31.5	2.3	0.7	33.1
CEREAL, HONEYCOMB	1 1/3 CUPS (1 OZ)	28.0	111.0	25.3	1.6	0.5	26.4
Cereal, Hot, 7 Grain Wheat Free, dry, Arrwhd Mills	1/4 cup	35.0	120.0	25.0	4.0	1.5	27.8
Cereal, Hot, 7 Grain, dry, Arrowhead Mills	1/4 cup	30.0	105.0	18.8	4.5	1.1	21.8
Cereal, Hot, Bear Mush, dry, Arrowhead Mills	1/4 cup	45.0	160.0	33.0	5.0	1.0	36.3
Cereal, Hot, Bits O Barley, dry, Arrowhead Mills	1/4 cup	34.0	103.0	25.9	3.7	0.7	28.3
Cereal, Hot, Bulgur Wheat, dry, Arrowhead Mills	1/4 cup	43.0	150.0	33.0	5.0	0.5	36.1
Cereal, Hot, ckd, Ralston	1 cup	253.0	134.0	28.3	5.6	0.8	31.9
Cereal, Hot, Cracked Wheat, dry, Arrowhead Mills	1/4 cup	41.0	140.0	29.0	5.0	0.5	32.1
Cereal, Hot, dry, Ralston	1/4 cup	30.0	102.0	21.6	4.2	0.6	24.3
Cereal, Hot, Maltes, Wheat, ckd, avg	1 cup	249.0	179.0	39.6	5.7	0.1	43.0
Cereal, Hot, Maltes, Wheat, dry, avg	1/4 cup	38.0	134.0	29.4	4.3	0.8	32.2
Cereal, Hot, Malt-o-Meal, Choc, ckd w/salt, avg	1 cup	240.0	122.0	25.9	3.6	0.2	28.1
Cereal, Hot, Malt-o-Meal, Choc, dry, avg	1/4 cup	41.0	151.0	31.9	4.3	0.4	34.6
Cereal, Hot, Malt-o-Meal, ckd, avg	1 cup	240.0	122.0	25.7	3.6	0.2	27.9
Cereal, Hot, Malt-o-Meal, dry, avg	1/4 cup	41.0	151.0	31.9	4.3	0.4	34.6
Cereal, Hot, Maypo, ckd, avg	1 cup	240.0	170.0	31.9	5.8	2.4	36.0
Cereal, Hot, Maypo, dry, avg	1/4 cup	24.0	92.0	17.3	3.2	1.3	19.5
Cereal, Hot, Multi-Grain, ckd, avg	1 cup	246.0	199.0	40.0	6.8	2.2	44.6
Cereal, Hot, Oat Bran, dry, Arrowhead Mills	1/4 cup	29.0	112.0	17.1	5.9	1.9	21.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cereal, Hot, Rice & Shine, dry, Arrowhead Mills	1/4 cup	42.0	150.0	32.0	3.0	1.0	34.1
Cereal, Hot, Roman Meal, ckd, avg	1 cup	241.0	147.0	33.0	6.5	0.1	36.9
Cereal, Hot, Roman Meal, dry, avg	1/4 cup	24.0	77.0	17.3	3.5	0.5	19.5
Cereal, Hot, Roman Meal, w/oats, ckd, avg	1 cup	240.0	170.0	34.1	7.2	1.9	38.9
Cereal, Hot, Roman Meal, w/oats, dry, avg	1/4 cup	25.0	85.0	17.1	3.6	1.0	19.5
Cereal, Hot, Steel Cut Oats, dry, Arrowhead Mills	1/4 cup	43.0	170.0	29.0	6.0	3.0	33.4
Cereal, Hot, Wheatena, whole wheat, ckd	1 cup	243.0	136.0	28.7	4.9	1.2	31.9
Cereal, Hot, Wheatena, whole wheat, dry	1/4 cup	35.0	125.0	26.5	4.6	1.0	29.5
Cereal, Hot, Whole Wheat Natural, ckd, avg	1 cup	240.0	149.0	32.9	4.8	0.1	35.8
Cereal, Hot, Whole Wheat Natural, dry, avg	1/4 cup	21.0	72.0	15.8	2.4	0.4	17.3
Cereal, Just Right, Crunchy Nuggets, Kelloggs	1 cup	56.0	208.0	46.9	4.3	1.5	49.9
Cereal, Just Right, Fruit & Nut, Kellogg's	1 cup	60.0	210.0	48.3	4.5	1.7	51.4
Cereal, Just Right, Kellogg's	1 cup	43.0	152.0	36.4	4.6	0.9	39.4
Cereal, Kaboom, General Mills	1 cup	24.0	94.0	19.4	2.1	0.9	20.9
Cereal, Kamut Flakes, Arrowhead Mills	1 cup	32.0	120.0	25.0	4.0	1.0	27.7
Cereal, King Vitaman, Quaker	1 cup	21.0	81.0	17.7	1.5	0.7	18.8
CEREAL, KIX	1 1/2 CUPS (1 OZ)	28.0	110.0	23.4	2.5	0.7	25.1
Cereal, Kix , General Mills	1 cup	19.0	72.0	16.4	1.2	0.4	17.2
Cereal, Kix, Berry Berry, General Mills	1 cup	40.0	160.0	34.8	1.7	1.5	36.2
CEREAL, LIFE	2/3 CUP (1 OZ)	28.0	104.0	20.3	2.5	0.7	22.0
Cereal, Life, Cinnamon Oat, Quaker	1 cup	50.0	190.0	40.4	4.4	1.7	43.5
Cereal, Life, Quaker	1 cup	44.0	167.0	34.6	4.3	1.8	37.6
Cereal, Life, w/Raisins, Quaker	1 cup	43.0	161.0	25.8	8.4	2.8	31.5
Cereal, Lucky Charms, General Mills	1 cup	32.0	124.0	26.8	2.3	1.2	28.5
Cereal, Maple Corns, Arrowhead Mills	1 cup	53.0	190.0	43.0	5.0	3.0	46.8
CEREAL, MOST	2/3 CUP (1 OZ)	28.0	95.0	21.6	4.0	0.3	24.1
Cereal, Most, avg	1 cup	52.0	175.0	39.6	7.4	0.6	44.2
Cereal, Mueslix, Apple&Almond Crunch, Kellogg's	1 cup	71.0	272.0	52.8	6.1	6.4	58.1
Cereal, Mueslix, Blueberry Pecan, Ralston Purina	1 cup	54.0	200.0	41.0	5.0	2.5	44.6
Cereal, Mueslix, Cranberry Walnut, Ralston Purina	1 cup	72.0	267.0	53.3	6.7	4.0	58.3
Cereal, Mueslix, Five Grain, avg	1 cup	82.0	279.0	63.1	7.4	3.3	68.4
Cereal, Mueslix, Peach Pecan, Ralston Purina	1 cup	71.0	268.0	52.2	6.7	4.0	57.2
Cereal, Mueslix, Rais&Almnd Crnch w/Dts, Kellogg's	1 cup	82.0	298.0	60.4	6.6	4.8	65.6
Cereal, Mueslix, Raspberry Almond, Ralston Purina	1 cup	77.0	292.0	58.4	6.6	3.1	63.1
Cereal, Mueslix, Strawberry Pecan, Ralston Purina	1 cup	54.0	210.0	42.0	5.0	2.5	45.6
Cereal, Multi-grain Flakes, Arrowhead Mills	1 cup	35.0	140.0	29.0	3.0	1.5	31.2
Cereal, Multi-grain Flakes, Healthy Choice	1 cup	41.0	142.0	34.5	3.5	0.5	36.7
Cereal, Nature O's, Arrowhead Mills	1 cup	32.0	130.0	24.0	5.0	2.0	27.5
Cereal, Nut & Honey Crunch, Kellogg's	1 cup	37.0	150.0	30.9	2.7	1.7	32.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cereal, Nutri-Grain Almond & Raisin, Kellogg's	1 cup	39.0	143.0	30.3	3.1	2.2	32.7
CEREAL, NUTRI-GRAIN RAISIN	2/3 CUP (1 OZ)	40.0	140.0	33.0	3.0	0.0	34.8
Cereal, Nutri-Grain Wheat, Kellogg's	1 cup	40.0	134.0	32.0	4.0	1.3	34.7
CEREAL, NUTRI-GRAIN, CORN	2/3 CUP (1 OZ)	28.0	108.0	23.9	2.3	0.7	25.5
Cereal, Oat Bran Flakes, Arrowhead Mills	1 cup	34.0	110.0	22.0	6.0	2.0	26.1
Cereal, Oat Bran, Quaker	1 cup	46.0	172.0	33.4	6.9	2.4	38.1
Cereal, Oat Flakes, Post	1 cup	48.0	180.0	36.1	7.9	0.1	40.9
Cereal, Oatmeal Crisp w/Almonds, General Mills	1 cup	55.0	219.0	41.1	5.8	4.6	45.7
Cereal, Oatmeal Crisp w/Apples, General Mills	1 cup	55.0	205.0	46.2	4.3	1.8	49.2
Cereal, Oatmeal Raisin Crisp, General Mills	1 cup	55.0	204.0	43.7	4.4	2.4	46.9
Cereal, Oatmeal Squares, Quaker	1 cup	56.0	216.0	43.3	7.3	2.6	48.3
Cereal, Popeye Sweet Crunch, Quaker	1 cup	28.0	115.0	23.4	1.3	1.8	24.6
CEREAL, POST TOASTIES	1 CUP (1 OZ)	28.0	110.0	24.3	2.3	0.1	25.7
CEREAL, PRODUCT 19	3/4 CUP (1 OZ)	28.0	108.0	23.5	2.8	0.2	25.2
Cereal, Product 19, Kellogg's	1 cup	30.0	110.0	24.1	2.7	0.4	25.8
Cereal, Puffed Corn, Arrowhead Mills	1 cup	22.0	80.0	16.0	3.0	0.0	17.8
Cereal, Puffed Corn, swtnd, fat free, Hlth Vly	1 cup	23.0	80.0	20.0	2.0	0.0	21.2
Cereal, Puffed Kamut, Arrowhead Mills	1 cup	16.0	50.0	11.0	2.0	0.0	12.2
Cereal, Puffed Millet, Arrowhead Mills	1 cup	25.0	90.0	19.0	3.0	0.5	20.9
CEREAL, PUFFED RICE	1 CUP (1 OZ)	14.0	57.0	12.8	0.9	0.1	13.4
Cereal, Puffed Rice, Quaker	1 cup	14.0	54.0	12.3	0.1	0.1	12.4
CEREAL, PUFFED WHEAT	1 CUP (1/2 OZ)	14.0	52.0	11.3	2.1	0.2	12.6
Cereal, Puffed Wheat, Quaker	1 cup	12.0	44.0	9.2	1.1	0.3	9.9
CEREAL, QUAKER 100% NATURAL	1/4 CUP (1 OZ)	28.0	133.0	17.8	3.3	6.1	21.3
Cereal, Quisp, Quaker	1 cup	30.0	121.0	25.5	1.5	1.7	26.8
CEREAL, RAISIN BRAN, KELLOGG	3/4 CUP (1.3 OZ)	37.0	115.0	27.9	4.0	0.7	30.5
Cereal, Raisin Bran, Kellogg's	1 cup	61.0	186.0	47.1	5.6	1.5	50.8
Cereal, Raisin Bran, Nut Bran, Kellogg's	1 cup	55.0	209.0	41.5	5.2	4.4	45.7
Cereal, Raisin Bran, Post	1 cup	56.0	172.0	42.3	5.2	1.1	45.7
Cereal, Raisin Squares, Kellogg's	1 cup	71.0	241.0	55.4	5.7	1.1	59.1
Cereal, Reese's PeanutButter Puffs, General Mills	1 cup	40.0	172.0	30.6	3.4	4.3	33.7
CEREAL, RICE CHEX	1 1/8 CUPS (1 OZ)	28.0	112.0	25.3	1.5	0.1	26.2
Cereal, Rice Crunchins, General Mills	1 cup	21.0	84.0	17.9	1.7	0.3	19.0
CEREAL, RICE KRISPIES	1 CUP (1 OZ)	28.0	112.0	24.8	1.9	0.2	26.0
Cereal, Rice Krispies, Apple Cinn, Kellogg's	1 cup	39.0	145.0	34.7	1.1	0.2	35.4
Cereal, Rice Krispies, Frosted, Kellogg's	1 cup	35.0	132.0	31.6	1.6	0.2	32.6
Cereal, Rice Krispies, Kellogg's	1 cup	26.0	98.0	22.5	1.6	0.3	23.5
Cereal, Rice Krispies, Treats, Kellogg's	1 cup	40.0	160.0	34.2	1.5	2.1	35.6
Cereal, Rice, w/other grains & raisins, avg	1 cup	46.0	155.0	39.3	2.6	0.1	40.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
CEREAL, SHREDDED WHEAT	1 OZ	28.0	102.0	22.6	3.1	0.6	24.6
Cereal, Shredded Wheat, large biscuit, 1.7 oz, avg	1 ea	47.0	169.0	38.2	5.1	0.8	41.5
Cereal, Shredded Wheat, N' Bran, Nabisco	1 cup	47.0	159.0	37.4	5.6	0.8	41.0
Cereal, Shredded Wheat, small biscuit, avg	1 cup	43.0	154.0	34.6	4.7	0.7	37.6
Cereal, Shredded Wheat, spoon size, Nabisco	1 cup	49.0	170.0	41.0	5.0	0.5	44.1
Cereal, S'Mores Grahams, General Mills	1 cup	40.0	156.0	34.1	2.2	1.6	35.8
CEREAL, SPECIAL K	1 1/3 CUPS (1 OZ)	28.0	111.0	21.3	5.6	0.1	24.7
Cereal, Special K, Kellogg's	1 cup	31.0	115.0	22.4	6.4	0.3	26.3
Cereal, Spelt Flakes, Arrowhead Mills	1 cup	30.0	100.0	22.0	5.0	1.0	25.3
Cereal, Strawberry Squares, Kellogg's	1 cup	67.0	228.0	52.9	5.4	1.6	56.5
Cereal, Sugar Frosted Flakes, Ralston	1 cup	38.0	149.0	34.2	2.0	0.5	35.5
Cereal, Sugar Sparkled Flakes, avg	1 cup	38.0	146.0	34.6	1.1	0.1	35.3
Cereal, Sun Crunchers, General Mills	1 cup	55.0	216.0	43.7	4.9	3.2	47.4
Cereal, Sunflakes, Corn & Rice, Ralston Purina	1 cup	36.0	141.0	30.9	1.8	1.2	32.3
Cereal, Sunflakes, Ralston Purina	1 cup	36.0	147.0	30.7	2.7	1.3	32.6
Cereal, Sunflakes, Wheat & Rice, Ralston Purina	1 cup	36.0	174.0	30.9	2.1	4.4	33.3
Cereal, Super Golden Crisp, Post	1 cup	33.0	123.0	29.8	2.3	0.3	31.3
Cereal, Tasteeos, avg	1 cup	24.0	94.0	18.1	3.1	0.7	20.1
Cereal, Team Flakes, Nabisco	1 cup	46.0	178.0	39.5	3.2	0.0	41.4
Cereal, Team Rice, Nabisco	1 cup	42.0	164.0	36.0	2.8	0.8	37.9
Cereal, Temptations, French Van Almond, Kellogg's	1 cup	35.0	139.0	28.8	2.5	1.9	30.8
Cereal, Temptations, Honey Rstd Pecan, Kellogg's	1 cup	43.0	175.0	35.0	2.6	3.2	37.4
Cereal, Toasted Brown Sugar Squares, Hlthy Chc	1 cup	54.0	186.0	44.2	5.1	1.0	47.5
Cereal, Toasted Oats, Apple Cinnamon, Krusteaz	1 cup	40.0	173.0	33.3	2.7	2.7	35.6
Cereal, Toasted Oats, Krusteaz	1 cup	29.0	120.0	23.0	3.0	2.0	25.3
Cereal, Toasties, Post	1 cup	24.0	93.0	20.6	2.0	0.0	21.8
CEREAL, TOTAL	1 CUP (1 OZ)	28.0	100.0	22.3	2.8	0.6	24.1
Cereal, Total Wheat, w/calcium, General Mills	1 cup	40.0	140.0	31.8	3.1	0.9	33.9
Cereal, Total, General Mills	1 cup	40.0	149.0	34.2	2.4	0.6	35.8
Cereal, Triples, General Mills	1 cup	30.0	116.0	24.1	2.4	1.0	25.8
Cereal, Trix, General Mills	1 cup	28.0	114.0	24.3	0.9	1.6	25.2
Cereal, Uncle Sam's High Fiber, U.S. Mills	1 cup	55.0	213.0	39.7	8.4	2.3	45.3
CEREAL, WHEAT GERM	1/4 CUP (1 OZ)	28.0	108.0	14.1	8.3	3.0	19.8
CEREAL, WHEATIES	1 CUP (1 OZ)	28.0	99.0	22.6	2.7	0.5	24.3
Cereal, Wheaties, General Mills	1 cup	29.0	106.0	22.1	3.1	0.9	24.2
Cereal, Wheaties, Honey Frosted, General Mills	1 cup	40.0	146.0	35.2	2.3	0.4	36.7
Chayote, Chopped, ckd, avg	1/2 cup	80.0	19.0	4.1	0.5	0.4	4.5
Chayote, Chopped, ckd, avg	1/2 cup	80.0	19.0	4.1	0.5	0.4	4.5
Chayote, Cooked, chpd, avg	1/2 cup	80.0	19.0	4.1	0.5	0.4	4.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Chayote, Cooked, chpd, avg	1/2 cup	80.0	19.0	4.1	0.5	0.4	4.5
Chayote, Raw, avg	1 ea	203.0	39.0	9.1	1.7	0.3	10.2
Chayote, Raw, avg	1/2 cup	66.0	13.0	2.1	0.5	0.1	2.4
CHEESE CAKE	1 PIECE	85.0	257.0	24.3	4.6	16.3	31.1
Cheese Curls, Ranch, bag, Wt Wtchrs	1 ea	14.0	59.0	9.9	0.1	1.1	10.2
CHEESE FOOD, PROCESSED AMERICAN	1 OZ	28.0	93.0	2.1	5.6	7.0	7.2
Cheese Puffs, avg	1 cup	20.0	111.0	10.8	1.5	6.9	13.4
Cheese Puffs, Caramel, fat free, HlthVlly	1 cup	30.0	110.0	24.0	2.0	0.0	25.2
Cheese Puffs, Cheetos	21 pce	28.0	150.0	16.0	2.0	9.0	19.5
CHEESE PUFFS, CHEETOS	1 OZ	28.0	159.0	15.4	1.8	10.0	19.0
Cheese Puffs, fat free, Health Valley	1 cup	20.0	73.0	15.3	2.0	0.0	16.5
Cheese Puffs, Flamin'Hot, Cheetos	21 pce	28.0	160.0	16.0	2.0	9.0	19.5
Cheese Puffs, Green Onion, Health Valley	1 cup	20.0	73.0	15.3	2.0	0.0	16.5
Cheese Puffs, Jumbo, Cheetos	13 pce	28.0	160.0	15.0	2.0	10.0	18.7
Cheese Puffs, Zesty Chili, Health Valley	1 cup	20.0	73.0	15.3	2.0	0.0	16.5
Cheese Sauce, American, avg	1 Tbs	15.0	30.0	0.8	1.5	2.2	2.3
Cheese Sauce, American, Fondue, avg	1 Tbs	14.0	32.0	0.5	1.1	1.9	1.6
Cheese Sauce, American, Squeezable, Cheese Whiz	1 Tbs	16.0	48.0	1.9	0.1	3.9	2.9
Cheese Sauce, American, Zap-a-Pack, Cheese Whiz	1 Tbs	16.0	44.0	1.5	1.5	3.9	3.4
Cheese Spread, American, avg	1 Tbs	15.0	44.0	1.3	2.5	3.2	3.6
Cheese Spread, American, Ched Base, low fat, avg	1 oz	28.0	50.0	0.1	7.1	1.1	4.6
Cheese Spread, American, Harvest Moon	1 oz	28.0	88.0	2.9	4.4	5.9	7.0
Cheese Spread, American, Velveeta	1 oz	28.0	80.0	3.0	5.0	6.0	7.5
Cheese Spread, Bacon flvd, Kraft	1 Tbs	16.0	45.0	0.3	2.5	4.0	2.8
Cheese Spread, Blue Cheese, Roka Brand	1/4 cup	64.0	160.0	4.0	6.0	14.0	11.1
Cheese Spread, Cheddar, Medium, Spreadery	1 Tbs	16.0	41.0	1.5	2.6	2.3	3.6
Cheese Spread, Cheddar, Old English Sharp, Kraft	1 Tbs	16.0	45.0	0.3	2.5	4.0	2.8
Cheese Spread, Cheddar, Sharp, Spreadery	1 Tbs	16.0	41.0	1.5	2.6	2.3	3.6
Cheese Spread, Cheddar, Squeez-A-Snak Sharp, Kraft	1 Tbs	16.0	45.0	0.3	2.5	4.0	2.8
Cheese Spread, Cheddar, White, Spreadery	1 Tbs	16.0	41.0	1.5	2.6	2.3	3.6
Cheese Spread, Cheddar, Wine flvr, Wispride Lite	1 Tbs	16.0	45.0	2.3	2.3	2.8	4.4
Cheese Spread, Italiana, Velveeta	1 oz	28.0	80.0	2.0	5.0	6.0	6.5
Cheese Spread, Limburger, Mohawk Valley, Kraft	1 Tbs	16.0	40.0	0.0	2.0	3.5	2.1
Cheese Spread, Olive & Pimento, Kraft	1 Tbs	16.0	35.0	1.5	1.0	3.0	2.9
Cheese Spread, Pimento, avg	1/4 cup	28.0	105.0	0.5	6.2	8.7	6.4
Cheese Spread, Pimento, Kraft	1 Tbs	16.0	40.0	1.5	1.0	3.0	2.9
Cheese Spread, Pimento, snack, Spreadery	1 Tbs	16.0	52.0	1.5	2.1	4.1	3.8
Cheese Spread, Pineapple, Kraft	1 Tbs	15.0	33.0	1.9	0.9	2.3	3.0
Cheese Substitute, Cheddar Veg, White Almond	1 oz	28.0	54.0	2.1	6.9	0.1	6.3

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Cheese Substitute, Cheese Tofutti, LifeLite	1 pce	57.0	180.0	16.0	2.0	10.0	19.7
Cheese Substitute, Cream Cheese Tofutti, LifeLite	1 Tbs	14.0	39.0	0.5	0.5	3.9	1.8
Cheese Substitute, Garlic & Herb Veg, White Almond	1 oz	28.0	54.0	2.1	6.9	0.1	6.3
Cheese Substitute, Jalapeno Jack Veg, White Almond	1 oz	28.0	57.0	3.4	7.5	1.5	8.3
Cheese Substitute, Mozzarella Veg, White Almond	1 oz	28.0	54.0	2.9	6.9	1.6	7.4
CHEESE, AMERICAN	1 OZ	28.0	106.0	0.5	6.3	8.9	6.5
Cheese, American, Alpine Lace	1/4 cup	31.0	89.0	2.2	6.6	6.6	7.8
Cheese, American, Cheez Whiz	1/4 cup	66.0	180.0	4.0	10.0	14.0	13.5
Cheese, American, cold pack, avg	1 oz	28.0	93.0	2.3	5.5	6.9	7.3
Cheese, American, deluxe, 25%less fat, Kraft	1 oz	28.0	93.0	1.3	5.3	6.7	6.2
Cheese, American, deluxe, slice, Kraft	1 pce	28.0	110.0	0.5	5.0	9.0	5.8
Cheese, American, fat free, Alpine Lace	1/4 cup	31.0	44.0	2.2	8.9	0.0	7.5
Cheese, American, fat free, Lunch Wagon	1 oz	28.0	88.0	0.7	4.4	7.4	5.2
Cheese, American, fat free, slice, Con Agra	1 pce	19.0	25.0	2.0	4.0	0.0	4.4
Cheese, American, fat free, slice, Harvest Moon	1 pce	19.0	50.0	1.0	4.0	3.0	4.2
Cheese, American, fat free, slice, Weight Watchers	1 pce	11.0	15.0	1.0	2.6	0.0	2.6
Cheese, American, Golden Image	1 oz	28.0	93.0	1.3	6.7	6.7	7.0
Cheese, American, grated, Kraft	1/4 cup	20.0	100.0	4.0	4.0	6.0	7.9
Cheese, American, light, Cheez Whiz	1/4 cup	70.0	160.0	12.0	12.0	6.0	20.7
Cheese, American, light, Land O' Lakes	1 oz	28.0	70.0	1.0	7.0	4.0	6.2
Cheese, American, light,Velveeta	1 oz	28.0	60.0	3.0	6.0	3.0	7.4
Cheese, American, low sod, slice, Weight Watchers	1 pce	11.0	15.0	1.0	2.6	0.0	2.6
Cheese, American, lowfat, avg	1/4 cup	28.0	50.0	0.1	7.1	1.1	4.6
Cheese, American, Sharp Cheddar, fat free, Kraft	1 pce	21.0	30.0	3.0	5.0	0.0	6.0
Cheese, American, shredded, avg	1/4 cup	27.0	110.0	0.5	6.0	9.0	6.4
Cheese, American, shredded, Velveeta	1/4 cup	36.0	130.0	3.0	8.0	9.0	10.1
Cheese, American, Singles, fat free, slice, Kraft	1 pce	21.0	30.0	3.0	5.0	0.0	6.0
Cheese, American, Singles, slice, Kraft	1 pce	21.0	70.0	2.0	4.0	5.0	5.7
Cheese, American, Singles,1/3 less fat, Kraft	1 oz	28.0	67.0	2.7	6.7	4.0	7.7
Cheese, American, slice, avg	1 pce	21.0	69.0	1.5	4.1	5.2	5.3
Cheese, American, slice, Harvest Moon	1 pce	19.0	70.0	0.0	4.0	6.0	3.9
Cheese, American, Wht, fat free, slice, Kraft	1 pce	21.0	30.0	3.0	5.0	0.0	6.0
Cheese, American, Wht, fat free, slice, Wt Wtchrs	1 pce	11.0	15.0	1.0	2.6	0.0	2.6
Cheese, American, Wht, low sod, slice, Wt Wtchrs	1 pce	5.0	7.0	0.5	1.2	0.0	1.2
Cheese, American, Wht, slice, Kraft	1 pce	28.0	110.0	0.5	6.0	9.0	6.4
Cheese, Asiago, Aged, Stella Foods	1 oz	28.0	110.0	0.5	9.0	8.0	7.9
Cheese, Asiago, avg	1/4 cup	27.0	102.0	0.9	7.7	7.4	7.4
Cheese, Asiago, avg	1/4 cup	27.0	102.0	0.9	7.7	7.4	7.4
Cheese, Asiago, Mellow, Stella Foods	1 oz	28.0	100.0	2.0	7.0	7.0	8.0

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Cheese, Asiago, Mild, Stella Foods	1 oz	28.0	110.0	0.5	7.0	9.0	7.0
Cheese, Asiago, Shred, Stella Foods	1/4 cup	28.0	120.0	0.0	8.0	8.0	6.8
Cheese, Auribella, Belgioioso	1 oz	28.0	108.0	0.6	7.0	9.0	7.1
Cheese, Blue, avg	1/4 cup	34.0	120.0	0.8	7.3	9.8	7.6
Cheese, Brick, avg	1/4 cup	28.0	104.0	0.8	6.5	8.3	6.8
Cheese, Brick, w/salami, avg	1/4 cup	28.0	101.0	0.8	6.2	8.0	6.5
CHEESE, BRIE	1 OZ	28.0	95.0	0.1	5.9	7.9	5.6
Cheese, Brie, avg	1/4 cup	36.0	120.0	0.2	7.5	9.1	7.0
Cheese, Camembert, avg	1/4 cup	62.0	186.0	0.3	12.3	15.1	11.5
Cheese, Caraway, avg	1 oz	28.0	110.0	0.0	7.0	9.0	6.5
Cheese, Caraway, avg	1 oz	28.0	105.0	0.9	7.1	8.2	7.2
CHEESE, CHEDDAR	1 OZ	28.0	114.0	0.4	7.1	9.4	7.0
Cheese, Cheddar, avg	1/4 cup	28.0	113.0	0.4	6.1	9.3	6.4
Cheese, Cheddar, Cabot	1 oz	28.0	109.0	0.1	6.9	8.9	6.5
Cheese, Cheddar, fat free, fancy, Healthy Choice	1/4 cup	30.0	45.0	2.0	9.0	0.0	7.4
Cheese, Cheddar, fat free, Lifetime	1/4 cup	31.0	44.0	1.1	8.9	0.0	6.4
Cheese, Cheddar, fat free, sharp, Healthy Choice	1/4 cup	29.0	45.0	1.0	10.0	0.0	7.0
Cheese, Cheddar, fat free, sharp, Wt Tchrs	1 pce	11.0	15.0	1.0	2.6	0.0	2.6
Cheese, Cheddar, fat free, shreds, Healthy Choice	1/4 cup	30.0	45.0	2.0	9.0	0.0	7.4
Cheese, Cheddar, Five Peppercorn, Cabot	1 oz	28.0	109.0	0.1	6.9	8.9	6.5
Cheese, Cheddar, Garlic & Dill, Cabot	1 oz	28.0	109.0	0.1	6.9	8.9	6.5
Cheese, Cheddar, Jalapeno, red fat 50%, Cabot	1 oz	28.0	69.0	0.1	7.9	4.4	5.9
Cheese, Cheddar, low sod, avg	1/4 cup	28.0	111.0	0.5	6.8	9.1	6.9
Cheese, Cheddar, low sod, mild, Weight Watchers	1/4 cup	31.0	87.0	1.1	8.7	5.5	7.7
Cheese, Cheddar, lowfat, low sod, avg	1/4 cup	28.0	48.0	0.5	6.8	1.1	4.9
Cheese, Cheddar, proc, Old English	1 oz	28.0	100.0	0.5	6.0	9.0	6.4
Cheese, Cheddar, proc, sharp, 1/3 less fat, Kraft	1 oz	28.0	67.0	2.7	6.7	4.0	7.7
Cheese, Cheddar, proc, sharp, cld pck, Crckr Brrl	1 Tbs	16.0	52.0	2.1	2.6	4.1	4.7
Cheese, Cheddar, proc, sharp, Land O' Lakes	1 oz	28.0	110.0	1.0	6.0	9.0	6.9
Cheese, Cheddar, proc, sharp, singles, Kraft	1 pce	21.0	70.0	0.5	4.0	6.0	4.4
Cheese, Cheddar, proc, shredded, Harvest Moon	1/4 cup	36.0	120.0	3.0	6.0	9.0	8.9
Cheese, Cheddar, proc, X Shrp, cld pck, Crckr Brrl	1 Tbs	16.0	52.0	1.5	2.6	4.1	4.1
Cheese, Cheddar, red fat 50%, shredded, Cabot	1/4 cup	28.0	70.0	1.0	8.0	4.5	6.9
Cheese, Cheddar, reduced fat 50%, slice, Cabot	1 ea	28.0	69.0	0.1	7.9	3.1	5.6
Cheese, Cheddar, reduced fat, Alpine Lace	1/4 cup	31.0	89.0	1.1	9.1	4.1	7.6
Cheese, Cheddar, Sun Dried Tomato Basil, Cabot	1 oz	28.0	109.0	0.1	6.9	8.9	6.5
Cheese, Cheddar, Toasted Onion & Chive, Cabot	1 oz	28.0	110.0	1.0	7.0	9.0	7.5
Cheese, Cheddarella, Land O' Lakes	1 oz	28.0	100.0	0.0	7.0	8.0	6.2
Cheese, Chesire, avg	1 oz	28.0	108.0	1.3	6.6	8.6	7.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
CHEESE, COLBY	1 OZ	28.0	112.0	0.7	6.6	9.1	6.9
Cheese, Colby & Monterey Jack, Kraft	1 oz	28.0	110.0	0.0	7.0	9.0	6.5
Cheese, Colby & Monterey Jack, shredded, Kraft	1/4 cup	30.0	120.0	0.5	7.0	10.0	7.2
Cheese, Colby, avg	1/4 cup	28.0	110.0	0.7	6.7	8.1	6.7
Cheese, Colby, red fat, Alpine Lace	1/4 cup	31.0	89.0	1.1	9.1	5.5	7.9
CHEESE, COTTEGE	1 CUP	145.0	123.0	2.7	25.0	0.6	17.9
CHEESE, COTTEGE, LOWFAT (1%)	1 CUP	226.0	164.0	6.2	28.0	2.3	23.6
Cheese, County Cheese, Bakers Franklin	1 oz	28.0	27.0	0.8	5.6	0.1	4.2
CHEESE, CREAM	1 OZ	28.0	99.0	0.8	2.1	9.9	4.5
Cheese, Edam, avg	1/4 cup	33.0	118.0	0.5	8.3	9.2	7.8
Cheese, Fancy Blend, shredded, Cabot	1/4 cup	28.0	100.0	1.0	7.0	7.0	7.0
Cheese, Farmers, avg	1 oz	28.0	100.0	0.5	6.0	8.0	6.1
Cheese, Feta, avg	1/4 cup	38.0	100.0	1.6	5.4	8.1	6.9
Cheese, Fontina, avg	1/4 cup	27.0	105.0	0.4	6.9	8.4	6.6
Cheese, Fresco, avg	1/4 cup	62.0	90.0	3.4	7.4	5.2	9.1
Cheese, Gjetost, avg	1 oz	28.0	130.0	11.1	2.7	8.3	14.8
Cheese, Goat, hard, avg	1 oz	28.0	127.0	0.6	8.5	9.1	8.0
Cheese, Goat, semi-soft, avg	1 oz	28.0	102.0	0.7	6.0	8.3	6.4
Cheese, Goat, soft, avg	1/4 cup	62.0	166.0	0.6	11.5	13.1	10.8
Cheese, Gorgonzola, crumbled, avg	1/4 cup	28.0	100.0	0.5	6.0	9.0	6.4
Cheese, Gouda, avg	1/4 cup	33.0	117.0	0.7	8.2	9.0	7.9
Cheese, Gryere, avg	1/4 cup	27.0	112.0	9.7	8.0	8.7	16.7
Cheese, Hvarti, Kraft	1 oz	28.0	120.0	0.0	6.0	11.0	6.4
Cheese, Italian Blend, grated, Kraft	1 Tbs	9.0	38.0	0.0	4.5	2.3	3.3
Cheese, Italian, lowfat, grated, Kraft	1 Tbs	9.0	38.0	1.5	3.0	1.5	3.7
Cheese, Italian, sharp, Stella Foods	1 oz	28.0	100.0	0.5	8.0	7.0	7.1
Cheese, Kasseri, Stella Foods	1 oz	28.0	110.0	0.5	7.0	9.0	7.0
Cheese, Limburger, avg	1/4 cup	34.0	111.0	0.2	6.8	9.3	6.6
Cheese, Lorraine, smkd, Stella Foods	1 oz	28.0	110.0	0.5	7.0	9.0	7.0
Cheese, Lorraine, Stella Foods	1 oz	28.0	110.0	0.5	7.0	9.0	7.0
Cheese, Lorraine, w/Chives & Onion, Stella Foods	1 oz	28.0	110.0	0.5	7.0	9.0	7.0
Cheese, Lorraine, w/Jalapeno Pepper, Stella Foods	1 oz	28.0	100.0	0.5	6.0	8.0	6.1
Cheese, Mascarpone, Belgioioso	1 oz	28.0	124.0	0.6	2.0	13.0	5.1
Cheese, Mexican, Anejo, aged, avg	1/4 cup	28.0	104.0	1.3	5.1	8.4	6.5
Cheese, Mexican, Anejo, aged, avg	1/4 cup	33.0	123.0	1.5	7.1	9.9	8.2
Cheese, Mexican, Asadero, aged, avg	1/4 cup	33.0	117.0	0.9	7.5	9.3	7.7
Cheese, Mexican, Chihuahua, aged, avg	1/4 cup	28.0	104.0	1.3	5.1	8.4	6.5
Cheese, Mexican, Chihuahua, aged, avg	1/4 cup	33.0	123.0	1.5	7.1	9.9	8.2
Cheese, Mexican, Proc, Hot, w/Jalepeno, Velveeta	1/4 cup	36.0	130.0	3.0	8.0	9.0	10.1

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Cheese, Mexican, Proc, Mild, w/ Jalep, Velveeta	1/4 cup	36.0	130.0	3.0	8.0	9.0	10.1
Cheese, Mexican, Proc, Singles, Kraft	1 pce	21.0	70.0	2.0	4.0	5.0	5.7
Cheese, Mexican, Queso, fat free, mild, Lifetime	1/4 cup	31.0	44.0	1.1	8.9	0.0	6.4
Cheese, Mexican, Shreds, fat free, Healthy Choice	1/4 cup	30.0	45.0	2.0	9.0	0.0	7.4
CHEESE, MONTEREY JACK	1 OZ	28.0	106.0	0.2	6.9	8.6	6.5
Cheese, Monterey Jack, avg	1/4 cup	28.0	104.0	0.2	6.9	8.5	6.5
Cheese, Monterey Jack, fat free, jalap, slc, Lifeln	1 ea	28.0	40.0	1.0	8.0	0.0	5.8
Cheese, Monterey Jack, fat free, Lifeline	1/4 cup	31.0	44.0	1.1	8.9	0.0	6.4
Cheese, Monterey Jack, pepper, Cabot	1 oz	28.0	109.0	0.1	6.9	8.9	6.5
Cheese, Monterey Jack, red fat, Alpine Lace	1/4 cup	31.0	77.0	1.1	8.9	4.1	7.5
Cheese, Monterey Jack, red fat, jalapeno, Kraft	1 oz	28.0	110.0	0.5	7.0	9.0	7.0
Cheese, Monterey Jack, red fat, red sod, Darigold	1 oz	28.0	80.0	0.0	8.0	5.0	6.1
Cheese, Monterey Jack, shredded, Cabot	1/4 cup	28.0	110.0	1.0	7.0	9.0	7.5
Cheese, Monterey Jack, Singles, slice, Kraft	1 pce	21.0	70.0	2.0	4.0	5.0	5.7
Cheese, Mozzarella, avg	1/4 cup	28.0	50.0	3.4	4.5	2.0	6.6
Cheese, Mozzarella, E-Z Melt, imit, Whitehall Spec	1 Tbs	6.0	20.0	0.4	0.8	1.6	1.3
Cheese, Mozzarella, fat free, Alpine Lace	1/4 cup	31.0	44.0	2.2	8.7	0.0	7.4
Cheese, Mozzarella, fat free, Lifeline	1/4 cup	31.0	44.0	1.1	8.9	0.0	6.4
Cheese, Mozzarella, fat free, shreds, ConAgra	1/4 cup	30.0	45.0	2.0	9.0	0.0	7.4
Cheese, Mozzarella, fat free, string stick, ConAg	1 ea	30.0	36.0	2.9	5.7	0.0	6.3
Cheese, Mozzarella, low moist, part skim, Hrvst Mn	1/4 cup	36.0	110.0	1.0	8.0	8.0	7.8
Cheese, Mozzarella, low sod, Lifeline	1/4 cup	28.0	78.0	0.9	7.7	4.8	6.7
Cheese, Mozzarella, part skim, avg	1/4 cup	28.0	71.0	0.8	6.8	4.5	6.0
Cheese, Mozzarella, part skim, red fat, avg	1 oz	28.0	78.0	0.9	7.7	4.8	6.7
Cheese, Mozzarella, part skim, shred, Kraft	1/4 cup	30.0	90.0	0.5	8.0	6.0	6.8
Cheese, Mozzarella, part skim, string stick, Kraft	1 ea	28.0	80.0	0.5	7.0	6.0	6.2
CHEESE, MOZZARELLA, PART-SKIM	1 OZ	28.0	72.0	0.8	6.9	4.5	6.1
Cheese, Mozzarella, whole milk, avg	1/4 cup	28.0	79.0	0.6	5.4	6.0	5.3
CHEESE, MUENSTER	1 OZ	28.0	104.0	0.3	6.6	8.5	6.4
Cheese, Muenster, avg	1/4 cup	29.0	107.0	0.3	6.8	8.7	6.6
Cheese, Muenster, low sod, avg	1/4 cup	33.0	121.0	0.4	7.7	9.9	7.5
Cheese, Neufchatel, avg	1/4 cup	58.0	151.0	1.7	5.8	13.6	8.6
Cheese, Neufchatel, Classic Ranch, Spreadery	1 Tbs	15.0	40.0	0.5	1.5	3.5	2.3
Cheese, Neufchatel, Garden Veg, Spreadery	1 Tbs	15.0	35.0	1.0	1.5	3.0	2.7
Cheese, Neufchatel, Garlic & Herb, Spreadery	1 Tbs	15.0	40.0	0.5	1.5	3.5	2.3
CHEESE, PARMESAN	1 OZ	28.0	111.0	0.9	10.1	7.3	8.8
Cheese, Parmesan, fat free, Alpine Lace	1/4 cup	31.0	44.0	2.2	8.9	0.0	7.5
Cheese, Parmesan, fat free, grated, Wt Wtchrs	1 Tbs	6.0	14.0	1.9	1.9	0.0	3.0
Cheese, Parmesan, grated, avg	1 Tbs	6.0	27.0	0.2	2.5	1.8	2.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cheese, Parmesan, hard, cube, avg	1 ea	10.0	39.0	0.3	3.6	2.6	3.1
Cheese, Parmesan, low sod, avg	1 Tbs	6.0	27.0	0.2	2.5	1.8	2.1
Cheese, Parmesan, shredded, avg	1 Tbs	5.0	21.0	0.2	1.9	1.4	1.7
Cheese, Pimento, deluxe, slice, Kraft	1 pce	28.0	100.0	0.5	6.0	8.0	6.1
Cheese, Pimento, Singles, slice, Kraft	1 pce	21.0	70.0	2.0	4.0	5.0	5.7
Cheese, Pizza, Cheddar&Monterey Jack, shred, Kraft	1/4 cup	26.0	100.0	0.5	6.0	8.0	6.1
Cheese, Pizza, Four Cheese, shred, Kraft	1/4 cup	27.0	90.0	0.5	7.0	7.0	6.5
Cheese, Pizza, Mozz&Ched, low moist, shred, Kraft	1/4 cup	27.0	100.0	0.5	6.0	8.0	6.1
Cheese, Pizza, Mozz&Provolone, w/smk flvr, Kraft	1/4 cup	27.0	90.0	0.5	6.0	7.0	5.9
Cheese, Pizza, Mozzarella, shred, Kraft	1/4 cup	26.0	90.0	0.5	6.0	7.0	5.9
Cheese, Pizza, Salsa, hot, Cheese Whiz	1 Tbs	16.0	44.0	0.1	2.4	3.4	2.4
Cheese, Pizza, Salsa, mild, Cheese Whiz	1 Tbs	16.0	44.0	0.1	2.4	3.4	2.4
Cheese, Port Du Salut, avg	1/4 cup	28.0	99.0	0.2	6.7	7.9	6.2
Cheese, Proc, Garlic flvd, Kraft	1 oz	28.0	90.0	2.0	5.0	7.0	6.8
Cheese, Proc, Nacho Blend w/Peppers, Kraft	1 oz	28.0	110.0	0.0	7.0	9.0	6.5
Cheese, Proc, w/Jalapenos, Kraft	1 oz	28.0	90.0	2.0	5.0	7.0	6.8
Cheese, Provolone, aged, Stella Foods	1 oz	28.0	100.0	0.5	7.0	8.0	6.7
Cheese, Provolone, avg	1/4 cup	33.0	116.0	0.7	8.4	8.8	7.9
Cheese, Provolone, lite, Stella Foods	1 oz	28.0	70.0	0.5	8.0	3.5	6.2
Cheese, Provolone, mellow, Stella Foods	1 oz	28.0	100.0	0.5	7.0	7.0	6.5
Cheese, Provolone, mild, Stella Foods	1 oz	28.0	100.0	0.5	7.0	7.0	6.5
Cheese, Provolone, red fat, Alpine Lace	1/4 cup	31.0	77.0	1.1	9.1	5.5	7.9
Cheese, Provolone, w/smoke flvr, Kraft	1 oz	28.0	100.0	0.5	7.0	7.0	6.5
Cheese, Ricotta, part skim, avg	1/4 cup	62.0	86.0	3.2	7.1	4.9	8.7
CHEESE, RICOTTA, PART-SKIM	1/2 CUP	124.0	171.0	6.4	14.1	9.8	17.3
Cheese, Ricotta, whole milk, avg	1/4 cup	62.0	108.0	1.9	7.0	8.1	8.1
Cheese, Romano, avg	1 Tbs	6.0	23.0	0.2	1.9	1.6	1.7
Cheese, Romano, grated, Di Giorno	1 Tbs	8.0	40.0	0.0	3.2	2.4	2.5
Cheese, Romano, shredded, Di Giorno	1 oz	28.0	110.0	0.5	8.0	8.0	7.3
Cheese, Roquefort, avg	1 Tbs	8.0	30.0	0.2	1.7	2.4	1.8
Cheese, Swiss, avg	1/4 cup	27.0	102.0	0.9	7.7	7.4	7.4
Cheese, Swiss, avg	1/4 cup	27.0	102.0	0.9	7.7	7.4	7.4
Cheese, Swiss, fat free, Lifetime	1/4 cup	31.0	44.0	1.1	8.9	0.0	6.4
Cheese, Swiss, low sod, avg	1/4 cup	33.0	124.0	1.1	9.4	9.0	9.0
Cheese, Swiss, lowfat, avg	1/4 cup	33.0	59.0	1.1	9.4	1.7	7.2
Cheese, Swiss, proc, baby, Kraft	1 oz	28.0	110.0	0.0	7.0	9.0	6.5
Cheese, Swiss, proc, lowfat, avg	1/4 cup	35.0	59.0	1.5	9.1	1.8	7.4
Cheese, Swiss, proc, nonfat, deluxe, slice, Kraft	1 pce	28.0	40.0	4.0	6.7	0.0	8.0
Cheese, Swiss, proc, Singles, 1/3 less fat, Kraft	1 pce	28.0	67.0	2.7	6.7	3.3	7.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cheese, Swiss, proc, Singles, slice, Kraft	1 pce	21.0	70.0	1.0	4.0	5.0	4.7
Cheese, Swiss, proc, slice, avg	1 pce	21.0	70.0	0.4	5.2	5.3	4.8
Cheese, Swiss, red fat, Alpine Lace	1/4 cup	31.0	100.0	1.1	8.9	6.6	8.1
Cheese, Tilsit, whole milk, avg	1/4 cup	28.0	95.0	0.5	6.8	7.3	6.4
Cheese, Yogurt, avg	1 oz	28.0	21.0	2.9	2.2	0.1	4.2
Cheeseburger, 1/4 Pound, Hardees	1 ea	184.0	490.0	37.0	27.0	25.0	59.5
Cheeseburger, Avg	1 ea	102.0	319.0	31.7	14.8	15.2	44.4
Cheeseburger, Avg	1 ea	102.0	319.0	31.7	14.8	15.2	44.4
Cheeseburger, Bacon Double, homestyle, Dairy Queen	1 ea	255.0	610.0	31.0	41.0	36.0	64.6
Cheeseburger, Bacon Double, ultimate, Dairy Queen	1 ea	269.0	670.0	29.0	40.0	43.0	63.8
Cheeseburger, Bacon, junior, Wendy's	1 ea	166.0	380.0	34.0	20.0	19.0	50.8
Cheeseburger, Burger King	1 ea	138.0	380.0	28.0	23.0	19.0	46.6
Cheeseburger, Deluxe, junior, Wendy's	1 ea	180.0	360.0	36.0	18.0	17.0	51.1
Cheeseburger, Double w/Bacon, Brgr Kng	1 ea	218.0	640.0	28.0	44.0	39.0	64.2
Cheeseburger, Double, avg	1 ea	155.0	457.0	22.0	27.7	28.5	45.7
Cheeseburger, Double, avg	1 ea	155.0	457.0	22.0	27.7	28.5	45.7
Cheeseburger, Double, double bun, plain, avg	1 ea	160.0	461.0	44.3	22.1	21.6	63.0
Cheeseburger, Double, double bun, cond & veg, avg	1 ea	228.0	650.0	53.1	29.6	35.3	79.7
Cheeseburger, Double, homestyle, Dairy Queen	1 ea	241.0	540.0	31.0	36.0	31.0	60.4
Cheeseburger, Double, homestyle, Dairy Queen	1 ea	219.0	540.0	30.0	35.0	31.0	58.8
Cheeseburger, Double, Jack In The Box	1 ea	152.0	450.0	35.0	24.0	24.0	55.4
Cheeseburger, Double, plain, avg	1 ea	155.0	457.0	22.0	27.7	28.5	45.7
Cheeseburger, Double, plain, avg	1 ea	155.0	457.0	22.0	27.7	28.5	45.7
Cheeseburger, Double, w/cond & vlegs, large, avg	1 ea	258.0	704.0	39.7	37.9	43.6	73.3
Cheeseburger, Double, w/cond & vlegs, large, avg	1 ea	258.0	704.0	39.7	37.9	43.6	73.3
Cheeseburger, Double, w/condiments & vlegs, avg	1 ea	166.0	417.0	35.2	21.2	21.1	53.2
Cheeseburger, Double, w/condiments & vlegs, avg	1 ea	166.0	417.0	35.2	21.2	21.1	53.2
Cheeseburger, Double, w/condiments&vegs, avg	1 ea	166.0	417.0	35.2	21.2	21.1	53.2
Cheeseburger, Double, w/condiments&vegs, avg	1 ea	166.0	417.0	35.2	21.2	21.1	53.2
Cheeseburger, Hardees	1 ea	120.0	300.0	34.0	15.0	13.0	46.3
Cheeseburger, Homestyle, Dairy Queen	1 ea	152.0	340.0	29.0	20.0	17.0	45.3
Cheeseburger, Jack In The Box	1 ea	110.0	330.0	32.0	16.0	15.0	45.4
Cheeseburger, Jumbo Jack, Jack In The Box	1 ea	242.0	610.0	41.0	29.0	36.0	67.4
Cheeseburger, Junior, Wendy's	1 ea	130.0	320.0	34.0	17.0	13.0	47.5
Cheeseburger, Kid's Meal, Wendy's	1 ea	123.0	320.0	33.0	17.0	13.0	46.5
Cheeseburger, Large, avg	1 ea	185.0	609.0	47.4	30.2	32.9	73.7
Cheeseburger, Large, avg	1 ea	185.0	609.0	47.4	30.2	32.9	73.7
Cheeseburger, Large, double, w/condmnts&vegs, avg	1 ea	258.0	704.0	39.7	37.9	43.6	73.3
Cheeseburger, Large, double, w/condmnts&vegs, avg	1 ea	258.0	704.0	39.7	37.9	43.6	73.3

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Cheeseburger, Large, w/bacon&condmnts, avg	1 ea	195.0	608.0	37.1	31.1	36.9	65.0
Cheeseburger, Large, w/bacon&condmnts, avg	1 ea	195.0	608.0	37.1	31.1	36.9	65.0
Cheeseburger, Large, w/condiments&vegs, avg	1 ea	219.0	563.0	38.3	28.3	32.9	63.5
Cheeseburger, Large, w/condiments&vegs, avg	1 ea	219.0	563.0	38.3	28.3	32.9	63.5
Cheeseburger, Large, w/ham, condmnts&vegs, avg	1 ea	254.0	744.0	37.6	39.6	48.3	73.4
Cheeseburger, Large, w/ham, condmnts&vegs, avg	1 ea	254.0	744.0	37.6	39.6	48.3	73.4
Cheeseburger, Mc Donalds	1 ea	122.0	318.0	35.1	15.0	13.0	47.3
Cheeseburger, Plain, avg	1 ea	102.0	319.0	31.7	14.8	15.2	44.4
Cheeseburger, Plain, avg	1 ea	102.0	319.0	31.7	14.8	15.2	44.4
Cheeseburger, Plain, large, avg	1 ea	185.0	609.0	47.4	30.2	32.9	73.7
Cheeseburger, Plain, large, avg	1 ea	185.0	609.0	47.4	30.2	32.9	73.7
Cheeseburger, Triple, avg	1 ea	304.0	796.0	26.7	55.9	51.1	73.0
Cheeseburger, Triple, avg	1 ea	304.0	796.0	26.7	55.9	51.1	73.0
Cheeseburger, Ultimate, Jack In The Box	1 ea	280.0	830.0	33.0	47.0	57.0	75.5
Cheeseburger, w/Bacon, Hardees	1 ea	228.0	600.0	35.0	32.0	36.0	63.2
Cheeseburger, w/Bacon, Jack In The Box	1 ea	242.0	710.0	41.0	35.0	45.0	73.3
Cheeseburger, w/Bacon, w/condiments, lrg, avg	1 ea	195.0	608.0	37.1	31.1	36.9	65.0
Cheeseburger, w/Bacon, w/condiments, lrg, avg	1 ea	195.0	608.0	37.1	31.1	36.9	65.0
Cheeseburger, w/Condiments & Veggies, avg	1 ea	154.0	359.0	28.2	17.9	19.9	43.9
Cheeseburger, w/Condiments & Veggies, avg	1 ea	154.0	359.0	28.2	17.9	19.9	43.9
Cheeseburger, w/Condiments & Veggies, avg	1 ea	154.0	359.0	28.2	17.9	19.9	43.9
Cheeseburger, w/Condiments & Veggies, avg	1 ea	154.0	359.0	28.2	17.9	19.9	43.9
Cheeseburger, w/Condiments & Veggies, large, avg	1 ea	219.0	563.0	38.3	28.3	32.9	63.5
Cheeseburger, w/Condiments & Veggies, large, avg	1 ea	219.0	563.0	38.3	28.3	32.9	63.5
Cheeseburger, w/Condiments, avg	1 ea	113.0	295.0	26.6	15.9	14.1	39.7
Cheeseburger, w/Condiments, avg	1 ea	113.0	295.0	26.6	15.9	14.1	39.7
Cheeseburger, w/Condiments, avg	1 ea	113.0	295.0	26.6	15.9	14.1	39.7
Cheeseburger, w/Condiments, avg	1 ea	113.0	295.0	26.6	15.9	14.1	39.7
Cheeseburger, w/Ham, condiments & vegg, large, avg	1 ea	254.0	744.0	37.6	39.6	48.3	73.4
Cheeseburger, w/Ham, condiments & vegg, large, avg	1 ea	254.0	744.0	37.6	39.6	48.3	73.4
Cheeseburger, w/Triple Meat, plain, avg	1 ea	304.0	796.0	26.7	55.9	51.1	73.0
Cheeseburger, w/Triple Meat, plain, avg	1 ea	304.0	796.0	26.7	55.9	51.1	73.0
Cheesecake, Almond Amaretto, Weight Watchers	1 pce	85.0	170.0	23.1	7.1	4.1	28.4
Cheesecake, avg	1 pce	80.0	257.0	20.4	4.4	18.0	27.5
Cheesecake, Brownie, Weight Watchers	1 pce	99.0	200.0	32.9	8.1	5.1	39.0
Cheesecake, Cherry & Cream Cheese Torte, avg	1 pce	161.0	448.0	58.6	7.2	21.6	68.3
Cheesecake, Cherry, no bake mix, Jello	1 oz	28.0	85.0	16.6	1.5	1.5	17.9
Cheesecake, Cherry, prep f/no bake mix, Jello	1 pce	126.0	330.0	51.0	5.0	12.0	57.0
Cheesecake, Choc, avg	1 pce	128.0	502.0	48.5	8.3	32.3	61.6

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Cheesecake, Lemon, fat free, fzn, Krusteaz	1 pce	130.0	229.0	46.8	10.8	0.2	53.3
Cheesecake, Plain, dry mix, General Mills	1 oz	28.0	109.0	19.9	3.9	1.4	22.6
Cheesecake, Plain, prep f/mix, General Mills	1 pce	31.0	71.0	12.1	3.0	1.5	14.3
Cheesecake, Prep f/No Bake Mix, avg	1 pce	99.0	271.0	35.1	5.4	12.6	41.5
Cheesecake, Strawberry, fat free, fzn, Krusteaz	1 pce	130.0	234.0	46.8	10.7	0.2	53.3
Cheesecake, Strawberry, Weight Watchers	1 ea	111.0	180.0	28.0	7.0	5.0	33.5
Cheesecake, Triple Chocolate, Weight Watchers	1 pce	89.0	199.0	31.9	6.1	4.1	36.6
Cheesecake, w/Cherry Topping, avg	1 pce	142.0	408.0	37.6	7.1	26.3	48.4
Cherimoya, Raw, avg	1/2 cup	113.0	106.0	27.1	1.5	0.5	28.1
CHERRIES, CANNED, IN WATER	1/2 CUP	125.0	68.0	17.3	1.1	0.0	18.0
Cherries, Sour, cnd, extra heavy syrup, avg	1/2 cup	131.0	149.0	38.3	0.9	0.1	38.9
Cherries, Sour, cnd, heavy syrup, avg	1/2 cup	128.0	116.0	29.8	0.9	0.1	30.4
Cherries, Sour, cnd, light syrup, avg	1/2 cup	126.0	94.0	24.3	0.9	0.1	24.9
Cherries, Sour, cnd, water, avg	1/2 cup	122.0	44.0	10.9	0.9	0.1	11.5
Cherries, Sour, dried, dehydrated, Basic Veg Prod	1 oz	28.0	98.0	23.8	1.1	0.6	24.6
Cherries, Sour, dried, freeze dried, Mercer Proc	1 oz	28.0	99.0	24.1	1.8	0.7	25.4
Cherries, Sour, fzn, unswtnd, avg	1/2 cup	78.0	36.0	8.6	0.7	0.3	9.1
Cherries, Sour, raw, Basic Vegetable Products	1/2 cup	78.0	39.0	9.5	0.8	0.2	10.0
Cherries, Sweet, cnd, extra heavy syrup, avg	1/2 cup	131.0	134.0	34.3	0.8	0.2	34.8
Cherries, Sweet, cnd, heavy syrup, avg	1/2 cup	127.0	105.0	27.1	0.8	0.2	27.6
Cherries, Sweet, cnd, juice, avg	1/2 cup	125.0	68.0	17.3	1.1	0.0	18.0
Cherries, Sweet, cnd, light syrup, avg	1/2 cup	126.0	84.0	21.8	0.8	0.2	22.3
Cherries, Sweet, cnd, maraschino, avg	1/2 cup	80.0	93.0	23.5	0.2	0.1	23.6
Cherries, Sweet, cnd, water, avg	1/2 cup	124.0	57.0	14.6	0.1	0.2	14.7
Cherries, Sweet, fzn, swtnd, avg	1/2 cup	130.0	116.0	29.1	1.5	0.2	30.1
CHERRIES, SWEET, RAW	10 CHERRIES	68.0	49.0	11.3	0.8	0.7	12.0
Cherries, Sweet, raw, w/o pits, avg	1/2 cup	72.0	52.0	11.1	0.9	0.7	11.8
Cherry Bursts Drink, 6.75 fl oz, Kool-Aid	1 ea	210.0	100.0	25.0	0.0	0.0	25.0
Cherry Drink, sugar free, dry pkt, Kool-Aid	1 ea	10.0	42.0	0.0	0.0	0.0	0.0
Cherry Drink, sugar free, prep f/mix, Kool-Aid	1 cup	237.0	5.0	0.0	0.0	0.0	0.0
Cherry Drink, sugar swtnd, dry pkt, Kool-Aid	1 ea	136.0	480.0	128.0	0.0	0.0	128.0
Cherry Drink, sugar swtnd, prep f/mix, Kool-Aid	1 cup	254.0	60.0	16.0	0.0	0.0	16.0
Chervil, dried, avg	1 tsp	1.0	2.0	0.5	0.2	0.0	0.6
Chervil, fresh, avg	1 Tbs	4.0	2.0	0.5	0.1	0.0	0.6
Chex Mix, avg	1/2 cup	21.0	89.0	13.7	2.3	3.6	16.0
Chex Mix, Bold & Zesty, Ralston Purina	1/2 cup	34.0	160.0	17.0	3.0	7.0	20.6
Chex Mix, Cheese, Ralston Purina	1/2 cup	25.0	106.0	18.2	2.3	3.4	20.4
Chex Mix, Traditional, Ralston Purina	1/2 cup	23.0	100.0	16.9	2.3	2.7	19.0
Chicken & Noodles, w/Cheese Sauce, avg	1 cup	224.0	334.0	30.3	27.1	11.1	49.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Chicken & Noodles, w/Tomato Sauce, avg	1 cup	224.0	287.0	28.9	20.7	9.9	43.8
Chicken & Rice, Teriyaki, prep f/mix, Hamb Help	1/2 cup	122.0	161.0	11.0	20.8	3.3	24.3
Chicken & Rice, w/Cream Sauce, avg	1/2 cup	124.0	185.0	16.2	11.2	8.2	25.0
Chicken & Rice, w/Mushroom Soup, avg	1/2 cup	124.0	217.0	17.2	13.1	10.3	27.6
Chicken & Rice, w/o Sauce, avg	1/2 cup	98.0	154.0	17.5	10.8	3.9	25.0
Chicken & Rice, w/Tomato Sauce, avg	1/2 cup	122.0	123.0	17.5	10.2	1.4	24.0
CHICKEN A LA KING, CAN, SWANSON	5 1/4 OZ	149.0	180.0	9.0	10.0	12.0	18.0
CHICKEN BOULLION CUBE	1 CUBE	5.0	9.0	1.1	0.7	0.2	1.6
CHICKEN BROTH, CANNED	1 CUP	244.0	39.0	0.9	4.9	1.4	4.2
Chicken Dinner, A La King, w/rice, fzn, avg	1 ea	269.0	441.0	41.0	18.7	22.1	57.7
Chicken Dinner, Alfredo, w/broc, fzn, Hlthy Chc	1 ea	343.0	316.0	35.8	26.3	7.4	53.4
Chicken Dinner, Barbecue, fzn, Healthy Choice	1 ea	361.0	290.0	57.0	25.0	5.0	73.3
Chicken Dinner, BBQ, w/beans, vgs&dsrt, fzn, avg	1 ea	333.0	506.0	61.2	27.8	17.6	82.3
Chicken Dinner, Burgundy, lite, fzn, Armour	1 ea	284.0	210.0	20.0	20.0	5.0	33.3
Chicken Dinner, Cacciatore, fzn, Budget Gourmet	1 ea	312.0	300.0	27.0	20.0	13.0	42.3
Chicken Dinner, Cantonese, fzn, Healthy Choice	1 ea	319.0	293.0	35.6	23.0	6.3	51.0
Chicken Dinner, Chow Mein, fzn, Banquet	1 ea	255.0	210.0	28.0	9.0	7.0	35.2
Chicken Dinner, Chow Mein, w/rice, lo cal, fzn,avg	1 ea	319.0	290.0	37.1	19.0	6.3	50.1
Chicken Dinner, Cordon Bleu, w/vegs&rice, fzn, avg	1 ea	312.0	493.0	58.1	32.1	13.7	80.8
Chicken Dinner, Dijon, fzn, Healthy Choice	1 ea	312.0	270.0	33.0	23.0	5.0	48.1
Chicken Dinner, Divan, fzn, avg	1 ea	241.0	352.0	14.5	21.1	22.2	32.7
Chicken Dinner, Dumplings, fzn, Banquet	1 ea	284.0	260.0	35.0	13.0	8.0	44.8
Chicken Dinner, Fettucini, fzn, Armour	1 ea	284.0	230.0	25.0	16.0	8.0	36.6
Chicken Dinner, Fried, dark meat, fzn, Swanson	1 ea	281.0	580.0	54.0	24.0	30.0	75.9
Chicken Dinner, Fried, extra hlpng, fzn, Banquet	1 ea	510.0	790.0	72.0	37.0	39.0	104.0
Chicken Dinner, Fried, fzn, Banquet	1 ea	255.0	470.0	35.0	21.0	27.0	54.4
Chicken Dinner, Fried, w/pot, vgs&dsrt, fzn, avg	1 ea	326.0	590.0	49.4	32.6	29.6	76.4
Chicken Dinner, Fried, w/pot,veg,soup&dsrt,fzn,avg	1 ea	425.0	706.0	69.0	37.6	31.2	99.4
Chicken Dinner, Fried, w/potatoes, fzn, avg	1 ea	227.0	470.0	31.4	24.8	27.0	53.0
Chicken Dinner, Fried, white meat, fzn, Swanson	1 ea	294.0	630.0	62.0	26.0	31.0	85.4
Chicken Dinner, Fried,w/pot,vg,crnbrd&dsrt,fzn,avg	1 ea	425.0	672.0	80.8	26.8	28.3	104.0
Chicken Dinner, Frozen, Hungry Man	1 ea	489.0	630.0	80.0	26.0	22.0	101.1
Chicken Dinner, Glazed, fzn, Armour	1 ea	305.0	280.0	20.0	19.0	14.0	34.9
Chicken Dinner, Herb, fzn, Healthy Choice	1 ea	326.0	294.0	41.7	17.1	5.7	53.4
Chicken Dinner, Kiev, w/rice&vegs, fzn, avg	1 ea	227.0	504.0	30.9	25.9	30.3	54.0
Chicken Dinner, Light Herb, Long John Silvers	1 ea	100.0	120.0		22.0	4.0	14.2
Chicken Dinner, Long John Silvers	1 ea	452.0	590.0	82.0	32.0	15.0	105.0
Chicken Dinner, Mesquite Barbecue, fzn, Hlthy Chc	1 ea	298.0	310.0	48.0	18.0	5.0	60.1
Chicken Dinner, Mesquite, fzn, Armour	1 ea	270.0	280.0	39.0	21.0	13.0	54.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Chicken Dinner, Nuggets, fzn, Banquet	1 ea	191.0	410.0	38.0	18.0	21.0	54.1
Chicken Dinner, Nuggets, fzn, Morton	1 ea	198.0	320.0	30.0	13.0	17.0	42.1
Chicken Dinner, Orange, w/rice, low cal, fzn, avg	1 ea	227.0	302.0	36.7	25.7	4.9	53.3
Chicken Dinner, Oriental, fried,w/rice&veg,fzn,avg	1 ea	276.0	397.0	37.1	30.1	13.2	58.5
Chicken Dinner, Oriental,w/rice&veg,lo cal,fzn,avg	1 ea	255.0	482.0	58.5	32.3	14.3	81.5
Chicken Dinner, Parmigiana, fzn, Banquet	1 ea	269.0	290.0	27.0	14.0	15.0	39.2
Chicken Dinner, Parmigiana, fzn, Healthy Choice	1 ea	326.0	330.0	46.0	19.0	8.0	59.4
Chicken Dinner, Parmigiana, w/vegs,low cal,fzn,avg	1 ea	226.0	301.0	14.1	22.7	16.8	31.9
Chicken Dinner, Parmigiana, xtr hlpng, fzn, Bnqt	1 ea	539.0	650.0	64.0	24.0	33.0	86.7
Chicken Dinner, Patty, fzn, Hungry Man	1 ea	482.0	700.0	87.0	36.0	23.0	114.4
Chicken Dinner, Patty, fzn, Morton	1 ea	191.0	280.0	24.0	11.0	15.0	34.4
Chicken Dinner, Patty, w/pot&vegs, fzn, avg	1 ea	213.0	447.0	46.8	26.7	17.1	67.1
Chicken Dinner, Patty, w/tom sc.fettcn&veg,fzn,avg	1 ea	326.0	394.0	27.7	30.7	17.1	50.4
Chicken Dinner, Patty, w/vegs, low cal, fzn, avg	1 ea	184.0	256.0	9.7	21.1	14.4	26.0
Chicken Dinner, Picante, fzn, Healthy Choice	1 ea	319.0	220.0	31.0	19.0	2.0	42.9
Chicken Dinner, Plank, 2 pc, Long John Silvers	1 ea	197.0	490.0	50.0	19.0	26.0	67.9
Chicken Dinner, Plank, 3pc, Long John Silvers	1 ea	399.0	890.0	101.0	32.0	44.0	131.2
Chicken Dinner, Plank, Kid's Meal, Lng Jhn Slvrs	1 ea	221.0	560.0	60.0	21.0	29.0	79.9
Chicken Dinner, Sweet & Sour, fzn, Healthy Choice	1 ea	326.0	376.0	55.4	20.9	7.3	69.8
Chicken Dinner, Teriyaki, fzn, Healthy Choice	1 ea	347.0	300.0	41.2	18.9	6.7	54.2
Chicken Dinner, Teriyaki, w/rice & vega, fzn, avg	1 ea	284.0	364.0	34.2	23.9	14.1	52.1
Chicken Dinner, w/Noodles&Brocc, fzn, Bdgt Grmt	1 ea	248.0	450.0	31.0	23.0	26.0	51.3
Chicken Dinner, w/Noodles, fzn, Banquet	1 ea	227.0	210.0	24.0	10.0	9.0	32.3
Chicken Dinner, w/Noodles, grv, veg&dsrt, fzn, avg	1 ea	298.0	316.0	40.2	15.2	10.4	51.9
Chicken Dinner, w/Noodles, vega&dsrt, fzn, avg	1 ea	291.0	393.0	50.1	16.8	14.0	63.7
Chicken Dinner, w/Potatoes, vega&dsrt, fzn, avg	1 ea	539.0	744.0	61.4	45.5	35.1	97.5
Chicken Dinner, w/Rice&Vegetables, avg	1 ea	284.0	312.0	40.1	18.1	8.3	53.0
Chicken Dinner, w/Rice&Vega, low cal, fzn, avg	1 ea	241.0	272.0	24.9	25.1	7.9	41.9
Chicken Dinner, w/Wine&Mushrooms, fzn, Amour	1 ea	284.0	260.0	20.0	20.0	11.0	34.8
Chicken Dinner, White Meat, fzn, Banquet	1 ea	248.0	470.0	33.0	22.0	28.0	53.2
Chicken Lunch, Alfredo, Lunch Express	1 ea	273.0	360.0	34.0	18.0	17.0	49.1
Chicken Lunch, Chicken Stir Fry, Lunch Express	1 ea	255.0	280.0	39.0	11.0	9.0	47.9
Chicken Lunch, Chow Mein, w/rice, Lunch Express	1 ea	301.0	260.0	43.0	13.0	4.0	51.8
Chicken Lunch, Fettucini, Lunch Express	1 ea	291.0	250.0	32.0	16.0	6.0	43.1
Chicken Lunch, Mandarin, Lunch Express	1 ea	276.0	270.0	41.0	12.0	6.0	49.7
Chicken Lunch, Marinara, Lunch Express	1 ea	259.0	270.0	38.0	15.0	6.0	48.5
Chicken Lunch, Oriental, Lunch Express	1 ea	276.0	320.0	45.0	14.0	9.0	55.7
Chicken Lunch, Teriyaki, Lunch Express	1 ea	255.0	260.0	39.0	15.0	5.0	49.3
Chicken Lunch, w/Rice, Mexican style, Lunch Express	1 ea	255.0	270.0	39.0	10.0	8.0	47.0

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Chicken Lunch, w/Turkey, Lunchable	1 ea	145.0	380.0	24.0	22.0	22.0	42.7
Chicken Lunch, w/Vegs&Rice, Lunch Express	1 ea	280.0	340.0	45.0	15.0	11.0	56.8
Chicken Lunchmeat, Honey Glazed, thin, avg	2 pce	26.0	28.0	1.2	5.2	0.4	4.4
Chicken Lunchmeat, Roasted, fat free,Oscar Mayer	2 pce	26.0	22.0	0.5	4.8	0.2	3.4
Chicken Lunchmeat, Roasted, Oscar Mayer	2 pce	26.0	20.0	0.5	4.5	0.0	3.2
Chicken Lunchmeat, Roll, light meat, avg	1 pce	28.0	45.0	0.7	5.5	2.1	4.5
Chicken Lunchmeat, Smoked, Louis Rich	1 pce	28.0	30.0	1.0	5.0	1.0	4.3
CHICKEN 'N DUMPLINGS, CAN, SWAN	7 1/2 OZ	213.0	220.0	18.0	11.0	12.0	27.6
CHICKEN 'N DUMPLINGS, FRZN	7 1/2 OZ	227.0	302.0	32.1	19.8	10.5	46.6
CHICKEN PIE, FRZN, BANQUET	8 OZ	227.0	427.0	39.0	15.4	23.2	54.0
Chicken, A L' Orange, fzn, Lean Cuisine	1 ea	255.0	260.0	40.0	19.0	2.5	52.0
Chicken, A La King, avg	1 cup	245.0	468.0	12.3	27.4	34.3	37.3
Chicken, A La King, fzn, Stouffers	1 ea	269.0	320.0	43.0	15.0	10.0	54.5
Chicken, A La King, fzn, Swanson	1 cup	245.0	320.0	17.0	15.0	22.0	31.5
Chicken, Almond, avg	1 cup	242.0	276.0	18.4	19.7	13.1	33.5
Chicken, Au Gratin, fzn, Slim Select	1 ea	258.0	260.0	21.0	20.0	11.0	35.8
Chicken, Au Gratin, w/vegetables, fzn, avg	1 ea	258.0	317.0	19.1	29.5	13.2	40.1
Chicken, Average, batter fried	3 oz	85.0	246.0	8.0	19.1	14.8	23.2
Chicken, Average, flour fried	6 oz	85.0	229.0	2.7	24.3	12.7	20.5
Chicken, Average, fried, w/o skin	3 oz	85.0	186.0	1.4	26.0	7.8	19.0
Chicken, Average, raw	4 oz	113.0	243.0	0.0	21.0	17.1	16.9
Chicken, Average, raw, w/o skin	4 oz	113.0	134.0	0.0	24.2	3.5	15.4
Chicken, Average, rstd	3 oz	85.0	203.0	0.0	23.2	11.6	16.8
Chicken, Average, stewed	3 oz	85.0	186.0	0.0	20.1	10.7	14.7
Chicken, Back, batter fried	1 ea	240.0	794.0	24.7	52.8	52.6	69.5
Chicken, Back, flour fried	1 ea	144.0	477.0	9.4	40.0	29.8	40.8
Chicken, Back, raw	1 ea	198.0	632.0	0.0	27.9	56.8	30.9
Chicken, Back, raw, w/o skin	1 ea	102.0	140.0	0.0	19.1	6.0	13.0
Chicken, Back, rstd	1 ea	106.0	318.0	0.0	27.6	22.3	22.1
Chicken, Back, rstd, w/o skin	1 ea	80.0	191.0	0.0	22.6	10.6	16.2
Chicken, Baked f/Frozen, Lean Cuisine	1 ea	227.0	240.0	31.0	18.0	5.0	43.1
Chicken, Baked f/Frozen, Stouffers	1 ea	252.0	270.0	19.0	22.0	12.0	35.2
Chicken, BBQ, fzn, Banquet	1 ea	255.0	320.0	36.0	18.0	12.0	49.8
Chicken, BBQ, fzn, Orval Kent	1 cup	210.0	360.0	28.5	31.5	13.5	50.8
Chicken, BBQ, fzn, Weight Watchers	1 ea	210.0	190.0	22.0	18.0	3.5	33.7
Chicken, Breaded, Wendy's	1 ea	208.0	440.0	44.0	28.0	18.0	65.3
Chicken, Breast, batter fried	1 ea	280.0	728.0	25.2	69.4	36.1	75.9
Chicken, Breast, Center, Hot&Spicy, Kent Frd Chick	1 ea	125.0	360.0	13.0	28.0	22.0	35.3
Chicken, Breast, Center, Orig, Kent Frd Chick	1 ea	103.0	260.0	8.8	25.0	14.0	27.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Chicken, Breast, Crispy, Kentucky Fried Chicken	1 ea	118.0	330.0	14.0	26.0	19.7	34.5
Chicken, Breast, flour fried	1 ea	196.0	435.0	3.2	62.3	17.4	44.9
Chicken, Breast, Hardees	1 ea	148.0	370.0	29.0	29.0	15.0	50.2
Chicken, Breast, raw	1 ea	290.0	499.0	0.0	60.6	26.8	43.1
Chicken, Breast, raw, w/o skin	1 ea	236.0	260.0	0.0	54.5	2.9	33.4
Chicken, Breast, rstd	1 ea	196.0	386.0	0.0	58.4	15.2	38.8
Chicken, Breast, rstd, w/o skin	1 ea	172.0	284.0	0.0	53.3	6.1	33.5
Chicken, Breast, Side, Crispy, Kent Frd Chick	1 ea	116.0	400.0	19.0	21.0	27.0	38.4
Chicken, Breast, Side, Hot & Spicy, Kent Frd Chick	1 ea	120.0	400.0	16.0	22.0	28.0	36.2
Chicken, Breast, Side, Orig, Kent Frd Chick	1 ea	83.0	245.0	9.0	18.0	15.0	23.6
Chicken, Breast, w/bbq sauce, avg	1 ea	123.0	235.0	2.8	28.5	11.4	22.7
Chicken, Breast, w/gravy, avg	1 ea	129.0	172.0	3.6	19.5	8.4	17.4
Chicken, Breast, w/mushroom soup sauce, avg	1 ea	129.0	188.0	4.2	21.1	9.2	19.2
CHICKEN, BREAST, W/O SKIN, STEWED	1 PIECE	100.0	192.0	0.0	26.0	9.0	17.9
Chicken, Cacciatore, avg	1 cup	244.0	459.0	12.8	41.9	25.7	44.4
Chicken, Cacciatore, fzn, Healthy Choice	1 ea	354.0	270.0	36.0	22.0	4.0	50.2
Chicken, Cacciatore, w/noodles, fzn, avg	1 ea	308.0	290.0	29.4	21.6	9.7	44.8
Chicken, Canned, prem chunk, in water, Swanson	3 oz	85.0	104.0	1.5	16.4	2.1	11.9
Chicken, Canned, prem chunk,in water,white,Swanson	3 oz	85.0	89.0	1.5	16.4	1.5	11.7
Chicken, Canned, w/broth, avg	3 oz	82.0	135.0	0.0	17.9	6.5	12.4
Chicken, Canned, w/skin & broth, Bryan Foods	3 oz	85.0	247.0	0.0	15.3	11.9	12.2
Chicken, Chunks, fzn, Banquet	1 ea	88.0	270.0	18.0	12.0	17.0	29.5
Chicken, Chunky Snackers, fzn, Red Devil	1 cup	220.0	675.0	50.0	32.5	40.0	79.5
Chicken, Club, Wendy's	1 ea	216.0	470.0	44.0	31.0	20.0	67.6
Chicken, Cordon Bleu, fzn, Weight Watchers	1 ea	255.0	220.0	27.0	17.0	6.0	38.7
Chicken, Cordon Bleu, svg, avg	1 ea	229.0	483.0	8.6	45.1	28.1	42.7
Chicken, Creamed, fzn, Stouffers	1 ea	184.0	280.0	8.0	17.0	20.0	23.2
Chicken, Croquettes, fzn, Tyson	3 oz	85.0	247.0	17.9	9.6	15.3	27.5
Chicken, Dark Meat, batter fried	3 oz	85.0	253.0	7.1	18.6	15.8	22.2
Chicken, Dark Meat, raw	4 oz	113.0	268.0	0.0	18.9	20.7	16.5
Chicken, Dark Meat, raw, w/o skin	4 oz	113.0	141.0	0.0	22.7	4.9	14.8
Chicken, Dark Meat, rstd	3 oz	85.0	215.0	0.0	22.1	13.4	16.6
Chicken, Dark Meat, stewed	3 oz	85.0	198.0	0.0	19.1	12.5	14.6
Chicken, Dark Meat, stewed w/o skin	3 oz	85.0	163.0	0.0	22.1	7.6	15.2
Chicken, Divan, avg	3 oz	85.0	114.0	3.0	14.4	4.8	12.8
Chicken, Divan, fzn, Stouffers	1 ea	227.0	210.0	10.0	21.0	10.0	25.1
Chicken, Drumstick, batter fried	1 ea	72.0	193.0	5.1	15.8	11.4	17.4
Chicken, Drumstick, flour fried	1 ea	49.0	120.0	0.8	13.2	6.7	10.4
Chicken, Drumstick, Hot&Spicy, Kent Frd Chick	1 ea	63.0	180.0	6.0	14.0	12.0	17.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Chicken, Drumstick, raw	1 ea	73.0	118.0	0.0	14.1	6.3	10.0
Chicken, Drumstick, raw, w/o skin	1 ea	62.0	74.0	0.0	12.8	2.1	8.2
Chicken, Drumstick, rstd	1 ea	52.0	112.0	0.0	14.0	5.8	9.9
Chicken, Drumstick, rstd, w/o skin	1 ea	44.0	76.0	0.0	12.5	2.5	8.1
Chicken, Fajitas, fzn, Healthy Choice	1 ea	198.0	260.0	36.0	21.0	4.0	49.6
Chicken, Fettucini, fzn, Budget Gourmet	1 ea	284.0	400.0	29.0	23.0	21.0	48.1
Chicken, Fiesta, fzn, Lean Cuisine	1 ea	241.0	240.0	31.0	18.0	5.0	43.1
Chicken, Francesca, fzn, Healthy Choice	1 ea	354.0	330.0	46.0	23.0	6.0	61.3
Chicken, French Recipe, fzn, Budget Gourmet	1 ea	284.0	260.0	21.0	21.0	10.0	36.1
Chicken, Fricassee, avg	1 cup	244.0	317.0	8.4	28.1	18.1	29.8
Chicken, Fried, Country, fzn, Banquet	1 ea	101.0	269.0	12.1	13.1	17.1	24.2
CHICKEN, FRIED, FRZN, BANQUET	8 OZ	227.0	650.0	29.3	44.8	38.9	65.9
Chicken, Fried, Homestyle, fzn, Stouffers	1 ea	202.0	330.0	29.0	18.0	16.0	43.8
Chicken, Fried, Honey BBQ, skinless, fzn, Banquet	1 pce	90.0	211.0	7.0	18.1	13.1	21.1
Chicken, Fried, Original, fzn, Banquet	1 ea	101.0	269.0	12.1	13.1	17.1	24.2
Chicken, Fried, Skinless, w/bone, fzn, Banquet	1 ea	90.0	210.0	7.0	18.0	13.0	21.1
Chicken, Fried, Southern, fzn, Weight Watchers	1 ea	227.0	280.0	25.0	19.0	11.0	39.2
Chicken, Fried, w/gravy, fzn, Marie Calendar	1 ea	454.0	611.0	67.1	25.0	27.0	88.8
Chicken, GIBLETS, ckd	3 oz	85.0	133.0	0.8	22.0	4.1	15.0
Chicken, GIBLETS, raw	4 oz	113.0	140.0	2.0	20.2	5.1	15.4
Chicken, Gizzards, ckd	3 oz	85.0	130.0	0.1	23.1	3.1	14.7
Chicken, Gizzards, raw	4 oz	113.0	133.0	0.7	20.6	4.7	14.2
Chicken, Glazed, fzn, Healthy Choice	1 ea	241.0	230.0	30.0	17.0	4.0	41.2
Chicken, Glazed, fzn, Lean Cuisine	1 ea	241.0	240.0	24.0	22.0	6.0	38.7
Chicken, Grilled, Wendy's	1 ea	189.0	310.0	35.0	27.0	8.0	53.2
Chicken, Heart, ckd	3 oz	85.0	157.0	0.1	22.4	6.7	15.2
Chicken, Heart, raw	4 oz	113.0	173.0	0.8	17.6	10.5	14.0
Chicken, Honey Mustard, fzn, Healthy Choice	1 ea	269.0	270.0	38.0	21.0	4.0	51.6
Chicken, Honey Mustard, fzn, Lean Cuisine	1 ea	213.0	250.0	32.0	20.0	4.5	45.1
Chicken, Honey Mustard, fzn, Weight Watchers	1 ea	241.0	200.0	33.0	13.0	2.0	41.3
Chicken, Hot Popcorn, fzn, Banquet	1 ea	85.0	290.0	17.1	10.1	18.1	27.7
Chicken, Imperial, fzn, Chung King	1 ea	369.0	460.0	59.0	17.0	10.0	71.7
Chicken, Italiano, fzn, Lean Cuisine	1 ea	255.0	270.0	31.0	22.0	6.0	45.7
Chicken, Kiev, svg, avg	1 ea	258.0	640.0	10.0	72.9	32.4	61.8
Chicken, Leg, batter fried	1 ea	158.0	431.0	13.8	34.4	25.6	40.8
Chicken, Leg, Crispy, Kentucky Fried Chicken	1 ea	65.0	190.0	6.1	13.6	12.0	17.3
Chicken, Leg, flour fried	1 ea	112.0	284.0	2.8	30.0	16.1	24.8
Chicken, Leg, Hardees	1 ea	69.0	170.0	15.0	13.0	7.0	24.6
Chicken, Leg, Orig, Kentucky Fried Chicken	1 ea	57.0	152.0	3.0	14.0	8.5	13.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Chicken, Leg, raw	1 ea	167.0	312.0	0.0	30.4	20.2	23.3
Chicken, Leg, raw, w/o skin	1 ea	130.0	156.0	0.0	26.1	4.1	16.7
Chicken, Leg, rstd	1 ea	114.0	264.0	0.0	29.6	15.4	21.6
Chicken, Leg, rstd, w/o skin	1 ea	95.0	181.0	0.0	25.7	8.0	17.4
CHICKEN, LEG, W/O SKIN, STEWED	1 PIECE	44.0	76.0	0.0	12.5	2.5	8.1
Chicken, Lemon Herb Piccata, fzn, Weight Watchers	1 ea	241.0	190.0	32.0	11.0	2.0	39.1
Chicken, Light Meat, batter fried	3 oz	85.0	235.0	8.1	20.1	13.1	23.4
Chicken, Light Meat, flour fried	3 oz	85.0	209.0	1.5	25.9	10.3	19.6
Chicken, Light Meat, raw	4 oz	113.0	210.0	0.0	22.9	12.5	16.9
Chicken, Light Meat, raw, w/o skin	4 oz	113.0	129.0	0.0	26.2	1.9	16.2
Chicken, Light Meat, rstd	3 oz	85.0	189.0	0.0	24.7	9.3	17.1
Chicken, Light Meat, rstd w/o skin	3 oz	85.0	147.0	0.0	26.3	3.8	16.7
Chicken, Light Meat, stewed	3 oz	85.0	171.0	0.0	22.2	8.5	15.4
Chicken, Liver, ckd	3 oz	85.0	133.0	0.7	20.7	4.6	14.3
Chicken, Liver, raw	4 oz	113.0	141.0	3.9	20.3	4.4	17.2
Chicken, Mandarin, fzn, Healthy Choice	1 ea	284.0	280.0	44.0	20.0	2.5	56.6
Chicken, Mandarin, fzn, Slim Select	1 ea	284.0	290.0	40.0	19.0	6.0	52.9
Chicken, Marsala, fzn, Lean Cuisine	1 ea	230.0	180.0	13.0	22.0	4.0	27.2
Chicken, Marsala, fzn, Weight Watchers	1 ea	255.0	150.0	21.1	9.1	1.1	26.8
Chicken, McNuggets, svg, Mc Donalds	4 pce	73.0	198.0	10.4	12.4	11.8	20.8
Chicken, Mirabella, fzn, Weight Watchers	1 ea	261.0	170.0	26.0	11.0	2.0	33.1
Chicken, Monterey, fzn, Stouffers	1 ea	266.0	410.0	35.0	23.0	20.0	53.8
Chicken, Neck, batter fried	1 ea	52.0	172.0	4.5	10.3	12.2	13.7
Chicken, Neck, flour fried	1 ea	36.0	120.0	1.5	8.6	8.5	8.8
Chicken, Neck, raw	1 ea	50.0	148.0	0.0	7.1	13.1	7.5
Chicken, Neck, raw, w/o skin	1 ea	20.0	31.0	0.0	3.5	1.8	2.5
Chicken, Neck, simmered	1 ea	38.0	94.0	0.0	7.4	6.9	6.2
Chicken, Neck, simmered, w/o skin	1 ea	18.0	32.0	0.0	4.4	1.5	3.0
Chicken, Nuggets, 6 pc/svg, Kentucky Fried Chicken	1 ea	95.0	284.0	15.0	16.0	18.0	29.1
Chicken, Nuggets, fzn, Banquet	1 ea	94.0	280.0	16.0	14.0	18.0	28.9
Chicken, Nuggets, sweet & sour, fzn, Banquet	8 pce	79.0	201.0	15.7	10.0	11.3	24.5
Chicken, Nuggets, Wendy's	5 pce	75.0	210.0	7.0	14.0	14.0	18.9
Chicken, Parmesan, fzn, Banquet	1 ea	132.0	240.0	18.0	11.0	13.0	27.9
Chicken, Parmesan, fzn, Lean Cuisine	1 ea	308.0	220.0	22.0	22.0	5.0	36.5
Chicken, Parmigiana, avg	1 pce	182.0	317.0	15.1	28.5	15.6	36.1
Chicken, Parmigiana, fzn, Stouffers	1 ea	308.0	320.0	30.0	27.0	10.0	48.7
Chicken, Parmigiana, fzn, Weight Watchers	1 ea	258.0	230.0	25.0	19.0	6.0	37.9
Chicken, Pate, w/vegetables, low cal, svg, avg	1 ea	85.0	128.0	0.2	24.2	2.6	15.4
Chicken, Pieces, breaded, fried w/bbq sauce, avg	6 pce	130.0	330.0	25.1	17.2	17.9	39.9

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Chicken, Pieces, breaded, fried w/honey, avg	6 pce	115.0	329.0	26.9	16.8	17.6	41.4
Chicken, Pieces, breaded, fried w/mustard sce, avg	6 pce	130.0	322.0	20.8	17.4	18.1	35.8
Chicken, Pieces, breaded, fried w/swt&sr sce, avg	6 pce	130.0	346.0	28.1	16.9	17.9	42.7
Chicken, Pieces, breaded, fried, avg	1 pce	17.0	46.0	2.4	2.9	2.8	4.8
Chicken, Primavera, fzn, Banquet	1 ea	298.0	330.0	40.0	13.0	13.0	51.1
Chicken, Primavera, fzn, Marie Calendar	1 cup	184.0	309.0	21.1	11.1	18.1	32.3
Chicken, Skin, batter fried	3 oz	85.0	335.0	19.7	8.8	24.5	31.1
Chicken, Skin, flour fried	3 oz	85.0	427.0	7.9	16.2	36.2	26.7
Chicken, Skin, raw	4 oz	113.0	394.0	0.0	15.0	36.6	18.1
Chicken, Skin, rstd	3 oz	85.0	386.0	0.0	17.3	34.6	19.0
Chicken, Southern Fried Nuggets, fzn, Banquet	4 pce	85.0	226.0	14.6	10.6	13.3	24.3
Chicken, Stew, fzn, Swanson	1 cup	245.0	180.0	17.0	11.0	8.0	25.6
Chicken, Strips, 6 pcs/svg, Jack In The Box	1 ea	177.0	450.0	28.0	39.0	20.0	56.4
Chicken, Substitute, Supreme, dry, Loma Linda	1 oz	28.0	96.0	6.1	15.9	0.9	15.9
Chicken, Sweet & Sour, fzn, Armour	1 ea	312.0	220.0	38.0	16.0	1.0	47.9
Chicken, Sweet & Sour, fzn, Lean Cuisine	1 ea	294.0	260.0	43.0	17.0	2.5	53.8
Chicken, Sweet & Sour, w/rice, fzn, Budget Gourmet	1 ea	284.0	350.0	53.0	18.0	7.0	65.6
Chicken, Taquitos, 8 pcs/svg, Jack In The Box	1 ea	218.0	560.0	54.0	30.0	25.0	78.3
Chicken, Tenders, svg, Burger King	1 ea	88.0	230.0	14.0	16.0	12.0	26.6
Chicken, Teriaki, fzn, La Choy	1 cup	244.0	110.0	14.8	7.3	3.0	19.9
Chicken, Teriyaki, breast, avg	1 ea	128.0	175.0	6.9	26.4	3.6	23.6
Chicken, Teriyaki, drumstick, avg	1 ea	68.0	93.0	3.6	14.0	1.9	12.5
Chicken, Tex-Mex, fzn, Weight Watchers	1 ea	235.0	260.0	35.0	21.0	4.0	48.6
Chicken, Thigh, batter fried	1 ea	86.0	238.0	7.8	18.6	14.2	22.5
Chicken, Thigh, Crispy, Kentucky Fried Chicken	1 ea	109.0	380.0	7.0	23.0	29.8	28.2
Chicken, Thigh, flour fried	1 ea	62.0	162.0	1.1	16.6	9.3	13.4
Chicken, Thigh, Hardees	1 ea	121.0	330.0	30.0	19.0	15.0	45.2
Chicken, Thigh, Hot&Spicy, Kentucky Fried Chicken	1 ea	119.0	370.0	10.0	24.0	27.0	31.2
Chicken, Thigh, Original, Kentucky Fried Chicken	1 ea	95.0	287.0	8.0	17.9	21.0	24.0
Chicken, Thigh, raw	1 ea	94.0	198.0	0.0	16.3	14.4	13.4
Chicken, Thigh, raw, w/o skin	1 ea	69.0	82.0	0.0	13.6	2.7	8.8
Chicken, Thigh, rstd	1 ea	62.0	153.0	0.0	15.6	9.6	11.8
Chicken, Thigh, rstd, w/o skin	1 ea	52.0	109.0	0.0	13.5	5.7	9.5
CHICKEN, THIGH, W/O SKIN, STEWED	1 PIECE	52.0	109.0	0.0	13.5	5.7	9.5
Chicken, w/BBQ Sauce, Chef Mate	1 cup	254.0	200.0	22.0	18.0	6.0	34.3
Chicken, w/Cheese Sauce, avg	1 cup	241.0	362.0	10.0	41.8	16.3	39.2
Chicken, w/Dumplings, avg	1 cup	244.0	373.0	19.6	26.9	20.0	40.7
Chicken, w/Dumplings, fzn, Banquet	1 cup	211.0	310.0	32.0	13.0	15.0	43.6
Chicken, w/Dumplings, Swanson	1 cup	247.0	260.0	22.0	11.0	14.0	32.1

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Chicken, w/Honey BBQ Sauce, fzn, Lean Cuisine	1 ea	248.0	250.0	35.0	18.0	4.5	46.9
Chicken, w/Mashed Potatoes, fzn, Marie Calendar	1 ea	397.0	670.0	32.0	43.0	42.0	68.3
Chicken, w/Noodles, avg	1 cup	240.0	367.0	25.7	22.3	18.5	43.7
Chicken, w/Noodles, fzn, La Choy	100 g	100.0	96.0	18.6	2.7	1.2	20.5
Chicken, w/Noodles, fzn, Marie Calendar	1 cup	162.0	270.0	22.0	10.0	16.0	32.0
Chicken, w/Noodles, vegetables, fzn, avg	1 ea	361.0	285.0	30.2	25.9	6.1	47.3
Chicken, w/Noodles, vgs & cream sce, fzn, avg	1 ea	284.0	349.0	29.6	25.1	14.4	48.3
CHICKEN, W/O SKIN, FRIED, FLOURED	3.5 OZ	100.0	219.0	1.7	30.6	9.1	22.3
Chicken, w/Peanut Sauce, fzn, Lean Cuisine	1 ea	255.0	280.0	33.0	23.0	6.0	48.3
CHICKEN, W/SKIN, FRIED, BATTERED	3.5 OZ	100.0	289.0	9.4	22.5	17.4	27.3
CHICKEN, W/SKIN, FRIED, FLOURED	3.5 OZ	100.0	269.0	3.2	28.6	14.9	24.1
Chicken, w/Stuffing, avg	1 cup	200.0	270.0	18.0	35.1	5.5	40.4
Chicken, w/Vegetables&Cream Sce, low cal, fzn, avg	1 ea	255.0	245.0	15.1	26.9	8.1	33.3
Chicken, w/Walnuts, fzn, Chun King	1 ea	369.0	460.0	56.0	19.0	19.0	72.2
CHICKEN, WHITE MEAT, CANNED	1/2 CAN (2.5 OZ)	71.0	117.0	0.0	15.5	5.6	10.7
Chicken, Wing, batter fried	1 ea	49.0	159.0	5.3	9.8	10.7	13.9
Chicken, Wing, Crispy, Kentucky Fried Chicken	1 ea	59.0	240.0	8.0	13.0	17.0	20.1
Chicken, Wing, flour fried	1 ea	32.0	103.0	0.8	8.4	7.1	7.6
Chicken, Wing, Hardees	1 ea	66.0	200.0	23.0	10.0	8.0	31.0
Chicken, Wing, hot & spicy, avg	1 ea	61.0	220.0	5.0	14.0	16.0	17.4
Chicken, Wing, hot, avg	1 ea	135.0	471.0	18.0	27.0	33.0	42.5
Chicken, Wing, Original, Kentucky Fried Chicken	1 ea	53.0	172.0	5.0	12.2	11.7	15.2
Chicken, Wing, raw	1 ea	49.0	109.0	0.0	8.1	7.8	6.8
Chicken, Wing, raw, w/o skin	1 ea	29.0	37.0	0.0	6.4	1.0	4.1
Chicken, Wing, rstd	1 ea	34.0	99.0	0.0	9.1	6.6	7.1
Chicken, Wing, rstd, w/o skin	1 ea	21.0	43.0	0.0	6.4	1.7	4.3
CHICKEN, WING, W/SKIN, STEWED	1 WING	40.0	100.0	0.0	9.1	6.7	7.1
Chicken, Wings, BBQ, fzn, Banquet	4 pce	113.0	189.0	4.1	14.9	11.1	15.8
Chicken, Wings, Buffalo, w/hot pepper sce, fzn, avg	7 pce	112.0	343.0	0.2	29.1	24.3	23.7
Chicken, Wings, Hot & Spicy, fzn, Banquet	4 pce	113.0	229.0	4.1	14.9	15.9	17.0
CHICK-FIL-A CHARGRILLED CHICKEN CLUB SANDWICH			390.0	38.0	33.0	12.0	60.8
CHICK-FIL-A CHARGRILLED CHICKEN GARDEN SALAD			170.0	10.0	26.0	3.0	26.4
CHICK-FIL-A CHARGRILLED CHICKEN SANDWICH			280.0	36.0	27.0	3.0	53.0
CHICK-FIL-A CHICKEN DELUX SANDWICH			300.0	31.0	25.0	9.0	48.3
CHICK-FIL-A CHICKEN SANDWICH			290.0	29.0	24.0	9.0	45.7
CHICK-FIL-A CHICK-N-Q SANDWICH			370.0	36.0	25.0	13.0	54.3
CHICK-FIL-A CHICK-N-STRIPS	4 PIECE		230.0	10.0	29.0	8.0	29.4
CHICK-FIL-A CHICK-N-STRIPS SALAD			290.0	21.0	32.0	9.0	42.5
CHICK-FIL-A NUGGETS	8 PIECE		290.0	12.0	28.0	14.0	32.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
CHICK-FIL-A WAFFLE FRIES	SMALL		290.0	49.0	1.0	10.0	52.1
Chicory, Greens, raw, chpd, avg	1/2 cup	90.0	21.0	4.2	1.5	0.3	5.2
Chicory, Root, raw pces, avg	1/2 cup	45.0	33.0	7.9	0.6	0.1	8.3
Chili Dog, avg	1 ea	125.0	234.0	10.7	9.7	17.5	20.9
Chili Pepper, dried, Amer Spc&Trd Assoc	1 tsp	2.0	6.0	1.1	0.3	0.2	1.3
Chili Pepper, dried, Foren Spice Company	1 tsp	2.0	8.0	1.2	0.3	0.3	1.5
Chili Pepper, dried, red, Foran Spice Co	1 tsp	3.0	13.0	1.7	0.4	0.4	2.0
Chili Powder, avg	1 tsp	2.0	6.0	1.1	0.2	0.3	1.3
Chili Relleno, avg	1 ea	143.0	425.0	6.8	22.8	34.6	29.1
Chili Seasoning, dry mix, Old El Paso	1/4 oz	7.0	22.0	3.5	0.4	0.4	3.8
Chili Seasoning, Lawry's	1 tsp	3.0	10.0	1.8	0.4	0.1	2.1
CHILI W/BEANS, CAN, BOUNTY	7 3/4 OZ	217.0	305.0	27.0	17.0	15.0	41.0
Chili, Con Carne, w/beef, avg	1 cup	254.0	351.0	21.1	25.1	18.8	40.9
Chili, Con Carne, w/beef, beans & macaroni, avg	1 cup	253.0	334.0	37.2	20.6	11.7	52.5
Chili, Con Carne, w/beef, beans & rice, avg	1 cup	250.0	298.0	46.1	11.2	8.4	54.9
Chili, Con Carne, w/chicken & beans, avg	1 cup	254.0	216.0	26.5	17.1	5.3	38.1
Chili, Con Carne, w/pork & beans, avg	1 cup	254.0	274.0	27.1	23.6	8.3	43.3
Chili, Con Carne, w/venison & beans, avg	1 cup	254.0	251.0	27.2	25.5	4.8	43.7
Chili, Texas Style, w/2 crackers, Taco Johns	1 ea	262.0	297.0	26.6	22.6	14.3	43.7
Chili, Veg, Mild, black beans, fat free, Hlth Vlly	1/2 cup	120.0	80.0	15.0	7.0	0.0	19.2
Chili, Veg, Mild, w/3 beans, fat free, Hlth Vlly	1/2 cup	120.0	120.0	15.0	7.0	0.0	19.2
Chili, Veg, Spcy, black beans, fat free, Hlth Vlly	1/2 cup	120.0	120.0	15.0	7.0	0.0	19.2
Chili, w/Beans, cnd, avg	1 cup	256.0	287.0	30.5	14.6	14.1	42.8
Chili, w/Beans, cnd, Libbys	1 cup	255.0	421.0	28.1	15.1	28.1	44.2
Chili, w/Beef&Beans, prep f/dry mix, Basic Amer	1 cup	240.0	303.0	33.0	20.0	10.2	47.5
Chili, w/Kidney Beans, dry mix, Basic American	1 oz	28.0	106.0	19.6	4.6	0.1	22.4
Chili, w/Kidney Beans, prep f/mix, Basic American	1/2 cup	120.0	88.0	16.5	3.9	0.8	19.0
Chili, w/o Beans, cnd, Libbys	1 cup	253.0	481.0	15.1	20.1	37.1	36.4
Chimichanga, w/beef, cheese&red chili peppers, avg	1 ea	180.0	364.0	38.3	14.7	17.6	51.5
Chimichanga, Taco Time	1 ea	290.0	599.0	43.0	23.0	39.0	66.6
Chips, Bagel, avg	1 pce	18.0	77.0	13.5	1.6	1.9	14.9
Chips, Bagel, Onion, multigrn, Pepp Farms	1 oz	28.0	120.0	19.0	3.0	3.5	21.7
Chips, Bugles, avg	1 oz	28.0	143.0	17.6	1.6	7.5	20.4
Chips, Bugles, Nacho, avg	1 oz	28.0	150.0	16.0	1.8	8.9	19.3
Chips, Corn, Barbecue, avg	16 pce	29.0	152.0	16.3	2.0	9.5	19.9
Chips, Corn, Cheddar/Sour Cream, Fritos	29 pce	28.0	160.0	15.0	2.0	10.0	18.7
Chips, Corn, Plain, avg	1 cup	26.0	140.0	14.8	1.7	8.7	18.0
Chips, Corn, Plain, Fritos	32 pce	28.0	160.0	15.0	2.0	10.0	18.7
Chips, Corn, Ranch, Fritos	10 pce	28.0	150.0	16.0	2.0	9.0	19.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Chips, Corn, Sour Cream/Onion, Fritos	28 pce	28.0	160.0	15.0	2.0	10.0	18.7
Chips, Munchos, Frito-Lay	16 pce	28.0	150.0	18.0	1.0	10.0	21.1
Chips, Potato, Barbecue, avg	20 pce	26.0	142.0	13.3	1.7	9.6	16.7
Chips, Potato, Barbecue, avg	1 oz	28.0	153.0	14.4	1.8	10.4	18.1
Chips, Potato, Cheese, avg	1 cup	20.0	99.0	11.5	1.7	5.4	13.9
Chips, Potato, Cheese, Pringles	1 oz	28.0	154.0	14.2	1.1	10.4	17.5
Chips, Potato, Plain, avg	15 ea	30.0	161.0	15.9	2.1	10.4	19.8
Chips, Potato, Plain, light, avg	20 pce	40.0	188.0	26.8	2.8	8.3	30.6
Chips, Potato, Plain, light, Pringles	1 oz	28.0	140.0	18.2	1.6	7.2	21.0
Chips, Potato, Plain, Pringles	1 oz	28.0	156.0	14.3	1.7	10.8	18.0
Chips, Potato, Plain, unsalted, avg	1 oz	28.0	150.0	14.8	1.1	9.7	17.9
Chips, Potato, Sour Cream&Onion, avg	1 oz	28.0	149.0	14.4	2.3	9.5	18.2
Chips, Potato, Sour Cream&Onion, Pringles	1 oz	28.0	153.0	14.4	1.8	10.4	18.1
Chips, Potato, Sour Cream&Onion, Pringles	20 pce	26.0	142.0	13.3	1.7	9.6	16.7
Chips, Potato, White Skins, avg	10 pce	20.0	112.0	10.2	1.2	7.3	12.7
Chips, Sun, French Onion, Frito Lay	13 pce	28.0	140.0	19.0	2.0	6.0	21.7
Chips, Sun, Harvest Cheddar, Frito Lay	13 pce	28.0	140.0	18.0	2.0	6.0	20.7
Chips, Sun, Original, Frito Lay	14 pce	28.0	140.0	18.0	2.0	7.0	21.0
Chips, Taro, avg	10 ea	23.0	115.0	15.7	0.5	5.7	17.4
Chips, Tortilla, Bites, American Grains	1 oz	28.0	109.0	21.7	3.1	0.1	23.6
Chips, Tortilla, Blue Corn, bkd,Gltls Grmt	1 oz	28.0	110.0	22.0	3.0	2.0	24.3
Chips, Tortilla, LimeNChili, Tostitos	6 pce	28.0	150.0	17.0	2.0	7.0	20.0
Chips, Tortilla, LimeNChili,bkd,Gltls Grmt	1 oz	28.0	110.0	22.0	2.0	2.0	23.7
Chips, Tortilla, Nacho, bkd, Gltls Grmt	1 oz	28.0	110.0	22.0	2.0	2.0	23.7
Chips, Tortilla, Nacho, Doritos	1 cup	26.0	129.0	16.2	2.0	6.7	19.1
Chips, Tortilla, Nacho, light, avg	20 ea	32.0	142.0	22.9	2.8	4.9	25.8
Chips, Tortilla, Nacho, Michael Seasons	11 ea	28.0	138.0	18.8	1.1	4.9	20.7
Chips, Tortilla, Plain, avg	16 pce	29.0	145.0	18.2	2.0	7.6	21.3
Chips, Tortilla, Plain, bkd, Gltls Grmt	1 oz	28.0	110.0	22.0	3.0	2.0	24.3
Chips, Tortilla, Plain, bkd, Tostitos	13 pce	28.0	110.0	24.0	3.0	1.0	26.1
Chips, Tortilla, Plain, bkd, unsalted, Tost	13 pce	28.0	110.0	24.0	3.0	1.0	26.1
Chips, Tortilla, Plain, Doritos	18 pce	28.0	140.0	19.0	2.0	6.0	21.7
Chips, Tortilla, Plain, unsltd, Michl Ssn	11 ea	28.0	138.0	18.8	1.1	4.9	20.7
Chips, Tortilla, Plain, white, Santitas	6 pce	28.0	140.0	19.0	2.0	6.0	21.7
Chips, Tortilla, Plain, wht,sltd,Michl Ssn	11 ea	28.0	138.0	18.8	1.1	4.9	20.7
Chips, Tortilla, Plain,ltly sltd,Michl Ssn	11 ea	28.0	138.0	18.8	1.1	4.9	20.7
Chips, Tortilla, Ranch, avg	16 pce	28.0	137.0	18.1	2.1	6.7	21.0
Chips, Tortilla, Ranch, bkd, lowfat, Tost	11 pce	28.0	120.0	21.0	2.0	3.0	23.0
Chips, Tortilla, Ranch, Michael Seasons	11 ea	28.0	138.0	18.8	1.1	4.9	20.7

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Chips, Tortilla, Salsa, Michael Seasons	11 ea	28.0	138.0	18.8	1.1	4.9	20.7
Chips, Tortilla, Taco, avg	16 pce	28.0	134.0	17.7	2.2	6.8	20.7
Chips, Tortilla, Taco, Doritos	15 pce	28.0	140.0	18.0	2.0	7.0	21.0
Chocolate Drink, dry mix, avg	1 Tbs	26.0	91.0	23.5	0.9	0.8	24.2
Chocolate Drink, prep w/milk, avg	1 cup	266.0	226.0	30.9	8.8	8.8	38.4
Chocolate Drink, sugar free, dry mix env, avg	1 ea	21.0	63.0	10.5	5.3	0.5	13.8
Chocolate Drink, sugar free, prep w/water, avg	1 cup	272.0	84.0	14.1	7.1	0.8	18.6
Chocolate Malt, dry mix, avg	1 Tbs	5.0	18.0	4.2	0.2	0.2	4.4
Chocolate Malt, prep f/mix, avg	1 cup	265.0	225.0	29.2	9.0	8.7	36.8
CHOCOLATE, BAKING, HERSHEY'S	1 OZ	28.0	185.0	6.7	4.0	15.8	13.1
Chop Suey, Beef, fzn, Nestle	1 oz	28.0	16.0	1.6	1.5	0.5	2.6
Chow Mein, Beef, fzn, La Choy	1 cup	247.0	104.0	14.9	9.2	1.7	20.8
Chow Mein, Beef, w/noodles, avg	1 cup	220.0	425.0	31.1	21.6	24.5	50.2
Chow Mein, Beef, w/o noodles, avg	1 cup	220.0	275.0	12.2	21.8	15.8	29.2
Chow Mein, Chicken, cnd, avg	1 cup	250.0	95.0	17.8	6.5	0.9	21.9
Chow Mein, Chicken, fzn, Chung King	1 ea	369.0	370.0	45.0	16.0	14.0	58.1
Chow Mein, Chicken, fzn, Weight Watchers	1 ea	255.0	200.0	33.1	11.1	1.1	40.0
Chow Mein, Chicken, w/noodles, avg	1 cup	250.0	255.0	10.0	31.0	10.0	31.1
Chow Mein, Chicken, w/o noodles, avg	1 cup	220.0	194.0	10.5	19.1	8.2	24.0
Chow Mein, Chicken, w/rice, fzn, Lean Cuisine	1 ea	255.0	210.0	28.0	13.0	5.0	37.1
Chow Mein, Chicken, w/rice, fzn, Stouffers	1 ea	301.0	260.0	43.0	13.0	4.0	51.8
Chow Mein, Pork, fzn, La Choy	100 g	100.0	35.0	4.2	2.3	1.3	5.9
Chow Mein, Pork, w/noodles, avg	1 cup	220.0	436.0	31.2	22.0	25.4	50.8
Chow Mein, Pork, w/o noodles, avg	1 cup	220.0	288.0	12.2	22.3	16.8	29.8
Chow Mein, Shrimp, w/noodles, avg	1 cup	220.0	277.0	21.8	21.3	11.1	37.4
Chow Mein, Shrimp, w/o noodles, avg	1 cup	220.0	172.0	9.3	21.7	5.3	23.6
CHURCH'S FRIED CHICKEN, DARK	3 1/2 OZ	100.0	305.0	7.0	22.0	21.0	25.5
CHURCH'S FRIED CHICKEN, WHITE	3 1/2 OZ	100.0	327.0	10.0	21.0	23.0	28.4
Chutney, Avg	1 Tbs	17.0	26.0	6.7	0.2	0.1	6.8
Cinnamon Oil, Kalsec	1/4 oz	7.0	62.0	0.0	0.0	6.9	1.7
Cinnamon Twists, svg, Taco Bell	1 ea	28.0	140.0	19.0	1.0	6.0	21.1
Cinnamon, avg	1 tsp	2.0	5.0	1.6	0.1	0.1	1.7
Citrus Blend Drink, low cal, dry mix, Crystal Lt	1/2 tsp	1.0	4.0	0.0	0.0	0.0	0.0
Citrus Blend Drink, low cal, prep, Crystal Lt	1 cup	238.0	5.0	0.0	0.0	0.0	0.0
CLAM CHOWDER, MANHATTAN W/WATER	1 CUP	244.0	78.0	12.2	4.2	2.3	15.3
CLAM CHOWDER, NEW ENGLAND, MILK	1 CUP	248.0	163.0	16.6	9.5	6.6	24.0
Clam Dinner, Long John Silvers	1 ea	361.0	990.0	114.0	24.0	52.0	141.4
Clams, bkd/brld, avg	15 ea	150.0	208.0	4.6	22.5	10.5	20.7
Clams, breaded, fried, avg	1 cup	150.0	303.0	15.5	21.3	16.8	32.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Clams, ckd, small, avg	10 ea	70.0	83.0	0.0	18.3	1.3	11.3
Clams, cnd, drnd, avg	1 cup	160.0	237.0	8.2	40.1	3.1	33.0
Clams, fried in crumbs, avg	1 cup	153.0	600.0	51.7	17.1	35.2	70.8
Clams, Fried, fzn, Mrs Paul	1 cup	227.0	748.0	77.4	21.4	42.7	100.9
CLAMS, HARD, MEAT ONLY	5 LARGE	100.0	80.0	5.9	11.1	0.9	12.8
Clams, minced, Progresso	1 cup	240.0	100.0	8.0	16.0	0.0	17.6
Clams, raw, razor, avg	3 oz	85.0	37.0	1.2	6.8	0.3	5.4
Clams, smkd, in oil, avg	10 ea	100.0	175.0	2.9	14.2	11.6	14.3
Clams, stmd, avg	10 ea	95.0	141.0	4.9	24.3	1.9	20.0
Clove Oil, Kalsec	1/4 oz	7.0	62.0	0.0	0.0	6.9	1.7
Cloves, ground, avg	1 tsp	2.0	6.0	1.2	0.1	0.4	1.4
Cobbler, Apple Crumb, Pet-Ritz	1 pce	123.0	280.0	49.0	2.0	9.0	52.5
Cobbler, Apple, avg	1 pce	104.0	199.0	35.0	1.9	6.4	37.7
Cobbler, Apple, Marie Calender's	1 pce	125.0	350.0	45.0	2.0	18.0	50.7
Cobbler, Berry, avg	1/2 cup	108.0	252.0	45.9	2.8	6.9	49.3
Cobbler, Berry, Marie Calender's	1 pce	125.0	390.0	41.0	3.0	19.0	47.6
Cobbler, Blackberry Crumb, Pet-Ritz	1 pce	123.0	260.0	45.0	3.0	8.0	48.8
Cobbler, Blackberry, Pet-Ritz	1 pce	123.0	260.0	38.0	2.0	11.0	42.0
Cobbler, Blueberry, Pet-Ritz	1 pce	123.0	280.0	42.0	4.0	11.0	47.2
Cobbler, Cherry Crumb, Pet-Ritz	1 pce	123.0	280.0	54.0	2.0	6.0	56.7
Cobbler, Cherry, avg	1/2 cup	108.0	214.0	38.9	2.4	5.9	41.8
Cobbler, Peach Crumb, Pet-Ritz	1 pce	123.0	230.0	38.0	2.0	7.0	41.0
Cobbler, Peach, avg	1 pce	130.0	204.0	36.4	2.3	6.2	39.3
Cobbler, Peach, Marie Calender's	1 pce	125.0	370.0	47.0	3.0	18.0	53.3
Cobbler, Plum, avg	1/2 cup	108.0	222.0	42.0	2.4	5.5	44.8
Cobbler, Rhubarb, avg	1/2 cup	108.0	273.0	50.7	2.6	7.3	54.1
Cobbler, Strawberry, Pet-Ritz	1 pce	123.0	260.0	41.0	2.0	9.0	44.5
Cocoa, Hot Mix, dry pkt, avg	1 ea	31.0	119.0	23.9	1.9	2.1	25.6
Cocoa, Hot Mix, low cal, dry pkt, avg	1 ea	19.0	61.0	10.8	4.8	0.6	13.8
Cocoa, Hot Mix, Rich Chocolate, dry pkt, Carnation	1 ea	28.0	112.0	24.2	1.3	1.1	25.3
Cocoa, Hot Mix, w/marsh, dry pkt, Carnation	1 ea	28.0	112.0	24.2	1.3	1.0	25.2
Cocoa, Hot, prep w/water, avg	1 cup	275.0	138.0	29.1	4.1	1.7	32.0
Cocoa, Hot, prep w/water, low cal, avg	1 cup	256.0	64.0	11.3	5.1	0.5	14.5
Cocoa, Hot, prep w/whole milk, avg	1 cup	250.0	192.0	29.5	9.8	5.8	36.8
Cocoa, Prep w/2% milk, avg	1 cup	250.0	185.0	29.7	8.3	5.0	35.9
Cocoa, Prep w/nonfat milk, avg	1 cup	250.0	152.0	29.8	8.5	1.1	35.2
Cocoa, Prep w/water, avg	1 cup	279.0	159.0	32.1	2.5	3.9	34.6
Cocoa, Prep w/whole milk, avg	1 cup	250.0	212.0	29.4	8.2	8.3	36.4
COCONUT, FRESH SHREDDED	1/2 CUP	48.0	174.0	6.8	1.6	16.3	11.8

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cod Fish, Atlantic, bkd, fillet, avg	1 ea	180.0	189.0	0.0	41.0	1.5	25.0
Cod Fish, Atlantic, cnd w/liquid, avg	1 ea	312.0	328.0	0.0	71.1	2.7	43.3
Cod Fish, Atlantic, dried & salted, avg	1 pce	80.0	232.0	0.0	50.2	1.9	30.6
Cod Fish, Atlantic, raw, fillet, avg	1 ea	231.0	189.0	0.0	41.1	1.5	25.0
Cod Fish, Pacific, bkd, fillet, avg	1 ea	90.0	94.0	0.0	20.7	0.7	12.6
Cod Fish, Pacific, raw, fillet, avg	1 ea	116.0	95.0	0.0	20.8	0.7	12.7
Cod Fish, stmd, avg	3 oz	85.0	87.0	0.0	18.9	0.7	11.5
COD, BROILED	3.5 OZ	95.0	162.0	0.0	26.1	5.0	16.9
Codfish, patty, avg	1 ea	120.0	239.0	15.2	16.4	12.6	28.2
Coffee, Brewed, avg	1 cup	237.0	5.0	0.9	0.2	0.0	1.0
Coffee, Brewed, decaf, avg	1 cup	240.0	5.0	0.1	0.2	0.0	0.2
Coffee, Inst, Amaretto, prep, General Foods	1 cup	249.0	60.0	8.0	0.5	3.0	9.1
Coffee, Inst, Francais, prep, General Foods	1 cup	249.0	60.0	7.0	0.5	3.5	8.2
Coffee, Inst, French Vanilla, prep, Gen Fds	1 cup	250.0	60.0	10.0	0.5	2.5	10.9
Coffee, Inst, French, w/sugar, dry pwd, avg	2 tsp	12.0	60.0	6.9	0.5	3.6	8.1
Coffee, Inst, French, w/sugar, prep f/pwd, avg	1 cup	252.0	76.0	8.8	0.8	4.5	10.4
Coffee, Inst, Frnch Van, sugfree, prep, Gen Fds	1 cup	243.0	35.0	4.0	0.5	2.0	4.8
Coffee, Inst, Hazelnut Belgian, prep, Gen Fds	1 cup	252.0	70.0	12.0	0.5	2.0	12.8
Coffee, Inst, Kahlua, prep, General Foods	1 cup	249.0	60.0	10.0	0.5	2.0	10.8
Coffee, Inst, Mocha, w/sugar, dry pwd, avg	2 tsp	12.0	53.0	8.8	0.5	1.1	9.4
Coffee, Inst, Mocha, w/sugar, prep f/pwd, avg	1 cup	250.0	68.0	11.3	0.8	2.5	12.4
Coffee, Inst, pre-lightened, prep, avg	1 cup	180.0	27.0	2.9	0.3	1.6	3.5
Coffee, Inst, prep f/pwd, avg	1 cup	238.0	5.0	0.1	0.2	0.0	0.2
Coffee, Inst, prep f/pwd, decaf, avg	1 cup	179.0	4.0	0.7	0.2	0.0	0.8
Coffee, Inst, prep f/pwd, w/chickory, avg	1 cup	179.0	7.0	1.3	0.2	0.0	1.4
Coffee, Inst, pre-swtnd w/sugar, prep, avg	1 cup	180.0	29.0	7.0	0.1	0.0	7.1
Coffee, Inst, pre-swtnd&pre-lightnd, prep, avg	1 cup	180.0	50.0	9.2	0.3	1.5	9.8
Coffee, Inst, pwd, avg	1 tsp	2.0	5.0	0.8	0.2	0.0	0.9
Coffee, Inst, pwd, decaf, avg	1 tsp	2.0	4.0	0.9	0.2	0.0	1.0
Coffee, Inst, pwd, w/chicory, avg	2 tsp	4.0	14.0	2.1	0.4	0.0	2.3
Coffee, Inst, Suisse Mocha, decaf, prep, Gen Fds	1 cup	249.0	60.0	8.0	0.5	3.0	9.1
Coffee, Inst, Suisse Mocha, decaf, sugfree, Gen Fds	1 cup	243.0	30.0	4.0	0.5	1.5	4.7
Coffee, Inst, Suisse Mocha, prep, General Foods	1 cup	249.0	60.0	8.0	0.5	2.5	8.9
Coffee, Inst, Suisse Mocha, sugfree, prep, Gen Fds	1 cup	243.0	30.0	4.0	0.5	2.0	4.8
Coffee, Inst, Swiss Mocha, prep, avg	1 cup	188.0	51.0	8.4	0.5	1.9	9.2
Coffee, Inst, Vienna, prep, General Foods	1 cup	252.0	70.0	11.0	0.5	2.5	11.9
Coffee, Inst, Vienna, sugar free, prep, Gen Fds	1 cup	243.0	30.0	3.0	0.5	1.5	3.7
Coffee, Inst, Viennese Chocolate, prep, Gen Fds	1 cup	249.0	60.0	10.0	0.5	2.0	10.8
Coffee, Substitute, Cereal Grain, prep f/pwd, avg	1 cup	240.0	12.0	2.4	0.2	0.0	2.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Coffee, Substitute, Cereal Grain, pwd, avg	1 tsp	2.0	7.0	1.6	0.1	0.1	1.7
Coffee, Substitute, Inst, coffee flvd, pwd, Postum	1 tsp	3.0	10.0	3.0	0.0	0.0	3.0
Coffee, Substitute, Inst, dry pwd, Postum	1 tsp	3.0	10.0	0.0	3.0	0.0	1.8
Coffee, Substitute, w/milk, avg	1 cup	247.0	161.0	13.8	8.2	8.2	20.8
COLESLAW, HOMEMADE	1 CUP	120.0	173.0	5.8	1.6	16.8	11.0
Coleslaw/Cabbage Slaw, Claremont, Orval Kent	1/2 cup	100.0	110.0	14.0	1.0	6.0	16.1
Coleslaw/Cabbage Slaw, Creamy, Orval Kent	1/2 cup	100.0	170.0	12.0	1.0	13.0	15.9
Coleslaw/Cabbage Slaw, Cucumber&Onion, Orval Kent	1/2 cup	100.0	40.0	10.0	1.0	0.0	10.6
Coleslaw/Cabbage Slaw, Dixie Style, Orval Kent	1/2 cup	100.0	180.0	17.0	1.0	12.0	20.6
Coleslaw/Cabbage Slaw, Orval Kent	1/2 cup	100.0	90.0	17.0	1.0	2.0	18.1
Coleslaw/Cabbage Slaw, Shredded, Orval Kent	1/2 cup	100.0	100.0	13.0	1.0	5.0	14.9
Coleslaw/Cabbage Slaw, Sour Crm&Honey, Orval Kent	1/2 cup	100.0	170.0	16.0	1.0	11.0	19.4
Coleslaw/Cabbage Slaw, Vinegar & Oil, Orval Kent	1/2 cup	100.0	160.0	15.0	1.0	11.0	18.4
COLLARD GREENS, COOKED	1/2 CUP	100.0	29.0	4.9	2.7	0.6	6.7
Collards, Cooked, unsalted, avg	1/2 cup	95.0	25.0	4.7	2.0	0.3	6.0
Collards, Frozen, ckd, avg	1/2 cup	85.0	31.0	6.0	2.5	0.3	7.6
Collards, Frozen, ckd, salted, avg	1/2 cup	85.0	31.0	6.0	2.5	0.3	7.6
Collards, Raw, avg	1/2 cup	18.0	5.0	1.0	0.4	0.1	1.3
Cone, Sugar, rolled type, avg	1 ea	10.0	40.0	8.4	0.8	0.4	9.0
Cone, Wafer, cake cone, avg	1 ea	29.0	121.0	22.9	2.3	2.0	24.8
CONSOMME W/GELATIN	1 CUP	241.0	29.0	1.8	5.4	0.0	5.0
Cookie, Almond, avg	1 ea	10.0	52.0	5.1	0.9	3.2	6.4
Cookie, Almond, Crescent, Archway	1 ea	12.0	52.0	8.9	0.5	1.8	9.6
Cookie, Animal, 1.5 oz pkg, Little Debbie's	1 ea	43.0	182.0	33.3	3.0	6.1	36.6
Cookie, Animal, avg	1 ea	1.0	4.0	0.7	0.1	0.1	0.8
Cookie, Animal, Barnum's	1 ea	3.0	13.0	2.3	0.2	0.4	2.5
Cookie, Animal, Graham Crackers, Bugs Bunny	1 ea	3.0	13.0	2.3	0.2	0.4	2.5
Cookie, Apple, Bakes, fat free, Health Valley	1 ea	27.0	70.0	18.0	2.0	0.0	19.2
Cookie, Apple, Bakes, fat free, Health Valley	1 ea	27.0	70.0	18.0	2.0	0.0	19.2
Cookie, Apple, Cinnamon Bar, Tastykake	1 ea	43.0	180.0	29.0	2.0	7.0	32.0
Cookie, Apple, Filled Oatmeal, Archway	1 ea	28.0	111.0	18.4	1.3	3.6	20.1
Cookie, Apple, Filled, fat free, Health Valley	1 ea	33.0	70.0	18.0	2.0	0.0	19.2
Cookie, Apple, Frt Fild Cntr, fat free, Hlth Vly	1 ea	33.0	70.0	18.0	2.0	0.0	19.2
Cookie, Apple, Fruit Bar, fat free, Health Valley	1 ea	42.0	140.0	35.0	3.0	0.0	36.8
Cookie, Apple, N' Raisin, Archway	1 ea	30.0	128.0	19.7	1.6	4.8	21.9
Cookie, Apple, Newtons, fat free, Nabisco	1 ea	23.0	73.0	16.2	0.8	0.0	16.7
Cookie, Apple, Raisin Bar, Weight Watchers	1 ea	21.0	69.0	13.8	0.1	1.1	14.1
Cookie, Apple, Raisin, fat free, Health Valley	1 ea	25.0	80.0	19.0	2.0	0.0	20.2
Cookie, Apple, Spice, fat free, Health Valley	1 ea	11.0	33.0	8.0	0.7	0.0	8.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cookie, Applesauce, avg	1 ea	18.0	67.0	11.3	0.9	2.2	12.4
Cookie, Apricot, Bar, fat free, Health Valley	1 ea	42.0	140.0	35.0	3.0	0.0	36.8
Cookie, Apricot, Delight, fat free, Health Valley	1 ea	11.0	33.0	8.0	0.7	0.0	8.4
Cookie, Apricot, Filled, Archway	1 ea	28.0	112.0	18.1	1.4	3.9	19.9
Cookie, Apricot, Filled, fat free, Health Valley	1 ea	33.0	70.0	18.0	2.0	0.0	19.2
Cookie, Bells & Stars, Archway	1 ea	10.0	52.0	6.6	0.3	2.4	7.4
Cookie, Biscotti, Almond, Pepperidge Farms	1 ea	23.0	110.0	14.0	2.0	4.0	16.2
Cookie, Biscotti, Cranberry Pistachio, Pepp Farms	1 ea	19.0	90.0	13.0	2.0	3.0	15.0
Cookie, Biscotti, Dark Chocolate, Pepp Farms	1 ea	12.0	53.0	9.1	0.5	1.9	9.9
Cookie, Biscotti, LaScala Anise, Pepp Farms	1 ea	19.0	90.0	14.0	2.0	3.0	16.0
Cookie, Biscuit, Blanc-Esprit, Pepperidge Farms	1 ea	17.0	80.0	10.0	1.0	4.5	11.7
Cookie, Biscuit, Choc A L'Orange, Intl, Pepp Farms	1 ea	16.0	77.0	11.9	1.0	3.1	13.3
Cookie, Biscuit, Noir Dark Choc Esprit, Pepp Farms	1 ea	17.0	90.0	10.0	1.0	5.0	11.9
Cookie, Blueberry, Apl Bakes, fat free, Hlth Vllly	1 ea	38.0	110.0	26.0	2.0	0.0	27.2
Cookie, Blueberry, Family Recipe, Mrs Rich's	1 oz	28.0	145.0	18.4	1.5	7.3	21.1
Cookie, Blueberry, Filled, Archway	1 ea	28.0	110.0	19.0	1.0	4.0	20.6
Cookie, Blueberry, Menu Magic	1 ea	49.0	200.0	26.1	5.1	8.0	31.2
Cookie, Butter, avg	1 ea	5.0	23.0	3.4	0.3	0.9	3.8
Cookie, Butter, Chessman, Pepperidge Farms	1 ea	9.0	42.0	6.2	0.7	1.7	7.0
Cookie, Cafe Favorites, Pepperidge Farms	1 ea	7.0	36.0	4.7	0.3	1.8	5.3
Cookie, Carob, avg	1 ea	13.0	51.0	8.5	1.2	2.2	9.8
Cookie, Carrot Cake, Archway	1 ea	28.0	120.0	17.1	1.1	4.1	18.8
Cookie, Cherry, Cobbler, Pepperidge Farms	1 ea	16.0	70.0	11.0	1.0	2.5	12.2
Cookie, Cherry, Filled, Archway	1 ea	28.0	113.0	18.1	1.4	3.9	19.9
Cookie, Cherry, Nougat, Archway	1 ea	9.0	48.0	5.8	0.3	2.9	6.7
Cookie, Choc Chip, Archway	1 ea	9.0	43.0	5.7	0.3	2.3	6.5
Cookie, Choc Chip, Big, Grandma's	1 ea	39.0	190.0	25.0	2.0	9.0	28.5
Cookie, Choc Chip, bkd f/refrig dough, avg	1 ea	12.0	59.0	8.2	0.6	2.7	9.2
Cookie, Choc Chip, Cheaspeake w/nuts, Pepp Farms	1 ea	26.0	140.0	15.0	2.0	8.0	18.2
Cookie, Choc Chip, Chips Ahoy, Nabisco	1 ea	11.0	55.0	7.2	0.7	2.8	8.3
Cookie, Choc Chip, Choc Walnut, Pepp Farms	1 ea	26.0	130.0	16.0	2.0	6.0	18.7
Cookie, Choc Chip, Choc, Tastykake	1 ea	39.0	175.0	27.0	2.0	6.5	29.8
Cookie, Choc Chip, diet, avg	1 ea	5.0	25.0	3.1	0.2	1.3	3.5
Cookie, Choc Chip, Double Fudge, Health Valley	1 ea	11.0	33.0	8.0	1.0	0.0	8.6
Cookie, Choc Chip, dry mix, avg	1 oz	28.0	139.0	18.5	1.3	7.1	21.1
Cookie, Choc Chip, Entenmann's	1 ea	10.0	47.0	6.7	0.3	2.3	7.5
Cookie, Choc Chip, Fudge, avg	1 ea	39.0	170.0	27.0	2.0	6.0	29.7
Cookie, Choc Chip, Health Valley	1 ea	11.0	33.0	8.0	1.0	0.0	8.6
Cookie, Choc Chip, Iced Box, Archway	1 ea	28.0	136.0	17.1	1.3	6.6	19.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cookie, Choc Chip, low fat, avg	1 ea	10.0	45.0	7.3	0.6	1.5	8.0
Cookie, Choc Chip, Mini, Archway	1 ea	2.0	10.0	1.3	6.7	0.5	5.4
Cookie, Choc Chip, Nantucket, Pepperidge Farms	1 ea	26.0	130.0	16.0	1.0	7.0	18.4
Cookie, Choc Chip, Oatmeal, avg	1 ea	12.0	40.0	9.5	0.5	0.0	9.8
Cookie, Choc Chip, Old Fashioned, Health Valley	1 ea	11.0	33.0	8.0	1.0	0.0	8.6
Cookie, Choc Chip, Peanut Butter, avg	1 ea	39.0	190.0	23.0	4.0	10.0	27.9
Cookie, Choc Chip, prep f/mix, avg	1 ea	16.0	79.0	10.3	0.9	4.1	11.9
Cookie, Choc Chip, prep f/recipe, avg	1 ea	16.0	78.0	9.3	0.9	4.5	11.0
Cookie, Choc Chip, refriger dough, avg	1 ea	16.0	71.0	9.8	0.7	3.3	11.0
Cookie, Choc Chip, Sausalito, Pepperidge Farms	1 ea	23.0	120.0	14.0	1.0	7.0	16.4
Cookie, Choc Chip, Snackwell's	1 ea	14.0	60.0	10.6	0.8	1.8	11.5
Cookie, Choc Chip, soft & chewy, Tastykake	1 ea	39.0	175.0	26.0	2.0	7.0	29.0
Cookie, Choc Chip, soft chunk, Pepperidge Farms	1 ea	26.0	130.0	16.0	1.0	6.0	18.1
Cookie, Choc Chip, soft, avg	1 ea	15.0	69.0	8.9	0.5	3.6	10.1
Cookie, Choc Chip, w/Macadamia Nuts, Pepp Farms	1 ea	26.0	130.0	16.0	1.0	6.0	18.1
Cookie, Choc Chip, w/o sodium, w/fructose, avg	1 ea	7.0	32.0	5.1	0.3	1.2	5.6
Cookie, Choc Chip, w/Toffee, Fun Chip, Archway	1 ea	29.0	136.0	18.6	1.3	6.3	21.0
Cookie, Choc Chip, Weight Watchers	1 ea	15.0	70.0	11.0	1.0	2.5	12.2
Cookie, Choc Fudge, avg	1 ea	21.0	73.0	16.4	1.1	0.8	17.3
Cookie, Choc Fudge, Bar Swirl, Pillsbury	1 ea	33.0	149.0	25.1	1.2	5.0	27.1
Cookie, Choc Fudge, Bar, Tastykake	1 ea	43.0	190.0	29.0	2.0	7.0	32.0
Cookie, Choc Fudge, Big Nutty Fudge, Grandma's	1 ea	40.0	190.0	25.0	3.0	8.0	28.8
Cookie, Choc Fudge, Brownie, fat free, Entenmann's	1 ea	12.0	40.0	10.0	0.5	0.0	10.3
Cookie, Choc Fudge, Devils Food, Snackwells	1 ea	23.0	79.0	18.1	1.2	0.2	18.9
Cookie, Choc Fudge, Double Fudge, Snackwells	1 ea	16.0	53.0	11.9	0.8	0.2	12.4
Cookie, Choc Fudge, Nut Bar, Archway	1 ea	28.0	110.0	17.0	2.0	4.5	19.3
Cookie, Choc Sandwich, Cameo Cream, Nabisco	1 ea	14.0	65.0	10.5	0.5	2.5	11.4
Cookie, Choc Sandwich, Deluxe Bar Oreo, Pillsbury	1 ea	30.0	128.0	21.1	0.1	3.1	21.9
Cookie, Choc Sandwich, Fudge, fat free, Hlth Vly	1 ea	16.0	34.0	8.2	0.1	0.0	8.3
Cookie, Choc Sandwich, low sod, w/fructose, avg	1 ea	10.0	46.0	6.8	0.5	2.2	7.7
Cookie, Choc Sandwich, Oreo, Nabisco	1 ea	11.0	53.0	7.7	0.7	2.3	8.7
Cookie, Choc Sandwich, Smart Snackers	1 ea	15.0	70.0	11.5	1.0	1.8	12.5
Cookie, Choc Sandwich, Snackwells	1 ea	11.0	45.0	8.7	0.6	1.0	9.3
Cookie, Choc Sandwich, w/choc icing, avg	1 ea	17.0	82.0	11.2	0.6	4.5	12.7
Cookie, Choc Sandwich, w/extra crème, avg	1 ea	13.0	65.0	8.9	0.5	3.3	10.0
Cookie, Choc, Aquarium, Pepp Farms	1 ea	2.0	9.0	1.5	0.1	0.3	1.6
Cookie, Choc, Caramel, Health Valley	1 ea	16.0	34.0	8.2	0.1	0.0	8.3
Cookie, Choc, Milano, Pepperidge Farms	1 ea	11.0	58.0	6.8	0.6	3.2	8.0
Cookie, Choc, Milk Choc Bordeaux, Pepp Farms	1 ea	11.0	55.0	6.5	0.7	3.1	7.7

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cookie, Choc, Milk Choc Toffee, Pepp Farms	1 ea	26.0	130.0	16.0	1.0	7.0	18.4
Cookie, Choc, Rocky Road, Archway	1 ea	28.0	128.0	17.5	1.6	5.9	19.9
Cookie, Choc, Weight Watchers	1 ea	7.0	28.0	4.6	0.4	1.1	5.1
Cookie, Chocolate Snap, Nabisco	1 ea	4.0	17.0	2.8	0.3	0.6	3.1
Cookie, Chocolate Wafer, avg	1 ea	6.0	26.0	4.3	0.4	0.9	4.8
Cookie, Chocolate Wafer, Nabisco	1 ea	6.0	26.0	4.5	0.4	0.8	4.9
Cookie, Cinnamon, Honey Heart, fat free, Archway	1 ea	10.0	35.0	8.2	0.5	0.1	8.5
Cookie, Cinnamon, Snap, Archway	1 ea	6.0	30.0	4.0	0.2	1.4	4.5
Cookie, Cinnamon, Teddy Graham, Nabisco	1 ea	1.0	5.0	0.8	6.7	0.1	4.8
Cookie, Cranberry, Newtons, fat free, Nabisco	1 ea	21.0	63.0	14.4	0.7	0.0	14.8
Cookie, Date, Bakes, fat free, Health Valley	1 ea	27.0	70.0	18.0	2.0	0.0	19.2
Cookie, Date, Bakes, fat free, Health Valley	1 ea	27.0	70.0	18.0	2.0	0.0	19.2
Cookie, Date, Delight, fat free, Health Valley	1 ea	11.0	33.0	8.0	0.7	0.0	8.4
Cookie, Date, Fruit Bar, fat free, Health Valley	1 ea	42.0	140.0	34.0	3.0	0.0	35.8
Cookie, Date, Oatmeal Filled, Archway	1 ea	28.0	111.0	18.6	1.5	3.5	20.4
Cookie, Dessert Favorites, Pepperidge Farms	1 ea	11.0	57.0	7.0	0.7	3.0	8.2
Cookie, Distinctive Collection, Pepperidge Farms	1 ea	11.0	55.0	7.2	0.7	2.8	8.3
Cookie, Fig, avg	1 ea	16.0	56.0	11.3	0.6	1.2	12.0
Cookie, Fig, Bar, Sunshine	1 ea	14.0	54.0	9.9	0.5	1.2	10.5
Cookie, Fig, Figaroo's, 1.5 oz pkg, Little Debbie	1 ea	43.0	151.0	31.8	1.5	3.0	33.4
Cookie, Fig, Newtons, Nabisco	1 ea	16.0	60.0	10.0	1.0	1.5	11.0
Cookie, Fig, Smart Snackers	1 ea	20.0	71.0	16.2	1.0	0.0	16.8
Cookie, Fortune, avg	1 ea	8.0	30.0	6.7	0.3	0.2	6.9
Cookie, Fortune, La Choy	1 ea	8.0	30.0	7.0	0.4	0.1	7.3
Cookie, Fruit, Bar, fat free, Archway	1 ea	28.0	90.0	21.0	2.0	0.0	22.2
Cookie, Fruit, Cake, Archway	1 ea	11.0	48.0	6.9	0.7	2.4	7.9
Cookie, Fruit, Hawaiian, fat free, Health Valley	1 ea	11.0	33.0	8.0	0.7	0.0	8.4
Cookie, Fruit, Honey Bar, Archway	1 ea	28.0	112.0	18.9	1.3	3.5	20.6
Cookie, Fruit, Tropical, fat free, Health Valley	1 ea	33.0	70.0	18.0	2.0	0.0	19.2
Cookie, Fruit, Whole Wheat, Fruit & Nut, avg	1 ea	14.0	60.0	7.8	1.1	3.1	9.2
Cookie, Gingerbread, Iced, Archway	1 ea	11.0	51.0	7.8	0.4	2.1	8.6
Cookie, Gingersnap, Archway	1 ea	6.0	27.0	4.3	0.2	1.0	4.7
Cookie, Gingersnap, avg	1 ea	7.0	29.0	5.4	0.4	0.7	5.8
Cookie, Gingersnap, Old Fashioned, Nabisco	1 ea	7.0	30.0	5.5	0.3	0.6	5.8
Cookie, Goldfish, Chocolate Chunk, Pepp Farms	1 ea	2.0	10.0	1.4	0.1	0.5	1.6
Cookie, Goldfish, Chocolate, Pepperidge Farms	1 ea	2.0	9.0	1.4	0.1	0.3	1.5
Cookie, Goldfish, Cinnamon Graham, Pepp Farms	1 ea	1.0	5.0	0.7	6.7	0.2	4.8
Cookie, Goldfish, Graham, Pepperidge Farms	1 ea	2.0	10.0	1.3	0.1	0.5	1.5
Cookie, Goldfish, Vanilla, Pepperidge Farms	1 ea	2.0	10.0	1.4	0.1	0.5	1.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cookie, Granola, avg	1 ea	13.0	60.0	8.7	1.1	2.2	9.9
Cookie, Hazelnut, old fash, avg	1 ea	11.0	55.0	7.2	0.7	2.8	8.3
Cookie, Holiday Pack, Archway	1 ea	10.0	50.0	6.3	0.3	2.7	7.2
Cookie, Holiday Tub, Tastykake	1 ea	8.0	40.0	5.5	0.5	2.0	6.3
Cookie, Ladyfinger, w/lemon juice, avg	1 ea	11.0	40.0	6.6	1.2	1.0	7.6
Cookie, Lemon, Bar, avg	1 ea	16.0	69.0	10.0	0.8	2.1	11.0
Cookie, Lemon, Cheesecake Bar, Pillsbury	1 ea	32.0	170.0	20.0	1.1	9.5	23.0
Cookie, Lemon, Frosty, Archway	1 ea	28.0	120.0	18.1	1.2	4.8	20.0
Cookie, Lemon, Nut Crunch, Pepperidge Farms	1 ea	10.0	55.0	5.8	0.6	2.9	6.9
Cookie, Lemon, Snaps, Archway	1 ea	6.0	29.0	3.9	0.3	1.4	4.4
Cookie, Macadamia Nut, w/white choc, Pepp Farms	1 ea	26.0	130.0	16.0	2.0	7.0	19.0
Cookie, Macaroon Coconut, Archway	1 ea	23.0	111.0	12.9	0.9	6.4	15.0
Cookie, Macaroon Coconut, avg	1 ea	24.0	97.0	17.3	0.9	3.0	18.6
Cookie, Madallon Au Beurre Biscuit, Pepp Farms	1 ea	8.0	4.0	6.1	0.5	1.2	6.7
Cookie, Marshmallow, Mallopufts, Sunshine	1 ea	19.0	70.0	12.0	1.3	2.0	13.3
Cookie, Marshmallow, w/choc coating, avg	1 ea	13.0	55.0	8.8	0.5	2.2	9.7
Cookie, Molasses, avg	1 ea	15.0	65.0	11.1	0.8	1.9	12.1
Cookie, Molasses, Big, Grandma's	1 ea	39.0	160.0	29.0	2.0	4.0	31.2
Cookie, Molasses, Dark, Archway	1 ea	28.0	115.0	20.1	1.2	3.4	21.7
Cookie, Molasses, Iced, Archway	1 ea	28.0	114.0	19.5	1.0	3.6	21.0
Cookie, Molasses, Old Fashioned, Archway	1 ea	28.0	113.0	19.9	1.3	3.2	21.5
Cookie, Molasses, Soft Drop, Archway	1 ea	28.0	110.0	18.0	1.0	3.5	19.5
Cookie, Oatmeal Raisin, Archway	1 ea	28.0	110.0	19.0	2.0	4.0	21.2
Cookie, Oatmeal Raisin, Bar, Tastykake	1 ea	43.0	190.0	28.0	3.0	7.0	31.6
Cookie, Oatmeal Raisin, Bran, Archway	1 ea	28.0	115.0	18.8	1.6	3.8	20.7
Cookie, Oatmeal Raisin, dietetic, avg	1 ea	11.0	48.0	7.0	0.7	2.0	7.9
Cookie, Oatmeal Raisin, fat free, Archway	1 ea	28.0	96.0	22.0	1.3	0.4	22.9
Cookie, Oatmeal Raisin, fat free, Entenmann's	1 ea	12.0	40.0	9.0	0.5	0.0	9.3
Cookie, Oatmeal Raisin, fat free, Health Valley	1 ea	11.0	33.0	8.0	0.7	0.0	8.4
Cookie, Oatmeal Raisin, prep f/recipe, avg	1 ea	15.0	65.0	10.3	0.1	2.4	11.0
Cookie, Oatmeal Raisin, Snackwells	1 ea	28.0	115.0	21.0	1.7	2.7	22.7
Cookie, Oatmeal Raisin, w/o sod, w/fructose, avg	1 ea	7.0	31.0	4.9	0.3	1.3	5.4
Cookie, Oatmeal Raisin, Weight Watchers	1 ea	15.0	60.0	11.0	1.0	1.0	11.9
Cookie, Oatmeal, Archway	1 ea	27.0	115.0	18.0	1.6	4.1	20.0
Cookie, Oatmeal, avg	1 ea	18.0	81.0	12.4	1.1	3.3	13.9
Cookie, Oatmeal, dry mix, avg	1 oz	28.0	129.0	18.8	1.8	5.4	21.2
Cookie, Oatmeal, fat free, avg	1 oz	28.0	91.0	22.0	1.7	0.4	23.1
Cookie, Oatmeal, homestyle, Nabisco	1 ea	13.0	60.0	9.0	0.5	2.5	9.9
Cookie, Oatmeal, iced, Archway	1 ea	28.0	123.0	18.5	1.5	4.9	20.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cookie, Oatmeal, Irish, Pepperidge Farms	1 ea	9.0	42.0	6.1	0.6	1.9	6.9
Cookie, Oatmeal, mini, Archway	1 ea	2.0	10.0	1.3	0.1	0.5	1.5
Cookie, Oatmeal, prep f/dry mix, avg	1 ea	16.0	74.0	10.4	1.2	3.1	11.9
Cookie, Oatmeal, soft & chewy, Tastykake	1 ea	39.0	175.0	26.0	2.0	7.0	29.0
Cookie, Oatmeal, soft, avg	1 ea	15.0	61.0	9.9	0.9	2.2	11.0
Cookie, Orange Frosty, Archway	1 ea	28.0	122.0	18.2	1.3	4.9	20.2
Cookie, Party Favorites, Pepperidge Farms	1 ea	11.0	58.0	7.2	0.7	2.8	8.3
Cookie, Peanut Butter Sandwich, avg	1 ea	14.0	67.0	9.2	1.2	2.1	10.4
Cookie, Peanut Butter Sandwich, low sod, avg	1 ea	10.0	54.0	5.1	1.0	3.4	6.5
Cookie, Peanut Butter Sandwich, Nutter Butter	1 ea	14.0	65.0	9.5	1.5	3.0	11.2
Cookie, Peanut Butter, Archway	1 ea	28.0	134.0	16.4	2.5	6.8	19.6
Cookie, Peanut Butter, avg	1 ea	15.0	72.0	8.8	1.4	3.5	10.5
Cookie, Peanut Butter, Bar, Tastykake	1 ea	43.0	240.0	18.0	2.0	11.0	22.0
Cookie, Peanut Butter, Big, Grandma's	1 ea	39.0	190.0	22.0	4.0	9.0	26.7
Cookie, Peanut Butter, prep f/recipe, avg	1 ea	20.0	95.0	11.8	1.8	4.8	14.1
Cookie, Peanut Butter, prep f/refrig dough, avg	1 ea	12.0	60.0	6.9	1.1	3.3	8.4
Cookie, Peanut Butter, refrig dough, avg	1 ea	16.0	73.0	8.3	1.3	4.0	10.1
Cookie, Peanut Butter, soft, avg	1 ea	15.0	69.0	8.7	0.8	3.7	10.1
Cookie, Pecan, Caramel, soft bkd, Pepp Farms	1 ea	26.0	130.0	16.0	2.0	7.0	19.0
Cookie, Pecan, Crunch, Archway	1 ea	5.0	25.0	3.0	0.3	1.3	3.5
Cookie, Pecan, Ice Box, Archway	1 ea	28.0	140.0	17.4	1.3	7.3	20.0
Cookie, Pecan, Shortbread, avg	1 ea	14.0	76.0	8.2	0.7	4.6	9.8
Cookie, Pecan, Shortbread, old fash, Pepp Farms	1 ea	13.0	70.0	7.0	0.5	4.5	8.4
Cookie, Pineapple, Filled, Archway	1 ea	26.0	100.0	16.0	1.0	4.0	17.6
Cookie, Raisin, Bakes, fat free, Health Valley	1 ea	27.0	63.0	9.4	0.5	2.7	10.4
Cookie, Raisin, Bakes, fat free, Health Valley	1 pce	125.0	290.0	43.6	2.3	12.5	48.1
Cookie, Raisin, Fruit Bar, Health Valley	1 ea	42.0	140.0	35.0	2.0	0.0	36.2
Cookie, Raisin, Fruit Biscuits, Sunshine	1 ea	29.0	123.0	23.5	2.0	2.6	25.3
Cookie, Raisin, Jumbo, Health Valley	1 ea	25.0	80.0	19.0	2.0	0.0	20.2
Cookie, Raisin, soft, avg	1 ea	15.0	60.0	10.2	0.6	2.0	11.1
Cookie, Raspberry, Bakes, fat free, Health Valley	1 ea	38.0	110.0	26.0	2.0	0.0	27.2
Cookie, Raspberry, Chantilly Hazelnut, Pepp Farms	1 ea	17.0	80.0	12.0	0.5	3.0	13.1
Cookie, Raspberry, Filled, Archway	1 ea	28.0	113.0	18.3	1.4	3.9	20.1
Cookie, Raspberry, Fruit Cntr, fat free, Hlth Vly	1 ea	25.0	70.0	18.0	2.0	0.0	19.2
Cookie, Raspberry, Jumbo, fat free, Health Valley	1 ea	25.0	80.0	19.0	2.0	0.0	20.2
Cookie, Raspberry, Menu Magic	1 ea	49.0	200.0	26.1	6.1	8.0	31.8
Cookie, Raspberry, Oatmeal, fat free, Archway	1 ea	28.0	98.0	22.5	1.3	0.4	23.4
Cookie, Raspberry, Smart Snackers	1 ea	20.0	71.0	16.2	1.0	0.0	16.8
Cookie, Select Assortment, Archway	1 ea	8.0	40.0	5.5	0.5	1.8	6.2

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cookie, Selection De Choix Biscuits, Pepp Farms	1 ea	6.0	31.0	3.9	0.2	1.4	4.4
Cookie, Shortbread, avg	1 ea	15.0	75.0	9.8	1.1	3.5	11.3
Cookie, Shortbread, Highland, Pepperidge Farms	1 ea	14.0	73.0	2.6	12.1	3.6	10.8
Cookie, Shortbread, Lorna Doone	1 ea	7.0	34.0	4.6	0.5	1.7	5.3
Cookie, Shortbread, old fash, Pepp Farms	1 ea	13.0	70.0	8.0	1.0	3.5	9.5
Cookie, Snickerdoodle, avg	1 ea	20.0	81.0	11.8	0.9	3.5	13.2
Cookie, Strawberry, Bakes, fat free, Health Valley	1 ea	38.0	110.0	26.0	2.0	0.0	27.2
Cookie, Strawberry, Fruit Filled, Archway	1 ea	28.0	113.0	18.1	1.4	3.9	19.9
Cookie, Strawberry, Fruit Filled, Pepp Farms	1 ea	11.0	48.0	7.6	0.7	1.7	8.4
Cookie, Sugar, Archway	1 ea	28.0	120.0	20.0	2.0	4.0	22.2
Cookie, Sugar, avg	1 ea	15.0	72.0	10.2	0.8	3.2	11.5
Cookie, Sugar, Biscos Wafers, Nabisco	1 ea	4.0	20.0	3.0	7.1	0.9	7.5
Cookie, Sugar, Creme Filled Wafer, avg	1 ea	9.0	46.0	6.3	0.4	2.2	7.1
Cookie, Sugar, old fash, Pepperidge Farms	1 ea	10.0	47.0	6.7	0.7	2.0	7.6
Cookie, Sugar, prep f/refrig dough, avg	1 ea	12.0	58.0	7.9	0.6	2.8	9.0
Cookie, Sugar, refrig dough, avg	1 ea	16.0	70.0	9.4	0.7	3.3	10.6
Cookie, Sugar, soft, Archway	1 ea	28.0	115.0	19.3	1.4	3.6	21.0
Cookie, Sugar, w/o sod, w/fructose, avg	1 ea	4.0	20.0	2.6	0.1	1.0	2.9
Cookie, Vanilla Sandwich, avg	1 ea	10.0	48.0	7.2	0.5	2.0	8.0
Cookie, Vanilla Sandwich, dietetic, avg	1 ea	11.0	50.0	6.1	0.5	2.7	7.1
Cookie, Vanilla Sandwich, Smart Snackers	1 ea	15.0	70.0	12.5	0.5	1.5	13.2
Cookie, Vanilla Sandwich, Snackwell's	1 ea	13.0	55.0	10.5	0.6	1.2	11.2
Cookie, Vanilla Wafer, Archway	1 ea	6.0	26.0	4.4	0.4	0.8	4.8
Cookie, Vanilla Wafer, avg	1 ea	4.0	18.0	2.9	0.2	0.6	3.2
Cookie, Vanilla Wafer, Keebler	1 ea	4.0	20.0	2.6	0.2	0.9	2.9
Cookie, Vanilla Wafer, Nilla Wafers, Nabisco	1 ea	4.0	18.0	3.0	0.1	0.6	3.2
Cookie, Wedding Cake, Archway	1 ea	10.0	53.0	6.7	0.3	2.7	7.6
Cookies, Cranberry/Orng Frt, fat free, Pepp Farms	1 ea	14.0	44.0	9.9	0.1	0.0	10.0
Cooking Wine, Burgundy, avg	2 Tbs	30.0	19.0	1.0	0.3	0.3	1.3
Cooking Wine, Chablis, avg	2 Tbs	30.0	17.0	0.4	0.3	0.3	0.7
Cooking Wine, Red, Fleischmann's	2 Tbs	30.0	20.0	0.2	0.0	0.0	0.2
Cooking Wine, Sauterne, Regina	2 Tbs	30.0	20.0	3.0	0.0	0.0	3.0
Cooking Wine, Sherry, Fleischmann's	2 Tbs	30.0	29.0	0.2	0.0	0.0	0.2
CORDIALS AND LIQUEURS, 54 PROOF	1 FL. OZ	34.0	97.0	11.5	0.0	0.0	11.5
Coriander/Cilantro, dried, avg	1 tsp	1.0	3.0	0.5	0.2	0.0	0.6
Coriander/Cilantro, fresh, avg	1 Tbs	1.0	0.0	0.0	0.0	0.0	0.0
Coriander/Cilantro, seed, avg	1 tsp	2.0	6.0	1.1	0.2	0.4	1.3
CORN CHIPS, FRITOS	1 OZ	28.0	155.0	15.8	1.9	9.7	19.4
Corn Dog, Pork & Beef, Bryan Foods	1 ea	114.0	361.0	37.1	9.0	20.1	47.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Corn Dog, Turkey, bite size, Bryan Foods	4 ea	76.0	214.0	17.4	6.7	12.0	24.4
Corn Fritters, fzn, Mrs Paul	1 pce	63.0	130.0	16.0	2.1	6.1	18.8
Corn Grits, Butter Flvr, inst, dry pkt, Quaker	1 ea	28.0	101.0	20.9	2.3	1.4	22.6
Corn Grits, Butter Flvr, inst, prep f/dry pkt, Qkr	1 ea	147.0	101.0	20.9	2.3	1.4	22.6
Corn Grits, Cheese Flvr, inst, dry pkt, Quaker	1 ea	28.0	102.0	20.5	2.3	1.6	22.3
Corn Grits, Cheese Flvr, inst, prep, Quaker	1 cup	178.0	125.0	24.9	2.8	1.1	26.9
Corn Grits, Enriched, White, ckd, avg	1 cup	242.0	145.0	31.5	3.4	0.5	33.7
Corn Grits, Enriched, White, dry, avg	1/4 cup	39.0	145.0	31.0	3.4	0.5	33.2
Corn Grits, Enriched, Yellow, ckd, avg	1 cup	242.0	145.0	31.5	3.4	0.5	33.7
Corn Grits, Enriched, Yellow, dry, avg	1/4 cup	39.0	145.0	31.0	3.4	0.5	33.2
Corn Grits, Hominy, White, dry, Albers	1/4 cup	40.0	140.0	31.0	3.0	0.4	32.9
Corn Grits, Hominy, White, dry, Albers	1/4 cup	40.0	140.0	31.0	3.0	0.4	32.9
Corn Grits, Hominy, Yellow, quick, dry, Albers	1/4 cup	40.0	140.0	31.0	3.0	0.4	32.9
Corn Grits, Hominy, Yellow, quick, dry, Albers	1/4 cup	40.0	140.0	31.0	3.0	0.4	32.9
Corn Grits, Imit Bacon, inst, dry pkt, Quaker	1 ea	28.0	98.0	21.7	2.8	0.5	23.5
Corn Grits, Imit Bacon, inst, prep f/dry pkt, Qkr	1 ea	141.0	94.0	20.9	2.7	0.5	22.6
Corn Grits, Imit Ham Bits, inst, dry pkt, Quaker	1 ea	28.0	95.0	21.1	2.8	0.5	22.9
Corn Grits, Imit Ham Bits, inst, prep, Quaker	1 cup	176.0	114.0	25.2	3.3	0.6	27.3
CORN GRITS, INSTANT	1 PACKET	137.0	82.0	17.8	2.1	0.2	19.1
CORN GRITS, QUICK, ENRICHED,CKD\	1 CUP	242.0	146.0	31.4	3.5	0.5	33.6
Corn Grits, Unenriched, White, ckd, avg	1 cup	242.0	145.0	31.5	3.4	0.5	33.7
Corn Grits, Unenriched, White, dry, avg	1/4 cup	39.0	145.0	31.0	3.4	0.5	33.2
Corn Grits, Unenriched, Yellow, ckd, avg	1 cup	242.0	145.0	31.5	3.4	0.5	33.7
Corn Grits, Unenriched, Yellow, dry, avg	1/4 cup	39.0	145.0	31.0	3.4	0.5	33.2
Corn Meal, Blue, Arrowhead Mills	1/4 cup	35.0	130.0	25.0	3.0	1.5	27.2
CORN MEAL, SELF-RISING, DRY	1 OZ (1/6 CUP)	28.0	98.0	21.1	2.3	0.5	22.6
Corn Meal, White, Arrowhead Mills	1/4 cup	32.0	120.0	23.0	3.0	1.0	25.1
Corn Meal, White, self rising, enriched, avg	1/4 cup	30.0	100.0	21.1	2.5	1.0	22.9
Corn Meal, Yellow, self rising, enriched, avg	1/4 cup	30.0	100.0	21.1	2.5	1.0	22.9
Corn Meal, Yellow, whole grain, avg	1/4 cup	30.0	109.0	23.1	2.4	1.1	24.8
Corn Nuts, Barbecue, avg	16 pce	29.0	126.0	20.8	2.6	4.1	23.4
Corn Nuts, Nacho, avg	16 pce	29.0	127.0	20.8	2.7	4.1	23.4
Corn Nuts, Plain, avg	16 pce	29.0	127.0	21.3	2.5	4.1	23.8
CORN, CANNED, CREAM STYLE	2/5 CUP	100.0	73.0	18.3	1.9	0.3	19.5
Corn, Cobette, Long John Silvers	1 pce	94.0	140.0	18.0	3.0	8.0	21.8
Corn, On The Cob, Kentucky Fried Chicken	1 ea	151.0	222.0	27.0	4.0	12.0	32.4
CORN, WHITE, CANNED	3/5 CUP	100.0	60.0	14.6	1.8	0.3	15.8
Corn, White, ckd f/fzn, avg	1/2 cup	82.0	66.0	16.1	2.3	0.4	17.6
Corn, White, cnd, avg	1/2 cup	105.0	83.0	20.4	2.5	0.5	22.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Corn, White, cnd, creamed, avg	1/2 cup	128.0	92.0	23.2	2.2	0.5	24.6
Corn, White, cnd, creamed, low sod, avg	1/2 cup	128.0	92.0	23.2	2.2	0.5	24.6
Corn, White, cnd, unsalted, avg	1/2 cup	105.0	83.0	20.4	2.5	0.5	22.0
Corn, White, dry, avg	1/4 cup	42.0	153.0	31.2	3.1	1.1	33.3
Corn, White, fresh, ckd, avg	1/2 cup	82.0	89.0	20.6	2.7	1.0	22.5
Corn, White, on the cob, ckd f/fzn, unsltd, avg	1 ea	63.0	59.0	14.0	1.1	0.5	14.8
Corn, White, raw, avg	1/2 cup	77.0	66.0	14.6	2.5	0.9	16.3
Corn, White, w/butter sauce, Green Giant	1/2 cup	75.0	80.0	14.1	1.9	1.8	15.7
Corn, Yellow Hominy, ckd, avg	1/2 cup	82.0	72.0	16.7	1.7	0.1	17.7
Corn, Yellow Hominy, cnd, avg	1/2 cup	80.0	58.0	11.4	1.2	0.7	12.3
Corn, Yellow, ckd f/fzn, avg	1/2 cup	82.0	66.0	16.1	2.3	0.4	17.6
Corn, Yellow, cnd, avg	1/2 cup	105.0	83.0	20.4	2.5	0.5	22.0
Corn, Yellow, cnd, creamed, avg	1/2 cup	128.0	92.0	23.2	2.2	0.5	24.6
Corn, Yellow, cnd, unsalted, avg	1/2 cup	105.0	83.0	20.4	2.5	0.5	22.0
Corn, Yellow, dry, avg	1/4 cup	42.0	153.0	31.2	3.1	1.1	33.3
Corn, Yellow, fresh, ckd, avg	1/2 cup	82.0	89.0	20.6	2.7	1.0	22.5
Corn, Yellow, fresh, raw, avg	1/2 cup	77.0	66.0	14.6	2.5	0.9	16.3
CORN, YELLOW, ON THE COB	4-INCH EAR	100.0	100.0	21.0	3.3	1.0	23.2
Corn, Yellow, on the cob, ckd f/fzn, avg	1 ea	63.0	59.0	14.0	1.1	0.5	14.8
Corn, Yellow, w/butter sauce, Grn Gnt	3 oz	85.0	89.0	16.1	2.0	1.1	17.6
Cornbread, avg	1 pce	65.0	161.0	23.1	4.2	5.6	27.0
CORNBREAD, FROM MIX	1/8 PAN	58.0	160.0	26.0	4.0	4.0	29.4
CORNBREAD, HOMEMADE	1 PIECE	83.0	198.0	28.7	4.1	7.3	33.0
Cornbread, Hush Puppies, avg	1 ea	22.0	74.0	10.1	1.7	2.1	11.6
Cornbread, Prep f/Mix, Honey, General Mills	1 pce	35.0	138.0	25.7	1.1	2.1	26.9
Cornbread, Prep f/Recipe w/2% milk, avg	1 pce	65.0	173.0	28.3	4.4	4.6	32.1
Cornbread, Prep f/Recipe w/whole milk, avg	1 pce	65.0	176.0	28.3	4.4	5.0	32.2
CORNED BEEF HASH, CAN	3 1/2 OZ	100.0	184.0	9.3	8.2	12.5	17.3
CORNED BEEF, COOKED	3.5 OZ	100.0	372.0	0.0	22.9	30.4	21.3
Cornish Game Hen, raw	4 oz	113.0	131.0	0.0	22.6	3.8	14.5
Cornish Game Hen, rstd	3 oz	85.0	114.0	0.0	19.8	3.3	12.7
Cornish Game Hen, rstd, w/o skin	3 oz	85.0	161.0	0.0	24.4	6.3	16.2
Cornstarch, Avg	1 Tbs	8.0	30.0	7.3	0.0	0.0	7.3
Cottage Cheese, 2% Fat, creamed w/fruit, avg	1/2 cup	113.0	140.0	15.0	11.2	3.8	22.7
Cottage Cheese, 1% Fat, avg	1/2 cup	113.0	81.0	3.1	14.0	1.2	11.8
Cottage Cheese, 1% Fat, large curd, avg	1/2 cup	112.0	115.0	3.0	14.0	5.1	12.7
Cottage Cheese, 1% Fat, low sod, avg	1/2 cup	112.0	81.0	3.0	13.9	1.1	11.6
Cottage Cheese, 1% Fat, small curd, avg	1/2 cup	105.0	108.0	2.8	13.1	4.7	11.8
Cottage Cheese, 1.5% Fat, w/fruit, Knudsen	1/2 cup	113.0	120.0	15.0	11.0	2.0	22.1

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Cottage Cheese, 4% Fat, Chive, Darigold	1/2 cup	114.0	115.0	5.0	13.0	5.0	14.1
Cottage Cheese, 4% Fat, large curd, Breakstone's	1/2 cup	120.0	120.0	4.0	14.0	5.0	13.7
Cottage Cheese, 4% Fat, Pineapple, Darigold	1/2 cup	126.0	140.0	14.0	12.0	4.0	22.2
Cottage Cheese, 4% Fat, small curd, Breakstone's	1/2 cup	120.0	120.0	4.0	14.0	5.0	13.7
Cottage Cheese, Fat Free, Darigold	1/2 cup	115.0	80.0	6.0	13.0	0.0	13.8
Cottage Cheese, Fat Free, dry curd, Darigold	1/2 cup	75.0	60.0	1.5	13.5	0.0	9.6
Couscous, Asparagus Au Gratin, Casbah Sahara	1/2 cup	124.0	76.0	12.0	5.5	1.1	15.6
Couscous, Ched Broc, meal in a cup, Casbah Sahara	1/2 cup	124.0	55.0	9.8	2.2	1.1	11.4
Couscous, Hearty Harvest, Casbah Sahara	1/2 cup	124.0	76.0	15.8	2.7	0.3	17.5
Couscous, Moroccan, Spice Hunter	1/2 cup	117.0	72.0	12.4	3.1	1.0	14.5
Cowpeas/Blackeyed Peas, ckd, avg	1/2 cup	86.0	100.0	17.9	6.6	0.5	22.0
Cowpeas/Blackeyed Peas, cnd, avg	1/2 cup	120.0	92.0	16.3	5.7	0.7	19.9
Cowpeas/Blackeyed Peas, fzn, bld,drnd,avg	1/2 cup	85.0	112.0	20.2	7.2	0.6	24.7
Cowpeas/Blackeyed Peas, raw, avg	1/2 cup	84.0	282.0	50.4	19.7	1.1	62.5
CRAB CAKES	1 OZ	28.0	46.0	0.5	5.4	2.5	4.4
Crab, Alaskan King, leg, raw, avg	1 ea	172.0	144.0	0.0	31.5	1.0	19.2
Crab, Alaskan king, leg, stmd, avg	1 ea	134.0	130.0	0.0	25.1	2.1	15.6
Crab, bkd/brld, sauteed, avg	1 cup	118.0	163.0	6.3	22.5	7.5	21.7
Crab, Blue, cnd, drnd, avg	1 cup	135.0	134.0	0.0	27.7	1.7	17.0
Crab, Blue, raw, avg	1 ea	21.0	18.0	0.0	3.8	0.2	2.3
Crab, Blue, stmd, avg	1 cup	118.0	120.0	0.0	23.8	2.1	14.8
CRAB, CANNED	1/2 CUP	85.0	86.0	0.9	14.8	2.1	10.3
CRAB, DEVILED	3.5 OZ	100.0	188.0	13.3	11.4	9.9	22.6
Crab, Deviled Miniatures, fzn, Mrs Pauls	5 pce	82.0	199.0	22.4	6.6	9.1	28.6
Crab, deviled, avg	1 cup	175.0	343.0	24.7	22.4	17.2	42.4
Crab, Dungeness, raw, avg	1 ea	163.0	140.0	1.2	28.4	1.6	18.6
Crab, Dungeness, stmd, avg	1 ea	127.0	140.0	1.2	28.3	1.6	18.6
Crab, Queen, raw, avg	3 oz	85.0	77.0	0.0	15.7	1.0	9.7
Crab, Queen, stmd, avg	3 oz	85.0	98.0	0.0	20.1	1.3	12.4
Crab, soft shell, fld/brd, fried, avg	1 ea	65.0	217.0	11.3	13.2	12.1	22.2
CRAB, STEAMED	3.5 OZ	100.0	93.0	0.5	17.3	1.9	11.4
Crackers, Amaranth Graham, Health Valley	7 ea	28.0	97.0	22.2	3.9	0.0	24.5
Crackers, Armenian Bread, avg	4 ea	28.0	105.0	0.9	7.1	7.7	7.1
Crackers, Butter Flvr, snack type, avg	9 ea	27.0	136.0	16.5	1.1	6.8	18.9
Crackers, Butter Flvr, thin, Pepperidge Farms	7 ea	28.0	131.0	18.7	1.9	5.6	21.2
Crackers, Cheese, avg	30 ea	30.0	151.0	17.5	3.0	7.6	21.2
Crackers, Cheese, Goldfish, Ched, tiny, Pepp Farms	55 ea	30.0	140.0	19.0	4.0	6.0	22.9
Crackers, Cheese, Goldfish, low sod, Pepp Farms	55 ea	30.0	150.0	18.0	3.0	6.0	21.3
Crackers, Cheese, Goldfish, Parmesan, Pepp Farms	55 ea	30.0	140.0	19.0	4.0	5.0	22.7

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Crackers, Cheese, low sod, avg	30 ea	30.0	151.0	17.5	3.0	7.6	21.2
Crackers, Cheese, reduced fat, Snackwells	1 ea	30.0	125.0	23.3	3.6	1.1	25.7
Crackers, Cheese, Ritz Bits, Nabisco	30 ea	30.0	160.0	18.0	2.0	8.0	21.2
CRACKERS, CHEESE, W/P.BUTTER	2 OZ	57.0	283.0	30.9	9.5	13.5	40.0
Crackers, Cheese, w/Peanut Butter Filling, avg	4 ea	28.0	135.0	15.1	3.5	6.5	18.8
Crackers, Chili, Cheese, hot, fat free, Hlth Vlly	15 ea	30.0	100.0	22.0	4.0	0.0	24.4
Crackers, Chili, Cheese, mild, fat free, Hlth Vlly	15 ea	30.0	100.0	22.0	4.0	0.0	24.4
Crackers, Chili, Jal&Chs, med, fat free, Hlth Vlly	15 ea	30.0	100.0	22.0	4.0	0.0	24.4
Crackers, Cuban, avg	6 ea	30.0	120.0	22.1	2.3	2.0	24.0
CRACKERS, GOLDFISH, P.FARMS	12 CRACKERS	6.0	30.0	4.0	0.0	2.0	4.5
CRACKERS, GRAHAM	2 SQUARES	14.0	60.0	10.8	1.0	1.5	11.8
Crackers, Graham, Chocolate Coated, avg	2 ea	28.0	136.0	18.6	1.6	6.5	21.2
Crackers, Graham, Honey, enr w/fiber, Keebler	1 ea	21.0	83.0	16.2	1.4	1.1	17.3
Crackers, Graham, Oat Bran, fat free, Hlth Vlly	7 ea	28.0	97.0	22.2	3.9	0.0	24.5
Crackers, Graham, Plain/Honey, avg	4 ea	28.0	118.0	21.5	1.9	2.8	23.3
Crackers, Graham, Plain/Honey, Honey Maid	4 ea	28.0	118.0	21.7	1.1	1.1	22.6
Crackers, Matzoh, Egg & Onion, avg	1 ea	28.0	109.0	21.6	2.8	1.1	23.6
Crackers, Matzoh, Egg, avg	1 ea	28.0	109.0	22.0	3.4	0.6	24.2
Crackers, Matzoh, Plain, avg	1 ea	28.0	111.0	23.4	2.8	0.4	25.2
Crackers, Matzoh, Whole Wheat, avg	1 ea	28.0	98.0	22.1	3.7	0.4	24.4
Crackers, Melba Toast, Plain, avg	6 ea	30.0	117.0	22.1	3.6	0.1	24.3
Crackers, Melba Toast, Plain, unsalted, avg	6 ea	30.0	117.0	22.1	3.6	0.1	24.3
Crackers, Melba Toast, Rye, avg	6 ea	30.0	117.0	23.2	3.5	1.0	25.6
Crackers, Melba Toast, Wheat, avg	6 ea	30.0	112.0	22.9	3.9	0.7	25.4
Crackers, Milk, avg	3 ea	33.0	150.0	23.0	2.5	5.2	25.8
Crackers, Oat Bran, avg	15 ea	30.0	131.0	21.2	2.9	4.0	23.9
CRACKERS, OYSTER	33 CRACKERS	28.0	120.0	20.0	2.7	3.3	22.4
Crackers, Oyster, avg	30 ea	30.0	130.0	21.5	2.8	3.5	24.1
Crackers, Pepper, Snackwells	2 ea	30.0	119.0	25.1	3.0	0.7	27.1
Crackers, Pepper, Water Biscuit, Pepp Farms	10 ea	30.0	120.0	24.0	4.0	2.0	26.9
Crackers, Pizza, Garlic&Herb, fat free, Hlth Vlly	15 ea	30.0	100.0	22.0	4.0	0.0	24.4
Crackers, Pizza, Goldfish, Pepperidge Farms	55 ea	30.0	140.0	19.0	3.0	6.0	22.3
Crackers, Pizza, Italiano, fat free, Hlth Vlly	15 ea	30.0	100.0	22.0	4.0	0.0	24.4
Crackers, Pizza, Zsty Cheese, fat free, Hlthy Vlly	15 ea	30.0	100.0	22.0	4.0	0.0	24.4
CRACKERS, RITZ, NABISCO	3 CRACKERS	10.0	54.0	6.4	0.7	2.9	7.5
Crackers, Rusk Toast, avg	3 ea	30.0	122.0	21.7	4.1	2.2	24.7
Crackers, Rye, avg	3 ea	33.0	110.0	26.5	3.2	0.3	28.5
Crackers, Rye, Cheese Filled, avg	4 ea	28.0	135.0	17.0	2.6	6.2	20.1
Crackers, Rye, Crispbread, avg	3 ea	30.0	110.0	24.7	2.4	0.4	26.2

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Crackers, Rye, Crispbread, low sod, avg	4 ea	28.0	96.0	21.4	3.6	0.3	23.6
Crackers, Rye, Seasoned, avg	1 ea	22.0	84.0	16.2	1.1	2.0	17.4
CRACKERS, RYEKRISP	2 TRIPLE CRACKERS	12.0	50.0	10.0	1.3	0.2	10.8
Crackers, Saltine, avg	10 ea	30.0	130.0	21.5	2.8	3.5	24.1
Crackers, Saltine, low sod, avg	10 ea	30.0	130.0	21.5	2.8	3.5	24.1
Crackers, Saltine, low sod, fat-free, avg	6 ea	30.0	118.0	24.7	3.2	0.5	26.7
Crackers, Saltine, unsalted top, avg	10 ea	30.0	130.0	21.5	2.8	3.5	24.1
Crackers, Saltine, Whole Wheat, avg	10 ea	30.0	131.0	20.9	3.3	4.1	23.9
CRACKERS, SALTINES	2 CRACKERS	6.0	26.0	4.4	0.6	0.6	4.9
Crackers, Sesame Bread Wafers, Meal Mates	6 ea	30.0	135.0	21.0	3.0	4.5	23.9
CRACKERS, TRISCUITS	2 CRACKERS	9.0	42.0	6.2	0.8	1.5	7.1
Crackers, Water Biscuit, Orig, Pepp Farms	10 ea	30.0	120.0	22.0	4.0	2.0	24.9
CRACKERS, WHEAT THINS	4 CRACKERS	7.0	36.0	5.0	0.5	1.4	5.7
Crackers, Wheat, avg	15 ea	30.0	143.0	19.3	2.2	6.7	22.3
Crackers, Wheat, Cheese Filled, avg	4 ea	28.0	139.0	16.3	2.7	7.0	19.7
Crackers, Wheat, Cracked, Pepperidge Farms	4 ea	28.0	140.0	18.0	2.0	5.0	20.5
Crackers, Wheat, Crispbread, avg	5 ea	30.0	118.0	24.7	3.3	0.3	26.8
Crackers, Wheat, fat free, Snackwells	15 ea	30.0	119.0	24.6	3.0	0.9	26.6
Crackers, Wheat, low salt, avg	10 ea	30.0	142.0	19.5	2.6	6.2	22.6
Crackers, Wheat, original, Nabisco	15 ea	30.0	145.0	19.7	2.1	6.2	22.5
Crackers, Wheat, Peanut Butter Filled, avg	4 ea	28.0	139.0	15.1	3.8	7.5	19.3
Crackers, Whole Wheat, 100%, avg	7 ea	28.0	113.0	19.1	2.4	3.9	21.5
Crackers, Whole Wheat, Bran, avg	7 ea	28.0	112.0	19.1	2.4	3.8	21.5
Crackers, Whole Wheat, fat free, Hlth Vly	10 ea	30.0	107.0	23.6	4.3	0.0	26.2
Crackers, Whole Wheat, low salt, avg	7 ea	28.0	124.0	19.2	2.5	4.8	21.9
Crackers, Whole Wheat, Triscuits	7 ea	28.0	124.0	19.2	2.5	4.8	21.9
Cranberries, Dried, craisins, swtnd, Ocean Spray	1/2 cup	67.0	216.0	52.1	0.2	0.8	52.4
Cranberries, Dried, dehydrated, avg	1 oz	28.0	103.0	23.6	0.8	1.8	24.5
Cranberries, Dried, Frieda's Specialty Produce	1/2 cup	67.0	201.0	46.9	0.0	0.0	46.9
CRANBERRIES, FROZEN	3.5 OZ	100.0	46.0	10.7	0.4	0.2	11.0
Cranberries, Raw, whole, avg	1/2 cup	48.0	24.0	6.1	0.2	0.1	6.2
Cranberries, Sauce, swtnd, cnd, avg	1/2 cup	138.0	208.0	53.7	0.3	0.2	53.9
Cranberry Breeze Drink, low cal, mix, Crystal Lt	1/2 tsp	1.0	4.0	0.0	0.0	0.0	0.0
Cranberry Breeze Drink, low cal, prep, Crystal Lt	1 cup	239.0	5.0	0.0	0.0	0.0	0.0
CRANBERRY JUICE COCKTAIL	8 OZ	253.0	147.0	37.7	0.1	0.1	37.8
CRANBERRY JUICE COCKTAIL, LO-CAL	6 OZ	180.0	36.0	8.3	0.2	0.4	8.5
CRANBERRY SAUCE, CANNED	1/2 CUP	138.0	209.0	53.7	0.3	0.2	53.9
CRAPPIE, RAW	3.5 OZ	100.0	79.0	0.0	16.8	0.8	10.3
Crayfish, mixed species, raw, avg	10 ea	34.0	24.0	0.0	5.1	0.3	3.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Crayfish, mxd spec, stmd, avg	3 oz	85.0	74.0	0.0	14.9	1.1	9.2
CRAYFISH, RAW	3.5 OZ	100.0	72.0	1.2	14.6	0.5	10.1
Cream Cheese, avg	1 Tbs	14.0	49.0	0.4	1.1	4.9	2.3
Cream Cheese, Chives & Onions, soft, Philadelphia	1 Tbs	16.0	57.0	1.0	1.0	5.2	2.9
Cream Cheese, Chives, Philadelphia	1 oz	28.0	90.0	0.5	2.0	9.0	4.0
Cream Cheese, Fat Free, avg	1 Tbs	14.0	13.0	0.8	2.0	0.2	2.1
Cream Cheese, Fat Free, Grdn Veg, slice, Lifetime	1 ea	28.0	40.0	1.0	8.0	0.0	5.8
Cream Cheese, Fat Free, Herb & Garlic, Hlthy Chc	1 Tbs	15.0	12.0	1.0	2.0	0.0	2.2
Cream Cheese, Fat Free, Onn&Chvs, slice, Lifetime	1 ea	28.0	40.0	1.0	8.0	0.0	5.8
Cream Cheese, Fat Free, Philadelphia	1 Tbs	16.0	14.0	1.1	2.3	0.0	2.5
Cream Cheese, Fat Free, soft, Philadelphia	1 Tbs	16.0	15.0	0.1	2.4	0.0	1.5
Cream Cheese, Fat Free, Strawberry, Healthy Choice	1 Tbs	15.0	18.0	2.5	2.0	0.0	3.7
Cream Cheese, Herb & Garlic, soft, Philadelphia	1 Tbs	16.0	57.0	1.0	0.5	5.2	2.6
Cream Cheese, Light, avg	1 Tbs	15.0	35.0	1.1	1.7	2.6	2.8
Cream Cheese, Light, Garlic, Bongrain	1 Tbs	16.0	34.0	1.1	1.7	2.8	2.8
Cream Cheese, Light, Herbs & Garlic, Bongrain	1 Tbs	16.0	34.0	1.1	1.7	2.8	2.8
Cream Cheese, Light, soft, Philadelphia	1 Tbs	16.0	35.0	1.0	1.5	2.5	2.5
Cream Cheese, Light, Vegetables, Bongrain	1 Tbs	16.0	34.0	2.8	0.6	8.5	5.3
Cream Cheese, Light, Weight Watchers	1 Tbs	15.0	21.0	0.5	1.6	1.3	1.8
Cream Cheese, Olive & Pimento, soft, Philadelphia	1 Tbs	16.0	52.0	1.0	1.0	4.6	2.7
Cream Cheese, Pimentos, soft, Philadelphia	1 oz	28.0	90.0	0.5	2.0	9.0	4.0
Cream Cheese, Pineapple, soft, Philadelphia	1 Tbs	16.0	50.0	2.0	1.0	4.5	3.7
Cream Cheese, Smkd Salmon, soft, Philadelphia	1 Tbs	16.0	52.0	0.5	1.0	4.6	2.2
Cream Cheese, Strawberries, soft, Philadelphia	1 Tbs	16.0	50.0	2.5	0.5	4.5	3.9
Cream Cheese, Whipped, avg	1 Tbs	10.0	35.0	0.3	0.8	3.5	1.7
Cream Cheese, Whipped, Smkd Salmon, Philadelphia	1 Tbs	10.0	33.0	0.7	0.7	3.0	1.9
Cream of Rice, ckd, avg	1 cup	244.0	127.0	27.8	2.2	0.2	29.2
CREAM OF RICE, COOKED	3/4 CUP	183.0	95.0	21.1	1.6	0.1	22.1
Cream of Rice, dry, avg	1/4 cup	43.0	159.0	35.4	2.7	0.2	37.1
Cream Of Tartar, Avg	1 tsp	3.0	8.0	1.8	0.0	0.0	1.8
Cream Of Wheat, Apl,Ban&Maple, prep f/dry pkt, avg	1 ea	150.0	132.0	28.1	2.4	0.5	29.7
Cream Of Wheat, Apple, Banana&Maple, dry pkt, avg	1 ea	35.0	131.0	28.6	2.4	0.4	30.1
CREAM OF WHEAT, COOKED	3/4 CUP	179.0	96.0	20.0	2.7	0.4	21.7
Cream Of Wheat, Cooked, avg	1 cup	251.0	133.0	27.6	3.8	0.5	30.0
Cream Of Wheat, Dry, avg	1/4 cup	43.0	159.0	32.9	4.5	0.6	35.8
Cream Of Wheat, Inst, dry, avg	1/4 cup	44.0	161.0	33.2	4.7	0.6	36.2
CREAM OF WHEAT, INSTANT, FLAVORED	1 PACKET	150.0	132.0	28.9	2.5	0.4	30.5
Cream Of Wheat, Prep f/Instant, avg	1 cup	241.0	154.0	31.6	4.3	0.5	34.3
Cream Of Wheat, Quick, dry, avg	1/4 cup	44.0	159.0	33.0	4.5	0.6	35.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Cream Of Wheat, Quick, prep, avg	1 cup	239.0	129.0	26.8	3.6	0.5	29.1
CREAM, HALF & HALF	1 TBSP	15.0	20.0	0.6	0.4	1.7	1.3
Cream, Half & Half, avg	1 Tbs	15.0	20.0	0.6	0.4	1.7	1.3
Cream, Light, avg	1 Tbs	15.0	29.0	0.5	0.4	2.9	1.5
Cream, Medium, 25% fat, avg	1 Tbs	15.0	37.0	0.5	0.4	3.8	1.7
CREAM, SOUR	1 TBSP	12.0	26.0	0.5	0.4	2.5	1.4
Cream, Whipping, heavy, avg	1 Tbs	15.0	52.0	0.4	0.3	5.6	2.0
Cream, Whipping, heavy, whipped, avg	1 Tbs	15.0	52.0	0.4	0.3	5.6	2.0
Cream, Whipping, light, avg	1 Tbs	15.0	44.0	0.4	0.3	4.6	1.7
Cream, Whipping, light, whipped, avg	1 Tbs	15.0	20.0	0.6	0.4	1.8	1.3
Cream, Whipping, light, whipped, avg	2 Tbs	30.0	41.0	1.3	0.9	3.6	2.7
Creamer, Coffee Rich, light, Rich's	1 Tbs	14.0	12.0	0.1	0.5	0.5	0.5
Creamer, Coffee Rich, Rich's	1 Tbs	14.0	24.0	1.9	0.5	1.9	2.7
Creamer, Coffee Whitener, avg	1 Tbs	15.0	20.0	1.7	0.2	1.5	2.2
Creamer, Lite, Coffee Mate	1 Tbs	9.0	45.0	6.0	0.0	1.5	6.4
Creamer, Non Dairy, Coffee Mate	1 Tbs	6.0	30.0	3.0	0.0	1.5	3.4
Creamer, Non Dairy, Cremora	1 Tbs	6.0	30.0	3.0	0.0	1.5	3.4
Creamer, Non Dairy, light, Rich's	1 Tbs	14.0	10.0	0.5	0.5	0.5	0.9
Creamer, Non Dairy, lite, Cremora	1 Tbs	6.0	24.0	6.0	1.5	1.5	7.3
Creamer, Non Dairy, Mocha Mix	1 Tbs	14.0	19.0	1.2	4.9	1.6	4.5
Creamer, Non Dairy, Rich's	1 Tbs	14.0	19.0	0.1	0.5	1.9	0.9
Creamer, Powder, avg	1 Tbs	6.0	33.0	3.3	0.3	2.1	4.0
Creamer, Powder, dry pkt, Coffee Mate	1 ea	3.0	15.0	2.0	0.0	1.0	2.3
Crepe, Chocolate Filled, avg	1 ea	78.0	119.0	15.2	4.3	4.7	19.0
Crepe, Fruit filled, avg	1 ea	78.0	131.0	20.8	3.6	3.1	23.7
Crepe, Meat Filled, avg	1 ea	119.0	264.0	10.8	21.1	14.7	27.1
Crepe, Suzette, avg	1 ea	66.0	161.0	15.5	4.1	9.3	20.3
Crepe, w/o Filling, avg	1 ea	102.0	239.0	22.2	8.9	12.5	30.7
Crescent, Sausage, Jack In The Box	1 ea	156.0	580.0	28.0	22.0	43.0	52.0
Crescent, Supreme, Jack In The Box	1 ea	153.0	530.0	34.0	23.0	33.0	56.1
Cress, Garden, ckd, drnd, avg	1/2 cup	68.0	16.0	2.6	1.3	0.4	3.5
Cress, Garden, raw, avg	1/2 cup	25.0	8.0	1.4	0.7	0.2	1.9
Crisp, Apple, avg	1 pce	78.0	127.0	25.2	1.4	2.8	26.7
Crisp, Apricot, avg	1 pce	139.0	160.0	27.9	1.5	5.4	30.1
Crisp, Berry, avg	1/2 cup	123.0	354.0	56.1	2.6	14.2	61.2
Crisp, Peach, avg	1 pce	139.0	155.0	27.1	1.5	5.3	29.3
Crisp, Rhubarb, avg	1/2 cup	123.0	257.0	47.1	1.4	7.9	49.9
Croaker Fish, Atlantic, breaded, frd, fillet, avg	1 ea	87.0	192.0	6.6	15.8	11.0	18.8
Croaker Fish, Atlantic, raw, fillet, avg	1 ea	79.0	82.0	0.0	14.1	2.5	9.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Croaker Fish, bkd, avg	3 oz	85.0	239.0	11.9	17.9	12.9	25.9
Croissant w/Egg & Cheese, avg	1 ea	127.0	368.0	24.3	12.8	24.8	38.2
Croissant w/Egg & Cheese, avg	1 ea	127.0	368.0	24.3	12.8	24.8	38.2
Croissant w/Egg, Cheese & Bacon, avg	1 ea	129.0	413.0	23.6	16.3	28.4	40.5
Croissant w/Egg, Cheese & Bacon, avg	1 ea	129.0	413.0	23.6	16.3	28.4	40.5
Croissant w/Egg, Cheese & Ham, avg	1 ea	152.0	474.0	24.2	19.0	33.6	44.0
Croissant w/Egg, Cheese & Ham, avg	1 ea	152.0	474.0	24.2	19.0	33.6	44.0
Croissant w/Egg, Cheese & Sausage, avg	1 ea	160.0	523.0	24.8	20.3	38.2	46.5
Croissant w/Egg, Cheese & Sausage, avg	1 ea	160.0	523.0	24.8	20.3	38.2	46.5
Croissant w/Egg, Sausage & Cheese, Burger King	1 ea	176.0	600.0	25.0	22.0	46.0	49.7
Croissant, Almond, Dunkin Donuts	1 ea	78.0	360.0	38.0	6.0	21.0	46.9
Croissant, Apple, avg	1 ea	57.0	145.0	21.1	4.2	4.1	24.6
Croissant, Butter, avg	1 ea	57.0	231.0	26.1	4.7	11.1	31.7
Croissant, Cheese, avg	1 ea	57.0	236.0	26.8	5.2	11.9	32.9
Croissant, Cheese, Dunkin Donuts	1 ea	70.0	240.0	28.0	6.0	15.0	35.4
Croissant, Chocolate, avg	1 ea	56.0	233.0	23.4	5.2	14.0	30.0
Croissant, Chocolate, Dunkin Donuts	1 ea	72.0	370.0	40.0	5.0	23.0	48.8
Croissant, Plain, Arby's	1 ea	63.0	260.0	28.0	6.0	15.6	35.5
Croissant, Plain, Dunkin Donuts	1 ea	60.0	270.0	27.0	4.0	17.0	33.7
CROISSANT, SARA LEE	1 ROLL	26.0	109.0	11.2	2.3	6.1	14.1
Croissant, w/Egg & Cheese, fzn, avg	1 ea	127.0	368.0	24.3	12.8	24.8	38.2
Croissant, w/Egg & Cheese, fzn, avg	1 ea	127.0	368.0	24.3	12.8	24.8	38.2
Croissant, w/Egg, Cheese&Bcn, fzn, avg	1 ea	129.0	413.0	23.6	16.3	28.4	40.5
Croissant, w/Egg, Cheese&Bcn, fzn, avg	1 ea	129.0	413.0	23.6	16.3	28.4	40.5
Croissant, w/Egg, Cheese&Ham, fzn, avg	1 ea	152.0	474.0	24.2	19.0	33.6	44.0
Croissant, w/Egg, Cheese&Ham, fzn, avg	1 ea	152.0	474.0	24.2	19.0	33.6	44.0
Croissant, w/Egg, Cheese&Saus, fzn, avg	1 ea	160.0	523.0	24.8	20.3	38.2	46.5
Croissant, w/Egg, Cheese&Saus, fzn, avg	1 ea	160.0	523.0	24.8	20.3	38.2	46.5
Croutons, Bacon Cheddar Toppers, Pepperidge Farms	1 Tbs	7.0	35.0	4.0	1.0	2.0	5.1
Croutons, Caesar Homestyle, Pepperidge Farms	10 pce	12.0	60.0	6.9	1.7	2.6	8.6
Croutons, Caesar Toppers, Pepperidge Farms	1 Tbs	7.0	35.0	4.0	1.0	2.0	5.1
Croutons, Cheddar & Romano Cheese, Pepp Farms	10 pce	8.0	34.0	4.6	1.1	1.1	5.5
Croutons, Cheese & Garlic, Pepperidge Farms	10 pce	8.0	40.0	4.6	2.3	1.7	6.4
Croutons, Cinnamon Raisin Toppers, Pepp Farms	1 Tbs	7.0	35.0	4.0	1.0	2.0	5.1
Croutons, Cracked Pepper & Parmesan, Pepp Farms	10 pce	12.0	60.0	6.9	1.7	2.6	8.6
Croutons, Garlic Italian Toppers, Pepperidge Farms	1 Tbs	7.0	35.0	4.0	1.0	1.5	5.0
Croutons, Onion & Garlic, Pepperidge Farms	10 pce	8.0	34.0	5.7	1.1	1.1	6.6
Croutons, Plain, avg	1/4 cup	8.0	33.0	5.9	0.1	0.5	6.1
Croutons, Ranch, Pepperidge Farms	10 pce	8.0	40.0	4.6	1.1	1.7	5.7

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Croutons, Seasoned, avg	1/4 cup	10.0	47.0	6.4	1.1	1.8	7.5
Croutons, Sourdough Cheese Homestyle, Pepp Farms	10 pce	12.0	51.0	6.9	1.7	1.7	8.3
Croutons, Zesty Italian Homestyle, Pepp Farms	10 pce	8.0	40.0	4.6	1.1	1.7	5.7
Crust, Cookie, choc, bkd, whl, avg	1 ea	219.0	1130.0	121.5	11.4	69.4	145.7
Crust, Cookie, plain, bkd, avg	1 pce	22.0	119.0	11.3	0.8	8.1	13.8
Crust, Graham Cracker, bkd, avg	1 pce	30.0	148.0	19.6	1.3	7.5	22.3
Crust, Graham Cracker, fzn, PET-Ritz	1 pce	21.0	110.0	13.0	1.0	6.0	15.1
Crust, Pastry, cream puff shell, 3 1/2 ", avg	1 ea	66.0	239.0	15.0	5.9	17.1	22.8
Crust, Pastry, phyllo dough, avg	1 ea	19.0	57.0	9.1	1.3	1.1	10.2
Crust, Patty Sheet, Pepperidge Farms	1 ea	47.0	230.0	23.0	3.0	14.0	28.3
Crust, Pie, fzn, 9", Pet	1 pce	18.0	90.0	7.0	1.0	6.0	9.1
Crust, Pie, fzn, 10", deep dish, Pet	1 pce	26.0	130.0	10.0	2.0	8.0	13.2
Crust, Pie, fzn, 6", Pet	1 pce	23.0	110.0	9.0	2.0	7.0	12.0
Crust, Pie, fzn, 9", deep dish, Pet	1 pce	20.0	100.0	8.0	2.0	7.0	11.0
Crust, Pie, prep f/mix, avg	1 pce	20.0	100.0	10.1	1.3	6.1	12.4
Crust, Pie, prep f/mix, whl, avg	1 ea	160.0	802.0	80.6	10.7	48.6	99.2
Crust, Pie, prep f/recipe, avg	1 pce	23.0	121.0	10.9	1.5	7.1	13.6
Crust, Pie, prep f/recipe, whl, avg	1 ea	180.0	949.0	85.5	11.5	62.3	108.0
Crust, Popover, prep f/mix, whl, avg	1 ea	33.0	67.0	10.4	2.6	1.5	12.3
Crust, Puff Pastry, dough sheet, Pepperidge Farms	1 ea	41.0	200.0	23.0	3.0	11.0	27.6
Crust, Tart, 3", whl, Pet-Ritz	1 ea	28.0	140.0	11.0	2.0	9.0	14.5
Crust, Tart, 6", Pet-Ritz	1 pce	23.0	110.0	9.0	2.0	7.0	12.0
Crustos, svg, Taco Time	1 ea	99.0	398.0	44.1	3.1	23.1	51.7
CUBED STEAK, COOKED	3.5 OZ	100.0	261.0	0.0	28.6	15.4	21.0
Cucumber, Cooked, avg	1/2 cup	90.0	14.0	3.2	0.6	0.1	3.6
CUCUMBER, RAW	1/2 MEDIUM	50.0	8.0	1.7	0.5	0.1	2.0
Cucumber, w/Peel, raw, avg	1/2 cup	52.0	7.0	1.4	0.4	0.1	1.7
Cumin Seed, avg	1 tsp	2.0	7.0	0.9	0.4	0.4	1.2
CURRENTS	1/2 CUP	72.0	204.0	53.3	2.9	0.2	55.1
Currents, Black, fresh, avg	1/2 cup	56.0	35.0	8.6	0.8	0.2	9.1
Currents, Black, stewed, swtnd, avg	1/2 cup	135.0	85.0	20.3	1.1	0.5	21.1
Currents, Black, stewed, unswtnd, avg	1/2 cup	129.0	36.0	7.2	1.0	0.5	7.9
Currents, Dried, avg	1/2 cup	72.0	204.0	53.4	2.9	0.2	55.2
Currents, Red/White, fresh, avg	1/2 cup	56.0	31.0	7.7	0.8	0.1	8.2
Curry Powder, avg	1 tsp	2.0	6.0	1.2	0.3	0.3	1.5
Curry, Chicken, avg	1 cup	236.0	293.0	10.3	27.3	16.1	30.7
Curry, Herring Fish, oily, avg	3 oz	85.0	297.0	2.7	9.2	27.7	15.1
Curry, Lamb, avg	1 cup	236.0	283.0	2.7	27.6	17.3	23.6
Curry, Lentils & Rice, in sauce, svg, avg	1 ea	69.0	260.0	46.0	12.0	3.0	54.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Curry, Mutton, avg	3 oz	85.0	320.0	2.0	14.2	28.3	17.6
Curry, Shrimp, avg	1 cup	236.0	314.0	13.9	27.4	16.1	34.4
Curry, White Haddock Fish, avg	3 oz	85.0	216.0	2.7	9.2	18.7	12.9
Cusk Fish, bkd, fillet, avg	1 ea	95.0	106.0	0.0	23.2	0.8	14.1
Cusk Fish, raw, fillet, avg	1 ea	122.0	106.0	0.0	23.2	0.8	14.1
Custard, Dry Mix, avg	1 oz	28.0	115.0	23.2	1.9	1.8	24.8
Custard, Dry Mix, Jello	1 oz	28.0	107.0	25.3	1.3	0.0	26.1
Custard, Egg, prep f/recipe, avg	1/2 cup	141.0	148.0	15.1	7.2	6.6	21.1
Custard, Prep f/Mix, Jello	1/2 cup	133.0	160.0	25.0	5.0	2.5	28.6
Cuttle Fish, mixed species, raw, avg	3 oz	85.0	67.0	0.7	13.8	0.6	9.1
Cuttle Fish, stmd, avg	3 oz	85.0	134.0	1.4	27.6	1.2	18.3
DAIRY QUEEN BUTTERFINGER BLIZZARD	SMALL		520.0	80.0	11.0	18.0	91.1
DAIRY QUEEN CHOCOLATE CHIP COOKIE DOUGH	SMALL		660.0	99.0	12.0	24.0	112.2
DAIRY QUEEN CHOCOLATE SHAKE	SMALL		560.0	94.0	13.0	15.0	105.6
DAIRY QUEEN HEATH BLIZZARD	SMALL		560.0	82.0	10.0	21.0	93.3
DAIRY QUEEN STRAWBERRY BLIZZARD	SMALL		400.0	66.0	9.0	11.0	74.2
DAIRY QUEENCHOCOLATE MALT	SMALL		650.0	111.0	15.0	16.0	124.0
DAIRY QUEENREESES PEANUT BUTTER CUP BLIZ	SMALL		590.0	81.0	14.0	24.0	95.4
Dandelion, Greens, ckd, avg	1/2 cup	53.0	17.0	3.4	1.1	0.3	4.1
Dandelion, Leaves, avg	1/2 cup	28.0	13.0	3.1	0.7	0.2	3.6
Danish Pastry, Apple, Mc Donalds	1 ea	105.0	360.0	50.6	4.5	16.6	57.4
Danish Pastry, Apple, Pepperidge Farms	1 ea	64.0	210.0	29.0	4.0	9.0	33.7
Danish Pastry, Black Forest, fat free, Entenmann's	1 pce	54.0	130.0	32.0	3.0	0.0	33.8
Danish Pastry, Cheese, avg	1 ea	71.0	266.0	26.4	5.7	15.5	33.7
Danish Pastry, Cheese, avg	1 ea	91.0	353.0	28.7	5.8	24.7	38.4
Danish Pastry, Cheese, Mc Donalds	1 ea	105.0	412.0	46.8	6.7	22.2	56.4
Danish Pastry, Cheese, Pepperidge Farms	1 ea	65.0	230.0	25.0	6.0	11.0	31.4
Danish Pastry, Cinnamon Nut, Arby's	1 ea	100.0	360.0	60.0	6.0	11.0	66.4
Danish Pastry, Cinnamon Nut, Arby's	1 ea	100.0	360.0	60.0	6.0	11.0	66.4
Danish Pastry, Cinnamon Raisin, Mc Donalds	1 ea	105.0	435.0	55.7	5.4	22.1	64.5
Danish Pastry, Cinnamon, avg	1 ea	65.0	262.0	28.1	4.6	14.6	34.5
Danish Pastry, Cinnamon, avg	1 ea	88.0	349.0	46.8	4.8	16.7	53.9
Danish Pastry, Fruit, avg	1 ea	94.0	335.0	45.0	4.8	15.1	51.7
Danish Pastry, Fruit, avg	1 ea	71.0	263.0	33.9	3.8	13.1	39.5
Danish Pastry, Nut, avg	1 ea	65.0	279.0	29.7	4.6	16.4	36.6
Danish Pastry, Pecan, Entenmann's	1 pce	53.0	230.0	23.0	3.0	15.0	28.6
Danish Pastry, Raspberry, Mc Donalds	1 ea	105.0	396.0	58.5	4.7	16.5	65.4
Danish Pastry, Walnut, Entenmann's	1 pce	53.0	230.0	23.0	4.0	14.0	28.9
Dates, Chopped, pitted, avg	1/2 cup	89.0	245.0	65.4	1.8	0.4	66.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
DATES, DRIED	10 DATES	83.0	228.0	61.0	1.6	0.4	62.1
Dessert Topping, Dry Mix, avg	2 Tbs	3.0	17.0	1.6	0.1	1.2	2.0
Dessert Topping, Frozen, semi solid, avg	2 Tbs	9.0	29.0	2.1	0.1	2.3	2.7
Dessert Topping, Prep w/Milk, avg	2 Tbs	10.0	19.0	1.7	0.4	1.2	2.2
Dessert Topping, Pressurized, avg	2 Tbs	9.0	24.0	1.4	0.1	2.0	2.0
Dessert Topping, Real Cream, D-Zerta	2 Tbs	7.0	20.0	1.0	0.0	1.5	1.4
Dessert Topping, Whip Cream Subst, non dairy, avg	2 Tbs	10.0	5.0	1.1	0.2	0.6	1.4
Dessert Topping, Whipped Cream, pressurized, avg	2 Tbs	8.0	21.0	1.0	0.3	1.8	1.6
Dessert Topping, Whipped, dry mix, Dream Whip	2 Tbs	2.0	12.0	1.6	0.0	0.4	1.7
Dessert Topping, Whipped, D-Zerta	2 Tbs	7.0	20.0	1.0	0.0	1.5	1.4
Dessert Topping, Whipped, extra creamy, Cool Whip	2 Tbs	9.0	30.0	2.0	0.0	2.0	2.5
Dessert Topping, Whipped, lite, Cool Whip	2 Tbs	8.0	20.0	2.0	0.0	1.0	2.3
Dessert Topping, Whipped, non dairy, Cool Whip	2 Tbs	8.0	25.0	2.0	0.0	1.5	2.4
Dessert Topping, Whipped, non dairy, Mrs Smith's	2 Tbs	10.0	29.0	2.1	0.0	2.1	2.6
Dessert Topping, Whipped, prep, Dream Whip	2 Tbs	10.0	20.0	2.0	0.0	1.0	2.3
Dessert Topping, Whipped, red cal, D-Zerta	2 Tbs	10.0	50.0	5.0	0.0	5.0	6.3
Dessert Wine, Dry, avg, 6 fl oz	1 ea	177.0	223.0	7.3	0.4	0.0	7.5
Dessert Wine, Madeira, avg, 6 fl oz	1 ea	177.0	271.0	20.9	0.4	0.0	21.1
Dessert Wine, Marsala, avg, 6 fl oz	1 ea	177.0	271.0	20.9	0.4	0.0	21.1
Dessert Wine, Port, avg, 6 fl oz	1 ea	177.0	271.0	20.9	0.4	0.0	21.1
Dessert Wine, Sweet Vermouth, avg, 6 fl oz	1 ea	180.0	275.0	21.2	0.4	0.0	21.4
Dessert Wine, Sweet, avg, 6 fl oz	1 ea	177.0	271.0	20.9	0.4	0.0	21.1
Dessert, Frosty Dairy, med, Wendy's	1 ea	298.0	440.0	73.0	11.0	11.0	82.4
Dill Seed, avg	1 tsp	2.0	6.0	1.1	0.3	0.3	1.4
Dill Weed, dried, avg	1 tsp	1.0	3.0	0.6	0.2	0.0	0.7
Dill Weed, fresh, avg	1 Tbs	1.0	0.0	0.1	0.0	0.0	0.1
Dip, Avocado, Kraft	1 Tbs	16.0	30.0	2.0	0.5	2.0	2.8
Dip, Bacon & Horseradish, Kraft	1 Tbs	16.0	26.0	1.0	0.5	2.6	1.9
Dip, Bacon & Onion, Kraft	1 Tbs	16.0	31.0	1.0	0.5	2.6	1.9
Dip, Bacon Ranch, Marie's	1 Tbs	14.0	75.0	1.5	0.5	8.0	3.8
Dip, Bean, Marie's	1 Tbs	14.0	70.0	1.0	0.3	7.0	2.9
Dip, Blue Cheese, Kraft	1 Tbs	16.0	23.0	1.0	0.5	2.1	1.8
Dip, Clam, Kraft	1 Tbs	16.0	23.0	1.0	0.5	2.1	1.8
Dip, Cucumber, Kraft	1 Tbs	16.0	26.0	1.0	0.3	2.1	1.7
Dip, French Onion, Kraft	1 Tbs	16.0	26.0	1.0	0.3	2.1	1.7
Dip, Green Onion, Kraft	1 Tbs	16.0	31.0	2.1	0.5	2.1	2.9
Dip, Jalapeno Cheese, Kraft	1 Tbs	16.0	30.0	0.5	1.0	2.5	1.7
Dip, Nacho Cheese, Kraft	1 Tbs	16.0	30.0	1.0	1.0	2.5	2.2
Dip, Onion, Kraft	1 Tbs	16.0	23.0	1.0	0.3	2.1	1.7

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Dip, Parmesan Garlic, Marie's	1 Tbs	14.0	70.0	1.0	0.3	7.0	2.9
Dip, Ranch, Marie's	1 Tbs	14.0	75.0	1.5	0.0	7.5	3.4
Dip, Sour Cream, avg	1 Tbs	15.0	33.0	1.2	0.6	2.1	2.1
Dip, Sour Cream, Bacon & Onion, Breakstones	1 Tbs	16.0	31.0	1.0	0.5	2.6	1.9
Dip, Sour Cream, Bacon, Knudsen	1 Tbs	16.0	31.0	1.0	0.5	2.6	1.9
Dip, Sour Cream, Chesapeake Clam, Breakstones	1 Tbs	16.0	26.0	1.0	0.5	2.1	1.8
Dip, Sour Cream, French Onion, Breakstones	1 Tbs	16.0	26.0	1.0	0.5	2.1	1.8
Dip, Sour Cream, French Onion, Knudsen	1 Tbs	16.0	26.0	1.0	0.5	2.1	1.8
Dip, Sour Cream, French Onion, Sealtest	1 Tbs	16.0	26.0	1.0	0.5	2.1	1.8
Dip, Sour Cream, Jalapeno Cheddar, Breakstones	1 Tbs	16.0	31.0	1.0	0.5	2.1	1.8
Dip, Sour Cream, low calorie, avg	1 Tbs	15.0	22.0	1.2	0.5	1.7	1.9
Dip, Sour Cream, Nacho Cheese, Knudsen	1 Tbs	16.0	31.0	1.5	1.0	2.1	2.6
Dip, Sour Cream, Toasted Onion, Breakstones	1 Tbs	16.0	26.0	1.0	0.5	2.1	1.8
Dip, Spinach, Marie's	1 Tbs	14.0	70.0	1.5	0.0	7.0	3.3
Dip, Sun Dried Tomato, Marie's	1 Tbs	14.0	70.0	1.0	0.3	7.0	2.9
Dock/Sorrel, Geens, raw, avg	1/2 cup	66.0	15.0	2.1	1.3	0.5	3.0
Dock/Sorrel, Greens, ckd, avg	1/2 cup	50.0	10.0	1.5	0.9	0.3	2.1
DOMINO'S PIZZA, CHEESE, DEEP DISH	2 SLICES		560.0	63.0	24.0	24.0	83.4
DOMINO'S PIZZA, CHEESE, HAND-TOSSED	2 SLICES		344.0	50.0	15.0	10.0	61.5
DOMINO'S PIZZA, CHEESE, THIN CRUST	1/3 PIZZA		364.0	40.0	16.0	16.0	53.6
DOMINO'S PIZZA, HAM, HAND-TOSSED	2 SLICES		362.0	50.0	17.0	10.0	62.7
DOMINO'S PIZZA, PEPPERONI, DEEP DISH	2 SLICES		622.0	63.0	26.0	29.0	85.9
DOMINO'S PIZZA, PEPPERONI, HAND-TOSSED	2 SLICES		406.0	50.0	18.0	15.0	64.6
DOMINO'S PIZZA, PEPPERONI, THIN CRUST	1/3 PIZZA		447.0	40.0	20.0	23.0	57.8
DOMINO'S PIZZA, VEGGIE, HAND-TOSSED	2 SLICES		360.0	52.0	15.0	10.0	63.5
Doo Dads Mix, avg	1/2 cup	28.0	128.0	18.0	2.9	5.2	21.0
Doughnut, Cake, Buttermilk, glazed, Entenmann's	1 ea	64.0	270.0	36.0	3.0	13.0	41.1
Doughnut, Cake, Chocolate, glazed or sugared, avg	1 ea	42.0	175.0	24.1	1.9	8.4	27.3
Doughnut, Cake, Chocolate, hole, Dunkin Donut	1 ea	19.0	60.0	7.3	0.7	3.3	8.5
Doughnut, Cake, Chocolate, iced, avg	1 ea	43.0	204.0	20.6	2.2	13.3	25.2
Doughnut, Cake, Churros, avg	1 ea	26.0	115.0	11.9	0.7	7.4	14.2
Doughnut, Cake, Cinnamon Sugar, glzd, Entenmann's	1 ea	67.0	310.0	32.0	3.0	19.0	38.6
Doughnut, Cake, Cinnamon, Tastykake	1 ea	48.0	210.0	24.0	3.0	12.0	28.8
Doughnut, Cake, Coconut, hole, Dunkin Donut	1 ea	17.0	70.0	8.7	0.7	3.7	10.0
Doughnut, Cake, Cream Puff, custard filled, avg	1 ea	90.0	232.0	20.6	6.0	13.1	27.5
Doughnut, Cake, Cruller, french glazed, avg	1 ea	41.0	169.0	24.4	1.3	7.5	27.1
Doughnut, Cake, Cruller, glazed, avg	1 ea	86.0	340.0	49.0	3.0	14.0	54.3
Doughnut, Cake, Crumb Topped, Entenmann's	1 ea	60.0	260.0	34.0	3.0	13.0	39.1
Doughnut, Cake, Devil's Food Crumb, Entenmann's	1 ea	60.0	250.0	33.0	3.0	12.0	37.8

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Doughnut, Cake, Frosted, mini, Entenmann's	1 ea	26.0	135.0	11.5	1.0	10.0	14.6
Doughnut, Cake, Frosted, rich, mini, Tastykake	1 ea	14.0	66.0	7.2	0.8	3.8	8.6
Doughnut, Cake, Frosted, rich, Tastykake	1 ea	57.0	270.0	30.0	3.0	16.0	35.8
Doughnut, Cake, Glazed or Sugared, avg	1 ea	45.0	192.0	22.9	2.3	10.3	26.9
Doughnut, Cake, Honey Wheat, Mini, Tastykake	1 ea	12.0	47.0	6.6	0.5	2.2	7.4
Doughnut, Cake, Honey Wheat, Tastykake	1 ea	57.0	230.0	33.0	2.0	10.0	36.7
Doughnut, Cake, Orange Glazed, Tastykake	1 ea	57.0	220.0	33.0	2.0	9.0	36.5
Doughnut, Cake, Plain, avg	1 ea	47.0	198.0	23.4	2.4	10.8	27.5
Doughnut, Cake, Plain, Tastykake	1 ea	41.0	180.0	19.0	3.0	11.0	23.6
Doughnut, Cake, Sugar Pwd, hole, Dunkin Donut	1 ea	14.0	58.0	6.8	0.7	3.1	8.0
Doughnut, Cake, Sugar Pwd, mini, Tastykake	1 ea	12.0	49.0	6.8	0.7	2.0	7.7
Doughnut, Cake, Sugar Pwd, Tastykake	1 ea	48.0	210.0	24.0	3.0	11.0	28.6
Doughnut, Raised, Carob-Coated, w/o egg, avg	1 ea	78.0	285.0	32.5	5.3	17.6	40.1
Doughnut, Raised, Chocolate Éclair, avg	1 ea	112.0	293.0	27.1	7.2	17.6	35.8
Doughnut, Raised, Chocolate Éclair, Entenmann's	1 ea	102.0	250.0	44.0	3.0	9.0	48.1
Doughnut, Raised, Chocolate Éclair, Wt Wtchrs	1 ea	60.0	151.0	24.2	3.0	5.0	27.3
Doughnut, Raised, Chocolate, w/choc frosting, avg	1 ea	71.0	273.0	30.3	4.1	16.2	36.8
Doughnut, Raised, Creme Filled, avg	1 ea	85.0	307.0	25.5	5.4	20.8	33.9
Doughnut, Raised, Custard Filled, w/icing, avg	1 ea	70.0	260.0	33.6	3.2	12.9	38.7
Doughnut, Raised, Glazed, avg	1 ea	60.0	242.0	26.6	3.8	13.7	32.3
Doughnut, Raised, Glazed, donut hole, avg	1 ea	13.0	52.0	5.8	0.8	2.1	6.8
Doughnut, Raised, Glazed, Dunkin Donuts	1 ea	15.0	52.0	9.0	0.8	1.8	9.9
Doughnut, Raised, Jelly Filled, avg	1 ea	85.0	289.0	33.2	5.0	15.9	40.2
Dressing, Bacon & Tomato, low cal, avg	1 Tbs	16.0	32.0	0.3	0.3	3.4	1.3
Dressing, Bacon & Tomato, low cal, Kraft	1 Tbs	16.0	31.0	1.5	0.5	2.6	2.4
Dressing, Blue Cheese/Roquefort, avg	1 Tbs	15.0	76.0	1.1	0.7	7.8	3.5
Dressing, Blue Cheese/Roquefort, avg	1 Tbs	15.0	15.0	0.4	0.8	1.1	1.2
Dressing, Blue Cheese/Roquefort, chunky, Maries	1 Tbs	15.0	90.0	1.5	0.5	9.5	4.2
Dressing, Blue Cheese/Roquefort, fat free, Kraft	1 Tbs	18.0	26.0	6.2	0.3	0.0	6.4
Dressing, Blue Cheese/Roquefort, Kraft	1 Tbs	16.0	44.0	2.4	0.5	3.4	3.6
Dressing, Blue Cheese/Roquefort, low cal, Maries	1 Tbs	16.0	50.0	3.5	0.5	3.5	4.7
Dressing, Blue Cheese/Roquefort, low cal, Wishbone	1 Tbs	15.0	40.0	1.0	0.5	3.5	2.2
Dressing, Blue Cheese/Roquefort, unsalted, avg	1 Tbs	15.0	76.0	1.1	0.7	7.8	3.5
Dressing, Blue Chs/Roquefort, fat free, avg	1 Tbs	15.0	18.0	3.5	0.5	0.0	3.8
Dressing, Buttermilk Ranch, Maries	1 Tbs	15.0	90.0	2.0	0.0	9.0	4.3
Dressing, Buttermilk, Kraft	1 Tbs	14.0	72.0	0.1	0.0	7.7	2.0
Dressing, Caesar, avg	1 Tbs	12.0	56.0	0.3	1.5	5.5	2.6
Dressing, Caesar, creamy, Maries	1 Tbs	15.0	125.0	3.0	0.3	12.5	6.3
Dressing, Caesar, creamy, Seven Seas	1 Tbs	14.0	68.0	0.5	0.2	7.2	2.4

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Dressing, Caesar, fat free, Weight Watchers	1 Tbs	15.0	5.0	0.5	0.0	0.0	0.5
Dressing, Caesar, Kraft	1 Tbs	15.0	65.0	1.0	0.5	6.5	2.9
Dressing, Caesar, low cal, avg	1 Tbs	15.0	17.0	2.8	0.0	0.7	3.0
Dressing, Caesar, low, cal, Kraft	1 Tbs	16.0	31.0	1.0	0.5	2.6	1.9
Dressing, Caesar, Ranch, Kraft	1 Tbs	14.0	68.0	0.5	0.5	7.2	2.6
Dressing, Caesar, Three Cheese, Wt Wtchrs	1 Tbs	15.0	20.0	2.5	0.5	1.0	3.1
Dressing, Coleslaw, Kraft	1 Tbs	16.0	75.0	4.0	0.0	6.0	5.5
Dressing, Coleslaw, Maries	1 Tbs	15.0	75.0	3.0	0.0	6.5	4.6
Dressing, Cucumber Ranch, Kraft	1 Tbs	15.0	75.0	1.0	0.0	7.5	2.9
Dressing, French, avg	1 Tbs	14.0	88.0	0.5	0.0	9.8	3.0
Dressing, French, Catalina	1 Tbs	16.0	70.0	4.0	0.0	5.5	5.4
Dressing, French, fat free, Kraft	1 Tbs	18.0	21.0	6.2	0.0	0.0	6.2
Dressing, French, fat free, Weight Watchers	1 Tbs	16.0	20.0	4.5	0.0	0.0	4.5
Dressing, French, low cal, avg	1 Tbs	16.0	21.0	3.5	0.0	0.9	3.7
Dressing, French, low cal, Catalina	1 Tbs	17.0	40.0	4.5	0.0	2.0	5.0
Dressing, French, Sweet & Spicy, Lipton	1 Tbs	15.0	65.0	3.0	0.0	6.0	4.5
Dressing, French, tangy, Maries	1 Tbs	15.0	65.0	4.0	0.0	5.5	5.4
Dressing, French, unsalted, avg	1 Tbs	16.0	69.0	2.8	0.1	6.6	4.5
Dressing, French, Wishbone	1 Tbs	15.0	60.0	2.5	0.0	5.5	3.9
Dressing, Garlic,Kraft	1 Tbs	15.0	55.0	1.0	0.0	5.5	2.4
Dressing, Green Goddess, Seven Seas	1 Tbs	14.0	58.0	0.5	0.0	6.3	2.1
Dressing, Herbs & Spices, Seven Seas	1 Tbs	15.0	60.0	0.5	0.0	6.0	2.0
Dressing, Honey Dijon, fat free, Kraft	1 Tbs	18.0	26.0	5.7	0.3	0.0	5.9
Dressing, Honey Dijon, fat free, Lipton	1 Tbs	15.0	22.0	5.0	0.5	0.0	5.3
Dressing, Honey Dijon, fat free, Weight Watchers	1 Tbs	15.0	22.0	5.5	0.0	0.0	5.5
Dressing, Honey Mustard, avg	1 Tbs	16.0	52.0	7.1	0.2	2.9	7.9
Dressing, Honey Mustard, Dijon, Kraft	1 Tbs	16.0	77.0	2.1	0.0	7.7	4.0
Dressing, Honey Mustard, Maries	1 Tbs	15.0	80.0	4.0	0.0	7.5	5.9
Dressing, Italian, creamy, fat free, Lipton	1 Tbs	15.0	18.0	4.0	0.0	0.0	4.0
Dressing, Italian, creamy, fat free, Wt Wtchrs	1 Tbs	15.0	15.0	3.5	0.0	0.0	3.5
Dressing, Italian, creamy, Kraft	1 Tbs	15.0	55.0	1.5	0.0	5.5	2.9
Dressing, Italian, creamy, low cal, Kraft	1 Tbs	16.0	26.0	1.5	0.0	2.6	2.1
Dressing, Italian, creamy, low cal, Maries	1 Tbs	16.0	19.0	2.9	0.0	0.1	2.9
Dressing, Italian, creamy, low cal, Wishbone	1 Tbs	15.0	26.0	2.0	0.1	2.0	2.6
Dressing, Italian, creamy, Seven Seas	1 Tbs	15.0	55.0	1.0	0.0	6.0	2.5
Dressing, Italian, creamy, Wishbone	1 Tbs	15.0	50.0	1.5	0.0	5.0	2.8
Dressing, Italian, fat free, Kraft	1 Tbs	16.0	5.0	1.0	0.0	0.0	1.0
Dressing, Italian, fat free, Seven Seas	1 Tbs	16.0	5.0	1.0	0.0	0.0	1.0
Dressing, Italian, fat free, Weight Watchers	1 Tbs	15.0	5.0	1.0	0.0	0.0	1.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Dressing, Italian, Kraft	1 Tbs	15.0	60.0	1.5	0.0	6.0	3.0
Dressing, Italian, low cal, avg	1 Tbs	15.0	16.0	0.7	0.0	1.5	1.1
Dressing, Italian, low cal, Kraft	1 Tbs	16.0	36.0	1.5	0.0	3.6	2.4
Dressing, Italian, low cal, unsalted, avg	1 Tbs	15.0	16.0	0.7	0.0	1.5	1.1
Dressing, Italian, low cal, Wishbone	1 Tbs	16.0	6.0	1.0	0.0	0.3	1.1
Dressing, Italian, Olive Oil, Lipton	1 Tbs	15.0	35.0	2.0	0.0	3.0	2.8
Dressing, Italian, Two Cheese, Seven Seas	1 Tbs	16.0	36.0	1.5	0.0	3.6	2.4
Dressing, Italian, unsalted, avg	1 Tbs	15.0	70.0	1.5	0.1	7.2	3.4
Dressing, Italian, Wishbone	1 Tbs	15.0	50.0	1.5	0.0	4.5	2.6
Dressing, Poppyseed, Maries	1 Tbs	15.0	75.0	4.0	0.0	6.0	5.5
Dressing, Ranch, creamy, Maries	1 Tbs	15.0	95.0	1.5	0.3	10.0	4.2
Dressing, Ranch, fat free, Kraft	1 Tbs	18.0	26.0	5.7	0.3	0.0	5.9
Dressing, Ranch, fat free, Lipton	1 Tbs	15.0	20.0	4.5	0.0	0.0	4.5
Dressing, Ranch, fat free, peppercorn, Kraft	1 Tbs	18.0	26.0	5.7	0.3	0.0	5.9
Dressing, Ranch, fat free, Seven Seas	1 Tbs	18.0	26.0	6.2	0.3	0.0	6.4
Dressing, Ranch, Kraft	1 Tbs	14.0	82.0	0.1	0.0	8.7	2.3
Dressing, Ranch, low cal, Kraft	1 Tbs	15.0	55.0	1.0	0.0	5.5	2.4
Dressing, Ranch, low cal, Maries	1 Tbs	15.0	50.0	3.5	0.5	3.5	4.7
Dressing, Ranch, low cal, Wishbone	1 Tbs	15.0	50.0	2.5	0.0	4.0	3.5
Dressing, Ranch, low cal, zesty, Maries	1 Tbs	16.0	22.0	3.4	0.0	0.7	3.6
Dressing, Ranch, Peppercorn, Kraft	1 Tbs	14.0	82.0	0.5	0.5	8.7	3.0
Dressing, Ranch, Salsa, Kraft	1 Tbs	14.0	63.0	0.5	0.0	6.3	2.1
Dressing, Ranch, Seven Seas	1 Tbs	14.0	72.0	0.1	0.0	7.7	2.0
Dressing, Ranch, Wishbone	1 Tbs	15.0	80.0	0.5	0.0	8.5	2.6
Dressing, Red Wine Vinegar, fat free, Catalina	1 Tbs	16.0	8.0	1.5	0.0	0.0	1.5
Dressing, Roasted Garlic, fat free, Lipton	1 Tbs	15.0	20.0	4.5	0.0	0.0	4.5
Dressing, Russian, avg	1 Tbs	15.0	74.0	1.6	0.2	7.6	3.6
Dressing, Russian, Kraft	1 Tbs	16.0	63.0	4.8	0.0	4.8	6.0
Dressing, Russian, Seven Seas	1 Tbs	15.0	75.0	1.5	0.0	8.0	3.5
Dressing, Russian, Wishbone	1 Tbs	15.0	55.0	7.5	0.0	3.0	8.3
Dressing, Salsa Zesty Garden, Kraft	1 Tbs	16.0	36.0	1.5	0.0	3.1	2.3
Dressing, Sesame Seed, avg	1 Tbs	15.0	66.0	1.3	0.5	6.8	3.3
Dressing, Sour Cream & Dill, Marie's	1 Tbs	15.0	95.0	1.5	0.0	10.0	4.0
Dressing, Thousand Island, avg	1 Tbs	16.0	60.0	2.4	0.1	5.7	3.9
Dressing, Thousand Island, fat free, avg	1 Tbs	18.0	23.0	5.7	0.0	0.0	5.7
Dressing, Thousand Island, fat free, Lipton	1 Tbs	15.0	18.0	4.0	0.0	0.0	4.0
Dressing, Thousand Island, Kraft	1 Tbs	16.0	57.0	2.6	0.0	5.2	3.9
Dressing, Thousand Island, low cal, avg	1 Tbs	15.0	24.0	2.4	0.1	1.6	2.9
Dressing, Thousand Island, low cal, Kraft	1 Tbs	16.0	35.0	4.0	0.0	2.0	4.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Dressing, Thousand Island, low cal, Lipton	1 Tbs	15.0	40.0	3.5	0.0	2.5	4.1
Dressing, Thousand Island, w/bacon, Kraft	1 Tbs	14.0	58.0	2.4	0.0	5.8	3.9
Dressing, Thousand Island, Wishbone	1 Tbs	15.0	65.0	3.5	0.0	6.0	5.0
Dressing, Vinaigrette, Clss Herb, fat free, Maries	1 Tbs	18.0	15.0	3.6	0.0	0.0	3.6
Dressing, Vinaigrette, Hny Dijon, fat free, Maries	1 Tbs	18.0	26.0	5.7	0.0	0.0	5.7
Dressing, Vinaigrette, Italian, fat free, Maries	1 Tbs	18.0	18.0	4.1	0.0	0.0	4.1
Dressing, Vinaigrette, Raspberry, fat free, Maries	1 Tbs	18.0	18.0	4.1	0.0	0.0	4.1
Dressing, Vinaigrette, Red Wine, fat free, Maries	1 Tbs	18.0	21.0	5.1	0.0	0.0	5.1
Dressing, Vinaigrette, Wht Wine, fat free, Maries	1 Tbs	18.0	21.0	5.1	0.0	0.0	5.1
Dressing, Vinegar & Oil, avg	1 Tbs	16.0	72.0	0.4	0.0	8.0	2.4
Dressing, Vinegar & Oil, Red Wine, Seven Seas	1 Tbs	16.0	57.0	1.0	0.0	5.7	2.4
Dressing, Vinegar & Oil, Wishbone	1 Tbs	15.0	30.0	2.0	0.0	2.5	2.6
Dressing, Vinegar, w/sugar & water, avg	1 Tbs	16.0	8.0	2.2	0.0	0.0	2.2
Dressing, Yogurt, avg	1 Tbs	15.0	11.0	1.1	0.4	0.6	1.5
Drum Fish, bkd, fillet, avg	1 ea	154.0	236.0	0.0	34.7	9.7	23.2
Drum Fish, raw, fillet, avg	1 ea	198.0	236.0	0.0	34.7	9.8	23.3
Duck, Raw	4 oz	113.0	457.0	0.0	12.1	44.4	18.4
Duck, Raw, w/o skin	4 oz	113.0	149.0	0.0	20.7	6.7	14.1
Duck, Roasted	3 oz	85.0	286.0	0.0	16.2	24.1	15.7
Duck, Roasted, w/o skin	3 oz	85.0	171.0	0.0	19.1	9.5	13.8
Dumpling, Apple, avg	1 ea	151.0	357.0	53.2	2.2	16.2	58.6
Dumpling, Apple, Puff Pastry, Pepperidge Farms	1 ea	85.0	290.0	44.0	3.0	11.0	48.6
Dumpling, Cherry, Pepperidge Farms	1 ea	85.0	280.0	47.0	3.0	9.0	51.1
Dumpling, Liver, avg	1 cup	250.0	770.0	35.3	56.9	43.3	80.3
Dumpling, Peach, Pepperidge Farms	1 ea	85.0	300.0	47.0	3.0	11.0	51.6
Dumpling, Plain, avg	1 ea	32.0	42.0	6.9	1.1	1.1	7.8
Dumpling, Pork, svg, avg	1 ea	100.0	340.0	24.1	13.2	20.9	37.2
Eel, bkd, fillet, avg	1 ea	159.0	375.0	0.0	37.7	23.9	28.6
Eel, raw, fillet, avg	1 ea	204.0	375.0	0.0	37.5	23.9	28.5
Eel, smkd, avg	3 oz	85.0	281.0	0.0	15.8	23.6	15.4
Eel, stmd, avg	1 cup	123.0	283.0	0.0	28.4	17.9	21.5
EGG BEATERS, FLEISCHMANN	1/4 CUP	60.0	30.0	1.0	6.0	0.0	4.6
Egg Foo Young, Beef, avg	1 ea	86.0	129.0	3.1	9.2	8.8	10.8
Egg Foo Young, Chicken, avg	1 ea	86.0	131.0	3.9	8.8	8.7	11.4
Egg Foo Young, Pork, avg	1 ea	86.0	134.0	3.9	9.0	9.0	11.6
Egg Foo Young, Shrimp, avg	1 ea	86.0	153.0	3.6	8.2	11.8	11.5
EGG WHITE, LARGE	1 EGG WHITE	33.0	16.0	0.4	3.4	0.0	2.4
EGG YOLK, LARGE	1 EGG YOLK	17.0	63.0	0.0	2.8	5.6	3.1
EGG, LARGE, BOILED	1 EGG	50.0	79.0	0.6	6.1	5.6	5.7

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
EGG, SCRAMBLED W/MILK & FAT	1 EGG	64.0	95.0	1.4	6.0	7.1	6.8
EGGNOG	4 FL. OZ.	123.0	335.0	18.0	3.9	15.8	24.3
Eggnog, avg	1 cup	254.0	343.0	34.3	9.7	18.1	44.6
Eggnog, Darigold	1 cup	254.0	360.0	44.0	6.0	18.0	52.1
Eggnog, low fat, Darigold	1 cup	254.0	240.0	44.0	10.0	2.0	50.5
Eggnog, Mix, avg	1 Tbs	14.0	55.0	13.6	0.1	0.1	13.7
Eggnog, Mix, prep w/2% milk, avg	1 cup	254.0	188.0	16.6	12.1	8.1	25.9
Eggplant Parmesan, avg	1 cup	198.0	319.0	17.4	14.5	22.1	31.6
Eggplant Parmesan, low cal, avg	3 oz	85.0	77.0	5.4	6.2	3.8	10.1
Eggplant, Batter Dipped, fried, avg	1 pce	50.0	75.0	6.0	1.2	5.3	8.0
EGGPLANT, COOKED	1/2 CUP	100.0	19.0	4.1	1.0	0.2	4.8
Eggplant, Cooked, avg	1/2 cup	50.0	14.0	3.3	0.4	0.1	3.6
Eggplant, Parmigiana, fzn, Mrs Pauls	1 cup	236.0	440.0	38.0	10.0	27.1	50.8
Eggplant, Pickled, avg	1/2 cup	68.0	23.0	4.1	0.6	0.5	4.6
Eggplant, Raw, cubes, avg	1/2 cup	41.0	11.0	2.5	0.4	7.4	4.6
Eggroll, Chicken, fzn, Chun King	5 pce	88.0	174.0	24.9	4.1	5.8	28.8
Eggroll, Lobster, fzn, La Choy	1 ea	106.0	210.0	34.0	7.0	6.0	39.7
Eggroll, MuSho Pork, fzn, La Choy	1 ea	57.0	191.0	25.1	6.0	7.0	30.5
Eggroll, Pork & Shrimp, fzn, Chung King	5 pce	88.0	183.0	24.1	4.1	6.6	28.2
Eggroll, Pork, fzn, La Choy	1 ea	57.0	171.0	23.1	6.0	6.0	28.2
Eggroll, Shrimp, fzn, Chung King	5 pce	88.0	158.0	24.1	4.2	4.1	27.6
Eggroll, Shrimp, fzn, La Choy	1 ea	106.0	240.0	31.0	8.0	9.0	38.1
Eggroll, Sweet & Sour, fzn, La Choy	1 ea	57.0	181.0	29.2	6.0	4.0	33.8
Eggroll, w/Chicken, avg	1 ea	64.0	105.0	9.2	4.2	5.6	13.1
Eggroll, w/Meat, avg	1 ea	64.0	115.0	9.4	5.0	6.2	13.9
Eggroll, w/o Meat, avg	1 ea	64.0	102.0	9.1	2.5	5.8	12.1
Eggroll, w/Shrimp, avg	1 ea	64.0	105.0	10.1	3.5	5.6	13.6
Eggrolls, 5 pcs/svg, Jack In The Box	1 ea	285.0	750.0	92.0	5.0	41.0	105.3
Eggs, Ant, raw, avg	1 oz	28.0	36.0	1.4	4.9	1.1	4.6
Eggs, Chicken, Omelet, plain, w/milk & butter, avg	1 ea	61.0	93.0	0.6	6.3	6.1	5.9
Eggs, Chicken, Omelet, w/cheese & ham, avg	1 ea	78.0	142.0	0.8	9.8	10.8	9.4
Eggs, Chicken, Omelet, w/chicken, avg	1 ea	95.0	148.0	0.8	12.7	10.1	10.9
Eggs, Chicken, Omelet, w/dark green vegs, avg	1 ea	84.0	95.0	1.9	6.7	6.7	7.6
Eggs, Chicken, Omelet, w/fish, avg	1 ea	88.0	132.0	0.8	10.4	9.3	9.4
Eggs, Chicken, Omelet, w/ham&cheese, Wt Wtchrs	1 ea	113.0	229.0	29.9	12.1	5.1	38.4
Eggs, Chicken, Omelet, w/mushrooms, avg	1 ea	69.0	91.0	1.1	6.2	6.7	6.5
Eggs, Chicken, Omelet, w/onion, pep, tom&mush, avg	1 ea	145.0	125.0	7.2	5.4	8.8	12.6
Eggs, Chicken, Omelet, w/sausage, avg	1 ea	95.0	172.0	1.3	10.7	13.4	11.1
Eggs, Chicken, raw, fzn, low choles, MG Waldbaum	1 oz	28.0	18.0	0.4	2.1	0.5	1.8

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Eggs, Chicken, scrambled, no choles, avg	1/2 cup	70.0	127.0	2.5	8.1	8.8	9.6
Eggs, Chicken, scrambled, no choles, w/cheese, avg	1/2 cup	70.0	59.0	1.9	8.1	1.4	7.1
Eggs, Chicken, scrambled, prep f/dry, avg	1/2 cup	107.0	238.0	1.2	9.9	21.3	12.5
Eggs, Chicken, scrambled, prep f/fzn, avg	1/2 cup	70.0	92.0	5.3	9.2	3.9	11.8
Eggs, Chicken, scrambled, prep f/liquid, avg	1/2 cup	105.0	101.0	0.8	14.3	3.9	10.4
Eggs, Chicken, Whites, ckd, avg	1 ea	33.0	17.0	0.3	3.5	0.0	2.4
Eggs, Chicken, Whites, dried, avg	1/4 cup	27.0	103.0	2.1	21.9	0.0	15.2
Eggs, Chicken, Whites, raw, avg	1 ea	33.0	17.0	0.3	3.5	0.0	2.4
Eggs, Chicken, Whites, raw, fzn, avg	1 ea	33.0	16.0	0.3	3.2	0.0	2.2
Eggs, Chicken, Whites, raw, whipped, Fleischmann's	1/4 cup	33.0	15.0	0.0	4.0	0.0	2.4
Eggs, Chicken, Whole, creamed, avg	1/4 cup	60.0	95.0	3.2	4.7	6.1	7.5
Eggs, Chicken, Whole, deviled, avg	1 ea	31.0	63.0	0.4	3.6	5.1	3.8
Eggs, Chicken, Whole, dried, avg	1/4 cup	21.0	125.0	1.0	9.1	8.6	8.6
Eggs, Chicken, Whole, fried, avg	1 ea	46.0	92.0	0.6	6.2	6.9	6.0
Eggs, Chicken, Whole, fzn, avg	1 ea	50.0	74.0	0.5	6.0	5.1	5.4
Eggs, Chicken, Whole, hard ckd, avg	1 ea	50.0	78.0	0.6	6.3	5.3	5.7
Eggs, Chicken, Whole, poached, avg	1 ea	50.0	74.0	0.6	6.2	4.1	5.3
Eggs, Chicken, Whole, raw, avg	1 ea	50.0	74.0	0.6	6.3	5.0	5.6
Eggs, Chicken, Whole, scrambled, avg	1 ea	61.0	101.0	1.3	6.8	7.4	7.2
Eggs, Chicken, Yolk, ckd, avg	1 ea	17.0	61.0	0.3	2.8	5.2	3.3
Eggs, Chicken, Yolk, dried, avg	1/4 cup	17.0	113.0	0.6	5.8	9.5	6.5
Eggs, Chicken, Yolk, fzn, avg	1 oz	28.0	85.0	0.3	4.3	7.2	4.7
Eggs, Chicken, Yolk, fzn, salted, avg	1/4 cup	61.0	167.0	0.1	8.5	14.0	8.7
Eggs, Chicken, Yolk, fzn, sugared, avg	1 oz	28.0	86.0	3.0	3.9	6.4	6.9
Eggs, Chicken, Yolk, raw, avg	1/4 cup	61.0	218.0	1.1	10.2	18.8	11.9
Eggs, Duck, raw, avg	1 ea	70.0	129.0	1.0	8.1	9.7	8.3
Eggs, Goose,raw, avg	1 ea	144.0	266.0	1.9	20.0	19.2	18.7
Eggs, Lizard, raw, avg	1 oz	28.0	55.0	0.0	4.5	3.9	3.7
Eggs, Quail, raw, avg	1 ea	9.0	14.0	0.0	1.2	0.1	0.7
Eggs, Scrambled, avg	1 ea	47.0	100.0	0.1	6.5	7.6	5.9
Eggs, Scrambled, svg, Mc Donalds	1 ea	102.0	170.0	1.1	12.6	12.2	11.7
Eggs, Scrambled, w/Bacon, fzn, Great Starts	1 ea	149.0	290.0	17.0	11.0	19.0	28.4
Eggs, Scrambled, w/Sausage&Hash Browns, fzn, avg	1 ea	177.0	419.0	18.1	15.6	31.5	35.3
Eggs, Scrambled, w/Sausage, fzn, Great Starts	1 ea	177.0	360.0	21.0	12.0	26.0	34.7
Eggs, Substitute, fzn, avg	1/4 cup	60.0	96.0	1.9	6.8	6.7	7.7
Eggs, Substitute, fzn, Scramblers, Morn Farms	1/4 cup	57.0	37.0	2.2	6.2	0.4	6.0
Eggs, Substitute, liquid, Better 'n Eggs	1/4 cup	50.0	25.0	0.5	5.2	0.0	3.6
Eggs, Substitute, liquid, avg	1/4 cup	63.0	53.0	0.4	7.6	2.1	5.5
Eggs, Substitute, liquid, Egg Beaters	1/4 cup	61.0	30.0	1.0	6.0	0.0	4.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Eggs, Substitute, powder, avg	1 oz	28.0	124.0	6.1	15.5	3.6	16.3
Eggs, Substitute, prep f/dry mix, Bateman's	1 oz	28.0	31.0	2.0	3.9	0.6	4.5
Eggs, Tortoise, raw, avg	1 oz	28.0	40.0	0.0	3.4	2.9	2.8
Eggs, Turkey, raw, avg	1 ea	79.0	135.0	0.9	10.8	9.4	9.7
Elderberries, Cooked/Canned, avg	1/2 cup	128.0	152.0	38.8	0.6	0.5	39.3
Elderberries, Raw, avg	1/2 cup	72.0	53.0	13.2	0.5	0.4	13.6
Elk, Raw	4 oz	113.0	125.0	0.0	25.1	1.6	15.5
Elk, Roasted	3 oz	85.0	124.0	0.0	25.7	1.6	15.8
Empanada, Berry, Taco Time	1 ea	113.0	387.0	66.0	5.0	12.0	72.0
Empanada, Cherry, Taco Time	1 ea	113.0	323.0	51.0	5.0	12.0	57.0
Emu, Thigh, raw, BK Emu Products	4 oz	113.0	105.0		22.6	1.7	14.0
Enchilada Seasoning, dry, Old El Paso	1/4 oz	7.0	18.0	3.5	0.0	0.0	3.5
Enchilada, Beef & Cheese, fzn, Banquet	1 ea	132.0	130.0	19.0	4.0	4.0	22.4
Enchilada, Beef, fzn, Patio	1 ea	80.0	84.0	13.4	2.1	1.1	14.9
Enchilada, Beef, shredded, fzn, Van De Kamp	1 ea	156.0	360.0	40.0	20.0	14.0	55.5
Enchilada, Beef, Sirloin Ranchero, fzn, Slim Slct	1 ea	255.0	290.0	20.0	19.0	15.0	35.2
Enchilada, Cheese Rancho, fzn, Van De Kamp	1 ea	318.0	520.0	52.0	22.0	24.0	71.2
Enchilada, Chicken Suiza, fzn, Healthy Choice	1 ea	284.0	280.0	43.0	14.0	6.0	52.9
Enchilada, Chicken Suiza, fzn, Weight Watchers	1 ea	255.0	250.0	28.0	15.0	8.0	39.0
Enchilada, Chicken, fzn, Stouffers	1 ea	284.0	370.0	45.0	16.0	14.0	58.1
Enchilada, Chicken, grande, fzn, Weight Watchers	1 ea	255.0	290.0	42.0	15.0	8.0	53.0
Enchilada, Taco Time	1 ea	226.0	442.0	39.0	22.0	21.0	57.5
ENCHILADAS, BEEF, BANQUET FAMILY	7 OZ.	198.0	270.0	28.0	10.0	13.0	37.3
ENDIVE (ESCAROLE), RAW	20 LEAVES	100.0	20.0	4.1	1.7	0.1	5.1
Endive, Raw, Freida's Specialty Produce	1/2 cup	22.0	4.0	0.8	0.3	0.0	1.0
ENGLISH MUFFIN	1 MUFFIN	57.0	135.0	26.2	4.5	1.1	29.2
English Muffin w/Cheese & Sausage, avg	1 ea	115.0	393.0	29.2	15.3	24.3	44.5
English Muffin w/Egg,Chs&Can Bacon, avg	1 ea	146.0	308.0	28.5	17.8	13.4	42.5
English Muffin w/Egg,Chs&Sausage, avg	1 ea	165.0	487.0	31.0	21.6	30.9	51.7
Espresso, Brewed, avg	1 cup	237.0	21.0	3.6	0.0	0.4	3.7
Espresso, Brewed, decaf, avg	1 cup	240.0	5.0	0.1	0.2	0.0	0.2
Fajita Wrap, Chicken Supreme, Taco Bell	1 ea	255.0	510.0	53.0	20.0	24.0	71.0
Fajita Wrap, Chicken, Taco Bell	1 ea	220.0	460.0	51.0	19.0	20.0	67.4
Fajita Wrap, Steak Supreme, Taco Bell	1 ea	255.0	510.0	52.0	21.0	25.0	70.9
Fajita Wrap, Steak, Taco Bell	1 ea	227.0	470.0	50.0	20.0	21.0	67.3
Fajita Wrap, Veggie Supreme, Taco Bell	1 ea	255.0	470.0	55.0	11.0	22.0	67.1
Fajita Wrap, Veggie, Taco Bell	1 ea	227.0	420.0	53.0	10.0	19.0	63.8
Fajita, Chicken, prep f/dry mix, Orval Kent	1 cup	212.0	348.0	9.1	30.3	21.2	32.6
Fajita, Chicken, soft, Taco Johns	1 ea	120.0	215.0	20.2	13.2	8.3	30.2

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Farina, Enriched, ckd, avg	1 cup	233.0	116.0	24.7	3.3	0.2	26.7
FARINA, ENRICHED, COOKED	3/4 CUP	175.0	87.0	18.5	2.5	0.1	20.0
Farina, Enriched, dry, Quaker	1/4 cup	44.0	154.0	33.5	4.8	0.4	36.5
Farina, Enriched, prep, Quaker	1 cup	233.0	119.0	26.3	3.6	0.2	28.5
Farina, Unenriched, ckd, avg	1 cup	233.0	116.0	24.7	3.3	0.2	26.7
Farina, Unenriched, dry, avg	1/4 cup	44.0	162.0	34.3	4.7	0.2	37.2
Fat, Beef, all cuts, raw, avg	1 oz	28.0	189.0	0.0	2.3	19.9	6.4
Fat, Beef, drippings, avg	1 Tbs	13.0	23.0	3.7	0.2	0.9	4.0
Fat, Beef, tallow, avg	1 Tbs	13.0	117.0	0.0	0.0	13.0	3.3
Fat, Cooked, avg	1 oz	28.0	190.0	0.0	2.1	19.7	6.2
Fat, Duck, avg	1 Tbs	13.0	117.0	0.0	0.0	12.1	3.0
Fat, Goose, avg	1 Tbs	13.0	117.0	0.0	0.0	12.1	3.0
Fat, Pork, Bacon Grease/Meat Drippings, avg	1 Tbs	14.0	124.0	0.0	0.0	13.8	3.5
Fat, Pork, Bacon Grease/Meat Drippings, avg	1 Tbs	14.0	124.0	0.0	0.0	13.8	3.5
Fat, Pork, Fresh, raw, avg	1 oz	28.0	179.0	0.0	1.8	18.1	5.6
Fat, Pork, Lard, avg	1 Tbs	13.0	117.0	0.0	0.0	12.1	3.0
Fat, Turkey, avg	1 Tbs	13.0	117.0	0.0	0.0	12.1	3.0
FAZOLI'S BAKED ZITI	1 ORDER		331.0	38.0	20.0	13.0	53.3
FAZOLI'S BREADSTICK	1 BREADSTICK		131.0	20.0	3.0	4.0	22.8
FAZOLI'S BROCCOLI FETTUCCINE	1 REG. ORDER		424.0	62.0	13.0	13.0	73.1
FAZOLI'S BROCCOLI LASAGNA	1 ORDER		571.0	50.0	34.0	27.0	77.2
FAZOLI'S CHICKEN PARMESAN	1 ORDER		481.0	34.0	55.0	14.0	70.5
FAZOLI'S FETTUCCINE ALFREDO	1 REG. ORDER		400.0	58.0	12.0	13.0	68.5
FAZOLI'S LASAGNA	1 ORDER		533.0	47.0	33.0	24.0	72.8
FAZOLI'S MEATBALL SUB			650.0	62.0	28.0	30.0	86.3
FAZOLI'S PIZZA, CHEESE	DOUBLE SLICE		360.0	45.0	10.0	11.0	53.8
FAZOLI'S PIZZA, COMBINATION	DOUBLE SLICE		484.0	47.0	13.0	21.0	60.1
FAZOLI'S PIZZA, PEPPERONI	DOUBLE SLICE		430.0	45.0	12.0	17.0	56.5
FAZOLI'S RAVIOLI WITH MEAT SAUCE	1 REG. ORDER		361.0	34.0	22.0	16.0	51.2
FAZOLI'S RAVIOLI WITH TOMATO SAUCE	1 REG. ORDER		332.0	36.0	16.0	15.0	49.4
FAZOLI'S SAMPLER PLATTER			607.0	80.0	27.0	20.0	101.2
FAZOLI'S SHRIMP PASTA	1 ORDER		552.0	58.0	37.0	19.0	85.0
FAZOLI'S SPAGHETTI WITH MEAT SAUCE	1 LITE ORDER		372.0	60.0	19.0	8.0	73.4
FAZOLI'S SPAGHETTI WITH MEATBALLS	1 LITE ORDER		582.0	67.0	24.0	25.0	87.7
FAZOLI'S SPAGHETTI WITH TOMATO SAUCE	1 LITE ORDER		343.0	62.0	11.0	7.0	70.4
Feijoa, Raw, pureed, avg	1/2 cup	122.0	60.0	12.9	1.5	0.1	13.8
Fennel Bulb, Raw, slices, avg	1/2 cup	44.0	14.0	3.2	0.5	0.1	3.5
Fennel Leaves, Avg	1/2 cup	24.0	5.0	1.5	0.6	0.1	1.9
Fennel Seed, avg	1 tsp	2.0	7.0	1.0	0.3	0.3	1.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Fenugreek Leaves, fresh, avg	1/4 oz	7.0	2.0	0.3	0.3	0.0	0.5
Fenugreek Seed, avg	1 tsp	4.0	13.0	2.3	0.9	0.3	2.9
Fettucini Alfredo, fzn, Healthy Choice	1 ea	227.0	250.0	39.0	11.0	5.0	46.9
Fettucini Alfredo, w/Broccoli, fzn, Wt Wtchrs	1 ea	241.0	220.0	24.0	15.0	6.0	34.5
Figs, Candied, avg	1 oz	28.0	84.0	20.6	0.1	0.1	20.7
Figs, Canned, extra heavy syrup, avg	1/2 cup	130.0	139.0	36.3	0.5	0.1	36.6
Figs, Canned, heavy syrup, avg	1/2 cup	130.0	114.0	29.8	0.5	0.1	30.1
Figs, Canned, light syrup, avg	1/2 cup	126.0	87.0	22.7	0.5	0.1	23.0
Figs, Canned, water, avg	1/2 cup	124.0	66.0	17.4	0.5	0.1	17.7
Figs, Dried, ckd, unswtnd, avg	1/2 cup	130.0	140.0	35.9	1.7	0.6	37.1
Figs, Dried, unckd, avg	1/2 cup	100.0	255.0	65.4	3.1	1.2	67.6
FIGS, RAW	1 MEDIUM	50.0	37.0	9.6	0.4	0.2	9.9
Figs, Raw, medium, avg	1 ea	50.0	37.0	9.6	0.4	0.2	9.9
Fish & Chicken, Kid's Meal, Long John Silvers	1 ea	253.0	620.0	61.0	24.0	34.0	83.9
Fish & Chicken, w/Fries&Coleslaw, Lng Jhn Slvrs	1 ea	431.0	950.0	102.0	36.0	49.0	135.9
Fish & Chicken, w/Fries, small, Long John Silvers	1 ea	229.0	550.0	51.0	23.0	32.0	72.8
Fish & Chips Dinner, fzn, avg	1 ea	156.0	324.0	34.8	13.3	14.9	46.5
Fish & Chips Dinner, fzn, Swanson	1 ea	284.0	490.0	59.0	19.0	20.0	75.4
Fish & Chips Dinner, Large Portion, fzn, avg	1 ea	447.0	943.0	101.3	38.2	43.5	135.1
Fish & Chips Dinner, w/Potatoes&Vegs, fzn, avg	1 ea	291.0	474.0	42.5	29.8	21.5	65.8
Fish & Fries, Batter Fried, 2pc, Long John Silvers	1 ea	261.0	610.0	52.0	27.0	37.0	77.5
Fish & Fries, Batter Fried, 3pc, Long John Silvers	1 ea	384.0	980.0	92.0	31.0	50.0	123.1
Fish & Fries, Kid's Meal, Long John Silvers	1 ea	197.0	500.0	50.0	16.0	28.0	66.6
Fish & More, w/Fries&Coleslaw, 2 pc, Lng Jhn Slvrs	1 ea	407.0	890.0	92.0	31.0	48.0	122.6
Fish & Noodles, w/Mushroom Soup, avg	1 cup	224.0	262.0	25.6	17.6	9.7	38.6
Fish & Rice, w/Cream Sauce, avg	1/2 cup	124.0	188.0	17.6	11.2	7.8	26.3
Fish & Rice, w/Mushroom Soup, avg	1/2 cup	124.0	160.0	16.4	10.2	5.6	23.9
Fish & Rice, w/Tomato Sauce, avg	1/2 cup	124.0	143.0	19.2	10.2	2.7	26.0
Fish & Shrimp Dinner, Long John Silvers	1 ea	487.0	1140.0	108.0	40.0	65.0	148.3
Fish Cake, Fried, breaded, fzn, bkd, avg	1 ea	85.0	230.0	14.6	7.8	15.2	23.1
FISH CAKES, FRIED	3.5 OZ	100.0	172.0	9.3	14.7	8.0	20.1
Fish Dinner, batter dipped, Long John Silvers	1 ea	88.0	180.0	12.0	12.0	11.0	22.0
Fish Dinner, Cake, w/potatoes&vegetables, fzn, avg	1 ea	255.0	449.0	35.4	27.1	21.8	57.1
Fish Dinner, Cake, w/potatoes, vegs&dsrt, fzn, avg	1 ea	298.0	593.0	58.5	24.9	29.3	80.8
Fish Dinner, Cod, w/cheese sc&veg, lo cal, fzn,avg	1 ea	262.0	283.0	18.8	31.3	9.1	39.9
Fish Dinner, Cod, w/vegetables, low cal, fzn, avg	1 ea	191.0	229.0	9.1	20.4	12.6	24.5
Fish Dinner, Flounder, w/chpd broc,low cal,fzn,avg	1 ea	351.0	270.0	22.8	32.2	5.5	43.5
Fish Dinner, Flounder,w/sce,pot&crt,lo cal,fzn,avg	1 ea	298.0	286.0	30.3	24.9	6.1	46.8
Fish Dinner, Haddock,w/chpd spinach,lo cal,fzn,avg	1 ea	255.0	196.0	13.6	25.8	3.9	30.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Fish Dinner, Sole, w/vegetables, low cal, fzn, avg	1 ea	241.0	214.0	13.5	33.5	2.7	34.3
Fish Dinner, Turbot, w/vegs, low cal, fzn, avg	1 ea	241.0	330.0	18.7	21.1	19.3	36.2
Fish Dinner, w/Lemon Crumb, 2 pc, Lng Jhn Slvrs	1 ea	334.0	330.0	46.0	24.0	5.0	61.7
Fish Dinner, w/Lemon Crumb, 3 pc, Lng Jhn Slvrs	1 ea	493.0	610.0	86.0	39.0	13.0	112.7
Fish Dinner, w/Lemon Sauce, pot&vegs, avg	1 ea	284.0	298.0	31.8	17.4	10.8	44.9
Fish Dinner, w/Shrimp & Chicken, Long John Silvers	1 ea	513.0	1160.0	113.0	45.0	65.0	156.3
Fish Dinner, w/Shrimp & Clams, Long John Silvers	1 ea	512.0	1240.0	123.0	44.0	70.0	166.9
Fish Divan, fzn, Lean Cuisine	1 ea	294.0	210.0	15.0	25.0	6.0	31.5
Fish Fillet, batter fried, crunchy, fzn, Mrs Paul	1 pce	56.0	124.0	11.4	4.1	6.4	15.5
Fish Fillet, batter fried, fzn, Mrs Paul	1 pce	77.0	170.0	16.0	6.1	10.0	22.2
Fish Fillet, batter fried, fzn, Van De Kamp	1 ea	75.0	180.0	12.0	8.0	11.0	19.6
Fish Fillet, breaded, fried, crunchy, fzn, M Paul	1 pce	57.0	110.0	10.5	6.5	4.1	15.4
Fish Fillet, breaded, fried, fzn, Van De Kamp	1 ea	50.0	141.0	8.6	5.6	9.6	14.4
Fish Fillet, Breaded, Healthy Treasures	1 pce	85.0	130.0	16.0	11.0	3.0	23.4
Fish Fillet, Cod, fried, fzn, Mrs Paul	1 pce	127.0	250.0	24.0	14.0	11.0	35.2
Fish Fillet, Flounder, crnch bttr frd, fzn,M Paul	1 pce	53.0	130.0	12.0	5.5	7.0	17.1
Fish Fillet, Flounder, fried, fzn, Van De Kamp	1 ea	113.0	110.0	0.0	22.0	2.0	13.7
Fish Fillet, Fried, entrée, Weight Watchers	1 ea	218.0	230.0	25.0	15.0	8.0	36.0
Fish Fillet, Haddock, brd, frd, fzn, Van De Kamp	1 ea	50.0	141.0	9.6	6.1	8.6	15.4
Fish Fillet, Haddock, bttr frd, fzn, Van De Kamp	1 ea	56.0	129.0	8.9	6.4	7.9	14.7
Fish Fillet, Haddock, crnchy bttr frd, fzn, M Paul	1 pce	53.0	125.0	12.5	4.1	6.0	16.5
Fish Fillet, Halibut, batter fried, Van De Kamp	1 ea	38.0	111.0	7.4	4.4	7.1	11.8
Fish Fillet, Perch, batter fried, Van De Kamp	1 ea	56.0	149.0	9.4	5.9	9.9	15.4
Fish Fillet, Sole, fried, Van De Kamp	1 ea	113.0	110.0	0.0	23.0	1.5	14.2
Fish Fillet, w/macaroni & cheese, Stouffers	1 ea	255.0	430.0	37.0	24.0	21.0	56.7
FISH FILLETS, BATTERED, FRZN	6 OZ	168.0	440.0	25.0	17.0	31.0	43.0
Fish Roe, Cod & Shad, ckd, avg	1 Tbs	12.0	23.0	0.3	3.1	1.3	2.5
Fish Roe, Herring, avg	1 Tbs	14.0	20.0	0.2	3.1	0.9	2.3
Fish Roe, mixed species, bkd, avg	1/2 oz	14.0	29.0	0.3	4.0	1.2	3.0
Fish Roe, mixed species, raw, avg	1 Tbs	14.0	20.0	0.2	3.1	0.9	2.3
Fish Roe, Sea Urchin, avg	1 Tbs	12.0	17.0	0.0	1.1	1.0	0.9
Fish Seasoning, ¼ pkt, Shake N Bake	1 ea	76.0	280.0	56.0	4.0	6.0	59.9
Fish Stick, Battered, fzn, Van de Kamps	1 pce	71.0	175.0	13.0	6.5	11.0	19.7
Fish Stick, Battered, Mrs Paul	5 pce	92.0	226.0	22.6	6.7	12.5	29.7
Fish Stick, Battered, Mrs Pauls	1 pce	52.0	125.0	10.0	4.5	8.0	14.7
Fish Stick, Battered, Van de Kamp	5 ea	95.0	219.0	15.1	9.2	13.5	24.0
Fish Stick, Breaded, fish shapes, Sea Pals	1 pce	16.0	37.0	3.5	1.8	1.8	5.0
Fish Stick, Breaded, fzn, bkd, avg	1 ea	28.0	76.0	6.7	4.4	3.4	10.2
Fish Stick, Breaded, minis, Mrs Pauls	1 pce	8.0	19.0	1.7	0.9	0.9	2.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Fish Stick, Breaded, Mrs Pauls	1 ea	42.0	94.0	7.9	4.4	4.9	11.8
Fish Stick, Breaded, Van de Kamp	5 ea	95.0	242.0	19.2	10.8	14.2	29.2
FISH STICKS, BATTERED, FRZN	5 STICKS	140.0	288.0	26.0	15.0	14.0	38.5
FISH STICKS, PLAIN, FROZEN	4 1/2 STICKS	100.0	176.0	6.5	16.6	8.9	18.7
FISH, BASS, BROILED	3.5 OZ	100.0	228.0	7.9	20.2	12.8	23.2
Fish, Lemon Pepper, Healthy Choice	1 ea	303.0	320.0	50.0	14.0	7.0	60.2
Fish, N Chips, Swanson	1 ea	156.0	350.0	38.0	16.0	15.0	51.4
Fish, w/Tomato Based Sauce, avg	1 cup	222.0	224.0	3.9	35.0	6.9	26.6
Flan, Caramel, dry mix, avg	1 oz	28.0	97.0	25.6	0.0	0.0	25.6
Flan, Caramel, prep f/mix, red cal, Menu Magic	1/2 cup	139.0	81.0	13.0	6.0	0.0	16.6
Flan, Caramel, prep w/2% milk, avg	1/2 cup	133.0	136.0	25.5	3.1	2.4	28.0
Flan, Caramel, prep w/whl milk, avg	1/2 cup	133.0	150.0	25.4	3.1	4.1	28.3
Flauta, w/Beef, avg	1 ea	113.0	360.0	12.8	16.5	27.3	29.5
Flauta, w/Chicken, avg	1 ea	113.0	342.0	12.8	13.9	26.6	27.8
Flavor Enhancer, Accent	1 tsp	2.0	0.0	0.0	0.0	0.0	0.0
FLOUNDER, BAKED	3.5 OZ	100.0	202.0	0.0	30.0	8.2	20.1
Flounder, stuffed, avg	1 pce	210.0	332.0	13.3	42.8	10.9	41.7
Flour Tortilla Mix, Wheat, white, enriched, avg	1/4 cup	28.0	113.0	18.8	2.7	2.1	20.9
Flour, Amaranth, Arrowhead Mills	1/4 cup	30.0	110.0	19.0	4.0	1.5	21.8
Flour, Amaranth, whole grain, American Amaranth	1/4 cup	31.0	115.0	19.8	4.7	1.9	23.1
Flour, Arrowroot, avg	1/4 cup	32.0	114.0	28.2	0.1	0.0	28.3
Flour, Barley Bran, Barley's Best	1/4 cup	21.0	24.0	14.2	3.7	1.4	16.8
Flour, Barley, Arrowhead Mills	1/4 cup	25.0	75.0	19.0	3.0	0.5	20.9
Flour, Buckwheat, dark, avg	1/4 cup	24.0	87.0	17.7	2.6	0.5	19.4
Flour, Buckwheat, whole, avg	1/4 cup	30.0	101.0	21.2	3.8	0.9	23.7
Flour, Corn, masa, enriched, avg	1/4 cup	28.0	102.0	21.4	2.6	1.1	23.2
Flour, Corn, masa, enriched, yellow, avg	1/4 cup	28.0	102.0	21.4	2.6	1.1	23.2
Flour, Corn, white, whole grain, avg	1/4 cup	29.0	105.0	22.3	2.0	1.1	23.8
Flour, Corn, yellow, whole grain, avg	1/4 cup	29.0	105.0	22.3	2.0	1.1	23.8
Flour, Millet, Arrowhead Mills	1/4 cup	35.0	110.0	26.0	4.0	1.0	28.7
Flour, Oat, Arrowhead Mills	1/4 cup	22.0	88.0	14.7	3.7	1.5	17.3
Flour, Rice, brown, Arrowhead Mills	1/4 cup	35.0	120.0	27.0	3.0	1.0	29.1
Flour, Rice, sweet, California Natural Products	1/4 cup	41.0	146.0	32.4	3.4	0.5	34.6
Flour, Rice, white, avg	1/4 cup	40.0	146.0	32.0	2.4	0.6	33.6
Flour, Rye, dark, avg	1/4 cup	32.0	104.0	21.1	4.5	0.9	24.0
Flour, Rye, light, avg	1/4 cup	26.0	95.0	20.9	2.2	0.4	22.3
Flour, Rye, medium, avg	1/4 cup	26.0	92.0	20.2	2.4	0.5	21.8
Flour, Rye, whole, Arrowhead Mills	1/4 cup	30.0	100.0	20.0	5.0	1.0	23.3
Flour, Spelt, Arrowhead Mills	1/4 cup	35.0	100.0	24.0	4.0	0.5	26.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Flour, Triticale, avg	1/4 cup	32.0	108.0	23.4	4.2	0.6	26.1
Flour, Wheat, all purpose, white, enr, blchd, avg	1/4 cup	31.0	113.0	23.7	3.2	0.3	25.7
Flour, Wheat, all purpose, white, unenriched, avg	1/4 cup	31.0	113.0	23.7	3.2	0.3	25.7
Flour, Wheat, cake, white, enriched, avg	1/4 cup	34.0	123.0	26.5	2.8	0.3	28.3
Flour, Wheat, gluten, avg	1/4 cup	35.0	132.0	16.5	14.5	0.7	25.4
Flour, Wheat, Kamut, Arrowhead Mills	1/4 cup	35.0	110.0	25.0	4.0	0.5	27.5
Flour, Wheat, pastry, white, unblchd, Arrwhd Mills	1/4 cup	30.0	100.0	23.0	3.0	0.5	24.9
Flour, Wheat, self rising, bleached, Pillsbury	1/4 cup	30.0	100.0	21.6	2.6	0.4	23.3
Flour, Wheat, Self Rising, unbleached, Pillsbury	1/4 cup	30.0	99.0	21.6	2.3	0.4	23.1
Flour, Wheat, semolina, enriched, avg	1/4 cup	42.0	151.0	30.6	5.3	0.4	33.9
Flour, Wheat, semolina, unenriched, avg	1/4 cup	42.0	151.0	30.6	5.3	0.4	33.9
Flour, Wheat, Shake & Blend, Pillsbury	1/4 cup	31.0	109.0	22.7	3.3	0.5	24.8
Flour, Wheat, Whole, avg	1/4 cup	30.0	102.0	21.8	4.1	0.6	24.4
Flour, Wheat, Whole, stone ground, Arrwhd Mills	1/4 cup	35.0	130.0	25.0	5.0	0.5	28.1
FRANKFURTER, BEEF	1 FRANK	45.0	145.0	1.1	5.1	13.2	7.5
Frankfurter, Beef & Pork, avg	1 ea	57.0	182.0	1.5	6.4	16.6	9.5
Frankfurter, Beef & Pork, big&jcy, orig, Osc Myr	1 ea	76.0	236.0	0.8	8.7	22.0	11.5
Frankfurter, Beef & Pork, light, avg	1 ea	57.0	127.0	0.3	7.3	10.8	7.4
Frankfurter, Beef & Pork, low salt, avg	1 ea	45.0	142.0	0.8	5.4	12.8	7.2
Frankfurter, Beef&Pork, bg&jcy, smoked, Osc Myr	1 ea	76.0	218.0	1.1	9.6	19.5	11.7
Frankfurter, Beef&Pork, big&jcy, spicy, Osc Myr	1 ea	76.0	218.0	0.9	9.8	19.5	11.7
Frankfurter, Beef, avg	1 ea	57.0	180.0	1.0	6.8	16.2	9.1
Frankfurter, Beef, big & juicy, deli, Oscar Mayer	1 ea	76.0	237.0	1.0	8.8	22.0	11.8
Frankfurter, Beef, big & juicy, orig, Oscar Mayer	1 ea	76.0	236.0	1.0	8.7	22.0	11.7
Frankfurter, Beef, bun length, Oscar Mayer	1 ea	57.0	184.0	1.6	6.4	16.9	9.7
Frankfurter, Beef, fat free, Oscar Mayer	1 ea	50.0	39.0	2.6	6.6	0.3	6.6
Frankfurter, Beef, light, Oscar Mayer	1 ea	57.0	110.0	2.4	6.1	8.5	8.2
Frankfurter, Beef, Oscar Mayer	1 ea	45.0	143.0	1.2	5.0	13.1	7.5
Frankfurter, Beef, quarter pound, Oscar Mayer	1 ea	114.0	350.0	2.0	15.0	32.0	19.0
FRANKFURTER, CHICKEN	1 FRANK	45.0	116.0	3.1	5.8	8.8	8.8
Frankfurter, Chicken, avg	1 ea	45.0	116.0	3.1	5.8	8.8	8.8
Frankfurter, Turkey & Beef, Healthy Favorites	1 ea	57.0	60.0	2.0	9.0	1.5	7.8
Frankfurter, Turkey & Cheese, Oscar Mayer	1 ea	45.0	143.0	1.2	5.4	12.9	7.7
Frankfurter, Turkey & Pork, light, Oscar Mayer	1 ea	57.0	111.0	1.6	6.9	8.5	7.9
Frankfurter, Turkey & Pork, little wiener, Osc Myr	3 ea	28.0	87.0	0.6	3.0	8.1	4.4
Frankfurter, Turkey & Pork, Oscar Mayer	1 ea	45.0	145.0	1.3	4.9	13.3	7.6
Frankfurter, Turkey&Pork, bun length, Oscar Mayer	1 ea	57.0	185.0	1.7	6.3	17.0	9.7
Frankfurter, Turkey, avg	1 ea	45.0	102.0	0.7	6.4	7.1	6.3
Frankfurter, Turkey, bun length, Louis Rich	1 ea	57.0	110.0	2.0	7.0	8.0	8.2

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Frankfurter, Turkey, Louis Rich	1 ea	45.0	84.0	2.4	5.0	6.1	6.9
Frankfurter, w/Sauerkraut, avg	1 ea	120.0	158.0	4.4	5.8	13.2	11.2
Frankfurter, w/Tomato Sauce, avg	1 cup	244.0	425.0	11.9	15.3	35.5	30.0
Frappuccino, Tall, Starbucks	1 1/2 cup	344.0	290.0	59.0	8.0	2.0	64.3
Freezer Bar, Asstd Flvrs, Haagan Daz	1 ea	28.0	16.0	4.6	0.0	0.0	4.6
Freezer Bar, Asstd Flvrs, sugar free, Haagan Daz	1 ea	28.0	7.0	1.6	0.0	0.0	1.6
French Fries, Biggies, Wendy's	1 ea	159.0	470.0	61.0	7.0	23.0	71.0
French Fries, Cheddar, Arby's	5 oz	142.0	399.0	46.2	6.2	21.9	55.4
French Fries, Curly, Arby's	3 1/2 oz	99.0	337.0	43.2	4.2	17.7	50.1
FRENCH FRIES, FROZEN	3/5 CUP	100.0	142.0	23.2	2.4	5.0	25.9
French Fries, Large, Dairy Queen	1 ea	128.0	390.0	52.0	5.0	18.0	59.5
French Fries, Large, Mc Donalds	1 ea	147.0	448.0	56.7	6.3	21.8	65.9
French Fries, Medium Svg, avg	1 ea	76.0	232.0	29.3	3.3	11.2	34.1
French Fries, Medium, Arby's	1 ea	71.0	246.0	29.8	2.1	13.2	34.4
French Fries, Medium, Burger King	1 ea	116.0	370.0	43.0	5.0	20.0	51.0
French Fries, Medium, Hardees	1 ea	142.0	350.0	49.0	5.0	15.0	55.8
French Fries, Medium, Jack In The Box	1 ea	109.0	350.0	45.0	4.0	17.0	51.7
French Fries, Medium, Mc Donalds	1 ea	97.0	320.0	36.0	4.0	17.0	42.7
French Fries, Medium, Wendy's	1 ea	130.0	390.0	50.0	5.0	19.0	57.8
French Fries, Regular, Dairy Queen	1 ea	99.0	300.0	40.0	4.0	14.0	45.9
French Fries, Seasoned Curly, svg, Jack In The Box	1 ea	109.0	360.0	39.0	5.0	20.0	47.0
FRENCH TOAST	1 SLICE	65.0	153.0	17.2	5.7	6.7	22.3
French Toast, Bagel, w/maple syrup, fzn, Sny Frnch	1 ea	71.0	190.0	21.0	14.1	5.3	30.8
French Toast, Cinnamon Swirl, fzn, Aunt Jemima	1 pce	42.0	82.0	13.1	3.3	2.2	15.6
French Toast, Cinnamon Swirl, fzn, Great Starts	1 ea	156.0	440.0	35.0	14.0	28.0	50.4
French Toast, Frozen, Aunt Jemima	1 pce	42.0	82.0	13.1	3.3	2.2	15.6
French Toast, Frozen, ready to heat, avg	1 pce	59.0	126.0	18.9	4.4	3.6	22.4
French Toast, Prep f/Frozen, Cinn Swirl, Krusteaz	1 ea	43.0	88.0	14.2	3.4	2.0	16.7
French Toast, Prep f/Frozen, reg cut, Krusteaz	1 ea	43.0	88.0	13.8	3.6	2.0	16.5
French Toast, Prep f/Frozen, thick cut, Krusteaz	1 ea	57.0	115.0	18.2	4.7	2.7	21.7
French Toast, Prep f/Recipe, w/2% milk, avg	1 pce	65.0	149.0	16.3	5.0	7.0	21.0
French Toast, Prep f/Recipe, w/whole milk, avg	1 pce	65.0	151.0	16.2	5.0	7.3	21.0
French Toast, Sticks, fzn, avg	1 pce	28.0	102.0	11.5	1.6	5.8	13.9
French Toast, w/Butter, fzn, avg	1 pce	68.0	180.0	18.2	5.2	9.5	23.7
French Toast, w/Sausage, fzn, Great Starts	1 ea	156.0	410.0	33.0	13.0	26.0	47.3
Fritter, Apple, avg	1 ea	24.0	87.0	7.8	1.4	5.7	10.1
Fritter, Apple, Mrs Pauls	1 ea	62.0	129.0	17.9	1.5	5.5	20.2
Fritter, Banana, avg	1 ea	34.0	116.0	11.4	1.8	7.3	14.3
Fritter, Berry, avg	1 ea	34.0	111.0	9.9	1.8	7.3	12.8

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Frog Legs, Raw	4 ea	96.0	70.0	0.0	15.7	0.3	9.5
Frog Legs, Steamed	2 ea	100.0	106.0	0.0	23.8	0.4	14.4
Frosting, Candy, creamy, RTE, Pillsbury	2 Tbs	34.0	150.0	21.6	0.1	7.0	23.4
Frosting, Caramel Pecan, RTE, Pillsbury	2 Tbs	35.0	149.0	19.1	0.2	8.0	21.2
Frosting, Choc, Creamy, dry mix, avg	1 oz	28.0	109.0	25.8	0.4	1.5	26.4
Frosting, Choc, Dark, RTE, Pillsbury	2 Tbs	34.0	134.0	20.0	0.5	5.8	21.8
Frosting, Choc, Fudge Amarretto, fat free, Wx Orch	2 Tbs	30.0	90.0	21.0	1.0	0.5	21.7
Frosting, Choc, Fudge Orange, fat free, Wx Orch	2 Tbs	30.0	90.0	21.0	1.0	0.5	21.7
Frosting, Choc, Fudge Pepprmnt, fat free, Wx Orch	2 Tbs	30.0	90.0	21.0	1.0	0.5	21.7
Frosting, Choc, Fudge, fat free, Wx Orch	2 Tbs	30.0	90.0	21.0	1.0	0.5	21.7
Frosting, Choc, Fudge, RTE, Pillsbury	2 Tbs	34.0	135.0	20.5	0.4	5.8	22.2
Frosting, Choc, Fudge, RTE, red fat, Pillsbury	2 Tbs	37.0	135.0	25.9	0.4	3.4	27.0
Frosting, Choc, Funfetti, RTE, Pillsbury	2 Tbs	32.0	128.0	19.9	0.3	5.3	21.4
Frosting, Choc, Oreo, RTE, Pillsbury	2 Tbs	34.0	144.0	23.1	0.1	5.7	24.6
Frosting, Choc, prep f/mix, w/butter, avg	2 Tbs	34.0	130.0	24.3	0.4	4.5	25.7
Frosting, Choc, prep f/mix, w/marg, avg	2 Tbs	34.0	130.0	24.4	0.4	4.4	25.7
Frosting, Choc, prep f/recipe, avg	2 Tbs	34.0	136.0	26.4	0.4	3.9	27.6
Frosting, Choc, RTE, avg	2 Tbs	29.0	115.0	18.3	0.3	5.1	19.8
Frosting, Coconut Almond, RTE, Pillsbury	2 Tbs	35.0	156.0	17.4	0.7	9.3	20.1
Frosting, Coconut Nut, RTE, avg	2 Tbs	29.0	119.0	15.3	0.4	6.1	17.1
Frosting, Coconut Pecan, dry mix, General Mills	1 oz	28.0	143.0	18.5	0.6	7.8	20.8
Frosting, Coconut Pecan, prep f/mix, General Mills	1 oz	28.0	142.0	18.1	0.0	7.9	20.1
Frosting, Coconut Pecan, RTE, Pillsbury	2 Tbs	35.0	160.0	17.2	0.5	9.9	20.0
Frosting, Coconut, RTE, can, avg	1 ea	462.0	1903.0	243.9	6.9	110.9	275.8
Frosting, Cream Cheese, prep f/mix, General Mills	1 oz	28.0	129.0	22.7	0.0	4.9	23.9
Frosting, Cream Cheese, RTE, can, avg	1 ea	462.0	1908.0	308.2	0.5	79.9	328.5
Frosting, Cream Cheese, RTE, Pillsbury	2 Tbs	35.0	147.0	23.8	0.0	5.7	25.2
Frosting, Lemon Crème, RTE, Pillsbury	2 Tbs	35.0	146.0	23.5	0.0	5.8	25.0
Frosting, Peanut Bttr Fdg, RTE, frt swtnd, Wx Orch	2 Tbs	30.0	110.0	18.0	1.0	3.0	19.4
Frosting, Sour Cream, RTE, can, avg	1 ea	462.0	1903.0	312.3	0.5	79.5	332.5
Frosting, Strawberry Crème, RTE, Pillsbury	2 Tbs	35.0	146.0	23.6	0.0	5.7	25.0
Frosting, Vanilla, dry mix pkg, avg	1 ea	411.0	1685.0	385.5	1.2	20.1	391.2
Frosting, Vanilla, Funfetti, RTE, Pillsbury	2 Tbs	37.0	155.0	25.2	0.0	5.1	26.5
Frosting, Vanilla, Pink, Funfetti, RTE, Pillsbury	2 Tbs	35.0	146.0	23.8	0.0	5.6	25.2
Frosting, Vanilla, prep f/mix w/butter, avg	2 Tbs	40.0	169.0	28.3	8.0	6.7	34.8
Frosting, Vanilla, prep f/recipe w/butter, avg	2 Tbs	40.0	137.0	31.2	0.2	1.6	31.7
Frosting, Vanilla, prep f/recipe w/marg, avg	2 Tbs	40.0	162.0	31.6	0.2	4.3	32.8
Frosting, Vanilla, RTE, avg	2 Tbs	31.0	130.0	21.5	0.0	5.2	22.8
Frosting, Vanilla, RTE, General Mills	1 oz	28.0	119.0	20.2	0.0	4.2	21.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Frosting, Vanilla, RTE, Lovin Lites	2 Tbs	38.0	144.0	28.9	0.0	3.1	29.7
Frosting, Vanilla, RTE, Pillsbury	2 Tbs	38.0	158.0	25.3	0.0	6.2	26.8
Frosting, White, dry mix pkg, avg	1 ea	207.0	768.0	196.4	4.8	0.0	199.3
Frosting, White, prep f/mix, avg	2 Tbs	40.0	98.0	25.0	0.6	0.0	25.4
Frosting, White, prep f/recipe, avg	2 Tbs	40.0	127.0	32.2	0.7	0.0	32.6
Frosting, White, RTE, Pillsbury	2 Tbs	31.0	127.0	20.5	0.2	5.0	21.9
Frozen Yogurt Bar, Carob Coated, avg	1 ea	41.0	100.0	12.2	2.5	4.8	14.9
Frozen Yogurt Bar, Cherry Choc Fudge, Haagan Daz	1 ea	74.0	232.0	28.2	5.0	12.1	34.2
Frozen Yogurt Bar, Choc Coated, avg	1 ea	41.0	109.0	11.8	1.3	6.7	14.3
Frozen Yogurt Bar, Coffee Choc Crunch, Haagan Daz	1 ea	72.0	209.0	23.8	4.1	10.9	29.0
Frozen Yogurt Bar, Peach, Haagan Daz	1 ea	72.0	100.0	19.0	2.0	1.0	20.5
Frozen Yogurt Bar, Pina Colada, Haagan Daz	1 ea	70.0	100.0	20.1	2.0	1.0	21.6
Frozen Yogurt Bar, Raspberry, Haagan Daz	1 ea	72.0	100.0	19.0	3.0	1.0	21.1
Frozen Yogurt Bar, Strawberry Daiquiri, Haagan Daz	1 ea	70.0	100.0	19.1	2.0	1.0	20.6
Frozen Yogurt Bar, Tropcl Orange Passion, Haag Daz	1 ea	70.0	100.0	20.1	2.0	1.0	21.6
Frozen Yogurt Bar, Vanilla Choc Crunch, Haagan Daz	1 ea	72.0	209.0	22.8	4.1	10.9	28.0
Frozen Yogurt, All Flavors, nonfat, Dannon	1/2 cup	86.0	94.0	21.9	3.4	3.1	24.7
Frozen Yogurt, Black Cherry, lowfat, Bryers	1/2 cup	114.0	131.0	25.1	4.0	1.3	27.8
Frozen Yogurt, Blueberry, lowfat, Bryers	1/2 cup	114.0	126.0	24.1	4.0	1.3	26.8
Frozen Yogurt, Blueberry, nonfat, Darigold	1/2 cup	75.0	100.0	22.0	4.0	0.0	24.4
Frozen Yogurt, Boysnbry Chscake, nonfat, Darigold	1/2 cup	75.0	120.0	25.0	4.0	0.0	27.4
Frozen Yogurt, Cappucino, fat free, Ben&Jerry's	1/2 cup	93.0	140.0	32.0	3.0	0.0	33.8
Frozen Yogurt, Cherry Garcia, Ben&Jerry's	1/2 cup	106.0	170.0	31.0	4.0	3.0	34.2
Frozen Yogurt, Choc Fudge Brownie, Ben&Jerry's	1/2 cup	106.0	190.0	36.0	6.0	3.0	40.4
Frozen Yogurt, Choc Marshmallow, nonfat, Darigold	1/2 cup	75.0	130.0	27.0	4.0	0.0	29.4
Frozen Yogurt, Choc, cone, avg	1 ea	78.0	157.0	21.5	3.7	7.3	25.5
Frozen Yogurt, Choc, fat free, avg	1/2 cup	96.0	104.0	21.2	5.4	0.8	24.6
Frozen Yogurt, Choc, Haagen Daz store	1/2 cup	95.0	120.0	25.9	3.1	0.0	27.8
Frozen Yogurt, Choc, lowfat, avg	1/2 cup	96.0	109.0	20.7	5.0	1.9	24.2
Frozen Yogurt, Choc, nonfat, Haagen Daz store	100 g	100.0	86.0	25.7	4.8	0.3	28.7
Frozen Yogurt, Chocolate, soft serve, avg	1/2 cup	72.0	115.0	17.9	2.9	4.3	20.7
Frozen Yogurt, Coffee Almond Fudge, Ben&Jerry's	1/2 cup	106.0	200.0	30.0	6.0	7.0	35.4
Frozen Yogurt, Coffee, Haagen Daz store	1/2 cup	95.0	140.0	21.9	4.1	3.1	25.1
Frozen Yogurt, Coffee, lowfat, Bryers	1/2 cup	114.0	110.0	19.1	5.0	1.5	22.5
Frozen Yogurt, Cone, med, Dairy Queen	1 ea	213.0	280.0	59.0	9.0	1.0	64.7
Frozen Yogurt, Cookies 'N Cream, nonfat, Darigold	1/2 cup	75.0	120.0	24.0	4.0	0.0	26.4
Frozen Yogurt, Cup, med, Dairy Queen	1 ea	198.0	230.0	49.0	8.0	0.5	53.9
Frozen Yogurt, English Toffee Crunch, Ben&Jerry's	1/2 cup	106.0	190.0	32.0	4.0	6.0	35.9
Frozen Yogurt, Fruit, Dannon	1/2 cup	86.0	103.0	17.9	3.5	1.1	20.3

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Frozen Yogurt, Heath Breeze, med, Dairy Queen	1 ea	404.0	710.0	123.0	15.0	18.0	136.5
Frozen Yogurt, Lemon, lowfat, Bryers	1/2 cup	114.0	110.0	19.1	5.0	1.5	22.5
Frozen Yogurt, Mixed Berry, lowfat, Bryers	1/2 cup	114.0	126.0	24.1	4.0	1.3	26.8
Frozen Yogurt, Mocha Fudge, nonfat, Darigold	1/2 cup	75.0	120.0	26.0	6.0	0.0	29.6
Frozen Yogurt, Nonfat, Dairy Queen	1/2 cup	85.0	100.0	21.0	3.0	0.0	22.8
Frozen Yogurt, Orange Tango, Haagan Daz	1/2 cup	101.0	132.0	26.5	4.1	2.0	29.5
Frozen Yogurt, Peach, lowfat, Bryers	1/2 cup	114.0	126.0	24.1	4.0	1.3	26.8
Frozen Yogurt, Peach, nonfat, Darigold	1/2 cup	75.0	100.0	22.0	4.0	0.0	24.4
Frozen Yogurt, Pina Colada, Haagan Daz	100 g	100.0	139.0	26.9	3.5	1.8	29.4
Frozen Yogurt, Pina Colada, Haagen Daz store	100 g	100.0	139.0	26.9	3.5	1.8	29.4
Frozen Yogurt, Pineapple, lowfat, Bryers	1/2 cup	114.0	126.0	24.6	4.0	1.3	27.3
Frozen Yogurt, Plain, lowfat, Bryers	1/2 cup	114.0	65.0	7.5	5.5	1.5	11.2
Frozen Yogurt, Praline Pandemonium, Haagan Daz	1/2 cup	101.0	240.0	32.5	6.9	8.9	38.9
Frozen Yogurt, Raspberry, Haagen Daz store	1/2 cup	95.0	140.0	20.1	3.1	3.1	22.7
Frozen Yogurt, Raspberry, nonfat, Darigold	1/2 cup	75.0	110.0	25.0	4.0	0.0	27.4
Frozen Yogurt, Red Raspberry, lowfat, Bryers	1/2 cup	114.0	126.0	24.1		1.3	24.4
Frozen Yogurt, Sandwich, avg	1 ea	85.0	180.0	32.0	3.9	4.4	35.4
Frozen Yogurt, Strawberry Banana, lowfat, Bryers	1/2 cup	114.0	126.0	25.1	4.5	1.3	28.1
Frozen Yogurt, Strawberry Breeze, med, Dairy Queen	1 ea	383.0	460.0	99.0	13.0	1.0	107.1
Frozen Yogurt, Strawberry Cheesecake, Haagan Daz	1/2 cup	101.0	208.0	30.8	6.9	6.9	36.7
Frozen Yogurt, Strawberry Duet, Haagen Daz store	100 g	100.0	135.0	27.1	2.8	1.8	29.2
Frozen Yogurt, Strawberry Sundae, med, Dairy Queen	1 ea	255.0	300.0	66.0	9.0	0.5	71.5
Frozen Yogurt, Strawberry, Haagen Daz store	1/2 cup	95.0	120.0	25.9	3.1	0.0	27.8
Frozen Yogurt, Strawberry, lowfat, Bryers	1/2 cup	114.0	126.0	23.6	4.0	1.3	26.3
Frozen Yogurt, Sundae, Hot Crml, lowfat, Mc Dnld	1 ea	182.0	307.0	62.5	7.0	3.2	67.5
Frozen Yogurt, Sundae, Hot Fudge, lowfat, Mc Dnld	1 ea	179.0	292.0	53.5	7.1	5.2	59.1
Frozen Yogurt, Sundae, Strawberry, lowfat, Mc Dnld	1 ea	178.0	239.0	51.4	6.1	0.1	55.1
Frozen Yogurt, Sundae, Vanilla, lowfat, Mc Donalds	1 ea	90.0	118.0	23.7	4.1	0.7	26.3
Frozen Yogurt, Vanilla Almond Crunch, Haag Daz stor	100 g	100.0	198.0	29.5	8.5	5.0	35.9
Frozen Yogurt, Vanilla Almond Crunch, Haagan Daz	1/2 cup	98.0	201.0	29.1	8.0	6.0	35.4
Frozen Yogurt, Vanilla, cone, avg	1 ea	78.0	143.0	21.5	3.4	5.3	24.9
Frozen Yogurt, Vanilla, fat free, avg	1/2 cup	96.0	95.0	18.9	4.8	0.2	21.8
Frozen Yogurt, Vanilla, Haag Daz store	1/2 cup	95.0	110.0	21.1	4.1	0.0	23.6
Frozen Yogurt, Vanilla, lowfat, avg	1/2 cup	96.0	101.0	18.3	4.4	1.3	21.3
Frozen Yogurt, Vanilla, lowfat, Bryers	1/2 cup	114.0	110.0	19.1	5.0	1.5	22.5
Frozen Yogurt, Vanilla, nonfat, Haag Daz store	100 g	100.0	78.0	24.1	4.1	0.1	26.6
Frozen Yogurt, Vanilla, soft serve, avg	1/2 cup	72.0	114.0	17.4	2.9	4.0	20.1
Fruit Burrito, Apple or Cherry, avg	1 ea	155.0	484.0	73.3	5.2	19.1	81.2
Fruit By The Foot, asstd flvrs	1 oz	28.0	104.0	22.4	0.2	1.7	22.9

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Fruit Cocktail, Canned, extra heavy syrup, avg	1/2 cup	130.0	114.0	29.8	0.5	0.1	30.1
Fruit Cocktail, Canned, extra light syrup, avg	1/2 cup	123.0	55.0	14.3	0.5	0.1	14.6
Fruit Cocktail, Canned, heavy syrup, avg	1/2 cup	124.0	91.0	23.4	0.5	0.1	23.7
FRUIT COCKTAIL, CANNED, IN JUICE	1/2 CUP	124.0	56.0	14.7	0.6	0.0	15.1
Fruit Cocktail, Canned, juice, avg	1/2 cup	118.0	54.0	14.0	0.5	0.0	14.3
Fruit Cocktail, Canned, light syrup, avg	1/2 cup	121.0	69.0	18.0	0.5	0.1	18.3
Fruit Cocktail, Canned, water, unswtnd, avg	1/2 cup	118.0	38.0	10.0	0.5	0.1	10.3
Fruit Leather, avg, .74 oz	1 ea	21.0	73.0	17.7	0.2	0.6	18.0
Fruit Leather, bars, avg	1 ea	23.0	81.0	18.1	0.4	1.2	18.6
Fruit Leather, bars, w/cream, avg	1 ea	24.0	89.0	18.7	0.2	1.1	19.1
Fruit Leather, pces, avg	1 ea	21.0	72.0	16.4	0.2	1.5	16.9
Fruit Pouch, Peach, Weight Watchers	1 ea	14.0	49.0	12.8	0.0	0.0	12.8
Fruit Pouch, Strawberry, Weight Watchers	1 ea	14.0	49.0	12.8	0.0	0.0	12.8
Fruit Punch Drink, low cal, dry mix, Crystal Lt	1/2 tsp	1.0	4.0	0.0	0.0	0.0	0.0
Fruit Punch Drink, low cal, prep, Crystal Lt	1 cup	238.0	5.0	0.0	0.0	0.0	0.0
FRUIT ROLL-UPS	1 ROLL	14.0	50.0	12.0	0.0	0.0	12.0
Fruit Roll-Ups, asstd flvrs, .5 oz	1 ea	14.0	53.0	11.8	0.1	0.7	12.0
Fruit Salad, Canned, extra heavy syrup, avg	1/2 cup	130.0	114.0	29.6	0.4	7.8	31.8
Fruit Salad, Canned, heavy syrup, avg	1/2 cup	128.0	93.0	24.4	0.4	0.1	24.7
Fruit Salad, Canned, heavy syrup, tropical, avg	1/2 cup	129.0	111.0	28.9	0.5	0.1	29.2
Fruit Salad, Canned, water, avg	1/2 cup	123.0	37.0	9.7	0.4	0.1	10.0
Fruit Square, Apple, Pepperidge Farms	1 ea	71.0	210.0	27.0	2.0	10.0	30.7
Fruit, Apple Chips, bag, Weight Watchers	1 ea	21.0	69.0	17.7	0.0	0.0	17.7
Fruit, Apple, pouch, Weight Watchers	1 ea	14.0	49.0	12.8	0.0	0.0	12.8
Fruit, Cinnamon, pouch, Weight Watchers	1 ea	14.0	49.0	12.8	0.0	0.0	12.8
Fudge Nut Bar, Gold Medal	1 ea	69.0	321.0	49.1	4.0	13.0	54.7
Funyuns, Frito-Lay	13 pce	28.0	140.0	18.0	2.0	7.0	21.0
Garlic Seasoning, Kalsec	1/4 oz	7.0	60.0	0.1	0.0	6.7	1.8
Gefilte Fish, avg	3 oz	85.0	95.0	0.9	14.8	3.2	10.6
Gefilte Fish, sweet, avg	3 oz	85.0	71.0	6.3	7.7	1.5	11.3
Gelatin Parfait, Lime, Orville Kent	1/2 cup	110.0	120.0	21.0	3.0	3.0	23.6
Gelatin Parfait, Orange, Menu Magic	1/2 cup	125.0	280.0	36.0	8.0	11.0	43.6
Gelatin Parfait, Strawberry, Orville Kent	1/2 cup	110.0	130.0	22.0	3.0	3.0	24.6
GELATIN, DRY	1 ENVELOPE	7.0	23.0	0.0	6.0	0.0	3.6
Gelatin, Dry Mix, per 1/2 c svg, 1-2-3, Kraft	2 1/2 g	2.0	8.0	1.7	0.1	9.7	4.2
Gelatin, Dry Mix, per 1/2 c svg, asstd flvr, Jello	2 1/2 g	2.0	7.0	1.7	0.2	0.0	1.8
Gelatin, Dry Mix, per 1/2 c svg, avg	2 1/2 g	2.0	8.0	1.8	0.2	0.0	1.9
Gelatin, Dry Mix, per 1/2 c svg, sug free, D-Zerta	2 1/2 g	2.0	8.0	0.0	1.6	0.0	1.0
Gelatin, Dry Mix, per 1/2 c svg, sugar free, Kraft	2 1/2 g	2.0	8.0	0.0	0.8	0.0	0.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Gelatin, Dry Mix, sugar free, env, avg	1 ea	10.0	35.0	3.3	5.5	0.0	6.6
Gelatin, Dry Mix, unswtnd, env, avg	1 ea	7.0	23.0	0.0	5.1	0.0	3.1
Gelatin, Prep, Fruit flvr, Orville Kent	1/2 cup	120.0	70.0	15.0	2.0	0.0	16.2
Gelatin, Prep, sugar free, asstd flvrs, Dmnd Crstl	1/2 cup	124.0	5.0	0.0	1.1	0.0	0.7
Gelatin, Prep, sugar free, asstd flvrs, Menu Magic	1/2 cup	120.0	10.0	0.5	0.1	0.0	0.6
Gelatin, Prep, sugar free, avg	1/2 cup	117.0	8.0	0.8	1.3	0.0	1.6
Gelatin, Prep, w/added fruit, avg	1/2 cup	106.0	73.0	17.9	1.2	0.2	18.7
Gelatin, Snack, asstd flvrs, Jello	1 ea	99.0	80.0	18.0	1.0	0.0	18.6
Gelatin, Snack, sugar free, Jello	1 ea	92.0	10.0	0.0	1.0	0.0	0.6
Gin, 80 Proof, avg, 1.5 fl oz	1 ea	42.0	97.0	0.0	0.0	0.0	0.0
GIN/RUM/VODKA/WHISKEY	1 FL.OZ. 100 PROOF	28.0	83.0	0.0	0.0	12.0	3.0
Ginger Root, crystallized, avg	1/4 oz	7.0	24.0	6.1	0.0	0.0	6.1
Ginger Root, fresh, avg	1 Tbs	6.0	4.0	0.9	0.1	0.0	1.0
Ginger, ground, avg	1 tsp	2.0	7.0	1.4	0.2	0.1	1.5
Glaze, Banana, Marie's	2 Tbs	30.0	40.0	9.0	0.0	0.0	9.0
Glaze, Blueberry, Marie's	2 Tbs	30.0	40.0	10.0	0.0	0.0	10.0
Glaze, Chocolate Fudge, RTE, Pillsbury	2 Tbs	35.0	140.0	21.5	0.4	5.8	23.2
Glaze, Cinn Raisin Biscuit, dry mix, General Mills	1 oz	28.0	117.0	26.3	0.0	1.3	26.6
Glaze, Cinn Raisin Biscuit, prep f/mix, Gen Mills	2 Tbs	24.0	101.0	22.2	0.0	1.0	22.5
Glaze, Peach, Marie's	2 Tbs	30.0	40.0	10.0	0.0	0.0	10.0
Glaze, Prep f/Recipe, avg	2 Tbs	40.0	144.0	29.4	0.2	3.2	30.3
Glaze, Strawberry, Marie's	2 Tbs	30.0	40.0	9.0	0.0	0.0	9.0
Glaze, Vanilla w/Fudge, RTE, Pillsbury	2 Tbs	37.0	153.0	24.7	0.0	5.1	26.0
Goat, Baked	3 oz	85.0	134.0	0.0	21.5	4.7	14.1
Goat, Broiled	3 oz	85.0	178.0	0.0	27.7	6.6	18.3
Goat, Fried	3 oz	85.0	155.0	0.0	28.0	3.9	17.8
Goat, Raw	4 oz	113.0	123.0	0.0	23.3	2.6	14.6
Goat, Ribs, rstd	2 ea	92.0	132.0	0.0	24.9	2.8	15.6
Goat, Roasted	3 oz	85.0	122.0	0.0	23.0	2.6	14.4
Goldfish, Cheddar, Pepperidge Farms	1/2 cup	36.0	180.0	19.0	1.0	10.0	22.1
Goldfish, Pepperidge Farm	1/2 cup	36.0	170.0	21.0	5.0	8.0	26.0
Goose, Raw	4 oz	113.0	419.0	0.0	17.1	37.1	19.5
Goose, Raw, w/o skin	4 oz	113.0	182.0	0.0	25.8	8.1	17.5
Goose, Roasted	3 oz	85.0	259.0	0.0	21.4	18.6	17.5
Goose, Roasted, w/o skin	3 oz	85.0	202.0	0.0	24.7	10.8	17.5
Gooseberries, Canned, light syrup, avg	1/2 cup	126.0	92.0	23.7	0.8	0.3	24.3
Gooseberries, Fresh, avg	1/2 cup	75.0	33.0	7.7	0.7	0.4	8.2
Gordita, Beef Fiesta, Taco Bell	1 ea	139.0	290.0	29.0	13.0	13.0	40.1
Gordita, Beef Santa Fe, Taco Bell	1 ea	153.0	390.0	32.0	14.0	23.0	46.2

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Gordita, Beef Supreme, Taco Bell	1 ea	139.0	291.0	27.3	12.7	15.4	38.8
Gordita, Chicken Fiesta, Taco Bell	1 ea	139.0	260.0	28.0	16.0	10.0	40.1
Gordita, Chicken Santa Fe, Taco Bell	1 ea	153.0	370.0	30.0	17.0	20.0	45.2
Gordita, Chicken Supreme, Taco Bell	1 ea	153.0	300.0	28.0	17.0	14.0	41.7
Gordita, Steak Fiesta, Taco Bell	1 ea	139.0	270.0	27.0	17.0	10.0	39.7
Gordita, Steak Santa Fe, Taco Bell	1 ea	153.0	370.0	29.0	18.0	21.0	45.1
Gordita, Steak Supreme, Taco Bell	1 ea	153.0	310.0	27.0	17.0	14.0	40.7
Goulash, Beef, avg	1 cup	249.0	341.0	23.3	29.7	13.8	44.6
Goulash, Lamb, avg	1 cup	249.0	309.0	8.1	32.6	15.8	31.6
Grain, Amaranth, avg	1/4 cup	49.0	183.0	32.4	7.1	3.2	37.5
Grain, Amaranth, puffed, whole, American Amaranth	1 oz	28.0	104.0	19.6	4.6	1.8	22.8
Grain, Amaranth, whole, American Amaranth	1/4 cup	31.0	115.0	18.8	5.0	2.4	22.4
Grain, Oat, dry, avg	1/4 cup	39.0	152.0	25.9	6.6	2.7	30.5
Grain, Quinoa, dry, avg	1/4 cup	42.0	157.0	28.9	5.5	2.4	32.8
Grain, Rye, avg	1/4 cup	42.0	141.0	29.3	6.2	1.1	33.3
Grain, Sorghum, milled, avg	1 oz	28.0	100.0	20.9	2.2	0.7	22.4
Grain, Sorghum, whole, avg	1/4 cup	48.0	163.0	35.8	5.4	1.6	39.4
Grain, Spelt, avg	1 oz	28.0	89.0	20.2	3.0	0.8	22.2
Grain, Triticale, dry, avg	1/4 cup	48.0	161.0	34.6	6.3	1.0	38.6
Grain, Wheat, Whole, durum, avg	1/4 cup	48.0	163.0	34.1	6.6	1.2	38.4
Grain, Wheat, Whole, hard, red, spring, dry, avg	1/4 cup	48.0	158.0	32.6	7.4	0.9	37.3
Grain, Wheat, Whole, hard, red, winter, dry, avg	1/4 cup	48.0	157.0	34.2	6.0	0.7	38.0
Grain, Wheat, Whole, hard, white, dry, avg	1/4 cup	48.0	164.0	36.4	5.4	0.8	39.8
Grain, Wheat, Whole, soft, red, winter, dry, avg	1/4 cup	42.0	139.0	31.2	4.4	0.7	34.0
Grain, Wheat, Whole, soft, white, dry, avg	1/4 cup	42.0	143.0	31.7	4.5	0.8	34.6
GRANOLA BAR, ALMOND, SUNBELT		28.0	128.0	17.4	2.7	5.3	20.3
Grape Bursts Drink, 6.75 fl oz, Kool-Aid	1 ea	210.0	100.0	25.0	0.0	0.0	25.0
GRAPE JUICE	8 OZ	253.0	155.0	37.9	1.4	0.2	38.8
Grape Leaves, Avg	1/2 cup	28.0	19.0	3.8	1.3	0.3	4.7
Grape Leaves, Stuffed w/Beef & Rice, avg	4 ea	84.0	212.0	7.3	6.8	17.4	15.7
Grape Leaves, Stuffed w/Lamb & Rice, avg	4 ea	84.0	212.0	8.1	7.3	16.9	16.7
GRAPEFRUIT JUICE	8 OZ	247.0	96.0	22.7	1.2	0.3	23.5
Grapefruit, Canned, juice, avg	1/2 cup	124.0	46.0	11.4	0.9	0.1	12.0
Grapefruit, Canned, light syrup, avg	1/2 cup	127.0	76.0	19.6	0.7	0.1	20.0
Grapefruit, Canned, water, avg	1/2 cup	122.0	44.0	11.2	0.7	0.1	11.6
Grapefruit, Fresh, sections, avg	1/2 cup	115.0	37.0	9.3	0.7	0.1	9.7
Grapefruit, Pink/Red, sections, avg	1/2 cup	115.0	34.0	8.8	0.6	0.1	9.2
Grapefruit, White, avg	1/2 cup	115.0	38.0	9.7	0.8	0.1	10.2
GRAPEFRUIT, PINK	1/2 MEDIUM	123.0	37.0	9.5	0.7	0.1	9.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Grapes, American/Slip Skin, w/o seeds, avg	1/2 cup	46.0	31.0	7.9	0.3	0.2	8.1
Grapes, European type/adherent skin, avg	1/2 cup	80.0	57.0	14.2	0.5	0.5	14.6
GRAPES, SEEDLESS	1 CUP	92.0	58.0	15.8	0.6	0.3	16.2
Grapes, Thompson, seedless, cnd, heavy syrup, avg	1/2 cup	128.0	93.0	25.2	0.6	0.1	25.6
Grapes, Thompson, seedless, cnd, water, avg	1/2 cup	123.0	49.0	12.7	0.6	0.1	13.1
Gravy, Au Jus, cnd, avg	1/2 cup	119.0	19.0	2.1	1.4	0.2	3.0
Gravy, Au Jus, dry mix, pkt, avg	1 ea	24.0	75.0	11.4	2.2	2.3	13.3
Gravy, Au Jus, dry mix, prep, avg	1/2 cup	123.0	16.0	1.1	0.6	0.7	1.6
Gravy, Beef, cnd, avg	1/2 cup	116.0					0.0
Gravy, Brown, dry mix, pkt, avg	1 ea	22.0	81.0	13.1	2.4	2.1	15.1
Gravy, Brown, dry mix, prep, avg	1/2 cup	129.0	37.0	6.5	1.2	0.9	7.4
GRAVY, BROWN, HOMEMADE	1/4 CUP	72.0	164.0	8.0	1.2	14.0	12.2
Gravy, Brown, light, dry mix, Pioneer Food Service	1 oz	28.0	81.0	15.4	2.4	1.1	17.1
Gravy, Brown, quick, dry mix, pkt, Loma Linda	1 ea	6.0	19.0	3.8	0.8	0.2	4.3
Gravy, Brown, w/onions, Franco American	1/2 cup	158.0	67.0	10.7	0.0	2.7	11.4
Gravy, Chicken, dry mix, pkt, Loma Linda	1 ea	6.0	18.0	2.1	1.2	0.1	2.8
Gravy, Chicken, Franco American	1/2 cup	118.0	80.0	6.0	0.0	6.0	7.5
Gravy, Chicken, giblet, avg	1/2 cup	130.0	97.0	6.4	6.1	5.2	11.4
Gravy, Chicken, Libby's	1/2 cup	122.0	120.0	6.0	2.0	8.5	9.3
Gravy, Country, dry mix, Lawry's	1 oz	28.0	106.0	18.5	2.1	2.2	20.3
Gravy, Country, dry mix, pkt, Loma Linda	1 ea	6.0	22.0	3.7	0.6	0.6	4.2
Gravy, Country, dry mix, Trio	1 oz	28.0	121.0	18.2	2.5	4.3	20.8
Gravy, Mushroom, cnd, avg	1/2 cup	119.0	60.0	6.5	1.5	3.2	8.2
Gravy, Mushroom, cnd, dry mix, avg	1 ea	21.0	69.0	13.6	2.1	0.8	15.1
Gravy, Mushroom, cnd, dry mix, pkt, Loma Linda	1 ea	5.0	16.0	2.6	0.8	0.2	3.1
Gravy, Mushroom, cnd, dry mix, prep, avg	1/2 cup	129.0	35.0	6.9	1.1	0.4	7.7
Gravy, Mushroom, cnd, Franco American	1/2 cup	118.0	40.0	6.0	2.0	2.0	7.7
Gravy, Onion, dry mix, pkt, avg	1 ea	24.0	77.0	16.2	2.2	0.7	17.7
Gravy, Onion, dry mix, pkt, Loma Linda	1 ea	5.0	18.0	3.2	0.5	0.3	3.6
Gravy, Onion, dry mix, prep, avg	1/2 cup	130.0	39.0	8.1	1.1	0.4	8.9
Gravy, Pepper, dry mix, Miller's Pride	1 oz	28.0	124.0	16.4	1.4	5.9	18.7
Gravy, Pepper, dry mix, RediMix	1 oz	28.0	130.0	17.2	1.7	6.0	19.7
Gravy, Pork, dry mix, pkt, avg	1 ea	21.0	77.0	13.4	1.8	1.8	14.9
Gravy, Pork, dry mix, prep, avg	1/2 cup	129.0	39.0	6.7	0.1	0.1	6.8
Gravy, Pork, Franco American	1/2 cup	118.0	90.0	6.0	2.0	8.0	9.2
Gravy, Sausage, avg	1/2 cup	120.0	206.0	8.6	8.4	15.3	17.5
Gravy, Sausage, cnd, avg	1/2 cup	119.0	61.0	6.1	3.1	2.5	8.6
Gravy, Sausage, dry mix, avg	1 ea	25.0	92.0	16.3	2.6	1.8	18.3
Gravy, Sausage, dry mix, prep, avg	1/2 cup	130.0	43.0	7.5	1.5	0.9	8.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Gravy, Sausage, Franco American	1/2 cup	118.0	50.0	6.0	2.0	2.0	7.7
Gravy, Sausage, Libby's	1/2 cup	128.0	180.0	6.0	1.1	14.1	10.2
Gravy, Sausage, RTS, Chef Mate	1/2 cup	124.0	192.0	7.8	5.7	15.4	15.1
Gravy, Unspecified, dry mix, avg	1 ea	25.0	86.0	14.5	3.3	2.0	17.0
Gravy, Unspecified, dry mix, prep, avg	1/2 cup	130.0	43.0	7.2	1.6	0.1	8.2
GREEN BEANS, COOKED	1 CUP	125.0	31.0	6.8	2.0	0.2	8.1
GREEN BEANS, FRENCH STYLE, CANNED	3.5 OZ	100.0	15.0	3.4	0.8	0.1	3.9
GREEN BEANS, FRENCH STYLE, FRZN	2/5 CUP	100.0	26.0	6.0	1.6	0.1	7.0
GRITS, CHEESE, QUAKER		28.0	104.0	21.6	2.2	1.0	23.2
GRITS, QUAKER	4/5 CUP	23.0	79.0	17.7	1.9	0.1	18.9
Grits, Wheat, avg	1/4 cup	39.0	125.0	29.6	3.7	0.3	31.9
Groats, Barley, avg	1/4 cup	41.0	125.0	31.3	3.2	0.6	33.4
Groats, Buckwheat, dry rstd, avg	1/4 cup	41.0	142.0	30.8	4.8	1.1	34.0
Groats, Buckwheat, dry rstd, ckd, avg	1/4 cup	42.0	39.0	8.4	1.4	0.3	9.3
Groats, Oat, whole, Arrowhead Mills	1/4 cup	42.0	160.0	29.0	6.0	3.0	33.4
GROUND CHUCK, COOKED	3.5 OZ	100.0	327.0	0.0	26.0	23.9	21.6
Grouper Fish, bkd, fillet, avg	1 ea	202.0	238.0	0.0	50.1	2.6	30.7
Grouper Fish, raw, fillet, avg	1 ea	202.0	186.0	0.0	39.2	2.1	24.0
GROUPER, RAW	3.5 OZ	100.0	87.0	0.0	19.3	0.5	11.7
Guacamole, svg, Taco Bell	1 ea	21.0	35.0	0.1	0.0	2.1	0.6
Guava, Paste, avg	1 oz	28.0	79.0	20.4	0.0	0.0	20.4
Guava, Raw, avg	1/2 cup	82.0	42.0	9.8	0.7	0.5	10.3
Guava, Raw, strawberry, avg	1/2 cup	122.0	84.0	21.2	0.7	0.7	21.8
Guava, Sauce, ckd, avg	1/2 cup	119.0	43.0	11.3	0.4	0.2	11.6
Guinea Hen, raw	4 oz	113.0	179.0	0.0	26.4	7.3	17.7
Guinea Hen, raw, w/o skin	4 oz	113.0	124.0	0.0	23.3	2.8	14.7
Gum, Assorted Flvrs, Beechnut	1 pce	3.0	10.0	3.0	0.0	0.0	3.0
Gum, avg	1 pce	3.0	10.0	2.9	0.0	9.0	5.2
Gum, Sugarless, avg	1 pce	4.0	11.0	3.8	0.0	0.0	3.8
Gumbo, w/o Rice, avg	1 cup	244.0	181.0	10.1	14.9	8.5	21.2
Gumbo, w/Rice, avg	1 cup	244.0	193.0	16.1	13.1	7.7	25.9
HADDOCK, BATTERED, FRZN	4 OZ	112.0	330.0	16.0	14.0	23.0	30.2
Haddock, bkd, fillet, avg	1 ea	150.0	168.0	0.0	36.3	1.4	22.1
HADDOCK, BROILED	3.5 OZ	100.0	141.0	0.3	20.1	6.6	14.0
Haddock, floured/breaded, fried, fillet, avg	1 ea	81.0	190.0	10.1	15.7	9.2	21.8
HADDOCK, FRIED	3.5 OZ	100.0	165.0	5.8	19.6	6.4	19.2
Haddock, patty, avg	1 ea	120.0	239.0	15.2	16.4	12.6	28.2
Haddock, raw, fillet, avg	1 ea	193.0	168.0	0.0	36.5	1.4	22.2
Haddock, smkd, avg	3 oz	85.0	99.0	0.0	21.4	0.8	13.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Haddock, stmd, avg	3 oz	85.0	93.0	0.0	20.1	0.8	12.3
Halibut, Atlantic/Pac, bkd, fillet, avg	1 ea	318.0	445.0	0.0	84.9	9.3	53.3
Halibut, Atlantic/Pac, raw, fillet, avg	1 ea	408.0	449.0	0.0	84.9	9.3	53.3
HALIBUT, BATTERED, FRZN	4 OZ	112.0	270.0	17.0	12.0	17.0	28.5
HALIBUT, BROILED	4.5 OZ	125.0	214.0	0.0	31.5	8.8	21.1
Halibut, Greenland, bkd, fillet, avg	1 ea	318.0	760.0	0.0	58.5	56.3	49.2
Halibut, Greenland, raw, fillet, avg	1 ea	408.0	759.0	0.0	58.8	56.3	49.4
Ham & Noodles, w/cream sauce, avg	1 cup	244.0	400.0	29.0	24.8	20.3	49.0
Ham & Noodles, w/o Sauce, avg	1 cup	157.0	243.0	21.4	20.1	7.6	35.4
Ham & Potatoes, w/Gravy, avg	1 cup	252.0	255.0	20.9	20.5	9.5	35.6
Ham & Rice, w/Mushroom Soup, avg	1/2 cup	124.0	167.0	17.2	8.9	6.7	24.2
Ham & Rice, w/o Sauce, avg	1/2 cup	98.0	147.0	16.5	10.8	3.6	23.9
Ham Dinner, w/sweet pot & vgs, fzn, avg	1 ea	284.0	318.0	43.8	16.3	9.1	55.9
Ham Lunch, w/Cheddar Cheese, Lunchable	1 ea	128.0	340.0	19.0	21.0	20.0	36.6
Ham Lunch, w/Cheese, pudding, Lunchable	1 ea	176.0	390.0	34.0	18.0	20.0	49.8
Ham Lunch, w/Cheese, veg, Lunchable	1 ea	128.0	380.0	36.0	13.0	21.0	49.1
Ham Lunch, w/Fruit Punch, Lunchable	1 ea	318.0	450.0	53.0	15.0	20.0	67.0
Ham Lunch, w/Herb Chive Cheese, Lunchable	1 ea	128.0	390.0	37.0	13.0	21.0	50.1
Ham Lunch, w/Swiss Cheese, cookie, Lunchable	1 ea	119.0	360.0	29.0	18.0	19.0	44.6
Ham Lunch, w/Swiss Cheese, Lunchable	1 ea	128.0	320.0	19.0	22.0	17.0	36.5
Ham Lunchmeat, 11% fat, avg	1 pce	28.0	51.0	0.9	4.9	2.1	4.4
Ham Lunchmeat, 98% fat free, low sod, Osc Myr	1 pce	21.0	23.0	0.6	3.5	0.7	2.9
Ham Lunchmeat, 98% fat free, low sod, Osc Myr	4 pce	84.0	91.0	2.4	13.1	2.8	11.0
Ham Lunchmeat, Baked, Oscar Mayer	2 pce	26.0	23.0	0.4	4.4	0.5	3.2
Ham Lunchmeat, Chopped, sliced, avg	1 pce	21.0	48.0	0.0	3.6	3.6	3.1
Ham Lunchmeat, Cooked, Oscar Mayer	1 pce	21.0	22.0	0.2	3.4	0.8	2.4
Ham Lunchmeat, Cooked, Oscar Mayer	4 pce	84.0	87.0	0.9	13.7	3.1	9.9
Ham Lunchmeat, Cooked, thin, Oscar Mayer	2 pce	26.0	25.0	0.0	4.5	1.0	3.0
Ham Lunchmeat, Extra Lean, 5% fat, slcd, avg	1 pce	28.0	37.0	0.3	5.4	1.4	3.9
Ham Lunchmeat, Honey, Oscar Mayer	2 pce	26.0	28.0	0.9	4.4	0.7	3.7
Ham Lunchmeat, Low Salt, slcd, avg	2 pce	28.0	46.0	0.1	6.2	2.2	4.4
Ham Lunchmeat, Minced, avg	1 pce	21.0	55.0	0.4	3.4	4.3	3.5
Ham Lunchmeat, Smoked, Oscar Mayer	2 pce	26.0	24.0	0.2	4.4	0.7	3.0
Ham Patty, Grilled, avg	1 ea	60.0	205.0	1.0	7.1	18.5	9.9
HAM PICNIC, LEAN, ROASTED	3 OZ	95.0	234.0	0.0	24.6	14.3	18.3
Ham, Croquette, avg	1 ea	62.0	152.0	7.7	9.3	9.1	15.6
Ham, Cured, ckd, 4% fat, Oscar Mayer	1 pce	21.0	22.0	0.2	3.4	0.8	2.4
Ham, Cured, ckd, 4% fat, Oscar Mayer	4 pce	84.0	87.0	0.9	13.7	3.1	9.9
Ham, Cured, cnd, 13% fat, rstd	3 oz	85.0	192.0	0.4	17.4	12.9	14.1

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Ham, Cured, cnd, 4% fat, rstd	3 oz	85.0	116.0	0.4	18.0	4.1	12.2
Ham, Cured, cnd, 7% fat, rstd	3 oz	85.0	142.0	0.4	17.8	7.2	12.9
Ham, Cured, dinner slice, 3% fat, Oscar Mayer	1 ea	84.0	83.0	0.5	14.0	2.8	9.6
Ham, Cured, dinner steak, 3% fat, Oscar Mayer	1 ea	57.0	56.0	0.2	9.5	1.9	6.4
Ham, Cured, honey, 4% fat, Oscar Mayer	4 pce	84.0	93.0	2.5	14.0	2.9	11.6
Ham, Cured, low sod, 4% fat, Oscar Mayer	1 pce	21.0	23.0	0.6	3.5	0.7	2.9
Ham, Cured, low sod, 4% fat, Oscar Mayer	4 pce	84.0	91.0	2.4	13.1	2.8	11.0
Ham, Cured, low sod, 5% fat	2 pce	84.0	122.0	1.3	17.6	4.6	13.0
Ham, Cured, low sod, 8% fat	2 pce	84.0	144.0	0.3	18.7	6.1	13.0
Ham, Cured, patty, 28% fat, unheated	1 ea	65.0	205.0	1.1	8.3	18.3	10.7
Ham, Cured, shoulder arm picnic, 21% fat, rstd	3 oz	85.0	238.0	0.0	17.3	18.2	14.9
Ham, Cured, shoulder arm picnic, 7% fat, rstd	3 oz	85.0	145.0	0.0	21.2	5.1	14.0
Ham, Cured, shoulder blade roll, 24% fat, rstd	3 oz	85.0	244.0	0.3	14.7	19.1	13.9
Ham, Cured, w/o bone, 11% fat, rstd	3 oz	85.0	151.0	0.0	19.2	7.7	13.4
Ham, Cured, w/o bone, 5% fat, rstd	3 oz	85.0	123.0	1.3	17.8	4.7	13.2
Ham, Cured, w/o bone, 8% fat, rstd	3 oz	85.0	140.0	0.4	18.7	6.5	13.2
Ham, Cured, whole, 17% fat, rstd	3 oz	85.0	207.0	0.0	18.4	14.3	14.6
Ham, Cured, whole, 6% fat, rstd	3 oz	85.0	133.0	0.0	21.3	4.7	14.0
HAM, DEVEILED, CANNED	1/2 CAN	63.0	220.0	1.0	9.0	20.0	11.4
HAM, FRESH, LEAN, COOKED	1 SLICE	53.0	126.0	0.0	19.6	4.7	12.9
HAM, PROCESSED, CANNED	3.5 OZ	100.0	110.0	0.3	18.0	4.0	12.1
HAM, SLICED, CHOPPED, PACKAGED	1 SLICE	21.0	48.0	0.0	3.6	3.6	3.1
HAMBURGER HELPER MAIN DISHES WITH GROUP	5.1 OZ.	144.0	341.0	30.0	20.3	15.7	46.1
Hamburger, 1/4 lb w/Cheese, Jack Box	1 ea	172.0	510.0	39.0	26.0	27.0	61.4
Hamburger, Avg	1 ea	90.0	274.0	30.5	12.3	11.8	40.8
Hamburger, Avg	1 ea	90.0	274.0	30.5	12.3	11.8	40.8
Hamburger, Big Bacon Classic, Wendy's	1 ea	282.0	580.0	46.0	34.0	30.0	73.9
Hamburger, Big Mac, Mc Donalds	1 ea	216.0	511.0	46.1	25.0	25.7	67.5
Hamburger, Burger King	1 ea	126.0	330.0	28.0	20.0	15.0	43.8
Hamburger, Colossus, Jack In The Box	1 ea	272.0	940.0	48.0	52.0	60.0	94.2
Hamburger, Double, avg	1 ea	176.0	544.0	42.9	29.9	27.1	67.6
Hamburger, Double, avg	1 ea	176.0	544.0	42.9	29.9	27.1	67.6
Hamburger, Double, deluxe, homestyle, Dairy Queen	1 ea	212.0	440.0	29.0	30.0	22.0	52.5
Hamburger, Double, plain, avg	1 ea	176.0	544.0	42.9	29.9	27.1	67.6
Hamburger, Double, plain, avg	1 ea	176.0	544.0	42.9	29.9	27.1	67.6
Hamburger, Double, w/condiments & veks, large, avg	1 ea	226.0	540.0	40.2	34.4	26.7	67.5
Hamburger, Double, w/condiments & veks, large, avg	1 ea	226.0	540.0	40.2	34.4	26.7	67.5
Hamburger, Double, w/condiments, avg	1 ea	215.0	576.0	38.7	31.8	32.5	65.9
Hamburger, Double, w/condiments, avg	1 ea	215.0	576.0	38.7	31.8	32.5	65.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Hamburger, Double, w/condiments, avg	1 ea	215.0	576.0	38.7	31.8	32.5	65.9
Hamburger, Double, w/condiments, avg	1 ea	215.0	576.0	38.7	31.8	32.5	65.9
Hamburger, Frisco, Hardees	1 ea	242.0	760.0	43.0	36.0	50.0	77.1
Hamburger, Grilled Sourdough, Jack Box	1 ea	223.0	670.0	39.0	32.0	43.0	69.0
Hamburger, Hardees	1 ea	107.0	260.0	33.0	11.0	9.0	41.9
Hamburger, Homestyle, Dairy Queen	1 ea	138.0	290.0	29.0	17.0	12.0	42.2
Hamburger, Jack In The Box	1 ea	97.0	280.0	31.0	13.0	11.0	41.6
Hamburger, Jumbo Jack, Jack In The Box	1 ea	229.0	560.0	41.0	26.0	32.0	64.6
Hamburger, Junior, Wendy's	1 ea	118.0	270.0	34.0	15.0	10.0	45.5
Hamburger, Kid's Meal, Wendy's	1 ea	111.0	270.0	33.0	15.0	10.0	44.5
Hamburger, Large, avg	1 ea	137.0	426.0	31.8	22.6	22.9	51.1
Hamburger, Large, avg	1 ea	137.0	426.0	31.8	22.6	22.9	51.1
Hamburger, Large, double, w/condmnts&veg, avg	1 ea	226.0	540.0	40.2	34.4	26.7	67.5
Hamburger, Large, double, w/condmnts&veg, avg	1 ea	226.0	540.0	40.2	34.4	26.7	67.5
Hamburger, Large, w/condiments&vegs, avg	1 ea	218.0	512.0	40.1	25.9	27.5	62.5
Hamburger, Large, w/condiments&vegs, avg	1 ea	218.0	512.0	40.1	25.9	27.5	62.5
HAMBURGER, LEAN, COOKED	1 PATTY	86.0	140.0	0.0	25.9	3.4	16.4
Hamburger, Mc Donalds	1 ea	108.0	265.0	35.4	12.4	8.7	45.0
HAMBURGER, MED. FAT, COOKED	1 PATTY	85.0	224.0	0.0	21.8	14.5	16.7
Hamburger, Plain, avg	1 ea	90.0	274.0	30.5	12.3	11.8	40.8
Hamburger, Plain, avg	1 ea	90.0	274.0	30.5	12.3	11.8	40.8
Hamburger, Plain, large, avg	1 ea	137.0	426.0	31.8	22.6	22.9	51.1
Hamburger, Plain, large, avg	1 ea	137.0	426.0	31.8	22.6	22.9	51.1
Hamburger, Quarter-Pounder w/Cheese, Mc Dnld	1 ea	199.0	520.0	37.2	27.9	29.1	61.2
Hamburger, Quarter-Pounder, Mc Donalds	1 ea	171.0	415.0	36.0	22.6	20.4	54.7
Hamburger, Single, plain, Wendy's	1 ea	133.0	360.0	31.0	24.0	16.0	49.4
Hamburger, Single, w/everything, Wendy's	1 ea	219.0	420.0	37.0	25.0	20.0	57.0
Hamburger, Triple, w/condiments, avg	1 ea	259.0	692.0	28.5	49.1	41.4	68.3
Hamburger, Triple, w/condiments, avg	1 ea	259.0	692.0	28.5	49.1	41.4	68.3
Hamburger, Triple, w/condiments, avg	1 ea	259.0	692.0	28.5	49.1	41.4	68.3
Hamburger, Triple, w/condiments, avg	1 ea	259.0	692.0	28.5	49.1	41.4	68.3
Hamburger, w/condiments & vegetables, avg	1 ea	110.0	279.0	27.3	12.9	13.5	38.4
Hamburger, w/condiments & vegetables, avg	1 ea	110.0	279.0	27.3	12.9	13.5	38.4
Hamburger, w/condiments & vega, large, avg	1 ea	218.0	512.0	40.1	25.9	27.5	62.5
Hamburger, w/condiments & vega, large, avg	1 ea	218.0	512.0	40.1	25.9	27.5	62.5
Hamburger, w/Condiments&Vega, avg	1 ea	110.0	279.0	27.3	12.9	13.5	38.4
Hamburger, w/Condiments&Vega, avg	1 ea	110.0	279.0	27.3	12.9	13.5	38.4
Hamburger, w/condiments, avg	1 ea	107.0	275.0	34.6	12.4	9.9	44.5
Hamburger, w/condiments, avg	1 ea	107.0	275.0	34.6	12.4	9.9	44.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Hamburger, w/Condiments, avg	1 ea	107.0	275.0	34.6	12.4	9.9	44.5
Hamburger, w/Condiments, avg	1 ea	107.0	275.0	34.6	12.4	9.9	44.5
Hamburger, w/Mushroom & Swiss Cheese, Hardees	1 ea	203.0	520.0	37.0	30.0	27.0	61.8
Hamburger, Whopper, Burger King	1 ea	270.0	640.0	45.0	27.0	39.0	71.0
Hamburger, Whopper, double beef&cheese, Brgr Kng	1 ea	375.0	960.0	46.0	52.0	63.0	93.0
Hamburger, Whopper, double beef, Burger Kng	1 ea	351.0	870.0	45.0	46.0	56.0	86.6
Hamburger, Whopper, w/cheese, Burger King	1 ea	294.0	730.0	46.0	33.0	46.0	77.3
Hash, Corned Beef, cnd, avg	1 cup	220.0	398.0	23.5	19.4	24.9	41.4
Hash, Corned Beef, cnd, Chef-Mate	1 cup	253.0	486.0	29.1	24.2	30.4	51.2
Hash, Corned Beef, cnd, Libbys	1 cup	252.0	471.0	24.1	20.1	35.3	45.0
Hash, Liver, avg	1 cup	225.0	286.0	22.1	31.9	6.7	42.9
Hash, Roast Beef, cnd, Libbys	1 cup	234.0	461.0	23.0	19.0	32.8	42.6
Head Cheese Lunchmeat, Pork, Oscar Mayer	1 pce	28.0	52.0	0.0	4.4	3.8	3.6
Herring, Atlantic, bkd, fillet, avg	1 ea	143.0	290.0	0.0	32.9	16.6	23.9
Herring, Atlantic, pckld, avg	3 oz	85.0	223.0	8.2	12.1	15.3	19.3
Herring, Atlantic, raw, fillet, avg	1 ea	184.0	291.0	0.0	33.1	16.6	24.0
Herring, Atlantic, smkd, kiprd, fillet, avg	1 ea	65.0	141.0	0.0	15.1	8.1	11.1
HERRING, BROILED	3 OZ	85.0	217.0	0.0	20.8	14.2	16.0
Herring, Pacific, bkd, fillet, avg	1 ea	144.0	360.0	0.0	30.2	25.6	24.5
Herring, Pacific, raw, fillet, avg	1 ea	184.0	359.0	0.0	30.2	25.6	24.5
Hilsa Fish, raw, avg	3 oz	85.0	232.0	2.5	18.5	16.5	17.7
Hoki Fish, bkd, avg	1 ea	244.0	244.0	0.0	53.7	3.2	33.0
Hoki Fish, deep fried, avg	1 ea	238.0	407.0	0.0	56.6	19.1	38.7
Hoki Fish, grilled, avg	1 ea	244.0	276.0	0.0	61.2	3.4	37.6
Hoki Fish, microwaved, avg	1 ea	276.0	257.0	0.0	56.9	3.3	35.0
HOMINY, WHITE, CANNED	1 CUP	250.0	140.0	31.0	3.0	0.0	32.8
HONEY	1 TBSP	20.0	61.0	16.5	0.1	0.0	16.6
Honey, Avg	1 Tbs	21.0	64.0	17.3	0.1	0.0	17.4
HONEYDEW MELON	1/4 SMALL	100.0	33.0	7.7	0.8	0.3	8.3
Horse, Raw	4 oz	113.0	150.0	0.0	24.2	5.2	15.8
Horse, Roasted	3 oz	85.0	149.0	0.0	23.9	5.1	15.6
Horseradish, Avg	1 Tbs	15.0	7.0	1.7	0.2	0.1	1.8
Horseradish, Fresh, raw, avg	1 Tbs	15.0	9.0	1.9	0.4	0.0	2.1
HOT DOG ON ROLL, PLAIN	1 HOT DOG	87.0	260.0	22.2	8.5	15.2	31.1
Hotdog, Avg	1 ea	98.0	242.0	18.0	10.4	14.5	27.9
Hotdog, Avg	1 ea	98.0	242.0	18.0	10.4	14.5	27.9
Hotdog, Dairy Queen	1 ea	99.0	240.0	19.0	9.0	14.0	27.9
Hotdog, Plain, avg	1 ea	98.0	242.0	18.0	10.4	14.5	27.9
Hotdog, Plain, avg	1 ea	98.0	242.0	18.0	10.4	14.5	27.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Hotdog, w/Cheese & Chili, Dry Qn	1 ea	142.0	330.0	22.0	14.0	21.0	35.7
Hotdog, w/Cheese, Dairy Queen	1 ea	113.0	290.0	20.0	12.0	18.0	31.7
Hotdog, w/Chili & Cheese, avg	1 ea	264.0	729.0	48.2	29.6	46.6	77.6
Hotdog, w/Chili, avg	1 ea	114.0	296.0	31.4	13.6	13.5	42.9
Hotdog, w/Chili, avg	1 ea	114.0	296.0	31.4	13.6	13.5	42.9
Hotdog, w/Chili, avg	1 ea	114.0	296.0	31.4	13.6	13.5	42.9
Hotdog, w/Chili, avg	1 ea	114.0	296.0	31.4	13.6	13.5	42.9
Hotdog, w/Chili, Dairy Queen	1 ea	128.0	280.0	21.0	12.0	16.0	32.2
Hushpuppies, avg	5 pce	78.0	257.0	34.9	4.9	11.6	40.7
Ice Cream Bar, Caramel Almond Crunch, Haagan Daz	1 ea	60.0	242.0	17.1	3.0	18.2	23.5
Ice Cream Bar, Caramel Cone Explsn, Extr, Haag Daz	100 g	100.0	378.0	34.2	4.5	25.2	43.2
Ice Cream Bar, Choc Dark Choc, Haagan Daz	1 ea	112.0	380.0	37.1	4.1	26.1	46.1
Ice Cream Bar, Choc Mousse, Weight Watchers	1 ea	41.0	35.0	9.0	2.0	0.5	10.3
Ice Cream Bar, Choc Peanut Butter Crunch, Haag Daz	1 ea	63.0	283.0	16.1	6.0	21.1	25.0
Ice Cream Bar, Choc Pudding Pop, avg	1 ea	47.0	72.0	11.9	1.9	2.2	13.6
Ice Cream Bar, Choc w/Dark Ctng, Haagan Daz	1 ea	112.0	390.0	32.0	5.0	27.0	41.8
Ice Cream Bar, Choc, avg	1 ea	101.0	339.0	36.0	3.2	22.1	43.4
Ice Cream Bar, Choc, cake cvrd, avg	1 ea	59.0	162.0	26.4	2.7	5.1	29.3
Ice Cream Bar, Choc, caramel cvrd, avg	1 ea	54.0	171.0	16.7	2.4	10.9	20.9
Ice Cream Bar, Choc, choc cvrd, avg	1 ea	68.0	205.0	17.4	2.0	15.2	22.4
Ice Cream Bar, Choc, Haagen Daz store	100 g	100.0	247.0	20.9	4.6	16.8	27.9
Ice Cream Bar, Coffee Almond Crunch, Haagan Daz	1 ea	106.0	358.0	27.9	4.1	25.9	36.8
Ice Cream Bar, Coffee, Haagen Daz store	100 g	100.0	249.0	19.8	4.5	16.9	26.7
Ice Cream Bar, Cookie Dough Dynamo, Extr, Haag Daz	100 g	100.0	374.0	33.9	4.5	24.6	42.8
Ice Cream Bar, Cookie Sandwich, avg	1 ea	59.0	143.0	21.8	2.6	5.6	24.8
Ice Cream Bar, Creamsicle, avg	1 ea	66.0	92.0	17.7	1.6	2.0	19.2
Ice Cream Bar, Drumstick, avg	1 ea	60.0	157.0	17.9	3.4	8.8	22.1
Ice Cream Bar, Fudge, Haagan Daz	1 ea	80.0	210.0	19.0	4.0	14.0	24.9
Ice Cream Bar, Fudgesicle, avg	1 ea	73.0	91.0	18.6	3.8	0.2	20.9
Ice Cream Bar, Iced Cappuccino, Extr, Haagan Daz	100 g	100.0	345.0	25.2	4.7	24.9	34.2
Ice Cream Bar, Orange & Cream, Haagan Daz	1 ea	70.0	130.0	17.1	2.0	5.1	19.6
Ice Cream Bar, Peanut Butter&Choc Chip, Haag Daz	1 ea	108.0	399.0	29.6	7.1	28.6	41.0
Ice Cream Bar, Sandwich, avg	1 ea	59.0	143.0	21.8	2.6	5.6	24.8
Ice Cream Bar, Trpl Brownie Overld, Extr, Haag Daz	100 g	100.0	374.0	27.7	5.4	27.0	37.7
Ice Cream Bar, Vanilla & Almonds, Haagan Daz	1 ea	106.0	368.0	25.9	5.1	26.9	35.7
Ice Cream Bar, Vanilla Caramel Brittle, Haag Daz	1 ea	108.0	372.0	32.2	5.0	25.1	41.5
Ice Cream Bar, Vanilla Crisp Crunch, Haagan Daz	1 ea	59.0	221.0	16.1	3.0	16.1	21.9
Ice Cream Bar, Vanilla Dark Choc, Haagan Daz	1 ea	112.0	380.0	37.1	4.1	26.1	46.1
Ice Cream Bar, Vanilla Milk Choc, Haagan Daz	1 ea	100.0	330.0	25.0	5.0	24.0	34.0

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Ice Cream Bar, Vanilla Orange, Dairy Queen	1 ea	66.0	60.0	17.0	2.0	0.0	18.2
Ice Cream Bar, Vanilla Pudding Pop, avg	1 ea	47.0	75.0	12.6	1.9	2.1	14.3
Ice Cream Bar, Vanilla Sandwich, Wt Wtchrs	1 ea	68.0	160.0	30.0	4.0	3.5	33.3
Ice Cream Bar, Vanilla w/Dark Choc Ctng, Haag Daz	1 ea	112.0	390.0	32.0	5.0	27.0	41.8
Ice Cream Bar, Vanilla w/Milk Choc Almnd, Haag Daz	1 ea	105.0	370.0	27.0	5.0	27.0	36.8
Ice Cream Bar, Vanilla w/Milk Choc Ctng, Haag Daz	1 ea	100.0	360.0	26.0	4.0	27.0	35.2
Ice Cream Bar, Vanilla, Haagen Daz store	100 g	100.0	251.0	19.8	4.4	16.9	26.7
Ice Cream Cone, Choc Dipped, avg	1 ea	78.0	185.0	24.0	3.1	9.3	28.2
Ice Cream Cone, Choc Dipped, w/nuts, avg	1 ea	78.0	214.0	22.8	4.4	12.9	28.7
Ice Cream Cone, Choc, avg	1 ea	78.0	171.0	24.7	3.3	7.2	28.5
Ice Cream Cone, Cool Twist, Choc, Hardees	1 ea	118.0	180.0	34.0	5.0	2.0	37.5
Ice Cream Cone, Cool Twist, Vanilla, Hardees	1 ea	118.0	170.0	34.0	4.0	2.0	36.9
Ice Cream Cone, Cool Twist, Vanilla/Choc, Hardees	1 ea	118.0	180.0	34.0	4.0	2.0	36.9
Ice Cream Cone, Vanilla, avg	1 ea	78.0	167.0	21.7	3.1	8.1	25.6
Ice Cream Cone, Vanilla, w/nuts, avg	1 ea	78.0	202.0	20.6	4.5	12.1	26.3
ICE CREAM, STRAWBERRY	1/2 CUP	66.0	127.0	18.2	2.1	5.6	20.9
Ice Cream, Belgian Choc, Haagen Daz store	1/2 cup	106.0	329.0	28.9	4.1	17.9	35.8
Ice Cream, Brandied Cherry, Haagen Daz store	1/2 cup	106.0	249.0	23.9	3.1	14.9	29.5
Ice Cream, Brownie A La Mode, Haagen Daz store	100 g	100.0	284.0	25.1	5.2	18.0	32.7
Ice Cream, Brownie Nut Blast, Haagen Daz store	100 g	100.0	215.0	28.6	7.7	7.9	35.2
Ice Cream, Butter Pecan, Ben&Jerry's	1/2 cup	110.0	310.0	20.0	5.0	25.0	29.3
Ice Cream, Butter Pecan, Haagan Daz	1/2 cup	106.0	288.0	28.9	4.1	16.9	35.6
Ice Cream, Butter Pecan, Haagen Daz store	1/2 cup	106.0	322.0	20.1	5.1	24.4	29.3
Ice Cream, Butterfinger Polar Swirl, svg, Arby's	1 ea	329.0	457.0	61.6	12.1	18.1	73.4
Ice Cream, Cappuccino, Haagen Daz store	1/2 cup	106.0	269.0	21.9	4.1	17.9	28.8
Ice Cream, Cappucino Commotion, Haagan Daz	1/2 cup	106.0	338.0	28.9	4.1	21.9	36.8
Ice Cream, Caramel Cone Explsn, Haagen Daz store	100 g	100.0	298.0	25.9	4.8	19.5	33.7
Ice Cream, Carrot Cake Passion, Haagan Daz	1/2 cup	106.0	308.0	25.9	5.1	20.9	34.2
Ice Cream, Cherry Choc Chip, lowfat, Hlthy Chc	1/2 cup	71.0	110.0	19.0	3.0	2.0	21.3
Ice Cream, Choc Chip Cookie Dough, Ben&Jerry's	1/2 cup	106.0	270.0	30.0	4.0	17.0	36.7
Ice Cream, Choc Chip, Haagan Daz	1/2 cup	106.0	288.0	27.9	4.1	19.9	35.3
Ice Cream, Choc Choc Chip, Haagen Daz store	1/2 cup	106.0	299.0	26.3	4.1	19.8	33.7
Ice Cream, Choc Choc Mint, Haagen Daz store	1/2 cup	106.0	302.0	26.1	4.8	20.1	34.0
Ice Cream, Choc Fudge Brownie, Ben&Jerry's	1/2 cup	106.0	250.0	33.0	4.0	14.0	38.9
Ice Cream, Choc Fudge Swirl, Ben&Jerry's	1/2 cup	109.0	260.0	33.0	5.0	15.0	39.8
Ice Cream, Choc Fudge, Haagan Daz	1/2 cup	106.0	299.0	27.9	4.1	14.9	34.1
Ice Cream, Choc Mint Cookie, Ben&Jerry's	1/2 cup	107.0	260.0	27.0	4.0	17.0	33.7
Ice Cream, Choc Peanut Butter, Haagan Daz	1/2 cup	106.0	329.0	24.9	6.1	18.9	33.3
Ice Cream, Choc Peanut Butter, Haagen Daz store	1/2 cup	106.0	359.0	26.7	8.3	24.8	37.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Ice Cream, Choc Swiss Almond, Haagen Daz store	1/2 cup	106.0	299.0	23.9	5.1	20.9	32.2
Ice Cream, Choc Tornado, light, Weight Watchers	1/2 cup	113.0	149.0	25.9	3.1	3.5	28.6
Ice Cream, Choc, avg	1/2 cup	66.0	143.0	18.6	2.5	7.3	21.9
Ice Cream, Choc, Breyers	1/2 cup	70.0	161.0	20.2	3.0	8.1	24.0
Ice Cream, Choc, Haagan Daz	1/2 cup	106.0	269.0	23.9	4.1	16.9	30.6
Ice Cream, Choc, soft serve, avg	1/2 cup	86.0	176.0	23.1	3.2	8.3	27.1
ICE CREAM, CHOCOLATE	1/2 CUP	66.0	143.0	18.6	2.5	7.3	21.9
ICE CREAM, CHOCOLATE CHIP, HAAGEN-DAZS	1/2 CUP	89.0	236.0	22.6	4.3	14.3	28.8
Ice Cream, Chocolate, big scoop, Dairy Queen	1 ea	113.0	250.0	28.0	4.0	14.0	33.9
Ice Cream, Chocolate, cone, med, Dairy Queen	1 ea	213.0	360.0	56.0	9.0	11.0	64.2
Ice Cream, Chocolate, dipped cone, med, Dry Qn	1 ea	234.0	510.0	63.0	9.0	25.0	74.7
Ice Cream, Chocolate, soft serve, Dairy Queen	1/2 cup	94.0	150.0	22.0	4.0	5.0	25.7
Ice Cream, Chubby Hubby, Ben&Jerry's	1/2 cup	114.0	350.0	31.0	8.0	23.0	41.6
Ice Cream, Chunky Monkey, Ben&Jerry's	1/2 cup	106.0	280.0	29.0	4.0	19.0	36.2
Ice Cream, Coconut Almond Fudge Chip, Ben&Jerry's	1/2 cup	109.0	320.0	24.0	6.0	25.0	33.9
Ice Cream, Coffee Chip, Haagen Daz store	1/2 cup	106.0	299.0	25.9	4.1	19.9	33.3
Ice Cream, Coffee Toffee Crunch, Ben&Jerry's	1/2 cup	106.0	280.0	28.0	4.0	19.0	35.2
Ice Cream, Coffee, Aztec Harvest, Ben&Jerry's	1/2 cup	108.0	230.0	22.0	4.0	16.0	28.4
Ice Cream, Coffee, Haagan Daz	1/2 cup	106.0	269.0	22.9	4.1	16.9	29.6
Ice Cream, Coffee, Haagen Daz store	1/2 cup	106.0	266.0	21.1	4.9	18.0	28.5
Ice Cream, Cookie Dough Craze, light, Wt Wtchrs	1/2 cup	113.0	140.0	23.9	2.1	3.5	26.0
Ice Cream, Cookie Dough Dynamo, Haagan Daz	1/2 cup	106.0	299.0	30.9	3.1	17.9	37.2
Ice Cream, Cookie Dough Dynamo, Haagen Daz store	100 g	100.0	298.0	27.7	4.2	18.8	34.9
Ice Cream, Cookies & Cream, Haagan Daz	1/2 cup	106.0	279.0	25.9	4.1	17.9	32.8
Ice Cream, Cookies & Cream, Haagen Daz store	1/2 cup	106.0	302.0	29.8	4.9	18.7	37.4
Ice Cream, Cookies & Cream, Haagen Daz store	1/2 cup	106.0	280.0	23.1	4.9	18.0	30.5
Ice Cream, Cookies & Cream, lowfat, Hlthy Chc	1/2 cup	71.0	120.0	21.0	3.0	2.0	23.3
Ice Cream, Fudge Brownie, lowfat, Healthy Choice	1/2 cup	71.0	120.0	22.0	3.0	2.0	24.3
Ice Cream, Heath Polar Swirl, svg, Arby's	1 ea	329.0	543.0	76.3	10.6	21.8	88.1
Ice Cream, Hot Fudge Brownie Delight, Dairy Queen	1 ea	305.0	710.0	102.0	11.0	29.0	115.9
Ice Cream, Macadamia Brittle, Haagan Daz	1/2 cup	106.0	279.0	24.9	3.1	17.9	31.2
Ice Cream, Macadamia Brittle, Haagen Daz store	1/2 cup	106.0	299.0	24.8	4.3	20.1	32.4
Ice Cream, Macadamia Nut, Haagen Daz store	1/2 cup	106.0	329.0	23.9	4.1	23.9	32.3
Ice Cream, Maple Walnut, Haagen Daz store	1/2 cup	106.0	329.0	17.9	5.1	25.9	27.4
Ice Cream, Mint Choc Chip, lowfat, Healthy Choice	1/2 cup	71.0	120.0	21.0	3.0	2.0	23.3
Ice Cream, NY Super Fudge Chunk, Ben&Jerry's	1/2 cup	106.0	290.0	28.0	5.0	20.0	36.0
Ice Cream, Peanut Btt Cup Polar Swirl, svg, Arby's	1 ea	329.0	517.0	61.4	14.0	24.0	75.8
Ice Cream, Peanut Butter Burst, Haag Daz store	100 g	100.0	314.0	25.0	6.1	20.9	33.9
Ice Cream, Peanut Butter Burst, Haagan Daz	1/2 cup	106.0	338.0	28.9	5.1	21.9	37.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Ice Cream, Peanut Butter Cup, Ben&Jerry's	1/2 cup	116.0	340.0	30.0	8.0	26.0	41.3
Ice Cream, Praline & Caramel, lowfat, Hlthy Chc	1/2 cup	71.0	130.0	25.0	3.0	2.0	27.3
Ice Cream, Praline Crunch, light, Weight Watchers	1/2 cup	113.0	140.0	24.9	2.1	2.1	26.7
Ice Cream, Pralines & Cream, Haagen Daz store	1/2 cup	106.0	288.0	26.9	4.1	17.9	33.8
Ice Cream, Rocky Road, light, Weight Watchers	1/2 cup	113.0	140.0	22.9	3.1	2.1	25.3
Ice Cream, Rocky Road, lowfat, Healthy Choice	1/2 cup	71.0	140.0	28.0	3.0	1.5	30.2
Ice Cream, Rum Raisin, Haagan Daz	1/2 cup	106.0	249.0	20.9	3.1	16.9	27.0
Ice Cream, Rum Raisin, Haagen Daz store	1/2 cup	106.0	271.0	21.9	4.0	17.3	28.6
Ice Cream, Sandwich, Dairy Queen	1 ea	61.0	150.0	24.0	3.0	5.0	27.1
Ice Cream, Strawberry Cheesecake, Haag Daz store	100 g	100.0	273.0	26.5	3.9	16.8	33.0
Ice Cream, Strawberry, avg	1/2 cup	66.0	127.0	18.2	2.1	5.5	20.8
Ice Cream, Strawberry, Breyers	1/2 cup	70.0	131.0	16.1	2.0	6.0	18.8
Ice Cream, Strawberry, fat free, Ben&Jerry's	1/2 cup	95.0	140.0	31.0	3.0	0.0	32.8
Ice Cream, Strawberry, Haagan Daz	1/2 cup	106.0	249.0	22.9	3.1	14.9	28.5
Ice Cream, Strawberry, Haagen Daz store	1/2 cup	106.0	257.0	22.7	4.2	16.4	29.3
Ice Cream, Toffee Crunch, Haagan Daz	1/2 cup	106.0	299.0	26.9	3.1	18.9	33.5
Ice Cream, Triple Brownie Overload, Haag Daz store	100 g	100.0	298.0	26.1	4.7	19.9	33.9
Ice Cream, Triple Brownie Overload, Haagan Daz	1/2 cup	106.0	329.0	27.9	4.1	21.9	35.8
Ice Cream, Triple Choc Chunk, lowfat, Hlthy Chc	1/2 cup	71.0	110.0	21.0	3.0	2.0	23.3
ICE CREAM, VANILLA	1/2 CUP	66.0	132.0	15.5	2.3	7.3	18.7
Ice Cream, Vanilla Bean, Ben & Jerry's	1/2 cup	107.0	230.0	21.0	4.0	17.0	27.7
Ice Cream, Vanilla Caramel Fudge Swirl, Ben&Jerry's	1/2 cup	116.0	280.0	33.0	4.0	17.0	39.7
Ice Cream, Vanilla Chip, Haagen Daz store	1/2 cup	106.0	299.0	25.9	4.1	19.9	33.3
Ice Cream, Vanilla Fudge Swirl, fat free, Ben&Jerrys	1/2 cup	89.0	150.0	32.0	3.0	0.0	33.8
Ice Cream, Vanilla Fudge, Haagan Daz	1/2 cup	106.0	269.0	25.9	4.1	16.9	32.6
Ice Cream, Vanilla Fudge, Haagen Daz store	1/2 cup	106.0	284.0	24.9	4.6	18.2	32.2
Ice Cream, Vanilla Honey, Haagan Daz	1/2 cup	106.0	249.0	21.9	4.1	15.9	28.3
Ice Cream, Vanilla Swiss Almond, Haagan Daz	1/2 cup	106.0	288.0	23.9	4.1	18.9	31.1
Ice Cream, Vanilla Swiss Almond, Haagen Daz store	1/2 cup	106.0	305.0	22.6	6.0	21.1	31.5
Ice Cream, Vanilla, avg	1/2 cup	66.0	133.0	15.6	2.3	7.3	18.8
Ice Cream, Vanilla, Ben&Jerry's	1/2 cup	108.0	230.0	21.0	4.0	17.0	27.7
Ice Cream, Vanilla, big scoop, Dairy Queen	1 ea	113.0	250.0	27.0	4.0	14.0	32.9
Ice Cream, Vanilla, Breyers	1/2 cup	70.0	151.0	15.1	3.0	8.1	18.9
Ice Cream, Vanilla, cone, med, Dairy Queen	1 ea	213.0	350.0	57.0	8.0	10.0	64.3
Ice Cream, Vanilla, fat free, low sugar, Darigold	1/2 cup	73.0	80.0	17.3	3.1	0.0	19.2
Ice Cream, Vanilla, French, soft serve, avg	1/2 cup	86.0	185.0	19.1	3.5	11.2	24.0
Ice Cream, Vanilla, Haagan Daz	1/2 cup	106.0	259.0	22.9	4.1	16.9	29.6
Ice Cream, Vanilla, Haagen Daz store	1/2 cup	106.0	267.0	20.9	4.8	18.1	28.3
Ice Cream, Vanilla, light, Weight Watchers	1/2 cup	113.0	120.0	19.9	3.1	2.5	22.4

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Ice Cream, Vanilla, lowfat, Healthy Choice	1/2 cup	71.0	100.0	18.0	3.0	2.0	20.3
Ice Cream, Vanilla, rich, 16% fat, avg	1/2 cup	74.0	178.0	16.6	2.6	11.1	20.9
Ice Cream, Vanilla, soft serve, Dairy Queen	1/2 cup	94.0	140.0	22.0	3.0	4.5	24.9
Ice Cream, Wavy Gravy, Ben&Jerry's	1/2 cup	116.0	330.0	29.0	6.0	24.0	38.6
Ice Cream, White Russian, Ben&Jerry's	1/2 cup	107.0	220.0	21.0	3.0	16.0	26.8
Ice Milk, Choc, avg	1/2 cup	66.0	95.0	17.1	2.8	2.1	19.3
Ice Milk, Cone, soft serve, svg, avg	1 ea	103.0	164.0	24.1	3.9	6.1	28.0
Ice Milk, Strawberry, avg	1/2 cup	68.0	122.0	18.7	3.1	4.1	21.6
Ice Milk, Vanilla, avg	1/2 cup	66.0	92.0	14.1	2.5	2.8	16.3
Ice Milk, Vanilla, light, Bryers	1/2 cup	70.0	84.0	12.6	2.1	2.8	14.6
Ice Pop, w/Added Vit C, avg	1 ea	52.0	37.0	9.8	0.0	0.0	9.8
Ices, Italian, avg	1/2 cup	116.0	61.0	15.7	0.0	0.0	15.7
Ices, Lime, avg	1/2 cup	99.0	127.0	32.3	0.4	0.0	32.5
Ices, Pineapple-Coconut, avg	1/2 cup	99.0	112.0	23.7	0.0	2.6	24.4
Infant Apple, Dices, grad, 4.5 oz jar, Gerber	1 ea	128.0	65.0	15.5	0.3	0.1	15.7
Infant Apples & Apricots, 4.5 oz jar, Earths Best	1 ea	128.0	70.0	17.0	0.0	0.0	17.0
Infant Apples & Apricots, Stg 2, 4 oz jar, Bchnt	1 ea	113.0	70.0	16.9	0.0	0.0	16.9
Infant Apples & Apricots, Strnd, Heinz	1 Tbs	16.0	9.0	2.0	0.0	0.0	2.0
Infant Apples & Bananas, 3rd Fd, 6fl oz jar, Gerb	1 ea	170.0	126.0	30.1	0.7	0.2	30.6
Infant Apples & Bananas, 4.5oz jar, Earths Best	1 ea	128.0	80.0	18.0	0.0		18.0
Infant Apples & Bananas, Stg 2, 4 oz jar, Beechnut	1 ea	113.0	60.0	13.1	0.0	0.0	13.1
Infant Apples & Blueberries, 2nd Fd, Gerber	1 Tbs	14.0	7.0	1.7	0.0	0.0	1.7
Infant Apples & Blueberries, Junior, avg	1 Tbs	16.0	10.0	2.7	0.0	0.0	2.7
Infant Apples & Blueberries, Strnd, avg	1 Tbs	16.0	10.0	2.6	0.0	0.0	2.6
Infant Apples & Cranberries, Strnd, Heinz	1 Tbs	16.0	11.0	2.6	0.0	0.0	2.6
Infant Apples & Pears, Stg 2, 4 oz jar, Bchnt	1 ea	113.0	85.0	18.9	0.0	0.1	18.9
Infant Apples & Pears, Strnd, Heinz	1 Tbs	16.0	9.0	2.0	0.0	0.0	2.0
Infant Apples & Plums, 4.5 oz jar, Earths Best	1 ea	128.0	70.0	17.0	0.0	0.0	17.0
Infant Apples & Raspberries, w/Sugar, junior, avg	1 Tbs	16.0	9.0	2.5	0.0	0.0	2.5
Infant Apples & Raspberries, w/Sugar, strnd, avg	1 Tbs	16.0	9.0	2.5	0.0	0.0	2.5
Infant Apples&Blueberries, 3rd Fd, 6 oz jar, Gerb	1 ea	170.0	85.0	20.1	0.3	0.3	20.4
Infant Apples&Cherries, Stg 2, 4 oz jar, Bchnt	1 ea	113.0	80.0	17.9	0.0	0.0	17.9
Infant Apples&Cherries, Stg 3, 6 oz jar, Bchnt	1 ea	170.0	110.0	26.0	0.0	0.0	26.0
Infant Apples, 4.5 oz jar, Earths Best	1 ea	128.0	70.0	17.0	0.3	0.1	17.2
Infant Apples, Dices, toddler, avg	1 Tbs	16.0	8.0	1.9	0.0	0.0	1.9
Infant Apples,Bananas&Pear, Stg 2, 4 oz jar, Bchnt	1 ea	113.0	90.0	19.9	0.0	0.0	19.9
Infant Applesauce & Apricots, 2nd Fd, Gerber	1 Tbs	14.0	7.0	1.8	0.0	0.0	1.8
Infant Applesauce & Apricots, Junior, avg	1 Tbs	16.0	8.0	1.1	0.0	0.0	1.1
Infant Applesauce & Apricots, Strnd, avg	1 Tbs	16.0	7.0	1.9	0.0	0.0	1.9

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Infant Applesauce & Bananas, Junior, avg	1 Tbs	16.0	11.0	2.6	0.1	0.0	2.7
Infant Applesauce & Cherries, Junior, avg	1 Tbs	16.0	9.0	2.3	0.0	0.0	2.3
Infant Applesauce & Cherries, Strnd, avg	1 Tbs	16.0	8.0	2.3	0.0	0.0	2.3
Infant Applesauce & Pineapple, Junior, avg	1 Tbs	16.0	6.0	1.7	0.0	0.0	1.7
Infant Applesauce & Pineapple, Strnd, avg	1 Tbs	16.0	6.0	1.6	0.0	0.0	1.6
Infant Applesauce, 1st Fd, Gerber	1 Tbs	14.0	8.0	1.9	0.0	0.0	1.9
Infant Applesauce, 2nd Fd, Gerber	1 Tbs	14.0	7.0	1.7	0.0	0.0	1.7
Infant Applesauce, 3rd Fd, Gerber	1 Tbs	14.0	7.0	1.7	0.0	0.0	1.7
Infant Applesauce, Gld Del, Stg 2, Beechnut	1 Tbs	16.0	10.0	2.1	0.0	0.0	2.1
Infant Applesauce, Gld Del, Stg1, 2.5oz jar, Bchnt	1 ea	71.0	50.0	12.0	0.0	0.0	12.0
Infant Applesauce, Junior, avg	1 Tbs	16.0	6.0	1.6	0.0	0.0	1.6
Infant Applesauce, Strnd, avg	1 Tbs	16.0	7.0	1.7	0.0	0.0	1.7
Infant Apricots,Pears&Apples, Stg2, 4oz jar, Bchnt	1 ea	113.0	90.0	19.9	0.0	0.0	19.9
Infant Apricots,Pears&Apples, Stg3, 6oz jar, Bchnt	1 ea	170.0	130.0	32.0	0.0	0.0	32.0
Infant Bananas, 4.5 oz jar, Earths Best	1 ea	128.0	90.0	20.0	1.0	0.4	20.7
Infant Bananas, Pears&Apls, Stg 2, 4oz jar, Bchnut	1 ea	113.0	90.0	20.9	0.0	0.0	20.9
Infant Bananas, Stg 1, 4 oz jar, Beechnut	1 ea	113.0	110.0	23.9	0.0	0.0	23.9
Infant Bananas, Stg 3, 4 oz jar, Beechnut	1 ea	113.0	159.0	32.9	0.1	0.0	33.0
Infant Beef & Broccoli, 3rd Fd, 6 oz jar, Gerb	1 ea	170.0	92.0	12.4	4.4	2.2	15.6
Infant Beef & Carrots, 2nd Fd, 4 oz jar, Gerb	1 ea	113.0	67.0	6.4	3.8	2.8	9.4
Infant Beef & Carrots, strnd, 4 oz jar, Heinz	1 ea	113.0	63.0	3.1	3.5	3.7	6.1
Infant Beef & Noodles, 2nd Fd, Gerber	1 Tbs	14.0	9.0	1.2	0.4	0.3	1.5
Infant Beef & Noodles, 3rd Fd, Gerber	1 Tbs	14.0	9.0	1.2	0.4	0.3	1.5
Infant Beef & Noodles, Junior, avg	1 Tbs	16.0	9.0	1.2	0.4	0.3	1.5
Infant Beef & Noodles, Strnd, avg	1 Tbs	16.0	10.0	1.3	0.4	0.4	1.6
Infant Beef & Rice, Toddler, avg	1 Tbs	16.0	13.0	1.4	0.8	0.5	2.0
Infant Beef & Vegetables, 2nd Fd, Gerber	1 Tbs	14.0	10.0	1.2	0.4	0.3	1.5
Infant Beef & Vegetables, 3rd Fd, Gerber	1 Tbs	14.0	9.0	1.3	0.4	0.2	1.6
Infant Beef & Vegetables, High Meat, junior, avg	1 Tbs	14.0	12.0	0.7	0.9	0.6	1.4
Infant Beef & Vegetables, High Meat, strnd, avg	1 Tbs	14.0	11.0	0.6	0.8	0.6	1.2
Infant Beef & Vegetables, Junior, avg	1 Tbs	16.0	10.0	1.4	0.4	0.3	1.7
Infant Beef & Vegetables, Strnd, avg	1 Tbs	16.0	10.0	1.2	0.4	0.4	1.5
Infant Beef & Vegetables, w/Dumplings, jr, avg	1 Tbs	15.0	7.0	1.2	0.3	0.1	1.4
Infant Beef & Vegetables, w/Dumplings, strnd, avg	1 Tbs	15.0	7.0	1.2	0.3	0.1	1.4
Infant Beef & Vegetables, w/Mac, Stg 2, 4oz, Bchnt	1 ea	113.0	110.0	9.0	2.0	6.0	11.7
Infant Beef Supreme, Stg 2, 4 oz jar, Beechnut	1 ea	113.0	130.0	7.1	1.1	8.1	9.8
Infant Beef Supreme, Stg 3, 7.5 oz jar, Beechnut	1 ea	213.0	173.0	19.4	5.8	8.1	24.9
Infant Beets, 2nd Fd, Gerber	1 Tbs	14.0	5.0	1.2	0.2	0.0	1.3
Infant Beets, Strnd, avg	1 Tbs	14.0	5.0	1.1	0.2	0.0	1.2

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Infant Beets, Strnd, Heinz	1 Tbs	16.0	6.0	1.3	0.2	0.0	1.4
Infant Biscuit, Teething, avg	1 ea	11.0	43.0	8.4	1.2	0.5	9.2
Infant Biscuit, Toddler Biter, Gerber	1 ea	11.0	43.0	8.5	1.0	0.6	9.3
Infant Carrots&Broc, w/Chs&Rice, 2nd Fd, 4oz, Gerb	1 ea	113.0	71.0	10.4	3.2	1.9	12.8
Infant Carrots&Broccoli, w/Cheese, 3rd Fd, Gerber	1 Tbs	14.0	6.0	1.0	0.2	0.1	1.1
Infant Carrots&Broccoli, w/Cheese, 6 oz jar, Heinz	1 ea	170.0	85.0	13.1	3.6	2.0	15.8
Infant Carrots, 1st Fd, Gerber	1 Tbs	14.0	5.0	0.9	0.1	0.1	1.0
Infant Carrots, 2nd Fd, Gerber	1 Tbs	14.0	4.0	0.9	0.1	0.0	1.0
Infant Carrots, 3rd Fd, Gerber	1 Tbs	14.0	6.0	1.4	0.1	0.0	1.5
Infant Carrots, 4.5 oz jar, Earths Best	1 ea	128.0	40.0	8.0	1.0	0.0	8.6
Infant Carrots, Buttered, junior, avg	1 Tbs	14.0	5.0	0.9	0.1	8.4	3.1
Infant Carrots, Buttered, strnd, avg	1 Tbs	14.0	5.0	1.0	0.1	8.4	3.2
Infant Carrots, Junior, avg	1 Tbs	14.0	4.0	1.0	0.1	0.0	1.1
Infant Carrots, Strnd, avg	1 Tbs	14.0	4.0	0.8	0.1	0.0	0.9
Infant Carrots, Zucc&Egg Ndls, 2nd Fds, 4 oz, Gerb	1 ea	113.0	68.0	8.7	2.6	2.4	10.9
Infant Cereal, Apple Banana, strnd, Heinz	1 Tbs	16.0	11.0	2.5	0.2	0.0	2.6
Infant Cereal, Apple Orange, dry, hi protein, avg	1 Tbs	2.0	7.0	1.2	0.5	0.1	1.5
Infant Cereal, Apple Orng, w/whl mlk, hi prot, avg	1 Tbs	15.0	17.0	2.0	1.0	0.6	2.8
Infant Cereal, Apple, Stage 2, 4 oz jar, Beech Nut	1 ea	113.0	70.0	15.9	0.0	0.0	15.9
Infant Cereal, Applesauce Banana, 2nd Fd, Gerber	1 Tbs	14.0	11.0	2.5	0.2	8.4	4.7
Infant Cereal, Applesauce Banana, 3rd Fd, Gerber	1 Tbs	14.0	11.0	2.5	0.2	0.1	2.6
Infant Cereal, Applesauce Banana, jr, RTE, avg	1 Tbs	15.0	12.0	2.8	0.2	0.1	2.9
Infant Cereal, Applesauce Banana, strnd, RTE, avg	1 Tbs	15.0	12.0	2.7	0.2	0.1	2.8
Infant Cereal, Banana, dry, 2nd Fd, Gerber	1 Tbs	2.0	8.0	1.5	0.2	9.2	3.9
Infant Cereal, Banana, dry, avg	1 Tbs	4.0	16.0	3.3	0.3	0.2	3.5
Infant Cereal, Banana, prep w/whole milk, avg	1 Tbs	15.0	17.0	2.5	0.7	0.5	3.0
Infant Cereal, Barley, dry, avg	1 Tbs	2.0	7.0	1.5	0.2	0.1	1.6
Infant Cereal, Barley, dry, Stage 1, Beechnut	1 Tbs	4.0	17.0	3.4	0.3	0.0	3.6
Infant Cereal, Barley, prep, avg	1 Tbs	15.0	17.0	2.4	0.7	0.5	2.9
Infant Cereal, Grits, w/egg yolk, strnd, avg	1 Tbs	14.0	8.0	1.0	0.3	0.3	1.3
Infant Cereal, Honey, dry, avg	1 Tbs	2.0	8.0	1.5	0.3	0.1	1.7
Infant Cereal, Honey, prep w/whole milk, avg	1 Tbs	15.0	17.0	2.4	0.8	0.5	3.0
Infant Cereal, Peach&Yogurt, 3rd Fd, 6oz jar, Gerb	1 ea	170.0	133.0	27.7	3.2	0.9	29.8
Infant Cereal, Plain, dry, 2nd Fd, Gerber	1 Tbs	4.0	15.0	3.0	0.4	0.2	3.3
Infant Cereal, Plain, dry, avg	1 Tbs	2.0	8.0	1.5	0.2	0.1	1.6
Infant Cereal, Plain, dry, Heinz	1 Tbs	2.0	7.0	1.4	0.3	0.1	1.6
Infant Cereal, Plain, dry, hi protein, avg	1 Tbs	18.0	22.0	3.2	0.6	0.6	3.7
Infant Cereal, Plain, prep w/formula, Earths Best	1 Tbs	18.0	12.0	2.3	0.4	0.0	2.5
Infant Cereal, Plain, prep w/water, Earths Best	1 Tbs	15.0	17.0	2.4	0.7	0.5	2.9

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Infant Cereal, Plain, prep w/whl mlk, hi prot, avg	1 Tbs	15.0	17.0	1.7	1.3	0.6	2.6
Infant Cereal, Plain, prep w/whole milk, avg	1 Tbs	2.0	7.0	0.9	0.7	0.1	1.3
Infant Cereal, Rice, Apple, dry, 2nd Fd, Gerber	1 Tbs	4.0	16.0	3.4	0.2	0.1	3.5
Infant Cereal, Rice, Apple, Stg 2, 4 oz jar, Bchnt	1 ea	113.0	70.0	15.9	0.0	0.0	15.9
Infant Cereal, Rice, Apples&Bananas, strnd, Heinz	1 Tbs	16.0	11.0	2.6	0.1	0.0	2.7
Infant Cereal, Rice, Applesauce Ban, 2nd Fd, Gerb	1 Tbs	14.0	11.0	2.6	0.1	0.0	2.7
Infant Cereal, Rice, Applesce Ban, strnd, RTE, avg	1 Tbs	16.0	13.0	2.7	0.2	0.1	2.8
Infant Cereal, Rice, Ban&Aplsce, 4.5oz jar, Bchnt	1 ea	128.0	100.0	24.0	2.0	0.0	25.2
Infant Cereal, Rice, Banana, dry, 2nd Stage, Gerb	1 Tbs	4.0	16.0	3.4	0.2	0.1	3.5
Infant Cereal, Rice, Banana, dry, avg	1 Tbs	2.0	8.0	1.6	0.2	8.4	3.8
Infant Cereal, Rice, Banana, prep w/whl milk, avg	1 Tbs	15.0	18.0	2.6	0.6	0.5	3.1
Infant Cereal, Rice, Brwn, prep w/form, EarthBst	1 Tbs	18.0	22.0	3.4	0.4	0.6	3.8
Infant Cereal, Rice, Brwn, prep w/wtr, Earths Best	1 Tbs	18.0	12.0	2.5	0.2	0.0	2.6
Infant Cereal, Rice, Gldn Del Apples, Stg 2, Bchnt	1 Tbs	4.0	17.0	3.9	0.0	0.0	3.9
Infant Cereal, Rice, Honey, dry, avg	1 Tbs	2.0	8.0	1.6	0.1	0.1	1.7
Infant Cereal, Rice, Honey, prep w/whole milk, avg	1 Tbs	15.0	17.0	2.6	0.6	0.5	3.1
Infant Cereal, Rice, Mixed Fruit, 3rd Fd, Gerber	1 Tbs	14.0	11.0	2.5	0.1	0.0	2.6
Infant Cereal, Rice, Mixed Fruit, dry, 2nd Fd, Gerb	1 Tbs	14.0	55.0	11.8	0.9	0.5	12.5
Infant Cereal, Rice, Mixed Fruit, junior, RTE, avg	1 Tbs	15.0	12.0	2.7	0.1	0.0	2.8
Infant Cereal, Rice, Plain, dry, avg	1 Tbs	2.0	8.0	1.6	0.1	0.1	1.7
Infant Cereal, Rice, Plain, dry, Heinz	1 Tbs	2.0	8.0	1.6	0.2	8.2	3.8
Infant Cereal, Rice, Plain, dry, Stg 1, Beechnut	1 Tbs	4.0	17.0	3.7	0.3	0.0	3.9
Infant Cereal, Rice, Plain, prep w/whole milk, avg	1 Tbs	15.0	17.0	2.5	0.6	0.5	3.0
Infant Cereal, Rice, Plum&Apl, Stg 2, 4 oz, Bchnt	1 ea	113.0	90.0	17.9	0.0	0.0	17.9
Infant Cereal, Rice, Plum&Ban, 4.5oz jar, EarthBst	1 ea	128.0	90.0	19.0	1.0	1.0	19.9
Infant Cereal, w/Egg Yolk & Bacon, junior, avg	1 Tbs	16.0	13.0	0.1	0.4	0.8	0.5
Infant Cereal, w/Egg Yolk & Bacon, strnd avg	1 Tbs	14.0	12.0	0.1	0.4	0.7	0.5
Infant Cereal, w/Egg Yolk, junior, avg	1 Tbs	16.0	8.0	1.1	0.3	0.3	1.4
Infant Cereal, w/Egg Yolk, strnd, avg	1 Tbs	16.0	8.0	1.1	0.3	0.3	1.4
Infant Cereal, w/Eggs, strnd, avg	1 Tbs	16.0	9.0	1.3	0.4	0.2	1.6
Infant Chicken & Noodles, 2nd Fd, Gerber	1 Tbs	14.0	10.0	1.4	0.4	0.3	1.7
Infant Chicken & Noodles, 3rd Fd, Gerber	1 Tbs	14.0	8.0	1.3	0.3	0.1	1.5
Infant Chicken & Noodles, Junior, avg	1 Tbs	16.0	9.0	1.4	0.4	0.2	1.7
Infant Chicken & Noodles, Strnd, avg	1 Tbs	16.0	11.0	1.5	0.4	0.3	1.8
Infant Chicken & Noodles, w/Vegs, junior, avg	1 Tbs	16.0	10.0	1.5	0.3	0.4	1.8
Infant Chicken & Noodles, w/Vegs, strnd, avg	1 Tbs	16.0	10.0	1.3	0.3	0.4	1.6
Infant Chicken & Pears, 2nd Fd, 4 oz jar, Gerber	1 ea	113.0	77.0	12.4	2.9	1.7	14.6
Infant Chicken & Stars, 6 oz jar, Beechnut	1 ea	170.0	150.0	17.0	7.0	6.0	22.7
Infant Chicken & Vegetables, 2nd Fd, Gerber	1 Tbs	14.0	9.0	1.2	0.4	0.3	1.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Infant Chicken & Vegetables, 3rd Fd, Gerber	1 Tbs	14.0	7.0	1.1	0.3	0.1	1.3
Infant Chicken & Vegetables, High Meat, jr, avg	1 Tbs	14.0	13.0	0.6	0.1	0.8	0.9
Infant Chicken & Vegetables, High Meat, strnd, avg	1 Tbs	14.0	11.0	0.8	0.9	0.5	1.5
Infant Chicken & Vegetables, Junior, avg	1 Tbs	16.0	8.0	1.4	0.3	0.2	1.6
Infant Chicken & Vegetables, Strnd, avg	1 Tbs	16.0	9.0	1.3	0.4	0.3	1.6
Infant Chicken & Vegetables, w/Noodles, jr, Heinz	1 Tbs	16.0	9.0	1.3	0.3	0.3	1.6
Infant Chicken & Vegetables, w/Rice, jr, 6oz, Hnz	1 ea	170.0	105.0	15.6	4.6	2.7	19.0
Infant Chicken Rice, Stg 2, 4 oz jar, Beechnut	1 ea	113.0	80.0	8.1	0.1	2.1	8.7
Infant Chicken&Broccoli, 2nd Fd, 4 oz jar, Gerber	1 ea	113.0	55.0	3.1	4.4	1.7	6.2
Infant Chicken&Broccoli, Strnd, 4.7 oz jar, Heinz	1 ea	133.0	53.0	4.8	5.1	1.2	8.2
Infant Chicken&Broccoli, w/Chs, grad, 6oz jr, Gerb	1 ea	170.0	105.0	11.2	6.8	3.6	16.2
Infant Cookie, Arrowroot, avg	1 ea	5.0	22.0	3.6	0.4	0.7	4.0
Infant Cookie, Arrowroot, grad, Gerber	1 ea	4.0	18.0	2.9	0.3	0.6	3.2
Infant Cookie, Banana, grad, Gerger	1 ea	8.0	35.0	5.9	0.5	1.0	6.5
Infant Cookie, Plain, avg	1 ea	6.0	26.0	4.0	0.7	0.8	4.6
Infant Corn, Creamed, 2nd Fd, Gerber	1 Tbs	14.0	9.0	1.8	0.3	0.1	2.0
Infant Corn, Creamed, junior, avg	1 Tbs	15.0	10.0	2.4	0.2	0.1	2.5
Infant Corn, Creamed, strnd, avg	1 Tbs	15.0	9.0	2.1	0.2	0.1	2.2
Infant Cottage Cheese w/Pears, 4 oz jar, Bchnt	1 ea	113.0	120.0	23.9	1.1	0.1	24.6
Infant Cottage Cheese w/Pears, Stg 3, 6 oz, Bchnt	1 ea	170.0	180.0	37.0	3.0	2.0	39.3
Infant Cottage Cheese w/Pineapple, Junior, avg	1 Tbs	14.0	11.0	2.2	0.4	0.1	2.5
Infant Cottage Cheese w/Pineapple, Stnd, avg	1 Tbs	14.0	10.0	1.8	0.4	0.1	2.1
Infant Dessert, Apl, Pch, Strw, Stg 2, 4 oz, Bchnt	1 ea	113.0	100.0	21.9	0.0	0.0	21.9
Infant Dessert, Apple Betty, junior, avg	1 Tbs	14.0	10.0	2.7	0.1	0.0	2.8
Infant Dessert, Apple Betty, strnd, avg	1 Tbs	14.0	10.0	2.7	0.1	0.0	2.8
Infant Dessert, Apple Strw, Stg 2, 4 oz jar, Bchnt	1 ea	113.0	100.0	22.9	0.0	0.0	22.9
Infant Dessert, Banana Apple, 2nd Fd, Gerber	1 Tbs	14.0	10.0	2.3	0.0	0.0	2.3
Infant Dessert, Banana Apple, strnd, 4 oz jar, Hnz	1 ea	113.0	77.0	17.1	0.6	0.2	17.5
Infant Dessert, Banana Pinapl, Stg 2, 4 oz, Bchnt	1 ea	113.0	100.0	22.9	0.0	0.0	22.9
Infant Dessert, Blueberry Bckl, 3rd Fd, 6 oz, Gerb	1 ea	170.0	124.0	30.8	0.3	0.0	31.0
Infant Dessert, Cherry Cobbler, 3rd Fd, 6oz, Gerb	1 ea	170.0	134.0	32.6	0.5	0.2	32.9
Infant Dessert, Cherry Cobbler, junior, avg	1 Tbs	16.0	12.0	3.1	0.0	0.0	3.1
Infant Dessert, Dutch Apple, 2nd Fd, Gerber	1 Tbs	14.0	11.0	2.8	0.0	0.0	2.8
Infant Dessert, Dutch Apple, 3rd Fd, Gerber	1 Tbs	14.0	11.0	2.4	0.0	0.1	2.4
Infant Dessert, Dutch Apple, junior, avg	1 Tbs	16.0	13.0	3.1	0.0	0.0	3.1
Infant Dessert, Dutch Apple, strnd, avg	1 Tbs	16.0	11.0	2.7	0.0	0.1	2.7
Infant Dessert, Fruit Salad, 3rd Fd, 6 oz, Gerb	1 ea	170.0	155.0	37.6	0.7	0.2	38.1
Infant Dessert, Fruit, junior, avg	1 Tbs	15.0	9.0	2.6	0.0	0.0	2.6
Infant Dessert, Fruit, Stg 2, 4 oz jar, Beechnut	1 ea	113.0	80.0	18.9	0.0	0.0	18.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Infant Dessert, Fruit, Stg 3, 6 oz jar, Beechnut	1 ea	170.0	120.0	28.0	0.0	0.0	28.0
Infant Dessert, Fruit, strnd, avg	1 Tbs	15.0	9.0	2.4	0.0	0.0	2.4
Infant Dessert, Guava Fruit, Stg 2, 4 oz, Bchnt	1 ea	113.0	90.0	21.9	0.0	0.0	21.9
Infant Dessert, Hawaiian Delight, 2nd Fd, Gerb	1 Tbs	14.0	12.0	2.8	0.2	0.0	2.9
Infant Dessert, Hawaiian Delight, 3rd Fd, Gerb	1 Tbs	14.0	12.0	2.9	0.2	0.0	3.0
Infant Dessert, Hawaiian Delight, strnd, Heinz	1 Tbs	16.0	11.0	2.6	0.0	0.0	2.6
Infant Dessert, IsInd Fruit Trop, Stg3, 4oz, Bchnt	1 ea	113.0	100.0	22.9	0.0	0.0	22.9
Infant Dessert, Mango, Stg 2 , 4.5 oz jar, Bchnt	1 ea	128.0	110.0	26.0	0.0	0.0	26.0
Infant Dessert, Papaya, Stg 2, 4 oz jar, Bchnt	1 ea	113.0	100.0	21.9	0.0	0.0	21.9
Infant Dessert, Peach Cobbler, 2nd Fd, Gerber	1 Tbs	14.0	11.0	2.5	0.1	0.0	2.6
Infant Dessert, Peach Cobbler, 3rd Fd, Gerber	1 Tbs	14.0	11.0	2.6	0.1	0.0	2.7
Infant Dessert, Peach Cobbler, junior, avg	1 Tbs	15.0	10.0	2.7	0.0	0.0	2.7
Infant Dessert, Peach Cobbler, strnd, avg	1 Tbs	15.0	10.0	2.7	0.0	0.0	2.7
Infant Dessert, Peach Melba, junior, avg	1 Tbs	14.0	8.0	2.3	0.0	0.0	2.3
Infant Dessert, Peach Melba, strnd, avg	1 Tbs	14.0	8.0	2.3	0.0	0.0	2.3
Infant Dessert, Pineapple Orange, strnd, avg	1 Tbs	14.0	10.0	2.7	0.0	0.0	2.7
Infant Dessert, Raspbry Cobbler, 3rd Fd, 6oz, Gerb	1 ea	170.0	129.0	31.6	0.3	0.2	31.8
Infant Dessert, Tutti Frutti, Heinz	1 Tbs	16.0	11.0	2.5	0.0	0.1	2.5
Infant Dessert, Tutti Frutti, strnd, Heinz	1 Tbs	16.0	11.0	2.6	0.0	0.0	2.6
Infant Egg Yolks, Strnd, avg	1 Tbs	14.0	28.0	0.1	1.4	2.4	1.5
Infant Formula, Alimentum, w/iron, RTF, Ross	1/2 cup	122.0	79.0	8.1	2.2	4.4	10.5
Infant Formula, Alsoy, RTF, Carnation	1/2 cup	158.0	79.0	8.8	2.2	3.1	10.9
Infant Formula, CalciloXD, w/iron, prep f/pwd,Ross	1/2 cup	122.0	80.0	8.2	1.8	4.5	10.4
Infant Formula, Compleat Pediatric, RTF, Nov Nutr	1/2 cup	125.0	118.0	15.4	4.5	4.6	19.2
Infant Formula, DF Soy, for diarrhea, RTF, Ross	1/2 cup	122.0	80.0	8.1	2.1	4.4	10.5
Infant Formula, Enfamil, low iron, RTF, Md Jhn	1/2 cup	122.0	81.0	8.7	1.7	4.2	10.8
Infant Formula, Enfamil, Next Step, f/pwd, Md Jhn	1/2 cup	123.0	81.0	8.1	2.1	4.1	10.4
Infant Formula, Enfamil, Nxt Stp Sy, f/pwd, Md Jhn	1/2 cup	122.0	80.0	9.4	2.6	3.5	11.8
Infant Formula, Enfamil, w/iron, RTF, Md Jhn	1/2 cup	122.0	81.0	8.7	1.7	4.2	10.8
Infant Formula, Follow-Up Soy, RTF, Carnation	1/2 cup	150.0	74.0	8.7	2.3	3.2	10.9
Infant Formula, Follow-Up, w/iron, RTF, Carnation	1/2 cup	150.0	98.0	12.9	2.6	4.1	15.5
Infant Formula, Good Start, w/iron, RTF, Carnation	1/2 cup	150.0	99.0	10.1	2.4	5.1	12.8
Infant Formula, Isomil SF, w/iron, Ross	1/2 cup	122.0	80.0	8.1	2.2	4.4	10.5
Infant Formula, Isomil, w/iron, Ross	1/2 cup	122.0	80.0	8.3	1.1	4.4	10.1
Infant Formula, I-Soyalac, w/iron, RTF, Carnation	1/2 cup	122.0	82.0	8.1	2.4	4.4	10.6
Infant Formula, Lactofree, w/iron, RTF, Md Jhn	1/2 cup	122.0	81.0	8.4	1.8	4.4	10.6
Infant Formula, LoFenalac, w/iron, f/pwd, Md Jhn	1/2 cup	123.0	80.0	10.4	2.6	3.1	12.7
Infant Formula, Nursoy, w/iron, RTF, Wyeth-Ayerst	1/2 cup	122.0	81.0	8.2	2.2	4.3	10.6
Infant Formula, Nutramigen, w/iron, RTF, Md Jhn	1/2 cup	123.0	81.0	8.9	2.3	4.0	11.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Infant Formula, Parents Chc, w/iron, f/pwd, WythAt	1/2 cup	123.0	80.0	8.5	1.8	4.2	10.6
Infant Formula, Portagen, w/iron, f/pwd, Md Jhn	1/2 cup	124.0	79.0	9.2	2.8	3.9	11.9
Infant Formula, Pregestimil, w/iron, f/pwd, Md Jhn	1/2 cup	123.0	80.0	8.2	2.2	4.5	10.6
Infant Formula, Prosobee, w/iron, RTF, Md Jhn	1/2 cup	122.0	81.0	8.0	2.4	4.2	10.5
Infant Formula, SandoSource Peptide, RTF, Nov Nutr	1/2 cup	127.0	118.0	19.3	5.9	2.1	23.4
Infant Formula, Similac, 13, low iron, RTF, Ross	1/2 cup	121.0	52.0	5.5	1.4	2.7	7.0
Infant Formula, Similac, 24, low iron, RTF, Ross	1/2 cup	122.0	95.0	9.9	2.6	4.1	12.5
Infant Formula, Similac, 24, w/iron, RTF, Ross	1/2 cup	122.0	95.0	9.9	2.6	4.1	12.5
Infant Formula, Similac, 27, low iron, RTF, Ross	1/2 cup	124.0	109.0	11.4	2.9	5.7	14.6
Infant Formula, Similac, low iron, Ross	1/2 cup	126.0	83.0	8.9	1.7	4.5	11.0
Infant Formula, Similac, Natrl Care, lo iron, Ross	1/2 cup	122.0	96.0	10.0	2.6	5.1	12.8
Infant Formula, Similac, PM60/40, low iron, f/pwd	1/2 cup	122.0	80.0	8.2	1.8	4.5	10.4
Infant Formula, Similac, PM60/40, low iron, RTF	1/2 cup	122.0	80.0	8.2	1.8	4.5	10.4
Infant Formula, Similac, SC 20, lo iron, RTF, Ross	1/2 cup	122.0	80.0	8.5	2.2	4.3	10.9
Infant Formula, Similac, SC 24, lo iron, RTF, Ross	1/2 cup	122.0	95.0	10.0	2.6	5.1	12.8
Infant Formula, Similac, SC 24, w/iron, RTF, Ross	1/2 cup	122.0	96.0	10.0	2.6	5.1	12.8
Infant Formula, Similac, Toddlers Best, RTF, Ross	1/2 cup	123.0	80.0	8.8	2.8	3.8	11.4
Infant Formula, Similac, w/Iron, Ross	1/2 cup	126.0	83.0	8.9	1.7	4.5	11.0
Infant Formula, SMA, low iron, RTF, Wyeth-Ayerst	1/2 cup	122.0	81.0	8.5	1.7	4.3	10.6
Infant Formula, SMA, w/iron, RTF, Wyeth-Ayerst	1/2 cup	122.0	81.0	8.5	1.7	4.3	10.6
Infant Formula, Soy, w/iron, prep f/pwd, WythAt	1/2 cup	124.0	80.0	8.2	2.2	4.3	10.6
Infant Formula, Soyalaac, w/iron, RTF, Carnation	1/2 cup	122.0	82.0	8.1	2.4	4.4	10.6
Infant Formula, Vivonex Pediatric, f/pwd, Nov Nutr	1/2 cup	127.0	95.0	14.9	2.8	2.8	17.3
Infant Fruit Bar, Apple Cinnamon, grad, Gerber	1 ea	9.0	36.0	6.6	0.5	0.9	7.1
Infant Fruit Bar, Strawberry, grad, Gerber	1 ea	9.0	36.0	6.5	0.5	0.9	7.0
Infant Green Beans, 1st Fd, Gerber	1 Tbs	14.0	4.0	0.8	0.2	0.0	0.9
Infant Green Beans, 2nd Fd, Gerber	1 Tbs	14.0	4.0	0.8	0.2	0.0	0.9
Infant Green Beans, Buttered, junior, avg	1 Tbs	14.0	4.0	0.9	0.2	0.1	1.0
Infant Green Beans, Buttered, strnd, avg	1 Tbs	14.0	5.0	0.9	0.2	0.1	1.0
Infant Green Beans, Creamed, junior, avg	1 Tbs	15.0	5.0	1.1	0.2	0.1	1.2
Infant Green Beans, Diced, grad, 4.5 oz jar, Gerb	1 ea	128.0	37.0	7.0	1.7	0.3	8.1
Infant Green Beans, Diced, toddler, avg	1 Tbs	16.0	5.0	0.9	0.2	0.0	1.0
Infant Green Beans, Junior, avg	1 Tbs	15.0	4.0	0.9	0.2	0.0	1.0
Infant Green Beans, Stg 3, 6 oz jar, Beechnut	1 ea	170.0	50.0	10.0	1.0	0.0	10.6
Infant Green Beans, Strnd, avg	1 Tbs	15.0	4.0	0.9	0.2	0.0	1.0
Infant Green Beans, w/Rice, 3rd Fd, 6 oz jar, Gerb	1 ea	170.0	70.0	14.6	2.0	0.2	15.9
Infant Ham & Apples, 2nd Fd, 4 oz jar, Gerber	1 ea	113.0	70.0	12.3	2.9	1.0	14.3
Infant Ham & Vegetables, 2nd Fd, Gerber	1 Tbs	14.0	8.0	1.3	0.3	0.2	1.5
Infant Ham & Vegetables, 3rd Fd, Gerber	1 Tbs	14.0	9.0	1.3	0.3	0.3	1.6

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Infant Ham & Vegetables, High Meat, junior, avg	1 Tbs	14.0	11.0	0.9	0.9	0.5	1.6
Infant Ham & Vegetables, High Meat, strnd, avg	1 Tbs	14.0	11.0	0.8	0.9	0.5	1.5
Infant Ham & Vegetables, Junior, avg	1 Tbs	16.0	10.0	1.4	0.3	0.3	1.7
Infant Ham & Vegetables, Strnd, avg	1 Tbs	16.0	9.0	1.2	0.4	0.3	1.5
Infant Ham & Vegetables, Toddler, avg	1 Tbs	14.0	10.0	1.1	0.6	0.4	1.6
Infant Ham&AuGratin Potatoes, Grad, 6 oz jar, Gerb	1 ea	170.0	131.0	19.4	6.5	3.4	24.1
Infant Ham, Junior, avg	1 Tbs	15.0	19.0	0.0	2.3	1.0	1.6
Infant Ham, Strnd, avg	1 Tbs	15.0	17.0	0.0	2.1	0.9	1.5
Infant Ham, w/Gravy, 2nd Fd, 2.5 oz jar, Gerber	1 ea	71.0	69.0	2.1	7.7	2.9	7.4
Infant Juice, Apple Ban, 2nd Fd, 4 fl oz jar, Gerb	1 ea	127.0	65.0	15.6	0.3	0.1	15.8
Infant Juice, Apple Ban, w/calc, 6fl oz jar, Gerb	1 ea	189.0	94.0	23.6	0.2	0.2	23.8
Infant Juice, Apple Banana, avg	1/2 cup	125.0	64.0	15.4	0.3	0.1	15.6
Infant Juice, Apple Banana, strnd, Heinz	1/2 cup	125.0	65.0	15.5	0.3	0.3	15.8
Infant Juice, Apple Carrot, 3rd Fd, 4fl oz, Gerb	1 ea	123.0	52.0	12.4	0.2	0.1	12.5
Infant Juice, Apple Cherry, avg	1/2 cup	125.0	51.0	12.4	0.1	0.3	12.5
Infant Juice, Apple Cherry, strnd, Heinz	1/2 cup	125.0	56.0	13.5	0.1	0.1	13.6
Infant Juice, Apple Cran, 2nd Fd, 4fl oz jar, Gerb	1 ea	127.0	60.0	14.5	0.0	0.3	14.6
Infant Juice, Apple Cranberry, avg	1/2 cup	125.0	59.0	14.3	0.0	0.0	14.3
Infant Juice, Apple Grape, 2nd Fd, 4fl oz jr, Gerb	1 ea	127.0	61.0	14.7	0.1	0.1	14.8
Infant Juice, Apple Grape, avg	1/2 cup	125.0	58.0	14.3	0.1	0.3	14.4
Infant Juice, Apple Grape, strnd, Heinz	1/2 cup	125.0	58.0	14.0	0.3	0.1	14.2
Infant Juice, Apple Grape, w/calc, 8oz jar, Gerb	1 ea	189.0	91.0	22.1	0.2	0.2	22.3
Infant Juice, Apple Peach, 2nd Fd, 4 oz jar, Gerb	1 ea	127.0	60.0	14.4	0.3	0.1	14.6
Infant Juice, Apple Peach, avg	1/2 cup	125.0	52.0	13.1	0.3	0.1	13.3
Infant Juice, Apple Peach, strnd, Heinz	1/2 cup	125.0	55.0	13.0	0.3	0.3	13.3
Infant Juice, Apple Plum, 2nd Fd, 4oz jar, Gerber	1 ea	127.0	61.0	14.9	0.3	0.1	15.1
Infant Juice, Apple Plum, avg	1/2 cup	125.0	61.0	15.4	0.1	0.0	15.5
Infant Juice, Apple Prune, 2nd Fd, 4 oz jar, Gerb	1 ea	127.0	67.0	16.3	0.3	0.1	16.5
Infant Juice, Apple Prune, avg	1/2 cup	125.0	91.0	22.5	0.3	0.1	22.7
Infant Juice, Apple Prune, strnd, Heinz	1/2 cup	125.0	61.0	14.9	0.3	0.1	15.1
Infant Juice, Apple Swt Pot, 3rd Fd, 4oz jar, Gerb	1 ea	123.0	60.0	14.5	0.5	0.1	14.8
Infant Juice, Apple, + vitC, Stg 1, 4 fl oz, Bchnt	1 ea	130.0	60.0	15.0	0.0	0.0	15.0
Infant Juice, Apple, avg	1/2 cup	125.0	59.0	14.6	0.0	0.1	14.6
Infant Juice, Apple, strnd, Heinz	1/2 cup	125.0	61.0	14.6	0.1	0.1	14.7
Infant Juice, Apple, w/calc, grad, 6fl oz jr, Gerb	1 ea	189.0	85.0	20.1	0.2	0.0	20.2
Infant Juice, Mixed Fruit, + vitC&lrn, 4 oz, Bchnt	1 ea	124.0	100.0	23.0	0.0	0.0	23.0
Infant Juice, Mixed Fruit, 2nd Fd, 4fl oz jr, Gerb	1 ea	127.0	62.0	14.6	0.3	0.1	14.8
Infant Juice, Mixed Fruit, avg	1/2 cup	125.0	59.0	14.5	0.1	0.1	14.6
Infant Juice, Mixed Fruit, strnd, Heinz	1/2 cup	125.0	61.0	14.6	0.4	0.1	14.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Infant Juice, Mixed Fruit, trop, 4 fl oz jar, Gerb	1 ea	127.0	71.0	17.0	0.6	0.1	17.4
Infant Juice, Mixed Fruit, w/calc, grad, 8oz, Gerb	1 ea	189.0	100.0	24.2	0.4	0.2	24.5
Infant Juice, Mixed Fruit, w/guava, 4 oz jar, Gerb	1 ea	125.0	69.0	16.0	0.4	0.1	16.3
Infant Juice, Orange Apple Banana, avg	1/2 cup	125.0	59.0	14.4	0.5	0.1	14.7
Infant Juice, Orange Apple, avg	1/2 cup	125.0	54.0	12.6	0.5	0.3	13.0
Infant Juice, Orange Apricot, avg	1/2 cup	125.0	58.0	13.6	1.0	0.1	14.2
Infant Juice, Orange Ban Pinaple, 4fl oz jar, Gerb	1 ea	127.0	72.0	17.0	0.8	0.1	17.5
Infant Juice, Orange Banana, avg	1/2 cup	125.0	62.0	14.9	0.9	0.1	15.5
Infant Juice, Orange Carrot, 3rd Fd, 4 fl oz, Gerb	1 ea	123.0	53.0	11.9	0.7	0.1	12.3
Infant Juice, Orange Pineapple, avg	1/2 cup	125.0	60.0	14.6	0.6	0.1	15.0
Infant Juice, Orange, 2nd Fd, 4 fl oz jar, Gerber	1 ea	127.0	60.0	13.3	0.8	0.3	13.9
Infant Juice, Orange, avg	1/2 cup	125.0	55.0	12.8	0.8	0.4	13.4
Infant Juice, Orange, strnd, Heinz	1/2 cup	125.0	58.0	13.5	0.9	0.3	14.1
Infant Juice, Pear, 1st Fd, 4 fl oz jar, Gerber	1 ea	127.0	60.0	14.4	0.3	0.1	14.6
Infant Juice, Pear, f/conc, vitC, 4fl oz, Bchnt	1 ea	124.0	60.0	15.0	0.0	0.0	15.0
Infant Juice, Pear, strnd, Heinz	1/2 cup	125.0	60.0	14.5	0.3	0.1	14.7
Infant Juice, Pinapl Carrot, 3rd Fd, 4oz jar, Gerb	1 ea	123.0	57.0	13.3	0.5	0.1	13.6
Infant Juice, Prune Orange, avg	1/2 cup	125.0	88.0	21.0	0.8	0.4	21.6
Infant Juice, Trop Blend, + vitC, 4 oz jar, Bchnt	1 ea	124.0	90.0	19.0	0.0	0.0	19.0
Infant Juice, Tropical Blend, Stage 2, Beechnut	1/2 cup	124.0	70.0	17.0	0.0		17.0
Infant Juice, White Grape, 1st Fd, 4 oz jar, Gerb	1 ea	127.0	83.0	19.8	0.4	0.1	20.1
Infant Juice, White Grape, strnd, Heinz	1/2 cup	125.0	74.0	17.6	0.5	0.1	17.9
Infant Lamb & Noodles, Junior, avg	1 Tbs	14.0	9.0	1.2	0.3	0.3	1.5
Infant Lamb & Vegetables, Junior, avg	1 Tbs	16.0	8.0	1.1	0.3	0.3	1.4
Infant Lamb & Vegetables, Stg 2, 4 oz jar, Bchnt	1 ea	113.0	80.0	8.1	0.1	2.1	8.7
Infant Lamb & Vegetables, Strnd, avg	1 Tbs	15.0	8.0	1.0	0.3	0.3	1.3
Infant Lamb, Junior, avg	1 Tbs	15.0	17.0	0.0	2.3	0.8	1.6
Infant Lamb, Strnd, avg	1 Tbs	15.0	15.0	0.0	2.1	0.7	1.4
Infant Lamb, w/Broth, Stg 1, 2.5 oz jar, Beechnut	1 ea	71.0	60.0	0.0	9.0	3.0	6.2
Infant Lamb, w/Gravy, 2nd Fd, 2.5 oz jar, Gerber	1 ea	71.0	70.0	2.4	8.6	2.9	8.3
Infant Lasagna, Beef, Toddler, avg	1 Tbs	15.0	12.0	1.5	0.6	0.3	1.9
Infant Lasagna, w/Meat Sce, 3rd Fd, 6 oz jar, Gerb	1 ea	170.0	100.0	15.1	3.4	2.9	17.9
Infant Liver & Vegetables, Junior, avg	1 Tbs	14.0	6.0	1.1	0.3	8.4	3.4
Infant Liver & Vegetables, Strnd, avg	1 Tbs	14.0	5.0	0.1	0.3	0.1	0.3
Infant Liver, Strnd, avg	1 Tbs	14.0	14.0	0.2	2.0	0.5	1.5
Infant Macaroni & Beef, Junior, 6 oz jar, Heinz	1 ea	170.0	104.0	15.1	4.9	2.2	18.6
Infant Macaroni & Beef, Stg 3, 6 oz jar, Beechnut	1 ea	170.0	130.0	14.0	3.0	6.0	17.3
Infant Macaroni & Beef, w/Tom, grad, 6oz jar, Gerb	1 ea	170.0	136.0	18.2	8.2	3.4	24.0
Infant Macaroni & Beef, w/Tomato, 2nd Fd, Gerb	1 Tbs	14.0	8.0	1.3	0.4	0.2	1.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Infant Macaroni & Beef, w/Tomato, junior, avg	1 Tbs	16.0	9.0	1.5	0.4	0.2	1.8
Infant Macaroni & Beef, w/Tomato, strnd, avg	1 Tbs	16.0	10.0	1.5	0.4	0.2	1.8
Infant Macaroni & Cheese, 2nd Fd, Gerber	1 Tbs	14.0	9.0	1.2	0.4	0.3	1.5
Infant Macaroni & Cheese, Junior, avg	1 Tbs	16.0	10.0	1.3	0.4	0.3	1.6
Infant Macaroni & Cheese, Strnd, avg	1 Tbs	16.0	11.0	1.4	0.5	0.3	1.8
Infant Macaroni & Ham, Junior, avg	1 Tbs	14.0	8.0	1.2	0.4	0.2	1.5
Infant Mango, w/Mixed Fruit Jce, 4.4 oz jar, Gerb	1 ea	125.0	71.0	17.1	0.3	0.1	17.3
Infant Meat Stick, Finger, grad, Gerber	1 ea	10.0	15.0	0.2	1.4	0.9	1.3
Infant Meat, Beef, junior, avg	1 Tbs	15.0	16.0	0.0	2.2	0.7	1.5
Infant Meat, Beef, strnd, avg	1 Tbs	15.0	16.0	0.0	2.0	0.8	1.4
Infant Meat, Beef, w/broth, Stg1, 2.5oz jar, Bchnt	1 ea	71.0	90.0	0.0	8.0	6.0	6.3
Infant Meat, Beef, w/grvy, 2nd Fd, 2.5oz jar, Gerb	1 ea	71.0	79.0	2.8	8.7	3.7	8.9
Infant Meat, Beef, w/heart, strnd, avg	1 Tbs	14.0	13.0	0.0	1.8	0.6	1.2
Infant Meat, Chicken, finger stick, grad, Gerb	1 ea	10.0	14.0	0.1	1.5	0.8	1.2
Infant Meat, Chicken, junior, avg	1 Tbs	15.0	22.0	0.0	2.2	1.4	1.7
Infant Meat, Chicken, stick, junior, avg	1 ea	10.0	19.0	0.1	1.5	1.4	1.3
Infant Meat, Chicken, strnd, avg	1 Tbs	15.0	20.0	0.0	2.1	1.2	1.6
Infant Meat, Chicken, w/brth, Stg1, 2.5 oz, Bchnt	1 ea	71.0	70.0	0.0	8.0	3.0	5.6
Infant Meat, Chicken, w/gravy, 2nd Fd, 2.5oz, Gerb	1 ea	71.0	77.0	2.6	8.1	3.9	8.4
Infant Meat, Stick, junior, avg	1 ea	10.0	18.0	0.1	1.3	1.5	1.3
Infant Mixed Fruit, Diced, grad, 4.5 oz jar, Gerb	1 ea	128.0	61.0	14.6	0.4	0.1	14.9
Infant Oatmeal, Apple Ban, Stg 2, 4 oz jar, Bchnt	1 ea	113.0	70.0	15.9	0.0	0.0	15.9
Infant Oatmeal, Apple Banana, strnd, Heinz	1 Tbs	16.0	12.0	2.5	0.2	0.1	2.6
Infant Oatmeal, Apple Cinn, 3rd Fd, 6 oz jar, Gerb	1 ea	170.0	145.0	31.1	2.4	1.2	32.8
Infant Oatmeal, Apple Cinn, inst, dry, grad, Gerb	1 Tbs	4.0	16.0	2.1	0.4	0.3	2.4
Infant Oatmeal, Apple, Stage 2, 4 oz jar, Beechnut	1 ea	113.0	70.0	15.9	0.1	0.0	16.0
Infant Oatmeal, Applesauce Banana, 2nd Fd, Gerber	1 Tbs	14.0	12.0	2.5	0.2	0.1	2.6
Infant Oatmeal, Applesauce Banana, junior, avg	1 Tbs	15.0	11.0	2.4	0.2	0.1	2.5
Infant Oatmeal, Applesauce Banana, strnd, avg	1 Tbs	15.0	11.0	2.3	0.2	0.1	2.4
Infant Oatmeal, Banana, dry, 2nd Fd, Gerber	1 Tbs	4.0	16.0	2.1	0.5	0.3	2.5
Infant Oatmeal, Banana, dry, avg	1 Tbs	2.0	8.0	1.5	0.2	0.1	1.6
Infant Oatmeal, Banana, prep w/whole milk, avg	1 Tbs	15.0	17.0	2.4	0.7	0.6	3.0
Infant Oatmeal, Honey, dry, avg	1 Tbs	2.0	8.0	1.4	0.3	0.1	1.6
Infant Oatmeal, Honey, prep w/whole milk, avg	1 Tbs	15.0	17.0	2.3	0.8	0.6	2.9
Infant Oatmeal, Peach&Ban, 4.5 oz jar, Earths Best	1 ea	128.0	60.0	12.0	2.0	0.0	13.2
Infant Oatmeal, Peaches&Van, inst, dry, grad, Gerb	1 Tbs	4.0	16.0	2.9	0.4	0.3	3.2
Infant Oatmeal, Plain, dry, 1st Fd, Gerber	1 Tbs	4.0	16.0	2.7	0.6	0.3	3.1
Infant Oatmeal, Plain, dry, avg	1 Tbs	2.0	8.0	1.4	0.3	0.2	1.6
Infant Oatmeal, Plain, dry, Heinz	1 Tbs	2.0	7.0	1.4	0.3	0.1	1.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Infant Oatmeal, Plain, prep f/dry, w/milk, avg	1 Tbs	15.0	17.0	2.3	0.8	0.6	2.9
Infant Oatmeal, Prunes, 4.5 oz jar, Earths Best	1 ea	128.0	100.0	24.0	1.0	0.0	24.6
Infant Oatmeal, w/Fruit, dry, instant, avg	1 Tbs	5.0	20.0	3.7	0.5	0.4	4.1
Infant Papaya, w/Mixed Fruit Jce, 4.4 oz jar, Gerb	1 ea	125.0	69.0	16.5	0.4	0.1	16.8
Infant Pasta Shells, w/Chs, grad, 6 oz jar, Gerber	1 ea	170.0	136.0	18.9	5.1	4.4	23.1
Infant Pasta Shells, w/Tomato Sce, 6 oz jar, Bchnt	1 ea	170.0	150.0	25.0	3.0	4.0	27.8
Infant Pasta Shells, w/Vegs&Chs Sc, jr, 4oz, Hnz	1 ea	113.0	77.0	12.5	29.4	1.7	30.6
Infant Peaches & Bananas, 4 oz jar, Beechnut	1 ea	113.0	70.0	14.9	0.0	0.0	14.9
Infant Peaches, 1st Fd, Gerber	1 Tbs	14.0	6.0	1.3	0.1	0.0	1.4
Infant Peaches, 2nd Fd, Gerber	1 Tbs	14.0	9.0	2.2	0.1	0.0	2.3
Infant Peaches, 3rd Fd, Gerber	1 Tbs	14.0	9.0	2.2	8.4	0.0	7.2
Infant Peaches, Dices, toddler, avg	1 Tbs	16.0	8.0	1.9	0.1	0.0	2.0
Infant Peaches, Junior, Heinz	1 Tbs	16.0	11.0	2.5	0.2	0.0	2.6
Infant Peaches, Strnd, Heinz	1 Tbs	16.0	11.0	2.4	0.2	0.0	2.5
Infant Peaches, w/Sugar, junior, avg	1 Tbs	16.0	11.0	3.0	0.1	0.0	3.1
Infant Peaches, w/Sugar, strnd, avg	1 Tbs	16.0	11.0	3.0	0.1	0.0	3.1
Infant Pears & Pineapple, 2nd Fd, Gerber	1 Tbs	14.0	8.0	1.8	0.1	0.0	1.9
Infant Pears & Pineapple, Junior, avg	1 Tbs	16.0	7.0	1.8	0.0	0.0	1.8
Infant Pears & Pineapple, Plums, jr, 6 oz jar, Hnz	1 ea	170.0	116.0	28.6	0.5	0.0	28.9
Infant Pears & Pineapple, Strnd, avg	1 Tbs	16.0	7.0	1.7	0.0	0.0	1.7
Infant Pears, 1st Fd, Gerber	1 Tbs	14.0	8.0	1.9	0.1	0.0	2.0
Infant Pears, 2nd Fd, Gerber	1 Tbs	14.0	8.0	1.8	0.1	0.0	1.9
Infant Pears, 3rd Fd, Gerber	1 Tbs	14.0	8.0	1.8	0.1	0.0	1.9
Infant Pears, Dices, grad, 4.5 oz jar, Gerber	1 ea	128.0	74.0	17.4	0.4	0.1	17.7
Infant Pears, Junior, avg	1 Tbs	16.0	7.0	1.9	0.0	0.0	1.9
Infant Pears, Strnd, avg	1 Tbs	16.0	7.0	1.7	0.0	0.0	1.7
Infant Pears, Toddler, diced, avg	1 Tbs	16.0	9.0	2.2	0.0	0.0	2.2
Infant Peas, 1st Fd, Gerber	1 Tbs	14.0	7.0	1.1	0.4	0.1	1.4
Infant Peas, 2nd Fd, Gerber	1 Tbs	14.0	7.0	1.1	0.4	0.1	1.4
Infant Peas, Buttered, junior, avg	1 Tbs	14.0	8.0	1.6	0.5	0.2	2.0
Infant Peas, Buttered, strnd, avg	1 Tbs	14.0	8.0	1.5	0.5	0.2	1.9
Infant Peas, Creamed, strnd, avg	1 Tbs	15.0	8.0	1.3	0.3	0.3	1.6
Infant Peas, Diced, grad, 4.5 oz jar, Gerber	1 ea	128.0	82.0	13.2	4.1	1.0	15.9
Infant Peas, Strnd, avg	1 Tbs	15.0	6.0	1.2	0.5	0.0	1.5
Infant Peas, w/Brown Rice, 4.5 oz jar, Earths Best	1 ea	128.0	80.0	16.0	5.0	0.0	19.0
Infant Peas, w/Carrots, Stg 2, 4 oz jar, Beechnut	1 ea	113.0	50.0	9.1	1.1	0.0	9.8
Infant Peas, w/Rice, 3rd Fd, 6 oz jar, Gerber	1 ea	170.0	92.0	17.2	4.3	0.7	20.0
Infant Pork, Strnd, avg	1 Tbs	15.0	19.0	0.0	2.1	1.1	1.5
Infant Potatoes, 1st Fds, 2.5 oz jar, Gerber	1 ea	71.0	35.0	7.9	0.8	0.1	8.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Infant Potatoes, Diced, grad, 4.5 oz jar, Gerber	1 ea	128.0	65.0	15.1	1.3	0.0	15.9
Infant Pretzels, avg	1 ea	6.0	24.0	4.9	0.6	0.1	5.3
Infant Pretzels, Grad, Gerber	1 ea	3.0	12.0	2.4	0.4	0.1	2.7
Infant Prunes & Pears, Stg 2, 4 oz jar, Beechnut	1 ea	113.0	110.0	23.9	0.0	0.0	23.9
Infant Prunes, 1st Fds, Gerber	1 Tbs	14.0	14.0	3.4	0.1	0.0	3.5
Infant Pudding, Banana, Stg 2, 4 oz jar, Bchnt	1 ea	113.0	110.0	25.9	0.0	0.0	25.9
Infant Pudding, Banana, strnd, Heinz	1 Tbs	16.0	12.0	2.6	0.1	0.1	2.7
Infant Pudding, Caramel, junior, avg	1 Tbs	14.0	11.0	2.4	0.2	0.1	2.5
Infant Pudding, Caramel, strnd, avg	1 Tbs	14.0	11.0	2.4	0.2	0.1	2.5
Infant Pudding, Cherry Vanilla, 2nd Fd, Gerber	1 Tbs	14.0	10.0	2.3	0.0	0.0	2.3
Infant Pudding, Cherry Vanilla, junior, avg	1 Tbs	16.0	11.0	2.9	0.0	0.0	2.9
Infant Pudding, Cherry Vanilla, strnd, avg	1 Tbs	16.0	11.0	2.8	0.0	0.0	2.8
Infant Pudding, Chocolate Custard, junior, avg	1 Tbs	14.0	12.0	2.4	0.3	0.2	2.6
Infant Pudding, Chocolate Custard, strnd, avg	1 Tbs	14.0	12.0	2.3	0.3	0.2	2.5
Infant Pudding, Custard, strnd, Heinz	1 Tbs	16.0	12.0	2.2	0.3	0.2	2.4
Infant Pudding, Orange, strnd, avg	1 Tbs	16.0	13.0	2.8	0.2	0.1	2.9
Infant Pudding, Pineapple, junior, avg	1 Tbs	15.0	13.0	3.2	0.2	0.1	3.3
Infant Pudding, Pineapple, strnd, avg	1 Tbs	15.0	12.0	3.0	0.2	0.0	3.1
Infant Pudding, Vanilla Custard, junior, avg	1 Tbs	14.0	12.0	2.5	0.2	0.1	2.6
Infant Pudding, Vanilla Custard, Stg 2, 4oz, Bchnt	1 ea	113.0	120.0	22.9	1.1	2.1	24.1
Infant Pudding, Vanilla Custard, Stg 3, 6oz, Bchnt	1 ea	170.0	190.0	32.0	2.0	6.0	34.7
Infant Pudding, Vanilla Custard, strnd, avg	1 Tbs	14.0	12.0	2.3	0.2	0.3	2.5
Infant Pudding, Vanilla, Stg 2, 4 oz jar, Bchnt	1 ea	113.0	120.0	22.9	1.1	2.1	24.1
Infant Ravioli & Cheese, Grad, 6 oz jar, Gerber	1 ea	170.0	156.0	26.5	6.5	2.7	31.1
Infant Soup, Chicken, Creamed, strnd, avg	1 Tbs	14.0	8.0	1.2	0.4	0.2	1.5
Infant Soup, Chicken, Stg 2, 4 oz jar, Beechnut	1 ea	113.0	90.0	7.1	0.1	3.1	7.9
Infant Soup, Chicken, Strnd, avg	1 Tbs	14.0	7.0	1.0	0.2	0.2	1.2
Infant Spaghetti, Beef w/Tom Sce, 3rd Fd, Gerber	1 Tbs	14.0	9.0	1.4	0.3	0.2	1.6
Infant Spaghetti, Rings w/Meat Sc, 6 oz jar, Bchnt	1 ea	170.0	160.0	20.0	7.0	6.0	25.7
Infant Spaghetti, w/Meat&Tomato Sce, jr, avg	1 Tbs	16.0	11.0	1.8	0.4	0.2	2.1
Infant Spaghetti, w/Meat&Tomato Sce, toddler, avg	1 Tbs	16.0	12.0	1.7	0.8	0.2	2.2
Infant Spaghetti, w/Mini Mtbls&Sc, 6 oz jar, Gerb	1 ea	170.0	151.0	21.4	8.3	3.7	27.3
Infant Spinach, Creamed, 2nd Fd, Gerber	1 Tbs	14.0	7.0	1.0	0.4	8.4	3.3
Infant Spinach, Creamed, strnd, avg	1 Tbs	15.0	6.0	0.9	0.4	0.2	1.2
Infant Squash, 1st Fd, Gerber	1 Tbs	14.0	5.0	0.1	0.1	0.0	0.2
Infant Squash, 2nd Fd, Gerber	1 Tbs	14.0	5.0	0.1	0.1	0.0	0.2
Infant Squash, 3rd Fd, Gerber	1 Tbs	14.0	10.0	2.1	8.4	0.0	7.1
Infant Squash, Buttered, junior, avg	1 Tbs	14.0	4.0	0.9	0.1	8.4	3.1
Infant Squash, Buttered, strnd, avg	1 Tbs	14.0	4.0	0.1	8.4	0.0	5.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Infant Squash, Butternut, Stg 1, 2.5 oz jar, Bchnt	1 ea	71.0	30.0	7.0	1.0	0.0	7.6
Infant Squash, Strnd, avg	1 Tbs	14.0	3.0	0.8	0.1	0.0	0.9
Infant Squash, Winter, 4.5 oz jar, Earths Best	1 ea	128.0	50.0	12.0	1.0	0.0	12.6
Infant Stew, Beef Vegetable, 6 oz jar, Beechnut	1 ea	170.0	110.0	16.0	4.0	3.0	19.2
Infant Stew, Beef Vegetable, grad, 6 oz jar, Gerb	1 ea	170.0	121.0	15.6	9.5	2.4	21.9
Infant Stew, Beef Vegetable, jr, 6 oz jar, Heinz	1 ea	170.0	124.0	15.1	6.8	3.7	20.1
Infant Stew, Beef, toddler, avg	1 Tbs	16.0	8.0	0.9	0.8	0.2	1.4
Infant Stew, Chicken, toddler, avg	1 Tbs	16.0	12.0	1.0	0.8	0.6	1.6
Infant Stew, Chicken, w/noodles, grad, 6 oz, Gerb	1 ea	170.0	117.0	14.6	7.3	3.2	19.8
Infant Stew, Chicken, w/vegs, jr, 4 oz jar, Heinz	1 ea	113.0	67.0	8.1	2.7	2.5	10.3
Infant Stew, Turkey & Rice, 6 oz jar, Beechnut	1 ea	170.0	150.0	14.0	6.0	7.0	19.4
Infant Stew, Turkey & Rice, grad, 6 oz jar, Gerber	1 ea	170.0	102.0	12.8	6.5	2.7	17.4
Infant Sweet Potatoes, 1st Fd, Gerber	1 Tbs	14.0	9.0	2.1	0.2	0.0	2.2
Infant Sweet Potatoes, 2nd Fd, Gerber	1 Tbs	14.0	9.0	1.1	0.1	0.0	1.2
Infant Sweet Potatoes, 3rd Fd, Gerber	1 Tbs	14.0	10.0	2.2	0.1	0.1	2.3
Infant Sweet Potatoes, 4.5 oz jar, Earths Best	1 ea	128.0	60.0	12.0	1.0	1.0	12.9
Infant Sweet Potatoes, Buttered, junior, avg	1 Tbs	14.0	8.0	1.7	0.1	0.1	1.8
Infant Sweet Potatoes, Buttered, strnd, avg	1 Tbs	14.0	8.0	1.7	0.1	0.1	1.8
Infant Sweet Potatoes, Junior, avg	1 Tbs	14.0	8.0	1.9	0.2	0.0	2.0
Infant Sweet Potatoes, Strnd, avg	1 Tbs	14.0	8.0	1.8	0.2	0.0	1.9
Infant Tapioca, Apple Cranberry, Heinz	1 Tbs	16.0	11.0	2.6	0.0	0.0	2.6
Infant Tapioca, Apricot, 2nd Fd, Gerber	1 Tbs	14.0	9.0	2.3	0.0	0.0	2.3
Infant Tapioca, Apricot, 3rd Fd, Gerber	1 Tbs	14.0	10.0	2.4	0.1	0.0	2.5
Infant Tapioca, Apricot, junior, avg	1 Tbs	15.0	9.0	2.6	0.0	0.0	2.6
Infant Tapioca, Apricot, strnd, avg	1 Tbs	15.0	9.0	2.4	0.0	0.0	2.4
Infant Tapioca, Banana Pineapple, 2nd Fd, Gerber	1 Tbs	14.0	7.0	1.7	0.1	0.0	1.8
Infant Tapioca, Banana Pineapple, 3rd Fd, Gerber	1 Tbs	14.0	8.0	1.8	0.1	0.0	1.9
Infant Tapioca, Banana Pineapple, junior, avg	1 Tbs	15.0	10.0	2.7	0.0	0.0	2.7
Infant Tapioca, Banana Pineapple, strnd, avg	1 Tbs	15.0	10.0	2.8	0.0	0.0	2.8
Infant Tapioca, Banana Strw, 3rd Fd, 6oz jar, Gerb	1 ea	170.0	131.0	31.1	0.5	0.2	31.5
Infant Tapioca, Banana Vanilla, 4 oz jar, Gerber	1 ea	113.0	96.0	20.9	0.6	0.9	21.5
Infant Tapioca, Banana, 2nd Fd, Gerber	1 Tbs	14.0	11.0	2.6	0.1	0.0	2.7
Infant Tapioca, Banana, 3rd Fd, Gerber	1 Tbs	14.0	11.0	2.6	0.1	0.0	2.7
Infant Tapioca, Banana, junior, avg	1 Tbs	15.0	10.0	2.7	0.1	0.0	2.8
Infant Tapioca, Banana, strnd, avg	1 Tbs	15.0	9.0	2.3	0.1	0.0	2.4
Infant Tapioca, Guava Papaya, strnd, avg	1 Tbs	16.0	10.0	2.7	0.0	0.0	2.7
Infant Tapioca, Guava, strnd, avg	1 Tbs	15.0	10.0	2.7	0.0	0.0	2.7
Infant Tapioca, Mango Ban, w/passion frt jce, avg	1 Tbs	14.0	10.0	2.5	0.0	0.0	2.5
Infant Tapioca, Mango, Gerber	1 Tbs	14.0	11.0	2.5	0.0	0.0	2.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Infant Tapioca, Mango, strnd, avg	1 Tbs	15.0	12.0	3.2	0.0	0.0	3.2
Infant Tapioca, Papaya Applesauce, strnd, avg	1 Tbs	16.0	11.0	3.0	0.0	0.0	3.0
Infant Tapioca, Papaya, Gerber	1 Tbs	14.0	9.0	2.2	0.0	0.0	2.2
Infant Tapioca, Peach Mango, Gerber	1 Tbs	14.0	10.0	2.4	0.0	0.0	2.4
Infant Tapioca, Plums, 2nd Fd, Gerber	1 Tbs	14.0	10.0	2.5	0.0	0.0	2.5
Infant Tapioca, Plums, 3rd Fd, Gerber	1 Tbs	14.0	11.0	2.5	0.0	0.0	2.5
Infant Tapioca, Plums, junior, avg	1 Tbs	15.0	11.0	3.1	0.0	0.0	3.1
Infant Tapioca, Plums, strnd, avg	1 Tbs	15.0	11.0	2.1	0.0	0.0	2.1
Infant Tapioca, Prunes, 2nd Fd, Gerber	1 Tbs	14.0	11.0	2.5	8.4	0.0	7.5
Infant Tapioca, Prunes, junior, avg	1 Tbs	15.0	11.0	2.8	0.1	0.0	2.9
Infant Tapioca, Prunes, strnd, avg	1 Tbs	15.0	11.0	2.8	0.1	0.0	2.9
Infant Tapioca, Tropical Fruits, Gerber	1 Tbs	14.0	9.0	2.1	0.0	0.0	2.1
Infant Tropical Fruit, Junior, avg	1 Tbs	15.0	9.0	2.5	0.0	0.0	2.5
Infant Turkey & Apples, 2nd Fd, 4 oz jar, Gerber	1 ea	113.0	73.0	11.9	3.2	1.5	14.2
Infant Turkey & Noodles, w/Vegetables, junior, avg	1 Tbs	16.0	8.0	1.2	0.3	0.2	1.4
Infant Turkey & Noodles, w/Vegetables, strnd, avg	1 Tbs	16.0	7.0	1.1	0.2	0.2	1.3
Infant Turkey & Rice, 2nd Fd, Gerber	1 Tbs	14.0	7.0	1.1	0.4	0.1	1.4
Infant Turkey & Rice, 3rd Fd, Gerber	1 Tbs	14.0	8.0	1.2	0.4	0.1	1.5
Infant Turkey & Rice, Junior, avg	1 Tbs	16.0	9.0	1.5	0.4	0.1	1.8
Infant Turkey & Rice, Strnd, avg	1 Tbs	16.0	8.0	1.3	0.4	0.2	1.6
Infant Turkey & Rice, w/Vegetables, toddler, avg	1 Tbs	15.0	9.0	1.1	0.6	0.2	1.5
Infant Turkey & Vegetables, 2nd Fd, Gerber	1 Tbs	14.0	7.0	1.1	0.3	0.1	1.3
Infant Turkey & Vegetables, 3rd Fd, Gerber	1 Tbs	14.0	7.0	1.1	0.3	0.2	1.3
Infant Turkey & Vegetables, High Meat, junior, avg	1 Tbs	14.0	13.0	0.8	0.8	0.7	1.5
Infant Turkey & Vegetables, Junior, avg	1 Tbs	16.0	8.0	1.2	0.3	0.3	1.5
Infant Turkey & Vegetables, Strnd, avg	1 Tbs	16.0	8.0	1.2	0.4	0.1	1.5
Infant Turkey & Vegetables, Toddler, avg	1 Tbs	16.0	13.0	1.3	0.8	0.5	1.9
Infant Turkey Supreme, Stg 2, 4 oz jar, Bchnt	1 ea	113.0	90.0	8.1	2.1	3.1	10.1
Infant Turkey&Green Beans, 2nd Fd, 4 oz jar, Gerb	1 ea	113.0	60.0	6.6	4.4	1.7	9.7
Infant Turkey&Rice, w/vegs, 3rd Fd, 6 oz jar, Gerb	1 ea	170.0	105.0	14.1	4.4	3.4	17.6
Infant Turkey&Swt Potatoes, 2nd Fd, 4 oz jar, Gerb	1 ea	113.0	89.0	14.4	3.1	1.8	16.7
Infant Turkey, Junior, avg	1 Tbs	15.0	19.0	0.0	2.3	1.1	1.7
Infant Turkey, Stick, finger, grad, Gerber	1 ea	10.0	13.0	0.1	1.4	0.8	1.1
Infant Turkey, Stick, junior, avg	1 ea	10.0	18.0	0.1	1.4	1.4	1.3
Infant Turkey, Strnd, avg	1 Tbs	15.0	17.0	0.0	2.1	0.9	1.5
Infant Turkey, w/Broth, Stg 1, 2.5 oz jar, Bchnt	1 ea	71.0	90.0	0.0	8.0	6.0	6.3
Infant Turkey, w/Gravy, 2nd Fd, 2.5 oz jar, Gerb	1 ea	71.0	74.0	2.8	7.4	3.8	8.2
Infant Veal & Vegetables, High Meat, junior, avg	1 Tbs	14.0	10.0	0.8	0.9	0.4	1.4
Infant Veal & Vegetables, High Meat, strnd, avg	1 Tbs	14.0	10.0	0.9	0.8	0.4	1.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Infant Veal, Junior, avg	1 Tbs	15.0	17.0	0.0	2.3	0.8	1.6
Infant Veal, Strnd, avg	1 Tbs	15.0	15.0	0.0	2.0	0.7	1.4
Infant Veal, w/Broth, Stg 1, 2.5 oz jar, Beechnut	1 ea	71.0	60.0	0.0	9.0	2.0	5.9
Infant Veal, w/Gravy, 2nd Fd, 2.5 oz jar, Gerber	1 ea	71.0	64.0	2.4	8.2	2.3	7.9
Infant Vegetable Stew, 2nd Fd, 4 oz jar, Gerber	1 ea	113.0	75.0	11.5	2.7	1.9	13.6
Infant Vegetables & Bacon, 2nd Fd, Gerber	1 Tbs	14.0	11.0	1.3	0.3	0.4	1.6
Infant Vegetables & Bacon, 3rd Fd, Gerber	1 Tbs	14.0	11.0	1.3	0.3	0.5	1.6
Infant Vegetables & Bacon, Junior, avg	1 Tbs	16.0	11.0	1.2	0.3	0.6	1.5
Infant Vegetables & Bacon, Strnd, avg	1 Tbs	16.0	11.0	1.4	0.3	0.5	1.7
Infant Vegetables & Pasta, 2nd Fd, 4 oz jar, Gerb	1 ea	113.0	78.0	11.9	3.1	2.0	14.3
Infant Vegetables & Pasta, 3rd Fd, 6 oz jar, Gerb	1 ea	170.0	100.0	17.9	3.7	1.7	20.5
Infant Vegetables Trio, 3rd Fd, 6 oz jar, Gerber	1 ea	170.0	97.0	14.1	3.9	2.6	17.1
Infant Vegetables, Garden, Stg 2, 4 oz jar, Bchnt	1 ea	113.0	50.0	8.1	0.1	0.0	8.2
Infant Vegetables, Garden, strnd, avg	1 Tbs	15.0	6.0	1.0	0.3	0.0	1.2
Infant Vegetables, Mixed, 2nd Fd, Gerber	1 Tbs	14.0	6.0	1.2	0.2	0.1	1.3
Infant Vegetables, Mixed, 3rd Fd, Gerber	1 Tbs	14.0	6.0	1.3	0.2	0.0	1.4
Infant Vegetables, Mixed, dices, 2.5oz jar, Gerb	1 ea	71.0	33.0	6.2	1.2	0.4	7.0
Infant Vegetables, Mixed, junior, avg	1 Tbs	15.0	6.0	1.2	0.2	0.1	1.3
Infant Vegetables, Mixed, junior, avg	1 Tbs	16.0	5.0	1.3	0.2	0.0	1.4
Infant Vegetables, Mixed, strnd, avg	1 Tbs	15.0	6.0	1.2	0.2	0.1	1.3
Infant Vegetables, Mixed, strnd, avg	1 Tbs	16.0	7.0	1.5	0.2	0.0	1.6
Infant Yogurt, Apple, Stg 2, 4 oz jar, Beechnut	1 ea	113.0	100.0	21.9	0.1	0.1	22.0
Infant Yogurt, Apple, w/Oatml, 3rd Fd, 6 oz, Gerb	1 ea	170.0	131.0	27.0	3.2	1.0	29.2
Infant Yogurt, Banana, 2nd Fd, 4 oz jar, Gerber	1 ea	113.0	84.0	18.1	1.2	0.5	18.9
Infant Yogurt, Banana, strnd, Heinz	1 Tbs	16.0	13.0	2.9	0.2	0.1	3.0
Infant Yogurt, Mixed Fruit, 2nd Fd, 4oz jar, Gerb	1 ea	113.0	88.0	20.2	1.2	0.3	21.0
Infant Yogurt, Mixed Fruit, Stg 3, 6 oz jar, Bchnt	1 ea	170.0	170.0	39.0	1.0	0.0	39.6
Infant Yogurt, Mixed Fruit, strnd, Heinz	1 Tbs	16.0	12.0	2.6	0.1	0.1	2.7
Infant Yogurt, Peach, strnd, Heinz	1 Tbs	16.0	13.0	2.8	0.2	0.1	2.9
Infant Yogurt, w/Apple Jc, 2nd Fd, 4.5oz jar, Gerb	1 ea	127.0	93.0	18.3	2.5	1.0	20.0
Infant Yogurt, w/Ban Jc, 2nd Fds, 4.5oz jar, Gerb	1 ea	127.0	108.0	21.6	2.8	1.1	23.6
Infant Yogurt, w/Mxd Fruit Jc, 2nd Fd, 4.5oz, Gerb	1 ea	127.0	97.0	19.1	2.8	1.0	21.0
Infant Zwieback Toast, Gerber	1 ea	7.0	30.0	4.9	0.9	0.8	5.6
Infant, Chicken Alfredo, 3rd Fd, 6 oz jar, Gerber	1 ea	170.0	95.0	11.1	4.1	3.7	14.5
Infant, Chicken&Apples, 2nd Fd, 4 oz jar, Gerber	1 ea	113.0	72.0	12.2	2.6	1.6	14.2
Instant Breakfast, Cafe Mocha, dry pkt, Crn	1 ea	37.0	129.0	27.7	3.1	0.4	29.7
Instant Breakfast, Cafe Mocha, RTS, Crn	1 cup	251.0	176.0	27.1	9.1	2.5	33.2
Instant Breakfast, Choc Malt, dry pkt, Crn	1 ea	36.0	132.0	26.4	4.1	1.4	29.2
Instant Breakfast, Choc Malt, pkt, no sugar, Crn	1 ea	20.0	71.0	11.1	4.0	1.6	13.9

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Instant Breakfast, Choc, dry pkt, Crn	1 ea	37.0	130.0	28.1	4.0	1.1	30.8
Instant Breakfast, Choc, dry pkt, no sugar, Crn	1 ea	21.0	70.0	11.1	4.0	1.1	13.8
Instant Breakfast, Choc, RTS, Crn	1 cup	251.0	176.0	29.6	9.1	2.5	35.7
Instant Breakfast, Mix, dry env, avg	1 ea	37.0	131.0	24.5	7.4	0.5	29.1
Instant Breakfast, Prep w/1% milk, avg	1 cup	281.0	233.0	36.2	15.4	3.1	46.2
Instant Breakfast, Prep w/2% milk, avg	1 cup	281.0	252.0	36.2	15.5	5.2	46.8
Instant Breakfast, Prep w/nonfat milk, avg	1 cup	282.0	216.0	36.4	15.7	0.1	45.8
Instant Breakfast, Prep w/whole milk, avg	1 cup	281.0	280.0	35.9	15.4	8.7	47.3
Instant Breakfast, Strawberry, dry pkt, Crn	1 ea	36.0	130.0	27.9	3.1	0.0	29.8
Instant Breakfast, Strawberry, RTS, Crn	1 cup	252.0	176.0	27.1	10.0	2.5	33.7
Instant Breakfast, Strawbry, pkt, no sugar, Crn	1 ea	20.0	70.0	12.0	4.0	0.0	14.4
Instant Breakfast, Vanilla, dry pkt, Crn	1 ea	36.0	131.0	27.2	4.0	0.0	29.6
Instant Breakfast, Vanilla, dry pkt, no sugar, Crn	1 ea	20.0	69.0	11.9	3.1	0.0	13.8
Instant Breakfast, Vanilla, prep w/whole milk, Crn	1 cup	280.0	291.0	36.1	15.1	8.1	47.2
Instant Breakfast, Vanilla, RTS, Crn	1 cup	250.0	160.0	24.8	9.1	2.5	30.9
Italian Herb Seasoning, 1/8 pkt, Shake N Bake	1 ea	80.0	320.0	56.0	8.0	4.0	61.8
ITALIAN SAUSAGE, COOKED	1 LINK	67.0	216.0	1.0	13.4	17.2	13.3
Jack Cheese Lunch, w/Pudding, Lunchable	1 ea	176.0	370.0	33.0	19.0	18.0	48.9
Jackfruit, Dried, avg	1/2 cup	61.0	183.0	45.8	3.1	0.0	47.7
Jackfruit, Raw, avg	1/2 cup	82.0	77.0	19.7	1.2	0.2	20.5
JAM, LOW CALORIE	1 TBSP	20.0	29.0	7.4	0.1	0.0	7.5
JAM, W/SUGAR	1 TBSP	20.0	55.0	14.2	0.1	0.1	14.3
Jam/Jelly, Apple Apricot Butter, avg	1 Tbs	15.0	22.0	5.5	0.0	0.0	5.5
Jam/Jelly, Apple Butter, avg	1 Tbs	18.0	31.0	7.7	0.1	0.0	7.8
Jam/Jelly, Apple Raspberry Butter, avg	1 Tbs	15.0	22.0	5.5	0.0	0.0	5.5
Jam/Jelly, Apple Strawberry Butter, avg	1 Tbs	15.0	22.0	5.5	0.0	0.0	5.5
Jam/Jelly, Fruit Spread, Grape, red cal, Kraft	1 Tbs	17.0	20.0	0.0	5.0	0.0	3.0
Jam/Jelly, Fruit Spread, Strawbry, red cal, Kraft	1 Tbs	20.0	20.0	5.0	0.0	0.0	5.0
Jam/Preserve, Apricot, avg	1 Tbs	20.0	48.0	12.9	0.1	0.0	13.0
Jam/Preserve, Apricot, Kraft	1 Tbs	20.0	50.0	13.0	0.0	0.0	13.0
Jam/Preserve, Artificially Swtnd, avg	1 Tbs	20.0	2.0	10.7	0.1	0.1	10.8
Jam/Preserve, avg	1 Tbs	20.0	48.0	12.9	0.1	0.0	13.0
Jam/Preserve, Blackberry, Kraft	1 Tbs	20.0	50.0	13.0	0.0	0.0	13.0
Jam/Preserve, Grape, Kraft	1 Tbs	20.0	60.0	14.0	0.0	0.0	14.0
Jam/Preserve, Orange Marmalade, Kraft	1 Tbs	20.0	50.0	14.0	0.0	0.0	14.0
Jam/Preserve, Peach, Kraft	1 Tbs	20.0	50.0	14.0	0.0	0.0	14.0
Jam/Preserve, Pineapple, Kraft	1 Tbs	20.0	50.0	14.0	0.0	0.0	14.0
Jam/Preserve, Raspberry, fruit swtnd, Kraft	1 Tbs	15.0	25.0	6.0	0.0	0.0	6.0
Jam/Preserve, Raspberry, Kraft	1 Tbs	20.0	50.0	13.0	0.0	0.0	13.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Jam/Preserve, Red Plum, Kraft	1 Tbs	20.0	60.0	13.0	0.0	0.0	13.0
Jam/Preserve, Reduced Sugar, avg	1 Tbs	20.0	36.0	8.9	0.2	0.1	9.0
Jam/Preserve, Strawberry, avg	1 Tbs	20.0	54.0	14.0	0.1	0.0	14.1
Jam/Preserve, Strawberry, fruit swtnd, Kraft	1 Tbs	15.0	25.0	6.0	0.0	0.0	6.0
Jam/Preserve, Strawberry, Kraft	1 Tbs	20.0	50.0	13.0	0.0	0.0	13.0
Jambalaya, Meal in a Cup, Casbah Sahara	1/2 cup	124.0	55.0	12.0	1.6	0.0	13.0
Jelly Fish, dry, avg	1 oz	28.0	20.0	2.5	2.0	0.1	3.7
Jelly Fish, pckld, avg	1 cup	58.0	21.0	0.0	3.2	0.8	2.1
Jelly, Artificially Swtnd, avg	1 Tbs	19.0	6.0	10.9	0.1	0.0	11.0
Jelly, Avg	1 Tbs	19.0	51.0	13.5	0.1	0.0	13.6
Jelly, Blackberry, Kraft	1 Tbs	20.0	50.0	13.0	0.0	0.0	13.0
Jelly, Grape, Kraft	1 Tbs	20.0	50.0	14.0	0.0	0.0	14.0
Jelly, Guava, Kraft	1 Tbs	20.0	50.0	13.0	0.0	0.0	13.0
JELLY, LOW CAL	1 TBSP	20.0	27.0	7.0	0.1	0.0	7.1
Jelly, Red Current, Kraft	1 Tbs	20.0	50.0	13.0	0.0	0.0	13.0
Jelly, Reduced Sugar, avg	1 Tbs	19.0	34.0	8.8	0.1	0.0	8.9
Jelly, Strawberry, Kraft	1 Tbs	20.0	60.0	14.0	0.0	0.0	14.0
JELLY, W/SUGAR	1 TBSP	20.0	55.0	14.1	0.0	0.0	14.1
Jew's Ear, Raw, avg	1/2 cup	50.0	12.0	3.4	0.2	0.0	3.5
Juice Bar, avg	1 ea	77.0	63.0	15.6	0.9	0.1	16.2
Juice Bar, Sugar Free, asp swtnd, avg	1 ea	51.0	12.0	3.2	0.3	0.1	3.4
Juice Bar, w/Cream, avg	1 ea	65.0	86.0	19.3	1.0	1.3	20.2
Juice Drink, Blue Cooler, 10%, 8.45 fl oz box, HiC	1 ea	251.0	130.0	33.1	0.0	0.0	33.1
Juice Drink, Boppin Berry, 10% juice, Hi-C	1 cup	236.0	107.0	28.5	0.0	0.0	28.5
Juice Drink, Citrus, calcium fort, avg	1 cup	240.0	113.0	27.7	0.8	0.2	28.2
Juice Drink, Citrus, conc, avg	1/8 cup	35.0	57.0	14.1	0.4	0.0	14.3
Juice Drink, Citrus, prep f/conc, avg	1 cup	248.0	114.0	28.5	0.7	0.0	28.9
Juice Drink, Cranberry Apple Cocktail, Minutemaide	1 cup	252.0	167.0	42.1	0.0	0.0	42.1
Juice Drink, Cranberry Apple Rasp Blend, Minutemd	1 cup	252.0	123.0	33.1	0.0	0.0	33.1
Juice Drink, Cranberry Apple, low cal, avg	1/2 cup	120.0	23.0	5.6	0.1	0.0	5.7
Juice Drink, Cranberry Apple, w/vit C, btld, avg	1/2 cup	122.0	82.0	20.9	0.1	0.0	21.0
Juice Drink, Ectocooler, 10% juice, Hi-C	1 cup	236.0	107.0	28.5	0.0	0.0	28.5
Juice Drink, Five Alive, Minutemaide	1 cup	251.0	123.0	31.0	0.0	0.0	31.0
Juice Drink, Fruit Flvd, low sug, prep f/pwd, avg	1 cup	240.0	2.0	0.1	0.1	0.0	0.2
Juice Drink, Fruit Flvd, low sugar, pwd, avg	1 Tbs	12.0	44.0	11.0	0.0	0.0	11.0
Juice Drink, Fruit Integration + Calcium, Frutopia	1 cup	251.0	111.0	29.0	0.0	0.0	29.0
Juice Drink, Fruit Integration, Frutopia	1 cup	251.0	125.0	31.0	0.0	0.0	31.0
Juice Drink, Fruit Punch, 10% juice, Hi-C	1 cup	236.0	98.0	25.9	0.0	0.0	25.9
Juice Drink, Fruit Punch, 9.5 fl oz pkg, Capri Sun	1 ea	210.0	100.0	26.0	0.0	0.0	26.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Juice Drink, Fruit Punch, cnd, avg	1 cup	248.0	117.0	29.5	0.0	0.0	29.5
Juice Drink, Fruit Punch, conc, avg	1/8 cup	35.0	57.0	14.5	0.1	0.0	14.6
Juice Drink, Fruit Punch, dry mix, avg	2 Tbs	25.0	96.0	24.4	0.0	0.0	24.4
Juice Drink, Fruit Punch, Minutemaide	1 cup	250.0	119.0	31.1	0.0	0.0	31.1
Juice Drink, Fruit Punch, prep f/conc, avg	1 cup	247.0	114.0	28.9	0.0	0.0	28.9
Juice Drink, Fruit Punch, prep f/dry mix, avg	1 cup	262.0	97.0	24.9	0.0	0.0	24.9
Juice Drink, Fruit Punch, Slice	1 1/2 cup	360.0	190.0	48.0	0.0	0.0	48.0
Juice Drink, Fruit Punch, w/10% juice, Minutemaide	1 cup	250.0	125.0	30.1	0.0	0.0	30.1
Juice Drink, Fruit, low cal, avg	1 cup	240.0	43.0	11.3	0.0	0.0	11.3
Juice Drink, Grape Beyond + Calcium, Frutopia	1 cup	251.0	113.0	30.0	0.0	0.0	30.0
Juice Drink, Grape Beyond, Frutopia	1 cup	251.0	127.0	32.0	0.0	0.0	32.0
Juice Drink, Grape, 10% juice, Hi-C	1 cup	236.0	98.0	25.9	0.0	0.0	25.9
Juice Drink, Grape, 9.5 fl oz pkg, Capri Sun	1 ea	211.0	110.0	28.0	0.0	0.0	28.0
Juice Drink, Grape, avg	1 cup	250.0	125.0	32.3	0.3	0.0	32.5
Juice Drink, Grape, Concord Punch, Minutemaide	1 cup	251.0	127.0	32.0	0.0	0.0	32.0
Juice Drink, Grape, low cal, avg	1 cup	240.0	43.0	11.3	0.0	0.0	11.3
Juice Drink, Grape, Shasta	1 1/2 cup	354.0	170.0	41.9	0.0	0.0	41.9
Juice Drink, Guava, w/vit C, avg	1/2 cup	126.0	66.0	16.8	0.1	0.1	16.9
Juice Drink, Lemon-Lime, Shasta	1 1/2 cup	360.0	90.0	23.0	0.0	0.0	23.0
Juice Drink, Maui Punch, 9.5 fl oz pkg, Capri Sun	1 ea	211.0	110.0	28.0	0.0	0.0	28.0
Juice Drink, Mtn Cooler, 9.5 fl oz pkg, Capri Sun	1 ea	210.0	100.0	26.0	0.0	0.0	26.0
Juice Drink, Orange Apricot, cnd, avg	1 cup	250.0	128.0	31.8	0.8	0.3	32.4
Juice Drink, Orange, 10% jce, 8.45 fl oz box, Hi-C	1 ea	250.0	120.0	33.9	0.0	0.0	33.9
Juice Drink, Orange, 9.5 fl oz pkg, Capri Sun	1 ea	211.0	100.0	26.0	0.0	0.0	26.0
Juice Drink, Orange, cnd, avg	1 cup	248.0	126.0	31.1	0.0	0.0	31.1
Juice Drink, Orange, conc, avg	1/8 cup	35.0	60.0	15.0	0.0	0.2	15.1
Juice Drink, Orange, dry mix, avg	3 tsp	24.0	88.0	21.1	0.0	0.0	21.1
Juice Drink, Orange, dry mix, sugar free, Tang	2 Tbs	15.0	30.0	6.0	0.0	0.0	6.0
Juice Drink, Orange, dry mix, Tang	2 Tbs	26.0	100.0	24.0	0.0	0.0	24.0
Juice Drink, Orange, prep f/dry mix, avg	1 cup	248.0	114.0	29.3	0.0	0.0	29.3
Juice Drink, Orange, Shasta	1 1/2 cup	360.0	90.0	23.0	0.0	0.0	23.0
Juice Drink, Pacific Cooler, 9.5 fl oz pkg, CapSun	1 ea	211.0	110.0	29.0	0.0	0.0	29.0
Juice Drink, Pineapple Grapefruit, cnd, avg	1 cup	250.0	118.0	29.0	0.5	0.3	29.4
Juice Drink, Pineapple Orange, cnd, avg	1 cup	250.0	125.0	29.5	3.3	0.0	31.5
Juice Drink, Pineapple, Shasta	1 1/2 cup	354.0	170.0	40.9	0.0	0.0	40.9
Juice Drink, Pink Lemonade Euphoria, Frutopia	1 cup	250.0	117.0	28.1	0.0	0.0	28.1
Juice Drink, Rasp Psychic Lemonade, Frutopia	1 cup	251.0	121.0	29.0	0.0	0.0	29.0
Juice Drink, Red Berry, 9.5 fl oz pkg, Capri Sun	1 ea	211.0	100.0	28.0	0.0	0.0	28.0
Juice Drink, Safari Punch, 9.5 fl oz pkg, CapSun	1 ea	210.0	100.0	25.0	0.0	0.0	25.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Juice Drink, Strawberry Passn Aware, Frutopia	1 cup	251.0	124.0	31.0	0.0	0.0	31.0
Juice Drink, Strawberry Passn Aware+Calc, Frutopia	1 cup	251.0	115.0	30.0	0.0	0.0	30.0
Juice Drink, Strwbry Cooler, 9.5 fl oz pkg, CapSun	1 ea	210.0	100.0	26.0	0.0	0.0	26.0
Juice Drink, Surfer Cooler, 9.5 fl oz pkg, CapSun	1 ea	210.0	100.0	27.0	0.0	0.0	27.0
Juice Drink, Tangerine Wavelength + Calc, Frutopia	1 cup	250.0	110.0	28.1	0.0	0.0	28.1
Juice Drink, Tangerine Wavelength, Frutopia	1 cup	250.0	119.0	29.1	0.0	0.0	29.1
Juice Drink, Trop Punch, 10%jce, 8.45fl oz bx, HiC	1 ea	250.0	120.0	31.1	0.0	0.0	31.1
Juice Drink, Tropical Consideration, Frutopia	1 cup	251.0	75.0	19.0	0.0	0.0	19.0
Juice Drink, Watermln Rpd,10%jc, 8.45fl oz bx, HiC	1 ea	251.0	130.0	33.1	0.0	0.0	33.1
Juice Drink, Wild Cherry, 9.5 fl oz pkg, Capri Sun	1 ea	212.0	110.0	30.0	0.0	0.0	30.0
Juice Drink, Yo Yogi Berry, 9.5 fl oz pkg, Cap Sun	1 ea	210.0	100.0	27.0	0.0	0.0	27.0
Juice, Acerola, fresh, avg	1/2 cup	121.0	28.0	5.8	0.5	0.4	6.2
Juice, Apple Cherry, avg	1/2 cup	125.0	59.0	14.6	0.4	0.2	14.9
Juice, Apple Grape Raspberry, avg	1/2 cup	125.0	65.0	15.9	0.6	0.3	16.3
Juice, Apple Grape, avg	1/2 cup	122.0	65.0	15.8	0.3	0.1	16.0
Juice, Apple Raspberry, avg	1/2 cup	120.0	54.0	13.1	0.1	0.2	13.2
Juice, Apple, cnd/btld, avg	1/2 cup	124.0	58.0	14.5	0.1	0.1	14.6
Juice, Apple, cnd/btld, w/vit C, avg	1/2 cup	124.0	58.0	14.5	0.1	0.1	14.6
Juice, Apple, conc, avg	1/4 cup	70.0	116.0	28.7	0.4	0.3	29.0
Juice, Apple, conc, prep w/water, avg	1/2 cup	120.0	56.0	13.8	0.2	0.1	13.9
Juice, Apple, conc, w/vit C, avg	1/4 cup	70.0	116.0	28.7	0.4	0.3	29.0
Juice, Apricot Nectar, cnd, avg	1/2 cup	126.0	71.0	18.1	0.5	0.1	18.4
Juice, Apricot Nectar, cnd, w/vit C, avg	1/2 cup	126.0	71.0	18.1	0.5	0.1	18.4
Juice, Banana Nectar, avg	1/2 cup	125.0	89.0	22.7	0.5	0.2	23.1
Juice, Black Currant Nectar, avg	1/2 cup	125.0	69.0	16.8	0.5	0.0	17.1
Juice, Cantaloupe Nectar, avg	1/2 cup	125.0	75.0	19.2	0.4	0.1	19.5
Juice, Cranberry Apricot, avg	1/2 cup	122.0	78.0	19.8	0.2	0.0	19.9
Juice, Cranberry Cocktail, avg	1/2 cup	126.0	72.0	18.1	0.0	0.1	18.1
Juice, Cranberry Cocktail, conc, avg	1/4 cup	72.0	145.0	37.1	0.0	0.0	37.1
Juice, Cranberry Cocktail, low cal, btld, avg	1/2 cup	118.0	22.0	5.5	0.0	0.0	5.5
Juice, Cranberry Cocktail, reconstituted, avg	1/2 cup	125.0	69.0	17.5	0.0	0.0	17.5
Juice, Cranberry Grape, avg	1/2 cup	122.0	68.0	17.1	0.2	0.1	17.2
Juice, Granadilla, fresh, avg	1/2 cup	125.0	75.0	17.1	1.0	0.5	17.8
Juice, Grape, cnd/btld, avg	1/2 cup	126.0	77.0	18.9	0.7	0.1	19.3
Juice, Grape, conc, swtnd, w/vit C, avg	1/4 cup	71.0	127.0	31.5	0.5	0.2	31.9
Juice, Grape, prep f/conc, swtnd, w/vit C, avg	1/2 cup	125.0	64.0	16.0	0.2	0.1	16.1
Juice, Grapefruit, cnd, avg	1/2 cup	124.0	47.0	11.1	0.6	0.1	11.5
Juice, Grapefruit, conc, avg	1/4 cup	68.0	99.0	23.5	1.3	0.3	24.4
Juice, Grapefruit, fresh, avg	1/2 cup	124.0	48.0	11.4	0.6	0.1	11.8

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Juice, Grapefruit, pink, cnd, avg	1/2 cup	124.0	47.0	11.1	0.6	0.1	11.5
Juice, Grapefruit, pink, cnd, swtnd, avg	1/2 cup	124.0	57.0	13.8	0.7	0.1	14.2
Juice, Grapefruit, prep f/conc, avg	1/2 cup	124.0	51.0	12.1	0.7	0.2	12.6
Juice, Grapefruit, swtnd, cnd, avg	1/2 cup	125.0	58.0	13.9	0.7	0.1	14.3
Juice, Guava Nectar, avg	1/2 cup	125.0	75.0	18.1	0.1	0.1	18.2
Juice, Lemon, btld, avg	1/2 cup	122.0	26.0	7.9	0.5	0.4	8.3
Juice, Lemon, fresh, avg	1/2 cup	122.0	31.0	10.5	0.5	0.0	10.8
Juice, Lemon, fzn, avg	1/2 cup	122.0	27.0	7.9	0.6	0.4	8.4
Juice, Lime, btld, avg	1/2 cup	123.0	26.0	8.2	0.3	0.3	8.5
Juice, Lime, fresh, avg	1/2 cup	123.0	33.0	11.1	0.5	0.1	11.4
Juice, Mango Nectar, avg	1/2 cup	125.0	74.0	19.1	0.3	0.1	19.3
Juice, Orange Banana, avg	1/2 cup	125.0	71.0	17.4	0.1	0.2	17.5
Juice, Orange Grapefruit, cnd, avg	1/2 cup	124.0	53.0	12.8	0.7	0.1	13.2
Juice, Orange, chilled, avg	1/2 cup	124.0	55.0	12.5	0.1	0.3	12.6
Juice, Orange, cnd, avg	1/2 cup	124.0	52.0	12.2	0.7	0.2	12.7
Juice, Orange, conc, avg	1/4 cup	70.0	111.0	26.7	1.7	0.1	27.7
Juice, Orange, fresh, avg	1/2 cup	124.0	56.0	12.9	0.9	0.2	13.5
Juice, Orange, prep f/conc, avg	1/2 cup	124.0	56.0	13.4	0.8	0.1	13.9
Juice, Papaya Nectar, cnd, avg	1/2 cup	125.0	71.0	18.1	0.2	0.2	18.3
Juice, Peach Nectar, cnd, avg	1/2 cup	124.0	67.0	17.2	0.3	0.0	17.4
Juice, Pear Nectar, cnd, avg	1/2 cup	125.0	75.0	19.8	0.1	0.0	19.9
Juice, Pineapple Orange Banana, avg	1/2 cup	125.0	64.0	15.5	0.7	0.1	15.9
Juice, Pineapple, cnd, avg	1/2 cup	125.0	70.0	17.3	0.4	9.1	19.8
Juice, Pineapple, conc, avg	1/4 cup	71.0	127.0	31.5	0.9	0.1	32.1
Juice, Pineapple, prep f/conc, avg	1/2 cup	125.0	65.0	16.0	0.5	0.0	16.3
Juice, Pomegranate, fresh, avg	1/2 cup	125.0	55.0	14.5	0.3	0.0	14.7
Juice, Prune, 100%, reconstituted, Chef America	1/2 cup	127.0	90.0	22.0	0.0	0.0	22.0
Juice, Prune, btld, avg	1/2 cup	128.0	91.0	22.4	0.8	0.0	22.9
Juice, Purple Passion Fruit, fresh, avg	1/2 cup	124.0	63.0	16.9	0.5	0.1	17.2
Juice, Red Currant Nectar, avg	1/2 cup	125.0	68.0	16.5	0.5	0.0	16.8
Juice, Strawberry, avg	1/2 cup	118.0	35.0	8.3	0.7	0.5	8.8
Juice, Tangelo, fresh, avg	1/2 cup	125.0	51.0	12.1	0.6	0.1	12.5
Juice, Tangerine, cnd, swtnd, avg	1/2 cup	124.0	62.0	14.9	0.6	0.2	15.3
Juice, Tangerine, conc, swtnd, avg	1/4 cup	71.0	114.0	27.6	1.1	0.3	28.3
Juice, Tangerine, fresh, avg	1/2 cup	124.0	53.0	12.5	0.6	0.2	12.9
Juice, Tangerine, prep f/conc, swtnd, avg	1/2 cup	124.0	57.0	13.8	0.5	0.1	14.1
Juice, Tomato, cnd, unsalted, avg	1/2 cup	122.0	21.0	5.2	0.9	0.1	5.8
Juice, Tomato, cnd, w/salt, avg	1/2 cup	122.0	21.0	5.2	0.9	0.1	5.8
Juice, Tomato, w/beef broth, cnd, avg	1/2 cup	122.0	45.0	10.4	0.7	0.1	10.8

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Juice, Tomato, w/clam juice, cnd, avg	1/2 cup	122.0	59.0	13.4	0.7	0.2	13.9
Juice, Vegetable, cocktail, cnd, avg	1/2 cup	121.0	23.0	5.5	0.8	0.1	6.0
Juice, Vegetable, V 8, 100%, Cambell's	1/2 cup	122.0	25.0	5.0	0.5	0.0	5.3
Juice, Vegetable, V 8, Lightly Tangy, Cambell's	1/2 cup	122.0	30.0	5.5	1.0	0.0	6.1
Juice, Vegetable, V 8, low sod, Cambell's	1/2 cup	122.0	30.0	5.5	1.0	0.0	6.1
Juice, Yellow Passion Fruit, avg	1/2 cup	124.0	74.0	17.1	0.8	0.2	17.6
Jujube Fruit, Dried, avg	1 oz	28.0	80.0	20.6	1.0	0.3	21.3
Jujube Fruit, Raw, avg	1 oz	28.0	22.0	5.7	0.3	0.1	5.9
Jute/Potherb, Cooked, avg	1/2 cup	44.0	16.0	3.2	1.6	0.1	4.2
Jute/Potherb, Raw, avg	1/2 cup	14.0	5.0	0.8	0.7	0.0	1.2
Kale, Cooked, drnd, unsalted, avg	1/2 cup	65.0	18.0	3.7	1.2	0.3	4.5
Kale, Frozen, ckd, avg	1/2 cup	65.0	19.0	3.4	1.8	0.3	4.6
KALE, RAW	3.5 OZ	100.0	38.0	6.0	4.2	0.8	8.7
Kale, Raw, chpd, avg	1 cup	67.0	34.0	6.7	2.2	0.5	8.1
Kefir, avg	1 cup	117.0	75.0	5.6	3.9	4.1	9.0
KFC BREAST, EX. CRISPY	1 PIECE	85.0	286.0	14.1	17.2	17.8	28.9
KFC BREAST, ORIG. REC.	1 PIECE	69.0	199.0	7.1	16.2	11.7	19.7
KFC COLESLAW	1 SERVING	91.0	121.0	12.7	0.9	7.5	15.1
KFC CORN ON THE COB	1 COB	135.0	169.0	31.2	4.6	2.8	34.7
KFC DRUMSTICK, EX. CRISPY	1 PIECE	58.0	155.0	5.1	13.3	9.0	15.3
KFC DRUMSTICK, ORIG. REC.	1 PIECE	47.0	117.0	2.6	12.1	6.5	11.5
KFC FRENCH FRIES		99.0	184.0	27.7	3.2	6.7	31.3
KFC GRAVY	1 SERVING	14.0	23.0	1.3	0.4	1.8	2.0
KFC MASHED POTATOES	1 SERVING	85.0	64.0	12.2	1.5	0.9	13.3
KFC ROLLS	1 ROLL	21.0	61.0	10.9	1.8	1.1	12.3
KFC THICH, EX. CRISPY	1 PIECE	107.0	343.0	12.6	20.4	23.4	30.7
KFC THIGH, ORIG. REC.	1 PIECE	88.0	257.0	6.5	18.4	17.5	21.9
KFC WING, EX. CRISPY	1 PIECE	53.0	201.0	8.7	11.2	13.5	18.8
KFC WING, ORIG. REC.	1 PIECE	42.0	136.0	4.2	9.6	9.0	12.2
KIDNEY BEANS, COOKED	2/5 CUP	100.0	118.0	21.4	7.8	0.5	26.2
Kids Meal, Beef Patties, Meal Belly Bust, Swanson	1 ea	227.0	480.0	57.0	20.0	19.0	73.8
Kids Meal, Breakfast, Five Waffle Sticks, Swnsn	1 ea	78.0	330.0	39.0	4.0	17.0	45.7
Kids Meal, Breakfast, French Toast Stck, Swnsn	1 ea	106.0	310.0	41.0	7.0	14.0	48.7
Kids Meal, Breakfast, Six Mini Pancakes, Swnsn	1 ea	120.0	320.0	54.0	7.0	8.0	60.2
Kids Meal, Chicken, Chompin' Chic Drumlets, Swnsn	1 ea	255.0	490.0	51.0	16.0	25.0	66.9
Kids Meal, Chicken, Frazzlin' Fried Chicken, Swnsn	1 ea	281.0	580.0	53.0	23.0	31.0	74.6
Kids Meal, Chicken, Fried, Kids Cuisine	1 ea	286.0	440.0	48.0	19.0	20.0	64.4
Kids Meal, Chicken, Nuggets, Kids Cuisine	1 ea	241.0	360.0	46.0	14.0	13.0	57.7
Kids Meal, Fish Sticks, Kid Cuisine	1 ea	241.0	340.0	54.0	11.0	9.0	62.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Kids Meal, Fish Sticks, Swanson	1 ea	198.0	370.0	48.0	12.0	14.0	58.7
Kids Meal, Macaroni&Cheese, w/franks, Kids Cuisine	1 ea	255.0	380.0	55.0	9.0	14.0	63.9
Kids Meal, Pizza, Cheese, Kids Cuisine	1 ea	194.0	320.0	53.0	10.0	8.0	61.0
Kids Meal, Pizza, Cheese, Swanson	1 ea	224.0	350.0	57.0	11.0	9.0	65.9
Kids Meal, Pizza, Hamburger, Kids Cuisine	1 ea	194.0	330.0	50.0	12.0	9.0	59.5
Kids Meal, Sandwich, Beef Patty, w/chs, Kids Csn	1 ea	177.0	270.0	40.0	10.0	7.0	47.8
Kids Meal, Sandwich, Beef Patty, w/chs, Kids Csn	1 ea	177.0	270.0	40.0	10.0	7.0	47.8
Kids Meal, Sandwich, Chicken, Kids Cuisine	1 ea	234.0	440.0	63.0	15.0	14.0	75.5
Kids Meal, Sandwich, Chicken, Kids Cuisine	1 ea	234.0	440.0	63.0	15.0	14.0	75.5
Kids Meal, Sandwich, Grilled Cheese, Swanson	1 ea	184.0	490.0	60.0	12.0	22.0	72.7
Kids Meal, Sandwich, Wobblin Wheels&Chs, Swnsn	1 ea	312.0	370.0	59.0	12.0	10.0	68.7
Kids Meal, Spaghetti, Razzlin' Rings, Swanson	1 ea	340.0	390.0	60.0	12.0	11.0	70.0
Kiwi, Dried, EH Worley & Company	1 ea	10.0	28.0	7.1	0.4	0.3	7.4
Kiwi, Raw, medium, avg	1 ea	74.0	50.0	12.0	1.0	0.5	12.7
KIWIFRUIT	1 MEDIUM	76.0	46.0	11.3	0.8	0.3	11.9
Kohlrabi, Cooked, drnd, unsalted, avg	1/2 cup	82.0	24.0	5.5	1.5	0.1	6.4
Kohlrabi, Raw, avg	1/2 cup	68.0	18.0	4.2	1.2	0.1	4.9
KRYSTAL CHILI	LARGE		327.0	41.0	16.0	12.0	53.6
KRYSTAL CHILI	REGULAR SIZE		218.0	27.0	11.0	8.0	35.6
KRYSTAL FRENCH FRIES	SMALL		262.0	33.0	3.0	13.0	38.1
KRYSTAL FRENCH FRIES	REGULAR SIZE		358.0	45.0	4.0	18.0	51.9
KRYSTAL SANDWICH	ONE		158.0	16.0	10.0	7.0	23.8
KRYSTAL, CHEESE KRYSTAL	ONE		187.0	16.0	11.0	10.0	25.1
KRYSTAL, DOUBLE CHEESE KRYSTAL	ONE		337.0	25.0	21.0	19.0	42.4
KRYSTAL, DOUBLE KRYSTAL	ONE		227.0	24.0	18.0	14.0	38.3
Kumquats, Canned, avg	1 oz	28.0	39.0	9.9	0.1	0.1	10.0
Kumquats, Raw, avg	1 ea	19.0	12.0	3.1	0.2	0.0	3.2
Kung Pou Chicken, avg	1 cup	162.0	408.0	11.3	27.1	28.6	34.7
La Fiesta, Meal in a Cup, Casbah Sahara	1/2 cup	124.0	76.0	14.7	2.7	0.3	16.4
Lamb & Noodles, w/Gravy, avg	1 cup	249.0	356.0	26.8	22.0	17.4	44.3
Lamb & Potatoes, w/Gravy, avg	1 cup	252.0	255.0	19.8	20.4	10.1	34.6
Lamb & Potatoes, w/Tomato Sauce, avg	1 cup	252.0	265.0	21.9	20.8	10.2	36.9
Lamb, Average, 1/8" fat trim, ckd	3 oz	85.0	230.0	0.0	21.7	15.3	16.8
Lamb, Average, 1/8" fat trim, raw	4 oz	113.0	275.0	0.0	19.8	21.1	17.2
Lamb, Brains, brsd	3 oz	85.0	123.0	0.0	10.7	8.7	8.6
Lamb, Brains, raw	4 oz	113.0	138.0	0.0	11.8	9.7	9.5
Lamb, Fat, ckd	1 oz	28.0	164.0	0.0	2.7	16.9	5.8
Lamb, Fat, raw	1 oz	28.0	179.0	0.0	1.9	18.9	5.9
Lamb, Foreshank, 1/8" fat trim, brsd	3 oz	85.0	207.0	0.0	24.1	11.5	17.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Lamb, Foreshank, 1/8" fat trim, raw	4 oz	113.0	227.0	0.0	21.4	15.1	16.6
Lamb, Ground, 20% fat, brld	3 oz	85.0	241.0	0.0	21.1	16.7	16.8
Lamb, Ground, 23% fat, raw	4 oz	113.0	319.0	0.0	18.8	26.4	17.9
Lamb, Heart, brsd	3 oz	85.0	157.0	1.6	21.3	6.7	16.1
Lamb, Heart, raw	4 oz	113.0	138.0	0.2	18.6	6.4	13.0
Lamb, Kheema, avg	3 oz	85.0	264.0	1.6	16.7	21.2	16.9
Lamb, Kidneys, brsd	3 oz	85.0	116.0	0.8	20.1	3.1	13.6
Lamb, Kidneys, raw	4 oz	113.0	110.0	0.9	17.7	3.3	12.3
LAMB, LEAN, LEG, ROASTED	3.5 OZ	100.0	242.0	0.0	20.6	14.5	16.0
Lamb, Leg, shank, 1/8" fat trim, raw	4 oz	113.0	209.0	0.0	21.5	12.1	15.9
Lamb, Leg, shank, 1/8" fat trim, rstd	3 oz	85.0	184.0	0.0	22.7	9.7	16.0
Lamb, Leg, sirloin, 1/8" fat trim, raw	4 oz	113.0	295.0	0.0	19.4	23.5	17.5
Lamb, Leg, sirloin, 1/8" fat trim, rstd	3 oz	85.0	241.0	0.0	21.3	16.7	17.0
Lamb, Leg, whole, 1/8" fat trim, raw	4 oz	113.0	236.0	0.0	20.9	16.3	16.6
Lamb, Leg, whole, 1/8" fat trim, rstd	3 oz	85.0	206.0	0.0	22.3	12.2	16.4
Lamb, Liver, brsd	3 oz	85.0	187.0	2.2	26.0	7.5	19.7
Lamb, Liver, raw	4 oz	113.0	157.0	2.0	23.1	5.7	17.3
Lamb, Loaf, avg	1 pce	108.0	198.0	8.6	14.4	11.4	20.1
Lamb, Loin, steak, 1/8" fat trim, brld	1 ea	53.0	157.0	0.0	13.8	10.9	11.0
Lamb, Loin, steak, 1/8" fat trim, raw	1 ea	79.0	220.0	0.0	13.6	18.0	12.7
Lamb, Lungs, brsd	3 oz	85.0	96.0	0.0	16.9	2.6	10.8
Lamb, Lungs, raw	4 oz	113.0	107.0	0.0	18.9	2.9	12.1
Lamb, Pancreas, brsd	3 oz	85.0	199.0	0.0	19.4	12.8	14.8
Lamb, Pancreas, raw	4 oz	113.0	172.0	0.0	16.7	11.1	12.8
Lamb, Rib, 1/8" fat trim, brld	3 oz	85.0	289.0	0.0	19.6	22.8	17.5
Lamb, Rib, 1/8" fat trim, raw	4 oz	113.0	386.0	0.0	17.3	34.7	19.1
Lamb, Rib, 1/8" fat trim, rstd	3 oz	85.0	290.0	0.0	18.5	23.4	16.9
Lamb, Shoulder, arm, steak, 1/8" fat trim, brld	1 ea	84.0	205.0	0.0	14.4	15.9	12.6
Lamb, Shoulder, arm, steak, 1/8" fat trim, brld	3 oz	85.0	229.0	0.0	21.2	15.4	16.6
Lamb, Shoulder, arm, steak, 1/8" fat trim, brsd	3 oz	85.0	286.0	0.0	26.4	19.3	20.7
Lamb, Shoulder, blade, 1/8" fat trim, brld	3 oz	85.0	227.0	0.0	19.1	15.7	15.4
Lamb, Shoulder, blade, 1/8" fat trim, brsd	3 oz	85.0	288.0	0.0	24.6	20.3	19.8
Lamb, Shoulder, blade, 1/8" fat trim, raw	4 oz	113.0	276.0	0.0	19.2	21.5	16.9
Lamb, Shoulder, blade, 1/8" fat trim, rstd	3 oz	85.0	230.0	0.0	19.2	16.3	15.6
Lamb, Shoulder, whole, 1/8" fat trim, brld	3 oz	85.0	228.0	0.0	20.2	15.6	16.0
Lamb, Shoulder, whole, 1/8" fat trim, brsd	3 oz	85.0	287.0	0.0	25.1	20.1	20.1
Lamb, Shoulder, whole, 1/8" fat trim, raw	4 oz	113.0	276.0	0.0	19.3	21.5	17.0
Lamb, Shoulder, whole, 1/8" fat trim, rstd	3 oz	85.0	229.0	0.0	19.3	16.2	15.6
Lamb, Spleen, brsd	3 oz	85.0	133.0	0.0	22.5	4.1	14.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Lamb, Spleen, raw	4 oz	113.0	114.0	0.0	19.4	3.5	12.5
Lamb, Tongue, brsd	3 oz	85.0	234.0	0.0	18.4	17.3	15.4
Lamb, Tongue, raw	4 oz	113.0	251.0	0.0	17.7	19.4	15.5
Lasagna Dinner, Tuna, low cal, fzn, avg	1 ea	276.0	276.0	32.4	19.2	7.7	45.8
Lasagna Dinner, Veal, low cal, fzn, avg	1 ea	291.0	271.0	29.8	22.4	7.1	45.0
Lasagna Dinner, Vegetable, fzn, avg	1 ea	312.0	371.0	32.6	14.1	21.7	46.5
Lasagna Dinner, Zucchini, low cal, fzn, avg	1 ea	312.0	300.0	39.8	17.5	8.6	52.4
LASAGNA, CHEESE, FRZN, STOUFFER	10 1/2 OZ	298.0	385.0	36.0	28.0	14.0	56.3
Lasagna, Garden, Weight Watchers	1 ea	312.0	230.0	30.0	17.0	5.0	41.5
Lasagna, Healthy Choice	1 ea	397.0	290.0	48.7	13.5	4.1	57.8
Lasagna, Italian Sausage, Budget Gourmet	1 ea	284.0	420.0	38.0	20.0	20.0	55.0
Lasagna, Three Cheese, Budget Gourmet	1 ea	284.0	400.0	38.0	22.0	17.0	55.5
Lasagna, Tuna, Lean Cuisine	1 ea	276.0	230.0	29.0	14.0	6.0	38.9
Lasagna, Vegetable, Banquet	1 ea	298.0	260.0	41.0	11.0	6.0	49.1
Lasagna, w/Meat Sauce, Banquet	1 cup	227.0	240.0	32.0	12.0	7.0	41.0
Lasagna, w/Meat Sauce, Slim Select	1 ea	284.0	290.0	32.0	18.0	10.0	45.3
LASAGNE W/MEAT, FRZN, SWANSON	12 1/4 OZ	347.0	490.0	54.0	25.0	20.0	74.0
Leeks, Cooked, drnd, unsalted, avg	1/2 cup	52.0	16.0	3.1	0.4	0.1	3.4
LEEEKS, RAW	3-4 MEDIUM	100.0	52.0	11.2	2.2	0.3	12.6
Leeks, Raw, chpd, avg	1/2 cup	44.0	27.0	6.2	0.7	0.1	6.6
Lemon Bar, Gold Medal	1 ea	57.0	249.0	45.8	2.1	5.1	48.3
Lemon Grass, Leaves, avg	1 oz	28.0	18.0	3.1	0.4	0.4	3.4
LEMON JUICE	8 OZ	244.0	60.0	21.1	0.9	0.0	21.6
Lemon Lime Drink, low cal, dry mix, Crystal Lt	1/2 tsp	2.0	6.0	0.0	0.0	0.0	0.0
Lemon Lime Drink, low cal, prep, Crystal Lt	1 cup	239.0	5.0	0.0	0.0	0.0	0.0
LEMON, FRESH	1 MEDIUM	58.0	17.0	5.4	0.6	0.2	5.8
Lemon, Fresh, w/o peel, avg	1 ea	58.0	17.0	5.4	0.6	0.2	5.8
Lemon, Fresh, w/peel, avg	1 ea	108.0	22.0	11.6	1.3	0.3	12.5
Lemon, Peel, candied, avg	1 oz	28.0	88.0	22.6	0.1	8.4	24.8
Lemonade, conc, avg	1/8 cup	36.0	65.0	16.1	0.1	0.1	16.2
Lemonade, Fresh Strawberry, Sun Orchard	1 cup	264.0	100.0	25.0	0.0	0.0	25.0
Lemonade, Fresh, Sun Orchard	1 cup	264.0	110.0	28.0	0.0	0.0	28.0
Lemonade, low cal, dry mix, Crystal Lt	1/2 tsp	2.0	5.0	0.0	0.0	0.0	0.0
Lemonade, low cal, prep, Country Time	1 cup	237.0	5.0	1.2	0.0	0.0	1.2
Lemonade, low cal, prep, Crystal Lt	1 cup	239.0	5.0	0.0	0.0	0.0	0.0
Lemonade, Pink, conc, avg	1/8 cup	36.0	65.0	16.1	0.1	0.1	16.2
Lemonade, Pink, prep f/conc, avg	1 cup	247.0	99.0	25.9	0.2	0.0	26.0
Lemonade, prep f/conc, avg	1 cup	248.0	99.0	26.0	0.2	0.0	26.1
Lemonade, prep, low cal, avg	1 cup	240.0	43.0	11.3	0.0	0.0	11.3

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Lemonade, Shasta	1 1/2 cup	354.0	170.0	41.9	0.0	0.0	41.9
Lemonade, sugar free, dry mix, Country Time	1/2 tsp	2.0	5.0	0.0	0.0	0.0	0.0
Lemonade, sugar free, prep, Country Time	1 cup	239.0	5.0	0.0	0.0	0.0	0.0
Lemonade, sugar swtnd, dry pkt, County Time	1 ea	18.0	70.0	17.0	0.0	0.0	17.0
Lemonade, sugar swtnd, prep, Country Time	1 cup	255.0	70.0	17.0	0.0	0.0	17.0
LENTILS, COOKED	2/3 CUP	100.0	106.0	19.3	7.8	0.0	24.0
Lentils, Cooked, avg	1/2 cup	99.0	115.0	19.9	8.9	0.4	25.3
Lentils, Raw, avg	1/2 cup	96.0	324.0	54.8	26.1	0.9	70.7
Lettuce, Butterhead, avg	1 cup	56.0	7.0	1.3	0.7	0.1	1.7
LETTUCE, ICEBERG	3.5 OZ	100.0	13.0	2.9	0.9	0.1	3.5
Lettuce, Iceberg, avg	1 cup	55.0	7.0	1.1	0.6	0.1	1.5
Lettuce, Looseleaf, avg	1 cup	56.0	10.0	1.1	0.7	0.2	1.6
Lettuce, Mixed Salad Greens, raw, avg	1 cup	55.0	9.0	1.6	0.9	0.1	2.2
Lettuce, Romaine, avg	1 cup	56.0	8.0	1.3	0.9	0.1	1.9
Licorice Powder, avg	1/4 oz	7.0	15.0	3.1	0.4	0.1	3.4
LIMA BEANS, COOKED	5/8 CUP	100.0	111.0	19.8	7.6	0.5	24.5
LIME JUICE	8 OZ	246.0	66.0	22.2	1.1	0.3	22.9
LIME, FRESH	1 MEDIUM	67.0	20.0	7.1	0.5	0.1	7.4
Lime, Fresh, w/o peel, avg	1 ea	67.0	20.0	7.0	0.5	0.1	7.3
Limeade, conc, avg	1/8 cup	36.0	67.0	17.8	0.1	0.0	17.9
Limeade, prep f/conc, avg	1 cup	247.0	101.0	27.2	0.0	0.0	27.2
Ling Fish, bkd, fillet, avg	1 ea	151.0	168.0	0.0	36.8	1.2	22.4
Ling Fish, raw, fillet, avg	1 ea	193.0	168.0	0.0	36.7	1.2	22.3
Lingcod Fish, bkd, fillet, avg	1 ea	302.0	329.0	0.0	68.3	4.1	42.0
Lingcod Fish, raw, fillet, avg	1 ea	386.0	328.0	0.0	68.3	4.1	42.0
LINGUINI WITH CLAM SAUCE, LEAN CUISINE	9.6 OZ. ENTREE	272.0	260.0	32.0	16.0	7.0	43.4
LINGUINI WITH SHRIMP, HEALTHY CHOICE	9.5 OZ. ENTREE	269.0	230.0	40.0	12.0	2.0	47.7
Liqueur, Amaretto, avg, 1.5 fl oz	1 ea	30.0	106.0	13.3	0.0	0.1	13.3
Liqueur, Anisette, avg 1.5 fl oz	1 ea	30.0	106.0	13.3	0.0	0.1	13.3
Liqueur, Cherry Brandy, avg, 1.5 fl oz	1 ea	48.0	122.0	15.6		0.0	15.6
Liqueur, Coffee, avg, 1.5 fl oz	1 ea	52.0	175.0	24.3	0.1	0.2	24.4
Liqueur, Coffee, w/cream, avg, 1.5 fl oz	1 ea	47.0	154.0	9.8	1.3	7.4	12.4
Liqueur, Crème De Menthe, avg, 1.5 fl oz	1 ea	50.0	186.0	20.8	0.0	0.2	20.8
Liqueur, Drambuie, avg, 1.5 fl oz	1 ea	30.0	106.0	13.3	0.0	0.1	13.3
Liqueur, Grenadine, avg, 1.5 fl oz	1 ea	30.0	106.0	13.3	0.0	0.1	13.3
Liqueur, Kahlua, avg, 1.5 fl oz	1 ea	30.0	106.0	13.3	0.0	0.1	13.3
Liqueur, Lime, avg, 1.5 fl oz	1 ea	57.0	64.0	16.1	0.1	0.0	16.2
Liqueur, Sloe Gin, avg, 1.5 fl oz	1 ea	30.0	106.0	13.3	0.0	0.1	13.3
Liqueur, Tia Maria, avg, 1.5 fl oz	1 ea	30.0	106.0	13.3	0.0	0.1	13.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Liqueur, Triple Sec, avg, 1.5 fl oz	1 ea	30.0	106.0	13.3	0.0	0.1	13.3
Liver Cheese Lunchmeat, avg	1 pce	38.0	116.0	0.8	5.8	9.7	6.7
Liver, Chopped, avg	1 cup	208.0	460.0	5.6	26.8	35.9	30.7
Liverwurst, avg	1 pce	18.0	59.0	0.4	2.5	5.1	3.2
Lo Mein, w/Meat, avg	3 oz	85.0	122.0	13.4	7.2	4.3	18.8
Lo Mein, w/o Meat, avg	3 oz	85.0	57.0	11.4	2.6	0.3	13.0
Loaf Lunchmeat, Beef & Pork Barbeque, avg	1 pce	23.0	40.0	1.5	3.6	2.0	4.2
Loaf Lunchmeat, Beef, slice, avg	1 pce	28.0	86.0	0.8	4.0	7.3	5.0
Loaf Lunchmeat, Chicken Olive, Oscar Mayer	1 pce	28.0	74.0	1.9	2.8	6.1	5.1
Loaf Lunchmeat, Corned Beef, jellied, avg	1 pce	28.0	43.0	0.0	6.4	1.7	4.3
Loaf Lunchmeat, Ham & Cheese, avg	1 pce	28.0	73.0	0.4	4.6	5.7	4.6
Loaf Lunchmeat, Ham Honey, Oscar Mayer	1 pce	28.0	33.0	1.1	5.1	1.0	4.4
Loaf Lunchmeat, Ham Olive, avg	1 pce	28.0	66.0	2.6	3.3	4.6	5.7
Loaf Lunchmeat, Mothers, beef & pork, avg	1 pce	21.0	59.0	1.6	2.5	4.7	4.3
Loaf Lunchmeat, Old Fashioned, Oscar Mayer	1 pce	28.0	65.0	2.2	3.7	4.6	5.6
Loaf Lunchmeat, Peppered, avg	1 pce	28.0	41.0	1.3	4.8	1.8	4.6
Loaf Lunchmeat, Pickle/Pimiento, w/chick, Osc Myr	1 pce	28.0	75.0	2.6	2.7	6.1	5.7
Loaf Lunchmeat, Pickle/Pimiento, w/pork, avg	1 pce	28.0	73.0	1.7	3.2	5.9	5.1
Loaf Lunchmeat, Picnic, beef & pork, avg	1 pce	28.0	65.0	1.3	4.2	4.6	5.0
LOBSTER NEWBERG	7 OZ	200.0	388.0	10.2	37.0	21.2	37.7
Lobster Newberg, avg	1 cup	244.0	612.0	11.7	29.8	49.8	42.0
Lobster, battered, fried, avg	1 cup	145.0	306.0	11.3	27.6	16.1	31.9
Lobster, bkd/brld, avg	1 cup	145.0	168.0	1.8	28.8	4.4	20.2
LOBSTER, BROILED W/BUTTER	3/4 LB	334.0	308.0	0.8	20.0	24.9	19.0
Lobster, Northern, raw, avg	1 ea	150.0	135.0	0.8	28.2	1.4	18.1
Lobster, Northern, stmd, avg	1 cup	145.0	142.0	1.9	29.7	0.9	19.9
Lobster, Spiny, raw, avg	1 ea	209.0	234.0	5.1	43.1	3.2	31.8
Lobster, Spiny, stmd, avg	1 ea	163.0	233.0	5.1	43.0	3.2	31.7
Loganberries, Frozen, avg	1/2 cup	74.0	41.0	9.6	1.1	0.2	10.3
Longans, Canned, whole, avg	1 oz	28.0	18.0	4.6	8.4	0.1	9.7
Longans, Dried, avg	10 ea	30.0	86.0	22.2	1.5	0.1	23.1
Longans, Raw, avg	10 ea	30.0	18.0	4.5	0.4	0.0	4.7
Loquats, Canned, avg	1 oz	28.0	24.0	6.2	8.4	0.0	11.2
Loquats, Raw, medium, avg	1 ea	16.0	8.0	1.9	0.1	0.0	2.0
Lotus Root, Cooked, drnd, slcd, avg	1/2 cup	60.0	40.0	9.6	0.9	0.0	10.1
Lotus Root, Raw, slices, avg	10 ea	81.0	60.0	13.9	2.1	0.1	15.2
LUNCHMEAT, BEEF	1 SLICE	28.0	87.0	0.8	4.1	7.4	5.1
Lychees, Canned, in syrup, avg	1 oz	28.0	19.0	5.1	0.1		5.2
Lychees, Cooked/Canned, swtnd, avg	1 oz	28.0	25.0	6.5	0.1	0.1	6.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Lychees, Dried, avg	15 ea	30.0	83.0	21.2	1.1	0.4	22.0
Lychees, Raw, avg	3 ea	30.0	20.0	4.1	0.2	0.1	4.2
MACADAMIA NUTS, ROASTED	6 MEDIUM	15.0	109.0	1.5	1.4	11.7	5.3
Macaroni & Cheese, Banquet	1 cup	227.0	220.0	35.0	9.0	5.0	41.7
Macaroni & Cheese, Healthy Choice	1 ea	255.0	320.0	50.0	15.0	7.0	60.8
Macaroni & Cheese, Weight Watchers	1 ea	255.0	260.0	43.0	15.0	6.0	53.5
MACARONI 'N BEEF, CAN, FRANCO-A	7 1/2 OZ	210.0	220.0	30.0	8.0	8.0	36.8
MACARONI 'N CHEESE, FRZN, BANQUET	8 OZ	227.0	279.0	35.9	11.8	10.0	45.5
MACARONI, COOKED	3/5 CUP	90.0	102.0	21.0	3.6	0.4	23.3
Mace, ground, avg	1 tsp	2.0	9.0	1.0	0.1	0.6	1.2
Mackakscha, Ethiopian mixed spice, avg	1 tsp	4.0	12.0	2.4	0.3	0.4	2.7
MACKERAL, ATLANTIC, BROILED	4 OZ	130.0	300.0	0.0	28.3	20.5	22.1
Mackerel, Atlantic, bkd, fillet, avg	1 ea	88.0	231.0	0.0	21.0	15.7	16.5
Mackerel, Atlantic, raw, fillet, avg	1 ea	112.0	230.0	0.0	20.8	15.6	16.4
Mackerel, Atlantic/Pacific, ckd, avg	3 oz	85.0	212.0	0.0	21.3	13.2	16.1
Mackerel, Jack, cnd, drnd, avg	1 ea	361.0	563.0	0.0	83.8	22.7	56.0
Mackerel, King, bkd, fillet, avg	1 ea	308.0	413.0	0.0	80.1	7.9	50.0
Mackerel, King, raw, fillet, avg	1 ea	396.0	416.0	0.0	80.4	7.9	50.2
Mackerel, Pacific/Jack, bkd, fillet, avg	1 ea	176.0	354.0	0.0	45.2	17.8	31.6
Mackerel, Pacific/Jack, raw, fillet, avg	1 ea	225.0	356.0	0.0	45.2	17.8	31.6
Mackerel, patty, avg	1 ea	120.0	299.0	15.7	19.3	17.7	31.7
Mackerel, Spanish, bkd, fillet, avg	1 ea	146.0	231.0	0.0	34.5	9.2	23.0
Mackerel, Spanish, raw, fillet, avg	1 ea	187.0	260.0	0.0	36.1	11.8	24.6
Mahi Mahi, Dolphin Fish, bkd, fillet, avg	1 ea	159.0	173.0	0.0	37.7	1.4	23.0
Mahi Mahi, Dolphin Fish, raw, fillet, avg	1 ea	204.0	173.0	0.0	37.7	1.4	23.0
Malted Milk, dry pwd, Kraft	1 Tbs	7.0	30.0	5.0	1.0	0.7	5.8
Malted Milk, dry pwd, prep w/2% milk, Kraft	1 cup	264.0	210.0	27.0	11.0	7.0	35.4
MALT-O-MEAL, FLAVORED, COOKED	3/4 CUP	180.0	92.0	19.4	2.6	0.2	21.0
Mammy Apple, raw, avg	1 ea	846.0	431.0	105.8	4.2	4.2	109.4
Manapua, w/Meat, svg, avg	1 ea	93.0	214.0	21.4	10.8	8.1	29.9
Manapua, w/o Meat, svg, avg	1 ea	103.0	237.0	44.3	5.1	3.9	48.3
Mandarine Orange, Canned, avg	1/2 cup	125.0	46.0	11.1	0.8	0.0	11.6
Mango, Canned, in juice, avg	1 oz	28.0	12.0	3.3	0.0	0.1	3.3
Mango, Canned, in syrup, avg	1 oz	28.0	22.0	5.1	8.4		10.1
Mango, Chips, dry, avg	1 oz	28.0	90.0	24.5	0.4	0.3	24.8
Mango, Dried, Frieda's Specialty Produce	3 pce	30.0	98.0	24.0	0.0	0.8	24.2
Mango, Fresh, whole, avg	1 ea	207.0	135.0	35.2	1.1	0.6	36.0
MAPLE SYRUP	1 TBSP	20.0	50.0	12.8	0.0	0.0	12.8
MARGARINE	1 TBSP	5.0	34.0	0.0	0.0	3.8	1.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Margarine, Coconut/Safflower/Palm Oil, hard, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Corn Oil, hard, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Corn Oil, hard, soybean&cottonsd, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Corn Oil, hard, sybn&ctnsd, unsldt, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Corn Oil, soft, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Lard, hard, avg	1 tsp	5.0	37.0	0.0	0.0	4.0	1.0
Margarine, Liquid, Blue Bonnet	1 tsp	5.0	36.0	0.0	0.0	3.9	1.0
Margarine, Liquid, Parkay	1 tsp	5.0	36.0	0.0	0.1	4.0	1.1
Margarine, Palm Oil, hard, imitation, avg	1 tsp	5.0	17.0	0.0	0.0	1.9	0.5
Margarine, Reduced Fat, Saffola	1 tsp	5.0	21.0	0.0	0.0	3.0	0.8
Margarine, Reduced Fat, stick, Weight Watchers	1 tsp	5.0	21.0	0.0	0.0	2.5	0.6
Margarine, Safflower Oil, soft, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Safflower/Cottonsd/Pnut Oil, soft, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Safflower/Cttnsd/Soybean Oil, hard, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Safflower/Soybean Oil, hard, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Sodium Free, Weight Watchers	1 tsp	5.0	16.0	0.7	0.0	1.4	1.0
Margarine, Soft, Blue Bonnet	1 tsp	5.0	36.0	0.0	0.0	3.9	1.0
Margarine, Soft, diet, Parkay	1 tsp	5.0	18.0	0.0	0.0	2.1	0.5
Margarine, Soft, Fleischmann's	1 tsp	5.0	39.0	0.0	0.0	4.6	1.1
Margarine, Soft, Kraft	1 tsp	5.0	36.0	0.0	0.0	3.9	1.0
Margarine, Soft, Parkay	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Soft, Saffola	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Soft, spread, Shedd's	1 tsp	5.0	21.0	0.0	0.0	1.9	0.5
Margarine, Soft, unsalted, Saffola	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Soybean Oil, hard, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Soybean Oil, soft, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Soybean Oil, soft, unsalted, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Soybean/Cottonseed Oil, hard, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Soybean/Cottonseed Oil, hard, imit, avg	1 tsp	5.0	17.0	0.0	0.0	1.9	0.5
Margarine, Soybean/Cottonseed Oil, soft, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Soybean/Palm Oil, hard, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Soybean/Palm Oil, soft, avg	1 tsp	5.0	27.0	0.0	0.0	3.0	0.8
Margarine, Soybean/Safflower Oil, soft, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Stick, Parkay	1 tsp	5.0	32.0	0.0	0.0	3.6	0.9
Margarine, Sunflower Oil, hard, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Sunflower/Cttnsd/Peanut Oil, soft, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Tub, Fleishmann's	1 tsp	5.0	17.0	0.0	0.0	1.9	0.5
Margarine, Unspecified, hard, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Unspecified, hard, imitation, avg	1 tsp	5.0	17.0	0.0	0.0	1.9	0.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Margarine, Unspecified, soft, avg	1 tsp	5.0	36.0	0.0	0.0	4.0	1.0
Margarine, Weight Watchers	1 tsp	5.0	16.0	0.7	0.0	1.4	1.0
Margarine, Whipped, soft, Kraft	1 tsp	3.0	23.0	0.0	0.0	2.3	0.6
Margarine, Whipped, soft, Parkay	1 tsp	3.0	23.0	0.0	0.0	2.3	0.6
Marjoram, dried, avg	1 tsp	1.0	3.0	0.6	0.1	0.1	0.7
MARMALADE, ORANGE	1 TBSP	20.0	56.0	14.0	0.2	0.1	14.1
Marshmallow Crème, Kraft	2 Tbs	12.0	40.0	10.0	0.0	0.0	10.0
Marshmallows, Funmallows, Kraft	5 pce	40.0	138.0	32.5	0.0	0.0	32.5
Marshmallows, Jet Puffed, Kraft	5 pce	34.0	110.0	27.0	1.0	0.0	27.6
Marshmallows, Miniature Funmallows, Kraft	1 cup	60.0	200.0	50.0	2.0	0.0	51.2
Marshmallows, Miniature, avg	1 cup	46.0	146.0	37.4	0.8	0.1	37.9
Marshmallows, Miniature, Kraft	1 cup	60.0	200.0	50.0	2.0	0.0	51.2
Marshmallows, Teddy Bear, Kraft	1 cup	60.0	200.0	46.0	2.0	0.0	47.2
MAYONNAISE	1 TBSP	14.0	99.0	0.4	0.2	11.0	3.3
Mayonnaise, Avg	1 Tbs	14.0	100.0	0.4	0.2	11.1	3.3
Mayonnaise, Best Foods	1 Tbs	14.0	100.0	0.1	0.2	11.2	3.0
Mayonnaise, Fat Free, Kraft	1 Tbs	16.0	10.0	2.0	0.0	0.0	2.0
Mayonnaise, Fat Free, Weight Watchers	1 Tbs	14.0	10.0	2.1	0.0	0.0	2.1
Mayonnaise, Imitation, no choles, avg	1 Tbs	14.0	67.0	2.2	0.0	6.7	3.9
Mayonnaise, Kraft	1 Tbs	14.0	100.0	0.0	0.0	11.0	2.8
Mayonnaise, Light, Kraft	1 Tbs	15.0	50.0	1.0	0.0	5.0	2.3
Mayonnaise, Light, low sod, avg	1 Tbs	14.0	32.0	2.2	0.0	2.7	2.9
Mayonnaise, Light, low sod, Weight Watchers	1 Tbs	14.0	25.0	0.1	0.0	1.1	0.4
Mayonnaise, Miracle Whip, fat free, Kraft	1 Tbs	16.0	15.0	3.0	0.0	0.0	3.0
Mayonnaise, Miracle Whip, light, avg	1 Tbs	14.0	36.0	3.3	0.1	2.7	4.0
Mayonnaise, Miracle Whip, light, Kraft	1 Tbs	15.0	40.0	3.0	0.0	3.0	3.8
Mayonnaise, Miracle Whip, regular, Kraft	1 Tbs	14.0	70.0	2.0	0.0	7.0	3.8
Mayonnaise, Unsalted, avg	1 Tbs	14.0	100.0	0.4	0.2	11.1	3.3
MCDONALD'S BIG MAC		204.0	563.0	40.6	25.7	33.0	64.3
MCDONALD'S CHEESEBURGER		115.0	307.0	29.8	15.1	14.1	42.4
MCDONALD'S CHICKEN MCNUGGETS	(NO SAUCE) 6 PIECES	111.0	314.0	15.4	20.3	19.0	32.3
MCDONALD'S EGG MCMUFFIN		138.0	327.0	31.0	18.5	14.8	45.8
MCDONALD'S ENGLISH MUFFIN		63.0	186.0	29.5	5.0	5.3	33.8
MCDONALD'S FILET-O-FISH		139.0	432.0	37.4	14.3	25.0	52.2
MCDONALD'S FRENCH FRIES	REGULAR SIZE	68.0	220.0	26.1	3.0	11.5	30.8
MCDONALD'S HAMBURGER		102.0	255.0	29.5	12.3	9.8	39.3
MCDONALD'S HASH BROWN POTATOES		55.0	125.0	14.0	1.5	7.0	16.7
MCDONALD'S HOTCAKES W/SYRUP		214.0	500.0	93.9	7.9	10.3	101.2
MCDONALD'S QUARTER POUNDER		166.0	424.0	32.7	24.4	21.7	52.8

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
MCDONALD'S QUARTER POUNDER/CHEESE		194.0	524.0	32.2	29.9	30.7	57.8
MCDONALD'S SCRAMBLED EGGS		98.0	180.0	2.5	13.2	13.0	13.7
MCDONALD'S SHAKES		291.0	352.0	59.6	9.3	8.4	67.3
McMuffin, Egg, Mc Donalds	1 ea	137.0	289.0	26.7	16.7	12.6	39.9
McMuffin, Sausage w/Egg, Mc Donalds	1 ea	163.0	443.0	26.9	18.8	28.6	45.3
McMuffin, Sausage, Mc Donalds	1 ea	112.0	361.0	26.3	12.6	22.8	39.6
Meal, Barley, rstd, avg	1 oz	28.0	101.0	20.5	3.0	0.6	22.5
Meat Spread, Average, cnd	1 pce	21.0	70.0	0.4	2.6	6.4	3.6
Meat Spread, Chicken, chunky, cnd, Underwood	1/4 cup	55.0	120.0	2.0	9.0	8.0	9.4
Meat Spread, Chicken, cnd, avg	1 Tbs	13.0	25.0	0.7	2.0	1.5	2.3
Meat Spread, Ham Salad, avg	1 Tbs	15.0	32.0	1.6	1.3	2.3	3.0
Meat Spread, Ham, Deviled, 3.1 oz can, Red Devil	1 ea	88.0	310.0	18.0	11.0	22.0	30.1
Meat Spread, Ham, Deviled, cnd, Underwood	1/4 cup	56.0	160.0	0.0	8.0	14.0	8.3
Meat Spread, Ham, Honey, 3.1 oz can, Red Devil	1 ea	88.0	320.0	19.0	11.0	22.0	31.1
Meat Spread, Ham, Honey, cnd, Underwood	1/4 cup	56.0	170.0	1.0	8.0	15.0	9.6
Meat Spread, Pork & Beef, avg	1 Tbs	15.0	35.0	1.8	1.1	2.6	3.1
Meat Spread, Pork, Chicken & Beef, Oscar Mayer	1 oz	30.0	71.0	4.6	1.9	5.0	7.0
Meat Spread, Poultry Salad, avg	1 Tbs	13.0	26.0	0.1	1.5	1.8	1.4
Meatballs, Beef, Bernardis	6 pce	84.0	270.0	5.0	12.0	22.0	17.7
Meatballs, Beef, Lean Cuisine	1 ea	259.0	290.0	32.0	22.0	8.0	47.2
Meatballs, Beef, Stouffers	1 ea	262.0	440.0	36.0	23.0	23.0	55.6
Meatballs, Beef, Weight Watchers	1 ea	255.0	280.0	35.0	18.0	8.0	47.8
Meatloaf, Beef, Healthy Choice	1 ea	340.0	320.0	52.0	15.0	5.0	62.3
Meatloaf, Beef, Lean Cuisine	1 ea	266.0	270.0	24.0	21.0	10.0	39.1
Meatloaf, Beef, Stouffers	1 ea	280.0	380.0	24.0	20.0	24.0	42.0
MEATLOAF, FRZN, BANQUET	8 OZ	227.0	361.0	11.6	18.0	27.1	29.2
MEATLOAF, HOMEMADE	3.5 OZ	100.0	160.0	4.6	17.0	7.6	16.7
MELBA TOAST	1 PIECE	4.0	15.0	2.7	0.5	0.2	3.1
Melons, Cantaloupe, cubes, avg	1/2 cup	80.0	28.0	6.7	0.7	0.2	7.2
Melons, Cantaloupe, fresh, medium, avg	1/4 ea	134.0	50.0	12.0	1.0	0.0	12.6
Melons, Casaba, cubes, avg	1/2 cup	85.0	22.0	5.3	0.8	0.1	5.8
Melons, Honeydew, fresh, cubes, avg	1/2 cup	42.0	15.0	3.9	0.2	0.0	4.0
Melons, Honeydew, fresh, medium, avg	1/4 ea	34.0	13.0	3.3	0.3	0.0	3.5
Mexi Roll, w/Guacamole, Taco Johns	1 ea	276.0	838.0	78.2	29.7	45.5	107.4
Mexi Roll, w/Nacho Cheese, Taco Johns	1 ea	276.0	812.0	77.2	29.7	42.9	105.7
Mexi Roll, w/Salsa, Taco Johns	1 ea	276.0	753.0	76.4	28.5	37.0	102.8
Mexi Roll, w/Sour Cream, Taco Johns	1 ea	276.0	853.0	74.2	29.7	46.9	103.7
Mexican Dinner, Chimichanga, fzn, Banquet	1 ea	269.0	470.0	56.0	13.0	23.0	69.6
Mexican Dinner, Enchilada, beef, Swanson	1 ea	383.0	500.0	68.0	21.0	16.0	84.6

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Mexican Dinner, Enchilada, cheese, fzn, avg	1 ea	284.0	585.0	66.1	24.4	26.1	87.3
Mexican Dinner, Enchilada, cheese, fzn, Banquet	1 ea	312.0	360.0	54.0	15.0	10.0	65.5
Mexican Dinner, Enchilada, cheese, fzn, Patio	1 ea	340.0	330.0	52.0	13.0	8.0	61.8
Mexican Dinner, Enchilada, cheese, lo cal, fzn,avg	1 ea	241.0	357.0	28.5	26.7	15.3	48.3
Mexican Dinner, Enchilada, cheese,w/bns&rc,fzn,avg	1 ea	340.0	517.0	70.2	19.1	18.5	86.3
Mexican Dinner, Fiesta, fzn, Patio	1 ea	340.0	340.0	51.0	13.0	9.0	61.1
Mexican Dinner, Frozen, Hungry Man	1 ea	567.0	690.0	87.0	26.0	27.0	109.4
Mexican Dinner, Frozen, Swanson	1 ea	376.0	470.0	59.0	18.0	18.0	74.3
Mexican Dinner, Ranchera, fzn, Patio	1 ea	369.0	410.0	55.0	13.0	15.0	66.6
Mexi-Fries, svg, Taco Time	1 ea	130.0	330.0	31.0	3.0	20.0	37.8
Meximelt, Taco Bell	1 ea	135.0	290.0	23.0	16.0	15.0	36.4
Milk Shakes, Chocolate, avg	1 cup	227.0	270.0	48.1	6.9	6.1	53.8
Milk Shakes, Strawberry, Menu Magic	1 cup	260.0	400.0	62.7	11.1	11.1	72.1
Milk Shakes, Vanilla, avg	1 cup	227.0	254.0	40.4	8.8	6.9	47.4
MILK, 1% LOWFAT	1 CUP	244.0	102.0	11.7	8.0	2.6	17.2
MILK, 2% LOWFAT	1 CUP	244.0	121.0	11.7	8.1	4.7	17.7
Milk, Buttermilk, dried, avg	1/3 cup	40.0	155.0	19.6	13.7	2.3	28.4
Milk, Buttermilk, low fat 1%, avg	1 cup	245.0	110.0	13.0	9.0	2.5	19.0
Milk, Buttermilk, reconstd f/dry, avg	1 cup	245.0	93.0	11.8	8.8	1.4	17.4
Milk, Buttermilk, skim, cultured, avg	1 cup	245.0	98.0	11.7	8.1	2.2	17.1
MILK, CHOCOLATE, 2% FAT	1 CUP	250.0	179.0	26.0	8.0	5.0	32.1
Milk, Chocolate, prep w/lowfat milk & syrup, avg	1 cup	250.0	180.0	30.2	7.8	4.5	36.0
Milk, Chocolate, prep w/nonfat milk & syrup, avg	1 cup	250.0	150.0	30.3	8.0	0.7	35.3
Milk, Chocolate, prep w/whole milk & syrup, avg	1 cup	263.0	197.0	23.7	8.4	8.4	30.8
Milk, Condensed, sweet, cnd, avg	1/4 cup	76.0	244.0	41.3	6.0	6.6	46.5
Milk, Condensed, sweet, fat free, Borden	1/4 cup	78.0	217.0	47.0	6.9	0.2	51.2
Milk, Condensed, sweet, low fat, Borden	1/4 cup	78.0	234.0	45.5	6.1	3.0	49.9
Milk, Evaporated, 2% fat, avg	1 cup	252.0	232.0	28.1	18.7	4.9	40.5
Milk, Evaporated, skim, cnd, avg	1 cup	256.0	200.0	29.2	19.3	0.5	40.9
Milk, Evaporated, whole, cnd, avg	1 cup	252.0	338.0	25.2	17.2	19.1	40.3
Milk, Filled, fluid w/blend of hydro veg oil, avg	1 cup	244.0	154.0	11.6	8.1	8.4	18.6
Milk, Goat, avg	1 cup	244.0	168.0	10.9	8.7	10.1	18.6
Milk, Human Breast, avg	1 cup	246.0	172.0	16.9	2.5	10.8	21.1
Milk, Indian Buffalo, avg	1 cup	244.0	237.0	12.6	9.2	16.8	22.3
Milk, Lowfat, 1%, acidophilus w/added vit A, avg	1 cup	244.0	102.0	11.7	8.0	2.6	17.1
Milk, Lowfat, 1%, avg	1 cup	247.0	104.0	11.8	8.5	2.6	17.6
Milk, Lowfat, 1%, chocolate, avg	1 cup	250.0	158.0	26.0	8.1	2.5	31.5
Milk, Lowfat, 1%, low lactose, avg	1 cup	246.0	103.0	11.8	8.5	2.6	17.6
Milk, Lowfat, 1%, low lactose, fort w/calc, avg	1 cup	247.0	104.0	11.8	8.5	2.6	17.6

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Milk, Lowfat, 1%, protein fort w/added vit A, avg	1 cup	246.0	118.0	13.6	9.7	2.9	20.1
Milk, Lowfat, 1%, reconstd f/dry, avg	1 cup	245.0	83.0	11.9	7.1	0.4	16.3
Milk, Lowfat, 2%, acidophilus w/added vit A, avg	1 cup	244.0	122.0	11.7	8.1	4.7	17.7
Milk, Lowfat, 2%, chocolate, avg	1 cup	250.0	180.0	26.0	8.0	5.0	32.1
Milk, Lowfat, 2%, protein fort w/added vit A, avg	1 cup	246.0	138.0	13.5	9.7	4.9	20.5
Milk, Nnfat/Skim dry pwd, avg	1/3 cup	23.0	81.0	11.9	8.2	0.0	16.8
Milk, Nonfat/Skim, acidoph w/add vit A & D, avg	1 cup	245.0	100.0	15.0	10.0	0.0	21.0
Milk, Nonfat/Skim, avg	1 cup	245.0	86.0	11.9	8.4	0.4	17.0
Milk, Nonfat/Skim, chocolate, avg	1 cup	250.0	145.0	26.7	9.0	1.2	32.4
Milk, Nonfat/Skim, instant, dry, avg	1/3 cup	23.0	82.0	12.0	8.1	0.2	16.9
Milk, Nonfat/Skim, instant, reconstd, avg	1 cup	245.0	81.0	11.9	8.4	0.2	17.0
Milk, Nonfat/Skim, low lactose, avg	1 cup	245.0	86.0	11.9	8.8	0.4	17.3
Milk, Nonfat/Skim, protein fort w/added vit A, avg	1 cup	246.0	101.0	13.7	9.7	0.6	19.7
Milk, Oatmeal Beverage, non dairy, avg	1 cup	245.0	105.0	25.1	0.7	0.3	25.6
Milk, Rice Beverage, Mexican, non dairy, avg	1 cup	245.0	100.0	25.4	0.3	0.0	25.6
Milk, Rice Dream, cnd, non dairy, Imagine Foods	1 cup	245.0	120.0	24.7	0.4	1.1	25.2
Milk, Sheep, avg	1 cup	245.0	265.0	13.1	14.7	17.2	26.2
MILK, SKIM	1 CUP	245.0	86.0	11.9	8.4	0.4	17.0
MILK, SWEETENED CONDENSED	1 OZ	38.0	123.0	20.8	3.0	3.3	23.4
Milk, Whey, acid, dried, avg	1 Tbs	3.0	10.0	2.2	0.4	0.0	2.4
Milk, Whey, acid, fluid, avg	1 cup	246.0	59.0	12.6	1.9	0.2	13.8
Milk, Whey, sweet, dried, avg	1 Tbs	8.0	28.0	5.1	1.0	0.1	5.7
Milk, Whey, sweet, fluid, avg	1 cup	246.0	66.0	12.6	2.1	0.9	14.1
Milk, Whole milk, 3.7% fat, avg	1 cup	244.0	156.0	11.3	8.0	8.9	18.3
Milk, Whole, 3.3% fat, avg	1 cup	244.0	149.0	11.4	8.0	8.1	18.2
MILK, WHOLE, 3.5% FAT	1 CUP	244.0	150.0	11.0	8.0	8.0	17.8
Milk, Whole, chocolate, avg	1 cup	250.0	208.0	25.8	7.9	8.5	32.7
Milk, Whole, dry pwd, avg	1/3 cup	43.0	213.0	16.5	11.3	11.5	26.2
Milk, Whole, low sod, avg	1 cup	244.0	149.0	10.9	7.6	8.4	17.6
Milk, Whole, reconstd f/dry pwd, avg	1 cup	244.0	149.0	11.5	7.9	8.0	18.2
Milkfish, bkd, avg	3 oz	85.0	162.0	0.0	22.4	7.3	15.3
Milkfish, raw, avg	3 oz	85.0	126.0	0.0	17.4	5.7	11.9
Milkshake, Chocolate Malt, med, Dairy Queen	1 ea	567.0	880.0	153.0	19.0	22.0	169.9
Milkshake, Chocolate, avg	1 cup	166.0	211.0	34.0	5.6	6.1	38.9
Milkshake, Chocolate, med, Dairy Queen	1 ea	539.0	770.0	130.0	17.0	20.0	145.2
Milkshake, Chocolate, medium, Burger King	1 ea	284.0	320.0	54.0	9.0	7.0	61.2
Milkshake, Chocolate, small, Mc Donalds	1 ea	295.0	348.0	62.4	12.6	5.5	71.3
Milkshake, Chocolate, svg, Arby's	1 ea	340.0	451.0	76.5	10.2	11.6	85.5
Milkshake, Chocolate, svg, Hardees	1 ea	349.0	370.0	67.0	13.0	5.0	76.1

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Milkshake, Chocolate, svg, Jack In The Box	1 ea	322.0	390.0	74.0	9.0	6.0	80.9
MILKSHAKE, CHOCOLATE, THICK	10 OZ	300.0	356.0	63.5	9.2	8.1	71.0
Milkshake, Peach, svg, Hardees	1 ea	345.0	390.0	77.0	10.0	4.0	84.0
Milkshake, Strawberry, avg	1 cup	226.0	255.0	42.7	7.7	6.3	48.9
Milkshake, Strawberry, large, Burger King	1 ea	341.0	420.0	83.0	9.0	6.0	89.9
Milkshake, Strawberry, small, Mc Donalds	1 ea	294.0	343.0	62.9	11.8	5.0	71.2
Milkshake, Strawberry, svg, Hardees	1 ea	363.0	420.0	83.0	11.0	4.0	90.6
Milkshake, Strawberry, svg, Jack In The Box	1 ea	298.0	330.0	60.0	9.0	7.0	67.2
Milkshake, Vanilla Malt, med, Dairy Queen	1 ea	418.0	610.0	106.0	13.0	14.0	117.3
Milkshake, Vanilla, avg	1 cup	166.0	184.0	29.7	5.8	4.1	34.2
Milkshake, Vanilla, med, Dairy Queen	1 ea	397.0	520.0	88.0	12.0	14.0	98.7
Milkshake, Vanilla, medium, Burger King	1 ea	284.0	300.0	53.0	9.0	6.0	59.9
Milkshake, Vanilla, small, Mc Donalds	1 ea	293.0	308.0	54.4	11.6	4.1	62.4
Milkshake, Vanilla, svg, Arby's	1 ea	312.0	330.0	46.2	10.5	11.5	55.4
Milkshake, Vanilla, svg, Hardees	1 ea	349.0	350.0	65.0	12.0	5.0	73.5
Milkshake, Vanilla, svg, Jack In The Box	1 ea	304.0	350.0	62.0	9.0	7.0	69.2
Millet, Cooked, avg	1/4 cup	60.0	71.0	14.2	2.1	0.6	15.6
Millet, Dry, avg	1/4 cup	50.0	189.0	36.5	5.5	2.1	40.3
MINESTRONE, W/WATER	1 CUP	241.0	83.0	11.2	4.3	2.5	14.4
Mint Leaves, avg	1/4 oz	7.0	2.0	0.4	0.2	0.0	0.5
Misty Slush, med, Dairy Queen	1 ea	595.0	290.0	74.0	0.0	0.0	74.0
Mixed Drink, Bacardi Cocktail, avg	1 ea	63.0	117.0	6.1	0.0	0.0	6.1
Mixed Drink, Black Russian, avg	1 ea	90.0	243.0	15.8	0.0	0.1	15.8
Mixed Drink, Bloody Mary, avg	1 ea	238.0	186.0	7.9	1.2	0.2	8.7
Mixed Drink, Bourbon & Soda, avg	1 ea	232.0	209.0	0.0	0.0	0.0	0.0
Mixed Drink, Coffee Royale, avg	1 ea	211.0	207.0	5.1	0.7	10.5	8.1
Mixed Drink, Coquito, P.R., coconut & rum, avg	1 ea	263.0	623.0	45.3	12.4	23.8	58.7
Mixed Drink, Daiquiri, avg	1 ea	288.0	187.0	47.5	0.2	0.2	47.7
Mixed Drink, Gibson, avg	1 ea	213.0	475.0	0.6	8.7	0.0	5.8
Mixed Drink, Gin & Tonic, avg	1 ea	240.0	182.0	16.8	0.0	0.0	16.8
Mixed Drink, Gin Fizz, avg	1 ea	225.0	140.0	5.4	6.5	0.0	9.3
Mixed Drink, Harvey Wallbanger, avg	1 ea	213.0	183.0	18.5	1.2	0.1	19.2
Mixed Drink, High Ball, avg	1 ea	160.0	104.0	0.0	0.0	0.0	0.0
Mixed Drink, Hot Buttered Rum, avg	1 ea	211.0	266.0	3.8	0.2	10.0	6.4
Mixed Drink, Irish Coffee, avg	1 ea	211.0	207.0	5.1	0.7	10.5	8.1
Mixed Drink, Long Island Iced Tea, avg	1 ea	125.0	119.0	8.9	0.1	0.0	9.0
Mixed Drink, Mai Tai, avg	1 ea	126.0	305.0	29.4	0.1	0.1	29.5
Mixed Drink, Manhattan, avg	1 ea	228.0	511.0	7.3	0.2	0.0	7.4
Mixed Drink, Margarita, avg	1 ea	77.0	168.0	10.5	0.0	0.1	10.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Mixed Drink, Martini, avg	1 ea	251.0	560.0	0.8	0.0	0.0	0.8
Mixed Drink, Martini, avg	1 ea	226.0	504.0	0.7	0.0	0.0	0.7
Mixed Drink, Mexican Eggnog, avg	1 ea	243.0	406.0	37.2	9.4	13.3	46.2
Mixed Drink, Mint Julep, avg	1 ea	65.0	157.0	4.1	0.0	0.0	4.1
Mixed Drink, Pina Colada, avg	1 ea	251.0	560.0	0.8	0.0	0.0	0.8
Mixed Drink, Pina Colada, avg	1 ea	226.0	504.0	0.7	0.0	0.0	0.7
Mixed Drink, Screwdriver, avg	1 ea	243.0	199.0	20.9	1.2	0.1	21.6
Mixed Drink, Singapore Sling, avg	1 ea	225.0	227.0	11.1	0.1	0.1	11.2
Mixed Drink, Sloe Gin Fizz, avg	1 ea	222.0	122.0	2.1	0.1	0.0	2.2
Mixed Drink, Slo-Screw, avg	1 ea	213.0	183.0	18.5	1.2	0.1	19.2
Mixed Drink, Tequila Sunrise, avg	1 ea	250.0	275.0	21.5	0.8	0.3	22.1
Mixed Drink, Tom Collins, avg	1 ea	237.0	130.0	3.1	0.0	0.0	3.1
Mixed Drink, Whiskey Sour, avg	1 ea	243.0	362.0	31.8	0.0	0.0	31.8
Mixed Drink, White Russian, avg	1 ea	100.0	256.0	16.2	0.3	1.3	16.7
Mixed Fruit, Dried, avg	1/2 cup	68.0	165.0	43.6	1.7	0.3	44.7
Mixed Fruit, Frozen, swtnd, thawed, avg	1/2 cup	125.0	122.0	30.3	1.8	0.2	31.4
MIXED NUTS, ROASTED	8-12 NUTS	15.0	94.0	2.7	2.5	8.9	6.4
Mixed Vegetables, Broc, Corn&Red Peppers, Brds Eye	1/2 cup	102.0	54.0	12.4	2.5	0.5	14.0
Mixed Vegetables, Broc,Cauliflower&Carrots,Grn Gnt	3 oz	85.0	23.0	5.6	2.0	0.1	6.8
Mixed Vegetables, Broc,Clf&Crts, w/chs,svg,Grn Gnt	1 ea	141.0	75.0	12.9	3.2	2.0	15.3
Mixed Vegetables, Broc,Grn Bns,Prl On&Ppr, BrdsEye	1/2 cup	43.0	12.0	2.7	0.7	0.1	3.1
Mixed Vegetables, Broc,Rd Ppr,On&Mshrms, BrdsEye	1/2 cup	99.0	25.0	4.8	1.8	0.3	6.0
Mixed Vegetables, Broccoli&Cauliflower, Birds Eye	1/2 cup	91.0	22.0	4.4	1.9	0.2	5.6
Mixed Vegetables, Brussel Sprts,Caulf&Crts,BrdsEye	1/2 cup	89.0	31.0	6.6	2.2	0.2	8.0
MIXED VEGETABLES, CANNED	3/5 CUP	100.0	22.0	6.3	1.7	0.4	7.4
Mixed Vegetables, Canned, avg	1/2 cup	122.0	44.0	8.7	1.7	0.3	9.8
Mixed Vegetables, Canned, low sod, avg	1/2 cup	91.0	33.0	6.5	1.3	0.2	7.3
Mixed Vegetables, Caulif,Crts&Snw Pea Pds, BrdsEye	1/2 cup	90.0	28.0	6.1	1.6	0.2	7.1
Mixed Vegetables, Corn w/Rd&Grn Pprs,cnd w/lqd,avg	1/2 cup	114.0	85.0	20.7	2.7	0.6	22.5
Mixed Vegetables, Corn, Mexicorn, cnd, Green Giant	1/2 cup	78.0	68.0	14.4	1.7	0.5	15.5
Mixed Vegetables, French Style, Green Giant	1/2 cup	112.0	52.0	5.3	1.8	2.7	7.1
MIXED VEGETABLES, FROZEN	2/3 CUP	100.0	59.0	11.1	2.6	0.4	12.8
Mixed Vegetables, Frozen, avg	3 oz	85.0	54.0	11.5	2.8	0.4	13.3
Mixed Vegetables, Frozen, ckd, avg	1/2 cup	91.0	54.0	11.9	2.6	0.1	13.5
Mixed Vegetables, Heartland Style, Green Giant	1/2 cup	46.0	16.0	2.9	0.9	0.1	3.5
Mixed Vegetables, Italian Style Parmesan, Grn Gnt	1/2 cup	112.0	66.0	7.3	3.9	2.3	10.2
Mixed Vegetables, Japanese Style, Birds Eye	1/2 cup	127.0	79.0	8.1	2.3	4.7	10.7
Mixed Vegetables, Manhattan Style, Green Giant	1/2 cup	40.0	13.0	2.2	0.9	8.0	4.7
Mixed Vegetables, New England, Green Giant	1/2 cup	57.0	50.0	8.7	1.5	1.0	9.8

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Mixed Vegetables, Normandy Style, Green Giant	1/2 cup	112.0	77.0	10.6	1.8	2.9	12.4
Mixed Vegetables, Oriental Style, Nestle	3 oz	85.0	61.0	9.1	1.0	2.4	10.3
Mixed Vegetables, Peas & Carrots, ckd f/fzn, avg	1/2 cup	80.0	38.0	8.1	2.5	0.3	9.7
Mixed Vegetables, Peas & Carrots, cnd, avg	1/2 cup	128.0	49.0	10.9	2.8	0.3	12.7
Mixed Vegetables, Peas & Mushrooms, ckd, avg	1/2 cup	95.0	65.0	11.8	4.3	0.3	14.5
Mixed Vegetables, Peas & Onions, ckd f/fzn, avg	1/2 cup	90.0	40.0	7.8	2.3	0.2	9.2
Mixed Vegetables, Peas & Onions, cnd, avg	1/2 cup	60.0	31.0	5.1	1.1	0.2	5.8
Mixed Vegetables, Peas&Potatoes, w/crm sce,BrdsEy	1/2 cup	114.0	75.0	11.8	3.6	1.8	14.4
Mixed Vegetables, Santa Fe Style, Green Giant	1/2 cup	59.0	42.0	8.4	1.5	0.3	9.4
Mixed Vegetables, Seattle Style, Green Giant	1/2 cup	51.0	19.0	3.6	0.1	0.1	3.7
Mixed Vegetables, Soup Vegetables, Birds Eye	1/2 cup	63.0	33.0	6.9	1.1	0.2	7.6
Mixed Vegetables, Stew Vegetables, Ore Ida	3 oz	85.0	49.0	10.9	0.1	0.0	11.0
Mixed Vegetables, Succotash, ckd f/fzn, avg	1/2 cup	85.0	79.0	17.0	3.7	0.8	19.4
Mixed Vegetables, Succotash, ckd, avg	1/2 cup	96.0	110.0	23.4	4.9	0.8	26.5
Mixed Vegetables, Succotash, cnd, avg	1/2 cup	128.0	81.0	17.9	3.3	0.6	20.0
Mixed Vegetables, Succotash, raw, avg	3 oz	85.0	84.0	16.7	4.3	0.9	19.5
Mixed Vegetables, Succotash, w/crmd corn, cnd, avg	1/2 cup	133.0	102.0	23.4	3.5	0.7	25.7
Mixed Vegetables, w/Butter Sauce, Green Giant	3 oz	85.0	54.0	9.5	1.1	1.5	10.5
Mixed Vegetables, Western Style, Green Giant	3 oz	85.0	62.0	10.6	1.5	1.5	11.9
Molasses, Blackstrap Cane, avg	1 Tbs	20.0	47.0	12.2	0.0	0.0	12.2
MOLASSES, LIGHT	1 TBSP	20.0	50.0	13.0	0.0	0.0	13.0
Molasses, Light Cane, avg	1 Tbs	20.0	50.0	13.0	0.0	0.0	13.0
Molasses, Medium Cane, avg	1 Tbs	20.0	46.0	12.0	0.0	0.0	12.0
Monkfish, bkd, avg	3 oz	85.0	82.0	0.0	15.8	1.7	9.9
Monkfish, raw, avg	3 oz	85.0	65.0	0.0	12.3	1.3	7.7
Monosodium Glutamate, msg, Ajinomoto	1 tsp	4.0	11.0				0.0
Moo Goo Gai Pan, avg	1 cup	216.0	281.0	11.9	15.2	19.8	26.0
Moochim Fish, Korean style, dried, avg	1 Tbs	5.0	17.0	0.5	1.8	0.8	1.8
Moose, Raw	4 oz	113.0	115.0	0.0	25.1	0.8	15.3
Moose, Roasted	3 oz	85.0	114.0	0.0	24.9	0.8	15.1
MORTADELLA	1 SLICE	15.0	47.0	0.5	2.5	3.8	3.0
Mortadella, Beef & Pork, avg	1 pce	15.0	47.0	0.5	2.5	3.8	2.9
Moussaka, w/Lamb, avg	1 cup	250.0	237.0	12.9	16.4	13.0	26.0
Mousse, Choc Caramel, svg, Weight Watchers	1 ea	78.0	200.0	34.0	5.0	4.0	38.0
Mousse, Choc, avg	1/2 cup	202.0	446.0	33.1	8.7	32.9	46.5
Mousse, Choc, svg, Weight Watchers	1 ea	78.0	190.0	33.0	6.0	4.0	37.6
Mousse, Supplement, Vanilla, prep f/mix, Menu Mgc	1 cup	121.0	221.0	28.1	2.0	12.1	32.3
Mozzerella Cheese Nuggets, Banquet	6 pce	27.0	84.0	6.1	3.8	4.6	9.5
Mr Misty, med, Dairy Queen	1 ea	330.0	250.0	63.0	0.0	0.0	63.0

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Muffin, Almond Poppyseed, Krusteaz	1 ea	114.0	425.0	53.6	7.5	20.3	63.2
Muffin, Apple Cinnamon, dry mix, General Mills	1 oz	28.0	99.0	16.2	1.1	3.4	17.7
Muffin, Apple Cinnamon, Pepperidge Farms	1 ea	58.0	160.0	28.0	4.0	3.5	31.3
Muffin, Apple Cinnamon, prep f/mix, Krusteaz	1 ea	57.0	181.0	33.2	2.0	4.5	35.5
Muffin, Apple Cinnamon, prep f/mix, low fat, Krstz	1 ea	57.0	141.0	31.2	2.0	1.0	32.7
Muffin, Banana Nut, dry mix, General Mills	1 oz	28.0	120.0	20.4	1.1	3.4	21.9
Muffin, Banana Nut, Krusteaz	1 ea	57.0	191.0	29.2	3.0	7.0	32.8
Muffin, Banana Nut, Weight Watchers	1 ea	71.0	190.0	32.0	3.0	5.0	35.1
Muffin, Banana, low fat, Dunkin Donuts	1 ea	95.0	240.0	54.0	3.0	1.5	56.2
Muffin, Basic, dry mix, Krusteaz	1 oz	28.0	121.0	20.7	1.6	3.5	22.5
Muffin, Basic, low fat, prep f/dry mix, Krusteaz	1 ea	57.0	151.0	32.2	2.0	1.0	33.7
Muffin, Basic, prep f/dry mix, Krusteaz	1 ea	57.0	181.0	31.2	2.0	5.0	33.7
Muffin, Blackberry, Krusteaz	1 ea	114.0	420.0	51.3	6.8	20.7	60.6
MUFFIN, BLUEBERRY	1 MUFFIN	40.0	126.0	19.5	2.4	4.3	22.0
Muffin, Blueberry, avg	1 ea	57.0	158.0	27.4	3.1	3.7	30.2
Muffin, Blueberry, dry mix, avg	1 oz	28.0	102.0	17.7	1.4	2.8	19.2
Muffin, Blueberry, fat free, Entenmann's	1 ea	57.0	120.0	26.0	2.0	0.0	27.2
Muffin, Blueberry, prep f/dry mix, avg	1 ea	50.0	150.0	24.4	2.6	4.4	27.1
Muffin, Blueberry, prep f/dry mix, Krusteaz	1 ea	57.0	171.0	30.2	2.0	4.5	32.5
Muffin, Blueberry, prep f/dry mix, low fat, Krstz	1 ea	57.0	131.0	29.2	2.0	1.0	30.7
Muffin, Blueberry, prep f/recipe w/2% milk, avg	1 ea	57.0	162.0	23.2	3.7	6.2	27.0
Muffin, Blueberry, prep f/recipe w/whole milk, avg	1 ea	57.0	165.0	23.1	3.7	6.4	26.9
Muffin, Blueberry, Toaster, avg	1 ea	33.0	103.0	17.6	1.5	3.1	19.3
Muffin, Blueberry, Weight Watchers	1 ea	71.0	250.0	46.0	3.5	5.0	49.4
Muffin, Bran, low fat, Dunkin Donuts	1 ea	95.0	260.0	59.0	4.0	1.5	61.8
Muffin, Buckwheat, avg	1 ea	47.0	144.0	20.2	3.5	5.8	23.8
Muffin, Carrot, avg	1 ea	58.0	176.0	25.8	3.5	6.7	29.6
Muffin, Cheese, avg	1 ea	58.0	184.0	22.7	5.4	7.9	27.9
Muffin, Cherry, Dunkin Donuts	1 ea	95.0	330.0	53.0	5.0	11.0	58.8
Muffin, Cherry, low fat, Dunkin Donuts	1 ea	95.0	230.0	53.0	3.0	1.5	55.2
Muffin, Chocolate Chip, avg	1 ea	58.0	190.0	26.6	4.2	7.7	31.0
Muffin, Chocolate Chip, Choc, Weight Watchers	1 ea	71.0	200.0	39.1	4.0	4.0	42.5
Muffin, Chocolate Chip, dry mix, General Mills	1 oz	28.0	129.0	19.6	1.7	5.0	21.9
Muffin, Cinnamon, dry mix, Redi Mix	1 oz	28.0	111.0	20.7	1.6	2.5	22.3
MUFFIN, CORN	1 MUFFIN	40.0	130.0	20.0	2.8	4.2	22.7
Muffin, Corn Meal, avg	1 ea	57.0	174.0	29.0	3.4	4.8	32.2
Muffin, Corn Meal, Cornbread, dry mix, Gen Mills	1 oz	28.0	113.0	20.2	1.1	2.8	21.6
Muffin, Corn Meal, low fat, Dunkin Donuts	1 ea	95.0	250.0	55.0	4.0	2.0	57.9
Muffin, Corn Meal, prep f/dry mix, avg	1 ea	50.0	160.0	24.6	3.7	5.1	28.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Muffin, Corn Meal, prep f/recipe w/2% milk, avg	1 ea	57.0	180.0	25.2	4.0	7.0	29.4
Muffin, Corn Meal, prep f/recipe w/whole milk, avg	1 ea	57.0	183.0	25.2	4.0	7.4	29.5
Muffin, Corn Meal, Toaster, avg	1 ea	33.0	114.0	19.1	1.7	3.7	21.0
Muffin, Cranberry Orange Nut, Dunkin Donuts	1 ea	100.0	310.0	51.0	5.0	11.0	56.8
Muffin, Cranberry Orange, low fat, Dunkin Donuts	1 ea	95.0	230.0	53.0	3.0	1.5	55.2
Muffin, Date, dry mix, General Mills	1 oz	28.0	111.0	21.6	1.4	2.2	23.0
Muffin, English, Cheese, avg	1 ea	63.0	147.0	25.4	5.6	2.4	29.4
Muffin, English, Mixed Grain, avg	1 ea	66.0	155.0	30.6	6.0	1.2	34.5
Muffin, English, Plain, enriched, avg	1 ea	57.0	134.0	26.2	4.4	1.0	29.1
Muffin, English, Plain, unenriched, avg	1 ea	57.0	134.0	26.2	4.4	1.0	29.1
Muffin, English, Raisin Cinnamon, avg	1 ea	57.0	139.0	27.8	4.3	1.5	30.8
Muffin, English, Seven Grain, Pepperidge Farms	1 ea	57.0	130.0	26.0	5.0	1.0	29.3
Muffin, English, Sourdough, avg	1 ea	57.0	134.0	26.2	4.4	1.0	29.1
Muffin, English, Whole wheat, avg	1 ea	66.0	134.0	26.7	5.8	1.4	30.5
Muffin, Fruit Nut, avg	1 ea	58.0	165.0	25.3	4.2	5.0	29.1
Muffin, Harvest Honey Bran, Weight Watchers	1 ea	71.0	220.0	43.0	3.0	4.0	45.8
Muffin, Honeybran, prep f/dry mix, Krusteaz	1 ea	57.0	171.0	29.2	3.0	5.0	32.3
Muffin, Lemon Poppy Seed, dry mix, General Mills	1 oz	28.0	125.0	19.9	1.7	4.4	22.0
Muffin, Lemon Poppy Seed, Dunkin Donuts	1 ea	95.0	360.0	57.0	6.0	13.0	63.9
Muffin, Oat Bran, avg	1 ea	57.0	154.0	27.5	3.1	4.2	30.4
Muffin, Oat Bran, dry mix, General Mills	1 oz	28.0	121.0	19.9	1.1	3.9	21.5
Muffin, Oat Bran, prep f/dry mix, Krusteaz	1 ea	57.0	161.0	32.2	3.0	2.0	34.5
Muffin, Oatmeal, avg	1 ea	47.0	112.0	17.4	3.2	3.2	20.1
Muffin, Orange Cranberry, dry mix, General Mills	1 oz	28.0	121.0	21.0	1.4	3.4	22.7
Muffin, Orange Raisin, prep f/dry mix, Krusteaz	1 ea	57.0	171.0	31.2	3.0	3.5	33.9
Muffin, Plain, dry mix, General Mills	1 oz	28.0	117.0	20.4	1.4	3.3	22.1
Muffin, Plain, prep f/recipe w/2% milk, avg	1 ea	57.0	169.0	23.6	3.9	6.5	27.6
Muffin, Plain, prep f/recipe w/whole milk, avg	1 ea	57.0	172.0	23.6	3.9	6.8	27.6
Muffin, Pumpkin w/Raisins, avg	1 ea	58.0	181.0	34.2	2.5	4.3	36.8
Muffin, Raisin Bran, dry mix, Gold Medal	1 oz	28.0	115.0	19.9	1.4	3.6	21.6
Muffin, Raisin Bran, prep f/dry mix, Gold Medal	1 ea	65.0	271.0	46.1	3.0	8.0	49.9
Muffin, Strawberry, dry mix, Redi Mix	1 oz	28.0	113.0	19.8	1.7	3.1	21.6
Muffin, w/Egg, Bacon & Cheese, fzn, Great Starts	1 ea	116.0	290.0	25.0	14.0	15.0	37.2
Muffin, Wheat Bran, dry mix, avg	1 oz	28.0	111.0	20.4	1.1	3.4	21.9
Muffin, Wheat Bran, prep f/dry mix, avg	1 ea	50.0	138.0	23.3	3.3	4.6	26.4
Muffin, Wheat Bran, prep f/recipe w/2% milk, avg	1 ea	57.0	161.0	23.9	4.0	6.1	27.8
Muffin, Wheat Bran, prep f/recipe w/whl milk, avg	1 ea	57.0	164.0	23.8	4.0	7.3	28.0
Muffin, Wheat Bran, Toaster, w/raisins, avg	1 ea	36.0	106.0	18.8	1.9	3.2	20.7
MUFFIN, WHOLE WHEAT	1 MUFFIN	40.0	103.0	20.9	4.0	1.1	23.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Muffin, Whole Wheat, avg	1 ea	47.0	142.0	20.0	3.1	5.8	23.3
Muffin, Whole Wheat, low fat, prep f/mix, Krstz	1 ea	57.0	151.0	32.2	3.0	1.0	34.3
Muffin, Zucchini, avg	1 ea	58.0	209.0	26.4	2.1	10.5	30.3
Mulberries, Raw, avg	1/2 cup	35.0	15.0	3.4	0.5	0.1	3.7
Mullet Fish, striped, bkd, fillet, avg	1 ea	93.0	140.0	0.0	23.1	4.5	15.0
Mullet Fish, striped, raw, fillet, avg	1 ea	119.0	139.0	0.0	23.1	4.5	15.0
MULLET, BREADED, FRIED	3.5 OZ	100.0	296.0	12.2	22.6	17.4	30.1
MUNG BEAN SPROUTS, RAW	3.5 OZ	100.0	35.0	6.6	3.8	0.2	8.9
Mushrooms, Batter Dipped, fried, avg	5 ea	70.0	148.0	8.2	2.3	12.2	12.6
Mushrooms, Broiled in Butter, svg, cnd, B&B	1 ea	120.0	30.0	3.1	2.8	0.4	4.9
MUSHROOMS, CANNED	1/3 CUP	90.0	17.0	2.3	1.1	0.2	3.0
Mushrooms, Canned, drnd, avg	1/2 cup	78.0	19.0	3.9	1.5	0.2	4.9
Mushrooms, Canned, Green Giant	1/2 cup	120.0	28.0	3.1	2.5	0.2	4.6
Mushrooms, Chanterelle, dried, avg	1/4 cup	36.0	122.0	18.6	6.5	2.4	23.1
Mushrooms, Enoki, raw, Freida's Specialty Produce	3 oz	85.0	34.0	5.1	1.7	0.0	6.1
Mushrooms, Morel, dried, Freida's Spec Produce	10 pce	13.0	49.0	6.5	3.3	0.0	8.5
Mushrooms, Oyster, dried, World Variety Produce	1/4 cup	36.0	130.0	19.5	9.7	1.5	25.7
Mushrooms, Oyster, raw, American Mushroom Inst	3 oz	85.0	28.0	2.8	3.7	0.0	5.0
Mushrooms, Pickled, avg	1/2 cup	78.0	18.0	3.6	1.4	0.3	4.5
Mushrooms, Porcini, dried, World Variety Produce	1/4 cup	36.0	127.0	17.7	11.1	1.4	24.7
Mushrooms, Portabella, dried, Freidas Spec Produce	10 pce	6.0	0.0	1.5	1.5	0.0	2.4
Mushrooms, Portabella, raw, American Mushroom Ins	3 oz	85.0	20.0	4.0	3.0	0.0	5.8
MUSHROOMS, RAW	10 SMALL	100.0	28.0	4.4	2.7	0.5	6.1
Mushrooms, Raw, sliced, avg	1/2 cup	35.0	9.0	1.6	0.7	0.1	2.0
Mushrooms, Shiitake, ckd, pces, avg	1/2 cup	72.0	40.0	10.3	1.1	0.2	11.0
Mushrooms, Shiitake, dried, avg	4 ea	15.0	44.0	11.3	1.4	0.1	12.2
Mushrooms, Shiitake, raw, American Mushroom Inst	3 oz	85.0	33.0	4.7	1.9	0.0	5.8
Mushrooms, Steamed, sliced, avg	1/2 cup	78.0	19.0	3.6	1.6	0.3	4.6
Mushrooms, Stuffed, avg	3 ea	72.0	169.0	11.8	6.4	11.0	18.4
Muskrat, Raw	4 oz	113.0	183.0	0.0	23.5	9.2	16.4
Muskrat, Roasted	3 oz	85.0	199.0	0.0	25.6	9.9	17.8
Mussels, Blue, raw, avg	1 cup	150.0	129.0	5.5	17.9	3.4	17.1
Mussels, Blue, stmd, avg	3 oz	85.0	146.0	6.3	20.2	3.8	19.4
MUSSELS, MEAT ONLY	3.5 OZ	100.0	95.0	3.3	14.4	2.2	12.5
Mussels, smkd, cnd in oil, drnd, avg	1 cup	150.0	292.0	6.6	31.2	15.6	29.2
Mussels, w/Tomato Sauce, avg	1 cup	240.0	269.0	23.7	30.1	5.6	43.2
MUSTARD GREENS, COOKED	1/2 CUP	100.0	23.0	4.0	2.2	0.4	5.4
Mustard Greens, Cooked, avg	1/2 cup	70.0	10.0	1.5	1.6	0.2	2.5
Mustard Greens, Frozen, ckd, avg	1/2 cup	75.0	14.0	2.3	1.7	0.2	3.4

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Mustard Greens, Leaves, raw, avg	1 oz	28.0	10.0	0.9	1.1	0.2	1.6
Mustard Powder, Foran Spice Company	1 tsp	3.0	17.0	0.6	0.1	1.3	1.0
Mustard Seed, yellow, avg	1 tsp	4.0	19.0	1.4	0.1	1.2	1.8
Mustard, Brown, avg	1 Tbs	15.0	14.0	0.8	0.9	0.9	1.6
Mustard, Dijon, Nabisco	1 Tbs	16.0	19.0	1.7	1.0	1.4	2.7
Mustard, Stoneground, Beaverton Foods	1 Tbs	15.0	26.0	3.4	0.1	0.2	3.5
Mustard, Yellow, avg	1 Tbs	16.0	12.0	1.0	0.8	0.7	1.7
Mutton Biriani, avg	3 oz	85.0	212.0	21.1	6.8	11.6	28.1
Mutton Tallow, avg	1 Tbs	13.0	117.0	0.0	0.0	13.0	3.3
Nacho Chips, w/Cinnamon & Sugar, avg	7 pce	109.0	592.0	63.4	7.2	35.1	76.5
Nachos, Bellgrande, svg, Taco Bell	1 ea	312.0	770.0	84.0	21.0	39.0	106.4
Nachos, Regular, svg, Taco Bell	1 ea	99.0	320.0	34.0	5.0	18.0	41.5
Nachos, Regular, Taco Johns	1 ea	99.0	293.0	30.8	1.8	16.8	36.1
Nachos, Super, Taco Johns	1 ea	368.0	847.0	76.8	18.8	49.8	100.5
Nachos, Supreme, svg, Taco Bell	1 ea	198.0	450.0	45.0	14.0	24.0	59.4
Nachos, svg, Taco Time	1 ea	297.0	808.0	78.0	26.0	46.0	105.1
Nachos, w/Cheese & Jalapeno Peppers, Taco Bell	7 pce	204.0	608.0	60.2	16.8	34.1	78.8
Nachos, w/Cheese, Beans, Beef&Peppers, Taco Bell	7 pce	225.0	502.0	49.3	17.5	27.0	66.5
Nachos, w/Cheese, Taco Bell	7 pce	113.0	346.0	36.4	9.1	18.1	46.4
NECTARINE, FRESH	1 MEDIUM	136.0	67.0	16.0	1.3	0.6	16.9
Nectarines, Fresh, avg	1/2 cup	69.0	34.0	8.1	0.6	0.3	8.5
Nestea Cool Drink	1 cup	248.0	82.0	22.0	0.0	0.0	22.0
Nestea Cool Drink, diet	1 cup	240.0	1.0	0.1	0.0	0.0	0.1
NOODLES, CHOW MEIN	1/2 CUP	28.0	153.0	15.8	2.7	8.8	19.6
NOODLES, COOKED	3/5 CUP	92.0	107.0	20.1	3.9	1.2	22.7
NOODLES, RAMEN, COOKED	1 CUP	227.0	225.0	33.4	6.1	7.5	38.9
Nutmeg, ground, avg	1 tsp	2.0	10.0	0.1	0.1	0.7	0.3
Nuts, Acorns, dried, avg	1 oz	28.0	143.0	15.0	2.3	8.8	18.6
Nuts, Acorns, Flour, full fat, avg	1 oz	28.0	140.0	15.3	2.1	8.5	18.7
Nuts, Acorns, raw, avg	1 oz	28.0	108.0	11.4	1.7	6.7	14.1
Nuts, Almonds, blanched, slivered, Blue Diamond	1 oz	28.0	170.0	5.5	5.9	14.3	12.6
Nuts, Almonds, blanched, whole, avg	1 oz	28.0	164.0	5.2	5.7	14.7	12.3
Nuts, Almonds, Butter, plain, salted, avg	2 Tbs	32.0	203.0	6.8	4.8	18.9	14.4
Nuts, Almonds, Butter, plain, unsalted, avg	2 Tbs	32.0	203.0	6.8	4.8	18.9	14.4
Nuts, Almonds, Butter, w/honey&cinn, salted, avg	2 Tbs	32.0	193.0	8.6	5.1	16.7	15.8
Nuts, Almonds, Butter, w/honey&cinn, unsalted, avg	2 Tbs	32.0	193.0	8.6	5.1	16.7	15.8
Nuts, Almonds, dried, avg	1 oz	28.0	165.0	5.7	5.6	14.6	12.7
Nuts, Almonds, dry rstd, salted, avg	1 oz	28.0	164.0	6.8	4.6	14.4	13.2
Nuts, Almonds, dry rstd, unsalted, avg	1 oz	28.0	164.0	6.8	4.6	14.4	13.2

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Nuts, Almonds, honey rstd, avg	1 oz	28.0	166.0	7.8	5.1	13.1	14.1
Nuts, Almonds, Meal, salted, avg	1 oz	28.0	114.0	8.1	11.1	5.1	16.0
Nuts, Almonds, Nut Meal, avg	1 oz	28.0	114.0	8.1	11.1	5.1	16.0
Nuts, Almonds, oil rstd, salted, avg	1 oz	28.0	173.0	4.5	5.7	16.2	12.0
Nuts, Almonds, oil rstd, unsalted, avg	1 oz	28.0	173.0	4.5	5.7	16.2	12.0
Nuts, Almonds, Paste, packed, avg	2 Tbs	29.0	133.0	13.9	2.6	8.0	17.5
Nuts, Almonds, toasted, whole, avg	1 oz	28.0	165.0	6.4	5.7	14.2	13.4
Nuts, Almonds, Whole Natural, Blue Diamond	1 oz	28.0	168.0	5.6	5.8	14.1	12.6
Nuts, Beechnuts, dried, avg	1 oz	28.0	161.0	9.4	1.7	14.0	13.9
Nuts, Brazil, dried, avg	1 oz	28.0	184.0	3.6	4.0	18.5	10.6
Nuts, Butternuts, dried, avg	1 oz	28.0	171.0	3.4	6.1	15.1	10.8
Nuts, Cashews, Butter, salted	2 Tbs	32.0	188.0	8.8	5.6	15.8	16.1
Nuts, Cashews, Butter, unsalted, avg	2 Tbs	32.0	188.0	8.8	5.6	15.8	16.1
Nuts, Cashews, dry rstd, salted, avg	1 oz	28.0	161.0	9.2	4.3	12.1	14.8
Nuts, Cashews, dry rstd, unsalted, avg	1 oz	28.0	161.0	9.2	4.3	12.1	14.8
Nuts, Cashews, oil rstd, salted, avg	1 oz	28.0	161.0	7.1	4.5	13.5	13.2
Nuts, Cashews, oil rstd, unsalted, avg	1 oz	28.0	161.0	7.1	4.5	13.5	13.2
Nuts, Chestnuts, ckd, European, avg	1 oz	28.0	37.0	7.8	0.6	0.4	8.3
Nuts, Chestnuts, dried, peeled, avg	1 oz	28.0	103.0	21.1	1.4	1.1	22.2
Nuts, Chestnuts, dried, unpeeled, avg	1 oz	28.0	105.0	21.6	1.8	1.2	23.0
Nuts, Chestnuts, raw, Japanese, avg	1 oz	28.0	43.0	9.8	0.6	0.1	10.2
Nuts, Chestnuts, raw, peeled, avg	1 oz	28.0	55.0	12.4	0.5	0.4	12.8
Nuts, Chestnuts, raw, unpeeled, avg	1 oz	28.0	60.0	12.7	0.7	0.6	13.3
Nuts, Chestnuts, rstd, avg	1 oz	28.0	69.0	14.8	0.9	0.6	15.5
Nuts, Coconut, dried, swtnd, shredded, avg	2 Tbs	23.0	115.0	10.1	0.7	8.2	12.6
Nuts, Coconut, dried, unswtnd, avg	2 Tbs	20.0	132.0	4.9	1.4	12.9	9.0
Nuts, Coconut, flaked, swtnd, cnd, avg	2 Tbs	19.0	84.0	7.8	0.6	6.0	9.7
Nuts, Coconut, fresh, shredded, avg	2 Tbs	20.0	71.0	3.0	0.7	6.7	5.1
Nuts, Coconut, Milk, cnd, avg	1/2 cup	113.0	223.0	3.2	2.3	24.1	10.6
Nuts, Coconut, Milk, f/fzn, avg	1/2 cup	120.0	242.0	6.7	1.9	24.1	13.9
Nuts, Coconut, Milk, raw, avg	1/2 cup	120.0	276.0	6.6	2.7	28.6	15.4
Nuts, Coconut, toasted, dry, avg	1 oz	28.0	166.0	12.4	1.5	13.2	16.6
Nuts, Coconut, Water, raw, avg	1/2 cup	120.0	23.0	4.5	0.9	0.2	5.1
Nuts, Filberts/Hazelnuts, dried, avg	1 oz	28.0	177.0	4.3	3.6	17.5	10.8
Nuts, Filberts/Hazelnuts, dried, blanched, avg	1 oz	28.0	188.0	4.5	3.6	18.8	11.4
Nuts, Filberts/Hazelnuts, dry rstd, salted, avg	1 oz	28.0	185.0	5.0	2.8	18.6	11.3
Nuts, Filberts/Hazelnuts, dry rstd, unsalted, avg	1 oz	28.0	185.0	5.0	2.8	18.6	11.3
Nuts, Filberts/Hazelnuts, oil rstd, salted	1 oz	28.0	185.0	5.4	4.0	17.8	12.2
Nuts, Filberts/Hazelnuts, oil rstd, unsalted, avg	1 oz	28.0	185.0	5.4	4.0	17.8	12.2

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Nuts, Filberts/Hazelnuts, Whole Natural, Westnut	1 oz	28.0	164.0	4.9	4.5	15.3	11.4
Nuts, Formed, macadamia flvr, unsalted, avg	1 oz	28.0	173.0	7.8	3.1	15.8	13.6
Nuts, Formed, other flvrs, unsalted	1 oz	28.0	181.0	5.8	3.7	17.4	12.4
Nuts, Formed, unflvrd, f/wheat & salt, avg	1 oz	28.0	174.0	6.6	3.9	16.2	13.0
Nuts, Formed, Wheat Germ, almond, Ana Con Foods	1 oz	28.0	196.0	4.4	3.9	18.6	11.4
Nuts, Formed, Wheat Germ, black walnut, Ana Con Fd	1 oz	28.0	196.0	4.4	3.9	18.6	11.4
Nuts, Formed, Wheat Germ, cashew, Ana Con Fd	1 oz	28.0	196.0	4.4	3.9	18.6	11.4
Nuts, Formed, Wheat Germ, pecan, Ana Con Foods	1 oz	28.0	196.0	4.4	3.9	18.6	11.4
Nuts, Macadamia, dried, avg	1 oz	28.0	197.0	3.8	2.3	20.6	10.3
Nuts, Macadamia, oil rstd, salted, avg	1 oz	28.0	201.0	3.6	2.0	21.4	10.1
Nuts, Macadamia, oil rstd, unsalted, avg	1 oz	28.0	201.0	3.6	2.0	21.4	10.1
Nuts, Macadamia, raw, World Variety Produce	1 oz	28.0	207.0	5.1	2.3	19.7	11.4
Nuts, Mixed, dry rstd, salted, avg	1 oz	28.0	166.0	7.1	4.8	14.4	13.6
Nuts, Mixed, dry rstd, unsalted, avg	1 oz	28.0	166.0	7.1	4.8	14.4	13.6
Nuts, Mixed, oil rstd, salted	1 oz	28.0	173.0	5.1	4.7	15.8	11.9
Nuts, Mixed, oil rstd, unsalted	1 oz	28.0	173.0	5.1	4.7	15.8	11.9
Nuts, Peanuts, ckd, avg	1 oz	28.0	89.0	5.1	3.8	6.2	8.9
Nuts, Peanuts, dry rstd, all types, salted	1 oz	28.0	164.0	6.0	6.6	13.9	13.4
Nuts, Peanuts, dry rstd, all types, unsalted	1 oz	28.0	164.0	6.0	6.6	13.9	13.4
Nuts, Peanuts, fried, avg	1 oz	28.0	159.0	6.1	5.1	13.6	12.6
Nuts, Peanuts, oil rstd, salted, avg	1 oz	28.0	163.0	5.3	7.4	13.8	13.2
Nuts, Peanuts, oil rstd, unsalted, avg	1 oz	28.0	163.0	5.3	7.4	13.8	13.2
Nuts, Peanuts, raw, avg	1 oz	28.0	159.0	4.5	7.2	13.8	12.3
Nuts, Peanuts, raw, avg	1 oz	28.0	160.0	4.4	7.3	13.9	12.3
Nuts, Peanuts, Spanish, oil rstd, salted, avg	1 oz	28.0	162.0	4.9	7.8	13.7	13.0
Nuts, Peanuts, Spanish, oil rstd, unsalted, avg	1 oz	28.0	162.0	4.9	7.8	13.7	13.0
Nuts, Peanuts, Valencia, dry rstd, unsalted, avg	1 oz	28.0	166.0	5.2	6.8	14.4	12.9
Nuts, Peanuts, Valencia, oil rstd, salted, avg	1 oz	28.0	165.0	4.6	7.6	14.3	12.7
Nuts, Peanuts, Valencia, oil rstd, unsalted, avg	1 oz	28.0	165.0	4.6	7.6	14.3	12.7
Nuts, Peanuts, Valencia, raw, avg	1 oz	28.0	160.0	5.9	7.0	13.3	13.4
Nuts, Peanuts, Virginia, oil rstd, salted, avg	1 oz	28.0	162.0	5.6	7.3	13.6	13.4
Nuts, Peanuts, Virginia, oil rstd, unsalted, avg	1 oz	28.0	162.0	5.6	7.3	13.6	13.4
Nuts, Peanuts, Virginia, raw, avg	1 oz	28.0	158.0	4.6	7.1	13.7	12.3
Nuts, Pecans, dried, halves, avg	1 oz	28.0	187.0	5.1	2.2	18.9	11.1
Nuts, Pecans, dry rstd, salted, avg	1 oz	28.0	185.0	6.2	2.2	18.1	12.0
Nuts, Pecans, dry rstd, unsalted, avg	1 oz	28.0	185.0	6.2	2.2	18.1	12.0
Nuts, Pecans, oil rstd, salted, avg	1 oz	28.0	192.0	4.5	1.9	19.9	10.6
Nuts, Pecans, oil rstd, unsalted, avg	1 oz	28.0	192.0	4.5	1.9	19.9	10.6
Nuts, Pine, pignolia, dried, avg	1 oz	28.0	158.0	3.1	6.7	14.2	10.7

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Nuts, Pine, raw, World Variety Produce	1 oz	28.0	197.0	4.1	4.8	17.9	11.5
Nuts, Pistachio, dry rstd, salted, avg	1 oz	28.0	170.0	7.7	4.2	14.8	13.9
Nuts, Pistachio, dry rstd, unsalted, avg	1 oz	28.0	170.0	7.7	4.2	14.8	13.9
Nuts, Walnuts, Black, dried, avg	1 oz	28.0	170.0	3.4	6.8	15.8	11.4
Nuts, Walnuts, English/Persian, halves, dried, avg	1 oz	28.0	180.0	5.1	4.0	17.3	11.8
Oat, Flakes, rolled, Arrowhead Mills	1/4 cup	26.0	99.0	17.6	3.8	1.9	20.4
Oat, Flakes, rolled, Arrowhead Mills	1/4 cup	26.0	99.0	17.6	3.8	1.9	20.4
Oat, Rolled, dry, avg	1/4 cup	20.0	77.0	13.4	3.2	1.3	15.6
Oat, Rolled, dry, avg	1/4 cup	20.0	77.0	13.4	3.2	1.3	15.6
Oatmeal, Apple Cinnamon, dry pkt, Quaker	1 ea	35.0	128.0	26.1	3.3	1.5	28.5
Oatmeal, Apple Cinnamon, prep f/dry pkt, Quaker	1 ea	149.0	125.0	26.2	3.2	1.4	28.5
Oatmeal, Brn Sugar&Raisins, prep f/dry pkt, Quaker	1 ea	195.0	158.0	30.4	4.9	1.1	33.6
Oatmeal, Brown Sugar & Raisins, dry pkt, Quaker	1 ea	42.0	156.0	30.0	4.8	1.8	33.3
Oatmeal, Cinn Raisin Almond, dry pkt, Arrwhd Mills	1 ea	35.0	130.0	24.0	5.0	2.0	27.5
Oatmeal, Cinnamagic, dry pkt, Quaker	1 ea	40.0	144.0	29.6	3.8	1.1	32.2
Oatmeal, Cinnamagic, prep f/dry pkt Quaker	1 ea	159.0	145.0	29.7	3.8	1.1	32.3
Oatmeal, Cinnamon Spice, dry pkt, Quaker	1 ea	46.0	172.0	35.8	3.9	2.1	38.7
Oatmeal, Cinnamon Spice, prep f/dry pkt, Quaker	1 ea	161.0	177.0	35.1	4.8	1.9	38.5
Oatmeal, Cooked, avg	1 cup	234.0	145.0	25.3	6.1	2.3	29.5
Oatmeal, Fruit & Cream Variety, dry pkt, Quaker	1 ea	35.0	135.0	26.3	2.9	2.5	28.7
Oatmeal, Fruit Punch, dry pkt, Power Rangers	1 ea	40.0	149.0	30.6	3.5	2.0	33.2
Oatmeal, Fruit Punch, prep f/dry pkt, Pwr Rangers	1 ea	159.0	149.0	30.7	3.6	2.1	33.4
Oatmeal, Fruit&Cream Vrtly, prep f/dry pkt, Quaker	1 ea	154.0	182.0	35.6	3.9	3.4	38.8
Oatmeal, Inst, dry pkt, General Mills	1 ea	35.0	110.0	19.0	4.0	2.0	21.9
Oatmeal, Maple & Brown Sugar, dry pkt, Quaker	1 ea	42.0	156.0	31.1	4.2	1.8	34.1
Oatmeal, Maple Apple Spice, dry pkt, Arrwhd Mills	1 ea	35.0	130.0	25.0	4.0	2.0	27.9
Oatmeal, Maple&Brown Sugar, prep f/dry pkt, Quaker	1 ea	155.0	153.0	31.5	4.2	1.8	34.5
Oatmeal, Multigrain, dry, Quaker	1/4 cup	20.0	67.0	14.7	2.3	0.5	16.2
Oatmeal, Multigrain, prep, Quaker	1 cup	234.0	143.0	31.6	4.9	1.1	34.8
Oatmeal, Quick, dry, General Mills	1/4 cup	20.0	72.0	13.0	2.8	1.4	15.0
Oatmeal, Raisin Spice, dry pkt, Quaker	1 ea	42.0	152.0	31.3	4.4	1.8	34.4
Oatmeal, Raisin Spice, prep f/dry pkt, Quaker	1 ea	158.0	161.0	31.9	4.3	1.7	34.9
Oatmeal, Raisin, Dates & Walnuts, dry pkt, Quaker	1 ea	37.0	135.0	27.3	3.3	2.0	29.8
Oatmeal, Raisin, Dts&Wlnts, prep f/dry pkt, Quaker	1 ea	156.0	181.0	36.7	4.4	2.7	40.0
Oatmeal, Regular, dry, General Mills	1/4 cup	20.0	73.0	13.2	3.0	1.4	15.3
Oatmeal, Rolled Oats, dry, avg	1/4 cup	20.0	77.0	13.4	3.2	1.3	15.6
Oatmeal, Rolled Oats, dry, avg	1/4 cup	20.0	77.0	13.4	3.2	1.3	15.6
Oatmeal, Rolled Oats, flakes, Arrowhead Mills	1/4 cup	26.0	99.0	17.6	3.8	1.9	20.4
Oatmeal, Rolled Oats, flakes, Arrowhead Mills	1/4 cup	26.0	99.0	17.6	3.8	1.9	20.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
OATS, INSTANT	1 PACKET	177.0	104.0	18.1	4.4	1.7	21.2
OATS, INSTANT, APPLES & CINN.	1 PACKET	149.0	135.0	26.3	3.9	1.6	29.0
OATS, INSTANT, MAPLE & BRN.SUG.	1 PACKET	155.0	163.0	31.9	4.6	1.9	35.1
OATS, REG/QUICK, COOKED	3/4 CUP	175.0	108.0	18.9	4.5	1.8	22.1
Octopus, Dried, avg	1 cup	53.0	179.0	6.0	30.4	2.7	24.9
Octopus, Dried, ckd, avg	1 cup	107.0	196.0	6.6	33.1	2.9	27.2
Octopus, Raw, avg	3 oz	85.0	70.0	1.9	12.7	0.9	9.7
Octopus, Smoked, avg	3 oz	85.0	119.0	3.2	21.6	1.5	16.5
Octopus, Steamed, avg	3 oz	85.0	139.0	3.7	25.3	1.8	19.3
Oheloberries, Raw, avg	1/2 cup	70.0	20.0	4.8	0.3	0.2	5.0
Oil, Almond, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Apricot Kernel, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Avocado, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Canola, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Carob Seed, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Cocoa Butter, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Coconut, avg	1 Tbs	14.0	121.0	0.0	0.0	14.0	3.5
Oil, Corn, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Cottonseed, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
OIL, CRISCO	1 TBSP	12.0	106.0	0.0	0.0	12.0	3.0
Oil, Fish, Cod Liver, avg	1 Tbs	14.0	127.0	0.0	0.0	14.0	3.5
Oil, Fish, Herring, avg	1 Tbs	14.0	126.0	0.0	0.0	14.0	3.5
Oil, Fish, Menhaden, avg	1 Tbs	14.0	126.0	0.0	0.0	14.0	3.5
Oil, Fish, Salmon, avg	1 Tbs	14.0	126.0	0.0	0.0	14.0	3.5
Oil, Fish, Sardine, avg	1 Tbs	14.0	126.0	0.0	0.0	14.0	3.5
Oil, Fish, Shark, avg	1 Tbs	14.0	126.0	0.0	0.0	13.9	3.5
Oil, Grapeseed, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Hazelnut, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Hot, China Bowl Trading Co	1 Tbs	14.0	120.0	0.0	0.0	14.0	3.5
Oil, Nutra-Clear, Bunge Foods	1 Tbs	14.0	130.0	0.0	0.0	14.0	3.5
Oil, Nutra-Fry, Bunge Foods	1 Tbs	14.0	130.0	0.0	0.0	14.0	3.5
Oil, Oat, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
OIL, OLIVE	1 TBSP	14.0	119.0	0.0	0.0	13.5	3.4
Oil, Olive, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Olive, Extra Virgin, Natural Oils Intl	1 Tbs	14.0	126.0	0.0	0.0	14.0	3.5
Oil, Palm Kernel, avg	1 Tbs	14.0	121.0	0.0	0.0	14.0	3.5
Oil, Palm, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Peach Kernel, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Peanut, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Oil, Pistachio Nut Kernel, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Popcorn, China Bowl Trading Co	1 Tbs	14.0	130.0	0.0	0.0	14.0	3.5
Oil, Poppyseed, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Pumpkin Seed, avg	1 Tbs	14.0	123.0	0.0	0.0	13.9	3.5
Oil, Rice Bran, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Safflower, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Sesame, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Soybean, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Soybean, hydrogenated & cottonseed, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Soybean, hydrogenated, Archer Daniels Midland	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Sunflower, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Tomato Seed, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Walnut, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Watermelon Seed, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Wheat Germ, avg	1 Tbs	14.0	124.0	0.0	0.0	14.0	3.5
Oil, Wok, China Bowl Trading Co	1 Tbs	14.0	130.0	0.0	0.0	14.0	3.5
Okra, Batter Dipped, fried, avg	1/2 cup	46.0	87.0	5.8	1.4	6.7	8.3
OKRA, FRESH, COOKED	8-9 PODS	100.0	29.0	6.0	2.0	0.3	7.3
Okra, Frozen, ckd, avg	1/2 cup	92.0	26.0	5.3	1.9	0.3	6.5
Okra, Raw, avg	1/2 cup	50.0	16.0	3.8	1.0	0.1	4.4
Okra, Raw, ckd, avg	1/2 cup	80.0	26.0	5.8	1.5	0.1	6.7
OLIVES, BLACK	2 LARGE	20.0	37.0	0.6	0.2	4.0	1.7
Olives, Calamata, w/o pits, GL Mezzetta	1 ea	4.0	11.0	0.4	0.1	1.1	0.7
OLIVES, GREEN	2 MEDIUM	13.0	15.0	0.2	0.2	1.6	0.7
Olives, Green, w/o pits, avg	1 ea	4.0	5.0	0.1	0.1	0.5	0.3
Olives, Jumbo, super colossal, Calif Olive Indstry	1 ea	10.0	12.0	0.7	0.1	0.1	0.8
Olives, Large, California Olive Industry	1 ea	4.0	6.0	0.3	0.0	0.5	0.4
Olives, Medium, California Olive Industry	1 ea	3.0	5.0	0.2	0.0	0.4	0.3
Olives, Small, California Olive Industry	1 ea	2.0	3.0	0.2	0.0	0.3	0.3
ONION	1 MEDIUM	100.0	38.0	8.7	1.5	0.1	9.6
Onion Powder, avg	1 tsp	2.0	7.0	1.6	0.2	0.0	1.7
Onion Rings, avg	8 1/2 pce	83.0	276.0	31.3	3.7	15.5	37.4
Onion Salt, Heller Seasonings	1 tsp	6.0	3.0	0.7	9.1	0.0	6.2
ONION SOUP MIX, DRY	1 PACKET	39.0	115.0	20.9	4.5	2.3	24.2
Onions, Boiler, raw, Freida's Specialty Produce	3 ea	85.0	30.0	7.0	1.0	0.0	7.6
Onions, Canned, avg	1/2 cup	112.0	21.0	4.5	0.1	0.1	4.6
Onions, Canned, whole, Green Giant	1/2 cup	122.0	38.0	8.4	0.9	0.1	9.0
ONIONS, COOKED	1/2 CUP	100.0	29.0	6.5	1.2	0.1	7.2
Onions, Cooked, avg	1/2 cup	105.0	46.0	10.7	1.4	0.2	11.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Onions, Creamed, avg	1/2 cup	114.0	100.0	10.1	2.6	5.5	13.0
Onions, Flakes, dehydrated, avg	1 Tbs	4.0	14.0	3.3	0.4	0.0	3.5
Onions, Frozen, chpd, ckd, avg	1/2 cup	105.0	29.0	6.9	0.8	0.1	7.4
Onions, Pearl, pckld, avg	1/2 cup	92.0	40.0	9.3	1.2	0.2	10.1
Onions, Raw, chpd, avg	1/2 cup	80.0	30.0	6.9	0.9	0.1	7.5
Onions, Rings, ckd f/fzn, avg	2 ea	20.0	81.0	7.6	1.1	5.3	9.6
Onions, Small, w/cream sauce, Birds Eye	1/2 cup	126.0	58.0	9.8	1.8	1.6	11.3
Onions, Spring/Green, avg	1/2 cup	50.0	16.0	3.7	0.9	0.1	4.3
Onions, Steamed, avg	1/2 cup	105.0	40.0	9.1	1.2	0.2	9.9
Onions, Stir Fried, avg	1/2 cup	105.0	40.0	9.1	1.2	0.2	9.9
Opossum, Roasted	3 oz	85.0	188.0	0.0	25.7	8.7	17.6
Orange Drink, sugar swtnd, dry pkt, Kool-Aid	1 ea	136.0	480.0	128.0	0.0	0.0	128.0
Orange Drink, sugar swtnd, prep f/mix, Kool-Aid	1 cup	254.0	60.0	16.0	0.0	0.0	16.0
ORANGE JUICE	8 OZ	248.0	111.0	25.8	1.7	0.5	26.9
Orange Roughy Fish, bkd, avg	3 oz	85.0	76.0	0.0	16.1	0.8	9.9
Orange Roughy Fish, raw, avg	3 oz	85.0	59.0	0.0	12.5	0.6	7.7
Orange, California Navel, avg	1/2 cup	82.0	38.0	9.5	0.8	7.4	11.8
Orange, California Valencia, avg	1/2 cup	90.0	44.0	10.7	0.9	0.3	11.3
ORANGE, NANEL, RAW	1 MEDIUM	140.0	65.0	16.3	1.4	0.1	17.2
Orange, Peel, fresh, grated, avg	1 Tbs	6.0	6.0	1.5	0.1	0.0	1.6
Orange, Segmants, Orville Kent	1/2 cup	105.0	60.0	14.0	1.0	0.0	14.6
ORANGE, VALENCIA, RAW	1 MEDIUM	121.0	59.0	14.4	1.3	0.4	15.3
Orange, w/Peel, avg	1/2 cup	85.0	34.0	13.2	1.1	0.3	13.9
Oregano, fresh, avg	1 Tbs	6.0	4.0	0.6	0.1	0.1	0.7
Oregano, ground, avg	1 tsp	2.0	6.0	1.3	0.2	0.2	1.5
Oregano, Medtrn, dried, Amer Spc&Trd Assoc	1 tsp	2.0	7.0	1.3	0.3	0.1	1.5
Oregano, Mex, dried, Amer Spc&Trd Assoc	1 tsp	2.0	7.0	1.3	0.3	0.1	1.5
Oriental Beef, Broccoli Beijing, Healthy Choice	1 ea	340.0	300.0	45.0	21.0	4.5	58.7
Oriental Beef, Lean Cuisine	1 ea	255.0	250.0	29.1	13.1	7.1	38.7
Oriental Beef, Pepper Steak, Healthy Choice	1 ea	269.0	250.0	34.0	19.0	4.0	46.4
Oriental Beef, Slim Select	1 ea	284.0	290.0	36.0	17.0	9.0	48.5
Oriental Chicken, Banquet	1 ea	255.0	260.0	34.0	12.0	9.0	43.5
Oriental Chicken, Ginger, Healthy Choice	1 ea	357.0	380.0	59.0	24.0	5.0	74.7
Oriental Chicken, Sesame Shanghai, Healthy Choice	1 ea	340.0	300.0	40.0	24.0	5.0	55.7
Oriental Chicken, w/Vegetables, avg	1 ea	255.0	204.0	26.2	17.3	4.1	37.6
Oriental Chicken, w/Vegetables, Chef Mate	1 cup	252.0	210.0	24.0	11.0	8.0	32.6
Ostrich, Fan Cut, ckd, Am Ostrch Asc	3 oz	85.0	114.0	0.0	21.7	2.3	13.6
Ostrich, Fan Cut, raw, Am Ostrch Asc	4 oz	113.0	132.0	0.0	24.7	2.1	15.3
Ostrich, Inside Leg, ckd, Am Ostrch Asc	3 oz	85.0	120.0	0.0	24.7	1.6	15.2

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Ostrich, Inside Leg, raw, Am Ostrch Asc	4 oz	113.0	125.0	0.0	25.3	1.9	15.7
Ostrich, Inside Strip, ckd, Am Ostrch Asc	3 oz	85.0	139.0	0.0	24.1	3.6	15.4
Ostrich, Inside Strip, raw, Am Ostrch Asc	4 oz	113.0	138.0	0.0	24.8	3.5	15.8
Ostrich, Outsd Strip, ckd, Am Ostrch Asc	3 oz	85.0	133.0	0.0	24.3	3.3	15.4
Ostrich, Outsd Strip, raw, Am Ostrch Asc	4 oz	113.0	142.0	0.0	25.3	3.8	16.1
Ostrich, Outside Leg, ckd, Am Ostrch Asc	3 oz	85.0	111.0	0.0	22.4	1.8	13.9
Ostrich, Outside Leg, raw, Am Ostrch Asc	4 oz	113.0	130.0	0.0	25.8	2.2	16.0
Ostrich, Oyster Cut, ckd, Am Ostrch Asc	3 oz	85.0	132.0	0.0	24.5	3.0	15.5
Ostrich, Oyster Cut, raw, Am Ostrch Asc	4 oz	113.0	141.0	0.0	24.4	4.1	15.7
Ostrich, Round Cut, ckd, Am Ostrch Asc	3 oz	85.0	108.0	0.0	20.5	2.3	12.9
Ostrich, Round Cut, raw, Am Ostrch Asc	4 oz	113.0	131.0	0.0	24.8	2.7	15.6
Ostrich, Tenderloin, ckd, Am Ostrch Asc	3 oz	85.0	113.0	0.0	19.8	3.2	12.7
Ostrich, Tenderloin, raw, Am Ostrch Asc	4 oz	113.0	139.0	0.0	24.9	3.6	15.8
Ostrich, Tip, trimmed, ckd, Am Ostrch Asc	3 oz	85.0	123.0	0.0	24.2	2.2	15.1
Ostrich, Tip, trimmed, raw, Am Ostrch Asc	4 oz	113.0	129.0	0.0	24.7	2.6	15.5
Ostrich, Top Loin, ckd, Am Ostrch Asc	3 oz	85.0	132.0	0.0	23.9	3.3	15.2
Ostrich, Top Loin, raw, Am Ostrch Asc	4 oz	113.0	134.0	0.0	24.5	3.3	15.5
OYSTER STEW, W/MILK	1 CUP	245.0	134.0	9.8	6.1	7.9	15.4
OYSTER STEW, W/WATER	1 CUP	241.0	59.0	4.1	2.1	3.8	6.3
Oyster, Fritter, avg	1 ea	40.0	125.0	12.7	3.8	6.3	16.6
Oyster, Rockefeller, avg	1 cup	224.0	262.0	21.2	16.5	12.5	34.2
Oysters, Eastern, cnd w/liquid, avg	1 ea	272.0	3152.0	10.6	19.2	6.7	23.8
Oysters, Eastern, med, bkd/brld, avg	10 ea	98.0	77.0	7.1	6.9	2.1	11.8
Oysters, Eastern, med, brd, fried, avg	10 ea	147.0	290.0	17.1	12.9	18.5	29.5
Oysters, Eastern, med, raw, avg	10 ea	142.0	84.0	7.9	7.4	2.2	12.9
Oysters, Eastern, stmd, avg	10 ea	70.0	96.0	5.5	9.9	3.4	12.3
OYSTERS, FRIED	3.5 OZ	100.0	239.0	18.6	8.6	13.9	27.2
Oysters, Pacific, raw, avg	1 ea	50.0	40.0	2.5	4.7	1.2	5.6
Oysters, Pacific, stmd, avg	1 ea	25.0	41.0	2.5	4.7	1.2	5.6
OYSTERS, RAW, EASTERN	5-8 MEDIUM	100.0	66.0	3.4	8.4	1.8	8.9
Palm Hearts, Canned, avg	1/2 cup	73.0	20.0	3.4	1.8	0.5	4.6
Palm Hearts, Cooked, avg	1/2 cup	73.0	75.0	19.4	1.1	0.1	20.1
Pancake, Blueberry, fzn, 4", Aunt Jemima	1 ea	35.0	82.0	15.3	2.2	1.3	16.9
Pancake, Blueberry, microwave, 4", Aunt Jemima	1 ea	38.0	69.0	13.0	1.7	1.3	14.3
Pancake, Blueberry, prep f/dry mix, 4", Aunt Jem	1 ea	38.0	69.0	13.0	1.7	1.3	14.3
Pancake, Blueberry, prep f/recipe, 4", avg	1 ea	38.0	84.0	11.0	2.3	3.5	13.3
Pancake, Buckwheat, incomplete dry mix, avg	1/4 cup	30.0	102.0	21.4	3.3	0.8	23.6
Pancake, Buckwheat, prep f/incomplete mix, avg	1 ea	30.0	62.0	8.5	2.4	2.3	10.5
Pancake, Buttermilk, dry mix, Pioneer Foods	1 oz	28.0	99.0	20.7	1.9	0.9	22.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Pancake, Buttermilk, fzn, 4", Aunt Jemima	1 ea	35.0	79.0	14.8	2.3	1.2	16.5
Pancake, Buttermilk, microwave, 4", Hungry Jack	1 ea	39.0	81.0	15.5	1.7	1.4	16.9
Pancake, Buttermilk, microwave, mini, Hungry Jack	1 ea	10.0	21.0	3.1	0.4	0.4	3.4
Pancake, Buttermilk, prep f/recipe, 4", avg	1 ea	38.0	86.0	10.9	2.6	3.5	13.3
Pancake, Cornmeal, 4", avg	1 ea	21.0	43.0	6.6	1.1	1.3	7.6
Pancake, Indian, prep f/rice flour&dried peas, avg	1 ea	29.0	52.0	9.8	2.2	0.4	11.2
Pancake, Multigrain, dry mix, Millers Price	1 oz	28.0	102.0	19.9	1.9	1.6	21.4
Pancake, Oat Bran, dry mix, Arrowhead Mills	1/4 cup	30.0	105.0	18.8	5.3	1.1	22.3
Pancake, Plain, dry mix, complete, avg	1/4 cup	32.0	120.0	22.8	3.2	1.6	25.1
Pancake, Plain, dry mix, low sod, w/fructose, avg	1 oz	28.0	98.0	20.7	2.5	0.4	22.3
Pancake, Plain, dry mix, xtr lt, complt, Pillsbury	1 oz	28.0	99.0	19.3	2.4	1.4	21.1
Pancake, Plain, fzn, 4", Aunt Jemima	1 ea	35.0	81.0	15.4	2.2	1.2	17.0
Pancake, Plain, fzn, RTE, 4", avg	1 ea	36.0	82.0	15.7	1.9	1.2	17.1
Pancake, Plain, microwave, 4", Aunt Jemima	1 ea	38.0	62.0	12.3	1.9	0.8	13.6
Pancake, Plain, prep f/complete dry mix, 4", avg	1 ea	38.0	74.0	13.9	1.1	0.1	14.6
Pancake, Plain, prep f/recipe, 4", avg	1 ea	38.0	86.0	10.8	2.4	3.7	13.2
Pancake, Potato, dry griddle mix, DCA Foods	1 oz	28.0	95.0	20.2	2.5	0.6	21.9
Pancake, Rye, 4", avg	1 ea	21.0	63.0	9.5	1.3	2.2	10.8
Pancake, Silver Dollar, w/eggs, fzn, Great Starts	1 ea	120.0	250.0	22.0	9.0	14.0	30.9
Pancake, Sourdough, 4", avg	1 ea	21.0	46.0	7.2	1.2	1.4	8.3
Pancake, Swedish, dry mix, Krusteaz	1 oz	28.0	101.0	20.7	3.4	0.5	22.9
Pancake, Swedish, prep f/dry mix, 7", Krusteaz	1 ea	40.0	75.0	10.0	3.0	3.0	12.6
Pancake, w/Bacon, fzn, Great Starts	1 ea	128.0	400.0	42.0	12.0	20.0	54.2
Pancake, w/Sausage, fzn, Great Starts	1 ea	170.0	490.0	52.0	14.0	25.0	66.7
Pancake, Whole Grain, dry mix, Arrowhead Mills	1/4 cup	35.0	120.0	24.0	5.0	0.5	27.1
Pancake, Whole Wheat, dry mix, incomplete, avg	1/4 cup	35.0	120.0	24.9	4.5	0.5	27.7
Pancake, Whole Wheat, prep f/dry mix, 4", avg	1 ea	44.0	92.0	12.9	3.7	2.9	15.8
Pancake, Whole Wheat, w/hny, prep f/mix, 5", Krstz	1 ea	53.0	99.0	19.2	3.1	0.8	21.3
Pancake, Whole Wheat, w/honey, dry mix, Krusteaz	1 oz	28.0	98.0	19.3	3.9	0.9	21.9
PANCAKES, FRZN, CAMPBELL	1 SMALL	28.0	75.0	10.0	2.0	3.0	12.0
PANCAKES, PLAIN, AUNT JEMIMA	3 MEDIUM	112.0	210.0	42.2	6.6	1.6	46.6
PAPA JOHN'S BREADSTICKS	1 STICK		170.0	27.0	6.0	3.0	31.4
PAPA JOHN'S CHEESE BREADSTICKS	2 STICKS		160.0	21.0	7.0	6.0	26.7
PAPA JOHN'S CHEESE PIZZA	1 SLICE		286.0	37.0	14.0	9.0	47.7
PAPA JOHN'S GARDEN PIZZA	1 SLICE		298.0	36.0	14.0	11.0	47.2
PAPA JOHN'S MEATS PIZZA	1 SLICE		410.0	42.0	21.0	18.0	59.1
PAPA JOHN'S PEPPERONI PIZZA	1 SLICE		310.0	35.0	15.0	13.0	47.3
PAPA JOHN'S WORKS PIZZA	1 SLICE		369.0	37.0	18.0	17.0	52.1
Papaya, Canned, avg	1/2 cup	66.0	43.0	11.2	0.1	6.6	12.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Papaya, Dried, avg	1 pce	23.0	59.0	14.9	0.9	0.2	15.5
Papaya, Fresh, whole, medium, avg	1 ea	304.0	119.0	29.8	1.9	0.4	31.0
Paprika, avg	1 tsp	2.0	6.0	1.1	0.3	0.3	1.4
Paprika, Hot Hungarian, Budapest's	1 tsp	2.0	0.0	0.0	0.0	0.0	0.0
Paprika, Sweet Hungarian, Budapest's	1 tsp	2.0	0.0	0.0	0.0	0.0	0.0
Parsnips, Raw, ckd, avg	1/2 cup	78.0	63.0	15.2	1.0	0.2	15.8
Parsnips, Raw, sliced, avg	1/2 cup	66.0	50.0	11.9	0.8	0.2	12.4
Passion Fruit, purple, fresh, avg	1/2 cup	118.0	114.0	27.6	2.6	0.8	29.4
Pasta Fasul, Meal in a Cup, Casbah Sahara	1/2 cup	124.0	71.0	5.5	4.9	0.0	8.4
Pasta, Angel Hair, dry, Di Giorno	2 oz	56.0	160.0	31.0	7.0	1.0	35.5
Pasta, Corn, ckd, avg	1 cup	140.0	176.0	39.1	3.7	1.0	41.6
Pasta, Corn, dry, avg	1/2 cup	52.0	186.0	41.2	3.9	1.1	43.8
Pasta, Couscous, ckd, avg	1 cup	157.0	176.0	36.4	5.1	0.3	39.5
Pasta, Couscous, dry, avg	1/2 cup	86.0	323.0	66.6	11.0	0.6	73.3
Pasta, Fettuccini, dry, Di Giorno	2 oz	57.0	155.0	31.8	5.7	1.2	35.5
Pasta, Fresh, plain, avg	2 oz	57.0	164.0	31.2	6.4	1.3	35.4
Pasta, Fresh, prep f/recipe w/egg, avg	2 oz	57.0	74.0	13.4	3.0	0.1	15.2
Pasta, Fresh, prep f/recipe w/o egg, avg	1 cup	76.0	94.0	19.1	3.3	0.7	21.3
Pasta, Fresh, Spinach, ckd, avg	2 oz	57.0	74.0	14.3	2.9	0.5	16.2
Pasta, Fresh, Spinach, dry, avg	2 oz	57.0	165.0	31.7	6.4	1.2	35.8
Pasta, Japanese, Udon, ckd, avg	2 oz	57.0	58.0	11.6	1.4	0.3	12.5
Pasta, Japanese, Udon, fresh, avg	2 oz	57.0	160.0	32.5	3.9	0.7	35.0
Pasta, Lasagna Pasta Sheets, ckd, Bernardi's	1 ea	113.0	250.0	47.0	9.0	3.0	53.2
Pasta, Macaroni, enr, ckd, avg	1 cup	140.0	197.0	39.6	6.7	0.9	43.8
Pasta, Macaroni, enr, protein fort, ckd, avg	1 cup	115.0	189.0	35.5	10.2	0.2	41.7
Pasta, Macaroni, unenr, ckd, avg	1 cup	140.0	197.0	39.6	6.7	0.9	43.8
Pasta, Macaroni, unenr, dry, avg	1/2 cup	52.0	193.0	38.8	6.7	0.8	43.0
Pasta, Macaroni, Vegetable, enr, ckd, avg	1 cup	134.0	172.0	35.6	6.1	0.1	39.3
Pasta, Macaroni, Whole Wheat, ckd, avg	1 cup	140.0	174.0	37.1	7.5	0.8	41.8
Pasta, Macaroni, Whole Wheat, dry, avg	1/2 cup	28.0	97.0	21.0	4.1	0.4	23.6
Pasta, Noodles, Buckwheat, dry, avg	2 oz	57.0	207.0	42.8	5.9	0.9	46.6
Pasta, Noodles, Buckwheat, prep f/dry, avg	1 cup	140.0	162.0	33.2	4.6	0.1	36.0
Pasta, Noodles, Cellophane, dry, China Bowl Trad	1/2 cup	20.0	70.0	17.0	0.0	0.0	17.0
Pasta, Noodles, Chinese, dry, China Bowl Trading	1/2 cup	45.0	150.0	34.0	5.0	1.0	37.3
Pasta, Noodles, Chow Mein, dry, avg	1/2 cup	22.0	116.0	12.7	1.8	6.8	15.5
Pasta, Noodles, Chow Mein, dry, crspsy, wide, LaChy	2 oz	57.0	300.0	34.9	4.6	15.9	41.6
Pasta, Noodles, Egg, enr, ckd w/salt, avg	1 cup	160.0	213.0	39.7	7.6	2.4	44.9
Pasta, Noodles, Egg, unenr, ckd w/salt, avg	1 cup	160.0	213.0	39.7	7.6	2.4	44.9
Pasta, Noodles, Egg, unenr, dry, avg	1/2 cup	19.0	72.0	13.5	2.7	0.8	15.3

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Pasta, Noodles, Egg/Spinach, ckd, avg	1 cup	160.0	211.0	38.9	8.1	2.5	44.4
Pasta, Noodles, Egg/Spinach, dry, avg	1/2 cup	19.0	73.0	13.4	2.8	0.9	15.3
Pasta, Noodles, Ramen, ckd, avg	1 cup	227.0	157.0	29.3	5.5	1.7	33.0
Pasta, Noodles, Rice, ckd, long, avg	1 cup	190.0	160.0	39.3	0.1	0.0	39.4
Pasta, Noodles, Rice, dried, avg	1/2 cup	70.0	252.0	57.3	3.4	0.1	59.4
Pasta, Noodles, Rice, fresh, avg	1 cup	140.0	284.0	64.4	3.6	0.3	66.6
Pasta, Soba, Japanese, ckd, avg	1 cup	114.0	113.0	24.4	5.8	0.1	27.9
Pasta, Soba, Japanese, dry, avg	2 oz	57.0	192.0	42.5	8.2	0.4	47.5
Pasta, Somen, Japanese, ckd, avg	1 cup	176.0	231.0	48.4	7.0	0.3	52.7
Pasta, Somen, Japanese, dry, avg	2 oz	57.0	203.0	42.2	6.5	0.5	46.2
Pasta, Spaghetti, enr, ckd, avg	1 cup	140.0	197.0	39.6	6.7	0.9	43.8
Pasta, Spaghetti, enr, fort, ckd, avg	1 cup	140.0	230.0	44.4	11.3	0.3	51.3
Pasta, Spaghetti, spinach, ckd, avg	1 cup	140.0	182.0	36.7	6.4	0.9	40.8
Pasta, Spaghetti, spinach, dry, avg	2 oz	57.0	212.0	42.6	7.6	0.9	47.4
Pasta, Spaghetti, unenr, ckd w/salt, avg	1 cup	140.0	197.0	39.6	6.7	0.9	43.8
Pasta, Spaghetti, unenr, dry, avg	2 oz	57.0	211.0	42.6	7.3	0.9	47.2
Pasta, Spaghetti, whole wheat, ckd, avg	1 cup	140.0	174.0	37.1	7.5	0.8	41.8
Pasta, Spaghetti, whole wheat, dry, avg	2 oz	57.0	198.0	42.8	8.3	0.8	48.0
Paste, Anchovy, Sokol & Company	1/2 oz	14.0	29.0	4.1	2.4	0.3	5.6
Pastrami, Beef, avg	1 oz	28.0	98.0	0.9	4.8	8.2	5.8
Pastrami, Turkey, avg	1 pce	28.0	39.0	0.5	5.2	1.7	4.0
Pastrami, Turkey, chunk, Louis Rich	1 oz	28.0	33.0	0.3	5.1	1.3	3.7
Pastrami, Turkey, Oscar Mayer	1 pce	23.0	24.0	0.2	4.2	0.8	2.9
Pastry Pocket, Apple, Rich's	1 oz	28.0	87.0	11.4	1.4	4.0	13.2
Pastry Pocket, Cheese, Tastykake	1 ea	96.0	410.0	38.0	4.0	27.0	47.2
Pastry Pocket, Cherry, Tastykake	1 ea	92.0	370.0	45.0	3.0	20.0	51.8
Pastry Twist, Apricot, fat free, Entenmann's	1 pce	53.0	150.0	34.0	3.0	0.0	35.8
Pastry Twist, Cinnamon Apple, fat free, Entnm	1 pce	53.0	150.0	35.0	3.0	0.0	36.8
Pastry Twist, Lemon, fat free, Entenmann's	1 pce	53.0	130.0	31.0	3.0	0.0	32.8
Pastry Twist, Raspberry, Entenmann's	1 pce	53.0	220.0	28.0	3.0	11.0	32.6
Pastry Twist, Raspberry, fat free, Entenmann's	1 pce	53.0	140.0	33.0	3.0	0.0	34.8
Pastry, Baklava, including Kadayif, avg	1 pce	78.0	333.0	29.1	5.1	22.8	37.9
Pastry, w/Broccoli, Cheese & Veggies, Pepp Farm	1 ea	103.0	240.0	24.0	6.0	14.0	31.1
Pate, Chicken Liver, avg	1 Tbs	13.0	26.0	0.9	1.8	1.7	2.4
Pate, Goose Liver, smoked, avg	1 Tbs	13.0	60.0	0.6	1.5	5.7	2.9
PATTIE, CHICKEN LIVER	1 OZ	28.0	57.0	1.9	3.8	3.7	5.1
PATTIE, MORNINGSTAR FARMS	2 PATTIES	76.0	203.0	6.8	18.2	11.4	20.6
PEACH, RAW	1 MEDIUM	166.0	98.0	25.1	0.7	0.7	25.7
PEACHES, CANNED IN JUICE	1 CUP	248.0	123.0	28.7	1.6	0.1	29.7

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Peaches, Canned, extra heavy syrup, halves, avg	1/2 cup	131.0	126.0	34.2	0.6	0.0	34.6
Peaches, Canned, extra light syrup, halves, avg	1/2 cup	124.0	52.0	13.8	0.5	0.1	14.1
Peaches, Canned, heavy syrup, avg	1/2 cup	131.0	97.0	26.1	0.6	0.1	26.5
Peaches, Canned, heavy syrup, spiced, avg	1/2 cup	121.0	91.0	24.3	0.5	0.1	24.6
Peaches, Canned, juice, halves, avg	1/2 cup	124.0	55.0	14.4	0.8	0.0	14.9
Peaches, Canned, light syrup, halves, avg	1/2 cup	126.0	68.0	18.4	0.6	0.0	18.8
Peaches, Canned, water, halves, avg	1/2 cup	122.0	29.0	7.5	0.5	0.1	7.8
Peaches, Dried, ckd, dehydrated, slfrd, stwd, avg	1/2 cup	80.0	191.0	49.0	2.9	0.6	50.9
Peaches, Dried, ckd, dehydrated, slfrd, stwd, avg	1/2 cup	121.0	289.0	74.2	4.4	0.9	77.1
Peaches, Dried, ckd, stwd, swtnd, avg	1/2 cup	135.0	139.0	35.9	1.4	0.3	36.8
Peaches, Dried, dehydrated, slfrd, unckd, avg	1/2 cup	58.0	188.0	48.3	2.8	0.6	50.1
Peaches, Dried, halves, avg	1/2 cup	80.0	191.0	49.0	2.9	0.6	50.9
Peaches, Dried, halves, avg	1/2 cup	121.0	289.0	74.2	4.4	0.9	77.1
Peaches, Fresh, whole, medium, avg	1 ea	98.0	42.0	10.9	0.7	0.1	11.3
Peaches, Frozen, slices, swtnd, thawed, avg	1/2 cup	125.0	118.0	30.0	0.8	0.2	30.5
Peanut Buster Parfait, svg, Dairy Queen	1 ea	305.0	730.0	99.0	16.0	31.0	116.4
PEANUT BUTTER	1 TBSP	15.0	86.0	3.2	3.9	7.2	7.3
Peanut Butter, Chunky, salted, avg	2 Tbs	32.0	188.0	6.9	7.7	15.1	15.3
Peanut Butter, Chunky, unsalted, avg	2 Tbs	32.0	188.0	6.9	7.7	15.1	15.3
PEANUT BUTTER, JIF	2 TBSP	32.0	186.0	5.4	9.0	15.7	14.7
Peanut Butter, Natural, salted, avg	2 Tbs	32.0	187.0	6.9	7.7	15.9	15.5
Peanut Butter, Natural, unsalted, avg	2 Tbs	32.0	187.0	6.9	7.7	15.9	15.5
Peanut Butter, Smooth, salted, avg	2 Tbs	32.0	190.0	6.2	8.1	16.3	15.1
Peanut Butter, Smooth, unsalted, avg	2 Tbs	32.0	190.0	6.2	8.1	16.3	15.1
PEANUTS, ROASTED, SALTED	1 OZ	28.0	170.0	5.4	8.6	14.0	14.1
PEAR, RAW	1 MEDIUM	166.0	98.0	25.1	0.7	0.7	25.7
PEARS, CANNED IN JUICE	1 CUP	248.0	123.0	32.1	0.9	0.2	32.7
Pears, Canned, extra heavy syrup, avg	1/2 cup	133.0	129.0	33.6	0.3	0.2	33.8
Pears, Canned, extra light syrup, halves, avg	1/2 cup	124.0	58.0	15.1	0.4	0.1	15.4
Pears, Canned, heavy syrup, avg	1/2 cup	133.0	98.0	25.5	0.3	0.2	25.7
Pears, Canned, juice, avg	1/2 cup	124.0	62.0	15.1	0.4	0.1	15.4
Pears, Canned, light syrup, avg	1/2 cup	126.0	72.0	19.2	0.2	0.0	19.3
Pears, Canned, water, halves, avg	1/2 cup	122.0	35.0	9.5	0.2	0.0	9.6
Pears, Dried, ckd, swtnd, avg	1/2 cup	140.0	196.0	51.9	1.2	0.4	52.7
Pears, Dried, ckd, unswtnd, avg	1/2 cup	128.0	163.0	43.3	1.2	0.4	44.1
Pears, Dried, halves, avg	1/2 cup	90.0	236.0	62.7	1.7	0.6	63.9
Pears, Fresh, Asian, avg	1 ea	122.0	51.0	13.1	0.6	0.3	13.5
Pears, Fresh, avg	1/2 cup	82.0	48.0	12.4	0.3	0.3	12.7
PEAS & CARROTS, CANNED	3/5 CUP	100.0	45.0	8.4	2.2	0.3	9.8

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
PEAS & CARROTS, FROZEN	3/5 CUP	100.0	59.0	11.4	3.4	0.3	13.5
Peas, Edible Pods, ckd f/fzn, avg	1/2 cup	80.0	42.0	7.2	2.8	0.3	9.0
Peas, Edible Pods, Snow, ckd, avg	1/2 cup	80.0	34.0	5.6	2.6	0.2	7.2
Peas, Edible Pods, Snow, raw, chpd, avg	1/2 cup	49.0	21.0	3.7	1.4	0.1	4.6
Peas, Edible Pods, steamed, avg	1/2 cup	82.0	34.0	6.2	2.3	0.2	7.6
PEAS, GREEN FROZEN	3/5 CUP	100.0	81.0	14.3	5.4	0.5	17.7
PEAS, GREEN, CANNED	3/5 CUP	100.0	47.0	8.6	2.9	0.3	10.4
Peas, Green, ckd f/fzn, avg	1/2 cup	80.0	62.0	11.4	4.1	0.2	13.9
Peas, Green, ckd, avg	1/2 cup	80.0	67.0	12.5	4.3	0.2	15.1
Peas, Green, cnd w/liquid, avg	1/2 cup	124.0	66.0	12.1	3.1	0.4	14.1
Peas, Green, cnd w/liquid, avg	1/2 cup	74.0	39.0	7.2	2.4	0.2	8.7
Peas, Green, cnd w/liquid, unsalted, avg	1/2 cup	124.0	66.0	12.1	3.1	0.4	14.1
Peas, Green, cnd, 50% less sod, Green Giant	1/2 cup	120.0	61.0	10.6	4.1	0.2	13.1
PEAS, GREEN, COOKED	2/3 CUP	100.0	71.0	12.1	5.4	0.4	15.4
Peas, Green, raw, avg	1/2 cup	72.0	58.0	10.4	3.9	0.3	12.8
Peas, Green, w/butter sauce, Green Giant	1/2 cup	57.0	48.0	7.8	1.9	1.1	9.2
Peas, Pigeon, ckd, avg	1/2 cup	76.0	84.0	14.8	4.5	1.0	17.8
Peas, Pigeon, raw, avg	1/2 cup	77.0	105.0	18.4	5.5	1.3	22.0
Peas, Split, ckd, avg	1/2 cup	98.0	116.0	20.7	8.2	0.4	25.7
Peas, Split, raw, avg	1/2 cup	98.0	334.0	59.2	24.1	1.1	73.9
PECANS	12 HALVES	15.0	104.0	2.0	1.4	11.0	5.6
Pectin, Dry, light, Sure-Jell	1 tsp	4.0	22.0	4.4	0.0	0.0	4.4
Pectin, Dry, Sure-Jell	1 tsp	4.0	22.0	4.4	0.0	0.0	4.4
Pectin, Liquid, Certo	1 Tbs	14.0	2.0	0.6	0.0	0.0	0.6
Pectin, Unswtnd, dry pkg, avg	1 ea	50.0	162.0	45.2	0.2	0.2	45.4
PEPPER, BELL, BAKED	1 MEDIUM	65.0	17.0	3.9	0.8	0.1	4.4
PEPPER, BELL, RAW	1 LARGE	100.0	22.0	4.8	1.2	0.2	5.6
Pepper, Black, avg	1 tsp	2.0	5.0	1.3	0.2	0.1	1.4
Pepper, Lemon, Lawry's	1 tsp	3.0	7.0	1.4	0.2	0.1	1.5
Pepper, White, avg	1 tsp	2.0	6.0	1.4	0.2	0.0	1.5
Peppercorns, in brine, Gourmet Club Company	1 Tbs	10.0	6.0	1.0	0.2	0.1	1.1
Peppermint Oil, Kalsec	1/4 oz	7.0	62.0	0.0	0.0	6.9	1.7
Peppermint, fresh, avg	1 Tbs	16.0	11.0	2.4	0.6	0.2	2.8
Pepperoncini, GL Mezzetta	1/4 oz	7.0	2.0	0.3	0.1	0.0	0.4
Pepperoni Lunch, w/Amer Cheese, Lunchable	1 ea	128.0	480.0	19.0	20.0	36.0	40.0
Pepperoni, Average	5 pce	28.0	139.0	0.8	5.9	12.3	7.4
Pepperoni, Bits, Oscar Mayer	1 oz	28.0	161.0	1.4	15.4	8.6	12.8
Pepperoni, Oscar Mayer	14 pce	28.0	133.0	0.2	5.1	12.5	6.4
Peppers, Hot, Cherry, cnd, Progresso	1 Tbs	14.0	16.0	1.0	0.0	1.0	1.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Peppers, Hot, Chile, sun dried, avg	1 Tbs	2.0	6.0	1.4	0.2	0.1	1.5
Peppers, Hot, fried, cnd, Progresso	1 Tbs	14.0	31.0	1.6	0.0	2.6	2.3
Peppers, Hot, Green Chiles, cnd, Ortega	1/4 cup	34.0	15.0	3.0	1.0	0.0	3.6
Peppers, Hot, Green Chili, cnd, chpd, avg	1/4 cup	34.0	7.0	1.7	0.3	0.0	1.9
Peppers, Hot, Green Chili, raw, chpd, avg	1/4 cup	38.0	15.0	3.6	0.8	0.1	4.1
Peppers, Hot, Jalapenos, cnd, avg	1/4 cup	34.0	9.0	1.6	0.3	0.3	1.9
Peppers, Hot, Jalapenos, cnd, Ortega	1/4 cup	34.0	15.0	3.0	1.0	0.0	3.6
Peppers, Hot, Jalapenos, pckld, Old El Paso	1 ea	13.0	2.0	0.5	0.0	0.0	0.5
Peppers, Hot, Jalapenos, raw, avg	1 ea	45.0	11.0	2.2	0.4	0.3	2.5
Peppers, Hot, pckld, avg	1 ea	8.0	4.0	0.1	0.1	0.0	0.2
Peppers, Hot, Peppers, Hot, rstd, cnd, Progresso	1/4 ea	14.0	5.0	0.5	0.0	0.0	0.5
Peppers, Hot, Red Chili, cnd, avg	1/4 cup	34.0	7.0	1.7	0.3	0.0	1.9
Peppers, Hot, Red Chili, raw, avg	1/4 cup	38.0	15.0	3.6	0.8	0.1	4.1
Peppers, Hot, Serrano, raw, avg	1 ea	45.0	20.0				0.0
Peppers, Hot, Tuscan, cnd, Progresso	1 ea	9.0	3.0	0.3	0.0	0.0	0.3
Peppers, Sweet, Green, ckd f/fzn, avg	1/2 cup	68.0	12.0	2.7	0.6	0.1	3.1
Peppers, Sweet, Green, ckd, chpd, avg	1/2 cup	68.0	19.0	4.6	0.6	0.1	5.0
Peppers, Sweet, Green, cnd, avg	1/2 cup	70.0	13.0	2.7	0.6	0.2	3.1
Peppers, Sweet, Green, raw, chpd, avg	1/2 cup	74.0	39.0	7.2	2.4	0.2	8.7
Peppers, Sweet, Green, raw, chpd, avg	1/2 cup	124.0	66.0	12.1	3.1	0.4	14.1
Peppers, Sweet, Green, stmd, avg	1/2 cup	68.0	18.0	4.4	0.6	0.1	4.8
Peppers, Sweet, Red, ckd f/fzn, avg	1/2 cup	68.0	12.0	2.7	0.6	0.1	3.1
Peppers, Sweet, Red, ckd, avg	1/2 cup	68.0	19.0	4.6	0.6	0.1	5.0
Peppers, Sweet, Red, cnd, avg	1/2 cup	70.0	13.0	2.7	0.6	0.2	3.1
Peppers, Sweet, Red, raw, avg	1/2 cup	74.0	13.0	2.9	0.7	0.1	3.3
Peppers, Sweet, Red, stmd, avg	1/2 cup	68.0	18.0	4.4	0.6	0.1	4.8
Peppers, Sweet, Yellow, raw, large, avg	1 ea	180.0	49.0	11.4	1.8	0.4	12.6
Perch, Atlantic, bkd, fillet, avg	1 ea	50.0	60.0	0.0	11.1	1.0	6.9
Perch, Atlantic, redfish, raw, fillet, avg	1 ea	64.0	60.0	0.0	11.9	1.0	7.4
PERCH, FRIED, BATTERED, FRZN	3.5 OZ	100.0	319.0	16.5	18.9	18.9	32.6
Perch, mixed species, bkd, fillet, avg	1 ea	46.0	54.0	0.0	11.5	0.5	7.0
Perch, mixed species, raw, fillet, avg	1 ea	60.0	55.0	0.0	11.6	0.6	7.1
Perch, Ocean, floured/breaded, fried, avg	3 oz	85.0	187.0	6.7	16.9	9.1	19.1
Persimmons, Dried, Japanese, avg	1 ea	34.0	93.0	24.1	0.5	0.2	24.5
Persimmons, Fresh, Japanese, large, avg	1 ea	168.0	118.0	31.2	0.1	0.3	31.3
Persimmons, Fresh, native, small, avg	1 ea	25.0	32.0	8.4	0.2	0.1	8.5
Persimmons, Fuyu, dried, Friedas Spec Produce	1/2 cup	61.0	213.0	53.4	1.5	0.0	54.3
Pheasant, Raw	4 oz	113.0	205.0	0.0	25.7	10.5	18.0
Pheasant, Raw, w/o skin	4 oz	113.0	150.0	0.0	26.7	4.1	17.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
PICKLE, DILL	1 LARGE	100.0	11.0	2.2	0.7	0.2	2.7
Pickle, Dill, avg	1 ea	65.0	12.0	2.7	0.4	0.1	3.0
Pickle, Dill, chips, hamburger, Claussen	1 pce	3.0	0.0	3.9	1.9	1.9	5.5
Pickle, Dill, kosher, Claussen	1 ea	33.0	4.0	0.6	0.3	0.1	0.8
Pickle, Dill, low salt, avg	1 ea	65.0	7.0	1.5	0.3	0.1	1.7
PICKLE, KOSHER DILL	1 MEDIUM	55.0	7.0	1.2	0.4	0.1	1.5
Pickle, Sour, medium, avg	1 ea	35.0	4.0	0.8	0.1	0.1	0.9
Pickle, Sour, medium, low salt, avg	1 ea	35.0	4.0	0.8	0.1	0.1	0.9
Pickle, Sweet, medium, avg	1 ea	35.0	41.0	11.1	0.1	0.1	11.2
Pickle, Sweet, medium, low salt, avg	1 ea	35.0	41.0	11.1	0.1	0.1	11.2
PICKLES, BREAD & BUTTER	4 SLICES	25.0	18.0	4.5	0.2	0.1	4.6
Pie Filling, Apple, Libby's	1 cup	255.0	240.0	60.0	0.0	0.0	60.0
Pie Filling, Blueberry, avg	1 cup	262.0	272.0	67.9	1.6	0.8	69.1
Pie Filling, Cherry, cnd, avg	1 cup	264.0	304.0	77.4	1.3	0.5	78.3
Pie Filling, Cherry, low cal, avg	1 cup	264.0	211.0	51.2	1.6	2.1	52.7
Pie Filling, Peach, R&H Right Choice	1 cup	265.0	292.0	74.2	1.3	0.3	75.1
Pie Filling, Pumpkin, cnd, avg	1 cup	270.0	281.0	71.3	2.9	0.4	73.1
PIE, APPLE	1/8 PIE	118.0	282.0	43.0	2.4	11.9	47.4
Pie, Apple, 1/8 of 9" pie, avg	1 pce	125.0	296.0	42.5	2.4	13.8	47.4
Pie, Apple, bkd f/fzn, 1/8 of 9" pie, avg	1 pce	125.0	296.0	42.5	2.4	13.8	47.4
Pie, Apple, Dutch, Mrs Smith's	1 pce	163.0	420.0	72.0	5.0	13.0	78.3
Pie, Apple, fat free, Entenmann's	1 pce	130.0	270.0	65.0	2.0	0.0	66.2
Pie, Apple, fried, avg	1 ea	85.0	266.0	33.1	2.4	14.4	38.1
Pie, Apple, Natural Juice, 1/7 pie, Mrs Smith's	1 pce	149.0	420.0	52.0	3.0	22.0	59.3
Pie, Apple, Old Fashioned, 1/8 pie, Mrs Smith's	1 pce	177.0	530.0	69.0	4.0	27.0	78.2
Pie, Apple, prep f/recipe, 1/8 of 9" pie, avg	1 pce	155.0	411.0	57.5	3.7	19.4	64.6
Pie, Apple, Raisin, Mrs Smith's	1 pce	177.0	560.0	74.0	4.0	28.0	83.4
Pie, Apple, sugar free, 1/9 of 9" pie, Plush Pippin	1 pce	126.0	370.0	43.0	2.0	22.0	49.7
Pie, Apple, w/Sour Cream, 1/8 of 9" pie, avg	1 pce	159.0	356.0	55.5	2.8	14.7	60.9
Pie, Banana Cream, prep f/mix, 1/8 of 9" pie, avg	1 pce	92.0	231.0	29.1	3.1	11.9	33.9
Pie, Banana Cream, prep f/recipe, 1/8 9" pie, avg	1 pce	144.0	387.0	47.4	6.3	19.6	56.1
Pie, Banana Cream, Thaw n Serve, Mrs Smith's	1 pce	85.0	240.0	31.0	2.0	12.0	35.2
Pie, Black Bottom, 1/8 of 9" pie, avg	1 pce	99.0	277.0	28.2	4.9	16.6	35.3
Pie, Blackberry, avg, 1/8 pie	1 pce	150.0	400.0	55.9	3.8	18.7	62.9
Pie, Blackberry, RTB, 1/8 pie, Mrs Smith's	1 pce	163.0	400.0	62.0	4.0	16.0	68.4
Pie, Blackberry, single crust, avg	1 pce	137.0	344.0	53.7	2.4	14.2	58.7
Pie, Blueberry, prep f/fzn, avg	1 ea	27.0	63.0	9.4	0.5	2.7	10.4
Pie, Blueberry, prep f/fzn, avg	1 pce	125.0	290.0	43.6	2.3	12.5	48.1
Pie, Blueberry, prep f/recipe, avg	1 pce	147.0	360.0	49.2	3.1	17.5	55.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Pie, Blueberry, Thaw n Serve, Mrs Smith's	1 pce	128.0	290.0	45.0	2.0	11.0	49.0
Pie, Boston Cream, ThwNSrv, 1/8 9" pie, Mrs Smths	1 pce	106.0	240.0	48.0	3.0	4.0	50.8
Pie, Butterscotch, prep f/recipe, 1/8 of 9" pie, avg	1 pce	127.0	354.0	42.3	6.0	18.2	50.4
Pie, Cherry Chiffon, w/liqueur, 1/8 of 9" pie, avg	1 pce	99.0	331.0	33.2	4.8	17.7	40.5
Pie, Cherry, fat free, Entenmann's	1 pce	130.0	270.0	64.0	3.0	0.0	65.8
Pie, Cherry, fried, avg	1 ea	85.0	266.0	33.1	2.4	14.4	38.1
Pie, Cherry, Natural Juice, 1/7 pie, Mrs Smith's	1 pce	149.0	410.0	59.0	4.0	18.0	65.9
Pie, Cherry, prep f/fzn, 1/8 of 9" pie, avg	1 pce	125.0	325.0	49.8	2.5	13.8	54.7
Pie, Cherry, prep f/recipe, 1/8 pie, avg	1 pce	180.0	486.0	69.3	5.0	21.1	77.6
Pie, Cherry, Thaw n Serve, Mrs Smith's	1 pce	128.0	300.0	50.0	3.0	10.0	54.3
Pie, Chocolate Chiffon, 1/8 of 9 " pie, avg	1 pce	99.0	321.0	40.3	6.1	15.1	47.7
Pie, Chocolate Cream, prep f/rec, 1/8 of 9", avg	1 pce	142.0	400.0	44.3	6.8	22.9	54.1
Pie, Chocolate Cream, RTS, 1/8 of 8" pie, avg	1 pce	113.0	344.0	37.1	2.9	21.9	44.3
Pie, Chocolate Cream, Thaw n Serve, Mrs Smith's	1 pce	85.0	270.0	35.0	2.0	13.0	39.5
Pie, Chocolate Cream, Weight Watchers	1 pce	78.0	170.0	31.0	6.0	4.0	35.6
Pie, Chocolate Meringue, 1/8 of 9" pie, avg	1 pce	114.0	287.0	38.2	5.5	13.7	44.9
Pie, Chocolate Pecan, 1/8 pie, Mrs Smith's	1 pce	145.0	570.0	92.0	6.0	20.0	100.6
Pie, Coconut Cream, prep f/rec, 1/8 of 9" pie, avg	1 pce	133.0	396.0	45.5	6.4	21.3	54.7
Pie, Coconut Cream, RTS, 1/6 of 7" pie, avg	1 pce	64.0	191.0	23.8	1.3	10.6	27.2
Pie, Coconut Cream, Thaw n Serve, Mrs Smith's	1 pce	85.0	270.0	33.0	2.0	14.0	37.7
Pie, Coconut Custard, avg	1 pce	104.0	270.0	31.4	6.1	13.7	38.5
Pie, Coconut Custard, avg	1 ea	624.0	1622.0	188.4	36.8	82.4	231.1
Pie, Coconut Custard, Entenmann's	1 pce	125.0	340.0	35.0	7.0	19.0	44.0
Pie, Coconut Custard, RTB, 1/8 pie, Mrs Smith's	1 pce	156.0	330.0	40.0	9.0	15.0	49.2
Pie, Coconut Custard, RTS, whl, avg	1 ea	624.0	1622.0	188.4	36.8	82.4	231.1
Pie, Coconut Custard, RTS, whl, avg	1 pce	104.0	270.0	31.4	6.1	13.7	38.5
Pie, Egg Custard, prep f/recipe, 1/8 9" pie, avg	1 pce	127.0	262.0	34.0	6.5	11.3	40.7
Pie, Egg Custard, RTB, 1/8 pie, Mrs Smith's	1 pce	156.0	300.0	45.0	9.0	9.0	52.7
Pie, Egg Custard, RTS, 1/6 of 8" pie, avg	1 pce	105.0	220.0	21.8	5.8	12.2	28.3
Pie, Fruit, fried, avg	1 ea	128.0	404.0	54.5	3.8	20.6	61.9
Pie, Lemon Chiffon, 1/8 of 9 " pie, avg	1 pce	81.0	254.0	35.5	5.7	10.2	41.5
Pie, Lemon Meringue, 1/10 pie, Plush Pippin	1 pce	119.0	250.0	41.0	2.0	9.0	44.5
Pie, Lemon Meringue, prep f/rec, 1/8 of 9", avg	1 pce	127.0	362.0	49.7	4.8	16.4	56.7
Pie, Lemon Meringue, RTS, 1/6 of 8" pie, avg	1 pce	113.0	303.0	53.3	1.7	9.8	56.8
Pie, Lemon, 1/3 pie, Banquet	1 pce	132.0	360.0	43.0	3.0	20.0	49.8
Pie, Lemon, avg	1 ea	128.0	404.0	54.5	3.8	20.6	61.9
Pie, Lemon, Entenmann's	1 pce	123.0	340.0	45.0	3.0	17.0	51.1
Pie, Lemon, fried, avg	1 ea	85.0	266.0	33.1	2.4	14.4	38.1
Pie, Lemon, Thaw n Serve, 1/8 pie, Mrs Smith's	1 pce	85.0	245.0	32.0	2.0	12.0	36.2

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Pie, Mince, 1/5 pie, Banquet	1 pce	113.0	309.0	45.8	2.1	12.1	50.1
Pie, Mince, prep f/recipe, 1/8 of 9", avg	1 pce	165.0	477.0	79.2	4.3	17.8	86.2
Pie, Mince, RTB, 1/8 pie, Mrs Smith's	1 pce	163.0	470.0	72.0	4.0	19.0	79.2
Pie, Peach, bkd f/fzn, 1/6 of 8" pie, avg	1 pce	117.0	261.0	38.5	2.2	11.7	42.7
Pie, Peach, prep f/recipe, 1/8 of 9 " pie, avg	1 pce	139.0	375.0	55.4	3.2	16.3	61.4
Pie, Peach, Thaw n Serve, 1/8 pie, Mrs Smith's	1 pce	128.0	300.0	44.0	3.0	12.0	48.8
Pie, Peanut Butter, 1/8 of 9" pie, avg	1 pce	144.0	441.0	52.1	11.7	21.0	64.4
Pie, Peanut Butter, Choc, fzn, Pet-Ritz	1 pce	99.0	300.0	37.0	3.0	15.0	42.6
PIE, PECAN	1/8 PIE	80.0	334.0	41.0	4.1	18.3	48.0
Pie, Pecan, individual size, avg	1 ea	85.0	366.0	45.2	4.2	20.3	52.8
Pie, Pecan, prep f/recipe, 1/8 of 9" pie, avg	1 pce	122.0	503.0	63.7	5.1	27.1	73.5
Pie, Pecan, RTS, 1/6 of 8" pie, avg	1 pce	113.0	452.0	64.6	4.5	20.9	72.5
Pie, Pineapple Chiffon, avg	1 pce	81.0	233.0	31.7	5.3	9.8	37.3
Pie, Pineapple Custard, avg	1 pce	114.0	251.0	36.6	4.6	9.9	41.8
Pie, Pineapple, 1/8 of 9" pie, avg	1 pce	118.0	299.0	44.1	2.6	12.6	48.8
Pie, Pumpkin, prep f/recipe, 1/8 of 9" pie, avg	1 pce	155.0	316.0	40.9	6.1	14.4	48.2
Pie, Pumpkin, RTB, 1/8 pie, Mrs Smith's	1 pce	163.0	310.0	46.0	6.0	11.0	52.4
Pie, Pumpkin, RTS, 1/6 of 8" pie, avg	1 pce	109.0	229.0	29.8	4.3	10.4	35.0
Pie, Raisin, 1/8 of 9" pie, avg	1 pce	118.0	319.0	50.7	3.1	12.6	55.7
Pie, Raspberry, RTB, 1/8 pie, Mrs Smith's	1 pce	163.0	390.0	61.0	4.0	15.0	67.2
Pie, Rhubarb, 1/8 of 9" pie, avg	1 pce	118.0	299.0	45.1	2.1	12.6	49.5
Pie, Shoo Fly, 1/8 of 9" pie, avg	1 pce	114.0	397.0	67.4	4.4	12.7	73.2
Pie, Sour Cream & Raisin, 1/8 of 9" pie, avg	1 pce	144.0	518.0	51.3	7.6	32.8	64.1
Pie, Squash, 1/8 of 9" pie, avg	1 pce	154.0	296.0	39.5	6.4	13.0	46.6
Pie, Strawberry Chiffon, 1/8 of 9" pie, avg	1 pce	139.0	330.0	41.1	4.2	17.4	48.0
Pie, Strawberry Cream, 1/8 of 9" pie, avg	1 pce	144.0	291.0	37.2	2.1	15.5	42.3
Pie, Strawberry Rhubarb, RTB, 1/8 pie, Mrs Smith's	1 pce	163.0	410.0	60.0	3.0	17.0	66.1
Pie, Strawberry, 1/8 of 9" pie, avg	1 pce	93.0	184.0	28.7	1.8	7.3	31.6
Pie, Sweet Potato, 1/8 of 9" pie, avg	1 pce	154.0	319.0	35.4	6.4	17.1	43.5
Pie, Tofu, w/fruit, 1/8 of 9" pie, avg	1 pce	144.0	304.0	32.2	7.6	17.9	41.2
Pie, Vanilla Cream Fudge, fzn, Pet-Ritz	1 pce	99.0	300.0	40.0	3.0	15.0	45.6
Pie, Vanilla Cream, prep f/rec, 1/8 of 9" pie, avg	1 pce	126.0	350.0	41.1	6.0	18.1	49.2
Pike, Northern, bkd, fillet, avg	1 ea	310.0	350.0	0.0	76.6	2.7	46.6
PIKE, NORTHERN, RAW	3.5 OZ	100.0	88.0	0.0	18.3	1.1	11.3
Pike, Northern, raw, fillet, avg	1 ea	396.0	348.0	0.0	76.4	2.7	46.5
Pike, Walleye, bkd, fillet, avg	1 ea	124.0	148.0	0.0	30.4	1.9	18.7
Pike, Walleye, raw, fillet, avg	1 ea	159.0	148.0	0.0	30.4	1.9	18.7
PINEAPPLE JUICE	8 OZ	250.0	139.0	34.4	0.8	0.2	34.9
PINEAPPLE, CANNED IN JUICE	1 CUP	250.0	150.0	39.2	1.0	0.2	39.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Pineapple, Canned, extra heavy syrup, chunks, avg	1/2 cup	130.0	108.0	27.1	0.4	0.1	27.4
Pineapple, Canned, heavy syrup, pieces, avg	1/2 cup	127.0	99.0	25.7	0.4	0.1	26.0
Pineapple, Canned, juice, avg	1/2 cup	125.0	75.0	19.6	0.5	9.1	22.2
Pineapple, Canned, light syrup, avg	1/2 cup	126.0	66.0	17.0	0.5	0.2	17.4
Pineapple, Canned, water, slices, avg	1/2 cup	123.0	39.0	10.2	0.5	0.1	10.5
Pineapple, Dried, dehydrated, Basic Veg Prod	1 pce	28.0	99.0	24.9	0.8	0.9	25.6
Pineapple, Dried, rings, World Variety Produce	1 oz	28.0	89.0	20.7	0.1	0.5	20.9
Pineapple, Fresh, chunks, avg	1/2 cup	78.0	38.0	9.7	0.3	0.3	10.0
Pineapple, Frozen, swtnd, avg	1/2 cup	123.0	105.0	27.3	0.5	0.1	27.6
PINEAPPLE, RAW	1 CUP	155.0	77.0	19.2	0.6	0.7	19.7
Pink Grapefruit Drink, low cal, mix, Crystal Lt	1/2 tsp	2.0	6.0	0.0	0.0	0.0	0.0
Pink Grapefruit Drink, low cal, prep, Crystal Lt	1 cup	239.0	5.0	0.0	0.0	0.0	0.0
Pintos & Cheese, w/red sauce, svg, Taco Bell	1 ea	120.0	190.0	18.0	8.1	9.0	25.1
PISTACHIOS	30 NUTS	15.0	88.0	2.8	2.9	8.0	6.5
PIZZA HUT CHEESE REG. CRUST	1/2 OF 12-IN. PIE	282.0	653.0	96.2	39.0	12.4	122.7
PIZZA HUT CHEESE, THICK CRUST	1/2 OF 10-IN. PIE	208.0	460.0	77.9	23.1	6.2	93.3
Pizza Roll, Cheese & Beef Nacho, Totinos	1 ea	14.0	34.0	3.7	1.3	1.6	4.9
Pizza Roll, Cheese, pkg, Jenos	1 ea	85.0	197.0	30.1	9.2	5.1	36.9
Pizza Roll, Combination, Totinos	1 ea	14.0	36.0	3.8	1.5	1.7	5.1
Pizza Roll, Combo, pkg, Jenos	1 ea	85.0	213.0	25.7	9.9	8.6	33.8
Pizza Roll, Hamburger & Cheese, Totinos	1 ea	14.0	34.0	3.9	1.5	1.4	5.2
Pizza Roll, Hamburger, pkg, Jenos	1 ea	85.0	211.0	27.6	9.6	7.8	35.3
Pizza Roll, Pepperoni & Cheese, Totinos	1 ea	14.0	36.0	3.7	1.5	1.7	5.0
Pizza Roll, Pepperoni, pkg, Jenos	1 ea	85.0	210.0	25.7	9.4	8.5	33.5
Pizza Roll, Sausage & Cheese, Totinos	1 ea	14.0	34.0	3.9	1.4	1.5	5.1
Pizza Roll, Sausage & Mushroom, Totinos	1 ea	14.0	33.0	3.8	1.3	1.4	4.9
Pizza Roll, Sausage, pkg, Jenos	1 ea	85.0	200.0	26.1	9.2	7.2	33.4
Pizza Roll, Three Meat, Totinos	1 ea	14.0	34.0	3.7	1.5	1.5	5.0
Pizza, Artichoke Heart, whole wheat, Spago	1 pce	76.0	170.0	19.0	8.0	7.0	25.6
Pizza, Beef, Hand Tossed, Pizza Hut	1 pce	120.0	259.0	28.9	14.1	8.1	39.4
Pizza, Beef, Pan, Pizza Hut	1 pce	120.0	285.0	27.9	13.1	12.1	38.8
Pizza, Beef, Thin 'N Crispy, Pizza Hut	1 pce	99.0	229.0	20.1	12.1	10.1	29.9
Pizza, Canadian Bacon, 1/5 of 12", Tombstone	1 pce	125.0	288.0	28.8	16.0	12.0	41.4
Pizza, Canadian Bacon, For One, Celeste	1 ea	220.0	541.0	49.6	27.3	26.0	72.5
Pizza, Canadian Bacon, Two Cheese, Totinos	1 ea	418.0	940.0	90.7	50.6	42.2	131.6
PIZZA, CHEESE	1 PIECE	65.0	153.0	18.4	7.8	5.4	24.4
Pizza, Cheese, 1/4 each, Celeste	1 pce	126.0	317.0	27.8	14.2	16.6	40.5
Pizza, Cheese, 1/8 of 12", avg	1 pce	63.0	140.0	20.5	7.7	3.2	25.9
Pizza, Cheese, Deep Dish, 12", Dominos	2 pce	205.0	558.0	63.1	23.6	23.8	83.2

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Pizza, Cheese, Double Cheese, Lunch Express	1 ea	167.0	421.0	41.1	21.1	19.1	58.5
Pizza, Cheese, Extra Cheese, 12", Tombstone	1 pce	145.0	370.0	36.0	18.0	17.0	51.1
Pizza, Cheese, Extra Cheese, Weight Watchers	1 ea	163.0	390.0	49.0	23.0	12.0	65.8
Pizza, Cheese, For One, Celeste	1 ea	184.0	497.0	48.0	21.2	24.5	66.8
Pizza, Cheese, Four Cheese, Spago	1 pce	76.0	170.0	19.0	8.0	7.0	25.6
PIZZA, CHEESE, FRZN, LEAN CUISINE	5.1 OZ.	145.0	310.0	39.0	17.0	9.0	51.5
PIZZA, CHEESE, FRZN, TOTINO'S MICROWAVE	3.9 OZ.	110.0	250.0	33.7	10.6	8.0	42.1
Pizza, Cheese, Hand Tossed, 12", Dominos	2 pce	147.0	344.0	49.8	14.8	9.4	61.0
Pizza, Cheese, Hand Tossed, Pizza Hut	1 pce	108.0	235.0	29.0	13.0	7.0	38.6
Pizza, Cheese, low fat, 1-1/2 svgs, Tombstone	1 ea	184.0	360.0	45.0	23.0	10.0	61.3
Pizza, Cheese, Pan, Pizza Hut	1 pce	108.0	261.0	28.0	12.0	11.0	38.0
Pizza, Cheese, Stouffer's	1 ea	294.0	706.0	82.3	29.4	25.9	106.4
Pizza, Cheese, Thin 'N Crispy, Pizza Hut	1 pce	87.0	205.0	21.0	11.0	8.0	29.6
Pizza, Cheese, Thin Crust, 12", Dominos	1/3 ea	141.0	365.0	40.2	16.2	15.5	53.8
Pizza, Cheese, Three Cheese, 1/4 of 12", Tombstone	1 pce	138.0	380.0	25.0	20.0	22.0	42.5
Pizza, Cheese, Three Cheese, Deep Dish, Pappalos	1 ea	138.0	344.0	42.4	17.9	11.3	56.0
Pizza, Cheese, Three Cheese, For One, Pappalos	1 ea	204.0	492.0	49.1	28.1	19.6	70.9
Pizza, Chicken, spicy, Spago	1 pce	76.0	180.0	18.0	9.0	8.0	25.4
Pizza, Combination, 1/4, Totinos	1 pce	125.0	306.0	27.9	12.0	16.4	39.2
Pizza, Combination, 12", avg	1 pce	79.0	184.0	21.3	13.0	5.4	30.4
Pizza, Croissant, Deluxe, Pepperidge Farms	1 ea	142.0	450.0	40.0	14.0	27.0	55.2
Pizza, Croissant, Pastry Cheese, Pepp Farms	1 ea	124.0	390.0	39.0	12.0	20.0	51.2
Pizza, Croissant, Pepperoni Pizza, Pepp Farms	1 ea	128.0	420.0	39.0	15.0	23.0	53.8
Pizza, Deluxe, 1/4 each, Celeste	1 pce	158.0	378.0	29.3	15.5	22.1	44.1
Pizza, Deluxe, 1/5 of 12", Tombstone	1 pce	125.0	299.0	27.1	13.1	14.9	38.7
Pizza, Deluxe, Combo, Weight Watchers	1 ea	186.0	380.0	47.0	23.0	11.0	63.6
Pizza, Deluxe, For One, Celeste	1 ea	234.0	582.0	51.2	22.7	31.8	72.8
Pizza, Deluxe, Lunch Express	1 ea	188.0	460.0	40.0	21.0	25.0	58.9
Pizza, Four Meat, 1/6 of 12", Tombstone	1 pce	133.0	350.0	31.0	17.0	18.0	45.7
Pizza, French Bread, Bacon Cheddar, Stouffers	1 ea	161.0	440.0	44.0	16.0	22.0	59.1
Pizza, French Bread, Cheese, Lean Cuisine	1 ea	145.0	298.0	40.9	18.8	6.8	53.9
Pizza, French Bread, Cheeseburger, Stouffers	1 ea	168.0	440.0	31.0	21.0	26.0	50.1
Pizza, French Bread, Deluxe, Lean Cuisine	1 ea	174.0	330.0	45.0	23.0	6.0	60.3
Pizza, French Bread, Double Cheese, Stouffers	1 ea	167.0	420.0	44.0	19.0	19.0	60.2
Pizza, French Bread, Garden Vegetable, Stouffers	1 ea	179.0	340.0	45.0	12.0	12.0	55.2
Pizza, French Bread, Pepperoni&Mushroom, Stouffers	1 ea	174.0	430.0	43.0	17.0	21.0	58.5
Pizza, French Bread, Pepperoni, Healthy Choice	1 ea	170.0	340.0	49.0	24.0	5.0	64.7
Pizza, French Bread, Pepperoni, Stouffers	1 ea	149.0	330.0	46.0	20.0	7.0	59.8
Pizza, French Bread, Sausage&Pepperoni, Stouffers	1 ea	177.0	460.0	45.0	22.0	25.0	64.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Pizza, French Bread, Sausage, Healthy Choice	1 ea	170.0	320.0	48.0	21.0	5.0	61.9
Pizza, French Bread, Sausage, Stouffers	1 ea	170.0	420.0	41.0	19.0	20.0	57.4
PIZZA, FRENCH BREAD, STOUFFER	6 1/8 OZ	177.0	400.0	46.0	15.0	18.0	59.5
Pizza, French Bread, Supreme, Healthy Choice	1 ea	180.0	330.0	51.0	21.0	5.0	64.9
Pizza, French Bread, Vegetable Deluxe, Stouffers	1 ea	181.0	380.0	43.0	18.0	17.0	58.1
Pizza, French Bread, White, Stouffers	1 ea	144.0	460.0	43.0	17.0	28.0	60.2
PIZZA, FROZEN, CELESTE	1/4 PIZZA	133.0	320.0	36.2	14.4	12.8	48.0
Pizza, Ham, Deep Dish, 12", Dominos	2 pce	219.0	576.0	63.5	25.8	24.5	85.1
Pizza, Ham, Hand Tossed, 12", Dominos	2 pce	161.0	362.0	50.4	17.2	10.3	63.3
Pizza, Ham, Hand Tossed, Pizza Hut	1 pce	105.0	213.0	29.1	12.0	5.0	37.6
Pizza, Ham, Pan, Pizza Hut	1 pce	105.0	239.0	28.1	11.0	9.0	37.0
Pizza, Ham, Thin 'N Crispy, Pizza Hut	1 pce	85.0	183.0	20.9	9.1	6.1	27.9
Pizza, Ham, Thin Crust, 12", Dominos	1/3 ea	158.0	387.0	40.4	19.3	16.4	56.1
Pizza, Hamburger & Cheese, 1/5 of 12", Tombstone	1 pce	125.0	320.0	29.0	15.0	16.0	42.0
Pizza, Hamburger, Stouffers	1 ea	345.0	828.0	79.4	37.1	37.1	110.9
Pizza, Italian Sausage, Hand Tossed, Pizza Hut	1 pce	116.0	268.0	29.1	13.0	11.0	39.7
Pizza, Italian Sausage, Pan, Pizza Hut	1 pce	116.0	294.0	27.1	12.0	15.1	38.1
Pizza, Italian Sausage, Thin 'N Crispy, Pizza Hut	1 pce	94.0	235.0	20.9	10.1	11.1	29.7
Pizza, Italian Sausage/Mush, Deep Dish, 12", Dom	2 pce	236.0	618.0	65.6	26.2	28.3	88.4
Pizza, Italian Sausage/Mush, Hand Tssd, 12", Dom	2 pce	176.0	403.0	52.3	17.4	13.9	66.2
Pizza, Italian Sausage/Mush, Thn Crust, 12", Dom	1/3 ea	179.0	442.0	43.1	19.7	21.5	60.3
Pizza, Meat Lover's, Hand Tossed, Pizza Hut	1 pce	130.0	313.0	28.9	16.9	10.1	41.6
Pizza, Meat Lover's, Pan, Pizza Hut	1 pce	130.0	339.0	27.9	15.1	17.9	41.4
Pizza, Meat Lover's, Thin 'N Crispy, Pizza Hut	1 pce	110.0	288.0	21.0	15.0	13.0	33.3
Pizza, Mexican, Taco Bell	1 ea	220.0	570.0	42.0	21.0	35.0	63.4
Pizza, Mexican, Taco Johns	1 ea	276.0	635.0	53.0	25.8	35.8	77.4
Pizza, Mexican, Totinos	1 ea	310.0	744.0	68.2	30.1	38.8	96.0
Pizza, Mushroom & Spinach, Spago	1 pce	77.0	122.0	21.3	9.1	4.1	27.8
Pizza, Pepperoni Lover's, Hand Tossed, Pizza Hut	1 pce	123.0	305.0	29.9	15.1	13.1	42.2
Pizza, Pepperoni Lover's, Pan, Pizza Hut	1 pce	123.0	331.0	27.9	14.1	16.1	40.4
Pizza, Pepperoni Lover's, Thin'N Crispy, Pizza Hut	1 pce	105.0	290.0	22.0	15.0	16.0	35.0
Pizza, Pepperoni, 1/4 each, Celeste	1 pce	135.0	368.0	29.2	15.0	21.3	43.5
Pizza, Pepperoni, 1/4 of 12", Tombstone	1 pce	128.0	360.0	31.0	16.0	19.0	45.4
Pizza, Pepperoni, 1/8 of 12", avg	1 pce	71.0	181.0	19.9	10.2	6.1	27.5
Pizza, Pepperoni, Bigfoot, Pizza Hut	1 pce	79.0	205.0	25.0	10.0	7.0	32.8
Pizza, Pepperoni, Bigfoot, w/Msh&Ital Saus, Pz Hut	1 pce	90.0	214.0	25.0	11.0	8.0	33.6
Pizza, Pepperoni, Cheese, 1/5 of 12", Tombstone	1 pce	125.0	340.0	29.0	15.0	18.0	42.5
Pizza, Pepperoni, Dbl Ppprn&Chs, 1/6 of 12", Tmstn	1 pce	129.0	350.0	25.0	19.0	20.0	41.4
Pizza, Pepperoni, Deep Dish, 12", Domino's	2 pce	218.0	621.0	63.4	26.2	29.4	86.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Pizza, Pepperoni, Deep Dish, Pappalos	1 ea	146.0	393.0	42.3	19.1	16.4	57.9
Pizza, Pepperoni, Deep Dish, w/extra chs, 12", Dom	2 pce	235.0	672.0	63.7	29.6	33.1	89.7
Pizza, Pepperoni, For One, Celeste	1 ea	191.0	546.0	49.7	20.2	29.6	69.2
Pizza, Pepperoni, For One, Pappalos	1 ea	218.0	569.0	51.9	30.1	26.8	76.7
PIZZA, PEPPERONI, FRZN, CELESTE	1/4 PIZZA	140.0	356.0	31.7	16.3	18.2	46.0
Pizza, Pepperoni, Hand Tossed, 12", Dominos	2 pce	159.0	405.0	50.1	17.5	15.1	64.4
Pizza, Pepperoni, Hand Tossed, w/ext chs, 12", Dom	2 pce	175.0	455.0	50.4	20.8	18.7	67.6
Pizza, Pepperoni, low fat, 1 1/2 svgs, Tombstone	1 ea	192.0	400.0	45.0	26.0	13.0	63.9
Pizza, Pepperoni, Lunch Express	1 ea	163.0	440.0	39.0	19.0	23.0	56.2
Pizza, Pepperoni, Pan, Pizza Hut	1 pce	104.0	266.0	28.1	11.0	12.0	37.7
Pizza, Pepperoni, Personal Pan, Pizza Hut	1 ea	255.0	637.0	68.9	26.1	27.1	91.3
Pizza, Pepperoni, Pizza Pocket, Ore-Ida	1 ea	170.0	510.0	49.1	18.1	25.1	66.2
Pizza, Pepperoni, Thin 'N Crispy, Pizza Hut	1 pce	84.0	215.0	21.0	11.0	10.0	30.1
Pizza, Pepperoni, Thin Crust, 12", Dominos	1/3 ea	157.0	447.0	40.5	19.8	23.1	58.2
Pizza, Pepperoni, Two Cheese, 1/3, Totinos	1 pce	136.0	363.0	29.9	16.3	19.9	44.7
Pizza, Pepperoni, w/Sausage, 1/3 of 9", Tombstone	1 pce	125.0	360.0	28.0	16.0	21.0	42.9
Pizza, Pepperoni, Weight Watchers	1 ea	158.0	390.0	46.0	23.0	12.0	62.8
Pizza, Pork, Hand Tossed, Pizza Hut	1 pce	120.0	267.0	28.9	13.9	9.1	39.5
Pizza, Pork, Pan, Pizza Hut	1 pce	120.0	293.0	27.9	12.9	13.9	39.1
Pizza, Pork, Thin 'N Crispy, Pizza Hut	1 pce	99.0	237.0	20.1	11.1	11.1	29.5
Pizza, Sausage, 1/4 each, Celeste	1 pce	142.0	376.0	29.7	15.6	21.7	44.5
Pizza, Sausage, Dbl Saus, Pepp&Chs, 1/6 12", Tmstn	1 pce	135.0	360.0	25.0	20.0	20.0	42.0
Pizza, Sausage, Deep Dish, Pappalos	1 ea	149.0	381.0	42.0	18.5	15.5	57.0
Pizza, Sausage, For One, Celeste	1 ea	213.0	571.0	48.8	22.6	31.7	70.3
Pizza, Sausage, Lunch Express	1 ea	184.0	459.0	39.9	20.1	24.1	58.0
Pizza, Sausage, Three Sausage, 1/6 of 12", Tmstn	1 pce	131.0	340.0	31.0	16.0	17.0	44.9
Pizza, Sausage, w/Cheese, 1/5 of 12", Tombstone	1 pce	125.0	320.0	29.0	15.0	16.0	42.0
Pizza, Sausage, w/Double Cheese, 1/6 of 12", Tmstn	1 pce	135.0	350.0	25.0	20.0	19.0	41.8
Pizza, Sausage, w/Mushrooms&Chs, 1/5 12", Tmstn	1 pce	125.0	310.0	28.1	14.5	15.5	40.7
Pizza, Sausage, w/Mushrooms, 1/4 each, Celeste	1 pce	177.0	387.0	29.4	16.9	22.4	45.1
Pizza, Sausage, w/Mushrooms, For One, Celeste	1 ea	241.0	592.0	51.3	23.9	32.3	73.7
Pizza, Sausage, w/Pepperoni, Deep Dish, Pappalos	1 ea	151.0	394.0	42.9	19.2	16.3	58.5
Pizza, Sausage, w/Pepperoni, For One, Pappalos	1 ea	232.0	592.0	52.9	30.9	28.5	78.6
Pizza, Sausage, w/Pepperoni, Lunch Express	1 ea	181.0	500.0	41.0	24.0	27.0	62.2
Pizza, Sausage, w/Pepperoni, Stouffers	1 ea	357.0	928.0	82.1	39.3	46.4	117.3
Pizza, Supreme, 1/4 each, Celeste	1 pce	163.0	381.0	29.2	16.8	24.1	45.3
Pizza, Supreme, 1/6 of 12", Tombstone	1 pce	130.0	330.0	29.0	15.0	17.0	42.3
Pizza, Supreme, Deep Dish, Pappalos	1 ea	153.0	379.0	41.0	18.4	15.8	56.0
Pizza, Supreme, For One, Celeste	1 ea	255.0	678.0	54.0	26.5	39.3	79.7

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Pizza, Supreme, For One, Pappalos	1 ea	204.0	494.0	44.5	25.7	23.7	65.8
Pizza, Supreme, Hand Tossed, Pizza Hut	1 pce	136.0	283.0	29.9	15.1	11.1	41.7
Pizza, Supreme, low fat, 1-1/2 svgs, Tombstone	1 ea	219.0	400.0	45.0	27.0	13.0	64.5
Pizza, Supreme, Personal Pan, Pizza Hut	1 ea	327.0	721.0	69.9	32.1	33.1	97.4
Pizza, Supreme, Super, Hand Tossed, Pizza Hut	1 pce	143.0	296.0	29.1	15.1	12.1	41.2
Pizza, Supreme, Super, Pan, Pizza Hut	1 pce	143.0	323.0	27.1	14.1	16.1	39.6
Pizza, Supreme, Super, Thin 'N Crispy, Pizza Hut	1 pce	123.0	269.0	21.9	13.1	13.1	33.0
Pizza, Supreme, Thin 'N Crispy, Pizza Hut	1 pce	116.0	257.0	21.0	14.0	13.0	32.7
Pizza, Taco, 1/4 of 12", Tombstone	1 pce	145.0	380.0	26.0	16.0	23.0	41.4
Pizza, Three Meat, Totinos	1 ea	298.0	724.0	66.5	29.8	37.8	93.8
Pizza, Vegetable, light, 1/4, Tombstone	1 pce	131.0	240.0	31.0	25.0	7.0	47.8
Pizza, Vegetable, low fat, 1-1/2 svgs, Tombstone	1 ea	206.0	360.0	46.0	22.0	10.0	61.7
Pizza, Veggie Lover's, Hand Tossed, Pizza Hut	1 pce	132.0	215.0	29.8	10.9	5.1	37.6
Pizza, Veggie Lover's, Pan, Pizza Hut	1 pce	133.0	243.0	29.0	10.0	10.0	37.5
Pizza, Veggie Lover's, Thin 'N Crispy, Pizza Hut	1 pce	112.0	187.0	22.1	9.0	7.0	29.3
Pizza, Veggie, Deep Dish, 12", Dominos	2 pce	236.0	576.0	65.1	24.1	24.8	85.8
Pizza, Veggie, Hand Tossed, 12", Dominos	2 pce	176.0	361.0	51.7	15.3	10.4	63.5
Pizza, Veggie, Thin Crust, 12", Dominos	1/3 ea	179.0	387.0	42.6	16.8	16.8	56.9
Plantain, Chips, avg	32 pce	35.0	182.0	20.4	0.8	11.8	23.8
Plantain, Cooked, slices, avg	1/2 cup	77.0	89.0	24.0	0.6	0.1	24.4
Plantain, Fried, green, avg	1/2 cup	56.0	133.0	20.1	0.8	6.6	22.2
Plantain, Fried, ripe, avg	1/2 cup	84.0	215.0	30.2	1.2	11.6	33.8
Plantain, Raw, slices, avg	1/2 cup	74.0	90.0	23.6	0.1	0.3	23.7
Platter, Bacon, breakfast, Arby's	1 ea	201.0	537.0	46.2	18.1	29.9	64.5
Platter, Chimichanga, Taco Johns	1 ea	524.0	921.0	118.9	32.4	35.2	147.1
Platter, Double Enchilada, Taco Johns	1 ea	524.0	900.0	102.9	41.8	36.5	137.1
Platter, Egg, breakfast, Arby's	1 ea	201.0	460.0	44.9	15.0	24.0	59.9
Platter, Ham, breakfast, Arby's	1 ea	258.0	518.0	45.3	24.4	26.2	66.5
Platter, Sausage, breakfast, Arby's	1 ea	238.0	640.0	45.9	21.0	41.0	68.8
Platter, Scrambled Egg, breakfast, Jack In The Box	1 ea	213.0	560.0	50.0	18.0	32.0	68.8
Platter, Smothered Burrito, Taco Johns	1 ea	539.0	973.0	123.1	38.1	37.5	155.3
Platter, Taco, Burrito&Enchld, Taco Johns	1 ea	709.0	1277.0	149.1	57.7	51.0	196.5
PLUM, RAW	1 MEDIUM	66.0	36.0	8.6	0.5	0.4	9.0
Plums, Canned, heavy syrup, avg	1/2 cup	129.0	115.0	29.9	0.5	0.1	30.2
Plums, Canned, juice, avg	1/2 cup	126.0	73.0	19.2	0.6	0.0	19.6
Plums, Canned, light syrup, avg	1/2 cup	126.0	79.0	20.5	0.5	0.1	20.8
Plums, Canned, water, avg	1/2 cup	124.0	51.0	13.6	0.5	0.0	13.9
Plums, Fresh, slices, avg	1/2 cup	82.0	45.0	10.7	0.6	0.5	11.2
Pocket, Scrambled Egg, breakfast, Jack In The Box	1 ea	183.0	430.0	31.0	29.0	21.0	53.7

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Poi, Avg	1/2 cup	120.0	134.0	32.6	0.5	0.2	32.9
Pokeberry Shoots, Cooked, avg	1/2 cup	82.0	16.0	2.5	1.9	0.3	3.7
Pokeberry Shoots, Raw, avg	1/2 cup	80.0	18.0	2.1	2.1	0.3	3.4
Pollock, Atlantic, bkd, fillet, avg	1 ea	302.0	356.0	0.0	75.2	3.8	46.1
Pollock, Atlantic, raw, fillet, avg	1 ea	386.0	355.0	0.0	74.9	3.8	45.9
Pollock, Krunchy-Lite Fiesta, svg, Viking	1 ea	102.0	142.0	11.3	14.4	3.8	20.9
Pollock, Krunchy-Lite, svg, Viking	1 ea	102.0	171.0	14.7	15.9	4.8	25.4
Pollock, w/broccoli & cheese, svg, Viking	1 ea	124.0	243.0	15.4	14.9	13.3	27.7
Pollock, Walleye, bkd, fillet, avg	1 ea	60.0	68.0	0.0	14.1	0.7	8.6
Pollock, Walleye, raw, fillet, avg	1 ea	77.0	62.0	0.0	13.2	0.6	8.1
POMEGRANATE	1 MEDIUM	154.0	104.0	26.4	1.5	0.5	27.4
Pomegranate, Fresh, avg	1 ea	154.0	105.0	26.5	1.5	0.5	27.5
Pompano Fish, bkd, fillet, avg	1 ea	88.0	186.0	0.0	20.9	10.6	15.2
Pompano Fish, raw, fillet, avg	1 ea	112.0	184.0	0.0	20.7	10.6	15.1
Popcorn, Butter Toffee, bag, Wt Wtchs	1 ea	26.0	112.0	21.4	1.0	2.5	22.6
Popcorn, Butter, bag, Weight Watchers	1 ea	19.0	91.0	14.2	2.0	2.5	16.0
Popcorn, Caramel, avg	1 cup	35.0	151.0	27.7	1.3	4.5	29.6
Popcorn, Caramel, bag, Weight Watchers	1 ea	26.0	102.0	22.4	1.0	1.0	23.2
Popcorn, Caramel, w/peanuts, avg	1 cup	42.0	168.0	33.9	2.7	3.3	36.3
POPCORN, CARMEL	1 CUP	35.0	152.0	27.9	1.3	4.5	29.8
POPCORN, CHEESE	2 1/2 CUP	28.0	149.0	14.6	2.6	9.4	18.5
Popcorn, Cheese, avg	1 cup	11.0	58.0	5.7	1.0	3.7	7.2
POPCORN, PLAIN	1 CUP	14.0	54.0	10.7	1.8	0.7	12.0
Popcorn, Plain, air popped, avg	1 cup	8.0	31.0	6.2	0.1	0.3	6.3
Popcorn, Plain, microwave, low fat/sod, avg	1 cup	6.0	25.0	4.3	0.8	0.6	4.9
Popcorn, Plain, popped in oil, avg	1 cup	11.0	55.0	6.3	0.1	3.1	7.1
Popcorn, Plain, popped in oil, salted, avg	1 cup	11.0	55.0	6.3	0.1	3.1	7.1
Popcorn, White Cheddar, bag, Wt Wtchs	1 ea	19.0	91.0	12.2	2.0	4.1	14.4
Poporn Cake, Avg	1 ea	10.0	38.0	8.0	0.1	0.3	8.1
Poporn Cake, Cheddar Cheese, Chico San	1 ea	9.0	48.0	9.7	0.1	1.9	10.2
Poporn Cake, Low Sodium, avg	1 ea	9.0	35.0	7.5	0.7	0.2	8.0
Poppyseed, avg	1 tsp	3.0	16.0	0.7	0.5	1.3	1.3
Porcupine Balls, w/Mushroom Soup, avg	1 ea	35.0	63.0	3.9	4.0	3.3	7.1
Porcupine Balls, w/Tomato Based Sauce, avg	1 ea	35.0	58.0	4.5	3.8	2.6	7.4
Pork & Potatoes, w/Cheese Sauce, avg	1 cup	249.0	388.0	20.0	26.1	22.8	41.4
Pork & Rice, w/Tomato Sauce, avg	1/2 cup	122.0	173.0	17.1	12.1	5.5	25.7
Pork Dinner, Patty, fzn, Swanson	1 ea	298.0	470.0	58.0	16.0	19.0	72.4
Pork Dinner, Shortribs, w/bbq sce,pot&vegs,fzn,avg	1 ea	298.0	387.0	29.6	27.8	17.7	50.7
Pork Dinner, Sliced, w/swt pot, vegs&dsrt, fzn, avg	1 ea	319.0	408.0	55.5	21.9	10.9	71.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Pork Dinner, w/Gravy, pot, vgs&dsrt, fzn, avg	1 ea	319.0	459.0	42.0	26.8	20.3	63.2
Pork Dinner, w/Rice&Vegs, w/soy sc,low cal,fzn,avg	1 ea	255.0	258.0	33.8	14.9	6.7	44.4
PORK N BEANS, CANNED	8 OZ	224.0	255.0	44.0	11.0	4.0	51.6
Pork Seasoning, BBQ, 1/8 pkt, Shake N Bake	1 ea	80.0	280.0	64.0	0.0	0.0	64.0
Pork Seasoning, Hot&Spicy, 1/8 pkt, Shake N Bake	1 ea	64.0	262.0	46.5	5.8	2.9	50.7
PORK SMOKED LINK SAUSAGE	1 LINK	68.0	265.0	1.4	15.1	21.6	15.9
Pork, Back Ribs, raw	4 oz	113.0	319.0	0.0	18.2	26.7	17.6
Pork, Back Ribs, rstd	3 oz	85.0	315.0	0.0	20.7	25.2	18.7
Pork, BBQ, Richs	3 oz	85.0	167.0	9.5	8.5	10.6	17.3
Pork, Brains, brsd	3 oz	85.0	117.0	0.0	10.3	8.1	8.2
Pork, Brains, raw	4 oz	113.0	144.0	0.0	11.6	10.4	9.6
Pork, Chitlings, small intestines, ckd	3 oz	85.0	258.0	0.0	8.8	24.5	11.4
Pork, Chitlings, small intestines, raw	4 oz	113.0	285.0	0.4	11.4	26.1	13.8
Pork, Chop, breaded, fried	3 oz	85.0	244.0	7.5	19.3	14.6	22.7
Pork, Chop, breaded, bkd	1 ea	100.0	259.0	6.3	25.5	14.0	25.1
Pork, Chop, center rib, raw	1 ea	98.0	205.0	0.0	19.8	13.3	15.2
Pork, Chop, center rib, rstd	3 oz	85.0	217.0	0.0	23.3	13.0	17.2
Pork, Chop, marinated, Tyson	3 oz	85.0	130.0	0.6	16.2	7.0	12.1
Pork, Chop, marinated, Tyson	3 oz	85.0	130.0	0.6	16.2	7.0	12.1
Pork, Chop, Marinated, Tyson	3 oz	85.0	130.0	0.6	16.2	7.0	12.1
Pork, Chop, Marinated, Tyson	3 oz	85.0	130.0	0.6	16.2	7.0	12.1
Pork, Chop, smkd, ckd	1 ea	84.0	235.0	0.0	17.2	17.9	14.8
Pork, Composite Cuts, ckd	3 oz	85.0	232.0	0.0	23.5	14.6	17.8
Pork, Composite Cuts, lean, ckd	3 oz	85.0	180.0	0.0	24.9	8.2	17.0
Pork, Composite Cuts, lean, raw	4 oz	113.0	162.0	0.0	23.8	6.6	15.9
Pork, Composite Cuts, raw	4 oz	113.0	244.0	0.0	21.5	16.1	16.9
Pork, Cubes, prep, Travis Meats	6 ea	85.0	210.0	0.0	14.1	16.8	12.7
Pork, Ears, ckd	1 ea	111.0	184.0	0.2	17.8	11.1	13.7
Pork, Ears, raw	1 ea	113.0	264.0	0.7	25.4	17.1	20.2
Pork, Fat, Bacon Grease/Meat Fat Drippings	1 Tbs	14.0	124.0	0.0	0.0	13.8	3.5
Pork, Fat, Bacon Grease/Meat Fat Drippings	1 Tbs	14.0	124.0	0.0	0.0	13.8	3.5
Pork, Fat, ckd	1 Tbs	9.0	57.0	0.0	1.1	5.8	2.1
Pork, Fat, raw	1 oz	28.0	240.0	0.0	0.5	26.4	6.9
Pork, Fat, Salt Pork, ckd	1 oz	28.0	200.0	0.0	1.8	21.4	6.4
Pork, Fat, Salt Pork, raw	1 oz	28.0	209.0	0.0	1.4	22.5	6.5
Pork, Feet, ckd	3 oz	85.0	165.0	0.0	16.3	10.5	12.4
Pork, Feet, pckld	3 oz	85.0	173.0	0.0	11.5	13.7	10.3
Pork, Feet, raw	1 ea	190.0	502.0	0.0	41.1	35.7	33.6
Pork, Ground, ckd	3 oz	85.0	252.0	0.0	21.8	17.7	17.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Pork, Ground, raw	4 oz	113.0	297.0	0.0	19.1	23.1	17.2
Pork, Ground, roast, prep, Travis Meats	3 oz	85.0	147.0	2.3	22.9	4.6	17.2
Pork, Ground, slab, prep, Travis Meats	3 oz	85.0	211.0	0.0	12.6	16.8	11.8
Pork, Ham, w/Asparagus Au Gratin, Budget Gourmet	1 ea	255.0	280.0	33.0	14.0	10.0	43.9
Pork, Heart, brsd	1 ea	129.0	191.0	0.5	30.4	6.5	20.4
Pork, Heart, raw	1 ea	226.0	267.0	3.0	39.1	9.9	28.9
Pork, Hocks, ckd	1 ea	51.0	167.0	0.0	14.2	11.8	11.5
Pork, Jowl, raw	4 oz	113.0	740.0	0.0	7.2	78.6	24.0
Pork, Kidneys, brsd	3 oz	85.0	128.0	0.0	21.6	3.1	13.7
Pork, Kidneys, raw	1 ea	233.0	233.0	0.0	38.4	7.6	24.9
Pork, Leg, ham, raw	4 oz	113.0	277.0	0.0	19.7	21.4	17.2
Pork, Leg, ham, rstd	3 oz	85.0	232.0	0.0	22.8	14.1	17.2
Pork, Liver, brsd	3 pce	54.0	89.0	2.0	14.0	2.4	11.0
Pork, Liver, raw	4 oz	113.0	151.0	2.8	24.2	4.1	18.3
Pork, Loin Chop, raw	1 ea	110.0	314.0	0.0	17.4	26.5	17.1
Pork, Loin Chop, rstd	3 oz	85.0	275.0	0.0	20.1	20.9	17.3
Pork, Lungs, brsd	3 oz	85.0	84.0	0.0	14.1	2.6	9.1
Pork, Lungs, raw	4 oz	113.0	96.0	0.0	15.9	3.1	10.3
Pork, Pancreas, brsd	3 oz	85.0	186.0	0.0	24.2	9.2	16.8
Pork, Pancreas, raw	4 oz	113.0	225.0	0.0	21.0	14.9	16.3
Pork, Patty, cubed, prep, Travis Meats	3 oz	85.0	225.0	0.8	13.5	18.5	13.5
Pork, Ribs, country style, raw	4 oz	113.0	272.0	0.0	19.2	21.1	16.8
Pork, Ribs, country style, rstd	3 oz	85.0	279.0	0.0	19.9	21.5	17.3
Pork, Roast, center loin, raw	1 ea	112.0	224.0	0.0	22.5	14.2	17.0
Pork, Roast, center loin, rstd	3 oz	85.0	199.0	0.0	22.4	11.5	16.3
Pork, Roast, sirloin, raw	1 ea	107.0	219.0	0.0	20.5	14.6	16.0
Pork, Roast, sirloin, rstd	3 oz	85.0	222.0	0.0	23.1	13.6	17.3
Pork, Roast, top loin, raw	4 oz	113.0	216.0	0.0	22.8	13.1	17.0
Pork, Roast, top loin, rstd	3 oz	85.0	192.0	0.0	24.5	9.7	17.1
Pork, Spareribs, brsd	3 oz	85.0	337.0	0.0	24.7	25.8	21.3
Pork, Spareribs, raw	4 oz	113.0	323.0	0.0	19.3	26.7	18.3
Pork, Spleen, brsd	3 oz	85.0	127.0	0.0	23.1	2.7	14.5
Pork, Spleen, raw	4 oz	113.0	113.0	0.0	20.2	2.9	12.8
Pork, Steak, boston blade, raw	1 ea	228.0	497.0	0.0	40.4	36.0	33.2
Pork, Steak, boston blade, rstd	3 oz	85.0	229.0	0.0	19.6	16.1	15.8
Pork, Steak, breaded, prep, Travis Meats	1 ea	113.0	300.0	12.7	13.2	21.3	25.9
Pork, Steak, lean, bkd	3 oz	85.0	179.0	0.0	23.4	8.8	16.2
Pork, Stew Meat, prep, Travis Meats	3 oz	85.0	179.0	0.0	23.4	8.8	16.2
Pork, Stomach, raw	4 oz	113.0	177.0	0.0	18.6	10.8	13.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Pork, Sweet & Sour, avg	1 cup	226.0	231.0	25.0	14.9	8.2	36.0
Pork, Sweet & Sour, Chung King	1 ea	369.0	450.0	86.0	12.0	6.0	94.7
Pork, Sweet & Sour, w/rice, avg	1 cup	244.0	268.0	39.7	13.1	6.3	49.1
Pork, Tail, ckd	3 oz	85.0	337.0	0.0	14.5	30.4	16.3
Pork, Tail, raw	4 oz	113.0	427.0	0.0	20.1	37.9	21.5
Pork, Tenderloin, raw	4 oz	113.0	243.0	0.0	21.6	16.7	17.1
Pork, Tenderloin, rstd	3 oz	85.0	147.0	0.0	23.6	5.1	15.4
Pork, Tongue, raw	4 oz	113.0	254.0	0.0	18.4	19.4	15.9
Pork, Whole Shoulder, raw	4 oz	113.0	267.0	0.0	19.4	20.3	16.7
Pork, Whole Shoulder, rstd	3 oz	85.0	248.0	0.0	19.8	18.2	16.4
Pot Pie, Beef Yankee, Marie Calendar	1 ea	284.0	691.0	57.1	16.0	44.1	77.7
Pot Pie, Beef, avg	1 pce	210.0	517.0	39.5	21.2	30.5	59.8
Pot Pie, Beef, avg	1 ea	234.0	449.0	42.1	17.1	26.7	59.0
Pot Pie, Beef, Banquet	1 ea	227.0	450.0	44.0	17.0	25.0	60.5
Pot Pie, Beef, Hungry Man, Swanson	1 ea	397.0	660.0	70.0	24.0	31.0	92.2
Pot Pie, Chicken & Broccoli, Marie Calendar	1 ea	284.0	781.0	88.2	18.0	48.1	111.0
Pot Pie, Chicken, Au Gratin, Marie Calendar	1 ea	284.0	721.0	53.1	19.0	48.1	76.5
Pot Pie, Chicken, avg	1 pce	232.0	545.0	42.5	23.4	31.3	64.4
Pot Pie, Chicken, avg	1 ea	230.0	504.0	51.1	15.4	26.5	67.0
Pot Pie, Chicken, Banquet	1 ea	227.0	450.0	39.0	14.0	30.0	54.9
Pot Pie, Chicken, Lean Cuisine	1 ea	269.0	320.0	39.0	18.0	10.0	52.3
Pot Pie, Ham, avg	1 ea	632.0	1492.0	115.2	55.2	89.6	170.7
Pot Pie, Macaroni & Cheese, Banquet	1 ea	198.0	200.0	35.0	7.0	3.0	40.0
Pot Pie, Oyster, avg	1 ea	656.0	1660.0	133.8	37.8	108.4	183.6
Pot Pie, Tuna, avg	1 ea	769.0	1746.0	125.4	71.4	106.0	194.7
Pot Pie, Turkey, avg	1 ea	233.0	459.0	46.8	13.5	32.6	63.0
Pot Pie, Turkey, Banquet	1 ea	198.0	370.0	38.0	10.0	20.0	49.0
Pot Pie, Turkey, Lean Cuisine	1 ea	269.0	300.0	34.0	20.0	9.0	48.3
Pot Pie, Turkey, Marie Calendar	1 ea	284.0	711.0	57.1	17.0	46.1	78.8
Pot Pie, Vegetable & Cheese, Banquet	1 ea	198.0	390.0	49.0	8.0	18.0	58.3
Potato Casserole, fzn, Healthy Choice	1 ea	262.0	210.0	30.0	11.0	5.0	37.9
Potato Casserole, fzn, Life Choice	1 ea	380.0	160.0	37.1	8.0	0.5	42.0
POTATO CHIPS	10 CHIPS	20.0	113.0	10.0	1.1	8.0	12.7
POTATO CHIPS, BBQ FLAVOR	1 OZ	28.0	149.0	14.5	2.3	9.5	18.3
POTATO CHIPS, LAY'S	1 OZ	28.0	153.0	14.7	2.0	9.8	18.4
POTATO PANCAKES, FROM MIX	3 PANCAKES	77.0	127.0	17.2	2.9	5.0	20.2
Potato Seasoning, Cheddar, 1/6 pkt, Shake N Bake	1 ea	42.0	180.0	12.0	12.0	12.0	22.2
Potato Seasoning, Herb&Garlic, 1/6 pkt, Shk N Bk	1 ea	42.0	120.0	30.0	0.0	0.0	30.0
Potato Sticks, avg	1 cup	36.0	188.0	19.2	2.4	12.4	23.7

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
POTATO, BOILED W/SKIN	1 MEDIUM	100.0	76.0	17.1	2.1	0.1	18.4
POTATO, WHITE, BAKED	1 MEDIUM	100.0	95.0	21.1	2.6	0.1	22.7
Potatoes & Meat, Breakfast, orig, fzn, Morn Class	1 cup	172.0	241.0	21.1	7.1	13.8	28.8
Potatoes & Meat, Breakfast, saus, fzn, Morn Class	1 cup	172.0	241.0	21.1	7.1	13.8	28.8
Potatoes & Meat, Breakfast, smk, fzn, Morn Class	1 cup	172.0	241.0	21.1	7.1	13.8	28.8
Potatoes, Au Gratin, bkd, Basic Amer Fd	3 oz	85.0	81.0	13.0	1.8	2.6	14.7
Potatoes, Au Gratin, dry, Basic Amer Fd	1 oz	28.0	102.0	19.6	2.7	1.4	21.6
Potatoes, Au Gratin, prep f/recipe, w/bttr, avg	1/2 cup	122.0	161.0	13.8	6.2	9.3	19.8
Potatoes, Au Gratin, prep, Idahoan	3 oz	85.0	90.0	13.1	2.1	1.1	14.6
Potatoes, Baked w/Cheese Sauce & Bacon, avg	1 ea	299.0	451.0	44.6	18.4	25.9	62.1
Potatoes, Baked w/Cheese Sauce & Bacon, avg	1 ea	299.0	451.0	44.6	18.4	25.9	62.1
Potatoes, Baked w/Cheese Sauce & Broccoli, avg	1 ea	339.0	403.0	46.4	13.7	21.4	60.0
Potatoes, Baked w/Cheese Sauce & Broccoli, avg	1 ea	339.0	403.0	46.4	13.7	21.4	60.0
Potatoes, Baked w/Cheese Sauce & Chili, avg	1 ea	395.0	482.0	55.7	23.2	21.8	75.1
Potatoes, Baked w/Cheese Sauce & Chili, avg	1 ea	395.0	482.0	55.7	23.2	21.8	75.1
Potatoes, Baked w/Cheese Sauce, avg	1 ea	296.0	474.0	46.5	14.6	28.7	62.4
Potatoes, Baked w/Cheese Sauce, avg	1 ea	296.0	474.0	46.5	14.6	28.7	62.4
Potatoes, Baked, Broccoli 'N Cheddar, Arby's	1 ea	340.0	417.0	55.0	10.5	17.9	65.8
Potatoes, Baked, Deluxe, Arby's	1 ea	348.0	621.0	58.9	17.2	36.4	78.3
Potatoes, Baked, Mushroom & Cheese, Arby's	1 ea	347.0	515.0	57.5	15.0	26.7	73.2
Potatoes, Baked, Plain, Arby's	1 ea	241.0	240.0	50.2	5.8	1.9	54.2
Potatoes, Baked, plain, Wendy's	1 ea	284.0	310.0	71.0	7.0	0.0	75.2
Potatoes, Baked, w/broccoli & cheese, Wendy's	1 ea	411.0	470.0	80.0	9.0	14.0	88.9
Potatoes, Baked, w/sour cream & chives, Wendy's	1 ea	314.0	380.0	74.0	8.0	6.0	80.3
Potatoes, Bkd, w/butter & sour cream, avg	1 ea	312.0	463.0	52.7	7.7	25.2	63.6
Potatoes, Bkd, w/butter, Ore Ida	1 ea	143.0	204.0	27.2	4.1	9.2	32.0
Potatoes, Bkd, w/cheese sauce & bacon, avg	1 ea	299.0	451.0	44.6	18.4	25.9	62.1
Potatoes, Bkd, w/cheese sauce & bacon, avg	1 ea	299.0	451.0	44.6	18.4	25.9	62.1
Potatoes, Bkd, w/cheese sauce & broccoli, avg	1 ea	339.0	403.0	46.4	13.7	21.4	60.0
Potatoes, Bkd, w/cheese sauce & broccoli, avg	1 ea	339.0	403.0	46.4	13.7	21.4	60.0
Potatoes, Bkd, w/cheese sauce & chili, avg	1 ea	395.0	482.0	55.7	23.2	21.8	75.1
Potatoes, Bkd, w/cheese sauce & chili, avg	1 ea	395.0	482.0	55.7	23.2	21.8	75.1
Potatoes, Bkd, w/cheese sauce, avg	1 ea	296.0	474.0	46.5	14.6	28.7	62.4
Potatoes, Bkd, w/cheese sauce, avg	1 ea	296.0	474.0	46.5	14.6	28.7	62.4
Potatoes, Bkd, w/cheese, Ore Ida	1 ea	143.0	194.0	27.6	4.1	8.2	32.1
Potatoes, Bkd, w/ranch flvr, Ore Ida	1 ea	140.0	180.0	27.0	5.0	6.0	31.5
Potatoes, Bkd, w/sour cream & chives, Ore Ida	1 ea	143.0	184.0	28.6	4.1	6.1	32.6
Potatoes, Cake, Arby's	2 ea	85.0	204.0	19.8	1.8	12.0	23.9
Potatoes, Cheddar Broccoli, Healthy Choice	1 ea	298.0	330.0	53.0	13.0	7.0	62.6

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Potatoes, Dices, w/peel, fzn, Nestle	3 oz	85.0	120.0	19.0	2.0	3.5	21.1
Potatoes, French Fries, fzn, 5/16" w/peel, Nestle	3 oz	85.0	120.0	19.0	2.0	4.5	21.3
Potatoes, French Fries, fzn, avg	10 ea	65.0	101.0	15.8	1.6	3.8	17.7
Potatoes, French Fries, fzn, cottage, oven htd,avg	10 ea	50.0	109.0	17.0	1.7	4.1	19.0
Potatoes, French Fries, fzn, crnkl cut ½", Nestle	3 oz	85.0	110.0	18.0	2.0	3.5	20.1
Potatoes, French Fries, fzn, crnkl cut 1/8", Nstl	3 oz	85.0	140.0	23.0	2.0	4.0	25.2
Potatoes, French Fries, fzn, crnkl cut 3/8", Nstl	3 oz	85.0	110.0	17.0	2.0	4.0	19.2
Potatoes, French Fries, fzn, prep in veg oil, avg	1 cup	57.0	180.0	22.6	2.3	9.5	26.4
Potatoes, French Fries, fzn, prep, salted, avg	10 ea	50.0	100.0	15.6	1.6	3.8	17.5
Potatoes, French Fries, fzn, shoestring ¼", Nestle	3 oz	85.0	130.0	20.0	2.0	5.0	22.5
Potatoes, French Fries, fzn, stk cut, thin, Nestle	3 oz	85.0	130.0	20.0	2.0	5.0	22.5
Potatoes, French Fries, fzn, strght ct 5/16", Nstl	3 oz	85.0	120.0	19.0	2.0	4.0	21.2
Potatoes, French Fries, fzn,stk ct 7/8", w/pl,Nstl	3 oz	85.0	100.0	18.0	2.0	3.0	20.0
POTATOES, HASH BROWNED	1/2 CUP	100.0	229.0	29.1	3.1	11.7	33.9
Potatoes, Hash Browns, avg	1/2 cup	72.0	151.0	16.1	1.9	9.2	19.5
Potatoes, Hash Browns, fzn, avg	1/2 cup	105.0	86.0	18.6	2.2	0.7	20.1
Potatoes, Hash Browns, patty, fzn, Nestle	1 ea	63.0	120.0	15.0	1.0	6.0	17.1
Potatoes, Hash Browns, prep f/fzn, avg	1/2 cup	78.0	170.0	21.9	2.5	8.1	25.4
Potatoes, Hash Browns, prep f/recipe, avg	1 cup	156.0	326.0	33.2	3.8	21.7	40.9
Potatoes, Hash Browns, prep, Idahoan	3 oz	85.0	142.0	17.1	1.5	7.5	19.9
Potatoes, Hash browns, svg, Jack In The Box	1 ea	57.0	160.0	14.0	1.0	11.0	17.4
Potatoes, Hash Browns, toaster, Ore Ida	2 ea	100.0	192.0	24.2	2.0	12.0	28.4
Potatoes, Hash Browns, unprep, Idahoan	3 oz	85.0	318.0	66.9	6.4	1.6	71.1
Potatoes, Hash Browns, w/bttr sc, prep f/fzn, avg	1/2 cup	72.0	128.0	17.4	1.8	6.3	20.1
Potatoes, Hash Browns, w/butter sce, fzn, avg	1 ea	170.0	230.0	31.1	3.2	11.3	35.8
Potatoes, Hash Rounds, svg, Hardees	1 ea	79.0	230.0	24.0	3.0	14.0	29.3
Potatoes, Hashbrown, svg, Mc Donalds	1 ea	53.0	130.0	13.5	1.3	7.9	16.3
Potatoes, Mashed w/Gravy, svg, Kent Frd Chick	1 ea	120.0	103.0	16.0	1.0	5.0	17.9
POTATOES, MASHED W/MILK	1/2 CUP	100.0	94.0	12.3	2.1	4.3	14.6
Potatoes, Mashed, avg	1/3 cup	80.0	66.0	12.9	1.8	0.1	14.0
Potatoes, Mashed, dry flakes, Idahoan	1/2 cup	90.0	56.0	12.4	1.1	0.0	13.1
Potatoes, Mashed, dry, w/natr btr flvr, Ore Ida	1/2 cup	59.0	80.0	14.0	2.0	2.0	15.7
Potatoes, Mashed, Hardees	1/2 cup	113.0	70.0	14.0	2.0	0.7	15.4
Potatoes, Mashed, prep f/flakes, Idahoan	1/2 cup	105.0	112.0	16.2	2.5	3.7	18.6
Potatoes, Mashed, prep f/flks, w/whl mlk&btr, avg	1/2 cup	105.0	119.0	15.8	1.1	5.9	17.9
Potatoes, Mashed, prep f/flks, w/whl mlk&mrg, avg	1/2 cup	105.0	119.0	15.8	1.1	5.9	17.9
Potatoes, Mashed, prep f/granules, w/mlk&btr, avg	1/2 cup	105.0	113.0	15.1	2.2	5.2	17.7
Potatoes, Mashed, prep f/granules, w/mlk&mrg, avg	1/2 cup	105.0	113.0	15.1	2.2	5.2	17.7
Potatoes, Mashed, prep f/granules, w/vit C, avg	1/2 cup	105.0	92.0	16.5	2.4	2.0	18.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Potatoes, Mashed, w/whole milk & butter, avg	1/2 cup	105.0	111.0	17.5	1.1	4.4	19.3
Potatoes, Mashed, w/whole milk, avg	1/2 cup	105.0	81.0	18.5	2.0	0.6	19.9
Potatoes, O'Brien, fzn, avg	1/2 cup	97.0	74.0	16.1	1.8	0.1	17.2
Potatoes, O'Brien, prep f/dry mix, Ore Ida	1/2 cup	78.0	55.0	12.1	0.9	0.0	12.6
Potatoes, O'Brien, prep f/fzn, avg	1/2 cup	97.0	198.0	21.2	2.2	12.8	25.7
Potatoes, O'Brien, prep f/recipe, avg	1/2 cup	97.0	79.0	15.0	2.3	1.2	16.7
Potatoes, Oles, w/Nacho Cheese, Taco Johns	1 ea	523.0	523.0	49.8	5.1	33.7	61.3
Potatoes, Pancake, prep f/recipe, avg	1 ea	76.0	207.0	21.7	4.7	11.6	27.4
Potatoes, Pearls, w/ched chs, prep, Basic Amer Fd	3 oz	85.0	88.0	16.2	1.7	1.6	17.6
Potatoes, Pearls, w/ched chs,dry, Basic Amer Fd	1 oz	28.0	111.0	21.0	2.2	2.0	22.8
Potatoes, Pearls, w/sr crm&chv, dry, Basic Amer Fd	1 oz	28.0	112.0	20.7	2.2	2.2	22.6
Potatoes, Pearls, w/sr crm&chv, prep,Basic Amer Fd	3 oz	85.0	85.0	16.2	1.7	1.6	17.6
Potatoes, Plain, bkd, long, avg	1 ea	202.0	220.0	50.9	4.6	0.2	53.7
Potatoes, Plain, ckd, f/fzn, avg	1 ea	70.0	45.0	10.2	1.4	0.1	11.1
Potatoes, Plain, cnd, w/liquid, avg	1/2 cup	150.0	537.0	116.6	16.4	1.7	126.9
Potatoes, Plain, Flesh, bkd, avg	1 ea	156.0	145.0	33.7	3.1	0.2	35.6
Potatoes, Plain, Flesh, ckd, avg	1/2 cup	78.0	67.0	15.6	1.3	0.1	16.4
Potatoes, Plain, Flesh, ckd, new potato, avg	3 oz	85.0	54.0	10.9	2.1	0.1	12.2
Potatoes, Plain, Flesh, microwaved, avg	1 ea	156.0	156.0	36.3	3.3	0.2	38.3
Potatoes, Plain, Flesh, raw, diced, avg	1/2 cup	75.0	59.0	13.5	1.6	0.1	14.5
Potatoes, Plain, Flesh, raw, new potato, avg	3 oz	85.0	54.0	10.9	1.1	0.1	11.6
Potatoes, Plain, microwaved, avg	1 ea	202.0	212.0	48.7	4.9	0.2	51.7
Potatoes, Plain, raw, Produce Marketing Assoc	1 ea	127.0	93.0	21.9	3.1	0.2	23.8
Potatoes, Plain, Skin, bkd, avg	1 ea	58.0	115.0	26.7	2.5	0.1	28.2
Potatoes, Plain, Skin, ckd, avg	1 ea	34.0	27.0	5.8	0.1	0.0	5.9
Potatoes, Plain, Skin, microwaved, avg	1 ea	58.0	77.0	17.2	2.5	0.1	18.7
Potatoes, Plain, Skin, raw, avg	1 ea	38.0	22.0	4.7	0.1	0.0	4.8
Potatoes, Puffs, fzn, avg	1/2 cup	64.0	113.0	15.6	1.7	5.5	18.0
Potatoes, Rounds, fzn, Nestle	12 ea	85.0	160.0	20.0	2.0	8.0	23.2
Potatoes, Scalloped, dry mix, avg	1 ea	156.0	558.0	115.3	12.1	7.2	124.4
Potatoes, Scalloped, dry mix, Basic Amer Fd	1 oz	28.0	102.0	20.4	2.7	1.1	22.3
POTATOES, SCALLOPED, HOMEMADE	1 CUP	245.0	255.0	36.0	7.4	9.6	42.8
Potatoes, Scalloped, prep f/dry mix, Idahoan	3 oz	85.0	90.0	15.1	1.1	1.1	16.0
Potatoes, Scalloped, prep f/mix, Basic Amer Fd	3 oz	85.0	81.0	13.0	1.8	2.3	14.7
Potatoes, Scalloped, prep f/rec, w/butter, avg	1/2 cup	122.0	105.0	13.2	3.5	4.5	16.4
Potatoes, Scalloped, prep f/recipe, w/marg, avg	1/2 cup	122.0	105.0	13.2	3.5	4.5	16.4
Potatoes, Scalloped, w/ham, avg	1/2 cup	116.0	117.0	12.1	5.8	5.2	16.9
Potatoes, Slices, dry, Idahoan	3 oz	85.0	70.0	14.1	0.1	0.0	14.2
Potatoes, Slices, prep, Idahoan	3 oz	85.0	70.0	14.1	0.1	0.0	14.2

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Potatoes, Tater Tots, bacon flvr, Ore Ida	1/2 cup	62.0	111.0	14.8	1.5	5.2	17.0
Potatoes, Tater Tots, onion flvr, Ore Ida	1/2 cup	62.0	111.0	14.8	1.5	5.2	17.0
Potatoes, Tater Tots, Ore Ida	1/2 cup	62.0	107.0	15.5	1.5	5.9	17.9
Potatoes, Wedges, w/peel, fzn, Nestle	3 oz	85.0	110.0	19.0	2.0	2.5	20.8
POTTED MEAT, CANNED	2 OZ	57.0	115.0	0.5	7.9	8.8	7.4
Poultry Seasoning, avg	1 tsp	1.0	3.0	0.7	0.1	0.1	0.8
Poultry Seasoning, Barbecue, 1/8 pkt, Shk N Bk	1 ea	96.0	360.0	72.0	0.0	8.0	74.0
Poultry Seasoning, Hot&Spicy, 1/8 pkt, Shk N Bk	1 ea	80.0	320.0	56.0	8.0	8.0	62.8
Pout Fish, Ocean, bkd, fillet, avg	1 ea	274.0	279.0	0.0	58.4	3.2	35.8
Pout Fish, Ocean, raw, fillet, avg	1 ea	352.0	278.0	0.0	58.4	3.2	35.8
PRETZELS	1 OZ	28.0	111.0	22.4	2.6	1.0	24.2
Pretzels, Bavarian, Rold Gold	3 pce	28.0	110.0	21.0	3.0	2.0	23.3
Pretzels, Cheddar Cheese, Mars Snacks	10 pce	30.0	139.0	19.1	2.1	5.1	21.6
Pretzels, Hard, avg	5 pce	30.0	114.0	23.8	2.7	1.1	25.7
Pretzels, Hard, chocolate coated, avg	3 ea	33.0	151.0	23.4	2.5	5.5	26.3
Pretzels, Hard, unsalted, avg	5 ea	30.0	114.0	23.8	2.7	1.1	25.7
Pretzels, Oat Bran Nuggets, bag, Wt Wtchrs	1 ea	42.0	168.0	32.6	3.1	2.5	35.1
Pretzels, Soft, avg	1 ea	55.0	190.0	38.4	4.5	1.7	41.5
Pretzels, Soft, dpd in butter, Aunt Anne's	1 ea	140.0	410.0	82.0	12.0	4.5	90.3
Pretzels, Soft, raisin, Auntie Anne's	1 ea	165.0	500.0	111.0	11.0	0.5	117.7
Pretzels, Soft, whole wheat, Auntie Anne's	1 ea	140.0	390.0	82.0	13.0	1.5	90.2
Pretzels, Sourdough, fat free, Rold Gold	1 ea	28.0	80.0	17.0	2.0	0.0	18.2
Pretzels, Sticks, fat free, Rold Gold	48 pce	28.0	110.0	23.0	3.0	0.0	24.8
Pretzels, Sticks, Rold Gold	48 pce	28.0	110.0	23.0	3.0	1.0	25.1
Pretzels, Twist, lightly sltd, Michl Ssn	5 ea	30.0	116.0	23.3	2.1	1.1	24.8
Pretzels, Twist, Mr Salty	7 ea	30.0	120.0	23.0	3.0	1.5	25.2
Pretzels, Twist, unsltd, Michael Seasons	5 ea	30.0	116.0	23.3	2.1	1.1	24.8
Pretzels, Wheat Mini, lightly salted, Michl Ssn	5 ea	30.0	116.0	21.2	4.2	0.0	23.7
Pretzels, Wheat Mini, unsltd, Michl Ssn	5 ea	30.0	116.0	21.2	4.2	0.0	23.7
Pretzels, Whole Wheat, avg	1 oz	28.0	101.0	22.7	3.1	0.7	24.7
Pretzels, Yogurt Covered, avg	2 ea	8.0	37.0	5.4	0.7	1.5	6.2
Prickly Pear, Raw, avg	1/2 cup	74.0	30.0	7.1	0.5	0.4	7.5
Prunes, Canned, heavy syrup, avg	1/2 cup	117.0	123.0	32.5	1.0	0.2	33.2
Prunes, Cooked, f/dehydrated, avg	1/2 cup	140.0	158.0	41.6	1.7	0.3	42.7
Prunes, Cooked, f/dry, swtnd, avg	1/2 cup	124.0	154.0	40.8	1.4	0.3	41.7
Prunes, Cooked, stewed f/dry, unswtnd, avg	1/2 cup	124.0	133.0	34.8	1.5	0.3	35.8
PRUNES, DRIED	10 PRUNES	84.0	201.0	52.7	2.2	0.4	54.1
Prunes, Dried, avg	1/2 cup	85.0	203.0	53.3	2.2	0.4	54.7
Prunes, Dried, dehydrated, unckd, avg	1/2 cup	66.0	224.0	58.8	2.4	0.5	60.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Prunes, Raw, California Prune Board	1 oz	28.0	76.0	18.1	0.8	8.4	20.7
Pudding, Banana, dry mix, avg	1 oz	28.0	105.0	26.0	0.0	0.1	26.0
Pudding, Banana, dry mix, inst, avg	1 oz	28.0	103.0	25.1	0.0	0.2	25.2
Pudding, Banana, dry mix, no sugar/fat, Jello	1 oz	28.0	88.0	21.0	0.0	0.0	21.0
Pudding, Banana, prep f/mix, inst, w/2% milk, avg	1/2 cup	147.0	153.0	29.1	4.1	2.5	32.2
Pudding, Banana, prep f/mix, no sugar/fat, Jello	1/2 cup	125.0	70.0	12.0	4.0	0.0	14.4
Pudding, Banana, prep f/mix, w/2% milk, avg	1/2 cup	140.0	143.0	25.5	4.1	2.4	28.6
Pudding, Banana, RTE, 5 oz pkg, avg	1 ea	142.0	180.0	30.1	3.4	5.1	33.4
Pudding, Bread w/Raisins, avg	1/2 cup	126.0	212.0	30.1	6.6	7.4	35.9
Pudding, Butter Pecan, dry mix, Jello	1 oz	28.0	112.0	25.8	0.0	0.6	25.9
Pudding, Butterscotch, dry mix, no sug/fat, Jello	1 oz	28.0	88.0	21.0	0.0	0.0	21.0
Pudding, Butterscotch, dry mix, Jello	1 oz	28.0	97.0	25.8	0.0	0.0	25.8
Pudding, Butterscotch, prep f/mix, Jello	1/2 cup	150.0	150.0	29.0	4.0	2.5	32.0
Pudding, Butterscotch, prep, no sugar/fat, Jello	1/2 cup	125.0	70.0	12.0	4.0	0.0	14.4
Pudding, Choc Caramel, RTE, cnd, Jello	1 ea	113.0	160.0	27.0	3.0	5.0	30.1
Pudding, Choc, dry mix, avg	1 oz	28.0	101.0	24.9	0.7	0.6	25.5
Pudding, Choc, dry mix, no sugar/fat, Jello	1 oz	28.0	89.0	20.4	2.5	0.0	21.9
Pudding, Choc, prep f/mix w/2% milk, avg	1/2 cup	147.0	150.0	27.8	4.6	2.8	31.3
Pudding, Choc, prep f/mix, no sug/fat, Jello	1/2 cup	125.0	90.0	12.0	5.0	2.5	15.6
Pudding, Choc, prep f/mix, w/whl milk, avg	1/2 cup	147.0	163.0	27.6	4.6	4.6	31.5
Pudding, Choc, prep f/recipe, w/2% milk, avg	1/2 cup	157.0	206.0	40.5	4.9	3.9	44.4
Pudding, Choc, prep f/recipe, w/whl milk, avg	1/2 cup	157.0	221.0	40.3	4.9	5.7	44.7
Pudding, Choc, Rennin, dry mix, avg	1 oz	28.0	102.0	25.6	0.7	0.9	26.2
Pudding, Choc, Rennin, prep f/mix, w/2%milk, avg	1/2 cup	136.0	110.0	18.4	4.4	2.9	21.8
Pudding, Choc, Rennin, prep f/mix, w/whl mlk, avg	1/2 cup	136.0	125.0	18.1	4.4	4.5	21.9
Pudding, Choc, RTE, cnd, avg	1 ea	142.0	189.0	32.4	3.8	5.7	36.1
Pudding, Choc, RTE, low cal, cnd, avg	1 ea	142.0	99.0	14.4	4.1	2.9	17.6
PUDDING, CHOCOLATE, FROM MIX	1/2 CUP	151.0	179.0	31.3	4.4	4.5	35.1
PUDDING, CHOCOLATE, LO CALORIE	1/2 CUP	130.0	65.0	11.5	4.6	0.5	14.4
Pudding, Coconut Cream, dry mix, avg	1 oz	28.0	108.0	25.0	0.3	1.1	25.5
Pudding, Coconut Cream, dry mix, Jello	1 oz	28.0	112.0	23.5	0.0	2.2	24.1
Pudding, Coconut Cream, prep f/mix w/whl mlk, avg	1/2 cup	147.0	172.0	28.1	4.3	5.1	32.0
Pudding, Coconut Cream, prep f/mix, Jello	1/2 cup	150.0	160.0	27.0	4.0	4.5	30.5
Pudding, Coconut Cream, prep f/mix, w/2%milk, avg	1/2 cup	147.0	157.0	28.2	4.3	3.4	31.6
Pudding, Lemon, dry mix, avg	1 oz	28.0	106.0	26.7	0.0	0.2	26.8
Pudding, Lemon, prep f/mix, w/2% milk, avg	1/2 cup	147.0	154.0	29.7	4.1	2.5	32.8
Pudding, Lemon, prep f/mix, w/whl milk, avg	1/2 cup	147.0	169.0	29.5	3.1	4.3	32.4
Pudding, Lemon, RTE, cnd, avg	1 ea	142.0	177.0	35.5	0.1	4.3	36.6
Pudding, Pistachio, dry mix, Jello	1 oz	28.0	112.0	25.8	0.0	0.6	25.9

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Pudding, Pistachio, dry mix, no sugar/fat, Jello	1 oz	28.0	105.0	21.0	0.0	0.0	21.0
Pudding, Pistachio, prep f/mix, Jello	1/2 cup	150.0	160.0	29.0	4.0	3.0	32.2
Pudding, Pistachio, prep f/mix, no sug/fat, Jello	1/2 cup	125.0	70.0	12.0	4.0	0.0	14.4
Pudding, Plum, RTE, cnd, avg	1 pce	42.0	116.0	20.7	2.1	2.1	22.5
Pudding, Plum/Christmas, avg	1/2 cup	132.0	384.0	65.3	6.1	12.8	72.2
Pudding, Praline Pecan Mousse, svg, Wt Wtchrs	1 ea	77.0	170.0	31.1	4.0	3.5	34.4
Pudding, Rice, dry mix, avg	1 oz	28.0	105.0	25.5	0.8	0.0	26.0
Pudding, Rice, prep f/mix, w/whl milk, avg	1/2 cup	144.0	161.0	30.2	4.8	2.3	33.7
Pudding, Rice, prep f/recipe, avg	1/2 cup	152.0	217.0	40.1	5.5	4.3	44.5
Pudding, Rice, RTE, cnd, avg	1 ea	142.0	231.0	31.2	2.8	10.7	35.6
Pudding, Supplement, Bread, prep f/mix, Menu Magic	1 cup	298.0	441.0	89.1	8.0	5.1	95.2
Pudding, Supplement, Sustacal	5 oz	142.0	240.0	32.0	6.8	9.5	38.5
Pudding, Supplement, Van, low cal, prep, Menu Mgc	1 cup	270.0	181.0	29.1	8.0	2.6	34.6
Pudding, Tapioca Pearl, Orval Kent	1/2 cup	120.0	150.0	25.0	4.0	4.0	28.4
Pudding, Tapioca, dry mix, avg	1 oz	92.0	339.0	86.8	0.1	0.1	86.9
Pudding, Tapioca, dry mix, Minute, Kraft	1 tsp	4.0	13.0	3.3	0.0	0.0	3.3
Pudding, Tapioca, prep f/mix, w/2% milk, avg	1/2 cup	141.0	147.0	27.8	4.1	2.4	30.9
Pudding, Tapioca, prep f/recipe, w/whl milk, avg	1/2 cup	152.0	190.0	25.8	7.2	6.5	31.7
Pudding, Tapioca, RTE, cnd, avg	1 ea	142.0	169.0	27.5	2.8	5.3	30.5
Pudding, Vanilla, dry mix, avg	1 oz	28.0	103.0	26.2	8.4	0.1	31.3
Pudding, Vanilla, dry mix, no sugar/fat, Jello	1 oz	28.0	88.0	21.0	0.0	0.0	21.0
PUDDING, VANILLA, FROM MIX	1/2 CUP	148.0	147.0	31.2	4.1	0.3	33.7
PUDDING, VANILLA, LO CALORIE	1/2 CUP	130.0	71.0	12.6	4.4	0.2	15.3
Pudding, Vanilla, prep f/mix, no sugar/fat, Jello	1/2 cup	125.0	70.0	12.0	4.0	0.0	14.4
Pudding, Vanilla, prep f/mix, w/2% milk, avg	1/2 cup	142.0	148.0	28.1	3.1	2.4	30.6
Pudding, Vanilla, prep f/mix, w/whl milk, avg	1/2 cup	142.0	162.0	27.1	3.8	4.1	30.4
Pudding, Vanilla, prep f/recipe, w/whl milk, avg	1/2 cup	123.0	130.0	19.6	4.1	4.1	23.1
Pudding, Vanilla, Rennin, dry mix, avg	1 Tbs	11.0	42.0	10.9	0.0	0.0	10.9
Pudding, Vanilla, Rennin, prep f/recipe, avg	1/2 cup	137.0	112.0	15.3	4.0	4.1	18.7
Pudding, Vanilla, Rennin, prep w/2% milk, avg	1/2 cup	133.0	101.0	16.4	4.1	2.4	19.5
Pudding, Vanilla, Rennin, prep w/whl milk, avg	1/2 cup	133.0	116.0	16.2	3.1	4.1	19.1
Pudding, Vanilla, RTS, cnd, avg	1 ea	142.0	185.0	31.1	3.3	5.1	34.4
Pudding, Vanilla/Choc, RTE, fat free, Jello	1 ea	113.0	100.0	23.0	3.0	0.0	24.8
Pudding, Vanilla/Choc, RTE, Jello	1 ea	113.0	160.0	26.0	3.0	5.0	29.1
Puff Pastry, Apple, Entenmann's	1 ea	85.0	260.0	36.0	2.0	12.0	40.2
Puff Pastry, Dark Choc Clouds, Pepperidge Farms	1 ea	60.0	288.0	26.3	2.1	18.8	32.3
Puff Pastry, Milk Choc Clouds, Pepp Farms	1 ea	60.0	288.0	26.8	2.1	18.8	32.8
Pummelo, Fresh, sections, avg	1/2 cup	95.0	36.0	9.1	0.7	0.0	9.5
Pumpkin Pie, avg	1 tsp	2.0	7.0	1.4	0.1	0.3	1.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
PUMPKIN SEEDS	1 OZ	28.0	155.0	4.2	8.1	13.1	12.3
PUMPKIN, CANNED	2/5 CUP	100.0	33.0	7.9	0.9	0.3	8.5
Pumpkin, Canned, avg	1/2 cup	122.0	41.0	9.9	1.3	0.3	10.8
Pumpkin, Cooked, avg	1/2 cup	122.0	24.0	5.1	0.9	0.1	5.7
Pumpkin, Raw, avg	1/2 cup	58.0	15.0	3.8	0.6	0.1	4.2
Pumpkinseed Sunfish, bkd, fillet, avg	1 ea	37.0	42.0	0.0	9.2	0.3	5.6
Pumpkinseed Sunfish, raw, fillet, avg	1 ea	48.0	43.0	0.0	9.3	0.3	5.7
Purslane, Cooked, avg	1/2 cup	58.0	10.0	2.1	0.9	0.1	2.7
Purslane, Raw, avg	1/2 cup	22.0	4.0	0.8	0.3	0.0	1.0
Quail, Raw	4 oz	113.0	217.0	0.0	22.1	13.7	16.7
Quail, Raw, w/o skin	4 oz	113.0	151.0	0.0	24.6	5.1	16.0
Quesadilla, avg	1 ea	54.0	199.0	20.6	6.4	9.1	26.7
Quesadilla, Bacon & Cheese, Taco Bell	1 ea	149.0	380.0	33.0	15.0	21.0	47.3
Quesadilla, Cheese, Taco Bell	1 ea	120.0	350.0	32.0	16.0	18.0	46.1
Quesadilla, Chicken, Taco Bell	1 ea	163.0	163.0	13.1	9.9	7.6	20.9
Quesadilla, w/Bacon, breakfast, Taco Bell	1 ea	170.0	450.0	33.0	19.0	27.0	51.2
Quesadilla, w/Sausage, breakfast, Taco Bell	1 ea	170.0	430.0	33.0	17.0	18.0	47.7
Quiche, Cheese, avg	3 oz	85.0	258.0	10.1	7.3	20.7	19.7
Quiche, Lorraine, 1/8 pce, avg	1 pce	176.0	509.0	19.9	20.0	38.7	41.6
Quiche, Spinach, avg	3 oz	85.0	200.0	9.7	6.5	15.1	17.4
Quince, Raw, avg	1 ea	92.0	52.0	14.1	0.4	0.1	14.4
Rabbit, Raw	4 oz	113.0	154.0	0.0	22.7	6.3	15.2
Rabbit, Roasted	3 oz	85.0	167.0	0.0	24.7	6.8	16.5
Rabbit, Stewed	3 oz	85.0	175.0	0.0	25.8	7.1	17.3
Raccoon, Roasted	3 oz	85.0	217.0	0.0	24.8	12.3	18.0
Radicchio, Raw, avg	1/2 cup	20.0	5.0	0.9	0.3	0.1	1.1
Radish, Oriental, ckd, avg	1/2 cup	74.0	13.0	2.5	0.5	0.2	2.9
Radish, Oriental, dried, avg	1/2 cup	58.0	157.0	36.8	4.6	0.4	39.7
RADISH, RED	10 SMALL	100.0	17.0	3.6	1.0	0.1	4.2
Radish, Red, slices, avg	1/2 cup	58.0	12.0	2.1	0.3	0.3	2.4
Radish, White Icicle, raw, avg	1/2 cup	50.0	7.0	1.3	0.6	0.1	1.7
Raisins, Cooked, avg	1 oz	28.0	61.0	16.1	0.4	0.1	16.4
Raisins, Freeze Dried, Vacu-Dry Sales	1 oz	28.0	95.0	25.5	1.1	0.3	26.2
Raisins, Seeded, avg	1/2 cup	72.0	213.0	56.5	1.8	0.4	57.7
RAISINS, SEEDLESS	2/3 CUP	100.0	300.0	79.5	3.2	0.5	81.5
Raisins, Seedless, golden, packed, avg	1/2 cup	82.0	248.0	65.2	2.8	0.4	67.0
Raisins, Seedless, plumped, avg	1/2 cup	80.0	207.0	54.6	2.2	0.3	56.0
Raisins, Seedless, unpacked, avg	1/2 cup	72.0	216.0	56.1	2.3	0.3	57.6
RALSTON, COOKED	3/4 CUP	190.0	100.0	21.2	4.2	0.6	23.9

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Raspberries, Canned, heavy syrup, avg	1/2 cup	128.0	116.0	29.1	1.1	0.2	29.8
Raspberries, Dehydrated, Basic Vegetable Products	1 oz	28.0	99.0	23.4	1.8	1.1	24.8
Raspberries, Fresh, avg	1/2 cup	62.0	30.0	7.2	0.6	0.3	7.6
Raspberries, Frozen, swtnd, avg	1/2 cup	125.0	129.0	32.8	0.9	0.2	33.4
RASPBERRIES, RAW	1 CUP	123.0	61.0	14.2	1.1	0.7	15.0
Raspberry Drink, sugar swtnd, dry pkt, Kool-Aid	1 ea	136.0	480.0	136.0	0.0	0.0	136.0
Raspberry Drink, sugar swtnd, prep, Kool-Aid	1 cup	254.0	60.0	17.0	0.0	0.0	17.0
Raspberry Ice Drink, low cal, mix, Crystal Lt	1/2 tsp	1.0	0.0	0.0	0.0	0.0	0.0
Raspberry Ice Drink, low cal, prep, Crystal Lt	1 cup	238.0	5.0	0.0	0.0	0.0	0.0
Ravioli, Beef, Bernardis	1 cup	120.0	270.0	43.0	11.0	6.0	51.1
Ravioli, Beef, Stouffers	1 ea	269.0	370.0	43.0	17.0	14.0	56.7
Ravioli, Cheese Parmigiana, Healthy Choice	1 ea	255.0	260.0	44.0	11.0	5.0	51.9
Ravioli, Cheese, Slim Selects	1 ea	284.0	260.0	36.0	12.0	7.0	45.0
Ravioli, Espanol, Bernardis	1 cup	120.0	290.0	43.0	13.0	6.0	52.3
Ravioli, Florentine, Weight Watchers	1 ea	241.0	200.0	37.0	9.0	2.0	42.9
RAVIOLI,CHEESE WITH TOMATO SAUCE,SWANSON	8.75 OZ.ENTREE	248.0	273.0	38.7	12.8	7.5	48.3
Red Pepper, Foran Spice Company	1 tsp	2.0	8.0	1.1	0.3	0.3	1.4
RED SNAPPER, RAW	3.5 OZ	100.0	93.0	0.0	19.8	0.9	12.1
REDFISH, RAW	3.5 OZ	100.0	80.0	0.0	18.0	0.4	10.9
Refritos, svg, Taco Time	1 ea	198.0	253.0	24.0	11.0	13.0	33.9
Relish, Corn, avg	1 Tbs	15.0	13.0	3.2	0.3	8.9	5.6
Relish, Cranberry Orange, avg	1 Tbs	17.0	30.0	7.9	0.1	0.0	8.0
Relish, Jalapeno, Old El Paso	1 Tbs	15.0	5.0	1.0	0.0	0.0	1.0
Relish, Pickle, Claussen	1 Tbs	15.0	13.0	2.8	0.1	0.1	2.9
Relish, Pickle, hamburger, avg	1 Tbs	15.0	19.0	5.2	9.5	8.1	12.9
Relish, Pickle, hot Dog, avg	1 Tbs	15.0	14.0	3.5	0.2	6.9	5.3
Relish, Pickle, sweet, avg	1 Tbs	15.0	21.0	5.1	0.1	0.1	5.2
Relish, Tomato, avg	1 Tbs	20.0	30.0	7.8	0.3	0.0	8.0
Relish, Vegetable, avg	1 Tbs	9.0	4.0	0.9	6.6	0.0	4.9
Rhubarb, Cooked f/Fzn, swtnd, avg	1/2 cup	120.0	139.0	37.4	0.5	0.1	37.7
RHUBARB, RAW	1 CUP	137.0	29.0	7.0	0.8	0.2	7.5
Rhubarb, Raw, diced, avg	1/2 cup	61.0	13.0	2.8	0.5	0.1	3.1
RIB ROAST, COOKED	2 MED SLICES	106.0	264.0	0.0	28.4	16.7	21.2
RIB STEAK, COOKED	4 OZ UNCOOKED	94.0	246.0	0.0	24.0	16.0	18.4
RIBEYE STEAK, COOKED	3.5 OZ	100.0	440.0	0.0	19.9	39.4	21.8
Rice A Roni, w/Pasta, ckd	1 cup	202.0	246.0	43.2	5.1	5.7	47.7
Rice A Roni, w/Pasta, dry	1/2 cup	82.0	302.0	61.7	7.7	2.0	66.8
Rice Bites, All Flavors, American Grains	1 oz	28.0	119.0	21.7	1.1	2.1	22.9
Rice Cake, Brown, avg	1 ea	9.0	35.0	7.3	0.7	0.3	7.8

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Rice Cake, Brown, salted, avg	1 ea	9.0	35.0	7.3	0.7	0.3	7.8
Rice Cake, Brown/Buckwheat, avg	1 ea	9.0	34.0	7.2	0.8	0.3	7.8
Rice Cake, Brown/Corn, avg	1 ea	9.0	35.0	7.3	0.8	0.3	7.9
Rice Cake, Brown/Multi-Grain, avg	1 ea	9.0	35.0	7.2	0.8	0.3	7.8
Rice Cake, Brown/Rye, avg	1 ea	9.0	35.0	7.2	0.7	0.3	7.7
Rice Cake, Brown/Sesame Seed, avg	1 ea	9.0	35.0	7.3	0.7	0.3	7.8
Rice Stuffing Mix, Long Grain/Wild, Stove Top	1/2 cup	30.0	110.0	22.0	4.0	1.0	24.7
Rice, Basmati, brown organic, dry, Lndbrg Fam Fds	1/4 cup	49.0	168.0	36.5	3.9	1.6	39.2
Rice, Basmati, white organic, dry, Lndbrg Fam Fds	1/4 cup	51.0	178.0	38.1	3.1	0.7	40.1
Rice, Beef Flvr, dry, Golden Saute	1/4 cup	30.0	113.0	21.1	2.1	1.1	22.6
Rice, Black, glutinous, whole grain, dry, avg	1 oz	28.0	101.0	21.6	2.1	0.6	23.0
Rice, Black, non glutinous, dry, avg	1 oz	28.0	101.0	21.3	2.3	0.6	22.8
Rice, Boil-in-a-Bag, dry, Minute	1/4 cup	22.0	84.0	18.5	1.8	0.0	19.6
Rice, Brown & Wild Rice Amandine, Spice Hunter	1 cup	234.0	165.0	30.9	5.2	2.1	34.5
RICE, BROWN, COOKED	4/5 CUP	150.0	178.0	38.2	3.8	0.9	40.7
Rice, Brown, inst, dry, Minute	1/4 cup	22.0	87.0	17.4	2.0	0.8	18.8
Rice, Brown, long grain, dry, Arrowhead Mills	1/4 cup	43.0	150.0	33.0	3.0	1.0	35.1
Rice, Brown, medium grain, ckd, avg	1/2 cup	98.0	110.0	23.0	2.3	0.8	24.6
Rice, Brown, medium grain, dry, avg	1/4 cup	48.0	174.0	36.6	3.6	1.3	39.1
Rice, Brown, Orig, dry, quick, Arrowhead Mills	1/4 cup	32.0	114.0	24.4	2.3	0.8	26.0
Rice, Brown, short grain, dry, Arrowhead Mills	1/4 cup	43.0	170.0	36.0	4.0	1.0	38.7
Rice, Brown, Spanish, dry, quick, Arrowhead Mills	1/4 cup	30.0	112.0	22.5	3.0	0.8	24.5
Rice, Brown, Veg Herb, dry, quick, Arrowhead Mills	1/4 cup	30.0	112.0	22.5	3.0	0.8	24.5
Rice, Brown, Wild&Herb, dry, quick, Arrwhd Mills	1/4 cup	28.0	103.0	20.6	2.9	0.7	22.5
Rice, Chicken Broth, dry, Golden Saute	1/4 cup	32.0	128.0	23.1	2.1	2.2	24.9
Rice, Chicken Flvr, dry, Golden Saute	1/4 cup	31.0	120.0	22.0	3.0	2.5	24.4
Rice, Florentine, Rice Originals	1 ea	113.0	145.0	22.1	4.2	4.2	25.7
Rice, Fried, dry, Golden Saute	1/4 cup	30.0	120.0	23.5	2.5	0.5	25.1
Rice, Fried, w/bean sprouts & scallions, avg	1/2 cup	83.0	132.0	16.1	2.7	5.9	19.2
Rice, Fried, w/chicken, Chung King	1 ea	227.0	270.0	44.0	9.0	6.0	50.9
Rice, Fried, w/pork, Chun King	1 ea	227.0	290.0	48.0	11.0	6.0	56.1
Rice, Germ, Taiwan, avg	1 oz	28.0	100.0	21.6	1.7	0.6	22.8
Rice, Herb & Butter, dry, Golden Saute	1/4 cup	30.0	120.0	21.0	3.0	2.5	23.4
Rice, Long Grain, dry, Minute	1/4 cup	22.0	85.0	18.0	1.5	0.0	18.9
Rice, Long Grain/Wild, dry mix, Minute	1/4 cup	22.0	79.0	17.2	2.1	0.2	18.5
Rice, Medley, Rice Originals	1 ea	283.0	238.0	45.8	6.5	2.8	50.4
Rice, Mexican, Taco Johns	1 ea	227.0	567.0	93.1	7.9	17.7	102.3
Rice, Onion Mushroom, dry, Golden Saute	1/4 cup	30.0	118.0	22.1	2.1	1.1	23.6
Rice, Oriental, dry, Golden Saute	1/4 cup	30.0	118.0	21.1	2.1	2.2	22.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Rice, Original, dry, Minute	1/4 cup	22.0	85.0	18.5	2.0	0.0	19.7
Rice, Pilaf, Rice Originals	1 ea	113.0	92.0	17.7	2.3	1.1	19.4
Rice, Polishings, avg	1/4 cup	26.0	69.0	15.0	3.1	3.3	17.7
Rice, Savory Herb, dry, Golden Saute	1/4 cup	30.0	118.0	21.1	2.1	2.2	22.9
Rice, Spanish, avg	1/2 cup	122.0	109.0	20.8	2.5	1.9	22.8
RICE, SPANISH, CANNED	1 CUP	250.0	170.0	32.0	3.0	3.0	34.6
Rice, Spanish, dry, Golden Saute	1/4 cup	32.0	123.0	22.6	2.1	2.2	24.4
Rice, Spanish, Old El Paso	1/2 cup	123.0	65.0	14.0	1.5	0.5	15.0
Rice, Spanish, w/bns, lofat, low sod, dry, Am Clss	1 ea	63.0	210.0	49.0	9.0	1.5	54.8
Rice, w/Broccoli & Cheese Sauce, avg	1 ea	128.0	189.0	22.1	6.5	8.4	28.1
Rice, w/Broccoli, Rice Originals	1 ea	113.0	124.0	17.4	3.3	4.6	20.5
Rice, w/Green Beans, water chestnuts&sce, avg	1 ea	284.0	284.0	40.5	7.3	10.5	47.5
Rice, White N' Wild, Rice Originals	1 ea	283.0	246.0	45.3	5.7	5.1	50.0
RICE, WHITE, COOKED	4/5 CUP	150.0	164.0	36.3	3.0	0.2	38.2
Rice, White, enr, ckd, avg	1/2 cup	93.0	121.0	26.7	2.2	0.2	28.1
Rice, White, glutinous, ckd, avg	1/2 cup	87.0	84.0	18.4	1.8	0.2	19.5
Rice, White, glutinous, dry, avg	1/4 cup	46.0	170.0	37.6	3.1	0.3	39.5
Rice, White, long grain, enr, ckd, avg	1/2 cup	88.0	100.0	21.7	2.0	0.2	23.0
Rice, White, long grain, instant, ckd, avg	1/2 cup	82.0	80.0	17.5	1.7	0.1	18.5
Rice, Wild, ckd, avg	1/2 cup	82.0	83.0	17.5	3.3	0.3	19.6
Rice, Wild, dry, avg	1/4 cup	40.0	143.0	29.1	5.9	0.4	32.7
Rockfish, Pacific, mixed, raw, fillet, avg	1 ea	191.0	180.0	0.0	35.9	2.1	22.1
Rockfish, Pacific, mxd spec, bkd, avg	1 ea	149.0	180.0	0.0	35.8	2.1	22.0
Roll, Bolillo, Mexican, avg	1 ea	117.0	295.0	58.4	9.9	1.8	64.8
ROLL, BROWN 'N SERVE	1 ROLL	28.0	92.0	15.3	2.4	2.2	17.3
Roll, Cheese & Garlic, Pepperidge Farms	1 ea	40.0	130.0	16.0	6.0	5.0	20.9
Roll, Cheese, avg	1 ea	41.0	124.0	20.7	3.7	2.9	23.6
ROLL, CRESCENT	2 ROLLS	70.0	200.0	24.0	4.0	10.0	28.9
Roll, Dinner, Butter Crescent, ht&srv, Pepp Farms	1 ea	30.0	110.0	13.0	3.0	5.0	16.1
Roll, Dinner, Butterflake, dough, prep, Pillsbury	1 ea	47.0	134.0	19.4	3.1	4.9	22.5
Roll, Dinner, Caramel, dough, prep, Pillsbury	1 ea	49.0	171.0	24.5	2.3	7.1	27.7
Roll, Dinner, Crescent, dough, prep, Pillsbury	1 ea	28.0	101.0	10.9	1.8	5.6	13.4
Roll, Dinner, Egg, avg	1 ea	35.0	107.0	18.2	3.3	2.2	20.7
Roll, Dinner, Finger, Poppy Seed, enr, Pepp Farms	1 ea	18.0	51.0	6.8	2.4	1.5	8.6
Roll, Dinner, Finger, Sesame Seed, enr, Pepp Farms	1 ea	18.0	51.0	6.8	2.4	1.5	8.6
Roll, Dinner, Golden Twists, ht&srv, Pepp Farms	1 ea	30.0	110.0	13.0	2.0	4.0	15.2
Roll, Dinner, Hard, white, enriched, avg	1 ea	57.0	167.0	30.0	5.6	2.5	34.0
Roll, Dinner, Hearty Potato Classic, Pepp Farms	1 ea	28.0	80.0	12.0	3.0	2.5	14.4
Roll, Dinner, Lite, bk-n-srv, dough, prep, Rhodes	1 ea	38.0	89.0	18.7	3.6	0.5	21.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Roll, Dinner, Parker House, enr, Pepperidge Farms	1 ea	18.0	51.0	6.8	2.4	1.5	8.6
Roll, Dinner, prep f/recipe w/whole milk, avg	1 ea	35.0	112.0	18.7	2.1	2.7	20.6
Roll, Dinner, prep f/recipe, w/2% milk, avg	1 ea	35.0	111.0	18.7	2.1	2.6	20.6
Roll, Dinner, Wheat, avg	1 ea	36.0	98.0	16.6	3.1	2.3	19.0
Roll, Dinner, Wheat, dough, prep, Rich's	1 oz	28.0	79.0	14.4	3.5	0.9	16.7
Roll, Dinner, White, bk-n-srv, dough, prep, Rhodes	1 ea	38.0	104.0	18.4	3.5	2.2	21.0
Roll, Dinner, Whole Wheat, avg	1 ea	28.0	74.0	14.3	2.4	1.3	16.1
ROLL, FRENCH	1 ROLL	50.0	137.0	28.3	4.3	0.4	31.0
ROLL, HAMBURGER	1 ROLL	40.0	114.0	20.1	3.4	2.1	22.7
Roll, Hamburger/Hotdog, avg	1 ea	43.0	123.0	21.6	3.7	2.2	24.4
Roll, Hamburger/Hotdog, Dijon, Pepp Farms	1 ea	50.0	140.0	23.0	6.0	3.0	27.4
Roll, Hamburger/Hotdog, low cal, w/xtr fiber, avg	1 ea	43.0	84.0	18.1	3.6	0.9	20.5
Roll, Hamburger/Hotdog, Multigrain, avg	1 ea	43.0	113.0	19.2	4.1	2.6	22.3
ROLL, HOT DOG	1 ROLL	42.0	116.0	21.0	3.4	2.1	23.6
ROLL, KAISER/HOAGIE	1 8"	168.0	470.0	80.6	15.1	8.4	91.8
Roll, Oat Bran, avg	1 ea	33.0	78.0	13.3	3.1	1.5	15.5
Roll, Rye, avg	1 ea	28.0	80.0	14.9	2.9	0.1	16.7
Roll, Sandwich, French, enr, Pepperidge Farms	1 ea	50.0	130.0	25.0	4.0	1.5	27.8
Roll, Sandwich, Multigrain Hoagie, Pepp Farms	1 ea	69.0	200.0	32.0	7.0	4.5	37.3
Roll, Sandwich, Multigrain, Pepperidge Farms	1 ea	54.0	150.0	24.0	6.0	3.0	28.4
Roll, Sandwich, Onion, Pepperidge Farms	1 ea	53.0	150.0	26.0	5.0	3.0	29.8
Roll, Sandwich, Potato, Pepperidge Farms	1 ea	60.0	160.0	28.0	4.0	4.0	31.4
Roll, Sandwich, Sesame Seed, Pepperidge Farms	1 ea	46.0	140.0	23.0	5.0	3.0	26.8
Roll, Sandwich, Seven Grain, Pepperidge Farms	1 ea	38.0	80.0	19.0	4.0	2.0	21.9
Roll, Sandwich, Sourdough, Pepperidge Farms	1 ea	57.0	170.0	28.0	6.0	3.5	32.5
Roll, Sourdough, avg	1 ea	47.0	128.0	24.0	4.0	2.0	26.9
ROLL, WHITE, HARD	1 ROLL	28.0	88.0	15.2	2.9	1.7	17.4
ROMAN MEAL, COOKED	3/4 CUP	181.0	111.0	24.8	4.9	0.7	27.9
Rum, 80 Proof, avg, 1.5 fl oz	1 ea	42.0	97.0	0.0	0.0	0.0	0.0
Rutabaga, Cooked, cubes, avg	1/2 cup	85.0	33.0	7.4	1.1	0.2	8.1
RUTABAGA, DICED, COOKED	1/2 CUP	100.0	35.0	8.2	0.9	0.1	8.8
Rutabaga, Raw, avg	1/2 cup	70.0	25.0	5.7	0.8	0.1	6.2
Rye, Flakes, rolled, Arrowhead Mills	1/4 cup	25.0	83.0	18.2	3.0	0.4	20.1
Rye, Germ, avg	1/4 cup	28.0	95.0	9.2	10.9	3.1	16.5
Rye, Whole, Arrowhead Mills	1/4 cup	47.0	160.0	34.0	6.0	1.0	37.9
Sablefish, bkd, fillet, avg	1 ea	302.0	755.0	0.0	51.9	59.2	45.9
Sablefish, raw, fillet, avg	1 ea	386.0	753.0	0.0	51.7	59.1	45.8
Sablefish, smkd, avg	3 oz	85.0	218.0	0.0	15.0	17.1	13.3
Saffron, avg	1 tsp	1.0	3.0	0.7	0.1	0.1	0.8

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Sage, fresh,avg	1 Tbs	2.0	2.0	0.3	0.1	9.2	2.7
Sage, ground, avg	1 tsp	1.0	3.0	0.6	0.1	0.1	0.7
SALAD DRESSING, 1000 ISLAND	2 TBSP	32.0	118.0	4.8	0.2	11.2	7.7
SALAD DRESSING, BLEU CHEESE	2 TBSP	30.0	154.0	2.2	1.4	16.0	7.0
SALAD DRESSING, CAESAR	2 TBSP	30.0	140.0	2.0	0.0	14.0	5.5
SALAD DRESSING, CREAMY FRENCH	2 TBSP	28.0	140.0	4.6	0.2	13.8	8.2
SALAD DRESSING, CREAMY ITALIAN	2 TBSP	28.0	104.0	5.4	0.2	9.0	7.8
SALAD DRESSING, FRENCH	2 TBSP	32.0	134.0	5.4	0.2	12.8	8.7
SALAD DRESSING, ITALIAN	2 TBSP	30.0	138.0	2.0	0.2	18.2	6.7
SALAD DRESSING, OIL&VINEGAR	2 TBSP	30.0	138.0	1.2	0.0	15.0	5.0
SALAD DRESSING, RANCH	2 TBSP	30.0	108.0	1.2	0.8	11.4	4.5
SALAD DRSG, LO-CAL, 1000 ISLAND	2 TBSP	30.0	48.0	5.0	0.2	3.2	5.9
SALAD DRSG, LO-CAL, BLUE CHEESE	2 TBSP	28.0	22.0	1.2	0.8	1.6	2.1
SALAD DRSG, LO-CAL, FRENCH	2 TBSP	32.0	44.0	7.0	0.0	1.8	7.5
SALAD DRSG, LO-CAL, ITALIAN	2 TBSP	30.0	32.0	1.4	0.0	3.0	2.2
Salad, Antipasto, Orval Kent	1/2 cup	100.0	220.0	2.0	6.0	21.0	10.9
Salad, Artichoke, marinated, Orval Kent	1/2 cup	100.0	150.0	5.0	1.0	14.0	9.1
Salad, B L T, Subway	1 ea	276.0	140.0	10.0	7.0	8.0	16.2
Salad, Bean, Medley, Orval Kent	1/2 cup	151.0	242.0	31.7	7.6	10.6	38.9
Salad, Bean, String, avg	1/2 cup	75.0	70.0	6.7	1.9	4.2	8.9
Salad, Bean, Three, avg	1/2 cup	104.0	83.0	17.5	3.6	0.2	19.7
Salad, Caesar, Side, Wendy's	1 ea	89.0	100.0	8.0	8.0	4.0	13.8
Salad, Carrot Raisin, avg	1/2 cup	88.0	203.0	20.9	1.3	13.1	25.0
Salad, Carrot Raisin, Orval Kent	1/2 cup	100.0	170.0	17.0	1.0	11.0	20.4
Salad, Chef, Arby's	1 ea	411.0	205.0	13.0	18.5	9.5	26.5
Salad, Chef, Mc Donalds	1 ea	313.0	206.0	8.8	19.5	10.7	23.2
Salad, Chef, w/turkey, ham & cheese, avg	1 1/2 cup	326.0	267.0	4.7	26.0	16.1	24.3
Salad, Chicken Breast, rstd, Subway	1 ea	331.0	162.0	13.0	20.0	4.0	26.0
Salad, Chicken Caesar, Grilled, Wendy's	1 ea	262.0	260.0	17.0	26.0	9.0	34.9
Salad, Chicken Fajita, Taco Time	1 ea	297.0	541.0	39.0	28.0	31.0	63.6
Salad, Chicken Taco, Subway	1 ea	370.0	250.0	15.0	18.0	14.0	29.3
Salad, Chicken, broiled, Burger King	1 ea	302.0	200.0	7.0	21.0	10.0	22.1
Salad, Chicken, Chunky, Mc Donalds	1 ea	296.0	164.0	8.4	22.6	4.1	23.0
Salad, Chicken, Deluxe, Orval Kent	1/2 cup	100.0	250.0	5.0	15.0	20.0	19.0
Salad, Chicken, Grilled, Hardees	1 ea	278.0	120.0	2.0	18.0	4.0	13.8
Salad, Chicken, Grilled,Wendy's	1 ea	338.0	200.0	9.0	25.0	8.0	26.0
Salad, Chicken, Orval Kent	1/2 cup	100.0	250.0	9.0	10.0	20.0	20.0
Salad, Chicken, w/celery, avg	1/2 cup	78.0	268.0	1.3	10.6	24.6	13.8
Salad, Chicken, White Meat, Orval Kent	1/2 cup	100.0	250.0	5.0	15.0	19.0	18.8

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Salad, Club, Subway	1 ea	331.0	126.0	12.0	14.0	3.0	21.2
Salad, Cold Cut Trio, Subway	1 ea	330.0	191.0	11.0	13.0	11.0	21.6
Salad, Cole Slaw, Hardees	1/2 cup	113.0	240.0	13.0	2.0	20.0	19.2
Salad, Cole Slaw, Long John Silvers	1 ea	98.0	140.0	20.0	1.0	6.0	22.1
Salad, Coleslaw, avg	3/4 cup	99.0	147.0	12.8	1.5	10.1	16.2
Salad, Coleslaw, svg, Kentucky Fried Chicken	1 ea	90.0	114.0	13.2	1.5	6.0	15.6
Salad, Coleslaw, Wendy's	1/2 cup	72.0	90.0	10.0	0.0	6.0	11.5
Salad, Egg, avg	1/2 cup	92.0	294.0	1.5	8.5	28.4	13.7
Salad, Egg, Orval Kent	1/2 cup	100.0	230.0	8.0	9.0	18.0	17.9
Salad, Fruit, Orval Kent	1/2 cup	110.0	60.0	14.0	1.0	0.0	14.6
Salad, Garden Chicken, Jack In The Box	1 ea	253.0	200.0	8.0	23.0	9.0	24.1
Salad, Garden Deluxe, Wendy's	1 ea	270.0	110.0	9.0	7.0	6.0	14.7
Salad, Garden, Arby's	1 ea	330.0	117.0	11.4	7.0	5.2	16.9
Salad, Garden, Burger King	1 ea	215.0	100.0	7.0	6.0	5.0	11.9
Salad, Garden, Dairy Queen	1 ea	284.0	200.0	7.0	13.0	13.0	18.1
Salad, Garden, Hardees	1 ea	292.0	210.0	10.0	12.0	13.0	20.5
Salad, Garden, Mc Donalds	1 ea	234.0	84.0	6.9	6.1	3.9	11.5
Salad, Green Garden/Tossed, avg	1 cup	139.0	25.0	5.0	1.3	0.3	5.9
Salad, Green Garden/Tossed, w/cheese & egg, avg	1 cup	145.0	68.0	3.2	5.9	3.9	7.7
Salad, Green Garden/Tossed, w/chicken, avg	1 cup	145.0	70.0	2.5	11.6	1.5	9.8
Salad, Green Garden/Tossed, w/pasta & seafood, avg	1 cup	278.0	253.0	21.3	10.1	13.9	30.8
Salad, Green Garden/Tossed, w/shrimp, avg	1 cup	157.0	71.0	4.4	9.7	1.6	10.6
Salad, Ham, Orval Kent	1/2 cup	100.0	270.0	6.0	9.0	24.0	17.4
Salad, Ham, Subway	1 ea	316.0	116.0	11.0	12.0	3.0	19.0
Salad, Meatball, Subway	1 ea	345.0	233.0	16.0	12.0	14.0	26.7
Salad, Mushroom, Orval Kent	1/2 cup	100.0	90.0	5.0	2.0	7.0	8.0
Salad, Ocean Chef, Long John Silvers	1 ea	234.0	110.0	13.0	12.0	1.0	20.5
Salad, Olive, Orval Kent	1/2 cup	100.0	100.0	7.0	1.0	8.0	9.6
Salad, Olive, Progresso	1/2 cup	96.0	100.0	4.0	0.0	10.0	6.5
Salad, Pasta, Caesar, prep f/dry, Kraft	1/2 cup	91.0	232.0	19.9	4.6	14.6	26.3
Salad, Pasta, California, Orval Kent	1/2 cup	93.0	133.0	19.3	2.7	4.7	22.1
Salad, Pasta, Chs Tortellini Vinaigrette, Orvl Knt	1/2 cup	100.0	164.0	17.9	4.3	7.9	22.5
Salad, Pasta, Cold Rigatoni, Orval Kent	1/2 cup	130.0	170.0	22.0	4.0	7.0	26.2
Salad, Pasta, Cold Vermicelli, Orval Kent	1/2 cup	106.0	129.0	17.4	3.8	4.5	20.8
Salad, Pasta, Creamy, Orval Kent	1/2 cup	106.0	129.0	24.2	3.8	1.9	27.0
Salad, Pasta, Dill, w/chicken, Orval Kent	1/2 cup	106.0	242.0	21.2	11.4	14.4	31.6
Salad, Pasta, Honey Mustard, Orval Kent	1/2 cup	93.0	206.0	23.3	3.3	10.6	27.9
Salad, Pasta, Italian Ziti, Orval Kent	1/2 cup	93.0	140.0	10.6	5.1	7.1	15.4
Salad, Pasta, Italian, light, prep f/dry, Kraft	1/2 cup	95.0	127.0	22.7	5.4	1.3	26.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Salad, Pasta, Italian, Orval Kent	1/2 cup	106.0	174.0	16.7	3.0	10.6	21.2
Salad, Pasta, Lemon Dill Orzo, Orval Kent	1/2 cup	106.0	121.0	16.7	3.8	4.5	20.1
Salad, Pasta, Macaroni Country, Orval Kent	1/2 cup	106.0	227.0	22.7	3.0	13.6	27.9
Salad, Pasta, Macaroni Ditalini, Orval Kent	1/2 cup	106.0	197.0	17.4	3.0	12.9	22.4
Salad, Pasta, Macaroni Seashell, Orval Kent	1/2 cup	106.0	204.0	21.2	3.0	12.1	26.0
Salad, Pasta, Macaroni, avg	1/2 cup	88.0	229.0	14.1	2.3	18.5	20.1
Salad, Pasta, Macaroni, Orval Kent	1/2 cup	106.0	106.0	23.5	3.8	1.9	26.3
Salad, Pasta, Macaroni, reduced fat, Orval Kent	1/2 cup	106.0	159.0	24.1	3.8	4.5	27.5
Salad, Pasta, Macaroni, w/sour crm&ched, Orvl Knt	1/2 cup	106.0	212.0	18.9	3.8	13.6	24.6
Salad, Pasta, Mediterranean, Orval Kent	1/2 cup	106.0	182.0	15.9	3.0	12.1	20.7
Salad, Pasta, Oriental, Orval Kent	1/2 cup	106.0	136.0	20.4	2.3	5.3	23.1
Salad, Pasta, Parmesan Pepper, prep f/dry, Kraft	1/2 cup	93.0	239.0	18.6	5.3	16.6	25.9
Salad, Pasta, Prima, Orval Kent	1/2 cup	106.0	204.0	7.6	5.3	16.7	15.0
Salad, Pasta, Primavera, Orval Kent	1/2 cup	93.0	166.0	16.6	3.1	9.3	20.8
Salad, Pasta, Primavera, prep f/dry, Kraft	1/2 cup	95.0	187.0	22.7	5.4	8.0	27.9
Salad, Pasta, Ranch, w/bacon, prep f/dry, Kraft	1/2 cup	90.0	240.0	20.0	4.7	15.3	26.6
Salad, Pasta, Rotelli, Orval Kent	1/2 cup	106.0	129.0	24.1	3.8	1.9	26.9
Salad, Pasta, Tarragon, w/tuna, Orval Kent	1/2 cup	93.0	159.0	15.9	5.3	8.6	21.2
Salad, Pasta, Vegetable, Orval Kent	1/2 cup	106.0	189.0	18.9	3.8	10.6	23.8
Salad, Pasta, Wendy's	1/2 cup	70.0	70.0	8.0	2.0	3.0	10.0
Salad, Pizza, Subway	1 ea	335.0	277.0	13.0	12.0	20.0	25.2
Salad, Potato, avg	1/3 cup	95.0	108.0	12.8	1.5	5.7	15.1
Salad, Potato, avg	1/2 cup	125.0	179.0	14.0	3.4	10.3	18.6
Salad, Potato, Bkd Style, Orval Kent	1/2 cup	106.0	129.0	12.9	3.0	7.6	16.6
Salad, Potato, Cntry Stil, w/egg, red fat, Orvl Knt	1/2 cup	106.0	106.0	16.7	2.3	3.0	18.8
Salad, Potato, Country Style, w/egg, Orval Kent	1/2 cup	106.0	151.0	18.9	1.5	8.3	21.9
Salad, Potato, Creole, Orval Kent	1/2 cup	106.0	167.0	15.9	2.3	10.6	19.9
Salad, Potato, German, Orval Kent	1/2 cup	106.0	106.0	18.2	1.5	3.0	19.9
Salad, Potato, Herb, Orval Kent	1/2 cup	106.0	114.0	11.4	1.5	6.8	14.0
Salad, Potato, Kentucky Fried Chicken	1/3 cup	125.0	180.0	18.0	3.0	11.0	22.6
Salad, Potato, Mustard, Orval Kent	1/2 cup	106.0	144.0	15.9	1.5	8.3	18.9
Salad, Potato, Mustard, reduced fat, Orval Kent	1/2 cup	106.0	98.0	15.9	2.3	3.4	18.1
Salad, Potato, Orval Kent	1/2 cup	106.0	151.0	16.7	1.5	9.1	19.9
Salad, Potato, Red, Orval Kent	1/2 cup	106.0	83.0	15.1	1.5	1.9	16.5
Salad, Potato, Red, w/egg, Orval Kent	1/2 cup	106.0	189.0	21.2	2.3	11.4	25.4
Salad, Potato, Reduced Fat, Orval Kent	1/2 cup	106.0	106.0	16.7	2.3	3.8	19.0
Salad, Potato, Sour Cream & Dill, Orval Kent	1/2 cup	106.0	159.0	15.9	2.3	9.8	19.7
Salad, Potato, Wendy's	1/2 cup	72.0	160.0	10.0	0.0	14.0	13.5
Salad, Roast Beef, Subway	1 ea	316.0	117.0	11.0	12.0	3.0	19.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Salad, Roast Chicken, Arby's	1 ea	400.0	204.0	12.2	24.0	7.2	28.4
Salad, Seafood & Crab, Subway	1 ea	331.0	244.0	10.0	13.0	17.0	22.1
Salad, Seafood & Crab, w/light mayo, Subway	1 ea	331.0	161.0	11.0	13.0	8.0	20.8
Salad, Seafood, Long John Silvers	1 ea	278.0	380.0	12.0	15.0	31.0	28.8
Salad, Seafood, Orval Kent	1/2 cup	100.0	230.0	13.0	6.0	17.0	20.9
Salad, Seafood, Wendy's	1/2 cup	74.0	140.0	10.0	6.0	8.0	15.6
Salad, Shrimp, Orval Kent	1/2 cup	100.0	170.0	5.0	7.0	14.0	12.7
Salad, Side, Arby's	1 ea	150.0	25.0	4.0	2.0	0.3	5.3
Salad, Side, Burger King	1 ea	133.0	60.0	5.0	3.0	3.0	7.6
Salad, Side, Dairy Queen	1 ea	135.0	25.0	4.0	1.0	0.0	4.6
Salad, Side, Hardees	1 ea	131.0	25.0	14.0	1.0	0.0	14.6
Salad, Side, Jack In The Box	1 ea	110.0	70.0	3.0	4.0	4.0	6.4
Salad, Side, Long John Silvers	1 ea	126.0	25.0	6.0	1.0		6.6
Salad, Side, Mc Donalds	1 ea	139.0	46.0	4.2	3.3	1.1	6.5
Salad, Side, Wendy's	1 ea	155.0	60.0	5.0	4.0	3.0	8.2
Salad, Spinach, avg	1 cup	74.0	89.0	9.7	4.3	3.9	13.3
Salad, Steak & Cheese, Subway	1 ea	342.0	212.0	13.0	22.0	8.0	28.2
Salad, Taco, w/o dressing, Taco Johns	1 ea	298.0	470.0	39.8	11.2	30.5	54.1
Salad, Taco, w/ranch dressing, Taco Time	1 ea	262.0	603.0	29.0	23.0	44.0	53.8
Salad, Taco, w/salsa & shell, Taco Bell	1 ea	539.0	850.0	65.0	30.0	52.0	96.0
Salad, Taco, w/salsa, w/o shell, Taco Bell	1 ea	468.0	420.0	32.0	24.0	22.0	51.9
Salad, Taco, Wendy's	1 ea	468.0	380.0	28.0	26.0	19.0	48.4
Salad, Tossed Vegetable, w/o dressing, avg	1 1/2 cup	207.0	33.0	6.7	2.6	0.1	8.3
Salad, Tuna, avg	1/2 cup	102.0	191.0	9.6	16.3	9.4	21.7
Salad, Tuna, Orval Kent	1/2 cup	100.0	130.0	8.0	12.0	5.0	16.5
Salad, Tuna, Subway	1 ea	331.0	356.0	10.0	12.0	30.0	24.7
Salad, Tuna, w/light mayo, Subway	1 ea	331.0	205.0	11.0	12.0	13.0	21.5
Salad, Turkey Breast & Ham, Subway	1 ea	316.0	109.0	11.0	11.0	3.0	18.4
Salad, Turkey Breast, Subway	1 ea	316.0	102.0	12.0	11.0	2.0	19.1
Salad, Veggie Delite, Subway	1 ea	260.0	51.0	10.0	2.0	1.0	11.5
Salad, Waldorf, avg	1/2 cup	68.0	203.0	6.3	1.7	19.9	12.3
Salam Lunch, w/Amer Cheese, Lunchable	1 ea	128.0	430.0	18.0	18.0	32.0	36.8
SALAMI, BEEF	1 SLICE	23.0	58.0	0.6	3.4	4.6	3.8
Salami, Beef & Pork, ckd, avg	1 pce	28.0	70.0	0.6	3.9	5.6	4.3
Salami, Beef & Pork, dry, avg	3 pce	30.0	125.0	0.8	6.9	10.3	7.5
Salami, Beef, beerwurst, avg	1 pce	23.0	76.0	0.4	2.9	6.9	3.9
Salami, Beef, ckd, avg	1 pce	23.0	60.0	0.6	3.5	4.8	3.9
Salami, Beef, cotto, avg	1 pce	23.0	48.0	0.5	3.3	3.6	3.4
Salami, Beef, Pork, and Chicken, Oscar Mayer	1 pce	23.0	56.0	0.5	3.1	4.7	3.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Salami, Pork, beerwurst, avg	1 pce	23.0	55.0	0.5	3.3	4.3	3.6
Salami, Pork, dry, avg	3 pce	30.0	122.0	0.5	6.8	10.1	7.1
SALAMI, TURKEY	1 SLICE	28.0	50.0	0.3	4.5	3.4	3.9
Salami, Turkey, chunks, Louis Rich	7 pce	28.0	52.0	0.1	3.9	4.1	3.5
Salami, Turkey, ckd, avg	1 pce	28.0	55.0	0.2	4.6	3.9	3.9
Salami, Turkey, cotto, Louis Rich	1 pce	28.0	42.0	0.3	4.2	2.7	3.5
Salisbury Steak, Armour	1 ea	319.0	330.0	20.0	23.0	18.0	38.3
Salisbury Steak, Banquet	1 ea	132.0	200.0	7.0	12.0	14.0	17.7
SALISBURY STEAK, FROZEN, BANQUET	8 OZ	227.0	364.0	12.1	17.3	27.3	29.3
Salisbury Steak, Healthy Choice	1 ea	312.0	310.0	40.0	16.0	9.0	51.9
Salisbury Steak, Stouffers	1 ea	273.0	370.0	26.0	24.0	19.0	45.2
Salisbury Steak, Weight Watchers	1 ea	241.0	250.0	24.0	19.0	9.0	37.7
SALMON PATTY	3.5 OZ	100.0	239.0	16.1	15.8	12.4	28.7
Salmon, Chinook, smkd, avg	3 oz	85.0	99.0	0.0	15.6	3.7	10.3
Salmon, Coho, wild, stmd, fillet, avg	1 ea	310.0	570.0	0.0	84.9	23.3	56.8
Salmon, Loaf, avg	1 ea	105.0	210.0	8.9	16.5	11.6	21.7
Salmon, Nuggets, breaded, fzn, heated, avg	3 oz	85.0	180.0	11.9	10.8	9.9	20.9
Salmon, patty, avg	1 ea	120.0	262.0	14.2	16.3	15.6	27.9
Salmon, Pink, bkd, fillet, avg	1 ea	248.0	370.0	0.0	63.5	10.1	40.6
SALMON, PINK, CANNED	3.5 OZ	100.0	141.0	0.0	20.5	5.9	13.8
SALMON, PINK, RAW	3.5 OZ	100.0	119.0	0.0	20.0	3.7	12.9
Salmon, Pink, raw, fillet, avg	1 ea	318.0	369.0	0.0	63.3	10.1	40.5
Salmon, Pink, unsalted, cnd w/liquid, avg	3 oz	85.0	118.0	0.0	16.8	5.1	11.4
Salmon, Pink, w/bone, cnd w/liquid, avg	3 oz	85.0	118.0	0.0	16.8	5.1	11.4
SALMON, SMOKED	3.5 OZ	100.0	176.0	0.0	21.6	9.3	15.3
Salmon, Sockeye, w/bn, unsltd, cnd/drnd, avg	3 oz	85.0	130.0	0.0	17.4	6.2	12.0
Salmon, Sockeye, w/bone, cnd, drnd, avg	3 oz	85.0	130.0	0.0	17.4	6.2	12.0
Salsa, Cheese 'N Salsa Dip, medium, Old El Paso	1 Tbs	14.0	19.0	1.4	0.2	1.4	1.9
Salsa, Cheese 'N Salsa Dip, mild, Old El Paso	1 Tbs	14.0	19.0	1.4	0.2	1.4	1.9
Salsa, Chunky Dip, medium, Old El Paso	1 Tbs	15.0	8.0	1.5	0.5	0.0	1.8
Salsa, Chunky Dip, mild, Old El Paso	1 Tbs	15.0	8.0	1.5	0.5	0.0	1.8
Salsa, Green Chile, mild, Ortega	1 Tbs	16.0	5.0	1.0	0.0	0.0	1.0
Salsa, Guacamole, w/tomatoes, avg	1 Tbs	15.0	18.0	1.1	0.3	1.6	1.7
Salsa, Italian, hot, Progresso	1 Tbs	15.0	5.0	1.0	0.0	0.0	1.0
Salsa, Italian, medium, Progresso	1 Tbs	15.0	5.0	1.0	0.0	0.0	1.0
Salsa, Italian, mild, Progresso	1 Tbs	15.0	5.0	1.0	0.0	0.0	1.0
Salsa, Medium, Ortega	1 Tbs	16.0	5.0	1.0	0.0	0.0	1.0
Salsa, Mild, Ortega	1 Tbs	16.0	5.0	1.0	0.0	0.0	1.0
Salsa, Thick 'N Chunky, medium, Old El Paso	1 Tbs	15.0	5.0	1.0	0.0	0.0	1.0

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Salsa, Thick 'N Chunky, mild, Old El Paso	1 Tbs	15.0	5.0	1.0	0.0	0.0	1.0
Salsify, Cooked, avg	1/2 cup	68.0	46.0	10.5	1.9	0.1	11.7
Salsify, Raw, avg	1/2 cup	66.0	54.0	12.3	2.2	0.1	13.6
Salt Substitute, Morton	1 tsp	5.0	0.0	0.1	0.0	0.0	0.1
Salt Substitute, Nu-Salt, Sweet N Low	1 tsp	5.0	0.0	0.0	0.0	0.0	0.0
Salt Substitute, seasoned, Morton	1 tsp	4.0	2.0	0.4	0.0	0.0	0.4
Salt, light, Morton	1 tsp	6.0		0.0	0.0	0.0	0.0
Salt, Rock, Azko Salt Incorporated	1/4 oz	7.0	0.0	0.0	0.0	0.0	0.0
Salt, Sea, avg	1 tsp	6.0	0.0	0.0	0.0	0.0	0.0
Salt, seasoned, no msg, Lowry's	1 tsp	4.0	3.0	0.6	0.1	0.1	0.7
Salt, Table, avg	1 tsp	6.0	0.0	0.0	0.0	0.0	0.0
Sandwich, Avocado & Cheese, on wheat, avg	1 ea	214.0	468.0	39.1	16.1	29.8	56.2
Sandwich, Avocado & Cheese, on white, avg	1 ea	210.0	478.0	40.9	15.3	29.3	57.4
Sandwich, B.L.T., on wheat 6", Subway	1 ea	198.0	327.0	44.0	14.0	10.0	54.9
Sandwich, B.L.T., on white 6", Subway	1 ea	191.0	311.0	38.0	14.0	10.0	48.9
Sandwich, Bacon, Lettuce & Tomato, on wheat, avg	1 ea	137.0	328.0	31.7	12.1	18.1	43.5
Sandwich, Bacon, Lettuce & Tomato, on white, avg	1 ea	133.0	336.0	32.5	11.3	17.7	43.7
Sandwich, Beef, Arby Q, Arby's	1 ea	190.0	389.0	48.2	17.6	15.2	62.6
Sandwich, Beef, Bacon 'n Cheddar, Arby's	1 ea	231.0	512.0	38.9	21.2	31.5	59.5
Sandwich, Beef, Corned Beef & Swiss, on rye, avg	1 ea	156.0	420.0	21.7	27.7	25.6	44.7
Sandwich, Beef, French Dip' n Swiss, Arby's	1 ea	179.0	429.0	35.5	28.7	19.0	57.5
Sandwich, Beef, French Dip, Arby's	1 ea	154.0	368.0	35.0	22.0	15.4	52.0
Sandwich, Beef, Fried Pocket, fzn, Ore Ida	1 ea	142.0	371.0	34.1	15.0	20.0	48.1
Sandwich, Beef, Meatball, w/spaghetti sauce, avg	1 ea	189.0	435.0	36.0	29.3	18.5	58.2
Sandwich, Beef, 'n Cheddar, Arby's	1 ea	194.0	508.0	43.2	24.6	26.5	64.6
Sandwich, Beef, Patty Melt, on rye, avg	1 ea	182.0	561.0	22.0	36.8	36.8	53.3
Sandwich, Beef, Patty, w/cheese, Kid Cuisine	1 ea	177.0	270.0	40.0	10.0	7.0	47.8
Sandwich, Beef, Patty, w/cheese, Kid Cuisine	1 ea	177.0	270.0	40.0	10.0	7.0	47.8
Sandwich, Beef, Philly 'n Swiss, Arby's	1 ea	197.0	467.0	38.2	24.1	25.3	59.0
Sandwich, Beef, Roast, on white, avg	1 ea	160.0	418.0	37.3	29.1	16.2	58.8
Sandwich, Beef, Roast, on whole wheat, avg	1 ea	169.0	422.0	37.6	30.9	17.2	60.4
Sandwich, Beef, Roast, w/cheese, avg	1 ea	176.0	473.0	45.4	32.2	17.1	69.0
Sandwich, Beef, Steak, avg	1 ea	204.0	459.0	52.0	30.4	14.1	73.8
SANDWICH, BLT + MAYO	1 SANDWICH	148.0	282.0	28.8	6.8	15.6	36.8
Sandwich, Bologna, deli style, Subway	1 ea	171.0	292.0	38.0	10.0	12.0	47.0
Sandwich, Cheese, Grilled, on wheat, avg	1 ea	132.0	420.0	33.3	19.7	24.5	51.2
Sandwich, Cheese, Grilled, on white, avg	1 ea	128.0	429.0	34.2	18.9	24.1	51.6
Sandwich, Chicken Breast Rstd, on wheat 6", Subway	1 ea	253.0	348.0	47.0	27.0	6.0	64.7
Sandwich, Chicken Breast Rstd, on white 6", Subway	1 ea	246.0	332.0	41.0	26.0	6.0	58.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
SANDWICH, CHICKEN 'N GRAVY	1 SANDWICH	160.0	356.0	29.8	21.9	15.3	46.8
SANDWICH, CHICKEN SALAD	1 SANDWICH	110.0	245.0	26.6	14.3	8.6	37.3
Sandwich, Chicken Taco Sub, on wheat 6", Subway	1 ea	293.0	436.0	49.0	25.0	16.0	68.0
Sandwich, Chicken Taco Sub, on white 6", Subway	1 ea	286.0	421.0	43.0	24.0	16.0	61.4
Sandwich, Chicken, batter dipped, Lng Jhn Slvrs	1 ea	127.0	280.0	39.0	14.0	8.0	49.4
Sandwich, Chicken, BBQ, avg	1 ea	119.0	250.0	26.2	20.6	6.2	40.1
Sandwich, Chicken, Breaded Fillet w/Cheese, Dry Qn	1 ea	205.0	480.0	38.0	27.0	25.0	60.5
Sandwich, Chicken, Breaded Fillet, Dairy Queen	1 ea	191.0	430.0	37.0	24.0	20.0	56.4
Sandwich, Chicken, Breast Fillet, Arby's	1 ea	204.0	445.0	52.1	22.2	22.5	71.0
Sandwich, Chicken, Broc&Cheese Pocket, Wt Wtchrs	1 ea	142.0	250.0	40.0	13.0	6.0	49.3
Sandwich, Chicken, Burger King	1 ea	229.0	710.0	54.0	26.0	43.0	80.4
Sandwich, Chicken, Caesar Pita, Jack In The Box	1 ea	237.0	520.0	44.0	27.0	26.0	66.7
Sandwich, Chicken, Fillet w/Cheese, avg	1 ea	228.0	632.0	41.5	29.4	38.8	68.8
Sandwich, Chicken, Fillet w/Cheese, avg	1 ea	228.0	632.0	41.5	29.4	38.8	68.8
Sandwich, Chicken, Fillet, avg	1 ea	182.0	515.0	38.8	24.2	29.5	60.7
Sandwich, Chicken, Fillet, avg	1 ea	182.0	515.0	38.8	24.2	29.5	60.7
Sandwich, Chicken, Fillet, avg	1 ea	182.0	515.0	38.8	24.2	29.5	60.7
Sandwich, Chicken, Fillet, avg	1 ea	182.0	515.0	38.8	24.2	29.5	60.7
Sandwich, Chicken, Fillet, Hardees	1 ea	187.0	400.0	48.0	19.0	14.0	62.9
Sandwich, Chicken, Fillet, w/cheese, avg	1 ea	228.0	632.0	41.5	29.4	38.8	68.8
Sandwich, Chicken, Fillet, w/cheese, avg	1 ea	228.0	632.0	41.5	29.4	38.8	68.8
Sandwich, Chicken, Grilled Deluxe, Arby's	1 ea	230.0	430.0	41.8	23.6	19.9	60.9
Sandwich, Chicken, Grilled Fillet, Dairy Queen	1 ea	184.0	310.0	30.0	24.0	10.0	46.9
Sandwich, Chicken, Grilled Fillet, Jack In The Box	1 ea	211.0	430.0	36.0	29.0	19.0	58.2
Sandwich, Chicken, grilled, Mc Donalds	1 ea	188.0	254.0	32.7	23.9	3.2	47.8
Sandwich, Chicken, Grilled, w/bbq sauce, Arby's	1 ea	201.0	386.0	46.7	23.4	13.1	64.0
Sandwich, Chicken, Jack In The Box	1 ea	160.0	400.0	38.0	20.0	18.0	54.5
Sandwich, Chicken, Kid Cuisine	1 ea	234.0	440.0	63.0	15.0	14.0	75.5
Sandwich, Chicken, Kid Cuisine	1 ea	234.0	440.0	63.0	15.0	14.0	75.5
Sandwich, Chicken, Little, Kentucky Fried Chicken	1 ea	47.0	169.0	13.8	5.7	10.1	19.7
Sandwich, Chicken, Mc Chicken, Mc Donalds	1 ea	189.0	491.0	41.6	17.1	28.8	59.1
Sandwich, Chicken, Roasted Club, Arby's	1 ea	238.0	503.0	36.6	30.5	27.0	61.6
Sandwich, Chicken, Roasted Deluxe, light, Arby's	1 ea	195.0	276.0	33.0	24.0	7.0	49.2
Sandwich, Chicken, Salad, on wheat, avg	1 ea	123.0	387.0	34.5	12.7	23.5	48.0
Sandwich, Chicken, Salad, on white, avg	1 ea	119.0	398.0	35.5	11.8	23.1	48.4
Sandwich, Chicken, Smkd w/Cheddar&Bacon, Jack Bo	1 ea	223.0	540.0	37.0	30.0	30.0	62.5
Sandwich, Chicken, Sourdough Ranch, Jack Box	1 ea	225.0	490.0	45.0	29.0	21.0	67.7
Sandwich, Chicken, Spicy Crispy, Jack In The Box	1 ea	224.0	560.0	55.0	24.0	27.0	76.2
Sandwich, Chicken, Supreme, Jack In The Box	1 ea	245.0	620.0	48.0	25.0	36.0	72.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Sandwich, Chicken, Veg&Cheese Pocket, Ore Ida	1 ea	142.0	361.0	44.1	13.0	14.0	55.4
Sandwich, Club, on wheat 6", Subway	1 ea	253.0	312.0	46.0	21.0	5.0	59.9
Sandwich, Club, on white 6", Subway	1 ea	246.0	297.0	40.0	21.0	5.0	53.9
Sandwich, Coldcut Trio, on wheat 6", Subway	1 ea	253.0	378.0	46.0	20.0	13.0	61.3
Sandwich, Coldcut Trio, on white 6", Subway	1 ea	246.0	362.0	39.0	19.0	13.0	53.7
SANDWICH, CORNED BEEF ON RYE	1 SANDWICH	130.0	296.0	24.0	25.7	10.8	42.1
Sandwich, Creamed Chipped Beef, Banquet	1 ea	113.0	100.0	8.0	9.0	3.0	14.2
Sandwich, Egg & Cheese, avg	1 ea	146.0	340.0	25.1	15.6	19.4	39.3
SANDWICH, EGG SALAD ON WHITE	1 SANDWICH	138.0	279.0	30.6	10.5	12.5	40.0
Sandwich, Egg Salad, on wheat, avg	1 ea	130.0	401.0	34.6	11.6	25.3	47.9
Sandwich, Egg Salad, on white, avg	1 ea	126.0	410.0	35.6	10.7	24.9	48.2
Sandwich, Egg, Ham, & Cheese, avg	1 ea	143.0	347.0	30.9	19.3	16.3	46.6
Sandwich, Fish, batter dipped, Long John Silvers	1 ea	159.0	340.0	40.0	18.0	13.0	54.1
Sandwich, Fish, Big, Burger King	1 ea	255.0	700.0	56.0	26.0	41.0	81.9
Sandwich, Fish, Filet-O-Fish, Mc Donalds	1 ea	145.0	364.0	40.8	13.7	16.2	53.1
Sandwich, Fish, Fillet, Arby's	1 ea	223.0	526.0	50.0	23.0	27.0	70.6
Sandwich, Fish, Fillet, Dairy Queen	1 ea	170.0	370.0	39.0	16.0	16.0	52.6
Sandwich, Fish, Fisherman's Fillet, Hardees	1 ea	217.0	500.0	51.0	24.0	22.0	70.9
Sandwich, Fish, Supreme, Jack In The Box	1 ea	245.0	590.0	51.0	22.0	32.0	72.2
Sandwich, Fish, w/cheese & tartar sauce, avg	1 ea	183.0	523.0	47.6	20.7	28.5	67.1
Sandwich, Fish, w/Cheese, Dairy Queen	1 ea	184.0	420.0	40.0	19.0	21.0	56.7
Sandwich, Fish, w/cheese, Mrs Paul	1 ea	121.0	330.0	37.1	9.1	15.0	46.3
Sandwich, Fish, w/tartar sauce, avg	1 ea	158.0	431.0	41.1	16.9	22.8	56.9
SANDWICH, HAM &MAYO ON WHITE	1 SANDWICH	81.0	281.0	23.9	10.9	15.4	34.3
Sandwich, Ham 'n Cheese, Arby's	1 ea	169.0	355.0	34.5	24.6	14.2	52.8
Sandwich, Ham, deli style, Subway	1 ea	171.0	234.0	37.0	11.0	4.0	44.6
Sandwich, Ham, 'n Cheese, hot, Hardees	1 ea	201.0	530.0	49.0	18.0	30.0	67.3
Sandwich, Ham, on rye, avg	1 ea	150.0	283.0	20.7	21.7	13.5	37.1
Sandwich, Ham, on wheat 6", Subway	1 ea	239.0	302.0	45.0	19.0	5.0	57.7
Sandwich, Ham, on wheat, avg	1 ea	169.0	352.0	33.6	23.6	14.6	51.4
Sandwich, Ham, on white 6", Subway	1 ea	232.0	287.0	39.0	18.0	5.0	51.1
Sandwich, Ham, on white, avg	1 ea	170.0	373.0	35.6	23.4	14.6	53.3
Sandwich, Ham, Pocket, w/cheese, Weight Watchers	1 ea	142.0	240.0	32.0	14.0	7.0	42.2
Sandwich, Ham, Salad, on wheat, avg	1 ea	144.0	381.0	40.3	12.5	20.2	52.8
Sandwich, Ham, Salad, on white, avg	1 ea	140.0	390.0	41.3	11.7	19.8	53.3
Sandwich, Ham, w/cheese, on wheat, avg	1 ea	170.0	424.0	33.1	24.5	22.2	53.3
Sandwich, Ham, w/cheese, on white, avg	1 ea	166.0	433.0	34.9	23.7	21.8	54.6
Sandwich, Ham, w/Swiss, on rye, avg	1 ea	150.0	339.0	21.7	22.4	19.1	39.9
Sandwich, Italian B.M.T., on wheat 6", Subway	1 ea	253.0	460.0	45.0	21.0	22.0	63.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Sandwich, Italian B.M.T., on white 6", Subway	1 ea	246.0	445.0	39.0	21.0	21.0	56.9
Sandwich, Italian, Sub, Arby's	1 ea	297.0	671.0	47.4	34.1	38.8	77.6
Sandwich, Jack, breakfast, Jack In The Box	1 ea	121.0	300.0	30.0	18.0	12.0	43.8
Sandwich, Meatball, on wheat 6", Subway	1 ea	267.0	419.0	51.0	19.0	16.0	66.4
Sandwich, Meatball, on white 6", Subway	1 ea	260.0	404.0	44.0	18.0	16.0	58.8
Sandwich, Melt Trky, Hm, Bcn&Chs, wheat 6", Subway	1 ea	258.0	382.0	46.0	23.0	12.0	62.8
Sandwich, Melt Trky, Hm, Bcn&Chs, wht 6", Subway	1 ea	251.0	366.0	40.0	22.0	12.0	56.2
SANDWICH, PEANUT BUTTER	1 SANDWICH	83.0	328.0	30.0	11.8	19.5	42.0
Sandwich, Peanut Butter & Jam, on wheat, avg	1 ea	114.0	370.0	50.1	13.4	15.5	62.0
Sandwich, Peanut Butter & Jam, on white, avg	1 ea	110.0	379.0	51.0	12.6	15.1	62.3
SANDWICH, PEANUT BUTTER 'N JELLY	1 SANDWICH	100.0	374.0	50.0	12.3	15.1	61.2
Sandwich, Pizza Pocket, Weight Watchers	1 ea	142.0	300.0	46.0	17.0	7.0	58.0
Sandwich, Pizza Sub, on wheat 6", Subway	1 ea	257.0	464.0	48.0	19.0	22.0	64.9
Sandwich, Pizza Sub, on white 6", Subway	1 ea	250.0	448.0	41.0	19.0	22.0	57.9
Sandwich, Reuben, avg	1 ea	239.0	462.0	24.8	27.9	29.1	48.8
Sandwich, Reuben, Pocket, Weight Watchers	1 ea	142.0	250.0	42.0	12.0	6.0	50.7
SANDWICH, ROAST BEEF & GRAVY	1 SANDWICH	160.0	429.0	29.8	19.3	24.5	47.5
SANDWICH, ROAST BEEF &MAYO	1 SANDWICH	83.0	328.0	19.5	11.8	22.6	32.2
Sandwich, Roast Beef, big, Hardees	1 ea	169.0	370.0	34.0	21.0	16.0	50.6
Sandwich, Roast Beef, deli style, Subway	1 ea	180.0	245.0	38.0	13.0	4.0	46.8
Sandwich, Roast Beef, deluxe, light, Arby's	1 ea	182.0	294.0	33.0	18.0	10.0	46.3
Sandwich, Roast Beef, giant, Arby's	1 ea	228.0	544.0	45.6	33.2	26.3	72.1
Sandwich, Roast Beef, junior, Arby's	1 ea	89.0	233.0	22.8	11.5	10.8	32.4
Sandwich, Roast Beef, Monterey, Jack In The Box	1 ea	238.0	540.0	40.0	30.0	30.0	65.5
Sandwich, Roast Beef, on wheat 6", Subway	1 ea	239.0	303.0	45.0	20.0	5.0	58.3
Sandwich, Roast Beef, on white 6", Subway	1 ea	232.0	288.0	39.0	19.0	5.0	51.7
Sandwich, Roast Beef, regular, Arby's	1 ea	155.0	383.0	35.4	22.0	18.2	53.2
Sandwich, Roast Beef, regular, Hardees	1 ea	124.0	270.0	28.0	15.0	11.0	39.8
Sandwich, Roast Beef, sub, Arby's	1 ea	305.0	623.0	46.8	37.7	32.0	77.4
Sandwich, Roast Beef, super, Arby's	1 ea	254.0	552.0	54.1	23.7	28.3	75.4
Sandwich, Seafood & Crab, deli style, Subway	1 ea	178.0	298.0	37.0	12.0	11.0	47.0
Sandwich, Seafood & Crab, on wheat 6", Subway	1 ea	253.0	430.0	44.0	20.0	19.0	60.8
Sandwich, Seafood & Crab, on white 6", Subway	1 ea	246.0	415.0	38.0	19.0	19.0	54.2
Sandwich, Seafood&Crab, w/lt mayo, deli stl, Sbwy	1 ea	178.0	256.0	37.0	12.0	7.0	46.0
Sandwich, Seafood&Crab, w/lt mayo, wheat 6", Sbwy	1 ea	253.0	347.0	45.0	20.0	10.0	59.5
Sandwich, Seafood&Crab, w/lt mayo, white 6", Sbwy	1 ea	246.0	332.0	39.0	19.0	10.0	52.9
Sandwich, Sliced Beef, w/gravy, Banquet	1 ea	113.0	70.0	5.0	8.0	2.0	10.3
Sandwich, Sourdough, breakfast, Jack In The Box	1 ea	147.0	380.0	31.0	21.0	20.0	48.6
Sandwich, Spicy Italian, on wheat 6", Subway	1 ea	239.0	482.0	44.0	21.0	25.0	62.9

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Sandwich, Spicy Italian, on white 6", Subway	1 ea	232.0	467.0	38.0	20.0	24.0	56.0
Sandwich, Steak & Cheese, on wheat 6", Subway	1 ea	264.0	398.0	47.0	30.0	10.0	67.5
Sandwich, Steak & Cheese, on white 6", Subway	1 ea	257.0	383.0	41.0	29.0	10.0	60.9
Sandwich, Steak, Country Fried, Jack In The Box	1 ea	153.0	450.0	42.0	14.0	25.0	56.7
Sandwich, Submarine, Cold Cuts, avg	1 ea	228.0	456.0	51.1	21.8	18.6	68.8
Sandwich, Submarine, Roast Beef, avg	1 ea	216.0	410.0	44.3	28.7	12.1	64.5
Sandwich, Submarine, Tuna Salad, avg	1 ea	256.0	584.0	55.3	29.7	27.9	80.1
SANDWICH, TUNA SALAD	1 SANDWICH	105.0	278.0	25.8	11.0	14.2	36.0
Sandwich, Tuna Salad, on white, avg	1 ea	131.0	356.0	39.7	14.8	15.1	52.4
Sandwich, Tuna Salad, on whole wheat, avg	1 ea	135.0	346.0	38.7	15.6	15.5	51.9
Sandwich, Tuna, deli style, Subway	1 ea	178.0	354.0	37.0	11.0	18.0	48.1
Sandwich, Tuna, on wheat 6", Subway	1 ea	253.0	542.0	44.0	19.0	32.0	63.4
Sandwich, Tuna, on white 6", Subway	1 ea	246.0	527.0	38.0	18.0	32.0	56.8
Sandwich, Tuna, Sub, Arby's	1 ea	284.0	663.0	50.2	74.0	37.0	103.9
Sandwich, Tuna, w/light mayo, deli style, Subway	1 ea	178.0	279.0	38.0	11.0	9.0	46.9
Sandwich, Tuna, w/light mayo, on wheat 6", Subway	1 ea	253.0	391.0	46.0	19.0	15.0	61.2
Sandwich, Tuna, w/light mayo, on white 6", Subway	1 ea	246.0	376.0	39.0	18.0	15.0	53.6
Sandwich, Turkey & Ham, on wheat, avg	1 ea	169.0	350.0	33.1	23.2	14.8	50.7
Sandwich, Turkey & Ham, on white, avg	1 ea	166.0	361.0	34.2	22.4	14.4	51.2
SANDWICH, TURKEY & MAYO	1 SANDWICH	156.0	402.0	28.0	29.2	18.4	50.1
Sandwich, Turkey Breast & Ham, on wheat 6"	1 ea	239.0	295.0	46.0	18.0	5.0	58.1
Sandwich, Turkey Breast&Ham, on white 6", Subway	1 ea	232.0	280.0	39.0	18.0	5.0	51.1
Sandwich, Turkey, deli style, Subway	1 ea	180.0	235.0	38.0	12.0	4.0	46.2
Sandwich, Turkey, Ham & Cheese, on rye, avg	1 ea	150.0	353.0	20.5	22.2	21.3	39.1
Sandwich, Turkey, Ham & Cheese, on wheat, avg	1 ea	170.0	422.0	33.6	24.2	22.3	53.7
Sandwich, Turkey, Ham & Cheese, on white, avg	1 ea	166.0	431.0	34.6	23.4	21.9	54.1
Sandwich, Turkey, Ham, on rye, avg	1 ea	150.0	281.0	20.1	21.3	13.6	36.3
Sandwich, Turkey, on wheat 6", Subway	1 ea	239.0	289.0	46.0	18.0	4.0	57.8
Sandwich, Turkey, on wheat, avg	1 ea	169.0	364.0	32.7	26.1	15.2	52.2
Sandwich, Turkey, on white 6", Subway	1 ea	232.0	273.0	40.0	17.0	4.0	51.2
Sandwich, Turkey, on white, avg	1 ea	165.0	326.0	35.3	26.6	7.9	53.2
Sandwich, Turkey, Roasted, light, Arby's	1 ea	195.0	260.0	33.0	20.0	6.0	46.5
Sandwich, Turkey, Sub, Arby's	1 ea	277.0	486.0	46.5	32.8	19.0	70.9
Sandwich, Turkey, Swiss & Broccoli Pocket, Ore Ida	1 ea	170.0	380.0	48.1	17.1	13.1	61.6
Sandwich, Turkey, w/gravy, Banquet	1 ea	142.0	90.0	7.0	8.0	4.0	12.8
Sandwich, Ultimate, breakfast, Jack In The Box	1 ea	242.0	620.0	39.0	36.0	35.0	69.4
Sandwich, Veggie Delite, on wheat 6", Subway	1 ea	182.0	237.0	44.0	9.0	3.0	50.2
Sandwich, Veggie Delite, on white 6", Subway	1 ea	175.0	222.0	38.0	9.0	3.0	44.2
Sapodillas, Raw, avg	1/2 ea	120.0	100.0	24.0	0.5	1.3	24.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Sapotes, Raw, avg	1 ea	225.0	302.0	76.1	4.8	1.4	79.3
Sardine, Atlant, w/bones&oil, cnd, drnd, avg	1 ea	12.0	25.0	0.0	2.1	1.4	1.6
Sardine, Pac, w/bone&tom sce, cnd, drnd, avg	1 ea	38.0	68.0	0.0	6.2	4.6	4.9
Sardine, w/o skin & bones in water, avg	1 ea	21.0	46.0	0.0	5.2	2.6	3.8
SARDINES IN BRINE, CANNED	3.5 OZ	100.0	196.0	1.7	18.8	12.0	16.0
SARDINES, CANNED IN OIL	8 MEDIUM	100.0	311.0	6.0	20.6	24.4	24.5
Sardines, w/mustard, cnd, avg	3 oz	85.0	167.0	1.4	16.1	10.2	13.6
Sardines, w/Mustard Sauce, 3.7 oz can, PET	1 ea	106.0	160.0	2.0	17.0	10.0	14.7
Sardines, w/Soy Oil, 2.96 oz can, PET	1 ea	84.0	150.0	1.0	18.0	8.0	13.8
Sardines, w/Tomato Sauce, 3.7 oz can, PET	1 ea	106.0	150.0	5.0	16.0	8.0	16.6
Sauce, Alfredo, Bernardi's	1/2 cup	126.0	180.0	10.0	6.0	13.0	16.9
Sauce, Alfredo, dry mix, Nestle	1 oz	28.0	150.0	10.2	4.3	10.2	15.3
Sauce, Alfredo, reduced fat, Di Girono	1/2 cup	138.0	340.0	32.0	10.0	20.0	43.0
Sauce, Barbeque, avg	1 Tbs	16.0	12.0	2.0	0.3	0.3	2.3
Sauce, Barbeque, Honey, Kraft	1 Tbs	17.0	30.0	6.5	0.0	0.0	6.5
Sauce, Barbeque, low sod, avg	1 Tbs	16.0	12.0	2.0	0.3	0.3	2.3
Sauce, Barbeque, Mesquite, Kraft	1 Tbs	17.0	25.0	6.0	0.0	0.0	6.0
Sauce, Barbeque, Original, Kraft	1 Tbs	17.0	25.0	6.0	0.0	0.0	6.0
Sauce, Bearnaise, avg	1/2 cup	73.0	322.0	1.0	2.4	33.9	10.9
Sauce, Bearnaise, dry mix, pkt, avg	1 ea	25.0	90.0	14.9	3.5	2.3	17.6
Sauce, Bearnaise, dry mix, prep w/milk, avg	1/2 cup	127.0	349.0	8.7	4.2	34.0	19.7
Sauce, Bechamel, avg	1/2 cup	145.0	142.0	6.9	1.6	12.1	10.9
Sauce, Black Bean, avg	1/2 cup	138.0	128.0	14.3	3.4	6.1	17.9
Sauce, Bordelaise, avg	1/2 cup	233.0	207.0	10.1	2.8	12.6	14.9
Sauce, Cheese, avg	1 Tbs	13.0	28.0	1.1	1.3	2.1	2.4
Sauce, Cheese, lowfat, avg	1 Tbs	15.0	21.0	0.1	1.4	1.3	1.3
Sauce, Chili, Avg	1 Tbs	17.0	18.0	4.2	0.4	0.1	4.5
Sauce, Chili, hot, red pepper, avg	1 Tbs	16.0	3.0	0.6	0.1	0.1	0.7
Sauce, Clam, Red, Progresso	1/2 cup	125.0	80.0	8.0	6.0	3.0	12.4
Sauce, Clam, White, avg	1/2 cup	120.0	299.0	4.8	21.2	21.3	22.8
Sauce, Clam, White, Progresso	1/2 cup	124.0	90.0	2.0	5.0	7.0	6.8
Sauce, Creole, RTS, Chef Mate	1/2 cup	124.0	50.0	7.4	1.8	1.4	8.8
Sauce, Curry, avg	1/2 cup	115.0	75.0	3.3	2.6	5.6	6.3
Sauce, Curry, dry mix, pkt, avg	1 ea	35.0	149.0	17.7	3.3	8.1	21.7
Sauce, Curry, dry mix, prep w/milk, avg	1/2 cup	136.0	135.0	12.9	5.3	7.4	17.9
Sauce, Enchilada, Green, avg	1/2 cup	125.0	89.0	7.3	1.9	6.4	10.0
Sauce, Enchilada, Red, avg	1/2 cup	125.0	165.0	6.5	1.7	15.5	11.4
Sauce, Enchilada, RTS, Nestle	1/2 cup	120.0	60.0	8.1	1.7	2.4	9.7
Sauce, Enchilada, Santiago	1/2 cup	124.0	42.0	8.0	1.0	0.4	8.7

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Sauce, Fish, RTS, avg	1/2 cup	144.0	50.0	5.2	7.3	0.0	9.6
Sauce, Four Cheese, Di Girono	1/2 cup	126.0	400.0	4.0	10.0	38.0	19.5
Sauce, Hoisin, RTS, avg	1/2 cup	128.0	282.0	56.4	4.2	4.3	60.0
Sauce, Hollandaise, avg	1/2 cup	80.0	342.0	1.0	4.0	36.4	12.5
Sauce, Hollandaise, dry mix, prep w/milk, avg	1/2 cup	128.0	353.0	9.0	4.2	34.3	20.1
Sauce, Hollandaise, dry mix, prep w/water, avg	1/2 cup	130.0	120.0	6.9	2.4	9.9	10.8
Sauce, Horseradish, avg	1 Tbs	14.0	29.0	0.6	0.4	2.9	1.6
Sauce, Lemon, RTS, Chef Mate	1/2 cup	128.0	172.0	40.8	0.3	0.8	41.2
Sauce, Lobster, Progresso	1/2 cup	123.0	100.0	6.0	3.0	7.0	9.6
Sauce, Mole Poblana, avg	1/2 cup	131.0	215.0	16.9	4.6	14.4	23.3
Sauce, Mole Verde, avg	1/2 cup	132.0	78.0	7.8	4.5	3.9	11.5
Sauce, Mornay, avg	1/2 cup	172.0	366.0	11.1	11.6	30.8	25.8
Sauce, Oyster, RTS, avg	1/2 cup	32.0	16.0	3.5	0.4	0.1	3.8
Sauce, Pasta, tomato based, chunky, garlic, Prego	1/2 cup	130.0	130.0	23.0	3.0	3.0	25.6
Sauce, Pasta, tomato based, chunky, Prego	1/2 cup	130.0	120.0	20.0	2.0	3.0	22.0
Sauce, Pasta, tomato based, low sod, avg	1/2 cup	125.0	136.0	19.9	2.3	6.0	22.8
Sauce, Pasta, tomato based, marinara, avg	1/2 cup	125.0	94.0	13.2	2.2	4.7	15.7
Sauce, Pasta, tomato based, three cheese, Prego	1/2 cup	130.0	100.0	18.0	3.0	2.0	20.3
Sauce, Pasta, tomato based, w/meat, avg	1/2 cup	125.0	150.0	18.7	4.2	7.1	23.0
Sauce, Pasta, tomato based, w/mushrooms, cnd, avg	1/2 cup	123.0	108.0	12.7	1.6	2.1	14.2
Sauce, Pasta, tomato based, w/mushrooms, Wt Wtchl	1/2 cup	113.0	60.0	10.1	1.1	0.0	10.8
Sauce, Peanut, avg	1/2 cup	120.0	372.0	15.4	15.3	30.1	32.1
Sauce, Pesto, avg	1/2 cup	116.0	622.0	8.1	20.2	57.8	34.7
Sauce, Pesto, Di Giorno	1/2 cup	124.0	640.0	6.0	16.0	62.0	31.1
Sauce, Pizza, chunky, Contadina	1/4 cup	63.0	30.0	5.1	0.9	0.0	5.6
Sauce, Pizza, Hunan, avg	2 Tbs	30.0	56.0	6.6	0.0	3.1	7.4
Sauce, Pizza, Mandarin, China Bowl Trading Co	2 Tbs	29.0	30.0	1.5	0.0	2.5	2.1
Sauce, Pizza, Original, Contadina	1/4 cup	61.0	24.0	3.9	0.1	0.6	4.1
Sauce, Pizza, Progresso	1/4 cup	63.0	35.0	5.0	1.0	1.0	5.9
Sauce, Pizza, RTS, Chef Mate	2 Tbs	30.0	32.0	4.7	0.5	1.3	5.3
Sauce, Pizza, Sweet & Sour, La Choy	1 oz	28.0	30.0	7.2	0.5	0.0	7.5
Sauce, Pizza, Szechwan, La Choy	1 oz	28.0	16.0	3.5	0.6	0.0	3.9
Sauce, Pizza, Teriyaki, La Choy	1 oz	28.0	22.0	5.2	0.5	0.0	5.5
Sauce, Pizza, w/cheese, Contadina	1/4 cup	63.0	30.0	4.0	1.0	1.3	4.9
Sauce, Sloppy Joe, Libby's	1/2 cup	118.0	68.0	15.1	1.5	0.0	16.0
Sauce, Soy, dark, China Bowl Trading Company	1 Tbs	18.0	0.0	0.0	0.0	0.0	0.0
Sauce, Soy, light, China Bowl Trading Company	1 Tbs	18.0	0.0	0.0	0.0	0.0	0.0
Sauce, Soy, low sod, avg	1 Tbs	18.0	10.0	1.5	0.9	0.0	2.0
Sauce, Steak, avg	1 Tbs	16.0	10.0	2.4	0.3	0.1	2.6

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Sauce, Stroganoff, dry mix, pkt, avg	1 ea	46.0	161.0	26.5	5.6	4.4	31.0
Sauce, Stroganoff, prep f/dry mix, w/mlk&wtr, avg	1/2 cup	123.0	113.0	14.1	4.9	4.5	18.2
Sauce, Sweet & Sour, dry pkt, avg	1 ea	57.0	222.0	54.8	0.6	0.1	55.2
Sauce, Sweet & Sour, Duck, La Choy	1 oz	28.0	46.0	11.4	0.0	0.0	11.4
Sauce, Sweet & Sour, La Choy	1 oz	28.0	48.0	11.8	0.0	0.0	11.8
Sauce, Sweet & Sour, RTS, Chef Mate	2 Tbs	33.0	40.0	8.2	0.2	0.8	8.5
Sauce, Szechuan, avg	2 Tbs	31.0	23.0	3.1	0.6	0.6	3.6
Sauce, Tabasco, avg	1 Tbs	16.0	2.0	0.3	0.1	0.1	0.4
Sauce, Tartar, avg	1 Tbs	14.0	74.0	0.6	0.2	8.2	2.8
Sauce, Tartar, low calorie, avg	1 Tbs	14.0	31.0	2.3	0.1	2.5	3.0
Sauce, Teriyaki, dry mix, prep w/water, avg	2 Tbs	35.0	16.0	3.4	0.5	0.1	3.7
Sauce, Teriyaki, light, La Choy	2 Tbs	36.0	37.0	6.1	2.1	0.0	7.4
Sauce, Teriyaki, RTS, avg	1 Tbs	18.0	15.0	2.9	1.1	0.0	3.6
Sauce, Teriyaki, RTS, Chef Mate	2 Tbs	32.0	42.0	7.5	0.3	1.2	8.0
Sauce, White, medium, prep f/recipe, avg	1/4 cup	62.0	91.0	5.7	2.4	6.6	8.8
Sauce, White, thick, prep f/recipe, avg	1/4 cup	62.0	115.0	7.2	2.5	8.6	10.8
Sauce, White, thin, prep f/recipe, avg	1/4 cup	62.0	65.0	4.6	2.3	4.2	7.0
Sauce, Worcestershire, Lea & Perrins	1 Tbs	14.0	17.0	2.1	0.2	0.0	2.2
SAUERKRAUT, CANNED	2/3 CUP	100.0	21.0	4.6	0.9	0.2	5.2
Sausage & Noodles, w/Cream Sauce, avg	1 cup	244.0	398.0	33.6	17.5	21.4	49.4
Sausage & Rice, w/Cheese Sauce, avg	1/2 cup	122.0	224.0	16.5	10.3	12.8	25.9
Sausage & Rice, w/Mushroom Soup, avg	1/2 cup	122.0	220.0	15.1	7.1	13.5	22.7
Sausage & Rice, w/Tomato Sauce, avg	1/2 cup	122.0	250.0	22.1	10.2	13.1	31.5
Sausage, Beef & Pork, avg	1 pce	23.0	60.0	0.4	3.5	4.8	3.7
Sausage, Beef & Pork, link, smkd, avg	1 ea	16.0	54.0	0.2	2.1	4.8	2.7
Sausage, Beef & Pork, patty, ckd, avg	1 ea	27.0	107.0	0.7	3.7	9.8	5.4
Sausage, Beef Summer, Oscar Mayer	1 pce	23.0	71.0	0.5	3.4	6.2	4.1
Sausage, Beef, link, smkd, avg	1 ea	43.0	134.0	1.0	6.1	11.6	7.6
Sausage, Berliner, avg	1 pce	23.0	53.0	0.6	3.5	3.1	3.5
Sausage, Blood, avg	1 pce	25.0	94.0	0.3	3.7	8.6	4.7
Sausage, Bockworst, link, avg	1 ea	65.0	200.0	0.3	8.6	17.9	9.9
Sausage, Bratwurst, link, ckd, avg	1 ea	85.0	256.0	1.8	11.1	22.0	14.0
Sausage, Braunschweiger, avg	1 pce	28.0	101.0	0.9	3.8	8.1	5.2
SAUSAGE, BRN & SERVE	1 OZ	28.0	118.0	0.8	4.6	10.6	6.2
Sausage, Brotwurst, link, avg	1 ea	70.0	226.0	2.1	10.0	19.5	13.0
Sausage, Capiocola, avg	1 pce	21.0	105.0	0.0	4.2	9.6	4.9
Sausage, Cheese Smokies, Oscar Mayer	1 ea	43.0	130.0	0.8	5.6	11.6	7.1
Sausage, Chorizo, link, avg	1 ea	60.0	273.0	1.1	14.5	22.1	15.3
Sausage, Italian, link, ckd, avg	1 ea	67.0	216.0	1.0	13.4	17.2	13.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Sausage, Italian, link, raw, avg	1 ea	102.0	353.0	0.7	14.6	31.9	17.4
Sausage, Kielbasa, avg	1 pce	26.0	81.0	0.6	3.5	7.1	4.5
Sausage, Knockwurst, link, avg	1 ea	68.0	209.0	1.2	8.1	18.9	10.8
Sausage, Pork, brown & serve, link, unheated, avg	1 ea	13.0	51.0	0.4	1.8	5.0	2.7
SAUSAGE, PORK, FRESH, COOKED	1 PATTY OR 2 LINKS	27.0	100.0	0.3	5.3	8.4	5.6
Sausage, Pork, link, ckd	1 ea	13.0	48.0	0.1	2.6	4.1	2.7
Sausage, Pork, patty, ckd, avg	1 ea	27.0	100.0	0.3	5.3	8.4	5.6
Sausage, Pork, patty, raw, avg	1 ea	57.0	238.0	0.6	6.7	22.1	10.1
Sausage, Pork, pckld, avg	1 oz	28.0	81.0	0.7	4.5	6.5	5.0
Sausage, Pork, polish, avg	1 ea	227.0	740.0	3.7	32.0	65.1	39.2
Sausage, Pork, smkd, link, avg	1 ea	68.0	265.0	1.4	15.1	21.6	15.9
Sausage, Pork, smokie links, Oscar Mayer	1 ea	43.0	130.0	0.7	5.3	11.7	6.8
Sausage, Pork, smokie, little cheese, Oscar Mayer	1 pce	10.0	31.0	0.2	1.4	2.8	1.7
Sausage, Thuringer Summer, beef & pork, avg	1 pce	23.0	77.0	0.1	3.6	6.8	4.0
Sausage, Thuringer Summer, dry, avg	1 ea	150.0	676.0	2.6	36.9	56.4	38.8
Sausage, Turkey, breakfast, Louis Rich	1 pce	28.0	64.0	0.0	6.1	4.6	4.8
Sausage, Turkey, cheddar, smkd, Louis Rich	1 oz	28.0	46.0	0.8	4.6	2.7	4.2
Sausage, Turkey, ground, Louis Rich	1 oz	28.0	48.0	0.2	4.7	3.2	3.8
Sausage, Turkey, links, Louis Rich	1 ea	28.0	46.0	0.0	5.2	2.8	3.8
Sausage, Turkey, summer, Louis Rich	1 oz	28.0	49.0	0.3	4.7	3.4	4.0
Sausage, Vienna, beef & pork, cnd, avg	1 ea	16.0	45.0	0.3	1.6	4.0	2.3
Sausage, Vienna, chicken, Libbys	1 ea	16.0	33.0	0.0	2.0	2.7	1.9
Sausage, Vienna, Libby's	1 ea	16.0	43.0	0.0	1.7	4.0	2.0
Sausage, Vienna, w/barbecue sauce, Libbys	1 ea	20.0	47.0	0.7	1.7	4.0	2.7
Savory Leaves, dried, Amer Spc&Trd Assoc	1 tsp	1.0	3.0	0.7	0.1	0.0	0.8
Savory, ground, avg	1 tsp	2.0	5.0	1.4	0.1	0.1	1.5
SCALLIONS, RAW	5 MEDIUM	100.0	45.0	10.5	1.1	0.2	11.2
Scallops & Noodles, w/Cheese Sauce, avg	1 cup	224.0	363.0	26.7	30.5	15.5	48.9
Scallops, battered, fried, avg	10 ea	80.0	184.0	10.6	14.1	9.1	21.3
Scallops, bkd/brld, avg	4 ea	100.0	133.0	2.9	21.2	3.1	16.4
SCALLOPS, BREADED, FRIED	3.5 OZ	100.0	194.0	8.4	18.0	10.5	21.8
Scallops, breaded, fried, avg	4 ea	62.0	133.0	6.3	11.2	6.8	14.7
Scallops, Fried, Mrs Paul	10 pce	82.0	176.0	18.4	8.4	6.7	25.1
Scallops, raw, avg	4 ea	60.0	53.0	1.4	10.1	0.5	7.6
SCALLOPS, STEAMED	3.5 OZ	100.0	112.0	1.8	23.2	1.4	16.1
Scallops, stmd, avg	1 cup	120.0	127.0	2.8	19.4	3.8	15.4
Scallops, w/Cheese Sauce, avg	1 cup	244.0	271.0	14.6	33.7	9.6	37.2
Scallops, w/Potatoes & Vegetables, avg	1 ea	227.0	413.0	38.8	25.4	17.3	58.4
Scones, All Flavors, fat free, Health Valley	1 ea	60.0	80.0	15.0	7.0	0.0	19.2

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Scup Fish, bkd, fillet, avg	1 ea	50.0	68.0	0.0	12.1	1.8	7.7
Scup Fish, raw, fillet, avg	1 ea	64.0	67.0	0.0	12.1	1.7	7.7
Seafood Dinner, Newburg, w/rice&vegs, fzn, avg	1 ea	298.0	286.0	34.3	14.3	9.6	45.3
Seafood Newburg, Budget Gourmet	1 ea	284.0	350.0	43.0	17.0	12.0	56.2
Seafood Platter, w/Fish, Scallops & Shrimp, avg	1 ea	255.0	523.0	48.7	26.4	25.4	70.9
Seasoning Mix, Batter, Chicken, avg	1 oz	28.0	90.0	18.8	2.2	0.6	20.3
Seasoning Mix, Batter, Fish, avg	1 oz	28.0	95.0	20.7	2.5	0.6	22.4
Seasoning Mix, Cracker Meal, avg	1/4 cup	29.0	111.0	23.5	2.7	0.5	25.2
Seasoning Mix, Cracker Meal, fine, avg	1 oz	28.0	101.0	21.3	2.8	0.3	23.1
Seasoning Mix, Cracker Meal, medium, avg	1 oz	28.0	101.0	21.3	2.8	0.3	23.1
Seasoning Mix, Crumbs, coating, avg	1 oz	28.0	101.0	20.2	2.8	0.8	22.1
Seasoning Mix, Crumbs, Corn Flake, Kelloggs	1/4 cup	22.0	80.0	18.0	2.0	0.0	19.2
Seaweed, Agar, dried, avg	1/4 cup	4.0	12.0	3.2	0.2	0.0	3.3
Seaweed, Agar, raw, avg	1/2 cup	40.0	10.0	2.7	0.2	0.0	2.8
Seaweed, Irish Moss, raw, avg	1/2 cup	40.0	20.0	4.9	0.6	0.1	5.3
Seaweed, Kelp, raw, avg	1/2 cup	40.0	17.0	3.8	0.7	0.2	4.3
Seaweed, Laver, raw, avg	1/2 cup	40.0	14.0	2.0	2.3	0.1	3.4
Seaweed, Pickled, avg	1/2 cup	75.0	114.0	29.2	0.1	0.1	29.3
Seaweed, Spirulina, dried, avg	1/4 cup	4.0	12.0	0.1	2.3	0.3	1.6
Seaweed, Spirulina, raw, avg	3 oz	85.0	22.0	2.1	5.0	0.3	5.2
Seaweed, Wakame, raw, avg	1/2 cup	40.0	18.0	3.7	1.2	0.3	4.5
Seeds, Amaranth, Arrowhead Mills	1/4 cup	47.0	170.0	29.0	7.0	2.0	33.7
Seeds, Amaranth, Arrowhead Mills	1/4 cup	47.0	170.0	29.0	7.0	2.0	33.7
Seeds, Amaranth, Arrowhead Mills	1 oz	28.0	101.0	17.3	4.2	1.2	20.1
Seeds, Amaranth, Arrowhead Mills	1 oz	28.0	101.0	17.3	4.2	1.2	20.1
Seeds, Breadfruit, ckd, avg	1 oz	28.0	47.0	8.1	1.5	0.6	9.2
Seeds, Breadfruit, raw, avg	1 oz	28.0	53.0	8.2	2.1	1.6	9.9
Seeds, Breadfruit, rstd, avg	1 oz	28.0	58.0	11.2	1.7	0.8	12.4
Seeds, Butter Paste, avg	2 Tbs	32.0	190.0	8.2	5.8	16.3	15.8
Seeds, Butter, salted, avg	2 Tbs	32.0	185.0	8.8	6.3	15.3	16.4
Seeds, Flax, avg	1 oz	28.0	138.0	9.6	5.5	9.5	15.3
Seeds, Kernels, dry rstd, salted, avg	1 oz	28.0	163.0	6.7	5.4	13.9	13.4
Seeds, Kernels, dry, avg	1 oz	28.0	160.0	5.3	6.4	13.9	12.6
Seeds, Kernels, toasted, unsalted, avg	1 oz	28.0	173.0	5.8	4.8	15.9	12.7
Seeds, Kernels, tstd, salted, avg	1 oz	28.0	173.0	5.8	4.8	15.9	12.7
Seeds, Meal, part defatted, avg	1 oz	28.0	159.0	7.3	4.8	13.4	13.5
Seeds, Oil Roasted, salted, avg	1 oz	28.0	172.0	4.1	5.1	16.1	11.2
Seeds, Oil Roasted, unsalted, avg	1 oz	28.0	172.0	4.1	5.1	16.1	11.2
Seeds, Psyllium, dried, avg	1 oz	28.0	66.0	25.9	0.4	1.0	26.4

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Seeds, Pumpkin, dry, avg	1 oz	28.0	151.0	4.1	6.9	12.9	11.5
Seeds, Pumpkin, rstd, salted, avg	1 oz	28.0	125.0	15.1	5.2	5.4	19.6
Seeds, Pumpkin, rstd, unsalted, avg	1 oz	28.0	125.0	15.1	5.2	5.4	19.6
Seeds, Raw, Arrowhead Mills	1 oz	28.0	163.0	3.9	5.4	15.6	11.0
Seeds, Raw, Arrowhead Mills	1 oz	28.0	140.0	4.7	6.2	11.7	11.3
Seeds, Sesame, dried, whole, avg	1 oz	28.0	160.0	6.6	4.1	13.9	12.5
Seeds, Sunflower, Butter, unsalted, avg	2 Tbs	32.0	185.0	8.8	6.3	15.3	16.4
Seeds, Sunflower, dry rstd, unsalted, avg	1 oz	28.0	163.0	6.7	5.4	13.9	13.4
Seeds, Toasted, rstd, whole, avg	1 oz	28.0	158.0	7.2	4.8	13.4	13.4
Seeds, Toasted, salted, avg	1 oz	28.0	159.0	7.3	4.8	13.4	13.5
Seeds, Toasted, unsalted, China Bowl Trading Co	1 oz	28.0	200.0	0.0	0.0	0.0	0.0
SESAME SEEDS, DECORTICATED	1 OZ	28.0	167.0	2.7	7.5	15.5	11.1
Shad Fish, American, raw, fillet, avg	1 ea	184.0	362.0	0.0	31.1	25.4	25.0
Shad Fish, bkd, fillet, avg	1 ea	144.0	363.0	0.0	31.2	25.5	25.1
Shake, Supplement, Lemon, prep f/mix, Menu Magic	1 cup	260.0	460.0	65.1	16.0	14.0	78.2
Shake, Supplement, Nutra Shake	1 cup	260.0	400.0	62.0	12.0	12.0	72.2
Shake, Supplement, Vanilla, prep f/mix, Menu Magic	1 cup	260.0	400.0	62.0	12.0	12.0	72.2
Shake, Supplement, w/Fiber, Nutra Shake	1 cup	260.0	400.0	80.0	14.7	2.7	89.5
Shallots, Freeze Dried, chpd, avg	1 Tbs	1.0	3.0	0.8	0.1	0.0	0.9
Shallots, Raw, chpd, avg	1 Tbs	10.0	7.0	1.7	0.3	0.0	1.9
Shark, batter fried, mixed species, avg	3 oz	85.0	194.0	5.4	15.8	11.7	17.8
Shark, bkd, avg	3 oz	85.0	152.0	0.3	20.9	6.1	14.4
Shark, raw, mixed species, avg	3 oz	85.0	111.0	0.0	17.9	3.8	11.7
Sheepshead Fish, bkd, fillet, avg	1 ea	186.0	234.0	0.0	48.4	3.0	29.8
Sheepshead Fish, raw, fillet, avg	1 ea	238.0	257.0	0.0	48.1	5.7	30.3
Shellfish & Noodles, w/Tomato Sauce, avg	1 cup	224.0	251.0	33.5	15.2	5.1	43.9
Shepherd's Pie, w/Beef, avg	1 cup	243.0	287.0	30.1	18.2	10.3	43.6
Sherbet/Sorbet, Citrus, avg	1/2 cup	100.0	92.0	23.1	0.5	0.0	23.4
Sherbet/Sorbet, Lemon, sugar free, Diamond Crystal	1/2 cup	43.0	22.0	5.0	0.0	0.0	5.0
Sherbet/Sorbet, Non Citrus, avg	1/2 cup	100.0	70.0	16.7	1.2	0.1	17.4
Sherbet/Sorbet, Orange, avg	1/2 cup	99.0	137.0	30.1	1.1	1.1	31.0
Sherbet/Sorbet, Orange/Vanilla, Haagen Daz	1/2 cup	106.0	199.0	29.9	2.1	7.1	32.9
Sherbet/Sorbet, Raspberry/Vanilla, Haagen Daz	1/2 cup	106.0	179.0	25.9	2.1	6.1	28.7
Sherbet/Sorbet, Strawberry, sugar free, Dmnd Crstl	1/2 cup	43.0	22.0	5.0	0.0	0.0	5.0
Shortening, Cake, soybean oil, avg	1 Tbs	13.0	115.0	0.0	0.0	13.0	3.3
Shortening, Confectioner, coconut/palm oil, avg	1 Tbs	13.0	115.0	0.0	0.0	13.0	3.3
Shortening, Frying, heavy duty, soybean oil, avg	1 Tbs	13.0	115.0	0.0	0.0	13.0	3.3
Shortening, Frying, reg, soybean/cottonsd oil, avg	1 Tbs	13.0	115.0	0.0	0.0	13.0	3.3
Shortening, Liquid, soybean oil, avg	1 Tbs	13.0	117.0	0.0	0.0	13.0	3.3

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Shortening, Multipurpose, cottonseed oil, avg	1 Tbs	13.0	115.0	0.0	0.0	13.0	3.3
Shortening, Multipurpose, soybn/cottonsd oil, avg	1 Tbs	13.0	115.0	0.0	0.0	13.0	3.3
Shortening, Multipurpose, soybn/palm oil, Proc&Gam	1 Tbs	12.0	106.0	0.0	0.0	12.0	3.0
Shortening, Multipurpose, unspecified oil, avg	1 Tbs	13.0	115.0	0.0	0.0	13.0	3.3
Shrimp & Noodles, w/Cheese Sauce, avg	1 cup	224.0	349.0	23.6	28.4	15.2	44.4
Shrimp Dinner, Chow Mein, w/egg roll, fzn, avg	1 ea	369.0	443.0	67.9	15.0	11.9	79.9
Shrimp Dinner, Creole, w/rice&pep,low cal,fzn,avg	1 ea	284.0	250.0	46.5	9.9	2.6	53.1
Shrimp Dinner, Marinara, fzn, Healthy Choice	1 ea	298.0	250.0	44.0	10.0	4.0	51.0
Shrimp Dinner, w/Potatoes&Vegetables, fzn, avg	1 ea	198.0	376.0	33.7	23.6	16.7	52.0
Shrimp Dinner, w/Rice&Vegetables, fzn, avg	1 ea	312.0	287.0	50.1	13.3	3.9	59.1
Shrimp, bkd, sauteed, avg	4 ea	20.0	31.0	0.2	4.9	1.0	3.4
Shrimp, breaded, fried, avg	4 ea	30.0	73.0	3.5	6.4	3.7	8.3
Shrimp, breaded, garlic&herb, Mrs Pauls	1 ea	156.0	340.0	32.1	19.0	15.0	47.2
Shrimp, Breaded, Popcorn, Van De Kamp	15 ea	84.0	202.0	21.0	8.3	9.8	28.4
Shrimp, Breaded, w/Angel Hair Pasta, Banquet	1 cup	213.0	301.0	37.1	11.0	12.0	46.7
Shrimp, Breaded, whole, Van De Kamp	5 ea	80.0	171.0	18.6	9.3	7.1	26.0
Shrimp, Butterfly, breaded, Van De Kamp	5 ea	80.0	200.0	20.0	8.6	10.0	27.7
Shrimp, cnd, drnd, avg	1 ea	128.0	154.0	1.3	29.6	2.5	19.7
Shrimp, Cocktail, avg	1 cup	230.0	195.0	19.3	25.2	2.2	35.0
Shrimp, Creole, Armour	1 ea	284.0	220.0	49.0	6.0	5.0	53.9
Shrimp, Creole, w/rice, avg	1 cup	243.0	306.0	25.7	27.7	9.6	44.7
Shrimp, dried, avg	20 ea	10.0	30.0	0.3	5.8	0.5	3.9
SHRIMP, FRIED	3.5 OZ	100.0	225.0	10.0	20.3	10.8	24.9
Shrimp, patty, avg	1 ea	120.0	248.0	14.1	17.5	13.3	27.9
SHRIMP, RAW	3.5 OZ	100.0	91.0	1.5	18.8	0.8	13.0
Shrimp, raw, avg	4 ea	24.0	25.0	0.2	4.9	0.4	3.2
Shrimp, Scampi, avg	1 cup	136.0	219.0	1.3	29.3	10.1	21.4
Shrimp, stmd, avg	4 ea	22.0	22.0	0.0	4.6	0.2	2.8
Shrimp, Stuffed, avg	1 cup	140.0	276.0	8.7	28.2	13.5	29.0
Shrimp, Sweet & Sour, avg	1 cup	176.0	479.0	41.3	17.7	28.8	59.1
Shrimp, Teriyaki, avg	1 cup	201.0	249.0	13.5	37.9	3.0	37.0
Shrimp, w/Lobster Sauce,avg	1 cup	185.0	289.0	7.3	34.8	12.2	31.2
SIRLOIN TIPS WITH NOODLES, SWANSON	7 OZ. ENTREE	198.0	258.0	22.6	18.9	10.2	36.5
SIRLOIN, GROUND, COOKED	3.5 OZ	100.0	408.0	0.0	22.2	34.7	22.0
Smelt Fish, floured/breaded, fried, avg	1 ea	29.0	72.0	3.5	5.1	3.7	7.5
Smelt Fish, Rainbow, bkd, avg	3 oz	85.0	105.0	0.0	19.2	2.6	12.2
Smelt Fish, Rainbow, raw, avg	3 oz	85.0	82.0	0.0	14.1	2.1	9.0
Snack Mix, Nutty, Pepperidge Farms	1/2 cup	36.0	180.0	20.0	5.0	9.0	25.3
Snack Sticks, Pumpernickel, Pepperidge Farm	9 pce	31.0	150.0	20.0	3.0	6.0	23.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Snacks, Cheese Curls, Barbecue, bag, Wt Wtchrs	1 ea	14.0	59.0	10.8	0.1	1.5	11.2
Snacks, Cheese Curls, Cheetos	8 pce	15.0	80.0	8.6	1.1	4.8	10.5
Snacks, Cheese Curls, Orig, bag, Wt Wtchrs	1 ea	14.0	69.0	9.9	0.1	2.5	10.6
Snacks, Cheese Curls, Pizza, bag, Wt Wtchrs	1 ea	14.0	59.0	10.8	0.1	1.1	11.1
Snacks, Handi, Cheese N Breadstick, pkg, Kraft	1 ea	32.0	130.0	11.0	4.0	7.0	15.2
Snacks, Handi, Cheese N Crackers, pkg, Kraft	1 ea	31.0	130.0	10.0	4.0	8.0	14.4
Snacks, Handi, Cheese N Pretzels, pkg, Kraft	1 ea	30.0	110.0	11.0	4.0	6.0	14.9
Snacks, Handi, Peanut Butter N Cracker, pkg, Kraft	1 ea	31.0	180.0	12.0	5.0	12.0	18.0
Snacks, Handi, Peanut Butter N Graham, pkg, Kraft	1 ea	32.0	170.0	14.0	5.0	10.0	19.5
Snacks, Pork Skins, Barbecue, avg	1 cup	32.0	172.0	0.5	18.5	10.2	14.1
Snacks, Sticks, Sesame, avg	1 oz	28.0	151.0	13.0	3.1	10.3	17.4
Snacks, Sticks, Sesame, unsalted, avg	1 oz	28.0	151.0	13.0	3.1	10.3	17.4
Snacks, Sticks, Three Cheese, Pepperidge Farm	9 pce	31.0	140.0	20.0	4.0	5.0	23.7
Snacks, Wheat, Apple Cinnamon, Spicer's	1/2 cup	30.0	100.0	14.0	4.0	3.3	17.2
Snacks, Wheat, Barbecue, Spicer's	1/2 cup	30.0	100.0	12.0	4.0	4.0	15.4
Snacks, Wheat, Cheddar Cheese, Spicer's	1/2 cup	30.0	100.0	12.0	4.0	4.0	15.4
Snacks, Wheat, Chocolate, Spicer's	1/2 cup	30.0	100.0	14.0	4.0	3.3	17.2
Snacks, Wheat, Maple Walnut, Spicer's	1/2 cup	30.0	100.0	14.0	4.0	3.3	17.2
Snacks, Wheat, Ranch, Spicer's	1/2 cup	30.0	100.0	12.0	4.0	4.0	15.4
Snacks, Wheat, Sour Cream & Onion, Spicer's	1/2 cup	30.0	100.0	12.0	4.0	4.0	15.4
Snacks, Wheat, Vanilla Malt, Spicer's	1/2 cup	30.0	100.0	14.0	4.0	3.3	17.2
Snails, stmd, avg	4 ea	20.0	36.0	0.8	6.4	0.6	4.8
Snapper, mixed species, bkd, fillet, avg	1 ea	170.0	218.0	0.0	44.7	2.9	27.5
Snapper, mixed species, raw, fillet, avg	1 ea	218.0	218.0	0.0	44.7	2.9	27.5
Snow Cone/Slushy, avg	1/2 cup	96.0	75.0	31.3	0.4	0.0	31.5
Soda, 7-Up	1 1/2 cup	360.0	42.0	10.4	0.0	0.0	10.4
Soda, 7-Up Gold	1 1/2 cup	360.0	156.0	38.0	0.0	0.0	38.0
Soda, 7-Up Gold, diet	1 1/2 cup	360.0	4.0	2.0	0.0	0.0	2.0
Soda, 7-Up, diet	1 1/2 cup	360.0	4.0	0.4	0.4	0.0	0.6
Soda, Birch Beer, diet, Shasta	1 1/2 cup	360.0	0.0	0.0	0.0	0.0	0.0
Soda, Black Cherry, diet, Shasta	1 1/2 cup	360.0	0.0	0.0	0.0	0.0	0.0
Soda, Black Cherry, Minute Maid	1 1/2 cup	375.0	165.0	43.5	0.0	0.0	43.5
Soda, Black Cherry, Shasta	1 1/2 cup	360.0	170.0	41.0	0.0	0.0	41.0
Soda, Blueberry, Minute Maid	1 1/2 cup	376.0	165.0	43.6	0.0	0.0	43.6
Soda, Cherry Cola, diet, Shasta	1 1/2 cup	360.0	0.0	0.0	0.0	0.0	0.0
Soda, Cherry Cola, Shasta	1 1/2 cup	360.0	160.0	39.0	0.0	0.0	39.0
Soda, Club, avg	1 1/2 cup	355.0	0.0	0.0	0.0	0.0	0.0
Soda, Coca Cola, Cherry	1 1/2 cup	375.0	156.0	41.1	0.0	0.0	41.1
Soda, Coca Cola, Cherry, diet	1 1/2 cup	359.0	1.0	0.1	0.0	0.0	0.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Soda, Coca Cola, classic	1 1/2 cup	373.0	145.0	40.5	0.0	0.0	40.5
Soda, Coca Cola, classic, caff free	1 1/2 cup	373.0	145.0	40.5	0.0	0.0	40.5
Soda, Coca Cola, classic, diet	1 1/2 cup	359.0	1.0	0.1	0.0	0.0	0.1
Soda, Cola, Royal Crown	1 1/2 ea	537.0	260.0	64.8	0.0	0.0	64.8
Soda, Cola, avg	1 1/2 cup	372.0	153.0	38.7	0.0	0.0	38.7
Soda, Cola, Diet Rite, Royal Crown	1 1/2 ea	537.0	2.0	0.3	0.0	0.0	0.3
Soda, Cola, diet, avg	1 1/2 cup	355.0	4.0	0.4	0.4	0.0	0.6
Soda, Cola, diet, caff free, Shasta	1 1/2 cup	360.0	0.0	0.0	0.0	0.0	0.0
Soda, Cream, avg	1 1/2 cup	371.0	189.0	49.3	0.0	0.0	49.3
Soda, Cream, diet, avg	1 1/2 cup	355.0	0.0	0.4	0.0	0.0	0.4
Soda, Fresca, diet	1 1/2 cup	359.0	4.0	0.3	0.0	0.0	0.3
Soda, Fruit Flvd Punch, avg	1 1/2 cup	372.0	170.0	42.0	0.0	0.0	42.0
Soda, Ginger Ale, avg	1 1/2 cup	366.0	124.0	31.8	0.0	0.0	31.8
Soda, Ginger Ale, diet, avg	1 1/2 cup	355.0	0.0	0.4	0.0	0.0	0.4
Soda, Grape, avg	1 1/2 cup	372.0	160.0	41.7	0.0	0.0	41.7
Soda, Grape, diet, Shasta	1 1/2 cup	360.0	0.0	0.0	0.0	0.0	0.0
Soda, Grapefruit, diet, Shasta	1 1/2 cup	360.0	0.0	0.0	0.0	0.0	0.0
Soda, Lemon-Lime, avg	1 1/2 cup	368.0	147.0	38.3	0.0	0.0	38.3
Soda, Mountain Dew	1 1/2 cup	360.0	170.0	46.0	0.0	0.0	46.0
Soda, Mountain Dew, caff free	1 1/2 cup	360.0	170.0	46.0	0.0	0.0	46.0
Soda, Mountain Dew, diet	1 1/2 cup	360.0	0.0	0.0	0.0	0.0	0.0
Soda, Mountain Dew, diet, caff free	1 1/2 cup	360.0	0.0	0.0	0.0	0.0	0.0
Soda, Orange, avg	1 1/2 cup	372.0	179.0	45.8	0.0	0.0	45.8
Soda, Orange, diet, Minute Maid	1 1/2 cup	360.0	3.0	0.0	0.0	0.0	0.0
Soda, Orange, Fanta	1 1/2 cup	377.0	177.0	48.0	0.0	0.0	48.0
Soda, Orange, Minute Maid	1 1/2 cup	377.0	177.0	48.1	0.0	0.0	48.1
Soda, Peach, Shasta	1 1/2 cup	360.0	170.0	43.0	0.0	0.0	43.0
Soda, Pepsi Cola	1 1/2 cup	360.0	150.0	41.0	0.0	0.0	41.0
Soda, Pepsi Cola, caff free	1 1/2 cup	360.0	150.0	41.0	0.0	0.0	41.0
Soda, Pepsi Cola, diet	1 1/2 cup	360.0	0.0	0.0	0.0	0.0	0.0
Soda, Pepsi Cola, diet, caff free	1 1/2 cup	360.0	0.0	0.0	0.0	0.0	0.0
Soda, Pepsi Cola, Wild Cherry	1 1/2 cup	360.0	160.0	43.0	0.0	0.0	43.0
Soda, Pineapple, Minute Maid	1 1/2 cup	376.0	164.0	45.1	0.0	0.0	45.1
Soda, Root Beer, avg	1 1/2 cup	370.0	152.0	39.2	0.0	0.0	39.2
Soda, Root Beer, Barqs	1 1/2 cup	376.0	167.0	45.0	0.0	0.0	45.0
Soda, Root Beer, diet, avg	1 1/2 cup	370.0	0.0	0.4	0.0	0.0	0.4
Soda, Root Beer, diet, Barqs	1 1/2 cup	359.0	1.0	0.1	0.0	0.0	0.1
Soda, Root Beer, diet, Mug	1 1/2 cup	360.0	0.0	0.0	0.0	0.0	0.0
Soda, Root Beer, Mug	1 1/2 cup	360.0	160.0	43.0	0.0	0.0	43.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Soda, Slice	1 1/2 cup	360.0	150.0	40.0	0.0	0.0	40.0
Soda, Slice, diet	1 1/2 cup	360.0	0.0	1.0	0.0	0.0	1.0
Soda, Sprite	1 1/2 cup	373.0	144.0	38.1	0.0	0.0	38.1
Soda, Sprite, diet	1 1/2 cup	359.0	4.0	0.0	0.0	0.0	0.0
Soda, Strawberry, Minute Maid	1 1/2 cup	377.0	183.0	49.5	0.0	0.0	49.5
Soda, Tab	1 1/2 cup	359.0	1.0	0.4	0.0	0.0	0.4
SOLE, BATTERED, FROZEN	4 OZ	112.0	280.0	24.0	14.0	14.0	35.9
SOLE, FILLET	4 OZ	112.0	80.0	0.6	17.7	0.8	11.4
Sole/Flounder, batter fried, avg	4 pce	64.0	121.0	4.5	13.0	5.2	13.6
Sole/Flounder, bkd, fillet, avg	1 ea	127.0	149.0	0.0	30.7	1.9	18.9
Sole/Flounder, breaded, frd, fillet, avg	1 ea	81.0	177.0	6.4	16.2	9.2	18.4
Sole/Flounder, raw, fillet, avg	1 ea	163.0	148.0	0.0	30.6	1.9	18.8
Sole/Flounder, stmd, fillet, avg	3 oz	85.0	97.0	0.0	20.0	1.3	12.3
SONIC #1 HAMBURGER			409.0	23.0	20.0	27.0	41.8
SONIC #1 HAMBURGER WITH CHEESE			479.0	24.0	24.0	32.0	46.4
SONIC #2 HAMBURGER			323.0	23.0	20.0	16.0	39.0
SONIC #2 HAMBURGER WITH CHEESE			503.0	24.0	24.0	21.0	43.7
SONIC BACON CHEESEBURGER			548.0	23.0	28.0	39.0	49.6
SONIC B-L-T SANDWICH			327.0	27.0	8.0	19.0	36.6
SONIC CHICKEN SANDWICH			455.0	36.0	23.0	25.0	56.1
SONIC CHILI PIE			327.0	20.0	12.0	23.0	33.0
SONIC CORN DOG			280.0	30.0	7.0	15.0	38.0
SONIC EXTRA LONG CONEY			635.0	45.0	24.0	39.0	69.2
SONIC FISH SANDWICH			277.0	38.0	17.0	7.0	50.0
SONIC FRENCH FRIES	REGULAR SIZE		233.0	37.0	3.0	8.0	40.8
SONIC FRNECH FRIE	LARGE		315.0	50.0	5.0	11.0	55.8
SONIC GRILLED CHICKEN SANDWICH			215.0	23.0	21.0	4.0	36.6
SONIC ONION RINGS	REGULAR SIZE		404.0	38.0	5.0	27.0	47.8
SONIC ONION RINGS	LARGE		577.0	54.0	8.0	38.0	68.3
SONIC REGULAR CHEESE CONEY			358.0	23.0	14.0	23.0	37.2
SONIC REGULAR HOT DOG			258.0	21.0	8.0	15.0	29.6
SONIC STEAK SANDWICH			631.0	46.0	19.0	42.0	67.9
SONIC SUPER SONIC BURGER WITH MAYONNAISE			644.0	24.0	44.0	52.0	63.4
SONIC TATOR TOTS	REGULAR SIZE		150.0	19.0	2.0	7.0	22.0
SONIC TATOR TOTS WITH CHEESE	REGULAR SIZE		220.0	19.0	6.0	13.0	25.9
Sorbet, Lemon, Haagen Daz store	1/2 cup	113.0	140.0	34.9	0.0	0.0	34.9
Sorbet, Lemonade, soft serve, Haagen Daz store	1/2 cup	113.0	128.0	31.8	0.1	0.0	31.9
Sorbet, Mango, Haagen Daz store	1/2 cup	113.0	121.0	29.7	0.2	0.1	29.8
Sorbet, Mango, soft serve, Haagen Daz store	1/2 cup	113.0	121.0	29.7	0.2	0.1	29.8

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Sorbet, Orange, Haagen Daz store	1/2 cup	113.0	140.0	35.9	0.0	0.0	35.9
Sorbet, Raspberry, Haagen Daz store	1/2 cup	113.0	110.0	27.0	0.0	0.0	27.0
Sorbet, Raspberry, soft serve, Haagen Daz store	1/2 cup	113.0	122.0	29.6	0.3	0.2	29.8
Sorbet, Strawberry, Haagen Daz store	1/2 cup	113.0	133.0	32.1	0.2	0.2	32.3
Souffle, Cheese, avg	1 cup	112.0	196.0	5.6	11.6	14.2	16.1
Souffle, Chicken, avg	1 cup	159.0	289.0	8.8	19.7	19.1	25.4
Souffle, Seafood, avg	1 cup	159.0	258.0	8.9	17.5	16.6	23.5
Soup, 16 Bean, Bascom's	8 oz	226.0	788.0	143.8	54.8	3.4	177.5
Soup, Asparagus, Cream Of, cond, avg	1/2 cup	152.0	105.0	12.1	2.8	4.1	14.8
Soup, Asparagus, Cream Of, dry mix, svg, avg	1 ea	14.0	51.0	7.8	1.9	1.5	9.3
Soup, Asparagus, Cream Of, prep f/dry mix, avg	1 cup	251.0	58.0	8.1	2.2	1.7	9.8
Soup, Asparagus, Cream Of, prep, w/milk, avg	1 cup	248.0	161.0	16.4	6.3	8.2	22.2
Soup, Asparagus, Cream Of, prep, w/water, avg	1 cup	244.0	85.0	10.7	2.3	4.1	13.1
Soup, Bacon Cream, prep w/water, avg	1 cup	244.0	117.0	9.3	3.4	7.4	13.2
Soup, Bean & Frank, cond, avg	1/2 cup	132.0	187.0	22.2	10.0	7.0	30.0
Soup, Bean & Frank, prep w/water, avg	1 cup	250.0	188.0	22.0	9.1	6.1	29.0
Soup, Bean w/Bacon, cond, avg	1/2 cup	134.0	173.0	22.8	7.9	5.9	29.0
Soup, Bean w/Bacon, cond, Healthy Request	1 cup	256.0	300.0	52.0	14.0	4.0	61.4
Soup, Bean w/Bacon, dry mix, avg	1 oz	28.0	104.0	16.2	5.4	2.1	20.0
Soup, Bean w/Bacon, prep f/dry mix, avg	1 cup	265.0	106.0	16.4	5.5	2.1	20.2
Soup, Bean w/Bacon, prep w/water, avg	1 cup	253.0	172.0	22.8	7.9	5.9	29.0
SOUP, BEAN W/BACON, W/WATER	1 CUP	253.0	173.0	22.8	7.9	5.9	29.0
SOUP, BEAN W/FRANKS, W/WATER	1 CUP	250.0	187.0	22.0	10.0	7.0	29.8
Soup, Bean w/Ham, chunky, RTS, avg	1 cup	243.0	231.0	27.2	12.6	8.5	36.9
Soup, Bean w/Ham, RTS, Progresso	1 cup	238.0	160.0	25.0	10.0	2.0	31.5
SOUP, BEAN W/HAM, W/WATER	1 CUP	243.0	231.0	27.1	12.6	8.5	36.8
Soup, Bean, Black w/Coucs, fat free,dry, Hlth Vlly	1/3 cup	43.0	130.0	29.0	6.0	0.0	32.6
Soup, Bean, Black, in a cup, dry, Nile Spice	1 ea	54.0	171.0	35.1	11.3	1.5	42.3
Soup, Bean, Garbanzo Couscous, dry cup, Nile Spice	1 ea	59.0	216.0	39.5	8.8	2.6	45.4
Soup, Bean, Red w/Rice, in a cup, dry, Nile Spice	1 ea	53.0	166.0	35.1	10.3	1.2	41.6
Soup, Beef Broth, cond, Campb	1/2 cup	124.0	25.0	2.0	4.0	0.0	4.4
Soup, Beef Broth, cond, dbl strngth, Campb	1/2 cup	124.0	15.0	1.0	3.0	0.0	2.8
Soup, Beef Broth, low sod, avg	1 cup	240.0	38.0	0.1	4.8	1.4	3.3
Soup, Beef Broth, RTS, avg	1 cup	240.0	17.0	0.1	2.7	0.5	1.8
Soup, Beef Broth, RTS, Swanson	1 cup	235.0	20.0	1.0	2.0	1.0	2.5
Soup, Beef Broth, w/gelatin, cond, avg	1/2 cup	123.0	30.0	1.8	5.4	0.0	5.0
Soup, Beef Broth, w/gelatin, prep w/water, avg	1 cup	241.0	29.0	1.8	5.4	0.0	5.0
SOUP, BEEF NOODLE	1 CUP	244.0	84.0	9.0	4.8	3.1	12.7
Soup, Beef Stew, homemade	1 cup	252.0	222.0	20.1	22.6	5.3	35.0

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Soup, Beef Vegetable Stew, homemade	1 cup	245.0	218.0	15.2	15.7	10.5	27.2
Soup, Beef, Barley w/Vegetables, cond, Campbell's	1/2 cup	126.0	80.0	11.0	5.0	2.0	14.5
Soup, Beef, Barley, prep w/water, Corn Prod Co	8 oz	227.0	67.0	10.7	4.0	1.3	13.4
Soup, Beef, Barley, RTS, Progresso	1 cup	242.0	130.0	13.0	10.0	4.0	20.0
Soup, Beef, Bouillon, dry cube, avg	1 ea	4.0	7.0	0.6	0.7	0.2	1.1
Soup, Beef, Bouillon, dry pkt, avg	1 ea	6.0	14.0	1.4	0.1	0.5	1.6
Soup, Beef, Bouillon, low sod, dry mix, svg, avg	1 ea	6.0	16.0	1.1	1.0	0.8	1.9
Soup, Beef, Bouillon, prep f/dry cube, avg	1 cup	241.0	7.0	0.8	0.8	0.2	1.3
Soup, Beef, Bouillon, prep f/dry pkt, avg	1 cup	244.0	20.0	1.9	1.3	0.7	2.9
Soup, Beef, Chunky, RTS, avg	1 cup	240.0	170.0	19.6	11.7	5.1	27.9
Soup, Beef, Consomme, w/gelatin, dry mix, svg, avg	1 ea	13.0	18.0	2.1	2.2	0.0	3.4
Soup, Beef, Consomme, w/gelatin, prep f/mix, avg	1 cup	249.0	17.0	2.1	2.2	0.0	3.4
Soup, Beef, Mushroom, cond, avg	1/2 cup	126.0	77.0	6.6	5.8	3.0	10.8
Soup, Beef, Mushroom, cond, Campbell's	1/2 cup	126.0	70.0	6.0	5.0	3.0	9.8
Soup, Beef, Mushroom, low sod, avg	1 cup	251.0	173.0	18.8	10.8	5.8	26.7
Soup, Beef, Mushroom, prep w/water, avg	1 cup	244.0	73.0	6.3	5.8	3.0	10.5
Soup, Beef, Noodle, cond, avg	1/2 cup	126.0	84.0	9.0	4.9	3.1	12.7
Soup, Beef, Noodle, dry mix, svg, avg	1 ea	9.0	30.0	4.4	1.6	0.6	5.5
Soup, Beef, Noodle, prep f/mix, avg	1 cup	251.0	40.0	6.0	2.2	0.8	7.5
Soup, Beef, Noodle, prep w/water, avg	1 cup	244.0	83.0	8.1	4.8	3.1	11.8
Soup, Beef, Noodle, RTS, Progresso	1 cup	241.0	140.0	15.0	13.0	3.5	23.7
Soup, Beef, Old El Paso	1 cup	240.0	120.0	14.0	10.0	2.5	20.6
Soup, Beef, Pasta w/Vegetables, Progresso	1 cup	239.0	120.0	10.0	11.0	3.5	17.5
Soup, Beef, Pasta, chunky, RTS, Campbell's	1 cup	245.0	150.0	18.0	13.0	3.0	26.6
Soup, Beef, Pepper Steak, chunky, RTS, Campbell's	1 cup	245.0	140.0	18.0	11.0	2.5	25.2
Soup, Beef, Steak'N Potato, chnky, RTS, Campbell's	1 cup	245.0	160.0	20.0	12.0	4.0	28.2
Soup, Beef, Stroganoff, chunky, avg	1 cup	240.0	235.0	21.6	12.2	11.7	31.8
Soup, Beef, Stroganoff, chunky, RTS, Campbell's	8 oz	227.0	231.0	20.8	11.9	11.9	30.9
Soup, Beef, Vegetable Stew, avg	1 cup	245.0	194.0	17.4	14.2	7.6	27.8
Soup, Beef, Vegetable, cond, avg	1/2 cup	126.0	79.0	10.2	5.6	1.9	14.0
Soup, Beef, Vegetable, dry, svg, avg	1 ea	16.0	55.0	8.3	3.0	1.2	10.4
Soup, Beef, Vegetable, prep f/dry mix, avg	1 cup	253.0	53.0	8.0	2.9	1.1	10.0
Soup, Beef, Vegetable, prep w/water, avg	1 cup	244.0	78.0	10.2	5.6	1.9	14.0
Soup, Beef, Vegetable, RTS, chunky, Campbell's	1 cup	245.0	160.0	18.0	13.0	4.0	26.8
Soup, Beef, Vegetable, RTS, Healthy Request	1 cup	245.0	140.0	20.0	9.0	2.5	26.0
Soup, Birds Nest, avg	1 cup	244.0	110.0	6.1	13.1	2.7	14.6
Soup, Black Bean w/Bacon, prep, Old El Paso	1 cup	245.0	160.0	26.0	11.0	1.5	33.0
Soup, Black Bean&Vegetable, fat free, Hlth Vly	1 cup	240.0	110.0	24.0	11.0	0.0	30.6
Soup, Black Bean, cond, avg	1/2 cup	128.0	116.0	19.7	6.2	1.7	23.8

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Soup, Black Bean, prep w/water, avg	1 cup	247.0	116.0	19.8	5.6	1.5	23.5
Soup, Black Bean, RTS, Progresso	1 cup	242.0	170.0	30.0	8.0	1.5	35.2
Soup, Black Bean, Taste Adventure	1 cup	242.0	139.0	27.7	6.4	0.5	31.7
Soup, Black w/Rice, fat free, dry, Hlth Vly	1/3 cup	33.0	100.0	22.0	5.0	0.0	25.0
Soup, Borscht, avg	1 cup	245.0	74.0	6.5	3.1	4.1	9.4
Soup, Bouillabaisse, avg	1 cup	227.0	241.0	4.8	33.7	8.1	27.0
Soup, Broccoli & Cheese, cup a soup, Lipton	1 ea	16.0	70.0	8.0	2.0	3.0	10.0
Soup, Broccoli, Cream Of, avg	1 cup	237.0	235.0	15.8	8.7	15.9	25.0
Soup, Broccoli, Cream Of, cond, Campbell's	1/2 cup	124.0	100.0	9.0	2.0	6.0	11.7
Soup, Broccoli, Cream Of, cond, Healthy Request	1/2 cup	124.0	70.0	9.0	2.0	2.0	10.7
Soup, Broccoli, Cream Of, prep w/milk,Corn Prod Co	1 cup	248.0	175.0	10.2	11.7	10.2	19.8
Soup, Broccoli, Cream Of, RTS, Progresso	1 cup	244.0	88.0	13.3	2.4	2.8	15.4
Soup, Broccoli, Pasta, RTS, Progresso	1 cup	243.0	70.0	14.0	3.0	1.0	16.1
Soup, Broccoli, w/Cheese, cond, Campbell's	1/2 cup	124.0	110.0	9.0	3.0	7.0	12.6
Soup, Broccoli, w/Cheese, prep, Corn Prod Co	1 cup	248.0	365.0	13.1	8.8	30.6	26.0
Soup, Broccoli, w/Chicken&Cheese, RTS, Campbell's	1 cup	245.0	200.0	14.0	9.0	12.0	22.4
Soup, Broth, Beef, fat free, Hlth Vly	1 cup	240.0	30.0	2.0	5.0	0.0	5.0
Soup, Broth, Beef, fat free, unsld, Hlth Vly	1 cup	240.0	18.0	0.0	4.9	0.0	2.9
Soup, Broth, Chicken, prep w/water, Corn Prod Co	8 oz	227.0	20.0	1.3	1.3		2.1
Soup, Broth, Fish, avg	1 cup	237.0	38.0	0.9	4.7	1.4	4.1
Soup, Brunswick Stew, avg	1 cup	248.0	173.0	20.5	15.5	3.9	30.8
Soup, Brunswick Stew, avg	1 cup	250.0	174.0	20.7	15.6	3.9	31.0
Soup, Brunswick Stew, homemade	1 cup	243.0	231.0	17.4	26.7	6.2	35.0
Soup, Carrot Dill, in a cup, Nile Spice	1 ea	28.0	98.0	18.3	3.6	2.0	21.0
Soup, Cauliflower, dry mix, svg, avg	1 ea	19.0	68.0	10.8	2.9	1.7	13.0
Soup, Cauliflower, prep f/dry mix, avg	1 cup	256.0	69.0	10.7	2.9	1.7	12.9
Soup, Celery, Cream Of, dry, svg, avg	1 ea	17.0	61.0	9.5	2.6	1.6	11.5
Soup, Celery, Cream Of, prep f/dry, avg	1 cup	254.0	63.0	9.8	2.6	1.6	11.8
Soup, Cheese, cond, avg	1/2 cup	128.0	155.0	10.5	5.4	10.4	16.3
Soup, Cheese, Nacho, cond, Campbell's	1/2 cup	124.0	140.0	11.0	5.0	8.0	16.0
Soup, Cheese, prep w/milk, avg	1 cup	251.0	231.0	16.2	9.5	14.6	25.6
Soup, Cheese, prep w/water, avg	1 cup	247.0	156.0	10.5	5.4	10.5	16.4
SOUP, CHEESE, W/WATER	1 CUP	247.0	155.0	10.5	5.4	10.5	16.4
Soup, Chicken Broth, cond, avg	1/2 cup	126.0	39.0	0.9	5.6	1.3	4.6
Soup, Chicken Broth, fat free, Health Valley	1 cup	240.0	30.0	0.0	6.0	0.0	3.6
Soup, Chicken Broth, prep w/water, avg	1 cup	244.0	39.0	0.9	4.9	1.4	4.2
Soup, Chicken Broth, RTS, Healthy Request	1 cup	245.0	20.0	1.0	3.0	0.0	2.8
Soup, Chicken Broth, RTS, low sod, Campbell's	1 cup	188.0	31.0	1.5	3.1	1.5	3.7
Soup, Chicken Broth, RTS, Progresso	1 cup	233.0	20.0	1.0	2.0	0.5	2.3

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
SOUP, CHICKEN GUMBO WITH SAUSAGE, HOME COOKIN'	1 2/3 CUP	305.0	126.0	13.0	10.8	3.4	20.3
SOUP, CHICKEN MINESTRONE, HOME COOKIN'	1 1/4 CUP	269.0	150.0	14.0	11.0	6.0	22.1
SOUP, CHICKEN MUSHROOM	1 CUP	244.0	56.0	8.4	4.4	9.2	13.3
SOUP, CHICKEN NOODLE	1 CUP	241.0	75.0	9.4	4.0	2.5	12.4
SOUP, CHICKEN NOODLE, CAMPBELL'S CHUNKY	1 1/4 CUP	260.0	164.0	16.9	11.7	5.5	25.3
SOUP, CHICKEN RICE	1 CUP	241.0	60.0	7.2	3.5	1.9	9.8
SOUP, CHICKEN VEGETABLE	1 CUP	241.0	74.0	8.6	3.6	2.8	11.5
SOUP, CHICKEN VEGETABLE, CAMPBELL'S CHUNKY	1 CUP	269.0	167.0	19.4	10.3	5.3	26.9
Soup, Chicken, Barley, RTS, Progresso	1 cup	241.0	110.0	14.0	10.0	2.5	20.6
Soup, Chicken, Bouillon, dry cube, avg	1 ea	5.0	10.0	1.2	0.7	0.2	1.7
Soup, Chicken, Bouillon, dry, cup a soup, Lipton	1 ea	6.0	20.0	3.0	0.0	1.0	3.3
Soup, Chicken, Bouillon, prep f/dry mix, avg	1 cup	244.0	22.0	1.4	1.3	1.1	2.5
Soup, Chicken, Broth w/Noodles, cond, Campbell's	1/2 cup	126.0	80.0	12.0	3.0	2.5	14.4
Soup, Chicken, Chicken & Stars, cond, Campbell's	1/2 cup	126.0	70.0	9.0	3.0	2.0	11.3
Soup, Chicken, Cream of Chicken, cond, avg	1/2 cup	126.0	117.0	9.3	3.4	7.4	13.2
Soup, Chicken, Cream Of, dry pkt, avg	1 ea	18.0	78.0	9.8	1.3	3.9	11.6
Soup, Chicken, Cream Of, dry, cup a soup, Lipton	1 ea	17.0	70.0	11.0	1.0	2.5	12.2
Soup, Chicken, Cream Of, prep f/dry pkt, avg	1 cup	261.0	107.0	13.3	1.8	5.3	15.7
Soup, Chicken, Dumpling, cond, avg	1/2 cup	123.0	97.0	6.1	5.6	5.5	10.8
Soup, Chicken, Dumpling, prep, avg	1 cup	241.0	96.0	6.0	5.6	5.5	10.7
Soup, Chicken, Grilled, Neslte Foods	8 oz	227.0	191.0	22.2	8.6	7.5	29.2
Soup, Chicken, Gumbo, cond, avg	1/2 cup	126.0	57.0	8.4	2.6	1.4	10.3
Soup, Chicken, Gumbo, prep, avg	1 cup	244.0	56.0	8.4	2.6	1.4	10.3
Soup, Chicken, Mushroom, cond, avg	1/2 cup	152.0	166.0	11.6	5.3	11.1	17.6
Soup, Chicken, Mushroom, prep w/water, avg	1 cup	244.0	132.0	9.3	4.4	9.2	14.2
Soup, Chicken, Noodle & Meatball, RTS, avg	1 cup	250.0	174.0	20.7	15.6	3.9	31.0
Soup, Chicken, Noodle & Meatball, RTS, avg	1 cup	248.0	173.0	20.5	15.5	3.9	30.8
Soup, Chicken, Noodle O'S, cond, Campbell's	1/2 cup	126.0	80.0	10.0	4.0	3.0	13.2
Soup, Chicken, Noodle, cond, avg	1/2 cup	123.0	75.0	9.4	3.1	2.3	11.8
Soup, Chicken, Noodle, cond, Healthy Request	1/2 cup	126.0	70.0	9.0	3.0	2.0	11.3
Soup, Chicken, Noodle, dry mix, svg, avg	1 ea	11.0	38.0	5.3	2.1	0.8	6.8
Soup, Chicken, Noodle, dry, cup a soup, Lipton	1 ea	16.0	60.0	10.0	3.0	1.0	12.1
Soup, Chicken, Noodle, fat free, dry, Hlth Vlly	1/3 cup	32.0	80.0	18.0	3.0	0.0	19.8
Soup, Chicken, Noodle, Old El Paso	1 cup	239.0	110.0	10.0	9.0	3.0	16.2
Soup, Chicken, Noodle, prep f/dry mix, avg	1 cup	252.0	53.0	7.4	2.9	1.2	9.4
Soup, Chicken, Noodle, prep w/water, avg	1 cup	241.0	75.0	9.4	4.0	2.5	12.4
Soup, Chicken, Noodle, RTS, chunky, avg	1 cup	240.0	175.0	17.0	12.7	6.0	26.1
Soup, Chicken, Noodle, RTS, chunky, Campbell's	1 cup	245.0	130.0	16.0	9.0	3.0	22.2
Soup, Chicken, Noodle, RTS, low sod, Campbell's	1 cup	245.0	95.0	11.9	4.8	3.6	15.7

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Soup, Chicken, Noodle, RTS, Progresso	1 cup	238.0	80.0	8.0	9.0	2.0	13.9
Soup, Chicken, Noodle, Weight Watchers	1 cup	241.0	121.0	20.2	7.3	1.6	25.0
Soup, Chicken, Rice Vegetable, RTS, Progresso	1 cup	238.0	110.0	12.0	7.0	3.0	17.0
Soup, Chicken, Rice, cond, avg	1/2 cup	123.0	60.0	7.2	3.6	1.9	9.8
Soup, Chicken, Rice, cond, Healthy Request	1/2 cup	126.0	60.0	10.0	2.0	2.5	11.8
Soup, Chicken, Rice, dry mix, svg, avg	1 ea	16.0	59.0	9.1	2.4	1.4	10.9
Soup, Chicken, Rice, Old El Paso	1 cup	238.0	90.0	10.0	8.0	2.5	15.4
Soup, Chicken, Rice, prep f/dry mix, avg	1 cup	253.0	61.0	9.3	2.5	1.4	11.2
Soup, Chicken, Rice, prep w/water, avg	1 cup	241.0	60.0	7.2	3.5	1.9	9.8
Soup, Chicken, Rice, RTS, chunky, avg	1 cup	240.0	127.0	12.1	12.3	3.2	20.3
Soup, Chicken, Rice, Weight Watchers	8 oz	302.0	112.0	17.2	6.1	1.5	21.2
Soup, Chicken, Rice, wild, cond, Campbell's	1/2 cup	126.0	70.0	9.0	3.0	2.0	11.3
Soup, Chicken, Rotini Pasta, Progresso	1 cup	238.0	90.0	8.0	10.0	2.0	14.5
Soup, Chicken, Stew, avg	1 cup	252.0	287.0	15.2	24.1	14.1	33.2
Soup, Chicken, Tortellini in Broth, RTS, Progresso	1 cup	236.0	80.0	10.0	4.0	2.0	12.9
Soup, Chicken, Vegetable Alphabet, cond, Campb	1/2 cup	126.0	80.0	11.0	4.0	2.0	13.9
Soup, Chicken, Vegetable w/Chick Nggts, RTS, Camp	1 cup	245.0	90.0	12.0	6.0	2.0	16.1
Soup, Chicken, Vegetable, chunky, RTS, avg	1 cup	240.0	166.0	18.9	12.3	4.8	27.5
Soup, Chicken, Vegetable, cond, avg	1/2 cup	123.0	75.0	8.6	3.6	2.9	11.5
Soup, Chicken, Vegetable, cond, Healthy Request	1/2 cup	126.0	80.0	12.0	3.0	2.0	14.3
Soup, Chicken, Vegetable, dry mix, svg, avg	1 ea	11.0	38.0	6.1	2.1	0.6	7.5
Soup, Chicken, Vegetable, dry, cup a soup, Lipton	1 ea	14.0	50.0	10.0	1.0	1.0	10.9
Soup, Chicken, Vegetable, low sod, prep, avg	1 cup	241.0	166.0	19.0	12.3	4.8	27.6
Soup, Chicken, Vegetable, Old El Paso	1 cup	240.0	110.0	13.0	9.0	2.5	19.0
Soup, Chicken, Vegetable, prep f/dry mix, avg	1 cup	251.0	50.0	7.8	2.7	0.8	9.6
Soup, Chicken, Vegetable, prep, avg	1 cup	241.0	75.0	8.6	3.6	2.8	11.5
Soup, Chicken, Vegetable, Progresso	1 cup	240.0	100.0	10.0	9.0	2.5	16.0
Soup, Chicken, Vegetable, RTS, Healthy Request	1 cup	245.0	110.0	18.0	6.0	2.0	22.1
SOUP, CHILI BEEF WITH BEANS, CAMPBELL'S	1 CUP	213.0	133.0	16.7	5.5	4.9	21.2
Soup, Chili w/Beans, Chef Mate	1 cup	253.0	412.0	29.1	17.7	25.0	46.0
Soup, Chili w/Beans, Old El Paso	1 cup	228.0	200.0	15.0	19.0	7.0	28.2
Soup, Chili w/Beans, spicy, Chef Mate	1 cup	253.0	423.0	32.9	16.9	24.7	49.2
Soup, Chili w/o Beans, Chef Mate	1 cup	250.0	430.0	17.6	18.6	31.5	36.6
Soup, Chili, Beef w/Beans, cond, Campbell's	1/2 cup	128.0	170.0	24.0	7.0	5.0	29.5
Soup, Chili, Beef w/Beans, RTS, chunky, Campbell's	8 oz	227.0	218.0	27.6	15.3	5.1	38.1
Soup, Chili, Beef, cond, avg	1/2 cup	132.0	170.0	21.5	6.7	6.6	27.2
Soup, Chili, Beef, prep w/water, avg	1 cup	250.0	170.0	21.5	6.7	6.6	27.2
Soup, Chowder, Potato&Ham, RTS, chunky, Campbel	1 cup	245.0	220.0	16.0	6.0	14.0	23.1
SOUP, CHUNKY VEGETABLE	1 CUP	240.0	122.0	19.0	3.5	3.7	22.0

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Soup, Clam Chowder, Manhattan, cond, avg	1/2 cup	126.0	77.0	12.3	2.2	2.2	14.2
Soup, Clam Chowder, Manhattan, dry mix, svg, avg	1 ea	19.0	66.0	10.9	2.1	1.6	12.6
Soup, Clam Chowder, Manhattan, prep w/water, avg	1 cup	244.0	78.0	12.2	2.2	2.2	14.1
Soup, Clam Chowder, Manhattan, RTS, chunky, avg	1 cup	240.0	134.0	18.8	7.2	3.4	24.0
Soup, Clam Chowder, Manhattan, RTS, Progresso	1 cup	239.0	110.0	11.0	12.0	2.0	18.7
Soup, Clam Chowder, New England, cond, avg	1/2 cup	126.0	88.0	10.9	5.5	2.5	14.8
Soup, Clam Chowder, New England, dry mix, svg, avg	1 ea	13.0	54.0	7.4	1.6	2.1	8.9
Soup, Clam Chowder, New England, prep w/milk, avg	1 cup	248.0	164.0	16.6	9.5	6.6	24.0
Soup, Clam Chowder, New England, prep w/water, avg	1 cup	244.0	95.0	12.4	4.8	2.9	16.0
Soup, Clam Chowder, New England, RTS, chnky, Can	1 cup	245.0	240.0	21.0	7.0	15.0	29.0
Soup, Clam Chowder, New England, RTS, Hlthy Rqst	1 cup	245.0	120.0	17.0	5.0	3.0	20.8
Soup, Corn Chowder, fat free, dry, Health Valley	1/2 cup	31.0	90.0	20.0	4.0	0.0	22.4
Soup, Corn Chowder, in a cup, dry, Nile Spice	1 ea	30.0	110.0	22.2	3.1	1.9	24.5
Soup, Corn, Chicken Chowder, RTS, chunky, Campb	1 cup	245.0	250.0	18.0	10.0	15.0	27.8
Soup, Corn, Chowder, prep w/milk, Corn Prod Co	1 cup	248.0	175.0	18.1	7.3	7.3	24.3
Soup, Corn, Chowder, RTS, Progresso	1 cup	244.0	180.0	20.0	5.0	10.0	25.5
Soup, Corn, cond, Campbell's	1/2 cup	124.0	120.0	20.0	2.0	3.5	22.1
Soup, Corn, Vegetable, fat free, Health Valley	1 cup	240.0	80.0	17.0	6.0	0.0	20.6
SOUP, CRAB, CANNED	1 CUP	244.0	76.0	10.3	5.5	1.5	14.0
Soup, Crab, prep w/milk, avg	1 cup	248.0	253.0	11.8	20.5	13.6	27.5
Soup, Crab, RTS, avg	1 cup	244.0	76.0	10.3	5.5	1.5	14.0
Soup, Cream of Celery, cond, avg	1/2 cup	126.0	91.0	8.9	1.7	5.6	11.3
Soup, Cream of Celery, cond, Healthy Request	1/2 cup	124.0	70.0	11.0	2.0	2.0	12.7
Soup, Cream of Celery, prep w/milk, avg	1 cup	248.0	164.0	14.5	5.7	9.7	20.3
Soup, Cream of Celery, prep w/water, avg	1 cup	244.0	90.0	8.8	1.7	5.6	11.2
Soup, Cream of Chicken, cond, Healthy Request	1/2 cup	124.0	80.0	12.0	2.0	2.0	13.7
Soup, Cream of Chicken, prep w/milk, avg	1 cup	248.0	191.0	14.1	7.5	11.5	21.5
Soup, Cream of Chicken, prep w/water, avg	1 cup	244.0	117.0	9.3	3.4	7.4	13.2
Soup, Cream of Chicken, RTS, Progresso	1 cup	239.0	170.0	11.0	8.0	10.0	18.3
SOUP, CRM OF ASPARAGUS, W/WATER	1 CUP	244.0	87.0	10.7	2.3	4.1	13.1
SOUP, CRM OF CELERY, W/WATER	1 CUP	244.0	90.0	8.8	1.7	5.6	11.2
SOUP, CRM OF CHICKEN, W/WATER	1 CUP	244.0	116.0	9.3	3.4	7.4	13.2
SOUP, CRM OF MUSHROOM, W/WATER	1 CUP	244.0	129.0	9.3	2.3	9.0	12.9
SOUP, CRM OF ONION, W/WATER	1 CUP	244.0	90.0	8.2	2.8	5.2	11.2
SOUP, CRM OF POTATO, W/WATER	1 CUP	244.0	73.0	11.5	1.7	2.4	13.1
Soup, Egg Drop, avg	1 cup	244.0	73.0	1.1	7.5	3.8	6.6
Soup, Escarole, avg	1 cup	248.0	27.0	1.8	1.5	1.8	3.1
Soup, Fish Stock, homemade	1 cup	233.0	40.0	0.0	5.3	1.9	3.7
Soup, Five Bean, fat free, Health Valley	1 cup	240.0	140.0	32.0	10.0	0.0	38.0

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
SOUP, GAZPACHO	1 CUP	244.0	57.0	0.8	8.7	2.2	6.6
Soup, Gazpacho, avg	1 cup	244.0	46.0	4.4	7.1	0.2	8.7
SOUP, GREEN PEA, W/WATER	1 CUP	250.0	164.0	26.5	8.6	2.9	32.4
Soup, Ham, Pasta & Vegetable, avg	1 cup	244.0	63.0	8.3	5.3	1.0	11.7
Soup, Hot & Sour, avg	1 cup	244.0	132.0	5.4	12.1	6.1	14.2
Soup, Lamb Stew, avg	1 cup	252.0	272.0	28.0	18.4	10.0	41.5
Soup, Leek, dry mix, svg, avg	1 ea	17.0	64.0	10.3	1.9	1.9	11.9
Soup, Leek, prep f/dry mix, avg	1 cup	254.0	71.0	11.4	2.1	2.1	13.2
SOUP, LENTIL W/HAM	1 CUP	248.0	140.0	20.2	9.3	2.8	26.5
Soup, Lentil, Couscous, fat free, dry, Hlth Vly	1/3 cup	43.0	130.0	28.0	7.0	0.0	32.2
Soup, Lentil, Crry Couscous, in a cup, dry, NI Spc	1 ea	56.0	197.0	36.2	10.2	1.3	42.6
Soup, Lentil, Curry, Taste Adventure	1 cup	241.0	138.0	29.7	6.4	0.5	33.7
Soup, Lentil, Ham, RTS, avg	1 cup	248.0	139.0	20.2	9.3	2.8	26.5
Soup, Lentil, in a cup, dry, Nile Spice	1 ea	52.0	166.0	34.3	11.3	1.4	41.4
Soup, Lentil, RTS, Campbell's	1 cup	245.0	130.0	24.0	7.0	0.5	28.3
Soup, Lentil, RTS, Progresso	1 cup	241.0	140.0	22.0	9.0	2.0	27.9
Soup, Lentil, Shells, RTS, Progresso	1 cup	242.0	130.0	22.0	7.0	1.5	26.6
Soup, Lentil, w/Bacon, prep w/water CPC	8 oz	227.0	93.0	9.3	5.3	4.0	13.5
Soup, Lentil, w/Carrots, fat free, Health Valley	1 cup	240.0	90.0	25.0	10.0	0.0	31.0
Soup, Lentil, w/Sausage, RTS, Progresso	1 cup	241.0	170.0	19.0	8.0	7.0	25.6
Soup, Lobster Bisque, avg	1 cup	248.0	273.0	12.7	20.2	15.5	28.7
Soup, Lobster Gumbo, avg	1 cup	244.0	178.0	19.7	9.8	7.3	27.4
Soup, Macaroni & Bean, RTS, Progresso	1 cup	246.0	160.0	23.0	7.0	4.0	28.2
SOUP, MANHATTEN CLAM CHOWDER, CAMPBELL	3/4 CUP	206.0	69.0	11.0	2.0	1.8	12.7
Soup, Meatballs & Pasta, RTS, Progresso	1 cup	237.0	140.0	13.0	7.0	7.0	19.0
Soup, Minestrone, Beef, RTS, Progresso	1 cup	241.0	140.0	14.0	12.0	4.0	22.2
Soup, Minestrone, Chicken, RTS, Progresso	1 cup	239.0	120.0	12.0	10.0	3.5	18.9
Soup, Minestrone, chunky, RTS, avg	1 cup	240.0	127.0	20.7	5.1	2.8	24.5
Soup, Minestrone, cond, avg	1/2 cup	123.0	84.0	11.3	4.3	2.5	14.5
Soup, Minestrone, cond, Healthy Request	1/2 cup	126.0	90.0	17.0	4.0	1.0	19.7
Soup, Minestrone, cond, Taste Adventure	1 cup	234.0	124.0	24.7	7.2	0.5	29.1
Soup, Minestrone, dry, in a cup, Nile Spice	1 ea	45.0	143.0	29.7	8.0	1.1	34.8
Soup, Minestrone, dry, couscous, in a cup, NI Spc	1 ea	53.0	178.0	37.4	8.1	1.1	42.5
Soup, Minestrone, dry, svg, avg	1 ea	17.0	61.0	9.1	3.4	1.3	11.5
Soup, Minestrone, fat free, Health Valley	1 cup	240.0	80.0	21.0	8.0	0.0	25.8
Soup, Minestrone, prep f/dry mix, avg	1 cup	254.0	79.0	11.9	4.4	1.7	15.0
Soup, Minestrone, prep w/water, avg	1 cup	241.0	82.0	11.2	4.3	2.5	14.4
Soup, Minestrone, RTS, can, Campbell's	1 ea	305.0	140.0	24.0	5.0	3.0	27.8
Soup, Minestrone, w/Shells, RTS, Progresso	1 cup	240.0	120.0	20.0	5.0	1.5	23.4

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Soup, Minestrone, Weight Watchers	8 oz	227.0	99.0	17.5	3.8	1.5	20.2
Soup, Moroccan Stew, meal in a cup, Sah Morcn	1 cup	248.0	153.0	32.8	4.4	0.0	35.4
Soup, Mushroom, avg	1 cup	241.0	58.0	8.2	3.8	1.7	10.9
Soup, Mushroom, Barley, cond, avg	1/2 cup	126.0	77.0	12.1	1.9	2.3	13.8
Soup, Mushroom, Barley, prep w/water, avg	1 cup	244.0	73.0	11.7	1.9	2.3	13.4
Soup, Mushroom, Beef Stock, prep w/water, avg	1 cup	244.0	85.0	9.3	3.1	4.0	12.2
Soup, Mushroom, Beef Stock, cond, avg	1/2 cup	126.0	86.0	9.3	3.2	4.0	12.2
Soup, Mushroom, cond, avg	1/2 cup	123.0	57.0	8.2	3.8	1.7	10.9
Soup, Mushroom, Cream of, cond, avg	1/2 cup	126.0	130.0	9.3	2.0	9.5	12.9
Soup, Mushroom, Cream of, cond, Healthy Request	1/2 cup	124.0	70.0	10.0	1.0	2.5	11.2
Soup, Mushroom, Cream Of, cup a soup, dry, Lipton	1 ea	15.0	60.0	10.0	1.0	2.0	11.1
Soup, Mushroom, Cream of, low sod, RTS, Campbell's	8 oz	227.0	152.0	13.7	2.3	10.7	17.8
Soup, Mushroom, Cream of, prep w/milk, avg	1 cup	248.0	203.0	15.0	6.1	13.6	22.1
Soup, Mushroom, Cream of, prep w/water, avg	1 cup	244.0	129.0	9.3	2.3	8.1	12.7
Soup, Mushroom, Cream of, RTS, Campbell's	1 cup	245.0	170.0	9.0	3.0	13.0	14.1
Soup, Mushroom, Cream of, RTS, Progrsso	1 cup	238.0	140.0	12.0	3.0	8.0	15.8
Soup, Mushroom, creamy, cond, avg	1/2 cup	126.0	111.0	13.1	2.8	5.3	16.1
Soup, Mushroom, creamy, prep w/milk, avg	1 cup	248.0	186.0	18.4	6.8	9.4	24.8
Soup, Mushroom, creamy, prep w/water, avg	1 cup	244.0	107.0	12.7	2.8	5.3	15.7
Soup, Mushroom, dry mix, svg, avg	1 ea	17.0	75.0	8.7	1.7	3.8	10.7
Soup, Mushroom, French, cond, Campbell's	1/2 cup	126.0	70.0	10.0	2.0	2.5	11.8
Soup, Mushroom, French, prep w/water, Corn Prod Co	8 oz	227.0	67.0	12.0	2.7	1.3	13.9
Soup, Mushroom, Golden, cond, Campbell's	1/2 cup	124.0	80.0	10.0	2.0	3.0	12.0
Soup, Mushroom, prep f/dry mix, avg	1 cup	253.0	96.0	11.1	2.2	4.9	13.6
Soup, Mushroom, soup in a cup, dry, Nile Spice	1 ea	36.0	137.0	26.3	3.6	2.3	29.0
Soup, Navy Bean, Taste Adventure	1 cup	234.0	155.0	12.4	9.3	0.5	18.1
SOUP, NEW ENGLAND CLAM CHOWDER, CAMPBELL'S	1 CUP	269.0	252.0	22.1	7.6	14.8	30.4
Soup, Onion, dry mix, Campbell's	1/3 cup	37.0	106.0	26.4	0.0	0.0	26.4
Soup, Onion, dry packet, avg	1 ea	39.0	115.0	20.9	4.5	2.3	24.2
Soup, Onion, prep f/dry pkt, avg	1 cup	246.0	27.0	5.1	1.1	0.6	5.9
SOUP, ONION, W/WATER	1 CUP	241.0	57.0	8.2	3.8	1.7	10.9
Soup, Oxtail, dry mix, svg, avg	1 ea	16.0	60.0	7.7	2.4	2.2	9.7
Soup, Oxtail, prep f/dry mix, avg	1 cup	253.0	71.0	8.1	2.8	2.6	10.4
Soup, Oyster Stew, cond, avg	1/2 cup	123.0	59.0	4.1	2.1	3.8	6.3
Soup, Oyster Stew, prep w/milk, avg	1 cup	245.0	135.0	9.8	6.1	7.9	15.4
Soup, Oyster Stew, prep w/water, avg	1 cup	241.0	58.0	4.1	2.1	3.8	6.3
Soup, Pasta, Bolognese, fat free, Health Valley	1 cup	240.0	70.0	17.0	5.0	0.0	20.0
Soup, Pasta, Cacciatore, fat free, Health Valley	1 cup	240.0	90.0	19.0	6.0	0.0	22.6
Soup, Pasta, Fagioli, fat free, Health Valley	1 cup	240.0	80.0	17.0	6.0	0.0	20.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Soup, Pasta, Italiano, fat free, dry, Hlth Vlly	1/3 cup	26.0	85.0	18.7	3.0	0.0	20.5
Soup, Pasta, Mediterranean, in a cup, dry, NI Spc	1 ea	53.0	207.0	33.3	8.5	4.4	39.5
Soup, Pasta, Parmesan, in a cup, dry, Nile Spice	1 ea	49.0	177.0	32.5	6.9	2.7	37.3
Soup, Pasta, Primavera, fat free, Health Valley	1 cup	240.0	80.0	21.0	8.0	0.0	25.8
Soup, Pasta, Primavera, in a cup, dry, Nile Spice	1 ea	50.0	189.0	34.7	6.1	2.5	39.0
Soup, Pasta, Romano, fat free, Health Valley	1 cup	240.0	140.0	32.0	10.0	0.0	38.0
Soup, Pasta, Rotini Vegetable, fat free, Hlth Vlly	1 cup	240.0	100.0	20.0	4.0	0.0	22.4
Soup, Pasta, Vegetable, cond, Campbell's	1/2 cup	126.0	90.0	18.0	2.0	1.0	19.5
Soup, Pea, Green, cond, avg	1/2 cup	132.0	165.0	26.7	8.6	2.9	32.6
Soup, Pea, Green, cup a soup, dry, Lipton	1 ea	26.0	110.0	17.0	3.0	3.5	19.7
Soup, Pea, Green, low sod, prep w/water, avg	1 cup	250.0	165.0	26.5	8.5	3.0	32.4
Soup, Pea, Green, prep w/milk, avg	1 cup	254.0	239.0	32.3	12.6	7.0	41.6
Soup, Pea, Green, prep w/water, avg	1 cup	250.0	165.0	26.5	8.6	2.9	32.4
Soup, Pea, Split, dry mix, svg, avg	1 ea	28.0	100.0	16.1	5.7	1.2	19.8
Soup, Pea, Split, prep f/dry, avg	1 cup	255.0	125.0	21.3	7.2	1.5	26.0
Soup, Pea, Split, soup in a cup, dry, Nile Spice	1 ea	53.0	196.0	34.5	12.8	1.1	42.5
Soup, Pea, Split, w/crtns, fat free, dry, HlthVlly	1/2 cup	37.0	130.0	25.0	8.0	0.0	29.8
Soup, Pea, Splittin, meal in a cup, Fant Fd	1 ea	56.0	190.0	35.0	12.0	1.0	42.5
Soup, Pea, Virginia, cup a soup, dry, Lipton	1 ea	31.0	130.0	19.0	3.0	5.0	22.1
Soup, Pepper Pot, avg	1 cup	241.0	104.0	9.4	6.4	4.6	14.4
Soup, Pepper Pot, cond, avg	1/2 cup	123.0	103.0	9.4	6.4	4.6	14.4
Soup, Pork, Rice & Vegetable, avg	1 cup	244.0	122.0	8.5	11.8	4.3	16.7
Soup, Potato Leek, in a cup, dry, Nile Spice	1 ea	30.0	112.0	19.1	4.1	2.8	22.3
Soup, Potato w/Broccoli, fat free, dry, Hlth Vlly	1/3 cup	27.0	70.0	15.0	4.0	0.0	17.4
Soup, Potato, Cream of, cond, avg	1/2 cup	126.0	74.0	11.5	1.8	2.4	13.2
Soup, Potato, Cream of, prep w/milk, Corn Prod Co	1 cup	248.0	175.0	18.1	7.3	7.3	24.3
Soup, Potato, Cream of, prep w/water, avg	1 cup	244.0	73.0	11.5	1.8	2.4	13.2
Soup, Potato, Vichyssoise, avg	1 cup	248.0	149.0	17.2	5.8	6.4	22.3
Soup, Ratatouille, homemade	1 cup	214.0	265.0	11.8	2.4	24.6	19.4
Soup, Salmon, cream style, avg	1 cup	248.0	258.0	6.5	27.1	12.6	25.9
Soup, Scotch Broth, cond, avg	1/2 cup	123.0	81.0	9.5	4.1	2.6	12.6
Soup, Scotch Broth, cond, Campbell's	1/2 cup	124.0	80.0	9.0	4.0	3.0	12.2
Soup, Scotch Broth, prep w/water, avg	1 cup	241.0	80.0	9.5	4.1	2.6	12.6
Soup, Seafood Stew, avg	1 cup	252.0	169.0	15.3	20.3	2.9	28.2
Soup, Shark Fin, homemade	1 cup	216.0	99.0	8.2	6.9	4.3	13.4
Soup, Shrimp, Cream of, cond, avg	1/2 cup	126.0	91.0	8.2	2.8	5.2	11.2
Soup, Shrimp, Cream of, prep w/milk, avg	1 cup	248.0	164.0	13.9	6.8	9.3	20.3
Soup, Shrimp, Cream of, prep w/water, avg	1 cup	244.0	90.0	8.2	2.8	5.2	11.2
Soup, Shrimp, Gumbo, avg	1 cup	244.0	151.0	18.2	9.6	4.9	25.2

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
SOUP, SPLIT PEA W/HAM, W/WATER	1 CUP	253.0	189.0	28.0	10.3	4.4	35.3
Soup, Split Pea, RTS, low sod, Campbell's	8 oz	227.0	179.0	28.3	8.9	2.1	34.2
Soup, Split Pea, RTS, Progresso	1 cup	244.0	170.0	25.0	10.0	3.0	31.8
Soup, Split Pea, w/Carrots, fat free, Hlth Vllly	1 cup	240.0	110.0	17.0	8.0	0.0	21.8
Soup, Split Pea, w/Ham & Bacon, cond, Campbell's	1/2 cup	128.0	180.0	28.0	10.0	3.5	34.9
Soup, Split Pea, w/Ham, cond, avg	1/2 cup	134.0	189.0	27.9	10.3	4.4	35.2
Soup, Split Pea, w/Ham, prep w/water, avg	1 cup	253.0	190.0	28.1	10.3	4.4	35.4
Soup, Split Pea, w/Ham, RTS, chunky, avg	1 cup	240.0	185.0	26.9	11.1	3.1	34.3
Soup, Split Pea, w/Ham, RTS, Healthy Request	1 cup	245.0	170.0	29.0	10.0	1.5	35.4
Soup, Split Pea, w/Ham, RTS, Progresso	1 cup	243.0	160.0	20.0	9.0	4.0	26.4
Soup, Stock Pot, cond, avg	1/2 cup	128.0	100.0	11.5	4.9	3.9	15.4
Soup, Stock Pot, prep w/water, avg	1 cup	248.0	99.0	11.5	4.9	3.9	15.4
Soup, Sweet & Sour, avg	1 cup	244.0	73.0	15.1	3.3	0.8	17.3
SOUP, TOMATO BEEF W/NOODLES	1 CUP	244.0	140.0	21.4	4.5	4.3	25.2
SOUP, TOMATO BISQUE, W/WATER	1 CUP	247.0	123.0	23.7	2.3	2.5	25.7
SOUP, TOMATO RICE	1 CUP	247.0	120.0	21.9	2.1	2.7	23.8
Soup, Tomato, Beef Noodle, cond, avg	1/2 cup	126.0	141.0	21.3	4.5	4.3	25.1
Soup, Tomato, Beef Noodle, prep w/water, avg	1 cup	244.0	139.0	21.2	4.5	4.3	25.0
Soup, Tomato, Bisque, cond, avg	1/2 cup	128.0	123.0	23.7	2.3	2.5	25.7
Soup, Tomato, Bisque, prep w/milk, avg	1 cup	251.0	198.0	29.4	6.3	6.6	34.8
Soup, Tomato, Bisque, prep w/water, avg	1 cup	247.0	124.0	23.7	2.3	2.5	25.7
Soup, Tomato, cond, avg	1/2 cup	126.0	86.0	16.6	2.1	1.9	18.3
Soup, Tomato, cond, Healthy Request	1/2 cup	124.0	90.0	18.0	1.0	1.5	19.0
Soup, Tomato, dry, cup a soup, Lipton	1 ea	26.0	90.0	19.0	2.0	2.0	20.7
Soup, Tomato, dry, svg, avg	1 ea	21.0	76.0	14.3	1.8	1.8	15.8
Soup, Tomato, Fiesta, cond, Campbell's	1/2 cup	126.0	70.0	16.0	1.0	0.0	16.6
Soup, Tomato, Garden, RTS, Campbell's	8 oz	227.0	112.0	20.1	3.7	2.1	22.8
Soup, Tomato, Garden, RTS, Progresso	1 cup	245.0	98.0	19.0	3.5	0.1	21.1
Soup, Tomato, Parmesan, Casbah Sahara	1 cup	248.0	164.0	28.4	4.4	2.2	31.6
Soup, Tomato, prep f/dry mix, avg	1 cup	265.0	103.0	19.4	2.5	2.4	21.5
Soup, Tomato, prep w/milk, avg	1 cup	248.0	161.0	22.3	6.1	6.0	27.5
Soup, Tomato, prep w/water, avg	1 cup	244.0	85.0	16.6	2.0	1.9	18.3
Soup, Tomato, Rice, cond, avg	1/2 cup	128.0	119.0	21.9	2.1	2.7	23.8
Soup, Tomato, Rice, in a cup, Nile Spice	1 ea	36.0	134.0	22.7	4.6	2.8	26.2
Soup, Tomato, Rice, prep w/water, avg	1 cup	247.0	119.0	21.9	2.1	2.7	23.8
Soup, Tomato, Rotini, RTS, Progresso	1 cup	239.0	90.0	16.0	4.0	1.0	18.7
Soup, Tomato, RTS, low sod, avg	1 cup	240.0	84.0	16.3	1.9	1.9	17.9
Soup, Tomato, RTS, low sod, Campbell's	8 oz	227.0	129.0	21.3	3.0	4.6	24.2
Soup, Tomato, RTS, Progresso	1 cup	241.0	90.0	15.0	3.0	2.0	17.3

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Soup, Tomato, Tortellini, RTS, Progresso	1 cup	239.0	120.0	13.0	5.0	5.0	17.3
Soup, Tomato, Vegetable, dry, avg	1/3 cup	6.0	19.0	3.6	0.7	0.3	4.1
Soup, Tomato, Vegetable, fat free, Health Valley	1 cup	240.0	80.0	17.0	6.0	0.0	20.6
Soup, Tomato, Vegetable, prep f/dry mix, avg	1 cup	253.0	56.0	10.2	1.1	0.9	11.1
Soup, Tomato, Vegetable, RTS, Healthy Request	1 cup	245.0	120.0	22.0	4.0	2.0	24.9
SOUP, TOMATO, W/WATER	1 CUP	244.0	86.0	16.6	2.1	1.9	18.3
Soup, Tortellini, RTS, Progresso	1 cup	238.0	210.0	15.0	5.0	15.0	21.8
SOUP, TURKEY NOODLE	1 CUP	244.0	69.0	8.6	3.9	2.0	11.4
SOUP, TURKEY VEGETABLE	1 CUP	241.0	74.0	8.6	3.1	3.0	11.2
Soup, Turkey, Chunky, RTS, avg	1 cup	236.0	135.0	14.1	10.2	4.4	21.3
Soup, Turkey, Noodle, cond, avg	1/2 cup	126.0	69.0	8.7	3.9	2.0	11.5
Soup, Turkey, Noodle, prep w/water, avg	1 cup	244.0	68.0	8.6	3.9	2.0	11.4
Soup, Turkey, Vegetable&Wild Rice, RTS, Hlthy Rqst	1 cup	245.0	120.0	17.0	7.0	2.5	21.8
Soup, Turkey, Vegetable, cond, avg	1/2 cup	123.0	74.0	8.7	3.1	3.0	11.3
Soup, Turkey, Vegetable, prep w/water, avg	1 cup	241.0	72.0	8.6	3.1	3.0	11.2
Soup, Turtle Vegetable, avg	1 cup	244.0	117.0	4.3	12.9	4.2	13.1
Soup, Veal Stew, avg	1 cup	252.0	192.0	15.9	16.1	6.8	27.3
SOUP, VEGETABLE BEEF	1 CUP	200.0	64.0	8.6	4.8	1.1	11.8
Soup, Vegetable, Barley, fat free, Health Valley	1 cup	240.0	90.0	19.0	6.0	0.0	22.6
Soup, Vegetable, Broth, bouillon, avg	1 cup	235.0	16.0	1.1	2.0	0.0	2.3
Soup, Vegetable, Broth, Swanson	1 cup	235.0	20.0	3.0	2.0	1.0	4.5
Soup, Vegetable, Chunky, RTS, avg	1 cup	240.0	122.0	19.0	3.5	3.7	22.0
Soup, Vegetable, cond, Campbell's	1/2 cup	126.0	90.0	16.0	3.0	1.0	18.1
Soup, Vegetable, cond, Healthy Request	1/2 cup	126.0	90.0	16.0	3.0	1.0	18.1
Soup, Vegetable, Cream Of, dry mix, svg, avg	1 ea	18.0	80.0	9.4	1.4	4.3	11.3
Soup, Vegetable, Cream Of, prep f/dry mix, avg	1 cup	260.0	107.0	12.3	1.9	5.7	14.9
Soup, Vegetable, dry, cup a soup, Lipton	1 ea	13.0	50.0	9.0	2.0	1.0	10.5
Soup, Vegetable, fat free, Health Valley	1 cup	240.0	80.0	17.0	6.0	0.0	20.6
Soup, Vegetable, low sod, avg	1 cup	241.0	82.0	12.8	2.4	2.4	14.8
Soup, Vegetable, low sod, prep f/dry mix, avg	1 cup	253.0	56.0	10.1	2.0	0.8	11.5
Soup, Vegetable, Prmsn Cscs, dry, in a cup, NI Spc	1 ea	54.0	196.0	34.1	8.2	2.9	39.7
Soup, Vegetable, RTS, Healthy Request	1 cup	245.0	100.0	20.0	3.0	1.0	22.1
Soup, Vegetable, RTS, Progresso	1 cup	238.0	90.0	15.0	4.0	2.0	17.9
Soup, Vegetable, Vegetarian, cond, avg	1/2 cup	123.0	73.0	12.0	2.1	1.9	13.7
Soup, Vegetable, w/Beef Broth, cond, avg	1/2 cup	123.0	81.0	13.2	2.1	1.9	14.9
Soup, Vegetable, w/Beef Broth, prep w/water, avg	1 cup	241.0	82.0	13.1	2.1	1.9	14.8
Soup, Vegetable, Weight Watchers	8 oz	227.0	99.0	20.6	3.1	0.8	22.7
SOUP, VEGETARIAN VEGETABLE	1 CUP	241.0	72.0	12.0	2.1	1.9	13.7
Soup, Vegetarian, Vegetarian, prep w/water, avg	1 cup	241.0	72.0	11.1	2.1	1.9	12.8

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Soup, Venison Stew, avg	1 cup	252.0	164.0	17.9	18.6	1.9	29.5
Soup, Won Ton, avg	1 cup	241.0	188.0	16.0	14.1	6.1	26.0
Sour Cream, avg	2 Tbs	29.0	62.0	1.2	0.9	6.1	3.3
Sour Cream, Breakstone's	2 Tbs	30.0	60.0	1.0	1.0	5.0	2.9
Sour Cream, Fat Free, Breakstone's	2 Tbs	32.0	35.0	6.0	2.0	0.0	7.2
Sour Cream, Half & Half, avg	1 Tbs	15.0	20.0	0.6	0.4	1.8	1.3
Sour Cream, Half & Half, avg	2 Tbs	30.0	41.0	1.3	0.9	3.6	2.7
Sour Cream, Half & Half, Breakstone's	2 Tbs	31.0	45.0	2.0	1.0	3.5	3.5
Sour Cream, Imitation, avg	2 Tbs	29.0	60.0	1.9	0.7	5.7	3.7
Sour Cream, Light, Knudsen	2 Tbs	31.0	40.0	2.0	2.0	2.5	3.8
SOYBEANS, COOKED	1/2 CUP	100.0	130.0	10.8	11.0	5.7	18.8
Soybeans, Dry, rstd, avg	1/2 cup	86.0	387.0	28.1	34.1	18.6	53.2
Soybeans, Dry, rstd, avg	1/2 cup	86.0	387.0	28.1	34.1	18.6	53.2
Soybeans, Green, ckd, avg	1/2 cup	90.0	127.0	9.1	11.2	5.8	17.3
Soybeans, Green, raw, avg	1/2 cup	128.0	188.0	14.2	16.6	8.7	26.3
Soybeans, Mature Seeds, rstd, unsalted, avg	1/2 cup	86.0	405.0	28.9	30.3	21.8	52.5
Soybeans, w/Salt, ckd, avg	1/2 cup	86.0	149.0	8.5	14.3	7.7	19.0
SPAGHETTI & MEAT SAUCE, CANNED	7 1/2 OZ	213.0	230.0	26.0	9.0	10.0	33.9
SPAGHETTI & MEAT SAUCE, FROZEN	8 OZ	227.0	311.0	31.3	13.8	14.5	43.2
SPAGHETTI & MEATBALLS, CANNED	7 3/8 OZ	209.0	210.0	24.0	9.0	9.0	31.7
Spaghetti Dinner, w/Meatballs, apples&brd, fzn,avg	1 ea	326.0	447.0	54.1	24.6	14.4	72.5
Spaghetti Dinner, w/Meatballs, veg&dsrt, fzn,avg	1 ea	354.0	365.0	56.5	14.1	9.3	67.3
SPAGHETTI W/TOM. SAUCE, CANNED	7 3/8 OZ	209.0	170.0	33.0	5.0	2.0	36.5
SPAGHETTI W/TOMATO SAUCE, HOMEMD	8 OZ	220.0	179.0	34.3	7.0	1.5	38.9
SPAGHETTI, COOKED	1 CUP	146.0	216.0	44.0	7.3	0.7	48.6
Spaghetti, Marinara, w/garlic bread, Mar Clndr	1 cup	227.0	270.0	35.0	10.0	10.0	43.5
Spaghetti, w/Beef, pkg, Dining Lite	1 ea	255.0	220.0	25.0	12.0	8.0	34.2
Spaghetti, w/Meat Sauce&Garlic Bread, Mar Clndr	1 cup	193.0	260.0	32.0	11.0	10.0	41.1
Spaghetti, w/Meat Sauce, Weight Watchers	1 ea	284.0	250.0	24.0	15.0	6.0	34.5
Spaghetti, w/Sauce & Cheese, avg	1 cup	250.0	260.0	37.0	8.8	8.8	44.5
Spaghetti, w/Sauce & Cheese, cnd, avg	1 cup	250.0	190.0	38.5	5.5	1.5	42.2
Spaghetti, w/Sauce & Meatballs, avg	1 cup	248.0	332.0	38.7	18.6	11.9	52.8
Spaghetti, w/Sauce & Meatballs, cnd, avg	1 cup	250.0	258.0	28.5	12.3	10.3	38.5
SPAM, CANNED	1 OZ	28.0	87.0	1.1	3.9	7.4	5.3
Spearmint, dried, avg	1 tsp	0.0	0.0	0.0	0.0	0.0	0.0
Spearmint, fresh, avg	1 Tbs	6.0	3.0	0.5	0.2	0.0	0.6
Spinach, Canned, w/liquid, avg	1/2 cup	117.0	22.0	3.4	2.5	0.4	5.0
Spinach, Canned, w/liquid, unsalted, avg	1/2 cup	117.0	22.0	3.4	2.5	0.4	5.0
Spinach, Cooked, avg	1/2 cup	90.0	21.0	3.4	2.7	0.2	5.1

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Spinach, Dehydrated, Basic Vegetable Products	1 oz	28.0	69.0	11.1	9.0	1.1	16.8
SPINACH, FROZEN	1/2 CUP	100.0	23.0	3.8	3.0	0.3	5.7
Spinach, Frozen, ckd, drnd, unsalted, avg	1/2 cup	95.0	27.0	5.1	2.1	0.2	6.4
Spinach, Frozen, creamed, Green Giant	1/2 cup	109.0	84.0	10.1	3.7	3.2	13.1
Spinach, Frozen, w/butter sauce, Green Giant	3 oz	85.0	37.0	3.9	2.1	1.4	5.5
Spinach, Juice, avg	1/2 cup	118.0	7.0	0.6	1.7		1.6
SPINACH, RAW	3.5 OZ	100.0	26.0	4.3	3.2	0.3	6.3
Spinach, Raw, chpd, avg	1 cup	30.0	7.0	1.1	0.9	0.1	1.7
Spinach, Steamed, avg	1/2 cup	95.0	21.0	3.3	2.7	0.3	5.0
Spinach, Stir Fried, avg	1/2 cup	90.0	20.0	3.2	2.6	0.3	4.8
Sports Drink, Fruit Punch, avg	1 cup	240.0	53.0	14.7	0.0	0.0	14.7
Sports Drink, Fruit Punch, Powerade	1 cup	247.0	72.0	19.0	0.0	0.0	19.0
Sports Drink, Grape, avg	1 cup	240.0	53.0	13.3	0.0	0.0	13.3
Sports Drink, Grape, Powerade	1 cup	247.0	73.0	19.0	0.0	0.0	19.0
Sports Drink, Lemon Lime, avg	1 cup	240.0	47.0	13.3	0.0	0.0	13.3
Sports Drink, Lemon Lime, Powerade	1 cup	247.0	72.0	19.0	0.0	0.0	19.0
Sports Drink, Mountain Blast, Powerade	1 cup	247.0	73.0	19.0	0.0	0.0	19.0
Sports Drink, Orange, avg	1 cup	240.0	47.0	13.3	0.0	0.0	13.3
Sports Drink, Orange, Powerade	1 cup	247.0	72.0	19.0	0.0	0.0	19.0
Sports Drink, Thirst Quencher, avg	1 cup	241.0	60.0	15.2	0.0	0.0	15.2
Spot Fish, bkd, fillet, avg	1 ea	50.0	79.0	0.0	11.9	3.1	7.9
Spot Fish, raw, fillet, avg	1 ea	64.0	79.0	0.0	11.8	3.1	7.9
Sprats Fish, dried, avg	3 oz	85.0	143.0	0.0	21.5	6.3	14.5
Sprats Fish, fresh, raw, avg	3 oz	85.0	85.0	0.0	16.7	1.5	10.4
Sprinkles, Buncha Crunch, Butterfinger, Nestle	1 Tbs	25.0	120.0	16.4	3.1	4.7	19.4
Sprinkles, Buncha Crunch, topping, Nestle	2 Tbs	20.0	103.0	13.2	1.1	5.1	15.1
Sprinkles, Mini Morsels, topping, Nestle	2 Tbs	21.0	100.0	13.4	1.0	6.0	15.5
Sprinkles, Rainbow Morsel, topping, Nestle	2 Tbs	28.0	136.0	20.7	1.2	5.4	22.8
Sprinkles, Sno Caps, sweet choc tpng, Nestle	1 oz	28.0	129.0	20.6	0.9	5.6	22.5
Sprouts, Alfalfa, avg	1/2 cup	16.0	5.0	0.6	0.6	0.1	1.0
Sprouts, Brussel, butter sauce, Green Giant	3 oz	85.0	54.0	7.7	2.6	1.3	9.6
Sprouts, Brussel, ckd, avg	1/2 cup	78.0	30.0	6.8	1.1	0.4	7.6
Sprouts, Brussel, fzn, ckd, avg	1/2 cup	78.0	33.0	6.5	2.8	0.3	8.3
Sprouts, Brussel, raw, avg	1/2 cup	44.0	19.0	3.9	1.5	0.1	4.8
Sprouts, Kidney Bean, ckd, avg	1/2 cup	64.0	21.0	3.0	3.1	0.4	5.0
Sprouts, Kidney Bean, raw, avg	1/2 cup	92.0	27.0	3.8	3.9	0.5	6.3
Sprouts, Mung Bean, cnd, drnd, avg	1/2 cup	62.0	7.0	1.3	0.9	0.0	1.8
Sprouts, Mung Bean, cnd, La Choy	2 oz	57.0	9.0	1.5	0.7	0.0	1.9
Sprouts, Mung Bean, raw, avg	1/2 cup	52.0	16.0	3.1	1.6	0.1	4.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Sprouts, Mung Bean, stir fried, avg	1/2 cup	62.0	31.0	6.6	2.7	0.1	8.2
Sprouts, Soybeans, raw, avg	1/2 cup	35.0	43.0	3.3	4.6	2.3	6.6
Sprouts, Steamed, avg	1/2 cup	47.0	38.0	3.1	3.1	2.1	5.5
Sprouts, Stir Fried, avg	1/2 cup	62.0	78.0	5.8	8.1	4.4	11.8
Squab/Pigeon, Raw	4 oz	113.0	332.0	0.0	20.9	26.9	19.3
Squab/Pigeon, Raw, w/o skin	4 oz	113.0	160.0	0.0	19.8	8.5	14.0
SQUASH, ACORN, BAKED	1/2 MEDIUM	195.0	86.0	21.8	3.0	0.2	23.7
Squash, Acorn, bkd, avg	1/2 cup	102.0	57.0	14.9	1.1	0.1	15.6
Squash, Acorn, raw, cubes, avg	1/2 cup	70.0	28.0	7.3	0.6	0.1	7.7
Squash, Banana, raw, Freida's Specialty Produce	1/2 cup	57.0	20.0	4.7	0.7	0.0	5.1
SQUASH, BUTTERNUT, BAKED	1 CUP	205.0	139.0	35.9	3.7	0.2	38.2
Squash, Butternut, bkd, mshd, avg	1/2 cup	122.0	49.0	12.8	1.1	0.1	13.5
Squash, Butternut, ckd f/fzn, avg	1/2 cup	120.0	47.0	12.1	1.5	8.4	15.1
Squash, Butternut, raw, avg	1/2 cup	70.0	31.0	8.2	0.7	0.1	8.6
Squash, Crookneck, ckd, avg	1/2 cup	90.0	18.0	3.9	0.8	0.3	4.5
Squash, Crookneck, raw, avg	1/2 cup	65.0	12.0	2.6	0.6	0.2	3.0
Squash, Hubbard, bkd, avg	1/2 cup	120.0	60.0	12.1	2.1	0.7	13.5
Squash, Hubbard, raw, avg	1/2 cup	58.0	23.0	5.0	1.2	0.3	5.8
Squash, Scallop, ckd, mshd, unsalted, avg	1/2 cup	120.0	19.0	3.1	1.2	0.2	3.9
Squash, Scallop, raw, avg	1/2 cup	65.0	12.0	2.5	0.8	0.1	3.0
Squash, Spaghetti, ckd, avg	1/2 cup	78.0	21.0	5.0	0.5	0.2	5.4
Squash, Spaghetti, raw, avg	1/2 cup	50.0	16.0	3.5	0.3	0.3	3.8
Squash, Summer, ckd f/fzn, avg	1/2 cup	96.0	24.0	5.3	1.2	0.2	6.1
Squash, Summer, ckd, unsalted, avg	1/2 cup	90.0	18.0	3.9	0.8	0.3	4.5
Squash, Summer, cnd, drnd, unsalted, avg	1/2 cup	108.0	14.0	3.2	0.7	7.6	5.5
Squash, Summer, raw, avg	1/2 cup	56.0	11.0	2.4	0.7	0.1	2.8
Squash, Winter, bkd, mshd, avg	1/2 cup	122.0	48.0	10.7	1.1	0.8	11.6
Squash, Winter, raw, avg	1/2 cup	58.0	21.0	5.1	0.8	0.1	5.6
SQUASH, YELLOW, RAW	1/2 CUP	100.0	19.0	4.2	1.1	0.1	4.9
SQUASH, ZUCCHINI, CANNED	2/3 CUP	100.0	28.0	6.9	1.0	0.1	7.5
Squash, Zucchini, ckd f/fzn, avg	1/2 cup	112.0	19.0	3.1	1.3	0.1	3.9
Squash, Zucchini, Italian style, cnd, avg	1/2 cup	114.0	33.0	7.8	1.2	0.1	8.5
Squash, Zucchini, pckld, avg	1/2 cup	85.0	26.0	6.0	0.9	0.2	6.6
Squash, Zucchini, raw, avg	1/2 cup	65.0	9.0	1.9	0.8	0.1	2.4
Squash, Zucchini, steamed, avg	1/2 cup	90.0	13.0	2.6	1.1	0.1	3.3
Squash, Zucchini, stir fried, avg	1/2 cup	90.0	13.0	2.6	1.1	0.1	3.3
Squid, bkd/brld, avg	1 cup	140.0	193.0	5.2	26.3	6.6	22.6
Squid, cnd, avg	1 cup	187.0	198.0	6.6	33.5	2.1	27.2
Squid, dried, avg	3 oz	85.0	287.0	9.6	48.7	4.3	39.9

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Squid, fried in flour, avg	1 cup	105.0	184.0	8.2	18.8	7.9	21.5
Squid, pckld, avg	3 oz	85.0	78.0	3.6	12.7	1.1	11.5
Squid, raw, avg	3 oz	85.0	78.0	2.6	13.3	1.2	10.9
Squid, stmd, avg	3 oz	85.0	72.0	0.0	14.8	1.0	9.1
Squirrel, Raw	4 oz	113.0	136.0	0.0	23.1	3.6	14.8
Squirrel, Roasted	3 oz	85.0	147.0	0.0	26.2	3.1	16.5
Starkiss, svg, Dairy Queen	1 ea	85.0	80.0	21.0	0.0	0.0	21.0
STEAK, CHICKEN-FRIED	3.5 OZ	100.0	389.0	12.3	17.9	30.0	30.5
STEAK, T-BONE, LEAN COOKED	2 OZ	59.0	116.0	0.0	15.6	5.4	10.7
Steelhead, Sea Trout, bkd, avg	1 ea	186.0	247.0	0.0	39.1	8.6	25.6
Steelhead, Sea Trout, raw, fillet, avg	1 ea	238.0	248.0	0.0	39.7	8.6	26.0
Steelhead, Sea trout, smkd, avg	3 oz	85.0	150.0	0.0	24.2	5.3	15.8
Stir Fry, Chicken, prep f/dry mix, Chicken Helper	7 oz	198.0	330.0	35.0	21.0	11.0	50.4
Stir Fry, Chicken, w/pasta, fzn, Lipton	1 cup	124.0	440.0	90.0	14.0	4.0	99.4
Strawberries, Dried, World Variety Produce	1 oz	28.0	95.0	22.7	0.5	0.2	23.1
Strawberries, Fresh, slices, avg	1/2 cup	83.0	25.0	5.8	0.5	0.3	6.2
Strawberries, Frozen, sliced, swtnd, avg	1/2 cup	128.0	123.0	33.2	0.7	0.2	33.7
Strawberries, Frozen, thawed, unswtnd, avg	1/2 cup	110.0	39.0	10.0	0.5	0.1	10.3
STRAWBERRIES, FRZN, UNSWEETENED	1 CUP	149.0	52.0	13.6	0.6	0.2	14.0
Strawberries, Halves, light syrup, Bird's Eye	1/2 cup	130.0	68.0	17.3	0.6	0.1	17.7
Strawberries, Heavy Syrup, avg	1/2 cup	127.0	117.0	29.8	0.7	0.3	30.3
STRAWBERRIES, RAW	1 CUP	149.0	45.0	10.5	0.9	0.6	11.2
Strawberry Milk Drink, dry mix, avg	1 Tbs	26.0	101.0	25.8	0.0	0.1	25.8
Strawberry Milk Drink, prep f/mix, avg	1 cup	266.0	234.0	32.7	7.1	8.2	39.0
Strawberry Misty Cooler, svg, Dairy Queen	1 ea	340.0	190.0	49.0	0.0	0.0	49.0
Streusel, Apple, Mrs. Smith's	1 pce	167.0	420.0	67.0	3.0	16.0	72.8
Stroganoff, Beef, Pepperidge Farm	1 ea	156.0	420.0	27.0	13.0	29.0	42.1
Stroganoff, Beef, Slim Selects	1 ea	248.0	280.0	29.0	18.0	10.0	42.3
Stroganoff, Beef, w/noodles, Marie Calendar	1 cup	184.0	439.0	22.1	23.1	26.1	42.5
Strudels, Apple, avg	1 pce	71.0	195.0	29.2	2.3	7.1	32.4
Strudels, Apple, Dunkin Donuts	1 ea	98.0	290.0	45.0	5.0	10.0	50.5
Strudels, Apple, Entenmann's	1 pce	110.0	310.0	44.0	3.0	14.0	49.3
Strudels, Berry, avg	1 pce	64.0	159.0	29.4	2.2	4.0	31.7
Strudels, Blueberry, Dunkin Donuts	1 ea	98.0	300.0	48.0	5.0	10.0	53.5
Strudels, Cheese, avg	1 pce	64.0	195.0	24.1	6.5	8.2	30.1
Strudels, Cherry, avg	1 pce	64.0	179.0	29.3	2.7	6.3	32.5
Strudels, Lemon, Dunkin Donuts	1 ea	98.0	280.0	43.0	5.0	11.0	48.8
Strudels, Peach, avg	1 pce	64.0	124.0	23.3	1.8	2.9	25.1
Strudels, Raspberry, Dunkin Donuts	1 ea	98.0	310.0	51.0	5.0	10.0	56.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Strudels, Strawberry, Dunkin Donuts	1 ea	98.0	310.0	51.0	5.0	10.0	56.5
STUFFING, BREAD, FROM MIX	1/2 CUP	95.0	198.0	18.7	4.2	12.2	24.3
Stuffing, Cornbread, dry mix, avg, 6 oz pkg	1 ea	170.0	661.0	130.4	17.0	7.1	142.4
Stuffing, Cornbread, dry mix, microwave, Stove Top	1/2 cup	28.0	120.0	20.0	3.0	3.5	22.7
Stuffing, Cornbread, Hny Pcn, dry mix, Pepp Farms	1/2 cup	34.0	140.0	23.0	3.0	5.0	26.1
STUFFING, CORNBREAD, MIX	1/2 CUP	90.0	117.0	22.9	4.1	1.8	25.8
Stuffing, Cornbread, prep f/dry mix, avg	1/2 cup	100.0	179.0	21.9	2.9	8.8	25.8
Stuffing, Wild Rice&Mushroom, dry mix, Pepp Farms	1/2 cup	26.0	130.0	16.8	3.8	4.6	20.2
Sturgeon, bkd, avg	1 cup	136.0	184.0	0.0	28.2	7.0	18.7
Sturgeon, floured/breaded, fried, avg	3 oz	85.0	196.0	6.7	14.9	11.9	18.6
Sturgeon, raw, avg	3 oz	85.0	89.0	0.0	13.7	3.4	9.1
Sturgeon, smkd, avg	3 oz	85.0	147.0	0.0	26.5	3.7	16.8
SUBMARINE SANDWICH, MEAT/CHEESE	8 INCH SANDWICH	326.0	639.0	65.7	41.3	23.4	96.3
SUBWAY BEEF SANDWICH	6-INCH		295.0	42.0	20.0	5.0	55.3
SUBWAY CLASSIC ITALIAN B.M.T. SANDWICH	6-INCH		431.0	43.0	20.0	20.0	60.0
SUBWAY CLUB SANDWICH	6-INCH		297.0	43.0	21.0	11.0	58.4
SUBWAY COLD CUT TRIO SANDWICH	6-INCH		344.0	43.0	18.0	11.0	56.6
SUBWAY HAM SANDWICH	6-INCH		270.0	42.0	17.0	4.0	53.2
SUBWAY ITALIAN SANDWICH	6-INCH		458.0	42.0	19.0	24.0	59.4
SUBWAY MEATBALL SANDWICH	6-INCH		408.0	51.0	19.0	14.0	65.9
SUBWAY MELT ON ITALIAN ROLL	6-INCH		357.0	43.0	21.0	11.0	58.4
SUBWAY SALAD, B.M.T.			257.0	9.0	14.0	19.0	22.2
SUBWAY SALAD, CLUB			123.0	10.0	14.0	3.0	19.2
SUBWAY SALAD, SEAFOOD AND CRAB WITH LIGHT DRESSING			155.0	10.0	13.0	8.0	19.8
SUBWAY SALAD, TUNA WITH LIGHT DRESSING			194.0	10.0	9.0	13.0	18.7
SUBWAY SALAD, TURKEY BREAST			99.0	10.0	10.0	2.0	16.5
SUBWAY SALAD, VEGGIE			45.0	8.0	2.0	1.0	9.5
SUBWAY SEAFOOD AND CRAB SANDWICH	6-INCH		329.0	43.0	19.0	9.0	56.7
SUBWAY STEAK AND CHEESE SANDWICH	6-INCH		360.0	46.0	23.0	10.0	62.3
SUBWAY TUNA SANDWICH	6-INCH		519.0	42.0	15.0	32.0	59.0
SUBWAY TUNA SANDWICH WITH LIGHT DRESSIN	6-INCH		368.0	44.0	15.0	15.0	56.8
SUBWAY TURKEY AND HAM SANDWICH	6-INCH		271.0	43.0	17.0	4.0	54.2
SUBWAY TURKEY BREAST SANDWICH	6-INCH		273.0	44.0	16.0	4.0	54.6
SUBWAY VEGGIE DELITE SANDWICH	6-INCH		219.0	42.0	8.0	2.0	47.3
Sucker Fish, white, bkd, fillet, avg	1 ea	124.0	148.0	0.0	26.7	3.7	16.9
Sucker Fish, white, raw, fillet, avg	1 ea	159.0	146.0	0.0	26.7	3.7	16.9
SUGAR	1 TSP	4.0	16.0	4.0	0.0	0.0	4.0
Sugar Cane Drink, avg	1 cup	240.0	163.0	42.4	0.0	0.0	42.4
Sugar Substitute, Aspartame, pkt, Nutrisweet	1 ea	1.0	4.0	0.9	0.0	0.0	0.9

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Sugar Substitute, Aspartame, pwd, Nutrisweet	1 tsp	5.0	19.0	0.0	4.8	0.0	2.9
Sugar Substitute, Saccharin, liquid, avg	1 tsp	5.0	0.0	0.1	0.0	0.0	0.1
Sugar Substitute, Saccharin, pkt, avg	1 ea	0.0	0.0	0.0	0.0	0.0	0.0
Sugar Substitute, Sweet Magic	1 ea	1.0	0.0	0.0	0.0	0.0	0.0
Sugar Substitute, Weight Watchers	1 tsp	5.0	25.0	5.0	0.0	0.0	5.0
Sugar, Cane, Brown, liquid, avg	1 tsp	7.0	18.0	4.7	0.0	0.0	4.7
Sugar, Cane, Brown, packed, avg	1 tsp	5.0	19.0	4.9	0.0	0.0	4.9
Sugar, Cane, Brown, unpacked, avg	1 tsp	5.0	19.0	4.9	0.0	0.0	4.9
Sugar, Cane, Caramelized, avg	1 tsp	5.0	19.0	4.9	0.0	0.0	4.9
Sugar, Cane, Raw, avg	1 tsp	4.0	15.0	3.9	0.0	0.0	3.9
Sugar, Cane, Syrup, avg	1 tsp	7.0	18.0	4.8	0.0	0.0	4.8
Sugar, Cane, White, granulated, avg	1 tsp	4.0	15.0	3.1	0.0	0.0	3.1
Sugar, Cane, White, powdered, avg	1 tsp	2.0	8.0	1.1	0.0	0.0	1.1
Sugar, Maple, avg	1 Tbs	9.0	32.0	8.2	9.0	0.0	13.6
Sukiyaki, avg	1 cup	162.0	175.0	6.4	19.2	7.1	19.7
Sundae, Caramel, avg	1 ea	155.0	304.0	49.3	7.3	9.3	56.0
Sundae, Choc Chip Cookie Dough, Wt Wtchrs	1 ea	154.0	180.0	34.0	3.0	4.0	36.8
Sundae, Choc w/Whippd Cream, small, avg	1 ea	165.0	417.0	46.4	5.7	25.4	56.2
Sundae, Choc, small, avg	1 ea	170.0	290.0	51.0	6.0	7.0	56.4
Sundae, Chocolate, med, Dairy Queen	1 ea	241.0	410.0	73.0	8.0	10.0	80.3
Sundae, Hot Fudge, avg	1 ea	158.0	284.0	47.7	5.6	8.6	53.2
Sundae, Hot Fudge, Cool Twist, Hardees	1 ea	156.0	290.0	51.0	7.0	6.0	56.7
Sundae, Nutty Double Fudge, Dairy Queen	1 ea	276.0	570.0	85.0	10.0	22.0	96.5
Sundae, Praline Toffee Crunch Parfait, Wt Wtchrs	1 ea	145.0	191.0	40.1	5.0	3.0	43.8
Sundae, Strawberry, avg	1 ea	153.0	268.0	44.7	6.3	7.8	50.4
Sundae, Strawberry, Cool Twist, Hardees	1 ea	164.0	210.0	43.0	5.0	2.0	46.5
Supplement Drink, Choc Almond, RTS, Sweet Succes	1 cup	250.0	158.0	30.1	9.5	2.5	36.4
Supplement Drink, Choc Chip, dry mix, Swt Scs	1 oz	28.0	79.0	16.6	6.1	1.7	20.7
Supplement Drink, Choc Chip,prp w/skm mlk,Swt Scs	1 cup	265.0	180.0	30.0	15.0	2.6	39.6
Supplement Drink, Choc Fdg, prp w/skm mlk,Swt Scs	1 cup	265.0	180.0	30.0	15.0	1.1	39.3
Supplement Drink, Choc Fudge, dry mix, Swt Scs	1 oz	28.0	79.0	16.6	6.1	1.4	20.6
Supplement Drink, Choc Fudge, RTS, Sweet Success	1 cup	250.0	158.0	30.1	9.5	2.5	36.4
Supplement Drink, Choc Malt, 1 dry scp, Slim Fast	1 ea	28.0	100.0	19.1	5.0	1.0	22.4
Supplement Drink, Choc Mch, prp w/skm mlk,Swt Scs	1 cup	265.0	180.0	30.0	15.0	1.3	39.3
Supplement Drink, Choc Mint, RTS, Sweet Success	1 cup	265.0	167.0	31.9	10.1	2.7	38.6
Supplement Drink, Choc Mocha, dry mix, Swt Scs	1 oz	28.0	79.0	16.6	6.1	1.4	20.6
Supplement Drink, Choc Mocha, RTS, Sweet Success	1 cup	250.0	158.0	30.1	9.5	2.5	36.4
Supplement Drink, Choc Raspberry, RTS, Swt Scs	1 cup	250.0	158.0	30.1	9.5	2.5	36.4
Supplement Drink, Choc, 1dry scp, Ultra Slim Fast	1 ea	33.0	120.0	23.1	4.1	0.1	25.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Supplement Drink, Choc, dry mix, Sweet Success	1 oz	28.0	79.0	16.6	6.1	1.4	20.6
Supplement Drink, Choc, prep w/skim milk, Swt Scs	1 cup	265.0	180.0	30.0	15.0	1.1	39.3
Supplement Drink, Choc, RTS, Sweet Success	1 cup	250.0	158.0	30.1	9.5	2.5	36.4
Supplement Drink, Fruit, dry scp, Ultra Slim Fast	1 ea	31.0	100.0	17.0	10.0	1.0	23.3
Supplement Drink, Fruit, w/orng jc,Ultra SlimFast	1 cup	279.0	200.0	44.0	11.0	0.1	50.6
Supplement Drink, Great Nog, prep f/mix, Menu Magic	1 cup	287.0	310.0	40.0	16.1	9.5	52.0
Supplement Drink, High Calorie Plus, RTS, Ensure	1 cup	259.0	355.0	47.3	13.0	12.6	58.2
Supplement Drink, High Nitrogen Plus, RTS, Ensure	1 cup	259.0	355.0	47.3	14.8	11.8	59.1
Supplement Drink, High Nitrogen, RTS, Ensure	1 cup	253.0	250.0	33.4	10.5	8.4	41.8
Supplement Drink, High Protein, RTS, Ensure	1 cup	253.0	225.0	30.8	12.0	6.0	39.5
Supplement Drink, Mocha, dry scp, Ultra Slim Fast	1 ea	33.0	120.0	23.1	4.1	0.1	25.6
Supplement Drink, Strawberry, dry scp, Slim Fast	1 ea	28.0	100.0	19.1	5.0	0.5	22.2
Supplement Drink, Strawberry, RTS, Sweet Success	1 cup	265.0	167.0	31.9	10.1	2.7	38.6
Supplement Drink, Strw, dry scp, Ultra Slim Fast	1 ea	33.0	100.0	24.1	5.0	0.6	27.3
Supplement Drink, Van, dry scp, Ultra Slim Fast	1 ea	33.0	120.0	25.0	4.1	0.5	27.6
Supplement Drink, Van, prep w/2% milk, NutriCare	1 cup	227.0	209.0	28.5	13.5	4.7	37.8
Supplement Drink, Van, prep w/whl milk, NutriCare	1 cup	276.0	270.0	32.7	14.9	9.0	43.9
Supplement Drink, Vanilla, dry mix, Sweet Success	1 oz	28.0	79.0	17.5	6.1	0.6	21.3
Supplement Drink, Vanilla, dry pkt, NutriCare	1 ea	32.0	120.0	21.0	7.0	1.0	25.5
Supplement Drink, Vanilla, dry scp, Slim Fast	1 ea	28.0	100.0	19.1	5.0	0.5	22.2
Supplement Drink, Vanilla, hi cal, RTS, Sustacal	1 cup	258.0	360.0	45.0	14.4	13.6	57.0
Supplement Drink, Vanilla, prep f/mix, Ensure	1 cup	252.0	250.0	34.3	8.8	8.8	41.8
Supplement Drink, Vanilla, prp w/skm mlk, Swt Scs	1 cup	265.0	180.0	33.0	15.0	1.0	42.3
Supplement Drink, Vanilla, RTS, Sweet Success	1 cup	250.0	158.0	30.1	9.5	2.5	36.4
Supplement Drink, w/Fiber, RTS, Ensure	1 cup	255.0	260.0	38.3	9.4	8.8	46.1
Surimi, Imit Crab, Alaskan King, avg	3 oz	85.0	87.0	8.7	10.2	1.1	15.1
Surimi, Imit Pollock, avg	3 oz	85.0	84.0	5.8	12.9	0.8	13.7
Surimi, Imit Scallop, avg	3 oz	85.0	84.0	9.0	10.9	0.3	15.6
Surimi, Imit Shrimp, avg	3 oz	85.0	86.0	7.8	10.5	1.2	14.4
Sushi, w/Egg, rolled in seaweed, w/o veg&fish, avg	1 cup	166.0	204.0	23.2	9.0	7.1	30.4
Sushi, w/o Vegetables & Fish, avg	1 cup	145.0	265.0	59.2	4.8	0.4	62.2
Sushi, w/Vegetables & Fish, avg	1 cup	166.0	237.0	48.2	8.9	0.7	53.7
Sushi, w/Vegetables, rolled in seaweed, avg	1 cup	166.0	193.0	43.2	3.7	0.4	45.5
Sushi, w/Vegetables, w/o fish, avg	1 cup	166.0	246.0	54.5	5.2	0.5	57.7
SWEET POTATO, BAKED	1 SMALL	100.0	141.0	32.5	2.1	0.5	33.9
Sweet Potatoes/Yams, bkd f/fzn, avg	1/2 cup	88.0	88.0	20.6	1.5	0.1	21.5
Sweet Potatoes/Yams, Bkd, avg	1/2 cup	100.0	103.0	24.3	1.7	0.1	25.3
Sweet Potatoes/Yams, Canned, mshd, avg	1/2 cup	128.0	129.0	29.7	2.5	0.3	31.3
Sweet Potatoes/Yams, Canned, w/syrup, avg	1/2 cup	114.0	101.0	23.8	1.1	0.2	24.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Sweet Potatoes/Yams, Cooked, avg	1/2 cup	164.0	172.0	39.9	2.7	0.5	41.6
Sweet Potatoes/Yams, Raw, avg	1/2 cup	66.0	69.0	16.0	1.1	0.2	16.7
Sweet Roll, Apple Cinnamon, w/icing, Pillsbury	1 ea	41.0	139.0	21.4	1.8	5.2	23.8
Sweet Roll, Apple, fat free, Entenmann's	1 ea	66.0	150.0	33.0	3.0	0.0	34.8
Sweet Roll, Blueberry Cheese, fat free, Entenmann's	1 ea	66.0	140.0	31.0	4.0	0.0	33.4
Sweet Roll, Cheese, avg	1 ea	66.0	238.0	28.8	4.7	12.1	34.6
Sweet Roll, Cinnamon Glazed, Weight Watchers	1 ea	60.0	202.0	33.3	4.0	5.0	36.9
Sweet Roll, Cinnamon Raisin Nut, avg	1 ea	57.0	196.0	29.6	3.8	7.3	33.7
Sweet Roll, Cinnamon Raisin Swrl Crsps, Pepp Farms	1 oz	28.0	228.0	33.3	3.5	8.8	37.6
Sweet Roll, Cinnamon Raisin w/Icing, Pillsbury	1 pce	49.0	169.0	25.5	2.2	6.5	28.4
Sweet Roll, Cinnamon Raisin, avg	1 ea	60.0	223.0	30.5	3.7	9.8	35.2
Sweet Roll, Cinnamon Raisin, fat free, Entenmann's	1 ea	61.0	160.0	36.0	3.0	0.0	37.8
Sweet Roll, Cinnamon, Entenmann's	1 ea	61.0	220.0	31.0	4.0	10.0	35.9
Sweet Roll, Cinnamon, Pepperidge Farms	1 ea	64.0	250.0	33.0	4.0	12.0	38.4
Sweet Roll, Cinnamon, refrig dough, w/frost, avg	1 ea	30.0	100.0	15.5	1.5	3.7	17.3
Sweet Roll, Cinnamon, w/crumb topping, avg	1 ea	79.0	291.0	48.1	4.5	9.1	53.1
Sweet Roll, Cinnamon, w/frosting, avg	1 ea	30.0	109.0	16.8	1.6	3.1	18.5
Sweet Roll, Cinnamon, w/Icing, Pillsbury	1 pce	41.0	139.0	21.1	1.9	5.2	23.5
Sweet Roll, Filbert Ring, Entenmann's	1 pce	61.0	270.0	27.0	4.0	17.0	33.7
Sweet Roll, Glazed Honey, Tastykake	1 ea	92.0	350.0	47.0	5.0	17.0	54.3
Sweet Roll, Iced Honey, Tastykake	1 ea	92.0	350.0	47.0	5.0	17.0	54.3
Sweet Roll, Pecan Twirls, Tastykake	1 ea	28.0	108.0	15.7	1.5	4.4	17.7
Sweet Roll, Pineapple Cheese, fat free, Entnmn	1 ea	66.0	140.0	30.0	4.0	0.0	32.4
Sweet Roll, Plain, avg	1 ea	55.0	174.0	27.1	4.7	5.0	31.2
Sweet Roll, Raspberry Cheese, fat free, Entnmn	1 ea	66.0	160.0	36.0	4.0	0.0	38.4
Sweet Roll, Whirley Twirls, Tastykake	1 ea	28.0	128.0	17.7	0.1	6.9	19.5
Sweetener, Fruit Juice, Fruit Sweet, Wax Orchards	1 Tbs	15.0	30.0	7.5	0.0	0.0	7.5
Swiss Chard, Cooked, avg	1/2 cup	88.0	18.0	3.6	1.7	0.1	4.6
Swiss Chard, Raw, avg	1/2 cup	18.0	3.0	0.7	0.3	0.0	0.9
Swordfish, bkd, avg	1 pce	106.0	164.0	0.0	26.9	5.4	17.5
SWORDFISH, BROILED	3.5 OZ	100.0	174.0	0.0	28.0	6.0	18.3
Swordfish, raw, avg	1 pce	136.0	165.0	0.0	26.9	5.5	17.5
Swordfish, stmd, avg	3 oz	85.0	130.0	0.0	21.3	4.3	13.9
Syrup, Corn, Crystalline Fructose, CornSweet	1/2 oz	14.0	56.0	13.1	0.0	0.0	13.1
Syrup, Corn, Dark, avg	1 Tbs	20.0	56.0	15.3	0.0	0.0	15.3
Syrup, Corn, Hi-Fructose, avg	1 Tbs	19.0	53.0	14.4	0.0	0.0	14.4
Syrup, Corn, Light, avg	1 Tbs	20.0	56.0	15.3	0.0	0.0	15.3
Syrup, Fruit, Apricot Passion, Wax Orchards	1 Tbs	15.0	30.0	7.5	0.0	0.0	7.5
Syrup, Fruit, Blueberry, Wax Orchards	1 Tbs	15.0	30.0	7.5	0.0	0.0	7.5

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Syrup, Fruit, Raspberry, Wax Orchards	1 Tbs	15.0	30.0	7.5	0.0	0.0	7.5
Syrup, Fruit, Strawberry, Wax Orchards	1 Tbs	15.0	30.0	7.5	0.0	0.0	7.5
Syrup, Grenadine, avg	1 Tbs	20.0	53.0	14.3	0.0	0.0	14.3
Syrup, Malt, avg	1 Tbs	24.0	76.0	17.1	1.5	0.0	18.0
Syrup, Maple, avg	1 Tbs	20.0	52.0	13.4	0.0	0.0	13.4
Syrup, Pancake, butter, avg	1 Tbs	20.0	59.0	14.8	0.0	0.3	14.9
Syrup, Pancake, butter, Hungry Jack	1 Tbs	20.0	53.0	13.1	0.0	0.0	13.1
Syrup, Pancake, butter, lite, avg	1 Tbs	18.0	29.0	7.5	0.0	0.0	7.5
Syrup, Pancake, butter, lite, Hungry Jack	1 Tbs	20.0	28.0	7.0	0.0	0.0	7.0
Syrup, Pancake, regular, avg	1 Tbs	20.0	57.0	15.1	0.0	0.0	15.1
Syrup, Pancake, regular, Hungry Jack	1 Tbs	20.0	53.0	13.1	0.0	0.0	13.1
Syrup, Pancake, regular, lite, avg	1 Tbs	15.0	25.0	6.6	0.0	0.0	6.6
Syrup, Pancake, regular, lite, Hungry Jack	1 Tbs	20.0	28.0	7.0	0.0	0.0	7.0
Syrup, Pancake, regular, lite, Log Cabin	1 Tbs	15.0	25.0	6.5	0.0	0.0	6.5
Syrup, Pancake, regular, Log Cabin	1 Tbs	20.0	50.0	13.0	0.0	0.0	13.0
Syrup, Sorghum, avg	1 Tbs	21.0	61.0	15.7	0.0	0.0	15.7
Syrup/Topping, Butterscotch, avg	2 Tbs	41.0	103.0	27.0	0.6	0.0	27.4
Syrup/Topping, Butterscotch, Kraft	2 Tbs	41.0	130.0	28.0	1.0	1.5	29.0
Syrup/Topping, Caramel, avg	2 Tbs	41.0	103.0	27.0	0.6	0.0	27.4
Syrup/Topping, Caramel, Kraft	2 Tbs	41.0	120.0	28.0	2.0	0.0	29.2
Syrup/Topping, Choc Fudge, avg	2 Tbs	42.0	147.0	26.4	1.9	3.7	28.5
Syrup/Topping, Choc Fudge, fat free, Wt Wtchrs	2 Tbs	30.0	90.0	21.0	1.0	0.5	21.7
Syrup/Topping, Choc Fudge, Kraft	2 Tbs	41.0	140.0	24.0	1.0	4.0	25.6
Syrup/Topping, Choc, avg	2 Tbs	38.0	93.0	25.0	0.7	0.5	25.5
Syrup/Topping, Choc, Kraft	2 Tbs	39.0	110.0	26.0	2.0	0.0	27.2
Syrup/Topping, Hzlnt Fudge, fat free, Wt Wtchrs	2 Tbs	30.0	110.0	17.0	1.0	4.0	18.6
Syrup/Topping, Marshmallow Crème, avg	2 Tbs	38.0	122.0	30.0	0.3	0.1	30.2
Syrup/Topping, Pineapple, avg	2 Tbs	42.0	106.0	27.9	0.0	0.0	27.9
Syrup/Topping, Pineapple, Kraft	2 Tbs	40.0	110.0	28.0	0.0	0.0	28.0
Syrup/Topping, Strawberry, avg	1 Tbs	21.0	53.0	13.9	0.0	0.0	13.9
Syrup/Topping, Strawberry, Kraft	2 Tbs	41.0	110.0	29.0	0.0	0.0	29.0
Syrup/Topping, w/Nuts, avg	2 Tbs	41.0	167.0	21.9	1.8	9.0	25.2
Tabbouleh, avg	1 cup	160.0	187.0	16.1	3.2	13.0	21.3
TACO BELL BEAN BURRITO		169.0	350.0	48.3	15.1	10.8	60.1
TACO BELL BEEF BURRITO		184.0	466.0	37.0	30.0	21.0	60.3
TACO BELL BURRITO SUPREME		222.0	457.0	43.0	21.0	22.0	61.1
TACO BELL CINNAMON TWISTS		35.0	171.0	24.0	2.0	8.0	27.2
TACO BELL MEXICAN PIZZA		223.0	575.0	40.0	21.0	37.0	61.9
TACO BELL NACHOS BELL GRANDE		287.0	649.0	61.0	22.0	35.0	83.0

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
TACO BELL NACHOS SUPREME		145.0	455.0	41.0	12.0	27.0	55.0
TACO BELL PINTOS 'N CHEESE		128.0	190.0	19.0	9.0	9.0	26.7
TACO BELL TACO		75.0	162.0	8.9	11.8	8.6	18.1
TACO BELL TOSTADA		138.0	179.0	25.0	9.0	6.0	31.9
TACO BELL TOSTADA W/BEEF		184.0	291.0	21.0	19.0	15.0	36.2
Taco Burger, Kid's Meal, Taco Johns	1 ea	248.0	668.0	70.3	17.7	34.1	89.4
Taco Burger, Taco Johns	1 pce	142.0	276.0	28.1	14.5	11.2	39.6
Taco Burger, Taco Time	1 ea	233.0	651.0	48.0	26.0	40.0	73.6
Taco Seasoning, dry, Natural Touch	1 Tbs	9.0	30.0	2.3	4.2	0.5	4.9
Taco Seasoning, dry, Pancho Villa	1 Tbs	9.0	30.0	7.5	0.0	0.0	7.5
Taco Shell, Corn, bkd, 5", avg	1 ea	13.0	61.0	8.1	0.9	2.9	9.4
Taco Shell, Corn, bkd, unsalted, 5", avg	1 ea	13.0	61.0	8.1	0.9	2.9	9.4
Taco Shell, Corn, mini, Old El Paso	1 ea	4.0	21.0	2.3	0.3	1.3	2.8
Taco Shell, Corn, regular, Old El Paso	1 ea	11.0	58.0	6.2	0.7	3.4	7.5
Taco Shell, Corn, super, Old El Paso	1 ea	18.0	92.0	10.2	1.5	5.8	12.5
Taco Shell, Corn, white, Old El Paso	1 ea	11.0	58.0	6.2	0.7	3.4	7.5
TACO SHELL, HARD	1 SHELL	11.0	50.0	7.2	1.0	2.2	8.4
Taco, BLT, Soft, Taco Bell	1 ea	128.0	340.0	22.0	11.0	23.0	34.4
Taco, Bravo, Taco Johns	1 ea	170.0	332.0	37.7	14.7	13.6	49.9
Taco, Chicken, Soft, Taco Bell	1 ea	121.0	200.0	21.0	14.0	7.0	31.2
Taco, Crispy, Kid's Meal, Taco Johns	1 ea	227.0	576.0	54.7	12.5	33.3	70.5
Taco, Crispy, Taco Johns	1 ea	85.0	178.0	12.5	9.0	10.3	20.5
Taco, Double Decker Supreme, Taco Bell	1 ea	198.0	390.0	40.0	15.0	19.0	53.8
Taco, Double Decker, Taco Bell	1 ea	163.0	340.0	38.0	14.0	15.0	50.2
Taco, Natural Super, Taco Time	1 ea	283.0	575.0	49.0	28.0	31.0	73.6
Taco, Soft Flour, Taco Time	1 ea	184.0	397.0	32.0	22.0	20.0	50.2
Taco, Soft Supreme, Taco Bell	1 ea	142.0	260.0	23.0	12.0	14.0	33.7
Taco, Soft, Kid's Meal, Taco Johns	1 ea	241.0	623.0	65.7	15.0	32.7	82.9
Taco, Soft, Taco Bell	1 ea	90.0	220.0	12.0	9.0	10.0	19.9
Taco, Soft, Taco Johns	1 ea	128.0	279.0	32.1	13.6	11.3	43.1
Taco, Steak Supreme, Soft, Taco Bell	1 ea	163.0	290.0	24.0	16.0	14.0	37.1
Taco, Steak, Soft, Taco Bell	1 ea	128.0	230.0	20.0	15.0	10.0	31.5
Taco, Super, Taco Bell	1 ea	126.0	280.0	22.0	12.0	17.0	33.5
Taco, Supreme, Taco Bell	1 ea	113.0	220.0	14.0	10.0	14.0	23.5
Taco, Taco Bell	1 ea	78.0	190.0	15.0	7.0	11.0	22.0
Taco, Taco Time	1 ea	113.0	260.0	16.0	14.0	15.0	28.2
Tamale, w/Meat, avg	1 ea	70.0	183.0	16.0	7.3	10.1	22.9
TAMALES WITH SAUCE, VAN CAMP'S	1 CUP	227.0	293.0	28.6	8.3	16.2	37.6
Tamales, Canned, Old El Paso	1 ea	69.0	111.0	10.4	2.3	6.4	13.4

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Tamarinds, Pods, World Variety Produce	1/2 cup	60.0	185.0	42.2	2.2	0.9	43.7
Tamarinds, Pulp, dried, swtnd , avg	1/2 cup	110.0	279.0	72.9	2.8	0.6	74.7
Tamarinds, Pulp, raw, avg	1/2 cup	60.0	143.0	37.5	1.7	0.4	38.6
Tangerines, Canned, light syrup, avg	1/2 cup	126.0	77.0	20.4	0.6	0.1	20.8
Tangerines, Fresh, sections, avg	1/2 cup	98.0	43.0	10.1	0.6	0.2	10.5
TANGERINES, RAW	1 MEDIUM	84.0	37.0	9.4	0.5	0.2	9.8
Tapioca, Granulated, dry, Bascom's	1 Tbs	10.0	35.0	8.0	1.0	0.0	8.6
Tapioca, Pearl, large, dry, Bascom's	1 Tbs	10.0	35.0	9.0	0.0	0.0	9.0
Tapioca, Pearl, small, dry, Bascom's	1 Tbs	10.0	35.0	8.0	1.0	0.0	8.6
Taro, Bkd, avg	1/2 cup	66.0	91.0	22.6	1.3	0.2	23.4
Taro, Dried, avg	10 ea	23.0	65.0	15.3	0.9	0.1	15.9
Taro, Raw, slices, avg	1/2 cup	52.0	58.0	13.8	0.8	0.1	14.3
Tarpon Fish, raw, avg	3 oz	85.0	79.0	0.0	17.7	0.4	10.7
Tarragon, fresh, avg	1 Tbs	6.0	3.0	0.4	0.2	0.1	0.5
Tarragon, ground, avg	1 tsp	2.0	6.0	1.0	0.5	0.1	1.3
TARTAR SAUCE	2 TBSP	28.0	140.0	0.4	0.2	15.8	4.5
Tarts, All Flavors, fat free, Health Valley	1 ea	52.0	150.0	35.0	3.0	0.0	36.8
Tea Bag, dry, decaf, Lipton	1 ea	2.0	0.0	0.0	0.0	0.0	0.0
Tea Bag, dry, Lipton	1 ea	2.0	0.0	0.0	0.0	0.0	0.0
Tea Leaves, Green, Chinese, dry, avg	1 oz	28.0	84.0	12.3	7.9	1.3	17.4
Tea Leaves, Indian, dry, avg	1 oz	28.0	30.0	0.8	5.5	0.6	4.3
Tea, Brewed, Black, avg	1 cup	237.0	2.0	0.7	0.0	0.0	0.7
Tea, Brewed, Chamomile, avg	1 cup	237.0	2.0	0.5	0.0	0.0	0.5
Tea, Brewed, Herbal, avg	1 cup	237.0	2.0	0.5	0.0	0.0	0.5
Tea, Brewed, Rice, avg	1 cup	245.0	100.0	25.4	0.3	0.0	25.6
Tea, Frozen, Ginger Mango, Botanica	1/2 cup	88.0	104.0	25.0	0.3	0.0	25.2
Tea, Frozen, Lemon Ginseng, Botanica	1/2 cup	88.0	104.0	25.0	0.3	0.0	25.2
Tea, Frozen, Peach, Botanica	1/2 cup	88.0	103.0	25.0	0.3	0.0	25.2
Tea, Frozen, Wildberry, Botanica	1/2 cup	88.0	103.0	25.0	0.3	0.0	25.2
Tea, Inst, decaf, dry mix, Crystal Light	1 tsp	2.0	10.0	0.0	0.0	0.0	0.0
Tea, Inst, decaf, prep, Crystal Light	1 cup	238.0	5.0	0.0	0.0	0.0	0.0
Tea, Inst, Lemon, diet, dry mix, avg	1 tsp	1.0	3.0	0.8	0.0	0.0	0.8
Tea, Inst, Lemon, diet, prep, avg	1 cup	237.0	5.0	1.2	0.0	0.0	1.2
Tea, Inst, Lemon, w/sugar, vit C, prep, avg	1 cup	182.0	701.0	177.6	1.1	0.5	178.4
Tea, Inst, low cal, dry mix, Crystal Light	1 tsp	2.0	9.0	0.0	0.0	0.0	0.0
Tea, Inst, low cal, prep, Crystal Light	1 cup	238.0	5.0	0.0	0.0	0.0	0.0
Tea, Inst, w/sugar, dry, 1/8 cap, Country Time	1 ea	18.0	70.0	17.0	0.0	0.0	17.0
Tea, Inst, w/sugar, prep, Country Time	1 cup	255.0	70.0	17.0	0.0	0.0	17.0
Tea, RTS, Earl Grey, Nestea	1 cup	246.0	68.0	18.0	0.0	0.0	18.0

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Tea, RTS, Extra Sweet w/ Lemon, Nestea	1 cup	249.0	100.0	27.0	0.0	0.0	27.0
Tea, RTS, Lemon, diet, Nestea	1 cup	240.0	2.0	1.2	0.0	0.0	1.2
Tea, RTS, Lemon, swtnd, Nestea	1 cup	247.0	80.0	21.1	0.0	0.0	21.1
Tequila, 80 Proof, avg, 1.5 fl oz	1 ea	42.0	97.0	0.0	0.0	0.0	0.0
Terripin, raw, avg	3 oz	85.0	94.0	0.0	15.8	2.1	10.0
Thai Yum, Meal in a Cup, Casbah Sahara	1/2 cup	124.0	71.0	13.1	1.6	0.0	14.1
THREE BEAN SALAD, CANNED	2/5 CUP	100.0	75.0	16.5	2.2	0.2	17.9
Thyme, fresh, avg	1 Tbs	4.0	4.0	0.6	0.1	9.1	2.9
Thyme, ground, avg	1 tsp	1.0	3.0	0.6	9.1	0.1	6.1
Tile Fish, bkd, fillet, avg	1 ea	300.0	441.0	0.0	73.5	14.1	47.6
Tile Fish, raw, fillet, avg	1 ea	386.0	371.0	0.0	67.6	8.9	42.8
Timbale, avg	1 cup	175.0	371.0	4.3	18.8	30.1	23.1
Toaster Pastry, Apl Cinn, w/frost, lowfat, Pp Trt	1 ea	52.0	190.0	40.0	2.0	3.0	42.0
Toaster Pastry, Apple Cinnamon w/frost, Pop Tart	1 ea	52.0	210.0	38.0	2.0	5.0	40.5
Toaster Pastry, Blueberry, lowfat, Pop Tart	1 ea	52.0	190.0	40.0	2.0	3.0	42.0
Toaster Pastry, Blueberry, Pop Tart	1 ea	52.0	210.0	36.0	2.0	7.0	39.0
Toaster Pastry, Blueberry, w/frosting, Pop Tart	1 ea	52.0	200.0	37.0	2.0	5.0	39.5
Toaster Pastry, Brown Sugar Cinnamon, avg	1 ea	50.0	206.0	34.1	2.6	7.1	37.4
Toaster Pastry, Cherry, lowfat, Pop Tart	1 ea	52.0	190.0	40.0	2.0	3.0	42.0
Toaster Pastry, Cherry, Pop Tart	1 ea	52.0	200.0	37.0	2.0	5.0	39.5
Toaster Pastry, Cherry, w/frosting, Pop Tart	1 ea	52.0	200.0	37.0	2.0	5.0	39.5
Toaster Pastry, Choc Fudge w/frost, Pop Tart	1 ea	52.0	200.0	37.0	3.0	5.0	40.1
Toaster Pastry, Choc Graham, Pop Tart	1 ea	52.0	210.0	36.0	3.0	6.0	39.3
Toaster Pastry, S'Mores, w/frosting, Pop Tart	1 ea	52.0	200.0	36.0	3.0	5.0	39.1
Toaster Pastry, Strawbry, w/frost, lowfat, Pp Trt	1 ea	52.0	263.0	28.3	2.7	16.2	34.0
Toaster Pastry, Wild Berry, w/frost, Pop Tart	1 ea	52.0	202.0	37.6	1.9	4.8	39.9
Toaster Strudel, Apple Spice, Pillsbury	1 ea	54.0	179.0	26.4	2.6	7.0	29.7
Toaster Strudel, Blueberry, Pillsbury	1 ea	54.0	178.0	26.2	2.6	6.1	29.3
Toaster Strudel, Cherry, Pillsbury	1 ea	54.0	178.0	26.4	2.6	6.9	29.7
Toaster Strudel, Cinnamon, Pillsbury	1 ea	54.0	183.0	25.9	2.6	7.7	29.4
Toaster Strudel, Cream Cheese w/Bluebry, Pillsbury	1 ea	54.0	188.0	24.3	3.0	8.8	28.3
Toaster Strudel, Cream Cheese, Pillsbury	1 ea	54.0	194.0	23.1	3.3	9.9	27.6
Tofu, Silken Extra Firm, Morinaga Nutritional Fds	1/2 cup	126.0	69.0	2.5	9.3	2.4	8.7
Tofu, Silken Firm, Morinaga Nutritional Foods	1/2 cup	126.0	78.0	3.0	8.7	3.4	9.1
Tofu, Silken Soft, Morinaga Nutritional Foods	1/2 cup	124.0	68.0	3.6	5.1	3.3	7.5
Tofutti, Cappuccino Love Drop, Life Lite	1/2 cup	75.0	230.0	26.0	3.0	12.0	30.8
Tofutti, Choc Love Drop, Life Lite	1/2 cup	75.0	230.0	26.0	3.0	13.0	31.1
Tofutti, Choc Supreme, Life Lite	1/2 cup	75.0	210.0	20.0	3.0	13.0	25.1
Tofutti, Choc, lite, soft serve, Life Lite	1/2 cup	75.0	90.0	20.0	2.0	0.9	21.4

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Tofutti, Regular, soft serve, Life Lite	1/2 cup	75.0	158.0	20.0	1.0	8.0	22.6
Tofutti, Vanilla, Life Lite	1/2 cup	75.0	200.0	21.0	2.0	11.0	25.0
Tofutti, Wildberry, Life Lite	1/2 cup	75.0	210.0	22.0	2.0	12.0	26.2
Tomatillos, Raw, chpd, avg	1/2 cup	66.0	21.0	3.8	0.6	0.7	4.3
TOMATO PASTE, CANNED	1 CUP	262.0	215.0	48.7	8.9	1.0	54.3
TOMATO PUREE, CANNED	29-OZ CAN	822.0	321.0	73.2	14.0	1.6	82.0
TOMATO SAUCE, CANNED	2/5 CUP	100.0	31.0	7.3	1.3	0.3	8.2
TOMATO, BOILED	1/2 CUP	100.0	26.0	5.5	1.3	0.2	6.3
TOMATO, RAW	1 MEDIUM	150.0	33.0	7.0	1.6	0.3	8.0
Tomatoes, Canned, crushed, avg	1/2 cup	55.0	18.0	4.0	0.9	0.2	4.6
Tomatoes, Canned, stewed, avg	1/2 cup	128.0	36.0	8.7	1.2	0.2	9.5
Tomatoes, Canned, tidbits, Contadina	1/2 cup	124.0	40.0	8.0	0.0	0.0	8.0
Tomatoes, Canned, unsalted, avg	1/2 cup	120.0	23.0	5.2	1.1	0.2	5.9
Tomatoes, Canned, w/green chilies, avg	1/2 cup	120.0	18.0	4.3	0.8	0.1	4.8
Tomatoes, Canned, wedges in tomato juice, avg	1/2 cup	130.0	34.0	8.2	1.0	0.2	8.8
Tomatoes, Canned, whole, peeled, Progresso	1/2 cup	121.0	25.0	4.0	1.0	0.0	4.6
Tomatoes, Canned, whole, unsalted, avg	1/2 cup	120.0	23.0	5.2	1.1	0.2	5.9
Tomatoes, Green, ckd, avg	1 ea	144.0	238.0	16.4	4.1	17.8	23.3
Tomatoes, Green, pckld, avg	1/2 cup	71.0	26.0	5.1	0.8	0.2	5.6
Tomatoes, Green, raw, chpd, avg	1/2 cup	90.0	22.0	4.6	1.1	0.2	5.3
Tomatoes, Paste, avg	1/2 cup	131.0	107.0	25.3	4.8	0.7	28.4
Tomatoes, Paste, unsalted, avg	1/2 cup	131.0	107.0	25.3	4.8	0.7	28.4
Tomatoes, Puree, avg	1/2 cup	125.0	50.0	11.1	2.1	0.2	12.4
Tomatoes, Puree, thick style, Progresso	1/2 cup	126.0	50.0	10.0	2.0	0.0	11.2
Tomatoes, Puree, unsalted, avg	1/2 cup	125.0	50.0	11.1	2.1	0.2	12.4
Tomatoes, Raw, brld, avg	1 ea	123.0	32.0	7.1	1.3	0.5	8.0
Tomatoes, Raw, chpd, avg	1/2 cup	90.0	19.0	4.2	0.8	0.3	4.8
Tomatoes, Raw, ckd, unsalted, avg	1/2 cup	120.0	32.0	6.1	1.3	0.5	7.0
Tomatoes, Raw, fried, avg	1 ea	101.0	165.0	11.2	2.6	12.6	15.9
Tomatoes, Raw, stewed, avg	1/2 cup	50.0	40.0	6.6	0.1	1.3	7.0
Tomatoes, Sauce, cnd, avg	1/2 cup	122.0	37.0	8.8	1.6	0.2	9.8
Tomatoes, Sauce, cnd, low sod, avg	1/2 cup	122.0	37.0	8.8	1.6	0.2	9.8
Tomatoes, Sauce, cnd, thick & zesty, Contadina	1/2 cup	124.0	40.0	6.0	1.1	0.0	6.7
Tomatoes, Sun Dried, avg	1/2 cup	27.0	70.0	15.1	3.8	0.8	17.6
Tomatoes, Sun Dried, packed in oil, drnd, avg	1/2 cup	55.0	117.0	12.8	2.8	7.8	16.4
Tomatoes, Sun Dried, yellow, World Variety Produce	1/2 cup	27.0	79.0	15.1	3.4	0.6	17.3
TORTELLINI, BEEF WITH EGG PASTA, STOUFFER	4.5 OZ. ENTREE	128.0	238.0	25.6	15.4	8.3	36.9
Tortellini, Cheese, Budget Gourmet	1 ea	156.0	180.0	25.0	7.0		29.2
TORTILLA CHIPS, DORITOS	1 OZ	28.0	139.0	18.6	2.0	6.6	21.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
TORTILLA, CORN	1 TORTILLA	30.0	67.0	12.8	2.1	1.1	14.3
Tortilla, Corn, 6", avg	1 ea	26.0	58.0	12.1	1.5	0.7	13.2
Tortilla, Corn, 6", unsalted, avg	1 ea	26.0	58.0	12.1	1.5	0.7	13.2
Tortilla, Flour, soft taco, Old El Paso	1 ea	25.0	90.0	16.5	2.5	1.8	18.4
Tortilla, Flour, Whole Wheat, avg	1 ea	35.0	73.0	19.1	2.9	0.5	21.0
Tostaco Shell, Corn, Old El Paso	1 ea	23.0	130.0	14.0	2.0	7.0	17.0
Tostada Delight, Taco Time	1 ea	276.0	627.0	43.0	27.0	39.0	69.0
Tostada Shell, Corn, Old El Paso	1 ea	11.0	55.0	6.5	0.7	3.4	7.8
Tostada, Taco Time	1 ea	212.0	492.0	38.0	26.0	28.0	60.6
Tostada, w/Red Sauce, Taco Bell	1 ea	177.0	300.0	31.0	10.0	15.0	40.8
Trail Mix, avg	1/2 cup	75.0	346.0	33.7	10.4	22.1	45.5
Trail Mix, Tropical, avg	1/2 cup	70.0	285.0	45.9	4.4	11.1	51.3
Trail Mix, unsalted, avg	1/2 cup	75.0	346.0	33.7	10.4	22.1	45.5
Trail Mix, w/Chocolate Chips, avg	1/2 cup	73.0	353.0	32.8	10.4	23.3	44.9
Trail Mix, w/Chocolate Chips, unsltd, avg	1/2 cup	73.0	353.0	32.8	10.4	23.3	44.9
Treatzza Pizza, Heath, Dairy Queen	1 pce	65.0	180.0	28.0	3.0	7.0	31.6
Treatzza Pizza, M & M, Dairy Queen	1 pce	68.0	190.0	29.0	3.0	7.0	32.6
Treatzza Pizza, Peanut Butter Fudge, Dairy Queen	1 pce	79.0	220.0	28.0	4.0	10.0	32.9
Treatzza Pizza, Strawberry-Banana, Dairy Queen	1 pce	76.0	180.0	29.0	3.0	6.0	32.3
Trout, floured/breaded, fried, avg	1 ea	125.0	334.0	11.8	28.7	18.4	33.6
TROUT, LAKE, RAW	3.5 OZ	100.0	241.0	0.0	14.3	19.9	13.6
Trout, mixed species, bkd, fillet, avg	1 ea	62.0	118.0	0.0	16.5	5.3	11.2
Trout, mixed species, raw, fillet, avg	1 ea	79.0	117.0	0.0	16.4	5.2	11.1
Trout, Rainbow, farmed, smkd, avg	3 oz	85.0	157.0	0.0	23.8	6.2	15.8
TROUT, RAINBOW, RAW	3.5 OZ	100.0	195.0	0.0	21.5	11.4	15.8
Tuna & Rice, w/Mushroom Soup, avg	1/2 cup	124.0	180.0	16.1	10.1	7.6	24.1
Tuna Casserole, Creamy Noodle, Tuna Helper	1 cup	138.0	300.0	30.0	14.0	14.0	41.9
Tuna Casserole, w/cream sauce, avg	1 cup	224.0	432.0	33.2	28.4	19.1	55.0
Tuna Casserole, w/mushroom soup, avg	1 cup	224.0	403.0	31.5	27.1	18.0	52.3
Tuna Lunch, Casserole, Lunch Express	1 ea	273.0	280.0	39.0	18.0	6.0	51.3
TUNA NOODLE CASSEROL, STOUFFERS	6 OZ. ENTREE	170.0	194.0	15.8	11.4	9.4	25.0
Tuna Noodle Casserole, avg	1 cup	202.0	237.0	25.4	16.7	7.3	37.2
Tuna Noodle Casserole, fzn, Stouffers	1 ea	284.0	330.0	31.0	19.0	14.0	45.9
Tuna Noodle Casserole, fzn, Weight Watchers	1 ea	269.0	240.0	30.0	15.0	7.0	40.8
TUNA, CANNED, IN OIL	6 1/4 OZ	177.0	440.0	0.0	43.0	29.0	33.1
TUNA, CANNED, LIGHT IN WATER	6 1/2 OZ	184.0	204.0	0.2	47.3	1.7	29.0
Tuna, floured/breaded, fresh, fried, avg	3 oz	85.0	199.0	6.7	20.7	9.4	21.5
TUNA, LIGHT, CANNED IN OIL	6 1/2 OZ	184.0	386.0	0.2	46.9	22.1	33.9
Tuna, light, cnd in oil, drnd, avg	1 ea	171.0	339.0	0.0	49.8	14.0	33.4

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Tuna, light, cnd in oil, drnd, unsalted, avg	1 ea	171.0	339.0	0.0	49.8	14.0	33.4
Tuna, light, cnd in water, drnd, avg	1 cup	154.0	179.0	0.0	39.3	1.3	23.9
Tuna, light, cnd in water, drnd, unsltd, avg	1 ea	165.0	191.0	0.0	42.1	1.4	25.6
Tuna, patty, avg	1 ea	120.0	300.0	13.9	21.9	17.4	31.4
Tuna, smkd, fresh, avg	3 oz	85.0	186.0	0.0	20.2	11.1	14.9
Tuna, w/white sauce, avg	1 cup	237.0	410.0	11.8	31.7	25.7	37.2
Tuna, w/white sauce, avg	1 cup	237.0	410.0	11.8	31.7	25.7	37.2
Tuna, w/White Sauce, avg	1 cup	237.0	410.0	11.8	31.7	25.7	37.2
Tuna, w/White Sauce, avg	1 cup	237.0	410.0	11.8	31.7	25.7	37.2
Tuna, white, cnd in oil, drnd, avg	1 ea	178.0	331.0	0.0	47.2	14.4	31.9
Tuna, white, cnd in oil, drnd, unsltd, avg	1 ea	178.0	331.0	0.0	47.2	14.4	31.9
Tuna, white, cnd in water, drnd, avg	1 ea	172.0	220.0	0.0	40.6	5.1	25.6
Tuna, white, cnd in water, drnd, unsltd, avg	1 ea	172.0	220.0	0.0	40.6	5.1	25.6
Tuna, Yellowfin, fresh, bkd, avg	3 oz	85.0	118.0	0.0	25.5	1.0	15.6
Tuna, Yellowfin, fresh, w/o bone, raw, avg	3 oz	85.0	92.0	0.0	19.9	0.8	12.1
Turbot, bkd, fillet, avg	1 ea	318.0	388.0	0.0	65.5	12.0	42.3
Turbot, raw, fillet, avg	1 ea	408.0	388.0	0.0	65.7	12.0	42.4
Turkey & Noodles, w/Cream Sauce, avg	1 cup	224.0	327.0	28.9	22.6	12.8	45.7
Turkey & Noodles, w/Gravy, avg	1 cup	224.0	307.0	24.2	19.8	13.8	39.5
Turkey & Noodles, w/Mushroom Soup, avg	1 cup	224.0	314.0	26.8	22.9	12.2	43.6
Turkey & Noodles, w/o Sauce, avg	1 cup	157.0	261.0	22.2	21.7	8.7	37.4
Turkey & Potatoes, w/gravy, avg	1 cup	242.0	283.0	22.2	18.4	13.0	36.5
TURKEY BREAST, LOUIS RICH	3.5 OZ	100.0	115.0	0.0	21.0	3.0	13.4
Turkey Cake, Patty or Croquet, avg	1 ea	62.0	161.0	7.7	10.4	9.6	16.3
Turkey Dinner, A La King, fzn, Budget Gourmet	1 ea	284.0	390.0	36.0	20.0	18.0	52.5
Turkey Dinner, Breast, fzn, Healthy Choice	1 ea	298.0	290.0	40.0	22.0	4.5	54.3
Turkey Dinner, Breast, w/grvy, rice&veg, fzn, avg	1 ea	319.0	450.0	31.2	26.7	23.3	53.0
Turkey Dinner, Breast, w/pasta, fzn, Swanson	1 ea	319.0	270.0	31.0	20.0	7.0	44.8
Turkey Dinner, extra helping, fzn, Banquet	1 ea	533.0	560.0	63.0	32.0	20.0	87.2
Turkey Dinner, fzn, Banquet	1 ea	262.0	270.0	31.0	15.0	10.0	42.5
Turkey Dinner, Tetrazzini, fzn, avg	1 ea	340.0	527.0	37.7	25.3	29.3	60.2
Turkey Dinner, w/Dressing, fzn, Armour	1 ea	319.0	270.0	34.0	17.0	7.0	46.0
Turkey Dinner, w/Dressing, gravy&pot, fzn, avg	1 ea	376.0	429.0	33.2	31.5	18.6	56.8
Turkey Dinner, w/Dressing, grv, pot&vegs, fzn, avg	1 ea	312.0	509.0	46.1	30.8	22.6	70.2
Turkey Dinner, w/Dressing, grv,vegs&fruit,fzn,avg	1 ea	298.0	292.0	40.1	20.1	5.4	53.5
Turkey Dinner, w/Dressing, low cal, fzn, avg	1 ea	454.0	372.0	32.4	42.9	7.7	60.1
Turkey Dinner, w/Dressing, pot, vegs&dsrt, fzn, avg	1 ea	524.0	608.0	73.8	35.0	19.6	99.7
Turkey Dinner, w/Dressing,grv&pot,x-lrg,fzn,avg	1 ea	248.0	308.0	27.4	16.6	14.6	41.0
Turkey Dinner, w/Dressing,grv,pot,veg&dsrt,fzn,avg	1 ea	326.0	339.0	27.1	26.5	13.2	46.3

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Turkey Dinner, w/Drssng,grv,pot,veg,sp&dst,fzn,avg	1 ea	454.0	808.0	79.6	45.9	33.9	115.6
Turkey Dinner, w/mostly white meat,fzn, Swanson	1 ea	333.0	320.0	42.0	20.0	8.0	56.0
Turkey Dinner, w/Vegs in Sce, low cal, fzn, avg	1 ea	269.0	264.0	18.3	22.3	10.4	34.3
TURKEY GIBLETS, SIMMERED	3.5 OZ	100.0	167.0	2.1	26.6	5.1	19.3
Turkey Ham Lunchmeat, Honey, Louis Rich	1 pce	21.0	23.0	0.7	3.8	0.6	3.1
Turkey Ham Lunchmeat, Louis Rich	1 pce	56.0	64.0	0.5	10.3	2.3	7.3
TURKEY IN GRAVY, FROZEN, BANQUET	8 OZ	227.0	141.0	7.1	18.2	4.3	19.1
Turkey Lunch, Dijon, w/pasta, Lunch Express	1 ea	280.0	270.0	37.0	16.0	6.0	48.1
Turkey Lunch, w/Chedd Cheese, jello, Lunchable	1 ea	163.0	320.0	27.0	17.0	16.0	41.2
Turkey Lunch, w/Cheddar Cheese, Lunchable	1 ea	128.0	360.0	20.0	20.0	22.0	37.5
Turkey Lunch, w/Cheese, green onion, Lunchable	1 ea	128.0	380.0	36.0	14.0	20.0	49.4
Turkey Lunch, w/Ham, Lunchable	1 ea	145.0	360.0	23.0	23.0	19.0	41.6
Turkey Lunch, w/Herb cheese, Lunchable	1 ea	128.0	380.0	36.0	14.0	20.0	49.4
Turkey Lunch, w/Jack Cheese, Lunchable	1 ea	128.0	350.0	20.0	20.0	21.0	37.3
Turkey Lunch, w/Pacific Cooler, Lunchable	1 ea	318.0	460.0	53.0	16.0	21.0	67.9
Turkey Lunchmeat, Barbecued, Louis Rich	1 oz	28.0	29.0	0.9	5.8	0.3	4.5
Turkey Lunchmeat, Honey Roasted, Louis Rich	1 pce	80.0	80.0	3.0	16.0	1.0	12.9
Turkey Lunchmeat, Roasted, fat free, Louis Rich	1 pce	13.0	11.0	0.6	1.9	0.1	1.8
Turkey Lunchmeat, Roasted, fat free, Louis Rich	1 pce	28.0	22.0	1.1	4.0	0.2	3.6
Turkey Lunchmeat, Roasted, fat free, Oscar Mayer	1 pce	13.0	10.0	0.5	2.0	0.0	1.7
Turkey Lunchmeat, Roasted, thin cut, Louis Rich	1 pce	10.0	10.0	8.9	2.1	8.9	12.4
Turkey Lunchmeat, Smoked, deli, Louis Rich	1 pce	13.0	12.0	0.3	2.3	0.3	1.8
Turkey Lunchmeat, Smoked, fat free, Louis Rich	1 pce	28.0	23.0	1.0	4.3	0.2	3.6
Turkey Lunchmeat, Smoked, Louis Rich	1 pce	80.0	80.0	2.0	16.0	1.0	11.9
Turkey Meatball, w/breading, avg	1 ea	28.0	48.0	1.1	5.7	1.7	4.9
TURKEY PIE, FROZEN, BANQUET	8 OZ	227.0	415.0	40.6	14.5	21.6	54.7
Turkey Tetrazzini, avg	1 cup	246.0	371.0	28.4	19.1	19.8	44.8
TURKEY W/GRAVY & DRESSING, FRZN	9 1/4 OZ	262.0	310.0	21.0	32.0	11.0	43.0
Turkey, Average, raw	4 oz	113.0	181.0	0.0	23.1	9.1	16.1
Turkey, Average, raw, w/o skin	4 oz	113.0	134.0	0.0	24.6	3.2	15.6
Turkey, Average, rstd	3 oz	85.0	177.0	0.0	23.9	8.3	16.4
Turkey, Average, rstd, w/o skin	3 oz	85.0	145.0	0.0	24.9	4.2	16.0
Turkey, Back, raw	4 oz	113.0	221.0	0.0	20.5	14.8	16.0
Turkey, Back, rstd	3 oz	85.0	207.0	0.0	22.6	12.2	16.6
Turkey, Breast, raw	4 oz	113.0	177.0	0.0	24.7	7.9	16.8
Turkey, Breast, rstd	3 oz	85.0	161.0	0.0	24.4	6.3	16.2
Turkey, Canned, in broth	3 oz	85.0	139.0	0.0	20.1	5.8	13.5
Turkey, Canned, prem chunk, in water, Swanson	3 oz	85.0	137.0	2.7	20.6	5.5	16.4
Turkey, Dark Meat, raw	4 oz	113.0	181.0	0.0	21.4	9.9	15.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Turkey, Dark Meat, raw, w/o skin	4 oz	113.0	141.0	0.0	22.7	4.9	14.8
Turkey, Dark Meat, rstd	3 oz	85.0	188.0	0.0	23.4	9.8	16.5
Turkey, Dark Meat, rstd, w/o skin	3 oz	85.0	159.0	0.0	24.3	6.1	16.1
TURKEY, DARK MEAT, W/O SKIN	3.5 OZ	100.0	187.0	0.0	28.6	7.2	19.0
Turkey, GIBLETS, ckd	3 oz	85.0	142.0	1.8	22.6	4.3	16.4
Turkey, GIBLETS, raw	4 oz	113.0	146.0	2.4	21.9	4.7	16.7
Turkey, Gizzard, ckd	1 ea	67.0	109.0	0.4	19.7	2.6	12.9
Turkey, Gizzard, raw	1 ea	113.0	132.0	0.7	21.6	4.2	14.7
Turkey, Glazed, Slim Select	1 ea	255.0	270.0	39.0	17.0	5.0	50.5
Turkey, Ground, ckd	3 oz	85.0	200.0	0.0	23.3	11.2	16.8
TURKEY, GROUND, COOKED	3.5 OZ	100.0	225.0	0.0	25.0	14.0	18.5
Turkey, Ground, raw	4 oz	113.0	168.0	0.0	19.8	9.3	14.2
Turkey, Heart, raw	4 ea	116.0	166.0	0.8	20.1	8.1	14.9
Turkey, Hearts, ckd	3 ea	87.0	154.0	1.8	23.3	5.3	17.1
Turkey, Lean Cuisine	1 ea	266.0	230.0	26.0	18.0	6.0	38.3
Turkey, Leg, raw	4 oz	113.0	163.0	0.0	22.0	7.6	15.1
Turkey, Leg, rstd	3 oz	85.0	177.0	0.0	23.7	8.3	16.3
Turkey, Light Meat, raw	4 oz	113.0	180.0	0.0	24.4	8.3	16.7
Turkey, Light Meat, raw, w/o skin	4 oz	113.0	130.0	0.0	26.7	1.8	16.5
Turkey, Light Meat, rstd	3 oz	85.0	167.0	0.0	24.3	7.1	16.4
Turkey, Light Meat, rstd, w/o skin	3 oz	85.0	133.0	0.0	25.4	2.7	15.9
TURKEY, LIGHT MEAT, W/O SKIN	3.5 OZ	100.0	157.0	0.0	29.9	3.2	18.7
Turkey, Liver, ckd	1 ea	75.0	127.0	2.6	18.0	4.5	14.5
Turkey, Liver, raw	1 ea	102.0	140.0	4.2	20.4	4.0	17.4
Turkey, Neck, ckd, w/o skin	3 oz	85.0	153.0	0.0	22.8	6.2	15.2
Turkey, Neck, raw, w/o skin	4 oz	113.0	153.0	0.0	22.7	6.1	15.1
Turkey, Nuggets, breaded, Louis Rich	4 ea	92.0	254.0	14.2	13.2	16.1	26.1
Turkey, Patty, Louis Rich	1 ea	113.0	153.0	0.0	19.2	8.5	13.6
Turkey, Roasted, Healthy Choice	1 ea	284.0	250.0	28.0	20.0	6.0	41.5
Turkey, Roasted, medallions, Weight Watchers	1 ea	241.0	190.0	34.0	10.0	2.0	40.5
Turkey, Roasted, Stouffers	1 ea	223.0	280.0	25.0	19.0	11.0	39.2
Turkey, Roasted, w/mushrooms, Healthy Choice	1 ea	241.0	230.0	26.0	19.0	5.0	38.7
Turkey, Skin, raw	4 oz	113.0	437.0	0.0	14.4	41.7	19.1
Turkey, Skin, rstd	3 oz	85.0	376.0	0.0	16.7	33.7	18.4
Turkey, Sticks, breaded, Louis Rich	3 ea	85.0	230.0	12.0	12.0	15.0	23.0
Turkey, Tetrazzini, Stouffers	1 ea	284.0	360.0	28.0	18.0	19.0	43.6
Turkey, w/Dressing, Libbys	1 ea	198.0	180.0	17.0	11.0	7.9	25.6
Turkey, w/Gravy, avg	1 cup	244.0	266.0	6.4	38.1	8.5	31.4
Turkey, w/Gravy, Banquet	1 pce	68.0	50.0	2.5	4.0	2.5	5.5

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Turkey, Wing, raw	4 oz	113.0	223.0	0.0	22.8	13.9	17.2
Turkey, Wing, rstd	3 oz	85.0	195.0	0.0	23.3	10.5	16.6
Turmeric, ground, avg	1 tsp	2.0	7.0	1.3	0.2	0.2	1.5
Turmeric, ground, Foran Spice Company	1 tsp	2.0	8.0	1.4	0.2	0.2	1.6
TURNIP GREENS, COOKED	2/3 CUP	100.0	20.0	3.6	2.2	0.2	5.0
Turnips, Cooked f/Frozen, avg	1/2 cup	78.0	18.0	3.4	1.2	0.2	4.2
Turnips, Cooked, mshd, unsalted, avg	1/2 cup	58.0	12.0	2.8	0.4	0.0	3.0
Turnips, Greens, ckd f/fzn, avg	1/2 cup	82.0	25.0	4.1	2.7	0.3	5.8
Turnips, Greens, cnd, w/liquid, avg	1/2 cup	117.0	16.0	2.8	1.6	0.4	3.9
Turnips, Greens, raw, chpd, avg	1/2 cup	27.0	7.0	1.5	0.4	8.1	3.8
Turnips, Greens, raw, ckd, avg	1/2 cup	72.0	14.0	3.1	0.8	0.2	3.6
Turnips, Pickled, avg	10 ea	70.0	29.0	7.0	0.6	0.1	7.4
Turnips, Raw, avg	1/2 cup	65.0	18.0	4.0	0.6	0.1	4.4
Turnips, w/Greens, ckd f/fzn, avg	1/2 cup	86.0	15.0	2.5	1.8	0.1	3.6
Turnover, Apple, Arby's	1 ea	85.0	303.0	27.5	4.4	18.3	34.7
Turnover, Apple, avg	1 ea	82.0	289.0	36.2	2.9	15.0	41.7
Turnover, Apple, Dunkin Donuts	1 ea	109.0	350.0	49.0	5.0	15.0	55.8
Turnover, Apple, Jack In The Box	1 ea	110.0	350.0	48.0	3.0	19.0	54.6
Turnover, Apple, mini, Pepperidge Farms	1 ea	40.0	140.0	15.0	2.0	8.0	18.2
Turnover, Apple, Pepperidge Farms	1 ea	89.0	330.0	48.0	4.0	14.0	53.9
Turnover, Apple, w/vanilla icing, Pepperidge Farms	1 ea	96.0	380.0	53.0	4.0	14.0	58.9
Turnover, Berry, avg	1 ea	78.0	277.0	35.6	2.1	13.9	40.3
Turnover, Blueberry, Arby's	1 ea	85.0	320.0	32.0	3.0	19.0	38.6
Turnover, Blueberry, Dunkin Donuts	1 ea	109.0	370.0	54.0	5.0	15.0	60.8
Turnover, Blueberry, Pepperidge Farms	1 ea	89.0	340.0	45.0	4.0	16.0	51.4
Turnover, Cheesecake, Jack In The Box	1 pce	99.0	310.0	29.0	8.0	18.0	38.3
Turnover, Cherry, Arby's	1 ea	85.0	280.0	25.4	4.6	17.8	32.6
Turnover, Cherry, avg	1 ea	78.0	238.0	31.2	2.5	11.7	35.6
Turnover, Cherry, Pepperidge Farms	1 ea	89.0	320.0	46.0	4.0	13.0	51.7
Turnover, Chicken, w/gravy, avg	1 ea	112.0	321.0	22.1	10.8	21.0	33.8
Turnover, Guava, avg	1 ea	78.0	239.0	29.2	2.5	12.9	33.9
Turnover, Lemon, avg	1 ea	78.0	238.0	28.8	2.7	12.5	33.5
Turnover, Lemon, Dunkin Donuts	1 ea	109.0	350.0	48.0	5.0	15.0	54.8
Turnover, Meat Filled, w/gravy, avg	1 ea	152.0	389.0	26.3	14.1	25.2	41.1
Turnover, Meat Filled, w/o gravy, avg	1 ea	88.0	334.0	21.9	11.1	22.2	34.1
Turnover, Peach, avg	1 ea	78.0	261.0	32.9	2.9	13.4	38.0
Turnover, Peach, Pepperidge Farms	1 ea	89.0	340.0	47.0	4.0	15.0	53.2
Turnover, Pumpkin, avg	1 ea	78.0	198.0	20.2	4.3	11.3	25.6
Turnover, Raspberry, Dunkin Donuts	1 ea	109.0	380.0	57.0	5.0	15.0	63.8

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Turnover, Raspberry, Pepperidge Farms	1 ea	89.0	330.0	47.0	4.0	14.0	52.9
Turnover, Strawberry, Dunkin Donuts	1 ea	109.0	380.0	57.0	5.0	15.0	63.8
V 8, Picante, Cambell's	1/2 cup	122.0	25.0	5.0	1.0	0.0	5.6
V 8, Spicy Hot, Cambell's	1/2 cup	122.0	25.0	5.0	1.0	0.0	5.6
V-8 JUICE COCKTAIL	8 OZ	242.0	53.0	10.7	1.3	0.1	11.5
Vanilla Extract, avg	1 tsp	4.0	12.0	0.5	0.0	0.0	0.5
Vanilla Extract, imit, w/alcohol, avg	1 tsp	4.0	9.0	0.1	0.0	0.0	0.1
Vanilla Extract, imit, w/o alcohol, avg	1 tsp	4.0	2.0	0.6	0.0	0.0	0.6
Vanilla Milk Drink, low cal, prep f/mix, avg	1 cup	276.0	105.0	16.9	7.5	0.8	21.6
Vanillan, Rhone Poulenc	1 tsp	5.0	22.0	4.1			4.1
Veal & Noodles, w/Cream Sauce, avg	1 cup	224.0	390.0	20.4	27.5	21.5	42.3
VEAL CUTLET, BREADED, COOKED	3.5 OZ	100.0	319.0	10.5	34.2	15.0	34.8
Veal Dinner, Breaded, w/spaghetti&tom sc, fzn, avg	1 ea	234.0	302.0	27.3	15.3	14.8	40.2
Veal Dinner, Parmigiana, fzn, Hungry Man	1 ea	517.0	640.0	74.0	34.0	23.0	100.2
Veal Dinner, Parmigiana, fzn, Swanson	1 ea	319.0	440.0	40.0	19.0	18.0	55.9
Veal Dinner, Parmigiana, w/pot&vegs, fzn, avg	1 ea	312.0	440.0	40.3	35.5	15.4	65.4
Veal Dinner, Parmigiana, w/veg&spag,in bttr,fzn,avg	1 ea	305.0	387.0	38.1	17.3	19.3	53.3
Veal Dinner, Parmigiana, w/veg, fettcn&dsrt, fzn, avg	1 ea	361.0	495.0	48.6	22.9	23.9	68.3
Veal Dinner, Parmigiana, w/veg,muffin&dsrt,fzn,avg	1 ea	347.0	545.0	49.6	23.8	28.4	71.0
Veal Dinner, Parmigiana, w/vegs, low cal, fzn, avg	1 ea	255.0	194.0	8.6	20.4	8.1	22.9
Veal Dinner, Parmigiana,w/vg&pot wdg,lo cal,fzn,avg	1 ea	312.0	290.0	25.9	23.6	10.6	42.7
Veal Dinner, w/Macaroni&Cheese, low cal, fzn, avg	1 ea	369.0	369.0	41.1	27.1	10.4	60.0
Veal Dinner, w/Peppers, sce&rice, lo cal, fzn, avg	1 ea	369.0	306.0	32.4	27.0	8.1	50.6
VEAL PARMIGIANA, FRZN, BANQUET	5 OZ	142.0	287.0	19.5	15.9	16.2	33.1
Veal, Average, ckd	3 oz	85.0	196.0	0.0	25.6	9.7	17.8
Veal, Average, lean, ckd	3 oz	85.0	167.0	0.0	27.1	5.6	17.7
Veal, Average, lean, raw	4 oz	113.0	127.0	0.0	22.8	3.2	14.5
Veal, Average, raw	4 oz	113.0	163.0	0.0	21.9	7.7	15.1
Veal, Brain, pan fried	3 oz	85.0	181.0	0.0	12.3	14.3	11.0
Veal, Brain, raw	4 oz	113.0	133.0	0.0	11.6	9.3	9.3
Veal, Breast, brsd	3 oz	85.0	226.0	0.0	22.1	14.3	16.8
Veal, Breast, lean, brsd	3 oz	85.0	185.0	0.0	25.8	8.3	17.6
Veal, Breast, raw	4 oz	113.0	235.0	0.0	19.8	16.7	16.1
Veal, Chop, fried	3 oz	85.0	224.0	0.0	21.3	14.8	16.5
Veal, Chop, lean, fried	3 oz	85.0	178.0	0.0	27.7	6.6	18.3
Veal, Cordon Bleu, svg, avg	1 ea	229.0	492.0	3.4	35.1	36.4	33.6
Veal, Cube Steak, prep, Kings Command Foods	3 oz	85.0	203.0	1.8	18.0	13.4	15.9
Veal, Dinner Steak, prep, Travis	1 ea	113.0	292.0	0.0	18.1	23.1	16.6
Veal, Fat, ckd	1 oz	28.0	180.0	0.0	2.6	18.7	6.2

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Veal, Fat, raw	1 oz	28.0	179.0	0.0	1.7	18.1	5.5
Veal, Ground, 7% fat, raw	4 oz	113.0	163.0	0.0	21.9	7.7	15.1
Veal, Ground, 8% fat, brld	3 oz	85.0	146.0	0.0	20.7	6.4	14.0
Veal, Heart, brsd	3 oz	85.0	158.0	0.1	24.7	5.7	16.3
Veal, Heart, raw	4 oz	113.0	124.0	0.1	19.4	4.5	12.9
Veal, Kidneys, brsd	3 oz	85.0	139.0	0.0	22.4	4.8	14.6
Veal, Kidneys, raw	4 oz	113.0	112.0	0.1	17.9	3.5	11.7
Veal, Leg, lean, rstd	3 oz	85.0	128.0	0.0	23.9	2.9	15.1
Veal, Leg, top round, brsd	3 oz	85.0	179.0	0.0	30.8	5.4	19.8
Veal, Leg, top round, lean, brsd	3 oz	85.0	173.0	0.0	31.2	4.3	19.8
Veal, Leg, top round, lean, raw	4 oz	113.0	121.0	0.0	24.1	1.1	14.7
Veal, Leg, top round, raw	4 oz	113.0	132.0	0.0	23.7	3.5	15.1
Veal, Leg, top round, rstd	3 oz	85.0	136.0	0.0	23.5	3.1	14.9
Veal, Leg/Shoulder, lean, cubed, brsd	3 oz	85.0	160.0	0.0	29.7	3.7	18.7
Veal, Leg/Shoulder, lean, cubed, raw	4 oz	113.0	123.0	0.0	22.9	2.8	14.4
Veal, Liver, brsd	3 oz	85.0	140.0	2.3	18.4	5.9	14.8
Veal, Liver, raw	4 oz	113.0	151.0	5.2	20.2	4.9	18.5
Veal, Loin Chop, fried	1 ea	105.0	222.0	0.0	33.4	8.8	22.2
Veal, Loin Chop, breaded, fried	1 ea	127.0	290.0	12.5	34.7	11.7	36.2
Veal, Loin Chop, brsd	1 ea	80.0	227.0	0.0	24.2	13.8	18.0
Veal, Loin Chop, lean, breaded, fried	1 ea	101.0	208.0	9.9	28.7	6.3	28.7
Veal, Loin Chop, lean, brsd	1 ea	69.0	156.0	0.0	23.2	6.3	15.5
Veal, Loin Chop, lean, fried	1 ea	85.0	156.0	0.0	28.2	3.9	17.9
Veal, Loin Chop, lean, raw	1 ea	113.0	131.0	0.0	22.8	3.8	14.6
Veal, Loin Chop, lean, rstd	3 oz	85.0	149.0	0.0	22.4	5.9	14.9
Veal, Loin Chop, raw	4 oz	113.0	184.0	0.0	21.4	10.3	15.4
Veal, Loin Chop, rstd	1 ea	229.0	497.0	0.0	56.8	28.2	41.1
Veal, Lungs, brsd	3 oz	85.0	88.0	0.0	15.9	2.2	10.1
Veal, Lungs, raw	4 oz	113.0	102.0	0.0	18.4	2.6	11.7
Veal, Marsala, avg	1 pce	96.0	264.0	5.9	12.2	18.1	17.7
Veal, Pancreas, brsd	3 oz	85.0	218.0	0.0	24.7	12.4	17.9
Veal, Pancreas, raw	4 oz	113.0	206.0	0.0	16.1	14.8	13.4
Veal, Parmigiana, avg	1 pce	182.0	349.0	15.1	26.1	19.9	35.7
Veal, Parmigiana, Banquet	1 pce	132.0	230.0	19.0	9.0	14.0	27.9
Veal, Parmigiana, w/vegs&tortellini, avg	1 ea	340.0	707.0	54.7	38.1	37.3	86.9
Veal, Patty, avg	1 ea	79.0	209.0	6.4	16.4	12.6	19.4
Veal, Patty, breaded, prep, Kings Command Foods	3 oz	85.0	210.0	10.8	17.1	10.7	23.7
Veal, Patty, breaded, prep, Travis	1 ea	113.0	264.0	12.7	13.1	17.0	24.8
Veal, Patty, prep, Tenderflake	1 ea	85.0	223.0	0.8	13.1	18.5	13.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Veal, Patty, w/cheese, Travis Meats	1 ea	91.0	227.0	10.0	11.9	14.9	20.9
Veal, Ribs, brsd	3 oz	85.0	213.0	0.0	27.5	10.6	19.2
Veal, Ribs, lean, brsd	3 oz	85.0	185.0	0.0	29.2	6.6	19.2
Veal, Ribs, lean, raw	4 oz	113.0	136.0	0.0	22.6	4.4	14.7
Veal, Ribs, lean, rstd	3 oz	85.0	150.0	0.0	21.9	6.3	14.7
Veal, Ribs, raw	4 oz	113.0	183.0	0.0	21.4	10.2	15.4
Veal, Ribs, rstd	3 oz	85.0	194.0	0.0	20.4	11.9	15.2
Veal, Scallopini, avg	1 pce	96.0	257.0	1.0	17.6	19.4	16.4
Veal, Shank, brsd	3 oz	85.0	162.0	0.0	26.8	5.3	17.4
Veal, Shank, lean, brsd	3 oz	85.0	150.0	0.0	27.4	3.7	17.4
Veal, Shank, lean, raw	4 oz	113.0	122.0	0.0	21.8	3.2	13.9
Veal, Shank, raw	4 oz	113.0	128.0	0.0	21.7	3.9	14.0
Veal, Shoulder, arm/blade, brsd	3 oz	85.0	194.0	0.0	27.3	8.6	18.5
Veal, Shoulder, arm/blade, lean, brsd	3 oz	85.0	169.0	0.0	28.6	5.2	18.5
Veal, Shoulder, arm/blade, lean, raw	4 oz	113.0	127.0	0.0	22.4	3.4	14.3
Veal, Shoulder, arm/blade, lean, rstd	3 oz	85.0	145.0	0.0	21.9	5.6	14.5
Veal, Shoulder, arm/blade, raw	4 oz	113.0	147.0	0.0	21.8	5.1	14.4
Veal, Shoulder, arm/blade, rrstd	3 oz	85.0	156.0	0.0	21.5	7.2	14.7
Veal, Sirloin, brsd	3 oz	85.0	214.0	0.0	26.6	11.1	18.7
Veal, Sirloin, lean, brsd	3 oz	85.0	173.0	0.0	28.9	5.5	18.7
Veal, Sirloin, lean, raw	4 oz	113.0	124.0	0.0	22.8	2.9	14.4
Veal, Sirloin, lean, rstd	3 oz	85.0	143.0	0.0	22.4	5.3	14.8
Veal, Sirloin, raw	4 oz	113.0	172.0	0.0	21.6	8.8	15.2
Veal, Sirloin, rstd	3 oz	85.0	172.0	0.0	21.3	8.9	15.0
Veal, Slices, ltln, breaded, prep, 3oz svg, Travis	1 ea	113.0	266.0	12.4	14.1	17.4	25.2
Veal, Slices, prep, 3 oz svg, Travis	1 ea	85.0	220.0	10.0	13.6	18.1	22.7
Veal, Spleen, brsd	3 oz	85.0	110.0	0.0	20.5	2.5	12.9
Veal, Spleen, raw	4 oz	113.0	111.0	0.0	20.7	2.5	13.0
Veal, Thymus, brsd	3 oz	85.0	148.0	0.0	26.9	3.6	17.0
Veal, Thymus, raw	4 oz	113.0	112.0	0.0	20.3	2.8	12.9
Veal, Tongue, brsd	3 oz	85.0	172.0	0.0	22.0	8.6	15.4
Veal, Tongue, raw	4 oz	113.0	148.0	2.2	19.4	6.2	15.4
Veal, w/Butter Sauce, avg	1 cup	188.0	321.0	2.9	28.1	21.5	25.1
Veal, w/Cream Sauce, avg	1 cup	246.0	312.0	4.1	33.8	16.8	28.6
Veal, w/Gravy, avg	1 pce	65.0	94.0	1.4	10.9	4.7	9.1
Vegetable Chop Suey, La Choy	1 ea	85.0	11.0	2.4	0.7	0.4	2.9
Vegetable Pasta, Italiano, Healthy Choice	1 ea	284.0	250.0	48.0	9.0	3.0	54.2
Vegetable Tempura, avg	1/2 cup	32.0	51.0	4.6	1.3	3.1	6.2
Vegetables, Spring, w/cheese, Budget Gourmet	1 ea	156.0	150.0	10.0	6.0	10.0	16.1

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Vegetables, w/Barley, American Classics	1 ea	43.0	150.0	29.0	6.0	0.5	32.7
Vegetables, w/Noodles, La Choy	1 cup	266.0	130.0	26.6	4.8	1.3	29.8
Vegetables, w/Pasta & Cream Sauce, avg	1 cup	162.0	185.0	20.7	7.9	8.0	27.4
Vegetarian Bacon, Bakon Crumbles, Imagic	1/2 cup	14.0	56.0	1.1	4.0	3.5	4.4
Vegetarian Bacon, Brkfst Strips, fzn, Mrnstr Frm	2 pce	16.0	56.0	2.1	1.8	4.4	4.3
Vegetarian Bacon, Stripples, fzn, Wrth Fd	2 pce	16.0	56.0	2.1	1.8	4.4	4.3
Vegetarian Beef, Choplets, cnd, Worthington Foods	2 pce	92.0	94.0	3.1	16.7	1.6	13.5
Vegetarian Beef, Corned Beef, fzn, Wrth Fd	6 pce	81.0	197.0	6.6	13.6	12.9	18.0
Vegetarian Beef, Cutlets, cnd, Worthington Foods	1 pce	61.0	66.0	3.2	10.9	1.1	10.0
Vegetarian Beef, Cutlets, multigrain, cnd, WrthFd	2 pce	92.0	98.0	5.3	15.4	1.7	15.0
Vegetarian Beef, Dinner Cuts, cnd, svg, Lm Lnd	1 ea	67.0	78.0	3.5	12.4	1.6	11.3
Vegetarian Beef, Dinner Roast, fzn, Wrth Fd	1 ea	85.0	179.0	4.6	12.2	12.5	15.0
Vegetarian Beef, Fillets, avg	2 ea	94.0	273.0	8.5	21.6	16.9	25.7
Vegetarian Beef, Fillets, fzn, Wrth Fd	2 pce	85.0	183.0	7.9	15.6	9.8	19.7
Vegetarian Beef, fzn, Worthington Foods	5 pce	92.0	189.0	7.3	14.4	11.3	18.8
Vegetarian Beef, Meatballs, avg	8 ea	80.0	160.0	6.4	16.8	7.2	18.3
Vegetarian Beef, Prime Stakes, cnd, Wrth Fd	1 pce	92.0	136.0	4.1	9.1	9.3	11.9
Vegetarian Beef, Roast Beef, svg, Gorilla Foods	1 ea	113.0	177.0	7.1	31.9	1.1	26.5
Vegetarian Beef, Roast Beef, w/bbq sc,svg, Gor Fd	1 ea	113.0	165.0	10.1	26.1	1.9	26.2
Vegetarian Beef, Saucettes, cnd, Wrth Fd	2 pce	76.0	172.0	2.7	11.1	12.1	12.4
Vegetarian Beef, Savory Slices, cnd, Wrth Fd	3 pce	84.0	144.0	5.2	10.1	9.3	13.6
Vegetarian Beef, Stakelets, fzn, Wrth Fd	1 pce	71.0	145.0	5.7	12.3	8.0	15.1
Vegetarian Beef, Steak, cnd, Wrth Fd	1 ea	72.0	83.0	3.1	14.7	1.3	12.2
Vegetarian Beef, Steak, Garden, Whole Foods	1 ea	142.0	369.0	51.1	22.7	8.3	66.8
Vegetarian Beef, Swiss Stake, w/grv, cnd, Lm Lnd	1 pce	92.0	120.0	8.4	9.0	5.6	15.2
Vegetarian Beef, Tender Bits, cnd, Loma Linda	6 pce	85.0	111.0	6.8	10.8	4.5	14.4
Vegetarian Beef, Tender Rounds, cnd, svg, Lm Lnd	1 ea	80.0	118.0	4.6	13.8	4.1	13.9
Vegetarian Beef, Veelets, fzn, Worthington Foods	1 ea	85.0	171.0	10.4	14.5	7.9	21.1
Vegetarian Chicken, breaded, fried, avg	1 pce	57.0	97.0	2.9	6.3	6.8	8.4
Vegetarian Chicken, Chik-Diced, cnd, svg, Wrth Fd	1 ea	55.0	57.0	0.8	5.5	3.5	5.0
Vegetarian Chicken, Chik-Diced, fzn, svg, Wrth Fd	1 ea	55.0	83.0	1.3	9.4	4.4	8.0
Vegetarian Chicken, Chik-Ketts, fzn, svg, Wrth Fd	1 ea	55.0	121.0	1.1	13.5	6.6	10.9
Vegetarian Chicken, Chik-Nuggets, fzn, Lm Lnd	5 pce	85.0	245.0	13.3	12.1	15.9	24.5
Vegetarian Chicken, Chik-Patties, fzn, Mrnstr Frm	1 ea	71.0	177.0	14.9	7.3	9.8	21.7
Vegetarian Chicken, Chik-Stiks, fzn, Wrth Fd	2 pce	94.0	222.0	5.1	17.4	14.6	19.2
Vegetarian Chicken, Crspy Chik Patty, fzn,Wrth Fd	1 ea	71.0	175.0	14.8	7.8	9.4	21.8
Vegetarian Chicken, Fri-Chik, cnd, Wrth Fd	2 pce	90.0	116.0	1.1	9.9	7.1	8.8
Vegetarian Chicken, Fried Chik'n, fzn, Loma Linda	1 pce	57.0	178.0	0.9	10.8	14.6	11.0
Vegetarian Chicken, Fried Chik'n,w/grv,cnd,Lm Lnd	1 ea	147.0	385.0	5.8	21.2	30.9	26.2

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Vegetarian Chicken, Slices, avg	3 ea	90.0	198.0	6.3	15.3	12.6	18.6
Vegetarian Chicken, svg, Gorilla Foods	1 ea	57.0	93.0	3.0	18.1	1.0	14.1
Vegetarian Chili, avg	1 cup	212.0	280.0	29.9	37.5	4.1	53.4
Vegetarian Chili, cnd, Natural Touch	1 cup	307.0	358.0	28.6	23.9	16.5	47.1
Vegetarian Chili, cnd, svg, Worthington Foods	1 ea	230.0	294.0	20.9	18.9	15.0	36.0
Vegetarian Corn Dog, fzn, Loma Linda	1 ea	71.0	204.0	19.2	10.4	9.5	27.8
Vegetarian Croquettes, fzn, Worthington Foods	1 pce	85.0	207.0	14.2	14.3	10.3	25.4
Vegetarian Eggroll, fzn , Worthington Foods	1 ea	85.0	181.0	19.7	6.4	8.5	25.7
Vegetarian Fish, Ocean Platter, dry, Loma Linda	1 oz	28.0	102.0	8.2	14.7	1.1	17.3
Vegetarian Fish, Scallops, breaded, fried, avg	1/2 cup	85.0	257.0	7.1	20.4	15.9	23.3
Vegetarian Fish, Skallops, cnd, Worthington Foods	1/2 cup	85.0	86.0	3.2	15.2	1.4	12.7
Vegetarian Fish, Sticks, avg	3 ea	86.0	249.0	7.7	19.8	15.5	23.5
Vegetarian Fish, Tuno, fzn, Worthington Foods	3 oz	85.0	128.0	3.2	9.1	8.5	10.8
Vegetarian Frankfurter, avg	1 ea	51.0	102.0	4.1	10.2	5.1	11.5
Vegetarian Frankfurter, big, cnd, Loma Linda	1 ea	51.0	110.0	2.3	10.2	6.7	10.1
Vegetarian Frankfurter, deli, Morningstar Farms	1 ea	45.0	112.0	3.7	10.4	6.2	11.5
Vegetarian Frankfurter, Garden Dog Hotdog, Whl Fd	2 oz	57.0	121.0	4.0	19.1	2.5	16.1
Vegetarian Link, Frank, Natural Touch	1 ea	45.0	99.0	1.1	10.4	5.5	8.7
Vegetarian Link, Leanie, fzn, Worthington Foods	1 pce	40.0	106.0	1.7	7.3	7.8	8.0
Vegetarian Link, Linkett, cnd, Loma Linda	1 ea	35.0	72.0	1.1	6.9	4.4	6.3
Vegetarian Link, Little Link, cnd, Loma Linda	1 pce	23.0	47.0	1.3	4.1	2.8	4.5
Vegetarian Link, Prosage, fzn, Worthington Foods	1 pce	22.0	31.0	0.9	4.1	1.2	3.7
Vegetarian Link, Super, cnd, Worthington Foods	1 pce	48.0	106.0	2.3	6.5	7.8	8.2
Vegetarian Link, Veja, cnd, Worthington Foods	1 pce	31.0	49.0	1.0	4.6	2.1	4.3
Vegetarian Lunchmeat, Bolono, fzn, svg, Wrth Fd	1 ea	57.0	79.0	2.2	10.1	3.3	9.1
Vegetarian Lunchmeat, Salami, fzn, Wrth Fd	3 pce	57.0	129.0	1.9	12.3	8.1	11.3
Vegetarian Lunchmeat, slice, avg	1 pce	67.0	188.0	6.0	16.8	10.7	18.8
Vegetarian Lunchmeat, Sndwch Sprd, cnd,svg,Lm Lnc	1 ea	55.0	85.0	7.2	3.9	4.5	10.7
Vegetarian Lunchmeat,Smk Beef Slc,fzn,svg,Wrth Fd	1 ea	57.0	123.0	5.5	10.8	6.4	13.6
Vegetarian Meat Spread, avg	3 Tbs	48.0	72.0	4.3	3.8	4.3	7.7
Vegetarian Numete, cnd, Wrth Fd	1 pce	55.0	133.0	5.1	6.5	9.6	11.4
Vegetarian Nuteena, cnd, svg, Worthington Foods	1 ea	55.0	162.0	5.8	5.5	13.0	12.4
Vegetarian Pepperoni, svg, Gorilla Foods	2 ea	57.0	121.0	4.0	20.1	2.0	16.6
Vegetarian, Burger, Better 'N, Morningstar Farms	1 ea	78.0	83.0	6.9	12.8	0.5	14.7
Vegetarian, Burger, cnd, Loma Linda	1 ea	55.0	66.0	2.4	10.5	1.6	9.1
Vegetarian, Burger, Crumbles, Morningstar Farms	1 ea	55.0	116.0	3.3	11.1	6.5	11.6
Vegetarian, Burger, Fri-Pats, fzn, Wrth Fd	1 pce	64.0	132.0	4.2	14.5	6.3	14.5
Vegetarian, Burger, Garden, Morningstar Farms	1 ea	67.0	119.0	10.2	11.2	3.8	17.9
Vegetarian, Burger, Garden, Whole Foods	1 ea	45.0	82.0	11.4	5.1	1.9	14.9

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
Vegetarian, Burger, Gran-Burger, dry, Wrth Fd	2 Tbs	17.0	62.0	3.5	10.2	0.8	9.8
Vegetarian, Burger, Ground Meatless, Wrth Fd	1 ea	55.0	80.0	2.9	10.9	2.7	10.1
Vegetarian, Burger, Harvest, Italian, Green Giant	1 ea	90.0	139.0	7.7	17.3	4.5	19.2
Vegetarian, Burger, Harvest, orig, Green Giant	1 ea	90.0	137.0	7.6	17.9	4.1	19.4
Vegetarian, Burger, Harvest, sthwstrn, Green Giant	1 ea	90.0	135.0	8.6	16.2	4.1	19.3
Vegetarian, Burger, Okra Patty, fzn, Natural Touch	1 ea	64.0	105.0	3.5	10.5	5.5	11.2
Vegetarian, Burger, Patty, dry mix, Loma Linda	1 ea	26.0	90.0	6.5	13.9	0.1	14.9
Vegetarian, Burger, Prime Patty, fzn, Mrnstr Frm	1 ea	78.0	115.0	4.7	19.5	1.1	16.7
Vegetarian, Burger, Prosage Patty, fzn, Wrth Fd	2 ea	76.0	160.0	6.3	19.2	6.5	19.4
Vegetarian, Burger, Redi-Burger, cnd, svg, Lm Lnd	1 ea	85.0	172.0	4.8	16.4	9.7	17.1
Vegetarian, Burger, Soy, avg	1 ea	71.0	142.0	5.7	14.9	6.4	16.2
Vegetarian, Burger, Soy, w/cheese, avg	1 ea	135.0	316.0	29.5	20.7	12.7	45.1
Vegetarian, Burger, Spicy Black Bean, Mrnstr Frm	1 ea	78.0	115.0	15.2	11.8	0.8	22.5
Vegetarian, Burger, Vita, dry granules, Loma Linda	2 Tbs	10.0	36.0	2.1	4.7	0.5	5.0
Vegetarian, Burger, Worthington Foods	1/2 cup	110.0	121.0	4.3	17.4	3.8	15.7
Vegetarian, Loaf, dry mix, Natural Touch	1 oz	28.0	94.0	9.4	12.7	0.6	17.2
Vegetarian, Loaf, dry mix, savory dinner, Lm Lnd	1 oz	28.0	101.0	7.5	14.7	1.4	16.7
Vegetarian, Loaf, Lentil Rice, Natural Touch	1 pce	90.0	166.0	14.5	7.7	8.6	21.3
Vegetarian, Loaf, Nine Bean, svg, Natural Touch	1 ea	85.0	147.0	13.2	7.7	7.0	19.6
Vegetarian, Loaf, Vegetarian Meat, slice, avg	1 ea	71.0	142.0	5.7	14.9	6.4	16.2
Vegetarian, Pot Pie, avg	1 ea	227.0	524.0	41.2	14.6	33.8	58.4
Vegetarian, Prosage Roll, fzn, Worthington Foods	1 pce	55.0	142.0	2.0	10.0	10.4	10.6
Vegetarian, Protose, cnd, Worthington Foods	1 pce	55.0	131.0	4.8	12.8	6.7	14.2
Vegetarian, Sausage, breakfast link, fzn, Grn Gnt	1 ea	23.0	38.0	1.8	3.1	1.7	4.1
Vegetarian, Sausage, breakfast patty, fzn, Grn Gnt	1 ea	29.0	48.0	2.3	5.0	2.1	5.8
Vegetarian, Sausage, breakfast patty, Mrnstr Frm	1 ea	38.0	79.0	3.7	9.9	2.8	10.3
Vegetarian, Sausage, brkfst link, fzn, Mrnstr Frm	1 pce	22.0	31.0	0.9	4.1	1.2	3.7
Vegetarian, Sausage, Garden Patty, Whole Foods	1 ea	36.0	66.0	9.1	3.6	1.6	11.7
Vegetarian, Sausage, Grillers, fzn, Mrnstr Frm	1 ea	64.0	140.0	5.0	14.3	6.9	15.3
Vegetarian, Sausage, Ground, svg, Wrth Fd	1 ea	55.0	113.0	3.4	11.3	6.0	11.7
Vegetarian, Sausage, patty, avg	1 ea	25.0	64.0	2.5	4.6	4.6	6.4
Vegetarian, Stew, country, cnd, Worthington Foods	1 cup	240.0	209.0	19.6	12.7	8.8	29.4
Vegetarian, Stew, svg, avg	1 ea	270.0	324.0	18.9	45.9	8.1	48.5
Vegetarian, Stroganoff, dry mix, Natural Touch	1 ea	23.0	94.0	9.8	5.2	3.8	13.9
Vegetarian, Taco Garden, Whole Foods	1 ea	35.0	106.0	17.6	6.2	1.2	21.6
Vegetarian, Turkee Slices, cnd, Wrth Fd	3 pce	94.0	193.0	3.5	13.2	13.1	14.7
Vegetarian, Turkey Style, smkd, fzn, Wrth Fd	4 pce	76.0	190.0	4.7	13.2	13.2	15.9
Vegetarian, Wham, fzn, Worthington Foods	4 pce	90.0	163.0	2.9	14.7	10.3	14.3
Venison & Noodles, w/Cream Sauce, avg	1 cup	249.0	354.0	20.9	27.2	17.4	41.6

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Venison, Chop, ckd	1 ea	89.0	184.0	0.0	25.8	8.3	17.6
Venison, Jerky	2 pce	28.0	95.0	4.1	9.5	4.3	10.9
Venison, Loaf	1 pce	108.0	148.0	6.3	21.4	3.5	20.0
Venison, Raw	4 oz	113.0	136.0	0.0	25.1	2.7	15.7
Venison, Ribs, ckd	3 oz	85.0	146.0	0.0	27.5	3.1	17.3
Venison, Roasted	3 oz	85.0	134.0	0.0	25.7	2.7	16.1
Venison, Steak, breaded, ckd	1 ea	101.0	206.0	10.7	22.6	7.4	26.1
Venison, Stewed	1 cup	140.0	241.0	0.0	45.4	5.2	28.5
Venison, w/Gravy	1 pce	65.0	77.0	1.4	12.6	1.1	9.2
Venison, w/Tomato Sauce	1 cup	249.0	229.0	5.7	40.1	4.3	30.8
VIENNA SAUSAGE, CANNED	1 SAUSAGE	16.0	45.0	0.3	1.7	4.0	2.3
Vinegar, Apple Cider, Nakano	1 Tbs	15.0	1.0	0.1	0.0	0.0	0.1
Vinegar, Balsamic, Nakano	1 Tbs	15.0	10.0	2.3	0.1	0.0	2.4
VINEGAR, CIDER	1 TBSP	15.0	2.0	0.8	0.0	0.0	0.8
Vinegar, Cider, avg	1 Tbs	15.0	2.0	0.9	0.0	0.0	0.9
Vinegar, Malt, w/tarragon flvr, Fleischmann's	1 Tbs	15.0	3.0	0.1	0.0	0.0	0.1
Vinegar, Red Wine, Nakano	1 Tbs	15.0	0.0	0.1	0.0	0.0	0.1
Vinegar, Rice, Fleischmann's	1 Tbs	15.0	7.0	0.5	0.0	0.0	0.5
Vinegar, White Wine, Nakano	1 Tbs	15.0	0.0	0.0	0.0	0.0	0.0
Vodka, 80 Proof, avg, 1.5 fl oz	1 ea	42.0	97.0	0.0	0.0	0.0	0.0
Waffle, Apple Cinnamon, 4", Eggo	1 ea	39.0	110.0	16.5	2.5	4.0	19.0
Waffle, Belgian, dry mix, General Mills	1 oz	28.0	97.0	20.7	2.2	0.5	22.1
Waffle, Belgian, prep f/fzn, Krusteaz	1 ea	68.0	192.0	29.2	4.5	6.5	33.5
Waffle, Belgian, prep f/mix w/eggs&bttr, Gen Mills	1 ea	102.0	368.0	46.8	7.1	16.9	55.3
Waffle, Blueberry, 4", Eggo	1 ea	39.0	110.0	16.5	2.5	4.0	19.0
Waffle, Buttermilk, dry mix w/egg, Krusteaz	1 oz	28.0	115.0	18.2	3.1	3.4	20.9
Waffle, Buttermilk, prep f/dry mix, 7", Krstz	1 ea	81.0	230.0	37.0	6.0	7.0	42.4
Waffle, Buttermilk, prep f/recipe, 7", avg	1 ea	75.0	217.0	24.8	6.2	10.2	31.1
Waffle, Cornmeal, 7", avg	1 ea	75.0	209.0	28.1	6.2	7.8	33.8
WAFFLE, FROM MIX	1 LARGE WAFFLE	113.0	285.0	36.0	5.0	13.0	42.3
WAFFLE, FROZEN, AUNT JEMIMA	1 WAFFLE	35.0	86.0	13.6	2.2	2.5	15.5
Waffle, Fruit, 7", avg	1 ea	75.0	186.0	30.4	5.5	4.7	34.9
WAFFLE, HOMEMADE	1 LARGE WAFFLE	75.0	245.0	25.7	6.9	12.6	33.0
Waffle, Multi-Bran, 4", Nutri Grain	1 ea	39.0	90.0	16.0	2.5	3.0	18.3
Waffle, Nut & Honey, 4", Eggo	1 ea	39.0	120.0	16.0	3.0	5.0	19.1
Waffle, Oat Bran, 4", Eggo	1 ea	39.0	100.0	13.5	3.0	3.5	16.2
Waffle, Plain, dry mix, complete, General Mills	1 oz	28.0	111.0	17.9	2.2	3.4	20.1
Waffle, Plain, fzn, 4", avg	1 ea	35.0	88.0	13.5	2.1	2.7	15.4
Waffle, Plain, Nutri Grain, 4", Eggo	1 ea	39.0	95.0	15.0	2.5	3.0	17.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Waffle, Plain, prep f/complete dry mix, 7", avg	1 ea	75.0	218.0	26.4	4.6	10.3	31.7
Waffle, Plain, prep f/recipe, 7", avg	1 ea	75.0	218.0	24.7	5.9	10.6	30.9
Waffle, Raisin Bran, 4", Nutri Grain	1 ea	41.0	105.0	18.0	2.5	3.0	20.3
Waffle, Special K, 4", Eggo	1 ea	29.0	70.0	14.5	3.0	0.0	16.3
Waffle, Strawberry, 4", Eggo	1 ea	39.0	110.0	16.0	2.5	4.0	18.5
Waffle, Wheat Bran, 4", avg	1 ea	38.0	116.0	16.7	3.3	4.7	19.9
Waffle, Whole Grain, 4", Aunt Jemima	1 ea	36.0	78.0	14.9	2.1	1.4	16.5
Waffle, Whole Wheat, 4", avg	1 ea	39.0	107.0	12.7	3.6	4.8	16.1
Water Buffalo, Raw	4 oz	113.0	112.0	0.0	23.1	1.5	14.2
Water Buffalo, Rstd	3 oz	85.0	111.0	0.0	22.8	1.5	14.1
WATER CHESTNUTS, CANNED	16 MEDIUM	100.0	80.0	19.0	1.4	0.2	19.9
Water, Ice Cubes, avg	1 cup	237.0	0.0	0.0	0.0	0.0	0.0
Water, Ice Cubes, avg	1 cup	237.0	0.0	0.0	0.0	0.0	0.0
Water, Perrier	1 cup	237.0	0.0	0.0	0.0	0.0	0.0
Water, Poland Springs	1 cup	237.0	0.0	0.0	0.0	0.0	0.0
Water, Pure, bottled, avg	1 cup	237.0	0.0	0.0	0.0	0.0	0.0
Water, Shasta A' Sante	1 cup	237.0	0.0	0.0	0.0	0.0	0.0
Water, Tap, avg	1 cup	237.0	0.0	0.0	0.0	0.0	0.0
Water, Tap, avg	1 cup	237.0	0.0	0.0	0.0	0.0	0.0
Water, Tonic/Quinine, 12 fl oz, avg	1 1/2 cup	366.0	124.0	32.2	0.0	0.0	32.2
Water, Tonic/Quinine, diet, 12 fl oz, avg	1 1/2 cup	355.0	0.0	0.4	0.0	0.0	0.4
Waterchestnuts, Canned, w/liquid, avg	1/2 cup	70.0	35.0	8.7	0.6	0.0	9.1
Waterchestnuts, Raw, avg	1/2 oz	62.0	60.0	14.8	0.9	0.1	15.4
Watercress, Fresh, avg	1/2 cup	17.0	2.0	0.2	0.4	0.0	0.4
WATERMELON	1 CUP	160.0	50.0	11.5	1.0	0.7	12.3
Watermelon, Fresh, diced, avg	1/2 cup	76.0	24.0	5.5	0.5	0.3	5.9
WAX BEANS, COOKED	1/2 CUP	100.0	22.0	4.6	1.4	0.2	5.5
Waxgourd, Cooked, cubes, avg	1/2 cup	88.0	11.0	2.7	0.4	0.2	3.0
Waxgourd, Raw, cubes, avg	1/2 cup	66.0	9.0	1.1	0.3	0.1	1.3
WENDY'S BACON AND CHEESE BAKED POTATOE		380.0	530.0	78.0	17.0	18.0	92.7
WENDY'S BROCCOLI AND CHEESE POTATOE		411.0	470.0	80.0	9.0	14.0	88.9
WENDY'S CHICKEN BREAST FILLET		99.0	220.0	11.0	21.0	10.0	26.1
WENDY'S CHICKEN CAESAR PITA		237.0	490.0	48.0	34.0	18.0	72.9
WENDY'S CHICKEN CLUB SANDWICH		231.0	500.0	42.0	30.0	24.0	66.0
WENDY'S CHICKEN FRIED STEAK		176.0	580.0	25.0	28.0	41.0	52.1
WENDY'S CHICKEN SANDWICH		219.0	430.0	41.0	26.0	19.0	61.4
WENDY'S CHILI	SMALL (8OZ.)	227.0	210.0	21.0	15.0	7.0	31.8
WENDY'S CHILI AND CHEESE POTATOE		439.0	630.0	83.0	20.0	24.0	101.0
WENDY'S CLASSIC GREEK PITA		234.0	440.0	50.0	15.0	20.0	64.0

FOOD NAME	Quantity	Weight	Kcal	CHO	PRO	Fat	gCHO/unit
WENDY'S DOUBLE CHEESEBURGER		325.0	800.0	41.0	50.0	48.0	83.0
WENDY'S DOUBLE HAMBURGER		285.0	670.0	34.0	44.0	40.0	70.4
WENDY'S FRNCH FRIES	MEDIUM	130.0	390.0	50.0	5.0	19.0	57.8
WENDY'S GARDEN RANCH CHICKEN PITA		283.0	480.0	51.0	30.0	18.0	73.5
WENDY'S GARDEN VEGGIE PITA		257.0	400.0	52.0	11.0	17.0	62.9
WENDY'S NUGGETS	5 PIECE	75.0	230.0	11.0	11.0	16.0	21.6
WENDY'S SHAKE		250.0	390.0	54.0	9.0	16.0	63.4
WENDY'S SINGLE CHEESEBURGER		240.0	580.0	34.0	33.0	34.0	62.3
WENDY'S SINGLE HAMBURGER		200.0	470.0	33.0	26.0	26.0	55.1
WENDY'S SOUR CREAM AND CHIVES POTATOE		314.0	380.0	74.0	8.0	6.0	80.3
Whale, meat, raw, avg	3 oz	85.0	133.0	0.0	17.5	6.4	12.1
WHEAT FLOUR	1 CUP	112.0	400.0	86.2	11.6	1.1	93.4
WHEAT FLOUR, SELF-RISING	1 CUP	112.0	436.0	94.4	12.0	1.2	101.9
Wheat, Cracked, dry, avg	1/4 cup	30.0	102.0	21.8	4.1	0.6	24.4
Wheat, Durum, enriched, Arrowhead Mills	1/4 cup	42.0	143.0	29.1	5.6	1.2	32.8
Wheat, Flakes, rolled, Arrowhead Mills	1/4 cup	26.0	84.0	18.4	3.1	0.4	20.4
Wheat, Germ, crude, avg	1/4 cup	29.0	104.0	15.0	6.7	2.8	19.7
Wheat, Germ, toasted, avg	1/4 cup	28.0	107.0	13.9	8.1	2.1	19.3
Wheat, Sprouted, avg	1/4 cup	27.0	53.0	11.5	2.0	0.3	12.8
WHEATENA, COOKED	3/4 CUP	182.0	101.0	21.5	3.7	0.8	23.9
Whelk, mollusks, raw, avg	3 oz	85.0	116.0	6.6	20.2	0.3	18.8
Whelk, mollusks, stmd, avg	3 oz	85.0	234.0	13.2	40.5	0.7	37.7
Whiskey, 80 Proof, avg, 1.5 fl oz	1 ea	42.0	97.0	0.0	0.0	0.0	0.0
White Fish, bkd, fillet, avg	1 ea	154.0	265.0	0.0	37.7	11.6	25.5
White Fish, raw, fillet, avg	1 ea	198.0	265.0	0.0	37.8	11.6	25.6
White Fish, smkd, avg	1 cup	136.0	147.0	0.0	31.8	1.3	19.4
Whiting Fish, bkd, mxd spec, fillet, avg	1 ea	72.0	84.0	0.0	16.9	1.2	10.4
Whiting Fish, breaded/battered, bkd, fillet, avg	1 ea	81.0	166.0	6.6	16.2	7.9	18.3
Whiting Fish, raw, fillet, avg	1 ea	92.0	83.0	0.0	16.8	1.2	10.4
Wine Cooler, 12 fl oz	1 ea	340.0	231.0	2.7	0.3	0.0	2.9
Wine Spritzer, 12 fl oz	1 ea	340.0	143.0	2.8	0.4	0.0	3.0
Wine, avg, 6 fl oz	1 ea	177.0	124.0	2.5	0.4	0.0	2.7
Wine, Chinese, 6 fl oz	1 ea	177.0	124.0	2.5	0.4	0.0	2.7
Wine, Japanese Mirin, 6 fl oz	1 ea	178.0	402.0	56.1	0.9	0.0	56.6
Wine, Japanese Plum, 6 fl oz	1 ea	178.0	274.0	31.3	0.2	0.4	31.5
Wine, Japanese Rice, 6 fl oz	1 ea	177.0	237.0	8.9	0.9	0.0	9.4
Wine, Japanese Sake/Saki, 6 fl oz	1 ea	178.0	239.0	8.9	0.9	0.0	9.4
Wine, Red Burgundy, 6 fl oz	1 ea	176.0	123.0	2.5	0.4	0.0	2.7
Wine, Red Claret, 6 fl oz	1 ea	176.0	123.0	2.5	0.4	0.0	2.7

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Wine, Red Rose, 6 fl oz	1 ea	177.0	126.0	2.5	0.4	0.0	2.7
Wine, Red Sherry, dry, 6 fl oz	1 ea	176.0	123.0	2.5	0.4	0.0	2.7
Wine, Red, 6 fl oz	1 ea	177.0	127.0	3.0	0.4	0.0	3.2
Wine, Sangria, 6 fl oz	1 ea	177.0	145.0	20.2	0.2	0.0	20.3
Wine, White, medium, 6 fl oz	1 ea	177.0	120.0	1.4	0.2	0.0	1.5
Wolfish, Atlantic, bkd, fillet, avg	1 ea	238.0	293.0	0.0	53.3	7.3	33.8
Wolfish, Atlantic, raw, fillet, avg	1 ea	306.0	294.0	0.0	53.6	7.3	34.0
WonTon, Meat Filled, fried, avg	1 ea	19.0	61.0	4.1	2.6	3.8	6.6
Yam, Mountain, ckd, avg	1/2 cup	72.0	59.0	14.4	1.2	0.1	15.1
Yam, Mountain, raw, avg	1/2 cup	68.0	46.0	11.1	0.9	0.1	11.7
Yambean/Jicama, Cooked, avg	1/2 cup	50.0	19.0	4.4	0.4	0.0	4.6
Yambean/Jicama, Raw, avg	1/2 cup	60.0	23.0	5.3	0.6	5.4	7.0
Yeast, Bakers, compressed cake, avg	1 ea	17.0	18.0	3.1	1.4	0.3	4.0
Yeast, Bakers, dry active, pkt, avg	1 ea	7.0	21.0	2.7	2.7	0.3	4.4
Yeast, Brewers, avg	1 Tbs	8.0	23.0	3.1	3.0	0.1	4.9
Yeast, Torula, avg	1/2 oz	7.0	4.0	0.7	0.2	0.1	0.8
Yellowtail Fish, bkd, fillet, avg	1 ea	292.0	546.0	0.0	86.7	19.6	56.9
Yellowtail Fish, raw, fillet, avg	1 ea	374.0	546.0	0.0	86.4	19.6	56.7
Yogurt, Apricot Mango, lowfat, 8 oz, Darigold	1 ea	227.0	250.0	46.0	10.0	2.5	52.6
Yogurt, Banana Berry, lowfat, 4.4 oz, Lt N' Lvly	1 ea	125.0	130.0	24.0	5.0	1.0	27.3
Yogurt, Berry Blue, lowfat, 4.4 oz, Lt N' Lvly	1 ea	125.0	150.0	30.0	5.0	1.0	33.3
Yogurt, Black Cherry, nonfat, 6 oz, Knudsen	1 ea	170.0	70.0	12.0	7.0	0.0	16.2
Yogurt, Blueberry, lowfat, 4.4 oz, Lt N' Lvly	1 ea	125.0	140.0	27.0	5.0	1.0	30.3
Yogurt, Blueberry, lowfat, 8 oz, Darigold	1 ea	227.0	240.0	45.0	10.0	2.5	51.6
Yogurt, Blueberry, N'Crème, nonfat, 8oz, Wt Wtchrs	1 ea	227.0	90.0	14.0	8.0	0.0	18.8
Yogurt, Blueberry, nonfat, 4.4 oz, Lt N' Lvly	1 ea	125.0	50.0	8.0	5.0	0.0	11.0
Yogurt, Blueberry, nonfat, 6 oz, Knudsen	1 ea	170.0	70.0	12.0	7.0	0.0	16.2
Yogurt, Boysenberry, lowfat, 8 oz, Darigold	1 ea	227.0	240.0	45.0	10.0	2.5	51.6
Yogurt, Breakfast, whole milk, 6 oz, Yoplait	1 ea	170.0	230.0	41.0	8.0	4.0	46.8
Yogurt, Caffè Latte, lowfat, 8 oz, Darigold	1 ea	227.0	240.0	46.0	10.0	2.5	52.6
Yogurt, Cappuccino, nonfat, 8 oz, Weight Watchers	1 ea	227.0	90.0	14.0	8.0	0.0	18.8
Yogurt, Cherry Jubilee, nonfat, 8 oz, Wt Wtchrs	1 ea	227.0	90.0	14.0	8.0	0.0	18.8
Yogurt, Cherry, lowfat, 8 oz, Darigold	1 ea	227.0	240.0	44.0	10.0	2.5	50.6
Yogurt, Chocolate, whole milk, 8 oz, avg	1 ea	245.0	247.0	33.1	11.9	7.8	42.2
Yogurt, Coffee, lowfat, 8 oz, avg	1 ea	245.0	208.0	33.8	12.1	3.1	41.8
Yogurt, Coffee, nonfat, 8 oz, avg	1 ea	227.0	207.0	39.7	11.6	0.4	46.8
Yogurt, Coffee, whole milk, 8 oz, avg	1 ea	227.0	229.0	30.7	10.1	7.2	38.6
Yogurt, Cranberry Rasp, nonfat, 8 oz, Wt Wtchrs	1 ea	227.0	90.0	14.0	8.0	0.0	18.8
Yogurt, Custard, Berry, whole milk, 6 oz, Yoplait	1 ea	170.0	180.0	30.0	7.0	4.0	35.2

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Yogurt, Custard, Vanilla, whole milk, 6oz, Yoplait	1 ea	170.0	180.0	30.0	7.0	4.0	35.2
Yogurt, Custard, whole milk, 6 oz, Yoplait	1 ea	170.0	190.0	32.0	7.0	4.0	37.2
Yogurt, Fruit, lowfat, 8 oz, avg	1 ea	245.0	250.0	46.8	10.7	2.6	53.9
Yogurt, Fruit, lowfat, w/nuts, 8 oz, avg	1 ea	227.0	268.0	43.2	10.1	6.9	51.0
Yogurt, Fruit, nonfat, 8 oz, avg	1 ea	241.0	123.0	19.4	11.6	0.4	26.5
Yogurt, Fruit, whole milk, 6 oz, Yoplait	1 ea	170.0	190.0	32.0	8.0	3.0	37.6
Yogurt, Keylime Pie, lowfat, 8 oz, Darigold	1 ea	227.0	240.0	44.0	10.0	2.5	50.6
Yogurt, Lemon, lowfat, 8 oz, avg	1 ea	245.0	208.0	33.8	12.1	3.1	41.8
Yogurt, Lemon, nonfat, 6 oz, Knudsen	1 ea	170.0	70.0	11.0	7.0	0.0	15.2
Yogurt, Lemon, nonfat, 8 oz, avg	1 ea	227.0	207.0	39.7	11.6	0.4	46.8
Yogurt, Lemon, nonfat, 8 oz, Wt Wtchrs	1 ea	227.0	90.0	14.0	8.0	0.0	18.8
Yogurt, Lemon, whole milk, 8 oz, avg	1 ea	227.0	229.0	30.7	10.1	7.2	38.6
YOGURT, LOWFAT, FRUIT FLAVORED	1 CUP	227.0	225.0	42.3	9.0	2.6	48.4
Yogurt, Maple, lowfat, 8 oz, avg	1 ea	245.0	208.0	33.8	12.1	3.1	41.8
Yogurt, Mixed Berry, nonfat, 6 oz, Knudsen	1 ea	170.0	170.0	33.0	8.0	0.0	37.8
Yogurt, Peach, lowfat, 4.4 oz, Lt N' Lvly	1 ea	125.0	140.0	27.0	5.0	1.0	30.3
Yogurt, Peach, lowfat, 8 oz, Darigold	1 ea	227.0	240.0	45.0	10.0	2.5	51.6
Yogurt, Peach, nonfat, 4.4 oz, Lt N' Lvly	1 ea	125.0	50.0	9.0	5.0	0.0	12.0
Yogurt, Peach, nonfat, 6 oz, Knudsen	1 ea	170.0	70.0	11.0	7.0	0.0	15.2
Yogurt, Peach, nonfat, 8 oz, Weight Watchers	1 ea	227.0	90.0	14.0	8.0	0.0	18.8
Yogurt, Pineapple, lowfat, 4.4 oz, Lt N' Lvly	1 ea	125.0	140.0	27.0	5.0	1.0	30.3
Yogurt, Pineapple, nonfat, 6 oz, Knudsen	1 ea	170.0	70.0	11.0	7.0	0.0	15.2
YOGURT, PLAIN, LOWFAT	1 CUP	227.0	144.0	16.0	11.9	3.5	24.0
Yogurt, Plain, lowfat, 8 oz, avg	1 ea	245.0	154.0	17.2	12.9	3.8	25.9
Yogurt, Plain, nonfat, 8 oz, Weight Watchers	1 ea	227.0	90.0	14.0	8.0	0.0	18.8
Yogurt, Plain, nonfat, 8 oz, avg	1 ea	245.0	137.0	18.8	14.0	0.4	27.3
Yogurt, Plain, whole milk, 6 oz, Yoplait	1 ea	170.0	120.0	14.0	10.0	3.0	20.8
Yogurt, Plain, whole milk, 8 oz, avg	1 ea	245.0	149.0	11.4	8.5	7.1	18.3
Yogurt, Raspberry, lowfat, 4.4 oz, Lt N' Lvly	1 ea	125.0	130.0	24.0	5.0	1.0	27.3
Yogurt, Raspberry, lowfat, 8 oz, Darigold	1 ea	227.0	240.0	44.0	10.0	2.5	50.6
Yogurt, Raspberry, N'Crème, nonfat, 8oz, Wt Wtchrs	1 ea	227.0	90.0	14.0	8.0	0.0	18.8
Yogurt, Raspberry, nonfat, 4.4 oz, Lt N' Lvly	1 ea	125.0	50.0	8.0	5.0	0.0	11.0
Yogurt, Raspberry, nonfat, 6 oz, Knudsen	1 ea	170.0	160.0	31.0	8.0	0.0	35.8
Yogurt, Strawberry Ban, lowfat, 4.4 oz, Lt N'Lvly	1 ea	125.0	140.0	28.0	5.0	1.0	31.3
Yogurt, Strawberry Ban, nonfat, 4.4 oz, Lt N'Lvly	1 ea	125.0	50.0	8.0	5.0	0.0	11.0
Yogurt, Strawberry Ban, nonfat, 6 oz, Knudsen	1 ea	170.0	70.0	11.0	7.0	0.0	15.2
Yogurt, Strawberry Ban, nonfat, 8 oz, Wt Wtchrs	1 ea	227.0	90.0	14.0	8.0	0.0	18.8
Yogurt, Strawberry Kiwi, lowfat, 8 oz, Darigold	1 ea	227.0	240.0	45.0	10.0	2.5	51.6
Yogurt, Strawberry, lowfat, 4.4 oz, Lt N' Lvly	1 ea	125.0	140.0	26.0	5.0	1.0	29.3

<u>FOOD NAME</u>	<u>Quantity</u>	<u>Weight</u>	<u>Kcal</u>	<u>CHO</u>	<u>PRO</u>	<u>Fat</u>	<u>gCHO/unit</u>
Yogurt, Strawberry, lowfat, 8 oz, Darigold	1 ea	227.0	240.0	45.0	10.0	2.5	51.6
Yogurt, Strawberry, nonfat, 4.4 oz, Lt N' Lvly	1 ea	125.0	50.0	8.0	5.0	0.0	11.0
Yogurt, Strawberry, nonfat, 6 oz, Knudsen	1 ea	170.0	70.0	11.0	7.0	0.0	15.2
Yogurt, Strawberry, nonfat, 8 oz, Weight Watchers	1 ea	227.0	90.0	14.0	8.0	0.0	18.8
Yogurt, Tropical Punch, lowfat, 4.4 oz, Lt N' Lvly	1 ea	125.0	140.0	27.0	5.0	1.0	30.3
Yogurt, Vanilla, lowfat, 8 oz, avg	1 ea	245.0	208.0	33.8	12.1	3.1	41.8
Yogurt, Vanilla, lowfat, 8 oz, Darigold	1 ea	227.0	240.0	45.0	10.0	2.5	51.6
Yogurt, Vanilla, nonfat, 6 oz, Knudsen	1 ea	170.0	70.0	11.0	7.0	0.0	15.2
Yogurt, Vanilla, nonfat, 8 oz, avg	1 ea	227.0	207.0	39.7	11.6	0.4	46.8
Yogurt, Vanilla, nonfat, 8 oz, Weight Watchers	1 ea	227.0	90.0	14.0	8.0	0.0	18.8
Yogurt, Vanilla, whole milk, 8 oz, avg	1 ea	227.0	229.0	30.7	10.1	7.2	38.6
Yogurt, White Choc Raspbry, lowfat, 8 oz, Darigold	1 ea	227.0	240.0	45.0	10.0	2.5	51.6
Yogurt, Wild Berry, lowfat, 4.4 oz, Lt N' Lvly	1 ea	125.0	140.0	27.0	5.0	1.0	30.3
Ziti, w/Marinara Sauce, Budget Gourmet	1 ea	177.0	220.0	25.0	9.0	10.0	32.9