| Description of food | | Calories | Carbs Grams) | Protein (Grams) | Fat (Grams) |
|---|---|---|---|---|---|
| BROWN AND SERVE SAUSAGE,BRWND | 1 LINK | 50 | 0 | 2 | 5 |
| PORK, LUNCHEON MEAT,CHOPPD HAM | 2 SLICES | 95 | 0 | 7 | 7 |
| SUNFLOWER OIL | 1 TBSP | 125 | 0 | 0 | 14 |
| PORK, CURED, HAM, ROSTED,LN+FT | 3 OZ | 205 | 0 | 18 | 14 |
| PORK, CURED, HAM, ROSTED,LEAN | 2.4 OZ | 105 | 0 | 17 | 4 |
| PORK, CURED, HAM, CANNED,ROAST | 3 OZ | 140 | 0 | 18 | 7 |
| SUNFLOWER OIL | 1 CUP | 1925 | 0 | 0 | 218 |
| SOYBEAN-COTTONSEED OIL, HYDRGN | 1 CUP | 1925 | 0 | 0 | 218 |
| SOYBEAN-COTTONSEED OIL, HYDRGN | 1 TBSP | 125 | 0 | 0 | 14 |
| PORK, CURED, BACON, REGUL,CKED | 3 SLICE | 110 | 0 | 6 | 9 |
| PORK CHOP, LOIN, BROIL, LEN+FT | 3.1 OZ | 275 | 0 | 24 | 19 |
| PORK CHOP, LOIN, BROIL, LEAN | 2.5 OZ | 165 | 0 | 23 | 8 |
| PORK CHOP, LOIN,PANFRY,LEAN+FT | 3.1 OZ | 335 | 0 | 21 | 27 |
| PORK CHOP, LOIN,PANFRY, LEAN | 2.4 OZ | 180 | 0 | 19 | 11 |
| PORK FRESH HAM, ROASTD,LEAN+FT | 3 OZ | 250 | 0 | 21 | 18 |
| MAYONNAISE, REGULAR | 1 TBSP | 100 | 0 | 0 | 11 |
| VIENNA SAUSAGE | 1 SAUSAG | 45 | 0 | 2 | 4 |
| PORK FRESH RIB, ROASTD,LEAN+FT | 3 OZ | 270 | 0 | 21 | 20 |
| VINEGAR AND OIL SALAD DRESSING | 1 TBSP | 70 | 0 | 0 | 8 |
| FLOUNDER OR SOLE, BAKED, BUTTR | 3 OZ | 120 | 0 | 16 | 6 |
| BEEF STEAK,SIRLOIN,BROIL,LEAN | 2.5 OZ | 150 | 0 | 22 | 6 |
| VEAL CUTLET, MED FAT,BRSD,BRLD | 3 OZ | 185 | 0 | 23 | 9 |
| BEEF, CANNED, CORNED | 3 OZ | 185 | 0 | 22 | 10 |
| BEEF, DRIED, CHIPPED | 2.5 OZ | 145 | 0 | 24 | 4 |
| LAMB,CHOPS,ARM,BRAISED,LEAN | 1.7 OZ | 135 | 0 | 17 | 7 |
| LAMB,CHOPS,ARM,BRAISED,LEAN+FT | 2.2 OZ | 220 | 0 | 20 | 15 |
| LAMB, RIB, ROASTED, LEAN ONLY | 2 OZ | 130 | 0 | 15 | 7 |
| LAMB,CHOPS,LOIN,BROIL,LEAN+FAT | 2.8 OZ | 235 | 0 | 22 | 16 |
| LAMB,CHOPS,LOIN,BROIL,LEAN | 2.3 OZ | 140 | 0 | 19 | 6 |
| LAMB,LEG,ROASTED, LEAN+ FAT | 3 OZ | 205 | 0 | 22 | 13 |
| LAMB,LEG,ROASTED, LEAN ONLY | 2.6 OZ | 140 | 0 | 20 | 6 |
| LAMB, RIB, ROASTED, LEAN + FAT | 3 OZ | 315 | 0 | 18 | 26 |
| PORK FRESH HAM, ROASTD, LEAN | 2.5 OZ | 160 | 0 | 20 | 8 |
| PORK SHOULDER, BRAISD,LEAN+FAT | 3 OZ | 295 | 0 | 23 | 22 |
| PORK FRESH RIB, ROASTD, LEAN | 2.5 OZ | 175 | 0 | 20 | 10 |
| FLOUNDER OR SOLE, BAKED,W/OFAT | 3 OZ | 80 | 0 | 17 | 1 |
| BUTTER, UNSALTED | 1 PAT | 35 | 0 | 0 | 4 |
| BUTTER, SALTED | 1/2 CUP | 810 | 0 | 1 | 92 |
| BUTTER, UNSALTED | 1/2 CUP | 810 | 0 | 1 | 92 |
| BUTTER, SALTED | 1 TBSP | 100 | 0 | 0 | 11 |
| BUTTER, UNSALTED | 1 TBSP | 100 | 0 | 0 | 11 |
| BUTTER, SALTED | 1 PAT | 35 | 0 | 0 | 4 |
| FATS, COOKING/VEGETBL SHORTENG | 1 TBSP | 115 | 0 | 0 | 13 |
| FATS, COOKING/VEGETBL SHORTENG | 1 CUP | 1810 | 0 | 0 | 205 |
| MARGARINE, SPREAD,HARD,60% FAT | 1 PAT | 25 | 0 | 0 | 3 |
| LARD | 1 CUP | 1850 | 0 | 0 | 205 |
| LARD | 1 TBSP | 115 | 0 | 0 | 13 |
| MARGARINE, SPREAD,HARD,60% FAT | 1/2 CUP | 610 | 0 | 1 | 69 |
| MARGARINE, IMITATION 40% FAT | 1 TBSP | 50 | 0 | 0 | 5 |
| MARGARINE, REGULR,SOFT,80% FAT | 1 TBSP | 100 | 0 | 0 | 11 |
| MARGARINE, SPREAD,HARD,60% FAT | 1 TBSP | 75 | 0 | 0 | 9 |
| MARGARINE, SPREAD,SOFT,60% FAT | 8 OZ | 1225 | 0 | 1 | 138 |
| SOYBEAN OIL, HYDROGENATED | 1 TBSP | 125 | 0 | 0 | 14 |
| PEANUT OIL | 1 CUP | 1910 | 0 | 0 | 216 |

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| PORK SHOULDER, BRAISD, LEAN | 2.4 OZ | 165 | 0 | 22 | 8 |
| SOYBEAN OIL, HYDROGENATED | 1 CUP | 1925 | 0 | 0 | 218 |
| SAFFLOWER OIL | 1 TBSP | 125 | 0 | 0 | 14 |
| SAFFLOWER OIL | 1 CUP | 1925 | 0 | 0 | 218 |
| PEANUT OIL | 1 TBSP | 125 | 0 | 0 | 14 |
| OLIVE OIL | 1 TBSP | 125 | 0 | 0 | 14 |
| PORK, LINK, COOKED | 1 LINK | 50 | 0 | 3 | 4 |
| MARGARINE, SPREAD,SOFT,60% FAT | 1 TBSP | 75 | 0 | 0 | 9 |
| OLIVE OIL | 1 CUP | 1910 | 0 | 0 | 216 |
| CORN OIL | 1 TBSP | 125 | 0 | 0 | 14 |
| CORN OIL | 1 CUP | 1925 | 0 | 0 | 218 |
| EGGS, RAW, WHITE | 1 WHITE | 15 | 0 | 4 | 0 |
| EGGS, RAW, YOLK | 1 YOLK | 60 | 0 | 3 | 5 |
| MARGARINE, REGULR,HARD,80% FAT | 1 PAT | 35 | 0 | 0 | 4 |
| FLOUNDER OR SOLE, BAKED,MARGRN | 3 OZ | 120 | 0 | 16 | 6 |
| VEAL RIB, MED FAT, ROASTED | 3 OZ | 230 | 0 | 23 | 14 |
| HALIBUT, BROILED, BUTTER,LEMJU | 3 OZ | 140 | 0 | 20 | 6 |
| TURKEY, ROASTED, LIGHT MEAT | 2 PIECES | 135 | 0 | 25 | 3 |
| PARSLEY, FREEZE-DRIED | 1 TBSP | 0 | 0 | 0 | 0 |
| OLIVES, CANNED, RIPE, MISSION | 3 SMALL | 15 | 0 | 0 | 2 |
| OLIVES, CANNED, GREEN | 4 MEDIUM | 15 | 0 | 0 | 2 |
| MUSTARD, PREPARED, YELLOW | 1 TSP | 5 | 0 | 0 | 0 |
| TEA, BREWED | 8 FL OZ | 0 | 0 | 0 | 0 |
| TURKEY, ROASTED, DARK MEAT | 4 PIECES | 160 | 0 | 24 | 6 |
| GELATIN, DRY | 1 ENVELP | 25 | 0 | 6 | 0 |
| TURKEY, ROASTED, LIGHT + DARK | 3 PIECES | 145 | 0 | 25 | 4 |
| CAMEMBERT CHEESE | 1 WEDGE | 115 | 0 | 8 | 9 |
| CHEDDAR CHEESE | 1 OZ | 115 | 0 | 7 | 9 |
| CHEDDAR CHEESE | 1 CU IN | 70 | 0 | 4 | 6 |
| DUCK, ROASTED, FLESH ONLY | 1/2 DUCK | 445 | 0 | 52 | 25 |
| BEEF, CKD,CHUCK BLADE,LEAN+FAT | 3 OZ | 325 | 0 | 22 | 26 |
| TURKEY, ROASTED, LIGHT + DARK | 1 CUP | 240 | 0 | 41 | 7 |
| CHICKEN, CANNED, BONELESS | 5 OZ | 235 | 0 | 31 | 11 |
| CHICKEN LIVER, COOKED | 1 LIVER | 30 | 0 | 5 | 1 |
| COLA, DIET, ASPRTAME + SACCHRN | 12 FL OZ | 0 | 0 | 0 | 0 |
| GIN,RUM,VODKA,WHISKY 80-PROOF | 1.5 F OZ | 95 | 0 | 0 | 0 |
| GIN,RUM,VODKA,WHISKY 86-PROOF | 1.5 F OZ | 105 | 0 | 0 | 0 |
| GIN,RUM,VODKA,WHISKY 90-PROOF | 1.5 F OZ | 110 | 0 | 0 | 0 |
| LETTUCE, BUTTERHEAD, RAW,LEAVE | 1 LEAF | 0 | 0 | 0 | 0 |
| CLUB SODA | 12 FL OZ | 0 | 0 | 0 | 0 |
| COLA, DIET, ASPARTAME ONLY | 12 FL OZ | 0 | 0 | 0 | 0 |
| COLA, DIET, SACCHARIN ONLY | 12 FL OZ | 0 | 0 | 0 | 0 |
| COFFEE, BREWED | 6 FL OZ | 0 | 0 | 0 | 0 |
| BEEF BROTH, BOULLN, CONSM,CNND | 1 CUP | 15 | 0 | 3 | 1 |
| SALT | 1 TSP | 0 | 0 | 0 | 0 |
| TURKEY LOAF, BREAST MEAT, W/ C | 2 SLICES | 45 | 0 | 10 | 1 |
| TURKEY LOAF, BREAST MEAT W/O C | 2 SLICES | 45 | 0 | 10 | 1 |
| TURKEY HAM, CURED TURKEY THIGH | 2 SLICES | 75 | 0 | 11 | 3 |
| BEEF STEAK,SIRLOIN,BROIL,LN+FT | 3 OZ | 240 | 0 | 23 | 15 |
| BEEF, CKD,CHUCK BLADE,LEANONLY | 2.2 OZ | 170 | 0 | 19 | 9 |
| BEEF, CKD,BTTM ROUND,LEAN+ FAT | 3 OZ | 220 | 0 | 25 | 13 |
| BEEF, CKD,BTTM ROUND,LEAN ONLY | 2.8 OZ | 175 | 0 | 25 | 8 |
| HERRING, PICKLED | 3 OZ | 190 | 0 | 17 | 13 |
| SALMON, BAKED, RED | 3 OZ | 140 | 0 | 21 | 5 |
| SALMON, CANNED, PINK, W/ BONES | 3 OZ | 120 | 0 | 17 | 5 |
| CHICKEN, ROASTED, BREAST | 3.0 OZ | 140 | 0 | 27 | 3 |
| BEEF HEART, BRAISED | 3 OZ | 150 | 0 | 24 | 5 |

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| BEEF ROAST, RIB, LEAN + FAT | 3 OZ | 315 | 0 | 19 | 26 |
| BEEF ROAST, RIB, LEAN ONLY | 2.2 OZ | 150 | 0 | 17 | 9 |
| SALMON, SMOKED | 3 OZ | 150 | 0 | 18 | 8 |
| WHIPPING CREAM, UNWHIPED,LIGHT | 1 TBSP | 45 | 0 | 0 | 5 |
| BEEF ROAST, EYE O RND,LEAN+FAT | 3 OZ | 205 | 0 | 23 | 12 |
| WHIPPING CREAM, UNWHIPED,HEAVY | 1 TBSP | 50 | 0 | 0 | 6 |
| BEEF ROAST, EYE O RND, LEAN | 2.6 OZ | 135 | 0 | 22 | 5 |
| WHIPPED TOPPING, PRESSURIZED | 1 TBSP | 10 | 0 | 0 | 1 |
| TUNA, CANND, DRND,WATR, WHITE | 3 OZ | 135 | 0 | 30 | 1 |
| PASTERZD PROCES CHEESE,AMERICN | 1 OZ | 105 | 0 | 6 | 9 |
| MARGARINE, REGULR,HARD,80% FAT | 1 TBSP | 100 | 0 | 0 | 11 |
| MUENSTER CHEESE | 1 OZ | 105 | 0 | 7 | 9 |
| PARMESAN CHEESE, GRATED | 1 TBSP | 25 | 0 | 2 | 2 |
| CHICKEN, ROASTED, DRUMSTICK | 1.6 OZ | 75 | 0 | 12 | 2 |
| CHICKEN, STEWED, LIGHT + DARK | 1 CUP | 250 | 0 | 38 | 9 |
| TROUT, BROILED, W/ BUTTR,LEMJU | 3 OZ | 175 | 0 | 21 | 9 |
| TUNA, CANND, DRND,OIL,CHK,LGHT | 3 OZ | 165 | 0 | 24 | 7 |
| GROUND BEEF, BROILED, REGULAR | 3 OZ | 245 | 0 | 20 | 18 |
| SARDINES, ATLNTC,CNNED,OIL,DRN | 3 OZ | 175 | 0 | 20 | 9 |
| GROUND BEEF, BROILED, LEAN | 3 OZ | 230 | 0 | 21 | 16 |
| CRABMEAT, CANNED | 1 CUP | 135 | 1 | 23 | 3 |
| ALFALFA SEEDS, SPROUTED, RAW | 1 CUP | 10 | 1 | 1 | 0 |
| LETTUCE, CRISPHEAD, RAW,PIECES | 1 CUP | 5 | 1 | 1 | 0 |
| SHRIMP, CANNED, DRAINED | 3 OZ | 100 | 1 | 21 | 1 |
| BOUILLON, DEHYDRTD, UNPREPARED | 1 PKT | 15 | 1 | 1 | 1 |
| TARTAR SAUCE | 1 TBSP | 75 | 1 | 0 | 8 |
| CHICKEN, FRIED, FLOUR, DRMSTCK | 1.7 OZ | 120 | 1 | 13 | 7 |
| BLUE CHEESE SALAD DRESSING | 1 TBSP | 75 | 1 | 1 | 8 |
| FRENCH SALAD DRESSING, REGULAR | 1 TBSP | 85 | 1 | 0 | 9 |
| ITALIAN SALAD DRESSING,REGULAR | 1 TBSP | 80 | 1 | 0 | 9 |
| CHICKEN ROLL, LIGHT | 2 SLICES | 90 | 1 | 11 | 4 |
| PARSLEY, RAW | 10 SPRIG | 5 | 1 | 0 | 0 |
| CUCUMBER, W/ PEEL | 6 SLICES | 5 | 1 | 0 | 0 |
| MARGARINE, REGULR,SOFT,80% FAT | 8 OZ | 1625 | 1 | 2 | 183 |
| MARGARINE, REGULR,HARD,80% FAT | 1/2 CUP | 810 | 1 | 1 | 91 |
| MARGARINE, IMITATION 40% FAT | 8 OZ | 785 | 1 | 1 | 88 |
| PROVOLONE CHEESE | 1 OZ | 100 | 1 | 7 | 8 |
| CURRY POWDER | 1 TSP | 5 | 1 | 0 | 0 |
| SWISS CHEESE | 1 OZ | 105 | 1 | 8 | 8 |
| PASTERZD PROCES CHEESE, SWISS | 1 OZ | 95 | 1 | 7 | 7 |
| LIGHT, COFFEE OR TABLE CREAM | 1 TBSP | 30 | 1 | 0 | 3 |
| MOZZARELLA CHESE,SKIM, LOMOIST | 1 OZ | 80 | 1 | 8 | 5 |
| SOUR CREAM | 1 TBSP | 25 | 1 | 0 | 3 |
| IMITATION CREAMERS, POWDERED | 1 TSP | 10 | 1 | 0 | 1 |
| IMITATION WHIPPED TOPPING,FRZN | 1 TBSP | 15 | 1 | 0 | 1 |
| IMITATN WHIPD TOPING,PWDRD,PRP | 1 TBSP | 10 | 1 | 0 | 0 |
| PARMESAN CHEESE, GRATED | 1 OZ | 130 | 1 | 12 | 9 |
| FETA CHEESE | 1 OZ | 75 | 1 | 4 | 6 |
| MOZZARELLA CHEESE, WHOLE MILK | 1 OZ | 80 | 1 | 6 | 6 |
| IMITATN SOUR DRESSING | 1 TBSP | 20 | 1 | 0 | 2 |
| PEPPER, BLACK | 1 TSP | 5 | 1 | 0 | 0 |
| SESAME SEEDS | 1 TBSP | 45 | 1 | 2 | 4 |
| VINEGAR, CIDER | 1 TBSP | 0 | 1 | 0 | 0 |
| PICKLES, CUCUMBER, DILL | 1 PICKLE | 5 | 1 | 0 | 0 |
| COFFEE, INSTANT, PREPARED | 6 FL OZ | 0 | 1 | 0 | 0 |
| PAPRIKA | 1 TSP | 5 | 1 | 0 | 0 |
| CREAM CHEESE | 1 OZ | 100 | 1 | 2 | 10 |

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| OREGANO | 1 | TSP | 5 | 1 | 0 | 0 |
| TEA, INSTANT,PREPRD,UNSWEETEND | 8 | FL OZ | 0 | 1 | 0 | 0 |
| BLUE CHEESE | 1 | OZ | 100 | 1 | 6 | 8 |
| CHEDDDAR CHEESE, SHREDDED | 1 | CUP | 455 | 1 | 28 | 37 |
| IMITATN WHIPD TOPING,PRESSRZD | 1 | TBSP | 10 | 1 | 0 | 1 |
| HALF AND HALF, CREAM | 1 | TBSP | 20 | 1 | 0 | 2 |
| FRANKFURTER, COOKED | 1 | FRANK | 145 | 1 | 5 | 13 |
| SALAMI, COOKED TYPE | 2 | SLICES | 145 | 1 | 8 | 11 |
| PORK, LUNCHEON MEAT,CANNED | 2 | SLICES | 140 | 1 | 5 | 13 |
| PORK, LUNCHEON MEAT,CKD HAM,LN | 2 | SLICES | 75 | 1 | 11 | 3 |
| RADISHES, RAW | 4 | RADISH | 5 | 1 | 0 | 0 |
| CELERY, PASCAL TYPE, RAW,STALK | 1 | STALK | 5 | 1 | 0 | 0 |
| EGGS, RAW, WHOLE | 1 | EGG | 75 | 1 | 6 | 5 |
| SALAMI, DRY TYPE | 2 | SLICES | 85 | 1 | 5 | 7 |
| BAKING POWDER,SAS, CA PO4 | 1 | TSP | 5 | 1 | 0 | 0 |
| EGGS, COOKED, FRIED | 1 | EGG | 90 | 1 | 6 | 7 |
| EGGS, COOKED, HARD-COOKED | 1 | EGG | 75 | 1 | 6 | 5 |
| EGGS, COOKED, POACHED | 1 | EGG | 75 | 1 | 6 | 5 |
| EGGS, COOKED, SCRAMBLED/OMELET | 1 | EGG | 100 | 1 | 7 | 7 |
| PORK, CURED, BACON,CANADN,CKED | 2 | SLICE | 85 | 1 | 11 | 4 |
| LEMON JUICE, CANNED | 1 | TBSP | 5 | 1 | 0 | 0 |
| BAKING POWDER,SAS,CAPO4+CASO4 | 1 | TSP | 5 | 1 | 0 | 0 |
| BAKING POWDER, STRGHT PHOSPHAT | 1 | TSP | 5 | 1 | 0 | 0 |
| CHILI POWDER | 1 | TSP | 10 | 1 | 0 | 0 |
| BAKING POWDER, LOW SODIUM | 1 | TSP | 5 | 1 | 0 | 0 |
| CELERY SEED | 1 | TSP | 10 | 1 | 0 | 1 |
| LETTUCE, LOOSELEAF | 1 | CUP | 10 | 2 | 1 | 0 |
| CLAMS, RAW | 3 | OZ | 65 | 2 | 11 | 1 |
| PASTERZD PROCES CHESE FOOD,AMR | 1 | OZ | 95 | 2 | 6 | 7 |
| COOKED SALAD DRSSING, HOME RCP | 1 | TBSP | 25 | 2 | 1 | 2 |
| BARBECUE SAUCE | 1 | TBSP | 10 | 2 | 0 | 0 |
| PASTERZD PROCES CHESE SPRED,AM | 1 | OZ | 80 | 2 | 5 | 6 |
| PRETZELS, STICK | 10 | PRETZ | 10 | 2 | 0 | 0 |
| SOY SAUCE | 1 | TBSP | 10 | 2 | 2 | 0 |
| SNACK TYPE CRACKERS | 1 | CRACKR | 15 | 2 | 0 | 1 |
| ASPARAGUS,CANNED,SPEARS,W/SALT | 4 | SPEARS | 10 | 2 | 1 | 0 |
| ASPARAGUS,CANNED,SPEARS,NOSALT | 4 | SPEARS | 10 | 2 | 1 | 0 |
| BROCCOLI, FRZN, COOKED, DRANED | 1 | PIECE | 10 | 2 | 1 | 0 |
| ENDIVE, CURLY, RAW | 1 | CUP | 10 | 2 | 1 | 0 |
| CABBAGE, CHINESE,PE-TSAI, RAW | 1 | CUP | 10 | 2 | 1 | 0 |
| CLAMS, CANNED, DRAINED | 3 | OZ | 85 | 2 | 13 | 2 |
| 1000 ISLAND, SALAD DRSNG,REGLR | 1 | TBSP | 60 | 2 | 0 | 6 |
| ONIONS, SPRING, RAW | 6 | ONION | 10 | 2 | 1 | 0 |
| CINNAMON | 1 | TSP | 5 | 2 | 0 | 0 |
| BOLOGNA | 2 | SLICES | 180 | 2 | 7 | 16 |
| BRAUNSCHWEIGER | 2 | SLICES | 205 | 2 | 8 | 18 |
| ITALIAN SALAD DRESSING,LOCALOR | 1 | TBSP | 5 | 2 | 0 | 0 |
| SANDWICH SPREAD, PORK, BEEF | 1 | TBSP | 35 | 2 | 1 | 3 |
| GARLIC POWDER | 1 | TSP | 10 | 2 | 0 | 0 |
| ONION POWDER | 1 | TSP | 5 | 2 | 0 | 0 |
| 1000 ISLAND, SALAD DRSNG,LOCAL | 1 | TBSP | 25 | 2 | 0 | 2 |
| SPINACH, RAW | 1 | CUP | 10 | 2 | 2 | 0 |
| PORK, LUNCHEON MEAT,CKD HAM,RG | 2 | SLICES | 105 | 2 | 10 | 6 |
| FRENCH SALAD DRESSING, LOCALOR | 1 | TBSP | 25 | 2 | 0 | 2 |
| CHICKEN, FRIED, FLOUR, BREAST | 3.5 | OZ | 220 | 2 | 31 | 9 |
| MAYONNAISE, IMITATION | 1 | TBSP | 35 | 2 | 0 | 3 |
| IMITATION CREAMERS, LIQUID FRZ | 1 | TBSP | 20 | 2 | 0 | 1 |

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| CABBAGE, CHINESE, PAK-CHOI,CKD | 1 CUP | 20 | 3 | 3 | 0 |
| PEANUT BUTTER | 1 TBSP | 95 | 3 | 5 | 8 |
| ASPARAGUS, CKD FRM FRZ,DR,SPER | 4 SPEARS | 15 | 3 | 2 | 0 |
| ASPARAGUS, CKD FRM RAW,DR,SPER | 4 SPEARS | 15 | 3 | 2 | 0 |
| TURKEY ROAST, FRZN,LGHT+DRK,CK | 3 OZ | 130 | 3 | 18 | 5 |
| TOFU | 1 PIECE | 85 | 3 | 9 | 5 |
| TAHINI | 1 TBSP | 90 | 3 | 3 | 8 |
| WALNUTS, BLACK, CHOPPED | 1 OZ | 170 | 3 | 7 | 16 |
| CHICKEN FRANKFURTER | 1 FRANK | 115 | 3 | 6 | 9 |
| YEAST, BREWERS, DRY | 1 TBSP | 25 | 3 | 3 | 0 |
| YEAST, BAKERS, DRY, ACTIVE | 1 PKG | 20 | 3 | 3 | 0 |
| MUSTARD GREENS, COOKED, DRANED | 1 CUP | 20 | 3 | 3 | 0 |
| LETTUCE, CRISPHEAD, RAW,WEDGE | 1 WEDGE | 20 | 3 | 1 | 0 |
| WINE, TABLE, WHITE | 3.5 F OZ | 80 | 3 | 0 | 0 |
| COTTAGE CHEESE,UNCREAMED | 1 CUP | 125 | 3 | 25 | 1 |
| MUSHROOMS, RAW | 1 CUP | 20 | 3 | 1 | 0 |
| SPINACH SOUFFLE | 1 CUP | 220 | 3 | 11 | 18 |
| PEPPERS, SWEET, COOKED, GREEN | 1 PEPPER | 15 | 3 | 0 | 0 |
| PEPPERS, SWEET, COOKED, RED | 1 PEPPER | 15 | 3 | 0 | 0 |
| SEAWEED, KELP, RAW | 1 OZ | 10 | 3 | 0 | 0 |
| PICKLES, CUCUMBER, FRESH PACK | 2 SLICES | 10 | 3 | 0 | 0 |
| WINE, TABLE, RED | 3.5 F OZ | 75 | 3 | 0 | 0 |
| ONION SOUP, DEHYDRTD, UNPRPRED | 1 PKT | 20 | 4 | 1 | 0 |
| BRAZIL NUTS | 1 OZ | 185 | 4 | 4 | 19 |
| CABBAGE, COMMON, RAW | 1 CUP | 15 | 4 | 1 | 0 |
| MELBA TOAST, PLAIN | 1 PIECE | 20 | 4 | 1 | 0 |
| PEPPERS, HOT CHILI, RAW, RED | 1 PEPPER | 20 | 4 | 1 | 0 |
| CATSUP | 1 TBSP | 15 | 4 | 0 | 0 |
| ONION SOUP, DEHYDRATD, PREPRED | 1 PKT | 20 | 4 | 1 | 0 |
| PARMESAN CHEESE, GRATED | 1 CUP | 455 | 4 | 42 | 30 |
| MACADAMIA NUTS, OILRSTD,SALTED | 1 OZ | 205 | 4 | 2 | 22 |
| PEPPERS, HOT CHILI, RAW, GREEN | 1 PEPPER | 20 | 4 | 1 | 0 |
| CABBAGE, RED, RAW | 1 CUP | 20 | 4 | 1 | 0 |
| PEPPERS, SWEET, RAW, GREEN | 1 PEPPER | 20 | 4 | 1 | 0 |
| MAYONNAISE TYPE SALAD DRESSING | 1 TBSP | 60 | 4 | 0 | 5 |
| PLUMS, RAW, 1-1/2-IN DIAM | 1 PLUM | 15 | 4 | 0 | 0 |
| CELERY, PASCAL TYPE, RAW,PIECE | 1 CUP | 20 | 4 | 1 | 0 |
| PEPPERS, SWEET, RAW, RED | 1 PEPPER | 20 | 4 | 1 | 0 |
| MACADAMIA NUTS, OILRSTD,UNSALT | 1 OZ | 205 | 4 | 2 | 22 |
| LETTUCE, BUTTERHEAD, RAW,HEAD | 1 HEAD | 20 | 4 | 2 | 0 |
| FILBERTS, (HAZELNUTS) CHOPPED | 1 OZ | 180 | 4 | 4 | 18 |
| FISH STICKS, FROZEN, REHEATED | 1 STICK | 70 | 4 | 6 | 3 |
| BAMBOO SHOOTS, CANNED, DRAINED | 1 CUP | 25 | 4 | 2 | 1 |
| CABBAGE, SAVOY, RAW | 1 CUP | 20 | 4 | 1 | 0 |
| RELISH, SWEET | 1 TBSP | 20 | 5 | 0 | 0 |
| PEANUTS, OIL ROASTED, UNSALTED | 1 OZ | 165 | 5 | 8 | 14 |
| PINE NUTS | 1 OZ | 160 | 5 | 3 | 17 |
| PUMPKIN AND SQUASH KERNELS | 1 OZ | 155 | 5 | 7 | 13 |
| PEANUTS, OIL ROASTED, SALTED | 1 OZ | 165 | 5 | 8 | 14 |
| PECANS, HALVES | 1 OZ | 190 | 5 | 2 | 19 |
| SUNFLOWER SEEDS | 1 OZ | 160 | 5 | 6 | 14 |
| BEAN SPROUTS, MUNG, COOKD,DRAN | 1 CUP | 25 | 5 | 3 | 0 |
| PICKLES, CUCUMBER, SWT GHERKIN | 1 PICKLE | 20 | 5 | 0 | 0 |
| COLLARDS, COOKED FROM RAW | 1 CUP | 25 | 5 | 2 | 0 |
| WHOLE-WHEAT WAFERS, CRACKERS | 2 CRACKR | 35 | 5 | 1 | 2 |
| CAULIFLOWER, RAW | 1 CUP | 25 | 5 | 2 | 0 |
| WHEAT, THIN CRACKERS | 4 CRACKR | 35 | 5 | 1 | 1 |

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| LEMONS, RAW | 1 LEMON | 15 | 5 | 1 | 0 |
| TOMATOES, RAW | 1 TOMATO | 25 | 5 | 1 | 0 |
| BEER, LIGHT | 12 FL OZ | 95 | 5 | 1 | 0 |
| CHEESE CRACKERS, SANDWCH,PEANT | 1 SANDWH | 40 | 5 | 1 | 2 |
| WALNUTS, ENGLISH, PIECES | 1 OZ | 180 | 5 | 4 | 18 |
| OYSTERS, BREADED, FRIED | 1 OYSTER | 90 | 5 | 5 | 5 |
| CHICKEN, FRIED, BATTER,DRMSTCK | 2.5 OZ | 195 | 6 | 16 | 11 |
| COTTAGE CHEESE,CREMD,LRGE CURD | 1 CUP | 235 | 6 | 28 | 10 |
| SUGAR, WHITE, GRANULATED | 1 PKT | 25 | 6 | 0 | 0 |
| MIXED NUTS W/ PEANTS,OIL,UNSLT | 1 OZ | 175 | 6 | 5 | 16 |
| CHICKEN NOODLE SOUP,DEHYD,PRPD | 1 PKT | 40 | 6 | 2 | 1 |
| MIXED NUTS W/ PEANTS,OIL,SALTD | 1 OZ | 175 | 6 | 5 | 16 |
| COTTAGE CHEESE,CREMD,SMLL CURD | 1 CUP | 215 | 6 | 26 | 9 |
| TURNIP GREENS, COOKED FROM RAW | 1 CUP | 30 | 6 | 2 | 0 |
| OKRA PODS, COOKED | 8 PODS | 25 | 6 | 2 | 0 |
| PANCAKES, BUCKWHEAT, FROM MIX | 1 PANCAK | 55 | 6 | 2 | 2 |
| SNAP BEAN,CNND,DRND,YLLW, SALT | 1 CUP | 25 | 6 | 2 | 0 |
| SNAP BEAN,CNND,DRND,YLLW,NOSAL | 1 CUP | 25 | 6 | 2 | 0 |
| CHEESE CRACKERS, PLAIN | 10 CRACK | 50 | 6 | 1 | 3 |
| SNAP BEAN,CNND,DRND,GRN,NOSALT | 1 CUP | 25 | 6 | 2 | 0 |
| ALMONDS, WHOLE | 1 OZ | 165 | 6 | 6 | 15 |
| CAULIFLOWER, COOKED FROM RAW | 1 CUP | 30 | 6 | 2 | 0 |
| SNAP BEAN,CNND,DRND,GREEN,SALT | 1 CUP | 25 | 6 | 2 | 0 |
| BEAN SPROUTS, MUNG, RAW | 1 CUP | 30 | 6 | 3 | 0 |
| POPCORN, AIR-POPPED, UNSALTED | 1 CUP | 30 | 6 | 1 | 0 |
| POPCORN, POPPED, VEG OIL,SALTD | 1 CUP | 55 | 6 | 1 | 3 |
| EGGPLANT, COOKED, STEAMED | 1 CUP | 25 | 6 | 1 | 0 |
| RICOTTA CHEESE, WHOLE MILK | 1 CUP | 430 | 7 | 28 | 32 |
| GRAVY AND TURKEY, FROZEN | 5 OZ | 95 | 7 | 8 | 4 |
| WHIPPING CREAM, UNWHIPED,LIGHT | 1 CUP | 700 | 7 | 5 | 74 |
| BEEF LIVER, FRIED | 3 OZ | 185 | 7 | 23 | 7 |
| KALE, COOKED FROM RAW | 1 CUP | 40 | 7 | 2 | 1 |
| WHIPPING CREAM, UNWHIPED,HEAVY | 1 CUP | 820 | 7 | 5 | 88 |
| HADDOCK, BREADED, FRIED | 3 OZ | 175 | 7 | 17 | 9 |
| SPINACH, CANNED, DRND,W/ SALT | 1 CUP | 50 | 7 | 6 | 1 |
| SPINACH, CANNED, DRND,W/O SALT | 1 CUP | 50 | 7 | 6 | 1 |
| CAULIFLOWER, COOKED FROM FROZN | 1 CUP | 35 | 7 | 3 | 0 |
| CARROTS, RAW, WHOLE | 1 CARROT | 30 | 7 | 1 | 0 |
| WHIPPED TOPPING, PRESSURIZED | 1 CUP | 155 | 7 | 2 | 13 |
| OCEAN PERCH, BREADED, FRIED | 1 FILLET | 185 | 7 | 16 | 11 |
| DANDELION GREENS, COOKED, DRND | 1 CUP | 35 | 7 | 2 | 1 |
| CABBAGE, COMMON, COOKED, DRNED | 1 CUP | 30 | 7 | 1 | 0 |
| BEETS, COOKED, DRAINED, WHOLE | 2 BEETS | 30 | 7 | 1 | 0 |
| SEAWEED, SPIRULINA, DRIED | 1 OZ | 80 | 7 | 16 | 2 |
| CHICKEN RICE SOUP, CANNED | 1 CUP | 60 | 7 | 4 | 2 |
| PISTACHIO NUTS | 1 OZ | 165 | 7 | 6 | 14 |
| KALE, COOKED FROM FROZEN | 1 CUP | 40 | 7 | 4 | 1 |
| COCONUT, RAW, PIECE | 1 PIECE | 160 | 7 | 1 | 15 |
| MIXED NUTS W/ PEANTS,DRY,UNSLT | 1 OZ | 170 | 7 | 5 | 15 |
| MIXED NUTS W/ PEANTS,DRY,SALTD | 1 OZ | 170 | 7 | 5 | 15 |
| SPINACH, COOKED FROM RAW, DRND | 1 CUP | 40 | 7 | 5 | 0 |
| OYSTERS, RAW | 1 CUP | 160 | 8 | 20 | 4 |
| TURNIP GREENS, CKED FRM FROZEN | 1 CUP | 50 | 8 | 5 | 1 |
| TURNIPS, COOKED, DICED | 1 CUP | 30 | 8 | 1 | 0 |
| SWEETPOTATOES, CNNED, VAC PACK | 1 PIECE | 35 | 8 | 1 | 0 |
| CASHEW NUTS, OIL ROASTD,SALTED | 1 OZ | 165 | 8 | 5 | 14 |
| CASHEW NUTS, OIL ROASTD,UNSALT | 1 OZ | 165 | 8 | 5 | 14 |

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| TOMATO VEG SOUP, DEHYD,PREPRED | 1 PKT | 40 | 8 | 1 | 1 |
| SQUASH, SUMMER, COOKED, DRAIND | 1 CUP | 35 | 8 | 2 | 1 |
| WINE, DESSERT | 3.5 F OZ | 140 | 8 | 0 | 0 |
| CARROTS, CANNED, DRN, W/ SALT | 1 CUP | 35 | 8 | 1 | 0 |
| CARROTS, CANNED,DRND, W/O SALT | 1 CUP | 35 | 8 | 1 | 0 |
| CHOCOLATE, BITTER OT BAKING | 1 OZ | 145 | 8 | 3 | 15 |
| ASPARAGUS, CKD FRM RAW, DR,CUT | 1 CUP | 45 | 8 | 5 | 1 |
| SNAP BEAN,FRZ,CKD,DRND,GREEN | 1 CUP | 35 | 8 | 2 | 0 |
| ONION RINGS, BREADED,FRZN,PRPD | 2 RINGS | 80 | 8 | 1 | 5 |
| ONIONS, RAW, SLICED | 1 CUP | 40 | 8 | 1 | 0 |
| MUSHROOMS, CANNED, DRND,W/SALT | 1 CUP | 35 | 8 | 3 | 0 |
| BEET GREENS, COOKED, DRAINED | 1 CUP | 40 | 8 | 4 | 0 |
| COTTAGE CHEESE,LOWFAT 2% | 1 CUP | 205 | 8 | 31 | 4 |
| BROCCOLI, RAW | 1 SPEAR | 40 | 8 | 4 | 1 |
| MUSHROOMS, COOKED, DRAINED | 1 CUP | 40 | 8 | 3 | 1 |
| PANCAKES, PLAIN, FROM MIX | 1 PANCAK | 60 | 8 | 2 | 2 |
| SNAP BEAN,FRZ,CKD,DRND,YELLOW | 1 CUP | 35 | 8 | 2 | 0 |
| CR OF CHICKEN SOUP W/ H20,CNND | 1 CUP | 115 | 9 | 3 | 7 |
| CR OF MUSHROM SOUP W/ H2O,CNND | 1 CUP | 130 | 9 | 2 | 9 |
| TANGERINES, RAW | 1 TANGRN | 35 | 9 | 1 | 0 |
| GRAPES, EUROPEAN, RAW, THOMPSN | 10 GRAPE | 35 | 9 | 0 | 0 |
| ASPARAGUS, CKD FRM FRZ,DRN,CUT | 1 CUP | 50 | 9 | 5 | 1 |
| PINEAPPLE, CANNED, JUICE PACK | 1 SLICE | 35 | 9 | 0 | 0 |
| BEEF NOODLE SOUP, CANNED | 1 CUP | 85 | 9 | 5 | 3 |
| CHICKEN NOODLE SOUP, CANNED | 1 CUP | 75 | 9 | 4 | 2 |
| PANCAKES, PLAIN, HOME RECIPE | 1 PANCAK | 60 | 9 | 2 | 2 |
| CASHEW NUTS, DRY ROASTD,SALTED | 1 OZ | 165 | 9 | 4 | 13 |
| CASHEW NUTS, DRY ROASTD,UNSALT | 1 OZ | 165 | 9 | 4 | 13 |
| PLUMS, RAW, 2-1/8-IN DIAM | 1 PLUM | 35 | 9 | 1 | 0 |
| SALTINES | 4 CRACKR | 50 | 9 | 1 | 1 |
| LIGHT, COFFEE OR TABLE CREAM | 1 CUP | 470 | 9 | 6 | 46 |
| BROCCOLI, RAW, COOKED, DRAINED | 1 CUP | 45 | 9 | 5 | 0 |
| PEACHES, CANNED, JUICE PACK | 1 HALF | 35 | 9 | 0 | 0 |
| TOMATO JUICE, CANNED WITH SALT | 1 CUP | 40 | 10 | 2 | 0 |
| SPINACH, COOKED FR FRZEN, DRND | 1 CUP | 55 | 10 | 6 | 0 |
| TOMATO JUICE, CANNED W/O SALT | 1 CUP | 40 | 10 | 2 | 0 |
| TOMATOES, CANNED, S+L,W/O SALT | 1 CUP | 50 | 10 | 2 | 1 |
| HALF AND HALF, CREAM | 1 CUP | 315 | 10 | 7 | 28 |
| SOUR CREAM | 1 CUP | 495 | 10 | 7 | 48 |
| TOMATOES, CANNED, S+L, W/ SALT | 1 CUP | 50 | 10 | 2 | 1 |
| RYE WAFERS, WHOLE-GRAIN | 2 WAFERS | 55 | 10 | 1 | 1 |
| GRAPEFRUIT, RAW, PINK | 1/2 FRUT | 40 | 10 | 1 | 0 |
| PEARS, CANNED, JUICE PACK | 1 HALF | 40 | 10 | 0 | 0 |
| JELLIES | 1 PKT | 40 | 10 | 0 | 0 |
| APRICOTS, CANNED, JUICE PACK | 3 HALVES | 40 | 10 | 1 | 0 |
| JAMS AND PRESERVES | 1 PKT | 40 | 10 | 0 | 0 |
| BROCCOLI, RAW, COOKED, DRAINED | 1 SPEAR | 50 | 10 | 5 | 1 |
| BROCCOLI, FRZN, COOKED, DRANED | 1 CUP | 50 | 10 | 6 | 0 |
| WHITE BREAD, SLICE 22 PER LOAF | 1 SLICE | 55 | 10 | 2 | 1 |
| PEACHES, RAW | 1 PEACH | 35 | 10 | 1 | 0 |
| TURKEY PATTIES, BRD,BATTD,FRID | 1 PATTY | 180 | 10 | 9 | 12 |
| SAUERKRAUT, CANNED | 1 CUP | 45 | 10 | 2 | 0 |
| BAKING PWDR BISCUITS,REFRGDOGH | 1 BISCUT | 65 | 10 | 1 | 2 |
| WHITE BREAD, TOASTED 22 PER | 1 SLICE | 55 | 10 | 2 | 1 |
| SNAP BEAN,RAW,CKD,DRND,YELLOW | 1 CUP | 45 | 10 | 2 | 0 |
| SNAP BEAN,RAW,CKD,DRND,GREEN | 1 CUP | 45 | 10 | 2 | 0 |
| GRAPEFRUIT, RAW, WHITE | 1/2 FRUT | 40 | 10 | 1 | 0 |

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| POTATO CHIPS | 10 CHIPS | 105 | 10 | 1 | 7 |
| CHICKEN CHOW MEIN, HOME RECIPE | 1 CUP | 255 | 10 | 31 | 10 |
| GRAPES, EUROPEAN, RAW, TOKAY | 10 GRAPE | 40 | 10 | 0 | 0 |
| SCALLOPS, BREADED, FRZN,REHEAT | 6 SCALOP | 195 | 10 | 15 | 10 |
| VEGETABLE BEEF SOUP, CANNED | 1 CUP | 80 | 10 | 6 | 2 |
| STRAWBERRIES, RAW | 1 CUP | 45 | 10 | 1 | 1 |
| CHERRIES, SWEET, RAW | 10 CHERY | 50 | 11 | 1 | 1 |
| RAISINS | 1 PACKET | 40 | 11 | 0 | 0 |
| LETTUCE, CRISPHEAD, RAW, HEAD | 1 HEAD | 70 | 11 | 5 | 1 |
| BROWNIES W/ NUTS,FRM HOME RECP | 1 BROWNE | 95 | 11 | 1 | 6 |
| KOHLRABI, COOKED, DRAINED | 1 CUP | 50 | 11 | 3 | 0 |
| MINESTRONE SOUP, CANNED | 1 CUP | 80 | 11 | 4 | 3 |
| BEEF GRAVY, CANNED | 1 CUP | 125 | 11 | 9 | 5 |
| MILK, WHOLE, 3.3% FAT | 1 CUP | 150 | 11 | 8 | 8 |
| WATERMELON, RAW, DICED | 1 CUP | 50 | 11 | 1 | 1 |
| PEAS, EDIBLE POD, COOKED,DRNED | 1 CUP | 65 | 11 | 5 | 0 |
| BEETS, COOKED, DRAINED, DICED | 1 CUP | 55 | 11 | 2 | 0 |
| SHRIMP, FRENCH FRIED | 3 OZ | 200 | 11 | 16 | 10 |
| GRAHAM CRACKER, PLAIN | 2 CRACKR | 60 | 11 | 1 | 1 |
| IMITATN WHIPD TOPING,PRESSRZD | 1 CUP | 185 | 11 | 1 | 16 |
| VEGETABLE JUICE COCKTAIL, CNND | 1 CUP | 45 | 11 | 2 | 0 |
| CARROTS, RAW, GRATED | 1 CUP | 45 | 11 | 1 | 0 |
| KIWIFRUIT, RAW | 1 KIWI | 45 | 11 | 1 | 0 |
| IMITATN SOUR DRESSING | 1 CUP | 415 | 11 | 8 | 39 |
| YOGURT, W/ WHOLE MILK | 8 OZ | 140 | 11 | 8 | 7 |
| CARROTS, COOKED FROM FROZEN | 1 CUP | 55 | 12 | 2 | 0 |
| PINEAPPLE, CANNED, HEAVY SYRUP | 1 SLICE | 45 | 12 | 0 | 0 |
| BEETS, CANNED, DRAINED,NO SALT | 1 CUP | 55 | 12 | 2 | 0 |
| HONEYDEW MELON, RAW | 1/10 MEL | 45 | 12 | 1 | 0 |
| SUGAR, WHITE, GRANULATED | 1 TBSP | 45 | 12 | 0 | 0 |
| BEETS, CANNED, DRAINED,W/ SALT | 1 CUP | 55 | 12 | 2 | 0 |
| ARTICHOKES, GLOBE, COOKED, DRN | 1 ARTCHK | 55 | 12 | 3 | 0 |
| COCONUT, RAW, SHREDDED | 1 CUP | 285 | 12 | 3 | 27 |
| ICE CREAM, VANLLA, REGULR 11% | 3 FL OZ | 100 | 12 | 2 | 5 |
| CLAM CHOWDER, MANHATTAN, CANND | 1 CUP | 80 | 12 | 4 | 2 |
| VEGETARIAN SOUP, CANNED | 1 CUP | 70 | 12 | 2 | 2 |
| MILK, SKIM, ADDED MILK SOLIDS | 1 CUP | 90 | 12 | 9 | 1 |
| MILK, LOFAT, 2%, ADDED SOLIDS | 1 CUP | 125 | 12 | 9 | 5 |
| MILK, LOFAT, 1%, NO ADDEDSOLID | 1 CUP | 100 | 12 | 8 | 3 |
| MILK, LOFAT, 1%, ADDED SOLIDS | 1 CUP | 105 | 12 | 9 | 2 |
| MILK, SKIM, NO ADDED MILKSOLID | 1 CUP | 85 | 12 | 8 | 0 |
| COLLARDS, COOKED FROM FROZEN | 1 CUP | 60 | 12 | 5 | 1 |
| BUTTERMILK, FLUID | 1 CUP | 100 | 12 | 8 | 2 |
| RYE BREAD, LIGHT, TOASTED | 1 SLICE | 65 | 12 | 2 | 1 |
| WHITE BREAD, SLICE 18 PER LOAF | 1 SLICE | 65 | 12 | 2 | 1 |
| WHITE BREAD, TOASTED 18 PER | 1 SLICE | 65 | 12 | 2 | 1 |
| CHICKEN A LA KING, HOME RECIPE | 1 CUP | 470 | 12 | 27 | 34 |
| PUMPKIN, COOKED FROM RAW | 1 CUP | 50 | 12 | 2 | 0 |
| WHEAT BREAD | 1 SLICE | 65 | 12 | 2 | 1 |
| MILK, LOFAT, 2%, NO ADDEDSOLID | 1 CUP | 120 | 12 | 8 | 5 |
| RYE BREAD, LIGHT | 1 SLICE | 65 | 12 | 2 | 1 |
| APRICOTS, RAW | 3 APRCOT | 50 | 12 | 1 | 0 |
| OATMEAL BREAD | 1 SLICE | 65 | 12 | 2 | 1 |
| CRACKED-WHEAT BREAD | 1 SLICE | 65 | 12 | 2 | 1 |
| CRACKED-WHEAT BREAD, TOASTED | 1 SLICE | 65 | 12 | 2 | 1 |
| MIXED GRAIN BREAD | 1 SLICE | 65 | 12 | 2 | 1 |
| MIXED GRAIN BREAD, TOASTED | 1 SLICE | 65 | 12 | 2 | 1 |

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| AVOCADOS, CALIFORNIA | 1 AVOCDO | 305 | 12 | 4 | 30 |
| OATMEAL BREAD, TOASTED | 1 SLICE | 65 | 12 | 2 | 1 |
| ONIONS, RAW, CHOPPED | 1 CUP | 55 | 12 | 2 | 0 |
| WHEAT BREAD, TOASTED | 1 SLICE | 65 | 12 | 3 | 1 |
| ONIONS, RAW, COOKED, DRAINED | 1 CUP | 60 | 13 | 2 | 0 |
| CHICKEN, FRIED, BATTER, BREAST | 4.9 OZ | 365 | 13 | 35 | 18 |
| MUSHROOM GRAVY, CANNED | 1 CUP | 120 | 13 | 3 | 6 |
| MILK CHOCOLATE CANDY,W/ PENUTS | 1 OZ | 155 | 13 | 4 | 11 |
| CHOP SUEY W/ BEEF + PORK,HMRCP | 1 CUP | 300 | 13 | 26 | 17 |
| CHICKEN GRAVY, CANNED | 1 CUP | 190 | 13 | 5 | 14 |
| BRUSSELS SPROUTS, RAW, COOKED | 1 CUP | 60 | 13 | 4 | 1 |
| TORTILLAS, CORN | 1 TORTLA | 65 | 13 | 2 | 1 |
| PRETZELS, TWISTED, DUTCH | 1 PRETZ | 65 | 13 | 2 | 1 |
| JELLIES | 1 TBSP | 50 | 13 | 0 | 0 |
| BRUSSELS SPROUTS, FRZN, COOKED | 1 CUP | 65 | 13 | 6 | 1 |
| BEER, REGULAR | 12 FL OZ | 150 | 13 | 1 | 0 |
| DANISH PASTRY, PLAIN, NO NUTS | 1 OZ | 110 | 13 | 2 | 6 |
| RAISIN BREAD, TOASTED | 1 SLICE | 65 | 13 | 2 | 1 |
| WHOLE-WHEAT BREAD, TOASTED | 1 SLICE | 70 | 13 | 3 | 1 |
| BAKING PWDR BISCUITS,HOMERECPE | 1 BISCUT | 100 | 13 | 2 | 5 |
| RAISIN BREAD | 1 SLICE | 65 | 13 | 2 | 1 |
| IMITATN WHIPD TOPING,PWDRD,PRP | 1 CUP | 150 | 13 | 3 | 10 |
| WHOLE-WHEAT BREAD | 1 SLICE | 70 | 13 | 3 | 1 |
| RICOTTA CHEESE, PART SKIM MILK | 1 CUP | 340 | 13 | 28 | 19 |
| VIENNA BREAD | 1 SLICE | 70 | 13 | 2 | 1 |
| CORN, COOKED FRM FROZN, YELLOW | 1 EAR | 60 | 14 | 2 | 0 |
| CORN, COOKED FRM FROZN, WHITE | 1 EAR | 60 | 14 | 2 | 0 |
| HOLLANDAISE SCE, W/ H2O,FRM MX | 1 CUP | 240 | 14 | 5 | 20 |
| ROLLS, DINNER, COMMERCIAL | 1 ROLL | 85 | 14 | 2 | 2 |
| BROWN GRAVY FROM DRY MIX | 1 CUP | 80 | 14 | 3 | 2 |
| CHICKEN GRAVY FROM DRY MIX | 1 CUP | 85 | 14 | 3 | 2 |
| RASPBERRIES, RAW | 1 CUP | 60 | 14 | 1 | 1 |
| BAKING PWDR BISCUITS,FROM MIX | 1 BISCUT | 95 | 14 | 2 | 3 |
| PLUMS, CANNED, JUICE PACK | 3 PLUMS | 55 | 14 | 0 | 0 |
| JAMS AND PRESERVES | 1 TBSP | 55 | 14 | 0 | 0 |
| VEGETABLES, MIXED, CANNED | 1 CUP | 75 | 15 | 4 | 0 |
| WALNUTS, BLACK, CHOPPED | 1 CUP | 760 | 15 | 30 | 71 |
| POUND CAKE, COMMERCIAL | 1 SLICE | 110 | 15 | 2 | 5 |
| ORANGES, RAW | 1 ORANGE | 60 | 15 | 1 | 0 |
| POUND CAKE, FROM HOME RECIPE | 1 SLICE | 120 | 15 | 2 | 5 |
| CR OF CHICKEN SOUP W/ MLK,CNND | 1 CUP | 190 | 15 | 7 | 11 |
| BEEF AND VEGETABLE STEW,HM RCP | 1 CUP | 220 | 15 | 16 | 11 |
| MILK CHOCOLATE CANDY,W/ ALMOND | 1 OZ | 150 | 15 | 3 | 10 |
| CR OF MUSHROM SOUP W/ MLK,CNND | 1 CUP | 205 | 15 | 6 | 14 |
| TACO | 1 TACO | 195 | 15 | 9 | 11 |
| MALTED MILK,NATURAL, POWDER | 3/4 OZ | 85 | 15 | 3 | 2 |
| WHITE BREAD CUBES | 1 CUP | 80 | 15 | 2 | 1 |
| PEARS, CANNED, HEAVY SYRUP | 1 HALF | 60 | 15 | 0 | 0 |
| BROWNIES W/ NUTS,FRSTNG,CMMRCL | 1 BROWNE | 100 | 16 | 1 | 4 |
| PUMPERNICKEL BREAD | 1 SLICE | 80 | 16 | 3 | 1 |
| MILK CHOCOLATE CANDY, PLAIN | 1 OZ | 145 | 16 | 2 | 9 |
| CORN CHIPS | 1 OZ | 155 | 16 | 2 | 9 |
| PUMPERNICKEL BREAD, TOASTED | 1 SLICE | 80 | 16 | 3 | 1 |
| SWEET (DARK) CHOCOLATE | 1 OZ | 150 | 16 | 1 | 10 |
| LEMON JUICE,FRZN,SINGLE-STRNGH | 6 FL OZ | 55 | 16 | 1 | 1 |
| NECTARINES, RAW | 1 NECTRN | 65 | 16 | 1 | 1 |
| YOGURT, W/ LOFAT MILK, PLAIN | 8 OZ | 145 | 16 | 12 | 4 |

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| CARROTS, COOKED FROM RAW | 1 CUP | 70 | 16 | 2 | 0 |
| LEMON JUICE, CANNED | 1 CUP | 50 | 16 | 1 | 1 |
| LIME JUICE,CANNED | 1 CUP | 50 | 16 | 1 | 1 |
| APPLES, RAW, PEELED, SLICED | 1 CUP | 65 | 16 | 0 | 0 |
| PEACHES, CANNED, HEAVY SYRUP | 1 HALF | 60 | 16 | 0 | 0 |
| IMITATION WHIPPED TOPPING,FRZN | 1 CUP | 240 | 17 | 1 | 19 |
| FRENCH TOAST, HOME RECIPE | 1 SLICE | 155 | 17 | 6 | 7 |
| HONEY | 1 TBSP | 65 | 17 | 0 | 0 |
| ITALIAN BREAD | 1 SLICE | 85 | 17 | 3 | 0 |
| CLAM CHOWDER, NEW ENG, W/ MILK | 1 CUP | 165 | 17 | 9 | 7 |
| GELATIN DESSERT, PREPARED | 1/2 CUP | 70 | 17 | 2 | 0 |
| WATER CHESTNUTS, CANNED | 1 CUP | 70 | 17 | 1 | 0 |
| SNACK CAKES,DEVILS FOOD,CREMFL | SM CAKE | 105 | 17 | 1 | 4 |
| SHORTBREAD COOKIE, HOME RECIPE | 2 COOKIE | 145 | 17 | 2 | 8 |
| PAPAYAS, RAW | 1 CUP | 65 | 17 | 1 | 0 |
| POTATOES,FRENCH-FRD,FRZN,OVEN | 10 STRIP | 110 | 17 | 2 | 4 |
| MACADAMIA NUTS, OILRSTD,SALTED | 1 CUP | 960 | 17 | 10 | 103 |
| YOGURT, W/ NONFAT MILK | 8 OZ | 125 | 17 | 13 | 0 |
| MACADAMIA NUTS, OILRSTD,UNSALT | 1 CUP | 960 | 17 | 10 | 103 |
| TOMATO SOUP W/ WATER, CANNED | 1 CUP | 85 | 17 | 2 | 2 |
| POPSICLE | 1 POPCLE | 70 | 18 | 0 | 0 |
| 100% NATURAL CEREAL | 1 OZ | 135 | 18 | 3 | 6 |
| TOMATO SAUCE, CANNED WITH SALT | 1 CUP | 75 | 18 | 3 | 0 |
| CORN GRITS, COOKED, INSTANT | 1 PKT | 80 | 18 | 2 | 0 |
| OATMEAL,CKD,INSTNT,PLAIN,FORTF | 1 PKT | 105 | 18 | 4 | 2 |
| APRICOT, CANNED, HEAVY SYRUP | 3 HALVES | 70 | 18 | 0 | 0 |
| CHICKEN CHOW MEIN, CANNED | 1 CUP | 95 | 18 | 7 | 0 |
| FILBERTS, (HAZELNUTS) CHOPPED | 1 CUP | 725 | 18 | 15 | 72 |
| FRENCH BREAD | 1 SLICE | 100 | 18 | 3 | 1 |
| SQUASH, WINTER, BAKED | 1 CUP | 80 | 18 | 2 | 1 |
| MILK CHOCOLATE CANDY,W/ RICE C | 1 OZ | 140 | 18 | 2 | 7 |
| BLACKBERRIES, RAW | 1 CUP | 75 | 18 | 1 | 1 |
| MALTED MILK, CHOCOLATE, POWDER | 3/4 OZ | 85 | 18 | 1 | 1 |
| PINEAPPLE, RAW, DICED | 1 CUP | 75 | 19 | 1 | 1 |
| PEACHES, RAW, SLICED | 1 CUP | 75 | 19 | 1 | 0 |
| SOYBEANS, DRY, COOKED, DRAINED | 1 CUP | 235 | 19 | 20 | 10 |
| CORN, COOKED FROM RAW, YELLOW | 1 EAR | 85 | 19 | 3 | 1 |
| CORN, COOKED FROM RAW, WHITE | 1 EAR | 85 | 19 | 3 | 1 |
| TUNA SALAD | 1 CUP | 375 | 19 | 33 | 19 |
| NATURE VALLEY GRANOLA CEREAL | 1 OZ | 125 | 19 | 3 | 5 |
| COCA PWDR W/O NONFAT DRY MILK | 3/4 OZ | 75 | 19 | 1 | 1 |
| BRAN MUFFINS, HOME RECIPE | 1 MUFFIN | 125 | 19 | 3 | 6 |
| CHEERIOS CEREAL | 1 OZ | 110 | 20 | 4 | 2 |
| LIMEADE,CONCEN,FROZEN,DILUTED | 6 FL OZ | 75 | 20 | 0 | 0 |
| BLUEBERRY MUFFINS, HOME RECIPE | 1 MUFFIN | 135 | 20 | 3 | 5 |
| ROLLS, FRANKFURTER + HAMBURGER | 1 ROLL | 115 | 20 | 3 | 2 |
| ROLLS, DINNER, HOME RECIPE | 1 ROLL | 120 | 20 | 3 | 3 |
| PUMPKIN, CANNED | 1 CUP | 85 | 20 | 3 | 1 |
| DEVIL'S FOOD CAKE,CHOCFRST,FMX | 1 CUPCAK | 120 | 20 | 2 | 4 |
| BLUEBERRIES, RAW | 1 CUP | 80 | 20 | 1 | 1 |
| PECANS, HALVES | 1 CUP | 720 | 20 | 8 | 73 |
| POTATOES,FRENCH-FRD,FRZN,FRIED | 10 STRIP | 160 | 20 | 2 | 8 |
| SHORTBREAD COOKIE, COMMERCIAL | 4 COOKIE | 155 | 20 | 2 | 8 |
| ALL-BRAN CEREAL | 1 OZ | 70 | 21 | 4 | 1 |
| PEAS, GREEN,CNND,DRND,W/O SALT | 1 CUP | 115 | 21 | 8 | 1 |
| PEAS, GREEN,CNND,DRND, W/ SALT | 1 CUP | 115 | 21 | 8 | 1 |
| CORN MUFFINS, HOME RECIPE | 1 MUFFIN | 145 | 21 | 3 | 5 |

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| WHITE SAUCE W/ MILK FROM MIX | 1 CUP | 240 | 21 | 10 | 13 |
| PEARS, RAW, BOSC | 1 PEAR | 85 | 21 | 1 | 1 |
| FUDGE, CHOCOLATE, PLAIN | 1 OZ | 115 | 21 | 1 | 3 |
| CREAM OF WHEAT,CKD,MIX N EAT | 1 PKT | 100 | 21 | 3 | 0 |
| SPECIAL K CEREAL | 1 OZ | 110 | 21 | 6 | 0 |
| RAISIN BRAN, POST | 1 OZ | 85 | 21 | 3 | 1 |
| RAISIN BRAN, KELLOGG'S | 1 OZ | 90 | 21 | 3 | 1 |
| LEMON JUICE, RAW | 1 CUP | 60 | 21 | 1 | 0 |
| SYRUP, CHOCOLATE FLVRED, FUDGE | 2 TBSP | 125 | 21 | 2 | 5 |
| APPLES, RAW, UNPEELED,3 PER LB | 1 APPLE | 80 | 21 | 0 | 0 |
| LEMONADE,CONCEN,FRZEN,DILUTED | 6 FL OZ | 80 | 21 | 0 | 0 |
| BOSTON BROWN BREAD,W/YLLWCRNML | 1 SLICE | 95 | 21 | 2 | 1 |
| BOSTON BROWN BREAD,W/WHTECRNM | 1 SLICE | 95 | 21 | 2 | 1 |
| ORANGES, RAW, SECTIONS | 1 CUP | 85 | 21 | 2 | 0 |
| TEA,INSTANT,PREPARD,SWEETENED | 8 FL OZ | 85 | 22 | 0 | 0 |
| GRAPEFRUIT JUICE, CANNED,UNSWT | 1 CUP | 95 | 22 | 1 | 0 |
| BLUEBERRY MUFFINS,FROM COM MIX | 1 MUFFIN | 140 | 22 | 3 | 5 |
| TOTAL CEREAL | 1 OZ | 100 | 22 | 3 | 1 |
| WALNUTS, ENGLISH, PIECES | 1 CUP | 770 | 22 | 17 | 74 |
| CANTALOUP, RAW | 1/2 MELN | 95 | 22 | 2 | 1 |
| 40% BRAN FLAKES, POST | 1 OZ | 90 | 22 | 3 | 0 |
| CHERRIES, SOUR,RED,CANND,WATER | 1 CUP | 90 | 22 | 2 | 0 |
| 40% BRAN FLAKES, KELLOGG'S | 1 OZ | 90 | 22 | 4 | 1 |
| WHITE BREAD CRUMBS, SOFT | 1 CUP | 120 | 22 | 4 | 2 |
| CORN MUFFINS, FROM COMMERL MIX | 1 MUFFIN | 145 | 22 | 3 | 6 |
| LIME JUICE, RAW | 1 CUP | 65 | 22 | 1 | 0 |
| MOLASSES, CANE, BLACKSTRAP | 2 TBSP | 85 | 22 | 0 | 0 |
| TOMATO SOUP WITH MILK, CANNED | 1 CUP | 160 | 22 | 6 | 6 |
| CARAMELS, PLAIN OR CHOCOLATE | 1 OZ | 115 | 22 | 1 | 3 |
| SYRUP, CHOCOLATE FLAVORED THIN | 2 TBSP | 85 | 22 | 1 | 0 |
| COCOA PWDR WITH NONFAT DRYMILK | 1 OZ | 100 | 22 | 3 | 1 |
| COCOA PWDR W/ NOFAT DRMLK,PRPD | 1 SERVNG | 100 | 22 | 3 | 1 |
| FRUIT PUNCH DRINK, CANNED | 6 FL OZ | 85 | 22 | 0 | 0 |
| LUCKY CHARMS CEREAL | 1 OZ | 110 | 23 | 3 | 1 |
| PEAS,GRN, FROZEN COOKED,DRANED | 1 CUP | 125 | 23 | 8 | 0 |
| HONEY NUT CHEERIOS CEREAL | 1 OZ | 105 | 23 | 3 | 1 |
| WHEATIES CEREAL | 1 OZ | 100 | 23 | 3 | 0 |
| GRAPE-NUTS CEREAL | 1 OZ | 100 | 23 | 3 | 0 |
| MARSHMALLOWS | 1 OZ | 90 | 23 | 1 | 0 |
| CHEESE SAUCE W/ MILK, FRM MIX | 1 CUP | 305 | 23 | 16 | 17 |
| PINEAPPLE-GRAPEFRUIT JUICEDRNK | 6 FL OZ | 90 | 23 | 0 | 0 |
| CAP'N CRUNCH CEREAL | 1 OZ | 120 | 23 | 1 | 3 |
| BEAN WITH BACON SOUP, CANNED | 1 CUP | 170 | 23 | 8 | 6 |
| SHREDDED WHEAT CEREAL | 1 OZ | 100 | 23 | 3 | 1 |
| GRAPEFRUIT JUICE, RAW | 1 CUP | 95 | 23 | 1 | 0 |
| CORN FLAKES, TOASTIES | 1 OZ | 110 | 24 | 2 | 0 |
| BRAN MUFFINS, FROM COMMERL MIX | 1 MUFFIN | 140 | 24 | 3 | 4 |
| PRODUCT 19 CEREAL | 1 OZ | 110 | 24 | 3 | 0 |
| ENCHILADA | 1 ENCHLD | 235 | 24 | 20 | 16 |
| CORN FLAKES, KELLOGG'S | 1 OZ | 110 | 24 | 2 | 0 |
| GOLDEN GRAHAMS CEREAL | 1 OZ | 110 | 24 | 2 | 1 |
| VEGETABLES, MIXED, CKED FR FRZ | 1 CUP | 105 | 24 | 5 | 0 |
| MACARONI, COOKED, TENDER,COLD | 1 CUP | 115 | 24 | 4 | 0 |
| GRAPEFRT JCE,FRZN,DLTD,UNSWTEN | 1 CUP | 100 | 24 | 1 | 0 |
| WHITE SAUCE, MEDIUM, HOME RECP | 1 CUP | 395 | 24 | 10 | 30 |
| DOUGHNUTS, CAKE TYPE, PLAIN | 1 DONUT | 210 | 24 | 3 | 12 |
| SUGAR SMACKS CEREAL | 1 OZ | 105 | 25 | 2 | 1 |

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| OATMEAL,CKD,RG,QCK,INST,W/SALT | 1 CUP | 145 | 25 | 6 | 2 |
| FRUITCAKE,DARK, FROM HOMERECIP | 1 PIECE | 165 | 25 | 2 | 7 |
| PUDDING, CHOC, COOKED FROM MIX | 1/2 CUP | 150 | 25 | 4 | 4 |
| TOMATO PUREE, CANNED W/O SALT | 1 CUP | 105 | 25 | 4 | 0 |
| OATMEAL,CKD,RG,QCK,INST,W/OSAL | 1 CUP | 145 | 25 | 6 | 2 |
| ORANGE + GRAPEFRUIT JUCE,CANND | 1 CUP | 105 | 25 | 1 | 0 |
| TOMATO PUREE, CANNED WITH SALT | 1 CUP | 105 | 25 | 4 | 0 |
| ORANGE JUICE, CANNED | 1 CUP | 105 | 25 | 1 | 0 |
| PUDDING, TAPIOCA, FROM MIX | 1/2 CUP | 145 | 25 | 4 | 4 |
| ORANGE JUICE, CHILLED | 1 CUP | 110 | 25 | 2 | 1 |
| PUDDING, VNLLA,COOKED FROM MIX | 1/2 CUP | 145 | 25 | 4 | 4 |
| GUM DROPS | 1 OZ | 100 | 25 | 0 | 0 |
| EVAPORATED MILK, WHOLE, CANNED | 1 CUP | 340 | 25 | 17 | 19 |
| PEARS, RAW, BARTLETT | 1 PEAR | 100 | 25 | 1 | 1 |
| RICE KRISPIES CEREAL | 1 OZ | 110 | 25 | 2 | 0 |
| TRIX CEREAL | 1 OZ | 110 | 25 | 2 | 0 |
| FROOT LOOPS CEREAL | 1 OZ | 110 | 25 | 2 | 1 |
| GRAPE DRINK, CANNED | 6 FL OZ | 100 | 26 | 0 | 0 |
| CHICKEN AND NOODLES, HOME RECP | 1 CUP | 365 | 26 | 22 | 18 |
| CHOCOLATE MILK, LOWFAT 2% | 1 CUP | 180 | 26 | 8 | 5 |
| CHOCOLATE MILK, LOWFAT 1% | 1 CUP | 160 | 26 | 8 | 3 |
| DOUGHNUTS, YEAST-LEAVEND,GLZED | 1 DONUT | 235 | 26 | 4 | 13 |
| MACARONI AND CHEESE, CANNED | 1 CUP | 230 | 26 | 9 | 10 |
| NOODLES, CHOW MEIN, CANNED | 1 CUP | 220 | 26 | 6 | 11 |
| CHOCOLATE MILK, REGULAR | 1 CUP | 210 | 26 | 8 | 8 |
| JELLY BEANS | 1 OZ | 105 | 26 | 0 | 0 |
| SUPER SUGAR CRISP CEREAL | 1 OZ | 105 | 26 | 2 | 0 |
| WAFFLES, FROM HOME RECIPE | 1 WAFFLE | 245 | 26 | 7 | 13 |
| ORANGE JUICE, RAW | 1 CUP | 110 | 26 | 2 | 0 |
| JERUSALEM-ARTICHOKE, RAW | 1 CUP | 115 | 26 | 3 | 0 |
| DANISH PASTRY, PLAIN, NO NUTS | 1 PASTRY | 220 | 26 | 4 | 12 |
| CHOCOLATE CHIP COOKIES,HME RCP | 4 COOKIE | 185 | 26 | 2 | 11 |
| POTATOES, SCALLOPED, HOME RECP | 1 CUP | 210 | 26 | 7 | 9 |
| SUGAR FROSTED FLAKES, KELLOGG | 1 OZ | 110 | 26 | 1 | 0 |
| MALT-O-MEAL, WITH SALT | 1 CUP | 120 | 26 | 4 | 0 |
| CORNMEAL,DEGERMED,ENRCHED,COOK | 1 CUP | 120 | 26 | 3 | 0 |
| MALT-O-MEAL, W/O SALT | 1 CUP | 120 | 26 | 4 | 0 |
| CHEESECAKE | 1 PIECE | 280 | 26 | 5 | 18 |
| AVOCADOS, FLORIDA | 1 AVOCDO | 340 | 27 | 5 | 27 |
| PEA, GREEN, SOUP, CANNED | 1 CUP | 165 | 27 | 9 | 3 |
| CROISSANTS | 1 CROSST | 235 | 27 | 5 | 12 |
| BANANAS | 1 BANANA | 105 | 27 | 1 | 1 |
| WAFFLES, FROM MIX | 1 WAFFLE | 205 | 27 | 7 | 8 |
| ORANGE JUICE,FRZN,CNCN,DILUTED | 1 CUP | 110 | 27 | 2 | 0 |
| POTATOES, BOILED, PEELED BEFOR | 1 POTATO | 115 | 27 | 2 | 0 |
| ENGLISH MUFFINS, PLAIN, TOASTD | 1 MUFFIN | 140 | 27 | 5 | 1 |
| PEANUTS, OIL ROASTED, UNSALTED | 1 CUP | 840 | 27 | 39 | 71 |
| MALTED MILK,NATURAL, PWDR PPRD | 1 SERVNG | 235 | 27 | 11 | 10 |
| POTATOES, BOILED, PEELED AFTER | 1 POTATO | 120 | 27 | 3 | 0 |
| PUDDING, CHOC, INSTANT, FR MIX | 1/2 CUP | 155 | 27 | 4 | 4 |
| SNACK CAKES,SPONGE CREME FLLNG | SM CAKE | 155 | 27 | 1 | 5 |
| PUDDING, RICE, FROM MIX | 1/2 CUP | 155 | 27 | 4 | 4 |
| PEANUTS, OIL ROASTED, SALTED | 1 CUP | 840 | 27 | 39 | 71 |
| ENGLISH MUFFINS, PLAIN | 1 MUFFIN | 140 | 27 | 5 | 1 |
| FONDANT, UNCOATED | 1 OZ | 105 | 27 | 0 | 0 |
| PUDDING, VNLLA,INSTANT FRM MIX | 1/2 CUP | 150 | 27 | 4 | 4 |
| POTATOES, AU GRATIN, HOME RECP | 1 CUP | 325 | 28 | 12 | 19 |

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| ALMONDS, SLIVERED | 1 CUP | 795 | 28 | 27 | 70 |
| GRAPEFRUIT JUICE, CANNED,SWTND | 1 CUP | 115 | 28 | 1 | 0 |
| POTATO SALAD MADE W/ MAYONNAIS | 1 CUP | 360 | 28 | 7 | 21 |
| HARD CANDY | 1 OZ | 110 | 28 | 0 | 0 |
| DANISH PASTRY, FRUIT | 1 PASTRY | 235 | 28 | 4 | 13 |
| CHOCOLATE CHIP COOKIES,COMMRCL | 4 COOKIE | 180 | 28 | 2 | 9 |
| PUDDING, TAPIOCA, CANNED | 5 OZ | 160 | 28 | 3 | 5 |
| CHEESEBURGER, REGULAR | 1 SANDWH | 300 | 28 | 15 | 15 |
| SWEETPOTATOES, BAKED, PEELED | 1 POTATO | 115 | 28 | 2 | 0 |
| PEANUT BUTTER COOKIE,HOME RECP | 4 COOKIE | 245 | 28 | 4 | 14 |
| HAMBURGER, REGULAR | 1 SANDWH | 245 | 28 | 12 | 11 |
| APPLESAUCE, CANNED,UNSWEETENED | 1 CUP | 105 | 28 | 0 | 0 |
| EVAPORATED MILK, SKIM, CANNED | 1 CUP | 200 | 29 | 19 | 1 |
| MALTED MILK,CHOCOLATE, PWDRPPD | 1 SERVNG | 235 | 29 | 9 | 9 |
| SWEETPOTATOES, CANDIED | 1 PIECE | 145 | 29 | 1 | 3 |
| SANDWICH TYPE COOKIE | 4 COOKIE | 195 | 29 | 2 | 8 |
| ICE MILK, VANILLA, 4% FAT | 1 CUP | 185 | 29 | 5 | 6 |
| PEACHES, CANNED, JUICE PACK | 1 CUP | 110 | 29 | 2 | 0 |
| CRM WHEAT,CKD,REG,INST,W/SALT | 1 CUP | 140 | 29 | 4 | 0 |
| CRM WHEAT,CKD,QUICK, W/ SALT | 1 CUP | 140 | 29 | 4 | 0 |
| QUICHE LORRAINE | 1 SLICE | 600 | 29 | 13 | 48 |
| APPLE JUICE, CANNED | 1 CUP | 115 | 29 | 0 | 0 |
| CRM WHEAT,CKD,REG,INST,NO SALT | 1 CUP | 140 | 29 | 4 | 0 |
| FRUIT COCKTAIL,CNND,JUICE PACK | 1 CUP | 115 | 29 | 1 | 0 |
| CRM WHEAT,CKD, QUICK, NO SALT | 1 CUP | 140 | 29 | 4 | 0 |
| SPAGHETTI,MEATBALLS,TOMSAC,CND | 1 CUP | 260 | 29 | 12 | 10 |
| VANILLA WAFERS | 10 COOKE | 185 | 29 | 2 | 7 |
| ANGELFOOD CAKE, FROM MIX | 1 PIECE | 125 | 29 | 3 | 0 |
| CUSTARD, BAKED | 1 CUP | 305 | 29 | 14 | 15 |
| COCA PWDR W/O NOFAT DRYMLK,PRD | 1 SERVNG | 225 | 30 | 9 | 9 |
| PUDDING, CHOCOLATE,CANNED | 5 OZ | 205 | 30 | 3 | 11 |
| POPCORN, SUGAR SYRUP COATED | 1 CUP | 135 | 30 | 2 | 1 |
| COTTAGE CHEESE,CREMD,W/FRUIT | 1 CUP | 280 | 30 | 22 | 8 |
| PARSNIPS, COOKED, DRAINED | 1 CUP | 125 | 30 | 2 | 0 |
| TANGERINE JUICE, CANNED,SWTNED | 1 CUP | 125 | 30 | 1 | 0 |
| BLACKEYE PEAS, IMMATR,RAW,CKED | 1 CUP | 180 | 30 | 13 | 1 |
| PEARS, RAW, D'ANJOU | 1 PEAR | 120 | 30 | 1 | 1 |
| ROLLS, HARD | 1 ROLL | 155 | 30 | 5 | 2 |
| FRIED PIE, APPLE | 1 PIE | 255 | 31 | 2 | 14 |
| PLUMS, CANNED, HEAVY SYRUP | 3 PLUMS | 120 | 31 | 0 | 0 |
| PRUNES, DRIED | 5 LARGE | 115 | 31 | 1 | 0 |
| CORN GRITS,CKD,REG,YLLW,W/SALT | 1 CUP | 145 | 31 | 3 | 0 |
| CORN GRITS,CKD,REG,WHTE,W/SALT | 1 CUP | 145 | 31 | 3 | 0 |
| ENG MUFFIN, EGG, CHEESE, BACON | 1 SANDWH | 360 | 31 | 18 | 18 |
| SUGAR COOKIE, FROM REFRIG DOGH | 4 COOKIE | 235 | 31 | 2 | 12 |
| OATMEAL,CKD,INSTNT,FLVRD,FORTF | 1 PKT | 160 | 31 | 5 | 2 |
| POTATOES, SCALLOPED, FROM MIX | 1 CUP | 230 | 31 | 5 | 11 |
| CORN GRITS,CKD,REG,YLLW,NOSALT | 1 CUP | 145 | 31 | 3 | 0 |
| CHILI CON CARNE W/ BEANS, CNND | 1 CUP | 340 | 31 | 19 | 16 |
| POTATOES, AU GRATIN, FROM MIX | 1 CUP | 230 | 31 | 6 | 10 |
| CORN GRITS,CKD,REG,WHTE,NOSALT | 1 CUP | 145 | 31 | 3 | 0 |
| APRICOTS, CANNED, JUICE PACK | 1 CUP | 120 | 31 | 2 | 0 |
| PEARS, CANNED, JUICE PACK | 1 CUP | 125 | 32 | 1 | 0 |
| GRAPEJCE,FRZN,DILUTD,SWTND,W/C | 1 CUP | 125 | 32 | 0 | 0 |
| GINGER ALE | 12 FL OZ | 125 | 32 | 0 | 0 |
| CHOCOLATE CHIP COOKIES,REFRIG | 4 COOKIE | 225 | 32 | 2 | 11 |
| BEANS,DRY,CANNED,W/FRANKFURTER | 1 CUP | 365 | 32 | 19 | 18 |

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| SPAGHETTI, COOKED, TENDER | 1 CUP | 155 | 32 | 5 | 1 |
| MACARONI, COOKED, TENDER, HOT | 1 CUP | 155 | 32 | 5 | 1 |
| TABLE SYRUP (CORN AND MAPLE) | 2 TBSP | 122 | 32 | 0 | 0 |
| FRIED PIE, CHERRY | 1 PIE | 250 | 32 | 2 | 14 |
| ICE CREAM, VANLLA, REGULR 11% | 1 CUP | 270 | 32 | 5 | 14 |
| APPLES, RAW, UNPEELED,2 PER LB | 1 APPLE | 125 | 32 | 0 | 1 |
| GINGERBREAD CAKE, FROM MIX | 1 PIECE | 175 | 32 | 2 | 4 |
| POTATOES, MASHED,FRM DEHYDRTED | 1 CUP | 235 | 32 | 4 | 12 |
| LIMA BEANS,THICK SEED,FRZN,CKD | 1 CUP | 170 | 32 | 10 | 1 |
| ICE CREAM, VANLLA, RICH 16% FT | 1 CUP | 350 | 32 | 4 | 24 |
| PUDDING, VANILLA, CANNED | 5 OZ | 220 | 33 | 2 | 10 |
| PITA BREAD | 1 PITA | 165 | 33 | 6 | 1 |
| EGGNOG | 1 CUP | 340 | 34 | 10 | 19 |
| CORN, COOKED FRM FROZN, WHITE | 1 CUP | 135 | 34 | 5 | 0 |
| ROAST BEEF SANDWICH | 1 SANDWH | 345 | 34 | 22 | 13 |
| PINEAPPLE JUICE, CANNED,UNSWTN | 1 CUP | 140 | 34 | 1 | 0 |
| CORN, COOKED FRM FROZN, YELLOW | 1 CUP | 135 | 34 | 5 | 0 |
| POTATOES, BAKED FLESH ONLY | 1 POTATO | 145 | 34 | 3 | 0 |
| POTATOES, MASHED,RECPE,MLK+MAR | 1 CUP | 225 | 35 | 4 | 9 |
| NONFAT DRY MILK, INSTANTIZED | 1 CUP | 245 | 35 | 24 | 0 |
| BANANAS, SLICED | 1 CUP | 140 | 35 | 2 | 1 |
| LIMA BEANS,BABY, FRZN,CKED,DRN | 1 CUP | 190 | 35 | 12 | 1 |
| MANGOS, RAW | 1 MANGO | 135 | 35 | 1 | 1 |
| BLACK-EYED PEAS, DRY, COOKED | 1 CUP | 190 | 35 | 13 | 1 |
| WATERMELON, RAW | 1 PIECE | 155 | 35 | 3 | 2 |
| CUSTARD PIE | 1 PIECE | 330 | 36 | 9 | 17 |
| APRICOT NECTAR, NO ADDED VIT C | 1 CUP | 140 | 36 | 1 | 0 |
| OATMEAL W/ RAISINS COOKIES | 4 COOKIE | 245 | 36 | 3 | 10 |
| NOODLES, EGG, COOKED | 1 CUP | 200 | 37 | 7 | 2 |
| PUMPKIN PIE | 1 PIECE | 320 | 37 | 6 | 17 |
| SPAGHETTI, TOM SAUCE CHEE,HMRP | 1 CUP | 260 | 37 | 9 | 9 |
| CASHEW NUTS, OIL ROASTD,UNSALT | 1 CUP | 750 | 37 | 21 | 63 |
| CASHEW NUTS, OIL ROASTD,SALTED | 1 CUP | 750 | 37 | 21 | 63 |
| SWEETPOTATOES, BOILED W/O PEEL | 1 POTATO | 160 | 37 | 2 | 0 |
| POTATOES, MASHED,RECPE,W/ MILK | 1 CUP | 160 | 37 | 4 | 1 |
| TOASTER PASTRIES | 1 PASTRY | 210 | 38 | 2 | 6 |
| GREAT NORTHN BEANS,DRY,CKD,DRN | 1 CUP | 210 | 38 | 14 | 1 |
| HAMBURGER, 4OZ PATTY | 1 SANDWH | 445 | 38 | 25 | 21 |
| ICE CREAM, VANLLA, SOFT SERVE | 1 CUP | 375 | 38 | 7 | 23 |
| COFFEECAKE, CRUMB, FROM MIX | 1 PIECE | 230 | 38 | 5 | 7 |
| GRAPE JUICE, CANNED | 1 CUP | 155 | 38 | 1 | 0 |
| BAGELS, PLAIN | 1 BAGEL | 200 | 38 | 7 | 2 |
| CRANBERRY JUICE COCKTAL W/VITC | 1 CUP | 145 | 38 | 0 | 0 |
| LENTILS, DRY, COOKED | 1 CUP | 215 | 38 | 16 | 1 |
| BAGELS, EGG | 1 BAGEL | 200 | 38 | 7 | 2 |
| PLUMS, CANNED, JUICE PACK | 1 CUP | 145 | 38 | 1 | 0 |
| ICE MILK, VANILLA,SOFTSERV 3% | 1 CUP | 225 | 38 | 8 | 5 |
| LEMON-LIME SODA | 12 FL OZ | 155 | 39 | 0 | 0 |
| SPAGHETTI, COOKED, FIRM | 1 CUP | 190 | 39 | 7 | 1 |
| SPAGHETTI,MEATBALLS,TOMSA,HMRP | 1 CUP | 330 | 39 | 19 | 12 |
| PINEAPPLE, CANNED, JUICE PACK | 1 CUP | 150 | 39 | 1 | 0 |
| BEEF POTPIE, HOME RECIPE | 1 PIECE | 515 | 39 | 21 | 30 |
| YELLOWCAKE W/ CHOCFRSTNG,COMML | 1 PIECE | 245 | 39 | 2 | 11 |
| GRAPEFRUIT, CANNED, SYRUP PACK | 1 CUP | 150 | 39 | 1 | 0 |
| MACARONI, COOKED, FIRM | 1 CUP | 190 | 39 | 7 | 1 |
| SPAGHETTI, TOM SAUCE CHEES,CND | 1 CUP | 190 | 39 | 6 | 2 |
| FISH SANDWICH, REG, W/ CHEESE | 1 SANDWH | 420 | 39 | 16 | 23 |

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| PIZZA, CHEESE | 1 SLICE | 290 | 39 | 15 | 9 |
| MACARONI AND CHEESE, HOME RCPE | 1 CUP | 430 | 40 | 17 | 22 |
| BREAD STUFFING,FROM MX,MOIST | 1 CUP | 420 | 40 | 9 | 26 |
| RICE, WHITE, INSTANT, COOKED | 1 CUP | 180 | 40 | 4 | 0 |
| BLACKEYE PEAS,IMMTR,FRZN,CKED | 1 CUP | 225 | 40 | 14 | 1 |
| YELLOW CAKE W/ CHOC FRST,FRMIX | 1 PIECE | 235 | 40 | 3 | 8 |
| CHEESEBURGER, 4OZ PATTY | 1 SANDWH | 525 | 40 | 30 | 31 |
| PEA BEANS, DRY, COOKED,DRAINED | 1 CUP | 225 | 40 | 15 | 1 |
| DEVIL'S FOOD CAKE,CHOCFRST,FMX | 1 PIECE | 235 | 40 | 3 | 8 |
| CORN,CNND,WHL KRNL,WHTE,NO SAL | 1 CUP | 165 | 41 | 5 | 1 |
| RICE, WHITE, PARBOILED, COOKED | 1 CUP | 185 | 41 | 4 | 0 |
| BLACK BEANS, DRY, COOKED,DRAND | 1 CUP | 225 | 41 | 15 | 1 |
| CORN,CNND,WHL KRNL,WHTE,W/SALT | 1 CUP | 165 | 41 | 5 | 1 |
| CORN,CNND,WHL KRNL,YLLW,W/SALT | 1 CUP | 165 | 41 | 5 | 1 |
| TANGERINES, CANNED, LIGHT SYRP | 1 CUP | 155 | 41 | 1 | 0 |
| FISH SANDWICH, LGE, W/O CHEESE | 1 SANDWH | 470 | 41 | 18 | 27 |
| CORN,CNND,WHL KRNL,YLLW,NO SAL | 1 CUP | 165 | 41 | 5 | 1 |
| COLA, REGULAR | 12 FL OZ | 160 | 41 | 0 | 0 |
| PEPPER-TYPE SODA | 12 FL OZ | 160 | 41 | 0 | 0 |
| ROOT BEER | 12 FL OZ | 165 | 42 | 0 | 0 |
| APPLES, DRIED, SULFURED | 10 RINGS | 155 | 42 | 1 | 0 |
| RED KIDNEY BEANS, DRY, CANNED | 1 CUP | 230 | 42 | 15 | 1 |
| FIG BARS | 4 COOKIE | 210 | 42 | 2 | 4 |
| CHICKEN POTPIE, HOME RECIPE | 1 PIECE | 545 | 42 | 23 | 31 |
| PEAS, SPLIT, DRY, COOKED | 1 CUP | 230 | 42 | 16 | 1 |
| WHITE CAKE W/ WHT FRSTNG,COMML | 1 PIECE | 260 | 42 | 3 | 9 |
| YOGURT, W/ LOFAT MILK,FRUITFLV | 8 OZ | 230 | 43 | 10 | 2 |
| COCONUT, DRIED, SWEETND,SHREDD | 1 CUP | 470 | 44 | 3 | 33 |
| POTATOES, HASHED BROWN,FR FRZN | 1 CUP | 340 | 44 | 5 | 18 |
| PRUNE JUICE, CANNED | 1 CUP | 180 | 45 | 2 | 0 |
| CASHEW NUTS, DRY ROASTED,SALTD | 1 CUP | 785 | 45 | 21 | 63 |
| CHICKPEAS, COOKED, DRAINED | 1 CUP | 270 | 45 | 15 | 4 |
| CASHEW NUTS, DRY ROASTD,UNSALT | 1 CUP | 785 | 45 | 21 | 63 |
| CORN, CNND,CRM STL,YLLW,W/SALT | 1 CUP | 185 | 46 | 4 | 1 |
| GRAPE SODA | 12 FL OZ | 180 | 46 | 0 | 0 |
| ORANGE SODA | 12 FL OZ | 180 | 46 | 0 | 0 |
| CORN, CNND,CRM STL,YLLW,NO SAL | 1 CUP | 185 | 46 | 4 | 1 |
| CORN, CNND,CRM STL,WHIT,W/SALT | 1 CUP | 185 | 46 | 4 | 1 |
| CORN, CNND,CRM STL,WHIT,NO SAL | 1 CUP | 185 | 46 | 4 | 1 |
| NONFAT DRY MILK, INSTANTIZED | 1 ENVLPE | 325 | 47 | 32 | 1 |
| CARROT CAKE,CREMCHESE FRST,REC | 1 PIECE | 385 | 48 | 4 | 21 |
| BEANS,DRY,CANNED,W/PORK+TOMSCE | 1 CUP | 310 | 48 | 16 | 7 |
| PRETZELS, TWISTED, THIN | 10 PRETZ | 240 | 48 | 6 | 2 |
| PLANTAINS, COOKED | 1 CUP | 180 | 48 | 1 | 0 |
| FRUIT COCKTAIL,CNND,HEAVYSYRUP | 1 CUP | 185 | 48 | 1 | 0 |
| SHEETCAKE,W/O FRSTNG,HOMERECIP | 1 PIECE | 315 | 48 | 4 | 12 |
| PINTO BEANS,DRY,COOKED,DRAINED | 1 CUP | 265 | 49 | 15 | 1 |
| TOMATO PASTE, CANNED WITH SALT | 1 CUP | 220 | 49 | 10 | 2 |
| LIMA BEANS, DRY, COOKED,DRANED | 1 CUP | 260 | 49 | 16 | 1 |
| PEARS, CANNED, HEAVY SYRUP | 1 CUP | 190 | 49 | 1 | 0 |
| TOMATO PASTE, CANNED W/O SALT | 1 CUP | 220 | 49 | 10 | 2 |
| BLUEBERRIES, FROZEN, SWEETENED | 1 CUP | 185 | 50 | 1 | 0 |
| SHAKES, THICK, VANILLA | 10 OZ | 315 | 50 | 11 | 9 |
| RICE, WHITE, COOKED | 1 CUP | 225 | 50 | 4 | 0 |
| BREAD STUFFING,FROM MX,DRYTYPE | 1 CUP | 500 | 50 | 9 | 31 |
| RICE, BROWN, COOKED | 1 CUP | 230 | 50 | 5 | 1 |
| APPLESAUCE, CANNED, SWEETENED | 1 CUP | 195 | 51 | 0 | 0 |

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| POTATOES, BAKED WITH SKIN | 1 POTATO | 220 | 51 | 5 | 0 |
| REFRIED BEANS, CANNED | 1 CUP | 295 | 51 | 18 | 3 |
| PEACHES, DRIED,COOKED,UNSWETND | 1 CUP | 200 | 51 | 3 | 1 |
| PEACHES, CANNED, HEAVY SYRUP | 1 CUP | 190 | 51 | 1 | 0 |
| PINEAPPLE, CANNED, HEAVY SYRUP | 1 CUP | 200 | 52 | 1 | 0 |
| LEMON MERINGUE PIE | 1 PIECE | 355 | 53 | 5 | 14 |
| BEANS,DRY,CANNED,W/PORK+SWTSCE | 1 CUP | 385 | 54 | 16 | 12 |
| APRICOTS, DRIED, COOKED,UNSWTN | 1 CUP | 210 | 55 | 3 | 0 |
| APRICOT, CANNED, HEAVY SYRUP | 1 CUP | 215 | 55 | 1 | 0 |
| BLUEBERRY PIE | 1 PIECE | 380 | 55 | 4 | 17 |
| PLANTAINS, RAW | 1 PLANTN | 220 | 57 | 2 | 1 |
| BUTTERMILK, DRIED | 1 CUP | 465 | 59 | 41 | 7 |
| SHERBET, 2% FAT | 1 CUP | 270 | 59 | 2 | 4 |
| CREME PIE | 1 PIECE | 455 | 59 | 3 | 23 |
| SWEETPOTATOES, CANNED, MASHED | 1 CUP | 260 | 59 | 5 | 1 |
| SHAKES, THICK, CHOCOLATE | 10 OZ | 335 | 60 | 9 | 8 |
| PRUNES, DRIED, COOKED,UNSWTNED | 1 CUP | 225 | 60 | 2 | 0 |
| APPLE PIE | 1 PIECE | 405 | 60 | 3 | 18 |
| PEACH PIE | 1 PIECE | 405 | 60 | 4 | 17 |
| PLUMS, CANNED, HEAVY SYRUP | 1 CUP | 230 | 60 | 1 | 0 |
| PEACHES, FROZEN,SWETNED,W/VITC | 1 CUP | 235 | 60 | 2 | 0 |
| CHERRY PIE | 1 PIECE | 410 | 61 | 4 | 18 |
| DATES | 10 DATES | 230 | 61 | 2 | 0 |
| BLUEBERRIES, FROZEN, SWEETENED | 10 OZ | 230 | 62 | 1 | 0 |
| MISO | 1 CUP | 470 | 65 | 29 | 13 |
| RASPBERRIES, FROZEN, SWEETENED | 1 CUP | 255 | 65 | 2 | 0 |
| STRAWBERRIES, FROZEN, SWEETEND | 1 CUP | 245 | 66 | 1 | 0 |
| PEACHES, FROZEN,SWETNED,W/VITC | 10 OZ | 265 | 68 | 2 | 0 |
| CATSUP | 1 CUP | 290 | 69 | 5 | 1 |
| PECAN PIE | 1 PIECE | 575 | 71 | 7 | 32 |
| ROLLS, HOAGIE OR SUBMARINE | 1 ROLL | 400 | 72 | 11 | 8 |
| GRAPEFRT JCE,FRZN,CNCN,UNSWTEN | 6 FL OZ | 300 | 72 | 4 | 1 |
| BREADCRUMBS, DRY, GRATED | 1 CUP | 390 | 73 | 13 | 5 |
| STRAWBERRIES, FROZEN, SWEETEND | 10 OZ | 275 | 74 | 2 | 0 |
| RASPBERRIES, FROZEN, SWEETENED | 10 OZ | 295 | 74 | 2 | 0 |
| RHUBARB, COOKED, ADDED SUGAR | 1 CUP | 280 | 75 | 1 | 0 |
| CAKE OR PASTRY FLOUR, SIFTED | 1 CUP | 350 | 76 | 7 | 1 |
| CHESTNUTS, EUROPEAN, ROASTED | 1 CUP | 350 | 76 | 5 | 3 |
| SHEETCAKE,W/ WHFRSTNG,HOMERCIP | 1 PIECE | 445 | 77 | 4 | 14 |
| BUCKWHEAT FLOUR, LIGHT, SIFTED | 1 CUP | 340 | 78 | 6 | 1 |
| PIECRUST,FROM HOME RECIPE | 1 SHELL | 900 | 79 | 11 | 60 |
| APRICOTS, DRIED, UNCOOKED | 1 CUP | 310 | 80 | 5 | 1 |
| ORANGE JUICE,FROZEN CONCENTRTE | 6 FL OZ | 340 | 81 | 5 | 0 |
| WHOLE-WHEAT FLOUR,HRD WHT,STIR | 1 CUP | 400 | 85 | 16 | 2 |
| WHEAT FLOUR, ALL-PURPOSE,SIFTD | 1 CUP | 420 | 88 | 12 | 1 |
| CORNMEAL,WHOLE-GRND,UNBOLT,DRY | 1 CUP | 435 | 90 | 11 | 5 |
| CORNMEAL,BOLTED,DRY FORM | 1 CUP | 440 | 91 | 11 | 4 |
| SELF-RISING FLOUR, UNSIFTED | 1 CUP | 440 | 93 | 12 | 1 |
| WHEAT FLOUR, ALL-PURPOSE,UNSIF | 1 CUP | 455 | 95 | 13 | 1 |
| GRAPEJCE,FRZN,CONCEN,SWTND,W/C | 6 FL OZ | 385 | 96 | 1 | 1 |
| SEMISWEET CHOCOLATE | 1 CUP | 860 | 97 | 7 | 61 |
| PEACHES, DRIED | 1 CUP | 380 | 98 | 6 | 1 |
| SUGAR, POWDERED, SIFTED | 1 CUP | 385 | 100 | 0 | 0 |
| CORNMEAL,DEGERMED,ENRICHED,DRY | 1 CUP | 500 | 108 | 11 | 2 |
| LIMEADE,CONCENTRATE,FRZN,UNDIL | 6 FL OZ | 410 | 108 | 0 | 0 |
| CRANBERRY SAUCE, CANNED,SWTND | 1 CUP | 420 | 108 | 1 | 0 |
| LEMONADE,CONCENTRATE,FRZ,UNDIL | 6 FL OZ | 425 | 112 | 0 | 0 |

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| RAISINS | 1 CUP | 435 | 115 | 5 | 1 |
| FIGS, DRIED | 10 FIGS | 475 | 122 | 6 | 2 |
| CAROB FLOUR | 1 CUP | 255 | 126 | 6 | 0 |
| BULGUR, UNCOOKED | 1 CUP | 600 | 129 | 19 | 3 |
| DATES, CHOPPED | 1 CUP | 490 | 131 | 4 | 1 |
| PIECRUST, FROM MIX | 2 CRUST | 1485 | 141 | 20 | 93 |
| RICE, WHITE, RAW | 1 CUP | 670 | 149 | 12 | 1 |
| RICE, WHITE, PARBOILED, RAW | 1 CUP | 685 | 150 | 14 | 1 |
| DANISH PASTRY, PLAIN, NO NUTS | 1 RING | 1305 | 152 | 21 | 71 |
| BARLEY, PEARLED,LIGHT, UNCOOKD | 1 CUP | 700 | 158 | 16 | 2 |
| SWEETENED CONDENSED MILK CNND | 1 CUP | 980 | 166 | 24 | 27 |
| SUGAR, WHITE, GRANULATED | 1 CUP | 770 | 199 | 0 | 0 |
| WHOLE-WHEAT BREAD | 1 LOAF | 1110 | 206 | 44 | 20 |
| OATMEAL BREAD | 1 LOAF | 1145 | 212 | 38 | 20 |
| MIXED GRAIN BREAD | 1 LOAF | 1165 | 212 | 45 | 17 |
| SUGAR, BROWN, PRESSED DOWN | 1 CUP | 820 | 212 | 0 | 0 |
| CUSTARD PIE | 1 PIE | 1985 | 213 | 56 | 101 |
| WHEAT BREAD | 1 LOAF | 1160 | 213 | 43 | 19 |
| PUMPERNICKEL BREAD | 1 LOAF | 1160 | 218 | 42 | 16 |
| RYE BREAD, LIGHT | 1 LOAF | 1190 | 218 | 38 | 17 |
| WHITE BREAD | 1 LOAF | 1210 | 222 | 38 | 18 |
| PUMPKIN PIE | 1 PIE | 1920 | 223 | 36 | 102 |
| COFFEECAKE, CRUMB, FROM MIX | 1 CAKE | 1385 | 225 | 27 | 41 |
| CRACKED-WHEAT BREAD | 1 LOAF | 1190 | 227 | 42 | 16 |
| FRENCH OR VIENNA BREAD | 1 LOAF | 1270 | 230 | 43 | 18 |
| ICE MILK, VANILLA, 4% FAT | 1/2 GAL | 1470 | 232 | 41 | 45 |
| RAISIN BREAD | 1 LOAF | 1260 | 239 | 37 | 18 |
| ICE CREAM, VANLLA, REGULR 11% | 1/2 GALN | 2155 | 254 | 38 | 115 |
| ITALIAN BREAD | 1 LOAF | 1255 | 256 | 41 | 4 |
| ICE CREAM, VANLLA, RICH 16% FT | 1/2 GAL | 2805 | 256 | 33 | 190 |
| POUND CAKE, COMMERCIAL | 1 LOAF | 1935 | 257 | 26 | 94 |
| POUND CAKE, FROM HOME RECIPE | 1 LOAF | 2025 | 265 | 33 | 94 |
| HONEY | 1 CUP | 1030 | 279 | 1 | 0 |
| GINGERBREAD CAKE, FROM MIX | 1 CAKE | 1575 | 291 | 18 | 39 |
| CHEESECAKE | 1 CAKE | 3350 | 317 | 60 | 213 |
| LEMON MERINGUE PIE | 1 PIE | 2140 | 317 | 31 | 86 |
| BLUEBERRY PIE | 1 PIE | 2285 | 330 | 23 | 102 |
| ANGELFOOD CAKE, FROM MIX | 1 CAKE | 1510 | 342 | 38 | 2 |
| CREME PIE | 1 PIE | 2710 | 351 | 20 | 139 |
| APPLE PIE | 1 PIE | 2420 | 360 | 21 | 105 |
| PEACH PIE | 1 PIE | 2410 | 361 | 24 | 101 |
| CHERRY PIE | 1 PIE | 2465 | 363 | 25 | 107 |
| PECAN PIE | 1 PIE | 3450 | 423 | 42 | 189 |
| SHEETCAKE W/O FRSTNG,HOMERECIP | 1 CAKE | 2830 | 434 | 35 | 108 |
| SHERBET, 2% FAT | 1/2 GAL | 2160 | 469 | 17 | 31 |
| YELLOWCAKE W/ CHOCFRSTNG,COMML | 1 CAKE | 3895 | 620 | 40 | 175 |
| YELLOW CAKE W/ CHOC FRST,FRMIX | 1 CAKE | 3735 | 638 | 45 | 125 |
| DEVIL'S FOOD CAKE,CHOCFRST,FMX | 1 CAKE | 3755 | 645 | 49 | 136 |
| WHITE CAKE W/ WHT FRSTNG,COMML | 1 CAKE | 4170 | 670 | 43 | 148 |
| SHEETCAKE,W/ WHFRSTNG,HOMERCIP | 1 CAKE | 4020 | 694 | 37 | 129 |
| CARROT CAKE,CREMCHESE FRST,REC | 1 CAKE | 6175 | 775 | 63 | 328 |
| FRUITCAKE,DARK, FROM HOMERECIP | 1 CAKE | 5185 | 783 | 74 | 228 |