

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

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

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

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 DRSG,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 DRSG,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

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, DRAINED	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

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, CNND, 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

TOMATO VEG SOUP, DEHYD,PREPRED	1 PKT	40	8	1	1
SQUASH, SUMMER, COOKED, DRAIN	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
BEE T 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/ H2O,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,REFRGOUGH	1 BISCUIT	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

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, CANNED	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

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 NECTR	65	16	1	1
YOGURT, W/ LOFAT MILK, PLAIN	8 OZ	145	16	12	4

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

WHITE SAUCE W/ MILK FROM MIX	1 CUP	240	21	10	13
PEARS, RAW, BOSCH	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
CANTALOUPE, 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
GRAPEFRUIT 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

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

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,COMMRL	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

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

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, WHITE, 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, WHITE, 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, CREMCHSE 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

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

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,CREMCHESSE FRST,REC	1 CAKE	6175	775	63	328
FRUITCAKE,DARK, FROM HOMERECIP	1 CAKE	5185	783	74	228