

	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
1 Bagels, plain	275.0	534	10.50	1.60	53.52	0	2.25
2 Bagels, cinnamon-raisin	274.0	3	9.80	1.70	55.48	0	2.30
3 Bagels, egg	277.0	506	10.60	2.10	53.52	24	2.30
4 Banana bread, recipe, margarine	326.0	302	4.30	10.50	55.00	43	1.17
5 Barley, cooked	123.0	3	2.26	0.44	28.22	0	3.80
6 Biscuits, plain or buttermilk, recipe, 2% milk	353.0	580	6.67	16.67	45.00	3	1.50
7 Biscuits, refrigerated dough, baked, regular	344.0	1204	7.41	14.81	48.15	0	1.48
8 Cracked wheat bread	260.0	540	8.00	4.00	48.00	0	5.60
9 Egg bread	288.0	493	10.00	5.00	47.50	50	2.25
10 French bread	276.0	608	8.00	4.00	52.00	0	3.20
11 Indian fry bread (Naan)	329.0	696	6.67	10.00	53.33	0	1.78
12 Italian bread	270.0	585	10.00	5.00	50.00	0	2.50
13 Mixed grain bread	250.0	488	11.54	3.85	46.15	0	6.54
14 Oatmeal bread	272.7	606	7.48	3.74	48.63	0	4.11
15 Pita bread	275.0	536	10.71	0.00	57.14	0	2.14
16 Pumpernickel bread	250.0	672	9.38	3.13	46.18	0	6.56
17 Raisin bread	273.0	388	7.69	3.85	53.85	0	4.23
18 Rye bread	259.0	659	9.38	3.13	46.88	0	5.94
19 Rye bread, light	204.0	404	8.70	4.35	39.13	0	12.17
20 Anchovy Fish, canned in oil	210	3668	28.89	9.71	0	85	0
21 Wheat bread, light	200.0	513	8.70	4.35	43.48	0	12.17
22 White bread	268.0	540	8.00	4.00	48.00	0	2.40
23 White bread, soft crumbs	267.0	538	8.89	4.44	48.89	0	2.22
24 White bread, light	209.0	452	8.70	4.35	43.48	0	9.57
25 Whole wheat bread	246.0	529	10.71	3.57	46.43	0	6.79
26 Bread crumbs, dry, grated, plain	395.0	862	12.96	5.56	72.22	0	2.41
27 Bread crumbs, dry, grated, seasoned	367.0	2650	14.17	2.50	70.00	1	4.17
28 Bread stuffing, dry mix	178.0	543	3.00	9.00	22.00	0	2.90
29 Breakfast bar, cereal crust, fruit filling, fat free	327.0	549	5.41	0.00	75.68	0	2.16
30 Granola bar, hard, plain	479.0	296	10.71	21.43	64.29	0	5.36
31 Granola bar, soft, chocolate chip	425.0	275	7.14	17.86	71.43	0	5.00
32 Granola bar, soft, raisin	454.0	286	7.14	17.86	67.86	0	4.29

33 Nutri grain cereal bar, fruit	368.0	297	5.41	8.11	72.97	0	2.16
34 Bulgur, cooked	83.0	5	3.08	0.24	18.58	0	4.50
35 Cornbread, mix	313.0	778	6.67	10.00	48.33	62	2.33
36 Cornbread, recipe, 2% milk	266.0	658	6.15	7.69	43.08	40	2.92
37 Cornmeal, yellow, dry, whole grain	362.0	35	8.20	3.28	77.05	0	7.30
38 Cornmeal, yellow, dry, regular	366.0	3	8.70	1.45	77.54	0	7.39
39 Cornstarch	375.0	13	0.00	0.00	87.50	0	1.25
40 Couscous, cooked	112.0	5	3.79	0.16	23.22	0	1.40
41 Croutons, seasoned	465.0	1238	10.00	17.50	62.50	8	5.00
42 English muffin, plain	235.0	463	7.02	1.75	45.61	0	2.63
43 French toast, recipe, 2% milk, fried	229.0	478	7.69	10.77	24.62	115	1.08
44 French toast, frozen	214.0	495	6.78	6.78	32.20	81	1.19
45 Bread flour	361.0	2	11.68	1.46	72.26	0	2.41
46 Buckwheat flour, whole groat	335.0	11	12.50	3.33	70.83	0	10.00
47 Cake flour	362.0	2	8.03	0.73	78.10	0	1.68
48 Corn flour, masa	365.0	5	9.34	3.78	76.27	0	9.60
49 Self rising flour	354.0	1270	9.60	0.80	74.40	0	2.72

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
50 Wheat flour, all purpose	364.0	2	10.43	0.87	76.52	0	2.70
51 Asparagus Soup, condensed, canned prep. w. milk	65.0	420	2.55	3.30	6.61	9	0.30
52 Matzo cracker, plain	400.0	4	10.71	0.00	85.71	0	3.21
53 Muffins, blueberry, commercial	277.0	447	5.26	7.02	47.37	30	2.63
54 Muffins, blueberry, mix	300.0	438	6.00	8.00	48.00	46	1.20
55 Muffins, bran with raisins	312.0	526	5.88	8.82	55.88	9	8.24
56 Muffins, corn, commercial	305.0	521	5.26	8.77	50.88	26	3.33
57 Muffins, corn mix	322.0	796	8.00	10.00	50.00	62	2.40
58 Muffins, oatbran, commercial	270.0	393	7.02	7.02	49.12	0	4.56
59 Oat bran, uncooked	246.0	4	17.02	7.45	65.96	0	15.43
60 Pancakes, frozen, ready	228.0	508	5.56	2.78	44.44	8	1.67
61 Pancakes, complete mix	195.0	629	5.26	2.63	36.84	13	1.32
62 Pancakes, mix, 2% milk, egg & oil	218.0	505	7.89	7.89	28.95	71	1.84
63 Pie crust, baked, recipe	527.0	542	6.67	34.44	47.78	0	1.67

64 Pie crust, baked, frozen	514.0	647	4.76	32.54	49.21	0	1.03
65 Pie crust, graham cracker	494.0	571	4.18	25.10	65.27	0	1.51
66 Apple pie	237.0	266	1.71	11.11	34.19	0	1.62
67 Blueberry pie	232.0	325	1.71	10.26	35.04	0	1.03
68 Cherry pie	260.0	246	1.71	11.11	40.17	0	0.77
69 Chocolate crème pie	304.0	136	2.65	19.47	33.63	5	2.04
70 Lemon meringue pie	268.0	146	1.77	8.85	46.90	45	1.24
71 Pecan pie	400.0	424	4.42	18.58	57.52	32	3.54
72 Pumpkin pie	210.0	282	3.67	9.17	27.52	20	2.66
73 Rolls, dinner	300.0	521	7.14	7.14	50.00	0	2.86
74 Rolls, hamburger, hotdog	286.0	560	9.30	4.65	51.16	0	2.79
75 Sweet rolls, cinnamon with raisins, commercial	372.0	383	6.67	16.67	51.67	67	2.33
76 Sweet rolls, cinnamon, refrigerated dough, baked with frosting	363.0	833	6.67	13.33	56.67	0	2.00
77 Taco shell, baked	477.0	377	7.69	23.08	61.54	0	7.69
78 Tapioca, pearl, dry	358.0	1	0.00	0.00	88.82	0	0.92
79 Toaster pastries, fruit	392.0	419	3.85	9.62	71.15	0	2.12
80 Toaster pastries, low fat	371.0	252	3.85	5.77	76.92	0	1.54
81 Tortilla wrap, corn	223.0	162	3.85	3.85	46.15	0	5.38
82 Tortilla wrap, flour	325.0	478	9.38	6.25	56.25	0	3.44
83 Waffles, plain, recipe	291.0	511	8.00	14.67	33.33	69	0.93
84 Waffles, plain, frozen, toasted	264.0	788	6.06	9.09	39.39	24	2.42
85 Waffles, plain, low fat	237.0	443	5.71	2.86	42.86	26	1.14
86 Baked potato, with cheese, fast food	160	129	4.94	9.71	15.71	6	2.2
87 Banana cream pie, prep. from recipe	269	240	4.4	13.6	32.9	51	0.7
88 Corn Grits, white or yellow	60.0	0	1.24	0.00	12.81	0	0.21
89 Beans, pinto, canned	86	294	4.86	0.81	15.25	0	4.6
90 Blackberries, frozen	64	1	1.18	0.43	15.67	0	5
91 Cream of wheat, regular	53.0	1	1.59	0.40	11.16	0	0.72
92 Cream of wheat, quick	54.0	58	1.67	0.00	11.30	0	0.50
93 Bread, dinner roll, whole wheat	266	478	8.7	4.7	51.1	0	7.5
94 Oatmeal, plain, instant, fortified	59.0	161	2.26	1.13	10.17	0	1.69
95 Oatmeal, apples & cinnamon, instant	84.0	81	2.01	0.67	17.45	0	1.68
96 Oatmeal, maple & brown sugar, instant	99.0	151	2.58	1.29	20.00	0	1.68
97 Oatmeal, plain, regular, quick or instant, nonfortified	62.0	1	2.56	0.85	10.68	0	1.71

98 Bread, roll, French	277	609	8.6	4.3	50.2	0	3.2
99 All Bran cereal	250.0	676	7.00	2.15	80.00	0	43.00
100 Apple cinnamon cereal	392.0	401	6.00	5.10	84.00	0	4.30
101 Apple jacks cereal	390.0	475	3.00	2.00	91.00	0	3.20

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
102 Basic 4 cereal	367.0	574	8.00	5.10	77.00	0	5.80
103 Bread, garlic	372.0	400	8.30	19.20	41.60	11	5.00
104 Cheerios cereal	369.0	711	11.84	5.90	74.00	0	11.90
105 Chex, corn cereal	373.0	959	7.00	0.90	86.00	0	2.00
106 Chex, honey nut cereal	381.0	745	5.00	2.00	87.00	0	1.00
107 Chex, multi bran cereal	338.0	657	7.00	2.50	84.00	0	13.00
108 Chex, rice cereal	377.0	941	6.00	1.00	86.00	0	1.00
109 Chex, wheat cereal	345.0	891	10.00	2.00	81.00	0	11.00
110 Cinnamon Life cereal	375.0	478	8.91	4.00	80.00	0	6.20
111 Cocoa Krispies cereal	381.0	635	5.22	2.90	86.05	0	1.90
112 Cocoa puffs cereal	390.0	571	4.00	3.20	88.00	0	2.30
113 Complete Wheat Bran flakes cereal	318.0	715	10.00	2.00	79.00	0	17.50
114 Cornflakes, General Mills, Total cereal	373.0	698	6.05	1.61	85.55	0	2.50
115 Cornflakes, Kellogg's	361.0	723	6.61	0.59	87.11	0	2.50
116 Corn Pops cereal	378.0	386	3.70	0.75	90.00	0	0.80
117 Crispix cereal	377.0	764	6.25	1.28	86.00	0	1.20
118 Froot loops cereal	393.0	501	5.04	3.10	87.48	0	2.50
119 Frosted flakes cereal	367.0	479	3.30	0.52	90.30	0	3.20
120 Frosted Mini Wheats cereal, regular or bite size	343.0	10	9.80	1.60	80.40	0	10.00
121 Bread Sticks	412	657	12	9.5	68.4	0	3
122 Golden Grahams cereal	372.0	895	5.00	3.50	83.00	0	3.00
123 Honey Nut Cheerios cereal	373.0	898	9.00	4.00	80.00	0	6.00
124 Honey Nut Clusters cereal	389.0	453	8.00	4.90	83.00	0	5.00
125 Kix cereal	377.0	891	6.00	2.00	86.00	0	3.00
126 Life cereal	375.0	513	9.92	4.38	78.13	0	6.60
127 Nature Valley, Granola, cereal	451.0	162	10.91	18.18	65.45	0	6.36
128 100% Natural Cereal, Oats, honey and raisins	427.0	22	9.80	13.73	70.59	2	7.25

129 100% Natural Cereal, Oats, honey and raisins, low fat	390.0	258	8.00	6.00	80.00	2	6.00
130 Product 19 cereal	367.0	720	10.00	0.00	83.33	0	3.33
131 Puffed rice cereal	400.0	0	7.14	0.00	92.86	0	1.43
132 Puffed wheat cereal	332.0	3	9.10	1.60	81.80	0	11.40
133 Raisin Bran cereal, General Mills, Total	311.0	436	7.00	2.00	75.00	0	9.09
134 Raisin Bran cereal, Kellogg's	305.0	580	9.84	1.64	77.05	0	13.44
135 Raisin Nut Bran cereal	380.0	447	9.09	7.27	74.55	0	9.27
136 Rice Krispies cereal	376.0	1073	6.06	0.00	87.88	0	1.21
137 Shredded Wheat cereal	339.0	7	10.87	2.17	82.61	0	11.52
138 Special K cereal	371.0	806	19.35	0.00	70.97	0	3.23
139 Toasted Oatmeal, Quaker, Honey Nut	390.0	339	10.20	6.12	79.59	0	6.73
140 Total, Whole grain cereal	324.0	639	8.88	2.40	75.00	0	9.10
141 Wheaties cereal	367.0	740	10.00	3.33	80.00	0	7.00
142 Macaroni pasta, cooked	141.0	1	5.00	0.71	28.57	0	1.29
143 Noodles, chow mein, canned	532.3	444	8.98	31.42	58.36	0	4.04
144 Noodles, egg, regular, cooked	133.0	7	5.00	1.25	25.00	33	1.13
145 Noodles, egg, spinach, cooked	132.0	12	5.00	1.88	24.38	33	2.31
146 Noodles, Japanese, soba, cooked	99.0	60	5.06	0.10	21.44	0	0.00
147 Pasta, fresh-refrigerated, plain, cooked	131.0	6	5.15	1.05	24.93	33	0.00
148 Brie, cheese	334	629	20.75	27.68	0.45	100	0
149 Spaghetti pasta, whole wheat, cooked	124.0	3	5.00	0.71	26.43	0	4.50
150 Rice, noodles, cooked	109.0	19	0.91	0.20	24.90	0	1.00
151 Rice, brown, long grain, cooked	111.0	5	2.58	0.90	22.96	0	1.80
152 Rice, white long grain, raw	365.0	5	7.03	0.54	80.00	0	1.30

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		mg	g	g	g	mg	g
153 Rice, white long grain, cooked	130.0	1	2.53	0.00	28.48	0	0.38
154 Rice, white long grain, instant	98.0	3	1.82	0.00	21.21	0	0.61
155 Rice, instant, raw	371.0	5	7.03	0.54	81.62	0	1.68
156 Rice, instant, cooked	114.0	3	2.29	0.00	24.57	0	0.40
157 Rice, wild, cooked	101.0	3	4.27	0.61	21.34	0	1.83
158 Rice cake, brown rice, plain	389.0	322	11.11	0.00	77.78	0	4.44
159 Alfalfa sprouts, raw	29.0	6	3.99	0.00	3.78	0	2.50

160 Artichokes, cooked, drained	50.0	95	3.57	0.00	11.31	0	5.42
161 Asparagus, raw, cooked, drained	24.0	11	2.78	0.56	4.44	0	1.61
162 Asparagus, frozen, cooked, drained	28.0	4	2.78	0.56	5.00	0	1.61
163 Asparagus, canned, spears, drained	19.0	287	2.07	0.83	2.48	0	1.61
164 Bamboo shoots, canned, drained	19.0	7	1.53	0.76	3.05	0	1.37
165 Bean sprouts, raw	30.0	6	2.88	0.00	5.77	0	1.83
166 Bean sprouts cooked, drained	21.0	10	2.42	0.00	4.03	0	1.21
167 Black eye peas, raw, cooked, drained	97.0	4	3.03	0.61	20.61	0	5.03
168 Black eye peas,frozen, cooked, drained	132.0	5	8.24	0.59	23.53	0	6.41
169 Lima beans, frozen, cooked, drained	100.0	53	5.88	0.59	18.82	0	5.82
170 Lima beans, baby, frozen, cooked, drained	105.0	29	6.67	0.56	19.44	0	6.00
171 Green beans (snap), raw, cooked, drained	35.0	1	1.89	0.28	7.88	0	3.20
172 Carrots, canned	25.0	242	0.64	0.19	5.54	0	1.50
173 Green beans (snap), frozen, cooked, drained	28.0	9	1.48	0.00	6.67	0	3.04
174 Cheese, Provolone	351.0	876	25.58	26.62	2.14	69	0.00
175 Green beans (snap), canned, drained	20.0	262	1.15	0.10	4.50	0	1.90
176 Cheesecake, no bake, prep. from mix	274.0	380	5.50	12.70	35.50	29	1.90
177 Beets, whole or slices, cooked, drained	44.0	77	1.76	0.00	10.00	0	2.00
178 Chips, baked	469.0	917	5.00	18.20	71.40	0	4.80
179 Beets, canned, drained	31.0	194	1.18	0.00	7.06	0	1.71
180 Chocolate, bar, white	539.0	90	5.87	32.09	59.24	14	0.00
181 Beets, green, leaves & stems, cooked, drained	27.0	241	2.78	0.00	5.56	0	2.92
182 Coconut cream	192.0	50	2.69	17.72	8.35	0	2.20
183 Broccoli, raw, spear	29.0	26	3.23	0.00	6.45	0	2.90
184 Cones, ice cream	417.0	143	8.10	6.90	79.00	0	3.00
185 Broccoli, fresh, cooked, drained	28.0	26	3.21	0.64	5.13	0	2.88
186 Broccoli, frozen, drained	28.0	24	3.26	0.00	5.43	0	2.99
187 Broccoli, in cheese flavored sauce, frozen	67.0	480	2.30	2.50	8.90	0	0.00
188 Brussel sprouts, frozen, cooked, drained	42.0	23	3.87	0.65	8.39	0	4.13
189 Brussel sprouts,fresh, cooked, drained	39.0	21	2.56	0.64	8.97	0	2.63
190 Cabbage,fresh, shredded	26.0	19	1.43	0.00	5.71	0	2.29
191 Cabbage,cooked	22.0	8	1.33	0.67	4.67	0	2.33
192 Cabbage, Pak choi or bok choy	12.0	34	1.76	0.00	1.76	0	1.59
193 Cabbage, Napa	12.0	11	1.10	0.17	2.23	0	0.00

194 Cabbage, red, raw, shredded	27.0	11	1.43	0.00	5.71	0	2.00
195 Cabbage, savoy, raw, shredded	27.0	29	1.43	0.00	5.71	0	3.14
196 Carrot juice, canned	40.0	29	0.85	0.00	9.32	0	0.81
197 Carrots, fresh	43.0	35	1.39	0.00	9.72	0	3.06
198 Carrots, baby	40.0	40	0.00	0.00	10.00	0	2.00
199 Carrots, fresh, cooked, drained	45.0	66	1.28	0.00	10.26	0	3.27
200 Carrots, frozen, cooked, drained	36.0	59	1.37	0.00	8.22	0	3.49
201 Cauliflower, fresh	23.0	31	0.00	0.00	7.69	0	2.31
202 Cauliflower, fresh, cooked, drained	23.0	15	1.61	0.81	4.03	0	2.66
203 Cauliflower, frozen, cooked, drained	19.0	18	1.67	0.00	3.89	0	2.72

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		mg	g	g	g	mg	g
204 Celery, fresh	15.0	88	0.00	0.00	2.50	0	1.75
205 Crackers, with cheese filling	477.0	1401	9.30	21.10	61.70	2	1.90
206 Celery, cooked	18.0	91	0.83	0.16	4.01	0	1.60
207 Chives, fresh	33.0	0	0.00	0.00	0.00	0	3.33
208 Cilantro, fresh	0.0	50	0.00	0.00	0.00	0	0.00
209 Chard, Swiss, fresh	19.0	213	1.80	0.20	3.74	0	1.60
210 Coleslaw, home made	69.0	23	1.67	2.50	12.50	8	1.50
211 Collards, fresh, cooked, drained	26.0	9	2.11	0.53	4.74	0	2.79
212 Collards, frozen, cooked, drained	36.0	50	2.94	0.59	7.06	0	2.82
213 Corn, fresh, kernels on the cob	108.0	17	3.90	1.30	24.68	0	2.86
214 Corn, frozen, kernels on the cob	94.0	5	3.17	0.00	22.22	0	2.86
215 Corn, kernels, fresh	80.0	5	3.05	0.61	19.51	0	2.38
216 Corn, cream style, canned	72.0	285	1.56	0.39	17.97	0	1.21
217 Corn, whole kernel, canned	79.0	272	2.38	0.48	19.52	0	2.00
218 Crisps Potato, plain	558.0	656	5.90	38.40	51.00	0	3.60
219 Cucumber, peeled	12.0	2	0.84	0.00	2.52	0	0.67
220 Cucumber, unpeeled	13.0	2	0.96	0.00	2.88	0	0.77
221 Croissants	406.0	744	8.20	21.00	45.80	67	26.00
222 Dill weed, fresh	0.0	100	0.00	0.00	0.00	0	0.00
223 Eggplant, cooked, drained	28.0	3	1.01	0.00	7.07	0	2.53
224 Endive, curly, Escarole, fresh	18.0	22	2.00	0.00	4.00	0	3.20

225 Garlic, raw	133.0	33	0.00	0.00	33.33	0	3.33
226 Grape leaves, canned	69.0	2853	4.27	1.97	11.70	0	0.00
227 Ginger root, raw	69.0	13	1.74	0.73	15.09	0	2.00
228 Fennel, bulb, raw	31.0	52	1.24	0.20	7.29	0	3.10
229 Hearts of palm, canned	27.0	427	3.03	0.00	6.06	0	2.42
230 Jerusalem artichoke, fresh	76.0	4	2.00	0.00	17.33	0	1.60
231 Kale, fresh, cooked, drained	28.0	23	1.54	0.77	5.38	0	2.00
232 Kale, frozen, cooked, drained	30.0	15	3.08	0.77	5.38	0	2.00
233 Kohlrabi, cooked, drained	29.0	21	1.82	0.00	6.67	0	1.09
234 Leeks, cooked, drained	31.0	10	0.96	0.00	7.69	0	0.96
235 Lettuce, fresh	13.0	0	0.00	0.00	0.00	0	1.25
236 Crisphead, iceberg, leaf	13.0	13	0.00	0.00	0.00	0	1.25
237 Crisphead, iceberg, shredded	12.0	9	0.93	0.19	2.04	0	1.39
238 Looseleaf, leaf	20.0	10	0.00	0.00	0.00	0	2.00
239 Looseleaf, pieces, shredded	18.0	9	1.79	0.00	3.57	0	1.96
240 Romaine lettuce, inner leaf	10.0	10	0.00	0.00	0.00	0	2.00
241 Romaine lettuce , shredded	14.0	7	1.79	0.00	1.79	0	1.79
242 Mushrooms, fresh	22.0	5	3.09	0.34	3.28	0	1.00
243 Mushrooms, cooked, drained	27.0	2	1.92	0.64	5.13	0	2.18
244 Mushrooms, canned, drained	24.0	425	1.92	0.00	5.13	0	2.37
245 Mushrooms, Shitake, cooked	55.0	4	1.38	0.00	14.48	0	2.07
246 Mushroom, Shitake, dried	275.0	0	0.00	0.00	75.00	0	10.00
247 Mustard greens, cooked, drained	15.0	16	2.14	0.00	2.14	0	2.00
248 Okra, raw, cooked, drained	32.0	5	1.88	0.00	7.50	0	2.50
249 Okra, frozen, cooked, drained	28.0	3	2.17	0.54	5.98	0	2.83
250 Onion, fresh	38.0	3	1.25	0.00	8.75	0	1.81
251 Onion, fresh, cooked, drained	44.0	3	1.43	0.00	10.00	0	1.38
252 Onion, dehydrated flakes	340.0	20	0.00	0.00	80.00	0	10.00
253 Onion, Spring, fresh	32.0	16	2.00	0.00	7.00	0	2.60
254 Parsley, fresh	40.0	60	0.00	0.00	10.00	0	3.00

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
255 Parsnips, cooked, drained	81.0	10	1.28	0.00	19.23	0	3.97

256 Peas, sugar snap, fresh, cooked, drained	42.0	4	3.13	0.00	6.88	0	2.81
257 Peas, sugar snap, frozen, cooked, drained	52.0	5	3.75	0.63	8.75	0	3.13
258 Peas, green, canned, drained	69.0	252	4.71	0.59	12.35	0	4.12
259 Peas, green, frozen, cooked, drained	78.0	87	5.00	0.00	14.38	0	5.50
260 Peppers, banana, fresh	27.0	13	1.66	0.45	5.35	0	3.40
261 Chili pepper, fresh, green or red	40.0	7	2.22	0.00	8.89	0	1.56
262 Enchilada beef with cheese, fast food	168.0	687	6.21	9.19	15.87	21	2.00
263 Jalapenos peppers, canned	27.0	1669	0.00	0.00	3.85	0	2.69
264 Bell pepper, green or red, fresh	27.0	2	0.67	0.00	6.71	0	1.81
265 Figs, fresh	74.0	1	0.75	0.30	19.18	0	2.90
266 Bell pepper, green or red, cooked, drained	28.0	2	0.74	0.00	6.62	0	1.18
267 Flour, wheat whole grain	339.0	5	13.70	1.87	72.57	0	12.20
268 Pimento, canned	25.0	17	0.00	0.00	8.33	0	1.67
269 Pickles, cucumber, dill	18.0	1282	0.62	0.19	4.13	0	1.20
270 Pickles, relish, sweet	130.0	0	0.50	0.50	35.00	0	0.00
271 Potato, baked with skin	109.0	8	2.48	0.00	25.25	0	2.38
272 Potato, baked, flesh only	93.0	5	1.92	0.00	21.79	0	1.47
273 Potato, baked, skin only	198.0	21	3.45	0.00	46.55	0	7.93
274 Potato, peeled after boiling	87.0	4	2.21	0.00	19.85	0	1.76
275 Potato, peeled before boiling	86.0	5	1.48	0.00	20.00	0	1.78
276 Potato au gratin, dry mix, prep. w. butter	93.0	439	2.45	4.08	12.65	15	0.90
277 Potato au gratin, home made, prep w. butter	132.0	433	4.90	7.76	11.43	23	1.80
278 French fries, frozen, oven heated	200.0	30	4.00	8.00	32.00	0	3.20
279 Hashed browns, frozen	217.0	34	3.45	10.34	27.59	0	2.07
280 Hashed browns, home made	209.0	24	2.56	14.10	21.15	0	1.99
281 Potato, mashed, dehydrated flakes, whole milk, butter, salt	113.0	332	1.90	5.71	15.24	14	2.29
282 Potato, mashed, home made, whole milk	77.0	303	1.90	0.48	17.62	2	2.00
283 Potato, mashed, home made, whole milk, margarine	106.0	295	1.90	4.29	16.67	2	2.00
284 Potato pancakes, home made	272.0	508	6.58	15.79	28.95	96	1.97
285 Potato salad, home made	143.0	529	2.80	8.40	11.20	68	1.32
286 Potato, scalloped, dry mix, whole milk, butter	93.0	341	2.04	4.49	12.65	11	1.10
287 Potato, scalloped, home made, butter	86.0	335	2.86	3.67	10.61	12	1.92
288 Pumpkin, cooked, mashed	20.0	1	0.82	0.00	4.90	0	1.10
289 Pumpkin, canned	34.0	5	1.22	0.41	8.16	0	2.90

290 Radishes, raw	16.0	39	0.68	0.10	3.40	0	1.60
291 Rutabagas, cooked, drained	39.0	20	1.18	0.00	8.82	0	1.82
292 Sauerkraut, canned	19.0	661	0.85	0.00	4.24	0	2.50
293 Ice Cream Strawberry	192.0	60	3.20	8.40	27.60	29	0.90
294 Italian salad dressing, fat free	47.0	1129	0.97	0.87	8.75	2	0.60
295 Shallots, fresh	70.0	10	0.00	0.00	20.00	0	2.00
296 Soybeans, green, cooked, drained	141.0	14	12.22	6.67	11.11	0	4.22
297 Spinach, fresh	23.0	80	3.33	0.00	3.33	0	2.67
298 Spinach, fresh, cooked, drained	23.0	70	2.78	0.00	3.89	0	2.39
299 Spinach, frozen, cooked, drained	28.0	86	3.16	0.00	5.26	0	3.00
300 Spinach, canned, drained	23.0	27	2.80	0.47	3.27	0	2.38
301 Zucchini, fresh	20.0	2	0.88	0.00	4.42	0	1.86
302 Zucchini, cooked, drained	20.0	1	1.11	0.56	4.44	0	1.39
303 Squash, baked	39.0	1	0.98	0.49	8.78	0	2.78
304 Butternut, frozen, cooked, mashed	39.0	2	1.25	0.00	10.00	0	0.92

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
305 Sweet potato, baked with skin	103.0	10	2.05	0.00	23.97	0	3.01
306 Sweet potato, boiled without skin	105.0	13	1.92	0.00	24.36	0	1.79
307 Sweet potato, candied	137.0	70	0.95	2.86	27.62	8	2.38
308 Sweet potato, canned, syrup pack, drained	108.0	39	1.53	0.51	25.51	0	3.01
309 Tomato, fresh	21.0	9	1.11	0.56	4.44	0	1.11
310 Tomato, cherry	24.0	12	0.00	0.00	5.88	0	1.18
311 Tomato, canned	19.0	148	0.83	0.00	4.17	0	1.00
312 Tomato, sundried, plain	250.0	2100	0.00	0.00	50.00	0	10.00
313 Tomato juice, canned, salt	17.0	361	0.82	0.00	4.12	0	0.41
314 Tomato, paste, canned	82.0	88	3.82	0.38	19.47	0	4.08
315 Tomato, sauce, canned	30.0	605	1.22	0.00	7.35	0	1.39
316 Tomato, stewed, canned	28.0	221	0.78	0.00	6.67	0	1.02
317 Turnips, cooked, cubed	21.0	50	0.64	0.00	5.13	0	1.99
318 Turnip greens, fresh, cooked, drained	20.0	29	1.39	0.00	4.17	0	3.47
319 Turnip greens, frozen, cooked, drained	30.0	15	3.05	0.61	4.88	0	3.41
320 Vegetable juice, cocktail, canned	19.0	270	0.83	0.00	4.55	0	0.79

321 Vegetables, mixed, canned, drained	47.0	149	2.45	0.00	9.20	0	3.01
322 Vegetables, mixed, frozen, cooked, drained	59.0	35	2.75	0.00	13.19	0	4.40
323 Waterchestnuts, canned	50.0	8	0.71	0.00	12.14	0	2.50
324 Yam, cooked, broiled, drained, or baked	116.0	8	1.49	0.14	27.60	0	3.90
325 Apples, fresh, with skin	59.0	0	0.19	0.36	15.22	0	2.68
326 Apples, fresh, peeled	57.0	0	0.15	0.31	14.55	0	1.91
327 Apples, dried	243.0	88	0.93	0.32	65.63	0	8.75
328 Apples, stewed with added sugar	83.0	19	0.20	0.07	20.73	0	1.90
329 Apples, stewed without added sugar	57.0	19	0.20	0.07	15.32	0	1.90
330 Applesauce, canned, sweetened	76.0	3	0.18	0.18	19.91	0	1.22
331 Applesauce, canned, unsweetened	43.0	2	0.17	0.05	11.48	0	1.19
332 Apricots, fresh	48.0	0	1.40	0.39	11.29	0	2.40
333 Apricots, canned, halves, heavy syrup	83.0	4	0.39	0.00	21.32	0	1.59
334 Apricots, canned, halves, juice pack	48.0	4	0.82	0.00	12.30	0	1.60
335 Apricots, dried	241.0	10	3.39	0.51	62.86	0	7.30
336 Asian pears, fresh	42.0	0	0.50	0.23	10.66	0	3.61
337 Avocados, fresh, without skin & pit	179.0	11	3.57	17.86	7.14	0	5.00
338 Bananas, fresh	92.0	1	1.03	0.48	23.73	0	2.37
339 Blackberries, fresh	52.0	0	0.69	0.39	12.50	0	5.30
340 Blackberries, canned, heavy syrup	92.0	3	1.31	0.14	23.10	0	3.40
341 Blueberries, fresh	56.0	6	0.69	0.38	14.13	0	2.69
342 Blueberries, frozen, sweetened	81.0	1	0.43	0.13	21.74	0	2.09
343 Carambola / starfruit, fresh	33.0	2	0.54	0.35	7.69	0	2.75
344 Cherries, sour, red, pitted, canned, water pack	36.0	7	0.82	0.00	9.02	0	1.11
345 Cherries, sweet, fresh, without pits	72.0	0	1.47	1.47	16.18	0	2.35
346 Cherry pie filling, canned	115.0	18	0.37	0.07	28.38	0	0.60
347 Cranberries, dried, sweetened	329.0	4	0.00	0.00	85.71	0	8.93
348 Cranberry sauce, sweetened, canned	151.0	30	0.00	0.00	38.60	0	1.05
349 Currants, dried	283.0	8	4.08	0.27	74.08	0	6.80
350 Dates, without pits	276.0	2	2.38	0.00	73.81	0	7.62
351 Figs, dried	255.0	11	2.63	0.00	65.79	0	12.11
352 Fruit cocktail, canned, heavy syrup	73.0	6	0.40	0.00	18.95	0	1.01
353 Fruit cocktail, canned, juice pack	46.0	4	0.42	0.00	11.81	0	1.01
354 Grapefruit, fresh without peel, pink or red	30.0	0	0.81	0.00	7.32	0	1.14

355 Grapefruit, fresh without peel, white	33.0	0	0.85	0.00	8.47	0	1.10
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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
356 Grapefruit, canned, light syrup	60.0	2	0.39	0.00	15.35	0	0.39
357 Grapes, seedless, fresh	72.0	2	0.00	0.00	18.00	0	1.00
358 Kiwi fruit, fresh, without skin	61.0	5	1.32	0.00	14.47	0	3.42
359 Lemons, fresh, without skin	29.0	2	1.72	0.00	8.62	0	2.76
360 Lemon juice, fresh	26.0	0	0.00	0.00	8.51	0	0.43
361 Lemon juice, canned or bottled, unsweetened	21.0	21	0.41	0.41	6.56	0	0.41
362 Lime juice, fresh	26.0	0	0.00	0.00	7.89	0	0.53
363 Lime juice, canned, unsweetened	21.0	16	0.41	0.41	6.50	0	0.41
364 Mandarin oranges, light syrup	61.0	6	0.40	0.00	16.27	0	0.71
365 Mangos, fresh, without skin & pit	65.0	2	0.48	0.48	16.91	0	1.79
366 Maraschino Cherries, canned, drained	200.0	0	0.00	0.00	40.00	0	0.00
367 Melon, Cantaloupe, wedge without rind	35.0	9	1.45	0.00	8.70	0	0.87
368 Melon, Honeydew, wedge without rind	35.0	10	0.65	0.00	9.38	0	0.63
369 Nectarines, fresh	49.0	0	0.74	0.74	11.76	0	1.62
370 Orange, fresh, without peel & seeds	47.0	0	0.76	0.00	11.45	0	2.37
371 Olives, green, pickled	118.0	2400	0.00	11.76	0.00	0	1.18
372 Olives, black, canned, ripe	114.0	873	0.00	9.09	4.55	0	3.18
373 Papayas, fresh	39.0	3	0.71	0.00	10.00	0	1.79
374 Peaches, fresh	43.0	0	1.02	0.00	11.22	0	2.04
375 Peaches, canned, heavy syrup	74.0	6	0.38	0.00	19.85	0	1.30
376 Peaches, canned, juice pack	44.0	4	0.81	0.00	11.69	0	1.29
377 Peaches, dried	238.0	8	2.56	0.00	61.54	0	8.21
378 Pears, fresh	59.0	0	0.60	0.60	15.06	0	2.41
379 Pears, canned, heavy syrup	74.0	5	0.38	0.00	19.17	0	1.62
380 Pears, canned, juice pack	50.0	4	0.40	0.00	12.90	0	1.61
381 Pineapple, fresh, diced	49.0	1	0.65	0.65	12.26	0	1.23
382 Pineapple, canned, chunks / crushed, heavy syrup	78.0	1	0.39	0.00	20.08	0	0.79
383 Pineapple, canned, slices, heavy syrup	78.0	0	0.00	0.00	20.41	0	0.82
384 Pineapple, canned, slices/chunks/crushed, juice pack	60.0	1	0.40	0.00	15.66	0	0.80
385 Pineapple, canned, slices, juice pack	60.0	0	0.00	0.00	14.89	0	0.85

386 Pineapple juice, unsweetened, canned	56.0	1	0.40	0.00	13.60	0	0.20
387 Plantain, without peel, fresh	122.0	4	1.12	0.56	31.84	0	2.29
388 Plums, fresh	55.0	0	1.52	0.00	13.64	0	1.52
389 Prunes, dried, pitted, uncooked	238.0	5	2.38	0.00	61.90	0	7.14
390 Prunes, stewed, unsweetened	107.0	2	1.21	0.40	28.23	0	6.61
391 Prune juice, canned or bottled	71.0	4	0.78	0.00	17.58	0	1.02
392 Raisins, seedless	300.0	12	3.45	0.69	79.31	0	4.00
393 Raspberries, fresh	49.0	0	0.81	0.81	11.38	0	6.83
394 Raspberries, frozen, sweetened, thawed	103.0	1	0.80	0.00	26.00	0	4.40
395 Rhubarb, frozen, cooked with sugar	116.0	1	0.42	0.00	31.25	0	2.00
396 Strawberries, fresh, large	28.0	0	0.00	0.00	5.56	0	2.22
397 Strawberries, fresh, medium	33.0	0	0.00	0.00	8.33	0	2.50
398 Strawberries, frozen, sweetened, thawed	96.0	3	0.39	0.00	25.88	0	1.88
399 Tangerines mandarines, fresh, without peels & seeds	44.0	1	1.19	0.00	10.71	0	2.26
400 Watermelon, fresh, wedge	32.0	2	0.70	0.35	7.34	0	0.49
401 Beef, bottom round, cooked, lean & fat	275.0	51	28.24	16.47	0.00	96	0.00
402 Beef, bottom round, cooked, lean	209.0	51	31.76	8.24	0.00	96	0.00
403 Beef, braised (brisket) or pot roast, lean & fat	345.0	64	27.06	25.88	0.00	104	0.00
404 Beef, braised or pot roast, lean	251.0	71	30.59	12.94	0.00	106	0.00
405 Beef, canned, corned	251.0	1006	27.06	15.29	0.00	86	0.00
406 Beef, Eye of round, lean & fat	229.0	59	27.06	12.94	0.00	72	0.00

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
407 Beef, Eye of round, lean	168.0	62	29.41	4.71	0.00	69	0.00
408 Beef, ground, 85%, grilled	250.0	72	25.93	15.48	0.00	90	0.00
409 Beef, ground, grilled 80%	272.0	76	24.71	18.82	0.00	87	0.00
410 Beef, ground, 73%, grilled	289.0	84	23.53	21.18	0.00	91	0.00
411 Beef, jerky	410.0	2213	33.20	25.60	11.00	48	1.80
412 Beef, liver, fried	216.0	106	27.06	8.24	8.24	482	0.00
413 Beef, rib roast, oven cooked, lean & fat	358.0	64	22.35	29.41	0.00	84	0.00
414 Beef, rib roast, oven cooked, lean	229.0	72	27.06	12.94	0.00	80	0.00
415 Beef, sirloin steak, grilled, lean & fat	258.0	64	28.24	15.29	0.00	91	0.00
416 Beef, steak, sirloin, grilled, lean	195.0	66	30.59	7.06	0.00	89	0.00

417 Lamb, ground, cooked, grilled	283.0	81	24.75	19.65	0.00	97	0.00
418 Beef, steak, T-bone, grilled, lean	306.0	67	23.47	22.98	0.00	65	0.00
419 Beef, steak, tenderloin, grilled, lean	291.0	59	25.26	20.26	0.00	86	0.00
420 Beef, steak, porterhouse, grilled, lean	329.0	62	22.51	25.84	0.00	72	0.00
421 Lamb, chops, cooked, lean & fat	346.0	72	30.59	23.53	0.00	120	0.00
422 Lamb, chops, cooked, lean	279.0	76	35.29	14.12	0.00	121	0.00
423 Lamb, loin, grilled, lean & fat	316.0	76	24.71	23.53	0.00	100	0.00
424 Lamb, loin grilled, lean	216.0	84	29.41	9.41	0.00	95	0.00
425 Lamb, leg, roasted, lean & fat	258.0	66	25.88	16.47	0.00	93	0.00
426 Chicken, meat & skin, fried, batter	331.0	317	21.97	21.91	10.25	88	0.30
427 Chicken, meat & skin, fried, flour	331.0	90	27.79	20.74	6.50	89	0.10
428 Chicken, meat & skin, roasted	300.0	87	25.95	20.97	0.00	88	0.00
429 Chicken, breast, meat only, fried	187.0	79	33.44	4.71	0.51	91	0.00
430 Chicken, breast, meat only, grilled	165.0	74	31.02	3.57	0.00	85	0.00
431 Chicken, dark meat, meat only, fried	239.0	97	28.99	11.62	2.59	96	0.00
432 Chicken, dark meat, meat only, roasted	205.0	93	27.37	9.73	0.00	93	0.00
433 Chicken, drumstick, meat & skin, fried, batter	268.0	269	21.95	15.75	8.28	86	0.30
434 Chicken, drumstick, meat & skin, fried, flour	245.0	89	26.96	13.72	1.63	90	0.10
435 Chicken gIBLETS, simmered	157.0	58	25.52	4.83	0.69	393	0.00
436 Chicken, light meat, meat only, fried	192.0	81	32.85	5.54	0.42	90	0.00
437 Chicken, light meat, meat only, roasted	173.0	77	30.91	4.51	0.00	85	0.00
438 Chicken, thigh, meat & skin, fried, batter	277.0	288	21.61	16.53	9.08	93	0.30
439 Chicken, thigh, meat & skin, fried, flour	262.0	88	26.75	14.98	3.18	97	0.10
440 Chicken, wing, meat & skin, fried, batter	324.0	320	19.87	21.81	10.94	79	0.30
441 Chicken, wing, meat & skin, fried, flour	321.0	77	26.11	22.16	2.39	81	0.10
442 Chicken, canned, meat only, with broth	165.0	503	21.77	7.95	0.00	62	0.00
443 Chicken, Cornish game hens, meat & skin, roasted	260.0	64	22.27	18.21	0.00	131	0.00
444 Chicken, liver, simmered	157.0	51	24.36	5.45	0.88	631	0.00
445 Chicken, Rotisserie, light meat, meat only, roasted	153.0	51	27.13	4.07	0.00	75	0.00
446 Duck, meat & skin, roasted	337.0	59	18.99	28.35	0.00	84	0.00
447 Duck, meat only, roasted	201.0	65	23.48	11.20	0.00	89	0.00
448 Duck, Pekin, breast, meat & skin, boneless, roasted	202.0	84	24.50	10.85	0.00	136	0.00
449 Goose, meat & skin, roasted	305.0	70	25.16	21.92	0.00	91	0.00
450 Goose, meat only, roasted	238.0	76	28.97	12.86	0.00	96	0.00

451 Goose, Pate de foi gras (goose liver pate)	462.0	697	11.40	43.84	4.67	150	0.00
452 Turkey, breast, meat & skin, roasted	126.0	397	22.16	3.46	0.00	42	0.00
453 Turkey, dark meat, meat & skin, roasted	221.0	76	27.49	11.54	0.00	89	0.00
454 Turkey, gibblets, simmered	167.0	59	26.57	5.09	2.09	418	0.00
455 Turkey, ground, cooked	235.0	107	27.36	13.15	0.00	102	0.00
456 Turkey, light & dark meat, diced, seasoned	138.0	850	18.70	6.00	1.00	55	0.00
457 Turkey, light meat, meat & skin, roasted	197.0	63	28.57	8.33	0.00	76	0.00

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
458 Turkey, light meat, meat only, roasted	157.0	64	29.90	3.22	0.00	69	0.00
459 Turkey, patties, breaded or battered, fried	283.0	800	14.06	18.75	15.63	63	0.47
460 Pork, bacon, cured, cooked	574.0	1595	31.58	47.37	0.00	84	0.00
461 Pork, bacon, Canadian, cured, cooked	183.0	1530	23.40	8.51	2.13	57	0.00
462 Ham, canned	167.0	1068	21.18	8.24	0.00	41	0.00
463 Ham, fresh, cooked, lean & fat	240.0	58	28.24	12.94	0.00	82	0.00
464 Ham, cured, lean & fat	246.0	1284	18.49	18.52	0.06	56	0.00
465 Ham, leg, roasted piece, lean & fat	273.0	60	27.06	17.65	0.00	94	0.00
466 Pork, rib roast, lean & fat	255.0	46	27.06	15.29	0.00	73	0.00
467 Pork, ribs, backribs, lean & fat, cooked,	371.0	101	24.71	29.41	0.00	118	0.00
468 Pork, ribs, spareribs, lean & fat, cooked, braised	396.0	93	29.41	30.59	0.00	121	0.00
469 Pork, sausage, cooked, link	369.0	1292	19.23	30.77	0.00	85	0.00
470 Pork, sausage, cooked, patty	370.0	1293	18.52	29.63	0.00	81	0.00
471 Pork tenderloin, grilled, lean	187.0	65	30.42	6.33	0.00	94	0.00
472 Veal, cutlet, braised, lean & fat	211.0	67	36.47	5.88	0.00	134	0.00
473 Veal, cutlet, breaded, cooked, lean & fat	228.0	454	27.29	9.18	9.85	112	0.30
474 Venison, loin, cooked, broiled, lean	150.0	57	30.20	2.38	0.00	79	0.00
475 Venison, top round, cooked, broiled, lean	152.0	45	31.47	1.92	0.00	85	0.00
476 Bologna, beef	312.0	981	12.20	28.50	0.80	58	0.00
477 Bologna, beef and pork	312.0	1019	11.69	28.26	2.78	55	0.00
478 Bologna, turkey	199.0	878	13.73	15.21	0.97	99	0.00
479 Bratwurst, beef & pork, smoked	296.0	848	12.20	26.34	2.56	78	0.00
480 Bratwurst, pork, cooked	301.0	557	14.80	25.87	2.07	60	0.00
481 Braunschweiger (liver sausage, pork)	359.0	1143	13.50	32.09	3.13	156	0.00

482 Chorizo, beef & pork	455.0	1235	24.10	38.27	1.86	88	0.00
483 Dried beef, cured	168.0	3471	29.10	3.57	0.00	43	0.00
484 Ham, cooked, regular	182.0	1318	17.54	10.53	3.51	56	0.00
485 Ham, cooked, extra lean	132.0	1430	19.30	5.26	1.75	47	0.00
486 Ham, honey, smoked, cooked	122.0	900	17.93	2.37	7.27	22	0.00
487 Hot dog / Frankfurter, beef	327.0	1140	11.11	29.57	2.22	60	0.00
488 Hot dog / Frankfurter, beef & pork	301.0	1109	11.00	28.60	2.20	50	0.00
489 Pastrami, beef, cured	349.0	1227	17.24	29.18	3.05	93	0.00
490 Pepperoni, pork, beef	497.0	2040	20.97	43.97	2.84	79	0.00
491 Salami, beef & pork, cooked	251.0	1065	14.04	19.30	1.75	65	0.00
492 Salami, beef & pork, dry	420.0	1860	25.00	35.00	5.00	80	0.00
493 Lamb, rib, lean, cooked, roasted	341.0	74	21.82	27.53	0.00	96	0.00
494 Summer sausage, cervelat, beef & pork	335.0	1242	15.78	29.54	0.26	75	0.00
495 Vienna sausage	281.0	950	12.50	25.00	0.00	50	0.00
496 Turkey, white, deli cut	112.0	1200	13.50	3.00	7.70	55	0.40
497 Bass, freshwater, cooked, dry heat	146.0	90	24.18	4.73	0.00	87	0.00
498 Bass, sea, cooked, dry heat	124.0	87	23.63	2.56	0.00	53	0.00
499 Catfish, breaded, fried	229.0	280	18.09	12.94	8.04	81	0.71
500 Lamb, leg, lean, roasted	284.0	68	24.95	19.67	0.00	96	0.00
501 Clam, breaded, fried	392.0	725	11.15	22.96	33.75	76	0.00
502 Clam, canned, drained solids	148.0	112	25.55	1.95	5.13	67	0.00
503 Cod, baked or broiled	105.0	91	23.53	1.18	0.00	47	0.00
504 Crab, Alaskan King, cooked	97.0	1072	19.35	1.54	0.00	53	0.00
505 Crab, meat, canned	99.0	333	20.52	1.23	0.00	89	0.00
506 Crab, cake, egg, onion, margarine, fried	155.0	330	20.00	8.33	0.00	150	0.00
507 Eel, cooked, dry heat	236.0	65	23.65	14.95	0.00	161	0.00
508 Fish fillet, battered or breaded and fried	232.0	532	14.66	12.29	16.48	34	0.50

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
509 Fish stick & portion, breaded, frozen, preheated	272.0	582	15.65	12.23	23.75	112	0.00
510 Flounder or Sole, baked or broiled	117.0	105	24.16	1.53	0.00	68	0.00
511 Haddock, baked or broiled	112.0	87	24.24	1.18	0.00	74	0.00
512 Halibut, baked or broiled	140.0	69	27.50	2.40	0.00	41	0.00

513 Herring, pickled	262.0	871	14.12	17.65	9.41	13	0.00
514 Lobster, steamed	98.0	380	20.50	0.59	1.18	72	0.00
515 Mackerel, cooked	262.0	83	23.85	17.81	0.00	75	0.00
516 Mussels, steamed	172.0	369	23.80	4.48	7.39	56	0.00
517 Ocean perch, cooked	121.0	96	23.53	2.35	0.00	54	0.00
518 Oyster, raw meat only	68.0	211	6.85	2.42	4.03	53	0.00
519 Oyster, breaded, fried	196.0	416	8.24	12.94	11.76	81	0.24
520 Pollock, baked or broiled	113.0	116	23.53	1.18	0.00	96	0.00
521 Pork chop, cooked, roasted	197.0	53	27.00	9.01	0.00	81	0.00
522 Roughy, orange, baked or broiled	89.0	81	18.82	1.18	0.00	26	0.00
523 Salmon, baked or broiled	216.0	66	27.06	10.59	0.00	87	0.00
524 Salmon, canned (pink), solids & liquid (incl bones)	139.0	554	20.00	5.88	0.00	55	0.00
525 Salmon, smoked	116.0	784	18.82	4.71	0.00	24	0.00
526 Sardine, Atlantic, canned in oil, drained solids (incl bones)	208.0	505	24.71	11.76	0.00	142	0.00
527 Scallop, cooked, breaded, fried	215.0	465	18.28	10.75	9.68	61	0.22
528 Scallop, steamed	112.0	265	23.53	1.18	3.53	53	0.00
529 Shrimp, breaded, fried	242.0	344	21.18	11.76	11.76	176	0.35
530 Shrimp, canned, drained solids	120.0	169	23.53	2.35	1.18	173	0.00
531 Swordfish, baked or broiled	155.0	115	25.88	4.71	0.00	51	0.00
532 Trout, baked or broiled	169.0	42	24.71	7.06	0.00	68	0.00
533 Tuna, baked or broiled	139.0	47	29.41	1.18	0.00	58	0.00
534 Tuna canned, drained solids, oil pack, chunk light	198.0	354	29.41	8.24	0.00	18	0.00
535 Tuna canned, drained solids, water pack, chunk light	116.0	338	25.88	1.18	0.00	31	0.00
536 Tuna canned, drained solids, water pack, solid white	128.0	376	23.53	3.53	0.00	42	0.00
537 Tuna salad, light tuna in oil, pickle relish, mayo type salad dressing	187.0	402	16.10	9.27	9.27	13	0.00
538 Walleye, Pike	119.0	65	24.54	1.56	0.00	110	0.00
539 Nuts, almonds, shelled	578.0	1	21.05	50.53	20.00	0	11.79
540 Beans, black, dry, cooked	132.0	1	8.72	0.58	23.84	0	8.72
541 Beans, Great Northern, dry cooked	118.0	2	8.47	0.56	20.90	0	7.01
542 Kidney beans, red, dry, cooked	127.0	2	8.47	0.56	22.60	0	7.40
543 Beans, Lima, dry, cooked, large	79.0	336	4.98	0.00	14.94	0	4.81
544 Pea, navy, dry, cooked	142.0	1	8.79	0.55	26.37	0	6.37
545 Beans, Pinto, dry, cooked	137.0	2	8.19	0.58	25.73	0	8.60
546 Beans, baked, plain or vegetarian, canned	93.0	397	4.72	0.39	20.47	0	5.00

547 Black eye peas, dry, cooked	116.0	4	7.56	0.58	20.93	0	6.51
548 Peas, Black eye, canned	77.0	299	4.58	0.42	13.75	0	3.29
549 Beans, Kidney, red,canned	85.0	341	5.08	0.39	15.63	0	6.41
550 Mayo type salad dressing, Miracle whip, regular	390.0	711	0.90	33.40	23.90	26	0.00
551 Beans, white, canned	117.0	5	7.25	0.38	21.76	0	4.81
552 Nuts, Brazil, shelled	664.0	4	14.29	67.86	14.29	0	5.36
553 Mayo type salad dressing, Miracle whip, light	231.0	821	0.60	18.60	14.40	26	0.10
554 Cashews, salted, dry roasted	582.0	646	14.29	46.43	32.14	0	3.21
555 Nuts, cashews, salted, oil roasted	576.0	626	16.15	48.46	28.46	0	3.37
556 Chestnuts, European, roasted, shelled	245.0	2	3.50	2.10	53.15	0	5.10
557 Chickpeas, dry, cooked	164.0	7	9.15	2.44	27.44	0	7.62
558 Chickpeas, canned	119.0	299	5.00	1.25	22.50	0	4.42

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
559 Coconut, raw, shredded, not packed	354.0	20	3.75	33.75	15.00	0	9.00
560 Coconut, raw, shredded, dried, sweetened	501.0	262	3.23	35.48	47.31	0	4.52
561 Hazelnuts, chopped	628.0	0	14.78	60.87	16.52	0	9.74
562 Hummus, commercial	164.0	379	7.14	7.14	14.29	0	5.71
563 Lentils, dry, cooked	116.0	2	9.09	0.51	20.20	0	7.88
564 Macademia nuts, dry roasted, salted	716.0	265	7.46	76.12	12.69	0	7.99
565 Peanuts, dry roasted	600.0	679	17.86	53.57	25.00	0	9.29
566 Peanuts, oil roasted	625.0	661	17.86	57.14	21.43	0	9.29
567 Peanuts, dry roasted, salted	593.0	821	25.00	50.00	21.43	0	8.21
568 Peanuts, dry roasted, unsalted	585.0	6	23.97	50.00	21.23	0	8.01
569 Peanuts, oil roasted, salted	581.0	433	26.39	49.31	18.75	0	9.17
570 Peanut butter, regular, smooth	594.0	469	25.00	50.00	18.75	0	5.63
571 Peanut butter, regular, chunk	588.0	488	25.00	50.00	18.75	0	6.88
572 Peanut butter, reduced fat, smooth	522.0	539	27.79	33.33	33.33	0	5.00
573 Egg, whole, fried	201.0	204	13.63	15.31	0.88	457	0.00
574 Pecans, halves	691.0	0	9.26	72.22	13.89	0	9.63
575 Pine nuts, shelled	571.0	4	25.00	50.00	14.29	0	4.64
576 Pistachio nuts, dry roasted, salt, shelled	575.0	432	21.43	46.43	28.57	0	10.36
577 Pumpkin seeds, roasted, salt	529.0	582	32.14	42.86	14.29	0	3.93

578 Refried beans, canned	94.0	299	5.56	1.19	15.48	8	5.32
579 Sesame seeds	588.0	38	25.00	50.00	12.50	0	11.25
580 Soy, Miso	206.0	3647	11.64	6.18	28.00	0	5.42
581 Soybeans, dry, cooked	173.0	1	16.86	8.72	9.88	0	5.99
582 Soy milk	33.0	12	2.86	2.04	1.63	0	1.31
583 Soy nuts, dry roasted	458.0	7	35.20	21.10	31.70	0	7.00
584 Tofu, firm	77.0	7	8.64	4.94	2.47	0	0.37
585 Tofu, soft	61.0	8	6.67	3.33	1.67	0	0.17
586 Sunflower seeds, dry roasted, salt	581.0	781	18.75	50.00	25.00	0	9.06
587 Tahini	593.0	113	20.00	53.33	20.00	0	9.33
588 Walnuts, chopped	654.0	2	15.00	65.00	13.33	0	6.67
589 Egg, whole, fresh	149.0	125	12.49	10.02	1.22	425	0.00
590 Egg, white, fresh	50.0	164	10.52	0.00	1.03	0	0.00
591 Egg, yolk, fresh	358.0	43	16.67	30.87	1.78	1281	0.00
592 Egg, hard boiled, no shell	155.0	124	12.58	10.00	1.12	424	0.00
593 Egg, poached with salt	150.0	280	12.00	10.00	2.00	424	0.00
594 Egg, scrambled, margarine, whole milk, salt	166.0	280	11.48	11.48	1.64	352	0.00
595 Egg, substitute, liquid	84.0	178	12.70	3.17	0.00	2	0.00
596 Egg omelet, plain	152.0	270	10.33	11.44	1.04	350	0.00
597 Blue cheese	353.0	1395	21.40	28.74	2.34	75	0.00
598 Camembert cheese	300.0	842	19.80	24.26	0.46	72	0.00
599 Cheddar cheese	403.0	621	24.90	33.14	1.28	105	0.00
600 Cheddar cheese, low fat	173.0	621	24.35	7.14	3.57	21	0.00
601 Cheese, cottage, large or small curd	104.0	405	12.49	4.51	2.68	15	0.00
602 Cheese, cottage, creamed with fruit	124.0	405	9.90	3.40	13.30	11	0.00
603 Cheese, cottage, low fat (2%)	90.0	406	13.74	1.93	3.63	8	0.00
604 Cheese, cottage, low fat (1%)	72.0	406	12.39	1.02	2.72	4	0.00
605 Cheese, cottage, nonfat	85.0	13	17.27	0.42	1.85	7	0.00
606 Cream cheese, regular	349.0	296	7.55	34.87	2.66	110	0.00
607 Cream cheese, low fat	233.0	293	13.33	20.00	6.67	53	0.00
608 Cream cheese, fat free	96.0	545	14.41	1.36	6.25	8	0.00
609 Cheese, shredded	403.0	620	24.78	32.74	0.88	105	0.00

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
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		mg	g	g	g	mg	g
610 Feta cheese	264.0	1116	14.21	21.28	4.09	89	0.00
611 Gouda cheese	356.0	819	24.94	27.44	2.22	114	0.00
612 Monterey cheese	373.0	536	24.48	30.28	0.68	89	0.00
613 Mozzarella cheese, whole milk	286.0	373	21.43	21.43	3.57	79	0.00
614 Muenster cheese	368.0	636	25.00	30.04	0.00	96	0.00
615 Neufchatel cheese	264.0	399	9.96	25.00	3.57	79	0.00
616 Parmesan cheese	392.0	1602	42.00	30.00	4.00	70	0.00
617 Provolone cheese	351.0	876	25.58	28.57	3.57	71	0.00
618 Ricotta cheese, whole milk	174.0	84	11.38	13.01	2.85	50	0.00
619 Ricotta cheese, part skim milk	138.0	125	11.38	7.72	5.28	31	0.00
620 Romano cheese	387.0	1200	31.80	26.94	3.63	104	0.00
621 Swiss cheese	382.0	260	28.57	27.45	3.57	93	0.00
622 Cheese, American, pasteurized process, regular	379.0	1450	21.43	32.14	0.00	96	0.00
623 Cheese, American, pasteurized process, fat free	148.0	1529	23.81	0.00	14.29	10	0.00
624 Cheese, Swiss, pasteurized process	339.0	1386	25.00	25.00	3.57	86	0.00
625 Cream, Half and half	130.0	40	2.89	11.57	4.13	37	0.00
626 Cream, coffee	195.0	40	2.50	19.17	3.75	66	0.00
627 Whipping cream, unwhipped	345.0	37	2.10	36.97	2.94	137	0.00
628 Whipping cream, unwhipped, low fat	292.0	34	2.09	30.96	2.93	111	0.00
629 Sour cream, regular	214.0	53	3.04	20.87	4.35	44	0.00
630 Sour cream, low fat	133.0	40	0.00	13.33	6.67	40	0.00
631 Sour cream, fat free	75.0	144	0.00	0.00	12.50	6	0.00
632 Dill dip	518.0	666	3.70	51.85	7.40	56	0.00
633 Cream, powdered	550.0	200	0.00	50.00	50.00	0	0.00
634 Cream, powdered with whole milk	189.0	66	3.75	12.50	16.25	10	0.00
635 Cream, pressurized	263.0	61	1.43	22.86	15.71	0	0.00
636 Cream product, whipped topping, frozen	319.0	25	1.33	25.33	22.67	0	0.00
637 Yogurt, soft serve, chocolate	158.4	98	4.13	5.50	24.75	6	2.22
638 Yogurt, soft serve, vanilla	158.0	88	4.17	5.56	23.61	1	0.00
639 Ice cream, chocolate	216.0	76	3.80	10.70	28.20	34	1.20
640 Ice cream, chocolate, low fat	157.0	70	4.39	2.80	31.00	10	1.00
641 Ice cream, vanilla	201.0	78	2.97	10.40	23.76	43	0.70
642 Ice cream, vanilla, low fat	139.0	85	4.55	4.55	22.70	14	0.00

643 Ice cream, soft serve, vanilla	215.0	60	4.65	12.79	22.20	91	0.00
644 Sherbert ice cream	139.0	41	1.35	1.35	32.55	5	0.00
645 Milk, whole (3.25%)	61.0	49	3.28	3.34	4.51	14	0.00
646 Milk, reduced fat (2%)	50.0	50	3.28	2.05	4.92	8	0.00
647 Milk, low fat (1%)	42.0	51	3.29	1.06	4.78	4	0.00
648 Milk, nonfat / skim	35.0	52	3.41	0.18	4.90	2	0.00
649 Buttermilk	40.4	106	3.30	0.83	4.79	4	0.00
650 Meatballs with pasta sauce, frozen	110.0	356	4.80	2.50	17.10	5	2.20
651 Condensed milk, sweetened,canned	321.0	127	7.91	8.70	54.40	34	0.00
652 Milk, evaporated, canned,whole milk	135.0	106	6.75	7.54	9.92	29	0.00
653 Milk,evaporated, canned,skim milk	78.0	115	7.42	0.39	11.33	4	0.00
654 Meatballs with pasta sauce, canned	103.0	418	4.32	4.08	12.29	8	2.70
655 Chocolate milk, commercial	83.0	60	3.17	3.39	10.34	12	0.80
656 Chocolate milk, reduced fat, commercial	72.0	60	3.21	2.00	10.40	7	0.53
657 Chocolate milk, commercial, low fat	63.0	61	3.20	1.20	10.40	3	0.52
658 Egnog	135.0	54	3.94	7.48	13.54	59	0.00
659 Milk shake, thick, chocolate	119.0	111	3.00	2.67	21.00	11	0.30
660 Milk shake, thick, vanilla	112.0	96	3.83	2.88	17.75	12	0.00

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
661 Yogurt & juice blend	75.0	28	1.50	0.00	17.50	0	0.00
662 Yoghurt, fruit flavored, low fat	102.0	58	4.41	0.88	19.05	4	0.00
663 Yoghurt, plain, low fat	63.0	70	5.34	1.55	7.04	6	0.00
664 Yoghurt, fruit flavored, non fat	94.0	58	4.41	0.00	18.94	2	0.00
665 Yoghurt, plain, nonfat	56.0	77	5.73	0.00	7.49	2	0.00
666 Yoghurt, plain, regular	61.0	46	3.47	3.25	4.66	13	0.00
667 Yoghurt, vanilla or lemon, low fat	43.4	60	4.00	0.00	7.56	2	0.00
668 Angelfood cake	257.0	750	7.14	0.00	57.14	0	1.43
669 Boston Cream Pie	252.0	143	2.17	8.70	42.39	37	1.41
670 Brownies, commercial, without icing, regular	405.0	313	5.36	16.07	64.29	18	2.14
671 Brownies, commercial, without icing, fat free	318.0	321	3.57	0.00	78.57	0	3.57
672 Brownies, dry mix, low fat	382.0	95	4.55	9.09	72.73	0	3.64
673 Cakes, dry mix, Angelfood	258.0	510	6.00	0.00	58.00	0	0.20

674 Cakes, dry mix, yellow, light, water, egg whites, no frosting	262.0	404	4.35	2.90	53.62	0	0.87
675 Cheesecake	321.0	208	5.00	22.50	25.00	55	0.38
676 Chocolate cake with chocolate frosting	367.0	334	4.69	15.63	54.69	42	2.81
677 Coffee cake	417.0	351	6.35	23.81	46.03	32	2.06
678 Danish pastry, cream cheese	375.0	451	8.45	22.54	36.62	15	0.99
679 Danish pastry, fruit	370.0	354	5.63	18.31	47.89	114	1.83
680 Doughnut, cake	421.0	543	7.14	21.43	50.00	36	1.43
681 Doughnut, glazed	400.0	338	7.69	23.08	46.15	8	1.54
682 Fruitcake	323.0	270	2.33	9.30	60.47	5	3.72
683 Pound cake, butter	389.0	396	7.14	21.43	50.00	221	0.36
684 Pound cake, fat free	282.0	339	7.14	0.00	60.71	0	1.07
685 Snack cake, chocolate, crème filled, frosting	376.0	426	4.00	14.00	60.00	18	0.80
686 Snack cake, chocolate, frosting, low fat	305.0	414	4.65	4.65	67.44	0	4.19
687 Cupcake with frosting	380.0	338	3.13	17.19	54.69	55	1.88
688 Gummy bears	386.0	45	0.00	0.00	99.99	0	0.00
689 Hard candy	400.0	33	0.00	0.00	99.99	0	0.00
690 Jelly beans	371.0	25	0.00	0.00	92.86	0	0.00
691 Marshmallows, miniature	318.0	48	2.00	0.00	82.00	0	0.20
692 Marshmallows, regular	329.0	43	0.00	0.00	85.71	0	0.00
693 M&M's, peanut (M&M Mars)	516.0	49	9.30	25.58	60.47	9	3.49
694 M&M's, plain (M&M Mars)	492.0	62	3.85	21.15	71.15	13	2.50
695 Milky way (M&M Mars)	422.0	239	5.56	16.67	72.22	17	1.67
696 Reese's peanut butter cup (Hershey)	543.0	314	14.29	28.57	57.14	0	2.86
697 Snickers bar	480.0	267	6.67	26.67	60.00	13	2.67
698 Caramel, plain	390.0	250	0.00	10.00	80.00	10	1.00
699 Caramel, chocolate flavored roll	357.0	86	0.00	0.00	85.71	0	0.00
700 Chocolate bar, milk, plain	514.0	82	6.82	31.82	59.09	23	3.41
701 Chocolate bar, milk, with almonds	527.0	73	9.76	34.15	53.66	20	6.10
702 Chocolate bar, milk, with peanuts, Mr. Goodbar	545.0	149	10.20	34.69	51.02	8	3.47
703 Mixed nuts with peanuts, dry roasted, salted	594.0	669	17.30	51.45	25.35	0	9.00
704 Chocolate chips, semi sweet	479.0	11	4.17	29.76	63.10	0	5.89
705 Chocolate chips, white	539.0	90	5.88	32.35	59.41	21	0.00
706 Chocolate coated peanuts	520.0	40	12.50	32.50	50.00	10	4.75
707 Chocolate coated raisins	390.0	40	0.00	10.00	70.00	0	4.00

708 Chocolate bar, Special dark, sweet (Hershey)	575.0	13	0.00	37.50	62.50	0	5.00
709 Cookie, butter, commercial	460.0	360	0.00	20.00	60.00	120	0.00
710 Chocolate chip cookie, commercial, regular	480.0	320	10.00	20.00	70.00	0	3.00

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
711 Chocolate chip cookie, commercial, low fat	450.0	380	10.00	20.00	70.00	0	4.00
712 Chocolate chip cookie, dough refrigerated, commercial	492.0	231	3.85	23.08	69.23	27	1.54
713 Fig Bar, cookie	350.0	350	6.25	6.25	68.75	0	4.38
714 Oatmeal cookie, regular, large	452.0	384	8.00	20.00	68.00	0	2.80
715 Oatmeal cookie, soft type	407.0	347	6.67	13.33	66.67	7	2.67
716 Oatmeal cookie, fat free	327.0	300	9.09	0.00	81.82	0	7.27
717 Peanut butter cookie, commercial	480.0	413	6.67	26.67	60.00	0	2.00
718 Peanut butter cookie, recipe with margarine	475.0	520	10.00	25.00	60.00	30	2.00
719 Chocolate cookie cream filling	470.0	600	0.00	20.00	70.00	0	3.00
720 Shortbread cookie, commercial, plain	500.0	450	0.00	25.00	62.50	25	1.25
721 Sugar cookie, commercial	480.0	360	6.67	20.00	66.67	53	0.67
722 Sugar cookie, dough, refrigerated	487.0	467	6.67	20.00	66.67	33	0.67
723 Sugar cookie, recipe, margarine	471.0	493	7.14	21.43	57.14	29	1.43
724 Vanilla wafer cookie, low fat	450.0	300	0.00	25.00	75.00	50	2.50
725 Cheese cracker	500.0	1000	10.00	30.00	60.00	10	2.00
726 Graham cracker, plain	421.0	607	7.14	7.14	78.57	0	2.86
727 Graham, crackers, crushed	423.0	605	7.14	9.52	77.38	0	2.86
728 Melba toast, plain	390.0	830	10.00	5.00	75.00	0	6.50
729 Rye wafer, whole grain, plain	336.0	791	9.09	0.00	81.82	0	22.73
730 Saltine cracker, square	433.0	1300	8.33	8.33	75.00	0	3.33
731 Standard cracker, round or bite sized	501.0	848	8.15	25.40	60.50	0	1.64
732 Mixed nuts with peanuts, oil roasted, salted	617.0	419	16.76	56.33	21.41	0	9.00
733 Wheat thins crackers	475.0	800	12.50	25.00	62.50	0	5.00
734 Whole wheat crackers	444.0	656	6.25	18.75	68.75	0	10.63
735 Pudding, chocolate, dry mix prepared w. 2% milk, instant	102.0	284	3.40	2.04	19.05	6	0.41
736 Pudding, chocolate, dry mix prepared w 2% milk, regular, cooked	106.0	105	3.52	2.11	19.72	7	0.28
737 Pudding, vanilla, dry mix prepared w. 2% milk, instant	104.0	286	2.82	1.41	19.72	6	0.00
738 Pudding, vanilla, dry mix prepared w 2% milk, regular, cooked	101.0	160	2.86	1.43	18.57	7	0.00

739 Pudding, chocolate, ready to eat, regular	133.0	129	2.65	4.42	23.01	3	0.97
740 Pudding, rice, ready to eat, regular	163.0	85	1.77	7.08	22.12	1	0.09
741 Pudding, tapioca, ready to eat, regular	119.0	159	1.77	3.54	19.47	1	0.09
742 Pudding, vanilla, ready to eat, regular	130.0	135	2.65	3.54	22.12	7	0.09
743 Pudding, chocolate, ready to eat, fat free	95.0	170	2.65	0.00	20.35	2	0.80
744 Pudding, tapioca,ready to eat, fat free	87.0	222	1.77	0.00	20.35	1	0.09
745 Pudding, vanilla,ready to eat, fat free	93.0	213	1.77	0.00	21.24	1	0.09
746 Chex mix	429.0	1029	10.71	17.86	64.29	0	5.71
747 Corn chips, plain	546.0	639	7.14	32.14	57.14	0	5.00
748 Popcorn, air popped, unsalted	388.0	0	12.50	0.00	75.00	0	15.00
749 Popcorn, oil popped, salted	500.0	882	9.09	27.27	54.55	0	10.00
750 Popcorn, caramel, peanuts	400.0	295	7.14	7.14	80.95	0	3.81
751 Popcorn, cheese flavor	527.0	891	9.09	36.36	54.56	9	10.00
752 Potato chips, plain, salted	543.0	600	7.14	35.71	53.57	0	4.64
753 Potato chips, sour cream & onion	539.0	632	7.14	35.71	53.57	7	5.36
754 Potato chips, low fat	479.0	496	7.14	21.43	67.86	0	6.07
755 Potato chips, fat free	268.0	661	7.14	0.00	60.71	0	3.93
756 Pretzels, stick	367.0	1700	0.00	0.00	66.67	0	3.33
757 Pretzels, twisted	382.0	1715	8.33	3.33	80.00	0	3.17
758 Rice krispies treat / bar, square	414.0	350	4.55	9.09	81.82	0	0.45
759 Tortilla chips, plain, regular	507.0	536	7.14	25.00	64.29	0	6.43

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
760 Tortilla chips, baked	386.0	407	14.29	7.14	78.57	0	5.00
761 Tortilla chips, nacho, regular	504.0	718	7.14	25.00	64.29	4	5.36
762 Tortilla chips, nacho, low fat	450.0	1014	7.14	14.29	71.43	4	5.00
763 Brown sugar	376.0	39	0.00	0.00	97.27	0	0.00
764 Nachos with cheese, fast food	306.0	722	8.05	16.77	32.15	16	5.00
765 White sugar, granulated	385.0	0	0.00	0.00	99.99	0	0.00
766 Puff pastry, frozen, ready-to-bake, baked	558	253	7.4	38.5	45.7	0	1.5
767 Chocolate flavored syrup, thin	279.0	74	0.00	0.00	63.16	0	1.58
768 Chocolate flavored syrup, fudge type	353.0	347	5.26	10.53	63.16	0	2.63
769 Corn syrup, light	280.0	120	0.00	0.00	75.00	0	0.00

770 Maple syrup	260.0	10	0.00	0.00	65.00	0	0.00
771 Molasses syrup	235.0	55	0.00	0.00	60.00	0	0.00
772 Frosting, chocolate, ready to eat	397.0	184	0.00	18.42	63.16	0	0.53
773 Frosting, vanilla, ready to eat	418.0	89	0.00	15.79	68.42	0	0.00
774 Bar, fruit & juice, frozen	82.0	4	1.30	0.00	20.78	0	0.00
775 Ice pop	71.0	12	0.00	0.00	18.64	0	0.00
776 Italian ice cream, restaurant prepared	53.0	4	0.00	0.00	13.79	0	0.00
777 Gelatin, dessert powder & water, regular	59.0	42	1.48	0.00	14.07	0	0.00
778 Gelatin, dessert powder & water, low fat	7.0	48	0.85	0.00	0.85	0	0.00
779 Honey	305.0	5	0.00	0.00	80.95	0	0.00
780 Jams	280.0	30	0.00	0.00	70.00	0	1.00
781 Peach pie	223.0	270	1.90	10.00	32.90	0	0.80
782 Butter, salted	717.0	826	0.85	81.11	0.06	219	0.00
783 Butter, unsalted	717.0	11	0.85	81.11	0.06	219	0.00
784 Lard	902.0	0	0.00	100.00	0.00	95	0.00
785 Margarine, regular (80% fat)	719.0	947	0.90	80.53	0.90	0	0.00
786 Pepperoni pizza, frozen, cooked	296.0	618	11.21	15.20	28.51	15	2.20
787 Margarine, spread (60% fat)	540.0	994	0.87	60.85	0.00	0	0.00
788 Pizza, meat and vegetable, frozen, cooked	276.0	555	11.28	14.43	25.14	16	2.20
789 Margarine, spread (40%)	345.0	959	0.43	38.75	0.43	0	0.00
790 Pomegranate, fresh	68.0	3	0.95	0.30	17.17	0	0.60
791 Canola oil	884.0	0	0.00	99.99	0.00	0	0.00
792 Toaster pastry, pop tarts, frosted	422.0	369	5.00	14.80	68.32	0	13.00
793 Toaster pastry, pop tarts, fruit	394.0	355	4.70	10.50	71.00	0	1.10
794 Pork steak, cooked, grilled	227.0	74	26.74	12.54	0.00	94	0.00
795 Soup, cream of potato, condensed, canned, prep. w. milk	60.0	428	2.33	2.60	6.92	9	0.20
796 Red potato, with skin, baked	89.0	8	2.30	0.15	19.59	0	1.80
797 Rhubarb, frozen, cooked with sugar	116.0	1	0.39	0.05	31.20	0	2.00
798 Salad dressing, Thousand Island, fat free	132.0	729	0.55	1.45	29.27	5	3.30
799 Blue cheese dressing, regular	513.0	1113	6.67	53.25	6.67	20	0.00
800 Blue cheese dressing, low fat	100.0	1227	6.67	6.67	0.00	0	0.00
801 Caesar dressing, regular	520.0	1053	0.00	53.25	0.00	0	0.00
802 Caesar dressing, low fat	113.0	1080	0.00	6.67	20.00	0	0.00
803 Coleslaw dressing	406.3	781	0.00	34.37	28.13	31	0.00

804 French dressing, regular	419.0	1338	0.00	37.60	18.75	0	0.00
805 French dressing, low fat	138.0	800	0.00	6.25	25.00	0	0.00
806 Italian dressing, regular	460.0	773	0.00	46.70	6.67	0	0.00
807 Italian dressing, low fat	107.0	787	0.00	6.67	6.67	7	0.00
808 Mayonaise, regular	707.0	557	0.00	78.57	0.00	57	0.00
809 Mayonaise, light (cholesterol free)	327.0	713	0.00	33.33	6.67	0	0.00
810 Mayonaise, fat free	75.0	1188	0.00	0.00	12.50	0	3.75

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
811 Ranch dressing, regular	410.0	990	1.40	53.70	4.60	28	0.30
812 Ranch dressing, low fat	256.0	1009	1.20	22.80	10.50	28	0.50
813 Ranch dressing, fat free	138.0	1011	0.70	1.00	30.60	1	0.60
814 Russian dressing, regular	501.9	878	0.00	52.80	13.10	20	0.00
815 Russian dressing, low fat	144.0	881	0.00	6.25	25.00	6	0.00
816 Thousand Island dressing, regular	369.0	681	0.00	37.50	12.50	25	0.00
817 Thousand Island dressing, low fat	160.0	1020	0.00	13.33	13.25	13	1.33
818 Alfredo egg noodles, dry mix	418.0	1770	15.50	11.80	62.40	112	0.00
819 Macaroni, beef, frozen, Healthy choice	88.0	185	5.83	0.93	13.94	6	1.90
820 Ravioli, tomato & meat sauce, canned	94.0	481	3.43	2.21	15.12	6	1.50
821 Beef stew, canned	94.0	408	4.94	5.38	6.77	16	1.50
822 Chicken pot pie, frozen	223.0	395	6.01	13.41	19.68	19	0.80
823 Chili con carne with beans, canned	115.0	465	9.09	3.67	11.03	11	3.70
824 Corn dog, frozen	230.0	420	4.40	23.00	28.40	26	1.90
825 Ham cheese stuffed sandwich, frozen	266.0	520	11.60	11.10	30.00	39	2.00
826 Lasagna with meat & sauce	129.0	342	8.70	5.00	12.30	19	1.50
827 Lasagna, vegetable	137.0	441	6.84	6.08	13.68	21	0.38
828 Salad dressing, ranch, fat free	119.0	755	0.25	1.92	26.51	7	0.10
829 Mozzarella cheese sticks	333.0	733	16.70	20.00	23.30	50	3.00
830 Vegetarian burger patty, frozen, Morningstar farms	107.0	451	16.47	1.18	9.41	0	5.06
831 Mexican rice, side dish, dry mix	125.0	487	2.20	1.70	24.50	0	0.80
832 Pork and beans with tomato sauce, canned	98.0	440	5.16	1.03	19.39	7	4.80
833 Salisbury steak entrée, frozen	148.0	444	5.70	9.30	10.30	19	1.30
834 Spaghetti bolognese, frozen, Healthy Choice	90.0	167	5.05	1.01	15.24	6	1.80

835 Spinach souffle, home-prepared	161.0	561	8.09	13.50	2.08	135	0.00
836 Tortellini, pasta with cheese filling, frozen	307.0	344	13.58	7.41	46.91	42	1.85
837 Breakfast sandwich, egg & sausage, fast food	323.0	634	10.56	21.67	22.78	168	0.50
838 French toast with butter, fast food	264.0	380	7.66	13.90	26.70	86	1.00
839 Hash brown potatoes, fast food	210.0	403	2.70	12.80	22.43	13	0.00
840 Pancakes, butter & syrup, fast food	224.0	476	3.56	6.03	39.18	25	0.00
841 Burrito, beans & cheese, fast food	203.0	627	8.10	6.29	29.55	15	0.00
842 Burrito, beans & meat, fast food	220.0	578	9.73	7.71	28.58	21	0.00
843 Cheeseburger, double, regular, lettuce, tomato, mayo, fast food	251.0	633	12.80	12.70	21.20	36	0.00
844 Cheeseburger, single, regular, lettuce, tomato, mayo, fast food	261.0	545	14.12	12.52	23.48	33	0.00
845 Cheeseburger, double, regular, plain,fast food	295.0	410	17.85	18.37	14.23	71	0.00
846 Cheeseburger, double, regular, 3-piece bun, plain, fast food	288.0	557	13.75	13.75	27.50	50	0.00
847 Cheeseburger, single,regular,plain	313.0	490	14.71	14.71	31.40	49	0.00
848 Cheeseburger, single, large, lettuce, tomato, mayo, large, fast food	257.0	506	12.79	15.07	17.35	40	0.00
849 Chicken fillet (breaded & fried) sandwich, plain, fast food	283.0	526	13.19	15.93	21.50	33	0.00
850 Chicken nuggets, boneless (breaded & fried), plain, fast food	301.0	484	16.98	19.81	14.15	58	0.00
851 Chili con carne, fast food	101.0	398	9.88	3.18	8.71	53	0.00
852 Coleslaw, fast food	148.0	270	1.01	11.11	13.13	5	0.00
853 Ice cream, vanilla, soft serve, cone, fast food	159.0	89	3.88	5.81	23.35	27	0.10
854 Sundae, hot fudge, fast food	180.0	115	3.80	5.72	30.38	13	0.00
855 Fish (breaded & fried) sandwich, tartar sauce, cheese, fast food	286.0	513	11.48	15.85	26.25	37	0.00

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
856 French fries, fast food	342.0	198	4.71	18.90	40.00	0	3.53
857 Hamburger,double, regular, lettuce, tomato, mayo, fast food	268.0	345	14.88	14.88	18.14	48	0.00
858 Hamburger,single,regular,lettuce, tomato, mayo, fast food	257.0	504	11.32	9.43	32.08	28	2.17
859 Hamburger, double, large, lettuce, tomato, mayo, fast food	239.0	350	15.04	11.95	17.70	54	0.00
860 Hamburger, single, large, lettuce, tomato, mayo, fast food	235.0	378	11.93	12.39	18.35	40	0.00
861 Hot dog, plain, fast food	247.0	684	10.20	15.31	18.37	45	0.00
862 Hot dog, chili, fast food	260.0	421	12.28	11.40	27.19	45	0.00
863 Mashed potatoes, fast food	83.0	228	2.50	1.25	16.25	3	0.00
864 Onion rings, breaded, fried, fast food	333.0	518	4.82	19.28	37.35	17	0.00
865 Pizza, cheese, fast food	222.0	533	12.70	4.76	33.33	14	0.00

866 Pizza, pepperoni, fast food	255.0	376	14.08	9.86	28.17	20	0.00
867 Salad, chicken, no dressing, fast food	48.0	96	7.80	0.92	1.83	33	0.00
868 Shake, chocolate, fast food	127.0	97	3.30	3.60	20.42	13	0.81
869 Shake, vanilla, fast food	109.9	81	3.56	2.97	17.84	11	0.39
870 Shrimp, breaded, fried, fast food	277.0	882	11.59	15.24	24.39	122	0.00
871 Sub sandwich, oil & vinegar, cheese, salami, ham, vegetable, fast fo	200.0	724	9.65	8.33	22.37	16	0.00
872 Sub sandwich, roast beef, mayo, vegetable,fast food	190.0	391	13.43	6.02	20.37	34	0.00
873 Sub sandwich, tuna salad, mayo, lettuce, fast food	228.0	505	11.72	10.94	21.48	19	0.00
874 Taco, beef	216.0	469	12.28	12.28	15.79	33	0.00
875 Broccoli-cheese soup, condensed, prep. w. whole milk	87.0	683	2.10	5.30	7.70	4	1.80
876 Cheddar cheese soup, condensed, prep. w. whole milk	92.0	406	3.77	5.80	6.47	19	0.40
877 Clam chowder soup, New England, condensed, prep.	66.0	400	3.63	2.82	6.85	9	0.60
878 Cream of Celery soup, condensed, prep. w. whole milk	66.0	407	2.29	3.91	5.86	13	0.30
879 Cream of chicken soup, condensed, prep. w. whole milk	77.0	422	2.82	4.44	6.05	11	0.08
880 Cream of mushroom soup, condensed, prep. w. whole milk	82.0	370	2.42	5.65	6.05	8	0.20
881 Tomato soup, condensed, prep. w. whole milk	65.0	300	2.42	2.42	8.87	7	1.09
882 Beef broth, bouillon, condensed, prep. w. water	12.0	264	2.07	0.00	0.83	0	0.00
883 Beef noodle soup, condensed, prep. w. water	34.0	390	2.05	1.23	3.69	2	0.29
884 Chicken noodle soup, condensed, prep. w. water	31.0	459	1.66	0.83	3.73	3	0.29
885 Clam chowder soup, Manhattan, condensed, prep. w. water	32.0	237	0.82	0.82	4.92	1	0.61
886 Cream of chicken soup, condensed, prep. w. water	48.0	404	1.23	2.87	3.69	4	0.08
887 Cream of mushroom soup, condensed, prep. w. water	53.0	361	0.82	3.69	3.69	1	0.20
888 Minestrone soup, condensed, prep. w. water	34.0	378	1.66	1.24	4.56	1	0.41
889 Pea soup, condensed, prep. w. water	66.0	367	3.60	1.20	10.80	0	1.12
890 Tomato soup, condensed, prep. w. water	35.0	285	0.82	0.82	6.97	0	0.20
891 Vegetable beef soup, condensed, prep. w. water	32.0	324	2.46	0.82	4.10	2	0.20
892 Vegetable Vegetarian soup, condensed, prep. w. water	30.0	341	0.83	0.83	4.98	0	0.21
893 Chicken noodle soup, ready to serve, chunky	73.0	354	5.42	2.50	7.08	8	1.58
894 Chicken, vegetable soup, ready to serve, chunky	69.0	445	5.00	2.08	7.92	7	0.00
895 Vegetable, beef soup, ready to serve, chunky	51.0	421	1.67	1.67	7.92	0	0.50
896 Chicken broth, ready to serve, low fat, low salt	7.0	231	1.25	0.00	0.42	0	0.00
897 Chicken noodle soup, ready to serve, low fat, low salt	32.0	194	2.53	0.84	3.80	8	0.51
898 Chicken, rice, vegetable soup, ready to serve, low fat, low salt	37.0	192	2.51	0.42	5.02	7	0.29

	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
899 Clam chowder, New England, ready to serve, low fat, low salt	48.0	217	2.05	0.82	8.20	2	0.49
900 Lentil soup, ready to serve, low fat, low salt	52.0	183	3.31	0.83	8.26	0	2.31
901 Minestrone soup, ready to serve, low fat, low salt	51.0	195	2.07	1.24	8.30	0	0.50
902 Vegetable soup, ready to serve, low fat, low salt	34.0	196	1.68	0.42	5.46	2	0.59
903 Beef bouillon, dry mix, unprepared	233.0	16981	16.67	16.67	16.67	17	0.00
904 Onion soup, dry mix, unprepared	295.0	8956	12.82	5.13	53.85	5	10.51
905 Ramen noodle soup, chicken flavor, dry mix, unprepared	463.0	2240	8.70	22.00	57.50	5	0.00
906 Chicken noodle soup, dry mix, prep. w. water	23.0	229	0.79	0.40	3.57	4	0.12
907 Onion soup, dry mix, prep. w. water	11.0	345	0.41	0.41	2.03	0	0.41
908 Beef stock, home prepared	13.0	198	2.08	0.00	1.25	0	0.00
909 Chicken stock, home prepared	36.0	143	2.50	1.25	3.33	3	0.00
910 Fish stock, home prepared	17.0	156	2.15	0.86	0.00	1	0.00
911 Barbecue sauce	75.0	813	0.00	0.00	12.50	0	1.25
912 Cheese sauce, ready to serve	175.0	829	6.35	12.70	6.35	29	0.48
913 Enchilada sauce, ready to serve	33.0	658	0.32	1.45	4.62	0	0.70
914 Nacho cheese sauce, ready to serve	189.0	781	7.94	15.87	4.76	32	0.79
915 Salsa	25.0	431	0.00	0.00	6.25	0	1.88
916 Soy sauce	56.0	5444	6.25	0.00	6.25	0	0.63
917 Spaghetti sauce	57.0	412	1.60	2.00	8.40	0	1.60
918 Sweet 'n sour sauce	50.0	5	0.00	0.00	13.00	0	0.00
919 Teriyaki sauce	83.0	3833	5.56	0.00	16.67	0	0.00
920 Worcestershire sauce	65.0	982	0.00	0.00	17.65	0	0.00
921 Beef gravy, canned	53.0	560	3.45	1.72	5.17	3	0.34
922 Chicken gravy, canned	78.0	577	1.67	5.00	5.00	2	0.33
923 Mushroom gravy, canned	50.0	570	1.67	3.33	5.00	0	0.33
924 Turkey gravy, canned	52.0	577	3.33	1.67	5.00	2	0.33
925 Bacon bits	443.0	1771	28.57	28.57	28.57	0	10.00
926 Baking powder, sodium aluminium sulfate	40.0	9760	0.00	0.00	20.00	0	0.00
927 Shortening, all purpose	884.0	0	0.00	100.00	0.00	0	0.00
928 Sub sandwich, cold cuts	200.0	724	9.58	8.17	22.39	16	4.00
929 Baking soda	0.0	25181	0.00	0.00	0.00	0	0.00
930 Ketchup	104.0	1186	1.67	0.42	27.10	0	1.29

931 Celery seed	400.0	150	0.00	50.00	50.00	0	10.00
932 Chili powder	267.0	867	0.00	0.00	33.33	0	30.00
933 Chocolate, baking, unsweetened, solid	529.0	14	10.75	57.14	28.57	0	15.71
934 Chocolate, baking, unsweetened, liquid	479.0	11	10.75	50.00	35.71	0	18.21
935 Cinnamon	300.0	50	0.00	0.00	99.99	0	60.00
936 Cocoa powder, unsweetened	229.0	21	19.77	13.90	54.65	0	33.26
937 Beef, ground, crumbles, 80%, cooked, pan-browned	272.0	91	27.00	17.36	0.00	89	0.00
938 Beef, ground, crumbles, 85%, cooked, pan-browned	256.0	89	27.73	15.30	0.00	90	0.00
939 Beef, ground, crumbles, 75%, cooked, pan-browned	277.0	93	26.28	18.21	0.00	89	0.00
940 Horseradish, prepared	40.0	320	0.00	0.00	20.00	0	4.00
941 French fried onions	629.0	857	0.00	50.00	42.90	0	0.00
942 Mustard, prepared, yellow	60.0	1120	0.00	0.00	0.00	0	4.00
943 Nutella hazelnut spread	541.0	41	5.40	29.70	62.20	0	5.40
944 Guacamole	140.0	270	2.00	16.00	8.00	0	5.00
945 Clementines	47.0	1	0.85	0.15	12.02	0	1.70
946 String cheese	158.0	630	28.00	18.00	4.00	53	0.00
947 Whipped cream topping, pressurized	257.0	130	3.33	21.67	11.67	77	0.00
948 Vanilla extract	300.0	0	0.00	0.00	25.00	0	0.00
949 Vinegar, cider	13.0	0	0.00	0.00	6.70	0	0.00

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	CAL	SOD	PROT	FAT	CARB	CHOL	FIBR
		mg	g	g	g	mg	g
950 Vinegar, distilled	12.0	0	0.00	0.00	5.88	0	0.00
951 Yeast, dry, active	300.0	57	42.86	0.00	42.86	0	21.45
952 Jicama, raw	38.0	4	0.72	0.09	8.82	0	4.90
953 Beer, regular	41.0	5	0.25	0.00	3.66	0	0.20
954 Beer, light	28.0	3	0.28	0.00	1.39	0	0.00
955 Gin, rum, shooters, tequila, vodka, whisky (80 proof)	231.0	0	0.00	0.00	0.00	0	0.00
956 Liqueur (53 proof)	337.0	8	0.10	0.30	46.80	0	0.00
957 Wine, red	72.0	5	0.00	0.00	1.92	0	0.00
958 Wine, rose/blush	71.0	5	0.20	0.00	1.40	0	0.00
959 Wine, white	68.0	5	0.00	0.00	0.97	0	0.00
960 Cola	41.0	4	0.00	0.00	10.26	0	0.00
961 Cola, diet	1.0	6	0.10	0.00	0.10	0	0.00

962 Ginger ale	34.0	7	0.00	0.00	8.74	0	0.00
963 Grape soda	43.0	15	0.00	0.00	11.25	0	0.00
964 Lemon lime soda	40.0	11	0.00	0.00	10.33	0	0.00
965 Sweet & sour chicken, canned	65.0	222	2.30	0.70	12.50	9	2.00
966 Plantains, cooked	116.0	5	0.79	0.18	31.15	0	2.30
967 Orange soda	48.0	12	0.00	0.00	12.37	0	0.00
968 Root beer soda	41.0	13	0.00	0.00	10.56	0	0.00
969 Chocolate powder mix	341.0	205	4.55	4.55	90.80	0	5.91
970 Coffee, brewed	2.0	2	0.00	0.00	0.56	0	0.00
971 Coffee, espresso	8.0	13	0.00	0.00	1.69	0	0.00
972 Blueberry pie filling, canned	181	12	0.41	0.2	44.38	0	2.6
973 Apple juice, bottled or canned	47.0	3	0.00	0.00	11.69	0	0.08
974 Apple juice, concentrate, frozen, undiluted	166.0	25	0.51	0.37	41.00	0	0.40
975 Apple juice, frozen, concentrate, diluted	47.0	7	0.14	0.10	11.54	0	0.10
976 Grapefruit juice, pink or white, fresh	39.0	1	0.40	0.00	9.30	0	0.08
977 Baked beans, with franks, canned	142	430	6.75	6.57	15.39	6	6.9
978 Grapefruit juice, canned, unsweetened	38.0	1	0.40	0.00	8.95	0	0.08
979 Grapefruit juice, canned, sweetened	46.0	2	0.40	0.00	11.20	0	0.13
980 Grapefruit juice, concentrate, frozen, unsweetened, undiluted	146.0	3	1.93	0.48	34.85	0	0.41
981 Grapefruit juice, concentrate, frozen, unsweetened, diluted	41.0	1	0.40	0.00	3.75	0	0.08
982 Grape juice, canned or bottled	61.0	3	0.40	0.00	15.05	0	0.12
983 Grape juice, concentrate, frozen, sweetened, undiluted	179.0	7	0.46	0.46	44.44	0	0.28
984 Grape juice, concentrate, frozen, sweetened, diluted	51.0	2	0.00	0.00	12.80	0	0.12
985 Orange juice, all varieties, fresh	45.0	1	0.81	0.00	10.50	0	0.20
986 Orange juice, canned, unsweetened	42.0	2	0.40	0.00	10.10	0	0.20
987 Apple Pie Filling	101	44	0.1	0.1	26.2	0	1
988 Orange juice, undiluted	159.0	3	2.40	0.00	38.03	0	0.80
989 Orange juice, diluted	45.0	1	0.80	0.00	10.84	0	0.20
990 Cranberry juice cocktail	57.0	2	0.00	0.00	14.23	0	0.12
991 Fruit punch drink	47.0	22	0.00	0.00	11.90	0	0.10
992 Grape drink	45.0	6	0.00	0.00	11.60	0	0.00
993 Lemonade, concentrate, frozen prepared	40.0	3	0.00	0.00	10.48	0	0.08
994 Lemonade, powder, prepared regular with water	42.0	7	0.00	0.00	10.90	0	0.00
995 Almonds Nuts	607	339	21.23	55.17	17.68	0	10.5

996 Herb tea	1.0	1	0.00	0.00	0.00	0	0.00
997 Tea, instant, powder, prepared, unsweetened	1.0	3	0.00	0.00	0.00	0	0.00
998 Tea, lemon flavor, sweetened	34.0	3	0.00	0.00	8.49	0	0.00
999 Tea, lemon flavor, sweetened with sweetener	2.0	10	0.00	0.00	0.42	0	0.00