

EAT & Be Lean ®

# Fat Gram Food Chart

SORTED BY FOOD NAME

**A B C D E F G H I J K L M N O P Q R S T U V W X Y Z**

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
1000 ISLAND, SALAD DRSNG, LOCAL 1 TBSP	2	25	2	0	2	15	0.2
1000 ISLAND, SALAD DRSNG, REGLR 1 TBSP	6	60	2	0	4	16	1
100% NATURAL CEREAL 1 OZ	6	135	18	3	0	28.35	4.1
40% BRAN FLAKES, KELLOGG'S 1 OZ	1	90	22	4	0	28.35	0.1
40% BRAN FLAKES, POST 1 OZ	0	90	22	3	0	28.35	0.1

## A

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
ALFALFA SEEDS, SPROUTED, RAW 1 CUP	0	10	1	1	0	33	0
ALL-BRAN CEREAL 1 OZ	1	70	21	4	0	28.35	0.1
ALMONDS, SLIVERED 1 CUP	70	795	28	27	0	135	6.7
ALMONDS, WHOLE 1 OZ	15	165	6	6	0	28.35	1.4
ANGELFOOD CAKE, FROM MIX 1 CAKE	2	1510	342	38	0	635	0.4
ANGELFOOD CAKE, FROM MIX 1 PIECE	0	125	29	3	0	53	0
APPLE JUICE, CANNED 1 CUP	0	115	29	0	0	248	0
APPLE PIE 1 PIE	105	2420	360	21	0	945	27.4
APPLE PIE 1 PIECE	18	405	60	3	0	158	4.6
APPLESAUCE, CANNED, SWEETENED 1 CUP	0	195	51	0	0	255	0.1
APPLESAUCE, CANNED, UNSWEETENED 1 CUP	0	105	28	0	0	244	0
APPLES, DRIED, SULFURED 10 RINGS	0	155	42	1	0	64	0
APPLES, RAW, PEELED, SLICED 1 CUP	0	65	16	0	0	110	0.1
APPLES, RAW, UNPEELED, 2 PER LB. 1 APPLE	1	125	32	0	0	212	0.1
APPLES, RAW, UNPEELED, 3 PER LB. 1 APPLE	0	80	21	0	0	138	0.1
APRICOT NECTAR, NO ADDED VIT C, 1 CUP	0	140	36	1	0	251	0
APRICOTS, CANNED, JUICE PACK 1 CUP	0	120	31	2	0	248	0
APRICOTS, CANNED, JUICE PACK 3 HALVES	0	40	10	1	0	84	0
APRICOTS, DRIED, COOKED, UNSWTN, 1 CUP	0	210	55	3	0	250	0
APRICOTS, DRIED, UNCOOKED 1 CUP	1	310	80	5	0	130	0
APRICOTS, RAW 3 APRICOTS	0	50	12	1	0	106	0
APRICOT, CANNED, HEAVY SYRUP 1 CUP	0	215	55	1	0	258	0
APRICOT, CANNED, HEAVY SYRUP 3 HALVES	0	70	18	0	0	85	0
ARTICHOKES, GLOBE, COOKED, DRN 1 ARTCHK	0	55	12	3	0	120	0
ASPARAGUS, CKD FRM FRZ, DRN, CUT 1 CUP	1	50	9	5	0	180	0.2
ASPARAGUS, CKD FRM FRZ, DR, SPER 4 SPEARS	0	15	3	2	0	60	0.1
ASPARAGUS, CKD FRM RAW, DR, CUT 1 CUP	1	45	8	5	0	180	0.1
ASPARAGUS, CKD FRM RAW, DR, SPER 4 SPEARS	0	15	3	2	0	60	0
ASPARAGUS, CANNED, Spears, NOSALT 4 SPEARS	0	10	2	1	0	80	0
ASPARAGUS, CANNED, SPEARS, W/SALT 4 SPEARS	0	10	2	1	0	80	0
AVOCADOS, CALIFORNIA 1 AVOCADO	30	305	12	4	0	173	4.5
AVOCADOS, FLORIDA 1 AVOCADO	27	340	27	5	0	30	45.3

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## B

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
BAGELS, EGG 1 BAGEL	2	200	38	7	44	68	0.3
BAGELS, PLAIN 1 BAGEL	2	200	38	7	0	68	0.3
BAKING POWDER, STRGHT PHOSPHAT 1 TSP	0	5	1	0	0	3.8	0
BAKING POWDER, SAS, CA PO4 1 TSP	0	5	1	0	0	3	0
BAKING POWDER, SAS, CAPO4+CASO4 1 TSP	0	5	1	0	0	2.9	0
BAKING PWDR BISCUITS, FROM MIX 1 BISCUIT	3	95	14	2	0	28	0.8
BAKING PWDR BISCUITS, HOMERECPE 1 BISCUIT	5	100	13	2	0	28	1.2
BAKING PWDR BISCUITS, REFRGDOGH 1 BISCUIT	2	65	10	1	1	20	0.6
BAMBOO SHOOTS, CANNED, DRAINED 1 CUP	1	25	4	2	0	131	0.1
BANANAS 1 BANANA	1	105	27	1	0	114	0.2
BANANAS, SLICED 1 CUP	1	140	35	2	0	150	0.3
BARBECUE SAUCE 1 TBSP	0	10	2	0	0	16	0
BARLEY, PEARLED, LIGHT, UNCOOKD 1 CUP	2	700	158	16	0	200	0.3
BEAN SPROUTS, MUNG, COOKD, DRAN 1 CUP	0	25	5	3	0	124	0
BEAN SPROUTS, MUNG, RAW 1 CUP	0	30	6	3	0	104	0
BEAN WITH BACON SOUP, CANNED 1 CUP	6	170	23	8	3	253	1.5
BEANS, DRY, CANNED, W/FRANKFURTER 1 CUP	18	365	32	19	30	255	7.4

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
BEANS, DRY, CANNED, W/PORK+SWTSC 1 CUP	12	385	54	16	10	255	4.3
BEANS, DRY, CANNED, W/PORK+TOMSCE 1 CUP	7	310	48	16	10	255	2.4
BEEF AND VEGETABLE STEW, HM RCP 1 CUP	11	220	15	16	71	245	4.4
BEEF BROTH, BOULLN, CONSM, CNND 1 CUP	1	15	0	3	0	240	0.3
BEEF GRAVY, CANNED 1 CUP	5	125	11	9	7	233	2.7
BEEF HEART, BRAISED 3 OZ	5	150	0	24	164	85	1.2
BEEF LIVER, FRIED 3 OZ	7	185	7	23	410	85	2.5
BEEF NOODLE SOUP, CANNED 1 CUP	3	85	9	5	5	244	1.1
BEEF POTPIE, HOME RECIPE 1 PIECE	30	515	39	21	42	210	7.9
BEEF ROAST, EYE O RND, LEAN 2.6 OZ	5	135	0	22	52	75	1.9
BEEF ROAST, EYE O RND, LEAN+FAT 3 OZ	12	205	0	23	62	85	4.9
BEEF ROAST, RIB, LEAN ONLY 2.2 OZ	9	150	0	17	49	61	3.6
BEEF ROAST, RIB, LEAN + FAT 3 OZ	26	315	0	19	72	85	10.8
BEEF STEAK, SIRLOIN, BROIL, LEAN 2.5 OZ	6	150	0	22	64	72	2.6
BEEF STEAK, SIRLOIN, BROIL, LEAN+FAT 3 OZ	15	240	0	23	77	85	6.4
BEEF, CANNED, CORNED 3 OZ	10	185	0	22	80	85	4.2
BEEF, CKD, BTM ROUND, LEAN ONLY 2.8 OZ	8	175	0	25	75	78	2.7
BEEF, CKD, BTM ROUND, LEAN+ FAT 3 OZ	13	220	0	25	81	85	4.8
BEEF, CKD, CHUCK BLADE, LEAN ONLY 2.2 OZ	9	170	0	19	66	62	3.9
BEEF, CKD, CHUCK BLADE, LEAN+FAT 3 OZ	26	325	0	22	87	85	10.8
BEEF, DRIED, CHIPPED 2.5 OZ	4	145	0	24	46	72	1.8
BEET GREENS, COOKED, DRAINED 1 CUP	0	40	8	4	0	144	0
BEETS, CANNED, DRAINED, NO SALT 1 CUP	0	55	12	2	0	170	0
BEETS, CANNED, DRAINED, W/ SALT 1 CUP	0	55	12	2	0	170	0
BEETS, COOKED, DRAINED, DICED 1 CUP	0	55	11	2	0	170	0
BEETS, COOKED, DRAINED, WHOLE 2 BEETS	0	30	7	1	0	100	0
BLACK-EYED PEAS, DRY, COOKED 1 CUP	1	190	35	13	0	250	0.2
BLACK BEANS, DRY, COOKED, DRAND 1 CUP	1	225	41	15	0	171	0.1
BLACKBERRIES, RAW 1 CUP	1	75	18	1	0	144	0.2
BLACK EYE PEAS, IMMATR, RAW, CKED 1 CUP	1	180	30	13	0	165	0.3
BLACK EYE PEAS, IMMTR, FRZN, CKED 1 CUP	1	225	40	14	0	170	0.3
BLUE CHEESE 1 OZ	8	100	1	6	21	28.35	5.3
BLUE CHEESE SALAD DRESSING 1 TBSP	8	75	1	1	3	15	1.5
BLUEBERRIES, FROZEN, SWEETENED 1 CUP	0	185	50	1	0	230	0
BLUEBERRIES, FROZEN, SWEETENED 10 OZ	0	230	62	1	0	284	0
BLUEBERRIES, RAW 1 CUP	1	80	20	1	0	145	0
BLUEBERRY MUFFINS, HOME RECIPE 1 MUFFIN	5	135	20	3	19	45	1.5
BLUEBERRY MUFFINS, FROM COM MIX 1 MUFFIN	5	140	22	3	45	45	1.4
BLUEBERRY PIE 1 PIE	102	2285	330	23	0	945	25.5
BLUEBERRY PIE 1 PIECE	17	380	55	4	0	158	4.3

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
BOLOGNA 2 SLICES	16	180	2	7	31	57	6.1
BOSTON BROWN BREAD,W/WHTECRNM 1 SLICE	1	95	21	2	3	45	0.3
BOSTON BROWN BREAD,W/YLLWCRNML 1 SLICE	1	95	21	2	3	45	0.3
BOUILLON, DEHYDRTD, UNPREPARED 1 PKT	1	15	1	1	1	6	0.3
BRAN MUFFINS, FROM COMMERL MIX 1 MUFFIN	4	140	24	3	28	45	1.3
BRAN MUFFINS, HOME RECIPE 1 MUFFIN	6	125	19	3	24	45	1.4
BRAUNSCHWEIGER 2 SLICES	18	205	2	8	89	57	6.2
BRAZIL NUTS 1 OZ	19	185	4	4	0	28.35	4.6
BREAD STUFFING,FROM MX,DRYTYPE 1 CUP	31	500	50	9	0	140	6.1
BREAD STUFFING,FROM MX,MOIST 1 CUP	26	420	40	9	67	203	5.3
BREADCRUMBS, DRY, GRATED 1 CUP	5	390	73	13	5	100	1.5
BROCCOLI, FRZN, COOKED, DRANED 1 CUP	0	50	10	6	0	185	0
BROCCOLI, FRZN, COOKED, DRANED 1 PIECE	0	10	2	1	0	30	0
BROCCOLI, RAW 1 SPEAR	1	40	8	4	0	151	0.1
BROCCOLI, RAW, COOKED, DRAINED 1 CUP	0	45	9	5	0	155	0.1
BROCCOLI, RAW, COOKED, DRAINED 1 SPEAR	1	50	10	5	0	180	0.1
BROWN AND SERVE SAUSAGE,BRWND 1 LINK	5	50	0	2	9	13	1.7
BROWN GRAVY FROM DRY MIX 1 CUP	2	80	14	3	2	261	0.9
BROWNIES W/ NUTS,FRM HOME RECP 1 BROWNIE	6	95	11	1	18	20	1.4
BROWNIES W/ NUTS,FRSTNG,CMRCL 1 BROWNIE	4	100	16	1	14	25	1.6
BRUSSELS SPROUTS, FRZN, COOKED 1 CUP	1	65	13	6	0	155	0.1
BRUSSELS SPROUTS, RAW, COOKED 1 CUP	1	60	13	4	0	155	0.2
BUCKWHEAT FLOUR, LIGHT, SIFTED 1 CUP	1	340	78	6	0	98	0.2
BULGUR, UNCOOKED 1 CUP	3	600	129	19	0	170	1.2
BUTTERMILK, DRIED 1 CUP	7	465	59	41	83	120	4.3
BUTTERMILK, FLUID 1 CUP	2	100	12	8	9	245	1.3
BUTTER, SALTED 1 PAT	4	35	0	0	11	5	2.5
BUTTER, SALTED 1 TBSP	11	100	0	0	31	14	7.1
BUTTER, SALTED 1/2 CUP	92	810	0	1	247	113	57.1
BUTTER, UNSALTED 1 PAT	4	35	0	0	11	5	2.5
BUTTER, UNSALTED 1 TBSP	11	100	0	0	31	14	7.1
BUTTER, UNSALTED 1/2 CUP	92	810	0	1	247	113	57.1

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## C

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
CABBAGE, CHINESE, PAK-CHOI,CKD 1 CUP	0	20	3	3	0	170	0
CABBAGE, CHINESE,PE-TSAI, RAW 1 CUP	0	10	2	1	0	76	0
CABBAGE, COMMON, COOKED, DRND 1 CUP	0	30	7	1	0	150	0
CABBAGE, COMMON, RAW 1 CUP	0	15	4	1	0	70	0
CABBAGE, RED, RAW 1 CUP	0	20	4	1	0	70	0
CABBAGE, SAVOY, RAW 1 CUP	0	20	4	1	0	70	0
CAKE OR PASTRY FLOUR, SIFTED 1 CUP	1	350	76	7	0	96	0.1
CAMEMBERT CHEESE 1 WEDGE	9	115	0	8	27	38	5.8
CANTALOUPE, RAW 1/2 MELON	1	95	22	2	0	267	0.1
CAP'N CRUNCH CEREAL 1 OZ	3	120	23	1	0	28.35	1.7
CARAMELS, PLAIN OR CHOCOLATE 1 OZ	3	115	22	1	1	28.35	2.2
CAROB FLOUR 1 CUP	0	255	126	6	0	140	0
CARROT CAKE,CREMCHES FRST,REC 1 CAKE	328	6175	775	63	1183	1536	66
CARROT CAKE,CREMCHES FRST,REC 1 PIECE	21	385	48	4	74	96	4.1
CARROTS, CANNED, DRN, W/ SALT 1 CUP	0	35	8	1	0	146	0.1
CARROTS, CANNED,DRND, W/O SALT 1 CUP	0	35	8	1	0	146	0.1
CARROTS, COOKED FROM FROZEN 1 CUP	0	55	12	2	0	146	0
CARROTS, COOKED FROM RAW 1 CUP	0	70	16	2	0	156	0.1
CARROTS, RAW, GRATED 1 CUP	0	45	11	1	0	110	0
CARROTS, RAW, WHOLE 1 CARROT	0	30	7	1	0	72	0
CASHEW NUTS, DRY ROASTD,SALTED 1 OZ	13	165	9	4	0	28.35	2.6
CASHEW NUTS, DRY ROASTD,UNSALT 1 CUP	63	785	45	21	0	137	12.5
CASHEW NUTS, DRY ROASTD,UNSALT 1 OZ	13	165	9	4	0	28.35	2.6
CASHEW NUTS, DRY ROASTED,SALTD 1 CUP	63	785	45	21	0	137	12.5
CASHEW NUTS, OIL ROASTD,SALTED 1 CUP	63	750	37	21	0	130	12.4
CASHEW NUTS, OIL ROASTD,SALTED 1 OZ	14	165	8	5	0	28.35	2.7
CASHEW NUTS, OIL ROASTD,UNSALT 1 CUP	63	750	37	21	0	130	12.4
CASHEW NUTS, OIL ROASTD,UNSALT 1 OZ	14	165	8	5	0	28.35	2.7
CATSUP 1 CUP	1	290	69	5	0	273	0.2
CATSUP 1 TBSP	0	15	4	0	0	15	0
CAULIFLOWER, COOKED FROM FROZN 1 CUP	0	35	7	3	0	180	0.1
CAULIFLOWER, COOKED FROM RAW 1 CUP	0	30	6	2	0	125	0
CAULIFLOWER, RAW 1 CUP	0	25	5	2	0	100	0

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Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
CELERY SEED 1 TSP	1	10	1	0	0	2	0
CELERY, PASCAL TYPE, RAW,PIECE 1 CUP	0	20	4	1	0	120	0
CELERY, PASCAL TYPE, RAW,STALK 1 STALK	0	5	1	0	0	40	0
CHEDDAR CHEESE 1 CU IN	6	70	0	4	18	17	3.6
CHEDDAR CHEESE 1 OZ	9	115	0	7	30	28.35	6
CHEDDDAR CHEESE, SHREDDED 1 CUP	37	455	1	28	119	113	23.8
CHEERIOS CEREAL 1 OZ	2	110	20	4	0	28.35	0.3
CHEESE CRACKERS, PLAIN 10 CRACKERS	3	50	6	1	6	10	0.9
CHEESE CRACKERS, SANDWICH, Peanut 1 SANDWICH	2	40	5	1	1	8	0.4
CHEESE SAUCE W/ MILK, FRM MIX 1 CUP	17	305	23	16	53	279	9.3
CHEESEBURGER, 4 OZ PATTY 1 SANDWICH	31	525	40	30	104	194	15.1
CHEESEBURGER, REGULAR 1 SANDWICH	15	300	28	15	44	112	7.
CHEESECAKE 1 CAKE	213	3350	317	60	2053	1110	119.9
CHEESECAKE 1 PIECE	18	280	26	5	170	92	9.9
CHERRIES, SOUR, RED,CANNED, WATER 1 CUP	0	90	22	2	0	244	0.1
CHERRIES, SWEET, RAW 10 CHERRIES	1	50	11	1	0	68	0.1
CHERRY PIE 1 PIE	107	2465	363	25	0	945	28.4
CHERRY PIE 1 PIECE	18	410	61	4	0	158	4.7
CHESTNUTS, EUROPEAN, ROASTED 1 CUP	3	350	76	5	0	143	0.6
CHICKEN A LA KING, HOME RECIPE 1 CUP	34	470	12	27	221	245	12.9
CHICKEN AND NOODLES, HOME RECP 1 CUP	18	365	26	22	103	240	5.1
CHICKEN CHOW MEIN, CANNED 1 CUP	0	95	18	7	8	250	0.1
CHICKEN CHOW MEIN, HOME RECIPE 1 CUP	10	255	10	31	75	250	4.1
CHICKEN FRANKFURTER 1 FRANK	9	115	3	6	45	45	2.5
CHICKEN GRAVY FROM DRY MIX 1 CUP	2	85	14	3	3	260	0.5
CHICKEN GRAVY, CANNED 1 CUP	14	190	13	5	5	238	3.4
CHICKEN LIVER, COOKED 1 LIVER	1	30	0	5	126	20	0.4
CHICKEN NOODLE SOUP, CANNED 1 CUP	2	75	9	4	7	241	0.7
CHICKEN NOODLE SOUP,DEHYD,PRPD 1 PKT	1	40	6	2	2	188	0.2
CHICKEN POTPIE, HOME RECIPE 1 PIECE	31	545	42	23	56	232	10.3
CHICKEN RICE SOUP, CANNED 1 CUP	2	60	7	4	7	241	0.5
CHICKEN ROLL, LIGHT 2 SLICES	4	90	1	11	28	57	1.1
CHICKEN, CANNED, BONELESS 5 OZ	11	235	0	31	88	142	3.1
CHICKEN, FRIED, BATTER, BREAST 4.9 OZ	18	365	13	35	119	140	4.9

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Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
CHICKEN, FRIED, BATTER, DRUMSTICK 2.5 OZ	11	195	6	16	62	72	3
CHICKEN, FRIED, FLOUR, BREAST 3.5 OZ	9	220	2	31	87	98	2.4
CHICKEN, FRIED, FLOUR, DRUMSTICK 1.7 OZ	7	120	1	13	44	49	1.8
CHICKEN, ROASTED, BREAST 3.0 OZ	3	140	0	27	73	86	0.9
CHICKEN, ROASTED, DRUMSTICK 1.6 OZ	2	75	0	12	41	44	0.7
CHICKEN, STEWED, LIGHT + DARK 1 CUP	9	250	0	38	116	140	2.6
CHICKPEAS, COOKED, DRAINED 1 CUP	4	270	45	15	0	163	0.4
CHILI CON CARNE W/ BEANS, CNND 1 CUP	16	340	31	19	28	255	5.8
CHILI POWDER 1 TSP	0	10	1	0	0	2.6	0.1
CHOCOLATE CHIP COOKIES, COMMERCIAL 4 COOKIE	9	180	28	2	5	42	2.9
CHOCOLATE CHIP COOKIES, HOME RCP 4 COOKIE	11	185	26	2	18	40	3.9
CHOCOLATE CHIP COOKIES, REFRIG 4 COOKIE	11	225	32	2	22	48	4
CHOCOLATE MILK, LOWFAT 1% 1 CUP	3	160	26	8	7	250	1.5
CHOCOLATE MILK, LOWFAT 2% 1 CUP	5	180	26	8	17	250	3.1
CHOCOLATE MILK, REGULAR 1 CUP	8	210	26	8	31	250	5.3
CHOCOLATE, BITTER OT BAKING 1 OZ	15	145	8	3	0	28.35	9
CHOP SUEY W/ BEEF + PORK, HMRCP 1 CUP	17	300	13	26	68	250	4.3
CINNAMON 1 TSP	0	5	2	0	0	2.3	0
CLAM CHOWDER, MANHATTAN, CANNED 1 CUP	2	80	12	4	2	244	0.4
CLAM CHOWDER, NEW ENG, W/ MILK 1 CUP	7	165	17	9	22	248	3
CLAMS, CANNED, DRAINED 3 OZ	2	85	2	13	54	85	0.5
CLAMS, RAW 3 OZ	1	65	2	11	43	85	0.3
CLUB SODA 12 FL OZ	0	0	0	0	0	355	0
COCA POWDR W/O NOFAT DRYMLK, PRD 1 SERVING	9	225	30	9	33	265	5.4
COCA POWDR W/O NONFAT DRY MILK 3/4 OZ	1	75	19	1	0	21	0.3
COCOA POWDR WITH NONFAT DRYMILK 1 OZ	1	100	22	3	1	28.35	0.6
COCOA POWDR W/ NOFAT DRMLK, PRPD 1 SERVING	1	100	22	3	1	206	0.6
COCONUT, DRIED, SWEETEND, SHREDD 1 CUP	33	470	44	3	0	93	29.3
COCONUT, RAW, PIECE 1 PIECE	15	160	7	1	0	45	13.4
COCONUT, RAW, SHREDDED 1 CUP	27	285	12	3	0	80	23.8
COFFEECAKE, CRUMB, FROM MIX 1 CAKE	41	1385	225	27	279	430	11.8
COFFEECAKE, CRUMB, FROM MIX 1 PIECE	7	230	38	5	47	72	2
COFFEE, BREWED 6 FL OZ	0	0	0	0	0	180	0
COFFEE, INSTANT, PREPARED 6 FL OZ	0	0	1	0	0	182	0
COLA, DIET, ASPARTAME ONLY 12 FL OZ	0	0	0	0	0	355	0
COLA, DIET, ASPARTAME + SACCHARIN 12 FL OZ	0	0	0	0	0	355	0
COLA, DIET, SACCHARIN ONLY 12 FL OZ	0	0	0	0	0	355	0

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Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
COLA, REGULAR 12 FL OZ	0	160	41	0	0	369	0
COLLARDS, COOKED FROM FROZEN 1 CUP	1	60	12	5	0	170	0.1
COLLARDS, COOKED FROM RAW 1 CUP	0	25	5	2	0	190	0.1
COOKED SALAD DRSSING, HOME RCP 1 TBSP	2	25	2	1	9	16	0.5
CORN CHIPS 1 OZ	9	155	16	2	0	28.35	1.4
CORN FLAKES, KELLOGG'S 1 OZ	0	110	24	2	0	28.35	0
CORN FLAKES, TOASTIES 1 OZ	0	110	24	2	0	28.35	0
CORN GRITS, COOKED, INSTANT 1 PKT	0	80	18	2	0	137	0
CORN GRITS, CKD, REG, WHITE, NOSALT 1 CUP	0	145	31	3	0	242	0
CORN GRITS, CKD, REG, WHITE, W/SALT 1 CUP	0	145	31	3	0	242	0
CORN GRITS, CKD, REG, YLLW, NOSALT 1 CUP	0	145	31	3	0	242	0
CORN GRITS, CKD, REG, YLLW, W/SALT 1 CUP	0	145	31	3	0	242	0
CORN MUFFINS, FROM COMMERCIAL MIX 1 MUFFIN	6	145	22	3	42	45	1.7
CORN MUFFINS, HOME RECIPE 1 MUFFIN	5	145	21	3	23	45	1.5
CORN OIL 1 CUP	218	1925	0	0	0	218	27.7
CORN OIL 1 TBSP	14	125	0	0	0	14	1.8
CORNMEAL, BOLTED, DRY FORM 1 CUP	4	440	91	11	0	122	0.5
CORNMEAL, DEGERMED, ENRICHED, COOK 1 CUP	0	120	26	3	0	240	0
CORNMEAL, DEGERMED, ENRICHED, DRY 1 CUP	2	500	108	11	0	138	0.2
CORNMEAL, WHOLE-GRND, UNBOLT, DRY 1 CUP	5	435	90	11	0	122	0.5
CORN, CNND, CRM STL, WHIT, NO SAL 1 CUP	1	185	46	4	0	256	0.2
CORN, CNND, CRM STL, WHIT, W/SALT 1 CUP	1	185	46	4	0	256	0.2
CORN, CNND, CRM STL, YLLW, NO SAL 1 CUP	1	185	46	4	0	256	0.2
CORN, CNND, CRM STL, YLLW, W/SALT 1 CUP	1	185	46	4	0	256	0.2
CORN, COOKED FRM FROZN, WHITE 1 CUP	0	135	34	5	0	165	0
CORN, COOKED FRM FROZN, WHITE 1 EAR	0	60	14	2	0	63	0.1
CORN, COOKED FRM FROZN, YELLOW 1 CUP	0	135	34	5	0	165	0
CORN, COOKED FRM FROZN, YELLOW 1 EAR	0	60	14	2	0	63	0.1
CORN, COOKED FROM RAW, WHITE 1 EAR	1	85	19	3	0	77	0.2
CORN, COOKED FROM RAW, YELLOW 1 EAR	1	85	19	3	0	77	0.2
CORN, CNND, WHL KRNL, WHITE, NO SAL 1 CUP	1	165	41	5	0	210	0.2
CORN, CNND, WHL KRNL, WHITE, W/SALT 1 CUP	1	165	41	5	0	210	0.2
CORN, CNND, WHL KRNL, YLLW, NO SAL 1 CUP	1	165	41	5	0	210	0.2
CORN, CNND, WHL KRNL, YLLW, W/SALT 1 CUP	1	165	41	5	0	210	0.2

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Description of food		Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
COTTAGE CHEESE,CREMD,LRGE CURD	1 CUP	10	235	6	28	34	225	6.4
COTTAGE CHEESE,CREMD,SMLL CURD	1 CUP	9	215	6	26	31	210	6
COTTAGE CHEESE,CREMD,W/FRUIT	1 CUP	8	280	30	22	25	226	4.9
COTTAGE CHEESE,LOWFAT 2%	1 CUP	4	205	8	31	19	226	2.8
COTTAGE CHEESE,UNCREAMED	1 CUP	1	125	3	25	10	145	0.4
CR OF CHICKEN SOUP W/ H2O,CNND	1 CUP	7	115	9	3	10	244	2.1
CR OF CHICKEN SOUP W/ MLK,CNND	1 CUP	11	190	15	7	27	248	4.6
CR OF MUSHROM SOUP W/ H2O,CNND	1 CUP	9	130	9	2	2	244	2.4
CR OF MUSHROM SOUP W/ MLK,CNND	1 CUP	14	205	15	6	20	248	5.1
CRABMEAT, CANNED	1 CUP	3	135	1	23	135	135	0.5
CRACKED-WHEAT BREAD	1 LOAF	16	1190	227	42	0	454	3.1
CRACKED-WHEAT BREAD	1 SLICE	1	65	12	2	0	25	0.2
CRACKED-WHEAT BREAD, TOASTED	1 SLICE	1	65	12	2	0	21	0.2
CRANBERRY JUICE COCKTAL W/VITC	1 CUP	0	145	38	0	0	253	0
CRANBERRY SAUCE, CANNED,SWTND	1 CUP	0	420	108	1	0	277	0
CREAM CHEESE	1 OZ	10	100	1	2	31	28.35	6.2
CREAM OF WHEAT,CKD,MIX N EAT	1 PKT	0	100	21	3	0	142	0
CREME PIE	1 PIE	139	2710	351	20	46	910	90.1
CREME PIE	1 PIECE	23	455	59	3	8	152	15
CRM WHEAT,CKD, QUICK, NO SALT	1 CUP	0	140	29	4	0	244	0.1
CRM WHEAT,CKD,QUICK, W/ SALT	1 CUP	0	140	29	4	0	244	0.1
CRM WHEAT,CKD,REG,INST,NO SALT	1 CUP	0	140	29	4	0	244	0.1
CRM WHEAT,CKD,REG,INST,W/SALT	1 CUP	0	140	29	4	0	244	0.1
CROISSANTS	1 CROISSANT	12	235	27	5	13	57	3.5
CUCUMBER, W/ PEEL	6 SLICES	0	5	1	0	0	28	0
CURRY POWDER	1 TSP	0	5	1	0	0	2	0
CUSTARD PIE	1 PIE	101	1985	213	56	1010	910	33.7
CUSTARD PIE	1 PIECE	17	330	36	9	169	152	5.6
CUSTARD, BAKED	1 CUP	15	305	29	14	278	265	6.8

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## D

Description of food		Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
DANDELION GREENS, COOKED, DRND	1 CUP	1	35	7	2	0	105	0.1
DANISH PASTRY, FRUIT	1 PASTRY	13	235	28	4	56	65	3.9
DANISH PASTRY, PLAIN, NO NUTS	1 OZ	6	110	13	2	24	28.35	1.8
DANISH PASTRY, PLAIN, NO NUTS	1 PASTRY	12	220	26	4	49	57	3.6
DANISH PASTRY, PLAIN, NO NUTS	1 RING	71	1305	152	21	292	340	21.8
DATES	10 DATES	0	230	61	2	0	83	0.1
DATES, CHOPPED	1 CUP	1	490	131	4	0	178	0.3
DEVIL'S FOOD CAKE,CHOCFRST,FMX	1 CAKE	136	3755	645	49	598	1107	55.6
DEVIL'S FOOD CAKE,CHOCFRST,FMX	1 CUPCAKE	4	120	20	2	19	35	1.8
DEVIL'S FOOD CAKE,CHOCFRST,FMX	1 PIECE	8	235	40	3	37	69	3.5
DOUGHNUTS, CAKE TYPE, PLAIN	1 DONUT	12	210	24	3	20	50	2.8
DOUGHNUTS, YEAST-LEAVEND,GLZED	1 DONUT	13	235	26	4	21	60	5.2
DUCK, ROASTED, FLESH ONLY	1/2 DUCK	25	445	0	52	197	221	9.2

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## E

Description of food		Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
EGGNOG	1 CUP	19	340	34	10	149	254	11.3
EGGPLANT, COOKED, STEAMED	1 CUP	0	25	6	1	0	96	0
EGGS, COOKED, FRIED	1 EGG	7	90	1	6	211	46	1.9
EGGS, COOKED, HARD-COOKED	1 EGG	5	75	1	6	213	50	1.6
EGGS, COOKED, POACHED	1 EGG	5	75	1	6	212	50	1.5
EGGS, COOKED, SCRAMBLED/OMELET	1 EGG	7	100	1	7	215	61	2.2
EGGS, RAW, WHITE	1 WHITE	0	15	0	4	0	33	0
EGGS, RAW, WHOLE	1 EGG	5	75	1	6	213	50	1.6
EGGS, RAW, YOLK	1 YOLK	5	60	0	3	213	17	1.6
ENCHILADA	1 ENCHILADA	16	235	24	20	19	230	7.7
ENDIVE, CURLY, RAW	1 CUP	0	10	2	1	0	50	0
ENG MUFFIN, EGG, CHEESE, BACON	1 SANDWICH	18	360	31	18	213	138	8
ENGLISH MUFFINS, PLAIN	1 MUFFIN	1	140	27	5	0	57	0.3
ENGLISH MUFFINS, PLAIN, TOASTD	1 MUFFIN	1	140	27	5	0	50	0.3
EVAPORATED MILK, SKIM, CANNED	1 CUP	1	200	29	19	9	255	0.3
EVAPORATED MILK, WHOLE, CANNED	1 CUP	19	340	25	17	74	252	11.6

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## F

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
FATS, COOKING/VEGETBL SHORTENG 1 CUP	205	1810	0	0	0	205	51.3
FATS, COOKING/VEGETBL SHORTENG 1 TBSP	13	115	0	0	0	13	3.3
FETA CHEESE 1 OZ	6	75	1	4	25	28.35	4.2
FIG BARS 4 COOKIES	4	210	42	2	27	56	1
FIGS, DRIED 10 FIGS	2	475	122	6	0	187	0.4
FILBERTS, (HAZELNUTS) CHOPPED 1 CUP	72	725	18	15	0	115	5.3
FILBERTS, (HAZELNUTS) CHOPPED 1 OZ	18	180	4	4	0	28.35	1.3
FISH SANDWICH, LGE, W/O CHEESE 1 SANDWICH	27	470	41	18	91	170	6.3
FISH SANDWICH, REG, W/ CHEESE 1 SANDWICH	23	420	39	16	56	140	6.3
FISH STICKS, FROZEN, REHEATED 1 STICK	3	70	4	6	26	28	0.8
FLOUNDER OR SOLE, BAKED, BUTTR 3 OZ	6	120	0	16	68	85	3.2
FLOUNDER OR SOLE, BAKED,MARGRN 3 OZ	6	120	0	16	55	85	1.2
FLOUNDER OR SOLE, BAKED,W/OFAT 3 OZ	1	80	0	17	59	85	0.3
FONDANT, UNCOATED 1 OZ	0	105	27	0	0	28.35	0
FRANKFURTER, COOKED 1 FRANK	13	145	1	5	23	45	4.8
FRENCH BREAD 1 SLICE	1	100	18	3	0	35	0.3
FRENCH OR VIENNA BREAD 1 LOAF	18	1270	230	43	0	454	3.8
FRENCH SALAD DRESSING, LOCALOR 1 TBSP	2	25	2	0	0	16	0.2
FRENCH SALAD DRESSING, REGULAR 1 TBSP	9	85	1	0	0	16	1.4
FRENCH TOAST, HOME RECIPE 1 SLICE	7	155	17	6	112	65	1.6
FRIED PIE, APPLE 1 PIE	14	255	31	2	14	85	5.8
FRIED PIE, CHERRY 1 PIE	14	250	32	2	13	85	5.8
FROOT LOOPS CEREAL 1 OZ	1	110	25	2	0	28.35	0.2
FRUIT COCKTAIL,CNND,HEAVYSYRUP 1 CUP	0	185	48	1	0	255	0
FRUIT COCKTAIL,CNND,JUICE PACK 1 CUP	0	115	29	1	0	248	0
FRUIT PUNCH DRINK, CANNED 6 FL OZ	0	85	22	0	0	190	0
FRUITCAKE,DARK, FROM HOMERECIP 1 CAKE	228	5185	783	74	640	1361	47.6
FRUITCAKE,DARK, FROM HOMERECIP 1 PIECE	7	165	25	2	20	43	1.5
FUDGE, CHOCOLATE, PLAIN 1 OZ	3	115	21	1	1	28.35	2.1

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## G

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
GARLIC POWDER 1 TSP	0	10	2	0	0	2.8	0
GELATIN DESSERT, PREPARED 1/2 CUP	0	70	17	2	0	120	0
GELATIN, DRY 1 ENVELOPE	0	25	0	6	0	7	0
GINGER ALE 12 FL OZ	0	125	32	0	0	366	0
GINGERBREAD CAKE, FROM MIX 1 CAKE	39	1575	291	18	6	570	9.6
GINGERBREAD CAKE, FROM MIX 1 PIECE	4	175	32	2	1	63	1.1
GIN,RUM,VODKA,WHISKY 80-PROOF 1.5 F OZ	0	95	0	0	0	42	0
GIN,RUM,VODKA,WHISKY 86-PROOF 1.5 F OZ	0	105	0	0	0	42	0
GIN,RUM,VODKA,WHISKY 90-PROOF 1.5 F OZ	0	110	0	0	0	42	0
GOLDEN GRAHAMS CEREAL 1 OZ	1	110	24	2	0	28.35	0.7
GRAHAM CRACKER, PLAIN 2 CRACKER	1	60	11	1	0	14	0.4
GRAPE-NUTS CEREAL 1 OZ	0	100	23	3	0	28.35	0
GRAPE DRINK, CANNED 6 FL OZ	0	100	26	0	0	187	0
GRAPE JUICE, CANNED 1 CUP	0	155	38	1	0	253	0.1
GRAPE SODA 12 FL OZ	0	180	46	0	0	372	0
GRAPEFRT JCE,FRZN,CNCN,UNSWTEN 6 FL OZ	1	300	72	4	0	207	0.1
GRAPEFRT JCE,FRZN,DLTD,UNSWTEN 1 CUP	0	100	24	1	0	247	0
GRAPEFRUIT JUICE, CANNED,SWTND 1 CUP	0	115	28	1	0	250	0
GRAPEFRUIT JUICE, CANNED,UNSWT 1 CUP	0	95	22	1	0	247	0
GRAPEFRUIT JUICE, RAW 1 CUP	0	95	23	1	0	247	0
GRAPEFRUIT, CANNED, SYRUP PACK 1 CUP	0	150	39	1	0	254	0
GRAPEFRUIT, RAW, PINK 1/2 FRUIT	0	40	10	1	0	120	0
GRAPEFRUIT, RAW, WHITE 1/2 FRUIT	0	40	10	1	0	120	0
GRAPEJCE,FRZN,CONCEN,SWTND,W/C 6 FL OZ	1	385	96	1	0	216	0.2
GRAPEJCE,FRZN,DILUTD,SWTND,W/C 1 CUP	0	125	32	0	0	250	0.1
GRAPES, EUROPEAN, RAW, THOMPSN 10 GRAPES	0	35	9	0	0	50	0.1
GRAPES, EUROPEAN, RAW, TOKAY 10 GRAPES	0	40	10	0	0	57	0.1
GRAVY AND TURKEY, FROZEN 5 OZ	4	95	7	8	26	142	1.2
GREAT NORTHN BEANS,DRY,CKD,DRN 1 CUP	1	210	38	14	0	180	0.1
GROUND BEEF, BROILED, LEAN 3 OZ	16	230	0	21	74	85	6.2
GROUND BEEF, BROILED, REGULAR 3 OZ	18	245	0	20	76	85	6.9
GUM DROPS 1 OZ	0	100	25	0	0	28.35	0

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## H

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
HADDOCK, BREADED, FRIED 3 OZ	9	175	7	17	75	85	2.4
HALF AND HALF, CREAM 1 CUP	28	315	10	7	89	242	17.3
HALF AND HALF, CREAM 1 TBSP	2	20	1	0	6	15	1.1
HALIBUT, BROILED, BUTTER, LEMON JC. 3 OZ	6	140	0	20	62	85	3.3
HAMBURGER, 4OZ PATTY 1 SANDWICH	21	445	38	25	71	174	7.1
HAMBURGER, REGULAR 1 SANDWICH	11	245	28	12	32	98	4.4
HARD CANDY 1 OZ	0	110	28	0	0	28.35	0
HERRING, PICKLED 3 OZ	13	190	0	17	85	85	4.3
HOLLANDAISE SCE, W/ H2O, FRM MX 1 CUP	20	240	14	5	52	259	11.6
HONEY 1 CUP	0	1030	279	1	0	339	0
HONEY 1 TBSP	0	65	17	0	0	21	0
HONEY NUT CHEERIOS CEREAL 1 OZ	1	105	23	3	0	28.35	0.1
HONEYDEW MELON, RAW 1/10 MELON	0	45	12	1	0	129	0

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## I

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
ICE CREAM, VANLLA, REGULR 11% 1 CUP	14	270	32	5	59	133	8.9
ICE CREAM, VANLLA, REGULR 11% 1/2 GAL	115	2155	254	38	476	1064	71.3
ICE CREAM, VANLLA, REGULR 11% 3 FL OZ	5	100	12	2	22	50	3.4
ICE CREAM, VANLLA, RICH 16% FT 1 CUP	24	350	32	4	88	148	14.7
ICE CREAM, VANLLA, RICH 16% FT 1/2 GAL	190	2805	256	33	703	1188	118.3
ICE CREAM, VANLLA, SOFT SERVE 1 CUP	23	375	38	7	153	173	13.5
ICE MILK, VANILLA, 4% FAT 1 CUP	6	185	29	5	18	131	3.5
ICE MILK, VANILLA, 4% FAT 1/2 GAL	45	1470	232	41	146	1048	28.1
ICE MILK, VANILLA, SOFTSERV 3% 1 CUP	5	225	38	8	13	175	2.9
IMITATION CREAMERS, LIQUID FRZ 1 TBSP	1	20	2	0	0	15	1.4
IMITATION CREAMERS, POWDERED 1 TSP	1	10	1	0	0	2	0.7
IMITATION WHIPPED TOPPING, FRZN 1 CUP	19	240	17	1	0	75	16.3
IMITATION WHIPPED TOPPING, FRZN 1 TBSP	1	15	1	0	0	4	0.9
IMITATN SOUR DRESSING 1 CUP	39	415	11	8	13	235	31.2
IMITATN SOUR DRESSING 1 TBSP	2	20	1	0	1	12	1.6
IMITATN WHIPD TOPING, PRESSRZD 1 CUP	16	185	11	1	0	70	13.2
IMITATN WHIPD TOPING, PRESSRZD 1 TBSP	1	10	1	0	0	4	0.8
IMITATN WHIPD TOPING, PWD RD, PRP 1 CUP	10	150	13	3	8	80	8.5
IMITATN WHIPD TOPING, PWD RD, PRP 1 TBSP	0	10	1	0	0	4	0.4
ITALIAN BREAD 1 LOAF	4	1255	256	41	0	454	0.6
ITALIAN BREAD 1 SLICE	0	85	17	3	0	30	0
ITALIAN SALAD DRESSING, LOCAL OR 1 TBSP	0	5	2	0	0	15	0
ITALIAN SALAD DRESSING, REGULAR 1 TBSP	9	80	1	0	0	15	1.3

## J

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
JAMS AND PRESERVES 1 PKT	0	40	10	0	0	14	0
JAMS AND PRESERVES 1 TBSP	0	55	14	0	0	20	0
JELLIES 1 PKT	0	40	10	0	0	14	0
JELLIES 1 TBSP	0	50	13	0	0	18	0
JELLY BEANS 1 OZ	0	105	26	0	0	28.35	0
JERUSALEM-ARTICHOKE, RAW 1 CUP	0	115	26	3	0	150	0

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## K

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
KALE, COOKED FROM FROZEN 1 CUP	1	40	7	4	0	130	0.1
KALE, COOKED FROM RAW 1 CUP	1	40	7	2	0	130	0.1
KIWIFRUIT, RAW 1 KIWI	0	45	11	1	0	76	0
KOHLRABI, COOKED, DRAINED 1 CUP	0	50	11	3	0	165	0

## L

LAMB, RIB, ROASTED, LEAN ONLY 2 OZ	7	130	0	15	50	57	3.2
LAMB, RIB, ROASTED, LEAN + FAT 3 OZ	26	315	0	18	77	85	12.1
LAMB,CHOPS,ARM,BRAISED,LEAN 1.7 OZ	7	135	0	17	59	48	2.9
LAMB,CHOPS,ARM,BRAISED,LEAN+FT 2.2 OZ	15	220	0	20	77	63	6.9
LAMB,CHOPS,LOIN,BROIL,LEAN 2.3 OZ	6	140	0	19	60	64	2.6
LAMB,CHOPS,LOIN,BROIL,LEAN+FAT 2.8 OZ	16	235	0	22	78	80	7.3
LAMB,LEG,ROASTED, LEAN ONLY 2.6 OZ	6	140	0	20	65	73	2.4
LAMB,LEG,ROASTED, LEAN+ FAT 3 OZ	13	205	0	22	78	85	5.6
LARD 1 CUP	205	1850	0	0	195	205	80.4
LARD 1 TBSP	13	115	0	0	12	13	5.1
LEMON-LIME SODA 12 FL OZ	0	155	39	0	0	372	0
LEMON JUICE, CANNED 1 CUP	1	50	16	1	0	244	0.1
LEMON JUICE, CANNED 1 TBSP	0	5	1	0	0	15	0
LEMON JUICE, RAW 1 CUP	0	60	21	1	0	244	0
LEMON JUICE,FRZN,SINGLE-STRNGH 6 FL OZ	1	55	16	1	0	244	0.1
LEMON MERINGUE PIE 1 PIE	86	2140	317	31	857	840	26
LEMON MERINGUE PIE 1 PIECE	14	355	53	5	143	140	4.3
LEMONADE,CONCENTRATE,FRZ,UNDIL 6 FL OZ	0	425	112	0	0	219	0
LEMONADE,CONCEN,FRZEN,DILUTED 6 FL OZ	0	80	21	0	0	185	0
LEMONS, RAW 1 LEMON	0	15	5	1	0	58	0
LENTILS, DRY, COOKED 1 CUP	1	215	38	16	0	200	0.1
LETTUCE, BUTTERHEAD, RAW,HEAD 1 HEAD	0	20	4	2	0	163	0
LETTUCE, BUTTERHEAD, RAW,LEAVE 1 LEAF	0	0	0	0	0	15	0
LETTUCE, CRISPHEAD, RAW, HEAD 1 HEAD	1	70	11	5	0	539	0.1
LETTUCE, CRISPHEAD, RAW,PIECES 1 CUP	0	5	1	1	0	55	0
LETTUCE, CRISPHEAD, RAW,WEDGE 1 WEDGE	0	20	3	1	0	135	0
LETTUCE, LOOSELEAF 1 CUP	0	10	2	1	0	56	0
LIGHT, COFFEE OR TABLE CREAM 1 CUP	46	470	9	6	159	240	28.8
LIGHT, COFFEE OR TABLE CREAM 1 TBSP	3	30	1	0	10	15	1.8
LIMA BEANS, DRY, COOKED,DRAINED 1 CUP	1	260	49	16	0	190	0.2
LIMA BEANS,BABY, FRZN,CKED,DRN 1 CUP	1	190	35	12	0	180	0.1
LIMA BEANS,THICK SEED,FRZN,CKD 1 CUP	1	170	32	10	0	170	0.1
LIME JUICE, RAW 1 CUP	0	65	22	1	0	246	0
LIME JUICE,CANNED 1 CUP	1	50	16	1	0	246	0.1
LIMEADE,CONCENTRATE,FRZN,UNDIL 6 FL OZ	0	410	108	0	0	218	0
LIMEADE,CONCEN,FROZEN,DILUTED 6 FL OZ	0	75	20	0	0	185	0
LUCKY CHARMS CEREAL 1 OZ	1	110	23	3	0	28.35	0.

## M

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
MACADAMIA NUTS, OILRSTD,SALTED 1 CUP	103	960	17	10	0	134	15.4
MACADAMIA NUTS, OILRSTD,SALTED 1 OZ	22	205	4	2	0	28.35	3.2
MACADAMIA NUTS, OILRSTD,UNSALT 1 CUP	103	960	17	10	0	134	15.4
MACADAMIA NUTS, OILRSTD,UNSALT 1 OZ	22	205	4	2	0	28.35	3.2
MACARONI AND CHEESE, CANNED 1 CUP	10	230	26	9	24	240	4.7
MACARONI AND CHEESE, HOME RCPE 1 CUP	22	430	40	17	44	200	9.8
MACARONI, COOKED, FIRM 1 CUP	1	190	39	7	0	130	0.1
MACARONI, COOKED, TENDER, HOT 1 CUP	1	155	32	5	0	140	0.1
MACARONI, COOKED, TENDER,COLD 1 CUP	0	115	24	4	0	105	0.1
MALT-O-MEAL, WITH SALT 1 CUP	0	120	26	4	0	240	0
MALT-O-MEAL, W/O SALT 1 CUP	0	120	26	4	0	240	0
MALTED MILK, CHOCOLATE, POWDER 3/4 OZ	1	85	18	1	1	21	0.5
MALTED MILK,CHOCOLATE, PWDRPPD 1 SERVING	9	235	29	9	34	265	5.5
MALTED MILK,NATURAL, POWDER 3/4 OZ	2	85	15	3	4	21	0.9
MALTED MILK,NATURAL, PWDR PPRD 1 SERVING	10	235	27	11	37	265	6
MANGOS, RAW V 1 MANGO	1	135	35	1	0	207	0.1
MARGARINE, IMITATION 40% FAT 1 TBSP	5	50	0	0	0	14	1.1
MARGARINE, IMITATION 40% FAT 8 OZ	88	785	1	1	0	227	17.5

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## M

Description of food		Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
MARGARINE, REGULR,HARD,80% FAT	1 PAT	4	35	0	0	0	5	0.8
MARGARINE, REGULR,HARD,80% FAT	1 TBSP	11	100	0	0	0	14	2.2
MARGARINE, REGULR,HARD,80% FAT	1/2 CUP	91	810	1	1	0	113	17.9
MARGARINE, REGULR,SOFT,80% FAT	1 TBSP	11	100	0	0	0	14	1.9
MARGARINE, REGULR,SOFT,80% FAT	8 OZ	183	1625	1	2	0	227	31.3
MARGARINE, SPREAD,HARD,60% FAT	1 PAT	3	25	0	0	0	5	0.7
MARGARINE, SPREAD,HARD,60% FAT	1 TBSP	9	75	0	0	0	14	2
MARGARINE, SPREAD,HARD,60% FAT	1/2 CUP	69	610	0	1	0	113	15.9
MARGARINE, SPREAD,SOFT,60% FAT	1 TBSP	9	75	0	0	0	14	1.8
MARGARINE, SPREAD,SOFT,60% FAT	8 OZ	138	1225	0	1	0	227	29.1
MARSHMALLOWS	1 OZ	0	90	23	1	0	28.35	0
MAYONNAISE TYPE SALAD DRESSING	1 TBSP	5	60	4	0	4	15	0.7
MAYONNAISE, IMITATION	1 TBSP	3	35	2	0	4	15	0.5
MAYONNAISE, REGULAR	1 TBSP	11	100	0	0	8	14	1.7
MELBA TOAST, PLAIN	1 PIECE	0	20	4	1	0	5	0.1
MILK CHOCOLATE CANDY, PLAIN	1 OZ	9	145	16	2	6	28.35	5.4
MILK CHOCOLATE CANDY,W/ ALMOND	1 OZ	10	150	15	3	5	28.35	4.8
MILK CHOCOLATE CANDY,W/ PENUTS	1 OZ	11	155	13	4	5	28.35	4.2
MILK CHOCOLATE CANDY,W/ RICE C	1 OZ	7	140	18	2	6	28.35	4.4
MILK, LOFAT, 1%, ADDED SOLIDS	1 CUP	2	105	12	9	10	245	1.5
MILK, LOFAT, 1%, NO ADDEDSOLID	1 CUP	3	100	12	8	10	244	1.6
MILK, LOFAT, 2%, ADDED SOLIDS	1 CUP	5	125	12	9	18	245	2.9
MILK, LOFAT, 2%, NO ADDEDSOLID	1 CUP	5	120	12	8	18	244	2.9
MILK, SKIM, ADDED MILK SOLIDS	1 CUP	1	90	12	9	5	245	0.4
MILK, SKIM, NO ADDED MILKSOLID	1 CUP	0	85	12	8	4	245	0.3
MILK, WHOLE, 3.3% FAT	1 CUP	8	150	11	8	33	244	5.1
MINESTRONE SOUP, CANNED	1 CUP	3	80	11	4	2	241	0.6
MISO	1 CUP	13	470	65	29	0	276	1.8
MIXED GRAIN BREAD	1 LOAF	17	1165	212	45	0	454	3.2
MIXED GRAIN BREAD	1 SLICE	1	65	12	2	0	25	0.2
MIXED GRAIN BREAD, TOASTED	1 SLICE	1	65	12	2	0	23	0.2
MIXED NUTS W/ PEANTS,DRY,SALTD	1 OZ	15	170	7	5	0	28.35	2
MIXED NUTS W/ PEANTS,DRY,UNSLT	1 OZ	15	170	7	5	0	28.35	2
MIXED NUTS W/ PEANTS,OIL,SALTD	1 OZ	16	175	6	5	0	28.35	2.5
MIXED NUTS W/ PEANTS,OIL,UNSLT	1 OZ	16	175	6	5	0	28.35	2.5
MOLASSES, CANE, BLACKSTRAP	2 TBSP	0	85	22	0	0	40	0
MOZZARELLA CHEESE, WHOLE MILK	1 OZ	6	80	1	6	22	28.35	3.7
MOZZARELLA CHESE,SKIM, LOMOIST	1 OZ	5	80	1	8	15	28.35	3.1
MUENSTER CHEESE	1 OZ	9	105	0	7	27	28.35	5.4
MUSHROOM GRAVY, CANNED	1 CUP	6	120	13	3	0	238	1
MUSHROOMS, CANNED, DRND,W/SALT	1 CUP	0	35	8	3	0	156	0.1
MUSHROOMS, COOKED, DRAINED	1 CUP	1	40	8	3	0	156	0.1
MUSHROOMS, RAW	1 CUP	0	20	3	1	0	70	0
MUSTARD GREENS, COOKED, DRANED	1 CUP	0	20	3	3	0	140	0
MUSTARD, PREPARED, YELLOW	1 TSP	0	5	0	0	0	5	0

## N

Description of food		Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
NATURE VALLEY GRANOLA CEREAL	1 OZ	5	125	19	3	0	28.35	3.3
NECTARINES, RAW	1 NECTARINE	1	65	16	1	0	136	0.1
NONFAT DRY MILK, INSTANTIZED	1 CUP	0	245	35	24	12	68	0.3
NONFAT DRY MILK, INSTANTIZED	1 ENVLPE	1	325	47	32	17	91	0.4
NOODLES, CHOW MEIN, CANNED	1 CUP	11	220	26	6	5	45	2.1
NOODLES, EGG, COOKED	1 CUP	2	200	37	7	50	160	0.5

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OATMEAL BREAD	1 LOAF	20	1145	212	38	0	454	3.7
OATMEAL BREAD	1 SLICE	1	65	12	2	0	25	0.2
OATMEAL BREAD, TOASTED	1 SLICE	1	65	12	2	0	23	0.2
OATMEAL W/ RAISINS COOKIES	4 COOKIES	10	245	36	3	2	52	2.5
OATMEAL,CKD,INSTNT,FLVRD,FORTF	1 PKT	2	160	31	5	0	164	0.3
OATMEAL,CKD,INSTNT,PLAIN,FORTF	1 PKT	2	105	18	4	0	177	0.3
OATMEAL,CKD,RG,QCK,INST,W/OSAL	1 CUP	2	145	25	6	0	234	0.4
OATMEAL,CKD,RG,QCK,INST,W/SALT	1 CUP	2	145	25	6	0	234	0.4
OCEAN PERCH, BREADED, FRIED	1 FILLET	11	185	7	16	66	85	2.6
OKRA PODS, COOKED	8 PODS	0	25	6	2	0	85	0

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## O

Description of food		Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
OLIVE OIL	1 CUP	216	1910	0	0	0	216	29.2
OLIVES, CANNED, GREEN	4 MEDIUM	2	15	0	0	0	13	0.2
OLIVES, CANNED, RIPE, MISSION	3 SMALL	2	15	0	0	0	9	0.3
ONION POWDER	1 TSP	0	5	2	0	0	2.1	0
ONION RINGS, BREADED,FRZN,PRPD	2 RINGS	5	80	8	1	0	20	1.7
ONION SOUP, DEHYDRATD, PREPRED	1 PKT	0	20	4	1	0	184	0.1
ONION SOUP, DEHYDRTD, UNPRPRED	1 PKT	0	20	4	1	0	7	0.1
ONIONS, RAW, CHOPPED	1 CUP	0	55	12	2	0	160	0.1
ONIONS, RAW, COOKED, DRAINED	1 CUP	0	60	13	2	0	210	0.1
ONIONS, RAW,	1 CUP	0	40	8	1	0	115	0.1
ONIONS, SPRING, RAW	6 ONIONS	0	10	2	1	0	30	0
ORANGE JUICE, CANNED	1 CUP	0	105	25	1	0	249	0
ORANGE JUICE, CHILLED	1 CUP	1	110	25	2	0	249	0.1
ORANGE JUICE, RAW	1 CUP	0	110	26	2	0	248	0.1
ORANGE JUICE,FROZEN CONCENTRTE	6 FL OZ	0	340	81	5	0	213	0.1
ORANGE JUICE,FRZN,CNCN,DILUTED	1 CUP	0	110	27	2	0	249	0
ORANGE SODA	12 FL OZ	0	180	46	0	0	372	0
ORANGE + GRAPEFRUIT JUCE,CANND	1 CUP	0	105	25	1	0	247	0
ORANGES, RAW	1 ORANGE	0	60	15	1	0	131	0
ORANGES, RAW, SECTIONS	1 CUP	0	85	21	2	0	180	0
OREGANO	1 TSP	0	5	1	0	0	1.5	0
OYSTERS, BREADED, FRIED	1 OYSTER	5	90	5	5	35	45	1.4
OYSTERS, RAW	1 CUP	4	160	8	20	120	240	1.4

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Description of food		Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
PANCAKES, BUCKWHEAT, FROM MIX	1 PANCAKE	2	55	6	2	20	27	0.9
PANCAKES, PLAIN, FROM MIX	1 PANCAKE	2	60	8	2	16	27	0.5
PANCAKES, PLAIN, HOME RECIPE,	1 PANCAKE	2	60	9	2	16	27	0.5
PAPAYAS, RAW	1 CUP	0	65	17	1	0	140	0.1
PAPRIKA	1 TSP	0	5	1	0	0	2.1	0
PARMESAN CHEESE, GRATED	1 CUP	30	455	4	42	79	100	19.1
PARMESAN CHEESE, GRATED	1 OZ	9	130	1	12	22	28.35	5.4
PARMESAN CHEESE, GRATED	1 TBSP	2	25	0	2	4	5	1
PARSLEY, FREEZE-DRIED	1 TBSP	0	0	0	0	0	0.4	0
PARSLEY, RAW	10 SPRIG	0	5	1	0	0	10	0
PARSNIPS, COOKED, DRAINED	1 CUP	0	125	30	2	0	156	0.1
PASTERZD PROCES CHEESE, SWISS	1 OZ	7	95	1	7	24	28.35	4.5
PASTERZD PROCES CHEESE,AMERICN	1 OZ	9	105	0	6	27	28.35	5.6
PASTERZD PROCES CHESE FOOD,AMR	1 OZ	7	95	2	6	18	28.35	4.4
PASTERZD PROCES CHESE SPRED,AM	1 OZ	6	80	2	5	16	28.35	3.8
PEA BEANS, DRY, COOKED,DRAINED	1 CUP	1	225	40	15	0	190	0.1
PEACH PIE	1 PIE	101	2410	361	24	0	945	24.6
PEACH PIE	1 PIECE	17	405	60	4	0	158	4.1
PEACHES, CANNED, HEAVY SYRUP	1 CUP	0	190	51	1	0	256	0
PEACHES, CANNED, HEAVY SYRUP	1 HALF	0	60	16	0	0	81	0
PEACHES, CANNED, JUICE PACK	1 CUP	0	110	29	2	0	248	0
PEACHES, CANNED, JUICE PACK	1 HALF	0	35	9	0	0	77	0
PEACHES, DRIED	1 CUP	1	380	98	6	0	160	0.1
PEACHES, DRIED,COOKED,UNSWETND	1 CUP	1	200	51	3	0	258	0.1
PEACHES, FROZEN,SWETNED,W/VITC	1 CUP	0	235	60	2	0	250	0
PEACHES, FROZEN,SWETNED,W/VITC	10 OZ	0	265	68	2	0	284	0
PEACHES, RAW	1 PEACH	0	35	10	1	0	87	0
PEACHES, RAW, SLICED	1 CUP	0	75	19	1	0	170	0
PEANUT BUTTER	1 TBSP	8	95	3	5	0	16	1.4
PEANUT BUTTER COOKIE, Home Rcp.	4 COOKIES	14	245	28	4	22	48	4
PEANUT OIL	1 CUP	216	1910	0	0	0	216	36.5
PEANUT OIL	1 TBSP	14	125	0	0	0	14	2.4
PEANUTS, OIL ROASTED, SALTED	1 CUP	71	840	27	39	0	145	9.9
PEANUTS, OIL ROASTED, SALTED	1 OZ	14	165	5	8	0	28.35	1.9
PEANUTS, OIL ROASTED, UNSALTED	1 CUP	71	840	27	39	0	145	9.9
PEANUTS, OIL ROASTED, UNSALTED	1 OZ	14	165	5	8	0	28.35	1.9
PEARS, CANNED, HEAVY SYRUP	1 CUP	0	190	49	1	0	255	0

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Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
PEARS, CANNED, HEAVY SYRUP 1 HALF	0	60	15	0	0	79	0
PEARS, CANNED, JUICE PACK 1 CUP	0	125	32	1	0	248	0
PEARS, CANNED, JUICE PACK 1 HALF	0	40	10	0	0	77	0
PEARS, RAW, BARTLETT 1 PEAR	1	100	25	1	0	166	0
PEARS, RAW, BOSC 1 PEAR	1	85	21	1	0	141	0
PEARS, RAW, D'ANJOU 1 PEAR	1	120	30	1	0	200	0
PEAS, EDIBLE POD, COOKED,DRNED 1 CUP	0	65	11	5	0	160	0.1
PEAS, GREEN,CNND,DRND, W/ SALT 1 CUP	1	115	21	8	0	170	0.1
PEAS, GREEN,CNND,DRND,W/O SALT 1 CUP	1	115	21	8	0	170	0.1
PEAS, SPLIT, DRY, COOKED 1 CUP	1	230	42	16	0	200	0.1
PEAS,GRN, FROZEN COOKED,DRANED 1 CUP	0	125	23	8	0	160	0.1
PEA, GREEN, SOUP, CANNED 1 CUP	3	165	27	9	0	250	1.4
PECAN PIE 1 PIE	189	3450	423	42	569	825	28.1
PECAN PIE 1 PIECE	32	575	71	7	95	138	4.7
PECANS, HALVES 1 CUP	73	720	20	8	0	108	5.9
PECANS, HALVES 1 OZ	19	190	5	2	0	28.35	1.5
PEPPER-TYPE SODA 12 FL OZ	0	160	41	0	0	369	0
PEPPERS, HOT CHILI, RAW, GREEN 1 PEPPER	0	20	4	1	0	45	0
PEPPERS, HOT CHILI, RAW, RED 1 PEPPER	0	20	4	1	0	45	0
PEPPERS, SWEET, COOKED, GREEN 1 PEPPER	0	15	3	0	0	73	0
PEPPERS, SWEET, COOKED, RED 1 PEPPER	0	15	3	0	0	73	0
PEPPERS, SWEET, RAW, GREEN 1 PEPPER	0	20	4	1	0	74	0
PEPPERS, SWEET, RAW, RED 1 PEPPER	0	20	4	1	0	74	0
PEPPER, BLACK 1 TSP	0	5	1	0	0	2.1	0
PICKLES, CUCUMBER, DILL 1 PICKLE	0	5	1	0	0	65	0
PICKLES, CUCUMBER, FRESH PACK 2 SLICES	0	10	3	0	0	15	0
PICKLES, CUCUMBER, SWT GHERKIN 1 PICKLE	0	20	5	0	0	15	0
PIECRUST, FROM MIX 2 CRUSTS	93	1485	141	20	0	320	22.7
PIECRUST, FROM HOME RECIPE 1 SHELL	60	900	79	11	0	180	14.8
PINE NUTS 1 OZ	17	160	5	3	0	28.35	2.7
PINEAPPLE-GRAPEFRUIT JUICEDRNK 6 FL OZ	0	90	23	0	0	187	0
PINEAPPLE JUICE, CANNED,UNSWTN 1 CUP	0	140	34	1	0	250	0
PINEAPPLE, CANNED, HEAVY SYRUP 1 CUP	0	200	52	1	0	255	0
PINEAPPLE, CANNED, HEAVY SYRUP 1 SLICE	0	45	12	0	0	58	0
PINEAPPLE, CANNED, JUICE PACK 1 CUP	0	150	39	1	0	250	0
PINEAPPLE, CANNED, JUICE PACK 1 SLICE	0	35	9	0	0	58	0
PINEAPPLE, RAW, DICED 1 CUP	1	75	19	1	0	155	0
PINTO BEANS, DRY, COOKED, DRAINED 1 CUP	1	265	49	15	0	180	0.1
PISTACHIO NUTS 1 OZ	14	165	7	6	0	28.35	1.7
PITA BREAD 1 PITA	1	165	33	6	0	60	0.1

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
PIZZA, CHEESE 1 SLICE	9	290	39	15	56	120	4.1
PLANTAINS, COOKED 1 CUP	0	18	0	48	1	0	154 0.1
PLANTAINS, RAW 1 PLANTAIN	1	220	57	2	0	179	0.3
PLUMS, CANNED, HEAVY SYRUP 1 CUP	0	230	60	1	0	258	0
PLUMS, CANNED, HEAVY SYRUP 3 PLUMS	0	120	31	0	0	133	0
PLUMS, CANNED, JUICE PACK 1 CUP	0	145	38	1	0	252	0
PLUMS, CANNED, JUICE PACK 3 PLUMS	0	55	14	0	0	95	0
PLUMS, RAW, 1-1/2-IN DIAM 1 PLUM	0	15	4	0	0	28	0
PLUMS, RAW, 2-1/8-IN DIAM 1 PLUM	0	35	9	1	0	66	0
POPCORN, AIR-POPPED, UNSALTED 1 CUP	0	30	6	1	0	8	0
POPCORN, POPPED, VEG OIL, SALTD 1 CUP	3	55	6	1	0	11	0.5
POPCORN, SUGAR SYRUP COATED 1 CUP	1	135	30	2	0	35	0.1
POPSICLE 1 POPCICLE	0	70	18	0	0	95	0
PORK CHOP, LOIN, BROIL, LEAN 2.5 OZ	8	165	0	23	71	72	2.6
PORK CHOP, LOIN, BROIL, LEN+FT 3.1 OZ	19	275	0	24	84	87	7
PORK CHOP, LOIN, PANFRY, LEAN 2.4 OZ	11	180	0	19	72	67	3.7
PORK CHOP, LOIN, PANFRY, LEAN+FT 3.1 OZ	27	335	0	21	92	89	9.8
PORK FRESH HAM, ROASTD, LEAN 2.5 OZ	8	160	0	20	68	72	2.7
PORK FRESH HAM, ROASTD, LEAN+FT 3 OZ	18	250	0	21	79	85	6.4
PORK FRESH RIB, ROASTD, LEAN 2.5 OZ	10	175	0	20	56	71	3.4
PORK FRESH RIB, ROASTD, LEAN+FT 3 OZ	20	270	0	21	69	85	7.2
PORK SHOULDER, BRAISD, LEAN 2.4 OZ	8	165	0	22	76	67	2.8
PORK SHOULDER, BRAISD, LEAN+FAT 3 OZ	22	295	0	23	93	85	7.9
PORK, CURED, BACON, REGUL, CKED 3 SLICES	9	110	0	6	16	19	3.3
PORK, CURED, BACON, CANADN, CKED 2 SLICES	4	85	1	11	27	46	1.3

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Description of food		Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
PORK, CURED, HAM, CANNED,ROAST	3 OZ	7	140	0	18	35	85	2.4
PORK, CURED, HAM, ROSTED,LEAN	2.4 OZ	4	105	0	17	37	68	1.3
PORK, CURED, HAM, ROSTED,LN+FT	3 OZ	14	205	0	18	53	85	5.1
PORK, LINK, COOKED	1 LINK	4	50	0	3	11	13	1.4
PORK, LUNCHEON MEAT,CANNED	2 SLICES	13	140	1	5	26	42	4.5
PORK, LUNCHEON MEAT,CHOPPD HAM	2 SLICES	7	95	0	7	21	42	2.4
PORK, LUNCHEON MEAT,CKD HAM,LN	2 SLICES	3	75	1	11	27	57	0.9
PORK, LUNCHEON MEAT,CKD HAM,RG	2 SLICES	6	105	2	10	32	57	1.9
POTATO CHIPS	10 CHIPS	7	105	10	1	0	20	1.8
POTATO SALAD MADE W/ MAYONNAIS	1 CUP	21	360	28	7	170	250	3.6
POTATOES, AU GRATIN, FROM MIX	1 CUP	10	230	31	6	12	245	6.3
POTATOES, AU GRATIN, HOME RECP	1 CUP	19	325	28	12	56	245	11.6
POTATOES, BAKED FLESH ONLY	1 POTATO	0	145	34	3	0	156	0
POTATOES, BAKED WITH SKIN	1 POTATO	0	220	51	5	0	202	0.1
POTATOES, BOILED, PEELED AFTER	1 POTATO	0	120	27	3	0	136	0
POTATOES, BOILED, PEELED BEFOR	1 POTATO	0	115	27	2	0	135	0
POTATOES, HASHED BROWN,FR FRZN	1 CUP	18	340	44	5	0	156	7
POTATOES, MASHED,FRM DEHYDRTED	1 CUP	12	235	32	4	29	210	7.2
POTATOES, MASHED,RECPE,MLK+MAR	1 CUP	9	225	35	4	4	210	2.2
POTATOES, MASHED,RECPE,W/ MILK	1 CUP	1	160	37	4	4	210	0.7
POTATOES, SCALLOPED, FROM MIX	1 CUP	11	230	31	5	27	245	6.5
POTATOES, SCALLOPED, HOME RECP	1 CUP	9	210	26	7	29	245	5.5
POTATOES,FRENCH-FRD,FRZN,FRIED	10 STRIPS	8	160	20	2	0	50	2.5
POTATOES,FRENCH-FRD,FRZN,OVEN	10 STRIPS	4	110	17	2	0	50	2.1
POUND CAKE, COMMERCIAL	1 LOAF	94	1935	257	26	1100	500	52
POUND CAKE, COMMERCIAL	1 SLICE	5	110	15	2	64	29	3
POUND CAKE, FROM HOME RECIPE	1 LOAF	94	2025	265	33	555	514	21.1
POUND CAKE, FROM HOME RECIPE	1 SLICE	5	120	15	2	32	30	1.2
PRETZELS, STICK	10 PRETZELS	0	10	2	0	0	3	0
PRETZELS, TWISTED, DUTCH	1 PRETZEL	1	65	13	2	0	16	0.1
PRETZELS, TWISTED, THIN	10 PRETZELS	2	240	48	6	0	60	0.4
PRODUCT 19 CEREAL	1 OZ	0	110	24	3	0	28.35	0
PROVOLONE CHEESE	1 OZ	8	100	1	7	20	28.35	4.8
PRUNE JUICE, CANNED	1 CUP	0	180	45	2	0	256	0
PRUNES, DRIED	5 LARGE	0	115	31	1	0	49	0
PRUNES, DRIED, COOKED,UNSWTND	1 CUP	0	225	60	2	0	212	0
PUDDING, CHOCOLATE,CANNED	5 OZ	11	205	30	3	1	142	9.5
PUDDING, CHOC, COOKED FROM MIX	1/2 CUP	4	150	25	4	15	130	2.4
PUDDING, CHOC, INSTANT, FR MIX	1/2 CUP	4	155	27	4	14	130	2.3
PUDDING, RICE, FROM MIX	1/2 CUP	4	155	27	4	15	132	2.3

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Description of food		Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
PUDDING, TAPIOCA, CANNED	5 OZ	5	160	28	3	0	142	4.8
PUDDING, TAPIOCA, FROM MIX	1/2 CUP	4	145	25	4	15	130	2.3
PUDDING, VANILLA, CANNED	5 OZ	10	220	33	2	1	142	9.5
PUDDING, VNLLA,COOKED FROM MIX	1/2 CUP	4	145	25	4	15	130	2.3
PUDDING, VNLLA,INSTANT FRM MIX	1/2 CUP	4	150	27	4	15	130	2.2
PUMPERNICKEL BREAD	1 LOAF	16	1160	218	42	0	454	2.6
PUMPERNICKEL BREAD	1 SLICE	1	80	16	3	0	32	0.2
PUMPERNICKEL BREAD, TOASTED	1 SLICE	1	80	16	3	0	29	0.2
PUMPKIN AND SQUASH KERNELS	1 OZ	13	155	5	7	0	28.35	2.5
PUMPKIN PIE	1 PIE	102	1920	223	36	655	910	38.2
PUMPKIN PIE	1 PIECE	17	320	37	6	109	152	6.4
PUMPKIN, CANNED	1 CUP	1	85	20	3	0	245	0.4
PUMPKIN, COOKED FROM RAW	1 CUP	0	50	12	2	0	245	0.1

## Q

QUICHE LORRAINE	1 SLICE	48	600	29	13	285	176	23.2
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## R

Description of food		Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
RADISHES, RAW	4 RADISH	0	5	1	0	0	18	0
RAISIN BRAN, KELLOGG'S	1 OZ	1	90	21	3	0	28.35	0.1
RAISIN BRAN, POST	1 OZ	1	85	21	3	0	28.35	0.1
RAISIN BREAD	1 LOAF	18	1260	239	37	0	454	4.1
RAISIN BREAD	1 SLICE	1	65	13	2	0	25	0.2
RAISIN BREAD, TOASTED	1 SLICE	1	65	13	2	0	21	0.2
RAISINS	1 CUP	1	435	115	5	0	145	0.2
RAISINS	1 PACKET	0	40	11	0	0	14	0
RASPBERRIES, FROZEN, SWEETENED	1 CUP	0	255	65	2	0	250	0
RASPBERRIES, FROZEN, SWEETENED	10 OZ	0	295	74	2	0	284	0
RASPBERRIES, RAW	1 CUP	1	60	14	1	0	123	0
RED KIDNEY BEANS, DRY, CANNED	1 CUP	1	230	42	15	0	255	0.1
REFRIED BEANS, CANNED	1 CUP	3	295	51	18	0	290	0.4
RELISH, SWEET	1 TBSP	0	20	5	0	0	15	0
RHUBARB, COOKED, ADDED SUGAR	1 CUP	0	280	75	1	0	240	0
RICE KRISPIES CEREAL	1 OZ	0	110	25	2	0	28.35	0
RICE, BROWN, COOKED	1 CUP	1	230	50	5	0	195	0.3
RICE, WHITE, COOKED	1 CUP	0	225	50	4	0	205	0.1
RICE, WHITE, INSTANT, COOKED	1 CUP	0	180	40	4	0	165	0.1
RICE, WHITE, PARBOILED, COOKED	1 CUP	0	185	41	4	0	175	0
RICE, WHITE, PARBOILED, RAW	1 CUP	1	685	150	14	0	185	0.1
RICE, WHITE, RAW	1 CUP	1	670	149	12	0	185	0.2
RICOTTA CHEESE, PART SKIM MILK	1 CUP	19	340	13	28	76	246	12.1
RICOTTA CHEESE, WHOLE MILK	1 CUP	32	430	7	28	124	246	20.4
ROAST BEEF SANDWICH	1 SANDWICH	13	345	34	22	55	150	3.5
ROLLS, DINNER, COMMERCIAL	1 ROLL	2	85	14	2	0	28	0.5
ROLLS, DINNER, HOME RECIPE	1 ROLL	3	120	20	3	12	35	0.8
ROLLS, FRANKFURTER + HAMBURGER	1 ROLL	2	115	20	3	0	40	0.5
ROLLS, HARD	1 ROLL	2	155	30	5	0	50	0.4
ROLLS, HOAGIE OR SUBMARINE	1 ROLL	8	400	72	11	0	135	1.8
ROOT BEER	12 FL OZ	0	165	42	0	0	370	0
RYE BREAD, LIGHT	1 LOAF	17	1190	218	38	0	454	3.3
RYE BREAD, LIGHT	1 SLICE	1	65	12	2	0	25	0.2
RYE BREAD, LIGHT, TOASTED	1 SLICE	1	65	12	2	0	22	0.2
RYE WAFERS, WHOLE-GRAIN	2 WAFERS	1	55	10	1	0	14	0.3

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## S

Description of food		Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
SAFFLOWER OIL	1 CUP	218	1925	0	0	0	218	19.8
SAFFLOWER OIL	1 TBSP	14	125	0	0	0	14	1.3
SALAMI, COOKED TYPE	2 SLICES	11	145	1	8	37	57	4.6
SALAMI, DRY TYPE	2 SLICES	7	85	1	5	16	20	2.4
SALMON, BAKED, RED	3 OZ	5	140	0	21	60	85	1.2
SALMON, CANNED, PINK, W/ BONES	3 OZ	5	120	0	17	34	85	0.9
SALMON, SMOKED	3 OZ	8	150	0	18	51	85	2.6
SALT	1 TSP	0	0	0	0	0	5.5	0
SALTINES	4 CRACKERS	1	50	9	1	4	12	0.5
SANDWICH SPREAD, PORK, BEEF	1 TBSP	3	35	2	1	6	15	0.9
SANDWICH TYPE COOKIE	4 COOKIES	8	195	29	2	0	40	2
SARDINES, ATLNTC,CNNED,OIL,DRN	3 OZ	9	175	0	20	85	85	2.1
SAUERKRAUT, CANNED	1 CUP	0	45	10	2	0	236	0.1
SCALLOPS, BREADED, FRZN,REHEAT	6 SCALOP	10	195	10	15	70	90	2.5
SEAWEED, KELP, RAW	1 OZ	0	10	3	0	0	28.35	0.1
SEAWEED, SPIRULINA, DRIED	1 OZ	2	80	7	16	0	28.35	0.8
SELF-RISING FLOUR, UNSIFTED	1 CUP	1	440	93	12	0	125	0.2
SEMISWEET CHOCOLATE	1 CUP	61	860	97	7	0	170	36.2
SESAME SEEDS	1 TBSP	4	45	1	2	0	8	0.6
SHAKES, THICK, CHOCOLATE	10 OZ	8	335	60	9	30	283	4.8
SHAKES, THICK, VANILLA	10 OZ	9	315	50	11	33	283	5.3
SHEETCAKE W/O FRSTNG,HOMERECIP	1 Cake	108	2830	434	35	552	777	29.5
SHEETCAKE,W/ WHFRSTNG,HOMERCIP	1 Cake	129	4020	694	37	636	1096	41.6
SHEETCAKE,W/ WHFRSTNG,HOMERCIP	1 Piece	14	445	77	4	70	121	4.6
SHEETCAKE,W/O FRSTNG,HOMERECIP	1 Piece	12	315	48	4	61	86	3.3

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# S

Description of food		Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
SHERBET, 2% FAT	1 CUP	4	270	59	2	14	193	2.4
SHERBET, 2% FAT	1/2 GAL	31	2160	469	17	113	1542	19
SHORTBREAD COOKIE, COMMRL	4 COOKIES	8	155	20	2	27	32	2.9
SHORTBREAD COOKIE, HOME RCP	2 COOKIES	8	145	17	2	0	28	1.3
SHREDDED WHEAT CEREAL	1 OZ	1	100	23	3	0	28.35	0.1
SHRIMP, CANNED, DRAINED	3 OZ	1	100	1	21	128	85	0.2
SHRIMP, FRENCH FRIED	3 OZ	10	200	11	16	168	85	2.5
SNACK CAKES,DEVILS FOOD,CREMFL	SM CAKE	4	105	17	1	15	28	1.7
SNACK CAKES,SPONGE CREME FLLNG	SM CAKE	5	155	27	1	7	42	2.3
SNACK TYPE CRACKERS	1 CRACKR	1	15	2	0	0	3	0.2
SNAP BEAN,CNND,DRND,GREEN,SALT	1 CUP	0	25	6	2	0	135	0
SNAP BEAN,CNND,DRND,GRN,NOSALT	1 CUP	0	25	6	2	0	135	0
SNAP BEAN,CNND,DRND,YLLW, SALT	1 CUP	0	25	6	2	0	135	0
SNAP BEAN,CNND,DRND,YLLW,NOSAL	1 CUP	0	25	6	2	0	135	0
SNAP BEAN,FRZ,CKD,DRND,GREEN	1 CUP	0	35	8	2	0	135	0
SNAP BEAN,FRZ,CKD,DRND,YELLOW	1 CUP	0	35	8	2	0	135	0
SNAP BEAN,RAW,CKD,DRND,GREEN	1 CUP	0	45	10	2	0	125	0.1
SNAP BEAN,RAW,CKD,DRND,YELLOW	1 CUP	0	45	10	2	0	125	0.1
SOUR CREAM	1 CUP	48	495	10	7	102	230	30
SOUR CREAM	1 TBSP	3	25	1	0	5	12	1.6
SOY SAUCE	1 TBSP	0	10	2	2	0	18	0
SOYBEAN-COTTONSEED OIL, HYDRGN	1 CUP	218	1925	0	0	0	218	39.2
SOYBEAN-COTTONSEED OIL, HYDRGN	1 TBSP	14	125	0	0	0	14	2.5
SOYBEAN OIL, HYDROGENATED	1 CUP	218	1925	0	0	0	218	32.5
SOYBEAN OIL, HYDROGENATED	1 TBSP	14	125	0	0	0	14	2.1
SOYBEANS, DRY, COOKED, DRAINED	1 CUP	10	235	19	20	0	180	1.3
SPAGHETTI, COOKED, FIRM	1 CUP	1	190	39	7	0	130	0.1
SPAGHETTI, COOKED, TENDER	1 CUP	1	155	32	5	0	140	0.1
SPAGHETTI, TOM SAUCE CHEES,CND	1 CUP	2	190	39	6	3	250	0.4
SPAGHETTI, TOM SAUCE CHEE,HMRP	1 CUP	9	260	37	9	8	250	3
SPAGHETTI,MEATBALLS,TOMSAC,CND	1 CUP	10	260	29	12	23	250	2.4
SPAGHETTI,MEATBALLS,TOMSA,HMRP	1 CUP	12	330	39	19	89	248	3.9
SPECIAL K CEREAL	1 OZ	0	110	21	6	0	28.35	0
SPINACH SOUFFLE	1 CUP	18	220	3	11	184	136	7.1
SPINACH, CANNED, DRND,W/ SALT	1 CUP	1	50	7	6	0	214	0.2
SPINACH, CANNED, DRND,W/O SALT	1 CUP	1	50	7	6	0	214	0.2
SPINACH, COOKED FR FRZEN, DRND	1 CUP	0	55	10	6	0	190	0.1
SPINACH, COOKED FROM RAW, DRND	1 CUP	0	40	7	5	0	180	0.1
SPINACH, RAW	1 CUP	0	10	2	2	0	55	0
SQUASH, SUMMER, COOKED, DRAIND	1 CUP	1	35	8	2	0	180	0.1

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Description of food		Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
SQUASH, WINTER, BAKED	1 CUP	1	80	18	2	0	205	0.3
STRAWBERRIES, FROZEN, SWEETEND	1 CUP	0	245	66	1	0	255	0
STRAWBERRIES, FROZEN, SWEETEND	10 OZ	0	275	74	2	0	284	0
STRAWBERRIES, RAW	1 CUP	1	45	10	1	0	149	0
SUGAR COOKIE, FROM REFRIG DOGH	4 COOKIES	12	235	31	2	29	48	2.3
SUGAR FROSTED FLAKES, KELLOGG	1 OZ	0	110	26	1	0	28.35	0
SUGAR SMACKS CEREAL	1 OZ	1	105	25	2	0	28.35	0.1
SUGAR, BROWN, PRESSED DOWN	1 CUP	0	820	212	0	0	220	0
SUGAR, POWDERED, SIFTED	1 CUP	0	385	100	0	0	100	0
SUGAR, WHITE, GRANULATED	1 CUP	0	770	199	0	0	200	0
SUGAR, WHITE, GRANULATED	1 PKT	0	25	6	0	0	6	0
SUGAR, WHITE, GRANULATED	1 TBSP	0	45	12	0	0	12	0
SUNFLOWER OIL	1 CUP	218	1925	0	0	0	218	22.5
SUNFLOWER OIL	1 TBSP	14	125	0	0	0	14	1.4
SUNFLOWER SEEDS	1 OZ	14	160	5	6	0	28.35	1.5
SUPER SUGAR CRISP CEREAL	1 OZ	0	105	26	2	0	28.35	0
SWEET (DARK) CHOCOLATE	1 OZ	10	150	16	1	0	28.35	5.9
SWEETENED CONDENSED MILK CNND	1 CUP	27	980	166	24	104	306	16.8
SWEETPOTATOES, BAKED, PEELED	1 POTATO	0	115	28	2	0	114	0
SWEETPOTATOES, BOILED W/O PEEL	1 POTATO	0	160	37	2	0	151	0.1
SWEETPOTATOES, CANDIED	1 PIECE	3	145	29	1	8	105	1.4
SWEETPOTATOES, CANNED, MASHED	1 CUP	1	260	59	5	0	255	0.1
SWEETPOTATOES, CNND, VAC PACK	1 PIECE	0	35	8	1	0	40	0
SWISS CHEESE	1 OZ	8	105	1	8	26	28.35	5
SYRUP, CHOCOLATE FLAVORED THIN	2 TBSP	0	85	22	1	0	38	0.2
SYRUP, CHOCOLATE FLVRED, FUDGE	2 TBSP	5	125	21	2	0	38	3.1

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## T

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
TABLE SYRUP (CORN AND MAPLE) 2 TBSP	0	122	32	0	0	42	0
TACO 1 TACO	11	195	15	9	21	81	4.1
TAHINI 1 TBSP	8	90	3	3	0	15	1.1
TANGERINE JUICE, CANNED,SWTND 1 CUP	0	125	30	1	0	249	0
TANGERINES, CANNED, LIGHT SYRP 1 CUP	0	155	41	1	0	252	0
TANGERINES, RAW 1 TANGERINE	0	35	9	1	0	84	0
TARTAR SAUCE 1 TBSP	8	75	1	0	4	14	1.2
TEA, BREWED 8 FL OZ	0	0	0	0	0	240	0
TEA, INSTANT,PREPRD,UNSWEETEND 8 FL OZ	0	0	1	0	0	241	0
TEA,INSTANT,PREPARD,SWEETENED 8 FL OZ	0	85	22	0	0	262	0
TOASTER PASTRIES 1 PASTRY	6	210	38	2	0	54	1.7
TOFU 1 PIECE	5	85	3	9	0	120	0.7
TOMATO JUICE, CANNED WITH SALT 1 CUP	0	40	10	2	0	244	0
TOMATO JUICE, CANNED W/O SALT 1 CUP	0	40	10	2	0	244	0
TOMATO PASTE, CANNED WITH SALT 1 CUP	2	220	49	10	0	262	0.3
TOMATO PASTE, CANNED W/O SALT 1 CUP	2	220	49	10	0	262	0.3
TOMATO PUREE, CANNED WITH SALT 1 CUP	0	105	25	4	0	250	0
TOMATO PUREE, CANNED W/O SALT 1 CUP	0	105	25	4	0	250	0
TOMATO SAUCE, CANNED WITH SALT 1 CUP	0	75	18	3	0	245	0.1
TOMATO SOUP WITH MILK, CANNED 1 CUP	6	160	22	6	17	248	2.9
TOMATO SOUP W/ WATER, CANNED 1 CUP	2	85	17	2	0	244	0.4
TOMATO VEG SOUP, DEHYD,PREPRED 1 PKT	1	40	8	1	0	189	0.3
TOMATOES, CANNED, S+L, W/ SALT 1 CUP	1	50	10	2	0	240	0.1
TOMATOES, CANNED, S+L,W/O SALT 1 CUP	1	50	10	2	0	240	0.1
TOMATOES, RAW 1 TOMATO	0	25	5	1	0	123	0
TORTILLAS, CORN 1 TORTILLA	1	65	13	2	0	30	0.1
TOTAL CEREAL 1 OZ	1	100	22	3	0	28.35	0.1
TRIX CEREAL 1 OZ	0	110	25	2	0	28.35	0.2
TROUT, BROILED, W/ BUTTR,LEMJU 3 OZ	9	175	0	21	71	85	4.1
TUNA SALAD 1 CUP	19	375	19	33	80	205	3.3
TUNA, CANND, DRND,OIL,CHK,LGHT 3 OZ	7	165	0	24	55	85	1.4
TUNA, CANND, DRND,WATR, WHITE 3 OZ	1	135	0	30	48	85	0.3
TURKEY HAM, CURED TURKEY THIGH 2 SLICES	3	75	0	11	32	57	1
TURKEY LOAF, BREAST MEAT W/O C 2 SLICES	1	45	0	10	17	42	0.2
TURKEY LOAF, BREAST MEAT, W/ C 2 SLICES	1	45	0	10	17	42	0.2
TURKEY PATTIES, BRD,BATTD,FRID 1 PATTY	12	180	10	9	40	64	3
TURKEY ROAST, FRZN,LGHT+DRK,CK 3 OZ	5	130	3	18	45	85	1.6
TURKEY, ROASTED, DARK MEAT 4 PIECES	6	160	0	24	72	85	2.1
TURKEY, ROASTED, LIGHT MEAT 2 PIECES	3	135	0	25	59	85	0.9
TURKEY, ROASTED, LIGHT + DARK 1 CUP	7	240	0	41	106	140	2.3
TURKEY, ROASTED, LIGHT + DARK 3 PIECES	4	145	0	25	65	85	1.4
TURNIP GREENS, CKED FRM FROZEN 1 CUP	1	50	8	5	0	164	0.2
TURNIP GREENS, COOKED FROM RAW 1 CUP	0	30	6	2	0	144	0.1
TURNIPS, COOKED, DICED 1 CUP	0	30	8	1	0	156	0

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## V

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
VANILLA WAFERS 10 COOKIES	7	185	29	2	25	40	1.8
VEAL CUTLET, MED FAT,BRSD,BRLD 3 OZ	9	185	0	23	86	85	4.1
VEAL RIB, MED FAT, ROASTED 3 OZ	14	230	0	23	109	85	6
VEGETABLE BEEF SOUP, CANNED 1 CUP	2	80	10	6	5	244	0.9
VEGETABLE JUICE COCKTAIL, CNND 1 CUP	0	45	11	2	0	242	0
VEGETABLES, MIXED, CANNED 1 CUP	0	75	15	4	0	163	0.1
VEGETABLES, MIXED, CKED FR FRZ 1 CUP	0	105	24	5	0	182	0.1
VEGETARIAN SOUP, CANNED 1 CUP	2	70	12	2	0	241	0.3
VIENNA BREAD 1 SLICE	1	70	13	2	0	25	0.2
VIENNA SAUSAGE 1 SAUSAGE	4	45	0	2	8	16	1.5
VINEGAR AND OIL SALAD DRESSING 1 TBSP	8	70	0	0	0	16	1.5
VINEGAR, CIDER 1 TBSP	0	0	1	0	0	15	0

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## W

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
WAFFLES, FROM HOME RECIPE 1 WAFFLE	13	245	26	7	102	75	4
WAFFLES, FROM MIX 1 WAFFLE	8	205	27	7	59	75	2.7
WALNUTS, BLACK, CHOPPED 1 CUP	71	760	15	30	0	125	4.5
WALNUTS, BLACK, CHOPPED 1 OZ	16	170	3	7	0	28.35	1
WALNUTS, ENGLISH, PIECES 1 CUP	74	770	22	17	0	120	6.7
WALNUTS, ENGLISH, PIECES 1 OZ	18	180	5	4	0	28.35	1.6
WATER CHESTNUTS, CANNED 1 CUP	0	70	17	1	0	140	0
WATERMELON, RAW 1 PIECE	2	155	35	3	0	482	0.3
WATERMELON, RAW, DICED 1 CUP	1	50	11	1	0	160	0.1
WHEAT BREAD 1 LOAF	19	1160	213	43	0	454	3.9
WHEAT BREAD 1 SLICE	1	65	12	2	0	25	0.2
WHEAT BREAD, TOASTED 1 SLICE	1	65	12	3	0	23	0.2
WHEAT FLOUR, ALL-PURPOSE,SIFTD 1 CUP	1	420	88	12	0	115	0.2
WHEAT FLOUR, ALL-PURPOSE,UNSF 1 CUP	1	455	95	13	0	125	0.2
WHEATIES CEREAL 1 OZ	0	100	23	3	0	28.35	0.1
WHEAT, THIN CRACKERS 4 CRACKER	1	35	5	1	0	8	0.5
WHIPPED TOPPING, PRESSURIZED 1 CUP	13	155	7	2	46	60	8.3
WHIPPED TOPPING, PRESSURIZED 1 TBSP	1	10	0	0	2	3	0.4
WHIPPING CREAM, UNWHIPED,HEAVY 1 CUP	88	820	7	5	326	238	54.8
WHIPPING CREAM, UNWHIPED,HEAVY 1 TBSP	6	50	0	0	21	15	3.5
WHIPPING CREAM, UNWHIPED,LIGHT 1 CUP	74	700	7	5	265	239	46.2
WHIPPING CREAM, UNWHIPED,LIGHT 1 TBSP	5	45	0	0	17	15	2.9
WHITE BREAD 1 LOAF	18	1210	222	38	0	454	5.6
WHITE BREAD CRUMBS, SOFT 1 CUP	2	120	22	4	0	45	0.6
WHITE BREAD CUBES 1 CUP	1	80	15	2	0	30	0.4
WHITE BREAD, SLICE 18 PER LOAF 1 SLICE	1	65	12	2	0	25	0.3
WHITE BREAD, SLICE 22 PER LOAF 1 SLICE	1	55	10	2	0	20	0.2
WHITE BREAD, TOASTED 18 PER 1 SLICE	1	65	12	2	0	22	0.3
WHITE BREAD, TOASTED 22 PER 1 SLICE	1	55	10	2	0	17	0.2
WHITE CAKE W/ WHT FRSTNG,COMML 1 CAKE	148	4170	670	43	46	1140	33.1
WHITE CAKE W/ WHT FRSTNG,COMML 1 PIECE	9	260	42	3	3	71	2.1
WHITE SAUCE W/ MILK FROM MIX 1 CUP	13	240	21	10	34	264	6.4
WHITE SAUCE, MEDIUM, HOME RECP 1 CUP	30	395	24	10	32	250	9.1
WHOLE-WHEAT BREAD 1 LOAF	20	1110	206	44	0	454	5.8
WHOLE-WHEAT BREAD 1 SLICE	1	70	13	3	0	28	0.4
WHOLE-WHEAT BREAD, TOASTED 1 SLICE	1	70	13	3	0	25	0.4
WHOLE-WHEAT FLOUR,HRD WHT,STIR 1 CUP	2	400	85	16	0	120	0.3
WHOLE-WHEAT PASTA, 3/4 CUP DRY	.5	190	34	9	0	56	0
WHOLE-WHEAT WAFERS, CRACKERS 2 CRACKER	2	35	5	1	0	8	0.5

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## Y

Description of food	Fat (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Cholesterol (Milligrams)	Weight (Grams)	Saturated Fat (Grams)
YEAST, BAKERS, DRY, ACTIVE 1 PKG	0	20	3	3	0	7	0
YEAST, BREWERS, DRY 1 TBSP	0	25	3	3	0	8	0
YELLOW CAKE W/ CHOC FRST,FRMIX 1 CAKE	125	3735	638	45	576	1108	47.8
YELLOW CAKE W/ CHOC FRST,FRMIX 1 PIECE	8	235	40	3	36	69	3
YELLOWCAKE W/ CHOCFRSTNG,COMML 1 CAKE	175	3895	620	40	609	1108	92
YELLOWCAKE W/ CHOCFRSTNG,COMML 1 PIECE	11	245	39	2	38	69	5.7
YOGURT, W/ LOFAT MILK, PLAIN 8 OZ	4	145	16	12	14	227	2.3
YOGURT, W/ LOFAT MILK,FRUITFLV 8 OZ	2	230	43	10	10	227	1.6
YOGURT, W/ NONFAT MILK 8 OZ	0	125	17	13	4	227	0.3
YOGURT, W/ WHOLE MILK 8 OZ	7	140	11	8	29	227	4.8

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