

Lower Blood Pressure Naturally: PDF Tables

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You must get your physician's approval before following any advice in this book. Even if you feel fine and your blood pressure is normal, there are conditions that can be present that could harm your health, even resulting in death. If you have such a condition it would be a contraindication to this diet. No matter how rare a condition might be, you must know if you have it. Even if your condition is extremely rare, for you the condition is 100%.

The information in these tables was derived from:

U.S. Department of Agriculture, Agricultural Research Service.
2012. USDA National Nutrient Database for Standard Reference,
Release 25.

Nutrient Data Laboratory Home Page,
<http://www.ars.usda.gov/ba/bhnrc/ndl>

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Lower Blood Pressure Naturally – Combined List

Here are thousands of foods with their potassium to sodium ratios. These lists include high, intermediate and low ratio foods in the same list, so you can compare the ratios directly. This differs from the lists that pulled out foods that were only high, intermediate or low ratio foods. Some people prefer this type of listing. The lists have been made shorter than the 3 other lists and do not include some of the foods that are extremely similar or that few people eat. The food names have been made more user friendly than the original USDA lists. As with the other lists, feel free to share the lists. They are in PDF format so you can email it to friends, or print out part or all of it.

Because of the large number of foods, they have been divided into food groups to make it easier to find a food. The groups are: Dairy & Eggs, Spices, Fats & Oils, Poultry, Soups & Sauces, Sausages & Processed Meats, Breakfast Cereals, Fruit & Fruit Juice, Pork, Vegetables, Nuts & Seeds, Beef, Beverages, Fish & Seafood, Legumes, Processed Legumes, Game-Lamb-Veal, Baked Goods, Brand Baked Goods, Sweets, Cereals & Grains, and Snacks. We have changed the order of some of the descriptions of the food items to make them easier to look up.

Like the other lists, these groups were divided in a way designed to make it easier to find substitute foods. For example, if you have cereal for breakfast, look up breakfast cereals and find two you like that have a ratio above 3. Put those on your shopping list. If you eat a luncheon meat, look under another meat, such as beef, poultry, or pork, for two you would like and put those two on your list.

To find a food use Adobe Reader. Look at the contents on the left panel of Adobe Reader and click on the food group you think the food might be in. Then look in the table for the food. Some foods may be listed under a subgroup, such as alcoholic beverage, or under a brand name, such as Archway. Some were removed from the list, such as horse and dolphin. If you cannot find the food it may be in the longer lists of High Ratio, Intermediate Ratio and Poor Ratio foods.

The table is derived from the USDA National Nutrient Database for Standard Reference - Release 25. It lists the food item followed by the potassium to sodium ratio (Ratio). It then gives a serving size used by the USDA. It has the Serving Weight (Serv Wt) and Serving Amount (Serv Amt). All weights are grams except potassium and sodium, which are milligrams (mg). Serving Amount is given in other common measurements, such as teaspoon, tablespoon, cup, etc.

Based on the serving size the USDA has given, we calculated the amount of potassium you get in a serving (K), the amount of sodium in a serving (Na), the calories in a serving (Calories), and the ratio of potassium to sodium (Ratio).

All the foods with a ratio above 3 are foods that can improve blood pressure. By getting a daily ratio above 3 you will be lessening your chances of hypertension, cardiovascular disease and stroke. As explained in the book, above 5 is even better. But what matters is the ratio for the day. So you can combine these foods with some that have a lower ratio, as long as the ratio for the day is high enough.

Eating just a few high ratio foods while continuing to eat a lot of low ratio foods will not be adequate. Many people want a list of high potassium foods so they can eat a few because they think all they have to do is increase their potassium intake. This approach is doomed to failure. Eating a couple of bananas while still eating a bowl of pretzels or 5 slices of bologna will not do it.

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But increasing the potassium and decreasing the sodium you get each day is the most efficient way to increase this all important ratio. So get enough of the high ratio foods and few enough from the lower ratio foods so that the ratio for the day is above 3.

Your goal should be to get more than 4.5 grams (4500 mg) of potassium and less than 1.5 grams (1500 mg) of sodium a day. The amount will vary depending on the amount of food and calories you get in a day. But the ratio should always be above 3.

ABBREVIATIONS USED BY USDA IN FOOD ITEMS

All purpose	ALLPURP
Aluminum	AL
And	&
Apple	APPL
Apples	APPLS
Applesauce	APPLSAUC
Approximate	APPROX
Approximately	APPROX
Arm and blade	ARM&BLD
Artificial	ART
Ascorbic acid	VIT C
Aspartame	ASPRT
Aspartame-sweetened	ASPRT-SWTND
Baby food	BABYFD
Baked	BKD
Barbequed	BBQ
Based	BSD
Beans	BNS
Beef	BF
Beverage	BEV
Boiled	BLD
Boneless	BNLESS
Bottled	BTLD
Bottom	BTTM
Braised	BRSD
Breakfast	BRKFST
Broiled	BRLD
Buttermilk	BTTRMLK
Calcium	CA
Calorie, calories	CAL
Canned	CND
Carbonated	CARB
Center	CNTR
Cereal	CRL
Cheese	CHS
Chicken	CHICK
Chocolate	CHOC
Choice	CHOIC
Cholesterol	CHOL
Cholesterol-free	CHOL-FREE
Chopped	CHOPD
Cinnamon	CINN

Coated	COATD
Coconut	COCNT
Commercial	COMM
Commercially	COMMLY
Commodity	CMDTY
Composite	COMP
Concentrate	CONC
Concentrated	CONCD
Condensed	COND
Condiment, condiments	CONDMNT
Cooked	CKD
Cottonseed	CTTNSD
Cream	CRM
Creamed	CRMD
Dark	DK
Decorticated	DECORT
Dehydrated	DEHYD
Dessert, desserts	DSSRT
Diluted	DIL
Domestic	DOM
Drained	DRND
Dressing	DRSNG
Drink	DRK
Drumstick	DRUMSTK
English	ENG
Enriched	ENR
Equal	EQ
Evaporated	EVAP
Except	XCPT
Extra	EX
Flank steak	FLANKSTK
Flavored	FLAV
Flour	FLR
Food	FD
Fortified	FORT
French fried	FRENCH FR
French fries	FRENCH FR
Fresh	FRSH
Frosted	FRSTD
Frosting	FRSTNG
Frozen	FRZ
Grades	GRDS
Gram	GM
Green	GRN
Greens	GRNS
Heated	HTD

Heavy	HVY
Hi-meat	HI-MT
High	HI
Hour	HR
Hydrogenated	HYDR
Imitation	IMITN
Immature	IMMAT
Imported	IMP
Include, includes	INCL
Including	INCL
Infant formula	INF FORMULA
Ingredient	ING
Instant	INST
Juice	JUC
Junior	JR
Kernels	KRNLS
Large	LRG
Lean	LN
Lean only	LN
Leavened	LVND
Light	LT
Liquid	LIQ
Low	LO
Low fat	LOFAT
Marshmallow	MARSHMLLW
Mashed	MSHD
Mayonnaise	MAYO
Medium	MED
Mesquite	MESQ
Minutes	MIN
Mixed	MXD
Moisture	MOIST
Natural	NAT
New Zealand	NZ
Noncarbonated	NONCARB
Nonfat dry milk	NFDM
Nonfat dry milk solids	NFDMS
Nonfat milk solids	NFMS
Not Further Specified	NFS
Nutrients	NUTR
Nutrition	NUTR
Ounce	OZ
Pack	PK
Par fried	PAR FR
Parboiled	PARBLD
Partial	PART

Partially	PART
Partially fried	PAR FR
Pasteurized	PAST
Peanut	PNUT
Peanuts	PNUTS
Phosphate	PO4
Phosphorus	P
Pineapple	PNAPPL
Plain	PLN
Porterhouse	PRTRHS
Potassium	K
Powder	PDR
Powdered	PDR
Precooked	PRECKD
Preheated	PREHTD
Prepared	PREP
Processed	PROC
Product code	PROD CD
Propionate	PROP
Protein	PROT
Pudding, puddings	PUDD
Ready-to-bake	RTB
Ready-to-cook	RTC
Ready-to-drink	RTD
Ready-to-eat	RTE
Ready-to-feed	RTF
Ready-to-heat	RTH
Ready-to-serve	RTS
Ready-to-use	RTU
Reconstituted	RECON
Reduced	RED
Reduced-calorie	RED-CAL
Refrigerated	REFR
Regular	REG
Reheated	REHTD
Replacement	REPLCMNT
Restaurant-prepared	REST-PREP
Retail	RTL
Roast	RST
Roasted	RSTD
Round	RND
Sandwich	SNDWCH
Sauce	SAU
Scalloped	SCALLPD
Scrambled	SCRMBLD
Seed	SD

Select	SEL
Shank and sirloin	SHK&SIRL
Short	SHRT
Shoulder	SHLDR
Simmered	SIMMRD
Skin	SKN
Small	SML
Sodium	NA
Solids	SOL
Solution	SOLN
Soybean	SOYBN
Special	SPL
Species	SP
Spread	SPRD
Standard	STD
Steamed	STMD
Stewed	STWD
Stick	STK
Sticks	STKS
Strained	STR
Substitute	SUB
Summer	SMMR
Supplement	SUPP
Sweet	SWT
Sweetened	SWTND
Sweetener	SWTNR
Teaspoon	TSP
Thousand	1000
Toasted	TSTD
Toddler	TODD
Uncooked	UNCKD
Uncreamed	UNCRM
Undiluted	UNDIL
Unenriched	UNENR
Unheated	UNHTD
Unprepared	UNPREP
Unspecified	UNSPEC
Unsweetened	UNSWTND
Variety, varieties	VAR
Vegetable, vegetables	VEG
Vitamin A	VIT A
Vitamin C	VIT C
Water	H2O
Whitener	WHTNR
Whole	WHL
Winter	WNTR

With
Without
Yellow

W/
WO/
YEL

ap	as purchased
ARS	Agricultural Research Service
DFE	Dietary Folate Equivalent
dia	diameter
DRI	Dietary Reference Intakes
fl oz	fluid ounce
FNDDS	USDA Food and Nutrient Database for Dietary Studies
g	gram
INFOODS	International Network of Food Data Systems
IU	International Unit
kcal	kilocalorie
kJ	kilojoule
lb	pound
mg	milligram
µg,	mcg microgram
ml	milliliter
NDB	Nutrient Databank
NDBS	Nutrient Databank System
NDL	Nutrient Data Laboratory
NFNAP	National Food and Nutrient Analysis Program
NLEA	Nutrition Labeling and Education Act
oz	ounce
RAE	Retinol Activity Equivalent
RE	Retinol Equivalents
RDA	Recommended Dietary Allowances, Dietary Reference Intake
SR	USDA National Nutrient Database for Standard Reference
UL	Tolerable Upper Intake Level, a Dietary Reference Intake

Dairy & Eggs

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
BUTTER OIL, ANHYDROUS	2.5	13	1 tbsp	1	0	112
BUTTER, WITH SALT	0.03	14	1 tbsp	3	101	102
BUTTER, WITHOUT SALT	2.18	14	1 tbsp	3	2	102
CHEESE SUBSTITUTE, MOZZARELLA	0.66	28	1 oz	129	194	70
CHEESE, AMERICAN, COLD PK FOOD	0.38	227	1 package, (8 oz)	824	2193	751
CHEESE, AMERICAN, PAST PROCESS	0.08	140	1 cup, diced	185	2339	512
CHEESE, AMERICAN, PAST PROCESS, FOOD	0.2	28	1 oz	72	364	94
CHEESE, AMERICAN, PAST PROCESS, PRODUCT	0.21	21	1 slice, 3/4 oz.	57	267	65
CHEESE, AMERICAN, PAST PROCESS, SPREAD	0.15	32	2 tbsp	77	520	93
CHEESE, BLUE	0.18	17	1 cubic inch	44	237	60
CHEESE, BRICK	0.24	113	1 cup, shredded	154	633	419
CHEESE, BRIE	0.24	144	1 cup, sliced	219	906	481
CHEESE, CAMEMBERT	0.22	28	1 oz	53	239	85
CHEESE, CARAWAY	0.13	28	1 oz	26	196	107
CHEESE, CHEDDAR	0.16	132	1 cup, diced	129	820	532
CHEESE, CHEDDAR OR COLBY, LOFAT	0.11	113	1 cup, shredded	75	692	195
CHEESE, CHEDDAR OR COLBY, LOW-SODIUM	5.3	113	1 cup, shredded	127	24	450
CHEESE, CHESHIRE	0.14	28	1 oz	27	198	110
CHEESE, COLBY	0.21	113	1 cup, shredded	144	683	445
CHEESE, COTTAGE, CRMD, LRG OR SML CURD	0.29	113	4 oz	118	411	111
CHEESE, COTTAGE, CRMD, W/FRUIT	0.26	113	4 oz	102	389	110
CHEESE, COTTAGE, NONFAT, UNCRMD, DRY, LRG OR SML CURD	0.42	113	4 oz	155	373	81
CHEESE, CREAM	0.43	15	1 tbsp	20	47	50
CHEESE, CREAM, FAT FREE	0.4	18	1 tbsp	50	126	19
CHEESE, DRY WHITE, QUESO SECO	0.06	97	1 cup, grated	113	1754	315
CHEESE, EDAM	0.19	198	1 package, (7 oz)	372	1911	707
CHEESE, FETA	0.06	28	1 oz	18	316	75
CHEESE, FONTINA	0.08	108	1 cup, shredded	69	864	420
CHEESE, GJETOST	2.35	227	1 package, (8 oz)	3198	1362	1058
CHEESE, GOAT, HARD TYPE	0.14	28	1 oz	14	98	128
CHEESE, GOAT, SEMISOFT TYPE	0.31	28	1 oz	45	146	103
CHEESE, GOAT, SOFT TYPE	0.07	28	1 oz	7	104	75
CHEESE, GOUDA	0.15	198	1 package, (7 oz)	240	1622	705
CHEESE, GRUYERE	0.24	108	1 cup, shredded	87	363	446
CHEESE, KRAFT CHEEZ WHIZ LT, PAST PROCESS, CHS PRODUCT	0.17	35	2 tbsp	104	597	75
CHEESE, KRAFT CHEEZ WHIZ, PAST PROCESS, CHS SAU	0.15	33	2 tbsp	79	541	91
CHEESE, KRAFT FREE SINGLES, AMERICAN, NONFAT, PAST PROCESS, CHS PRODUCT	0.18	21	1 slice	50	273	31

Dairy & Eggs

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CHEESE, KRAFT VELVEETA LT, RED FAT, PAST PROCESS, CHS PRODUCT	0.22	28	1 oz	97	444	62
CHEESE, KRAFT VELVEETA, PAST PROCESS, CHS SPRD	0.22	28	1 oz	94	420	85
CHEESE, LIMBURGER	0.16	28	1 oz	36	227	93
CHEESE, MEXICAN BLEND	0.12	28	.25 cup, shredded	24	195	100
CHEESE, MEXICAN, BLEND, RED FAT	0.12	28	.25 cup	26	217	79
CHEESE, MEXICAN, QUESO ANEJO	0.08	28	1 oz	25	321	106
CHEESE, MEXICAN, QUESO ASADERO	0.13	113	1 cup, shredded	97	740	402
CHEESE, MEXICAN, QUESO CHIHUAHUA	0.08	113	1 cup, shredded	59	697	423
CHEESE, MONTEREY	0.15	113	1 cup, shredded	92	606	421
CHEESE, MOZZARELLA, PART SKIM MILK	0.14	28	1 oz	24	175	72
CHEESE, MOZZARELLA, PART SKIM MILK, LO MOIST	0.15	113	1 cup, shredded	107	737	341
CHEESE, MOZZARELLA, WHL MILK	0.12	28	1 oz	22	178	85
CHEESE, MOZZARELLA, WHL MILK, LO MOIST	0.18	18	1 cubic inch	14	75	57
CHEESE, MUENSTER	0.21	113	1 cup, shredded	151	710	416
CHEESE, NEUFCHATEL	0.46	85	1 package, (3 oz)	129	284	215
CHEESE, PARMESAN TOPPING, FAT FREE	0.52	5	1 tbsp	30	58	18
CHEESE, PARMESAN, DRY GRATED, RED FAT	0.08	5	1 tbsp	6	76	13
CHEESE, PARMESAN, GRATED	0.08	5	1 tbsp	6	76	22
CHEESE, PARMESAN, HARD	0.06	10	1 cubic inch	9	165	40
CHEESE, PARMESAN, SHREDDED	0.06	5	1 tbsp	5	85	21
CHEESE, PIMENTO, PAST PROCESS	0.11	140	1 cup, diced	227	1999	525
CHEESE, PORT DE SALUT	0.25	113	1 cup, shredded	154	603	398
CHEESE, PROVOLONE	0.16	28	1 oz	39	248	100
CHEESE, PROVOLONE, RED FAT	0.16	113	1 cup, shredded	156	990	310
CHEESE, QUESO FRESCO	0.17	122	1 cup, crumbled	157	916	365
CHEESE, RICOTTA, PART SKIM MILK	1	28	1 oz	35	35	39
CHEESE, RICOTTA, WHOLE MILK	1.25	124	.5 cup	130	104	216
CHEESE, ROMANO	0.07	142	5 package, (5 oz)	122	1704	550
CHEESE, ROQUEFORT	0.05	85	1 package, (3 oz)	77	1538	314
CHEESE, SWISS	0.4	132	1 cup, diced	102	253	502
CHEESE, SWISS, PAST PROCESS	0.16	113	1 cup, shredded	244	1548	377
CHEESE, SWISS, PAST PROCESS, FOOD	0.18	227	1 package, (8 oz)	645	3523	733
CHEESE, TILSIT	0.09	170	1 package, (6 oz)	110	1280	578
CHEESE, WHITE, QUESO BLANCO	0.18	118	1 cup, crumbled	149	831	366
CREAM SUB, FLAV, LIQ	1.2	15	1 tbsp	14	12	38
CREAM SUB, FLAV, PDR	0.46	12	4 tsp	11	24	60
CREAM SUB, LIQ, W/HYDR VEG OIL&SOY PROT	2.42	30	1 fl oz	57	24	41
CREAM SUB, LIQ, W/LAURIC ACID OIL&NA CASEINATE	2.42	120	.5 cup	229	95	163
CREAM SUB, POWDERED	4.5	2	1 tsp	16	4	11

Dairy & Eggs

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CREAM, FLUID, HALF AND HALF	3.2	15	1 tbsp	20	6	20
CREAM, FLUID, HVY WHIPPING	1.97	238	1 cup, fluid (yields 2 cups whipped)	178	90	821
CREAM, FLUID, LT (COFFEE CRM OR TABLE CRM)	3	15	1 tbsp	18	6	29
CREAM, FLUID, LT WHIPPING	2.85	239	1 cup, fluid (yields 2 cups whipped)	232	81	698
CREAM, HALF & HALF, FAT FREE	2.06	29	2 tbsp	60	29	17
CREAM, SOUR, CULTURED	1.76	12	1 tbsp	17	10	23
CREAM, SOUR, FAT FREE, KRAFT BREAKSTONE'S	3	32	2 tbsp	70	23	29
CREAM, SOUR, RED FAT, CULTURED	1.45	15	1 tbsp	19	13	20
CREAM, SOUR, RED FAT, KRAFT BREAKSTONE'S	3.6	31	2 tbsp	65	18	47
CREAM, WHIPPED, CRM TOPPING, PRESSURIZED	18.4	3	1 tbsp	4	0	8
DESSERT TOPPING, PDR, 1.5 OZ PREP W/1/2 CUP MILK	2.29	4	1 tbsp	6	3	8
DESSERT TOPPING, POWDERED	1.36	1	1 portion, amount to make 1 tbsp	2	2	8
DESSERT TOPPING, PRESSURIZED	0.31	4	1 tbsp	1	2	11
DESSERT TOPPING, SEMI SOLID, FRZ	0.72	4	1 tbsp	1	1	13
DULCE DE LECHE	2.71	19	1 tbsp	66	25	60
EGG SUB, LIQ OR FRZ, FAT FREE	1.07	60	.25 cup	128	119	29
EGG SUBSTITUTE, POWDER	0.93	20	.7 oz	149	160	89
EGG, WHITE, DRIED, PDR, STABILIZED, GLUCOSE RED	0.9	7	1 tbsp	78	87	26
EGG, WHITE, RAW, FRESH	0.98	33	1 large	54	55	17
EGG, WHL, CKD, FRIED	0.73	46	1 large	70	95	90
EGG, WHL, CKD, HARD-BOILED	1.02	136	1 cup, chopped	171	169	211
EGG, WHL, CKD, POACHED	0.46	50	1 large	69	148	72
EGG, WHL, CKD, SCRMBLD	0.91	220	1 cup	290	319	328
EGG, WHL, RAW, FRSH	0.97	56	1 extra large	77	80	80
EGG, WHOLE, COOKED, OMELET	0.75	61	1 large	71	95	94
EGG, YOLK, RAW, FRSH	2.27	17	1 large	19	8	55
EGG, YOLK, RAW, FRZ, PAST	1.7	227	.5 lb	275	161	679
EGG, YOLK, RAW, FRZ, SALTED, PAST	0.03	227	.5 lb	252	7915	624
EGG, YOLK, RAW, FRZ, SUGARED, PAST	1.5	227	.5 lb	238	159	697
EGGNOG	3.1	254	1 cup	419	137	224
ICE CRM CONE, CHOC COVERED, W/ NUTS, FLAVORS OTHER THAN CHOC	2.36	96	1 unit	213	90	340
ICE CRM COOKIE SNDWCH	0.42	82	1 serving	56	133	197
ICE CRM SNDWCH	0.89	70	1 serving	80	90	166
ICE CRM SNDWCH, MADE W/ LT ICE CRM, VANILLA	0.28	70	1 serving	29	102	130
ICE CRM SNDWCH, VANILLA, LT, NO SUGAR ADDED	0.25	70	1 serving	29	115	140

Dairy & Eggs

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
ICE CRM, BAR OR STK, CHOC COVERED	4.5	50	1 bar	152	34	166
ICE CRM, FAT FREE, NO SUGAR ADDED, FLAVORS OTHER THAN CHOC	1.78	68	.5 cup	133	75	88
ICE CRM, SOFT SERVE, CHOC	2.9	86	.5 cup	152	52	191
MILK DSSRT BAR, FRZ, MADE FROM LOWFAT MILK	3.4	68	1 bar	215	63	100
MILK SHAKES, THICK CHOC	2.02	300	1 container, (10.6 oz)	672	333	357
MILK SHAKES, THICK VANILLA	1.93	313	1 container, (11 oz)	573	297	351
MILK SUBSTITUTES, FLUID, W/LAURIC ACID OIL	1.46	244	1 cup	278	190	149
MILK, BTTRMLK, FLUID, CULTURED, LOWFAT	1.44	245	1 cup	370	257	98
MILK, BTTRMLK, FLUID, WHL	1.29	245	1 cup	331	257	152
MILK, BUTTERMILK, DRIED	3.1	120	1 cup	1910	620	464
MILK, CHOC, FLUID, COMM, LOWFAT	2.79	250	1 cup	425	152	178
MILK, CHOC, FLUID, COMM, RED FAT	2.56	250	1 cup	422	165	190
MILK, CHOC, FLUID, COMM, WHL	2.78	250	1 cup	418	150	208
MILK, CND, COND, SWTND	2.92	306	1 cup	1135	389	982
MILK, CND, EVAP	2.86	252	1 cup	764	267	340
MILK, DRY, NONFAT, INST	3.1	91	1 envelope, (1-1/3 cup)	1552	500	326
MILK, DRY, NONFAT, REG	3.4	30	.25 cup	538	160	109
MILK, DRY, WHL	3.6	32	.25 cup	426	119	159
MILK, FILLED, FLUID, W/BLEND OF HYDR VEG OILS	2.44	244	1 cup	339	139	154
MILK, FILLED, FLUID, W/LAURIC ACID OIL	2.44	244	1 cup	339	139	154
MILK, FLUID, 1% FAT	3.4	244	1 cup	366	107	102
MILK, FLUID, 1% FAT, PROT FORT	3.1	246	1 cup	443	143	118
MILK, FLUID, 2% FAT	2.98	244	1 cup	342	115	122
MILK, FLUID, 2% FAT, PROT FORT	3.1	246	1 cup	448	145	138
MILK, FLUID, NONFAT (FAT FREE OR SKIM)	3.7	245	1 cup	382	103	83
MILK, FLUID, NONFAT, PROT FORT (FAT FREE/SKIM)	3.1	246	1 cup	448	145	101
MILK, HUMAN, MATURE, FLUID	3	246	1 cup	125	42	172
MILK, LO NA, FLUID	84.3	244	1 cup	617	7	149
MILK, WHL, 3.25% FAT	3.1	244	1 cup	322	105	149
PROTEIN SUPP, MILK BSD, MUSCLE MILK LT, PDR	3.4	50	2 scoop	420	125	198
PROTEIN SUPP, MILK BSD, MUSCLE MILK, PDR	3.4	11	1 tbsp	124	36	45
REDDI WIP FAT FREE WHIPPED TOPPING	1.5	4	1 tbsp	4	3	6
SOUR CREAM, FAT FREE	0.91	12	1 tbsp	15	17	9
SOUR CREAM, IMITN, CULTURED	1.58	28	1 oz	46	29	59
SOUR CREAM, LIGHT	2.99	12	1 tbsp	25	9	17
SOUR CREAM, REDUCED FAT	3	12	1 tbsp	25	8	22

Dairy & Eggs

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SOUR DRNG, NON-BUTTERFAT, CULTURED, FILLED CREAM-TYPE	3.4	12	1 tbsp	19	6	21
WHEY, ACID, DRIED	2.36	3	1 tbsp	66	28	10
WHEY, ACID, FLUID	2.98	246	1 cup	352	118	59
WHEY, SWEET, DRIED	1.93	8	1 tbsp	156	81	26
WHEY, SWEET, FLUID	2.98	246	1 cup	396	133	66
YOGURT, CHOC, NONFAT MILK	2.51	170	1 container, (6 oz)			
YOGURT, FRUIT, LOFAT	3.3	125	1 container, (4.4 oz)	221	66	124
YOGURT, FRUIT, LOFAT, W/LO CAL SWEETENER	3.3	245	1 cup, (8 fl oz)	475	142	257
YOGURT, FRUIT, NONFAT	3.3	125	1 container, (4.4 oz)	242	72	119
YOGURT, FRZ, FLAVORS NOT CHOC, NONFAT MILK, W/ LOW-CALORIE SWTNR	4.2	68	.5 cup	231	55	71
YOGURT, GREEK, PLN, NONFAT	3.9	170	1 container	240	61	100
YOGURT, KRAFT BREYERS LOWFAT STRAWBERRY (1% FAT)	3.7	227	1 container, (8 oz)	436	118	218
YOGURT, KRAFT BREYERS LT N' LVLV LOWFAT STR'BERY (1% FAT)	3.4	125	1 container, (4.4 oz)	189	56	135
YOGURT, KRAFT BREYERS LT NONFAT STR'BERY (W/ASPR&FRUCT)	3.2	227	1 container, (8 oz)	331	102	125
YOGURT, KRAFT BREYERS SMOTH&CRMY LOWFAT STR'BERY (1% FAT)	3.2	227	1 container, (8 oz)	402	125	232
YOGURT, PLN, LOFAT	3.3	227	1 container, (8 oz)	531	159	143
YOGURT, PLN, SKIM MILK	3.3	227	1 container, (8 oz)	579	175	127
YOGURT, PLN, WHL MILK	3.4	227	1 container, (8 oz)	352	104	138
YOGURT, VAN OR LEM FLAV, NONFAT MILK, SWTND W/LOW-CALORIE SWTNR	3	170	1 container, (6 oz)	301	100	73
YOGURT, VANILLA FLAVOR, LOWFAT MILK, SWTND W/ LO CAL SWTNR	3.3	170	1 container	372	112	146
YOGURT, VANILLA, LOFAT	3.3	227	1 container, (8 oz)	497	150	193

Spices

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
ALLSPICE, GROUND	13.6	1.9	1 tsp	20	1	5
ANISE SEED	90.1	2.1	1 tsp, whole	30	0	7
BASIL, DRIED	34.6	2.1	1 tbsp, leaves	55	2	5
BASIL, FRESH	73.8	2.5	5 leaves	7	0	1
BAY LEAF	23	0.6	1 tsp, crumbled	3	0	2
CAPERS, CANNED	0.01	8.6	1 tbsp, drained	3	238	2
CARAWAY SEED	79.5	2.1	1 tsp	28	0	7
CARDAMOM	62.2	2	1 tsp, ground	22	0	6
CELERY SEED	8.8	2	1 tsp	28	3	8
CHERVIL, DRIED	57.1	0.6	1 tsp	28	0	1
CHILI POWDER	1.19	2.7	1 tsp	53	44	8
CINNAMON, GROUND	43.1	2.6	1 tsp	11	0	6
CLOVES, GROUND	3.7	2.1	1 tsp	21	6	6
CORIANDER LEAF, DRIED	21.2	0.6	1 tsp	27	1	2
CORIANDER SEED	36.2	1.8	1 tsp	23	1	5
CUMIN SEED	10.6	2.1	1 tsp, whole	38	4	8
CURRY POWDER	29.7	2	1 tsp	31	1	6
DILL SEED	59.3	2.1	1 tsp	25	0	6
DILL WEED, DRIED	15.9	1	1 tsp	33	2	3
DILL WEED, FRSH	12.1	1	5 sprigs	7	1	0
FENNEL SEED	19.2	2	1 tsp, whole	34	2	7
FENUGREEK SEED	11.5	3.7	1 tsp	28	2	12
GARLIC POWDER	19.9	3.1	1 tsp	37	2	10
GINGER, GROUND	48.9	1.8	1 tsp	24	0	6
HORSERADISH, PREPARED	0.59	5	1 tsp	12	21	2
MACE, GROUND	5.8	1.7	1 tsp	8	1	8
MARJORAM, DRIED	19.8	0.6	1 tsp	9	0	2
MUSTARD SD, GROUND	56.8	2	1 tsp	15	0	10
MUSTARD, PREPARED, YELLOW	0.12	5	1 tsp	7	57	3
NUTMEG, GROUND	21.9	2.2	1 tsp	8	0	12
ONION POWDER	13.5	2.4	1 tsp	24	2	8
OREGANO, DRIED	50.4	1.8	1 tsp, ground	23	0	5
PAPRIKA	33.5	2.3	1 tsp	52	2	6
PARSLEY, DRIED	5.9	1.6	1 tbsp	43	7	5
PEPPER, BLACK	66.4	2.3	1 tsp, ground	31	0	6
PEPPER, RED OR CAYENNE	67.1	1.8	1 tsp	36	1	6
PEPPER, WHITE	14.6	2.4	1 tsp, ground	2	0	7
PEPPERMINT, FRESH	18.4	0.1	2 leaves	1	0	0
POPPY SEED	27.7	2.8	1 tsp	20	1	15
POULTRY SEASONING	25.3	1.5	1 tsp	10	0	5
PUMPKIN PIE SPICE	12.8	1.7	1 tsp	11	1	6

Spices

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
ROSEMARY, DRIED	19.1	1.2	1 tsp	11	1	4
ROSEMARY, FRESH	25.7	0.7	1 tsp	5	0	1
SAFFRON	11.6	0.7	1 tsp	12	1	2
SAGE, GROUND	97.3	0.7	1 tsp	7	0	2
SALT, TABLE	0	18	1 tbsp	1	6976	0
SAVORY, GROUND	43.8	1.4	1 tsp	15	0	4
SPEARMINT, DRIED	5.6	0.5	1 tsp	10	2	1
SPEARMINT, FRESH	15.3	0.3	2 leaves	1	0	0
TARRAGON, DRIED	48.7	1.8	1 tbsp, leaves	54	1	5
THYME, DRIED	14.8	2.7	1 tbsp, leaves	22	1	7
THYME, FRSH	67.7	0.4	.5 tsp	2	0	0
TURMERIC, GROUND	66.4	2.2	1 tsp	56	1	8
VANILLA EXTRACT	16.4	13	1 tbsp	19	1	37
VANILLA EXTRACT, IMITN, ALCOHOL	24.5	4.2	1 tsp	4	0	10
VANILLA EXTRACT, IMITN, NO ALCOHOL	0	4.2	1 tsp	0	0	2
VINEGAR, BALSAMIC	4.9	16	1 tbsp	18	4	14
VINEGAR, CIDER	14.6	14.9	1 tbsp	11	1	3
VINEGAR, DISTILLED	1	14.9	1 tbsp	0	0	3
VINEGAR, RED WINE	4.9	14.9	1 tbsp	6	1	3

Fats & Oils

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
BUTTER, LT, STK, W/SALT	0.16	14	1 tbsp	10	63	71
BUTTER, LT, STK, WO/SALT	1.97	14	1 tbsp	10	5	70
DRIPPINGS, MEAT (LARD, BF TALLOW, MUTTON TALLOW)	0	12.8	1 tbsp	0	70	114
FAT, BEEF TALLOW	0	12.8	1 tbsp	0	0	115
FAT, BACON GREASE	0	4.3	1 tsp	0	6	39
FAT, CHICKEN	0	12.8	1 tbsp	0	0	115
LARD	0	12.8	1 tbsp	0	0	115
MARGARINE, REG, 80% FAT, STK, W/ SALT	0.02	14	1 tbsp	3	105	100
MARGARINE, REG, 80% FAT, STK, WO/ SALT	9	14.2	1 tbsp	3	0	102
MARGARINE, REG, 80% FAT, TUB, W/ SALT	0.03	14.2	1 tbsp	2	93	101
MARGARINE, REG, 80% FAT, TUB, WO/ SALT	0.61	14.2	1 tbsp	2	4	101
MARGARINE, REG, HARD, SOYBN (HYDR)	0.04	4.7	1 tsp	2	44	34
MARGARINE, SPRD, APPROX 48% FAT, TUB	0.06	14	1 tbsp	5	90	59
MARGARINE-LIKE SPRD W/ YOGURT, 70% FAT, STK, W/ SALT	0.04	14	1 tbsp	4	83	88
MARGARINE-LIKE SPRD, SMART BALANCE LT BUTTERY SPRD	0.06	14	1 tbsp	4	81	47
MARGARINE-LIKE SPRD, SMART BALANCE OMEGA PLUS SPRD	0.1	14	1 tbsp	10	102	85
MARGARINE-LIKE SPRD, SMART BEAT SUPER LT WO/ SATURATED FAT	0.02	14	1 tbsp	2	106	22
OIL, ALMOND	0	13.6	1 tbsp	0	0	120
OIL, AVOCADO	0	14	1 tbsp	0	0	124
OIL, CANOLA	0	14	1 tbsp	0	0	124
OIL, COCNT	0	13.6	1 tbsp	0	0	117
OIL, FISH, COD LIVER	0	13.6	1 tbsp	0	0	123
OIL, FLAXSEED, CONTAINS ADDED SLICED FLAXSEED	5.2	13.7	1 tbsp	4	1	120
OIL, MUSTARD	0	14	1 tbsp	0	0	124
OIL, OLIVE, SALAD OR COOKING	0.5	13.5	1 tbsp	0	0	119
OIL, PALM	0	13.6	1 tbsp	0	0	120
OIL, PNUT, SALAD OR COOKING	0	13.5	1 tbsp	0	0	119
OIL, SAFFLOWER	0	13.6	1 tbsp	0	0	120
OIL, SESAME, SALAD OR COOKING	0	13.6	1 tbsp	0	0	120
OIL, SOYBN, SALAD OR COOKING	0	13.6	1 tbsp	0	0	120
OIL, SUNFLOWER	0	13.6	1 tbsp	0	0	120
OIL, WALNUT	0	13.6	1 tbsp	0	0	120
OIL, WHEAT GERM	0	13.6	1 tbsp	0	0	120
SALAD DRSNG, 1000 ISLAND DRSNG, FAT-FREE	0.15	16	1 tbsp	20	126	21
SALAD DRSNG, 1000 ISLAND DRSNG, RED FAT	0.21	15	1 tbsp	30	143	29
SALAD DRSNG, 1000 ISLAND, REG	0.12	16	1 tbsp	17	138	59

Fats & Oils

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SALAD DRSNG, BLUE OR ROQUEFORT CHS DRSNG, REG	0.08	15	1 tbsp	13	156	71
SALAD DRSNG, CAESAR, FAT-FREE	0.04	34	2 tbsp	16	430	45
SALAD DRSNG, FRENCH DRSNG, FAT-FREE	0.1	16	1 tbsp	13	136	21
SALAD DRSNG, FRENCH DRSNG, RED FAT	0.13	16	1 tbsp	17	134	36
SALAD DRSNG, FRENCH DRSNG, RED FAT, WO/SALT	3.6	16	1 tbsp	17	5	37
SALAD DRSNG, HOME RECIPE, VINEGAR & OIL	8	16	1 tbsp	1	0	72
SALAD DRSNG, HONEY MUSTARD, FAT-FREE	0.07	30	2 tbsp	21	301	51
SALAD DRSNG, HONEY MUSTARD, RED CAL	0.06	30	2 tbsp	16	270	62
SALAD DRSNG, HONEY MUSTARD, REG	0.03	30	2 tbsp	6	195	139
SALAD DRSNG, ITALIAN DRSNG, FAT-FREE	0.09	14	1 tbsp	14	158	7
SALAD DRSNG, ITALIAN DRSNG, RED FAT, WO/SALT	2.83	15	1 tbsp	13	4	11
SALAD DRSNG, ITALIAN DRSNG, REG	0.08	14.7	1 tbsp	12	146	35
SALAD DRSNG, KRAFT MIRACLE WHIP, NONFAT	0.06	16	1 tbsp	8	126	13
SALAD DRSNG, MAYO, IMITN, MILK CRM	0.19	15	1 tbsp	15	76	15
SALAD DRSNG, MAYO, IMITN, SOYBN	0.02	15	1 tbsp	2	75	35
SALAD DRSNG, MAYO, KRAFT LT MAYO	0.08	15	1 tbsp	8	95	50
SALAD DRSNG, MAYO, KRAFT, FAT FREE	0.07	16	1 tbsp	8	120	11
SALAD DRSNG, MAYO, LT	0.04	15	1 tbsp	5	112	36
SALAD DRSNG, MAYO, LT, SMART BALANCE, OMEGA PLUS LT	0.07	14	1 tbsp	9	119	47
SALAD DRSNG, MAYO, REG	0.03	13.8	1 tbsp	3	88	94
SALAD DRSNG, MAYO, REG, W/SALT	0.01	14.7	1 tbsp	1	105	57
SALAD DRSNG, MAYO, SOYBN OIL, WO/SALT	1.13	13.8	1 tbsp	5	4	99
SALAD DRSNG, POPPYSEED, CREAMY	0.08	33	2 tbsp	20	260	132
SALAD DRSNG, RANCH DRSNG, FAT-FREE	0.12	14	1 tbsp	16	126	17
SALAD DRSNG, RANCH DRSNG, RED FAT	0.12	15	1 tbsp	20	168	29
SALAD DRSNG, RANCH DRSNG, REG	0.06	15	1 tbsp	9	164	73
SALAD DRSNG, RUSSIAN DRSNG	0.15	15	1 tbsp	26	170	53
SALAD DRSNG, RUSSIAN DRSNG, LO CAL	0.18	16	1 tbsp	25	139	23
SALAD DRSNG, SESAME SD DRSNG, REG	0.16	15	1 tbsp	24	150	66
SHORTENING, FRYING (HVY DUTY), BF TALLOW&CTTNSD	0	12.8	1 tbsp	0	0	115
SHORTENING, VEG, HOUSEHOLD	0	12.8	1 tbsp	0	1	113
VEG OIL SPRD, 60% FAT, STICK/TUB/BOTTLE, W/SALT	0.04	14.3	1 tbsp	4	100	75
VEG OIL SPRD, 60% FAT, STICK/TUB/BOTTLE, WO/SALT	15	14	1 tbsp	4	0	75
VEG OIL SPRD, FAT-FREE, TUB	0.06	14.6	1 tbsp	5	85	6

Poultry

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CHICKEN BREAST TENDERS, BREADED, UNCKD	0.4	15	1 piece	32	80	39
CHICKEN BREAST TENDERS, CKD, CONVENTIONAL OVEN	0.48	20	1 piece	44	91	59
CHICKEN BREAST TENDERS, CKD, MICROWAVED	0.5	15	1 piece	34	67	38
CHICKEN NUGGETS, FRZ, CKD	0.48	20	1 piece	53	111	59
CHICKEN PATTY, FRZ, CKD	0.49	60	1 patty	157	319	172
CHICKEN, BROILERS OR FRYERS, BACK, MEAT ONLY, CKD, FRIED	2.54	100	3.5 oz	251	99	288
CHICKEN, BROILERS OR FRYERS, BACK, MEAT ONLY, CKD, RSTD	2.47	100	3.5 oz	237	96	239
CHICKEN, BROILERS OR FRYERS, BACK, MEAT ONLY, CKD, STWD	2.36	100	3.5 oz	158	67	209
CHICKEN, BROILERS OR FRYERS, BACK, MEAT&SKN, CKD, FRIED, BATTER	0.57	100	3.5 oz	180	317	331
CHICKEN, BROILERS OR FRYERS, BACK, MEAT&SKN, CKD, FRIED, FLR	2.51	100	3.5 oz	226	90	331
CHICKEN, BROILERS OR FRYERS, BACK, MEAT&SKN, CKD, RSTD	2.41	100	3.5 oz	210	87	300
CHICKEN, BROILERS OR FRYERS, BACK, MEAT&SKN, CKD, STWD	2.27	100	3.5 oz	145	64	258
CHICKEN, BROILERS OR FRYERS, BREAST, MEAT ONLY, CKD, FRIED	3.5	100	3.5 oz	276	79	187
CHICKEN, BROILERS OR FRYERS, BREAST, MEAT ONLY, CKD, RSTD	3.5	100	3.5 oz	256	74	165
CHICKEN, BROILERS OR FRYERS, BREAST, MEAT ONLY, CKD, STWD	2.97	100	3.5 oz	187	63	151
CHICKEN, BROILERS OR FRYERS, BREAST, MEAT&SKN, CKD, FRIED, BATTER	0.73	100	3.5 oz	201	275	260
CHICKEN, BROILERS OR FRYERS, BREAST, MEAT&SKN, CKD, FRIED, FLR	3.4	100	3.5 oz	259	76	222
CHICKEN, BROILERS OR FRYERS, BREAST, MEAT&SKN, CKD, RSTD	3.5	100	3.5 oz	245	71	197
CHICKEN, BROILERS OR FRYERS, BREAST, MEAT&SKN, CKD, STWD	2.87	100	3.5 oz	178	62	184
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT ONLY, CKD, FRIED	2.61	100	3.5 oz	253	97	239
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT ONLY, CKD, RSTD	2.58	100	3.5 oz	240	93	205
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT ONLY, CKD, STWD	2.45	100	3.5 oz	181	74	192
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT&SKN, CKD, FRIED, BATTER	0.63	100	3.5 oz	185	295	298
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT&SKN, CKD, FRIED, FLR	2.58	100	3.5 oz	230	89	285
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT&SKN, CKD, RSTD	2.53	100	3.5 oz	220	87	253
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT&SKN, CKD, STWD	2.37	100	3.5 oz	166	70	233
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT ONLY, CKD, BRSD	2.04	100	3.5 oz	239	117	149
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT ONLY, CKD, FRIED	2.59	100	3.5 oz	249	96	195
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT ONLY, CKD, RST	2.25	100	3.5 oz	265	118	149

Poultry

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT ONLY, CKD, STWD	2.49	100	3.5 oz	199	80	169
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT&SKN, CKD, FRIED, BATTER	0.69	100	3.5 oz	186	269	268
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT&SKN, CKD, FRIED, FLR	2.57	100	3.5 oz	229	89	245
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT&SKN, CKD, RSTD	2.25	100	3.5 oz	256	114	186
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT&SKN, CKD, STWD	2.42	100	3.5 oz	184	76	204
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MT & SKN, CKD, BRSD	2.06	100	3.5 oz	229	111	187
CHICKEN, BROILERS OR FRYERS, LT MEAT, MEAT ONLY, CKD, FRIED	3.2	100	3.5 oz	263	81	192
CHICKEN, BROILERS OR FRYERS, LT MEAT, MEAT ONLY, CKD, RSTD	3.2	100	3.5 oz	247	77	173
CHICKEN, BROILERS OR FRYERS, LT MEAT, MEAT ONLY, CKD, STWD	2.77	100	3.5 oz	180	65	159
CHICKEN, BROILERS OR FRYERS, NECK, MEAT ONLY, CKD, FRIED	2.15	100	3.5 oz	213	99	229
CHICKEN, BROILERS OR FRYERS, NECK, MEAT ONLY, CKD, SIMMRD	2.19	100	3.5 oz	140	64	179
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT & SKN, CKD, BRSD	3.2	100	3.5 oz	245	76	229
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT ONLY, CKD, BRSD	3.5	100	3.5 oz	266	77	176
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT ONLY, CKD, FRIED	2.65	100	3.5 oz	254	96	208
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT ONLY, CKD, RSTD	3.2	100	3.5 oz	277	87	177
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT ONLY, CKD, STWD	2.44	100	3.5 oz	183	75	195
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT&SKN, CKD, FRIED, BATTER	0.67	100	3.5 oz	192	288	277
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT&SKN, CKD, FRIED, FLR	2.69	100	3.5 oz	237	88	262
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT&SKN, CKD, RSTD	3	100	3.5 oz	260	86	229
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT&SKN, CKD, STWD	2.39	100	3.5 oz	170	71	232
CHICKEN, BROILERS OR FRYERS, WING, MEAT ONLY, CKD, FRIED	2.29	100	3.5 oz	208	91	211
CHICKEN, BROILERS OR FRYERS, WING, MEAT ONLY, CKD, RSTD	2.28	100	3.5 oz	210	92	203
CHICKEN, BROILERS OR FRYERS, WING, MEAT ONLY, CKD, STWD	2.1	100	3.5 oz	153	73	181
CHICKEN, BROILERS OR FRYERS, WING, MEAT&SKN, CKD, FRIED, BATTER	0.43	100	3.5 oz	138	320	324
CHICKEN, BROILERS OR FRYERS, WING, MEAT&SKN, CKD, FRIED, FLR	2.3	100	3.5 oz	177	77	321
CHICKEN, BROILERS OR FRYERS, WING, MEAT&SKN, CKD, RSTD	2.24	100	3.5 oz	184	82	290
CHICKEN, BROILERS OR FRYERS, WING, MEAT&SKN, CKD, STWD	2.07	100	3.5 oz	139	67	249
CHICKEN, CANNED, MEAT ONLY, W/BROTH	0.27	100	3.5 oz	138	503	165
CHICKEN, CANNED, NO BROTH	0.32	100	3.5 oz	153	482	185

Poultry

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CHICKEN, CAPONS, GIBLETS, CKD, SIMMRD	2.78	100	3.5 oz	153	55	164
CHICKEN, CAPONS, MEAT&SKN, CKD, RSTD	5.2	100	3.5 oz	255	49	229
CHICKEN, CORNISH GAME HENS, MEAT ONLY, CKD, RSTD	4	100	3.5 oz	250	63	134
CHICKEN, CORNISH GAME HENS, MEAT&SKN, CKD, RSTD	3.8	100	3.5 oz	245	64	259
CHICKEN, GIZZARD, ALL CLASSES, CKD, SIMMRD	3.2	100	3.5 oz	179	56	154
CHICKEN, GROUND, CRUMBLES, CKD, PAN-BROWNE	9	100	3.5 oz	677	75	189
CHICKEN, LIVER, ALL CLASSES, CKD, PAN-FRIED	3.4	100	3.5 oz	315	92	172
CHICKEN, LIVER, ALL CLASSES, CKD, SIMMRD	3.5	100	3.5 oz	263	76	167
CHICKEN, ROASTING, DK MEAT, MEAT ONLY, CKD, RSTD	2.36	100	3.5 oz	224	95	178
CHICKEN, ROASTING, LT MEAT, MEAT ONLY, CKD, RSTD	4.6	100	3.5 oz	236	51	153
CHICKEN, ROASTING, MEAT ONLY, CKD, RSTD	3.1	100	3.5 oz	229	75	167
CHICKEN, ROASTING, MEAT&SKN, CKD, RSTD	2.89	100	3.5 oz	211	73	223
CHICKEN, STEWING, DK MEAT, MEAT ONLY, CKD, STWD	2.15	100	3.5 oz	204	95	258
CHICKEN, STEWING, LT MEAT, MEAT ONLY, CKD, STWD	3.4	100	3.5 oz	199	58	213
CHICKEN, STEWING, MEAT ONLY, CKD, STWD	2.59	100	3.5 oz	202	78	237
CHICKEN, STEWING, MEAT&SKN, CKD, STWD	2.49	100	3.5 oz	182	73	285
DUCK, DOMESTICATED, MEAT ONLY, CKD, RSTD	3.9	100	3.5 oz	252	65	201
DUCK, DOMESTICATED, MEAT&SKN, CKD, RSTD	3.5	100	3.5 oz	204	59	337
EMU, FAN FILLET, CKD, BRLD	7.5	100	3.5 oz	397	53	154
EMU, FULL RUMP, CKD, BRLD	2.95	100	3.5 oz	324	110	168
EMU, GROUND, CKD, PAN-BROILED	5.8	100	3.5 oz	375	65	163
EMU, INSIDE DRUMS, CKD, BRLD	2.64	100	3.5 oz	312	118	156
EMU, TOP LOIN, CKD, BRLD	6.4	100	3.5 oz	374	58	152
GOOSE, DOMESTICATED, MEAT ONLY, CKD, RSTD	5.1	100	3.5 oz	388	76	238
GOOSE, DOMESTICATED, MEAT&SKN, CKD, RSTD	4.7	100	3.5 oz	329	70	305
GOOSE, PATE DE FOIE GRAS, CND (GOOSE LIVER PATE), SMOKED	0.2	100	3.5 oz	138	697	462
TURKEY AND GRAVY, FROZEN	0.11	100	3.5 oz	61	554	67
TURKEY BREAST, PRE-BASTED, MEAT&SKN, CKD, RSTD	0.62	100	3.5 oz	248	397	126
TURKEY FROM WHL, ENHANCED, LT MEAT, MEAT & SKN, CKD, RSTD	1.05	100	3.5 oz	250	237	157
TURKEY FROM WHL, ENHANCED, LT MEAT, MEAT ONLY, CKD, RSTD	1.05	100	3.5 oz	249	238	127
TURKEY FROM WHL, LT MEAT, MEAT & SKN, CKD, RSTD	2.46	100	3.5 oz	248	101	177
TURKEY FROM WHL, NECK, MEAT ONLY, CKD, SIMMRD	0.46	100	3.5 oz	114	246	162
TURKEY PATTIES, BREADED, BATTERED, FRIED	0.49	100	3.5 oz	275	567	283
TURKEY RST, BNLESS, FRZ, SEASONED, LT&DK MEAT, RSTD	0.44	100	3.5 oz	298	680	155
TURKEY STKS, BREADED, BATTERED, FRIED	0.31	100	3.5 oz	260	838	279

Poultry

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
TURKEY THIGH, PRE-BASTED, MEAT&SKN, CKD, RSTD	0.55	100	3.5 oz	241	437	157
TURKEY, ALL CLASSES, BACK, MEAT&SKN, CKD, RSTD	3.6	100	3.5 oz	260	73	244
TURKEY, ALL CLASSES, BREAST, MEAT&SKN, CKD, RSTD	4.6	100	3.5 oz	288	63	189
TURKEY, ALL CLASSES, LEG, MEAT&SKN, CKD, RSTD	3.6	100	3.5 oz	280	77	208
TURKEY, ALL CLASSES, LT MEAT, CKD, RSTD	2.52	100	3.5 oz	249	99	147
TURKEY, ALL CLASSES, WING, MEAT&SKN, CKD, RSTD	4.4	100	3.5 oz	266	61	229
TURKEY, CND, MEAT ONLY, W/BROTH	0.43	100	3.5 oz	224	518	169
TURKEY, DICED, LT&DK MEAT, SEASONED	0.36	100	3.5 oz	310	850	138
TURKEY, DK MEAT, MEAT & SKN, CKD, RSTD	2.17	100	3.5 oz	228	105	206
TURKEY, ENHANCED, DK MEAT, MEAT & SKN, CKD, RSTD	1.13	100	3.5 oz	232	206	199
TURKEY, ENHANCED, DK MEAT, MEAT ONLY, CKD, RSTD	1.13	100	3.5 oz	227	201	158
TURKEY, FRYER-ROASTERS, BREAST, MEAT ONLY, CKD, RSTD	5.6	100	3.5 oz	292	52	135
TURKEY, FRYER-ROASTERS, MEAT&SKN, CKD, RSTD	3.8	100	3.5 oz	250	66	172
TURKEY, FRYER-ROASTERS, WING, MEAT ONLY, CKD, RSTD	2.62	100	3.5 oz	204	78	163
TURKEY, GROUND, COOKED	3.8	100	3.5 oz	294	78	203
TURKEY, GROUND, 85% LN, 15% FAT, PAN-BROILED CRUMBLES	3.2	100	3.5 oz	276	85	258
TURKEY, GROUND, 85% LN, 15% FAT, PATTIES, BRLD	2.99	100	3.5 oz	242	81	249
TURKEY, GROUND, 93% LN, 7% FAT, PAN-BROILED CRUMBLES	3.4	100	3.5 oz	304	90	213
TURKEY, GROUND, 93% LN, 7% FAT, PATTIES, BRLD	2.71	100	3.5 oz	247	91	207
TURKEY, GROUND, FAT FREE, PAN-BROILED CRUMBLES	5.9	100	3.5 oz	357	61	151
TURKEY, GROUND, FAT FREE, PATTIES, BRLD	5.7	100	3.5 oz	339	59	138

Soups & Sauces

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
GRAVY, AU JUS, CANNED	0.17	59	.25 cup	48	282	9
GRAVY, BEEF, CND, RTS	0.14	233	1 cup	189	1305	123
GRAVY, CHICKEN, CND, RTS	0.26	238	1 cup	259	1009	188
GRAVY, HEINZ HOME STYLE SAVORY BF GRAVY	0.04	57	1 serving, 1/4 cup 2 oz	13	335	22
GRAVY, MEAT OR POULTRY, LO NA, PREP	4.5	236	1 cup	191	42	125
GRAVY, MUSHROOM, CANNED	0.19	238	1 cup	252	1357	119
GRAVY, TURKEY, CND, RTS	0.19	238	1 cup	259	1373	121
SAUCE, BARBECUE	0.23	17	1 tbsp	39	175	29
SAUCE, BARBECUE, LO NA	1.74	17	1 tbsp	39	23	29
SAUCE, CHEESE, RTS	0.04	63	.25 cup	19	522	110
SAUCE, CHILI, PEPPERS, HOT, IMMAT GRN, CND	22.6	15	1 tbsp	85	4	3
SAUCE, FISH, READY-TO-SERVE	0.04	18	1 tbsp	52	1413	6
SAUCE, HOISIN, RTS	0.07	16	1 tbsp	19	258	35
SAUCE, OYSTER, RTS	0.02	18	1 tbsp	10	492	9
SAUCE, PASTA, SPAGHETTI/MARINARA, RTS	0.76	132	1 serving, 1/2 cup	421	553	65
SAUCE, PASTA, SPAGHETTI/MARINARA, RTS, LO NA	10.6	128	1 serving, 1/2 cup	408	38	65
SAUCE, CHILI, PEPPERS, HOT, MATURE RED, CND	22.6	15	1 tbsp	85	4	3
SAUCE, PIZZA, CND, RTS	1.91	63	.25 cup	223	117	34
SAUCE, PLUM, READY-TO-SERVE	0.48	19	1 tbsp	49	102	35
SAUCE, PREGO PASTA, CHNKY GRD MSHRM & GRN PPPR ITAL SAU, RTS	0.85	130	1 serving, 1/2 cup	400	471	90
SAUCE, PREGO PASTA, CHNKY GRDN TMTO, ONION & GRLIC ITAL SAU, RTS	0.85	130	1 serving, 1/2 cup	416	489	94
SAUCE, PREGO PASTA, DICED ONION & GARLIC ITAL SAU, RTS	0.92	130	1 serving, 1/2 cup	439	480	120
SAUCE, PREGO PASTA, FLAV W/ MEAT ITAL SAU, RTS	0.75	130	1 serving, 1/2 cup	360	480	81
SAUCE, PREGO PASTA, FRSH MUSHROOM ITAL SAU, RTS	0.73	130	1 serving, 1/2 cup	350	480	70
SAUCE, PREGO PASTA, GARLIC SUPREME ITAL SAU, RTS	0.77	130	1 serving, 1/2 cup	410	530	110
SAUCE, PREGO PASTA, HEART SMRT- RICOTTA PMESAN ITLN SAU, RTS	1.14	125	1 serving, 1/2 cup	410	360	90
SAUCE, PREGO PASTA, ITAL SAUSGE & GARLIC ITAL SAU, RTS	0.81	125	1 serving, 1/2 cup	390	480	90
SAUCE, PREGO PASTA, ORGANIC MUSHROOM ITALIAN SAU, RTS	0.96	125	1 serving, 1/2 cup	450	470	90
SAUCE, PREGO PASTA, ORGNIC TOMATO & BASIL ITAL SAU, RTS	0.85	125	1 serving, 1/2 cup	400	470	90
SAUCE, PREGO PASTA, TOMATO, BASIL & GARLIC ITAL SAU, RTS	0.95	125	1 serving, 1/2 cup	400	420	80
SAUCE, PREGO PASTA, TRADITIONAL ITALIAN SAU, RTS	0.79	130	1 serving, 1/2 cup	380	480	70
SAUCE, RTS, PEPPER OR HOT	0.05	4.7	1 tsp	7	124	1
SAUCE, RTS, PEPPER, TABASCO	0.2	4.7	1 tsp	6	30	1
SAUCE, SALSA, RTS	0.4	36	2 tbsp	103	254	10
SAUCE, TERIYAKI, RTS	0.06	18	1 tbsp	40	690	16

Soups & Sauces

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SAUCE, TERIYAKI, RTS, RED NA	0.13	36	2 tbsp	81	640	32
SAUCE, TOMATO CHILI SAU, BTLTD, NO SALT, LO NA	18.5	273	1 cup	1010	55	284
SAUCE, TOMATO CHILI SAU, BTLTD, W/SALT	0.28	273	1 cup	1010	3653	284
SAUCE, WORCESTERSHIRE	0.82	17	1 tbsp	136	167	13
SOUP, CRM OF ASPARAGUS, CND, COND	0.21	126	.5 cup, (4 fl oz)	174	843	87
SOUP, BEAN W/ FRANKFURTERS, CND, COND	0.44	263	1 cup, (8 fl oz)	955	2186	373
SOUP, BEAN W/ HAM, CND, CHUNKY, RTS	0.44	243	1 cup, (8 fl oz)	425	972	231
SOUP, BEAN W/ PORK, CND, COND	0.56	326	1 can, 11.5 oz	1222	2191	421
SOUP, BEAN&HAM, CND, RED NA, PREP W/H2O OR RTS	0.84	245	1 cup	387	458	181
SOUP, BF & MUSHROOM, LO NA, CHUNK STYLE	5.6	251	1 cup	351	63	173
SOUP, BF BROTH OR BOUILLON CND, RTS	0.15	240	1 cup	130	893	17
SOUP, BF BROTH OR BOUILLON, PDR, PREP W/H2O	0.02	240	1 serving, 1 cup	14	917	7
SOUP, BF BROTH, BOUILLON, CONSOMME, PREP W/EQ VOLUME H2O	0.24	241	1 cup, (8 fl oz)	154	636	29
SOUP, BF BROTH, CUBED, PREP W/H2O	0.02	240	1 serving, 1 cup	14	624	7
SOUP, BF & MUSHROOM, CND, COND	0.18	126	.5 cup, (4 fl oz)	159	893	77
SOUP, BF NOODLE, CND, COND	0.12	125	.5 cup	99	816	84
SOUP, BLACK BEAN, CND, COND	0.26	257	1 cup, (8 fl oz)	642	2493	234
SOUP, CAMPBELL'S CHUNKY SOUPS, CLASSIC CHICK NDLE SOUP	0.28	243	1 cup	219	790	114
SOUP, CAMPBELL'S CHUNKY SOUPS, NEW ENGLAND CLAM CHOWDER	0.33	251	1 cup	289	886	203
SOUP, CAMPBELL'S CHUNKY SOUPS, OLD FASHIONED VEG BF SOUP	0.47	247	1 cup	403	855	121
SOUP, CAMPBELL'S LO NA SOUPS, CHICK BROTH	1.64	298	1 serving, 1 container	229	140	30
SOUP, CAMPBELL'S LO NA SOUPS, CHICK W/ NOODLES SOUP	3.5	305	1 serving, 1 container	491	140	159
SOUP, CAMPBELL'S LO NA SOUPS, CRM OF MUSHROOM SOUP	2.85	298	1 serving, 1 container	170	60	161
SOUP, CAMPBELL'S RED & WHITE, 98% FAT FREE CRM OF CELERY SOUP, COND	1.25	124	1 serving, 1/2 cup	600	480	69
SOUP, CAMPBELL'S RED & WHITE, 98% FAT FREE CRM OF CHICK SOUP, COND	1.15	124	1 serving, 1/2 cup	551	480	69
SOUP, CAMPBELL'S RED & WHITE, BF BROTH, COND	0.05	124	1 serving, 1/2 cup	40	861	15
SOUP, CAMPBELL'S RED & WHITE, BF CONSOMME, COND	0.05	124	1 serving, 1/2 cup	40	810	20
SOUP, CAMPBELL'S RED & WHITE, BF NOODLE SOUP, COND	0.1	126	1 serving, 1/2 cup	79	820	71
SOUP, CAMPBELL'S RED & WHITE, BF W/ VEG & BARLEY SOUP, COND	0.17	126	1 serving, 1/2 cup	150	890	89
SOUP, CAMPBELL'S RED & WHITE, CHICK NOODLE SOUP, COND	0.06	126	1 serving, 1/2 cup	50	890	60
SOUP, CAMPBELL'S RED & WHITE, CHICK NOODLE'S SOUP, COND	1.13	126	1 serving, 1/2 cup	541	480	89
SOUP, CAMPBELL'S RED & WHITE, CHICK VEG SOUP, COND	0.18	126	1 serving, 1/2 cup	160	890	79

Soups & Sauces

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SOUP, CAMPBELL'S RED & WHITE, CHICK RICE SOUP, COND	0.7	126	1 serving, 1/2 cup	430	610	71
SOUP, CAMPBELL'S RED & WHITE, CRM OF ASPARAGUS SOUP, COND	0.08	124	1 serving, 1/2 cup	69	830	110
SOUP, CAMPBELL'S RED & WHITE, CRM OF BROCCOLI SOUP, COND	0.13	124	1 serving, 1/2 cup	95	750	91
SOUP, CAMPBELL'S RED & WHITE, CRM OF CELERY SOUP, COND	0.89	124	1 serving, 1/2 cup	570	640	91
SOUP, CAMPBELL'S RED & WHITE, CRM OF CHICK SOUP, COND	0.07	124	1 serving, 1/2 cup	60	870	120
SOUP, CAMPBELL'S RED & WHITE, CRM OF MUSHROOM SOUP, COND	0.1	129	.5 cup	86	899	104
SOUP, CAMPBELL'S RED & WHITE, FRENCH ONION SOUP, COND	0.86	126	1 serving, 1/2 cup	559	650	45
SOUP, CAMPBELL'S RED & WHITE, GRN PEA SOUP, COND	0.45	128	1 serving, 1/2 cup	390	870	180
SOUP, CAMPBELL'S RED & WHITE, HOMESTYLE CHICK NOODLE SOUP, COND	0.68	126	1 serving, 1/2 cup	640	940	71
SOUP, CAMPBELL'S RED & WHITE, MANHATTAN CLAM CHOWDER, COND	0.28	126	1 serving, 1/2 cup	249	879	60
SOUP, CAMPBELL'S RED & WHITE, MINISTRONE SOUP, COND	1.61	126	1 serving, 1/2 cup	1050	650	89
SOUP, CAMPBELL'S RED & WHITE, NEW ENGLAND CLAM CHOWDER, COND	1	126	1 serving, 1/2 cup	650	650	89
SOUP, CAMPBELL'S RED & WHITE, OLD FASHIONED TOMATO RICE SOUP, COND	0.19	126	1 serving, 1/2 cup	150	770	110
SOUP, CAMPBELL'S RED & WHITE, TOMATO SOUP, COND	1.49	148	1 cup	832	558	105
SOUP, CAMPBELL'S RED & WHITE, VEG BF SOUP, COND	0.29	126	1 serving, 1/2 cup	260	890	89
SOUP, CAMPBELL'S RED & WHITE, VEG SOUP, COND	1.12	126	1 serving, 1/2 cup	730	650	100
SOUP, CAMPBELL'S RED & WHITE, VEGETARIAN VEG SOUP, COND	1.35	126	1 serving, 1/2 cup	879	650	89
SOUP, CAMPBELL'S RED&WHITE, 25% LESS NA CRM OF MSHR, COND	0.2	124	1 serving, 1/2 cup	130	650	110
SOUP, CAMPBELL'S RED&WHITE, 25% LESS NA TOMATO SOUP, COND	0.75	124	1 serving, 1/2 cup	360	480	91
SOUP, CAMPBELL'S RED&WHITE, 98% FAT FR BRCCLI CHS, COND	1.48	124	1 serving, 1/2 cup	711	480	69
SOUP, CAMPBELL'S RED&WHITE, CHEDDAR CHS SOUP, COND	0.86	124	1 serving, 1/2 cup	560	650	100
SOUP, CAMPBELL'S RED&WHITE, CHICK WON TON SOUP, COND	0.08	126	1 serving, 1/2 cup	71	869	50
SOUP, CAMPBELL'S RED&WHITE, CREAMY CHICK NOODLE SOUP, COND	0.08	124	1 serving, 1/2 cup	69	870	120
SOUP, CAMPBELLS SEL SOUP, NEW ENGLAND CLAM CHOWDER	1.74	256	1 cup	863	497	179
SOUP, CHEESE, CND, PREP W/ EQ VOLUME H2O	0.16	247	1 cup, (8 fl oz)	153	958	156
SOUP, CHICK BROTH CUBES, DRY, PREP W/ H2O	0.03	243	1 cup, (8 fl oz)	24	792	12
SOUP, CHICK BROTH OR BOUILLON, DRY, PREP W/ H2O	0.01	241	1 cup, 8 fl oz	14	966	10

Soups & Sauces

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SOUP, CHICK BROTH, LO NA, CND	2.87	240	1 cup	206	72	38
SOUP, CHICK NOODLE, CND, COND	0.06	126	.5 cup	55	890	66
SOUP, CHICK NOODLE, CND, PREP W/ EQ VOLUME H2O	0.06	248	1 serving, 1 cup	55	866	62
SOUP, CHICK NOODLE, LO NA, CND, PREP W/ EQ VOLUME H2O	0.13	248	1 serving, 1 cup	55	429	62
SOUP, CHICK RICE, DRY, MIX, PREP W/ H2O	0.01	240	1 cup, 8 fl oz	10	931	58
SOUP, CHICK VEG, CND, PREP W/ EQ VOLUME H2O	0.16	248	1 cup, (8 fl oz)	159	972	77
SOUP, CHICK W/ DUMPLINGS, CND, PREP W/ EQ VOLUME H2O	0.16	241	1 cup, (8 fl oz)	116	735	96
SOUP, CHICK RICE, CND, PREP W/ EQ VOLUME H2O	0.17	243	1 serving, 1 cup	100	578	58
SOUP, CHILI BF, CND, PREP W/ EQ VOLUME H2O	0.51	261	1 cup	512	1013	149
SOUP, CLAM CHOWDER, MANHATTAN, CND, PREP W/EQ VOLUME H2O	0.33	249	1 serving, 1 cup	184	563	75
SOUP, CLAM CHOWDER, NEW ENGLAND, CND, PREP W/ EQ VOLUME H2O	0.43	248	1 serving, 1 cup	268	630	87
SOUP, CRM OF ASPARAGUS, CND, PREP W/ EQ VOLUME H2O	0.18	244	1 cup, (8 fl oz)	173	981	85
SOUP, CRM OF CELERY, CND, PREP W/ EQ VOLUME H2O	0.2	248	1 cup	124	630	92
SOUP, CRM OF CHICK, CND, PREP W/ EQ VOLUME H2O	0.1	244	1 cup	88	847	117
SOUP, CRM OF MUSHROOM, CND, COND, RED NA	0.98	251	1 cup	939	961	131
SOUP, CRM OF MUSHROOM, CND, PREP W/ EQ VOLUME H2O	0.09	248	1 serving, 1 cup	77	843	97
SOUP, CRM OF MUSHROOM, LO NA, RTS, CND	2.05	244	1 cup	100	49	129
SOUP, CRM OF ONION, CND, PREP W/ EQ VOLUME H2O	0.13	244	1 cup, (8 fl oz)	120	927	107
SOUP, CRM OF POTATO, CND, PREP W/ EQ VOLUME H2O	0.24	244	1 cup, (8 fl oz)	137	581	73
SOUP, ESCAROLE, CND, RTS	0.26	248	1 cup, (8 fl oz)	265	1022	27
SOUP, FISH BROTH	0.27	244	1 cup	210	776	39
SOUP, GAZPACHO, CND, RTS	0.3	244	1 cup, (8 fl oz)	224	739	46
SOUP, HEALTHY REQUEST, CHICK NOODLE SOUP, COND	1.1	126	1 serving, 1/2 cup	450	410	60
SOUP, HEALTHY REQUEST, CHICK W/ RICE, COND	1.49	126	.5 cup	610	410	71
SOUP, HEALTHY REQUEST, MINESTRONE SOUP, COND	2.03	120	1 serving, 1/2 cup	791	390	76
SOUP, HEALTHY REQUEST, TOMATO SOUP, COND	1.71	124	1 serving, 1/2 cup	701	410	91
SOUP, HEALTHY REQUEST, VEG SOUP, COND	2.1	126	1 serving, 1/2 cup	861	410	100
SOUP, LENTIL W/HAM, CND, RTS	0.27	248	1 cup, (8 fl oz)	357	1319	139
SOUP, MINESTRONE, CND, PREP W/ EQ VOLUME H2O	0.51	241	1 cup, (8 fl oz)	313	612	82
SOUP, MINESTRONE, CND, RED NA, RTS	0.87	245	1 cup	456	527	123
SOUP, MUSHROOM BARLEY, CND, PREP W/ EQ VOLUME H2O	0.1	244	1 cup, (8 fl oz)	93	891	73
SOUP, MUSHROOM W/ BF STOCK, CND, PREP W/ EQ VOLUME H2O	0.16	244	1 cup, (8 fl oz)	159	969	85
SOUP, ONION, CND, PREP W/ EQ VOLUME H2O	0.07	243	1 serving, 1 cup	68	1028	56
SOUP, ONION, DRY, MIX, PREP W/ H2O	0.09	230	1 serving, 1 cup	71	796	28

Soups & Sauces

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SOUP, PEA, GRN, CND, PREP W/ EQ VOLUME H2O	0.21	259	1 serving, 1 cup	184	870	158
SOUP, PEA, LO NA, PREP W/ EQ VOLUME H2O	7.1	259	1 cup	184	26	161
SOUP, RAMEN NOODLE, ANY FLAVOR, DRY	0.09	85	1 package	152	1731	371
SOUP, SCOTCH BROTH, CND, PREP W/ EQ VOLUME H2O	0.16	241	1 cup	157	1000	80
SOUP, SPLIT PEA, CND, RED NA, PREP W/ H2O	1.1	253	1 cup	463	420	180
SOUP, TOMATO BF W/ NOODLE, CND, PREP W/ EQ VOLUME H2O	0.24	244	1 cup	215	895	137
SOUP, TOMATO BISQUE, CND, PREP W/ EQ VOLUME H2O	0.4	247	1 cup, (8 fl oz)	417	1047	124
SOUP, TOMATO VEG, DRY, MIX, PREP W/ H2O	0.51	245	1 cup, 8 fl oz	164	323	54
SOUP, TOMATO, CND, COND, RED NA	10.4	303	1 can, 10.7 oz	694	67	197
SOUP, TOMATO, DRY, MIX, PREP W/ H2O	0.31	265	1 cup, 8 fl oz	294	943	101
SOUP, TOMATO, LO NA, W/H2O	3.4	248	1 serving, 1 cup	278	82	74
SOUP, VEG BF, CND, COND	0.2	126	.5 cup	174	890	79
SOUP, VEG BF, CND, PREP W/ EQ VOLUME H2O	0.2	244	1 cup, (8 fl oz)	168	852	76
SOUP, VEG BF, DRY, MIX, PREP W/ H2O	0.23	253	1 cup, 8 fl oz	182	789	53
SOUP, VEG CHICK, CND, PREP W/ H2O, LO NA	4.4	241	1 cup	369	84	166
SOUP, VEG W/ BF BROTH, CND, COND	0.3	123	.5 cup	193	633	81
SOUP, VEG W/ BF BROTH, CND, PREP W/ EQ VOLUME H2O	0.31	241	1 cup, (8 fl oz)	190	610	80
SOUP, VEG, CND, LO NA, COND	1.12	126	.5 cup	546	485	82
SOUP, VEG, COND, LO NA, PREP W/ EQ VOLUME H2O	1.12	253	1 cup	549	491	83
SOUP, VEGETARIAN VEG, CND, COND	0.33	126	.5 cup	215	650	74
SOUP, VEGETARIAN VEG, CND, PREP W/ EQ VOLUME H2O	0.25	241	1 cup	207	815	67

Sausages & Processed Meat

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
BACON & BF STKS	0.27	28	1 oz	108	398	145
BEERWURST, BEER SALAMI, PORK	0.2	23	1 slice, (4" dia x 1/8" thick)	58	285	55
BEERWURST, BEER SALAMI, PORK & BF	0.28	56	2 oz	137	493	155
BLOOD SAUSAGE	0.06	100	4 slices	38	680	379
BOLOGNA, BF	0.35	30	1 slice	105	304	90
BOLOGNA, CHICK, PORK	0.13	28	1 serving	45	347	94
BOLOGNA, PORK	0.31	28	1 slice, (4-1/2" dia x 1/8" thick)	79	254	69
BOLOGNA, TURKEY	0.13	28	.99 oz, 1 serving	38	300	59
BRATWURST, BF & PORK SMOKED	0.33	66	1 serving, 2.33 oz	187	560	196
BRATWURST, CHICK, CKD	2.93	84	1 serving, 2.96 oz	177	60	148
BRATWURST, PORK, BF, LINK	0.25	70	1 link	197	778	226
BRATWURST, PORK, CKD	0.41	85	1 link	296	719	283
BRATWURST, VEAL CKD	3.8	84	1 serving, 2.96 oz	194	50	286
BRAUNSCHWEIGER, LIVER SAUSAGE, PORK	0.2	28	1 oz	56	277	93
CARL BUDDIG, CKD CORNED BF, CHOPD, PRESSED	0.26	57	1 serving, 2 oz	201	765	81
CARL BUDDIG, CKD SMOKED BF PASTRAMI, CHOPD, PRESSED	0.35	57	1 serving, 2 oz	208	602	80
CARL BUDDIG, SMOKED SLICED BF	0.23	57	1 serving, 2 oz	192	816	79
CARL BUDDIG, SMOKED SLICED CHICK, LT&DK MEAT	0.27	57	1 serving, 2 oz	146	544	94
CARL BUDDIG, SMOKED SLICED HAM	0.25	57	1 serving, 2 oz	194	787	93
CARL BUDDIG, SMOKED SLICED TURKEY, LT&DK MEAT	0.3	57	1 serving, 2 oz	188	625	91
CHICKEN BREAST ROLL, OVEN ROASTED	0.37	56	1 serving, 2 oz	181	494	75
CHICKEN BREAST, OVEN-ROASTED FAT-FREE SLICED	0.06	42	1 serving, 2 slices	28	457	33
CHICKEN SPREAD	0.15	56	1 serving	59	404	88
CORNED BEEF LOAF, JELLIED	0.11	57	2 slices	58	543	87
FRANKFURTER, BF HTD	0.3	48	1 frankfurter	121	409	155
FRANKFURTER, BF & PORK	0.2	45	1 frankfurter	75	369	137
FRANKFURTER, CHICK	0.27	45	1 link	91	340	100
FRANKFURTER, PORK	0.32	76	1 link	201	620	204
FRANKFURTER, TURKEY	0.43	45	1 frankfurter	176	410	100
FRANKFURTER, TURKEY FRANKS, BUTCHER BOY MEATS	0.16	56	1 serving	106	651	134
HAM AND CHEESE SPREAD	0.14	15	1 tbsp	24	180	37
HAM SALAD SPREAD	0.14	15	1 tbsp	22	161	32
HAM, HONEY SMOKED, CKD	0.18	55	1 serving	91	495	67
HAM, CHOPPED, CANNED	0.22	28	1 oz	81	363	68
HAM, SLICED, PREPACKAGED (96% FAT FREE)	0.55	23	1 slice	143	260	25
HAM, SLICED, REG (APPROX 11% FAT)	0.25	56	1 serving	161	640	91

Sausages & Processed Meat

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
HONEY LOAF PORK BF	0.34	57	2 slices	196	580	71
HONEY ROLL SAUSAGE, BEEF	0.22	23	1 slice, (4" dia x 1/8" thick)	67	304	42
HORMEL PILLOW PAK SLICED TURKEY PEPPERONI	0.24	30	1 serving	135	557	73
HORMEL SPAM LUNCHEON MEAT PORK W/ HAM MINCED CND	0.17	56	1 serving, 2 oz	128	767	174
HORMEL WRANGLER BEEF FRANKS	0.17	56	1 frankfurter	96	557	162
KIELBASA, KOLBASSY, PORK, BF, NONFAT DRY MILK	0.45	75	1 link	225	500	232
LIVER CHEESE, PORK	0.18	28	1 oz	64	347	86
LIVER SAUSAGE, LIVERWURST, PORK	0.2	18	1 slice, (2-1/2" dia x 1/4" thick)	31	155	59
LOUIS RICH, CHICK BREAST (OVEN RSTD DELUXE)	0.22	28	1 serving	74	333	28
LOUIS RICH, FRANKS (TURKEY & CHICKEN)	0.14	45	1 serving	72	511	85
LOUIS RICH, TURKEY (HONEY RSTD, FAT FREE)	0.22	56	1 serving	147	661	57
LOUIS RICH, TURKEY BACON	0.17	14	1 serving	29	170	35
LOUIS RICH, TURKEY BOLOGNA	0.14	28	1 serving	43	302	52
LOUIS RICH, TURKEY BREAST (OVEN RSTD, FAT FREE)	0.17	28	1 serving	57	334	24
LOUIS RICH, TURKEY NUGGETS/STICKS (BREADED)	0.26	28	1 piece	49	190	77
LOUIS RICH, TURKEY SALAMI	0.22	28	1 serving	60	281	41
LOUIS RICH, TURKEY SMOKED SAUSAGE	0.21	56	1 serving	113	530	90
LUNCHEON MEAT, BEEF, LOAVED	0.18	28	1 slice, (4" x 4" x 3/32" thick)	58	315	86
LUNCHEON MEAT, PORK, BEEF	0.16	28	1 slice	57	362	99
LUNCHEON MEAT, PORK, CANNED	0.17	28	1 oz	61	365	95
LUNCHEON MEAT, TURKEY BREAST, LO SALT, PREPACKAGED OR DELI	0.27	28	1 slice	59	216	28
LUNCHEON MEAT, TURKEY BREAST, SLICED, OVEN RSTD	0.33	33	1 serving	100	306	34
LUNCHEON SAUSAGE, PORK&BF	0.21	23	1 slice, (4" dia x 1/8" thick)	56	272	60
OSCAR MAYER, BOLOGNA (BEEF)	0.14	28	1 serving	47	330	88
OSCAR MAYER, BOLOGNA (FAT FREE)	0.16	28	1 serving	44	274	22
OSCAR MAYER, BOLOGNA LIGHT (PORK CHICK BEEF)	0.15	28	1 slice	46	313	57
OSCAR MAYER, BRAUNSCHWEIGER LIVER SAUSAGE (SLICED)	0.17	28	1 serving	57	325	93
OSCAR MAYER, CHICK BREAST (OVEN RSTD, FAT FREE)	0.25	52	1 serving	164	646	44
OSCAR MAYER, CHICKEN BREAST (HONEY GLAZED)	0.23	52	1 serving, 4 slices	171	748	57
OSCAR MAYER, HAM (HONEY)	0.23	63	1 serving	177	786	70
OSCAR MAYER, HAM (BKD CKD 96% FAT FREE)	0.22	63	1 serving, 3 slices	169	782	66
OSCAR MAYER, OLIVE LOAF (CHICK, PORK, TURKEY)	0.14	28	1 serving	52	369	74

Sausages & Processed Meat

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
OSCAR MAYER, PICKLE PIMIENTO LOAF (W/CHICK)	0.14	28	1 serving	49	357	75
OSCAR MAYER, PORK SAUSAGE LINKS (CKD)	0.28	48	1 serving, 2 links	114	401	165
OSCAR MAYER, SALAMI (FOR BEER)	0.17	46	1 serving, 2 slices	98	566	104
OSCAR MAYER, SALAMI COTTO (BF, PORK, CHICK)	0.2	46	1 serving, 2 slices	100	504	113
OSCAR MAYER, SANDWICH SPREAD (PORK, CHICK, BF)	0.14	30	1 serving	35	246	71
OSCAR MAYER, SMOKIE LINKS SAUSAGE	0.18	43	1 serving	77	433	130
OSCAR MAYER, SMOKIES (BEEF)	0.18	43	1 serving, 1 link	74	416	127
OSCAR MAYER, SMOKIES SAUSAGE LITTLE (PORK, TURKEY)	0.17	9	1 link	16	92	27
OSCAR MAYER, SUMMER SAUSAGE, BF	0.16	46	1 serving, 2 slices	107	655	142
OSCAR MAYER, TURKEY BREAST (SMOKED, FAT FREE)	0.2	52	1 serving, 4 slices	113	569	42
OSCAR MAYER, WIENERS (BEEF FRANKS)	0.13	45	1 serving	58	461	147
OSCAR MAYER, WIENERS (BEEF FRANKS, FAT FREE)	0.5	50	1 serving	234	464	39
OSCAR MAYER, WIENERS (BEEF FRANKS, LIGHT)	0.37	57	1 serving	229	615	110
OSCAR MAYER, WIENERS (FAT FREE HOT DOGS)	0.48	50	1 serving	236	487	36
OSCAR MAYER, WIENERS (LIGHT PORK, TURKEY, BEEF)	0.38	57	1 serving	226	591	111
OSCAR MAYER, WIENERS (PORK, TURKEY)	0.16	45	1 serving, 1 link	73	445	147
PASTRAMI, BF 98% FAT-FREE	0.23	57	1 serving, 6 slices	130	576	54
PASTRAMI, TURKEY	0.31	57	2 slices	197	640	76
PATE TRUFFLE FLAVOR	0.17	56	1 serving, 2 oz	77	452	183
PATE, CHICKEN LIVER, CANNED	0.25	13	1 tbsp	12	50	26
PATE, GOOSE LIVER, SMOKED, CND	0.2	13	1 tbsp	18	91	60
PEPPERONI, PORK, BEEF	0.16	2	1 slice, round	6	35	10
PICKLE&PIMIENTO LOAF, PORK	0.36	38	1 slice	141	395	86
SALAMI, ITALIAN PORK	0.18	28	1 oz	95	529	119
SALAMI, ITALIAN PORK & BF DRY SLICED 50% LESS NA	0.4	28	1 serving, 5 slices	106	262	98
SALAMI, PORK BF LESS NA	2.2	100	3.5 oz	1372	623	396
SALAMI, BF, CKD	0.16	26	1 slice	49	296	68
SALAMI, DRY OR HARD, PORK	0.17	113	1 package, 4 oz	427	2554	460
SALAMI, DRY OR HARD, PORK, BF	0.2	10	1 slice	33	162	37
SALAMI, TURKEY, CKD	0.2	28	1 serving	60	310	48
SANDWICH SPREAD, PORK, BEEF	0.11	15	1 tbsp	16	152	35
SANDWICH SPREAD, POULTRY SALAD	0.28	13	1 tbsp	24	85	26
SAUSAGE, BEEF, FRSH, CKD	0.32	43	1 serving	111	350	143
SAUSAGE, BEEF, PRE-COOKED	0.28	48	1 serving	112	395	194
SAUSAGE, ITALIAN TURKEY SMOKED	0.21	56	1 serving, 2 oz	110	520	88
SAUSAGE, ITALIAN, PORK, CKD	0.25	83	1 link	252	1002	286
SAUSAGE, POLISH PORK & BF SMOKED	0.22	76	1 serving, 2.7 oz	144	644	229

Sausages & Processed Meat

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SAUSAGE, POLISH, PORK	0.27	227	1 sausage, (10" long x 1-1/4" dia)	538	1989	740
SAUSAGE, PORK & TURKEY, PRE-COOKED	0.26	57	1 serving	131	499	195
SAUSAGE, PORK, FRSH, CKD	0.33	48	1 serving	141	430	163
SAUSAGE, SMOKED LINK SAUSAGE, PORK	0.58	68	1 link, (4" long x 1-1/8" dia)	328	562	210
SAUSAGE, TURKEY BRKFST LINKS MILD	0.36	56	2 oz, 2 links	128	358	132
SAUSAGE, TURKEY HOT SMOKED	0.16	56	2 oz	110	670	88
SAUSAGE, TURKEY, FRSH, CKD	0.45	57	1 serving	170	379	112
SAUSAGE, VIENNA, CND, CHICK, BF, PORK	0.11	16	1 sausage, (7/8" dia x 2" long)	16	141	37
TURKEY WHITE ROTISSERIE DELI CUT	0.29	48	1 serving	168	576	54
TURKEY BREAST, SLICED, PREPACKAGED	0.54	15	1 slice	75	139	15

Breakfast Cereals

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
BEAR NAKED BANANA NUT	0.92	57	.75 cup	199	217	217
BEAR NAKED NUT CLUSTER CRUNCH, MAPLE PECAN WALNUT	0.49	59	1 cup	127	261	221
BRAN FLAKES, SINGLE BRAND	0.94	30	.75 cup	170	180	96
CORN FLAKES, LO NA	7.3	25	1 cup	18	2	100
CORN GRITS, WHITE, REG & QUICK, ENR, CKD W/ H2O, W/ SALT	0.12	257	1 cup	69	573	182
CORN GRITS, WHITE, REG & QUICK, ENR, CKD W/ H2O, WO/ SALT	13.5	257	1 cup	69	5	182
CORN GRITS, YEL, REG & QUICK, ENR, CKD W/ H2O, W/ SALT	0.1	233	1 cup	51	520	151
CORN GRITS, YEL, REG & QUICK, ENR, CKD W/ H2O, WO/ SALT	11	233	1 cup	51	5	151
CREAM OF RICE, CKD W/ H2O, W/ SALT	0.12	244	1 cup	49	422	127
CREAM OF RICE, CKD W/H2O, WO/SALT	20	244	1 cup	49	2	127
CREAM OF WHEAT, INST, PREP W/ H2O, WO/ SALT	0.2	241	1 cup	48	246	149
CREAM OF WHEAT, REG (10 MINUTE), CKD W/ H2O, W/ SALT	0.13	251	1 cup	43	324	125
CREAM OF WHEAT, REG (10 MINUTE), CKD W/ H2O, WO/ SALT	2.67	251	1 cup	40	15	125
FARINA, ENR, CKD W/ H2O, W/ SALT	0.18	233	1 cup	54	294	123
FARINA, ENR, CKD W/ H2O, WO/ SALT	1.28	240	1 cup	55	43	127
GENERAL MILLS, CHEERIOS	1.11	28	1 cup	179	161	104
GENERAL MILLS, COCOA PUFFS	0.48	27	.75 cup	73	152	103
GENERAL MILLS, CORN CHEX	0.26	31	1 cup	60	236	115
GENERAL MILLS, FIBER ONE BRAN CRL	0.94	30	.5 cup	99	105	60
GENERAL MILLS, FIBER ONE, FRSTD SHREDDED WHEAT	152.5	60	1 cup	183	1	193
GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	0.99	55	1 cup	208	210	172
GENERAL MILLS, HONEY NUT CHEERIOS	0.75	28	.75 cup	114	152	105
GENERAL MILLS, NATURE VALLEY LOFAT FRUIT GRANOLA	0.74	55	.667 cup	153	207	212
GENERAL MILLS, RICE CHEX	0.18	27	1 cup	44	242	101
GENERAL MILLS, TOTAL RAISIN BRAN	1.49	53	1 cup	267	180	165
GENERAL MILLS, TRIX	0.3	32	1 cup	54	178	123
GENERAL MILLS, WHEAT CHEX	0.65	47	.75 cup	173	268	162
GENERAL MILLS, WHEATIES	0.45	27	.75 cup	89	198	95
INCAPARINA, DRY MIX (CORN & SOY FLOURS), UNPREP	257.5	8.9	1 tbsp	92	0	34
KASHI, 7 WHL GRAIN FLAKES	1.05	50	1 cup	160	152	175
KASHI, 7 WHL GRAIN HONEY PUFFS	27.8	30	1 cup	67	2	105
KASHI, 7 WHL GRAIN PUFFS	30.8	19	1 cup	53	2	64
KASHI, GOLDEN GOODNESS	1.04	60	1.25 cup	187	179	213
KASHI, GOLEAN	5.6	52	1 cup	482	86	148
KASHI, ORGANIC PROMISE, STRAWBERRY FIELDS	0.13	32	1 cup	21	166	116
KASHI, SIMPLY MAIZE	0.61	27	.75 cup	69	112	100
KELLOGG, ALL-BRAN COMPLETE WHEAT FLAKES	0.83	29	.75 cup	171	207	92
KELLOGG, ALL-BRAN ORIGINAL	4	31	.5 cup	316	80	81
KELLOGG, APPL JACKS	0.25	28	1 cup	32	129	102
KELLOGG, CORN FLAKES	0.23	28	1 cup	47	204	100

Breakfast Cereals

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
KELLOGG, FROOT LOOPS	0.26	29	1 cup	34	133	108
KELLOGG, FRSTD FLAKES	0.16	30	.75 cup	23	140	111
KELLOGG, LOFAT GRANOLA W/ RAISINS	0.82	60	.667 cup	118	144	226
KELLOGG, LOFAT GRANOLA WO/ RAISINS	0.84	49	.5 cup	105	126	191
KELLOGG, MINI-WHEATS, FRSTD, BIG BITE	181.5	51	5 biscuits	185	1	176
KELLOGG, MINI-WHEATS, FRSTD, BITE SZ CINN STREUS	33.4	52	24 biscuits	174	5	180
KELLOGG, MINI-WHEATS, FRSTD, LITTLE BITES, CHOC	1.3	55	52 biscuits	266	205	195
KELLOGG, MINI-WHEATS, FRSTD, MPLE & BRWN SGR, BTE SZE	338	52	24 biscuit	176	1	185
KELLOGG, MINI-WHEATS, UNFROSTED BITE SZE	34.8	59	30 biscuits	267	8	200
KELLOGG, MUESLIX	1.23	55	.67 cup	171	139	196
KELLOGG, RAISIN BRAN	1.67	59	1 cup	352	210	185
KELLOGG, RICE KRISPIES	0.24	33	1.25 cup	41	174	126
KELLOGG, RICE KRISPIES, FRSTD	0.16	30	.75 cup	18	111	115
KELLOGG, RICE KRISPIES, GLUTEN FREE	0.46	30	1 cup	84	184	115
KELLOGG, SMART START ANTIOXIDANTS CRL	0.32	50	1 cup	90	280	184
KELLOGG, SPL K	0.09	31	1 cup	20	220	117
KELLOGG, SPL K, FRUIT & YOGURT	0.42	32	.75 cup	60	145	117
MALTEX, CKD W/ H2O, W/ SALT	1.41	249	1 cup	266	189	189
MALTEX, CKD W/ H2O, WO/ SALT	21.4	249	1 cup	266	12	189
MALT-O-MEAL, CHOC, DRY	31.5	165	1 cup	520	16	617
MALT-O-MEAL, CHOC, PREP W/ H2O, WO/ SALT	12	268	1 serving	96	8	118
MALT-O-MEAL, CINN TOASTERS	0.33	30	.75 cup	45	138	129
MALT-O-MEAL, CRISPY RICE	0.14	33	1 cup	41	300	126
MALT-O-MEAL, FRSTD FLAKES	0.12	30	.75 cup	20	172	116
MALT-O-MEAL, FRSTD MINI SPOONERS	18.9	55	1 cup	187	10	213
MALT-O-MEAL, HONEY GRAHAM SQUARES	0.19	30	.75 cup	50	270	130
MALT-O-MEAL, PLN, PREP W/ H2O, WO/ SALT	6.7	268	1 serving	54	8	113
MALT-O-MEAL, PUFFED RICE CRL	20.6	15	1 cup	15	1	60
MALT-O-MEAL, PUFFED WHEAT CRL	41.2	15	1 cup	62	2	59
MALT-O-MEAL, RAISIN BRAN CRL	1	59	1 cup	341	340	213
MAYPO, CKD W/ H2O, W/ SALT	0.81	240	1 cup	211	259	170
MAYPO, CKD W/ H2O, WO/ SALT	22	240	1 cup	211	10	170
OATS, INST, FORT, PLN, DRY	1.66	28	1 packet	102	62	101
OATS, INST, FORT, PLN, PREP W/ H2O	1.24	234	1 cup, cooked	143	115	159
OATS, INST, FORT, W/ CINN & SPICE, DRY	0.65	45	1 packet	128	195	166
OATS, INST, FORT, W/ CINN & SPICE, PREP W/ H2O	0.64	240	1 cup	170	266	230
OATS, INST, FORT, W/ RAISINS & SPICE, DRY	0.78	44	1 packet	159	203	158
OATS, INST, FORT, W/ RAISINS & SPICE, PREP W/ H2O	0.77	240	1 cup	204	266	211
OATS, REG & QUICK, UNENR, CKD W/ H2O, W/ SALT	0.99	234	1 cup	164	166	166
OATS, REG & QUICK, UNENR, CKD W/ H2O, WO/ SALT	17.5	234	1 cup	164	9	166
OATS, REG & QUICK, UNENR, DRY	60.3	81	1 cup	293	5	307

Breakfast Cereals

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
POST, GRAPE-NUTS FLAKES	0.79	29	.75 cup	99	125	107
POST, POST TOASTIES CORN FLAKES	0.16	28	1 cup	33	200	101
POST, RAISIN BRAN CRL	1.27	59	1 cup	318	250	189
POST, SHREDDED WHEAT, LIGHTLY FRSTD, SPOON-SIZE	17.2	52	1 cup	170	10	183
POST, SHREDDED WHEAT, SPOON-SIZE	193.5	49	1 cup	190	1	172
QUAKER, CAP'N CRUNCH	0.25	27	.75 cup	50	204	107
QUAKER, CORN GRITS, INST, BUTTER FLAVOR, DRY	0.11	28	1 packet	41	367	102
QUAKER, CORN GRITS, INST, CHEDDAR CHS FLAVOR, DRY	0.1	28	1 packet	48	470	102
QUAKER, CORN GRITS, INST, PLN, DRY	0.16	29	1 cup	47	304	104
QUAKER, CORN GRITS, INST, PLN, PREP, WO/ SALT	0.18	219	1 cup	74	412	166
QUAKER, CORN GRITS, INST, W/IMITN BACON BITS, DRY	0.21	28	1 packet	71	341	98
QUAKER, CREAMY WHEAT, FARINA, ENR, PREP W/H2O, NO SALT	4.7	240	1 cup	34	7	122
QUAKER, CREAMY WHEAT, FARINA, ENR, PREP W/H2O, SALT	0.25	240	1 cup	34	132	122
QUAKER, FARINA, CREAMY WHEAT, ENR, DRY	49	44	.25 cup	43	1	154
QUAKER, FARINA, ENR CINN FLAVOR, DRY	34.7	44	.25 cup	46	1	152
QUAKER, HOMINY GRITS, WHITE, QUICK, DRY	73	37	.25 cup	54	1	128
QUAKER, HOMINY GRITS, WHITE, REG, DRY	73	41	.25 cup	60	1	142
QUAKER, INST GRITS PRODUCT--HAM 'N' CHS	0.11	28	1 packet	59	540	101
QUAKER, INST OATMEAL EXPRESS CINN ROLL, DRY	0.57	54	1 container	141	247	200
QUAKER, INST OATMEAL EXPRESS, BKD APPL, DRY	0.51	54	1 container	164	319	198
QUAKER, INST OATMEAL EXPRESS, GOLDEN BROWN SUGAR, DRY	0.46	55	1 container	136	296	205
QUAKER, INST OATMEAL ORGANIC, REG	87.5	41	1 packet	144	2	150
QUAKER, INST OATMEAL, APPL & CINN, RED SUGAR	0.52	29	1 packet	102	195	107
QUAKER, INST OATMEAL, APPLS & CINN, DRY	0.74	35	1 packet	117	159	128
QUAKER, INST OATMEAL, BANANA BREAD, DRY	0.41	41	1 packet	116	287	151
QUAKER, INST OATMEAL, CINN SPICE, RED SUGAR	0.43	34	1 packet	112	258	122
QUAKER, INST OATMEAL, CINNAMON-SPICE, DRY	0.73	43	1 packet	130	179	159
QUAKER, INST OATMEAL, FRUIT & CRM, RED SUGAR	0.61	33	1 packet	112	184	124
QUAKER, INST OATMEAL, MAPLE & BROWN SUGAR, DRY	0.48	43	1 packet	123	258	157
QUAKER, INST OATMEAL, RAISIN & SPICE, DRY	0.82	43	1 packet	155	189	155
QUAKER, INST OATMEAL, RAISINS, DATES & WALNUTS, DRY	0.72	37	1 packet	138	191	137
QUAKER, MOTHER'S TSTD OAT BRAN CRL, BROWN SUGAR	0.78	32	.75 cup	157	202	119
QUAKER, NAT GRANOLA APPL CRANBERRY ALMOND	9.4	49	.5 cup	218	23	205
QUAKER, OAT BRAN, MOTHER'S OAT BRAN, DRY	115.8	40	.5 cup	232	2	146
QUAKER, OAT BRAN, PREP W/H2O, NO SALT	23	240	1 cup	166	7	103
QUAKER, OAT BRAN, PREP W/H2O, SALT	1.5	240	1 cup	166	110	103
QUAKER, OAT BRAN, READY TO EAT CRL	1.2	57	1.25 cup	250	207	212
QUAKER, OAT LIFE, PLN, RTE	0.56	32	.75 cup	91	160	120
QUAKER, QUAKER GRANOLA W/ OATS, WHEAT& RAISINS	9.3	51	.5 cup	256	28	210

Breakfast Cereals

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
QUAKER, QUAKER HONEY GRAHAM LIFE CRL	0.55	32	.75 cup	86	156	119
QUAKER, QUAKER MULTIGRAIN OATMEAL, DRY	137	40	.5 cup	164	1	133
QUAKER, QUAKER MULTIGRAIN OATMEAL, PREP W/H2O, NO SALT	25	240	1 cup	180	7	146
QUAKER, QUAKER MULTIGRAIN OATMEAL, PREP W/H2O, SALT	1.07	240	1 cup	180	168	146
QUAKER, QUAKER PUFFED RICE	23.2	14	.75 cup	16	1	54
QUAKER, QUAKER PUFFED WHEAT	72.8	15	1 cup	55	1	55
QUAKER, QUICK OATS, DRY	119.3	40	.5 cup	143	1	148
QUAKER, SCOTCH BARLEY, REG&QUICK, DRY	37.3	40	.5 cup	104	3	138
QUAKER, SHREDDED WHEAT, BAGGED CRL	89.5	63	3 biscuits	226	3	219
QUAKER, SUN COUNTRY GRANOLA W/ ALMONDS	11.8	57	.5 cup	221	19	266
QUAKER, WHL WHEAT NAT CRL	62.8	40	.5 cup	201	3	133
RALSTON, CKD W/ H2O, W/ SALT	0.32	253	1 cup	154	476	134
RALSTON, CKD W/ H2O, WO/ SALT	30.5	253	1 cup	154	5	134
RALSTON, CORN FLAKES	0.12	28	1 serving	24	199	100
RALSTON, ENR BRAN FLAKES	0.77	29	1 serving	183	236	90
RICE, PUFFED, FORT	37.7	14	1 cup	16	0	56
ROLLED OATS, WHL WHEAT, RICE, MAPLE FLAV, W/ PECANS, RTE	1.07	52	1 serving	155	145	219
ROMAN MEAL WITH OATS, CKD W/ H2O, W/ SALT	0.48	240	1 cup	257	540	170
ROMAN MEAL WITH OATS, CKD W/ H2O, WO/ SALT	26.8	240	1 cup	257	10	170
ROMAN MEAL, PLN, CKD W/ H2O, W/ SALT	1.52	241	1 cup	301	198	147
ROMAN MEAL, PLN, CKD W/ H2O, WO/ SALT	125	241	1 cup	301	2	147
SUN COUNTRY, KRETSCHMER TSTD WHEAT BRAN	214	16	.25 cup	205	1	32
SUN COUNTRY, KRETSCHMER WHEAT GERM, REG	182.8	14	1.67 tbsp	154	1	51
WHEAT GERM, TSTD, PLN	236.8	113	1 cup	1070	5	432
WHEAT, PUFFED, FORT	87	12	1 cup	42	0	44
WHEAT, SHREDDED, PLN, SUGAR & SALT FREE	62.7	46	2 biscuits	173	3	155
WHEATENA, CKD W/ H2O	38.5	243	1 cup	187	5	136
WHEATENA, CKD W/ H2O, W/ SALT	0.32	243	1 cup	187	578	143
WHEATENA, DRY	37.8	40	.33 cup	197	5	143
WHL WHEAT HOT NAT CRL, CKD W/ H2O, W/ SALT	0.3	242	1 cup	172	564	150
WHL WHEAT HOT NAT CRL, CKD W/ H2O, WO/ SALT	∞	242	1 cup	172	0	150

Fruit & Fruit Juice

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
APPLE JUC, CND OR BTLD, UNSWTND	25.2	248	1 cup	250	10	114
APPLE JUC, FRZ CONC, UNSWTND, DIL W/3 VOLUME H2O	18	239	1 cup	301	17	112
APPLES, CND, SWTND, SLICED, DRND	22.7	204	1 cup, slices	139	6	137
APPLES, DEHYD (LO MOIST), SULFURED, UNCKD	5.2	60	1 cup	384	74	208
APPLES, DRIED, SULFURED, STWD, WO/ SUGAR	5.2	255	1 cup	268	51	145
APPLES, DRIED, SULFURED, UNCKD	5.2	86	1 cup	387	75	209
APPLES, FRZ, UNSWTND	25.3	206	1 cup, slices	157	6	97
APPLES, RAW, GOLDEN DELICIOUS, W/ SKN	50	109	1 cup, sliced	109	2	62
APPLES, RAW, WITH SKIN	107	125	1 cup, quartered or chopped	134	1	65
APPLES, RAW, WITHOUT SKIN	∞	110	1 cup, slices	99	0	53
APPLES, RAW, WO/ SKN, CKD, MICROWAVE	93	170	1 cup, slices	158	2	95
APPLES, RAW, WO/SKN, CKD, BLD	88	171	1 cup, slices	150	2	91
APPLESAUCE, CND, SWTND, W/SALT	2.18	255	1 cup	156	71	194
APPLESAUCE, CND, SWTND, WO/ SALT	37.5	246	1 cup	184	5	167
APPLESAUCE, CND, UNSWTND	37	244	1 cup	181	5	102
APRICOT NECTAR, CND	38	251	1 cup	286	8	141
APRICOTS, CND, H2O PK, W/SKN, SOL&LIQUIDS	64	243	1 cup, halves	467	7	66
APRICOTS, CND, H2O PK, WO/SKN, SOL&LIQUIDS	14	227	1 cup, whole, without pits	350	25	50
APRICOTS, CND, HVY SYRUP, DRND	35.8	219	1 cup, halves	313	9	182
APRICOTS, DEHYD (LOW-MOISTURE), SULFURED, STWD	145.6	249	1 cup	1813	12	314
APRICOTS, DEHYD (LOW-MOISTURE), SULFURED, UNCKD	142.3	119	1 cup	2202	15	381
APRICOTS, DRIED, SULFURED, STWD, W/ SUGAR	147.7	270	1 cup, halves	1196	8	305
APRICOTS, DRIED, SULFURED, STWD, WO/ SUGAR	102.8	250	1 cup, halves	1028	10	212
APRICOTS, DRIED, SULFURED, UNCKD	116.2	130	1 cup, halves	1511	13	313
APRICOTS, FROZEN, SWEETENED	57.2	242	1 cup	554	10	237
APRICOTS, RAW	259	155	1 cup, halves	401	2	74
AVOCADOS, RAW, ALL COMM VAR	69.3	150	1 cup, cubes	728	10	240
BANANAS, DEHYD, OR BANANA PDR	497	100	1 cup	1491	3	346
BANANAS, RAW	358	225	1 cup, mashed	806	2	200
BLACKBERRIES, CND, HVY SYRUP, SOL&LIQUIDS	33	256	1 cup	253	8	236
BLACKBERRIES, FRZ, UNSWTND	140	151	1 cup, unthawed	211	2	97
BLACKBERRIES, RAW	162	144	1 cup	233	1	62
BLACKBERRY JUC, CND	135	250	1 cup	338	2	95
BLUEBERRIES, CND, HVY SYRUP, SOL&LIQUIDS	13.3	256	1 cup	102	8	225
BLUEBERRIES, FRZ, UNSWTND	54	155	1 cup, unthawed	84	2	79
BLUEBERRIES, RAW	77	148	1 cup	114	1	84
CHERRIES, SOUR, RED, CND, HVY SYRUP PK, SOL&LIQUIDS	13.3	256	1 cup	238	18	233

Fruit & Fruit Juice

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CHERRIES, SOUR, RED, FRZ, UNSWTND	124	155	1 cup, unthawed	192	2	71
CHERRIES, SOUR, RED, RAW	57.7	155	1 cup, without pits	268	5	78
CHERRIES, SWEET, RAW	∞	138	1 cup, with pits yields	306	0	87
CHERRIES, SWT, CND, EX HVY SYRUP PK, SOL&LIQUIDS	47.3	261	1 cup, pitted	371	8	266
CHERRIES, SWT, CND, H2O PK, SOL&LIQUIDS	131	248	1 cup, pitted	325	2	114
CHERRIES, SWT, CND, PITTED, HVY SYRUP, DRND	49.3	179	1 cup	265	5	149
CHERRIES, SWT, FRZ, SWTND	199	259	1 cup, thawed	515	3	231
CLEMENTINES, RAW	177	74	1 fruit	131	1	35
CRABAPPLES, RAW	194	110	1 cup, slices	213	1	84
CRANBERRIES, DRIED, SWTND	13.3	40	.33 cup	16	1	123
CRANBERRIES, RAW	42.5	110	1 cup, chopped	94	2	51
CRANBERRY SAU, CND, SWTND	0.9	277	1 cup	72	80	418
CRANBERRY-ORANGE RELISH, CND	1.19	275	1 cup	104	88	490
CURRANTS, EUROPEAN BLACK, RAW	161	112	1 cup	361	2	71
CURRANTS, RED&WHITE, RAW	275	112	1 cup	308	1	63
CURRANTS, ZANTE, DRIED	111.5	144	1 cup	1284	12	408
DATES, DEGLET NOOR	328	147	1 cup, chopped	964	3	415
DATES, MEDJOL	696	24	1 date, pitted	167	0	66
FIGS, CND, H2O PK, SOL&LIQUIDS	103	248	1 cup	255	2	131
FIGS, CND, HVY SYRUP PK, SOL&LIQUIDS	99	259	1 cup	256	3	228
FIGS, DRIED, STEWED	73.5	259	1 cup	761	10	277
FIGS, DRIED, UNCOOKED	68	149	1 cup	1013	15	371
FIGS, RAW	232	64	1 large, (2-1/2" dia)	148	1	47
FRUIT COCKTAIL, CND, H2O PK, SOL&LIQUIDS	23.5	237	1 cup	223	9	76
FRUIT COCKTAIL, CND, HVY SYRUP, DRND	15	214	1 cup	193	13	150
FRUIT COCKTAIL, CND, HVY SYRUP, SOL&LIQUIDS	14.7	248	1 cup	218	15	181
FRUIT COCKTAIL, CND, JUC PK, SOL&LIQUIDS	23.8	237	1 cup	225	9	109
FRUIT COCKTAIL, CND, LT SYRUP, SOL&LIQUIDS	14.8	242	1 cup	215	15	138
FRUIT SALAD, CND, H2O PK, SOL&LIQUIDS	26	245	1 cup	191	7	74
FRUIT SALAD, CND, HVY SYRUP, SOL&LIQUIDS	13.3	255	1 cup	204	15	186
FRUIT SALAD, CND, JUC PK, SOL&LIQUIDS	23.2	249	1 cup	289	12	125
FRUIT SALAD, CND, LT SYRUP, SOL&LIQUIDS	13.7	252	1 cup	207	15	146
GRAPE JUC, CND OR BTLD, UNSWTND	20.8	253	1 cup	263	13	152
GRAPEFRUIT JUC, WHITE, CND, SWTND	81	250	1 cup	405	5	115
GRAPEFRUIT JUC, WHITE, CND, UNSWTND	153	247	1 cup	378	2	94
GRAPEFRUIT JUC, WHITE, FRZ CONC, UNSWTND, DIL W/ 3 VOL H2O	136	247	1 cup	336	2	101
GRAPEFRUIT JUC, WHITE, RAW	162	247	1 cup	400	2	96

Fruit & Fruit Juice

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
GRAPEFRUIT JUICE, PINK, RAW	162	247	1 cup	400	2	96
GRAPEFRUIT, SECTIONS, CND, H2O PK, SOL&LIQUIDS	66	244	1 cup	322	5	88
GRAPEFRUIT, SECTIONS, CND, JUC PK, SOL&LIQUIDS	24.1	249	1 cup	421	17	92
GRAPES, AMERICAN TYPE (SLIP SKN), RAW	95.5	92	1 cup	176	2	62
GRAPES, CND, THOMPSON SEEDLESS, H2O PK, SOL&LIQUIDS	17.8	245	1 cup	262	15	98
GRAPES, RED OR GRN (EURO TYPE, SUCH AS THOMPSON SEEDLESS), RAW	95.5	151	1 cup	288	3	104
GUAVA NECTAR, CND	5.4	251	1 cup	95	18	143
GUAVAS, COMMON, RAW	208.5	165	1 cup	688	3	112
GUAVAS, STRAWBERRY, RAW	7.9	244	1 cup	712	90	168
KIWIFRUIT, GOLD, RAW	105.3	186	1 cup, sliced	588	6	112
KIWIFRUIT, GRN, RAW	104	180	1 cup, sliced	562	5	110
LEMON JUC, CND OR BTLD	4.9	244	1 cup	249	51	51
LEMON JUICE, RAW	103	244	1 cup	251	2	54
LEMONS, RAW, WITHOUT PEEL	69	212	1 cup, sections	293	4	61
LIME JUC, CND OR BTLD, UNSWTND	4.7	246	1 cup	184	39	52
LIME JUICE, RAW	58.5	242	1 cup	283	5	60
LIMES, RAW	51	67	1 fruit, (2" dia)	68	1	20
LITCHIS, DRIED	370	2.5	1 fruit	28	0	7
LITCHIS, RAW	171	190	1 cup	325	2	125
MANGO NECTAR, CND	4.8	251	1 cup	60	13	128
MANGOS, RAW	168	165	1 cup, pieces	277	2	99
MANGOSTEEN, CND, SYRUP PK	6.9	196	1 cup, drained	94	14	143
CHERRIES, MARASCHINO, CND, DRND	5.2	5	1 cherry	1	0	8
MELON BALLS, FROZEN	9	173	1 cup, unthawed	484	54	57
MELONS, CANTALOUPE, RAW	16.7	177	1 cup, balls	473	28	60
MELONS, HONEYDEW, RAW	12.7	177	1 cup, balls	404	32	64
NECTARINES, RAW	∞	143	1 cup, slices	287	0	63
OLIVES, PICKLED, CND OR BTLD, GRN	0.03	2.7	1 olive	1	42	4
OLIVES, RIPE, CND	0.01	8.4	1 tbsp	1	62	10
ORANGE JUC, CND, UNSWTND	46	249	1 cup	458	10	117
ORANGE JUC, FRZ CONC, UNSWTND, DIL W/3 VOLUME H2O	190	249	1 cup	473	2	112
ORANGE JUICE, RAW	200	248	1 cup	496	2	112
ORANGES, RAW, WITH PEEL	98	170	1 cup	333	3	107
PAPAYA NECTAR, CANNED	6.2	250	1 cup	78	12	142
PAPAYA, CND, HVY SYRUP, DRND	7.4	39	1 piece	26	4	80
PAPAYAS, RAW	22.8	145	1 cup, 1" pieces	264	12	62
PASSION-FRUIT JUC, PURPLE, RAW	46.3	247	1 cup	687	15	126
PASSION-FRUIT JUC, YEL, RAW	46.3	247	1 cup	687	15	148

Fruit & Fruit Juice

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
PASSION-FRUIT, (GRANADILLA), PURPLE, RAW	12.4	236	1 cup	821	66	229
PEACH NECTAR, CND	5.7	249	1 cup	100	17	134
PEACHES, CND, H2O PK, SOL&LIQUIDS	33	244	1 cup, halves or slices	242	7	59
PEACHES, CND, HVY SYRUP PK, SOL&LIQUIDS	15.3	262	1 cup	241	16	194
PEACHES, CND, HVY SYRUP, DRND	15.7	222	1 cup	209	13	160
PEACHES, CND, JUC PK, SOL&LIQUIDS	32	250	1 cup	320	10	110
PEACHES, DEHYD (LOW-MOISTURE), SULFURED, UNCKD	135.1	116	1 cup	1567	12	377
PEACHES, DRIED, SULFURED, STWD, WO/ SUGAR	160	258	1 cup	826	5	199
PEACHES, DRIED, SULFURED, UNCKD	142.3	160	1 cup, halves	1594	11	382
PEACHES, FRZ, SLICED, SWTND	21.7	250	1 cup, thawed	325	15	235
PEACHES, RAW	∞	154	1 cup, slices	293	0	60
PEAR NECTAR, CND	3.2	250	1 cup	32	10	150
PEARS, CND, H2O PK, SOL&LIQUIDS	26.5	244	1 cup, halves	129	5	71
PEARS, CND, HVY SYRUP PK, SOL&LIQUIDS	13	266	1 cup	173	13	197
PEARS, CND, HVY SYRUP, DRND	13.2	201	1 cup	133	10	149
PEARS, DRIED, SULFURED, STWD, WO/ SUGAR	86	255	1 cup, halves	658	8	324
PEARS, DRIED, SULFURED, UNCKD	88.8	180	1 cup, halves	959	11	472
PEARS, RAW	116	148	1 small	172	1	84
PEARS, RAW, BARTLETT	101	152	1 small	154	2	96
PINEAPPLE JUC, CND, UNSWTND	65	250	1 cup	325	5	132
PINEAPPLE JUC, FRZ CONC, UNSWTND, DIL W/3 VOLUME H2O	132	250	1 cup	330	2	128
PINEAPPLE, CND, H2O PK, SOL&LIQUIDS	127	246	1 cup, crushed, sliced, or chunks	312	2	79
PINEAPPLE, CND, HVY SYRUP PK, SOL&LIQUIDS	104	254	1 cup, crushed, sliced, or chunks	264	3	198
PINEAPPLE, FRZ, CHUNKS, SWTND	50	245	1 cup, chunks	245	5	211
PINEAPPLE, RAW, ALL VAR	109	165	1 cup, chunks	180	2	82
PLANTAINS, GRN, FRIED	241	118	1 cup	569	2	365
PLANTAINS, RAW	124.8	148	1 cup, sliced	739	6	181
PLANTAINS, YEL, FRIED, LATINO RESTAURANT	84.5	169	1 cup	857	10	399
PLUMS, CND, PURPLE, HVY SYRUP, DRND	4.9	183	1 cup, with pits yields	170	35	163
PLUMS, CND, PURPLE, H2O PK, SOL&LIQUIDS	126	249	1 cup, pitted	314	2	102
PLUMS, CND, PURPLE, HVY SYRUP PK, SOL&LIQUIDS	4.8	258	1 cup, pitted	235	49	230
PLUMS, DRIED (PRUNES), STWD, W/ ADDED SUGAR	156	248	1 cup, pitted	774	5	308
PLUMS, DRIED (PRUNES), STWD, WO/ ADDED SUGAR	321	248	1 cup, pitted	796	2	265
PLUMS, DRIED (PRUNES), UNCKD	366	174	1 cup, pitted	1274	3	418
PLUMS, RAW	∞	165	1 cup, sliced	259	0	76
POMEGRANATE JUC, BTLD	23.8	249	1 cup	533	22	134

Fruit & Fruit Juice

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
POMEGRANATES, RAW	78.7	282	1 pomegranate, (4" dia)	666	8	234
PRUNE JUICE, CANNED	69	256	1 cup	707	10	182
PRUNE PUREE	37	36	2 tbsp	307	8	93
PRUNES, CND, HVY SYRUP PK, SOL&LIQUIDS	75.3	234	1 cup	529	7	246
PRUNES, DEHYD (LOW-MOISTURE), STWD	176.5	280	1 cup	988	6	316
PRUNES, DEHYD (LOW-MOISTURE), UNCKD	211.6	132	1 cup	1397	7	447
QUINCES, RAW	49.2	92	1 fruit, without refuse	181	4	52
RAISINS, GOLDEN SEEDLESS	62.2	165	1 cup, packed	1231	20	498
RAISINS, SEEDED	29.5	165	1 cup, packed	1361	46	488
RAISINS, SEEDLESS	68.1	165	1 cup, packed	1236	18	493
RASPBERRIES, CND, RED, HVY SYRUP PK, SOL&LIQUIDS	31.3	256	1 cup	241	8	233
RASPBERRIES, FRZ, RED, SWTND	114	250	1 cup, unthawed	285	2	258
RASPBERRIES, RAW	151	123	1 cup	186	1	64
RHUBARB, FROZEN, UNCOOKED	54	137	1 cup, diced	148	3	29
RHUBARB, FRZ, CKD, W/SUGAR	96	240	1 cup	230	2	278
RHUBARB, RAW	72	122	1 cup, diced	351	5	26
STRAWBERRIES, CND, HVY SYRUP PK, SOL&LIQUIDS	21.5	254	1 cup	218	10	234
STRAWBERRIES, FRZ, SWTND, WHL	98	255	1 cup, thawed	250	3	199
STRAWBERRIES, FRZ, UNSWTND	74	221	1 cup, thawed	327	4	77
STRAWBERRIES, RAW	153	152	1 cup, halves	233	2	49
TANGERINE JUC, CND, SWTND	178	249	1 cup	443	2	125
TANGERINE JUC, FRZ CONC, SWTND, DIL W/3 VOLUME H2O	113	241	1 cup	272	2	111
TANGERINE JUICE, RAW	178	247	1 cup	440	2	106
TANGERINES, (MANDARIN ORANGES), CND, JUC PK	26.6	249	1 cup	331	12	92
TANGERINES, (MANDARIN ORANGES), CND, LT SYRUP PK	13	252	1 cup	197	15	154
TANGERINES, (MANDARIN ORANGES), RAW	83	195	1 cup, sections	324	4	103
WATERMELON, RAW	112	154	1 cup, balls	172	2	46

Pork

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
HORMEL ALWAYS TENDER, BNLESS PORK LOIN, FRSH PORK	0.87	85	3 oz	264	304	123
HORMEL ALWAYS TENDER, CNTR CUT CHOPS, FRSH PORK	0.81	85	3 oz	261	321	142
HORMEL ALWAYS TENDER, PORK LOIN FILETS, LEMON GARLIC-FLAVORED	0.92	85	3 oz	461	502	100
HORMEL ALWAYS TENDER, PORK TENDERLOIN, PEPPERCORN-FLAVORED	0.99	85	3 oz	498	505	94
HORMEL ALWAYS TENDER, PORK TENDERLOIN, TERIYAKI-FLAVORED	1.3	85	3 oz	456	351	101
HORMEL CANADIAN STYLE BACON	0.27	85	3 oz	237	864	104
PORK, CURED, BACON, CKD, BKD	0.25	85	3 oz	458	1864	466
PORK, CURED, BACON, CKD, BRLD, PAN-FRIED OR RSTD	0.33	85	3 oz	480	1459	460
PORK, CURED, BACON, CKD, MICROWAVED	0.29	85	3 oz	446	1516	405
PORK, CURED, BACON, PRE-SLICED, CKD, PAN-FRIED	0.29	85	3 oz	428	1459	400
PORK, CURED, BRKFST STRIPS, CKD	0.22	85	3 oz	396	1784	390
PORK, CURED, CANADIAN-STYLE BACON, GRILLED	0.25	85	3 oz	332	1314	157
PORK, CURED, FEET, PICKLED	0.01	85	3 oz	11	804	119
PORK, CURED, HAM W/ NAT JUCS, SPRL SLC, MEAT ONLY, BNLES, LN, HTD, RSTD	0.35	85	3 oz	297	838	107
PORK, CURED, HAM W/ NAT JUCS, SPRL SLCE, BNLES, LN & FAT, HTD, RSTD	0.35	85	3 oz	293	830	118
PORK, CURED, HAM W/ NAT JUICES, RUMP, BONE-IN, LN, HTD, RSTD	0.59	85	3 oz	434	732	116
PORK, CURED, HAM W/ NAT JUICES, SHANK, BONE-IN, LN, HTD, RSTD	0.56	85	3 oz	389	697	123
PORK, CURED, HAM W/ NAT JUICES, SLICE, BNLESS, LN, HTD, PAN-BROIL	0.31	85	3 oz	309	989	99
PORK, CURED, HAM W/ NAT JUICES, SLICE, BONE-IN, LN, HTD, PAN-BROIL	0.43	85	3 oz	304	710	128
PORK, CURED, HAM, BNLESS, EX LN®, RSTD	0.26	85	3 oz	308	1177	140
PORK, CURED, HAM, EX LN (APPROX 4% FAT), CND, RSTD	0.31	85	3 oz	296	965	116
PORK, CURED, HAM, PATTIES, GRILLED	0.23	85	3 oz	207	904	291
PORK, CURED, HAM, REG (APPROX 13% FAT), CND, RSTD	0.38	85	3 oz	303	800	192
PORK, CURED, SHLDR, ARM PICNIC, LN, RSTD	0.24	85	3 oz	248	1046	145
PORK, CURED, SHLDR, BLADE ROLL, LN&FAT, RSTD	0.2	85	3 oz	165	827	244
PORK, FRESH, BACKRIBS, LN&FAT, CKD, RSTD	2.55	85	3 oz	204	80	248
PORK, FRESH, BLADE, (CHOPS), BNLESS, LN & FAT, CKD, BRLD	7	85	3 oz	346	49	172
PORK, FRESH, ENHANCED, LOIN, TENDERLOIN, LN, CKD, RSTD	2.45	85	3 oz	482	196	99
PORK, FRESH, ENHANCED, LOIN, TOP LOIN (CHOPS), BNLESS, LN, CKD, BRLD	2.21	85	3 oz	445	201	111
PORK, FRESH, ENHANCED, LOIN, TOP LOIN (CHOPS), BNLESS, LN, CKD, PAN-BROIL	2.47	85	3 oz	439	178	144
PORK, FRESH, ENHANCED, SHLDR, (BOSTON BUTT), BLDE (STKS), LN, CKD, BRSD	2.52	85	3 oz	330	131	193
PORK, FRESH, ENHANCED, TOP LOIN (CHOPS), BNLESS, LN & FAT, CKD, PAN-BRLD	2.5	85	3 oz	435	174	162
PORK, FRESH, GROUND, 96% LN / 4% FAT, CKD, CRUMBLES	5.1	85	3 oz	364	71	159
PORK, FRESH, GROUND, 96% LN / 4% FAT, CKD, PAN-BROILED	4.7	85	3 oz	353	75	157

Pork

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
PORK, FRESH, GROUND, COOKED	5	85	3 oz	308	62	252
PORK, FRESH, LEG (HAM), RUMP HALF, LN, CKD, RSTD	5.3	85	3 oz	361	68	140
PORK, FRESH, LEG (HAM), WHL, LN&FAT, CKD, RSTD	5.9	85	3 oz	299	51	232
PORK, FRESH, LEG (HAM), WHL, LN, CKD, RSTD	5.8	85	3 oz	317	54	179
PORK, FRESH, LOIN, BLADE (CHOPS), BNLESS, LN, BNLESS, CKD, BRLD	7.4	85	3 oz	366	49	144
PORK, FRESH, LOIN, BLADE (CHOPS), BONE-IN, LN, CKD, BRLD	4.4	85	3 oz	282	65	164
PORK, FRESH, LOIN, BLADE (CHOPS), BONE-IN, LN, CKD, BRSD	3.9	85	3 oz	230	60	189
PORK, FRESH, LOIN, BLADE (CHOPS), BONE-IN, LN, CKD, PAN-FRIED	3.8	85	3 oz	285	75	189
PORK, FRESH, LOIN, BLADE (ROASTS), BNLESS, LN, CKD, RSTD	6.7	85	3 oz	388	58	149
PORK, FRESH, LOIN, CNTR LOIN (CHOPS), BONE-IN, LN&FAT, CKD, BRLD	6.3	85	3 oz	292	47	178
PORK, FRESH, LOIN, CNTR LOIN (CHOPS), BONE-IN, LN&FAT, CKD, BRSD	3.7	85	3 oz	232	62	206
PORK, FRESH, LOIN, CNTR LOIN (CHOPS), BONE-IN, LN, CKD, BRLD	6.4	85	3 oz	303	48	153
PORK, FRESH, LOIN, CNTR LOIN (CHOPS), BONE-IN, LN, CKD, BRSD	3.8	85	3 oz	245	64	170
PORK, FRESH, LOIN, CNTR LOIN (CHOPS), BONE-IN, LN, CKD, PAN-FRIED	3.8	85	3 oz	321	84	166
PORK, FRESH, LOIN, CNTR RIB (CHOPS), BNLESS, LN, CKD, BRLD	6.5	85	3 oz	357	55	184
PORK, FRESH, LOIN, CNTR RIB (CHOPS), BNLESS, LN, CKD, BRSD	9.9	85	3 oz	344	35	179
PORK, FRESH, LOIN, CNTR RIB (CHOPS), BNLESS, LN, CKD, PAN-FRIED	8.7	85	3 oz	386	44	190
PORK, FRESH, LOIN, CNTR RIB (CHOPS), BONE-IN, LN, CKD, BRLD	6	85	3 oz	292	48	158
PORK, FRESH, LOIN, CNTR RIB (CHOPS), BONE-IN, LN, CKD, BRSD	3.8	85	3 oz	235	61	177
PORK, FRESH, LOIN, CNTR RIB (CHOPS), BONE-IN, LN, CKD, PAN-FRIED	3.8	85	3 oz	285	75	179
PORK, FRESH, LOIN, CNTR RIB (ROASTS), BNLESS, LN, CKD, RSTD	7.3	85	3 oz	309	43	182
PORK, FRESH, LOIN, CNTR RIB (ROASTS), BONE-IN, LN, CKD, RSTD	3	85	3 oz	244	81	175
PORK, FRESH, LOIN, COUNTRY-STYLE RIBS, LN, BNLESS, CKD, BRLD	7.4	85	3 oz	366	49	184
PORK, FRESH, LOIN, COUNTRY-STYLE RIBS, LN, BNLESS, CKD, RSTD	6.8	85	3 oz	413	61	186
PORK, FRESH, LOIN, COUNTRY-STYLE RIBS, LN, BONE-IN, CKD, BRLD	4.4	85	3 oz	315	71	184
PORK, FRESH, LOIN, COUNTRY-STYLE RIBS, LN, BONE-IN, CKD, RSTD	4.3	85	3 oz	332	77	193
PORK, FRESH, LOIN, COUNTRY-STYLE RIBS, LN, CKD, BRSD	5	85	3 oz	252	51	210
PORK, FRESH, LOIN, SIRLOIN (CHOPS), BNLESS, LN, CKD, BRLD	6.4	85	3 oz	361	56	137
PORK, FRESH, LOIN, SIRLOIN (CHOPS), BNLESS, LN, CKD, BRSD	7.4	85	3 oz	354	48	139
PORK, FRESH, LOIN, SIRLOIN (CHOPS), BONE-IN, LN, CKD, BRLD	4.4	85	3 oz	332	76	148

Pork

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
PORK, FRESH, LOIN, SIRLOIN (CHOPS), BONE-IN, LN, CKD, BRSD	7.4	85	3 oz	364	49	166
PORK, FRESH, LOIN, SIRLOIN (ROASTS), BNLESS, LN, CKD, RSTD	6.2	85	3 oz	347	56	151
PORK, FRESH, LOIN, SIRLOIN (ROASTS), BONE-IN, LN, CKD, RSTD	6	85	3 oz	299	50	173
PORK, FRESH, LOIN, TENDERLOIN, LN, CKD, BRLD	6.9	85	3 oz	383	55	159
PORK, FRESH, LOIN, TENDERLOIN, LN, CKD, RSTD	7.4	85	3 oz	358	48	122
PORK, FRESH, LOIN, TOP LOIN (CHOPS), BNLESS, LN, CKD, BRLD	8.2	85	3 oz	312	38	147
PORK, FRESH, LOIN, TOP LOIN (CHOPS), BNLESS, LN, CKD, BRSD	4	85	3 oz	229	57	145
PORK, FRESH, LOIN, TOP LOIN (CHOPS), BNLESS, LN, CKD, PAN-FRIED	4.5	85	3 oz	332	74	146
PORK, FRESH, LOIN, TOP LOIN (ROASTS), BNLESS, LN, CKD, RSTD	7.6	85	3 oz	303	40	147
PORK, FRESH, LOIN, WHL, LN, CKD, BRLD	6.8	85	3 oz	372	54	179
PORK, FRESH, LOIN, WHL, LN, CKD, BRSD	7.7	85	3 oz	329	43	173
PORK, FRESH, LOIN, WHL, LN, CKD, RSTD	7.3	85	3 oz	361	49	178
PORK, FRESH, SHLDR, (BOSTON BUTT), BLADE (STEAKS), LN, CKD, BRSD	5.3	85	3 oz	270	51	198
PORK, FRESH, SHLDR, ARM PICNIC, LN, CKD, BRSD	3.8	85	3 oz	325	85	165
PORK, FRESH, SHLDR, ARM PICNIC, LN, CKD, RSTD	4.4	85	3 oz	298	68	194
PORK, FRESH, SHLDR, BLADE, BOSTON (ROASTS), LN, CKD, RSTD	4.9	85	3 oz	363	75	197
PORK, FRESH, SHLDR, BLADE, BOSTON (STEAKS), LN, CKD, BRLD	4.6	85	3 oz	292	63	193
PORK, FRESH, SHLDR, WHL, LN, CKD, RSTD	4.6	85	3 oz	294	64	196
PORK, FRESH, SPARERIBS, LN & FAT, CKD, RSTD	2.91	85	3 oz	225	77	307
PORK, FRESH, VAR MEATS&BY-PRODUCTS, LIVER, CKD, BRSD	3.1	85	3 oz	128	42	140
PORK, PICKLED PORK HOCKS	0.04	85	3 oz	40	893	145

Vegetables

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
ARTICHOKES, (GLOBE OR FRENCH), CKD, BLD, DRND, WO/SALT	4.8	120	1 artichoke, medium	343	72	64
ARTICHOKES, (GLOBE OR FRENCH), RAW	3.9	128	1 artichoke, medium	474	120	60
ARUGULA, RAW	13.7	10	.5 cup	37	3	2
ASPARAGUS, CKD, BLD, DRND	16	90	.5 cup	202	13	20
ASPARAGUS, CND, NO SALT, SOL&LIQUIDS	6.6	122	.5 cup	210	32	18
ASPARAGUS, CND, REG PK, SOL&LIQUIDS	0.61	122	.5 cup	210	346	18
ASPARAGUS, FRZ, CKD, BLD, DRND, WO/SALT	57.3	180	1 cup	310	5	32
ASPARAGUS, RAW	101	134	1 cup	271	3	27
BAMBOO SHOOTS, CKD, BLD, DRND, WO/SALT	133.2	120	1 cup, (1/2" slices)	640	5	14
BAMBOO SHOOTS, RAW	133.2	151	1 cup, (1/2" slices)	805	6	41
BEET GREENS, RAW	3.4	38	1 cup	290	86	8
BEET GRNS, CKD, BLD, DRND, WO/SALT	3.8	144	1 cup, (1" pieces)	1309	347	39
BEETS, CKD, BOILD, DRND WO/ SALT	4	85	.5 cup, slices	259	65	37
BEETS, PICKLED, CND, SOL&LIQUIDS	0.56	227	1 cup, slices	336	599	148
BEETS, RAW	4.2	136	1 cup	442	106	58
BROCCOLI, CKD, BLD, DRND, WO/SALT	7.1	280	1 stalk, large (11"-12" long)	820	115	98
BROCCOLI, FLOWER CLUSTERS, RAW	12	71	1 cup, flowerets	231	19	20
BROCCOLI, FRZ, CHOPD, CKD, BLD, DRND, WO/SALT	12.9	184	1 cup	261	20	52
BROCCOLI, RAW	9.6	91	1 cup, chopped	288	30	31
BROCCOLI, STALKS, RAW	12	114	1 stalk	370	31	32
BRUSSELS SPROUTS, CKD, BLD, DRND, WO/SALT	15.1	78	.5 cup	247	16	28

Vegetables

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
BRUSSELS SPROUTS, RAW	15.6	88	1 cup	342	22	38
CABBAGE, CHINESE (PAK-CHOI), CKD, BLD, DRND, WO/SALT	10.9	170	1 cup, shredded	631	58	20
CABBAGE, CHINESE (PAK-CHOI), RAW	3.9	70	1 cup, shredded	176	46	9
CABBAGE, CHINESE (PE-TSAI), CKD, BLD, DRND, WO/SALT	25	119	1 cup, shredded	268	11	17
CABBAGE, CHINESE (PE-TSAI), RAW	26.4	76	1 cup, shredded	181	7	12
CABBAGE, CKD, BLD, DRND, WO/SALT	24.5	75	.5 cup, shredded	147	6	17
CABBAGE, COMMON (DANISH, DOMESTIC, & POINTED TYPES), STORED, RAW	13.7	35	.5 cup, shredded	86	6	8
CABBAGE, COMMON, FRESHLY HARVEST, RAW	13.7	35	.5 cup, shredded	86	6	8
CABBAGE, NAPA, COOKED	7.9	109	1 cup	95	12	13
CABBAGE, RAW	9.4	89	1 cup, chopped	151	16	22
CABBAGE, RED, CKD, BLD, DRND, WO/SALT	9.4	75	.5 cup, shredded	196	21	22
CABBAGE, RED, RAW	9	89	1 cup, chopped	216	24	28
CABBAGE, SAVOY, CKD, BLD, DRND, WO/SALT	7.7	145	1 cup, shredded	267	35	35
CABBAGE, SAVOY, RAW	8.2	70	1 cup, shredded	161	20	19
CARROT JUICE, CANNED	4.4	236	1 cup	689	156	94
CARROT, DEHYDRATED	9.2	74	1 cup	1880	204	252
CARROTS, BABY, RAW	3	15	1 large	36	12	5
CARROTS, CKD, BLD, DRND, WO/SALT	4.1	78	.5 cup, slices	183	45	27

Vegetables

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CARROTS, RAW	4.6	110	1 cup, grated	352	76	45
CATSUP	0.35	17	1 tbsp	54	154	19
CATSUP, LOW SODIUM	15.8	17	1 tbsp	54	3	16
CAULIFLOWER, CKD, BLD, DRND, WO/SALT	9.5	62	.5 cup, (1" pieces)	88	9	14
CAULIFLOWER, GREEN, RAW	13	64	1 cup	192	15	20
CAULIFLOWER, GRN, CKD, NO SALT ADDED	12.1	90	.2 head	250	21	29
CAULIFLOWER, RAW	10	107	1 cup, chopped (1/2" pieces)	320	32	27
CELERIAC, CKD, BLD, DRND, WO/SALT	2.84	155	1 cup, pieces	268	95	42
CELERIAC, RAW	3	156	1 cup	468	156	66
CELERY, CKD, BLD, DRND, WO/SALT	3.1	150	1 cup, diced	426	136	27
CELERY, RAW	3.2	101	1 cup, chopped	263	81	16
CHARD, SWISS, CKD, BLD, DRND, WO/SALT	3.1	175	1 cup, chopped	961	313	35
CHARD, SWISS, RAW	1.78	36	1 cup	136	77	7
CHIVES, RAW	98.7	3	1 tbsp, chopped	9	0	1
COLLARDS, CKD, BLD, DRND, WO/SALT	7.8	190	1 cup, chopped	222	28	63
COLLARDS, RAW	12.5	36	1 cup, chopped	77	6	12
CORIANDER (CILANTRO) LEAVES, RAW	11.3	4	.25 cup	21	2	1
CORN, SWEET, WHITE, RAW	18	73	1 ear, small (5-1/2" to 6-1/2" long)	197	11	63
CORN, SWT, WHITE, CKD, BLD, DRND, WO/SALT	84	89	1 ear, small (5-1/2" to 6-1/2" long)	224	3	86
CORN, SWT, WHITE, FRZ, KRNL CUT OFF COB, UNPREP	70	165	1 cup	346	5	145

Vegetables

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CORN, SWT, WHITE, FRZ, KRNLS ON COB, CKD, BLD, DRND, WO/SALT	62.8	165	1 cup, kernels	414	7	155
CORN, SWT, YEL, CKD, BLD, DRND, WO/SALT	218	89	1 ear, small (5-1/2" to 6-1/2" long)	194	1	85
CORN, SWT, YEL, FRZ, KRNLS ON COB, CKD, BLD, DRND, WO/SALT	62.8	165	1 cup, kernels	414	7	155
CORN, SWT, YEL, RAW	18	145	1 cup	392	22	125
CORN, YEL, WHL KERNEL, FRZ, MICROWAVED	69	141	1 cup	389	6	185
CRESS, GARDEN, CKD, BLD, DRND, WO/SALT	44.1	135	1 cup	477	11	31
CRESS, GARDEN, RAW	43.3	50	1 cup	303	7	16
CUCUMBER, PEELED, RAW	68	133	1 cup, pared chopped	181	3	16
CUCUMBER, WITH PEEL, RAW	73.5	52	.5 cup, slices	76	1	8
EGGPLANT, CKD, BLD, DRND, WO/SALT	123	99	1 cup, (1" cubes)	122	1	35
EGGPLANT, RAW	114.5	82	1 cup, cubes	188	2	20
ENDIVE, RAW	14.3	513	1 head	1611	113	87
GARLIC, RAW	23.6	2.8	1 tsp	11	0	4
GINGER ROOT, RAW	31.9	2	1 tsp	8	0	2
GOURD, DISHCLOTH (TOWELGOURD), CKD, BLD, DRND, WO/SALT	21.6	178	1 cup, (1" pieces)	806	37	100
GOURD, DISHCLOTH (TOWELGOURD), RAW	46.3	95	1 cup, (1" pieces)	132	3	19
GOURD, WHITE-FLOWERED (CALABASH), CKD, BLD, DRND, WO/SALT	85	146	1 cup, (1" cubes)	248	3	22
GOURD, WHITE-FLOWERED (CALABASH), RAW	75	58	.5 cup, (1" pieces)	87	1	8
JICAMA, (SEE YAMBEAN)						
KALE, CKD, BLD, DRND, WO/SALT	9.9	130	1 cup, chopped	296	30	36

Vegetables

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
KALE, FRZ, CKD, BLD, DRND, WO/SALT	21.4	130	1 cup, chopped	417	20	39
KALE, RAW	12.9	67	1 cup, chopped	329	25	33
KOHLRABI, RAW	17.5	135	1 cup	473	27	36
LEEKS, (BULB & LOWER LEAF-PORION), RAW	9	89	1 cup	160	18	54
LEEKS, (BULB & LOWER-LEAF PORTION), FREEZE-DRIED	68.6	0.2	1 tbsp	5	0	1
LEMON GRASS (CITRONELLA), RAW	120.5	67	1 cup	484	4	66
LETTUCE, BUTTERHEAD (INCL BOSTON&BIBB TYPES), RAW	47.6	55	1 cup, shredded or chopped	131	3	7
LETTUCE, COS OR ROMAINE, RAW	30.9	47	1 cup, shredded	116	4	8
LETTUCE, GREEN LEAF, RAW	6.9	36	1 cup, shredded	70	10	5
LETTUCE, ICEBERG (INCL CRISPHEAD TYPES), RAW	14.1	72	1 cup, shredded	102	7	10
LETTUCE, RED LEAF, RAW	7.5	28	1 cup, shredded	52	7	4
MUSHROOMS, BROWN, ITALIAN, OR CRIMINI, RAW	74.7	87	1 cup, whole	390	5	19
MUSHROOMS, CHANTERELLE, RAW	56.2	54	1 cup	273	5	21
MUSHROOMS, ENOKI, RAW	119.7	5	1 large	18	0	2
MUSHROOMS, MAITAKE, RAW	204	70	1 cup, diced	143	1	22
MUSHROOMS, MOREL, RAW	19.6	66	1 cup	271	14	20
MUSHROOMS, OYSTER, RAW	23.3	148	1 large	622	27	49
MUSHROOMS, PORTABELLA, GRILLED	39.7	121	1 cup, sliced	529	13	35
MUSHROOMS, PORTABELLA, RAW	40.4	86	1 cup, diced	313	8	19
MUSHROOMS, SHIITAKE, CKD, WO/SALT	29.2	145	1 cup, pieces	170	6	81
MUSHROOMS, SHIITAKE, DRIED	118	3.6	1 mushroom	55	0	11

Vegetables

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
MUSHROOMS, SHIITAKE, RAW	33.8	19	1 piece, whole	58	2	6
MUSHROOMS, SHIITAKE, STIR-FRIED	65.2	89	1 cup, whole	290	4	35
MUSTARD GREENS, RAW	19.2	56	1 cup, chopped	215	11	15
MUSTARD GRNS, CKD, BLD, DRND, WO/SALT	18	140	1 cup, chopped	227	13	36
OKRA, CKD, BLD, DRND, WO/SALT	22.5	80	.5 cup, slices	108	5	18
OKRA, RAW	42.7	100	1 cup	299	7	33
ONION RINGS, BREADED, PAR FR, FRZ, PREP, HTD IN OVEN	0.34	48	1 cup	62	180	195
ONIONS, CKD, BLD, DRND, WO/SALT	55.3	210	1 cup	349	6	92
ONIONS, DEHYDRATED FLAKES	77.2	5	1 tbsp	81	1	17
ONIONS, RAW	36.5	160	1 cup, chopped	234	6	64
ONIONS, SPRING OR SCALLIONS (INCL TOPS & BULB), RAW	17.2	100	1 cup, chopped	276	16	32
ONIONS, SWT, RAW	14.9	331	1 onion	394	26	106
PARSLEY, FRSH	9.9	60	1 cup, chopped	332	34	22
PARSNIPS, CKD, BLD, DRND, WO/SALT	36.7	78	.5 cup, slices	286	8	55
PARSNIPS, RAW	37.5	133	1 cup, slices	499	13	100
PEAS, EDIBLE-PODDED, BLD, DRND, WO/ SALT	60	160	1 cup	384	6	67
PEAS, EDIBLE-PODDED, RAW	50	98	1 cup, chopped	196	4	41
PEAS, GREEN, RAW	48.8	145	1 cup	354	7	117
PEAS, GRN, CKD, BLD, DRND, WO/SALT	90.3	160	1 cup	434	5	134
PEAS, GRN, FRZ, CKD, BLD, DRND, WO/SALT	1.53	80	.5 cup	88	58	62
PEAS, MATURE SEEDS, SPROUTED, CKD, BLD, DRND, WO/SALT	89.3					
PEAS, MATURE SEEDS, SPROUTED, RAW	19	120	1 cup	457	24	149
PEPPER, BANANA, RAW	19.7	124	1 cup	317	16	33
PEPPERS, ANCHO, DRIED	56.1	17	1 pepper	410	7	48
PEPPERS, HOT CHILI, SUN-DRIED	20.5	37	1 cup	692	34	120
PEPPERS, HOT CHILI, GRN, RAW	48.6	45	1 pepper	153	3	18
PEPPERS, HOT CHILI, RED, RAW	35.8	45	1 pepper	145	4	18
PEPPERS, HUNGARIAN, RAW	202	27	1 pepper	55	0	8
PEPPERS, JALAPENO, RAW	82.7	90	1 cup, sliced	223	3	26

Vegetables

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
PEPPERS, PASILLA, DRIED	25	7	1 pepper	156	6	24
PEPPERS, SERRANO, RAW	30.5	105	1 cup, chopped	320	10	34
PEPPERS, SWEET, YELLOW, RAW	106	186	1 pepper, large (3-3/4" long, 3" dia)	394	4	50
PEPPERS, SWT, GRN, CKD, BLD, DRND, WO/SALT	83	135	1 cup, chopped or strips	224	3	38
PEPPERS, SWT, GRN, RAW	58.3	149	1 cup, chopped	261	4	30
PEPPERS, SWT, GRN, SAUTEED	7.9	115	1 cup, chopped	154	20	146
PEPPERS, SWT, RED, CKD, BLD, DRND, WO/SALT	83	135	1 cup, strips	224	3	38
PEPPERS, SWT, RED, RAW	52.8	149	1 cup, chopped	314	6	46
PEPPERS, SWT, RED, SAUTEED	9.2	106	1 cup, chopped	205	22	141
PICKLE RELISH, HAMBURGER	0.07	15	1 tbsp	11	164	19
PICKLE RELISH, HOT DOG	0.07	15	1 tbsp	12	164	14
PICKLE RELISH, SWEET	0.03	245	1 cup	61	1987	318
PICKLES, CHOWCHOW, W/CAULIFLOWER ONION MUSTARD, SWT	0.38	245	1 cup	490	1291	296
PICKLES, CUCUMBER, DILL OR KOSHER DILL	0.11	143	1 cup, chopped or diced	132	1251	17
PICKLES, CUCUMBER, DILL, LO NA	6.4	65	1 medium	75	12	12
PICKLES, CUCUMBER, SOUR	0.02	155	1 cup	36	1872	17
PICKLES, CUCUMBER, SOUR, LO NA	1.28	143	1 cup, chopped or diced	33	26	16
PICKLES, CUCUMBER, SWT (INCLUDES BREAD & BUTTER PICKLES)	0.22	160	1 cup, chopped	160	731	146
PICKLES, CUCUMBER, SWT, LO NA (INCLUDES BREAD & BUTTER PICKLES)	1.78	160	1 cup, chopped or diced	51	29	195
PIMENTO, CANNED	11.3	192	1 cup	303	27	44

Vegetables

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
POI	15.2	240	1 cup	439	29	269
POTATOES, BKD, FLESH & SKN, WO/ SALT	53.5	299	1 potato, large	1600	30	278
POTATOES, FLESH & SKN, RAW	70.2	369	1 Potato, large (3" to 4-1/4" dia)	1553	22	284
POTATOES, BKD, FLESH, WO/SALT	78.2	61	.5 cup	239	3	57
POTATOES, BKD, SKN, WO/SALT	27.3	58	1 skin	332	12	115
POTATOES, BLD, CKD IN SKN, FLESH, WO/SALT	94.8	78	.5 cup	296	3	68
POTATOES, BLD, CKD WO/ SKN, FLESH, WO/ SALT	65.6	300	1 large, (3" to 4-1/4" dia.)	984	15	258
POTATOES, FRENCH FR, ALL TYPES, SALT NOT ADDED IN PROC, FRZ, OVN-HTD	14.1	74	10 strip	334	24	127
POTATOES, MICROWAVED, CKD IN SKN, FLESH&SKN, WO/SALT	55.9	202	1 potato, (2-3/4" dia by 4-3/4" long)	903	16	212
POTATOES, RAW, SKIN	41.3	38	1 skin	157	4	22
POTATOES, RED, FLESH & SKN, BKD	45.4	299	1 potato, large (3" to 4-1/4" dia.	1630	36	266
POTATOES, RED, FLESH & SKN, RAW	25.3	369	1 potato, large (3" to 4-1/4" dia)	1679	66	258
POTATOES, RUSSET, FLESH & SKN, BKD	39.3	299	1 potato, large (3" to 4-1/4" dia.	1645	42	290
POTATOES, RUSSET, FLESH & SKN, RAW	83.4	369	1 potato, large (3" to 4-1/4" dia)	1539	18	292
POTATOES, WHITE, FLESH & SKN, BKD	77.7	299	1 potato, large (3" to 4-1/4" dia)	1627	21	281

Vegetables

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
POTATOES, WHITE, FLESH & SKN, RAW	25.4	369	1 large, (3" to 4-1/4" dia.)	1502	59	255
PUMPKIN, CKD, BLD, DRND, WO/SALT	230	245	1 cup, mashed	564	2	49
PUMPKIN, RAW	340	116	1 cup, (1" cubes)	394	1	30
RADISHES, ORIENTAL, CKD, BLD, DRND, WO/SALT	21.9	147	1 cup, sliced	419	19	25
RADISHES, ORIENTAL, DRIED	12.6	116	1 cup	4053	322	314
RADISHES, ORIENTAL, RAW	10.8	338	1 radish, (7" long)	767	71	61
RADISHES, RAW	6	116	1 cup, slices	270	45	19
RADISHES, WHITE ICICLE, RAW	17.5	50	.5 cup, slices	140	8	7
RUTABAGAS, CKD, BLD, DRND, WO/SALT	43.2	170	1 cup, cubes	367	8	51
RUTABAGAS, RAW	25.4	140	1 cup, cubes	427	17	52
SAUERKRAUT, CND, SOL&LIQUIDS	0.26	142	1 cup	241	939	27
SEAWEED, AGAR, RAW	25.1	10	2 tbsp, (1/8 cup)	23	1	3
SEAWEED, IRISHMOSS, RAW	0.94	10	2 tbsp, (1/8 cup)	6	7	5
SEAWEED, KELP, RAW	0.38	10	2 tbsp, (1/8 cup)	9	23	4
SEAWEED, LAVER, RAW	7.4	26	10 sheets	93	12	9
SEAWEED, SPIRULINA, DRIED	1.3	112	1 cup	1527	1174	325
SEAWEED, WAKAME, RAW	0.06	10	2 tbsp, (1/8 cup)	5	87	4
SHALLOTS, RAW	27.8	10	1 tbsp, chopped	33	1	7
SPINACH, CKD, BLD, DRND, WO/ SALT	6.7	180	1 cup	839	126	41
SPINACH, RAW	7.1	30	1 cup	167	24	7
SQUASH, SMMR, ALL VAR, CKD, BLD, DRND, WO/SALT	192	180	1 cup, sliced	346	2	36
SQUASH, SMMR, ALL VAR, RAW	131	113	1 cup, sliced	296	2	18

Vegetables

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SQUASH, SMMR, ZUCCHINI, INCL SKN, RAW	32.6	124	1 cup, chopped	324	10	21
SQUASH, WNTR, ACORN, RAW	115.7	140	1 cup, cubes	486	4	56
SQUASH, WNTR, HUBBARD, RAW	45.7	116	1 cup, cubes	371	8	46
SQUASH, WNTR, ALL VAR, CKD, BKD, WO/SALT	241	205	1 cup, cubes	494	2	76
SQUASH, WNTR, ALL VAR, RAW	87.5	116	1 cup, cubes	406	5	39
SQUASH, WNTR, BUTTERNUT, RAW	88	140	1 cup, cubes	493	6	63
SQUASH, WNTR, SPAGHETTI, RAW	6.4	101	1 cup, cubes	109	17	31
SQUASH, ZUCCHINI, BABY, RAW	153	16	1 large	73	0	3
SWEET POTATO, CKD, BKD IN SKN, WO/ SALT	13.2	200	1 cup	950	72	180
SWEET POTATO, CKD, BLD, WO/ SKN	8.5	328	1 cup, mashed	754	89	249
SWEET POTATO, RAW, UNPREP	6.1	133	1 cup, cubes	448	73	114
TOMATILLOS, RAW	268	34	1 medium	91	0	11
TOMATO JUC, CND, WO/SALT	22.9	243	1 cup	556	24	41
TOMATO PRODUCTS, CND, PASTE, WO/ SALT ADDED	17.2	262	1 cup	2657	155	215
TOMATO PRODUCTS, CND, PUREE, WO/SALT	15.7	250	1 cup	1098	70	95
TOMATO PRODUCTS, CND, SAUCE	0.63	245	1 cup	811	1284	59
TOMATO PRODUCTS, CND, SAU, W/TOMATO TIDBITS	24.9	244	1 cup	910	37	78
TOMATOES, CRUSHED, CANNED	2.22	121	.5 cup	355	160	39
TOMATOES, GREEN, RAW	15.7	180	1 cup	367	23	41
TOMATOES, ORANGE, RAW	5	158	1 cup, chopped	335	66	25
TOMATOES, RED, RIPE, CKD	19.8	240	1 cup	523	26	43
TOMATOES, RED, RIPE, CND, STWD	0.94	255	1 cup	528	564	66
TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE	47.4	149	1 cup, cherry tomatoes	353	7	27
TOMATOES, SUN-DRIED	13.9	54	1 cup	1851	133	139
TOMATOES, YELLOW, RAW	11.2	139	1 cup, chopped	359	32	21

Vegetables

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
TURNIP GREENS, RAW	7.4	55	1 cup, chopped	163	22	18
TURNIP GRNS, CKD, BLD, DRND, WO/SALT	7	144	1 cup, chopped	292	42	29
TURNIPS, CKD, BLD, DRND, WO/SALT	11.1	156	1 cup, cubes	276	25	34
TURNIPS, RAW	2.85	130	1 cup, cubes	248	87	36
WASABI, ROOT, RAW	33.4	130	1 cup, sliced	738	22	142
WATERCHESTNUTS, CHINESE, (MATAI), RAW	41.7	62	.5 cup, slices	362	9	60
WATERCRESS, RAW	8	34	1 cup, chopped	112	14	4
WAXGOURD, (CHINESE PRESERVING MELON), CKD, BLD, DRND, WO/SALT	0.05	175	1 cup, cubes	9	187	24
WAXGOURD, (CHINESE PRESERVING MELON), RAW	0.05	132	1 cup, cubes	8	147	17
YAM, CKD, BLD, DRND, OR BKD, WO/SALT	83.8	136	1 cup, cubes	911	11	158
YAM, RAW	90.7	150	1 cup, cubes	1224	14	177
YAMBEAN (JICAMA), RAW	37.5	120	1 cup, slices	180	5	46
YAUTIA (TANNIER), RAW	28.5	135	1 cup, sliced	807	28	132

Nuts & Seeds

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
ACORNS, DRIED	∞	28.35	1 oz	201	0	144
ACORNS, RAW	∞	28.35	1 oz	153	0	110
ALMOND BUTTER, PLN, W/SALT	3.3	16	1 tbsp	120	36	98
ALMOND BUTTER, PLN, WO/SALT	106.9	16	1 tbsp	120	1	98
ALMOND PASTE	34.9	28.35	1 oz	89	3	130
ALMONDS	705	92	1 cup, sliced	649	1	529
ALMONDS, BLANCHED	34.7	9.1	1 tbsp	60	2	54
ALMONDS, DRY RSTD, W/SALT	1.09	28.35	1 oz, (22 whole kernels)	202	186	169
ALMONDS, DRY RSTD, WO/SALT	237.3	28.35	1 oz, (22 whole kernels)	202	1	169
ALMONDS, HONEY RSTD, UNBLANCHED	4.3	28.35	1 oz	159	37	168
ALMONDS, OIL RSTD, W/SALT	2.06	28.35	1 oz, (22 whole kernels)	198	96	172
ALMONDS, OIL RSTD, WO/SALT	699	28.35	1 oz, (22 whole kernels)	198	0	172
BEECHNUTS, DRIED	26.8	28.35	1 oz	288	11	163
BRAZILNUTS, DRIED, UNBLANCHED	219.7	5	1 kernel	33	0	33
BREADFRUIT SEEDS, ROASTED	38.6	28.35	1 oz	307	8	59
BUTTERNUTS, DRIED	421	28.35	1 oz	119	0	174
CASHEW BUTTER, PLN, W/SALT	1.34	16	1 tbsp	87	65	94
CASHEW BUTTER, PLN, WO/SALT	36.4	16	1 tbsp	87	2	94
CASHEW NUTS, DRY RSTD, W/SALT	0.88	137	1 cup, halves and whole	774	877	786
CASHEW NUTS, DRY RSTD, WO/SALT	35.3	137	1 cup, halves and whole	774	22	786
CASHEW NUTS, OIL RSTD, W/SALT	2.05	129	1 cup, whole	815	397	749
CASHEW NUTS, OIL RSTD, WO/SALT	48.6	129	1 cup, whole	815	17	748
CHESTNUTS, CHINESE, ROASTED	119.2	28.35	1 oz	135	1	68
CHESTNUTS, EUROPEAN, BLD&STMD	26.5	28.35	1 oz	203	8	37
CHESTNUTS, EUROPEAN, DRIED, PEELED	26.8	28.35	1 oz	281	10	105
CHESTNUTS, EUROPEAN, RSTD	296	28.35	1 oz	168	1	69
CHESTNUTS, JAPANESE, BLD&STMD	23.8	28.35	1 oz	34	1	16
CHESTNUTS, JAPANESE, DRIED	22.6	28.35	1 oz	218	10	102
CHESTNUTS, JAPANESE, RAW	23.5	28.35	1 oz	93	4	44
CHESTNUTS, JAPANESE, RSTD	22.5	28.35	1 oz	121	5	57
CHIA SEEDS, DRIED	25.4	28.35	1 oz	115	5	138
COCONUT CRM, CND, SWTND	2.81	28.35	1 oz	29	10	101
COCONUT CRM, RAW (LIQ EXPRESSED FROM GRATED MEAT)	81.2	240	1 cup	780	10	792
COCONUT H2O (LIQ FROM COCONUTS)	2.38	240	1 cup	600	252	46

Nuts & Seeds

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
COCONUT MEAT, DRIED (DESICCATED), CRMD	14.9	28.35	1 oz	156	10	194
COCONUT MEAT, DRIED (DESICCATED), NOT SWTND	14.7	28.35	1 oz	154	10	187
COCONUT MEAT, DRIED (DESICCATED), SWTND, FLAKED, CND	16.2	77	1 cup	249	15	341
COCONUT MEAT, DRIED (DESICCATED), SWTND, FLAKED, PACKAGED	1.27	85	1 cup	307	242	388
COCONUT MEAT, DRIED (DESICCATED), SWTND, SHREDDED	1.29	93	1 cup, shredded	313	244	466
COCONUT MEAT, DRIED (DESICCATED), TSTD	15	28.35	1 oz	157	10	168
COCONUT MEAT, RAW	17.8	80	1 cup, shredded	285	16	283
COCONUT MILK, CND (LIQ EXPRESSED FROM GRATED MEAT&H2O)	16.9	226	1 cup	497	29	445
COCONUT MILK, FRZ (LIQ EXPRESSED FROM GRATED MEAT&H2O)	19.3	240	1 cup	557	29	485
COCONUT MILK, RAW (LIQ EXPRESSED FROM GRATED MEAT&H2O)	17.5	240	1 cup	631	36	552
COTTONSEED KRNLs, RSTD (GLANDLESS)	54	10	1 tbsp	135	2	51
GINKGO NUTS, CANNED	0.59	28.35	1 oz, (14 kernels)	51	87	31
GINKGO NUTS, DRIED	76.8	28.35	1 oz	283	4	99
HAZELNUTS OR FILBERTS	∞	115	1 cup, chopped	782	0	722
HAZELNUTS OR FILBERTS, BLANCHED	∞	28.35	1 oz	187	0	178
HAZELNUTS OR FILBERTS, DRY RSTD, WO/SALT	∞	28.35	1 oz	214	0	183
HICKORYNUTS, DRIED	436	28.35	1 oz	124	0	186
LOTUS SEEDS, DRIED	273.6	28.35	1 oz, (42 medium seeds)	388	1	94
MACADAMIA NUTS, DRY RSTD, W/SALT	1.03	28.35	1 oz, (10-12 kernels)	103	100	203
MACADAMIA NUTS, DRY RSTD, WO/SALT	90.8	28.35	1 oz, (10-12 kernels)	103	1	204
MACADAMIA NUTS, RAW	73.6	28.35	1 oz, (10-12 kernels)	104	1	204
PECANS	∞	109	1 cup, chopped	447	0	753
PECANS, DRY RSTD, W/SALT	1.11	28.35	1 oz	120	109	201
PECANS, DRY RSTD, WO/SALT	424	28.35	1 oz	120	0	201
PECANS, OIL RSTD, W/SALT	1	28.35	1 oz, (15 halves)	111	111	203
PECANS, OIL RSTD, WO/SALT	392	28.35	1 oz, (15 halves)	111	0	203
PISTACHIO NUTS, DRY RSTD, W/SALT	2.35	28.35	1 oz, (49 kernels)	285	121	160
PISTACHIO NUTS, DRY RSTD, WO/SALT	167.8	28.35	1 oz, (49 kernels)	285	2	161

Nuts & Seeds

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
PISTACHIO NUTS, RAW	1025	28.35	1 oz, (49 kernels)	291	0	159
PUMPKIN & SQUASH SD KRNLs, DRIED	115.6	28.35	1 oz	229	2	158
PUMPKIN & SQUASH SD KRNLs, RSTD, W/SALT	3.1	28.35	1 oz	223	73	163
PUMPKIN & SQUASH SD KRNLs, RSTD, WO/SALT	43.8	28.35	1 oz	223	5	163
PUMPKIN & SQUASH SEEDS, WHL, RSTD, W/SALT	0.36	28.35	1 oz, (85 seeds)	261	720	126
PUMPKIN & SQUASH SEEDS, WHL, RSTD, WO/SALT	51.1	28.35	1 oz, (85 seeds)	261	5	126
SAFFLOWER SD KRNLs, DRIED	229	28.35	1 oz	195	1	147
SAFFLOWER SD MEAL, PART DEFATTED	22.7	28.35	1 oz	19	1	97
SEEDS, FLAXSEED	27.1	10.3	1 tbsp, whole	84	3	55
SESAME BUTTER, PASTE	48.5	16	1 tbsp	93	2	94
SESAME BUTTER, TAHINI, FROM RSTD&TSTD KRNLs (MOST COMMON TYPE)	3.6	15	1 tbsp	62	17	89
SESAME BUTTER, TAHINI, FROM UNROASTED KRNLs	459	14	1 tbsp	64	0	85
SESAME SD KRNLs, TSTD, W/SALT (DECORT)	0.69	28.35	1 oz	115	167	161
SESAME SD KRNLs, TSTD, WO/SALT (DECORT)	10.4	28.35	1 oz	115	11	161
SESAME SEEDS, WHL, RSTD&TSTD	43.2	28.35	1 oz	135	3	160
SESAME SEEDS, WHOLE, DRIED	42.5	9	1 tbsp	42	1	52
SUNFLOWER SD BUTTER, W/SALT	1.74	16	1 tbsp	92	53	99
SUNFLOWER SD BUTTER, WO/SALT	192	16	1 tbsp	92	0	99
SUNFLOWER SD KRNLs, DRIED	71.7	46	1 cup, with hulls, edible yield	297	4	269
SUNFLOWER SD KRNLs, DRY RSTD, W/SALT	2.31	28.35	1 oz	241	104	165
SUNFLOWER SD KRNLs, DRY RSTD, WO/SALT	283.3	28.35	1 oz	241	1	165
SUNFLOWER SD KRNLs, OIL RSTD, W/SALT	0.66	28.35	1 oz	137	208	168
SUNFLOWER SD KRNLs, OIL RSTD, WO/SALT	161	28.35	1 oz	137	1	168
SUNFLOWER SD KRNLs, TSTD, W/SALT	0.8	28.35	1 oz	139	174	175
SUNFLOWER SD KRNLs, TSTD, WO/SALT	163.7	28.35	1 oz	139	1	175
WALNUTS, ENGLISH	220.5	28.35	1 oz	125	1	185
WATERMELON SD KRNLs, DRIED	6.5	28.35	1 oz	184	28	158

Beef

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
BEEF, BRISKET, FLAT HALF, LN, 0" FAT, ALL GRDS, CKD, BRSD	4.9	85	3 oz	227	46	174
BEEF, BRISKET, POINT HALF, LN, 0" FAT, ALL GRDS, CKD, BRSD	3.5	85	3 oz	232	65	207
BEEF, BRISKET, WHL, LN, 0" FAT, ALL GRDS, CKD, BRSD	4.1	85	3 oz	242	60	185
BEEF, CHUCK, SHORT RIBS, BNL, 0" FAT, CHOICE, CKED, BR	3.5	85	3 oz	224	64	213
BEEF, CHUCK, BLADE RST, LN, 0" FAT, ALL GRDS, CKD, BRSD	3.7	85	3 oz	224	60	215
BEEF, CHUCK, MOCK TENDER STEAK, LN, 0" FAT, CHOIC, CKD, BRLD	4	85	3 oz	249	62	137
BEEF, CHUCK, MOCK TENDER STEAK, LN, 0" FAT, SEL, CKD, BRLD	4.3	85	3 oz	249	58	133
BEEF, CHUCK, SHRT RIBS, BNLESS, LN, 0" FAT, ALL GRDS, CKD, BRSD	3.7	85	3 oz	235	64	204
BEEF, CHUCK, TOP BLADE, LN, 0" FAT, CHOIC, CKD, BRLD	4.5	85	3 oz	258	58	184
BEEF, CHUCK, TOP BLADE, LN, 0" FAT, SEL, CKD, BRLD	4.5	85	3 oz	258	58	156
BEEF, CHUCK, UNDER BLADE CNTR STEAK, BNLESS, DENVER CUT, LN, 0" FAT	4.4	85	3 oz	270	62	194
BEEF, CHUCK, UNDER BLADE POT RST, BNLESS, LN, 0" FAT, ALL GRDS, CKD, BRSD	4.6	85	3 oz	314	69	119
BEEF, CURED, BRKfst STRIPS, CKD	0.18	85	3 oz	350	1915	382
BEEF, CURED, CORNED BF, BRISKET, CKD	0.15	85	3 oz	123	827	213
BEEF, CURED, CORNED BF, CND	0.15	85	3 oz	116	762	213
BEEF, CURED, DRIED	0.08	85	3 oz	200	2372	130
BEEF, CURED, LUNCHEON MEAT, JELLIED	0.3	85	3 oz	342	1124	94
BEEF, CURED, PASTRAMI	0.19	85	3 oz	179	916	125
BEEF, CURED, SAUSAGE, CKD, SMOKED	0.16	85	3 oz	150	961	265
BEEF, CURED, SMOKED, CHOPD BEEF	0.3	85	3 oz	320	1069	113
BEEF, CURED, THIN-SLICED BEEF	0.3	85	3 oz	365	1223	150
BEEF, FLANK, STEAK, LN & FAT, 0" FAT, ALL GRDS, BRLD	6.1	85	3 oz	288	48	163
BEEF, FLANK, STEAK, LN & FAT, 0" FAT, CHOIC, CKD, BRSD	4.8	85	3 oz	286	60	224
BEEF, FLANK, STEAK, LN, 0" FAT, CHOIC, CKD, BRLD	6	85	3 oz	287	48	165
BEEF, FLANK, STEAK, LN, 0" FAT, CHOIC, CKD, BRSD	4.9	85	3 oz	298	61	201
BEEF, GRASS-FED, GROUND, RAW	4.2	85	3 oz	246	58	163
BEEF, GRASS-FED, STRIP STEAKS, LN, RAW	6.2	85	3 oz	291	47	99
BEEF, GROUND, 70% LN MEAT / 30% FAT, CRUMBLES, CKD, PAN-BROWNED	3.4	85	3 oz	279	82	230
BEEF, GROUND, 70% LN MEAT / 30% FAT, PATTY, CKD, BRLD	3.4	85	3 oz	234	69	232
BEEF, GROUND, PATTIES, FRZ, CKD, BRLD	4	85	3 oz	259	65	251
BEEF, LOIN, BTTM SIRLOIN, TRI-TIP STEAK, LN, 0" FAT, ALL GRDS, BRLD	6.2	85	3 oz	382	62	213
BEEF, LOIN, BTTM SIRLOIN, TRI-TIP, LN, 0" FAT, ALL GRD, CKD, RSTD	6.2	85	3 oz	289	47	155

Beef

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
BEEF, LOIN, PRTRHS STK, LN & FAT, 0" FAT, USDA CHOIC, CKD, BRLD	4.3	85	3 oz	236	55	241
BEEF, LOIN, T-BONE STEAK, LN & FAT, 0" FAT, USDA CHOIC, CKD, BRLD	4.5	85	3 oz	255	57	219
BEEF, PLATE, INSIDE SKIRT STEAK, LN, 0" FAT, ALL GRDS, CKD, BRLD	3.9	85	3 oz	251	65	174
BEEF, PLATE, OUTSIDE SKIRT STEAK, LN, 0" FAT, ALL GRDS, CKD, BRLD	4.2	85	3 oz	334	80	198
BEEF, RIB, LRG END (RIBS 6-9), LN&FAT, 0"FAT, SEL, CKD, RSTD	4.6	85	3 oz	255	55	281
BEEF, RIB, LRG END (RIBS 6-9), LN&FAT, 1/8"FAT, ALL GRDS, CKD, BRLD	4.8	85	3 oz	263	54	287
BEEF, RIB, LRG END (RIBS 6-9), LN, 0"FAT, ALL GRDS, CKD, RSTD	4.9	85	3 oz	303	62	202
BEEF, RIB, SML END (RIBS 10-12), LN&FAT, 0"FAT, ALL GRDS, CKD, BRLD	6.1	85	3 oz	289	48	212
BEEF, RIB, SML END (RIBS 10-12), LN&FAT, 0"FAT, CHOIC, CKD, BRLD	5.3	85	3 oz	291	54	265
BEEF, RIB, SML END (RIBS 10-12), LN, 0"FAT, ALL GRDS, CKD, BRLD	6.2	85	3 oz	320	52	164
BEEF, RIB, SML END (RIBS 10-12), RIBEYE, LN&FAT, 0", ALL GRDS, CKD, BRLD	6.1	85	3 oz	289	48	212
BEEF, RIB, WHL (RIBS 6-12), LN&FAT, 1/8"FAT, ALL GRDS, CKD, BRLD	5	85	3 oz	268	54	286
BEEF, RIB, WHL (RIBS 6-12), LN&FAT, 1/8"FAT, ALL GRDS, CKD, RSTD	4.8	85	3 oz	259	54	298
BEEF, RND, BTTM RND, RST, LN, 0" FAT, ALL GRDS, CKD, RSTD	6.3	85	3 oz	194	31	150
BEEF, RND, BTTM RND, RST, LN, 0" FAT, CHOICE, RSTD	6.2	85	3 oz	189	31	157
BEEF, RND, BTTM RND, STEAK, LN, 0" FAT, ALL GRDS, CKD, BRSD	6.3	85	3 oz	236	37	182
BEEF, RND, EYE OF RND, RST, LN, 0" FAT, ALL GRDS, CKD, RSTD	6.3	85	3 oz	203	32	138
BEEF, RND, FULL CUT, LN&FAT, 1/8"FAT, CHOIC, CKD, BRLD	6.4	85	3 oz	336	53	200
BEEF, RND, TIP RND, RST, LN, 0" FAT, ALL GRDS, CKD, RSTD	6.3	85	3 oz	192	31	148
BEEF, RND, TOP RND, LN, 0"FAT, ALL GRDS, CKD, BRSD	7.4	85	3 oz	284	38	169
BEEF, RND, TOP RND, STEAK, LN, 0" FAT, ALL GRDS, CKD, BRLD	6.2	85	3 oz	223	36	158
BEEF, SHLDR POT RST OR STEAK, BNLESS, LN, 0" FAT, ALL GRDS, RAW	5.5	85	3 oz	339	62	105
BEEF, SHLDR STEAK, BNLESS, LN, 0" FAT, SEL, CKD, GRILLED	5.5	85	3 oz	315	58	144
BEEF, SHLDR TOP BLADE STEAK, BNLESS, LN, 0" FAT, ALL GRDS, CKD, GRILLED	4.5	85	3 oz	332	74	167
BEEF, SHRT LOIN, PRTRHS STEAK, LN, 0" FAT, ALL GRDS, CKD, BRLD	4.8	85	3 oz	279	59	180
BEEF, SHRT LOIN, T-BONE STEAK, LN, 0" FAT, ALL GRDS, CKD, BRLD	4.6	85	3 oz	278	60	161
BEEF, SHRT LOIN, TOP LOIN, STEAK, LN, 0" FAT, ALL GRDS, CKD, BRLD	6.2	85	3 oz	315	51	155
BEEF, SNDWCH STEAKS, FLAKED, CHOPD, FORMED & THINLY SLICED, RAW	3.4	85	3 oz	198	58	263

Beef

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
BEEF, TENDERLOIN, STEAK, LN, 0" FAT, ALL GRDS, CKD, BRLD	6.1	85	3 oz	308	50	164
BEEF, TOP SIRLOIN, STEAK, LN, 0" FAT, ALL GRDS, CKD, BRLD	6.1	85	3 oz	334	54	156
BEEF, VAR MEATS & BY-PRODUCTS, LIVER, CKD, BRSD	4.5	85	3 oz	299	67	162
BEEF, VAR MEATS & BY-PRODUCTS, LIVER, CKD, PAN-FRIED	4.6	85	3 oz	298	65	149

Beverages

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
ALCOHOLIC BEV, BEER, LT	5.2	354	1 can (12 fl oz)	74	14	103
ALCOHOLIC BEV, BEER, LT, BUD LT	8.7	354	12 fl oz	92	11	103
ALCOHOLIC BEV, BEER, LT, MICHELOB ULTRA	5.7	354	12 fl oz	60	11	96
ALCOHOLIC BEV, BEER, REG, ALL	6.8	29.7	1 fl oz	8	1	13
ALCOHOLIC BEV, BEER, REG, BUDWEISER	11	357	12 fl oz	118	11	146
ALCOHOLIC BEV, CREME DE MENTHE, 72 PROOF	0	50	1 jigger, 1.5 fl oz	0	2	186
ALCOHOLIC BEV, DAIQUIRI, CND	0.28	207	1 can, (6.8 fl oz, 200 ml)	23	83	259
ALCOHOLIC BEV, DISTILLED, ALL (GIN, RUM, VODKA, WHISKEY) 80 PROOF	2	42	1 jigger, 1.5 fl oz	1	0	97
ALCOHOLIC BEV, DISTILLED, ALL (GIN, RUM, VODKA, WHISKEY) 100 PROOF	2	42	1 jigger, 1.5 fl oz	1	0	124
ALCOHOLIC BEV, LIQUEUR, COFFEE W/CRM, 34 PROOF	0.35	47	1 jigger, 1.5 fl oz	15	43	154
ALCOHOLIC BEV, LIQUEUR, COFFEE, 53 PROOF	3.8	52	1 jigger, 1.5 fl oz	16	4	170
ALCOHOLIC BEV, PINA COLADA, CND	1.17	222	1 can, (6.8 fl oz, 200 ml)	184	158	526
ALCOHOLIC BEV, TEQUILA SUNRISE, CND	0.18	211	1 can, (6.8 fl oz, 200 ml)	21	120	232
ALCOHOLIC BEV, WHISKEY SOUR MIX, BTLD	0.27	65	2 fl oz	18	66	57
ALCOHOLIC BEV, WHISKEY SOUR MIX, PDR	0.07	17	1 packet	3	47	65
ALCOHOLIC BEV, WHISKEY SOUR, CND	0.25	209	1 can, (6.8 fl oz, 200 ml)	23	92	249
ALCOHOLIC BEV, WHISKEY SOUR, PREP W/ H2O, WHISKEY & PDR MIX	0.09	103	1 packet, prepared	4	48	169
ALCOHOLIC BEV, WINE, DSSRT, DRY	10.2	103	1 glass, (3.5 fl oz)	95	9	157
ALCOHOLIC BEV, WINE, DSSRT, SWT	10.2	103	1 glass, (3.5 fl oz)	95	9	165
ALCOHOLIC BEV, WINE, TABLE, RED	31.8	147	1 serving, 5 fl oz	187	6	125
ALCOHOLIC BEV, WINE, TABLE, RED, MERLOT	31.8	147	1 serving, 5 fl oz	187	6	122
ALCOHOLIC BEV, WINE, TABLE, WHITE	14.2	147	1 serving, 5 fl oz	104	7	121
ALCOHOLIC BEV, WINE, TABLE, WHITE, CHARDONNAY	14.2	147	1 serving, 5 fl oz	104	7	123
CARBONATED BEV, CHOCOLATE-FLAVORED SODA	12.5	492	1 can, or bottle (16 fl oz)	246	20	207
CARBONATED BEV, CLUB SODA	0.1	474	1 can, or bottle (16 fl oz)	9	100	0
CARBONATED BEV, COLA OR PEPPER, LO CAL, W/ ASPRT, CAF	1	355	1 can, 12 fl oz	28	28	7

Beverages

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CARBONATED BEV, COLA OR PEPPER, LO CAL, W/ ASPRT, WO/ CAFFEN	1.75	473	1 bottle, 16 fl oz	33	19	5
CARBONATED BEV, COLA OR PEPPER, LO CAL, W/ NA SACC, CONTAINS CAFFN	0.25	474	1 bottle, (16 fl oz)	19	76	0
CARBONATED BEV, COLA, CONTAINS CAFFEINE	0.5	368	1 can, 12 fl oz	7	15	136
CARBONATED BEV, COLA, RED SUGAR, CONTAINS CAFFEINE & SWEETENERS	0.75	355	1 can, (8 fl oz)	11	14	71
CARBONATED BEV, COLA, W/HIGHER CAFFEINE	0.75	368	1 can, 12 fl oz	11	15	151
CARBONATED BEV, COLA, WO/CAFFEINE	0.75	368	1 can, 12 fl oz	11	15	151
CARBONATED BEV, CRM SODA	0.08	494	1 can, or bottle (16 fl oz)	5	59	252
CARBONATED BEV, GINGER ALE	0.14	488	1 can, or bottle (16 fl oz)	5	34	166
CARBONATED BEV, GRAPE SODA	0.07	372	1 can, or bottle (12 fl oz)	4	56	160
CARBONATED BEV, LEMON-LIME SODA, CONTAINS CAFFEINE	0.1	369	1 can, 12 fl oz	4	37	151
CARBONATED BEV, ORANGE	0.17	496	1 can, or bottle (16 fl oz)	10	60	238
CARBONATED BEV, OTHER THAN COLA OR PEPPER, LO CAL, W/ ASPRT, CONTNS CAFF	0.33	355	1 can, (12 fl oz)	7	21	0
CARBONATED BEV, OTHER THAN COLA OR PEPPER, LO CAL, W/ NA SAC, WO/ CAF	0.12	355	1 can, (12 fl oz)	7	57	0
CARBONATED BEV, OTHER THAN COLA OR PEPPER, LO CAL, WO/ CAFFEINE	0.33	355	1 can, (12 fl oz)	7	21	0
CARBONATED BEV, PEPPER-TYPE, CONTAINS CAFFEINE	0.1	491	1 can, or bottle (16 fl oz)	5	49	201
CARBONATED BEV, ROOT BEER	0.08	493	1 can, or bottle (16 fl oz)	5	64	202
CARBONATED BEV, SPRITE, LEMON-LIME, WO/ CAFFEINE	0.11	369	1 can, 12 fl oz	4	33	148
CARBONATED BEV, TONIC H2O	0	336	1 bottle, (11 fl oz)	0	40	114
CAROB-FLAVOR BEV MIX, PDR, PREP W/ WHL MILK	2.85	256	1 cup, (8 fl oz)	335	118	192
CHOCOLATE SYRUP	3.1	39	1 serving, 2 tbsp	87	28	109
CHOCOLATE SYRUP, PREP W/ WHL MILK	3.1	282	1 cup, (8 fl oz)	409	133	254
CHOCOLATE-FLAVOR BEV MIX FOR MILK, PDR, PREP W/ WHL MILK	2.97	266	1 cup, (8 fl oz)	458	154	226
CLAM & TOMATO JUC, CND	0.25	166	1 can, (5.5 oz)	148	601	80

Beverages

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
COCOA MIX, PDR, PREP W/ H2O	1.36	206	1 serving, 6 fl oz	204	150	113
COCOA MIX, W/ ASPRT, PDR, PREP W/ H2O	2.93	192	1 serving, 6 fl oz	405	138	56
COFFEE SUB, CRL GRAIN BEV, PREP W/ H2O	8.2	180	1 serving, 6 fl oz	74	9	11
COFFEE, BREWED FROM GROUNDS, PREP W/ TAP H2O	24.5	237	1 cup, (8 fl oz)	116	5	2
COFFEE, BREWED FROM GROUNDS, PREP W/ TAP H2O, DECAFFEINATED	27	237	1 cup, (8 fl oz)	128	5	0
COFFEE, BREWED, ESPRESSO, REST-PREP	8.2	30	1 fluid ounce	34	4	3
COFFEE, BREWED, ESPRESSO, REST-PREP, DECAFFEINATED	8.2	30	1 fluid ounce	34	4	3
COFFEE, INST, DECAFFEINATED, PDR, PREP W/H2O	9	179	1 serving, 6 fl oz	64	7	4
COFFEE, INST, REG, PREP W/H2O	7.5	179	1 serving, 6 fl oz	54	7	4
COFFEE, INST, W/ CHICORY, PREP W/ H2O	5	179	1 serving, 6 fl oz	63	13	5
CRANBERRY JUC COCKTAIL, BTLD	7	253	1 cup, (8 fl oz)	35	5	137
CRANBERRY JUC COCKTAIL, BTLD, LO CAL, W/CA, SACCHARIN&CORN SWTNR	8.3	237	1 cup, (8 fl oz)	59	7	45
CRANBERRY JUC COCKTAIL, FRZ CONC, PREP W/ H2O	3	237	1 serving, 8 fl oz	28	9	111
CRANBERRY-APPLE JUC DRK, BTLD	8.5	245	1 cup, (8 fl oz)	42	5	154
CRANBERRY-APRICOT JUC DRK, BTLD	30.5	245	1 cup, (8 fl oz)	149	5	157
CRANBERRY-GRAPE JUC DRK, BTLD	8	245	1 cup, (8 fl oz)	59	7	137
DAIRY DRK MIX, CHOC, RED CAL, W/ ASPRT, PDR, PREP W/ H2O & ICE	3.2	243	1 serving	479	148	70
ENERGY DRK, AMP	0.11	240	1 serving	7	65	110
ENERGY DRK, AMP, SUGAR FREE	0.06	240	1 serving, 8 fl oz	5	74	5
ENERGY DRK, FULL THROTTLE	0.09	240	1 serving, 8 fl oz	7	84	110
ENERGY DRK, MONSTER	0.04	240	1 serving	7	180	101
ENERGY DRK, RED BULL, W/ ADD CAFFEINE, NIACIN, PANTO, VIT B6 & B12	0.08	258	1 can, 8.4 fl oz	8	98	116
ENERGY DRK, ROCKSTAR	0.38	240	1 serving, (8 fl oz)	14	38	139
ENERGY DRK, ROCKSTAR, SUGAR FREE	0.06	240	8 fl oz, (1 serving)	7	125	10
ENERGY DRK, VAULT ZERO, SUGAR-FREE, CITRUS FLAVOR	0.21	246	1 serving, (8 fl oz)	7	34	2
ENERGY DRK, VAULT, CITRUS FLAVOR	0.25	246	8 fl oz, (1 serving)	7	30	121
FRUIT FLAV DRK, LESS THAN 3% FRUIT JUC, W/ HI VIT C	0.86	238	1 cup, (8 fl oz)	74	86	64
FRUIT FLAV DRK, RED SUGAR, JUC, HI VIT C, ADDED CA	1.24	240	8 fl oz	74	60	70

Beverages

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
FRUIT JUC DRK, OVER 3% FRUIT JUC, HI VIT C & ADDED THIAMIN	2	237	8 fl oz	289	145	128
FRUIT PUNCH DRK, FRZ CONC, PREP W/H2O	2.6	247	1 serving, 8 fl oz	32	12	114
FRUIT PUNCH DRK, W/ ADDED NUTR, CND	0.82	248	1 cup, (8 fl oz)	77	94	117
FRUIT PUNCH DRK, WO/ ADDED NUTR, CND	2.5	210	6.75 fl oz, 1 pouch, 200 ml	52	21	101
FRUIT PUNCH JUC DRK, FRZ CONC, PREP W/H2O	13.2	234	1 serving, 8 fl oz	154	12	98
FRUIT PUNCH-FLAVOR DRK, PDR, WO/ NA, PREP W/H2O	0.14	262	1 serving, 8 fl oz	3	18	97
GRAPE DRINK, CANNED	0.75	250	1 cup, (8 fl oz)	30	40	152
GRAPE JUICE DRINK, CANNED	3.7	250	1 cup, (8 fl oz)	82	22	142
LEMONADE, FRZ CONC, PINK, PREP W/H2O	4.2	247	1 cup, 8 fl oz	42	10	106
LEMONADE, FRZ CONC, WHITE, PREP W/H2O	3.8	247	1 cup, 8 fl oz	37	10	99
LEMONADE, LO CAL, W/ NON-NUTRITIVE SWTNR, PDR, PREP W/ H2O	0.25	239	1 cup, 8 fl oz	2	10	7
LEMONADE, POWDER, PREP W/H2O	1	264	1 cup, 8 fl oz	16	16	37
LEMONADE-FLAVOR DRK, PDR, PREP W/H2O	0.23	255	1 cup, 8 fl oz	8	33	69
LIMEADE, FRZ CONC, PREP W/H2O	3.3	247	1 cup, 8 fl oz	25	7	128
MALTED DRK MIX, CHOC, PDR	3.3	21	1 serving, (3 heaping tsp or 1 envelope)	130	40	86
MALTED DRK MIX, CHOC, PDR, PREP W/ WHL MILK	2.87	265	1 cup, (8 fl oz)	456	159	225
ORANGE & APRICOT JUC DRK, CND	40	250	1 cup, (8 fl oz)	200	5	128
ORANGE BRKFST DRK, RTD, W/ ADDED NUTR	1.54	253	1 cup, (8 fl oz)	210	137	134
ORANGE DRK, BRKFST TYPE, W/JUC&PULP, FRZ CONC, PREP W/H2O	16.7	250	1 serving, 8 fl oz	418	25	112
ORANGE DRK, CND, W/ ADDED VIT C	6	248	1 cup, (8 fl oz)	45	7	122
ORANGE-FLAVOR DRK, BRKFST TYPE, PDR, PREP W/ H2O	5	203	1 serving, 6 fl oz	51	10	99
ORANGE-FLAVOR DRK, BRKFST TYPE, W/PULP, FRZ CONC, PREP W/H2O	12.4	248	1 serving, 8 fl oz	308	25	122
PINEAPPLE & GRAPEFRUIT JUC DRK, CND	4.4	250	1 cup, (8 fl oz)	152	35	118
PINEAPPLE & ORANGE JUC DRK, CND	15.3	250	1 cup, (8 fl oz)	115	8	125
SHAKE, FAST FOOD, CHOCOLATE	2.06	282	1 small, 12 fl oz	564	274	358
SHAKE, FAST FOOD, STRAWBERRY	2.19	282	1 small, 12 fl oz	513	234	319
SHAKE, FAST FOOD, VANILLA	2.05	166	1 cup, (8 fl oz)	276	134	246
SPORTS DRK, FRUIT-FLAVORED, LO CAL, RTD	0.29	240	1 cup, (8 fl oz)	24	84	26
SPORTS DRK, GATORADE G2, LO CAL	0.29	237	8 fl oz	31	107	19

Beverages

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SPORTS DRK, GATORADE MIX, ORANGE FLAVOR, PDR	0.48	23	1 scoop, powder	7	14	89
SPORTS DRK, GATORADE, ORIGINAL, FRUIT-FLAVD, RTD	0.38	244	8 fl oz	37	95	63
SPORTS DRK, POWERADE ZERO ION4, CALORIE-FREE, ASSORTED FLAVORS	0.24	355	12 fl oz	36	149	0
SPORTS DRK, POWERADE, LEMON-LIME FLAV, RTD	0.82	244	8 fl oz	44	54	78
SPORTS DRK, PROPEL FITNESS H2O, FRUIT-FLAVORED, NON-CARBONATED	1.23	501	1 bottle, 16.9 fl oz	80	65	25
SUPLIGEN, MEAL SUPP DRK, NESTLE, CND, Pnut FLAVOR	2.96	391	1 can	626	211	395
TEA, BLACK, BREWED, PREP W/ DISTILLED H2O	∞	178	6 fl oz	37	0	2
TEA, BLACK, BREWED, PREP W/ TAP H2O	12.3	237	1 cup, (8 fl oz)	88	7	2
TEA, BLACK, BREWED, PREP W/ TAP H2O, DECAFFEINATED	12.3	178	6 fl oz	66	5	2
TEA, HERB, CHAMOMILE, BREWED	9	178	6 fl oz	16	2	2
TEA, HIBISCUS TEA	3	237	8 fl oz	21	7	88
TEA, INST, SWTND W/ NON-NUTRITIVE SWTNR, LEMON-FLAVORED, PREP	2.33	238	1 serving, 8 fl oz	33	14	5
TEA, INST, SWTND W/SUGAR, LEMON-FLAVORED, WO/ VIT C, PDR, PREP	7.5	259	1 cup, (8 fl oz)	39	5	91
TEA, INST, UNSWTND, PDR, PREP	4.5	238	1 serving, 8 fl oz	43	10	2
TEA, RTD, ARIZONA ICED TEA, W/ LEMON FLAVOR	2.5	227	1 serving, 8 fl oz	23	9	89
TEA, RTD, LIPTON BRISK ICED TEA, W/ LEMON FLAVOR	0.9	245	1 serving, 8 fl oz	47	51	86
TEA, RTD, NESTLE, COOL NESTEA ICE TEA LEMON FLAVOR	0.9	245	1 serving, 8 fl oz	47	51	88
TEA, RTD, UNSWTND, WENDY'S, FAST FD, WO/ ICE	4.7	240	8 fluid ounce	34	7	0
V8 SPLASH JUC, BERRY BLEND	0.67	243	1 serving, 8 oz	34	51	70
V8 SPLASH JUC, DIET BERRY BLEND	2.36	243	1 serving, 8 oz	80	34	10
V8 SPLASH JUC, DIET FRUIT MEDLEY	1.15	238	1 serving, 8 oz	36	31	10
V8 SPLASH JUC, DIET STRAWBERRY KIWI	1.15	238	1 serving	36	31	10
V8 SPLASH JUC, DIET TROPICAL BLEND	2.27	238	1 serving, 8 oz	81	36	10
V8 SPLASH JUC, FRUIT MEDLEY	0.48	243	1 serving, 8 oz	24	51	80
V8 SPLASH JUC, GUAVA PASSION FRUIT	0.86	243	1 serving, 8 oz	29	34	80
V8 SPLASH JUC, MANGO PEACH	0.75	243	1 serving, 8 oz	29	39	80
V8 SPLASH JUC, ORANGE PNAPPL	0.48	243	1 serving, 8 oz	24	51	70
V8 SPLASH JUC, ORCHARD BLEND	0.48	243	1 serving, 8 oz	24	51	80
V8 SPLASH JUC, STRAWBERRY BANANA	0.38	243	1 serving, 8 oz	19	51	70
V8 SPLASH JUC, STRAWBERRY KIWI	0.67	243	1 serving, 8 oz	34	51	70
V8 SPLASH JUC, TROPICAL BLEND	0.57	243	1 serving, 8 oz	29	51	70

Beverages

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
V8 SPLASH SMOOTHIES, PEACH MANGO	0.83	245	1 serving, 8 oz	59	71	91
V8 SPLASH SMOOTHIES, STRAWBERRY BANANA	0.83	245	1 serving, 8 oz	59	71	91
V8 SPLASH SMOOTHIES, TROPICAL COLADA	1.2	246	1 serving, 8 oz	59	49	101
V8 V. FUSION JUICES, ACAI BERRY	3.5	246	1 serving, 8 oz	241	69	111
V8 V. FUSION JUICES, PEACH MANGO	3	246	1 serving, 8 oz	209	69	121
V8 V. FUSION JUICES, STRAWBERRY BANANA	3.6	246	1 serving, 8 oz	251	69	121
V8 V. FUSION JUICES, TROPICAL	3.6	246	1 serving, 8 oz	290	81	121
WATER, BTLD, AQUAFINA	0	500	1 bottle, 16.9 fl oz	0	0	0
WATER, BTLD, CALISTOGA	0	500	1 bottle, 16.9 fl oz	0	0	0
WATER, BTLD, CRYSTAL GEYSER	0	237	1 bottle, 8 fl oz	0	2	0
WATER, BTLD, DANNON	0	331	1 bottle, 11.2 fl oz	0	0	0
WATER, BTLD, DANNON FLUORIDE TO GO	0	251	1 bottle, 8.5 fl oz	0	3	0
WATER, BTLD, DASANI	0	500	1 bottle, 16.9 fl oz	0	0	0
WATER, BTLD, EVIAN	0	331	1 bottle, 11.2 fl oz in package of 6	0	0	0
WATER, BTLD, GENERIC	0	237	1 cup	0	5	0
WATER, BTLD, NAYA	0	29.6	1 fl oz	0	0	0
WATER, BTLD, PERRIER	0	192	1 bottle, 6.5 fl oz	0	2	0
WATER, BTLD, POLAND SPRING	0	500	1 bottle, 16.9 fl oz	0	5	0
WATER, TAP, DRINKING	0	237	1 cup, 8 fl oz	0	9	0
WINE, NON-ALCOHOLIC	12.6	145	5 fl oz	130	10	10

Fish & Seafood

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
ABALONE, MXD SP, CKD, FRIED	0.48	85	3 oz	241	502	161
ANCHOVY, EUROPEAN, CND IN OIL, DRND SOL	0.15	28.35	1 oz, boneless	154	1040	60
BASS, FRESHWATER, MXD SP, CKD, DRY HEAT	5.1	85	3 oz	388	77	124
BASS, STRIPED, CKD, DRY HEAT	3.7	85	3 oz	279	75	105
BLUEFISH, COOKED, DRY HEAT	6.2	85	3 oz	405	65	135
BURBOT, COOKED, DRY HEAT	4.2	85	3 oz	440	105	98
BUTTERFISH, CKD, DRY HEAT	4.2	85	3 oz	409	97	159
CARP, COOKED, DRY HEAT	6.8	85	3 oz	363	54	138
CATFISH, CHANNEL, CKD, BREADED & FRIED	1.21	85	3 oz	289	238	195
CATFISH, CHANNEL, FARMED, CKD, DRY HEAT	3.1	85	3 oz	311	101	122
CATFISH, CHANNEL, WILD, CKD, DRY HEAT	8.4	85	3 oz	356	43	89
CAVIAR, BLACK & RED, GRANULAR	0.12	16	1 tbsp	29	240	42
CISCO, SMOKED	0.61	85	3 oz	249	409	150
CLAM, MXD SP, CKD, BREADED & FRIED	0.9	85	3 oz	277	309	172
CLAM, MXD SP, CKD, MOIST HEAT	0.52	85	3 oz	534	1022	126
COD, ATLANTIC, CKD, DRY HEAT	3.1	85	3 oz	207	66	89
COD, ATLANTIC, DRIED & SALTED	0.21	85	3 oz	1239	5973	247
COD, PACIFIC, CKD, DRY HEAT	0.78	85	3 oz	246	316	72
COD, PACIFIC, UNTREATED, CKD	2.78	85	3 oz	316	114	71
CONCH, BAKED OR BROILED	1.07	85	3 oz	139	130	111
CRAB, ALASKA KING, CKD, MOIST HEAT	0.24	85	3 oz	223	911	82
CRAB, ALASKA KING, IMITN, MADE FROM SURIMI	0.11	85	3 oz	77	715	81
CRAB, BLUE, CANNED	0.66	85	3 oz	220	336	71
CRAB, BLUE, CKD, MOIST HEAT	0.66	85	3 oz	220	336	71
CRAB, BLUE, CRAB CAKES	0.98	85	3 oz	275	281	132
CRAB, DUNGENESS, CKD, MOIST HEAT	1.08	85	3 oz	347	321	94
CRAB, QUEEN, CKD, MOIST HEAT	0.29	85	3 oz	170	587	98
CRAYFISH, MXD SP, FARMED, CKD, MOIST HEAT	2.45	85	3 oz	202	82	74
CRAYFISH, MXD SP, WILD, CKD, MOIST HEAT	3.1	85	3 oz	252	80	70
CROAKER, ATLANTIC, CKD, BREADED & FRIED	0.98	85	3 oz	289	296	188
CUSK, COOKED, DRY HEAT	12.6	85	3 oz	428	34	95
CUTTLEFISH, MXD SP, CKD, MOIST HEAT	0.86	85	3 oz	541	632	134
DRUM, FRESHWATER, CKD, DRY HEAT	3.7	85	3 oz	300	82	130
EEL, MXD SP, CKD, DRY HEAT	5.4	85	3 oz	297	55	201
FISH PORTIONS & STKS, FRZ, PREHTD	0.51	85	3 oz	184	358	212
FLATFISH (FLOUNDER & SOLE SP), CKD, DRY HEAT	0.54	85	3 oz	167	309	73
GROUPER, MXD SP, CKD, DRY HEAT	9	85	3 oz	404	45	100
HADDOCK, COOKED, DRY HEAT	1.34	85	3 oz	298	222	77
HADDOCK, SMOKED	0.54	85	3 oz	353	649	99

Fish & Seafood

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
HALIBUT, ATLANTIC & PACIFIC, CKD, DRY HEAT	6.4	85	3 oz	449	70	94
HALIBUT, GREENLAND, CKD, DRY HEAT	3.3	85	3 oz	292	88	203
HERRING, ATLANTIC, CKD, DRY HEAT	3.6	85	3 oz	356	98	173
HERRING, ATLANTIC, KIPPERED	0.49	85	3 oz	380	780	184
HERRING, ATLANTIC, PICKLED	0.08	85	3 oz	59	740	223
HERRING, PACIFIC, CKD, DRY HEAT	5.7	85	3 oz	461	81	213
LING, COOKED, DRY HEAT	2.81	85	3 oz	413	147	94
LINGCOD, COOKED, DRY HEAT	7.4	85	3 oz	476	65	93
LOBSTER, NORTHERN, CKD, MOIST HEAT	0.47	85	3 oz	196	413	76
MACKEREL, ATLANTIC, CKD, DRY HEAT	4.8	85	3 oz	341	71	223
MACKEREL, JACK, CKD, DRND SOL	0.51	85	3 oz	165	322	133
MACKEREL, KING, CKD, DRY HEAT	2.75	85	3 oz	474	173	114
MACKEREL, PACIFIC & JACK, MXD SP, CKD, DRY HEAT	4.7	85	3 oz	443	94	171
MACKEREL, PACIFIC & JACK, MXD SP, RAW	4.7	85	3 oz	345	73	134
MACKEREL, SPANISH, CKD, DRY HEAT	8.4	85	3 oz	471	56	134
MILKFISH, COOKED, DRY HEAT	4.1	85	3 oz	318	78	162
MONKFISH, COOKED, DRY HEAT	22.3	85	3 oz	436	20	82
MULLET, STRIPED, CKD, DRY HEAT	6.5	85	3 oz	389	60	128
MUSSEL, BLUE, CKD, MOIST HEAT	0.73	85	3 oz	228	314	146
OCEAN PERCH, ATLANTIC, CKD, DRY HEAT	0.65	85	3 oz	192	295	82
OCTOPUS, COMMON, CKD, MOIST HEAT	1.37	85	3 oz	536	391	139
OYSTER, EASTERN, CANNED	2.04	85	3 oz	195	95	58
OYSTER, EASTERN, CKD, BREADED & FRIED	0.59	85	3 oz	207	354	169
OYSTER, EASTERN, FARMED, CKD, DRY HEAT	0.93	85	3 oz	129	139	67
OYSTER, EASTERN, WILD, CKD, DRY HEAT	1.83	85	3 oz	206	112	67
OYSTER, EASTERN, WILD, CKD, MOIST HEAT	0.84	85	3 oz	118	141	87
OYSTER, PACIFIC, CKD, MOIST HEAT	1.42	85	3 oz	257	180	139
PERCH, MXD SP, CKD, DRY HEAT	4.4	85	3 oz	292	67	99
PIKE, NORTHERN, CKD, DRY HEAT	6.8	85	3 oz	281	42	96
PIKE, WALLEYE, CKD, DRY HEAT	7.7	85	3 oz	424	55	101
POLLOCK, ALASKA, CKD, DRY HEAT	1.03	85	3 oz	366	356	94
POLLOCK, ALASKA, UNTREATED, CKD	2.19	85	3 oz	309	141	68
POLLOCK, ATLANTIC, CKD, DRY HEAT	4.1	85	3 oz	388	94	100
POMPANO, FLORIDA, CKD, DRY HEAT	8.4	85	3 oz	541	65	179
POUT, OCEAN, CKD, DRY HEAT	6.6	85	3 oz	436	66	87
ROCKFISH, PACIFIC, MXD SP, CKD, DRY HEAT	5.2	85	3 oz	397	76	93
ROE, MXD SP, CKD, DRY HEAT	2.42	85	3 oz	241	99	173
ROUGHY, ORANGE, CKD, DRY HEAT	2.62	85	3 oz	154	59	89
SABLEFISH, COOKED, DRY HEAT	6.4	85	3 oz	390	61	213
SABLEFISH, SMOKED	0.64	85	3 oz	400	626	218
SALMON, ATLANTIC, FARMED, CKD, DRY HEAT	6.3	85	3 oz	326	52	175

Fish & Seafood

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SALMON, ATLANTIC, WILD, CKD, DRY HEAT	11.2	85	3 oz	534	48	155
SALMON, CHINOOK, CKD, DRY HEAT	8.4	85	3 oz	429	51	196
SALMON, CHINOOK, SMOKED	0.22	85	3 oz	149	666	99
SALMON, CHINOOK, SMOKED, (LOX), REG	0.09	85	3 oz	149	1700	99
SALMON, CHUM, CKD, DRY HEAT	8.6	85	3 oz	468	54	131
SALMON, COHO, FARMED, CKD, DRY HEAT	8.8	85	3 oz	391	44	151
SALMON, COHO, WILD, CKD, DRY HEAT	7.5	85	3 oz	369	49	118
SALMON, COHO, WILD, CKD, MOIST HEAT	8.6	85	3 oz	387	45	156
SALMON, PINK, CKD, DRY HEAT	4.9	85	3 oz	373	77	130
SALMON, PINK, CND, DRND SOL	0.87	85	3 oz	283	324	117
SALMON, PINK, CND, DRND SOL, WO/ SKN & BONES	0.86	85	3 oz	277	321	116
SALMON, PINK, CND, TOTAL CAN CONTENTS	0.85	85	3 oz	292	343	110
SALMON, PINK, CND, WO/SALT, SOL W/BONE&LIQ	4.3	85	3 oz	277	64	118
SALMON, SOCKEYE, CKD, DRY HEAT	3	85	3 oz	347	114	144
SALMON, SOCKEYE, CND, DRND SOL	0.77	85	3 oz	267	347	142
SALMON, SOCKEYE, CND, DRND SOL, WO/ SKN & BONES	0.81	85	3 oz	265	328	134
SALMON, SOCKEYE, CND, TOTAL CAN CONTENTS	0.76	85	3 oz	280	368	130
SALMON, SOCKEYE, UNTREATED, CKD	5.9	85	3 oz	349	60	122
SARDINE, ATLANTIC, CND IN OIL, DRND SOL W/BONE	0.79	85	3 oz	337	429	177
SARDINE, PACIFIC, CND IN TOMATO SAU, DRND SOL W/BONE	0.82	85	3 oz	290	352	157
SCALLOP, MXD SP, CKD, BREADED & FRIED	0.72	85	3 oz	283	394	184
SCALLOP, MXD SP, IMITN, MADE FROM SURIMI	0.13	85	3 oz	88	676	84
SCUP, COOKED, DRY HEAT	6.8	85	3 oz	313	46	115
SEA BASS, MXD SP, CKD, DRY HEAT	3.8	85	3 oz	279	74	105
SEATROUT, MXD SP, CKD, DRY HEAT	5.9	85	3 oz	371	63	113
SHAD, AMERICAN, CKD, DRY HEAT	7.6	85	3 oz	418	55	214
SHARK, MXD SP, CKD, BATTER-DIPPED & FRIED	1.27	85	3 oz	132	104	194
SHEEPSHEAD, CKD, DRY HEAT	7	85	3 oz	435	62	107
SHRIMP, MXD SP, CKD, BREADED & FRIED	0.65	85	3 oz	191	292	206
SHRIMP, MXD SP, CKD, MOIST HEAT	0.18	85	3 oz	145	805	101
SHRIMP, MXD SP, CND	0.1	85	3 oz	68	660	85
SHRIMP, MXD SP, IMITN, MADE FROM SURIMI	0.13	85	3 oz	76	599	86
SHRIMP, UNTREATED, CKD	2.33	85	3 oz	220	94	84
SMELT, RAINBOW, CKD, DRY HEAT	4.8	85	3 oz	316	65	105
SNAPPER, MIXED SPECIES, RAW	6.5	85	3 oz	354	54	85
SNAPPER, MXD SP, CKD, DRY HEAT	9.2	85	3 oz	444	48	109
SPINY LOBSTER, MXD SP, CKD, MOIST HEAT	0.92	85	3 oz	177	193	122
SPOT, COOKED, DRY HEAT	17.2	85	3 oz	541	31	134

Fish & Seafood

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SQUID, MXD SP, CKD, FRIED	0.91	85	3 oz	237	260	149
STURGEON, MXD SP, CKD, DRY HEAT	5.3	85	3 oz	309	59	115
STURGEON, MXD SP, SMOKED	0.51	85	3 oz	322	628	147
SUCKER, WHITE, CKD, DRY HEAT	9.5	85	3 oz	414	43	101
SUNFISH, PUMPKIN SEED, CKD, DRY HEAT	4.4	85	3 oz	382	88	97
SURIMI	0.78	85	3 oz	95	122	84
SWORDFISH, COOKED, DRY HEAT	5.1	85	3 oz	424	82	146
TILAPIA, CKD, DRY HEAT	6.8	85	3 oz	323	48	109
TILEFISH, COOKED, DRY HEAT	8.7	85	3 oz	435	50	125
TROUT, MXD SP, CKD, DRY HEAT	6.9	85	3 oz	394	57	162
TROUT, RAINBOW, FARMED, CKD, DRY HEAT	7.4	85	3 oz	383	52	143
TROUT, RAINBOW, WILD, CKD, DRY HEAT	8	85	3 oz	381	48	128
TUNA SALAD	0.44	85	3 oz	151	342	159
TUNA, FRSH, BLUEFIN, CKD, DRY HEAT	6.5	85	3 oz	275	43	156
TUNA, FRSH, SKIPJACK, CKD, DRY HEAT	11.1	85	3 oz	444	40	112
TUNA, FRSH, YELLOWFIN, CKD, DRY HEAT	9.8	85	3 oz	448	46	111
TUNA, LT, CND IN H2O, DRND SOL	0.72	85	3 oz	152	210	73
TUNA, LT, CND IN H2O, WO/SALT, DRND SOL	4.7	85	3 oz	201	43	99
TUNA, LT, CND IN OIL, DRND SOL	0.58	85	3 oz	176	301	168
TUNA, LT, CND IN OIL, WO/SALT, DRND SOL	4.1	85	3 oz	176	43	168
TUNA, WHITE, CND IN H2O, DRND SOL	0.63	85	3 oz	201	320	109
TUNA, WHITE, CND IN H2O, WO/SALT, DRND SOL	4.7	85	3 oz	201	43	109
TUNA, WHITE, CND IN OIL, DRND SOL	0.84	85	3 oz	283	337	158
TUNA, WHITE, CND IN OIL, WO/SALT, DRND SOL	6.7	85	3 oz	283	43	158
TURBOT, EUROPEAN, CKD, DRY HEAT	1.59	85	3 oz	259	163	104
WHELK, UNSPEC, CKD, MOIST HEAT	1.68	85	3 oz	590	350	234
WHITEFISH, MXD SP, CKD, DRY HEAT	6.2	85	3 oz	345	55	146
WHITEFISH, MXD SP, SMOKED	0.42	85	3 oz	360	866	92
WHITING, MXD SP, CKD, DRY HEAT	3.3	85	3 oz	369	112	99
WOLFFISH, ATLANTIC, CKD, DRY HEAT	3.5	85	3 oz	327	93	105
YELLOWTAIL, MXD SP, CKD, DRY HEAT	10.8	85	3 oz	457	43	159

Legumes

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
BACON, MEATLESS	0.12	144	1 cup	245	2110	446
BEANS, ADZUKI, MATURE SD, CKD, BLD, W/ SALT	2.18	230	1 cup	1224	561	294
BEANS, ADZUKI, MATURE SEEDS, CKD, BLD, WO/ SALT	66.5	230	1 cup	1224	18	294
BEANS, ADZUKI, MATURE SEEDS, CND, SWTND	0.55	296	1 cup	352	645	702
BEANS, ADZUKI, MATURE SEEDS, RAW	250.8	197	1 cup	2470	10	648
BEANS, BKD, CND, PLN OR VEGETARIAN	0.65	254	1 cup	569	871	239
BEANS, BKD, CND, W/BF	0.67	266	1 cup	851	1264	322
BEANS, BKD, CND, W/FRANKS	0.55	259	1 cup	609	1114	368
BEANS, BKD, CND, W/PORK	0.75	253	1 cup	782	1047	268
BEANS, BKD, CND, W/PORK & TOMATO SAU	0.68	246	1 cup	726	1075	231
BEANS, BLACK TURTLE, MATURE SEEDS, CKD, BLD, W/ SALT	1.81	185	1 cup	801	442	240
BEANS, BLACK TURTLE, MATURE SEEDS, CKD, BLD, WO/ SALT	144.3	185	1 cup	801	6	240
BEANS, BLACK TURTLE, MATURE SEEDS, CND	0.8	240	1 cup	739	922	218
BEANS, BLACK TURTLE, MATURE SEEDS, RAW	166.7	184	1 cup	2760	17	624
BEANS, BLACK, MATURE SEEDS, CKD, BLD, WO/ SALT	355	172	1 cup	611	2	227
BEANS, BLACK, MATURE SEEDS, RAW	296.6	194	1 cup	2877	10	662
BEANS, CRANBERRY (ROMAN), MATURE SEEDS, CKD, BLD, WO/ SALT	387	177	1 cup	685	2	241
BEANS, CRANBERRY (ROMAN), MATURE SEEDS, RAW	222	195	1 cup	2597	12	653
BEANS, FRENCH, MATURE SEEDS, CKD, BLD, WO/ SALT	61.7	177	1 cup	655	11	228
BEANS, FRENCH, MATURE SEEDS, RAW	73.1	184	1 cup	2421	33	631
BEANS, GREAT NORTHERN, MATURE SEEDS, CKD, BLD, WO/ SALT	195.5	177	1 cup	692	4	209
BEANS, GREAT NORTHERN, MATURE SEEDS, RAW	99.1	183	1 cup	2538	26	620
BEANS, KIDNEY, ALL TYPES, MATURE SEEDS, CKD, BLD, WO/ SALT	405	177	1 cup	717	2	225
BEANS, KIDNEY, ALL TYPES, MATURE SEEDS, RAW	58.6	184	1 cup	2587	44	613
BEANS, KIDNEY, CALIFORNIA RED, MATURE SEEDS, CKD, BLD, WO/ SALT	104.8	177	1 cup	742	7	219
BEANS, KIDNEY, CALIFORNIA RED, MATURE SEEDS, RAW	135.5	184	1 cup	2742	20	607
BEANS, KIDNEY, RED, MATURE SEEDS, CKD, BLD, WO/ SALT	201.5	177	1 cup	713	4	225
BEANS, KIDNEY, RED, MATURE SEEDS, RAW	113.2	184	1 cup	2501	22	620
BEANS, KIDNEY, ROYAL RED, MATURE SEEDS, CKD, BLD, WO/ SALT	75.6	177	1 cup	669	9	218
BEANS, KIDNEY, ROYAL RED, MATURE SEEDS, RAW	103.5	184	1 cup	2477	24	605
BEANS, NAVY, MATURE SEEDS, CKD, BLD, WO/ SALT	∞	182	1 cup	708	0	255
BEANS, NAVY, MATURE SEEDS, RAW	237	208	1 cup	2465	10	701
BEANS, NAVY, MATURE SEEDS, SPROUTED, CKD, BLD, DRND, WO/ SALT	22.6	100	3.5 oz	317	14	78
BEANS, NAVY, MATURE SEEDS, SPROUTED, RAW	23.6	104	1 cup	319	14	70
BEANS, PINK, MATURE SEEDS, CKD, BLD, WO/ SALT	254	169	1 cup	859	3	252
BEANS, PINK, MATURE SEEDS, RAW	183	210	1 cup	3074	17	720

Legumes

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
BEANS, PINTO, IMMAT SEEDS, FRZ, CKD, BLD, DRND, WO/ SALT	7.8	284	1 pkg, (10 oz) yields	1835	236	460
BEANS, PINTO, MATURE SEEDS, CKD, BLD, WO/ SALT	436	171	1 cup	746	2	245
BEANS, PINTO, MATURE SEEDS, RAW	116.1	193	1 cup	2688	23	670
BEANS, PINTO, MATURE SEEDS, SPROUTED, CKD, BLD, DRND, WO/ SALT	1.92	100	3.5 oz	98	51	22
BEANS, PINTO, MATURE SEEDS, SPROUTED, RAW	2.01	100	3.5 oz	307	153	62
BEANS, SML WHITE, MATURE SEEDS, CKD, BLD, WO/ SALT	231.5	179	1 cup	829	4	254
BEANS, SML WHITE, MATURE SEEDS, RAW	128.5	215	1 cup	3315	26	722
BEANS, SNAP, GREEN, RAW	35.2	100	1 cup, 1/2" pieces	211	6	31
BEANS, SNAP, GRN, CKD, BLD, DRND, WO/ SALT	146	125	1 cup	182	1	44
BEANS, SNAP, GRN, CND, NO SALT, DRND SOL	53	153	1 cup	162	3	32
BEANS, SNAP, GRN, CND, NO SALT, SOL & LIQUIDS	6.6	120	.5 cup	110	17	18
BEANS, SNAP, GRN, FRZ, ALL STYLES, MICROWAVED	79	111	1 cup	263	3	44
BEANS, SNAP, GRN, FRZ, ALL STYLES, UNPREP	62	121	1 cup	225	4	47
BEANS, SNAP, GRN, FRZ, CKD, BLD, DRND WO/ SALT	159	135	1 cup	215	1	38
BEANS, SNAP, GRN, MICROWAVED	107.7	116	1 cup, 1/2" pieces	375	3	45
BEANS, SNAP, YEL, CKD, BLD, DRND, WO/ SALT	99.7	125	1 cup	374	4	44
BEANS, SNAP, YEL, CND, NO SALT, DRND SOL	54.5	153	1 cup	167	3	31
BEANS, SNAP, YEL, CND, NO SALT, SOL & LIQUIDS	7	120	.5 cup	118	17	18
BEANS, SNAP, YEL, FRZ, ALL STYLES, UNPREP	62	121	1 cup	225	4	40
BEANS, SNAP, YEL, FRZ, CKD, BLD, DRND, WO/ SALT	14	135	1 cup	170	12	38
BEANS, SNAP, YELLOW, RAW	34.8	100	1 cup, 1/2" pieces	209	6	31
BEANS, WHITE, MATURE SEEDS, CKD, BLD, WO/ SALT	93.5	179	1 cup	1004	11	249
BEANS, WHITE, MATURE SEEDS, RAW	112.2	202	1 cup	3626	32	673
BEANS, YEL, MATURE SEEDS, CKD, BLD, WO/ SALT	65	177	1 cup	575	9	255
BEANS, YEL, MATURE SEEDS, RAW	86.8	196	1 cup	2042	24	676
BROADBEANS (FAVA BEANS), MATURE SEEDS, RAW	81.7	150	1 cup	1593	20	512
BROADBEANS (FAVA BNS), MATURE SEEDS, CKD, BLD, WO/ SALT	53.6	170	1 cup	456	8	187
BROADBEANS, (FAVA BNS), IN POD, RAW	13.3	126	1 cup	418	32	111
BROADBEANS, IMMAT SEEDS, CKD, BLD, DRND, WO/ SALT	4.7	100	3.5 oz	193	41	62
BROADBEANS, IMMAT SEEDS, RAW	5	109	1 cup	272	55	78
CAROB FLOUR	23.6	103	1 cup	852	36	229
CHICKPEA FLOUR (BESAN)	13.2	92	1 cup	778	59	356
CHICKPEAS (GARBANZO BNS, BENGAL GM), MATURE SEEDS, RAW	36.5	200	1 cup	1750	48	728

Legumes

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CHICKPEAS , MATURE SEEDS, CKD, BLD, WO/ SALT	41.6	164	1 cup	477	11	269
COWPEAS (BLACKKEYES), IMMAT SEEDS, CKD, BLD, DRND, WO/ SALT	104.5	165	1 cup	690	7	160
COWPEAS (BLACKKEYES), IMMAT SEEDS, FRZ, UNPREP	73.5	160	1 cup	706	10	222
COWPEAS (BLACKKEYES), IMMAT SEEDS, RAW	107.8	145	1 cup	625	6	130
COWPEAS (BLACKKEYES), IMMAT SEEDS, FRZ, CKD, BLD, DRND, WO/ SALT	75	170	1 cup	638	8	224
COWPEAS, CATJANG, MATURE SEEDS, CKD, BLD, WO/ SALT	19.7	171	1 cup	641	32	200
COWPEAS, CATJANG, MATURE SEEDS, RAW	23.7	167	1 cup	2296	97	573
COWPEAS, COMMON (BLACKKEYES, CROWDER, SOUTHERN), MTR SEEDS, RAW	69.5	167	1 cup	1857	27	561
COWPEAS, COMMON (BLKEYES, CRWDR, STHRN), MTURE, CKD, BLD, WO/ SALT	69.5	171	1 cup	475	7	198
COWPEAS, LEAFY TIPS, CKD, BLD, DRND, WO/ SALT	58.5	53	1 cup, chopped	186	3	12
COWPEAS, LEAFY TIPS, RAW	65	36	1 cup, chopped	164	3	10
COWPEAS, YOUNG PODS W/SEEDS, CKD, BLD, DRND, WO/ SALT	65.3	95	1 cup	186	3	32
COWPEAS, YOUNG PODS W/SEEDS, RAW	53.8	94	1 cup	202	4	41
EDAMAME, FRZ, PREP	72.7	155	1 cup	676	9	189
EDAMAME, FRZ, UNPREP	80.3	118	1 cup	569	7	130
ENSURE FIBER W/ FOS, LIQ	1.85	240	1 cup	346	187	242
FAVA BEANS (SEE BROADBEANS)						
GARBANZO BEANS (SEE CHICKPEAS)						
HUMMUS, COMMERCIAL	0.6	246	1 cup	561	932	408
HYACINTH BNS, MATURE SEEDS, CKD, BLD, WO/ SALT	48.1	194	1 cup	654	14	227
HYACINTH BNS, MATURE SEEDS, RAW	58.8	210	1 cup	2594	44	722
HYACINTH-BEANS, IMMAT SEEDS, CKD, BLD, DRND, WO/ SALT	131	87	1 cup	228	2	44
HYACINTH-BEANS, IMMAT SEEDS, RAW	126	80	1 cup	202	2	37
JICAMA (SEE YAMBEANS)						
LENTILS, MATURE SEEDS, CKD, BLD, WO/ SALT	184.5	198	1 cup	731	4	230
LENTILS, PINK, RAW	82.6	192	1 cup	1110	13	662
LENTILS, RAW	159.2	192	1 cup	1834	12	678
LENTILS, SPROUTED, CKD, STIR-FRIED, WO/ SALT	28.4	100	3.5 oz	284	10	101
LENTILS, SPROUTED, RAW	29.3	77	1 cup	248	8	82
LIMA BNS, IMMAT SEEDS, CKD, BLD, DRND, WO/ SALT	33.5	170	1 cup	969	29	209
LIMA BNS, IMMAT SEEDS, CND, NO SALT, SOL & LIQUIDS	71.2	248	1 cup	707	10	176
LIMA BNS, IMMAT SEEDS, FRZ, BABY, CKD, BLD, DRND, WO/ SALT	14.2	180	1 cup	740	52	189
LIMA BNS, IMMAT SEEDS, FRZ, BABY, UNPREP	8.7	164	1 cup	741	85	216
LIMA BNS, IMMAT SEEDS, RAW	58.4	156	1 cup	729	12	176
LIMA BNS, LRG, MATURE SEEDS, CKD, BLD, WO/ SALT	254	188	1 cup	955	4	216

Legumes

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
LIMA BNS, LRG, MATURE SEEDS, RAW	95.8	178	1 cup	3069	32	602
LIMA BNS, THIN SEEDED (BABY), MATURE SEEDS, CKD, BLD, WO/ SALT	133.7	182	1 cup	730	5	229
LIMA BNS, THIN SEEDED (BABY), MATURE SEEDS, RAW	107.9	202	1 cup	2834	26	677
LUPINS, MATURE SEEDS, CKD, BLD, WO/ SALT	61.2	166	1 cup	407	7	198
LUPINS, MATURE SEEDS, RAW	67.5	180	1 cup	1823	27	668
MEAT EXTENDER	190.2	88	1 cup	1674	9	275
MISO	0.06	275	1 cup	578	10252	547
MOTHBEANS, MATURE SEEDS, CKD, BLD, WO/ SALT	30.4	177	1 cup	538	18	207
MOTHBEANS, MATURE SEEDS, RAW	39.7	196	1 cup	2334	59	672
MUNG BNS, MATURE SEEDS, CKD, BLD, WO/ SALT	133	202	1 cup	537	4	212
MUNG BNS, MATURE SEEDS, RAW	83.1	207	1 cup	2579	31	718
MUNG BNS, MATURE SEEDS, SPROUTED, CKD, BLD, DRND, WO/ SALT	10.1	124	1 cup	125	12	26
MUNG BNS, MATURE SEEDS, SPROUTED, CKD, STIR-FRIED	24.3	124	1 cup	272	11	62
MUNG BNS, MATURE SEEDS, SPROUTED, RAW	24.8	104	1 cup	155	6	31
MUNG BNS, NOODLES, CHINESE, CELLOPHANE OR LONG RICE, DEHYD	1	140	1 cup	14	14	491
MUNGO BNS, MATURE SEEDS, CKD, BLD, WO/ SALT	33	180	1 cup	416	13	189
MUNGO BNS, MATURE SEEDS, RAW	25.9	207	1 cup	2035	79	706
NATTO	104.1	175	1 cup	1276	12	371
OKARA	23.7	122	1 cup	260	11	94
PEANUT BUTTER W/ OMEGA-3, CREAMY	2.19	16	1 tbsp	125	57	97
PEANUT BUTTER, CHUNK STYLE, WO/ SALT	43.8	258	1 cup	1922	44	1520
PEANUT BUTTER, CHUNKY, VIT & MINERAL FORT	2.03	32	2 tbsp	238	117	190
PEANUT BUTTER, SMOOTH STYLE, WO/ SALT	38.2	258	1 cup	1674	44	1517
PEANUT BUTTER, SMOOTH, RED FAT	1.24	36	2 tbsp	241	194	187
PEANUT BUTTER, SMOOTH, VIT & MINERAL FORT	1.59	258	1 cup	1721	1084	1525
PEANUT FLOUR, DEFATTED	7.2	60	1 cup	774	108	196
PEANUT FLOUR, LOW FAT	1358	60	1 cup	815	1	257
PEANUT SPRD, RED SUGAR	1.83	31	2 tbsp	254	139	202
PEANUTS, ALL TYPES, DRY-ROASTED, WO/ SALT	109.7	146	1 cup	961	9	854
PEANUTS, ALL TYPES, OIL-ROASTED, WO/ SALT	121	144	1 cup	1045	9	863
PEANUTS, ALL TYPES, RAW	39.2	146	1 cup	1029	26	828
PEAS, SPLIT, MATURE SEEDS, CKD, BLD, WO/ SALT	181	196	1 cup	710	4	231
PEAS, SPLIT, MATURE SEEDS, RAW	65.4	197	1 cup	1933	30	672
PIGEON PEAS (RED GM), MATURE SEEDS, CKD, BLD, WO/ SALT	76.8	168	1 cup	645	8	203
PIGEON PEAS (RED GM), MATURE SEEDS, RAW	81.9	205	1 cup	2854	35	703
REFRIED BNS, CND, FAT-FREE	0.79	231	1 cup	795	1012	182
REFRIED BNS, CND, TRADITIONAL STYLE	0.75	238	1 cup	800	1069	217
REFRIED BNS, CND, VEGETARIAN	0.8	242	1 cup	832	1041	201
SAUSAGE, MEATLESS	0.26	25	1 link	58	222	64

Legumes

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SOY FLOUR, DEFATTED	119.2	105	1 cup	2503	21	346
SOY FLOUR, FULL-FAT, RAW	193.5	84	1 cup, stirred	2113	11	366
SOY FLOUR, FULL-FAT, RSTD	170.1	85	1 cup, stirred	1735	10	375
SOY FLOUR, LOW-FAT	232.2	88	1 cup, stirred	1839	8	330
SOY MEAL, DEFATTED, RAW	830	122	1 cup	3038	4	414
SOY PROT CONC, PRODUCED BY ACID WASH	0.5	28.35	1 oz	128	255	94
SOY PROT CONC, PRODUCED BY ALCOHOL EXTRACTION	734	28.35	1 oz	624	1	94
SOY PROT ISOLATE, K TYPE	31.8	28.35	1 oz	451	14	92
SOY PROT ISOLATE, PROT TECHNOLOGIES INTERNATIONAL, PROPLUS	40	28.35	1 oz	454	11	108
SOY PROT ISOLATE, PROT TECHNOLOGIES INTERNATIONAL, SUPRO	0.08	28.35	1 oz	28	337	110
SOY SAU MADE FROM HYDROLYZED VEG PROT	0.07	18	1 tbsp	80	1228	11
SOY SAU MADE FROM SOY (TAMARI)	0.04	18	1 tbsp	38	1005	11
SOY SAU MADE FROM SOY&WHEAT (SHOYU)	0.08	255	1 cup	1109	14007	135
SOY SAU MADE FROM SOY&WHEAT (SHOYU), LO NA	0.05	255	1 cup	459	8499	135
SOYBEANS, GREEN, RAW	41.3	256	1 cup	1587	38	376
SOYBEANS, GRN, CKD, BLD, DRND, WO/ SALT	38.5	180	1 cup	970	25	254
SOYBEANS, MATURE CKD, BLD, WO/ SALT	515	172	1 cup	886	2	298
SOYBEANS, MATURE SEEDS, DRY RSTD	682	93	1 cup	1269	2	419
SOYBEANS, MATURE SEEDS, RAW	898.5	186	1 cup	3342	4	830
SOYBEANS, MATURE SEEDS, RSTED, NO SALT ADDED	367.5	172	1 cup	2528	7	810
SOYBEANS, MATURE SEEDS, SPROUTED, CKD, STIR-FRIED	40.5	100	3.5 oz	567	14	125
SOYBEANS, MATURE SEEDS, SPROUTED, CKD, STMD	35.5	94	1 cup	334	9	76
SOYBEANS, MATURE SEEDS, SPROUTED, RAW	34.6	35	.5 cup	169	5	43
SOYMILK (ALL FLAVORS), LOWFAT, W/ ADDED CA, VITAMINS A & D	1.73	243	1 cup	156	90	104
SOYMILK (ALL FLAVORS), NONFAT, W/ ADDED CA, VITAMINS A & D	1.84	243	1 cup	255	139	68
SOYMILK (ALL FLAVORS), UNSWTND, W/ ADDED CA, VITAMINS A & D	3.2	243	1 cup	292	90	80
SOYMILK, CHOC & OTHER FLAVORS, LT, W/ ADDED CA, VITAMINS A & D	3.1	243	1 cup	350	112	114
SOYMILK, CHOC, NONFAT, W/ ADDED CA, VITAMINS A & D	1.84	243	1 cup	255	139	107
SOYMILK, CHOC, UNFORTIFIED	2.7	243	1 cup	347	129	153
SOYMILK, CHOC, W/ ADDED CA, VITAMINS A & D	2.7	243	1 cup	347	129	153
SOYMILK, ORIGINAL & VANILLA, LT, UNSWTND, W/ ADDED CA, VIT A & D	1.86	243	1 cup	284	153	83
SOYMILK, ORIGINAL & VANILLA, LT, W/ ADDED CA, VITAMINS A & D	2.44	243	1 cup	284	117	73
SOYMILK, ORIGINAL & VANILLA, UNFORTIFIED	2.31	243	1 cup	287	124	131

Legumes

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SOYMILK, ORIGINAL & VANILLA, W/ ADDED CA, VITAMINS A & D	2.6	243	1 cup	296	114	104
SOYMILK, SILK CHAI	3	243	1 cup	299	100	129
SOYMILK, SILK CHOC	3.5	243	1 cup	350	100	141
SOYMILK, SILK PLN	2.51	243	1 cup	299	119	100
SOYMILK, SILK VANILLA	3.2	243	1 cup	299	95	100
SOYMILK, SILK VERY VANILLA	2.12	243	1 cup	299	141	129
SOYMILK, VITASOY LT VANILLA	1.67	243	1 cup	199	119	73
SOYMILK, VITASOY ORGANIC CLASSIC ORIGINAL	2.36	243	1 cup	379	160	114
SOYMILK, VITASOY ORGANIC CREAMY ORIGINAL	1.98	243	1 cup	318	160	107
TEMPEH	45.8	166	1 cup	684	15	320
TEMPEH, CKD	28.6	100	3.5 oz	401	14	196
TOFU, DRIED-FROZEN (KOYADOFU)	3.3	17	1 piece	3	1	82
TOFU, EX FIRM, PREP W/NIGARI	16.5	91	.2 block	120	7	83
TOFU, FIRM, PREP W/NIGARI	12.3	126	.5 cup	186	15	88
TOFU, FIRM, RAW, PREP W/CA SULFATE	16.9	126	.5 cup	299	18	183
TOFU, FRIED	9.1	28.35	1 oz	41	5	77
TOFU, HARD, PREP W/NIGARI	73	122	.25 block	178	2	178
TOFU, REG, RAW, PREP W/CA SULFATE	17.3	124	.5 cup	150	9	94
TOFU, SALTED & FERMENTED (FUJU)	0.03	11	1 block	8	316	13
TOFU, SOFT, PREP W/NIGARI	15	248	1 cup, (1/2" cubes)	298	20	151
VEGGIE BURGERS OR SOYBURGERS UNPREP	0.59	70	1 pattie	233	398	124
WINGED BNS, IMMAT SEEDS, CKD, BLD, DRND, WO/ SALT	68.5	62	1 cup	170	2	24
WINGED BNS, IMMAT SEEDS, RAW	55.8	44	1 cup, slices	98	2	22
WINGED BNS, MATURE SEEDS, CKD, BLD, WO/ SALT	21.5	172	1 cup	482	22	253
WINGED BNS, MATURE SEEDS, RAW	25.7	182	1 cup	1778	69	744
YAMBEAN (JICAMA), CKD, BLD, DRND, WO/ SALT	33.8	100	3.5 oz	135	4	38
YAMBEAN (JICAMA), RAW	37.5	120	1 cup, slices	180	5	46
YARDLONG BEAN, CKD, BLD, DRND, WO/ SALT	72.5	104	1 cup, slices	302	4	49
YARDLONG BEAN, RAW	60	91	1 cup, slices	218	4	43
YARDLONG BNS, MATURE SEEDS, CKD, BLD, WO/ SALT	63	171	1 cup	539	9	202
YARDLONG BNS, MATURE SEEDS, RAW	68.1	167	1 cup	1932	28	579

Legumes Processed & Brands

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
GARDENBURGER, BLACK BEAN CHIPOTLE BURGER	0.37	71	1 patty	145	387	95
GARDENBURGER, ORIGINAL	0.28	71	1 patty	111	401	103
GARDENBURGER, SAVORY PORTABELLA VEGGIE BURGER	0.22	71	1 patty	106	493	99
GARDENBURGER, SUN-DRIED TOMATO BASIL BURGER	0.2	71	1 patty	55	275	97
GARDENBURGER, VEGGIE MEDLEY BURGER	0.34	71	1 patty	126	376	96
LOMA LINDA TENDER BITS, CND, UNPREP	0.11	85	6 pieces	55	521	115
LOMA LINDA TENDER ROUNDS W/ GRAVY, CND, UNPREP	0.21	80	6 pieces	76	354	116
LOMA LINDA VEGE-BURGER, CND, UNPREP	0.33	55	.25 cup	41	122	63
MORI-NU, TOFU, SILKEN, EX FIRM	2.44	84	1 slice	129	53	46
MORI-NU, TOFU, SILKEN, FIRM	5.4	84	1 slice	163	30	52
MORI-NU, TOFU, SILKEN, LITE EX FIRM	0.58	84	1 slice	48	82	32
MORI-NU, TOFU, SILKEN, LITE FIRM	0.74	84	1 slice	53	71	31
MORI-NU, TOFU, SILKEN, SOFT	36	84	1 slice	151	4	46
MORNINGSTAR FARMS ASIAN VEGGIE PATTIES, FRZ, UNPREP	0.54	67	1 patty	263	486	104
MORNINGSTAR FARMS BACON, EGG & CHS BISCUIT, FRZ, UNPREP	0.38	105	1 biscuit	227	595	271
MORNINGSTAR FARMS BBQ RIBLETS, FRZ, UNPREP	0.72	142	1 piece, w/ sauce	584	815	223
MORNINGSTAR FARMS BRKFST PATTIE MADE W/ ORG SOY, FRZ, UNPREP	0.72	38	1 patty	174	240	78
MORNINGSTAR FARMS CALIFORNIA TURK'Y BURGER, FRZ, UNPREP	0.69	64	1 patty	270	390	91
MORNINGSTAR FARMS CHIK PATTIES, FRZ, UNPREP	0.47	71	1 patty	278	593	140
MORNINGSTAR FARMS CHIK'N GRILL VEGGIE PATTIES, FRZ, UNPREP	0.62	67	1 patty	214	348	79
MORNINGSTAR FARMS CHIK'N NUGGETS, FRZ, UNPREP	0.54	86	4 pieces	326	604	190
MORNINGSTAR FARMS ENTREE CHIK'N ENCHILADA W/ RICE, FRZ, UNPREP	0.98	269	1 pkg	508	519	274
MORNINGSTAR FARMS ENTREE CHILI, FRZ, UNPREP	1.73	254	1 cup	851	493	170
MORNINGSTAR FARMS GRILLERS ORIGINAL, FRZ, UNPREP	0.43	64	1 patty	116	270	136
MORNINGSTAR FARMS GRILLERS PRIME, FRZ, UNPREP	0.45	71	1 patty	159	356	169
MORNINGSTAR FARMS GRILLERS QUARTER POUND VEG BRGR, FRZ, UNPREP	0.55	114	1 patty	268	489	250
MORNINGSTAR FARMS HOT & SPICY VEG SAUSAGE PATTIES, FRZ, UNPREP	0.54	38	1 patty	113	209	70
MORNINGSTAR FARMS ITALIAN HERB CHIK PATTIES, FRZ, UNPREP	0.71	71	1 patty	343	484	168
MORNINGSTAR FARMS LASAGNA W/ VEGGIE SAUSAGE, FRZ, UNPREP	1.1	284	1 serving	650	591	273
MORNINGSTAR FARMS MEAL STARTERS CHIK'N STRIPS, FRZ, UNPREP	0.21	85	12 strips	105	507	139
MORNINGSTAR FARMS MEAL STARTERS VEGGIE MEATBALLS, FRZ, UNPREP	0.93	85	6 pieces	426	456	136
MORNINGSTAR FARMS MEATFREE BUFFALO WINGS, FRZ, UNPREP	0.65	85	5 pieces	419	644	196
MORNINGSTAR FARMS MINI VEGGIE CORN DOGS, FRZ, UNPREP	0.14	76	4 pieces	73	515	166
MORNINGSTAR FARMS MPL FLAV VEG SAUSAGE PATTIES, FRZ, UNPREP	0.43	38	1 patty	106	249	84

Legumes Processed & Brands

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
MORNINGSTAR FARMS ORIGINAL CHIK'N TENDERS, FRZ, UNPREP	0.35	81	2 pieces	200	578	189
MORNINGSTAR FARMS SAUSAGE STYLE RECIPE CRUMBLES, FRZ, UNPREP	0.22	55	1 cup	91	417	87
MORNINGSTAR FARMS SESAME CHIK'N ENTREE, FRZ, UNPREP	0.56	269	1 pkg	293	527	312
MORNINGSTAR FARMS TOMATO & BASIL PIZZA BURGER, FRZ, UNPREP	0.61	67	1 patty	159	261	121
MORNINGSTAR FARMS VEGGIE BRKFST BACON STRIPS, FRZ, UNPREP	0.07	16	2 strip	16	234	55
MORNINGSTAR FARMS VEGGIE BRKFST SAUSAGE LINKS, FRZ, UNPREP	0.16	45	2 links	49	302	72
MORNINGSTAR FARMS VEGGIE CORN DOGS, FRZ, UNPREP	0.16	40	1 link	42	266	83
MORNINGSTAR FARMS VEGGIE ITALIAN STYLE SAUSAGE, FRZ, UNPREP	0.35	64	1 link	124	351	120
MORNINGSTAR FARMS VEGGIE SWT & SOUR CHIK'N, FRZ, UNPREP	0.64	284	1 serving	349	545	338
SILK CHAI, SOYMILK	3	243	1 cup	299	100	129
SILK CHOC, SOYMILK	3.5	243	1 cup	350	100	141
SILK COFFEE, SOYMILK	3.2	243	1 cup	321	100	151
SILK LT CHOC, SOYMILK	3.5	243	1 cup	350	100	119
SILK LT PLN, SOYMILK	2.51	243	1 cup	299	119	70
SILK LT VANILLA, SOYMILK	3.2	243	1 cup	299	95	80
SILK MOCHA, SOYMILK	3	243	1 cup	299	100	141
SILK NOG, SOYMILK	2.02	122	.5 cup	150	74	90
SILK PLN, SOYMILK	2.51	243	1 cup	299	119	100
SILK PLUS FIBER, SOYMILK	3.2	243	1 cup	299	95	100
SILK PLUS FOR BONE HEALTH, SOYMILK	3.2	243	1 cup	299	95	100
SILK PLUS OMEGA-3 DHA, SOYMILK	2.94	243	1 cup	350	119	109
SILK UNSWTND, SOYMILK	3.5	243	1 cup	299	85	80
SILK VANILLA, SOYMILK	3.2	243	1 cup	299	95	100
SILK VERY VANILLA, SOYMILK	2.12	243	1 cup	299	141	129
VITASOY USA, VITASOY LT VANILLA SOYMILK	1.67	243	1 cup	199	119	73
VITASOY USA, VITASOY ORGANIC CLASSIC ORIGINAL SOYMILK	2.36	243	1 cup	379	160	114
VITASOY USA, VITASOY ORGANIC CREAMY ORIGINAL SOYMILK	1.98	243	1 cup	318	160	107
WORTHINGTON CHIC-KETTS, FRZ, UNPREP	0.24	55	2 slices, 3/8" thick	84	353	110
WORTHINGTON CHILI, CND, UNPREP	0.36	230	1 cup	370	1042	290
WORTHINGTON CHOPLETS, CND, UNPREP	0.08	92	2 slices	35	420	95
WORTHINGTON DICED CHIK, CND, UNPREP	0.63	55	.25 cup	119	189	44
WORTHINGTON DINNER RST, FRZ, UNPREP	0.22	85	1 slice, , 3/4"	128	570	181
WORTHINGTON FRICHIK ORIGINAL, CND, UNPREP	0.38	90	2 pieces	139	361	144
WORTHINGTON FRIPATS, FRZ, UNPREP	0.36	64	1 patty	118	331	134
WORTHINGTON LEANIES, FRZ, UNPREP	0.1	40	1 link	41	431	100
WORTHINGTON LOFAT FRI CHIK, CND, UNPREP	0.41	85	2 pieces	144	354	87

Legumes Processed & Brands

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
WORTHINGTON LOFAT VEJA-LINKS, CND, UNPREP	0.12	31	1 link	22	190	38
WORTHINGTON MEATLESS CHICK ROLL, FRZ, UNPREP	0.91	55	1 slices, 3/8"	227	249	85
WORTHINGTON MEATLESS CORNED BF ROLL, FRZ, UNPREP	0.28	55	2 slices, 3/8"	119	417	135
WORTHINGTON MULTIGRAIN CUTLETS, CND, UNPREP	0.1	92	2 slices	29	288	99
WORTHINGTON PRIME STAKES, CND, UNPREP	0.21	92	1 piece	93	442	124
WORTHINGTON PROSAGE LINKS, FRZ, UNPREP	0.14	45	2 links	51	369	64
WORTHINGTON PROSAGE ROLL, FRZ, UNPREP	0.21	55	1 slice, 5/8"	76	367	144
WORTHINGTON SAUCETTES, CND, UNPREP	0.13	38	1 link	26	202	83
WORTHINGTON SMOKED TURKEY ROLL, FRZ, UNPREP	0.11	55	1 slice, 3/8"	54	472	138
WORTHINGTON STAKELETS, FRZ, UNPREP	0.29	71	1 piece	136	462	150
WORTHINGTON STRIPPLES, FRZ, UNPREP	0.07	16	2 strip	16	234	55
WORTHINGTON SUPER LINKS, CND, UNPREP	0.11	48	1 link	37	340	105
WORTHINGTON VEG SKALLOPS, CND, UNPREP	0.04	85	.5 cup	14	391	93
WORTHINGTON VEG STEAKS, CND, UNPREP	0.08	72	2 slices	23	300	81
WORTHINGTON VEGETARIAN BURGER, CND, UNPREP	0.1	55	.25 cup	24	248	68
WORTHINGTON VEJA-LINKS, CND, UNPREP	0.11	31	1 link	17	164	48
WORTHINGTON WHAM (ROLL), FRZ, UNPREP	0.27	55	1 slice, 3/8"	107	394	108

Game, Lamb, Veal

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
GAME MEAT, ANTELOPE, CKD, RSTD	6.9	85	3 oz	316	46	128
GAME MEAT, BEAR, CKD, SIMMRD	3.7	85	3 oz	224	60	220
GAME MEAT, BEAVER, CKD, RSTD	6.8	85	3 oz	343	50	180
GAME MEAT, BEEFALO, COMP OF CUTS, CKD, RSTD	5.6	85	3 oz	390	70	160
GAME MEAT, BISON, CHUCK, SHLDR CLOD, LN, 3-5 LB RST, CKD, BRSD	5.5	85	3 oz	269	48	164
GAME MEAT, BISON, CHUCK, SHLDR CLOD, LN, 3-5 LB RST, RAW	5.7	85	3 oz	300	53	101
GAME MEAT, BISON, GROUND, CKD, PAN-BROILED	4.7	85	3 oz	290	62	202
GAME MEAT, BISON, GROUND, GRASS-FED, CKD	4.6	85	3 oz	300	65	152
GAME MEAT, BISON, LN, CKD, RSTD	6.3	85	3 oz	307	48	122
GAME MEAT, BISON, RIBEYE, LN, 1" STEAK, CKD, BRLD	7.1	85	3 oz	315	44	150
GAME MEAT, BISON, TOP RND, LN, 1" STEAK, CKD, BRLD	9.3	85	3 oz	325	35	148
GAME MEAT, BISON, TOP SIRLOIN, LN, 1" STEAK, CKD, BRLD	7.3	85	3 oz	329	45	145
GAME MEAT, BOAR, WILD, CKD, RSTD	6.6	85	3 oz	337	51	136
GAME MEAT, BUFFALO, H2O, CKD, RSTD	5.6	85	3 oz	266	48	111
GAME MEAT, CARIBOU, CKD, RSTD	5.2	85	3 oz	264	51	142
GAME MEAT, DEER, CKD, RSTD	6.2	85	3 oz	285	46	134
GAME MEAT, DEER, GROUND, CKD, PAN-BROILED	4.7	85	3 oz	309	66	159
GAME MEAT, DEER, LOIN, LN, 1" STEAK, CKD, BRLD	7	85	3 oz	338	48	128
GAME MEAT, DEER, SHLDR CLOD, LN, 3-5 LB RST, CKD, BRSD	6	85	3 oz	266	44	162
GAME MEAT, DEER, TENDERLOIN, LN, 0.5-1 LB RST, CKD, BRLD	7.6	85	3 oz	369	48	127
GAME MEAT, DEER, TOP RND, LN, 1" STEAK, CKD, BRLD	8.4	85	3 oz	320	38	129
GAME MEAT, ELK, CKD, RSTD	5.4	85	3 oz	279	52	124
GAME MEAT, ELK, GROUND, CKD, PAN-BROILED	4.2	85	3 oz	301	72	164
GAME MEAT, ELK, LOIN, LN, CKD, BRLD	7.5	85	3 oz	343	46	142
GAME MEAT, ELK, RND, LN, CKD, BRLD	7.7	85	3 oz	333	43	133
GAME MEAT, ELK, TENDERLOIN, LN, CKD, BRLD	7.8	85	3 oz	333	43	138
GAME MEAT, GOAT, CKD, RSTD	4.7	85	3 oz	344	73	122
GAME MEAT, MOOSE, CKD, RSTD	4.8	85	3 oz	284	59	114
GAME MEAT, MUSKRAT, CKD, RSTD	3.4	85	3 oz	272	81	199
GAME MEAT, OPOSSUM, CKD, RSTD	7.6	85	3 oz	372	49	188
GAME MEAT, RABBIT, DOMESTICATED, COMP OF CUTS, CKD, RSTD	8.1	85	3 oz	326	40	167
GAME MEAT, RABBIT, DOMESTICATED, COMP OF CUTS, CKD, STWD	8.1	85	3 oz	255	31	175
GAME MEAT, RABBIT, WILD, CKD, STWD	7.6	85	3 oz	292	38	147
GAME MEAT, RACCOON, CKD, RSTD	5	85	3 oz	338	67	217
GAME MEAT, SQUIRREL, CKD, RSTD	2.96	85	3 oz	299	101	147
LAMB, AUS, IMP, FRSH, FORESHANK, LN, 1/8"FAT, CKD, BRSD	2.55	85	3 oz	217	85	140
LAMB, AUS, IMP, FRSH, LEG, CNTR SLICE, BONE-IN, LN, 1/8"FAT, CKD, BRLD	5.4	85	3 oz	301	56	156

Game, Lamb, Veal

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
LAMB, AUS, IMP, FRSH, LEG, SHANK HALF, LN, 1/8"FAT, CKD, RSTD	4.8	85	3 oz	280	59	155
LAMB, AUS, IMP, FRSH, LEG, SIRL CHOPS, BNLESS, LN, 1/8"FAT, CKD, BRLD	5.4	85	3 oz	301	56	160
LAMB, AUS, IMP, FRSH, LEG, SIRL HALF, BNLESS, LN, 1/8"FAT, CKD, RSTD	3.8	85	3 oz	270	71	183
LAMB, AUS, IMP, FRSH, LEG, WHL (SHK&SIRL), LN, 1/8"FAT, CKD, RSTD	4.5	85	3 oz	277	61	162
LAMB, AUS, IMP, FRSH, LOIN, LN&FAT, 1/8"FAT, CKD, BRLD	4.2	85	3 oz	281	66	186
LAMB, AUS, IMP, FRSH, LOIN, LN, 1/8"FAT, CKD, BRLD	4.2	85	3 oz	289	68	163
LAMB, AUS, IMP, FRSH, RIB, LN, 1/8"FAT, CKD, RSTD	3.7	85	3 oz	257	70	179
LAMB, AUS, IMP, FRSH, SHLDR, ARM, LN, 1/8"FAT, CKD, BRSD	3.7	85	3 oz	244	66	202
LAMB, AUS, IMP, FRSH, SHLDR, BLADE, LN, 1/8"FAT, CKD, BRLD	3.4	85	3 oz	268	80	196
LAMB, DOM, FORESHANK, LN&FAT, 1/8"FAT, CKD, BRSD	3.6	85	3 oz	218	61	207
LAMB, DOM, LEG, SHANK HALF, LN&FAT, 1/8"FAT, CHOIC, CKD, RSTD	5.1	85	3 oz	280	55	184
LAMB, DOM, LEG, SIRLOIN HALF, LN&FAT, 1/8"FAT, CHOIC, CKD, RSTD	4.5	85	3 oz	258	58	241
LAMB, DOM, LEG, WHL (SHK&SIRL), LN&FAT, 1/8"FAT, CHOIC, CKD, RSTD	4.8	85	3 oz	271	57	206
LAMB, DOM, LOIN, LN&FAT, 1/8"FAT, CHOIC, CKD, BRLD	4.3	85	3 oz	286	66	252
LAMB, DOM, LOIN, LN&FAT, 1/8"FAT, CHOIC, CKD, RSTD	3.9	85	3 oz	213	54	247
LAMB, DOM, RIB, LN&FAT, 1/8"FAT, CHOIC, CKD, BRLD	3.6	85	3 oz	235	65	289
LAMB, DOM, RIB, LN&FAT, 1/8"FAT, CHOIC, CKD, RSTD	3.7	85	3 oz	235	63	290
LAMB, DOM, SHLDR, ARM, LN&FAT, 1/8"FAT, CHOIC, CKD, BRSD	4.3	85	3 oz	264	61	286
LAMB, DOM, SHLDR, ARM, LN&FAT, 1/8"FAT, CHOIC, RSTD	4	85	3 oz	223	55	227
LAMB, DOM, SHLDR, ARM, LN&FAT, 1/8"FAT, CKD, BRLD	4	85	3 oz	267	66	229
LAMB, DOM, SHLDR, BLADE, LN&FAT, 1/8"FAT, CHOIC, CKD, BRLD	4.1	85	3 oz	290	71	227
LAMB, DOM, SHLDR, BLADE, LN&FAT, 1/8"FAT, CHOIC, CKD, BRSD	3.3	85	3 oz	207	64	288
LAMB, DOM, SHLDR, BLADE, LN&FAT, 1/8"FAT, CHOIC, CKD, RSTD	3.7	85	3 oz	211	57	230
LAMB, GROUND, CKD, BRLD	4.2	85	3 oz	288	69	241
LAMB, NZ, IMP, FRZ, FORESHANK, LN, CKD, BRSD	2.55	85	3 oz	106	42	158
LAMB, NZ, IMP, FRZ, LEG, WHL (SHK&SIRL), LN&FAT, 1/8"FAT, CKD, RSTD	3.9	85	3 oz	145	37	199
LAMB, NZ, IMP, FRZ, LEG, WHL (SHK&SIRL), LN, CKD, RSTD	4.1	85	3 oz	156	38	154
LAMB, NZ, IMP, FRZ, LEG, WHL (SHK&SIRL), LN, RAW	4.1	85	3 oz	152	37	105
LAMB, NZ, IMP, FRZ, LOIN, LN&FAT, 1/8"FAT, CKD, BRLD	3.3	85	3 oz	139	43	252
LAMB, NZ, IMP, FRZ, RIB, LN&FAT, 1/8"FAT, CKD, RSTD	2.91	85	3 oz	109	37	269
LAMB, NZ, IMP, FRZ, RIB, LN, CKD, RSTD	3	85	3 oz	124	41	167
VEAL, BREAST, WHL, BNLESS, LN, CKD, BRSD	4.2	85	3 oz	246	58	185
VEAL, CUBED FOR STEW (LEG&SHLDR), LN, CKD, BRSD	3.7	85	3 oz	291	79	160
VEAL, GROUND, CKD, BRLD	4.1	85	3 oz	286	71	146

Game, Lamb, Veal

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
VEAL, LEG (TOP RND), LN&FAT, CKD, BRSD	5.7	85	3 oz	326	57	179
VEAL, LEG (TOP RND), LN&FAT, CKD, PAN-FRIED, BREADED	0.82	85	3 oz	315	386	202
VEAL, LEG (TOP RND), LN&FAT, CKD, PAN-FRIED, NOT BREADED	5.6	85	3 oz	361	65	179
VEAL, LEG (TOP RND), LN&FAT, CKD, RSTD	5.7	85	3 oz	331	58	136
VEAL, LEG (TOP RND), LN, CKD, BRSD	5.8	85	3 oz	329	57	173
VEAL, LEG (TOP RND), LN, CKD, PAN-FRIED, BREADED	0.84	85	3 oz	326	387	184
VEAL, LEG (TOP RND), LN, CKD, PAN-FRIED, NOT BREADED	5.7	85	3 oz	376	65	156
VEAL, LEG (TOP RND), LN, CKD, RSTD	5.8	85	3 oz	334	58	128
VEAL, LOIN, LN, CKD, BRSD	3.5	85	3 oz	252	71	192
VEAL, LOIN, LN, CKD, RSTD	3.5	85	3 oz	289	82	149
VEAL, RIB, LN, CKD, BRSD	3.2	85	3 oz	270	84	185
VEAL, RIB, LN, CKD, RSTD	3.2	85	3 oz	264	82	150
VEAL, SHANK (FORE&HIND), LN, CKD, BRSD	3.3	85	3 oz	263	80	150
VEAL, SHLDR, ARM, LN, CKD, BRSD	3.9	85	3 oz	295	77	171
VEAL, SHLDR, ARM, LN, CKD, RSTD	3.9	85	3 oz	303	77	139
VEAL, SHLDR, BLADE, LN, CKD, BRSD	3	85	3 oz	259	86	168
VEAL, SHLDR, BLADE, LN, CKD, RSTD	3	85	3 oz	264	87	145
VEAL, SIRLOIN, LN, CKD, BRSD	4.2	85	3 oz	288	69	173
VEAL, SIRLOIN, LN, CKD, RSTD	4.3	85	3 oz	310	72	143

Baked Goods

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
BAGELS, ALL TYPES, RATIO BETWEEN 0.1 & 0.5						
BISCUITS, ALL TYPES, RATIO BETWEEN 0.1 & 0.7						
BREAD CRUMBS, DRY, GRATED, PLN	0.27	28.4	1 oz	56	208	112
BREAD CRUMBS, DRY, GRATED, SEASONED	0.17	28.4	1 oz	65	379	109
BREAD STICKS, PLAIN	0.17	46	9 sticks, small (approx 4-1/4" long)	57	328	190
BREAD STUFFING, BREAD, DRY MIX, PREP	0.15	28.4	1 oz	21	136	50
BREAD STUFFING, CORNBREAD, DRY MIX, PREP	0.14	28.4	1 oz	18	129	51
BREAD, ALL TYPES OTHER THAN LISTED, RATIO BETWEEN 0.1 & 0.8						
BREAD, GARLIC BREAD, FRZ	0.19	43	1 slice, presliced	44	234	150
BREAD, POTATO	1.91	32	1 slice	230	120	85
BREAKFAST TART, LO FAT	0.18	52	1 tart	34	188	193
CAKE, ALL TYPES OTHER THAN LISTED, RATIO <1						
CAKE, FRUITCAKE, COMMLY PREP	1.51	28.4	1 oz	43	29	92
CAKE, GINGERBREAD, PREP FROM RECIPE	1.34	28.4	1 oz	124	93	101
CHEESECAKE COMMLY PREP	0.21	28.4	1 oz	26	124	91
CINNAMON BUNS, FRSTD (INCLUDES HONEY BUNS)	0.31	65	1 bun	62	198	283
COFFEECAKE, ALL TYPES, RATIO BETWEEN 0.1 & 0.9						
COOKIES, ALL TYPES OTHER THAN LISTED, RATIO <1						
COOKIES, FORTUNE	1.32	28.4	1 oz	12	9	107
COOKIES, SUGAR WAFERS W/CREME FILLING, REG	1.14	36	3 cookies	42	37	181
CRACKER MEAL	7.2	28.4	1 oz	33	5	109
CRACKERS, ALL TYPES OTHER THAN LISTED, RATIO <1						
CRACKERS, CHS, LO NA	0.23	14.2	.5 oz	15	65	71
CRACKERS, CRISPBREAD, RYE	0.78	14.2	.5 oz	45	58	52
CRACKERS, MATZO, EGG	7.1	14.2	.5 oz	21	3	56
CRACKERS, MATZO, PLAIN	∞	14.2	.5 oz	16	0	56
CRACKERS, MATZO, WHOLE-WHEAT	158	14.2	.5 oz	45	0	50
CRACKERS, MELBA TOAST, PLN, WO/SALT	10.6	14.2	.5 oz	29	3	55
CRACKERS, RUSK TOAST	0.97	14.2	.5 oz	35	36	58
CRACKERS, RYE, WAFERS, PLAIN	0.89	14.2	.5 oz	70	79	47
CRACKERS, SALTINES, FAT-FREE, LOW-SODIUM	0.14	15	3 saltines	17	127	59
CRACKERS, SALTINES, LO SALT (INCL OYSTER, SODA, SOUP)	3.7	14.2	.5 oz	103	28	60
CRACKERS, SALTINES, UNSALTED TOPS (INCL OYSTER, SODA, SOUP)	0.17	14.2	.5 oz	18	109	62
CRACKERS, STD SNACK-TYPE, REG, LO SALT	1.64	14.2	.5 oz	50	31	71
CRACKERS, WHEAT, LOW SALT	1.07	14.2	.5 oz	29	27	67
CRACKERS, WHOLE-WHEAT, LOW SALT	1.6	14.2	.5 oz	42	26	63
CREAM PUFF, ECLAIR, CUSTARD OR CRM FILLED, ICED	0.26	113	4 oz	77	299	377

Baked Goods

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CROISSANTS, APPLE	0.33	28.4	1 oz	26	78	72
CROISSANTS, BUTTER	0.25	28.4	1 oz	33	132	115
CROISSANTS, CHEESE	0.37	28.4	1 oz	37	102	117
CROUTONS	0.18	14.2	.5 oz	18	99	58
DANISH PASTRY, ALL TYPES, RATIO BETWEEN 0.2 & 0.4						
DOUGHNUTS, ALL YEAST-LEAVENED OR CAKE TYPE, RATIO BETWEEN 0.1 & 0.7						
ECLAIRS, CUSTARD-FILLED W/CHOC GLAZE, PREP FROM RECIPE	0.35	28.4	1 oz	33	96	74
ENGLISH MUFFINS, ALL TYPES, RATIO BETWEEN 0.2 & 0.6						
FOCACCIA, ITALIAN FLATBREAD, PLN	0.2	57	1 piece	65	320	142
FRENCH TOAST, FRZ, READY TO HEAT	0.27	28.4	1 oz	38	140	60
ICE CRM CONES, CAKE OR WAFER-TYPE	0.44	28.4	1 oz	32	73	118
ICE CRM CONES, SUGAR, ROLLED-TYPE	0.49	28.4	1 oz	41	84	114
KASHI BLUEBERRY WAFFLE	0.36	72	2 pieces	123	343	138
KASHI H2H WOVEN WHEAT CRACKER ORIGINAL	1.48	30	7 cracker	125	85	119
KASHI H2H WOVEN WHEAT CRACKER RSTD GARLIC	1.82	30	7 cracker	131	72	118
KASHI ORIGINAL WAFFLE	0.37	72	2 pieces	127	345	142
KASHI TLC CRACKERS HONEY SESAME	1.25	30	15 cracker	177	141	119
KASHI, TLC, FIRE RSTD VEG CRACKERS	1.16	30	15 crackers	232	199	117
KASHI, TLC, ORIGINAL 7-GRAIN CRACKERS	1.59	30	15 crackers	253	159	116
KASHI, TLC, TSTD ASIAGO CRACKERS	1.15	31	15 crackers	234	204	130
KELLOGG'S, BEANATURAL, ORIGINAL 3-BEAN CHIPS	1.24	28	12 chips	276	222	136
LEAVENING AGENTS, BAKING PDR, DOUBLE-ACTING, NA AL SULFATE	0	4.6	1 tsp	1	488	2
LEAVENING AGENTS, BAKING PDR, DOUBLE-ACTING, STRAIGHT PO4	0	4.6	1 tsp	0	363	2
LEAVENING AGENTS, BAKING PDR, LOW-SODIUM	112.2	5	1 tsp	505	4	5
LEAVENING AGENTS, BAKING SODA	0	4.6	1 tsp	0	1259	0
LEAVENING AGENTS, CRM OF TARTAR	317.3	3	1 tsp	495	2	8
LEAVENING AGENTS, YEAST, BAKER'S, ACTIVE DRY	18.7	4	1 tsp	38	2	13
LEAVENING AGENTS, YEAST, BAKER'S, COMPRESSED	20	17	1 cake, (0.6 oz)	102	5	18
MUFFINS, ALL TYPES OTHER THAN LISTED, RATIO BETWEEN 0.1 & 0.4						
MUFFINS, OAT BRAN	1.29	28.4	1 oz	144	111	77
MUFFINS, WHEAT BRAN, TOASTER-TYPE W/RAISINS	0.34	28.4	1 oz	47	140	84
PANCAKES, ALL TYPES, RATIO BETWEEN 0.1 & 0.5						
PHYLLO DOUGH	0.15	28.4	1 oz	21	137	85
PIE CRUST, ALL TYPES, RATIO BETWEEN 0.2 & 0.4						
PIE, ALL TYPES, RATIO BETWEEN 0.1 & 0.9						
POPOVERS, DRY MIX, ENRICHED	0.11	28.4	1 oz	28	257	105
POPOVERS, DRY MIX, UNENR	0.11	28.4	1 oz	28	257	105
PUFF PASTRY, FRZ, RTB, BKD	0.25	28.4	1 oz	18	72	158

Baked Goods

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
ROLLS, DINNER, ALL TYPES, RATIO BETWEEN 0.1 & 0.5						
ROLLS, FRENCH	0.2	28.4	1 oz	32	163	79
ROLLS, HAMBURGER OR HOTDOG, ALL TYPES, RATIO BETWEEN 0.2 & 0.4						
ROLLS, HARD (INCL KAISER)	0.2	28.4	1 oz	31	154	83
STRUDEL, APPLE	1.1	28.4	1 oz	42	38	78
SWEET ROLLS, CHEESE	0.38	28.4	1 oz	39	101	102
SWEET ROLLS, CINN, COMMPLY PREP W/RAISINS	0.37	28.4	1 oz	31	86	105
SWEET ROLLS, CINN, REFR DOUGH W/FRSTNG, BKD	0.08	28.4	1 oz	18	236	103
TACO SHELLS, BAKED	0.96	12.9	1 shell	30	31	61
TACO SHELLS, BKD, WO/ SALT	11.9	28.4	1 oz	51	4	133
TOASTER PASTRIES, BROWN-SUGAR-CINNAMON	0.27	28.4	1 oz	32	120	117
TOASTER PASTRIES, FRUIT	0.22	28.4	1 oz	21	95	111
TOASTER PASTRIES, FRUIT, FRSTD	0.23	55	1 pastry	39	172	215
TOASTER PASTRIES, KELLOGG, KELLOGG'S POP TARTS, ALL BETWEEN 0.1 & 0.4						
TORTILLAS, RTB OR -FRY, CORN	4.1	28.4	1 oz	53	13	62
TORTILLAS, RTB OR -FRY, CORN, WO/ SALT	14	28.4	1 oz	44	3	63
TORTILLAS, RTB OR -FRY, FLR	0.27	28.4	1 oz	37	136	92
TORTILLAS, RTB OR -FRY, FLR, REFR	0.22	47	1 tortilla	72	322	141
TORTILLAS, RTB OR -FRY, FLR, SHELF STABLE	0.18	49	1 tortilla	65	364	146
TOSTADA SHELLS, CORN	0.36	12.3	1 piece	29	81	58
WAFFLE, BTTRMLK, FRZ, RTH, MICROWAVED	0.17	35	1 waffle	38	232	101
WAFFLE, BTTRMLK, FRZ, RTH, TSTD	0.19	28	1 oz	39	199	87
WAFFLE, PLN, FRZ, RTH, MICROWAVE	0.22	32	1 waffle, round (4" dia)	47	218	95
WAFFLES, BTTRMLK, FRZ, RTH	0.2	39	1 waffle, square	49	242	106
WAFFLES, CHOC CHIP, FRZ, RTH	0.14	70	2 waffles, round	52	370	204
WAFFLES, PLN, FRZ, READY -TO-HEAT, TSTD	0.2	28.4	1 oz	41	207	88
WAFFLES, PLN, FRZ, RTH	0.2	28.4	1 oz	35	181	81
WAFFLES, PLN, PREP FROM RECIPE	0.31	28.4	1 oz	45	145	82
WONTON WRAPPERS (INCL EGG ROLL WRAPPERS)	0.14	28.4	1 oz	23	162	82

Brand Baked Goods

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	0.47	24	1 serving	30	65	119
ARCHWAY Home Style Cookies, Coconut Macaroon	0.62	22	1 serving	27	44	101
ARCHWAY Home Style Cookies, Date Filled Oatmeal	0.48	25	1 serving	40	83	100
ARCHWAY Home Style Cookies, Dutch Cocoa	0.62	24	1 serving	57	92	103
ARCHWAY Home Style Cookies, Iced Molasses	0.21	28	1 serving	35	169	118
ARCHWAY Home Style Cookies, Iced Oatmeal	0.49	28	1 serving	52	106	122
ARCHWAY Home Style Cookies, Molasses	0.2	26	1 serving	30	150	105
ARCHWAY Home Style Cookies, Oatmeal	0.56	25	1 serving	55	98	105
ARCHWAY Home Style Cookies, Oatmeal Raisin	0.84	26	1 serving	74	88	106
ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	0.24	20	1 serving	23	94	94
ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	0.76	32	1 serving	99	130	136
ARCHWAY Home Style Cookies, Strawberry Filled	0.31	25	1 serving	30	94	100
ARCHWAY HOME STYLE COOKIES, FROSTY LEMON	0.2	26	1 serving	24	117	112
ARCHWAY HOME STYLE COOKIES, P Nut BUTTER	0.52	21	1 serving	44	85	101
ARCHWAY HOME STYLE COOKIES, RASPBERRY FILLED	0.35	25	1 serving	30	84	100
ARCHWAY HOME STYLE COOKIES, SUGAR FREE OATMEAL	0.28	24	1 serving	21	74	106
AUSTIN, CHEDDAR CHS ON CHS CRACKERS, SANDWICH-TYPE	0.31	39	1 package	110	351	193
AUSTIN, CHEDDAR CHS ON CHS CRACKERS, SANDWICH-TYPE, RED FAT	0.28	36	1 package	90	318	166
AUSTIN, CHEDDAR CHS ON WHEAT CRACKERS, SANDWICH-TYPE	0.37	39	1 package	121	327	193
AUSTIN, CHOCOLATEY P Nut BUTTER CRACKERS, SANDWICH-TYPE	0.11	39	1 package	25	228	187
AUSTIN, GRILLED CHS ON WAFER CRACKERS, SANDWICH-TYPE	0.3	39	1 package	106	355	192
AUSTIN, PB & J CRACKERS, SANDWICH-TYPE	0.11	39	1 package	26	227	189
AUSTIN, P Nut BUTTER ON CHS CRACKERS, SANDWICH-TYPE, RED FAT	0.1	36	1 package	26	261	166
AUSTIN, P Nut BUTTER ON TOASTY CRACKERS, SANDWICH-TYPE, RED FAT	0.1	36	1 package	24	233	167
BARBARA DEE, WNTR MINTS COOKIES	0.22	31	4 cookies	20	90	160
BEAR NAKED, DOUBLE CHOC COOKIES	2.36	30	1 cookie	141	60	127
BEAR NAKED, FRUIT & NUT COOKIES	2.09	30	1 cookie	83	40	133
KASHI BLUEBERRY WAFFLE	0.36	72	2 pieces	123	343	138
KASHI H2H WOVEN WHEAT CRACKER ORIGINAL	1.48	30	7 cracker	125	85	119
KASHI H2H WOVEN WHEAT CRACKER RSTD GARLIC	1.82	30	7 cracker	131	72	118
KASHI ORIGINAL WAFFLE	0.37	72	2 pieces	127	345	142
KASHI TLC CRACKERS HONEY SESAME	1.25	30	15 cracker	177	141	119
KASHI, TLC, FIRE RSTD VEG CRACKERS	1.16	30	15 crackers	232	199	117
KASHI, TLC, ORIGINAL 7-GRAIN CRACKERS	1.59	30	15 crackers	253	159	116
KASHI, TLC, TSTD ASIAGO CRACKERS	1.15	31	15 crackers	234	204	130
KELLOGG, KELLOGG'S EGGO, BTTRMLK PANCAKE	0.11	116	3 pancakes	66	589	284

Brand Baked Goods

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
KELLOGG, KELLOGG'S NUTRI-GRAIN CRL BARS, MXD BERRY	0.66	116	1 bar	218	329	429
KELLOGG'S EGGO LOWFAT BLUEBERRY NUTRI - GRAIN WAFFLES	0.12	35	1 waffle, round (4" dia)	24	207	73
KELLOGG'S, BEANATURAL, ORIGINAL 3-BEAN CHIPS	1.24	28	12 chips	276	222	136
KELLOGG'S, EGGO, BISCUIT SCRAMBLERS, BACON, EGG & CHS	0.37	105	1 bscuit	236	640	271
KELLOGG'S, EGGO, BISCUIT SCRAMBLERS, EGG & CHS	0.4	105	1 bscuit	246	612	267
KELLOGG'S, EGGO, FRENCH TOASTER STKS, CINN	0.12	90	2 pieces	59	495	225
KELLOGG'S, EGGO, FRENCH TOASTER STKS, ORIGINAL	0.12	90	2 pieces	63	538	215
KELLOGG'S, EGGO, MINI MUFFIN TOPS, BLUEBERRY	0.11	46	1 set	30	270	135
KELLOGG'S, EGGO, NUTRI-GRAIN, WAFFLES, LOFAT	0.29	70	2 waffles	113	391	141
KELLOGG'S, EGGO, WAFFLES, HOMESTYLE, LOFAT	0.22	70	2 waffles	62	275	160
KRAFT, STOVE TOP STUFFING MIX CHICKEN FLAVOR	0.17	28	1/2 cup prepared	75	429	107
MARTHA WHITE FOODS, MARTHA WHITE'S BTTRMLK BISCUIT MIX, DRY	0.16	41	1 serving	87	531	159
MARTHA WHITE FOODS, MARTHA WHITE'S CHEWY FUDGE BROWNIE MX, DRY	0.11	28	1 serving	14	128	114
NABISCO, NABISCO GRAHAMS CRACKERS	0.27	28	1 serving	50	185	119
NABISCO, NABISCO OREO CRUNCHIES, COOKIE CRUMB TOPPING	0.37	11	1 serving	21	58	52
NABISCO, NABISCO RITZ CRACKERS	0.13	3.3	1 cracker	4	29	16
NABISCO, NABISCO SNACKWELL'S FAT FREE DEVIL'S FD COOKIE CAKES	0.64	16	1 serving	18	28	49
TOASTER PASTRIES, KELLOGG, KELLOGG'S POP TARTS, BLUEBERRY	0.27	52	1 pastry	49	182	212
TOASTER PASTRIES, KELLOGG, KELLOGG'S POP TARTS, BRWN SUGAR CINN	0.36	50	1 pastry	68	190	219
TOASTER PASTRIES, KELLOGG, KELLOGG'S POP TARTS, FRSTD BLUEBERRY	0.3	52	1 pastry	49	166	203
TOASTER PASTRIES, KELLOGG, KELLOGG'S POP TARTS, FRSTD CHERRY	0.3	52	1 pastry	49	166	204
TOASTER PASTRIES, KELLOGG, KELLOGG'S POP TARTS, FRSTD CHOC FUDG	0.38	52	1 pastry	87	227	200
TOASTER PASTRIES, KELLOGG, KELLOGG'S POP TARTS, FRSTD RASPBERRY	0.27	52	1 pastry	44	166	205
TOASTER PASTRIES, KELLOGG, KELLOGG'S POP TARTS, FRSTD WLD BERRY	0.16	52	1 pastry	27	164	203
TOASTER PASTRIES, KELLOGG, KELLOGG'S POP TARTS, S'MORES	0.3	52	1 pastry	65	213	204
TOASTER PASTRIES, KELLOGG, KELLOGG'S POP TARTS, STRAWBERRY	0.26	52	1 pastry	48	185	205
TOASTER PASTRIES, KELLOGG, KELLOGG'S POP TRTS, FRSTD BR SGR CIN	0.19	50	1 pastry	33	172	208
TOASTER PASTRIES, KELLOGG, KELLOG'S POP TARTS, FRSTD STRAWBERRY	0.16	52	1 pastry	28	172	203
TSTR PSTRS, KELLOGG, KELLOGG'S LF POP TARTS, FRSTD STRAWBERRY	0.33	50	1 pastry	59	178	182
TSTR PSTRS, KELLOGG, KELLOGG'S LF POP TRTS, FRSTD BRWN SGR CINN	0.35	50	1 pastry	66	190	183

Sweets

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
APPLE CRISP, PREP FR RECIPE	0.22	141	.5 cup	110	495	227
BAKING CHOC, MEXICAN, SQUARES	132.33	20	1 tablet	79	1	85
BAKING CHOC, UNSWTND, LIQ	97.17	28	1 oz	331	3	134
BAKING CHOC, UNSWTND, SQUARES	34.58	29	1 square	241	7	145
BEEF JERKY, CHOPD & FORMED	0.29	28	1 oz	169	590	116
CANDIES, 100 GRAND BAR, NESTLE	0.8	43	1 bar, (1.5 oz)	70	87	201
CANDIES, 3 MUSKETEERS BAR, MARS	0.69	60	2.13 oz bar	80	116	262
CANDIES, 5TH AVENUE CANDY BAR	1.54	56	1 bar, 2 oz	194	126	270
CANDIES, ALMOND JOY BITES, HERSHEY'S	7.85	40	18 pieces	122	16	225
CANDIES, ALMOND JOY CANDY BAR	1.79	49	1 pkg, 1.76 oz	124	70	235
CANDIES, BABY RUTH BAR, NESTLE	1.08	60	2.1 oz bar	149	138	275
CANDIES, BIT-O'-HONEY CANDY CHEWS, NESTLE	0.15	40	6 pieces	18	118	150
CANDIES, BUTTERFINGER BAR, NESTLE	0.96	60	2.1 oz bar	132	138	275
CANDIES, BUTTERSCOTCH	0.01	28	1 oz	1	111	111
CANDIES, CARAMELLO CANDY BAR	2.8	35	1 bar, 1.25 oz	119	43	162
CANDIES, CARAMELS	0.87	71	1 pkg, (2.5 oz)	152	174	271
CANDIES, CARAMELS, CHOCOLATE-FLAVOR ROLL	2.64	7	1 piece	8	3	26
CANDIES, CAROB, UNSWTND	5.92	28	1 oz	179	30	153
CANDIES, CHOC, DK, NFS (45-59% CACAO SOL 90%; 60-69% CACAO SOL	24.7	28	1 oz	161	7	156
CANDIES, CONFECTIONER'S COATING, BUTTERSCOTCH	0.72	170	1 cup, chips	109	151	916
CANDIES, CONFECTIONER'S COATING, P Nut BUTTER	2.02	168	1 cup, chips	848	420	889
CANDIES, CONFECTIONER'S COATING, YOGURT	3.3	170	1 cup, chips	493	150	887
CANDIES, CRISPY BAR W/ P Nut BUTTER FILLING	1.12	42	1.5 oz	124	111	228
CANDIES, CRUNCH BAR & DSSRT TOPPING, NESTLE	2.03	44	1 bar, 1.55 oz	134	66	220

Sweets

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CANDIES, DK CHOC COATD COFFEE BNS	13.68	40	28 pieces	137	10	216
CANDIES, FONDANT, PREP FR RECIPE	0.36	28	1 oz	1	3	106
CANDIES, FUDGE, CHOC MARSHMLLW, PREP FR RECIPE	1.73	20	1 piece	29	17	91
CANDIES, FUDGE, CHOC MARSHMLLW, W/ NUTS, PREP FR RECIPE	2.15	28	1 oz	48	22	134
CANDIES, FUDGE, CHOC, PREP FR RECIPE	2.98	17	1 piece	23	8	70
CANDIES, FUDGE, CHOC, W/ NUTS, PREP FR RECIPE	4.69	28	1 oz	52	11	131
CANDIES, FUDGE, Pnut BUTTER, PREP FR RECIPE	1.01	16	1 piece	19	19	62
CANDIES, FUDGE, VANILLA W/ NUTS	2.45	28	1 oz	29	12	123
CANDIES, FUDGE, VANILLA, PREP FR RECIPE	1.04	28	1 oz	14	13	109
CANDIES, GOOBERS CHOC COVERED Pnuts, NESTLE	13.94	39	1 pkg, 1.375 oz	196	14	200
CANDIES, GUMDROPS, STARCH JELLY PIECES	0.11	182	1 cup	9	80	721
CANDIES, HALAVAH, PLAIN	0.96	28	1 oz	53	55	133
CANDIES, HARD	0.13	28	1 oz	1	11	112
CANDIES, HEATH BITES	0.86	39	15 pieces	82	96	207
CANDIES, HERSHEY'S MILK CHOC W/ ALMOND BITES	6.36	39	17 pieces	184	29	214
CANDIES, JELLYBEANS	0.74	11	10 small	4	6	41
CANDIES, KIT KAT BIG KAT BAR, HERSHEY'S	4.59	55	1 bar, 1.94 oz	162	35	286
CANDIES, KIT KAT WAFER BAR	4.28	42	1 bar, (1.5 oz)	97	23	218
CANDIES, KRACKEL CHOC BAR	1.66	41	1 bar, 1.45 oz	133	80	210
CANDIES, M&M'S MILK CHOC CANDIES, MARS	4.28	208	1 cup	543	127	1023
CANDIES, M&M'S Pnut CHOC CANDIES, MARS	6.94	54	1 singles bag	187	27	278
CANDIES, MARS ALMOND BAR, MARS	1.91	50	1 bar, (1.76 oz)	162	85	234
CANDIES, MARSHMALLOWS	0.06	50	1 cup, of miniature	2	40	159

Sweets

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CANDIES, MILK CHOC	4.71	168	1 cup, chips	625	133	899
CANDIES, MILK CHOC COATD COFFEE BNS	5.9	28	1 oz	117	20	156
CANDIES, MILK CHOC COATD PNUTS	12.24	149	1 cup	748	61	773
CANDIES, MILK CHOC COATD RAISINS	14.28	180	1 cup	925	65	702
CANDIES, MILK CHOC, W/ALMONDS	6	41	1 bar, (1.45 oz)	182	30	216
CANDIES, MILK CHOC, W/RICE CRL	4.3	40	1 bar, (1.4 oz)	148	34	204
CANDIES, MILKY WAY BAR, MARS	0.74	58	2.05 oz bar	72	97	264
CANDIES, MOUNDS CANDY BAR	2.21	19	1 bar, snack size	61	28	92
CANDIES, MR. GOODBAR CHOC BAR	9.61	49	1 bar, (1.75 oz)	193	20	264
CANDIES, OH HENRY! BAR, NESTLE	1.34	57	1 bar, 2 oz	148	110	263
CANDIES, PEANUT BAR	2.61	28	1 oz	115	44	148
CANDIES, PNUT BRITTLE, PREP FR RECIPE	0.38	28	1 oz	48	126	138
CANDIES, PRALINE, PREP FR RECIPE	4.52	39	1 piece	85	19	189
CANDIES, REESE'S BITES	2.13	39	16 pieces	149	70	203
CANDIES, REESE'S FAST BREAK, CANDY BAR	0.8	56	1 bar	144	180	277
CANDIES, REESE'S NUTRAGEOUS CANDY BAR	2.58	54	1 bar, 1.92 oz	197	76	279
CANDIES, REESE'S PIECES CANDY	1.85	47	.25 cup	169	91	234
CANDIES, REESE'S PNUT BUTTER CUPS	0.96	17	1 pkg, 0.6 oz 1 cup	58	61	88
CANDIES, REESE'S, FAST BREAK, MILK CHOC PNT BTR & SFT NUGTS	0.86	56	2 oz, bar	159	185	265
CANDIES, REESESTICKS CRISPY WAFERS, PNUT BUT, MILK CHOC, HERSHEY'S	1.12	42	1.5 oz	124	111	219
CANDIES, ROLO CARAMELS IN MILK CHOC	1	48	1 pkg, 1 pkg	90	90	228
CANDIES, SEMISWEET CHOC	33.18	168	1 cup, chips (6 oz pkg)	613	18	806

Sweets

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CANDIES, SESAME CRUNCH	1.84	28	1 oz	87	47	146
CANDIES, SKITTLES ORIGINAL BITE SIZE CAND, MARS	0.8	62	2.17 oz pack	7	9	251
CANDIES, SKOR TOFFEE BAR	0.48	39	1 bar, 1.4 oz	60	124	209
CANDIES, SNICKERS BAR, MARS	1.35	57	1 bar, (2 oz)	184	136	280
CANDIES, SOFT FRUIT & NUT SQUARES	0.63	42	3 pieces	34	55	164
CANDIES, SPL DK CHOC BAR	83.67	41	1 bar, 1.45 oz	206	2	228
CANDIES, STARBURST FRUIT CHEWS, ORIG FRUIT, MARS	1	40	fun size (8 chews)	1	1	163
CANDIES, SUGAR-COATED ALMONDS	19.62	4	1 piece	9	0	17
CANDIES, SWEET CHOCOLATE	18.12	28	1 oz	82	5	144
CANDIES, SWT CHOC COATD FONDANT	6.46	43	1 patty, large	72	11	157
CANDIES, SYMPHONY MILK CHOC BAR	4.34	42	1 bar, 1.5 oz	184	42	223
CANDIES, TAFFY, PREP FR RECIPE	0.06	15	1 piece	0	8	60
CANDIES, TOFFEE, PREP FR RECIPE	0.38	12	1 piece	6	16	67
CANDIES, TOOTSIE ROLL, CHOCOLATE-FLAVOR ROLL	2.64	40	6 pieces	46	18	155
CANDIES, TRUFFLES, PREP FR RECIPE	4.37	12	1 piece	36	8	61
CANDIES, TWIX CARAMEL COOKIE BARS, MARS	0.94	57	1 pkg, (2 oz)	106	113	286
CANDIES, TWIX PNUIT BUTTER COOKIE BARS, MARS	1.17	54	1 pkg, (1.89 oz, 2 bars)	143	122	289
CANDIES, TWIZZLERS CHERRY BITES	0.05	40	18 pieces	6	104	135
CANDIES, WHATCHAMACALLIT CANDY BAR	1.01	48	1 bar, 1.7 oz	145	144	237
CANDIES, WHITE CHOC	3.18	170	1 cup, chips	486	153	916
CANDIES, YORK BITES	2.35	39	15 pieces	42	18	154
CANDIES, YORK PEPPERMINT PATTIE	3.96	43	1 patty, 1.5 oz	48	12	165
CHEWING GUM	2	3	1 stick	0	0	11
CHEX MIX, GENERAL MILLS, TRADITIONAL FLAVOR	0.26	28	1 oz	56	210	120
CHIPS, BANANA CHIPS	89.33	28	1 oz	152	2	147

Sweets

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CHIPS, CORN-BASE, EXTRUD, BBQ-FLAVOR, W/ENR MASA FLR	0.31	28	1 oz	67	216	148
CHIPS, CORN-BASED, EXTRUD, BBQ-FLAVOR	0.31	28	1 oz	67	216	148
CHIPS, CORN-BASED, EXTRUD, PLN	0.25	28	1 oz	38	155	147
CHIPS, TARO CHIPS	2.21	28	1 oz	214	97	141
CHIPS, TORTILLA CHIPS, LOFAT, BKD WO/FAT	0.65	28	1 oz	77	119	118
CHIPS, TORTILLA CHIPS, LOFAT, UNSALTED	18.13	28	1 oz	77	4	118
CHIPS, TORTILLA CHIPS, NACHO CHS	0.39	28	1 oz	67	174	146
CHIPS, TORTILLA CHIPS, NACHO-FLAVOR, RED FAT	0.27	28	1 oz	77	284	126
CHIPS, TORTILLA CHIPS, PLAIN	0.51	28	1 oz	61	119	139
CHIPS, TORTILLA CHIPS, RANCH-FLAVOR	0.5	28	1 oz	73	147	142
CHIPS, TORTILLA CHIPS, TACO-FLAVOR	0.28	28	1 oz	62	223	136
CHOCOLATE, DK, 45- 59% CACAO SOL	23.29	28	1 oz	158	7	155
CHOCOLATE, DK, 60-69% CACAO SOL	56.7	28	1 oz	161	3	164
CHOCOLATE, DK, 70-85% CACAO SOL	35.75	28	1 oz	203	6	170
CHOCOLATE-FLAVORED HAZELNUT SPRD	9.93	37	2 tbsp	151	15	200
COCOA, DRY PDR, HI-FAT OR BRKFST, PLN	78.7	5	1 tbsp	85	1	26
COCOA, DRY PDR, HI-FAT OR BRKFST, PROC W/ALKALI	125.45	6	1 tbsp, Ghirardelli	151	1	29
COCOA, DRY PDR, UNSWTND	72.57	86	1 cup	1311	18	196
COCOA, DRY PDR, UNSWTND, PROC W/ALKALI	132.05	86	1 cup	2158	16	189
CONES, CORN-BASED, EXTRUDED, PLN	0.08	28	1 oz	23	290	145
CORN CAKES	0.32	9	1 cake	14	44	35
CORN CAKES, VERY LO NA	5.61	9	1 cake	14	3	35
CORNNUTS, BARBECUE-FLAVOR	0.48	28	1 oz	81	170	124
CORNNUTS, NACHO-FLAVOR	0.49	28	1 oz	88	180	124
CORNNUTS, PLAIN	0.49	28	1 oz	79	160	126
CUSTARD, EGG CUSTARD, BKD, PREP FR RECIPE	2.43	141	.5 cup	209	86	147
CUSTARD, EGG CUSTARD, DRY MIX, PREP W/ 2% MILK	2.46	141	.5 cup	302	123	158

Sweets

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
FLAN, CARAMEL CUSTARD, DRY MIX, PREP W/ 2% MILK	1.44	141	.5 cup	229	159	145
FROSTINGS, CHOC, CREAMY, DRY MIX, PREP W/ BUTTER	1.15	33	2 tbsp	47	41	135
FROSTINGS, CHOC, CREAMY, DRY MIX, PREP W/ MARGARINE	0.88	33	2 tbsp	47	54	133
FROSTINGS, CHOC, CREAMY, RTE	1.07	41	2 tbsp	80	75	163
FROSTINGS, COCONUT-NUT, RTE	0.95	38	2 tbsp	71	74	165
FROSTINGS, CRM CHEESE-FLAVOR, RTE	0.18	33	2 tbsp	12	63	137
FROSTINGS, VANILLA, CREAMY, DRY MIX, PREP W/ MARGARINE	0.09	33	2 tbsp	3	38	136
FROSTINGS, WHITE, FLUFFY, DRY MIX, PREP W/H2O	0.49	315	1 pkg	243	491	769
FROZEN NOVELTIES, FRUIT & JUC BARS	13.25	77	1 bar, (2.5 fl oz)	41	3	67
FROZEN NOVELTIES, ICE TYPE, FRUIT, NO SUGAR ADDED	5.2	51	1 bar	13	3	12
FROZEN NOVELTIES, ICE TYPE, ITALIAN, REST-PREP	1.5	29	1 fl oz	2	1	15
FROZEN NOVELTIES, ICE TYPE, LIME	0.14	99	.5 cup, (4 fl oz)	3	22	127
FROZEN NOVELTIES, ICE TYPE, PINEAPPLE-COCONUT	0.49	99	.5 cup, (4 fl oz)	17	35	112
FROZEN NOVELTIES, ICE TYPE, SUGAR FREE, ORNGE, CHRYS, & GRP POPSICLE	1.1	55	1.75 fl oz	6	6	12
FROZEN NOVELTIES, JUC TYPE, POPSICLE SCRIBBLERS	1.77	33	1.2 fl oz	8	4	27
FROZEN NOVELTIES, NO SUGAR ADDED, FUDGESICLE	1.92	84	1 serving	165	86	88
FRUIT BUTTERS, APPLE	6.07	282	1 cup	257	42	488
FRUIT LEATHER, PIECES	0.41	28	1 oz	46	114	102
FRUIT LEATHER, ROLLS	0.93	21	1 large	62	67	78
GELATIN DSSRT, DRY MIX, PREP W/ H2O	0.01	540	1 pkg, 3 oz, yields 2 cups	5	405	335
GELATIN DSSRT, DRY MIX, RED CAL, W/ ASPRT, PREP W/ H2O	0.02	117	.5 cup	1	56	23
GRAIN BAR, KUDOS WHL GRAIN BARS, CHOC CHIP, M&M MARS	1.13	28	1 bar	78	69	118

Sweets

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
GRANOLA BAR, FRUIT-FILLED, NONFAT	9.17	28	1 oz	62	7	97
GRANOLA BAR, LOFAT, KELLOGG'S, CRUNCHY ALMD/BRN SUGAR	0.86	37	1 bar	92	108	144
GRANOLA BARS, HARD, ALMOND	1.07	28	1 oz	77	73	140
GRANOLA BARS, HARD, CHOC CHIP	0.73	28	1 oz	71	98	124
GRANOLA BARS, HARD, PEANUT	1.1	28	1 oz	86	79	136
GRANOLA BARS, HARD, PLAIN	1.14	21	1 bar	71	62	99
GRANOLA BARS, HARD, PNUT BUTTER	1.03	28	1 oz	82	80	137
GRANOLA BARS, OATS, FRUITS & NUT	0.95	28	1 oz	67	71	113
GRANOLA BARS, SOFT, COATD, MILK CHOC COATING, CHOC CHIP	1.56	35	1 bar, (1.25 oz)	110	70	163
GRANOLA BARS, SOFT, COATD, MILK CHOC COATING, PNUT BUTTER	1.76	28	1 oz	96	55	144
GRANOLA BARS, SOFT, UNCOATED, CHOC CHIP	1.32	43	1 bar, (1.5 oz)	102	77	180
GRANOLA BARS, SOFT, UNCOATED, CHOC CHIP, GRAHAM & MARSHMLLW	0.87	28	1 bar, (1 oz)	77	88	120
GRANOLA BARS, SOFT, UNCOATED, NUT & RAISIN	1.54	28	1 bar, (1 oz)	110	71	127
GRANOLA BARS, SOFT, UNCOATED, PLN	1.17	28	1 bar, (1 oz)	91	78	124
GRANOLA BARS, SOFT, UNCOATED, PNUT BUTTER	0.71	28	1 bar, (1 oz)	81	115	119
GRANOLA BARS, SOFT, UNCOATED, PNUT BUTTER & CHOC CHIP	1.15	28	1 bar, (1 oz)	106	92	121
GRANOLA BARS, SOFT, UNCOATED, RAISIN	1.28	43	1 bar, (1.5 oz)	156	121	193
HONEY	13	339	1 cup	176	14	1031
ICE CREAMS, CHOC	3.28	58	3.5 fl oz	144	44	125
ICE CREAMS, CHOC, LT	2.39	68	1/2 cup	116	48	127
ICE CREAMS, CHOC, LT, NO SUGAR ADDED	2.61	72	1/2 cup	141	54	125
ICE CREAMS, FRENCH VANILLA, SOFT-SERVE	2.9	86	.5 cup, (4 fl oz)	152	52	191
ICE CREAMS, REG, LO CARB, CHOC	3.28	58	3.5 fl oz	144	44	137
ICE CREAMS, REG, LO CARB, VANILLA	4.15	58	3.5 fl oz	115	28	125
ICE CREAMS, STRAWBERRY	3.13	58	3.5 fl oz	109	35	111
ICE CREAMS, VANILLA	2.49	66	1/2 cup	131	53	137

Sweets

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
ICE CREAMS, VANILLA, FAT FREE	3.11	67	.5 cup	202	65	92
ICE CREAMS, VANILLA, LT	2.81	76	1/2 cup	158	56	137
ICE CREAMS, VANILLA, LT, NO SUGAR ADDED	2.04	68	1/2 cup	133	65	115
ICE CREAMS, VANILLA, LT, SOFT-SERVE	3.16	88	1/2 cup	194	62	111
ICE CREAMS, VANILLA, RICH	2.57	107	.5 cup	168	65	266
JAMS & PRESERVES	2.41	20	1 tbsp	15	6	56
JAMS & PRESERVES, APRICOT	1.92	20	1 tbsp	15	8	48
JELLIES	1.8	21	1 tbsp	11	6	56
MARMALADE, ORANGE	0.66	320	1 cup	118	179	787
MOLASSES	39.57	337	1 cup	4934	125	977
MOUSSE, CHOC, PREP FR RECIPE	3.76	202	.5 cup	289	77	454
NUTRI-GRAIN CRL BARS, FRUIT, KELLOGG'S	0.7	37	1 bar	82	117	120
PECTIN, UNSWTND, DRY MIX	0.04	50	1 pkg, (1.75 oz)	4	100	162
PIE FILLINGS, APPL, CND	0.96	595	1 can, (21 oz)	268	280	595
PIE FILLINGS, CHERRY, CND	5.83	595	1 can, (21 oz)	625	107	684
POPCORN, AIR-POPPED	41.12	8	1 cup	26	1	31
POPCORN, AIR-POPPED, WHITE POPCORN	75.25	8	1 cup	24	0	31
POPCORN, CAKES	1.14	10	1 cake	33	29	38
POPCORN, CARAMEL-COATED, W/ PNUTS	1.2	28	1 oz, (approx 2/3 cup)	101	84	113
POPCORN, CARAMEL-COATED, WO/ PNUTS	0.53	28	1 oz	31	58	122
POPCORN, CHEESE-FLAVOR	0.29	11	1 cup	29	98	58
POPCORN, OIL-POPPED	0.17	11	1 cup	20	116	64
POPCORN, OIL-POPPED, WHITE POPCORN, SALT ADDED	0.25	11	1 cup	25	97	55
POPCORN, SUGAR SYRUP/CARAMEL, FAT-FREE	0.38	28	1 oz	31	81	108
PORK SKINS, BBQ-FLAVOR	0.07	28	1 oz	51	756	153
PORK SKINS, PLAIN	0.07	28	1 oz	36	515	154
POTATO CHIPS, BBQ-FLAVOR	1.96	28	1 oz	357	182	139
POTATO CHIPS, CHEESE-FLAVOR	3.34	28	1 oz	433	130	141
POTATO CHIPS, FAT FREE, SALTED	2.53	28	1 oz	462	182	107

Sweets

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
POTATO CHIPS, FAT-FREE, W/OLESTRA	2.09	28	1 oz	329	157	78
POTATO CHIPS, FRM DRIED POTATOES, FAT-FREE, W/ OLESTRA	2.17	28	1 oz	264	122	72
POTATO CHIPS, MADE FR DRIED POTATOES, CHEESE-FLAVOR	0.64	28	1 oz	108	170	156
POTATO CHIPS, MADE FR DRIED POTATOES, SOUR-CREAM & ONION-FLAVOR	0.92	28	1 oz	141	153	155
POTATO CHIPS, MADE FROM DRIED POTATOES, LT	1.85	28	1 oz	215	117	142
POTATO CHIPS, MADE FROM DRIED POTATOES, PLN	1.94	28	1 oz	213	110	158
POTATO CHIPS, PLAIN, SALTED	3.42	28	1 oz	466	136	154
POTATO CHIPS, PLAIN, UNSALTED	159.38	28	1 oz	361	2	152
POTATO CHIPS, RED FAT	3.54	28	1 oz	494	139	134
POTATO CHIPS, SOUR-CREAM-AND-ONION-FLAVOR	2.42	28	1 oz	377	156	151
POTATO CHIPS, WO/SALT, RED FAT	218	28	1 oz	494	2	138
POTATO STKS	1.95	28	1 oz	351	179	148
PRETZELS, COMBOS SNACKS CHEDDAR CHS PRETZEL, M&M MARS	0.08	28	1 oz	37	440	131
PRETZELS, HARD, CONFECTIONER'S COATING, CHOCOLATE-FLAVOR	0.4	28	1 oz	64	161	130
PRETZELS, HARD, PLN, MADE W/ ENR FLR, UNSALTED	0.51	28	1 oz	41	82	108
PRETZELS, HARD, PLN, MADE W/UNENR FLR, SALTED	0.09	28	1 oz	41	486	108
PRETZELS, HARD, PLN, MADE W/UNENR FLR, UNSALTED	0.51	28	1 oz	41	82	108
PRETZELS, HARD, PLN, SALTED	0.11	28	1 oz	39	359	108
PUDDINGS, BANANA, DRY MIX, REG, PREP W/ 2% MILK	0.84	142	.5 cup	195	233	143
PUDDINGS, CHOC, DRY MIX, INST, PREP W/ 2% MILK	0.59	142	.5 cup	239	403	149
PUDDINGS, CHOC, DRY MIX, REG, PREP W/ 2% MILK	1.53	128	.5 cup	200	131	142
PUDDINGS, CHOC, RTE	1.21	28	1 oz	52	43	40
PUDDINGS, CHOC, RTE, FAT FREE	1.89	113	4 oz	235	124	105
PUDDINGS, COCNT CRM, DRY MIX, REG	0.2	88	1 pkg, (3.12 oz)	117	600	382

Sweets

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
PUDDINGS, COCNT CRM, DRY MIX, REG, PREP W/ 2% MILK	0.98	140	.5 cup	223	228	146
PUDDINGS, LEMON, DRY MIX, REG	0.01	85	1 pkg, (3 oz)	4	430	309
PUDDINGS, LEMON, DRY MIX, REG, PREP W/ SUGAR, EGG YOLK & H2O	0.1	127	.5 cup	8	80	138
PUDDINGS, RICE, DRY MIX, PREP W/ 2% MILK	1.19	128	.5 cup	166	140	142
PUDDINGS, RICE, RTE	0.49	28	1 oz	17	35	33
PUDDINGS, TAPIOCA, DRY MIX, PREP W/ 2% MILK	1.1	128	.5 cup	170	155	134
PUDDINGS, TAPIOCA, DRY MIX, W/ NO ADDED SALT	0.62	92	1 pkg, (3.5 oz)	5	7	339
PUDDINGS, TAPIOCA, RTE	0.63	28	1 oz	26	41	37
PUDDINGS, TAPIOCA, RTE, FAT FREE	0.37	112	1 container, 4 oz	78	209	105
PUDDINGS, VANILLA, DRY MIX, REG, PREP W/ 2% MILK	0.86	128	.5 cup	175	204	129
PUDDINGS, VANILLA, RTE	0.46	28	1 oz	18	40	37
PUDDINGS, VANILLA, RTE, FAT FREE	0.57	99	3.5 oz	107	189	88
PUFFS OR TWISTS, CHEESE PUFFS & TWISTS, CORN BSD, BKD, LOFAT	0.34	28	1 oz	81	240	122
PUFFS OR TWISTS, CORN-BASED, EXTRUD, CHEESE-FLAVOR	0.2	28	1 oz	54	263	160
RENNIN, CHOC, DRY MIX	2.3	9	1 tbsp	39	17	33
RENNIN, TABLETS, UNSWTND	0.01	10	1 pkg, (0.35 oz)	29	2579	8
RENNIN, VANILLA, DRY MIX	0.5	11	1 tbsp	0	1	41
RICE BAR, CRISPED, ALMOND	0.98	28	1 bar, (1 oz)	64	66	128
RICE BAR, CRISPED, CHOC CHIP	0.6	28	1 bar, (1 oz)	47	78	113
RICE CAKES, BROWN RICE, BUCKWHEAT	2.58	9	1 cake	27	10	34
RICE CAKES, BROWN RICE, BUCKWHEAT, UNSALTED	74.75	9	1 cake	27	0	34
RICE CAKES, BROWN RICE, CORN	1.65	9	1 cake	25	15	35
RICE CAKES, BROWN RICE, MULTIGRAIN	1.17	9	1 cake	26	23	35
RICE CAKES, BROWN RICE, MULTIGRAIN, UNSALTED	73.5	9	1 cake	26	0	35

Sweets

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
RICE CAKES, BROWN RICE, PLN	0.89	9	1 cake	26	29	35
RICE CAKES, BROWN RICE, PLN, UNSALTED	11.15	9	1 cake	26	2	35
RICE CAKES, BROWN RICE, RYE	2.83	9	1 cake	28	10	35
RICE CAKES, BROWN RICE, SESAME SD	1.28	9	1 cake	26	20	35
RICE CAKES, BROWN RICE, SESAME SD, UNSALTED	72.5	9	1 cake	26	0	35
RICE KRISPIES TREATS SQUARES, KELLOGG'S	0.11	37	1 bar	14	130	153
SESAME STKS, WHEAT-BASED, SALTED	0.12	28	1 oz	50	422	153
SESAME STKS, WHEAT-BASED, UNSALTED	6.1	28	1 oz	50	8	153
SHERBET, ORANGE	2.09	74	.5 cup, (4 fl oz)	71	34	107
SUGAR, TURBINADO	9.67	5	1 tsp	1	0	18
SUGARS, BROWN	4.75	220	1 cup, packed	293	62	836
SUGARS, GRANULATED	2	3	1 packet	0	0	11
SUGARS, MAPLE	24.91	3	1 tsp	8	0	11
SUGARS, POWDERED	1	120	1 cup, unsifted	2	2	467
SWEETENERS, AGAVE SYRUP	1	7	1 tsp	0	0	21
SWEETENERS, FOR BAKING, BROWN, CONTAINS SUGAR & SUCRALOSE	11.82	13	1 tbsp	17	1	50
SWEETENERS, FOR BAKING, CONTAINS SUGAR & SUCRALOSE	1	15	1 tbsp	0	0	58
SWEETENERS, SUGAR SUB, GRANULATED, BROWN	0.07	1	1 tsp	0	3	2
SWEETENERS, TABLETOP, ASPRT, EQUAL PACKETS	∞	1	1 packet	0	0	4
SWEETENERS, TABLETOP, SUCRALOSE, SPLENDA PACKETS	∞	1	1 packet	0	0	3
SYRUPS, CHOC, FUDGE-TYPE	0.82	38	2 tbsp	108	131	133
SYRUPS, CHOC, HERSHEY'S GENUINE CHOC FLAV LITE SYRUP	1.87	35	2 tbsp	65	35	54
SYRUPS, CORN, DK	0.28	20	1 tbsp	9	31	57
SYRUPS, CORN, LT	0.02	22	1 tbsp	0	14	62
SYRUPS, MALT	9.14	21	1 tbsp	67	7	67
SYRUPS, MAPLE	17.67	20	1 tbsp	42	2	52
SYRUPS, MAPLE, CANADIAN	25	20	1 tbsp	45	2	54

Sweets

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
SYRUPS, SORGHUM	125	21	1 tbsp	210	2	61
SYRUPS, TABLE BLENDS, CANE & 15% MAPLE	0.51	20	1 tbsp	11	21	56
SYRUPS, TABLE BLENDS, PANCAKE	0.18	20	1 tbsp	3	16	47
SYRUPS, TABLE BLENDS, PANCAKE, RED-CAL	0.02	15	1 tbsp	0	27	25
SYRUPS, TABLE BLENDS, PANCAKE, W/2% MAPLE	0.1	20	1 tbsp	1	12	53
SYRUPS, TABLE BLENDS, PANCAKE, W/BUTTER	0.03	20	1 tbsp	1	20	59
TOPPINGS, BUTTERSCOTCH OR CARAMEL	0.24	41	2 tbsp	34	143	103
TOPPINGS, MARSHMLLW CRM	0.06	28	1 oz	1	23	91
TOPPINGS, NUTS IN SYRUP	3.6	41	2 tbsp	62	17	184
TOPPINGS, PINEAPPLE	1.02	42	2 tbsp	18	18	106
TOPPINGS, STRAWBERRY	2.43	42	2 tbsp	21	9	107
TRAIL MIX, REG, UNSALTED	68.5	150	1 cup	1028	15	693
TRAIL MIX, REG, W/CHOC CHIPS, SALTED NUTS&SEEDS	5.36	146	1 cup	946	177	707
TRAIL MIX, REG, W/CHOC CHIPS, UNSALTED NUTS&SEEDS	24	146	1 cup	946	39	707
TRAIL MIX, REGULAR	2.99	150	1 cup	1028	344	693
TRAIL MIX, TROPICAL	7.46	140	1 cup	993	133	619
YOGURT, FROZEN YOGURT, CHOC, SOFT-SERVE	2.66	72	.5 cup, (4 fl oz)	188	71	115
YOGURT, FROZEN YOGURT, VANILLA, SOFT-SERVE	2.43	72	.5 cup	152	63	114

Cereals & Grains

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
cAMARANTH GRAIN, CKD	22.5	246	1 cup	332	15	251
ARROWROOT FLOUR	5.5	128	1 cup	14	3	457
BARLEY FLOUR OR MEAL	77.2	148	1 cup	457	6	511
BARLEY MALT FLR	20.4	162	1 cup	363	18	585
BARLEY, HULLED	37.7	184	1 cup	832	22	651
BARLEY, PEARLED, COOKED	31	157	1 cup	146	5	193
BUCKWHEAT	460	170	1 cup	782	2	583
BUCKWHEAT FLR, WHOLE-GROAT	52.5	120	1 cup	692	13	402
BUCKWHEAT GROATS, RSTD, CKD	22	168	1 cup	148	7	155
BULGUR, COOKED	13.6	182	1 cup	124	9	151
CORN BRAN, CRUDE	6.3	76	1 cup	33	5	170
CORN FLR, DEGERMED, UNENR, YEL	90	126	1 cup	113	1	472
CORN FLR, MASA, ENR, WHITE	52.6	114	1 cup	300	6	416
CORN FLR, MASA, ENR, YEL	52.6	114	1 cup	300	6	416
CORN FLR, MASA, UNENR, WHITE	52.6	114	1 cup	300	6	416
CORN FLR, WHOLE-GRAIN, BLUE (HARINA DE MAIZ MORADO)	76.2	6.9	1 tbsp	26	0	25
CORN FLR, WHOLE-GRAIN, WHITE	63	117	1 cup	369	6	422
CORN FLR, WHOLE-GRAIN, YEL	63	117	1 cup	369	6	422
CORN, WHITE	8.2	166	1 cup	476	58	606
CORN, YELLOW	8.2	166	1 cup	476	58	606
CORNMEAL, DEGERMED, ENR, WHITE	20.3	157	1 cup	223	11	581
CORNMEAL, DEGERMED, ENR, YEL	20.3	157	1 cup	223	11	581
CORNMEAL, DEGERMED, UNENR, WHITE	20.3	157	1 cup	223	11	581
CORNMEAL, DEGERMED, UNENR, YEL	20.3	157	1 cup	223	11	581
CORNMEAL, SELF-RISING, BOLTED, PLN, ENR, WHITE	0.2	122	1 cup	311	1521	407
CORNMEAL, SELF-RISING, BOLTED, PLN, ENR, YEL	0.2	122	1 cup	311	1521	407
CORNMEAL, SELF-RISING, BOLTED, W/WHEAT FLR, ENR, WHITE	0.16	170	1 cup	352	2242	592
CORNMEAL, SELF-RISING, BOLTED, W/WHEAT FLR, ENR, YEL	0.16	170	1 cup	352	2242	592
CORNMEAL, SELF-RISING, DEGERMED, ENR, WHITE	0.13	138	1 cup	235	1860	490
CORNMEAL, SELF-RISING, DEGERMED, ENR, YEL	0.13	138	1 cup	235	1860	490
CORNMEAL, WHOLE-GRAIN, WHITE	8.2	122	1 cup	350	43	442
CORNMEAL, WHOLE-GRAIN, YEL	8.2	122	1 cup	350	43	442
CORNSTARCH	0.33	128	1 cup	4	12	488
COUSCOUS, COOKED	11.6	157	1 cup, cooked	91	8	176
HOMINY, CANNED, WHITE	0.03	165	1 cup	15	569	119
HOMINY, CANNED, YELLOW	0.03	160	1 cup	14	552	115
KAMUT, CKD	33.7	172	1 cup	347	10	251

Cereals & Grains

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
MACARONI, COOKED	44	140	1 cup, elbow shaped	62	1	221
MACARONI, PROTEIN-FORTIFIED, CKD, ENR	8.4	115	1 cup, small shells	48	6	189
MACARONI, VEG, CKD, ENR	5.2	134	1 cup, spiral shaped	42	8	172
MACARONI, WHOLE-WHEAT, CKD	14.7	140	1 cup, elbow shaped	62	4	174
MILLET FLR	56	119	1 cup	267	5	444
MILLET, COOKED	31	174	1 cup	108	3	207
NOODLES, CHINESE, CHOW MEIN	0.14	28	.5 cup, dry	34	237	129
NOODLES, EGG, CKD, ENR	7.6	160	1 cup	61	8	221
NOODLES, EGG, CKD, ENR, W/ SALT	0.23	160	1 cup	61	264	221
NOODLES, EGG, CKD, UNENR, W/ SALT	0.23	160	1 cup	61	264	221
NOODLES, EGG, CKD, UNENR, WO/ SALT	7.6	160	1 cup	61	8	221
NOODLES, EGG, SPINACH, CKD, ENR	3.1	160	1 cup	59	19	211
NOODLES, FLAT, CRUNCHY, CHINESE RESTAURANT	0.24	45	1 cup	40	170	234
NOODLES, JAPANESE, SOBA, CKD	0.58	114	1 cup	40	68	113
NOODLES, JAPANESE, SOMEN, CKD	0.18	176	1 cup	51	283	231
OAT BRAN, COOKED	92	219	1 cup	201	2	88
OAT BRAN, RAW	141.5	94	1 cup	532	4	231
OAT FLR, PART DEBRANDED	19.5	100	3.5 oz	371	19	404
OATS	214.5	156	1 cup	669	3	607
PASTA, CORN, COOKED	∞	140	1 cup	43	0	176
PASTA, FRESH-REFRIGERATED, PLN, CKD	4	57	2 oz	14	3	75
PASTA, FRESH-REFRIGERATED, SPINACH, CKD	6.2	57	2 oz	21	3	74
QUINOA, CKD	24.6	185	1 cup	318	13	222
RICE BRAN, CRUDE	297	118	1 cup	1752	6	373
RICE FLOUR, BROWN	36.1	158	1 cup	457	13	574
RICE FLOUR, WHITE	∞	158	1 cup	120	0	578
RICE NOODLES, COOKED	0.21	176	1 cup	7	33	192
RICE, BROWN, LONG-GRAIN, CKD	8.6	195	1 cup	84	10	216
RICE, BROWN, MEDIUM-GRAIN, CKD	79	195	1 cup	154	2	218
RICE, WHITE, GLUTINOUS, CKD	2	174	1 cup	17	9	169
RICE, WHITE, LONG-GRAIN, PARBLD, ENR, CKD	28	158	1 cup	88	3	194
RICE, WHITE, LONG-GRAIN, PARBLD, UNENR, CKD	28	158	1 cup	88	3	194

Cereals & Grains

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
RICE, WHITE, LONG-GRAIN, PRECOOKED OR INST, ENR, PREP	2.25	165	1 cup	15	7	193
RICE, WHITE, LONG-GRAIN, REG, CKD, UNENR, WO/SALT	35	158	1 cup	55	2	205
RICE, WHITE, LONG-GRAIN, REG, CKD, ENR, W/SALT	0.09	158	1 cup	55	604	205
RICE, WHITE, LONG-GRAIN, REG, CKD, UNENR, W/SALT	0.09	158	1 cup	55	604	205
RICE, WHITE, LONG-GRAIN, REG, CKD, UNENR, WO/SALT	35	158	1 cup	55	2	205
RICE, WHITE, MEDIUM-GRAIN, CKD	∞	186	1 cup	54	0	242
RICE, WHITE, MEDIUM-GRAIN, CKD, UNENR	∞	186	1 cup	54	0	242
RICE, WHITE, SHORT-GRAIN, CKD	∞	186	1 cup	48	0	242
RICE, WHITE, SHORT-GRAIN, CKD, UNENR	∞	205	1 cup	53	0	266
RICE, WHITE, STMD, CHINESE RESTAURANT	4	132	1 cup, loosely packed	26	7	199
RICE, WHITE, W/PASTA, CKD	0.07	202	1 cup	85	1147	246
RYE	255	169	1 cup	862	3	571
RYE FLOUR, DARK	358.5	128	1 cup	918	3	416
RYE FLOUR, LIGHT	112	102	1 cup	228	2	364
RYE FLOUR, MEDIUM	187	102	1 cup	381	2	356
SEMOLINA, ENRICHED	186	167	1 cup	311	2	601
SEMOLINA, UNENRICHED	186	167	1 cup	311	2	601
SORGHUM	58.3	192	1 cup	672	12	651
SORGHUM FLR	77.8	121	1 cup	376	5	437
SPAGHETTI, CKD, ENR, W/ SALT	0.34	140	1 cup	62	183	220
SPAGHETTI, CKD, ENR, WO/ SALT	44	140	1 cup	62	1	221
SPAGHETTI, CKD, UNENR, W/ SALT	0.34	140	1 cup	62	183	220
SPAGHETTI, CKD, UNENR, WO/ SALT	44	140	1 cup	62	1	221
SPAGHETTI, PROTEIN-FORTIFIED, CKD, ENR	8.4	140	1 cup	59	7	230
SPAGHETTI, SPINACH, COOKED	4.1	140	1 cup	81	20	182
SPAGHETTI, WHOLE-WHEAT, CKD	14.7	140	1 cup	62	4	174
SPELT, CKD	28.6	194	1 cup	277	10	246
TAPIOCA, PEARL, DRY	11	152	1 cup	17	2	544
TEFF, CKD	13.4	252	1 cup	270	20	255
TRITICALE	66.4	192	1 cup	637	10	645
TRITICALE FLR, WHOLE-GRAIN	233	130	1 cup	606	3	439
WHEAT BRAN, CRUDE	591	58	1 cup	686	1	125
WHEAT FLOUR, WHOLE-GRAIN	181.5	120	1 cup	436	2	408
WHEAT FLOUR, BREAD, UNENR	50	137	1 cup, unsifted, dipped	137	3	495
WHEAT FLR, WHITE, ALL-PURPOSE, ENR, BLEACHED	53.5	125	1 cup	134	2	455
WHEAT FLR, WHITE, ALL-PURPOSE, ENR, UNBLEACHED	53.5	125	1 cup	134	2	455
WHEAT FLR, WHITE, ALL-PURPOSE, SELF-RISING, ENR	0.1	125	1 cup	155	1491	442

Cereals & Grains

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
WHEAT FLR, WHITE, ALL-PURPOSE, UNENR	53.5	125	1 cup	134	2	455
WHEAT FLR, WHITE, BREAD, ENR	50	137	1 cup	137	3	495
WHEAT FLR, WHITE, CAKE, ENR	52.5	137	1 cup, unsifted, dipped	144	3	496
WHEAT FLR, WHITE, TORTILLA MIX, ENR	0.15	111	1 cup	111	751	450
WHEAT FLR, WHOLE-GRAIN, SOFT WHEAT	131.3	100	3.5 oz	394	3	332
WHEAT GERM, CRUDE	74.3	115	1 cup	1026	14	414
WHEAT, DURUM	215.5	192	1 cup	828	4	651
WHEAT, HARD RED SPRING	170	192	1 cup	653	4	632
WHEAT, HARD RED WINTER	181.5	192	1 cup	697	4	628
WHEAT, HARD WHITE	216	192	1 cup	829	4	657
WHEAT, SOFT RED WINTER	198.5	168	1 cup	667	3	556
WHEAT, SOFT WHITE	217.5	168	1 cup	731	3	571
WHEAT, SPROUTED	10.6	108	1 cup	183	17	214
RICE, WILD RICE, COOKED	33.7	164	1 cup	166	5	166

Snacks

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
CANDY BITS, YOGURT COVERED W/ VIT C	4.5	20	1 package	68	15	83
CANDY ROLLS, YOGURT-COVERED, FRUIT FLAV W/ HI VIT C	12.5	23	1 Roll	23	2	83
CHIPS, BAGEL CHIPS, PLN	0.6	28.35	1 oz	40	66	128
CHIPS, FRITOLAY, SUNCHIPS, MULTIGRAIN, FRENCH ONION FLAVOR	0.55	28.35	1 oz	73	132	141
CHIPS, FRITOLAY, SUNCHIPS, MULTIGRAIN, HARVEST CHEDDAR	0.34	28.35	1 oz	67	200	139
CHIPS, FRITOLAY, SUNCHIPS, MULTIGRAIN, ORIGINAL FLAVOR	0.55	28.35	1 oz	66	120	139
CHIPS, PITA CHIPS, SALTED	0.15	262	1 bag	338	2237	1197
CHIPS, PLANTAIN CHIPS, SALTED	3.9	28.35	1 oz	223	57	151
CHIPS, SOY CHIPS OR CRISPS, SALTED	0.01	28.35	1 oz	2	239	109
CHIPS, SWT POTATO CHIPS, UNSALTED	26.4	28.35	1 oz	262	10	151
CHIPS, TORTILLA CHIPS, YEL, PLN, SALTED	0.68	28.35	1 oz	59	86	141
CHIPS, VEG CHIPS, HAIN CELESTIAL GROUP, TERRA CHIPS	5.1	28.35	1 oz	359	70	147
CHIPS, VEG CHIPS, MADE FROM GARDEN VEG	0.87	28.35	1 oz	238	274	134
CHIPS, YUCCA (CASSAVA) CHIPS, SALTED	2.93	28.35	1 oz	246	84	146
CLIF BAR, MIXED FLAVORS	2.11	68	1 bar	280	133	235
FORMULATED BAR, HIGH FIBER, CHEWY, OATS AND CHOCOLATE	1.99	40	1 bar	179	90	140
FORMULATED BAR, LUNA BAR, NUTZ OVER CHOC	1.07	48	1 bar	198	185	193
FORMULATED BAR, MARS, SNICKERS MARATHON ENERGY BAR, ALL FLAVORS	0.92	55	1 bar	193	211	212
FORMULATED BAR, MARS, SNICKERS MARATHON PROT PERF BAR, CARMEL NUT RUSH	0.79	80	1 bar	150	190	332
FORMULATED BAR, NUTRI-GRAIN FRUIT & NUT BAR	1.68	32	1 bar	105	62	129
FORMULATED BAR, POWER BAR, CHOC	2.48	68	1 bar	246	99	247
FORMULATED BAR, SLIM-FAST OPTIMA MEAL BAR, MILK CHOC Pnut	1.14	55	1 bar	159	139	212
FORMULATED BAR, ZONE PERFECT CLASSIC CRUNCH BAR, MXD FLAVORS	0.56	50	1 bar	125	225	211
GRANOLA BAR, GENERAL MILLS NATURE VALLEY, SWE & SAL NUT	0.94	35	1 bar	136	145	170
GRANOLA BAR, QUAKER, DIPPS, ALL FLAVORS	0.86	31	1 bar	72	83	149
GRANOLA BAR, CHEWY, RED SUGAR, ALL FLAVORS	0.64	24	1 bar	48	75	99
GRANOLA BAR, GENERAL MILLS, NATURE VALLEY, YOGURT COATING	0.62	35	1 bar	59	95	148
GRANOLA BAR, KASHI GOLEAN, CHEWY, MXD FLAVORS	1.34	78	1 bar	335	250	304
GRANOLA BAR, KASHI GOLEAN, CRUNCHY, MXD FLAVORS	0.62	47	1 bar	141	228	185
GRANOLA BAR, KASHI TLC BAR, CHEWY, MXD FLAVORS	1.42	35	1 bar	145	103	150

Snacks

Food Item	Ratio	Serv Wt	Serv Amt	K	Na	Calories
GRANOLA BAR, KASHI TLC BAR, CRUNCHY, MXD FLAVORS	1.36	40	2 bar	218	160	178
GRANOLA BAR, QUAKER OATMEAL TO GO, ALL FLAVORS	0.65	60	1 bar	143	220	233
GRANOLA BAR, QUAKER, CHEWY, 90 CAL BAR	0.72	24	1 bar	54	75	98
GRANOLA BAR, SOFT, ALMOND, CONFECTIONERS COATING	0.66	35	1 bar	112	170	159
GRANOLA BITES, MXD FLAVORS	1.71	20	1 package	57	33	90
POPCORN, MICROWAVE, REG (BUTTER) FLAVOR, W/PARHYD OIL	0.28	7.9	1 cup	17	61	42
POPCORN, MICROWAVE, REG (BUTTER) FLAVOR, MADE W/ PALM OIL	0.6	87	1 bag	375	622	463
POPCORN, OIL-POPPED, LO FAT	0.27	28.35	1 oz	68	251	120
POPCORN, UNPOPPED KRNLs	39.1	28.35	1 oz	78	2	106
PRETZELS, SOFT, UNSALTED	0.13	143	1 large	126	987	483