

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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Here are foods with a potassium to sodium ratio between 1 and 3. These foods have a less than ideal ratio. They should be eaten as little as possible, or even avoided. 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. Use the Bookmarks tab in Adobe Reader to go directly to a group you are interested in. The groups are: Dairy, Spice, Fats & Oils, Poultry, Soups & Sauces, Sausages & Luncheon Meats, Breakfast Cereals, Fruit & Fruit Juice, Pork, Vegetables, Nuts, Beef, Beverages, Seafood, Legumes, Lamb & Veal & Game, Baked Goods, Sweets, Cereals & Grains, and Snacks

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 the 2 serving sizes entered by the USDA. It has the Serving Weight (S Wt 1 and S Wt 2) and Serving Amount (S Amt 1 and S Amt 2). 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 1 and K 2), the amount of sodium in a serving (Na 1 and Na 2), the calories in a serving (S Calories 1 and S Calories 2), and the ratio of potassium to sodium (Ratio). All the 1s go together and all the 2s go together. That is, S Wt 1 is the weight of the S Amt 1. K 1 is the amount of potassium in that serving. Na 1 is the amount of sodium in that serving. And S Calories 1 is the number of calories in that serving.

All these foods with a ratio between 1 and 3 are foods that make maintaining a favorable blood pressure more difficult. Limiting them makes it possible to get your daily ratio above 3 when combined with enough high ratio foods. 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 the high ratio foods with some of these that have a lower ratio, as long as the ratio for the day is high enough. But if many come from this list and the list of low ratio foods you will find it difficult to get enough of the high ratio foods to get the ratio above 3 for the day.

Eating just a few high ratio foods while continuing to eat a lot of lower 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 the foods on this list and the list of foods with a ratio below 1 will not do it.

But increasing the potassium and decreasing the sodium you get each day is the most efficient way to increase the all important ratio. So get enough of the foods from the high ratio list, as few as possible from the ratio below 1 list, and few enough from the foods with a ratio between 1 and 3 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

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DAIRY

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
BUTTER OIL, ANHYDROUS	2.5	205	1 cup	12.8	1 tbsp	10	1	4	0	1796	112
BUTTER, WITHOUT SALT	2.18	227	1 cup	14.2	1 tbsp	54	3	25	2	1628	102
CHEESE, GJETOST	2.35	28.35	1 oz	227	1 package, (8 oz)	399	3198	170	1362	132	1058
CHEESE, RICOTTA, PART SKIM MILK	1	246	1 cup	28.35	1 oz	308	35	308	35	339	39
CHEESE, RICOTTA, WHOLE MILK	1.25	246	1 cup	124	.5 cup	258	130	207	104	428	216
CREAM SUB, FLAV, LIQ	1.2	15	1 tbsp			14		12		38	
CREAM SUB, LIQ, W/HYDR VEG OIL&SOY PROT	2.42	240	1 cup	30	1 fl oz	458	57	190	24	326	41
CREAM SUB, LIQ, W/LAURIC ACID OIL&NA CASEINATE	2.42	15	1 container, individual	120	.5 cup	29	229	12	95	20	163
CREAM, FLUID, HVY WHIPPING	1.97	120	1 cup, whipped	238	1 cup, fluid (yields 2 cups whipped)	90	178	46	90	414	821
CREAM, FLUID, LT WHIPPING	2.85	120	1 cup, whipped	239	1 cup, fluid (yields 2 cups whipped)	116	232	41	81	350	698
CREAM, HALF & HALF, FAT FREE	2.06	29	2 tbsp	484	1 pint	60	997	29	484	17	286
CREAM, SOUR, CULTURED	1.76	230	1 cup	12	1 tbsp	324	17	184	10	444	23
CREAM, SOUR, RED FAT, CULTURED	1.45	242	1 cup	15	1 tbsp	312	19	215	13	327	20
DESSERT TOPPING, PDR, 1.5 OZ PREP W/1/2 CUP MILK	2.29	80	1 cup	4	1 tbsp	121	6	53	3	155	8
DESSERT TOPPING, POWDERED	1.36	43	1.5 oz	1.3	1 portion, amount to make 1 tbsp	71	2	52	2	248	8
DULCE DE LECHE	2.71	19	1 tbsp			66		25		60	
EGG SUB, LIQ OR FRZ, FAT FREE	1.07	240	1 cup	60	.25 cup	511	128	478	119	115	29
EGG, DUCK, WHOLE, FRESH, RAW	1.52	70	1 egg			155		102		130	
EGG, GOOSE, WHOLE, FRESH, RAW	1.52	144	1 egg			302		199		266	
EGG, WHITE, RAW, FRESH	0.98	243	1 cup	33	1 large	396	54	403	55	126	17

DAIRY

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
EGG, WHITE, RAW, FRZ, PAST	1										
EGG, WHL, CKD, HARD-BOILED	1.02	136	1 cup, chopped	8.5	1 tbsp	171	11	169	11	211	13
EGG, WHL, RAW, FRSH	0.97	243	1 cup, (4.86 large eggs)	56	1 extra large	335	77	345	80	347	80
EGG, WHL, RAW, FRZ, PAST	1.04										
EGG, WHOLE, DRIED	1.12	85	1 cup, sifted	5	1 tbsp	459	27	408	24	514	30
EGG, YOLK, DRIED	1.62	67	1 cup, sifted	4	1 tbsp	177	11	109	7	455	27
EGG, YOLK, RAW, FRSH	2.27	243	1 cup	17	1 large	265	19	117	8	782	55
EGG, YOLK, RAW, FRZ, PAST	1.7	227	.5 lb			275		161		679	
EGG, YOLK, RAW, FRZ, SUGARED, PAST	1.5	227	.5 lb			238		159		697	
FAT FREE ICE CRM, NO SUGAR ADDED, FLAVORS OTHER THAN CHOC	1.78	68	.5 cup			133		75		88	
ICE CRM CONE, CHOC COVERED, W/ NUTS, FLAVORS OTHER THAN CHOC	2.36	96	1 unit			213		90		340	
ICE CRM, SOFT SERVE, CHOC	2.9	86	.5 cup			152		52		191	
MILK SHAKES, THICK CHOC	2.02	28.4	1 fl oz	300	1 container, (10.6 oz)	64	672	32	333	34	357
MILK SHAKES, THICK VANILLA	1.93	28.4	1 fl oz	313	1 container, (11 oz)	52	573	27	297	32	351
MILK SUBSTITUTES, FLUID, W/LAURIC ACID OIL	1.46	244	1 cup	976	1 quart	278	1113	190	761	149	595
MILK, BTTRMLK, FLUID, CULTURED, LOWFAT	1.44	245	1 cup	30.6	1 fl oz	370	46	257	32	98	12
MILK, BTTRMLK, FLUID, WHL	1.29	245	1 cup			331		257		152	
MILK, CHOC, FLUID, COMM, LOWFAT, W/ ADDED VIT A & VITAMIN D	2.79	250	1 cup	1000	1 quart	425	1700	152	610	178	710

DAIRY

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
MILK, CHOC, FLUID, COMM, RED FAT	2.56	250	1 cup	31.2	1 fl oz	422	53	165	21	190	24
MILK, CHOC, FLUID, COMM, RED FAT, W/ ADDED CA	1.86	250	1 cup	31.2	1 fl oz	308	38	165	21	195	24
MILK, CHOC, FLUID, COMM, WHL, W/ ADDED VIT A & VITAMIN D	2.78	250	1 cup	31.2	1 fl oz	418	52	150	19	208	26
MILK, CND, COND, SWTND	2.92	306	1 cup	38.2	1 fl oz	1135	142	389	49	982	123
MILK, CND, EVAP, NONFAT, W/ ADDED VIT A & VITAMIN D	2.89	256	1 cup	31.9	1 fl oz	850	106	294	37	200	25
MILK, CND, EVAP, W/ ADDED VITAMIN D & WO/ ADDED VIT A	2.86	252	1 cup	31.5	1 fl oz	764	95	267	33	338	42
MILK, CND, EVAP, W/ VIT A	2.86	31.5	1 fl oz	126	.5 cup	95	382	33	134	42	169
MILK, CND, EVAP, WO/ ADDED VIT A & VITAMIN D	2.86	252	1 cup	31.5	1 fl oz	764	95	267	33	340	43
MILK, FILLED, FLUID, W/BLEND OF HYDR VEG OILS	2.44	244	1 cup	976	1 quart	339	1357	139	556	154	615
MILK, FILLED, FLUID, W/LAURIC ACID OIL	2.44	244	1 cup	30.5	1 fl oz	339	42	139	17	154	19
NUTRITIONAL SUPP FOR PEOPLE W/ DIABETES, LIQ	1.91	227	1 can			400		209		200	
REDDI WIP FAT FREE WHIPPED TOPPING	1.5	4	1 tbsp	75	1 cup	4	81	3	54	6	112
SOUR CRM, IMITN, CULTURED	1.58	230	1 cup	28.35	1 oz	370	46	235	29	478	59
WHEY, ACID, DRIED	2.36	57	1 cup	2.9	1 tbsp	1305	66	552	28	193	10
WHEY, SWEET, DRIED	1.93	145	1 cup	7.5	1 tbsp	3016	156	1565	81	512	26
YOGURT, CHOC, NONFAT MILK	2.51	170	1 container, (6 oz)			576		230		190	
YOGURT, CHOC, NONFAT MILK, FORT W/ VITAMIN D	2.51	170	1 container, (6 oz)			576		230		190	

SPICE

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CHILI POWDER	1.19	8	1 tbsp	2.7	1 tsp	156	53	131	44	23	8
VINEGAR, DISTILLED	1	238	1 cup	14.9	1 tbsp	5	0	5	0	43	3

FATS & OILS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
BUTTER, LT, STK, WO/SALT	1.97	14	1 tablespoon			10		5		70	
SALAD DRSNG, ITALIAN DRSNG, COMM, REG, WO/ SALT	1.6	14.7	1 tablespoon	235	1 cup	7	113	4	70	43	686
SALAD DRSNG, ITALIAN DRSNG, RED FAT, WO/ SALT	2.83	15	1 tablespoon	240	1 cup	13	204	4	72	11	182
SALAD DRSNG, MAYO, SOYBN OIL, WO/SALT	1.13	13.8	1 tablespoon	220	1 cup	5	75	4	66	99	1577

POULTRY

Food Item	Rati o	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CHICKEN, BROILERS OR FRYERS, BACK, MEAT ONLY, CKD, FRIED	2.54	35	1 unit, (yield from 1 lb ready-to-cook chicken)	58	.5 back, bone and skin removed	88	146	35	57	101	167
CHICKEN, BROILERS OR FRYERS, BACK, MEAT ONLY, CKD, RSTD	2.47	24	1 unit, (yield from 1 lb ready-to-cook chicken)	40	.5 back, bone and skin removed	57	95	23	38	57	96
CHICKEN, BROILERS OR FRYERS, BACK, MEAT ONLY, CKD, STWD	2.36	26	1 unit, (yield from 1 lb ready-to-cook chicken)	42	.5 back, bone and skin removed	41	66	17	28	54	88
CHICKEN, BROILERS OR FRYERS, BACK, MEAT ONLY, RAW	2.49	31	1 unit, (yield from 1 lb ready-to-cook chicken)	51	.5 back, bone and skin removed	63	104	25	42	42	70
CHICKEN, BROILERS OR FRYERS, BACK, MEAT& SKN, CKD, FRIED, FLR	2.51	44	1 unit, (yield from 1 lb ready-to-cook chicken)	72	.5 back, bone removed	99	163	40	65	146	238
CHICKEN, BROILERS OR FRYERS, BACK, MEAT& SKN, CKD, RSTD	2.41	32	1 unit, (yield from 1 lb ready-to-cook chicken)	53	.5 back, bone removed	67	111	28	46	96	159
CHICKEN, BROILERS OR FRYERS, BACK, MEAT& SKN, CKD, STWD	2.27	160	1 cup, chopped or diced	36	1 unit, (yield from 1 lb ready-to-cook chicken)	232	52	102	23	413	93
CHICKEN, BROILERS OR FRYERS, BACK, MEAT& SKN, RAW	2.25	59	1 unit, (yield from 1 lb ready-to-cook chicken)	99	.5 back, bone removed	85	143	38	63	188	316
CHICKEN, BROILERS OR FRYERS, BREAST, MEAT& SKN, CKD, STWD	2.87	140	1 cup, chopped or diced	66	1 unit, (yield from 1 lb ready-to-cook chicken)	249	117	87	41	258	121
CHICKEN, BROILERS OR FRYERS, DK MEAT, DRUMSTK, MEAT OLY, CKD, BRSD	2.04	95	1 drumstick, without skin	105	1 drumstick, with skin	227	251	111	123	142	156
CHICKEN, BROILERS OR FRYERS, DK	2.25	97	1 drumstick, without skin	105	1 drumstick, with skin	257	278	114	124	145	156

POULTRY

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
MEAT, DRUMSTK, MEAT ONLY, CKD, RST											
CHICKEN, BROILERS OR FRYERS, DK MEAT, DRUMSTK, MEAT ONLY, RAW	2.14	133	1 drumstick, with skin	122	1 drumstick, without skin	319	293	149	137	153	140
CHICKEN, BROILERS OR FRYERS, DK MEAT, DRUMSTK, MT & SKN, CKD, BRSD	2.06	95	1 drumstick, without skin	105	1 drumstick, with skin	218	240	105	117	178	196
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT & SKN, RAW	2.44	160	1 unit, (yield from 1 lb ready-to-cook chicken)	266	.5 chicken, bone removed	285	473	117	194	379	630
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT ONLY, CKD, FRIED	2.61	140	1 cup	91	1 unit, (yield from 1 lb ready-to-cook chicken)	354	230	136	88	335	217
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT ONLY, CKD, RSTD	2.58	140	1 cup, chopped or diced	81	1 unit, (yield from 1 lb ready-to-cook chicken)	336	194	130	75	287	166
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT ONLY, CKD, STWD	2.45	140	1 cup, chopped or diced	86	1 unit, (yield from 1 lb ready-to-cook chicken)	253	156	104	64	269	165
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT ONLY, RAW	2.61	109	1 unit, (yield from 1 lb ready-to-cook chicken)	182	.5 chicken, bone and skin removed	242	404	93	155	136	228
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT& SKN, CKD, FRIED, FLR	2.58	110	1 unit, (yield from 1 lb ready-to-cook chicken)	184	.5 chicken, bone removed	253	423	98	164	314	524
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT& SKN, CKD, RSTD	2.53	101	1 unit, (yield from 1 lb ready-to-cook chicken)	167	.5 chicken, bone removed	222	367	88	145	256	423

POULTRY

Food Item	Rati o	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT& SKN, CKD, STWD	2.37	110	1 unit, (yield from 1 lb ready-to-cook chicken)	184	.5 chicken, bone removed	183	305	77	129	256	429
CHICKEN, BROILERS OR FRYERS, DK MEAT, THIGH, MEAT ONLY, RAW	2.75	149	1 thigh, without skin	189	1 thigh, with skin	365	463	133	168	177	225
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT ONLY, CKD, FRIED	2.59	25	1 unit, (yield from 1 lb ready-to-cook chicken)	42	1 drumstick, bone and skin removed	62	105	24	40	49	82
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT ONLY, CKD, STWD	2.49	160	1 cup, chopped or diced	28	1 unit, (yield from 1 lb ready-to-cook chicken)	318	56	128	22	270	47
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT& SKN, CKD, FRIED, FLR	2.57	29	1 unit, (yield from 1 lb ready-to-cook chicken)	49	1 drumstick, bone removed	66	112	26	44	71	120
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT& SKN, CKD, RSTD	2.25	105	1 drumstick, with skin (yield from 1 lb ready-to-cook chicken)	97	1 drumstick, without skin	269	248	120	111	195	180
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT& SKN, CKD, STWD	2.42	140	1 cup, chopped or diced	34	1 unit, (yield from 1 lb ready-to-cook chicken)	258	63	106	26	286	69
CHICKEN, BROILERS OR FRYERS, DRUMSTK, MEAT& SKN, RAW	2.14	133	1 drumstick, with skin	122	1 drumstick, without skin	297	272	138	127	211	194
CHICKEN, BROILERS OR FRYERS, FAT, RAW	2	12.8	1 tbsp	32	1 unit, (yield from 1 lb ready-to-cook chicken)	8	20	4	10	81	201
CHICKEN, BROILERS OR FRYERS, GIBLETS, CKD, FRIED	2.92	145	1 cup, chopped or diced	13	1 unit, (yield from 1 lb ready-to-cook chicken)	478	43	164	15	402	36

POULTRY

Food Item	Rati o	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CHICKEN, BROILERS OR FRYERS, LEG, MEAT ONLY, CKD, FRIED	2.65	56	1 unit, (yield from 1 lb ready-to-cook chicken)	94	1 leg, bone and skin removed	142	239	54	90	116	196
CHICKEN, BROILERS OR FRYERS, LEG, MEAT ONLY, CKD, RSTD	2.72	199	1 leg, bone and skin (Sum of drumstick +thigh +back meat only)	105	1 drumstick, bone and skin r	535	282	197	104	346	183
CHICKEN, BROILERS OR FRYERS, LEG, MEAT ONLY, CKD, STWD	2.44	160	1 cup, chopped or diced	60	1 unit, (yield from 1 lb ready-to-cook chicken)	304	114	125	47	296	111
CHICKEN, BROILERS OR FRYERS, LEG, MEAT ONLY, RAW	2.48	265	1 leg, bone and skin removed (Sum of drumstick +thigh +back meat only)	147	1 thigh, bone and skin removed	631	350	254	141	318	176
CHICKEN, BROILERS OR FRYERS, LEG, MEAT& SKN, CKD, FRIED, FLR	2.65	67	1 unit, (yield from 1 lb ready-to-cook chicken)	112	1 leg, bone removed	156	261	59	99	170	284
CHICKEN, BROILERS OR FRYERS, LEG, MEAT& SKN, CKD, RSTD	2.69	258	1 leg, with skin (Sum of drumstick +thigh +back)	133	1 thigh, with skin	681	351	253	130	475	245
CHICKEN, BROILERS OR FRYERS, LEG, MEAT& SKN, CKD, STWD	2.41	140	1 cup, chopped or diced	75	1 unit, (yield from 1 lb ready-to-cook chicken)	246	132	102	55	308	165
CHICKEN, BROILERS OR FRYERS, LEG, MEAT& SKN, RAW	2.42	344	1 leg, with skin (Sum of drumstick +thigh +back)	111	1 drumstick, with skin	698	225	289	93	736	238
CHICKEN, BROILERS OR FRYERS, LT MEAT, MEAT ONLY, CKD, STWD	2.77	140	1 cup, chopped or diced	71	1 unit, (yield from 1 lb ready-to-cook chicken)	252	128	91	46	223	113
CHICKEN, BROILERS OR FRYERS, LT MEAT, MEAT& SKN, CKD, STWD	2.65	90	1 unit, (yield from 1 lb ready-to-cook chicken)	150	.5 chicken, bone removed	150	250	57	94	181	302

POULTRY

Food Item	Rati o	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CHICKEN, BROILERS OR FRYERS, MEAT & SKN, RAW	2.7	276	1 unit, (yield from 1 lb ready-to- cook chicken)	460	.5 chicken, bone removed	522	869	193	322	593	989
CHICKEN, BROILERS OR FRYERS, MEAT ONLY, CKD, FRIED	2.82	140	1 cup, chopped or diced	155	1 unit, (yield from 1 lb ready-to- cook chicken)	360	398	127	141	307	339
CHICKEN, BROILERS OR FRYERS, MEAT ONLY, RSTD	2.83	140	1 cup, chopped or diced	8.7	1 tbsp	340	21	120	7	266	17
CHICKEN, BROILERS OR FRYERS, MEAT ONLY, STWD	2.57	140	1 cup, chopped or diced	8.7	1 tbsp	252	16	98	6	248	15
CHICKEN, BROILERS OR FRYERS, MEAT& SKN& GIBLETS& NECK, FRIED, FLR	2.76	708	1 chicken	212	1 unit, (yield from 1 lb ready-to- cook chicken)	1678	502	609	182	1926	577
CHICKEN, BROILERS OR FRYERS, MEAT& SKN& GIBLETS& NECK, RAW	2.7	1046	1 chicken			1977		732		2228	
CHICKEN, BROILERS OR FRYERS, MEAT& SKN& GIBLETS& NECK, RSTD	2.68	682	1 chicken	205	1 unit, (yield from 1 lb ready-to- cook chicken)	1446	435	539	162	1596	480
CHICKEN, BROILERS OR FRYERS, MEAT& SKN& GIBLETS& NECK, STWD	2.47	751	1 chicken	225	1 unit, (yield from 1 lb ready-to- cook chicken)	1224	367	496	148	1622	486
CHICKEN, BROILERS OR FRYERS, MEAT& SKN, CKD, FRIED, FLR	2.79	188	1 unit, (yield from 1 lb ready-to- cook chicken)	314	.5 chicken, bone removed	440	735	158	264	506	845
CHICKEN, BROILERS OR FRYERS, MEAT& SKN, CKD, RSTD	2.72	140	1 cup, chopped or diced	178	1 unit, (yield from 1 lb ready-to- cook chicken)	312	397	115	146	335	425
CHICKEN, BROILERS OR	2.48	140	1 cup, chopped or diced	200	1 unit, (yield from 1 lb	232	332	94	134	307	438

POULTRY

Food Item	Rati o	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
FRYERS, MEAT& SKN, CKD, STWD					ready-to- cook chicken)						
CHICKEN, BROILERS OR FRYERS, NECK, MEAT ONLY, CKD, FRIED	2.15	7	1 unit, (yield from 1 lb ready-to- cook chicken)	22	1 neck, bone and skin removed	15	47	7	22	16	50
CHICKEN, BROILERS OR FRYERS, NECK, MEAT ONLY, CKD, SIMMRD	2.19	5	1 unit, (yield from 1 lb ready-to- cook chicken)	18	1 neck, bone and skin removed	7	25	3	12	9	32
CHICKEN, BROILERS OR FRYERS, NECK, MEAT ONLY, RAW	2.16	6	1 unit, (yield from 1 lb ready-to- cook chicken)	20	1 neck, bone and skin removed	10	35	5	16	9	31
CHICKEN, BROILERS OR FRYERS, NECK, MEAT& SKN, CKD SIMMRD	2.08	11	1 unit, (yield from 1 lb ready-to- cook chicken)	38	1 neck, bone removed	12	41	6	20	27	94
CHICKEN, BROILERS OR FRYERS, NECK, MEAT& SKN, CKD, FRIED, FLR	2.2	11	1 unit, (yield from 1 lb ready-to- cook chicken)	36	1 neck, bone removed	20	65	9	30	37	120
CHICKEN, BROILERS OR FRYERS, NECK, MEAT& SKN, RAW	2.14	15	1 unit, (yield from 1 lb ready-to- cook chicken)	50	1 neck, bone removed	21	68	10	32	45	148
CHICKEN, BROILERS OR FRYERS, SKN ONLY, CKD, FRIED, FLR	2.36	33	1 unit, (yield from 1 lb ready-to- cook chicken)	56	.5 chicken, skin only	41	70	17	30	166	281
CHICKEN, BROILERS OR FRYERS, SKN ONLY, CKD, RSTD	2.09	34	1 unit, (yield from 1 lb ready-to- cook chicken)	56	.5 chicken, skin only	46	76	22	36	154	254
CHICKEN, BROILERS OR FRYERS, SKN ONLY, CKD, STWD	2.09	44	1 unit, (yield from 1 lb ready-to- cook chicken)	72	.5 chicken, skin only	51	84	25	40	160	261
CHICKEN, BROILERS OR FRYERS, SKN ONLY, RAW	1.63	47	1 unit, (yield from 1 lb ready-to- cook chicken)	79	.5 chicken, skin only	48	81	30	50	164	276

POULTRY

Food Item	Rati o	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT ONLY, CKD, FRIED	2.73	31	1 unit, (yield from 1 lb ready-to-cook chicken)	52	1 thigh, bone and skin removed	80	135	29	49	68	113
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT ONLY, CKD, STWD	2.44	140	1 cup, chopped or diced	33	1 unit, (yield from 1 lb ready-to-cook chicken)	256	60	105	25	273	64
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT& SKN, CKD, FRIED, FLR	2.69	38	1 unit, (yield from 1 lb ready-to-cook chicken)	62	1 thigh, bone removed	90	147	33	55	100	162
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT& SKN, CKD, STWD	2.39	41	1 unit, (yield from 1 lb ready-to-cook chicken)	68	1 thigh, bone removed	70	116	29	48	95	158
CHICKEN, BROILERS OR FRYERS, THIGH, MEAT& SKN, RAW	2.66	149	1 thigh, without skin (yield from 1 lb ready-to-cook chicken)	189	1 thigh, with skin	305	387	115	146	326	414
CHICKEN, BROILERS OR FRYERS, WING, MEAT ONLY, CKD, FRIED	2.29	12	1 unit, (yield from 1 lb ready-to-cook chicken)	20	1 wing, bone and skin removed	25	42	11	18	25	42
CHICKEN, BROILERS OR FRYERS, WING, MEAT ONLY, CKD, RSTD	2.28	13	1 unit, (yield from 1 lb ready-to-cook chicken)	21	1 wing, bone and skin removed	27	44	12	19	26	43
CHICKEN, BROILERS OR FRYERS, WING, MEAT ONLY, CKD, STWD	2.1	140	1 cup, chopped or diced	14	1 unit, (yield from 1 lb ready-to-cook chicken)	214	21	102	10	253	25
CHICKEN, BROILERS OR FRYERS, WING, MEAT ONLY, RAW	2.4	17	1 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	29	1 wing, bone and skin removed	33	56	14	23	21	37
CHICKEN, BROILERS OR FRYERS, WING, MEAT& SKN, CKD, FRIED, FLR	2.3	19	1 unit, (yield from 1 lb ready-to-cook chicken)	32	1 wing, bone removed	34	57	15	25	61	103

POULTRY

Food Item	Rati o	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CHICKEN, BROILERS OR FRYERS, WING, MEAT& SKN, CKD, RSTD	2.24	140	1 cup, chopped or diced	21	1 unit, (yield from 1 lb ready-to- cook chicken)	258	39	115	17	406	61
CHICKEN, BROILERS OR FRYERS, WING, MEAT& SKN, CKD, STWD	2.07	140	1 cup, chopped or diced	24	1 unit, (yield from 1 lb ready-to- cook chicken)	195	33	94	16	349	60
CHICKEN, BROILERS OR FRYERS, WING, MEAT& SKN, RAW	2.14	29	1 wing, bone removed (yield from 1 lb ready-to- cook chicken)	49	1 wing, bone removed	45	76	21	36	64	109
CHICKEN, CAPONS, GIBLETS, CKD, SIMMRD	2.78	145	1 cup, chopped or diced	11	1 unit, (yield from 1 lb ready-to- cook capon)	222	17	80	6	238	18
CHICKEN, CAPONS, GIBLETS, RAW	2.94	115	1 giblets	18	1 unit, (yield from 1 lb ready-to- cook capon)	260	41	89	14	150	23
CHICKEN, HEART, ALL CLASSES, CKD, SIMMRD	2.75	145	1 cup, chopped or diced	1	1 unit, (yield from 1 lb ready-to- cook chicken)	191	1	70	0	268	2
CHICKEN, HEART, ALL CLASSES, RAW	2.38	6.1	1 heart	1.8	1 unit, (yield from 1 lb ready-to- cook chicken)	11	3	5	1	9	3
CHICKEN, ROASTING, DK MEAT, MEAT ONLY, CKD, RSTD	2.36	140	1 cup, chopped or diced	94	1 unit, (yield from 1 lb ready-to- cook chicken)	314	211	133	89	249	167
CHICKEN, ROASTING, DK MEAT, MEAT ONLY, RAW	2.39	113	1 unit, (yield from 1 lb ready-to- cook chicken)	258	.5 chicken, bone and skin removed	257	586	107	245	128	292

POULTRY

Food Item	Rati o	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CHICKEN, ROASTING, GIBLETS, CKD, SIMMRD	2.67	145	1 cup, chopped or diced	15	1 unit, (yield from 1 lb ready-to- cook chicken)	232	24	87	9	239	25
CHICKEN, ROASTING, GIBLETS, RAW	2.95	25	1 unit, (yield from 1 lb ready-to- cook chicken)	113	1 giblets	57	257	19	87	32	144
CHICKEN, ROASTING, MEAT& SKN& GIBLETS& NECK, CKD, RSTD	2.87	1072	1 chicken	235	1 unit, (yield from 1 lb ready-to- cook chicken)	2187	479	761	167	2358	517
CHICKEN, ROASTING, MEAT& SKN& GIBLETS& NECK, RAW	2.84	1509	1 chicken			2958		1041		3214	
CHICKEN, ROASTING, MEAT& SKN, CKD, RSTD	2.89	210	1 unit, (yield from 1 lb ready-to- cook chicken)	480	.5 chicken, bone removed	443	1013	153	350	468	1070
CHICKEN, SKN (DRUMSTICKS & THIGHS), CKD, BRSD	2.15	28.35	1 oz	453	1 lb	46	729	21	340	126	2007
CHICKEN, SKN (DRUMSTICKS & THIGHS), CKD, RSTD	2.13	28.35	1 oz	453	1 lb	51	820	24	385	131	2093
CHICKEN, SKN (DRUMSTICKS & THIGHS), RAW	2.33	28.35	1 oz	453	1 lb	34	539	14	231	125	1993
CHICKEN, STEWING, DK MEAT, MEAT ONLY, CKD, STWD	2.15	140	1 cup, chopped or diced	73	1 unit, (yield from 1 lb ready-to- cook chicken)	286	149	133	69	361	188
CHICKEN, STEWING, DK MEAT, MEAT ONLY, RAW	2.4	105	1 unit, (yield from 1 lb ready-to- cook chicken)	154	.5 chicken, bone and skin removed	254	373	106	156	165	242
CHICKEN, STEWING, GIBLETS, CKD, SIMMRD	2.75	145	1 cup, chopped or diced	17	1 unit, (yield from 1 lb ready-to- cook chicken)	223	26	81	10	281	33

POULTRY

Food Item	Rati o	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CHICKEN, STEWING, GIBLETS, RAW	2.94	28	1 unit, (yield from 1 lb ready-to- cook chicken)	81	1 giblets	63	183	22	62	47	136
CHICKEN, STEWING, MEAT & SKN, & GIBLETS & NECK, CKD, STWD	2.55	160	1 cup, chopped or diced	202	1 unit, (yield from 1 lb ready-to- cook chicken)	274	345	107	135	342	432
CHICKEN, STEWING, MEAT ONLY, CKD, STWD	2.59	140	1 cup, chopped or diced	137	1 unit, (yield from 1 lb ready-to- cook chicken)	283	277	109	107	332	325
CHICKEN, STEWING, MEAT& SKN, & GIBLETS& NECK, RAW	2.87	905	1 chicken			1846		643		2272	
CHICKEN, STEWING, MEAT& SKN, CKD, STWD	2.49	178	1 unit, (yield from 1 lb ready-to- cook chicken)	261	.5 chicken, bone removed	324	475	130	191	507	744
CHICKEN, STEWING, MEAT& SKN, RAW	2.87	271	1 unit, (yield from 1 lb ready-to- cook chicken)	398	.5 chicken, bone removed	553	812	192	283	699	1027
DUCK, DOMESTICATED, LIVER, RAW	1.64	44	1 liver	10	1 unit, (yield from 1 lb ready-to- cook duck)	101	23	62	14	60	14
EMU, FAN FILLET, RAW	2.5	513	1 fan fillet	85	1 serving, (3 oz)	1539	255	616	102	528	88
EMU, FLAT FILLET, RAW	1.6	354	1 flat fillet			850		531		361	
EMU, FULL RUMP, CKD, BRLD	2.95	496	1 full rump, cooked (yield from 695 g raw meat)	85	1 serving, (3 oz)	1607	275	546	94	833	143
EMU, INSIDE DRUMS, CKD, BRLD	2.64	416	1 inside drum, cooked (yield from 572 g raw meat)	85	1 serving, (3 oz)	1298	265	491	100	649	133
EMU, OYSTER, RAW	1.67	300	1 steak			750		450		423	

POULTRY

Food Item	Rati o	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
GOOSE, LIVER, RAW	1.64	94	1 liver	11	1 unit, (yield from 1 lb ready-to- cook goose)	216	25	132	15	125	15
GROUND TURKEY, 93% LN, 7% FAT, PATTIES, BRD	2.71	85	3 oz			210		77		176	
GUINEA HEN, MEAT& SKN, RAW	2.88	359	1 unit, (yield from 1 lb ready-to- cook guinea)	345	.5 guinea	693	666	241	231	567	545
POULTRY, MECHANICALLY DEBONED, FROM BACKS& NECKS W/SKN, RAW	2.6	227	.5 lb			236		91		617	
POULTRY, MECHANICALLY DEBONED, FROM BACKS& NECKS WO/SKN, RAW	2.51	227	.5 lb			291		116		452	
POULTRY, MECHANICALLY DEBONED, FROM MATURE HENS, RAW	2.6	227	.5 lb			236		91		552	
TURKEY FROM WHL, ENHANCED, LT MEAT, MEAT & SKN, CKD, RSTD	1.05	85	1 serving	453	1 lb	212	1132	201	1074	133	711
TURKEY FROM WHL, ENHANCED, LT MEAT, MEAT & SKN, RAW	1.13	453	1 lb	28.35	1 oz	997	62	883	55	666	42
TURKEY FROM WHL, ENHANCED, LT MEAT, MEAT ONLY, CKD, RSTD	1.05	85	1 serving			212		202		108	
TURKEY FROM WHL, ENHANCED, LT MEAT, MEAT ONLY, RAW	1.17	85	1 serving			206		175		86	
TURKEY FROM WHL, LT MEAT, MEAT & SKN, CKD, RSTD	2.46	85	1 serving			211		86		150	
TURKEY FROM WHL, LT MEAT, MEAT & SKN, RAW	2.12	453	1 lb	28.35	1 oz	1010	63	476	30	729	46
TURKEY FROM WHL, LT MEAT, RAW	2.14	85	1 serving			206		96		97	

POULTRY

Food Item	Rati o	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
Turkey from whole, dark meat, meat only, raw	1.82	85	1 serving			192		105		92	
TURKEY, ALL CLASSES, LT MEAT, CKD, RSTD	2.52	85	1 serving			212		84		125	
TURKEY, DK MEAT FROM WHL, ENHANCED, MEAT ONLY, RAW	1.35	85	1 serving			192		142		97	
TURKEY, DK MEAT FROM WHL, MEAT & SKN, CKD, RSTD	2.17	85	1 serving			194		89		175	
TURKEY, DK MEAT, MEAT & SKN, RAW	1.84	28.35	1 oz	453	1 lb	59	942	32	512	46	729
TURKEY, ENHANCED, DK MEAT FROM WHL, MEAT & SKN, CKD, RSTD	1.13	85	1 serving			197		175		169	
TURKEY, ENHANCED, DK MEAT FROM WHL, MEAT & SKN, RAW	1.25	453	1 lb	28.35	1 oz	915	57	729	46	766	48
TURKEY, ENHANCED, DK MEAT, MEAT ONLY, CKD, RSTD	1.13	85	1 serving			193		171		134	
TURKEY, ENHANCED, SKN FROM WHL, (LIGHT & DARK), RSTD	1.12	85	1 serving			224		199		383	
TURKEY, FROM WHL, DK MEAT, CKD, RSTD	2.18	85	1 serving			193		88		147	
TURKEY, FRYER-ROASTERS, WING, MEAT ONLY, CKD, RSTD	2.62	17	1 unit, (yield from 1 lb ready to cook turkey)	60	1 wing, bone and skin removed	35	122	13	47	28	98
TURKEY, GIZZARD, ALL CLASSES, CKD, SIMMRD	1.52	45	1 gizzard cooked			87		57		70	
TURKEY, GIZZARD, ALL CLASSES, RAW	1.26	63	1 raw gizzard			117		93		70	
TURKEY, HEART, ALL CLASSES, CKD, SIMMRD	1.45	20	1 heart			41		28		35	

POULTRY

Food Item	Rati o	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
TURKEY, HEART, ALL CLASSES, RAW	1.39	24	1 piece			43		31		34	
TURKEY, LIVER, ALL CLASSES, CKD, SIMMRD	1.56	53	1 liver cooked			81		52		100	
TURKEY, LIVER, ALL CLASSES, RAW	1.63	78	1 raw liver			167		102		100	
TURKEY, SKN FROM WHL (LIGHT & DARK), RSTD	2.09	85	1 serving			206		99		390	
TURKEY, SKN FROM WHL, (LIGHT & DARK), RAW	2	28.35	1 oz	453	1 lb	35	562	18	281	115	1844
TURKEY, WHL, ENHANCED, MEAT & SKN, RAW	1.17	5717	1 bird	28.35	1 oz	12063	60	10291	51	9033	45
TURKEY, WHL, ENHANCED, MEAT & SKN, RSTD	1.08	4147	1 bird	453	1 lb	10036	1096	9289	1015	7299	797
TURKEY, WHL, ENHANCED, MEAT ONLY, RAW	1.22	5717	1 bird	28.35	1 oz	13549	67	11091	55	6003	30
TURKEY, WHL, ENHANCED, MEAT ONLY, RSTD	1.07	4147	1 bird	28.35	1 oz	9911	68	9248	63	5806	40
TURKEY, WHL, GIBLETS, CKD, SIMMRD	1.51	95	1 giblets			168		111		164	
TURKEY, WHL, GIBLETS, RAW	1.46	157	1 giblets	24	1 piece	311	48	214	33	195	30
TURKEY, WHL, MEAT & SKN, CKD, RSTD	2.32	3812	1 bird	28.35	1 oz	9111	68	3926	29	7205	54
TURKEY, WHL, MEAT & SKN, RAW	2	5002	1 bird	28.35	1 oz	11204	64	5602	32	7053	40
TURKEY, WHL, MEAT ONLY, CKD, RSTD	2.37	3812	1 bird	28.35	1 oz	9111	68	3850	29	6061	45
TURKEY, WHL, MEAT ONLY, RAW	1.99	5002	1 bird	28.35	1 oz	11755	67	5902	33	5602	32

SOUPS & SAUCES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CAMPBELL'S LO NA SOUPS, CHICK BROTH	1.64	298	1 serving, 1 container			229		140		30	
CAMPBELL'S LO NA SOUPS, CRM OF MUSHROOM SOUP	2.85	298	1 serving, 1 container			170		60		161	
CAMPBELL'S RED & WHITE, 98% FAT FREE CRM OF CELERY SOUP, COND	1.25	124	1 serving, 1/2 cup			600		480		69	
CAMPBELL'S RED & WHITE, 98% FAT FREE CRM OF CHICK SOUP, COND	1.15	124	1 serving, 1/2 cup			551		480		69	
CAMPBELL'S RED & WHITE, CHICK & STARS SOUP, COND	1.17	126	1 serving, 1/2 cup			559		480		71	
CAMPBELL'S RED & WHITE, CHICK ALPHABET SOUP, COND	1.73	126	1 serving, 1/2 cup			830		480		71	
CAMPBELL'S RED & WHITE, CHICK NOODLEO'S SOUP, COND	1.13	126	1 serving, 1/2 cup			541		480		89	
CAMPBELL'S RED & WHITE, DORA THE EXPLORER SOUP, COND	1	126	1 serving, 1/2 cup			480		480		79	
CAMPBELL'S RED & WHITE, DOUBLE NOODLE IN CHICK BROTH SOP, COND	1.75	126	1 serving, 1/2 cup			840		480		110	
CAMPBELL'S RED & WHITE, GOLDEN MUSHROOM SOUP, COND	1.05	124	1 serving, 1/2 cup			680		650		81	
CAMPBELL'S RED & WHITE, GOLDFISH PASTA W/ CHICK	1.13	126	1 serving, 1/2 cup			541		480		79	
CAMPBELL'S RED & WHITE, GOLDFISH PASTA W/ MEATBALL	1	126	1 serving, 1/2 cup			480		480		89	
CAMPBELL'S RED & WHITE, MEGA NOODLE IN CHICK BROTH, COND	1.15	126	1 serving, 1/2 cup			551		480		89	
CAMPBELL'S RED & WHITE, MINISTRONE SOUP, COND	1.61	126	1 serving, 1/2 cup			1050		650		89	
CAMPBELL'S RED & WHITE, NEW	1	126	1 serving, 1/2 cup			650		650		89	

SOUPS & SAUCES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
ENGLAND CLAM CHOWDER, COND											
CAMPBELL'S RED & WHITE, TOMATO SOUP, COND	1.49	148	1 cup	294	1 can	832	1652	558	1108	105	209
CAMPBELL'S RED & WHITE, VEG SOUP, COND	1.12	126	1 serving, 1/2 cup			730		650		100	
CAMPBELL'S RED & WHITE, VEGETARIAN VEG SOUP, COND	1.35	126	1 serving, 1/2 cup			879		650		89	
CAMPBELL'S RED&WHITE, 98% FAT FR BRCCLI CHS, COND	1.48	124	1 serving, 1/2 cup			711		480		69	
CAMPBELLS RED&WHITE, CRM OF MSHRM W/ RSTD GARLC, COND	1.25	124	1 serving, 1/2 cup			600		480		69	
CAMPBELLS SEL SOUP, NEW ENGLAND CLAM CHOWDER	1.74	256	1 cup	519	1 can	863	1749	497	1007	179	363
CAMPBELL'S SEL SOUP, SLOW RSTD BF & VEG SOUP	2.14	248	1 cup	524	1 can	962	2033	449	948	107	225
HEALTHY REQUEST, CHICK NOODLE SOUP, COND	1.1	126	1 serving, 1/2 cup			450		410		60	
HEALTHY REQUEST, CHICK W/ RICE, COND	1.49	126	.5 cup			610		410		71	
HEALTHY REQUEST, CRM OF CELERY, COND	1.46	124	1 serving, 1/2 cup			600		410		69	
HEALTHY REQUEST, CRM OF CHICK SOUP, COND	1.83	124	1 serving, 1/2 cup			750		410		81	
HEALTHY REQUEST, CRM OF MUSHROOM , COND	1.9	124	1 serving, 1/2 cup			780		410		69	
HEALTHY REQUEST, HOMESTYL CHICK NOODLE, COND	1.07	126	1 serving, 1/2 cup			440		410		60	
HEALTHY REQUEST, MINISTRONE SOUP, COND	2.03	120	1 serving, 1/2 cup			791		390		76	
HEALTHY REQUEST, TOMATO SOUP, COND	1.71	124	1 serving, 1/2 cup			701		410		91	
HEALTHY REQUEST, VEG SOUP, COND	2.1	126	1 serving, 1/2 cup			861		410		100	

SOUPS & SAUCES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
PREGO PASTA, CHUNKY GARDEN MUSHROOM ITALIAN SAU, RTS	1	130	1 serving, 1/2 cup			460		460		90	
PREGO PASTA, H ST-RSTD RED PR GR LIC ITALIAN SAU, RTS	1.14	125	1 serving, 1/2 cup			410		360		70	
PREGO PASTA, HEART SMRT-RICOTTA PMESAN ITLN SAU, RTS	1.14	125	1 serving, 1/2 cup			410		360		90	
PREGO PASTA, MUSHRM & PARMESAN ITALIAN SAU, RTS	0.98	125	1 serving, 1/2 cup			470		480		130	
PREGO PASTA, ORGANIC MUSHROOM ITALIAN SAU, RTS	0.96	125	1 serving, 1/2 cup			450		470		90	
PREGO PASTA, TOMATO, BASIL & GARLIC ITAL SAU, RTS	0.95	125	1 serving, 1/2 cup			400		420		80	
SAUCE, BARBECUE, LO NA	1.74	17	1 tbsp	143	.5 cup	39	332	23	190	29	246
SAUCE, PIZZA, CND, RTS	1.91	63	.25 cup			223		117		34	
SOUP, CHICK BROTH, LO NA, CND	2.87	240	1 cup			206		72		38	
SOUP, CRM OF MUSHROOM, CND, COND, RED NA	0.98	251	1 cup			939		961		131	
SOUP, CRM OF MUSHROOM, LO NA, RTS, CND	2.05	244	1 cup	305	1 can, (10.75 oz)	100	125	49	61	129	162
SOUP, TOMATO, CND, COND	1.49	294	1 can	148	1 cup	1652	832	1108	558	194	98
SOUP, VEG SOUP, COND, LO NA, PREP W/ EQ VOLUME H2O	1.12	253	1 cup			549		491		83	
SOUP, VEG, CND, LO NA, COND	1.12	126	.5 cup			546		485		82	
SPLIT PEA SOUP, CND, RED NA, PREP W/ H2O OR READY-TO SERVE	1.1	253	1 cup			463		420		180	
SPLIT PEA W/ HAM SOUP, CND, RED NA, PREP W/ H2O OR RTS	1.04	245	1 cup			500		480		167	

SAUSAGES & LUNCHEON MEATS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
BRATWURST, CHICK, CKD	2.93	84	1 serving, 2.96 oz			177		60		148	
SALAMI PORK BF LESS NA	2.2	100	3.527 oz			1372		623		396	

BREAKFAST CEREALS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CEREALS RTE, BEAR NAKED CRANBERRY RAISIN	0.96	56	.67 cup, (1 NLEA serving)			202		210		210	
CEREALS RTE, GENERAL MILLS TOTAL PLUS OMEGA3, HONEY ALMOND FLX	1.38	52	1 cup, (1 NLEA serving)			124		90		194	
CEREALS RTE, GENERAL MILLS, CHEERIOS	1.11	28	1 cup, (1 NLEA serving)			179		161		104	
CEREALS RTE, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	0.99	55	1 cup, (1 NLEA serving)			208		210		172	
CEREALS RTE, GENERAL MILLS, MULTI-GRAIN CHEERIOS	1.2	29	1 cup, (1 NLEA serving)			140		117		106	
CEREALS RTE, GENERAL MILLS, OATMEAL CRISP HEARTY RAISIN	1.75	62	1 cup, (1 NLEA serving)			210		120		240	
CEREALS RTE, GENERAL MILLS, OATMEAL CRISP, CRUNCHY ALMOND	1.56	55	1 cup, (1 NLEA serving)			177		114		216	
CEREALS RTE, GENERAL MILLS, TOTAL RAISIN BRAN	1.49	53	1 cup, (1 NLEA serving)			267		180		165	
CEREALS RTE, GENERAL MILLS, TOTAL, BLUEBERRY POMEGRANATE	1.47	49	1 cup, (1 NLEA serving)			141		96		173	
CEREALS RTE, HEALTH VALLEY, FIBER 7 FLAKES	2.4	31	.75 cup, (1 NLEA serving)			149		62		109	
CEREALS RTE, KASHI 7 WHL GRAIN FLAKES	1.05	50	1 cup, (1 NLEA serving)			160		152		175	
CEREALS RTE, KASHI GO LN CRUNCH!, HONEY ALMOND FLAX	1.86	53	1 cup, (1 NLEA serving)			258		138		202	
CEREALS RTE, KASHI GOLDEN GOODNESS	1.04	60	1.25 cup, (1 NLEA serving)			187		179		213	
CEREALS RTE, KASHI GOLEAN CRISP CINN CRUMBLE	1.43	51	.75 cup, (1 NLEA serving)			186		130		195	
CEREALS RTE, KASHI GOLEAN CRISP TSTD BERRY CRUMBLE	2.01	51	.75 cup, (1 NLEA serving)			250		124		184	

BREAKFAST CEREALS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CEREALS RTE, KASHI GOOD FRIENDS	1.79	53	1 cup, (1 NLEA serving)			194		108		158	
CEREALS RTE, KASHI GRANOLA, COCOA BEACH CRL	1.19	55	.5 cup, (1 NLEA serving)			156		131		218	
CEREALS RTE, KASHI GRANOLA, MOUNTAIN MEDLEY CRL	1.39	55	.5 cup, (1 NLEA serving)			185		134		229	
CEREALS RTE, KASHI GRANOLA, SMMR BERRY CRL	1.01	55	.5 cup, (1 NLEA serving)			152		150		223	
CEREALS RTE, KASHI HEART TO HEART, HONEY TSTD OAT	1.21	33	.75 cup, (1 NLEA serving)			102		84		116	
CEREALS RTE, KASHI HEART TO HEART, WARM CINN	1.22	33	.75 cup, (1 NLEA serving)			98		80		117	
CEREALS RTE, KASHI, GOOD FRIENDS, CINNA-RAISIN CRUNCH	1.55	50	1 cup, (1 NLEA serving)			181		116		158	
CEREALS RTE, KASHI, KASHI U	0.97	55	1 cup, (1 NLEA serving)			121		125		202	
CEREALS RTE, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	1.48	30	.333 cup, (1 NLEA serving)			300		203		75	
CEREALS RTE, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	1.46	49	.75 cup, (1 NLEA serving)			220		151		197	
CEREALS RTE, KELLOGG, KELLOGG'S HONEY SMACKS	1.29	27	.75 cup, (1 NLEA serving)			49		38		103	
CEREALS RTE, KELLOGG, KELLOGG'S MUESLIX	1.23	55	.67 cup, (1 NLEA serving)			171		139		196	
CEREALS RTE, KELLOGG, KELLOGG'S RAISIN BRAN	1.67	59	1 cup, (1 NLEA serving)			352		210		185	
CEREALS RTE, KELLOGG, KELLOGG'S SPL K LOFAT GRANOLA	0.97	52	.5 cup, (1 NLEA serving)			119		122		196	
CEREALS RTE, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	1	53	1 cup, (1 NLEA serving)			210		209		187	
CEREALS RTE, KELLOGG'S FRSTD MINI-WHEATS LITTLE BITES, CHOC	1.3	55	52 biscuits, (1 NLEA serving)			266		205		195	

BREAKFAST CEREALS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CEREALS RTE, KELLOGG'S, SPL K PROT PLUS	2.92	29	.75 cup, (1 NLEA serving)			322		110		101	
CEREALS RTE, MALT-O-MEAL, RAISIN BRAN CRL	1	59	1 cup			341		340		213	
CEREALS RTE, NATURE'S PATH, OPTIMUM	1.8	55	1 cup			413		230		190	
CEREALS RTE, NATURE'S PATH, OPTIMUM SLIM	1.81	55	1 cup			526		290		180	
CEREALS RTE, POST GREAT GRAINS CRANBERRY ALMOND CRUNCH	1.43	51	.75 cup, (1 NLEA serving)			160		112		191	
CEREALS RTE, POST RAISIN BRAN CRL	1.27	59	1 cup, (1 NLEA serving)			318		250		189	
CEREALS RTE, POST, GOLDEN CRISP	1.87	27	.75 cup, (1 NLEA serving)			48		25		105	
CEREALS RTE, QUAKER SQUARES, GOLDEN MAPLE	1.05	56	1 cup, (1 NLEA serving)			203		193		213	
CEREALS RTE, QUAKER, LOFAT 100% NAT GRANOLA W/ RAISINS	1.84	55	.666 cup, (1 NLEA serving)			237		129		213	
CEREALS RTE, QUAKER, MOTHER'S CINN OAT CRUNCH	1.28	60	1 cup, (1 NLEA serving)			322		251		228	
CEREALS RTE, QUAKER, MOTHER'S COCOA BUMPERS	1.66	33	1 cup, (1 NLEA serving)			260		156		124	
CEREALS RTE, QUAKER, QUAKER CINN OATMEAL SQUARES	1.07	56	1 cup, (1 NLEA serving)			204		191		212	
CEREALS RTE, QUAKER, QUAKER OAT BRAN CRL	1.2	57	1.25 cup			250		207		212	
CEREALS RTE, QUAKER, QUAKER OATMEAL SQUARES	1.05	56	1 cup, (1 NLEA serving)			203		193		212	
CEREALS RTE, ROLLED OATS, WHL WHEAT, RICE, MAPLE FLAV, W/ PECANS	1.07	52	1 serving, (1 NLEA serving)			155		145		219	
CEREALS RTE, UNCLE SAM CRL	2.17	55	.75 cup, (1 NLEA serving)			245		113		190	
CEREALS, CRM OF WHEAT, REG (10	2.67	251	1 cup, (1 serving)	16	1 tbsp	40	3	15	1	125	8

BREAKFAST CEREALS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
MINUTE), CKD W/ H2O, WO/ SALT											
CEREALS, FARINA, ENR, ASSORTED BRANDS, DRY	1.23	176	1 cup	11	1 tbsp	269	17	218	14	634	40
CEREALS, FARINA, ENR, ASSORTED BRANDS, QUICK, CKD W/ H2O, WO/ SALT	1.28	240	1 cup	14.9	1 tbsp	55	3	43	3	132	8
CEREALS, FARINA, ENR, CKD W/ H2O, WO/ SALT	1.28	240	1 cup	15	1 tbsp	55	3	43	3	127	8
CEREALS, KASHI GO LN HOT CRL, CREAMY TRULY VANILLA, DRY	2.53	40	1 packet, (1 NLEA serving)			281		111		147	
CEREALS, KASHI GO LN HOT CRL, HEARTY HONEY & CINN, DRY	1.97	40	1 packet, (1 NLEA serving)			219		111		152	
CEREALS, KASHI HEART TO HEART, INST OATMEAL, APPL CINN, DRY	2.87	43	1 packet, (1 NLEA serving)			310		108		161	
CEREALS, KASHI HEART TO HEART, INST OATMEAL, GLDN BRWN MPLE, DRY	2.62	43	1 packet, (1 NLEA serving)			260		99		162	
CEREALS, MALTEX, CKD W/ H2O, W/ SALT	1.41	249	1 cup	187	.75 cup	266	200	189	142	189	142
CEREALS, OAT BRAN, QKR, QKR/MOTHER'S OAT BRAN, PREP W/H2O, SALT	1.5										
CEREALS, OATS, INST, FORT, PLN, DRY	1.66	28	1 packet			102		62		101	
CEREALS, OATS, INST, FORT, PLN, PREP W/ H2O	1.24	234	1 cup, cooked	501	1 cup, dry, yields	143	306	115	245	159	341
CEREALS, OATS, REG & QUICK & INST, UNENR, CKD W/ H2O, W/ SALT	0.99	234	1 cup	175	.75 cup	164	122	166	124	166	124
CEREALS, QUAKER, QUAKER MULTIGRAIN OATMEAL, PREP W/H2O, SALT	1.07										
CEREALS, ROMAN MEAL, PLN, CKD W/ H2O, W/ SALT	1.52	241	1 cup	181	.75 cup	301	226	198	148	147	110

FRUIT & FRUIT JUICE

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
APPLESAUCE, CND, SWTND, W/SALT	2.18	255	1 cup			156		71		194	
CRANBERRY-ORANGE RELISH, CND	1.19	275	1 cup			104		88		490	

PORK

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
BACON, PRE-SLICED, REDUCED/LOW NA, UNPREP	1.08	26	1 slice	446	1 package	132	2257	122	2096	106	1815
HORMEL ALWAYS TENDER, PORK TENDERLOIN, PEPPERCORN-FLAVORED	0.99	112	4 oz			656		665		123	
HORMEL ALWAYS TENDER, PORK TENDERLOIN, TERIYAKI-FLAVORED	1.3	112	4 oz			600		463		133	
PORK, FRSH, BACKRIBS, LN&FAT, CKD, RSTD	2.55	878	1 rack, (Approx length 12 inches, width 4 inches)			2107		825		2564	
PORK, FRSH, BACKRIBS, LN&FAT, RAW	2.84	1071	1 rack, (Approx length 16 inches, width 4 inches)			2645		932		2399	
PORK, FRSH, ENHANCED, COMP OF FAT, CKD	1.71	85	3 oz			182		106		497	
PORK, FRSH, ENHANCED, COMP OF FAT, RAW	2.36	28.35	1 oz	453	1 lb	54	865	23	367	144	2301
PORK, FRSH, ENHANCED, LOIN, TENDERLOIN, LN & FAT, CKD, RSTD	2.45	508	1 roast			2860		1168		615	
PORK, FRSH, ENHANCED, LOIN, TENDERLOIN, LN & FAT, RAW	2.17	537	1 roast			2787		1283		612	
PORK, FRSH, ENHANCED, LOIN, TENDERLOIN, LN, CKD, RSTD	2.45	508	1 roast			2880		1173		589	
PORK, FRSH, ENHANCED, LOIN, TENDERLOIN, LN, RAW	2.17	537	1 roast			2830		1305		569	
PORK, FRSH, ENHANCED, LOIN, TOP LOIN (CHOPS), BNLESS, LN & FAT, RAW	2.12	158	1 chop			757		357		194	
PORK, FRSH, ENHANCED, LOIN, TOP LOIN (CHOPS),	2.21	134	1 chop			702		318		176	

PORK

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
BNLESS, LN, CKD, BRLD											
PORK, FRSH, ENHANCED, LOIN, TOP LOIN (CHOPS), BNLESS, LN, RAW	2.11	158	1 chop			773		367		174	
PORK, FRSH, ENHANCED, SHLDR, (BOSTON BUTT), BLADE (STEAKS), LN, RAW	2.54	393	1 steak			1647		648		479	
PORK, FRSH, ENHCD, LN, TOP LOIN (CHOPS), BNLESS, LN & FAT, CKD, BRLD	2.21	134	1 chop			693		314		190	
PORK, FRSH, ENHCD, SHLDR, (BOSTON BUTT), BLDE (STKS), LN & FAT, RAW	2.52	393	1 steak			1537		609		664	
PORK, FRSH, ENHCD, SHLDR, (BOSTON BUTT), BLDE (STKS), LN, CKD, BRSD	2.52	264	1 steak			1024		407		599	
PORK, FRSH, ENHCD, SHLDR, (BSTN BUTT), BLDE(STKS), LN&FAT, BRSD	2.45	264	1 steak			977		399		694	
PORK, FRSH, FAT, CKD	2.23	28.35	1 oz	113	4 oz	35	141	16	63	177	707
PORK, FRSH, LOIN, TOP LOIN (CHOPS), BNLESS, ENH, LN, CKD, PAN-BROIL	2.47	150	1 chop, boneless			776		314		254	
PORK, FRSH, SPARERIBS, LN & FAT, CKD, RSTD	2.91	1533	1 rack			4062		1395		5534	
PORK, FRSH, VAR MEATS & BY-PRODUCTS, STOMACH, CKD, SIMMRD	2.12	85	3 oz			72		34		133	
PORK, FRSH, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, BRSD	2.14	382	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	745	166	348	77	527	117
PORK, FRSH, VAR MEATS&BY-PRODUCTS, BRAIN, RAW	2.15	28.35	1 oz	113	4 oz	73	292	34	136	36	144
PORK, FRSH, VAR MEATS&BY-PRODUCTS, KIDNEYS, CKD, BRSD	1.79	140	1 cup	85	3 oz	200	122	112	68	211	128
PORK, FRSH, VAR MEATS&BY-	1.89	28.35	1 oz	233	1 kidney	65	534	34	282	28	233

PORK

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
PRODUCTS, KIDNEYS, RAW											
PORK, FRSH, VAR MEATS&BY-PRODUCTS, LUNGS, CKD, BRSD	1.86	300	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	453	128	243	69	297	84
PORK, FRSH, VAR MEATS&BY-PRODUCTS, LUNGS, RAW	1.98	28.35	1 oz	453.6	1 lb	86	1374	43	694	24	386
PORK, FRSH, VAR MEATS&BY-PRODUCTS, SPLEEN, CKD, BRSD	2.12	299	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	679	193	320	91	446	127
PORK, FRSH, VAR MEATS&BY-PRODUCTS, STOMACH, RAW	1.87	28.35	1 oz	113	4 oz	40	158	21	85	45	180
PORK, FRSH, VAR MEATS&BY-PRODUCTS, TONGUE, CKD, BRSD	2.17	231	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	85	3 oz	547	201	252	93	626	230
PORK, FRSH, VAR MEATS&BY-PRODUCTS, TONGUE, RAW	2.21	28.35	1 oz	113	4 oz	69	275	31	124	64	254
PORK, GROUND, 72% LN / 28% FAT, RAW	2.58	113	4 oz			201		78		355	
PRK, FRSH, TOP LOIN (CHPS), BNLESS, ENHCD, LN & FAT, CKD, PAN-BRLD	2.5	150	1 chop, boneless (yield from 189g raw meat)			768		308		285	
USDA CMDTY, PORK, CND	1.14	815	1 can			1980		1736		1597	

VEGETABLES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
AMARANTH LEAVES, CKD, BLD, DRND, W/SALT	2.49	132	1 cup			846		339		28	
ARTICHOKES, (GLOBE OR FRENCH), CKD, BLD, DRND, W/SALT	0.97	120	1 artichoke, medium	84	.5 cup, hearts	343	240	355	249	61	43
BALSAM-PEAR (BITTER GOURD), LEAFY TIPS, CKD, BLD, DRND, W/SALT	2.42	58	1 cup			349		144		19	
BALSAM-PEAR (BITTER GOURD), PODS, CKD, BLD, DRND, W/SALT	1.32	124	1 cup, (1/2" pieces)			396		300		24	
BAMBOO SHOOTS, CKD, BLD, DRND, W/SALT	2.22	120	1 cup, (1/2" slices)	144	1 shoot	640	768	288	346	13	16
BEANS, LIMA, IMMAT SEEDS, CND, REG PK, SOL&LIQUIDS	1.13	124	.5 cup	454	1 can, (303 x 406)	353	1294	312	1144	88	322
BEANS, NAVY, MATURE SEEDS, SPROUTED, CKD, BLD, DRND, W/SALT	1.27										
BEANS, PINTO, IMMAT SEEDS, FRZ, CKD, BLD, DRND, W/SALT	2.03	284	1 package, (10 oz) yields	94	.333 package, (10 oz) yields	1835	607	906	300	460	152
BEANS, PINTO, MATURE SEEDS, SPROUTED, CKD, BLD, DRND, WO/SALT	1.92										
BEANS, PINTO, MATURE SEEDS, SPROUTED, RAW	2.01										
BEANS, SNAP, YEL, CKD, BLD, DRND, W/SALT	1.25	125	1 cup			374		299		44	
BEET GRNS, CKD, BLD, DRND, W/SALT	1.91	144	1 cup, (1" pieces)			1309		687		39	
BEETS, CKD, BOILED. DRND, W/SALT	1.07	85	.5 cup, slices	100	2 beets, (2" dia, sphere)	259	305	242	285	37	44
BEETS, CND, REG PK, SOL&LIQUIDS	1.11	246	1 cup			391		352		74	
BEETS, HARVARD, CND, SOL&LIQUIDS	1.01	246	1 cup, slices			403		399		180	
BORAGE, CKD, BLD, DRND, W/SALT	1.52										
BROCCOLI, CKD, BLD, DRND, W/SALT	1.12	280	1 stalk, large (11"-12" long)	180	1 stalk, medium (7-1/2" - 8" long)	820	527	734	472	98	63
BRUSSELS SPROUTS, CKD, BLD, DRND, W/SALT	1.23	21	1 sprout	78	.5 cup	67	247	54	200	8	28

VEGETABLES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
BRUSSELS SPROUTS, FRZ, CKD, BLD, DRND, W/SALT	1.12	155	1 cup			450		401		65	
BURDOCK ROOT, CKD, BLD, DRND, W/SALT	1.5	125	1 cup, (1" pieces)	166	1 root	450	598	300	398	110	146
BUTTERBUR, CKD, BLD, DRND, W/SALT	1.48										
CABBAGE, CHINESE (PAK-CHOI), CKD, BLD, DRND, W/SALT	1.37	170	1 cup, shredded			631		459		20	
CABBAGE, RED, CKD, BLD, DRND, W/SALT	1.07	22	1 leaf	75	.5 cup, shredded	58	196	54	183	6	22
CARDOON, CKD, BLD, DRND, W/SALT	0.95										
CARDOON, CKD, BLD, DRND, WO/SALT	2.23										
CARDOON, RAW	2.35	178	1 cup, shredded			712		303		30	
CAULIFLOWER, GRN, CKD, W/ SALT	1.07	62	.5 cup, (1" pieces)			172		161		20	
CELERIAC, CKD, BLD, DRND, WO/SALT	2.84	155	1 cup, pieces			268		95		42	
CHARD, SWISS, CKD, BLD, DRND, W/SALT	1.32	175	1 cup, chopped			961		726		35	
CHARD, SWISS, RAW	1.78	36	1 cup	48	1 leaf	136	182	77	102	7	9
CHRYSANTHEMUM, GARLAND, CKD, BLD, DRND, W/SALT	1.97	100	1 cup, (1" pieces)			569		289		20	
CORN, SWT, WHITE, CKD, BLD, DRND, W/SALT	1	89	1 ear, small (5-1/2" to 6-1/2" long)	103	1 ear, medium (6-3/4" to 7-1/2" long)	224	260	225	261	86	100
CORN, SWT, WHITE, FRZ, KRNLN ON COB, CKD, BLD, DRND, W/SALT	1.05	165	1 cup, kernels	63	1 ear, yields	414	158	396	151	155	59
CORN, SWT, YEL, FRZ, KRNLN ON COB, CKD, BLD, DRND, W/SALT	1.05	165	1 cup, kernels	63	1 ear, yields	414	158	396	151	155	59
CORN, SWT, YEL, FRZ, KRNLN, CUT OFF COB, BLD, DRND, W/SALT	0.95	165	1 cup	284	1 package, (10 oz) yields	384	662	404	696	130	224
COWPEAS (BLACK EYES), IMMAT SEEDS, CKD, BLD, DRND, W/ SALT	1.74	165	1 cup			690		396		155	
COWPEAS (BLACK EYES), IMMAT SEEDS, FRZ, CKD, BLD, DRND, W/ SALT	1.56	170	1 cup			638		410		223	
COWPEAS, LEAFY TIPS, CKD, BLD, DRND, W/SALT	1.45	53	1 cup, chopped			186		128		12	

VEGETABLES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CRESS, GARDEN, CKD, BLD, DRND, W/SALT	1.45	135	1 cup			477		329		31	
DOCK, CKD, BLD, DRND, W/SALT	1.34										
DRUMSTICK LEAVES, CKD, BLD, DRND, W/SALT	1.4	42	1 cup, chopped			144		103		25	
DRUMSTICK PODS, CKD, BLD, DRND, W/SALT	1.64	118	1 cup, slices			539		329		42	
GOURD, DISHCLOTH (TOWELGOURD), CKD, BLD, DRND, W/SALT	1.76	178	1 cup, (1" pieces)	89	.5 cup, (1" slices)	806	403	457	229	96	48
HYACINTH-BEANS, IMMAT SEEDS, CKD, BLD, DRND, W/SALT	1.1	87	1 cup			228		207		44	
JUTE, POTHERB, CKD, BLD, DRND, W/SALT	2.23	87	1 cup			478		215		32	
KALE, FRZ, CKD, BLD, DRND, W/SALT	1.28	130	1 cup, chopped			417		326		39	
KALE, SCOTCH, CKD, BLD, DRND, W/SALT	0.98	130	1 cup, chopped			356		365		36	
KOHLRABI, CKD, BLD, DRND, W/SALT	1.32	165	1 cup, slices			561		424		48	
LAMBS QUARTERS, CKD, BLD, DRND, W/SALT	1.09	180	1 cup, chopped			518		477		58	
LENTILS, SPROUTED, CKD, STIR-FRIED, W/SALT	1.15										
LIMA BNS, IMMAT SEEDS, CKD, BLD, DRND, W/SALT	2.25	170	1 cup			969		430		209	
LIMA BNS, IMMAT SEEDS, FRZ, BABY, CKD, BLD, DRND, W/SALT	1.55	180	1 cup	311	1 package, (10 oz) yields	740	1278	477	824	189	327
LIMA BNS, IMMAT SEEDS, FRZ, FORDHOOK, CKD, BLD, DRND, W/SALT	1.05	170	1 cup	311	1 package, (10 oz) yields	517	945	491	899	175	320
LOTUS ROOT, CKD, BLD, DRND, W/SALT	1.29	60	.5 cup	89	10 slices, (2-1/2" dia)	218	323	169	250	40	59
MOUNTAIN YAM, HAWAII, CKD, STMD, W/ SALT	2	145	1 cup, cubes			718		360		119	
MUSHROOMS, WHITE, CKD, BLD, DRND, W/SALT	1.5	156	1 cup, pieces	9.8	1 tbsp	555	35	371	23	44	3
MUSTARD SPINACH, (TENDERGREEN), CKD, BLD, DRND, W/SALT	1.14	180	1 cup, chopped			513		450		29	
NEW ZEALAND SPINACH, CKD, BLD, DRND, WO/SALT	0.95	180	1 cup, chopped			184		193		22	

VEGETABLES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
NEW ZEALAND SPINACH, RAW	1	56	1 cup, chopped			73		73		8	
PARSNIPS, CKD, BLD, DRND, W/SALT	1.49	78	.5 cup, slices	160	1 parsnip, (9" long)	286	587	192	394	55	114
PEAS&CARROTS, FRZ, CKD, BLD, DRND, WO/SALT	2.32	278	1 package, (10 oz) yields	80	.5 cup	439	126	189	54	133	38
PEAS&CARROTS, FRZ, UNPREP	2.46	70	.5 cup	284	1 package, (10 oz)	136	551	55	224	37	151
PEAS, EDIBLE-PODDED, CKD, BLD, DRND, W/SALT	1	160	1 cup			384		384		64	
PEAS, GRN, CKD, BLD, DRND, W/SALT	1.13	160	1 cup			434		382		134	
PEAS, GRN, FRZ, CKD, BLD, DRND, WO/SALT	1.53	80	.5 cup	253	1 package, (10 oz) yields	88	278	58	182	62	197
PEAS, GRN, FRZ, UNPREP	1.42	134	1 cup	284	1 package	205	435	145	307	103	219
PEAS, MATURE SEEDS, SPROUTED, CKD, BLD, DRND, W/SALT	1.12										
PICKLES, CUCUMBER, SOUR, LO NA	1.28	143	1 cup, chopped or diced	155	1 cup, (about 23 slices)	33	36	26	28	16	17
PICKLES, CUCUMBER, SWT, LO NA (INCLUDES BREAD & BUTTER PICKLES)	1.78	160	1 cup, chopped or diced	170	1 cup, sliced	51	54	29	31	195	207
PIGEONPEAS, IMMAT SEEDS, CKD, BLD, DRND, W/SALT	1.9	153	1 cup			698		367		170	
POTATOES, BKD, FLESH, W/SALT	1.62	61	.5 cup	156	1 potato, (2-1/3" x 4-3/4")	239	610	147	376	57	145
POTATOES, BKD, SKN, W/ SALT	2.23	58	1 skin			332		149		115	
POTATOES, BLD, CKD IN SKN, FLESH, W/SALT	1.58	78	.5 cup	136	1 potato, (2-1/2" dia, sphere)	296	515	187	326	68	118
POTATOES, BLD, CKD IN SKN, SKN, W/SALT	1.63	34	1 skin			138		85		27	
POTATOES, BLD, CKD WO/ SKN, FLESH, W/ SALT	1.36	300	1 large, (3" to 4-1/4" dia.)	167	1 medium, (2-1/4" to 2-1/4" dia.)	984	548	723	402	258	144
POTATOES, CND, DRND SOL	1.05	180	1 cup	35	1 potato	412	80	394	77	108	21
POTATOES, FR FR, CRNKL OR REG, SALT ADDED IN PROC, FRZ, AS PURCH	1.16	82	10 strip			341		294		143	

VEGETABLES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
POTATOES, FR FR, CRNKL/REG CUT, SALT ADDED IN PROC, FRZ, OVEN-HTD	1.2	69	10 strip			325		270		115	
POTATOES, FRENCH FR, ALL TYPES, SALT ADDED IN PROC, FRZ, OVEN HTD	1.16	50	10 strips	198	1 package, (9 oz), yields	226	893	194	768	82	325
POTATOES, FRENCH FR, ALL TYPES, SALT ADDED IN PROC, FRZ, UNPREP	1.23	89	10 strip	255	1 package, (9 oz)	363	1040	295	847	131	375
POTATOES, FRENCH FR, SHOESTRING, SALT ADDED IN PROC, FRZ, AS PRCH	1.27	30	10 strip			123		97		50	
POTATOES, FRENCH FR, SHOESTRNG, SALT ADDED IN PROC, FRZ, OVEN-HTD	1.26	21	10 strip			106		84		42	
POTATOES, FRENCH FR, STK FRIES, SALT ADDED IN PROC, FRZ, AS PRCH	1.26	153	10 strip			612		485		203	
POTATOES, FRENCH FR, STK FRIES, SALT ADDED IN PROC, FRZ, OVEN-HTD	1.23	133	10 strip			610		496		202	
POTATOES, FRZ, FRCH FR, PAR FR, CTTGE-CUT, PREP, HTD OVEN, W/SALT	1.71	50	10 strips	198	1 package, (9 oz) yields	240	950	140	556	109	432
POTATOES, FRZ, WHL, CKD, BLD, DRND, W/SALT	1.12										
POTATOES, HASHED BROWN, HOME-PREPARED	1.68	156	1 cup			899		534		413	
POTATOES, MICROWAVED, CKD IN SKN, FLESH, W/SALT	1.69	78	.5 cup	156	1 potato, (2-1/3" x 4-3/4")	321	641	190	379	78	156
POTATOES, MICROWAVED, CKD, IN SKN, FLESH&SKN, W/SALT	1.83	202	1 potato, (2-1/3" x 4-3/4")			903		493		212	
POTATOES, MICROWAVED, CKD, IN SKN, SKN W/SALT	2.58	58	1 skin			377		146		77	
POTATOES, MSHD, DEHYD, PREP FROM FLAKES WO/ MILK, WHL MILK & BUT	1	210	1 cup			344		344		204	
POTATOES, MSHD, HOME-PREPARED, WHL MILK & MARGARINE ADDED	0.98	210	1 cup			685		699		237	

VEGETABLES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
POTATOES, MSHD, HOME-PREPARED, WHL MILK ADDED	0.98	210	1 cup			622		634		174	
POTATOES, O'BRIEN, HOME-PREPARED	1.23	194	1 cup	1162	1 recipe, yield	516	3091	421	2522	157	941
POTATOES, SCALLPD, HOME-PREPARED W/BUTTER	1.13	245	1 cup			926		821		216	
POTATOES, SCALLPD, HOME-PREPARED W/MARGARINE	1.13	245	1 cup			926		821		216	
PUMPKIN LEAVES, CKD, BLD, DRND, W/ SALT	1.8	71	1 cup			311		173		15	
PUMPKIN, CKD, BLD, DRND, W/SALT	0.97	245	1 cup, mashed			564		581		44	
PURSLANE, CKD, BLD, DRND, W/SALT	1.74	115	1 cup			561		322		21	
RADISHES, ORIENTAL, CKD, BLD, DRND, W/SALT	1.14	147	1 cup, slices			419		366		25	
SALSIFY, CKD, BLD, DRND, W/SALT	1.12	135	1 cup, slices			382		340		92	
SEAWEED, SPIRULINA, DRIED	1.3	112	1 cup	7	1 tablespoon	1527	95	1174	73	325	20
SEAWEED, SPIRULINA, RAW	1.3										
SOYBEANS, GRN, CKD, BLD, DRND, W/SALT	2.16	180	1 cup			970		450		254	
SOYBEANS, MATURE SEEDS, SPROUTED, CKD, STIR-FRIED, W/SALT	2.27										
SOYBEANS, MATURE SEEDS, SPROUTED, CKD, STMD, W/SALT	1.44	94	1 cup			334		231		76	
SPINACH, CKD, BLD, DRND, W/SALT	1.52	180	1 cup			839		551		41	
SPINACH, CND, REG PK, DRND SOL	1.07	214	1 cup			740		689		49	
SQUASH, SMMR, CROOKNECK&STRAIGHTNECK, FRZ, CKD, BLD, DRND, W/SALT	1.05	192	1 cup, slices			486		465		48	
SQUASH, SMMR, ZUCCHINI, INCL SKN, CKD, BLD, DRND, W/SALT	1.1	90	.5 cup, slices	120	.5 cup, mashed	238	317	215	287	14	18
SQUASH, WNTR, ACORN, CKD, BKD, W/SALT	1.82	205	1 cup, cubes			896		492		115	
SQUASH, WNTR, ACORN, CKD, BLD, MSHD, W/SALT	1.1	245	1 cup, mashed			644		586		83	

VEGETABLES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
SQUASH, WNTR, ALL VAR, CKD, BKD, W/SALT	1.02	205	1 cup, cubes			494		486		76	
SQUASH, WNTR, BUTTERNUT, CKD, BKD, W/SALT	1.18	205	1 cup, cubes			582		492		82	
SQUASH, WNTR, HUBBARD, BKD, W/ SALT	1.47	205	1 cup, cubes			734		500		102	
SUCCOTASH, (CORN&LIMAS), CKD, BLD, DRND, W/SALT	1.62	192	1 cup			787		486		213	
SWAMP CABBAGE, (SKUNK CABBAGE), RAW	2.76	56	1 cup, chopped	13	1 shoot	175	41	63	15	11	2
SWAMP CABBAGE, CKD, BLD, DRND, WO/SALT	2.33	98	1 cup, chopped			278		120		20	
SWEET POTATO LEAVES, CKD, STMD, W/ SALT	1.25	64	1 cup			200		159		22	
SWEET POTATO, CKD, BKD IN SKN, W/ SALT	1.93	114	1 medium, (2" dia, 5" long, raw)	100	.5 cup, mashed	542	475	280	246	105	92
SWEET POTATO, CKD, CANDIED, HOME-PREPARED	1.5	105	1 piece, (2-1/2" x 2" dia)			187		125		172	
SWEET POTATO, CND, MSHD	2.8	255	1 cup	496	1 can, (404 x 307)	536	1042	191	372	258	501
SWEET POTATO, FRZ, CKD, BKD, W/ SALT	1.55	176	1 cup, cubes			664		429		176	
TARO, COOKED, WITH SALT	1.93	132	1 cup, slices			639		331		187	
TARO, LEAVES, CKD, STMD, W/SALT	1.93	145	1 cup			667		345		35	
TARO, SHOOTS, CKD, W/SALT	1.45	140	1 cup, slices			482		333		20	
TARO, TAHITIAN, CKD, W/SALT	2.15	137	1 cup, slices			854		397		60	
TOMATO PRODUCTS, CND, PASTE, W/SALT	1.28	131	.5 cup	170	1 can, (6 oz)	1328	1724	1035	1343	107	139
TOMATO PRODUCTS, CND, PUREE, W/SALT	1.1	250	1 cup	822	1 can, (29 oz) (401 x 411)	1098	3609	998	3280	95	312
TOMATOES, CRUSHED, CANNED	2.22	121	.5 cup			355		160		39	
TOMATOES, RED, RIPE, CND, PACKED IN TOMATO JUC	1.31	240	1 cup	15	1 tbsp	451	28	343	21	41	3
TREE FERN, CKD, WO/SALT	1	71	.5 cup, chopped	31	1 frond, (6-1/2" long)	4	2	4	2	28	12
TURNIPS, RAW	2.85	130	1 cup, cubes	183	1 large	248	350	87	123	36	51

VEGETABLES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
VEGETABLE JUC COCKTAIL, CND	0.97	242	1 cup	182	6 fl oz	467	351	479	360	46	35
VEGETABLES, MXD, CND, DRND SOL	1.95	163	1 cup			474		243		80	
WINGED BEAN, IMMAT SEEDS, CKD, BLD, DRND, W/SALT	1.14	62	1 cup	31	.5 cup	170	85	149	74	23	11
YAM, CKD, BLD, DRND, OR BKD, W/SALT	2.75	136	1 cup, cubes	68	.5 cup, cubes	911	456	332	166	155	78
YARDLONG BEAN, CKD, BLD, DRND, W/SALT	1.21	104	1 cup, slices	14	1 pod	302	41	250	34	49	7

NUTS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
ALMONDS, DRY RSTD, W/SALT	1.09	138	1 cup, whole kernels	28.35	1 oz, (22 whole kernels)	983	202	905	186	821	169
ALMONDS, OIL RSTD, W/SALT	2.06	157	1 cup, whole kernels	28.35	1 oz, (22 whole kernels)	1097	198	532	96	953	172
CASHEW BUTTER, PLN, W/SALT	1.34	16	1 tbsp	28.35	1 oz	87	155	65	115	94	166
CASHEW NUTS, OIL RSTD, W/SALT	2.05	129	1 cup, whole	129	1 cup, halves and pieces	815	815	397	397	749	749
COCONUT H2O (LIQ FROM COCONUTS)	2.38	240	1 cup	15	1 tbsp	600	38	252	16	46	3
COCONUT MEAT, DRIED (DESICCATED), SWTND, FLAKED, PACKAGED	1.27	85	1 cup	28.35	1 oz	307	102	242	81	388	129
COCONUT MEAT, DRIED (DESICCATED), SWTND, SHREDDED	1.29	93	1 cup, shredded	199	1 package, (7 oz)	313	671	244	521	466	997
MACADAMIA NUTS, DRY RSTD, W/SALT	1.03	132	1 cup, whole or halves	28.35	1 oz, (10-12 kernels)	479	103	466	100	945	203
MIXED NUTS, DRY RSTD, W/PNUTS, W/SALT	2.01	137	1 cup	28.35	1 oz	949	196	473	98	814	168
NUTS, COCNT CRM, CND, SWTND	2.81	296	1 cup	19	1 tbsp	299	19	107	7	1057	68
NUTS, MXD NUTS, OIL RSTD, W/PNUTS, W/ SALT ADDED	2.32	134	1 cup	28.35	1 oz	847	179	366	77	813	172
NUTS, MXD NUTS, OIL RSTD, WO/PNUTS, W/ SALT ADDED	1.78	144	1 cup	28.35	1 oz	783	154	441	87	886	174
PECANS, DRY RSTD, W/SALT	1.11	28.4	1 oz			120		109		201	
PECANS, OIL RSTD, W/SALT	1	110	1 cup	28.35	1 oz, (15 halves)	431	111	432	111	787	203
PISTACHIO NUTS, DRY RSTD, W/SALT	2.35	123	1 cup	28.35	1 oz, (49 kernels)	1239	285	526	121	694	160
SUNFLOWER SD BUTTER, W/SALT	1.74	16	1 tbsp	28.35	1 oz	92	163	53	94	99	175

NUTS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
SUNFLOWER SD KRNLs, DRY RSTD, W/SALT	2.31	128	1 cup	28.35	1 oz	1088	241	471	104	745	165

BEEF

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
BEEF, VAR MEATS & BY-PRODUCTS, SUET, RAW	2.29	28.35	1 oz	113	4 oz	5	18	2	8	242	965
BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, PAN-FRIED	2.24	351	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	85	3 oz	1243	301	555	134	688	167
BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, SIMMRD	2.26	391	1 piece, cooked, excluding refuse	85	3 oz	954	207	422	92	590	128
BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, RAW	2.17	28.35	1 oz	113	4 oz	78	310	36	142	41	162
BEEF, VAR MEATS&BY-PRODUCTS, HEART, RAW	2.93	28.35	1 oz	113	4 oz	81	324	28	111	32	127
BEEF, VAR MEATS&BY-PRODUCTS, KIDNEYS, CKD, SIMMRD	1.44	85	3 oz			115		80		134	
BEEF, VAR MEATS&BY-PRODUCTS, KIDNEYS, RAW	1.44	28.35	1 oz	113	4 oz	74	296	52	206	28	112
BEEF, VAR MEATS&BY-PRODUCTS, LUNGS, CKD, BRSD	1.71	303	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	85	3 oz	524	147	306	86	364	102
BEEF, VAR MEATS&BY-PRODUCTS, LUNGS, RAW	1.72	28.35	1 oz	113	4 oz	96	384	56	224	26	104
BEEF, VAR MEATS&BY-PRODUCTS, TONGUE, CKD, SIMMRD	2.83	85	3 oz			156		55		241	
USDA CMDTY, BF, CND	1.21	45	1 serving	801	1 can	102	1818	84	1498	111	1970

BEVERAGES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
ALCOHOLIC BEV, DISTILLED, ALL (GIN, RUM, VODKA, WHISKEY) 80 PROOF	2	27.8	1 fl oz	42	1 jigger, 1.5 fl oz	1	1	0	0	64	97
ALCOHOLIC BEV, DISTILLED, ALL (GIN, RUM, VODKA, WHISKEY) 86 PROOF	2	27.8	1 fl oz	42	1 jigger, 1.5 fl oz	1	1	0	0	70	105
ALCOHOLIC BEV, DISTILLED, ALL (GIN, RUM, VODKA, WHISKEY) 90 PROOF	2	27.8	1 fl oz	42	1 jigger, 1.5 fl oz	1	1	0	0	73	110
ALCOHOLIC BEV, DISTILLED, ALL (GIN, RUM, VODKA, WHISKEY) 94 PROOF	2	27.8	1 fl oz	42	1 jigger, 1.5 fl oz	1	1	0	0	76	116
ALCOHOLIC BEV, DISTILLED, ALL 100 PROOF	2	27.8	1 fl oz	42	1 jigger, 1.5 fl oz	1	1	0	0	82	124
ALCOHOLIC BEV, DISTILLED, RUM, 80 PROOF	2	27.8	1 fl oz	42	1 jigger, 1.5 fl oz	1	1	0	0	64	97
ALCOHOLIC BEV, DISTILLED, VODKA, 80 PROOF	1	27.8	1 fl oz	42	1 jigger, 1.5 fl oz	0	0	0	0	64	97
ALCOHOLIC BEV, PINA COLADA, CND	1.17	32.6	1 fl oz	222	1 can, (6.8 fl oz, 200 ml)	27	184	23	158	77	526
BEVERAGE, HORCHATA, AS SERVED IN RESTAURANT	2.43										
CARB BEV, LO CAL, COLA OR PEP, W/ ASPRT, CAF	1	29.6	1 fl oz	355	1 can, 12 fl oz	2	28	2	28	1	7
CARBONATED BEV, LO CAL, COLA OR PEPPR-TYPE, W/ ASPRT, WO/ CAFFEN	1.75	29.6	1 fl oz	473	1 bottle, 16 fl oz	2	33	1	19	0	5
CAROB-FLAVOR BEV MIX, PDR	1.01	12	1 tbsp			12		12		45	
CAROB-FLAVOR BEV MIX, PDR, PREP W/ WHL MILK	2.85	256	1 cup, (8 fl oz)			335		118		192	
CHOCOLATE-FLAVOR BEV MIX FOR MILK, PDR, W/ ADDED NUTR	2.06	22	1 serving			62		30		88	

BEVERAGES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CHOCOLATE-FLAVOR BEV MIX FOR MILK, PDR, WO/ ADDED NUTR	2.81	22	1 portion, (2-3 heaping tsp)			130		46		89	
CHOCOLATE-FLAVOR BEV MIX W/ ADDED NUTR, PREP W/ WHL MILK	2.88	266	1 serving			383		133		237	
COCOA MIX, PDR	1.41	28	1 serving, (3 heaping tsp or 1 envelope)			199		141		111	
COCOA MIX, PDR, PREP W/ H2O	1.36	206	1 serving, 6 fl oz	34.3	1 fl oz	204	34	150	25	113	19
COCOA MIX, W/ ASPRT, PDR, PREP W/ H2O	2.93	192	1 serving, 6 fl oz	32.1	1 fl oz	405	68	138	23	56	9
COFFEE, INST, W/SUGAR, FRENCH-FLAVOR, PDR	2.13	13	4 teaspoon, (1 serving)			154		72		63	
EGGNOG-FLAVOR MIX, PDR, PREP W/ WHL MILK	2.2	272	1 cup, (8 fl oz)			329		150		258	
FRUIT FLAV DRK, RED SUGAR, JUC, HI VIT C, ADDED CA	1.24	240	8 fl oz	31.1	1 fl oz	74	10	60	8	70	9
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	30.9	1 fl oz	32	4	12	2	114	14
FRUIT PUNCH DRK, WO/ ADDED NUTR, CND	2.5	210	6.75 fl oz, 1 pouch, 200 ml	248	1 cup, (8 fl oz)	52	62	21	25	101	119
LEMONADE, LO CAL, W/ NON-NUTRITIVE SWTNR, PDR	1.1	2	1 serving			0		0		7	
LEMONADE, PDR, PREP W/H2O	1	264	1 serving, 1 cup 8 fl oz	33	1 fl oz	16	2	16	2	37	5
LEMONADE, POWDER	2.88	18	1 serving	218	1 cup	26	320	9	111	68	824
MALTED DRK MIX, CHOC, PDR, PREP W/ WHL MILK	2.87	265	1 cup, (8 fl oz)			456		159		225	
MALTED DRK MIX, CHOC, W/ ADDED NUTR, PDR	2.01	78	1 cup	21	1 serving, (4 tbsps or 1 envelope)	931	251	463	125	303	82

BEVERAGES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
MALTED DRK MIX, CHOC, W/ ADDED NUTR, PDR, PREP W/ WHL MILK	2.49	265	1 cup, (8 fl oz)			575		231		231	
MALTED DRK MIX, NAT, PDR	1.87	21	1 serving, (3 heaping tsp or 1 envelope)			159		85		90	
MALTED DRK MIX, NAT, PDR, PREP W/ WHL MILK	2.32	265	1 cup, (8 fl oz)			485		209		233	
MALTED DRK MIX, NAT, W/ ADDED NUTR, PDR	2.28	21	1 serving, (4 tbsp or 1 envelope)			124		54		81	
MALTED DRK MIX, NAT, W/ ADDED NUTR, PDR, PREP W/ WHL MILK	2.78	265	1 cup, (8 fl oz)			530		191		228	
ORANGE BRKFST DRK, RTD, W/ ADDED NUTR	1.54	31.6	1 fl oz	253	1 cup, (8 fl oz)	26	210	17	137	17	134
QUAKER OATS, PROPEL FITNESS H2O, FRUIT-FLAVORED, NON-CARBONATED	1.23	30	1 fluid ounce	501	1 bottle, 16.9 fl oz in packages of 6	5	80	4	65	2	25
READY-TO-DRINK RED FAT MILK, FLAV & SWTND, W/CA, VIT A & VIT D	2.65	244	1 cup			317		120		188	
SHAKE, FAST FD, STRAWBERRY	2.19	23.5	1 fl oz	282	1 small, 12 fl oz	43	513	20	234	27	319
SHAKE, FAST FOOD, CHOCOLATE	2.06	23.5	1 fl oz	282	1 small, 12 fl oz	47	564	23	274	30	358
SHAKE, FAST FOOD, VANILLA	2.05	166	1 cup, (8 fl oz)	20.8	1 fl oz	276	35	134	17	246	31
STRAWBERRY-FLAVOR BEV MIX, PDR, PREP W/ WHL MILK	2.9	266	1 cup, (8 fl oz)			370		128		234	
TEA, INST, SWTND W/ NON-NUTRITIVE SWTNR, LEMON-FLAVORED, PREP	2.33	238	1 serving, 8 fl oz cup	29.8	1 fl oz	33	4	14	2	5	1
TEA, RTD, ARIZONA ICED TEA, W/ LEMON FLAVOR	2.5	30.6	1 fl oz	227	1 serving, 8 fl oz	3	23	1	9	12	89
V8 SPLASH JUC DRINKS, DIET BERRY BLEND	2.36	243	1 serving, 8 oz			80		34		10	

BEVERAGES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
V8 SPLASH JUC DRINKS, DIET FRUIT MEDLEY	1.15	238	1 serving, 8 oz			36		31		10	
V8 SPLASH SMOOTHIES, TROPICAL COLADA	1.2	246	1 serving, 8 oz			59		49		101	
V8 SPLASH, DIET STRAWBERRY KIWI	1.15	238	1 serving			36		31		10	
V8 SPLASH, DIET TROPICAL BLEND	2.27	238	1 serving, 8 oz			81		36		10	
VEGETABLE & FRUIT JUC DRK, RED CAL, ADDED VIT C	1.71	238	1 serving			57		33		10	
WATER, NON- CARBONATED, FRUIT FLAVORS, SWTND W/ LO CAL SWTNR	1.33	237	1 serving, (8 fl oz)	29.6	1 fl oz	9	1	7	1	2	0

SEAFOOD

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CATFISH, CHANNEL, CKD, BREADED&FRIED	1.21	87	1 fillet	85	3 oz	296	289	244	238	199	195
COD, ATLANTIC, CND, SOL&LIQ	2.42	312	1 can	85	3 oz	1647	449	680	185	328	89
CONCH, BAKED OR BROILED	1.07	127	1 cup, sliced	17	1 oz, cooked yield	207	28	194	26	165	22
CRAB, BLUE, CRAB CAKES	0.98	60	1 cake			194		198		93	
CRAB, BLUE, RAW	1.12	85	3 oz	21	1 crab	280	69	249	62	74	18
CRAB, DUNGENESS, CKD, MOIST HEAT	1.08	85	3 oz	127	1 crab	347	518	321	480	94	140
CRAB, DUNGENESS, RAW	1.2	85	3 oz	163	1 crab	301	577	251	481	73	140
CRAYFISH, MXD SP, FARMED, CKD, MOIST HEAT	2.45	85	3 oz			202		82		74	
CROAKER, ATLANTIC, CKD, BREADED&FRIED	0.98	87	1 fillet	85	3 oz	296	289	303	296	192	188
CRUSTACEANS, SHRIMP, UNTREATED, CKD	2.33										
CRUSTACEANS, SHRIMP, UNTREATED, RAW	2.22										
CUTTLEFISH, MXD SP, RAW	0.95	85	3 oz			301		316		67	
FISH, COD, PACIFIC, UNTREATED, CKD	2.78										
FISH, POLLOCK, ALASKA, CKD, DRY HEAT	1.03	60	1 fillet	85	3 oz	258	366	251	356	67	94
FISH, POLLOCK, ALASKA, UNTREATED, CKD	2.19										
FISH, POLLOCK, ALASKA, UNTREATED, RAW	2.08										
HADDOCK, COOKED, DRY HEAT	1.34	150	1 fillet	85	3 oz	526	298	392	222	135	76
HADDOCK, RAW	1.34	193	1 fillet	85	3 oz	552	243	411	181	143	63
LING, COOKED, DRY HEAT	2.81	151	1 fillet	85	3 oz	734	413	261	147	168	94
LING, RAW	2.81	193	1 fillet	85	3 oz	731	322	261	115	168	74
MACKEREL, KING, CKD, DRY HEAT	2.75	154	.5 fillet	85	3 oz	859	474	313	173	206	114
MACKEREL, KING, RAW	2.75	198	.5 fillet	85	3 oz	861	370	313	134	208	89
MUSSEL, BLUE, RAW	1.12	150	1 cup	28.35	1 oz	480	91	429	81	129	24
OCTOPUS, COMMON, CKD, MOIST HEAT	1.37	85	3 oz			536		391		139	
OCTOPUS, COMMON, RAW	1.52	85	3 oz			298		196		70	

SEAFOOD

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
OYSTER, EASTERN, CANNED	2.04	162	1 cup, drained	248	1 cup, undrain ed	371	568	181	278	110	169
OYSTER, EASTERN, WILD, CKD, DRY HEAT	1.83	85	3 oz	59	6 medium	206	143	112	78	67	47
OYSTER, EASTERN, WILD, RAW	1.84	248	1 cup	84	6 medium	387	131	211	71	126	43
OYSTER, PACIFIC, CKD, MOIST HEAT	1.42	25	1 medium	85	3 oz	76	257	53	180	41	139
OYSTER, PACIFIC, RAW	1.58	50	1 medium	85	3 oz	84	143	53	90	40	69
ROE, MIXED SPECIES, RAW	2.43	14	1 tbsp	28.35	1 oz	31	63	13	26	20	41
ROE, MXD SP, CKD, DRY HEAT	2.42	28.35	1 oz	85	3 oz	80	241	33	99	58	173
ROUGHY, ORANGE, CKD, DRY HEAT	2.62	85	3 oz			154		59		89	
ROUGHY, ORANGE, RAW	2.32	85	3 oz			142		61		65	
SHARK, MIXED SPECIES, RAW	2.03	85	3 oz			136		67		110	
SHARK, MXD SP, CKD, BATTER-DIPPED&FRIED	1.27	85	3 oz			132		104		194	
SPINY LOBSTER, MXD SP, RAW	1.02	209	1 lobster	85	3 oz	376	153	370	150	234	95
TURBOT, EUROPEAN, CKD, DRY HEAT	1.59	159	.5 fillet	85	3 oz	485	259	305	163	194	104
TURBOT, EUROPEAN, RAW	1.59	204	.5 fillet	85	3 oz	486	202	306	128	194	81
USDA COMMODITY, SALMON NUGGETS, BREADED, FRZ, HTD	0.95	28.35	1 oz			47		49		60	
USDA COMMODITY, SALMON NUGGETS, CKD AS PURCHASED, UNHTD	0.96	28.35	1 oz			46		47		54	
WHELK, UNSPEC, CKD, MOIST HEAT	1.68	85	3 oz			590		350		234	
WHELK, UNSPECIFIED, RAW	1.68	85	3 oz			295		175		116	

LEGUMES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
BEANS, ADZUKI, MATURE SD, CKD, BLD, W/SALT	2.18	230	1 cup			1224		561		294	
BEANS, BLACK TURTLE, MATURE SEEDS, CKD, BLD, W/ SALT	1.81	185	1 cup			801		442		240	
BEANS, BLACK, MATURE SEEDS, CKD, BLD, W/SALT	1.5	172	1 cup			611		408		227	
BEANS, CRANBERRY (ROMAN), MATURE SEEDS, CKD, BLD, W/SALT	1.63	177	1 cup			685		419		241	
BEANS, FRENCH, MATURE SEEDS, CKD, BLD, W/SALT	1.53	177	1 cup			655		428		228	
BEANS, GREAT NORTHERN, MATURE SEEDS, CKD, BLD, W/SALT	1.64	177	1 cup			692		421		209	
BEANS, KIDNEY, ALL TYPES, MATURE SEEDS, CKD, BLD, W/SALT	1.69	177	1 cup			713		421		225	
BEANS, KIDNEY, CALIFORNIA RED, MATURE SEEDS, CKD, BLD, W/SALT	1.75	177	1 cup			742		425		219	
BEANS, KIDNEY, RED, MATURE SEEDS, CKD, BLD, W/SALT	1.69	177	1 cup			713		421		225	
BEANS, KIDNEY, RED, MATURE SEEDS, CND, DRND SOL, RINSED IN TAP H2O	1.2	158	1 cup, cup rinsed solids			395		329		191	
BEANS, KIDNEY, RED, MATURE SEEDS, CND, SOL & LIQUIDS	1.02	256	1 cup	16	1 tbsp	666	42	655	41	207	13
BEANS, KIDNEY, ROYAL RED, MATURE SEEDS, CKD, BLD W/SALT	1.57	177	1 cup			669		427		218	
BEANS, NAVY, MATURE SEEDS, CKD, BLD, W/SALT	1.64	182	1 cup			708		431		255	
BEANS, PINK, MATURE SEEDS, CKD, BLD, W/SALT	2.13	169	1 cup			859		402		252	
BEANS, PINTO, CND, DRND SOL	1.15	277	1 can, drained solids			759		662		316	

LEGUMES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
BEANS, PINTO, MATURE SEEDS, CKD, BLD, W/SALT	1.83	171	1 cup			746		407		245	
BEANS, PINTO, MATURE SEEDS, CND, DRND SOL, RINSED IN TAP H2O	1.1	169	1 cup	258	1 can	395	604	358	547	198	302
BEANS, PINTO, MATURE SEEDS, CND, SOL & LIQUIDS	1.03	240	1 cup	442	1 can	662	1220	643	1185	197	362
BEANS, RED, KIDNEY, MATURE SEEDS, CND, DRND SOL	1.2	266	1 can, drained solids			737		614		330	
BEANS, SML WHITE, MATURE SEEDS, CKD, BLD, W/SALT	1.95	179	1 cup			829		426		254	
BEANS, WHITE, MATURE SEEDS, CKD, BLD, W/ SALT	2.32	179	1 cup			1004		433		249	
BEANS, YEL, MATURE SEEDS, CKD, BLD, W/SALT	1.35	177	1 cup			575		427		255	
BROADBEANS (FAVA BNS), MATURE SEEDS, CKD, BLD, W/SALT	1.11	170	1 cup			456		410		187	
CHICKPEAS, MATURE SEEDS, CKD, BLD, W/SALT	1.2	164	1 cup			477		399		269	
COWPEAS, CATJANG, MATURE SEEDS, CKD, BLD, W/SALT	1.47	171	1 cup			641		436		200	
COWPEAS, COMMON, MATURE SEEDS, CKD, BLD, W/SALT	1.16	171	1 cup			475		410		198	
ENSURE FIBER W/ FOS, LIQ	1.85										
FALAFEL, HOME-PREPARED	1.99	17	1 patty, (approx 2-1/4" dia)			99		50		57	
HYACINTH BNS, MATURE SEEDS, CKD, BLD, W/SALT	1.39	194	1 cup			654		471		227	
LENTILS, MATURE SEEDS, CKD, BLD, W/SALT	1.55	198	1 cup			731		471		226	
LIMA BNS, LRG, MATURE SEEDS, CKD, BLD, W/SALT	2.13	188	1 cup			955		447		216	

LEGUMES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
LIMA BNS, THIN SEEDED (BABY), MATURE SEEDS, CKD, BLD, W/SALT	1.68	182	1 cup			730		435		229	
LUPINS, MATURE SEEDS, CKD, BLD, W/SALT	1.02	166	1 cup			407		398		193	
MORI-NU, TOFU, SILKEN, EX FIRM	2.44	84	1 slice			129		53		46	
MORNINGSTAR FARMS ENTREE CHIK'N ENCHILADA W/ RICE, FRZ, UNPREP	0.98	269	1 package			508		519		274	
MORNINGSTAR FARMS ENTREE CHILI, FRZ, UNPREP	1.73	254	1 cup			851		493		170	
MORNINGSTAR FARMS LASAGNA W/ VEGGIE SAUSAGE, FRZ, UNPREP	1.1	284	1 serving			650		591		273	
MOTHBEANS, MATURE SEEDS, CKD, BLD, W/SALT	1.24	177	1 cup			538		435		207	
MUNG BNS, MATURE SEEDS, CKD, BLD, W/SALT	1.12	202	1 cup			537		481		212	
MUNGO BNS, MATURE SEEDS, CKD, BLD, W/SALT	0.95	180	1 cup			416		437		189	
NOODLES, CHINESE, CELLOPHANE OR LONG RICE (MUNG BNS), DEHYD	1	140	1 cup			14		14		491	
PEANUT BUTTER W/ OMEGA-3, CREAMY	2.19	16	1 tbsp			125		57		97	
PEANUT BUTTER, CHUNK STYLE, W/SALT	1.53	258	1 cup	32	2 tbsp	1922	238	1254	156	1520	188
PEANUT BUTTER, CHUNKY, VITAMIN&MINERAL FORT	2.03	32	2 tbsp	258	1 cup	238	1920	117	944	190	1530
PEANUT BUTTER, SMOOTH STYLE, W/ SALT	1.41	258	1 cup	32	2 tbsp	1674	208	1184	147	1517	188
PEANUT BUTTER, SMOOTH, RED FAT	1.24	36	2 tablespoon			241		194		187	
PEANUT BUTTER, SMOOTH, VIT & MINERAL FORT	1.59	258	1 cup	32	2 tbsp	1721	213	1084	134	1525	189

LEGUMES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
PEANUT SPRD, RED SUGAR	1.83	31	2 tbsp			254		139		202	
PEANUTS, ALL TYPES, DRY-ROASTED, W/SALT	0.97	28.35	1 oz	1	1 peanut	187	7	192	7	166	6
PEANUTS, ALL TYPES, OIL-ROASTED, W/SALT	2.27	144	1 cup, chopped	28.4	1 oz, shelled (32 nuts)	1045	206	461	91	863	170
PEANUTS, SPANISH, OIL-ROASTED, W/SALT	1.79	147	1 cup	28.4	1 oz	1141	220	637	123	851	164
PEANUTS, VIRGINIA, OIL-ROASTED, W/SALT	1.51	143	1 cup	28.4	1 oz	932	185	619	123	827	164
PEAS, SPLIT, MATURE SEEDS, CKD, BLD, W/SALT	1.52	196	1 cup			710		466		227	
PIGEON PEAS (RED GM), MATURE SEEDS, CKD, BLD, W/SALT	1.59	168	1 cup			645		405		203	
SILK LT PLN, SOYMILK	2.51	243	1 cup			299		119		70	
SILK NOG, SOYMILK	2.02	122	.5 cup			150		74		90	
SILK PLN, SOYMILK	2.51	243	1 cup			299		119		100	
SILK PLUS OMEGA-3 DHA, SOYMILK	2.94	243	1 cup			350		119		109	
SILK VERY VANILLA, SOYMILK	2.12	243	1 cup			299		141		129	
SOYBEANS, MATURE SEEDS, CKD, BLD, W/SALT	2.17	172	1 cup			886		408		298	
SOYMILK (ALL FLAVORS), ENHANCED	2.82	243	1 cup			343		122		109	
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, CHOC, NONFAT, W/ ADDED CA, VITAMINS A & D	1.84	243	1 cup			255		139		107	
SOYMILK, CHOC, UNFORTIFIED	2.7	243	1 cup	30.6	1 fl oz	347	44	129	16	153	19
SOYMILK, CHOC, W/ ADDED CA, VITAMINS A & D	2.7	243	1 cup	30.6	1 fl oz	347	44	129	16	153	19

LEGUMES

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
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	30.6	1 fl oz	287	36	124	16	131	17
SOYMILK, ORIGINAL & VANILLA, W/ ADDED CA, VITAMINS A & D	2.6	243	1 cup	30.6	1 fl oz	296	37	114	14	104	13
USDA CMDTY, PNUT BUTTER, SMOOTH	1.24	32	2 tbsp	258	1 cup	189	1527	152	1228	188	1517
VITASOY USA, VITASOY LT VANILLA SOYMILK	1.67	243	1 cup	243	1 serving	199	199	119	119	73	73
VITASOY USA, VITASOY ORGANIC CLASSIC ORIGINAL SOYMILK	2.36	243	1 cup	243	1 serving	379	379	160	160	114	114
VITASOY USA, VITASOY ORGANIC CREAMY ORIGINAL SOYMILK	1.98	243	1 cup	243	1 serving	318	318	160	160	107	107
WINGED BNS, MATURE SEEDS, CKD, BLD, W/ SALT	1.12	172	1 cup			482		428		253	
YARDLONG BNS, MATURE SEEDS, CKD, BLD, W/ SALT	1.31	171	1 cup			539		412		202	

LAMB & VEAL & GAME MEAT

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
LAMB, AUS, IMP, FRSH, FORESHANK, LN&FAT, 1/8"FAT, CKD, BRSD	2.62	211	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	85	3 oz	515	207	196	79	498	201
LAMB, AUS, IMP, FRSH, FORESHANK, LN&FAT, 1/8"FAT, RAW	2.81	28.35	1 oz	453.6	1 lb	77	1225	27	435	55	885
LAMB, AUS, IMP, FRSH, FORESHANK, LN, 1/8"FAT, CKD, BRSD	2.55	180	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	85	3 oz	459	217	180	85	297	140
LAMB, AUS, IMP, FRSH, FORESHANK, LN, 1/8"FAT, RAW	2.78	28.35	1 oz	453.6	1 lb	84	1338	30	481	35	558
LAMB, DOM, COMP OF RTL CUTS, FAT, 1/4"FAT, CHOIC, RAW	2.65	28.35	1 oz	453.6	1 lb	23	372	9	141	189	3016
LAMB, NZ, IMP, FRZ, COMP OF RTL CUTS, FAT, CKD	2.49	286	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	249	74	100	30	1676	498
LAMB, NZ, IMP, FRZ, COMP OF RTL CUTS, FAT, RAW	2.32	28.35	1 oz	453.6	1 lb	14	231	6	100	181	2903
LAMB, NZ, IMP, FRZ, FORESHANK, LN&FAT, 1/8"FAT, CKD, BRSD	2.51	168	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	85	3 oz	198	100	79	40	433	219
LAMB, NZ, IMP, FRZ, FORESHANK, LN&FAT, 1/8"FAT, RAW	2.91	28.35	1 oz	453.6	1 lb	37	594	13	204	63	1012

LAMB & VEAL & GAME MEAT

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
LAMB, NZ, IMP, FRZ, FORESHANK, LN&FAT, CKD, BRSD	2.51	168	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	85	3 oz	198	100	79	40	433	219
LAMB, NZ, IMP, FRZ, FORESHANK, LN&FAT, RAW	2.91	28.35	1 oz	453.6	1 lb	37	594	13	204	63	1012
LAMB, NZ, IMP, FRZ, FORESHANK, LN, CKD, BRSD	2.55	138	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	85	3 oz	172	106	68	42	257	158
LAMB, NZ, IMP, FRZ, RIB, LN&FAT, 1/8"FAT, CKD, RSTD	2.91	233	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	85	3 oz	298	109	103	37	739	269
LAMB, NZ, IMP, FRZ, RIB, LN&FAT, 1/8"FAT, RAW	2.86	28.35	1 oz	453.6	1 lb	34	544	12	191	88	1411
LAMB, NZ, IMP, FRZ, RIB, LN&FAT, CKD, RSTD	2.88	241	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	85	3 oz	299	105	104	37	819	289
LAMB, NZ, IMP, FRZ, RIB, LN&FAT, RAW	2.82	28.35	1 oz	453.6	1 lb	32	513	11	181	98	1569
LAMB, NZ, IMP, FRZ, SHLDR, WHL (ARM&BLD), LN&FAT, 1/8"FAT, CKD, BRSD	2.9	233	1 piece, cooked, excluding refuse (yield from 1 lb raw	85	3 oz	352	128	121	44	797	291

LAMB & VEAL & GAME MEAT

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
			meat with refuse)								
LAMB, NZ, IMP, FRZ, SHLDR, WHL (ARM&BLD), LN&FAT, CKD, BRSD	2.88	206	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	85	3 oz	303	125	105	43	735	303
LAMB, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, BRSD	1.53	347	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	711	174	465	114	503	123
LAMB, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, PAN-FRIED	2.28	240	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	859	304	377	133	655	232
LAMB, VAR MEATS&BY-PRODUCTS, BRAIN, RAW	2.64	28.35	1 oz	113	4 oz	84	334	32	127	35	138
LAMB, VAR MEATS&BY-PRODUCTS, KIDNEYS, CKD, BRSD	1.18	255	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	454	151	385	128	349	116
LAMB, VAR MEATS&BY-PRODUCTS, KIDNEYS, RAW	1.78	28.35	1 oz	113	4 oz	79	313	44	176	27	110
LAMB, VAR MEATS&BY-PRODUCTS, LIVER, CKD, PAN-FRIED	2.84	322	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	1133	299	399	105	766	202
LAMB, VAR MEATS&BY-PRODUCTS, LUNGS, CKD, BRSD	1.51	381	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	484	108	320	71	431	96

LAMB & VEAL & GAME MEAT

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
LAMB, VAR MEATS&BY-PRODUCTS, LUNGS, RAW	1.52	28.35	1 oz	113	4 oz	67	269	45	177	27	107
LAMB, VAR MEATS&BY-PRODUCTS, TONGUE, CKD, BRSD	2.36	255	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	403	134	171	57	701	234
VEAL, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, BRSD	1.37	339	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	725	182	529	133	461	116
VEAL, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, PAN-FRIED	2.68	330	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	1558	401	581	150	703	181
VEAL, VAR MEATS&BY-PRODUCTS, BRAIN, RAW	2.48	28.35	1 oz	113	4 oz	89	356	36	144	33	133
VEAL, VAR MEATS&BY-PRODUCTS, KIDNEYS, CKD, BRSD	1.45	184	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	293	135	202	94	300	139
VEAL, VAR MEATS&BY-PRODUCTS, KIDNEYS, RAW	1.53	28.35	1 oz	113	4 oz	77	307	50	201	28	112
VEAL, VAR MEATS&BY-PRODUCTS, LUNGS, CKD, BRSD	2.54	300	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	426	121	168	48	312	88
VEAL, VAR MEATS&BY-PRODUCTS, LUNGS, RAW	2.54	28.35	1 oz	113	4 oz	78	310	31	122	26	102
VEAL, VAR MEATS&BY-PRODUCTS, TONGUE, CKD, BRSD	2.53	255	1 unit, cooked (yield from 1 lb raw meat)	85	3 oz	413	138	163	54	515	172

BAKED GOODS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
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	
BREAD, POTATO	1.91	32	1 slice			230		120		85	
CAKE, FRUITCAKE, COMMLY PREP	1.51	28.35	1 oz	43	1 piece	43	66	29	43	92	139
CAKE, GINGERBREAD, PREP FROM RECIPE	1.34	28.35	1 oz	74	1 piece, (1/9 of 8" square)	124	325	93	242	101	263
COOKIES, FORTUNE	1.32	28.35	1 oz	8	1 cookie	12	3	9	2	107	30
COOKIES, MARSHMLLW, CHOCOLATE-COATED (INCL MARSHMLLW PIES)	0.97	28.35	1 oz	28	1 Fudge Marshmal low	52	51	53	53	119	118
COOKIES, OATMEAL, COMMLY PREP, FAT-FREE	0.97	28.35	1 oz			60		62		92	
COOKIES, SUGAR WAFERS W/CREME FILLING, REG	1.14	36	3 cookies	10.1	1 cookie	42	12	37	10	181	51
CRACKERS, RUSK TOAST	0.97	14.2	.5 oz	10	1 rusk	35	24	36	25	58	41
CRACKERS, STD SNACK-TYPE, REG, LO SALT	1.64	14.2	.5 oz	62	1 cup, bite size	50	220	31	134	71	311
CRACKERS, WHEAT, LOW SALT	1.07	14.2	.5 oz	83	1 cup, crushed	29	168	27	158	67	393
CRACKERS, WHOLE-WHEAT, LO SALT	1.6	14.2	.5 oz	94	1 cup, crushed	42	279	26	175	63	416
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 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,	1.24	28	12 chips			276		222		136	

BAKED GOODS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
ORIGINAL 3-BEAN CHIPS											
MUFFINS, OAT BRAN	1.29	28.35	1 oz	17	1 mini	144	86	111	67	77	46
PANCAKES, SPL DIETARY, DRY MIX	1.48	28.35	1 oz	227	1 package, (8 oz)	192	1535	129	1035	99	792
STRUDEL, APPLE	1.1	28.35	1 oz	71	1 piece	42	106	38	96	78	195
TACO SHELLS, BAKED	0.96	12.9	1 shell	12.7	1 taco	30	30	31	31	61	60

SWEETS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CANDIES, CARAMELS, CHOCOLATE-FLAVOR ROLL	2.64	6.6	1 piece	64	1 bar, 2.25 oz	8	74	3	28	26	248
CANDIES, 5TH AVENUE CANDY BAR	1.54	56	1 bar, 2 oz	16	1 bar, snack size	194	56	126	36	270	77
CANDIES, ALMOND JOY CANDY BAR	1.79	49	1 package, 1.76 oz	19	1 bar, snack size	124	48	70	27	235	91
CANDIES, CARAMELLO CANDY BAR	2.8	35	1 bar, 1.25 oz	45	1 bar, 1.6 oz	119	153	43	55	162	208
CANDIES, CONFECTIONER'S COATING, P Nut BUTTER	2.02	168	1 cup, chips	28.35	1 oz	848	143	420	71	889	150
CANDIES, CRISPY BAR W/ P Nut BUTTER FILLING	1.12	42	1 serving, 1.5 oz			124		111		228	
CANDIES, FUDGE, CHOC MARSHMALLOW, PREPARED-FROM-RECIPE	1.73	20	1 piece	1229	1 recipe, yield (60 pieces)	29	1807	17	1045	91	5567
CANDIES, FUDGE, CHOC MARSHMALLOW, W/ NUTS, PREPARED-BY-RECIPE	2.15	28.35	1 oz			48		22		134	
CANDIES, FUDGE, P Nut BUTTER, PREPARED-FROM-RECIPE	1.01	16	1 piece			19		19		62	
CANDIES, FUDGE, VANILLA W/ NUTS	2.45	28.35	1 oz			29		12		123	
CANDIES, FUDGE, VANILLA, PREPARED-FROM-RECIPE	1.04	28.35	1 oz			14		13		109	
CANDIES, HALAVAH, PLAIN	0.96	28.35	1 oz			53		55		133	
CANDIES, HERSHEY, REESESTICKS CRISPY WAFERS, P Nut BUT, MILK CHOC	1.12	42	1 serving, 1.5 oz			124		111		219	
CANDIES, KRACKEL CHOC BAR	1.66	41	1 bar, 1.45 oz	56	1 bar, 2 oz	133	182	80	110	210	287
CANDIES, MARS SNACKFOOD US, MARS ALMOND BAR	1.91	50	1 bar, (1.76 oz)			162		85		234	
CANDIES, MARS SNACKFOOD US, SNICKERS BAR	1.35	57	1 bar, (2 oz)	15	1 bar, fun size	184	48	136	36	280	74
CANDIES, MARS SNACKFOOD US, STARBURST FRUIT CHEWS, ORIG FRUIT	1	40	1 serving, fun size (8 chews)	59	1 serving, 2.07 oz pack	1	1	1	1	163	241

SWEETS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
CANDIES, MARS SNACKFOOD US, TWIX PNUIT BUTTER COOKIE BARS	1.17	54	1 package, (1.89 oz, 2 bars)	58	1 package, (2.06 oz, 2 bars)	143	153	122	131	289	311
CANDIES, MOUNDS CANDY BAR	2.21	19	1 bar, snack size	53	1 package, 1.9 oz	61	170	28	77	92	258
CANDIES, NESTLE, BABY RUTH BAR	1.08	60	1 serving, 2.1 oz bar	18	1 serving, fun size bar 0.65 oz	149	45	138	41	275	83
CANDIES, NESTLE, BUTTERFINGER BAR	0.96	60	1 serving, 2.1 oz bar	18	1 serving, 1 fun size bar 0.65 oz	132	40	138	41	275	83
CANDIES, NESTLE, CRUNCH BAR&DSSRT TOPPING	2.03	44	1 bar, 1.55 oz	14.2	1 bar, 0.5 oz	134	43	66	21	220	71
CANDIES, NESTLE, OH HENRY! BAR	1.34	57	1 bar, 2 oz	26	1 serving, fun size bar	148	67	110	50	263	120
CANDIES, PEANUT BAR	2.61	28.35	1 oz	40	1 bar, (1.4 oz)	115	163	44	62	148	209
CANDIES, REESE'S BITES	2.13	39	16 pieces			149		70		203	
CANDIES, REESE'S NUTRAGEOUS CANDY BAR	2.58	54	1 bar, 1.92 oz	34	2 bars	197	124	76	48	279	176
CANDIES, REESE'S PIECES CANDY	1.85	47	.25 cup	8	10 pieces	169	29	91	16	234	40
CANDIES, REESE'S PNUIT BUTTER CUPS	0.96	17	1 package, 0.6 oz 1 cup	45	1 package, 1.6 oz 2 cups	58	154	61	161	88	232
CANDIES, ROLO CARAMELS IN MILK CHOC	1	48	1 package, 1 package	42	7 pieces	90	79	90	79	228	199
CANDIES, SESAME CRUNCH	1.84	28.35	1 oz	1.8	1 piece	87	6	47	3	146	9
CANDIES, TOOTSIE ROLL, CHOCOLATE-FLAVOR ROLL	2.64	40	1 serving, 6 pieces	6.6	1 piece	46	8	18	3	155	26
CANDIES, WHATCHAMACALLIT CANDY BAR	1.01	48	1 bar, 1.7 oz			145		144		237	
CANDIES, YORK BITES	2.35	39	15 pieces			42		18		154	
CHEWING GUM	2	3	1 stick	16	10 Chiclets	0	0	0	0	11	58
CRISPED RICE BAR, ALMOND	0.98	28	1 bar, (1 oz)			64		66		128	
DESSERTS, EGG CUSTARD, BKD,	2.43	141	.5 cup	563	1 recipe, yield	209	833	86	343	147	586

SWEETS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
PREPARED-FROM-RECIPE											
DESSERTS, FLAN, CARAMEL CUSTARD, PREPARED-FROM-RECIPE	2.23	153	.5 cup	1531	1 recipe, yield	181	1807	81	811	222	2220
DESSERTS, RENNIN, CHOC, DRY MIX	2.3	9	1 tbsp	57	1 package, (2 oz)	39	245	17	107	33	207
EGG CUSTARDS, DRY MIX	1.92	85	1 package, (3 oz)	21	1 portion, amount to make 1/2 cup	459	113	239	59	348	86
EGG CUSTARDS, DRY MIX, PREP W/ 2% MILK	2.46	141	.5 cup			302		123		158	
EGG CUSTARDS, DRY MIX, PREP W/ WHL MILK	2.46	141	.5 cup			292		118		172	
FLAN, CARAMEL CUSTARD, DRY MIX, PREP W/ 2% MILK	1.44										
FLAN, CARAMEL CUSTARD, DRY MIX, PREP W/ WHL MILK	1.43										
FROSTING, GLAZ, CHC, PREP-FRM-RCIP, W/ BUTR, NFSMI RECIPI NO. C-32	0.98	33	2 tablespoon			43		44		118	
FROSTINGS, CHOC, CREAMY, DRY MIX	2.37	388	1 package			698		295		1509	
FROSTINGS, CHOC, CREAMY, DRY MIX, PREP W/ BUTTER	1.15	33	2 tablespoon			47		41		135	
FROSTINGS, CHOC, CREAMY, RTE	1.07	41	2 tbsp, creamy			80		75		163	
FROSTINGS, COCONUT-NUT, RTE	0.95	462	1 package, (16 oz)	38	.083 package	859	71	901	74	2000	165
FROZ NOVELTIES, ICE TYPE, SUGAR FREE, ORNGE, CHRY, & GRP POPSICLE	1.1	55	1 serving, 1.75 fl oz pop			6		6		12	
FROZEN NOVELTIES, ICE TYPE, ITALIAN, REST-PREP	1.5	29	1 fl oz	116	.5 cup	2	7	1	5	15	61
FROZEN NOVELTIES, ICE TYPE, POP	2.14	52	1 serving, 1.75 fl oz pop			8		4		41	
FROZEN NOVELTIES, JUC TYPE, POPSICLE SCRIBBLERS	1.77	33	1 serving, 1.2 fl oz pop			8		4		27	
FROZEN NOVELTIES, NO SUGAR ADDED, FUDGESICLE POPS	1.92	84	1 serving			165		86		88	

SWEETS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
FROZEN YOGURTS, CHOC, SOFT-SERVE	2.66	72	.5 cup, (4 fl oz)			188		71		115	
FROZEN YOGURTS, VANILLA, SOFT-SERVE	2.43	72	.5 cup			152		63		114	
GRANOLA BARS, HARD, ALMOND	1.07	28.35	1 oz	24	1 bar	77	66	73	61	140	119
GRANOLA BARS, HARD, PEANUT	1.1	28.35	1 oz			86		79		136	
GRANOLA BARS, HARD, PLAIN	1.14	21	1 bar	28	1 bar, (1 oz)	71	94	62	82	99	132
GRANOLA BARS, HARD, PNTUT BUTTER	1.03	28.35	1 oz	24	1 bar	82	70	80	68	137	116
GRANOLA BARS, SOFT, COATD, MILK CHOC COATING, CHOC CHIP	1.56	35	1 bar, (1.25 oz)	28	1 bar, (1 oz)	110	88	70	56	163	130
GRANOLA BARS, SOFT, COATD, MILK CHOC COATING, PNTUT BUTTER	1.76	28.35	1 oz	37	1 bar	96	125	55	71	144	188
GRANOLA BARS, SOFT, UNCOATED, CHOC CHIP	1.32	43	1 bar, (1.5 oz)	28	1 bar, (1 oz)	102	66	77	50	180	117
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, PNTUT 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)	28	1 bar, (1 oz)	156	101	121	79	193	125
ICE CREAMS, CHOC, LT	2.39	68	1 serving	100	1 unit	116	170	48	71	127	187
ICE CREAMS, CHOC, LT, NO SUGAR ADDED	2.61	72	1 serving, 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, VANILLA	2.49	66	1 serving, 1/2 cup			131		53		137	
ICE CREAMS, VANILLA, LT	2.81	76	1 serving, 1/2 cup			158		56		137	
ICE CREAMS, VANILLA, LT, NO SUGAR ADDED	2.04	68	1 serving, 1/2 cup			133		65		115	
ICE CREAMS, VANILLA, RICH	2.57	107	.5 cup			168		65		266	

SWEETS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
JAMS AND PRESERVES	2.41	20	1 tbsp	14	1 packet, (0.5 oz)	15	11	6	4	56	39
JAMS&PRESERVES, APRICOT	1.92	20	1 tbsp	14	1 packet, (0.5 oz)	15	11	8	6	48	34
JELLIES	1.8	21	1 serving, 1 tbsp	14	1 packet, (0.5 oz)	11	8	6	4	56	37
PIE FILLINGS, APPL, CND	0.96	595	1 can, (21 oz)	74	.125 can	268	33	280	35	595	74
POPCORN, CAKES	1.14	10	1 cake	20	2 cakes	33	65	29	58	38	77
POPCORN, CARAMEL-COATED, W/PNUTS	1.2	28.35	1 oz, (approx 2/3 cup)	57	2 oz	101	202	84	168	113	228
POTATO CHIPS, BARBECUE-FLAVOR	1.96	28.35	1 oz	198	1 bag, (7 oz)	357	2497	182	1271	139	970
POTATO CHIPS, FAT FREE, SALTED	2.53	28.35	1 oz	227	1 bag, (8 oz)	462	3696	182	1460	107	860
POTATO CHIPS, MADE FROM DRIED POTATOES, LT	1.85	28.35	1 oz	170	1 can, (6 oz)	215	1292	117	699	142	853
POTATO CHIPS, PLN, MADE W/PART HYDR SOYBN OIL, SALTED	2.15	28.35	1 oz	227	1 bag, (8 oz)	361	2894	168	1348	152	1217
POTATO CHIPS, SOUR-CREAM-AND-ONION-FLAVOR	2.42	28.35	1 oz	198	1 bag, (7 oz)	377	2635	156	1087	151	1051
PUDDINGS, CHOC, DRY MIX, INST, PREP W/ WHOLE MILK	1.53	142	.5 cup	570	1 package, yield (2 cups)	213	855	139	559	170	684
PUDDINGS, CHOC, DRY MIX, REG, PREP W/ 2% MILK	1.53	128	.5 cup			200		131		142	
PUDDINGS, CHOC, RTE	1.21	28.35	1 oz	108	1 container, refrigerated, 4 oz container	52	199	43	164	40	153
PUDDINGS, CHOC, RTE, FAT FREE	1.89	113	1 serving, 4 oz			235		124		105	
PUDDINGS, COCNT CRM, DRY MIX, REG, PREP W/ 2% MILK	0.98	140	.5 cup	559	1 package, yield (2 cups)	223	889	228	911	146	581
PUDDINGS, COCNT CRM, DRY MIX, REG, PREP W/ WHL MILK	0.97	140	.5 cup	559	1 package, yield (2 cups)	220	878	227	906	160	637
PUDDINGS, RICE, DRY MIX, PREP W/ 2% MILK	1.19	128	.5 cup			166		140		142	
PUDDINGS, RICE, DRY MIX, PREP W/ WHL MILK	1.19	128	.5 cup			164		138		155	

SWEETS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
PUDDINGS, TAPIOCA, DRY MIX, PREP W/ 2% MILK	1.1	128	.5 cup			170		155		134	
PUDDINGS, TAPIOCA, DRY MIX, PREP W/ WHL MILK	1.09	128	.5 cup			168		154		147	
RICE CAKES, BROWN RICE, BUCKWHEAT	2.58	9	1 cake	18	2 cakes	27	54	10	21	34	68
RICE CAKES, BROWN RICE, MULTIGRAIN	1.17	9	1 cake	18	2 cakes	26	53	23	45	35	70
RICE CAKES, BROWN RICE, RYE	2.83	9	1 cake	18	2 cakes	28	56	10	20	35	69
RICE CAKES, BROWN RICE, SESAME SD	1.28	9	1 cake	18	2 cakes	26	52	20	41	35	71
SHERBET, ORANGE	2.09	74	.5 cup, (4 fl oz)	66	1 bar, (2.75 fl oz)	71	63	34	30	107	95
SNACK, POTATO CHIPS, MADE FROM DRIED POTATOES, PLN	1.94	28.35	1 oz	198	1 can, (7 oz)	213	1487	110	768	158	1107
SNACKS, M&M MARS, KUDOS WHL GRAIN BARS, CHOC CHIP	1.13	28	1 bar			78		69		118	
SNACKS, POTATO CHIPS, FAT-FREE, MADE W/OLESTRA	2.09	28.35	1 oz			329		157		78	
SNACKS, POTATO CHIPS, FRM DRIED POTATOES, FAT-FREE, W/ OLESTRA	2.17	28.35	1 oz			264		122		72	
SNACKS, POTATO STKS	1.95	28.35	1 oz	18	.5 cup	351	223	179	114	148	94
SNACKS, PRETZELS, HARD, WHOLE-WHEAT INCL BOTH SALTED & UNSALTED	2.12	28.35	1 oz	57	2 oz	122	245	58	116	103	206
SNACKS, RICE CAKES, BROWN RICE, CORN	1.65	9	1 cake	18	2 cakes	25	50	15	30	35	69
SUGARS, GRANULATED	2	2.8	1 serving, packet	4.2	1 tsp	0	0	0	0	11	16
SUGARS, POWDERED	1	120	1 cup, unsifted	100	1 cup, sifted	2	2	2	2	467	389
SWEETENER, SYRUP, AGAVE	1	55	.25 cup	6.9	1 tsp	2	0	2	0	170	21
SWEETENERS, FOR BAKING, CONTAINS SUGAR & SUCRALOSE	1	14.6	1 tbsp	202	1 cup	0	4	0	4	58	804
SYRUPS, CHOC, HERSHEY'S GENUINE CHOC FLAV LITE SYRUP	1.87	35	2 tbsp			65		35		54	
TARO CHIPS	2.21	28.35	1 oz	23	10 chips	214	174	97	79	141	115

SWEETS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
TOPPINGS, PINEAPPLE	1.02	340	1 cup	42	2 tbsp	146	18	143	18	860	106
TOPPINGS, STRAWBERRY	2.43	340	1 cup	42	2 tbsp	173	21	71	9	864	107

CEREALS & GRAINS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
RICE, WHITE, GLUTINOUS, CKD	2	174	1 cup			17		9		169	
RICE, WHITE, LONG- GRAIN, PRECKD OR INST, ENR, DRY	2.7	95	1 cup			26		10		361	
RICE, WHITE, LONG- GRAIN, PRECKD OR INST, ENR, PREP	2.25	165	1 cup			15		7		193	

SNACKS

Food Item	Ratio	S Wt 1	S Amt 1	S Wt 2	S Amt 2	K 1	K 2	Na 1	Na 2	S Calories 1	S Calories 2
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, 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	
Snacks, CLIF BAR, mixed flavors	2.11	68	1 bar			280		133		235	
SNACKS, GRANOLA BAR, KASHI GOLEAN, CHEWY, MXD FLAVORS	1.34	78	1 bar			335		250		304	
SNACKS, GRANOLA BAR, KASHI TLC BAR, CHEWY, MXD FLAVORS	1.42	35	1 bar			145		103		150	
SNACKS, GRANOLA BAR, KASHI TLC BAR, CRUNCHY, MXD FLAVORS	1.36	40	2 bar	20	1 bar	218	109	160	80	178	89
SNACKS, GRANOLA BITES, MXD FLAVORS	1.71	20	1 package			57		33		90	
SNACKS, NUTRI-GRAIN FRUIT & NUT BAR	1.68	32	1 bar			105		62		129	
SNACKS, YUCCA (CASSAVA) CHIPS, SALTED	2.93	28.35	1 oz	17	10 chips	246	148	84	50	146	88