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| | Cabbage Chinese Bok Choy raw |
| | Cabbage Chinese Bok Choy cooked no salt or fat added |
| | Tomato Curry |
| | Soup leafy greens meatless Asian style |
| | Bamboo shoots cooked with salt and margarine |
| | Corn yellow and white fresh cooked with salt no fat added |
| | Hot pepper sauce |
| | Pepper hot chili raw |
| | Potatoes raw |
| | Potatoes baked with salt peel not eaten |
| | Potatoes baked no salt added peel not eaten |
| | Potatoes boiled with salt no fat added |
| | Potatoes roasted with salt no fat added |
| | Potato roasted with salt and vegetable oil |
| | Potato chips regular |
| | Tomatoes raw |
| | Potato chips ruffle ripple or crinkle cut |
| | Potato chips restructured baked Baked Lay s |
| | French fries fresh deep fried |
| | French fries frozen deep fried fast food fries |
| | Vegetable beef soup home recipe |
| | Cabbage Chinese Bok Choy cooked with salt no fat added |
| | Mushroom portabella grilled |
| | Mushroom soup with meat broth prepared with water |
| | Green beans fresh cooked no salt or fat added |
| | Beans green string raw |
| | Cabbage Chinese Bok Choy cooked with salt and margarine |
| | Pumpkin fresh cooked no salt or fat added |
| | String beans yellow fresh cooked no salt or fat added |
| | Green beans canned cooked no fat added |
| | Mixed vegetables corn lima beans peas green beans carrots canned cooked without fat |
| | Bamboo shoots cooked with salt and vegetable oil |