

	Cabbage Chinese Bok Choy raw
	Bamboo shoots cooked with salt and margarine
	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
	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
	Hash browns fresh potatoes
	Eggplant raw
	Cabbage Chinese Bok Choy cooked no salt or fat added
	Vegetable soup home recipe
	Vegetable curry
	Tomatoes raw
	Corn yellow and white fresh cooked with salt no fat added
	Cucumber raw
	Beans green string raw
	Mixed vegetables corn lima beans peas green beans carrots canned low sodium cooked without fat
	Bamboo shoots cooked with salt no fat added
	Tomato Curry
	Soup leafy greens meatless Asian style
	Hot pepper sauce
	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
	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
	Pepper green cooked no salt or fat added
	Mushrooms raw
	Cucumber cooked no salt or fat added
	Spinach raw
	Bitter Gourd
	Acacia Leaves Cha om
	Water Convolvulus Water Spinach
	Okra fresh cooked with salt no fat added
	Basil fresh
	Lemongrass
	Cilantro raw
	Pumpkin fresh cooked with salt no fat added
	Salad garden lettuce tomato carrots no dressing
	Chili Paste
	Onion raw
	Onions fresh cooked with salt no fat added
	Loofah
	Garlic raw