

Nutritional Information

Cows' milk

Measure: 1 qt.

Grams: 976

Calories: 660

Protein: 32

Fat: 40

Sat.Fat: 36

Fiber: 0

Carbs: 48

Category: Dairy products

Milk skim

Measure: 1 qt.

Grams: 984

Calories: 360

Protein: 36

Fat: t

Sat.Fat: t

Fiber: 0

Carbs: 52

Category: Dairy products

Buttermilk

Nutritional Information

Measure: 1 cup

Grams: 246

Calories: 127

Protein: 9

Fat: 5

Sat.Fat: 4

Fiber: 0

Carbs: 13

Category: Dairy products

Evaporated, undiluted

Measure: 1 cup

Grams: 252

Calories: 345

Protein: 16

Fat: 20

Sat.Fat: 18

Fiber: 0

Carbs: 24

Category: Dairy products

Fortified milk

Measure: 6 cups

Nutritional Information

Grams: 1,419

Calories: 1,373

Protein: 89

Fat: 42

Sat.Fat: 23

Fiber: 1.4

Carbs: 119

Category: Dairy products

Powdered milk

Measure: 1 cup

Grams: 103

Calories: 515

Protein: 27

Fat: 28

Sat.Fat: 24

Fiber: 0

Carbs: 39

Category: Dairy products

skim, instant

Measure: 1 1/3 cups

Grams: 85

Nutritional Information

Calories: 290

Protein: 30

Fat: t

Sat.Fat: t

Fiber: 0

Carbs: 42

Category: Dairy products

skim, non-instant

Measure: 2/3 cup

Grams: 85

Calories: 290

Protein: 30

Fat: t

Sat.Fat: t

Fiber: 1

Carbs: 42

Category: Dairy products

Goats' milk

Measure: 1 cup

Grams: 244

Calories: 165

Nutritional Information

Protein: 8

Fat: 10

Sat.Fat: 8

Fiber: 0

Carbs: 11

Category: Dairy products

(1/2 cup ice cream)

Measure: 2 cups

Grams: 540

Calories: 690

Protein: 24

Fat: 24

Sat.Fat: 22

Fiber: 0

Carbs: 70

Category: Dairy products

Cocoa

Measure: 1 cup

Grams: 252

Calories: 235

Protein: 8

Nutritional Information

Fat: 11

Sat.Fat: 10

Fiber: 0

Carbs: 26

Category: Dairy products

skim. milk

Measure: 1 cup

Grams: 250

Calories: 128

Protein: 18

Fat: 4

Sat.Fat: 3

Fiber: 1

Carbs: 13

Category: Dairy products

(cornstarch)

Measure: 1 cup

Grams: 248

Calories: 275

Protein: 9

Fat: 10

Nutritional Information

Sat.Fat: 9

Fiber: 0

Carbs: 40

Category: Dairy products

Custard

Measure: 1 cup

Grams: 248

Calories: 285

Protein: 13

Fat: 14

Sat.Fat: 11

Fiber: 0

Carbs: 28

Category: Dairy products

Ice cream

Measure: 1 cup

Grams: 188

Calories: 300

Protein: 6

Fat: 18

Sat.Fat: 16

Nutritional Information

Fiber: 0

Carbs: 29

Category: Dairy products

Ice milk

Measure: 1 cup

Grams: 190

Calories: 275

Protein: 9

Fat: 10

Sat.Fat: 9

Fiber: 0

Carbs: 32

Category: Dairy products

Cream or half-and-half

Measure: 1/2 cup

Grams: 120

Calories: 170

Protein: 4

Fat: 15

Sat.Fat: 13

Fiber: 0

Nutritional Information

Carbs: 5

Category: Dairy products

or whipping

Measure: 1/2 cup

Grams: 119

Calories: 430

Protein: 2

Fat: 44

Sat.Fat: 27

Fiber: 1

Carbs: 3

Category: Dairy products

Cheese

Measure: 1 cup

Grams: 225

Calories: 240

Protein: 30

Fat: 11

Sat.Fat: 10

Fiber: 0

Carbs: 6

Nutritional Information

Category: Dairy products

uncreamed

Measure: 1 cup

Grams: 225

Calories: 195

Protein: 38

Fat: t

Sat.Fat: t

Fiber: 0

Carbs: 6

Category: Dairy products

Cheddar

Measure: 1-in. cube

Grams: 17

Calories: 70

Protein: 4

Fat: 6

Sat.Fat: 5

Fiber: 0

Carbs: t

Category: Dairy products

Nutritional Information

Cheddar, grated cup

Measure: 1/2 cup

Grams: 56

Calories: 226

Protein: 14

Fat: 19

Sat.Fat: 17

Fiber: 0

Carbs: 1

Category: Dairy products

Cream cheese

Measure: 1 oz.

Grams: 28

Calories: 105

Protein: 2

Fat: 11

Sat.Fat: 10

Fiber: 0

Carbs: 1

Category: Dairy products

Processed cheese

Nutritional Information

Measure: 1 oz.

Grams: 28

Calories: 105

Protein: 7

Fat: 9

Sat.Fat: 8

Fiber: 0

Carbs: t

Category: Dairy products

Roquefort type

Measure: 1 oz.

Grams: 28

Calories: 105

Protein: 6

Fat: 9

Sat.Fat: 8

Fiber: 0

Carbs: t

Category: Dairy products

Swiss

Measure: 1 oz.

Nutritional Information

Grams: 28

Calories: 105

Protein: 7

Fat: 8

Sat.Fat: 7

Fiber: 0

Carbs: t

Category: Dairy products

Eggs raw

Measure: 2

Grams: 100

Calories: 150

Protein: 12

Fat: 12

Sat.Fat: 10

Fiber: 0

Carbs: t

Category: Dairy products

Eggs Scrambled or fried

Measure: 2

Grams: 128

Nutritional Information

Calories: 220

Protein: 13

Fat: 16

Sat.Fat: 14

Fiber: 0

Carbs: 1

Category: Dairy products

Yolks

Measure: 2

Grams: 34

Calories: 120

Protein: 6

Fat: 10

Sat.Fat: 8

Fiber: 0

Carbs: t

Category: Fats, Oils, Shortenings

Butter

Measure: 1T.

Grams: 14

Calories: 100

Nutritional Information

Protein: t

Fat: 11

Sat.Fat: 10

Fiber: 0

Carbs: t

Category: Fats, Oils, Shortenings

Butter

Measure: 1/2 cup

Grams: 112

Calories: 113

Protein: 114

Fat: 115

Sat.Fat: 116

Fiber: 117

Carbs: 118

Category: Fats, Oils, Shortenings

Butter

Measure: 1/4 lb.

Grams: 112

Calories: 113

Protein: 114

Nutritional Information

Fat: 115

Sat.Fat: 116

Fiber: 117

Carbs: 118

Category: Fats, Oils, Shortenings

Hydrogenated cooking fat

Measure: 1/2 cup

Grams: 100

Calories: 665

Protein: 0

Fat: 100

Sat.Fat: 88

Fiber: 0

Carbs: 0

Category: Fats, Oils, Shortenings

Lard

Measure: 1/2 cup

Grams: 110

Calories: 992

Protein: 0

Fat: 110

Nutritional Information

Sat.Fat: 92

Fiber: 0

Carbs: 0

Category: Fats, Oils, Shortenings

Margarine

Measure: 1/2 cup

Grams: 112

Calories: 806

Protein: t

Fat: 91

Sat.Fat: 76

Fiber: 0

Carbs: t

Category: Fats, Oils, Shortenings

Margarine, 2 pat or

Measure: 1 T.

Grams: 14

Calories: 100

Protein: t

Fat: 11

Sat.Fat: 9

Nutritional Information

Fiber: 0

Carbs: t

Category: Fats, Oils, Shortenings

Mayonnaise

Measure: 1 T.

Grams: 15

Calories: 110

Protein: t

Fat: 12

Sat.Fat: 5

Fiber: 0

Carbs: t

Category: Fats, Oils, Shortenings

Corn oil

Measure: 1 T.

Grams: 14

Calories: 125

Protein: 0

Fat: 14

Sat.Fat: 5

Fiber: 0

Nutritional Information

Carbs: 0

Category: Fats, Oils, Shortenings

Olive oil

Measure: 1T.

Grams: 14

Calories: 125

Protein: 0

Fat: 14

Sat.Fat: 3

Fiber: 0

Carbs: 0

Category: Fats, Oils, Shortenings

Safflower seed oil

Measure: 1 T.

Grams: 14

Calories: 125

Protein: 0

Fat: 14

Sat.Fat: 3

Fiber: 0

Carbs: 0

Nutritional Information

Category: Fats, Oils, Shortenings

French dressing

Measure: 1 T.

Grams: 15

Calories: 60

Protein: t

Fat: 6

Sat.Fat: 2

Fiber: 0

Carbs: 2

Category: Fats, Oils, Shortenings

Thousand Island sauce

Measure: 1 T.

Grams: 15

Calories: 75

Protein: t

Fat: 8

Sat.Fat: 3

Fiber: 0

Carbs: 1

Category: Fats, Oils, Shortenings

Nutritional Information

Salt pork

Measure: 2 oz.

Grams: 60

Calories: 470

Protein: 3

Fat: 55

Sat.Fat: nan

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Bacon

Measure: 2 slices

Grams: 16

Calories: 95

Protein: 4

Fat: 8

Sat.Fat: 7

Fiber: 0

Carbs: 1

Category: Meat, Poultry

Beef

Nutritional Information

Measure: 3 oz.

Grams: 85

Calories: 245

Protein: 23

Fat: 16

Sat.Fat: 15

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Hamburger

Measure: 3 oz.

Grams: 85

Calories: 245

Protein: 21

Fat: 17

Sat.Fat: 15

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Ground lean

Measure: 3 oz.

Nutritional Information

Grams: 85

Calories: 185

Protein: 24

Fat: 10

Sat.Fat: 9

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Roast beef

Measure: 3 oz.

Grams: 85

Calories: 390

Protein: 16

Fat: 36

Sat.Fat: 35

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Steak

Measure: 3 oz.

Grams: 85

Nutritional Information

Calories: 330

Protein: 20

Fat: 27

Sat.Fat: 25

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Steak, lean, as round

Measure: 3 oz.

Grams: 85

Calories: 220

Protein: 24

Fat: 12

Sat.Fat: 11

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Corned beef

Measure: 3 oz.

Grams: 85

Calories: 185

Nutritional Information

Protein: 22

Fat: 10

Sat.Fat: 9

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Corned beef hash canned

Measure: 3 oz.

Grams: 85

Calories: 120

Protein: 12

Fat: 8

Sat.Fat: 7

Fiber: t

Carbs: 6

Category: Meat, Poultry

Corned beef hash Dried

Measure: 2 oz.

Grams: 56

Calories: 115

Protein: 19

Nutritional Information

Fat: 4

Sat.Fat: 4

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Pot-pie

Measure: 1 pie

Grams: 227

Calories: 480

Protein: 18

Fat: 28

Sat.Fat: 25

Fiber: t

Carbs: 32

Category: Meat, Poultry

Corned beef hash Stew

Measure: 1 cup

Grams: 235

Calories: 185

Protein: 15

Fat: 10

Nutritional Information

Sat.Fat: 9

Fiber: t

Carbs: 15

Category: Meat, Poultry

chicken

Measure: 3 oz.

Grams: 85

Calories: 185

Protein: 23

Fat: 9

Sat.Fat: 7

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Fried, breast or leg and thigh chicken

Measure: 3 oz.

Grams: 85

Calories: 245

Protein: 25

Fat: 15

Sat.Fat: 11

Nutritional Information

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Roasted chicken

Measure: 3 1/2 oz.

Grams: 100

Calories: 290

Protein: 25

Fat: 20

Sat.Fat: 16

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Chicken livers, fried

Measure: 3 med.

Grams: 100

Calories: 140

Protein: 22

Fat: 14

Sat.Fat: 12

Fiber: 0

Nutritional Information

Carbs: 2.30

Category: Meat, Poultry

Duck, domestic

Measure: 3 1/2 oz.

Grams: 100

Calories: 370

Protein: 16

Fat: 28

Sat.Fat: 0

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Lamb, chop, broiled

Measure: 4 oz.

Grams: 115

Calories: 480

Protein: 24

Fat: 35

Sat.Fat: 33

Fiber: 0

Carbs: 0

Nutritional Information

Category: Meat, Poultry

Leg roasted

Measure: 3 oz.

Grams: 86

Calories: 314

Protein: 20

Fat: 14

Sat.Fat: 14

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Shoulder, braised

Measure: 3 oz.

Grams: 85

Calories: 285

Protein: 18

Fat: 23

Sat.Fat: 21

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Nutritional Information

Pork, chop, 1 thick

Measure: 3 1/2 oz.

Grams: 100

Calories: 260

Protein: 16

Fat: 21

Sat.Fat: 18

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Ham pan-broiled

Measure: 3 oz.

Grams: 85

Calories: 290

Protein: 16

Fat: 22

Sat.Fat: 19

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Ham, as

Nutritional Information

Measure: 2 oz.

Grams: 57

Calories: 170

Protein: 13

Fat: 13

Sat.Fat: 11

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Ham, canned, spiced

Measure: 2 oz.

Grams: 57

Calories: 165

Protein: 8

Fat: 14

Sat.Fat: 12

Fiber: 0

Carbs: 1

Category: Meat, Poultry

Pork roast

Measure: 3 oz.

Nutritional Information

Grams: 85

Calories: 310

Protein: 21

Fat: 24

Sat.Fat: 21

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Pork sausage

Measure: 3 1/2 oz.

Grams: 100

Calories: 475

Protein: 18

Fat: 44

Sat.Fat: 40

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Turkey

Measure: 3 1/2 oz.

Grams: 100

Nutritional Information

Calories: 265

Protein: 27

Fat: 15

Sat.Fat: 0

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Veal

Measure: 3 oz.

Grams: 85

Calories: 185

Protein: 23

Fat: 9

Sat.Fat: 8

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Roast

Measure: 3 oz.

Grams: 85

Calories: 305

Nutritional Information

Protein: 13

Fat: 14

Sat.Fat: 13

Fiber: 0

Carbs: 0

Category: Meat, Poultry

Clams

Measure: 3 oz.

Grams: 85

Calories: 87

Protein: 12

Fat: 1

Sat.Fat: 0

Fiber: 0

Carbs: 2

Category: Fish, Seafood

Cod

Measure: 3 1/2 oz.

Grams: 100

Calories: 170

Protein: 28

Nutritional Information

Fat: 5

Sat.Fat: 0

Fiber: 0

Carbs: 0

Category: Fish, Seafood

Crab meat

Measure: 3 oz.

Grams: 85

Calories: 90

Protein: 14

Fat: 2

Sat.Fat: 0

Fiber: 0

Carbs: 1

Category: Fish, Seafood

Fish sticks fried

Measure: 5

Grams: 112

Calories: 200

Protein: 19

Fat: 10

Nutritional Information

Sat.Fat: 5

Fiber: 0

Carbs: 8

Category: Fish, Seafood

Flounder

Measure: 3 1/2 oz.

Grams: 100

Calories: 200

Protein: 30

Fat: 8

Sat.Fat: 0

Fiber: 0

Carbs: 0

Category: Fish, Seafood

Haddock

Measure: 3 oz.

Grams: 85

Calories: 135

Protein: 16

Fat: 5

Sat.Fat: 4

Nutritional Information

Fiber: 0

Carbs: 6

Category: Fish, Seafood

Halibut

Measure: 3 1/2 oz.

Grams: 100

Calories: 182

Protein: 26

Fat: 8

Sat.Fat: 0

Fiber: 0

Carbs: 0

Category: Fish, Seafood

Herring

Measure: 1 small

Grams: 100

Calories: 211

Protein: 22

Fat: 13

Sat.Fat: 0

Fiber: 0

Nutritional Information

Carbs: 0

Category: Fish, Seafood

Lobster

Measure: aver.

Grams: 100

Calories: 92

Protein: 18

Fat: 1

Sat.Fat: 0

Fiber: 0

Carbs: t

Category: Fish, Seafood

Mackerel

Measure: 3 oz.

Grams: 85

Calories: 155

Protein: 18

Fat: 9

Sat.Fat: 0

Fiber: a

Carbs: 0

Nutritional Information

Category: Fish, Seafood

Oysters

Measure: 6-8 med.

Grams: 230

Calories: 231

Protein: 232

Fat: 233

Sat.Fat: 234

Fiber: 235

Carbs: 236

Category: Fish, Seafood

Oyster stew

Measure: 1 cup

Grams: 85

Calories: 125

Protein: 19

Fat: 6

Sat.Fat: 1

Fiber: 0

Carbs: 0

Category: Fish, Seafood

Nutritional Information

Salmon

Measure: 3 oz.

Grams: 85

Calories: 120

Protein: 17

Fat: 5

Sat.Fat: 1

Fiber: 0

Carbs: 0

Category: Fish, Seafood

Sardines

Measure: 3 oz.

Grams: 85

Calories: 180

Protein: 22

Fat: 9

Sat.Fat: 4

Fiber: 0

Carbs: 0

Category: Fish, Seafood

Scallops

Nutritional Information

Measure: 3 1/2 oz.

Grams: 100

Calories: 104

Protein: 18

Fat: 8

Sat.Fat: 0

Fiber: 0

Carbs: 10

Category: Fish, Seafood

Shad

Measure: 3 oz.

Grams: 85

Calories: 170

Protein: 20

Fat: 10

Sat.Fat: 0

Fiber: 0

Carbs: 0

Category: Fish, Seafood

Shrimp

Measure: 3 oz.

Nutritional Information

Grams: 85

Calories: 110

Protein: 23

Fat: 1

Sat.Fat: 0

Fiber: 0

Carbs: 0

Category: Fish, Seafood

Swordfish

Measure: 1 steak

Grams: 100

Calories: 180

Protein: 27

Fat: 6

Sat.Fat: 0

Fiber: 0

Carbs: 0

Category: Fish, Seafood

Tuna

Measure: 3 oz.

Grams: 85

Nutritional Information

Calories: 170

Protein: 25

Fat: 7

Sat.Fat: 3

Fiber: 0

Carbs: 0

Category: Fish, Seafood

Artichoke

Measure: 1 large

Grams: 100

Calories: 8-44

Protein: 2

Fat: t

Sat.Fat: t

Fiber: 2

Carbs: 10

Category: Vegetables A-E

Asparagus

Measure: 6 spears

Grams: 96

Calories: 18

Nutritional Information

Protein: 1

Fat: t

Sat.Fat: t

Fiber: 0.5

Carbs: 3

Category: Vegetables A-E

Beans

Measure: 1 cup

Grams: 125

Calories: 25

Protein: 1

Fat: t

Sat.Fat: t

Fiber: 0.8

Carbs: 6

Category: Vegetables A-E

Lima

Measure: 1 cup

Grams: 160

Calories: 140

Protein: 8

Nutritional Information

Fat: t

Sat.Fat: t

Fiber: 3.0

Carbs: 24

Category: Vegetables A-E

Lima, dry, cooked

Measure: 1 cup

Grams: 192

Calories: 260

Protein: 16

Fat: t

Sat.Fat: t

Fiber: 2

Carbs: 48

Category: Vegetables A-E

Navy, baked with pork

Measure: 3/4 cup

Grams: 200

Calories: 250

Protein: 11

Fat: 6

Nutritional Information

Sat.Fat: 6

Fiber: 2

Carbs: 37

Category: Vegetables A-E

Red kidney

Measure: 1 cup

Grams: 260

Calories: 230

Protein: 15

Fat: 1

Sat.Fat: 0

Fiber: 2.5

Carbs: 42

Category: Vegetables A-E

Bean sprouts

Measure: 1 cup

Grams: 50

Calories: 17

Protein: 1

Fat: t

Sat.Fat: 0

Nutritional Information

Fiber: 0.3

Carbs: 3

Category: Vegetables A-E

Beet greens

Measure: 1 cup

Grams: 100

Calories: 27

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: 1.4

Carbs: 6

Category: Vegetables A-E

Beetroots

Measure: 1 cup

Grams: 165

Calories: 1

Protein: 12

Fat: 0

Sat.Fat: nan

Fiber: t

Nutritional Information

Carbs: 0.80

Category: Vegetables A-E

Broccoli

Measure: 1 cup

Grams: 150

Calories: 45

Protein: 5

Fat: t

Sat.Fat: 0

Fiber: 1.9

Carbs: 8

Category: Vegetables A-E

Brussels sprouts

Measure: 1 cup

Grams: 130

Calories: 60

Protein: 6

Fat: t

Sat.Fat: 0

Fiber: 1.7

Carbs: 12

Nutritional Information

Category: Vegetables A-E

Sauerkraut

Measure: 1 cup

Grams: 150

Calories: 32

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 1.2

Carbs: 7

Category: Vegetables A-E

Steamed cabbage

Measure: 1 cup

Grams: 170

Calories: 40

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: 1.3

Carbs: 9

Category: Vegetables A-E

Nutritional Information

Carrots

Measure: 1 cup

Grams: 150

Calories: 45

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.9

Carbs: 10

Category: Vegetables A-E

Raw, grated

Measure: 1 cup

Grams: 110

Calories: 45

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 1.2

Carbs: 10

Category: Vegetables A-E

Strips, from raw

Nutritional Information

Measure: 1 med.

Grams: 50

Calories: 20

Protein: t

Fat: t

Sat.Fat: 0

Fiber: 0.5

Carbs: 5

Category: Vegetables A-E

Cauliflower

Measure: 1 cup

Grams: 120

Calories: 30

Protein: 3

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 6

Category: Vegetables A-E

Celery

Measure: 1 cup

Nutritional Information

Grams: 100

Calories: 20

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 4

Category: Vegetables A-E

Stalk raw

Measure: 1 large

Grams: 40

Calories: 5

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.3

Carbs: 1

Category: Vegetables A-E

Chard steamed

Measure: 1 cup

Grams: 150

Nutritional Information

Calories: 30

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: 1.4

Carbs: 7

Category: Vegetables A-E

Collards

Measure: 1 cup

Grams: 150

Calories: 51

Protein: 5

Fat: t

Sat.Fat: 0

Fiber: 2

Carbs: 8

Category: Vegetables A-E

Corn

Measure: 1 ear

Grams: 100

Calories: 92

Nutritional Information

Protein: 3

Fat: 1

Sat.Fat: t

Fiber: 0.8

Carbs: 21

Category: Vegetables A-E

cooked or canned

Measure: 1 cup

Grams: 200

Calories: 170

Protein: 5

Fat: t

Sat.Fat: 0

Fiber: 1.6

Carbs: 41

Category: Vegetables A-E

Cucumbers

Measure: 8

Grams: 50

Calories: 6

Protein: t

Nutritional Information

Fat: 0

Sat.Fat: 0

Fiber: 0.2

Carbs: 1

Category: Vegetables A-E

Dandelion greens

Measure: 1 cup

Grams: 180

Calories: 80

Protein: 5

Fat: 1

Sat.Fat: 0

Fiber: 3.2

Carbs: 16

Category: Vegetables A-E

Eggplant

Measure: 1 cup

Grams: 180

Calories: 30

Protein: 2

Fat: t

Nutritional Information

Sat.Fat: 0

Fiber: 1.0

Carbs: 9

Category: Vegetables A-E

Endive

Measure: 2 oz.

Grams: 57

Calories: 10

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.6

Carbs: 2

Category: Vegetables A-E

Kale

Measure: 1 cup

Grams: 110

Calories: 45

Protein: 4

Fat: 1

Sat.Fat: 0

Nutritional Information

Fiber: 0.9

Carbs: 8

Category: Vegetables F-P

Kohlrabi

Measure: 1 cup

Grams: 140

Calories: 40

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: 1.5

Carbs: 9

Category: Vegetables F-P

Lambs quarters, steamed

Measure: 1 cup

Grams: 150

Calories: 48

Protein: 5

Fat: t

Sat.Fat: 0

Fiber: 3.2

Nutritional Information

Carbs: 7

Category: Vegetables F-P

Lentils

Measure: 1 cup

Grams: 200

Calories: 212

Protein: 15

Fat: t

Sat.Fat: 0

Fiber: 2.4

Carbs: 38

Category: Vegetables F-P

Lettuce

Measure: 1/4 head

Grams: 100

Calories: 14

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.5

Carbs: 2

Nutritional Information

Category: Vegetables F-P

Iceberg

Measure: 1/4 head

Grams: 100

Calories: 13

Protein: t

Fat: t

Sat.Fat: 0

Fiber: 0.5

Carbs: 3

Category: Vegetables F-P

Mushrooms canned

Measure: 4

Grams: 120

Calories: 12

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: t

Carbs: 4

Category: Vegetables F-P

Nutritional Information

Mustard greens

Measure: 1

Grams: 140

Calories: 30

Protein: 3

Fat: t

Sat.Fat: 0

Fiber: 1.2

Carbs: 6

Category: Vegetables F-P

Okra

Measure: 1 1/3 cups

Grams: 100

Calories: 32

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 7

Category: Vegetables F-P

Onions

Nutritional Information

Measure: 1

Grams: 210

Calories: 80

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: 1.6

Carbs: 18

Category: Vegetables F-P

Raw, green

Measure: 6 small

Grams: 50

Calories: 22

Protein: t

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 5

Category: Vegetables F-P

Parsley

Measure: 2 T.

Nutritional Information

Grams: 50

Calories: 2

Protein: t

Fat: t

Sat.Fat: 0

Fiber: t

Carbs: t

Category: Vegetables F-P

Parsnips

Measure: 1 cup

Grams: 155

Calories: 95

Protein: 2

Fat: 1

Sat.Fat: 0

Fiber: 3

Carbs: 22

Category: Vegetables F-P

Peas

Measure: 1 cup

Grams: 100

Nutritional Information

Calories: 66

Protein: 3

Fat: t

Sat.Fat: 0

Fiber: 0.1

Carbs: 13

Category: Vegetables F-P

Fresh, steamed peas

Measure: 1 cup

Grams: 100

Calories: 70

Protein: 5

Fat: t

Sat.Fat: 0

Fiber: 2.2

Carbs: 12

Category: Vegetables R-Z

Frozen peas

Measure: 1 cup

Grams: 100

Calories: nan

Nutritional Information

Protein: 5

Fat: t

Sat.Fat: 0

Fiber: 1.8

Carbs: 12

Category: Vegetables R-Z

Split cooked peas

Measure: 4 cups

Grams: 100

Calories: 115

Protein: 8

Fat: t

Sat.Fat: 0

Fiber: 0.4

Carbs: 21

Category: Vegetables R-Z

heated peas

Measure: 1 cup

Grams: 100

Calories: 53

Protein: 3

Nutritional Information

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 10

Category: Vegetables R-Z

Peppers canned

Measure: 1 pod

Grams: 38

Calories: 10

Protein: t

Fat: t

Sat.Fat: 0

Fiber: t

Carbs: 2

Category: Vegetables R-Z

Peppers Raw, green, sweet

Measure: 1 large

Grams: 100

Calories: 25

Protein: 1

Fat: t

Nutritional Information

Sat.Fat: 0

Fiber: 1.4

Carbs: 6

Category: Vegetables R-Z

Peppers with beef and crumbs

Measure: 1 med.

Grams: 150

Calories: 255

Protein: 19

Fat: 9

Sat.Fat: 8

Fiber: 1

Carbs: 24

Category: Vegetables R-Z

Potatoes, baked

Measure: 1 med.

Grams: 100

Calories: 100

Protein: 2

Fat: t

Sat.Fat: 0

Nutritional Information

Fiber: 0.5

Carbs: 22

Category: Vegetables R-Z

French-fried

Measure: 10 pieces

Grams: 60

Calories: 155

Protein: -1

Fat: 7

Sat.Fat: 3

Fiber: 0.4

Carbs: 20

Category: Vegetables R-Z

Potatoes Mashed with milk and butter

Measure: 1 cup

Grams: 200

Calories: 230

Protein: 4

Fat: 12

Sat.Fat: 11

Fiber: 0.7

Nutritional Information

Carbs: 28

Category: Vegetables R-Z

Potatoes, pan-tried

Measure: 3/4 cup

Grams: 100

Calories: 268

Protein: 4

Fat: 14

Sat.Fat: 6

Fiber: 0.40

Carbs: 33

Category: Vegetables R-Z

Scalloped with cheese potatoes

Measure: 3/4 cup

Grams: 100

Calories: 145

Protein: 6

Fat: 8

Sat.Fat: 7

Fiber: 0.40

Carbs: 14

Nutritional Information

Category: Vegetables R-Z

Steamed potatoes before peeling

Measure: 1 med.

Grams: 100

Calories: 80

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: 0.40

Carbs: 19

Category: Vegetables R-Z

Potato chips

Measure: 10

Grams: 20

Calories: 110

Protein: 1

Fat: 7

Sat.Fat: 4

Fiber: t

Carbs: 10

Category: Vegetables R-Z

Nutritional Information

Radishes

Measure: 5 small

Grams: 50

Calories: 10

Protein: t

Fat: 0

Sat.Fat: 0

Fiber: 0.3

Carbs: 2

Category: Vegetables R-Z

Rutabagas

Measure: 4 cups

Grams: 100

Calories: 32

Protein: t

Fat: 0

Sat.Fat: 0

Fiber: 1.4

Carbs: 8

Category: Vegetables R-Z

Soybeans

Nutritional Information

Measure: 1 cup

Grams: 200

Calories: 260

Protein: 22

Fat: 11

Sat.Fat: 0

Fiber: 3.2

Carbs: 20

Category: Vegetables R-Z

Spinach

Measure: 1 cup

Grams: 100

Calories: 26

Protein: 3

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 3

Category: Vegetables R-Z

Squash

Measure: 1 cup

Nutritional Information

Grams: 210

Calories: 35

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.6

Carbs: 8

Category: Vegetables R-Z

Winter, mashed

Measure: 1 cup

Grams: 200

Calories: 95

Protein: 4

Fat: t

Sat.Fat: 0

Fiber: 2.6

Carbs: 23

Category: Vegetables R-Z

Sweet potatoes

Measure: 1 med.

Grams: 110

Nutritional Information

Calories: 155

Protein: 2

Fat: 1

Sat.Fat: 0

Fiber: 1

Carbs: 36

Category: Vegetables R-Z

Candied

Measure: 1 med.

Grams: 175

Calories: 235

Protein: 2

Fat: 6

Sat.Fat: 5

Fiber: 1.5

Carbs: 80

Category: Vegetables R-Z

Tomatoes

Measure: 1 cup

Grams: 240

Calories: 50

Nutritional Information

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 9

Category: Vegetables R-Z

Raw, 2 by 2 1/2

Measure: 1 med.

Grams: 150

Calories: 30

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.6

Carbs: 6

Category: Vegetables R-Z

Tomato juice

Measure: 1 cup

Grams: 240

Calories: 50

Protein: 2

Nutritional Information

Fat: t

Sat.Fat: 0

Fiber: 0.6

Carbs: 10

Category: Vegetables R-Z

Tomato catsup

Measure: 1 T.

Grams: 17

Calories: 15

Protein: t

Fat: t

Sat.Fat: 0

Fiber: t

Carbs: 4

Category: Vegetables R-Z

Turnip greens

Measure: 1 cup

Grams: 145

Calories: 45

Protein: 4

Fat: 1

Nutritional Information

Sat.Fat: 0

Fiber: 1.8

Carbs: 8

Category: Vegetables R-Z

Turnips, steamed

Measure: 1 cup

Grams: 155

Calories: 40

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 1.8

Carbs: 9

Category: Vegetables R-Z

Watercress stems, raw

Measure: 1 cup

Grams: 50

Calories: 9

Protein: 1

Fat: t

Sat.Fat: 0

Nutritional Information

Fiber: 0.3

Carbs: 1

Category: Fruits A-F

Apple juice canned

Measure: 1 cup

Grams: 250

Calories: 125

Protein: t

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 34

Category: Fruits A-F

Apple vinegar

Measure: 1/3 cup

Grams: 100

Calories: 14

Protein: t

Fat: 0

Sat.Fat: 0

Fiber: 0

Nutritional Information

Carbs: 3

Category: Fruits A-F

Apples, raw

Measure: 1 med

Grams: 130

Calories: 70

Protein: t

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 18

Category: Fruits A-F

Stewed or canned

Measure: 1 cup

Grams: 240

Calories: 100

Protein: t

Fat: t

Sat.Fat: 0

Fiber: 2

Carbs: 26

Nutritional Information

Category: Fruits A-F

Apricots

Measure: 1 cup

Grams: 250

Calories: 220

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 57

Category: Fruits A-F

Dried, uncooked

Measure: 1/2 cup

Grams: 75

Calories: 220

Protein: 4

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 50

Category: Fruits A-F

Nutritional Information

Fresh

Measure: 3 med.

Grams: 114

Calories: 55

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.70

Carbs: 14

Category: Fruits A-F

Nectar, or juice

Measure: 1 cup

Grams: 250

Calories: 140

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 2

Carbs: 36

Category: Fruits A-F

Avocado

Nutritional Information

Measure: 1/2 large

Grams: 108

Calories: 185

Protein: 2

Fat: 18

Sat.Fat: 12

Fiber: 1.80

Carbs: 6

Category: Fruits A-F

Banana

Measure: 1 med.

Grams: 150

Calories: 85

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.9

Carbs: 23

Category: Fruits A-F

Blackberries

Measure: 1 cup

Nutritional Information

Grams: 144

Calories: 85

Protein: 2

Fat: 1

Sat.Fat: 0

Fiber: 6.60

Carbs: 19

Category: Fruits A-F

Blueberries

Measure: 1 cup

Grams: 250

Calories: 245

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 2

Carbs: 65

Category: Fruits A-F

Cantaloupe

Measure: 1/2 med.

Grams: 380

Nutritional Information

Calories: 40

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 2.20

Carbs: 9

Category: Fruits A-F

Cherries

Measure: 1 cup

Grams: 257

Calories: 100

Protein: 2

Fat: 1

Sat.Fat: 0

Fiber: 2

Carbs: 26

Category: Fruits A-F

Fresh, raw

Measure: 1 cup

Grams: 114

Calories: 65

Nutritional Information

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.8

Carbs: 15

Category: Fruits A-F

Cranberry sauce sweetened

Measure: 1 cup

Grams: 277

Calories: 530

Protein: t

Fat: t

Sat.Fat: 0

Fiber: 1.2

Carbs: 142

Category: Fruits A-F

Dates

Measure: 1 cup

Grams: 178

Calories: 505

Protein: 4

Nutritional Information

Fat: t

Sat.Fat: 0

Fiber: 3.6

Carbs: 134

Category: Fruits A-F

Figs

Measure: 2

Grams: 42

Calories: 120

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: 1.9

Carbs: 30

Category: Fruits A-F

Fresh, raw figs

Measure: 3 med.

Grams: 114

Calories: 90

Protein: 2

Fat: t

Nutritional Information

Sat.Fat: 0

Fiber: 1

Carbs: 22

Category: Fruits A-F

figs Canned with syrup

Measure: 3

Grams: 115

Calories: 130

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 32

Category: Fruits A-F

Fruit cocktail, canned

Measure: 1 cup

Grams: 256

Calories: 195

Protein: 1

Fat: t

Sat.Fat: 0

Nutritional Information

Fiber: 0.5

Carbs: 50

Category: Fruits A-F

Grapefruit sections

Measure: 1 cup

Grams: 250

Calories: 170

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.5

Carbs: 44

Category: Fruits G-P

Grapefruit, fresh, 5" diameter

Measure: 1/2

Grams: 285

Calories: 50

Protein: 1

Fat: t

Sat.Fat: t

Fiber: 1

Nutritional Information

Carbs: 14

Category: Fruits G-P

Grapefruit juice

Measure: 1 cup

Grams: 250

Calories: 100

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 24

Category: Fruits G-P

Grapes

Measure: 1 cup

Grams: 153

Calories: 70

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.8

Carbs: 16

Nutritional Information

Category: Fruits G-P

European, as Muscat, Tokay

Measure: 1 cup

Grams: 160

Calories: 100

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.7

Carbs: 26

Category: Fruits G-P

Grape juice

Measure: 1 cup

Grams: 250

Calories: 160

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: t

Carbs: 42

Category: Fruits G-P

Nutritional Information

Lemon juice

Measure: 1/2 cup

Grams: 125

Calories: 30

Protein: t

Fat: t

Sat.Fat: 0

Fiber: t

Carbs: 10

Category: Fruits G-P

Lemonade concentratefrozen

Measure: 6-oz. can

Grams: 220

Calories: 430

Protein: t

Fat: t

Sat.Fat: 0

Fiber: t

Carbs: 112

Category: Fruits G-P

Limeade concentrate frozen

Nutritional Information

Measure: 6-oz. can

Grams: 218

Calories: 405

Protein: t

Fat: t

Sat.Fat: 0

Fiber: t

Carbs: 108

Category: Fruits G-P

Olives large

Measure: 10

Grams: 65

Calories: 72

Protein: 1

Fat: 10

Sat.Fat: 9

Fiber: 0.8

Carbs: 3

Category: Fruits G-P

OlivesRipe

Measure: 10

Nutritional Information

Grams: 65

Calories: 105

Protein: 1

Fat: 13

Sat.Fat: 12

Fiber: 1

Carbs: 1

Category: Fruits G-P

Oranges 3" diameter

Measure: 1 med.

Grams: 180

Calories: 60

Protein: 2

Fat: t

Sat.Fat: t

Fiber: 1

Carbs: 16

Category: Fruits G-P

Orange juice

Measure: 8 oz. or

Grams: 250

Nutritional Information

Calories: 112

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: 0.2

Carbs: 25

Category: Fruits G-P

Frozen

Measure: 6-oz. can

Grams: 210

Calories: 330

Protein: 2

Fat: t

Sat.Fat: t

Fiber: 0.4

Carbs: 78

Category: Fruits G-P

Papaya

Measure: 1/2 med.

Grams: 200

Calories: 75

Nutritional Information

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 1.8

Carbs: 18

Category: Fruits G-P

Peaches

Measure: 1 cup

Grams: 257

Calories: 200

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 52

Category: Fruits G-P

Fresh, raw

Measure: 1 med.

Grams: 114

Calories: 35

Protein: 1

Nutritional Information

Fat: t

Sat.Fat: 0

Fiber: 0.6

Carbs: 10

Category: Fruits G-P

Pears

Measure: 1 cup

Grams: 255

Calories: 195

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 2

Carbs: 50

Category: Fruits G-P

Raw, 3 by 2V

Measure: 1 med.

Grams: 182

Calories: 100

Protein: 1

Fat: 1

Nutritional Information

Sat.Fat: 0

Fiber: 2

Carbs: 25

Category: Fruits G-P

Persimmons

Measure: 1 med.

Grams: 125

Calories: 75

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 2

Carbs: 20

Category: Fruits G-P

Pineapple

Measure: 1 large slice

Grams: 122

Calories: 95

Protein: t

Fat: t

Sat.Fat: 0

Nutritional Information

Fiber: 0.4

Carbs: 26

Category: Fruits G-P

Pineapple Crushed

Measure: 1 cup

Grams: 260

Calories: 205

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.7

Carbs: 55

Category: Fruits G-P

Raw, diced

Measure: 1 cup

Grams: 140

Calories: 75

Protein: 1

Fat: t'

Sat.Fat: 0

Fiber: 0.6

Nutritional Information

Carbs: 19

Category: Fruits G-P

Pineapple juice

Measure: 1 cup

Grams: 250

Calories: 120

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.2

Carbs: 32

Category: Fruits G-P

Plums

Measure: 1 cup

Grams: 256

Calories: 185

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.7

Carbs: 50

Nutritional Information

Category: Fruits G-P

Raw, 2" diameter

Measure: 1

Grams: 60

Calories: 30

Protein: t

Fat: t

Sat.Fat: 0

Fiber: 0.2

Carbs: 7

Category: Fruits G-P

Prunes

Measure: 1 cup

Grams: 270

Calories: 300

Protein: 3

Fat: 1

Sat.Fat: 0

Fiber: 0.8

Carbs: 81

Category: Fruits G-P

Nutritional Information

Prune juice

Measure: 1 cup

Grams: 240

Calories: 170

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.7

Carbs: 45

Category: Fruits G-P

Raisins

Measure: 1/2 cup

Grams: 88

Calories: 230

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: 0.7

Carbs: 82

Category: Fruits R-Z

Raspberries

Nutritional Information

Measure: 1/2 cup

Grams: 100

Calories: 100

Protein: t

Fat: t

Sat.Fat: 0

Fiber: 2

Carbs: 25

Category: Fruits R-Z

Raw, red

Measure: 3/4 cup

Grams: 100

Calories: 57

Protein: t

Fat: t

Sat.Fat: 0

Fiber: 5

Carbs: 14

Category: Fruits R-Z

Rhubarb sweetened

Measure: 1 cup

Nutritional Information

Grams: 270

Calories: 385

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 1.9

Carbs: 98

Category: Fruits R-Z

Strawberries

Measure: 1 cup

Grams: 227

Calories: 242

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 1.3

Carbs: 60

Category: Fruits R-Z

Raw

Measure: 1 cup

Grams: 149

Nutritional Information

Calories: 54

Protein: t

Fat: t

Sat.Fat: 0

Fiber: 1.9

Carbs: 12

Category: Fruits R-Z

Tangerines

Measure: 1 med.

Grams: 114

Calories: 40

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 1

Carbs: 10

Category: Fruits R-Z

Watermelon

Measure: 1 wedge

Grams: 925

Calories: 120

Nutritional Information

Protein: 2

Fat: 1

Sat.Fat: 0

Fiber: 3.6

Carbs: 29

Category: Fruits R-Z

Biscuits

Measure: 1

Grams: 38

Calories: 130

Protein: 3

Fat: 4

Sat.Fat: 3

Fiber: t

Carbs: 18

Category: Breads, cereals, fastfood,grains

Bran flakes

Measure: 1 cup

Grams: 25

Calories: 117

Protein: 3

Nutritional Information

Fat: t

Sat.Fat: 0

Fiber: 0.10

Carbs: 32

Category: Breads, cereals, fastfood,grains

Bread, cracked wheat

Measure: 1 slice

Grams: 23

Calories: 60

Protein: 2

Fat: 1

Sat.Fat: 1

Fiber: 0.10

Carbs: 12

Category: Breads, cereals, fastfood,grains

Rye

Measure: 1 slice

Grams: 23

Calories: 55

Protein: 2

Fat: 1

Nutritional Information

Sat.Fat: 1

Fiber: 0.10

Carbs: 12

Category: Breads, cereals, fastfood,grains

White, 20 slices, or

Measure: 1-lb. loaf

Grams: 454

Calories: 1,225

Protein: 39

Fat: 15

Sat.Fat: 12

Fiber: 9.00

Carbs: 229

Category: Breads, cereals, fastfood,grains

Whole-wheat

Measure: 1-lb. loaf

Grams: 454

Calories: 1,100

Protein: 48

Fat: 14

Sat.Fat: 10

Nutritional Information

Fiber: 67.50

Carbs: 216

Category: Breads, cereals, fastfood,grains

Whole-wheat

Measure: 1 slice

Grams: 23

Calories: 55

Protein: 2

Fat: 1

Sat.Fat: 0

Fiber: 0.31

Carbs: 11

Category: Breads, cereals, fastfood,grains

Corn bread ground meal

Measure: 1 serving

Grams: 50

Calories: 100

Protein: 3

Fat: 4

Sat.Fat: 2

Fiber: 0.30

Nutritional Information

Carbs: 15

Category: Breads, cereals, fastfood,grains

Cornflakes

Measure: 1 cup

Grams: 25

Calories: 110

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: 0.1

Carbs: 25

Category: Breads, cereals, fastfood,grains

Corn grits cooked

Measure: 1 cup

Grams: 242

Calories: 120

Protein: 8

Fat: t

Sat.Fat: 0

Fiber: 0.2

Carbs: 27

Nutritional Information

Category: Breads, cereals, fastfood,grains

Corn meal

Measure: 1 cup

Grams: 118

Calories: 360

Protein: 9

Fat: 4

Sat.Fat: 2

Fiber: 1.6

Carbs: 74

Category: Breads, cereals, fastfood,grains

Crackers

Measure: 2 med.

Grams: 14

Calories: 55

Protein: 1

Fat: 1

Sat.Fat: 0

Fiber: t

Carbs: 10

Category: Breads, cereals, fastfood,grains

Nutritional Information

Soda, 2 1/2 square

Measure: 2

Grams: 11

Calories: 45

Protein: 1

Fat: 1

Sat.Fat: 0

Fiber: t

Carbs: 8

Category: Breads, cereals, fastfood,grains

Farina

Measure: 1 cup

Grams: 238

Calories: 105

Protein: 3

Fat: t

Sat.Fat: 0

Fiber: 8

Carbs: 22

Category: Breads, cereals, fastfood,grains

Flour

Nutritional Information

Measure: 1 cup

Grams: 110

Calories: 460

Protein: 39

Fat: 22

Sat.Fat: 0

Fiber: 2.9

Carbs: 33

Category: Breads, cereals, fastfood,grains

Wheat (all purpose)

Measure: 1 cup

Grams: 110

Calories: 400

Protein: 12

Fat: 1

Sat.Fat: 0

Fiber: 0.3

Carbs: 84

Category: Breads, cereals, fastfood,grains

Wheat (whole)

Measure: 1 cup

Nutritional Information

Grams: 120

Calories: 390

Protein: 13

Fat: 2

Sat.Fat: 0

Fiber: 2.8

Carbs: 79

Category: Breads, cereals, fastfood,grains

Macaroni

Measure: 1 cup

Grams: 140

Calories: 155

Protein: 5

Fat: 1

Sat.Fat: 0

Fiber: 0.1

Carbs: 32

Category: Breads, cereals, fastfood,grains

Baked with cheese

Measure: 1 cup

Grams: 220

Nutritional Information

Calories: 475

Protein: 18

Fat: 25

Sat.Fat: 24

Fiber: t

Carbs: 44

Category: Breads, cereals, fastfood,grains

Muffins

Measure: 1

Grams: 48

Calories: 135

Protein: 4

Fat: 5

Sat.Fat: 4

Fiber: t

Carbs: 19

Category: Breads, cereals, fastfood,grains

Noodles

Measure: 1 cup

Grams: 160

Calories: 200

Nutritional Information

Protein: 7

Fat: 2

Sat.Fat: 2

Fiber: 0.1

Carbs: 37

Category: Breads, cereals, fastfood,grains

Oatmeal

Measure: 1 cup

Grams: 236

Calories: 150

Protein: 5

Fat: 3

Sat.Fat: 2

Fiber: 4.6

Carbs: 26

Category: Breads, cereals, fastfood,grains

Pancakes 4" diam.

Measure: 4

Grams: 108

Calories: 250

Protein: 7

Nutritional Information

Fat: 9

Sat.Fat: 0

Fiber: 0.1

Carbs: 28

Category: Breads, cereals, fastfood,grains

Wheat, pancakes 4" diam.

Measure: 4

Grams: 108

Calories: 250

Protein: 7

Fat: 9

Sat.Fat: 0

Fiber: 0.1

Carbs: 28

Category: Breads, cereals, fastfood,grains

Pizza 14" diam.

Measure: 1 section

Grams: 75

Calories: 180

Protein: 8

Fat: 6

Nutritional Information

Sat.Fat: 5

Fiber: t

Carbs: 23

Category: Breads, cereals, fastfood,grains

Popcorn salted

Measure: 2 cups

Grams: 28

Calories: 152

Protein: 3

Fat: 7

Sat.Fat: 2

Fiber: 0.5

Carbs: 20

Category: Breads, cereals, fastfood,grains

Puffed rice

Measure: 1 cup

Grams: 14

Calories: 55

Protein: t

Fat: t

Sat.Fat: 0

Nutritional Information

Fiber: t

Carbs: 12

Category: Breads, cereals, fastfood,grains

Puffed wheat presweetened

Measure: 1 cup

Grams: 28

Calories: 105

Protein: 1

Fat: t

Sat.Fat: 0

Fiber: 0.6

Carbs: 26

Category: Breads, cereals, fastfood,grains

Rice

Measure: 1 cup

Grams: 208

Calories: 748

Protein: 15

Fat: 3

Sat.Fat: 0

Fiber: 1.2

Nutritional Information

Carbs: 154

Category: Breads, cereals, fastfood,grains

Converted

Measure: 1 cup

Grams: 187

Calories: 677

Protein: 14

Fat: t

Sat.Fat: 0

Fiber: 0.4

Carbs: 142

Category: Breads, cereals, fastfood,grains

White

Measure: 1 cup

Grams: 191

Calories: 692

Protein: 14

Fat: t

Sat.Fat: 0

Fiber: 0.3

Carbs: 150

Nutritional Information

Category: Breads, cereals, fastfood,grains

Rice flakes

Measure: 1 cup

Grams: 30

Calories: 115

Protein: 2

Fat: t

Sat.Fat: 0

Fiber: 0.1

Carbs: 26

Category: Breads, cereals, fastfood,grains

Rice polish

Measure: 1/2 cup

Grams: 50

Calories: 132

Protein: 6

Fat: 6

Sat.Fat: 0

Fiber: 1.2

Carbs: 28

Category: Breads, cereals, fastfood,grains

Nutritional Information

Rolls

Measure: 1 large

Grams: 50

Calories: 411

Protein: 3

Fat: 12

Sat.Fat: 11

Fiber: 0.1

Carbs: 23

Category: Breads, cereals, fastfood,grains

of refined flour

Measure: 1

Grams: 38

Calories: 115

Protein: 3

Fat: 2

Sat.Fat: 2

Fiber: t

Carbs: 20

Category: Breads, cereals, fastfood,grains

whole-wheat

Nutritional Information

Measure: 1

Grams: 40

Calories: 102

Protein: 4

Fat: 1

Sat.Fat: 0

Fiber: 0.1

Carbs: 20

Category: Breads, cereals, fastfood,grains

Spaghetti with meat sauce

Measure: 1 cup

Grams: 250

Calories: 285

Protein: 13

Fat: 10

Sat.Fat: 6

Fiber: 0.50

Carbs: 35

Category: Breads, cereals, fastfood,grains

with tomatoes and cheese

Measure: 1 cup

Nutritional Information

Grams: 250

Calories: 210

Protein: 6

Fat: 5

Sat.Fat: 3

Fiber: 0.50

Carbs: 36

Category: Breads, cereals, fastfood,grains

Spanish rice

Measure: 1 cup

Grams: 250

Calories: 217

Protein: 4

Fat: 4

Sat.Fat: 0

Fiber: 1.20

Carbs: 40

Category: Breads, cereals, fastfood,grains

Shredded wheat biscuit

Measure: 1

Grams: 28

Nutritional Information

Calories: 100

Protein: 3

Fat: 1

Sat.Fat: 0

Fiber: 0.70

Carbs: 23

Category: Breads, cereals, fastfood,grains

Waffles

Measure: 1

Grams: 75

Calories: 240

Protein: 8

Fat: 9

Sat.Fat: 1

Fiber: 0.10

Carbs: 30

Category: Breads, cereals, fastfood,grains

Wheat germ

Measure: 1 cup

Grams: 68

Calories: 245

Nutritional Information

Protein: 17

Fat: 7

Sat.Fat: 3

Fiber: 2.50

Carbs: 34

Category: Breads, cereals, fastfood,grains

Wheat-germ cereal toasted

Measure: 1 cup

Grams: 65

Calories: 260

Protein: 20

Fat: 7

Sat.Fat: 3

Fiber: 2.50

Carbs: 36

Category: Breads, cereals, fastfood,grains

Wheat meal cereal unrefined

Measure: 3/4 cup

Grams: 30

Calories: 103

Protein: 4

Nutritional Information

Fat: 1

Sat.Fat: 0

Fiber: 0.70

Carbs: 25

Category: Breads, cereals, fastfood,grains

Wheat, cooked

Measure: 3/4 cup

Grams: 200

Calories: 275

Protein: 12

Fat: 1

Sat.Fat: 0

Fiber: 4.40

Carbs: 35

Category: Breads, cereals, fastfood,grains

Bean soups

Measure: 1 cup

Grams: 250

Calories: 190

Protein: 8

Fat: 5

Nutritional Information

Sat.Fat: 4

Fiber: 0.60

Carbs: 30

Category: Soups

Beef soup

Measure: 1 cup

Grams: 250

Calories: 100

Protein: 6

Fat: 4

Sat.Fat: 4

Fiber: 0.50

Carbs: 11

Category: Soups

Bouillon

Measure: 1 cup

Grams: 240

Calories: 24

Protein: 5

Fat: 0

Sat.Fat: 0

Nutritional Information

Fiber: 0

Carbs: 0

Category: Soups

chicken soup

Measure: 1 cup

Grams: 250

Calories: 75

Protein: 4

Fat: 2

Sat.Fat: 2

Fiber: 0

Carbs: 10

Category: Soups

Clam chowder

Measure: 1 cup

Grams: 255

Calories: 85

Protein: 5

Fat: 2

Sat.Fat: 8

Fiber: 0.50

Nutritional Information

Carbs: 12

Category: Soups

Cream soups

Measure: 1 cup

Grams: 255

Calories: 200

Protein: 7

Fat: 12

Sat.Fat: 11

Fiber: 1.20

Carbs: 18

Category: Soups

Noodle

Measure: 1 cup

Grams: 250

Calories: 115

Protein: 6

Fat: 4

Sat.Fat: 3

Fiber: 0.20

Carbs: 13

Nutritional Information

Category: Soups

Split-pea soup

Measure: 1 cup

Grams: 250

Calories: 147

Protein: 8

Fat: 3

Sat.Fat: 3

Fiber: 0.50

Carbs: 25

Category: Soups

Tomato soup

Measure: 1 cup

Grams: 245

Calories: 175

Protein: 6

Fat: 7

Sat.Fat: 6

Fiber: 0.50

Carbs: 22

Category: Soups

Nutritional Information

Vegetable

Measure: 1 cup

Grams: 250

Calories: 80

Protein: 4

Fat: 2

Sat.Fat: 2

Fiber: 0

Carbs: 14

Category: Soups

Apple betty

Measure: 1 serving

Grams: 100

Calories: 150

Protein: 1

Fat: 4

Sat.Fat: 0

Fiber: 0.5

Carbs: 29

Category: Desserts, sweets

Bread pudding

Nutritional Information

Measure: 3/4 cup

Grams: 200

Calories: 374

Protein: 11

Fat: 12

Sat.Fat: 11

Fiber: 0.20

Carbs: 56

Category: Desserts, sweets

Cakes

Measure: 1 slice

Grams: 40

Calories: 110

Protein: 3

Fat: t

Sat.Fat: 0

Fiber: 0

Carbs: 23

Category: Desserts, sweets

Chocolate fudge

Measure: 1 slice

Nutritional Information

Grams: 120

Calories: 420

Protein: 5

Fat: 14

Sat.Fat: 12

Fiber: 0.3

Carbs: 70

Category: Desserts, sweets

Cupcake

Measure: 1

Grams: 50

Calories: 160

Protein: 3

Fat: 3

Sat.Fat: 2

Fiber: t

Carbs: 31

Category: Desserts, sweets

Fruit cake

Measure: 1 slice

Grams: 30

Nutritional Information

Calories: 105

Protein: 2

Fat: 4

Sat.Fat: 3

Fiber: 0.2

Carbs: 17

Category: Desserts, sweets

Gingerbread

Measure: 1 slice

Grams: 55

Calories: 180

Protein: 2

Fat: 7

Sat.Fat: 6

Fiber: t

Carbs: 28

Category: Desserts, sweets

Plain, with no icing

Measure: 1 slice

Grams: 55

Calories: 180

Nutritional Information

Protein: 4

Fat: 5

Sat.Fat: 4

Fiber: t

Carbs: 31

Category: Desserts, sweets

Sponge cake

Measure: 1 slice

Grams: 40

Calories: 115

Protein: 3

Fat: 2

Sat.Fat: 2

Fiber: 0

Carbs: 22

Category: Desserts, sweets

Candy

Measure: 5

Grams: 25

Calories: 104

Protein: t

Nutritional Information

Fat: 3

Sat.Fat: 3

Fiber: 0

Carbs: 19

Category: Desserts, sweets

Chocolate creams

Measure: 2

Grams: 30

Calories: 130

Protein: t

Fat: 4

Sat.Fat: 4

Fiber: 0

Carbs: 24

Category: Desserts, sweets

Fudge

Measure: 2 pieces

Grams: 90

Calories: 370

Protein: t

Fat: 12

Nutritional Information

Sat.Fat: 11

Fiber: 0.1

Carbs: 80

Category: Desserts, sweets

Hard candies

Measure: 1 oz.

Grams: 28

Calories: 90

Protein: t

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 28

Category: Desserts, sweets

Marshmallows

Measure: 5

Grams: 30

Calories: 98

Protein: 1

Fat: 0

Sat.Fat: 0

Nutritional Information

Fiber: 0

Carbs: 23

Category: Desserts, sweets

Milk chocolate

Measure: 2-oz. bar

Grams: 56

Calories: 290

Protein: 2

Fat: 6

Sat.Fat: 6

Fiber: 0.2

Carbs: 44

Category: Desserts, sweets

Chocolate syrup

Measure: 2 T.

Grams: 40

Calories: 80

Protein: t

Fat: t

Sat.Fat: t

Fiber: 0

Nutritional Information

Carbs: 22

Category: Desserts, sweets

Doughnuts

Measure: 1

Grams: 33

Calories: 135

Protein: 2

Fat: 7

Sat.Fat: 4

Fiber: t

Carbs: 17

Category: Desserts, sweets

Gelatin, made with water

Measure: 1 cup

Grams: 239

Calories: 155

Protein: 4

Fat: t

Sat.Fat: t

Fiber: 0

Carbs: 36

Nutritional Information

Category: Desserts, sweets

Honey

Measure: 2 T.

Grams: 42

Calories: 120

Protein: t

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 30

Category: Jams, Jellies

Ice cream

Measure: 2 cups

Grams: 300

Calories: 250

Protein: 0

Fat: 0

Sat.Fat: 12

Fiber: 10

Carbs: 0

Category: Desserts, sweets

Nutritional Information

Ices

Measure: 1 cup

Grams: 150

Calories: 117

Protein: 0

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 48

Category: Desserts, sweets

preserves

Measure: 1 T.

Grams: 20

Calories: 55

Protein: 0

Fat: 0

Sat.Fat: 0

Fiber: t

Carbs: 14

Category: Jams, Jellies

Jellies

Nutritional Information

Measure: 1 T.

Grams: 20

Calories: 50

Protein: 0

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 13

Category: Jams, Jellies

Molasses

Measure: 1 T.

Grams: 20

Calories: 45

Protein: 0

Fat: 0

Sat.Fat: 0

Fiber: 8

Carbs: 11

Category: Jams, Jellies

Cane Syrup

Measure: 1 T.

Nutritional Information

Grams: 20

Calories: 50

Protein: 0

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 13

Category: Jams, Jellies

9" diam. pie

Measure: 1 slice

Grams: 135

Calories: 330

Protein: 3

Fat: 13

Sat.Fat: 11

Fiber: 0.1

Carbs: 53

Category: Desserts, sweets

Cherry Pie

Measure: 1 slice

Grams: 135

Nutritional Information

Calories: 340

Protein: 3

Fat: 13

Sat.Fat: 11

Fiber: 0.1

Carbs: 55

Category: Desserts, sweets

Custard

Measure: 1 slice

Grams: 130

Calories: 265

Protein: 7

Fat: 11

Sat.Fat: 10

Fiber: 0

Carbs: 34

Category: Desserts, sweets

Lemon meringue

Measure: 1 slice

Grams: 120

Calories: 300

Nutritional Information

Protein: 4

Fat: 12

Sat.Fat: 10

Fiber: 0.1

Carbs: 45

Category: Desserts, sweets

Mince

Measure: 1 slice

Grams: 135

Calories: 340

Protein: 3

Fat: 9

Sat.Fat: 8

Fiber: 0.70

Carbs: 62

Category: Desserts, sweets

Pumpkin Pie

Measure: 1 slice

Grams: 130

Calories: 265

Protein: 5

Nutritional Information

Fat: 12

Sat.Fat: 11

Fiber: 8

Carbs: 34

Category: Desserts, sweets

Puddings Sugar

Measure: 1 cup

Grams: 200

Calories: 770

Protein: 0

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 199

Category: Desserts, sweets

3 teaspoons sugar

Measure: 1 T.

Grams: 12

Calories: 50

Protein: 0

Fat: 0

Nutritional Information

Sat.Fat: 0

Fiber: 0

Carbs: 12

Category: Desserts, sweets

Brown, firm-packed, dark sugar

Measure: 1 cup

Grams: 220

Calories: 815

Protein: 0

Fat: t

Sat.Fat: 0

Fiber: 0

Carbs: 210

Category: Jams, Jellies

Syrup

Measure: 2 T.

Grams: 40

Calories: 100

Protein: 0

Fat: 0

Sat.Fat: 0

Nutritional Information

Fiber: 0

Carbs: 25

Category: Jams, Jellies

table blends sugar

Measure: 2 T.

Grams: 40

Calories: 110

Protein: 0

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 29

Category: Jams, Jellies

Tapioca cream pudding

Measure: 1 cup

Grams: 250

Calories: 335

Protein: 10

Fat: 10

Sat.Fat: 9

Fiber: 0

Nutritional Information

Carbs: 42

Category: Desserts, sweets

Almonds

Measure: 1/2 cup

Grams: 70

Calories: 425

Protein: 13

Fat: 38

Sat.Fat: 28

Fiber: 1.8

Carbs: 13

Category: Seeds and Nuts

roasted and salted

Measure: 1/2 cup

Grams: 70

Calories: 439

Protein: 13

Fat: 40

Sat.Fat: 31

Fiber: 1.8

Carbs: 13

Nutritional Information

Category: Seeds and Nuts

Brazil nuts

Measure: 1/2 cup

Grams: 70

Calories: 457

Protein: 10

Fat: 47

Sat.Fat: 31

Fiber: 2

Carbs: 7

Category: Seeds and Nuts

Cashews

Measure: 1/2 cup

Grams: 70

Calories: 392

Protein: 12

Fat: 32

Sat.Fat: 28

Fiber: 0.9

Carbs: 20

Category: Seeds and Nuts

Nutritional Information

coconut sweetened

Measure: 1/2 cup

Grams: 50

Calories: 274

Protein: 1

Fat: 20

Sat.Fat: 19

Fiber: 2

Carbs: 26

Category: Seeds and Nuts

Peanut butter

Measure: 1/3 cup

Grams: 50

Calories: 300

Protein: 12

Fat: 25

Sat.Fat: 17

Fiber: 0.9

Carbs: 9

Category: Seeds and Nuts

Peanut butter, natural

Nutritional Information

Measure: 1/3 cup

Grams: 50

Calories: 284

Protein: 13

Fat: 24

Sat.Fat: 10

Fiber: 0.9

Carbs: 8

Category: Seeds and Nuts

Peanuts

Measure: 1/3 cup

Grams: 50

Calories: 290

Protein: 13

Fat: 25

Sat.Fat: 16

Fiber: 1.2

Carbs: 9

Category: Seeds and Nuts

Pecans

Measure: 1/2 cup

Nutritional Information

Grams: 52

Calories: 343

Protein: 5

Fat: 35

Sat.Fat: 25

Fiber: 1.1

Carbs: 7

Category: Seeds and Nuts

Sesame seeds

Measure: 1/2 cup

Grams: 50

Calories: 280

Protein: 9

Fat: 24

Sat.Fat: 13

Fiber: 3.1

Carbs: 10

Category: Seeds and Nuts

Sunflower seeds

Measure: 1/2 cup

Grams: 50

Nutritional Information

Calories: 280

Protein: 12

Fat: 26

Sat.Fat: 7

Fiber: 1.9

Carbs: 10

Category: Seeds and Nuts

Walnuts

Measure: 1/2 cup

Grams: 50

Calories: 325

Protein: 7

Fat: 32

Sat.Fat: 7

Fiber: 1

Carbs: 8

Category: Seeds and Nuts

Beer

Measure: 2 cups

Grams: 480

Calories: 228

Nutritional Information

Protein: t

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 8

Category: Drinks,Alcohol, Beverages

Gin

Measure: 1 oz.

Grams: 28

Calories: 70

Protein: 0

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: t

Category: Drinks,Alcohol, Beverages

Wines

Measure: 1/2 cup

Grams: 120

Calories: 164

Protein: t

Nutritional Information

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 9

Category: Drinks,Alcohol, Beverages

Table (12.2% alcohol)

Measure: 1/2 cup

Grams: 120

Calories: 100

Protein: t

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 5

Category: Drinks,Alcohol, Beverages

Carbonated drinks Artificially sweetened

Measure: 12 oz.

Grams: 346

Calories: 0

Protein: 0

Fat: 0

Nutritional Information

Sat.Fat: 0

Fiber: 0

Carbs: 0

Category: Drinks,Alcohol, Beverages

Club soda

Measure: 12 oz.

Grams: 346

Calories: 0

Protein: 0

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 0

Category: Drinks,Alcohol, Beverages

Cola drinks

Measure: 12 oz.

Grams: 346

Calories: 137

Protein: 0

Fat: 0

Sat.Fat: 0

Nutritional Information

Fiber: 0

Carbs: 38

Category: Drinks,Alcohol, Beverages

Fruit-flavored soda

Measure: 12 oz.

Grams: 346

Calories: 161

Protein: 0

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 42

Category: Drinks,Alcohol, Beverages

Ginger ale

Measure: 12 oz.

Grams: 346

Calories: 105

Protein: 0

Fat: 0

Sat.Fat: 0

Fiber: 0

Nutritional Information

Carbs: 28

Category: Drinks,Alcohol, Beverages

Root beer

Measure: 12 oz.

Grams: 346

Calories: 140

Protein: 0

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 35

Category: Drinks,Alcohol, Beverages

Coffee

Measure: 1 cup

Grams: 230

Calories: 3

Protein: t

Fat: 0

Sat.Fat: 0

Fiber: 0

Carbs: 1

Nutritional Information

Category: Drinks,Alcohol, Beverages

Tea

Measure: 1 cup

Grams: 230

Calories: 4

Protein: 0

Fat: t

Sat.Fat: 0

Fiber: 0

Carbs: 1

Category: Drinks,Alcohol, Beverages