Food	Measure	G	rams	Calories	Protein	F	at S	at.Fat	Fiber
Cows' milk	1 qt.		976	660	3	2	40	36	0
Milk skim	1 qt.		984	360	3	6 t	t		0
Buttermilk	1 cup		246	127		9	5	4	0
Evaporated, undiluted	1 cup		252	345	1	6	20	18	0
Fortified milk	6 cups		1419	1373	8	9	42	23	1.4
Powdered milk	1 cup		103			7	28	24	0
skim, instant	1 1/3 cups		85			0 t			0
skim, non-instant	2/3 cup		85			0 t			1
Goats' milk	1 cup		244			8	10	8	0
(1/2 cup ice cream)	2 cups		540			4	24	22	0
Cocoa	1 cup		252			8	11	10	0
skim. milk	1 cup		250			8	4	3	1
(cornstarch)	1 cup		248			9	10	9	0
Custard	1 cup		248			3	14	11	0
Ice cream	1 cup		188			6	18	16	0
Ice milk	1 cup		190			9	10	9	0
Cream or half-and-half	1/2 cup		120			4	15	13	0
or whipping	1/2 cup		119	430		2	44	27	1
Cheese	1 cup		225			0	11	10	0
uncreamed	1 cup		225			8 t		10	0
Cheddar	1-in. cube		17			4	6	5	0
Cheddar, grated cup	1/2 cup		56			4	19	17	0
Cream cheese	1/2 cup 1 oz.		28			2	11	10	0
Processed cheese	1 0Z. 1 0Z.		28			7	9	8	0
	1 0Z. 1 0Z.		28			6	9	8	0
Roquefort type Swiss			28			7	8	7	0
	1 oz.	2	100			2	0 12	10	0
Eggs raw		2 2	128			.2	16	14	0
Eggs Scrambled or fried Yolks		2	34			.s 6	10	8	0
	1 T	2				O			
Butter	1T.		14			,	11	10	117
Butter	1/2 cup		112				115	116	117
Butter	1/4 lb.		112 100				115 100	116 88	117
Hydrogenated cooking fat	1/2 cup								0
Lard	1/2 cup		110			U	110	92	0
Margarine 2 not or	1/2 cup		112				91	76	0
Margarine, 2 pat or	1 T.		14				11	9	0
Mayonnaise	1 T.		15			^	12	5	0
Corn oil	1 T.		14			0	14	5	0
Olive oil	1T.		14			0	14	3	0
Safflower seed oil	1 T.		14			0	14	3	0
French dressing	1 T.		15				6	2	0
Thousand Island sauce	1 T.		15			2	8	3	0
Salt pork	2 oz.		60			3	55	7	0
Bacon	2 slices		16			4	8	7	0
Beef	3 oz.		85			3	16	15	0
Hamburger	3 oz.		85			1	17	15	0
Ground lean	3 oz.		85			4	10	9	0
Roast beef	3 oz.		85			6	36	35	0
Steak	3 oz.		85			0	27	25	0
Steak, lean, as round	3 oz.		85			4	12	11	0
Corned beef	3 oz.		85			2	10	9	. 0
Corned beef hash canned	3 oz.		85	120	1	2	8	7	τ

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Corned beef hash Dried	2 oz.		56	115	19 4	4	0
Pot-pie	1 pie		227	480	18 28	25 t	
Corned beef hash Stew	1 cup		235	185	15 10	9 t	
chicken	3 oz.		85	185	23 9	7	0
Fried, breast or leg and thigh chicken	3 oz.		85	245	25 15	11	0
Roasted chicken	3 1/2 oz.		100	290	25 20	16	0
Chicken livers, fried	3 med.		100	140	22 14	12	0
Duck, domestic	3 1/2 oz.		100	370	16 28	0	0
Lamb, chop, broiled	4 oz.		115	480	24 35	33	0
Leg roasted	3 oz.		86	314	20 14	14	0
Shoulder, braised	3 oz.		85	285	18 23	21	0
Pork, chop, 1 thick	3 1/2 oz.		100	260	16 21	18	0
Ham pan-broiled	3 oz.		85	290	16 22	19	0
Ham, as	2 oz.		57	170	13 13	11	0
Ham, canned, spiced	2 oz.		57	165	8 14	12	0
Pork roast	3 oz.		85	310	21 24	21	0
Pork sausage	3 1/2 oz.		100	475	18 44	40	0
Turkey	3 1/2 oz.		100	265	27 15	0	0
Veal	3 oz.		85	185	23 9	8	0
Roast	3 oz.		85	305	13 14	13	0
Clams	3 oz.		85	87	12 1	0	0
Cod	3 1/2 oz.		100	170	28 5	0	0
Crab meat	3 oz.		85	90	14 2	0	0
Fish sticks fried		5	112	200	19 10	5	0
Flounder	3 1/2 oz.		100	200	30 8	0	0
Haddock	3 oz.		85	135	16 5	4	0
Halibut	3 1/2 oz.		100	182	26 8	0	0
Herring	1 small		100	211	22 13	0	0
Lobster	aver.		100	92	18 1	0	0
Mackerel	3 oz.		85	155	18 9	0 a	
Oysters	6-8 med.		230	231	232 233	234	235
Oyster stew	1 cup		85	125	19 6	1	0
Salmon	3 oz.		85	120	17 5	1	0
Sardines	3 oz.		85	180	22 9	4	0
Scallops	3 1/2 oz.		100	104	18 8	0	0
Shad	3 oz.		85	170	20 10	0	0
Shrimp	3 oz.		85	110	23 1	0	0
Swordfish	1 steak		100	180	27 6	0	0
Tuna	3 oz.		85	170	25 7	3	0
Artichoke	1 large		100 8-	44	2t t		2
Asparagus	6 spears		96	18	1t t		0.5
Beans	1 cup		125	25	1t t		8.0
Lima	1 cup		160	140	8t t		3
Lima, dry, cooked	1 cup		192	260	16 t t		2
Navy, baked with pork	3/4 cup		200	250	11 6	6	2
Red kidney	1 cup		260	230	15 1	0	2.5
Bean sprouts	1 cup		50	17	1 t	0	0.3
Beet greens	1 cup		100	27	2 t	0	1.4
Beetroots	1 cup		165	1	12 0	t	
Broccoli	1 cup		150	45	5 t	0	1.9
Brussels sprouts	1 cup		130	60	6 t	0	1.7
Sauerkraut	1 cup		150	32	1 t	0	1.2
Steamed cabbage	1 cup		170	40	2 t	0	1.3
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Carrots	Raw, grated									
Strips, from raw	Strips from raw	Carrots	1 cup						0	
Cauliflower	Cauliflower 1 cup 120 30 3t 0 1 Celery 1 cup 100 20 1t 0 0 Stalk raw 1 large 40 5 1t 0 0.3 Chard steamed 1 cup 150 30 2t 0 1.4 Collards 1 cup 150 30 2t 0 1.0 Cooked or canned 1 cup 150 6t 0 0 0.0 Cucumbers 8 50 6t 0 0 0 0 Dandelion greens 1 cup 180 80 5 1 0 0 0 Egpplant 1 cup 180 80 5 1 0 0 0 Egpplant 1 cup 180 80 5 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Raw, grated	1 cup				1 t		0	
Celery 1 cup 100 20 11 0 1.3 Stalk raw 1 large 40 5 11 0 0.3 Chard steamed 1 cup 150 30 2t 0 1.4 Collards 1 cup 150 51 51 0 2 Corn 1 ear 100 92 3 t 1 0.8 Cownbers 8 50 6t 0 0 0.2 Dandelion greens 1 cup 180 80 5 t 1 3.2 Eggplant 1 cup 180 30 2 t 0 1 Kaile 1 cup 140 40 2 t 0 1 Kaile 1 cup 140 40 2 t 0 0 Kohrabi 1 cup 150 48 5 t 0 3 Lemtise 1 cup 150 48 5 t 0 3 Lemtis	Celeny 1 cup 100 20 1 t 0 1.0 Stalk raw 1 large 40 5 1 t 0 0.3 Chard steamed 1 cup 150 50 51 51 0 2 Corn 1 ear 100 92 3 1t 0 0 Cooked or canned 1 cup 200 170 5t 0 0 0.2 Dandelion greens 1 cup 180 80 5 1 0 1.6 Eggplant 1 cup 180 80 5 1 0 0.1 Endive 2 cz. 57 10 11 0 0.6 Kale 1 cup 110 45 4 1 0 0.5 Kale 1 cup 140 40 21 0 1.2 Lambs quarters, steamed 1 cup 150 48 51 0 3.2 Lettuce 1/4 head	•	1 mad.						_	
Stalk raw 1 large 40 5 1 t 0 0.3 Chard steamed 1 cup 150 51 5 t 0 0 2 Corn 1 ear 100 92 3 1 t 0.8 0 1 t 0 0.2 2 3 1 t 0.8 0 0 1.6 0 0 0.2 2 3 1 t 0.8 0 0 1.6 0 0 0.2 2 3 1 t 0.8 0 5 1 0 0.6 1.0 0 0.0 0 2 2 0 1.1 0 0.6 1.0 1 0 0.6 1 0 0 0 0 0 0 1 1 0	Stalk raw 1 large 40 5 1 t. 0 0.3 Chard steamed 1 cup 150 30 2 t. 0 1.4 Collards 1 cup 150 51 5 t. 0 2 Corn 1 ear 100 92 3 1 t. 0.8 Cocked or canned 1 cup 200 170 5t. 0 0 0 Cucumbers 8 50 6t 0 0 0 0 Eggplant 1 cup 180 80 5 1 0 0 Kale 1 cup 180 80 5 1 0 0 Kale 1 cup 180 80 5 1 0 0 Kale 1 cup 140 40 20 21 1 0 0 Kale 1 cup 140 40 20 21 1 0 0 Kale	Cauliflower	1 cup							
Chard steamed 1 cup 150 30 2 t 0 1.4 Collards 1 cup 150 51 51 0 0.8 Corded or canned 1 cup 200 170 5t 0 1.6 Cooked or canned 1 cup 180 80 5 1 0 0.2 Dandelion greens 1 cup 180 80 5 1 0 0.2 Eggplant 1 cup 180 30 2 t 0 1 Endive 2 cz. 57 10 1 t 0 0.6 Kale 1 cup 110 45 4 1 0 0.6 Kale 1 cup 150 48 5 t 0 0.5 Kohlrabi 1 cup 150 48 5 t 0 0.5 Lemils 1 cup 150 48 5 t 0 0.2 Lettuce 1/4 head 100 14 <	Chard steamed 1 cup 150 30 2 t 0 1.4 Collards 1 cup 150 51 51 51 0 2.8 Corn 1 ear 100 92 3 1 t 0.8 Cooked or canned 1 cup 200 170 5t 0 0.2 Cucumbers 1 cup 180 80 5 1 0 0.2 Eagplant 1 cup 180 30 2 t 0 1.2 Endive 2 cz 57 10 1 t 0 0.6 Kale 1 cup 110 45 4 1 0 0.9 Kohlrabi 1 cup 150 48 5 t 0 0.9 Kohlrabi 1 cup 150 48 5 t 0 0.2 Lettuce 1 /4 head 100 14 t 1 0 0.5 Lettuce 1 /4 head 100 14 1<	Celery	1 cup				1 t		0	
Collards 1 cup 150 51 5 t 0 2 Corn 1 ear 100 92 3 1 t 0.8 Cooked or canned 1 cup 200 170 5 t 0 1.6 Cucumbers 8 50 6t 0 0 0.2 Eggplant 1 cup 180 30 2 t 0 1 Edgplant 1 cup 180 30 2 t 0 1 Edgplant 1 cup 140 45 4 1 0 0.6 Kalle 1 cup 110 45 4 1 0 0.9 Kohlrabi 1 cup 150 48 5 t 0 2.2 Lentilis 1 cup 150 48 5 t 0 2.2 Lentilis 1 cup 150 14 11 0 0.5 Lentilis 1 cup 100 13 t 0 0<	Collards 1 cup 150 51 5t 0 2 Corn 1 ear 100 92 3 1t 0.8 cocked or canned 1 cup 200 170 5t 0 1.6 Cucumbers 8 50 6t 0 0 0.2 Eggplant 1 cup 180 80 5 1 0 1.2 Endive 2 cz. 57 10 1t 0 0.6 Kale 1 cup 140 40 2t 0 0.9 Kohlrabi 1 cup 150 48 5t 0 0.9 Kohlrabi 1 cup 200 212 15t 0 0.9 Kohlrabi 1 cup 150 48 5t 0 2.4 Lemtils 1 cup 100 13t 1 0 0.5 Lentils 1 cup 100 14 1 1 0 0	Stalk raw	1 large		40	5	1 t		0	0.3
Corn 1 ear 100 92 3 1t 0.8 cooked or canned 1 cup 200 170 5t 0 0.6 Cucumbers 8 50 6t 0 0 0.2 Bandelion greens 1 cup 180 80 5 1 0 3.2 Eggplant 1 cup 180 30 2t 0 0 3.2 Endive 2 cz. 57 10 1t 0 0.6 Kale 1 cup 110 45 4 1 0 0.6 Kale 1 cup 150 48 5t 0 3.2 Lambs quarters, steamed 1 cup 150 48 5t 0 3.2 Lertils 1 cup 150 48 5t 0 2.2 Lettuce 1/4 head 100 13t 1t 0 0.5 Mustard greens 1 12 cup 100 <t< td=""><td>Come 1 ear 100 92 3 1t 0.8 cooked or canned 1 cup 200 170 5t 0 0.6 Cucumbers 8 50 6t 0 0 0.2 Dandelion greens 1 cup 180 80 5 1 0 3.2 Egglant 1 cup 180 80 5 1 0 3.2 Endive 2 cv. 57 10 1t 0 0.6 Kale 1 cup 110 45 4 1 0 0.9 Kohlrabi 1 cup 150 48 5t 0 3.2 Lembis 1 cup 150 48 5t 0 3.2 Lettuce 1/4 head 100 14 1 1 0 0.5 Mustard greens 1 1 30 3t 1 0 0 Okra 1 1/3 cups 100</td><td>Chard steamed</td><td>1 cup</td><td></td><td>150</td><td>30</td><td>2 t</td><td></td><td>0</td><td></td></t<>	Come 1 ear 100 92 3 1t 0.8 cooked or canned 1 cup 200 170 5t 0 0.6 Cucumbers 8 50 6t 0 0 0.2 Dandelion greens 1 cup 180 80 5 1 0 3.2 Egglant 1 cup 180 80 5 1 0 3.2 Endive 2 cv. 57 10 1t 0 0.6 Kale 1 cup 110 45 4 1 0 0.9 Kohlrabi 1 cup 150 48 5t 0 3.2 Lembis 1 cup 150 48 5t 0 3.2 Lettuce 1/4 head 100 14 1 1 0 0.5 Mustard greens 1 1 30 3t 1 0 0 Okra 1 1/3 cups 100	Chard steamed	1 cup		150	30	2 t		0	
cooked or canned 1 cup 8 50 6t 0 0 0.2 Dandellon greens 1 cup 180 80 5 1 0 3.2 Eggplant 1 cup 180 30 21 0 1 Endive 2 oz. 57 10 1t 0 0.6 Kale 1 cup 110 45 4 1 0 0.6 Kale 1 cup 140 40 21 0 0.5 Lambs quarters, steamed 1 cup 150 48 5t 0 3.2 Lentius 1 cup 200 212 15t 0 2.4 Lettuce 1/4 head 100 14 1t 0 0.5 Mushrooms canned 4 120 12 2t 0 0.5 Mushrooms canned 4 120 12 2t 0 0.5 Mushrooms canned 1 1/3 cups 100 <td< td=""><td>cooked or canned 1 cup 8 50 6 t 0 0 0.2 Dandelion greens 1 cup 180 80 5 t 0 0.2 Eggplant 1 cup 180 30 2 t 0 1 Endive 2 oz. 57 10 11 0 0.6 Kale 1 cup 110 45 4 1 0 0.9 Kohlrabi 1 cup 150 48 5 t 0 1.5 Lambs quarters, steamed 1 cup 150 48 5 t 0 2.2 Lettuce 1/4 head 100 13t 1 t 0 0.5 Lettuce 1/4 head 100 12t 1 t 0 0.5 Lettuce 1/4 head 100 12t t 0 0.5 Mushrooms canned 4 120 12 2t 0 0.5 Kokra 1 1/3 cups 100 32</td><td>Collards</td><td>1 cup</td><td></td><td>150</td><td>51</td><td>5 t</td><td></td><td>0</td><td>2</td></td<>	cooked or canned 1 cup 8 50 6 t 0 0 0.2 Dandelion greens 1 cup 180 80 5 t 0 0.2 Eggplant 1 cup 180 30 2 t 0 1 Endive 2 oz. 57 10 11 0 0.6 Kale 1 cup 110 45 4 1 0 0.9 Kohlrabi 1 cup 150 48 5 t 0 1.5 Lambs quarters, steamed 1 cup 150 48 5 t 0 2.2 Lettuce 1/4 head 100 13t 1 t 0 0.5 Lettuce 1/4 head 100 12t 1 t 0 0.5 Lettuce 1/4 head 100 12t t 0 0.5 Mushrooms canned 4 120 12 2t 0 0.5 Kokra 1 1/3 cups 100 32	Collards	1 cup		150	51	5 t		0	2
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Dandelion greens	Dandelion greens	cooked or canned	1 cup		200	170	5 t		0	1.6
Eggplant 1 cup 180 30 21 0 1 Kale 1 cup 110 45 4 1 0 0.6 Kale 1 cup 110 45 4 1 0 0.6 Kohitabi 1 cup 150 48 51 0 3.2 Lentilis 1 cup 200 212 15t 0 2.4 Lettluce 1/4 head 100 14 1t 0 0.5 Iceberg 1/4 head 100 13t t 0 0.5 Mushrooms canned 4 120 122 2t 0 0.5 Mushrad greens 1 1/3 cups 100 33 1 0 1.2 Okra 1 1/3 cups 100 32 11 0 1.2 Okra 1 1/3 cups 100 32 11 0 1.2 Parsley 2 T. 50 22 t t 0	Eggplant 1 cup 180 30 2t 0 0 0 6 7 0 0 1 0 0 1 0 0 1 0 0 1 0	Cucumbers		8	50	6 t		0	0	0.2
Endive 2 oz. 57 10 1t 0 0.6 Kale 1 cup 110 45 4 1 0 0.9 Kohlrabi 1 cup 140 40 2t 0 1.5 Lambs quarters, steamed 1 cup 150 48 5t 0 3.2 Lentilis 1 cup 200 212 15t 0 2.4 Lettuce 1/4 head 100 14 1t 0 0.5 Lettuce 1/4 head 100 13t t 0 0.5 Mustard greens 1 1/3 cups 100 32 1t 0 0 Okra 1 1/3 cups 100 32 1t 0 1 Ohra 1 1/3 cups 100 32 1t 0 1 Ohra 1 1/3 cups 100 32 1t 0 1 Ohra 1 1/3 cup 100 32 1t 0 <	Endive	Dandelion greens	1 cup		180	80	5	1	0	3.2
Kale 1 cup 110 45 4 1 0 0.9 Köhlrabi 1 cup 140 40 2 t 0 1.5 Lambs quarters, steamed 1 cup 150 48 5 t 0 3.2 Lentilis 1 cup 200 212 15 t 0 2.4 Lettuce 1/4 head 100 14 1 t 0 0.5 Iceberg 1 /4 head 100 12 2 t 0 0 Mushrooms canned 4 120 12 2 t 0 0 Mustard greens 1 1/3 cups 100 32 1 t 0 1 Okra 1 1/3 cups 100 32 1 t 0 1 Okra 1 1/3 cups 100 32 1 t 0 1 Okra 1 1/3 cups 100 32 1 t 0 1 Parsiley 2 T. 50 2 t t 0 <td>Kale 1 cup 110 45 4 1 0 0.9 Kohlrabi 1 cup 150 48 5t 0 1.5 Lambs quarters, steamed 1 cup 200 212 15t 0 2.4 Lettuce 1/4 head 100 14 1 t 0 0.5 Iceberg 1/4 head 100 13t t 0 0.5 Mushrooms canned 4 120 12 2t 0t 0.5 Mustard greens 1 140 30 3t 0 1.2 Okra 1 1/3 cups 100 32 1t 0 1 Okra 1 1/3 cups 100 32 1t 0 1 Raw, green 6 small 50 22t t 0 1 Parships 1 cup 155 95 2 1 0 1 Parships 1 cup 100 70 5t</td> <td>Eggplant</td> <td>1 cup</td> <td></td> <td>180</td> <td>30</td> <td>2 t</td> <td></td> <td>0</td> <td>1</td>	Kale 1 cup 110 45 4 1 0 0.9 Kohlrabi 1 cup 150 48 5t 0 1.5 Lambs quarters, steamed 1 cup 200 212 15t 0 2.4 Lettuce 1/4 head 100 14 1 t 0 0.5 Iceberg 1/4 head 100 13t t 0 0.5 Mushrooms canned 4 120 12 2t 0t 0.5 Mustard greens 1 140 30 3t 0 1.2 Okra 1 1/3 cups 100 32 1t 0 1 Okra 1 1/3 cups 100 32 1t 0 1 Raw, green 6 small 50 22t t 0 1 Parships 1 cup 155 95 2 1 0 1 Parships 1 cup 100 70 5t	Eggplant	1 cup		180	30	2 t		0	1
Kohlrabi 1 cup 140 40 2 t 0 1.5 Lambs quarters, steamed 1 cup 150 48 5 t 0 3.2 Lettuce 1/4 head 100 14 1 t 0 0.5 Iceberg 1/4 head 100 13 t t 0 0.5 Mushrooms canned 4 120 12 2 t 0 0.5 Mustard greens 1 140 30 3 t 0 1.2 Okra 1 1/3 cups 100 32 1 t 0 1 Ohions 1 210 80 2 t 0 1 Corra 6 small 50 2 t t 0 1 Parsnips 1 cup 100 32 1 0 1 Parsnips 1 cup 155 95 2 1 0 1 Parsnips 1 cup <	Kohlrabi 1 cup 140 40 2 t 0 1.5 Lambs quarters, steamed 1 cup 150 48 5 t 0 3.2 Lentils 1 cup 200 212 15 t 0 2.4 Lettuce 1/4 head 100 13 t t 0 0.5 Mushrooms canned 4 120 12 2 t 0 0.5 Mustard greens 1 140 30 3 t 0 1.2 Okra 1 1/3 cups 100 32 1 t 0 1 Okra 1 1/3 cups 100 32 1 t 0 1 Okra 1 1/3 cups 100 32 1 t 0 1 Cokra 1 1/3 cups 100 32 1 t 0 1 Parsnips 1 cup 155 95 2 t 1 0 1 Parsnips 1 cup 100 66 3 t 0 <td>Endive</td> <td>2 oz.</td> <td></td> <td>57</td> <td>10</td> <td>1 t</td> <td></td> <td>0</td> <td>0.6</td>	Endive	2 oz.		57	10	1 t		0	0.6
Lambs quarters, steamed 1 cup 150 48 5 t 0 3.2 Lentilis 1 cup 200 212 15 t 0 2.4 Lettuce 1/4 head 100 14 1 t 0 0.5 Mushrooms canned 4 120 12 2 t 0 0 Mushrooms canned 4 120 12 2 t 0 0 Okra 1 1/3 cups 10 32 1 t 0 0 1 Ohions 1 1/3 cups 100 32 1 t 0 1 6 1 6 1 6 1 6 1 6 1 6 1 0 1 6 1 0 1 6 1 0 1 6 1 0 1 0 1 0 1 0 1 0 1 6 1 0 1 0 1 0 0 1	Lambs quarters, steamed 1 cup 150 48 5 t 0 3.2 Lentilis 1 cup 200 212 15 t 0 2.4 Lettuce 1/4 head 100 14 1 t 0 0.5 leoberg 1/4 head 100 13 t t 0 0.5 Mustard greens 1 1/3 cups 100 32 1 t 0 0 Okra 1 1/3 cups 100 32 1 t 0 1 Ominos 1 1/3 cups 100 32 1 t 0 1 Parsing 2 T. 50 2t t 0 1 Parsily 2 T. 50 2t t 0 1 Parsily 1 cup 155 95 2 1 0 1 Parsily 1 cup 100 66 3 t 0 0 1 Parsily 1 cup 100 66 3 t 0	Kale	1 cup		110	45	4	1	0	0.9
Lentils	Lentils	Kohlrabi	1 cup		140	40	2 t		0	1.5
Lentils	Lentils	Lambs quarters, steamed	1 cup		150	48	5 t		0	3.2
Lettuce leberg 1/4 head 100 14 1t 0 0.5 loeberg Mushrooms canned 4 120 12 2t 0t Mushrad greens 1 140 30 3t 0 1.2 Okra 1 1/3 cups 100 32 1t 0 1 Ohions 1 210 80 2t 0 1 1 Raw, green 6 6 small 50 22t t 0 1 1 10 1 1 10 1	Lettuce 1/4 head 100 14 1 t 0 0.5 lceberg 1/4 head 100 13t t 0 0.5 Mushrooms canned 4 120 12 2t 0t Mustard greens 1 140 30 3t 0 1.2 Okra 1 1/3 cups 100 32 1t 0 1 Ohra 6 small 50 22t t 0 1 Arasnips 1 cup 155 95 2 1 0 3 Peas 1 cup 100 66 3t 0 0.1 Fresh, steamed peas 1 cup 100 66 3t 0 0.1 Fresh, steamed peas 1 cup 100 66 3t 0 0.1 Split cooked peas 1 cup 100 15 8t 0 0.4 heated peas	•			200	212	15 t		0	2.4
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Tomato catsup	1 T.	17	15 t	t	0 t	
Turnip greens	1 cup	145	45	4 1	0	1.8
Turnips, steamed	1 cup	155	40	1 t	0	1.8
Watercress stems, raw	1 cup	50	9	1 t	0	0.3
Apple juice canned	1 cup	250	125 t	0	0	0
Apple vinegar	1/3 cup	100	14 t	0	0	0
Apples, raw	1 med	130	70 t	t	0	1
Stewed or canned	1 cup	240	100 t	t	0	2
Apricots	1 cup	250	220	2 t	0	1
Dried, uncooked	1/2 cup	75	220	4 t	0	1
Fresh	3 med.	114	55	1 t	0	0.7
Nectar, or juice	1 cup	250	140	1 t	0	2
Avocado	1/2 large	108	185	2 18	12	1.8
Banana	1 med.	150	85	1 t	0	0.9
Blackberries	1 cup	144	85	2 1	0	6.6
Blueberries	1 cup	250	245	1 t	0	2
Cantaloupe	1/2 med.	380	40	1 t	0	2.2
Cherries	1 cup	257	100	2 1	0	2
Fresh, raw	1 cup	114	65	1 t	0	8.0
Cranberry sauce sweetened	1 cup	277	530 t	t	0	1.2
Dates	1 cup	178	505	4 t	0	3.6
Figs	2	42	120	2 t	0	1.9
Fresh, raw figs	3 med.	114	90	2 t	0	1
figs Canned with syrup	3	115	130	1 t	0	1
Fruit cocktail, canned	1 cup	256	195	1 t	0	0.5
Grapefruit sections	1 cup	250	170	1 t	0	0.5
Grapefruit, fresh, 5" diameter	1/2	285	50	1t t		1
Grapefruit juice	1 cup	250	100	1 t	0	1
Grapes	1 cup	153	70	1 t	0	0.8
European, as Muscat, Tokay	1 cup	160	100	1 t	0	0.7
Grape juice	1 cup	250	160	1 t	0 t	
Lemon juice	1/2 cup	125	30 t	t	0 t	
Lemonade concentratefrozen	6-oz. can	220	430 t	t	0 t	
Limeade concentrate frozen	6-oz. can	218	405 t	t	0 t	
Olives large	10	65	72	1 10	9	8.0
OlivesRipe	10	65	105	1 13	12	1
Oranges 3" diameter	1 med.	180	60	2t t		1
Orange juice	8 oz. or	250	112	2 t	0	0.2
Frozen	6-oz. can	210	330	2t t		0.4
Papaya	1/2 med.	200	75	1 t	0	1.8
Peaches	1 cup	257	200	1 t	0	1
Fresh, raw	1 med.	114	35	1 t	0	0.6
Pears	1 cup	255	195	1 t	0	2
Raw, 3 by 2V	1 med.	182	100	1 1	0	2
Persimmons	1 med.	125	75	1 t	0	2
Pineapple	1 large slice	122	95 t	t	0	0.4
Pineapple Crushed	1 cup	260	205	1 t	0	0.7
Raw, diced	1 cup	140	75	1 t'	0	0.6
Pineapple juice	1 cup	250	120	1 t	0	0.2
Plums	1 cup	256	185	1 t	0	0.7
Raw, 2" diameter	. 1	60	30 t	t	0	0.2
Prunes	1 cup	270	300	3 1	0	8.0
Prune juice	1 cup	240	170	1 t	0	0.7
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Raisins	1/2 cup		88	230	2 t	0	0.7
Raspberries	1/2 cup		100	100 t	t	0	2
Raw, red	3/4 cup		100	57 t	t	0	5
Rhubarb sweetened	1 cup		270	385	1 t	0	1.9
Strawberries	1 cup		227	242	1 t	0	1.3
Raw	1 cup		149	54 t	t	0	1.9
Tangerines	I med.		114	40	1 t	0	1
Watermelon	1 wedge		925	120	2 1	0	3.6
Biscuits		1	38	130	3 4	3 t	
Bran flakes	1 cup		25	117	3 t	0	0.1
Bread, cracked wheat	1 slice		23	60	2 1	1	0.1
Rye	1 slice		23	55	2 1	1	0.1
White, 20 slices, or	1-lb. loaf		454	1225	39 15	12	9
Whole-wheat	1-lb. loaf		454	1100	48 14	10	67.5
Whole-wheat	1 slice		23	55	2 1	0	0.31
Corn bread ground meal	1 serving		50	100	3 4	2	0.3
Cornflakes	1 cup		25	110	2 t	0	0.1
Corn grits cooked	1 cup		242	120	8 t	0	0.2
Corn meal	1 cup		118	360	9 4	2	1.6
Crackers	2 med.		14	55	1 1	0 t	
Soda, 2 1/2 square	2041	2	11	45	1 1	0 t	
Farina	1 cup	_	238	105	3 t	0	8
Flour	1 cup		110	460	39 22	0	2.9
Wheat (all purpose)	1 cup		110	400	12 1	0	0.3
Wheat (whole)	1 cup		120	390	13 2	0	2.8
Macaroni	1 cup		140	155	5 1	0	0.1
Baked with cheese	1 cup		220	475	18 25	24 t	0.1
Muffins	ı cup	1	48	135	4 5	4 t	
Noodles	1 cup	_	160	200	7 2	2	0.1
Oatmeal	1 cup		236	150	5 3	2	4.6
Pancakes 4" diam.	ı cup	4	108	250	7 9	0	0.1
Wheat, pancakes 4" diam.		4	108	250	7 9	0	0.1
Pizza 14" diam.	1 section	4	75	180	8 6	5 t	0.1
Popcorn salted	2 cups		28	152	3 7	2	0.5
Puffed rice			28 14	55 t	t	2 0 t	0.5
	1 cup		28	105	1t	0	0.6
Puffed wheat presweetened	1 cup			748	15 3		0.6
Rice	1 cup		208		15 5 14 t	0	1.2
Converted White	1 cup		187	677		0	0.4
Rice flakes	1 cup		191	692	14 t 2 t	0	0.3
	1 cup		30	115		0	0.1
Rice polish	1/2 cup		50 50	132	6 6	0	1.2
Rolls	1 large	1	50	411	3 12 3 2	11	0.1
of refined flour		1 1	38	115	3 Z 4 1	2 t	0.1
whole-wheat	1 0.00	1	40	102		0	0.1
Spaghetti with meat sauce	1 cup		250	285	13 10	6	0.5
with tomatoes and cheese	1 cup		250	210	6 5	3	0.5
Spanish rice	1 cup	4	250	217	4 4	0	1.2
Shredded wheat biscuit		1	28	100	3 1	0	0.7
Waffles	1	1	75	240	8 9	1	0.1
Wheat germ	1 cup		68 65	245	17 7	3	2.5
Wheat meal careal unrefined	1 cup		65 20	260	20 7	3	2.5
Wheat applied	3/4 cup		30	103	4 1	0	0.7
Wheat, cooked	3/4 cup		200	275	12 1	0	4.4

Bean soups	1 cup		250	190	8	5	4	0.6
Beef soup	1 cup		250	100	6	4	4	0.5
Bouillon	1 cup		240	24	5	0	0	0
chicken soup	1 cup		250	75	4	2	2	0
Clam chowder	1 cup		255	85	5	2	8	0.5
Cream soups	1 cup		255	200	7	12	11	1.2
Noodle	1 cup		250	115	6	4	3	0.2
Split-pea soup	1 cup		250	147	8	3	3	0.5
Tomato soup	1 cup		245	175	6	7	6	0.5
Vegetable	1 cup		250	80	4	2	2	0
Apple betty	1 serving		100	150	1	4	0	0.5
Bread pudding	3/4 cup		200	374	11	12	11	0.2
Cakes	1 slice		40	110	3 t		0	0
Chocolate fudge	1 slice		120	420	5	14	12	0.3
Cupcake		1	50	160	3	3	2 t	
Fruit cake	1 slice		30	105	2	4	3	0.2
Gingerbread	1 slice		55	180	2	7	6 t	
Plain, with no icing	1 slice		55	180	4	5	4 t	
Sponge cake	1 slice	_	40	115	3	2	2	0
Candy		5	25	104 t		3	3	0
Chocolate creams		2	30	130 t		4	4	0
Fudge	2 pieces		90	370 t		12	11	0.1
Hard candies	1 oz.	_	28	90 t		0	0	0
Marshmallows		5	30	98	1	0	0	0
Milk chocolate	2-oz. bar		56	290	2	6	6	0.2
Chocolate syrup	2 T.		40	80 t	t	t		0
Doughnuts	_	1	33	135	2	7	4 t	_
Gelatin, made with water	1 cup		239	155	4 t			0
Honey	2 T.							
-			42	120 t	•	0	0	0
Ice cream	2 cups		300	250	0	0	12	10
Ice cream Ices	2 cups 1 cup		300 150	250 117	0	0 0	12 0	
Ice cream Ices preserves	2 cups 1 cup 1 T.		300 150 20	250 117 55	0 0	0 0 0	12 0 0 t	10 0
Ice cream Ices preserves Jellies	2 cups 1 cup 1 T. 1 T.		300 150 20 20	250 117 55 50	0 0 0	0 0 0 0	12 0 0 t 0	10 0
Ice cream Ices preserves Jellies Molasses	2 cups 1 cup 1 T. 1 T. 1 T.		300 150 20 20 20	250 117 55 50 45	0 0 0 0	0 0 0 0	12 0 0 t 0	10 0 0 8
Ice cream Ices preserves Jellies Molasses Cane Syrup	2 cups 1 cup 1 T. 1 T. 1 T. 1 T.		300 150 20 20 20 20	250 117 55 50 45 50	0 0 0 0	0 0 0 0 0	12 0 0t 0 0	10 0 0 8 0
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 slice		300 150 20 20 20 20 20 135	250 117 55 50 45 50 330	0 0 0 0 0 3	0 0 0 0 0 0 13	12 0 0t 0 0 0	10 0 0 8 0 0.1
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 slice 1 slice		300 150 20 20 20 20 20 135 135	250 117 55 50 45 50 330 340	0 0 0 0 0 3 3	0 0 0 0 0 0 13 13	12 0 0t 0 0 0 11 11	10 0 0 8 0 0.1 0.1
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 Slice 1 slice 1 slice		300 150 20 20 20 20 135 135 130	250 117 55 50 45 50 330 340 265	0 0 0 0 0 3 3 7	0 0 0 0 0 0 0 13 13	12 0 0t 0 0 0 11 11 10	10 0 0 8 0 0.1 0.1
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 slice 1 slice 1 slice 1 slice		300 150 20 20 20 20 135 135 130 120	250 117 55 50 45 50 330 340 265 300	0 0 0 0 0 3 3 7 4	0 0 0 0 0 0 13 13 11 12	12 0 0t 0 0 0 11 11 10	10 0 0 8 0 0.1 0.1 0
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue Mince	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 slice 1 slice 1 slice 1 slice 1 slice		300 150 20 20 20 20 135 135 130 120	250 117 55 50 45 50 330 340 265 300 340	0 0 0 0 0 3 3 7 4 3	0 0 0 0 0 0 13 13 11 12	12 0 0t 0 0 0 11 11 10 10 8	10 0 0 8 0 0.1 0.1 0 0.1
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue Mince Pumpkin Pie	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 slice 1 slice 1 slice 1 slice 1 slice		300 150 20 20 20 20 135 135 130 120 135 130	250 117 55 50 45 50 330 340 265 300 340 265	0 0 0 0 0 3 3 7 4 3 5	0 0 0 0 0 0 13 13 11 12 9	12 0 0t 0 0 0 11 11 10 10 8	10 0 8 0 0.1 0.1 0.1 0.7 8
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue Mince Pumpkin Pie Puddings Sugar	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 slice		300 150 20 20 20 20 135 135 130 120 135 130	250 117 55 50 45 50 330 340 265 300 340 265 770	0 0 0 0 0 3 3 7 4 3 5	0 0 0 0 0 0 13 13 11 12 9	12 0 0t 0 0 0 11 11 10 10 8 11	10 0 8 0 0.1 0.1 0 0.1 0.7 8
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue Mince Pumpkin Pie Puddings Sugar 3 teaspoons sugar	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 slice		300 150 20 20 20 20 135 135 130 120 135 130 200	250 117 55 50 45 50 330 340 265 300 340 265 770 50	0 0 0 0 0 3 3 7 4 3 5 0	0 0 0 0 0 13 13 11 12 9 12 0	12 0 0t 0 0 0 11 11 10 10 8 11 0	10 0 8 0 0.1 0.1 0.1 0.7 8 0
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue Mince Pumpkin Pie Puddings Sugar 3 teaspoons sugar Brown, firm-packed, dark sugar	2 cups 1 cup 1 T. 1 T. 1 T. 1 Slice		300 150 20 20 20 20 135 135 130 120 135 130 200 12	250 117 55 50 45 50 330 340 265 300 340 265 770 50 815	0 0 0 0 0 3 3 7 4 3 5 0 0 0 t	0 0 0 0 0 13 13 11 12 9 12 0	12 0 0t 0 0 0 11 11 10 10 8 11 0	10 0 8 0 0.1 0.1 0.7 8 0 0
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue Mince Pumpkin Pie Puddings Sugar 3 teaspoons sugar Brown, firm-packed, dark sugar Syrup	2 cups 1 cup 1 T. 1 T. 1 T. 1 Slice 2 slice 1 slice		300 150 20 20 20 20 135 135 130 120 135 130 200 12 220 40	250 117 55 50 45 50 330 340 265 300 340 265 770 50 815 100	0 0 0 0 0 3 3 7 4 3 5 0 0 0 0 0	0 0 0 0 0 0 13 13 11 12 9 12 0 0	12 0 0t 0 0 0 11 11 10 8 11 0 0	10 0 8 0 0.1 0.1 0.7 8 0 0 0
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue Mince Pumpkin Pie Puddings Sugar 3 teaspoons sugar Brown, firm-packed, dark sugar Syrup table blends sugar	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 slice 2 tlice 1 cup 1 T. 1 cup 2 T. 2 T.		300 150 20 20 20 20 135 135 130 120 135 130 200 12 220 40	250 117 55 50 45 50 330 340 265 300 340 265 770 50 815 100 110	0 0 0 0 0 3 3 7 4 3 5 0 0 0 0 t	0 0 0 0 0 0 13 13 11 12 9 12 0 0	12 0 0t 0 0 0 11 11 10 10 8 11 0 0	10 0 8 0 0.1 0.1 0.7 8 0 0 0 0
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue Mince Pumpkin Pie Puddings Sugar 3 teaspoons sugar Brown, firm-packed, dark sugar Syrup table blends sugar Tapioca cream pudding	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 slice 2 T. 1 cup 2 T. 1 cup		300 150 20 20 20 20 135 135 130 120 135 130 200 12 220 40 40 250	250 117 55 50 45 50 330 340 265 300 340 265 770 50 815 100 110 335	0 0 0 0 0 3 3 7 4 3 5 0 0 0 0 0 0	0 0 0 0 0 0 13 13 11 12 9 12 0 0	12 0 0t 0 0 0 11 11 10 10 8 11 0 0 0	10 0 8 0 0.1 0.1 0.7 8 0 0 0 0
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue Mince Pumpkin Pie Puddings Sugar 3 teaspoons sugar Brown, firm-packed, dark sugar Syrup table blends sugar Tapioca cream pudding Almonds	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 slice 2 T. 1 cup 2 T. 1 cup 1/2 cup		300 150 20 20 20 20 135 135 130 120 135 130 200 12 220 40 40 250 70	250 117 55 50 45 50 330 340 265 300 340 265 770 50 815 100 110 335 425	0 0 0 0 0 3 3 7 4 3 5 0 0 0 0 0 10 10 10 10 10 10 10 10 10 10	0 0 0 0 0 0 13 13 11 12 9 12 0 0	12 0 0t 0 0 0 11 11 10 10 8 11 0 0 0 0	10 0 8 0 0.1 0.1 0.7 8 0 0 0 0 0 0 1.8
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue Mince Pumpkin Pie Puddings Sugar 3 teaspoons sugar Brown, firm-packed, dark sugar Syrup table blends sugar Tapioca cream pudding Almonds roasted and salted	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 slice 2 T. 1 cup 2 T. 1 cup 1/2 cup 1/2 cup		300 150 20 20 20 20 135 135 130 120 135 130 200 40 40 250 70	250 117 55 50 45 50 330 340 265 300 340 265 770 50 815 100 110 335 425 439	0 0 0 0 0 3 3 7 4 3 5 0 0 0 0 0 10 10 10 10 10 10 10 10 10 10	0 0 0 0 0 0 13 13 11 12 9 12 0 0	12 0 0t 0 0 0 11 11 10 8 11 0 0 0 0 9 28 31	10 0 8 0 0.1 0.1 0.7 8 0 0 0 0 0 0 1.8 1.8
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue Mince Pumpkin Pie Puddings Sugar 3 teaspoons sugar Brown, firm-packed, dark sugar Syrup table blends sugar Tapioca cream pudding Almonds roasted and salted Brazil nuts	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 slice 1 slice 1 slice 1 slice 1 slice 1 slice 2 T. 1 cup 2 T. 2 T. 1 cup 1/2 cup 1/2 cup 1/2 cup		300 150 20 20 20 20 135 135 130 120 135 130 200 40 40 250 70 70	250 117 55 50 45 50 330 340 265 300 340 265 770 50 815 100 110 335 425 439 457	0 0 0 0 0 3 3 7 4 3 5 0 0 0 0 t 0 10 10 10 10 10 10 10 10 10 10 10 10 1	0 0 0 0 0 0 13 13 11 12 9 12 0 0 0	12 0 0t 0 0 0 11 11 10 10 8 11 0 0 0 0 9 28 31 31	10 0 8 0 0.1 0.1 0.7 8 0 0 0 0 0 1.8 1.8 2
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue Mince Pumpkin Pie Puddings Sugar 3 teaspoons sugar Brown, firm-packed, dark sugar Syrup table blends sugar Tapioca cream pudding Almonds roasted and salted Brazil nuts Cashews	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 Slice 1 slice 1 slice 1 slice 1 slice 1 slice 1 cup 1 T. 1 cup 2 T. 2 T. 1 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup		300 150 20 20 20 20 135 135 130 120 135 130 200 12 220 40 40 250 70 70 70	250 117 55 50 45 50 330 340 265 300 340 265 770 50 815 100 110 335 425 439 457 392	0 0 0 0 0 3 3 7 4 3 5 0 0 0 0 10 13 13 10 12	0 0 0 0 0 13 13 11 12 9 12 0 0 0	12 0 0t 0 0 0 11 11 10 10 8 11 0 0 0 0 9 28 31 31 28	10 0 8 0 0.1 0.1 0.7 8 0 0 0 0 0 1.8 1.8 2 0.9
Ice cream Ices preserves Jellies Molasses Cane Syrup 9" diam. pie Cherry Pie Custard Lemon meringue Mince Pumpkin Pie Puddings Sugar 3 teaspoons sugar Brown, firm-packed, dark sugar Syrup table blends sugar Tapioca cream pudding Almonds roasted and salted Brazil nuts	2 cups 1 cup 1 T. 1 T. 1 T. 1 T. 1 slice 1 slice 1 slice 1 slice 1 slice 1 slice 2 T. 1 cup 2 T. 2 T. 1 cup 1/2 cup 1/2 cup 1/2 cup		300 150 20 20 20 20 135 135 130 120 135 130 200 40 40 250 70 70	250 117 55 50 45 50 330 340 265 300 340 265 770 50 815 100 110 335 425 439 457	0 0 0 0 0 3 3 7 4 3 5 0 0 0 0 t 0 10 10 10 10 10 10 10 10 10 10 10 10 1	0 0 0 0 0 0 13 13 11 12 9 12 0 0 0	12 0 0t 0 0 0 11 11 10 10 8 11 0 0 0 0 9 28 31 31	10 0 8 0 0.1 0.1 0.7 8 0 0 0 0 0 1.8 1.8 2

Peanut butter, natural	1/3 cup	50	284	13	24	10	0.9
Peanuts	1/3 cup	50	290	13	25	16	1.2
Pecans	1/2 cup	52	343	5	35	25	1.1
Sesame seeds	1/2 cup	50	280	9	24	13	3.1
Sunflower seeds	1/2 cup	50	280	12	26	7	1.9
Walnuts	1/2 cup	50	325	7	32	7	1
Beer	2 cups	480	228 t		0	0	0
Gin	1 oz.	28	70	0	0	0	0
Wines	1/2 cup	120	164 t		0	0	0
Table (12.2% alcohol)	1/2 cup	120	100 t		0	0	0
Carbonated drinks Artificially sweetened	12 oz.	346	0	0	0	0	0
Club soda	12 oz.	346	0	0	0	0	0
Cola drinks	12 oz.	346	137	0	0	0	0
Fruit-flavored soda	12 oz.	346	161	0	0	0	0
Ginger ale	12 oz.	346	105	0	0	0	0
Root beer	12 oz.	346	140	0	0	0	0
Coffee	1 cup	230	3 t		0	0	0
Tea	1 cup	230	4	0 t		0	0

Carbs Category 48 Dairy products 52 Dairy products 13 Dairy products 24 Dairy products 119 Dairy products 39 Dairy products 42 Dairy products 42 Dairy products 11 Dairy products 70 Dairy products 26 Dairy products 13 Dairy products 40 Dairy products 28 Dairy products 29 Dairy products 32 Dairy products 5 Dairy products 3 Dairy products 6 Dairy products 6 Dairy products t Dairy products 1 Dairy products 1 Dairy products Dairy products t Dairy products t Dairy products t t Dairy products 1 Dairy products t Fats, Oils, Shortenings Fats, Oils, Shortenings t 118 Fats, Oils, Shortenings 118 Fats, Oils, Shortenings 0 Fats, Oils, Shortenings 0 Fats, Oils, Shortenings Fats, Oils, Shortenings t Fats, Oils, Shortenings t Fats, Oils, Shortenings t 0 Fats, Oils, Shortenings 0 Fats, Oils, Shortenings 0 Fats, Oils, Shortenings 2 Fats, Oils, Shortenings 1 Fats, Oils, Shortenings 0 Meat, Poultry 1 Meat, Poultry 0 Meat, Poultry

6 Meat, Poultry

0 Meat, Poultry 32 Meat, Poultry 15 Meat, Poultry 0 Meat, Poultry 0 Meat, Poultry 0 Meat, Poultry 2.3 Meat, Poultry 0 Meat, Poultry 1 Meat, Poultry 0 Meat, Poultry 2 Fish, Seafood 0 Fish, Seafood 1 Fish, Seafood 8 Fish, Seafood 0 Fish, Seafood 6 Fish, Seafood 0 Fish, Seafood 0 Fish, Seafood Fish, Seafood 0 Fish, Seafood 236 Fish, Seafood 0 Fish, Seafood 0 Fish, Seafood 0 Fish, Seafood 10 Fish, Seafood 0 Fish, Seafood 0 Fish, Seafood 0 Fish, Seafood 0 Fish, Seafood 10 Vegetables A-E 3 Vegetables A-E 6 Vegetables A-E 24 Vegetables A-E 48 Vegetables A-E 37 Vegetables A-E 42 Vegetables A-E 3 Vegetables A-E 6 Vegetables A-E 0.8 Vegetables A-E 8 Vegetables A-E 12 Vegetables A-E

> 7 Vegetables A-E 9 Vegetables A-E

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10 Vegetables A-E 10 Vegetables A-E 5 Vegetables A-E 6 Vegetables A-E 4 Vegetables A-E 1 Vegetables A-E 7 Vegetables A-E 8 Vegetables A-E 21 Vegetables A-E 41 Vegetables A-E 1 Vegetables A-E 16 Vegetables A-E 9 Vegetables A-E 2 Vegetables A-E 8 Vegetables F-P 9 Vegetables F-P 7 Vegetables F-P 38 Vegetables F-P 2 Vegetables F-P 3 Vegetables F-P 4 Vegetables F-P 6 Vegetables F-P 7 Vegetables F-P 18 Vegetables F-P 5 Vegetables F-P Vegetables F-P 22 Vegetables F-P 13 Vegetables F-P 12 Vegetables R-Z 12 Vegetables R-Z 21 Vegetables R-Z 10 Vegetables R-Z 2 Vegetables R-Z 6 Vegetables R-Z 24 Vegetables R-Z 22 Vegetables R-Z 20 Vegetables R-Z 28 Vegetables R-Z 33 Vegetables R-Z 14 Vegetables R-Z 19 Vegetables R-Z 10 Vegetables R-Z 2 Vegetables R-Z 8 Vegetables R-Z 20 Vegetables R-Z 3 Vegetables R-Z 8 Vegetables R-Z 23 Vegetables R-Z 36 Vegetables R-Z 80 Vegetables R-Z 9 Vegetables R-Z

6 Vegetables R-Z 10 Vegetables R-Z

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- 4 Vegetables R-Z
- 8 Vegetables R-Z
- 9 Vegetables R-Z
- 1 Fruits A-F
- 34 Fruits A-F
- 3 Fruits A-F
- 18 Fruits A-F
- 26 Fruits A-F
- 57 Fruits A-F
- ----
- 50 Fruits A-F
- 14 Fruits A-F
- 36 Fruits A-F
- 6 Fruits A-F
- 23 Fruits A-F
- 19 Fruits A-F
- 65 Fruits A-F
- 9 Fruits A-F
- 26 Fruits A-F
- 15 Fruits A-F
- 142 Fruits A-F
- 134 Fruits A-F
- 10-1110113711
- 30 Fruits A-F
- 22 Fruits A-F
- 32 Fruits A-F
- 50 Fruits A-F
- 44 Fruits G-P
- 14 Fruits G-P
- 24 Fruits G-P
- 16 Fruits G-P
- 26 Fruits G-P
- 42 Fruits G-P 10 Fruits G-P
- 112 Fruits G-P
- 108 Fruits G-P
 - 2 F....ita C D
 - 3 Fruits G-P 1 Fruits G-P
 - 16 Fruits G-P
 - 25 Fruits G-P
 - 23 FIUILS G-F
 - 78 Fruits G-P
 - 18 Fruits G-P
 - 52 Fruits G-P 10 Fruits G-P
- EO Frants O P
- 50 Fruits G-P
- 25 Fruits G-P 20 Fruits G-P
- 26 Fruits G-P
- 20 Fluits G-F
- 55 Fruits G-P
- 19 Fruits G-P 32 Fruits G-P
- 50 Fruits G-P
- 7 Fruits G-P
- 81 Fruits G-P
- 45 Fruits G-P

82 Fruits R-Z 25 Fruits R-Z 14 Fruits R-Z 98 Fruits R-Z 60 Fruits R-Z 12 Fruits R-Z 10 Fruits R-Z 29 Fruits R-Z 18 Breads, cereals, fastfood, grains 32 Breads, cereals, fastfood, grains 12 Breads, cereals, fastfood, grains 12 Breads, cereals, fastfood, grains 229 Breads, cereals, fastfood, grains 216 Breads, cereals, fastfood, grains 11 Breads, cereals, fastfood, grains 15 Breads, cereals, fastfood, grains 25 Breads, cereals, fastfood, grains 27 Breads, cereals, fastfood, grains 74 Breads, cereals, fastfood, grains 10 Breads, cereals, fastfood, grains 8 Breads, cereals, fastfood, grains 22 Breads, cereals, fastfood, grains 33 Breads, cereals, fastfood, grains 84 Breads, cereals, fastfood, grains 79 Breads, cereals, fastfood, grains 32 Breads, cereals, fastfood, grains 44 Breads, cereals, fastfood, grains 19 Breads, cereals, fastfood, grains 37 Breads, cereals, fastfood, grains 26 Breads, cereals, fastfood, grains 28 Breads, cereals, fastfood, grains 28 Breads, cereals, fastfood, grains 23 Breads, cereals, fastfood, grains 20 Breads, cereals, fastfood, grains 12 Breads, cereals, fastfood, grains 26 Breads, cereals, fastfood, grains 154 Breads, cereals, fastfood, grains 142 Breads, cereals, fastfood, grains 150 Breads, cereals, fastfood, grains 26 Breads, cereals, fastfood, grains 28 Breads, cereals, fastfood, grains 23 Breads, cereals, fastfood, grains 20 Breads, cereals, fastfood, grains 20 Breads, cereals, fastfood, grains 35 Breads, cereals, fastfood, grains 36 Breads, cereals, fastfood, grains 40 Breads, cereals, fastfood, grains 23 Breads, cereals, fastfood, grains 30 Breads, cereals, fastfood, grains 34 Breads, cereals, fastfood, grains 36 Breads, cereals, fastfood, grains 25 Breads, cereals, fastfood, grains

35 Breads, cereals, fastfood, grains

- 30 Soups
- 11 Soups
- 0 Soups
- 10 Soups
- 12 Soups
- 18 Soups
- 13 Soups
- 25 Soups
- 22 Soups
- 14 Soups
- 29 Desserts, sweets
- 56 Desserts, sweets
- 23 Desserts, sweets
- 70 Desserts, sweets
- 21 December avvecto
- 31 Desserts, sweets
- 17 Desserts, sweets
- 28 Desserts, sweets
- 31 Desserts, sweets
- 22 Desserts, sweets
- 19 Desserts, sweets
- 24 Desserts, sweets
- 80 Desserts, sweets
- 28 Desserts, sweets
- 23 Desserts, sweets
- 44 Desserts, sweets
- 22 Desserts, sweets
- 17 Desserts, sweets
- 36 Desserts, sweets
- 30 Jams, Jellies
- 0 Desserts, sweets
- 48 Desserts, sweets
- 14 Jams, Jellies
- 13 Jams, Jellies
- 11 Jams, Jellies
- 13 Jams, Jellies
- 53 Desserts, sweets
- 55 Desserts, sweets
- 34 Desserts, sweets
- 45 Desserts, sweets
- 62 Desserts, sweets
- 34 Desserts, sweets
- 199 Desserts, sweets
- 12 Desserts, sweets
- 210 Jams, Jellies
- 25 Jams, Jellies
- 29 Jams, Jellies
- 42 Desserts, sweets
- 13 Seeds and Nuts
- 13 Seeds and Nuts
- 7 Seeds and Nuts
- 20 Seeds and Nuts
- 26 Seeds and Nuts
- 9 Seeds and Nuts

- 8 Seeds and Nuts
- 9 Seeds and Nuts
- 7 Seeds and Nuts
- 10 Seeds and Nuts
- 10 Seeds and Nuts
- 8 Seeds and Nuts

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- 8 Drinks, Alcohol, Beverages
 - Drinks, Alcohol, Beverages
- 9 Drinks, Alcohol, Beverages
- 5 Drinks, Alcohol, Beverages
- 0 Drinks, Alcohol, Beverages
- 0 Drinks, Alcohol, Beverages
- 38 Drinks, Alcohol, Beverages
- 42 Drinks, Alcohol, Beverages
- 28 Drinks, Alcohol, Beverages
- 35 Drinks, Alcohol, Beverages
- 1 Drinks, Alcohol, Beverages
- 1 Drinks, Alcohol, Beverages