

nutrients_csvfile

Food	Measure	Grams	Calories	Protein	Fat	Sat.Fat	Fiber
Cows' milk	1 qt.	976	660	32	40	36	0
Milk skim	1 qt.	984	360	36 t	t		0
Buttermilk	1 cup	246	127	9	5	4	0
Evaporated, undiluted	1 cup	252	345	16	20	18	0
Fortified milk	6 cups	1419	1373	89	42	23	1.4
Powdered milk	1 cup	103	515	27	28	24	0
skim, instant	1 1/3 cups	85	290	30 t	t		0
skim, non-instant	2/3 cup	85	290	30 t	t		1
Goats' milk	1 cup	244	165	8	10	8	0
(1/2 cup ice cream)	2 cups	540	690	24	24	22	0
Cocoa	1 cup	252	235	8	11	10	0
skim. milk	1 cup	250	128	18	4	3	1
(cornstarch)	1 cup	248	275	9	10	9	0
Custard	1 cup	248	285	13	14	11	0
Ice cream	1 cup	188	300	6	18	16	0
Ice milk	1 cup	190	275	9	10	9	0
Cream or half-and-half	1/2 cup	120	170	4	15	13	0
or whipping	1/2 cup	119	430	2	44	27	1
Cheese	1 cup	225	240	30	11	10	0
uncreamed	1 cup	225	195	38 t	t		0
Cheddar	1-in. cube	17	70	4	6	5	0
Cheddar, grated cup	1/2 cup	56	226	14	19	17	0
Cream cheese	1 oz.	28	105	2	11	10	0
Processed cheese	1 oz.	28	105	7	9	8	0
Roquefort type	1 oz.	28	105	6	9	8	0
Swiss	1 oz.	28	105	7	8	7	0
Eggs raw	2	100	150	12	12	10	0
Eggs Scrambled or fried	2	128	220	13	16	14	0
Yolks	2	34	120	6	10	8	0
Butter	1T.	14	100 t		11	10	0
Butter	1/2 cup	112	113	114	115	116	117
Butter	1/4 lb.	112	113	114	115	116	117
Hydrogenated cooking fat	1/2 cup	100	665	0	100	88	0
Lard	1/2 cup	110	992	0	110	92	0
Margarine	1/2 cup	112	806 t		91	76	0
Margarine, 2 pat or	1 T.	14	100 t		11	9	0
Mayonnaise	1 T.	15	110 t		12	5	0
Corn oil	1 T.	14	125	0	14	5	0
Olive oil	1T.	14	125	0	14	3	0
Safflower seed oil	1 T.	14	125	0	14	3	0
French dressing	1 T.	15	60 t		6	2	0
Thousand Island sauce	1 T.	15	75 t		8	3	0
Salt pork	2 oz.	60	470	3	55		0
Bacon	2 slices	16	95	4	8	7	0
Beef	3 oz.	85	245	23	16	15	0
Hamburger	3 oz.	85	245	21	17	15	0
Ground lean	3 oz.	85	185	24	10	9	0
Roast beef	3 oz.	85	390	16	36	35	0
Steak	3 oz.	85	330	20	27	25	0
Steak, lean, as round	3 oz.	85	220	24	12	11	0
Corned beef	3 oz.	85	185	22	10	9	0
Corned beef hash canned	3 oz.	85	120	12	8	7 t	

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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		2 t	t		2
Asparagus	6 spears	96	18	1 t	t		0.5
Beans	1 cup	125	25	1 t	t		0.8
Lima	1 cup	160	140	8 t	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	1 cup	150	45	1 t	0	0.9
Raw, grated	1 cup	110	45	1 t	0	1.2
Strips, from raw	1 med.	50	20 t	t	0	0.5
Cauliflower	1 cup	120	30	3 t	0	1
Celery	1 cup	100	20	1 t	0	1
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
cooked or canned	1 cup	200	170	5 t	0	1.6
Cucumbers	8	50	6 t	0	0	0.2
Dandelion greens	1 cup	180	80	5 1	0	3.2
Eggplant	1 cup	180	30	2 t	0	1
Endive	2 oz.	57	10	1 t	0	0.6
Kale	1 cup	110	45	4 1	0	0.9
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	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 t	
Mustard greens	1	140	30	3 t	0	1.2
Okra	1 1/3 cups	100	32	1 t	0	1
Onions	1	210	80	2 t	0	1.6
Raw, green	6 small	50	22 t	t	0	1
Parsley	2 T.	50	2 t	t	0 t	
Parsnips	1 cup	155	95	2 1	0	3
Peas	1 cup	100	66	3 t	0	0.1
Fresh, steamed peas	1 cup	100	70	5 t	0	2.2
Frozen peas	1 cup	100		5 t	0	1.8
Split cooked peas	4 cups	100	115	8 t	0	0.4
heated peas	1 cup	100	53	3 t	0	1
Peppers canned	1 pod	38	10 t	t	0 t	
Peppers Raw, green, sweet	1 large	100	25	1 t	0	1.4
Peppers with beef and crumbs	1 med.	150	255	19 9	8	1
Potatoes, baked	1 med.	100	100	2 t	0	0.5
French-fried	10 pieces	60	155	-1 7	3	0.4
Potatoes Mashed with milk and butter	1 cup	200	230	4 12	11	0.7
Potatoes, pan-fried	3/4 cup	100	268	4 14	6	0.4
Scalloped with cheese potatoes	3/4 cup	100	145	6 8	7	0.4
Steamed potatoes before peeling	1 med.	100	80	2 t	0	0.4
Potato chips	10	20	110	1 7	4 t	
Radishes	5 small	50	10 t	0	0	0.3
Rutabagas	4 cups	100	32 t	0	0	1.4
Soybeans	1 cup	200	260	22 11	0	3.2
Spinach	1 cup	100	26	3 t	0	1
Squash	1 cup	210	35	1 t	0	0.6
Winter, mashed	1 cup	200	95	4 t	0	2.6
Sweet potatoes	1 med.	110	155	2 1	0	1
Candied	1 med.	175	235	2 6	5	1.5
Tomatoes	1 cup	240	50	2 t	0	1
Raw, 2 by 2 1/2	1 med.	150	30	1 t	0	0.6
Tomato juice	1 cup	240	50	2 t	0	0.6

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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	0.8
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	1 t	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 concentrate frozen	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 0.8
Olives Ripe		10	65	105	1	13	12 1
Oranges 3" diameter	1 med.	180	60	2 t	t		1
Orange juice	8 oz. or	250	112	2 t		0	0.2
Frozen	6-oz. can	210	330	2 t	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	0.8
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	1 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	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	
Muffins	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.	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	75	180	8 6	5 t	
Popcorn salted	2 cups	28	152	3 7	2	0.5
Puffed rice	1 cup	14	55 t	t	0 t	
Puffed wheat presweetened	1 cup	28	105	1 t	0	0.6
Rice	1 cup	208	748	15 3	0	1.2
Converted	1 cup	187	677	14 t	0	0.4
White	1 cup	191	692	14 t	0	0.3
Rice flakes	1 cup	30	115	2 t	0	0.1
Rice polish	1/2 cup	50	132	6 6	0	1.2
Rolls	1 large	50	411	3 12	11	0.1
of refined flour	1	38	115	3 2	2 t	
whole-wheat	1	40	102	4 1	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	250	217	4 4	0	1.2
Shredded wheat biscuit	1	28	100	3 1	0	0.7
Waffles	1	75	240	8 9	1	0.1
Wheat germ	1 cup	68	245	17 7	3	2.5
Wheat-germ cereal toasted	1 cup	65	260	20 7	3	2.5
Wheat meal cereal unrefined	3/4 cup	30	103	4 1	0	0.7
Wheat, cooked	3/4 cup	200	275	12 1	0	4.4

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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	t		0
Honey	2 T.	42	120 t		0	0	0
Ice cream	2 cups	300	250	0	0	12	10
Ices	1 cup	150	117	0	0	0	0
preserves	1 T.	20	55	0	0	0 t	
Jellies	1 T.	20	50	0	0	0	0
Molasses	1 T.	20	45	0	0	0	8
Cane Syrup	1 T.	20	50	0	0	0	0
9" diam. pie	1 slice	135	330	3	13	11	0.1
Cherry Pie	1 slice	135	340	3	13	11	0.1
Custard	1 slice	130	265	7	11	10	0
Lemon meringue	1 slice	120	300	4	12	10	0.1
Mince	1 slice	135	340	3	9	8	0.7
Pumpkin Pie	1 slice	130	265	5	12	11	8
Puddings Sugar	1 cup	200	770	0	0	0	0
3 teaspoons sugar	1 T.	12	50	0	0	0	0
Brown, firm-packed, dark sugar	1 cup	220	815	0 t		0	0
Syrup	2 T.	40	100	0	0	0	0
table blends sugar	2 T.	40	110	0	0	0	0
Tapioca cream pudding	1 cup	250	335	10	10	9	0
Almonds	1/2 cup	70	425	13	38	28	1.8
roasted and salted	1/2 cup	70	439	13	40	31	1.8
Brazil nuts	1/2 cup	70	457	10	47	31	2
Cashews	1/2 cup	70	392	12	32	28	0.9
coconut sweetened	1/2 cup	50	274	1	20	19	2
Peanut butter	1/3 cup	50	300	12	25	17	0.9

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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
t	Dairy products
t	Dairy products
t	Dairy products
t	Dairy products
	1 Dairy products
t	Fats, Oils, Shortenings
t	Fats, Oils, Shortenings
	118 Fats, Oils, Shortenings
	118 Fats, Oils, Shortenings
	0 Fats, Oils, Shortenings
	0 Fats, Oils, Shortenings
t	Fats, Oils, Shortenings
t	Fats, Oils, Shortenings
t	Fats, Oils, Shortenings
	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
	0 Meat, Poultry
	0 Meat, Poultry
	0 Meat, Poultry
	0 Meat, Poultry
	0 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
 0 Meat, Poultry
 0 Meat, Poultry
 0 Meat, Poultry
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 0 Meat, Poultry
 0 Meat, Poultry
 0 Meat, Poultry
 1 Meat, Poultry
 0 Meat, Poultry
 0 Meat, Poultry
 0 Meat, Poultry
 0 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
 t 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

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
 t 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

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
 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
 3 Fruits G-P
 1 Fruits G-P
 16 Fruits G-P
 25 Fruits G-P
 78 Fruits G-P
 18 Fruits G-P
 52 Fruits G-P
 10 Fruits G-P
 50 Fruits G-P
 25 Fruits G-P
 20 Fruits G-P
 26 Fruits G-P
 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
 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
	8 Drinks,Alcohol, Beverages
t	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