

description	Gram	Carbohydrate, by difference	Protein	Total lipid (fat)	calories
Almond butter, creamy	100	21.24	20.79	53.04	645.48
Almond milk, unsweetened, plain, refrigerated	100	0.67	0.66	1.56	19.36
Almond milk, unsweetened, plain, shelf stable	100	0.34	0.55	1.22	14.54
Apple juice, with added vitamin C, from concentrate, shelf stable	100	11.36	0.09	0.29	48.41
Apples, fuji, with skin, raw	100	15.68	0.15	0.16	64.76
Apples, gala, with skin, raw	100	14.78	0.13	0.15	60.99
Apples, granny smith, with skin, raw	100	14.17	0.27	0.14	59.02
Apples, honeycrisp, with skin, raw	100	14.69	0.1	0.1	60.06
Apples, red delicious, with skin, raw	100	14.79	0.19	0.21	61.81
Applesauce, unsweetened, with added vitamin C	100	12.26	0.27	0.16	51.56
Bananas, overripe, raw	100	20.1	0.73	0.22	85.3
Bananas, ripe and slightly ripe, raw	100	23.0	0.74	0.29	97.57
Beans, black, canned, sodium added, drained and rinsed	100	19.81	6.91	1.27	118.31
Beans, cannellini, canned, sodium added, drained and rinsed	100	18.82	7.41	1.17	115.45
Beans, cannellini, dry	100	59.8	21.56	2.2	345.24
Beans, great northern, canned, sodium added, drained and rinsed	100	19.33	7.03	1.27	116.87
Beans, kidney, dark red, canned, sodium added, sugar added, drained and rinsed	100	21.03	7.8	1.26	126.66
Beans, kidney, light red, canned, sodium added, sugar added, drained and rinsed	100	21.45	7.31	1.3	126.74
Beans, navy, canned, sodium added, drained and rinsed	100	19.98	6.57	1.4	118.8
Beans, pinto, canned, sodium added, drained and rinsed	100	19.6	6.69	1.27	116.59
Beans, snap, green, canned, regular pack, drained solids	100	4.11	1.04	0.39	24.11
Beans, snap, green, raw	100	7.41	1.97	0.28	40.04
Beef, chuck, roast, boneless, choice, raw	100	0.0	18.4	17.8	233.8
Beef, flank, steak, boneless, choice, raw	100	0.0	20.13	9.4	165.12
Beef, ground, 80% lean meat / 20% fat, raw	100	0.0	17.53	19.44	245.08
Beef, ground, 90% lean meat / 10% fat, raw	100	0.0	18.16	12.85	188.29
Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	100	0.0	27.7	6.36	168.04
Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	100	0.0	22.8	6.39	148.71
Beef, ribeye, steak, boneless, choice, raw	100	0.0	18.74	20.04	255.32
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	100	0.0	23.4	2.48	115.92
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	100	0.0	23.7	2.41	116.49
Beef, round, top round, boneless, choice, raw	100	0.85	21.48	5.7	140.62
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	100	0.0	22.7	5.32	138.68
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	100	0.0	27.3	11.4	211.8

Blackeye pea, canned, sodium added, drained and rinsed	100	19.17	6.92	1.3	116.06
Blackeye pea, dry	100	61.84	21.22	2.42	354.02
Blueberries, raw	100	14.57	0.7	0.31	63.87
Bread, white, commercially prepared	100	49.2	9.43	3.59	266.83
Bread, whole-wheat, commercially prepared	100	43.1	12.3	3.55	253.55
Broccoli, raw	100	6.28	2.57	0.34	38.46
Buckwheat, whole grain	100	71.13	11.07	3.04	356.16
Buttermilk, low fat	100	4.81	3.46	1.08	42.8
Cabbage, green, raw	100	6.38	0.96	0.23	31.43
Cabbage, red, raw	100	6.79	1.24	0.21	34.01
Carrots, baby, raw	100	9.08	0.8	0.14	40.78
Carrots, frozen, unprepared	100	7.92	0.81	0.47	39.15
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	100	7.92	0.81	0.47	39.15
Carrots, mature, raw	100	10.27	0.94	0.35	47.99
Celery, raw	100	3.32	0.49	0.16	16.68
Cheese, American, restaurant	100	6.35	17.5	31.1	375.3
Cheese, cheddar	100	2.44	23.3	34.0	408.96
Cheese, cotija, solid	100	2.72	23.84	27.24	351.4
Cheese, cottage, lowfat, 2% milkfat	100	4.31	11.0	2.3	81.94
Cheese, dry white, queso seco	100	2.07	24.5	24.3	324.98
Cheese, feta, whole milk, crumbled	100	5.58	19.71	19.08	272.88
Cheese, monterey jack, solid	100	1.9	22.62	32.63	391.75
Cheese, mozzarella, low moisture, part-skim	100	4.44	23.7	20.4	296.16
Cheese, oaxaca, solid	100	2.4	22.14	22.1	297.06
Cheese, parmesan, grated	100	12.4	29.6	28.0	420.0
Cheese, parmesan, grated, refrigerated	100	4.33	30.14	29.5	403.38
Cheese, pasteurized process cheese food or product, American, singles	100	8.19	15.57	23.86	309.78
Cheese, pasteurized process, American, vitamin D fortified	100	5.27	18.0	30.6	368.48
Cheese, provolone, sliced	100	2.45	23.45	28.13	356.77
Cheese, queso fresco, solid	100	2.96	18.88	23.36	297.6
Cheese, ricotta, whole milk	100	6.86	7.81	11.0	157.68
Cheese, swiss	100	1.44	27.0	31.0	392.76
Cherries, sweet, dark red, raw	100	16.16	1.04	0.19	70.51
Chicken, breast, boneless, skinless, raw	100	0.0	22.52	1.93	107.45
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	100	0.0	32.1	3.24	157.56

Chicken, broilers or fryers, drumstick, meat only, cooked, braised	100	0.0	23.9	5.95	149.15
Chicken, ground, with additives, raw	100	0.0	17.91	7.16	136.08
Chicken, thigh, boneless, skinless, raw	100	0.0	18.61	7.92	145.72
Chickpeas (garbanzo beans, bengal gram), canned, sodium added, drained and rinsed	100	20.32	7.02	3.1	137.26
Chickpeas, (garbanzo beans, bengal gram), dry	100	60.36	21.28	6.27	382.99
Cookies, oatmeal, soft, with raisins	100	69.6	5.79	14.3	430.26
Cottage cheese, full fat, large or small curd	100	4.6	11.62	4.22	102.86
Cranberry juice, not fortified, from concentrate, shelf stable	100	7.26	0.0	0.34	32.1
Cream cheese, full fat, block	100	4.56	5.79	33.49	342.81
Cream, heavy	100	3.8	2.02	35.56	343.32
Cream, sour, full fat	100	5.56	3.07	17.99	196.43
Cucumber, with peel, raw	100	2.95	0.62	0.18	15.9
Egg, white, dried	100	6.02	79.9	0.65	349.53
Egg, white, raw, frozen, pasteurized	100	0.74	10.1	0.16	44.8
Egg, whole, dried	100	1.87	48.1	39.8	558.08
Egg, whole, raw, frozen, pasteurized	100	0.91	12.3	10.3	145.54
Egg, yolk, dried	100	1.07	34.2	55.5	640.58
Egg, yolk, raw, frozen, pasteurized	100	0.59	15.6	25.1	290.66
Eggs, Grade A, Large, egg white	100	2.36	10.7	0.0	52.24
Eggs, Grade A, Large, egg whole	100	0.96	12.4	9.96	143.08
Eggs, Grade A, Large, egg yolk	100	1.02	16.2	28.8	328.08
Figs, dried, uncooked	100	63.9	3.3	0.92	277.08
Fish, haddock, raw	100	0.0	16.3	0.45	69.25
Fish, pollock, raw	100	0.0	12.3	0.41	52.89
Fish, tuna, light, canned in water, drained solids	100	0.08	19.0	0.94	84.78
Flaxseed, ground	100	34.36	18.04	37.28	545.12
Flour, 00	100	74.45	11.4	1.52	357.08
Flour, almond	100	16.25	26.24	50.23	622.03
Flour, amaranth	100	68.78	13.21	6.24	384.12
Flour, barley	100	77.4	8.72	2.45	366.53
Flour, bread, white, enriched, unbleached	100	72.8	14.3	1.65	363.25
Flour, buckwheat	100	75.02	8.88	2.48	357.92
Flour, cassava	100	87.31	0.92	0.49	357.33
Flour, chestnut	100	80.45	5.29	4.64	384.72
Flour, coconut	100	58.9	16.14	15.28	437.68

Flour, corn, yellow, fine meal, enriched	100	80.8	6.2	1.74	363.66
Flour, oat, whole grain	100	69.92	13.17	6.31	389.15
Flour, pastry, unenriched, unbleached	100	77.2	8.75	1.64	358.56
Flour, potato	100	79.94	8.11	0.95	360.75
Flour, quinoa	100	69.52	11.92	6.6	385.16
Flour, rice, brown	100	75.5	7.19	3.85	365.41
Flour, rice, glutinous	100	80.1	6.69	1.16	357.6
Flour, rice, white, unenriched	100	79.8	6.94	1.3	358.66
Flour, rye	100	77.16	8.4	1.91	359.43
Flour, semolina, coarse and semi-coarse	100	73.82	11.73	1.6	356.6
Flour, semolina, fine	100	71.99	13.33	1.84	357.84
Flour, sorghum	100	77.39	8.27	3.59	374.95
Flour, soy, defatted	100	32.9	51.1	3.33	365.97
Flour, soy, full-fat	100	27.9	38.6	20.7	452.3
Flour, spelt, whole grain	100	70.72	14.48	2.54	363.66
Flour, wheat, all-purpose, enriched, bleached	100	77.3	10.9	1.48	366.12
Flour, wheat, all-purpose, enriched, unbleached	100	73.2	13.1	1.48	358.52
Flour, wheat, all-purpose, unenriched, unbleached	100	74.6	12.0	1.7	361.7
Flour, whole wheat, unenriched	100	71.2	15.1	2.73	369.77
Frankfurter, beef, unheated	100	2.89	11.7	28.0	310.36
Garlic, raw	100	28.2	6.62	0.38	142.7
Grape juice, purple, with added vitamin C, from concentrate, shelf stable	100	15.62	0.26	0.29	66.13
Grape juice, white, with added vitamin C, from concentrate, shelf stable	100	15.84	0.09	0.26	66.06
Grapefruit juice, red, not fortified, not from concentrate, refrigerated	100	9.1	0.57	0.27	41.11
Grapefruit juice, white, canned or bottled, unsweetened	100	7.59	0.55	0.7	38.86
Grapes, green, seedless, raw	100	18.6	0.9	0.23	80.07
Grapes, red, seedless, raw	100	20.2	0.91	0.16	85.88
Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	100	0.27	16.7	3.73	101.45
Ham, sliced, restaurant	100	2.36	19.6	3.68	120.96
Hummus, commercial	100	14.9	7.35	17.1	242.9
Kale, frozen, cooked, boiled, drained, without salt	100	5.3	2.94	1.21	43.85
Kale, raw	100	4.42	2.92	1.49	42.77
Ketchup, restaurant	100	26.8	1.11	0.55	116.59
Kiwifruit, green, raw	100	14.0	1.06	0.44	64.2
Lentils, dry	100	62.17	23.57	1.92	360.24

Lettuce, cos or romaine, raw	100	3.24	1.24	0.26	20.26
Lettuce, iceberg, raw	100	3.37	0.74	0.07	17.07
Lettuce, leaf, green, raw	100	4.07	1.09	0.16	22.08
Lettuce, leaf, red, raw	100	3.26	0.88	0.11	17.55
Lettuce, romaine, green, raw	100	4.06	0.98	0.07	20.79
Melons, cantaloupe, raw	100	8.16	0.82	0.18	37.54
Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	100	5.18	3.38	0.95	42.79
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	100	4.9	3.43	0.08	34.04
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	100	4.9	3.36	1.9	50.14
Milk, whole, 3.25% milkfat, with added vitamin D	100	4.65	3.28	3.2	60.52
Millet, whole grain	100	74.45	10.02	4.19	375.59
Mushroom, beech	100	6.76	2.18	0.45	39.81
Mushroom, crimini	100	4.01	3.09	0.2	30.2
Mushroom, enoki	100	8.14	2.42	0.24	44.4
Mushroom, king oyster	100	8.5	2.41	0.31	46.43
Mushroom, lion's mane	100	7.59	2.5	0.26	42.7
Mushroom, maitake	100	6.6	2.2	0.26	37.54
Mushroom, oyster	100	6.94	2.9	0.19	41.07
Mushroom, pioppini	100	5.76	3.5	0.24	39.2
Mushroom, portabella	100	4.66	2.75	0.31	32.43
Mushrooms, shiitake	100	8.17	2.41	0.2	44.12
Mushrooms, white button	100	4.08	2.89	0.37	31.21
Mustard, prepared, yellow	100	5.3	4.25	3.38	68.62
Nectarines, raw	100	9.18	1.06	0.28	43.48
Nuts, almonds, dry roasted, with salt added	100	16.2	20.4	57.8	666.6
Nuts, almonds, whole, raw	100	20.03	21.45	51.09	625.73
Nuts, brazilnuts, raw	100	21.64	15.04	57.43	663.59
Nuts, cashew nuts, raw	100	36.29	17.44	38.86	564.66
Nuts, hazelnuts or filberts, raw	100	26.5	13.49	53.49	641.37
Nuts, macadamia nuts, raw	100	24.09	7.79	64.93	711.89
Nuts, pecans, halves, raw	100	12.7	9.96	73.28	750.16
Nuts, pine nuts, raw	100	18.59	15.7	61.27	688.59
Nuts, pistachio nuts, raw	100	27.69	20.51	45.02	597.98
Nuts, walnuts, English, halves, raw	100	10.91	14.56	69.74	729.54
Oat milk, unsweetened, plain, refrigerated	100	5.1	0.8	2.75	48.35

Oats, whole grain, rolled, old fashioned	100	68.66	13.5	5.89	381.65
Oats, whole grain, steel cut	100	69.75	12.51	5.8	381.24
Oil, coconut	100	0.84	0.0	99.1	895.26
Olives, green, Manzanilla, stuffed with pimiento	100	4.96	1.15	12.9	140.54
Onion rings, breaded, par fried, frozen, prepared, heated in oven	100	36.3	4.52	14.4	292.88
Onions, red, raw	100	9.93	0.94	0.1	44.38
Onions, white, raw	100	7.68	0.89	0.13	35.45
Onions, yellow, raw	100	8.61	0.83	0.05	38.21
Orange juice, no pulp, not fortified, from concentrate, refrigerated	100	10.34	0.73	0.32	47.16
Orange juice, no pulp, not fortified, not from concentrate, refrigerated	100	10.01	0.81	0.36	46.52
Oranges, raw, navels	100	11.8	0.91	0.15	52.19
Oranges, raw, navels (Includes foods for USDA's Food Distribution Program)	100	11.8	0.91	0.15	52.19
Peaches, yellow, raw	100	10.1	0.91	0.27	46.47
Peanut butter, creamy	100	22.7	23.99	49.43	631.63
Peanut butter, smooth style, with salt	100	22.3	22.5	51.1	639.1
Peanuts, raw	100	26.5	23.2	43.28	588.32
Pears, raw, bartlett	100	15.1	0.38	0.16	63.36
Pears, raw, bartlett (Includes foods for USDA's Food Distribution Program)	100	15.1	0.38	0.16	63.36
Peas, green, sweet, canned, sodium added, sugar added, drained and rinsed	100	12.71	4.73	1.15	80.11
Peppers, bell, green, raw	100	4.78	0.72	0.11	22.99
Peppers, bell, orange, raw	100	6.7	0.88	0.16	31.76
Peppers, bell, red, raw	100	6.65	0.9	0.13	31.37
Peppers, bell, yellow, raw	100	6.6	0.82	0.12	30.76
Pickles, cucumber, dill or kosher dill	100	1.99	0.48	0.43	13.75
Pineapple, raw	100	14.09	0.46	0.21	60.09
Pork, cured, bacon, cooked, restaurant	100	2.1	40.9	36.5	500.5
Pork, ground, raw	100	0.0	17.81	17.49	228.65
Pork, loin, boneless, raw	100	0.0	21.12	9.47	169.71
Pork, loin, tenderloin, boneless, raw	100	0.0	21.58	3.9	121.42
Potatoes, gold, without skin, raw	100	15.96	1.81	0.26	73.42
Potatoes, red, without skin, raw	100	16.27	2.06	0.25	75.57
Potatoes, russet, without skin, raw	100	17.77	2.27	0.36	83.4
Raspberries, raw	100	12.9	1.01	0.19	57.35
Restaurant, Chinese, fried rice, without meat	100	32.5	3.84	3.19	174.07
Restaurant, Chinese, sweet and sour pork	100	25.5	8.88	13.6	259.92

Restaurant, Latino, pupusas con frijoles (pupusas, bean)	100	31.5	5.59	9.01	229.45
Restaurant, Latino, tamale, pork	100	15.8	7.38	9.04	174.08
Rice, brown, long grain, unenriched, raw	100	76.69	7.25	3.31	365.55
Rice, white, long grain, unenriched, raw	100	80.31	7.04	1.03	358.67
Sauce, pasta, spaghetti/marinara, ready-to-serve	100	8.05	1.41	1.48	51.16
Sauce, salsa, ready-to-serve	100	6.74	1.44	0.19	34.43
Sausage, Italian, pork, mild, cooked, pan-fried	100	2.15	18.2	26.2	317.2
Sausage, breakfast sausage, beef, pre-cooked, unprepared	100	3.37	13.3	28.7	324.98
Sausage, pork, chorizo, link or ground, cooked, pan-fried	100	2.63	19.3	28.1	340.62
Sausage, turkey, breakfast links, mild, raw	100	0.93	16.7	10.4	164.12
Seeds, pumpkin seeds (pepitas), raw	100	18.68	29.91	40.03	554.63
Seeds, sunflower seed kernels, dry roasted, with salt added	100	17.1	21.0	56.1	657.3
Seeds, sunflower seed, kernel, raw	100	24.5	18.87	48.44	609.44
Sesame butter, creamy	100	14.18	19.71	62.4	697.16
Soy milk, sweetened, plain, refrigerated	100	3.0	2.78	1.96	40.76
Soy milk, unsweetened, plain, shelf stable	100	1.29	3.55	2.12	38.44
Spinach, baby	100	2.41	2.85	0.62	26.62
Spinach, mature	100	2.64	2.91	0.6	27.6
Strawberries, raw	100	7.8	0.64	0.22	35.74
Sugars, granulated	100	99.6	0.0	0.32	401.28
Sweet potatoes, orange flesh, without skin, raw	100	17.33	1.58	0.38	79.06
Tomato juice, with added ingredients, from concentrate, shelf stable	100	4.32	0.86	0.29	23.33
Tomato, roma	100	3.84	0.7	0.42	21.94
Tomatoes, canned, red, ripe, diced	100	3.32	0.84	0.5	21.14
Tomatoes, grape, raw	100	5.51	0.83	0.63	31.03
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	100	0.0	27.1	11.6	212.8
Turkey, ground, 93% lean/ 7% fat, raw	100	0.0	17.34	9.59	155.67
Yogurt, Greek, plain, nonfat	100	3.64	10.3	0.37	59.09
Yogurt, Greek, plain, whole milk	100	4.75	8.78	4.39	93.63
Yogurt, Greek, strawberry, nonfat	100	12.2	8.06	0.15	82.39
Yogurt, plain, nonfat	100	8.08	4.23	0.09	50.05
Yogurt, plain, whole milk	100	5.57	3.82	4.48	77.88