

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

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

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

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

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

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

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