

	Food	Measure	Grams	Calories	Protein	Fat	Sat.Fat	Fiber	Carbs	Category
0	Cows' milk	1 qt.	976	660	32	40	36	0	48	Dairy products
1	Milk skim	1 qt.	984	360	36	t	t	0	52	Dairy products
2	Buttermilk	1 cup	246	127	9	5	4	0	13	Dairy products
3	Evaporated, undiluted	1 cup	252	345	16	20	18	0	24	Dairy products
4	Fortified milk	6 cups	1,419	1,373	89	42	23	1.4	119	Dairy products
5	Powdered milk	1 cup	103	515	27	28	24	0	39	Dairy products
6	skim, instant	1 1/3 cups	85	290	30	t	t	0	42	Dairy products
7	skim, non-instant	2/3 cup	85	290	30	t	t	1	42	Dairy products
8	Goats' milk	1 cup	244	165	8	10	8	0	11	Dairy products
9	(1/2 cup ice cream)	2 cups	540	690	24	24	22	0	70	Dairy products
10	Cocoa	1 cup	252	235	8	11	10	0	26	Dairy products
11	skim. milk	1 cup	250	128	18	4	3	1	13	Dairy products
12	(cornstarch)	1 cup	248	275	9	10	9	0	40	Dairy products
13	Custard	1 cup	248	285	13	14	11	0	28	Dairy products
14	Ice cream	1 cup	188	300	6	18	16	0	29	Dairy products
15	Ice milk	1 cup	190	275	9	10	9	0	32	Dairy products
16	Cream or half-and-half	1/2 cup	120	170	4	15	13	0	5	Dairy products
17	or whipping	1/2 cup	119	430	2	44	27	1	3	Dairy products
18	Cheese	1 cup	225	240	30	11	10	0	6	Dairy products
19	uncreamed	1 cup	225	195	38	t	t	0	6	Dairy products
20	Cheddar	1-in. cube	17	70	4	6	5	0	t	Dairy products
21	Cheddar, grated cup	1/2 cup	56	226	14	19	17	0	1	Dairy products
22	Cream cheese	1 oz.	28	105	2	11	10	0	1	Dairy products
23	Processed cheese	1 oz.	28	105	7	9	8	0	t	Dairy products
24	Roquefort type	1 oz.	28	105	6	9	8	0	t	Dairy products
25	Swiss	1 oz.	28	105	7	8	7	0	t	Dairy products
26	Eggs raw	2	100	150	12	12	10	0	t	Dairy products
27	Eggs Scrambled or fried	2	128	220	13	16	14	0	1	Dairy products
28	Yolks	2	34	120	6	10	8	0	t	Fats, Oils, Shortenings
29	Butter	1T.	14	100	t	11	10	0	t	Fats, Oils, Shortenings
30	Butter	1/2 cup	112	113	114	115	116	117	118	Fats, Oils, Shortenings
31	Butter	1/4Â lb.	112	113	114	115	116	117	118	Fats, Oils, Shortenings
32	Hydrogenated cooking fat	1/2 cup	100	665	0	100	88	0	0	Fats, Oils, Shortenings
33	Lard	1/2 cup	110	992	0	110	92	0	0	Fats, Oils, Shortenings
34	Margarine	1/2 cup	112	806	t	91	76	0	t	Fats, Oils, Shortenings
35	Margarine, 2 pat or	1 T.	14	100	t	11	9	0	t	Fats, Oils, Shortenings
36	Mayonnaise	1 T.	15	110	t	12	5	0	t	Fats, Oils, Shortenings
37	Corn oil	1 T.	14	125	0	14	5	0	0	Fats, Oils, Shortenings
38	Olive oil	1T.	14	125	0	14	3	0	0	Fats, Oils, Shortenings
39	Safflower seed oil	1 T.	14	125	0	14	3	0	0	Fats, Oils, Shortenings
40	French dressing	1 T.	15	60	t	6	2	0	2	Fats, Oils, Shortenings
41	Thousand Island sauce	1 T.	15	75	t	8	3	0	1	Fats, Oils, Shortenings
42	Salt pork	2 oz.	60	470	3	55	NaN	0	0	Meat, Poultry
43	Bacon	2 slices	16	95	4	8	7	0	1	Meat, Poultry
44	Beef	3 oz.	85	245	23	16	15	0	0	Meat, Poultry
45	Hamburger	3 oz.	85	245	21	17	15	0	0	Meat, Poultry
46	Ground lean	3 oz.	85	185	24	10	9	0	0	Meat, Poultry
47	Roast beef	3 oz.	85	390	16	36	35	0	0	Meat, Poultry
48	Steak	3 oz.	85	330	20	27	25	0	0	Meat, Poultry

	Food	Measure	Grams	Calories	Protein	Fat	Sat.Fat	Fiber	Carbs	Category
49	Steak, lean, as round	3 oz.	85	220	24	12	11	0	0	Meat, Poultry
50	Corned beef	3 oz.	85	185	22	10	9	0	0	Meat, Poultry
51	Corned beef hash canned	3 oz.	85	120	12	8	7	t	6	Meat, Poultry
52	Corned beef hash Dried	2 oz.	56	115	19	4	4	0	0	Meat, Poultry
53	Pot-pie	1 pie	227	480	18	28	25	t	32	Meat, Poultry
54	Corned beef hash Stew	1 cup	235	185	15	10	9	t	15	Meat, Poultry
55	chicken	3 oz.	85	185	23	9	7	0	0	Meat, Poultry
56	Fried, breast or leg and thigh chicken	3 oz.	85	245	25	15	11	0	0	Meat, Poultry
57	Roasted chicken	3 1/2 oz.	100	290	25	20	16	0	0	Meat, Poultry
58	Chicken livers, fried	3 med.	100	140	22	14	12	0	2.30	Meat, Poultry
59	Duck, domestic	3 1/2 oz.	100	370	16	28	0	0	0	Meat, Poultry
60	Lamb, chop, broiled	4 oz.	115	480	24	35	33	0	0	Meat, Poultry
61	Leg roasted	3 oz.	86	314	20	14	14	0	0	Meat, Poultry
62	Shoulder, braised	3 oz.	85	285	18	23	21	0	0	Meat, Poultry
63	Pork, chop, 1 thick	3 1/2 oz.	100	260	16	21	18	0	0	Meat, Poultry
64	Ham pan-broiled	3 oz.	85	290	16	22	19	0	0	Meat, Poultry
65	Ham, as	2 oz.	57	170	13	13	11	0	0	Meat, Poultry
66	Ham, canned, spiced	2 oz.	57	165	8	14	12	0	1	Meat, Poultry
67	Pork roast	3 oz.	85	310	21	24	21	0	0	Meat, Poultry
68	Pork sausage	3 1/2 oz.	100	475	18	44	40	0	0	Meat, Poultry
69	Turkey	3 1/2 oz.	100	265	27	15	0	0	0	Meat, Poultry
70	Veal	3 oz.	85	185	23	9	8	0	0	Meat, Poultry
71	Roast	3 oz.	85	305	13	14	13	0	0	Meat, Poultry
72	Clams	3 oz.	85	87	12	1	0	0	2	Fish, Seafood
73	Cod	3 1/2 oz.	100	170	28	5	0	0	0	Fish, Seafood
74	Crab meat	3 oz.	85	90	14	2	0	0	1	Fish, Seafood
75	Fish sticks fried	5	112	200	19	10	5	0	8	Fish, Seafood
76	Flounder	3 1/2 oz.	100	200	30	8	0	0	0	Fish, Seafood
77	Haddock	3 oz.	85	135	16	5	4	0	6	Fish, Seafood
78	Halibut	3 1/2 oz.	100	182	26	8	0	0	0	Fish, Seafood
79	Herring	1 small	100	211	22	13	0	0	0	Fish, Seafood
80	Lobster	aver.	100	92	18	1	0	0	t	Fish, Seafood
81	Mackerel	3 oz.	85	155	18	9	0	a	0	Fish, Seafood
82	Oysters	6-8 med.	230	231	232	233	234	235	236	Fish, Seafood
83	Oyster stew	1 cup	85	125	19	6	1	0	0	Fish, Seafood
84	Salmon	3 oz.	85	120	17	5	1	0	0	Fish, Seafood
85	Sardines	3 oz.	85	180	22	9	4	0	0	Fish, Seafood
86	Scallops	3 1/2 oz.	100	104	18	8	0	0	10	Fish, Seafood
87	Shad	3 oz.	85	170	20	10	0	0	0	Fish, Seafood
88	Shrimp	3 oz.	85	110	23	1	0	0	0	Fish, Seafood
89	Swordfish	1 steak	100	180	27	6	0	0	0	Fish, Seafood
90	Tuna	3 oz.	85	170	25	7	3	0	0	Fish, Seafood
91	Artichoke	1 large	100	8-44	2	t	t	2	10	Vegetables A-E
92	Asparagus	6 spears	96	18	1	t	t	0.5	3	Vegetables A-E
93	Beans	1 cup	125	25	1	t	t	0.8	6	Vegetables A-E
94	Lima	1 cup	160	140	8	t	t	3.0	24	Vegetables A-E
95	Lima, dry, cooked	1 cup	192	260	16	t	t	2	48	Vegetables A-E
96	Navy, baked with pork	3/4 cup	200	250	11	6	6	2	37	Vegetables A-E

	Food	Measure	Grams	Calories	Protein	Fat	Sat.Fat	Fiber	Carbs	Category
97	Red kidney	1 cup	260	230	15	1	0	2.5	42	Vegetables A-E
98	Bean sprouts	1 cup	50	17	1	t	0	0.3	3	Vegetables A-E
99	Beet greens	1 cup	100	27	2	t	0	1.4	6	Vegetables A-E
100	Beetroots	1 cup	165	1	12	0	NaN	t	0.80	Vegetables A-E
101	Broccoli	1 cup	150	45	5	t	0	1.9	8	Vegetables A-E
102	Brussels sprouts	1 cup	130	60	6	t	0	1.7	12	Vegetables A-E
103	Sauerkraut	1 cup	150	32	1	t	0	1.2	7	Vegetables A-E
104	Steamed cabbage	1 cup	170	40	2	t	0	1.3	9	Vegetables A-E
105	Carrots	1 cup	150	45	1	t	0	0.9	10	Vegetables A-E
106	Raw, grated	1 cup	110	45	1	t	0	1.2	10	Vegetables A-E
107	Strips, from raw	1 med.	50	20	t	t	0	0.5	5	Vegetables A-E
108	Cauliflower	1 cup	120	30	3	t	0	1	6	Vegetables A-E
109	Celery	1 cup	100	20	1	t	0	1	4	Vegetables A-E
110	Stalk raw	1 large	40	5	1	t	0	0.3	1	Vegetables A-E
111	Chard steamed	1 cup	150	30	2	t	0	1.4	7	Vegetables A-E
112	Collards	1 cup	150	51	5	t	0	2	8	Vegetables A-E
113	Corn	1 ear	100	92	3	1	t	0.8	21	Vegetables A-E
114	cooked or canned	1 cup	200	170	5	t	0	1.6	41	Vegetables A-E
115	Cucumbers	8	50	6	t	0	0	0.2	1	Vegetables A-E
116	Dandelion greens	1 cup	180	80	5	1	0	3.2	16	Vegetables A-E
117	Eggplant	1 cup	180	30	2	t	0	1.0	9	Vegetables A-E
118	Endive	2 oz.	57	10	1	t	0	0.6	2	Vegetables A-E
119	Kale	1 cup	110	45	4	1	0	0.9	8	Vegetables F-P
120	Kohlrabi	1 cup	140	40	2	t	0	1.5	9	Vegetables F-P
121	Lambs quarters, steamed	1 cup	150	48	5	t	0	3.2	7	Vegetables F-P
122	Lentils	1 cup	200	212	15	t	0	2.4	38	Vegetables F-P
123	Lettuce	1/4 head	100	14	1	t	0	0.5	2	Vegetables F-P
124	Iceberg	1/4 head	100	13	t	t	0	0.5	3	Vegetables F-P
125	Mushrooms canned	4	120	12	2	t	0	t	4	Vegetables F-P
126	Mustard greens	1	140	30	3	t	0	1.2	6	Vegetables F-P
127	Okra	1 1/3 cups	100	32	1	t	0	1	7	Vegetables F-P
128	Onions	1	210	80	2	t	0	1.6	18	Vegetables F-P
129	Raw, green	6 small	50	22	t	t	0	1	5	Vegetables F-P
130	Parsley	2 T.	50	2	t	t	0	t	t	Vegetables F-P
131	Parsnips	1 cup	155	95	2	1	0	3	22	Vegetables F-P
132	Peas	1 cup	100	66	3	t	0	0.1	13	Vegetables F-P
133	Fresh, steamed peas	1 cup	100	70	5	t	0	2.2	12	Vegetables R-Z
134	Frozen peas	1 cup	100	NaN	5	t	0	1.8	12	Vegetables R-Z
135	Split cooked peas	4 cups	100	115	8	t	0	0.4	21	Vegetables R-Z
136	heated peas	1 cup	100	53	3	t	0	1	10	Vegetables R-Z
137	Peppers canned	1 pod	38	10	t	t	0	t	2	Vegetables R-Z
138	Peppers Raw, green, sweet	1 large	100	25	1	t	0	1.4	6	Vegetables R-Z
139	Peppers with beef and crumbs	1 med.	150	255	19	9	8	1	24	Vegetables R-Z
140	Potatoes, baked	1 med.	100	100	2	t	0	0.5	22	Vegetables R-Z
141	French-fried	10 pieces	60	155	-1	7	3	0.4	20	Vegetables R-Z
142	Potatoes Mashed with milk and butter	1 cup	200	230	4	12	11	0.7	28	Vegetables R-Z
143	Potatoes, pan-tried	3/4 cup	100	268	4	14	6	0.40	33	Vegetables R-Z
144	Scalloped with cheese potatoes	3/4 cup	100	145	6	8	7	0.40	14	Vegetables R-Z

	Food	Measure	Grams	Calories	Protein	Fat	Sat.Fat	Fiber	Carbs	Category
145	Steamed potatoes before peeling	1 med.	100	80	2	t	0	0.40	19	Vegetables R-Z
146	Potato chips	10	20	110	1	7	4	t	10	Vegetables R-Z
147	Radishes	5 small	50	10	t	0	0	0.3	2	Vegetables R-Z
148	Rutabagas	4 cups	100	32	t	0	0	1.4	8	Vegetables R-Z
149	Soybeans	1 cup	200	260	22	11	0	3.2	20	Vegetables R-Z
150	Spinach	1 cup	100	26	3	t	0	1	3	Vegetables R-Z
151	Squash	1 cup	210	35	1	t	0	0.6	8	Vegetables R-Z
152	Winter, mashed	1 cup	200	95	4	t	0	2.6	23	Vegetables R-Z
153	Sweet potatoes	1 med.	110	155	2	1	0	1	36	Vegetables R-Z
154	Candied	1 med.	175	235	2	6	5	1.5	80	Vegetables R-Z
155	Tomatoes	1 cup	240	50	2	t	0	1	9	Vegetables R-Z
156	Raw, 2 by 2 1/2	1 med.	150	30	1	t	0	0.6	6	Vegetables R-Z
157	Tomato juice	1 cup	240	50	2	t	0	0.6	10	Vegetables R-Z
158	Tomato catsup	1 T.	17	15	t	t	0	t	4	Vegetables R-Z
159	Turnip greens	1 cup	145	45	4	1	0	1.8	8	Vegetables R-Z
160	Turnips, steamed	1 cup	155	40	1	t	0	1.8	9	Vegetables R-Z
161	Watercress stems, raw	1 cup	50	9	1	t	0	0.3	1	Fruits A-F
162	Apple juice canned	1 cup	250	125	t	0	0	0	34	Fruits A-F
163	Apple vinegar	1/3 cup	100	14	t	0	0	0	3	Fruits A-F
164	Apples, raw	1 med	130	70	t	t	0	1	18	Fruits A-F
165	Stewed or canned	1 cup	240	100	t	t	0	2	26	Fruits A-F
166	Apricots	1 cup	250	220	2	t	0	1	57	Fruits A-F
167	Dried, uncooked	1/2 cup	75	220	4	t	0	1	50	Fruits A-F
168	Fresh	3 med.	114	55	1	t	0	0.70	14	Fruits A-F
169	Nectar, or juice	1 cup	250	140	1	t	0	2	36	Fruits A-F
170	Avocado	1/2 large	108	185	2	18	12	1.80	6	Fruits A-F
171	Banana	1 med.	150	85	1	t	0	0.9	23	Fruits A-F
172	Blackberries	1 cup	144	85	2	1	0	6.60	19	Fruits A-F
173	Blueberries	1 cup	250	245	1	t	0	2	65	Fruits A-F
174	Cantaloupe	1/2 med.	380	40	1	t	0	2.20	9	Fruits A-F
175	Cherries	1 cup	257	100	2	1	0	2	26	Fruits A-F
176	Fresh, raw	1 cup	114	65	1	t	0	0.8	15	Fruits A-F
177	Cranberry sauce sweetened	1 cup	277	530	t	t	0	1.2	142	Fruits A-F
178	Dates	1 cup	178	505	4	t	0	3.6	134	Fruits A-F
179	Figs	2	42	120	2	t	0	1.9	30	Fruits A-F
180	Fresh, raw figs	3 med.	114	90	2	t	0	1	22	Fruits A-F
181	figs Canned with syrup	3	115	130	1	t	0	1	32	Fruits A-F
182	Fruit cocktail, canned	1 cup	256	195	1	t	0	0.5	50	Fruits A-F
183	Grapefruit sections	1 cup	250	170	1	t	0	0.5	44	Fruits G-P
184	Grapefruit, fresh, 5" diameter	1/2	285	50	1	t	t	1	14	Fruits G-P
185	Grapefruit juice	1 cup	250	100	1	t	0	1	24	Fruits G-P
186	Grapes	1 cup	153	70	1	t	0	0.8	16	Fruits G-P
187	European, as Muscat, Tokay	1 cup	160	100	1	t	0	0.7	26	Fruits G-P
188	Grape juice	1 cup	250	160	1	t	0	t	42	Fruits G-P
189	Lemon juice	1/2 cup	125	30	t	t	0	t	10	Fruits G-P
190	Lemonade concentratefrozen	6-oz. can	220	430	t	t	0	t	112	Fruits G-P
191	Lineade concentrate frozen	6-oz. can	218	405	t	t	0	t	108	Fruits G-P
192	Olives large	10	65	72	1	10	9	0.8	3	Fruits G-P
193	OlivesRipe	10	65	105	1	13	12	1	1	Fruits G-P

	Food	Measure	Grams	Calories	Protein	Fat	Sat.Fat	Fiber	Carbs	Category
194	Oranges 3" diameter	1 med.	180	60	2	t	t	1	16	Fruits G-P
195	Orange juice	8 oz. or	250	112	2	t	0	0.2	25	Fruits G-P
196	Frozen	6-oz. can	210	330	2	t	t	0.4	78	Fruits G-P
197	Papaya	1/2 med.	200	75	1	t	0	1.8	18	Fruits G-P
198	Peaches	1 cup	257	200	1	t	0	1	52	Fruits G-P
199	Fresh, raw	1 med.	114	35	1	t	0	0.6	10	Fruits G-P
200	Pears	1 cup	255	195	1	t	0	2	50	Fruits G-P
201	Raw, 3 by 2V	1 med.	182	100	1	1	0	2	25	Fruits G-P
202	Persimmons	1 med.	125	75	1	t	0	2	20	Fruits G-P
203	Pineapple	1 large slice	122	95	t	t	0	0.4	26	Fruits G-P
204	Pineapple Crushed	1 cup	260	205	1	t	0	0.7	55	Fruits G-P
205	Raw, diced	1 cup	140	75	1	t'	0	0.6	19	Fruits G-P
206	Pineapple juice	1 cup	250	120	1	t	0	0.2	32	Fruits G-P
207	Plums	1 cup	256	185	1	t	0	0.7	50	Fruits G-P
208	Raw, 2" diameter	1	60	30	t	t	0	0.2	7	Fruits G-P
209	Prunes	1 cup	270	300	3	1	0	0.8	81	Fruits G-P
210	Prune juice	1 cup	240	170	1	t	0	0.7	45	Fruits G-P
211	Raisins	1/2 cup	88	230	2	t	0	0.7	82	Fruits R-Z
212	Raspberries	1/2 cup	100	100	t	t	0	2	25	Fruits R-Z
213	Raw, red	3/4 cup	100	57	t	t	0	5	14	Fruits R-Z
214	Rhubarb sweetened	1 cup	270	385	1	t	0	1.9	98	Fruits R-Z
215	Strawberries	1 cup	227	242	1	t	0	1.3	60	Fruits R-Z
216	Raw	1 cup	149	54	t	t	0	1.9	12	Fruits R-Z
217	Tangerines	1 med.	114	40	1	t	0	1	10	Fruits R-Z
218	Watermelon	1 wedge	925	120	2	1	0	3.6	29	Fruits R-Z
219	Biscuits	1	38	130	3	4	3	t	18	Breads, cereals, fastfood, grains
220	Bran flakes	1 cup	25	117	3	t	0	0.10	32	Breads, cereals, fastfood, grains
221	Bread, cracked wheat	1 slice	23	60	2	1	1	0.10	12	Breads, cereals, fastfood, grains
222	Rye	1 slice	23	55	2	1	1	0.10	12	Breads, cereals, fastfood, grains
223	White, 20 slices, or	1-lb. loaf	454	1,225	39	15	12	9.00	229	Breads, cereals, fastfood, grains
224	Whole-wheat	1-lb. loaf	454	1,100	48	14	10	67.50	216	Breads, cereals, fastfood, grains
225	Whole-wheat	1 slice	23	55	2	1	0	0.31	11	Breads, cereals, fastfood, grains
226	Corn bread ground meal	1 serving	50	100	3	4	2	0.30	15	Breads, cereals, fastfood, grains
227	Cornflakes	1 cup	25	110	2	t	0	0.1	25	Breads, cereals, fastfood, grains
228	Corn grits cooked	1 cup	242	120	8	t	0	0.2	27	Breads, cereals, fastfood, grains
229	Corn meal	1 cup	118	360	9	4	2	1.6	74	Breads, cereals, fastfood, grains
230	Crackers	2 med.	14	55	1	1	0	t	10	Breads, cereals, fastfood, grains

	Food	Measure	Grams	Calories	Protein	Fat	Sat.Fat	Fiber	Carbs	Category
231	Soda, 2 1/2 square	2	11	45	1	1	0	t	8	Breads, cereals, fastfood,grains
232	Farina	1 cup	238	105	3	t	0	8	22	Breads, cereals, fastfood,grains
233	Flour	1 cup	110	460	39	22	0	2.9	33	Breads, cereals, fastfood,grains
234	Wheat (all purpose)	1 cup	110	400	12	1	0	0.3	84	Breads, cereals, fastfood,grains
235	Wheat (whole)	1 cup	120	390	13	2	0	2.8	79	Breads, cereals, fastfood,grains
236	Macaroni	1 cup	140	155	5	1	0	0.1	32	Breads, cereals, fastfood,grains
237	Baked with cheese	1 cup	220	475	18	25	24	t	44	Breads, cereals, fastfood,grains
238	Muffins	1	48	135	4	5	4	t	19	Breads, cereals, fastfood,grains
239	Noodles	1 cup	160	200	7	2	2	0.1	37	Breads, cereals, fastfood,grains
240	Oatmeal	1 cup	236	150	5	3	2	4.6	26	Breads, cereals, fastfood,grains
241	Pancakes 4" diam.	4	108	250	7	9	0	0.1	28	Breads, cereals, fastfood,grains
242	Wheat, pancakes 4" diam.	4	108	250	7	9	0	0.1	28	Breads, cereals, fastfood,grains
243	Pizza 14" diam.	1 section	75	180	8	6	5	t	23	Breads, cereals, fastfood,grains
244	Popcorn salted	2 cups	28	152	3	7	2	0.5	20	Breads, cereals, fastfood,grains
245	Puffed rice	1 cup	14	55	t	t	0	t	12	Breads, cereals, fastfood,grains
246	Puffed wheat presweetened	1 cup	28	105	1	t	0	0.6	26	Breads, cereals, fastfood,grains
247	Rice	1 cup	208	748	15	3	0	1.2	154	Breads, cereals, fastfood,grains
248	Converted	1 cup	187	677	14	t	0	0.4	142	Breads, cereals, fastfood,grains
249	White	1 cup	191	692	14	t	0	0.3	150	Breads, cereals, fastfood,grains
250	Rice flakes	1 cup	30	115	2	t	0	0.1	26	Breads, cereals, fastfood,grains
251	Rice polish	1/2 cup	50	132	6	6	0	1.2	28	Breads, cereals, fastfood,grains
252	Rolls	1 large	50	411	3	12	11	0.1	23	Breads, cereals, fastfood,grains
253	of refined flour	1	38	115	3	2	2	t	20	Breads, cereals, fastfood,grains
254	whole-wheat	1	40	102	4	1	0	0.1	20	Breads, cereals, fastfood,grains
255	Spaghetti with meat sauce	1 cup	250	285	13	10	6	0.50	35	Breads, cereals, fastfood,grains
256	with tomatoes and cheese	1 cup	250	210	6	5	3	0.50	36	Breads, cereals, fastfood,grains
257	Spanish rice	1 cup	250	217	4	4	0	1.20	40	Breads, cereals, fastfood,grains

	Food	Measure	Grams	Calories	Protein	Fat	Sat.Fat	Fiber	Carbs	Category
258	Shredded wheat biscuit	1	28	100	3	1	0	0.70	23	Breads, cereals, fastfood,grains
259	Waffles	1	75	240	8	9	1	0.10	30	Breads, cereals, fastfood,grains
260	Wheat germ	1 cup	68	245	17	7	3	2.50	34	Breads, cereals, fastfood,grains
261	Wheat-germ cereal toasted	1 cup	65	260	20	7	3	2.50	36	Breads, cereals, fastfood,grains
262	Wheat meal cereal unrefined	3/4 cup	30	103	4	1	0	0.70	25	Breads, cereals, fastfood,grains
263	Wheat, cooked	3/4 cup	200	275	12	1	0	4.40	35	Breads, cereals, fastfood,grains
264	Bean soups	1 cup	250	190	8	5	4	0.60	30	Soups
265	Beef soup	1 cup	250	100	6	4	4	0.50	11	Soups
266	Bouillon	1 cup	240	24	5	0	0	0	0	Soups
267	chicken soup	1 cup	250	75	4	2	2	0	10	Soups
268	Clam chowder	1 cup	255	85	5	2	8	0.50	12	Soups
269	Cream soups	1 cup	255	200	7	12	11	1.20	18	Soups
270	Noodle	1 cup	250	115	6	4	3	0.20	13	Soups
271	Split-pea soup	1 cup	250	147	8	3	3	0.50	25	Soups
272	Tomato soup	1 cup	245	175	6	7	6	0.50	22	Soups
273	Vegetable	1 cup	250	80	4	2	2	0	14	Soups
274	Apple betty	1 serving	100	150	1	4	0	0.5	29	Desserts, sweets
275	Bread pudding	3/4 cup	200	374	11	12	11	0.20	56	Desserts, sweets
276	Cakes	1 slice	40	110	3	t	0	0	23	Desserts, sweets
277	Chocolate fudge	1 slice	120	420	5	14	12	0.3	70	Desserts, sweets
278	Cupcake	1	50	160	3	3	2	t	31	Desserts, sweets
279	Fruit cake	1 slice	30	105	2	4	3	0.2	17	Desserts, sweets
280	Gingerbread	1 slice	55	180	2	7	6	t	28	Desserts, sweets
281	Plain, with no icing	1 slice	55	180	4	5	4	t	31	Desserts, sweets
282	Sponge cake	1 slice	40	115	3	2	2	0	22	Desserts, sweets
283	Candy	5	25	104	t	3	3	0	19	Desserts, sweets
284	Chocolate creams	2	30	130	t	4	4	0	24	Desserts, sweets
285	Fudge	2 pieces	90	370	t	12	11	0.1	80	Desserts, sweets
286	Hard candies	1 oz.	28	90	t	0	0	0	28	Desserts, sweets
287	Marshmallows	5	30	98	1	0	0	0	23	Desserts, sweets
288	Milk chocolate	2-oz. bar	56	290	2	6	6	0.2	44	Desserts, sweets
289	Chocolate syrup	2 T.	40	80	t	t	t	0	22	Desserts, sweets
290	Doughnuts	1	33	135	2	7	4	t	17	Desserts, sweets
291	Gelatin, made with water	1 cup	239	155	4	t	t	0	36	Desserts, sweets
292	Honey	2 T.	42	120	t	0	0	0	30	Jams, Jellies
293	Ice cream	2 cups	300	250	0	0	12	10	0	Desserts, sweets
294	Ices	1 cup	150	117	0	0	0	0	48	Desserts, sweets
295	preserves	1 T.	20	55	0	0	0	t	14	Jams, Jellies
296	Jellies	1 T.	20	50	0	0	0	0	13	Jams, Jellies
297	Molasses	1 T.	20	45	0	0	0	8	11	Jams, Jellies
298	Cane Syrup	1 T.	20	50	0	0	0	0	13	Jams, Jellies
299	9" diam. pie	1 slice	135	330	3	13	11	0.1	53	Desserts, sweets
300	Cherry Pie	1 slice	135	340	3	13	11	0.1	55	Desserts, sweets
301	Custard	1 slice	130	265	7	11	10	0	34	Desserts, sweets

	Food	Measure	Grams	Calories	Protein	Fat	Sat.Fat	Fiber	Carbs	Category
302	Lemon meringue	1 slice	120	300	4	12	10	0.1	45	Desserts, sweets
303	Mince	1 slice	135	340	3	9	8	0.70	62	Desserts, sweets
304	Pumpkin Pie	1 slice	130	265	5	12	11	8	34	Desserts, sweets
305	Puddings Sugar	1 cup	200	770	0	0	0	0	199	Desserts, sweets
306	3 teaspoons sugar	1 T.	12	50	0	0	0	0	12	Desserts, sweets
307	Brown, firm-packed, dark sugar	1 cup	220	815	0	t	0	0	210	Jams, Jellies
308	Syrup	2 T.	40	100	0	0	0	0	25	Jams, Jellies
309	table blends sugar	2 T.	40	110	0	0	0	0	29	Jams, Jellies
310	Tapioca cream pudding	1 cup	250	335	10	10	9	0	42	Desserts, sweets
311	Almonds	1/2 cup	70	425	13	38	28	1.8	13	Seeds and Nuts
312	roasted and salted	1/2 cup	70	439	13	40	31	1.8	13	Seeds and Nuts
313	Brazil nuts	1/2 cup	70	457	10	47	31	2	7	Seeds and Nuts
314	Cashews	1/2 cup	70	392	12	32	28	0.9	20	Seeds and Nuts
315	coconut sweetened	1/2 cup	50	274	1	20	19	2	26	Seeds and Nuts
316	Peanut butter	1/3 cup	50	300	12	25	17	0.9	9	Seeds and Nuts
317	Peanut butter, natural	1/3 cup	50	284	13	24	10	0.9	8	Seeds and Nuts
318	Peanuts	1/3 cup	50	290	13	25	16	1.2	9	Seeds and Nuts
319	Pecans	1/2 cup	52	343	5	35	25	1.1	7	Seeds and Nuts
320	Sesame seeds	1/2 cup	50	280	9	24	13	3.1	10	Seeds and Nuts
321	Sunflower seeds	1/2 cup	50	280	12	26	7	1.9	10	Seeds and Nuts
322	Walnuts	1/2 cup	50	325	7	32	7	1	8	Seeds and Nuts
323	Beer	2 cups	480	228	t	0	0	0	8	Drinks,Alcohol, Beverages
324	Gin	1 oz.	28	70	0	0	0	0	t	Drinks,Alcohol, Beverages
325	Wines	1/2 cup	120	164	t	0	0	0	9	Drinks,Alcohol, Beverages
326	Table (12.2% alcohol)	1/2 cup	120	100	t	0	0	0	5	Drinks,Alcohol, Beverages
327	Carbonated drinks Artificially sweetened	12 oz.	346	0	0	0	0	0	0	Drinks,Alcohol, Beverages
328	Club soda	12 oz.	346	0	0	0	0	0	0	Drinks,Alcohol, Beverages
329	Cola drinks	12 oz.	346	137	0	0	0	0	38	Drinks,Alcohol, Beverages
330	Fruit-flavored soda	12 oz.	346	161	0	0	0	0	42	Drinks,Alcohol, Beverages
331	Ginger ale	12 oz.	346	105	0	0	0	0	28	Drinks,Alcohol, Beverages
332	Root beer	12 oz.	346	140	0	0	0	0	35	Drinks,Alcohol, Beverages
333	Coffee	1 cup	230	3	t	0	0	0	1	Drinks,Alcohol, Beverages
334	Tea	1 cup	230	4	0	t	0	0	1	Drinks,Alcohol, Beverages