

protein-fat-carb-counter				
id	Foods	Carbs (g)	Fat (g)	Protein (g)
1	Beer	11.2	0	0.9
2	Medium white wine	0.7	0	0
3	Red wine	1.7	0	0.1
4				
5	All purpose white flour	11.9	0.2	1.6
6	Cocoa powder, unsweetened	0.5	0.1	0.2
7	Coconut milk, canned	0.8	6	0.6
8	Coconut, dried, unsweetened	2.4	6.3	0.7
9	Cornmeal	13.4	0.3	1.5
10	Ghee	0	4.2	0
11	Molasses	12.5	0	0
12	Sugar, brown	4.5	0	0
13	Sugar, white	4.2	0	0
14				
15	Biscuit, 60 gm	27.6	6.9	4.2
16	Corn Muffin, 60 gm	29	4.8	3.4
17	Crackers, butter-type	51.4	18.3	5.8
18	Crackers, rye wafers	44.2	0.5	5.3
19	Crackers, water	10	0	1.3
20	English muffin	26	1	4.4
21	Hard white roll	30	2.5	5.6
22	Italian bread	15	1.1	2.6
23	Pita pocket bread 16cm	33.4	0.7	5.5
24	Pumpernickel bread	12.4	0.8	2.3
25	Raisin bread	13.6	1.1	2.1
26	Rye bread	15.5	1.1	2.7
27	Sourdough bread	13	0.8	2.2
28	Tortilla, corn	12.1	0.7	1.5
29	Wheat bread	11.8	1	2.3
30	White bread	14.9	1.1	2.5
31	Whole grain bread	11.8	1	2.3
32				
33	Baby lima beans	21.2	0.3	7.3
34	Black beans	20.4	0.5	7.6
35	Black eyed peas	17.9	0.5	6.6
36	Red kidney beans	19.8	0.1	8.1
37	Chickpea/ Garbanzo beans	22.5	2.1	7.3
38	Hummos / Hummus	6.2	2.6	1.5
39	Lentils	19.9	0.4	8.9
40	Navy beans	23.9	0.5	7.9
41	Pinto beans	18	1	7
42	Soybeans	9.9	5.8	11.1
43				
44	Corn flakes	24.2	0.2	1.8
45	Oatmeal, cooked	12.6	1.2	3
46	Puffed wheat cereal	11.1	0.2	2.1
47	Rice Krispies	22.8	0.3	1.7
48				
49	Blue cheese, crumbled	0.4	4.8	3.6
50	Cheddar cheese, shredded	0.2	4.7	3.5
51	Cream cheese / cottage cheese	0.8	10.1	2.2
52	Feta cheese, crumbled	0.8	4	2.7

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53 Goats cheese, soft type	0.3	6.5	5.7
54 Mozzarella, whole milk, shredded	0.3	3.1	2.7
55 Parmesan cheese, shredded	0.3	2.7	3.8
56 Ricotta cheese, whole milk	1.9	8	6.9
57 Swiss cheese, shredded	0.5	3.7	3.8
58			
59 Cider vinegar	0.9	0	0
60 Dill pickle	2.7	0.1	0.4
61 Garlic	1	0	0.2
62 Ginger, Root slices	0.9	0	0.1
63 Honey	5.8	0	0
64 Jam	4.6	0	0
65 Ketchup / Catsup	4.2	0.1	0.2
66 Maple syrup	13.4	0	0
67 Miso paste	3	0.8	1.9
68 Olives, black	1.4	2.3	0.2
69 Olives, green	2.5	5	0
70 Pesto sauce	1	7.1	2.8
71 Soy sauce	1	0	1.9
72 Tahini	3.2	8	2.6
73			
74 Butter	0	3.8	0
75 Buttermilk, 1% low fat	13	2.5	9
76 Heavy Whipping cream	0.8	11	0.6
77 Milk, whole	11.4	8.1	8
78 Sour cream	1.2	6	0.9
79 Yoghurt, low fat, plain	17.2	3.8	12.9
80 Yoghurt, whole milk, plain	11.4	8	8.5
81			
82 Cake, choc layer, 85 gm	38	16	2
83 Cake, pound, 30 gm	13.8	5.6	1.6
84 Chocolate, dark	18	9	1.3
85 Chocolate, milk	17	9	2.2
86 Cookie, peanut, 20 gm	11.8	4.8	1.8
87 Doughnut, glazed	26.6	13.7	3.8
88 Doughnut, plain	19	11	3
89 Ice cream, chocolate	18.6	7.3	2.5
90			
91 Egg, white	0.3	0	3.5
92 Egg, yolk	0.3	5.1	2.8
93 Egg, whole	0.6	5.3	6.3
94			
95 Apple, medium	21	0.5	0.3
96 Applesauce	6.9	0	0.1
97 Apricots, dried	24.9	0.2	1.5
98 Apricots, fresh	3.9	0.1	0.5
99 Avocado	14.9	30.8	4
100 Banana, small	23.7	0.5	1
101 Blackberries	4.6	0.1	0.3
102 Blueberries	5.1	0.1	0.2
103 Cherries	4.8	0.3	0.4
104 Currants, dried	26.7	0.1	0.7
105 Dates, chopped	32.7	0.2	0.9

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106 Figs, dried	32.5	0.6	1.5
107 Figs, fresh	9.6	0.2	0.4
108 Grapes	7.1	0.2	0.3
109 Honeydew melon	3.9	0	0.2
110 Juice, apple	14.5	0.1	0.1
111 Juice, grape	18.9	0.1	0.7
112 Juice, grapefruit	11.1	0.1	0.6
113 Juice, lemon	1.3	0	0.1
114 Juice, orange	13.4	0.1	0.8
115 Juice, tomato	5.1	0.1	0.9
116 Kiwifruit	11.3	0.3	0.8
117 Mango	7	0.1	0.2
118 Nectarine	16	0.6	1.3
119 Orange	16.3	0.1	1.4
120 Papaya	3.4	0	0.2
121 Peach, medium	10.9	0.1	0.7
122 Pear, medium	25.1	0.7	0.6
123 Pineapple	4.8	0.2	0.2
124 Plums	8.6	0.4	0.5
125 Prunes	26.7	0.2	1.1
126 Raspberries	3.6	0.2	0.3
127 Strawberries	2.7	0.1	0.2
128 Watermelon	2.8	0.2	0.2
129			
130 Cornmeal	11.7	0.5	1.2
131 Couscous, cooked	18.2	0.1	3
132 Millet, cooked	28.4	1.2	4.2
133 Oat Bran, dry	7.8	0.8	2
134 Pearled Barley, cooked	22.2	0.3	1.8
135 Quinoa Grain, dry	29.3	2.5	5.6
136 Rice, brown, cooked	22.4	0.9	2.5
137 Rice, white, cooked	22.3	0.2	2.1
138			
139 Beef Brisket	0	43.2	41.8
140 Beef Chuck	0	31.6	50.1
141 Beef Eye Round	0	24	45.2
142 Beef Short Ribs	0	71.4	36.7
143 Beef Tenderloin	0	41.8	40.7
144 Calf Liver	10.4	9.9	40.5
145 Chuck Eye Steak	0	41.1	46.2
146 Cubed Steak	0	8.3	53.9
147 Ground Veal	0	12.9	41.5
148 Prime Rib	0	56.4	36.9
149 Rib Eye Roast	0	37.8	42.4
150 Rib Eye Steak	0	19.9	47.7
151 Roast Beef, Deli	2.3	5.2	34.3
152 Sirloin Steak	0	13.6	51.7
153 Skirt Steak	0	54.7	61.6
154 Top Loin	0	12.1	51
155 Top Sirloin	0	30.4	44.2
156 Veal Arm Shoulder	0	13.1	40.4
157 Veal Cutlet	0	30.4	53.4
158 Veal Loin	0	30.4	53.4

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159 Veal Scallops	0	6.3	52.2
160 Veal Shank	0	7.9	43.4
161			
162 Ground Lamb	0	30.3	38.2
163 Lamb Rib Chops	0	50.3	37.6
164 Lamb Shoulder	0	12.6	46.2
165 Lamb Stew Meat	0	15	57.3
166 Leg of Lamb, bone in	0	8.2	30
167 Rack of Lamb, bone in	0	9.9	19.5
168			
169 Chicken Breast, boneless	0	12.7	48.7
170 Chicken Leg	0	15.4	29.7
171 Chicken Liver Pate, canned	1.7	3.4	3.5
172 Chicken Thigh, boneless	0	34.6	39.2
173 Chicken Thigh, skinless, boneless	0	8.9	44.6
174 Chicken Wing	0	6.6	9.1
175 Chicken, mince	0	22.5	40.2
176			
177 Anchovies, in oil, canned, drained	0	2.8	8.2
178 Cod	0	1.5	38.8
179 Cod, salted	0	2	53.4
180 Salmon steak	0	24.6	45.1
181 Salmon, smoked	0	7.3	31.1
182 Snapper	0	3	46.5
183 Trout	0	12.2	41.3
184			
185 Mayonnaise	0.1	3.7	0.1
186 Olive Oil	0	4.5	0
187 Salad Dressing, Italian	3	14.2	0.2
188 Salad Dressing, thousand island	4.8	11.2	0.3
189 Sesame Oil	0	4.5	0
190			
191 Almond Butter	6.8	18.9	4.8
192 Almonds, whole	3.6	8.9	3.7
193 Hazelnuts, whole	2.8	10.3	2.5
194 Macadamia Nuts	2.3	12.7	1.3
195 Peanut Butter, natural	6.9	15.9	7.7
196 Peanut Butter, regular	6.2	16.3	8.1
197 Peanuts	3.4	8.9	4.7
198 Pecans, chopped	2.1	10.7	1.4
199 Pine Nuts	2.4	8.6	4.1
200 Pistachio Nuts	4.7	6.9	3.3
201 Pumpkin Seeds	3.1	7.9	4.2
202 Sunflower Seeds	3.4	8.9	4.1
203 Walnuts, halves	1.7	8.2	1.9
204			
205 Noodles, egg, cooked	19.9	1.2	3.8
206 Pasta, spinach, cooked	18.3	0.4	3.2
207 Pasta, whole wheat, cooked	18.6	0.4	3.7
208 Pasta/Noodles, dry, cooked	19.8	0.5	3.3
209 Pasta/Noodles, fresh, cooked	28.3	1.2	5.8
210			
211 Potato chips	10.6	6.9	1.4

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212 Pretzels	47.5	2.1	5.5
213 Tortilla chips	11.3	4.7	1.3
214			
215 Artichoke	13.4	0.2	4.5
216 Artichoke hearts, marinated	1	2.5	0
217 Asparagus spears	3.8	0.3	2.3
218 Beans, green	4.9	0.2	1.2
219 Bok Choy	1.5	0.1	1.1
220 Broccoflower	3.1	0.2	1.5
221 Broccoli	3.9	0.3	2.3
222 Brussels sprouts	10.9	0.6	3.2
223 Cabbage, red / green	1.9	0.1	0.5
224 Cabbage, sauerkraut	5.1	0.2	1.1
225 Carrots, medium	7.3	0.1	0.7
226 Cauliflower	4.4	0.5	2
227 Celery stalk	1.5	0.1	0.3
228 Chili pepper	0	0	0
229 Chillies, green, chopped	0.5	0	0
230 Collards	7.3	0.4	3.1
231 Corn	16	0.4	2.3
232 Cucumber, English	4	0.3	0.9
233 Cucumber, small	2.5	0.2	0.6
234 Eggplant	3.3	0.1	0.4
235 Endive	1.8	0	0.4
236 Kale	3.7	0.3	1.2
237 Leeks	12.6	0.3	1.3
238 Lettuce, butterhead	1.3	0.1	0.7
239 Lettuce, romaine	1.3	0.1	0.9
240 Mushrooms, dried	8.9	0.7	5.6
241 Mushrooms, fresh	1.4	0.1	1
242 Okra	7.5	0.3	1.9
243 Onions	9.5	0.2	1.3
244 Peas, edible podded	5.6	0.2	2.6
245 Peas, green	9.9	0.3	3.8
246 Pepper, green or red	4.8	0.1	0.7
247 Peppers, jalapeno	0.8	0.1	0.2
248 Peppers, roasted	2.4	0.1	0.3
249 Potato, sweet	22.4	0.1	1.8
250 Potato, white	15.4	0.1	1.4
251 Pumpkin	9.9	0.3	1.3
252 Radishes	1	0.1	0.2
253 Rhubarb	2.8	0.1	0.5
254 Shallots	6.7	0	1
255 Spinach, raw	1.1	0.1	0.9
256 Squash, butternut	10.8	0.1	0.9
257 Squash, zucchini	5.7	0.3	2.3
258 Tomatoes	4.2	0.3	0.8
259 Tomatoes, cherry	4.7	0.3	0.9
260 Tomatoes, sun dried, oil-packed	6.4	3.9	1.4
261 Turnips	3.8	0.1	0.6
262 Water chestnuts	8.7	0	0.6
263 Watercress	0.2	0	0.4
264 Oats	1.1	0.8	0.6