

Beef			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Beef Shank, shank crosscuts, trimm	1 beef shank	0	2.8
Beef Shank, shank crosscuts, trimmed to 1/4-inch fat (cooked)		0	28.5
Frankfurter, Beef	1 each	1.4	16.8
Ground Beef, extra lean (raw)	1 ounce	0	4.8
Ground Beef, extra lean (raw)	16 ounces (1 pound)	0	76.8
Ground Beef, lean (raw)	1 ounce	0	5.9
Ground Beef, lean (raw)	16 ounces (1 pound)	0	94.4
Ground Beef, regular (raw)	1 ounce	0	7.5
Ground Beef, regular (raw)	16 ounces (1 pound)	0	120
Ground Beef, extra lean (broiled or	4 ounces (1/4 pound)	0	18.5
Ground Beef, lean (broiled or grilled)	4 ounces (1/4 pound)	0	20.9
Ground Beef, regular (broiled or gril	4 ounces (1/4 pound)	0	23.5
Pepperoni	1 ounce	0	13
	1 slice		2.33
Flank Steak (broiled or grilled)	1 ounce	0	1.7
Porterhouse Steak, prime grade (br	1 ounce	0	2.5
	8 ounces	0	20
Sirloin Steak, lean (broiled or grilled)	1 ounce	0	1.9
	8 ounces	0	15
Tenderloin Steak or Roast (broiled c	1 ounce	0	1.9
	8 ounces	0	15
T-Bone Steak (broiled or grilled)	1 ounce	0	2.1
	8 ounces	0	16.8
Bread			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Bagel, plain	1 bagel	71	1
Bagel, cinnamon raisin	1 bagel	76	2
Bagel, egg	1 bagel	69	1.5
Bagel, onion	1 bagel	74	1
Bagel, poppyseed	1 bagel	68	6
Bagel, sesame	1 bagel	69	4.5
Bagel, whole wheat	1 bagel	70	4.5
Breads, all types, regular sliced	1 slice (1 ounce)	13	1
Bread, French and Sourdough	1 slice (1 ounce)	16.6	1
Bread, very thin sliced (diet)	1 slice	8	0.5
Bread Crumbs, plain (dry)	1 cup	23	1
Eggroll Wrapper	1 each	4.5	0
English Muffin, plain (inc. sourdough)	1 each	27	1
Fillo (Phyllo) Sheets	1 sheet (9"x14" sheet)	6.2	0
	5 sheets	31	1
Panko breading	1/2 cup		1
Pita Bread, white, whole wheat	1 (6.5" diameter)	28	2
Spring Roll Skins or Wrappers (Rice	2 ounces	41	1
Won Ton Wrapper	1 each	4.6	0.1
Cereal			

Item	Serving Size	Carbohydrates Gram	Fat Grams
All Bran	1/2 cup		0.9
Cheerios	1 cup		1.8
Corn Flakes	1 cup	24	0.2
Corn Grits, white	1/4 cup uncooked		0.5
	1 cup cooked		0.5
Frosted Flakes	3/4 cup		0.2
Grape Nuts	1/2 cup		1.1
Kashi, puffed	3/4 cup		1
Rice Krispies	1 1/4 cups		0.4
Rolled Oats (Oatmeal), quick	1 cup cooked		2.3
	1 cup uncooked		5.1
Raisin Bran	1 cup		1.5
Shredded Wheat	2 biscuits		0.6

Cheese

Item	Serving Size	Carbohydrates Gram	Fat Grams
America, processed	1 ounce	0.5	9
Blue Cheese, Danish	1 ounce	0.7	8.1
Brie	1 ounce	0.1	7
Camembert	1 ounce	0.1	11.9
Cheddar, regular	1 ounce	0.4	9.4
Cheddar, low fat	1 ounce	0	5
Cottage Cheese, regular	1/2 cup	4	5
Cottage Cheese, 2% low-fat	1/2 cup	4	2
Cottage Cheese, fat-free	1/2 cup	3	0
Cream Cheese, regular	1 ounce	0.8	10
	3-ounce package	2.3	29.6
Cream Cheese, light or low fat	1 ounce	2	5
Cream Cheese, fat-free	1 ounce	2	0
Edam Cheese	1 ounce	0.4	7.9
Feta Cheese, cow or sheep	1 ounce	1.2	6
Fontina Cheese	1 ounce	0.4	8.8
Goat Cheese (Chevre)	1 ounce		7.1
Gorgonzola	1 ounce		9.6
Gouda	1 ounce	0.6	8
Gruyere	1 ounce	0.1	9.2
	1 cup, diced	0.5	42.7
Havarti	1 ounce	0.3	10.4
Laughing Cow, Creamy Swiss, Light	1 wedge		2
Monterey Jack	1 ounce	0.2	9
Mozzarella, whole milk	1 ounce	0.6	6.1
Mozzarella, part skim, low moisture	1 ounce	0.8	4.9
Mozzarella, Fresh	1 ounce	0	5
Parmesan Cheese	1 ounce	0.9	7.3
Parmesan Cheese, grated	1 tablespoon	0.2	2
	1 ounce	1.1	8.5
Provolone	1 ounce	0.6	7.7

Ricotta, whole milk	1 ounce	0.9	3.7
Roquefort	1 ounce	0.6	8.9
Swiss	1 ounce	1	7
Tofu, soft (silken)	1 ounce	0.5	1.4
Tofu, firm (cotton, brick, or momen	1 ounce	1.2	2.5
Chocolate			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Chocolate, 62%, semi-sweet	1 ounce	17	9
Chocolate, dark, 70%, bittersweet	1 ounce	14	12
Chocolate, extra dark, 82%	1 ounce	12	13
Chocolate, white	1 ounce	15	10.5
Chocolate, unsweetened (baking)	1 ounce	9	15
Chocolate Chips, semi-sweet	1 tablespoon	10	4.5
Chocolate Syrup, fudge-type	2 tablespoons	24	3
Chocolate Syrup, light	2 tablespoons	12	0
Hot Fudge Topping, regular	2 tablespoons	14	4
Cocoa, dry powder, unsweetened	1 tablespoon	3	1
	1 cup	47	12
Coffee Drinks - Starbucks Coffee			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Starbucks, Carmel Frappuccino Coff	16 fluid ounces		
Starbucks, Carmel Frappuccino Coff	16 fluid ounces		
Starbucks, Carmel Frappuccino Coff	16 fluid ounces		
Starbucks, Caffè Latte, non-fat milk	16 fluid ounces		
Starbucks, Caffè Latte, whole milk	16 fluid ounces		14
Starbucks, Caffè au Lait, whole milk	16 fluid ounces		8
Starbucks, Caffè au Lait, non-fat mil	16 fluid ounces		0
Starbucks, Caffè Americano, whole	16 fluid ounces		0
Starbucks, Caffè Mocha, whole milk	16 fluid ounces		22
Starbucks, Caffè Mocha, non-fat mi	16 fluid ounces		12
Starbucks, Caffè Mocha, non-fat mi	16 fluid ounces		2
Starbucks, Cappuccino, whole milk	16 fluid ounces		8
Starbucks, Cappuccino, non-fat milk	16 fluid ounces		0
Condiments - Cooking and Baking Ingredients			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Baking Powder, double-acting	1 teaspoon	2	0
Baking Soda	1 teaspoon	0	0
Beef Broth or Stock, fat-free	1 cup		0
Cornstarch	1 tablespoon	7.3	0
Cream of Mushroom Soup, 98% fat-	1/2 cup	9	2.5
Cream of Mushroom Soup, regular	1/2 cup	9	6
Cream of Tartar	1 teaspoon	0.6	0
Gelatin, unflavored	1 package (Knox)	0	0
Gelatin, flavored, sugar-free	1 (.6-ounce) pkg	0	0
Horseradish, prepared	1 teaspoon	0	0
Ketchup (Catsup)	1 tablespoon	4	0
	1 cup	64	0

Mayonnaise, regular	1 tablespoon	0	11
Mayonnaise, light	1 tablespoon	1	5
Mayonnaise, reduced fat	1 tablespoon	2	0
Mayonnaise, fat free	1 tablespoon	2	0
Mayonnaise, Weight Watchers, light	1 tablespoon	1	5
Mustard, Dijon	1 tablespoon	1	0
Mustard, yellow	1 tablespoon	1	0.1
Olives, Kalamata, pitted	4 olives	2	4.5
Olives, Spanish, green with pimiento	2 olives	1	1
Onion Powder	1 teaspoon	1.8	0
Onion Salt	1 teaspoon	0.4	0
Onion Soup Mix, dry	1 package (4 tablespoons)	24	2
Nori, toasted seaweed	1 sheet	2	0
Pickle, bread & butter, slices	1 ounce	4.7	0.1
Pickle, dill	1 medium (3 3/4")	2.7	1
Pickle, sweet	1 large (3")	11.1	0.1
Pickle, relish sweet	1 tablespoon	5.1	0.1
Salsa	2 tablespoons	1	0
	1 cup	16	0
Sour Cream, regular	2 tablespoons	2	6
Sour Cream, light	2 tablespoons	2	3
Sour Cream, fat-free	1 tablespoon	1	0
	2 tablespoons	2	0
Soy Sauce	1 tablespoon	1	0
	1/4 cup	3.2	0.1
Vanilla Extract	1 teaspoon	0.3	0
Vinegar, cider	1 tablespoon	0.4	0
Vinegar, balsamic	1 tablespoon	0.6	0
Vinegar, raspberry	1 tablespoon	0.7	0
Vinegar, rice	1 tablespoon	0.6	0
Wasabi, powder	1/4 ounce	4.9	0
Wheat Germ	1 2/3 tablespoons	8	1
Worcestershire Sauce	1 teaspoon	1	1
Yeast, Bakers, active-dry	1/4 ounce	2.7	0.3
Yeast, Bakers, rapid rise or instant	1/4 ounce	3	0

Crackers

Item	Serving Size	Carbohydrates Gram	Fat Grams
Graham	2 full crackers (8 squares)	24	3
	1 cup crushed		
Melba Toast, plain	1 round	3	0.4
Norwegian Flat Bread	1 each		0.1
Rye Krisp	2 triple crackers	11	0.1
Saltines	5 crackers	11	2
	1 oyster cracker		0.1
	1 cup crushed		8.3
Wasa rye crisp bread	1 each		0.1

Dairy and Non-Dairy Milks

Item	Serving Size	Carbohydrates Gram	Fat Grams
Almond Milk, low fat	1 cup	8	2.5
Almond Milk, light vanilla	1 cup	7	1.5
Buttermilk, dry	1 tablespoon	3.2	0.4
Buttermilk, 1% fat	1 cup	11.7	2
Chocolate Milk, regular	1 cup	26	8
Chocolate Milk, low fat 2%	1 cup	26	5
Chocolate Milk, low fat 1%	1 cup	26	3
Chocolate Milk, fat free	1 cup	26	2
Coconut Milk, regular, canned	1 tablespoon	0.4	3.2
Coconut Milk, light, canned	1 tablespoon	0.1	1
Coconut Milk, bottled	1 cup	0	5
Condensed Milk, sweetened	1 ounce	15.4	2.5
	1/3 cup	56	8
Cream, half & half	1 cup	10.4	27.8
Cream, 25% fat	1 cup	8.3	59.8
Cream, whipping, heavy	1 cup	6.6	88
Evaporated Milk, whole	1/2 cup	12	10
Evaporated Milk, skim	1/2 cup	14	0.3
Goat Milk, whole	1 ounce	1.3	1.2
	1 cup	10.9	10.1
Milk, whole	1 cup	11.4	9
Milk, 2% fat	1 cup	11.7	5
Milk, 1% fat	1 cup	11.7	2.6
Milk, fat-free or skim	1 cup	11.9	0.4
Sour Cream, regular	2 tablespoons (1 ounce)	2	6
Sour Cream, light	2 tablespoons (1 ounce)	2	3
Sour Cream, fat-free	2 tablespoons (1 ounce)	2	0
Soy Milk	1 cup	4.3	4.6
Yogurt, Plain (regular)	1 cup	10.6	7
Yogurt, Plain (low fat)	1 cup	16	4
Yogurt, Plain (non fat)	1 cup	16	0
Eggs			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Egg, large	1	1	4.5
Egg, medium	1	1	4.5
Egg, small	1	0	3.5
Egg White, large	1 egg white	0.3	0
Egg Whites	1 cup egg whites	2.5	0
Egg Yolk, large	1	0.3	5
Egg Substitute, liquid	1/4 cup (equals 1 egg)	1	0
Fats, Oils & Spreads			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Butter, regular (salted or unsalted)	1 teaspoon	0	4
	1 tablespoon	0	11
	1/4 cup	0	44
	1/2 cup -1 stick or cube (4 oz)	0	92

Butter, whipped	1 tablespoon	0	8
Ghee	1 ounce	0	28
Lard	1 tablespoon	0	12.8
	1 cup	0	205
Nutella	2 tablespoons	22	11
Oils - canola, corn, olive, safflower,	1 teaspoon	0	5
	1 tablespoon	0	14
	1/4 cup	0	56
Oils - almond, walnut, hazelnut, ses	1 tablespoon	0	14
	1/4 cup	0	56
Peanut Butter, smooth	2 tablespoons	6.6	17
Peanut Butter, chunk style	2 tablespoons	7	16
Peanut Butter, reduced fat	2 tablespoons	6	12
Shortening, vegetable, regular, or b	1 tablespoon	0	12.8

Flour

Item	Serving Size	Carbohydrates Gram	Fat Grams
All-Purpose Flour, unsifted	1 cup (120 gm)	88	0
	1/4 cup (30 gm)	22	0
	1 tablespoon (7.5 gm)	5.5	0
Amaranth Flour	1/4 cup	20	2.5
Barley Flour	1/4 cup	23	0
Bread Flour	1 cup	99	2
Buckwheat Flour	1/4 cup	21	1
Cake Flour	1 cup	88	0
Chickpea Flour or Garbanzo Flour	1/4 cup	18	2
Coconut Flour	2 tablespoons	8	2
Corn Flour	1/4 cup	22	1
Cracked Wheat	1/4 cup	29	0.5
Millet Flour	1/4 cup	22	1
Oat Flour	1/2 cup	25	3
Potato Starch	1 tablespoon	10	0
Quinoa Flour	1/4 cup	18	1.5
Rice Flours			
	1/4 cup	24	0.6
Sweet Rice Flour (also called Mochi	1/4 cup	30	1
Brown Rice Flour	1/4 cup	32	0.6
White Rice Flour			
Rye Flour, light	1/4 cup	21	0.5
Rye flour, dark	1/4 cup	21	1
Semolina Flour	3 tablespoons	23	0
	1/4 cup	31	0.5
Soy Flour, low fat	1 cup	33.4	2.4
Spelt Flour	1/4 cup	25	1
Tapioca Flour	1/4 cup	26	0
Teff Flour	1/4 cup	37	1
Whole Grain Flour	1/4 cup	87	2
Whole Wheat Pastry Flour	1/4 cup	23	0.5

Fruits and Fruit Juices

Item	Serving Size	Carbohydrates Gram	Fat Grams
Apple, fresh or raw	1 medium	21.1	0.1
Apples, dried	1 ring	18.7	0.09
	1 ounce	56.6	0.3
	1 cup		
Apples, freeze dried	25 pieces (1/3 cup)		
Apple cider, canned or bottled	6 ounces	20	0
Apple juice, unsweetened	6 ounces	21.7	0
Applesauce, canned, unsweetened	1/2 cup	15	0.2
Apricots, fresh	3 medium	11.8	0.4
Apricots, halves, dried	1 half	2.1	2.2
	1 ounce	17.7	0.1
	1 cup	81.4	0.7
Apricot juice/nectar	1 cup		
Avocado, fresh (medium-size avoca	1 ounce or 1/5 avocado	2.1	4.5
	2 tablespoons (2 or 3 slices)	2.1	4.5
	1/4 medium	3	5
	1 medium	12	30
	1 cup, pureed	19.6	
Banana, fresh	1 medium	26.7	0.6
	1 large	31	0.45
	1/2 cup mashed	51.3	0.7
Banana chips	22 chips (1 ounce)	16.56	9.5
	1 cup	59.7	4.7
Blackberries, fresh	1/2 cup	9.2	0.3
Blueberries, fresh	1/2 cup	10.2	0.3
Blueberries, dried and sweetened	1/4 cup (75 berries)		
Boysenberries, fresh	1/2 cup	9.2	0.3
Cantaloupe, fresh	1/2 medium	22.3	0.7
	1/2 cup cubed	6.7	0.2
Cherries, sweet w/o pits, fresh	1/2 cup	12	0.7
Cherries, sour w/o pits, fresh	1/1 cup	9.4	0.2
Cherries, dried	1/3 cup (27 cherries)		
Cherries, dried, tart	1/4 cup	43	0
Cherry, Maraschino	1 each	2	0
Cranberries, whole, fresh	1/2 cup	6	0.1
Cranberry Juice, cocktail	6 ounces	26	0
Cranberry Sauce, canned, sweetene	1/2 cup	53.7	0
Currents, dried	1 cup	107	0
Dates, pitted, fresh	1 cup pitted & chopped	133.6	0.7
	1 date	6.2	0
Figs, fresh	1 small	8	0
	1 medium	10	0
	1 large	12	0
Figs, dried	10 figs	122.2	2.2
Grapefruit, pink or red	1/2 medium	16	0.1

	1/2 cup sections w/juice	11.1	0.1
Grapefruit Juice, fresh	6 ounces	17	0.1
Grapes, fresh	1 grape	0.4	0
	1 cup	15.8	0.3
Grape Juice, canned or bottled	1 cup	37.8	0.2
Honeydew Melon, fresh	1/10 medium	11.8	0.1
	1/2 cup cubed	7.8	0.1
Kiwifruit, fresh	1 medium	11.3	0.3
	1 large	13.5	0.4
Lemon, fresh	1 medium	5.4	0.2
	1 large	7.8	0.3
Lemon Peel (Zest)	1 teaspoon	0.3	0
	1 tablespoon	1	0
Lemon Juice, fresh	1 tablespoon		0
	1/2 cup	1.3	0
Lime	1 medium	7.1	0
Lime Juice, fresh	1 tablespoon	1.4	0
	1/2 cup	11.2	0
Mango, fresh	1 medium	35.2	0.6
	1/2 cup sliced	14	0.2
Mango, dried unsweetened	6 slices		
Nectarines, fresh	1 medium	16	0.6
	1/2 cup sliced	8.1	0.3
Orange, navel, fresh	1 medium	15.4	0.2
Orange Peel, zest	1 teaspoon	0.5	0
Orange Juice, fresh	6 ounces	19.3	0.4
Orange Juice, fresh	1/4 cup	6.4	0.1
Orange Juice, canned or bottled	6 ounces	18.4	0.3
Papaya, fresh	1 medium	29.8	0.4
Papaya Nectar, canned or bottled	1/2 cup cubed	6.9	0.1
Papaya, dried	6 ounces	27.2	3
	2 2 spears (1.5 oz)		
Peach, fresh	1 medium	9.7	0.1
Peach, canned in light syrup	halves	18	0.1
Peach, canned in water	halves	7.5	0.1
Pear, fresh	1 medium or large	25.1	0.7
Pear, canned in light syrup	halves	19	0.1
Pear Nectar	halves	16	0.1
Persimmon	1 (2 1/2" diameter)	0	0.3
Pineapple, fresh, trimmed	1 slice (3/4" thick)	10.6	0.1
	1/2 cup diced	19.6	0.2
	1 whole pineapple	59.6	0.6
Pineapple canned water-packed	1 cup (crushed, sliced or chunks)	20.4	0.2
	1 slice or ring	3.9	0.04
Pineapple, dried			0.17
	1 slice or ring	18.2	0.17
	1 ounce	18.2	

Pineapple Juice, canned or bottled	6 ounces	25.8	0.2
Plum, fresh, pitted	1 ounce	3.7	0.2
Pomegranate, fresh	1 pomegranate (3-3/8" diameter)	36	0
Pomegranate Juice	8 ounces	38	0
Prickly Pear, fresh	1 medium	9.9	0.5
Prunes, dried	10 each	52.7	0.4
Prune Juice, canned	6 ounces	33.5	0.1
Raisins, seedless	1/2 cup (not packed)	57.5	0.3
	1/2 cup (packed)	65.6	0.4
	1 tablespoon	7.2	0.04
Raspberries, fresh	1/2 cup	7.1	0.3
Raspberry Juice, canned or bottled	8 ounces	30	0
Strawberries, fresh	8 berries	5.2	0
	1/2 cup		0.3
Tangerine, fresh	1 medium	9.4	0.2
Watermelon, fresh	1/2 cup diced	5.7	0.3

Grains and Seeds

Item	Serving Size	Carbohydrates Gram	Fat Grams
Amaranth Grain	1/4 cup	32	3
Barley, raw	1 ounce	20.8	0.7
	1 cup	135.2	4.2
Buckwheat Berries	1/2 cup	29	1
Bulgur (Tabbouleh)	1 cup dry	106.2	1.9
	1 cup cooked	33.8	0.4
Caraway Seeds	1 teaspoon	1.1	0.3
	1 tablespoon	3.3	1
Chia Seeds	1 tablespoon	6	5
Couscous	1 cup dry	142.5	1.2
	1 cup cooked	41.6	0.3
Farro, raw	1/2 cup	34	1.5
Flax Seeds, raw	1/2 cup	22	32.6
Fennel Seeds	1 teaspoon	1.1	0.3
	1 tablespoon	3	0.9
Poppy Seeds	1 teaspoon	1	1.3
	1 tablespoon	2	3.9
Sesame Seeds, toasted	1 teaspoon	0.9	1.5
	1 tablespoon	2.1	4.5
Sunflower Seeds, roasted, hulled and in shell	1 ounce	3.6	7.4
Sunflower Seeds, oil roasted with salt	1 ounce	6	14
Wheat Berries, raw	1/2 cup	29	1

Herbs & Spices

Item	Serving Size	Carbohydrates Gram	Fat Grams
Allspice, ground	1 teaspoon	1.4	0.2
	1 tablespoon	4.3	0.5
Basil, Fresh	2 tablespoons	0.1	0
Basil, Dried	5 leaves	0.1	0

	1 teaspoon	0.9	0
Bay Leaf	1 teaspoon	0.2	0
	1 tablespoon	1.4	0.2
Capers, drained	1 tablespoon	0	0
Cardamon	1 teaspoon	1.4	0.1
Chili Powder	1 teaspoon	1.4	0.4
	1 tablespoon	4.1	1.3
Cinnamon, ground	1 teaspoon	1.8	0.1
	1 tablespoon	5.4	0.2
Cloves, ground	1 teaspoon	1.4	0.4
	1 tablespoon	4	1.3
Coriander Leaf (Cilantro, Chinese Parsley)	1 teaspoon	0.3	0
Coriander Seed	1 tablespoon	0.9	0.1
	1 tablespoon	2.8	0.9
Cumin Seeds	1 tablespoon	2.7	1.3
Curry Powder	1 teaspoon	1.2	0.3
	1 tablespoon	3.7	0.9
Dill Weed, dried	1 teaspoon	0.6	0
	1 tablespoon	1.7	1
Dill Weed, fresh	1 cup sprigs	0.6	0.1
Dill Seeds	1 tablespoon	3.6	1
Garlic Powder	1 teaspoon	1.1	0
Garlic Salt	1 tablespoon	6.1	0.1
	1 teaspoon	0.4	0
Ginger, ground	1 teaspoon	1.3	0.1
	1 tablespoon	3.8	0.3
Ginger Root	1 ounce	4.3	0.2
	5 slices	1.7	0.1
Marjoram, dried	1 teaspoon	0.4	0
	1 tablespoon	1	1
Mint, fresh	1 mint leaf	0	0
Nutmeg, ground	1 teaspoon	1.1	0.8
	1 tablespoon	3.5	2.5
Oregano, dried	1 teaspoon	1	0.1
	1 tablespoon	3	0.3
Paprika	1 teaspoon	1.2	0.3
	1 tablespoon	3.9	0.9
Parsley, fresh	10 sprigs	0.7	0
Parsley, dried	1/2 cup, chopped	2.1	0.1
	1 tablespoon	0.7	0.6
Pepper, Black, ground	1 tablespoon	4.2	0.2
Pepper, Red Or Cayenne, ground	1 tablespoon	3	0.9
Pepper, White	1 tablespoon	4.9	0.2
Rosemary, fresh	1 teaspoon	0.1	0
	1 tablespoon	0.4	0.1
Rosemary, dried	1 teaspoon	0.8	0.2
	1 tablespoon	2.1	0.5

Saffron	1 teaspoon	0.5	0
Sage, ground	1 teaspoon	0.4	0.1
	1 tablespoon	1.2	0.3
Salt, iodized or non-iodized	1 teaspoon	0	0
	1 tablespoon	0	0
Thyme, dried	1 teaspoon	0.9	0.1
	1 tablespoon	2.6	0.3
Thyme, fresh	1 teaspoon	0.1	0
Turmeric, ground	1 teaspoon	1.4	0.2
Lamb			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Lamb, blade chop	1 chop	0	6
Lamb, ground	4 ounces	0	26.5
Lamb, loin chop (lean)	3 ounces	0	5.3
Lamb, rib chop (lean)	3 ounces	0	7
Lamb, shoulder (lean)	3 ounces	0	4.9
Meats, Misc.			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Braunschweiger (liver sausage)	1 ounce	1	9
Deer, Tenderloin	3 ounces	0	2
Elk, Tenderloin	3 ounces	0	2.9
Pepperoni	1 ounces	1.1	11.3
Polish Kielbasa (Healthy Choice)	2 ounces	6	2.5
Smoked Sausage (Healthy Choice)	2 ounces	6	2.5
Smoked Kielbasa (Polish, Turkey & B)	2 ounces	2.2	9.9
Nuts			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Almonds, whole, dry roasted	1 each	0.2	0.5
	1 ounce	6.1	13.8
	1 cup, ground	20.6	47
	1 cup, whole	31	70.7
Almonds, sliced	1 cup	19.9	45.5
Almonds, slivered	1 cup	23.4	53.4
Brazil Nuts, whole, shelled	1 ounce (6-8 nuts)	3.5	19
	1 cup	17	93
Cashews, dry roasted	1 ounce	9	13
	1 cup (halves & whole)	45	63
Coconut, fresh, raw	1 ounce	4.3	9.5
	1 cup, shredded	12	27
Filberts (hazelnuts), whole	1 each		0.8
	1 ounce	4.4	18
	1 cup	20.7	84
Filberts (hazelnuts), chopped	1 cup	17.6	72
Macadamia, whole & halves	1 ounce (10-12 nuts)	3.9	21
Peanuts, cooked & shelled	1 ounce	6	6.2
	1/2 cup	12	36
Peanuts, dry roasted	1 ounce	5	14

Peanut Butter, creamy or smooth	2 tablespoons	6.6	16
Peanut Butter, reduced-fat	2 tablespoons	15	2.5
Pecan, halves	1 ounce (20 nuts)	5	20.4
Pine Nuts	1 ounce	4	14
	1 tablespoon	1.4	5
Pistachios	1 ounce (47 nuts)	7	13.7
	1 cup	31.8	61.9
Walnuts	1 ounce (14 halves)	5.2	17.5
	1 cup (50 halves)	18.3	62
	1 cup (chopped or pieces)	22	74
Pasta and Rice - NOTE: 2 ounces dried pasta = 1 cup cooked pasta			
Pasta			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Chinese Noodles, Mung Beans (Cell)	1 cup cooked	43.8	0.35
Noodles (Japanese soba)	2 ounces dry	46	0.3
	1 cup cooked	24.4	0.1
Noodles (Japanese rice)	1 cup cooked	43.8	3
Noodles (Japanese somen)	2 ounces dry	42.2	0.46
	1 cup cooked	24.4	0.1
Pasta (egg noodles, linguine, macaroni)	2 ounces dry (appx. 1/2 cup)	41	1
Pasta, whole wheat	2 ounces dry (appx. 1/2 cup)	35	1.5
Pasta, corn	2 ounces dry (appx. 1/2 cup)	51.4	1
Pasta, Kamut	2 ounces dry (appx. 1/2 cup)	38	1.5
Pasta, Quinoa	2 ounces dry (appx. 1/2 cup)	35	2
Pasta, Rice	2 ounces dry (appx. 1/2 cup)	44	0
Pasta, Soba (buckwheat)	2 ounces dry (appx. 1/2 cup)	37	1
Pasta, Spelt	2 ounces dry (appx. 1/2 cup)	40	1.5
Rice, arborio	3 tablespoons dry	34	0.4
	1 cup cooked	53.4	0.5
Rice, brown long-grain	1 cup dry	142.9	5.4
	1 cup cooked	44.8	1.8
Rice, white long grain (parboiled or	1 cup dry	79.4	0.3
	1 cup cooked	35.1	0.3
Rice (glutinous or Sushi)	1 cup dry	151.1	1
	1 cup cooked	50.8	0.5
Rice, whole grain medley (brown &	1 cup cooked	41	2
Rice, wild	1 cup raw	119.8	1.7
	1 cup cooked	35	0.6
Item	Serving Size	Carbohydrates Gram	Fat Grams
Bacon, cured, raw	3 medium slices	0.45	30.6
	1 thick slice (1.3 ounce)	0.25	17.2
Bacon, cooked	1 thin slice (.2 ounce)	0.07	2.09
	1 thick slice (.4 ounce)	0.1	4.8
Bacon Bits	1 tablespoon	0	2
Bacon Bits, Imitation	1 teaspoon	2	0.4
Bacon, Canadian style	1-ounce slice (unheated)	0.5	2
Bologna, pork	1 slice (1 ounce)	1	9

Bratwurst (fully cooked)	2-ounce link	1	16
Ham, cured (butt, lean)	3.5 ounces	3.3	5
Ham, fresh (lean)	1 ounce slice	0.6	2.3
Luncheon meat, beef/pork	1 ounce slice		6.11
Pork Chop, cooked and trimmed of fat			
center cut	2.5 ounces	0	7.5
top loin chops	3 ounces	0	6.9
rib chops	3 ounces	0	8.3
Pork Sausage	1 link (raw)	0	3.7
	1 patty (raw)	0	7.7
Pork Roast, cooked and boneless			
Loin (tenderloin) Roast	3 ounces	0	5.7
Rib Roast	3 ounces	0	8.6
Spare Ribs, roasted	6 medium	0	35
Tenderloin Roast (lean and roasted)	3 ounces	0	4.1
	1 pound	0	21.8

Poultry

Item	Serving Size	Carbohydrates Gram	Fat Grams
Chicken Broth or Stock, fat-free	1 cup	0	0.5
Chicken Breast (w/o skin)	1/2 breast	0	3
Chicken Leg (w/o skin)	1 leg or drumstick	0	2
Chicken Meat, roasted	1 cup (chopped or diced)	0	8
Chicken, whole, meat only, raw	2 pounds	0	24
Chicken Thigh (w/o skin)	1 thigh	0	6
Chicken Hotdog	1		9
Turkey breast, processed	1 ounce	0	2
Turkey breast, BBQ	3.5 ounce	0	5
Turkey breast, roasted	3.5 ounce	0	3
Turkey breast, smoked	3.5 ounce	0	4
Turkey breast, white meat, no skin	3 ounce	0	5
Turkey, dark meat, no skin	3 ounce	0	7
Turkey hot dog	1		8
Turkey, ground	4 ounces		9.4
	1 pound		37.5
Turkey Kielbasa, 95% fat free	2 ounces		3

Seafood

Item	Serving Size	Carbohydrates Gram	Fat Grams
Anchovy Fillets	5 medium each (appx .7 oz)	0	2
Caviar	1 ounce		4.4
Clams, raw	1 each small		0.1
	1 each medium		0.1
	1 cup w/liquid		2.2
	9 large or 20 small		1.7
	1 pound w/shells		0.7
Clams, canned	1 cup w/liquid		3.1
Clams Juice, canned or bottled	1 tablespoon	0	0
	1 cup		0

Cod	3.5 ounces		0.3
Crab Meat, cooked	3 ounces	0.6	1
(Dungeness, Blue, King & Lump)	1 pound	3.3	4.4
	1 whole crab		1.6
Flounder/Sole	3.5 ounces		0.5
Grouper	3.5 ounces		1
Halibut	3 ounces		1.9
	6 ounces		3.8
	1/2 fillet		4.7
Lobster	1 ounce		1
	3.5 ounces		2
Mussels, w/o shells	1 ounce		0.6
	4 ounces		1.9
Oysters, Pacific, medium size, raw	1 medium	2	1.2
	4 ounces	4	2.5
	10-ounce jar	8	5
Oysters, Eastern raw	1 medium		0.2
Red Snapper	3.5 ounces		2
Salmon, Atlantic	3 ounces		9.2
Salmon, Atlantic	1 pound		34.8
	2 pounds		69.6
Salmon, Chinook	3 ounces		8.9
Samon, Coho	3 ounces		5
Salmon, Chum	3 ounces		3.2
Salmon, Sockeye	3 ounces		7.3
Salmon, smoked	3.5 ounces		9
Salmon, pink canned	3 ounces		5
	1 can (14 3/4-oz)		27.4
Scallops, raw	2 large or 5 small		0.2
	3 ounces		0.6
	1/2 pound		1.6
Shrimp or Prawns	1 small each		0.1
	1 medium each		0.1
	1 large		0.1
	3 ounces		1.5
Shrimp, canned & drained	1 ounce		0.3
Trout, Rainbow	3.5 ounces		11
Tuna, fresh	3.5 ounces		8
Tuna, solid white, canned in water	2 ounces	0	1
	3-ounce can or pouch	0	1
	7-ounce can or pouch	0	2
Snacks			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Beef Jerky	1 piece	2	5
Popcorn, 94% fat free (average mos	1/2 (1.5 oz) microwave package	28	2.5
	1 (3 oz) microwave package	56	5
Popcorn, popped without oil or but	1 ounce dry or 1 quart popped	20	1

Sugar and Sweeteners			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Agave Syrup	1 tablespoon	16	0
	1 ounce	21	0
Corn Syrup, light	2 tablespoons		0
Honey	1 tablespoon	16	0
Molasses, dark, unsulphured	1 tablespoon	16	0
Sugar, granulated	1 teaspoon (level)	4	0
	1 tablespoon	11.9	0
	1 cup	199	0
	1 cube	2.5	0
	1 packet (2 ounces)	6	0
Sugar, Bakers or superfine	1 teaspoon		0
Sugar, brown	1 teaspoon	4	0
	1 tablespoon	12	0
	1/4 cup, packed	48	0
	1/2 cup, packed	96	0
Sugar, powdered or confectioners,	1 tablespoon	8	0
	1 cup	119	0.1
Syrup, Maple	1 tablespoon	13	0
	1 cup	216	1
Truvia	1 teaspoon	3	0
Xylitol	1/4 cup	4	0
Sushi Rolls			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Maki Rolls (Typical cylindrical rolls of sushi) - Estimates are per entire roll, not each individual piece.			
Avocado Roll	1 roll (appx 6 to 7 pieces)	28	5.7
California Roll	1 roll (appx 6 to 7 pieces)	38	7
Cucumber Roll	1 roll (appx 6 to 7 pieces)	30	0
Philadelphia Roll (salmon, cream ch	1 roll (appx 6 to 7 pieces)	30	5
Salmon & Avocado	1 roll (appx 6 to 7 pieces)	42	8.7
Shrimp Tempura roll	1 roll (appx 6 to 7 pieces)	64	21
Spicy Tuna Roll	1 roll (appx 6 to 7 pieces)	26	11
Spider Roll (fried soft-shell crab):	1 roll (appx 6 to 7 pieces)	38	12
Nigiri sushi (Raw fish/seafood on top of small bed of rice) - Estimates are per piece.			
Abalone Tuna	1 piece over rice	29.1	1
Bluefin Tuna	1 piece over rice	8.2	0.7
Flounder	1 piece over rice	9	0.2
Octopus	1 piece over rice	8.9	0.3
Salmon	1 piece over rice	8.2	1.6
Salmon Roe	1 piece over rice	8.2	0.5
Sea Bass	1 piece over rice	8.2	0.3
Sea Urchin	1 piece over rice	8.2	1.1
Squid	1 piece over rice	817	0.2
Tamago (Japanese Omelet)	1 piece over rice	13.2	2
Yellowtail Tuna	1 piece over rice	8.2	8
Edamame (Green beans)	1/2 cup	9	3

Pickled Ginger	1 serving (.5 ounce)	2	0
Toasted Nori Seaweed	1 sheet	2	0
Miso Soup (no tofu added)	1 cup	4.9	1
Seasoned Sushi Rice (cooked with ri	1 cup	36.7	0.3
Vegetables			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Arugula, raw	1 pound	17.7	0
	1 oz	1.1	0
	1/2 cup	0	0
Artichoke, globe	1 medium (11.3 oz)	13	0
	1 large (14.3 oz)	17	0
Artichoke hearts, canned & marinad	3.5 oz	6	1.5
Asparagus, raw	1 pound	8.9	0.5
	4 spears	2.1	0.1
Beans, green (fresh)	1/2 cup	4.9	0.2
Beans, green (canned) & drained	1/2 cup	5.1	0.1
Beans, black, canned	1/2 cup	17	0.5
	15-ounce can	34	1
Beans, Garbanzo (chick peas), canne	1/2 cup	19	1
	15.5-ounce can	38	2
Beans, Kidney, canned	1/2 cup	19	0.4
Beans, White, canned	1/2 cup	19	0.5
	15-ounce can	38	1
Beans, lentils, cooked/boiled	1/2 cup	19.9	0.4
Beans, Lima, cooked/boiled	1/2 cup	20.1	0.3
Beans, refried, canned, regular	1/2 cup	21	1.2
Beans, refried vegetarian	1/2 cup	15	1
Beans, navy, cooked	1/2 cup	24	0.5
Beets	2 medium	16.3	0.2
	1/2 cup sliced	6.8	0.1
Broccoli	1 medium stalk or spear	7.9	0.5
	1/2 cup chopped	2.3	0.2
Brussels Sprouts	1 sprout	1.7	0.1
	1 ounce	2.54	0
	1 pound	40.6	1.36
Cabbage, Chinese raw	1/2 cup shredded	0.8	0.1
Cabbage, green raw	1/2 cup shredded	1.9	0.1
Cabbage, red raw	1/2 cup shredded	2.1	0.1
Carrot, raw	1 baby	1	0
	1 medium	6	0
	1 large	7	0
Cauliflower	1 medium head	30	1
	1 floweret	1	0
Celery	1 large stalk or rib	2	0
	1 medium stalk or rib	1	0
	1 small stalk or rib	1	0
Chiles, green, canned (diced)	2 tablespoons	2	0

Corn, fresh, yellow or white, raw	1/2 cup kernels	14.6	0.9
	1 medium ear (90 g)	18	1
	1 large ear (146 g)	32	3
Corn, cream style	1/2 cup	23.2	0.5
Cucumber	1 medium to large	8.8	0.4
Eggplant, raw	1 medium	6.4	0.1
Endive	1/2 cup chopped	0.8	0.1
	1 head	17.2	1
Garlic	1 clove	1	0
Greens (Collards), raw	1/2 cup chopped	1.3	0
Greens (Collards), boiled drained	1/2 cup chopped	3.9	1
Jicama (Yam Bean Tuber)	1 ounce	2.5	0.1
	1 pound untrimmed	36.5	0.3
Kale, raw, chopped	1 cup	7	0
	1 ounce	14	0
Lettuce, Bibb, Boston or Butterhead	1 head 7.75 oz)	0.4	3.8
Lettuce, Iceberg	1 medium head (1.25 lbs)	11.3	0.1
Lettuce, Coss or Romaine	1 inner leaf (.4 oz)	0.2	0
Mushrooms, (white or brown) raw	5 medium	3	0
	1/2 cup pieces or slices	1.5	0
Mushrooms (Portabella) raw	1 large cap	3	0
Mushroom Pieces, canned & drained	1/2 cup	4	0.4
Okra, raw	8 pods	7.3	0.1
Okra, cooked/boiled & drained	8 pods	6.1	0.1
Okra, frozen	10-oz package	18.8	0.7
Onion, yellow, white, red, & sweet	1 large	15	0.2
	1 medium	9	0.1
	1/2 cup, chopped	7	0.1
	1 tablespoons, chopped	0.9	0
	1 thin slice	0.9	0
	1 medium slice (1/8")		
	1 large slice (1/4")		
Onions, green (raw)	1 cup chopped	2	0
	1 large	14	0
	1 medium (4 1/8" long)	10	0
	1 small (3" long)	7	0
Pearl Onions, raw	2/3 cup	6	0
	8 ounces	10	0
Onion, dried or dehydrated	1 tablespoon	4.2	0
	1/4 cup	11.7	0.1
Peas, green, snap	1/2 cup	10	2
	1 cup	20	0.5
Peas, black-eyed (cooked)	1/2 cup		0.5
Peas, split peas	1 cup dry	41	1
Peas, Snow or Sugar	1/2 cup		0
Pepper, bell	1 medium	7	0.2
	2 tablespoons minced	0.5	0

	1/2 cup chopped	4	0.2
Pepper, red roasted	7 ounce jar	4	0
Pepper, chile	1 pepper	2	0
Pepper, chipotle in adobe sauce, ca	2 tablespoons		0.5
Potato. baked with skin	1 small (4.9 oz)	29.3	0.1
	1 medium (6.1 oz)	36.7	0.2
	1 large (10.5 oz)	63.4	0.3
Potato, Baby Red-Skinned, boiled	4 ounces		0.1
Potato, sweet, baked with skin	1 medium (6.3 oz)	31.6	0.4
Pumpkin, canned	1/2 cup	10.1	0.4
Radish	1 medium (.2 oz)	1	0.1
	1 large (.3 oz)	1	0.2
	1/2 cup slices (2 oz)	2.1	0.3
Rutabaga	1 cup, cubed	5.7	0.1
Sauerkraut, canned, solids & liquid	16 ounce	2	0
Shallots, raw	1 tablespoon	1.7	0
Spinach, raw	1 leaf (.4 oz)	0	0
	1 bunch (12 oz)	12	1
Squash - Winter Acorn	1 (16-oz) whole winter squash	28.4	0.7
All varieties of winter squash (appx.	1 cup cubes or sliced, raw	17.8	4.16
Squash, Summer Squash	1 (16-oz) whole squash	18.7	0.9
All varieties of summer squash (app	1 cup cubes or sliced, raw	10	0.2
Squash, Zucchini, raw	1 small (4 oz)	4	0.2
	1 medium (7 oz)	6.7	0.4
	1 large (11 oz)	11	0.6
Tomato, whole, raw	1 medium	6	0.4
Tomato, whole, raw	1 large	8	1
Tomato, Cherry, raw	1 cherry	1	0
Tomato, Cherry, raw	5 each	4	0
Tomato, Italian or Plum, raw	1 each	3	0
Tomatoes, whole canned	1/2 cup	5.2	0.3
Tomatoes, diced or crushed	1/2 cup	0	6
	14.5-ounce can - 3 (1/2 cup) servings	0	6
	28-ounce can - 7 (1/2 cup) servings	0	7
Tomato Paste, canned	1 ounce	5.3	0
	2 tablespoons	6	0
	6-ounce can	30	0
Tomato Sauce, canned	2 tablespoons	0	0
	1 cup	0	0
	6-ounce can	0	0
Tomato juice	1 cup (8 ounces)	10.2	0.2
Tomatillo	1 medium	1.98	0
Vegetable Cocktail Juice (V8 Juice)	1 cup	11	0

	5.5-ounce can	7	0
Water chestnuts	4 water chestnuts	8.6	0
	5-ounce can	20	0
Related Recipes			
Alcoholic Beverages			
Item	Serving Size	Carbohydrates Gram	Fat Grams
Beer, light	12-ounce can or bottle	6.9	0
Beer, regular	12-ounce can or bottle	11.9	0
Beer, non-alcoholic	12-ounce can or bottle	12 to 16 (depending	0
Cocktails: (carbohydrates depend on recipe used)			
Alexander	2.5 fluid ounces		
Bacardi	2.5 fluid ounces		
Black Russian	3 fluid ounces		
Bloody Mary	5 fluid ounce		
Daiquiri	2 fluid ounces		
Gin Rickey	7 fluid ounces		
Gin & Tonic	7.5 fluid ounces		
Grasshopper	2.25 fluid ounces		
Mai Tai	4.5 fluid ounces		
Manhattan	2.5 fluid ounces		
Margarita	3 fluid ounces		
Martini	2.5 fluid ounces		
Mint Julep	10 fluid ounces		
Old Fashioned	4 fluid ounces		
Pina Colada	4.5 fluid ounces		
Screwdriver	7 fluid ounces		
Singapore Sling	8 fluid ounces		
Tom Collins	7.5 fluid ounces		
Whisky Sour	3 fluid ounces		
White Russian	3.5 fluid ounces		
Distilled gin, rum, vodka, & whiskey	1 ounce	0	0
Liqueur, coffee (53 proof)	1 ounce	16.3	0.1
Liqueur, creme de menthe (72 proo	1 ounce	14	0.1
Wine, red	1 wine glass (4 ounces)	1.7	0
Wine, white	1 wine glass (4 ounces)	1.7	0
Wine, rose	1 wine glass (4 ounces)	3.1	0
Wine, dessert	3 ounces	10.04	0
Wine, port	2 ounces	6	0

Calories
50
510
184
66
1056
75
1200
88
1408
264
290
328
148
27
43
55
440
53
427
51
406
50
402
Calories
320
350
330
330
360
350
360
60 to 80
88
40
120
23
135
32
160
110
150
200
23

Calories
79.2
109.5
100
140
145
119.2
208
90
124.4
145
311
186
156.4
Calories
106
100
85
122
114
80
117
100
70
99
297
65
27
101
75
110
88
109
101
117.1
545
117
35
106
80
79.4
70
111
23
129
100

49
102
100
22
41
Calories
140
170
180
162
135
80
133
50
100
12
197
Calories
280
430
260
165
260
140
90
15
400
330
220
150
100
Calories
8
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16.8
30
70
100
2
25
6
5
15
240

100
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20
11
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45
15
5
1
118
10
20
12
41
21
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48
61
40
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7
2
24
50
5
20
20
Calories
140
55.3
11.7
21.2
45
70
4.3
303.8
36.6

Calories
60
70
25
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210
180
160
150
30
10
80
91
320
315
583
821
170
100
20
168
157
121
102
86
61
40
20
79
139
144
127
Calories
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17
121
59
25
Calories
33
100
400
813

67
249
115
1849
200
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120
480
120
480
188
188
180
110
Calories
400
100
25
120
110
495
100
400
110
60
110
140
110
160
40
110
180
140
150
100
110
110
150
287
130
100
180
407
110

Calories
81
16
69
209
80
85
87
56
51
8
68
313
50
50
81
324
105
121
200
147
265
37
41
150
37
94
29
52
39
160
140
8
23
110
209
408
502
23
30
37
47
477
60

43
72
2
62
142
46
30
46
55
17
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4
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33
135
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106
67
34
62
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83
27.6
78
117
27
107
140
58
68
29
98
72
62
118
40
74
227
79
15
69
69

104
16
105
150
42
201
136
219
249
27.4
31
120
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23
37
25
Calories
182
100
651
151
479
152
7
22.3
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692
201
170
414
7
20
14.9
46.9
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166
151
Calories
5
16
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4
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8
Calories
128
318.7
124
136
116
Calories
100
127
138
130
80
80
127
Calories
6
161
546
822
529
621
183
918
162
796
100
283
8.7
179
853
727
199
90.2
414
160

189
100
190
146
51
164
739
142
784.8
770
Calories
192
200
113
192
203
113
200
180
214
210
180
200
190
190
150
241
684
216
360
161
685
234
210
571
166
Calories
311
174
27
58
30
26
45
80

170
159
45
76
166
171
186
44
92
165
182
396
130
740.8
Calories
5
142
76
241
1006
109
116
51
135
115
120
120
140
102
169.9
675.9
70
Calories
42
72
6.7
10.7
168
133
50.3
236.8
0
4.8

85
90
391
139.7
68
87
93.5
187
224
33
91
24.4
73
40.5
70
140
8.2
93
155.6
612.5
1225
153
124
102
142.8
176
118
630.5
26.4
74.8
199.4
5.3
6.4
7.4
90
25
195
177
70
90
180
Calories
82
130
260
109

Calories
60
80
120
60
60
15
46
770
9
23
15
17
41
164
328
31
462
50
840
0
0
Calories
140
255
136
319
304
508
290
317
45
50
43
53
56
39
41
64
43
75
51
100

9
10
40
170
Calories
104
7
2
60
76
225
54
13
22
23
100
200
80
160
104
110
220
115
104
121
70
129
71
30
42
12
8
12
195
5
28
10
5
25
30
144
3
9
6
2
10

66
80
155
93
39
27
4
86
4
6
17
12
170
33
14
21
70
2
20
15
20
21
36
27
85
65
40
30
4
4
6
16
64
60
44
28
30
80
16
45
67
110
99
231
34
35
1

12
50
20
15
128
161
278
86
136
40
1
1
9 to 10
25
20
7.2
2
78
119
80
87
42
19
31
52
26
38
4
10
13
25
25
87.5
175
24
25
125
30
73.5
150
41
10.88
46

30
35
75
Calories
110
144
60 to 90 (depending on brand)
180
120
250
116
120
115
170
165
310
130
155
137
215
180
260
175
230
120
125
270
65
117
125
91
86
90
130
86