| Food | Quantity | Calories | Fat | Cholesterol | Protein | Vitamin | Calcium | Iron | Sodium | Potassium | Carbohydate | Caffeine |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Milk (Non-Fat Dry Milk) | 68g | 243 | 0.5g | 12mg | 24g | Vitamin A | 64% | 1.2% | 373mg | 1159mg | 35g | 0 |
| Tuna Fish | 172g | 220 | 5.1g | 72mg | 41g | Vitamin A | 1.9% | 9.3% | 648mg | 408mg | 0g | 0 |
| Yogurt | 170g | 107 | 2.6g | 10mg | 8.9g | Vitamin C | 24% | 0.8% | 119mg | 398mg | 12g | 0 |
| Fortified cereals | 29g | 110 | 1g | 0mg | 2g | Vitamin C | 0% | 30% | 160mg | 80mg | 24g | 0 |
| Pudding | 110g | 143 | 4.2g | 1.1mg | 1.6g | Vitamin C | 4.1% | 0.6% | 156mg | 72mg | 25g | 0 |
| Fruit | 162g | 97 | 0.5g | 0mg | 1.4g | Vitamin C | 2% | 2.9% | 2.6mg | 364mg | 24g | 0 |
| Peaches | 175g | 68 | 0.4g | 0mg | 1.6g | Vitamin C | 0.8% | 2.4% | 0mg | 333mg | 17g | 0 |
| Pears | 178g | 101 | 0.3g | 0mg | 0.6g | Vitamin C | 1.2% | 1.8% | 1.8mg | 206mg | 27g | 0 |
| Apricots | 35g | 17 | 0.1g | 0mg | 0.5g | Vitamin A | 0.3% | 0.8% | 0.3mg | 91mg | 0mg | 0 |
| Beef Jerky | 28g | 116 | 7.3g | 14mg | 9.4g | No Vitamin | 0.4% | 8.5% | 590mg | 14mg | 3.1g | 0 |
| Nuts | 28g | 172 | 15g | 0mg | 5.7g | Vitamin C | 2.6% | 4.1% | 77mg | 179mg | 6g | 0 |
| Granola bars | 28g | 117 | 4.6g | 0mg | 1.6g | Vitamin C | 0.9% | 3.4% | 70mg | 66mg | 20g | 0 |
| Cookies | 30g | 148 | 7.4g | 0mg | 0g | Vitamin D | 0% | 9% | 93mg | 51mg | 20g | 3.3mg |
| Beef Steak | 221g | 614 | 41g | 214mg | 58g | No Vitamin | 2.9% | 21% | 115mg | 698mg | 0g | 0 |
| Smoked Turkey | 57g | 64 | 1.7g | 31mg | 7.7g | Vitamin C | 0.7% | 6.9% | 680mg | 198mg | 4.4g | 0 |
| Quiches | 115g | 218 | 17g | 178mg | 14g | Vitamin A | 16% | 7.3% | 394mg | 261mg | 3.8g | 0 |
| Casseroles | 245g | 350 | 18g | 66mg | 22g | Vitamin C | 16% | 14% | 643mg | 740mg | 24g | 0 |
| Chicken Pot Pie | 417g | 851 | 49g | 63mg | 21g | Vitamin A | 6.4% | 18% | 1639mg | 459mg | 80g | 0 |
| Cream Cheese | 29g | 102 | 10g | 29mg | 1.8g | Vitamin A | 2.2% | 0.2% | 91mg | 38mg | 1.6g | 0 |
| Sour Cream | 12g | 24 | 2.3g | 7.1mg | 0.3g | Vitamin A | 0.9% | 0.1% | 3.7mg | 15mg | 0.6g | 0 |
| Tang | 5g | 20 | 0g | 0mg | 0g | No Vitamin | 0% | 0% | 15mg | 0mg | 5g | 0 |
| Dry Beans | 194g | 662 | 2.8g | 0mg | 42g | Vitamin A | 18% | 54% | 9.7mg | 2877mg | 121g | 0 |
| Peas | 160g | 134 | 0.3g | 25g | 8.6g | Vitamin C | 3.3% | 14% | 4.8mg | 434mg | 25g | 0 |