

Category	Food Item	Measure	Calories	Protein	Fat	Carbs	Fibre
Beverages	Coffee, brewed	250mL	3			0	0
Beverages	Coffee, brewed, decaffeinated	250mL	3		0	0	0
Beverages	Coffee, instant, regular, powder + water	250mL	5			1	0
Beverages	Coffee, latte	250mL	101	5	6	7	0
Beverages	Coffee, substitute, powder + water	250mL	13			3	0.8
Beverages	Cola	250mL	110		0	28	0
Beverages	Cola, aspartame sweetened	250mL	3		0		0
Beverages	Cola, decaffeinated	250mL	107	0	0	28	0
Beverages	Fruit punch flavour drink, powder (Kool-Aid™) + water	250mL	102	0		26	0
Beverages	Fruit punch flavour drink, vitamin C added, powder + water	250mL	102	0		26	0
Beverages	Fruit punch juice drink, ready-to-drink (Sunny D™)	250mL	123	0	0	33	0
Beverages	Ginger ale	250mL	88	0	0	23	0
Beverages	Iced cappuccino - original - with cream (Tim Hortons™)	250mL	211	2	9	28	0
Beverages	Iced cappuccino - with 2% milk (Tim Hortons™)	250mL	127	3	1	27	0
Beverages	Iced coffee, Frappuccino (Starbucks™)	250mL	127	3	2	26	0
Beverages	Iced tea, lemon flavor, ready-to-drink	250mL	91	0	0	23	0
Beverages	Iced tea, lemon flavour, powder + water	250mL	93			23	0
Beverages	Lemonade, pink or white, frozen, diluted	250mL	105			27	0.2
Beverages	Lemon-lime soda	250mL	104	0	0	27	0
Beverages	Liqueur, coffee and cream	45mL	172	1	8	11	0
Beverages	Non cola soda, aspartame sweetened	250mL	0	0	0		0
Beverages	Orange drink, vitamin C added (Hi-C™), ready-to-drink	250mL	134	0		34	0
Beverages	Orange soda	250mL	126	0	0	32	0
Beverages	Sangria	125mL	87			12	0.1
Beverages	Spirits (gin, rum, vodka, whisky)	50mL	109	0	0	0	0
Beverages	Tea, brewed	250mL	3	0		1	0
Beverages	Tea, brewed, herbal	250mL	3	0		1	0
Beverages	Tonic water	250mL	124	0	0	32	0
Beverages	Vodka cooler	1 bottle	220		1	33	0.3
Beverages	Water, mineral (Perrier™)	250mL	0	0	0	0	0
Beverages	Water, municipal	250mL	0	0	0	0	0
Beverages	Wine, dessert, sweet	125mL	203		0	17	0
Beverages	Wine, table, red	125mL	90		0	2	0
Beverages	Wine, table, white	125mL	85		0	1	0
Dairy	Buttermilk	250mL	104	9	1.4	12	2
Dairy	Cheese, Blue	50g	177	11	9.3	1	14
Dairy	Cheese, Brick	50g	186	12	9.4	1	15
Dairy	Cheese, Brie	50g	167	10	8.7		14
Dairy	Cheese, Camembert	50g	150	10	7.6		12
Dairy	Cheese, Cheddar	50g	202	12	10.5	1	17
Dairy	Cheese, Cheddar, low fat (18% M.F.)	50g	141	14	5.8	1	9
Dairy	Cheese, Cottage cheese (1% M.F.)	125mL	86	15	0.8	3	1
Dairy	Cheese, Cream cheese, light	30mL	70	3	3.4	2	5
Dairy	Cheese, Cream cheese, regular	30mL	103	2	6.5	1	10
Dairy	Cheese, Edam	50g	179	12	8.8	1	14
Dairy	Cheese, Feta	50g	132	7	7.7	2	11
Dairy	Cheese, Goat cheese, soft	50g	134	9	7.3		11

Category	Food Item	Measure	Calories	Protein	Fat	Carbs	Fibre
Dairy	Cheese, Gouda	50g	178	13	9.0	1	14
Dairy	Cheese, Gruyere	50g	207	15	9.5		16
Dairy	Cheese, Imitation cheese	50g	120	8	4.4	6	7
Dairy	Cheese, Mozzarella (22.5% M.F.)	50g	141	10	6.8	1	11
Dairy	Cheese, Mozzarella, partially skimmed (16.5% M.F.)	50g	127	13	5.2	1	8
Dairy	Cheese, Parmesan, grated	15mL	27	2	1.1		2
Dairy	Cheese, Processed cheese food, thin slices	1	78	5	4.1		7
Dairy	Cheese, Processed cheese food, thin slices, light	1	50	4	1.8	2	3
Dairy	Cheese, Processed cheese spread (Cheez Whiz™)	30mL	90	5	4.1	3	7
Dairy	Cheese, Ricotta cheese, partly skimmed milk	125mL	181	15	6.5	7	10
Dairy	Cheese, Romano, grated	15mL	25	2	1.1		2
Dairy	Cheese, Swiss (Emmental)	50g	190	13	8.9	3	14
Dairy	Cheese, Swiss, processed, thin slices	1	70	5	3.3		5
Dairy	Chocolate milk, chocolate flavour powder + 2% milk	250mL	207	9	3.4	33	6
Dairy	Chocolate milk, syrup + 2% milk	250mL	238	10	3.3	38	5
Dairy	Coffee whitener, frozen liquid	15mL	21		0.3	2	2
Dairy	Coffee whitener, powdered	5mL	11		0.6	1	1
Dairy	Coffee whitener, powdered, light	5mL	9		0.1	1	
Dairy	Cream, Half and half, 10% M.F.	15mL	18		1.0	1	2
Dairy	Cream, Whipped, pressurized	60mL	39		2.1	2	3
Dairy	Dessert topping, frozen	60mL	60		4.1	4	5
Dairy	Dessert topping, frozen, low fat	60mL	42	1	2.1	4	2
Dairy	Dessert topping, powdered, prepared with 2% milk	60mL	37	1	2.0	3	2
Dairy	Dessert topping, pressurized	60mL	47		3.4	3	4
Dairy	Drinkable yogourt	200mL	145	5	2.1	24	3
Dairy	Eggnog	250mL	362	10	11.9	36	20
Dairy	Fresh cheese (Danimal™, Minigo™)	1	68	3	1.1	10	2
Dairy	Hot chocolate, aspartame sweetened, powder + water	250mL	78	3	0	15	1
Dairy	Hot chocolate, homemade with cocoa + 2% milk	250mL	203	9	3.8	28	6
Dairy	Hot chocolate, powder + 2% milk	250mL	255	10	3.8	41	6
Dairy	Hot chocolate, powder + water	250mL	160	2	0.9	34	2
Dairy	Instant breakfast powder + 2% milk	250mL	260	16	3.1	36	5
Dairy	Kefir, plain	175mL	104	6	3.8	7	6
Dairy	Milk shake, chocolate	250mL	296	8	4.2	53	7
Dairy	Milk shake, vanilla	250mL	279	10	4.7	44	8
Dairy	Milk, chocolate, 1% M.F.	250mL	166	9	1.6	28	3
Dairy	Milk, chocolate, 2% M.F.	250mL	190	8	3.3	27	5
Dairy	Milk, condensed, sweetened, canned (Eagle Brand™)	15mL	62	2	1.1	11	2
Dairy	Milk, partly skimmed, 1% M.F.	250mL	108	9	1.6	13	3
Dairy	Milk, partly skimmed, 2% M.F.	250mL	129	9	3.3	12	5
Dairy	Milk, partly skimmed, 2% M.F., with added milk solids	250mL	146	10	3.2	14	5
Dairy	Milk, reconstituted, from skim milk powder	250mL	86	8	0.1	13	
Dairy	Milk, skim	250mL	88	9	0.2	13	
Dairy	Milk, whole, 3.3% M.F.	250mL	155	8	5.4	12	8
Dairy	Pudding, Chocolate, ready-to-eat	1 unit	138	3	0.7	23	4
Dairy	Pudding, Chocolate, ready-to-eat, fat-free	1 unit	96	3	0.2	20	
Dairy	Pudding, Rice, homemade	125mL	160	4	1.2	32	2

Category	Food Item	Measure	Calories	Protein	Fat	Carbs	Fibre
Fruit	Fruit cocktail, canned, juice pack	125mL	58	1		15	1.3
Fruit	Fruit cocktail, canned, light syrup pack	125mL	73	1		19	1.3
Fruit	Fruit salad, tropical, canned, heavy syrup pack	125mL	117	1		30	1.8
Fruit	Fruit salad, tropical, canned, juice pack	125mL	70	1		18	1.1
Fruit	Grape juice, frozen, sweetened, diluted, vitamin C added	125mL	67			17	0.1
Fruit	Grape juice, ready-to-drink, vitamin C added	125mL	81	1		20	0.1
Fruit	Grapefruit juice, ready-to-drink unsweetened or freshly squeezed	125mL	50	1		12	0.4
Fruit	Grapefruit juice, ready-to-drink, sweetened	125mL	61	1		15	0.1
Fruit	Grapefruit, pink or red	1/2	52	1		13	2.0
Fruit	Grapefruit, white	1/2	39	1		10	2.1
Fruit	Grapes	20	69	1		18	1.2
Fruit	Kiwifruit	1	46	1		11	2.3
Fruit	Lemon juice, canned or bottled	15mL	3			1	0.1
Fruit	Lime juice, canned or bottled	15mL	3			1	0.1
Fruit	Lychees (litchis)	10	63	1		16	1.2
Fruit	Mango	1/2	67	1		18	1.9
Fruit	Melon, cantaloupe, cubes	125mL	29	1		7	0.6
Fruit	Melon, honeydew, cubes	125mL	32			8	0.7
Fruit	Melon, watermelon, cubes	125mL	24			6	0.3
Fruit	Nectar, apricot	125mL	74			19	0.8
Fruit	Nectar, mango	125mL	68			17	0.4
Fruit	Nectarine	1	60	1		14	2.3
Fruit	Orange	1	62	1		15	2.3
Fruit	Orange and grapefruit juice, ready-to-drink	125mL	56	1		13	0.1
Fruit	Orange juice, frozen, diluted	125mL	59	1		14	0.3
Fruit	Orange juice, ready-to-drink	125mL	58	1		13	0.3
Fruit	Orange juice, ready-to-drink, refrigerated, vitamin D and calcium ad	125mL	58	1		13	0.3
Fruit	Orange, strawberry and banana juice, ready-to-drink	125mL	57	1		15	0.2
Fruit	Papaya, cubes	125mL	29			7	1.3
Fruit	Peach	1	38	1		9	1.9
Fruit	Peach, canned halves or slices, juice pack	125mL	58	1		15	1.7
Fruit	Peach, canned halves or slices, light syrup pack	125mL	72	1		19	1.7
Fruit	Peach, canned halves or slices, water pack	125mL	31	1		8	1.7
Fruit	Pear with skin	1	96	1		26	5.0
Fruit	Pear, canned halves, juice pack	125mL	66			17	2.1
Fruit	Pear, canned halves, light syrup pack	125mL	76			20	2.1
Fruit	Pear, canned halves, water pack	125mL	37			10	2.0
Fruit	Pineapple juice, ready-to-drink, vitamin C added	125mL	74			18	0.3
Fruit	Pineapple, canned, juice pack	125mL	79	1		21	1.2
Fruit	Pineapple, cubes	125mL	42			11	1.1
Fruit	Plantain, baked or boiled, sliced	125mL	94	1		25	1.9
Fruit	Plum	1	30			8	1.1
Fruit	Pomegranate (9.5cm diam)	1/2	53	1		13	0.5
Fruit	Pomegranate juice, ready-to-drink	125mL	72	0	0	20	0
Fruit	Prune juice, ready-to-drink	125mL	96	1		24	1.4
Fruit	Prunes, dried	3	60	1		16	1.8
Fruit	Prunes, dried, cooked, without added sugar	60mL	67	1		18	3.6

Category	Food Item	Measure	Calories	Protein	Fat	Carbs	Fibre
Fruit	Raisins	60mL	110	1		29	1.3
Fruit	Raspberries	125mL	34	1		8	4.2
Fruit	Rhubarb, frozen, cooked, with added sugar	125mL	147			40	2.5
Fruit	Strawberries	7	27	1		6	1.9
Fruit	Strawberries, frozen, unsweetened	125mL	41	1		11	1.8
Fruit	Tangerine (mandarin)	1	45	1		11	1.5
Fruit	Tangerine (mandarin), canned, juice pack, drained	125mL	38	1		9	1.2
Grain/Cereal	All Bran Buds with psyllium, Kellogg's™	75mL	70	2	1	22	11.3
Grain/Cereal	All Bran, Kellogg's™	125mL	92	4	1	27	11.8
Grain/Cereal	Almond Raisin Muesli, Kellogg's™	175mL	173	4	3	34	3.0
Grain/Cereal	Alpha-Bits, Post™	250mL	139	2	1	30	1.1
Grain/Cereal	Bagel, plain (10cm diam)	1	195	7	1	38	1.6
Grain/Cereal	Bannock	1 medium	84	2		19	0.5
Grain/Cereal	Barley, pearled, cooked	125mL	102	2		23	2.0
Grain/Cereal	Bran Flakes, Post™	250mL	185	5	1	41	7.4
Grain/Cereal	Bread stick, plain (19cm X 2cm)	1	41	1	1	7	0.3
Grain/Cereal	Bread stuffing, dry mix, prepared	125mL	188	3	9	23	3.1
Grain/Cereal	Bread, French or Vienna	1 slice	96	3	1	18	1.1
Grain/Cereal	Bread, Italian	1 slice	95	3	1	18	0.9
Grain/Cereal	Bread, mixed-grain	1 slice	88	4	1	16	2.2
Grain/Cereal	Bread, naan	1/2	192	7	2	36	1.4
Grain/Cereal	Bread, oatmeal	1 slice	94	3	2	17	1.4
Grain/Cereal	Bread, pita, white (17cm diam)	1	165	5	1	33	1.3
Grain/Cereal	Bread, pita, whole wheat (17cm diam)	1	170	6	2	35	4.7
Grain/Cereal	Bread, pumpernickel	1 slice	88	3	1	17	2.3
Grain/Cereal	Bread, raisin	1 slice	96	3	2	18	1.5
Grain/Cereal	Bread, rye	1 slice	91	3	1	17	2.0
Grain/Cereal	Bread, white, Calorie-reduced	1 slice	72	3	1	16	3.4
Grain/Cereal	Bread, white, commercial	1 slice	93	3	1	18	0.8
Grain/Cereal	Bread, white, homemade with 2% milk	1 slice	100	3	2	17	0.7
Grain/Cereal	Bread, whole wheat, commercial	1 slice	86	3	1	16	2.4
Grain/Cereal	Bread, whole wheat, homemade with 2% milk	1 slice	97	3	2	18	2.1
Grain/Cereal	Bulgur, cooked	125mL	80	3		18	2.7
Grain/Cereal	Cap'n Crunch, Quaker™	175mL	108	1	1	23	0.7
Grain/Cereal	Cheerios, Honey Nut, General Mills™	250mL	134	3	1	28	2.1
Grain/Cereal	Cheerios, regular General Mills™	250mL	95	3	2	18	2.2
Grain/Cereal	Cheese crackers, small	15	75	2	4	9	0.4
Grain/Cereal	Chickpea flour	125mL	188	11	3	28	5.2
Grain/Cereal	Cinnamon Toast Crunch, General Mills™	175mL	123	1	3	22	1.0
Grain/Cereal	Corn Bran, Quaker™	250mL	124	3	2	30	6.1
Grain/Cereal	Corn Flakes, Kellogg's™	250mL	103	2		23	0.7
Grain/Cereal	Corn Pops, Kellogg's™	250mL	130	1		30	0.4
Grain/Cereal	Corameal, dry	125mL	267	6	1	57	5.4
Grain/Cereal	Couscous, cooked	125mL	93	3		19	0.7
Grain/Cereal	Cream of wheat, regular	175mL	46	2		9	0.7
Grain/Cereal	Croutons, plain	60mL	31	1	1	6	0.4
Grain/Cereal	Dumpling	1 dumpling	69	1	4	8	0.3

Category	Food Item	Measure	Calories	Protein	Fat	Carbs	Fibre
Grain/Cereal	English muffin, white, toasted	1	133	4	1	26	1.5
Grain/Cereal	English muffin, whole wheat, toasted	1	126	5	1	25	2.6
Grain/Cereal	Fibre 1, General Mills™	125mL	79	3	1	24	14.1
Grain/Cereal	French toast, frozen, ready to heat, heated	1 slice	126	4	4	19	0.6
Grain/Cereal	French toast, homemade	1 slice	149	5	7	16	0.7
Grain/Cereal	Froot Loops, Kellogg's™	250mL	116	1	1	26	0.6
Grain/Cereal	Frosted Flakes, Kellogg's™	250mL	142	2		33	0.6
Grain/Cereal	Fruit & Fibre, Dates/Raisins/Walnuts, Post	125mL	93	3	1	22	4.3
Grain/Cereal	Fry bread	1	122	2	5	18	1.0
Grain/Cereal	Granola with Raisins, low fat, Kellogg's™	125mL	226	5	3	46	3.5
Grain/Cereal	Granola with Raisins, Rogers™	125mL	245	5	8	41	5.3
Grain/Cereal	Grape-Nuts, Post™	125mL	208	6	1	46	6.0
Grain/Cereal	Harvest Crunch, regular, Quaker™	125mL	218	5	9	31	3.3
Grain/Cereal	Honeycomb, Post™	250mL	92	1		21	0.2
Grain/Cereal	Just Right, Kellogg's™	250mL	172	4	1	38	2.2
Grain/Cereal	Life, Quaker™	175mL	124	5	2	23	2.9
Grain/Cereal	Lucky Charms, General Mills™	250mL	132	2	1	28	1.7
Grain/Cereal	Macaroni, cooked	250mL	209	7	1	42	1.8
Grain/Cereal	Matzo, plain	1	112	3		24	0.9
Grain/Cereal	Melba toast, plain	2	39	1		8	0.6
Grain/Cereal	Milk crackers	2	109	2	4	17	0.5
Grain/Cereal	Mini-Wheats with White Frosting, Kellogg's™	175mL	121	3	1	29	3.6
Grain/Cereal	Muesli, President's Choice™	75mL	144	5	2	28	3.5
Grain/Cereal	Nesquik, General Mills™	250mL	120	1	1	27	0.6
Grain/Cereal	Noodles, Chinese, chow mein	60mL	60	1	4	7	0.4
Grain/Cereal	Noodles, egg, cooked	250mL	225	8	2	42	1.9
Grain/Cereal	Oat bran, cooked	175mL	73	3	1	12	3.4
Grain/Cereal	Oat bran, dry	125mL	122	9	3	33	5.2
Grain/Cereal	Oat flour	125mL	200	7	4	35	5.3
Grain/Cereal	Oatmeal Crisp Almond, General Mills™	125mL	131	3	3	23	2.3
Grain/Cereal	Oatmeal Crisp Maple Walnut, General Mills™	125mL	133	3	2	25	2.3
Grain/Cereal	Oatmeal, instant, apple-cinnamon	1 packet	141	3	2	29	2.8
Grain/Cereal	Oatmeal, instant, regular	1 packet	112	4	2	20	2.7
Grain/Cereal	Oatmeal, large flakes/quick	175mL	99	4	2	17	2.6
Grain/Cereal	Pancake, buckwheat, prepared from mix (13cm diam)	1	73	3	3	10	1.1
Grain/Cereal	Pancake, homemade with butter and syrup (13cm diam)	1	112	3	3	20	0.8
Grain/Cereal	Pancake, plain, from complete mix (13cm diam)	1	64	1	2	11	0.4
Grain/Cereal	Pancake, plain, frozen, ready-to-heat (13cm diam), heated	1	94	2	1	18	0.7
Grain/Cereal	Pancake, plain, homemade (13cm diam)	1	86	2	4	11	0.5
Grain/Cereal	Pasta, fresh-refrigerated, cooked	250mL	220	9	3	40	3.7
Grain/Cereal	Pasta, fresh-refrigerated, spinach, cooked	250mL	223	9	3	41	2.2
Grain/Cereal	Potato flour	125mL	302	6		70	0.1
Grain/Cereal	Potato pancake, homemade (8cm diam)	1	112	2	6	13	1.0
Grain/Cereal	Puffed Wheat, Quaker™	250mL	45	2		9	1.4
Grain/Cereal	Quinoa, cooked	125mL	70	2	1	13	1.3
Grain/Cereal	Raisin Bran, Kellogg's™	250mL	187	5	1	47	6.7
Grain/Cereal	Ramen noodles, chicken flavour, dry	1 package	371	9	13	54	2.0

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Meat/Poultry	Pork, Loin, rib end, lean + fat, pan-fried	75g	199	20	13	0	
Meat/Poultry	Pork, Shoulder, butt, lean + fat, roasted	75g	198	19	13	0	
Meat/Poultry	Pork, Shoulder, whole, lean + fat, roasted	75g	219	17	16	0	
Meat/Poultry	Pork, Spareribs, lean + fat, braised	75g	251	20	18	0	
Meat/Poultry	Pork, Tenderloin, lean, roasted	75g	108	21	2	0	
Meat/Poultry	Ptarmigan, flesh, cooked	75g	116	23	2	0	
Meat/Poultry	Rabbit, composite cuts, roasted	75g	148	22	6	0	
Meat/Poultry	Salami, beef and pork	2 slices	118	6	9	2	
Meat/Poultry	Salami, pork and beef, dry or hard	5 slices	185	12	15	1	
Meat/Poultry	Salami, pork and beef, reduced salt	2 slices	182	7	14	7	
Meat/Poultry	Sausage, Bratwurst, pork, cooked	1	184	11	14	2	
Meat/Poultry	Sausage, breakfast, pork and beef, cooked	1	51	2	5		
Meat/Poultry	Sausage, breakfast, pork, cooked	1	35	2	3		
Meat/Poultry	Sausage, Italian, pork, cooked	1	258	14	20	3	
Meat/Poultry	Sausage, turkey, cooked	1	147	18	8	0	
Meat/Poultry	Seal meat, boiled	75g	129	26	2	0	
Meat/Poultry	Spruce grouse, flesh, cooked	75g	99	20	2	0	
Meat/Poultry	Summer sausage, beef	2 slices	188	9	17		
Meat/Poultry	Thymus, veal, braised	75g	94	17	2	0	
Meat/Poultry	Tongue, beef, canned or pickled	75g	200	14	15		
Meat/Poultry	Turkey, canned, flaked	80mL	50	6	3		
Meat/Poultry	Turkey, dark meat and skin, roasted	75g	162	17	9	0	
Meat/Poultry	Turkey, dark meat, roasted	75g	139	19	6	0	
Meat/Poultry	Turkey, ground, cooked	75g	176	21	10	0	
Meat/Poultry	Turkey, light meat and skin, roasted	75g	143	21	4	0	
Meat/Poultry	Turkey, light meat, roasted	75g	116	21	2	0	
Meat/Poultry	Veal, Composite cuts, lean + fat, cooked	75g	173	23	9	0	
Meat/Poultry	Veal, Cutlets, grain-fed, pan-fried	75g	136	27	2	0	
Meat/Poultry	Veal, Cutlets, milk-fed, pan-fried	75g	142	28	2	0	
Meat/Poultry	Veal, Ground, broiled	75g	129	18	6	0	
Meat/Poultry	Veal, Leg, lean + fat, breaded, pan-fried	75g	171	20	7	7	
Meat/Poultry	Veal, Leg, lean + fat, roasted	75g	120	21	3	0	
Meat/Poultry	Veal, Loin, lean + fat, roasted	75g	163	19	9	0	
Meat/Poultry	Veal, Shoulder, whole, lean + fat, roasted	75g	142	23	5	0	
Meat/Poultry	Veal, Stewing meat, lean, braised	75g	141	26	3	0	
Meat/Poultry	Vienna sausage (cocktail), beef and pork, canned	3	110	5	9	1	
Meat/Poultry	Wiener (frankfurter), beef	1	104	5	8	2	
Meat/Poultry	Wiener (frankfurter), beef and pork	1	107	5	9	2	
Meat/Poultry	Wiener (frankfurter), beef and pork, light	1	58	4	4	2	
Meat/Poultry	Wiener (frankfurter), chicken	1	93	4	7	2	
Miscellaneous	Bacon bits, simulated meat	15mL	34	2	0.3	2	2
Miscellaneous	Cream cheese dip	30mL	108	2	5.8	1	11
Miscellaneous	Gravy, beef, canned	60mL	31	2	0.7	3	1
Miscellaneous	Gravy, beef, dehydrated, prepared with water	60mL	20	1	0.2	3	1
Miscellaneous	Gravy, chicken, canned	60mL	48	1	0.9	3	3
Miscellaneous	Gravy, chicken, dehydrated, prepared with water	60mL	22	1	0.2	4	1
Miscellaneous	Gravy, turkey, canned	60mL	31	2	0.4	3	1

Category	Food Item	Measure	Calories	Protein	Fat	Carbs	Fibre
Soups	Cream of chicken, Condensed, prepared with 2% milk	250mL	189	8	10	16	0.3
Soups	Cream of mushroom, Condensed, prepared with 2% milk	250mL	202	6	13	16	0.5
Soups	Cream of mushroom, Condensed, prepared with water	250mL	137	2	9	10	0.5
Soups	Cream of mushroom, reduced salt, Condensed, prepared with 2% n 250mL		134	6	5	17	0.8
Soups	Cream of tomato, Condensed, prepared with 2% milk	250mL	155	6	5	24	1.3
Soups	Cream of vegetable, Homemade	250mL	62	5	2	7	0.8
Soups	French onion, Homemade	250mL	204	10	6	28	1.9
Soups	Lentil, Homemade	250mL	193	12	5	27	5.1
Soups	Minestrone, chunky, Ready-to-serve	250mL	134	5	3	22	6.1
Soups	Minestrone, Dehydrated, prepared with water	250mL	83	5	2	13	0.8
Soups	Onion, Dehydrated, prepared with water	250mL	29	1	1	5	0.8
Soups	Split pea with ham, chunky, Ready-to-serve	250mL	195	12	4	28	4.1
Soups	Split pea with ham, Homemade	250mL	190	13	2	31	3.8
Soups	Tomato vegetable, Dehydrated, prepared with water	250mL	56	2	1	10	0.5
Soups	Tomato, Condensed, prepared with water	250mL	90	2	2	18	1.2
Soups	Tomato, reduced salt, Condensed, prepared with water	250mL	90	2	2	19	0.5
Soups	Vegetable, chunky, Ready-to-serve	250mL	129	4	4	20	1.3
Soups	Vegetable, Homemade	250mL	49	3	1	8	1.4
Soups	Vegetables with beef, Condensed, prepared with water	250mL	83	6	2	11	0.7
Soups	Vegetarian vegetable, Condensed, prepared with water	250mL	76	2	2	13	0.5
Sweets	Almonds, chocolate covered	10	180	4	12	15	1.4
Sweets	Brown sugar	5mL	18	0	0	5	0
Sweets	Butterscotch	1 piece	21			5	0
Sweets	Candy, chocolate covered, sweetened with sorbitol	1 piece	29	1	2	2	0.2
Sweets	Caramel	4	154	2	3	31	0.5
Sweets	Caramel coated cookies, chocolate covered (Twix™)	1 package	289	3	14	38	0.6
Sweets	Caramel with nuts, chocolate covered (Turtles™)	2	132	3	6	17	1.2
Sweets	Caramel, chocolate covered (Rolo™, Caramilk™)	1 bar	246	3	11	35	0.5
Sweets	Chewing gum	1 stick	7	0		2	0.1
Sweets	Chewing gum, sugarless	1 stick	5	0		2	
Sweets	Chocolate covered wafer (Kit Kat™, Coffee Crisp™)	1 bar	218	3	11	27	0.4
Sweets	Chocolate ice milk bar (Fudgesicle™)	1	65	3		14	0.9
Sweets	Chocolate malt-nougat and caramel, chocolate covered (Mars™)	1 bar	245	3	9	42	1.0
Sweets	Chocolate mousse, homemade	125mL	203	4	14	14	0.5
Sweets	Chocolate syrup, thin type	15mL	110	1		26	1.0
Sweets	Chocolate topping, fudge-type	30mL	135	2	3	24	1.1
Sweets	Chocolate, candy coated (M&M'S™, Smarties™)	1 package	201	2	9	27	1.1
Sweets	Chocolate, semisweet, bars or chips	60mL	204	2	13	27	2.5
Sweets	Coconut candy, chocolate covered (Bounty™, Almond Joy™)	1 bar	235	2	13	29	2.5
Sweets	Corn syrup	15mL	59	0	0	16	0
Sweets	Double fruit jam type spread	15mL	42			10	0.5
Sweets	Double fruit jam type spread, reduced sugar	15mL	23			5	0.4
Sweets	Fondant, chocolate covered (After Eight™)	2 pieces	59		2	13	0.3
Sweets	Frozen yogurt, chocolate	125mL	116	3	3	20	1.2
Sweets	Frozen yogurt, vanilla	125mL	124	3	4	18	0
Sweets	Fruit and juice bar	1	63	1		16	0.8
Sweets	Fruit leather	1 roll	52			12	0.5

Category	Food Item	Measure	Calories	Protein	Fat	Carbs	Fibre
Vegetables	Alfalfa sprouts, raw	60mL	2				0.2
Vegetables	Artichoke hearts, canned in water	1 heart	13	1		3	1.0
Vegetables	Artichoke hearts, marinated in oil	1 heart	27	1	2	3	1.0
Vegetables	Artichoke, boiled, drained	1 medium	60	4		13	4.7
Vegetables	Asparagus, canned, drained	6 spears	21	2	1	3	1.5
Vegetables	Asparagus, fresh or frozen, boiled, drained	6 spears	18	2		3	1.6
Vegetables	Bean sprouts, stir-fried	125mL	33	3		7	1.2
Vegetables	Beans, lima, frozen, boiled, drained	125mL	100	6		18	4.0
Vegetables	Beans, snap (green, yellow, Italian), canned, drained	125mL	14	1		3	1.5
Vegetables	Beans, snap (green, yellow, Italian), fresh or frozen, boiled, drained	125mL	22	1		5	1.9
Vegetables	Beets, pickled, sliced, not drained	125mL	78	1		20	2.2
Vegetables	Beets, sliced, boiled, drained	125mL	40	2		9	1.8
Vegetables	Beets, sliced, canned, drained	125mL	28	1		6	1.9
Vegetables	Belgium endive, raw	1 endive	9			2	1.6
Vegetables	Bok Choy, Pak-Choi, shredded, boiled, drained	125mL	11	1		2	0.9
Vegetables	Broccoli, chopped, boiled, drained	125mL	29	2		6	2.0
Vegetables	Broccoli, chopped, raw	125mL	16	1		3	1.1
Vegetables	Broccoli, frozen spears, boiled, drained	125mL	27	3		5	2.3
Vegetables	Brussels sprouts, fresh or frozen, boiled, drained	4 sprouts	33	3		6	3.2
Vegetables	Cabbage, green, shredded, boiled, drained	125mL	17	1		4	1.3
Vegetables	Cabbage, green, shredded, raw	125mL	9	1		2	0.7
Vegetables	Cabbage, red, shredded, raw	125mL	11	1		3	0.8
Vegetables	Carrot juice	125mL	50	1		12	1.0
Vegetables	Carrots, baby, raw	8	28	1		7	1.4
Vegetables	Carrots, fresh or frozen, boiled, drained	125mL	28	1		6	1.9
Vegetables	Carrots, raw	1 medium	25	1		6	1.5
Vegetables	Cauliflower, pieces, boiled, drained	125mL	15	1		3	1.8
Vegetables	Cauliflower, pieces, raw	125mL	13	1		3	0.9
Vegetables	Celery, raw	1 stalk	6			1	0.6
Vegetables	Coleslaw with dressing, homemade	125mL	44	1	2	8	1.0
Vegetables	Corn, sweet, canned, cream style	125mL	97	2	1	25	1.8
Vegetables	Corn, sweet, canned, niblets	125mL	88	3	1	22	2.3
Vegetables	Corn, sweet, on or off cob, fresh or frozen, boiled, drained	125mL	82	3	1	19	2.0
Vegetables	Cucumber, peeled, raw	4 slices	3			1	0.2
Vegetables	Edamame	125mL	100	9	4	8	4.3
Vegetables	Eggplant, pieces, boiled, drained	125mL	18			5	1.3
Vegetables	Fiddleheads, frozen, boiled	125mL	33	4		6	0.9
Vegetables	Fireweed leaves, raw	125mL	13	1		2	1.3
Vegetables	Hearts of palm, canned	2	18	2		3	1.6
Vegetables	Kale, chopped, boiled, drained	125mL	19	1		4	1.4
Vegetables	Leeks, chopped, boiled, drained	125mL	17			4	0.5
Vegetables	Lettuce, Boston, shredded	250mL	8	1		1	0.6
Vegetables	Lettuce, iceberg, shredded	250mL	8	1		2	0.7
Vegetables	Lettuce, looseleaf, shredded	250mL	9	1		2	0.8
Vegetables	Lettuce, romaine, shredded	250mL	10	1		2	1.2
Vegetables	Lettuce, spring mix (mesclun)	250mL	12	1		2	1.1
Vegetables	Mushrooms, pieces, canned, drained	125mL	21	2		4	2.3

Category	Food Item	Measure	Calories	Protein	Fat	Carbs	Fibre
Vegetables	Tomato clam cocktail	125mL	61	1		14	0.5
Vegetables	Tomato juice	125mL	22	1		5	0.9
Vegetables	Tomato juice, without added salt	125mL	31	1		8	0.7
Vegetables	Tomato sauce for spaghetti, canned	125mL	143	2	6	21	1.9
Vegetables	Tomato sauce, canned	125mL	41	2		10	1.9
Vegetables	Tomatoes, canned, stewed	125mL	35	1		8	1.4
Vegetables	Tomatoes, canned, whole	125mL	22	1		5	1.0
Vegetables	Tomatoes, raw	1	22	1		5	1.5
Vegetables	Tomatoes, sun-dried	1 piece	5			1	0.2
Vegetables	Tomatoes, sun-dried, packed in oil, drained	1 piece	6			1	0.2
Vegetables	Turnip (white turnip), cubed, boiled, drained	125mL	18	1		4	1.6
Vegetables	Vegetable juice cocktail	125mL	24	1		6	0.7
Vegetables	Vegetable juice cocktail, low sodium	125mL	28	1		6	1.0
Vegetables	Vegetables, broccoli and cauliflower, frozen, boiled, drained	125mL	22	2		4	2.4
Vegetables	Vegetables, peas and carrots, canned, not drained	125mL	51	3		11	2.7
Vegetables	Zucchini, raw, slices	4	6			1	0.4
Vegetables	Zucchini, sliced, boiled, drained	125mL	15	1		4	1.3