

Abridged List Ordered by Nutrient Content in Household Measure Source: USDA National Nutrient Database for Standard Reference Legacy (2018) Nutrients: **Iron, Fe**(mg)

Description	Measure	Iron, Fe(mg)Per Measure
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden	1.0 cups (1 NLEA	
Maple	serving)	16.24
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini	1.0 cups (1 NLEA	
SPOONERS	serving)	16.2
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS	1.0 cups (1 NLEA	
with vanilla bunches	serving)	16.18
	3.0 tbsp (1 NLEA	
Cereals, MALT-O-MEAL, chocolate, dry	serving)	15.01
Beans, pink, mature seeds, raw	1.0 cups	14.22
	0.25 cups (1 NLEA	
Cereals, CREAM OF RICE, dry	serving)	12.8
Cereals, CREAM OF WHEAT, instant, prepared with water,	J.	
without salt	1.0 cups	11.95
Beans, adzuki, mature seeds, raw	1.0 cups	9.81
Beans, black, mature seeds, raw	1.0 cups	9.74
Corn flour, yellow, masa, enriched	1.0 cups	9.69
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	9.66
Seeds, pumpkin and squash seed kernels, roasted, with	1.0 cups	9.52
	0.75 cups (1 NLEA	
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	serving)	9.39
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE	0.75 cups (1 NLEA	
Cereal	serving)	9.18
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	9.13
Soybeans, green, raw	1.0 cups	9.09
Cornmeal, white, self-rising, bolted, with wheat flour		
added, enriched	1.0 cups	8.41
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS	0.75 cups (1 NLEA	
with cinnamon bunches	serving)	8.4
	0.75 cups (1 NLEA	
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	serving)	8.36
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	7.83
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	7.83
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cups	7.51
Blueberries, wild, canned, heavy syrup, drained	1.0 cups	7.02
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	6.53
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	6.09
Wheat flour, white, bread, enriched	1.0 cups	6.04
Mollusks, mussel, blue, raw	1.0 cups	5.92
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	5.91

Wheat flour, white, all-purpose, enriched, calcium-	1.0 cups	5.8
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	5.78
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	5.47
Nuts, hazelnuts or filberts	1.0 cups, chopped	5.41
Beverages, Protein powder soy based	1.0 scoop	5.4
Sausage, turkey, hot, smoked	2.0 oz	5.38
Cereals, oats, instant, fortified, with raisins and spice,		
prepared with water	1.0 cups	5.3
Beans, black turtle, mature seeds, cooked, boiled, without	1.0 cups	5.27
Teff, cooked	1.0 cups	5.17
	1.0 cups whole	
Nuts, almonds, dry roasted, without salt added	kernels	5.15
	1.0 pie crust	
flour	(average weight)	5.08
Pie crust, deep dish, frozen, baked, made with enriched	1.0 pie crust	
flour	(average weight)	4.99
Snacks, trail mix, regular, with chocolate chips, unsalted		
nuts and seeds	1.0 cups	4.95
Mollusks, oyster, eastern, farmed, raw	3.0 oz	4.91
Liverwurst spread	0.25 cups	4.87
Nuts, butternuts, dried	1.0 cups	4.82
Cereals ready-to-eat, granola, homemade	1.0 cups	4.82
, , ,	1.0 cups chopped	
Chicken, gizzard, all classes, cooked, simmered	or dice	4.63
Beans, black turtle, mature seeds, canned	1.0 cups	4.56
Mollusks, octopus, common, raw	3.0 oz	4.5
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	4.5
Corn grain, white	1.0 cups	4.5
Tomato products, canned, puree, with salt added	1.0 cups	4.45
Tomato products, canned, puree, without salt added	1.0 cups	4.45
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	4.44
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	4.44
Asparagus, canned, drained solids	1.0 cups	4.43
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	4.37
, , , , , , , , , , , , , , , , , , , ,	1.0 steak (yield	
Game meat, deer, top round, separable lean only, 1"	from 134.9 g raw	
steak, cooked, broiled	meat)	4.31
Beans, baked, canned, with pork	1.0 cups	4.3
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	4.29
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	4.22
Cornmeal, whole-grain, white	1.0 cups	4.21
Lima beans, immature seeds, cooked, boiled, drained,	1.0 cups	4.17
Oat flour, partially debranned	1.0 cups	4.16
Game meat, bison, chuck, shoulder clod, separable lean		
only, cooked, braised	1.0 serving (3 oz)	4.13
Potatoes, baked, skin, without salt	1.0 skin	4.08
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	4.03
Seeds, sesame flour, low-fat	1.0 oz	4.03
Barley flour or meal	1.0 cups	3.97
1		3.37

Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	3.85
Sorghum flour, whole-grain	1.0 cups	3.8
Passion-fruit, (granadilla), purple, raw	1.0 cups	3.78
Fast foods, biscuit, with egg and bacon	1.0 biscuit	3.74
Spinach, canned, regular pack, solids and liquids	1.0 cups	3.7
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	3.62
Cowpeas (blackeyes), immature seeds, frozen, cooked,		
boiled, drained, without salt	1.0 cups	3.6
	1.0 cups spiral	
Macaroni, vegetable, enriched, dry	shaped	3.6
Bagels, plain, enriched, with calcium propionate (includes		
onion, poppy, sesame)	1.0 bagel	3.53
Lima beans, immature seeds, frozen, baby, cooked,		
boiled, drained, without salt	1.0 cups	3.53
Veal, Australian, shank, hind, bone-in, separable lean only,	4.0 oz	3.48
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cups	3.48
Game meat, elk, round, separable lean only, cooked,		
broiled	1.0 serving (3 oz)	3.47
Tomatoes, red, ripe, canned, stewed	1.0 cups	3.39
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	3.35
Cherries, sour, red, canned, light syrup pack, solids and	1.0 cups	3.33
	1.0 cups,	
Biscuits, plain or buttermilk, dry mix	purchased	3.32
Pasta, whole-wheat, dry (Includes foods for USDA's Food		
Distribution Program)	1.0 cups spaghetti	3.29
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	3.29
Beef, shank crosscuts, separable lean only, trimmed to		
1/4" fat, choice, cooked, simmered	3.0 oz	3.28
	1.0 potato large	
Potatoes, Russet, flesh and skin, baked	(3" to 4-1/4" dia.	3.2
Turnip greens, frozen, cooked, boiled, drained, without	1.0 cups	3.18
Braunschweiger (a liver sausage), pork	1.0 oz	3.18
	1.0 patty (yield	
	from 104.1 g raw	
Game meat, elk, ground, cooked, pan-broiled	meat)	3.17
Rice flour, brown	1.0 cups	3.13
Fast Foods, biscuit, with egg and sausage	1.0 item	3.08
	1.0 cups, chopped	
Turkey, all classes, back, meat and skin, cooked, roasted	or diced	3.07
Squab, (pigeon), meat and skin, raw	3.0 oz	3.01
Beef, top loin petite roast/filet, boneless, separable lean		
and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	3.01
Pasta, dry, enriched	1.0 cups spaghetti	3
Game meat, bison, top round, separable lean only, 1"		
steak, cooked, broiled		2.99
	1.0 serving (3 oz)	2.33
Beef, ribeye cap steak, boneless, separable lean only,	1.0 serving (3 oz)	2.33
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1.0 serving (3 oz) 4.0 oz	2.98

Game meat , bison, top sirloin, separable lean only, 1"		
steak, cooked, broiled	1.0 serving (3 oz)	2.95
Fast foods, english muffin, with egg, cheese, and canadian	1.0 sandwich	2.9
Peas, edible-podded, frozen, unprepared	1.0 cups	2.88
Candies, confectioner's coating, peanut butter	1.0 cups chips	2.86
Turnip greens and turnips, frozen, cooked, boiled, drained,	1.0 cups	2.85
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	2.82
	0.33 package (10	
Beans, pinto, immature seeds, frozen, unprepared	oz)	2.82
Frankfurter, pork	1.0 link	2.81
Beef, round, top round steak, boneless, separable lean		
and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	2.77
Beef, round, top round steak, boneless, separable lean		
and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	2.75
Beef, short loin, porterhouse steak, separable lean only,		
trimmed to 0" fat, choice, cooked, broiled	3.0 oz	2.75
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	2.73
Peas, mature seeds, sprouted, raw	1.0 cups	2.71
Beef, chuck, short ribs, boneless, separable lean only,		
trimmed to 0" fat, choice, cooked, braised	3.0 oz	2.71
Currants, zante, dried	1.0 cups	2.71
Beef, round, top round, separable lean and fat, trimmed		
to 1/8" fat, select, cooked, braised	3.0 oz	2.7
	1.0 cups (1 NLEA	
Cereals ready-to-eat, POST, Honeycomb Cereal	serving)	2.7
	1.0 patty (yield	
	from 112.7 g raw	
Game meat, bison, ground, cooked, pan-broiled	meat)	2.68
Peas and carrots, frozen, cooked, boiled, drained, without	1.0 package (10	
salt	oz) yields	2.61
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	2.6
Beverages, UNILEVER, SLIMFAST, meal replacement,		
regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	2.57
Mollusks, oyster, Pacific, raw	1.0 medium	2.56
George Weston Bakeries, Brownberry Sage and Onion		
Stuffing Mix, dry	1.0 serving	2.55
Rowal, raw	0.5 cups	2.51
Beef, Australian, imported, grass-fed, loin, tenderloin		
steak/roast, boneless, separable lean and fat, raw	4.0 oz	2.5
Edamame, frozen, unprepared	1.0 cups	2.49
Beef, ribeye petite roast/filet, boneless, separable lean		
only, trimmed to 0" fat, select, raw	4.0 oz	2.45
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	2.45
Game meat, bison, ribeye, separable lean only, 1" steak,		
cooked, broiled	1.0 serving (3 oz)	2.45
Lima beans, immature seeds, frozen, fordhook,	1.0 cups	2.42
Beef, round, top round, steak, separable lean and fat,		
trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	2.41
Grapes, canned, thompson seedless, water pack, solids	1.0 cups	2.4

Beef, chuck, top blade, separable lean only, trimmed to 0"		
fat, select, cooked, broiled	3.0 oz	2.38
Peanuts, valencia, oil-roasted, without salt	1.0 cups	2.38
Beef, brisket, flat half, separable lean and fat, trimmed to	1.0 00.05	2.00
0" fat, select, cooked, braised	3.0 oz	2.36
Beef, chuck eye roast, boneless, America's Beef Roast,	3.0 02	2.00
separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	2.35
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	2.35
Beef, loin, top sirloin petite roast, boneless, separable	1.0 caps, marves	2.53
lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	2.34
Garlic, raw	1.0 cups	2.31
Peanuts, all types, dry-roasted, without salt	1.0 cups	2.31
Candies, chocolate, dark, NFS (45-59% cacao solids 90%;	1.0 cups	2.31
60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	2.3
Beef, ground, 90% lean meat / 10% fat, patty, cooked,	3.0 oz	2.3
Beer, ground, 90% lean meat / 10% lat, patty, cooked,		2.3
Carolina and Communication Columnia	11.0 crackers (1	2.20
Crackers, cream, Gamesa Sabrosas	NLEA serving)	2.29
Tomato products, canned, sauce, with onions	1.0 cups	2.28
Beef, brisket, flat half, boneless, separable lean and fat,		
trimmed to 0" fat, choice, raw	4.0 oz	2.24
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	2.21
Game meat, deer, loin, separable lean only, 1" steak,		
cooked, broiled	1.0 steak	2.21
Fast foods, croissant, with egg, cheese, and ham	1.0 item	2.17
Beef, round, top round, steak, separable lean and fat,		
trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	2.16
Beef, short loin, porterhouse steak, separable lean and		
fat, trimmed to 1/8" fat, choice, raw	4.0 oz	2.16
Taro, tahitian, cooked, without salt	1.0 cups slices	2.14
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	2.14
Peas, green, raw	1.0 cups	2.13
Lamb, Australian, imported, fresh, leg, center slice, bone-		
in, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	2.11
Chicken, broilers or fryers, dark meat, meat only, cooked,	1.0 cups	2.09
Lamb, Australian, imported, fresh, shoulder, arm,		
separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	2.06
Peas, edible-podded, raw	1.0 cups, chopped	2.04
Beef, rib, small end (ribs 10-12), separable lean and fat,		
trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	2.03
Lamb, shoulder, blade, separable lean and fat, trimmed to		
1/8" fat, choice, cooked, braised	3.0 oz	2.02
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND		
GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	2
Toaster pastries, fruit, toasted (include apple, blueberry,		_
cherry, strawberry)	1.0 pastry	2
Lamb, Australian, imported, fresh, leg, sirloin chops,	=	
boneless, separable lean and fat, trimmed to 1/8" fat,	3.0 oz	1.99
Pokeberry shoots, (poke), cooked, boiled, drained,	1.0 cups	1.98
i okcocity shoots, (poke), cooked, bolled, didilled,	10 600	1.38

frenched, bone-in, separable lean only, trimmed to 1/8" 4.0 oz Carissa, (natal-plum), raw 1.0 cups Turkey, all classes, leg, meat and skin, cooked, roasted 3.0 oz	1.98
Carissa, (natal-plum), raw 1.0 cups	
	s slices 1.97
	1.95
Puddings, chocolate, ready-to-eat, fat free 1.0 serv	ing 4 oz 1.91
Lamb, Australian, imported, fresh, rib chop, frenched,	
bone-in, separable lean and fat, trimmed to 1/8" fat, 3.0 oz	1.9
Tomato products, canned, sauce, with onions, green	
peppers, and celery 1.0 cups	1.9
Soup, pea, green, canned, condensed 0.5 cups	
Tamarind nectar, canned 1.0 cups	
Mushrooms, Chanterelle, raw 1.0 cups	
	s, chopped
cooked, stewed or diced	• • •
Sweet potato, canned, syrup pack, drained solids 1.0 cups	
Cowpeas (blackeyes), immature seeds, cooked, boiled,	1.00
drained, without salt 1.0 cups	1.85
Lamb, loin, separable lean and fat, trimmed to 1/8" fat,	1.03
choice, cooked, roasted 3.0 oz	1.84
Lamb, New Zealand, imported, frozen, shoulder, whole	1.04
(arm and blade), separable lean and fat, trimmed to 1/8" 3.0 oz	1.84
Lamb, Australian, imported, fresh, leg, whole (shank and	1.04
sirloin), separable lean only, trimmed to 1/8" fat, cooked, 3.0 oz	1 92
	1.83
Cookies, molasses 1.0 oz	1.82
Lamb, Australian, imported, fresh, leg, shank half,	1.01
separable lean only, trimmed to 1/8" fat, cooked, roasted 3.0 oz	1.81
Lamb, New Zealand, imported, frozen, leg, whole (shank	4.04
and sirloin), separable lean and fat, trimmed to 1/8" fat, 3.0 oz	1.81
	(average
	of 1 slice) 1.81
Soup, chicken noodle, dry, mix 1.0 pack	<u>tet</u> 1.81
Lamb, shoulder, arm, separable lean and fat, trimmed to	
1/8" fat, cooked, broiled 3.0 oz	1.8
Focaccia, Italian flatbread, plain 1.0 piece	
·	os (1 NLEA
Cereals ready-to-eat, POST, COCOA PEBBLES serving)	
Beets, canned, regular pack, solids and liquids 1.0 cups	
Chocolate, dark, 60-69% cacao solids 1.0 oz	1.79
Lamb, New Zealand, imported, frozen, loin, separable lean	
and fat, trimmed to 1/8" fat, cooked, broiled 3.0 oz	1.78
Pork, fresh, shoulder, whole, separable lean and fat,	
cooked, roasted 1.0 cups	s, diced 1.78
Cabbage, chinese (pak-choi), cooked, boiled, drained,	
without salt 1.0 cups	s, shredded 1.77
Cabbage, chinese (pak-choi), cooked, boiled, drained, with	
salt 1.0 cups	s, shredded 1.77
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS 0.75 cup	os (1 NLEA
flakes serving)	1.77
Snacks, crisped rice bar, chocolate chip 1.0 bar ((1 oz) 1.76

Lamb, New Zealand, imported, frozen, foreshank,		
separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	1.76
Beef, top sirloin, steak, separable lean only, trimmed to 0"	3.0 02	1.70
fat, choice, cooked, broiled	3.0 oz	1.76
Tat, choice, cookea, bronea	1.0 serving 1/2	1.70
Soup, bean with bacon, condensed, single brand	cups	1.75
Beef, flank, steak, separable lean and fat, trimmed to 0"	сирз	1.75
fat, all grades, raw	4.0 oz	1.75
Noodles, egg, spinach, enriched, cooked	1.0 cups	1.73
	1.0 cups	1.74
Lamb, Australian, imported, fresh, composite of trimmed	2.0.07	1.74
retail cuts, separable lean only, trimmed to 1/8" fat,	3.0 oz	1.74
Currants, european black, raw	1.0 cups	1.72
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	1.72
Fish, herring, Atlantic, pickled	1.0 cups	1.71
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	1.69
Martha White Foods, Martha White's Buttermilk Biscuit	1.0 serving	1.66
Pillsbury, Buttermilk Biscuits, Artificial Flavor, refrigerated	1.0 biscuit	1.66
Beef, loin, top loin, separable lean and fat, trimmed to		
1/8" fat, select, raw	4.0 oz	1.66
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	1.66
Lamb, shoulder, blade, separable lean and fat, trimmed to		
1/8" fat, choice, cooked, roasted	3.0 oz	1.66
Spices, turmeric, ground	1.0 tsp	1.65
Lamb, rib, separable lean and fat, trimmed to 1/8" fat,		
choice, cooked, broiled	3.0 oz	1.64
Gravy, beef, canned, ready-to-serve	1.0 cups	1.63
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	1.63
Lamb, Australian, imported, fresh, foreshank, separable		
lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	1.62
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	1.62
Beef, tenderloin, steak, separable lean and fat, trimmed to		
1/8" fat, select, raw	4.0 oz	1.6
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	1.59
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	1.59
Tarrip B. ceris, frezen, cookea, sonea, aramea, marisan	0.5 0465	1.55
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	1.58
rastrami, seet, 30% fac free	1.0 pita, large (6-	1.50
Bread, pita, white, enriched	1/2" dia)	1.57
Salami, pork, beef, less sodium	3.0 oz	1.57
Pork, fresh, variety meats and by-products, brain, cooked,	3.0 oz	1.55
Squash, summer, zucchini, italian style, canned		
•	1.0 cups	1.54
Beef, top sirloin, steak, separable lean and fat, trimmed to		4.54
1/8" fat, choice, cooked, broiled	3.0 oz	1.54
	1.0 piece (1/12 of	
Cake, chocolate, prepared from recipe without frosting	9" dia)	1.53
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	1.53
Lamb, Australian, imported, fresh, foreshank, separable		
lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	1.52

neck, cooked, fried, batter Pork, Fresh, leg [ham], whole, separable lean only, cooked. 1.0 oups, diced POPCYES, biscuit 1.0 biscuit 1.51 Beans, kidney, mature seeds, sprouted, raw 1.0 cups Plantains, yellow, raw 1.0 plantain Plantains, yellow, raw 1.0 plantain Plantains, yellow, raw 1.0 cups 1.49 Rice, white, long grain, regular, raw, unenriched 1.0 cups 1.48 Cereals, corn grits, white, regular and quick, enriched, cooked with water without salt 1.0 cups 1.0 cu	Chicken, broilers or fryers, meat and skin and giblets and		
Pork, Fresh, leg (ham), whole, separable lean only, cooked, 1.0 cups, diedd 1.51 Beans, kidney, mature seeds, sprouted, raw 1.0 cups 1.49 Plantains, yellow, raw 1.0 plantain 1.49 Plantains, yellow, raw 1.0 plantain 1.49 Rice, white, long-grain, regular, raw, unenriched 1.0 cups 1.48 Cereals, corn grits, white, regular and quick, enriched, cooked with water, without sait 1.0 cups 1.46 Cooked with water, with sait 1.0 cups 1.46 Wheat flour, white, all-purpose, unenriched 1.0 cups 1.46 Wheat flour, white, all-purpose, unenriched 1.0 cups 1.46 Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed 1.0 unit (yield from 1 bready-to-cooked, stewed 1.0 unit (yield from 1.0 tups 1.44 Biscutts, plain or buttermilk, refrigerated dough, higher fat 1.0 biscut 1.8° fat, all grades, cooked, broiled 8.6, long, bottom sirloin butt, irritgir poast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 1.0 unwiffin small 1.42 Lamb, Australian, imported, fresh, shoulder, lobde, separable lean only, trimmed to 0.18° fat, cooked, broiled 8.0 cups 1.44 Muffin, blueberry, commercially prepared, low-fat 1.0 muffin small 1.42 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1.8° fat, cooked, broiled 3.0 oz 1.42 DiGIORNO Pizza, cheese topping, rising crust, frozen, baked 1.0 sice 1/4 of pie 1.41 Groundcherries, (cape-gooseberries or poha), raw 1.0 cups 1.4 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 1.0 sice 1/4 of pie 1.41 Groundcherries, (cape-gooseberries or poha), raw 1.0 cups 1.4 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 1.0 sice 1/4 of pie 1.41 Groundcherries, (cape-gooseberries or poha), raw 1.0 cups 1.4 Chicken, stewing, meat and skin, and giblets and neck, cooked, broiled, without 1.0 cups 1.4 Chicken, stewing, meat and skin, and giblets and neck, cooked, broiled, without 1.0 cups, mashed 1.33 Seeds, safflower seed meal, partially defatted 1.0 cups, mashed 1.33 Squash, winter, butternut, fr		3.0 oz	1.52
POPEYES, biscuit			
Beans, kidney, mature seeds, sprouted, raw 1.0 cups 1.49		•	
Plantains, yellow, raw 1.0 plantain 1.49 1.48 1.48 1.48 1.48 1.48 1.48 1.48 1.48 1.48 1.48 1.48 1.49 1.48 1.	·		
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from 1 lb ready-to-	Oranges, raw, with peel	•	1.36
· ·			
Chicken, broilers or fryers, giblets, raw cook chicken 1.35			
	Chicken, broilers or fryers, giblets, raw	cook chicken)	1.35

	1.0 serving 1/2	
Soup, tomato, canned, condensed, reduced sodium	cups	1.34
Cookies, sugar wafers with creme filling, regular	3.0 cookies	1.34
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	1.34
Cookies, chocolate sandwich, with creme filling, special	1.0 oz	1.34
Cereals, corn grits, yellow, regular and quick, enriched,		
cooked with water, without salt	1.0 cups	1.33
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	1.33
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	1.33
Pork, fresh, shoulder, blade, boston (steaks), separable		
lean only, cooked, broiled	3.0 oz	1.33
Cracker, meal	1.0 oz	1.32
Garlic bread, frozen	1.0 slice presliced	1.31
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups, chopped	1.29
Nuts, coconut meat, dried (desiccated), sweetened,		
flaked, packaged	1.0 cups	1.28
Whey, sweet, dried	1.0 cups	1.28
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	1.27
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	1.27
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	1.27
Broccoli, frozen, chopped, unprepared	1.0 cups	1.26
Cardoon, raw	1.0 cups, shredded	1.25
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	1.24
	0.5 cups, chopped	
Turnip greens, frozen, unprepared	or diced	1.24
Cereals ready-to-eat, POST, Shredded Wheat, original big	2.0 biscuits (1	
biscuit	NLEA serving)	1.24
Spices, thyme, dried	1.0 tsp, leaves	1.24
Pork, fresh, shoulder, blade, boston (roasts), separable		
lean and fat, cooked, roasted	3.0 oz	1.23
Fish, mahimahi, cooked, dry heat	3.0 oz	1.23
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	1.23
Brussels sprouts, raw	1.0 cups	1.23
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	1.23
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	1.23
Cereals ready-to-eat, POST, Shredded Wheat, original	1.0 cups (1 NLEA	
spoon-size	serving)	1.23
Archway Home Style Cookies, Molasses	1.0 serving	1.22
Bread, pound cake type, pan de torta salvadoran	1.0 serving	1.21
	1.0 cups,	
Blackberries, frozen, unsweetened	unthawed	1.21
Pork, cured, ham with natural juices, spiral slice, boneless,		
separable lean and fat, heated, roasted	1.0 slice	1.2
Blackberry juice, canned	1.0 cups	1.2
		4.2
Crustaceans, spiny lobster, mixed species, cooked, moist Bread, cheese	3.0 oz 1.0 slice	1.2

	0.12 pie 1 pie (1/8	
Pie, Dutch Apple, Commercially Prepared	of 9" pie)	1.19
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	1.19
Breadfruit, raw	1.0 cups	1.19
Pasta, dry, unenriched	1.0 cups spaghetti	1.18
Pillsbury, Crusty French Loaf, refrigerated dough	1.0 serving	1.18
Bread, protein (includes gluten)	1.0 oz	1.18
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	1.18
Chicken, broilers or fryers, meat and skin, cooked, fried,	3.0 oz	1.17
Nabisco, Nabisco Grahams Crackers	1.0 serving	1.16
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	1.15
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	1.15
	0.5 cups (1 NLEA	
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	serving)	1.15
Archway Home Style Cookies, Iced Molasses	1.0 serving	1.15
Cookies, chocolate wafers	1.0 oz	1.14
Cranberry sauce, canned, sweetened	1.0 cups	1.14
Seeds, lotus seeds, dried	1.0 cups	1.13
Broccoli, frozen, chopped, cooked, boiled, drained,	1.0 cups	1.12
	1.0 cups,	
Boysenberries, frozen, unsweetened	unthawed	1.12
Currants, red and white, raw	1.0 cups	1.12
	1.0 piece (1/12 of	
Cake, yellow, prepared from recipe without frosting	8" dia)	1.12
Boysenberries, canned, heavy syrup	1.0 cups	1.1
Soup, beef noodle, canned, condensed	0.5 cups	1.1
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	1.1
Pork, fresh, shoulder, (Boston butt), blade (steaks),		
separable lean and fat, with added solution, raw	4.0 oz	1.1
Cookies, chocolate chip, commercially prepared, regular,	1.0 serving 3	
lower fat	cookies	1.09
Beets, raw	1.0 cups	1.09
Beverages, Whey protein powder isolate	3.0 scoop	1.08
Bread, stuffing, dry mix	1.0 oz	1.08
	1.0 serving 28	
Candies, dark chocolate coated coffee beans	pieces	1.08
Bagels, plain, enriched, with calcium propionate (includes	1.0 mini bagel (2-	
onion, poppy, sesame), toasted	1/2" dia)	1.08
Cream puff, eclair, custard or cream filled, iced	4.0 oz	1.07
Martha White Foods, Martha White's Chewy Fudge	1.0 serving	1.07
Keikitos (muffins), Latino bakery item	1.0 piece	1.06
Veal, shank (fore and hind), separable lean and fat,	3.0 oz	1.06
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	1.06
Snacks, corn-based, extruded, onion-flavor	1.0 oz	1.05
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	1.05
Bread, wheat	1.0 slice	1.04
Pork, fresh, enhanced, loin, tenderloin, separable lean	4.0 oz	1.04
Fish, burbot, cooked, dry heat	1.0 fillet	1.03

added solution, raw Yardlong bean, cooked, boiled, drained, without salt 1.0 cups slices 0.33 package (10 Collards, frozen, chopped, unprepared Mission Foods, Mission Flour Tortillas, Soft Taco, 8 inch 1.0 serving	1.03 1.02
Collards, frozen, chopped, unprepared 0.33 package (10 oz)	
Collards, frozen, chopped, unprepared oz)	1.02
	1.02
Mission Foods, Mission Flour Tortillas, Soft Taco, 8 inch 1.0 serving	
	1.01
Grapefruit juice, white, frozen concentrate, unsweetened,	
undiluted 1.0 can (6 fl oz)	1.01
Snacks, potato chips, fat free, salted 1.0 oz	1.01
Asparagus, frozen, cooked, boiled, drained, without salt 1.0 cups	1.01
Beef, Australian, imported, grass-fed, seam fat, raw 4.0 oz	1.01
Grapefruit, sections, canned, water pack, solids and liquids 1.0 cups	1
Sausage, Italian, sweet, links 1.0 link 3 oz	1
Squash, summer, crookneck and straightneck, frozen,	
cooked, boiled, drained, without salt 1.0 cups slices	1
Continental Mills, Krusteaz Almond Poppyseed Muffin	
Mix, Artificially Flavored, dry 1.0 serving	0.99
Beet greens, raw 1.0 cups	0.98
Cheese, feta 1.0 cups, crumbled	0.97
Pork, ground, 96% lean / 4% fat, raw 4.0 oz	0.97
Fish, grouper, mixed species, cooked, dry heat 3.0 oz	0.97
Beerwurst, beer salami, pork and beef 2.0 oz	0.97
Beerwurst, pork and beef 1.0 serving 2 oz	0.97
Squash, winter, hubbard, baked, with salt 1.0 cups, cubes	0.96
1.0 cups (1"	
Burdock root, cooked, boiled, drained, without salt pieces)	0.96
Nuts, coconut meat, dried (desiccated), toasted 1.0 oz	0.96
Pork, fresh, leg (ham), whole, separable lean and fat, raw 4.0 oz	0.96
Noodles, egg, unenriched, cooked, without added salt 1.0 cups	0.96
Fish, herring, Pacific, raw 3.0 oz	0.95
Milk substitutes, fluid, with lauric acid oil 1.0 cups	0.95
Tomato juice, canned, without salt added 1.0 cups	0.95
Tomato juice, canned, with salt added 1.0 cups	0.95
Bread, white, commercially prepared, toasted 1.0 oz	0.94
Bread, cornbread, dry mix, prepared with 2% milk, 80%	
margarine, and eggs 1.0 muffin	0.94
Nuts, coconut meat, dried (desiccated), not sweetened 1.0 oz	0.94
1.0 cups,	
Loganberries, frozen unthawed	0.94
Biscuits, plain or buttermilk, frozen, baked 1.0 oz	0.94
Carrots, canned, regular pack, drained solids 1.0 cups, sliced	0.93
Chicken, broilers or fryers, leg, meat and skin, cooked, 3.0 oz	0.93
Corn, sweet, yellow, canned, brine pack, regular pack,	
solids and liquids 1.0 cups	0.92
Bread, stuffing, cornbread, dry mix 1.0 oz	0.92
Fish, yellowtail, mixed species, cooked, dry heat 0.5 fillet	0.92
Pork, cured, ham, rump, bone-in, separable lean only, 3.0 oz	0.92
Noodles, japanese, somen, cooked 1.0 cups	0.92

Bread, reduced-calorie, white	1.0 oz	0.9
	1.0 cups, halves or	
Peaches, canned, light syrup pack, solids and liquids	slices	0.9
Grapefruit juice, white, canned, sweetened	1.0 cups	0.9
	16.0 crackers 1	
Crackers, wheat, regular	serving	0.9
Blueberries, frozen, sweetened	1.0 cups, thawed	0.9
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	0.89
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	0.89
	3.0 oz grilled	
Pork, ground, 96% lean / 4% fat, cooked, crumbles	patties	0.89
Beans, snap, green, frozen, cooked, boiled, drained	1.0 cups	0.89
Purslane, cooked, boiled, drained, without salt	1.0 cups	0.89
Bread, oat bran	1.0 oz	0.88
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up,		
powder, with ARA and DHA	1.0 scoop	0.88
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	0.88
Egg, whole, raw, fresh	1.0 large	0.88
Egg, whole, cooked, poached	1.0 large	0.88
Pork, fresh, loin, blade (chops or roasts), boneless,		
separable lean only, raw	4.0 oz	0.87
Egg, whole, cooked, fried	1.0 large	0.87
Pork, fresh, loin, country-style ribs, separable lean only,		
bone-in, cooked, broiled	3.0 oz	0.87
Pork, fresh, loin, center rib (roasts), bone-in, separable		
lean only, cooked, roasted	3.0 oz	0.87
MORI-NU, Tofu, silken, firm	1.0 slice	0.87
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	0.86
Pork, cured, ham, rump, bone-in, separable lean and fat,	3.0 oz	0.86
Muffins, English, mixed-grain (includes granola)	1.0 oz	0.86
Broccoli raab, raw	1.0 cups chopped	0.86
Purslane, raw	1.0 cups	0.86
Cheese, pasteurized process, swiss	1.0 cups, diced	0.85
Game meat, bison, top sirloin, separable lean only,		
trimmed to 0" fat, raw	1.0 oz	0.85
	1.0 serving 1 roll	
Pillsbury, Cinnamon Rolls with Icing, refrigerated dough	with icing	0.85
Cookies, shortbread, commercially prepared, plain	1.0 oz	0.84
Pork, cured, ham, shank, bone-in, separable lean only,	3.0 oz	0.84
Pork, fresh, loin, blade (chops or roasts), boneless,		
separable lean and fat only, raw	4.0 oz	0.84
Bread, oatmeal, toasted	1.0 oz	0.83
	6.0 cracker 1	
Crackers, cheese, sandwich-type with cheese filling	cracker = 6.5g	0.83
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	0.83
Bread, reduced-calorie, wheat	1.0 oz	0.82
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	0.82
Cookies, fig bars	1.0 oz	0.82

Cherries, sour, red, frozen, unsweetened (Includes foods	1.0 cups,	
for USDA's Food Distribution Program)	unthawed	0.82
Asparagus, cooked, boiled, drained	0.5 cups	0.82
Pork, fresh, loin, country-style ribs, separable lean and fat,	·	
bone-in, cooked, broiled	3.0 oz	0.82
Spinach, raw	1.0 cups	0.81
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	0.81
Mung beans, mature seeds, sprouted, cooked, boiled,		
drained, without salt	1.0 cups	0.81
Bread, rye	1.0 oz	0.8
	1.0 mini bagel (2-	
Bagels, oat bran	1/2" dia)	0.8
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean		
and fat, cooked, roasted	3.0 oz	0.8
Bread, cracked-wheat	1.0 oz	0.8
Bread, whole-wheat, commercially prepared	1.0 slice	0.79
	1.0 medium (2"	
Sweet potato, cooked, baked in skin, flesh, with salt	dia, 5" long, raw)	0.79
	1.0 unit (yield	
	from 1 lb ready-to-	
Chicken, broilers or fryers, leg, meat only, cooked, fried	cook chicken)	0.78
Pork, fresh, loin, blade (chops), boneless, separable lean		
only, boneless, cooked, broiled	3.0 oz	0.78
Pork, cured, ham, shank, bone-in, separable lean and fat,	3.0 oz	0.78
·	1.0 cups, halves or	
Peaches, canned, water pack, solids and liquids	slices	0.78
Biscuits, mixed grain, refrigerated dough	1.0 oz	0.78
Spices, anise seed	1.0 tsp, whole	0.78
Corn, sweet, yellow, frozen, kernels cut off cob, boiled,		
drained, without salt	1.0 cups	0.78
Apricots, canned, heavy syrup pack, with skin, solids and	1.0 cups, halves	0.77
	1.0 serving 2	
Pillsbury, Chocolate Chip Cookies, refrigerated dough	cookies	0.77
Cake, sponge, commercially prepared	1.0 oz	0.77
Bread, irish soda, prepared from recipe	1.0 oz	0.76
Snacks, pretzels, hard, whole-wheat including both salted		
and unsalted	1.0 oz	0.76
Peaches, canned, extra heavy syrup pack, solids and	1.0 cups, halves or	
liquids	slices	0.76
Fish, grouper, mixed species, raw	3.0 oz	0.76
Pork, fresh, loin, blade (roasts), boneless, separable lean		
and fat, cooked, roasted	3.0 oz	0.76
	1.0 cups (1/2"	
Bamboo shoots, raw	slices)	0.76
Noodles, japanese, somen, dry	2.0 oz	0.75
Sausage, pork and turkey, pre-cooked	1.0 serving	0.74
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	0.74
ivuts, mixeu nuts, on roasteu, with peanuts, lightly saited	1.0 02	
Pork, fresh, loin, whole, separable lean and fat, cooked,	3.0 oz	0.74

Fruit salad, (peach and pear and apricot and pineapple		
and cherry), canned, water pack, solids and liquids	1.0 cups	0.73
Asparagus, canned, regular pack, solids and liquids	0.5 cups	0.73
Cookies, oatmeal, commercially prepared, regular	1.0 oz	0.73
Potatoes, mashed, dehydrated, flakes without milk, dry	1.0 cups	0.73
Fish, bluefish, cooked, dry heat	1.0 fillet	0.73
Cookies, peanut butter sandwich, special dietary	1.0 oz	0.72
Noodles, egg, dry, unenriched	1.0 cups	0.72
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	0.72
	8.0 fl oz	0.72
Fish, bluefish, raw	1.0 fillet	0.72
Cookies, chocolate chip, commercially prepared, regular,	210 111100	3.72
higher fat, enriched	1.0 cookie	0.72
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	0.72
Fruit cocktail, (peach and pineapple and pear and grape	1.0 361 41118	0.72
and cherry), canned, heavy syrup, solids and liquids	1.0 cups	0.72
Figs, canned, water pack, solids and liquids	1.0 cups	0.72
Onions, frozen, whole, cooked, boiled, drained, without	1.0 cups	0.71
	3.0 oz	0.71
Bread, cornbread, prepared from recipe, made with low	3.0 02	0.71
	1.0 oz	0.71
Vegetable juice cocktail, canned	1.0 cups	0.71
Veal, breast, whole, boneless, separable lean only,	3.0 oz	0.71
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	0.71
	3.0 oz	0.7
Kielbasa, Polish, turkey and beef, smoked	1.0 serving 2 oz	0.69
Crackers, cheese, regular	0.5 oz	0.69
Snacks, oriental mix, rice-based	1.0 oz	0.69
Cowpeas, leafy tips, raw	1.0 cups, chopped	0.69
Cookies, shortbread, commercially prepared, pecan	1.0 oz	0.69
	1.0 pepper	0.69
Cheese, provolone	1.0 cups, diced	0.69
Potatoes, french fried, cottage-cut, salt not added in	<u> </u>	0.00
processing, frozen, as purchased	10.0 strips	0.68
Snacks, potato chips, fat-free, made with olestra	1.0 oz	0.68
	3.0 oz	0.68
	4.0 oz	0.68
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	0.68
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	0.67
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	0.67
Sausage, turkey, fresh, raw	1.0 serving	0.67
Squash, summer, zucchini, includes skin, cooked, boiled,	2.0 00.18	
drained, without salt	1.0 cups, sliced	0.67
Turkey, ground, fat free, patties, broiled	3.0 oz	0.66
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	1.0 cups (1 NLEA	5165
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	serving)	0.66
Hyacinth-beans, immature seeds, cooked, boiled, drained,	<i>5,</i>	
without salt	1.0 cups	0.66
Squash, winter, hubbard, cooked, boiled, mashed, with	1.0 cups, mashed	0.66
The state of the s	2 25.75, 35.163	0.00

Squash, winter, hubbard, cooked, boiled, mashed, without	1.0 cups, mashed	0.66
Cookies, chocolate chip, refrigerated dough	1.0 serving	0.66
Apricots, canned, heavy syrup, drained	1.0 cups, halves	0.66
	1.0 cups spiral	
Macaroni, vegetable, enriched, cooked	shaped	0.66
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	0.66
Veal, breast, whole, boneless, separable lean and fat,		
cooked, braised	3.0 oz	0.65
Fish, salmon, pink, canned, drained solids	3.0 oz	0.65
Guinea hen, meat only, raw	3.0 oz	0.65
Bread, reduced-calorie, oatmeal	1.0 oz	0.65
Cookies, oatmeal, with raisins	1.0 oz	0.65
Cress, garden, raw	1.0 cups	0.65
Fish, tilapia, raw	1.0 fillet	0.65
Soup, cream of celery, canned, prepared with equal	1.0 cups	0.64
Crackers, standard snack-type, regular	5.0 crackers	0.64
Bologna, pork and turkey, lite	1.0 serving 2 oz	0.64
Snacks, potato sticks	1.0 oz	0.64
	1.0 unit (yield	
	from 1 lb ready-to-	
Chicken, broilers or fryers, light meat, meat only, raw	cook chicken)	0.64
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	0.64
Cookies, sugar, commercially prepared, regular (includes	1.0 oz	0.64
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	0.63
Pork, cured, ham and water product, slice, boneless,		
separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	0.63
Cookies, vanilla sandwich with creme filling	1.0 oz	0.63
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups, cubes	0.62
Kale, frozen, unprepared	1.0 cups	0.62
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	0.62
Cheese, mexican, queso chihuahua	1.0 cups, diced	0.62
Archway Home Style Cookies, Iced Oatmeal	1.0 serving	0.61
Croissants, cheese	1.0 oz	0.61
Potatoes, flesh and skin, raw	0.5 cups, diced	0.61
Cookies, oatmeal, refrigerated dough	1.0 oz	0.61
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	0.6
Fish, pike, northern, cooked, dry heat	3.0 oz	0.6
Fish, salmon, chum, cooked, dry heat	3.0 oz	0.6
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	0.6
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	0.6
Milk, chocolate, fluid, commercial, whole, with added		
vitamin A and vitamin D	1.0 cups	0.6
Milk, chocolate, fluid, commercial, reduced fat, with		
added vitamin A and vitamin D	1.0 cups	0.6
Cookies, peanut butter, commercially prepared, regular	1.0 oz	0.6
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	0.6
Litchis, raw	1.0 cups	0.59
Archway Home Style Cookies, Raspberry Filled	1.0 serving	0.58

0.5 oz	0.58
1.0 oz, boneless	0.58
1.0 serving 1/2	
cups	0.58
1.0 oz	0.58
1.0 cups	0.57
1.0 serving (1 hot	
dog)	0.57
1.0 serving	0.56
1.0 oz	0.56
12.0 oz serving 2.7	
OZ	0.56
1.0 oz	0.56
1.0 tbsp	0.56
1.0 cups, sliced	0.56
1.0 oz	0.56
1.0 unit (yield	
from 1 lb ready-to-	
cook chicken)	0.55
3.0 oz	0.55
1.0 oz	0.55
0.5 cups	0.55
3.0 oz	0.54
0.33 package (10	
oz)	0.54
1.0 cups, diced	0.54
1.0 serving	0.54
1.0 serving	
(approximate	
serving size)	0.54
1.0 strip	0.54
1.0 package (1.69	
oz)	0.53
18.0 pieces	0.53
1.0 tsp	0.53
1.0 cups (8 fl oz)	0.53
1.0 tbsp	0.53
1.0 serving 3.5 fl	
oz bar	0.53
1.0 cups	0.52
0.5.07	0.52
0.5 02	
1.0 oz	0.52
1.0 oz	0.52
	1.0 oz, boneless 1.0 serving 1/2 cups 1.0 oz 1.0 cups 1.0 serving (1 hot dog) 1.0 serving 1.0 oz 12.0 oz serving 2.7 oz 1.0 oz 1.0 tbsp 1.0 cups, sliced 1.0 oz 1.0 unit (yield from 1 lb ready-to-cook chicken) 3.0 oz 1.0 oz 0.5 cups 3.0 oz 0.33 package (10 oz) 1.0 serving (approximate serving size) 1.0 serving (approximate serving size) 1.0 strip 1.0 package (1.69 oz) 18.0 pieces 1.0 tsp 1.0 cups (8 fl oz) 1.0 serving 3.5 fl oz bar

Soup, cream of shrimp, canned, prepared with equal	1.0 cups	0.51
Danish pastry, cheese	1.0 oz	0.51
Eggnog	1.0 cups	0.51
Lamb, Australian, imported, fresh, loin, separable lean		
only, trimmed to 1/8" fat, raw	1.0 oz	0.51
	1.0 cups, with pits,	
Cherries, sweet, raw	yields	0.5
Spices, marjoram, dried	1.0 tsp	0.5
Lamb, Australian, imported, fresh, leg, sirloin half,		
boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.5
Gravy, brown instant, dry	1.0 serving	0.5
Cheese, mozzarella, whole milk	1.0 cups, shredded	0.49
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	0.49
Cheese, parmesan, grated	1.0 cups	0.49
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS	1.0 serving	0.48
Mushrooms, portabella, grilled	1.0 cups sliced	0.48
Puddings, chocolate, dry mix, regular, prepared with	0.5 cups	0.48
Chicory roots, raw	1.0 root	0.48
Snacks, corn-based, extruded, puffs or twists, cheese-	1.0 oz crunchy	
flavor	(about 21 pieces)	0.48
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	0.48
	1.0 serving 2.1 oz	
Candies, NESTLE, BUTTERFINGER Bar	bar	0.47
Turkey from whole, light meat, meat only, with added		-
solution, cooked, roasted	3.0 oz	0.47
Cauliflower, green, raw	1.0 cups	0.47
Gooseberries, raw	1.0 cups	0.47
Lamb, Australian, imported, fresh, leg, whole (shank and		
sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.46
Pancakes, plain, frozen, ready-to-heat, microwave		
(includes buttermilk)	1.0 oz	0.46
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	0.46
Cheese spread, pasteurized process, American	1.0 cups, diced	0.46
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	0.46
Lamb, Australian, imported, fresh, leg, shank half,		
separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.46
Snacks, potato chips, made from dried potatoes, cheese-	1.0 oz	0.45
Lamb, New Zealand, imported, frozen, leg, whole (shank		
and sirloin), separable lean and fat, trimmed to 1/8" fat,	1.0 oz	0.45
Cheese substitute, mozzarella	1.0 cups, shredded	0.45
Lamb, Australian, imported, fresh, composite of trimmed	1,	
retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.45
,,,,,,,	0.33 package (10	01.10
Onions, frozen, whole, unprepared	oz)	0.44
Crackers, rye, wafers, seasoned	0.5 oz	0.43
Cookies, brownies, dry mix, sugar free	1.0 oz	0.43
Salami, Italian, pork	1.0 oz	0.43
Caramy realiany pork	2.0 02	0.43

with Iron, 24 calories, ready-to-feed Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw 10 oz 10	Infant formula, MEAD JOHNSON, ENFAMIL, Premature,		
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, choice, raw 1.0 oz 1.0 oz 0.43 Lamb, shoulder, biade, separable lean and fat, trimmed to 1/8" fat, choice, raw 1.0 oz 0.42 Dattotes, rosated, salt added in processing, frozen, occupance of the protection of the processing, frozen, occupance		1.0 fl oz	0.43
Lean only, trimmed to 1/8" fat, raw	•		
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw 1.0 oz 0.43 2/8" fat, choice, raw 1.0 oz 0.42 2 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw 1.0 oz 0.42 2 Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added 1.0 cups 0.42 2 Fish, cod, Atlantic, canned, solids and liquid 3.0 oz 0.42 2 Fish, cod, Atlantic, canned, solids and liquid 3.0 oz 0.42 3 Fish, cod, Atlantic, canned, solids and liquid 3.0 oz 0.42 3 Fish, cod, Atlantic, canned, solids and liquid 3.0 oz 0.42 3 Fish, cod, Atlantic, canned, solids and liquid 3.0 oz 0.42 3 Fish, cod, Atlantic, canned, solids and liquid 3.0 oz 0.42 3 Fish, cod, Atlantic, canned, solids and liquid 3.0 oz 0.42 3 Fish, cod, Atlantic, canned, solids and liquid 3.0 oz 0.42 3 Fish, cod, Atlantic, canned, solids and liquid 3.0 oz 0.42 3 Fish, solids, chocolate, MARS SNACKFOOD US, M & M's 10 serving 0.5 oz, about 1 tbsp 0.41 3 Fish solids, chocolate, MARS SNACKFOOD US, M & M's 10 serving 0.5 oz, about 1 tbsp 0.41 3 Fish solids, chocolate, MARS SNACKFOOD US, M & M's 10 serving 0.5 oz, about 1 tbsp 0.41 3 Fish solids, chocolate, MARS SNACKFOOD US, M & M's 10 serving 0.5 oz, about 1 tbsp 0.41 4 Fish solids, chocolate, Mars SNACKFOOD US, M & M's 10 serving 0.5 oz, about 1 tbsp 0.41 5 Fish solids, chocolate, Mars SNACKFOOD US, M MUSKETEERS Bar 10 serving 0.5 oz 0.44 5 Fish solids, chocolate, Mars SNACKFOOD US, M MUSKETEERS Bar 10 serving 0.5 oz 0.44 5 Fish solids, chocolate, Mars SNACKFOOD US, M M M SNACKFOOD US, M MUSKETEERS Bar 10 serving 0.5 oz 0.44 5 Fish solids, chocolate, Mars SNACKFOOD US, M M SNACKFOOD US, M M M SNACKFOOD US, M M SNACKFOOD U		1.0 oz	0.43
1/8" fat, choice, raw			
Potatoes, roasted, salt added in processing, frozen, lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw loo 2 0.42 Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added loo 2 0.42 Pish, cod, Atlantic, canned, solids and liquid 3.0 oz 0.42 Pish, cod, Atlantic, canned, solids and liquid 3.0 oz 0.42 Pish, cod, Atlantic, canned, solids and liquid 3.0 oz 0.42 Pish, cod, Atlantic, canned, solids and liquid 1.0 selice 0.41 Bologna, meat and poultry 1.0 slice 0.41 Cancel 1.0 serving 0.5 oz 0.42 Cancel 1.0 serving 0.5 oz 0.44 Cancel 1.0 serving 0.5 oz 0.45 Cancel 1.0 serving 0.5 oz 0.39 Cancel	· · · · · · · · · · · · · · · · · · ·	1.0 oz	0.43
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Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw Snacks, tortilla chips, ranch-flavor 1.0 oz Plantains, yellow, baked 1.0 cups Crackers, rusk toast Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 1.0 oz Snacks, potato chips, barbecue-flavor Cake, snack cakes, creme-filled, sponge 1.0 oz 0.39 Onions, sweet, raw 1.0 NLEA serving Carrots, raw 1.0 cups chopped 5.38 Fish, swordfish, cooked, dry heat 3.0 oz 0.38 Fish, mackerel, spanish, raw 3.0 oz 0.38 Fish, mackerel, spanish, raw 3.0 oz 0.37	·	•	
lean and fat, trimmed to 1/8" fat, raw 1.0 oz Snacks, tortilla chips, ranch-flavor 1.0 oz Plantains, yellow, baked 1.0 cups 0.39 Crackers, rusk toast 0.5 oz 0.39 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 1.0 oz Snacks, potato chips, barbecue-flavor 1.0 oz 0.39 Cake, snack cakes, creme-filled, sponge 1.0 oz 0.39 Onions, sweet, raw 1.0 NLEA serving 0.38 Carrots, raw 1.0 cups chopped 0.38 Fish, swordfish, cooked, dry heat 3.0 oz 0.38 Fish, mackerel, spanish, raw 3.0 oz 0.37		0.5 oz	0.39
Snacks, tortilla chips, ranch-flavor Plantains, yellow, baked 1.0 cups 0.39 Crackers, rusk toast Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 1.0 oz Snacks, potato chips, barbecue-flavor Cake, snack cakes, creme-filled, sponge 1.0 oz 0.39 Onions, sweet, raw 1.0 NLEA serving 0.38 Carrots, raw 1.0 cups chopped 5.38 Carrots, raw 1.0 tsp 0.38 Spices, curry powder 1.0 tsp 0.38 Fish, sandwich, with peanut butter filling 0.5 oz 0.39 0.38 Fish, mackerel, spanish, raw 3.0 oz 0.39			
Plantains, yellow, baked Crackers, rusk toast Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 1.0 oz Snacks, potato chips, barbecue-flavor Cake, snack cakes, creme-filled, sponge Onions, sweet, raw 1.0 NLEA serving Carrots, raw 1.0 cups chopped 5.0 oz 0.38 Fish, swordfish, cooked, dry heat 3.0 oz Crackers, wheat, sandwich, with peanut butter filling 0.5 oz 0.39 Casy Casy			
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Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" 1.0 oz 0.39 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 1.0 oz 0.39 Snacks, potato chips, barbecue-flavor 1.0 oz 0.39 Cake, snack cakes, creme-filled, sponge 1.0 oz 0.39 Onions, sweet, raw 1.0 NLEA serving 0.38 Carrots, raw 1.0 cups chopped 0.38 Fish, swordfish, cooked, dry heat 3.0 oz 0.38 Spices, curry powder 1.0 tsp 0.38 Crackers, wheat, sandwich, with peanut butter filling 0.5 oz 0.38 Fish, mackerel, spanish, raw 3.0 oz 0.37			
(arm and blade), separable lean and fat, trimmed to 1/8"1.0 oz0.39Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw1.0 oz0.39Snacks, potato chips, barbecue-flavor1.0 oz0.39Cake, snack cakes, creme-filled, sponge1.0 oz0.39Onions, sweet, raw1.0 NLEA serving0.38Carrots, raw1.0 cups chopped0.38Fish, swordfish, cooked, dry heat3.0 oz0.38Spices, curry powder1.0 tsp0.38Crackers, wheat, sandwich, with peanut butter filling0.5 oz0.38Fish, mackerel, spanish, raw3.0 oz0.37		0.5 oz	0.39
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 1.0 oz Snacks, potato chips, barbecue-flavor Cake, snack cakes, creme-filled, sponge Onions, sweet, raw 1.0 NLEA serving Carrots, raw 1.0 cups chopped O.38 Fish, swordfish, cooked, dry heat Spices, curry powder 1.0 tsp 0.38 Crackers, wheat, sandwich, with peanut butter filling Fish, mackerel, spanish, raw 3.0 oz 0.39			
separable lean only, trimmed to 1/8" fat, raw 1.0 oz Snacks, potato chips, barbecue-flavor Cake, snack cakes, creme-filled, sponge 1.0 oz Onions, sweet, raw 1.0 NLEA serving Carrots, raw 1.0 cups chopped 0.38 Fish, swordfish, cooked, dry heat Spices, curry powder Crackers, wheat, sandwich, with peanut butter filling Fish, mackerel, spanish, raw 1.0 oz 0.39 0.39 0.39 0.39 0.39 0.39 0.38 0.38 0.38 0.38 0.38		1.0 oz	0.39
Snacks, potato chips, barbecue-flavor Cake, snack cakes, creme-filled, sponge Onions, sweet, raw 1.0 NLEA serving Carrots, raw 1.0 cups chopped 5.0 cups chopped 5.0 cups chopped 6.38 6.38 7.5 curry powder Crackers, wheat, sandwich, with peanut butter filling 6.5 oz 6.39 6.39 6.39 6.38 6.38 6.38 6.38 6.38 6.38 6.38 6.38 6.38 6.38 6.38 6.38 6.38 6.38 6.38 6.38 6.38 6.38 6.38			
Cake, snack cakes, creme-filled, sponge1.0 oz0.39Onions, sweet, raw1.0 NLEA serving0.38Carrots, raw1.0 cups chopped0.38Fish, swordfish, cooked, dry heat3.0 oz0.38Spices, curry powder1.0 tsp0.38Crackers, wheat, sandwich, with peanut butter filling0.5 oz0.38Fish, mackerel, spanish, raw3.0 oz0.37			
Onions, sweet, raw1.0 NLEA serving0.38Carrots, raw1.0 cups chopped0.38Fish, swordfish, cooked, dry heat3.0 oz0.38Spices, curry powder1.0 tsp0.38Crackers, wheat, sandwich, with peanut butter filling0.5 oz0.38Fish, mackerel, spanish, raw3.0 oz0.37	Snacks, potato chips, barbecue-flavor	1.0 oz	0.39
Carrots, raw 1.0 cups chopped 0.38 Fish, swordfish, cooked, dry heat 3.0 oz 0.38 Spices, curry powder 1.0 tsp 0.38 Crackers, wheat, sandwich, with peanut butter filling 0.5 oz 0.38 Fish, mackerel, spanish, raw 3.0 oz 0.37	Cake, snack cakes, creme-filled, sponge	1.0 oz	0.39
Fish, swordfish, cooked, dry heat 3.0 oz 0.38 Spices, curry powder 1.0 tsp 0.38 Crackers, wheat, sandwich, with peanut butter filling 0.5 oz 0.38 Fish, mackerel, spanish, raw 3.0 oz 0.37	Onions, sweet, raw	1.0 NLEA serving	0.38
Spices, curry powder1.0 tsp0.38Crackers, wheat, sandwich, with peanut butter filling0.5 oz0.38Fish, mackerel, spanish, raw3.0 oz0.37	Carrots, raw	1.0 cups chopped	0.38
Crackers, wheat, sandwich, with peanut butter filling 0.5 oz 0.38 Fish, mackerel, spanish, raw 3.0 oz 0.37	Fish, swordfish, cooked, dry heat	3.0 oz	0.38
Fish, mackerel, spanish, raw 3.0 oz 0.37	Spices, curry powder	1.0 tsp	0.38
	Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	0.38
Crackers, wheat, sandwich, with cheese filling 0.5 oz 0.37	Fish, mackerel, spanish, raw	3.0 oz	0.37
, , , , , , , , , , , , , , , , , , , ,	Crackers, wheat, sandwich, with cheese filling	0.5 oz	0.37

Deverages, V8 V-FUSION Juices, Peach Mango	Rice, white, medium-grain, cooked, unenriched	1.0 cups	0.37
3.5 cups 0.37		1.0 serving 8 oz	0.37
Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	Fruit cocktail, (peach and pineapple and pear and grape		
grape POPSICLE pops Beverages, V8 SPLASH Smoothies, Strawberry Banana 1.0 serving 8 oz 3.37 Beverages, V8 SPLASH Smoothies, Peach Mango 1.0 serving 8 oz 3.37 Candies, VORK BITES 15.0 pieces 3.36 Cookies, sugar wafer, with creme filling, sugar free 1.0 oz 9.37 Papayas, raw 1.0 cups 1" pieces 3.36 Puddings, chocolate, ready-to-eat 1.0 oz 9.36 Candies, NESTLE, BUTTERFINGER Crisp 1.0 piece 3.36 Candies, NESTLE, BUTTERFINGER Crisp 1.0 piece 3.36 Cardies, NESTLE, BUTTERFINGER Crisp 1.0 fiece 3.36 Cardies, NESTLE, BUTTERFINGER Crisp 1.0 fiece 3.36 Cardies, NESTLE, BUTTERFINGER Crisp 1.0 fiece 3.36 Cardies, NESTLE, BUTTERFINGER Crisp 3.37 Cardies, NESTLE, BUTTERFINGER Crisp 3.38 Cardies, Nestle, Autterfield 3.39 Cardies, Nestle, Autterfield 3.30 Cardies, Nestle, Autterfield 3.34 Cardies, Standard Snack-type, Sandwich, with cheese 3.34 Cardies, Standard Snack-type, Sandwich, with cheese 3.34 Cardies, Standard Snack-type, Sandwich, with cheese 3.3	and cherry), canned, extra light syrup, solids and liquids	0.5 cups	0.37
Deverages, V8 SPLASH Smoothies, Strawberry Banana 1.0 serving 8 oz 0.37	Frozen novelties, ice type, sugar free, orange, cherry, and	1.0 serving 1.75 fl	
Beverages, V8 SPLASH Smoothies, Peach Mango	grape POPSICLE pops	oz pop	0.37
Candies, YORK BITES			0.37
Cookies, sugar wafer, with creme filling, sugar free 1.0 oz 0.37	Beverages, V8 SPLASH Smoothies, Peach Mango	1.0 serving 8 oz	0.37
Papayas, raw	Candies, YORK BITES	15.0 pieces	0.37
Papayas, raw	Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	0.37
Drumstick pods, raw Candies, NESTLE, BUTTERFINGER Crisp 1. 0 piece 0.36 Beverages, chocolate powder, no sugar added 2. 0 tbsp 0.75 cups (1 NLEA serving) 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA 1. 0 fl oz 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarchea, ready-to-feed with ARA and DHA 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarchea, ready-to-feed with ARA and DHA 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarchea, ready-to-feed, with ARA and DHA 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarchea, ready-to-feed, with ARA and DHA 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarchea, ready-to-feed, with ARA and DHA 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarchea, ready-to-feed, with ARA and DHA 1. 0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarchea, ready-to-feed, with ARA and DHA Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarchea, ready-to-feed, with ARA and DHA Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarchea, ready-to-feed, with ARA and BHA Infant fo		1.0 cups 1" pieces	0.36
Candies, NESTLE, BUTTERFINGER Crisp Beverages, chocolate powder, no sugar added 2. 0 tbsp 3.75 cups (1 NLEA serving) 3.05 cups (1 NLEA serving) 3.06 lnfant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA 1.0 fl oz 3.36 luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% serving 3.0 oz 1 NLEA serving 3.0 oz 3.0 o	Puddings, chocolate, ready-to-eat	1.0 oz	0.36
Beverages, chocolate powder, no sugar added 2.0 tbsp 0.75 cups (1 NLEA 5.75 cups (1 NLEA)	Drumstick pods, raw	1.0 cups slices	0.36
Cereals ready-to-eat, BARBARA'S PUFFINS, original Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready-to-feed with ARA and DHA 1.0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA 1.0 fl oz 0.36 Iuncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% Iamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, 50 cg 0.36 Ice creams, BREYERS, All Natural Light Mint Chocolate 1.0 serving 1/2 cups 0.35 Fish, lingcod, cooked, dry heat 3.0 oz 0.00 0.35 Fish, lingcod, cooked, dry heat 1.0 oz 0.35 Fish, scup, coconut cream, raw (liquid expressed from grated Spices, standard snack-type, sandwich, with chees 0.5 oz 0.34 Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added 1.0 cups 0.34 Rale, raw 1.0 c		1.0 piece	0.36
Cereals ready-to-eat, BARBARA'S PUFFINS, original Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready-to-feed with ARA and DHA 1.0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA 1.0 fl oz 0.36 Iuncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% Iamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, 50 cg 0.36 Ice creams, BREYERS, All Natural Light Mint Chocolate 1.0 serving 1/2 cups 0.35 Fish, lingcod, cooked, dry heat 3.0 oz 0.00 0.35 Fish, lingcod, cooked, dry heat 1.0 oz 0.35 Fish, scup, coconut cream, raw (liquid expressed from grated Spices, standard snack-type, sandwich, with chees 0.5 oz 0.34 Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added 1.0 cups 0.34 Rale, raw 1.0 c	Beverages, chocolate powder, no sugar added	2.0 tbsp	0.36
Cereals ready-to-eat, BARBARA'S PUFFINS, original serving) Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to-feed with ARA and DHA Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, 5pices, ginger, ground Lo serving Lo oz Lo serving 1/2 cups O.36 Spices, ginger, ground Lo serving 1/2 cups O.35 Fish, lingcod, cooked, dry heat Jo oz Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw Nuts, coconut cream, raw (liquid expressed from grated Spices, caraway seed Lo tysp Bologna, pork, turkey and beef Jo oz O.34 Fish, scup, cooked, dry heat Crackers, standard snack-type, sandwich, with cheese Olso o O.34 Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added Chicken, broilers or fryers, drumstick, meat only, cooked, fried Chicken, broilers or fryers, drumstick, meat only, cooked, fried Corn, sweet, yellow, canned, drained solids, rinsed with tap water In oz O.35 Barbecue loaf, pork, beef O.36 O.36 O.36 O.36 O.36 O.36 O.36 O.36 O.37 O.38 O.39		· ·	
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA 1.0 fl oz 3.36 Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA 1.0 fl oz 3.36 Iuncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% Iamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, 1.0 oz 3.36 Spices, ginger, ground 1.0 tsp 3.0 oz 3.35 Spis, lingcod, cooked, dry heat 3.0 oz 3.35 Spis, fried pies, fruit 1.0 oz 3.35 Spis, fried pies, fruit 1.0 oz 3.35 Spices, caraway seed 3.0 tsp 3.36 Spices, caraway seed 3.0 tsp 3.36 Spices, caraway seed 3.0 tsp 3.36 Spices, caraway seed 3.0 tsp 3.37 Spices, caraway seed 3.0 tsp 3.38 Spices, caraway seed 3.0 tsp 3.34 Spices, caraway seed 3.0 tsp 3.35 Spices, caraway seed	Cereals ready-to-eat, BARBARA'S PUFFINS, original		0.36
Diarrhea, ready- to- feed with ARA and DHA 1.0 fl oz 1.0 fl oz 0.36 Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA 1.0 fl oz 1.0 fl oz 0.36 Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, Spices, ginger, ground 1.0 oz 1.0 oz 0.36 Spices, ginger, ground 1.0 tsp 1.0 serving 1/2 cups 0.35 Fish, lingcod, cooked, dry heat 1.0 oz 0.35 Fish, lingcod, cooked, dry heat 1.0 oz 0.35 Fish, lingcod, cooked, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw 1.0 oz 0.35 Fish, serving 1/2 cups 0.36 0.37 Fish, lingcod, cooked, dry heat 1.0 oz 0.38 Nuts, coconut cream, raw (liquid expressed from grated) Spices, caraway seed 1.0 tsp 0.34 Nuts, coconut cream, raw (liquid expressed from grated) Spices, caraway seed 1.0 tsp 0.34 Notsp 0.34 Notsp 0.34 Crackers, standard snack-type, sandwich, with cheese 0.5 oz 0.34 Onions, raw 1.0 cups 0.34 Crackers, standard snack-type, sandwich, with cheese 0.5 oz 0.34 Onions, raw 1.0 cups 0.34 Chicken, broilers or fryers, drumstick, meat only, cooked, from 1 lb ready-to-cook chicken) Corn, sweet, yellow, canned, drained solids, rinsed with tap water 1.0 cups 1.0 cups 0.33 Barbecue loaf, pork, beef 1.0 oz 0.33 Barbecue loaf, pork, beef		U,	
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% serving 0.36 Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, 5pices, ginger, ground 1.0 tsp 1.0 serving 1/2 cups Chip cups 0.35 Fish, lingcod, cooked, dry heat 3.0 oz 1.0 oz 1.0 oz 3.35 Pie, fried pies, fruit 1.0 oz 1.0 oz 3.35 Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw 1.0 oz 3.40 Nuts, coconut cream, raw (liquid expressed from grated 3.0 oz 3.35 Spices, caraway seed 3.0 oz 3.36 Spices, caraway seed 3.0 oz 3.36 Crackers, standard snack-type, sandwich, with cheese 0.5 oz 0.34 Crackers, standard snack-type, sandwich, with cheese 0.5 oz 0.34 Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added 1.0 cups 1.0 cups 1.0 cups 0.34 Chicken, broilers or fryers, drumstick, meat only, cooked, fried 0.0 cups cook chicken) 0.33 Barbecue loaf, pork, beef 1.0 oz 0.33 Barbecue loaf, pork, beef 1.0 oz 0.33 Barbecue loaf, pork, beef	•	1.0 fl oz	0.36
ready-to-feed, with ARA and DHA Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, Spices, ginger, ground Loo z Loo			
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, 5pices, ginger, ground 1.0 oz 0.36 Spices, ginger, ground 1.0 serving 1/2 cups 0.35 Fish, lingcod, cooked, dry heat 3.0 oz 0.35 Fish, lingcod, cooked, dry heat 1.0 oz 0.35 Fish, surple lean and fat, trimmed to 1/8" fat, raw 1.0 oz 0.34 Fish, scorpatable lean and fat, trimmed to 1/8" fat, raw 1.0 oz 0.34 Fish, scup, cooked, dry heat 1.0 tsp 0.34 Fish, scup, cooked, dry heat 1.0 oz 0.34 Fish, scup, cooked, dry heat 1.0 oz 0.34 Fish, scup, cooked, dry heat 1.0 cups 0.34 Fish, scup, cooked, dry heat 0.0 cups 0.34 Fish, cooked, dry heat 0.0 cups 0.34 Fish, cooked, dry heat 0.0 cups 0.34 Fish, cooked, dry heat 0.		1.0 fl oz	0.36
reduced sodium, added ascorbic acid, includes SPAM, 25% serving 0.36 Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, 1.0 oz 0.36 Spices, ginger, ground 1.0 tsp 0.36 Lec creams, BREYERS, All Natural Light Mint Chocolate Chip cups 0.35 Fish, lingcod, cooked, dry heat 3.0 oz 0.35 Pie, fried pies, fruit 1.0 oz 0.35 Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw 1.0 oz 0.34 Nuts, coconut cream, raw (liquid expressed from grated 1.0 tsp 0.34 Spices, caraway seed 1.0 tsp 0.34 Bologna, pork, turkey and beef 1.0 oz 0.34 Fish, scup, cooked, dry heat 1.0 fillet 0.34 Crackers, standard snack-type, sandwich, with cheese 0.5 oz 0.34 Onions, raw 1.0 cups, chopped 0.34 Fotatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added 1.0 cups 0.34 Kale, raw 1.0 cups 0.34 Chicken, broilers or fryers, drumstick, meat only, cooked, from 1 lb ready-to-focok chicken) 0.33 Corn, sweet, yellow, canned, drained solids, rinsed with 1.0 oz 0.33 Barbecue loaf, pork, beef 1.0 oz 0.33			
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, 1.0 oz 0.36 Spices, ginger, ground 1.0 tsp 0.36 Ice creams, BREYERS, All Natural Light Mint Chocolate Chip 2.0 serving 1/2 cups 0.35 Fish, lingcod, cooked, dry heat 3.0 oz 0.35 Pie, fried pies, fruit 1.0 oz 0.35 Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw 1.0 oz 0.34 Nuts, coconut cream, raw (liquid expressed from grated 1.0 tsp 0.34 Spices, caraway seed 1.0 tsp 0.34 Bologna, pork, turkey and beef 1.0 oz 0.34 Bologna, pork, turkey and beef 1.0 oz 0.34 Oxade, crackers, standard snack-type, sandwich, with cheese 0.5 oz 0.34 Oxade, crackers, standard snack-type, sandwich, with cheese 0.5 oz 0.34 Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added 1.0 cups 0.34 Chicken, broilers or fryers, drumstick, meat only, cooked, fried 0.00 til (yield from 1 lb ready-to-cook chicken) 0.33 Corn, sweet, yellow, canned, drained solids, rinsed with 1.0 cups drained, rinsed 0.33 Barbecue loaf, pork, beef 1.0 oz 0.33			0.36
and blade), separable lean and fat, trimmed to 1/8" fat,		J	
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tap water rinsed 0.33 Barbecue loaf, pork, beef 1.0 oz 0.33	Corn, sweet, yellow, canned, drained solids, rinsed with	,	
Barbecue loaf, pork, beef 1.0 oz 0.33	tap water	•	0.33
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1=	Bologna, chicken, turkey, pork	1.0 serving	0.32
	Orange juice, chilled, includes from concentrate, with	-	

Orange juice, chilled, includes from concentrate, with		
added calcium and vitamin D	1.0 cups	0.32
Snacks, potato chips, made from dried potatoes, fat-free,	2.0 00.00	V.9_
made with olestra	1.0 oz	0.32
Kanpyo, (dried gourd strips)	1.0 strip	0.32
Rice, white, long-grain, regular, cooked, unenriched, with	1.0 cups	0.32
Fish, cisco, raw	1.0 fillet	0.32
Soup, chicken with rice, canned, condensed	0.5 cups	0.32
, ,	0.33 package (10	
Onions, frozen, chopped, unprepared	oz)	0.31
Egg substitute, powder	0.35 oz	0.31
Cake, cherry fudge with chocolate frosting	1.0 oz	0.31
Croissants, apple	1.0 oz	0.31
Fish, herring, Atlantic, raw	1.0 oz, boneless	0.31
Apples, frozen, unsweetened, unheated (Includes foods	,	
for USDA's Food Distribution Program)	1.0 cups slices	0.31
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.0 bar 1.55 oz	0.31
Mountain yam, hawaii, raw	0.5 cups, cubes	0.3
Infant formula, GERBER, GOOD START 2, PROTECT PLUS,	our compos, como co	
ready-to-feed	1.0 fl oz	0.3
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	0.3
Applesauce, canned, sweetened, without salt	1.0 cups	0.3
Pie, banana cream, prepared from recipe	1.0 oz	0.29
Snacks, pork skins, barbecue-flavor	1.0 oz	0.29
Cheese food, pasteurized process, American, vitamin D	1.0 cups	0.29
Tangerines, (mandarin oranges), raw	1.0 cups, sections	0.29
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	0.29
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	0.29
Carrots, frozen, unprepared (Includes foods for USDA's		
Food Distribution Program)	0.5 cups slices	0.28
Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS	1.0 serving 13	
Brand Bite Size Candies	pieces	0.28
POPEYES, Coleslaw	1.0 package	0.28
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	0.27
Grapes, american type (slip skin), raw	1.0 cups	0.27
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	0.27
Mangos, raw	1.0 cups pieces	0.26
Spices, bay leaf	1.0 tsp, crumbled	0.26
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	0.26
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	0.25
	1.0 fruit (2-1/2"	
Persimmons, japanese, raw	dia)	0.25
Pears, raw	1.0 cups, slices	0.25
Parmesan cheese topping, fat free	1.0 tablespoon	0.25
Pomegranate juice, bottled	1.0 cups	0.25
Soup, cream of chicken, canned, condensed, reduced	0.5 cups	0.25
Fish, pollock, Alaska, cooked	3.0 oz	0.25
Rice noodles, cooked	1.0 cups	0.25
Milk, sheep, fluid	1.0 cups	0.24
,	1	0.21

Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	0.24
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	0.24
	1.0 large (2-1/2"	
Figs, raw	dia)	0.24
Spices, mace, ground	1.0 tsp	0.24
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	0.24
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	0.23
Soup, cream of mushroom, canned, condensed	0.5 cups	0.23
Egg, whole, cooked, omelet	1.0 tbsp	0.22
Syrups, table blends, pancake, with 2% maple, with added		
potassium	1.0 cups	0.22
Candies, TWIZZLERS CHERRY BITES	18.0 pieces	0.22
Fish, roe, mixed species, cooked, dry heat	1.0 oz	0.22
Lime juice, raw	1.0 cups	0.22
Cheese, cottage, nonfat, uncreamed, dry, large or small	1.0 cups (not	
curd	packed)	0.22
Spices, cinnamon, ground	1.0 tsp	0.22
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	0.22
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	0.22
Ham, honey, smoked, cooked	1.0 oz (1 serving)	0.21
Snacks, fruit leather, rolls	1.0 large	0.21
Pork sausage, link/patty, fully cooked, unheated	1.0 link	0.21
Sweeteners, for baking, brown, contains sugar and	1.0 tbsp	0.21
Candies, truffles, prepared-from-recipe	1.0 piece	0.21
Endive, raw	0.5 cups, chopped	0.21
Frostings, coconut-nut, ready-to-eat	0.08 package	0.21
Frostings, glaze, chocolate, prepared-from-recipe, with		
butter, NFSMI Recipe No. C-32	2.0 tablespoon	0.2
Lemon juice, raw	1.0 cups	0.2
Spices, tarragon, dried	1.0 tsp, leaves	0.19
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	0.19
Cheese, cheddar (Includes foods for USDA's Food		
Distribution Program)	1.0 cups, diced	0.18
Spices, mustard seed, ground	1.0 tsp	0.18
	1.0 cups sections,	
Grapefruit, raw, pink and red, all areas	with juice	0.18
Cheese, cottage, creamed, with fruit	4.0 oz	0.18
Cheese, pasteurized process, American, fortified with	1.0 oz	0.18
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	0.18
Cake, cheesecake, commercially prepared	1.0 oz	0.18
Snacks, rice cakes, brown rice, multigrain	1.0 cake	0.18
Baking chocolate, MARS SNACKFOOD US, M & M's Milk	1.0 serving 0.5 oz,	
Chocolate Mini Baking Bits	about 1 tbsp	0.17
Cheese, swiss	1.0 cups, diced	0.17
	1.0 cups sections,	
	without	
Oranges, raw, California, valencias	membranes	0.16
Cheese, ricotta, whole milk	0.5 cups	0.16

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	1.0 cups sections,	
Grapefruit, raw, white, Florida	with juice	0.12
	1.0 piece (1/12 of	
Cake, angelfood, dry mix, prepared	10" dia)	0.12
Tree fern, cooked, without salt	0.5 cups, chopped	0.11
Papaya, canned, heavy syrup, drained	1.0 piece	0.11
	1.0 package (3.5	
Puddings, tapioca, dry mix, with no added salt	oz)	0.11
Carambola, (starfruit), raw	1.0 cups, cubes	0.11
Snacks, rice cakes, brown rice, corn	1.0 cake	0.11
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	0.1
	1.0 container (6	
Yogurt, fruit, low fat,9 g protein/8 oz	oz)	0.1
Milk, dry, nonfat, regular, without added vitamin A and	0.25 cups	0.1
Salad dressing, russian dressing, low calorie	1.0 tablespoon	0.1
Beverages, Orange drink, breakfast type, with juice and		
pulp, frozen concentrate	1.0 fl oz	0.09
Syrups, table blends, pancake	1.0 cups	0.09
Cheese, camembert	1.0 oz	0.09
Milk, canned, evaporated, nonfat, with added vitamin A		
and vitamin D	1.0 fl oz	0.09
Longans, dried	1.0 fruit	0.09
Milk, dry, nonfat, calcium reduced	1.0 oz	0.09
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	0.09
Milk, buttermilk, dried	0.25 cups	0.09
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	0.09
Milk shakes, thick chocolate	1.0 fl oz	0.09
Cheese, blue	1.0 oz	0.09
Pie, blueberry, commercially prepared	1.0 oz	0.09
	1.0 container (6	
Yogurt, plain, whole milk	oz)	0.09
Alcoholic beverage, wine, table, white	1.0 fl oz	0.08
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	0.08
Cheese, cottage, creamed, large or small curd	4.0 oz	0.08
Onions, dehydrated flakes	1.0 tbsp	0.08
Apples, raw, without skin	1.0 cups slices	0.08
Fish, wolffish, Atlantic, raw	3.0 oz	0.08
Oil, olive, salad or cooking	1.0 tablespoon	0.08
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	0.07
Milk, canned, condensed, sweetened	1.0 fl oz	0.07
Salad dressing, mayonnaise, soybean and safflower oil,	1.0 tablespoon	0.07
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	0.07
Flan, caramel custard, dry mix	1.0 package (3 oz)	0.07
Spices, nutmeg, ground	1.0 tsp	0.07
Dill weed, fresh	5.0 sprigs	0.07
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	0.06
Milk, canned, evaporated, with added vitamin D and		
without added vitamin A	1.0 fl oz	0.06
Candies, caramels, chocolate-flavor roll	1.0 piece	0.05

Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	0.05
Orange peel, raw	1.0 tbsp	0.05
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	0.05
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	0.05
Onions, frozen, chopped, cooked, boiled, drained, without	1.0 tbsp chopped	0.04
	1.0 package (3.12	
Puddings, vanilla, dry mix, regular, with added oil	oz)	0.04
	1.0 package (3.12	
Puddings, banana, dry mix, regular, with added oil	oz)	0.04
Soup, chicken broth or bouillon, dry	1.0 cube	0.04
	1.0 serving 1/2	
Ice creams, BREYERS, All Natural Light Vanilla	cups	0.04
Cheese, neufchatel	1.0 oz	0.04
Cream, fluid, light whipping	1.0 cups, whipped	0.04
Beverages, Whiskey sour mix, bottled	1.0 fl oz	0.04
Whiskey sour mix, bottled, with added potassium and	1.0 fl oz	0.04
Beverages, carbonated, low calorie, cola or pepper-type,		
with aspartame, contains caffeine	1.0 fl oz	0.03
Dessert topping, powdered, 1.5 ounce prepared with 1/2	1.0 cups	0.03
Cream, whipped, cream topping, pressurized	1.0 cups	0.03
Arugula, raw	1.0 leaf	0.03
Salad dressing, mayonnaise, regular	1.0 tbsp	0.03
Salad dressing, french, home recipe	1.0 tablespoon	0.03
Egg, white, raw, fresh	1.0 large	0.03
Sesbania flower, raw	1.0 flower	0.03
Nuts, coconut cream, canned, sweetened	1.0 tbsp	0.02
Beverages, coffee substitute, cereal grain beverage,		
prepared with water	1.0 fl oz	0.02
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	0.02
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	0.02
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	1.0 tbsp	0.02
Cheese, cream	1.0 tbsp	0.02
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	0.02
Grapes, muscadine, raw	1.0 grape	0.02
Cream, fluid, half and half	1.0 fl oz	0.02
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.01
Dessert topping, pressurized	1.0 cups	0.01
Olives, pickled, canned or bottled, green	1.0 olive	0.01
Dessert topping, powdered	1.0 oz	0.01
Ginger root, raw	1.0 tsp	0.01
Beverages, carbonated, low calorie, other than cola or		
pepper, with aspartame, contains caffeine	1.0 fl oz	0.01
Cream, sour, reduced fat, cultured	1.0 tbsp	0.01
Alcoholic beverage, pina colada, canned	1.0 fl oz	0.01
Beverages, Propel Zero, fruit-flavored, non-carbonated	1.0 fl oz	0.01
Cream, sour, cultured	1.0 tbsp	0.01
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	0.01
Beverages, carbonated, reduced sugar, cola, contains		

Margarine-like, margarine-butter blend, soybean oil and	1.0 tbsp	0.01
Vanilla extract	1.0 tsp	0.01