

All information listed below is according to the USDA (United States Department of Agriculture). Some items, such as alcohol, are NOT recommended for consumption by pregnant women. If you have any questions, please contact your local Bradley Method® instructor.

Food Description	Protein
Alcoholic beverage, beer, light (12 fl oz)	0.71
Alcoholic beverage, beer, regular (12 fl oz)	1.07
Alcoholic beverage, daiquiri, prepared-from-recipe (2 fl oz)	0.06
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof (1.5 fl oz)	0.00
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof (1.5 fl oz)	0.00
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof (1.5 fl oz)	0.00
Alcoholic beverage, liqueur, coffee, 53 proof (1.5 fl oz)	0.05
Alcoholic beverage, pina colada, prepared-from-recipe (4.5 fl oz)	0.59
Alcoholic beverage, wine, dessert, dry (3.5 fl oz)	0.21
Alcoholic beverage, wine, dessert, sweet (3.5 fl oz)	0.21
Alcoholic beverage, wine, table, red (3.5 fl oz)	0.21
Alcoholic beverage, wine, table, white (3.5 fl oz)	0.10
Alfalfa seeds, sprouted, raw (1 cup)	1.32
Apple juice, canned or bottled, unsweetened, without added ascorbic acid (1 cup)	0.15
Apples, dried, sulfured, uncooked (5 rings)	0.30
Apples, raw, with skin (1 apple)	0.26
Apples, raw, without skin (1 cup)	0.17
Applesauce, canned, sweetened, without salt (1 cup)	0.46
Applesauce, canned, unsweetened, without added ascorbic acid (1 cup)	0.41
Apricot nectar, canned, with added ascorbic acid (1 cup)	0.93
Apricots, canned, heavy syrup pack, with skin, solids and liquids (1 cup)	1.37
Apricots, canned, juice pack, with skin, solids and liquids (1 cup)	1.54
Apricots, dried, sulfured, uncooked (10 halves)	1.19
Apricots, raw (1 apricot)	0.49
Artichokes, (globe or french), cooked, boiled, drained, without salt (1 cup)	5.85
Artichokes, (globe or french), cooked, boiled, drained, without salt (1 medium)	4.18
Asparagus, canned, drained solids (4 spears)	1.54
Asparagus, cooked, boiled, drained (4 spears)	1.55
Asparagus, frozen, cooked, boiled, drained, without salt (1 cup)	5.31
Asparagus, frozen, cooked, boiled, drained, without salt (4 spears)	1.77
Avocados, raw, California (1 oz)	0.60
Avocados, raw, Florida (1 oz)	0.45
Bagels, cinnamon-raisin (3-1/2" bagel)	6.96
Bagels, cinnamon-raisin (4" bagel)	8.72
Bagels, egg (4" bagel)	9.43
Bagels, egg (3-1/2" bagel)	7.53
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) (3-1/2" bagel)	7.46
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) (4" bagel)	9.35
Baking chocolate, unsweetened, liquid (1 oz)	3.43
Baking chocolate, unsweetened, squares (1 square)	2.92
Bamboo shoots, canned, drained solids (1 cup)	2.25
Bananas, raw (1 banana)	1.22
Bananas, raw (1 cup)	1.55
Barley, pearled, cooked (1 cup)	3.55
Barley, pearled, raw (1 cup)	19.82
Beans, baked, canned, plain or vegetarian (1 cup)	12.17
Beans, baked, canned, with franks (1 cup)	17.48
Beans, baked, canned, with pork and sweet sauce (1 cup)	13.43
Beans, baked, canned, with pork and tomato sauce (1 cup)	13.05
Beans, black, mature seeds, cooked, boiled, without salt (1 cup)	15.24
Beans, great northern, mature seeds, cooked, boiled, without salt (1 cup)	14.74
Beans, kidney, red, mature seeds, canned (1 cup)	13.44
Beans, kidney, red, mature seeds, cooked, boiled, without salt (1 cup)	15.35
Beans, navy, mature seeds, cooked, boiled, without salt (1 cup)	15.83
Beans, pinto, mature seeds, cooked, boiled, without salt (1 cup)	14.04
Beans, snap, green, canned, regular pack, drained solids (1 cup)	1.55
Beans, snap, green, cooked, boiled, drained, without salt (1 cup)	2.36
Beans, snap, green, frozen, cooked, boiled, drained without salt (1 cup)	2.01
Beans, snap, yellow, canned, regular pack, drained solids (1 cup)	1.55
Beans, snap, yellow, cooked, boiled, drained, without salt (1 cup)	2.36
Beans, snap, yellow, frozen, cooked, boiled, drained, without salt (1 cup)	2.01
Beans, white, mature seeds, canned (1 cup)	19.02
Beef stew, canned entree (1 cup)	11.46
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised (3 oz)	22.58

Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised (3 oz)	26.40
Beef, cured, corned beef, canned (3 oz)	23.05
Beef, cured, dried beef (1 oz)	8.25
Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled (3 oz)	21.73
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled (3 oz)	21.89
Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled (3 oz)	22.04
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted (3 oz)	19.13
Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, fat, all grades, cooked, roasted (3 oz)	23.16
Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised (3 oz)	24.36
Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all all grades, cooked, braised (3 oz)	26.85
Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted (3 oz)	22.77
Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all all grades, cooked, roasted (3 oz)	24.64
Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled (3 oz)	23.64
Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled (3 oz)	25.81
Beef, variety meats and by-products, liver, cooked, pan-fried (3 oz)	22.71
Beet greens, cooked, boiled, drained, without salt (1 cup)	3.70
Beets, canned, drained solids (1 cup)	1.55
Beets, canned, drained solids (1 beet)	0.22
Beets, cooked, boiled, drained (1 cup)	2.86
Beets, cooked, boiled, drained (1 beet)	0.84
Biscuits, plain or buttermilk, prepared from recipe (4" biscuit)	7.07
Biscuits, plain or buttermilk, prepared from recipe (2-1/2" biscuit)	4.20
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked (2-1/2" biscuit)	1.81
Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked (2-1/4" biscuit)	1.64
Blackberries, raw (1 cup)	1.04
Blueberries, frozen, sweetened (1 cup)	0.92
Blueberries, raw (1 cup)	0.97
Bologna, pork and beef (2 slices)	6.63
Braunschweiger (a liver sausage), pork (2 slices)	7.65
Bread crumbs, dry, grated, plain (1 oz)	3.54
Bread crumbs, dry, grated, seasoned (1 cup)	17.04
Bread stuffing, bread, dry mix, prepared (1/2 cup)	3.20
Bread, banana, prepared from recipe, made with margarine (1 slice)	2.58
Bread, cornbread, dry mix, prepared (1 piece)	4.32
Bread, cornbread, prepared from recipe, made with low fat (2%) milk (1 piece)	4.36
Bread, cracked-wheat (1 slice)	2.18
Bread, egg (1/2" slice)	3.80
Bread, french or vienna (includes sourdough) (1/2" slice)	2.20
Bread, indian (navajo) fry (10-1/2" bread)	11.36
Bread, indian (navajo) fry (5" bread)	6.39
Bread, italian (1 slice)	1.76
Bread, mixed-grain (includes whole-grain, 7-grain) (1 slice)	2.60
Bread, mixed-grain, toasted (includes whole-grain, 7-grain) (1 slice)	2.62
Bread, oatmeal (1 slice)	2.27
Bread, oatmeal, toasted (1 slice)	2.30
Bread, pita, white, enriched (6-1/2" pita)	5.46
Bread, pita, white, enriched (4" pita)	2.55
Bread, pumpernickel (1 slice)	2.78
Bread, pumpernickel, toasted (1 slice)	2.76
Bread, raisin, enriched (1 slice)	2.05
Bread, raisin, toasted, enriched (1 slice)	2.06
Bread, reduced-calorie, rye (1 slice)	2.09
Bread, reduced-calorie, wheat (1 slice)	2.09
Bread, reduced-calorie, white (1 slice)	2.00
Bread, rye (1 slice)	2.72
Bread, rye, toasted (1 slice)	2.26
Bread, wheat (includes wheat berry) (1 slice)	2.28
Bread, wheat, toasted (includes wheat berry) (1 slice)	2.28
Bread, white, commercially prepared (includes soft bread crumbs) (1 slice)	2.05
Bread, white, commercially prepared (includes soft bread crumbs) (1 cup)	3.69
Bread, white, commercially prepared, toasted (1 slice)	1.98
Bread, whole-wheat, commercially prepared (1 slice)	2.72
Bread, whole-wheat, commercially prepared, toasted (1 slice)	2.73
Breakfast items, biscuit with egg and sausage (1 biscuit)	19.15
Breakfast items, french toast with butter (2 slices)	10.34
Broccoli, cooked, boiled, drained, without salt (1 spear)	1.10
Broccoli, cooked, boiled, drained, without salt (1 cup)	4.65
Broccoli, flower clusters, raw (1 floweret)	0.33
Broccoli, frozen, chopped, cooked, boiled, drained, without salt (1 cup)	5.70
Broccoli, raw (1 cup)	2.62

Broccoli, raw (1 spear)	0.92
Brussels sprouts, cooked, boiled, drained, without salt (1 cup)	3.98
Brussels sprouts, frozen, cooked, boiled, drained, without salt (1 cup)	5.64
Buckwheat flour, whole-grout (1 cup)	15.14
Buckwheat groats, roasted, cooked (1 cup)	5.68
Bulgur, cooked (1 cup)	5.61
Bulgur, dry (1 cup)	17.21
Butter, with salt (1 tbsp)	0.12
Butter, without salt (1 tbsp)	0.12
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt (1 cup)	2.65
Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt (1 cup)	1.79
Cabbage, cooked, boiled, drained, without salt (1 cup)	1.53
Cabbage, raw (1 cup)	1.01
Cabbage, red, raw (1 cup)	0.97
Cabbage, savoy, raw (1 cup)	1.40
Cake, angelfood, commercially prepared (1 piece)	1.65
Cake, angelfood, dry mix, prepared (1 piece)	3.05
Cake, boston cream pie, commercially prepared (1 piece)	2.21
Cake, chocolate, commercially prepared with chocolate frosting (1 piece)	2.62
Cake, chocolate, prepared from recipe without frosting (1 piece)	5.04
Cake, fruitcake, commercially prepared (1 piece)	1.25
Cake, gingerbread, prepared from recipe (1 piece)	2.89
Cake, pineapple upside-down, prepared from recipe (1 piece)	4.03
Cake, pound, commercially prepared, butter (1 piece)	1.54
Cake, pound, commercially prepared, fat-free (1 slice)	1.51
Cake, shortcake, biscuit-type, prepared from recipe (1 shortcake)	3.97
Cake, snack cakes, creme-filled, chocolate with frosting (1 cupcake)	1.70
Cake, snack cakes, creme-filled, sponge (1 cake)	1.32
Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat (1 cupcake)	1.85
Cake, sponge, commercially prepared (1 shortcake)	1.62
Cake, sponge, prepared from recipe (1 piece)	4.60
Cake, white, prepared from recipe with coconut frosting (1 piece)	4.93
Cake, white, prepared from recipe without frosting (1 piece)	4.00
Cake, yellow, commercially prepared, with chocolate frosting (1 piece)	2.43
Cake, yellow, commercially prepared, with vanilla frosting (1 piece)	2.24
Candies, caramels (1 piece)	0.46
Candies, caramels, chocolate-flavor roll (1 piece)	0.22
Candies, carob (1 oz)	2.31
Candies, confectioner's coating, white (1 cup)	9.98
Candies, fudge, chocolate, prepared-from-recipe (1 piece)	0.37
Candies, fudge, chocolate, with nuts, prepared-from-recipe (1 piece)	0.80
Candies, fudge, vanilla with nuts, prepared-from-recipe (1 piece)	0.45
Candies, fudge, vanilla, prepared-from-recipe (1 piece)	0.17
Candies, gumdrops, starch jelly pieces (10 worms)	0.00
Candies, gumdrops, starch jelly pieces (10 bears)	0.00
Candies, gumdrops, starch jelly pieces (1 medium)	0.00
Candies, hard (1 piece)	0.00
Candies, hard (1 small piece)	0.00
Candies, jellybeans (10 large)	0.00
Candies, KIT KAT Wafer Bar (1 bar (1.5 oz))	2.69
Candies, M&M MARS, "M&M's" Peanut Chocolate Candies (10 pieces)	1.89
Candies, M&M MARS, "M&M's" Plain Chocolate Candies (10 pieces)	0.30
Candies, M&M MARS, MARS MILKY WAY Bar (1 bar (2.15 oz))	2.75
Candies, M&M MARS, MARS MILKY WAY Bar (1 fun size bar)	0.81
Candies, M&M MARS, SNICKERS Bar (1 bar (2 oz))	4.56
Candies, M&M MARS, STARBURST Fruit Chews (1 piece)	0.02
Candies, marshmallows (1 cup)	0.90
Candies, milk chocolate (1 bar (1.55 oz))	3.04
Candies, milk chocolate coated peanuts (10 pieces)	5.24
Candies, milk chocolate coated raisins (10 pieces)	0.41
Candies, milk chocolate, with almonds (1 bar (1.45 oz))	3.69
Candies, MR. GOODBAR Chocolate Bar (1 bar (1.75 oz))	5.01
Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping (1 fun size bar)	0.87
Candies, NESTLE, CRUNCH Bar and Dessert Topping (1 bar (1.55 oz))	2.64
Candies, REESE'S Peanut Butter Cups (1 package (contains 2))	4.61
Candies, semisweet chocolate (1 cup)	7.06
Candies, SPECIAL DARK Chocolate Bar (1 miniature)	0.47
Carambola, (starfruit), raw (1 cup)	0.58
Carambola, (starfruit), raw (1 fruit)	0.49
Carbonated beverage, club soda (12 fl oz)	0.00

Carbonated beverage, cola, contains caffeine (12 fl oz)	0.00
Carbonated beverage, ginger ale (12 fl oz)	0.00
Carbonated beverage, grape soda (12 fl oz)	0.00
Carbonated beverage, lemon-lime soda (12 fl oz)	0.00
Carbonated beverage, low calorie, cola, with aspartame, contains caffeine (12 fl oz)	0.36
Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine (12 fl oz)	0.36
Carbonated beverage, orange (12 fl oz)	0.00
Carbonated beverage, pepper-type, contains caffeine (12 fl oz)	0.00
Carbonated beverage, root beer (12 fl oz)	0.00
Carob flour (1 tbsp)	0.37
Carrot juice, canned (1 cup)	2.24
Carrots, baby, raw (1 medium)	0.08
Carrots, canned, regular pack, drained solids (1 cup)	0.93
Carrots, cooked, boiled, drained, without salt (1 cup)	1.70
Carrots, frozen, cooked, boiled, drained, without salt (1 cup)	1.74
Carrots, raw (1 cup)	1.13
Carrots, raw (1 carrot)	0.74
Catsup (1 tbsp)	0.23
Catsup (1 packet)	0.09
Cauliflower, cooked, boiled, drained, without salt (1 cup)	2.28
Cauliflower, cooked, boiled, drained, without salt (3 flowerets)	0.99
Cauliflower, frozen, cooked, boiled, drained, without salt (1 cup)	2.90
Cauliflower, raw (1 floweret)	0.26
Cauliflower, raw (1 cup)	1.98
Celery, cooked, boiled, drained, without salt (1 stalk)	0.31
Celery, cooked, boiled, drained, without salt (1 cup)	1.25
Celery, raw (1 stalk)	0.30
Celery, raw (1 cup)	0.90
Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS (3/4 cup)	1.80
Cereals ready-to-eat, GENERAL MILLS, BASIC 4 (1 cup)	4.40
Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX (3/4 cup)	1.20
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS (1 cup)	3.30
Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH (3/4 cup)	1.50
Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS (1 cup)	1.20
Cereals ready-to-eat, GENERAL MILLS, Corn CHEX (1 cup)	2.10
Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES (3/4 cup)	1.50
Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS (3/4 cup)	1.50
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS (1 cup)	2.70
Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX (3/4 cup)	1.50
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS (1 cup)	4.40
Cereals ready-to-eat, GENERAL MILLS, KIX (1-1/3 cup)	1.80
Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS (1 cup)	2.10
Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN (1 cup)	5.16
Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS (3/4 cup)	1.80
Cereals ready-to-eat, GENERAL MILLS, Rice CHEX (1-1/4 cup)	1.86
Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes (1-1/3 cup)	1.82
Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran (1 cup)	3.85
Cereals ready-to-eat, GENERAL MILLS, TRIX (1 cup)	0.90
Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX (1 cup)	3.00
Cereals ready-to-eat, GENERAL MILLS, WHEATIES (1 cup)	3.00
Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL (3/4 cup)	2.40
Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS (1 cup)	0.90
Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES (3/4 cup)	1.05
Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes (3/4 cup)	2.90
Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes (1 cup)	1.96
Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS (1 cup)	1.15
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX (1 cup)	1.97
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS (1 cup)	1.02
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES (3/4 cup)	1.02
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINIWHEATS, bite size (1 cup)	5.56
Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19 (1 cup)	2.31
Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN (1 cup)	5.19
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES (1-1/4 cup)	2.05
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal (3/4 cup)	1.20
Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS (3/4 cup)	1.73
Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K (1 cup)	6.98
Cereals ready-to-eat, KELLOGG, KELLOGG'S, ALL-BRAN Original (1/2 cup)	3.75
Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original (1 cup)	5.00
Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal (2 biscuits)	4.78
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH (3/4 cup)	1.17

Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES (3/4 cup)	1.16
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH (3/4 cup)	1.90
Cereals ready-to-eat, QUAKER, Honey Nut Heaven (1 cup)	4.48
Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins (1/2 cup)	3.98
Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins (1/2 cup)	4.90
Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE (3/4 cup)	2.85
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain (3/4 cup)	3.17
Cereals ready-to-eat, rice, puffed, fortified (1 cup)	0.88
Cereals ready-to-eat, wheat germ, toasted, plain (1 tbsp)	2.07
Cereals ready-to-eat, wheat, puffed, fortified (1 cup)	1.76
Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt (1 cup)	3.39
Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt (1 cup)	3.39
Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water (1 packet)	2.70
Cereals, CREAM OF WHEAT, quick, cooked with water, without (1 cup)	3.59
Cereals, CREAM OF WHEAT, regular, cooked with water, without salt (1 cup)	3.77
Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt (1 cup)	3.60
Cereals, oats, instant, fortified, plain, prepared with water (1 packet)	4.43
Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt (1 cup)	6.08
Cereals, QUAKER, corn grits, instant, plain, prepared with water (1 packet)	2.21
Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water (1 packet)	4.17
Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water (1 packet)	3.19
Cereals, WHEATENA, cooked with water (1 cup)	4.86
Cheese food, pasteurized process, american, without di sodium phosphate (1 oz)	5.56
Cheese sauce, prepared from recipe (1 cup)	25.10
Cheese spread, pasteurized process, american, without di sodium phosphate (1 oz)	4.65
Cheese, blue (1 oz)	6.07
Cheese, camembert (1 wedge)	7.52
Cheese, cheddar (1 oz)	7.06
Cheese, cottage, creamed, large or small curd (1 cup)	26.23
Cheese, cottage, creamed, with fruit (1 cup)	22.37
Cheese, cottage, lowfat, 1% milkfat (1 cup)	28.00
Cheese, cottage, lowfat, 2% milkfat (1 cup)	31.05
Cheese, cottage, nonfat, uncreamed, dry, large or small curd (1 cup)	25.04
Cheese, cream (1 tbsp)	1.09
Cheese, cream, fat free (1 tbsp)	2.25
Cheese, feta (1 oz)	4.03
Cheese, low fat, cheddar or colby (1 oz)	6.90
Cheese, mozzarella, part skim milk, low moisture (1 oz)	7.79
Cheese, mozzarella, whole milk (1 oz)	5.51
Cheese, muenster (1 oz)	6.64
Cheese, neufchatel (1 oz)	2.82
Cheese, parmesan, grated (1 tbsp)	2.08
Cheese, pasteurized process, american, with di sodium phosphate (1 oz)	6.28
Cheese, pasteurized process, swiss, with di sodium phosphate (1 oz)	7.01
Cheese, provolone (1 oz)	7.25
Cheese, ricotta, part skim milk (1 cup)	28.02
Cheese, ricotta, whole milk (1 cup)	27.70
Cheese, swiss (1 oz)	8.06
Cheesecake commercially prepared (1 piece)	4.40
Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) (1 cup)	1.88
Cherries, sweet, raw (10 cherries)	0.82
Chicken pot pie, frozen entree (1 small pie)	13.04
Chicken roll, light meat (2 slices)	11.07
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter (1/2 breast)	34.78
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour (1/2 breast)	31.20
Chicken, broilers or fryers, breast, meat only, cooked, roasted (1/2 breast)	26.68
Chicken, broilers or fryers, dark meat, meat only, cooked, fried (3 oz)	24.35
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter (1 drumstick)	15.80
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter (1 drumstick)	13.21
Chicken, broilers or fryers, drumstick, meat only, cooked, roasted (1 drumstick)	12.45
Chicken, broilers or fryers, giblets, cooked, simmered (1 cup)	37.48
Chicken, broilers or fryers, light meat, meat only, cooked, fried (3 oz)	27.57
Chicken, broilers or fryers, neck, meat only, cooked, simmered (1 neck)	4.42
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter (1 thigh)	18.58
Chicken, broilers or fryers, thigh, meat only, cooked, roasted (1 thigh)	13.49
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter (1 wing)	9.74
Chicken, canned, meat only, with broth (5 oz)	30.91
Chicken, liver, all classes, cooked, simmered (1 liver)	4.77
Chicken, stewing, meat only, cooked, stewed (1 cup)	42.59
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned (1 cup)	11.88

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt (1 cup)	14.53
Chili con carne with beans, canned entree (1 cup)	20.18
Chives, raw (1 tbsp)	0.10
Chocolate syrup (1 tbsp)	0.39
Chocolate-flavor beverage mix, powder (2-3 heaping tsp)	0.71
Chocolate-flavor beverage mix, powder, prepared with whole milk (1 cup)	8.78
Cocoa mix, powder (3 heaping tsp)	3.06
Cocoa mix, powder, prepared with water (1 serving)	3.09
Cocoa mix, with aspartame, powder (1/2 oz envelope)	2.23
Cocoa mix, with aspartame, powder, prepared from item 14196 (1 serving)	2.23
Cocoa, dry powder, unsweetened (1 tbsp)	1.06
Coffee, brewed, espresso, restaurant-prepared (2 fl oz)	0.01
Coffee, brewed, prepared with tap water (6 fl oz)	0.18
Coffee, instant, regular, prepared with water (6 fl oz)	0.18
Coffeecake, cinnamon with crumb topping, commercially prepared, enriched (1 piece)	4.28
Coleslaw, home-prepared (1 cup)	1.55
Collards, cooked, boiled, drained, without salt (1 cup)	4.01
Collards, frozen, chopped, cooked, boiled, drained, without salt (1 cup)	5.05
Cookies, brownies, commercially prepared (1 brownie)	2.69
Cookies, brownies, dry mix, special dietary, prepared (1 brownie)	0.84
Cookies, butter, commercially prepared, enriched (1 cookie)	0.31
Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched (1 cookie)	0.54
Cookies, chocolate chip, commercially prepared, regular, lower fat (1 cookie)	0.58
Cookies, chocolate chip, prepared from recipe, made with margarine (1 cookie)	0.91
Cookies, chocolate chip, refrigerated dough, baked (1 cookie)	1.27
Cookies, chocolate sandwich, with creme filling, regular (1 cookie)	0.47
Cookies, fig bars (1 cookie)	0.59
Cookies, graham crackers, plain or honey (includes cinnamon) (1 cup)	5.80
Cookies, graham crackers, plain or honey (includes cinnamon) (2 squares)	0.97
Cookies, molasses (1 cookie, large (3-1/2" to 4"))	1.79
Cookies, molasses (1 cookie, medium)	0.84
Cookies, oatmeal, commercially prepared, fat-free (1 cookie)	0.65
Cookies, oatmeal, commercially prepared, regular (1 cookie)	1.55
Cookies, oatmeal, commercially prepared, soft-type (1 cookie)	0.92
Cookies, oatmeal, prepared from recipe, with raisins (1 cookie)	0.98
Cookies, peanut butter, commercially prepared, regular (1 cookie)	1.44
Cookies, peanut butter, prepared from recipe (1 cookie)	1.80
Cookies, shortbread, commercially prepared, pecan (1 cookie)	0.69
Cookies, shortbread, commercially prepared, plain (1 cookie)	0.49
Cookies, sugar, commercially prepared, regular (includes vanilla) (1 cookie)	0.77
Cookies, sugar, prepared from recipe, made with margarine (1 cookie)	0.83
Cookies, sugar, refrigerated dough, baked (1 cookie)	0.71
Cookies, vanilla sandwich with creme filling (1 cookie)	0.45
Cookies, vanilla sandwich with creme filling (1 cookie)	0.68
Cookies, vanilla wafers, lower fat (1 cookie)	0.20
Corn, sweet, white, cooked, boiled, drained, without salt (1 ear)	2.56
Corn, sweet, yellow, canned, cream style, regular pack (1 cup)	4.45
Corn, sweet, yellow, canned, vacuum pack, regular pack (1 cup)	5.06
Corn, sweet, yellow, cooked, boiled, drained, without salt (1 ear)	2.56
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt (1 cup)	4.51
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt (1 ear)	1.96
Cornmeal, degermed, enriched, yellow (1 cup)	11.70
Cornmeal, self-rising, degermed, enriched, yellow (1 cup)	11.61
Cornmeal, whole-grain, yellow (1 cup)	9.91
Cornstarch (1 tbsp)	0.02
Couscous, cooked (1 cup)	5.95
Couscous, dry (1 cup)	22.07
Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt (1 cup)	5.23
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt (1 cup)	14.43
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain (1 cup)	11.38
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt (1 cup)	13.30
Crackers, cheese, regular (10 crackers)	1.01
Crackers, cheese, sandwich-type with peanut butter filling (1 sandwich)	0.88
Crackers, matzo, plain (1 matzo)	2.84
Crackers, melba toast, plain (4 pieces)	2.42
Crackers, rye, wafers, plain (1 wafer)	1.06
Crackers, saltines (includes oyster, soda, soup) (4 crackers)	1.10
Crackers, standard snack-type, regular (4 crackers)	0.89
Crackers, standard snack-type, sandwich, with cheese filling (1 sandwich)	0.65
Crackers, wheat, regular (4 crackers)	0.69

Crackers, whole-wheat (4 crackers)	1.41
Cranberry juice cocktail, bottled (8 fl oz)	0.00
Cranberry sauce, canned, sweetened (1 slice)	0.11
Cream substitute, liquid, with hydrogenated vegetable oil and soy protein (1 tbsp)	0.15
Cream substitute, powdered (1 tsp)	0.10
Cream, fluid, half and half (1 tbsp)	0.44
Cream, fluid, heavy whipping (1 tbsp)	0.31
Cream, fluid, light (coffee cream or table cream) (1 tbsp)	0.41
Cream, fluid, light whipping (1 tbsp)	0.33
Cream, sour, cultured (1 tbsp)	0.38
Cream, sour, reduced fat, cultured (1 tbsp)	0.44
Cream, whipped, cream topping, pressurized (1 tbsp)	0.10
Croissants, butter (1 croissant)	4.67
Croutons, seasoned (1 cup)	4.32
Crustaceans, crab, alaska king, cooked, moist heat (3 oz)	16.45
Crustaceans, crab, alaska king, imitation, made from surimi (3 oz)	10.22
Crustaceans, crab, blue, canned (1 cup)	27.70
Crustaceans, crab, blue, cooked, moist heat (3 oz)	17.17
Crustaceans, crab, blue, crab cakes (1 cake)	12.13
Crustaceans, lobster, northern, cooked, moist heat (3 oz)	17.43
Crustaceans, shrimp, mixed species, canned (3 oz)	19.63
Crustaceans, shrimp, mixed species, cooked, breaded and fried (3 oz)	18.18
Crustaceans, shrimp, mixed species, cooked, breaded and fried (6 large)	9.63
Cucumber, peeled, raw (1 cup)	0.68
Cucumber, peeled, raw (1 large)	1.60
Cucumber, with peel, raw (1 large)	2.08
Cucumber, with peel, raw (1 cup)	0.72
Dandelion greens, cooked, boiled, drained, without salt (1 cup)	2.10
Danish pastry, cheese (1 danish)	5.68
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) (1 danish)	3.83
Dates, domestic, natural and dry (5 dates)	0.82
Dates, domestic, natural and dry (1 cup)	3.51
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk (1 tbsp)	0.14
Dessert topping, pressurized (1 tbsp)	0.04
Dessert topping, semi solid, frozen (1 tbsp)	0.05
Doughnuts, cake-type, plain (includes unsugared, old-fashioned) (1 medium)	2.35
Doughnuts, cake-type, plain (includes unsugared, old-fashioned) (1 hole)	0.70
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) (1 medium)	3.84
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) (1 hole)	0.83
Duck, domesticated, meat only, cooked, roasted (1/2 duck)	51.89
Eclairs, custard-filled with chocolate glaze, prepared from recipe (1 éclair)	6.40
Egg substitute, liquid (1/4 cup)	7.53
Egg, white, raw, fresh (1 large)	3.51
Egg, whole, cooked, fried (1 large)	6.23
Egg, whole, cooked, hard-boiled (1 large)	6.29
Egg, whole, cooked, poached (1 large)	6.22
Egg, whole, cooked, scrambled (1 large)	6.76
Egg, whole, raw, fresh (1 extra large)	7.24
Egg, whole, raw, fresh (1 large)	6.25
Egg, whole, raw, fresh (1 medium)	5.50
Egg, yolk, raw, fresh (1 large)	2.78
Eggnog (1 cup)	9.68
Eggplant, cooked, boiled, drained, without salt (1 cup)	0.82
Endive, raw (1 cup)	0.63
English muffins, plain, enriched, with ca prop (includes sourdough) (1 muffin)	4.39
English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) (1 muffin)	4.37
Entrees, fish fillet, battered or breaded, and fried (1 fillet)	13.34
Entrees, pizza with cheese (1 slice)	7.68
Entrees, pizza with cheese, meat, and vegetables (1 slice)	13.01
Entrees, pizza with pepperoni (1 slice)	10.12
Fast foods, burrito, with beans and cheese (1 burrito)	7.53
Fast foods, burrito, with beans and meat (1 burrito)	11.24
Fast foods, cheeseburger, large, single patty, with condiments and vegetables (1 sandwich)	28.19
Fast foods, cheeseburger, regular, double patty and bun, plain (1 sandwich)	22.13
Fast foods, cheeseburger, regular, double patty, plain (1 sandwich)	27.67
Fast foods, cheeseburger, regular, double patty, with condiments and vegetables (1 sandwich)	21.25
Fast foods, cheeseburger, regular, single patty, with condiments (1 sandwich)	15.96
Fast foods, chicken fillet sandwich, plain (1 sandwich)	24.12
Fast foods, chicken, breaded and fried, boneless pieces, plain (6 pieces)	18.02
Fast foods, chili con carne (1 cup)	24.62

Fast foods, chimichanga, with beef (1 chimichanga)	19.61
Fast foods, clams, breaded and fried (3/4 cup)	12.82
Fast foods, coleslaw (3/4 cup)	1.46
Fast foods, croissant, with egg, cheese, and bacon (1 croissant)	16.23
Fast foods, danish pastry, cheese (1 pastry)	5.83
Fast foods, danish pastry, fruit (1 pastry)	4.76
Fast foods, enchilada, with cheese (1 enchilada)	9.63
Fast foods, english muffin, with egg, cheese, and canadian bacon (1 muffin)	16.69
Fast foods, fish sandwich, with tartar sauce and cheese (1 sandwich)	20.61
Fast foods, french toast sticks (5 sticks)	8.28
Fast foods, frijoles with cheese (1 cup)	11.37
Fast foods, hamburger, large, double patty, with condiments and vegetables (1 sandwich)	34.28
Fast foods, hamburger, regular, double patty, with condiments (1 sandwich)	31.82
Fast foods, hamburger, regular, single patty, with condiments (1 sandwich)	12.32
Fast foods, hotdog, plain (1 sandwich)	10.39
Fast foods, hotdog, with chili (1 sandwich)	13.51
Fast foods, hotdog, with corn flour coating (corndog) (1 corn dog)	16.80
Fast foods, hush puppies (5 pieces)	4.88
Fast foods, ice milk, vanilla, soft-serve, with cone (1 cone)	3.89
Fast foods, nachos, with cheese (6-8 nachos)	9.10
Fast foods, onion rings, breaded and fried (8-9 rings)	3.70
Fast foods, pancakes with butter and syrup (2 pancakes)	8.26
Fast foods, potato, french fried in vegetable oil (1 medium)	5.76
Fast foods, potato, french fried in vegetable oil (1 small)	3.66
Fast foods, potato, french fried in vegetable oil (1 large)	7.27
Fast foods, potato, mashed (1/3 cup)	1.85
Fast foods, potatoes, hashed brown (1/2 cup)	1.94
Fast foods, roast beef sandwich, plain (1 sandwich)	21.50
Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg (1-1/2 cups)	8.77
Fast foods, salad, vegetable, tossed, without dressing, with chicken (1-1/2 cups)	17.44
Fast foods, shrimp, breaded and fried (6-8 shrimp)	18.88
Fast foods, submarine sandwich, with cold cuts (1 sandwich, 6" roll)	21.84
Fast foods, submarine sandwich, with roast beef (1 sandwich, 6" roll)	28.64
Fast foods, submarine sandwich, with tuna salad (1 sandwich, 6" roll)	29.70
Fast foods, sundae, hot fudge (1 sundae)	5.64
Fast foods, taco (1 small)	20.66
Fast foods, taco (1 large)	31.77
Fast foods, taco salad (1-1/2 cups)	13.23
Fast foods, tostada, with beans, beef, and cheese (1 tostada)	16.09
Figs, dried, uncooked (2 figs)	1.16
Finfish, catfish, channel, cooked, breaded and fried (3 oz)	15.38
Finfish, cod, Atlantic, canned, solids and liquid (3 oz)	19.35
Finfish, cod, Pacific, cooked, dry heat (3 oz)	19.51
Finfish, fish portions and sticks, frozen, preheated (1 portion (4" x 2" x 1/2"))	8.92
Finfish, fish portions and sticks, frozen, preheated (1 stick (4" x 1" x 1/2"))	4.38
Finfish, flatfish (flounder and sole species), cooked, dry heat (3 oz)	20.54
Finfish, flatfish (flounder and sole species), cooked, dry heat (1 fillet)	30.68
Finfish, haddock, cooked, dry heat (3 oz)	20.60
Finfish, haddock, cooked, dry heat (1 fillet)	36.36
Finfish, halibut, Atlantic and Pacific, cooked, dry heat (1/2 fillet)	42.44
Finfish, halibut, Atlantic and Pacific, cooked, dry heat (3 oz)	22.69
Finfish, herring, Atlantic, pickled (3 oz)	12.07
Finfish, ocean perch, Atlantic, cooked, dry heat (3 oz)	20.30
Finfish, ocean perch, Atlantic, cooked, dry heat (1 fillet)	11.94
Finfish, pollock, walleye, cooked, dry heat (3 oz)	19.98
Finfish, pollock, walleye, cooked, dry heat (1 fillet)	14.11
Finfish, rockfish, Pacific, mixed species, cooked, dry heat (3 oz)	20.43
Finfish, rockfish, Pacific, mixed species, cooked, dry heat (1 fillet)	35.82
Finfish, roughy, orange, cooked, dry heat (3 oz)	16.02
Finfish, salmon, chinook, smoked (3 oz)	15.55
Finfish, salmon, pink, canned, solids with bone and liquid (3 oz)	16.81
Finfish, salmon, sockeye, cooked, dry heat (1/2 fillet)	42.33
Finfish, salmon, sockeye, cooked, dry heat (3 oz)	23.21
Finfish, sardine, Atlantic, canned in oil, drained solids with bone (3 oz)	20.94
Finfish, swordfish, cooked, dry heat (3 oz)	21.58
Finfish, swordfish, cooked, dry heat (1 piece)	26.91
Finfish, trout, rainbow, farmed, cooked, dry heat (3 oz)	20.63
Finfish, tuna salad (1 cup)	32.88
Finfish, tuna, light, canned in oil, drained solids (3 oz)	24.78
Finfish, tuna, light, canned in water, drained solids (3 oz)	21.68

Finfish, tuna, white, canned in water, drained solids (3 oz)	20.08
Finfish, tuna, yellowfin, fresh, cooked, dry heat (3 oz)	25.47
Frankfurter, beef (1 frank)	5.06
Frankfurter, beef and pork (1 frank)	5.19
Frankfurter, chicken (1 frank)	5.82
French toast, frozen, ready-to-heat (1 slice)	4.37
French toast, prepared from recipe, made with low fat (2%) milk (1 slice)	5.01
Frostings, chocolate, creamy, ready-to-eat (1/12 package)	0.42
Frostings, vanilla, creamy, ready-to-eat (1/12 package)	0.04
Frozen juice novelties, fruit and juice bars (1 bar (2.5 fl oz))	0.92
Frozen yogurts, chocolate, soft-serve (1/2 cup)	2.88
Frozen yogurts, vanilla, soft-serve (1/2 cup)	2.88
Fruit butters, apple (1 tbsp)	0.07
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids (1 cup)	0.97
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids (1 cup)	1.09
Fruit punch drink, canned (8 fl oz)	0.00
Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened (1 cup)	3.55
Garlic, raw (1 clove)	0.19
Gelatin desserts, dry mix, prepared with water (1/2 cup)	1.62
Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water (1/2 cup)	1.29
Grape drink, canned (8 fl oz)	0.00
Grape juice, canned or bottled, unsweetened, without added vitamin C (1 cup)	1.42
Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C (1 cup)	0.48
Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C (6-fl-oz can)	1.40
Grapefruit juice, canned, sweetened (1 cup)	1.45
Grapefruit juice, canned, unsweetened (1 cup)	1.28
Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water (1 cup)	1.36
Grapefruit juice, frozen concentrate, unsweetened, undiluted (6-fl-oz can)	4.08
Grapefruit juice, pink, raw (1 cup)	1.24
Grapefruit juice, white, raw (1 cup)	1.24
Grapefruit, raw, pink and red, all areas (1/2 grapefruit)	0.68
Grapefruit, raw, white, all areas (1/2 grapefruit)	0.81
Grapefruit, sections, canned, light syrup pack, solids and liquids (1 cup)	1.42
Grapes, red or green (european type varieties, such as, Thompson seedless), raw (1 cup)	1.06
Grapes, red or green (european type varieties, such as, Thompson seedless), raw (10 grapes)	0.33
Gravy, beef, canned (1/4 cup)	2.18
Gravy, chicken, canned (1/4 cup)	1.15
Gravy, mushroom, canned (1/4 cup)	0.75
Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve (1/4 cup)	2.85
Gravy, turkey, canned (1/4 cup)	1.55
Ham, chopped, not canned (2 slices)	3.60
Ham, sliced, extra lean, (approximately 5% fat) (2 slices)	10.97
Ham, sliced, regular (approximately 11% fat) (2 slices)	9.96
HEALTHY CHOICE Beef Macaroni, frozen entree (1 package)	14.14
HEALTHY CHOICE Spaghetti Bolognese, frozen entree (1 package)	14.29
Hearts of palm, canned (1 piece)	0.83
Honey, strained or extracted (1 tbsp)	0.06
Horseradish, prepared (1 tsp)	0.06
Hummus, commercial (1 tbsp)	1.11
Ice creams, chocolate (1/2 cup)	2.51
Ice creams, french vanilla, soft-serve (1/2 cup)	3.53
Ice creams, vanilla (1/2 cup)	2.31
Ice creams, vanilla, light (1/2 cup)	2.51
Ice creams, vanilla, rich (1/2 cup)	2.59
Ice novelties, italian, restaurant-prepared (1/2 cup)	0.03
Ice novelties, pop (1 bar (2 fl oz))	0.00
Jams and preserves (1 tbsp)	0.07
Jellies (1 tbsp)	0.04
Jerusalem-artichokes, raw (1 cup)	3.00
Kale, cooked, boiled, drained, without salt (1 cup)	2.47
Kale, frozen, cooked, boiled, drained, without salt (1 cup)	3.69
KELLOGG'S Eggo Lowfat Homestyle Waffles (1 waffle)	2.47
Kiwi fruit, (chinese gooseberries), fresh, raw (1 medium)	0.75
Kohlrabi, cooked, boiled, drained, without salt (1 cup)	2.97
Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted (3 oz)	21.72
Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted (3 oz)	24.06
Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled (3 oz)	21.39
Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled (3 oz)	25.49
Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted (3 oz)	17.95
Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted (3 oz)	22.24

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised (3 oz)	25.83
Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised (3 oz)	30.21
Lard (1 tbsp)	0.00
Leavening agents, baking powder, double-acting, sodium aluminum sulfate (1 tsp)	0.00
Leavening agents, baking powder, double-acting, straight phosphate (1 tsp)	0.00
Leavening agents, baking powder, low-sodium (1 tsp)	0.01
Leavening agents, baking soda (1 tsp)	0.00
Leavening agents, cream of tartar (1 tsp)	0.00
Leavening agents, yeast, baker's, active dry (1 pkg)	2.68
Leavening agents, yeast, baker's, active dry (1 tsp)	1.53
Leavening agents, yeast, baker's, compressed (1 cake)	1.43
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt (1 cup)	0.84
Lemon juice, canned or bottled (1 cup)	0.98
Lemon juice, canned or bottled (1 tbsp)	0.06
Lemon juice, raw (juice of 1 lemon)	0.18
Lemonade, frozen concentrate, white, prepared with water (8 fl oz)	0.25
Lemonade, low calorie, with aspartame, powder, prepared with water (8 fl oz)	0.00
Lemonade-flavor drink, powder, prepared with water (8 fl oz)	0.00
Lemons, raw, without peel (1 lemon)	0.64
Lentils, mature seeds, cooked, boiled, without salt (1 cup)	17.86
Lettuce, butterhead (includes boston and bibb types), raw (1 medium leaf)	0.10
Lettuce, butterhead (includes boston and bibb types), raw (1 head)	2.10
Lettuce, cos or romaine, raw (1 cup)	0.91
Lettuce, cos or romaine, raw (1 leaf)	0.16
Lettuce, iceberg (includes crisphead types), raw (1 medium)	0.08
Lettuce, iceberg (includes crisphead types), raw (1 head)	5.44
Lettuce, iceberg (includes crisphead types), raw (1 cup)	0.56
Lettuce, looseleaf, raw (1 cup)	0.73
Lettuce, looseleaf, raw (1 leaf)	0.13
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt (1 cup)	11.97
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt (1 cup)	10.32
Lima beans, large, mature seeds, canned (1 cup)	11.88
Lima beans, large, mature seeds, cooked, boiled, without salt (1 cup)	14.66
Lime juice, canned or bottled, unsweetened (1 cup)	0.62
Lime juice, canned or bottled, unsweetened (1 tbsp)	0.04
Lime juice, raw (juice of 1 lime)	0.17
Macaroni and Cheese, canned entree (1 cup)	7.56
Macaroni, cooked, enriched (1 cup)	6.68
Malted drink mix, chocolate, with added nutrients, powder (3 heaping tsp)	1.03
Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk (1 cup)	9.06
Malted drink mix, natural, with added nutrients, powder (4-5 heaping tsp)	1.85
Malted drink mix, natural, with added nutrients, powder, prepared with whole milk (1 cup)	9.88
Mangos, raw (1 cup)	0.84
Mangos, raw (1 mango)	1.06
Margarine, regular, unspecified oils, with salt added (1 tbsp)	0.13
Margarine, soft, unspecified oils, with salt added (1 tsp)	0.04
Margarine-butter blend, 60% corn oil margarine and 40% butter (1 tbsp)	0.12
Margarine-like spread, (approximately 40% fat), unspecified oils (1 tsp)	0.02
Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated) (1 tbsp)	0.09
Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated) (1 tsp)	0.03
Margarine-like spread, approximately 60% fat, tub, unspecified oils (1 tsp)	0.03
Melons, cantaloupe, raw (1/8 melon)	0.61
Melons, cantaloupe, raw (1 cup)	1.41
Melons, honeydew, raw (1/8 melon)	0.74
Melons, honeydew, raw (1 cup)	0.78
Milk shakes, thick chocolate (10.6 fl oz)	9.15
Milk shakes, thick vanilla (11 fl oz)	12.08
Milk, buttermilk, dried (1 tbsp)	2.23
Milk, buttermilk, fluid, cultured, lowfat (1 cup)	8.11
Milk, canned, condensed, sweetened (1 cup)	24.20
Milk, canned, evaporated, nonfat (1 cup)	19.33
Milk, canned, evaporated, without added vitamin A (1 cup)	17.16
Milk, chocolate, fluid, commercial, (1 cup)	7.93
Milk, chocolate, fluid, commercial, lowfat (1 cup)	8.10
Milk, chocolate, fluid, commercial, reduced fat (1 cup)	8.03
Milk, dry, nonfat, instant, with added vitamin A (1/3 cup)	8.07
Milk, fluid, 3.25% milkfat (1 cup)	8.03
Milk, lowfat, fluid, 1% milkfat, with added vitamin A (1 cup)	8.03
Milk, nonfat, fluid, with added vitamin A (fat free or skim) (1 cup)	8.35
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A (1 cup)	8.13

Miso (1 cup)	8.12
Molasses, blackstrap (1 tbsp)	0.00
Mollusks, clam, mixed species, canned, drained solids (3 oz)	21.72
Mollusks, clam, mixed species, raw (3 oz)	10.85
Mollusks, oyster, eastern, cooked, breaded and fried (3 oz)	7.45
Mollusks, oyster, eastern, wild, raw (6 medium)	5.92
Mollusks, scallop, mixed species, cooked, breaded and fried (6 large)	16.81
Muffins, blueberry, commercially prepared (1 muffin)	3.14
Muffins, blueberry, prepared from recipe, made with low fat (2%) milk (1 muffin)	3.71
Muffins, corn, commercially prepared (1 muffin)	3.36
Muffins, corn, dry mix, prepared (1 muffin)	3.70
Muffins, oat bran (1 muffin)	3.99
Muffins, wheat bran, toaster-type with raisins, toasted (1 muffin)	1.87
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt (1 cup)	2.52
Mung beans, mature seeds, sprouted, raw (1 cup)	3.16
Mushrooms, canned, drained solids (1 cup)	2.92
Mushrooms, cooked, boiled, drained, without salt (1 cup)	3.39
Mushrooms, raw (1 cup)	2.03
Mushrooms, shiitake, cooked, without salt (1 cup)	2.26
Mushrooms, shiitake, dried (1 mushroom)	0.34
Mustard greens, cooked, boiled, drained, without salt (1 cup)	3.16
Mustard, prepared, yellow (1 tsp or 1 packet)	0.20
NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes (1 cookie)	0.80
Nectarines, raw (1 nectarine)	1.28
Noodles, chinese, chow mein (1 cup)	3.77
Noodles, egg, cooked, enriched (1 cup)	7.60
Noodles, egg, spinach, cooked, enriched (1 cup)	8.06
Nuts, almonds (1 oz (24 nuts))	6.03
Nuts, brazilnuts, dried, unblanched (1 oz (6-8 nuts))	4.07
Nuts, cashew nuts, dry roasted, with salt added (1 oz)	4.34
Nuts, cashew nuts, oil roasted, with salt added (1 oz (18 nuts))	4.77
Nuts, chestnuts, european, roasted (1 cup)	4.53
Nuts, coconut meat, dried (desiccated), sweetened, shredded (1 cup)	2.68
Nuts, coconut meat, raw (1 piece)	1.50
Nuts, hazelnuts or filberts (1 oz)	4.24
Nuts, macadamia nuts, dry roasted, with salt added (1 oz (10-12 nuts))	2.21
Nuts, mixed nuts, dry roasted, with peanuts, with salt added (1 oz)	4.90
Nuts, mixed nuts, oil roasted, with peanuts, with salt added (1 oz)	4.75
Nuts, pecans (1 oz (20 halves))	2.60
Nuts, pine nuts, pignolia, dried (1 tbsp)	2.06
Nuts, pine nuts, pignolia, dried (1 oz)	6.80
Nuts, pistachio nuts, dry roasted, with salt added (1 oz (47 nuts))	6.05
Nuts, walnuts, english (1 oz (14 halves))	4.32
Oat bran, cooked (1 cup)	7.03
Oat bran, raw (1 cup)	16.26
Oil, olive, salad or cooking (1 tbsp)	0.00
Oil, peanut, salad or cooking (1 tbsp)	0.00
Oil, sesame, salad or cooking (1 tbsp)	0.00
Oil, soybean, salad or cooking, (hydrogenated) (1 tbsp)	0.00
Oil, soybean, salad or cooking, (hydrogenated) and cottonseed (1 tbsp)	0.00
Oil, vegetable corn, salad or cooking (1 tbsp)	0.00
Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) (1 tbsp)	0.00
Oil, vegetable, sunflower, linoleic, (60% and over) (1 tbsp)	0.00
Okra, cooked, boiled, drained, without salt (1 cup)	2.99
Okra, frozen, cooked, boiled, drained, without salt (1 cup)	3.83
Olives, ripe, canned (small-extra large) (5 large)	0.18
Onion rings, breaded, par fried, frozen, prepared, heated in oven (10 rings)	3.20
Onions, cooked, boiled, drained, without salt (1 cup)	2.86
Onions, cooked, boiled, drained, without salt (1 medium)	1.28
Onions, dehydrated flakes (1 tbsp)	0.45
Onions, raw (1 whole)	1.28
Onions, raw (1 slice)	0.16
Onions, raw (1 cup)	1.86
Onions, spring or scallions (includes tops and bulb), raw (1 whole)	0.27
Onions, spring or scallions (includes tops and bulb), raw (1 cup)	1.83
Orange juice, canned, unsweetened (1 cup)	1.47
Orange juice, chilled, includes from concentrate (1 cup)	1.99
Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water (1 cup)	1.69
Orange juice, frozen concentrate, unsweetened, undiluted (6-fl-oz can)	5.09
Orange juice, raw (juice from 1 orange)	0.60

Orange juice, raw (1 cup)	1.74
Oranges, raw, all commercial varieties (1 cup)	1.69
Oranges, raw, all commercial varieties (1 orange)	1.23
Pancakes plain, frozen, ready-to-heat (includes buttermilk) (1 pancake)	1.87
Pancakes, plain, dry mix, complete, prepared (1 pancake)	1.98
Pancakes, plain, dry mix, incomplete, prepared (1 pancake)	2.96
Papayas, raw (1 cup)	0.85
Papayas, raw (1 papaya)	1.85
Parsley, raw (10 sprigs)	0.30
Parsnips, cooked, boiled, drained, without salt (1 cup)	2.06
Pasta with meatballs in tomato sauce, canned entree (1 cup)	10.89
Peaches, canned, heavy syrup pack, solids and liquids (1 half)	0.44
Peaches, canned, heavy syrup pack, solids and liquids (1 cup)	1.18
Peaches, canned, juice pack, solids and liquids (1 cup)	1.56
Peaches, canned, juice pack, solids and liquids (1 half)	0.62
Peaches, dried, sulfured, uncooked (3 halves)	1.41
Peaches, frozen, sliced, sweetened (1 cup)	1.58
Peaches, raw (1 peach)	0.69
Peaches, raw (1 cup)	1.19
Peanut butter, chunk style, with salt (1 tbsp)	3.85
Peanut butter, smooth style, with salt (1 tbsp)	4.03
Peanuts, all types, dry-roasted, with salt (1 oz (approx 28))	6.71
Peanuts, all types, dry-roasted, without salt (1 oz (approx 28))	6.71
Peanuts, all types, oil-roasted, with salt (1 oz)	7.47
Pears, asian, raw (1 pear)	0.61
Pears, asian, raw (1 pear)	1.38
Pears, canned, heavy syrup pack, solids and liquids (1 half)	0.15
Pears, canned, heavy syrup pack, solids and liquids (1 cup)	0.53
Pears, canned, juice pack, solids and liquids (1 cup)	0.84
Pears, canned, juice pack, solids and liquids (1 half)	0.26
Pears, raw (1 pear)	0.65
Peas, edible-podded, cooked, boiled, drained, without salt (1 cup)	5.23
Peas, edible-podded, frozen, cooked, boiled, drained, without salt (1 cup)	5.60
Peas, green, canned, regular pack, drained solids (1 cup)	7.51
Peas, green, frozen, cooked, boiled, drained, without salt (1 cup)	8.24
Peas, split, mature seeds, cooked, boiled, without salt (1 cup)	16.35
Peppers, hot chili, green, raw (1 pepper)	0.90
Peppers, hot chili, red, raw (1 pepper)	0.90
Peppers, jalapeno, canned, solids and liquids (1/4 cup)	0.24
Peppers, sweet, green, cooked, boiled, drained, without salt (1 cup)	1.25
Peppers, sweet, green, raw (1 cup)	1.33
Peppers, sweet, green, raw (1 ring)	0.09
Peppers, sweet, green, raw (1 pepper)	1.06
Peppers, sweet, red, cooked, boiled, drained, without salt (1 cup)	1.25
Peppers, sweet, red, raw (1 pepper)	1.06
Peppers, sweet, red, raw (1 cup)	1.33
Pickle relish, sweet (1 tbsp)	0.06
Pickles, cucumber, dill (1 pickle)	0.40
Pie crust, cookie-type, prepared from recipe, graham cracker, baked (1 pie shell)	10.04
Pie crust, standard-type, frozen, ready-to-bake, baked (1 pie shell)	5.54
Pie crust, standard-type, prepared from recipe, baked (1 pie shell)	11.52
Pie fillings, canned, apple (1/8 of 21-oz can)	0.07
Pie fillings, canned, cherry (1/8 of 21-oz can)	0.27
Pie, apple, commercially prepared, enriched flour (1 piece)	2.22
Pie, apple, prepared from recipe (1 piece)	3.72
Pie, blueberry, commercially prepared (1 piece)	2.11
Pie, blueberry, prepared from recipe (1 piece)	3.97
Pie, cherry, commercially prepared (1 piece)	2.34
Pie, cherry, prepared from recipe (1 piece)	5.04
Pie, chocolate creme, commercially prepared (1 piece)	2.94
Pie, coconut custard, commercially prepared (1 piece)	6.14
Pie, fried pies, cherry (1 pie)	3.84
Pie, fried pies, fruit (1 pie)	3.84
Pie, lemon meringue, commercially prepared (1 piece)	1.70
Pie, lemon meringue, prepared from recipe (1 piece)	4.83
Pie, pecan, commercially prepared (1 piece)	4.52
Pie, pecan, prepared from recipe (1 piece)	5.98
Pie, pumpkin, commercially prepared (1 piece)	4.25
Pie, pumpkin, prepared from recipe (1 piece)	6.98
Pimento, canned (1 tbsp)	0.13

Pineapple and grapefruit juice drink, canned (8 fl oz)	0.50
Pineapple and orange juice drink, canned (8 fl oz)	3.25
Pineapple juice, canned, unsweetened, without added ascorbic acid (1 cup)	0.80
Pineapple, canned, heavy syrup pack, solids and liquids (1 slice)	0.17
Pineapple, canned, heavy syrup pack, solids and liquids (1 cup)	0.89
Pineapple, canned, juice pack, solids and liquids (1 slice)	0.20
Pineapple, canned, juice pack, solids and liquids (1 cup)	1.05
Pineapple, raw (1 cup)	0.60
Plantains, cooked (1 cup)	1.22
Plantains, raw (1 medium)	2.33
Plums, canned, purple, heavy syrup pack, solids and liquids (1 cup)	0.93
Plums, canned, purple, heavy syrup pack, solids and liquids (1 plum)	0.17
Plums, canned, purple, juice pack, solids and liquids (1 plum)	0.23
Plums, canned, purple, juice pack, solids and liquids (1 cup)	1.29
Plums, raw (1 plum)	0.52
Pork and beef sausage, fresh, cooked (2 links)	3.59
Pork sausage, fresh, cooked (2 links)	5.11
Pork sausage, fresh, cooked (1 patty)	5.31
Pork, cured, bacon, cooked, broiled, pan-fried or roasted (3 medium slices)	5.79
Pork, cured, canadian-style bacon, grilled (2 slices)	11.27
Pork, cured, ham, extra lean and regular, canned, roasted (3 oz)	17.80
Pork, cured, ham, whole, separable lean and fat, roasted (3 oz)	18.33
Pork, cured, ham, whole, separable lean only, roasted (3 oz)	21.29
Pork, fresh, backribs, separable lean and fat, cooked, roasted (3 oz)	20.62
Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted (3 oz)	22.81
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted (3 oz)	25.00
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled (3 oz)	24.40
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried (3 oz)	25.42
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled (3 oz)	25.66
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried (3 oz)	27.35
Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted (3 oz)	23.32
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted (3 oz)	24.41
Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised (3 oz)	20.29
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised (3 oz)	23.79
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised (3 oz)	27.42
Pork, fresh, spareribs, separable lean and fat, cooked, braised (3 oz)	24.70
Potato pancakes, home-prepared (1 pancake)	4.68
Potato puffs, frozen, prepared (10 puffs)	2.65
Potato salad, home-prepared (1 cup)	6.70
Potato, baked, flesh and skin, without salt (1 potato)	5.05
Potatoes, au gratin, dry mix, prepared with water, whole milk and butter (1 cup)	5.64
Potatoes, au gratin, home-prepared from recipe using butter (1 cup)	12.40
Potatoes, baked, flesh, without salt (1 potato)	3.06
Potatoes, baked, skin, without salt (1 skin)	2.49
Potatoes, boiled, cooked in skin, flesh, without salt (1 potato)	2.54
Potatoes, boiled, cooked without skin, flesh, without salt (1 potato)	2.31
Potatoes, boiled, cooked without skin, flesh, without salt (1 cup)	2.67
Potatoes, french fried, frozen, home-prepared, heated in oven, without salt (10 strips)	1.59
Potatoes, hashed brown, frozen, plain, prepared (1 patty)	0.92
Potatoes, hashed brown, home-prepared (1 cup)	3.78
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added (1 cup)	3.99
Potatoes, mashed, home-prepared, whole milk added (1 cup)	4.07
Potatoes, mashed, home-prepared, whole milk and margarine added (1 cup)	3.95
Potatoes, scalloped, dry mix, prepared with water, whole milk and butter (1 cup)	5.19
Potatoes, scalloped, home-prepared with butter (1 cup)	7.03
Poultry food products, ground turkey, cooked (1 patty)	22.44
Prune juice, canned (1 cup)	1.56
Prunes, dried, stewed, without added sugar (1 cup)	2.90
Prunes, dried, uncooked (5 prunes)	1.10
Puddings, chocolate, dry mix, instant, prepared with 2% milk (1/2 cup)	4.63
Puddings, chocolate, dry mix, regular, prepared with 2% milk (1/2 cup)	4.66
Puddings, chocolate, ready-to-eat (4 oz)	3.05
Puddings, rice, ready-to-eat (4 oz)	2.27
Puddings, tapioca, ready-to-eat (4 oz)	2.26
Puddings, vanilla, dry mix, regular, prepared with 2% milk (1/2 cup)	4.12
Puddings, vanilla, ready-to-eat (4 oz)	2.60
Pumpkin, canned, without salt (1 cup)	2.70
Pumpkin, cooked, boiled, drained, without salt (1 cup)	1.76
Radishes, raw (1 radish)	0.03
Raisins, seedless (1 cup)	4.67

Raisins, seedless (1 packet)	0.45
Raspberries, frozen, red, sweetened (1 cup)	1.75
Raspberries, raw (1 cup)	1.12
Refried beans, canned (includes USDA commodity) (1 cup)	13.83
Rhubarb, frozen, cooked, with sugar (1 cup)	0.94
Rice beverage, RICE DREAM, canned (1 cup)	0.42
Rice, brown, long-grain, cooked (1 cup)	5.03
Rice, white, long-grain, parboiled, enriched, cooked (1 cup)	4.01
Rice, white, long-grain, parboiled, enriched, dry (1 cup)	12.56
Rice, white, long-grain, precooked or instant, enriched, prepared (1 cup)	3.40
Rice, white, long-grain, regular, cooked (1 cup)	4.25
Rice, white, long-grain, regular, raw, enriched (1 cup)	13.19
Rolls, dinner, plain, commercially prepared (includes brown-and-serve) (1 roll)	2.35
Rolls, hamburger or hotdog, plain (1 roll)	3.66
Rolls, hard (includes kaiser) (1 roll)	5.64
Rutabagas, cooked, boiled, drained, without salt (1 cup)	2.19
Salad dressing, blue or roquefort cheese, commercial, regular, with salt (1 tbsp)	0.73
Salad dressing, french, commercial, regular, with salt (1 tbsp)	0.09
Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt (1 tbsp)	0.03
Salad dressing, french, home recipe (1 tbsp)	0.01
Salad dressing, home recipe, cooked (1 tbsp)	0.67
Salad dressing, home recipe, vinegar and oil (1 tbsp)	0.00
Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt (1 tbsp)	0.02
Salad dressing, italian, commercial, regular, with salt (1 tbsp)	0.10
Salad dressing, mayonnaise, soybean oil, with salt (1 tbsp)	0.15
Salad dressing, russian, low calorie, with salt (1 tbsp)	0.08
Salad dressing, russian, with salt (1 tbsp)	0.24
Salad dressing, thousand island, commercial, regular, with salt (1 tbsp)	0.14
Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt (1 tbsp)	0.12
Salami, cooked, beef and pork (2 slices)	7.89
Salami, dry or hard, pork, beef (2 slices)	4.57
Salt, table (1 tsp)	0.00
Sandwich spread, pork, beef (1 tbsp)	1.15
Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments (1 sandwich)	32.00
Sandwiches and burgers, cheeseburger, regular, single meat patty, plain (1 sandwich)	14.77
Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables (1 sandwich)	25.83
Sauce, barbecue sauce (1 tbsp)	0.28
Sauce, cheese, ready-to-serve (1/4 cup)	4.23
Sauce, hoisin, ready-to-serve (1 tbsp)	0.53
Sauce, homemade, white, medium (1 cup)	9.60
Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve (1/4 cup)	4.52
Sauce, pasta, spaghetti/marinara, ready-to-serve (1 cup)	3.55
Sauce, ready-to-serve, pepper or hot (1 tsp)	0.02
Sauce, ready-to-serve, salsa (1 tbsp)	0.20
Sauce, teriyaki, ready-to-serve (1 tbsp)	1.07
Sauerkraut, canned, solids and liquids (1 cup)	2.15
Seaweed, kelp, raw (2 tbsp)	0.17
Seaweed, spirulina, dried (1 tbsp)	0.53
Seeds, pumpkin and squash seed kernels, roasted, with salt added (1 oz (142 seeds))	9.35
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) (1 tbsp)	2.55
Seeds, sesame seed kernels, dried (decorticated) (1 tbsp)	2.11
Seeds, sunflower seed kernels, dry roasted, with salt added (1/4 cup)	6.19
Seeds, sunflower seed kernels, dry roasted, with salt added (1 oz)	5.48
Shake, fast food, chocolate (16 fl oz)	11.32
Shake, fast food, vanilla (16 fl oz)	11.66
Shallots, raw (1 tbsp)	0.25
Sherbet, orange (1/2 cup)	0.81
Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated) (1 tbsp)	0.00
Snacks, beef jerky, chopped and formed (1 large piece)	6.57
Snacks, CHEX mix (1 oz (about 2/3 cup))	3.12
Snacks, corn-based, extruded, chips, barbecue-flavor (1 oz)	1.98
Snacks, corn-based, extruded, chips, plain (1 oz)	1.87
Snacks, corn-based, extruded, puffs or twists, cheese-flavor (1 oz)	2.15
Snacks, fruit leather, rolls (1 large)	0.21
Snacks, granola bars, hard, plain (1 bar)	2.86
Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter (1 bar)	2.89
Snacks, granola bars, soft, uncoated, chocolate chip (1 bar)	2.07
Snacks, granola bars, soft, uncoated, raisin (1 bar)	2.15
Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit (1 bar)	1.63
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares (1 bar)	0.75

Snacks, oriental mix, rice-based (1 oz (about 1/4 cup))	4.91
Snacks, popcorn, air-popped (1 cup)	0.96
Snacks, popcorn, cakes (1 cake)	0.97
Snacks, popcorn, caramel-coated, with peanuts (1 cup)	2.69
Snacks, popcorn, caramel-coated, without peanuts (1 cup)	1.34
Snacks, popcorn, cheese-flavor (1 cup)	1.02
Snacks, popcorn, oil-popped (1 cup)	0.99
Snacks, pork skins, plain (1 oz)	17.38
Snacks, potato chips, barbecue-flavor (1 oz)	2.18
Snacks, potato chips, made from dried potatoes, light (1 oz)	1.59
Snacks, potato chips, made from dried potatoes, plain (1 oz)	1.67
Snacks, potato chips, made from dried potatoes, sour-cream and onionflavor (1 oz)	1.87
Snacks, potato chips, plain, salted (1 oz)	1.98
Snacks, potato chips, plain, unsalted (1 oz)	1.98
Snacks, potato chips, reduced fat (1 oz)	2.01
Snacks, potato chips, sour-cream-and-onion-flavor (1 oz)	2.30
Snacks, pretzels, hard, plain, salted (10 pretzels)	5.46
Snacks, rice cakes, brown rice, plain (1 cake)	0.74
Snacks, tortilla chips, nacho-flavor (1 oz)	2.21
Snacks, tortilla chips, nacho-flavor, reduced fat (1 oz)	2.47
Snacks, tortilla chips, plain (1 oz)	1.98
Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds (1 cup)	20.73
Snacks, trail mix, tropical (1 cup)	8.82
Soup, bean with ham, canned, chunky, ready-to-serve, commercial (1 cup)	12.61
Soup, bean with pork, canned, prepared with equal volume water, commercial (1 cup)	7.89
Soup, beef broth or bouillon, powder, dry (1 packet)	0.96
Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial (1 cup)	5.35
Soup, beef noodle, canned, prepared with equal volume water, commercial (1 cup)	4.83
Soup, chicken noodle, canned, chunky, ready-to-serve (1 cup)	12.72
Soup, chicken noodle, canned, prepared with equal volume water, commercial (1 cup)	4.05
Soup, chicken noodle, dehydrated, prepared with water (1 cup)	2.12
Soup, chicken vegetable, canned, chunky, ready-to-serve (1 cup)	12.31
Soup, chicken with rice, canned, prepared with equal volume water, commercial (1 cup)	3.54
Soup, clam chowder, manhattan, canned, prepared with equal volume water (1 cup)	2.20
Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial (1 cup)	9.47
Soup, cream of chicken, canned, prepared with equal volume water, commercial (1 cup)	3.44
Soup, cream of chicken, prepared with equal volume milk, commercial (1 cup)	7.46
Soup, cream of mushroom, canned, prepared with equal volume milk, commercial (1 cup)	6.05
Soup, cream of mushroom, canned, prepared with equal volume water, commercial (1 cup)	2.32
Soup, minestrone, canned, prepared with equal volume water, commercial (1 cup)	4.27
Soup, onion mix, dehydrated, dry form (1 packet)	4.52
Soup, onion, dehydrated, prepared with water (1 cup)	1.11
Soup, pea, green, canned, prepared with equal volume water, commercial (1 cup)	8.60
Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve (1 cup)	5.74
Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve (1 cup)	6.26
Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve (1 cup)	7.79
Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve (1 cup)	4.77
Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve (1 cup)	5.20
Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned,ready-to-serve (1 cup)	4.19
Soup, stock, fish, home-prepared (1 cup)	5.27
Soup, tomato, canned, prepared with equal volume milk, commercial (1 cup)	6.10
Soup, tomato, canned, prepared with equal volume water, commercial (1 cup)	2.05
Soup, vegetable beef, prepared with equal volume water, commercial (1 cup)	5.59
Soup, vegetable, canned, chunky, ready-to-serve, commercial (1 cup)	3.50
Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial (1 cup)	2.10
Sour dressing, non-butterfat, cultured, filled cream-type (1 tbsp)	0.39
Soy milk, fluid (1 cup)	6.74
Soy sauce made from soy and wheat (shoyu) (1 tbsp)	0.83
Soybeans, green, cooked, boiled, drained, without salt (1 cup)	22.23
Soybeans, mature cooked, boiled, without salt (1 cup)	28.62
Spaghetti, cooked, enriched, without added salt (1 cup)	6.68
Spaghetti, whole-wheat, cooked (1 cup)	7.46
Spices, celery seed (1 tsp)	0.36
Spices, chili powder (1 tsp)	0.32
Spices, cinnamon, ground (1 tsp)	0.09
Spices, curry powder (1 tsp)	0.25
Spices, dill weed, fresh (5 sprigs)	0.03
Spices, garlic powder (1 tsp)	0.47
Spices, onion powder (1 tsp)	0.21
Spices, oregano, ground (1 tsp)	0.17

Spices, paprika (1 tsp)	0.31
Spices, parsley, dried (1 tbsp)	0.29
Spices, pepper, black (1 tsp)	0.23
Spinach souffle, home-prepared (1 cup)	10.99
Spinach, canned, drained solids (1 cup)	6.01
Spinach, cooked, boiled, drained, without salt (1 cup)	5.35
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt (1 cup)	5.97
Spinach, raw (1 cup)	0.86
Spinach, raw (1 leaf)	0.29
Squash, summer, all varieties, cooked, boiled, drained, without salt (1 cup)	1.64
Squash, summer, all varieties, raw (1 cup)	1.33
Squash, winter, all varieties, cooked, baked, without salt (1 cup)	1.82
Squash, winter, butternut, frozen, cooked, boiled, without salt (1 cup)	2.95
Strawberries, frozen, sweetened, sliced (1 cup)	1.35
Strawberries, raw (1 cup)	1.01
Strawberries, raw (1 strawberry)	0.07
Strawberries, raw (1 strawberry)	0.11
Sugars, brown (1 tsp)	0.00
Sugars, granulated (1 tsp)	0.00
Sugars, powdered (1 tbsp)	0.00
Sweet rolls, cinnamon, commercially prepared with raisins (1 roll)	3.72
Sweet rolls, cinnamon, refrigerated dough with frosting, baked (1 roll)	1.62
Sweetpotato, canned, syrup pack, drained solids (1 cup)	2.51
Sweetpotato, canned, vacuum pack (1 cup)	4.21
Sweetpotato, cooked, baked in skin, without salt (1 potato)	2.51
Sweetpotato, cooked, boiled, without skin, without salt (1 potato)	2.57
Sweetpotato, cooked, candied, home-prepared (1 piece)	0.91
Syrups, chocolate, fudge-type (1 tbsp)	0.87
Syrups, corn, light (1 tbsp)	0.00
Syrups, maple (1 tbsp)	0.00
Syrups, table blends, pancake (1 tbsp)	0.00
Syrups, table blends, pancake, reduced-calorie (1 tbsp)	0.00
Taco shells, baked (1 medium)	0.96
Tangerine juice, canned, sweetened (1 cup)	1.25
Tangerines, (mandarin oranges), canned, light syrup pack (1 cup)	1.13
Tangerines, (mandarin oranges), raw (1 tangerine)	0.53
Tapioca, pearl, dry (1 cup)	0.29
Tea, brewed, prepared with tap water (6 fl oz)	0.00
Tea, herb, chamomile, brewed (6 fl oz)	0.00
Tea, herb, other than chamomile, brewed (6 fl oz)	0.00
Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared (8 fl oz)	0.00
Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared (8 fl oz)	0.26
Tea, instant, unsweetened, powder, prepared (8 fl oz)	0.00
Toaster pastries, brown-sugar-cinnamon (1 pastry)	2.55
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry) (1 pastry)	2.44
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge (1 pastry)	2.65
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) (1/4 block)	6.51
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) (1 piece)	7.86
Tomatillos, raw (1 medium)	0.33
Tomato juice, canned, with salt added (1 cup)	1.85
Tomato products, canned, paste, without salt added (1 cup)	9.62
Tomato products, canned, puree, without salt added (1 cup)	4.23
Tomato products, canned, sauce (1 cup)	3.26
Tomatoes, red, ripe, canned, stewed (1 cup)	2.42
Tomatoes, red, ripe, canned, whole, regular pack (1 cup)	2.21
Tomatoes, red, ripe, raw, year round average (1 cup)	1.53
Tomatoes, red, ripe, raw, year round average (1 cherry tomato)	0.14
Tomatoes, red, ripe, raw, year round average (1 slice)	0.17
Tomatoes, red, ripe, raw, year round average (1 tomato)	1.05
Tomatoes, sun-dried (1 piece)	0.28
Tomatoes, sun-dried, packed in oil, drained (1 piece)	0.15
Tortillas, ready-to-bake or -fry, corn (1 tortilla)	1.48
Tortillas, ready-to-bake or -fry, flour (1 tortilla)	2.78
Tostada with guacamole (1 tostada)	6.24
Turkey and gravy, frozen (5-oz package)	8.35
Turkey patties, breaded, battered, fried (1 patty)	8.96
Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted (3 oz)	18.13
Turkey, all classes, dark meat, cooked, roasted (3 oz)	24.00
Turkey, all classes, giblets, cooked, simmered, some giblet fat (1 cup)	38.53
Turkey, all classes, light meat, cooked, roasted (3 oz)	25.12

Turkey, all classes, meat only, cooked, roasted (1 cup)	41.05
Turkey, all classes, neck, meat only, cooked, simmered (1 neck)	40.80
Turnip greens, cooked, boiled, drained, without salt (1 cup)	1.64
Turnip greens, frozen, cooked, boiled, drained, without salt (1 cup)	5.49
Turnips, cooked, boiled, drained, without salt (1 cup)	1.11
Vanilla extract (1 tsp)	0.00
Veal, leg (top round), separable lean and fat, cooked, braised (3 oz)	30.74
Veal, rib, separable lean and fat, cooked, roasted (3 oz)	20.37
Vegetable juice cocktail, canned (1 cup)	1.52
Vegetable oil, canola (1 tbsp)	0.00
Vegetables, mixed, canned, drained solids (1 cup)	4.22
Vegetables, mixed, frozen, cooked, boiled, drained, without salt (1 cup)	5.21
Vienna sausage, canned, beef and pork (1 sausage)	1.65
Vinegar, cider (1 tbsp)	0.00
Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk) (1 waffle)	2.05
Waffles, plain, prepared from recipe (1 waffle)	5.93
Water, municipal (8 fl oz)	0.00
Waterchestnuts, chinese, canned, solids and liquids (1 cup)	1.23
Watermelon, raw (1 wedge)	1.77
Watermelon, raw (1 cup)	0.94
Wheat flour, white, all-purpose, enriched, bleached (1 cup)	12.91
Wheat flour, white, all-purpose, self-rising, enriched (1 cup)	12.36
Wheat flour, white, bread, enriched (1 cup)	16.41
Wheat flour, white, cake, enriched (1 cup)	11.23
Wheat flour, whole-grain (1 cup)	16.44
Wild rice, cooked (1 cup)	6.54
WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles (1 cup)	22.15
WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen (1 patty)	13.91
Yogurt, fruit, low fat, 10 grams protein per 8 ounce (8-oz container)	9.92
Yogurt, plain, low fat, 12 grams protein per 8 ounce (8-oz container)	11.92
Yogurt, plain, skim milk, 13 grams protein per 8 ounce (8-oz container)	13.01
Yogurt, plain, whole milk, 8 grams protein per 8 ounce (8-oz container)	7.88