

Proteins (Healthy)

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
4	ounce(s)	Atlantic salmon - broiled, grilled	25.08	0	14	233.32
4	ounce(s)	Bass - freshwater, dry cooked	25.72	0	3.32	140
4	ounce(s)	Carp - dry heat cooked	25.84	0	8	184
4	ounce(s)	Catfish - dry heat cooked	21.2	0	9.07	172
4	ounce(s)	Chicken Breast / White Meat	35.2	0	4	187
4	ounce(s)	Chicken, dark meat roasted	31	0	11	232
4	ounce(s)	Clams, boiled	29	5.8	2.2	168
4	ounce(s)	Cod - Atlantic, broiled	25.88	0	1	119
4	ounce(s)	Cod - Pacific, broiled	26	0	0.92	118.64
0.5	cup	Egg Beaters - Fleischmann's	10	2	0	50
4	each	Egg Whites - scrambled/boiled	14	1.2	0	68
1	each	Egg whole w/ yolk	8	1	5	90
4	ounce(s)	Flounder - broiled	27.32	0	0	132
4	ounce(s)	Haddock - baked or broiled	27.48	0	1.1	127
4	ounce(s)	Halibut - broiled	30	0	4	159
4	ounce(s)	Herring - Atlantic, broiled or baked	26.08	0	13.08	251
4	ounce(s)	Lobster -northern, boiled	23.2	1.5	0.7	111
4	ounce(s)	Ocean Perch/Atlantic, dry heat cooked	27.04	0	2.4	137.32
4	ounce(s)	Octopus - moist heat cooked	33.72	4.92	2.4	185.32
4	ounce(s)	Orange Roughy- broiled or grilled	21.2	0	1.08	101.2
4	medium	Oyster - med., moist heat cooked	18.8	10	4.4	164
4	ounce(s)	Perch - broiled	28.2	0	1.3	133
4	ounce(s)	Pike - broiled	2.8	0	1.72	134.4
4	ounce(s)	Salmon - broiled	25.08	0	16	233.32
4	ounce(s)	Scallops - measured raw	19	2.4	0	100
4	ounce(s)	Shrimp - boiled or steamed	23.68	0	1.6	149.32
4	ounce(s)	Snapper - broiled or dry heat cooked	3	0	2	145
4	ounce(s)	Sole - broiled	27.32	0	0	132
4	ounce(s)	Swordfish - cooked dry heat	28.8	0	5.84	176
4	ounce(s)	Trout - all species, dry heat cooked	30.12	0	9.6	214.68
0.5	cup	Tuna Solid White in water	30	0	2	140
4	ounce(s)	Turkey Breast / White Meat	34	0	0.8	153
4	ounce(s)	Whitefish - dry heat cooked	27.72	0	8.52	194.68

Poultry

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	1/2 breast bone and skin removed	chicken,broilers or fryers,breast,meat only,ckd,fr	26.68	0	3.07	141.9
1	1/2 breast bone and skin removed	chicken,broilers or fryers,breast,meat only,ckd,rs	27.53	0	2.88	143.45
1	1 drumstick, bone removed	chicken,broilers or fryers,breast,meat only,ckd,st	14.07	0	6.34	117.53
1	1/2 breast, bone removed	chicken,broilers or fryers,breast,meat&skn,ckd,fri	31.2	1.61	8.69	217.56
1	1/2 breast, bone removed	chicken,broilers or fryers,breast,meat&skn,ckd,fri	29.2	0	7.62	193.06
1	1/2 chicken, bone and skin removed	chicken,broilers or fryers,dk meat,meat only,ckd,f	37.22	0	13.23	278.8
1	1/2 chicken, bone and skin removed	chicken,broilers or fryers,dk meat,meat only,ckd,r	37.14	0	12.84	274.56
1	1/2 breast, bone removed	chicken,broilers or fryers,dk meat,meat only,ckd,s	30.23	0	13.41	249.4
1	1/2 chicken, bone removed	chicken,broilers or fryers,dk meat,meat&skn,ckd,fr	43.37	0	26.35	422.51
1	1/2 chicken, bone and skin removed	chicken,broilers or fryers,dk meat,meat&skn,ckd,rs	34.1	0	2.43	167.58
1	1 drumstick, bone removed	chicken,broilers or fryers,drumstk,meat&skn,ckd,fr	14.06	0	5.8	112.32
1	1 drumstick, bone removed	chicken,broilers or fryers,drumstk,meat&skn,ckd,fr	13.21	0.8	6.72	120.05
1	1/2 chicken, bone and skin removed	chicken,broilers or fryers,lt meat,meat only,ckd,f	33.07	0	4.83	185.11
1	1/2 chicken, bone and skin removed	chicken,broilers or fryers,lt meat,meat only,ckd,r	36.55	0	7.84	227.5
1	1/2 chicken, bone removed	chicken,broilers or fryers,lt meat,meat&skn,ckd,rs	44.4	0	48.78	630.42
1	From 1 lb ready to cook chicken	chicken,broilers or fryers,meat only,ckd,fried	4.11	0.41	1.03	28.52
1	1 thigh, bone and skin removed	chicken,broilers or fryers,thigh,meat only,ckd,fri	13.49	0	5.66	108.68
1	1 thigh, bone and skin removed	chicken,broilers or fryers,thigh,meat only,ckd,rst	13.75	0	5.38	107.25
1	1 wing, bone removed	chicken,broilers or fryers,thigh,meat only,ckd,stw	8.98	0	7.83	108.78
1	1 thigh, bone removed	chicken,broilers or fryers,thigh,meat&skn,ckd,frie	16.59	1.97	9.29	162.44
1	1 thigh, bone removed	chicken,broilers or fryers,thigh,meat&skn,ckd,frie	15.54	0	9.6	153.14
1	1 wing, bone and skin removed	chicken,broilers or fryers,wing,meat only,ckd,frie	6.4	0	1.71	42.63
1	1 wing, bone and skin removed	chicken,broilers or fryers,wing,meat only,ckd,rstd	6.52	0	1.72	43.44
1	1/2 chicken, bone and skin removed	chicken,broilers or fryers,wing,meat only,ckd,stwd	48.84	0	3.59	239.8
1	1 wing, bone removed	chicken,broilers or fryers,wing,meat&skn,ckd,fried	9.13	0	6.62	98.6
1	1 wing, bone removed	chicken,broilers or fryers,wing,meat&skn,ckd,fried	8.36	0.76	7.09	102.72
1	1 wing, bone and skin removed	chicken,broilers or fryers,wing,meat&skn,ckd,rstd	9.11	0	6.73	99.6
1	1 wing, bone and skin removed	chicken,broilers or fryers,wing,meat&skn,ckd,stwd	6.37	0	1.03	36.54
1	1 tablespoon	chicken,cnd,meat only,w/broth	1.48	0.61	5.7	60.06
1	1/2 BIRD	chicken,cornish game hens,meat&skn,ckd,rstd	24.05	0	4	139.2
1	1 liver	duck,domesticated,meat only,ckd,rstd	8.25	1.55	2.04	59.84
1	1 liver	goose,domesticated,meat only,ckd,rstd	15.39	5.94	4.02	125.02
1	1/2 goose	goose,domesticated,meat&skn,ckd,rstd	174.27	0	54.62	1233.26
1	1 cup, drained	pate de foie gras,cnd (goose liver pate),smoked	31.97	0	9.26	220.05
1	1/2 breast, bone removed	turkey patties,breaded,battered,fried	191.46	0	29.89	1088.64
1	1 oz	turkey,cnd,meat only,w/broth	5.3	0.28	1.7	39.12
1	1 cup	turkey,diced,lt&dk meat,seasoned	14.11	11.06	6.31	160.8
1	1 leg, bone removed	turkey,fryer-roasters,breast,meat only,ckd,rstd	70.25	0	12.46	411.82

1	1/2 breast bone and skin removed	turkey,fryer-roasters,breast,meat&skn,ckd,rstd	95.94	0	2.54	432.9
1	1/2 back, bone removed	turkey,fryer-roasters,dk meat,meat only,ckd,rstd	36.4	0	13.3	276.33
1	1/2 turkey, bone and skin removed	turkey,fryer-roasters,dk meat,meat&skn,ckd,rstd	116.31	0	2.36	519.48
1	1 wing, bone removed	turkey,fryer-roasters,leg,meat only,ckd,rstd	26.69	0	9.88	203.52
1	1 leg, bone and skin removed	turkey,fryer-roasters,leg,meat&skn,ckd,rstd	66.95	0	7.8	355.32
1	1/2 turkey, bone and skin removed	turkey,fryer-roasters,lt meat,meat only,ckd,rstd	98	0	12.79	531.69
1	1/2 turkey, bone removed	turkey,fryer-roasters,lt meat,meat&skn,ckd,rstd	106.72	0	25.48	686.28
1	1/2 turkey, skin only	turkey,fryer-roasters,meat only,ckd,rstd	22.08	0	31.31	376.39
1	1/2 turkey, bone and skin removed	turkey,fryer-roasters,meat&skn,ckd,rstd	220.97	0	15.64	1089
1	1 wing, bone and skin removed	turkey,fryer-roasters,wing,meat&skn,ckd,rstd	20.24	0	1.01	95.4

Red meats

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	3 oz	beef,brisket,whl,ln&fat,0"fat,all grds,ckd,brsd	22.77	0	16.59	247.35
1	3 oz	beef,brisket,whl,ln,1/4"fat,all grds,ckd,brsd	25.29	0	10.85	205.7
1	3 oz	beef,chuck,arm pot rst,ln&fat,0"fat,all grds,ckd,b	25.21	0	14.46	238
1	3 oz	beef,chuck,blade rst,ln,1/4"fat,all grds,ckd,brsd	26.4	0	11.14	213.35
1	3 oz	beef,flank,ln&fat,0"fat,choic,ckd,brsd	22.93	0	13.97	223.55
1	3 oz	beef,ground,ex ln,ckd,bkd,med	20.8	0	13.72	212.5
1	3 oz	beef,ground,ln,ckd,bkd,med	20.34	0	15.59	227.8
1	3 oz	beef,ground,reg,ckd,bkd,med	19.57	0	17.79	243.95
1	3 oz	beef,ground,reg,ckd,bkd,well done	24.48	0	18.25	269.45
3	1 oz	beef,rib,eye,sml end (ribs 10-12),ln&fat,1/4"fat,c	14.89	0	18.77	233.04
1	3 oz	beef,rnd,eye of rnd,ln&fat,1/4"fat,all grds,ckd,rs	22.77	0	10.84	194.65
1	3 oz	beef,rnd,tip rnd,ln&fat,1/4"fat,all grds,ckd,rstd	22.87	0	11.25	198.9
1	3 oz	beef,shank crosscuts,ln,1/4"fat,choic,ckd,simmd	28.63	0	5.41	170.85
3	1 oz	beef,shrt loin,prtrhs steak,ln&fat,1/4"fat,choic,r	15.29	0	17.08	219.43
3	1 oz	beef,shrt loin,t-bone steak,ln&fat,1/4"fat,choic,r	15.96	0	14.84	202.42
1	3 oz	beef,top sirloin,ln&fat,1/4"fat,all grds,ckd,brld	23.64	0	13.1	219.3

Pork Products

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	3 oz	pork,frsh,leg (ham),whl,ln&fat,ckd,rstd	22.81	0	14.97	232.05
1	3 oz	pork,frsh,loin,sirloin (chops),bone-in,ln&fat,ckd,	21.56	0	12.84	208.25
1	3 oz	pork,frsh,loin,tenderloin,ln,ckd,rstd	23.92	0	4.09	139.4
1	3 oz	pork,frsh,loin,top loin (chops),bnless,ln&fat,ckd,	23.65	0	10.78	198.05
1	3 oz	pork,frsh,loin,whl,ln&fat,ckd,brsd	23.15	0	11.58	203.15
1	3 oz	pork,frsh,spareribs,ln&fat,ckd,brsd	24.7	0	25.76	337.45

Fish & Shellfish

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	3 oz	bass,freshwater,mxd sp,ckd,dry heat	20.55	0	4.02	124.1
1	3 oz	bass,striped,ckd,dry heat	19.32	0	2.54	105.4
1	3 oz	bluefish,cooked,dry heat	21.84	0	4.62	135.15
1	3 oz	burbot,cooked,dry heat	21.05	0	0.88	97.75
1	3 oz	butterfish,ckd,dry heat	18.83	0	8.74	158.95
1	3 oz	catfish,channel,farmed,ckd,dry heat	15.91	0	6.82	129.2
1	3 oz	catfish,channel,farmed,raw	13.22	0	6.45	114.75
1	3 oz	catfish,channel,wild,ckd,dry heat	15.7	0	2.42	89.25
1	3 oz	cod,pacific,ckd,dry heat	19.51	0	0.69	89.25
1	3 oz	crab,dungeness,ckd,moist heat	18.97	0.81	1.05	93.5
1	3 oz	crab,queen,ckd,moist heat	20.16	0	1.28	97.75
1	3 oz	crayfish,mxd sp,farmed,ckd,moist heat	14.89	0	1.11	73.95
1	3 oz	crayfish,mxd sp,farmed,raw	12.62	0	0.82	61.2
1	3 oz	cuttlefish,mxd sp,ckd,moist heat	27.61	1.39	1.19	134.3
1	3 oz	dolphinfish,ckd,dry heat	20.16	0	0.77	92.65
1	3 oz	drum,freshwater,ckd,dry heat	19.12	0	5.37	130.05
1	3 oz	halibut,greenland,ckd,dry heat	15.66	0	15.08	203.15
1	3 oz	herring,pacific,ckd,dry heat	17.86	0	15.12	212.5
1	3 oz	ling,cooked,dry heat	20.7	0	0.7	94.35
1	3 oz	lingcod,cooked,dry heat	19.24	0	1.16	92.65
1	3 oz	mackerel,king,ckd,dry heat	22.1	0	2.18	113.9
1	3 oz	mackerel,pacific&jack,mxd sp,ckd,dry heat	21.87	0	8.6	170.85
1	3 oz	milkfish,cooked,dry heat	22.37	0	7.34	161.5
1	3 oz	monkfish,cooked,dry heat	15.78	0	1.66	82.45
1	3 oz	octopus,common,ckd,moist heat	25.35	3.74	1.77	139.4
1	3 oz	oyster,eastern,farmed,ckd,dry heat	5.95	6.19	1.8	67.15
1	3 oz	oyster,eastern,farmed,raw	4.44	4.7	1.32	50.15
1	3 oz	oyster,eastern,wild,ckd,dry heat	7.01	4.08	1.62	61.2
1	3 oz	oyster,pacific,ckd,moist heat	16.07	8.41	3.91	138.55
1	3 oz	pike,walleye,ckd,dry heat	20.86	0	1.33	101.15

1	3 oz	pollock,atlantic,ckd,dry heat	21.18	0	1.07	100.3
1	3 oz	pout,ocean,ckd,dry heat	18.13	0	0.99	86.7
1	3 oz	roe,mxd sp,ckd,dry heat	24.33	1.63	7	173.4
1	3 oz	roughy,orange,ckd,dry heat	16.02	0	0.77	75.65
1	3 oz	sablefish,cooked,dry heat	14.61	0	16.68	212.5
1	3 oz	salmon,atlantic,farmed,ckd,dry heat	18.79	0	10.5	175.1
1	3 oz	salmon,atlantic,farmed,raw	16.92	0	9.22	155.55
1	3 oz	salmon,atlantic,wild,ckd,dry heat	21.62	0	6.91	154.7
1	3 oz	salmon,chinook,ckd,dry heat	21.86	0	11.37	196.35
1	3 oz	salmon,chum,ckd,dry heat	21.95	0	4.11	130.9
1	3 oz	salmon,coho,farmed,ckd,dry heat	20.66	0	7	151.3
1	3 oz	salmon,coho,farmed,raw	18.08	0	6.52	136
1	3 oz	salmon,coho,wild,ckd,dry heat	19.93	0	3.66	118.15
1	3 oz	salmon,pink,ckd,dry heat	21.73	0	3.76	126.65
1	3 oz	scup,cooked,dry heat	20.58	0	2.98	114.75
1	3 oz	seatrout,mxd sp,ckd,dry heat	18.24	0	3.94	113.05
1	3 oz	shad,american,ckd,dry heat	18.45	0	15	214.2
1	3 oz	spiny lobster,mxd sp,ckd,moist heat	22.45	2.65	1.65	121.55
1	3 oz	spot,cooked,dry heat	20.17	0	5.34	134.3
1	3 oz	sucker,white,ckd,dry heat	18.27	0	2.52	101.15
1	3 oz	sunfish,pumpkin sd,ckd,dry heat	21.14	0	0.77	96.9
1	3 oz	trout,mxd sp,ckd,dry heat	22.64	0	7.2	161.5
1	3 oz	trout,rainbow,farmed,raw	17.74	0	4.59	117.3
1	3 oz	tuna,lt,cnd in h20,wo/salt,drnd sol	25.14	0	0.43	111.35
1	3 oz	tuna,lt,cnd in oil,wo/salt,drnd sol	24.76	0	6.98	168.3
1	3 oz	tuna,skipjack,frsh,ckd,dry heat	23.98	0	1.1	112.2
1	3 oz	tuna,white,cnd in h20,wo/salt,drnd sol	20.08	0	2.52	108.8
1	3 oz	tuna,white,cnd in oil,wo/salt,drnd sol	22.55	0	6.87	158.1
1	3 oz	turbot,european,ckd,dry heat	17.49	0	3.21	103.7
1	3 oz	whitefish,mxd sp,ckd,dry heat	20.8	0	6.38	146.2
1	3 oz	wolffish,atlantic,ckd,dry heat	19.07	0	2.6	104.55
1	3 oz	yellowtail,mxd sp,ckd,dry heat	25.22	0	5.71	158.95

Meats -- Misc.

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	each	Bagel/Lenders	6	30	1	150
1	cup	Brown Rice - cooked	4	46	0	220
0.5	cup	Grits - Quaker Quick measure uncooked	6	58	1	260
4	ounce(s)	Hash browns - frozen, pan cooked	1.32	20	0	93.2
0.5	cup	Oatmeal -Quick, measured uncooked	5	26	3	140
6	ounce(s)	Potato/White - Baked	4.2	41.1	0.15	178.5
1	cup	Rice/White Steamed - Cooked	6	62	0	164
20	gram(s)	Risotto	2	14	0.5	70
1	each	Tortilla - corn, soft, 7" diam.	1	9	1	45
1	cup	Yam -baked or boiled	2	37.6	0.2	158

Vegetables

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	1 medium artichoke	artichokes,(globe or french),ckd,bld,drnd,wo/salt	4.18	13.42	0.19	60
1	1/2 cup	asparagus,ckd,bld,drnd	2.33	3.81	0.28	21.6
1	1 large spear (7-1/4" to 8-1/2" long)	asparagus,raw	0.46	0.91	0.04	4.6
1	1 cup, (1/2" slices)	bamboo shoots,ckd,bld,drnd,wo/salt	1.84	2.3	0.26	14.4
1	1 cup, (1/2" slices)	bamboo shoots,raw	3.93	7.85	0.45	40.77
1	1/2 cup, 1 in pieces	beet greens,raw	0.35	0.75	0.01	3.61
1	1/2 cup, 1 in pieces	beet grns,ckd,bld,drnd,wo/salt	1.85	3.93	0.14	19.44
1	1/2 cup slices	beets,ckd,bld,drnd	1.43	8.47	0.15	37.4
1	1 beet (2" dia)	beets,raw	1.32	7.84	0.14	35.26
1	1 large stalk (11" - 12" long)	broccoli,ckd,bld,drnd,wo/salt	8.34	14.17	0.98	78.4
1	1 cup	broccoli,frz,chopd,ckd,bld,drnd,wo/salt	5.7	9.84	0.22	51.52
1	1 cup	broccoli,frz,chopd,unprep	4.38	7.47	0.45	40.56
1	1/2 cup	broccoli,frz,spears,ckd,bld,drnd,wo/salt	2.85	4.92	0.1	25.76
1	1 sprout	brussels sprouts,ckd,bld,drnd,wo/salt	0.54	1.82	0.11	8.19
1	1 leaf	cabbage,chinese (pak-choi),raw	0.21	0.31	0.03	1.82
1	1/2 cup shredded	cabbage,ckd,bld,drnd,wo/salt	0.77	3.35	0.32	16.5
1	1/2 cup shredded	cabbage,red,ckd,bld,drnd,wo/salt	0.79	3.48	0.15	15.75
1	each	Carrot - raw, medium	0.01	1.2	0.1	6
1	1 carrot	carrots,ckd,bld,drnd,wo/salt	0.5	4.82	0.08	20.7
1	1 cup, sliced	carrots,frz,ckd,bld,drnd,wo/salt	1.74	12.05	0.16	52.56
1	1 cup	cassava,raw	6.39	55.46	0.8	247.2
1	ounce(s)	Cauliflower - boiled, drained	0.52	1.3	0.05	6.75
1	1/2 cup, (1" pieces)	cauliflower,ckd,bld,drnd,wo/salt	1.14	2.55	0.28	14.26
1	1 cup, (1" pieces)	cauliflower,frz,ckd,bld,drnd,wo/salt	2.9	6.75	0.4	34.2
1	1 cup	celeriac,raw	2.34	14.35	0.47	60.84
1	each	Celery - raw stalk, trimmed	0.5	2	0	10
1	1 cup, diced	celery,ckd,bld,drnd,wo/salt	1.25	6.02	0.24	27
1	1 tablespoon, chopped	chives,raw	0.1	0.13	0.02	0.9
1	1/2 cup	coleslaw	0.77	7.45	1.57	41.4
1	cup	Corn - cut off cob, boiled	5	29.4	1.8	132
1	1 medium ear (6-3/4" to 7-1/2" long)	corn,sweet,yellow,raw	2.9	17.12	1.06	77.4
1	1 baby ear	corn,swt,yel,ckd,bld,drnd,wo/salt	0.27	2.01	0.1	8.64
1	cup	Cucumber - raw, slices	0.8	2.8	0	14
1	1 cup, (1"	eggplant,ckd,bld,drnd,wo/salt	0.82	6.57	0.23	27.72

	cubes)					
1	ounce(s)	French fries - Lites, frozen, microwave, Ore-Ida	0.67	5.33	0.67	30
1	1 clove	garlic,raw	0.19	0.99	0.02	4.47
1	1 teaspoon	ginger root,raw	0.03	0.3	0.01	1.38
1	ounce(s)	Green beans - string, boiled & drained	0.53	2.23	0.08	10
1	each	jalapenos	0	0	1	15
1	1 leek	leeks,(bulb&lower leaf-portion),ckd,bld,drnd,wo/sa	1	9.45	0.25	38.44
1	1 cup, shredded or chopped	lettuce,butterhead (incl boston&bibb types),raw	0.71	1.28	0.12	7.15
1	1 cup, shredded or chopped	lettuce,iceberg (incl crisphead types),raw	0.56	1.15	0.1	6.6
1	1 leaf	lettuce,looseleaf,raw	0.13	0.35	0.03	1.8
1	1 cup, pieces	mushrooms,ckd,bld,drnd,wo/salt	3.39	8.02	0.73	42.12
1	1 can	mushrooms,cnd,drnd sol	2.46	6.52	0.38	31.56
1	1 cup, pieces or slices	mushrooms,raw	1.46	3.26	0.29	17.5
1	1 cup (pieces)	mushrooms,shiitake,ckd,wo/salt	2.26	20.71	0.32	79.75
1	1 mushroom	mushrooms,shiitake,dried	0.34	2.71	0.04	10.66
1	1 cup, chopped	mustard greens,raw	1.51	2.74	0.11	14.56
1	1 cup, chopped	mustard grns,ckd,bld,drnd,wo/salt	3.16	2.94	0.34	21
1	1/2 cup slices	okra,ckd,bld,drnd,wo/salt	1.5	5.77	0.14	25.6
1	1 package (10 oz)	okra,frozen,unprepared	4.8	18.86	0.71	85.2
1	1 package (10 oz) yields	okra,frz,ckd,bld,drnd,wo/salt	5.3	14.66	0.77	94.35
1	1 cup	okra,raw	2	7.63	0.1	38
1	table spoon	Onion - chopped	0.1	0.9	0	4
1	1 cup	parsley,raw	1.78	3.8	0.47	21.6
1	1 parsnip, (9" long)	parsnips,ckd,bld,drnd,wo/salt	2.11	31.25	0.48	129.6
1	1 cup, slices	parsnips,raw	1.6	23.93	0.4	99.75
1	cup	Peas - green, canned, Green Giant	8	22	0	100
1	cup	Peas - green, fresh, boiled	8.6	25	0.4	134
1	cup	Peas - snap, Green Giant, Harvet Fresh	4	16	0	60
1	cup	Peas & carrots - frozen, boiled	5	16.2	0.6	76
1	1 cup	peas,green,raw	7.86	20.97	0.58	117.45
1	1 cup	peas,grn,ckd,bld,drnd,wo/salt	8.58	25.02	0.35	134.4
1	1 can (303 x 406)	peas,grn,cnd,reg pk,sol&liquids	15.38	47	1.45	255.46
1	1 package (10 oz) yields	peas,grn,frz,ckd,bld,drnd,wo/salt	13.03	36.08	0.68	197.34
1	cup	Pepper - sweet bell, all colors, chopped,	1.2	9.2	0.2	38
1	each	Pepper/Red or Green	2.8	19.2	0.4	80
1	1 cup, chopped	peppers,sweet,green,raw	1.33	9.58	0.28	40.23
1	1 package (10 oz)	peppers,swt,grn,frz,chopd,unprep	3.07	12.64	0.6	56.8
1	1 cup	potato salad	6.7	27.93	20.5	357.5
1	Yield, 1/6 of 5.5 oz package	potatoes,au gratin,dry mix,prep w/h20,whl milk&but	3.15	17.59	5.64	127.41
1	1 potato, (2-1/3" x 4-3/4")	potatoes,bkd,flesh,wo/salt	3.06	33.63	0.16	145.08

1	1 potato, (2-1/2" dia, sphere)	potatoes,bld,ckd in skn,flesh,wo/salt	2.54	27.38	0.14	118.32
1	1 potato, (2-1/2" dia, sphere)	potatoes,bld,ckd wo/skn,flesh,wo/salt	2.31	27.01	0.14	116.1
1	1 cup	potatoes,hashed brown,home-prepared	3.78	33.26	21.7	326.04
1	1 potato skin	potatoes,microwaved,ckd in skn,skn,wo/salt	2.55	17.19	0.06	76.56
1	1 cup	potatoes,mshd,dehyd,prep fr flks wo/milk,whl milk&	3.99	31.54	11.76	237.3
1	1 cup	potatoes,mshd,home-prepared,whl milk&margarine	3.95	35.09	8.88	222.6
1	1 cup (unprepared)	potatoes,scallpd,dry mix,prep w/h20,whl milk&butte	5.19	31.29	10.54	227.85
1	1 package (5.5 oz)	potatoes,scallpd,dry mix,unprep	12.12	115.33	7.16	558.48
1	1 cup, sliced	radishes,oriental,ckd,bld,drnd,wo/salt	0.98	5.04	0.35	24.99
1	1 cup	radishes,oriental,dried	9.16	73.51	0.84	314.36
1	1 radish, (7" long)	radishes,oriental,raw	2.03	13.89	0.34	60.84
1	1 cup, slices	radishes,raw	0.7	4.16	0.63	19.72
1	cup	Spinach - boiled, drained	5.4	6.8	0.4	42
1	1 cup	spinach,ckd,bld,drnd,wo/salt	5.35	6.75	0.47	41.4
1	1 cup	spinach,cnd,drnd sol	6.01	7.28	1.07	49.22
1	1 cup	spinach,cnd,reg pk,sol&liquids	4.94	6.83	0.87	44.46
1	cup	Split peas - boiled	19	47.8	0.8	268
1	1 cup, sliced	squash,smmr,crookneck&straightneck,raw	1.22	5.25	0.31	24.7
1	1 cup	squash,smmr,zucchini,incl skn,frz,ckd,bld,drnd,wo/	2.56	7.94	0.29	37.91
1	1 cup, chopped	squash,smmr,zucchini,incl skn,raw	1.44	3.6	0.17	17.36
1	1 cup	sweetpotato leaves,ckd,stm,wo/salt	1.48	4.68	0.19	21.76
1	1 cup, chopped	sweetpotato leaves,raw	1.4	2.23	0.11	12.25
1	1 can (404 x 307)	sweetpotato,canned,mashed	9.82	115.07	0.99	500.96
1	1 cup, mashed	sweetpotato,ckd,bld,wo/skn,wo/salt	5.41	79.64	0.98	344.4
1	1 cup, cubes	sweetpotato,raw	2.19	32.29	0.4	139.65
1	ounce(s)	Tater Tots - frozen, microwave	0.5	7.25	2.25	50
1	1 cup	tomato juc,cnd,w/salt	1.85	10.28	0.15	41.31
1	1 can (29 oz) (401 x 411)	tomato products,cnd,puree,wo/salt	13.89	78.58	1.32	328.8
1	1 cup	tomatoes,red,ripe,ckd,bld,wo/salt	2.57	13.99	0.98	64.8
1	1 cherry	tomatoes,red,ripe,raw,year rnd average	0.14	0.79	0.06	3.57
1	1 cup, cubes	turnips,raw	1.17	8.1	0.13	35.1
1	1 cup	vegetable juc cocktail,cnd	1.52	11.01	0.22	45.98
1	1/2 cup	vegetables,mxd,frz,ckd,bld,drnd,wo/salt	2.6	11.91	0.14	53.69
1	1/2 cup slices	waterchestnuts,chinese,(matai),raw	0.87	14.84	0.06	65.72
1	1 cup, chopped	watercress,raw	0.78	0.44	0.03	3.74
1	1 cup, cubes	yam,raw	2.3	41.84	0.26	177
1	medium	Zucchini - baby, raw	0.3	0.3	0	2

Fruits

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	1 cup	acerola juice,raw	0.97	11.62	0.73	50.82
1	1 cup	acerola,(west indian cherry),raw	0.39	7.54	0.29	31.36
1	each	Apple - medium with peel	0.3	21.1	0	81
1	1 cup	apple juc,cnd or btld,unswtnd,w/ vit c	0.15	28.97	0.27	116.56
1	1 cup, slices	apples,raw,without skin	0.17	16.32	0.34	62.7
1	1 cup	applesauce,cnd,swtnd,w/salt	0.46	50.77	0.46	193.8
1	1 cup	applesauce,cnd,swtnd,wo/salt	0.46	50.77	0.46	193.8
1	1 cup	apricot nectar,cnd,w/ vit c	0.93	36.12	0.23	140.56
1	1 cup	apricot nectar,cnd,wo/ vit c	0.93	36.12	0.23	140.56
1	1 apricot half with liquid	apricots,cnd,h20 pk,w/skn,sol&liquids	0.26	2.3	0.06	9.72
1	1 cup whole, without pits	apricots,cnd,h20 pk,wo/skn,sol&liquids	1.57	12.44	0.07	49.94
1	1 cup, halves	apricots,dried,sulfured,stwd,w/ sugar	3.16	79	0.41	305.1
1	1 cup, halves	apricots,dried,sulfured,stwd,wo/ sugar	3.25	54.75	0.4	212.5
1	1 cup	apricots,frozen,sweetened	1.69	60.74	0.24	237.16
1	1 apricot	apricots,raw	0.49	3.89	0.14	16.8
1	cup	Avocado - pureed	4.6	17	35.2	370
1	1 cup, pureed	avocados,raw,california	4.85	15.89	39.86	407.1
1	1 cup, pureed	avocados,raw,florida	3.66	20.49	20.4	257.6
1	each	Banana - med 8"	1.2	26.7	0.6	105
1	1 cup	bananas,dehyd,or banana pdr	3.89	88.28	1.81	346
1	1 cup, mashed	bananas,raw	2.32	52.72	1.08	207
1	1 cup	blackberries,cnd,hvy syrup,sol&liquids	3.35	59.14	0.36	235.52
1	1 cup	blackberries,frz,unswtnd	1.78	23.66	0.65	96.64
1	1 cup	blackberries,raw	1.04	18.37	0.56	74.88
1	1 cup	blueberries,cnd,hvy syrup,sol&liquids	1.66	56.47	0.84	225.28
1	1 cup, thawed	blueberries,frz,swtnd	0.92	50.49	0.3	186.3
1	1 cup	boysenberries,cnd,hvy syrup	2.53	57.11	0.31	225.28
1	1 cup	boysenberries,frz,unswtnd	1.45	16.09	0.34	66
1	1 cup, unthawed	breadfruit,raw	2.35	59.66	0.51	226.6
1	each	Cantaloupe - muskmelon	4.6	44.6	1.6	186
1	1 cup, cubes	carambola,(starfruit),raw	0.74	10.73	0.48	45.21
1	1 cup, slices	carissa,(natal-plum),raw	0.75	20.45	1.95	93
1	1 fruit, without skin and seeds	cherimoya,raw	7.11	131.28	2.19	514.18
1	each	Cherries, sweet, medium	0.08	1.13	0.07	4.9
1	1 cup	cranberry sau,cnd,swtnd	0.55	107.75	0.42	418.27
1	1 cup	cranberry-orange relish,cnd	0.83	127.05	0.28	489.5
1	1 cup, pitted, chopped	dates,domestic,nat&dry	3.51	130.85	0.8	489.5
1	1 cup	elderberries,raw	0.96	26.68	0.73	105.85
1	1 cup, pureed	feijoa,raw	3.01	25.83	1.9	119.07

1	1 cup	figs,cnd,h2o pk,sol&liquids	0.99	34.7	0.25	131.44
1	1 cup	figs,dried,stewed	3.34	71.41	1.27	279.72
1	1 cup	figs,dried,uncooked	6.07	130.05	2.33	507.45
1	1 large (2-1/2" dia)	figs,raw	0.48	12.28	0.19	47.36
1	1 cup	gooseberries,raw	1.32	15.27	0.87	66
1	1 cup	grape juc,cnd or btld,unswtnd,wo/ vit c	1.42	37.85	0.2	154.33
1	1 cup	grape juc,frz conc,swtnd,dil w/3 volume h2o,wo/ vi	0.48	31.88	0.23	127.5
1	1 can (6 fl oz)	grape juc,frz conc,swtnd,undil,wo/ vit c	1.4	95.84	0.67	386.64
1	each	Grapefruit - pink or red 4" diam.	1.2	23.8	0.2	92
1	1 cup	grapefruit juc,cnd,swtnd	1.45	27.83	0.23	115
1	1 cup	grapefruit juc,cnd,unswtnd	1.28	22.13	0.25	93.86
1	each	Grapes - American	0.02	0.41	0	1.5
1	1 cup	grapes,cnd,thompson seedless,h2o pk,sol&liquids	1.23	25.24	0.27	98
1	1 cup	grapes,cnd,thompson seedless,hvy syrup pk,sol&liqu	1.23	50.3	0.26	186.88
1	1 cup, seedless	grapes,european type (adherent skn),raw	1.06	28.43	0.93	113.6
1	1 cup	groundcherries,(cape-gooseberries or poha),raw	2.66	15.68	0.98	74.2
1	1 cup	kiwi fruit,(chinese gooseberries),frsh,raw	1.75	26.34	0.78	107.97
1	1 large fruit, without skin	kiwifruit,(chinese gooseberries),held in storage,r	0.9	13.54	0.4	55.51
1	1 cup	lemon juc,cnd or btld	0.98	15.81	0.71	51.24
1	1 cup	lemon juice,raw	0.93	21.06	0	61
1	1 tablespoon	lemon peel,raw	0.09	0.96	0.02	2.82
1	1 fruit, without seeds	lemons,raw,with peel	1.3	11.56	0.32	21.6
1	1 cup	lime juice,raw	1.08	22.16	0.25	66.42
1	1 fruit (2" dia)	limes,raw	0.47	7.06	0.13	20.1
1	1 cup, sliced	mangos,raw	0.84	28.05	0.45	107.25
1	1 cup, unthawed	melon balls,frozen	1.45	13.74	0.43	57.09
1	1 cup, balls	melons,honeydew,raw	0.81	16.25	0.18	61.95
1	1 cup	mulberries,raw	2.02	13.72	0.55	60.2
1	each	Nectarine - medium, 2.5" diam.	1.3	16	0.6	67
1	1 cup, slices	nectarines,raw	1.3	16.26	0.63	67.62
1	1 cup	oheloberries,raw	0.53	9.58	0.31	39.2
1	1 large	olives,ripe,cnd (small-extra lrg)	0.04	0.28	0.47	5.06
1	each	Orange - medium	1.1	17.4	0.3	69
1	1 cup	orange juc,california,chilled,incl from conc	1.99	25.05	0.67	109.56
1	1 cup	orange juc,chilled,incl from conc	1.99	25.05	0.67	109.56
1	1 cup	orange juc,cnd,unswtnd	1.47	24.53	0.35	104.58
1	1 cup	orange juice,raw	1.74	25.79	0.5	111.6
1	1 tablespoon	orange peel,raw	0.09	1.5	0.01	5.82
1	1 cup	orange-grapefruit juc,cnd,unswtnd	1.48	25.39	0.25	106.21
1	medium	Papaya - medium, raw, 3.5" diam.	1.9	29.8	0.4	119
1	1 cup	papaya nectar,canned	0.43	36.28	0.38	142.5
1	1 cup	passion-fruit juc,purple,raw	0.96	33.59	0.12	125.97
1	1 cup	passion-fruit juc,yel,raw	1.65	35.69	0.44	148.2
1	1 cup	passion-fruit,(granadilla),purple,raw	5.19	55.18	1.65	228.92

1	medium	Peach - medium, approx 4 oz.	0.6	9.7	0.1	37
1	1 cup	peach nectar,cnd,w/ vit c	0.67	34.66	0.05	134.46
1	1 cup	peach nectar,cnd,wo/ vit c	0.67	34.66	0.05	134.46
1	1 cup halves or slices	peaches,cnd,ex hvy syrup pk,sol&liquids	1.23	68.28	0.08	251.52
1	1 cup halves or slices	peaches,cnd,h20 pk,sol&liquids	1.07	14.91	0.15	58.56
1	1 cup	peaches,cnd,hvy syrup pk,sol&liquids	1.18	52.24	0.26	193.88
1	1 cup	peaches,cnd,juc pk,sol&liquids	1.58	28.93	0.08	110
1	medium	Pear - medium, Dole	1	25	1	100
1	each	Pear -medium w/peel	0.7	25.1	0	98
1	1 cup	pear nectar,cnd,w/ vit c	0.28	39.4	0.03	150
1	1 cup	pear nectar,cnd,wo/ vit c	0.28	39.4	0.03	150
1	1 fruit, 2-1/4 in high x 2-1/2 in dia	pears,asian,raw	0.61	12.99	0.28	51.24
1	1 cup, halves	pears,cnd,ex hvy syrup pk,sol&liquids	0.51	67.17	0.35	258.02
1	1 cup, halves	pears,cnd,ex lt syrup pk,sol&liquids	0.74	30.13	0.25	116.09
1	1 cup, halves	pears,dried,sulfured,stwd,wo/ sugar	2.32	86.22	0.79	323.85
1	1 cup, halves	pears,dried,sulfured,unckd	3.37	125.46	1.13	471.6
1	cup	Pineapple - canned, chunks	0	36	0	140
1	slice	Pineapple - frsh, slice approx 3.5"	0.3	10.4	0.4	41
1	1 cup	pineapple juc,cnd,unswtnd,wo/ vit c	0.8	34.45	0.2	140
1	1 cup	pineapple juc,cnd,w/ vit c,unswtnd	0.8	34.45	0.2	140
1	1 cup	pineapple juc,frz conc,unswtnd,dil w/3 volume h20	1	31.93	0.08	130
1	1 can (6 fl oz)	pineapple juc,frz conc,unswtnd,undil	2.81	95.69	0.22	386.64
1	1 cup, crushed, sliced, or chunks	pineapple,cnd,lt syrup pk,sol&liquids	0.91	33.89	0.3	131.04
1	1 cup, chunks	pineapple,frz,chunks,swtnd	0.98	54.39	0.25	208.25
1	1 cup, diced	pineapple,raw	0.6	19.2	0.67	75.95
1	1 cup	pitanga,(surinam-cherry),raw	1.38	12.96	0.69	57.09
1	1 cup, mashed	plantains,cooked	1.58	62.3	0.36	232
1	1 cup, sliced	plantains,raw	1.92	47.2	0.55	180.56
1	each	Plum - fresh, 2.25" diam	0.5	8.6	0.4	36
1	1 cup, pitted	plums,cnd,purple,h20 pk,sol&liquids	0.97	27.46	0.02	102.09
1	1 cup, pitted	plums,cnd,purple,hvy syrup pk,sol&liquids	0.93	59.96	0.26	229.62
1	1 cup, pitted	plums,cnd,purple,lt syrup pk,sol&liquids	0.93	41.03	0.25	158.76
1	1 pomegranate (3-3/8" dia)	pomegranates,raw	1.46	26.44	0.46	104.72
1	1 cup	prickly pears,raw	1.09	14.26	0.76	61.09
1	each	Prune - pitted, approx. 3 oz each	0.22	5.27	0.04	20.1
1	1 cup	prune juice,canned	1.56	44.67	0.08	181.76
1	1 cup	prunes,dehyd (low-moisture),unckd	4.88	117.57	0.96	447.48
1	1 cup, pitted	prunes,dried,stwd,w/ sugar	2.7	81.54	0.55	307.52
1	1 cup, pitted	prunes,dried,stwd,wo/ sugar	2.9	69.64	0.57	265.36
1	1 cup, pitted	prunes,dried,uncooked	4.44	106.64	0.88	406.3
1	1 cup, sections	pummelo,raw	1.44	18.28	0.08	72.2
1	1 fruit, without refuse	quinces,raw	0.37	14.08	0.09	52.44

1	1 cup (not packed)	raisins, golden seedless	4.92	115.3	0.67	437.9
1	1 cup (not packed)	raisins, seeded	3.65	113.78	0.78	429.2
1	1 cup (not packed)	raisins, seedless	4.67	114.74	0.67	435
1	1 cup	raspberries, cnd, red, hvy syrup pk, sol&liquids	2.12	59.8	0.31	232.96
1	1 cup, unthawed	raspberries, frz, red, swtnd	1.75	65.4	0.4	257.5
1	1 cup	raspberries, raw	1.12	14.23	0.68	60.27
1	1 cup, diced	rhubarb, frozen, uncooked	0.75	6.99	0.15	28.77
1	1 cup	rhubarb, frz, ckd, w/sugar	0.94	74.88	0.12	278.4
1	1 cup, diced	rhubarb, raw	1.1	5.54	0.24	25.62
1	1 cup, without refuse	roselle, raw	0.55	6.45	0.36	27.93
1	1 cup, pulp	sapodilla, raw	1.06	48.1	2.65	200.03
1	1 fruit, without refuse	sapotes, (marmalade plum), raw	4.77	75.96	1.35	301.5
1	1 cup, pulp	soursop, raw	2.25	37.89	0.68	148.5
1	1 cup	strawberries, cnd, hvy syrup pk, sol&liquids	1.42	59.77	0.66	233.68
1	1 cup, thawed	strawberries, frz, swtnd, sliced	1.35	66.1	0.33	244.8
1	1 cup, thawed	strawberries, frz, swtnd, whl	1.33	53.55	0.36	198.9
1	1 berry	strawberries, frz, unswtnd	0.05	0.97	0.01	3.71
1	1 cup, halves	strawberries, raw	0.93	10.67	0.56	45.6
1	ounce(s)	Strawberry - fresh, 1 medium	0.2	2	0.1	9
1	1 cup, pulp	sugar-apples, (sweetsop), raw	5.15	59.1	0.73	235
1	1 cup, pulp	tamarinds, raw	3.36	75	0.72	286.8
1	ounce(s)	Tangerine - fresh peeled	0.2	3.2	0.1	12
1	1 cup	tangerine juc, cnd, swtnd	1.25	29.88	0.5	124.5
1	1 cup	tangerine juc, frz conc, swtnd, dil w/3 volume h20	1.04	26.65	0.27	110.86
1	1 can (6 fl oz)	tangerine juc, frz conc, swtnd, undil	3.21	83.14	0.83	344.54
1	1 cup	tangerine juice, raw	1.24	24.95	0.49	106.21
1	1 cup	tangerines, (mandarin oranges), cnd, juc pk	1.54	23.83	0.07	92.13
1	1 cup	tangerines, (mandarin oranges), cnd, lt syrup pk	1.13	40.8	0.25	153.72
1	1 cup, sections	tangerines, (mandarin oranges), raw	1.23	21.82	0.37	85.8
1	cup	Watermelon - fresh, diced	1	11.5	0.7	51
1	1 cup, balls	watermelon, raw	0.95	11.06	0.66	49.28

Breads

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	each	Bagel – blueberry, Earth Grains	9	48	0	245
1	each	Bagel - Cinnamon Raisin, Earth Grains	9	48	0	255
1	each	Bagel - Egg, Lender Bagel Shop	9	41	2.5	230
1	each	Bagel - Honey Wheat, Earth Grains	9	45	0	240
1	each	Bagel - Onion, Earth Grains	9	45	0	240
1	each	Bagel - Plain, Lenders Bake Shop	8	42	2	210
1	each	Bagel - Raisin, Lenders	8	44	3	240
1	slice	Banana - Pillsbury, cooked mix	3	27	6	170
1	1 biscuit (2-1/2" dia)	biscuits, mxd grain, refr dough	2.68	20.86	2.46	115.72
1	1 biscuit (3" dia)	biscuits, mxd grain, refr dough, bkd	2.91	22.59	2.67	125.05
1	1 biscuit	biscuits, pln or bttrmlk, commly bkd	2.17	16.98	5.78	127.4
1	1 cup, homemade	biscuits, pln or bttrmlk, dry mix	9.12	72.16	17.56	487.92
1	1 biscuit (3" dia)	biscuits, pln or bttrmlk, dry mix, prep	4.16	27.59	6.9	190.95
1	1 biscuit (2-1/2" dia)	biscuits, pln or bttrmlk, prep from recipe	4.2	26.76	9.78	212.4
1	1 biscuit (2-1/2" dia)	biscuits, pln or bttrmlk, refr dough, higher fat	1.86	13.11	4.05	95.4
1	1 large slice (5" x 2-1/2" x 1")	bread, french or vienna (incl sourdough)	3.08	18.17	1.05	95.9
1	1 large slice (5" x 2-1/2" x 1")	bread, french or vienna, tstd (incl sourdough)	3.07	18.05	1.06	95.36
1	10-1/2" diameter	bread, indian (navajo) fry	11.36	85.28	15.2	526.4
1	1 large slice (4-1/2" x 3-1/4" x 3/4")	bread, Italian	2.64	15	1.05	81.3
1	1 large slice (4-1/2" x 3-1/4" x 3/4")	bread, italian, toasted	2.62	14.85	1.05	80.46
1	1 oz	bread, oat bran	2.95	11.28	1.25	66.91
1	1 oz	bread, oat bran, toasted	3.23	12.39	1.36	73.43
1	1 large pita (6-1/2" dia)	bread, pita, white, enriched	5.46	33.42	0.72	165
1	1 large pita (6-1/2" dia)	bread, pita, whole-wheat	6.27	35.2	1.66	170.24
1	1 oz	bread, pumpernickel	2.47	13.47	0.88	70.88
1	1 oz	bread, pumpkin, prep from recipe	1.13	14.52	3.63	93.84
1	1 large slice	bread, raisin, enriched	2.53	16.74	1.41	87.68
1	1 large slice	bread, raisin, tstd, enr	2.49	16.5	1.39	86.13
1	1 oz	bread, rice bran	2.52	12.33	1.3	68.89
1	1 oz	bread, rye	2.41	13.69	0.94	73.43
1	1 large slice	bread, rye, toasted	2.73	15.4	1.04	82.36
1	1 oz	bread, wheat (incl wheat berry)	2.58	13.38	1.16	73.71
1	1 oz	bread, wheat bran	2.49	13.55	0.96	70.31
1	1 oz	bread, wheat bran, toasted	2.75	14.88	1.05	77.4
1	1 oz	bread, wheat germ	2.72	13.69	0.82	73.99
1	each	Bun – hamburger	3.7	21.6	2.2	123
1	slice	Cornbread - Easy, Aunt Jemima	3.5	32.7	6.3	196
1	1 cup	cracker meal	10.7	93.04	1.96	440.45

1	1 medium croissant	croissants,apple	4.22	21.15	4.96	144.78
1	1 large croissant	croissants,butter	5.49	30.69	14.07	272.02
1	1 large croissant	croissants,cheese	6.16	31.49	14	277.38
1	1 cup	croutons,plain	3.57	22.05	1.98	122.1
1	1 cup	croutons,seasoned	4.32	25.4	7.32	186
1	each	English Muffin - cinnamon raisin, Pep. Farms	4	29	2	150
1	each	English Muffin - plain, Peperidge Farms	5	27	1	140
1	each	English Muffin - sourdough, Pep. Farms	4	27	1	135
1	1 oz	french toast,frz,rth	2.1	9.1	1.73	60.39
1	each	Muffin – apple spice, fat free Healthy Valley	4	30	0	130
1	each	Muffin - banana, fat free, Healthy Valley	4	29	0	130
1	each	Muffin - blueberry apple, fat free, Healthy Valley	4	32	0	140
1	each	Muffin - blueberry, Sara Lee, Free n' Lite	3	28	0	120
1	each	Muffin – carrot, fat free Healthy Valley	4	30	0	130
1	each	Muffin - raisin spice, fat free, Healthy Valley	4	32	0	140
1	1 oz	pancakes,blueberry,prep from recipe	1.73	8.22	2.61	62.94
1	1 cup, poured from box	pancakes,buckwheat,dry mix,incomplete	13.3	86.99	3.29	414.8
1	1 oz	pancakes,buckwheat,dry mix,incomplete,prep	2.24	7.99	2.15	58.97
1	1 oz	pancakes,pln,prep from recipe	1.81	8.02	2.75	64.35
1	1 oz	pancakes,spl dietary,dry mix	2.52	20.95	0.4	98.94
1	1 oz	pancakes,spl dietary,dry mix,prep	1.45	11.96	0.23	56.42
1	1 cup, poured from box	pancakes,whole-wheat,dry mix,incomplete	17.92	99.4	2.1	481.6
1	1 oz	rolls,dinner,egg	2.69	14.74	1.81	87.03
1	1 oz	rolls,dinner,pln,prep from recipe,made w/whl milk	2.41	15.14	2.21	91
1	1 roll (1 oz)	rolls,dinner,wheat	2.44	13.04	1.79	77.4
1	1 hamburger, frankfurter roll	rolls,dinner,whole-wheat	3.74	21.97	2.02	114.38
1	1 oz	rolls,French	2.44	14.23	1.22	78.53
1	1 oz	rolls,hamburger or hotdog,mixed-grain	2.72	12.64	1.7	74.56
1	1 oz	rolls,hamburger or hotdog,pln	2.41	14.26	1.45	81.08
1	1 large (6-1/2" dia)	taco shells,baked	1.51	13.1	4.75	98.28
1	1 oz	waffles,pln,dry mix,prep from complete-type	1.73	9.98	3.88	82.22
1	1 oz	waffles,pln,frz,rth (incl btrtrmlk)	1.67	10.94	2.21	71.16
1	1 oz	waffles,pln,frz,rth,tstd (incl btrtrmlk)	1.76	11.54	2.32	74.84
1	1 eggroll wrapper (7" square)	wonton wrappers (incl egg roll wrappers)	3.14	18.53	0.48	93.12

Beans, Lentils

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	cup	Baked - brown sugar, Van Camps	51	640	0	11.6
1	ounce(s)	Baked - Campbell BBQ	1.25	5.38	0.5	26.25
1	cup	Baked - Van Camp's	11	52	2	260
1	1 cup	beans,baked,home prepared	14.02	54.12	13.03	382.03
1	1 cup	beans,bkd,cnd,pln or vegetarian	12.17	52.1	1.14	236.22
1	1 cup	beans,bkd,cnd,w/bf	16.97	44.98	9.18	321.86
1	1 cup	beans,bkd,cnd,w/franks	17.48	39.86	17.02	367.78
1	1 cup	beans,bkd,cnd,w/pork&swt sau	13.43	53.1	3.69	280.83
1	1 cup	beans,bkd,cnd,w/pork&tomato sau	13.05	49.06	2.61	247.94
1	1 cup	beans,kidney,all types,mature seeds,ckd,bld,wo/sal	15.35	40.37	0.89	224.79
1	1 cup	beans,kidney,all types,mature seeds,cnd	13.31	38.09	0.79	207.36
1	1 cup	beans,kidney,all types,mature seeds,raw	43.39	110.42	1.53	612.72
1	1 cup	beans,navy,mature seeds,ckd,bld,wo/salt	15.83	47.88	1.04	258.44
1	1 cup	beans,navy,mature seeds,cnd	19.73	53.58	1.13	296.06
1	1 cup	beans,navy,mature seeds,raw	46.45	126.15	2.66	696.8
1	ounce(s)	Black beans - boiled	2.25	6.72	0.15	37.5
1	1 cup	carob flour	4.76	91.55	0.67	185.4
1	1 cup	chickpeas (garbanzo bns,bengal gm),mature seeds,cn	11.88	54.29	2.74	285.6
1	1 cup	chickpeas (garbanzo bns,bengal gm),mature seeds,ra	38.6	121.32	12.08	728
1	1 cup	chili with beans,canned	14.62	30.49	14.05	286.72
1	ounce(s)	Garbanzo - boiled	2.5	7.78	0.73	46.5
1	1 cup	lentils,mature seeds,ckd,bld,wo/salt	17.86	39.88	0.75	229.68
1	1 cup	lentils,mature seeds,raw	53.88	109.61	1.84	648.96
1	1 cup	lima bns,lrg,mature seeds,cnd	11.88	35.93	0.41	190.39
1	1 cup	lima bns,lrg,mature seeds,raw	38.2	112.82	1.23	601.64
1	1 cup	lima bns,thin seeded (baby),mature seeds,ckd,bld,w	14.63	42.42	0.69	229.32
1	1 cup	lima bns,thin seeded (baby),mature seeds,raw	41.65	126.92	1.88	676.7
1	1 cup	miso	32.48	76.89	16.69	566.5
1	1 cup	mungo bns,mature seeds,ckd,bld,wo/salt	13.57	33.01	0.99	189
1	1 cup	mungo bns,mature seeds,raw	51.87	126.29	3.79	726.57
1	1 cup	natto	31.01	25.11	19.25	371
1	cup	Navy bean - boiled	15.8	47.8	1	258
1	1 cup	peas,split,mature seeds,ckd,bld,wo/salt	16.35	41.38	0.76	231.28
1	1 cup	peas,split,mature seeds,raw	48.36	118.95	2.29	671.77
1	cup	Pinto bean - boiled	14	43.6	0.8	232
1	cup	Pinto beans - canned, Green Giant	12	40	2	180
1	1 cup, stirred	soy flour,defatted	47.01	38.37	1.22	329
1	1 cup, stirred	soy flour,full-fat,raw	29.01	29.57	17.35	366.24

1	1 cup, stirred	soy flour,low-fat	40.95	33.42	5.9	286.88
1	1 cup, stirred	soy flr,defatted,crude prot basis (n x 6.25)	51.46	33.93	1.22	327
1	1 cup, stirred	soy flr,full-fat,raw,crude prot basis (n x 6.25)	32.13	27.14	17.55	368.9
1	1 cup, stirred	soy flr,full-fat,rstd	29.58	28.62	18.58	374.85
1	1 cup, stirred	soy flr,full-fat,rstd,crude prot basis (n x 6.25)	32.38	25.82	18.58	373.15
1	1 cup, stirred	soy flr,low-fat,crude prot basis (n x 6.25)	44.82	29.55	5.9	324.72
1	1 cup	soy meal,defatted,raw	54.84	48.97	2.92	413.58
1	1 cup	soy meal,defatted,raw,crude prot basis (n x 6.25)	60.02	43.79	2.92	411.14
1	1 cup	soy milk,fluid	6.74	4.43	4.68	80.85
1	1 oz	soy prot conc,crude prot basis (n x 6.25),acid was	18.04	7.2	0.13	92.99
1	1 oz	soy prot conc,produced by acid wash	16.48	8.85	0.13	94.12
1	1 oz	soy prot conc,produced by alcohol extraction	16.48	8.85	0.13	94.12
1	1 oz	soy prot isolate,k type	22.88	2.9	0.15	92.42
1	1 oz	soy prot isolate,k type,crude prot basis	25.04	0.73	0.15	91
1	1 oz	soy protein isolate	22.88	2.09	0.96	95.82
1	1 tablespoon	soy sau made from hydrolyzed veg prot	0.44	1.39	0.01	7.38
1	1 cup	soy sau made from soy&wheat (shoyu)	13.18	21.7	0.2	135.15
1	1 cup	soy sau made from soy&wheat (shoyu),lo na	13.18	21.7	0.2	135.15
1	1 cup	soybeans,mature ckd,bld,wo/salt	28.62	17.06	15.43	297.56
1	1 cup	soybeans,mature seeds,ckd,bld,w/salt	28.62	17.06	15.43	297.56
1	1 cup	soybeans,mature seeds,dry rstd	68.08	56.28	37.19	774
1	1 cup	soybeans,mature seeds,raw	67.87	56.1	37.09	773.76
1	1 cup	soybeans,mature seeds,rstd,salted	60.58	57.72	43.69	810.12
1	1 cup	soybeans,mature seeds,rstd,no salt added	60.58	57.72	43.69	810.12
1	1 cup	tempeh	31.46	28.27	12.75	330.34
1	1 oz	tofu,fried	4.87	2.98	5.72	76.83
1	1 cup	tofu,okara	3.93	15.3	2.11	93.94
1	1/2 cup	tofu,raw,firm	19.88	5.39	10.99	182.7
1	1 cubic inch	tofu,raw,regular	1.42	0.33	0.84	13.38
1	1 block	tofu,salted&fermented (fuyu)	0.9	0.57	0.88	12.76

Nuts

Qty	Measure	Description	Protién(gm)	Carbs(gm)	Fats(gm)	Calories
1	1 oz	acorn flour,full fat	2.12	15.49	8.55	142.03
1	1 oz	acorns,dried	2.3	15.21	8.9	144.3
1	1 oz	acorns,raw	1.74	11.55	6.76	109.71
1	ounce(s)	Almonds - Planters Dry Roasted	6	6	15	170
1	ounce(s)	Almonds - Planters honey roasted	5	9	13	170
1	1 oz	almonds,dried,blanched	5.79	5.25	14.89	166.13
1	1 almond	almonds,dried,unblanched	0.24	0.24	0.63	7.07
1	1 oz	breadfruit seeds,boiled	1.5	9.07	0.65	47.63

1	1 oz	breadfruit seeds,roasted	1.76	11.37	0.77	58.68
1	1 oz	breadnuttree seeds,dried	2.44	22.51	0.48	104.04
1	1 oz (8-14 seeds)	breadnuttree seeds,raw	1.69	13.12	0.28	61.52
1	1 oz	cashew butter,pln,w/salt	4.98	7.82	14.01	166.41
1	1 oz	cashew butter,pln,wo/salt	4.98	7.82	14.01	166.41
1	1 oz	cashew nuts,dry rstd,w/salt	4.34	9.27	13.14	162.73
1	1 oz	cashew nuts,dry rstd,wo/salt	4.34	9.27	13.14	162.73
1	1 oz (18 kernels)	cashew nuts,oil rstd,w/salt	4.58	8.09	13.67	163.3
1	1 oz (18 kernels)	cashew nuts,oil rstd,wo/salt	4.58	8.09	13.67	163.3
1	ounce(s)	Cashews - roasted, lightly salted Planters	5	9	13	160
1	1 oz	chestnuts,chinese,raw	1.19	13.91	0.31	63.5
1	1 oz (3 kernels)	chestnuts,european,rstd	0.9	15.01	0.62	69.46
1	1 oz	chestnuts,japanese,dried	1.49	23.09	0.35	102.06
1	1 oz	chia seeds,dried	4.71	13.57	7.44	133.81
1	1 oz	coconut meat,dried (desiccated),crmd	1.5	6.1	19.58	193.91
1	1 oz	coconut meat,dried (desiccated),not swtnd	1.95	6.92	18.29	187.11
1	1 oz	coconut meat,dried (desiccated),swtnd,flaked,packa	0.93	13.49	9.11	134.38
1	1 cup, shredded	coconut meat,raw	2.66	12.18	26.79	283.2
1	1 tablespoon	coconut milk,frz (liq expressed from grated meat&h	0.24	0.84	3.12	30.3
1	1 tablespoon	cottonseed flr,part defatted (glandless)	2.05	2.03	0.31	17.95
1	1 tablespoon	cottonseed krnls,rstd (glandless)	3.26	2.19	3.63	50.6
1	1 oz	formulated,wheat-based,unflavored,w/salt	3.92	6.71	16.36	176.34
1	1 oz (42 medium seeds)	lotus seeds,dried	4.37	18.28	0.56	94.12
1	1 oz (11 whole kernels)	macadamia nuts,dried	2.35	3.89	20.9	199.02
1	1 oz	mixed nuts,dry rstd,w/pnuts,wo/salt	4.9	7.19	14.59	168.4
1	1 oz	mixed nuts,oil rstd,w/pnuts,wo/salt	4.75	6.07	15.97	174.92
1	1 oz	mixed nuts,oil rstd,wo/pnuts,wo/salt	4.4	6.31	15.92	174.35
1	ounce(s)	Nuts - cashew & peanuts, Planters	5	9	12	170
1	ounce(s)	Nuts - dry roasted, Planers	5	7	14	160
1	ounce(s)	Nuts - dry roasted, unsalted, Planters	6	7	15	170
1	ounce(s)	Nuts - honey roasted, Planters	5	9	13	170
1	ounce(s)	Nuts - mixed Planters	4	6	16	180
1	1 oz	pecan flour	9.04	14.38	0.41	93.27
1	1 oz (20 halves)	pecans,dried	2.2	5.17	19.18	189.09
1	1 oz	pecans,dry rstd,wo/salt	2.26	6.33	18.31	186.83
1	1 oz (15 halves)	pecans,oil rstd,wo/salt	1.97	4.55	20.19	194.2
1	1 oz (15 kernels)	pilinuts-canarytree,dried	3.06	1.13	22.55	203.84
1	1 oz	pine nuts,pignolia,dried	6.8	4.03	14.37	160.46
1	1 oz	pine nuts,pinyon,dried	3.28	5.47	17.29	178.32
1	1 oz (47 kernels)	pistachio nuts,dried	5.83	7.03	13.72	163.58
1	1 oz	pistachio nuts,dry rstd,wo/salt	4.23	7.8	14.97	171.8

1	1 oz, hulled (142 seeds)	pumpkin&squash sd krnl,dried	6.96	5.05	13	153.37
1	1 oz	pumpkin&squash sd krnl,rstd,wo/salt	9.35	3.81	11.94	147.99
1	1 oz (85 seeds)	pumpkin&squash seeds,whl,rstd,wo/salt	5.26	15.24	5.5	126.44
1	1 oz	safflower sd krnl,dried	4.59	9.72	10.9	146.57
1	1 oz	safflower sd meal,part defatted	10.1	13.81	0.68	96.96
1	1 tablespoon	sesame butter,paste	2.89	4.07	8.14	95.2
1	1 oz	sesame butter,tahini,from rstd&tstd krnl (most co	4.82	6.01	15.24	168.68
1	1 oz	sesame butter,tahini,from unroasted krnl	5.09	5.07	16	172.08
1	1 oz	sesame flour,high-fat	8.73	7.55	10.52	149.12
1	1 oz	sesame flour,low-fat	14.21	10.07	0.5	94.41
1	1 oz	sesame flr,part defatted	11.43	9.96	3.37	108.3
1	1 oz	sesame meal,part defatted	4.81	7.38	13.61	160.74
1	1 oz	sesame sd krnl,tstd,wo/salt (decort)	4.81	7.38	13.61	160.74
1	1 oz	sesame seeds,whl,rstd&tstd	4.81	7.3	13.61	160.18
1	1 tablespoon	sesame seeds,whole,dried	1.6	2.11	4.47	51.57
1	1 oz	sunflower sd butter,wo/salt	5.57	7.77	13.53	164.15
1	1 tablespoon	sunflower sd flr,part defatted	1.92	1.43	0.06	13.04
1	1 oz	sunflower sd krnl,dry rstd,wo/salt	5.48	6.82	14.12	165
1	1 oz	sunflower sd krnl,oil rstd,wo/salt	6.06	4.18	16.29	174.35
1	1 oz	sunflower sd krnl,tstd,wo/salt	4.88	5.84	16.1	175.49
1	1 tablespoon	walnut,black,dried	1.9	0.94	4.41	47.35
1	1 oz (14 halves)	walnut,eng or persian,dried	4.05	5.2	17.54	182.01
1	1 oz	watermelon sd krnl,dried	8.03	4.34	13.43	157.91

Pasta & Noodles

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	cup	Angel hair - wheat, cooked, Cremette	7	42	1	210
1	cup	Angel hair - whole wheat, cooked, De Boles	9	40	2	210
1	cup	Angel hair, corn, Westbrae, cooked	4	46	2	210
1	1 cup, cooked	couscous,cooked	5.95	36.46	0.25	175.84
1	1 cup	couscous,dry	22.07	133.95	1.11	650.48
1	cup	Elbow - corn, cooked, Westbrae	4	46	2	210
1	cup	Elbow -whole wheat, cooked,	15.4	78.8	1.5	365
1	cup	Fettucine – egg noodle, cooked, Antoinet	7	41	1	210
1	1 cup	hominy,canned,white	2.44	23.53	1.45	118.8
1	1 cup	hominy,canned,yellow	2.37	22.82	1.41	115.2
1	cup	Lasagna – curly edge, cooked, Ronzoni	7	42	1	210
1	cup	Lasagna - wheat, spinach, cooked, Health Valley	9	40	1	170
1	cup	Lasagna - whole wheat, cooked, Health Valley	9	40	1	170
1	cup	Linguine - wheat, Cremette	7	42	1	210

1	1 cup elbow shaped	macaroni,ckd,unenr	6.68	39.68	0.94	197.4
1	1 cup	macaroni,dry,enriched	13.42	78.42	1.66	389.55
1	1 cup elbow shaped	macaroni,dry,unenriched	13.42	78.42	1.66	389.55
1	1 cup small shells	macaroni,protein-fortified,ckd,enr,(n x 6.25)	10.19	35.51	0.24	188.6
1	1 cup elbow shaped	macaroni,protein-fortified,dry,enr,(n x 5.70)	18.47	62.83	2.07	348.75
1	1 cup small shells	macaroni,protein-fortified,dry,enr,(n x 6.25)	20.26	61.05	2.07	347.82
1	1 cup	macaroni,veg,ckd,enr	6.07	35.66	0.15	171.52
1	1 cup	macaroni,veg,dry,enr	11.04	62.9	0.87	308.28
1	1 cup elbow shaped	macaroni,whole-wheat,ckd	7.46	37.16	0.76	173.6
1	1 cup elbow shaped	macaroni,whole-wheat,dry	8.34	42.77	0.8	198.36
1	cup	Noodle - chow mein, chinese	3.8	25.9	13.8	237
1	cup	Noodle - enriched, cooked	7.6	39.7	2.3	213
1	cup	Noodle - spinach, cooked	8.1	38.8	2.5	211
1	cup	Noodles - somen/wheat	7	48.5	0.3	231
1	1 cup	noodles,chinese,chow mein	3.77	25.89	13.84	237.15
1	1 cup	noodles,egg,ckd,enr	7.6	39.74	2.35	212.8
1	1 cup	noodles,egg,ckd,enr,w/ salt	7.6	39.74	2.35	212.8
1	1 cup	noodles,egg,ckd,unenr,w/ salt	7.6	39.74	2.35	212.8
1	1 cup	noodles,egg,dry,enriched	5.33	27.03	1.6	144.78
1	1 cup	noodles,egg,dry,unenr	5.33	27.03	1.6	144.78
1	1 cup	noodles,egg,spinach,ckd,enr	8.06	38.8	2.51	211.2
1	1 cup	noodles,japanese,soba,ckd	5.77	24.44	0.11	112.86
1	2 oz	noodles,japanese,soba,dry	8.2	42.53	0.4	191.52
1	1 cup	noodles,japanese,somen,ckd	7.04	48.47	0.32	230.56
1	2 oz	noodles,japanese,somen,dry	6.47	42.24	0.46	202.92
1	1 cup	oat bran,cooked	7.03	25.05	1.88	87.6
1	1 cup	pasta,corn,cooked	3.68	39.07	1.02	176.4
1	1 cup	pasta,corn,dry	7.83	83.22	2.18	374.85
1	4.5 oz	pasta,fresh-refrigerated,pln,as purchased	14.48	70.05	2.94	368.64
1	2 oz	pasta,fresh-refrigerated,pln,ckd	2.94	14.21	0.6	74.67
1	2 oz	pasta,fresh-refrigerated,spinach,ckd	2.88	14.27	0.54	74.1
1	2 oz	pasta,homemade,made wo/egg,ckd	2.49	14.32	0.56	70.68
1	1 cup	Quinoa	22.27	117.13	9.86	635.8
1	cup	Shell pasta - extray fancy, cooked, Ronzoni	7	42	1	210
1	cup	Shell pasta - jumbo, cooked, Ronzoni	7	42	1	210
1	cup	Shell pasta - wheat, cooked, Ronzoni	7	42	1	210
1	1 cup	spaghetti,ckd,enr,w/ salt	6.68	39.68	0.94	197.4
1	1 cup	spaghetti,ckd,enr,wo/ salt	6.68	39.68	0.94	197.4
1	1 cup	spaghetti,ckd,unenr,w/ salt	6.68	39.68	0.94	197.4
1	1 cup	spaghetti,ckd,unenr,wo/ salt	6.68	39.68	0.94	197.4
1	2 oz	spaghetti,dry,enriched	7.28	42.57	0.9	211.47
1	2 oz	spaghetti,dry,unenriched	7.28	42.57	0.9	211.47
1	1 cup	spaghetti,protein-fortified,ckd,enr (n x 5.70)	11.31	44.32	0.29	229.6
1	1 cup	spaghetti,protein-fortified,ckd,enr (n x 6.25)	12.4	43.23	0.29	229.6

1	2 oz	spaghetti,protein-fortified,dry,enr (n x 5.70)	11.32	38.51	1.27	213.75
1	2 oz	spaghetti,protein-fortified,dry,enr (n x 6.25)	12.41	37.42	1.27	213.18
1	1 cup	spaghetti,spinach,cooked	6.41	36.61	0.88	182
1	2 oz	spaghetti,spinach,dry	7.61	42.64	0.89	212.04
1	1 cup	spaghetti,whole-wheat,ckd	7.46	37.16	0.76	173.6
1	2 oz	spaghetti,whole-wheat,dry	8.34	42.77	0.8	198.36

Dairy

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
0.3	1 cup	butter oil,anhydrous	0.14	0	50.98	448.95
1	1 tablespoon	butter,with salt	0.12	0.01	11.52	101.81
1	1 tablespoon	butter,without salt	0.12	0.01	11.52	101.81
1	ounce(s)	Cheddar, mild shredded, Kraft Lite Naturals	8	1	5	80
1	cup	Cheese - Healthy Choice fat free shredded	36	8	0	180
1	each	Cheese - Kraft Free slice	5	3	0	30
1	1 oz	cheese fd,past process,american,w/di na po4	5.56	2.07	6.97	93.04
1	1 jar (5 oz)	cheese sprd,past process,american,w/di na po4	23.3	12.4	30.15	412.46
1	1 cubic inch	cheese sprd,past process,american,wo/di na po4	2.87	1.53	3.72	50.83
1	1 cubic inch	cheese,blue	3.7	0.4	4.97	61.08
1	1 cubic inch	cheese,brick	4	0.48	5.1	63.8
1	1 cubic inch	cheese,brie	3.53	0.08	4.71	56.72
1	1 cubic inch	cheese,camembert	3.37	0.08	4.12	50.93
1	1 oz	cheese,caraway	7.14	0.87	8.28	106.6
1	1 cubic inch	cheese,cheddar	4.23	0.22	5.63	68.44
1	1 oz	cheese,cheshire	6.63	1.36	8.68	109.79
1	1 cubic inch	cheese,colby	4.09	0.44	5.52	67.71
1	1 cup (not packed)	cheese,cottage,1% fat	28	6.15	2.31	163.62
1	1 cup (not packed)	cheese,cottage,2% fat	31.05	8.2	4.36	202.68
1	1 cup (not packed, large curd)	cheese,cottage,crmd,lrg or sml curd	26.23	5.63	9.47	217.03
1	1 oz	cheese,edam	7.08	0.41	7.88	101.1
1	1 cubic inch	cheese,feta	2.42	0.7	3.62	44.8
1	1 cubic inch	cheese,lofat,cheddar or colby	4.21	0.33	1.21	29.93
1	1 cubic inch	cheese,low-sodium,cheddar or colby	4.21	0.33	5.64	68.85
1	1 cubic inch	cheese,monterey	4.21	0.12	5.21	64.21
1	1 oz	cheese,mozzarella,part skim milk	6.88	0.79	4.51	72.08
0.3	1 cup, shredded	cheese,mozzarella,whl milk	5.44	0.62	6.05	78.79
1	1 cubic inch	cheese,muenster	4.1	0.2	5.26	64.46
1	1 tablespoon	cheese,parmesan,grated	2.08	0.19	1.5	22.79
1	1 cubic inch	cheese,parmesan,hard	3.68	0.33	2.66	40.39

1	1 tablespoon	cheese,parmesan,shredded	1.89	0.17	1.37	20.75
1	1 cubic inch	cheese,past process,american,w/di na po4	3.88	0.28	5.47	65.71
1	1 cubic inch	cheese,past process,american,wo/di na po4	3.88	0.28	5.47	65.71
1	1 cubic inch	cheese,past process,pimento	3.87	0.3	5.46	65.7
1	1 cubic inch	cheese,past process,swiss,w/di na po4	4.43	0.38	4.48	59.71
1	1 cubic inch	cheese,past process,swiss,wo/di na po4	4.43	0.38	4.48	59.71
1	1 cubic inch	cheese,port de salut	4.09	0.1	4.85	60.48
1	1 cubic inch	cheese,provoolone	4.35	0.36	4.53	59.75
1	1 cup	cheese,ricotta,part skim milk	28.02	12.64	19.46	339.62
1	1 oz	cheese,romano	9.02	1.03	7.64	109.61
1	1 oz	cheese,roquefort	6.11	0.57	8.69	104.62
1	1 cubic inch	cheese,swiss	4.26	0.51	4.12	56.36
1	1 oz	cheese,tilsit	6.92	0.53	7.37	96.35
1	ounce(s)	Cream Cheese, fat free,Healthy Choice	6	2	0	30
1	ounce(s)	Cream Cheese, Free, Phili brand	4	1	0	25
1	ounce(s)	Cream Cheese, Light, Phili brand	3	2	5	60
1	1 cup	cream sub,liq,w/hydr veg oil&soy prot	2.4	27.31	23.93	325.55
1	1 individual container	cream sub,liq,w/lauric acid oil&na caseinate	0.15	1.71	1.5	20.47
1	1 teaspoon	cream substitute,powdered	0.1	1.1	0.71	10.93
1	1 tablespoon	cream,fluid,half and half	0.44	0.65	1.73	19.55
1	1 tablespoon	cream,fluid,hvy whipping	0.31	0.42	5.55	51.72
1	1 tablespoon	cream,fluid,lt whipping	0.33	0.44	4.64	43.86
1	1 tablespoon	cream,fluid,lt,coffee or table	0.41	0.55	2.9	29.31
1	1 tablespoon	cream,fluid,med,25% fat	0.37	0.52	3.75	36.56
1	1 tablespoon	cream,sour half&half,cultured	0.44	0.64	1.8	20.18
1	1 tablespoon	cream,sour,cultured	0.38	0.51	2.52	25.71
1	1 cup	cream,whipped,crm topping,pressurized	1.92	7.49	13.33	154.39
1	1 tablespoon	dessert topping,pdr,1.5 oz prep w/1/2 cup milk	0.14	0.66	0.5	7.56
1	amount to make 1 tablespoon	dessert topping,powdered	0.06	0.68	0.52	7.5
1	1 tablespoon	dessert topping,pressurized	0.04	0.64	0.89	10.54
1	1 tablespoon	dessert topping,semi solid,frz	0.05	0.92	1.01	12.73
1	1 cup	egg substitute,frozen	27.1	7.68	26.66	383.57
1	1 cup	egg substitute,liquid	30.12	1.61	8.31	210.98
1	0.35 oz	egg substitute,powder	5.49	2.16	1.29	43.92
1	1 cup	eggnog	9.68	34.39	19	341.9
1	cup	Milk - 1%	4	5.5	1	50
1	cup	Milk - 2%	8	11	5	120
1	cup	Milk - skim, no fat	8	12	0	80
1	cup	Milk - whole	8	11	8	150
1	1 cup	milk,choc drk,fluid,comm,1% fat	8.1	26.1	2.5	157.57
1	1 cup	milk,choc drk,fluid,comm,whl	7.93	25.85	8.48	208.38
1	1 cup	milk,cnd,cond,swtnd	24.2	166.46	26.62	981.58
1	1 cup	milk,cnd,evap,skim	19.33	29.06	0.51	199.48
1	1 fl oz	milk,cnd,evap,whl,w/ vit a	2.15	3.16	2.38	42.33

1	1 can (13 oz)	milk,cnd,evap,whl,wo/ vit a	25.13	37.05	27.9	495.88
1	1 cup	milk,filled,fluid,w/lauric acid oil	8.13	11.57	8.3	152.79
1	ounce(s)	Monterey Jack, Low, Alpine Lace	7	1	5	80
1	ounce(s)	Parmesan, grated, kraft	12	1	9	130
1	1 cup	sour crm,imitn,cultured	5.52	15.25	44.9	479.46
1	1 cup	sour drsng,non-butterfat,cultured,filled cream-typ	7.64	11	38.94	417.45
6	ounce(s)	Yogurt - Dannon, Extra Smooth, all flavors	6.82	32.73	2.73	177.27
6	ounce(s)	Yogurt - Dannon, fat free, blended, all flavors	7	33	0	160
6	ounce(s)	Yogurt - Dannon, Fruit on the Bottom, all flav.	6.75	33	2.25	172.5
6	ounce(s)	Yogurt - Yoplait, fat free, all flavors	7	31	0	150
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.5	13.5	0	90

Fats & Oils

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	table spoon	Almond Oil	0	0	13.6	120
1	table spoon	Flaxseed Oil (linseed)	0	0	14	120
1	1 teaspoon	margarine,imitn (approx 40% fat),corn (hydr®)	0.02	0.02	1.86	16.57
1	1 teaspoon	margarine,imitn approx 40% fat,soybn (hydr)&palm (0.02	0.02	1.86	16.57
1	1 teaspoon	margarine,reg,hard,corn (hydr®)	0.04	0.04	3.78	33.78
1	1 teaspoon	margarine,reg,hard,corn (hydr)	0.04	0.04	3.78	33.78
1	1 teaspoon	margarine,reg,hard,safflower&soybn (hydr)	0.04	0.04	3.78	33.78
1	1 teaspoon	margarine,reg,hard,safflower&soybn (hydr)&ctnsd (0.04	0.04	3.78	33.78
1	1 teaspoon	margarine,reg,hard,soybn (hydr®)	0.04	0.04	3.78	33.78
1	1 teaspoon	margarine,reg,hard,soybn (hydr®)&ctnsd (hydr)	0.04	0.04	3.78	33.78
1	1 teaspoon	margarine,reg,hard,soybn (hydr)	0.04	0.04	3.78	33.78
1	1 teaspoon	margarine,soft,corn (hydr®)	0.04	0.02	3.78	33.67
1	1 tablespoon	mayo type,reg,w/salt	0.13	3.51	4.91	57.29
1	1 tablespoon	mayo,soybn oil,w/salt	0.15	0.37	10.96	98.92
1	1 tablespoon	oil,olive,salad or cooking	0	0	13.5	119.34
1	1 tablespoon	oil,pnut,salad or cooking	0	0	13.5	119.34
1	1 tablespoon	oil,sesame,salad or cooking	0	0	13.6	120.22
1	1 tablespoon	oil,soybn,salad or cooking	0	0	13.6	120.22
1	1 tablespoon	oil,soybn,salad or cooking,(hydr)	0	0	13.6	120.22
1	1 tablespoon	oil,veg corn,salad or cooking	0	0	13.6	120.22
1	1 tablespoon	oil,veg safflower,salad or cooking,linoleic,(over	0	0	13.6	120.22
1	1 tablespoon	oil,veg safflower,salad or cooking,oleic,(over 70%	0	0	13.6	120.22
1	1 tablespoon	oil,veg,apricot kernel	0	0	13.6	120.22
1	1 tablespoon	oil,veg,cocoa butter	0	0	13.6	120.22
1	1 tablespoon	oil,veg,sunflower,linoleic (less than 60%)	0	0	13.6	120.22
1	1 tablespoon	oil,veg,sunflower,linoleic,(60%&over)	0	0	13.6	120.22
1	1 tablespoon	oil,vegetable,almond	0	0	13.6	120.22

1	1 tablespoon	oil,vegetable,grapeseed	0	0	13.6	120.22
1	1 tablespoon	oil,vegetable,palm	0	0	13.6	120.22
1	1 tablespoon	oil,vegetable,poppyseed	0	0	13.6	120.22
1	1 tablespoon	oil,vegetable,rice bran	0	0	13.6	120.22
1	1 tablespoon	oil,vegetable,teaseed	0	0	13.6	120.22
1	1 tablespoon	oil,vegetable,tomatoseed	0	0	13.6	120.22
1	1 tablespoon	oil,vegetable,walnut	0	0	13.6	120.22
1	1 tablespoon	oil,wheat germ	0	0	13.6	120.22
1	table spoon	Olive oil - pure	0	0	14	130
1	table spoon	Olive Oil (sesame,soy bean, sunflower)	0	0	14	120
1	1 tablespoon	sesame sd	0.47	1.32	6.92	67.79
1	table spoon	Vegetable oil - Wesson	0	0	14	120
1	1 tablespoon	vegetable oil,coconut	0	0	13.6	117.23
1	1 tablespoon	vegetable oil,palm kernel	0	0	13.6	117.23

Cereals

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	cup	40% Bran Flakes, Kelloggs	3.6	22.2	0.5	93
1	cup	Bran Flakes – cereal	6	46	0	180
1	1 cup	cereals rte,alpha-bits,(oat w/other grains)	2.58	29.44	0.78	133.28
1	1/2 cup (1 NLEA serving)	cereals rte,kellogg,kellogg's all-bran	3.86	22.01	1.02	81.3
1	1 cup (1 NLEA serving)	cereals rte,kellogg,kellogg's appl jacks	1.44	26.84	0.39	115.5
1	cup	Cheerios	3	23	2	110
1	cup	Cheerios Oat & Wheat, Gen. Mills	4.3	19.6	1.8	111
1	cup	Common Sence Oat Bran, Kelloggs	4	22	1	100
1	cup	Common Sense Oat Bran & Raisins, Kelloggs	5.33	38.67	1.33	173.33
1	cup	Corn Flakes, Kelloggs	2.3	24.4	0.1	110
3	table spoon	Cream of Wheat - instant	3.6	26.1	0.6	126
1	cup	Frosted Flakes, Kelloggs	1	26	0	110
1	cup	Frosted Mini Wheats, Kelloggs	3	24	0	100
1	cup	Granola - Kellogg's low fat w/raisins	7.58	71.21	4.55	333.33
1	cup	Kellogg's Smacks cereal/sm. box	2	28	0.5	120
3	table spoon	Malt O' Meal wheat cereal	3	28	0	120
1	cup	Multi Grain Cheerios, Gen. Mills	2	23	1	100
1	cup	Nut & Honey Crunch	2	24	1	110
1	cup	Nutri Grain Almond & Raisin, Kelloggs	4.55	471.21	3.03	212.12
1	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.5	31.6	2.1	152
1	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.4	17.6	2	95
1	pack	Oatmeal - instant pkt.,Plus Fiber, Quaker	4	28	2	150
1	pack	Oatmeal - instant pkt.,raisin/cin. Quaker	4.1	26.6	1.9	129

1	cup	Rice Chex	2	27	0	120
1	cup	Rice Krispies, Kelloggs	1.9	24.8	0.2	112
1	cup	Shredded Wheat n' Bran Nabisco	3	23	0	90
1	biscuit	Shredded Wheat, Nabisco	2	19	1	80
1	cup	Special K' rice and wheat, Kelloggs	5.6	21.3	0.1	111
1	cup	Wheaties, General Mills	2.7	22.6	0.5	99

Carbohydrate Snacks (Healthy)

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	each	Apple - medium with peel	0.3	21.1	0	81
1	each	Bagel - plain Lenders brand	6	30	1	150
1	each	Banana - med 8"	1.2	26.7	0.6	105
1	each	Bread - slice rye 7 grain	5	36	2	90
5	each	Cracker/Nabisco - Low Saltines	1	10	2	60
20	each	Grapes - American	0.4	8.2	0	30
4	ounce(s)	Potato - white medium	2.8	27.4	0.1	119
1	each	Power Bar	10	45	2.5	230
1	cup	Rice - white cook steamed	6	62	0	164
1	each	Rice cake - apple cinnamon, Quaker	1	9	0	40
1	each	Rice cake - plain, Quaker	0.8	7.1	0.3	35
1	each	Rice cake - plain, unsalted, Quaker	0.8	7.2	0	35

Dressings

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	table spoon	Blue cheese - fat free, Kraft - Free	0	4	0	16
1	table spoon	Blue cheese - reduced cal. Kraft, chunky	0	2	2	30
1	table spoon	Buttermilk - reduced calorie, Kraft, creamy	0	1	3	30
1	table spoon	Caesar - Lite, Wish Bone, w/olive oil	0	1	3	30
1	table spoon	Creamy - reduced cal. w/oil, Kraft	0	1	2	25
1	table spoon	Creamy - reduced calorie, Kraft, no oil	0	1	0	4
1	table spoon	Dijon - vinaigrette, Lite Classic, Wish Bone	0.1	1.1	2.8	30
1	table spoon	French - no fat, Kraft Free	0	4	0	20
1	table spoon	French - reduced calorie, Kraft	0	3	1	20
1	table spoon	Italian - creamy, reduced cal., Kraft	0	1	2	25
1	table spoon	Italian - fat free, Kraft Free	0	1	0	6
1	table spoon	Italian - reduced cal. Kraft Zesty	0	1	2	20

1	table spoon	Italian - reduced calorie, Kraft, house	0	1	2	30
1	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0	2	2	20
1	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.1	1.9	0.9	16
1	table spoon	Poppyseed - Knott's 'Peggy Jane's'	0	4	5	60
1	table spoon	Ranch - no fat, Kraft Free	0	3	0	16
1	table spoon	Thousand island - reduced cal. Kraft	0	3	1	20

Jams, Spreads, syrups

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	ounce(s)	Alfredo – DiGiorno	2	1	10	100
1	tea spoon	BBQ - Country Style, Hunts	0.5	5	0	20
1	table spoon	BBQ - Healthy Choice	0.03	5.7	0.02	25
1	table spoon	BBQ - Hickory, Health Choice	0.4	5.6	0.2	26
1	table spoon	BBQ - Thick n' Spicy, Kraft	0	6	0.5	25
1	ounce(s)	Blueberry Syrup - Knot's Berry Light	0	12	0	50
1	table spoon	Catsup – tomato	0.2	4.1	0.1	16
1	table spoon	Chili sauce - Featherweight	0	2	0	8
1	table spoon	Cocktail sauce - Del Monte	0.3	3	0	23
1	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0	4	0	16
1	tea spoon	Jelly - apple butter, Simply Fruit	0	4	0	16
1	tea spoon	Jelly - apricot, Knott's	0	4	0	18
1	tea spoon	Jelly - blackberry, Knott's	0	4	0	18
1	tea spoon	Jelly - blueberry, Knott's	0	4	0	18
1	tea spoon	Jelly – boysenberry, Knott's	0	4	0	18
1	tea spoon	Jelly - peach, Polaner	0	4.5	0	17.5
1	tea spoon	Jelly - red raspberry, Knott's	0	4	0	18
1	table spoon	Jelly - Smuckers low sugar	0	6	0	25
1	tea spoon	Jelly - strawberry, pure seedless, Knott's	0	4	0	18
0.3	cup	Marinara sauce - Progresso 'Authentic'	2	5	3	55
1	table spoon	Mayonnaise – Kraft Free, fat free	0	3	0	8
1	table spoon	Mayonnaise - low fat	0	4	1	25
1	ounce(s)	Orange pineapple juice - Tropicana	0.17	3.17	0	13.33
1	table spoon	Peanut Butter	4	3.5	8.15	95
1	table spoon	Peanut butter - creamy. Peter Pan	4.3	2.85	8.2	95
1	table spoon	Peanut Wonder -low fat peanut butter	1.5	5.5	1.75	50
1	table spoon	Relish – pickle	0.1	5.3	0.1	20
1	table spoon	Salsa - Chunky medium, Pace	0	0	0	2
1	table spoon	Soy sauce - Kikkoman 'Lite'	0	1.3	0	11
0.3	cup	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	1	7.5	1	55
0.3	cup	Spaghetti sauce - no salt, Prego	1	5.5	3	30
0.3	cup	Spaghetti sauce - Ragu, 'Thick & Hearty'	1	7.5	1.5	50

0.3	cup	Spaghetti sauce- meat, Ragu, 'Homestyle'	1	7.5	2.5	55
1	table spoon	Steak sauce - A1	0	4	0	18
1	table spoon	Steak sauce - Heinz 57'	0	4	0	16
1	table spoon	Syrup - Aunt Jemima, ButterLite	0	6.5	0	25
1	table spoon	Syrup - Aunt Jemima, Lite	0.01	6.55	0.05	27
1	table spoon	Syrup - Hungry Jack Lite	0	7	0	25
1	table spoon	Syrup - Log Cabin, Country Kitchen Lite	0	6.5	0	25
1	table spoon	Syrup - Log Cabin, reduced calorie	0	6.5	0	25
1	table spoon	Teriyaki sauce - LaChoy 'Sauce & Marinade'	1	5	0	30
1	tea spoon	Worcestershire sauce - Lea & Perrins	0	1	0	5

Toppings

Qty	Measure	Description	Protien(gm)	Carbs(gm)	Fats(gm)	Calories
1	tea spoon	Cinnamon	0.3	5.4	0.2	18
1	pack	Equal - sugar alternative	0	0	0	4
1	table spoon	Fudge topping - Hershey's	0.5	7	2	50
1	table spoon	Fudge topping - Light Smuckers	1	9.5	0	35
1	table spoon	Honey	0.1	17.3	0	64
1	pack	NutraSweet - sugar alternative	0	0	0	2
1	tea spoon	Sugar – brown	0	4	0	16
1	tea spoon	Sugar – white	0	4	0	15
1	pack	Sweet 'n Low - sugar alternative	0	1	0	4

PHEW!