

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

Description	Measure	Niacin(mg)Per 100 g
Acerola juice, raw	N/A	0.4
Acerola, (west indian cherry), raw	N/A	0.4
Alcoholic beverage, beer, light	N/A	0.391
Alcoholic beverage, beer, light, higher alcohol	N/A	0.391
Alcoholic beverage, beer, regular, all	N/A	0.513
Alcoholic beverage, creme de menthe, 72 proof	N/A	0.003
Alcoholic beverage, daiquiri, canned	N/A	0.014
Alcoholic beverage, daiquiri, prepared-from-recipe	N/A	0.051
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	N/A	0.013
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	N/A	0.013
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	N/A	0.013
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	N/A	0.013
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	N/A	0.013
Alcoholic beverage, distilled, whiskey, 86 proof	N/A	0.05
Alcoholic beverage, liqueur, coffee with cream, 34 proof	N/A	0.078
Alcoholic beverage, liqueur, coffee, 53 proof	N/A	0.144
Alcoholic beverage, liqueur, coffee, 63 proof	N/A	0.144
Alcoholic beverage, malt beer, hard lemonade	N/A	0.225
Alcoholic beverage, pina colada, canned	N/A	0.104
Alcoholic beverage, pina colada, prepared-from-recipe	N/A	0.118
Alcoholic beverage, tequila sunrise, canned	N/A	0.19
Alcoholic beverage, whiskey sour	N/A	0.02
Alcoholic beverage, whiskey sour, canned	N/A	0.02
Alcoholic beverage, whiskey sour, prepared from item 14028	N/A	0.005
Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	N/A	0.005
Alcoholic beverage, wine, cooking	N/A	0.1
Alcoholic beverage, wine, dessert, dry	N/A	0.213
Alcoholic beverage, wine, dessert, sweet	N/A	0.213
Alcoholic beverage, wine, light	N/A	0.1
Alcoholic beverage, wine, table, all	N/A	0.166
Alcoholic beverage, wine, table, red	N/A	0.224
Alcoholic Beverage, wine, table, red, Merlot	N/A	0.224
Alcoholic beverage, wine, table, white	N/A	0.108
Alcoholic beverage, wine, table, white, Chardonnay	N/A	0.108
Alcoholic beverages, beer, higher alcohol	N/A	1.1
Alcoholic beverages, wine, rose	N/A	0.09
Alfalfa seeds, sprouted, raw	N/A	0.481
Amaranth grain, cooked	N/A	0.235
Amaranth grain, uncooked	N/A	0.923
Amaranth leaves, cooked, boiled, drained, with salt	N/A	0.559
Amaranth leaves, cooked, boiled, drained, without salt	N/A	0.559
Amaranth leaves, raw	N/A	0.658
Apple juice, canned or bottled, unsweetened, with added ascorbic acid	N/A	0.073
Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	N/A	0.067
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	N/A	0.073

Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	N/A	0.038
Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	N/A	0.038
Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	N/A	0.135
Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	N/A	0.135
APPLEBEE'S, 9 oz house sirloin steak	N/A	4.903
APPLEBEE'S, chicken tenders platter	N/A	7.847
APPLEBEE'S, chicken tenders, from kids' menu	N/A	7.89
APPLEBEE'S, chili	N/A	3.557
APPLEBEE'S, coleslaw	N/A	0.3
APPLEBEE'S, crunchy onion rings	N/A	0.73
APPLEBEE'S, Double Crunch Shrimp	N/A	0.9
APPLEBEE'S, fish, hand battered	N/A	2.29
APPLEBEE'S, french fries	N/A	2.18
APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	N/A	0.97
APPLEBEE'S, mozzarella sticks	N/A	0.66
Apples, canned, sweetened, sliced, drained, heated	N/A	0.081
Apples, dehydrated (low moisture), sulfured, stewed	N/A	0.14
Apples, dehydrated (low moisture), sulfured, uncooked	N/A	0.68
Apples, dried, sulfured, stewed, with added sugar	N/A	0.121
Apples, dried, sulfured, stewed, without added sugar	N/A	0.129
Apples, dried, sulfured, uncooked	N/A	0.927
Apples, frozen, unsweetened, heated (Includes foods for USDA's Food Distribution Program)	N/A	0.043
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	N/A	0.042
Apples, raw, fuji, with skin (Includes foods for USDA's Food Distribution Program)	N/A	0.07
Apples, raw, gala, with skin (Includes foods for USDA's Food Distribution Program)	N/A	0.075
Apples, raw, golden delicious, with skin	N/A	0.094
Apples, raw, granny smith, with skin (Includes foods for USDA's Food Distribution Program)	N/A	0.126
Apples, raw, red delicious, with skin (Includes foods for USDA's Food Distribution Program)	N/A	0.075
Apples, raw, with skin (Includes foods for USDA's Food Distribution Program)	N/A	0.091
Apples, raw, without skin	N/A	0.091
Apples, raw, without skin, cooked, boiled	N/A	0.095
Apples, raw, without skin, cooked, microwave	N/A	0.061
Applesauce, canned, sweetened, with salt	N/A	0.188
Applesauce, canned, sweetened, without salt	N/A	0.072
Applesauce, canned, unsweetened, with added ascorbic acid	N/A	0.084
Applesauce, canned, unsweetened, without added ascorbic acid (Includes foods for USDA's Food Distribution Program)	N/A	0.084
Apricot nectar, canned, with added ascorbic acid	N/A	0.15
Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	N/A	0.34
Apricots, canned, extra light syrup pack, with skin, solids and liquids (Includes foods for USDA's Food Distribution Program)	N/A	0.6
Apricots, canned, heavy syrup pack, with skin, solids and liquids	N/A	0.376
Apricots, canned, heavy syrup pack, without skin, solids and liquids	N/A	0.416
Apricots, canned, heavy syrup, drained	N/A	0.376
Apricots, canned, juice pack, with skin, solids and liquids	N/A	0.344
Apricots, canned, light syrup pack, with skin, solids and liquids	N/A	0.304
Apricots, canned, water pack, with skin, solids and liquids	N/A	0.395
Apricots, canned, water pack, without skin, solids and liquids	N/A	0.437
Apricots, dehydrated (low-moisture), sulfured, stewed	N/A	1.63

Apricots, dehydrated (low-moisture), sulfured, uncooked	N/A	3.58
Apricots, dried, sulfured, stewed, with added sugar	N/A	0.853
Apricots, dried, sulfured, stewed, without added sugar	N/A	0.915
Apricots, dried, sulfured, uncooked	N/A	2.589
Apricots, frozen, sweetened	N/A	0.8
Apricots, raw	N/A	0.6
ARBY'S, roast beef sandwich, classic	N/A	4.343
Archway Home Style Cookies, Chocolate Chip Ice Box	N/A	2.06
Archway Home Style Cookies, Coconut Macaroon	N/A	0.22
Archway Home Style Cookies, Date Filled Oatmeal	N/A	1.99
Archway Home Style Cookies, Dutch Cocoa	N/A	2.22
Archway Home Style Cookies, Frosty Lemon	N/A	1.95
Archway Home Style Cookies, Iced Molasses	N/A	2.39
Archway Home Style Cookies, Iced Oatmeal	N/A	1.64
Archway Home Style Cookies, Molasses	N/A	2.71
Archway Home Style Cookies, Oatmeal	N/A	1.88
Archway Home Style Cookies, Oatmeal Raisin	N/A	1.69
Archway Home Style Cookies, Old Fashioned Molasses	N/A	2.84
Archway Home Style Cookies, Old Fashioned Windmill Cookies	N/A	2.94
Archway Home Style Cookies, Peanut Butter	N/A	4.37
Archway Home Style Cookies, Raspberry Filled	N/A	2.13
Archway Home Style Cookies, Reduced Fat Ginger Snaps	N/A	2.86
Archway Home Style Cookies, Strawberry Filled	N/A	2.13
Archway Home Style Cookies, Sugar Free Oatmeal	N/A	1.81
Arrowhead, cooked, boiled, drained, with salt	N/A	1.16
Arrowhead, cooked, boiled, drained, without salt	N/A	1.16
Arrowhead, raw	N/A	1.65
Arrowroot flour	N/A	0
Arrowroot, raw	N/A	1.693
Artichokes, (globe or french), cooked, boiled, drained, with salt	N/A	1.11
Artichokes, (globe or french), cooked, boiled, drained, without salt	N/A	1.11
Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	N/A	0.915
Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	N/A	0.915
Artichokes, (globe or french), frozen, unprepared	N/A	0.86
Artichokes, (globe or french), raw	N/A	1.046
Arugula, raw	N/A	0.305
Asparagus, canned, drained solids	N/A	0.954
Asparagus, canned, no salt added, solids and liquids	N/A	0.851
Asparagus, canned, regular pack, solids and liquids	N/A	0.851
Asparagus, cooked, boiled, drained	N/A	1.084
Asparagus, cooked, boiled, drained, with salt	N/A	1.084
Asparagus, frozen, cooked, boiled, drained, with salt	N/A	1.038
Asparagus, frozen, cooked, boiled, drained, without salt	N/A	1.038
Asparagus, frozen, unprepared	N/A	1.202
Asparagus, raw	N/A	0.978
Avocados, raw, all commercial varieties	N/A	1.738
Avocados, raw, California	N/A	1.912
Avocados, raw, Florida	N/A	0.672
Babyfood, apple yogurt dessert, strained	N/A	0
Babyfood, apple-banana juice	N/A	0.14
Babyfood, apples with ham, strained	N/A	0.73
Babyfood, apples, dices, toddler	N/A	0.087
Babyfood, Baby MUM MUM Rice Biscuits	N/A	2.896
Babyfood, baked product, finger snacks cereal fortified	N/A	11.25
Babyfood, banana apple dessert, strained	N/A	0.13
Babyfood, banana juice with low fat yogurt	N/A	0.27
Babyfood, banana no tapioca, strained	N/A	0.54
Babyfood, banana with mixed berries, strained	N/A	0.623
Babyfood, beverage, GERBER, GRADUATES, FRUIT SPLASHERS	N/A	0.06

Babyfood, carrots and beef, strained	N/A	0.93
Babyfood, carrots, toddler	N/A	0.25
Babyfood, cereal, barley, dry fortified	N/A	14.28
Babyfood, cereal, barley, prepared with whole milk	N/A	2.707
Babyfood, cereal, brown rice, dry, instant	N/A	16
Babyfood, cereal, egg yolks and bacon, junior	N/A	0.266
Babyfood, cereal, high protein, prepared with whole milk	N/A	5.668
Babyfood, cereal, high protein, with apple and orange, dry	N/A	23.83
Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	N/A	3.987
Babyfood, cereal, mixed, dry fortified	N/A	15
Babyfood, cereal, mixed, prepared with whole milk	N/A	3.88
Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	N/A	2.02
Babyfood, cereal, mixed, with applesauce and bananas, strained	N/A	2.02
Babyfood, cereal, mixed, with bananas, dry	N/A	20.56
Babyfood, cereal, mixed, with bananas, prepared with whole milk	N/A	1.605
Babyfood, cereal, mixed, with honey, prepared with whole milk	N/A	6.26
Babyfood, cereal, oatmeal, dry fortified	N/A	21.348
Babyfood, cereal, oatmeal, prepared with whole milk	N/A	5.981
Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	N/A	1.77
Babyfood, cereal, oatmeal, with applesauce and bananas, strained	N/A	1.77
Babyfood, cereal, oatmeal, with bananas, dry	N/A	13
Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	N/A	1.605
Babyfood, cereal, oatmeal, with honey, dry	N/A	36.292
Babyfood, cereal, oatmeal, with honey, prepared with whole milk	N/A	6.034
Babyfood, cereal, rice with pears and apple, dry, instant fortified	N/A	25.24
Babyfood, cereal, rice, dry fortified	N/A	23.006
Babyfood, cereal, rice, prepared with whole milk	N/A	2.449
Babyfood, cereal, rice, with applesauce and bananas, strained	N/A	4.017
Babyfood, cereal, rice, with bananas, dry	N/A	23.32
Babyfood, cereal, rice, with bananas, prepared with whole milk	N/A	1.849
Babyfood, cereal, rice, with honey, prepared with whole milk	N/A	6.083
Babyfood, cereal, whole wheat, with apples, dry fortified	N/A	13.33
Babyfood, cereal, with egg yolks, junior	N/A	0.048
Babyfood, cereal, with egg yolks, strained	N/A	0.049
Babyfood, cereal, with eggs, strained	N/A	0.056
Babyfood, cherry cobbler, junior	N/A	0.06
Babyfood, cookie, baby, fruit	N/A	3.6
Babyfood, cookies	N/A	15.966
Babyfood, cookies, arrowroot	N/A	5.739
Babyfood, corn and sweet potatoes, strained	N/A	0.444
Babyfood, crackers, vegetable	N/A	4.05
Babyfood, dessert, banana pudding, strained	N/A	0.16
Babyfood, dessert, banana yogurt, strained	N/A	0.19
Babyfood, dessert, blueberry yogurt, strained	N/A	0.14
Babyfood, dessert, cherry vanilla pudding, junior	N/A	0.038
Babyfood, dessert, cherry vanilla pudding, strained	N/A	0.038
Babyfood, dessert, custard pudding, vanilla, junior	N/A	0.076
Babyfood, dessert, custard pudding, vanilla, strained	N/A	0.04
Babyfood, dessert, dutch apple, junior	N/A	0.048
Babyfood, dessert, dutch apple, strained	N/A	0.048
Babyfood, dessert, fruit dessert, without ascorbic acid, junior	N/A	0.144
Babyfood, dessert, fruit dessert, without ascorbic acid, strained	N/A	0.143
Babyfood, dessert, fruit pudding, orange, strained	N/A	0.119
Babyfood, dessert, fruit pudding, pineapple, strained	N/A	0.107
Babyfood, dessert, peach cobbler, junior	N/A	0.259
Babyfood, dessert, peach cobbler, strained	N/A	0.259
Babyfood, dessert, peach melba, junior	N/A	0.272
Babyfood, dessert, peach melba, strained	N/A	0.343

Babyfood, dessert, peach yogurt	N/A	0.4
Babyfood, dessert, tropical fruit, junior	N/A	0.08
Babyfood, dinner, apples and chicken, strained	N/A	0.577
Babyfood, dinner, beef and rice, toddler	N/A	1.343
Babyfood, dinner, beef lasagna, toddler	N/A	1.353
Babyfood, dinner, beef noodle, junior	N/A	0.582
Babyfood, dinner, beef noodle, strained	N/A	0.616
Babyfood, dinner, beef with vegetables	N/A	0.7
Babyfood, dinner, broccoli and chicken, junior	N/A	0.964
Babyfood, dinner, chicken and rice	N/A	0.3
Babyfood, dinner, chicken noodle, junior	N/A	1.51
Babyfood, dinner, chicken noodle, strained	N/A	1.51
Babyfood, dinner, chicken soup, strained	N/A	0.293
Babyfood, dinner, chicken stew, toddler	N/A	1.153
Babyfood, dinner, macaroni and cheese, junior	N/A	0.545
Babyfood, dinner, macaroni and cheese, strained	N/A	0.516
Babyfood, dinner, macaroni and tomato and beef, junior	N/A	0.751
Babyfood, dinner, macaroni and tomato and beef, strained	N/A	0.715
Babyfood, dinner, macaroni, beef and tomato sauce, toddler	N/A	1.34
Babyfood, dinner, mixed vegetable, junior	N/A	0.566
Babyfood, dinner, mixed vegetable, strained	N/A	0.502
Babyfood, dinner, pasta with vegetables	N/A	0.56
Babyfood, dinner, spaghetti and tomato and meat, junior	N/A	0.967
Babyfood, dinner, spaghetti and tomato and meat, toddler	N/A	1.558
Babyfood, dinner, sweet potatoes and chicken, strained	N/A	1.04
Babyfood, dinner, turkey and rice, junior	N/A	0.692
Babyfood, dinner, turkey and rice, strained	N/A	0.648
Babyfood, dinner, turkey, rice, and vegetables, toddler	N/A	2.11
Babyfood, dinner, vegetables and beef, junior	N/A	0.789
Babyfood, dinner, vegetables and beef, strained	N/A	0.789
Babyfood, dinner, vegetables and chicken, junior	N/A	0.628
Babyfood, dinner, vegetables and dumplings and beef, junior	N/A	0.49
Babyfood, dinner, vegetables and dumplings and beef, strained	N/A	0.574
Babyfood, dinner, vegetables and lamb, junior	N/A	0.554
Babyfood, dinner, vegetables and noodles and turkey, junior	N/A	0.299
Babyfood, dinner, vegetables and noodles and turkey, strained	N/A	0.25
Babyfood, dinner, vegetables and turkey, junior	N/A	0.539
Babyfood, dinner, vegetables and turkey, strained	N/A	0.466
Babyfood, dinner, vegetables chicken, strained	N/A	0.72
Babyfood, dinner, vegetables, noodles and chicken, junior	N/A	0.675
Babyfood, dinner, vegetables, noodles and chicken, strained	N/A	0.407
Babyfood, fortified cereal bar, fruit filling	N/A	11.842
Babyfood, fruit and vegetable, apple and sweet potato	N/A	0.1
Babyfood, fruit dessert, mango with tapioca	N/A	0.2
Babyfood, fruit supreme dessert	N/A	0.28
Babyfood, fruit, apple and blueberry, junior	N/A	0.103
Babyfood, fruit, apple and blueberry, strained	N/A	0.12
Babyfood, fruit, apple and raspberry, junior	N/A	0.104
Babyfood, fruit, apple and raspberry, strained	N/A	0.106
Babyfood, fruit, applesauce and apricots, junior	N/A	0.145
Babyfood, fruit, applesauce and apricots, strained	N/A	0.14
Babyfood, fruit, applesauce and cherries, junior	N/A	0.14
Babyfood, fruit, applesauce and cherries, strained	N/A	0.14
Babyfood, fruit, applesauce and pineapple, junior	N/A	0.079
Babyfood, fruit, applesauce and pineapple, strained	N/A	0.078
Babyfood, fruit, applesauce with banana, junior	N/A	0.163
Babyfood, fruit, applesauce, junior	N/A	0.063
Babyfood, fruit, applesauce, strained	N/A	0.061
Babyfood, fruit, apricot with tapioca, junior	N/A	0.196
Babyfood, fruit, apricot with tapioca, strained	N/A	0.195
Babyfood, fruit, banana and strawberry, junior	N/A	0.728

Babyfood, fruit, bananas and pineapple with tapioca, junior	N/A	0.182
Babyfood, fruit, bananas and pineapple with tapioca, strained	N/A	0.168
Babyfood, fruit, bananas with apples and pears, strained	N/A	0.55
Babyfood, fruit, bananas with tapioca, junior	N/A	0.218
Babyfood, fruit, bananas with tapioca, strained	N/A	0.183
Babyfood, fruit, guava and papaya with tapioca, strained	N/A	0.263
Babyfood, fruit, papaya and applesauce with tapioca, strained	N/A	0.108
Babyfood, fruit, peaches, junior	N/A	1.64
Babyfood, fruit, peaches, strained	N/A	1.64
Babyfood, fruit, pears and pineapple, junior	N/A	0.183
Babyfood, fruit, pears and pineapple, strained	N/A	0.207
Babyfood, fruit, pears, junior	N/A	0.188
Babyfood, fruit, pears, strained	N/A	0.189
Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	N/A	0.206
Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	N/A	0.213
Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	N/A	0.526
Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	N/A	0.525
Babyfood, fruit, tutti frutti, junior	N/A	0.08
Babyfood, fruit, tutti frutti, strained	N/A	0.1
Babyfood, GERBER, 2nd Foods, apple, carrot and squash, organic	N/A	0.255
Babyfood, GERBER, 3rd Foods, apple, mango and kiwi	N/A	0.25
Babyfood, GERBER, Banana with orange medley	N/A	0.654
Babyfood, GERBER, GRADUATES Lil Biscuits Vanilla Wheat	N/A	3.647
Babyfood, grape juice, no sugar, canned	N/A	0.2
Babyfood, green beans and turkey, strained	N/A	1.14
Babyfood, green beans, dices, toddler	N/A	0.23
Babyfood, juice treats, fruit medley, toddler	N/A	0.057
Babyfood, juice, apple	N/A	0.083
Babyfood, juice, apple - cherry	N/A	0.11
Babyfood, juice, apple and grape	N/A	0.109
Babyfood, juice, apple and peach	N/A	0.213
Babyfood, juice, apple and prune	N/A	0.301
Babyfood, juice, apple, with calcium	N/A	0.08
Babyfood, juice, apple-sweet potato	N/A	0.1
Babyfood, juice, fruit punch, with calcium	N/A	0.1
Babyfood, juice, mixed fruit	N/A	0.123
Babyfood, juice, orange	N/A	0.239
Babyfood, juice, orange and apple	N/A	0.185
Babyfood, juice, orange and apple and banana	N/A	0.263
Babyfood, juice, orange and apricot	N/A	0.267
Babyfood, juice, orange and banana	N/A	0.18
Babyfood, juice, orange and pineapple	N/A	0.194
Babyfood, juice, orange-carrot	N/A	0.21
Babyfood, juice, pear	N/A	0.3
Babyfood, juice, prune and orange	N/A	0.396
Babyfood, macaroni and cheese, toddler	N/A	0.79
Babyfood, mashed cheddar potatoes and broccoli, toddlers	N/A	0.419
Babyfood, meat, beef with vegetables, toddler	N/A	0.71
Babyfood, meat, beef, junior	N/A	2.495
Babyfood, meat, beef, strained	N/A	2.495
Babyfood, meat, chicken sticks, junior	N/A	2.005
Babyfood, meat, chicken, junior	N/A	3.42
Babyfood, meat, chicken, strained	N/A	3.255
Babyfood, meat, ham, junior	N/A	2.84
Babyfood, meat, ham, strained	N/A	2.633
Babyfood, meat, lamb, junior	N/A	3.193
Babyfood, meat, lamb, strained	N/A	2.908
Babyfood, meat, meat sticks, junior	N/A	1.481
Babyfood, meat, pork, strained	N/A	2.269
Babyfood, meat, turkey sticks, junior	N/A	1.94
Babyfood, meat, turkey, junior	N/A	2.61

Babyfood, meat, turkey, strained	N/A	2.61
Babyfood, meat, veal, strained	N/A	2.85
Babyfood, mixed fruit juice with low fat yogurt	N/A	0.16
Babyfood, mixed fruit yogurt, strained	N/A	0.14
Babyfood, Multigrain whole grain cereal, dry fortified	N/A	15
Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	N/A	9.6
Babyfood, peaches, dices, toddler	N/A	0.47
Babyfood, pears, dices, toddler	N/A	0.13
Babyfood, peas and brown rice	N/A	1.4
Babyfood, peas, dices, toddler	N/A	0.85
Babyfood, plums, bananas and rice, strained	N/A	0.8
Babyfood, potatoes, toddler	N/A	0.35
Babyfood, pretzels	N/A	3.56
Babyfood, prunes, without vitamin c, strained	N/A	0.72
Babyfood, ravioli, cheese filled, with tomato sauce	N/A	1.65
Babyfood, rice and apples, dry	N/A	20
Babyfood, rice cereal, dry, EARTHS BEST ORGANIC WHOLE GRAIN, fortified only with iron	N/A	31.24
Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	N/A	0.334
Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	N/A	1.291
Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	N/A	3.301
Babyfood, tropical fruit medley	N/A	0.138
Babyfood, vegetable and brown rice, strained	N/A	1.1
Babyfood, vegetable, butternut squash and corn	N/A	0.56
Babyfood, vegetable, green beans and potatoes	N/A	0.46
Babyfood, vegetables, beets, strained	N/A	0.132
Babyfood, vegetables, carrots, junior	N/A	0.497
Babyfood, vegetables, carrots, strained	N/A	0.463
Babyfood, vegetables, corn, creamed, junior	N/A	0.504
Babyfood, vegetables, corn, creamed, strained	N/A	0.512
Babyfood, vegetables, garden vegetable, strained	N/A	0.779
Babyfood, vegetables, green beans, junior	N/A	0.321
Babyfood, vegetables, green beans, strained	N/A	0.361
Babyfood, vegetables, mix vegetables junior	N/A	0.665
Babyfood, vegetables, mix vegetables strained	N/A	0.327
Babyfood, vegetables, peas, strained	N/A	1.119
Babyfood, vegetables, spinach, creamed, strained	N/A	0.216
Babyfood, vegetables, squash, junior	N/A	0.683
Babyfood, vegetables, squash, strained	N/A	0.683
Babyfood, vegetables, sweet potatoes strained	N/A	0.358
Babyfood, vegetables, sweet potatoes, junior	N/A	0.384
Babyfood, water, bottled, GERBER, without added fluoride	N/A	0
Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	N/A	0.119
Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	N/A	0.119
Bacon and beef sticks	N/A	4.867
Bacon bits, meatless	N/A	1.6
Bacon, meatless	N/A	7.56
Bacon, turkey, low sodium	N/A	6.222
Bacon, turkey, microwaved	N/A	8.102
Bacon, turkey, unprepared	N/A	4.032
Bagels, cinnamon-raisin	N/A	3.08
Bagels, cinnamon-raisin, toasted	N/A	2.981
Bagels, egg	N/A	3.443
Bagels, multigrain	N/A	4.265
Bagels, oat bran	N/A	2.96
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	N/A	4.515

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	N/A	4.375
Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	N/A	4.562
Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	N/A	1.758
Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	N/A	1.758
Bagels, wheat	N/A	3.37
Bagels, whole grain white	N/A	4.651
Baking chocolate, mexican, squares	N/A	1.829
Baking chocolate, unsweetened, liquid	N/A	2.1
Baking chocolate, unsweetened, squares	N/A	1.355
Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	N/A	0.995
Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	N/A	0.995
Balsam-pear (bitter gourd), leafy tips, raw	N/A	1.11
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	N/A	0.28
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	N/A	0.28
Balsam-pear (bitter gourd), pods, raw	N/A	0.4
Bamboo shoots, canned, drained solids	N/A	0.14
Bamboo shoots, cooked, boiled, drained, with salt	N/A	0.3
Bamboo shoots, cooked, boiled, drained, without salt	N/A	0.3
Bamboo shoots, raw	N/A	0.6
Bananas, dehydrated, or banana powder	N/A	2.8
Bananas, raw	N/A	0.665
BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	N/A	1.38
Barbecue loaf, pork, beef	N/A	2.266
Barley flour or meal	N/A	6.269
Barley malt flour	N/A	5.636
Barley, hulled	N/A	4.604
Barley, pearled, cooked	N/A	2.063
Barley, pearled, raw	N/A	4.604
Basil, fresh	N/A	0.902
Beans, adzuki, mature seed, cooked, boiled, with salt	N/A	0.717
Beans, adzuki, mature seeds, canned, sweetened	N/A	0.631
Beans, adzuki, mature seeds, cooked, boiled, without salt	N/A	0.717
Beans, adzuki, mature seeds, raw	N/A	2.63
Beans, baked, canned, no salt added	N/A	0.43
Beans, baked, canned, plain or vegetarian	N/A	0.428
Beans, baked, canned, with beef	N/A	0.94
Beans, baked, canned, with franks	N/A	0.901
Beans, baked, canned, with pork	N/A	0.447
Beans, baked, canned, with pork and sweet sauce	N/A	0.304
Beans, baked, canned, with pork and tomato sauce	N/A	0.494
Beans, baked, home prepared	N/A	0.408
Beans, black turtle, mature seeds, canned	N/A	0.62
Beans, black turtle, mature seeds, cooked, boiled, with salt	N/A	0.527
Beans, black turtle, mature seeds, cooked, boiled, without salt	N/A	0.527
Beans, black turtle, mature seeds, raw	N/A	1.955
Beans, black, mature seeds, canned, low sodium	N/A	0.62
Beans, black, mature seeds, cooked, boiled, with salt	N/A	0.505
Beans, black, mature seeds, cooked, boiled, without salt	N/A	0.505
Beans, black, mature seeds, raw	N/A	1.955
Beans, chili, barbecue, ranch style, cooked	N/A	0.36
Beans, cranberry (roman), mature seeds, canned	N/A	0.504
Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	N/A	0.515

Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	N/A	0.515
Beans, cranberry (roman), mature seeds, raw	N/A	1.455
Beans, fava, in pod, raw	N/A	2.249
Beans, french, mature seeds, cooked, boiled, with salt	N/A	0.546
Beans, french, mature seeds, cooked, boiled, without salt	N/A	0.546
Beans, french, mature seeds, raw	N/A	2.083
Beans, great northern, mature seeds, canned	N/A	0.461
Beans, great northern, mature seeds, canned, low sodium	N/A	0.461
Beans, great northern, mature seeds, cooked, boiled, with salt	N/A	0.681
Beans, great northern, mature seeds, cooked, boiled, without salt	N/A	0.681
Beans, great northern, mature seeds, raw (Includes foods for USDA's Food Distribution Program)	N/A	1.955
Beans, kidney, all types, mature seeds, canned	N/A	0.411
Beans, kidney, all types, mature seeds, cooked, boiled, with salt	N/A	0.578
Beans, kidney, all types, mature seeds, cooked, boiled, without salt	N/A	0.578
Beans, kidney, all types, mature seeds, raw	N/A	2.06
Beans, kidney, california red, mature seeds, cooked, boiled, with salt	N/A	0.54
Beans, kidney, california red, mature seeds, cooked, boiled, without salt	N/A	0.54
Beans, kidney, california red, mature seeds, raw	N/A	2.06
Beans, kidney, mature seeds, sprouted, raw	N/A	2.92
Beans, kidney, red, mature seeds, canned, drained solids	N/A	0.46
Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	N/A	0.417
Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	N/A	0.494
Beans, kidney, red, mature seeds, canned, solids and liquids	N/A	0.494
Beans, kidney, red, mature seeds, cooked, boiled, with salt	N/A	0.578
Beans, kidney, red, mature seeds, cooked, boiled, without salt	N/A	0.578
Beans, kidney, red, mature seeds, raw	N/A	2.11
Beans, kidney, royal red, mature seeds, cooked, boiled with salt	N/A	0.552
Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	N/A	0.552
Beans, kidney, royal red, mature seeds, raw	N/A	2.106
Beans, liquid from stewed kidney beans	N/A	0.39
Beans, mung, mature seeds, sprouted, canned, drained solids	N/A	0.22
Beans, navy, mature seeds, canned	N/A	0.487
Beans, navy, mature seeds, cooked, boiled, with salt	N/A	0.649
Beans, navy, mature seeds, cooked, boiled, without salt	N/A	0.649
Beans, navy, mature seeds, raw	N/A	2.188
Beans, navy, mature seeds, sprouted, raw	N/A	1.22
Beans, pink, mature seeds, cooked, boiled, with salt	N/A	0.57
Beans, pink, mature seeds, cooked, boiled, without salt	N/A	0.57
Beans, pink, mature seeds, raw	N/A	1.892
Beans, pinto, canned, drained solids	N/A	0.272
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	N/A	0.632
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	N/A	0.632
Beans, pinto, immature seeds, frozen, unprepared	N/A	0.7
Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	N/A	0.262
Beans, pinto, mature seeds, canned, solids and liquids	N/A	0.268
Beans, pinto, mature seeds, canned, solids and liquids, low sodium	N/A	0.268
Beans, pinto, mature seeds, cooked, boiled, with salt	N/A	0.318
Beans, pinto, mature seeds, cooked, boiled, without salt	N/A	0.318
Beans, pinto, mature seeds, raw (Includes foods for USDA's Food Distribution Program)	N/A	1.174
Beans, shellie, canned, solids and liquids	N/A	0.205
Beans, small white, mature seeds, cooked, boiled, with salt	N/A	0.272

Beans, small white, mature seeds, cooked, boiled, without salt	N/A	0.272
Beans, small white, mature seeds, raw	N/A	1.342
Beans, snap, canned, all styles, seasoned, solids and liquids	N/A	0.233
Beans, snap, green, canned, no salt added, drained solids	N/A	0.206
Beans, snap, green, canned, no salt added, solids and liquids	N/A	0.2
Beans, snap, green, canned, regular pack, drained solids	N/A	0.206
Beans, snap, green, canned, regular pack, solids and liquids	N/A	0.2
Beans, snap, green, cooked, boiled, drained, with salt	N/A	0.614
Beans, snap, green, cooked, boiled, drained, without salt	N/A	0.614
Beans, snap, green, frozen, all styles, microwaved	N/A	0.485
Beans, snap, green, frozen, all styles, unprepared (Includes foods for USDA's Food Distribution Program)	N/A	0.496
Beans, snap, green, frozen, cooked, boiled, drained without salt	N/A	0.383
Beans, snap, green, frozen, cooked, boiled, drained, with salt	N/A	0.383
Beans, snap, green, microwaved	N/A	0.773
Beans, snap, green, raw	N/A	0.734
Beans, snap, yellow, canned, no salt added, drained solids	N/A	0.201
Beans, snap, yellow, canned, no salt added, solids and liquids	N/A	0.2
Beans, snap, yellow, canned, regular pack, drained solids	N/A	0.201
Beans, snap, yellow, canned, regular pack, solids and liquids	N/A	0.2
Beans, snap, yellow, cooked, boiled, drained, with salt	N/A	0.614
Beans, snap, yellow, cooked, boiled, drained, without salt	N/A	0.614
Beans, snap, yellow, frozen, all styles, unprepared	N/A	0.499
Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	N/A	0.383
Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	N/A	0.383
Beans, snap, yellow, raw	N/A	0.752
Beans, white, mature seeds, canned	N/A	0.113
Beans, white, mature seeds, cooked, boiled, with salt	N/A	0.14
Beans, white, mature seeds, cooked, boiled, without salt	N/A	0.14
Beans, white, mature seeds, raw	N/A	0.479
Beans, yellow, mature seeds, cooked, boiled, with salt	N/A	0.708
Beans, yellow, mature seeds, cooked, boiled, without salt	N/A	0.708
Beans, yellow, mature seeds, raw	N/A	2.43
Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	N/A	6.148
Beef macaroni with tomato sauce, frozen entree, reduced fat	N/A	1.806
Beef Pot Pie, frozen entree, prepared	N/A	1.633
Beef stew, canned entree	N/A	1.096
Beef, bologna, reduced sodium	N/A	2.63
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	N/A	6.933
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	6.087
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	N/A	6.959
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	6.658
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	N/A	6.906
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	N/A	5.516
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	N/A	6.585
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	N/A	7.77
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	N/A	7.17
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	N/A	7.939
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	N/A	6.201

Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	N/A	6.353
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	6.019
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	6.115
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	5.875
Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	6.452
Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	6.205
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	4.667
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	N/A	4.496
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	N/A	4.175
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	N/A	4.087
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	4.041
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	N/A	4.001
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	4.098
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	N/A	4.175
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	3.984
Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	N/A	4.84
Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	N/A	4.926
Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	N/A	4.906
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	N/A	4.825
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	4.947
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	N/A	5.003
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	5.158
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	N/A	4.801
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	N/A	4.731
Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	3.04
Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	N/A	3.14
Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	3.12
Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	N/A	3.57
Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	3.37
Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	N/A	3.27

Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	3.48
Beef, brisket, whole, separable lean only, all grades, raw	N/A	3.94
Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	N/A	3.71
Beef, carcass, separable lean and fat, choice, raw	N/A	3.54
Beef, carcass, separable lean and fat, select, raw	N/A	3.54
Beef, chopped, cured, smoked	N/A	4.577
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	3.804
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	3.875
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	N/A	3.791
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	3.821
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	N/A	3.886
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	3.95
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	N/A	4.147
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	4.167
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	N/A	4.14
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	4.097
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	N/A	4.22
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	4.25
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	N/A	4.368
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	4.324
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	N/A	4.303
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	4.323
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	N/A	4.314
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	N/A	4.56
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	N/A	4.693
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	N/A	4.593
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	N/A	4.593
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	N/A	4.593
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	N/A	4.65
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	N/A	4.83
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	4.663
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	4.351

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	4.649
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	4.34
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	4.773
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	4.377
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.19
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	4.827
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	5.18
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	4.803
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	5.31
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	4.87
Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	N/A	4.117
Beef, chuck for stew, separable lean and fat, all grades, raw	N/A	5.003
Beef, chuck for stew, separable lean and fat, choice, cooked, braised	N/A	4.013
Beef, chuck for stew, separable lean and fat, choice, raw	N/A	4.887
Beef, chuck for stew, separable lean and fat, select, cooked, braised	N/A	4.85
Beef, chuck for stew, separable lean and fat, select, raw	N/A	5.19
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	4.105
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	N/A	4.213
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	N/A	4.273
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	4.331
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	N/A	4.215
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	4.328
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	N/A	4.331
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	4.334
Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	N/A	5.039
Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	N/A	4.829
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	N/A	5.044
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	5.069
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	N/A	5.243
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	5.221
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	N/A	5.007
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	N/A	4.908
Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	2.45

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	N/A	2.43
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	2.18
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	N/A	2.41
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	2.17
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	N/A	2.46
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	2.2
Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	N/A	2.67
Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	N/A	3.393
Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	N/A	3.251
Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	N/A	3.599
Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	N/A	3.529
Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	N/A	3.415
Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	N/A	3.696
Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	N/A	3.469
Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	N/A	3.444
Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	N/A	3.121
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	3.809
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	3.587
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	N/A	3.787
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	3.513
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	N/A	3.87
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	3.72
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	N/A	3.88
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	3.603
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	N/A	3.867
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	3.527
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	N/A	3.94
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	3.74
Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	N/A	3.632
Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	N/A	3.612

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	N/A	3.66
Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	N/A	3.635
Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	N/A	3.613
Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	N/A	3.668
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	3.299
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	3.293
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	N/A	3.246
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	3.323
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	N/A	3.501
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	3.318
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	N/A	3.523
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	3.523
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	N/A	3.467
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	3.567
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	N/A	3.74
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	3.56
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.187
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	4.51
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	5.035
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	4.58
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	5.49
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	N/A	5.57
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.273
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	5.193
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	5.165
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	5.13
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	5.49
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	N/A	5.32
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	3.833
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	3.42

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	3.72
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	3.38
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	4.06
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	N/A	3.5
Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	N/A	3.761
Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	N/A	3.619
Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	N/A	3.97
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	N/A	3.821
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	N/A	3.665
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	N/A	4.049
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	3.591
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	3.252
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	3.575
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	3.316
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	3.681
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	N/A	3.292
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	3.617
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	N/A	3.287
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	3.6
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	N/A	3.347
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	3.71
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	N/A	3.34
Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	4.032
Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	3.983
Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	4.106
Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	4.332
Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	4.29
Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	4.395
Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	3.568
Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	N/A	3.636

Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	N/A	3.465
Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	N/A	3.874
Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	N/A	3.96
Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	N/A	3.745
Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	3.772
Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	N/A	3.804
Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	N/A	3.72
Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	N/A	3.976
Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	N/A	4.02
Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	N/A	3.908
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	N/A	5.519
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	5.34
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	N/A	5.67
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	5.513
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	N/A	5.794
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	N/A	5.327
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	N/A	5.458
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	5.449
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	N/A	5.486
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	5.572
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	N/A	5.124
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	5.036
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	N/A	5.787
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	N/A	5.727
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	N/A	5.947
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	N/A	5.519
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	N/A	5.918
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	N/A	5.558
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	N/A	6.222
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	6.139

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	6.31
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	N/A	5.897
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	N/A	6.021
Beef, corned beef hash, with potato, canned	N/A	1.572
Beef, cured, breakfast strips, cooked	N/A	6.47
Beef, cured, breakfast strips, raw or unheated	N/A	2.97
Beef, cured, corned beef, brisket, cooked	N/A	3.03
Beef, cured, corned beef, brisket, raw	N/A	3.66
Beef, cured, corned beef, canned	N/A	2.43
Beef, cured, dried	N/A	5.164
Beef, cured, luncheon meat, jellied	N/A	4.838
Beef, cured, pastrami	N/A	4.26
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	N/A	7.363
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	6.257
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	N/A	4.42
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	N/A	7.471
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	6.842
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	N/A	7.256
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	N/A	5.671
Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	N/A	7.981
Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	N/A	6.683
Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	N/A	4.6
Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	N/A	8.208
Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	N/A	7.353
Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	N/A	8.171
Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	N/A	6.227
Beef, grass-fed, ground, raw	N/A	4.818
Beef, grass-fed, strip steaks, lean only, raw	N/A	6.703
Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	N/A	4.859
Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	N/A	4.026
Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	N/A	5.034
Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	N/A	4.537
Beef, ground, 70% lean meat / 30% fat, raw	N/A	3.382
Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	N/A	5.345
Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	N/A	4.327
Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	N/A	4.818
Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	N/A	5.282
Beef, ground, 75% lean meat / 25% fat, raw	N/A	3.804
Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	N/A	5.831
Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	N/A	4.627
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	N/A	5.098
Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	N/A	5.53

Beef, ground, 80% lean meat / 20% fat, raw	N/A	4.227
Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	N/A	6.318
Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	N/A	4.927
Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	N/A	5.378
Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	N/A	5.778
Beef, ground, 85% lean meat / 15% fat, raw (Includes foods for USDA's Food Distribution Program)	N/A	4.649
Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	N/A	6.804
Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	N/A	5.228
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	N/A	5.659
Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	N/A	6.027
Beef, ground, 90% lean meat / 10% fat, raw	N/A	5.072
Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	N/A	7.096
Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	N/A	5.408
Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	N/A	5.827
Beef, ground, 93% lean meat / 7% fat, raw	N/A	5.325
Beef, ground, 93% lean meat / 7% fat, patty, cooked, pan-broiled	N/A	6.175
Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	N/A	7.29
Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	N/A	5.528
Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	N/A	5.939
Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	N/A	6.275
Beef, ground, 95% lean meat / 5% fat, raw	N/A	5.494
Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	N/A	7.485
Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	N/A	5.648
Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	N/A	6.051
Beef, ground, 97% lean meat / 3% fat, raw	N/A	5.663
Beef, ground, 97% lean meat / 3% fat, patty, cooked, pan-broiled	N/A	6.374
Beef, ground, patties, frozen, cooked, broiled	N/A	5.305
Beef, ground, unspecified fat content, cooked	N/A	5.682
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	N/A	7.655
Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	N/A	4.225
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	N/A	5.556
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	4.705
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	N/A	5.438
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	4.461
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	N/A	5.732
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	5.072
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	N/A	5.586
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	4.755
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	N/A	5.47
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	4.508
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	5.125

Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	N/A	5.76
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.61
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	4.717
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	5.579
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	4.473
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	5.691
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	5.082
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	6.235
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	4.755
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	7.071
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	4.508
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	5.87
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	5.125
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.813
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	6.515
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	5.622
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	6.681
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	6.133
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	N/A	6.267
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.996
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	N/A	6.742
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	5.871
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	N/A	6.947
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	6.187
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	N/A	6.435
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	6.644
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	6.123
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	N/A	6.734
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.286
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	N/A	6.51

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	5.879
Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	7.32
Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	6.742
Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	N/A	7.46
Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	6.947
Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	N/A	7.11
Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	N/A	6.435
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	7.037
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	3.95
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	N/A	6.978
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	5.502
Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	3.916
Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	3.588
Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	N/A	3.961
Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	3.552
Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	N/A	4.093
Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	3.63
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	7.44
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	5.048
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	N/A	7.423
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	5.438
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	N/A	8.287
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	N/A	5.356
Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	6.176
Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	6.149
Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	6.305
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	N/A	5.882
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	N/A	5.851
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	N/A	4.969
Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	5.869

Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	5.867
Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	6.046
Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	N/A	2.132
Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	N/A	3.01
Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	N/A	2.232
Beef, New Zealand, imported, bolar blade, separable lean only, raw	N/A	3.142
Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	N/A	1.974
Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	N/A	2.683
Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	N/A	2.45
Beef, New Zealand, imported, brisket navel end, separable lean only, raw	N/A	3.578
Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	N/A	3.282
Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	N/A	4.089
Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	N/A	3.485
Beef, New Zealand, imported, brisket point end, separable lean only, raw	N/A	4.335
Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	N/A	1.97
Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	N/A	2.685
Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	N/A	2.035
Beef, New Zealand, imported, chuck eye roll, separable lean only, raw	N/A	2.878
Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	N/A	3.889
Beef, New Zealand, imported, cube roll, separable lean and fat, raw	N/A	3.015
Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	N/A	4.177
Beef, New Zealand, imported, cube roll, separable lean only, raw	N/A	3.257
Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	N/A	3.962
Beef, New Zealand, imported, eye round, separable lean and fat, raw	N/A	3.431
Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	N/A	3.983
Beef, New Zealand, imported, eye round, separable lean only, raw	N/A	3.494
Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	N/A	3.41
Beef, New Zealand, imported, flank, separable lean and fat, raw	N/A	4.594
Beef, New Zealand, imported, flank, separable lean only, cooked, braised	N/A	3.467
Beef, New Zealand, imported, flank, separable lean only, raw	N/A	4.73
Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	N/A	2.24
Beef, New Zealand, imported, flat, separable lean and fat, raw	N/A	3.212
Beef, New Zealand, imported, flat, separable lean only, cooked, braised	N/A	2.292
Beef, New Zealand, imported, flat, separable lean only, raw	N/A	3.328

Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	N/A	2.611
Beef, New Zealand, imported, hind shin, separable lean and fat, raw	N/A	3.136
Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	N/A	2.698
Beef, New Zealand, imported, hind shin, separable lean only, raw	N/A	3.286
Beef, New Zealand, imported, inside, raw	N/A	3.955
Beef, New Zealand, imported, intermuscular fat, cooked	N/A	1.07
Beef, New Zealand, imported, intermuscular fat, raw	N/A	1.05
Beef, New Zealand, imported, knuckle, cooked, fast fried	N/A	3.229
Beef, New Zealand, imported, manufacturing beef, cooked, boiled	N/A	1.759
Beef, New Zealand, imported, manufacturing beef, raw	N/A	2.908
Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	N/A	1.645
Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	N/A	2.293
Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	N/A	1.647
Beef, New Zealand, imported, oyster blade, separable lean only, raw	N/A	2.361
Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	N/A	5.053
Beef, New Zealand, imported, ribs prepared, raw	N/A	4.306
Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	N/A	3.904
Beef, New Zealand, imported, rump centre, separable lean and fat, raw	N/A	2.716
Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	N/A	3.922
Beef, New Zealand, imported, rump centre, separable lean only, raw	N/A	2.729
Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	N/A	4.25
Beef, New Zealand, imported, striploin, separable lean and fat, raw	N/A	3.569
Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	N/A	4.842
Beef, New Zealand, imported, striploin, separable lean only, raw	N/A	4.243
Beef, New Zealand, imported, subcutaneous fat, cooked	N/A	1.27
Beef, New Zealand, imported, subcutaneous fat, raw	N/A	0.74
Beef, New Zealand, imported, sweetbread, cooked, boiled	N/A	1.6
Beef, New Zealand, imported, sweetbread, raw	N/A	2
Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	N/A	4.985
Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	N/A	4.015
Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	N/A	5.003
Beef, New Zealand, imported, tenderloin, separable lean only, raw	N/A	4.054
Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	N/A	13.8
Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	N/A	3.365
Beef, New Zealand, imported, variety meats and by-products, heart, raw	N/A	4.444
Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	N/A	3.903
Beef, New Zealand, imported, variety meats and by-products, kidney, raw	N/A	4.878
Beef, New Zealand, imported, variety meats and by-products, liver, raw	N/A	15.4
Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	N/A	2.58

Beef, New Zealand, imported, variety meats and by-products, tongue, raw	N/A	2.996
Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	N/A	2.616
Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	N/A	7.943
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	6.338
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	5.241
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	6.224
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	5.076
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	6.509
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	N/A	5.49
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	6.471
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	N/A	5.439
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	6.365
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	N/A	5.282
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	6.63
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	N/A	5.675
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.096
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	4.092
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	4.836
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	4.043
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	5.485
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	N/A	4.166
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.198
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	N/A	4.251
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	4.927
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	N/A	4.212
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	5.605
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	N/A	4.31
Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	N/A	3.745
Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	N/A	3.82
Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	N/A	4.193

Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	N/A	4.331
Beef, retail cuts, separable fat, cooked	N/A	1.528
Beef, retail cuts, separable fat, raw	N/A	1.437
Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	4.808
Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	4.749
Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	N/A	4.897
Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	5.561
Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	N/A	5.478
Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	N/A	5.685
Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	5.023
Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	4.851
Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	N/A	5.281
Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	5.85
Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	N/A	5.657
Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	N/A	6.14
Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	4.733
Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	N/A	4.752
Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	N/A	4.705
Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	5.683
Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	N/A	5.675
Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	N/A	5.695
Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.149
Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	4.782
Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	4.863
Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	4.704
Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	5.58
Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	N/A	4.896
Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.799
Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	N/A	5.555
Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	5.545
Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	N/A	5.538

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	6.18
Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	N/A	5.58
Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	4.908
Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	N/A	4.666
Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	N/A	5.27
Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	5.799
Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	N/A	5.545
Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	N/A	6.18
Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	4.273
Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	4.153
Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	4.454
Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	5.08
Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	4.907
Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	N/A	5.34
Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	4.681
Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	4.629
Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	4.759
Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	5.555
Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	5.538
Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	N/A	5.58
Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	N/A	7.257
Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	N/A	7.301
Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	N/A	3.624
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	5.006
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	3.807
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	N/A	4.884
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	3.649
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	N/A	5.184
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	N/A	4.046
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	N/A	5.882

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	N/A	4.576
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	N/A	5.826
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	N/A	4.388
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	N/A	5.964
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	N/A	4.861
Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	N/A	8.748
Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	N/A	7.209
Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	N/A	3.23
Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	N/A	8.521
Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	N/A	3.74
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	N/A	3.64
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	N/A	3.75
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	N/A	2.78
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	3.67
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	2.61
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	N/A	2.7
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	3.59
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	2.57
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	N/A	2.64
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	N/A	3.65
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	N/A	2.53
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	N/A	2.78
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	N/A	3.74
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	2.64
Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	N/A	4.45
Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	N/A	4.45
Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	N/A	4.45
Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	N/A	2.452
Beef, rib, shortribs, separable lean and fat, choice, raw	N/A	2.556
Beef, rib, shortribs, separable lean only, choice, cooked, braised	N/A	3.208
Beef, rib, shortribs, separable lean only, choice, raw	N/A	3.412
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	N/A	7.257

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	N/A	4.18
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	N/A	4.22
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	N/A	6.881
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	3.16
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	5.699
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	N/A	6.653
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	3.13
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.157
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	N/A	4.07
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	N/A	3.04
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	N/A	3.08
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	N/A	7.098
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	N/A	3.19
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	5.228
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	N/A	8.415
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	N/A	4.8
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	N/A	4.8
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	N/A	8.464
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	6.916
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	N/A	7.491
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	N/A	9.02
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	N/A	6.544
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	N/A	8.347
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	N/A	3.27
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	3.46
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	2.8
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	N/A	3.25
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	3.43
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	2.78
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	N/A	3.19

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	N/A	3.4
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	N/A	2.75
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	N/A	3.31
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	N/A	3.51
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	2.85
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	5.774
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	5.736
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	5.717
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	3.714
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	3.551
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	3.651
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	3.509
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	4.057
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	3.62
Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.816
Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	5.732
Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	4.718
Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	N/A	5.691
Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	N/A	5.655
Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	N/A	4.554
Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	N/A	4.893
Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	N/A	4.865
Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	N/A	4.793
Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	N/A	4.839
Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	N/A	4.738
Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	4.616
Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	4.71
Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	N/A	4.517
Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	N/A	4.987
Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	N/A	5.232

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	N/A	5.03
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	6.661
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	N/A	5.294
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	6.757
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	N/A	6.598
Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	5.866
Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	N/A	5.918
Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	N/A	5.802
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	N/A	5.726
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	6.183
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	N/A	5.939
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.294
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	N/A	5.512
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	6.071
Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	N/A	6.109
Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	N/A	6.356
Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	N/A	6.007
Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	N/A	6.169
Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	N/A	6.575
Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	N/A	5.927
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	N/A	8.464
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	6.687
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	N/A	8.581
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	6.779
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	N/A	8.289
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	6.548
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	N/A	8.506
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	6.72
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	N/A	8.62
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	6.81

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	N/A	8.335
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	6.585
Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	N/A	6.773
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	8.682
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	6.685
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	8.797
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	8.509
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	6.552
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	8.727
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	6.72
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	8.844
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	6.81
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	8.552
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	6.585
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	4.947
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	6.42
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	5.149
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.59
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	N/A	4.747
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	6.252
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	5.341
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	6.78
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	N/A	5.74
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	6.958
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	N/A	5.089
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	N/A	6.637
Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	N/A	4.02
Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	3.74
Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	N/A	4.02
Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	3.74

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	N/A	4.26
Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	N/A	4.27
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.177
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	5.01
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	5.435
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	4.895
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	4.66
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	N/A	5.24
Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	N/A	5.76
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.873
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	5.557
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	5.815
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	5.455
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	5.99
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	7.557
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	6.38
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	7.31
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	6.39
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	8.05
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	N/A	6.36
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	N/A	4.682
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	6.119
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	N/A	4.884
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	6.127
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	N/A	4.483
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	N/A	6.107
Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	3.59
Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	3.57
Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	N/A	3.61
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	N/A	4.945

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	N/A	6.217
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	N/A	5.319
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	N/A	6.314
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	N/A	4.707
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	N/A	6.359
Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	3.16
Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	3.14
Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	3.18
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	N/A	7.929
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	6.422
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	N/A	8.178
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	6.624
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	N/A	7.555
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	6.12
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	N/A	7.978
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	6.462
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	N/A	8.23
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	6.667
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	N/A	7.599
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	6.155
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	8.935
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	6.433
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	9.215
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	6.635
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	8.514
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	6.13
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	8.975
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	6.462
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	9.259
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	6.667

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	8.549
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	6.155
Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	N/A	5.36
Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	3.76
Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	N/A	3.76
Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	N/A	3.76
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	N/A	3.65
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	N/A	3.63
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	N/A	5.15
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	N/A	4.25
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	N/A	3.67
Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	N/A	3.81
Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	N/A	3.81
Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	N/A	5.394
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	6.589
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	N/A	5.55
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.667
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	N/A	5.95
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	N/A	5.169
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	6.51
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	N/A	5.717
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	6.873
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	N/A	6.156
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	6.901
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	N/A	5.436
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	N/A	6.879
Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	N/A	4.583
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	N/A	5.89
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	5.74
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	N/A	4.21

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	N/A	4.237
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	N/A	4.171
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	5.523
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	4.923
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	N/A	5.67
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	4.961
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	N/A	5.304
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	4.865
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	6.033
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	N/A	4.63
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	N/A	4.63
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	N/A	4.63
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	5.377
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	N/A	6.225
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	5.412
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	N/A	5.745
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	N/A	5.325
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	6.109
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	5.751
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	N/A	6.292
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	5.765
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	N/A	5.835
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	N/A	5.73
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	N/A	4.268
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	N/A	4.242
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	N/A	4.305
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	5.48
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	5.153
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	N/A	5.618
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	5.164

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	N/A	5.274
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	5.136
Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	N/A	4.63
Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	N/A	4.63
Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	7.101
Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	N/A	4.77
Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	6.077
Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	N/A	7.095
Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	N/A	3.88
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	N/A	8.384
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	N/A	8.604
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	7.713
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	N/A	8.603
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	N/A	6.703
Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	4.577
Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	4.549
Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	4.619
Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	4.618
Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	4.593
Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	4.655
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	4.662
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	N/A	4.873
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	N/A	4.347
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	N/A	4.716
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	N/A	4.923
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	N/A	4.405
Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.481
Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	5.375
Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	5.542
Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	5.613

Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	5.435
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	4.268
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	3.865
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	N/A	4.194
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	3.793
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	4.471
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	N/A	4.13
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	N/A	4.34
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	N/A	3.89
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	N/A	4.287
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	N/A	3.827
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	4.51
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	N/A	4.15
Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	3
Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	3.88
Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	N/A	3.01
Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	N/A	3
Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	N/A	2.99
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	N/A	7.041
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	5.782
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	N/A	7.169
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.392
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	N/A	3.52
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	N/A	6.916
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	5.176
Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	N/A	8.31
Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	6.851
Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	N/A	8.559
Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	7.491
Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	N/A	8.494

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	N/A	6.408
Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	4.127
Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	N/A	4.037
Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	N/A	4.542
Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	N/A	8.654
Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	N/A	8.553
Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	N/A	8.724
Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	4.067
Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	4.037
Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	N/A	4.35
Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	N/A	8.359
Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	N/A	8.33
Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	N/A	8.324
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	3.804
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	3.75
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	3.901
Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	5.337
Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	5.733
Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	N/A	5.973
Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	N/A	7.807
Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	N/A	7.87
Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	N/A	7.744
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	N/A	7.176
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	N/A	5.986
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	N/A	7.269
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	N/A	3.83
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.425
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	N/A	7.083
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	5.526
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	N/A	8.741

Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	N/A	8.937
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	N/A	9.001
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	N/A	8.42
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	N/A	6.843
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	N/A	7.77
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	N/A	7.42
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	N/A	8.574
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	N/A	6.469
Beef, variety meats and by-products, brain, cooked, pan-fried	N/A	3.78
Beef, variety meats and by-products, brain, cooked, simmered	N/A	3.62
Beef, variety meats and by-products, brain, raw	N/A	3.55
Beef, variety meats and by-products, heart, cooked, simmered	N/A	6.68
Beef, variety meats and by-products, heart, raw	N/A	7.53
Beef, variety meats and by-products, kidneys, cooked, simmered	N/A	3.92
Beef, variety meats and by-products, kidneys, raw	N/A	8.03
Beef, variety meats and by-products, liver, cooked, braised	N/A	17.525
Beef, variety meats and by-products, liver, cooked, pan-fried	N/A	17.475
Beef, variety meats and by-products, liver, raw	N/A	13.175
Beef, variety meats and by-products, lungs, cooked, braised	N/A	2.492
Beef, variety meats and by-products, lungs, raw	N/A	4
Beef, variety meats and by-products, mechanically separated beef, raw	N/A	2.546
Beef, variety meats and by-products, pancreas, cooked, braised	N/A	3.97
Beef, variety meats and by-products, pancreas, raw	N/A	4.45
Beef, variety meats and by-products, spleen, cooked, braised	N/A	5.567
Beef, variety meats and by-products, spleen, raw	N/A	8.4
Beef, variety meats and by-products, suet, raw	N/A	0.259
Beef, variety meats and by-products, thymus, cooked, braised	N/A	1.84
Beef, variety meats and by-products, thymus, raw	N/A	3.452
Beef, variety meats and by-products, tongue, cooked, simmered	N/A	3.49
Beef, variety meats and by-products, tongue, raw	N/A	4.24
Beef, variety meats and by-products, tripe, cooked, simmered	N/A	0.461
Beef, variety meats and by-products, tripe, raw	N/A	0.881
Beerwurst, beer salami, pork	N/A	3.254
Beerwurst, beer salami, pork and beef	N/A	2.975
Beerwurst, pork and beef	N/A	2.975
Beet greens, cooked, boiled, drained, with salt	N/A	0.499
Beet greens, cooked, boiled, drained, without salt	N/A	0.499
Beet greens, raw	N/A	0.4
Beets, canned, drained solids	N/A	0.157
Beets, canned, no salt added, solids and liquids	N/A	0.151
Beets, canned, regular pack, solids and liquids	N/A	0.151
Beets, cooked, boiled, drained	N/A	0.331
Beets, cooked, boiled, drained, with salt	N/A	0.331
Beets, harvard, canned, solids and liquids	N/A	0.084
Beets, pickled, canned, solids and liquids	N/A	0.251
Beets, raw	N/A	0.334
Beverage, instant breakfast powder, chocolate, not reconstituted	N/A	14.24
Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	N/A	25.6
Beverages, ABBOTT, EAS soy protein powder	N/A	0.817
Beverages, ABBOTT, EAS whey protein powder	N/A	10
Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	N/A	1.984

Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	N/A	2.11
Beverages, Acai berry drink, fortified	N/A	9.06
Beverages, almond milk, chocolate, ready-to-drink	N/A	0.103
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	N/A	0.075
Beverages, almond milk, unsweetened, shelf stable	N/A	0.07
Beverages, AMBER, hard cider	N/A	0.045
Beverages, Apple juice drink, light, fortified with vitamin C	N/A	0.067
Beverages, carbonated, lemon-lime soda, no caffeine	N/A	0.015
Beverages, carbonated, SPRITE, lemon-lime, without caffeine	N/A	0.015
Beverages, Carob-flavor beverage mix, powder	N/A	0.76
Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	N/A	0.138
Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	N/A	0.075
Beverages, chocolate drink, milk and soy based, ready to drink, fortified	N/A	1.688
Beverages, chocolate malt powder, prepared with 1% milk, fortified	N/A	1.427
Beverages, chocolate malt, powder, prepared with fat free milk	N/A	0.865
Beverages, chocolate powder, no sugar added	N/A	25.6
Beverages, chocolate syrup	N/A	0.322
Beverages, chocolate syrup, prepared with whole milk	N/A	0.137
Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	N/A	0.199
Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	N/A	0.098
Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	N/A	0.142
Beverages, Chocolate-flavored drink, whey and milk based	N/A	0.106
Beverages, citrus fruit juice drink, frozen concentrate	N/A	0.263
Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	N/A	0.075
Beverages, Clam and tomato juice, canned	N/A	0.231
Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	N/A	1.565
Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	N/A	0.026
Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	N/A	1.084
Beverages, Cocoa mix, no sugar added, powder	N/A	1.084
Beverages, Cocoa mix, powder	N/A	0.586
Beverages, Cocoa mix, powder, prepared with water	N/A	0.081
Beverages, cocoa mix, with aspartame, powder, prepared with water	N/A	0.085
Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	N/A	4.655
Beverages, coffee substitute, cereal grain beverage, powder	N/A	17.664
Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	N/A	0.293
Beverages, coffee substitute, cereal grain beverage, prepared with water	N/A	0.294
Beverages, coffee, brewed, breakfast blend	N/A	0.8
Beverages, coffee, brewed, espresso, restaurant-prepared	N/A	5.207
Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	N/A	5.207
Beverages, coffee, brewed, prepared with tap water	N/A	0.191
Beverages, coffee, brewed, prepared with tap water, decaffeinated	N/A	0.222
Beverages, coffee, instant, chicory	N/A	0.218
Beverages, coffee, instant, decaffeinated, powder	N/A	28.075
Beverages, coffee, instant, decaffeinated, prepared with water	N/A	0.282
Beverages, coffee, instant, mocha, sweetened	N/A	2.263
Beverages, coffee, instant, regular, half the caffeine	N/A	28.173
Beverages, coffee, instant, regular, powder	N/A	28.173

Beverages, coffee, instant, regular, prepared with water	N/A	0.236
Beverages, coffee, instant, with chicory	N/A	21.667
Beverages, coffee, instant, with whitener, reduced calorie	N/A	0.188
Beverages, coffee, ready to drink, iced, mocha, milk based	N/A	0.513
Beverages, coffee, ready to drink, milk based, sweetened	N/A	1.32
Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	N/A	1.32
Beverages, Cranberry juice cocktail	N/A	0.025
Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	N/A	0.028
Beverages, cranberry-apricot juice drink, bottled	N/A	0.12
Beverages, cranberry-grape juice drink, bottled	N/A	0.12
Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	N/A	1.416
Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	N/A	0.11
Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	N/A	1.25
Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	N/A	0.22
Beverages, Eggnog-flavor mix, powder, prepared with whole milk	N/A	0.112
Beverages, Energy drink, AMP	N/A	2
Beverages, Energy drink, AMP, sugar free	N/A	0.833
Beverages, Energy drink, FULL THROTTLE	N/A	1.667
Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	N/A	10.16
Beverages, Energy drink, RED BULL	N/A	9.827
Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	N/A	8.5
Beverages, Energy drink, ROCKSTAR	N/A	9.82
Beverages, Energy drink, ROCKSTAR, sugar free	N/A	8.333
Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	N/A	0.015
Beverages, Energy drink, VAULT, citrus flavor	N/A	0.015
Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	N/A	0.036
Beverages, fruit juice drink, greater than 3% juice, high vitamin C	N/A	0.036
Beverages, fruit juice drink, reduced sugar, with vitamin E added	N/A	0.015
Beverages, Fruit punch drink, frozen concentrate	N/A	0.074
Beverages, Fruit punch drink, frozen concentrate, prepared with water	N/A	0.021
Beverages, Fruit punch drink, with added nutrients, canned	N/A	0.021
Beverages, fruit punch drink, without added nutrients, canned	N/A	0.021
Beverages, fruit punch juice drink, frozen concentrate	N/A	0.208
Beverages, fruit punch juice drink, frozen concentrate, prepared with water	N/A	0.05
Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	N/A	0.001
Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	N/A	80
Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	N/A	0.204
Beverages, grape drink, canned	N/A	0.01
Beverages, grape juice drink, canned	N/A	0.142
Beverages, Horchata, as served in restaurant	N/A	0.047
Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	N/A	0.009
Beverages, lemonade, frozen concentrate, pink, prepared with water	N/A	0.027
Beverages, Lemonade, powder	N/A	0.13
Beverages, Malt liquor beverage	N/A	0.4
Beverages, malted drink mix, chocolate, powder	N/A	2.003
Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	N/A	0.259

Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	N/A	4.164
Beverages, Malted drink mix, natural, powder, dairy based.	N/A	5.246
Beverages, Malted drink mix, natural, powder, prepared with whole milk	N/A	0.519
Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	N/A	3.993
Beverages, Meal supplement drink, canned, peanut flavor	N/A	6.6
Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	N/A	0.085
Beverages, MINUTE MAID, Lemonada, Limeade	N/A	0.009
Beverages, Mixed vegetable and fruit juice drink, with added nutrients	N/A	0.018
Beverages, MONSTER energy drink, low carb	N/A	8.333
Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	N/A	1.537
Beverages, nutritional shake mix, high protein, powder	N/A	25
Beverages, OCEAN SPRAY, Cran Cherry	N/A	0.026
Beverages, OCEAN SPRAY, Cran Grape	N/A	0.026
Beverages, OCEAN SPRAY, Cran Lemonade	N/A	0.026
Beverages, OCEAN SPRAY, Cran Pomegranate	N/A	0.026
Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	N/A	0.026
Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	N/A	4.167
Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	N/A	0.028
Beverages, OCEAN SPRAY, Diet Cran Cherry	N/A	0.026
Beverages, OCEAN SPRAY, Diet Cranberry Juice	N/A	0.026
Beverages, OCEAN SPRAY, Light Cranberry	N/A	0.026
Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	N/A	0.026
Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	N/A	0.026
Beverages, OCEAN SPRAY, Ruby Red cranberry	N/A	0.026
Beverages, OCEAN SPRAY, White Cranberry Peach	N/A	0.026
Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	N/A	0.21
Beverages, orange and apricot juice drink, canned	N/A	0.2
Beverages, orange breakfast drink, ready-to-drink, with added nutrients	N/A	0.09
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	N/A	0.87
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	N/A	0.253
Beverages, orange drink, canned, with added vitamin C	N/A	0.011
Beverages, Orange juice drink	N/A	5
Beverages, Orange juice, light, No pulp	N/A	0.333
Beverages, Orange-flavor drink, breakfast type, low calorie, powder	N/A	80
Beverages, orange-flavor drink, breakfast type, powder	N/A	8
Beverages, orange-flavor drink, breakfast type, powder, prepared with water	N/A	1.023
Beverages, OVALTINE, chocolate malt powder	N/A	18.182
Beverages, OVALTINE, Classic Malt powder	N/A	18.182
Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	N/A	0.22
Beverages, pineapple and grapefruit juice drink, canned	N/A	0.267
Beverages, pineapple and orange juice drink, canned	N/A	0.207
Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	N/A	0.845
Beverages, POWERADE, Zero, Mixed Berry	N/A	0.833
Beverages, Propel Zero, fruit-flavored, non-carbonated	N/A	4.095
Beverages, Protein powder soy based	N/A	2.357
Beverages, Protein powder whey based	N/A	1.136
Beverages, rice milk, unsweetened	N/A	0.39
Beverages, rich chocolate, powder	N/A	18.182
Beverages, shake, fast food, strawberry	N/A	0.175

Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	N/A	2.39
Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	N/A	0.083
Beverages, tea, green, brewed, decaffeinated	N/A	0.03
Beverages, tea, green, brewed, regular	N/A	0.03
Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	N/A	0.125
Beverages, tea, hibiscus, brewed	N/A	0.04
Beverages, tea, instant, decaffeinated, lemon, diet	N/A	3.88
Beverages, tea, instant, decaffeinated, lemon, sweetened	N/A	0.125
Beverages, tea, instant, decaffeinated, unsweetened	N/A	10.8
Beverages, tea, instant, lemon, diet	N/A	0.02
Beverages, tea, instant, lemon, sweetened, powder	N/A	0.125
Beverages, tea, instant, lemon, sweetened, prepared with water	N/A	0.011
Beverages, tea, instant, lemon, unsweetened	N/A	6.168
Beverages, tea, instant, lemon, with added ascorbic acid	N/A	0.407
Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	N/A	3.88
Beverages, tea, instant, unsweetened, powder	N/A	10.8
Beverages, tea, instant, unsweetened, prepared with water	N/A	0.032
Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	N/A	3.384
Beverages, The COCA-COLA company, Minute Maid, Lemonade	N/A	0.009
Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	N/A	38.442
Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	N/A	38.462
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	N/A	2.26
Beverages, V8 SPLASH Smoothies, Peach Mango	N/A	0.816
Beverages, V8 SPLASH Smoothies, Strawberry Banana	N/A	0.816
Beverages, V8 SPLASH Smoothies, Tropical Colada	N/A	0.813
Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	N/A	0.013
Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	N/A	0.013
Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	N/A	0.844
Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	N/A	0.833
Beverages, Whey protein powder isolate	N/A	11.628
Beverages, Wine, non-alcoholic	N/A	0.1
Beverages, yellow green colored citrus soft drink with caffeine	N/A	2
Biscuits, mixed grain, refrigerated dough	N/A	3.4
Biscuits, plain or buttermilk, dry mix	N/A	4.542
Biscuits, plain or buttermilk, dry mix, prepared	N/A	3.021
Biscuits, plain or buttermilk, frozen, baked	N/A	3.352
Biscuits, plain or buttermilk, prepared from recipe	N/A	2.949
Biscuits, plain or buttermilk, refrigerated dough, higher fat	N/A	3.308
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	N/A	3.684
Biscuits, plain or buttermilk, refrigerated dough, lower fat	N/A	3.295
Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	N/A	3.448
Bison, ground, grass-fed, cooked	N/A	5.966
Bison, ground, grass-fed, raw	N/A	5.322
Blackberries, canned, heavy syrup, solids and liquids	N/A	0.287
Blackberries, frozen, unsweetened	N/A	1.207
Blackberries, raw	N/A	0.646
Blackberries, wild, raw (Alaska Native)	N/A	0.314
Blackberry juice, canned	N/A	0.446
Blood sausage	N/A	1.2
Blueberries, canned, heavy syrup, solids and liquids	N/A	0.113

Blueberries, canned, light syrup, drained	N/A	0.363
Blueberries, dried, sweetened	N/A	1.154
Blueberries, frozen, sweetened	N/A	0.253
Blueberries, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	N/A	0.52
Blueberries, raw	N/A	0.418
Blueberries, wild, canned, heavy syrup, drained	N/A	0.469
Blueberries, wild, frozen (Includes foods for USDA's Food Distribution Program)	N/A	0.61
Bockwurst, pork, veal, raw	N/A	5.616
Bologna, beef	N/A	2.321
Bologna, beef and pork	N/A	2.521
Bologna, beef and pork, low fat	N/A	2.54
Bologna, beef, low fat	N/A	2.5
Bologna, chicken, pork	N/A	3.68
Bologna, chicken, pork, beef	N/A	3.463
Bologna, chicken, turkey, pork	N/A	3.32
Bologna, meat and poultry	N/A	3.187
Bologna, pork	N/A	3.9
Bologna, pork and turkey, lite	N/A	3.072
Bologna, pork, turkey and beef	N/A	3.31
Bologna, turkey	N/A	2.607
Borage, raw	N/A	0.9
Boysenberries, canned, heavy syrup	N/A	0.23
Boysenberries, frozen, unsweetened	N/A	0.767
Bratwurst, beef and pork, smoked	N/A	3.11
Bratwurst, chicken, cooked	N/A	7.551
Bratwurst, pork, beef and turkey, lite, smoked	N/A	1.847
Bratwurst, pork, beef, link	N/A	3.3
Bratwurst, pork, cooked	N/A	4.795
Bratwurst, veal, cooked	N/A	5.43
Braunschweiger (a liver sausage), pork	N/A	8.368
Bread, banana, prepared from recipe, made with margarine	N/A	1.446
Bread, boston brown, canned	N/A	1.12
Bread, chapati or roti, plain, commercially prepared	N/A	6.78
Bread, chapati or roti, whole wheat, commercially prepared, frozen	N/A	4.61
Bread, cheese	N/A	3.279
Bread, cinnamon	N/A	2.822
Bread, cornbread, dry mix, enriched (includes corn muffin mix)	N/A	3.342
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	N/A	2.004
Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	N/A	0.937
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	N/A	2.254
Bread, cracked-wheat	N/A	3.671
Bread, crumbs, dry, grated, plain	N/A	6.634
Bread, crumbs, dry, grated, seasoned	N/A	6.161
Bread, egg	N/A	4.848
Bread, egg, toasted	N/A	4.795
Bread, french or vienna (includes sourdough)	N/A	4.817
Bread, french or vienna, toasted (includes sourdough)	N/A	5.38
Bread, french or vienna, whole wheat	N/A	3.902
Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	N/A	2.775
Bread, gluten-free, white, made with tapioca starch and brown rice flour	N/A	1.405
Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	N/A	1.41
Bread, irish soda, prepared from recipe	N/A	2.405
Bread, Italian	N/A	4.538
Bread, kneel down (Navajo)	N/A	2.49

Bread, multi-grain (includes whole-grain)	N/A	4.042
Bread, multi-grain, toasted (includes whole-grain)	N/A	4.394
Bread, naan, plain, commercially prepared, refrigerated	N/A	5.84
Bread, naan, whole wheat, commercially prepared, refrigerated	N/A	3.58
Bread, oat bran	N/A	4.831
Bread, oat bran, toasted	N/A	4.778
Bread, oatmeal	N/A	3.136
Bread, oatmeal, toasted	N/A	3.068
Bread, pan dulce, sweet yeast bread	N/A	3.463
Bread, paratha, whole wheat, commercially prepared, frozen	N/A	1.83
Bread, pita, white, enriched	N/A	4.632
Bread, pita, white, unenriched	N/A	2.142
Bread, pita, whole-wheat	N/A	2.84
Bread, potato	N/A	1.25
Bread, pound cake type, pan de torta salvadoran	N/A	4.7
Bread, protein (includes gluten)	N/A	4.289
Bread, protein, (includes gluten), toasted	N/A	4.241
Bread, pumpernickel	N/A	3.091
Bread, raisin, enriched	N/A	3.466
Bread, raisin, enriched, toasted	N/A	3.391
Bread, raisin, unenriched	N/A	1.495
Bread, reduced-calorie, oat bran	N/A	3.763
Bread, reduced-calorie, oat bran, toasted	N/A	4.032
Bread, reduced-calorie, oatmeal	N/A	3.03
Bread, reduced-calorie, rye	N/A	2.527
Bread, reduced-calorie, wheat	N/A	3.78
Bread, reduced-calorie, white	N/A	3.641
Bread, rice bran	N/A	6.81
Bread, rice bran, toasted	N/A	6.662
Bread, roll, Mexican, bollilo	N/A	5.585
Bread, rye	N/A	3.805
Bread, rye, toasted	N/A	3.763
Bread, salvadoran sweet cheese (quesadilla salvadorena)	N/A	1.2
Bread, sticks, plain	N/A	5.281
Bread, stuffing, cornbread, dry mix	N/A	4.873
Bread, stuffing, cornbread, dry mix, prepared	N/A	1.247
Bread, stuffing, dry mix	N/A	5.766
Bread, stuffing, dry mix, prepared	N/A	1.422
Bread, wheat	N/A	5.59
Bread, wheat, sprouted	N/A	2.33
Bread, wheat, sprouted, toasted	N/A	2.532
Bread, wheat, toasted	N/A	6.25
Bread, white wheat	N/A	4.455
Bread, white, commercially prepared (includes soft bread crumbs)	N/A	4.78
Bread, white, commercially prepared, low sodium, no salt	N/A	3.969
Bread, white, commercially prepared, toasted	N/A	3.926
Bread, white, commercially prepared, toasted, low sodium no salt	N/A	3.926
Bread, white, prepared from recipe, made with low fat (2%) milk	N/A	3.588
Bread, white, prepared from recipe, made with nonfat dry milk	N/A	3.731
Bread, whole-wheat, commercially prepared	N/A	4.438
Bread, whole-wheat, commercially prepared, toasted	N/A	5.732
Bread, whole-wheat, prepared from recipe	N/A	3.985
Bread, whole-wheat, prepared from recipe, toasted	N/A	3.941
Breadfruit, raw	N/A	0.9
Breakfast bar, corn flake crust with fruit	N/A	13.5
Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	N/A	1.75
Broadbeans (fava beans), mature seeds, canned	N/A	0.96
Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	N/A	0.711
Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	N/A	0.711
Broadbeans (fava beans), mature seeds, raw	N/A	2.832
Broadbeans, immature seeds, raw	N/A	1.5

Broccoli raab, cooked	N/A	2.015
Broccoli raab, raw	N/A	1.221
Broccoli, chinese, cooked	N/A	0.437
Broccoli, cooked, boiled, drained, with salt	N/A	0.553
Broccoli, cooked, boiled, drained, without salt	N/A	0.553
Broccoli, flower clusters, raw	N/A	0.638
Broccoli, frozen, chopped, cooked, boiled, drained, with salt	N/A	0.458
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	N/A	0.458
Broccoli, frozen, chopped, unprepared	N/A	0.47
Broccoli, frozen, spears, cooked, boiled, drained, with salt	N/A	0.458
Broccoli, frozen, spears, cooked, boiled, drained, without salt	N/A	0.458
Broccoli, frozen, spears, unprepared (Includes foods for USDA's Food Distribution Program)	N/A	0.462
Broccoli, raw	N/A	0.639
Broccoli, stalks, raw	N/A	0.638
Brussels sprouts, cooked, boiled, drained, with salt	N/A	0.607
Brussels sprouts, cooked, boiled, drained, without salt	N/A	0.607
Brussels sprouts, frozen, cooked, boiled, drained, with salt	N/A	0.537
Brussels sprouts, frozen, cooked, boiled, drained, without salt	N/A	0.537
Brussels sprouts, frozen, unprepared	N/A	0.638
Brussels sprouts, raw	N/A	0.745
Buckwheat	N/A	7.02
Buckwheat flour, whole-groat	N/A	6.15
Buckwheat groats, roasted, cooked	N/A	0.94
Buckwheat groats, roasted, dry	N/A	5.135
Bulgur, cooked	N/A	1
Bulgur, dry	N/A	5.114
Burdock root, cooked, boiled, drained, with salt	N/A	0.32
Burdock root, cooked, boiled, drained, without salt	N/A	0.32
Burdock root, raw	N/A	0.3
BURGER KING, Cheeseburger	N/A	3.4
BURGER KING, Chicken Strips	N/A	7.96
BURGER KING, CROISSAN'WICH with Egg and Cheese	N/A	2.052
BURGER KING, CROISSAN'WICH with Sausage and Cheese	N/A	4.09
BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	N/A	2.754
BURGER KING, DOUBLE WHOPPER, no cheese	N/A	3.23
BURGER KING, DOUBLE WHOPPER, with cheese	N/A	3
BURGER KING, french fries	N/A	2.163
BURGER KING, french toast sticks	N/A	2.575
BURGER KING, Hamburger	N/A	3.947
BURGER KING, Hash Brown Rounds	N/A	1.98
BURGER KING, Onion Rings	N/A	0.673
BURGER KING, Original Chicken Sandwich	N/A	4.71
BURGER KING, Premium Fish Sandwich	N/A	2.09
BURGER KING, Vanilla Shake	N/A	0.09
BURGER KING, WHOPPER, no cheese	N/A	2.873
BURGER KING, WHOPPER, with cheese	N/A	2.56
Burrito, bean and cheese, frozen	N/A	2.48
Burrito, beef and bean, frozen	N/A	2.889
Burrito, beef and bean, microwaved	N/A	3.566
Butter oil, anhydrous	N/A	0.003
Butter, light, stick, with salt	N/A	0.02
Butter, light, stick, without salt	N/A	0.02
Butter, salted	N/A	0.042
Butter, whipped, with salt	N/A	0.022
Butter, without salt	N/A	0.042
Butterbur, (fuki), raw	N/A	0.2
Butterbur, canned	N/A	0.14
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	N/A	0.428
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	N/A	0.428
Cabbage, chinese (pak-choi), raw	N/A	0.5

Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	N/A	0.5
Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	N/A	0.5
Cabbage, chinese (pe-tsai), raw	N/A	0.4
Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	N/A	0.3
Cabbage, common (danish, domestic, and pointed types), stored, raw	N/A	0.3
Cabbage, common, cooked, boiled, drained, with salt	N/A	0.248
Cabbage, cooked, boiled, drained, without salt	N/A	0.248
Cabbage, japanese style, fresh, pickled	N/A	0.18
Cabbage, kimchi	N/A	1.1
Cabbage, mustard, salted	N/A	0.72
Cabbage, napa, cooked	N/A	0.466
Cabbage, raw	N/A	0.234
Cabbage, red, cooked, boiled, drained, with salt	N/A	0.382
Cabbage, red, cooked, boiled, drained, without salt	N/A	0.382
Cabbage, red, raw	N/A	0.418
Cabbage, savoy, cooked, boiled, drained, with salt	N/A	0.024
Cabbage, savoy, cooked, boiled, drained, without salt	N/A	0.024
Cabbage, savoy, raw	N/A	0.3
Cake, angelfood, commercially prepared	N/A	0.883
Cake, angelfood, dry mix, prepared	N/A	0.171
Cake, boston cream pie, commercially prepared	N/A	0.191
Cake, cheesecake, commercially prepared	N/A	0.195
Cake, cheesecake, prepared from mix, no-bake type	N/A	0.493
Cake, cherry fudge with chocolate frosting	N/A	0.7
Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	N/A	0.773
Cake, chocolate, prepared from recipe without frosting	N/A	1.137
Cake, coffeecake, cheese	N/A	0.682
Cake, coffeecake, cinnamon with crumb topping, commercially prepared, enriched	N/A	1.678
Cake, coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	N/A	0.88
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	N/A	1.519
Cake, coffeecake, creme-filled with chocolate frosting	N/A	0.84
Cake, coffeecake, fruit	N/A	2.573
Cake, fruitcake, commercially prepared	N/A	0.791
Cake, gingerbread, dry mix	N/A	2.55
Cake, gingerbread, prepared from recipe	N/A	1.738
Cake, pineapple upside-down, prepared from recipe	N/A	1.19
Cake, pound, Bimbo Bakeries USA, Panque Casero, home baked style	N/A	0.62
Cake, pound, commercially prepared, butter (includes fresh and frozen)	N/A	1.615
Cake, pound, commercially prepared, fat-free	N/A	0.686
Cake, pound, commercially prepared, other than all butter, enriched	N/A	1.349
Cake, pound, commercially prepared, other than all butter, unenriched	N/A	0.342
Cake, pudding-type, carrot, dry mix	N/A	2.205
Cake, pudding-type, chocolate, dry mix	N/A	2.417
Cake, pudding-type, white, enriched, dry mix	N/A	2.425
Cake, pudding-type, white, unenriched, dry mix	N/A	0.97
Cake, pudding-type, yellow, dry mix	N/A	2.588
Cake, shortcake, biscuit-type, prepared from recipe	N/A	2.573
Cake, snack cakes, creme-filled, chocolate with frosting	N/A	0.925
Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	N/A	2.102
Cake, snack cakes, creme-filled, sponge	N/A	1.549
Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	N/A	2.199

Cake, sponge, commercially prepared	N/A	1.932
Cake, sponge, prepared from recipe	N/A	1.204
Cake, white, dry mix, special dietary (includes lemon-flavored)	N/A	2.395
Cake, white, prepared from recipe with coconut frosting	N/A	1.063
Cake, white, prepared from recipe without frosting	N/A	1.533
Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	N/A	0.8
Cake, yellow, commercially prepared, with vanilla frosting	N/A	0.5
Cake, yellow, enriched, dry mix	N/A	2.315
Cake, yellow, light, dry mix	N/A	1.569
Cake, yellow, prepared from recipe without frosting	N/A	1.456
Cake, yellow, unenriched, dry mix	N/A	0.309
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	N/A	1.352
CAMPBELL'S CHUNKY, Hearty Beef Barley Soup	N/A	1.047
CAMPBELL'S CHUNKY, New England Clam Chowder	N/A	0.47
CAMPBELL'S CHUNKY, Old Fashioned Vegetable Beef Soup	N/A	1.002
CAMPBELL'S, Cream of Mushroom Soup, condensed	N/A	0.363
CAMPBELL'S, Tomato Soup, condensed	N/A	0.858
Canada Goose, breast meat only, skinless, raw	N/A	6.56
Canadian bacon, cooked, pan-fried	N/A	9.988
Canadian bacon, unprepared	N/A	7.227
Candies, 5TH AVENUE Candy Bar	N/A	3.9
Candies, butterscotch	N/A	0.002
Candies, caramels	N/A	0.148
Candies, caramels, chocolate-flavor roll	N/A	0.21
Candies, carob, unsweetened	N/A	1.04
Candies, chocolate covered, caramel with nuts	N/A	4.76
Candies, chocolate covered, low sugar or low calorie	N/A	2.26
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	N/A	0.747
Candies, coconut bar, not chocolate covered	N/A	0.445
Candies, confectioner's coating, butterscotch	N/A	0.049
Candies, confectioner's coating, peanut butter	N/A	8.2
Candies, confectioner's coating, yogurt	N/A	0.154
Candies, crispy bar with peanut butter filling	N/A	3.64
Candies, dark chocolate coated coffee beans	N/A	0.578
Candies, divinity, prepared-from-recipe	N/A	0.015
Candies, fruit snacks, with high vitamin C	N/A	0.008
Candies, fudge, chocolate marshmallow, prepared-from-recipe	N/A	0.163
Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	N/A	0.232
Candies, fudge, chocolate, prepared-from-recipe	N/A	0.176
Candies, fudge, chocolate, with nuts, prepared-from-recipe	N/A	0.315
Candies, fudge, peanut butter, prepared-from-recipe	N/A	1.439
Candies, fudge, vanilla with nuts	N/A	0.179
Candies, fudge, vanilla, prepared-from-recipe	N/A	0.038
Candies, gumdrops, starch jelly pieces	N/A	0.01
Candies, halavah, plain	N/A	2.856
Candies, hard	N/A	0.007
Candies, HEATH BITES	N/A	0.09
Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	N/A	0.62
Candies, HERSHEY'S SKOR Toffee Bar	N/A	0.13
Candies, HERSHEY'S, ALMOND JOY BITES	N/A	0.33
Candies, HERSHEY, KIT KAT BIG KAT Bar	N/A	0.18
Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	N/A	3.64
Candies, HERSHEYS, PAYDAY Bar	N/A	7.166
Candies, honey-combed, with peanut butter	N/A	5.147
Candies, jellybeans	N/A	0.008
Candies, KIT KAT Wafer Bar	N/A	0.5
Candies, KRACKEL Chocolate Bar	N/A	0.26

Candies, M & M MARS 3 MUSKETEERS Truffle Crisp	N/A	0.306
Candies, M & M MARS Pretzel Chocolate Candies	N/A	0.433
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	N/A	0.23
Candies, MARS SNACKFOOD US, M & M's Almond Chocolate Candies	N/A	0.952
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	N/A	0.27
Candies, MARS SNACKFOOD US, M & M's Peanut Butter Chocolate Candies	N/A	4.329
Candies, MARS SNACKFOOD US, M & M's Peanut Chocolate Candies	N/A	3.362
Candies, MARS SNACKFOOD US, MARS Almond Bar	N/A	0.945
Candies, MARS SNACKFOOD US, MILKY WAY Bar	N/A	0.154
Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	N/A	0.218
Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	N/A	0.007
Candies, MARS SNACKFOOD US, SNICKERS Bar	N/A	3.6
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	N/A	0.005
Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	N/A	1.109
Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	N/A	1.11
Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	N/A	2.379
Candies, marshmallows	N/A	0.078
Candies, milk chocolate	N/A	0.386
Candies, milk chocolate coated coffee beans	N/A	0.332
Candies, milk chocolate coated peanuts	N/A	4.249
Candies, milk chocolate, with almonds	N/A	0.742
Candies, milk chocolate, with rice cereal	N/A	0.672
Candies, MOUNDS Candy Bar	N/A	0.277
Candies, MR. GOODBAR Chocolate Bar	N/A	3.44
Candies, NESTLE, 100 GRAND Bar	N/A	0.198
Candies, NESTLE, BABY RUTH Bar	N/A	1.251
Candies, NESTLE, BIT-O'-HONEY Candy Chews	N/A	0.069
Candies, NESTLE, BUTTERFINGER Bar	N/A	2.649
Candies, NESTLE, BUTTERFINGER Crisp	N/A	2.438
Candies, NESTLE, OH HENRY! Bar	N/A	2.545
Candies, nougat, with almonds	N/A	0.478
Candies, peanut bar	N/A	7.922
Candies, peanut brittle, prepared-from-recipe	N/A	2.646
Candies, praline, prepared-from-recipe	N/A	0.415
Candies, REESE'S BITES	N/A	4.33
Candies, REESE'S Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	N/A	2.789
Candies, REESE'S NUTRAGEOUS Candy Bar	N/A	5.25
Candies, REESE'S Peanut Butter Cups	N/A	4.49
Candies, REESE'S PIECES Candy	N/A	6.06
Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	N/A	3.57
Candies, ROLO Caramels in Milk Chocolate	N/A	0.04
Candies, semisweet chocolate	N/A	0.427
Candies, semisweet chocolate, made with butter	N/A	0.427
Candies, sesame crunch	N/A	3.703
Candies, soft fruit and nut squares	N/A	0.178
Candies, sugar-coated almonds	N/A	1
Candies, sweet chocolate	N/A	0.67
Candies, sweet chocolate coated fondant	N/A	0.575
Candies, taffy, prepared-from-recipe	N/A	0.002
Candies, Tamarind	N/A	0.95
Candies, TOBLERONE, milk chocolate with honey and almond nougat	N/A	0.353
Candies, toffee, prepared-from-recipe	N/A	0.029
Candies, TOOTSIE ROLL, chocolate-flavor roll	N/A	0.21
Candies, truffles, prepared-from-recipe	N/A	0.299
Candies, WHATCHAMACALLIT Candy Bar	N/A	2.47
Candies, white chocolate	N/A	0.745
Capers, canned	N/A	0.652

Carambola, (starfruit), raw	N/A	0.367
Cardoon, raw	N/A	0.3
Caribou, hind quarter, meat, cooked (Alaska Native)	N/A	5.89
Carissa, (natal-plum), raw	N/A	0.2
Carob flour	N/A	1.897
CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	N/A	0.903
CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	N/A	6.447
CARRABBA'S ITALIAN GRILL, lasagne	N/A	1.757
CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	N/A	1.597
CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	N/A	1.183
Carrot juice, canned	N/A	0.386
Carrot, dehydrated	N/A	6.567
Carrots, baby, raw	N/A	0.556
Carrots, canned, no salt added, drained solids	N/A	0.552
Carrots, canned, no salt added, solids and liquids	N/A	0.421
Carrots, canned, regular pack, drained solids	N/A	0.552
Carrots, canned, regular pack, solids and liquids	N/A	0.421
Carrots, cooked, boiled, drained, with salt	N/A	0.645
Carrots, cooked, boiled, drained, without salt	N/A	0.645
Carrots, frozen, cooked, boiled, drained, with salt	N/A	0.416
Carrots, frozen, cooked, boiled, drained, without salt	N/A	0.416
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	N/A	0.464
Carrots, raw	N/A	0.983
Cassava, raw	N/A	0.854
Catsup	N/A	1.434
Catsup, low sodium	N/A	1.434
Cattail, Narrow Leaf Shoots (Northern Plains Indians)	N/A	0.44
Cauliflower, cooked, boiled, drained, with salt	N/A	0.41
Cauliflower, cooked, boiled, drained, without salt	N/A	0.41
Cauliflower, frozen, cooked, boiled, drained, with salt	N/A	0.31
Cauliflower, frozen, cooked, boiled, drained, without salt	N/A	0.31
Cauliflower, frozen, unprepared	N/A	0.429
Cauliflower, green, cooked, no salt added	N/A	0.681
Cauliflower, green, cooked, with salt	N/A	0.681
Cauliflower, green, raw	N/A	0.734
Cauliflower, raw	N/A	0.507
Celeriac, cooked, boiled, drained, with salt	N/A	0.427
Celeriac, cooked, boiled, drained, without salt	N/A	0.427
Celeriac, raw	N/A	0.7
Celery, cooked, boiled, drained, with salt	N/A	0.319
Celery, cooked, boiled, drained, without salt	N/A	0.372
Celery, raw	N/A	0.32
Celtuce, raw	N/A	0.55
Cereals ready-to-eat, ALPEN	N/A	2.12
Cereals ready-to-eat, BARBARA'S PUFFINS, original	N/A	1.9
Cereals ready-to-eat, chocolate-flavored frosted puffed corn	N/A	17.637
Cereals ready-to-eat, FAMILIA	N/A	1.8
Cereals ready-to-eat, frosted oat cereal with marshmallows	N/A	17.64
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	N/A	17.9
Cereals ready-to-eat, granola, homemade	N/A	2.739
Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	N/A	7.055
Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	N/A	15.14
Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	N/A	16.67
Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	N/A	19.64
Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	N/A	13.32
Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	N/A	16.67
Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	N/A	16.67
Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	N/A	17.23

Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	N/A	16.67
Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	N/A	32.25
Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	N/A	15.14
Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	N/A	16.12
Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	N/A	9.09
Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	N/A	26.5
Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	N/A	25.167
Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	N/A	17.241
Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	N/A	18.97
Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	N/A	16.67
Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	N/A	16.67
Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	N/A	16.67
Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	N/A	23.51
Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	N/A	8.47
Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	N/A	15.63
Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	N/A	1.33
Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	N/A	5.44
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	N/A	0.22
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	N/A	0.2
Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	N/A	10
Cereals ready-to-eat, POST Bran Flakes	N/A	16.7
Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	N/A	8.5
Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	N/A	10.4
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	N/A	16.7
Cereals ready-to-eat, POST Raisin Bran Cereal	N/A	8.5
Cereals ready-to-eat, POST SELECTS Blueberry Morning	N/A	9.1
Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	N/A	9.6
Cereals ready-to-eat, POST, ALPHA-BITS	N/A	16.7
Cereals ready-to-eat, POST, COCOA PEBBLES	N/A	17.2
Cereals ready-to-eat, POST, FRUITY PEBBLES	N/A	18.52
Cereals ready-to-eat, POST, GOLDEN CRISP	N/A	18.5
Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	N/A	8.62
Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	N/A	17.2
Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	N/A	9.6
Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	N/A	9.1
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	N/A	8.9
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	N/A	17.8
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	N/A	17.2
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	N/A	15.6
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	N/A	16.1
Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	N/A	8.5
Cereals ready-to-eat, POST, Honeycomb Cereal	N/A	15.62
Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	N/A	5.2
Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	N/A	9.62
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	N/A	6.26
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	N/A	5.64
Cereals ready-to-eat, Post, Waffle Crisp	N/A	16.7
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	N/A	9.58
Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	N/A	15.855
Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	N/A	2.308
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	N/A	21.465

Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	N/A	20.75
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	N/A	20.56
Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	N/A	23.961
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	N/A	20.36
Cereals ready-to-eat, QUAKER, Christmas Crunch	N/A	21.736
Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	N/A	4.334
Cereals ready-to-eat, QUAKER, KING VITAMAN	N/A	16.842
Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	N/A	2.371
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	N/A	17.871
Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	N/A	1.89
Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	N/A	1.06
Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	N/A	1.12
Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	N/A	2.7
Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	N/A	1.8
Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	N/A	1.98
Cereals ready-to-eat, QUAKER, Oatmeal Squares	N/A	9.57
Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	N/A	9.51
Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	N/A	2.12
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	N/A	20.389
Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	N/A	18.416
Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	N/A	18.22
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	N/A	17.18
Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	N/A	3.525
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	N/A	5.286
Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	N/A	5.24
Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	N/A	20.382
Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	N/A	9.78
Cereals ready-to-eat, RALSTON Corn Biscuits	N/A	21.833
Cereals ready-to-eat, RALSTON Corn Flakes	N/A	21.033
Cereals ready-to-eat, RALSTON CRISP RICE	N/A	28.967
Cereals ready-to-eat, RALSTON Crispy Hexagons	N/A	24.138
Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	N/A	90.567
Cereals ready-to-eat, RALSTON TASTEEOS	N/A	17.857
Cereals ready-to-eat, rice, puffed, fortified	N/A	35.3
Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	N/A	4.73
Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	N/A	20.62
Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	N/A	5.58
Cereals ready-to-eat, UNCLE SAM CEREAL	N/A	4.803
Cereals ready-to-eat, WEETABIX whole grain cereal	N/A	5.714
Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	N/A	9.09
Cereals ready-to-eat, wheat germ, toasted, plain	N/A	5.59
Cereals ready-to-eat, wheat, puffed, fortified	N/A	35.3
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	N/A	0.799
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	N/A	0.799
Cereals, corn grits, white, regular and quick, enriched, dry	N/A	4.465
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	N/A	0.762
Cereals, corn grits, yellow, regular and quick, unenriched, dry	N/A	1.2

Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	N/A	0.762
Cereals, CREAM OF RICE, cooked with water, with salt	N/A	1.039
Cereals, CREAM OF RICE, dry	N/A	7.46
Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	N/A	0.82
Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	N/A	0.842
Cereals, CREAM OF WHEAT, 1 minute cook time, dry	N/A	6.075
Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	N/A	0.715
Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	N/A	0.803
Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	N/A	8.475
Cereals, CREAM OF WHEAT, instant, dry	N/A	17.857
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	N/A	3.093
Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	N/A	0.585
Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	N/A	0.52
Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	N/A	4.2
Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	N/A	1.493
Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	N/A	13.7
Cereals, farina, enriched, cooked with water, with salt	N/A	1.493
Cereals, farina, unenriched, dry	N/A	0.7
Cereals, MALT-O-MEAL, chocolate, dry	N/A	20.31
Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	N/A	2.65
Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	N/A	19.77
Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	N/A	17.12
Cereals, MALT-O-MEAL, original, plain, dry	N/A	14.28
Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	N/A	1.87
Cereals, oats, instant, fortified, maple and brown sugar, dry	N/A	11.739
Cereals, oats, instant, fortified, plain, dry	N/A	1.035
Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	N/A	3.025
Cereals, oats, instant, fortified, with cinnamon and spice, dry	N/A	9.107
Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	N/A	2.155
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	N/A	2.343
Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	N/A	0.225
Cereals, oats, regular and quick, not fortified, dry	N/A	1.125
Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	N/A	0.225
Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	N/A	7.9
Cereals, QUAKER, corn grits, instant, plain, dry	N/A	9.002
Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	N/A	1.672
Cereals, QUAKER, hominy grits, white, quick, dry	N/A	5.32
Cereals, QUAKER, hominy grits, white, regular, dry	N/A	5.32
Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	N/A	8.14
Cereals, QUAKER, Instant Grits, Butter flavor, dry	N/A	8.45
Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	N/A	8.37
Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	N/A	8.27

Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	N/A	8.97
Cereals, QUAKER, Instant Oatmeal Organic, Regular	N/A	0.78
Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	N/A	14.195
Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	N/A	12.21
Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	N/A	11.31
Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	N/A	13.63
Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	N/A	12.448
Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	N/A	9.2
Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	N/A	8.79
Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	N/A	12.568
Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	N/A	9.085
Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	N/A	10.667
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	N/A	10.47
Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	N/A	11.968
Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	N/A	10.871
Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	N/A	0.8
Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	N/A	1.089
Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	N/A	1.557
Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	N/A	1.33
Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	N/A	1.87
Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	N/A	1.687
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	N/A	3.98
Cereals, QUAKER, Quick Oats with Iron, Dry	N/A	0.823
Cereals, QUAKER, Quick Oats, Dry	N/A	0.82
Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	N/A	10.177
Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	N/A	10.446
Cereals, QUAKER, Whole Wheat Natural Cereal, dry	N/A	5.1
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	N/A	14.06
Cereals, WHEATENA, cooked with water	N/A	0.55
Cereals, WHEATENA, cooked with water, with salt	N/A	0.546
Cereals, WHEATENA, dry	N/A	3.52
Cereals, whole wheat hot natural cereal, cooked with water, with salt	N/A	0.89
Cereals, whole wheat hot natural cereal, cooked with water, without salt	N/A	0.89
Cereals, whole wheat hot natural cereal, dry	N/A	4.9
Chard, swiss, cooked, boiled, drained, with salt	N/A	0.36
Chard, swiss, cooked, boiled, drained, without salt	N/A	0.36
Chard, swiss, raw	N/A	0.4
Chayote, fruit, cooked, boiled, drained, with salt	N/A	0.42
Chayote, fruit, cooked, boiled, drained, without salt	N/A	0.42
Chayote, fruit, raw	N/A	0.47
Cheese food, cold pack, American	N/A	0.074
Cheese food, pasteurized process, American, vitamin D fortified	N/A	0.155
Cheese food, pasteurized process, American, without added vitamin D	N/A	0.155
Cheese food, pasteurized process, swiss	N/A	0.104
Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	N/A	0.18
Cheese product, pasteurized process, American, vitamin D fortified	N/A	0.17
Cheese puffs and twists, corn based, baked, low fat	N/A	7.14
Cheese sauce, prepared from recipe	N/A	0.204
Cheese spread, American or Cheddar cheese base, reduced fat	N/A	0.153
Cheese spread, cream cheese base	N/A	0.95
Cheese spread, pasteurized process, American	N/A	0.131
Cheese substitute, mozzarella	N/A	0.317

Cheese, american cheddar, imitation	N/A	0.13
Cheese, American, nonfat or fat free	N/A	5.56
Cheese, blue	N/A	1.016
Cheese, brick	N/A	0.118
Cheese, brie	N/A	0.38
Cheese, camembert	N/A	0.63
Cheese, caraway	N/A	0.18
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	N/A	0.059
Cheese, cheddar, nonfat or fat free	N/A	0.051
Cheese, cheddar, reduced fat (Includes foods for USDA's Food Distribution Program)	N/A	0.145
Cheese, cheddar, sharp, sliced	N/A	0.039
Cheese, cheshire	N/A	0.08
Cheese, colby	N/A	0.093
Cheese, cottage, creamed, large or small curd	N/A	0.099
Cheese, cottage, creamed, with fruit	N/A	0.15
Cheese, cottage, lowfat, 1% milkfat	N/A	0.128
Cheese, cottage, lowfat, 1% milkfat, lactose reduced	N/A	0.13
Cheese, cottage, lowfat, 1% milkfat, no sodium added	N/A	0.13
Cheese, cottage, lowfat, 1% milkfat, with vegetables	N/A	0.1
Cheese, cottage, lowfat, 2% milkfat	N/A	0.103
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	N/A	0.144
Cheese, cottage, with vegetables	N/A	0.1
Cheese, cream	N/A	0.091
Cheese, cream, fat free	N/A	0.23
Cheese, cream, low fat	N/A	0.125
Cheese, dry white, queso seco	N/A	0.083
Cheese, edam	N/A	0.082
Cheese, feta	N/A	0.991
Cheese, fontina	N/A	0.15
Cheese, fresh, queso fresco	N/A	0.027
Cheese, gjetost	N/A	0.813
Cheese, goat, hard type	N/A	2.4
Cheese, goat, semisoft type	N/A	1.148
Cheese, goat, soft type	N/A	0.43
Cheese, gouda	N/A	0.063
Cheese, gruyere	N/A	0.106
Cheese, limburgier	N/A	0.158
Cheese, low fat, cheddar or colby	N/A	0.051
Cheese, low-sodium, cheddar or colby	N/A	0.086
Cheese, Mexican blend	N/A	0.114
Cheese, Mexican, blend, reduced fat	N/A	0.06
Cheese, mexican, queso anejo	N/A	0.032
Cheese, mexican, queso asadero	N/A	0.181
Cheese, mexican, queso chihuahua	N/A	0.15
Cheese, mexican, queso cotija	N/A	0.114
Cheese, monterey	N/A	0.093
Cheese, monterey, low fat	N/A	0.09
Cheese, mozzarella, low moisture, part-skim	N/A	0.111
Cheese, mozzarella, low moisture, part-skim, shredded	N/A	0.151
Cheese, mozzarella, low sodium	N/A	0.12
Cheese, mozzarella, nonfat	N/A	0.12
Cheese, mozzarella, part skim milk	N/A	0.105
Cheese, mozzarella, whole milk	N/A	0.104
Cheese, mozzarella, whole milk, low moisture	N/A	0.094
Cheese, muenster	N/A	0.103
Cheese, muenster, low fat	N/A	0.1
Cheese, neufchatel	N/A	0.21
Cheese, parmesan, dry grated, reduced fat	N/A	0.114
Cheese, parmesan, grated	N/A	0.08

Cheese, parmesan, hard	N/A	0.271
Cheese, parmesan, low sodium	N/A	0.32
Cheese, parmesan, shredded	N/A	0.287
Cheese, pasteurized process, American, fortified with vitamin D	N/A	0.076
Cheese, pasteurized process, American, low fat	N/A	0.08
Cheese, pasteurized process, American, without added vitamin D	N/A	0.076
Cheese, pasteurized process, cheddar or American, low sodium	N/A	0.07
Cheese, pasteurized process, pimento	N/A	0.078
Cheese, pasteurized process, swiss	N/A	0.038
Cheese, port de salut	N/A	0.06
Cheese, provolone	N/A	0.156
Cheese, provolone, reduced fat	N/A	0.156
Cheese, ricotta, part skim milk	N/A	0.078
Cheese, ricotta, whole milk	N/A	0.137
Cheese, romano	N/A	0.077
Cheese, roquefort	N/A	0.734
Cheese, swiss	N/A	0.064
Cheese, swiss, low fat	N/A	0.09
Cheese, swiss, low sodium	N/A	0.09
Cheese, Swiss, nonfat or fat free	N/A	0.09
Cheese, tilsit	N/A	0.205
Cheese, white, queso blanco	N/A	0.035
Cheesefurter, cheese smokie, pork, beef	N/A	2.9
Cherimoya, raw	N/A	0.644
Cherries, sour, canned, water pack, drained	N/A	0.26
Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	N/A	0.163
Cherries, sour, red, canned, heavy syrup pack, solids and liquids	N/A	0.168
Cherries, sour, red, canned, light syrup pack, solids and liquids	N/A	0.17
Cherries, sour, red, canned, water pack, solids and liquids	N/A	0.177
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	N/A	0.137
Cherries, sour, red, raw	N/A	0.4
Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	N/A	0.388
Cherries, sweet, canned, juice pack, solids and liquids	N/A	0.406
Cherries, sweet, canned, light syrup pack, solids and liquids	N/A	0.403
Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	N/A	0.396
Cherries, sweet, canned, pitted, heavy syrup, drained	N/A	0.396
Cherries, sweet, canned, water pack, solids and liquids	N/A	0.41
Cherries, sweet, raw	N/A	0.154
Cherries, tart, dried, sweetened (Includes foods for USDA's Food Distribution Program)	N/A	0.867
CHICK-FIL-A, Chick-n-Strips	N/A	8.763
CHICK-FIL-A, chicken sandwich	N/A	7.72
CHICK-FIL-A, hash browns	N/A	2.407
Chicken breast tenders, breaded, cooked, microwaved	N/A	6.514
Chicken breast tenders, breaded, uncooked	N/A	5.71
Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	N/A	9.055
Chicken breast, fat-free, mesquite flavor, sliced	N/A	2.742
Chicken breast, oven-roasted, fat-free, sliced	N/A	3.428
Chicken breast, roll, oven-roasted	N/A	6.536
Chicken patty, frozen, cooked	N/A	4.764
Chicken patty, frozen, uncooked	N/A	6.63
Chicken pot pie, frozen entree, prepared	N/A	1.871
Chicken spread	N/A	2.748
Chicken tenders, breaded, frozen, prepared	N/A	5.917
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	N/A	9.45
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	N/A	12.133
Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	N/A	9.6

Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	N/A	9.173
Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	N/A	11.067
Chicken, broiler, rotisserie, BBQ, back meat only	N/A	5.175
Chicken, broiler, rotisserie, BBQ, back, meat and skin	N/A	5.621
Chicken, broiler, rotisserie, BBQ, breast, meat and skin	N/A	9.303
Chicken, broiler, rotisserie, BBQ, breast, meat only	N/A	9.634
Chicken, broiler, rotisserie, BBQ, drumstick, meat and skin	N/A	5.966
Chicken, broiler, rotisserie, BBQ, drumstick, meat only	N/A	5.745
Chicken, broiler, rotisserie, BBQ, skin	N/A	7.082
Chicken, broiler, rotisserie, BBQ, thigh, meat and skin	N/A	5.732
Chicken, broiler, rotisserie, BBQ, thigh, meat only	N/A	5.441
Chicken, broiler, rotisserie, BBQ, wing, meat and skin	N/A	7.454
Chicken, broiler, rotisserie, BBQ, wing, meat only	N/A	7.676
Chicken, broilers or fryers, rotisserie, original seasoning, drumstick, meat and skin, cooked	N/A	5.921
Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	N/A	5.837
Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	N/A	7.297
Chicken, broilers or fryers, back, meat and skin, cooked, roasted	N/A	6.718
Chicken, broilers or fryers, back, meat and skin, cooked, stewed	N/A	4.343
Chicken, broilers or fryers, back, meat and skin, raw	N/A	4.835
Chicken, broilers or fryers, back, meat only, cooked, fried	N/A	7.68
Chicken, broilers or fryers, back, meat only, cooked, roasted	N/A	7.069
Chicken, broilers or fryers, back, meat only, cooked, stewed	N/A	4.556
Chicken, broilers or fryers, back, meat only, raw	N/A	6.672
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	N/A	10.523
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	N/A	13.742
Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	N/A	12.71
Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	N/A	7.807
Chicken, broilers or fryers, breast, meat and skin, raw	N/A	9.908
Chicken, broilers or fryers, breast, meat only, cooked, fried	N/A	14.782
Chicken, broilers or fryers, breast, meat only, cooked, roasted	N/A	13.712
Chicken, broilers or fryers, breast, meat only, cooked, stewed	N/A	8.469
Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	N/A	7.583
Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	N/A	4.832
Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	N/A	5.046
Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	N/A	5.598
Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	N/A	5.198
Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	N/A	5.607
Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	N/A	6.842
Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	N/A	6.359
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	N/A	4.513
Chicken, broilers or fryers, dark meat, meat and skin, raw	N/A	5.211
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	N/A	7.07
Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	N/A	6.548
Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	N/A	4.737
Chicken, broilers or fryers, dark meat, meat only, raw	N/A	6.246
Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	N/A	5.276

Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	N/A	5.742
Chicken, broilers or fryers, dark meat, thigh, meat only, raw	N/A	5.557
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	N/A	5.096
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	N/A	6.037
Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	N/A	5.403
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	N/A	4.204
Chicken, broilers or fryers, drumstick, meat and skin, raw	N/A	4.841
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	N/A	6.146
Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	N/A	4.3
Chicken, broilers or fryers, drumstick, rotisserie, original seasoning, meat only, cooked	N/A	5.958
Chicken, broilers or fryers, giblets, cooked, fried	N/A	10.987
Chicken, broilers or fryers, giblets, cooked, simmered	N/A	6.625
Chicken, broilers or fryers, giblets, raw	N/A	6.662
Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	N/A	5.433
Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	N/A	6.546
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	N/A	6.034
Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	N/A	4.59
Chicken, broilers or fryers, leg, meat and skin, raw	N/A	4.733
Chicken, broilers or fryers, leg, meat only, cooked, fried	N/A	6.688
Chicken, broilers or fryers, leg, meat only, cooked, roasted	N/A	6.053
Chicken, broilers or fryers, leg, meat only, cooked, stewed	N/A	4.798
Chicken, broilers or fryers, leg, meat only, raw	N/A	5.578
Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	N/A	9.156
Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	N/A	12.035
Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	N/A	11.134
Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	N/A	6.935
Chicken, broilers or fryers, light meat, meat and skin, raw	N/A	8.908
Chicken, broilers or fryers, light meat, meat only, cooked, fried	N/A	13.365
Chicken, broilers or fryers, light meat, meat only, cooked, roasted	N/A	12.421
Chicken, broilers or fryers, light meat, meat only, cooked, stewed	N/A	7.79
Chicken, broilers or fryers, light meat, meat only, raw	N/A	10.604
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	N/A	7.083
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	N/A	8.93
Chicken, broilers or fryers, meat and skin and giblets and neck, raw	N/A	6.639
Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	N/A	7.908
Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	N/A	5.389
Chicken, broilers or fryers, meat and skin, cooked, fried, batter	N/A	7.043
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	N/A	8.992
Chicken, broilers or fryers, meat and skin, cooked, roasted	N/A	8.487
Chicken, broilers or fryers, meat and skin, cooked, stewed	N/A	5.594
Chicken, broilers or fryers, meat and skin, raw	N/A	6.801
Chicken, broilers or fryers, meat only, cooked, fried	N/A	9.663
Chicken, broilers or fryers, meat only, cooked, roasted	N/A	9.173
Chicken, broilers or fryers, meat only, cooked, stewed	N/A	6.117
Chicken, broilers or fryers, meat only, raw	N/A	8.239
Chicken, broilers or fryers, neck, meat and skin, cooked simmered	N/A	3.319
Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	N/A	4.528

Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	N/A	5.348
Chicken, broilers or fryers, neck, meat and skin, raw	N/A	3.608
Chicken, broilers or fryers, neck, meat only, cooked, fried	N/A	5.027
Chicken, broilers or fryers, neck, meat only, cooked, simmered	N/A	3.956
Chicken, broilers or fryers, neck, meat only, raw	N/A	4.119
Chicken, broilers or fryers, rotisserie, original seasoning, back, meat and skin, cooked	N/A	5.928
Chicken, broilers or fryers, rotisserie, original seasoning, back, meat only, cooked	N/A	6
Chicken, broilers or fryers, rotisserie, original seasoning, breast, meat and skin, cooked	N/A	9.397
Chicken, broilers or fryers, rotisserie, original seasoning, breast, meat only, cooked	N/A	9.233
Chicken, broilers or fryers, rotisserie, original seasoning, skin only, cooked	N/A	5.737
Chicken, broilers or fryers, rotisserie, original seasoning, thigh, meat and skin, cooked	N/A	5.487
Chicken, broilers or fryers, rotisserie, original seasoning, thigh, meat only, cooked	N/A	5.433
Chicken, broilers or fryers, rotisserie, original seasoning, wing, meat and skin, cooked	N/A	6.912
Chicken, broilers or fryers, rotisserie, original seasoning, wing, meat only, cooked	N/A	7.5
Chicken, broilers or fryers, separable fat, raw	N/A	2.041
Chicken, broilers or fryers, skin only, cooked, fried, batter	N/A	3.342
Chicken, broilers or fryers, skin only, cooked, fried, flour	N/A	5.818
Chicken, broilers or fryers, skin only, cooked, roasted	N/A	5.581
Chicken, broilers or fryers, skin only, cooked, stewed	N/A	3.756
Chicken, broilers or fryers, skin only, raw	N/A	3.987
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	N/A	5.715
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	N/A	6.946
Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	N/A	5.789
Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	N/A	4.894
Chicken, broilers or fryers, thigh, meat and skin, raw	N/A	4.625
Chicken, broilers or fryers, thigh, meat only, cooked, fried	N/A	7.12
Chicken, broilers or fryers, thigh, meat only, cooked, roasted	N/A	6.208
Chicken, broilers or fryers, thigh, meat only, cooked, stewed	N/A	5.2
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	N/A	5.265
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	N/A	6.697
Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	N/A	6.32
Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	N/A	4.621
Chicken, broilers or fryers, wing, meat and skin, raw	N/A	5.697
Chicken, broilers or fryers, wing, meat only, cooked, fried	N/A	7.239
Chicken, broilers or fryers, wing, meat only, cooked, roasted	N/A	7.312
Chicken, broilers or fryers, wing, meat only, cooked, stewed	N/A	5.2
Chicken, broilers or fryers, wing, meat only, raw	N/A	7.359
Chicken, canned, meat only, with broth	N/A	6.329
Chicken, canned, no broth	N/A	2.4
Chicken, capons, giblets, cooked, simmered	N/A	4.12
Chicken, capons, giblets, raw	N/A	6.984
Chicken, capons, meat and skin and giblets and neck, cooked, roasted	N/A	8.415
Chicken, capons, meat and skin and giblets and neck, raw	N/A	7.074
Chicken, capons, meat and skin, cooked, roasted	N/A	8.947
Chicken, capons, meat and skin, raw	N/A	7.273
Chicken, cornish game hens, meat and skin, cooked, roasted	N/A	5.897
Chicken, cornish game hens, meat and skin, raw	N/A	5.675
Chicken, cornish game hens, meat only, cooked, roasted	N/A	6.273
Chicken, cornish game hens, meat only, raw	N/A	6.744

Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	N/A	4.832
Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	N/A	5.684
Chicken, dark meat, drumstick, meat and skin, with added solution, raw	N/A	4.612
Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	N/A	5.07
Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	N/A	5.913
Chicken, dark meat, drumstick, meat only, with added solution, raw	N/A	4.94
Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	N/A	5.679
Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	N/A	5.898
Chicken, dark meat, thigh, meat and skin, with added solution, raw	N/A	4.458
Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	N/A	6.33
Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	N/A	6.343
Chicken, dark meat, thigh, meat only, with added solution, raw	N/A	5.3
Chicken, feet, boiled	N/A	0.4
Chicken, gizzard, all classes, cooked, simmered	N/A	3.12
Chicken, gizzard, all classes, raw	N/A	3.68
Chicken, ground, crumbles, cooked, pan-browned	N/A	7.107
Chicken, ground, raw	N/A	5.575
Chicken, heart, all classes, cooked, simmered	N/A	2.803
Chicken, heart, all classes, raw	N/A	4.883
Chicken, liver, all classes, cooked, pan-fried	N/A	13.925
Chicken, liver, all classes, cooked, simmered	N/A	11.045
Chicken, liver, all classes, raw	N/A	9.728
Chicken, meatless	N/A	1.454
Chicken, meatless, breaded, fried	N/A	12.766
Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	N/A	3.275
Chicken, nuggets, white meat, precooked, frozen, not reheated	N/A	6.736
Chicken, roasting, dark meat, meat only, cooked, roasted	N/A	5.736
Chicken, roasting, dark meat, meat only, raw	N/A	5.878
Chicken, roasting, giblets, cooked, simmered	N/A	4.032
Chicken, roasting, giblets, raw	N/A	6.208
Chicken, roasting, light meat, meat only, cooked, roasted	N/A	10.469
Chicken, roasting, light meat, meat only, raw	N/A	10.217
Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	N/A	7.031
Chicken, roasting, meat and skin and giblets and neck, raw	N/A	6.427
Chicken, roasting, meat and skin, cooked, roasted	N/A	7.418
Chicken, roasting, meat only, cooked, roasted	N/A	7.881
Chicken, roasting, meat only, raw	N/A	7.875
Chicken, skin (drumsticks and thighs), cooked, braised	N/A	3.4
Chicken, skin (drumsticks and thighs), cooked, roasted	N/A	3.917
Chicken, skin (drumsticks and thighs), raw	N/A	2.565
Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	N/A	3.3
Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	N/A	4.045
Chicken, skin (drumsticks and thighs), with added solution, raw	N/A	2.655
Chicken, stewing, dark meat, meat only, cooked, stewed	N/A	4.556
Chicken, stewing, dark meat, meat only, raw	N/A	5.405
Chicken, stewing, giblets, cooked, simmered	N/A	4.971
Chicken, stewing, giblets, raw	N/A	8.53
Chicken, stewing, light meat, meat only, cooked, stewed	N/A	8.538

Chicken, stewing, light meat, meat only, raw	N/A	9.915
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	N/A	5.677
Chicken, stewing, meat and skin, and giblets and neck, raw	N/A	6.383
Chicken, stewing, meat and skin, cooked, stewed	N/A	5.798
Chicken, stewing, meat and skin, raw	N/A	6.262
Chicken, stewing, meat only, cooked, stewed	N/A	6.408
Chicken, stewing, meat only, raw	N/A	7.477
Chicken, thighs, frozen, breaded, reheated	N/A	4.263
Chicken, wing, frozen, glazed, barbecue flavored	N/A	5.5
Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	N/A	6.03
Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	N/A	7.1
Chickpea flour (besan)	N/A	1.762
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	N/A	0.14
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	N/A	0.125
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	N/A	0.13
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	N/A	0.13
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	N/A	0.526
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	N/A	0.526
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	N/A	1.541
Chicory greens, raw	N/A	0.5
Chicory roots, raw	N/A	0.4
Chicory, witloof, raw	N/A	0.16
Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	N/A	1.614
Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	N/A	0.96
Chili con carne with beans, canned entree	N/A	0.782
Chili with beans, canned	N/A	0.358
Chili with beans, microwavable bowls	N/A	0.941
Chili, no beans, canned entree	N/A	1.245
Chives, freeze-dried	N/A	5.9
Chives, raw	N/A	0.647
Chocolate, dark, 45- 59% cacao solids	N/A	0.725
Chocolate, dark, 60-69% cacao solids	N/A	0.838
Chocolate, dark, 70-85% cacao solids	N/A	1.054
Chocolate-flavored hazelnut spread	N/A	0.427
Chokecherries, raw, pitted (Northern Plains Indians)	N/A	0.628
Chrysanthemum leaves, raw	N/A	0.531
Chrysanthemum, garland, cooked, boiled, drained, with salt	N/A	0.72
Chrysanthemum, garland, cooked, boiled, drained, without salt	N/A	0.72
Chrysanthemum, garland, raw	N/A	0.531
Cinnamon buns, frosted (includes honey buns)	N/A	2.404
Clementines, raw	N/A	0.636
Clif Z bar	N/A	0.478
Cocoa, dry powder, hi-fat or breakfast, processed with alkali	N/A	1.8
Cocoa, dry powder, unsweetened	N/A	2.185
Cocoa, dry powder, unsweetened, processed with alkali	N/A	2.4
Collards, cooked, boiled, drained, with salt	N/A	0.575
Collards, cooked, boiled, drained, without salt	N/A	0.575
Collards, frozen, chopped, cooked, boiled, drained, with salt	N/A	0.635
Collards, frozen, chopped, cooked, boiled, drained, without salt	N/A	0.635
Collards, frozen, chopped, unprepared	N/A	0.641
Collards, raw	N/A	0.742

Cookie, butter or sugar, with chocolate icing or filling	N/A	2.1
Cookie, chocolate, with icing or coating	N/A	2.5
Cookie, vanilla with caramel, coconut, and chocolate coating	N/A	1.2
Cookie, with peanut butter filling, chocolate-coated	N/A	4.5
Cookies, animal crackers (includes arrowroot, tea biscuits)	N/A	3.47
Cookies, animal, with frosting or icing	N/A	1.7
Cookies, brownies, commercially prepared	N/A	1.721
Cookies, brownies, commercially prepared, reduced fat, with added fiber	N/A	1.441
Cookies, brownies, dry mix, regular	N/A	1.882
Cookies, brownies, dry mix, sugar free	N/A	1.24
Cookies, brownies, prepared from recipe	N/A	0.982
Cookies, butter, commercially prepared, enriched	N/A	3.19
Cookies, butter, commercially prepared, unenriched	N/A	0.32
Cookies, chocolate chip sandwich, with creme filling	N/A	1.831
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	N/A	2.665
Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	N/A	0.473
Cookies, chocolate chip, commercially prepared, regular, lower fat	N/A	1.982
Cookies, chocolate chip, commercially prepared, soft-type	N/A	2.06
Cookies, chocolate chip, commercially prepared, special dietary	N/A	2.843
Cookies, chocolate chip, dry mix	N/A	1.99
Cookies, chocolate chip, prepared from recipe, made with butter	N/A	1.365
Cookies, chocolate chip, prepared from recipe, made with margarine	N/A	1.362
Cookies, chocolate chip, refrigerated dough	N/A	1.975
Cookies, chocolate chip, refrigerated dough, baked	N/A	1.975
Cookies, chocolate cream covered biscuit sticks	N/A	0.641
Cookies, chocolate sandwich, with creme filling, reduced fat	N/A	2.235
Cookies, chocolate sandwich, with creme filling, regular	N/A	2.603
Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	N/A	1.373
Cookies, chocolate sandwich, with creme filling, special dietary	N/A	3.971
Cookies, chocolate sandwich, with extra creme filling	N/A	1.937
Cookies, chocolate wafers	N/A	2.858
Cookies, chocolate, made with rice cereal	N/A	3.539
Cookies, coconut macaroon	N/A	0.22
Cookies, fig bars	N/A	1.874
Cookies, fortune	N/A	1.84
Cookies, fudge, cake-type (includes trolley cakes)	N/A	1.203
Cookies, gingersnaps	N/A	3.235
Cookies, gluten-free, chocolate sandwich, with creme filling	N/A	0.39
Cookies, gluten-free, lemon wafer	N/A	0.065
Cookies, graham crackers, chocolate-coated	N/A	1.7
Cookies, graham crackers, plain or honey (includes cinnamon)	N/A	4.439
Cookies, graham crackers, plain or honey, lowfat	N/A	3.818
Cookies, ladyfingers, with lemon juice and rind	N/A	2.104
Cookies, ladyfingers, without lemon juice and rind	N/A	2.104
Cookies, Marie biscuit	N/A	3.861
Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	N/A	0.784
Cookies, marshmallow, with rice cereal and chocolate chips	N/A	5.455
Cookies, molasses	N/A	3.031
Cookies, oatmeal sandwich, with creme filling	N/A	1.146
Cookies, oatmeal, commercially prepared, regular	N/A	2.227
Cookies, oatmeal, commercially prepared, soft-type	N/A	1.823
Cookies, oatmeal, commercially prepared, special dietary	N/A	3.236
Cookies, oatmeal, dry mix	N/A	1.3
Cookies, oatmeal, prepared from recipe, without raisins	N/A	1.311
Cookies, oatmeal, reduced fat	N/A	1.537
Cookies, oatmeal, refrigerated dough	N/A	1.865

Cookies, oatmeal, refrigerated dough, baked	N/A	1.865
Cookies, oatmeal, with raisins	N/A	2.071
Cookies, peanut butter sandwich, regular	N/A	3.739
Cookies, peanut butter sandwich, special dietary	N/A	5.259
Cookies, peanut butter, commercially prepared, regular	N/A	3.86
Cookies, peanut butter, commercially prepared, soft-type	N/A	2.16
Cookies, peanut butter, commercially prepared, sugar free	N/A	5.538
Cookies, peanut butter, prepared from recipe	N/A	3.514
Cookies, peanut butter, refrigerated dough	N/A	4.143
Cookies, peanut butter, refrigerated dough, baked	N/A	4.098
Cookies, raisin, soft-type	N/A	1.967
Cookies, shortbread, commercially prepared, pecan	N/A	2.481
Cookies, shortbread, commercially prepared, plain	N/A	3.275
Cookies, shortbread, reduced fat	N/A	3.275
Cookies, sugar wafer, chocolate-covered	N/A	0.642
Cookies, sugar wafer, with creme filling, sugar free	N/A	1.8
Cookies, sugar wafers with creme filling, regular	N/A	2.183
Cookies, sugar, commercially prepared, regular (includes vanilla)	N/A	2.942
Cookies, sugar, refrigerated dough	N/A	2.412
Cookies, sugar, refrigerated dough, baked	N/A	2.412
Cookies, vanilla sandwich with creme filling	N/A	2.69
Cookies, vanilla sandwich with creme filling, reduced fat	N/A	3.006
Cookies, vanilla wafers, higher fat	N/A	3.307
Cookies, vanilla wafers, lower fat	N/A	3.106
Coriander (cilantro) leaves, raw	N/A	1.114
Corn bran, crude	N/A	2.735
Corn dogs, frozen, prepared	N/A	2.786
Corn flour, masa, enriched, white	N/A	9.932
Corn flour, masa, unenriched, white	N/A	1.634
Corn flour, whole-grain, blue (harina de maiz morado)	N/A	2.6
Corn flour, whole-grain, white	N/A	1.9
Corn flour, whole-grain, yellow	N/A	1.9
Corn flour, yellow, degermed, unenriched	N/A	2.656
Corn flour, yellow, masa, enriched	N/A	9.932
Corn grain, white	N/A	3.627
Corn grain, yellow	N/A	3.627
Corn pudding, home prepared	N/A	1.033
Corn with red and green peppers, canned, solids and liquids	N/A	0.95
Corn, dried, yellow (Northern Plains Indians)	N/A	8.25
Corn, sweet, white, canned, cream style, no salt added	N/A	0.96
Corn, sweet, white, canned, cream style, regular pack	N/A	0.96
Corn, sweet, white, canned, vacuum pack, no salt added	N/A	1.167
Corn, sweet, white, canned, vacuum pack, regular pack	N/A	1.167
Corn, sweet, white, canned, whole kernel, drained solids	N/A	1.005
Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	N/A	0.939
Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	N/A	0.939
Corn, sweet, white, cooked, boiled, drained, with salt	N/A	1.666
Corn, sweet, white, cooked, boiled, drained, without salt	N/A	1.666
Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	N/A	1.299
Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	N/A	1.299
Corn, sweet, white, frozen, kernels cut off cob, unprepared	N/A	1.726
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	N/A	1.517
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	N/A	1.517
Corn, sweet, white, frozen, kernels on cob, unprepared	N/A	1.681
Corn, sweet, white, raw	N/A	1.7

Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	N/A	0.884
Corn, sweet, yellow, canned, cream style, no salt added	N/A	0.96
Corn, sweet, yellow, canned, cream style, regular pack	N/A	0.96
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	N/A	0.78
Corn, sweet, yellow, canned, no salt added, solids and liquids (Includes foods for USDA's Food Distribution Program)	N/A	0.884
Corn, sweet, yellow, canned, vacuum pack, no salt added	N/A	1.167
Corn, sweet, yellow, canned, vacuum pack, regular pack	N/A	1.167
Corn, sweet, yellow, canned, whole kernel, drained solids	N/A	1.005
Corn, sweet, yellow, cooked, boiled, drained, with salt	N/A	1.683
Corn, sweet, yellow, cooked, boiled, drained, without salt	N/A	1.683
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	N/A	1.311
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	N/A	1.739
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	N/A	1.517
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	N/A	1.517
Corn, sweet, yellow, frozen, kernels on cob, unprepared	N/A	1.681
Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	N/A	1.311
Corn, sweet, yellow, raw	N/A	1.77
Corn, yellow, whole kernel, frozen, microwaved	N/A	2.07
Corned beef loaf, jellied	N/A	1.76
Cornmeal, degermed, enriched, white	N/A	4.968
Cornmeal, degermed, enriched, yellow	N/A	4.968
Cornmeal, degermed, unenriched, white	N/A	1
Cornmeal, degermed, unenriched, yellow	N/A	1
Cornmeal, white, self-rising, bolted, plain, enriched	N/A	5.291
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	N/A	5.202
Cornmeal, white, self-rising, degermed, enriched	N/A	4.566
Cornmeal, whole-grain, white	N/A	3.632
Cornmeal, whole-grain, yellow	N/A	3.632
Cornmeal, yellow, self-rising, bolted, plain, enriched	N/A	5.291
Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	N/A	5.202
Cornmeal, yellow, self-rising, degermed, enriched	N/A	4.566
Cornsalad, raw	N/A	0.415
Couscous, cooked	N/A	0.983
Couscous, dry	N/A	3.49
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	N/A	1.403
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	N/A	1.403
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	N/A	0.728
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	N/A	0.728
Cowpeas (blackeyes), immature seeds, frozen, unprepared	N/A	0.811
Cowpeas (blackeyes), immature seeds, raw	N/A	1.45
Cowpeas, catjang, mature seeds, cooked, boiled, with salt	N/A	0.714
Cowpeas, catjang, mature seeds, cooked, boiled, without salt	N/A	0.714
Cowpeas, catjang, mature seeds, raw	N/A	2.795
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	N/A	0.431
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	N/A	0.354

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	N/A	0.495
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	N/A	0.495
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	N/A	2.075
Cowpeas, leafy tips, cooked, boiled, drained, with salt	N/A	1.008
Cowpeas, leafy tips, cooked, boiled, drained, without salt	N/A	1.008
Cowpeas, leafy tips, raw	N/A	1.12
Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	N/A	0.8
Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	N/A	0.8
Cowpeas, young pods with seeds, raw	N/A	1.2
Crabapples, raw	N/A	0.1
CRACKER BARREL, chicken tenderloin platter, fried	N/A	6.733
CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	N/A	7.01
CRACKER BARREL, coleslaw	N/A	0.28
CRACKER BARREL, country fried shrimp platter	N/A	0.87
CRACKER BARREL, farm raised catfish platter	N/A	3.06
CRACKER BARREL, grilled sirloin steak	N/A	6.403
CRACKER BARREL, macaroni n' cheese	N/A	0.71
CRACKER BARREL, macaroni n' cheese plate, from kid's menu	N/A	0.677
CRACKER BARREL, onion rings, thick-cut	N/A	0.86
CRACKER BARREL, steak fries	N/A	2.417
Cracker, meal	N/A	5.707
Crackers, cheese, low sodium	N/A	4.671
Crackers, cheese, reduced fat	N/A	7.17
Crackers, cheese, regular	N/A	6.113
Crackers, cheese, sandwich-type with cheese filling	N/A	3.478
Crackers, cheese, sandwich-type with peanut butter filling	N/A	5.831
Crackers, cheese, whole grain	N/A	5.13
Crackers, cream, Gamesa Sabrosas	N/A	5.08
Crackers, crispbread, rye	N/A	1.04
Crackers, flavored, fish-shaped	N/A	6.408
Crackers, gluten-free, multi-seeded and multigrain	N/A	4.833
Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	N/A	0.63
Crackers, matzo, egg	N/A	5.08
Crackers, matzo, egg and onion	N/A	4.891
Crackers, matzo, plain	N/A	3.892
Crackers, matzo, whole-wheat	N/A	5.41
Crackers, melba toast, plain	N/A	4.113
Crackers, melba toast, plain, without salt	N/A	4.113
Crackers, melba toast, rye (includes pumpernickel)	N/A	4.718
Crackers, melba toast, wheat	N/A	5.083
Crackers, milk	N/A	4.43
Crackers, multigrain	N/A	3.4
Crackers, rusk toast	N/A	4.625
Crackers, rye, sandwich-type with cheese filling	N/A	3.57
Crackers, rye, wafers, plain	N/A	1.581
Crackers, rye, wafers, seasoned	N/A	2.474
Crackers, saltines (includes oyster, soda, soup)	N/A	6.442
Crackers, saltines, fat-free, low-sodium	N/A	5.714
Crackers, saltines, low salt (includes oyster, soda, soup)	N/A	5.235
Crackers, saltines, unsalted tops (includes oyster, soda, soup)	N/A	5.249
Crackers, saltines, whole wheat (includes multi-grain)	N/A	4.427
Crackers, sandwich-type, peanut butter filled, reduced fat	N/A	4.683
Crackers, standard snack-type, regular	N/A	4.352
Crackers, standard snack-type, regular, low salt	N/A	4.048
Crackers, standard snack-type, sandwich, with cheese filling	N/A	3.766
Crackers, standard snack-type, sandwich, with peanut butter filling	N/A	6.114

Crackers, standard snack-type, with whole wheat	N/A	4.453
Crackers, toast thins, low sodium	N/A	3.723
Crackers, water biscuits	N/A	1.154
Crackers, wheat, low salt	N/A	4.961
Crackers, wheat, reduced fat	N/A	5.123
Crackers, wheat, regular	N/A	4.022
Crackers, wheat, sandwich, with cheese filling	N/A	3.185
Crackers, wheat, sandwich, with peanut butter filling	N/A	5.877
Crackers, whole grain, sandwich-type, with peanut butter filling	N/A	6.277
Crackers, whole-wheat	N/A	4.63
Crackers, whole-wheat, low salt	N/A	4.519
Crackers, whole-wheat, reduced fat	N/A	5.225
Cranberries, dried, sweetened (Includes foods for USDA's Food Distribution Program)	N/A	0.548
Cranberries, raw	N/A	0.101
Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	N/A	0.094
Cranberry juice cocktail, bottled	N/A	0.041
Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	N/A	0.004
Cranberry juice cocktail, frozen concentrate	N/A	0.04
Cranberry juice cocktail, frozen concentrate, prepared with water	N/A	0.009
Cranberry juice, unsweetened	N/A	0.091
Cranberry sauce, canned, sweetened	N/A	0.1
Cranberry-orange relish, canned	N/A	0.1
Cream puff shell, prepared from recipe	N/A	1.567
Cream puff, eclair, custard or cream filled, iced	N/A	1.908
Cream substitute, flavored, liquid	N/A	0.091
Cream substitute, flavored, powdered	N/A	0.084
Cream, fluid, half and half	N/A	0.109
Cream, fluid, heavy whipping	N/A	0.064
Cream, fluid, light (coffee cream or table cream)	N/A	0.09
Cream, fluid, light whipping	N/A	0.042
Cream, half and half, fat free	N/A	0.124
Cream, sour, cultured	N/A	0.093
Cream, sour, reduced fat, cultured	N/A	0.067
Cream, whipped, cream topping, pressurized	N/A	0.07
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	N/A	0.02
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	N/A	0.04
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	N/A	0.04
Cress, garden, cooked, boiled, drained, with salt	N/A	0.8
Cress, garden, cooked, boiled, drained, without salt	N/A	0.8
Cress, garden, raw	N/A	1
Croissants, apple	N/A	1.6
Croissants, butter	N/A	2.188
Croissants, cheese	N/A	2.16
Croutons, plain	N/A	5.439
Croutons, seasoned	N/A	4.646
Crunchmaster, Multi-Grain Crisps, Snack Crackers, Gluten-Free	N/A	4.57
Crustaceans, crab, alaska king, cooked, moist heat	N/A	1.34
Crustaceans, crab, alaska king, imitation, made from surimi	N/A	0.62
Crustaceans, crab, alaska king, raw	N/A	1.1
Crustaceans, crab, blue, canned	N/A	2.747
Crustaceans, crab, blue, cooked, moist heat	N/A	2.747
Crustaceans, crab, blue, crab cakes, home recipe	N/A	2.9
Crustaceans, crab, blue, raw	N/A	2.7
Crustaceans, crab, dungeness, cooked, moist heat	N/A	3.623
Crustaceans, crab, dungeness, raw	N/A	3.14

Crustaceans, crab, queen, cooked, moist heat	N/A	2.885
Crustaceans, crab, queen, raw	N/A	2.5
Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	N/A	1.667
Crustaceans, crayfish, mixed species, farmed, raw	N/A	1.867
Crustaceans, crayfish, mixed species, wild, cooked, moist heat	N/A	2.28
Crustaceans, crayfish, mixed species, wild, raw	N/A	2.208
Crustaceans, lobster, northern, cooked, moist heat	N/A	1.83
Crustaceans, lobster, northern, raw	N/A	1.591
Crustaceans, shrimp, mixed species, canned	N/A	0.558
Crustaceans, shrimp, mixed species, cooked, breaded and fried	N/A	3.07
Crustaceans, shrimp, mixed species, cooked, moist heat (may contain additives to retain moisture)	N/A	2.678
Crustaceans, shrimp, mixed species, imitation, made from surimi	N/A	0.17
Crustaceans, shrimp, mixed species, raw (may contain additives to retain moisture)	N/A	1.778
Crustaceans, spiny lobster, mixed species, cooked, moist heat	N/A	4.898
Crustaceans, spiny lobster, mixed species, raw	N/A	4.245
Cucumber, peeled, raw	N/A	0.037
Cucumber, with peel, raw	N/A	0.098
Currants, european black, raw	N/A	0.3
Currants, red and white, raw	N/A	0.1
Currants, zante, dried	N/A	1.615
Dandelion greens, cooked, boiled, drained, with salt	N/A	0.514
Dandelion greens, cooked, boiled, drained, without salt	N/A	0.514
Dandelion greens, raw	N/A	0.806
Danish pastry, cheese	N/A	2
Danish pastry, cinnamon, enriched	N/A	2.867
Danish pastry, cinnamon, unenriched	N/A	1.1
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	N/A	1.992
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	N/A	0.769
Danish pastry, lemon, unenriched	N/A	0.769
Danish pastry, raspberry, unenriched	N/A	0.769
Dates, deglet noor	N/A	1.274
Dates, medjool	N/A	1.61
DENNY'S, chicken nuggets, star shaped, from kid's menu	N/A	6.353
DENNY'S, chicken strips	N/A	8.073
DENNY'S, coleslaw	N/A	0.263
DENNY'S, fish fillet, battered or breaded, fried	N/A	2.66
DENNY'S, french fries	N/A	2.717
DENNY'S, golden fried shrimp	N/A	2.467
DENNY'S, hash browns	N/A	2.17
DENNY'S, macaroni & cheese, from kid's menu	N/A	0.87
DENNY'S, mozzarella cheese sticks	N/A	0.98
DENNY'S, onion rings	N/A	0.863
DENNY'S, spaghetti and meatballs	N/A	2
DENNY'S, top sirloin steak	N/A	5.31
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	N/A	0.06
Desserts, apple crisp, prepared-from-recipe	N/A	0.846
Desserts, egg custard, baked, prepared-from-recipe	N/A	0.105
Desserts, flan, caramel custard, prepared-from-recipe	N/A	0.082
Desserts, mousse, chocolate, prepared-from-recipe	N/A	0.146
Desserts, rennin, chocolate, dry mix	N/A	0.306
Desserts, rennin, vanilla, dry mix	N/A	0.001
DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	N/A	3.553
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	N/A	1.268
DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	N/A	1.283
DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	N/A	3.723

DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	N/A	1.564
DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	N/A	2.053
DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	N/A	1.605
DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	N/A	2.013
Dill weed, fresh	N/A	1.57
Dip, bean, original flavor	N/A	0.43
Dip, FRITO'S, bean, original flavor	N/A	0.43
Dip, salsa con queso, cheese and salsa- medium	N/A	0.136
Dip, TOSTITOS, salsa con queso, medium	N/A	0.15
Dock, raw	N/A	0.5
DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	N/A	3.35
DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	N/A	1.01
DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	N/A	3.51
DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	N/A	3.25
DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	N/A	3.46
DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	N/A	2.07
DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	N/A	3.25
DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	N/A	3.35
DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	N/A	1.62
DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	N/A	3.31
Doughnuts, cake-type, chocolate, sugared or glazed	N/A	0.47
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	N/A	2.91
Doughnuts, cake-type, plain, chocolate-coated or frosted	N/A	1.59
Doughnuts, cake-type, plain, sugared or glazed	N/A	1.512
Doughnuts, french crullers, glazed	N/A	2.13
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	N/A	2.61
Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	N/A	0.65
Doughnuts, yeast-leavened, with creme filling	N/A	2.242
Doughnuts, yeast-leavened, with jelly filling	N/A	2.137
Dove, cooked (includes squab)	N/A	7.6
Dressing, honey mustard, fat-free	N/A	0.151
Drumstick leaves, cooked, boiled, drained, with salt	N/A	1.995
Drumstick leaves, cooked, boiled, drained, without salt	N/A	1.995
Drumstick leaves, raw	N/A	2.22
Drumstick pods, cooked, boiled, drained, with salt	N/A	0.59
Drumstick pods, cooked, boiled, drained, without salt	N/A	0.59
Drumstick pods, raw	N/A	0.62
Duck, domesticated, liver, raw	N/A	6.5
Duck, domesticated, meat and skin, cooked, roasted	N/A	4.825
Duck, domesticated, meat and skin, raw	N/A	3.934
Duck, domesticated, meat only, cooked, roasted	N/A	5.1
Duck, domesticated, meat only, raw	N/A	5.3
Duck, wild, breast, meat only, raw	N/A	3.444
Duck, wild, meat and skin, raw	N/A	3.317
Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	N/A	7.855
Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	N/A	10.35
Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	N/A	5.77
Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	N/A	5.33
Dulce de Leche	N/A	0.21
Dumpling, potato- or cheese-filled, frozen	N/A	2.198
Durian, raw or frozen	N/A	1.074
Dutch brand loaf, chicken, pork and beef	N/A	3.384
Edamame, frozen, prepared	N/A	0.915
Edamame, frozen, unprepared	N/A	0.925
Egg custards, dry mix	N/A	0.32

Egg custards, dry mix, prepared with 2% milk	N/A	0.135
Egg custards, dry mix, prepared with whole milk	N/A	0.132
Egg rolls, chicken, refrigerated, heated	N/A	3.63
Egg rolls, pork, refrigerated, heated	N/A	2.25
Egg rolls, vegetable, frozen, prepared	N/A	2.519
Egg substitute, liquid or frozen, fat free	N/A	0.14
Egg substitute, powder	N/A	0.577
Egg, duck, whole, fresh, raw	N/A	0.2
Egg, goose, whole, fresh, raw	N/A	0.189
Egg, quail, whole, fresh, raw	N/A	0.15
Egg, turkey, whole, fresh, raw	N/A	0.024
Egg, white, dried	N/A	0.865
Egg, white, dried, flakes, stabilized, glucose reduced	N/A	0.675
Egg, white, dried, powder, stabilized, glucose reduced	N/A	0.723
Egg, white, dried, stabilized, glucose reduced	N/A	0.773
Egg, white, raw, fresh	N/A	0.105
Egg, white, raw, frozen, pasteurized	N/A	0.093
Egg, whole, cooked, fried	N/A	0.082
Egg, whole, cooked, hard-boiled	N/A	0.064
Egg, whole, cooked, omelet	N/A	0.064
Egg, whole, cooked, poached	N/A	0.063
Egg, whole, cooked, scrambled	N/A	0.076
Egg, whole, dried	N/A	0.34
Egg, whole, dried, stabilized, glucose reduced	N/A	0.259
Egg, whole, raw, fresh	N/A	0.075
Egg, whole, raw, frozen, pasteurized (Includes foods for USDA's Food Distribution Program)	N/A	0.103
Egg, whole, raw, frozen, salted, pasteurized	N/A	0.077
Egg, yolk, dried	N/A	0.083
Egg, yolk, raw, fresh	N/A	0.024
Egg, yolk, raw, frozen, pasteurized	N/A	0.031
Egg, yolk, raw, frozen, salted, pasteurized	N/A	0.027
Egg, yolk, raw, frozen, sugared, pasteurized	N/A	0.037
Eggnog	N/A	0.105
Eggplant, cooked, boiled, drained, with salt	N/A	0.6
Eggplant, cooked, boiled, drained, without salt	N/A	0.6
Eggplant, pickled	N/A	0.66
Eggplant, raw	N/A	0.649
Eggs, scrambled, frozen mixture	N/A	0.09
Elderberries, raw	N/A	0.5
Emu, fan fillet, cooked, broiled	N/A	9.814
Emu, fan fillet, raw	N/A	7.397
Emu, flat fillet, raw	N/A	6.786
Emu, full rump, cooked, broiled	N/A	10.569
Emu, full rump, raw	N/A	7.504
Emu, ground, cooked, pan-broiled	N/A	8.925
Emu, ground, raw	N/A	7.485
Emu, inside drum, raw	N/A	7.304
Emu, inside drums, cooked, broiled	N/A	10.164
Emu, outside drum, raw	N/A	7.245
Emu, oyster, raw	N/A	7.499
Emu, top loin, cooked, broiled	N/A	9.124
Endive, raw	N/A	0.4
English muffins, plain, enriched, without calcium propionate(includes sourdough)	N/A	3.884
English muffins, plain, unenriched, with calcium propionate (includes sourdough)	N/A	1.566
English muffins, plain, unenriched, without calcium propionate (includes sourdough)	N/A	1.566
English muffins, whole grain white	N/A	2.105
Epazote, raw	N/A	0.639

Eppaw, raw	N/A	0.3
Escarole, cooked, boiled, drained, no salt added	N/A	0.312
Falafel, home-prepared	N/A	1.044
Fast food, biscuit	N/A	3.713
Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	N/A	3.825
Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	N/A	3.763
Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	N/A	3.495
Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	N/A	2.595
Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	N/A	3.1
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	N/A	4.14
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	N/A	3.5
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	N/A	3.31
Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	N/A	3.8
Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	N/A	3.57
Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	N/A	3.06
Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	N/A	3.355
Fast foods, bagel, with egg, sausage patty, cheese, and condiments	N/A	2.877
Fast foods, biscuit, with crispy chicken fillet	N/A	4.797
Fast foods, biscuit, with egg and bacon	N/A	1.6
Fast foods, biscuit, with egg and ham	N/A	1.04
Fast Foods, biscuit, with egg and sausage	N/A	2.467
Fast foods, biscuit, with egg, cheese, and bacon	N/A	2.35
Fast foods, biscuit, with ham	N/A	3.08
Fast foods, biscuit, with sausage	N/A	3.445
Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	N/A	7.08
Fast foods, breakfast burrito, with egg, cheese, and sausage	N/A	2.133
Fast foods, burrito, with beans	N/A	1.87
Fast foods, burrito, with beans and beef	N/A	2.184
Fast foods, burrito, with beans and cheese	N/A	2.02
Fast foods, burrito, with beans, cheese, and beef	N/A	2.09
Fast foods, cheeseburger, double, regular patty and bun, with condiments	N/A	3.462
Fast foods, cheeseburger; double, large patty; with condiments	N/A	4.213
Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	N/A	3.26
Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	N/A	3.63
Fast foods, cheeseburger; double, regular patty; with condiments	N/A	3.462
Fast foods, cheeseburger; single, large patty; plain	N/A	4.597
Fast foods, cheeseburger; single, large patty; with condiments	N/A	4.05
Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	N/A	3.143
Fast foods, cheeseburger; single, regular patty, with condiments	N/A	3.51
Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	N/A	3.08
Fast foods, cheeseburger; single, regular patty; plain	N/A	5.217
Fast foods, chicken fillet sandwich, plain with pickles	N/A	7.72
Fast foods, chicken tenders	N/A	8.217
Fast foods, chicken, breaded and fried, boneless pieces, plain	N/A	5.985
Fast foods, coleslaw	N/A	0.206
Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	N/A	5.11
Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	N/A	3.523
Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	N/A	4.748
Fast foods, croissant, with egg, cheese, and bacon	N/A	2.007
Fast foods, croissant, with egg, cheese, and ham	N/A	2.1
Fast foods, croissant, with egg, cheese, and sausage	N/A	2.754

Fast foods, egg, scrambled	N/A	0.21
Fast foods, english muffin, with cheese and sausage	N/A	4.217
Fast foods, english muffin, with egg, cheese, and canadian bacon	N/A	3.187
Fast foods, english muffin, with egg, cheese, and sausage	N/A	3.192
Fast foods, fish sandwich, with tartar sauce	N/A	2.15
Fast foods, fish sandwich, with tartar sauce and cheese	N/A	2.31
Fast foods, french toast sticks	N/A	2.575
Fast Foods, Fried Chicken, Breast, meat and skin and breading	N/A	7.869
Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	N/A	9.03
Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	N/A	5.209
Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	N/A	5.726
Fast Foods, Fried Chicken, Thigh, meat and skin and breading	N/A	5.583
Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	N/A	5.725
Fast Foods, Fried Chicken, Wing, meat and skin and breading	N/A	6.452
Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	N/A	7.59
Fast foods, griddle cake sandwich, egg, cheese, and bacon	N/A	1.319
Fast foods, griddle cake sandwich, egg, cheese, and sausage	N/A	2.111
Fast foods, griddle cake sandwich, sausage	N/A	3.082
Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	N/A	7.78
Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	N/A	5.333
Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	N/A	5.575
Fast foods, hamburger, large, single patty, with condiments	N/A	4.65
Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	N/A	3.23
Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	N/A	3.141
Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	N/A	3.94
Fast foods, hamburger; single, regular patty; plain	N/A	5.617
Fast foods, hamburger; single, regular patty; with condiments	N/A	4.061
Fast foods, hush puppies	N/A	2.13
Fast foods, miniature cinnamon rolls	N/A	3.16
Fast foods, nachos, with cheese	N/A	0.63
Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	N/A	1.01
Fast foods, onion rings, breaded and fried	N/A	0.673
Fast foods, potato, french fried in vegetable oil	N/A	3.004
Fast foods, potato, mashed	N/A	1.08
Fast foods, potatoes, hash browns, round pieces or patty	N/A	1.838
Fast foods, quesadilla, with chicken	N/A	4.2
Fast foods, roast beef sandwich, plain	N/A	4.343
Fast foods, shrimp, breaded and fried	N/A	1.24
Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	N/A	0.217
Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	N/A	4.85
Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	N/A	4.323
Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	N/A	4.18
Fast foods, submarine sandwich, meatball marinara on white bread	N/A	3.547
Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	N/A	5.21
Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	N/A	4.183

Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	N/A	3.583
Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	N/A	5.063
Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	N/A	7.727
Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	N/A	4.617
Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	N/A	4.507
Fast foods, sundae, caramel	N/A	0.61
Fast foods, sundae, hot fudge	N/A	0.68
Fast foods, sundae, strawberry	N/A	0.59
Fast foods, taco with beef, cheese and lettuce, hard shell	N/A	1.65
Fast foods, taco with beef, cheese and lettuce, soft	N/A	2.88
Fast foods, taco with chicken, lettuce and cheese, soft	N/A	5.17
Fast foods, vanilla, light, soft-serve ice cream, with cone	N/A	0.498
Fat free ice cream, no sugar added, flavors other than chocolate	N/A	0.074
Feijoa, raw	N/A	0.295
Fennel, bulb, raw	N/A	0.64
Figs, canned, extra heavy syrup pack, solids and liquids	N/A	0.419
Figs, canned, heavy syrup pack, solids and liquids	N/A	0.428
Figs, canned, light syrup pack, solids and liquids	N/A	0.437
Figs, canned, water pack, solids and liquids	N/A	0.445
Figs, dried, stewed	N/A	0.64
Figs, dried, uncooked	N/A	0.619
Figs, raw	N/A	0.4
Fireweed, leaves, raw	N/A	4.674
Fish broth	N/A	1.37
Fish, anchovy, european, canned in oil, drained solids	N/A	19.903
Fish, anchovy, european, raw	N/A	14.024
Fish, bass, fresh water, mixed species, raw	N/A	1.25
Fish, bass, freshwater, mixed species, cooked, dry heat	N/A	1.522
Fish, bass, striped, cooked, dry heat	N/A	2.558
Fish, bass, striped, raw	N/A	2.1
Fish, bluefish, cooked, dry heat	N/A	7.247
Fish, bluefish, raw	N/A	5.95
Fish, burbot, cooked, dry heat	N/A	1.973
Fish, burbot, raw	N/A	1.62
Fish, butterfish, cooked, dry heat	N/A	5.769
Fish, butterfish, raw	N/A	4.5
Fish, carp, cooked, dry heat	N/A	2.1
Fish, carp, raw	N/A	1.64
Fish, catfish, channel, cooked, breaded and fried	N/A	2.282
Fish, catfish, channel, farmed, cooked, dry heat	N/A	2.548
Fish, catfish, channel, farmed, raw	N/A	2.105
Fish, catfish, channel, wild, cooked, dry heat	N/A	2.385
Fish, catfish, channel, wild, raw	N/A	1.907
Fish, caviar, black and red, granular	N/A	0.12
Fish, cisco, raw	N/A	2.51
Fish, cisco, smoked	N/A	2.31
Fish, cod, Atlantic, canned, solids and liquid	N/A	2.505
Fish, cod, Atlantic, cooked, dry heat	N/A	2.513
Fish, cod, Atlantic, dried and salted	N/A	7.5
Fish, cod, Atlantic, raw	N/A	2.063
Fish, cod, Pacific, cooked, dry heat (may contain additives to retain moisture)	N/A	1.343
Fish, cod, Pacific, raw (may have been previously frozen)	N/A	1.095
Fish, croaker, Atlantic, cooked, breaded and fried	N/A	4.3
Fish, croaker, Atlantic, raw	N/A	4.2
Fish, cusk, cooked, dry heat	N/A	3.271

Fish, cusk, raw	N/A	2.686
Fish, drum, freshwater, cooked, dry heat	N/A	2.862
Fish, drum, freshwater, raw	N/A	2.35
Fish, eel, mixed species, cooked, dry heat	N/A	4.487
Fish, eel, mixed species, raw	N/A	3.5
Fish, fish sticks, frozen, prepared	N/A	1.536
Fish, flatfish (flounder and sole species), cooked, dry heat	N/A	1.278
Fish, flatfish (flounder and sole species), raw	N/A	1.04
Fish, gefiltefish, commercial, sweet recipe	N/A	1
Fish, grouper, mixed species, cooked, dry heat	N/A	0.381
Fish, grouper, mixed species, raw	N/A	0.313
Fish, haddock, cooked, dry heat	N/A	4.119
Fish, haddock, raw	N/A	3.363
Fish, haddock, smoked	N/A	5.073
Fish, halibut, Atlantic and Pacific, cooked, dry heat	N/A	7.911
Fish, halibut, Atlantic and Pacific, raw	N/A	6.513
Fish, halibut, greenland, cooked, dry heat	N/A	1.923
Fish, halibut, Greenland, raw	N/A	1.5
Fish, herring, Atlantic, cooked, dry heat	N/A	4.124
Fish, herring, Atlantic, kippered	N/A	4.402
Fish, herring, Atlantic, pickled	N/A	3.3
Fish, herring, Atlantic, raw	N/A	3.217
Fish, herring, Pacific, cooked, dry heat	N/A	2.821
Fish, herring, Pacific, raw	N/A	2.2
Fish, ling, cooked, dry heat	N/A	2.801
Fish, ling, raw	N/A	2.3
Fish, lingcod, cooked, dry heat	N/A	2.314
Fish, lingcod, raw	N/A	1.9
Fish, mackerel, Atlantic, cooked, dry heat	N/A	6.85
Fish, mackerel, Atlantic, raw	N/A	9.08
Fish, mackerel, jack, canned, drained solids	N/A	6.18
Fish, mackerel, king, cooked, dry heat	N/A	10.462
Fish, mackerel, king, raw	N/A	8.59
Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	N/A	10.667
Fish, mackerel, Pacific and jack, mixed species, raw	N/A	8.32
Fish, mackerel, salted	N/A	3.3
Fish, mackerel, spanish, cooked, dry heat	N/A	5
Fish, mackerel, spanish, raw	N/A	2.3
Fish, mahimahi, cooked, dry heat	N/A	7.429
Fish, mahimahi, raw	N/A	6.1
Fish, milkfish, cooked, dry heat	N/A	8.256
Fish, milkfish, raw	N/A	6.44
Fish, monkfish, cooked, dry heat	N/A	2.558
Fish, monkfish, raw	N/A	2.1
Fish, mullet, striped, cooked, dry heat	N/A	6.3
Fish, mullet, striped, raw	N/A	5.2
Fish, ocean perch, Atlantic, cooked, dry heat	N/A	1.215
Fish, ocean perch, Atlantic, raw	N/A	1.005
Fish, perch, mixed species, cooked, dry heat	N/A	1.9
Fish, perch, mixed species, raw	N/A	1.52
Fish, pike, northern, cooked, dry heat	N/A	2.8
Fish, pike, northern, raw	N/A	2.3
Fish, pike, walleye, cooked, dry heat	N/A	2.801
Fish, pike, walleye, raw	N/A	2.3
Fish, pollock, Alaska, cooked, dry heat (may contain additives to retain moisture)	N/A	3.949
Fish, pollock, Alaska, raw (may contain additives to retain moisture)	N/A	0.653
Fish, pollock, Atlantic, cooked, dry heat	N/A	3.983
Fish, pollock, Atlantic, raw	N/A	3.27
Fish, pompano, florida, cooked, dry heat	N/A	3.8
Fish, pompano, florida, raw	N/A	3

Fish, pout, ocean, cooked, dry heat	N/A	2.558
Fish, pout, ocean, raw	N/A	2.1
Fish, rockfish, Pacific, mixed species, cooked, dry heat	N/A	2.897
Fish, rockfish, Pacific, mixed species, raw	N/A	2.393
Fish, roe, mixed species, cooked, dry heat	N/A	2.192
Fish, roe, mixed species, raw	N/A	1.8
Fish, roughy, orange, cooked, dry heat	N/A	1.82
Fish, roughy, orange, raw	N/A	1.53
Fish, sablefish, cooked, dry heat	N/A	5.128
Fish, sablefish, raw	N/A	4
Fish, sablefish, smoked	N/A	5.3
Fish, salmon, Atlantic, farmed, cooked, dry heat	N/A	8.045
Fish, salmon, Atlantic, farmed, raw	N/A	8.672
Fish, salmon, Atlantic, wild, cooked, dry heat	N/A	10.077
Fish, salmon, Atlantic, wild, raw	N/A	7.86
Fish, salmon, chinook, cooked, dry heat	N/A	10.045
Fish, salmon, chinook, raw	N/A	8.42
Fish, salmon, chinook, smoked	N/A	4.72
Fish, salmon, chinook, smoked, (lox), regular	N/A	4.72
Fish, salmon, chum, canned, drained solids with bone	N/A	7
Fish, salmon, chum, canned, without salt, drained solids with bone	N/A	7
Fish, salmon, chum, cooked, dry heat	N/A	8.526
Fish, salmon, chum, raw	N/A	7
Fish, salmon, coho, farmed, cooked, dry heat	N/A	7.393
Fish, salmon, coho, farmed, raw	N/A	6.813
Fish, salmon, coho, wild, cooked, dry heat	N/A	7.95
Fish, salmon, coho, wild, cooked, moist heat	N/A	7.779
Fish, salmon, coho, wild, raw	N/A	7.23
Fish, salmon, pink, canned, drained solids	N/A	7.409
Fish, Salmon, pink, canned, drained solids, without skin and bones	N/A	7.43
Fish, salmon, pink, canned, total can contents	N/A	6.536
Fish, salmon, pink, canned, without salt, solids with bone and liquid	N/A	6.536
Fish, salmon, pink, cooked, dry heat	N/A	9.588
Fish, salmon, pink, raw	N/A	7.995
Fish, salmon, sockeye, canned, drained solids	N/A	7.621
Fish, salmon, sockeye, canned, without salt, drained solids with bone	N/A	5.48
Fish, salmon, sockeye, cooked, dry heat	N/A	10.123
Fish, salmon, sockeye, raw	N/A	8.507
Fish, sardine, Atlantic, canned in oil, drained solids with bone	N/A	5.245
Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	N/A	4.2
Fish, scup, cooked, dry heat	N/A	4.994
Fish, scup, raw	N/A	4.1
Fish, sea bass, mixed species, cooked, dry heat	N/A	1.9
Fish, sea bass, mixed species, raw	N/A	1.6
Fish, seatrout, mixed species, cooked, dry heat	N/A	2.923
Fish, seatrout, mixed species, raw	N/A	2.4
Fish, shad, american, cooked, dry heat	N/A	10.769
Fish, shad, american, raw	N/A	8.4
Fish, shark, mixed species, cooked, batter-dipped and fried	N/A	2.783
Fish, shark, mixed species, raw	N/A	2.938
Fish, sheepshead, cooked, dry heat	N/A	1.8
Fish, sheepshead, raw	N/A	1.5
Fish, smelt, rainbow, cooked, dry heat	N/A	1.766
Fish, smelt, rainbow, raw	N/A	1.45
Fish, snapper, mixed species, cooked, dry heat	N/A	0.346
Fish, snapper, mixed species, raw	N/A	0.284
Fish, spot, cooked, dry heat	N/A	8.526
Fish, spot, raw	N/A	7
Fish, sturgeon, mixed species, cooked, dry heat	N/A	10.1

Fish, sturgeon, mixed species, raw	N/A	8.3
Fish, sturgeon, mixed species, smoked	N/A	11.1
Fish, sucker, white, cooked, dry heat	N/A	1.462
Fish, sucker, white, raw	N/A	1.2
Fish, sunfish, pumpkin seed, cooked, dry heat	N/A	1.462
Fish, sunfish, pumpkin seed, raw	N/A	1.2
Fish, surimi	N/A	0.22
Fish, swordfish, cooked, dry heat	N/A	9.254
Fish, swordfish, raw	N/A	7.76
Fish, tilapia, cooked, dry heat	N/A	4.745
Fish, tilapia, raw	N/A	3.903
Fish, tilefish, cooked, dry heat	N/A	3.5
Fish, tilefish, raw	N/A	2.9
Fish, trout, brook, raw, New York State	N/A	5.293
Fish, trout, mixed species, cooked, dry heat	N/A	5.769
Fish, trout, mixed species, raw	N/A	4.5
Fish, trout, rainbow, farmed, cooked, dry heat	N/A	6.646
Fish, trout, rainbow, farmed, raw	N/A	5.567
Fish, trout, rainbow, wild, cooked, dry heat	N/A	5.77
Fish, trout, rainbow, wild, raw	N/A	5.384
Fish, tuna salad	N/A	6.7
Fish, tuna, fresh, bluefin, cooked, dry heat	N/A	10.54
Fish, tuna, fresh, bluefin, raw	N/A	8.654
Fish, tuna, fresh, skipjack, raw	N/A	15.4
Fish, tuna, fresh, yellowfin, raw	N/A	18.475
Fish, tuna, light, canned in oil, drained solids	N/A	12.4
Fish, tuna, light, canned in oil, without salt, drained solids	N/A	12.4
Fish, tuna, light, canned in water, drained solids (Includes foods for USDA's Food Distribution Program)	N/A	10.136
Fish, tuna, light, canned in water, without salt, drained solids	N/A	13.28
Fish, tuna, skipjack, fresh, cooked, dry heat	N/A	18.756
Fish, tuna, white, canned in oil, drained solids	N/A	11.698
Fish, tuna, white, canned in oil, without salt, drained solids	N/A	11.698
Fish, tuna, white, canned in water, drained solids	N/A	5.799
Fish, tuna, white, canned in water, without salt, drained solids	N/A	5.799
Fish, tuna, yellowfin, fresh, cooked, dry heat	N/A	22.07
Fish, turbot, european, cooked, dry heat	N/A	2.679
Fish, turbot, european, raw	N/A	2.2
Fish, whitefish, mixed species, cooked, dry heat	N/A	3.846
Fish, whitefish, mixed species, raw	N/A	3
Fish, whitefish, mixed species, smoked	N/A	2.4
Fish, whiting, mixed species, cooked, dry heat	N/A	1.67
Fish, whiting, mixed species, raw	N/A	1.3
Fish, wolffish, Atlantic, cooked, dry heat	N/A	2.598
Fish, wolffish, Atlantic, raw	N/A	2.133
Fish, yellowtail, mixed species, cooked, dry heat	N/A	8.718
Fish, yellowtail, mixed species, raw	N/A	6.8
Focaccia, Italian flatbread, plain	N/A	3.67
Formulated bar, high fiber, chewy, oats and chocolate	N/A	7.903
Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	N/A	37.1
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	N/A	36.364
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	N/A	45.249
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	N/A	45.249
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	N/A	45.249
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	N/A	36.364

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	N/A	25
Formulated bar, POWER BAR, chocolate	N/A	32.6
Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	N/A	21.2
Formulated Bar, SOUTH BEACH protein bar	N/A	1.268
Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	N/A	20
Frankfurter, beef, heated	N/A	1.827
Frankfurter, beef, low fat	N/A	2.3
Frankfurter, beef, pork, and turkey, fat free	N/A	3.466
Frankfurter, beef, unheated	N/A	2.218
Frankfurter, chicken	N/A	4.687
Frankfurter, low sodium	N/A	2.42
Frankfurter, meat	N/A	2.665
Frankfurter, meat and poultry, cooked, boiled	N/A	2.672
Frankfurter, meat and poultry, cooked, grilled	N/A	3.058
Frankfurter, meat and poultry, low fat	N/A	3.16
Frankfurter, meat and poultry, unheated	N/A	2.813
Frankfurter, meat, heated	N/A	2.654
Frankfurter, meatless	N/A	3.137
Frankfurter, pork	N/A	2.773
Frankfurter, turkey	N/A	3.68
French toast, frozen, ready-to-heat	N/A	2.722
French toast, prepared from recipe, made with low fat (2%) milk	N/A	1.628
Frijoles rojos volteados (Refried beans, red, canned)	N/A	0.64
Frog legs, raw	N/A	1.2
Frostings, chocolate, creamy, dry mix	N/A	0.142
Frostings, chocolate, creamy, dry mix, prepared with butter	N/A	0.115
Frostings, chocolate, creamy, dry mix, prepared with margarine	N/A	0.112
Frostings, chocolate, creamy, ready-to-eat	N/A	0.119
Frostings, coconut-nut, ready-to-eat	N/A	0.212
Frostings, cream cheese-flavor, ready-to-eat	N/A	0.011
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	N/A	0.111
Frostings, glaze, prepared-from-recipe	N/A	0.039
Frostings, vanilla, creamy, dry mix	N/A	0.001
Frostings, vanilla, creamy, dry mix, prepared with margarine	N/A	0.003
Frostings, vanilla, creamy, ready-to-eat	N/A	0.22
Frostings, white, fluffy, dry mix	N/A	1
Frostings, white, fluffy, dry mix, prepared with water	N/A	0.66
Frozen novelties, fruit and juice bars	N/A	0.159
Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	N/A	0.96
Frozen novelties, ice cream type, sundae, prepackaged	N/A	0.64
Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	N/A	0.175
Frozen novelties, ice type, fruit, no sugar added	N/A	0.15
Frozen novelties, ice type, italian, restaurant-prepared	N/A	0.715
Frozen novelties, ice type, lime	N/A	0.007
Frozen novelties, ice type, pineapple-coconut	N/A	0.034
Frozen novelties, juice type, juice with cream	N/A	0.151
Frozen novelties, juice type, orange	N/A	0.16
Frozen novelties, No Sugar Added, FUDGSICLE pops	N/A	0.175
Frozen yogurts, chocolate	N/A	0.14
Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	N/A	0.2
Frozen yogurts, chocolate, soft-serve	N/A	0.305
Frozen yogurts, flavors other than chocolate	N/A	0.07
Frozen yogurts, vanilla, soft-serve	N/A	0.287
Fruit butters, apple	N/A	0.076
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	N/A	0.368

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	N/A	0.5
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	N/A	0.374
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	N/A	0.403
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	N/A	0.38
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	N/A	0.363
Fruit cocktail, canned, heavy syrup, drained	N/A	0.374
Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	N/A	0.333
Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	N/A	0.287
Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	N/A	8.333
Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	N/A	0.29
Fruit juice smoothie, NAKED JUICE, strawberry banana	N/A	0.31
Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	N/A	0.455
Fruit juice smoothie, ODWALLA, strawberry banana	N/A	0.285
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	N/A	0.353
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	N/A	0.356
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	N/A	0.365
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	N/A	0.374
Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	N/A	0.562
Fruit syrup	N/A	0.012
Frybread, made with lard (Navajo)	N/A	4.603
Fungi, Cloud ears, dried	N/A	6.267
Game meat , bison, ground, raw	N/A	4.91
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	N/A	5.57
Game meat, bear, cooked, simmered	N/A	3.35
Game meat, bear, raw	N/A	3.2
Game meat, beaver, cooked, roasted	N/A	2.2
Game meat, beaver, raw	N/A	1.9
Game meat, beefalo, composite of cuts, cooked, roasted	N/A	4.89
Game meat, beefalo, composite of cuts, raw	N/A	4.64
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	N/A	4.773
Game meat, bison, chuck, shoulder clod, separable lean only, raw	N/A	4.443
Game meat, bison, ground, cooked, pan-broiled	N/A	5.57
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	N/A	6.687
Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	N/A	1.838
Game meat, bison, separable lean only, cooked, roasted	N/A	3.71
Game meat, bison, separable lean only, raw	N/A	1.91
Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	N/A	1.879
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	N/A	6.475
Game meat, bison, top round, separable lean only, 1" steak, raw	N/A	6.183
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	N/A	2.017
Game meat, boar, wild, cooked, roasted	N/A	4.21
Game meat, boar, wild, raw	N/A	4
Game meat, buffalo, water, cooked, roasted	N/A	6.29
Game meat, buffalo, water, raw	N/A	5.97

Game meat, caribou, cooked, roasted	N/A	5.79
Game meat, caribou, raw	N/A	5.5
Game meat, deer, cooked, roasted	N/A	6.71
Game meat, deer, ground, cooked, pan-broiled	N/A	9.257
Game meat, deer, ground, raw	N/A	5.7
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	N/A	10.757
Game meat, deer, raw	N/A	6.37
Game meat, deer, shoulder clod, separable lean only, cooked, braised	N/A	7.43
Game meat, deer, tenderloin, separable lean only, cooked, broiled	N/A	8.78
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	N/A	8.4
Game meat, elk, ground, cooked, pan-broiled	N/A	5.32
Game meat, elk, ground, raw	N/A	4.89
Game meat, elk, loin, separable lean only, cooked, broiled	N/A	8.98
Game meat, elk, round, separable lean only, cooked, broiled	N/A	7.16
Game meat, elk, tenderloin, separable lean only, cooked, broiled	N/A	6.143
Game meat, goat, cooked, roasted	N/A	3.95
Game meat, goat, raw	N/A	3.75
Game meat, horse, cooked, roasted	N/A	4.84
Game meat, horse, raw	N/A	4.6
Game meat, moose, cooked, roasted	N/A	5.26
Game meat, moose, raw	N/A	5
Game meat, muskrat, cooked, roasted	N/A	7.19
Game meat, muskrat, raw	N/A	6.2
Game meat, opossum, cooked, roasted	N/A	8.43
Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	N/A	8.43
Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	N/A	7.16
Game meat, rabbit, domesticated, composite of cuts, raw	N/A	7.27
Game meat, rabbit, wild, cooked, stewed	N/A	6.4
Game meat, rabbit, wild, raw	N/A	6.5
Game meat, raccoon, cooked, roasted	N/A	4.68
Game meat, squirrel, cooked, roasted	N/A	4.64
Game meat, squirrel, raw	N/A	4
Garlic bread, frozen	N/A	4.142
Garlic, raw	N/A	0.7
Gelatin desserts, dry mix	N/A	0.009
Gelatin desserts, dry mix, prepared with water	N/A	0.001
Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	N/A	0.04
Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	N/A	0.04
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	N/A	0.008
Gelatins, dry powder, unsweetened	N/A	0.085
Ginger root, pickled, canned, with artificial sweetener	N/A	0.022
Ginger root, raw	N/A	0.75
Glutino, Gluten Free Cookies, Chocolate Vanilla Creme	N/A	0.39
Glutino, Gluten Free Wafers, Lemon Flavored	N/A	0.065
Goose, domesticated, meat and skin, cooked, roasted	N/A	4.168
Goose, domesticated, meat and skin, raw	N/A	3.608
Goose, domesticated, meat only, cooked, roasted	N/A	4.081
Goose, domesticated, meat only, raw	N/A	4.278
Goose, liver, raw	N/A	6.5
Gooseberries, canned, light syrup pack, solids and liquids	N/A	0.153
Gooseberries, raw	N/A	0.3
Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	N/A	0.26
Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	N/A	0.26

Gourd, dishcloth (towelgourd), raw	N/A	0.4
Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	N/A	0.39
Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	N/A	0.39
Gourd, white-flowered (calabash), raw	N/A	0.32
Granola bar, soft, milk chocolate coated, peanut butter	N/A	3.29
Grape juice, canned or bottled, unsweetened, with added ascorbic acid	N/A	0.133
Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	N/A	0.133
Grape juice, canned or bottled, unsweetened, without added ascorbic acid	N/A	0.133
Grape leaves, canned	N/A	4.505
Grape leaves, raw	N/A	2.362
Grapefruit juice, pink or red, with added calcium	N/A	0.2
Grapefruit juice, pink, raw	N/A	0.2
Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	N/A	0.263
Grapefruit juice, white, canned or bottled, unsweetened	N/A	0.26
Grapefruit juice, white, canned, sweetened	N/A	0.319
Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	N/A	0.217
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	N/A	0.772
Grapefruit juice, white, raw	N/A	0.2
Grapefruit, raw, pink and red and white, all areas	N/A	0.25
Grapefruit, raw, pink and red, all areas	N/A	0.204
Grapefruit, raw, pink and red, California and Arizona	N/A	0.191
Grapefruit, raw, pink and red, Florida	N/A	0.2
Grapefruit, raw, white, all areas	N/A	0.269
Grapefruit, raw, white, California	N/A	0.269
Grapefruit, raw, white, Florida	N/A	0.2
Grapefruit, sections, canned, juice pack, solids and liquids	N/A	0.249
Grapefruit, sections, canned, light syrup pack, solids and liquids	N/A	0.243
Grapefruit, sections, canned, water pack, solids and liquids	N/A	0.249
Grapes, american type (slip skin), raw	N/A	0.3
Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	N/A	0.125
Grapes, canned, thompson seedless, water pack, solids and liquids	N/A	0.13
Grapes, red or green (European type, such as Thompson seedless), raw	N/A	0.188
Gravy, au jus, canned	N/A	0.9
Gravy, au jus, dry	N/A	4.087
Gravy, beef, canned, ready-to-serve	N/A	0.66
Gravy, brown instant, dry	N/A	2.261
Gravy, brown, dry	N/A	3.7
Gravy, CAMPBELL'S, chicken	N/A	0.297
Gravy, chicken, canned or bottled, ready-to-serve	N/A	0.285
Gravy, chicken, dry	N/A	4.018
Gravy, HEINZ Home Style, classic chicken	N/A	0.28
Gravy, HEINZ Home Style, savory beef	N/A	0.172
Gravy, instant beef, dry	N/A	1.075
Gravy, instant turkey, dry	N/A	1.181
Gravy, meat or poultry, low sodium, prepared	N/A	0.66
Gravy, mushroom, canned	N/A	0.671
Gravy, mushroom, dry, powder	N/A	3.7
Gravy, onion, dry, mix	N/A	3.7
Gravy, pork, dry, powder	N/A	2.27
Gravy, turkey, canned, ready-to-serve	N/A	1.3
Gravy, turkey, dry	N/A	2.77
Gravy, unspecified type, dry	N/A	3.7
Groundcherries, (cape-gooseberries or poha), raw	N/A	2.8

Guanabana nectar, canned	N/A	0.12
Guava nectar, canned, with added ascorbic acid	N/A	0.17
Guava nectar, with sucralose, canned	N/A	0.17
Guava sauce, cooked	N/A	0.42
Guavas, common, raw	N/A	1.084
Guavas, strawberry, raw	N/A	0.6
Guinea hen, meat and skin, raw	N/A	7.667
Guinea hen, meat only, raw	N/A	8.782
Gums, seed gums (includes locust bean, guar)	N/A	0
Ham and cheese loaf or roll	N/A	3.452
Ham and cheese spread	N/A	2.153
Ham salad spread	N/A	2.095
Ham, chopped, canned	N/A	3.2
Ham, chopped, not canned	N/A	3.88
Ham, honey, smoked, cooked	N/A	2.276
Ham, minced	N/A	4.162
Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	N/A	5.697
Ham, sliced, regular (approximately 11% fat)	N/A	2.904
Ham, turkey, sliced, extra lean, prepackaged or deli	N/A	3.53
Hazelnuts, beaked (Northern Plains Indians)	N/A	3.19
Headcheese, pork	N/A	0.44
Hearts of palm, canned	N/A	0.437
Hominy, canned, white	N/A	0.033
Hominy, canned, yellow	N/A	0.033
Honey	N/A	0.121
Honey roll sausage, beef	N/A	4.165
Horned melon (Kiwano)	N/A	0.565
Horseradish, prepared	N/A	0.386
HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	N/A	3.425
HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	N/A	3.425
HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	N/A	2.922
Hummus, commercial	N/A	1.024
Hummus, home prepared	N/A	0.399
HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	N/A	1.445
Hush puppies, prepared from recipe	N/A	2.782
Hyacinth beans, mature seeds, cooked, boiled, with salt	N/A	0.411
Hyacinth beans, mature seeds, cooked, boiled, without salt	N/A	0.411
Hyacinth beans, mature seeds, raw	N/A	1.61
Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	N/A	0.48
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	N/A	0.48
Hyacinth-beans, immature seeds, raw	N/A	0.52
Ice cream bar, stick or nugget, with crunch coating	N/A	0.548
Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	N/A	0.829
Ice cream cones, cake or wafer-type	N/A	4.427
Ice cream cones, sugar, rolled-type	N/A	5.066
Ice cream cookie sandwich	N/A	0.237
Ice cream sandwich	N/A	1.566
Ice cream sandwich, made with light ice cream, vanilla	N/A	0.555
Ice cream sandwich, vanilla, light, no sugar added	N/A	0.555
Ice cream, bar or stick, chocolate covered	N/A	0.175
Ice cream, light, soft serve, chocolate	N/A	0.186
Ice cream, soft serve, chocolate	N/A	0.095
Ice creams, chocolate	N/A	0.226
Ice creams, chocolate, light	N/A	0.126
Ice creams, chocolate, light, no sugar added	N/A	0.111
Ice creams, chocolate, rich	N/A	0.182
Ice creams, french vanilla, soft-serve	N/A	0.095
Ice creams, regular, low carbohydrate, chocolate	N/A	0.226

Ice creams, regular, low carbohydrate, vanilla	N/A	0.116
Ice creams, strawberry	N/A	0.17
Ice creams, vanilla	N/A	0.116
Ice creams, vanilla, fat free	N/A	0.14
Ice creams, vanilla, light	N/A	0.136
Ice creams, vanilla, light, no sugar added	N/A	0.074
Ice creams, vanilla, light, soft-serve	N/A	0.118
Ice creams, vanilla, rich	N/A	0.082
Imitation cheese, american or cheddar, low cholesterol	N/A	0.08
Incaparina, dry mix (corn and soy flours), unprepared	N/A	27
Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	N/A	6.87
Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	N/A	1.336
Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	N/A	1.339
Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	N/A	5.522
Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	N/A	0.69
Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	N/A	0.885
Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	N/A	0.885
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready-to-feed with ARA and DHA	N/A	0.885
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	N/A	5.396
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	N/A	0.689
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	N/A	5.376
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	N/A	0.689
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	N/A	1.725
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	N/A	6.943
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	N/A	0.887
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	N/A	1.725
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	N/A	6.943
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	N/A	0.887
Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	N/A	10.043
Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	N/A	5.392
Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	N/A	0.726
Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	N/A	1.351
Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	N/A	5.462
Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	N/A	1.339
Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	N/A	5.522
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	N/A	5.166

Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	N/A	0.689
Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	N/A	5.261
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	N/A	0.689
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	N/A	5.376
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	N/A	0.689
Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	N/A	5.376
Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	N/A	0.689
Infant formula, MEAD JOHNSON, Enfamil 24, ready to feed, with ARA and DHA	N/A	0.78
Infant formula, MEAD JOHNSON, Enfamil Enspire Powder, with ARA and DHA, not reconstituted	N/A	5
Infant formula, MEAD JOHNSON, Enfamil for Supplementing, powder, with ARA and DHA, not reconstituted	N/A	5.1
Infant formula, MEAD JOHNSON, Enfamil for Supplementing, ready to feed, with ARA and DHA	N/A	0.66
Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE, with iron, prepared from powder	N/A	0.66
Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, Enfamil Premature 30 Calories, ready to feed, with ARA and DHA	N/A	3.9
Infant formula, MEAD JOHNSON, Enfamil Premature High Protein 24 Calories, ready to feed, with ARA and DHA	N/A	3.1
Infant formula, MEAD JOHNSON, Enfamil Reguline Powder, with ARA and DHA, not reconstituted	N/A	5.1
Infant formula, MEAD JOHNSON, Enfamil Reguline, ready to feed, with ARA and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, ENFAMIL, AR, powder, with ARA and DHA	N/A	5.088
Infant formula, MEAD JOHNSON, ENFAMIL, AR, ready-to-feed, with ARA and DHA	N/A	0.684
Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE, ready-to-feed, with ARA and DHA	N/A	0.72
Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE, with iron, powder, with ARA and DHA	N/A	5
Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler transitions, with ARA and DHA, powder	N/A	5
Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	N/A	0.657
Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler transitions, with ARA and DHA, powder	N/A	4.7
Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, with ARA and DHA powder not reconstituted	N/A	5.1
Infant formula, MEAD JOHNSON, ENFAMIL, Infant, ready-to-feed, with ARA and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, ENFAMIL, Infant, with iron, liquid concentrate, with ARA and DHA, reconstituted	N/A	0.66
Infant formula, MEAD JOHNSON, ENFAMIL, Infant, with iron, powder, with ARA and DHA	N/A	5.2
Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	N/A	1.313
Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	N/A	0.66
Infant Formula, MEAD JOHNSON, ENFAMIL, Newborn, with ARA and DHA, powder	N/A	5.1
Infant Formula, MEAD JOHNSON, ENFAMIL, Newborn, with DHA and ARA, ready-to-feed	N/A	0.66
Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	N/A	0.657

Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN WITH LGG, with iron, powder, not reconstituted, with ARA and DHA	N/A	5.1
Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, PurAmino, powder, not reconstituted	N/A	5
Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate not reconstituted, with ARA and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed, with ARA and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	N/A	2.623
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	N/A	2.623
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 20 calories, ready-to-feed	N/A	2.623
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	N/A	2.623
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	N/A	1.291
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	N/A	5
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	N/A	1.283
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	N/A	5
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	N/A	0.657
Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, liquid concentrate, reconstituted, with ARA and DHA	N/A	0.65
Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted, with ARA and DHA	N/A	5.1
Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	N/A	5.2
Infant formula, MEAD JOHNSON, Gentlease, ready to feed, with ARA and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	N/A	4.7
Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	N/A	4.7
Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, Pregestimil 24 Calories, ready to feed, with ARA and DHA	N/A	0.78
Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, with ARA and DHA, not reconstituted	N/A	5
Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, with ARA and DHA, prepared from powder	N/A	0.66
Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready to feed, with ARA and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	N/A	0.66
Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, prepared from powder	N/A	0.66
Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	N/A	6.513
Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	N/A	6.764
Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	N/A	1.784
Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	N/A	0.864
Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	N/A	0.693

Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	N/A	0.693
Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	N/A	1.33
Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	N/A	5.38
Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	N/A	0.99
Infant formula, PBM PRODUCTS, store brand, powder	N/A	3.94
Infant formula, PBM PRODUCTS, store brand, ready-to-feed	N/A	0.49
Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	N/A	0.98
Infant formula, PBM PRODUCTS, store brand, soy, powder	N/A	3.78
Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	N/A	0.49
Jackfruit, canned, syrup pack	N/A	0.677
Jackfruit, raw	N/A	0.92
Jams and preserves	N/A	0.036
Jams and preserves, apricot	N/A	0.036
Jams, preserves, marmalade, reduced sugar	N/A	0.08
Jams, preserves, marmalades, sweetened with fruit juice	N/A	0.203
Java-plum, (jambolan), raw	N/A	0.26
Jellies	N/A	0.036
Jellies, no sugar (with sodium saccharin), any flavors	N/A	0.22
Jellies, reduced sugar, home preserved	N/A	0.14
Jellyfish, dried, salted	N/A	0.2
Jerusalem-artichokes, raw	N/A	1.3
Jew's ear, (pepeao), raw	N/A	0.07
JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	N/A	2.183
Juice, apple and grape blend, with added ascorbic acid	N/A	0.087
Juice, apple, grape and pear blend, with added ascorbic acid and calcium	N/A	0.094
Jute, potherb, cooked, boiled, drained, with salt	N/A	0.89
Jute, potherb, cooked, boiled, drained, without salt	N/A	0.89
Jute, potherb, raw	N/A	1.26
Kale, cooked, boiled, drained, with salt	N/A	0.457
Kale, cooked, boiled, drained, without salt	N/A	0.457
Kale, frozen, cooked, boiled, drained, with salt	N/A	0.457
Kale, frozen, cooked, boiled, drained, without salt	N/A	0.457
Kale, frozen, unprepared	N/A	0.698
Kale, raw	N/A	1.18
Kanpyo, (dried gourd strips)	N/A	2.9
Kefir, lowfat, plain, LIFEWAY	N/A	0.15
Kefir, lowfat, strawberry, LIFEWAY	N/A	0.105
KFC, biscuit	N/A	3.897
KFC, Coleslaw	N/A	0.206
KFC, Crispy Chicken Strips	N/A	8.562
KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	N/A	8.139
KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	N/A	10.897
KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	N/A	4.601
KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	N/A	5.244
KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	N/A	4.451
KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	N/A	5.317
KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	N/A	5.488

KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	N/A	7.136
KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	N/A	8.596
KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	N/A	8.667
KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	N/A	4.993
KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	N/A	5.277
KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	N/A	5.524
KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	N/A	5.61
KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	N/A	6.335
KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	N/A	7.18
KFC, Popcorn Chicken	N/A	8.108
Kielbasa, fully cooked, grilled	N/A	3.727
Kielbasa, fully cooked, pan-fried	N/A	3.694
Kielbasa, fully cooked, unheated	N/A	3.148
Kiwifruit, green, raw	N/A	0.341
Kiwifruit, ZESPRI SunGold, raw	N/A	0.231
Knackwurst, knockwurst, pork, beef	N/A	2.734
Kohlrabi, cooked, boiled, drained, with salt	N/A	0.39
Kohlrabi, cooked, boiled, drained, without salt	N/A	0.39
Kohlrabi, raw	N/A	0.4
Kraft, Stove Top Stuffing Mix Chicken Flavor	N/A	3.84
Kumquats, raw	N/A	0.429
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	N/A	5.441
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	N/A	4.934
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	N/A	5.812
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	N/A	5.595
Lamb, Australian, imported, fresh, external fat, cooked	N/A	4.3
Lamb, Australian, imported, fresh, external fat, raw	N/A	3.16
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	N/A	5.013
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	N/A	5.265
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	N/A	5.39
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	N/A	5.82
Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	N/A	6.646
Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	N/A	6.363
Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	N/A	6.88
Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	N/A	6.88
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	N/A	5.527
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	N/A	5.167

Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	N/A	5.725
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	N/A	5.56
Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	N/A	5.163
Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	N/A	5.084
Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	N/A	5.26
Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	N/A	5.54
Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	N/A	5.418
Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	N/A	5.06
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	N/A	5.725
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	N/A	5.56
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	N/A	5.433
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	N/A	4.996
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	N/A	5.725
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	N/A	5.56
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	N/A	5.281
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	N/A	4.695
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	N/A	5.725
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	N/A	5.56
Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	N/A	6.783
Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	N/A	6.251
Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	N/A	7.19
Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	N/A	6.65
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	N/A	5.383
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	N/A	4.964
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	N/A	5.725
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	N/A	5.56
Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	N/A	7.831
Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	N/A	6.652
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	N/A	8.15
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	N/A	7.283

Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	N/A	6.196
Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	N/A	6.63
Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	N/A	7.616
Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	N/A	7.81
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	N/A	7.825
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	N/A	8.93
Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	N/A	8.475
Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	N/A	9.14
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	N/A	6.482
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	N/A	7.62
Lamb, Australian, imported, fresh, seam fat, raw	N/A	3.94
Lamb, Australian, imported, fresh, separable fat, cooked	N/A	2.89
Lamb, Australian, imported, fresh, separable fat, raw	N/A	1.753
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	N/A	4.695
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	N/A	4.369
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	N/A	3.994
Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	N/A	4.695
Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	N/A	4.58
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	N/A	4.43
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	N/A	4.004
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	N/A	4.58
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	N/A	4.415
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	N/A	4.001
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	N/A	4.58
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	N/A	4.695
Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	N/A	9.544
Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	N/A	8.394
Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	N/A	9.58
Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	N/A	8.49
Lamb, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	N/A	7.8
Lamb, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	N/A	6.37
Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	N/A	6.66

Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	6.1
Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	N/A	6.55
Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.07
Lamb, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	N/A	6.32
Lamb, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	6
Lamb, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	N/A	5.95
Lamb, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	N/A	6.61
Lamb, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	N/A	5.95
Lamb, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	N/A	5.46
Lamb, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	5.47
Lamb, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	5.47
Lamb, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	N/A	5.46
Lamb, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	N/A	5.07
Lamb, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	5.31
Lamb, ground, cooked, broiled	N/A	6.7
Lamb, ground, raw	N/A	5.96
Lamb, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.55
Lamb, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	6.22
Lamb, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	6.52
Lamb, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.21
Lamb, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.39
Lamb, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	6.19
Lamb, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.62
Lamb, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	6.34
Lamb, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	6.59
Lamb, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.34
Lamb, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.27
Lamb, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	6.33
Lamb, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.59
Lamb, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	6.26
Lamb, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	6.53

Lamb, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.25
Lamb, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.34
Lamb, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	N/A	6.23
Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	N/A	7.1
Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	N/A	7.1
Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	6.47
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	N/A	7.06
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	7.05
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.48
Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	N/A	6.85
Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.83
Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	6.51
Lamb, New Zealand, imported, brains, cooked, soaked and fried	N/A	2.995
Lamb, New Zealand, imported, brains, raw	N/A	3.812
Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	N/A	3.654
Lamb, New Zealand, imported, breast, separable lean only, raw	N/A	4.949
Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	N/A	3.571
Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	N/A	5.256
Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	N/A	2.744
Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	N/A	3.501
Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	N/A	3.343
Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	N/A	4.617
Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	N/A	3.826
Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	N/A	4.094
Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	N/A	4.103
Lamb, New Zealand, imported, fore-shank, separable lean only, raw	N/A	4.465
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	N/A	8.03
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	N/A	6.56
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	N/A	7.77
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	N/A	6.55
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	N/A	7.31
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	N/A	6.57
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	N/A	7.68
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	N/A	6.54

Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	N/A	6.07
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	N/A	6.3
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	N/A	7.59
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	N/A	7.57
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	N/A	6.86
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	N/A	7.51
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	N/A	7.93
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	N/A	7.92
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	N/A	6.85
Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	N/A	7.89
Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	N/A	6.72
Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	N/A	6.29
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	N/A	6.37
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	N/A	6.26
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	N/A	5.46
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	N/A	5.85
Lamb, New Zealand, imported, ground lamb, cooked, braised	N/A	3.308
Lamb, New Zealand, imported, ground lamb, raw	N/A	5.011
Lamb, New Zealand, imported, heart, cooked, soaked and simmered	N/A	4.229
Lamb, New Zealand, imported, heart, raw	N/A	5.757
Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	N/A	4.133
Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	N/A	4.388
Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	N/A	4.45
Lamb, New Zealand, imported, hind-shank, separable lean only, raw	N/A	4.852
Lamb, New Zealand, imported, Intermuscular fat, cooked	N/A	1.74
Lamb, New Zealand, imported, kidney, cooked, soaked and fried	N/A	9.064
Lamb, New Zealand, imported, kidney, raw	N/A	8.426
Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	N/A	5.899
Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	N/A	4.635
Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	N/A	6.393
Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	N/A	5.241
Lamb, New Zealand, imported, liver, cooked, soaked and fried	N/A	12.8
Lamb, New Zealand, imported, liver, raw	N/A	13.7
Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	N/A	5.229
Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	N/A	4.152

Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	N/A	6.651
Lamb, New Zealand, imported, loin chop, separable lean only, raw	N/A	5.397
Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	N/A	5.334
Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	N/A	4.676
Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	N/A	6.436
Lamb, New Zealand, imported, loin saddle, separable lean only, raw	N/A	5.918
Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	N/A	7.126
Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	N/A	6.338
Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	N/A	7.133
Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	N/A	6.356
Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	N/A	3.855
Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	N/A	3.801
Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	N/A	4.151
Lamb, New Zealand, imported, neck chops, separable lean only, raw	N/A	4.297
Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	N/A	3.739
Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	N/A	4.352
Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	N/A	4.279
Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	N/A	5.204
Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	N/A	6.037
Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	N/A	5.024
Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	N/A	6.267
Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	N/A	5.208
Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	N/A	6.019
Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	N/A	5.032
Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	N/A	6.705
Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	N/A	5.749
Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	N/A	2.674
Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	N/A	3.25
Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	N/A	2.897
Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	N/A	3.862
Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	N/A	3.618
Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	N/A	2.916

Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	N/A	4.238
Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	N/A	3.463
Lamb, New Zealand, imported, subcutaneous fat, cooked	N/A	1.53
Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	N/A	1.375
Lamb, New Zealand, imported, sweetbread, raw	N/A	1.342
Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	N/A	9.074
Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	N/A	7.262
Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	N/A	9.099
Lamb, New Zealand, imported, tenderloin, separable lean only, raw	N/A	7.301
Lamb, New Zealand, imported, testes, cooked, soaked and fried	N/A	2.224
Lamb, New Zealand, imported, testes, raw	N/A	1.744
Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	N/A	2.272
Lamb, New Zealand, imported, tongue - swiss cut, raw	N/A	3.078
Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	N/A	5.457
Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	N/A	5.234
Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	N/A	5.892
Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	N/A	5.234
Lamb, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	N/A	7
Lamb, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.75
Lamb, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	6.09
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	N/A	6.92
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	6.67
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.06
Lamb, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	N/A	6.55
Lamb, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.16
Lamb, rib, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	5.89
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	N/A	6.66
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	N/A	7.02
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.66
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	6.09
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	N/A	6.61
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.08
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	N/A	6.62
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	N/A	6.99
Lamb, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	N/A	6.33

Lamb, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	N/A	6.81
Lamb, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.34
Lamb, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	6
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	N/A	6.04
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	N/A	6.38
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	N/A	5.91
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	5.43
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	N/A	6
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	N/A	6.33
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	5.84
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	5.4
Lamb, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	N/A	5.63
Lamb, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	N/A	6.07
Lamb, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	N/A	5.47
Lamb, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	5.19
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	N/A	6.33
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	N/A	6.45
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.15
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	5.66
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	N/A	6.15
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	N/A	6.49
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	6.04
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	5.62
Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	N/A	5.96
Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	N/A	6.15
Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	N/A	5.76
Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	N/A	5.45
Lamb, variety meats and by-products, brain, cooked, braised	N/A	2.47
Lamb, variety meats and by-products, brain, cooked, pan-fried	N/A	4.55
Lamb, variety meats and by-products, brain, raw	N/A	3.9
Lamb, variety meats and by-products, heart, cooked, braised	N/A	4.36
Lamb, variety meats and by-products, heart, raw	N/A	6.14
Lamb, variety meats and by-products, kidneys, cooked, braised	N/A	5.99
Lamb, variety meats and by-products, kidneys, raw	N/A	7.51

Lamb, variety meats and by-products, liver, cooked, braised	N/A	12.15
Lamb, variety meats and by-products, liver, cooked, pan-fried	N/A	16.68
Lamb, variety meats and by-products, liver, raw	N/A	16.11
Lamb, variety meats and by-products, lungs, cooked, braised	N/A	2.428
Lamb, variety meats and by-products, lungs, raw	N/A	4.124
Lamb, variety meats and by-products, mechanically separated, raw	N/A	2.546
Lamb, variety meats and by-products, pancreas, cooked, braised	N/A	2.56
Lamb, variety meats and by-products, pancreas, raw	N/A	3.7
Lamb, variety meats and by-products, spleen, cooked, braised	N/A	5.868
Lamb, variety meats and by-products, spleen, raw	N/A	7.895
Lamb, variety meats and by-products, tongue, cooked, braised	N/A	3.69
Lamb, variety meats and by-products, tongue, raw	N/A	4.65
Lambquarters, cooked, boiled, drained, with salt	N/A	0.9
Lambquarters, cooked, boiled, drained, without salt	N/A	0.9
Lambquarters, raw (Northern Plains Indians)	N/A	0.79
Lambquarters, steamed (Northern Plains Indians)	N/A	0.623
Lasagna with meat & sauce, frozen entree	N/A	1.426
Lasagna with meat & sauce, low-fat, frozen entree	N/A	1.221
Lasagna with meat sauce, frozen, prepared	N/A	1.528
Lasagna, cheese, frozen, prepared	N/A	1.361
Lasagna, cheese, frozen, unprepared	N/A	1.354
Lasagna, Vegetable, frozen, baked	N/A	0.81
LEAN POCKETS, Ham N Cheddar	N/A	3.462
Lean Pockets, Meatballs & Mozzarella	N/A	2.982
Leavening agents, yeast, baker's, active dry	N/A	40.2
Leavening agents, yeast, baker's, compressed	N/A	12.3
Lebanon bologna, beef	N/A	3.223
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	N/A	0.2
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	N/A	0.2
Leeks, (bulb and lower leaf-portion), raw	N/A	0.4
Leeks, (bulb and lower-leaf portion), freeze-dried	N/A	3.5
Lemon grass (citronella), raw	N/A	1.101
Lemon juice from concentrate, bottled, CONCORD	N/A	0.197
Lemon juice from concentrate, bottled, REAL LEMON	N/A	0.18
Lemon juice from concentrate, canned or bottled	N/A	0.18
Lemon juice, raw	N/A	0.091
Lemon peel, raw	N/A	0.4
Lemonade, frozen concentrate, pink	N/A	0.12
Lemonade, frozen concentrate, white	N/A	0.11
Lemonade, frozen concentrate, white, prepared with water	N/A	0.016
Lemonade, powder, prepared with water	N/A	0.005
Lemons, raw, without peel	N/A	0.1
Lentils, mature seeds, cooked, boiled, with salt	N/A	1.06
Lentils, mature seeds, cooked, boiled, without salt	N/A	1.06
Lentils, pink or red, raw	N/A	1.495
Lentils, raw	N/A	2.605
Lentils, sprouted, raw	N/A	1.128
Lettuce, butterhead (includes boston and bibb types), raw	N/A	0.357
Lettuce, cos or romaine, raw	N/A	0.313
Lettuce, green leaf, raw	N/A	0.375
Lettuce, iceberg (includes crisphead types), raw	N/A	0.123
Lettuce, red leaf, raw	N/A	0.321
Light Ice Cream, soft serve, blended with cookie pieces	N/A	0.264
Light Ice Cream, soft serve, blended with milk chocolate candies	N/A	0.139
Lima beans, immature seeds, canned, no salt added, solids and liquids	N/A	0.532
Lima beans, immature seeds, canned, regular pack, solids and liquids	N/A	0.532
Lima beans, immature seeds, cooked, boiled, drained, with salt	N/A	1.04

Lima beans, immature seeds, cooked, boiled, drained, without salt	N/A	1.04
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	N/A	0.77
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	N/A	0.77
Lima beans, immature seeds, frozen, baby, unprepared	N/A	1.023
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	N/A	1.069
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	N/A	1.069
Lima beans, immature seeds, frozen, fordhook, unprepared	N/A	1.187
Lima beans, immature seeds, raw	N/A	1.474
Lima beans, large, mature seeds, canned	N/A	0.261
Lima beans, large, mature seeds, cooked, boiled, with salt	N/A	0.421
Lima beans, large, mature seeds, cooked, boiled, without salt	N/A	0.421
Lima beans, large, mature seeds, raw	N/A	1.537
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	N/A	0.66
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	N/A	0.66
Lima beans, thin seeded (baby), mature seeds, raw	N/A	1.712
Lime juice, canned or bottled, unsweetened	N/A	0.163
Lime juice, raw	N/A	0.142
Limeade, frozen concentrate, prepared with water	N/A	0.009
Limes, raw	N/A	0.2
Litchis, dried	N/A	3.1
Litchis, raw	N/A	0.603
LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	N/A	2.967
LITTLE CAESARS 14" Cheese Pizza, Thin Crust	N/A	0.85
LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	N/A	3.237
LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	N/A	3.567
LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	N/A	3.737
LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	N/A	3.767
Liver cheese, pork	N/A	11.768
Liver sausage, liverwurst, pork	N/A	4.3
Liverwurst spread	N/A	4.3
Loganberries, frozen	N/A	0.84
Longans, dried	N/A	1
Longans, raw	N/A	0.3
Loquats, raw	N/A	0.18
Lotus root, cooked, boiled, drained, with salt	N/A	0.3
Lotus root, cooked, boiled, drained, without salt	N/A	0.3
Lotus root, raw	N/A	0.4
Luncheon meat, pork and chicken, minced, canned, includes Spam Lite	N/A	3.45
Luncheon meat, pork with ham, minced, canned, includes Spam (Hormel)	N/A	3.53
Luncheon meat, pork, canned	N/A	3.126
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	N/A	3.175
Luncheon sausage, pork and beef	N/A	3.527
Luncheon slices, meatless	N/A	11.11
Lupins, mature seeds, cooked, boiled, with salt	N/A	0.495
Lupins, mature seeds, cooked, boiled, without salt	N/A	0.495
Lupins, mature seeds, raw	N/A	2.19
Luxury loaf, pork	N/A	3.482
Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	N/A	3.882
Macaroni and cheese loaf, chicken, pork and beef	N/A	2.84
Macaroni and cheese, box mix with cheese sauce, prepared	N/A	1.15
Macaroni and cheese, box mix with cheese sauce, unprepared	N/A	4.003

Macaroni and Cheese, canned entree	N/A	1.183
Macaroni and Cheese, canned, microwavable	N/A	1.046
Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	N/A	1.183
Macaroni and cheese, frozen entree	N/A	0.739
Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	N/A	4.118
Macaroni or noodles with cheese, microwaveable, unprepared	N/A	3.882
Macaroni, vegetable, enriched, cooked	N/A	1.071
Macaroni, vegetable, enriched, dry	N/A	7.328
Malabar spinach, cooked	N/A	0.787
Malt beverage, includes non-alcoholic beer	N/A	1.113
Mammy-apple, (mamey), raw	N/A	0.4
Mango nectar, canned	N/A	0.08
Mangos, raw	N/A	0.669
Mangosteen, canned, syrup pack	N/A	0.286
Maraschino cherries, canned, drained	N/A	0.004
Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	N/A	0.003
Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	N/A	0.05
Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	N/A	0.003
Margarine, regular, 80% fat, composite, stick, with salt	N/A	0.023
Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	N/A	0.023
Margarine, regular, 80% fat, composite, stick, without salt	N/A	0.023
Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	N/A	0.023
Margarine, regular, hard, soybean (hydrogenated)	N/A	0.023
Margarine,spread, 35-39% fat, tub	N/A	0.004
Margarine-like spread with yogurt, 70% fat, stick, with salt	N/A	0.01
Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	N/A	0.03
Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	N/A	0.016
Margarine-like, butter-margarine blend, 80% fat, stick, without salt	N/A	0.03
Margarine-like, margarine-butter blend, soybean oil and butter	N/A	0.022
Margarine-like, vegetable oil spread, 60% fat, stick, with salt	N/A	0.016
Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	N/A	0.016
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	N/A	0.016
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	N/A	0.016
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	N/A	0.016
Margarine-like, vegetable oil spread, 60% fat, tub, with salt	N/A	0.016
Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	N/A	0.016
Margarine-like, vegetable oil spread, fat free, liquid, with salt	N/A	0.03
Margarine-like, vegetable oil spread, fat-free, tub	N/A	0.883
Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	N/A	0.03
Margarine-like, vegetable oil-butter spread, tub, with salt	N/A	0.02
Marmalade, orange	N/A	0.052
Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	N/A	3.93
Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry	N/A	1.67
Mary's Gone Crackers, Original Crackers, Organic Gluten Free	N/A	5.39
Mayonnaise dressing, no cholesterol	N/A	0.01
Mayonnaise, made with tofu	N/A	0.09

Mayonnaise, reduced fat, with olive oil	N/A	0.01
McDONALD'S Bacon Ranch Salad with Crispy Chicken	N/A	3.025
McDONALD'S, Bacon Egg & Cheese Biscuit	N/A	1.959
McDONALD'S, Bacon Ranch Salad with Grilled Chicken	N/A	3.703
McDONALD'S, Bacon Ranch Salad without chicken	N/A	0.206
McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	N/A	1.319
McDONALD'S, BIG BREAKFAST	N/A	2.273
McDONALD'S, BIG MAC	N/A	3.384
McDONALD'S, BIG MAC (without Big Mac Sauce)	N/A	3.693
McDONALD'S, Cheeseburger	N/A	4.026
McDONALD'S, Chicken McNUGGETS	N/A	7.4
McDONALD'S, Deluxe Breakfast, with syrup and margarine	N/A	1.879
McDONALD'S, Double Cheeseburger	N/A	3.86
McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	N/A	4.213
McDONALD'S, Egg McMUFFIN	N/A	3.102
McDONALD'S, FILET-O-FISH	N/A	2.22
McDONALD'S, FILET-O-FISH (without tartar sauce)	N/A	2.748
McDONALD'S, french fries	N/A	3.22
McDONALD'S, Fruit 'n Yogurt Parfait	N/A	0.237
McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	N/A	0.188
McDONALD'S, Hamburger	N/A	4.544
McDONALD'S, Hash Brown	N/A	1.733
McDONALD'S, Hot Caramel Sundae	N/A	0.114
McDONALD'S, Hot Fudge Sundae	N/A	0.151
McDONALD'S, Hotcakes (plain)	N/A	2.17
McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	N/A	1.464
McDONALD'S, Hotcakes and Sausage	N/A	1.979
McDONALD'S, McCHICKEN Sandwich	N/A	3.942
McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	N/A	4.371
McDONALD'S, McFLURRY with M & M'S CANDIES	N/A	0.139
McDONALD'S, McFLURRY with OREO cookies	N/A	0.264
McDONALD'S, QUARTER POUNDER	N/A	4.452
McDONALD'S, QUARTER POUNDER with Cheese	N/A	3.85
McDONALD'S, RANCH SNACK WRAP, Crispy	N/A	3.523
McDONALD'S, RANCH SNACK WRAP, Grilled	N/A	5.333
McDONALD'S, Sausage Biscuit	N/A	4.284
McDONALD'S, Sausage Biscuit with Egg	N/A	2.968
McDONALD'S, Sausage Burrito	N/A	2.133
McDONALD'S, Sausage McGRIDDLES	N/A	3.082
McDONALD'S, Sausage McMUFFIN	N/A	4.184
McDONALD'S, Sausage McMUFFIN with Egg	N/A	2.93
McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	N/A	2.111
McDONALD'S, Side Salad	N/A	0.208
McDONALD'S, Southern Style Chicken Biscuit	N/A	4.797
McDONALD'S, Strawberry Sundae	N/A	0.131
McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	N/A	0.498
Meat extender	N/A	22.021
Meatballs, frozen, Italian style	N/A	3.108
Meatballs, meatless	N/A	2.5
Melon balls, frozen	N/A	0.64
Melons, cantaloupe, raw	N/A	0.734
Melons, casaba, raw	N/A	0.232
Melons, honeydew, raw	N/A	0.418
Milk and cereal bar	N/A	8.194
Milk dessert bar, frozen, made from lowfat milk	N/A	0.126
Milk dessert, frozen, milk-fat free, chocolate	N/A	0.1
Milk shakes, thick chocolate	N/A	0.124
Milk shakes, thick vanilla	N/A	0.146
Milk, buttermilk, dried	N/A	0.876
Milk, buttermilk, fluid, cultured, lowfat	N/A	0.058
Milk, buttermilk, fluid, cultured, reduced fat	N/A	0.1

Milk, buttermilk, fluid, whole	N/A	0.09
Milk, canned, condensed, sweetened	N/A	0.21
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	N/A	0.174
Milk, canned, evaporated, with added vitamin A	N/A	0.194
Milk, canned, evaporated, with added vitamin D and without added vitamin A	N/A	0.194
Milk, chocolate beverage, hot cocoa, homemade	N/A	0.133
Milk, chocolate, fat free, with added vitamin A and vitamin D	N/A	0.164
Milk, chocolate, fluid, commercial, reduced fat, with added calcium	N/A	0.164
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	N/A	0.164
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	N/A	0.125
Milk, chocolate, lowfat, with added vitamin A and vitamin D	N/A	0.124
Milk, dry, nonfat, calcium reduced	N/A	0.665
Milk, dry, nonfat, instant, with added vitamin A and vitamin D	N/A	0.891
Milk, dry, nonfat, instant, without added vitamin A and vitamin D	N/A	0.891
Milk, dry, nonfat, regular, with added vitamin A and vitamin D	N/A	0.951
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	N/A	0.951
Milk, dry, whole, with added vitamin D	N/A	0.646
Milk, dry, whole, without added vitamin D	N/A	0.646
Milk, evaporated, 2% fat, with added vitamin A and vitamin D	N/A	0.194
Milk, filled, fluid, with blend of hydrogenated vegetable oils	N/A	0.087
Milk, filled, fluid, with lauric acid oil	N/A	0.087
Milk, fluid, 1% fat, without added vitamin A and vitamin D	N/A	0.093
Milk, fluid, nonfat, calcium fortified (fat free or skim)	N/A	0.088
Milk, goat, fluid, with added vitamin D	N/A	0.277
Milk, human, mature, fluid	N/A	0.177
Milk, imitation, non-soy	N/A	0.1
Milk, indian buffalo, fluid	N/A	0.091
Milk, low sodium, fluid	N/A	0.043
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	N/A	0.1
Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	N/A	0.09
Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	N/A	0.093
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	N/A	0.101
Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	N/A	0.091
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	N/A	0.094
Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	N/A	0.094
Milk, producer, fluid, 3.7% milkfat	N/A	0.084
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	N/A	0.101
Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	N/A	0.09
Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	N/A	0.101
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	N/A	0.092
Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	N/A	0.092
Milk, sheep, fluid	N/A	0.417
Milk, whole, 3.25% milkfat, with added vitamin D	N/A	0.089
Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	N/A	0.089
Millet flour	N/A	6.02
Millet, cooked	N/A	1.33

Millet, puffed	N/A	4.42
Millet, raw	N/A	4.72
Miso	N/A	0.906
Molasses	N/A	0.93
Mollusks, abalone, mixed species, cooked, fried	N/A	1.9
Mollusks, abalone, mixed species, raw	N/A	1.5
Mollusks, clam, mixed species, canned, drained solids	N/A	0.578
Mollusks, clam, mixed species, canned, liquid	N/A	0.18
Mollusks, clam, mixed species, cooked, breaded and fried	N/A	2.064
Mollusks, clam, mixed species, cooked, moist heat	N/A	3.354
Mollusks, clam, mixed species, raw	N/A	0.35
Mollusks, conch, baked or broiled	N/A	1.04
Mollusks, cuttlefish, mixed species, cooked, moist heat	N/A	2.189
Mollusks, cuttlefish, mixed species, raw	N/A	1.216
Mollusks, mussel, blue, cooked, moist heat	N/A	3
Mollusks, mussel, blue, raw	N/A	1.6
Mollusks, octopus, common, cooked, moist heat	N/A	3.78
Mollusks, octopus, common, raw	N/A	2.1
Mollusks, oyster, eastern, canned	N/A	1.244
Mollusks, oyster, eastern, cooked, breaded and fried	N/A	1.65
Mollusks, oyster, eastern, farmed, cooked, dry heat	N/A	1.792
Mollusks, oyster, eastern, farmed, raw	N/A	1.267
Mollusks, oyster, eastern, wild, cooked, dry heat	N/A	1.365
Mollusks, oyster, eastern, wild, cooked, moist heat	N/A	1.85
Mollusks, oyster, eastern, wild, raw	N/A	0.925
Mollusks, oyster, Pacific, cooked, moist heat	N/A	3.618
Mollusks, oyster, Pacific, raw	N/A	2.01
Mollusks, scallop, (bay and sea), cooked, steamed	N/A	1.076
Mollusks, scallop, mixed species, cooked, breaded and fried	N/A	1.505
Mollusks, scallop, mixed species, imitation, made from surimi	N/A	0.31
Mollusks, scallop, mixed species, raw	N/A	0.703
Mollusks, snail, raw	N/A	1.4
Mollusks, squid, mixed species, cooked, fried	N/A	2.602
Mollusks, squid, mixed species, raw	N/A	2.175
Mollusks, whelk, unspecified, cooked, moist heat	N/A	1.995
Mollusks, whelk, unspecified, raw	N/A	1.05
MORI-NU, Tofu, silken, extra firm	N/A	0.235
MORI-NU, Tofu, silken, firm	N/A	0.247
MORI-NU, Tofu, silken, lite extra firm	N/A	0.11
MORI-NU, Tofu, silken, lite firm	N/A	0.11
MORI-NU, Tofu, silken, soft	N/A	0.3
Mortadella, beef, pork	N/A	2.673
Mothbeans, mature seeds, cooked, boiled, with salt	N/A	0.668
Mothbeans, mature seeds, cooked, boiled, without salt	N/A	0.668
Mothbeans, mature seeds, raw	N/A	2.8
Mother's loaf, pork	N/A	3.123
Mountain yam, hawaii, cooked, steamed, with salt	N/A	0.13
Mountain yam, hawaii, cooked, steamed, without salt	N/A	0.13
Mountain yam, hawaii, raw	N/A	0.481
Muffin, blueberry, commercially prepared, low-fat	N/A	1.375
Muffins, blueberry, commercially prepared (Includes mini-muffins)	N/A	1.418
Muffins, blueberry, dry mix	N/A	1.857
Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	N/A	2.211
Muffins, blueberry, toaster-type	N/A	2.02
Muffins, blueberry, toaster-type, toasted	N/A	1.934
Muffins, corn, commercially prepared	N/A	2.037
Muffins, corn, dry mix, prepared	N/A	2.101
Muffins, corn, prepared from recipe, made with low fat (2%) milk	N/A	2.382
Muffins, corn, toaster-type	N/A	2.31
Muffins, English, mixed-grain (includes granola)	N/A	3.583

Muffins, English, plain, enriched, with ca prop (includes sourdough)	N/A	4.07
Muffins, English, plain, toasted, enriched, with calcium propionate (includes sourdough)	N/A	4.99
Muffins, English, raisin-cinnamon (includes apple-cinnamon)	N/A	3.67
Muffins, English, raisin-cinnamon, toasted (includes apple-cinnamon)	N/A	4.285
Muffins, English, wheat	N/A	3.356
Muffins, English, whole-wheat	N/A	3.41
Muffins, oat bran	N/A	0.42
Muffins, plain, prepared from recipe, made with low fat (2%) milk	N/A	2.308
Muffins, wheat bran, dry mix	N/A	5
Muffins, wheat bran, toaster-type with raisins, toasted	N/A	2.317
Mulberries, raw	N/A	0.62
Mung beans, mature seeds, cooked, boiled, with salt	N/A	0.577
Mung beans, mature seeds, cooked, boiled, without salt	N/A	0.577
Mung beans, mature seeds, raw	N/A	2.251
Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	N/A	0.817
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	N/A	0.817
Mung beans, mature seeds, sprouted, cooked, stir-fried	N/A	1.2
Mung beans, mature seeds, sprouted, raw	N/A	0.749
Mungo beans, mature seeds, cooked, boiled, with salt	N/A	1.5
Mungo beans, mature seeds, cooked, boiled, without salt	N/A	1.5
Mungo beans, mature seeds, raw	N/A	1.447
Mushroom, white, exposed to ultraviolet light, raw	N/A	3.607
Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	N/A	3.8
Mushrooms, brown, italian, or crimini, raw	N/A	3.8
Mushrooms, canned, drained solids	N/A	1.593
Mushrooms, Chanterelle, raw	N/A	4.085
Mushrooms, enoki, raw	N/A	7.032
Mushrooms, maitake, raw	N/A	6.585
Mushrooms, morel, raw	N/A	2.252
Mushrooms, oyster, raw	N/A	4.956
Mushrooms, portabella, exposed to ultraviolet light, grilled	N/A	6.255
Mushrooms, portabella, exposed to ultraviolet light, raw	N/A	4.494
Mushrooms, portabella, grilled	N/A	6.255
Mushrooms, portabella, raw	N/A	4.494
Mushrooms, shiitake, cooked, with salt	N/A	1.5
Mushrooms, shiitake, cooked, without salt	N/A	1.5
Mushrooms, shiitake, dried	N/A	14.1
Mushrooms, shiitake, raw	N/A	3.877
Mushrooms, shiitake, stir-fried	N/A	3.87
Mushrooms, straw, canned, drained solids	N/A	0.224
Mushrooms, white, cooked, boiled, drained, with salt	N/A	4.46
Mushrooms, white, cooked, boiled, drained, without salt	N/A	4.46
Mushrooms, white, raw	N/A	3.607
Mushrooms, white, stir-fried	N/A	3.987
Mustard greens, cooked, boiled, drained, with salt	N/A	0.433
Mustard greens, cooked, boiled, drained, without salt	N/A	0.433
Mustard greens, frozen, cooked, boiled, drained, with salt	N/A	0.258
Mustard greens, frozen, cooked, boiled, drained, without salt	N/A	0.258
Mustard greens, frozen, unprepared	N/A	0.314
Mustard greens, raw	N/A	0.8
Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	N/A	0.43
Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	N/A	0.43
Mustard spinach, (tendergreen), raw	N/A	0.678
Mustard, prepared, yellow	N/A	0.565
Mutton, cooked, roasted (Navajo)	N/A	6.52

Nabisco, Nabisco Grahams Crackers	N/A	3.78
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	N/A	1.845
Nabisco, Nabisco Ritz Crackers	N/A	4.88
Nabisco, Nabisco Snackwell's Fat Free Devil's Food Cookie Cakes	N/A	1.345
Nance, canned, syrup, drained	N/A	0.3
Nance, frozen, unsweetened	N/A	0.29
Naranjilla (lulo) pulp, frozen, unsweetened	N/A	1.45
Nectarines, raw	N/A	1.125
New zealand spinach, cooked, boiled, drained, with salt	N/A	0.39
New Zealand spinach, cooked, boiled, drained, without salt	N/A	0.39
New Zealand spinach, raw	N/A	0.5
Noodles, chinese, cellophane or long rice (mung beans), dehydrated	N/A	0.2
Noodles, egg, cooked, enriched, with added salt	N/A	2.077
Noodles, egg, cooked, unenriched, with added salt	N/A	0.4
Noodles, egg, dry, enriched	N/A	8.387
Noodles, egg, dry, unenriched	N/A	2.1
Noodles, egg, enriched, cooked	N/A	2.077
Noodles, egg, spinach, enriched, cooked	N/A	1.474
Noodles, egg, spinach, enriched, dry	N/A	6.575
Noodles, egg, unenriched, cooked, without added salt	N/A	0.4
Noodles, flat, crunchy, Chinese restaurant	N/A	2.52
Noodles, japanese, soba, cooked	N/A	0.51
Noodles, japanese, soba, dry	N/A	3.21
Noodles, japanese, somen, cooked	N/A	0.097
Noodles, japanese, somen, dry	N/A	0.875
Nopales, cooked, without salt	N/A	0.296
Nopales, raw	N/A	0.41
Nutritional supplement for people with diabetes, liquid	N/A	2.201
Nuts, acorn flour, full fat	N/A	2.382
Nuts, acorns, dried	N/A	2.406
Nuts, acorns, raw	N/A	1.827
Nuts, almond butter, plain, with salt added	N/A	3.155
Nuts, almond butter, plain, without salt added	N/A	3.155
Nuts, almond paste	N/A	1.422
Nuts, almonds	N/A	3.618
Nuts, almonds, blanched	N/A	3.5
Nuts, almonds, dry roasted, with salt added	N/A	3.637
Nuts, almonds, dry roasted, without salt added	N/A	3.637
Nuts, almonds, honey roasted, unblanched	N/A	2.819
Nuts, almonds, oil roasted, lightly salted	N/A	3.665
Nuts, almonds, oil roasted, with salt added	N/A	3.665
Nuts, almonds, oil roasted, without salt added	N/A	3.665
Nuts, beechnuts, dried	N/A	0.877
Nuts, brazilnuts, dried, unblanched	N/A	0.295
Nuts, butternuts, dried	N/A	1.045
Nuts, cashew butter, plain, with salt added	N/A	1.108
Nuts, cashew butter, plain, without salt added	N/A	1.599
Nuts, cashew nuts, dry roasted, with salt added	N/A	1.4
Nuts, cashew nuts, dry roasted, without salt added	N/A	1.4
Nuts, cashew nuts, oil roasted, with salt added	N/A	1.736
Nuts, cashew nuts, oil roasted, without salt added	N/A	1.736
Nuts, cashew nuts, raw	N/A	1.062
Nuts, chestnuts, chinese, boiled and steamed	N/A	0.548
Nuts, chestnuts, chinese, dried	N/A	1.3
Nuts, chestnuts, chinese, raw	N/A	0.8
Nuts, chestnuts, chinese, roasted	N/A	1.5
Nuts, chestnuts, european, boiled and steamed	N/A	0.731
Nuts, chestnuts, european, dried, peeled	N/A	0.854
Nuts, chestnuts, european, dried, unpeeled	N/A	0.85
Nuts, chestnuts, european, raw, peeled	N/A	1.102
Nuts, chestnuts, european, raw, unpeeled	N/A	1.179

Nuts, chestnuts, european, roasted	N/A	1.342
Nuts, chestnuts, japanese, boiled and steamed	N/A	0.543
Nuts, chestnuts, japanese, dried	N/A	3.5
Nuts, chestnuts, japanese, raw	N/A	1.5
Nuts, chestnuts, japanese, roasted	N/A	0.7
Nuts, coconut cream, canned, sweetened	N/A	0.038
Nuts, coconut cream, raw (liquid expressed from grated meat)	N/A	0.89
Nuts, coconut meat, dried (desiccated), creamed	N/A	0.611
Nuts, coconut meat, dried (desiccated), not sweetened	N/A	0.603
Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	N/A	0.305
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	N/A	0.697
Nuts, coconut meat, dried (desiccated), sweetened, shredded	N/A	0.474
Nuts, coconut meat, dried (desiccated), toasted	N/A	0.616
Nuts, coconut meat, raw	N/A	0.54
Nuts, coconut milk, canned (liquid expressed from grated meat and water)	N/A	0.637
Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	N/A	0.671
Nuts, coconut milk, raw (liquid expressed from grated meat and water)	N/A	0.76
Nuts, coconut water (liquid from coconuts)	N/A	0.08
Nuts, formulated, wheat-based, all flavors except macadamia, without salt	N/A	1.5
Nuts, formulated, wheat-based, unflavored, with salt added	N/A	1.5
Nuts, ginkgo nuts, canned	N/A	3.623
Nuts, ginkgo nuts, dried	N/A	11.732
Nuts, ginkgo nuts, raw	N/A	6
Nuts, hazelnuts or filberts	N/A	1.8
Nuts, hazelnuts or filberts, blanched	N/A	1.55
Nuts, hazelnuts or filberts, dry roasted, without salt added	N/A	2.05
Nuts, hickorynuts, dried	N/A	0.907
Nuts, macadamia nuts, dry roasted, with salt added	N/A	2.274
Nuts, macadamia nuts, dry roasted, without salt added	N/A	2.274
Nuts, macadamia nuts, raw	N/A	2.473
Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	N/A	3.74
Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	N/A	4.51
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	N/A	4.7
Nuts, mixed nuts, dry roasted, with peanuts, without salt added	N/A	6.22
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	N/A	7.709
Nuts, mixed nuts, oil roasted, with peanuts, with salt added	N/A	7.709
Nuts, mixed nuts, oil roasted, with peanuts, without salt added	N/A	7.709
Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	N/A	2
Nuts, mixed nuts, oil roasted, without peanuts, with salt added	N/A	1.964
Nuts, mixed nuts, oil roasted, without peanuts, without salt added	N/A	1.964
Nuts, pecans	N/A	1.167
Nuts, pecans, dry roasted, with salt added	N/A	1.167
Nuts, pecans, dry roasted, without salt added	N/A	1.167
Nuts, pecans, oil roasted, with salt added	N/A	1.2
Nuts, pecans, oil roasted, without salt added	N/A	1.2
Nuts, pilinuts, dried	N/A	0.519
Nuts, pine nuts, dried	N/A	4.387
Nuts, pine nuts, pinyon, dried	N/A	4.37
Nuts, pistachio nuts, dry roasted, with salt added	N/A	1.373
Nuts, pistachio nuts, dry roasted, without salt added	N/A	1.373
Nuts, pistachio nuts, raw	N/A	1.3
Nuts, walnuts, black, dried	N/A	0.47
Nuts, walnuts, dry roasted, with salt added	N/A	2.217
Nuts, walnuts, english	N/A	1.125

Oat bran, cooked	N/A	0.144
Oat bran, raw	N/A	0.934
Oat flour, partially debranned	N/A	1.474
Oats (Includes foods for USDA's Food Distribution Program)	N/A	0.961
Oheloberries, raw	N/A	0.27
Okara	N/A	0.1
Okra, cooked, boiled, drained, with salt	N/A	0.871
Okra, cooked, boiled, drained, without salt	N/A	0.871
Okra, frozen, cooked, boiled, drained, with salt	N/A	0.616
Okra, frozen, cooked, boiled, drained, without salt	N/A	0.616
Okra, frozen, unprepared	N/A	0.708
Okra, raw	N/A	1
OLIVE GARDEN, cheese ravioli with marinara sauce	N/A	1.753
OLIVE GARDEN, chicken parmigiana without pasta	N/A	5.58
OLIVE GARDEN, lasagna classico	N/A	1.93
OLIVE GARDEN, spaghetti with meat sauce	N/A	1.69
OLIVE GARDEN, spaghetti with pomodoro sauce	N/A	1.14
Olive loaf, pork	N/A	1.835
Olives, pickled, canned or bottled, green	N/A	0.237
Olives, ripe, canned (jumbo-super colossal)	N/A	0.022
Olives, ripe, canned (small-extra large)	N/A	0.037
ON THE BORDER, cheese enchilada	N/A	0.78
ON THE BORDER, cheese quesadilla	N/A	1.985
ON THE BORDER, Mexican rice	N/A	2.75
ON THE BORDER, refried beans	N/A	0.52
ON THE BORDER, soft taco with ground beef, cheese and lettuce	N/A	2.785
Onion rings, breaded, par fried, frozen, prepared, heated in oven	N/A	1.349
Onion rings, breaded, par fried, frozen, unprepared	N/A	0.693
Onions, canned, solids and liquids	N/A	0.061
Onions, cooked, boiled, drained, with salt	N/A	0.165
Onions, cooked, boiled, drained, without salt	N/A	0.165
Onions, dehydrated flakes	N/A	0.99
Onions, frozen, chopped, cooked, boiled, drained, with salt	N/A	0.139
Onions, frozen, chopped, cooked, boiled, drained, without salt	N/A	0.139
Onions, frozen, chopped, unprepared	N/A	0.151
Onions, frozen, whole, cooked, boiled, drained, with salt	N/A	0.132
Onions, frozen, whole, cooked, boiled, drained, without salt	N/A	0.132
Onions, frozen, whole, unprepared	N/A	0.175
Onions, raw	N/A	0.116
Onions, spring or scallions (includes tops and bulb), raw	N/A	0.525
Onions, sweet, raw	N/A	0.133
Onions, yellow, sauteed	N/A	0.037
Onions, young green, tops only	N/A	0.33
Orange juice, canned, unsweetened	N/A	0.201
Orange juice, chilled, includes from concentrate	N/A	0.28
Orange juice, chilled, includes from concentrate, with added calcium	N/A	0.28
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	N/A	0.28
Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	N/A	0.28
Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	N/A	0.273
Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	N/A	0.273
Orange juice, frozen concentrate, unsweetened, undiluted	N/A	1.093
Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	N/A	1.093
Orange juice, raw (Includes foods for USDA's Food Distribution Program)	N/A	0.4
Orange peel, raw	N/A	0.9
Orange Pineapple Juice Blend	N/A	0.173

Orange-grapefruit juice, canned or bottled, unsweetened	N/A	0.336
Oranges, raw, all commercial varieties	N/A	0.282
Oranges, raw, California, valencias	N/A	0.274
Oranges, raw, Florida	N/A	0.4
Oranges, raw, navels (Includes foods for USDA's Food Distribution Program)	N/A	0.425
Oranges, raw, with peel	N/A	0.5
Oscar Mayer, Bologna (beef)	N/A	2.42
Oscar Mayer, Braunschweiger Liver Sausage (sliced)	N/A	9.19
Oscar Mayer, Salami (hard)	N/A	5.05
Oscar Mayer, Wieners (beef franks)	N/A	2.292
Ostrich, fan, raw	N/A	4.722
Ostrich, ground, cooked, pan-broiled	N/A	6.557
Ostrich, ground, raw	N/A	4.377
Ostrich, inside leg, cooked	N/A	7.274
Ostrich, inside leg, raw	N/A	4.847
Ostrich, inside strip, cooked	N/A	7.364
Ostrich, inside strip, raw	N/A	5.129
Ostrich, outside leg, raw	N/A	4.949
Ostrich, outside strip, cooked	N/A	7.158
Ostrich, outside strip, raw	N/A	5.058
Ostrich, oyster, cooked	N/A	7.224
Ostrich, oyster, raw	N/A	4.665
Ostrich, round, raw	N/A	4.761
Ostrich, tenderloin, raw	N/A	4.778
Ostrich, tip trimmed, cooked	N/A	7.143
Ostrich, tip trimmed, raw	N/A	4.73
Ostrich, top loin, cooked	N/A	7.051
Ostrich, top loin, raw	N/A	4.691
Pancakes plain, frozen, ready-to-heat (includes buttermilk)	N/A	6.357
Pancakes, blueberry, prepared from recipe	N/A	1.524
Pancakes, buckwheat, dry mix, incomplete	N/A	4.095
Pancakes, buttermilk, prepared from recipe	N/A	1.577
Pancakes, gluten-free, frozen, ready-to-heat	N/A	1.55
Pancakes, plain, dry mix, complete (includes buttermilk)	N/A	4.368
Pancakes, plain, dry mix, complete, prepared	N/A	1.711
Pancakes, plain, dry mix, incomplete (includes buttermilk)	N/A	3.758
Pancakes, plain, dry mix, incomplete, prepared	N/A	1.232
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	N/A	3.345
Pancakes, plain, prepared from recipe	N/A	1.567
Pancakes, plain, reduced fat	N/A	2.857
Pancakes, special dietary, dry mix	N/A	3.27
Pancakes, whole wheat, dry mix, incomplete	N/A	7.895
Pancakes, whole-wheat, dry mix, incomplete	N/A	6.767
Pancakes, whole-wheat, dry mix, incomplete, prepared	N/A	2.309
PAPA JOHN'S 14" Cheese Pizza, Original Crust	N/A	3.064
PAPA JOHN'S 14" Cheese Pizza, Thin Crust	N/A	0.895
PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	N/A	3.225
PAPA JOHN'S 14" The Works Pizza, Original Crust	N/A	3.205
Papaya nectar, canned	N/A	0.15
Papaya, canned, heavy syrup, drained	N/A	0.06
Papayas, raw	N/A	0.357
Parmesan cheese topping, fat free	N/A	0.2
Parsley, freeze-dried	N/A	10.4
Parsley, fresh	N/A	1.313
Parsnips, cooked, boiled, drained, with salt	N/A	0.724
Parsnips, cooked, boiled, drained, without salt	N/A	0.724
Parsnips, raw	N/A	0.7
Passion-fruit juice, purple, raw	N/A	1.46
Passion-fruit juice, yellow, raw	N/A	2.24

Passion-fruit, (granadilla), purple, raw	N/A	1.5
Pasta mix, classic beef, unprepared	N/A	5.24
Pasta mix, classic cheeseburger macaroni, unprepared	N/A	5.703
Pasta mix, Italian four cheese lasagna, unprepared	N/A	6.067
Pasta mix, Italian lasagna, unprepared	N/A	5.577
Pasta with Sliced Franks in Tomato Sauce, canned entree	N/A	1.157
Pasta with tomato sauce, no meat, canned	N/A	1.302
Pasta, cooked, enriched, with added salt	N/A	1.689
Pasta, cooked, enriched, without added salt	N/A	1.689
Pasta, cooked, unenriched, with added salt	N/A	0.4
Pasta, cooked, unenriched, without added salt	N/A	0.4
Pasta, dry, enriched	N/A	7.177
Pasta, dry, unenriched	N/A	1.7
Pasta, fresh-refrigerated, plain, as purchased	N/A	3.35
Pasta, fresh-refrigerated, plain, cooked	N/A	0.992
Pasta, fresh-refrigerated, spinach, as purchased	N/A	3.46
Pasta, fresh-refrigerated, spinach, cooked	N/A	1.011
Pasta, gluten-free, brown rice flour, cooked, TINKYADA	N/A	1.465
Pasta, gluten-free, corn and rice flour, cooked	N/A	0.24
Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	N/A	0.45
Pasta, gluten-free, corn, cooked	N/A	0.556
Pasta, gluten-free, corn, dry	N/A	2.43
Pasta, homemade, made with egg, cooked	N/A	1.257
Pasta, homemade, made without egg, cooked	N/A	1.343
Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked (Includes foods for USDA's Food Distribution Program)	N/A	2.657
Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry (Includes foods for USDA's Food Distribution Program)	N/A	8.63
Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	N/A	2.887
Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	N/A	7.948
Pasta, whole-wheat, cooked (Includes foods for USDA's Food Distribution Program)	N/A	3.126
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	N/A	8.691
Pastrami, beef, 98% fat-free	N/A	5.065
Pastrami, turkey	N/A	3.527
Pastry, Pastelitos de Guava (guava pastries)	N/A	2.493
Pate de foie gras, canned (goose liver pate), smoked	N/A	2.51
Pate, chicken liver, canned	N/A	7.517
Pate, goose liver, smoked, canned	N/A	2.51
Pate, liver, not specified, canned	N/A	3.3
Pate, truffle flavor	N/A	3.3
Peach nectar, canned, with added ascorbic acid	N/A	0.2
Peach nectar, canned, with sucralose, without added ascorbic acid	N/A	0.09
Peaches, canned, extra heavy syrup pack, solids and liquids	N/A	0.52
Peaches, canned, extra light syrup, solids and liquids (Includes foods for USDA's Food Distribution Program)	N/A	0.8
Peaches, canned, heavy syrup pack, solids and liquids	N/A	0.614
Peaches, canned, heavy syrup, drained	N/A	0.625
Peaches, canned, juice pack, solids and liquids	N/A	0.582
Peaches, canned, light syrup pack, solids and liquids	N/A	0.593
Peaches, canned, water pack, solids and liquids	N/A	0.521
Peaches, dehydrated (low-moisture), sulfured, stewed	N/A	2.03
Peaches, dehydrated (low-moisture), sulfured, uncooked	N/A	4.825
Peaches, dried, sulfured, stewed, with added sugar	N/A	1.388
Peaches, dried, sulfured, stewed, without added sugar	N/A	1.519
Peaches, dried, sulfured, uncooked	N/A	4.375
Peaches, frozen, sliced, sweetened	N/A	0.653

Peaches, spiced, canned, heavy syrup pack, solids and liquids	N/A	0.537
Peaches, yellow, raw	N/A	0.806
Peanut butter with omega-3, creamy	N/A	12.875
Peanut butter, chunk style, with salt	N/A	13.696
Peanut butter, chunk style, without salt	N/A	13.696
Peanut butter, chunky, vitamin and mineral fortified	N/A	13.64
Peanut butter, reduced sodium	N/A	13.69
Peanut Butter, smooth (Includes foods for USDA's Food Distribution Program)	N/A	13.16
Peanut butter, smooth style, with salt (Includes foods for USDA's Food Distribution Program)	N/A	13.112
Peanut butter, smooth style, without salt	N/A	13.112
Peanut butter, smooth, reduced fat	N/A	14.6
Peanut butter, smooth, vitamin and mineral fortified	N/A	13.369
Peanut flour, defatted	N/A	27
Peanut flour, low fat	N/A	11.499
Peanut spread, reduced sugar	N/A	16.385
Peanuts, all types, cooked, boiled, with salt	N/A	5.259
Peanuts, all types, dry-roasted, with salt	N/A	14.355
Peanuts, all types, dry-roasted, without salt	N/A	14.355
Peanuts, all types, oil-roasted, with salt	N/A	13.825
Peanuts, all types, oil-roasted, without salt	N/A	13.825
Peanuts, all types, raw	N/A	12.066
Peanuts, spanish, oil-roasted, with salt	N/A	14.933
Peanuts, spanish, oil-roasted, without salt	N/A	14.933
Peanuts, spanish, raw	N/A	15.925
Peanuts, valencia, oil-roasted, with salt	N/A	14.338
Peanuts, valencia, oil-roasted, without salt	N/A	14.338
Peanuts, valencia, raw	N/A	12.875
Peanuts, virginia, oil-roasted, with salt	N/A	14.7
Peanuts, virginia, oil-roasted, without salt	N/A	14.7
Peanuts, virginia, raw	N/A	12.375
Pear nectar, canned, with added ascorbic acid	N/A	0.128
Pear nectar, canned, without added ascorbic acid	N/A	0.128
Pears, asian, raw	N/A	0.219
Pears, canned, extra heavy syrup pack, solids and liquids	N/A	0.238
Pears, canned, extra light syrup pack, solids and liquids (Includes foods for USDA's Food Distribution Program)	N/A	0.4
Pears, canned, heavy syrup pack, solids and liquids	N/A	0.242
Pears, canned, heavy syrup, drained	N/A	0.242
Pears, canned, juice pack, solids and liquids	N/A	0.2
Pears, canned, light syrup pack, solids and liquids	N/A	0.154
Pears, canned, water pack, solids and liquids	N/A	0.054
Pears, dried, sulfured, stewed, with added sugar	N/A	0.333
Pears, dried, sulfured, stewed, without added sugar	N/A	0.351
Pears, dried, sulfured, uncooked	N/A	1.372
Pears, raw	N/A	0.161
Pears, raw, bartlett (Includes foods for USDA's Food Distribution Program)	N/A	0.164
Pears, raw, bosc (Includes foods for USDA's Food Distribution Program)	N/A	0.152
Pears, raw, green anjou (Includes foods for USDA's Food Distribution Program)	N/A	0.151
Pears, raw, red anjou	N/A	0.162
Peas and carrots, canned, no salt added, solids and liquids	N/A	0.581
Peas and carrots, canned, regular pack, solids and liquids	N/A	0.581
Peas and carrots, frozen, cooked, boiled, drained, with salt	N/A	1.154
Peas and carrots, frozen, cooked, boiled, drained, without salt	N/A	1.154
Peas and carrots, frozen, unprepared	N/A	1.412
Peas and onions, canned, solids and liquids	N/A	1.28
Peas and onions, frozen, cooked, boiled, drained, with salt	N/A	1.044

Peas and onions, frozen, cooked, boiled, drained, without salt	N/A	1.044
Peas and onions, frozen, unprepared	N/A	1.72
Peas, edible-podded, boiled, drained, without salt	N/A	0.539
Peas, edible-podded, cooked, boiled, drained, with salt	N/A	0.539
Peas, edible-podded, frozen, cooked, boiled, drained, with salt	N/A	0.563
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	N/A	0.563
Peas, edible-podded, frozen, unprepared	N/A	0.5
Peas, edible-podded, raw	N/A	0.6
Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	N/A	0.979
Peas, green, canned, drained solids, rinsed in tap water	N/A	1.012
Peas, green, canned, no salt added, drained solids	N/A	0.732
Peas, green, canned, no salt added, solids and liquids	N/A	0.842
Peas, green, canned, regular pack, solids and liquids	N/A	0.995
Peas, green, canned, seasoned, solids and liquids	N/A	0.69
Peas, green, cooked, boiled, drained, with salt	N/A	2.021
Peas, green, cooked, boiled, drained, without salt	N/A	2.021
Peas, green, frozen, cooked, boiled, drained, with salt	N/A	1.48
Peas, green, frozen, cooked, boiled, drained, without salt	N/A	1.48
Peas, green, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	N/A	1.723
Peas, green, raw	N/A	2.09
Peas, green, split, mature seeds, raw	N/A	3.608
Peas, mature seeds, sprouted, raw	N/A	3.088
Peas, split, mature seeds, cooked, boiled, with salt	N/A	0.89
Peas, split, mature seeds, cooked, boiled, without salt	N/A	0.89
Pectin, unsweetened, dry mix	N/A	0.005
Pepeao, dried	N/A	3
Pepper, banana, raw	N/A	1.242
Peppered loaf, pork, beef	N/A	3.08
Pepperidge Farm, Goldfish, Baked Snack Crackers, Explosive Pizza	N/A	6.49
Pepperidge Farm, Goldfish, Baked Snack Crackers, Original	N/A	6.64
Pepperidge Farm, Goldfish, Baked Snack Crackers, Parmesan	N/A	5.887
Pepperidge Farm, Goldfish, Baked Snack Crackers, Pizza	N/A	6.785
Peppermint, fresh	N/A	1.706
Pepperoni, beef and pork, sliced	N/A	4.987
Peppers, ancho, dried	N/A	6.403
Peppers, chili, green, canned	N/A	0.627
Peppers, hot chile, sun-dried	N/A	8.669
Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	N/A	0.8
Peppers, hot chili, green, raw	N/A	0.95
Peppers, hot chili, red, canned, excluding seeds, solids and liquids	N/A	0.8
Peppers, hot chili, red, raw	N/A	1.244
Peppers, hot pickled, canned	N/A	0.343
Peppers, hungarian, raw	N/A	1.092
Peppers, jalapeno, canned, solids and liquids	N/A	0.403
Peppers, jalapeno, raw	N/A	1.28
Peppers, pasilla, dried	N/A	7.175
Peppers, serrano, raw	N/A	1.537
Peppers, sweet, green, canned, solids and liquids	N/A	0.55
Peppers, sweet, green, cooked, boiled, drained, with salt	N/A	0.477
Peppers, sweet, green, cooked, boiled, drained, without salt	N/A	0.477
Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	N/A	1.082
Peppers, sweet, green, frozen, chopped, unprepared	N/A	1.37
Peppers, sweet, green, raw	N/A	0.48
Peppers, sweet, green, sauteed	N/A	0.582
Peppers, sweet, red, canned, solids and liquids	N/A	0.55
Peppers, sweet, red, cooked, boiled, drained, with salt	N/A	0.477
Peppers, sweet, red, cooked, boiled, drained, without salt	N/A	0.477

Peppers, sweet, red, freeze-dried	N/A	7.4
Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	N/A	1.082
Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	N/A	1.082
Peppers, sweet, red, frozen, chopped, unprepared	N/A	1.37
Peppers, sweet, red, raw	N/A	0.979
Peppers, sweet, red, sauteed	N/A	0.954
Peppers, sweet, yellow, raw	N/A	0.89
Persimmons, japanese, dried	N/A	0.18
Persimmons, japanese, raw	N/A	0.1
Pheasant, breast, meat only, raw	N/A	8.554
Pheasant, cooked, total edible	N/A	7.53
Pheasant, leg, meat only, raw	N/A	3.7
Pheasant, raw, meat and skin	N/A	6.426
Pheasant, raw, meat only	N/A	6.759
Phyllo dough	N/A	4.073
Pickle and pimiento loaf, pork	N/A	2.486
Pickle relish, hamburger	N/A	0.617
Pickle relish, hot dog	N/A	0.5
Pickle relish, sweet	N/A	0.233
Pickles, cucumber, dill or kosher dill	N/A	0.109
Pickles, cucumber, dill, reduced sodium	N/A	0.109
Pickles, cucumber, sweet (includes bread and butter pickles)	N/A	0.115
Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	N/A	0.174
Picnic loaf, pork, beef	N/A	2.306
Pie Crust, Cookie-type, Chocolate, Ready Crust	N/A	3.073
Pie Crust, Cookie-type, Graham Cracker, Ready Crust	N/A	3.22
Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	N/A	2.091
Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	N/A	2.113
Pie crust, deep dish, frozen, baked, made with enriched flour	N/A	2.867
Pie crust, deep dish, frozen, unbaked, made with enriched flour	N/A	2.5
Pie crust, refrigerated, regular, baked	N/A	1.285
Pie crust, refrigerated, regular, unbaked	N/A	1.145
Pie crust, standard-type, dry mix	N/A	2.727
Pie crust, standard-type, dry mix, prepared, baked	N/A	2.373
Pie crust, standard-type, frozen, ready-to-bake, enriched	N/A	2.7
Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	N/A	3.45
Pie crust, standard-type, frozen, ready-to-bake, unenriched	N/A	0.55
Pie crust, standard-type, prepared from recipe, baked	N/A	3.307
Pie crust, standard-type, prepared from recipe, unbaked	N/A	2.943
Pie fillings, apple, canned	N/A	0.035
Pie fillings, blueberry, canned	N/A	0.091
Pie fillings, canned, cherry	N/A	0.14
Pie fillings, cherry, low calorie	N/A	0.361
Pie, apple, commercially prepared, enriched flour	N/A	0.263
Pie, apple, commercially prepared, unenriched flour	N/A	1.123
Pie, apple, prepared from recipe	N/A	1.23
Pie, banana cream, prepared from mix, no-bake type	N/A	0.709
Pie, banana cream, prepared from recipe	N/A	1.054
Pie, blueberry, commercially prepared	N/A	0.3
Pie, blueberry, prepared from recipe	N/A	1.194
Pie, cherry, commercially prepared	N/A	0.2
Pie, cherry, prepared from recipe	N/A	1.276
Pie, chocolate creme, commercially prepared	N/A	0.605
Pie, chocolate mousse, prepared from mix, no-bake type	N/A	0.595
Pie, coconut cream, prepared from mix, no-bake type	N/A	0.132
Pie, coconut creme, commercially prepared	N/A	0.2
Pie, coconut custard, commercially prepared	N/A	0.403
Pie, Dutch Apple, Commercially Prepared	N/A	1.094
Pie, egg custard, commercially prepared	N/A	0.292
Pie, fried pies, cherry	N/A	1.425

Pie, fried pies, fruit	N/A	1.425
Pie, fried pies, lemon	N/A	1.425
Pie, lemon meringue, commercially prepared	N/A	0.649
Pie, lemon meringue, prepared from recipe	N/A	0.944
Pie, mince, prepared from recipe	N/A	1.189
Pie, peach	N/A	0.2
Pie, pecan, commercially prepared	N/A	1.31
Pie, pecan, prepared from recipe	N/A	0.847
Pie, pumpkin, commercially prepared	N/A	1.107
Pie, pumpkin, prepared from recipe	N/A	0.782
Pie, vanilla cream, prepared from recipe	N/A	0.984
Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	N/A	0.781
Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	N/A	0.781
Pigeon peas (red gram), mature seeds, raw	N/A	2.965
Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	N/A	2.153
Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	N/A	2.153
Pigeonpeas, immature seeds, raw	N/A	2.2
Piki bread, made from blue cornmeal (Hopi)	N/A	2.92
Pimento, canned	N/A	0.615
Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	N/A	0.199
Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	N/A	0.199
Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	N/A	0.141
Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	N/A	0.2
Pineapple juice, frozen concentrate, unsweetened, undiluted	N/A	0.9
Pineapple, canned, extra heavy syrup pack, solids and liquids	N/A	0.282
Pineapple, canned, heavy syrup pack, solids and liquids	N/A	0.287
Pineapple, canned, juice pack, drained	N/A	0.284
Pineapple, canned, juice pack, solids and liquids	N/A	0.284
Pineapple, canned, light syrup pack, solids and liquids	N/A	0.292
Pineapple, canned, water pack, solids and liquids	N/A	0.298
Pineapple, frozen, chunks, sweetened	N/A	0.3
Pineapple, raw, all varieties	N/A	0.5
Pineapple, raw, extra sweet variety	N/A	0.507
Pineapple, raw, traditional varieties	N/A	0.47
Pitanga, (surinam-cherry), raw	N/A	0.3
PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	N/A	3.295
PIZZA HUT 12" Cheese Pizza, Pan Crust	N/A	3.91
PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	N/A	2.895
PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	N/A	4.028
PIZZA HUT 12" Pepperoni Pizza, Pan Crust	N/A	3.84
PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	N/A	3.582
PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	N/A	4.3
PIZZA HUT 14" Cheese Pizza, Pan Crust	N/A	3.48
PIZZA HUT 14" Cheese Pizza, Stuffed Crust	N/A	3.763
PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	N/A	4.18
PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	N/A	4.82
PIZZA HUT 14" Pepperoni Pizza, Pan Crust	N/A	3.75
PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	N/A	4.55
PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	N/A	4.25
PIZZA HUT 14" Sausage Pizza, Pan Crust	N/A	3.83
PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	N/A	4.5
PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	N/A	2.38
PIZZA HUT, breadstick, parmesan garlic	N/A	7.08
Pizza rolls, frozen, unprepared	N/A	2.075
Pizza, cheese topping, regular crust, frozen, cooked	N/A	2.196
Pizza, cheese topping, rising crust, frozen, cooked	N/A	1.985
Pizza, cheese topping, thin crust, frozen, cooked	N/A	1.283

Pizza, meat and vegetable topping, regular crust, frozen, cooked	N/A	2.379
Pizza, meat and vegetable topping, rising crust, frozen, cooked	N/A	2.155
Pizza, meat topping, thick crust, frozen, cooked	N/A	2.567
Pizza, pepperoni topping, regular crust, frozen, cooked	N/A	3.235
Plantains, green, boiled	N/A	0.39
Plantains, green, fried	N/A	0.818
Plantains, green, raw	N/A	0.55
Plantains, yellow, baked	N/A	0.685
Plantains, yellow, fried, Latino restaurant	N/A	0.837
Plantains, yellow, raw	N/A	0.672
Plums, canned, heavy syrup, drained	N/A	0.291
Plums, canned, purple, extra heavy syrup pack, solids and liquids	N/A	0.285
Plums, canned, purple, heavy syrup pack, solids and liquids	N/A	0.291
Plums, canned, purple, juice pack, solids and liquids	N/A	0.473
Plums, canned, purple, light syrup pack, solids and liquids	N/A	0.297
Plums, canned, purple, water pack, solids and liquids	N/A	0.37
Plums, dried (prunes), stewed, with added sugar	N/A	0.675
Plums, dried (prunes), stewed, without added sugar	N/A	0.723
Plums, dried (prunes), uncooked	N/A	1.882
Plums, raw	N/A	0.417
Plums, wild (Northern Plains Indians)	N/A	0.367
Poi	N/A	1.1
Pokeberry shoots, (poke), cooked, boiled, drained, with salt	N/A	1.1
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	N/A	1.1
Pokeberry shoots, (poke), raw	N/A	1.2
Polish sausage, pork	N/A	3.443
Pomegranate juice, bottled	N/A	0.233
Pomegranates, raw	N/A	0.293
Popcorn, microwave, low fat and sodium	N/A	2.07
Popcorn, microwave, regular (butter) flavor, made with palm oil	N/A	1.615
Popcorn, sugar syrup/caramel, fat-free	N/A	0.342
POPEYES, biscuit	N/A	3.24
POPEYES, Coleslaw	N/A	0.206
POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	N/A	8.988
POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	N/A	9.393
POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	N/A	5.443
POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	N/A	6.15
POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	N/A	5.687
POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	N/A	6.02
POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	N/A	6.546
POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	N/A	8.127
POPEYES, Mild Chicken Strips, analyzed 2006	N/A	8.317
POPEYES, Spicy Chicken Strips, analyzed 2006	N/A	8.69
Popovers, dry mix, enriched	N/A	3.378
Popovers, dry mix, unenriched	N/A	1.041
Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	N/A	7.883
Pork loin, fresh, backribs, bone-in, raw, lean only	N/A	7.247
Pork sausage rice links, brown and serve, cooked	N/A	3.35
Pork sausage, link/patty, cooked, pan-fried	N/A	6.119
Pork sausage, link/patty, fully cooked, microwaved	N/A	4.328
Pork sausage, link/patty, fully cooked, unheated	N/A	3.984
Pork sausage, link/patty, reduced fat, cooked, pan-fried	N/A	7.737
Pork sausage, link/patty, reduced fat, unprepared	N/A	6.187
Pork sausage, link/patty, unprepared	N/A	5.418
Pork sausage, reduced sodium, cooked	N/A	2.41
Pork, bacon, rendered fat, cooked	N/A	0.725

Pork, cured, bacon, cooked, baked	N/A	10.623
Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	N/A	11.099
Pork, cured, bacon, cooked, microwaved	N/A	10.714
Pork, cured, bacon, pre-sliced, cooked, pan-fried	N/A	10.457
Pork, cured, bacon, unprepared	N/A	4.022
Pork, cured, breakfast strips, raw or unheated	N/A	3.65
Pork, cured, feet, pickled	N/A	0.22
Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	N/A	4.29
Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	N/A	4.819
Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	N/A	4.43
Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	N/A	5.32
Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	N/A	4.695
Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	N/A	3.407
Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	N/A	5.073
Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	N/A	3.59
Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	N/A	5.215
Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	N/A	4.352
Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	N/A	5.436
Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	N/A	4.71
Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	N/A	5.838
Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	N/A	5.895
Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	N/A	5.734
Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	N/A	5.389
Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	N/A	5.797
Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	N/A	5.473
Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	N/A	3.901
Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	N/A	3.822
Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	N/A	4.04
Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	N/A	4.09
Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	N/A	4.159
Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	N/A	3.253
Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	N/A	4.563
Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	N/A	3.58

Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	N/A	4.855
Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	N/A	4.177
Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	N/A	5.023
Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	N/A	4.38
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	N/A	4.283
Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	N/A	4.285
Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	N/A	3.62
Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	N/A	3.867
Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	N/A	3.62
Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	N/A	3.87
Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	N/A	7.127
Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	N/A	6.31
Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	N/A	7.62
Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	N/A	7.23
Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	N/A	7.19
Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	N/A	4.856
Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	N/A	7.793
Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	N/A	5.28
Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	N/A	8.52
Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	N/A	6.227
Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	N/A	9.01
Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	N/A	6.59
Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	N/A	7.374
Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	N/A	7.395
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	N/A	6.619
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	N/A	5.575
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	N/A	5.733
Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	N/A	6.72
Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	N/A	6.82
Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	N/A	6.859

Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	N/A	6.83
Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	N/A	6.877
Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	N/A	4.023
Pork, cured, ham, boneless, extra lean and regular, roasted	N/A	5.324
Pork, cured, ham, boneless, extra lean and regular, unheated	N/A	5.09
Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	N/A	4.02
Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	N/A	5.32
Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	N/A	6.15
Pork, cured, ham, center slice, country-style, separable lean only, raw	N/A	3.881
Pork, cured, ham, center slice, separable lean and fat, unheated	N/A	4.809
Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	N/A	4.892
Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	N/A	5.302
Pork, cured, ham, extra lean and regular, canned, roasted	N/A	5.032
Pork, cured, ham, extra lean and regular, canned, unheated	N/A	4.585
Pork, cured, ham, low sodium, lean and fat, cooked	N/A	5.74
Pork, cured, ham, patties, unheated	N/A	3.014
Pork, cured, ham, regular (approximately 13% fat), canned, roasted	N/A	5.3
Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	N/A	6.871
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	N/A	6.417
Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	N/A	7.387
Pork, cured, ham, rump, bone-in, separable lean only, unheated	N/A	6.987
Pork, cured, ham, separable fat, boneless, heated	N/A	3.08
Pork, cured, ham, separable fat, boneless, unheated	N/A	2.57
Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	N/A	6.885
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	N/A	6.382
Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	N/A	7.397
Pork, cured, ham, shank, bone-in, separable lean only, unheated	N/A	6.97
Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	N/A	7.333
Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	N/A	6.05
Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	N/A	7.767
Pork, cured, ham, slice, bone-in, separable lean only, unheated	N/A	6.493
Pork, cured, ham, steak, boneless, extra lean, unheated	N/A	5.08
Pork, cured, ham, whole, separable lean and fat, unheated	N/A	4.463
Pork, cured, ham, whole, separable lean only, roasted	N/A	5.02
Pork, cured, ham, whole, separable lean only, unheated	N/A	5.252
Pork, cured, salt pork, raw	N/A	1.62
Pork, cured, separable fat (from ham and arm picnic), roasted	N/A	2.228
Pork, cured, separable fat (from ham and arm picnic), unheated	N/A	1.82
Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	N/A	4.127
Pork, cured, shoulder, arm picnic, separable lean only, roasted	N/A	4.798
Pork, cured, shoulder, blade roll, separable lean and fat, roasted	N/A	2.377
Pork, cured, shoulder, blade roll, separable lean and fat, unheated	N/A	2.72
Pork, fresh, backfat, raw	N/A	0.985
Pork, fresh, backribs, separable lean and fat, cooked, roasted	N/A	7.636
Pork, fresh, backribs, separable lean and fat, raw	N/A	6.776
Pork, fresh, belly, raw	N/A	4.647
Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	N/A	7.698

Pork, fresh, carcass, separable lean and fat, raw	N/A	3.846
Pork, fresh, composite of separable fat, with added solution, cooked	N/A	3.93
Pork, fresh, composite of separable fat, with added solution, raw	N/A	3.23
Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	N/A	4.73
Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	N/A	6.503
Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	N/A	5.573
Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	N/A	6.047
Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	N/A	4.504
Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	N/A	6.368
Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	N/A	5.452
Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	N/A	5.251
Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	N/A	4.825
Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	N/A	6.45
Pork, fresh, ground, cooked	N/A	4.206
Pork, fresh, ground, raw	N/A	4.338
Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	N/A	7.444
Pork, fresh, leg (ham), rump half, separable lean and fat, raw	N/A	5.623
Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	N/A	7.94
Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program)	N/A	6.042
Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	N/A	7.457
Pork, fresh, leg (ham), shank half, separable lean and fat, raw	N/A	5.75
Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	N/A	8.082
Pork, fresh, leg (ham), shank half, separable lean only, raw	N/A	6.273
Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	N/A	4.574
Pork, fresh, leg (ham), whole, separable lean and fat, raw	N/A	4.574
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	N/A	4.935
Pork, fresh, leg (ham), whole, separable lean only, raw	N/A	5.338
Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	N/A	6.704
Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	N/A	7.113
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	N/A	6.564
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	N/A	6.848
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	N/A	7.381
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	N/A	7.927
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	N/A	8.311
Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	N/A	7.604
Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	N/A	8.218

Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	N/A	8.628
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	N/A	8.063
Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	N/A	6.705
Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	N/A	6.882
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	N/A	7.435
Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	N/A	7.68
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	N/A	7.868
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	N/A	8.147
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	N/A	9.186
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	N/A	6.619
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	N/A	8.197
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	N/A	8.485
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	N/A	9.667
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	N/A	6.934
Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	N/A	8.403
Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	N/A	7.413
Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	N/A	9.303
Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	N/A	8.21
Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	N/A	7.42
Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	N/A	7.655
Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	N/A	6.331
Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	N/A	6.685
Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	N/A	4.638
Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	N/A	5.036
Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	N/A	7.505
Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	N/A	7.478
Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	N/A	8.931
Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	N/A	7.88
Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	N/A	7.855
Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	N/A	9.432

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	N/A	4.311
Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	N/A	4.945
Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	N/A	4.805
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	N/A	4.519
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	N/A	5.231
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	N/A	5.115
Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	N/A	9.49
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	N/A	10.003
Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	N/A	5.044
Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	N/A	5.355
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	N/A	8.497
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	N/A	4.196
Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	N/A	8.699
Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	N/A	7.496
Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	N/A	5.548
Pork, fresh, loin, country-style ribs, separable lean and fat, raw	N/A	3.082
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	N/A	9.152
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	N/A	7.82
Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	N/A	9.152
Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	N/A	8.13
Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	N/A	5.715
Pork, fresh, loin, country-style ribs, separable lean only, raw	N/A	3.097
Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	N/A	6.093
Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	N/A	6.344
Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	N/A	7.239
Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	N/A	7.348
Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	N/A	7.537
Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	N/A	8.414
Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	N/A	7.982
Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	N/A	9.035
Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	N/A	7.76

Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	N/A	8.654
Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	N/A	7.834
Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	N/A	8.761
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	N/A	7.865
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	N/A	8.165
Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	N/A	8.055
Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	N/A	8.224
Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	N/A	5.054
Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	N/A	7.402
Pork, fresh, loin, tenderloin, separable lean and fat, raw	N/A	6.61
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	N/A	7.36
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	N/A	6.382
Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	N/A	5.135
Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	N/A	7.432
Pork, fresh, loin, tenderloin, separable lean only, raw	N/A	6.684
Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	N/A	7.392
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	N/A	9.905
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	N/A	8.242
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	N/A	10.523
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	N/A	7.988
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	N/A	8.589
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	N/A	10.192
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	N/A	7.178
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	N/A	10.263
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	N/A	8.512
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	N/A	10.85
Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	N/A	8.265
Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	N/A	8.927
Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	N/A	10.323
Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	N/A	7.813
Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	N/A	7.104
Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	N/A	5.566
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	N/A	7.277
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	N/A	5.745

Pork, fresh, loin, whole, separable lean and fat, cooked, braised	N/A	4.419
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	N/A	5.037
Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	N/A	5.572
Pork, fresh, loin, whole, separable lean and fat, raw	N/A	4.58
Pork, fresh, loin, whole, separable lean only, cooked, braised	N/A	4.588
Pork, fresh, loin, whole, separable lean only, cooked, broiled	N/A	5.243
Pork, fresh, loin, whole, separable lean only, cooked, roasted	N/A	5.893
Pork, fresh, loin, whole, separable lean only, raw	N/A	4.915
Pork, fresh, separable fat, cooked	N/A	3.12
Pork, fresh, separable fat, raw	N/A	2.63
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	N/A	3.872
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	N/A	4.239
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	N/A	3.61
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	N/A	3.763
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	N/A	3.935
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	N/A	4.387
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	N/A	3.575
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	N/A	3.837
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	N/A	5.308
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	N/A	3.918
Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	N/A	4.518
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	N/A	5.538
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	N/A	4.314
Pork, fresh, shoulder, arm picnic, separable lean only, raw	N/A	4.828
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	N/A	4.061
Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	N/A	4.96
Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	N/A	4.07
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	N/A	4.3
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	N/A	3.991
Pork, fresh, shoulder, whole, separable lean and fat, raw	N/A	3.833
Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	N/A	4.26
Pork, fresh, shoulder, whole, separable lean only, raw	N/A	4.275
Pork, fresh, spareribs, separable lean and fat, cooked, braised	N/A	5.475
Pork, fresh, spareribs, separable lean and fat, cooked, roasted	N/A	6.103
Pork, fresh, spareribs, separable lean and fat, raw	N/A	4.662
Pork, fresh, variety meats and by-products, brain, cooked, braised	N/A	3.33
Pork, fresh, variety meats and by-products, brain, raw	N/A	4.275
Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	N/A	0.087
Pork, fresh, variety meats and by-products, chitterlings, raw	N/A	0.215
Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	N/A	0.56
Pork, fresh, variety meats and by-products, ears, frozen, raw	N/A	0.78
Pork, fresh, variety meats and by-products, feet, cooked, simmered	N/A	0.585

Pork, fresh, variety meats and by-products, feet, raw	N/A	1.13
Pork, fresh, variety meats and by-products, heart, cooked, braised	N/A	6.05
Pork, fresh, variety meats and by-products, heart, raw	N/A	6.765
Pork, fresh, variety meats and by-products, jowl, raw	N/A	4.535
Pork, fresh, variety meats and by-products, kidneys, cooked, braised	N/A	5.785
Pork, fresh, variety meats and by-products, kidneys, raw	N/A	8.207
Pork, fresh, variety meats and by-products, leaf fat, raw	N/A	1.249
Pork, fresh, variety meats and by-products, liver, cooked, braised	N/A	8.435
Pork, fresh, variety meats and by-products, liver, raw	N/A	15.301
Pork, fresh, variety meats and by-products, lungs, cooked, braised	N/A	1.364
Pork, fresh, variety meats and by-products, lungs, raw	N/A	3.345
Pork, fresh, variety meats and by-products, mechanically separated, raw	N/A	3.171
Pork, fresh, variety meats and by-products, pancreas, cooked, braised	N/A	3.206
Pork, fresh, variety meats and by-products, pancreas, raw	N/A	3.45
Pork, fresh, variety meats and by-products, spleen, cooked, braised	N/A	5.938
Pork, fresh, variety meats and by-products, spleen, raw	N/A	5.867
Pork, fresh, variety meats and by-products, stomach, cooked, simmered	N/A	1.38
Pork, fresh, variety meats and by-products, stomach, raw	N/A	2.48
Pork, fresh, variety meats and by-products, tail, cooked, simmered	N/A	1.12
Pork, fresh, variety meats and by-products, tail, raw	N/A	2.06
Pork, fresh, variety meats and by-products, tongue, cooked, braised	N/A	5.34
Pork, fresh, variety meats and by-products, tongue, raw	N/A	5.3
Pork, ground, 72% lean / 28% fat, cooked, crumbles	N/A	7.522
Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	N/A	6.852
Pork, ground, 84% lean / 16% fat, cooked, crumbles	N/A	9.286
Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	N/A	8.573
Pork, ground, 84% lean / 16% fat, raw	N/A	6.416
Pork, ground, 96% lean / 4% fat, cooked, crumbles	N/A	11.05
Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	N/A	10.293
Pork, ground, 96% lean / 4% fat, raw	N/A	7.914
Pork, Leg Cap Steak, boneless, separable lean and fat, raw	N/A	7.092
Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	N/A	7.685
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	N/A	7.183
Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	N/A	8.205
Pork, oriental style, dehydrated	N/A	2.1
Pork, pickled pork hocks	N/A	1.1
Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	N/A	10.412
Pork, Shoulder breast, boneless, separable lean and fat, raw	N/A	9.602
Pork, Shoulder petite tender, boneless, separable lean and fat, raw	N/A	5.312
Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	N/A	6.345
Potato chips, without salt, reduced fat	N/A	7
Potato flour	N/A	3.507
Potato pancakes	N/A	1.672
Potato puffs, frozen, oven-heated	N/A	1.449
Potato puffs, frozen, unprepared	N/A	1.815
Potato salad with egg	N/A	0.8
Potato salad, home-prepared	N/A	0.89
Potato soup, instant, dry mix	N/A	4.27
Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	N/A	0.939
Potatoes, au gratin, dry mix, unprepared	N/A	4.063
Potatoes, au gratin, home-prepared from recipe using butter	N/A	0.993
Potatoes, au gratin, home-prepared from recipe using margarine	N/A	0.993
Potatoes, baked, flesh and skin, with salt	N/A	1.41

Potatoes, baked, flesh and skin, without salt	N/A	1.41
Potatoes, baked, flesh, with salt	N/A	1.395
Potatoes, baked, flesh, without salt	N/A	1.395
Potatoes, baked, skin only, with salt	N/A	3.065
Potatoes, baked, skin, without salt	N/A	3.065
Potatoes, boiled, cooked in skin, flesh, with salt	N/A	1.439
Potatoes, boiled, cooked in skin, flesh, without salt	N/A	1.439
Potatoes, boiled, cooked in skin, skin, with salt	N/A	1.222
Potatoes, boiled, cooked in skin, skin, without salt	N/A	1.222
Potatoes, boiled, cooked without skin, flesh, with salt	N/A	1.312
Potatoes, boiled, cooked without skin, flesh, without salt	N/A	1.312
Potatoes, canned, drained solids	N/A	0.915
Potatoes, canned, drained solids, no salt added	N/A	0.92
Potatoes, canned, solids and liquids	N/A	0.889
Potatoes, flesh and skin, raw	N/A	1.061
Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	N/A	2.077
Potatoes, french fried, all types, salt added in processing, frozen, unprepared	N/A	2.038
Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	N/A	2.038
Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	N/A	2.218
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	N/A	1.789
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	N/A	2.413
Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	N/A	2.14
Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	N/A	2.135
Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	N/A	1.97
Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	N/A	2.28
Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	N/A	2.005
Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	N/A	2.24
Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	N/A	2.413
Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	N/A	2.665
Potatoes, frozen, french fried, par fried, extruded, unprepared	N/A	2.241
Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	N/A	2.314
Potatoes, hash brown, frozen, plain, unprepared	N/A	1.664
Potatoes, hash brown, frozen, with butter sauce, unprepared	N/A	1.133
Potatoes, hash brown, home-prepared	N/A	2.302
Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	N/A	3.193
Potatoes, hash brown, refrigerated, unprepared	N/A	1.777
Potatoes, mashed, dehydrated, flakes without milk, dry form	N/A	6.264
Potatoes, mashed, dehydrated, granules with milk, dry form	N/A	4.2
Potatoes, mashed, dehydrated, granules without milk, dry form	N/A	4.765
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	N/A	0.776
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	N/A	0.67
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	N/A	0.86
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	N/A	0.764

Potatoes, mashed, home-prepared, whole milk added	N/A	1.118
Potatoes, mashed, home-prepared, whole milk and butter added	N/A	1.072
Potatoes, mashed, home-prepared, whole milk and margarine added	N/A	1.174
Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	N/A	0.763
Potatoes, mashed, ready-to-eat	N/A	1.02
Potatoes, microwaved, cooked in skin, flesh and skin, without salt	N/A	1.714
Potatoes, microwaved, cooked in skin, flesh, with salt	N/A	1.625
Potatoes, microwaved, cooked in skin, flesh, without salt	N/A	1.625
Potatoes, microwaved, cooked in skin, skin, without salt	N/A	2.22
Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	N/A	1.714
Potatoes, microwaved, cooked, in skin, skin with salt	N/A	2.22
Potatoes, o'brien, home-prepared	N/A	1.008
Potatoes, raw, skin	N/A	1.033
Potatoes, red, flesh and skin, baked	N/A	1.595
Potatoes, red, flesh and skin, raw	N/A	1.149
Potatoes, Russet, flesh and skin, baked	N/A	1.348
Potatoes, russet, flesh and skin, raw (Includes foods for USDA's Food Distribution Program)	N/A	1.035
Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	N/A	1.029
Potatoes, scalloped, dry mix, unprepared	N/A	4.533
Potatoes, scalloped, home-prepared with butter	N/A	1.053
Potatoes, scalloped, home-prepared with margarine	N/A	1.053
Potatoes, white, flesh and skin, baked	N/A	1.528
Potatoes, white, flesh and skin, raw	N/A	1.066
Potsticker or wonton, pork and vegetable, frozen, unprepared	N/A	2.236
Poultry salad sandwich spread	N/A	1.669
Poultry, mechanically deboned, from backs and necks with skin, raw	N/A	4.63
Poultry, mechanically deboned, from backs and necks without skin, raw	N/A	6.246
Poultry, mechanically deboned, from mature hens, raw	N/A	5.254
Prairie Turnips, boiled (Northern Plains Indians)	N/A	0.708
Prairie Turnips, raw (Northern Plains Indians)	N/A	1.071
Pretzels, soft	N/A	4.27
Pretzels, soft, unsalted	N/A	4.27
Prickly pears, broiled (Northern Plains Indians)	N/A	1
Prickly pears, raw	N/A	0.46
Prickly pears, raw (Northern Plains Indians)	N/A	0.293
Protein supplement, milk based, Muscle Milk Light, powder	N/A	14
Protein supplement, milk based, Muscle Milk, powder	N/A	10
Prune juice, canned	N/A	0.785
Prune puree	N/A	2.5
Prunes, canned, heavy syrup pack, solids and liquids	N/A	0.866
Prunes, dehydrated (low-moisture), stewed	N/A	0.985
Prunes, dehydrated (low-moisture), uncooked	N/A	2.995
Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	N/A	0.003
Puddings, all flavors except chocolate, low calorie, instant, dry mix	N/A	0.014
Puddings, banana, dry mix, instant	N/A	0.002
Puddings, banana, dry mix, instant, prepared with 2% milk	N/A	0.072
Puddings, banana, dry mix, instant, prepared with whole milk	N/A	0.074
Puddings, banana, dry mix, instant, with added oil	N/A	0.002
Puddings, banana, dry mix, regular, prepared with 2% milk	N/A	0.075
Puddings, banana, dry mix, regular, prepared with whole milk	N/A	0.077
Puddings, chocolate flavor, low calorie, instant, dry mix	N/A	0.4
Puddings, chocolate flavor, low calorie, regular, dry mix	N/A	0.545
Puddings, chocolate, dry mix, instant	N/A	0.234
Puddings, chocolate, dry mix, instant, prepared with 2% milk	N/A	0.108
Puddings, chocolate, dry mix, instant, prepared with whole milk	N/A	0.096

Puddings, chocolate, dry mix, regular	N/A	0.33
Puddings, chocolate, dry mix, regular, prepared with 2% milk	N/A	0.136
Puddings, chocolate, dry mix, regular, prepared with whole milk	N/A	0.133
Puddings, chocolate, ready-to-eat	N/A	0.123
Puddings, chocolate, ready-to-eat, fat free	N/A	0.087
Puddings, coconut cream, dry mix, instant	N/A	0.219
Puddings, coconut cream, dry mix, instant, prepared with 2% milk	N/A	0.086
Puddings, coconut cream, dry mix, instant, prepared with whole milk	N/A	0.084
Puddings, coconut cream, dry mix, regular	N/A	0.102
Puddings, coconut cream, dry mix, regular, prepared with 2% milk	N/A	0.091
Puddings, coconut cream, dry mix, regular, prepared with whole milk	N/A	0.089
Puddings, lemon, dry mix, instant	N/A	0.001
Puddings, lemon, dry mix, instant, prepared with 2% milk	N/A	0.072
Puddings, lemon, dry mix, instant, prepared with whole milk	N/A	0.07
Puddings, lemon, dry mix, regular	N/A	0.019
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	N/A	0.019
Puddings, rice, dry mix	N/A	2.013
Puddings, rice, dry mix, prepared with 2% milk	N/A	0.443
Puddings, rice, dry mix, prepared with whole milk	N/A	0.441
Puddings, rice, ready-to-eat	N/A	0.217
Puddings, tapioca, dry mix	N/A	0.004
Puddings, tapioca, dry mix, prepared with 2% milk	N/A	0.075
Puddings, tapioca, dry mix, prepared with whole milk	N/A	0.073
Puddings, tapioca, dry mix, with no added salt	N/A	0.004
Puddings, tapioca, ready-to-eat	N/A	0.065
Puddings, tapioca, ready-to-eat, fat free	N/A	0.101
Puddings, vanilla, dry mix, instant	N/A	0.006
Puddings, vanilla, dry mix, instant, prepared with whole milk	N/A	0.074
Puddings, vanilla, dry mix, regular	N/A	0.001
Puddings, vanilla, dry mix, regular, prepared with 2% milk	N/A	0.075
Puddings, vanilla, dry mix, regular, prepared with whole milk	N/A	0.078
Puddings, vanilla, ready-to-eat	N/A	0.057
Puddings, vanilla, ready-to-eat, fat free	N/A	0.052
Puff pastry, frozen, ready-to-bake	N/A	4.168
Puff pastry, frozen, ready-to-bake, baked	N/A	3.8
Pulled pork in barbecue sauce	N/A	3.032
Pummelo, raw	N/A	0.22
Pumpkin flowers, cooked, boiled, drained, without salt	N/A	0.31
Pumpkin flowers, raw	N/A	0.69
Pumpkin leaves, cooked, boiled, drained, with salt	N/A	0.85
Pumpkin leaves, cooked, boiled, drained, without salt	N/A	0.85
Pumpkin leaves, raw	N/A	0.92
Pumpkin pie mix, canned	N/A	0.374
Pumpkin, canned, with salt	N/A	0.367
Pumpkin, canned, without salt	N/A	0.367
Pumpkin, cooked, boiled, drained, with salt	N/A	0.413
Pumpkin, cooked, boiled, drained, without salt	N/A	0.413
Pumpkin, flowers, cooked, boiled, drained, with salt	N/A	0.31
Pumpkin, raw	N/A	0.6
Purslane, cooked, boiled, drained, with salt	N/A	0.46
Purslane, cooked, boiled, drained, without salt	N/A	0.46
Purslane, raw	N/A	0.48
Quail, breast, meat only, raw	N/A	8.2
Quail, cooked, total edible	N/A	7.92
Quail, meat and skin, raw	N/A	7.538
Quail, meat only, raw	N/A	8.2
Quinces, raw	N/A	0.2
Quinoa, cooked	N/A	0.412

Quinoa, uncooked	N/A	1.52
Radicchio, raw	N/A	0.255
Radish seeds, sprouted, raw	N/A	2.853
Radishes, hawaiian style, pickled	N/A	0.31
Radishes, oriental, cooked, boiled, drained, with salt	N/A	0.15
Radishes, oriental, cooked, boiled, drained, without salt	N/A	0.15
Radishes, oriental, dried	N/A	3.4
Radishes, oriental, raw	N/A	0.2
Radishes, raw	N/A	0.254
Radishes, white icicle, raw	N/A	0.3
Raisins, dark, seedless (Includes foods for USDA's Food Distribution Program)	N/A	0.766
Raisins, golden, seedless	N/A	1.142
Raisins, seeded	N/A	1.114
Rambutan, canned, syrup pack	N/A	1.352
Raspberries, canned, red, heavy syrup pack, solids and liquids	N/A	0.443
Raspberries, frozen, red, sweetened	N/A	0.23
Raspberries, frozen, red, unsweetened	N/A	0.675
Raspberries, raw	N/A	0.598
Raspberries, wild (Northern Plains Indians)	N/A	1.03
Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	N/A	1.267
Ravioli, cheese-filled, canned	N/A	1.06
Ravioli, meat-filled, with tomato sauce or meat sauce, canned	N/A	1.245
Reddi Wip Fat Free Whipped Topping	N/A	0.364
Refried beans, canned, fat-free	N/A	0.362
Refried beans, canned, traditional style	N/A	0.367
Refried beans, canned, traditional, reduced sodium	N/A	0.367
Refried beans, canned, vegetarian	N/A	0.37
Restaurant, Chinese, beef and vegetables	N/A	1.32
Restaurant, Chinese, chicken and vegetables	N/A	1.69
Restaurant, Chinese, chicken chow mein	N/A	1.468
Restaurant, Chinese, egg rolls, assorted	N/A	2.725
Restaurant, Chinese, fried rice, without meat	N/A	0.637
Restaurant, Chinese, general tso's chicken	N/A	2.853
Restaurant, Chinese, kung pao chicken	N/A	2.757
Restaurant, Chinese, lemon chicken	N/A	3.776
Restaurant, Chinese, orange chicken	N/A	3.59
Restaurant, Chinese, sesame chicken	N/A	3.96
Restaurant, Chinese, shrimp and vegetables	N/A	0.935
Restaurant, Chinese, sweet and sour chicken	N/A	3.657
Restaurant, Chinese, sweet and sour pork	N/A	2.112
Restaurant, Chinese, vegetable chow mein, without meat or noodles	N/A	0.507
Restaurant, Chinese, vegetable lo mein, without meat	N/A	0.81
Restaurant, family style, chicken fingers, from kid's menu	N/A	7.628
Restaurant, family style, chicken tenders	N/A	7.76
Restaurant, family style, chili with meat and beans	N/A	3.557
Restaurant, family style, coleslaw	N/A	0.281
Restaurant, family style, fish fillet, battered or breaded, fried	N/A	2.475
Restaurant, family style, french fries	N/A	2.564
Restaurant, family style, fried mozzarella sticks	N/A	0.781
Restaurant, family style, hash browns	N/A	2.17
Restaurant, family style, macaroni & cheese, from kids' menu	N/A	0.783
Restaurant, family style, onion rings	N/A	0.818
Restaurant, family style, shrimp, breaded and fried	N/A	1.249
Restaurant, family style, sirloin steak	N/A	5.683
Restaurant, family style, spaghetti and meatballs	N/A	2
Restaurant, Italian, cheese ravioli with marinara sauce	N/A	1.328
Restaurant, Italian, chicken parmesan without pasta	N/A	6.013
Restaurant, Italian, lasagna with meat	N/A	1.843

Restaurant, Italian, spaghetti with meat sauce	N/A	1.643
Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	N/A	1.162
Restaurant, Latino, arepa (unleavened cornmeal bread)	N/A	0.888
Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	N/A	1.017
Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	N/A	0.53
Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	N/A	0.813
Restaurant, Latino, arroz con leche (rice pudding)	N/A	0.31
Restaurant, Latino, black bean soup	N/A	0.675
Restaurant, Latino, bunuelos (fried yeast bread)	N/A	1.967
Restaurant, Latino, chicken and rice, entree, prepared	N/A	5.558
Restaurant, Latino, empanadas, beef, prepared	N/A	4.663
Restaurant, Latino, pupusas con frijoles (pupusas, bean)	N/A	0.867
Restaurant, Latino, pupusas con queso (pupusas, cheese)	N/A	0.483
Restaurant, Latino, pupusas del cerdo (pupusas, pork)	N/A	2.373
Restaurant, Latino, tamale, corn	N/A	1.317
Restaurant, Latino, tamale, pork	N/A	1.295
Restaurant, Latino, tripe soup	N/A	0.523
Restaurant, Mexican, cheese enchilada	N/A	0.627
Restaurant, Mexican, cheese quesadilla	N/A	1.973
Restaurant, Mexican, cheese tamales	N/A	1.928
Restaurant, Mexican, refried beans	N/A	0.488
Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	N/A	2.63
Restaurant, Mexican, spanish rice	N/A	2.378
Rhubarb, frozen, cooked, with sugar	N/A	0.2
Rhubarb, frozen, uncooked	N/A	0.203
Rhubarb, raw	N/A	0.3
Rice and vermicelli mix, beef flavor, prepared with 80% margarine	N/A	1.353
Rice and vermicelli mix, beef flavor, unprepared	N/A	5.287
Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	N/A	1.423
Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	N/A	1.853
Rice and vermicelli mix, rice pilaf flavor, unprepared	N/A	6.127
Rice and Wheat cereal bar	N/A	9.091
Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	N/A	2.27
Rice bran, crude	N/A	33.995
Rice cake, cracker (include hain mini rice cakes)	N/A	7.81
Rice crackers	N/A	5.537
Rice flour, brown	N/A	6.34
Rice flour, white, unenriched	N/A	2.59
Rice mix, cheese flavor, dry mix, unprepared	N/A	5.263
Rice mix, white and wild, flavored, unprepared	N/A	2.198
Rice noodles, cooked	N/A	0.072
Rice noodles, dry	N/A	0.221
Rice, brown, long-grain, cooked (Includes foods for USDA's Food Distribution Program)	N/A	2.561
Rice, brown, long-grain, raw (Includes foods for USDA's Food Distribution Program)	N/A	6.494
Rice, brown, medium-grain, cooked (Includes foods for USDA's Food Distribution Program)	N/A	1.33
Rice, brown, medium-grain, raw (Includes foods for USDA's Food Distribution Program)	N/A	4.308
Rice, brown, parboiled, cooked, UNCLE BENS	N/A	1.903
Rice, brown, parboiled, dry, UNCLE BEN'S	N/A	4.973
Rice, white, glutinous, unenriched, cooked	N/A	0.29
Rice, white, glutinous, unenriched, uncooked	N/A	2.145
Rice, white, long-grain, parboiled, enriched, cooked	N/A	2.309
Rice, white, long-grain, parboiled, enriched, dry	N/A	5.048
Rice, white, long-grain, parboiled, unenriched, cooked	N/A	2.309

Rice, white, long-grain, parboiled, unenriched, dry	N/A	5.048
Rice, white, long-grain, precooked or instant, enriched, dry	N/A	7.005
Rice, white, long-grain, precooked or instant, enriched, prepared	N/A	1.737
Rice, white, long-grain, regular, cooked, enriched, with salt	N/A	1.476
Rice, white, long-grain, regular, cooked, unenriched, with salt	N/A	0.4
Rice, white, long-grain, regular, enriched, cooked	N/A	1.476
Rice, white, long-grain, regular, raw, enriched	N/A	4.192
Rice, white, long-grain, regular, raw, unenriched	N/A	1.6
Rice, white, long-grain, regular, unenriched, cooked without salt	N/A	0.4
Rice, white, medium-grain, cooked, unenriched	N/A	0.4
Rice, white, medium-grain, enriched, cooked	N/A	1.835
Rice, white, medium-grain, raw, enriched	N/A	5.093
Rice, white, medium-grain, raw, unenriched	N/A	1.6
Rice, white, short-grain, cooked, unenriched	N/A	0.4
Rice, white, short-grain, enriched, cooked	N/A	1.493
Rice, white, short-grain, enriched, uncooked	N/A	4.113
Rice, white, short-grain, raw, unenriched	N/A	1.6
Rice, white, steamed, Chinese restaurant	N/A	0.566
RICE-A-RONI, chicken flavor, unprepared	N/A	5.123
Roast beef spread	N/A	4.2
Roast beef, deli style, prepackaged, sliced	N/A	5.581
Rolls, dinner, egg	N/A	3.287
Rolls, dinner, oat bran	N/A	4.954
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	N/A	5.367
Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	N/A	3.448
Rolls, dinner, rye	N/A	3.9
Rolls, dinner, sweet	N/A	3.787
Rolls, dinner, wheat	N/A	4.072
Rolls, dinner, whole-wheat	N/A	3.677
Rolls, french	N/A	4.352
Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	N/A	3.875
Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	N/A	3.79
Rolls, hamburger or hot dog, wheat/cracked wheat	N/A	4.779
Rolls, hamburger or hot dog, whole wheat	N/A	4.52
Rolls, hamburger or hotdog, mixed-grain	N/A	4.468
Rolls, hamburger or hotdog, plain	N/A	4.18
Rolls, hamburger, whole grain white, calcium-fortified	N/A	4.651
Rolls, hard (includes kaiser)	N/A	4.239
Rolls, pumpernickel	N/A	2.97
Rose Hips, wild (Northern Plains Indians)	N/A	1.3
Roselle, raw	N/A	0.31
Rosemary, fresh	N/A	0.912
Ruffed Grouse, breast meat, skinless, raw	N/A	11.6
Rutabagas, cooked, boiled, drained, with salt	N/A	0.715
Rutabagas, cooked, boiled, drained, without salt	N/A	0.715
Rutabagas, raw	N/A	0.7
Rye flour, dark	N/A	4.27
Rye flour, light	N/A	0.8
Rye flour, medium	N/A	1.727
Rye grain	N/A	4.27
Salad dressing, bacon and tomato	N/A	0.7
Salad dressing, blue or roquefort cheese dressing, commercial, regular	N/A	0.1
Salad dressing, blue or roquefort cheese dressing, fat-free	N/A	0.111
Salad dressing, blue or roquefort cheese dressing, light	N/A	0.04
Salad dressing, blue or roquefort cheese, low calorie	N/A	0.05
Salad dressing, buttermilk, lite	N/A	0.007

Salad dressing, caesar dressing, regular	N/A	0.04
Salad dressing, caesar, fat-free	N/A	0.029
Salad dressing, caesar, low calorie	N/A	0.04
Salad dressing, coleslaw	N/A	0.061
Salad Dressing, coleslaw, reduced fat	N/A	0.25
Salad dressing, french dressing, commercial, regular	N/A	0.234
Salad dressing, french dressing, commercial, regular, without salt	N/A	0.188
Salad dressing, french dressing, fat-free	N/A	0.112
Salad dressing, french dressing, reduced fat	N/A	0.467
Salad dressing, french dressing, reduced fat, without salt	N/A	0.467
Salad dressing, french, cottonseed, oil, home recipe	N/A	0.13
Salad dressing, french, home recipe	N/A	0.13
Salad dressing, green goddess, regular	N/A	0.14
Salad dressing, honey mustard dressing, reduced calorie	N/A	0.118
Salad dressing, honey mustard, regular	N/A	0.061
Salad dressing, italian dressing, commercial, reduced fat	N/A	0.094
Salad dressing, italian dressing, commercial, regular	N/A	0.131
Salad dressing, italian dressing, fat-free	N/A	0.135
Salad dressing, italian dressing, reduced calorie	N/A	0.02
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	N/A	0.01
Salad dressing, mayonnaise type, regular, with salt	N/A	0.004
Salad dressing, mayonnaise, imitation, milk cream	N/A	0.054
Salad dressing, mayonnaise, light	N/A	0.01
Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	N/A	0.028
Salad dressing, mayonnaise, soybean and safflower oil, with salt	N/A	0.005
Salad dressing, poppyseed, creamy	N/A	0.047
Salad dressing, ranch dressing, fat-free	N/A	0.007
Salad dressing, ranch dressing, reduced fat	N/A	0.007
Salad dressing, ranch dressing, regular	N/A	0.054
Salad dressing, russian dressing	N/A	0.594
Salad dressing, russian dressing, low calorie	N/A	0.002
Salad dressing, sweet and sour	N/A	0.06
Salad dressing, thousand island dressing, fat-free	N/A	0.261
Salad dressing, thousand island dressing, reduced fat	N/A	0.437
Salad dressing, thousand island, commercial, regular	N/A	0.418
Salami, cooked, beef	N/A	3.238
Salami, cooked, beef and pork	N/A	6.053
Salami, cooked, turkey	N/A	3.979
Salami, dry or hard, pork	N/A	5.6
Salami, dry or hard, pork, beef	N/A	6.105
Salami, Italian, pork	N/A	5.6
Salami, Italian, pork and beef, dry, sliced, 50% less sodium	N/A	4.867
Salami, pork, beef, less sodium	N/A	4.803
Salisbury steak with gravy, frozen	N/A	1.32
Salmon nuggets, breaded, frozen, heated	N/A	4.527
Salmon nuggets, cooked as purchased, unheated	N/A	5.948
Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	N/A	22.75
Salmon, sockeye, canned, drained solids, without skin and bones	N/A	7.689
Salmon, sockeye, canned, total can contents	N/A	6
Salsify, (vegetable oyster), raw	N/A	0.5
Salsify, cooked, boiled, drained, with salt	N/A	0.392
Salsify, cooked, boiled, drained, without salt	N/A	0.392
Sandwich spread, meatless	N/A	13
Sandwich spread, pork, beef	N/A	1.73
Sandwich spread, with chopped pickle, regular, unspecified oils	N/A	0.01
Sapodilla, raw	N/A	0.2
Sapote, mamey, raw	N/A	1.432
Sauce, barbecue	N/A	0.597
Sauce, barbecue, BULL'S-EYE, original	N/A	0.637
Sauce, barbecue, KC MASTERPIECE, original	N/A	0.787

Sauce, barbecue, KRAFT, original	N/A	0.52
Sauce, barbecue, OPEN PIT, original	N/A	0.16
Sauce, barbecue, SWEET BABY RAY'S, original	N/A	0.743
Sauce, cheese, ready-to-serve	N/A	0.024
Sauce, chili, peppers, hot, immature green, canned	N/A	0.7
Sauce, cocktail, ready-to-serve	N/A	0.82
Sauce, duck, ready-to-serve	N/A	0.239
Sauce, enchilada, red, mild, ready to serve	N/A	0.388
Sauce, fish, ready-to-serve	N/A	2.313
Sauce, hoisin, ready-to-serve	N/A	1.17
Sauce, homemade, white, medium	N/A	0.402
Sauce, homemade, white, thick	N/A	0.589
Sauce, horseradish	N/A	0.115
Sauce, hot chile, sriracha	N/A	1.248
Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	N/A	1.125
Sauce, hot chile, sriracha, TUONG OT SRIRACHA	N/A	1.43
Sauce, oyster, ready-to-serve	N/A	1.474
Sauce, pasta, spaghetti/marinara, ready-to-serve	N/A	3.917
Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	N/A	3.917
Sauce, peanut, made from coconut, water, sugar, peanuts	N/A	1.355
Sauce, peanut, made from peanut butter, water, soy sauce	N/A	3.2
Sauce, peppers, hot, chili, mature red, canned	N/A	0.6
Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	N/A	0.523
Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	N/A	0.877
Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	N/A	0.6
Sauce, pesto, ready-to-serve, refrigerated	N/A	0.523
Sauce, pesto, ready-to-serve, shelf stable	N/A	0.738
Sauce, pizza, canned, ready-to-serve	N/A	1.421
Sauce, plum, ready-to-serve	N/A	1.014
Sauce, ready-to-serve, pepper or hot	N/A	0.254
Sauce, ready-to-serve, pepper, TABASCO	N/A	0.178
Sauce, salsa, ready-to-serve	N/A	1.091
Sauce, salsa, verde, ready-to-serve	N/A	1.615
Sauce, sofrito, prepared from recipe	N/A	2.918
Sauce, steak, tomato based	N/A	0.913
Sauce, sweet and sour, ready-to-serve	N/A	0.187
Sauce, tartar, ready-to-serve	N/A	0.093
Sauce, teriyaki, ready-to-serve	N/A	1.27
Sauce, teriyaki, ready-to-serve, reduced sodium	N/A	1.27
Sauce, tomato chili sauce, bottled, with salt	N/A	1.6
Sauce, worcestershire	N/A	0.7
Sauerkraut, canned, solids and liquids	N/A	0.143
Sausage, beef, cured, cooked, smoked	N/A	3.19
Sausage, beef, fresh, cooked	N/A	3.6
Sausage, Berliner, pork, beef	N/A	3.11
Sausage, breakfast sausage, beef, pre-cooked, unprepared	N/A	2.407
Sausage, chicken, beef, pork, skinless, smoked	N/A	1.847
Sausage, egg and cheese breakfast biscuit	N/A	2.183
Sausage, Italian, pork, mild, cooked, pan-fried	N/A	6.279
Sausage, Italian, pork, mild, raw	N/A	5.8
Sausage, Italian, sweet, links	N/A	1.736
Sausage, Italian, turkey, smoked	N/A	3.675
Sausage, meatless	N/A	11.195
Sausage, New england brand, pork, beef	N/A	3.478
Sausage, Polish, beef with chicken, hot	N/A	3.443
Sausage, Polish, pork and beef, smoked	N/A	3.227
Sausage, pork and beef, fresh, cooked	N/A	3.367
Sausage, pork and beef, with cheddar cheese, smoked	N/A	2.9
Sausage, pork and turkey, pre-cooked	N/A	2.73
Sausage, pork, chorizo, link or ground, raw	N/A	5.47

Sausage, pork, turkey, and beef, reduced sodium	N/A	5.674
Sausage, smoked link sausage, pork	N/A	2.807
Sausage, smoked link sausage, pork and beef	N/A	2.94
Sausage, smoked link sausage, pork and beef (nonfat dry milk added)	N/A	2.845
Sausage, summer, pork and beef, sticks, with cheddar cheese	N/A	2.9
Sausage, turkey and pork, fresh, bulk, patty or link, cooked	N/A	4.22
Sausage, turkey, breakfast links, mild, raw	N/A	4.433
Sausage, turkey, fresh, cooked	N/A	5.72
Sausage, turkey, fresh, raw	N/A	4.6
Sausage, turkey, hot, smoked	N/A	3.675
Sausage, turkey, pork, and beef, low fat, smoked	N/A	1.55
Sausage, turkey, reduced fat, brown and serve, cooked	N/A	2.137
Sausage, Vienna, canned, chicken, beef, pork	N/A	1.613
Schar, Gluten-Free, Classic White Rolls	N/A	3.875
SCHIFF,TIGER'S MILK BAR	N/A	4.039
School Lunch, chicken nuggets, whole grain breaded	N/A	5.985
School Lunch, chicken patty, whole grain breaded	N/A	5.104
School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	N/A	3.08
School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	N/A	2.393
School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	N/A	3.242
School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	N/A	2.996
School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	N/A	2.519
School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	N/A	3.729
School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	N/A	4.1
School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	N/A	3.759
School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	N/A	3.125
School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	N/A	2.846
School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	N/A	3.543
Scrapple, pork	N/A	2.273
Seaweed, agar, raw	N/A	0.055
Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	N/A	3.75
Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	N/A	0.46
Seaweed, irishmoss, raw	N/A	0.593
Seaweed, kelp, raw	N/A	0.47
Seaweed, laver, raw	N/A	1.47
Seaweed, spirulina, dried	N/A	12.82
Seaweed, wakame, raw	N/A	1.6
Seeds, breadfruit seeds, boiled	N/A	5.3
Seeds, breadfruit seeds, raw	N/A	0.438
Seeds, breadfruit seeds, roasted	N/A	7.4
Seeds, breadnut tree seeds, dried	N/A	2.1
Seeds, breadnut tree seeds, raw	N/A	0.88
Seeds, chia seeds, dried	N/A	8.83
Seeds, cottonseed flour, low fat (glandless)	N/A	4.039
Seeds, cottonseed flour, partially defatted (glandless)	N/A	4.065
Seeds, cottonseed kernels, roasted (glandless)	N/A	3
Seeds, cottonseed meal, partially defatted (glandless)	N/A	4.286
Seeds, flaxseed	N/A	3.08
Seeds, hemp seed, hulled	N/A	9.2
Seeds, lotus seeds, dried	N/A	1.6

Seeds, lotus seeds, raw	N/A	0.429
Seeds, pumpkin and squash seed kernels, dried	N/A	4.987
Seeds, pumpkin and squash seed kernels, roasted, with salt added	N/A	4.43
Seeds, pumpkin and squash seed kernels, roasted, without salt	N/A	4.43
Seeds, pumpkin and squash seeds, whole, roasted, with salt added	N/A	0.286
Seeds, pumpkin and squash seeds, whole, roasted, without salt	N/A	0.286
Seeds, safflower seed kernels, dried	N/A	2.284
Seeds, safflower seed meal, partially defatted	N/A	2.265
Seeds, sesame butter, paste	N/A	6.7
Seeds, sesame butter, tahini, from raw and stone ground kernels	N/A	5.925
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	N/A	5.45
Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	N/A	5.644
Seeds, sesame butter, tahini, type of kernels unspecified	N/A	5.64
Seeds, sesame flour, high-fat	N/A	13.369
Seeds, sesame flour, low-fat	N/A	12.533
Seeds, sesame flour, partially defatted	N/A	12.6
Seeds, sesame meal, partially defatted	N/A	12.816
Seeds, sesame seed kernels, dried (decorticated)	N/A	5.8
Seeds, sesame seed kernels, toasted, with salt added (decorticated)	N/A	5.438
Seeds, sesame seed kernels, toasted, without salt added (decorticated)	N/A	5.438
Seeds, sesame seeds, whole, dried	N/A	4.515
Seeds, sesame seeds, whole, roasted and toasted	N/A	4.581
Seeds, sisymbrium sp. seeds, whole, dried	N/A	16.825
Seeds, sunflower seed butter, with salt added (Includes foods for USDA's Food Distribution Program)	N/A	6.747
Seeds, sunflower seed butter, without salt	N/A	6.747
Seeds, sunflower seed flour, partially defatted	N/A	7.313
Seeds, sunflower seed kernels from shell, dry roasted, with salt added	N/A	7.042
Seeds, sunflower seed kernels, dried	N/A	8.335
Seeds, sunflower seed kernels, dry roasted, with salt added	N/A	7.042
Seeds, sunflower seed kernels, dry roasted, without salt	N/A	7.042
Seeds, sunflower seed kernels, oil roasted, with salt added	N/A	4.13
Seeds, sunflower seed kernels, oil roasted, without salt	N/A	4.13
Seeds, sunflower seed kernels, toasted, with salt added	N/A	4.198
Seeds, sunflower seed kernels, toasted, without salt	N/A	4.198
Seeds, watermelon seed kernels, dried	N/A	3.55
Semolina, enriched	N/A	5.99
Semolina, unenriched	N/A	3.31
Sesbania flower, cooked, steamed, with salt	N/A	0.25
Sesbania flower, cooked, steamed, without salt	N/A	0.25
Sesbania flower, raw	N/A	0.43
Shake, fast food, vanilla	N/A	0.213
Shallots, freeze-dried	N/A	1
Shallots, raw	N/A	0.2
Sherbet, orange	N/A	0.063
Snack, BALANCE, original bar	N/A	8.991
Snack, Mixed Berry Bar	N/A	0.858
Snack, potato chips, made from dried potatoes, plain	N/A	2.653
Snack, Pretzel, hard chocolate coated	N/A	2.398
Snacks, bagel chips, plain	N/A	7.66
Snacks, banana chips	N/A	0.71
Snacks, beef jerky, chopped and formed	N/A	1.732
Snacks, beef sticks, smoked	N/A	4.54
Snacks, brown rice chips	N/A	7.806
Snacks, candy bits, yogurt covered with vitamin C	N/A	0.173
Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	N/A	0.1

Snacks, CLIF BAR, mixed flavors	N/A	4.412
Snacks, corn cakes	N/A	5.15
Snacks, corn cakes, very low sodium	N/A	5.15
Snacks, corn-based, extruded, chips, barbecue-flavor	N/A	1.645
Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	N/A	6.3
Snacks, corn-based, extruded, chips, plain	N/A	0.842
Snacks, corn-based, extruded, chips, unsalted	N/A	1.48
Snacks, corn-based, extruded, cones, plain	N/A	1.41
Snacks, corn-based, extruded, onion-flavor	N/A	3.18
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	N/A	2.627
Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	N/A	5.743
Snacks, cornnuts, barbecue-flavor	N/A	1.507
Snacks, crisped rice bar, almond	N/A	17.635
Snacks, crisped rice bar, chocolate chip	N/A	7.05
Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	N/A	1.975
Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	N/A	2.1
Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	N/A	2.399
Snacks, fruit leather, pieces	N/A	0.1
Snacks, fruit leather, pieces, with vitamin C	N/A	0.1
Snacks, fruit leather, rolls	N/A	0.1
Snacks, granola bar, chewy, reduced sugar, all flavors	N/A	1.049
Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET & SALTY NUT, peanut	N/A	3.413
Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	N/A	5.443
Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	N/A	7.302
Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	N/A	0.68
Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	N/A	1.888
Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	N/A	1.158
Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	N/A	2.403
Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	N/A	1.064
Snacks, granola bar, QUAKER, DIPPS, all flavors	N/A	1.007
Snacks, granola bar, with coconut, chocolate coated	N/A	0.42
Snacks, granola bars, hard, almond	N/A	0.61
Snacks, granola bars, hard, chocolate chip	N/A	0.555
Snacks, granola bars, hard, peanut butter	N/A	1.97
Snacks, granola bars, hard, plain	N/A	1.581
Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	N/A	6.667
Snacks, granola bars, soft, almond, confectioners coating	N/A	1.318
Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	N/A	0.72
Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	N/A	3.29
Snacks, granola bars, soft, uncoated, chocolate chip	N/A	0.765
Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	N/A	1
Snacks, granola bars, soft, uncoated, nut and raisin	N/A	2.61
Snacks, granola bars, soft, uncoated, peanut butter	N/A	3.142
Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	N/A	3.15
Snacks, granola bars, soft, uncoated, plain	N/A	0.515
Snacks, granola bars, soft, uncoated, raisin	N/A	1.101
Snacks, granola bites, mixed flavors	N/A	2.318
Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	N/A	9.5
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	N/A	9.1
Snacks, KELLOGG, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	N/A	19.267

Snacks, KRAFT, CORNNUTS, plain	N/A	1.694
Snacks, M & M MARS, COMBOS Snacks Cheddar Cheese Pretzel	N/A	3.183
Snacks, M & M MARS, KUDOS Whole Grain Bar, chocolate chip	N/A	1.539
Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	N/A	6.442
Snacks, oriental mix, rice-based	N/A	3.081
Snacks, peas, roasted, wasabi-flavored	N/A	5.06
Snacks, pita chips, salted	N/A	7.043
Snacks, plantain chips, salted	N/A	0.802
Snacks, popcorn, air-popped	N/A	2.308
Snacks, popcorn, air-popped (Unsalted)	N/A	1.944
Snacks, popcorn, cakes	N/A	6.006
Snacks, popcorn, caramel-coated, with peanuts	N/A	1.99
Snacks, popcorn, caramel-coated, without peanuts	N/A	2.2
Snacks, popcorn, cheese-flavor	N/A	1.453
Snacks, popcorn, home-prepared, oil-popped, unsalted	N/A	1.55
Snacks, popcorn, microwave, 94% fat free	N/A	2.099
Snacks, popcorn, microwave, low fat	N/A	2.07
Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	N/A	1.432
Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	N/A	1.195
Snacks, popcorn, oil-popped, white popcorn, salt added	N/A	1.55
Snacks, pork skins, barbecue-flavor	N/A	3.355
Snacks, pork skins, plain	N/A	1.549
Snacks, potato chips, barbecue-flavor	N/A	4.957
Snacks, potato chips, cheese-flavor	N/A	5
Snacks, potato chips, fat free, salted	N/A	6.446
Snacks, potato chips, fat-free, made with olestra	N/A	4.37
Snacks, potato chips, lightly salted	N/A	5.476
Snacks, potato chips, made from dried potatoes (preformed), multigrain	N/A	2.558
Snacks, potato chips, made from dried potatoes, cheese-flavor	N/A	2.6
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	N/A	3.397
Snacks, potato chips, made from dried potatoes, reduced fat	N/A	3.595
Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	N/A	2.5
Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	N/A	3.827
Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	N/A	3.827
Snacks, potato chips, plain, salted	N/A	4.762
Snacks, potato chips, plain, unsalted	N/A	3.827
Snacks, potato chips, reduced fat	N/A	7
Snacks, potato chips, sour-cream-and-onion-flavor	N/A	4.029
Snacks, potato chips, white, restructured, baked	N/A	4.09
Snacks, potato sticks	N/A	4.785
Snacks, Pretzels, gluten- free made with cornstarch and potato flour	N/A	0.232
Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	N/A	0.8
Snacks, pretzels, hard, plain, made with enriched flour, unsalted	N/A	5.251
Snacks, pretzels, hard, plain, made with unenriched flour, salted	N/A	1.92
Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	N/A	1.92
Snacks, pretzels, hard, plain, salted	N/A	5.27
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	N/A	6.537
Snacks, rice cakes, brown rice, buckwheat	N/A	8.096
Snacks, rice cakes, brown rice, buckwheat, unsalted	N/A	8.096
Snacks, rice cakes, brown rice, corn	N/A	6.435
Snacks, rice cakes, brown rice, multigrain	N/A	6.602
Snacks, rice cakes, brown rice, multigrain, unsalted	N/A	6.602
Snacks, rice cakes, brown rice, plain, unsalted	N/A	7.806
Snacks, rice cakes, brown rice, rye	N/A	7.04

Snacks, rice cakes, brown rice, sesame seed	N/A	7.205
Snacks, rice cakes, brown rice, sesame seed, unsalted	N/A	7.205
Snacks, rice cracker brown rice, plain	N/A	7.806
Snacks, sesame sticks, wheat-based, salted	N/A	1.552
Snacks, sesame sticks, wheat-based, unsalted	N/A	1.552
Snacks, shrimp cracker	N/A	2.631
Snacks, soy chips or crisps, salted	N/A	2.978
Snacks, sweet potato chips, unsalted	N/A	2.088
Snacks, taro chips	N/A	0.515
Snacks, tortilla chips, light (baked with less oil)	N/A	0.42
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	N/A	1.3
Snacks, tortilla chips, low fat, unsalted	N/A	0.42
Snacks, tortilla chips, nacho cheese	N/A	1.29
Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	N/A	4
Snacks, tortilla chips, nacho-flavor, reduced fat	N/A	0.415
Snacks, tortilla chips, plain, white corn, salted	N/A	0.838
Snacks, tortilla chips, ranch-flavor	N/A	1.3
Snacks, tortilla chips, taco-flavor	N/A	1.999
Snacks, tortilla chips, unsalted, white corn	N/A	1.262
Snacks, trail mix, regular	N/A	4.712
Snacks, trail mix, regular, unsalted	N/A	4.712
Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	N/A	4.405
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	N/A	4.405
Snacks, trail mix, tropical	N/A	1.482
Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	N/A	1.768
Snacks, vegetable chips, made from garden vegetables	N/A	2.767
Snacks, yucca (cassava) chips, salted	N/A	1.197
Sorghum flour, refined, unenriched	N/A	1.329
Sorghum flour, whole-grain	N/A	4.496
Sorghum grain	N/A	3.688
Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	N/A	0.324
Soup, bean with frankfurters, canned, condensed	N/A	0.78
Soup, bean with frankfurters, canned, prepared with equal volume water	N/A	0.41
Soup, bean with ham, canned, chunky, ready-to-serve	N/A	0.7
Soup, bean with pork, canned, condensed	N/A	0.421
Soup, bean with pork, canned, prepared with equal volume water	N/A	0.206
Soup, beef and mushroom, low sodium, chunk style	N/A	1.13
Soup, beef and vegetables, canned, ready-to-serve	N/A	0.978
Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	N/A	0.907
Soup, beef barley, ready to serve	N/A	0.933
Soup, beef broth bouillon and consomme, canned, condensed	N/A	0.58
Soup, beef broth or bouillon canned, ready-to-serve	N/A	0.78
Soup, beef broth or bouillon, powder, dry	N/A	4.467
Soup, beef broth or bouillon, powder, prepared with water	N/A	0.049
Soup, beef broth, bouillon, consomme, prepared with equal volume water	N/A	0.295
Soup, beef broth, cubed, dry	N/A	3.3
Soup, beef broth, cubed, prepared with water	N/A	0.049
Soup, beef broth, less/reduced sodium, ready to serve	N/A	0.41
Soup, beef mushroom, canned, condensed	N/A	0.9
Soup, beef mushroom, canned, prepared with equal volume water	N/A	0.391
Soup, beef noodle, canned, condensed	N/A	0.849
Soup, beef noodle, canned, prepared with equal volume water	N/A	0.425
Soup, beef stroganoff, canned, chunky style, ready-to-serve	N/A	0.1
Soup, black bean, canned, condensed	N/A	0.41
Soup, black bean, canned, prepared with equal volume water	N/A	0.205
Soup, bouillon cubes and granules, low sodium, dry	N/A	2.46
Soup, broccoli cheese, canned, condensed, commercial	N/A	0.248

Soup, cheese, canned, condensed	N/A	0.31
Soup, cheese, canned, prepared with equal volume milk	N/A	0.2
Soup, cheese, canned, prepared with equal volume water	N/A	0.161
Soup, chicken and vegetable, canned, ready-to-serve	N/A	0.906
Soup, chicken broth cubes, dry	N/A	3.9
Soup, chicken broth cubes, dry, prepared with water	N/A	0.103
Soup, chicken broth or bouillon, dry	N/A	2.46
Soup, chicken broth or bouillon, dry, prepared with water	N/A	0.041
Soup, chicken broth, canned, condensed	N/A	2.23
Soup, chicken broth, canned, prepared with equal volume water	N/A	1.372
Soup, chicken broth, less/reduced sodium, ready to serve	N/A	0.686
Soup, chicken broth, low sodium, canned	N/A	1.37
Soup, chicken broth, ready-to-serve	N/A	0.219
Soup, chicken gumbo, canned, condensed	N/A	0.53
Soup, chicken gumbo, canned, prepared with equal volume water	N/A	0.272
Soup, chicken mushroom, canned, condensed	N/A	1.3
Soup, chicken mushroom, canned, prepared with equal volume water	N/A	0.668
Soup, chicken noodle, canned, condensed	N/A	1.222
Soup, chicken noodle, canned, prepared with equal volume water	N/A	0.598
Soup, chicken noodle, dry, mix	N/A	4.88
Soup, chicken noodle, dry, mix, prepared with water	N/A	0.431
Soup, chicken noodle, low sodium, canned, prepared with equal volume water	N/A	0.54
Soup, chicken noodle, reduced sodium, canned, ready-to-serve	N/A	1.396
Soup, chicken rice, canned, chunky, ready-to-serve	N/A	1.71
Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	N/A	0.346
Soup, chicken vegetable, canned, condensed	N/A	1.004
Soup, chicken with rice, canned, condensed	N/A	0.918
Soup, chicken with rice, canned, prepared with equal volume water	N/A	0.459
Soup, chicken, canned, chunky, ready-to-serve	N/A	1.76
Soup, chili beef, canned, condensed	N/A	0.813
Soup, chili beef, canned, prepared with equal volume water	N/A	0.398
Soup, chunky beef, canned, ready-to-serve	N/A	1.127
Soup, chunky chicken noodle, canned, ready-to-serve	N/A	1.196
Soup, chunky vegetable, canned, ready-to-serve	N/A	0.542
Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	N/A	0.61
Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	N/A	0.77
Soup, clam chowder, manhattan, canned, condensed	N/A	0.65
Soup, clam chowder, manhattan, canned, prepared with equal volume water	N/A	0.318
Soup, clam chowder, new england, canned, condensed	N/A	1.55
Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	N/A	0.794
Soup, clam chowder, new england, canned, prepared with equal volume water	N/A	0.759
Soup, clam chowder, new england, canned, ready-to-serve	N/A	0.497
Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	N/A	0.422
Soup, cream of asparagus, canned, condensed	N/A	0.62
Soup, cream of asparagus, canned, prepared with equal volume milk	N/A	0.355
Soup, cream of asparagus, canned, prepared with equal volume water	N/A	0.319
Soup, cream of celery, canned, condensed	N/A	0.265
Soup, cream of celery, canned, prepared with equal volume milk	N/A	0.176
Soup, cream of celery, canned, prepared with equal volume water	N/A	0.136
Soup, cream of chicken, canned, condensed	N/A	0.392
Soup, cream of chicken, canned, condensed, reduced sodium	N/A	0.637
Soup, cream of chicken, canned, prepared with equal volume milk	N/A	0.372

Soup, cream of chicken, canned, prepared with equal volume water	N/A	0.336
Soup, cream of chicken, dry, mix, prepared with water	N/A	1
Soup, cream of mushroom, canned, condensed	N/A	0.345
Soup, cream of mushroom, canned, condensed, reduced sodium	N/A	0.17
Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	N/A	0.214
Soup, cream of mushroom, canned, prepared with equal volume water	N/A	0.169
Soup, cream of mushroom, low sodium, ready-to-serve, canned	N/A	0.3
Soup, cream of onion, canned, condensed	N/A	0.4
Soup, cream of onion, canned, prepared with equal volume milk	N/A	0.244
Soup, cream of onion, canned, prepared with equal volume water	N/A	0.206
Soup, cream of potato, canned, condensed	N/A	0.43
Soup, cream of potato, canned, prepared with equal volume milk	N/A	0.259
Soup, cream of potato, canned, prepared with equal volume water	N/A	0.221
Soup, cream of shrimp, canned, condensed	N/A	0.34
Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	N/A	0.211
Soup, cream of shrimp, canned, prepared with equal volume water	N/A	0.17
Soup, cream of vegetable, dry, powder	N/A	2.2
Soup, egg drop, Chinese restaurant	N/A	0.156
Soup, hot and sour, Chinese restaurant	N/A	0.507
Soup, lentil with ham, canned, ready-to-serve	N/A	0.545
Soup, minestrone, canned, chunky, ready-to-serve	N/A	0.491
Soup, minestrone, canned, condensed	N/A	0.77
Soup, minestrone, canned, prepared with equal volume water	N/A	0.391
Soup, minestrone, canned, reduced sodium, ready-to-serve	N/A	0.64
Soup, mushroom barley, canned, condensed	N/A	0.7
Soup, mushroom barley, canned, prepared with equal volume water	N/A	0.36
Soup, mushroom with beef stock, canned, condensed	N/A	0.96
Soup, mushroom with beef stock, canned, prepared with equal volume water	N/A	0.494
Soup, onion, canned, condensed	N/A	0.49
Soup, onion, dry, mix	N/A	1.472
Soup, onion, dry, mix, prepared with water	N/A	0.063
Soup, oyster stew, canned, condensed	N/A	0.19
Soup, oyster stew, canned, prepared with equal volume milk	N/A	0.137
Soup, oyster stew, canned, prepared with equal volume water	N/A	0.097
Soup, pea, green, canned, condensed	N/A	0.943
Soup, pea, green, canned, prepared with equal volume milk	N/A	0.528
Soup, pea, green, canned, prepared with equal volume water	N/A	0.462
Soup, pea, low sodium, prepared with equal volume water	N/A	0.462
Soup, pea, split with ham, canned, chunky, ready-to-serve	N/A	1.05
Soup, pea, split with ham, canned, condensed	N/A	1.098
Soup, pea, split with ham, canned, prepared with equal volume water	N/A	0.583
Soup, ramen noodle, any flavor, dry	N/A	5.401
Soup, ramen noodle, beef flavor, dry	N/A	5.139
Soup, ramen noodle, chicken flavor, dry	N/A	5.536
Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	N/A	4.906
Soup, shark fin, restaurant-prepared	N/A	0.493
Soup, stock, beef, home-prepared	N/A	0.872
Soup, stock, chicken, home-prepared	N/A	1.584
Soup, stock, fish, home-prepared	N/A	1.186
Soup, SWANSON, beef broth, lower sodium	N/A	0.5
Soup, SWANSON, vegetable broth	N/A	0.11
Soup, tomato beef with noodle, canned, condensed	N/A	1.49
Soup, tomato beef with noodle, canned, prepared with equal volume water	N/A	0.745
Soup, tomato bisque, canned, condensed	N/A	0.894
Soup, tomato bisque, canned, prepared with equal volume milk	N/A	0.499

Soup, tomato bisque, canned, prepared with equal volume water	N/A	0.465
Soup, tomato rice, canned, condensed	N/A	0.822
Soup, tomato rice, canned, prepared with equal volume water	N/A	0.411
Soup, tomato, canned, condensed	N/A	0.858
Soup, tomato, canned, condensed, reduced sodium	N/A	1.032
Soup, tomato, canned, prepared with equal volume low fat (2%) milk	N/A	0.461
Soup, tomato, canned, prepared with equal volume water, commercial	N/A	0.42
Soup, tomato, dry, mix, prepared with water	N/A	0.926
Soup, tomato, low sodium, with water	N/A	0.505
Soup, turkey noodle, canned, prepared with equal volume water	N/A	0.572
Soup, turkey vegetable, canned, prepared with equal volume water	N/A	0.417
Soup, turkey, chunky, canned, ready-to-serve	N/A	1.52
Soup, vegetable beef, canned, condensed	N/A	0.823
Soup, vegetable beef, canned, prepared with equal volume water	N/A	0.412
Soup, vegetable broth, ready to serve	N/A	0.11
Soup, vegetable chicken, canned, prepared with water, low sodium	N/A	1.37
Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	N/A	0.77
Soup, vegetable with beef broth, canned, condensed	N/A	0.789
Soup, vegetable with beef broth, canned, prepared with equal volume water	N/A	0.395
Soup, vegetable, canned, low sodium, condensed	N/A	1.54
Soup, vegetarian vegetable, canned, condensed	N/A	0.747
Soup, vegetarian vegetable, canned, prepared with equal volume water	N/A	0.374
Soup, wonton, Chinese restaurant	N/A	0.58
Sour cream, fat free	N/A	0.07
Sour cream, light	N/A	0.07
Sour cream, reduced fat	N/A	0.07
Sour dressing, non-butterfat, cultured, filled cream-type	N/A	0.074
Soursop, raw	N/A	0.9
Soy flour, defatted	N/A	2.612
Soy flour, full-fat, raw	N/A	4.32
Soy flour, full-fat, roasted	N/A	3.286
Soy flour, low-fat	N/A	2.95
Soy meal, defatted, raw	N/A	2.587
Soy protein concentrate, produced by acid wash	N/A	0.716
Soy protein concentrate, produced by alcohol extraction	N/A	0.716
Soy protein isolate	N/A	1.438
Soy protein isolate, potassium type	N/A	1.438
Soy sauce made from hydrolyzed vegetable protein	N/A	2.828
Soy sauce made from soy (tamari)	N/A	3.951
Soy sauce made from soy and wheat (shoyu)	N/A	2.196
Soy sauce made from soy and wheat (shoyu), low sodium	N/A	1.14
Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	N/A	0.453
Soybean, curd cheese	N/A	0.5
Soybeans, green, cooked, boiled, drained, with salt	N/A	1.25
Soybeans, green, cooked, boiled, drained, without salt	N/A	1.25
Soybeans, green, raw	N/A	1.65
Soybeans, mature cooked, boiled, without salt	N/A	0.399
Soybeans, mature seeds, cooked, boiled, with salt	N/A	0.399
Soybeans, mature seeds, dry roasted	N/A	1.056
Soybeans, mature seeds, raw	N/A	1.623
Soybeans, mature seeds, roasted, no salt added	N/A	1.41
Soybeans, mature seeds, roasted, salted	N/A	1.41
Soybeans, mature seeds, sprouted, cooked, steamed	N/A	1.092
Soybeans, mature seeds, sprouted, cooked, steamed, with salt	N/A	1.092
Soybeans, mature seeds, sprouted, raw	N/A	1.148

Soymilk (All flavors), enhanced	N/A	3.292
Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	N/A	0.323
Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	N/A	0.165
Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	N/A	0.512
Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	N/A	0.512
Soymilk, chocolate, unfortified	N/A	0.513
Soymilk, chocolate, with added calcium, vitamins A and D	N/A	0.513
Soymilk, original and vanilla, light, with added calcium, vitamins A and D	N/A	0.222
Soymilk, original and vanilla, unfortified	N/A	0.513
Soymilk, original and vanilla, with added calcium, vitamins A and D	N/A	0.425
Spaghetti with meat sauce, frozen entree	N/A	0.177
Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	N/A	1.837
Spaghetti, protein-fortified, dry, enriched (n x 6.25)	N/A	7.654
Spaghetti, spinach, cooked	N/A	1.53
Spaghetti, spinach, dry	N/A	4.55
Spaghetti, with meatballs in tomato sauce, canned	N/A	2.017
Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	N/A	2.447
Spanish rice mix, dry mix, unprepared	N/A	7.179
Spearmint, dried	N/A	6.561
Spearmint, fresh	N/A	0.948
Spelt, cooked	N/A	2.57
Spelt, uncooked	N/A	6.843
Spices, allspice, ground	N/A	2.86
Spices, anise seed	N/A	3.06
Spices, basil, dried	N/A	4.9
Spices, bay leaf	N/A	2.005
Spices, caraway seed	N/A	3.606
Spices, cardamom	N/A	1.102
Spices, celery seed	N/A	3.06
Spices, chervil, dried	N/A	5.4
Spices, chili powder	N/A	11.6
Spices, cinnamon, ground	N/A	1.332
Spices, cloves, ground	N/A	1.56
Spices, coriander leaf, dried	N/A	10.707
Spices, coriander seed	N/A	2.13
Spices, cumin seed	N/A	4.579
Spices, curry powder	N/A	3.26
Spices, dill seed	N/A	2.807
Spices, dill weed, dried	N/A	2.807
Spices, fennel seed	N/A	6.05
Spices, fenugreek seed	N/A	1.64
Spices, garlic powder	N/A	0.796
Spices, ginger, ground	N/A	9.62
Spices, mace, ground	N/A	1.35
Spices, marjoram, dried	N/A	4.12
Spices, mustard seed, ground	N/A	4.733
Spices, nutmeg, ground	N/A	1.299
Spices, onion powder	N/A	0.321
Spices, oregano, dried	N/A	4.64
Spices, paprika	N/A	10.06
Spices, parsley, dried	N/A	9.943
Spices, pepper, black	N/A	1.143
Spices, pepper, red or cayenne	N/A	8.701
Spices, pepper, white	N/A	0.212
Spices, poppy seed	N/A	0.896
Spices, poultry seasoning	N/A	2.97
Spices, pumpkin pie spice	N/A	2.243

Spices, rosemary, dried	N/A	1
Spices, saffron	N/A	1.46
Spices, sage, ground	N/A	5.72
Spices, savory, ground	N/A	4.08
Spices, tarragon, dried	N/A	8.95
Spices, thyme, dried	N/A	4.94
Spices, turmeric, ground	N/A	1.35
Spinach souffle	N/A	0.479
Spinach, canned, no salt added, solids and liquids	N/A	0.271
Spinach, canned, regular pack, drained solids	N/A	0.388
Spinach, canned, regular pack, solids and liquids	N/A	0.271
Spinach, cooked, boiled, drained, with salt	N/A	0.49
Spinach, cooked, boiled, drained, without salt	N/A	0.49
Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	N/A	0.439
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	N/A	0.439
Spinach, frozen, chopped or leaf, unprepared (Includes foods for USDA's Food Distribution Program)	N/A	0.507
Spinach, raw	N/A	0.724
Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	N/A	0.457
Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	N/A	0.695
Squab, (pigeon), light meat without skin, raw	N/A	7.322
Squab, (pigeon), meat and skin, raw	N/A	6.046
Squab, (pigeon), meat only, raw	N/A	6.86
Squash, Indian, cooked, boiled (Navajo)	N/A	0.102
Squash, summer, all varieties, cooked, boiled, drained, with salt	N/A	0.513
Squash, summer, all varieties, cooked, boiled, drained, without salt	N/A	0.513
Squash, summer, all varieties, raw	N/A	0.487
Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	N/A	0.418
Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	N/A	0.507
Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	N/A	0.507
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	N/A	0.44
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	N/A	0.44
Squash, summer, crookneck and straightneck, frozen, unprepared	N/A	0.4
Squash, summer, crookneck and straightneck, raw	N/A	0.448
Squash, summer, scallop, cooked, boiled, drained, with salt	N/A	0.464
Squash, summer, scallop, cooked, boiled, drained, without salt	N/A	0.464
Squash, summer, scallop, raw	N/A	0.6
Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	N/A	0.51
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	N/A	0.51
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	N/A	0.386
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	N/A	0.386
Squash, summer, zucchini, includes skin, frozen, unprepared	N/A	0.433
Squash, summer, zucchini, includes skin, raw	N/A	0.451
Squash, summer, zucchini, italian style, canned	N/A	0.528
Squash, winter, acorn, cooked, baked, with salt	N/A	0.881
Squash, winter, acorn, cooked, baked, without salt	N/A	0.881
Squash, winter, acorn, cooked, boiled, mashed, with salt	N/A	0.531
Squash, winter, acorn, cooked, boiled, mashed, without salt	N/A	0.531
Squash, winter, acorn, raw	N/A	0.7

Squash, winter, all varieties, cooked, baked, with salt	N/A	0.495
Squash, winter, all varieties, cooked, baked, without salt	N/A	0.495
Squash, winter, all varieties, raw	N/A	0.5
Squash, winter, butternut, cooked, baked, with salt	N/A	0.969
Squash, winter, butternut, cooked, baked, without salt	N/A	0.969
Squash, winter, butternut, frozen, cooked, boiled, with salt	N/A	0.464
Squash, winter, butternut, frozen, cooked, boiled, without salt	N/A	0.464
Squash, winter, butternut, frozen, unprepared	N/A	0.74
Squash, winter, butternut, raw	N/A	1.2
Squash, winter, hubbard, baked, with salt	N/A	0.558
Squash, winter, hubbard, baked, without salt	N/A	0.558
Squash, winter, hubbard, cooked, boiled, mashed, with salt	N/A	0.334
Squash, winter, hubbard, cooked, boiled, mashed, without salt	N/A	0.334
Squash, winter, hubbard, raw	N/A	0.5
Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	N/A	0.81
Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	N/A	0.81
Squash, winter, spaghetti, raw	N/A	0.95
Squash, zucchini, baby, raw	N/A	0.705
Stew, dumpling with mutton (Navajo)	N/A	2.005
Stew, hominy with mutton (Navajo)	N/A	1.5
Stew, mutton, corn, squash (Navajo)	N/A	2
Stew, pinto bean and hominy, badufsuki (Hopi)	N/A	0.097
Stinging Nettles, blanched (Northern Plains Indians)	N/A	0.388
Strawberries, canned, heavy syrup pack, solids and liquids	N/A	0.057
Strawberries, frozen, sweetened, sliced	N/A	0.401
Strawberries, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	N/A	0.462
Strawberries, raw	N/A	0.386
Strawberry-flavor beverage mix, powder	N/A	0.073
Strudel, apple	N/A	0.33
SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	N/A	4.85
SUBWAY, black forest ham sub on white bread with lettuce and tomato	N/A	4.18
SUBWAY, cold cut sub on white bread with lettuce and tomato	N/A	4.323
SUBWAY, meatball marinara sub on white bread (no toppings)	N/A	3.547
SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	N/A	5.21
SUBWAY, roast beef sub on white bread with lettuce and tomato	N/A	4.183
SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	N/A	3.583
SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	N/A	4.507
SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	N/A	5.063
SUBWAY, tuna sub on white bread with lettuce and tomato	N/A	7.727
SUBWAY, turkey breast sub on white bread with lettuce and tomato	N/A	4.617
Succotash, (corn and limas), canned, with cream style corn	N/A	0.607
Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	N/A	0.64
Succotash, (corn and limas), cooked, boiled, drained, with salt	N/A	1.327
Succotash, (corn and limas), cooked, boiled, drained, without salt	N/A	1.327
Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	N/A	1.306
Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	N/A	1.306
Succotash, (corn and limas), frozen, unprepared	N/A	1.375
Sugar-apples, (sweetsop), raw	N/A	0.883
Sugars, brown	N/A	0.11
Sugars, maple	N/A	0.04
Sweet potato leaves, cooked, steamed, with salt	N/A	1.003

Sweet potato leaves, cooked, steamed, without salt	N/A	1.003
Sweet potato leaves, raw	N/A	1.13
Sweet potato, canned, mashed	N/A	0.955
Sweet potato, canned, syrup pack, drained solids	N/A	0.34
Sweet potato, canned, syrup pack, solids and liquids	N/A	0.456
Sweet potato, canned, vacuum pack	N/A	0.741
Sweet potato, cooked, baked in skin, flesh, with salt	N/A	1.487
Sweet potato, cooked, baked in skin, flesh, without salt	N/A	1.487
Sweet potato, cooked, boiled, without skin	N/A	0.538
Sweet potato, cooked, boiled, without skin, with salt	N/A	0.538
Sweet potato, cooked, candied, home-prepared	N/A	0.406
Sweet potato, frozen, cooked, baked, with salt	N/A	0.555
Sweet potato, frozen, cooked, baked, without salt	N/A	0.555
Sweet potato, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	N/A	0.597
Sweet potato, raw, unprepared (Includes foods for USDA's Food Distribution Program)	N/A	0.557
Sweet Potatoes, french fried, frozen as packaged, salt added in processing	N/A	0.697
Sweet rolls, cheese	N/A	0.83
Sweet rolls, cinnamon, commercially prepared with raisins	N/A	2.384
Sweet rolls, cinnamon, refrigerated dough with frosting	N/A	3.703
Sweet rolls, cinnamon, refrigerated dough with frosting, baked	N/A	3.622
Sweetener, syrup, agave	N/A	0.689
Sweeteners, for baking, brown, contains sugar and sucralose	N/A	0.08
Swisswurst, pork and beef, with swiss cheese, smoked	N/A	2.9
Syrup, Cane	N/A	0.1
Syrup, maple, Canadian	N/A	0.081
Syrup, NESTLE, chocolate	N/A	0.173
Syrups, chocolate, fudge-type	N/A	0.25
Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	N/A	0.178
Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	N/A	0.371
Syrups, corn, dark	N/A	0.02
Syrups, malt	N/A	8.12
Syrups, maple	N/A	0.081
Syrups, sorghum	N/A	0.1
Syrups, table blends, corn, refiner, and sugar	N/A	0.02
Syrups, table blends, pancake, reduced-calorie	N/A	0.004
Syrups, table blends, pancake, with 2% maple	N/A	0.003
Syrups, table blends, pancake, with 2% maple, with added potassium	N/A	0.02
Syrups, table blends, pancake, with butter	N/A	0.02
T.G.I. FRIDAY'S, chicken fingers	N/A	8.387
T.G.I. FRIDAY'S, chicken fingers, from kids' menu	N/A	7.983
T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	N/A	5.743
T.G.I. FRIDAY'S, french fries	N/A	2.797
T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	N/A	0.76
T.G.I. FRIDAY'S, fried mozzarella	N/A	0.703
T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	N/A	0.617
TACO BELL, Bean Burrito	N/A	2.02
TACO BELL, BURRITO SUPREME with beef	N/A	2.09
TACO BELL, BURRITO SUPREME with chicken	N/A	3.9
TACO BELL, BURRITO SUPREME with steak	N/A	2.25
TACO BELL, Nachos	N/A	0.63
TACO BELL, Nachos Supreme	N/A	1.01
TACO BELL, Original Taco with beef, cheese and lettuce	N/A	1.65
TACO BELL, Soft Taco with beef, cheese and lettuce	N/A	2.88
TACO BELL, Soft Taco with chicken, cheese and lettuce	N/A	5.17
TACO BELL, Soft Taco with steak	N/A	2.975
TACO BELL, Taco Salad	N/A	1.505

Taco shells, baked	N/A	1.867
Taco shells, baked, without added salt	N/A	1.35
Tamales (Navajo)	N/A	1.59
Tamales, masa and pork filling (Hopi)	N/A	2.823
Tamarind nectar, canned	N/A	0.07
Tamarinds, raw	N/A	1.938
Tangerine juice, raw	N/A	0.1
Tangerines, (mandarin oranges), canned, juice pack	N/A	0.445
Tangerines, (mandarin oranges), canned, juice pack, drained	N/A	0.445
Tangerines, (mandarin oranges), canned, light syrup pack	N/A	0.445
Tangerines, (mandarin oranges), raw	N/A	0.376
Taquitos, frozen, beef and cheese, oven-heated	N/A	3.537
Taquitos, frozen, chicken and cheese, oven-heated	N/A	3.85
Taro leaves, cooked, steamed, without salt	N/A	1.267
Taro leaves, raw	N/A	1.513
Taro shoots, cooked, without salt	N/A	0.81
Taro shoots, raw	N/A	0.8
Taro, cooked, with salt	N/A	0.51
Taro, cooked, without salt	N/A	0.51
Taro, leaves, cooked, steamed, with salt	N/A	1.267
Taro, raw	N/A	0.6
Taro, shoots, cooked, with salt	N/A	0.81
Taro, tahitian, cooked, with salt	N/A	0.48
Taro, tahitian, cooked, without salt	N/A	0.48
Taro, tahitian, raw	N/A	0.995
Tart, breakfast, low fat	N/A	3.8
Teff, cooked	N/A	0.909
Teff, uncooked	N/A	3.363
Tempeh	N/A	2.64
Thuringer, cervelat, summer sausage, beef, pork	N/A	4.31
Thyme, fresh	N/A	1.824
Toaster pastries, brown-sugar-cinnamon	N/A	7.23
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	N/A	6.791
Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	N/A	6.174
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	N/A	5.25
Toddler drink, MEAD JOHNSON, PurAmino Toddler Powder, with ARA and DHA, not reconstituted	N/A	5
Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	N/A	0.684
Toddler formula, MEAD JOHNSON, ENFAGROW, Toddler Transitions, with ARA and DHA, powder	N/A	5
Toddler formula, MEAD JOHNSON, Nutramigen Toddler with LGG Powder, with ARA and DHA, not reconstituted	N/A	7.4
Tofu yogurt	N/A	0.24
Tofu, dried-frozen (koyadofu)	N/A	1.189
Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	N/A	1.189
Tofu, extra firm, prepared with nigari	N/A	0.241
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	N/A	0.101
Tofu, fried	N/A	0.1
Tofu, fried, prepared with calcium sulfate	N/A	0.1
Tofu, hard, prepared with nigari	N/A	0.639
Tofu, raw, firm, prepared with calcium sulfate	N/A	0.381
Tofu, raw, regular, prepared with calcium sulfate	N/A	0.195
Tofu, salted and fermented (fuyu)	N/A	0.379
Tofu, salted and fermented (fuyu), prepared with calcium sulfate	N/A	0.379
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	N/A	0.535
Tomatillos, raw	N/A	1.85

Tomato and vegetable juice, low sodium	N/A	0.73
Tomato juice, canned, with salt added	N/A	0.673
Tomato juice, canned, without salt added	N/A	0.673
Tomato products, canned, paste, without salt added (Includes foods for USDA's Food Distribution Program)	N/A	3.076
Tomato products, canned, puree, with salt added	N/A	1.466
Tomato products, canned, puree, without salt added	N/A	1.466
Tomato products, canned, sauce	N/A	0.991
Tomato products, canned, sauce, spanish style	N/A	1.292
Tomato products, canned, sauce, with herbs and cheese	N/A	1.209
Tomato products, canned, sauce, with mushrooms	N/A	1.265
Tomato products, canned, sauce, with onions	N/A	1.242
Tomato products, canned, sauce, with onions, green peppers, and celery	N/A	1.095
Tomato products, canned, sauce, with tomato tidbits	N/A	1.183
Tomato sauce, canned, no salt added	N/A	0.991
Tomatoes, crushed, canned	N/A	1.222
Tomatoes, green, raw	N/A	0.5
Tomatoes, orange, raw	N/A	0.593
Tomatoes, red, ripe, canned, packed in tomato juice	N/A	0.712
Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	N/A	0.712
Tomatoes, red, ripe, canned, stewed	N/A	0.714
Tomatoes, red, ripe, canned, with green chilies	N/A	0.64
Tomatoes, red, ripe, cooked	N/A	0.532
Tomatoes, red, ripe, cooked, stewed	N/A	1.11
Tomatoes, red, ripe, cooked, with salt	N/A	0.532
Tomatoes, red, ripe, raw, year round average	N/A	0.594
Tomatoes, sun-dried	N/A	9.05
Tomatoes, sun-dried, packed in oil, drained	N/A	3.63
Tomatoes, yellow, raw	N/A	1.179
Topping, SMUCKER'S MAGIC SHELL	N/A	0.105
Toppings, marshmallow cream	N/A	0.076
Toppings, nuts in syrup	N/A	0.373
Toppings, pineapple	N/A	0.101
Toppings, strawberry	N/A	0.161
Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	N/A	2.696
Tortilla chips, low fat, baked without fat	N/A	0.42
Tortilla chips, yellow, plain, salted	N/A	1.498
Tortilla, blue corn, Sakwavikaviki (Hopi)	N/A	3.93
Tortilla, includes plain and from mutton sandwich (Navajo)	N/A	4.125
Tortillas, ready-to-bake or -fry, corn	N/A	1.498
Tortillas, ready-to-bake or -fry, corn, without added salt	N/A	1.498
Tortillas, ready-to-bake or -fry, flour, refrigerated	N/A	4.415
Tortillas, ready-to-bake or -fry, flour, shelf stable	N/A	4.191
Tortillas, ready-to-bake or -fry, flour, without added calcium	N/A	3.572
Tortillas, ready-to-bake or -fry, whole wheat	N/A	4.858
Tostada shells, corn	N/A	1.553
Tree fern, cooked, with salt	N/A	3.5
Tree fern, cooked, without salt	N/A	3.5
Triticale	N/A	1.43
Triticale flour, whole-grain	N/A	2.86
Turkey and gravy, frozen	N/A	1.799
Turkey breast, low salt, prepackaged or deli, luncheon meat	N/A	0.11
Turkey breast, pre-basted, meat and skin, cooked, roasted	N/A	9.067
Turkey breast, sliced, prepackaged	N/A	7.15
Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	N/A	11.336
Turkey from whole, light meat, meat and skin, with added solution, raw	N/A	8.832
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	N/A	11.75

Turkey from whole, light meat, meat only, with added solution, raw	N/A	9.924
Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	N/A	4.4
Turkey sticks, breaded, battered, fried	N/A	2.1
Turkey thigh, pre-basted, meat and skin, cooked, roasted	N/A	2.409
Turkey, all classes, back, meat and skin, cooked, roasted	N/A	3.446
Turkey, all classes, breast, meat and skin, cooked, roasted	N/A	6.365
Turkey, all classes, breast, meat and skin, raw	N/A	5.2
Turkey, all classes, gizzard, cooked, simmered	N/A	6.45
Turkey, all classes, heart, cooked, simmered	N/A	7.76
Turkey, all classes, heart, raw	N/A	6.44
Turkey, all classes, leg, meat and skin, cooked, roasted	N/A	3.561
Turkey, all classes, leg, meat and skin, raw	N/A	2.947
Turkey, all classes, light meat, cooked, roasted	N/A	11.75
Turkey, all classes, liver, cooked, simmered	N/A	11.09
Turkey, all classes, liver, raw	N/A	11.233
Turkey, all classes, wing, meat and skin, cooked, roasted	N/A	5.732
Turkey, all classes, wing, meat and skin, raw	N/A	4.425
Turkey, back, from whole bird, meat and skin, with added solution, raw	N/A	4.887
Turkey, back, from whole bird, meat and skin, with added solution, roasted	N/A	10.669
Turkey, back, from whole bird, meat only, with added solution, raw	N/A	5.745
Turkey, back, from whole bird, meat only, with added solution, roasted	N/A	11.75
Turkey, breast, from whole bird, meat only, with added solution, raw	N/A	9.924
Turkey, breast, from whole bird, meat only, with added solution, roasted	N/A	11.75
Turkey, canned, meat only, with broth	N/A	6.622
Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	N/A	6.893
Turkey, dark meat from whole, meat and skin, with added solution, raw	N/A	5.235
Turkey, dark meat from whole, meat only, with added solution, raw	N/A	5.745
Turkey, dark meat, meat and skin, raw	N/A	5.378
Turkey, dark meat, meat only, with added solution, cooked, roasted	N/A	6.827
Turkey, diced, light and dark meat, seasoned	N/A	4.8
Turkey, drumstick, from whole bird, meat only, raw	N/A	9.924
Turkey, drumstick, from whole bird, meat only, roasted	N/A	11.75
Turkey, drumstick, from whole bird, meat only, with added solution, raw	N/A	5.745
Turkey, drumstick, from whole bird, meat only, with added solution, roasted	N/A	6.827
Turkey, drumstick, smoked, cooked, with skin, bone removed	N/A	3.56
Turkey, fryer-roasters, meat and skin, cooked, roasted	N/A	4.922
Turkey, gizzard, all classes, raw	N/A	6.233
Turkey, ground, 85% lean, 15% fat, pan-broiled crumbles	N/A	7.72
Turkey, ground, 85% lean, 15% fat, patties, broiled	N/A	6.632
Turkey, ground, 85% lean, 15% fat, raw	N/A	5.075
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	N/A	8.095
Turkey, ground, 93% lean, 7% fat, patties, broiled	N/A	6.64
Turkey, ground, 93% lean, 7% fat, raw	N/A	5.417
Turkey, Ground, cooked	N/A	8.724
Turkey, ground, fat free, pan-broiled crumbles	N/A	12.55
Turkey, ground, fat free, patties, broiled	N/A	10.707
Turkey, ground, fat free, raw	N/A	9.708
Turkey, Ground, raw	N/A	6.733
Turkey, light or dark meat, smoked, cooked, skin and bone removed	N/A	5.44
Turkey, light or dark meat, smoked, cooked, with skin, bone removed	N/A	5.09
Turkey, mechanically deboned, from turkey frames, raw	N/A	1.969

Turkey, retail parts, breast, meat and skin, cooked, roasted	N/A	11.614
Turkey, retail parts, breast, meat and skin, raw	N/A	9.4
Turkey, retail parts, breast, meat and skin, with added solution, raw	N/A	9.171
Turkey, retail parts, breast, meat only, cooked, roasted	N/A	11.75
Turkey, retail parts, breast, meat only, raw	N/A	10.295
Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	N/A	11.5
Turkey, retail parts, breast, meat only, with added solution, raw	N/A	10
Turkey, retail parts, drumstick, meat and skin, cooked, roasted	N/A	5.574
Turkey, retail parts, drumstick, meat and skin, raw	N/A	4.8
Turkey, retail parts, drumstick, meat only, cooked, roasted	N/A	5.593
Turkey, retail parts, drumstick, meat only, raw	N/A	5.003
Turkey, retail parts, thigh, meat and skin, cooked, roasted	N/A	6.446
Turkey, retail parts, thigh, meat and skin, raw	N/A	5.599
Turkey, retail parts, thigh, meat only, cooked, roasted	N/A	6.903
Turkey, retail parts, thigh, meat only, raw	N/A	6.183
Turkey, retail parts, wing, meat and skin, cooked, roasted	N/A	8.876
Turkey, retail parts, wing, meat and skin, raw	N/A	5.61
Turkey, retail parts, wing, meat only, cooked, roasted	N/A	8.47
Turkey, retail parts, wing, meat only, raw	N/A	6.377
Turkey, skin from whole (light and dark), with added solution, raw	N/A	3.26
Turkey, skin from whole, (light and dark), with added solution, roasted	N/A	7.295
Turkey, skin, from retail parts, from dark meat, cooked, roasted	N/A	5.4
Turkey, skin, from retail parts, from dark meat, raw	N/A	2.745
Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	N/A	3.057
Turkey, thigh, from whole bird, meat only, raw	N/A	5.696
Turkey, thigh, from whole bird, meat only, roasted	N/A	6.685
Turkey, thigh, from whole bird, meat only, with added solution, raw	N/A	5.745
Turkey, thigh, from whole bird, meat only, with added solution, roasted	N/A	6.827
Turkey, white, rotisserie, deli cut	N/A	5.159
Turkey, whole, back, meat only, cooked, roasted	N/A	6.685
Turkey, whole, back, meat only, raw	N/A	5.696
Turkey, whole, breast, meat only, cooked, roasted	N/A	11.75
Turkey, whole, breast, meat only, raw	N/A	9.924
Turkey, whole, dark meat, cooked, roasted	N/A	6.685
Turkey, whole, dark meat, meat and skin, cooked, roasted	N/A	7.103
Turkey, whole, dark meat, meat only, raw	N/A	5.696
Turkey, whole, giblets, cooked, simmered	N/A	8.647
Turkey, whole, giblets, raw	N/A	8.694
Turkey, whole, light meat, meat and skin, cooked, roasted	N/A	11.608
Turkey, whole, light meat, meat and skin, raw	N/A	8.968
Turkey, whole, light meat, raw	N/A	9.924
Turkey, whole, meat and skin, cooked, roasted	N/A	9.573
Turkey, whole, meat and skin, raw	N/A	7.631
Turkey, whole, meat and skin, with added solution, raw	N/A	7.246
Turkey, whole, meat and skin, with added solution, roasted	N/A	9.436
Turkey, whole, meat only, cooked, roasted	N/A	9.5
Turkey, whole, meat only, raw	N/A	8.1
Turkey, whole, meat only, with added solution, raw	N/A	8.69
Turkey, whole, meat only, with added solution, roasted	N/A	9.721
Turkey, whole, neck, meat only, cooked, simmered	N/A	5.88
Turkey, whole, neck, meat only, raw	N/A	4.924
Turkey, whole, skin (light and dark), raw	N/A	3.905
Turkey, whole, skin (light and dark), roasted	N/A	10.235
Turkey, whole, wing, meat only, cooked, roasted	N/A	11.75
Turkey, whole, wing, meat only, raw	N/A	9.924
Turkey, wing, from whole bird, meat only, with added solution, raw	N/A	9.924

Turkey, wing, from whole bird, meat only, with added solution, roasted	N/A	11.75
Turkey, wing, smoked, cooked, with skin, bone removed	N/A	5.73
Turkey, young hen, skin only, cooked, roasted	N/A	2.801
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	N/A	0.486
Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	N/A	0.486
Turnip greens and turnips, frozen, unprepared	N/A	0.388
Turnip greens, canned, no salt added	N/A	0.36
Turnip greens, canned, solids and liquids	N/A	0.362
Turnip greens, cooked, boiled, drained, with salt	N/A	0.411
Turnip greens, cooked, boiled, drained, without salt	N/A	0.411
Turnip greens, frozen, cooked, boiled, drained, with salt	N/A	0.468
Turnip greens, frozen, cooked, boiled, drained, without salt	N/A	0.468
Turnip greens, frozen, unprepared	N/A	0.383
Turnip greens, raw	N/A	0.6
Turnips, cooked, boiled, drained, with salt	N/A	0.299
Turnips, cooked, boiled, drained, without salt	N/A	0.299
Turnips, frozen, cooked, boiled, drained, with salt	N/A	0.56
Turnips, frozen, cooked, boiled, drained, without salt	N/A	0.56
Turnips, frozen, unprepared	N/A	0.4
Turnips, raw	N/A	0.4
Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	N/A	1.575
Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	N/A	3.053
Turnover, filled with egg, meat and cheese, frozen	N/A	2.726
Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	N/A	2.708
Turtle, green, raw	N/A	1.1
Udi's, Gluten Free, Soft & Delicious White Sandwich Bread	N/A	1.405
Udi's, Gluten Free, Soft & Hearty Whole Grain Bread	N/A	1.41
Udi's, Gluten Free, Whole Grain Dinner Rolls	N/A	3.79
Van's, Gluten Free, Totally Original Pancakes	N/A	1.55
Van's, Gluten Free, Totally Original Waffles	N/A	1.803
Vanilla extract	N/A	0.425
Vanilla extract, imitation, alcohol	N/A	0.318
Vanilla extract, imitation, no alcohol	N/A	0.129
Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	N/A	7.895
Veal, breast, point half, boneless, separable lean and fat, cooked, braised	N/A	8.352
Veal, breast, separable fat, cooked	N/A	2.79
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	N/A	7.981
Veal, breast, whole, boneless, separable lean only, cooked, braised	N/A	8.97
Veal, composite of trimmed retail cuts, separable fat, cooked	N/A	2.79
Veal, composite of trimmed retail cuts, separable fat, raw	N/A	2.37
Veal, composite of trimmed retail cuts, separable lean and fat, cooked	N/A	7.97
Veal, composite of trimmed retail cuts, separable lean and fat, raw	N/A	7.5
Veal, composite of trimmed retail cuts, separable lean only, cooked	N/A	8.42
Veal, composite of trimmed retail cuts, separable lean only, raw	N/A	7.83
Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	N/A	8.3
Veal, cubed for stew (leg and shoulder), separable lean only, raw	N/A	7.4
Veal, external fat only, cooked	N/A	4.16
Veal, external fat only, raw	N/A	2.78
Veal, foreshank, osso buco, separable lean and fat, cooked, braised	N/A	3.731
Veal, foreshank, osso buco, separable lean only, cooked, braised	N/A	3.77
Veal, ground, cooked, broiled	N/A	8.03
Veal, ground, cooked, pan-fried	N/A	7.9

Veal, ground, raw	N/A	5.52
Veal, leg (top round), separable lean and fat, cooked, braised	N/A	10.56
Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	N/A	10.34
Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	N/A	12.05
Veal, leg (top round), separable lean and fat, cooked, roasted	N/A	9.93
Veal, leg (top round), separable lean and fat, raw	N/A	9.42
Veal, leg (top round), separable lean only, cooked, braised	N/A	10.72
Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	N/A	10.8
Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	N/A	12.64
Veal, leg (top round), separable lean only, cooked, roasted	N/A	10.08
Veal, leg (top round), separable lean only, raw	N/A	9.56
Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	N/A	10.1
Veal, leg, top round, cap off, cutlet, boneless, raw	N/A	9.28
Veal, loin, chop, separable lean and fat, cooked, grilled	N/A	7.483
Veal, loin, chop, separable lean only, cooked, grilled	N/A	7.94
Veal, loin, separable lean and fat, cooked, braised	N/A	9.03
Veal, loin, separable lean and fat, cooked, roasted	N/A	8.86
Veal, loin, separable lean and fat, raw	N/A	6.617
Veal, loin, separable lean only, cooked, braised	N/A	10.05
Veal, loin, separable lean only, cooked, roasted	N/A	9.46
Veal, loin, separable lean only, raw	N/A	7.25
Veal, rib, separable lean and fat, cooked, braised	N/A	7.5
Veal, rib, separable lean and fat, cooked, roasted	N/A	6.98
Veal, rib, separable lean and fat, raw	N/A	6.68
Veal, rib, separable lean only, cooked, braised	N/A	7.91
Veal, rib, separable lean only, cooked, roasted	N/A	7.5
Veal, rib, separable lean only, raw	N/A	7.05
Veal, seam fat only, cooked	N/A	2.84
Veal, seam fat only, raw	N/A	3.81
Veal, shank (fore and hind), separable lean and fat, cooked, braised	N/A	9.454
Veal, shank (fore and hind), separable lean and fat, raw	N/A	7.458
Veal, shank (fore and hind), separable lean only, cooked, braised	N/A	9.66
Veal, shank (fore and hind), separable lean only, raw	N/A	7.6
Veal, shank, separable lean and fat, raw	N/A	5.254
Veal, shank, separable lean only, raw	N/A	5.37
Veal, shoulder, arm, separable lean and fat, cooked, braised	N/A	10.08
Veal, shoulder, arm, separable lean and fat, cooked, roasted	N/A	8.02
Veal, shoulder, arm, separable lean and fat, raw	N/A	7.63
Veal, shoulder, arm, separable lean only, cooked, braised	N/A	10.71
Veal, shoulder, arm, separable lean only, cooked, roasted	N/A	8.24
Veal, shoulder, arm, separable lean only, raw	N/A	7.91
Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	N/A	4.94
Veal, shoulder, blade chop, separable lean and fat, raw	N/A	4.491
Veal, shoulder, blade chop, separable lean only, cooked, grilled	N/A	5.14
Veal, shoulder, blade chop, separable lean only, raw	N/A	4.61
Veal, shoulder, blade, separable lean and fat, cooked, braised	N/A	5.5
Veal, shoulder, blade, separable lean and fat, cooked, roasted	N/A	5.73
Veal, shoulder, blade, separable lean only, cooked, braised	N/A	5.68
Veal, shoulder, blade, separable lean only, cooked, roasted	N/A	5.82
Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	N/A	6.42
Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	N/A	6.33
Veal, shoulder, whole (arm and blade), separable lean and fat, raw	N/A	6.19
Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	N/A	6.68

Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	N/A	6.44
Veal, shoulder, whole (arm and blade), separable lean only, raw	N/A	6.15
Veal, sirloin, separable lean and fat, cooked, braised	N/A	6.58
Veal, sirloin, separable lean and fat, cooked, roasted	N/A	8.87
Veal, sirloin, separable lean and fat, raw	N/A	8.44
Veal, sirloin, separable lean only, cooked, braised	N/A	7.05
Veal, sirloin, separable lean only, cooked, roasted	N/A	9.33
Veal, sirloin, separable lean only, raw	N/A	8.97
Veal, variety meats and by-products, brain, cooked, braised	N/A	2.43
Veal, variety meats and by-products, brain, cooked, pan-fried	N/A	5.62
Veal, variety meats and by-products, brain, raw	N/A	4.3
Veal, variety meats and by-products, heart, cooked, braised	N/A	4.88
Veal, variety meats and by-products, heart, raw	N/A	6.4
Veal, variety meats and by-products, kidneys, cooked, braised	N/A	4.63
Veal, variety meats and by-products, kidneys, raw	N/A	6.99
Veal, variety meats and by-products, liver, cooked, braised	N/A	13.15
Veal, variety meats and by-products, liver, cooked, pan-fried	N/A	14.35
Veal, variety meats and by-products, liver, raw	N/A	10.55
Veal, variety meats and by-products, lungs, cooked, braised	N/A	2.289
Veal, variety meats and by-products, lungs, raw	N/A	4.025
Veal, variety meats and by-products, pancreas, cooked, braised	N/A	4.146
Veal, variety meats and by-products, pancreas, raw	N/A	4.252
Veal, variety meats and by-products, spleen, cooked, braised	N/A	5.341
Veal, variety meats and by-products, spleen, raw	N/A	7.895
Veal, variety meats and by-products, thymus, cooked, braised	N/A	3.38
Veal, variety meats and by-products, thymus, raw	N/A	4.77
Veal, variety meats and by-products, tongue, cooked, braised	N/A	1.47
Veal, variety meats and by-products, tongue, raw	N/A	2.22
Vegetable juice cocktail, canned	N/A	0.722
Vegetable juice cocktail, low sodium, canned	N/A	0.722
Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	N/A	0.193
Vegetable oil-butter spread, reduced calorie	N/A	0.01
Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	N/A	0.48
Vegetables, mixed, canned, drained solids	N/A	0.577
Vegetables, mixed, canned, solids and liquids	N/A	0.482
Vegetables, mixed, frozen, cooked, boiled, drained, with salt	N/A	0.851
Vegetables, mixed, frozen, cooked, boiled, drained, without salt	N/A	0.851
Vegetables, mixed, frozen, unprepared	N/A	1.252
Vegetarian fillets	N/A	12
Vegetarian meatloaf or patties	N/A	10
Veggie burgers or soyburgers, unprepared	N/A	3.753
Waffle, buttermilk, frozen, ready-to-heat, microwaved	N/A	6.73
Waffle, buttermilk, frozen, ready-to-heat, toasted	N/A	7.942
Waffle, plain, frozen, ready-to-heat, microwave	N/A	7.785
Waffles, buttermilk, frozen, ready-to-heat	N/A	6.675
Waffles, chocolate chip, frozen, ready-to-heat	N/A	5.7
Waffles, gluten-free, frozen, ready-to-heat	N/A	1.803
Waffles, plain, frozen, ready -to-heat, toasted	N/A	8.888
Waffles, plain, frozen, ready-to-heat	N/A	7.575
Waffles, plain, prepared from recipe	N/A	2.073
Waffles, whole wheat, lowfat, frozen, ready-to-heat	N/A	5.714
Wasabi	N/A	0.16
Wasabi, root, raw	N/A	0.743
Water convolvulus, cooked, boiled, drained, with salt	N/A	0.5
Water convolvulus, cooked, boiled, drained, without salt	N/A	0.5
Water convolvulus,raw	N/A	0.9
Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	N/A	0.844
Waterchestnuts, chinese, (matai), raw	N/A	1

Waterchestnuts, chinese, canned, solids and liquids	N/A	0.36
Watercress, raw	N/A	0.2
Watermelon, raw	N/A	0.178
Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	N/A	0.384
Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	N/A	0.384
Waxgourd, (chinese preserving melon), raw	N/A	0.4
WENDY'S, Chicken Nuggets	N/A	6.042
WENDY'S, CLASSIC DOUBLE, with cheese	N/A	3.52
WENDY'S, CLASSIC SINGLE Hamburger, no cheese	N/A	3.225
WENDY'S, CLASSIC SINGLE Hamburger, with cheese	N/A	3.19
WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	N/A	3.143
WENDY'S, french fries	N/A	3.007
WENDY'S, Frosty Dairy Dessert	N/A	0.348
WENDY'S, Homestyle Chicken Fillet Sandwich	N/A	3.3
WENDY'S, Jr. Hamburger, with cheese	N/A	3.08
WENDY'S, Jr. Hamburger, without cheese	N/A	3.887
WENDY'S, Ultimate Chicken Grill Sandwich	N/A	4.16
Whale, beluga, meat, dried (Alaska Native)	N/A	15.2
Wheat bran, crude	N/A	13.578
Wheat flour, white, all-purpose, enriched, bleached	N/A	5.904
Wheat flour, white, all-purpose, enriched, calcium-fortified	N/A	5.904
Wheat flour, white, all-purpose, enriched, unbleached	N/A	5.904
Wheat flour, white, all-purpose, self-rising, enriched	N/A	5.832
Wheat flour, white, all-purpose, unenriched	N/A	1.25
Wheat flour, white, bread, enriched	N/A	7.554
Wheat flour, white, cake, enriched	N/A	6.79
Wheat flour, white, tortilla mix, enriched	N/A	5.82
Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	N/A	4.957
Wheat flours, bread, unenriched	N/A	1
Wheat germ, crude	N/A	6.813
Wheat, durum	N/A	6.738
Wheat, hard red spring	N/A	5.71
Wheat, hard red winter	N/A	5.464
Wheat, hard white	N/A	4.381
Wheat, KAMUT khorasan, cooked	N/A	2.305
Wheat, KAMUT khorasan, uncooked	N/A	6.375
Wheat, soft red winter	N/A	4.8
Wheat, soft white	N/A	4.766
Wheat, sprouted	N/A	3.087
Whey, acid, dried	N/A	1.16
Whey, acid, fluid	N/A	0.079
Whey, sweet, dried	N/A	1.258
Whey, sweet, fluid	N/A	0.074
Whipped topping, frozen, low fat	N/A	0.1
Wild rice, cooked	N/A	1.287
Wild rice, raw	N/A	6.733
Winged bean, immature seeds, cooked, boiled, drained, with salt	N/A	0.652
Winged beans, immature seeds, cooked, boiled, drained, without salt	N/A	0.652
Winged beans, immature seeds, raw	N/A	0.9
Winged beans, mature seeds, cooked, boiled, with salt	N/A	0.83
Winged beans, mature seeds, cooked, boiled, without salt	N/A	0.83
Winged beans, mature seeds, raw	N/A	3.09
Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	N/A	4.19
Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	N/A	0.29
Wonton wrappers (includes egg roll wrappers)	N/A	5.424
Yam, cooked, boiled, drained, or baked, with salt	N/A	0.552
Yam, cooked, boiled, drained, or baked, without salt	N/A	0.552

Yam, raw	N/A	0.552
Yambean (jicama), raw	N/A	0.2
Yardlong bean, cooked, boiled, drained, with salt	N/A	0.63
Yardlong bean, cooked, boiled, drained, without salt	N/A	0.63
Yardlong bean, raw	N/A	0.41
Yardlong beans, mature seeds, cooked, boiled, with salt	N/A	0.551
Yardlong beans, mature seeds, cooked, boiled, without salt	N/A	0.551
Yardlong beans, mature seeds, raw	N/A	2.158
Yautia (tannier), raw	N/A	0.667
Yeast extract spread	N/A	127.5
Yellow rice with seasoning, dry packet mix, unprepared	N/A	3.509
Yogurt parfait, lowfat, with fruit and granola	N/A	0.714
Yogurt, chocolate, nonfat milk	N/A	0.223
Yogurt, chocolate, nonfat milk, fortified with vitamin D	N/A	0.223
Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	N/A	0.2
Yogurt, fruit variety, nonfat	N/A	0.1
Yogurt, fruit variety, nonfat, fortified with vitamin D	N/A	0.1
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	N/A	0.095
Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	N/A	0.095
Yogurt, fruit, low fat, 11g protein/8 oz	N/A	0.105
Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	N/A	0.086
Yogurt, fruit, low fat, 9g protein/8 oz	N/A	0.086
Yogurt, fruit, lowfat, with low calorie sweetener	N/A	0.105
Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	N/A	0.105
Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	N/A	0.22
Yogurt, Greek, nonfat, vanilla, CHOBANI	N/A	0.217
Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	N/A	0.187
Yogurt, Greek, plain, lowfat	N/A	0.197
Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)	N/A	0.208
Yogurt, Greek, strawberry, DANNON OIKOS	N/A	0.21
Yogurt, Greek, strawberry, lowfat	N/A	0.205
Yogurt, Greek, strawberry, nonfat	N/A	0.213
Yogurt, Greek, vanilla, nonfat	N/A	0.201
Yogurt, plain, low fat	N/A	0.114
Yogurt, plain, skim milk	N/A	0.124
Yogurt, plain, whole milk	N/A	0.075
Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	N/A	0.107
Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	N/A	0.086
Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	N/A	0.086
Yogurt, vanilla, low fat, fortified with vitamin D	N/A	0.107
Yogurt, vanilla, low fat.	N/A	0.107
Yogurt, vanilla, non-fat	N/A	0.107
Yokan, prepared from adzuki beans and sugar	N/A	0.057
Zwieback	N/A	1.319