



Phone:  
774-8200

www.markobrienmd.com

Mark O'Brien MD PLC  
Internal Medicine / Nephrology / Hypertension

4070 Lake Dr. Suite 201  
Grand Rapids, MI 49546

Fax:  
774-0304

**Nutrition Chart**

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
100% NATURAL CEREAL	1 OZ	135	18	3	0	28.35	6	4.1
1000 ISLAND, SALAD DRSNG,LOCAL	1 TBSP	25	2	0	2	15	2	0.2
1000 ISLAND, SALAD DRSNG,REGLR	1 TBSP	60	2	0	4	16	6	1
40% BRAN FLAKES, KELLOGG'S	1 OZ	90	22	4	0	28.35	1	0.1
40% BRAN FLAKES, POST	1 OZ	90	22	3	0	28.35	0	0.1
ALFALFA SEEDS, SPROUTED, RAW	1 CUP	10	1	1	0	33	0	0
ALL-BRAN CEREAL	1 OZ	70	21	4	0	28.35	1	0.1
ALMONDS, SLIVERED	1 CUP	795	28	27	0	135	70	6.7
ALMONDS, WHOLE	1 OZ	165	6	6	0	28.35	15	1.4
ANGELFOOD CAKE, FROM MIX	1 PIECE	125	29	3	0	53	0	0
ANGELFOOD CAKE, FROM MIX	1 CAKE	1510	342	38	0	635	2	0.4
APPLE JUICE, CANNED	1 CUP	115	29	0	0	248	0	0
APPLE PIE	1 PIECE	405	60	3	0	158	18	4.6
APPLE PIE	1 PIE	2420	360	21	0	945	105	27.4
APPLES, DRIED, SULFURED	10 RINGS	155	42	1	0	64	0	0
APPLES, RAW, PEELED, SLICED	1 CUP	65	16	0	0	110	0	0.1
APPLES, RAW, UNPEELED,2 PER LB	1 APPLE	125	32	0	0	212	1	0.1
APPLES, RAW, UNPEELED,3 PER LB	1 APPLE	80	21	0	0	138	0	0.1
APPLESAUCE, CANNED, SWEETENED	1 CUP	195	51	0	0	255	0	0.1
APPLESAUCE, CANNED,UNSWEETENED	1 CUP	105	28	0	0	244	0	0
APRICOT NECTAR, NO ADDED VIT C	1 CUP	140	36	1	0	251	0	0
APRICOT, CANNED, HEAVY SYRUP	3 HALVES	70	18	0	0	85	0	0
APRICOT, CANNED, HEAVY SYRUP	1 CUP	215	55	1	0	258	0	0
APRICOTS, CANNED, JUICE PACK	3 HALVES	40	10	1	0	84	0	0
APRICOTS, CANNED, JUICE PACK	1 CUP	120	31	2	0	248	0	0
APRICOTS, DRIED, COOKED,UNSWTN	1 CUP	210	55	3	0	250	0	0
APRICOTS, DRIED, UNCOOKED	1 CUP	310	80	5	0	130	1	0
APRICOTS, RAW	3 APRCOT	50	12	1	0	106	0	0
ARTICHOKES, GLOBE, COOKED, DRN	1 ARTCHK	55	12	3	0	120	0	0
ASPARAGUS, CKD FRM FRZ,DR,SPER	4 SPEARS	15	3	2	0	60	0	0.1
ASPARAGUS, CKD FRM FRZ,DRN,CUT	1 CUP	50	9	5	0	180	1	0.2
ASPARAGUS, CKD FRM RAW, DR,CUT	1 CUP	45	8	5	0	180	1	0.1
ASPARAGUS, CKD FRM RAW,DR,SPER	4 SPEARS	15	3	2	0	60	0	0
ASPARAGUS,CANNED,SPEARS,NOSALT	4 SPEARS	10	2	1	0	80	0	0
ASPARAGUS,CANNED,SPEARS,W/SALT	4 SPEARS	10	2	1	0	80	0	0
AVOCADOS, CALIFORNIA	1 AVOCDO	305	12	4	0	173	30	4.5
AVOCADOS, FLORIDA	1 AVOCDO	340	27	5	0	304	27	5.3
BAGELS, EGG	1 BAGEL	200	38	7	44	68	2	0.3
BAGELS, PLAIN	1 BAGEL	200	38	7	0	68	2	0.3
BAKING POWDER, LOW SODIUM	1 TSP	5	1	0	0	4.3	0	0
BAKING POWDER, STRGHT PHOSPHAT	1 TSP	5	1	0	0	3.8	0	0

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
BAKING POWDER,SAS, CA PO4	1 TSP	5	1	0	0	3	0	0
BAKING POWDER,SAS,CAPO4+CASO4	1 TSP	5	1	0	0	2.9	0	0
BAKING PWDR BISCUITS,FROM MIX	1 BISCUIT	95	14	2	0	28	3	0.8
BAKING PWDR BISCUITS,HOMERECPE	1 BISCUIT	100	13	2	0	28	5	1.2
BAKING PWDR BISCUITS,REFRGDOGH	1 BISCUIT	65	10	1	1	20	2	0.6
BAMBOO SHOOTS, CANNED, DRAINED	1 CUP	25	4	2	0	131	1	0.1
BANANAS	1 BANANA	105	27	1	0	114	1	0.2
BANANAS, SLICED	1 CUP	140	35	2	0	150	1	0.3
BARBECUE SAUCE	1 TBSP	10	2	0	0	16	0	0
BARLEY, PEARLED,LIGHT, UNCOOKD	1 CUP	700	158	16	0	200	2	0.3
BEAN SPROUTS, MUNG, COOKD,DRAN	1 CUP	25	5	3	0	124	0	0
BEAN SPROUTS, MUNG, RAW	1 CUP	30	6	3	0	104	0	0
BEAN WITH BACON SOUP, CANNED	1 CUP	170	23	8	3	253	6	1.5
BEANS,DRY,CANNED,W/FRANKFURTER	1 CUP	365	32	19	30	255	18	7.4
BEANS,DRY,CANNED,W/PORK+SWTSCE	1 CUP	385	54	16	10	255	12	4.3
BEANS,DRY,CANNED,W/PORK+TOMSCE	1 CUP	310	48	16	10	255	7	2.4
BEEF AND VEGETABLE STEW,HM RCP	1 CUP	220	15	16	71	245	11	4.4
BEEF BROTH, BOULLN, CONSM,CNND	1 CUP	15	0	3	0	240	1	0.3
BEEF GRAVY, CANNED	1 CUP	125	11	9	7	233	5	2.7
BEEF HEART, BRAISED	3 OZ	150	0	24	164	85	5	1.2
BEEF LIVER, FRIED	3 OZ	185	7	23	410	85	7	2.5
BEEF NOODLE SOUP, CANNED	1 CUP	85	9	5	5	244	3	1.1
BEEF POTPIE, HOME RECIPE	1 PIECE	515	39	21	42	210	30	7.9
BEEF ROAST, EYE O RND, LEAN	2.6 OZ	135	0	22	52	75	5	1.9
BEEF ROAST, EYE O RND,LEAN+FAT	3 OZ	205	0	23	62	85	12	4.9
BEEF ROAST, RIB, LEAN + FAT	3 OZ	315	0	19	72	85	26	10.8
BEEF ROAST, RIB, LEAN ONLY	2.2 OZ	150	0	17	49	61	9	3.6
BEEF STEAK,SIRLOIN,BROIL,LEAN	2.5 OZ	150	0	22	64	72	6	2.6
BEEF STEAK,SIRLOIN,BROIL,LN+FT	3 OZ	240	0	23	77	85	15	6.4
BEEF, CANNED, CORNED	3 OZ	185	0	22	80	85	10	4.2
BEEF, CKD,BTTM ROUND,LEAN ONLY	2.8 OZ	175	0	25	75	78	8	2.7
BEEF, CKD,BTTM ROUND,LEAN+ FAT	3 OZ	220	0	25	81	85	13	4.8
BEEF, CKD,CHUCK BLADE,LEAN+FAT	3 OZ	325	0	22	87	85	26	10.8
BEEF, CKD,CHUCK BLADE,LEANONLY	2.2 OZ	170	0	19	66	62	9	3.9
BEEF, DRIED, CHIPPED	2.5 OZ	145	0	24	46	72	4	1.8
BEER, LIGHT	12 FL OZ	95	5	1	0	355	0	0
BEER, REGULAR	12 FL OZ	150	13	1	0	360	0	0
BEET GREENS, COOKED, DRAINED	1 CUP	40	8	4	0	144	0	0
BEETS, CANNED, DRAINED,NO SALT	1 CUP	55	12	2	0	170	0	0
BEETS, CANNED, DRAINED,W/ SALT	1 CUP	55	12	2	0	170	0	0
BEETS, COOKED, DRAINED, DICED	1 CUP	55	11	2	0	170	0	0
BEETS, COOKED, DRAINED, WHOLE	2 BEETS	30	7	1	0	100	0	0
BLACK BEANS, DRY, COOKED,DRAND	1 CUP	225	41	15	0	171	1	0.1
BLACKBERRIES, RAW	1 CUP	75	18	1	0	144	1	0.2
BLACKEYE PEAS, IMMATR,RAW,CKED	1 CUP	180	30	13	0	165	1	0.3
BLACKEYE PEAS,IMMTR,FRZN,CKED	1 CUP	225	40	14	0	170	1	0.3
BLACK-EYED PEAS, DRY, COOKED	1 CUP	190	35	13	0	250	1	0.2
BLUE CHEESE	1 OZ	100	1	6	21	28.35	8	5.3
BLUE CHEESE SALAD DRESSING	1 TBSP	75	1	1	3	15	8	1.5

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
BLUEBERRIES, FROZEN, SWEETENED	1 CUP	185	50	1	0	230	0	0
BLUEBERRIES, FROZEN, SWEETENED	10 OZ	230	62	1	0	284	0	0
BLUEBERRIES, RAW	1 CUP	80	20	1	0	145	1	0
BLUEBERRY MUFFINS, HOME RECIPE	1 MUFFIN	135	20	3	19	45	5	1.5
BLUEBERRY MUFFINS, FROM COM MIX	1 MUFFIN	140	22	3	45	45	5	1.4
BLUEBERRY PIE	1 PIECE	380	55	4	0	158	17	4.3
BLUEBERRY PIE	1 PIE	2285	330	23	0	945	102	25.5
BOLOGNA	2 SLICES	180	2	7	31	57	16	6.1
BOSTON BROWN BREAD, W/WHTECRNM	1 SLICE	95	21	2	3	45	1	0.3
BOSTON BROWN BREAD, W/YLLWCRNML	1 SLICE	95	21	2	3	45	1	0.3
BOUILLON, DEHYDRTD, UNPREPARED	1 PKT	15	1	1	1	6	1	0.3
BRAN MUFFINS, FROM COMMERL MIX	1 MUFFIN	140	24	3	28	45	4	1.3
BRAN MUFFINS, HOME RECIPE	1 MUFFIN	125	19	3	24	45	6	1.4
BRAUNSCHWEIGER	2 SLICES	205	2	8	89	57	18	6.2
BRAZIL NUTS	1 OZ	185	4	4	0	28.35	19	4.6
BREAD STUFFING, FROM MX, DRYTYPE	1 CUP	500	50	9	0	140	31	6.1
BREAD STUFFING, FROM MX, MOIST	1 CUP	420	40	9	67	203	26	5.3
BREADCRUMBS, DRY, GRATED	1 CUP	390	73	13	5	100	5	1.5
BROCCOLI, FRZN, COOKED, DRANED	1 PIECE	10	2	1	0	30	0	0
BROCCOLI, FRZN, COOKED, DRANED	1 CUP	50	10	6	0	185	0	0
BROCCOLI, RAW	1 SPEAR	40	8	4	0	151	1	0.1
BROCCOLI, RAW, COOKED, DRAINED	1 CUP	45	9	5	0	155	0	0.1
BROCCOLI, RAW, COOKED, DRAINED	1 SPEAR	50	10	5	0	180	1	0.1
BROWN AND SERVE SAUSAGE, BRWND	1 LINK	50	0	2	9	13	5	1.7
BROWN GRAVY FROM DRY MIX	1 CUP	80	14	3	2	261	2	0.9
BROWNIES W/ NUTS, FRM HOME RECP	1 BROWNE	95	11	1	18	20	6	1.4
BROWNIES W/ NUTS, FRSTNG, CMMRCL	1 BROWNE	100	16	1	14	25	4	1.6
BRUSSELS SPROUTS, FRZN, COOKED	1 CUP	65	13	6	0	155	1	0.1
BRUSSELS SPROUTS, RAW, COOKED	1 CUP	60	13	4	0	155	1	0.2
BUCKWHEAT FLOUR, LIGHT, SIFTED	1 CUP	340	78	6	0	98	1	0.2
BULGUR, UNCOOKED	1 CUP	600	129	19	0	170	3	1.2
BUTTER, SALTED	1 PAT	35	0	0	11	5	4	2.5
BUTTER, SALTED	1 TBSP	100	0	0	31	14	11	7.1
BUTTER, SALTED	1/2 CUP	810	0	1	247	113	92	57.1
BUTTER, UNSALTED	1 PAT	35	0	0	11	5	4	2.5
BUTTER, UNSALTED	1 TBSP	100	0	0	31	14	11	7.1
BUTTER, UNSALTED	1/2 CUP	810	0	1	247	113	92	57.1
BUTTERMILK, DRIED	1 CUP	465	59	41	83	120	7	4.3
BUTTERMILK, FLUID	1 CUP	100	12	8	9	245	2	1.3
CABBAGE, CHINESE, PAK-CHOI, CKD	1 CUP	20	3	3	0	170	0	0
CABBAGE, CHINESE, PE-TSAI, RAW	1 CUP	10	2	1	0	76	0	0
CABBAGE, COMMON, COOKED, DRNED	1 CUP	30	7	1	0	150	0	0
CABBAGE, COMMON, RAW	1 CUP	15	4	1	0	70	0	0
CABBAGE, RED, RAW	1 CUP	20	4	1	0	70	0	0
CABBAGE, SAVOY, RAW	1 CUP	20	4	1	0	70	0	0
CAKE OR PASTRY FLOUR, SIFTED	1 CUP	350	76	7	0	96	1	0.1
CAMEMBERT CHEESE	1 WEDGE	115	0	8	27	38	9	5.8
CANTALOUPE, RAW	1/2 MELN	95	22	2	0	267	1	0.1
CAP'N CRUNCH CEREAL	1 OZ	120	23	1	0	28.35	3	1.7

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
CARAMELS, PLAIN OR CHOCOLATE	1 OZ	115	22	1	1	28.35	3	2.2
CAROB FLOUR	1 CUP	255	126	6	0	140	0	0
CARROT CAKE,CREMCHESSE FRST,REC	1 PIECE	385	48	4	74	96	21	4.1
CARROT CAKE,CREMCHESSE FRST,REC	1 CAKE	6175	775	63	1183	1536	328	66
CARROTS, CANNED, DRN, W/ SALT	1 CUP	35	8	1	0	146	0	0.1
CARROTS, CANNED,DRND, W/O SALT	1 CUP	35	8	1	0	146	0	0.1
CARROTS, COOKED FROM FROZEN	1 CUP	55	12	2	0	146	0	0
CARROTS, COOKED FROM RAW	1 CUP	70	16	2	0	156	0	0.1
CARROTS, RAW, GRATED	1 CUP	45	11	1	0	110	0	0
CARROTS, RAW, WHOLE	1 CARROT	30	7	1	0	72	0	0
CASHEW NUTS, DRY ROASTD,SALTED	1 OZ	165	9	4	0	28.35	13	2.6
CASHEW NUTS, DRY ROASTD,UNSALT	1 OZ	165	9	4	0	28.35	13	2.6
CASHEW NUTS, DRY ROASTD,UNSALT	1 CUP	785	45	21	0	137	63	12.5
CASHEW NUTS, DRY ROASTED,SALTD	1 CUP	785	45	21	0	137	63	12.5
CASHEW NUTS, OIL ROASTD,SALTED	1 OZ	165	8	5	0	28.35	14	2.7
CASHEW NUTS, OIL ROASTD,SALTED	1 CUP	750	37	21	0	130	63	12.4
CASHEW NUTS, OIL ROASTD,UNSALT	1 OZ	165	8	5	0	28.35	14	2.7
CASHEW NUTS, OIL ROASTD,UNSALT	1 CUP	750	37	21	0	130	63	12.4
CATSUP	1 TBSP	15	4	0	0	15	0	0
CATSUP	1 CUP	290	69	5	0	273	1	0.2
CAULIFLOWER, COOKED FROM FROZN	1 CUP	35	7	3	0	180	0	0.1
CAULIFLOWER, COOKED FROM RAW	1 CUP	30	6	2	0	125	0	0
CAULIFLOWER, RAW	1 CUP	25	5	2	0	100	0	0
CELERY SEED	1 TSP	10	1	0	0	2	1	0
CELERY, PASCAL TYPE, RAW,PIECE	1 CUP	20	4	1	0	120	0	0
CELERY, PASCAL TYPE, RAW,STALK	1 STALK	5	1	0	0	40	0	0
CHEDDAR CHEESE	1 CU IN	70	0	4	18	17	6	3.6
CHEDDAR CHEESE	1 OZ	115	0	7	30	28.35	9	6
CHEDDDAR CHEESE, SHREDDED	1 CUP	455	1	28	119	113	37	23.8
CHEERIOS CEREAL	1 OZ	110	20	4	0	28.35	2	0.3
CHEESE CRACKERS, PLAIN	10 CRACK	50	6	1	6	10	3	0.9
CHEESE CRACKERS, SANDWCH,PEANT	1 SANDWH	40	5	1	1	8	2	0.4
CHEESE SAUCE W/ MILK, FRM MIX	1 CUP	305	23	16	53	279	17	9.3
CHEESEBURGER, 4OZ PATTY	1 SANDWH	525	40	30	104	194	31	15.1
CHEESEBURGER, REGULAR	1 SANDWH	300	28	15	44	112	15	7.3
CHEESECAKE	1 PIECE	280	26	5	170	92	18	9.9
CHEESECAKE	1 CAKE	3350	317	60	2053	1110	213	119.9
CHERRIES, SOUR,RED,CANND,WATER	1 CUP	90	22	2	0	244	0	0.1
CHERRIES, SWEET, RAW	10 CHERY	50	11	1	0	68	1	0.1
CHERRY PIE	1 PIECE	410	61	4	0	158	18	4.7
CHERRY PIE	1 PIE	2465	363	25	0	945	107	28.4
CHESTNUTS, EUROPEAN, ROASTED	1 CUP	350	76	5	0	143	3	0.6
CHICKEN A LA KING, HOME RECIPE	1 CUP	470	12	27	221	245	34	12.9
CHICKEN AND NOODLES, HOME RECP	1 CUP	365	26	22	103	240	18	5.1
CHICKEN CHOW MEIN, CANNED	1 CUP	95	18	7	8	250	0	0.1
CHICKEN CHOW MEIN, HOME RECIPE	1 CUP	255	10	31	75	250	10	4.1
CHICKEN FRANKFURTER	1 FRANK	115	3	6	45	45	9	2.5
CHICKEN GRAVY FROM DRY MIX	1 CUP	85	14	3	3	260	2	0.5
CHICKEN GRAVY, CANNED	1 CUP	190	13	5	5	238	14	3.4

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
CHICKEN LIVER, COOKED	1 LIVER	30	0	5	126	20	1	0.4
CHICKEN NOODLE SOUP, CANNED	1 CUP	75	9	4	7	241	2	0.7
CHICKEN NOODLE SOUP,DEHYD,PRPD	1 PKT	40	6	2	2	188	1	0.2
CHICKEN POTPIE, HOME RECIPE	1 PIECE	545	42	23	56	232	31	10.3
CHICKEN RICE SOUP, CANNED	1 CUP	60	7	4	7	241	2	0.5
CHICKEN ROLL, LIGHT	2 SLICES	90	1	11	28	57	4	1.1
CHICKEN, CANNED, BONELESS	5 OZ	235	0	31	88	142	11	3.1
CHICKEN, FRIED, BATTER, BREAST	4.9 OZ	365	13	35	119	140	18	4.9
CHICKEN, FRIED, BATTER,DRMSTCK	2.5 OZ	195	6	16	62	72	11	3
CHICKEN, FRIED, FLOUR, BREAST	3.5 OZ	220	2	31	87	98	9	2.4
CHICKEN, FRIED, FLOUR, DRMSTCK	1.7 OZ	120	1	13	44	49	7	1.8
CHICKEN, ROASTED, BREAST	3.0 OZ	140	0	27	73	86	3	0.9
CHICKEN, ROASTED, DRUMSTICK	1.6 OZ	75	0	12	41	44	2	0.7
CHICKEN, STEWED, LIGHT + DARK	1 CUP	250	0	38	116	140	9	2.6
CHICKPEAS, COOKED, DRAINED	1 CUP	270	45	15	0	163	4	0.4
CHILI CON CARNE W/ BEANS, CNND	1 CUP	340	31	19	28	255	16	5.8
CHILI POWDER	1 TSP	10	1	0	0	2.6	0	0.1
CHOCOLATE CHIP COOKIES,COMMRL	4 COOKIE	180	28	2	5	42	9	2.9
CHOCOLATE CHIP COOKIES,HME RCP	4 COOKIE	185	26	2	18	40	11	3.9
CHOCOLATE CHIP COOKIES,REFRIG	4 COOKIE	225	32	2	22	48	11	4
CHOCOLATE MILK, LOWFAT 1%	1 CUP	160	26	8	7	250	3	1.5
CHOCOLATE MILK, LOWFAT 2%	1 CUP	180	26	8	17	250	5	3.1
CHOCOLATE MILK, REGULAR	1 CUP	210	26	8	31	250	8	5.3
CHOCOLATE, BITTER OT BAKING	1 OZ	145	8	3	0	28.35	15	9
CHOP SUEY W/ BEEF + PORK,HMRCP	1 CUP	300	13	26	68	250	17	4.3
CINNAMON	1 TSP	5	2	0	0	2.3	0	0
CLAM CHOWDER, MANHATTAN, CANND	1 CUP	80	12	4	2	244	2	0.4
CLAM CHOWDER, NEW ENG, W/ MILK	1 CUP	165	17	9	22	248	7	3
CLAMS, CANNED, DRAINED	3 OZ	85	2	13	54	85	2	0.5
CLAMS, RAW	3 OZ	65	2	11	43	85	1	0.3
CLUB SODA	12 FL OZ	0	0	0	0	355	0	0
COCA PWDR W/O NOFAT DRYMLK,PRD	1 SERVNG	225	30	9	33	265	9	5.4
COCA PWDR W/O NONFAT DRY MILK	3/4 OZ	75	19	1	0	21	1	0.3
COCOA PWDR W/ NOFAT DRMLK,PRPD	1 SERVNG	100	22	3	1	206	1	0.6
COCOA PWDR WITH NONFAT DRYMILK	1 OZ	100	22	3	1	28.35	1	0.6
COCONUT, DRIED, SWEETND,SHREDD	1 CUP	470	44	3	0	93	33	29.3
COCONUT, RAW, PIECE	1 PIECE	160	7	1	0	45	15	13.4
COCONUT, RAW, SHREDDED	1 CUP	285	12	3	0	80	27	23.8
COFFEE, BREWED	6 FL OZ	0	0	0	0	180	0	0
COFFEE, INSTANT, PREPARED	6 FL OZ	0	1	0	0	182	0	0
COFFEECAKE, CRUMB, FROM MIX	1 PIECE	230	38	5	47	72	7	2
COFFEECAKE, CRUMB, FROM MIX	1 CAKE	1385	225	27	279	430	41	11.8
COLA, DIET, ASPARTAME ONLY	12 FL OZ	0	0	0	0	355	0	0
COLA, DIET, ASPRTAME + SACCHRN	12 FL OZ	0	0	0	0	355	0	0
COLA, DIET, SACCHARIN ONLY	12 FL OZ	0	0	0	0	355	0	0
COLA, REGULAR	12 FL OZ	160	41	0	0	369	0	0
COLLARDS, COOKED FROM FROZEN	1 CUP	60	12	5	0	170	1	0.1
COLLARDS, COOKED FROM RAW	1 CUP	25	5	2	0	190	0	0.1
COOKED SALAD DRSSING, HOME RCP	1 TBSP	25	2	1	9	16	2	0.5

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
CORN CHIPS	1 OZ	155	16	2	0	28.35	9	1.4
CORN FLAKES, KELLOGG'S	1 OZ	110	24	2	0	28.35	0	0
CORN FLAKES, TOASTIES	1 OZ	110	24	2	0	28.35	0	0
CORN GRITS, COOKED, INSTANT	1 PKT	80	18	2	0	137	0	0
CORN GRITS,CKD,REG,WHITE,NOSALT	1 CUP	145	31	3	0	242	0	0
CORN GRITS,CKD,REG,WHITE,W/SALT	1 CUP	145	31	3	0	242	0	0
CORN GRITS,CKD,REG,YLLW,NOSALT	1 CUP	145	31	3	0	242	0	0
CORN GRITS,CKD,REG,YLLW,W/SALT	1 CUP	145	31	3	0	242	0	0
CORN MUFFINS, FROM COMMERL MIX	1 MUFFIN	145	22	3	42	45	6	1.7
CORN MUFFINS, HOME RECIPE	1 MUFFIN	145	21	3	23	45	5	1.5
CORN OIL	1 CUP	1925	0	0	0	218	218	27.7
CORN OIL	1 TBSP	125	0	0	0	14	14	1.8
CORN, CNND,CRM STL,WHIT,NO SAL	1 CUP	185	46	4	0	256	1	0.2
CORN, CNND,CRM STL,WHIT,W/SALT	1 CUP	185	46	4	0	256	1	0.2
CORN, CNND,CRM STL,YLLW,NO SAL	1 CUP	185	46	4	0	256	1	0.2
CORN, CNND,CRM STL,YLLW,W/SALT	1 CUP	185	46	4	0	256	1	0.2
CORN, COOKED FRM FROZN, WHITE	1 EAR	60	14	2	0	63	0	0.1
CORN, COOKED FRM FROZN, WHITE	1 CUP	135	34	5	0	165	0	0
CORN, COOKED FRM FROZN, YELLOW	1 EAR	60	14	2	0	63	0	0.1
CORN, COOKED FRM FROZN, YELLOW	1 CUP	135	34	5	0	165	0	0
CORN, COOKED FROM RAW, WHITE	1 EAR	85	19	3	0	77	1	0.2
CORN, COOKED FROM RAW, YELLOW	1 EAR	85	19	3	0	77	1	0.2
CORN,CNND,WHL KRNL,WHITE,NO SAL	1 CUP	165	41	5	0	210	1	0.2
CORN,CNND,WHL KRNL,WHITE,W/SALT	1 CUP	165	41	5	0	210	1	0.2
CORN,CNND,WHL KRNL,YLLW,NO SAL	1 CUP	165	41	5	0	210	1	0.2
CORN,CNND,WHL KRNL,YLLW,W/SALT	1 CUP	165	41	5	0	210	1	0.2
CORNMEAL,BOLTED,DRY FORM	1 CUP	440	91	11	0	122	4	0.5
CORNMEAL,DEGERMED,ENRCHED,COOK	1 CUP	120	26	3	0	240	0	0
CORNMEAL,DEGERMED,ENRICHED,DRY	1 CUP	500	108	11	0	138	2	0.2
CORNMEAL,WHOLE-GRND,UNBOLT,DRY	1 CUP	435	90	11	0	122	5	0.5
COTTAGE CHEESE,CREMD,LRGE CURD	1 CUP	235	6	28	34	225	10	6.4
COTTAGE CHEESE,CREMD,SMLL CURD	1 CUP	215	6	26	31	210	9	6
COTTAGE CHEESE,CREMD,W/FRUIT	1 CUP	280	30	22	25	226	8	4.9
COTTAGE CHEESE,LOWFAT 2%	1 CUP	205	8	31	19	226	4	2.8
COTTAGE CHEESE,UNCREAMED	1 CUP	125	3	25	10	145	1	0.4
CR OF CHICKEN SOUP W/ H2O,CNND	1 CUP	115	9	3	10	244	7	2.1
CR OF CHICKEN SOUP W/ MLK,CNND	1 CUP	190	15	7	27	248	11	4.6
CR OF MUSHROM SOUP W/ H2O,CNND	1 CUP	130	9	2	2	244	9	2.4
CR OF MUSHROM SOUP W/ MLK,CNND	1 CUP	205	15	6	20	248	14	5.1
CRABMEAT, CANNED	1 CUP	135	1	23	135	135	3	0.5
CRACKED-WHEAT BREAD	1 SLICE	65	12	2	0	25	1	0.2
CRACKED-WHEAT BREAD	1 LOAF	1190	227	42	0	454	16	3.1
CRACKED-WHEAT BREAD, TOASTED	1 SLICE	65	12	2	0	21	1	0.2
CRANBERRY JUICE COCKTAL W/VITC	1 CUP	145	38	0	0	253	0	0
CRANBERRY SAUCE, CANNED,SWTND	1 CUP	420	108	1	0	277	0	0
CREAM CHEESE	1 OZ	100	1	2	31	28.35	10	6.2
CREAM OF WHEAT,CKD,MIX N EAT	1 PKT	100	21	3	0	142	0	0
CREME PIE	1 PIECE	455	59	3	8	152	23	15
CREME PIE	1 PIE	2710	351	20	46	910	139	90.1

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
CRM WHEAT,CKD, QUICK, NO SALT	1 CUP	140	29	4	0	244	0	0.1
CRM WHEAT,CKD,QUICK, W/ SALT	1 CUP	140	29	4	0	244	0	0.1
CRM WHEAT,CKD,REG,INST,NO SALT	1 CUP	140	29	4	0	244	0	0.1
CRM WHEAT,CKD,REG,INST,W/SALT	1 CUP	140	29	4	0	244	0	0.1
CROISSANTS	1 CROSST	235	27	5	13	57	12	3.5
CUCUMBER, W/ PEEL	6 SLICES	5	1	0	0	28	0	0
CURRY POWDER	1 TSP	5	1	0	0	2	0	0
CUSTARD PIE	1 PIECE	330	36	9	169	152	17	5.6
CUSTARD PIE	1 PIE	1985	213	56	1010	910	101	33.7
CUSTARD, BAKED	1 CUP	305	29	14	278	265	15	6.8
DANDELION GREENS, COOKED, DRND	1 CUP	35	7	2	0	105	1	0.1
DANISH PASTRY, FRUIT	1 PASTRY	235	28	4	56	65	13	3.9
DANISH PASTRY, PLAIN, NO NUTS	1 OZ	110	13	2	24	28.35	6	1.8
DANISH PASTRY, PLAIN, NO NUTS	1 PASTRY	220	26	4	49	57	12	3.6
DANISH PASTRY, PLAIN, NO NUTS	1 RING	1305	152	21	292	340	71	21.8
DATES	10 DATES	230	61	2	0	83	0	0.1
DATES, CHOPPED	1 CUP	490	131	4	0	178	1	0.3
DEVIL'S FOOD CAKE,CHOCFRST,FMX	1 CUPCAK	120	20	2	19	35	4	1.8
DEVIL'S FOOD CAKE,CHOCFRST,FMX	1 PIECE	235	40	3	37	69	8	3.5
DEVIL'S FOOD CAKE,CHOCFRST,FMX	1 CAKE	3755	645	49	598	1107	136	55.6
DOUGHNUTS, CAKE TYPE, PLAIN	1 DONUT	210	24	3	20	50	12	2.8
DOUGHNUTS, YEAST-LEAVEND,GLZED	1 DONUT	235	26	4	21	60	13	5.2
DUCK, ROASTED, FLESH ONLY	1/2 DUCK	445	0	52	197	221	25	9.2
EGGNOG	1 CUP	340	34	10	149	254	19	11.3
EGGPLANT, COOKED, STEAMED	1 CUP	25	6	1	0	96	0	0
EGGS, COOKED, FRIED	1 EGG	90	1	6	211	46	7	1.9
EGGS, COOKED, HARD-COOKED	1 EGG	75	1	6	213	50	5	1.6
EGGS, COOKED, POACHED	1 EGG	75	1	6	212	50	5	1.5
EGGS, COOKED, SCRAMBLED/OMELET	1 EGG	100	1	7	215	61	7	2.2
EGGS, RAW, WHITE	1 WHITE	15	0	4	0	33	0	0
EGGS, RAW, WHOLE	1 EGG	75	1	6	213	50	5	1.6
EGGS, RAW, YOLK	1 YOLK	60	0	3	213	17	5	1.6
ENCHILADA	1 ENCHLD	235	24	20	19	230	16	7.7
ENDIVE, CURLY, RAW	1 CUP	10	2	1	0	50	0	0
ENG MUFFIN, EGG, CHEESE, BACON	1 SANDWH	360	31	18	213	138	18	8
ENGLISH MUFFINS, PLAIN	1 MUFFIN	140	27	5	0	57	1	0.3
ENGLISH MUFFINS, PLAIN, TOASTD	1 MUFFIN	140	27	5	0	50	1	0.3
EVAPORATED MILK, SKIM, CANNED	1 CUP	200	29	19	9	255	1	0.3
EVAPORATED MILK, WHOLE, CANNED	1 CUP	340	25	17	74	252	19	11.6
FATS, COOKING/VEGETBL SHORTENG	1 CUP	1810	0	0	0	205	205	51.3
FATS, COOKING/VEGETBL SHORTENG	1 TBSP	115	0	0	0	13	13	3.3
FETA CHEESE	1 OZ	75	1	4	25	28.35	6	4.2
FIG BARS	4 COOKIE	210	42	2	27	56	4	1
FIGS, DRIED	10 FIGS	475	122	6	0	187	2	0.4
FILBERTS, (HAZELNUTS) CHOPPED	1 OZ	180	4	4	0	28.35	18	1.3
FILBERTS, (HAZELNUTS) CHOPPED	1 CUP	725	18	15	0	115	72	5.3
FISH SANDWICH, LGE, W/O CHEESE	1 SANDWH	470	41	18	91	170	27	6.3
FISH SANDWICH, REG, W/ CHEESE	1 SANDWH	420	39	16	56	140	23	6.3
FISH STICKS, FROZEN, REHEATED	1 STICK	70	4	6	26	28	3	0.8

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
FLOUNDER OR SOLE, BAKED, BUTTR	3 OZ	120	0	16	68	85	6	3.2
FLOUNDER OR SOLE, BAKED,MARGRN	3 OZ	120	0	16	55	85	6	1.2
FLOUNDER OR SOLE, BAKED,W/OFAT	3 OZ	80	0	17	59	85	1	0.3
FONDANT, UNCOATED	1 OZ	105	27	0	0	28.35	0	0
FRANKFURTER, COOKED	1 FRANK	145	1	5	23	45	13	4.8
FRENCH BREAD	1 SLICE	100	18	3	0	35	1	0.3
FRENCH OR VIENNA BREAD	1 LOAF	1270	230	43	0	454	18	3.8
FRENCH SALAD DRESSING, LOCALOR	1 TBSP	25	2	0	0	16	2	0.2
FRENCH SALAD DRESSING, REGULAR	1 TBSP	85	1	0	0	16	9	1.4
FRENCH TOAST, HOME RECIPE	1 SLICE	155	17	6	112	65	7	1.6
FRIED PIE, APPLE	1 PIE	255	31	2	14	85	14	5.8
FRIED PIE, CHERRY	1 PIE	250	32	2	13	85	14	5.8
FROOT LOOPS CEREAL	1 OZ	110	25	2	0	28.35	1	0.2
FRUIT COCKTAIL,CNND,HEAVYSYRUP	1 CUP	185	48	1	0	255	0	0
FRUIT COCKTAIL,CNND,JUICE PACK	1 CUP	115	29	1	0	248	0	0
FRUIT PUNCH DRINK, CANNED	6 FL OZ	85	22	0	0	190	0	0
FRUITCAKE,DARK, FROM HOMERECIP	1 PIECE	165	25	2	20	43	7	1.5
FRUITCAKE,DARK, FROM HOMERECIP	1 CAKE	5185	783	74	640	1361	228	47.6
FUDGE, CHOCOLATE, PLAIN	1 OZ	115	21	1	1	28.35	3	2.1
GARLIC POWDER	1 TSP	10	2	0	0	2.8	0	0
GELATIN DESSERT, PREPARED	1/2 CUP	70	17	2	0	120	0	0
GELATIN, DRY	1 ENVELP	25	0	6	0	7	0	0
GIN,RUM,VODKA,WHISKY 80-PROOF	1.5 F OZ	95	0	0	0	42	0	0
GIN,RUM,VODKA,WHISKY 86-PROOF	1.5 F OZ	105	0	0	0	42	0	0
GIN,RUM,VODKA,WHISKY 90-PROOF	1.5 F OZ	110	0	0	0	42	0	0
GINGER ALE	12 FL OZ	125	32	0	0	366	0	0
GINGERBREAD CAKE, FROM MIX	1 PIECE	175	32	2	1	63	4	1.1
GINGERBREAD CAKE, FROM MIX	1 CAKE	1575	291	18	6	570	39	9.6
GOLDEN GRAHAMS CEREAL	1 OZ	110	24	2	0	28.35	1	0.7
GRAHAM CRACKER, PLAIN	2 CRACKR	60	11	1	0	14	1	0.4
GRAPE DRINK, CANNED	6 FL OZ	100	26	0	0	187	0	0
GRAPE JUICE, CANNED	1 CUP	155	38	1	0	253	0	0.1
GRAPE SODA	12 FL OZ	180	46	0	0	372	0	0
GRAPEFRT JCE,FRZN,CNCN,UNSWTEN	6 FL OZ	300	72	4	0	207	1	0.1
GRAPEFRT JCE,FRZN,DLTD,UNSWTEN	1 CUP	100	24	1	0	247	0	0
GRAPEFRUIT JUICE, CANNED,SWTND	1 CUP	115	28	1	0	250	0	0
GRAPEFRUIT JUICE, CANNED,UNSWT	1 CUP	95	22	1	0	247	0	0
GRAPEFRUIT JUICE, RAW	1 CUP	95	23	1	0	247	0	0
GRAPEFRUIT, CANNED, SYRUP PACK	1 CUP	150	39	1	0	254	0	0
GRAPEFRUIT, RAW, PINK	1/2 FRUT	40	10	1	0	120	0	0
GRAPEFRUIT, RAW, WHITE	1/2 FRUT	40	10	1	0	120	0	0
GRAPEJCE,FRZN,CONCEN,SWTND,W/C	6 FL OZ	385	96	1	0	216	1	0.2
GRAPEJCE,FRZN,DILUTD,SWTND,W/C	1 CUP	125	32	0	0	250	0	0.1
GRAPE-NUTS CEREAL	1 OZ	100	23	3	0	28.35	0	0
GRAPES, EUROPEAN, RAW, THOMPSN	10 GRAPE	35	9	0	0	50	0	0.1
GRAPES, EUROPEAN, RAW, TOKAY	10 GRAPE	40	10	0	0	57	0	0.1
GRAVY AND TURKEY, FROZEN	5 OZ	95	7	8	26	142	4	1.2
GREAT NORTHN BEANS,DRY,CKD,DRN	1 CUP	210	38	14	0	180	1	0.1
GROUND BEEF, BROILED, LEAN	3 OZ	230	0	21	74	85	16	6.2



Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
GROUND BEEF, BROILED, REGULAR	3 OZ	245	0	20	76	85	18	6.9
GUM DROPS	1 OZ	100	25	0	0	28.35	0	0
HADDOCK, BREADED, FRIED	3 OZ	175	7	17	75	85	9	2.4
HALF AND HALF, CREAM	1 TBSP	20	1	0	6	15	2	1.1
HALF AND HALF, CREAM	1 CUP	315	10	7	89	242	28	17.3
HALIBUT, BROILED, BUTTER,LEMJU	3 OZ	140	0	20	62	85	6	3.3
HAMBURGER, 4OZ PATTY	1 SANDWH	445	38	25	71	174	21	7.1
HAMBURGER, REGULAR	1 SANDWH	245	28	12	32	98	11	4.4
HARD CANDY	1 OZ	110	28	0	0	28.35	0	0
HERRING, PICKLED	3 OZ	190	0	17	85	85	13	4.3
HOLLANDAISE SCE, W/ H2O,FRM MX	1 CUP	240	14	5	52	259	20	11.6
HONEY	1 TBSP	65	17	0	0	21	0	0
HONEY	1 CUP	1030	279	1	0	339	0	0
HONEY NUT CHEERIOS CEREAL	1 OZ	105	23	3	0	28.35	1	0.1
HONEYDEW MELON, RAW	1/10 MEL	45	12	1	0	129	0	0
ICE CREAM, VANLLA, REGULR 11%	3 FL OZ	100	12	2	22	50	5	3.4
ICE CREAM, VANLLA, REGULR 11%	1 CUP	270	32	5	59	133	14	8.9
ICE CREAM, VANLLA, REGULR 11%	1/2 GALN	2155	254	38	476	1064	115	71.3
ICE CREAM, VANLLA, RICH 16% FT	1 CUP	350	32	4	88	148	24	14.7
ICE CREAM, VANLLA, RICH 16% FT	1/2 GAL	2805	256	33	703	1188	190	118.3
ICE CREAM, VANLLA, SOFT SERVE	1 CUP	375	38	7	153	173	23	13.5
ICE MILK, VANILLA, 4% FAT	1 CUP	185	29	5	18	131	6	3.5
ICE MILK, VANILLA, 4% FAT	1/2 GAL	1470	232	41	146	1048	45	28.1
ICE MILK, VANILLA,SOFTSERV 3%	1 CUP	225	38	8	13	175	5	2.9
IMITATION CREAMERS, LIQUID FRZ	1 TBSP	20	2	0	0	15	1	1.4
IMITATION CREAMERS, POWDERED	1 TSP	10	1	0	0	2	1	0.7
IMITATION WHIPPED TOPPING,FRZN	1 TBSP	15	1	0	0	4	1	0.9
IMITATION WHIPPED TOPPING,FRZN	1 CUP	240	17	1	0	75	19	16.3
IMITATN SOUR DRESSING	1 TBSP	20	1	0	1	12	2	1.6
IMITATN SOUR DRESSING	1 CUP	415	11	8	13	235	39	31.2
IMITATN WHIPD TOPING,PRESSRZD	1 TBSP	10	1	0	0	4	1	0.8
IMITATN WHIPD TOPING,PRESSRZD	1 CUP	185	11	1	0	70	16	13.2
IMITATN WHIPD TOPING,PWDRD,PRP	1 TBSP	10	1	0	0	4	0	0.4
IMITATN WHIPD TOPING,PWDRD,PRP	1 CUP	150	13	3	8	80	10	8.5
ITALIAN BREAD	1 SLICE	85	17	3	0	30	0	0
ITALIAN BREAD	1 LOAF	1255	256	41	0	454	4	0.6
ITALIAN SALAD DRESSING,LOCALOR	1 TBSP	5	2	0	0	15	0	0
ITALIAN SALAD DRESSING,REGULAR	1 TBSP	80	1	0	0	15	9	1.3
JAMS AND PRESERVES	1 PKT	40	10	0	0	14	0	0
JAMS AND PRESERVES	1 TBSP	55	14	0	0	20	0	0
JELLIES	1 PKT	40	10	0	0	14	0	0
JELLIES	1 TBSP	50	13	0	0	18	0	0
JELLY BEANS	1 OZ	105	26	0	0	28.35	0	0
JERUSALEM-ARTICHOKE, RAW	1 CUP	115	26	3	0	150	0	0
KALE, COOKED FROM FROZEN	1 CUP	40	7	4	0	130	1	0.1
KALE, COOKED FROM RAW	1 CUP	40	7	2	0	130	1	0.1
KIWIFRUIT, RAW	1 KIWI	45	11	1	0	76	0	0
KOHLRABI, COOKED, DRAINED	1 CUP	50	11	3	0	165	0	0
LAMB, RIB, ROASTED, LEAN + FAT	3 OZ	315	0	18	77	85	26	12.1

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
LAMB, RIB, ROASTED, LEAN ONLY	2 OZ	130	0	15	50	57	7	3.2
LAMB,CHOPS,ARM,BRAISED,LEAN	1.7 OZ	135	0	17	59	48	7	2.9
LAMB,CHOPS,ARM,BRAISED,LEAN+FT	2.2 OZ	220	0	20	77	63	15	6.9
LAMB,CHOPS,LOIN,BROIL,LEAN	2.3 OZ	140	0	19	60	64	6	2.6
LAMB,CHOPS,LOIN,BROIL,LEAN+FAT	2.8 OZ	235	0	22	78	80	16	7.3
LAMB,LEG,ROASTED, LEAN ONLY	2.6 OZ	140	0	20	65	73	6	2.4
LAMB,LEG,ROASTED, LEAN+ FAT	3 OZ	205	0	22	78	85	13	5.6
LARD	1 CUP	1850	0	0	195	205	205	80.4
LARD	1 TBSP	115	0	0	12	13	13	5.1
LEMON JUICE, CANNED	1 TBSP	5	1	0	0	15	0	0
LEMON JUICE, CANNED	1 CUP	50	16	1	0	244	1	0.1
LEMON JUICE, RAW	1 CUP	60	21	1	0	244	0	0
LEMON JUICE,FRZN,SINGLE-STRNGH	6 FL OZ	55	16	1	0	244	1	0.1
LEMON MERINGUE PIE	1 PIECE	355	53	5	143	140	14	4.3
LEMON MERINGUE PIE	1 PIE	2140	317	31	857	840	86	26
LEMONADE,CONCEN,FRZEN,DILUTED	6 FL OZ	80	21	0	0	185	0	0
LEMONADE,CONCENTRATE,FRZ,UNDIL	6 FL OZ	425	112	0	0	219	0	0
LEMON-LIME SODA	12 FL OZ	155	39	0	0	372	0	0
LEMONS, RAW	1 LEMON	15	5	1	0	58	0	0
LENTILS, DRY, COOKED	1 CUP	215	38	16	0	200	1	0.1
LETTUCE, BUTTERHEAD, RAW,HEAD	1 HEAD	20	4	2	0	163	0	0
LETTUCE, BUTTERHEAD, RAW,LEAVE	1 LEAF	0	0	0	0	15	0	0
LETTUCE, CRISPHEAD, RAW, HEAD	1 HEAD	70	11	5	0	539	1	0.1
LETTUCE, CRISPHEAD, RAW,PIECES	1 CUP	5	1	1	0	55	0	0
LETTUCE, CRISPHEAD, RAW,WEDGE	1 WEDGE	20	3	1	0	135	0	0
LETTUCE, LOOSELEAF	1 CUP	10	2	1	0	56	0	0
LIGHT, COFFEE OR TABLE CREAM	1 TBSP	30	1	0	10	15	3	1.8
LIGHT, COFFEE OR TABLE CREAM	1 CUP	470	9	6	159	240	46	28.8
LIMA BEANS, DRY, COOKED,DRANED	1 CUP	260	49	16	0	190	1	0.2
LIMA BEANS,BABY, FRZN,CKED,DRN	1 CUP	190	35	12	0	180	1	0.1
LIMA BEANS,THICK SEED,FRZN,CKD	1 CUP	170	32	10	0	170	1	0.1
LIME JUICE, RAW	1 CUP	65	22	1	0	246	0	0
LIME JUICE,CANNED	1 CUP	50	16	1	0	246	1	0.1
LIMEADE,CONCEN,FROZEN,DILUTED	6 FL OZ	75	20	0	0	185	0	0
LIMEADE,CONCENTRATE,FRZN,UNDIL	6 FL OZ	410	108	0	0	218	0	0
LUCKY CHARMS CEREAL	1 OZ	110	23	3	0	28.35	1	0.2
MACADAMIA NUTS, OILRSTD,SALTED	1 OZ	205	4	2	0	28.35	22	3.2
MACADAMIA NUTS, OILRSTD,SALTED	1 CUP	960	17	10	0	134	103	15.4
MACADAMIA NUTS, OILRSTD,UNSALT	1 OZ	205	4	2	0	28.35	22	3.2
MACADAMIA NUTS, OILRSTD,UNSALT	1 CUP	960	17	10	0	134	103	15.4
MACARONI AND CHEESE, CANNED	1 CUP	230	26	9	24	240	10	4.7
MACARONI AND CHEESE, HOME RCPE	1 CUP	430	40	17	44	200	22	9.8
MACARONI, COOKED, FIRM	1 CUP	190	39	7	0	130	1	0.1
MACARONI, COOKED, TENDER, HOT	1 CUP	155	32	5	0	140	1	0.1
MACARONI, COOKED, TENDER,COLD	1 CUP	115	24	4	0	105	0	0.1
MALTED MILK, CHOCOLATE, POWDER	3/4 OZ	85	18	1	1	21	1	0.5
MALTED MILK,CHOCOLATE, PWD RPPD	1 SERVNG	235	29	9	34	265	9	5.5
MALTED MILK,NATURAL, POWDER	3/4 OZ	85	15	3	4	21	2	0.9
MALTED MILK,NATURAL, PWDR PPRD	1 SERVNG	235	27	11	37	265	10	6

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
MALT-O-MEAL, W/O SALT	1 CUP	120	26	4	0	240	0	0
MALT-O-MEAL, WITH SALT	1 CUP	120	26	4	0	240	0	0
MANGOS, RAW	1 MANGO	135	35	1	0	207	1	0.1
MARGARINE, IMITATION 40% FAT	1 TBSP	50	0	0	0	14	5	1.1
MARGARINE, IMITATION 40% FAT	8 OZ	785	1	1	0	227	88	17.5
MARGARINE, REGUL,HARD,80% FAT	1 PAT	35	0	0	0	5	4	0.8
MARGARINE, REGUL,HARD,80% FAT	1 TBSP	100	0	0	0	14	11	2.2
MARGARINE, REGUL,HARD,80% FAT	1/2 CUP	810	1	1	0	113	91	17.9
MARGARINE, REGUL,SOFT,80% FAT	1 TBSP	100	0	0	0	14	11	1.9
MARGARINE, REGUL,SOFT,80% FAT	8 OZ	1625	1	2	0	227	183	31.3
MARGARINE, SPREAD,HARD,60% FAT	1 PAT	25	0	0	0	5	3	0.7
MARGARINE, SPREAD,HARD,60% FAT	1 TBSP	75	0	0	0	14	9	2
MARGARINE, SPREAD,HARD,60% FAT	1/2 CUP	610	0	1	0	113	69	15.9
MARGARINE, SPREAD,SOFT,60% FAT	1 TBSP	75	0	0	0	14	9	1.8
MARGARINE, SPREAD,SOFT,60% FAT	8 OZ	1225	0	1	0	227	138	29.1
MARSHMALLOWS	1 OZ	90	23	1	0	28.35	0	0
MAYONNAISE TYPE SALAD DRESSING	1 TBSP	60	4	0	4	15	5	0.7
MAYONNAISE, IMITATION	1 TBSP	35	2	0	4	15	3	0.5
MAYONNAISE, REGULAR	1 TBSP	100	0	0	8	14	11	1.7
MELBA TOAST, PLAIN	1 PIECE	20	4	1	0	5	0	0.1
MILK CHOCOLATE CANDY, PLAIN	1 OZ	145	16	2	6	28.35	9	5.4
MILK CHOCOLATE CANDY,W/ ALMOND	1 OZ	150	15	3	5	28.35	10	4.8
MILK CHOCOLATE CANDY,W/ PENUTS	1 OZ	155	13	4	5	28.35	11	4.2
MILK CHOCOLATE CANDY,W/ RICE C	1 OZ	140	18	2	6	28.35	7	4.4
MILK, LOFAT, 1%, ADDED SOLIDS	1 CUP	105	12	9	10	245	2	1.5
MILK, LOFAT, 1%, NO ADDEDSOLID	1 CUP	100	12	8	10	244	3	1.6
MILK, LOFAT, 2%, ADDED SOLIDS	1 CUP	125	12	9	18	245	5	2.9
MILK, LOFAT, 2%, NO ADDEDSOLID	1 CUP	120	12	8	18	244	5	2.9
MILK, SKIM, ADDED MILK SOLIDS	1 CUP	90	12	9	5	245	1	0.4
MILK, SKIM, NO ADDED MILKSOLID	1 CUP	85	12	8	4	245	0	0.3
MILK, WHOLE, 3.3% FAT	1 CUP	150	11	8	33	244	8	5.1
MINESTRONE SOUP, CANNED	1 CUP	80	11	4	2	241	3	0.6
MISO	1 CUP	470	65	29	0	276	13	1.8
MIXED GRAIN BREAD	1 SLICE	65	12	2	0	25	1	0.2
MIXED GRAIN BREAD	1 LOAF	1165	212	45	0	454	17	3.2
MIXED GRAIN BREAD, TOASTED	1 SLICE	65	12	2	0	23	1	0.2
MIXED NUTS W/ PEANTS,DRY,SALTD	1 OZ	170	7	5	0	28.35	15	2
MIXED NUTS W/ PEANTS,DRY,UNSLT	1 OZ	170	7	5	0	28.35	15	2
MIXED NUTS W/ PEANTS,OIL,SALTD	1 OZ	175	6	5	0	28.35	16	2.5
MIXED NUTS W/ PEANTS,OIL,UNSLT	1 OZ	175	6	5	0	28.35	16	2.5
MOLASSES, CANE, BLACKSTRAP	2 TBSP	85	22	0	0	40	0	0
MOZZARELLA CHEESE, WHOLE MILK	1 OZ	80	1	6	22	28.35	6	3.7
MOZZARELLA CHEESE,SKIM, LOMOIST	1 OZ	80	1	8	15	28.35	5	3.1
MUENSTER CHEESE	1 OZ	105	0	7	27	28.35	9	5.4
MUSHROOM GRAVY, CANNED	1 CUP	120	13	3	0	238	6	1
MUSHROOMS, CANNED, DRND,W/SALT	1 CUP	35	8	3	0	156	0	0.1
MUSHROOMS, COOKED, DRAINED	1 CUP	40	8	3	0	156	1	0.1
MUSHROOMS, RAW	1 CUP	20	3	1	0	70	0	0
MUSTARD GREENS, COOKED, DRANED	1 CUP	20	3	3	0	140	0	0

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
MUSTARD, PREPARED, YELLOW	1 TSP	5	0	0	0	5	0	0
NATURE VALLEY GRANOLA CEREAL	1 OZ	125	19	3	0	28.35	5	3.3
NECTARINES, RAW	1 NECTR	65	16	1	0	136	1	0.1
NONFAT DRY MILK, INSTANTIZED	1 CUP	245	35	24	12	68	0	0.3
NONFAT DRY MILK, INSTANTIZED	1 ENVLPE	325	47	32	17	91	1	0.4
NOODLES, CHOW MEIN, CANNED	1 CUP	220	26	6	5	45	11	2.1
NOODLES, EGG, COOKED	1 CUP	200	37	7	50	160	2	0.5
OATMEAL BREAD	1 SLICE	65	12	2	0	25	1	0.2
OATMEAL BREAD	1 LOAF	1145	212	38	0	454	20	3.7
OATMEAL BREAD, TOASTED	1 SLICE	65	12	2	0	23	1	0.2
OATMEAL W/ RAISINS COOKIES	4 COOKIE	245	36	3	2	52	10	2.5
OATMEAL,CKD,INSTNT,FLVRD,FORTF	1 PKT	160	31	5	0	164	2	0.3
OATMEAL,CKD,INSTNT,PLAIN,FORTF	1 PKT	105	18	4	0	177	2	0.3
OATMEAL,CKD,RG,QCK,INST,WOSAL	1 CUP	145	25	6	0	234	2	0.4
OATMEAL,CKD,RG,QCK,INST,W/SALT	1 CUP	145	25	6	0	234	2	0.4
OCEAN PERCH, BREADED, FRIED	1 FILLET	185	7	16	66	85	11	2.6
OKRA PODS, COOKED	8 PODS	25	6	2	0	85	0	0
OLIVE OIL	1 CUP	1910	0	0	0	216	216	29.2
OLIVE OIL	1 TBSP	125	0	0	0	14	14	1.9
OLIVES, CANNED, GREEN	4 MEDIUM	15	0	0	0	13	2	0.2
OLIVES, CANNED, RIPE, MISSION	3 SMALL	15	0	0	0	9	2	0.3
ONION POWDER	1 TSP	5	2	0	0	2.1	0	0
ONION RINGS, BREADED,FRZN,PRPD	2 RINGS	80	8	1	0	20	5	1.7
ONION SOUP, DEHYDRATD, PREPRED	1 PKT	20	4	1	0	184	0	0.1
ONION SOUP, DEHYDRTD, UNPRPRED	1 PKT	20	4	1	0	7	0	0.1
ONIONS, RAW, CHOPPED	1 CUP	55	12	2	0	160	0	0.1
ONIONS, RAW, COOKED, DRAINED	1 CUP	60	13	2	0	210	0	0.1
ONIONS, RAW, SLICED	1 CUP	40	8	1	0	115	0	0.1
ONIONS, SPRING, RAW	6 ONION	10	2	1	0	30	0	0
ORANGE + GRAPEFRUIT JUCE,CANND	1 CUP	105	25	1	0	247	0	0
ORANGE JUICE, CANNED	1 CUP	105	25	1	0	249	0	0
ORANGE JUICE, CHILLED	1 CUP	110	25	2	0	249	1	0.1
ORANGE JUICE, RAW	1 CUP	110	26	2	0	248	0	0.1
ORANGE JUICE,FROZEN CONCENTRTE	6 FL OZ	340	81	5	0	213	0	0.1
ORANGE JUICE,FRZN,CNCN,DILUTED	1 CUP	110	27	2	0	249	0	0
ORANGE SODA	12 FL OZ	180	46	0	0	372	0	0
ORANGES, RAW	1 ORANGE	60	15	1	0	131	0	0
ORANGES, RAW, SECTIONS	1 CUP	85	21	2	0	180	0	0
OREGANO	1 TSP	5	1	0	0	1.5	0	0
OYSTERS, BREADED, FRIED	1 OYSTER	90	5	5	35	45	5	1.4
OYSTERS, RAW	1 CUP	160	8	20	120	240	4	1.4
PANCAKES, BUCKWHEAT, FROM MIX	1 PANCAK	55	6	2	20	27	2	0.9
PANCAKES, PLAIN, FROM MIX	1 PANCAK	60	8	2	16	27	2	0.5
PANCAKES, PLAIN, HOME RECIP	1 PANCAK	60	9	2	16	27	2	0.5
PAPAYAS, RAW	1 CUP	65	17	1	0	140	0	0.1
PAPRIKA	1 TSP	5	1	0	0	2.1	0	0
PARMESAN CHEESE, GRATED	1 TBSP	25	0	2	4	5	2	1
PARMESAN CHEESE, GRATED	1 OZ	130	1	12	22	28.35	9	5.4
PARMESAN CHEESE, GRATED	1 CUP	455	4	42	79	100	30	19.1

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
PARSLEY, FREEZE-DRIED	1 TBSP	0	0	0	0	0.4	0	0
PARSLEY, RAW	10 SPRIG	5	1	0	0	10	0	0
PARSNIPS, COOKED, DRAINED	1 CUP	125	30	2	0	156	0	0.1
PASTERZD PROCES CHEESE, SWISS	1 OZ	95	1	7	24	28.35	7	4.5
PASTERZD PROCES CHEESE,AMERICN	1 OZ	105	0	6	27	28.35	9	5.6
PASTERZD PROCES CHESE FOOD,AMR	1 OZ	95	2	6	18	28.35	7	4.4
PASTERZD PROCES CHESE SPRED,AM	1 OZ	80	2	5	16	28.35	6	3.8
PEA BEANS, DRY, COOKED,DRAINED	1 CUP	225	40	15	0	190	1	0.1
PEA, GREEN, SOUP, CANNED	1 CUP	165	27	9	0	250	3	1.4
PEACH PIE	1 PIECE	405	60	4	0	158	17	4.1
PEACH PIE	1 PIE	2410	361	24	0	945	101	24.6
PEACHES, CANNED, HEAVY SYRUP	1 HALF	60	16	0	0	81	0	0
PEACHES, CANNED, HEAVY SYRUP	1 CUP	190	51	1	0	256	0	0
PEACHES, CANNED, JUICE PACK	1 HALF	35	9	0	0	77	0	0
PEACHES, CANNED, JUICE PACK	1 CUP	110	29	2	0	248	0	0
PEACHES, DRIED	1 CUP	380	98	6	0	160	1	0.1
PEACHES, DRIED,COOKED,UNSWETND	1 CUP	200	51	3	0	258	1	0.1
PEACHES, FROZEN,SWETNED,W/VITC	1 CUP	235	60	2	0	250	0	0
PEACHES, FROZEN,SWETNED,W/VITC	10 OZ	265	68	2	0	284	0	0
PEACHES, RAW	1 PEACH	35	10	1	0	87	0	0
PEACHES, RAW, SLICED	1 CUP	75	19	1	0	170	0	0
PEANUT BUTTER	1 TBSP	95	3	5	0	16	8	1.4
PEANUT BUTTER COOKIE,HOME RECP	4 COOKIE	245	28	4	22	48	14	4
PEANUT OIL	1 CUP	1910	0	0	0	216	216	36.5
PEANUT OIL	1 TBSP	125	0	0	0	14	14	2.4
PEANUTS, OIL ROASTED, SALTED	1 OZ	165	5	8	0	28.35	14	1.9
PEANUTS, OIL ROASTED, SALTED	1 CUP	840	27	39	0	145	71	9.9
PEANUTS, OIL ROASTED, UNSALTED	1 OZ	165	5	8	0	28.35	14	1.9
PEANUTS, OIL ROASTED, UNSALTED	1 CUP	840	27	39	0	145	71	9.9
PEARS, CANNED, HEAVY SYRUP	1 HALF	60	15	0	0	79	0	0
PEARS, CANNED, HEAVY SYRUP	1 CUP	190	49	1	0	255	0	0
PEARS, CANNED, JUICE PACK	1 HALF	40	10	0	0	77	0	0
PEARS, CANNED, JUICE PACK	1 CUP	125	32	1	0	248	0	0
PEARS, RAW, BARTLETT	1 PEAR	100	25	1	0	166	1	0
PEARS, RAW, BOSC	1 PEAR	85	21	1	0	141	1	0
PEARS, RAW, D'ANJOU	1 PEAR	120	30	1	0	200	1	0
PEAS, EDIBLE POD, COOKED,DRND	1 CUP	65	11	5	0	160	0	0.1
PEAS, GREEN,CNND,DRND, W/ SALT	1 CUP	115	21	8	0	170	1	0.1
PEAS, GREEN,CNND,DRND,W/O SALT	1 CUP	115	21	8	0	170	1	0.1
PEAS, SPLIT, DRY, COOKED	1 CUP	230	42	16	0	200	1	0.1
PEAS,GRN, FROZEN COOKED,DRAINED	1 CUP	125	23	8	0	160	0	0.1
PECAN PIE	1 PIECE	575	71	7	95	138	32	4.7
PECAN PIE	1 PIE	3450	423	42	569	825	189	28.1
PECANS, HALVES	1 OZ	190	5	2	0	28.35	19	1.5
PECANS, HALVES	1 CUP	720	20	8	0	108	73	5.9
PEPPER, BLACK	1 TSP	5	1	0	0	2.1	0	0
PEPPERS, HOT CHILI, RAW, GREEN	1 PEPPER	20	4	1	0	45	0	0
PEPPERS, HOT CHILI, RAW, RED	1 PEPPER	20	4	1	0	45	0	0
PEPPERS, SWEET, COOKED, GREEN	1 PEPPER	15	3	0	0	73	0	0

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
PEPPERS, SWEET, COOKED, RED	1 PEPPER	15	3	0	0	73	0	0
PEPPERS, SWEET, RAW, GREEN	1 PEPPER	20	4	1	0	74	0	0
PEPPERS, SWEET, RAW, RED	1 PEPPER	20	4	1	0	74	0	0
PEPPER-TYPE SODA	12 FL OZ	160	41	0	0	369	0	0
PICKLES, CUCUMBER, DILL	1 PICKLE	5	1	0	0	65	0	0
PICKLES, CUCUMBER, FRESH PACK	2 SLICES	10	3	0	0	15	0	0
PICKLES, CUCUMBER, SWT GHERKIN	1 PICKLE	20	5	0	0	15	0	0
PIECRUST, FROM MIX	2 CRUST	1485	141	20	0	320	93	22.7
PIECRUST, FROM HOME RECIPE	1 SHELL	900	79	11	0	180	60	14.8
PINE NUTS	1 OZ	160	5	3	0	28.35	17	2.7
PINEAPPLE JUICE, CANNED, UNSWTN	1 CUP	140	34	1	0	250	0	0
PINEAPPLE, CANNED, HEAVY SYRUP	1 SLICE	45	12	0	0	58	0	0
PINEAPPLE, CANNED, HEAVY SYRUP	1 CUP	200	52	1	0	255	0	0
PINEAPPLE, CANNED, JUICE PACK	1 SLICE	35	9	0	0	58	0	0
PINEAPPLE, CANNED, JUICE PACK	1 CUP	150	39	1	0	250	0	0
PINEAPPLE, RAW, DICED	1 CUP	75	19	1	0	155	1	0
PINEAPPLE-GRAPEFRUIT JUICEDRNK	6 FL OZ	90	23	0	0	187	0	0
PINTO BEANS, DRY, COOKED, DRAINED	1 CUP	265	49	15	0	180	1	0.1
PISTACHIO NUTS	1 OZ	165	7	6	0	28.35	14	1.7
PITA BREAD	1 PITA	165	33	6	0	60	1	0.1
PIZZA, CHEESE	1 SLICE	290	39	15	56	120	9	4.1
PLANTAINS, COOKED	1 CUP	180	48	1	0	154	0	0.1
PLANTAINS, RAW	1 PLANTN	220	57	2	0	179	1	0.3
PLUMS, CANNED, HEAVY SYRUP	3 PLUMS	120	31	0	0	133	0	0
PLUMS, CANNED, HEAVY SYRUP	1 CUP	230	60	1	0	258	0	0
PLUMS, CANNED, JUICE PACK	3 PLUMS	55	14	0	0	95	0	0
PLUMS, CANNED, JUICE PACK	1 CUP	145	38	1	0	252	0	0
PLUMS, RAW, 1-1/2-IN DIAM	1 PLUM	15	4	0	0	28	0	0
PLUMS, RAW, 2-1/8-IN DIAM	1 PLUM	35	9	1	0	66	0	0
POPCORN, AIR-POPPED, UNSALTED	1 CUP	30	6	1	0	8	0	0
POPCORN, POPPED, VEG OIL, SALTD	1 CUP	55	6	1	0	11	3	0.5
POPCORN, SUGAR SYRUP COATED	1 CUP	135	30	2	0	35	1	0.1
POPSICLE	1 POPCLE	70	18	0	0	95	0	0
PORK CHOP, LOIN, BROIL, LEAN	2.5 OZ	165	0	23	71	72	8	2.6
PORK CHOP, LOIN, BROIL, LEN+FT	3.1 OZ	275	0	24	84	87	19	7
PORK CHOP, LOIN, PANFRY, LEAN	2.4 OZ	180	0	19	72	67	11	3.7
PORK CHOP, LOIN, PANFRY, LEAN+FT	3.1 OZ	335	0	21	92	89	27	9.8
PORK FRESH HAM, ROASTD, LEAN	2.5 OZ	160	0	20	68	72	8	2.7
PORK FRESH HAM, ROASTD, LEAN+FT	3 OZ	250	0	21	79	85	18	6.4
PORK FRESH RIB, ROASTD, LEAN	2.5 OZ	175	0	20	56	71	10	3.4
PORK FRESH RIB, ROASTD, LEAN+FT	3 OZ	270	0	21	69	85	20	7.2
PORK SHOULDER, BRAISD, LEAN	2.4 OZ	165	0	22	76	67	8	2.8
PORK SHOULDER, BRAISD, LEAN+FAT	3 OZ	295	0	23	93	85	22	7.9
PORK, CURED, BACON, REGUL, CKED	3 SLICE	110	0	6	16	19	9	3.3
PORK, CURED, BACON, CANADN, CKED	2 SLICE	85	1	11	27	46	4	1.3
PORK, CURED, HAM, CANNED, ROAST	3 OZ	140	0	18	35	85	7	2.4
PORK, CURED, HAM, ROSTED, LEAN	2.4 OZ	105	0	17	37	68	4	1.3
PORK, CURED, HAM, ROSTED, LN+FT	3 OZ	205	0	18	53	85	14	5.1
PORK, LINK, COOKED	1 LINK	50	0	3	11	13	4	1.4

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
PORK, LUNCHEON MEAT,CANNED	2 SLICES	140	1	5	26	42	13	4.5
PORK, LUNCHEON MEAT,CHOPPD HAM	2 SLICES	95	0	7	21	42	7	2.4
PORK, LUNCHEON MEAT,CKD HAM,LN	2 SLICES	75	1	11	27	57	3	0.9
PORK, LUNCHEON MEAT,CKD HAM,RG	2 SLICES	105	2	10	32	57	6	1.9
POTATO CHIPS	10 CHIPS	105	10	1	0	20	7	1.8
POTATO SALAD MADE W/ MAYONNAIS	1 CUP	360	28	7	170	250	21	3.6
POTATOES, AU GRATIN, FROM MIX	1 CUP	230	31	6	12	245	10	6.3
POTATOES, AU GRATIN, HOME RECP	1 CUP	325	28	12	56	245	19	11.6
POTATOES, BAKED FLESH ONLY	1 POTATO	145	34	3	0	156	0	0
POTATOES, BAKED WITH SKIN	1 POTATO	220	51	5	0	202	0	0.1
POTATOES, BOILED, PEELED AFTER	1 POTATO	120	27	3	0	136	0	0
POTATOES, BOILED, PEELED BEFOR	1 POTATO	115	27	2	0	135	0	0
POTATOES, HASHED BROWN,FR FRZN	1 CUP	340	44	5	0	156	18	7
POTATOES, MASHED,FRM DEHYDRTED	1 CUP	235	32	4	29	210	12	7.2
POTATOES, MASHED,RECPE,MLK+MAR	1 CUP	225	35	4	4	210	9	2.2
POTATOES, MASHED,RECPE,W/ MILK	1 CUP	160	37	4	4	210	1	0.7
POTATOES, SCALLOPED, FROM MIX	1 CUP	230	31	5	27	245	11	6.5
POTATOES, SCALLOPED, HOME RECP	1 CUP	210	26	7	29	245	9	5.5
POTATOES,FRENCH-FRD,FRZN,FRIED	10 STRIP	160	20	2	0	50	8	2.5
POTATOES,FRENCH-FRD,FRZN,OVEN	10 STRIP	110	17	2	0	50	4	2.1
POUND CAKE, COMMERCIAL	1 SLICE	110	15	2	64	29	5	3
POUND CAKE, COMMERCIAL	1 LOAF	1935	257	26	1100	500	94	52
POUND CAKE, FROM HOME RECIPE	1 SLICE	120	15	2	32	30	5	1.2
POUND CAKE, FROM HOME RECIPE	1 LOAF	2025	265	33	555	514	94	21.1
PRETZELS, STICK	10 PRETZ	10	2	0	0	3	0	0
PRETZELS, TWISTED, DUTCH	1 PRETZ	65	13	2	0	16	1	0.1
PRETZELS, TWISTED, THIN	10 PRETZ	240	48	6	0	60	2	0.4
PRODUCT 19 CEREAL	1 OZ	110	24	3	0	28.35	0	0
PROVOLONE CHEESE	1 OZ	100	1	7	20	28.35	8	4.8
PRUNE JUICE, CANNED	1 CUP	180	45	2	0	256	0	0
PRUNES, DRIED	5 LARGE	115	31	1	0	49	0	0
PRUNES, DRIED, COOKED,UNSWTND	1 CUP	225	60	2	0	212	0	0
PUDDING, CHOC, COOKED FROM MIX	1/2 CUP	150	25	4	15	130	4	2.4
PUDDING, CHOC, INSTANT, FR MIX	1/2 CUP	155	27	4	14	130	4	2.3
PUDDING, CHOCOLATE,CANNED	5 OZ	205	30	3	1	142	11	9.5
PUDDING, RICE, FROM MIX	1/2 CUP	155	27	4	15	132	4	2.3
PUDDING, TAPIOCA, CANNED	5 OZ	160	28	3	0	142	5	4.8
PUDDING, TAPIOCA, FROM MIX	1/2 CUP	145	25	4	15	130	4	2.3
PUDDING, VANILLA, CANNED	5 OZ	220	33	2	1	142	10	9.5
PUDDING, VNLLA,COOKED FROM MIX	1/2 CUP	145	25	4	15	130	4	2.3
PUDDING, VNLLA,INSTANT FRM MIX	1/2 CUP	150	27	4	15	130	4	2.2
PUMPERNICKEL BREAD	1 SLICE	80	16	3	0	32	1	0.2
PUMPERNICKEL BREAD	1 LOAF	1160	218	42	0	454	16	2.6
PUMPERNICKEL BREAD, TOASTED	1 SLICE	80	16	3	0	29	1	0.2
PUMPKIN AND SQUASH KERNELS	1 OZ	155	5	7	0	28.35	13	2.5
PUMPKIN PIE	1 PIECE	320	37	6	109	152	17	6.4
PUMPKIN PIE	1 PIE	1920	223	36	655	910	102	38.2
PUMPKIN, CANNED	1 CUP	85	20	3	0	245	1	0.4
PUMPKIN, COOKED FROM RAW	1 CUP	50	12	2	0	245	0	0.1

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
QUICHE LORRAINE	1 SLICE	600	29	13	285	176	48	23.2
RADISHES, RAW	4 RADISH	5	1	0	0	18	0	0
RAISIN BRAN, KELLOGG'S	1 OZ	90	21	3	0	28.35	1	0.1
RAISIN BRAN, POST	1 OZ	85	21	3	0	28.35	1	0.1
RAISIN BREAD	1 SLICE	65	13	2	0	25	1	0.2
RAISIN BREAD	1 LOAF	1260	239	37	0	454	18	4.1
RAISIN BREAD, TOASTED	1 SLICE	65	13	2	0	21	1	0.2
RAISINS	1 PACKET	40	11	0	0	14	0	0
RAISINS	1 CUP	435	115	5	0	145	1	0.2
RASPBERRIES, FROZEN, SWEETENED	1 CUP	255	65	2	0	250	0	0
RASPBERRIES, FROZEN, SWEETENED	10 OZ	295	74	2	0	284	0	0
RASPBERRIES, RAW	1 CUP	60	14	1	0	123	1	0
RED KIDNEY BEANS, DRY, CANNED	1 CUP	230	42	15	0	255	1	0.1
REFRIED BEANS, CANNED	1 CUP	295	51	18	0	290	3	0.4
RELISH, SWEET	1 TBSP	20	5	0	0	15	0	0
RHUBARB, COOKED, ADDED SUGAR	1 CUP	280	75	1	0	240	0	0
RICE KRISPIES CEREAL	1 OZ	110	25	2	0	28.35	0	0
RICE, BROWN, COOKED	1 CUP	230	50	5	0	195	1	0.3
RICE, WHITE, COOKED	1 CUP	225	50	4	0	205	0	0.1
RICE, WHITE, INSTANT, COOKED	1 CUP	180	40	4	0	165	0	0.1
RICE, WHITE, PARBOILED, COOKED	1 CUP	185	41	4	0	175	0	0
RICE, WHITE, PARBOILED, RAW	1 CUP	685	150	14	0	185	1	0.1
RICE, WHITE, RAW	1 CUP	670	149	12	0	185	1	0.2
RICOTTA CHEESE, PART SKIM MILK	1 CUP	340	13	28	76	246	19	12.1
RICOTTA CHEESE, WHOLE MILK	1 CUP	430	7	28	124	246	32	20.4
ROAST BEEF SANDWICH	1 SANDWICH	345	34	22	55	150	13	3.5
ROLLS, DINNER, COMMERCIAL	1 ROLL	85	14	2	0	28	2	0.5
ROLLS, DINNER, HOME RECIPE	1 ROLL	120	20	3	12	35	3	0.8
ROLLS, FRANKFURTER + HAMBURGER	1 ROLL	115	20	3	0	40	2	0.5
ROLLS, HARD	1 ROLL	155	30	5	0	50	2	0.4
ROLLS, HOAGIE OR SUBMARINE	1 ROLL	400	72	11	0	135	8	1.8
ROOT BEER	12 FL OZ	165	42	0	0	370	0	0
RYE BREAD, LIGHT	1 SLICE	65	12	2	0	25	1	0.2
RYE BREAD, LIGHT	1 LOAF	1190	218	38	0	454	17	3.3
RYE BREAD, LIGHT, TOASTED	1 SLICE	65	12	2	0	22	1	0.2
RYE WAFERS, WHOLE-GRAIN	2 WAFERS	55	10	1	0	14	1	0.3
SAFFLOWER OIL	1 CUP	1925	0	0	0	218	218	19.8
SAFFLOWER OIL	1 TBSP	125	0	0	0	14	14	1.3
SALAMI, COOKED TYPE	2 SLICES	145	1	8	37	57	11	4.6
SALAMI, DRY TYPE	2 SLICES	85	1	5	16	20	7	2.4
SALMON, BAKED, RED	3 OZ	140	0	21	60	85	5	1.2
SALMON, CANNED, PINK, W/ BONES	3 OZ	120	0	17	34	85	5	0.9
SALMON, SMOKED	3 OZ	150	0	18	51	85	8	2.6
SALT	1 TSP	0	0	0	0	5.5	0	0
SALTINES	4 CRACKR	50	9	1	4	12	1	0.5
SANDWICH SPREAD, PORK, BEEF	1 TBSP	35	2	1	6	15	3	0.9
SANDWICH TYPE COOKIE	4 COOKIE	195	29	2	0	40	8	2
SARDINES, ATLNTC,CNNED,OIL,DRN	3 OZ	175	0	20	85	85	9	2.1
SAUERKRAUT, CANNED	1 CUP	45	10	2	0	236	0	0.1



Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
SCALLOPS, BREADED	6 SCALOP	195	10	15	70	90	10	2.5
SEAWEED, KELP, RAW	1 OZ	10	3	0	0	28.35	0	0.1
SEAWEED, SPIRULINA, DRIED	1 OZ	80	7	16	0	28.35	2	0.8
SELF-RISING FLOUR, UNSIFTED	1 CUP	440	93	12	0	125	1	0.2
SEMISWEET CHOCOLATE	1 CUP	860	97	7	0	170	61	36.2
SESAME SEEDS	1 TBSP	45	1	2	0	8	4	0.6
SHAKES, THICK, CHOCOLATE	10 OZ	335	60	9	30	283	8	4.8
SHAKES, THICK, VANILLA	10 OZ	315	50	11	33	283	9	5.3
SHEETCAKE W/O FRSTNG,HOMERECIP	1 CAKE	2830	434	35	552	777	108	29.5
SHEETCAKE,W/ WHFRSTNG,HOMERCIP	1 PIECE	445	77	4	70	121	14	4.6
SHEETCAKE,W/ WHFRSTNG,HOMERCIP	1 CAKE	4020	694	37	636	1096	129	41.6
SHEETCAKE,W/O FRSTNG,HOMERECIP	1 PIECE	315	48	4	61	86	12	3.3
SHERBET, 2% FAT	1 CUP	270	59	2	14	193	4	2.4
SHERBET, 2% FAT	1/2 GAL	2160	469	17	113	1542	31	19
SHORTBREAD COOKIE, COMMERCIAL	4 COOKIE	155	20	2	27	32	8	2.9
SHORTBREAD COOKIE, HOME RECIPE	2 COOKIE	145	17	2	0	28	8	1.3
SHREDDED WHEAT CEREAL	1 OZ	100	23	3	0	28.35	1	0.1
SHRIMP, CANNED, DRAINED	3 OZ	100	1	21	128	85	1	0.2
SHRIMP, FRENCH FRIED	3 OZ	200	11	16	168	85	10	2.5
SNACK CAKES,DEVILS FOOD,CREMFL	SM CAKE	105	17	1	15	28	4	1.7
SNACK CAKES,SPONGE CREME FLLNG	SM CAKE	155	27	1	7	42	5	2.3
SNACK TYPE CRACKERS	1 CRACKR	15	2	0	0	3	1	0.2
SNAP BEAN,CNND,DRND,GREEN,SALT	1 CUP	25	6	2	0	135	0	0
SNAP BEAN,CNND,DRND,GRN,NOSALT	1 CUP	25	6	2	0	135	0	0
SNAP BEAN,CNND,DRND,YLLW, SALT	1 CUP	25	6	2	0	135	0	0
SNAP BEAN,CNND,DRND,YLLW,NOSAL	1 CUP	25	6	2	0	135	0	0
SNAP BEAN,FRZ,CKD,DRND,GREEN	1 CUP	35	8	2	0	135	0	0
SNAP BEAN,FRZ,CKD,DRND,YELLOW	1 CUP	35	8	2	0	135	0	0
SNAP BEAN,RAW,CKD,DRND,GREEN	1 CUP	45	10	2	0	125	0	0.1
SNAP BEAN,RAW,CKD,DRND,YELLOW	1 CUP	45	10	2	0	125	0	0.1
SOUR CREAM	1 TBSP	25	1	0	5	12	3	1.6
SOUR CREAM	1 CUP	495	10	7	102	230	48	30
SOY SAUCE	1 TBSP	10	2	2	0	18	0	0
SOYBEAN OIL, HYDROGENATED	1 CUP	1925	0	0	0	218	218	32.5
SOYBEAN OIL, HYDROGENATED	1 TBSP	125	0	0	0	14	14	2.1
SOYBEAN-COTTONSEED OIL, HYDRGN	1 CUP	1925	0	0	0	218	218	39.2
SOYBEAN-COTTONSEED OIL, HYDRGN	1 TBSP	125	0	0	0	14	14	2.5
SOYBEANS, DRY, COOKED, DRAINED	1 CUP	235	19	20	0	180	10	1.3
SPAGHETTI, COOKED, FIRM	1 CUP	190	39	7	0	130	1	0.1
SPAGHETTI, COOKED, TENDER	1 CUP	155	32	5	0	140	1	0.1
SPAGHETTI, TOM SAUCE CHEE,HMRP	1 CUP	260	37	9	8	250	9	3
SPAGHETTI, TOM SAUCE CHEES,CND	1 CUP	190	39	6	3	250	2	0.4
SPAGHETTI,MEATBALLS,TOMSA,HMRP	1 CUP	330	39	19	89	248	12	3.9
SPAGHETTI,MEATBALLS,TOMSAC,CND	1 CUP	260	29	12	23	250	10	2.4
SPECIAL K CEREAL	1 OZ	110	21	6	0	28.35	0	0
SPINACH SOUFFLE	1 CUP	220	3	11	184	136	18	7.1
SPINACH, CANNED, DRND,W/ SALT	1 CUP	50	7	6	0	214	1	0.2
SPINACH, CANNED, DRND,W/O SALT	1 CUP	50	7	6	0	214	1	0.2
SPINACH, COOKED FR FRZEN, DRND	1 CUP	55	10	6	0	190	0	0.1

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
SPINACH, COOKED FROM RAW, DRND	1 CUP	40	7	5	0	180	0	0.1
SPINACH, RAW	1 CUP	10	2	2	0	55	0	0
SQUASH, SUMMER, COOKED, DRAIND	1 CUP	35	8	2	0	180	1	0.1
SQUASH, WINTER, BAKED	1 CUP	80	18	2	0	205	1	0.3
STRAWBERRIES, FROZEN, SWEETEND	1 CUP	245	66	1	0	255	0	0
STRAWBERRIES, FROZEN, SWEETEND	10 OZ	275	74	2	0	284	0	0
STRAWBERRIES, RAW	1 CUP	45	10	1	0	149	1	0
SUGAR COOKIE, FROM REFRIG DOGH	4 COOKIE	235	31	2	29	48	12	2.3
SUGAR FROSTED FLAKES, KELLOGG	1 OZ	110	26	1	0	28.35	0	0
SUGAR SMACKS CEREAL	1 OZ	105	25	2	0	28.35	1	0.1
SUGAR, BROWN, PRESSED DOWN	1 CUP	820	212	0	0	220	0	0
SUGAR, POWDERED, SIFTED	1 CUP	385	100	0	0	100	0	0
SUGAR, WHITE, GRANULATED	1 PKT	25	6	0	0	6	0	0
SUGAR, WHITE, GRANULATED	1 TBSP	45	12	0	0	12	0	0
SUGAR, WHITE, GRANULATED	1 CUP	770	199	0	0	200	0	0
SUNFLOWER OIL	1 CUP	1925	0	0	0	218	218	22.5
SUNFLOWER OIL	1 TBSP	125	0	0	0	14	14	1.4
SUNFLOWER SEEDS	1 OZ	160	5	6	0	28.35	14	1.5
SUPER SUGAR CRISP CEREAL	1 OZ	105	26	2	0	28.35	0	0
SWEET (DARK) CHOCOLATE	1 OZ	150	16	1	0	28.35	10	5.9
SWEETENED CONDENSED MILK CNND	1 CUP	980	166	24	104	306	27	16.8
SWEETPOTATOES, BAKED, PEELED	1 POTATO	115	28	2	0	114	0	0
SWEETPOTATOES, BOILED W/O PEEL	1 POTATO	160	37	2	0	151	0	0.1
SWEETPOTATOES, CANDIED	1 PIECE	145	29	1	8	105	3	1.4
SWEETPOTATOES, CANNED, MASHED	1 CUP	260	59	5	0	255	1	0.1
SWEETPOTATOES, CNND, VAC PACK	1 PIECE	35	8	1	0	40	0	0
SWISS CHEESE	1 OZ	105	1	8	26	28.35	8	5
SYRUP, CHOCOLATE FLAVORED THIN	2 TBSP	85	22	1	0	38	0	0.2
SYRUP, CHOCOLATE FLVRED, FUDGE	2 TBSP	125	21	2	0	38	5	3.1
TABLE SYRUP (CORN AND MAPLE)	2 TBSP	122	32	0	0	42	0	0
TACO	1 TACO	195	15	9	21	81	11	4.1
TAHINI	1 TBSP	90	3	3	0	15	8	1.1
TANGERINE JUICE, CANNED,SWTNED	1 CUP	125	30	1	0	249	0	0
TANGERINES, CANNED, LIGHT SYRYP	1 CUP	155	41	1	0	252	0	0
TANGERINES, RAW	1 TANGRN	35	9	1	0	84	0	0
TARTAR SAUCE	1 TBSP	75	1	0	4	14	8	1.2
TEA, BREWED	8 FL OZ	0	0	0	0	240	0	0
TEA, INSTANT,PREPRD,UNSWEETEND	8 FL OZ	0	1	0	0	241	0	0
TEA,INSTANT,PREPARD,SWEETENED	8 FL OZ	85	22	0	0	262	0	0
TOASTER PASTRIES	1 PASTRY	210	38	2	0	54	6	1.7
TOFU	1 PIECE	85	3	9	0	120	5	0.7
TOMATO JUICE, CANNED	1 CUP	40	10	2	0	244	0	0
TOMATO PASTE, CANNED	1 CUP	220	49	10	0	262	2	0.3
TOMATO PUREE, CANNED W/O SALT	1 CUP	105	25	4	0	250	0	0
TOMATO PUREE, CANNED	1 CUP	105	25	4	0	250	0	0
TOMATO SOUP W/ WATER, CANNED	1 CUP	85	17	2	0	244	2	0.4
TOMATO SOUP WITH MILK, CANNED	1 CUP	160	22	6	17	248	6	2.9
TOMATO VEG SOUP, DEHYD,PREPRED	1 PKT	40	8	1	0	189	1	0.3
TOMATOES, CANNED	1 CUP	50	10	2	0	240	1	0.1

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
TOMATOES, RAW	1 TOMATO	25	5	1	0	123	0	0
TORTILLAS, CORN	1 TORTLA	65	13	2	0	30	1	0.1
TOTAL CEREAL	1 OZ	100	22	3	0	28.35	1	0.1
TRIX CEREAL	1 OZ	110	25	2	0	28.35	0	0.2
TROUT, BROILED, W/ BUTTR,LEMJU	3 OZ	175	0	21	71	85	9	4.1
TUNA SALAD	1 CUP	375	19	33	80	205	19	3.3
TUNA, CANND, DRND,OIL,CHK,LGHT	3 OZ	165	0	24	55	85	7	1.4
TUNA, CANND, DRND,WATR, WHITE	3 OZ	135	0	30	48	85	1	0.3
TURKEY HAM, CURED TURKEY THIGH	2 SLICES	75	0	11	32	57	3	1
TURKEY LOAF, BREAST MEAT W/O C	2 SLICES	45	0	10	17	42	1	0.2
TURKEY LOAF, BREAST MEAT, W/ C	2 SLICES	45	0	10	17	42	1	0.2
TURKEY PATTIES, BRD,BATTD,FRID	1 PATTY	180	10	9	40	64	12	3
TURKEY ROAST, FRZN,LGHT+DRK,CK	3 OZ	130	3	18	45	85	5	1.6
TURKEY, ROASTED, DARK MEAT	4 PIECES	160	0	24	72	85	6	2.1
TURKEY, ROASTED, LIGHT + DARK	1 CUP	240	0	41	106	140	7	2.3
TURKEY, ROASTED, LIGHT + DARK	3 PIECES	145	0	25	65	85	4	1.4
TURKEY, ROASTED, LIGHT MEAT	2 PIECES	135	0	25	59	85	3	0.9
TURNIP GREENS, CKED FRM FROZEN	1 CUP	50	8	5	0	164	1	0.2
TURNIP GREENS, COOKED FROM RAW	1 CUP	30	6	2	0	144	0	0.1
TURNIPS, COOKED, DICED	1 CUP	30	8	1	0	156	0	0
VANILLA WAFERS	10 COOKE	185	29	2	25	40	7	1.8
VEAL CUTLET, MED FAT,BRSD,BRLD	3 OZ	185	0	23	86	85	9	4.1
VEAL RIB, MED FAT, ROASTED	3 OZ	230	0	23	109	85	14	6
VEGETABLE BEEF SOUP, CANNED	1 CUP	80	10	6	5	244	2	0.9
VEGETABLE JUICE COCKTAIL, CNND	1 CUP	45	11	2	0	242	0	0
VEGETABLES, MIXED, CANNED	1 CUP	75	15	4	0	163	0	0.1
VEGETABLES, MIXED, CKED FR FRZ	1 CUP	105	24	5	0	182	0	0.1
VEGETARIAN SOUP, CANNED	1 CUP	70	12	2	0	241	2	0.3
VIENNA BREAD	1 SLICE	70	13	2	0	25	1	0.2
VIENNA SAUSAGE	1 SAUSAG	45	0	2	8	16	4	1.5
VINEGAR AND OIL SALAD DRESSING	1 TBSP	70	0	0	0	16	8	1.5
VINEGAR, CIDER	1 TBSP	0	1	0	0	15	0	0
WAFFLES, FROM MIX	1 WAFFLE	205	27	7	59	75	8	2.7
WALNUTS, BLACK, CHOPPED	1 OZ	170	3	7	0	28.35	16	1
WALNUTS, BLACK, CHOPPED	1 CUP	760	15	30	0	125	71	4.5
WALNUTS, ENGLISH, PIECES	1 OZ	180	5	4	0	28.35	18	1.6
WALNUTS, ENGLISH, PIECES	1 CUP	770	22	17	0	120	74	6.7
WATER CHESTNUTS, CANNED	1 CUP	70	17	1	0	140	0	0
WATERMELON, RAW	1 PIECE	155	35	3	0	482	2	0.3
WATERMELON, RAW, DICED	1 CUP	50	11	1	0	160	1	0.1
WHEAT BREAD	1 SLICE	65	12	2	0	25	1	0.2
WHEAT BREAD, TOASTED	1 SLICE	65	12	3	0	23	1	0.2
WHEAT FLOUR, ALL-PURPOSE,SIFTD	1 CUP	420	88	12	0	115	1	0.2
WHEAT FLOUR, ALL-PURPOSE,UNSF	1 CUP	455	95	13	0	125	1	0.2
WHEAT, THIN CRACKERS	4 CRACKR	35	5	1	0	8	1	0.5
WHEATIES CEREAL	1 OZ	100	23	3	0	28.35	0	0.1
WHIPPED TOPPING, PRESSURIZED	1 TBSP	10	0	0	2	3	1	0.4
WHIPPED TOPPING, PRESSURIZED	1 CUP	155	7	2	46	60	13	8.3
WHIPPING CREAM, UNWHIPPED,HEAVY	1 TBSP	50	0	0	21	15	6	3.5

Description	Size	Calories	Carbs Grams	Protein Grams	Cholesterol Milligrams	Weight Grams	Fat Grams	Saturated Fat Grams
WHIPPING CREAM, UNWHIPED,HEAVY	1 CUP	820	7	5	326	238	88	54.8
WHIPPING CREAM, UNWHIPED,LIGHT	1 TBSP	45	0	0	17	15	5	2.9
WHIPPING CREAM, UNWHIPED,LIGHT	1 CUP	700	7	5	265	239	74	46.2
WHITE BREAD	1 LOAF	1210	222	38	0	454	18	5.6
WHITE BREAD CRUMBS, SOFT	1 CUP	120	22	4	0	45	2	0.6
WHITE BREAD CUBES	1 CUP	80	15	2	0	30	1	0.4
WHITE BREAD, SLICE 18 PER LOAF	1 SLICE	65	12	2	0	25	1	0.3
WHITE BREAD, SLICE 22 PER LOAF	1 SLICE	55	10	2	0	20	1	0.2
WHITE BREAD, TOASTED 18 PER	1 SLICE	65	12	2	0	22	1	0.3
WHITE BREAD, TOASTED 22 PER	1 SLICE	55	10	2	0	17	1	0.2
WHITE CAKE W/ WHT FRSTNG,COMML	1 PIECE	260	42	3	3	71	9	2.1
WHITE CAKE W/ WHT FRSTNG,COMML	1 CAKE	4170	670	43	46	1140	148	33.1
WHITE SAUCE W/ MILK FROM MIX	1 CUP	240	21	10	34	264	13	6.4
WHITE SAUCE, MEDIUM, HOME RECP	1 CUP	395	24	10	32	250	30	9.1
WHOLE-WHEAT BREAD	1 SLICE	70	13	3	0	28	1	0.4
WHOLE-WHEAT BREAD	1 LOAF	1110	206	44	0	454	20	5.8
WHOLE-WHEAT BREAD, TOASTED	1 SLICE	70	13	3	0	25	1	0.4
WHOLE-WHEAT FLOUR,HRD WHT,STIR	1 CUP	400	85	16	0	120	2	0.3
WHOLE-WHEAT WAFERS, CRACKERS	2 CRACKR	35	5	1	0	8	2	0.5
WINE, DESSERT	3.5 F OZ	140	8	0	0	103	0	0
WINE, TABLE, RED	3.5 F OZ	75	3	0	0	102	0	0
WINE, TABLE, WHITE	3.5 F OZ	80	3	0	0	102	0	0
YEAST, BAKERS, DRY, ACTIVE	1 PKG	20	3	3	0	7	0	0
YEAST, BREWERS, DRY	1 TBSP	25	3	3	0	8	0	0
YELLOW CAKE W/ CHOC FRST,FRMIX	1 PIECE	235	40	3	36	69	8	3
YELLOW CAKE W/ CHOC FRST,FRMIX	1 CAKE	3735	638	45	576	1108	125	47.8
YELLOWCAKE W/ CHOCFRSTNG,COMML	1 PIECE	245	39	2	38	69	11	5.7
YELLOWCAKE W/ CHOCFRSTNG,COMML	1 CAKE	3895	620	40	609	1108	175	92
YOGURT, W/ LOFAT MILK, PLAIN	8 OZ	145	16	12	14	227	4	2.3
YOGURT, W/ LOFAT MILK,FRUITFLV	8 OZ	230	43	10	10	227	2	1.6
YOGURT, W/ NONFAT MILK	8 OZ	125	17	13	4	227	0	0.3
YOGURT, W/ WHOLE MILK	8 OZ	140	11	8	29	227	7	4.8