

**USDA National Nutrient Database for Standard Reference, Release 21**  
**Fiber, total dietary ( g ) Content of Selected Foods per Common Measure, sorted by nutrient content**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
20005	Barley, pearled, raw	200	1 cup	31.2
20012	Bulgur, dry	140	1 cup	25.6
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	19.1
16008	Beans, baked, canned, with franks	259	1 cup	17.9
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	16.3
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	15.6
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	15.4
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	15.0
20080	Wheat flour, whole-grain	120	1 cup	14.6
20033	Oat bran, raw	94	1 cup	14.5
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	14.4
09087	Dates, deglet noor	178	1 cup	14.2
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	13.8
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	13.2
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	13.1
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	12.9
16051	Beans, white, mature seeds, canned	262	1 cup	12.6
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	12.5
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	12.4
20011	Buckwheat flour, whole-groat	120	1 cup	12.0
16073	Lima beans, large, mature seeds, canned	241	1 cup	11.6
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	11.2
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	11.2
09306	Raspberries, frozen, red, sweetened	250	1 cup	11.0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	10.9
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	10.8
11546	Tomato products, canned, paste, without salt added	262	1 cup	10.7
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	10.6
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	10.6
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	10.4
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	10.3
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	10.3
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	10.1
19080	Candies, semisweet chocolate	168	1 cup	9.9
09340	Pears, asian, raw	275	1 pear	9.9
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	9.9
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	9.8
20020	Cornmeal, whole-grain, yellow	122	1 cup	8.9
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	8.8
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	8.8
22904	Chili con carne with beans, canned entree	222	1 cup	8.7
20028	Couscous, dry	173	1 cup	8.7
11308	Peas, green (includes baby and lesuer types), canned, drained soilds, unprepared	170	1 cup	8.3
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	8.3
20013	Bulgur, cooked	182	1 cup	8.2

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11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	8.0
09302	Raspberries, raw	123	1 cup	8.0
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	7.9
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	7.7
09042	Blackberries, raw	144	1 cup	7.6
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	7.6
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	7.3
12167	Nuts, chestnuts, european, roasted	143	1 cup	7.3
11424	Pumpkin, canned, without salt	245	1 cup	7.1
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	7.0
11439	Sauerkraut, canned, solids and liquids	236	1 cup	6.8
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	6.8
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	6.8
08143	Cereals, WHEATENA, cooked with water	243	1 cup	6.6
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	6.5
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	6.5
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	6.4
14346	Shake, fast food, chocolate	333	16 fl oz	6.3
20125	Spaghetti, whole-wheat, cooked	140	1 cup	6.3
20006	Barley, pearled, cooked	157	1 cup	6.0
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	5.9
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	5.9
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	5.9
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	5.7
20034	Oat bran, cooked	219	1 cup	5.7
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	5.6
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	5.6
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	5.5
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	5.5
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	5.5
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	5.5
09226	Papayas, raw	304	1 papaya	5.5
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	5.4
09298	Raisins, seedless	145	1 cup	5.4
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	5.3
22120	MORNINGSTAR FARMS Grillers Recipe Crumbles, frozen, unprepared	110	1 cup	5.2
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	5.2
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	5.1
09252	Pears, raw	166	1 pear	5.1
11461	Spinach, canned, drained solids	214	1 cup	5.1
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	5.1
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	5.1
22401	Spaghetti with meat sauce, frozen entree	283	1 package	5.1
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	5.1
09055	Blueberries, frozen, sweetened	230	1 cup	5.1
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	5.0

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08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	5.0
11370	Potatoes, hashed brown, home-prepared	156	1 cup	5.0
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	5.0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	4.9
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	4.9
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	4.8
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	4.8
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	4.8
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	4.8
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	4.8
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.8
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	4.8
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	4.8
19078	Baking chocolate, unsweetened, squares	28.35	1 square	4.7
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	4.7
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	4.7
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	4.7
11512	Sweet potato, canned, vacuum pack	255	1 cup	4.6
11364	Potatoes, baked, skin, without salt	58	1 skin	4.6
22402	Beef Macaroni, frozen entree	240	1 package	4.6
20010	Buckwheat groats, roasted, cooked	168	1 cup	4.5
09250	Peaches, frozen, sliced, sweetened	250	1 cup	4.5
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	4.5
11674	Potato, baked, flesh and skin, without salt	202	1 potato	4.4
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	4.4
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	4.4
09340	Pears, asian, raw	122	1 pear	4.4
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	4.3
09200	Oranges, raw, all commercial varieties	180	1 cup	4.3
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	4.3
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	4.2
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	4.2
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	4.2
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	4.2
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	4.1
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	4.1
09277	Plantains, raw	179	1 medium	4.1
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	4.1
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	4.1
12104	Nuts, coconut meat, raw	45	1 piece	4.1
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	4.1
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	4.1
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	4.0
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	4.0
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	4.0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	4.0
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	3.9

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09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	3.9
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	3.9
09040	Bananas, raw	150	1 cup	3.9
11264	Mushrooms, canned, drained solids	156	1 cup	3.7
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	3.7
09176	Mangos, raw	207	1 mango	3.7
09094	Figs, dried, uncooked	38	2 figs	3.7
16112	Miso	68.75	1 cup	3.7
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	3.7
11549	Tomato products, canned, sauce	245	1 cup	3.7
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	3.6
09278	Plantains, cooked	154	1 cup	3.5
20037	Rice, brown, long-grain, cooked	195	1 cup	3.5
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	3.5
09050	Blueberries, raw	145	1 cup	3.5
22905	Beef stew, canned entree	232	1 cup	3.5
12061	Nuts, almonds	28.35	1 oz (24 nuts)	3.5
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3.4
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	3.4
11081	Beets, cooked, boiled, drained	170	1 cup	3.4
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	3.4
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	3.4
18444	Pie, fried pies, cherry	128	1 pie	3.3
18319	Pie, fried pies, fruit	128	1 pie	3.3
09087	Dates, deglet noor	41.5	5 dates	3.3
09316	Strawberries, raw	166	1 cup	3.3
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	3.3
09003	Apples, raw, with skin	138	1 apple	3.3
20083	Wheat flour, white, bread, enriched	137	1 cup	3.3
11414	Potato salad, home-prepared	250	1 cup	3.3
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.2
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	3.2
09246	Peaches, dried, sulfured, uncooked	39	3 halves	3.2
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.2
16055	Carob flour	8	1 tbsp	3.2
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	3.2
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.2
09200	Oranges, raw, all commercial varieties	131	1 orange	3.1
11821	Peppers, sweet, red, raw	149	1 cup	3.1
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	3.1
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	3.1
11124	Carrots, raw	110	1 cup	3.1
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	3.1
09040	Bananas, raw	118	1 banana	3.1
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	3.1
11084	Beets, canned, drained solids	170	1 cup	3.1
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	3.1

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18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	3.1
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	3.1
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	3.0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	3.0
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	3.0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	3.0
09060	Carambola, (starfruit), raw	108	1 cup	3.0
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	3.0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	3.0
14347	Shake, fast food, vanilla	333	16 fl oz	3.0
09291	Plums, dried (prunes), uncooked	42	5 prunes	3.0
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	3.0
09176	Mangos, raw	165	1 cup	3.0
20089	Wild rice, cooked	164	1 cup	3.0
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	2.9
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	2.9
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	2.9
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	2.9
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.9
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	2.9
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	2.9
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	2.8
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	2.8
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	2.8
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	2.8
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	2.8
09011	Apples, dried, sulfured, uncooked	32	5 rings	2.8
18055	Bread, reduced-calorie, wheat	23	1 slice	2.8
18053	Bread, reduced-calorie, rye	23	1 slice	2.8
12120	Nuts, hazelnuts or filberts	28.35	1 oz	2.7
12142	Nuts, pecans	28.35	1 oz (20 halves)	2.7
11282	Onions, raw	160	1 cup	2.7
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	2.7
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	2.7
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	2.7
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.7
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	2.7
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	2.7
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	2.7
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	2.7
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	2.7
18283	Muffins, oat bran	57	1 muffin	2.6
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	2.6
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	2.6
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	2.6

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11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	2.6
06094	Soup, onion, dry, mix	39	1 packet	2.6
09294	Prune juice, canned	256	1 cup	2.6
09032	Apricots, dried, sulfured, uncooked	35	10 halves	2.6
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	2.6
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	2.6
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	2.6
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	2.6
09236	Peaches, raw	170	1 cup	2.6
09060	Carambola, (starfruit), raw	91	1 fruit	2.5
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	2.5
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	2.5
11333	Peppers, sweet, green, raw	149	1 cup	2.5
09226	Papayas, raw	140	1 cup	2.5
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	2.5
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	2.5
20100	Macaroni, cooked, enriched	140	1 cup	2.5
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	2.5
18226	Crackers, rye, wafers, plain	11	1 wafer	2.5
11135	Cauliflower, raw	100	1 cup	2.5
11821	Peppers, sweet, red, raw	119	1 pepper	2.5
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	2.5
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2.5
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.4
11672	Potato pancakes	76	1 pancake	2.4
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.4
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	2.4
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	2.4
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	2.4
11226	Jerusalem-artichokes, raw	150	1 cup	2.4
18324	Pie, pecan, commercially prepared	113	1 piece	2.4
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	2.4
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	2.4
11363	Potatoes, baked, flesh, without salt	156	1 potato	2.3
20084	Wheat flour, white, cake, enriched	137	1 cup	2.3
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	2.3
09191	Nectarines, raw	136	1 nectarine	2.3
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	2.3
11090	Broccoli, raw	88	1 cup	2.3
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	2.3
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2.3
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	2.3
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	2.3
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.3
18310	Pie, chocolate creme, commercially prepared	113	1 piece	2.3
18057	Bread, reduced-calorie, white	23	1 slice	2.2
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	2.2

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20029	Couscous, cooked	157	1 cup	2.2
11128	Carrots, canned, regular pack, drained solids	146	1 cup	2.2
11114	Cabbage, savoy, raw	70	1 cup	2.2
09266	Pineapple, raw, all varieties	155	1 cup	2.2
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	2.2
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	2.2
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	2.1
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	2.1
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	2.1
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	2.1
18044	Bread, pumpernickel	32	1 slice	2.1
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	2.1
18045	Bread, pumpernickel, toasted	29	1 slice	2.1
18003	Bagels, egg	89	4" bagel	2.0
18005	Bagels, cinnamon-raisin	89	4" bagel	2.0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	2.0
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	2.0
11333	Peppers, sweet, green, raw	119	1 pepper	2.0
11124	Carrots, raw	72	1 carrot	2.0
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	2.0
18243	Croutons, seasoned	40	1 cup	2.0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	2.0
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	2.0
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	2.0
11399	Potato puffs, frozen, oven-heated	79	10 puffs	2.0
21024	Fast foods, french toast sticks	141	5 sticks	2.0
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	2.0
18326	Pie, pumpkin, commercially prepared	109	1 piece	2.0
11206	Cucumber, peeled, raw	280	1 large	2.0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	2.0
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	2.0
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	1.9
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	1.9
18279	Muffins, corn, commercially prepared	57	1 muffin	1.9
11578	Vegetable juice cocktail, canned	242	1 cup	1.9
09038	Avocados, raw, California	28.35	1 oz	1.9
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	1.9
11143	Celery, raw	120	1 cup	1.9
20110	Noodles, egg, cooked, enriched	160	1 cup	1.9
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	1.9
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.9
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.9
11655	Carrot juice, canned	236	1 cup	1.9
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.9
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	1.9
18316	Pie, coconut custard, commercially prepared	104	1 piece	1.9
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	1.9
11282	Onions, raw	110	1 whole	1.9

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19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.9
18060	Bread, rye	32	1 slice	1.9
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	1.8
11028	Bamboo shoots, canned, drained solids	131	1 cup	1.8
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.8
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	1.8
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.8
11159	Coleslaw, home-prepared	120	1 cup	1.8
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1.8
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1.8
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	1.8
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.8
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	1.8
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.8
20113	Noodles, chinese, chow mein	45	1 cup	1.8
11109	Cabbage, raw	70	1 cup	1.8
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	1.8
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	1.7
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.7
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	1.7
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	1.7
18235	Crackers, whole-wheat	16	4 crackers	1.7
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.7
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1.6
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	1.6
18003	Bagels, egg	71	3-1/2" bagel	1.6
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	1.6
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	1.6
09150	Lemons, raw, without peel	58	1 lemon	1.6
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	1.6
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	1.6
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.6
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.6
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.6
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	1.6
09039	Avocados, raw, Florida	28.35	1 oz	1.6
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	1.6
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	1.6
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	1.6
11213	Endive, raw	50	1 cup	1.6
18061	Bread, rye, toasted	24	1 slice	1.5
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.5
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	1.5
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	1.5
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	1.5
11205	Cucumber, with peel, raw	301	1 large	1.5
19015	Snacks, granola bars, hard, plain	28.35	1 bar	1.5

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19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.5
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	1.5
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	1.5
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	1.5
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.5
18239	Croissants, butter	57	1 croissant	1.5
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	1.5
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.5
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.5
11112	Cabbage, red, raw	70	1 cup	1.5
09236	Peaches, raw	98	1 peach	1.5
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	1.5
16120	Soymilk, original and vanilla, unfortified	245	1 cup	1.5
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	1.5
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	1.5
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.5
09181	Melons, cantaloupe, raw	160	1 cup	1.4
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	1.4
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.4
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.4
09004	Apples, raw, without skin	110	1 cup	1.4
09070	Cherries, sweet, raw	68	10 cherries	1.4
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	1.4
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	1.4
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	1.4
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	1.4
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	1.4
18025	Bread, cracked-wheat	25	1 slice	1.4
20068	Tapioca, pearl, dry	152	1 cup	1.4
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	1.4
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	1.4
09184	Melons, honeydew, raw	170	1 cup	1.4
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.4
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.3
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	1.3
18041	Bread, pita, white, enriched	60	6-1/2" pita	1.3
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	1.3
18353	Rolls, hard (includes kaiser)	57	1 roll	1.3
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	1.3
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	1.3
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	1.3
18090	Cake, boston cream pie, commercially prepared	92	1 piece	1.3
09184	Melons, honeydew, raw	160	1/8 melon	1.3
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.3
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.3
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1.3

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09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	1.3
22247	Macaroni and Cheese, canned entree	252	1 cup	1.3
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.3
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.3
18220	Crackers, melba toast, plain	20	4 pieces	1.3
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	1.3
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	1.3
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.2
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.2
11641	Squash, summer, all varieties, raw	113	1 cup	1.2
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	1.2
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	1.2
02010	Spices, cinnamon, ground	2.3	1 tsp	1.2
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	1.2
09254	Pears, canned, juice pack, solids and liquids	76	1 half	1.2
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	1.2
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	1.2
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	1.2
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.2
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	1.2
18280	Muffins, corn, dry mix, prepared	50	1 muffin	1.2
11012	Asparagus, cooked, boiled, drained	60	4 spears	1.2
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	1.2
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	1.2
11251	Lettuce, cos or romaine, raw	56	1 cup	1.2
18151	Cookies, brownies, commercially prepared	56	1 brownie	1.2
18305	Pie, blueberry, commercially prepared	117	1 piece	1.2
19034	Snacks, popcorn, air-popped	8	1 cup	1.2
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	1.2
11015	Asparagus, canned, drained solids	72	4 spears	1.2
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	1.2
09326	Watermelon, raw	286	1 wedge	1.1
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.1
18048	Bread, raisin, toasted, enriched	24	1 slice	1.1
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	1.1
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.1
18047	Bread, raisin, enriched	26	1 slice	1.1
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	1.1
19033	Snacks, RALSTON PURINA, CHEX MIX	28.35	1 oz (about 2/3 cup)	1.1
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.1
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	1.1
18065	Bread, wheat, toasted	23	1 slice	1.1
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.1
18039	Bread, oatmeal	27	1 slice	1.1
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.1
19071	Candies, carob, unsweetened	28.35	1 oz	1.1
18040	Bread, oatmeal, toasted	25	1 slice	1.1

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08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.1
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	1.1
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.1
14192	Cocoa mix, powder	28.35	3 heaping tsp	1.0
12147	Nuts, pine nuts, dried	28.35	1 oz	1.0
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	1.0
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	1.0
14194	Cocoa mix, powder, prepared with water	206	1 serving	1.0
19193	Puddings, rice, ready-to-eat	113.4	4 oz	1.0
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	1.0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	1.0
11081	Beets, cooked, boiled, drained	50	1 beet	1.0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	1.0
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.0
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	1.0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	1.0
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.0
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	1.0
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	1.0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	1.0
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	1.0
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	1.0
09153	Lemon juice, canned or bottled	244	1 cup	1.0
11540	Tomato juice, canned, with salt added	243	1 cup	1.0
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	1.0
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	1.0
19097	Sherbet, orange	74	1/2 cup	1.0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	1.0
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.0
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	1.0
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	1.0
11658	Spinach souffle	136	1 cup	1.0
18308	Pie, cherry, commercially prepared	117	1 piece	0.9
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.9
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.9
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.9
09279	Plums, raw	66	1 plum	0.9
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.9
18027	Bread, egg	40	1/2" slice	0.9
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	0.9
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.9
18064	Bread, wheat	25	1 slice	0.9
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.9
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.9
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.9
02009	Spices, chili powder	2.6	1 tsp	0.9
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	0.9

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18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.9
18217	Crackers, matzo, plain	28.35	1 matzo	0.9
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.9
16158	Hummus, commercial	14	1 tbs	0.8
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.8
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	0.8
11206	Cucumber, peeled, raw	119	1 cup	0.8
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.8
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.8
11090	Broccoli, raw	31	1 spear	0.8
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.8
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.8
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.8
11961	Hearts of palm, canned	33	1 piece	0.8
19270	Ice creams, chocolate	66	1/2 cup	0.8
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.8
02028	Spices, paprika	2.1	1 tsp	0.8
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.8
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled	37	1 bar	0.8
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.8
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.8
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.8
09207	Orange juice, canned, unsweetened	249	1 cup	0.7
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.7
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.7
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.7
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	0.7
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.7
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.7
18170	Cookies, fig bars	16	1 cookie	0.7
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.7
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.7
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.7
11253	Lettuce, green leaf, raw	56	1 cup	0.7
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.7
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.7
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.7
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.7
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.7
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.7
18245	Danish pastry, cheese	71	1 danish	0.7
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.7
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.7
09021	Apricots, raw	35	1 apricot	0.7
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.7
11260	Mushrooms, white, raw	70	1 cup	0.7

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11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.7
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.7
11670	Peppers, hot chili, green, raw	45	1 pepper	0.7
11819	Peppers, hot chili, red, raw	45	1 pepper	0.7
02015	Spices, curry powder	2	1 tsp	0.7
11457	Spinach, raw	30	1 cup	0.7
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.7
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.7
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.7
18268	French toast, frozen, ready-to-heat	59	1 slice	0.6
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.6
11954	Tomatillos, raw	34	1 medium	0.6
02027	Spices, oregano, dried	1.5	1 tsp	0.6
11143	Celery, raw	40	1 stalk	0.6
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.6
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.6
09181	Melons, cantaloupe, raw	69	1/8 melon	0.6
18041	Bread, pita, white, enriched	28	4" pita	0.6
18360	Taco shells, baked	13.3	1 medium	0.6
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	0.6
09326	Watermelon, raw	152	1 cup	0.6
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.6
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.6
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.6
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.6
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.6
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.6
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.6
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.6
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.6
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.6
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.6
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.6
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.6
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.6
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.6
02030	Spices, pepper, black	2.1	1 tsp	0.6
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.6
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.5
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.5
18033	Bread, italian	20	1 slice	0.5
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.5
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.5
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.5
11205	Cucumber, with peel, raw	104	1 cup	0.5
09298	Raisins, seedless	14	1 packet	0.5
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.5

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18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.5
06166	Sauce, homemade, white, medium	250	1 cup	0.5
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.5
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.5
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.5
09223	Tangerine juice, canned, sweetened	249	1 cup	0.5
09206	Orange juice, raw	248	1 cup	0.5
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.5
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.5
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.5
14181	Chocolate syrup	18.75	1 tbsp	0.5
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.5
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.5
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.5
19095	Ice creams, vanilla	66	1/2 cup	0.5
11284	Onions, dehydrated flakes	5	1 tbsp	0.5
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.5
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.5
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.5
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.4
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.4
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.4
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.4
11084	Beets, canned, drained solids	24	1 beet	0.4
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.4
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.4
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.4
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.4
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.4
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.4
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.4
18086	Cake, angelfood, commercially prepared	28	1 piece	0.4
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.4
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.4
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.4
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.4
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.4
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.4
02029	Spices, parsley, dried	1.3	1 tbsp	0.4
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.4
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.4
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.4
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.4
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.4
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.4
18232	Crackers, wheat, regular	8	4 crackers	0.4
09316	Strawberries, raw	18	1 strawberry	0.4
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.4

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18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.4
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.4
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.4
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.3
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.3
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.3
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.3
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.3
19087	Candies, white chocolate	170	1 cup	0.3
11297	Parsley, raw	10	10 sprigs	0.3
11135	Cauliflower, raw	13	1 floweret	0.3
18147	Cheesecake commercially prepared	80	1 piece	0.3
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.3
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.3
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.3
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.3
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.3
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.3
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.3
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.3
11960	Carrots, baby, raw	10	1 medium	0.3
19036	Snacks, popcorn, cakes	10	1 cake	0.3
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.3
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.3
02020	Spices, garlic powder	2.8	1 tsp	0.3
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.3
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.3
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.3
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.3
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.3
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.3
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.3
19294	Fruit butters, apple	17	1 tbsp	0.3
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.3
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.3
18229	Crackers, standard snack-type, regular	12	4 crackers	0.3
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.3
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.3
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.3
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.3
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	0.2
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.2
09128	Grapefruit juice, white, raw	247	1 cup	0.2
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.2
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.2
11955	Tomatoes, sun-dried	2	1 piece	0.2

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04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.2
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	0.2
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.2
01164	Cheese sauce, prepared from recipe	243	1 cup	0.2
18214	Crackers, cheese, regular	10	10 crackers	0.2
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.2
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.2
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.2
09316	Strawberries, raw	12	1 strawberry	0.2
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.2
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.2
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.2
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.2
11282	Onions, raw	14	1 slice	0.2
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.2
02007	Spices, celery seed	2	1 tsp	0.2
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.2
11943	Pimento, canned	12	1 tbsp	0.2
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.2
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.2
11457	Spinach, raw	10	1 leaf	0.2
19297	Jams and preserves	20	1 tbsp	0.2
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.2
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.2
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.2
19088	Ice creams, vanilla, light	66	1/2 cup	0.2
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	0.2
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.2
19300	Jellies	19	1 tbsp	0.2
09152	Lemon juice, raw	47	juice of 1 lemon	0.2
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.2
07024	Frankfurter, chicken	45	1 frank	0.2
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	0.2
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.2
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.2
09206	Orange juice, raw	86	juice from 1 orange	0.2
11333	Peppers, sweet, green, raw	10	1 ring	0.2
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.2
11945	Pickle relish, sweet	15	1 tbsp	0.2
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.2
02055	Horseradish, prepared	5	1 tsp	0.2
09160	Lime juice, raw	38	juice of 1 lime	0.2
18177	Cookies, molasses	15	1 cookie, medium	0.2
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.2
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.2
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.1
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.1

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19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.1
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.1
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.1
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.1
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.1
11445	Seaweed, kelp, raw	10	2 tbsp	0.1
11253	Lettuce, green leaf, raw	10	1 leaf	0.1
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.1
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.1
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.1
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.1
02026	Spices, onion powder	2.1	1 tsp	0.1
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.1
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.1
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.1
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.1
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.1
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.1
06150	Sauce, barbecue	15.75	1 tbsp	0.1
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.1
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.1
11156	Chives, raw	3	1 tbsp	0.1
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.1
20027	Cornstarch	8.064	1 tbsp	0.1
11429	Radishes, raw	4.5	1 radish	0.1
11215	Garlic, raw	3	1 clove	0.1
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.1
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.1
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.1
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.1
19108	Candies, jellybeans	28.35	10 large	0.1
19116	Candies, marshmallows	50	1 cup	0.1
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.0
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.0
11935	Catsup	15	1 tbsp	0.0
19296	Honey	21	1 tbsp	0.0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.0
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.0
07073	Sandwich spread, pork, beef	15	1 tbsp	0.0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.0
02045	Dill weed, fresh	1	5 sprigs	0.0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.0
11935	Catsup	6	1 packet	0.0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.0

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19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.0
18373	Leavening agents, cream of tartar	3	1 tsp	0.0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.0
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.0
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.0
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.0
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.0
01030	Cheese, muenster	28.35	1 oz	0.0
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.0
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.0
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.0
01031	Cheese, neufchatel	28.35	1 oz	0.0
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.0
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.0
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.0
01009	Cheese, cheddar	28.35	1 oz	0.0
04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.0
01007	Cheese, camembert	38	1 wedge	0.0
04582	Oil, vegetable, canola	14	1 tbsp	0.0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.0
01004	Cheese, blue	28.35	1 oz	0.0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.0
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.0
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.0
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.0
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.0
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.0
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.0
01017	Cheese, cream	14.5	1 tbsp	0.0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.0
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.0
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.0
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.0
01019	Cheese, feta	28.35	1 oz	0.0
05277	Chicken, canned, meat only, with broth	142	5 oz	0.0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.0
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.0
04133	Salad dressing, french, home recipe	14	1 tbsp	0.0
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.0
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.0

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05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.0
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.0
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.0
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.0
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.0
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.0
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.0
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.0
04613	Margarine, margarine-like vegetable oil spread, 60% fat, tub	4.8	1 tsp	0.0
05286	Turkey and gravy, frozen	142	5-oz package	0.0
01143	Egg substitute, liquid	62.75	1/4 cup	0.0
01040	Cheese, swiss	28.35	1 oz	0.0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.0
01124	Egg, white, raw, fresh	33.4	1 large	0.0
01125	Egg, yolk, raw, fresh	16.6	1 large	0.0
01128	Egg, whole, cooked, fried	46	1 large	0.0
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.0
01132	Egg, whole, cooked, scrambled	61	1 large	0.0
01123	Egg, whole, raw, fresh	58	1 extra large	0.0
01145	Butter, without salt	14.2	1 tbsp	0.0
01072	Dessert topping, pressurized	4	1 tbsp	0.0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.0
01069	Cream substitute, powdered	2	1 tsp	0.0
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.0
01186	Cheese, cream, fat free	15.6	1 tbsp	0.0
01131	Egg, whole, cooked, poached	50	1 large	0.0
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.0
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.0
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.0
01095	Milk, canned, condensed, sweetened	306	1 cup	0.0
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.0
01111	Milk shakes, thick vanilla	313	11 fl oz	0.0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.0
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.0
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.0
01057	Eggnog	254	1 cup	0.0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.0
01123	Egg, whole, raw, fresh	50	1 large	0.0
01123	Egg, whole, raw, fresh	44	1 medium	0.0
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.0
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.0
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.0
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.0

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04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0.0
01037	Cheese, ricotta, part skim milk	246	1 cup	0.0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.0
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.0
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.0
01035	Cheese, provolone	28.35	1 oz	0.0
04128	Margarine-like spread, (approximately 37% fat), unspecified oils	4.8	1 tsp	0.0
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.0
01036	Cheese, ricotta, whole milk	246	1 cup	0.0
13350	Beef, cured, dried	28.35	1 oz	0.0
01032	Cheese, parmesan, grated	5	1 tbsp	0.0
01056	Cream, sour, cultured	12	1 tbsp	0.0
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.0
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.0
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.0
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.0
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.0
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.0
04002	Lard	12.8	1 tbsp	0.0
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.0
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.0
01049	Cream, fluid, half and half	15	1 tbsp	0.0
02047	Salt, table	6	1 tsp	0.0
02048	Vinegar, cider	15	1 tbsp	0.0
02050	Vanilla extract	4.2	1 tsp	0.0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.0
01052	Cream, fluid, light whipping	15	1 tbsp	0.0
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.0
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.0
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.0
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.0
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.0
19089	Ice creams, vanilla, rich	74	1/2 cup	0.0
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.0
19107	Candies, hard	3	1 small piece	0.0
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.0
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.0
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.0

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10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.0
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.0
19129	Syrups, table blends, pancake	20	1 tbsp	0.0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.0
07022	Frankfurter, beef	45	1 frank	0.0
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.0
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.0
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.0
19353	Syrups, maple	20	1 tbsp	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.0
19107	Candies, hard	6	1 piece	0.0
19336	Sugars, powdered	8	1 tbsp	0.0
19335	Sugars, granulated	4.2	1 tsp	0.0
19334	Sugars, brown	3.2	1 tsp	0.0
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.0
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.0
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.0
19350	Syrups, corn, light	20	1 tbsp	0.0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.0
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.0
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.0
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.0
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.0
15141	Crustaceans, crab, blue, canned	135	1 cup	0.0
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.0
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.0
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.0
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0.0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.0
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.0
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.0
15128	Fish, tuna salad	205	1 cup	0.0
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.0
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.0
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.0

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10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.0
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.0
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.0
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.0
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.0
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.0
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.0
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.0
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.0
07064	Pork sausage, fresh, cooked	26	2 links	0.0
07008	Bologna, beef and pork	56.7	2 slices	0.0
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.0
07017	Chicken roll, light meat	56.7	2 slices	0.0
07023	Frankfurter, beef and pork	45	1 frank	0.0
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.0
07027	Ham, chopped, not canned	21	2 slices	0.0
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.0
07064	Pork sausage, fresh, cooked	27	1 patty	0.0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.0
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.0
07069	Salami, cooked, beef and pork	56.7	2 slices	0.0
07072	Salami, dry or hard, pork, beef	20	2 slices	0.0
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.0
18372	Leavening agents, baking soda	4.6	1 tsp	0.0
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.0
14157	Carbonated beverage, root beer	370	12 fl oz	0.0
07028	Ham, sliced, extra lean	56.7	2 slices	0.0
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.0
06174	Soup, stock, fish, home-prepared	233	1 cup	0.0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.0
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.0
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.0
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.0
14150	Carbonated beverage, orange	372	12 fl oz	0.0
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	0.0
14142	Carbonated beverage, grape soda	372	12 fl oz	0.0

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06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.0
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.0
01001	Butter, salted	14.2	1 tbsp	0.0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.0
14121	Carbonated beverage, club soda	355	12 fl oz	0.0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.0
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.0
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.0
14429	Water, tap, municipal	237	8 fl oz	0.0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.0
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.0
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.0
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.0
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.0
19074	Candies, caramels	10.1	1 piece	0.0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.0
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.0
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.0
14277	Grape drink, canned	250	8 fl oz	0.0
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.0
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.0
19014	Snacks, fruit leather, rolls	21	1 large	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.0
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.0
19041	Snacks, pork skins, plain	28.35	1 oz	0.0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.0

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14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.0