



Abridged List Ordered by Nutrient Content in Household Measure
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)
Nutrients: **Total Dietary Fiber (g)**

Description	Fiber, total dietary(g)Per 100 g
Corn bran, crude	79
Gums, seed gums (includes locust bean, guar)	77.3
Fungi, Cloud ears, dried	70.1
Spices, curry powder	53.2
Spices, cinnamon, ground	53.1
Spices, savory, ground	45.7
Wheat bran, crude	42.8
Spices, rosemary, dried	42.6
Spices, oregano, dried	42.5
Spices, coriander seed	41.9
Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	41.3
Spices, marjoram, dried	40.3
Spices, sage, ground	40.3
Spices, fennel seed	39.8
Carob flour	39.8
Spices, caraway seed	38
Spices, basil, dried	37.7
Spices, thyme, dried	37
Cocoa, dry powder, unsweetened	37
Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	36.7
Spices, paprika	34.9
Spices, chili powder	34.8
Seeds, chia seeds, dried	34.4
Spices, cloves, ground	33.9
Cocoa, dry powder, hi-fat or breakfast, processed with alkali	33.9
Parsley, freeze-dried	32.7
Spearmint, dried	29.8
Cocoa, dry powder, unsweetened, processed with alkali	29.8
Peppers, hot chile, sun-dried	28.7
Spices, cardamom	28
Seeds, flaxseed	27.3
Spices, pepper, red or cayenne	27.2
Leavening agents, yeast, baker's, active dry	26.9
Peppers, pasilla, dried	26.8
Spices, parsley, dried	26.7
Spices, bay leaf	26.3
Spices, pepper, white	26.2
Chives, freeze-dried	26.2
Winged beans, mature seeds, raw	25.9

Hyacinth beans, mature seeds, raw	25.6
Spices, pepper, black	25.3
Beans, french, mature seeds, raw	25.2
Beans, yellow, mature seeds, raw	25.1
Broadbeans (fava beans), mature seeds, raw	25
Beans, kidney, all types, mature seeds, raw	24.9
Beans, kidney, california red, mature seeds, raw	24.9
Beans, kidney, royal red, mature seeds, raw	24.9
Beans, small white, mature seeds, raw	24.9
Beans, cranberry (roman), mature seeds, raw	24.7
Spices, fenugreek seed	24.6
Rose Hips, wild (Northern Plains Indians)	24.1
Radishes, oriental, dried	23.9
Rye flour, dark	23.8
Carrot, dehydrated	23.6
Beverages, coffee substitute, cereal grain beverage, powder	23.3
Crackers, rye, wafers, plain	22.9
Spices, turmeric, ground	22.7
Formulated bar, high fiber, chewy, oats and chocolate	22.5
Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	22.3
Peas, green, split, mature seeds, raw	22.2
Spices, allspice, ground	21.6
Peppers, ancho, dried	21.6
Peppers, sweet, red, freeze-dried	21.3
Spices, dill seed	21.1
Rice bran, crude	21
Crackers, rye, wafers, seasoned	20.9
Spices, nutmeg, ground	20.8
Lima beans, thin seeded (baby), mature seeds, raw	20.6
Corn, dried, yellow (Northern Plains Indians)	20.5
Cereals ready-to-eat, UNCLE SAM CEREAL	20.3
Spices, mace, ground	20.2
Beans, great northern, mature seeds, raw (Includes foods for USDA's Food Distribution Program)	20.2
Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	20
Chokecherries, raw, pitted (Northern Plains Indians)	20
Spices, poppy seed	19.5
Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	19.2
Lima beans, large, mature seeds, raw	19
Lupins, mature seeds, raw	18.9
Cereals ready-to-eat, BARBARA'S PUFFINS, original	18.5
Seeds, pumpkin and squash seeds, whole, roasted, without salt	18.4
Seeds, pumpkin and squash seeds, whole, roasted, with salt added	18.4
Cereals ready-to-eat, POST Bran Flakes	18.3
Mungo beans, mature seeds, raw	18.3
Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	18.2
Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	18.1

Baking chocolate, unsweetened, liquid	18.1
Soybeans, mature seeds, roasted, salted	17.7
Soybeans, mature seeds, roasted, no salt added	17.7
Meat extender	17.5
Soy flour, defatted	17.5
Barley, hulled	17.3
Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	16.9
Seeds, sesame seed kernels, toasted, without salt added (decorticated)	16.9
Seeds, sesame seed kernels, toasted, with salt added (decorticated)	16.9
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	16.6
Baking chocolate, unsweetened, squares	16.6
Crackers, crispbread, rye	16.5
Nuts, coconut meat, dried (desiccated), not sweetened	16.3
Mung beans, mature seeds, raw	16.3
Mary's Gone Crackers, Original Crackers, Organic Gluten Free	16.2
Cookies, oatmeal, reduced fat	16.1
Soy flour, low-fat	16
Peanut flour, defatted	15.8
Peanut flour, low fat	15.8
Shallots, freeze-dried	15.7
Barley, pearled, raw	15.6
Beans, black, mature seeds, raw	15.5
Beans, black turtle, mature seeds, raw	15.5
Beans, pinto, mature seeds, raw (Includes foods for USDA's Food Distribution Program)	15.5
Oat bran, raw	15.4
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	15.3
Beans, navy, mature seeds, raw	15.3
Spices, onion powder	15.2
Beans, kidney, red, mature seeds, raw	15.2
Beans, white, mature seeds, raw	15.2
Cereals ready-to-eat, wheat germ, toasted, plain	15.1
Snacks, popcorn, air-popped (Unsalted)	15.1
Rye grain	15.1
Pigeon peas (red gram), mature seeds, raw	15
Seeds, breadnut tree seeds, dried	14.9
Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	14.9
Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	14.9
Spices, pumpkin pie spice	14.8
Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	14.7
Spices, anise seed	14.6
Triticale flour, whole-grain	14.6
Persimmons, japanese, dried	14.5
Snacks, popcorn, air-popped	14.5
Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	14.3
Bread, reduced-calorie, oat bran, toasted	14.3

Bread, stuffing, cornbread, dry mix	14.3
Cookies, sugar wafer, with creme filling, sugar free	14.3
Snacks, popcorn, microwave, low fat	14.2
Popcorn, microwave, low fat and sodium	14.2
Spices, ginger, ground	14.1
Rosemary, fresh	14.1
Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	14.1
Thyme, fresh	14
Seeds, sesame seeds, whole, roasted and toasted	14
Cereals ready-to-eat, POST Raisin Bran Cereal	13.7
Nuts, almonds, honey roasted, unblanched	13.7
Spices, dill weed, dried	13.6
Snacks, popcorn, microwave, 94% fat free	13.6
Seasoning mix, dry, taco, original	13.3
Snacks, oriental mix, rice-based	13.2
Wheat germ, crude	13.2
Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	13
Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	13
Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	13
Goji berries, dried	13
Cereals, WHEATENA, dry	12.8
Beans, adzuki, mature seeds, raw	12.7
Beans, pink, mature seeds, raw	12.7
Wheat, soft white	12.7
Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	12.6
Nuts, almonds	12.5
Bulgur, dry	12.5
Wheat, soft red winter	12.5
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	12.5
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	12.4
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	12.4
Apples, dehydrated (low moisture), sulfured, uncooked	12.4
Tomatoes, sun-dried	12.3
Spices, mustard seed, ground	12.2
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	12.2
Wheat, hard red spring	12.2
Wheat, hard red winter	12.2
Wheat, hard white	12.2
Bread, reduced-calorie, oat bran	12
Bread, reduced-calorie, rye	12
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	11.9
Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	11.9
Spices, celery seed	11.8
Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	11.8
Seeds, sesame seeds, whole, dried	11.8
Crackers, matzo, whole-wheat	11.8
Rye flour, medium	11.8

Nuts, chestnuts, european, dried, unpeeled	11.7
Seeds, sesame seed kernels, dried (decorticated)	11.6
Mushrooms, shiitake, dried	11.5
Seeds, sunflower seed kernels, toasted, without salt	11.5
Seeds, sunflower seed kernels, toasted, with salt added	11.5
Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	11.4
Cereals ready-to-eat, WEETABIX whole grain cereal	11.4
Spices, chervil, dried	11.3
Spices, poultry seasoning	11.3
Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry (Includes foods for USDA's Food Distribution Program)	11.3
Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	11.2
Udi's, Gluten Free, Whole Grain Dinner Rolls	11.2
Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	11.2
Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	11.1
Seeds, sunflower seed kernels, dry roasted, without salt	11.1
Bread, reduced-calorie, wheat	11.1
Wheat, KAMUT khorasan, uncooked	11.1
Cookies, brownies, commercially prepared, reduced fat, with added fiber	11.1
Grape leaves, raw	11
Nuts, hazelnuts or filberts, blanched	11
Yardlong beans, mature seeds, raw	11
Pasta, gluten-free, corn, dry	11
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	11
Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	10.9
Nuts, almonds, dry roasted, without salt added	10.9
Nuts, almonds, dry roasted, with salt added	10.9
Crackers, whole-wheat, reduced fat	10.9
Chocolate, dark, 70-85% cacao solids	10.9
Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	10.9
Seasoning mix, dry, chili, original	10.8
Lentils, pink or red, raw	10.8
Chickpea flour (besan)	10.8
Cereals ready-to-eat, RALSTON TASTEEOS	10.7
Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	10.7
Nuts, pine nuts, pinyon, dried	10.7
Nuts, almonds, oil roasted, with salt added, smoke flavor	10.7
Cowpeas, catjang, mature seeds, raw	10.7
Lentils, raw	10.7
Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	10.7
Spelt, uncooked	10.7
Lemon peel, raw	10.6
Orange peel, raw	10.6
Fireweed, leaves, raw	10.6

Seeds, sunflower seed kernels, oil roasted, without salt	10.6
Nuts, pistachio nuts, raw	10.6
Seeds, sunflower seed kernels, oil roasted, with salt added	10.6
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	10.6
Oats (Includes foods for USDA's Food Distribution Program)	10.6
Spaghetti, spinach, dry	10.6
Spices, cumin seed	10.5
Nuts, almonds, oil roasted, without salt added	10.5
Nuts, almonds, oil roasted, with salt added	10.5
Nuts, almonds, oil roasted, lightly salted	10.5
Beans, navy, mature seeds, cooked, boiled, without salt	10.5
Beans, navy, mature seeds, cooked, boiled, with salt	10.5
Crackers, whole-wheat, low salt	10.5
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	10.5
Spices, coriander leaf, dried	10.4
Passion-fruit, (granadilla), purple, raw	10.4
Leeks, (bulb and lower-leaf portion), freeze-dried	10.4
Beans, small white, mature seeds, cooked, boiled, without salt	10.4
Beans, yellow, mature seeds, cooked, boiled, without salt	10.4
Beans, small white, mature seeds, cooked, boiled, with salt	10.4
Beans, yellow, mature seeds, cooked, boiled, with salt	10.4
Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	10.4
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	10.3
Nuts, pistachio nuts, dry roasted, without salt added	10.3
Nuts, almond butter, plain, without salt added	10.3
Nuts, pistachio nuts, dry roasted, with salt added	10.3
Nuts, almond butter, plain, with salt added	10.3
Crackers, whole-wheat	10.3
Buckwheat groats, roasted, dry	10.3
Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	10.2
Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	10.2
Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	10.2
Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	10.2
Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	10.2
Crackers, gluten-free, multi-seeded and multigrain	10.2
Bacon bits, meatless	10.2
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	10.1
Cereals, oats, regular and quick, not fortified, dry	10.1
Barley flour or meal	10.1
Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	10.1
Puddings, chocolate flavor, low calorie, regular, dry mix	10.1
Cereals, oats, instant, fortified, plain, dry	10
Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	10
Snacks, popcorn, oil-popped, white popcorn, salt added	10

Buckwheat	10
Buckwheat flour, whole-groat	10
Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	10
Popcorn, microwave, regular (butter) flavor, made with palm oil	10
Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	10
Snacks, popcorn, home-prepared, oil-popped, unsalted	10
Cereals, QUAKER, Whole Wheat Natural Cereal, dry	9.9
Incaparina, dry mix (corn and soy flours), unprepared	9.9
Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	9.9
Bananas, dehydrated, or banana powder	9.9
Grape leaves, canned	9.9
Nuts, almonds, blanched	9.9
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	9.9
Snacks, popcorn, cheese-flavor	9.9
Cereals, QUAKER, Instant Oatmeal Organic, Regular	9.8
Figs, dried, uncooked	9.8
Kanpyo, (dried gourd strips)	9.8
Tortillas, ready-to-bake or -fry, whole wheat	9.8
Hazelnuts, beaked (Northern Plains Indians)	9.8
Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	9.7
Nuts, hazelnuts or filberts	9.7
Soy flour, full-fat, roasted	9.7
Bread, reduced-calorie, white	9.7
Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	9.7
Bread, chapati or roti, whole wheat, commercially prepared, frozen	9.7
Crackers, toast thins, low sodium	9.7
Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	9.7
Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	9.7
Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	9.6
Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	9.6
Nuts, pecans	9.6
Soy flour, full-fat, raw	9.6
Bread, paratha, whole wheat, commercially prepared, frozen	9.6
Cereals, whole wheat hot natural cereal, dry	9.5
Nuts, pecans, oil roasted, without salt added	9.5
Nuts, pecans, oil roasted, with salt added	9.5
Peanuts, spanish, raw	9.5
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	9.4
Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	9.4
Cereals, QUAKER, Quick Oats, Dry	9.4
Cereals, QUAKER, Quick Oats with Iron, Dry	9.4

Nuts, hazelnuts or filberts, dry roasted, without salt added	9.4
Nuts, pecans, dry roasted, without salt added	9.4
Nuts, pecans, dry roasted, with salt added	9.4
Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	9.4
Beans, french, mature seeds, cooked, boiled, without salt	9.4
Peanuts, all types, oil-roasted, with salt	9.4
Beans, french, mature seeds, cooked, boiled, with salt	9.4
Peanuts, all types, oil-roasted, without salt	9.4
Crackers, whole grain, sandwich-type, with peanut butter filling	9.4
Nuts, ginkgo nuts, canned	9.3
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	9.3
Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	9.3
Seeds, sesame butter, tahini, from raw and stone ground kernels	9.3
Beans, kidney, california red, mature seeds, cooked, boiled, without salt	9.3
Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	9.3
Soybeans, mature seeds, raw	9.3
Beans, kidney, california red, mature seeds, cooked, boiled, with salt	9.3
Beans, kidney, royal red, mature seeds, cooked, boiled with salt	9.3
Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	9.3
Onions, dehydrated flakes	9.2
Bread, white wheat	9.2
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	9.2
Piki bread, made from blue cornmeal (Hopi)	9.2
Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	9.1
Beverages, chocolate powder, no sugar added	9.1
Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	9.1
Cereals ready-to-eat, ALPEN	9.1
Spices, garlic powder	9
Nuts, coconut meat, raw	9
Seeds, sunflower seed kernels from shell, dry roasted, with salt added	9
Seeds, sunflower seed kernels, dry roasted, with salt added	9
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	9
Beans, pinto, mature seeds, cooked, boiled, without salt	9
Beans, pinto, mature seeds, cooked, boiled, with salt	9
Cereals ready-to-eat, granola, homemade	8.9
Peanuts, spanish, oil-roasted, with salt	8.9
Peanuts, valencia, oil-roasted, with salt	8.9
Peanuts, virginia, oil-roasted, with salt	8.9
Peanuts, spanish, oil-roasted, without salt	8.9
Peanuts, valencia, oil-roasted, without salt	8.9
Peanuts, virginia, oil-roasted, without salt	8.9

Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	8.8
Peanuts, all types, cooked, boiled, with salt	8.8
Snacks, sweet potato chips, unsalted	8.8
Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	8.8
Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	8.7
Apples, dried, sulfured, uncooked	8.7
Beans, black, mature seeds, cooked, boiled, without salt	8.7
Peanuts, valencia, raw	8.7
Beans, black, mature seeds, cooked, boiled, with salt	8.7
Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	8.7
Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	8.6
Potatoes, scalloped, dry mix, unprepared	8.6
Seeds, sunflower seed kernels, dried	8.6
Nuts, macadamia nuts, raw	8.6
Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	8.6
Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	8.6
Pectin, unsweetened, dry mix	8.6
Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	8.5
Beverages, tea, instant, decaffeinated, unsweetened	8.5
Beverages, tea, instant, unsweetened, powder	8.5
Peanuts, all types, raw	8.5
Peanuts, virginia, raw	8.5
Pancakes, buckwheat, dry mix, incomplete	8.5
Millet, raw	8.5
Cereals ready-to-eat, FAMILIA	8.5
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	8.4
Peanuts, all types, dry-roasted, with salt	8.4
Peanuts, all types, dry-roasted, without salt	8.4
Snacks, cornnuts, barbecue-flavor	8.4
Corn flour, whole-grain, blue (harina de maiz morado)	8.4
Clif Z bar	8.3
Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	8.3
Cereals ready-to-eat, QUAKER, Oatmeal Squares	8.3
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	8.3
Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	8.3
Pumpkin pie mix, canned	8.3
Beans, black turtle, mature seeds, cooked, boiled, without salt	8.3
Peas, split, mature seeds, cooked, boiled, without salt	8.3
Beans, black turtle, mature seeds, cooked, boiled, with salt	8.3
Peas, split, mature seeds, cooked, boiled, with salt	8.3
Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	8.2
Peaches, dried, sulfured, uncooked	8.2
Muffins, wheat bran, toaster-type with raisins, toasted	8.2
ON THE BORDER, refried beans	8.2
Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	8.1

Nuts, chestnuts, european, raw, unpeeled	8.1
Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	8.1
Soybeans, mature seeds, dry roasted	8.1
Bread, multi-grain, toasted (includes whole-grain)	8.1
Leavening agents, yeast, baker's, compressed	8.1
Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	8.1
Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	8.1
Peppermint, fresh	8
Cereals, oats, instant, fortified, with cinnamon and spice, dry	8
Dates, deglet noor	8
Nuts, macadamia nuts, dry roasted, without salt added	8
Nuts, macadamia nuts, dry roasted, with salt added	8
Beverages, Carob-flavor beverage mix, powder	8
Peanut butter, chunk style, with salt	8
Peanut butter, chunk style, without salt	8
Crackers, melba toast, rye (includes pumpernickel)	8
Chocolate, dark, 60-69% cacao solids	8
Rye flour, light	8
Teff, uncooked	8
Prairie Turnips, raw (Northern Plains Indians)	8
Restaurant, Mexican, refried beans	8
Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	8
Potatoes, baked, skin, without salt	7.9
Potatoes, baked, skin only, with salt	7.9
Lentils, mature seeds, cooked, boiled, without salt	7.9
Lentils, mature seeds, cooked, boiled, with salt	7.9
Snack, Mixed Berry Bar	7.9
Pancakes, whole wheat, dry mix, incomplete	7.9
Babyfood, cereal, mixed, with bananas, dry	7.8
Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	7.8
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	7.8
Wasabi, root, raw	7.8
Peanut spread, reduced sugar	7.8
Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	7.8
Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	7.8
Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	7.7
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	7.7
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	7.7
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	7.7
Candies, sesame crunch	7.7
Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	7.7

Snacks, banana chips	7.7
Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	7.7
Potato soup, instant, dry mix	7.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	7.6
Mung beans, mature seeds, cooked, boiled, without salt	7.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	7.6
Mung beans, mature seeds, cooked, boiled, with salt	7.6
Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	7.6
Blueberries, dried, sweetened	7.5
Pears, dried, sulfured, uncooked	7.5
Nance, frozen, unsweetened	7.5
Beans, fava, in pod, raw	7.5
Nuts, brazilnuts, dried, unblanched	7.5
Beverages, Cocoa mix, no sugar added, powder	7.5
Bread, whole-wheat, commercially prepared, toasted	7.5
Rolls, dinner, whole-wheat	7.5
Taco shells, baked, without added salt	7.5
Candies, dark chocolate coated coffee beans	7.5
Snacks, potato chips, fat free, salted	7.5
Frozen novelties, Sugar Free, CREAMSICLE Pops	7.5
Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	7.5
Crunchmaster, Multi-Grain Crisps, Snack Crackers, Gluten-Free	7.5
Raspberries, wild (Northern Plains Indians)	7.5
Fat free ice cream, no sugar added, flavors other than chocolate	7.4
Spices, tarragon, dried	7.4
Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	7.4
Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	7.4
Beans, kidney, red, mature seeds, cooked, boiled, without salt	7.4
Beans, kidney, red, mature seeds, cooked, boiled, with salt	7.4
Crackers, melba toast, wheat	7.4
Snacks, CLIF BAR, mixed flavors	7.4
Bread, multi-grain (includes whole-grain)	7.4
Babyfood, cereal, oatmeal, dry fortified	7.3
Apricots, dried, sulfured, uncooked	7.3
Beans, adzuki, mature seeds, cooked, boiled, without salt	7.3
Beans, adzuki, mature seed, cooked, boiled, with salt	7.3
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	7.3
Corn grain, yellow	7.3
Corn flour, whole-grain, yellow	7.3
Cornmeal, whole-grain, yellow	7.3
Corn flour, whole-grain, white	7.3
Cornmeal, whole-grain, white	7.3
Formulated Bar, SOUTH BEACH protein bar	7.3
Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	7.2
Cereals, oats, instant, fortified, maple and brown sugar, dry	7.2
Tofu, dried-frozen (koyadofu)	7.2
Snacks, taro chips	7.2

Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	7.2
Prairie Turnips, boiled (Northern Plains Indians)	7.2
Protein supplement, milk based, Muscle Milk, powder	7.1
Ice cream sandwich, vanilla, light, no sugar added	7.1
Babyfood, cereal, high protein, with apple and orange, dry	7.1
Cereals ready-to-eat, POST, ALPHA-BITS	7.1
Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	7.1
Plums, dried (prunes), uncooked	7.1
Potatoes, mashed, dehydrated, granules without milk, dry form	7.1
Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	7.1
Nuts, walnuts, dry roasted, with salt added	7.1
Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	7.1
Cornmeal, yellow, self-rising, degermed, enriched	7.1
Barley malt flour	7.1
Cornmeal, white, self-rising, degermed, enriched	7.1
Crackers, water biscuits	7.1
Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	7
Elderberries, raw	7
Nance, canned, syrup, drained	7
Nuts, mixed nuts, oil roasted, with peanuts, without salt added	7
Nuts, mixed nuts, oil roasted, with peanuts, with salt added	7
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	7
Beans, great northern, mature seeds, cooked, boiled, without salt	7
Lima beans, large, mature seeds, cooked, boiled, without salt	7
Beans, great northern, mature seeds, cooked, boiled, with salt	7
Lima beans, large, mature seeds, cooked, boiled, with salt	7
Chocolate, dark, 45- 59% cacao solids	7
Quinoa, uncooked	7
Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	6.9
Beans, baked, canned, with franks	6.9
Beans, black turtle, mature seeds, canned	6.9
Beans, black, mature seeds, canned, low sodium	6.9
Crackers, wheat, regular	6.9
Snacks, KRAFT, CORNNUTS, plain	6.9
Burrito, beef and bean, microwaved	6.9
Stinging Nettles, blanched (Northern Plains Indians)	6.9
Spearmint, fresh	6.8
Soup, black bean, canned, condensed	6.8
Avocados, raw, California	6.8
Raisins, seeded	6.8
Nuts, walnuts, black, dried	6.8
Snacks, potato chips, fat-free, made with olestra	6.8
Noodles, egg, spinach, enriched, dry	6.8
Babyfood, cereal, whole wheat, with apples, dry fortified	6.7
Babyfood, cereal, mixed, dry fortified	6.7
Babyfood, Multigrain whole grain cereal, dry fortified	6.7
Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	6.7
Avocados, raw, all commercial varieties	6.7

Dates, medjool	6.7
Nuts, walnuts, english	6.7
Beverages, Protein powder soy based	6.7
Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	6.7
Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	6.7
Bread, whole-wheat, prepared from recipe, toasted	6.7
Muffins, English, whole-wheat	6.7
Taco shells, baked	6.7
Crackers, saltines, whole wheat (includes multi-grain)	6.7
Baking chocolate, MARS SNACKFOOD US, M & M's Semisweet Chocolate Mini Baking Bits	6.7
Amaranth grain, uncooked	6.7
Cornmeal, yellow, self-rising, bolted, plain, enriched	6.7
Sorghum grain	6.7
Cornmeal, white, self-rising, bolted, plain, enriched	6.7
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	6.7
Milk dessert bar, frozen, made from lowfat milk	6.6
Babyfood, cereal, barley, dry fortified	6.6
Soup, onion, dry, mix	6.6
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	6.6
Potatoes, mashed, dehydrated, flakes without milk, dry form	6.6
Potatoes, mashed, dehydrated, granules with milk, dry form	6.6
Sorghum flour, whole-grain	6.6
Peanut butter, reduced sodium	6.6
Kumquats, raw	6.5
Raspberries, raw	6.5
Seeds, pumpkin and squash seed kernels, roasted, without salt	6.5
Seeds, pumpkin and squash seed kernels, roasted, with salt added	6.5
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	6.5
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	6.5
Bread, cornbread, dry mix, enriched (includes corn muffin mix)	6.5
Bread, pumpnickel	6.5
Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	6.5
Candies, SPECIAL DARK Chocolate Bar	6.5
Oat flour, partially debranned	6.5
Babyfood, cereal, brown rice, dry, instant	6.5
Yeast extract spread	6.5
Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	6.4
Pears, dried, sulfured, stewed, without added sugar	6.4
Feijoa, raw	6.4
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	6.4
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	6.4

Nuts, hickorynuts, dried	6.4
Nuts, mixed nuts, dry roasted, with peanuts, without salt added	6.4
Beans, kidney, all types, mature seeds, cooked, boiled, without salt	6.4
Mungo beans, mature seeds, cooked, boiled, without salt	6.4
Beans, kidney, all types, mature seeds, cooked, boiled, with salt	6.4
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	6.4
Mungo beans, mature seeds, cooked, boiled, with salt	6.4
Bread, rye, toasted	6.4
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	6.4
Candies, coconut bar, not chocolate covered	6.4
Corn flour, masa, enriched, white	6.4
Corn flour, masa, unenriched, white	6.4
Corn flour, yellow, masa, enriched	6.4
Crackers, cheese, whole grain	6.4
Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	6.3
Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	6.3
Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	6.3
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	6.3
Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	6.3
Beans, cranberry (roman), mature seeds, canned	6.3
Beans, white, mature seeds, cooked, boiled, without salt	6.3
Beans, white, mature seeds, cooked, boiled, with salt	6.3
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	6.3
Crackers, melba toast, plain	6.3
Tortillas, ready-to-bake or -fry, corn	6.3
Crackers, melba toast, plain, without salt	6.3
Bread, potato	6.3
Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	6.3
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	6.3
Lambsquarters, raw (Northern Plains Indians)	6.3
Rowal, raw	6.2
Candies, milk chocolate, with almonds	6.2
Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	6.2
Wild rice, raw	6.2
Bagels, multigrain	6.2
Snacks, granola bar, with coconut, chocolate coated	6.2
Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	6.1
Peanut butter with omega-3, creamy	6.1
Bread, pita, whole-wheat	6.1
Potato chips, without salt, reduced fat	6.1
Wasabi	6.1
Rolls, hamburger or hot dog, whole wheat	6.1

Vegetarian fillets	6.1
Puddings, chocolate flavor, low calorie, instant, dry mix	6.1
Gravy, onion, dry, mix	6
Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	6
Lima beans, immature seeds, frozen, baby, unprepared	6
Seeds, pumpkin and squash seed kernels, dried	6
Seeds, breadfruit seeds, roasted	6
Soybeans, mature cooked, boiled, without salt	6
Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	6
Soybeans, mature seeds, cooked, boiled, with salt	6
Bread, whole-wheat, commercially prepared	6
Bread, whole-wheat, prepared from recipe	6
Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	6
Plums, wild (Northern Plains Indians)	6
Babyfood, GERBER, GRADUATES Lil Biscuits Vanilla Wheat	5.9
Soup, bean with pork, canned, condensed	5.9
Potato flour	5.9
Candies, semisweet chocolate	5.9
Snacks, potato chips, reduced fat	5.9
Candies, semisweet chocolate, made with butter	5.9
Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	5.9
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	5.8
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	5.8
Pears, dried, sulfured, stewed, with added sugar	5.8
Tomatoes, sun-dried, packed in oil, drained	5.8
Bread, rye	5.8
Tostada shells, corn	5.8
Ice creams, BREYERS, 98% Fat Free Chocolate	5.8
Restaurant, Latino, pupusas con frijoles (pupusas, bean)	5.8
Artichokes, (globe or french), cooked, boiled, drained, without salt	5.7
Beans, pinto, immature seeds, frozen, unprepared	5.7
Peas, green, raw	5.7
Artichokes, (globe or french), cooked, boiled, drained, with salt	5.7
Seeds, sunflower seed butter, without salt	5.7
Seeds, sunflower seed butter, with salt added (Includes foods for USDA's Food Distribution Program)	5.7
Peanut butter, chunky, vitamin and mineral fortified	5.7
Peanut Butter, smooth (Includes foods for USDA's Food Distribution Program)	5.7
Candies, milk chocolate coated coffee beans	5.7
Formulated bar, POWER BAR, chocolate	5.7
Snacks, granola bites, mixed flavors	5.7
Cookies, graham crackers, plain or honey, lowfat	5.7
Bread, wheat, sprouted, toasted	5.7
Sweet Potatoes, french fried, frozen as packaged, salt added in processing	5.7

Snacks, tortilla chips, light (baked with less oil)	5.7
Avocados, raw, Florida	5.6
Peanut butter, smooth, vitamin and mineral fortified	5.6
Snacks, granola bars, soft, uncoated, nut and raisin	5.6
Snacks, shrimp cracker	5.6
Candies, MARS SNACKFOOD US, M & M's Almond Chocolate Candies	5.6
Lima beans, immature seeds, frozen, fordhook, unprepared	5.5
Peas, green, cooked, boiled, drained, without salt	5.5
Potatoes, microwaved, cooked in skin, skin, without salt	5.5
Peas, green, cooked, boiled, drained, with salt	5.5
Potatoes, microwaved, cooked, in skin, skin with salt	5.5
Nuts, mixed nuts, oil roasted, without peanuts, without salt added	5.5
Seeds, cottonseed kernels, roasted (glandless)	5.5
Seeds, sesame butter, paste	5.5
Nuts, mixed nuts, oil roasted, without peanuts, with salt added	5.5
Beans, baked, home prepared	5.5
Beans, baked, canned, with pork	5.5
Soy protein concentrate, produced by alcohol extraction	5.5
Beans, kidney, red, mature seeds, canned, drained solids	5.5
Beans, pinto, canned, drained solids	5.5
Hummus, commercial	5.5
Soy protein concentrate, produced by acid wash	5.5
Bread, cracked-wheat	5.5
Candies, sweet chocolate	5.5
Bread, gluten-free, white, made with tapioca starch and brown rice flour	5.5
Udi's, Gluten Free, Soft & Delicious White Sandwich Bread	5.5
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	5.5
Beans, baked, canned, no salt added	5.5
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	5.4
Guavas, common, raw	5.4
Guavas, strawberry, raw	5.4
Sapote, mamey, raw	5.4
Artichokes, (globe or french), raw	5.4
Lima beans, immature seeds, cooked, boiled, drained, without salt	5.4
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	5.4
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	5.4
Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	5.4
Miso	5.4
Natto	5.4
Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	5.4
Pancakes, plain, dry mix, incomplete (includes buttermilk)	5.4

George Weston Bakeries, Brownberry Sage and Onion Stuffing Mix, dry	5.4
Snacks, rice cakes, brown rice, sesame seed	5.4
Snacks, tortilla chips, plain, white corn, salted	5.4
Chocolate-flavored hazelnut spread	5.4
Ice creams, BREYERS, 98% Fat Free Vanilla	5.4
Rolls, pumpernickel	5.4
Blackberries, raw	5.3
Boysenberries, frozen, unsweetened	5.3
Cranberries, dried, sweetened (Includes foods for USDA's Food Distribution Program)	5.3
Loganberries, frozen	5.3
Sapodilla, raw	5.3
Abiyuch, raw	5.3
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	5.3
Sweet potato leaves, raw	5.3
Lima beans, immature seeds, cooked, boiled, drained, with salt	5.3
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	5.3
Beans, pink, mature seeds, cooked, boiled, without salt	5.3
Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	5.3
Beans, pink, mature seeds, cooked, boiled, with salt	5.3
Bread, rice bran, toasted	5.3
Snacks, granola bars, hard, plain	5.3
Snacks, tortilla chips, taco-flavor	5.3
Tortilla chips, low fat, baked without fat	5.3
Snacks, tortilla chips, low fat, unsalted	5.3
Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	5.3
Bread, wheat, sprouted	5.3
Prickly pears, raw (Northern Plains Indians)	5.3
Snacks, tortilla chips, unsalted, white corn	5.3
Babyfood, cereal, oatmeal, with bananas, dry	5.2
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	5.2
Edamame, frozen, prepared	5.2
Seeds, breadfruit seeds, raw	5.2
Seeds, sunflower seed flour, partially defatted	5.2
Nuts, formulated, wheat-based, unflavored, with salt added	5.2
Nuts, formulated, wheat-based, all flavors except macadamia, without salt	5.2
Peanut butter, smooth, reduced fat	5.2
Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	5.2
Tortillas, ready-to-bake or -fry, corn, without added salt	5.2
Snacks, corn-based, extruded, chips, barbecue-flavor	5.2
Snacks, popcorn, caramel-coated, without peanuts	5.2
Snacks, potato chips, sour-cream-and-onion-flavor	5.2

Snacks, potato chips, cheese-flavor	5.2
Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	5.2
Lambquarters, steamed (Northern Plains Indians)	5.2
Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	5.1
Tamarinds, raw	5.1
Pigeonpeas, immature seeds, raw	5.1
Taro, cooked, without salt	5.1
Taro, cooked, with salt	5.1
Nuts, chestnuts, european, roasted	5.1
Beans, navy, mature seeds, canned	5.1
Croutons, plain	5.1
Archway Home Style Cookies, Coconut Macaroon	5.1
Snacks, tortilla chips, nacho cheese	5.1
Desserts, rennin, chocolate, dry mix	5.1
Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	5.1
Cookies, coconut macaroon	5.1
Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	5.1
Schar, Gluten-Free, Classic White Rolls	5.1
Cereals ready-to-eat, POST, GOLDEN CRISP	5
Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	5
Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	5
Blackberries, frozen, unsweetened	5
Cowpeas (blackeyes), immature seeds, raw	5
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	5
Cowpeas (blackeyes), immature seeds, frozen, unprepared	5
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	5
Beverages, tea, instant, lemon, unsweetened	5
Peanut butter, smooth style, with salt (Includes foods for USDA's Food Distribution Program)	5
Peanut butter, smooth style, without salt	5
Croutons, seasoned	5
Crackers, matzo, egg and onion	5
Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	5
Candies, ALMOND JOY Candy Bar	5
Candies, confectioner's coating, peanut butter	5
Couscous, dry	5
Cookies, chocolate cream covered biscuit sticks	5
Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	4.9
Breadfruit, raw	4.9
Blueberries, wild, canned, heavy syrup, drained	4.9
Lima beans, immature seeds, raw	4.9
Lotus root, raw	4.9
Parsnips, raw	4.9

Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	4.9
Squash, winter, hubbard, baked, without salt	4.9
Yambean (jicama), raw	4.9
Squash, winter, hubbard, baked, with salt	4.9
Beans, great northern, mature seeds, canned	4.9
Veggie burgers or soyburgers, unprepared	4.9
Beans, great northern, mature seeds, canned, low sodium	4.9
Bread, oat bran, toasted	4.9
Bread, rice bran	4.9
Rolls, dinner, rye	4.9
Bread, crumbs, dry, grated, seasoned	4.9
Dip, bean, original flavor	4.9
Dip, FRITO'S, bean, original flavor	4.9
Bread, chapati or roti, plain, commercially prepared	4.9
Crackers, standard snack-type, with whole wheat	4.9
Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	4.9
Udi's, Gluten Free, Soft & Hearty Whole Grain Bread	4.9
Restaurant, Latino, black bean soup	4.9
Gravy, mushroom, dry, powder	4.8
Cereals, QUAKER, hominy grits, white, quick, dry	4.8
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	4.8
Edamame, frozen, unprepared	4.8
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	4.8
Seeds, breadfruit seeds, boiled	4.8
Nuts, almond paste	4.8
Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	4.8
Beverages, malted drink mix, chocolate, powder	4.8
Beans, white, mature seeds, canned	4.8
Lima beans, large, mature seeds, canned	4.8
Snacks, granola bars, hard, almond	4.8
Snacks, tortilla chips, nacho-flavor, reduced fat	4.8
Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	4.8
Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	4.8
Snacks, potato chips, plain, unsalted	4.8
Ice creams, regular, low carbohydrate, vanilla	4.8
Ice creams, regular, low carbohydrate, chocolate	4.8
Pasta, gluten-free, corn, cooked	4.8
Bread, naan, whole wheat, commercially prepared, refrigerated	4.8
Snacks, potato chips, white, restructured, baked	4.8
Cereals ready-to-eat, POST SELECTS Blueberry Morning	4.7
Cereals, QUAKER, Instant Grits, Butter flavor, dry	4.7
Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	4.7

Nuts, butternuts, dried	4.7
Seeds, sesame butter, tahini, type of kernels unspecified	4.7
Refried beans, canned, vegetarian	4.7
Refried beans, canned, fat-free	4.7
Frijoles rojos volteados (Refried beans, red, canned)	4.7
Bread, boston brown, canned	4.7
Bread, raisin, enriched, toasted	4.7
Bread, wheat, toasted	4.7
Candies, milk chocolate coated peanuts	4.7
Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	4.7
Tortilla chips, yellow, plain, salted	4.7
Snacks, vegetable chips, made from garden vegetables	4.7
Bagels, whole grain white	4.7
Soup, bean with frankfurters, canned, condensed	4.6
Soup, bean with ham, canned, chunky, ready-to-serve	4.6
Soup, bean with bacon, condensed, single brand	4.6
Cereals, corn grits, white, regular and quick, enriched, dry	4.6
Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	4.6
Litchis, dried	4.6
Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	4.6
Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	4.6
Beans, pinto, mature seeds, canned, solids and liquids	4.6
Beans, pinto, mature seeds, canned, solids and liquids, low sodium	4.6
Cookies, fig bars	4.6
Muffins, English, wheat	4.6
Muffins, oat bran	4.6
Snacks, granola bars, soft, uncoated, plain	4.6
Rice flour, brown	4.6
Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	4.6
Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	4.6
Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	4.6
Meatballs, meatless	4.6
Vegetarian meatloaf or patties	4.6
Oranges, raw, with peel	4.5
Raisins, dark, seedless (Includes foods for USDA's Food Distribution Program)	4.5
Peas, green, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	4.5
Peas, green, frozen, cooked, boiled, drained, without salt	4.5
Succotash, (corn and limas), cooked, boiled, drained, without salt	4.5
Peas, green, frozen, cooked, boiled, drained, with salt	4.5
Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	4.5
Nuts, coconut meat, dried (desiccated), sweetened, shredded	4.5

Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	4.5
Bread, oat bran	4.5
Bread, crumbs, dry, grated, plain	4.5
Crackers, wheat, low salt	4.5
Candies, halavah, plain	4.5
Puddings, chocolate, dry mix, regular	4.5
Bulgur, cooked	4.5
Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked (Includes foods for USDA's Food Distribution Program)	4.5
Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	4.5
Cattail, Narrow Leaf Shoots (Northern Plains Indians)	4.5
Cereals ready-to-eat, wheat, puffed, fortified	4.4
Cereals ready-to-eat, Post, Waffle Crisp	4.4
Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	4.4
Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	4.4
Cereals, CREAM OF WHEAT, 1 minute cook time, dry	4.4
Blueberries, wild, frozen (Includes foods for USDA's Food Distribution Program)	4.4
Currants, zante, dried	4.4
Raspberries, frozen, red, sweetened	4.4
Sugar-apples, (sweetsop), raw	4.4
Squash, winter, acorn, cooked, baked, without salt	4.4
Vegetables, mixed, frozen, cooked, boiled, drained, without salt	4.4
Squash, winter, acorn, cooked, baked, with salt	4.4
Vegetables, mixed, frozen, cooked, boiled, drained, with salt	4.4
Beans, baked, canned, with pork and sweet sauce	4.4
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	4.4
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	4.4
Crackers, wheat, sandwich, with peanut butter filling	4.4
Snacks, granola bars, hard, chocolate chip	4.4
Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	4.4
Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	4.4
Cookie, vanilla with caramel, coconut, and chocolate coating	4.4
Snacks, corn-based, extruded, chips, unsalted	4.4
Gravy, instant beef, dry	4.3
Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	4.3
Currants, red and white, raw	4.3
Gooseberries, raw	4.3
Raspberries, frozen, red, unsweetened	4.3
Beans, kidney, all types, mature seeds, canned	4.3
Beans, kidney, red, mature seeds, canned, solids and liquids	4.3
Bread, oatmeal, toasted	4.3
Bread, raisin, enriched	4.3
Bread, raisin, unenriched	4.3

Snacks, granola bars, soft, uncoated, peanut butter	4.3
Candies, HERSHEY'S, ALMOND JOY BITES	4.3
Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	4.3
Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	4.3
Macaroni, vegetable, enriched, dry	4.3
Macaroni, vegetable, enriched, cooked	4.3
Noodles, japanese, somen, dry	4.3
Wheat, KAMUT khorasan, cooked	4.3
School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	4.3
School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	4.3
Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	4.3
Snacks, granola bars, soft, almond, confectioners coating	4.3
Waffles, whole wheat, lowfat, frozen, ready-to-heat	4.3
Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	4.3
Cereals ready-to-eat, frosted oat cereal with marshmallows	4.3
Candies, chocolate covered, caramel with nuts	4.3
Chicken, meatless, breaded, fried	4.3
Cereals, QUAKER, corn grits, instant, plain, dry	4.2
Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	4.2
Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	4.2
Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	4.2
Figs, dried, stewed	4.2
Broadbeans, immature seeds, raw	4.2
Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	4.2
Soybeans, green, raw	4.2
Soybeans, green, cooked, boiled, drained, without salt	4.2
Drumstick pods, cooked, boiled, drained, without salt	4.2
Drumstick pods, cooked, boiled, drained, with salt	4.2
Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	4.2
Soybeans, green, cooked, boiled, drained, with salt	4.2
Cookies, brownies, dry mix, sugar free	4.2
Muffin, blueberry, commercially prepared, low-fat	4.2
Snacks, granola bars, soft, uncoated, raisin	4.2
Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	4.2
Snacks, rice cracker brown rice, plain	4.2
Snacks, rice cakes, brown rice, plain, unsalted	4.2
Fast foods, burrito, with beans and cheese	4.2
TACO BELL, Bean Burrito	4.2
Burrito, beef and bean, frozen	4.2
Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	4.2
Snacks, brown rice chips	4.2
Snacks, potato chips, lightly salted	4.2
Rolls, hamburger or hot dog, wheat/cracked wheat	4.2
Bread, french or vienna, whole wheat	4.2

Rice cake, cracker (include hain mini rice cakes)	4.2
Beans, chili, barbecue, ranch style, cooked	4.2
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	4.2
Apricots, dried, sulfured, stewed, with added sugar	4.1
Brussels sprouts, frozen, cooked, boiled, drained, without salt	4.1
Kale, raw	4.1
Potatoes, au gratin, dry mix, unprepared	4.1
Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	4.1
Taro, raw	4.1
Tomato products, canned, paste, without salt added (Includes foods for USDA's Food Distribution Program)	4.1
Yam, raw	4.1
Brussels sprouts, frozen, cooked, boiled, drained, with salt	4.1
Peas, green, canned, no salt added, drained solids	4.1
Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	4.1
Beans, baked, canned, plain or vegetarian	4.1
Cookies, chocolate sandwich, with creme filling, special dietary	4.1
Rolls, dinner, oat bran	4.1
Bagels, wheat	4.1
Candies, peanut bar	4.1
School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	4.1
School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	4.1
Snacks, bagel chips, plain	4.1
T.G.I. FRIDAY'S, french fries	4.1
Mustard, prepared, yellow	4
Babyfood, crackers, vegetable	4
Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	4
Pomegranates, raw	4
Chicory greens, raw	4
Collards, raw	4
Collards, cooked, boiled, drained, without salt	4
Kale, cooked, boiled, drained, without salt	4
Succotash, (corn and limas), frozen, unprepared	4
Vegetables, mixed, frozen, unprepared	4
Collards, cooked, boiled, drained, with salt	4
Parsnips, cooked, boiled, drained, with salt	4
Seeds, hemp seed, hulled	4
Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	4
Beans, baked, canned, with pork and tomato sauce	4
Hummus, home prepared	4
Bread, oatmeal	4
Bread, wheat	4
Snacks, corn-based, extruded, chips, plain	4
Snacks, tortilla chips, ranch-flavor	4

Baking chocolate, mexican, squares	4
Puddings, coconut cream, dry mix, instant	4
Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	4
Snacks, rice cakes, brown rice, rye	4
WENDY'S, french fries	4
School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	4
School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	4
Candies, MARS SNACKFOOD US, M & M's Peanut Butter Chocolate Candies	4
Spices, saffron	3.9
Babyfood, peas, dices, toddler	3.9
Soup, pea, green, canned, condensed	3.9
Grapes, muscadine, raw	3.9
Artichokes, (globe or french), frozen, unprepared	3.9
Squash, winter, hubbard, raw	3.9
Yam, cooked, boiled, drained, or baked, without salt	3.9
Yam, cooked, boiled, drained, or baked, with salt	3.9
Tofu, fried	3.9
Tofu, fried, prepared with calcium sulfate	3.9
Snacks, corn-based, extruded, onion-flavor	3.9
Candies, REESE'S NUTRAGEOUS Candy Bar	3.9
Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	3.9
Cornmeal, degermed, enriched, yellow	3.9
Semolina, enriched	3.9
Pasta, whole-wheat, cooked (Includes foods for USDA's Food Distribution Program)	3.9
Spelt, cooked	3.9
Cornmeal, degermed, enriched, white	3.9
Cornmeal, degermed, unenriched, yellow	3.9
Semolina, unenriched	3.9
Cornmeal, degermed, unenriched, white	3.9
Fast foods, taco with beef, cheese and lettuce, hard shell	3.9
McDONALD'S, french fries	3.9
TACO BELL, Original Taco with beef, cheese and lettuce	3.9
School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	3.9
APPLEBEE'S, french fries	3.9
Restaurant, family style, french fries	3.9
Vermicelli, made from soy	3.9
Frankfurter, meatless	3.9
Gravy, instant turkey, dry	3.8
Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	3.8
Cereals ready-to-eat, chocolate-flavored frosted puffed corn	3.8
Prunes, canned, heavy syrup pack, solids and liquids	3.8
Plums, dried (prunes), stewed, with added sugar	3.8
Durian, raw or frozen	3.8

Brussels sprouts, raw	3.8
Brussels sprouts, frozen, unprepared	3.8
Mushrooms, Chanterelle, raw	3.8
Vegetables, mixed, canned, solids and liquids	3.8
Epazote, raw	3.8
Beverages, Orange-flavor drink, breakfast type, low calorie, powder	3.8
Yardlong beans, mature seeds, cooked, boiled, without salt	3.8
Yardlong beans, mature seeds, cooked, boiled, with salt	3.8
Rolls, dinner, wheat	3.8
Rolls, hamburger or hotdog, mixed-grain	3.8
Crackers, snack, Goya Crackers	3.8
Snacks, popcorn, caramel-coated, with peanuts	3.8
Snacks, potato chips, barbecue-flavor	3.8
Snacks, rice cakes, brown rice, buckwheat	3.8
Candies, carob, unsweetened	3.8
Candies, HERSHEY'S POT OF GOLD Almond Bar	3.8
Candies, MR. GOODBAR Chocolate Bar	3.8
Snacks, granola bars, soft, uncoated, chocolate chip	3.8
Candies, HERSHEY'S, PAYDAY Bar	3.8
Barley, pearled, cooked	3.8
Fast foods, potato, french fried in vegetable oil	3.8
School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	3.8
POPEYES, biscuit	3.8
Snacks, pita chips, salted	3.8
Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	3.8
Snacks, peas, roasted, wasabi-flavored	3.8
Granola bar, soft, milk chocolate coated, peanut butter	3.8
Beet greens, raw	3.7
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.7
Taro leaves, raw	3.7
Tree fern, cooked, without salt	3.7
Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	3.7
Tree fern, cooked, with salt	3.7
Peppers, serrano, raw	3.7
Nuts, pine nuts, dried	3.7
Beverages, Cocoa mix, powder	3.7
Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	3.7
Broadbeans (fava beans), mature seeds, canned	3.7
Refried beans, canned, traditional style	3.7
Refried beans, canned, traditional, reduced sodium	3.7
Cake, fruitcake, commercially prepared	3.7
Rolls, dinner, egg	3.7
Candies, MARS SNACKFOOD US, M & M's Peanut Chocolate Candies	3.7

Candies, MOUNDS Candy Bar	3.7
Fast foods, burrito, with beans, cheese, and beef	3.7
Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	3.7
TACO BELL, BURRITO SUPREME with beef	3.7
TACO BELL, Nachos Supreme	3.7
Snacks, yucca (cassava) chips, salted	3.7
Cranberries, raw	3.6
Guava sauce, cooked	3.6
Persimmons, japanese, raw	3.6
Prickly pears, raw	3.6
Pears, asian, raw	3.6
Lima beans, immature seeds, canned, regular pack, solids and liquids	3.6
Collards, frozen, chopped, unprepared	3.6
Kohlrabi, raw	3.6
Mushrooms, shiitake, stir-fried	3.6
Parsnips, cooked, boiled, drained, without salt	3.6
Seaweed, spirulina, dried	3.6
Lima beans, immature seeds, canned, no salt added, solids and liquids	3.6
Nuts, walnuts, glazed	3.6
Cowpeas, catjang, mature seeds, cooked, boiled, without salt	3.6
Cowpeas, catjang, mature seeds, cooked, boiled, with salt	3.6
Bagels, oat bran	3.6
Crackers, rye, sandwich-type with cheese filling	3.6
Snacks, M & M MARS, COMBOS Snacks Cheddar Cheese Pretzel	3.6
Candies, REESE'S Peanut Butter Cups	3.6
Puddings, chocolate, dry mix, instant	3.6
Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	3.6
Snacks, crisped rice bar, almond	3.6
Cheese puffs and twists, corn based, baked, low fat	3.6
Frozen novelties, No Sugar Added CREAMSICLE Pops	3.6
Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	3.6
Rice, brown, long-grain, raw (Includes foods for USDA's Food Distribution Program)	3.6
Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	3.6
Udi's, Gluten Free, Classic French Dinner Rolls	3.6
Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	3.6
Chicken, meatless	3.6
Plantains, green, fried	3.5
Dandelion greens, raw	3.5
Peas and onions, frozen, unprepared	3.5
Turnip greens, cooked, boiled, drained, without salt	3.5
Turnip greens, cooked, boiled, drained, with salt	3.5
Muffins, English, plain, enriched, with ca prop (includes sourdough)	3.5

Tortillas, ready-to-bake or -fry, flour, refrigerated	3.5
Candies, praline, prepared-from-recipe	3.5
Snacks, fruit leather, pieces, with vitamin C	3.5
Rice, brown, parboiled, dry, UNCLE BEN'S	3.5
Millet flour	3.5
Snacks, soy chips or crisps, salted	3.5
Snacks, plantain chips, salted	3.5
Snack, Pretzel, hard chocolate coated	3.5
Cookie, with peanut butter filling, chocolate-coated	3.5
Crackers, multigrain	3.5
Bread, cinnamon	3.5
English muffins, whole grain white	3.5
Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	3.5
Cookies, Marie biscuit	3.5
Pepperidge Farm, Goldfish, Baked Snack Crackers, Parmesan	3.5
Pepperidge Farm, Goldfish, Baked Snack Crackers, Pizza	3.5
Rudi's, Gluten-Free Bakery, Original Sandwich Bread	3.5
CRACKER BARREL, steak fries	3.5
DENNY'S, french fries	3.5
Candies, chocolate covered, low sugar or low calorie	3.5
Babyfood, cookie, baby, fruit	3.4
Soup, black bean, canned, prepared with equal volume water	3.4
Cereals ready-to-eat, QUAKER, KING VITAMAN	3.4
Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	3.4
Blackberries, canned, heavy syrup, solids and liquids	3.4
Beans, shellie, canned, solids and liquids	3.4
Beans, snap, green, frozen, all styles, microwaved	3.4
Beans, snap, green, microwaved	3.4
Peas and carrots, frozen, unprepared	3.4
Turnip greens, frozen, cooked, boiled, drained, without salt	3.4
Beans, snap, yellow, raw	3.4
Turnip greens, frozen, cooked, boiled, drained, with salt	3.4
Pepper, banana, raw	3.4
Cookies, chocolate wafers	3.4
Cookies, graham crackers, plain or honey (includes cinnamon)	3.4
Crackers, cheese, sandwich-type with peanut butter filling	3.4
Crackers, milk	3.4
Muffins, corn, commercially prepared	3.4
Pie crust, standard-type, prepared from recipe, unbaked	3.4
Nabisco, Nabisco Grahams Crackers	3.4
Crackers, wheat, reduced fat	3.4
Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	3.4
Snacks, pretzels, hard, plain, salted	3.4
Candies, milk chocolate	3.4
Snacks, potato chips, made from dried potatoes, cheese-flavor	3.4
Snacks, potato sticks	3.4
Arrowroot flour	3.4

Rice, brown, medium-grain, raw (Includes foods for USDA's Food Distribution Program)	3.4
Burrito, bean and cheese, frozen	3.4
Cookies, peanut butter, commercially prepared, sugar free	3.4
Cookies, sugar wafer, chocolate-covered	3.4
Sweet Potatoes, french fried, crosscut, frozen, unprepared	3.4
Tortilla, blue corn, Sakwavikaviki (Hopi)	3.4
Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	3.4
Horseradish, prepared	3.3
Salad dressing, thousand island dressing, fat-free	3.3
Cereals, CREAM OF WHEAT, instant, dry	3.3
Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	3.3
Olives, pickled, canned or bottled, green	3.3
Raisins, golden, seedless	3.3
Raspberries, canned, red, heavy syrup pack, solids and liquids	3.3
Soursop, raw	3.3
Prune puree	3.3
Broccoli, cooked, boiled, drained, without salt	3.3
Burdock root, raw	3.3
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	3.3
Carrots, frozen, cooked, boiled, drained, without salt	3.3
Cowpeas, young pods with seeds, raw	3.3
Hyacinth-beans, immature seeds, raw	3.3
Mustard greens, frozen, unprepared	3.3
Parsley, fresh	3.3
Peas, green, canned, regular pack, solids and liquids	3.3
Potatoes, boiled, cooked in skin, skin, without salt	3.3
Salsify, (vegetable oyster), raw	3.3
Sweet potato, cooked, baked in skin, flesh, without salt	3.3
Potato pancakes	3.3
Beans, snap, yellow, cooked, boiled, drained, without salt	3.3
Beans, snap, yellow, cooked, boiled, drained, with salt	3.3
Broccoli, cooked, boiled, drained, with salt	3.3
Carrots, frozen, cooked, boiled, drained, with salt	3.3
Peas, green, canned, no salt added, solids and liquids	3.3
Peas and carrots, canned, no salt added, solids and liquids	3.3
Potatoes, boiled, cooked in skin, skin, with salt	3.3
Sweet potato, cooked, baked in skin, flesh, with salt	3.3
Cauliflower, green, cooked, no salt added	3.3
Cauliflower, green, cooked, with salt	3.3
Nuts, cashew nuts, oil roasted, without salt added	3.3
Nuts, cashew nuts, raw	3.3
Nuts, cashew nuts, oil roasted, with salt added	3.3
Chili with beans, canned	3.3
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	3.3
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	3.3

Cookies, oatmeal, with raisins	3.3
Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	3.3
Bread, protein, (includes gluten), toasted	3.3
Tortillas, ready-to-bake or -fry, flour, without added calcium	3.3
Crackers, cheese, reduced fat	3.3
Candies, milk chocolate, with rice cereal	3.3
Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	3.3
Candies, crispy bar with peanut butter filling	3.3
Noodles, egg, dry, enriched	3.3
Noodles, egg, dry, unenriched	3.3
Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	3.3
WENDY'S, Frosty Dairy Dessert	3.3
Chili con carne with beans, canned entree	3.3
Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	3.3
Snacks, Pretzels, gluten- free made with cornstarch and potato flour	3.3
Tamales, masa and pork filling (Hopi)	3.3
Candies, nougat, with almonds	3.3
Sandwich spread, meatless	3.3
Capers, canned	3.2
Soup, chicken noodle, dry, mix	3.2
Soup, chicken mushroom, canned, condensed	3.2
Gravy, brown instant, dry	3.2
Cereals ready-to-eat, POST, Honeycomb Cereal	3.2
Maraschino cherries, canned, drained	3.2
Plantains, yellow, fried, Latino restaurant	3.2
Beans, snap, green, cooked, boiled, drained, without salt	3.2
Mustard greens, raw	3.2
Okra, raw	3.2
Potatoes, hash brown, home-prepared	3.2
Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	3.2
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	3.2
Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	3.2
Squash, winter, butternut, cooked, baked, without salt	3.2
Turnip greens, raw	3.2
Drumstick pods, raw	3.2
Shallots, raw	3.2
Beans, snap, green, cooked, boiled, drained, with salt	3.2
Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	3.2
Squash, winter, butternut, cooked, baked, with salt	3.2
Pickle relish, hamburger	3.2
Cauliflower, green, raw	3.2
Bread, stuffing, dry mix	3.2

Cake, snack cakes, creme-filled, chocolate with frosting	3.2
Rolls, french	3.2
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	3.2
Snacks, potato chips, made from dried potatoes, reduced fat	3.2
Pasta, dry, enriched	3.2
Pasta, dry, unenriched	3.2
Fast foods, nachos, with cheese	3.2
CHICK-FIL-A, hash browns	3.2
TACO BELL, Nachos	3.2
Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	3.2
Snacks, granola bar, QUAKER, DIPPS, all flavors	3.2
Blackberries, wild, raw (Alaska Native)	3.2
Restaurant, Latino, tamale, corn	3.2
SMART SOUP, Moroccan Chick Pea	3.1
Pears, raw	3.1
Plums, dried (prunes), stewed, without added sugar	3.1
Pears, raw, bartlett (Includes foods for USDA's Food Distribution Program)	3.1
Pears, raw, bosc (Includes foods for USDA's Food Distribution Program)	3.1
Pears, raw, green anjou (Includes foods for USDA's Food Distribution Program)	3.1
Cabbage, savoy, raw	3.1
Chicory, witloof, raw	3.1
Endive, raw	3.1
Lotus root, cooked, boiled, drained, without salt	3.1
Peas, edible-podded, frozen, unprepared	3.1
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	3.1
Peas and carrots, frozen, cooked, boiled, drained, without salt	3.1
Salsify, cooked, boiled, drained, without salt	3.1
Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	3.1
Lotus root, cooked, boiled, drained, with salt	3.1
Peas, edible-podded, frozen, cooked, boiled, drained, with salt	3.1
Peas and carrots, frozen, cooked, boiled, drained, with salt	3.1
Salsify, cooked, boiled, drained, with salt	3.1
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	3.1
Fennel, bulb, raw	3.1
Beverages, Protein powder whey based	3.1
Bread, french or vienna, toasted (includes sourdough)	3.1
Crackers, wheat, sandwich, with cheese filling	3.1
Candies, 5TH AVENUE Candy Bar	3.1
Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	3.1
Candies, REESE'S BITES	3.1
Snacks, potato chips, plain, salted	3.1
Snacks, granola bar, chewy, reduced sugar, all flavors	3.1
Snack, BALANCE, original bar	3.1

Crackers, flavored, fish-shaped	3.1
Rolls, dinner, sweet	3.1
Spanish rice mix, dry mix, unprepared	3.1
Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	3.1
Tamales (Navajo)	3.1
APPLEBEE'S, crunchy onion rings	3.1
Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	3.1
Cabbage, japanese style, fresh, pickled	3.1
Cabbage, mustard, salted	3.1
Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	3.1
Soup, cream of vegetable, dry, powder	3
Soup, ramen noodle, beef flavor, dry	3
Cherimoya, raw	3
Kiwifruit, green, raw	3
Mammy-apple, (mamey), raw	3
Pears, raw, red anjou	3
Beans, snap, green, frozen, cooked, boiled, drained without salt	3
Broccoli, frozen, chopped, unprepared	3
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	3
Broccoli, frozen, spears, unprepared (Includes foods for USDA's Food Distribution Program)	3
Broccoli, frozen, spears, cooked, boiled, drained, without salt	3
Carrots, cooked, boiled, drained, without salt	3
Chrysanthemum, garland, raw	3
Eggplant, raw	3
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	3
Succotash, (corn and limas), canned, with cream style corn	3
Sweet potato, raw, unprepared (Includes foods for USDA's Food Distribution Program)	3
Vegetables, mixed, canned, drained solids	3
Waterchestnuts, chinese, (matai), raw	3
Sweet potato, canned, syrup pack, drained solids	3
Chrysanthemum leaves, raw	3
Beans, snap, green, frozen, cooked, boiled, drained, with salt	3
Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	3
Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	3
Broccoli, frozen, chopped, cooked, boiled, drained, with salt	3
Broccoli, frozen, spears, cooked, boiled, drained, with salt	3
Carrots, cooked, boiled, drained, with salt	3
Seeds, cottonseed flour, partially defatted (glandless)	3
Nuts, cashew nuts, dry roasted, without salt added	3
Nuts, cashew nuts, dry roasted, with salt added	3
Nuts, cashew butter, plain, with salt added	3
Bread, protein (includes gluten)	3
Bread, sticks, plain	3
Cookies, chocolate chip, commercially prepared, regular, lower fat	3

Crackers, matzo, plain	3
Muffins, English, raisin-cinnamon, toasted (includes apple-cinnamon)	3
Ice cream cones, cake or wafer-type	3
Crackers, saltines, unsalted tops (includes oyster, soda, soup)	3
Candies, REESE'S PIECES Candy	3
Snacks, rice cakes, brown rice, multigrain	3
Snacks, KELLOGG, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	3
Fast foods, burrito, with beans and beef	3
TACO BELL, Taco Salad	3
DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	3
Pizza, cheese topping, thin crust, frozen, cooked	3
Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	3
Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	3
Babyfood, rice and apples, dry	3
Soup, bean with pork, canned, prepared with equal volume water	2.9
Soup, ramen noodle, any flavor, dry	2.9
SMART SOUP, French Lentil	2.9
Soup, ramen noodle, chicken flavor, dry	2.9
Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	2.9
Figs, raw	2.9
Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	2.9
Beet greens, cooked, boiled, drained, without salt	2.9
Dandelion greens, cooked, boiled, drained, without salt	2.9
Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	2.9
Potatoes, hash brown, frozen, with butter sauce, unprepared	2.9
Potatoes, frozen, french fried, par fried, extruded, unprepared	2.9
Pumpkin, canned, without salt	2.9
Sauerkraut, canned, solids and liquids	2.9
Spinach, frozen, chopped or leaf, unprepared (Includes foods for USDA's Food Distribution Program)	2.9
Squash, winter, hubbard, cooked, boiled, mashed, without salt	2.9
Waxgourd, (chinese preserving melon), raw	2.9
Dock, raw	2.9
Beet greens, cooked, boiled, drained, with salt	2.9
Dandelion greens, cooked, boiled, drained, with salt	2.9
Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	2.9
Pumpkin, canned, with salt	2.9
Squash, winter, hubbard, cooked, boiled, mashed, with salt	2.9
Corn, sweet, white, frozen, kernels cut off cob, unprepared	2.9
Carrots, baby, raw	2.9
Bread, white, commercially prepared, toasted	2.9
Bread, stuffing, cornbread, dry mix, prepared	2.9
Cookies, chocolate sandwich, with creme filling, regular	2.9
Cookies, oatmeal, commercially prepared, special dietary	2.9
Pancakes, plain, dry mix, complete (includes buttermilk)	2.9
Crackers, saltines, low salt (includes oyster, soda, soup)	2.9

Archway Home Style Cookies, Oatmeal	2.9
Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry	2.9
Topping, SMUCKER'S MAGIC SHELL	2.9
Snacks, popcorn, cakes	2.9
Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	2.9
Snack, potato chips, made from dried potatoes, plain	2.9
Snacks, rice cakes, brown rice, corn	2.9
Snacks, granola bars, hard, peanut butter	2.9
Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	2.9
Fast foods, hush puppies	2.9
BURGER KING, french fries	2.9
TACO BELL, Soft Taco with beef, cheese and lettuce	2.9
Fast foods, taco with beef, cheese and lettuce, soft	2.9
School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	2.9
Chili with beans, microwavable bowls	2.9
Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET & SALTY NUT, peanut	2.9
Cookies, chocolate sandwich, with creme filling, reduced fat	2.9
Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	2.9
Andrea's, Gluten Free Soft Dinner Roll	2.9
Taquitos, frozen, chicken and cheese, oven-heated	2.9
Restaurant, Latino, pupusas con queso (pupusas, cheese)	2.9
Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	2.9
Babyfood, fruit, pears, strained	2.8
Babyfood, fruit, pears, junior	2.8
Sauce, hoisin, ready-to-serve	2.8
Cereals, MALT-O-MEAL, chocolate, dry	2.8
Apples, raw, without skin, cooked, microwave	2.8
Carambola, (starfruit), raw	2.8
Lemons, raw, without peel	2.8
Limes, raw	2.8
Apples, raw, granny smith, with skin (Includes foods for USDA's Food Distribution Program)	2.8
Balsam-pear (bitter gourd), pods, raw	2.8
Beets, raw	2.8
Broccoli raab, cooked	2.8
Cabbage, savoy, cooked, boiled, drained, without salt	2.8
Carrots, raw	2.8
Chayote, fruit, cooked, boiled, drained, without salt	2.8
Collards, frozen, chopped, cooked, boiled, drained, without salt	2.8
Coriander (cilantro) leaves, raw	2.8
Corn, sweet, yellow, frozen, kernels on cob, unprepared	2.8
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	2.8
Escarole, cooked, boiled, drained, no salt added	2.8

Mushrooms, morel, raw	2.8
Mustard greens, frozen, cooked, boiled, drained, without salt	2.8
Mustard spinach, (tendergreen), raw	2.8
Peas, edible-podded, boiled, drained, without salt	2.8
Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	2.8
Squash, winter, all varieties, cooked, baked, without salt	2.8
Beans, snap, yellow, frozen, all styles, unprepared	2.8
Cabbage, savoy, cooked, boiled, drained, with salt	2.8
Chayote, fruit, cooked, boiled, drained, with salt	2.8
Collards, frozen, chopped, cooked, boiled, drained, with salt	2.8
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	2.8
Mustard greens, frozen, cooked, boiled, drained, with salt	2.8
Peas, edible-podded, cooked, boiled, drained, with salt	2.8
Squash, winter, all varieties, cooked, baked, with salt	2.8
Corn, sweet, white, frozen, kernels on cob, unprepared	2.8
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	2.8
Peppers, jalapeno, raw	2.8
Lupins, mature seeds, cooked, boiled, without salt	2.8
Sausage, meatless	2.8
Lupins, mature seeds, cooked, boiled, with salt	2.8
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	2.8
Cookies, fudge, cake-type (includes trolley cakes)	2.8
Cookies, chocolate chip, prepared from recipe, made with margarine	2.8
Cookies, oatmeal, commercially prepared, regular	2.8
Cookies, oatmeal, refrigerated dough, baked	2.8
Crackers, matzo, egg	2.8
Crackers, saltines (includes oyster, soda, soup)	2.8
Muffins, English, plain, toasted, enriched, with calcium propionate (includes sourdough)	2.8
Muffins, English, mixed-grain (includes granola)	2.8
Hush puppies, prepared from recipe	2.8
Pancakes, whole-wheat, dry mix, incomplete, prepared	2.8
Archway Home Style Cookies, Peanut Butter	2.8
Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	2.8
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	2.8
Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	2.8
Syrups, chocolate, fudge-type	2.8
Snacks, sesame sticks, wheat-based, salted	2.8
Snacks, pretzels, hard, plain, made with unenriched flour, salted	2.8
Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	2.8
Snacks, pretzels, hard, plain, made with enriched flour, unsalted	2.8
Rice, white, short-grain, enriched, uncooked	2.8

Rice, white, glutinous, unenriched, uncooked	2.8
Quinoa, cooked	2.8
Teff, cooked	2.8
McDONALD'S, Hash Brown	2.8
DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	2.8
DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	2.8
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	2.8
Crackers, sandwich-type, peanut butter filled, reduced fat	2.8
Taquitos, frozen, beef and cheese, oven-heated	2.8
Pasta mix, Italian lasagna, unprepared	2.8
APPLEBEE'S, coleslaw	2.8
Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	2.7
Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	2.7
Babyfood, prunes, without vitamin c, strained	2.7
SMART SOUP, Greek Minestrone	2.7
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	2.7
Cereals, WHEATENA, cooked with water	2.7
Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	2.7
Cereals ready-to-eat, RALSTON Corn Flakes	2.7
Blueberries, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	2.7
Peaches, dried, sulfured, stewed, without added sugar	2.7
Apricots, canned, heavy syrup, drained	2.7
Pears, canned, heavy syrup, drained	2.7
Beans, snap, green, raw	2.7
Broccoli raab, raw	2.7
Cauliflower, frozen, cooked, boiled, drained, without salt	2.7
Pumpkin leaves, cooked, boiled, drained, without salt	2.7
Cauliflower, frozen, cooked, boiled, drained, with salt	2.7
Pumpkin leaves, cooked, boiled, drained, with salt	2.7
Corn, sweet, white, raw	2.7
Corn, sweet, white, cooked, boiled, drained, without salt	2.7
Corn, sweet, white, cooked, boiled, drained, with salt	2.7
Mushrooms, enoki, raw	2.7
Mushrooms, maitake, raw	2.7
Bread, white, commercially prepared (includes soft bread crumbs)	2.7
Cookies, chocolate sandwich, with extra creme filling	2.7
Cookies, oatmeal, commercially prepared, soft-type	2.7
Muffins, plain, prepared from recipe, made with low fat (2%) milk	2.7
English muffins, plain, enriched, without calcium propionate(includes sourdough)	2.7
English muffins, plain, unenriched, with calcium propionate (includes sourdough)	2.7

English muffins, plain, unenriched, without calcium propionate (includes sourdough)	2.7
Crackers, saltines, fat-free, low-sodium	2.7
Archway Home Style Cookies, Oatmeal Raisin	2.7
Pie Crust, Cookie-type, Chocolate, Ready Crust	2.7
Baking chocolate, MARS SNACKFOOD US, M & M's Milk Chocolate Mini Baking Bits	2.7
Candies, MARS SNACKFOOD US, M & M's MINIs Milk Chocolate Candies	2.7
Buckwheat groats, roasted, cooked	2.7
Wheat flour, white, all-purpose, enriched, bleached	2.7
Wheat flour, white, all-purpose, self-rising, enriched	2.7
Wheat flour, white, all-purpose, enriched, calcium-fortified	2.7
Wheat flour, white, all-purpose, unenriched	2.7
Wheat flour, white, all-purpose, enriched, unbleached	2.7
Fast foods, potatoes, hash browns, round pieces or patty	2.7
Fast foods, onion rings, breaded and fried	2.7
School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	2.7
BURGER KING, Onion Rings	2.7
Spaghetti, with meatballs in tomato sauce, canned	2.7
Snacks, potato chips, made from dried potatoes (preformed), multigrain	2.7
Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	2.7
Pasta mix, classic cheeseburger macaroni, unprepared	2.7
DENNY'S, hash browns	2.7
Restaurant, family style, hash browns	2.7
Millet, puffed	2.7
Babyfood, fruit, pears and pineapple, strained	2.6
Babyfood, fruit, pears and pineapple, junior	2.6
Babyfood, carrots and beef, strained	2.6
SMART SOUP, Indian Bean Masala	2.6
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	2.6
Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	2.6
Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	2.6
Cereals ready-to-eat, RALSTON Corn Biscuits	2.6
Cereals ready-to-eat, QUAKER, Christmas Crunch	2.6
Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	2.6
Apples, dehydrated (low moisture), sulfured, stewed	2.6
Apricots, dried, sulfured, stewed, without added sugar	2.6
Bananas, raw	2.6
Boysenberries, canned, heavy syrup	2.6
Blueberries, canned, light syrup, drained	2.6
Plantains, green, boiled	2.6
Beans, snap, green, frozen, all styles, unprepared (Includes foods for USDA's Food Distribution Program)	2.6
Broccoli, raw	2.6
Brussels sprouts, cooked, boiled, drained, without salt	2.6

Cabbage, red, cooked, boiled, drained, without salt	2.6
Corn, yellow, whole kernel, frozen, microwaved	2.6
Onions, spring or scallions (includes tops and bulb), raw	2.6
Peas, edible-podded, raw	2.6
Potatoes, roasted, salt added in processing, frozen, unprepared	2.6
Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	2.6
Squash, winter, acorn, cooked, boiled, mashed, without salt	2.6
Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	2.6
Peppers, jalapeno, canned, solids and liquids	2.6
Brussels sprouts, cooked, boiled, drained, with salt	2.6
Cabbage, red, cooked, boiled, drained, with salt	2.6
Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	2.6
Squash, winter, acorn, cooked, boiled, mashed, with salt	2.6
Beverages, chocolate syrup	2.6
Bacon, meatless	2.6
Bread, irish soda, prepared from recipe	2.6
Cracker, meal	2.6
Croissants, butter	2.6
Croissants, cheese	2.6
Muffins, English, raisin-cinnamon (includes apple-cinnamon)	2.6
Pie, fried pies, fruit	2.6
Pie, mince, prepared from recipe	2.6
Pie, fried pies, cherry	2.6
Pie, fried pies, lemon	2.6
Archway Home Style Cookies, Dutch Cocoa	2.6
Pillsbury, Crusty French Loaf, refrigerated dough	2.6
Interstate Brands Corp, Wonder Hamburger Rolls	2.6
Waffle, buttermilk, frozen, ready-to-heat, toasted	2.6
Candies, MARS SNACKFOOD US, SNICKERS Almond bar	2.6
Snacks, M & M MARS, KUDOS Whole Grain Bar, chocolate chip	2.6
Oat bran, cooked	2.6
PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	2.6
DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	2.6
DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	2.6
DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	2.6
Snacks, M & M MARS, KUDOS Whole Grain Bars, peanut butter	2.6
Cookies, oatmeal sandwich, with creme filling	2.6
Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	2.6
Ginger root, pickled, canned, with artificial sweetener	2.6
Peppers, hot pickled, canned	2.6
Pasta mix, Italian four cheese lasagna, unprepared	2.6
APPLEBEE'S, Double Crunch Shrimp	2.6
Restaurant, family style, onion rings	2.6
Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	2.6
Restaurant, Latino, pupusas del cerdo (pupusas, pork)	2.6

Restaurant, Latino, arepa (unleavened cornmeal bread)	2.6
Restaurant, Chinese, egg rolls, assorted	2.6
Babyfood, cereal, rice with pears and apple, dry, instant fortified	2.6
Pie fillings, blueberry, canned	2.6
Zwieback	2.5
Soup, chili beef, canned, condensed	2.5
Liverwurst spread	2.5
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	2.5
Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	2.5
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	2.5
Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	2.5
Cherries, tart, dried, sweetened (Includes foods for USDA's Food Distribution Program)	2.5
Olives, ripe, canned (jumbo-super colossal)	2.5
Oranges, raw, California, valencias	2.5
Cabbage, raw	2.5
Chives, raw	2.5
Eggplant, cooked, boiled, drained, without salt	2.5
Mushrooms, shiitake, raw	2.5
Mountain yam, hawaii, raw	2.5
Okra, cooked, boiled, drained, without salt	2.5
Potatoes, raw, skin	2.5
Sweet potato, cooked, boiled, without skin	2.5
Turnip greens, frozen, unprepared	2.5
Waterchestnuts, chinese, canned, solids and liquids	2.5
Beets, harvard, canned, solids and liquids	2.5
Sweet potato, canned, syrup pack, solids and liquids	2.5
Eggplant, cooked, boiled, drained, with salt	2.5
Okra, cooked, boiled, drained, with salt	2.5
Sweet potato, cooked, boiled, without skin, with salt	2.5
Broccoli, chinese, cooked	2.5
Mushrooms, straw, canned, drained solids	2.5
Bagels, cinnamon-raisin, toasted	2.5
Bread, egg, toasted	2.5
Cake, coffeecake, fruit	2.5
Cookies, oatmeal, refrigerated dough	2.5
Croissants, apple	2.5
Pie crust, standard-type, frozen, ready-to-bake, enriched	2.5
Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	2.5
Kraft, Stove Top Stuffing Mix Chicken Flavor	2.5
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	2.5
Garlic bread, frozen	2.5
Candies, TOBLERONE, milk chocolate with honey and almond nougat	2.5
Candies, fudge, chocolate, with nuts, prepared-from-recipe	2.5

Candies, NESTLE, CHUNKY Bar	2.5
Candies, truffles, prepared-from-recipe	2.5
Candies, peanut brittle, prepared-from-recipe	2.5
Frostings, coconut-nut, ready-to-eat	2.5
Popcorn, sugar syrup/caramel, fat-free	2.5
Candies, sugar-coated almonds	2.5
Candies, M & M MARS Pretzel Chocolate Candies	2.5
Candies, Tamarind	2.5
Hominy, canned, white	2.5
Hominy, canned, yellow	2.5
Fast food, biscuit	2.5
Pizza, cheese topping, rising crust, frozen, cooked	2.5
DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	2.5
PAPA JOHN'S 14" The Works Pizza, Original Crust	2.5
Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	2.5
Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	2.5
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	2.5
Cookies, gluten-free, chocolate sandwich, with creme filling	2.5
Glutino, Gluten Free Cookies, Chocolate Vanilla Creme	2.5
Babyfood, peas and brown rice	2.5
Jams and preserves, no sugar (with sodium saccharin), any flavor	2.5
Eggplant, pickled	2.5
Salad dressing, french dressing, commercial, regular	2.4
Soup, minestrone, canned, chunky, ready-to-serve	2.4
Gravy, pork, dry, powder	2.4
Soup, minestrone, canned, reduced sodium, ready-to-serve	2.4
Sauce, tomato chili sauce, bottled, with salt	2.4
Apples, raw, with skin (Includes foods for USDA's Food Distribution Program)	2.4
Apples, raw, without skin, cooked, boiled	2.4
Blueberries, raw	2.4
Gooseberries, canned, light syrup pack, solids and liquids	2.4
Oranges, raw, all commercial varieties	2.4
Oranges, raw, Florida	2.4
Peaches, dried, sulfured, stewed, with added sugar	2.4
Apples, raw, golden delicious, with skin	2.4
Corn, sweet, yellow, cooked, boiled, drained, without salt	2.4
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	2.4
Mushrooms, canned, drained solids	2.4
Potatoes, white, flesh and skin, raw	2.4
Spinach, cooked, boiled, drained, without salt	2.4
Spinach, canned, regular pack, drained solids	2.4
Turnip greens and turnips, frozen, unprepared	2.4
Corn, sweet, yellow, cooked, boiled, drained, with salt	2.4
Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	2.4
Spinach, cooked, boiled, drained, with salt	2.4

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	2.4
Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	2.4
Hearts of palm, canned	2.4
Muffins, corn, dry mix, prepared	2.4
Sweet rolls, cinnamon, commercially prepared with raisins	2.4
Waffles, plain, frozen, ready -to-heat, toasted	2.4
Crackers, cheese, low sodium	2.4
Waffle, buttermilk, frozen, ready-to-heat, microwaved	2.4
Waffle, plain, frozen, ready-to-heat, microwave	2.4
Crackers, cream, Gamesa Sabrosas	2.4
Crackers, cream, La Moderna Rikis Cream Crackers	2.4
Tortillas, ready-to-bake or -fry, flour, shelf stable	2.4
Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	2.4
Candies, NESTLE, AFTER EIGHT Mints	2.4
Chewing gum	2.4
Frostings, chocolate, creamy, dry mix	2.4
Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	2.4
Candies, soft fruit and nut squares	2.4
Rice flour, white, unenriched	2.4
Wheat flour, white, bread, enriched	2.4
Wheat flours, bread, unenriched	2.4
Spaghetti, protein-fortified, dry, enriched (n x 6.25)	2.4
BURGER KING, Original Chicken Sandwich	2.4
TACO BELL, BURRITO SUPREME with chicken	2.4
TACO BELL, BURRITO SUPREME with steak	2.4
DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	2.4
DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	2.4
PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	2.4
PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	2.4
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	2.4
DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	2.4
PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	2.4
Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	2.4
PIZZA HUT, breadstick, parmesan garlic	2.4
Egg rolls, chicken, refrigerated, heated	2.4
Egg rolls, vegetable, frozen, prepared	2.4
Snacks, M & M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	2.4
Pepperidge Farm, Goldfish, Baked Snack Crackers, Original	2.4
Potatoes, french fried, wedge cut, frozen, unprepared	2.4
Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	2.4
Tortilla, includes plain and from mutton sandwich (Navajo)	2.4
DENNY'S, onion rings	2.4
Restaurant, Latino, tamale, pork	2.4
Chewing gum, sugarless	2.4
Potatoes, canned, drained solids, no salt added	2.4

Babyfood, pretzels	2.3
Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	2.3
Meatballs, frozen, Italian style	2.3
Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	2.3
Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	2.3
Cherries, sweet, canned, pitted, heavy syrup, drained	2.3
Apples, raw, red delicious, with skin (Includes foods for USDA's Food Distribution Program)	2.3
Apples, raw, gala, with skin (Includes foods for USDA's Food Distribution Program)	2.3
Cauliflower, cooked, boiled, drained, without salt	2.3
Cauliflower, frozen, unprepared	2.3
Chrysanthemum, garland, cooked, boiled, drained, without salt	2.3
Kale, frozen, cooked, boiled, drained, without salt	2.3
Peas and onions, canned, solids and liquids	2.3
Potatoes, Russet, flesh and skin, baked	2.3
Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	2.3
Potatoes, canned, drained solids	2.3
Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	2.3
Potato puffs, frozen, unprepared	2.3
Rutabagas, raw	2.3
Potatoes, microwaved, cooked in skin, flesh and skin, without salt	2.3
Broccoli, flower clusters, raw	2.3
Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	2.3
Cabbage, common (danish, domestic, and pointed types), stored, raw	2.3
Cauliflower, cooked, boiled, drained, with salt	2.3
Chrysanthemum, garland, cooked, boiled, drained, with salt	2.3
Kale, cooked, boiled, drained, with salt	2.3
Kale, frozen, cooked, boiled, drained, with salt	2.3
Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	2.3
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	2.3
Mushrooms, oyster, raw	2.3
Tofu, raw, firm, prepared with calcium sulfate	2.3
Bagels, egg	2.3
Bagels, cinnamon-raisin	2.3
Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	2.3
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	2.3
Bread, egg	2.3
Cake, pudding-type, chocolate, dry mix	2.3
Crackers, cheese, regular	2.3
Crackers, standard snack-type, regular	2.3
Crackers, standard snack-type, sandwich, with peanut butter filling	2.3

Rolls, hard (includes kaiser)	2.3
Toaster pastries, brown-sugar-cinnamon	2.3
Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	2.3
Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	2.3
Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	2.3
Bread, white, commercially prepared, low sodium, no salt	2.3
Nabisco, Nabisco Ritz Crackers	2.3
Pie crust, deep dish, frozen, baked, made with enriched flour	2.3
Bread, pan dulce, sweet yeast bread	2.3
SCHIFF,TIGER'S MILK BAR	2.3
Candies, MARS SNACKFOOD US, SNICKERS Bar	2.3
Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	2.3
Toppings, nuts in syrup	2.3
Noodles, egg, spinach, enriched, cooked	2.3
Pizza, meat and vegetable topping, rising crust, frozen, cooked	2.3
PAPA JOHN'S 14" Cheese Pizza, Thin Crust	2.3
PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	2.3
Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	2.3
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	2.3
BURGER KING, Hash Brown Rounds	2.3
DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	2.3
DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	2.3
Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	2.3
Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	2.3
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	2.3
PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	2.3
School Lunch, chicken patty, whole grain breaded	2.3
Pizza, meat topping, thick crust, frozen, cooked	2.3
Cookie, chocolate, with icing or coating	2.3
Rolls, hamburger, whole grain white, calcium-fortified	2.3
Potatoes, french fried, cross cut, frozen, unprepared	2.3
Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	2.3
Frozen yogurts, chocolate	2.3
Babyfood, baked product, finger snacks cereal fortified	2.3
Babyfood, carrots, toddler	2.3
Nutritional supplement for people with diabetes, liquid	2.2
Babyfood, vegetables, green beans, strained	2.2
Salad dressing, french dressing, fat-free	2.2
Soup, cheese, canned, condensed	2.2
Sauce, hot chile, sriracha	2.2
Sauce, hot chile, sriracha, TUONG OT SRIRACHA	2.2
Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	2.2
Apricots, frozen, sweetened	2.2
Blueberries, frozen, sweetened	2.2
Figs, canned, water pack, solids and liquids	2.2
Figs, canned, heavy syrup pack, solids and liquids	2.2

Oranges, raw, navels (Includes foods for USDA's Food Distribution Program)	2.2
Plantains, yellow, baked	2.2
Plantains, green, raw	2.2
Bamboo shoots, raw	2.2
Mushrooms, portabella, grilled	2.2
Mushrooms, white, cooked, boiled, drained, without salt	2.2
Okra, frozen, unprepared	2.2
Onion rings, breaded, par fried, frozen, prepared, heated in oven	2.2
Peas and onions, frozen, cooked, boiled, drained, without salt	2.2
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	2.2
Spinach, raw	2.2
Tomato products, canned, sauce, with herbs and cheese	2.2
Potatoes, baked, flesh and skin, without salt	2.2
Mushrooms, white, cooked, boiled, drained, with salt	2.2
Peas and onions, frozen, cooked, boiled, drained, with salt	2.2
Potatoes, baked, flesh and skin, with salt	2.2
Spinach, canned, no salt added, solids and liquids	2.2
Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	2.2
Mushrooms, portabella, exposed to ultraviolet light, grilled	2.2
Nopales, raw	2.2
Nuts, coconut cream, raw (liquid expressed from grated meat)	2.2
Nuts, coconut milk, raw (liquid expressed from grated meat and water)	2.2
Bread, french or vienna (includes sourdough)	2.2
Bread, pita, white, enriched	2.2
Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	2.2
Cookies, gingersnaps	2.2
Cookies, graham crackers, chocolate-coated	2.2
Doughnuts, cake-type, chocolate, sugared or glazed	2.2
Strudel, apple	2.2
Waffles, plain, frozen, ready-to-heat	2.2
Leavening agents, baking powder, low-sodium	2.2
Bread, pita, white, unenriched	2.2
Archway Home Style Cookies, Raspberry Filled	2.2
Archway Home Style Cookies, Strawberry Filled	2.2
Waffles, buttermilk, frozen, ready-to-heat	2.2
Pastry, Pastelitos de Guava (guava pastries)	2.2
Snacks, crisped rice bar, chocolate chip	2.2
Candies, KRACKEL Chocolate Bar	2.2
Candies, NESTLE, RAISINETS Chocolate Covered Raisins	2.2
Frozen yogurts, chocolate, soft-serve	2.2
Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	2.2
Pizza, cheese topping, regular crust, frozen, cooked	2.2
Pizza, meat and vegetable topping, regular crust, frozen, cooked	2.2
DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	2.2

Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	2.2
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	2.2
Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	2.2
Fast foods, miniature cinnamon rolls	2.2
School Lunch, chicken nuggets, whole grain breaded	2.2
HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	2.2
Bread, roll, Mexican, bollilo	2.2
Bread, naan, plain, commercially prepared, refrigerated	2.2
Potatoes, yellow fleshed, french fried, frozen, unprepared	2.2
T.G.I. FRIDAY'S, fried mozzarella	2.2
CRACKER BARREL, onion rings, thick-cut	2.2
ON THE BORDER, cheese quesadilla	2.2
Restaurant, Mexican, cheese tamales	2.2
Jellies, no sugar (with sodium saccharin), any flavors	2.2
Radishes, hawaiian style, pickled	2.2
Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.2
Dill weed, fresh	2.1
Babyfood, dinner, vegetables chicken, strained	2.1
Babyfood, vegetables, corn, creamed, strained	2.1
Babyfood, vegetables, corn, creamed, junior	2.1
Babyfood, fruit, apple and raspberry, strained	2.1
Babyfood, fruit, apple and raspberry, junior	2.1
Soup, vegetable, canned, low sodium, condensed	2.1
Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	2.1
Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	2.1
Cereals, MALT-O-MEAL, original, plain, dry	2.1
Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	2.1
Cherries, sweet, raw	2.1
Strawberries, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	2.1
Apples, raw, fuji, with skin (Includes foods for USDA's Food Distribution Program)	2.1
Asparagus, raw	2.1
Cabbage, red, raw	2.1
Chard, swiss, cooked, boiled, drained, without salt	2.1
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	2.1
Garlic, raw	2.1
Lambquarters, cooked, boiled, drained, without salt	2.1
Lettuce, cos or romaine, raw	2.1
Mushrooms, shiitake, cooked, without salt	2.1
Okra, frozen, cooked, boiled, drained, without salt	2.1
Potatoes, flesh and skin, raw	2.1
Potatoes, white, flesh and skin, baked	2.1
Water convolvulus,raw	2.1
Sweet potato, cooked, candied, home-prepared	2.1
Chard, swiss, cooked, boiled, drained, with salt	2.1
Lambquarters, cooked, boiled, drained, with salt	2.1

Mushrooms, shiitake, cooked, with salt	2.1
Okra, frozen, cooked, boiled, drained, with salt	2.1
Peppers, sweet, red, raw	2.1
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	2.1
Malabar spinach, cooked	2.1
SILK Plus Fiber, soymilk	2.1
Biscuits, plain or buttermilk, dry mix	2.1
Bread, Italian	2.1
Cookies, brownies, commercially prepared	2.1
Cookies, peanut butter, commercially prepared, regular	2.1
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	2.1
Pie, pecan, commercially prepared	2.1
Archway Home Style Cookies, Date Filled Oatmeal	2.1
Heinz, Weight Watcher, Chocolate Eclair, frozen	2.1
Bread, cheese	2.1
Candies, sweet chocolate coated fondant	2.1
Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	2.1
Amaranth grain, cooked	2.1
SUBWAY, meatball marinara sub on white bread (no toppings)	2.1
Fast foods, submarine sandwich, meatball marinara on white bread	2.1
DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	2.1
LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	2.1
PIZZA HUT 14" Cheese Pizza, Pan Crust	2.1
DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	2.1
PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	2.1
Cookies, vanilla sandwich with creme filling, reduced fat	2.1
Babyfood, GERBER, Banana with orange medley	2.1
APPLEBEE'S, mozzarella sticks	2.1
Pectin, liquid	2.1
Breakfast bar, corn flake crust with fruit	2.1
Protein supplement, milk based, Muscle Milk Light, powder	2
Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	2
Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	2
Babyfood, GERBER, 3rd Foods, apple, mango and kiwi	2
Babyfood, vegetable, butternut squash and corn	2
Babyfood, vegetables, peas, strained	2
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	2
Gravy, brown, dry	2
Sauce, pizza, canned, ready-to-serve	2
SMART SOUP, Santa Fe Corn Chowder	2
Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	2
Cereals, WHEATENA, cooked with water, with salt	2

Apples, canned, sweetened, sliced, drained, heated	2
Apples, dried, sulfured, stewed, without added sugar	2
Apricots, raw	2
Rhubarb, frozen, cooked, with sugar	2
Strawberries, raw	2
Asparagus, cooked, boiled, drained	2
Balsam-pear (bitter melon), pods, cooked, boiled, drained, without salt	2
Beets, cooked, boiled, drained	2
Cauliflower, raw	2
Corn, sweet, yellow, raw	2
Corn, sweet, yellow, canned, whole kernel, drained solids	2
Corn, sweet, yellow, canned, vacuum pack, regular pack	2
Ginger root, raw	2
Drumstick leaves, raw	2
Drumstick leaves, cooked, boiled, drained, without salt	2
Jute, potherb, cooked, boiled, drained, without salt	2
Kale, frozen, unprepared	2
Mustard greens, cooked, boiled, drained, without salt	2
Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	2
Peas, green, canned, seasoned, solids and liquids	2
Peas and carrots, canned, regular pack, solids and liquids	2
Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	2
Potato puffs, frozen, oven-heated	2
Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	2
Squash, winter, butternut, raw	2
Taro leaves, cooked, steamed, without salt	2
Turnips, cooked, boiled, drained, without salt	2
Turnips, frozen, cooked, boiled, drained, without salt	2
Asparagus, cooked, boiled, drained, with salt	2
Balsam-pear (bitter melon), pods, cooked, boiled, drained, with salt	2
Beets, cooked, boiled, drained, with salt	2
Corn, sweet, yellow, canned, vacuum pack, no salt added	2
Drumstick leaves, cooked, boiled, drained, with salt	2
Jute, potherb, cooked, boiled, drained, with salt	2
Mustard greens, cooked, boiled, drained, with salt	2
Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	2
Potatoes, boiled, cooked in skin, flesh, with salt	2
Potatoes, boiled, cooked without skin, flesh, with salt	2
Taro, leaves, cooked, steamed, with salt	2
Turnips, cooked, boiled, drained, with salt	2
Turnips, frozen, cooked, boiled, drained, with salt	2
Corn, sweet, white, canned, whole kernel, drained solids	2
Corn, sweet, white, canned, vacuum pack, regular pack	2
Corn, sweet, white, canned, vacuum pack, no salt added	2

Nopales, cooked, without salt	2
Nuts, cashew butter, plain, without salt added	2
Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	2
Biscuits, plain or buttermilk, refrigerated dough, lower fat	2
Bread, white, prepared from recipe, made with nonfat dry milk	2
Bread, white, prepared from recipe, made with low fat (2%) milk	2
Cake, coffeecake, cinnamon with crumb topping, commercially prepared, enriched	2
Cake, coffeecake, creme-filled with chocolate frosting	2
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	2
Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	2
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	2
Cake, coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	2
Archway Home Style Cookies, Chocolate Chip Ice Box	2
Archway Home Style Cookies, Iced Oatmeal	2
Candies, NESTLE, BUTTERFINGER Bar	2
Candies, YORK Peppermint Pattie	2
Candies, NESTLE, BABY RUTH Bar	2
Candies, MARS SNACKFOOD US, MARS Almond Bar	2
Candies, YORK BITES	2
Candies, HEATH BITES	2
Candies, MARS SNACKFOOD US, M & M's Crispy Chocolate Candies	2
Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	2
Fast foods, cheeseburger; single, regular patty; plain	2
School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	2
PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	2
DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	2
PIZZA HUT 14" Pepperoni Pizza, Pan Crust	2
KFC, biscuit	2
KFC, Coleslaw	2
PIZZA HUT 14" Sausage Pizza, Pan Crust	2
Pizza, pepperoni topping, regular crust, frozen, cooked	2
Lean Pockets, Meatballs & Mozzarella	2
Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	2
Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	2
Pasta mix, classic beef, unprepared	2
Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	2
Sausage, egg and cheese breakfast biscuit	2
JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	2
Stew, hominy with mutton (Navajo)	2

Restaurant, family style, fried mozzarella sticks	2
Restaurant, Latino, empanadas, beef, prepared	2
Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	2
Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	2
Babyfood, fruit supreme dessert	2
Babyfood, vegetables, green beans, junior	1.9
Babyfood, vegetables, beets, strained	1.9
Babyfood, apples, dices, toddler	1.9
Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	1.9
Sauce, salsa, ready-to-serve	1.9
Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	1.9
Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	1.9
Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	1.9
Soup, pea, green, canned, prepared with equal volume water	1.9
Sauce, chili, peppers, hot, immature green, canned	1.9
Soup, pea, low sodium, prepared with equal volume water	1.9
Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	1.9
Cereals, farina, unenriched, dry	1.9
Apples, dried, sulfured, stewed, with added sugar	1.9
Quinces, raw	1.9
Strawberries, frozen, sweetened, sliced	1.9
Alfalfa seeds, sprouted, raw	1.9
Asparagus, frozen, unprepared	1.9
Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, without salt	1.9
Mung beans, mature seeds, sprouted, cooked, stir-fried	1.9
Beans, snap, green, canned, regular pack, drained solids	1.9
Cabbage, cooked, boiled, drained, without salt	1.9
Potatoes, scalloped, home-prepared with butter	1.9
Potatoes, french fried, all types, salt added in processing, frozen, unprepared	1.9
Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	1.9
Squash, summer, scallop, cooked, boiled, drained, without salt	1.9
Water convolvulus, cooked, boiled, drained, without salt	1.9
Sweet potato leaves, cooked, steamed, without salt	1.9
Tomatoes, red, ripe, canned, packed in tomato juice	1.9
Tomato products, canned, puree, without salt added	1.9
Tomatoes, crushed, canned	1.9
Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, with salt	1.9
Beans, snap, green, canned, no salt added, drained solids	1.9
Cabbage, common, cooked, boiled, drained, with salt	1.9
Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	1.9
Potatoes, scalloped, home-prepared with margarine	1.9
Squash, summer, scallop, cooked, boiled, drained, with salt	1.9

Water convolvulus, cooked, boiled, drained, with salt	1.9
Sweet potato leaves, cooked, steamed, with salt	1.9
Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	1.9
Tomato products, canned, puree, with salt added	1.9
Pimento, canned	1.9
Tomatillos, raw	1.9
Beverages, coffee, instant, mocha, sweetened	1.9
Cake, cheesecake, prepared from mix, no-bake type	1.9
Cookies, peanut butter sandwich, regular	1.9
Cookies, vanilla wafers, lower fat	1.9
Crackers, standard snack-type, sandwich, with cheese filling	1.9
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	1.9
Doughnuts, cake-type, plain, chocolate-coated or frosted	1.9
Pancakes, plain, dry mix, incomplete, prepared	1.9
Phyllo dough	1.9
Muffins, blueberry, toaster-type, toasted	1.9
Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	1.9
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	1.9
Danish pastry, lemon, unenriched	1.9
Danish pastry, raspberry, unenriched	1.9
Archway Home Style Cookies, Sugar Free Oatmeal	1.9
Crackers, cheese, sandwich-type with cheese filling	1.9
Pie Crust, Cookie-type, Graham Cracker, Ready Crust	1.9
Candies, honey-combed, with peanut butter	1.9
Candies, NESTLE, OH HENRY! Bar	1.9
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.9
Candies, WHATCHAMACALLIT Candy Bar	1.9
Frostings, chocolate, creamy, dry mix, prepared with butter	1.9
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.9
Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	1.9
Frostings, chocolate, creamy, dry mix, prepared with margarine	1.9
Snacks, corn cakes	1.9
Corn flour, yellow, degermed, unenriched	1.9
Rice, white, long-grain, precooked or instant, enriched, dry	1.9
Noodles, flat, crunchy, Chinese restaurant	1.9
Sorghum flour, refined, unenriched	1.9
Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	1.9
Fast foods, cheeseburger; single, regular patty, with condiments	1.9
Fast foods, coleslaw	1.9
PAPA JOHN'S 14" Cheese Pizza, Original Crust	1.9
DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	1.9
Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	1.9
Lasagna, Vegetable, frozen, baked	1.9

Sauce, salsa, verde, ready-to-serve	1.9
Cookie, butter or sugar, with chocolate icing or filling	1.9
Sweet Potato puffs, frozen, unprepared	1.9
Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	1.9
Potatoes, mashed, ready-to-eat	1.9
Restaurant, family style, coleslaw	1.9
Restaurant, Mexican, cheese enchilada	1.9
Salad Dressing, mayonnaise-like, fat-free	1.9
Babyfood, dinner, beef with vegetables	1.8
Babyfood, vegetables, spinach, creamed, strained	1.8
Babyfood, fruit, applesauce and apricots, strained	1.8
Babyfood, fruit, applesauce and apricots, junior	1.8
Babyfood, fruit, apple and blueberry, strained	1.8
Babyfood, fruit, apple and blueberry, junior	1.8
Babyfood, apples with ham, strained	1.8
Babyfood, dinner, apples and chicken, strained	1.8
Babyfood, corn and sweet potatoes, strained	1.8
Soup, broccoli cheese, canned, condensed, commercial	1.8
Sauce, pesto, ready-to-serve, refrigerated	1.8
Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	1.8
Sauce, pasta, spaghetti/marinara, ready-to-serve	1.8
Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	1.8
Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	1.8
Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	1.8
Rice and Wheat cereal bar	1.8
Figs, canned, light syrup pack, solids and liquids	1.8
Mangosteen, canned, syrup pack	1.8
Tangerines, (mandarin oranges), raw	1.8
Peaches, frozen, sliced, sweetened	1.8
Rhubarb, raw	1.8
Rhubarb, frozen, uncooked	1.8
Mung beans, mature seeds, sprouted, raw	1.8
Beets, canned, drained solids	1.8
Burdock root, cooked, boiled, drained, without salt	1.8
Carrots, canned, regular pack, solids and liquids	1.8
Cassava, raw	1.8
Celeriac, raw	1.8
Leeks, (bulb and lower leaf-portion), raw	1.8
Mushrooms, white, stir-fried	1.8
Onions, frozen, chopped, unprepared	1.8
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.8
Onions, young green, tops only	1.8
Onion rings, breaded, par fried, frozen, unprepared	1.8
Peppers, sweet, green, sauteed	1.8
Potatoes, red, flesh and skin, baked	1.8
Potatoes, boiled, cooked in skin, flesh, without salt	1.8
Potatoes, boiled, cooked without skin, flesh, without salt	1.8
Potatoes, au gratin, home-prepared from recipe using butter	1.8

Rutabagas, cooked, boiled, drained, without salt	1.8
Sweet potato, canned, vacuum pack	1.8
Sweet potato, frozen, cooked, baked, without salt	1.8
Tomato products, canned, sauce, with onions	1.8
Turnips, raw	1.8
Turnips, frozen, unprepared	1.8
Burdock root, cooked, boiled, drained, with salt	1.8
Carrots, canned, no salt added, solids and liquids	1.8
Potatoes, au gratin, home-prepared from recipe using margarine	1.8
Rutabagas, cooked, boiled, drained, with salt	1.8
Sweet potato, frozen, cooked, baked, with salt	1.8
Peppers, sweet, red, sauteed	1.8
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.8
Biscuits, plain or buttermilk, dry mix, prepared	1.8
Cookies, chocolate chip, commercially prepared, soft-type	1.8
Cookies, shortbread, commercially prepared, pecan	1.8
Muffins, blueberry, toaster-type	1.8
Pie, coconut custard, commercially prepared	1.8
Pie, pumpkin, commercially prepared	1.8
Pie crust, standard-type, dry mix, prepared, baked	1.8
Rolls, hamburger or hotdog, plain	1.8
Wonton wrappers (includes egg roll wrappers)	1.8
Archway Home Style Cookies, Old Fashioned Windmill Cookies	1.8
Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	1.8
Pie crust, refrigerated, regular, unbaked	1.8
Focaccia, Italian flatbread, plain	1.8
Snacks, beef jerky, chopped and formed	1.8
Rice, brown, medium-grain, cooked (Includes foods for USDA's Food Distribution Program)	1.8
Rice, white, long-grain, parboiled, enriched, dry	1.8
Wild rice, cooked	1.8
Pasta, cooked, enriched, without added salt	1.8
Pasta, cooked, enriched, with added salt	1.8
Pasta, cooked, unenriched, without added salt	1.8
Rice, white, long-grain, parboiled, unenriched, dry	1.8
Pasta, cooked, unenriched, with added salt	1.8
Fast foods, croissant, with egg, cheese, and sausage	1.8
Fast foods, hamburger; single, regular patty; with condiments	1.8
BURGER KING, WHOPPER, no cheese	1.8
PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	1.8
PIZZA HUT 12" Pepperoni Pizza, Pan Crust	1.8
BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	1.8
Spaghetti with meat sauce, frozen entree	1.8
Sauce, cocktail, ready-to-serve	1.8
Sauce, peanut, made from peanut butter, water, soy sauce	1.8
Potatoes, hash brown, refrigerated, unprepared	1.8
Macaroni and cheese, box mix with cheese sauce, unprepared	1.8
Yellow rice with seasoning, dry packet mix, unprepared	1.8

Rice mix, cheese flavor, dry mix, unprepared	1.8
ON THE BORDER, cheese enchilada	1.8
ON THE BORDER, soft taco with ground beef, cheese and lettuce	1.8
Salad dressing, blue or roquefort cheese dressing, fat-free	1.8
Cheese, mozzarella, nonfat	1.8
Babyfood, meat, beef with vegetables, toddler	1.8
Babyfood, dinner, chicken noodle, strained	1.7
Babyfood, dinner, chicken noodle, junior	1.7
Babyfood, vegetables, carrots, strained	1.7
Babyfood, vegetables, carrots, junior	1.7
Babyfood, fruit, applesauce, strained	1.7
Babyfood, fruit, applesauce, junior	1.7
Babyfood, fortified cereal bar, fruit filling	1.7
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.7
Soup, pea, split with ham, canned, condensed	1.7
Sauce, sofrito, prepared from recipe	1.7
Sauce, pesto, ready-to-serve, shelf stable	1.7
Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	1.7
Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	1.7
Cereals ready-to-eat, rice, puffed, fortified	1.7
Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	1.7
Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	1.7
Loquats, raw	1.7
Mulberries, raw	1.7
Nectarines, raw	1.7
Papayas, raw	1.7
Plantains, yellow, raw	1.7
Strawberries, canned, heavy syrup pack, solids and liquids	1.7
Fruit cocktail, canned, heavy syrup, drained	1.7
Clementines, raw	1.7
Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	1.7
Celtuce, raw	1.7
Chayote, fruit, raw	1.7
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.7
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.7
Onions, raw	1.7
Onions, yellow, sauteed	1.7
Onions, frozen, whole, unprepared	1.7
Peppers, sweet, green, raw	1.7
Pokeberry shoots, (poke), raw	1.7
Potatoes, red, flesh and skin, raw	1.7
Sweet potato, canned, mashed	1.7
Sweet potato, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	1.7
Turnip greens, canned, solids and liquids	1.7

Tomatoes, red, ripe, cooked, stewed	1.7
Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	1.7
Corn, sweet, yellow, canned, no salt added, solids and liquids (Includes foods for USDA's Food Distribution Program)	1.7
Onions, frozen, chopped, cooked, boiled, drained, with salt	1.7
Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	1.7
Peppers, chili, green, canned	1.7
Cake, gingerbread, dry mix	1.7
Cookies, chocolate chip, refrigerated dough, baked	1.7
Cookies, peanut butter, commercially prepared, soft-type	1.7
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1.7
Ice cream cones, sugar, rolled-type	1.7
Pie crust, standard-type, prepared from recipe, baked	1.7
Continental Mills, Krusteaz Almond Poppyseed Muffin Mix, Artificially Flavored, dry	1.7
Pillsbury, Chocolate Chip Cookies, refrigerated dough	1.7
Bread, pound cake type, pan de torta salvadoran	1.7
Candies, SYMPHONY Milk Chocolate Bar	1.7
Candies, fudge, chocolate, prepared-from-recipe	1.7
Candies, fudge, chocolate marshmallow, prepared-from-recipe	1.7
Candies, NESTLE, BUTTERFINGER Crisp	1.7
Wheat flour, white, cake, enriched	1.7
Rice, brown, parboiled, cooked, UNCLE BENS	1.7
Pasta, gluten-free, brown rice flour, cooked, TINKYADA	1.7
Fast foods, cheeseburger; single, large patty; plain	1.7
Fast foods, hamburger; single, regular patty; plain	1.7
WENDY'S, Jr. Hamburger, without cheese	1.7
PIZZA HUT 12" Cheese Pizza, Pan Crust	1.7
PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	1.7
LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	1.7
LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	1.7
McDONALD'S, BIG MAC (without Big Mac Sauce)	1.7
POPEYES, Coleslaw	1.7
Fast foods, quesadilla, with chicken	1.7
Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	1.7
PIZZA HUT 14" Cheese Pizza, Stuffed Crust	1.7
Lasagna, cheese, frozen, prepared	1.7
LEAN POCKETS, Ham N Cheddar	1.7
Lasagna with meat sauce, frozen, prepared	1.7
Chicken tenders, breaded, frozen, prepared	1.7
Pretzels, soft, unsalted	1.7
Lasagna, cheese, frozen, unprepared	1.7
Stew, mutton, corn, squash (Navajo)	1.7
Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	1.7
OLIVE GARDEN, spaghetti with pomodoro sauce	1.7
CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	1.7
Restaurant, Mexican, cheese quesadilla	1.7
OLIVE GARDEN, spaghetti with meat sauce	1.7
Pretzels, soft	1.7

Basil, fresh	1.6
Babyfood, fruit, bananas with tapioca, strained	1.6
Babyfood, fruit, applesauce with banana, junior	1.6
Babyfood, fruit, bananas and pineapple with tapioca, junior	1.6
Babyfood, fruit, bananas and pineapple with tapioca, strained	1.6
Babyfood, fruit, bananas with tapioca, junior	1.6
Soup, chicken gumbo, canned, condensed	1.6
Soup, vegetable beef, canned, condensed	1.6
Cereals ready-to-eat, POST, COCOA PEBBLES	1.6
Cereals, whole wheat hot natural cereal, cooked with water, without salt	1.6
Cereals, corn grits, yellow, regular and quick, unenriched, dry	1.6
Cereals, whole wheat hot natural cereal, cooked with water, with salt	1.6
Cereals, QUAKER, hominy grits, white, regular, dry	1.6
Apricots, canned, water pack, with skin, solids and liquids	1.6
Apricots, canned, juice pack, with skin, solids and liquids	1.6
Apricots, canned, extra light syrup pack, with skin, solids and liquids (Includes foods for USDA's Food Distribution Program)	1.6
Apricots, canned, light syrup pack, with skin, solids and liquids	1.6
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.6
Apricots, canned, heavy syrup pack, without skin, solids and liquids	1.6
Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	1.6
Blueberries, canned, heavy syrup, solids and liquids	1.6
Cherries, sour, red, raw	1.6
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.6
Grapefruit, raw, pink and red, all areas	1.6
Mangos, raw	1.6
Olives, ripe, canned (small-extra large)	1.6
Pears, canned, water pack, solids and liquids	1.6
Pears, canned, juice pack, solids and liquids	1.6
Pears, canned, extra light syrup pack, solids and liquids (Includes foods for USDA's Food Distribution Program)	1.6
Pears, canned, light syrup pack, solids and liquids	1.6
Pears, canned, heavy syrup pack, solids and liquids	1.6
Pears, canned, extra heavy syrup pack, solids and liquids	1.6
Asparagus, canned, drained solids	1.6
Asparagus, frozen, cooked, boiled, drained, without salt	1.6
Cabbage, kimchi	1.6
Cardoon, raw	1.6
Celery, raw	1.6
Celery, cooked, boiled, drained, without salt	1.6
Chard, swiss, raw	1.6
Jerusalem-artichokes, raw	1.6
Peppers, sweet, green, frozen, chopped, unprepared	1.6
Potatoes, microwaved, cooked in skin, flesh, without salt	1.6
Radishes, raw	1.6

Radishes, oriental, raw	1.6
Radishes, oriental, cooked, boiled, drained, without salt	1.6
Spinach, canned, regular pack, solids and liquids	1.6
Asparagus, frozen, cooked, boiled, drained, with salt	1.6
Celery, cooked, boiled, drained, with salt	1.6
Potatoes, microwaved, cooked in skin, flesh, with salt	1.6
Radishes, oriental, cooked, boiled, drained, with salt	1.6
Peppers, sweet, red, frozen, chopped, unprepared	1.6
Arugula, raw	1.6
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.6
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.6
Cake, chocolate, prepared from recipe without frosting	1.6
Cookies, fortune	1.6
Cookies, chocolate chip, commercially prepared, special dietary	1.6
Cookies, sugar wafers with creme filling, regular	1.6
Cookies, vanilla wafers, higher fat	1.6
Muffins, corn, toaster-type	1.6
Pie, apple, commercially prepared, enriched flour	1.6
Pie, egg custard, commercially prepared	1.6
Crackers, standard snack-type, regular, low salt	1.6
Pie, apple, commercially prepared, unenriched flour	1.6
Pillsbury, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	1.6
Nabisco, Nabisco Snackwell's Fat Free Devil's Food Cookie Cakes	1.6
Pie, Dutch Apple, Commercially Prepared	1.6
Puddings, coconut cream, dry mix, regular	1.6
Rice, brown, long-grain, cooked (Includes foods for USDA's Food Distribution Program)	1.6
Rice noodles, dry	1.6
SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	1.6
Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	1.6
McDONALD'S, QUARTER POUNDER	1.6
McDONALD'S, BIG MAC	1.6
BURGER KING, DOUBLE WHOPPER, with cheese	1.6
TACO BELL, Soft Taco with steak	1.6
PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	1.6
LITTLE CAESARS 14" Cheese Pizza, Thin Crust	1.6
McDONALD'S, Hotcakes and Sausage	1.6
McDONALD'S, Side Salad	1.6
Pasta with Sliced Franks in Tomato Sauce, canned entree	1.6
Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	1.6
Cookies, chocolate, made with rice cereal	1.6
Cookies, gluten-free, chocolate wafer	1.6
Glutino, Gluten Free Wafers, Milk Chocolate	1.6
Rice and vermicelli mix, beef flavor, unprepared	1.6
Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	1.6

Macaroni or noodles with cheese, microwaveable, unprepared	1.6
CRACKER BARREL, coleslaw	1.6
OLIVE GARDEN, lasagna classico	1.6
CRACKER BARREL, farm raised catfish platter	1.6
DENNY'S, mozzarella cheese sticks	1.6
Restaurant, Italian, spaghetti with meat sauce	1.6
Babyfood, banana no tapioca, strained	1.6
Babyfood, dinner, pasta with vegetables	1.5
Babyfood, dinner, vegetables and turkey, strained	1.5
Babyfood, vegetables, sweet potatoes strained	1.5
Babyfood, vegetables, sweet potatoes, junior	1.5
Babyfood, fruit, apricot with tapioca, strained	1.5
Babyfood, fruit, apricot with tapioca, junior	1.5
Babyfood, fruit, applesauce and pineapple, strained	1.5
Babyfood, fruit, applesauce and pineapple, junior	1.5
Babyfood, vegetables, mix vegetables junior	1.5
Babyfood, vegetables, garden vegetable, strained	1.5
Babyfood, vegetables, mix vegetables strained	1.5
Salad dressing, french dressing, reduced fat	1.5
SMART SOUP, Vietnamese Carrot Lemongrass	1.5
Soup, vegetable beef, microwavable, ready-to-serve, single brand	1.5
Pickle and pimiento loaf, pork	1.5
Cereals ready-to-eat, RALSTON Crispy Hexagons	1.5
Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	1.5
Cherries, sweet, canned, water pack, solids and liquids	1.5
Cherries, sweet, canned, juice pack, solids and liquids	1.5
Cherries, sweet, canned, light syrup pack, solids and liquids	1.5
Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	1.5
Jackfruit, raw	1.5
Papaya, canned, heavy syrup, drained	1.5
Peaches, yellow, raw	1.5
Plums, canned, heavy syrup, drained	1.5
Beans, snap, green, canned, regular pack, solids and liquids	1.5
Beans, snap, canned, all styles, seasoned, solids and liquids	1.5
Carrots, canned, regular pack, drained solids	1.5
Chicory roots, raw	1.5
New Zealand spinach, raw	1.5
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.5
Potatoes, baked, flesh, without salt	1.5
Potatoes, mashed, home-prepared, whole milk and margarine added	1.5
Squash, winter, acorn, raw	1.5
Squash, winter, spaghetti, raw	1.5
Tomato products, canned, sauce	1.5
Tomato products, canned, sauce, with mushrooms	1.5
Squash, winter, all varieties, raw	1.5
Potatoes, mashed, home-prepared, whole milk added	1.5

Peppers, hot chili, green, raw	1.5
Beans, snap, green, canned, no salt added, solids and liquids	1.5
Beans, snap, yellow, canned, regular pack, solids and liquids	1.5
Beans, snap, yellow, canned, no salt added, solids and liquids	1.5
Carrots, canned, no salt added, drained solids	1.5
Peppers, hot chili, red, raw	1.5
Pokeberry shoots, (poke), cooked, boiled, drained, with salt	1.5
Potatoes, baked, flesh, with salt	1.5
Potatoes, mashed, home-prepared, whole milk and butter added	1.5
Pickle relish, hot dog	1.5
Pickles, chowchow, with cauliflower onion mustard, sweet	1.5
Yautia (tannier), raw	1.5
Fish, fish sticks, frozen, prepared	1.5
Biscuits, plain or buttermilk, prepared from recipe	1.5
Cake, angelfood, commercially prepared	1.5
Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	1.5
Cookies, chocolate chip, refrigerated dough	1.5
Cookies, vanilla sandwich with creme filling	1.5
Puff pastry, frozen, ready-to-bake, baked	1.5
Doughnuts, cake-type, plain, sugared or glazed	1.5
Puff pastry, frozen, ready-to-bake	1.5
Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	1.5
Tart, breakfast, low fat	1.5
Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	1.5
Pillsbury Grands, Buttermilk Biscuits, refrigerated dough	1.5
Waffles, chocolate chip, frozen, ready-to-heat	1.5
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.5
Fruit butters, apple	1.5
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.5
LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	1.5
McDONALD'S, Bacon Ranch Salad without chicken	1.5
Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	1.5
HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	1.5
Ravioli, meat-filled, with tomato sauce or meat sauce, canned	1.5
Sauce, steak, tomato based	1.5
Pancakes, gluten-free, frozen, ready-to-heat	1.5
Van's, Gluten Free, Totally Original Pancakes	1.5
Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	1.5
Squash, Indian, cooked, boiled (Navajo)	1.5
Stew, pinto bean and hominy, badufsuki (Hopi)	1.5
Restaurant, family style, shrimp, breaded and fried	1.5
DENNY'S, spaghetti and meatballs	1.5
Restaurant, family style, spaghetti and meatballs	1.5
Restaurant, Italian, lasagna with meat	1.5
Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	1.5

Restaurant, Latino, bunuelos (fried yeast bread)	1.5
Restaurant, Chinese, beef and vegetables	1.5
DENNY'S, golden fried shrimp	1.5
Restaurant, Chinese, kung pao chicken	1.5
CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	1.5
Tomato sauce, canned, no salt added	1.5
Jams, preserves, marmalade, reduced sugar	1.5
Babyfood, vegetable, green beans and potatoes	1.4
Babyfood, fruit and vegetable, apple and sweet potato	1.4
Babyfood, fruit, papaya and applesauce with tapioca, strained	1.4
Babyfood, fruit, bananas with apples and pears, strained	1.4
Babyfood, dessert, dutch apple, strained	1.4
Babyfood, dessert, dutch apple, junior	1.4
Babyfood, dinner, broccoli and chicken, junior	1.4
Babyfood, fruit, banana and strawberry, junior	1.4
Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	1.4
Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	1.4
Pineapple, raw, all varieties	1.4
Plums, raw	1.4
Pineapple, raw, extra sweet variety	1.4
Kiwifruit, ZESPRI SunGold, raw	1.4
Bamboo shoots, canned, drained solids	1.4
New Zealand spinach, cooked, boiled, drained, without salt	1.4
Onions, cooked, boiled, drained, without salt	1.4
Onions, frozen, whole, cooked, boiled, drained, without salt	1.4
Potatoes, canned, solids and liquids	1.4
Potatoes, hash brown, frozen, plain, unprepared	1.4
Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	1.4
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.4
Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.4
Tomato products, canned, sauce, with onions, green peppers, and celery	1.4
Tomato products, canned, sauce, with tomato tidbits	1.4
Radishes, white icicle, raw	1.4
Squash, summer, all varieties, cooked, boiled, drained, without salt	1.4
Tomato products, canned, sauce, spanish style	1.4
New zealand spinach, cooked, boiled, drained, with salt	1.4
Onions, cooked, boiled, drained, with salt	1.4
Onions, frozen, whole, cooked, boiled, drained, with salt	1.4
Squash, summer, all varieties, cooked, boiled, drained, with salt	1.4
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	1.4
Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	1.4
Beverages, KRAFT, coffee, instant, French Vanilla Cafe	1.4

Cake, boston cream pie, commercially prepared	1.4
Muffins, blueberry, dry mix	1.4
Pillsbury, Cinnamon Rolls with Icing, refrigerated dough	1.4
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.4
Pie crust, refrigerated, regular, baked	1.4
Desserts, apple crisp, prepared-from-recipe	1.4
Couscous, cooked	1.4
Rice, white, medium-grain, raw, enriched	1.4
Pasta, gluten-free, corn and rice flour, cooked	1.4
Fast foods, biscuit, with crispy chicken fillet	1.4
Fast foods, french toast sticks	1.4
Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	1.4
Fast foods, chicken fillet sandwich, plain with pickles	1.4
SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	1.4
Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	1.4
Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	1.4
McDONALD'S, FILET-O-FISH	1.4
McDONALD'S, QUARTER POUNDER with Cheese	1.4
WENDY'S, CLASSIC SINGLE Hamburger, with cheese	1.4
WENDY'S, Jr. Hamburger, with cheese	1.4
BURGER KING, DOUBLE WHOPPER, no cheese	1.4
McDONALD'S, Hotcakes (plain)	1.4
McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	1.4
McDONALD'S, Sausage McMUFFIN	1.4
BURGER KING, french toast sticks	1.4
Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	1.4
Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	1.4
Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	1.4
KFC, Crispy Chicken Strips	1.4
McDONALD'S, Southern Style Chicken Biscuit	1.4
CHICK-FIL-A, chicken sandwich	1.4
Beef macaroni with tomato sauce, frozen entree, reduced fat	1.4
Lasagna with meat & sauce, frozen entree	1.4
Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	1.4
Sauce, barbecue, KC MASTERPIECE, original	1.4
Waffles, gluten-free, frozen, ready-to-heat	1.4
Potsticker or wonton, pork and vegetable, frozen, unprepared	1.4
APPLEBEE'S, chili	1.4
Restaurant, family style, chili with meat and beans	1.4
CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	1.4
Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	1.4
Restaurant, Chinese, shrimp and vegetables	1.4

Babyfood, green beans and turkey, strained	1.4
Babyfood, tropical fruit medley	1.3
Babyfood, dinner, beef noodle, strained	1.3
Babyfood, dinner, vegetables and beef, strained	1.3
Babyfood, dinner, vegetables and beef, junior	1.3
Babyfood, green beans, dices, toddler	1.3
Babyfood, fruit, peaches, strained	1.3
Babyfood, fruit, peaches, junior	1.3
Babyfood, cereal, rice, dry fortified	1.3
Babyfood, plums, bananas and rice, strained	1.3
Babyfood, dinner, sweet potatoes and chicken, strained	1.3
Soup, cream of potato, canned, condensed	1.3
Soup, tomato rice, canned, condensed	1.3
Soup, vegetable with beef broth, canned, condensed	1.3
CAMPBELL'S CHUNKY, Old Fashioned Vegetable Beef Soup	1.3
Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	1.3
Ham, sliced, regular (approximately 11% fat)	1.3
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.3
Apples, raw, without skin	1.3
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.3
Apples, frozen, unsweetened, heated (Includes foods for USDA's Food Distribution Program)	1.3
Litchis, raw	1.3
Peaches, canned, water pack, solids and liquids	1.3
Peaches, canned, juice pack, solids and liquids	1.3
Peaches, canned, light syrup pack, solids and liquids	1.3
Peaches, canned, heavy syrup pack, solids and liquids	1.3
Peaches, spiced, canned, heavy syrup pack, solids and liquids	1.3
Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	1.3
Pineapple, canned, juice pack, drained	1.3
Lettuce, green leaf, raw	1.3
Mushrooms, portabella, raw	1.3
Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	1.3
Potatoes, russet, flesh and skin, raw (Includes foods for USDA's Food Distribution Program)	1.3
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.3
Potato salad, home-prepared	1.3
Seaweed, irishmoss, raw	1.3
Seaweed, kelp, raw	1.3
Squash, summer, zucchini, includes skin, frozen, unprepared	1.3
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	1.3
Squash, winter, butternut, frozen, unprepared	1.3
Arrowroot, raw	1.3

Peppers, hot chili, red, canned, excluding seeds, solids and liquids	1.3
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	1.3
Beans, snap, yellow, canned, regular pack, drained solids	1.3
Beans, snap, yellow, canned, no salt added, drained solids	1.3
Mushrooms, portabella, exposed to ultraviolet light, raw	1.3
Beverages, chocolate drink, milk and soy based, ready to drink, fortified	1.3
Vitasoy USA, Organic Nasoya Extra Firm Tofu	1.3
Biscuits, plain or buttermilk, frozen, baked	1.3
Cookies, shortbread, commercially prepared, plain	1.3
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.3
Danish pastry, cinnamon, enriched	1.3
Pancakes, plain, dry mix, complete, prepared	1.3
Pie, coconut creme, commercially prepared	1.3
Cake, yellow, light, dry mix	1.3
Sherbet, orange	1.3
Candies, HERSHEY'S SKOR Toffee Bar	1.3
Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	1.3
Millet, cooked	1.3
Rice, white, long-grain, regular, raw, enriched	1.3
Rice, white, long-grain, regular, raw, unenriched	1.3
Fast foods, roast beef sandwich, plain	1.3
Fast foods, potato, mashed	1.3
Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	1.3
Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	1.3
SUBWAY, turkey breast sub on white bread with lettuce and tomato	1.3
SUBWAY, black forest ham sub on white bread with lettuce and tomato	1.3
McDONALD'S, Hamburger	1.3
WENDY'S, CLASSIC SINGLE Hamburger, no cheese	1.3
WENDY'S, Homestyle Chicken Fillet Sandwich	1.3
BURGER KING, Chicken Strips	1.3
LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	1.3
McDONALD'S, McCHICKEN Sandwich	1.3
Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	1.3
Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	1.3
McDONALD'S, RANCH SNACK WRAP, Crispy	1.3
ARBY'S, roast beef sandwich, classic	1.3
Ravioli, cheese-filled, canned	1.3
Lasagna with meat & sauce, low-fat, frozen entree	1.3
Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	1.3

Potato salad with egg	1.3
Sauce, barbecue, SWEET BABY RAY'S, original	1.3
Cookies, shortbread, reduced fat	1.3
HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	1.3
APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	1.3
DENNY'S, coleslaw	1.3
CARRABBA'S ITALIAN GRILL, lasagne	1.3
Restaurant, Chinese, vegetable lo mein, without meat	1.3
Turnip greens, canned, no salt added	1.3
Yogurt, chocolate, nonfat milk	1.2
Cream substitute, flavored, powdered	1.2
Yogurt, chocolate, nonfat milk, fortified with vitamin D	1.2
Ice cream cookie sandwich	1.2
Babyfood, GERBER, 2nd Foods, apple, carrot and squash, organic	1.2
Babyfood, dinner, macaroni and tomato and beef, strained	1.2
Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	1.2
Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	1.2
Babyfood, pears, dices, toddler	1.2
Babyfood, mashed cheddar potatoes and broccoli, toddlers	1.2
Salad dressing, thousand island dressing, reduced fat	1.2
Dressing, honey mustard, fat-free	1.2
Chicken patty, frozen, uncooked	1.2
Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	1.2
Soup, clam chowder, manhattan, canned, condensed	1.2
Soup, tomato beef with noodle, canned, condensed	1.2
Soup, chili beef, canned, prepared with equal volume water	1.2
CAMPBELL'S CHUNKY, New England Clam Chowder	1.2
Soup, beef and vegetables, canned, ready-to-serve	1.2
Soup, tomato, canned, condensed, reduced sodium	1.2
Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	1.2
Applesauce, canned, sweetened, without salt	1.2
Cherries, sour, canned, water pack, drained	1.2
Peaches, canned, heavy syrup, drained	1.2
Tangerines, (mandarin oranges), canned, juice pack, drained	1.2
Applesauce, canned, sweetened, with salt	1.2
Guava nectar, with sucralose, canned	1.2
Cranberry sauce, whole, canned, OCEAN SPRAY	1.2
Beets, canned, regular pack, solids and liquids	1.2
Cabbage, chinese (pe-tsai), raw	1.2
Celeriac, cooked, boiled, drained, without salt	1.2
Corn, sweet, yellow, canned, cream style, regular pack	1.2
Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	1.2
Lettuce, iceberg (includes crisphead types), raw	1.2
Onions, canned, solids and liquids	1.2
Peppers, sweet, green, cooked, boiled, drained, without salt	1.2
Peppers, sweet, green, canned, solids and liquids	1.2
Squash, summer, crookneck and straightneck, frozen, unprepared	1.2

Squash, summer, scallop, raw	1.2
Tomatoes, red, ripe, raw, year round average	1.2
Corn pudding, home prepared	1.2
Beets, canned, no salt added, solids and liquids	1.2
Corn, sweet, yellow, canned, cream style, no salt added	1.2
Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	1.2
Peppers, sweet, green, cooked, boiled, drained, with salt	1.2
Peppers, sweet, red, cooked, boiled, drained, without salt	1.2
Peppers, sweet, red, cooked, boiled, drained, with salt	1.2
Corn, sweet, white, canned, cream style, regular pack	1.2
Corn, sweet, white, canned, cream style, no salt added	1.2
Peppers, sweet, red, canned, solids and liquids	1.2
Pickles, cucumber, sour	1.2
Pickles, cucumber, sour, low sodium	1.2
Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	1.2
Beverages, Acai berry drink, fortified	1.2
Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	1.2
Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	1.2
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.2
Cake, yellow, enriched, dry mix	1.2
Cookies, peanut butter, refrigerated dough, baked	1.2
Cookies, raisin, soft-type	1.2
Doughnuts, french crullers, glazed	1.2
Pie, lemon meringue, commercially prepared	1.2
Sweet rolls, cheese	1.2
Danish pastry, cinnamon, unenriched	1.2
Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	1.2
Archway Home Style Cookies, Molasses	1.2
Pillsbury Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	1.2
Keikitos (muffins), Latino bakery item	1.2
Pan Dulce, La Ricura, Salpura de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	1.2
Cinnamon buns, frosted (includes honey buns)	1.2
Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	1.2
Candies, CARAMELLO Candy Bar	1.2
Ice creams, chocolate	1.2
Noodles, egg, enriched, cooked	1.2
Noodles, egg, cooked, enriched, with added salt	1.2
Noodles, egg, unenriched, cooked, without added salt	1.2
Noodles, egg, cooked, unenriched, with added salt	1.2
Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	1.2
SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	1.2

Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	1.2
Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	1.2
SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	1.2
Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	1.2
SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	1.2
SUBWAY, cold cut sub on white bread with lettuce and tomato	1.2
TACO BELL, Soft Taco with chicken, cheese and lettuce	1.2
PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	1.2
McDONALD'S, Sausage Burrito	1.2
McDONALD'S, Sausage Biscuit	1.2
Fast foods, cheeseburger; single, large patty; with condiments	1.2
Fast foods, chicken tenders	1.2
POPEYES, Spicy Chicken Strips, analyzed 2006	1.2
Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	1.2
Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	1.2
Fast foods, taco with chicken, lettuce and cheese, soft	1.2
Fast foods, breakfast burrito, with egg, cheese, and sausage	1.2
Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	1.2
Pulled pork in barbecue sauce	1.2
RICE-A-RONI, chicken flavor, unprepared	1.2
Rice and vermicelli mix, rice pilaf flavor, unprepared	1.2
Macaroni and cheese, box mix with cheese sauce, prepared	1.2
Pizza rolls, frozen, unprepared	1.2
APPLEBEE'S, chicken tenders, from kids' menu	1.2
Restaurant, Italian, cheese ravioli with marinara sauce	1.2
Restaurant, Latino, chicken and rice, entree, prepared	1.2
Restaurant, Mexican, spanish rice	1.2
DENNY'S, macaroni & cheese, from kid's menu	1.2
Restaurant, Chinese, vegetable chow mein, without meat or noodles	1.2
Pie fillings, cherry, low calorie	1.2
Cream substitute, flavored, liquid	1.1
Ice cream bar, stick or nugget, with crunch coating	1.1
Babyfood, dinner, macaroni and tomato and beef, junior	1.1
Babyfood, dinner, spaghetti and tomato and meat, junior	1.1
Babyfood, dinner, vegetables and lamb, junior	1.1
Babyfood, dinner, chicken soup, strained	1.1
Babyfood, dinner, vegetables, noodles and chicken, strained	1.1
Babyfood, dinner, vegetables, noodles and chicken, junior	1.1
Babyfood, dinner, vegetables and noodles and turkey, strained	1.1
Babyfood, dinner, vegetables and noodles and turkey, junior	1.1
Babyfood, fruit dessert, mango with tapioca	1.1

Babyfood, fruit, applesauce and cherries, strained	1.1
Babyfood, fruit, applesauce and cherries, junior	1.1
Babyfood, dinner, vegetables and chicken, junior	1.1
Babyfood, dinner, beef noodle, junior	1.1
Babyfood, cereal, oatmeal, prepared with whole milk	1.1
Salad dressing, french dressing, reduced fat, without salt	1.1
Salad dressing, ranch dressing, reduced fat	1.1
Chicken breast tenders, breaded, uncooked	1.1
Soup, chunky vegetable, canned, ready-to-serve	1.1
Soup, tomato, canned, condensed	1.1
Soup, pea, green, canned, prepared with equal volume milk	1.1
CAMPBELL'S, Tomato Soup, condensed	1.1
Sauce, peanut, made from coconut, water, sugar, peanuts	1.1
Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	1.1
Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	1.1
Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYN0-BITES	1.1
Acerola, (west indian cherry), raw	1.1
Applesauce, canned, unsweetened, without added ascorbic acid (Includes foods for USDA's Food Distribution Program)	1.1
Apricots, canned, water pack, without skin, solids and liquids	1.1
Cherries, sour, red, canned, water pack, solids and liquids	1.1
Cherries, sour, red, canned, heavy syrup pack, solids and liquids	1.1
Cranberry sauce, canned, sweetened	1.1
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	1.1
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	1.1
Grapefruit, raw, pink and red and white, all areas	1.1
Grapefruit, raw, pink and red, Florida	1.1
Grapefruit, raw, white, all areas	1.1
Longans, raw	1.1
Pineapple, frozen, chunks, sweetened	1.1
Applesauce, canned, unsweetened, with added ascorbic acid	1.1
Naranjilla (lulo) pulp, frozen, unsweetened	1.1
Cress, garden, raw	1.1
Gourd, dishcloth (towelgourd), raw	1.1
Kohlrabi, cooked, boiled, drained, without salt	1.1
Lettuce, butterhead (includes boston and bibb types), raw	1.1
Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	1.1
Pumpkin, cooked, boiled, drained, without salt	1.1
Soybeans, mature seeds, sprouted, raw	1.1
Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	1.1
Tomatoes, green, raw	1.1
Squash, summer, all varieties, raw	1.1
Kohlrabi, cooked, boiled, drained, with salt	1.1
Pumpkin, cooked, boiled, drained, with salt	1.1

Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	1.1
Pickle relish, sweet	1.1
Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	1.1
Squash, zucchini, baby, raw	1.1
Nuts, coconut water (liquid from coconuts)	1.1
Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	1.1
Bread, banana, prepared from recipe, made with margarine	1.1
Cookies, peanut butter, refrigerated dough	1.1
French toast, frozen, ready-to-heat	1.1
Muffins, blueberry, commercially prepared (Includes mini-muffins)	1.1
Cake, yellow, unenriched, dry mix	1.1
Cake, pound, commercially prepared, fat-free	1.1
Archway Home Style Cookies, Old Fashioned Molasses	1.1
Archway Home Style Cookies, Reduced Fat Ginger Snaps	1.1
Snacks, corn-based, extruded, cones, plain	1.1
Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	1.1
Jams and preserves	1.1
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	1.1
Wheat, sprouted	1.1
Fast foods, hamburger, large, single patty, with condiments	1.1
McDONALD'S, Cheeseburger	1.1
WENDY'S, CLASSIC DOUBLE, with cheese	1.1
WENDY'S, Ultimate Chicken Grill Sandwich	1.1
McDONALD'S, BIG BREAKFAST	1.1
McDONALD'S, Egg McMUFFIN	1.1
Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	1.1
Yogurt parfait, lowfat, with fruit and granola	1.1
WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	1.1
Turkey Pot Pie, frozen entree	1.1
HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	1.1
Chicken pot pie, frozen entree, prepared	1.1
Beef, corned beef hash, with potato, canned	1.1
Macaroni and cheese, frozen entree	1.1
Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	1.1
Cookies, animal crackers (includes arrowroot, tea biscuits)	1.1
Restaurant, family style, chicken fingers, from kid's menu	1.1
Restaurant, family style, macaroni & cheese, from kids' menu	1.1
DENNY'S, chicken strips	1.1
CRACKER BARREL, macaroni n' cheese	1.1
ON THE BORDER, Mexican rice	1.1
OLIVE GARDEN, cheese ravioli with marinara sauce	1.1
Restaurant, Chinese, fried rice, without meat	1.1
Mayonnaise, made with tofu	1.1

Babyfood, vegetable and brown rice, strained	1.1
Babyfood, dinner, chicken and rice	1.1
Luncheon slices, meatless	1.1
Salad dressing, buttermilk, lite	1.1
Babyfood, dinner, macaroni, beef and tomato sauce, toddler	1.1
Milk, chocolate beverage, hot cocoa, homemade	1
Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	1
Yogurt, Greek, strawberry, DANNON OIKOS	1
Yogurt, Greek, strawberry, lowfat	1
Babyfood, dinner, turkey and rice, junior	1
Babyfood, cereal, mixed, with applesauce and bananas, strained	1
Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	1
Babyfood, cereal, rice, with applesauce and bananas, strained	1
Babyfood, cereal, rice, with bananas, dry	1
Babyfood, dinner, mixed vegetable, junior	1
Babyfood, banana with mixed berries, strained	1
Salad dressing, sesame seed dressing, regular	1
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1
CAMPBELL'S CHUNKY, Hearty Beef Barley Soup	1
SMART SOUP, Thai Coconut Curry	1
Bockwurst, pork, veal, raw	1
Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	1
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	1
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	1
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	1
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	1
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	1
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	1
Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	1
Orange juice, frozen concentrate, unsweetened, undiluted	1
Peaches, canned, extra light syrup, solids and liquids (Includes foods for USDA's Food Distribution Program)	1
Peaches, canned, extra heavy syrup pack, solids and liquids	1
Plums, canned, purple, extra heavy syrup pack, solids and liquids	1
Prune juice, canned	1
Pummelo, raw	1
Guava nectar, canned, with added ascorbic acid	1

Cranberry sauce, jellied, canned, OCEAN SPRAY	1
Asparagus, canned, regular pack, solids and liquids	1
Bamboo shoots, cooked, boiled, drained, without salt	1
Cabbage, chinese (pak-choi), raw	1
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1
Mushrooms, white, raw	1
Squash, summer, crookneck and straightneck, raw	1
Squash, summer, zucchini, includes skin, raw	1
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1
Tomatoes, red, ripe, canned, stewed	1
Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	1
Asparagus, canned, no salt added, solids and liquids	1
Bamboo shoots, cooked, boiled, drained, with salt	1
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	1
Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	1
Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	1
Pickles, cucumber, dill or kosher dill	1
Mushroom, white, exposed to ultraviolet light, raw	1
Pickles, cucumber, sweet (includes bread and butter pickles)	1
Pickles, cucumber, dill, reduced sodium	1
Peppers, hungarian, raw	1
Tofu, extra firm, prepared with nigari	1
Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	1
Cake, white, prepared from recipe with coconut frosting	1
Cake, coffeecake, cheese	1
Cake, pound, commercially prepared, other than all butter, enriched	1
Cake, snack cakes, creme-filled, sponge	1
Cookies, ladyfingers, with lemon juice and rind	1
Cookies, molasses	1
Danish pastry, cheese	1
Pancakes plain, frozen, ready-to-heat (includes buttermilk)	1
Pie, blueberry, commercially prepared	1
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	1
Cake, pound, commercially prepared, other than all butter, unenriched	1
Cookies, ladyfingers, without lemon juice and rind	1
Archway Home Style Cookies, Iced Molasses	1
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1

Cake, pound, Bimbo Bakeries USA, Panque Casero, home baked style	1
Candies, KIT KAT Wafer Bar	1
Candies, MARS SNACKFOOD US, MILKY WAY Bar	1
Candies, NESTLE, 100 GRAND Bar	1
Puddings, chocolate, dry mix, instant, prepared with whole milk	1
Frozen novelties, fruit and juice bars	1
Jellies	1
Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	1
Pie fillings, apple, canned	1
Ice creams, vanilla, fat free	1
Ice creams, BREYERS, All Natural Light French Chocolate	1
Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	1
Rice, white, glutinous, unenriched, cooked	1
Rice noodles, cooked	1
Fast foods, croissant, with egg, cheese, and bacon	1
Fast foods, cheeseburger, double, regular patty and bun, with condiments	1
Fast foods, fish sandwich, with tartar sauce	1
BURGER KING, Hamburger	1
BURGER KING, Cheeseburger	1
BURGER KING, WHOPPER, with cheese	1
Fast foods, griddle cake sandwich, sausage	1
McDONALD'S, Sausage McGRIDDLES	1
McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	1
McDONALD'S, Deluxe Breakfast, with syrup and margarine	1
McDONALD'S, Bacon Ranch Salad with Grilled Chicken	1
McDONALD'S Bacon Ranch Salad with Crispy Chicken	1
McDONALD'S, Fruit 'n Yogurt Parfait	1
McDONALD'S, FILET-O-FISH (without tartar sauce)	1
Fast foods, cheeseburger; double, large patty; with condiments	1
KFC, Popcorn Chicken	1
Corn dogs, frozen, prepared	1
Soup, clam chowder, new england, canned, ready-to-serve	1
Sauce, barbecue, BULL'S-EYE, original	1
Sauce, horseradish	1
Pancakes, plain, reduced fat	1
Sage Valley, Gluten Free Vanilla Sandwich Cookies	1
Salisbury steak with gravy, frozen	1
BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	1
T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	1
APPLEBEE'S, chicken tenders platter	1
DENNY'S, fish fillet, battered or breaded, fried	1
CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	1
Restaurant, Chinese, lemon chicken	1
Restaurant, Chinese, sweet and sour chicken	1
Restaurant, Chinese, sweet and sour pork	1

Restaurant, Chinese, chicken chow mein	1
Babyfood, banana apple dessert, strained	1
Babyfood, dinner, turkey and rice, strained	0.9
Babyfood, dinner, vegetables and turkey, junior	0.9
Babyfood, vegetables, squash, strained	0.9
Babyfood, vegetables, squash, junior	0.9
Babyfood, potatoes, toddler	0.9
Babyfood, cereal, oatmeal, with applesauce and bananas, strained	0.9
Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	0.9
Babyfood, cereal, with egg yolks, strained	0.9
Babyfood, cereal, with egg yolks, junior	0.9
Babyfood, cereal, egg yolks and bacon, junior	0.9
Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	0.9
Soup, chicken noodle, canned, condensed	0.9
Soup, chicken with rice, canned, condensed	0.9
Soup, chicken and vegetable, canned, ready-to-serve	0.9
Sauce, barbecue	0.9
Soup, pea, split with ham, canned, prepared with equal volume water	0.9
Soup, chicken corn chowder, chunky, ready-to-serve, single brand	0.9
Beerwurst, beer salami, pork and beef	0.9
Sausage, Italian, turkey, smoked	0.9
Beerwurst, pork and beef	0.9
Grapes, american type (slip skin), raw	0.9
Grapes, red or green (European type, such as Thompson seedless), raw	0.9
Melons, cantaloupe, raw	0.9
Melons, casaba, raw	0.9
Plums, canned, purple, water pack, solids and liquids	0.9
Plums, canned, purple, juice pack, solids and liquids	0.9
Plums, canned, purple, light syrup pack, solids and liquids	0.9
Plums, canned, purple, heavy syrup pack, solids and liquids	0.9
Rambutan, canned, syrup pack	0.9
Jackfruit, canned, syrup pack	0.9
Lettuce, red leaf, raw	0.9
Onions, sweet, raw	0.9
Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	0.9
Pumpkin flowers, cooked, boiled, drained, without salt	0.9
Tomatoes, orange, raw	0.9
Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0.9
Pumpkin, flowers, cooked, boiled, drained, with salt	0.9
Peppers, sweet, yellow, raw	0.9
Radicchio, raw	0.9
Shake, fast food, vanilla	0.9

Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0.9
Vitasoy USA Azumaya, Extra Firm Tofu	0.9
HOUSE FOODS Premium Firm Tofu	0.9
Cookies, sugar, refrigerated dough	0.9
Cookies, sugar, refrigerated dough, baked	0.9
Doughnuts, yeast-leavened, with jelly filling	0.9
Pie crust, standard-type, frozen, ready-to-bake, unenriched	0.9
Cream puff, eclair, custard or cream filled, iced	0.9
Candies, fudge, vanilla with nuts	0.9
Candies, ROLO Caramels in Milk Chocolate	0.9
Frostings, chocolate, creamy, ready-to-eat	0.9
Ice creams, chocolate, light, no sugar added	0.9
Ice creams, strawberry	0.9
Ice creams, BREYERS, No Sugar Added, Butter Pecan	0.9
Jams, preserves, marmalades, sweetened with fruit juice	0.9
Cornstarch	0.9
Rice, white, long-grain, parboiled, enriched, cooked	0.9
Rice, white, steamed, Chinese restaurant	0.9
Tapioca, pearl, dry	0.9
Rice, white, long-grain, parboiled, unenriched, cooked	0.9
Fast foods, croissant, with egg, cheese, and ham	0.9
CHICK-FIL-A, Chick-n-Strips	0.9
Fast foods, chicken, breaded and fried, boneless pieces, plain	0.9
BURGER KING, Premium Fish Sandwich	0.9
McDONALD'S, Sausage McMUFFIN with Egg	0.9
McDONALD'S, Bacon Egg & Cheese Biscuit	0.9
McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	0.9
McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	0.9
Fast foods, cheeseburger; double, regular patty; with condiments	0.9
Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	0.9
Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	0.9
Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	0.9
McDONALD'S, RANCH SNACK WRAP, Grilled	0.9
Beef stew, canned entree	0.9
Pasta with tomato sauce, no meat, canned	0.9
Soup, beef barley, ready to serve	0.9
Cookies, animal, with frosting or icing	0.9
Dumpling, potato- or cheese-filled, frozen	0.9
T.G.I. FRIDAY'S, chicken fingers, from kids' menu	0.9
APPLEBEE'S, fish, hand battered	0.9
Restaurant, family style, fish fillet, battered or breaded, fried	0.9
Restaurant, family style, chicken tenders	0.9
CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	0.9
OLIVE GARDEN, chicken parmigiana without pasta	0.9
Restaurant, Italian, chicken parmesan without pasta	0.9

Restaurant, Chinese, general tso's chicken	0.9
Restaurant, Chinese, chicken and vegetables	0.9
Ice creams, chocolate, rich	0.9
Puddings, all flavors except chocolate, low calorie, regular, dry mix	0.9
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0.8
Ice cream, bar or stick, chocolate covered	0.8
Babyfood, peaches, dices, toddler	0.8
Babyfood, dinner, turkey, rice, and vegetables, toddler	0.8
Babyfood, cereal, mixed, prepared with whole milk	0.8
Salad dressing, thousand island, commercial, regular	0.8
Salad dressing, honey mustard dressing, reduced calorie	0.8
Soup, chunky chicken noodle, canned, ready-to-serve	0.8
Soup, minestrone, canned, condensed	0.8
Soup, tomato bisque, canned, condensed	0.8
Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	0.8
Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	0.8
Soup, chicken gumbo, canned, prepared with equal volume water	0.8
Soup, vegetable beef, canned, prepared with equal volume water	0.8
Cereals ready-to-eat, POST, FRUITY PEBBLES	0.8
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0.8
Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0.8
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0.8
Cereals, farina, enriched, cooked with water, with salt	0.8
Cherries, sour, red, canned, light syrup pack, solids and liquids	0.8
Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0.8
Melons, honeydew, raw	0.8
Pineapple, canned, water pack, solids and liquids	0.8
Pineapple, canned, juice pack, solids and liquids	0.8
Pineapple, canned, light syrup pack, solids and liquids	0.8
Pineapple, canned, heavy syrup pack, solids and liquids	0.8
Pineapple, canned, extra heavy syrup pack, solids and liquids	0.8
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.8
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.8
Soybeans, mature seeds, sprouted, cooked, steamed	0.8
Beets, pickled, canned, solids and liquids	0.8
Beans, mung, mature seeds, sprouted, canned, drained solids	0.8
Carrot juice, canned	0.8
Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.8
Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0.8

Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0.8
Soybeans, mature seeds, sprouted, cooked, steamed, with salt	0.8
Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	0.8
Soy sauce made from soy and wheat (shoyu)	0.8
Soy sauce made from soy (tamari)	0.8
Vitasoy USA, Organic Nasoya Firm Tofu	0.8
Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	0.8
SILK Chocolate, soymilk	0.8
SILK Light Chocolate, soymilk	0.8
SILK Plus for Bone Health, soymilk	0.8
Vitasoy USA Organic Nasoya, Tofu Plus Firm	0.8
HOUSE FOODS Premium Soft Tofu	0.8
Bread, stuffing, dry mix, prepared	0.8
Cake, pineapple upside-down, prepared from recipe	0.8
Cake, white, prepared from recipe without frosting	0.8
Cookies, butter, commercially prepared, enriched	0.8
Cream puff shell, prepared from recipe	0.8
Doughnuts, yeast-leavened, with creme filling	0.8
Pie, cherry, commercially prepared	0.8
Pie, chocolate creme, commercially prepared	0.8
Pie, peach	0.8
Cookies, butter, commercially prepared, unenriched	0.8
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0.8
Ice creams, chocolate, light	0.8
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.8
Puddings, chocolate, dry mix, regular, prepared with 2% milk	0.8
Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	0.8
Fast foods, fish sandwich, with tartar sauce and cheese	0.8
Fast foods, griddle cake sandwich, egg, cheese, and bacon	0.8
McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	0.8
McDONALD'S, Double Cheeseburger	0.8
McDONALD'S, Sausage Biscuit with Egg	0.8
POPEYES, Mild Chicken Strips, analyzed 2006	0.8
Beef Pot Pie, frozen entree, prepared	0.8
Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	0.8
Soup, chicken noodle, reduced sodium, canned, ready-to-serve	0.8
Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	0.8
Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	0.8
Turnover, filled with egg, meat and cheese, frozen	0.8
Rice mix, white and wild, flavored, unprepared	0.8
T.G.I. FRIDAY'S, chicken fingers	0.8
DENNY'S, chicken nuggets, star shaped, from kid's menu	0.8
Restaurant, Chinese, orange chicken	0.8
Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	0.8

Babyfood, dessert, banana pudding, strained	0.8
Tomato and vegetable juice, low sodium	0.8
Jellies, reduced sugar, home preserved	0.8
Puddings, all flavors except chocolate, low calorie, instant, dry mix	0.8
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0.7
Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0.7
Ice cream, soft serve, chocolate	0.7
Babyfood, dinner, macaroni and cheese, strained	0.7
Babyfood, dessert, peach cobbler, strained	0.7
Babyfood, dessert, peach cobbler, junior	0.7
Babyfood, dessert, fruit pudding, pineapple, strained	0.7
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	0.7
Salad dressing, russian dressing	0.7
Soup, chicken vegetable, canned, condensed	0.7
Soup, clam chowder, new england, canned, condensed	0.7
Soup, cream of mushroom, canned, condensed	0.7
Soup, onion, canned, condensed	0.7
Sauce, plum, ready-to-serve	0.7
Soup, tomato rice, canned, prepared with equal volume water	0.7
Soup, vegetable with beef broth, canned, prepared with equal volume water	0.7
Sauce, peppers, hot, chili, mature red, canned	0.7
Gravy, HEINZ Home Style, savory beef	0.7
Cereals ready-to-eat, RALSTON CRISP RICE	0.7
Cereals, CREAM OF RICE, dry	0.7
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0.7
Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0.7
Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	0.7
Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0.7
Lemon juice from concentrate, canned or bottled	0.7
Melon balls, frozen	0.7
Tangerines, (mandarin oranges), canned, juice pack	0.7
Tangerines, (mandarin oranges), canned, light syrup pack	0.7
Pineapple juice, frozen concentrate, unsweetened, undiluted	0.7
Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0.7
Lemon juice from concentrate, bottled, REAL LEMON	0.7
Cress, garden, cooked, boiled, drained, without salt	0.7
Cucumber, peeled, raw	0.7
Tomatoes, red, ripe, cooked	0.7
Spinach souffle	0.7
Tomatoes, yellow, raw	0.7
Cress, garden, cooked, boiled, drained, with salt	0.7

Tomatoes, red, ripe, cooked, with salt	0.7
Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0.7
Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	0.7
Beverages, OCEAN SPRAY, Light Cranberry	0.7
Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	0.7
Beverages, tea, instant, lemon, sweetened, powder	0.7
Fish, catfish, channel, cooked, breaded and fried	0.7
Soy milk, chocolate and other flavors, light, with added calcium, vitamins A and D	0.7
Soy sauce made from soy and wheat (shoyu), low sodium	0.7
Biscuits, plain or buttermilk, refrigerated dough, higher fat	0.7
Cake, pudding-type, white, enriched, dry mix	0.7
Cake, pudding-type, yellow, dry mix	0.7
Cake, yellow, prepared from recipe without frosting	0.7
Pie, banana cream, prepared from recipe	0.7
Cake, pudding-type, white, unenriched, dry mix	0.7
Archway Home Style Cookies, Frosty Lemon	0.7
Bread, salvadoran sweet cheese (quesadilla salvadorena)	0.7
Ice creams, french vanilla, soft-serve	0.7
Ice creams, vanilla	0.7
Candies, fudge, peanut butter, prepared-from-recipe	0.7
Toppings, strawberry	0.7
Puddings, rice, dry mix	0.7
Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	0.7
Marmalade, orange	0.7
Frozen novelties, ice type, pineapple-coconut	0.7
Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	0.7
Fast foods, biscuit, with ham	0.7
Fast foods, shrimp, breaded and fried	0.7
Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	0.7
Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	0.7
SUBWAY, roast beef sub on white bread with lettuce and tomato	0.7
SUBWAY, tuna sub on white bread with lettuce and tomato	0.7
BURGER KING, CROISSAN'WICH with Sausage and Cheese	0.7
BURGER KING, CROISSAN'WICH with Egg and Cheese	0.7
Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	0.7
Chicken, nuggets, white meat, precooked, frozen, not reheated	0.7
Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	0.7
Dip, salsa con queso, cheese and salsa- medium	0.7
CRACKER BARREL, chicken tenderloin platter, fried	0.7
CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0.7
Restaurant, Chinese, sesame chicken	0.7

Syrups, sugar free	0.7
Yogurt, Greek, strawberry, nonfat	0.6
Babyfood, dinner, chicken stew, toddler	0.6
Babyfood, dessert, fruit pudding, orange, strained	0.6
Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0.6
Babyfood, dessert, fruit dessert, without ascorbic acid, junior	0.6
Babyfood, cereal, barley, prepared with whole milk	0.6
Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	0.6
Salad dressing, italian dressing, fat-free	0.6
Chicken, wing, frozen, glazed, barbecue flavored	0.6
Soup, beef noodle, canned, condensed	0.6
Soup, cream of celery, canned, condensed	0.6
Soup, chicken, canned, chunky, ready-to-serve	0.6
Soup, chunky beef, canned, ready-to-serve	0.6
Sauce, ready-to-serve, pepper, TABASCO	0.6
Soup, cream of mushroom, canned, condensed, reduced sodium	0.6
CAMPBELL'S, Cream of Mushroom Soup, condensed	0.6
Soup, clam chowder, manhattan, canned, prepared with equal volume water	0.6
Soup, tomato beef with noodle, canned, prepared with equal volume water	0.6
Soup, tomato, low sodium, with water	0.6
Soup, beef stroganoff, canned, chunky style, ready-to-serve	0.6
Sausage, turkey, pork, and beef, low fat, smoked	0.6
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	0.6
Grapefruit juice, white, canned or bottled, unsweetened	0.6
Grapes, canned, thompson seedless, water pack, solids and liquids	0.6
Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0.6
Papaya nectar, canned	0.6
Pear nectar, canned, without added ascorbic acid	0.6
Pear nectar, canned, with added ascorbic acid	0.6
Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	0.6
Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.6
Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0.6
Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.6
Fruit juice smoothie, ODWALLA, strawberry banana	0.6
Fruit juice smoothie, NAKED JUICE, strawberry banana	0.6
Mushrooms, brown, italian, or crimini, raw	0.6
Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0.6
Beverages, OCEAN SPRAY, Cran Grape	0.6
Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0.6
Beverages, OCEAN SPRAY, Diet Cranberry Juice	0.6
Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0.6
Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0.6

Beverages, OCEAN SPRAY, Cran Lemonade	0.6
Beverages, OCEAN SPRAY, Diet Cran Cherry	0.6
Beverages, OCEAN SPRAY, Cran Pomegranate	0.6
Beverages, OCEAN SPRAY, Cran Cherry	0.6
Beverages, OCEAN SPRAY, White Cranberry Peach	0.6
Beverages, OCEAN SPRAY, Ruby Red cranberry	0.6
Beverages, cocoa mix, with aspartame, powder, prepared with water	0.6
Soymilk, original and vanilla, unfortified	0.6
Tofu, hard, prepared with nigari	0.6
Vitasoy USA, Nasoya Lite Firm Tofu	0.6
Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	0.6
SILK Vanilla soy yogurt (single serving size)	0.6
SILK Strawberry soy yogurt	0.6
SILK Raspberry soy yogurt	0.6
SILK Peach soy yogurt	0.6
SILK Black Cherry soy yogurt	0.6
SILK Blueberry soy yogurt	0.6
SILK Key Lime soy yogurt	0.6
SILK Banana-Strawberry soy yogurt	0.6
Vitasoy USA Organic Nasoya, Soft Tofu	0.6
Vitasoy USA Azumaya, Firm Tofu	0.6
Cake, pound, commercially prepared, butter (includes fresh and frozen)	0.6
Pie, banana cream, prepared from mix, no-bake type	0.6
Pie, vanilla cream, prepared from recipe	0.6
Candies, TWIZZLERS NIBS CHERRY BITS	0.6
Desserts, mousse, chocolate, prepared-from-recipe	0.6
Puddings, vanilla, dry mix, regular	0.6
Pie fillings, canned, cherry	0.6
Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	0.6
Sweeteners, sugar substitute, granulated, brown	0.6
Rice, white, long-grain, precooked or instant, enriched, prepared	0.6
Fast foods, griddle cake sandwich, egg, cheese, and sausage	0.6
McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	0.6
POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	0.6
Sauce, duck, ready-to-serve	0.6
Dip, TOSTITOS, salsa con queso, medium	0.6
Rice and vermicelli mix, beef flavor, prepared with 80% margarine	0.6
Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	0.6
Cheese, cottage, lowfat, 1% milkfat, lactose reduced	0.6
Babyfood, fruit, tutti frutti, strained	0.6
Beverages, Chocolate-flavored drink, whey and milk based	0.6
Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	0.6
Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	0.5
Yogurt, Greek, vanilla, nonfat	0.5

Babyfood, macaroni and cheese, toddler	0.5
Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	0.5
Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	0.5
Soup, vegetarian vegetable, canned, condensed	0.5
Soup, tomato, canned, prepared with equal volume low fat (2%) milk	0.5
Soup, chicken noodle, canned, prepared with equal volume water	0.5
Soup, tomato, canned, prepared with equal volume water, commercial	0.5
Sauce, cheese, ready-to-serve	0.5
Bologna, turkey	0.5
Turkey breast, low salt, prepackaged or deli, luncheon meat	0.5
Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	0.5
Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	0.5
Tamarind nectar, canned	0.5
Cucumber, with peel, raw	0.5
Gourd, white-flowered (calabash), raw	0.5
Pumpkin, raw	0.5
Seaweed, agar, raw	0.5
Vegetable juice cocktail, canned	0.5
Vegetable juice cocktail, low sodium, canned	0.5
Watercress, raw	0.5
Seaweed, wakame, raw	0.5
Beverages, Cocoa mix, powder, prepared with water	0.5
Beverages, coffee, instant, with chicory	0.5
Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	0.5
Crustaceans, crab, alaska king, imitation, made from surimi	0.5
Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.5
Soy sauce made from hydrolyzed vegetable protein	0.5
Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	0.5
Cake, cherry fudge with chocolate frosting	0.5
Cake, sponge, commercially prepared	0.5
Pie, coconut cream, prepared from mix, no-bake type	0.5
Ice creams, BREYERS, No Sugar Added, French Vanilla	0.5
Ice creams, BREYERS, No Sugar Added, Vanilla	0.5
Fast foods, biscuit, with egg and bacon	0.5
Fast foods, english muffin, with cheese and sausage	0.5
POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	0.5
Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	0.5
Macaroni and Cheese, canned entree	0.5
Chili, no beans, canned entree	0.5

Soup, hot and sour, Chinese restaurant	0.5
Sauce, tartar, ready-to-serve	0.5
Sauce, barbecue, OPEN PIT, original	0.5
Sauce, enchilada, red, mild, ready to serve	0.5
Cookies, gluten-free, vanilla sandwich, with creme filling	0.5
Babyfood, rice cereal, dry, EARTHS BEST ORGANIC WHOLE GRAIN, fortified only with iron	0.5
Restaurant, Latino, arroz con leche (rice pudding)	0.5
Babyfood, apple yogurt dessert, strained	0.5
Babyfood, juice, apple-sweet potato	0.5
Salad dressing, caesar dressing, regular	0.5
Beverages, coffee, instant, with whitener, reduced calorie	0.5
Babyfood, dessert, banana yogurt, strained	0.5
Reddi Wip Fat Free Whipped Topping	0.4
Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	0.4
Babyfood, juice, fruit punch, with calcium	0.4
Babyfood, juice, apple, with calcium	0.4
Babyfood, cereal, mixed, with bananas, prepared with whole milk	0.4
Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	0.4
Infant formula, MEAD JOHNSON, ENFAMIL, AR, ready-to-feed, with ARA and DHA	0.4
Sandwich spread, with chopped pickle, regular, unspecified oils	0.4
Salad dressing, blue or roquefort cheese dressing, commercial, regular	0.4
Salad dressing, honey mustard, regular	0.4
Soup, cream of asparagus, canned, condensed	0.4
Soup, chicken rice, canned, chunky, ready-to-serve	0.4
Soup, cream of onion, canned, condensed	0.4
Gravy, beef, canned, ready-to-serve	0.4
Gravy, mushroom, canned	0.4
Gravy, turkey, canned, ready-to-serve	0.4
Soup, cheese, canned, prepared with equal volume milk	0.4
Sauce, barbecue, KRAFT, original	0.4
Soup, cheese, canned, prepared with equal volume water	0.4
Soup, minestrone, canned, prepared with equal volume water	0.4
Soup, cream of onion, canned, prepared with equal volume water	0.4
Soup, tomato, dry, mix, prepared with water	0.4
Soup, cream of chicken, canned, condensed, reduced sodium	0.4
Soup, vegetable chicken, canned, prepared with water, low sodium	0.4
Turkey, white, rotisserie, deli cut	0.4
Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	0.4
Milk and cereal bar	0.4
Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	0.4
Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0.4

Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0.4
Grapefruit, sections, canned, water pack, solids and liquids	0.4
Grapefruit, sections, canned, juice pack, solids and liquids	0.4
Grapefruit, sections, canned, light syrup pack, solids and liquids	0.4
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.4
Lime juice, raw	0.4
Lime juice, canned or bottled, unsweetened	0.4
Watermelon, raw	0.4
Poi	0.4
Tomato juice, canned, with salt added	0.4
Tomato juice, canned, without salt added	0.4
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0.4
Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	0.4
Beverages, almond milk, chocolate, ready-to-drink	0.4
Beverages, V8 SPLASH Smoothies, Tropical Colada	0.4
Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	0.4
Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	0.4
Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	0.4
Beverages, Clam and tomato juice, canned	0.4
Beverages, coffee substitute, cereal grain beverage, prepared with water	0.4
Beverages, Fruit punch drink, frozen concentrate	0.4
Beverages, Lemonade, powder	0.4
Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	0.4
Beverages, orange-flavor drink, breakfast type, powder	0.4
Beverages, shake, fast food, strawberry	0.4
Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	0.4
Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	0.4
Fish, croaker, Atlantic, cooked, breaded and fried	0.4
Crustaceans, shrimp, mixed species, cooked, breaded and fried	0.4
Soymilk, chocolate, unfortified	0.4
Soymilk, chocolate, with added calcium, vitamins A and D	0.4
Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	0.4
Vitasoy USA, Vitasoy Organic Classic Original Soymilk	0.4
Soymilk (All flavors), enhanced	0.4
SILK Plain, soymilk	0.4
SILK Vanilla, soymilk	0.4
SILK Light Plain, soymilk	0.4
SILK Light Vanilla, soymilk	0.4
SILK Plus Omega-3 DHA, soymilk	0.4

SILK Unsweetened, soymilk	0.4
SILK Very Vanilla, soymilk	0.4
SILK Vanilla soy yogurt (family size)	0.4
SILK Plain soy yogurt	0.4
Cake, cheesecake, commercially prepared	0.4
Puddings, chocolate, dry mix, instant, prepared with 2% milk	0.4
Toppings, pineapple	0.4
Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	0.4
Rice, white, long-grain, regular, enriched, cooked	0.4
Rice, white, long-grain, regular, cooked, enriched, with salt	0.4
Rice, white, long-grain, regular, unenriched, cooked without salt	0.4
Rice, white, long-grain, regular, cooked, unenriched, with salt	0.4
Fast foods, biscuit, with egg and ham	0.4
Fast foods, biscuit, with sausage	0.4
Fast foods, english muffin, with egg, cheese, and canadian bacon	0.4
McDONALD'S, Hot Fudge Sundae	0.4
POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	0.4
Macaroni and Cheese, canned, microwavable	0.4
Soup, egg drop, Chinese restaurant	0.4
Babyfood, banana juice with low fat yogurt	0.4
Babyfood, mixed fruit juice with low fat yogurt	0.4
Salad Dressing, coleslaw, reduced fat	0.4
Babyfood, juice, orange-carrot	0.4
Babyfood, fruit, tutti frutti, junior	0.4
Beverage, instant breakfast powder, chocolate, not reconstituted	0.4
Babyfood, mixed fruit yogurt, strained	0.4
Babyfood, dessert, peach yogurt	0.4
Babyfood, dessert, blueberry yogurt, strained	0.4
Milk shakes, thick chocolate	0.3
KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	0.3
Yogurt, Greek, nonfat, vanilla, CHOBANI	0.3
Babyfood, dinner, macaroni and cheese, junior	0.3
Babyfood, dessert, cherry vanilla pudding, strained	0.3
Babyfood, dessert, cherry vanilla pudding, junior	0.3
Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0.3
Salad dressing, russian dressing, low calorie	0.3
Salad dressing, spray-style dressing, assorted flavors	0.3
Salad dressing, poppyseed, creamy	0.3
Chicken, broilers or fryers, meat and skin, cooked, fried, batter	0.3
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	0.3
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	0.3
Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	0.3
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	0.3

Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	0.3
Chicken patty, frozen, cooked	0.3
Sauce, homemade, white, thick	0.3
Sauce, ready-to-serve, pepper or hot	0.3
Sauce, oyster, ready-to-serve	0.3
Soup, cream of asparagus, canned, prepared with equal volume milk	0.3
Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	0.3
Soup, cream of celery, canned, prepared with equal volume milk	0.3
Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	0.3
Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	0.3
Soup, cream of onion, canned, prepared with equal volume milk	0.3
Soup, beef noodle, canned, prepared with equal volume water	0.3
Soup, cream of celery, canned, prepared with equal volume water	0.3
Soup, chicken with rice, canned, prepared with equal volume water	0.3
Soup, clam chowder, new england, canned, prepared with equal volume water	0.3
Soup, mushroom barley, canned, prepared with equal volume water	0.3
Soup, cream of mushroom, canned, prepared with equal volume water	0.3
Soup, mushroom with beef stock, canned, prepared with equal volume water	0.3
Soup, turkey noodle, canned, prepared with equal volume water	0.3
Soup, vegetarian vegetable, canned, prepared with equal volume water	0.3
Soup, onion, dry, mix, prepared with water	0.3
Gravy, meat or poultry, low sodium, prepared	0.3
Chicken spread	0.3
Dutch brand loaf, chicken, pork and beef	0.3
Sausage, turkey, reduced fat, brown and serve, cooked	0.3
Sausage, turkey, hot, smoked	0.3
Scrapple, pork	0.3
Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	0.3
Acerola juice, raw	0.3
Grapefruit juice, pink or red, with added calcium	0.3
Lemon juice, raw	0.3
Orange juice, canned, unsweetened	0.3
Orange juice, chilled, includes from concentrate	0.3
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.3
Orange juice, chilled, includes from concentrate, with added calcium	0.3

Mango nectar, canned	0.3
Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.3
Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.3
Seaweed, laver, raw	0.3
Catsup	0.3
Catsup, low sodium	0.3
Alcoholic beverage, pina colada, prepared-from-recipe	0.3
Beverages, chocolate syrup, prepared with whole milk	0.3
Lemonade, frozen concentrate, white	0.3
Lemonade, frozen concentrate, pink	0.3
Beverages, rice milk, unsweetened	0.3
Vitasoy USA, Organic Nasoya Silken Tofu	0.3
Soymilk, original and vanilla, light, with added calcium, vitamins A and D	0.3
Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0.3
Tofu, raw, regular, prepared with calcium sulfate	0.3
Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	0.3
Cake, yellow, commercially prepared, with vanilla frosting	0.3
Ice creams, vanilla, light	0.3
Puddings, rice, ready-to-eat	0.3
Puddings, chocolate, ready-to-eat, fat free	0.3
Puddings, banana, dry mix, regular	0.3
Puddings, banana, dry mix, regular, with added oil	0.3
Jams and preserves, apricot	0.3
Rice, white, medium-grain, enriched, cooked	0.3
CRACKER BARREL, country fried shrimp platter	0.3
Frozen novelties, ice cream type, sundae, prepackaged	0.3
Babyfood, juice, apple - cherry	0.3
Cheese, cottage, creamed, with fruit	0.2
KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	0.2
KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	0.2
Babyfood, meat, chicken sticks, junior	0.2
Babyfood, meat, turkey sticks, junior	0.2
Babyfood, meat, meat sticks, junior	0.2
Babyfood, apple-banana juice	0.2
Babyfood, cookies	0.2
Babyfood, cookies, arrowroot	0.2
Babyfood, cherry cobbler, junior	0.2
Babyfood, dessert, custard pudding, vanilla, junior	0.2
Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	0.2
Salad dressing, caesar, fat-free	0.2
Soup, cream of shrimp, canned, condensed	0.2
Soup, beef mushroom, canned, condensed	0.2
Sauce, homemade, white, medium	0.2

Soup, cream of potato, canned, prepared with equal volume milk	0.2
Soup, tomato bisque, canned, prepared with equal volume milk	0.2
Soup, cream of asparagus, canned, prepared with equal volume water	0.2
Soup, cream of potato, canned, prepared with equal volume water	0.2
Soup, turkey vegetable, canned, prepared with equal volume water	0.2
Soup, tomato bisque, canned, prepared with equal volume water	0.2
Soup, chicken noodle, low sodium, canned, prepared with equal volume water	0.2
Soup, cream of mushroom, low sodium, ready-to-serve, canned	0.2
Soup, beef and mushroom, low sodium, chunk style	0.2
Soup, bouillon cubes and granules, low sodium, dry	0.2
Sandwich spread, pork, beef	0.2
Oscar Mayer, Braunschweiger Liver Sausage (sliced)	0.2
Roast beef spread	0.2
Salami, pork, beef, less sodium	0.2
Sausage, summer, pork and beef, sticks, with cheddar cheese	0.2
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.2
Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.2
Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.2
Orange juice, raw (Includes foods for USDA's Food Distribution Program)	0.2
Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0.2
Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.2
Tangerine juice, raw	0.2
Passion-fruit juice, purple, raw	0.2
Passion-fruit juice, yellow, raw	0.2
Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0.2
Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.2
Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.2
Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0.2
Juice, apple and grape blend, with added ascorbic acid	0.2
Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.2
Orange Pineapple Juice Blend	0.2
Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	0.2
Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.2

Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	0.2
Nuts, coconut cream, canned, sweetened	0.2
Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	0.2
Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	0.2
Beverages, almond milk, unsweetened, shelf stable	0.2
Beverages, citrus fruit juice drink, frozen concentrate	0.2
Beverages, Fruit punch drink, with added nutrients, canned	0.2
Beverages, fruit punch juice drink, frozen concentrate	0.2
Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate.	0.2
Cranberry juice cocktail, frozen concentrate	0.2
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0.2
Soymilk, original and vanilla, with added calcium, vitamins A and D	0.2
Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	0.2
Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	0.2
Vitasoy USA Azumaya, Silken Tofu	0.2
Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	0.2
Cake, angelfood, dry mix, prepared	0.2
Leavening agents, baking powder, double-acting, sodium aluminum sulfate	0.2
Leavening agents, baking powder, double-acting, straight phosphate	0.2
Leavening agents, cream of tartar	0.2
Candies, NESTLE, BIT-O'-HONEY Candy Chews	0.2
Candies, white chocolate	0.2
Candies, jellybeans	0.2
Puddings, tapioca, dry mix	0.2
Puddings, coconut cream, dry mix, regular, prepared with 2% milk	0.2
Honey	0.2
Puddings, coconut cream, dry mix, regular, prepared with whole milk	0.2
Puddings, tapioca, dry mix, with no added salt	0.2
Ice creams, BREYERS, All Natural Light Vanilla	0.2
Ice creams, BREYERS, All Natural Light French Vanilla	0.2
Sweetener, syrup, agave	0.2
Fast Foods, biscuit, with egg and sausage	0.2
Fast foods, biscuit, with egg, cheese, and bacon	0.2
Fast foods, english muffin, with egg, cheese, and sausage	0.2
McDONALD'S, McFLURRY with M & M'S CANDIES	0.2
Fast foods, bagel, with egg, sausage patty, cheese, and condiments	0.2
Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	0.2
Light Ice Cream, soft serve, blended with milk chocolate candies	0.2
Snacks, candy bits, yogurt covered with vitamin C	0.2

Soup, wonton, Chinese restaurant	0.2
Salad dressing, italian dressing, reduced calorie	0.2
Beverages, Orange juice drink	0.2
Salad dressing, bacon and tomato	0.2
Tofu yogurt	0.2
Cheese, pasteurized process, pimento	0.1
Milk, chocolate, lowfat, with added vitamin A and vitamin D	0.1
Cheese sauce, prepared from recipe	0.1
KRAFT BREAKSTONE'S Reduced Fat Sour Cream	0.1
Babyfood, ravioli, cheese filled, with tomato sauce	0.1
Babyfood, juice, apple	0.1
Babyfood, juice, apple and peach	0.1
Babyfood, juice, apple and prune	0.1
Babyfood, juice, orange	0.1
Babyfood, juice, orange and apple and banana	0.1
Babyfood, juice, orange and apricot	0.1
Babyfood, juice, orange and pineapple	0.1
Babyfood, juice, mixed fruit	0.1
Babyfood, juice, apple and grape	0.1
Babyfood, cereal, rice, with bananas, prepared with whole milk	0.1
Salad dressing, KRAFT Mayo Light Mayonnaise	0.1
Salad dressing, ranch dressing, fat-free	0.1
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	0.1
Chicken, broilers or fryers, meat only, cooked, fried	0.1
Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	0.1
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	0.1
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	0.1
Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	0.1
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	0.1
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	0.1
Soup, mushroom with beef stock, canned, condensed	0.1
Sauce, teriyaki, ready-to-serve	0.1
Gravy, chicken, canned or bottled, ready-to-serve	0.1
Sauce, teriyaki, ready-to-serve, reduced sodium	0.1
Soup, cream of chicken, canned, prepared with equal volume milk	0.1
Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	0.1
Soup, cream of chicken, canned, prepared with equal volume water	0.1
Soup, cream of shrimp, canned, prepared with equal volume water	0.1
Soup, cream of chicken, dry, mix, prepared with water	0.1
Soup, chicken noodle, dry, mix, prepared with water	0.1

Soup, beef mushroom, canned, prepared with equal volume water	0.1
Soup, chicken mushroom, canned, prepared with equal volume water	0.1
Pastrami, turkey	0.1
Salami, cooked, turkey	0.1
Frankfurter, pork	0.1
Sausage, pork, turkey, and beef, reduced sodium	0.1
Cereals, CREAM OF RICE, cooked with water, with salt	0.1
Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.1
Apricot nectar, canned, with added ascorbic acid	0.1
Blackberry juice, canned	0.1
Grapefruit juice, white, canned, sweetened	0.1
Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.1
Grapefruit juice, white, raw	0.1
Orange-grapefruit juice, canned or bottled, unsweetened	0.1
Peach nectar, canned, with sucralose, without added ascorbic acid	0.1
Peach nectar, canned, with added ascorbic acid	0.1
Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0.1
Guanabana nectar, canned	0.1
Pomegranate juice, bottled	0.1
Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0.1
Alcoholic beverage, daiquiri, prepared-from-recipe	0.1
Alcoholic beverage, pina colada, canned	0.1
Alcoholic beverage, whiskey sour, canned	0.1
Beverages, cranberry-apricot juice drink, bottled	0.1
Beverages, cranberry-grape juice drink, bottled	0.1
Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	0.1
Beverages, Fruit punch drink, frozen concentrate, prepared with water	0.1
Beverages, grape juice drink, canned	0.1
Beverages, Malted drink mix, natural, powder, dairy based.	0.1
Beverages, Malted drink mix, natural, powder, prepared with whole milk	0.1
Beverages, orange and apricot juice drink, canned	0.1
Beverages, pineapple and grapefruit juice drink, canned	0.1
Beverages, pineapple and orange juice drink, canned	0.1
Beverages, tea, instant, lemon, sweetened, prepared with water	0.1
Beverages, orange-flavor drink, breakfast type, powder, prepared with water	0.1
Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	0.1
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0.1

Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0.1
Beverages, lemonade, frozen concentrate, pink, prepared with water	0.1
Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	0.1
Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0.1
Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	0.1
MORI-NU, Tofu, silken, soft	0.1
MORI-NU, Tofu, silken, firm	0.1
MORI-NU, Tofu, silken, extra firm	0.1
Vitasoy USA, Vitasoy Light Vanilla Soymilk	0.1
Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	0.1
Fruit syrup	0.1
Candies, TOOTSIE ROLL, chocolate-flavor roll	0.1
Candies, TWIZZLERS CHERRY BITES	0.1
Candies, caramels, chocolate-flavor roll	0.1
Candies, gumdrops, starch jelly pieces	0.1
Candies, marshmallows	0.1
Gelatin desserts, dry mix, reduced calorie, with aspartame	0.1
Puddings, coconut cream, dry mix, instant, prepared with 2% milk	0.1
Puddings, rice, dry mix, prepared with whole milk	0.1
Puddings, vanilla, dry mix, regular, prepared with whole milk	0.1
Puddings, rice, dry mix, prepared with 2% milk	0.1
Frostings, vanilla, creamy, dry mix	0.1
Puddings, coconut cream, dry mix, instant, prepared with whole milk	0.1
Puddings, lemon, dry mix, regular	0.1
Toppings, marshmallow cream	0.1
Frostings, vanilla, creamy, dry mix, prepared with margarine	0.1
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0.1
Fast foods, vanilla, light, soft-serve ice cream, with cone	0.1
McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	0.1
McDONALD'S, McFLURRY with OREO cookies	0.1
Light Ice Cream, soft serve, blended with cookie pieces	0.1
Fast Foods, Fried Chicken, Breast, meat and skin and breading	0.1
Fast Foods, Fried Chicken, Thigh, meat and skin and breading	0.1
Fast Foods, Fried Chicken, Wing, meat and skin and breading	0.1
Sauce, sweet and sour, ready-to-serve	0.1
Chicken, thighs, frozen, breaded, reheated	0.1
Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	0.1
Frankfurter, meat and poultry, low fat	0.1
Salad dressing, green goddess, regular	0.1
Salad dressing, caesar, low calorie	0.1
Beans, liquid from stewed kidney beans	0.1
Cheese, cottage, with vegetables	0.1

Frozen novelties, juice type, orange	0.1
Cranberry juice, unsweetened	0.1
Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	0.1
Babyfood, juice, pear	0.1
Frozen novelties, juice type, juice with cream	0.1
Sweeteners, tabletop, fructose, liquid	0.1