



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

Description	Niacin(mg)Per 100 g
Acerola juice, raw	0.4
Acerola, (west indian cherry), raw	0.4
Alcoholic beverage, beer, light	0.391
Alcoholic beverage, beer, light, higher alcohol	0.391
Alcoholic beverage, beer, regular, all	0.513
Alcoholic beverage, creme de menthe, 72 proof	0.003
Alcoholic beverage, daiquiri, canned	0.014
Alcoholic beverage, daiquiri, prepared-from-recipe	0.051
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	0.013
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.013
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0.013
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	0.013
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	0.013
Alcoholic beverage, distilled, whiskey, 86 proof	0.05
Alcoholic beverage, liqueur, coffee with cream, 34 proof	0.078
Alcoholic beverage, liqueur, coffee, 53 proof	0.144
Alcoholic beverage, liqueur, coffee, 63 proof	0.144
Alcoholic beverage, malt beer, hard lemonade	0.225
Alcoholic beverage, pina colada, canned	0.104
Alcoholic beverage, pina colada, prepared-from-recipe	0.118
Alcoholic beverage, tequila sunrise, canned	0.19
Alcoholic beverage, whiskey sour	0.02
Alcoholic beverage, whiskey sour, canned	0.02
Alcoholic beverage, whiskey sour, prepared from item 14028	0.005
Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0.005
Alcoholic beverage, wine, cooking	0.1
Alcoholic beverage, wine, dessert, dry	0.213
Alcoholic beverage, wine, dessert, sweet	0.213
Alcoholic beverage, wine, light	0.1
Alcoholic beverage, wine, table, all	0.166
Alcoholic beverage, wine, table, red	0.224
Alcoholic Beverage, wine, table, red, Merlot	0.224
Alcoholic beverage, wine, table, white	0.108
Alcoholic beverage, wine, table, white, Chardonnay	0.108
Alcoholic beverages, beer, higher alcohol	1.1
Alcoholic beverages, wine, rose	0.09
Alfalfa seeds, sprouted, raw	0.481

Amaranth grain, cooked	0.235
Amaranth grain, uncooked	0.923
Amaranth leaves, cooked, boiled, drained, with salt	0.559
Amaranth leaves, cooked, boiled, drained, without salt	0.559
Amaranth leaves, raw	0.658
Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.073
Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.067
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.073
Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.038
Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0.038
Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	0.135
Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0.135
APPLEBEE'S, 9 oz house sirloin steak	4.903
APPLEBEE'S, chicken tenders platter	7.847
APPLEBEE'S, chicken tenders, from kids' menu	7.89
APPLEBEE'S, chili	3.557
APPLEBEE'S, coleslaw	0.3
APPLEBEE'S, crunchy onion rings	0.73
APPLEBEE'S, Double Crunch Shrimp	0.9
APPLEBEE'S, fish, hand battered	2.29
APPLEBEE'S, french fries	2.18
APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	0.97
APPLEBEE'S, mozzarella sticks	0.66
Apples, canned, sweetened, sliced, drained, heated	0.081
Apples, dehydrated (low moisture), sulfured, stewed	0.14
Apples, dehydrated (low moisture), sulfured, uncooked	0.68
Apples, dried, sulfured, stewed, with added sugar	0.121
Apples, dried, sulfured, stewed, without added sugar	0.129
Apples, dried, sulfured, uncooked	0.927
Apples, frozen, unsweetened, heated (Includes foods for USDA's Food Distribution Program)	0.043
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	0.042
Apples, raw, fuji, with skin (Includes foods for USDA's Food Distribution Program)	0.07
Apples, raw, gala, with skin (Includes foods for USDA's Food Distribution Program)	0.075
Apples, raw, golden delicious, with skin	0.094
Apples, raw, granny smith, with skin (Includes foods for USDA's Food Distribution Program)	0.126
Apples, raw, red delicious, with skin (Includes foods for USDA's Food Distribution Program)	0.075

Apples, raw, with skin (Includes foods for USDA's Food Distribution Program)	0.091
Apples, raw, without skin	0.091
Apples, raw, without skin, cooked, boiled	0.095
Apples, raw, without skin, cooked, microwave	0.061
Applesauce, canned, sweetened, with salt	0.188
Applesauce, canned, sweetened, without salt	0.072
Applesauce, canned, unsweetened, with added ascorbic acid	0.084
Applesauce, canned, unsweetened, without added ascorbic acid (Includes foods for USDA's Food Distribution Program)	0.084
Apricot nectar, canned, with added ascorbic acid	0.15
Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	0.34
Apricots, canned, extra light syrup pack, with skin, solids and liquids (Includes foods for USDA's Food Distribution Program)	0.6
Apricots, canned, heavy syrup pack, with skin, solids and liquids	0.376
Apricots, canned, heavy syrup pack, without skin, solids and liquids	0.416
Apricots, canned, heavy syrup, drained	0.376
Apricots, canned, juice pack, with skin, solids and liquids	0.344
Apricots, canned, light syrup pack, with skin, solids and liquids	0.304
Apricots, canned, water pack, with skin, solids and liquids	0.395
Apricots, canned, water pack, without skin, solids and liquids	0.437
Apricots, dehydrated (low-moisture), sulfured, stewed	1.63
Apricots, dehydrated (low-moisture), sulfured, uncooked	3.58
Apricots, dried, sulfured, stewed, with added sugar	0.853
Apricots, dried, sulfured, stewed, without added sugar	0.915
Apricots, dried, sulfured, uncooked	2.589
Apricots, frozen, sweetened	0.8
Apricots, raw	0.6
ARBY'S, roast beef sandwich, classic	4.343
Archway Home Style Cookies, Chocolate Chip Ice Box	2.06
Archway Home Style Cookies, Coconut Macaroon	0.22
Archway Home Style Cookies, Date Filled Oatmeal	1.99
Archway Home Style Cookies, Dutch Cocoa	2.22
Archway Home Style Cookies, Frosty Lemon	1.95
Archway Home Style Cookies, Iced Molasses	2.39
Archway Home Style Cookies, Iced Oatmeal	1.64
Archway Home Style Cookies, Molasses	2.71
Archway Home Style Cookies, Oatmeal	1.88
Archway Home Style Cookies, Oatmeal Raisin	1.69
Archway Home Style Cookies, Old Fashioned Molasses	2.84
Archway Home Style Cookies, Old Fashioned Windmill Cookies	2.94
Archway Home Style Cookies, Peanut Butter	4.37
Archway Home Style Cookies, Raspberry Filled	2.13
Archway Home Style Cookies, Reduced Fat Ginger Snaps	2.86
Archway Home Style Cookies, Strawberry Filled	2.13
Archway Home Style Cookies, Sugar Free Oatmeal	1.81
Arrowhead, cooked, boiled, drained, with salt	1.16
Arrowhead, cooked, boiled, drained, without salt	1.16

Arrowhead, raw	1.65
Arrowroot flour	0
Arrowroot, raw	1.693
Artichokes, (globe or french), cooked, boiled, drained, with salt	1.11
Artichokes, (globe or french), cooked, boiled, drained, without salt	1.11
Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	0.915
Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	0.915
Artichokes, (globe or french), frozen, unprepared	0.86
Artichokes, (globe or french), raw	1.046
Arugula, raw	0.305
Asparagus, canned, drained solids	0.954
Asparagus, canned, no salt added, solids and liquids	0.851
Asparagus, canned, regular pack, solids and liquids	0.851
Asparagus, cooked, boiled, drained	1.084
Asparagus, cooked, boiled, drained, with salt	1.084
Asparagus, frozen, cooked, boiled, drained, with salt	1.038
Asparagus, frozen, cooked, boiled, drained, without salt	1.038
Asparagus, frozen, unprepared	1.202
Asparagus, raw	0.978
Avocados, raw, all commercial varieties	1.738
Avocados, raw, California	1.912
Avocados, raw, Florida	0.672
Babyfood, apple yogurt dessert, strained	0
Babyfood, apple-banana juice	0.14
Babyfood, apples with ham, strained	0.73
Babyfood, apples, dices, toddler	0.087
Babyfood, Baby MUM MUM Rice Biscuits	2.896
Babyfood, baked product, finger snacks cereal fortified	11.25
Babyfood, banana apple dessert, strained	0.13
Babyfood, banana juice with low fat yogurt	0.27
Babyfood, banana no tapioca, strained	0.54
Babyfood, banana with mixed berries, strained	0.623
Babyfood, beverage, GERBER, GRADUATES, FRUIT SPLASHERS	0.06
Babyfood, carrots and beef, strained	0.93
Babyfood, carrots, toddler	0.25
Babyfood, cereal, barley, dry fortified	14.28
Babyfood, cereal, barley, prepared with whole milk	2.707
Babyfood, cereal, brown rice, dry, instant	16
Babyfood, cereal, egg yolks and bacon, junior	0.266
Babyfood, cereal, high protein, prepared with whole milk	5.668
Babyfood, cereal, high protein, with apple and orange, dry	23.83
Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	3.987
Babyfood, cereal, mixed, dry fortified	15
Babyfood, cereal, mixed, prepared with whole milk	3.88
Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	2.02

Babyfood, cereal, mixed, with applesauce and bananas, strained	2.02
Babyfood, cereal, mixed, with bananas, dry	20.56
Babyfood, cereal, mixed, with bananas, prepared with whole milk	1.605
Babyfood, cereal, mixed, with honey, prepared with whole milk	6.26
Babyfood, cereal, oatmeal, dry fortified	21.348
Babyfood, cereal, oatmeal, prepared with whole milk	5.981
Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	1.77
Babyfood, cereal, oatmeal, with applesauce and bananas, strained	1.77
Babyfood, cereal, oatmeal, with bananas, dry	13
Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	1.605
Babyfood, cereal, oatmeal, with honey, dry	36.292
Babyfood, cereal, oatmeal, with honey, prepared with whole milk	6.034
Babyfood, cereal, rice with pears and apple, dry, instant fortified	25.24
Babyfood, cereal, rice, dry fortified	23.006
Babyfood, cereal, rice, prepared with whole milk	2.449
Babyfood, cereal, rice, with applesauce and bananas, strained	4.017
Babyfood, cereal, rice, with bananas, dry	23.32
Babyfood, cereal, rice, with bananas, prepared with whole milk	1.849
Babyfood, cereal, rice, with honey, prepared with whole milk	6.083
Babyfood, cereal, whole wheat, with apples, dry fortified	13.33
Babyfood, cereal, with egg yolks, junior	0.048
Babyfood, cereal, with egg yolks, strained	0.049
Babyfood, cereal, with eggs, strained	0.056
Babyfood, cherry cobbler, junior	0.06
Babyfood, cookie, baby, fruit	3.6
Babyfood, cookies	15.966
Babyfood, cookies, arrowroot	5.739
Babyfood, corn and sweet potatoes, strained	0.444
Babyfood, crackers, vegetable	4.05
Babyfood, dessert, banana pudding, strained	0.16
Babyfood, dessert, banana yogurt, strained	0.19
Babyfood, dessert, blueberry yogurt, strained	0.14
Babyfood, dessert, cherry vanilla pudding, junior	0.038
Babyfood, dessert, cherry vanilla pudding, strained	0.038
Babyfood, dessert, custard pudding, vanilla, junior	0.076
Babyfood, dessert, custard pudding, vanilla, strained	0.04
Babyfood, dessert, dutch apple, junior	0.048
Babyfood, dessert, dutch apple, strained	0.048
Babyfood, dessert, fruit dessert, without ascorbic acid, junior	0.144
Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0.143
Babyfood, dessert, fruit pudding, orange, strained	0.119
Babyfood, dessert, fruit pudding, pineapple, strained	0.107
Babyfood, dessert, peach cobbler, junior	0.259
Babyfood, dessert, peach cobbler, strained	0.259
Babyfood, dessert, peach melba, junior	0.272
Babyfood, dessert, peach melba, strained	0.343
Babyfood, dessert, peach yogurt	0.4
Babyfood, dessert, tropical fruit, junior	0.08

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

Babyfood, fruit, applesauce and cherries, junior	0.14
Babyfood, fruit, applesauce and cherries, strained	0.14
Babyfood, fruit, applesauce and pineapple, junior	0.079
Babyfood, fruit, applesauce and pineapple, strained	0.078
Babyfood, fruit, applesauce with banana, junior	0.163
Babyfood, fruit, applesauce, junior	0.063
Babyfood, fruit, applesauce, strained	0.061
Babyfood, fruit, apricot with tapioca, junior	0.196
Babyfood, fruit, apricot with tapioca, strained	0.195
Babyfood, fruit, banana and strawberry, junior	0.728
Babyfood, fruit, bananas and pineapple with tapioca, junior	0.182
Babyfood, fruit, bananas and pineapple with tapioca, strained	0.168
Babyfood, fruit, bananas with apples and pears, strained	0.55
Babyfood, fruit, bananas with tapioca, junior	0.218
Babyfood, fruit, bananas with tapioca, strained	0.183
Babyfood, fruit, guava and papaya with tapioca, strained	0.263
Babyfood, fruit, papaya and applesauce with tapioca, strained	0.108
Babyfood, fruit, peaches, junior	1.64
Babyfood, fruit, peaches, strained	1.64
Babyfood, fruit, pears and pineapple, junior	0.183
Babyfood, fruit, pears and pineapple, strained	0.207
Babyfood, fruit, pears, junior	0.188
Babyfood, fruit, pears, strained	0.189
Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	0.206
Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	0.213
Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	0.526
Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	0.525
Babyfood, fruit, tutti frutti, junior	0.08
Babyfood, fruit, tutti frutti, strained	0.1
Babyfood, GERBER, 2nd Foods, apple, carrot and squash, organic	0.255
Babyfood, GERBER, 3rd Foods, apple, mango and kiwi	0.25
Babyfood, GERBER, Banana with orange medley	0.654
Babyfood, GERBER, GRADUATES Lil Biscuits Vanilla Wheat	3.647
Babyfood, grape juice, no sugar, canned	0.2
Babyfood, green beans and turkey, strained	1.14
Babyfood, green beans, dices, toddler	0.23
Babyfood, juice treats, fruit medley, toddler	0.057
Babyfood, juice, apple	0.083
Babyfood, juice, apple - cherry	0.11
Babyfood, juice, apple and grape	0.109
Babyfood, juice, apple and peach	0.213
Babyfood, juice, apple and prune	0.301
Babyfood, juice, apple, with calcium	0.08
Babyfood, juice, apple-sweet potato	0.1
Babyfood, juice, fruit punch, with calcium	0.1
Babyfood, juice, mixed fruit	0.123
Babyfood, juice, orange	0.239
Babyfood, juice, orange and apple	0.185
Babyfood, juice, orange and apple and banana	0.263

Babyfood, juice, orange and apricot	0.267
Babyfood, juice, orange and banana	0.18
Babyfood, juice, orange and pineapple	0.194
Babyfood, juice, orange-carrot	0.21
Babyfood, juice, pear	0.3
Babyfood, juice, prune and orange	0.396
Babyfood, macaroni and cheese, toddler	0.79
Babyfood, mashed cheddar potatoes and broccoli, toddlers	0.419
Babyfood, meat, beef with vegetables, toddler	0.71
Babyfood, meat, beef, junior	2.495
Babyfood, meat, beef, strained	2.495
Babyfood, meat, chicken sticks, junior	2.005
Babyfood, meat, chicken, junior	3.42
Babyfood, meat, chicken, strained	3.255
Babyfood, meat, ham, junior	2.84
Babyfood, meat, ham, strained	2.633
Babyfood, meat, lamb, junior	3.193
Babyfood, meat, lamb, strained	2.908
Babyfood, meat, meat sticks, junior	1.481
Babyfood, meat, pork, strained	2.269
Babyfood, meat, turkey sticks, junior	1.94
Babyfood, meat, turkey, junior	2.61
Babyfood, meat, turkey, strained	2.61
Babyfood, meat, veal, strained	2.85
Babyfood, mixed fruit juice with low fat yogurt	0.16
Babyfood, mixed fruit yogurt, strained	0.14
Babyfood, Multigrain whole grain cereal, dry fortified	15
Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	9.6
Babyfood, peaches, dices, toddler	0.47
Babyfood, pears, dices, toddler	0.13
Babyfood, peas and brown rice	1.4
Babyfood, peas, dices, toddler	0.85
Babyfood, plums, bananas and rice, strained	0.8
Babyfood, potatoes, toddler	0.35
Babyfood, pretzels	3.56
Babyfood, prunes, without vitamin c, strained	0.72
Babyfood, ravioli, cheese filled, with tomato sauce	1.65
Babyfood, rice and apples, dry	20
Babyfood, rice cereal, dry, EARTHS BEST ORGANIC WHOLE GRAIN, fortified only with iron	31.24
Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	0.334
Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	1.291
Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	3.301
Babyfood, tropical fruit medley	0.138
Babyfood, vegetable and brown rice, strained	1.1
Babyfood, vegetable, butternut squash and corn	0.56
Babyfood, vegetable, green beans and potatoes	0.46
Babyfood, vegetables, beets, strained	0.132

Babyfood, vegetables, carrots, junior	0.497
Babyfood, vegetables, carrots, strained	0.463
Babyfood, vegetables, corn, creamed, junior	0.504
Babyfood, vegetables, corn, creamed, strained	0.512
Babyfood, vegetables, garden vegetable, strained	0.779
Babyfood, vegetables, green beans, junior	0.321
Babyfood, vegetables, green beans, strained	0.361
Babyfood, vegetables, mix vegetables junior	0.665
Babyfood, vegetables, mix vegetables strained	0.327
Babyfood, vegetables, peas, strained	1.119
Babyfood, vegetables, spinach, creamed, strained	0.216
Babyfood, vegetables, squash, junior	0.683
Babyfood, vegetables, squash, strained	0.683
Babyfood, vegetables, sweet potatoes strained	0.358
Babyfood, vegetables, sweet potatoes, junior	0.384
Babyfood, water, bottled, GERBER, without added fluoride	0
Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0.119
Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	0.119
Bacon and beef sticks	4.867
Bacon bits, meatless	1.6
Bacon, meatless	7.56
Bacon, turkey, low sodium	6.222
Bacon, turkey, microwaved	8.102
Bacon, turkey, unprepared	4.032
Bagels, cinnamon-raisin	3.08
Bagels, cinnamon-raisin, toasted	2.981
Bagels, egg	3.443
Bagels, multigrain	4.265
Bagels, oat bran	2.96
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	4.515
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	4.375
Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	4.562
Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	1.758
Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	1.758
Bagels, wheat	3.37
Bagels, whole grain white	4.651
Baking chocolate, mexican, squares	1.829
Baking chocolate, unsweetened, liquid	2.1
Baking chocolate, unsweetened, squares	1.355
Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	0.995

Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	0.995
Balsam-pear (bitter gourd), leafy tips, raw	1.11
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	0.28
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	0.28
Balsam-pear (bitter gourd), pods, raw	0.4
Bamboo shoots, canned, drained solids	0.14
Bamboo shoots, cooked, boiled, drained, with salt	0.3
Bamboo shoots, cooked, boiled, drained, without salt	0.3
Bamboo shoots, raw	0.6
Bananas, dehydrated, or banana powder	2.8
Bananas, raw	0.665
BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	1.38
Barbecue loaf, pork, beef	2.266
Barley flour or meal	6.269
Barley malt flour	5.636
Barley, hulled	4.604
Barley, pearled, cooked	2.063
Barley, pearled, raw	4.604
Basil, fresh	0.902
Beans, adzuki, mature seed, cooked, boiled, with salt	0.717
Beans, adzuki, mature seeds, canned, sweetened	0.631
Beans, adzuki, mature seeds, cooked, boiled, without salt	0.717
Beans, adzuki, mature seeds, raw	2.63
Beans, baked, canned, no salt added	0.43
Beans, baked, canned, plain or vegetarian	0.428
Beans, baked, canned, with beef	0.94
Beans, baked, canned, with franks	0.901
Beans, baked, canned, with pork	0.447
Beans, baked, canned, with pork and sweet sauce	0.304
Beans, baked, canned, with pork and tomato sauce	0.494
Beans, baked, home prepared	0.408
Beans, black turtle, mature seeds, canned	0.62
Beans, black turtle, mature seeds, cooked, boiled, with salt	0.527
Beans, black turtle, mature seeds, cooked, boiled, without salt	0.527
Beans, black turtle, mature seeds, raw	1.955
Beans, black, mature seeds, canned, low sodium	0.62
Beans, black, mature seeds, cooked, boiled, with salt	0.505
Beans, black, mature seeds, cooked, boiled, without salt	0.505
Beans, black, mature seeds, raw	1.955
Beans, chili, barbecue, ranch style, cooked	0.36
Beans, cranberry (roman), mature seeds, canned	0.504
Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	0.515
Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	0.515
Beans, cranberry (roman), mature seeds, raw	1.455
Beans, fava, in pod, raw	2.249

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

Beans, pinto, mature seeds, canned, solids and liquids	0.268
Beans, pinto, mature seeds, canned, solids and liquids, low sodium	0.268
Beans, pinto, mature seeds, cooked, boiled, with salt	0.318
Beans, pinto, mature seeds, cooked, boiled, without salt	0.318
Beans, pinto, mature seeds, raw (Includes foods for USDA's Food Distribution Program)	1.174
Beans, shellie, canned, solids and liquids	0.205
Beans, small white, mature seeds, cooked, boiled, with salt	0.272
Beans, small white, mature seeds, cooked, boiled, without salt	0.272
Beans, small white, mature seeds, raw	1.342
Beans, snap, canned, all styles, seasoned, solids and liquids	0.233
Beans, snap, green, canned, no salt added, drained solids	0.206
Beans, snap, green, canned, no salt added, solids and liquids	0.2
Beans, snap, green, canned, regular pack, drained solids	0.206
Beans, snap, green, canned, regular pack, solids and liquids	0.2
Beans, snap, green, cooked, boiled, drained, with salt	0.614
Beans, snap, green, cooked, boiled, drained, without salt	0.614
Beans, snap, green, frozen, all styles, microwaved	0.485
Beans, snap, green, frozen, all styles, unprepared (Includes foods for USDA's Food Distribution Program)	0.496
Beans, snap, green, frozen, cooked, boiled, drained without salt	0.383
Beans, snap, green, frozen, cooked, boiled, drained, with salt	0.383
Beans, snap, green, microwaved	0.773
Beans, snap, green, raw	0.734
Beans, snap, yellow, canned, no salt added, drained solids	0.201
Beans, snap, yellow, canned, no salt added, solids and liquids	0.2
Beans, snap, yellow, canned, regular pack, drained solids	0.201
Beans, snap, yellow, canned, regular pack, solids and liquids	0.2
Beans, snap, yellow, cooked, boiled, drained, with salt	0.614
Beans, snap, yellow, cooked, boiled, drained, without salt	0.614
Beans, snap, yellow, frozen, all styles, unprepared	0.499
Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0.383
Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0.383
Beans, snap, yellow, raw	0.752
Beans, white, mature seeds, canned	0.113
Beans, white, mature seeds, cooked, boiled, with salt	0.14
Beans, white, mature seeds, cooked, boiled, without salt	0.14
Beans, white, mature seeds, raw	0.479
Beans, yellow, mature seeds, cooked, boiled, with salt	0.708
Beans, yellow, mature seeds, cooked, boiled, without salt	0.708
Beans, yellow, mature seeds, raw	2.43
Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	6.148
Beef macaroni with tomato sauce, frozen entree, reduced fat	1.806
Beef Pot Pie, frozen entree, prepared	1.633
Beef stew, canned entree	1.096
Beef, bologna, reduced sodium	2.63
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	6.933

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	6.087
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	6.959
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	6.658
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	6.906
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	5.516
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	6.585
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	7.77
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	7.17
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	7.939
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	6.201
Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	6.353
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	6.019
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	6.115
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	5.875
Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	6.452
Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	6.205
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	4.667
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	4.496
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	4.175
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	4.087
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.041
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	4.001
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.098
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	4.175

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	3.984
Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	4.84
Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	4.926
Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	4.906
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	4.825
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	4.947
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	5.003
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	5.158
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	4.801
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	4.731
Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3.04
Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	3.14
Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.12
Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3.57
Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3.37
Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	3.27
Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.48
Beef, brisket, whole, separable lean only, all grades, raw	3.94
Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3.71
Beef, carcass, separable lean and fat, choice, raw	3.54
Beef, carcass, separable lean and fat, select, raw	3.54
Beef, chopped, cured, smoked	4.577
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3.804
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.875
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	3.791
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.821

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.886
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.95
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	4.147
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4.167
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	4.14
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.097
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	4.22
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	4.25
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.368
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.324
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.303
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	4.323
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4.314
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	4.56
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.693
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	4.593
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.593
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	4.593
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	4.65
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	4.83
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	4.663
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	4.351
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4.649
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.34

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

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	5.221
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	5.007
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	4.908
Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2.45
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	2.43
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	2.18
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	2.41
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	2.17
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	2.46
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	2.2
Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	2.67
Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	3.393
Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	3.251
Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	3.599
Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.529
Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	3.415
Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.696
Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	3.469
Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	3.444
Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	3.121
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3.809
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.587
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	3.787
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.513

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.87
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.72
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3.88
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.603
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.867
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.527
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	3.94
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	3.74
Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	3.632
Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	3.612
Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	3.66
Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	3.635
Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.613
Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.668
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3.299
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.293
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	3.246
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.323
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.501
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.318
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3.523
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.523
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.467
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.567

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	3.74
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	3.56
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.187
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	4.51
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.035
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	4.58
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.49
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	5.57
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.273
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	5.193
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.165
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	5.13
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.49
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	5.32
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.833
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	3.42
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.72
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	3.38
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	4.06
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	3.5
Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	3.761
Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	3.619
Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	3.97
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	3.821

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.665
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	4.049
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.591
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	3.252
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.575
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	3.316
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3.681
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	3.292
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	3.617
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	3.287
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	3.6
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	3.347
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	3.71
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	3.34
Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	4.032
Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.983
Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	4.106
Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4.332
Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.29
Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	4.395
Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3.568
Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	3.636
Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.465
Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3.874

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

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	5.918
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	5.558
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	6.222
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	6.139
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	6.31
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	5.897
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	6.021
Beef, corned beef hash, with potato, canned	1.572
Beef, cured, breakfast strips, cooked	6.47
Beef, cured, breakfast strips, raw or unheated	2.97
Beef, cured, corned beef, brisket, cooked	3.03
Beef, cured, corned beef, brisket, raw	3.66
Beef, cured, corned beef, canned	2.43
Beef, cured, dried	5.164
Beef, cured, luncheon meat, jellied	4.838
Beef, cured, pastrami	4.26
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.363
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	6.257
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	4.42
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	7.471
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	6.842
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	7.256
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	5.671
Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	7.981
Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	6.683
Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	4.6
Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	8.208
Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	7.353
Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	8.171

Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	6.227
Beef, grass-fed, ground, raw	4.818
Beef, grass-fed, strip steaks, lean only, raw	6.703
Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	4.859
Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	4.026
Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	5.034
Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	4.537
Beef, ground, 70% lean meat / 30% fat, raw	3.382
Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	5.345
Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	4.327
Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	4.818
Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	5.282
Beef, ground, 75% lean meat / 25% fat, raw	3.804
Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	5.831
Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	4.627
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	5.098
Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	5.53
Beef, ground, 80% lean meat / 20% fat, raw	4.227
Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	6.318
Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	4.927
Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	5.378
Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	5.778
Beef, ground, 85% lean meat / 15% fat, raw (Includes foods for USDA's Food Distribution Program)	4.649
Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	6.804
Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	5.228
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	5.659
Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	6.027
Beef, ground, 90% lean meat / 10% fat, raw	5.072
Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	7.096
Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	5.408
Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	5.827
Beef, ground, 93% lean meat / 7% fat, raw	5.325
Beef, ground, 93% lean meat / 7% fat, patty, cooked, pan-broiled	6.175
Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	7.29
Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	5.528
Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	5.939
Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	6.275
Beef, ground, 95% lean meat / 5% fat, raw	5.494
Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	7.485
Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	5.648

Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	6.051
Beef, ground, 97% lean meat / 3% fat, raw	5.663
Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	6.374
Beef, ground, patties, frozen, cooked, broiled	5.305
Beef, ground, unspecified fat content, cooked	5.682
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	7.655
Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.225
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	5.556
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	4.705
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	5.438
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.461
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	5.732
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	5.072
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	5.586
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4.755
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	5.47
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.508
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	5.125
Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	5.76
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.61
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	4.717
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.579
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.473
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.691
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	5.082
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	6.235
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4.755

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.071
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.508
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	5.87
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	5.125
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.813
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	6.515
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.622
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	6.681
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	6.133
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	6.267
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	5.996
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	6.742
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	5.871
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	6.947
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	6.187
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	6.435
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	6.644
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6.123
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	6.734
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.286
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	6.51
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	5.879
Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	7.32
Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	6.742

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

Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	5.851
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	4.969
Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	5.869
Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	5.867
Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	6.046
Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	2.132
Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	3.01
Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	2.232
Beef, New Zealand, imported, bolar blade, separable lean only, raw	3.142
Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	1.974
Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	2.683
Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	2.45
Beef, New Zealand, imported, brisket navel end, separable lean only, raw	3.578
Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	3.282
Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	4.089
Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	3.485
Beef, New Zealand, imported, brisket point end, separable lean only, raw	4.335
Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	1.97
Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	2.685
Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	2.035
Beef, New Zealand, imported, chuck eye roll, separable lean only, raw	2.878
Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	3.889
Beef, New Zealand, imported, cube roll, separable lean and fat, raw	3.015
Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	4.177
Beef, New Zealand, imported, cube roll, separable lean only, raw	3.257
Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	3.962

Beef, New Zealand, imported, eye round, separable lean and fat, raw	3.431
Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	3.983
Beef, New Zealand, imported, eye round, separable lean only, raw	3.494
Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	3.41
Beef, New Zealand, imported, flank, separable lean and fat, raw	4.594
Beef, New Zealand, imported, flank, separable lean only, cooked, braised	3.467
Beef, New Zealand, imported, flank, separable lean only, raw	4.73
Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	2.24
Beef, New Zealand, imported, flat, separable lean and fat, raw	3.212
Beef, New Zealand, imported, flat, separable lean only, cooked, braised	2.292
Beef, New Zealand, imported, flat, separable lean only, raw	3.328
Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	2.611
Beef, New Zealand, imported, hind shin, separable lean and fat, raw	3.136
Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	2.698
Beef, New Zealand, imported, hind shin, separable lean only, raw	3.286
Beef, New Zealand, imported, inside, raw	3.955
Beef, New Zealand, imported, intermuscular fat, cooked	1.07
Beef, New Zealand, imported, intermuscular fat, raw	1.05
Beef, New Zealand, imported, knuckle, cooked, fast fried	3.229
Beef, New Zealand, imported, manufacturing beef, cooked, boiled	1.759
Beef, New Zealand, imported, manufacturing beef, raw	2.908
Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	1.645
Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	2.293
Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	1.647
Beef, New Zealand, imported, oyster blade, separable lean only, raw	2.361
Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	5.053
Beef, New Zealand, imported, ribs prepared, raw	4.306
Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	3.904
Beef, New Zealand, imported, rump centre, separable lean and fat, raw	2.716
Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	3.922
Beef, New Zealand, imported, rump centre, separable lean only, raw	2.729
Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	4.25
Beef, New Zealand, imported, striploin, separable lean and fat, raw	3.569

Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	4.842
Beef, New Zealand, imported, striploin, separable lean only, raw	4.243
Beef, New Zealand, imported, subcutaneous fat, cooked	1.27
Beef, New Zealand, imported, subcutaneous fat, raw	0.74
Beef, New Zealand, imported, sweetbread, cooked, boiled	1.6
Beef, New Zealand, imported, sweetbread, raw	2
Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	4.985
Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	4.015
Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	5.003
Beef, New Zealand, imported, tenderloin, separable lean only, raw	4.054
Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	13.8
Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	3.365
Beef, New Zealand, imported, variety meats and by-products, heart, raw	4.444
Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	3.903
Beef, New Zealand, imported, variety meats and by-products, kidney, raw	4.878
Beef, New Zealand, imported, variety meats and by-products, liver, raw	15.4
Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	2.58
Beef, New Zealand, imported, variety meats and by-products, tongue, raw	2.996
Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	2.616
Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	7.943
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	6.338
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	5.241
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.224
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	5.076
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	6.509
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	5.49
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	6.471

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	5.439
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	6.365
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	5.282
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	6.63
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	5.675
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.096
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	4.092
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4.836
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	4.043
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.485
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	4.166
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	5.198
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	4.251
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	4.927
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	4.212
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	5.605
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	4.31
Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	3.745
Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	3.82
Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.193
Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	4.331
Beef, retail cuts, separable fat, cooked	1.528
Beef, retail cuts, separable fat, raw	1.437
Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4.808
Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.749

Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	4.897
Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	5.561
Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	5.478
Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	5.685
Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	5.023
Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.851
Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	5.281
Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	5.85
Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	5.657
Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	6.14
Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	4.733
Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	4.752
Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	4.705
Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	5.683
Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	5.675
Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	5.695
Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.149
Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	4.782
Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4.863
Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	4.704
Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.58
Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	4.896
Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	5.799
Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	5.555

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

Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	3.624
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	5.006
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	3.807
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	4.884
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	3.649
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	5.184
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	4.046
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	5.882
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	4.576
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	5.826
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	4.388
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	5.964
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	4.861
Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	8.748
Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	7.209
Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	3.23
Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	8.521
Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	3.74
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	3.64
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	3.75
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	2.78
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	3.67
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	2.61
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	2.7

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.59
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	2.57
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	2.64
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	3.65
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	2.53
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	2.78
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	3.74
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	2.64
Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.45
Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.45
Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	4.45
Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	2.452
Beef, rib, shortribs, separable lean and fat, choice, raw	2.556
Beef, rib, shortribs, separable lean only, choice, cooked, braised	3.208
Beef, rib, shortribs, separable lean only, choice, raw	3.412
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.257
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	4.18
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	4.22
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	6.881
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	3.16
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	5.699
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	6.653
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.13
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	6.157
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	4.07
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	3.04

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	3.08
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	7.098
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	3.19
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	5.228
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	8.415
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	4.8
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	4.8
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	8.464
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	6.916
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	7.491
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	9.02
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	6.544
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	8.347
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.27
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	3.46
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	2.8
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.25
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.43
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	2.78
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.19
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	3.4
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	2.75
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	3.31
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	3.51

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

Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.987
Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	5.232
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	5.03
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	6.661
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	5.294
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	6.757
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	6.598
Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	5.866
Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	5.918
Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	5.802
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	5.726
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6.183
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	5.939
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.294
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	5.512
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	6.071
Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	6.109
Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	6.356
Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	6.007
Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	6.169
Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	6.575
Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	5.927
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	8.464
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	6.687

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	8.581
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	6.779
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	8.289
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	6.548
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	8.506
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	6.72
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	8.62
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	6.81
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	8.335
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	6.585
Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	6.773
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	8.682
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	6.685
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	8.797
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.509
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	6.552
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	8.727
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	6.72
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	8.844
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	6.81
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	8.552
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	6.585
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4.947
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6.42

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5.149
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.59
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	4.747
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	6.252
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	5.341
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	6.78
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	5.74
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	6.958
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	5.089
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	6.637
Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4.02
Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.74
Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	4.02
Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	3.74
Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	4.26
Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	4.27
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.177
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	5.01
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.435
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	4.895
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	4.66
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	5.24
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw	5.76
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.873

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	5.557
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.815
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	5.455
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.99
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.557
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	6.38
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	7.31
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	6.39
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.05
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	6.36
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.682
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	6.119
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.884
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	6.127
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4.483
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	6.107
Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	3.59
Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.57
Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	3.61
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.945
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	6.217
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	5.319
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	6.314
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	4.707

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

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	9.259
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	6.667
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	8.549
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	6.155
Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	5.36
Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3.76
Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	3.76
Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.76
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	3.65
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.63
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	5.15
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	4.25
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.67
Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.81
Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	3.81
Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	5.394
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6.589
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	5.55
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.667
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	5.95
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	5.169
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	6.51
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	5.717
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	6.873

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	6.156
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	6.901
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	5.436
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	6.879
Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	4.583
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	5.89
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	5.74
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.21
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	4.237
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	4.171
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	5.523
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.923
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	5.67
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.961
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	5.304
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.865
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	6.033
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	4.63
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	4.63
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	4.63
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	5.377
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	6.225
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	5.412
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	5.745

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	5.325
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	6.109
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	5.751
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	6.292
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	5.765
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	5.835
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	5.73
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.268
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	4.242
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	4.305
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	5.48
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	5.153
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	5.618
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	5.164
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	5.274
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	5.136
Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	4.63
Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	4.63
Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	7.101
Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	4.77
Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6.077
Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	7.095
Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	3.88
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	8.384

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	8.604
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	7.713
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	8.603
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	6.703
Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	4.577
Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.549
Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	4.619
Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4.618
Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.593
Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	4.655
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	4.662
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	4.873
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	4.347
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	4.716
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	4.923
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	4.405
Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.481
Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.375
Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	5.542
Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	5.613
Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	5.435
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	4.268
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.865
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4.194

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

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	7.491
Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	8.494
Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	6.408
Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	4.127
Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	4.037
Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	4.542
Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	8.654
Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	8.553
Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	8.724
Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4.067
Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.037
Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	4.35
Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	8.359
Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	8.33
Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	8.324
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.804
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.75
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	3.901
Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	5.337
Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	5.733
Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	5.973
Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.807
Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	7.87
Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	7.744

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	7.176
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	5.986
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	7.269
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	3.83
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.425
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	7.083
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	5.526
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	8.741
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	8.937
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	9.001
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	8.42
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	6.843
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	7.77
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	7.42
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	8.574
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	6.469
Beef, variety meats and by-products, brain, cooked, pan-fried	3.78
Beef, variety meats and by-products, brain, cooked, simmered	3.62
Beef, variety meats and by-products, brain, raw	3.55
Beef, variety meats and by-products, heart, cooked, simmered	6.68
Beef, variety meats and by-products, heart, raw	7.53
Beef, variety meats and by-products, kidneys, cooked, simmered	3.92
Beef, variety meats and by-products, kidneys, raw	8.03
Beef, variety meats and by-products, liver, cooked, braised	17.525
Beef, variety meats and by-products, liver, cooked, pan-fried	17.475
Beef, variety meats and by-products, liver, raw	13.175
Beef, variety meats and by-products, lungs, cooked, braised	2.492
Beef, variety meats and by-products, lungs, raw	4
Beef, variety meats and by-products, mechanically separated beef, raw	2.546
Beef, variety meats and by-products, pancreas, cooked, braised	3.97
Beef, variety meats and by-products, pancreas, raw	4.45
Beef, variety meats and by-products, spleen, cooked, braised	5.567

Beef, variety meats and by-products, spleen, raw	8.4
Beef, variety meats and by-products, suet, raw	0.259
Beef, variety meats and by-products, thymus, cooked, braised	1.84
Beef, variety meats and by-products, thymus, raw	3.452
Beef, variety meats and by-products, tongue, cooked, simmered	3.49
Beef, variety meats and by-products, tongue, raw	4.24
Beef, variety meats and by-products, tripe, cooked, simmered	0.461
Beef, variety meats and by-products, tripe, raw	0.881
Beerwurst, beer salami, pork	3.254
Beerwurst, beer salami, pork and beef	2.975
Beerwurst, pork and beef	2.975
Beet greens, cooked, boiled, drained, with salt	0.499
Beet greens, cooked, boiled, drained, without salt	0.499
Beet greens, raw	0.4
Beets, canned, drained solids	0.157
Beets, canned, no salt added, solids and liquids	0.151
Beets, canned, regular pack, solids and liquids	0.151
Beets, cooked, boiled, drained	0.331
Beets, cooked, boiled, drained, with salt	0.331
Beets, harvard, canned, solids and liquids	0.084
Beets, pickled, canned, solids and liquids	0.251
Beets, raw	0.334
Beverage, instant breakfast powder, chocolate, not reconstituted	14.24
Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	25.6
Beverages, ABBOTT, EAS soy protein powder	0.817
Beverages, ABBOTT, EAS whey protein powder	10
Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	1.984
Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	2.11
Beverages, Acai berry drink, fortified	9.06
Beverages, almond milk, chocolate, ready-to-drink	0.103
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0.075
Beverages, almond milk, unsweetened, shelf stable	0.07
Beverages, AMBER, hard cider	0.045
Beverages, Apple juice drink, light, fortified with vitamin C	0.067
Beverages, carbonated, lemon-lime soda, no caffeine	0.015
Beverages, carbonated, SPRITE, lemon-lime, without caffeine	0.015
Beverages, Carob-flavor beverage mix, powder	0.76
Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	0.138
Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	0.075
Beverages, chocolate drink, milk and soy based, ready to drink, fortified	1.688
Beverages, chocolate malt powder, prepared with 1% milk, fortified	1.427
Beverages, chocolate malt, powder, prepared with fat free milk	0.865
Beverages, chocolate powder, no sugar added	25.6
Beverages, chocolate syrup	0.322
Beverages, chocolate syrup, prepared with whole milk	0.137

Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	0.199
Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	0.098
Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	0.142
Beverages, Chocolate-flavored drink, whey and milk based	0.106
Beverages, citrus fruit juice drink, frozen concentrate	0.263
Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	0.075
Beverages, Clam and tomato juice, canned	0.231
Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	1.565
Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	0.026
Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	1.084
Beverages, Cocoa mix, no sugar added, powder	1.084
Beverages, Cocoa mix, powder	0.586
Beverages, Cocoa mix, powder, prepared with water	0.081
Beverages, cocoa mix, with aspartame, powder, prepared with water	0.085
Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	4.655
Beverages, coffee substitute, cereal grain beverage, powder	17.664
Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	0.293
Beverages, coffee substitute, cereal grain beverage, prepared with water	0.294
Beverages, coffee, brewed, breakfast blend	0.8
Beverages, coffee, brewed, espresso, restaurant-prepared	5.207
Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	5.207
Beverages, coffee, brewed, prepared with tap water	0.191
Beverages, coffee, brewed, prepared with tap water, decaffeinated	0.222
Beverages, coffee, instant, chicory	0.218
Beverages, coffee, instant, decaffeinated, powder	28.075
Beverages, coffee, instant, decaffeinated, prepared with water	0.282
Beverages, coffee, instant, mocha, sweetened	2.263
Beverages, coffee, instant, regular, half the caffeine	28.173
Beverages, coffee, instant, regular, powder	28.173
Beverages, coffee, instant, regular, prepared with water	0.236
Beverages, coffee, instant, with chicory	21.667
Beverages, coffee, instant, with whitener, reduced calorie	0.188
Beverages, coffee, ready to drink, iced, mocha, milk based	0.513
Beverages, coffee, ready to drink, milk based, sweetened	1.32
Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	1.32
Beverages, Cranberry juice cocktail	0.025

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

Beverages, Malt liquor beverage	0.4
Beverages, malted drink mix, chocolate, powder	2.003
Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	0.259
Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	4.164
Beverages, Malted drink mix, natural, powder, dairy based.	5.246
Beverages, Malted drink mix, natural, powder, prepared with whole milk	0.519
Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	3.993
Beverages, Meal supplement drink, canned, peanut flavor	6.6
Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	0.085
Beverages, MINUTE MAID, Lemonada, Limeade	0.009
Beverages, Mixed vegetable and fruit juice drink, with added nutrients	0.018
Beverages, MONSTER energy drink, low carb	8.333
Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	1.537
Beverages, nutritional shake mix, high protein, powder	25
Beverages, OCEAN SPRAY, Cran Cherry	0.026
Beverages, OCEAN SPRAY, Cran Grape	0.026
Beverages, OCEAN SPRAY, Cran Lemonade	0.026
Beverages, OCEAN SPRAY, Cran Pomegranate	0.026
Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0.026
Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	4.167
Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0.028
Beverages, OCEAN SPRAY, Diet Cran Cherry	0.026
Beverages, OCEAN SPRAY, Diet Cranberry Juice	0.026
Beverages, OCEAN SPRAY, Light Cranberry	0.026
Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	0.026
Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	0.026
Beverages, OCEAN SPRAY, Ruby Red cranberry	0.026
Beverages, OCEAN SPRAY, White Cranberry Peach	0.026
Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0.21
Beverages, orange and apricot juice drink, canned	0.2
Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0.09
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0.87
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0.253
Beverages, orange drink, canned, with added vitamin C	0.011
Beverages, Orange juice drink	5
Beverages, Orange juice, light, No pulp	0.333
Beverages, Orange-flavor drink, breakfast type, low calorie, powder	80
Beverages, orange-flavor drink, breakfast type, powder	8

Beverages, orange-flavor drink, breakfast type, powder, prepared with water	1.023
Beverages, OVALTINE, chocolate malt powder	18.182
Beverages, OVALTINE, Classic Malt powder	18.182
Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	0.22
Beverages, pineapple and grapefruit juice drink, canned	0.267
Beverages, pineapple and orange juice drink, canned	0.207
Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	0.845
Beverages, POWERADE, Zero, Mixed Berry	0.833
Beverages, Propel Zero, fruit-flavored, non-carbonated	4.095
Beverages, Protein powder soy based	2.357
Beverages, Protein powder whey based	1.136
Beverages, rice milk, unsweetened	0.39
Beverages, rich chocolate, powder	18.182
Beverages, shake, fast food, strawberry	0.175
Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	2.39
Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	0.083
Beverages, tea, green, brewed, decaffeinated	0.03
Beverages, tea, green, brewed, regular	0.03
Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	0.125
Beverages, tea, hibiscus, brewed	0.04
Beverages, tea, instant, decaffeinated, lemon, diet	3.88
Beverages, tea, instant, decaffeinated, lemon, sweetened	0.125
Beverages, tea, instant, decaffeinated, unsweetened	10.8
Beverages, tea, instant, lemon, diet	0.02
Beverages, tea, instant, lemon, sweetened, powder	0.125
Beverages, tea, instant, lemon, sweetened, prepared with water	0.011
Beverages, tea, instant, lemon, unsweetened	6.168
Beverages, tea, instant, lemon, with added ascorbic acid	0.407
Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	3.88
Beverages, tea, instant, unsweetened, powder	10.8
Beverages, tea, instant, unsweetened, prepared with water	0.032
Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	3.384
Beverages, The COCA-COLA company, Minute Maid, Lemonade	0.009
Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	38.442
Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	38.462
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	2.26
Beverages, V8 SPLASH Smoothies, Peach Mango	0.816
Beverages, V8 SPLASH Smoothies, Strawberry Banana	0.816
Beverages, V8 SPLASH Smoothies, Tropical Colada	0.813

Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	0.013
Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	0.013
Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0.844
Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	0.833
Beverages, Whey protein powder isolate	11.628
Beverages, Wine, non-alcoholic	0.1
Beverages, yellow green colored citrus soft drink with caffeine	2
Biscuits, mixed grain, refrigerated dough	3.4
Biscuits, plain or buttermilk, dry mix	4.542
Biscuits, plain or buttermilk, dry mix, prepared	3.021
Biscuits, plain or buttermilk, frozen, baked	3.352
Biscuits, plain or buttermilk, prepared from recipe	2.949
Biscuits, plain or buttermilk, refrigerated dough, higher fat	3.308
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	3.684
Biscuits, plain or buttermilk, refrigerated dough, lower fat	3.295
Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	3.448
Bison, ground, grass-fed, cooked	5.966
Bison, ground, grass-fed, raw	5.322
Blackberries, canned, heavy syrup, solids and liquids	0.287
Blackberries, frozen, unsweetened	1.207
Blackberries, raw	0.646
Blackberries, wild, raw (Alaska Native)	0.314
Blackberry juice, canned	0.446
Blood sausage	1.2
Blueberries, canned, heavy syrup, solids and liquids	0.113
Blueberries, canned, light syrup, drained	0.363
Blueberries, dried, sweetened	1.154
Blueberries, frozen, sweetened	0.253
Blueberries, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	0.52
Blueberries, raw	0.418
Blueberries, wild, canned, heavy syrup, drained	0.469
Blueberries, wild, frozen (Includes foods for USDA's Food Distribution Program)	0.61
Bockwurst, pork, veal, raw	5.616
Bologna, beef	2.321
Bologna, beef and pork	2.521
Bologna, beef and pork, low fat	2.54
Bologna, beef, low fat	2.5
Bologna, chicken, pork	3.68
Bologna, chicken, pork, beef	3.463
Bologna, chicken, turkey, pork	3.32
Bologna, meat and poultry	3.187
Bologna, pork	3.9
Bologna, pork and turkey, lite	3.072

Bologna, pork, turkey and beef	3.31
Bologna, turkey	2.607
Borage, raw	0.9
Boysenberries, canned, heavy syrup	0.23
Boysenberries, frozen, unsweetened	0.767
Bratwurst, beef and pork, smoked	3.11
Bratwurst, chicken, cooked	7.551
Bratwurst, pork, beef and turkey, lite, smoked	1.847
Bratwurst, pork, beef, link	3.3
Bratwurst, pork, cooked	4.795
Bratwurst, veal, cooked	5.43
Braunschweiger (a liver sausage), pork	8.368
Bread, banana, prepared from recipe, made with margarine	1.446
Bread, boston brown, canned	1.12
Bread, chapati or roti, plain, commercially prepared	6.78
Bread, chapati or roti, whole wheat, commercially prepared, frozen	4.61
Bread, cheese	3.279
Bread, cinnamon	2.822
Bread, cornbread, dry mix, enriched (includes corn muffin mix)	3.342
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	2.004
Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	0.937
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	2.254
Bread, cracked-wheat	3.671
Bread, crumbs, dry, grated, plain	6.634
Bread, crumbs, dry, grated, seasoned	6.161
Bread, egg	4.848
Bread, egg, toasted	4.795
Bread, french or vienna (includes sourdough)	4.817
Bread, french or vienna, toasted (includes sourdough)	5.38
Bread, french or vienna, whole wheat	3.902
Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	2.775
Bread, gluten-free, white, made with tapioca starch and brown rice flour	1.405
Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	1.41
Bread, irish soda, prepared from recipe	2.405
Bread, Italian	4.538
Bread, kneel down (Navajo)	2.49
Bread, multi-grain (includes whole-grain)	4.042
Bread, multi-grain, toasted (includes whole-grain)	4.394
Bread, naan, plain, commercially prepared, refrigerated	5.84
Bread, naan, whole wheat, commercially prepared, refrigerated	3.58
Bread, oat bran	4.831
Bread, oat bran, toasted	4.778
Bread, oatmeal	3.136
Bread, oatmeal, toasted	3.068

Bread, pan dulce, sweet yeast bread	3.463
Bread, paratha, whole wheat, commercially prepared, frozen	1.83
Bread, pita, white, enriched	4.632
Bread, pita, white, unenriched	2.142
Bread, pita, whole-wheat	2.84
Bread, potato	1.25
Bread, pound cake type, pan de torta salvadoran	4.7
Bread, protein (includes gluten)	4.289
Bread, protein, (includes gluten), toasted	4.241
Bread, pumpernickel	3.091
Bread, raisin, enriched	3.466
Bread, raisin, enriched, toasted	3.391
Bread, raisin, unenriched	1.495
Bread, reduced-calorie, oat bran	3.763
Bread, reduced-calorie, oat bran, toasted	4.032
Bread, reduced-calorie, oatmeal	3.03
Bread, reduced-calorie, rye	2.527
Bread, reduced-calorie, wheat	3.78
Bread, reduced-calorie, white	3.641
Bread, rice bran	6.81
Bread, rice bran, toasted	6.662
Bread, roll, Mexican, bollilo	5.585
Bread, rye	3.805
Bread, rye, toasted	3.763
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.2
Bread, sticks, plain	5.281
Bread, stuffing, cornbread, dry mix	4.873
Bread, stuffing, cornbread, dry mix, prepared	1.247
Bread, stuffing, dry mix	5.766
Bread, stuffing, dry mix, prepared	1.422
Bread, wheat	5.59
Bread, wheat, sprouted	2.33
Bread, wheat, sprouted, toasted	2.532
Bread, wheat, toasted	6.25
Bread, white wheat	4.455
Bread, white, commercially prepared (includes soft bread crumbs)	4.78
Bread, white, commercially prepared, low sodium, no salt	3.969
Bread, white, commercially prepared, toasted	3.926
Bread, white, commercially prepared, toasted, low sodium no salt	3.926
Bread, white, prepared from recipe, made with low fat (2%) milk	3.588
Bread, white, prepared from recipe, made with nonfat dry milk	3.731
Bread, whole-wheat, commercially prepared	4.438
Bread, whole-wheat, commercially prepared, toasted	5.732
Bread, whole-wheat, prepared from recipe	3.985
Bread, whole-wheat, prepared from recipe, toasted	3.941
Breadfruit, raw	0.9
Breakfast bar, corn flake crust with fruit	13.5
Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	1.75
Broadbeans (fava beans), mature seeds, canned	0.96

Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	0.711
Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	0.711
Broadbeans (fava beans), mature seeds, raw	2.832
Broadbeans, immature seeds, raw	1.5
Broccoli raab, cooked	2.015
Broccoli raab, raw	1.221
Broccoli, chinese, cooked	0.437
Broccoli, cooked, boiled, drained, with salt	0.553
Broccoli, cooked, boiled, drained, without salt	0.553
Broccoli, flower clusters, raw	0.638
Broccoli, frozen, chopped, cooked, boiled, drained, with salt	0.458
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.458
Broccoli, frozen, chopped, unprepared	0.47
Broccoli, frozen, spears, cooked, boiled, drained, with salt	0.458
Broccoli, frozen, spears, cooked, boiled, drained, without salt	0.458
Broccoli, frozen, spears, unprepared (Includes foods for USDA's Food Distribution Program)	0.462
Broccoli, raw	0.639
Broccoli, stalks, raw	0.638
Brussels sprouts, cooked, boiled, drained, with salt	0.607
Brussels sprouts, cooked, boiled, drained, without salt	0.607
Brussels sprouts, frozen, cooked, boiled, drained, with salt	0.537
Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.537
Brussels sprouts, frozen, unprepared	0.638
Brussels sprouts, raw	0.745
Buckwheat	7.02
Buckwheat flour, whole-groat	6.15
Buckwheat groats, roasted, cooked	0.94
Buckwheat groats, roasted, dry	5.135
Bulgur, cooked	1
Bulgur, dry	5.114
Burdock root, cooked, boiled, drained, with salt	0.32
Burdock root, cooked, boiled, drained, without salt	0.32
Burdock root, raw	0.3
BURGER KING, Cheeseburger	3.4
BURGER KING, Chicken Strips	7.96
BURGER KING, CROISSAN'WICH with Egg and Cheese	2.052
BURGER KING, CROISSAN'WICH with Sausage and Cheese	4.09
BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	2.754
BURGER KING, DOUBLE WHOPPER, no cheese	3.23
BURGER KING, DOUBLE WHOPPER, with cheese	3
BURGER KING, french fries	2.163
BURGER KING, french toast sticks	2.575
BURGER KING, Hamburger	3.947
BURGER KING, Hash Brown Rounds	1.98
BURGER KING, Onion Rings	0.673
BURGER KING, Original Chicken Sandwich	4.71
BURGER KING, Premium Fish Sandwich	2.09
BURGER KING, Vanilla Shake	0.09

BURGER KING, WHOPPER, no cheese	2.873
BURGER KING, WHOPPER, with cheese	2.56
Burrito, bean and cheese, frozen	2.48
Burrito, beef and bean, frozen	2.889
Burrito, beef and bean, microwaved	3.566
Butter oil, anhydrous	0.003
Butter, light, stick, with salt	0.02
Butter, light, stick, without salt	0.02
Butter, salted	0.042
Butter, whipped, with salt	0.022
Butter, without salt	0.042
Butterbur, (fuki), raw	0.2
Butterbur, canned	0.14
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0.428
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0.428
Cabbage, chinese (pak-choi), raw	0.5
Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	0.5
Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	0.5
Cabbage, chinese (pe-tsai), raw	0.4
Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0.3
Cabbage, common (danish, domestic, and pointed types), stored, raw	0.3
Cabbage, common, cooked, boiled, drained, with salt	0.248
Cabbage, cooked, boiled, drained, without salt	0.248
Cabbage, japanese style, fresh, pickled	0.18
Cabbage, kimchi	1.1
Cabbage, mustard, salted	0.72
Cabbage, napa, cooked	0.466
Cabbage, raw	0.234
Cabbage, red, cooked, boiled, drained, with salt	0.382
Cabbage, red, cooked, boiled, drained, without salt	0.382
Cabbage, red, raw	0.418
Cabbage, savoy, cooked, boiled, drained, with salt	0.024
Cabbage, savoy, cooked, boiled, drained, without salt	0.024
Cabbage, savoy, raw	0.3
Cake, angelfood, commercially prepared	0.883
Cake, angelfood, dry mix, prepared	0.171
Cake, boston cream pie, commercially prepared	0.191
Cake, cheesecake, commercially prepared	0.195
Cake, cheesecake, prepared from mix, no-bake type	0.493
Cake, cherry fudge with chocolate frosting	0.7
Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	0.773
Cake, chocolate, prepared from recipe without frosting	1.137
Cake, coffeecake, cheese	0.682
Cake, coffeecake, cinnamon with crumb topping, commercially prepared, enriched	1.678

Cake, coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	0.88
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.519
Cake, coffeecake, creme-filled with chocolate frosting	0.84
Cake, coffeecake, fruit	2.573
Cake, fruitcake, commercially prepared	0.791
Cake, gingerbread, dry mix	2.55
Cake, gingerbread, prepared from recipe	1.738
Cake, pineapple upside-down, prepared from recipe	1.19
Cake, pound, Bimbo Bakeries USA, Panque Casero, home baked style	0.62
Cake, pound, commercially prepared, butter (includes fresh and frozen)	1.615
Cake, pound, commercially prepared, fat-free	0.686
Cake, pound, commercially prepared, other than all butter, enriched	1.349
Cake, pound, commercially prepared, other than all butter, unenriched	0.342
Cake, pudding-type, carrot, dry mix	2.205
Cake, pudding-type, chocolate, dry mix	2.417
Cake, pudding-type, white, enriched, dry mix	2.425
Cake, pudding-type, white, unenriched, dry mix	0.97
Cake, pudding-type, yellow, dry mix	2.588
Cake, shortcake, biscuit-type, prepared from recipe	2.573
Cake, snack cakes, creme-filled, chocolate with frosting	0.925
Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	2.102
Cake, snack cakes, creme-filled, sponge	1.549
Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	2.199
Cake, sponge, commercially prepared	1.932
Cake, sponge, prepared from recipe	1.204
Cake, white, dry mix, special dietary (includes lemon-flavored)	2.395
Cake, white, prepared from recipe with coconut frosting	1.063
Cake, white, prepared from recipe without frosting	1.533
Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	0.8
Cake, yellow, commercially prepared, with vanilla frosting	0.5
Cake, yellow, enriched, dry mix	2.315
Cake, yellow, light, dry mix	1.569
Cake, yellow, prepared from recipe without frosting	1.456
Cake, yellow, unenriched, dry mix	0.309
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.352
CAMPBELL'S CHUNKY, Hearty Beef Barley Soup	1.047
CAMPBELL'S CHUNKY, New England Clam Chowder	0.47
CAMPBELL'S CHUNKY, Old Fashioned Vegetable Beef Soup	1.002
CAMPBELL'S, Cream of Mushroom Soup, condensed	0.363
CAMPBELL'S, Tomato Soup, condensed	0.858
Canada Goose, breast meat only, skinless, raw	6.56
Canadian bacon, cooked, pan-fried	9.988

Canadian bacon, unprepared	7.227
Candies, 5TH AVENUE Candy Bar	3.9
Candies, butterscotch	0.002
Candies, caramels	0.148
Candies, caramels, chocolate-flavor roll	0.21
Candies, carob, unsweetened	1.04
Candies, chocolate covered, caramel with nuts	4.76
Candies, chocolate covered, low sugar or low calorie	2.26
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	0.747
Candies, coconut bar, not chocolate covered	0.445
Candies, confectioner's coating, butterscotch	0.049
Candies, confectioner's coating, peanut butter	8.2
Candies, confectioner's coating, yogurt	0.154
Candies, crispy bar with peanut butter filling	3.64
Candies, dark chocolate coated coffee beans	0.578
Candies, divinity, prepared-from-recipe	0.015
Candies, fruit snacks, with high vitamin C	0.008
Candies, fudge, chocolate marshmallow, prepared-from-recipe	0.163
Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	0.232
Candies, fudge, chocolate, prepared-from-recipe	0.176
Candies, fudge, chocolate, with nuts, prepared-from-recipe	0.315
Candies, fudge, peanut butter, prepared-from-recipe	1.439
Candies, fudge, vanilla with nuts	0.179
Candies, fudge, vanilla, prepared-from-recipe	0.038
Candies, gumdrops, starch jelly pieces	0.01
Candies, halavah, plain	2.856
Candies, hard	0.007
Candies, HEATH BITES	0.09
Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	0.62
Candies, HERSHEY'S SKOR Toffee Bar	0.13
Candies, HERSHEY'S, ALMOND JOY BITES	0.33
Candies, HERSHEY, KIT KAT BIG KAT Bar	0.18
Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	3.64
Candies, HERSHEYS, PAYDAY Bar	7.166
Candies, honey-combed, with peanut butter	5.147
Candies, jellybeans	0.008
Candies, KIT KAT Wafer Bar	0.5
Candies, KRACKEL Chocolate Bar	0.26
Candies, M & M MARS 3 MUSKETEERS Truffle Crisp	0.306
Candies, M & M MARS Pretzel Chocolate Candies	0.433
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	0.23
Candies, MARS SNACKFOOD US, M & M's Almond Chocolate Candies	0.952
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	0.27
Candies, MARS SNACKFOOD US, M & M's Peanut Butter Chocolate Candies	4.329
Candies, MARS SNACKFOOD US, M & M's Peanut Chocolate Candies	3.362

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

Candies, truffles, prepared-from-recipe	0.299
Candies, WHATCHAMACALLIT Candy Bar	2.47
Candies, white chocolate	0.745
Capers, canned	0.652
Carambola, (starfruit), raw	0.367
Cardoon, raw	0.3
Caribou, hind quarter, meat, cooked (Alaska Native)	5.89
Carissa, (natal-plum), raw	0.2
Carob flour	1.897
CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	0.903
CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	6.447
CARRABBA'S ITALIAN GRILL, lasagne	1.757
CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	1.597
CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	1.183
Carrot juice, canned	0.386
Carrot, dehydrated	6.567
Carrots, baby, raw	0.556
Carrots, canned, no salt added, drained solids	0.552
Carrots, canned, no salt added, solids and liquids	0.421
Carrots, canned, regular pack, drained solids	0.552
Carrots, canned, regular pack, solids and liquids	0.421
Carrots, cooked, boiled, drained, with salt	0.645
Carrots, cooked, boiled, drained, without salt	0.645
Carrots, frozen, cooked, boiled, drained, with salt	0.416
Carrots, frozen, cooked, boiled, drained, without salt	0.416
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.464
Carrots, raw	0.983
Cassava, raw	0.854
Catsup	1.434
Catsup, low sodium	1.434
Cattail, Narrow Leaf Shoots (Northern Plains Indians)	0.44
Cauliflower, cooked, boiled, drained, with salt	0.41
Cauliflower, cooked, boiled, drained, without salt	0.41
Cauliflower, frozen, cooked, boiled, drained, with salt	0.31
Cauliflower, frozen, cooked, boiled, drained, without salt	0.31
Cauliflower, frozen, unprepared	0.429
Cauliflower, green, cooked, no salt added	0.681
Cauliflower, green, cooked, with salt	0.681
Cauliflower, green, raw	0.734
Cauliflower, raw	0.507
Celeriac, cooked, boiled, drained, with salt	0.427
Celeriac, cooked, boiled, drained, without salt	0.427
Celeriac, raw	0.7
Celery, cooked, boiled, drained, with salt	0.319
Celery, cooked, boiled, drained, without salt	0.372
Celery, raw	0.32
Celtuce, raw	0.55

Cereals ready-to-eat, ALPEN	2.12
Cereals ready-to-eat, BARBARA'S PUFFINS, original	1.9
Cereals ready-to-eat, chocolate-flavored frosted puffed corn	17.637
Cereals ready-to-eat, FAMILIA	1.8
Cereals ready-to-eat, frosted oat cereal with marshmallows	17.64
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	17.9
Cereals ready-to-eat, granola, homemade	2.739
Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	7.055
Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	15.14
Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	16.67
Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	19.64
Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	13.32
Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	16.67
Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	16.67
Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	17.23
Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	16.67
Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	32.25
Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	15.14
Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	16.12
Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	9.09
Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	26.5
Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	25.167
Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	17.241
Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	18.97
Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	16.67
Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	16.67
Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	16.67
Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	23.51
Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	8.47
Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	15.63
Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	1.33
Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	5.44
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.22
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	0.2
Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	10
Cereals ready-to-eat, POST Bran Flakes	16.7
Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	8.5
Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	10.4
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	16.7
Cereals ready-to-eat, POST Raisin Bran Cereal	8.5
Cereals ready-to-eat, POST SELECTS Blueberry Morning	9.1
Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	9.6
Cereals ready-to-eat, POST, ALPHA-BITS	16.7
Cereals ready-to-eat, POST, COCOA PEBBLES	17.2
Cereals ready-to-eat, POST, FRUITY PEBBLES	18.52

Cereals ready-to-eat, POST, GOLDEN CRISP	18.5
Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	8.62
Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	17.2
Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	9.6
Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	9.1
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	8.9
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	17.8
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	17.2
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	15.6
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	16.1
Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	8.5
Cereals ready-to-eat, POST, Honeycomb Cereal	15.62
Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	5.2
Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	9.62
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	6.26
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	5.64
Cereals ready-to-eat, Post, Waffle Crisp	16.7
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	9.58
Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	15.855
Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	2.308
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	21.465
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	20.75
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	20.56
Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	23.961
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	20.36
Cereals ready-to-eat, QUAKER, Christmas Crunch	21.736
Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH'S	4.334
Cereals ready-to-eat, QUAKER, KING VITAMAN	16.842
Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	2.371
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	17.871
Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	1.89
Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	1.06
Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	1.12
Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	2.7
Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	1.8
Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	1.98
Cereals ready-to-eat, QUAKER, Oatmeal Squares	9.57

Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	9.51
Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	2.12
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	20.389
Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	18.416
Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	18.22
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	17.18
Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	3.525
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	5.286
Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	5.24
Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	20.382
Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	9.78
Cereals ready-to-eat, RALSTON Corn Biscuits	21.833
Cereals ready-to-eat, RALSTON Corn Flakes	21.033
Cereals ready-to-eat, RALSTON CRISP RICE	28.967
Cereals ready-to-eat, RALSTON Crispy Hexagons	24.138
Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	90.567
Cereals ready-to-eat, RALSTON TASTEEOS	17.857
Cereals ready-to-eat, rice, puffed, fortified	35.3
Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	4.73
Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	20.62
Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	5.58
Cereals ready-to-eat, UNCLE SAM CEREAL	4.803
Cereals ready-to-eat, WEETABIX whole grain cereal	5.714
Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	9.09
Cereals ready-to-eat, wheat germ, toasted, plain	5.59
Cereals ready-to-eat, wheat, puffed, fortified	35.3
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0.799
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0.799
Cereals, corn grits, white, regular and quick, enriched, dry	4.465
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0.762
Cereals, corn grits, yellow, regular and quick, unenriched, dry	1.2
Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0.762
Cereals, CREAM OF RICE, cooked with water, with salt	1.039
Cereals, CREAM OF RICE, dry	7.46
Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	0.82
Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0.842
Cereals, CREAM OF WHEAT, 1 minute cook time, dry	6.075

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

Cereals, QUAKER, Instant Grits, Butter flavor, dry	8.45
Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	8.37
Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	8.27
Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	8.97
Cereals, QUAKER, Instant Oatmeal Organic, Regular	0.78
Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	14.195
Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	12.21
Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	11.31
Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	13.63
Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	12.448
Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	9.2
Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	8.79
Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	12.568
Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	9.085
Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	10.667
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	10.47
Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	11.968
Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	10.871
Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	0.8
Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	1.089
Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	1.557
Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	1.33
Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	1.87
Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	1.687
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	3.98
Cereals, QUAKER, Quick Oats with Iron, Dry	0.823
Cereals, QUAKER, Quick Oats, Dry	0.82
Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	10.177
Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	10.446
Cereals, QUAKER, Whole Wheat Natural Cereal, dry	5.1
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	14.06
Cereals, WHEATENA, cooked with water	0.55
Cereals, WHEATENA, cooked with water, with salt	0.546
Cereals, WHEATENA, dry	3.52
Cereals, whole wheat hot natural cereal, cooked with water, with salt	0.89
Cereals, whole wheat hot natural cereal, cooked with water, without salt	0.89
Cereals, whole wheat hot natural cereal, dry	4.9
Chard, swiss, cooked, boiled, drained, with salt	0.36
Chard, swiss, cooked, boiled, drained, without salt	0.36
Chard, swiss, raw	0.4
Chayote, fruit, cooked, boiled, drained, with salt	0.42
Chayote, fruit, cooked, boiled, drained, without salt	0.42

Chayote, fruit, raw	0.47
Cheese food, cold pack, American	0.074
Cheese food, pasteurized process, American, vitamin D fortified	0.155
Cheese food, pasteurized process, American, without added vitamin D	0.155
Cheese food, pasteurized process, swiss	0.104
Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	0.18
Cheese product, pasteurized process, American, vitamin D fortified	0.17
Cheese puffs and twists, corn based, baked, low fat	7.14
Cheese sauce, prepared from recipe	0.204
Cheese spread, American or Cheddar cheese base, reduced fat	0.153
Cheese spread, cream cheese base	0.95
Cheese spread, pasteurized process, American	0.131
Cheese substitute, mozzarella	0.317
Cheese, american cheddar, imitation	0.13
Cheese, American, nonfat or fat free	5.56
Cheese, blue	1.016
Cheese, brick	0.118
Cheese, brie	0.38
Cheese, camembert	0.63
Cheese, caraway	0.18
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	0.059
Cheese, cheddar, nonfat or fat free	0.051
Cheese, cheddar, reduced fat (Includes foods for USDA's Food Distribution Program)	0.145
Cheese, cheddar, sharp, sliced	0.039
Cheese, cheshire	0.08
Cheese, colby	0.093
Cheese, cottage, creamed, large or small curd	0.099
Cheese, cottage, creamed, with fruit	0.15
Cheese, cottage, lowfat, 1% milkfat	0.128
Cheese, cottage, lowfat, 1% milkfat, lactose reduced	0.13
Cheese, cottage, lowfat, 1% milkfat, no sodium added	0.13
Cheese, cottage, lowfat, 1% milkfat, with vegetables	0.1
Cheese, cottage, lowfat, 2% milkfat	0.103
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0.144
Cheese, cottage, with vegetables	0.1
Cheese, cream	0.091
Cheese, cream, fat free	0.23
Cheese, cream, low fat	0.125
Cheese, dry white, queso seco	0.083
Cheese, edam	0.082
Cheese, feta	0.991
Cheese, fontina	0.15
Cheese, fresh, queso fresco	0.027
Cheese, gjetost	0.813
Cheese, goat, hard type	2.4

Cheese, goat, semisoft type	1.148
Cheese, goat, soft type	0.43
Cheese, gouda	0.063
Cheese, gruyere	0.106
Cheese, limburgier	0.158
Cheese, low fat, cheddar or colby	0.051
Cheese, low-sodium, cheddar or colby	0.086
Cheese, Mexican blend	0.114
Cheese, Mexican, blend, reduced fat	0.06
Cheese, mexican, queso anejo	0.032
Cheese, mexican, queso asadero	0.181
Cheese, mexican, queso chihuahua	0.15
Cheese, mexican, queso cotija	0.114
Cheese, monterey	0.093
Cheese, monterey, low fat	0.09
Cheese, mozzarella, low moisture, part-skim	0.111
Cheese, mozzarella, low moisture, part-skim, shredded	0.151
Cheese, mozzarella, low sodium	0.12
Cheese, mozzarella, nonfat	0.12
Cheese, mozzarella, part skim milk	0.105
Cheese, mozzarella, whole milk	0.104
Cheese, mozzarella, whole milk, low moisture	0.094
Cheese, muenster	0.103
Cheese, muenster, low fat	0.1
Cheese, neufchatel	0.21
Cheese, parmesan, dry grated, reduced fat	0.114
Cheese, parmesan, grated	0.08
Cheese, parmesan, hard	0.271
Cheese, parmesan, low sodium	0.32
Cheese, parmesan, shredded	0.287
Cheese, pasteurized process, American, fortified with vitamin D	0.076
Cheese, pasteurized process, American, low fat	0.08
Cheese, pasteurized process, American, without added vitamin D	0.076
Cheese, pasteurized process, cheddar or American, low sodium	0.07
Cheese, pasteurized process, pimento	0.078
Cheese, pasteurized process, swiss	0.038
Cheese, port de salut	0.06
Cheese, provolone	0.156
Cheese, provolone, reduced fat	0.156
Cheese, ricotta, part skim milk	0.078
Cheese, ricotta, whole milk	0.137
Cheese, romano	0.077
Cheese, roquefort	0.734
Cheese, swiss	0.064
Cheese, swiss, low fat	0.09
Cheese, swiss, low sodium	0.09
Cheese, Swiss, nonfat or fat free	0.09
Cheese, tilsit	0.205
Cheese, white, queso blanco	0.035

Cheesefurter, cheese smokie, pork, beef	2.9
Cherimoya, raw	0.644
Cherries, sour, canned, water pack, drained	0.26
Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0.163
Cherries, sour, red, canned, heavy syrup pack, solids and liquids	0.168
Cherries, sour, red, canned, light syrup pack, solids and liquids	0.17
Cherries, sour, red, canned, water pack, solids and liquids	0.177
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	0.137
Cherries, sour, red, raw	0.4
Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	0.388
Cherries, sweet, canned, juice pack, solids and liquids	0.406
Cherries, sweet, canned, light syrup pack, solids and liquids	0.403
Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0.396
Cherries, sweet, canned, pitted, heavy syrup, drained	0.396
Cherries, sweet, canned, water pack, solids and liquids	0.41
Cherries, sweet, raw	0.154
Cherries, tart, dried, sweetened (Includes foods for USDA's Food Distribution Program)	0.867
CHICK-FIL-A, Chick-n-Strips	8.763
CHICK-FIL-A, chicken sandwich	7.72
CHICK-FIL-A, hash browns	2.407
Chicken breast tenders, breaded, cooked, microwaved	6.514
Chicken breast tenders, breaded, uncooked	5.71
Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	9.055
Chicken breast, fat-free, mesquite flavor, sliced	2.742
Chicken breast, oven-roasted, fat-free, sliced	3.428
Chicken breast, roll, oven-roasted	6.536
Chicken patty, frozen, cooked	4.764
Chicken patty, frozen, uncooked	6.63
Chicken pot pie, frozen entree, prepared	1.871
Chicken spread	2.748
Chicken tenders, breaded, frozen, prepared	5.917
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	9.45
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	12.133
Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	9.6
Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	9.173
Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	11.067
Chicken, broiler, rotisserie, BBQ, back meat only	5.175
Chicken, broiler, rotisserie, BBQ, back, meat and skin	5.621
Chicken, broiler, rotisserie, BBQ, breast, meat and skin	9.303
Chicken, broiler, rotisserie, BBQ, breast, meat only	9.634
Chicken, broiler, rotisserie, BBQ, drumstick, meat and skin	5.966
Chicken, broiler, rotisserie, BBQ, drumstick, meat only	5.745

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

Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	5.276
Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	5.742
Chicken, broilers or fryers, dark meat, thigh, meat only, raw	5.557
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	5.096
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	6.037
Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	5.403
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	4.204
Chicken, broilers or fryers, drumstick, meat and skin, raw	4.841
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	6.146
Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	4.3
Chicken, broilers or fryers, drumstick, rotisserie, original seasoning, meat only, cooked	5.958
Chicken, broilers or fryers, giblets, cooked, fried	10.987
Chicken, broilers or fryers, giblets, cooked, simmered	6.625
Chicken, broilers or fryers, giblets, raw	6.662
Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	5.433
Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	6.546
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	6.034
Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	4.59
Chicken, broilers or fryers, leg, meat and skin, raw	4.733
Chicken, broilers or fryers, leg, meat only, cooked, fried	6.688
Chicken, broilers or fryers, leg, meat only, cooked, roasted	6.053
Chicken, broilers or fryers, leg, meat only, cooked, stewed	4.798
Chicken, broilers or fryers, leg, meat only, raw	5.578
Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	9.156
Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	12.035
Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	11.134
Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	6.935
Chicken, broilers or fryers, light meat, meat and skin, raw	8.908
Chicken, broilers or fryers, light meat, meat only, cooked, fried	13.365
Chicken, broilers or fryers, light meat, meat only, cooked, roasted	12.421
Chicken, broilers or fryers, light meat, meat only, cooked, stewed	7.79
Chicken, broilers or fryers, light meat, meat only, raw	10.604
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	7.083
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	8.93
Chicken, broilers or fryers, meat and skin and giblets and neck, raw	6.639

Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	7.908
Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	5.389
Chicken, broilers or fryers, meat and skin, cooked, fried, batter	7.043
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	8.992
Chicken, broilers or fryers, meat and skin, cooked, roasted	8.487
Chicken, broilers or fryers, meat and skin, cooked, stewed	5.594
Chicken, broilers or fryers, meat and skin, raw	6.801
Chicken, broilers or fryers, meat only, cooked, fried	9.663
Chicken, broilers or fryers, meat only, cooked, roasted	9.173
Chicken, broilers or fryers, meat only, cooked, stewed	6.117
Chicken, broilers or fryers, meat only, raw	8.239
Chicken, broilers or fryers, neck, meat and skin, cooked simmered	3.319
Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	4.528
Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	5.348
Chicken, broilers or fryers, neck, meat and skin, raw	3.608
Chicken, broilers or fryers, neck, meat only, cooked, fried	5.027
Chicken, broilers or fryers, neck, meat only, cooked, simmered	3.956
Chicken, broilers or fryers, neck, meat only, raw	4.119
Chicken, broilers or fryers, rotisserie, original seasoning, back, meat and skin, cooked	5.928
Chicken, broilers or fryers, rotisserie, original seasoning, back, meat only, cooked	6
Chicken, broilers or fryers, rotisserie, original seasoning, breast, meat and skin, cooked	9.397
Chicken, broilers or fryers, rotisserie, original seasoning, breast, meat only, cooked	9.233
Chicken, broilers or fryers, rotisserie, original seasoning, skin only, cooked	5.737
Chicken, broilers or fryers, rotisserie, original seasoning, thigh, meat and skin, cooked	5.487
Chicken, broilers or fryers, rotisserie, original seasoning, thigh, meat only, cooked	5.433
Chicken, broilers or fryers, rotisserie, original seasoning, wing, meat and skin, cooked	6.912
Chicken, broilers or fryers, rotisserie, original seasoning, wing, meat only, cooked	7.5
Chicken, broilers or fryers, separable fat, raw	2.041
Chicken, broilers or fryers, skin only, cooked, fried, batter	3.342
Chicken, broilers or fryers, skin only, cooked, fried, flour	5.818
Chicken, broilers or fryers, skin only, cooked, roasted	5.581
Chicken, broilers or fryers, skin only, cooked, stewed	3.756
Chicken, broilers or fryers, skin only, raw	3.987
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	5.715
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	6.946
Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	5.789
Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	4.894

Chicken, broilers or fryers, thigh, meat and skin, raw	4.625
Chicken, broilers or fryers, thigh, meat only, cooked, fried	7.12
Chicken, broilers or fryers, thigh, meat only, cooked, roasted	6.208
Chicken, broilers or fryers, thigh, meat only, cooked, stewed	5.2
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	5.265
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	6.697
Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	6.32
Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	4.621
Chicken, broilers or fryers, wing, meat and skin, raw	5.697
Chicken, broilers or fryers, wing, meat only, cooked, fried	7.239
Chicken, broilers or fryers, wing, meat only, cooked, roasted	7.312
Chicken, broilers or fryers, wing, meat only, cooked, stewed	5.2
Chicken, broilers or fryers, wing, meat only, raw	7.359
Chicken, canned, meat only, with broth	6.329
Chicken, canned, no broth	2.4
Chicken, capons, giblets, cooked, simmered	4.12
Chicken, capons, giblets, raw	6.984
Chicken, capons, meat and skin and giblets and neck, cooked, roasted	8.415
Chicken, capons, meat and skin and giblets and neck, raw	7.074
Chicken, capons, meat and skin, cooked, roasted	8.947
Chicken, capons, meat and skin, raw	7.273
Chicken, cornish game hens, meat and skin, cooked, roasted	5.897
Chicken, cornish game hens, meat and skin, raw	5.675
Chicken, cornish game hens, meat only, cooked, roasted	6.273
Chicken, cornish game hens, meat only, raw	6.744
Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	4.832
Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	5.684
Chicken, dark meat, drumstick, meat and skin, with added solution, raw	4.612
Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	5.07
Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	5.913
Chicken, dark meat, drumstick, meat only, with added solution, raw	4.94
Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	5.679
Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	5.898
Chicken, dark meat, thigh, meat and skin, with added solution, raw	4.458
Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	6.33
Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	6.343
Chicken, dark meat, thigh, meat only, with added solution, raw	5.3
Chicken, feet, boiled	0.4
Chicken, gizzard, all classes, cooked, simmered	3.12

Chicken, gizzard, all classes, raw	3.68
Chicken, ground, crumbles, cooked, pan-browned	7.107
Chicken, ground, raw	5.575
Chicken, heart, all classes, cooked, simmered	2.803
Chicken, heart, all classes, raw	4.883
Chicken, liver, all classes, cooked, pan-fried	13.925
Chicken, liver, all classes, cooked, simmered	11.045
Chicken, liver, all classes, raw	9.728
Chicken, meatless	1.454
Chicken, meatless, breaded, fried	12.766
Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	3.275
Chicken, nuggets, white meat, precooked, frozen, not reheated	6.736
Chicken, roasting, dark meat, meat only, cooked, roasted	5.736
Chicken, roasting, dark meat, meat only, raw	5.878
Chicken, roasting, giblets, cooked, simmered	4.032
Chicken, roasting, giblets, raw	6.208
Chicken, roasting, light meat, meat only, cooked, roasted	10.469
Chicken, roasting, light meat, meat only, raw	10.217
Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	7.031
Chicken, roasting, meat and skin and giblets and neck, raw	6.427
Chicken, roasting, meat and skin, cooked, roasted	7.418
Chicken, roasting, meat only, cooked, roasted	7.881
Chicken, roasting, meat only, raw	7.875
Chicken, skin (drumsticks and thighs), cooked, braised	3.4
Chicken, skin (drumsticks and thighs), cooked, roasted	3.917
Chicken, skin (drumsticks and thighs), raw	2.565
Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	3.3
Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	4.045
Chicken, skin (drumsticks and thighs), with added solution, raw	2.655
Chicken, stewing, dark meat, meat only, cooked, stewed	4.556
Chicken, stewing, dark meat, meat only, raw	5.405
Chicken, stewing, giblets, cooked, simmered	4.971
Chicken, stewing, giblets, raw	8.53
Chicken, stewing, light meat, meat only, cooked, stewed	8.538
Chicken, stewing, light meat, meat only, raw	9.915
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	5.677
Chicken, stewing, meat and skin, and giblets and neck, raw	6.383
Chicken, stewing, meat and skin, cooked, stewed	5.798
Chicken, stewing, meat and skin, raw	6.262
Chicken, stewing, meat only, cooked, stewed	6.408
Chicken, stewing, meat only, raw	7.477
Chicken, thighs, frozen, breaded, reheated	4.263
Chicken, wing, frozen, glazed, barbecue flavored	5.5

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

Collards, frozen, chopped, unprepared	0.641
Collards, raw	0.742
Cookie, butter or sugar, with chocolate icing or filling	2.1
Cookie, chocolate, with icing or coating	2.5
Cookie, vanilla with caramel, coconut, and chocolate coating	1.2
Cookie, with peanut butter filling, chocolate-coated	4.5
Cookies, animal crackers (includes arrowroot, tea biscuits)	3.47
Cookies, animal, with frosting or icing	1.7
Cookies, brownies, commercially prepared	1.721
Cookies, brownies, commercially prepared, reduced fat, with added fiber	1.441
Cookies, brownies, dry mix, regular	1.882
Cookies, brownies, dry mix, sugar free	1.24
Cookies, brownies, prepared from recipe	0.982
Cookies, butter, commercially prepared, enriched	3.19
Cookies, butter, commercially prepared, unenriched	0.32
Cookies, chocolate chip sandwich, with creme filling	1.831
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	2.665
Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	0.473
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.982
Cookies, chocolate chip, commercially prepared, soft-type	2.06
Cookies, chocolate chip, commercially prepared, special dietary	2.843
Cookies, chocolate chip, dry mix	1.99
Cookies, chocolate chip, prepared from recipe, made with butter	1.365
Cookies, chocolate chip, prepared from recipe, made with margarine	1.362
Cookies, chocolate chip, refrigerated dough	1.975
Cookies, chocolate chip, refrigerated dough, baked	1.975
Cookies, chocolate cream covered biscuit sticks	0.641
Cookies, chocolate sandwich, with creme filling, reduced fat	2.235
Cookies, chocolate sandwich, with creme filling, regular	2.603
Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	1.373
Cookies, chocolate sandwich, with creme filling, special dietary	3.971
Cookies, chocolate sandwich, with extra creme filling	1.937
Cookies, chocolate wafers	2.858
Cookies, chocolate, made with rice cereal	3.539
Cookies, coconut macaroon	0.22
Cookies, fig bars	1.874
Cookies, fortune	1.84
Cookies, fudge, cake-type (includes trolley cakes)	1.203
Cookies, gingersnaps	3.235
Cookies, gluten-free, chocolate sandwich, with creme filling	0.39
Cookies, gluten-free, lemon wafer	0.065
Cookies, graham crackers, chocolate-coated	1.7
Cookies, graham crackers, plain or honey (includes cinnamon)	4.439
Cookies, graham crackers, plain or honey, lowfat	3.818
Cookies, ladyfingers, with lemon juice and rind	2.104

Cookies, ladyfingers, without lemon juice and rind	2.104
Cookies, Marie biscuit	3.861
Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	0.784
Cookies, marshmallow, with rice cereal and chocolate chips	5.455
Cookies, molasses	3.031
Cookies, oatmeal sandwich, with creme filling	1.146
Cookies, oatmeal, commercially prepared, regular	2.227
Cookies, oatmeal, commercially prepared, soft-type	1.823
Cookies, oatmeal, commercially prepared, special dietary	3.236
Cookies, oatmeal, dry mix	1.3
Cookies, oatmeal, prepared from recipe, without raisins	1.311
Cookies, oatmeal, reduced fat	1.537
Cookies, oatmeal, refrigerated dough	1.865
Cookies, oatmeal, refrigerated dough, baked	1.865
Cookies, oatmeal, with raisins	2.071
Cookies, peanut butter sandwich, regular	3.739
Cookies, peanut butter sandwich, special dietary	5.259
Cookies, peanut butter, commercially prepared, regular	3.86
Cookies, peanut butter, commercially prepared, soft-type	2.16
Cookies, peanut butter, commercially prepared, sugar free	5.538
Cookies, peanut butter, prepared from recipe	3.514
Cookies, peanut butter, refrigerated dough	4.143
Cookies, peanut butter, refrigerated dough, baked	4.098
Cookies, raisin, soft-type	1.967
Cookies, shortbread, commercially prepared, pecan	2.481
Cookies, shortbread, commercially prepared, plain	3.275
Cookies, shortbread, reduced fat	3.275
Cookies, sugar wafer, chocolate-covered	0.642
Cookies, sugar wafer, with creme filling, sugar free	1.8
Cookies, sugar wafers with creme filling, regular	2.183
Cookies, sugar, commercially prepared, regular (includes vanilla)	2.942
Cookies, sugar, refrigerated dough	2.412
Cookies, sugar, refrigerated dough, baked	2.412
Cookies, vanilla sandwich with creme filling	2.69
Cookies, vanilla sandwich with creme filling, reduced fat	3.006
Cookies, vanilla wafers, higher fat	3.307
Cookies, vanilla wafers, lower fat	3.106
Coriander (cilantro) leaves, raw	1.114
Corn bran, crude	2.735
Corn dogs, frozen, prepared	2.786
Corn flour, masa, enriched, white	9.932
Corn flour, masa, unenriched, white	1.634
Corn flour, whole-grain, blue (harina de maiz morado)	2.6
Corn flour, whole-grain, white	1.9
Corn flour, whole-grain, yellow	1.9
Corn flour, yellow, degermed, unenriched	2.656
Corn flour, yellow, masa, enriched	9.932
Corn grain, white	3.627

Corn grain, yellow	3.627
Corn pudding, home prepared	1.033
Corn with red and green peppers, canned, solids and liquids	0.95
Corn, dried, yellow (Northern Plains Indians)	8.25
Corn, sweet, white, canned, cream style, no salt added	0.96
Corn, sweet, white, canned, cream style, regular pack	0.96
Corn, sweet, white, canned, vacuum pack, no salt added	1.167
Corn, sweet, white, canned, vacuum pack, regular pack	1.167
Corn, sweet, white, canned, whole kernel, drained solids	1.005
Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0.939
Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	0.939
Corn, sweet, white, cooked, boiled, drained, with salt	1.666
Corn, sweet, white, cooked, boiled, drained, without salt	1.666
Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	1.299
Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	1.299
Corn, sweet, white, frozen, kernels cut off cob, unprepared	1.726
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	1.517
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	1.517
Corn, sweet, white, frozen, kernels on cob, unprepared	1.681
Corn, sweet, white, raw	1.7
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0.884
Corn, sweet, yellow, canned, cream style, no salt added	0.96
Corn, sweet, yellow, canned, cream style, regular pack	0.96
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	0.78
Corn, sweet, yellow, canned, no salt added, solids and liquids (Includes foods for USDA's Food Distribution Program)	0.884
Corn, sweet, yellow, canned, vacuum pack, no salt added	1.167
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.167
Corn, sweet, yellow, canned, whole kernel, drained solids	1.005
Corn, sweet, yellow, cooked, boiled, drained, with salt	1.683
Corn, sweet, yellow, cooked, boiled, drained, without salt	1.683
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.311
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.739
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	1.517
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	1.517
Corn, sweet, yellow, frozen, kernels on cob, unprepared	1.681
Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	1.311

Corn, sweet, yellow, raw	1.77
Corn, yellow, whole kernel, frozen, microwaved	2.07
Corned beef loaf, jellied	1.76
Cornmeal, degermed, enriched, white	4.968
Cornmeal, degermed, enriched, yellow	4.968
Cornmeal, degermed, unenriched, white	1
Cornmeal, degermed, unenriched, yellow	1
Cornmeal, white, self-rising, bolted, plain, enriched	5.291
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	5.202
Cornmeal, white, self-rising, degermed, enriched	4.566
Cornmeal, whole-grain, white	3.632
Cornmeal, whole-grain, yellow	3.632
Cornmeal, yellow, self-rising, bolted, plain, enriched	5.291
Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	5.202
Cornmeal, yellow, self-rising, degermed, enriched	4.566
Cornsalad, raw	0.415
Couscous, cooked	0.983
Couscous, dry	3.49
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	1.403
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.403
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	0.728
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	0.728
Cowpeas (blackeyes), immature seeds, frozen, unprepared	0.811
Cowpeas (blackeyes), immature seeds, raw	1.45
Cowpeas, catjang, mature seeds, cooked, boiled, with salt	0.714
Cowpeas, catjang, mature seeds, cooked, boiled, without salt	0.714
Cowpeas, catjang, mature seeds, raw	2.795
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	0.431
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	0.354
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	0.495
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	0.495
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	2.075
Cowpeas, leafy tips, cooked, boiled, drained, with salt	1.008
Cowpeas, leafy tips, cooked, boiled, drained, without salt	1.008
Cowpeas, leafy tips, raw	1.12
Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	0.8
Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	0.8

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

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

Croutons, plain	5.439
Croutons, seasoned	4.646
Crunchmaster, Multi-Grain Crisps, Snack Crackers, Gluten-Free	4.57
Crustaceans, crab, alaska king, cooked, moist heat	1.34
Crustaceans, crab, alaska king, imitation, made from surimi	0.62
Crustaceans, crab, alaska king, raw	1.1
Crustaceans, crab, blue, canned	2.747
Crustaceans, crab, blue, cooked, moist heat	2.747
Crustaceans, crab, blue, crab cakes, home recipe	2.9
Crustaceans, crab, blue, raw	2.7
Crustaceans, crab, dungeness, cooked, moist heat	3.623
Crustaceans, crab, dungeness, raw	3.14
Crustaceans, crab, queen, cooked, moist heat	2.885
Crustaceans, crab, queen, raw	2.5
Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	1.667
Crustaceans, crayfish, mixed species, farmed, raw	1.867
Crustaceans, crayfish, mixed species, wild, cooked, moist heat	2.28
Crustaceans, crayfish, mixed species, wild, raw	2.208
Crustaceans, lobster, northern, cooked, moist heat	1.83
Crustaceans, lobster, northern, raw	1.591
Crustaceans, shrimp, mixed species, canned	0.558
Crustaceans, shrimp, mixed species, cooked, breaded and fried	3.07
Crustaceans, shrimp, mixed species, cooked, moist heat (may contain additives to retain moisture)	2.678
Crustaceans, shrimp, mixed species, imitation, made from surimi	0.17
Crustaceans, shrimp, mixed species, raw (may contain additives to retain moisture)	1.778
Crustaceans, spiny lobster, mixed species, cooked, moist heat	4.898
Crustaceans, spiny lobster, mixed species, raw	4.245
Cucumber, peeled, raw	0.037
Cucumber, with peel, raw	0.098
Currants, european black, raw	0.3
Currants, red and white, raw	0.1
Currants, zante, dried	1.615
Dandelion greens, cooked, boiled, drained, with salt	0.514
Dandelion greens, cooked, boiled, drained, without salt	0.514
Dandelion greens, raw	0.806
Danish pastry, cheese	2
Danish pastry, cinnamon, enriched	2.867
Danish pastry, cinnamon, unenriched	1.1
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	1.992
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	0.769
Danish pastry, lemon, unenriched	0.769
Danish pastry, raspberry, unenriched	0.769
Dates, deglet noor	1.274
Dates, medjool	1.61
DENNY'S, chicken nuggets, star shaped, from kid's menu	6.353

DENNY'S, chicken strips	8.073
DENNY'S, coleslaw	0.263
DENNY'S, fish fillet, battered or breaded, fried	2.66
DENNY'S, french fries	2.717
DENNY'S, golden fried shrimp	2.467
DENNY'S, hash browns	2.17
DENNY'S, macaroni & cheese, from kid's menu	0.87
DENNY'S, mozzarella cheese sticks	0.98
DENNY'S, onion rings	0.863
DENNY'S, spaghetti and meatballs	2
DENNY'S, top sirloin steak	5.31
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cups milk	0.06
Desserts, apple crisp, prepared-from-recipe	0.846
Desserts, egg custard, baked, prepared-from-recipe	0.105
Desserts, flan, caramel custard, prepared-from-recipe	0.082
Desserts, mousse, chocolate, prepared-from-recipe	0.146
Desserts, rennin, chocolate, dry mix	0.306
Desserts, rennin, vanilla, dry mix	0.001
DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	3.553
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.268
DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	1.283
DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	3.723
DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	1.564
DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	2.053
DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	1.605
DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	2.013
Dill weed, fresh	1.57
Dip, bean, original flavor	0.43
Dip, FRITO'S, bean, original flavor	0.43
Dip, salsa con queso, cheese and salsa- medium	0.136
Dip, TOSTITOS, salsa con queso, medium	0.15
Dock, raw	0.5
DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	3.35
DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	1.01
DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	3.51
DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	3.25
DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	3.46
DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	2.07
DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	3.25
DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	3.35
DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	1.62
DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	3.31
Doughnuts, cake-type, chocolate, sugared or glazed	0.47
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	2.91
Doughnuts, cake-type, plain, chocolate-coated or frosted	1.59
Doughnuts, cake-type, plain, sugared or glazed	1.512

Doughnuts, french crullers, glazed	2.13
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	2.61
Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	0.65
Doughnuts, yeast-leavened, with creme filling	2.242
Doughnuts, yeast-leavened, with jelly filling	2.137
Dove, cooked (includes squab)	7.6
Dressing, honey mustard, fat-free	0.151
Drumstick leaves, cooked, boiled, drained, with salt	1.995
Drumstick leaves, cooked, boiled, drained, without salt	1.995
Drumstick leaves, raw	2.22
Drumstick pods, cooked, boiled, drained, with salt	0.59
Drumstick pods, cooked, boiled, drained, without salt	0.59
Drumstick pods, raw	0.62
Duck, domesticated, liver, raw	6.5
Duck, domesticated, meat and skin, cooked, roasted	4.825
Duck, domesticated, meat and skin, raw	3.934
Duck, domesticated, meat only, cooked, roasted	5.1
Duck, domesticated, meat only, raw	5.3
Duck, wild, breast, meat only, raw	3.444
Duck, wild, meat and skin, raw	3.317
Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	7.855
Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	10.35
Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	5.77
Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	5.33
Dulce de Leche	0.21
Dumpling, potato- or cheese-filled, frozen	2.198
Durian, raw or frozen	1.074
Dutch brand loaf, chicken, pork and beef	3.384
Edamame, frozen, prepared	0.915
Edamame, frozen, unprepared	0.925
Egg custards, dry mix	0.32
Egg custards, dry mix, prepared with 2% milk	0.135
Egg custards, dry mix, prepared with whole milk	0.132
Egg rolls, chicken, refrigerated, heated	3.63
Egg rolls, pork, refrigerated, heated	2.25
Egg rolls, vegetable, frozen, prepared	2.519
Egg substitute, liquid or frozen, fat free	0.14
Egg substitute, powder	0.577
Egg, duck, whole, fresh, raw	0.2
Egg, goose, whole, fresh, raw	0.189
Egg, quail, whole, fresh, raw	0.15
Egg, turkey, whole, fresh, raw	0.024
Egg, white, dried	0.865
Egg, white, dried, flakes, stabilized, glucose reduced	0.675

Egg, white, dried, powder, stabilized, glucose reduced	0.723
Egg, white, dried, stabilized, glucose reduced	0.773
Egg, white, raw, fresh	0.105
Egg, white, raw, frozen, pasteurized	0.093
Egg, whole, cooked, fried	0.082
Egg, whole, cooked, hard-boiled	0.064
Egg, whole, cooked, omelet	0.064
Egg, whole, cooked, poached	0.063
Egg, whole, cooked, scrambled	0.076
Egg, whole, dried	0.34
Egg, whole, dried, stabilized, glucose reduced	0.259
Egg, whole, raw, fresh	0.075
Egg, whole, raw, frozen, pasteurized (Includes foods for USDA's Food Distribution Program)	0.103
Egg, whole, raw, frozen, salted, pasteurized	0.077
Egg, yolk, dried	0.083
Egg, yolk, raw, fresh	0.024
Egg, yolk, raw, frozen, pasteurized	0.031
Egg, yolk, raw, frozen, salted, pasteurized	0.027
Egg, yolk, raw, frozen, sugared, pasteurized	0.037
Eggnog	0.105
Eggplant, cooked, boiled, drained, with salt	0.6
Eggplant, cooked, boiled, drained, without salt	0.6
Eggplant, pickled	0.66
Eggplant, raw	0.649
Eggs, scrambled, frozen mixture	0.09
Elderberries, raw	0.5
Emu, fan fillet, cooked, broiled	9.814
Emu, fan fillet, raw	7.397
Emu, flat fillet, raw	6.786
Emu, full rump, cooked, broiled	10.569
Emu, full rump, raw	7.504
Emu, ground, cooked, pan-broiled	8.925
Emu, ground, raw	7.485
Emu, inside drum, raw	7.304
Emu, inside drums, cooked, broiled	10.164
Emu, outside drum, raw	7.245
Emu, oyster, raw	7.499
Emu, top loin, cooked, broiled	9.124
Endive, raw	0.4
English muffins, plain, enriched, without calcium propionate(includes sourdough)	3.884
English muffins, plain, unenriched, with calcium propionate (includes sourdough)	1.566
English muffins, plain, unenriched, without calcium propionate (includes sourdough)	1.566
English muffins, whole grain white	2.105
Epazote, raw	0.639
Eppaw, raw	0.3

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

Fast foods, chicken, breaded and fried, boneless pieces, plain	5.985
Fast foods, coleslaw	0.206
Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	5.11
Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	3.523
Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	4.748
Fast foods, croissant, with egg, cheese, and bacon	2.007
Fast foods, croissant, with egg, cheese, and ham	2.1
Fast foods, croissant, with egg, cheese, and sausage	2.754
Fast foods, egg, scrambled	0.21
Fast foods, english muffin, with cheese and sausage	4.217
Fast foods, english muffin, with egg, cheese, and canadian bacon	3.187
Fast foods, english muffin, with egg, cheese, and sausage	3.192
Fast foods, fish sandwich, with tartar sauce	2.15
Fast foods, fish sandwich, with tartar sauce and cheese	2.31
Fast foods, french toast sticks	2.575
Fast Foods, Fried Chicken, Breast, meat and skin and breading	7.869
Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	9.03
Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	5.209
Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	5.726
Fast Foods, Fried Chicken, Thigh, meat and skin and breading	5.583
Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	5.725
Fast Foods, Fried Chicken, Wing, meat and skin and breading	6.452
Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	7.59
Fast foods, griddle cake sandwich, egg, cheese, and bacon	1.319
Fast foods, griddle cake sandwich, egg, cheese, and sausage	2.111
Fast foods, griddle cake sandwich, sausage	3.082
Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	7.78
Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	5.333
Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	5.575
Fast foods, hamburger, large, single patty, with condiments	4.65
Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	3.23
Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	3.141
Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	3.94
Fast foods, hamburger; single, regular patty; plain	5.617
Fast foods, hamburger; single, regular patty; with condiments	4.061
Fast foods, hush puppies	2.13

Fast foods, miniature cinnamon rolls	3.16
Fast foods, nachos, with cheese	0.63
Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	1.01
Fast foods, onion rings, breaded and fried	0.673
Fast foods, potato, french fried in vegetable oil	3.004
Fast foods, potato, mashed	1.08
Fast foods, potatoes, hash browns, round pieces or patty	1.838
Fast foods, quesadilla, with chicken	4.2
Fast foods, roast beef sandwich, plain	4.343
Fast foods, shrimp, breaded and fried	1.24
Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	0.217
Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	4.85
Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	4.323
Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	4.18
Fast foods, submarine sandwich, meatball marinara on white bread	3.547
Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	5.21
Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	4.183
Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	3.583
Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	5.063
Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	7.727
Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	4.617
Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	4.507
Fast foods, sundae, caramel	0.61
Fast foods, sundae, hot fudge	0.68
Fast foods, sundae, strawberry	0.59
Fast foods, taco with beef, cheese and lettuce, hard shell	1.65
Fast foods, taco with beef, cheese and lettuce, soft	2.88
Fast foods, taco with chicken, lettuce and cheese, soft	5.17
Fast foods, vanilla, light, soft-serve ice cream, with cone	0.498
Fat free ice cream, no sugar added, flavors other than chocolate	0.074
Feijoa, raw	0.295
Fennel, bulb, raw	0.64
Figs, canned, extra heavy syrup pack, solids and liquids	0.419
Figs, canned, heavy syrup pack, solids and liquids	0.428
Figs, canned, light syrup pack, solids and liquids	0.437
Figs, canned, water pack, solids and liquids	0.445
Figs, dried, stewed	0.64
Figs, dried, uncooked	0.619

Figs, raw	0.4
Fireweed, leaves, raw	4.674
Fish broth	1.37
Fish, anchovy, european, canned in oil, drained solids	19.903
Fish, anchovy, european, raw	14.024
Fish, bass, fresh water, mixed species, raw	1.25
Fish, bass, freshwater, mixed species, cooked, dry heat	1.522
Fish, bass, striped, cooked, dry heat	2.558
Fish, bass, striped, raw	2.1
Fish, bluefish, cooked, dry heat	7.247
Fish, bluefish, raw	5.95
Fish, burbot, cooked, dry heat	1.973
Fish, burbot, raw	1.62
Fish, butterfish, cooked, dry heat	5.769
Fish, butterfish, raw	4.5
Fish, carp, cooked, dry heat	2.1
Fish, carp, raw	1.64
Fish, catfish, channel, cooked, breaded and fried	2.282
Fish, catfish, channel, farmed, cooked, dry heat	2.548
Fish, catfish, channel, farmed, raw	2.105
Fish, catfish, channel, wild, cooked, dry heat	2.385
Fish, catfish, channel, wild, raw	1.907
Fish, caviar, black and red, granular	0.12
Fish, cisco, raw	2.51
Fish, cisco, smoked	2.31
Fish, cod, Atlantic, canned, solids and liquid	2.505
Fish, cod, Atlantic, cooked, dry heat	2.513
Fish, cod, Atlantic, dried and salted	7.5
Fish, cod, Atlantic, raw	2.063
Fish, cod, Pacific, cooked, dry heat (may contain additives to retain moisture)	1.343
Fish, cod, Pacific, raw (may have been previously frozen)	1.095
Fish, croaker, Atlantic, cooked, breaded and fried	4.3
Fish, croaker, Atlantic, raw	4.2
Fish, cusk, cooked, dry heat	3.271
Fish, cusk, raw	2.686
Fish, drum, freshwater, cooked, dry heat	2.862
Fish, drum, freshwater, raw	2.35
Fish, eel, mixed species, cooked, dry heat	4.487
Fish, eel, mixed species, raw	3.5
Fish, fish sticks, frozen, prepared	1.536
Fish, flatfish (flounder and sole species), cooked, dry heat	1.278
Fish, flatfish (flounder and sole species), raw	1.04
Fish, gefiltefish, commercial, sweet recipe	1
Fish, grouper, mixed species, cooked, dry heat	0.381
Fish, grouper, mixed species, raw	0.313
Fish, haddock, cooked, dry heat	4.119
Fish, haddock, raw	3.363
Fish, haddock, smoked	5.073

Fish, halibut, Atlantic and Pacific, cooked, dry heat	7.911
Fish, halibut, Atlantic and Pacific, raw	6.513
Fish, halibut, greenland, cooked, dry heat	1.923
Fish, halibut, Greenland, raw	1.5
Fish, herring, Atlantic, cooked, dry heat	4.124
Fish, herring, Atlantic, kippered	4.402
Fish, herring, Atlantic, pickled	3.3
Fish, herring, Atlantic, raw	3.217
Fish, herring, Pacific, cooked, dry heat	2.821
Fish, herring, Pacific, raw	2.2
Fish, ling, cooked, dry heat	2.801
Fish, ling, raw	2.3
Fish, lingcod, cooked, dry heat	2.314
Fish, lingcod, raw	1.9
Fish, mackerel, Atlantic, cooked, dry heat	6.85
Fish, mackerel, Atlantic, raw	9.08
Fish, mackerel, jack, canned, drained solids	6.18
Fish, mackerel, king, cooked, dry heat	10.462
Fish, mackerel, king, raw	8.59
Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	10.667
Fish, mackerel, Pacific and jack, mixed species, raw	8.32
Fish, mackerel, salted	3.3
Fish, mackerel, spanish, cooked, dry heat	5
Fish, mackerel, spanish, raw	2.3
Fish, mahimahi, cooked, dry heat	7.429
Fish, mahimahi, raw	6.1
Fish, milkfish, cooked, dry heat	8.256
Fish, milkfish, raw	6.44
Fish, monkfish, cooked, dry heat	2.558
Fish, monkfish, raw	2.1
Fish, mullet, striped, cooked, dry heat	6.3
Fish, mullet, striped, raw	5.2
Fish, ocean perch, Atlantic, cooked, dry heat	1.215
Fish, ocean perch, Atlantic, raw	1.005
Fish, perch, mixed species, cooked, dry heat	1.9
Fish, perch, mixed species, raw	1.52
Fish, pike, northern, cooked, dry heat	2.8
Fish, pike, northern, raw	2.3
Fish, pike, walleye, cooked, dry heat	2.801
Fish, pike, walleye, raw	2.3
Fish, pollock, Alaska, cooked, dry heat (may contain additives to retain moisture)	3.949
Fish, pollock, Alaska, raw (may contain additives to retain moisture)	0.653
Fish, pollock, Atlantic, cooked, dry heat	3.983
Fish, pollock, Atlantic, raw	3.27
Fish, pompano, florida, cooked, dry heat	3.8
Fish, pompano, florida, raw	3
Fish, pout, ocean, cooked, dry heat	2.558
Fish, pout, ocean, raw	2.1

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

Fish, shark, mixed species, raw	2.938
Fish, sheepshead, cooked, dry heat	1.8
Fish, sheepshead, raw	1.5
Fish, smelt, rainbow, cooked, dry heat	1.766
Fish, smelt, rainbow, raw	1.45
Fish, snapper, mixed species, cooked, dry heat	0.346
Fish, snapper, mixed species, raw	0.284
Fish, spot, cooked, dry heat	8.526
Fish, spot, raw	7
Fish, sturgeon, mixed species, cooked, dry heat	10.1
Fish, sturgeon, mixed species, raw	8.3
Fish, sturgeon, mixed species, smoked	11.1
Fish, sucker, white, cooked, dry heat	1.462
Fish, sucker, white, raw	1.2
Fish, sunfish, pumpkin seed, cooked, dry heat	1.462
Fish, sunfish, pumpkin seed, raw	1.2
Fish, surimi	0.22
Fish, swordfish, cooked, dry heat	9.254
Fish, swordfish, raw	7.76
Fish, tilapia, cooked, dry heat	4.745
Fish, tilapia, raw	3.903
Fish, tilefish, cooked, dry heat	3.5
Fish, tilefish, raw	2.9
Fish, trout, brook, raw, New York State	5.293
Fish, trout, mixed species, cooked, dry heat	5.769
Fish, trout, mixed species, raw	4.5
Fish, trout, rainbow, farmed, cooked, dry heat	6.646
Fish, trout, rainbow, farmed, raw	5.567
Fish, trout, rainbow, wild, cooked, dry heat	5.77
Fish, trout, rainbow, wild, raw	5.384
Fish, tuna salad	6.7
Fish, tuna, fresh, bluefin, cooked, dry heat	10.54
Fish, tuna, fresh, bluefin, raw	8.654
Fish, tuna, fresh, skipjack, raw	15.4
Fish, tuna, fresh, yellowfin, raw	18.475
Fish, tuna, light, canned in oil, drained solids	12.4
Fish, tuna, light, canned in oil, without salt, drained solids	12.4
Fish, tuna, light, canned in water, drained solids (Includes foods for USDA's Food Distribution Program)	10.136
Fish, tuna, light, canned in water, without salt, drained solids	13.28
Fish, tuna, skipjack, fresh, cooked, dry heat	18.756
Fish, tuna, white, canned in oil, drained solids	11.698
Fish, tuna, white, canned in oil, without salt, drained solids	11.698
Fish, tuna, white, canned in water, drained solids	5.799
Fish, tuna, white, canned in water, without salt, drained solids	5.799
Fish, tuna, yellowfin, fresh, cooked, dry heat	22.07
Fish, turbot, european, cooked, dry heat	2.679
Fish, turbot, european, raw	2.2
Fish, whitefish, mixed species, cooked, dry heat	3.846

Fish, whitefish, mixed species, raw	3
Fish, whitefish, mixed species, smoked	2.4
Fish, whiting, mixed species, cooked, dry heat	1.67
Fish, whiting, mixed species, raw	1.3
Fish, wolffish, Atlantic, cooked, dry heat	2.598
Fish, wolffish, Atlantic, raw	2.133
Fish, yellowtail, mixed species, cooked, dry heat	8.718
Fish, yellowtail, mixed species, raw	6.8
Focaccia, Italian flatbread, plain	3.67
Formulated bar, high fiber, chewy, oats and chocolate	7.903
Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	37.1
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	36.364
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	45.249
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	45.249
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	45.249
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	36.364
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	25
Formulated bar, POWER BAR, chocolate	32.6
Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	21.2
Formulated Bar, SOUTH BEACH protein bar	1.268
Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	20
Frankfurter, beef, heated	1.827
Frankfurter, beef, low fat	2.3
Frankfurter, beef, pork, and turkey, fat free	3.466
Frankfurter, beef, unheated	2.218
Frankfurter, chicken	4.687
Frankfurter, low sodium	2.42
Frankfurter, meat	2.665
Frankfurter, meat and poultry, cooked, boiled	2.672
Frankfurter, meat and poultry, cooked, grilled	3.058
Frankfurter, meat and poultry, low fat	3.16
Frankfurter, meat and poultry, unheated	2.813
Frankfurter, meat, heated	2.654
Frankfurter, meatless	3.137
Frankfurter, pork	2.773
Frankfurter, turkey	3.68
French toast, frozen, ready-to-heat	2.722
French toast, prepared from recipe, made with low fat (2%) milk	1.628
Frijoles rojos volteados (Refried beans, red, canned)	0.64
Frog legs, raw	1.2
Frostings, chocolate, creamy, dry mix	0.142
Frostings, chocolate, creamy, dry mix, prepared with butter	0.115
Frostings, chocolate, creamy, dry mix, prepared with margarine	0.112

Frostings, chocolate, creamy, ready-to-eat	0.119
Frostings, coconut-nut, ready-to-eat	0.212
Frostings, cream cheese-flavor, ready-to-eat	0.011
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	0.111
Frostings, glaze, prepared-from-recipe	0.039
Frostings, vanilla, creamy, dry mix	0.001
Frostings, vanilla, creamy, dry mix, prepared with margarine	0.003
Frostings, vanilla, creamy, ready-to-eat	0.22
Frostings, white, fluffy, dry mix	1
Frostings, white, fluffy, dry mix, prepared with water	0.66
Frozen novelties, fruit and juice bars	0.159
Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	0.96
Frozen novelties, ice cream type, sundae, prepackaged	0.64
Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	0.175
Frozen novelties, ice type, fruit, no sugar added	0.15
Frozen novelties, ice type, italian, restaurant-prepared	0.715
Frozen novelties, ice type, lime	0.007
Frozen novelties, ice type, pineapple-coconut	0.034
Frozen novelties, juice type, juice with cream	0.151
Frozen novelties, juice type, orange	0.16
Frozen novelties, No Sugar Added, FUDGSICLE pops	0.175
Frozen yogurts, chocolate	0.14
Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	0.2
Frozen yogurts, chocolate, soft-serve	0.305
Frozen yogurts, flavors other than chocolate	0.07
Frozen yogurts, vanilla, soft-serve	0.287
Fruit butters, apple	0.076
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	0.368
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	0.374
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.403
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	0.38
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	0.363
Fruit cocktail, canned, heavy syrup, drained	0.374
Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0.333
Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.287
Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	8.333
Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0.29
Fruit juice smoothie, NAKED JUICE, strawberry banana	0.31
Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.455

Fruit juice smoothie, ODWALLA, strawberry banana	0.285
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	0.353
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	0.356
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	0.365
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	0.374
Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	0.562
Fruit syrup	0.012
Frybread, made with lard (Navajo)	4.603
Fungi, Cloud ears, dried	6.267
Game meat , bison, ground, raw	4.91
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	5.57
Game meat, bear, cooked, simmered	3.35
Game meat, bear, raw	3.2
Game meat, beaver, cooked, roasted	2.2
Game meat, beaver, raw	1.9
Game meat, beefalo, composite of cuts, cooked, roasted	4.89
Game meat, beefalo, composite of cuts, raw	4.64
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	4.773
Game meat, bison, chuck, shoulder clod, separable lean only, raw	4.443
Game meat, bison, ground, cooked, pan-broiled	5.57
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	6.687
Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	1.838
Game meat, bison, separable lean only, cooked, roasted	3.71
Game meat, bison, separable lean only, raw	1.91
Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	1.879
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	6.475
Game meat, bison, top round, separable lean only, 1" steak, raw	6.183
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	2.017
Game meat, boar, wild, cooked, roasted	4.21
Game meat, boar, wild, raw	4
Game meat, buffalo, water, cooked, roasted	6.29
Game meat, buffalo, water, raw	5.97
Game meat, caribou, cooked, roasted	5.79
Game meat, caribou, raw	5.5
Game meat, deer, cooked, roasted	6.71
Game meat, deer, ground, cooked, pan-broiled	9.257
Game meat, deer, ground, raw	5.7

Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	10.757
Game meat, deer, raw	6.37
Game meat, deer, shoulder clod, separable lean only, cooked, braised	7.43
Game meat, deer, tenderloin, separable lean only, cooked, broiled	8.78
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	8.4
Game meat, elk, ground, cooked, pan-broiled	5.32
Game meat, elk, ground, raw	4.89
Game meat, elk, loin, separable lean only, cooked, broiled	8.98
Game meat, elk, round, separable lean only, cooked, broiled	7.16
Game meat, elk, tenderloin, separable lean only, cooked, broiled	6.143
Game meat, goat, cooked, roasted	3.95
Game meat, goat, raw	3.75
Game meat, horse, cooked, roasted	4.84
Game meat, horse, raw	4.6
Game meat, moose, cooked, roasted	5.26
Game meat, moose, raw	5
Game meat, muskrat, cooked, roasted	7.19
Game meat, muskrat, raw	6.2
Game meat, opossum, cooked, roasted	8.43
Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	8.43
Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	7.16
Game meat, rabbit, domesticated, composite of cuts, raw	7.27
Game meat, rabbit, wild, cooked, stewed	6.4
Game meat, rabbit, wild, raw	6.5
Game meat, raccoon, cooked, roasted	4.68
Game meat, squirrel, cooked, roasted	4.64
Game meat, squirrel, raw	4
Garlic bread, frozen	4.142
Garlic, raw	0.7
Gelatin desserts, dry mix	0.009
Gelatin desserts, dry mix, prepared with water	0.001
Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	0.04
Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	0.04
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	0.008
Gelatins, dry powder, unsweetened	0.085
Ginger root, pickled, canned, with artificial sweetener	0.022
Ginger root, raw	0.75
Glutino, Gluten Free Cookies, Chocolate Vanilla Creme	0.39
Glutino, Gluten Free Wafers, Lemon Flavored	0.065
Goose, domesticated, meat and skin, cooked, roasted	4.168
Goose, domesticated, meat and skin, raw	3.608

Goose, domesticated, meat only, cooked, roasted	4.081
Goose, domesticated, meat only, raw	4.278
Goose, liver, raw	6.5
Gooseberries, canned, light syrup pack, solids and liquids	0.153
Gooseberries, raw	0.3
Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	0.26
Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	0.26
Gourd, dishcloth (towelgourd), raw	0.4
Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	0.39
Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	0.39
Gourd, white-flowered (calabash), raw	0.32
Granola bar, soft, milk chocolate coated, peanut butter	3.29
Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.133
Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.133
Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.133
Grape leaves, canned	4.505
Grape leaves, raw	2.362
Grapefruit juice, pink or red, with added calcium	0.2
Grapefruit juice, pink, raw	0.2
Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	0.263
Grapefruit juice, white, canned or bottled, unsweetened	0.26
Grapefruit juice, white, canned, sweetened	0.319
Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.217
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.772
Grapefruit juice, white, raw	0.2
Grapefruit, raw, pink and red and white, all areas	0.25
Grapefruit, raw, pink and red, all areas	0.204
Grapefruit, raw, pink and red, California and Arizona	0.191
Grapefruit, raw, pink and red, Florida	0.2
Grapefruit, raw, white, all areas	0.269
Grapefruit, raw, white, California	0.269
Grapefruit, raw, white, Florida	0.2
Grapefruit, sections, canned, juice pack, solids and liquids	0.249
Grapefruit, sections, canned, light syrup pack, solids and liquids	0.243
Grapefruit, sections, canned, water pack, solids and liquids	0.249
Grapes, american type (slip skin), raw	0.3
Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0.125
Grapes, canned, thompson seedless, water pack, solids and liquids	0.13
Grapes, red or green (European type, such as Thompson seedless), raw	0.188
Gravy, au jus, canned	0.9
Gravy, au jus, dry	4.087

Gravy, beef, canned, ready-to-serve	0.66
Gravy, brown instant, dry	2.261
Gravy, brown, dry	3.7
Gravy, CAMPBELL'S, chicken	0.297
Gravy, chicken, canned or bottled, ready-to-serve	0.285
Gravy, chicken, dry	4.018
Gravy, HEINZ Home Style, classic chicken	0.28
Gravy, HEINZ Home Style, savory beef	0.172
Gravy, instant beef, dry	1.075
Gravy, instant turkey, dry	1.181
Gravy, meat or poultry, low sodium, prepared	0.66
Gravy, mushroom, canned	0.671
Gravy, mushroom, dry, powder	3.7
Gravy, onion, dry, mix	3.7
Gravy, pork, dry, powder	2.27
Gravy, turkey, canned, ready-to-serve	1.3
Gravy, turkey, dry	2.77
Gravy, unspecified type, dry	3.7
Groundcherries, (cape-gooseberries or poha), raw	2.8
Guanabana nectar, canned	0.12
Guava nectar, canned, with added ascorbic acid	0.17
Guava nectar, with sucralose, canned	0.17
Guava sauce, cooked	0.42
Guavas, common, raw	1.084
Guavas, strawberry, raw	0.6
Guinea hen, meat and skin, raw	7.667
Guinea hen, meat only, raw	8.782
Gums, seed gums (includes locust bean, guar)	0
Ham and cheese loaf or roll	3.452
Ham and cheese spread	2.153
Ham salad spread	2.095
Ham, chopped, canned	3.2
Ham, chopped, not canned	3.88
Ham, honey, smoked, cooked	2.276
Ham, minced	4.162
Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	5.697
Ham, sliced, regular (approximately 11% fat)	2.904
Ham, turkey, sliced, extra lean, prepackaged or deli	3.53
Hazelnuts, beaked (Northern Plains Indians)	3.19
Headcheese, pork	0.44
Hearts of palm, canned	0.437
Hominy, canned, white	0.033
Hominy, canned, yellow	0.033
Honey	0.121
Honey roll sausage, beef	4.165
Horned melon (Kiwano)	0.565
Horseradish, prepared	0.386
HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	3.425

HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	3.425
HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	2.922
Hummus, commercial	1.024
Hummus, home prepared	0.399
HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	1.445
Hush puppies, prepared from recipe	2.782
Hyacinth beans, mature seeds, cooked, boiled, with salt	0.411
Hyacinth beans, mature seeds, cooked, boiled, without salt	0.411
Hyacinth beans, mature seeds, raw	1.61
Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	0.48
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0.48
Hyacinth-beans, immature seeds, raw	0.52
Ice cream bar, stick or nugget, with crunch coating	0.548
Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	0.829
Ice cream cones, cake or wafer-type	4.427
Ice cream cones, sugar, rolled-type	5.066
Ice cream cookie sandwich	0.237
Ice cream sandwich	1.566
Ice cream sandwich, made with light ice cream, vanilla	0.555
Ice cream sandwich, vanilla, light, no sugar added	0.555
Ice cream, bar or stick, chocolate covered	0.175
Ice cream, light, soft serve, chocolate	0.186
Ice cream, soft serve, chocolate	0.095
Ice creams, chocolate	0.226
Ice creams, chocolate, light	0.126
Ice creams, chocolate, light, no sugar added	0.111
Ice creams, chocolate, rich	0.182
Ice creams, french vanilla, soft-serve	0.095
Ice creams, regular, low carbohydrate, chocolate	0.226
Ice creams, regular, low carbohydrate, vanilla	0.116
Ice creams, strawberry	0.17
Ice creams, vanilla	0.116
Ice creams, vanilla, fat free	0.14
Ice creams, vanilla, light	0.136
Ice creams, vanilla, light, no sugar added	0.074
Ice creams, vanilla, light, soft-serve	0.118
Ice creams, vanilla, rich	0.082
Imitation cheese, american or cheddar, low cholesterol	0.08
Incaparina, dry mix (corn and soy flours), unprepared	27
Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	6.87
Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	1.336
Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	1.339

Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	5.522
Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	0.69
Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	0.885
Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	0.885
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready-to-feed with ARA and DHA	0.885
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	5.396
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	0.689
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	5.376
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	0.689
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	1.725
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	6.943
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	0.887
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	1.725
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	6.943
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	0.887
Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	10.043
Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	5.392
Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	0.726
Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	1.351
Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	5.462
Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	1.339
Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	5.522
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	5.166
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	0.689
Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	5.261
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	0.689
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	5.376

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

Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	0.66
Infant Formula, MEAD JOHNSON, ENFAMIL, Newborn, with ARA and DHA, powder	5.1
Infant Formula, MEAD JOHNSON, ENFAMIL, Newborn, with DHA and ARA, ready-to-feed	0.66
Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	0.657
Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN WITH LGG, with iron, powder, not reconstituted, with ARA and DHA	5.1
Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, PurAmino, powder, not reconstituted	5
Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate not reconstituted, with ARA and DHA	0.66
Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed, with ARA and DHA	0.66
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	2.623
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	2.623
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 20 calories, ready-to-feed	2.623
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	2.623
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	1.291
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	5
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	1.283
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	5
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	0.657
Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, liquid concentrate, reconstituted, with ARA and DHA	0.65
Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted, with ARA and DHA	5.1
Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	5.2
Infant formula, MEAD JOHNSON, Gentlease, ready to feed, with ARA and DHA	0.66
Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	4.7
Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	4.7
Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	0.66
Infant formula, MEAD JOHNSON, Pregestimil 24 Calories, ready to feed, with ARA and DHA	0.78

Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, with ARA and DHA, not reconstituted	5
Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, with ARA and DHA, prepared from powder	0.66
Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready to feed, with ARA and DHA	0.66
Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	0.66
Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, prepared from powder	0.66
Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	6.513
Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	6.764
Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	1.784
Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	0.864
Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	0.693
Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	0.693
Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	1.33
Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	5.38
Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	0.99
Infant formula, PBM PRODUCTS, store brand, powder	3.94
Infant formula, PBM PRODUCTS, store brand, ready-to-feed	0.49
Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	0.98
Infant formula, PBM PRODUCTS, store brand, soy, powder	3.78
Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	0.49
Jackfruit, canned, syrup pack	0.677
Jackfruit, raw	0.92
Jams and preserves	0.036
Jams and preserves, apricot	0.036
Jams, preserves, marmalade, reduced sugar	0.08
Jams, preserves, marmalades, sweetened with fruit juice	0.203
Java-plum, (jambolan), raw	0.26
Jellies	0.036
Jellies, no sugar (with sodium saccharin), any flavors	0.22
Jellies, reduced sugar, home preserved	0.14
Jellyfish, dried, salted	0.2
Jerusalem-artichokes, raw	1.3
Jew's ear, (pepeao), raw	0.07
JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	2.183
Juice, apple and grape blend, with added ascorbic acid	0.087

Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.094
Jute, potherb, cooked, boiled, drained, with salt	0.89
Jute, potherb, cooked, boiled, drained, without salt	0.89
Jute, potherb, raw	1.26
Kale, cooked, boiled, drained, with salt	0.457
Kale, cooked, boiled, drained, without salt	0.457
Kale, frozen, cooked, boiled, drained, with salt	0.457
Kale, frozen, cooked, boiled, drained, without salt	0.457
Kale, frozen, unprepared	0.698
Kale, raw	1.18
Kanpyo, (dried gourd strips)	2.9
Kefir, lowfat, plain, LIFEWAY	0.15
Kefir, lowfat, strawberry, LIFEWAY	0.105
KFC, biscuit	3.897
KFC, Coleslaw	0.206
KFC, Crispy Chicken Strips	8.562
KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	8.139
KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	10.897
KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	4.601
KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	5.244
KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	4.451
KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	5.317
KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	5.488
KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	7.136
KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	8.596
KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	8.667
KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	4.993
KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	5.277
KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	5.524
KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	5.61
KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	6.335
KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	7.18

KFC, Popcorn Chicken	8.108
Kielbasa, fully cooked, grilled	3.727
Kielbasa, fully cooked, pan-fried	3.694
Kielbasa, fully cooked, unheated	3.148
Kiwifruit, green, raw	0.341
Kiwifruit, ZESPRI SunGold, raw	0.231
Knackwurst, knockwurst, pork, beef	2.734
Kohlrabi, cooked, boiled, drained, with salt	0.39
Kohlrabi, cooked, boiled, drained, without salt	0.39
Kohlrabi, raw	0.4
Kraft, Stove Top Stuffing Mix Chicken Flavor	3.84
Kumquats, raw	0.429
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	5.441
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	4.934
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	5.812
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	5.595
Lamb, Australian, imported, fresh, external fat, cooked	4.3
Lamb, Australian, imported, fresh, external fat, raw	3.16
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	5.013
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	5.265
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	5.39
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	5.82
Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	6.646
Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	6.363
Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	6.88
Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	6.88
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	5.527
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	5.167
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	5.725
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	5.56
Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	5.163

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

Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	6.652
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	8.15
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	7.283
Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	6.196
Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	6.63
Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	7.616
Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	7.81
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	7.825
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	8.93
Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	8.475
Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	9.14
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	6.482
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	7.62
Lamb, Australian, imported, fresh, seam fat, raw	3.94
Lamb, Australian, imported, fresh, separable fat, cooked	2.89
Lamb, Australian, imported, fresh, separable fat, raw	1.753
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	4.695
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	4.369
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	3.994
Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	4.695
Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	4.58
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	4.43
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	4.004
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	4.58
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	4.415
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	4.001

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	4.58
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	4.695
Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	9.544
Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	8.394
Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	9.58
Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	8.49
Lamb, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	7.8
Lamb, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	6.37
Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	6.66
Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	6.1
Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	6.55
Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.07
Lamb, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	6.32
Lamb, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	6
Lamb, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	5.95
Lamb, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	6.61
Lamb, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	5.95
Lamb, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	5.46
Lamb, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	5.47
Lamb, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	5.47
Lamb, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	5.46
Lamb, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	5.07
Lamb, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	5.31
Lamb, ground, cooked, broiled	6.7
Lamb, ground, raw	5.96

Lamb, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	6.55
Lamb, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	6.22
Lamb, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.52
Lamb, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.21
Lamb, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	6.39
Lamb, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	6.19
Lamb, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	6.62
Lamb, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	6.34
Lamb, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.59
Lamb, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.34
Lamb, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	6.27
Lamb, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	6.33
Lamb, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	6.59
Lamb, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	6.26
Lamb, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.53
Lamb, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	6.25
Lamb, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	6.34
Lamb, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	6.23
Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	7.1
Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	7.1
Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	6.47
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	7.06
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	7.05
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.48
Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	6.85

Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	6.83
Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, raw	6.51
Lamb, New Zealand, imported, brains, cooked, soaked and fried	2.995
Lamb, New Zealand, imported, brains, raw	3.812
Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	3.654
Lamb, New Zealand, imported, breast, separable lean only, raw	4.949
Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	3.571
Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	5.256
Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	2.744
Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	3.501
Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	3.343
Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	4.617
Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	3.826
Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	4.094
Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	4.103
Lamb, New Zealand, imported, fore-shank, separable lean only, raw	4.465
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	8.03
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	6.56
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	7.77
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	6.55
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	7.31
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	6.57
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	7.68
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	6.54
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	6.07
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	6.3
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	7.59

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

Lamb, New Zealand, imported, liver, raw	13.7
Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	5.229
Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	4.152
Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	6.651
Lamb, New Zealand, imported, loin chop, separable lean only, raw	5.397
Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	5.334
Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	4.676
Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	6.436
Lamb, New Zealand, imported, loin saddle, separable lean only, raw	5.918
Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	7.126
Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	6.338
Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	7.133
Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	6.356
Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	3.855
Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	3.801
Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	4.151
Lamb, New Zealand, imported, neck chops, separable lean only, raw	4.297
Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	3.739
Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	4.352
Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	4.279
Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	5.204
Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	6.037
Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	5.024
Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	6.267
Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	5.208
Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	6.019

Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	5.032
Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	6.705
Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	5.749
Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	2.674
Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	3.25
Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	2.897
Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	3.862
Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	3.618
Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	2.916
Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	4.238
Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	3.463
Lamb, New Zealand, imported, subcutaneous fat, cooked	1.53
Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	1.375
Lamb, New Zealand, imported, sweetbread, raw	1.342
Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	9.074
Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	7.262
Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	9.099
Lamb, New Zealand, imported, tenderloin, separable lean only, raw	7.301
Lamb, New Zealand, imported, testes, cooked, soaked and fried	2.224
Lamb, New Zealand, imported, testes, raw	1.744
Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	2.272
Lamb, New Zealand, imported, tongue - swiss cut, raw	3.078
Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	5.457
Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	5.234
Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	5.892
Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	5.234
Lamb, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	7

Lamb, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	6.75
Lamb, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	6.09
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	6.92
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.67
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.06
Lamb, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	6.55
Lamb, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	6.16
Lamb, rib, separable lean only, trimmed to 1/4" fat, choice, raw	5.89
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	6.66
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	7.02
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	6.66
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	6.09
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	6.61
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.08
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	6.62
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, broiled	6.99
Lamb, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	6.33
Lamb, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	6.81
Lamb, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	6.34
Lamb, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	6
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	6.04
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	6.38
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	5.91
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	5.43
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	6
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	6.33

Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5.84
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	5.4
Lamb, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	5.63
Lamb, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	6.07
Lamb, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	5.47
Lamb, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	5.19
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	6.33
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	6.45
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	6.15
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	5.66
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	6.15
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	6.49
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.04
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	5.62
Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	5.96
Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	6.15
Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	5.76
Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	5.45
Lamb, variety meats and by-products, brain, cooked, braised	2.47
Lamb, variety meats and by-products, brain, cooked, pan-fried	4.55
Lamb, variety meats and by-products, brain, raw	3.9
Lamb, variety meats and by-products, heart, cooked, braised	4.36
Lamb, variety meats and by-products, heart, raw	6.14
Lamb, variety meats and by-products, kidneys, cooked, braised	5.99
Lamb, variety meats and by-products, kidneys, raw	7.51
Lamb, variety meats and by-products, liver, cooked, braised	12.15
Lamb, variety meats and by-products, liver, cooked, pan-fried	16.68
Lamb, variety meats and by-products, liver, raw	16.11
Lamb, variety meats and by-products, lungs, cooked, braised	2.428
Lamb, variety meats and by-products, lungs, raw	4.124
Lamb, variety meats and by-products, mechanically separated, raw	2.546

Lamb, variety meats and by-products, pancreas, cooked, braised	2.56
Lamb, variety meats and by-products, pancreas, raw	3.7
Lamb, variety meats and by-products, spleen, cooked, braised	5.868
Lamb, variety meats and by-products, spleen, raw	7.895
Lamb, variety meats and by-products, tongue, cooked, braised	3.69
Lamb, variety meats and by-products, tongue, raw	4.65
Lambsquarters, cooked, boiled, drained, with salt	0.9
Lambsquarters, cooked, boiled, drained, without salt	0.9
Lambsquarters, raw (Northern Plains Indians)	0.79
Lambsquarters, steamed (Northern Plains Indians)	0.623
Lasagna with meat & sauce, frozen entree	1.426
Lasagna with meat & sauce, low-fat, frozen entree	1.221
Lasagna with meat sauce, frozen, prepared	1.528
Lasagna, cheese, frozen, prepared	1.361
Lasagna, cheese, frozen, unprepared	1.354
Lasagna, Vegetable, frozen, baked	0.81
LEAN POCKETS, Ham N Cheddar	3.462
Lean Pockets, Meatballs & Mozzarella	2.982
Leavening agents, yeast, baker's, active dry	40.2
Leavening agents, yeast, baker's, compressed	12.3
Lebanon bologna, beef	3.223
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0.2
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0.2
Leeks, (bulb and lower leaf-portion), raw	0.4
Leeks, (bulb and lower-leaf portion), freeze-dried	3.5
Lemon grass (citronella), raw	1.101
Lemon juice from concentrate, bottled, CONCORD	0.197
Lemon juice from concentrate, bottled, REAL LEMON	0.18
Lemon juice from concentrate, canned or bottled	0.18
Lemon juice, raw	0.091
Lemon peel, raw	0.4
Lemonade, frozen concentrate, pink	0.12
Lemonade, frozen concentrate, white	0.11
Lemonade, frozen concentrate, white, prepared with water	0.016
Lemonade, powder, prepared with water	0.005
Lemons, raw, without peel	0.1
Lentils, mature seeds, cooked, boiled, with salt	1.06
Lentils, mature seeds, cooked, boiled, without salt	1.06
Lentils, pink or red, raw	1.495
Lentils, raw	2.605
Lentils, sprouted, raw	1.128
Lettuce, butterhead (includes boston and bibb types), raw	0.357
Lettuce, cos or romaine, raw	0.313
Lettuce, green leaf, raw	0.375
Lettuce, iceberg (includes crisphead types), raw	0.123
Lettuce, red leaf, raw	0.321
Light Ice Cream, soft serve, blended with cookie pieces	0.264

Light Ice Cream, soft serve, blended with milk chocolate candies	0.139
Lima beans, immature seeds, canned, no salt added, solids and liquids	0.532
Lima beans, immature seeds, canned, regular pack, solids and liquids	0.532
Lima beans, immature seeds, cooked, boiled, drained, with salt	1.04
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.04
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	0.77
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0.77
Lima beans, immature seeds, frozen, baby, unprepared	1.023
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	1.069
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	1.069
Lima beans, immature seeds, frozen, fordhook, unprepared	1.187
Lima beans, immature seeds, raw	1.474
Lima beans, large, mature seeds, canned	0.261
Lima beans, large, mature seeds, cooked, boiled, with salt	0.421
Lima beans, large, mature seeds, cooked, boiled, without salt	0.421
Lima beans, large, mature seeds, raw	1.537
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	0.66
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	0.66
Lima beans, thin seeded (baby), mature seeds, raw	1.712
Lime juice, canned or bottled, unsweetened	0.163
Lime juice, raw	0.142
Limeade, frozen concentrate, prepared with water	0.009
Limes, raw	0.2
Litchis, dried	3.1
Litchis, raw	0.603
LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	2.967
LITTLE CAESARS 14" Cheese Pizza, Thin Crust	0.85
LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	3.237
LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	3.567
LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	3.737
LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	3.767
Liver cheese, pork	11.768
Liver sausage, liverwurst, pork	4.3
Liverwurst spread	4.3
Loganberries, frozen	0.84
Longans, dried	1
Longans, raw	0.3
Loquats, raw	0.18
Lotus root, cooked, boiled, drained, with salt	0.3
Lotus root, cooked, boiled, drained, without salt	0.3

Lotus root, raw	0.4
Luncheon meat, pork and chicken, minced, canned, includes Spam Lite	3.45
Luncheon meat, pork with ham, minced, canned, includes Spam (Hormel)	3.53
Luncheon meat, pork, canned	3.126
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	3.175
Luncheon sausage, pork and beef	3.527
Luncheon slices, meatless	11.11
Lupins, mature seeds, cooked, boiled, with salt	0.495
Lupins, mature seeds, cooked, boiled, without salt	0.495
Lupins, mature seeds, raw	2.19
Luxury loaf, pork	3.482
Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	3.882
Macaroni and cheese loaf, chicken, pork and beef	2.84
Macaroni and cheese, box mix with cheese sauce, prepared	1.15
Macaroni and cheese, box mix with cheese sauce, unprepared	4.003
Macaroni and Cheese, canned entree	1.183
Macaroni and Cheese, canned, microwavable	1.046
Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	1.183
Macaroni and cheese, frozen entree	0.739
Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	4.118
Macaroni or noodles with cheese, microwaveable, unprepared	3.882
Macaroni, vegetable, enriched, cooked	1.071
Macaroni, vegetable, enriched, dry	7.328
Malabar spinach, cooked	0.787
Malt beverage, includes non-alcoholic beer	1.113
Mammy-apple, (mamey), raw	0.4
Mango nectar, canned	0.08
Mangos, raw	0.669
Mangosteen, canned, syrup pack	0.286
Maraschino cherries, canned, drained	0.004
Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	0.003
Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	0.05
Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	0.003
Margarine, regular, 80% fat, composite, stick, with salt	0.023
Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	0.023
Margarine, regular, 80% fat, composite, stick, without salt	0.023
Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	0.023
Margarine, regular, hard, soybean (hydrogenated)	0.023
Margarine,spread, 35-39% fat, tub	0.004

Margarine-like spread with yogurt, 70% fat, stick, with salt	0.01
Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	0.03
Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	0.016
Margarine-like, butter-margarine blend, 80% fat, stick, without salt	0.03
Margarine-like, margarine-butter blend, soybean oil and butter	0.022
Margarine-like, vegetable oil spread, 60% fat, stick, with salt	0.016
Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	0.016
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	0.016
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	0.016
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	0.016
Margarine-like, vegetable oil spread, 60% fat, tub, with salt	0.016
Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	0.016
Margarine-like, vegetable oil spread, fat free, liquid, with salt	0.03
Margarine-like, vegetable oil spread, fat-free, tub	0.883
Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	0.03
Margarine-like, vegetable oil-butter spread, tub, with salt	0.02
Marmalade, orange	0.052
Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	3.93
Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry	1.67
Mary's Gone Crackers, Original Crackers, Organic Gluten Free	5.39
Mayonnaise dressing, no cholesterol	0.01
Mayonnaise, made with tofu	0.09
Mayonnaise, reduced fat, with olive oil	0.01
McDONALD'S Bacon Ranch Salad with Crispy Chicken	3.025
McDONALD'S, Bacon Egg & Cheese Biscuit	1.959
McDONALD'S, Bacon Ranch Salad with Grilled Chicken	3.703
McDONALD'S, Bacon Ranch Salad without chicken	0.206
McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	1.319
McDONALD'S, BIG BREAKFAST	2.273
McDONALD'S, BIG MAC	3.384
McDONALD'S, BIG MAC (without Big Mac Sauce)	3.693
McDONALD'S, Cheeseburger	4.026
McDONALD'S, Chicken McNUGGETS	7.4
McDONALD'S, Deluxe Breakfast, with syrup and margarine	1.879
McDONALD'S, Double Cheeseburger	3.86
McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	4.213
McDONALD'S, Egg McMUFFIN	3.102
McDONALD'S, FILET-O-FISH	2.22
McDONALD'S, FILET-O-FISH (without tartar sauce)	2.748
McDONALD'S, french fries	3.22
McDONALD'S, Fruit 'n Yogurt Parfait	0.237

McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	0.188
McDONALD'S, Hamburger	4.544
McDONALD'S, Hash Brown	1.733
McDONALD'S, Hot Caramel Sundae	0.114
McDONALD'S, Hot Fudge Sundae	0.151
McDONALD'S, Hotcakes (plain)	2.17
McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	1.464
McDONALD'S, Hotcakes and Sausage	1.979
McDONALD'S, McCHICKEN Sandwich	3.942
McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	4.371
McDONALD'S, McFLURRY with M & M'S CANDIES	0.139
McDONALD'S, McFLURRY with OREO cookies	0.264
McDONALD'S, QUARTER POUNDER	4.452
McDONALD'S, QUARTER POUNDER with Cheese	3.85
McDONALD'S, RANCH SNACK WRAP, Crispy	3.523
McDONALD'S, RANCH SNACK WRAP, Grilled	5.333
McDONALD'S, Sausage Biscuit	4.284
McDONALD'S, Sausage Biscuit with Egg	2.968
McDONALD'S, Sausage Burrito	2.133
McDONALD'S, Sausage McGRIDDLES	3.082
McDONALD'S, Sausage McMUFFIN	4.184
McDONALD'S, Sausage McMUFFIN with Egg	2.93
McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	2.111
McDONALD'S, Side Salad	0.208
McDONALD'S, Southern Style Chicken Biscuit	4.797
McDONALD'S, Strawberry Sundae	0.131
McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	0.498
Meat extender	22.021
Meatballs, frozen, Italian style	3.108
Meatballs, meatless	2.5
Melon balls, frozen	0.64
Melons, cantaloupe, raw	0.734
Melons, casaba, raw	0.232
Melons, honeydew, raw	0.418
Milk and cereal bar	8.194
Milk dessert bar, frozen, made from lowfat milk	0.126
Milk dessert, frozen, milk-fat free, chocolate	0.1
Milk shakes, thick chocolate	0.124
Milk shakes, thick vanilla	0.146
Milk, buttermilk, dried	0.876
Milk, buttermilk, fluid, cultured, lowfat	0.058
Milk, buttermilk, fluid, cultured, reduced fat	0.1
Milk, buttermilk, fluid, whole	0.09
Milk, canned, condensed, sweetened	0.21
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0.174
Milk, canned, evaporated, with added vitamin A	0.194
Milk, canned, evaporated, with added vitamin D and without added vitamin A	0.194

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

Milk, sheep, fluid	0.417
Milk, whole, 3.25% milkfat, with added vitamin D	0.089
Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0.089
Millet flour	6.02
Millet, cooked	1.33
Millet, puffed	4.42
Millet, raw	4.72
Miso	0.906
Molasses	0.93
Mollusks, abalone, mixed species, cooked, fried	1.9
Mollusks, abalone, mixed species, raw	1.5
Mollusks, clam, mixed species, canned, drained solids	0.578
Mollusks, clam, mixed species, canned, liquid	0.18
Mollusks, clam, mixed species, cooked, breaded and fried	2.064
Mollusks, clam, mixed species, cooked, moist heat	3.354
Mollusks, clam, mixed species, raw	0.35
Mollusks, conch, baked or broiled	1.04
Mollusks, cuttlefish, mixed species, cooked, moist heat	2.189
Mollusks, cuttlefish, mixed species, raw	1.216
Mollusks, mussel, blue, cooked, moist heat	3
Mollusks, mussel, blue, raw	1.6
Mollusks, octopus, common, cooked, moist heat	3.78
Mollusks, octopus, common, raw	2.1
Mollusks, oyster, eastern, canned	1.244
Mollusks, oyster, eastern, cooked, breaded and fried	1.65
Mollusks, oyster, eastern, farmed, cooked, dry heat	1.792
Mollusks, oyster, eastern, farmed, raw	1.267
Mollusks, oyster, eastern, wild, cooked, dry heat	1.365
Mollusks, oyster, eastern, wild, cooked, moist heat	1.85
Mollusks, oyster, eastern, wild, raw	0.925
Mollusks, oyster, Pacific, cooked, moist heat	3.618
Mollusks, oyster, Pacific, raw	2.01
Mollusks, scallop, (bay and sea), cooked, steamed	1.076
Mollusks, scallop, mixed species, cooked, breaded and fried	1.505
Mollusks, scallop, mixed species, imitation, made from surimi	0.31
Mollusks, scallop, mixed species, raw	0.703
Mollusks, snail, raw	1.4
Mollusks, squid, mixed species, cooked, fried	2.602
Mollusks, squid, mixed species, raw	2.175
Mollusks, whelk, unspecified, cooked, moist heat	1.995
Mollusks, whelk, unspecified, raw	1.05
MORI-NU, Tofu, silken, extra firm	0.235
MORI-NU, Tofu, silken, firm	0.247
MORI-NU, Tofu, silken, lite extra firm	0.11
MORI-NU, Tofu, silken, lite firm	0.11
MORI-NU, Tofu, silken, soft	0.3
Mortadella, beef, pork	2.673
Mothbeans, mature seeds, cooked, boiled, with salt	0.668
Mothbeans, mature seeds, cooked, boiled, without salt	0.668

Mothbeans, mature seeds, raw	2.8
Mother's loaf, pork	3.123
Mountain yam, hawaii, cooked, steamed, with salt	0.13
Mountain yam, hawaii, cooked, steamed, without salt	0.13
Mountain yam, hawaii, raw	0.481
Muffin, blueberry, commercially prepared, low-fat	1.375
Muffins, blueberry, commercially prepared (Includes mini-muffins)	1.418
Muffins, blueberry, dry mix	1.857
Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	2.211
Muffins, blueberry, toaster-type	2.02
Muffins, blueberry, toaster-type, toasted	1.934
Muffins, corn, commercially prepared	2.037
Muffins, corn, dry mix, prepared	2.101
Muffins, corn, prepared from recipe, made with low fat (2%) milk	2.382
Muffins, corn, toaster-type	2.31
Muffins, English, mixed-grain (includes granola)	3.583
Muffins, English, plain, enriched, with ca prop (includes sourdough)	4.07
Muffins, English, plain, toasted, enriched, with calcium propionate (includes sourdough)	4.99
Muffins, English, raisin-cinnamon (includes apple-cinnamon)	3.67
Muffins, English, raisin-cinnamon, toasted (includes apple-cinnamon)	4.285
Muffins, English, wheat	3.356
Muffins, English, whole-wheat	3.41
Muffins, oat bran	0.42
Muffins, plain, prepared from recipe, made with low fat (2%) milk	2.308
Muffins, wheat bran, dry mix	5
Muffins, wheat bran, toaster-type with raisins, toasted	2.317
Mulberries, raw	0.62
Mung beans, mature seeds, cooked, boiled, with salt	0.577
Mung beans, mature seeds, cooked, boiled, without salt	0.577
Mung beans, mature seeds, raw	2.251
Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.817
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.817
Mung beans, mature seeds, sprouted, cooked, stir-fried	1.2
Mung beans, mature seeds, sprouted, raw	0.749
Mungo beans, mature seeds, cooked, boiled, with salt	1.5
Mungo beans, mature seeds, cooked, boiled, without salt	1.5
Mungo beans, mature seeds, raw	1.447
Mushroom, white, exposed to ultraviolet light, raw	3.607
Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	3.8
Mushrooms, brown, italian, or crimini, raw	3.8
Mushrooms, canned, drained solids	1.593
Mushrooms, Chanterelle, raw	4.085
Mushrooms, enoki, raw	7.032

Mushrooms, maitake, raw	6.585
Mushrooms, morel, raw	2.252
Mushrooms, oyster, raw	4.956
Mushrooms, portabella, exposed to ultraviolet light, grilled	6.255
Mushrooms, portabella, exposed to ultraviolet light, raw	4.494
Mushrooms, portabella, grilled	6.255
Mushrooms, portabella, raw	4.494
Mushrooms, shiitake, cooked, with salt	1.5
Mushrooms, shiitake, cooked, without salt	1.5
Mushrooms, shiitake, dried	14.1
Mushrooms, shiitake, raw	3.877
Mushrooms, shiitake, stir-fried	3.87
Mushrooms, straw, canned, drained solids	0.224
Mushrooms, white, cooked, boiled, drained, with salt	4.46
Mushrooms, white, cooked, boiled, drained, without salt	4.46
Mushrooms, white, raw	3.607
Mushrooms, white, stir-fried	3.987
Mustard greens, cooked, boiled, drained, with salt	0.433
Mustard greens, cooked, boiled, drained, without salt	0.433
Mustard greens, frozen, cooked, boiled, drained, with salt	0.258
Mustard greens, frozen, cooked, boiled, drained, without salt	0.258
Mustard greens, frozen, unprepared	0.314
Mustard greens, raw	0.8
Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	0.43
Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	0.43
Mustard spinach, (tendergreen), raw	0.678
Mustard, prepared, yellow	0.565
Mutton, cooked, roasted (Navajo)	6.52
Nabisco, Nabisco Grahams Crackers	3.78
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.845
Nabisco, Nabisco Ritz Crackers	4.88
Nabisco, Nabisco Snackwell's Fat Free Devil's Food Cookie Cakes	1.345
Nance, canned, syrup, drained	0.3
Nance, frozen, unsweetened	0.29
Naranjilla (lulo) pulp, frozen, unsweetened	1.45
Nectarines, raw	1.125
New zealand spinach, cooked, boiled, drained, with salt	0.39
New Zealand spinach, cooked, boiled, drained, without salt	0.39
New Zealand spinach, raw	0.5
Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.2
Noodles, egg, cooked, enriched, with added salt	2.077
Noodles, egg, cooked, unenriched, with added salt	0.4
Noodles, egg, dry, enriched	8.387
Noodles, egg, dry, unenriched	2.1
Noodles, egg, enriched, cooked	2.077
Noodles, egg, spinach, enriched, cooked	1.474
Noodles, egg, spinach, enriched, dry	6.575
Noodles, egg, unenriched, cooked, without added salt	0.4

Noodles, flat, crunchy, Chinese restaurant	2.52
Noodles, japanese, soba, cooked	0.51
Noodles, japanese, soba, dry	3.21
Noodles, japanese, somen, cooked	0.097
Noodles, japanese, somen, dry	0.875
Nopales, cooked, without salt	0.296
Nopales, raw	0.41
Nutritional supplement for people with diabetes, liquid	2.201
Nuts, acorn flour, full fat	2.382
Nuts, acorns, dried	2.406
Nuts, acorns, raw	1.827
Nuts, almond butter, plain, with salt added	3.155
Nuts, almond butter, plain, without salt added	3.155
Nuts, almond paste	1.422
Nuts, almonds	3.618
Nuts, almonds, blanched	3.5
Nuts, almonds, dry roasted, with salt added	3.637
Nuts, almonds, dry roasted, without salt added	3.637
Nuts, almonds, honey roasted, unblanched	2.819
Nuts, almonds, oil roasted, lightly salted	3.665
Nuts, almonds, oil roasted, with salt added	3.665
Nuts, almonds, oil roasted, without salt added	3.665
Nuts, beechnuts, dried	0.877
Nuts, brazilnuts, dried, unblanched	0.295
Nuts, butternuts, dried	1.045
Nuts, cashew butter, plain, with salt added	1.108
Nuts, cashew butter, plain, without salt added	1.599
Nuts, cashew nuts, dry roasted, with salt added	1.4
Nuts, cashew nuts, dry roasted, without salt added	1.4
Nuts, cashew nuts, oil roasted, with salt added	1.736
Nuts, cashew nuts, oil roasted, without salt added	1.736
Nuts, cashew nuts, raw	1.062
Nuts, chestnuts, chinese, boiled and steamed	0.548
Nuts, chestnuts, chinese, dried	1.3
Nuts, chestnuts, chinese, raw	0.8
Nuts, chestnuts, chinese, roasted	1.5
Nuts, chestnuts, european, boiled and steamed	0.731
Nuts, chestnuts, european, dried, peeled	0.854
Nuts, chestnuts, european, dried, unpeeled	0.85
Nuts, chestnuts, european, raw, peeled	1.102
Nuts, chestnuts, european, raw, unpeeled	1.179
Nuts, chestnuts, european, roasted	1.342
Nuts, chestnuts, japanese, boiled and steamed	0.543
Nuts, chestnuts, japanese, dried	3.5
Nuts, chestnuts, japanese, raw	1.5
Nuts, chestnuts, japanese, roasted	0.7
Nuts, coconut cream, canned, sweetened	0.038
Nuts, coconut cream, raw (liquid expressed from grated meat)	0.89
Nuts, coconut meat, dried (desiccated), creamed	0.611

Nuts, coconut meat, dried (desiccated), not sweetened	0.603
Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	0.305
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0.697
Nuts, coconut meat, dried (desiccated), sweetened, shredded	0.474
Nuts, coconut meat, dried (desiccated), toasted	0.616
Nuts, coconut meat, raw	0.54
Nuts, coconut milk, canned (liquid expressed from grated meat and water)	0.637
Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	0.671
Nuts, coconut milk, raw (liquid expressed from grated meat and water)	0.76
Nuts, coconut water (liquid from coconuts)	0.08
Nuts, formulated, wheat-based, all flavors except macadamia, without salt	1.5
Nuts, formulated, wheat-based, unflavored, with salt added	1.5
Nuts, ginkgo nuts, canned	3.623
Nuts, ginkgo nuts, dried	11.732
Nuts, ginkgo nuts, raw	6
Nuts, hazelnuts or filberts	1.8
Nuts, hazelnuts or filberts, blanched	1.55
Nuts, hazelnuts or filberts, dry roasted, without salt added	2.05
Nuts, hickorynuts, dried	0.907
Nuts, macadamia nuts, dry roasted, with salt added	2.274
Nuts, macadamia nuts, dry roasted, without salt added	2.274
Nuts, macadamia nuts, raw	2.473
Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	3.74
Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	4.51
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	4.7
Nuts, mixed nuts, dry roasted, with peanuts, without salt added	6.22
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	7.709
Nuts, mixed nuts, oil roasted, with peanuts, with salt added	7.709
Nuts, mixed nuts, oil roasted, with peanuts, without salt added	7.709
Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	2
Nuts, mixed nuts, oil roasted, without peanuts, with salt added	1.964
Nuts, mixed nuts, oil roasted, without peanuts, without salt added	1.964
Nuts, pecans	1.167
Nuts, pecans, dry roasted, with salt added	1.167
Nuts, pecans, dry roasted, without salt added	1.167
Nuts, pecans, oil roasted, with salt added	1.2
Nuts, pecans, oil roasted, without salt added	1.2
Nuts, pilinuts, dried	0.519
Nuts, pine nuts, dried	4.387
Nuts, pine nuts, pinyon, dried	4.37
Nuts, pistachio nuts, dry roasted, with salt added	1.373
Nuts, pistachio nuts, dry roasted, without salt added	1.373

Nuts, pistachio nuts, raw	1.3
Nuts, walnuts, black, dried	0.47
Nuts, walnuts, dry roasted, with salt added	2.217
Nuts, walnuts, english	1.125
Oat bran, cooked	0.144
Oat bran, raw	0.934
Oat flour, partially debranned	1.474
Oats (Includes foods for USDA's Food Distribution Program)	0.961
Oheloberries, raw	0.27
Okara	0.1
Okra, cooked, boiled, drained, with salt	0.871
Okra, cooked, boiled, drained, without salt	0.871
Okra, frozen, cooked, boiled, drained, with salt	0.616
Okra, frozen, cooked, boiled, drained, without salt	0.616
Okra, frozen, unprepared	0.708
Okra, raw	1
OLIVE GARDEN, cheese ravioli with marinara sauce	1.753
OLIVE GARDEN, chicken parmigiana without pasta	5.58
OLIVE GARDEN, lasagna classico	1.93
OLIVE GARDEN, spaghetti with meat sauce	1.69
OLIVE GARDEN, spaghetti with pomodoro sauce	1.14
Olive loaf, pork	1.835
Olives, pickled, canned or bottled, green	0.237
Olives, ripe, canned (jumbo-super colossal)	0.022
Olives, ripe, canned (small-extra large)	0.037
ON THE BORDER, cheese enchilada	0.78
ON THE BORDER, cheese quesadilla	1.985
ON THE BORDER, Mexican rice	2.75
ON THE BORDER, refried beans	0.52
ON THE BORDER, soft taco with ground beef, cheese and lettuce	2.785
Onion rings, breaded, par fried, frozen, prepared, heated in oven	1.349
Onion rings, breaded, par fried, frozen, unprepared	0.693
Onions, canned, solids and liquids	0.061
Onions, cooked, boiled, drained, with salt	0.165
Onions, cooked, boiled, drained, without salt	0.165
Onions, dehydrated flakes	0.99
Onions, frozen, chopped, cooked, boiled, drained, with salt	0.139
Onions, frozen, chopped, cooked, boiled, drained, without salt	0.139
Onions, frozen, chopped, unprepared	0.151
Onions, frozen, whole, cooked, boiled, drained, with salt	0.132
Onions, frozen, whole, cooked, boiled, drained, without salt	0.132
Onions, frozen, whole, unprepared	0.175
Onions, raw	0.116
Onions, spring or scallions (includes tops and bulb), raw	0.525
Onions, sweet, raw	0.133
Onions, yellow, sauteed	0.037
Onions, young green, tops only	0.33
Orange juice, canned, unsweetened	0.201
Orange juice, chilled, includes from concentrate	0.28

Orange juice, chilled, includes from concentrate, with added calcium	0.28
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.28
Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.28
Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.273
Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0.273
Orange juice, frozen concentrate, unsweetened, undiluted	1.093
Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	1.093
Orange juice, raw (Includes foods for USDA's Food Distribution Program)	0.4
Orange peel, raw	0.9
Orange Pineapple Juice Blend	0.173
Orange-grapefruit juice, canned or bottled, unsweetened	0.336
Oranges, raw, all commercial varieties	0.282
Oranges, raw, California, valencias	0.274
Oranges, raw, Florida	0.4
Oranges, raw, navels (Includes foods for USDA's Food Distribution Program)	0.425
Oranges, raw, with peel	0.5
Oscar Mayer, Bologna (beef)	2.42
Oscar Mayer, Braunschweiger Liver Sausage (sliced)	9.19
Oscar Mayer, Salami (hard)	5.05
Oscar Mayer, Wieners (beef franks)	2.292
Ostrich, fan, raw	4.722
Ostrich, ground, cooked, pan-broiled	6.557
Ostrich, ground, raw	4.377
Ostrich, inside leg, cooked	7.274
Ostrich, inside leg, raw	4.847
Ostrich, inside strip, cooked	7.364
Ostrich, inside strip, raw	5.129
Ostrich, outside leg, raw	4.949
Ostrich, outside strip, cooked	7.158
Ostrich, outside strip, raw	5.058
Ostrich, oyster, cooked	7.224
Ostrich, oyster, raw	4.665
Ostrich, round, raw	4.761
Ostrich, tenderloin, raw	4.778
Ostrich, tip trimmed, cooked	7.143
Ostrich, tip trimmed, raw	4.73
Ostrich, top loin, cooked	7.051
Ostrich, top loin, raw	4.691
Pancakes plain, frozen, ready-to-heat (includes buttermilk)	6.357
Pancakes, blueberry, prepared from recipe	1.524
Pancakes, buckwheat, dry mix, incomplete	4.095
Pancakes, buttermilk, prepared from recipe	1.577

Pancakes, gluten-free, frozen, ready-to-heat	1.55
Pancakes, plain, dry mix, complete (includes buttermilk)	4.368
Pancakes, plain, dry mix, complete, prepared	1.711
Pancakes, plain, dry mix, incomplete (includes buttermilk)	3.758
Pancakes, plain, dry mix, incomplete, prepared	1.232
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	3.345
Pancakes, plain, prepared from recipe	1.567
Pancakes, plain, reduced fat	2.857
Pancakes, special dietary, dry mix	3.27
Pancakes, whole wheat, dry mix, incomplete	7.895
Pancakes, whole-wheat, dry mix, incomplete	6.767
Pancakes, whole-wheat, dry mix, incomplete, prepared	2.309
PAPA JOHN'S 14" Cheese Pizza, Original Crust	3.064
PAPA JOHN'S 14" Cheese Pizza, Thin Crust	0.895
PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	3.225
PAPA JOHN'S 14" The Works Pizza, Original Crust	3.205
Papaya nectar, canned	0.15
Papaya, canned, heavy syrup, drained	0.06
Papayas, raw	0.357
Parmesan cheese topping, fat free	0.2
Parsley, freeze-dried	10.4
Parsley, fresh	1.313
Parsnips, cooked, boiled, drained, with salt	0.724
Parsnips, cooked, boiled, drained, without salt	0.724
Parsnips, raw	0.7
Passion-fruit juice, purple, raw	1.46
Passion-fruit juice, yellow, raw	2.24
Passion-fruit, (granadilla), purple, raw	1.5
Pasta mix, classic beef, unprepared	5.24
Pasta mix, classic cheeseburger macaroni, unprepared	5.703
Pasta mix, Italian four cheese lasagna, unprepared	6.067
Pasta mix, Italian lasagna, unprepared	5.577
Pasta with Sliced Franks in Tomato Sauce, canned entree	1.157
Pasta with tomato sauce, no meat, canned	1.302
Pasta, cooked, enriched, with added salt	1.689
Pasta, cooked, enriched, without added salt	1.689
Pasta, cooked, unenriched, with added salt	0.4
Pasta, cooked, unenriched, without added salt	0.4
Pasta, dry, enriched	7.177
Pasta, dry, unenriched	1.7
Pasta, fresh-refrigerated, plain, as purchased	3.35
Pasta, fresh-refrigerated, plain, cooked	0.992
Pasta, fresh-refrigerated, spinach, as purchased	3.46
Pasta, fresh-refrigerated, spinach, cooked	1.011
Pasta, gluten-free, brown rice flour, cooked, TINKYADA	1.465
Pasta, gluten-free, corn and rice flour, cooked	0.24
Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0.45

Pasta, gluten-free, corn, cooked	0.556
Pasta, gluten-free, corn, dry	2.43
Pasta, homemade, made with egg, cooked	1.257
Pasta, homemade, made without egg, cooked	1.343
Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked (Includes foods for USDA's Food Distribution Program)	2.657
Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry (Includes foods for USDA's Food Distribution Program)	8.63
Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	2.887
Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	7.948
Pasta, whole-wheat, cooked (Includes foods for USDA's Food Distribution Program)	3.126
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	8.691
Pastrami, beef, 98% fat-free	5.065
Pastrami, turkey	3.527
Pastry, Pastelitos de Guava (guava pastries)	2.493
Pate de foie gras, canned (goose liver pate), smoked	2.51
Pate, chicken liver, canned	7.517
Pate, goose liver, smoked, canned	2.51
Pate, liver, not specified, canned	3.3
Pate, truffle flavor	3.3
Peach nectar, canned, with added ascorbic acid	0.2
Peach nectar, canned, with sucralose, without added ascorbic acid	0.09
Peaches, canned, extra heavy syrup pack, solids and liquids	0.52
Peaches, canned, extra light syrup, solids and liquids (Includes foods for USDA's Food Distribution Program)	0.8
Peaches, canned, heavy syrup pack, solids and liquids	0.614
Peaches, canned, heavy syrup, drained	0.625
Peaches, canned, juice pack, solids and liquids	0.582
Peaches, canned, light syrup pack, solids and liquids	0.593
Peaches, canned, water pack, solids and liquids	0.521
Peaches, dehydrated (low-moisture), sulfured, stewed	2.03
Peaches, dehydrated (low-moisture), sulfured, uncooked	4.825
Peaches, dried, sulfured, stewed, with added sugar	1.388
Peaches, dried, sulfured, stewed, without added sugar	1.519
Peaches, dried, sulfured, uncooked	4.375
Peaches, frozen, sliced, sweetened	0.653
Peaches, spiced, canned, heavy syrup pack, solids and liquids	0.537
Peaches, yellow, raw	0.806
Peanut butter with omega-3, creamy	12.875
Peanut butter, chunk style, with salt	13.696
Peanut butter, chunk style, without salt	13.696
Peanut butter, chunky, vitamin and mineral fortified	13.64
Peanut butter, reduced sodium	13.69
Peanut Butter, smooth (Includes foods for USDA's Food Distribution Program)	13.16

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

Peas and carrots, frozen, unprepared	1.412
Peas and onions, canned, solids and liquids	1.28
Peas and onions, frozen, cooked, boiled, drained, with salt	1.044
Peas and onions, frozen, cooked, boiled, drained, without salt	1.044
Peas and onions, frozen, unprepared	1.72
Peas, edible-podded, boiled, drained, without salt	0.539
Peas, edible-podded, cooked, boiled, drained, with salt	0.539
Peas, edible-podded, frozen, cooked, boiled, drained, with salt	0.563
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0.563
Peas, edible-podded, frozen, unprepared	0.5
Peas, edible-podded, raw	0.6
Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0.979
Peas, green, canned, drained solids, rinsed in tap water	1.012
Peas, green, canned, no salt added, drained solids	0.732
Peas, green, canned, no salt added, solids and liquids	0.842
Peas, green, canned, regular pack, solids and liquids	0.995
Peas, green, canned, seasoned, solids and liquids	0.69
Peas, green, cooked, boiled, drained, with salt	2.021
Peas, green, cooked, boiled, drained, without salt	2.021
Peas, green, frozen, cooked, boiled, drained, with salt	1.48
Peas, green, frozen, cooked, boiled, drained, without salt	1.48
Peas, green, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	1.723
Peas, green, raw	2.09
Peas, green, split, mature seeds, raw	3.608
Peas, mature seeds, sprouted, raw	3.088
Peas, split, mature seeds, cooked, boiled, with salt	0.89
Peas, split, mature seeds, cooked, boiled, without salt	0.89
Pectin, unsweetened, dry mix	0.005
Pepeao, dried	3
Pepper, banana, raw	1.242
Peppered loaf, pork, beef	3.08
Pepperidge Farm, Goldfish, Baked Snack Crackers, Explosive Pizza	6.49
Pepperidge Farm, Goldfish, Baked Snack Crackers, Original	6.64
Pepperidge Farm, Goldfish, Baked Snack Crackers, Parmesan	5.887
Pepperidge Farm, Goldfish, Baked Snack Crackers, Pizza	6.785
Peppermint, fresh	1.706
Pepperoni, beef and pork, sliced	4.987
Peppers, ancho, dried	6.403
Peppers, chili, green, canned	0.627
Peppers, hot chile, sun-dried	8.669
Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0.8
Peppers, hot chili, green, raw	0.95
Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0.8
Peppers, hot chili, red, raw	1.244
Peppers, hot pickled, canned	0.343
Peppers, hungarian, raw	1.092

Peppers, jalapeno, canned, solids and liquids	0.403
Peppers, jalapeno, raw	1.28
Peppers, pasilla, dried	7.175
Peppers, serrano, raw	1.537
Peppers, sweet, green, canned, solids and liquids	0.55
Peppers, sweet, green, cooked, boiled, drained, with salt	0.477
Peppers, sweet, green, cooked, boiled, drained, without salt	0.477
Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	1.082
Peppers, sweet, green, frozen, chopped, unprepared	1.37
Peppers, sweet, green, raw	0.48
Peppers, sweet, green, sauteed	0.582
Peppers, sweet, red, canned, solids and liquids	0.55
Peppers, sweet, red, cooked, boiled, drained, with salt	0.477
Peppers, sweet, red, cooked, boiled, drained, without salt	0.477
Peppers, sweet, red, freeze-dried	7.4
Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	1.082
Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	1.082
Peppers, sweet, red, frozen, chopped, unprepared	1.37
Peppers, sweet, red, raw	0.979
Peppers, sweet, red, sauteed	0.954
Peppers, sweet, yellow, raw	0.89
Persimmons, japanese, dried	0.18
Persimmons, japanese, raw	0.1
Pheasant, breast, meat only, raw	8.554
Pheasant, cooked, total edible	7.53
Pheasant, leg, meat only, raw	3.7
Pheasant, raw, meat and skin	6.426
Pheasant, raw, meat only	6.759
Phyllo dough	4.073
Pickle and pimiento loaf, pork	2.486
Pickle relish, hamburger	0.617
Pickle relish, hot dog	0.5
Pickle relish, sweet	0.233
Pickles, cucumber, dill or kosher dill	0.109
Pickles, cucumber, dill, reduced sodium	0.109
Pickles, cucumber, sweet (includes bread and butter pickles)	0.115
Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0.174
Picnic loaf, pork, beef	2.306
Pie Crust, Cookie-type, Chocolate, Ready Crust	3.073
Pie Crust, Cookie-type, Graham Cracker, Ready Crust	3.22
Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	2.091
Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	2.113
Pie crust, deep dish, frozen, baked, made with enriched flour	2.867
Pie crust, deep dish, frozen, unbaked, made with enriched flour	2.5
Pie crust, refrigerated, regular, baked	1.285
Pie crust, refrigerated, regular, unbaked	1.145
Pie crust, standard-type, dry mix	2.727

Pie crust, standard-type, dry mix, prepared, baked	2.373
Pie crust, standard-type, frozen, ready-to-bake, enriched	2.7
Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	3.45
Pie crust, standard-type, frozen, ready-to-bake, unenriched	0.55
Pie crust, standard-type, prepared from recipe, baked	3.307
Pie crust, standard-type, prepared from recipe, unbaked	2.943
Pie fillings, apple, canned	0.035
Pie fillings, blueberry, canned	0.091
Pie fillings, canned, cherry	0.14
Pie fillings, cherry, low calorie	0.361
Pie, apple, commercially prepared, enriched flour	0.263
Pie, apple, commercially prepared, unenriched flour	1.123
Pie, apple, prepared from recipe	1.23
Pie, banana cream, prepared from mix, no-bake type	0.709
Pie, banana cream, prepared from recipe	1.054
Pie, blueberry, commercially prepared	0.3
Pie, blueberry, prepared from recipe	1.194
Pie, cherry, commercially prepared	0.2
Pie, cherry, prepared from recipe	1.276
Pie, chocolate creme, commercially prepared	0.605
Pie, chocolate mousse, prepared from mix, no-bake type	0.595
Pie, coconut cream, prepared from mix, no-bake type	0.132
Pie, coconut creme, commercially prepared	0.2
Pie, coconut custard, commercially prepared	0.403
Pie, Dutch Apple, Commercially Prepared	1.094
Pie, egg custard, commercially prepared	0.292
Pie, fried pies, cherry	1.425
Pie, fried pies, fruit	1.425
Pie, fried pies, lemon	1.425
Pie, lemon meringue, commercially prepared	0.649
Pie, lemon meringue, prepared from recipe	0.944
Pie, mince, prepared from recipe	1.189
Pie, peach	0.2
Pie, pecan, commercially prepared	1.31
Pie, pecan, prepared from recipe	0.847
Pie, pumpkin, commercially prepared	1.107
Pie, pumpkin, prepared from recipe	0.782
Pie, vanilla cream, prepared from recipe	0.984
Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	0.781
Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	0.781
Pigeon peas (red gram), mature seeds, raw	2.965
Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	2.153
Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	2.153
Pigeonpeas, immature seeds, raw	2.2
Piki bread, made from blue cornmeal (Hopi)	2.92
Pimento, canned	0.615
Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0.199

Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0.199
Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	0.141
Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.2
Pineapple juice, frozen concentrate, unsweetened, undiluted	0.9
Pineapple, canned, extra heavy syrup pack, solids and liquids	0.282
Pineapple, canned, heavy syrup pack, solids and liquids	0.287
Pineapple, canned, juice pack, drained	0.284
Pineapple, canned, juice pack, solids and liquids	0.284
Pineapple, canned, light syrup pack, solids and liquids	0.292
Pineapple, canned, water pack, solids and liquids	0.298
Pineapple, frozen, chunks, sweetened	0.3
Pineapple, raw, all varieties	0.5
Pineapple, raw, extra sweet variety	0.507
Pineapple, raw, traditional varieties	0.47
Pitanga, (surinam-cherry), raw	0.3
PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	3.295
PIZZA HUT 12" Cheese Pizza, Pan Crust	3.91
PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	2.895
PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	4.028
PIZZA HUT 12" Pepperoni Pizza, Pan Crust	3.84
PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	3.582
PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	4.3
PIZZA HUT 14" Cheese Pizza, Pan Crust	3.48
PIZZA HUT 14" Cheese Pizza, Stuffed Crust	3.763
PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	4.18
PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	4.82
PIZZA HUT 14" Pepperoni Pizza, Pan Crust	3.75
PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	4.55
PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	4.25
PIZZA HUT 14" Sausage Pizza, Pan Crust	3.83
PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	4.5
PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	2.38
PIZZA HUT, breadstick, parmesan garlic	7.08
Pizza rolls, frozen, unprepared	2.075
Pizza, cheese topping, regular crust, frozen, cooked	2.196
Pizza, cheese topping, rising crust, frozen, cooked	1.985
Pizza, cheese topping, thin crust, frozen, cooked	1.283
Pizza, meat and vegetable topping, regular crust, frozen, cooked	2.379
Pizza, meat and vegetable topping, rising crust, frozen, cooked	2.155
Pizza, meat topping, thick crust, frozen, cooked	2.567
Pizza, pepperoni topping, regular crust, frozen, cooked	3.235
Plantains, green, boiled	0.39
Plantains, green, fried	0.818
Plantains, green, raw	0.55
Plantains, yellow, baked	0.685
Plantains, yellow, fried, Latino restaurant	0.837

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

Pork sausage, link/patty, unprepared	5.418
Pork sausage, reduced sodium, cooked	2.41
Pork, bacon, rendered fat, cooked	0.725
Pork, cured, bacon, cooked, baked	10.623
Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	11.099
Pork, cured, bacon, cooked, microwaved	10.714
Pork, cured, bacon, pre-sliced, cooked, pan-fried	10.457
Pork, cured, bacon, unprepared	4.022
Pork, cured, breakfast strips, raw or unheated	3.65
Pork, cured, feet, pickled	0.22
Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	4.29
Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	4.819
Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	4.43
Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	5.32
Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	4.695
Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	3.407
Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	5.073
Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	3.59
Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	5.215
Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	4.352
Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	5.436
Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	4.71
Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	5.838
Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	5.895
Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	5.734
Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	5.389
Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	5.797
Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	5.473
Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	3.901

Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	3.822
Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	4.04
Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	4.09
Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	4.159
Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	3.253
Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	4.563
Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	3.58
Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	4.855
Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	4.177
Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	5.023
Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	4.38
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	4.283
Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	4.285
Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	3.62
Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	3.867
Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	3.62
Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	3.87
Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	7.127
Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	6.31
Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	7.62
Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	7.23
Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	7.19
Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	4.856
Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	7.793

Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	5.28
Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	8.52
Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	6.227
Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	9.01
Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	6.59
Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	7.374
Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	7.395
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	6.619
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	5.575
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	5.733
Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	6.72
Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	6.82
Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	6.859
Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	6.83
Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	6.877
Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	4.023
Pork, cured, ham, boneless, extra lean and regular, roasted	5.324
Pork, cured, ham, boneless, extra lean and regular, unheated	5.09
Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	4.02
Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	5.32
Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	6.15
Pork, cured, ham, center slice, country-style, separable lean only, raw	3.881
Pork, cured, ham, center slice, separable lean and fat, unheated	4.809
Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	4.892
Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	5.302
Pork, cured, ham, extra lean and regular, canned, roasted	5.032
Pork, cured, ham, extra lean and regular, canned, unheated	4.585
Pork, cured, ham, low sodium, lean and fat, cooked	5.74
Pork, cured, ham, patties, unheated	3.014

Pork, cured, ham, regular (approximately 13% fat), canned, roasted	5.3
Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	6.871
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	6.417
Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	7.387
Pork, cured, ham, rump, bone-in, separable lean only, unheated	6.987
Pork, cured, ham, separable fat, boneless, heated	3.08
Pork, cured, ham, separable fat, boneless, unheated	2.57
Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	6.885
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	6.382
Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	7.397
Pork, cured, ham, shank, bone-in, separable lean only, unheated	6.97
Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	7.333
Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	6.05
Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	7.767
Pork, cured, ham, slice, bone-in, separable lean only, unheated	6.493
Pork, cured, ham, steak, boneless, extra lean, unheated	5.08
Pork, cured, ham, whole, separable lean and fat, unheated	4.463
Pork, cured, ham, whole, separable lean only, roasted	5.02
Pork, cured, ham, whole, separable lean only, unheated	5.252
Pork, cured, salt pork, raw	1.62
Pork, cured, separable fat (from ham and arm picnic), roasted	2.228
Pork, cured, separable fat (from ham and arm picnic), unheated	1.82
Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	4.127
Pork, cured, shoulder, arm picnic, separable lean only, roasted	4.798
Pork, cured, shoulder, blade roll, separable lean and fat, roasted	2.377
Pork, cured, shoulder, blade roll, separable lean and fat, unheated	2.72
Pork, fresh, backfat, raw	0.985
Pork, fresh, backribs, separable lean and fat, cooked, roasted	7.636
Pork, fresh, backribs, separable lean and fat, raw	6.776
Pork, fresh, belly, raw	4.647
Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	7.698
Pork, fresh, carcass, separable lean and fat, raw	3.846
Pork, fresh, composite of separable fat, with added solution, cooked	3.93
Pork, fresh, composite of separable fat, with added solution, raw	3.23
Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	4.73
Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	6.503
Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	5.573
Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	6.047

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

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

Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	7.505
Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	7.478
Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	8.931
Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	7.88
Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	7.855
Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	9.432
Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	4.311
Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	4.945
Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	4.805
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	4.519
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	5.231
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	5.115
Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	9.49
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	10.003
Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	5.044
Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	5.355
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	8.497
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	4.196
Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	8.699
Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	7.496
Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	5.548
Pork, fresh, loin, country-style ribs, separable lean and fat, raw	3.082
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	9.152
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	7.82
Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	9.152

Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	8.13
Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	5.715
Pork, fresh, loin, country-style ribs, separable lean only, raw	3.097
Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	6.093
Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	6.344
Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	7.239
Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	7.348
Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	7.537
Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	8.414
Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	7.982
Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	9.035
Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	7.76
Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	8.654
Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	7.834
Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	8.761
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	7.865
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	8.165
Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	8.055
Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	8.224
Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	5.054
Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	7.402
Pork, fresh, loin, tenderloin, separable lean and fat, raw	6.61
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	7.36
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	6.382
Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	5.135
Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	7.432
Pork, fresh, loin, tenderloin, separable lean only, raw	6.684
Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	7.392

Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	9.905
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	8.242
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	10.523
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	7.988
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	8.589
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	10.192
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	7.178
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	10.263
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	8.512
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	10.85
Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	8.265
Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	8.927
Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	10.323
Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	7.813
Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	7.104
Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	5.566
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	7.277
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	5.745
Pork, fresh, loin, whole, separable lean and fat, cooked, braised	4.419
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	5.037
Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	5.572
Pork, fresh, loin, whole, separable lean and fat, raw	4.58
Pork, fresh, loin, whole, separable lean only, cooked, braised	4.588
Pork, fresh, loin, whole, separable lean only, cooked, broiled	5.243
Pork, fresh, loin, whole, separable lean only, cooked, roasted	5.893
Pork, fresh, loin, whole, separable lean only, raw	4.915
Pork, fresh, separable fat, cooked	3.12
Pork, fresh, separable fat, raw	2.63
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	3.872
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	4.239

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3.61
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	3.763
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	3.935
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	4.387
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	3.575
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	3.837
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	5.308
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	3.918
Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	4.518
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	5.538
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	4.314
Pork, fresh, shoulder, arm picnic, separable lean only, raw	4.828
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	4.061
Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	4.96
Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	4.07
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	4.3
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	3.991
Pork, fresh, shoulder, whole, separable lean and fat, raw	3.833
Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	4.26
Pork, fresh, shoulder, whole, separable lean only, raw	4.275
Pork, fresh, spareribs, separable lean and fat, cooked, braised	5.475
Pork, fresh, spareribs, separable lean and fat, cooked, roasted	6.103
Pork, fresh, spareribs, separable lean and fat, raw	4.662
Pork, fresh, variety meats and by-products, brain, cooked, braised	3.33
Pork, fresh, variety meats and by-products, brain, raw	4.275
Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	0.087
Pork, fresh, variety meats and by-products, chitterlings, raw	0.215
Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	0.56
Pork, fresh, variety meats and by-products, ears, frozen, raw	0.78
Pork, fresh, variety meats and by-products, feet, cooked, simmered	0.585
Pork, fresh, variety meats and by-products, feet, raw	1.13
Pork, fresh, variety meats and by-products, heart, cooked, braised	6.05

Pork, fresh, variety meats and by-products, heart, raw	6.765
Pork, fresh, variety meats and by-products, jowl, raw	4.535
Pork, fresh, variety meats and by-products, kidneys, cooked, braised	5.785
Pork, fresh, variety meats and by-products, kidneys, raw	8.207
Pork, fresh, variety meats and by-products, leaf fat, raw	1.249
Pork, fresh, variety meats and by-products, liver, cooked, braised	8.435
Pork, fresh, variety meats and by-products, liver, raw	15.301
Pork, fresh, variety meats and by-products, lungs, cooked, braised	1.364
Pork, fresh, variety meats and by-products, lungs, raw	3.345
Pork, fresh, variety meats and by-products, mechanically separated, raw	3.171
Pork, fresh, variety meats and by-products, pancreas, cooked, braised	3.206
Pork, fresh, variety meats and by-products, pancreas, raw	3.45
Pork, fresh, variety meats and by-products, spleen, cooked, braised	5.938
Pork, fresh, variety meats and by-products, spleen, raw	5.867
Pork, fresh, variety meats and by-products, stomach, cooked, simmered	1.38
Pork, fresh, variety meats and by-products, stomach, raw	2.48
Pork, fresh, variety meats and by-products, tail, cooked, simmered	1.12
Pork, fresh, variety meats and by-products, tail, raw	2.06
Pork, fresh, variety meats and by-products, tongue, cooked, braised	5.34
Pork, fresh, variety meats and by-products, tongue, raw	5.3
Pork, ground, 72% lean / 28% fat, cooked, crumbles	7.522
Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	6.852
Pork, ground, 84% lean / 16% fat, cooked, crumbles	9.286
Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	8.573
Pork, ground, 84% lean / 16% fat, raw	6.416
Pork, ground, 96% lean / 4% fat, cooked, crumbles	11.05
Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	10.293
Pork, ground, 96% lean / 4% fat, raw	7.914
Pork, Leg Cap Steak, boneless, separable lean and fat, raw	7.092
Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	7.685
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	7.183
Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	8.205
Pork, oriental style, dehydrated	2.1
Pork, pickled pork hocks	1.1
Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	10.412
Pork, Shoulder breast, boneless, separable lean and fat, raw	9.602
Pork, Shoulder petite tender, boneless, separable lean and fat, raw	5.312
Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	6.345
Potato chips, without salt, reduced fat	7
Potato flour	3.507
Potato pancakes	1.672
Potato puffs, frozen, oven-heated	1.449

Potato puffs, frozen, unprepared	1.815
Potato salad with egg	0.8
Potato salad, home-prepared	0.89
Potato soup, instant, dry mix	4.27
Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	0.939
Potatoes, au gratin, dry mix, unprepared	4.063
Potatoes, au gratin, home-prepared from recipe using butter	0.993
Potatoes, au gratin, home-prepared from recipe using margarine	0.993
Potatoes, baked, flesh and skin, with salt	1.41
Potatoes, baked, flesh and skin, without salt	1.41
Potatoes, baked, flesh, with salt	1.395
Potatoes, baked, flesh, without salt	1.395
Potatoes, baked, skin only, with salt	3.065
Potatoes, baked, skin, without salt	3.065
Potatoes, boiled, cooked in skin, flesh, with salt	1.439
Potatoes, boiled, cooked in skin, flesh, without salt	1.439
Potatoes, boiled, cooked in skin, skin, with salt	1.222
Potatoes, boiled, cooked in skin, skin, without salt	1.222
Potatoes, boiled, cooked without skin, flesh, with salt	1.312
Potatoes, boiled, cooked without skin, flesh, without salt	1.312
Potatoes, canned, drained solids	0.915
Potatoes, canned, drained solids, no salt added	0.92
Potatoes, canned, solids and liquids	0.889
Potatoes, flesh and skin, raw	1.061
Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	2.077
Potatoes, french fried, all types, salt added in processing, frozen, unprepared	2.038
Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	2.038
Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	2.218
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	1.789
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	2.413
Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	2.14
Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	2.135
Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	1.97
Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	2.28
Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	2.005
Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	2.24

Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	2.413
Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	2.665
Potatoes, frozen, french fried, par fried, extruded, unprepared	2.241
Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	2.314
Potatoes, hash brown, frozen, plain, unprepared	1.664
Potatoes, hash brown, frozen, with butter sauce, unprepared	1.133
Potatoes, hash brown, home-prepared	2.302
Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	3.193
Potatoes, hash brown, refrigerated, unprepared	1.777
Potatoes, mashed, dehydrated, flakes without milk, dry form	6.264
Potatoes, mashed, dehydrated, granules with milk, dry form	4.2
Potatoes, mashed, dehydrated, granules without milk, dry form	4.765
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.776
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	0.67
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	0.86
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	0.764
Potatoes, mashed, home-prepared, whole milk added	1.118
Potatoes, mashed, home-prepared, whole milk and butter added	1.072
Potatoes, mashed, home-prepared, whole milk and margarine added	1.174
Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	0.763
Potatoes, mashed, ready-to-eat	1.02
Potatoes, microwaved, cooked in skin, flesh and skin, without salt	1.714
Potatoes, microwaved, cooked in skin, flesh, with salt	1.625
Potatoes, microwaved, cooked in skin, flesh, without salt	1.625
Potatoes, microwaved, cooked in skin, skin, without salt	2.22
Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	1.714
Potatoes, microwaved, cooked, in skin, skin with salt	2.22
Potatoes, o'brien, home-prepared	1.008
Potatoes, raw, skin	1.033
Potatoes, red, flesh and skin, baked	1.595
Potatoes, red, flesh and skin, raw	1.149
Potatoes, Russet, flesh and skin, baked	1.348
Potatoes, russet, flesh and skin, raw (Includes foods for USDA's Food Distribution Program)	1.035
Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	1.029
Potatoes, scalloped, dry mix, unprepared	4.533
Potatoes, scalloped, home-prepared with butter	1.053
Potatoes, scalloped, home-prepared with margarine	1.053
Potatoes, white, flesh and skin, baked	1.528
Potatoes, white, flesh and skin, raw	1.066

Potsticker or wonton, pork and vegetable, frozen, unprepared	2.236
Poultry salad sandwich spread	1.669
Poultry, mechanically deboned, from backs and necks with skin, raw	4.63
Poultry, mechanically deboned, from backs and necks without skin, raw	6.246
Poultry, mechanically deboned, from mature hens, raw	5.254
Prairie Turnips, boiled (Northern Plains Indians)	0.708
Prairie Turnips, raw (Northern Plains Indians)	1.071
Pretzels, soft	4.27
Pretzels, soft, unsalted	4.27
Prickly pears, broiled (Northern Plains Indians)	1
Prickly pears, raw	0.46
Prickly pears, raw (Northern Plains Indians)	0.293
Protein supplement, milk based, Muscle Milk Light, powder	14
Protein supplement, milk based, Muscle Milk, powder	10
Prune juice, canned	0.785
Prune puree	2.5
Prunes, canned, heavy syrup pack, solids and liquids	0.866
Prunes, dehydrated (low-moisture), stewed	0.985
Prunes, dehydrated (low-moisture), uncooked	2.995
Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	0.003
Puddings, all flavors except chocolate, low calorie, instant, dry mix	0.014
Puddings, banana, dry mix, instant	0.002
Puddings, banana, dry mix, instant, prepared with 2% milk	0.072
Puddings, banana, dry mix, instant, prepared with whole milk	0.074
Puddings, banana, dry mix, instant, with added oil	0.002
Puddings, banana, dry mix, regular, prepared with 2% milk	0.075
Puddings, banana, dry mix, regular, prepared with whole milk	0.077
Puddings, chocolate flavor, low calorie, instant, dry mix	0.4
Puddings, chocolate flavor, low calorie, regular, dry mix	0.545
Puddings, chocolate, dry mix, instant	0.234
Puddings, chocolate, dry mix, instant, prepared with 2% milk	0.108
Puddings, chocolate, dry mix, instant, prepared with whole milk	0.096
Puddings, chocolate, dry mix, regular	0.33
Puddings, chocolate, dry mix, regular, prepared with 2% milk	0.136
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.133
Puddings, chocolate, ready-to-eat	0.123
Puddings, chocolate, ready-to-eat, fat free	0.087
Puddings, coconut cream, dry mix, instant	0.219
Puddings, coconut cream, dry mix, instant, prepared with 2% milk	0.086
Puddings, coconut cream, dry mix, instant, prepared with whole milk	0.084
Puddings, coconut cream, dry mix, regular	0.102
Puddings, coconut cream, dry mix, regular, prepared with 2% milk	0.091
Puddings, coconut cream, dry mix, regular, prepared with whole milk	0.089
Puddings, lemon, dry mix, instant	0.001
Puddings, lemon, dry mix, instant, prepared with 2% milk	0.072

Puddings, lemon, dry mix, instant, prepared with whole milk	0.07
Puddings, lemon, dry mix, regular	0.019
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0.019
Puddings, rice, dry mix	2.013
Puddings, rice, dry mix, prepared with 2% milk	0.443
Puddings, rice, dry mix, prepared with whole milk	0.441
Puddings, rice, ready-to-eat	0.217
Puddings, tapioca, dry mix	0.004
Puddings, tapioca, dry mix, prepared with 2% milk	0.075
Puddings, tapioca, dry mix, prepared with whole milk	0.073
Puddings, tapioca, dry mix, with no added salt	0.004
Puddings, tapioca, ready-to-eat	0.065
Puddings, tapioca, ready-to-eat, fat free	0.101
Puddings, vanilla, dry mix, instant	0.006
Puddings, vanilla, dry mix, instant, prepared with whole milk	0.074
Puddings, vanilla, dry mix, regular	0.001
Puddings, vanilla, dry mix, regular, prepared with 2% milk	0.075
Puddings, vanilla, dry mix, regular, prepared with whole milk	0.078
Puddings, vanilla, ready-to-eat	0.057
Puddings, vanilla, ready-to-eat, fat free	0.052
Puff pastry, frozen, ready-to-bake	4.168
Puff pastry, frozen, ready-to-bake, baked	3.8
Pulled pork in barbecue sauce	3.032
Pummelo, raw	0.22
Pumpkin flowers, cooked, boiled, drained, without salt	0.31
Pumpkin flowers, raw	0.69
Pumpkin leaves, cooked, boiled, drained, with salt	0.85
Pumpkin leaves, cooked, boiled, drained, without salt	0.85
Pumpkin leaves, raw	0.92
Pumpkin pie mix, canned	0.374
Pumpkin, canned, with salt	0.367
Pumpkin, canned, without salt	0.367
Pumpkin, cooked, boiled, drained, with salt	0.413
Pumpkin, cooked, boiled, drained, without salt	0.413
Pumpkin, flowers, cooked, boiled, drained, with salt	0.31
Pumpkin, raw	0.6
Purslane, cooked, boiled, drained, with salt	0.46
Purslane, cooked, boiled, drained, without salt	0.46
Purslane, raw	0.48
Quail, breast, meat only, raw	8.2
Quail, cooked, total edible	7.92
Quail, meat and skin, raw	7.538
Quail, meat only, raw	8.2
Quinces, raw	0.2
Quinoa, cooked	0.412
Quinoa, uncooked	1.52
Radicchio, raw	0.255
Radish seeds, sprouted, raw	2.853

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

Restaurant, family style, hash browns	2.17
Restaurant, family style, macaroni & cheese, from kids' menu	0.783
Restaurant, family style, onion rings	0.818
Restaurant, family style, shrimp, breaded and fried	1.249
Restaurant, family style, sirloin steak	5.683
Restaurant, family style, spaghetti and meatballs	2
Restaurant, Italian, cheese ravioli with marinara sauce	1.328
Restaurant, Italian, chicken parmesan without pasta	6.013
Restaurant, Italian, lasagna with meat	1.843
Restaurant, Italian, spaghetti with meat sauce	1.643
Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	1.162
Restaurant, Latino, arepa (unleavened cornmeal bread)	0.888
Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	1.017
Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	0.53
Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	0.813
Restaurant, Latino, arroz con leche (rice pudding)	0.31
Restaurant, Latino, black bean soup	0.675
Restaurant, Latino, bunuelos (fried yeast bread)	1.967
Restaurant, Latino, chicken and rice, entree, prepared	5.558
Restaurant, Latino, empanadas, beef, prepared	4.663
Restaurant, Latino, pupusas con frijoles (pupusas, bean)	0.867
Restaurant, Latino, pupusas con queso (pupusas, cheese)	0.483
Restaurant, Latino, pupusas del cerdo (pupusas, pork)	2.373
Restaurant, Latino, tamale, corn	1.317
Restaurant, Latino, tamale, pork	1.295
Restaurant, Latino, tripe soup	0.523
Restaurant, Mexican, cheese enchilada	0.627
Restaurant, Mexican, cheese quesadilla	1.973
Restaurant, Mexican, cheese tamales	1.928
Restaurant, Mexican, refried beans	0.488
Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	2.63
Restaurant, Mexican, spanish rice	2.378
Rhubarb, frozen, cooked, with sugar	0.2
Rhubarb, frozen, uncooked	0.203
Rhubarb, raw	0.3
Rice and vermicelli mix, beef flavor, prepared with 80% margarine	1.353
Rice and vermicelli mix, beef flavor, unprepared	5.287
Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	1.423
Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	1.853
Rice and vermicelli mix, rice pilaf flavor, unprepared	6.127
Rice and Wheat cereal bar	9.091
Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	2.27
Rice bran, crude	33.995
Rice cake, cracker (include hain mini rice cakes)	7.81
Rice crackers	5.537

Rice flour, brown	6.34
Rice flour, white, unenriched	2.59
Rice mix, cheese flavor, dry mix, unprepared	5.263
Rice mix, white and wild, flavored, unprepared	2.198
Rice noodles, cooked	0.072
Rice noodles, dry	0.221
Rice, brown, long-grain, cooked (Includes foods for USDA's Food Distribution Program)	2.561
Rice, brown, long-grain, raw (Includes foods for USDA's Food Distribution Program)	6.494
Rice, brown, medium-grain, cooked (Includes foods for USDA's Food Distribution Program)	1.33
Rice, brown, medium-grain, raw (Includes foods for USDA's Food Distribution Program)	4.308
Rice, brown, parboiled, cooked, UNCLE BENS	1.903
Rice, brown, parboiled, dry, UNCLE BEN'S	4.973
Rice, white, glutinous, unenriched, cooked	0.29
Rice, white, glutinous, unenriched, uncooked	2.145
Rice, white, long-grain, parboiled, enriched, cooked	2.309
Rice, white, long-grain, parboiled, enriched, dry	5.048
Rice, white, long-grain, parboiled, unenriched, cooked	2.309
Rice, white, long-grain, parboiled, unenriched, dry	5.048
Rice, white, long-grain, precooked or instant, enriched, dry	7.005
Rice, white, long-grain, precooked or instant, enriched, prepared	1.737
Rice, white, long-grain, regular, cooked, enriched, with salt	1.476
Rice, white, long-grain, regular, cooked, unenriched, with salt	0.4
Rice, white, long-grain, regular, enriched, cooked	1.476
Rice, white, long-grain, regular, raw, enriched	4.192
Rice, white, long-grain, regular, raw, unenriched	1.6
Rice, white, long-grain, regular, unenriched, cooked without salt	0.4
Rice, white, medium-grain, cooked, unenriched	0.4
Rice, white, medium-grain, enriched, cooked	1.835
Rice, white, medium-grain, raw, enriched	5.093
Rice, white, medium-grain, raw, unenriched	1.6
Rice, white, short-grain, cooked, unenriched	0.4
Rice, white, short-grain, enriched, cooked	1.493
Rice, white, short-grain, enriched, uncooked	4.113
Rice, white, short-grain, raw, unenriched	1.6
Rice, white, steamed, Chinese restaurant	0.566
RICE-A-RONI, chicken flavor, unprepared	5.123
Roast beef spread	4.2
Roast beef, deli style, prepackaged, sliced	5.581
Rolls, dinner, egg	3.287
Rolls, dinner, oat bran	4.954
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	5.367
Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	3.448
Rolls, dinner, rye	3.9

Rolls, dinner, sweet	3.787
Rolls, dinner, wheat	4.072
Rolls, dinner, whole-wheat	3.677
Rolls, french	4.352
Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	3.875
Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	3.79
Rolls, hamburger or hot dog, wheat/cracked wheat	4.779
Rolls, hamburger or hot dog, whole wheat	4.52
Rolls, hamburger or hotdog, mixed-grain	4.468
Rolls, hamburger or hotdog, plain	4.18
Rolls, hamburger, whole grain white, calcium-fortified	4.651
Rolls, hard (includes kaiser)	4.239
Rolls, pumpernickel	2.97
Rose Hips, wild (Northern Plains Indians)	1.3
Roselle, raw	0.31
Rosemary, fresh	0.912
Ruffed Grouse, breast meat, skinless, raw	11.6
Rutabagas, cooked, boiled, drained, with salt	0.715
Rutabagas, cooked, boiled, drained, without salt	0.715
Rutabagas, raw	0.7
Rye flour, dark	4.27
Rye flour, light	0.8
Rye flour, medium	1.727
Rye grain	4.27
Salad dressing, bacon and tomato	0.7
Salad dressing, blue or roquefort cheese dressing, commercial, regular	0.1
Salad dressing, blue or roquefort cheese dressing, fat-free	0.111
Salad dressing, blue or roquefort cheese dressing, light	0.04
Salad dressing, blue or roquefort cheese, low calorie	0.05
Salad dressing, buttermilk, lite	0.007
Salad dressing, caesar dressing, regular	0.04
Salad dressing, caesar, fat-free	0.029
Salad dressing, caesar, low calorie	0.04
Salad dressing, coleslaw	0.061
Salad Dressing, coleslaw, reduced fat	0.25
Salad dressing, french dressing, commercial, regular	0.234
Salad dressing, french dressing, commercial, regular, without salt	0.188
Salad dressing, french dressing, fat-free	0.112
Salad dressing, french dressing, reduced fat	0.467
Salad dressing, french dressing, reduced fat, without salt	0.467
Salad dressing, french, cottonseed, oil, home recipe	0.13
Salad dressing, french, home recipe	0.13
Salad dressing, green goddess, regular	0.14
Salad dressing, honey mustard dressing, reduced calorie	0.118
Salad dressing, honey mustard, regular	0.061
Salad dressing, italian dressing, commercial, reduced fat	0.094

Salad dressing, italian dressing, commercial, regular	0.131
Salad dressing, italian dressing, fat-free	0.135
Salad dressing, italian dressing, reduced calorie	0.02
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	0.01
Salad dressing, mayonnaise type, regular, with salt	0.004
Salad dressing, mayonnaise, imitation, milk cream	0.054
Salad dressing, mayonnaise, light	0.01
Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	0.028
Salad dressing, mayonnaise, soybean and safflower oil, with salt	0.005
Salad dressing, poppyseed, creamy	0.047
Salad dressing, ranch dressing, fat-free	0.007
Salad dressing, ranch dressing, reduced fat	0.007
Salad dressing, ranch dressing, regular	0.054
Salad dressing, russian dressing	0.594
Salad dressing, russian dressing, low calorie	0.002
Salad dressing, sweet and sour	0.06
Salad dressing, thousand island dressing, fat-free	0.261
Salad dressing, thousand island dressing, reduced fat	0.437
Salad dressing, thousand island, commercial, regular	0.418
Salami, cooked, beef	3.238
Salami, cooked, beef and pork	6.053
Salami, cooked, turkey	3.979
Salami, dry or hard, pork	5.6
Salami, dry or hard, pork, beef	6.105
Salami, Italian, pork	5.6
Salami, Italian, pork and beef, dry, sliced, 50% less sodium	4.867
Salami, pork, beef, less sodium	4.803
Salisbury steak with gravy, frozen	1.32
Salmon nuggets, breaded, frozen, heated	4.527
Salmon nuggets, cooked as purchased, unheated	5.948
Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	22.75
Salmon, sockeye, canned, drained solids, without skin and bones	7.689
Salmon, sockeye, canned, total can contents	6
Salsify, (vegetable oyster), raw	0.5
Salsify, cooked, boiled, drained, with salt	0.392
Salsify, cooked, boiled, drained, without salt	0.392
Sandwich spread, meatless	13
Sandwich spread, pork, beef	1.73
Sandwich spread, with chopped pickle, regular, unspecified oils	0.01
Sapodilla, raw	0.2
Sapote, mamey, raw	1.432
Sauce, barbecue	0.597
Sauce, barbecue, BULL'S-EYE, original	0.637
Sauce, barbecue, KC MASTERPIECE, original	0.787
Sauce, barbecue, KRAFT, original	0.52
Sauce, barbecue, OPEN PIT, original	0.16
Sauce, barbecue, SWEET BABY RAY'S, original	0.743
Sauce, cheese, ready-to-serve	0.024

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

Sausage, meatless	11.195
Sausage, New england brand, pork, beef	3.478
Sausage, Polish, beef with chicken, hot	3.443
Sausage, Polish, pork and beef, smoked	3.227
Sausage, pork and beef, fresh, cooked	3.367
Sausage, pork and beef, with cheddar cheese, smoked	2.9
Sausage, pork and turkey, pre-cooked	2.73
Sausage, pork, chorizo, link or ground, raw	5.47
Sausage, pork, turkey, and beef, reduced sodium	5.674
Sausage, smoked link sausage, pork	2.807
Sausage, smoked link sausage, pork and beef	2.94
Sausage, smoked link sausage, pork and beef (nonfat dry milk added)	2.845
Sausage, summer, pork and beef, sticks, with cheddar cheese	2.9
Sausage, turkey and pork, fresh, bulk, patty or link, cooked	4.22
Sausage, turkey, breakfast links, mild, raw	4.433
Sausage, turkey, fresh, cooked	5.72
Sausage, turkey, fresh, raw	4.6
Sausage, turkey, hot, smoked	3.675
Sausage, turkey, pork, and beef, low fat, smoked	1.55
Sausage, turkey, reduced fat, brown and serve, cooked	2.137
Sausage, Vienna, canned, chicken, beef, pork	1.613
Schar, Gluten-Free, Classic White Rolls	3.875
SCHIFF,TIGER'S MILK BAR	4.039
School Lunch, chicken nuggets, whole grain breaded	5.985
School Lunch, chicken patty, whole grain breaded	5.104
School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	3.08
School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	2.393
School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	3.242
School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	2.996
School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	2.519
School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	3.729
School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	4.1
School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	3.759
School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	3.125
School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	2.846
School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	3.543
Scrapple, pork	2.273
Seaweed, agar, raw	0.055

Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	3.75
Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	0.46
Seaweed, irishmoss, raw	0.593
Seaweed, kelp, raw	0.47
Seaweed, laver, raw	1.47
Seaweed, spirulina, dried	12.82
Seaweed, wakame, raw	1.6
Seeds, breadfruit seeds, boiled	5.3
Seeds, breadfruit seeds, raw	0.438
Seeds, breadfruit seeds, roasted	7.4
Seeds, breadnut tree seeds, dried	2.1
Seeds, breadnut tree seeds, raw	0.88
Seeds, chia seeds, dried	8.83
Seeds, cottonseed flour, low fat (glandless)	4.039
Seeds, cottonseed flour, partially defatted (glandless)	4.065
Seeds, cottonseed kernels, roasted (glandless)	3
Seeds, cottonseed meal, partially defatted (glandless)	4.286
Seeds, flaxseed	3.08
Seeds, hemp seed, hulled	9.2
Seeds, lotus seeds, dried	1.6
Seeds, lotus seeds, raw	0.429
Seeds, pumpkin and squash seed kernels, dried	4.987
Seeds, pumpkin and squash seed kernels, roasted, with salt added	4.43
Seeds, pumpkin and squash seed kernels, roasted, without salt	4.43
Seeds, pumpkin and squash seeds, whole, roasted, with salt added	0.286
Seeds, pumpkin and squash seeds, whole, roasted, without salt	0.286
Seeds, safflower seed kernels, dried	2.284
Seeds, safflower seed meal, partially defatted	2.265
Seeds, sesame butter, paste	6.7
Seeds, sesame butter, tahini, from raw and stone ground kernels	5.925
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	5.45
Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	5.644
Seeds, sesame butter, tahini, type of kernels unspecified	5.64
Seeds, sesame flour, high-fat	13.369
Seeds, sesame flour, low-fat	12.533
Seeds, sesame flour, partially defatted	12.6
Seeds, sesame meal, partially defatted	12.816
Seeds, sesame seed kernels, dried (decorticated)	5.8
Seeds, sesame seed kernels, toasted, with salt added (decorticated)	5.438
Seeds, sesame seed kernels, toasted, without salt added (decorticated)	5.438
Seeds, sesame seeds, whole, dried	4.515
Seeds, sesame seeds, whole, roasted and toasted	4.581
Seeds, sisymbrium sp. seeds, whole, dried	16.825
Seeds, sunflower seed butter, with salt added (Includes foods for USDA's Food Distribution Program)	6.747
Seeds, sunflower seed butter, without salt	6.747

Seeds, sunflower seed flour, partially defatted	7.313
Seeds, sunflower seed kernels from shell, dry roasted, with salt added	7.042
Seeds, sunflower seed kernels, dried	8.335
Seeds, sunflower seed kernels, dry roasted, with salt added	7.042
Seeds, sunflower seed kernels, dry roasted, without salt	7.042
Seeds, sunflower seed kernels, oil roasted, with salt added	4.13
Seeds, sunflower seed kernels, oil roasted, without salt	4.13
Seeds, sunflower seed kernels, toasted, with salt added	4.198
Seeds, sunflower seed kernels, toasted, without salt	4.198
Seeds, watermelon seed kernels, dried	3.55
Semolina, enriched	5.99
Semolina, unenriched	3.31
Sesbania flower, cooked, steamed, with salt	0.25
Sesbania flower, cooked, steamed, without salt	0.25
Sesbania flower, raw	0.43
Shake, fast food, vanilla	0.213
Shallots, freeze-dried	1
Shallots, raw	0.2
Sherbet, orange	0.063
Snack, BALANCE, original bar	8.991
Snack, Mixed Berry Bar	0.858
Snack, potato chips, made from dried potatoes, plain	2.653
Snack, Pretzel, hard chocolate coated	2.398
Snacks, bagel chips, plain	7.66
Snacks, banana chips	0.71
Snacks, beef jerky, chopped and formed	1.732
Snacks, beef sticks, smoked	4.54
Snacks, brown rice chips	7.806
Snacks, candy bits, yogurt covered with vitamin C	0.173
Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0.1
Snacks, CLIF BAR, mixed flavors	4.412
Snacks, corn cakes	5.15
Snacks, corn cakes, very low sodium	5.15
Snacks, corn-based, extruded, chips, barbecue-flavor	1.645
Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	6.3
Snacks, corn-based, extruded, chips, plain	0.842
Snacks, corn-based, extruded, chips, unsalted	1.48
Snacks, corn-based, extruded, cones, plain	1.41
Snacks, corn-based, extruded, onion-flavor	3.18
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	2.627
Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	5.743
Snacks, cornnuts, barbecue-flavor	1.507
Snacks, crisped rice bar, almond	17.635
Snacks, crisped rice bar, chocolate chip	7.05

Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	1.975
Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	2.1
Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	2.399
Snacks, fruit leather, pieces	0.1
Snacks, fruit leather, pieces, with vitamin C	0.1
Snacks, fruit leather, rolls	0.1
Snacks, granola bar, chewy, reduced sugar, all flavors	1.049
Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET & SALTY NUT, peanut	3.413
Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	5.443
Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	7.302
Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	0.68
Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	1.888
Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	1.158
Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	2.403
Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	1.064
Snacks, granola bar, QUAKER, DIPPS, all flavors	1.007
Snacks, granola bar, with coconut, chocolate coated	0.42
Snacks, granola bars, hard, almond	0.61
Snacks, granola bars, hard, chocolate chip	0.555
Snacks, granola bars, hard, peanut butter	1.97
Snacks, granola bars, hard, plain	1.581
Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	6.667
Snacks, granola bars, soft, almond, confectioners coating	1.318
Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	0.72
Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	3.29
Snacks, granola bars, soft, uncoated, chocolate chip	0.765
Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	1
Snacks, granola bars, soft, uncoated, nut and raisin	2.61
Snacks, granola bars, soft, uncoated, peanut butter	3.142
Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	3.15
Snacks, granola bars, soft, uncoated, plain	0.515
Snacks, granola bars, soft, uncoated, raisin	1.101
Snacks, granola bites, mixed flavors	2.318
Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	9.5
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	9.1
Snacks, KELLOGG, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	19.267
Snacks, KRAFT, CORNNUTS, plain	1.694
Snacks, M & M MARS, COMBOS Snacks Cheddar Cheese Pretzel	3.183
Snacks, M & M MARS, KUDOS Whole Grain Bar, chocolate chip	1.539
Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	6.442

Snacks, oriental mix, rice-based	3.081
Snacks, peas, roasted, wasabi-flavored	5.06
Snacks, pita chips, salted	7.043
Snacks, plantain chips, salted	0.802
Snacks, popcorn, air-popped	2.308
Snacks, popcorn, air-popped (Unsalted)	1.944
Snacks, popcorn, cakes	6.006
Snacks, popcorn, caramel-coated, with peanuts	1.99
Snacks, popcorn, caramel-coated, without peanuts	2.2
Snacks, popcorn, cheese-flavor	1.453
Snacks, popcorn, home-prepared, oil-popped, unsalted	1.55
Snacks, popcorn, microwave, 94% fat free	2.099
Snacks, popcorn, microwave, low fat	2.07
Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	1.432
Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	1.195
Snacks, popcorn, oil-popped, white popcorn, salt added	1.55
Snacks, pork skins, barbecue-flavor	3.355
Snacks, pork skins, plain	1.549
Snacks, potato chips, barbecue-flavor	4.957
Snacks, potato chips, cheese-flavor	5
Snacks, potato chips, fat free, salted	6.446
Snacks, potato chips, fat-free, made with olestra	4.37
Snacks, potato chips, lightly salted	5.476
Snacks, potato chips, made from dried potatoes (preformed), multigrain	2.558
Snacks, potato chips, made from dried potatoes, cheese-flavor	2.6
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	3.397
Snacks, potato chips, made from dried potatoes, reduced fat	3.595
Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	2.5
Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	3.827
Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	3.827
Snacks, potato chips, plain, salted	4.762
Snacks, potato chips, plain, unsalted	3.827
Snacks, potato chips, reduced fat	7
Snacks, potato chips, sour-cream-and-onion-flavor	4.029
Snacks, potato chips, white, restructured, baked	4.09
Snacks, potato sticks	4.785
Snacks, Pretzels, gluten- free made with cornstarch and potato flour	0.232
Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	0.8
Snacks, pretzels, hard, plain, made with enriched flour, unsalted	5.251
Snacks, pretzels, hard, plain, made with unenriched flour, salted	1.92
Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	1.92
Snacks, pretzels, hard, plain, salted	5.27

Snacks, pretzels, hard, whole-wheat including both salted and unsalted	6.537
Snacks, rice cakes, brown rice, buckwheat	8.096
Snacks, rice cakes, brown rice, buckwheat, unsalted	8.096
Snacks, rice cakes, brown rice, corn	6.435
Snacks, rice cakes, brown rice, multigrain	6.602
Snacks, rice cakes, brown rice, multigrain, unsalted	6.602
Snacks, rice cakes, brown rice, plain, unsalted	7.806
Snacks, rice cakes, brown rice, rye	7.04
Snacks, rice cakes, brown rice, sesame seed	7.205
Snacks, rice cakes, brown rice, sesame seed, unsalted	7.205
Snacks, rice cracker brown rice, plain	7.806
Snacks, sesame sticks, wheat-based, salted	1.552
Snacks, sesame sticks, wheat-based, unsalted	1.552
Snacks, shrimp cracker	2.631
Snacks, soy chips or crisps, salted	2.978
Snacks, sweet potato chips, unsalted	2.088
Snacks, taro chips	0.515
Snacks, tortilla chips, light (baked with less oil)	0.42
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.3
Snacks, tortilla chips, low fat, unsalted	0.42
Snacks, tortilla chips, nacho cheese	1.29
Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	4
Snacks, tortilla chips, nacho-flavor, reduced fat	0.415
Snacks, tortilla chips, plain, white corn, salted	0.838
Snacks, tortilla chips, ranch-flavor	1.3
Snacks, tortilla chips, taco-flavor	1.999
Snacks, tortilla chips, unsalted, white corn	1.262
Snacks, trail mix, regular	4.712
Snacks, trail mix, regular, unsalted	4.712
Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	4.405
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	4.405
Snacks, trail mix, tropical	1.482
Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	1.768
Snacks, vegetable chips, made from garden vegetables	2.767
Snacks, yucca (cassava) chips, salted	1.197
Sorghum flour, refined, unenriched	1.329
Sorghum flour, whole-grain	4.496
Sorghum grain	3.688
Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	0.324
Soup, bean with frankfurters, canned, condensed	0.78
Soup, bean with frankfurters, canned, prepared with equal volume water	0.41
Soup, bean with ham, canned, chunky, ready-to-serve	0.7
Soup, bean with pork, canned, condensed	0.421
Soup, bean with pork, canned, prepared with equal volume water	0.206
Soup, beef and mushroom, low sodium, chunk style	1.13

Soup, beef and vegetables, canned, ready-to-serve	0.978
Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	0.907
Soup, beef barley, ready to serve	0.933
Soup, beef broth bouillon and consommé, canned, condensed	0.58
Soup, beef broth or bouillon canned, ready-to-serve	0.78
Soup, beef broth or bouillon, powder, dry	4.467
Soup, beef broth or bouillon, powder, prepared with water	0.049
Soup, beef broth, bouillon, consommé, prepared with equal volume water	0.295
Soup, beef broth, cubed, dry	3.3
Soup, beef broth, cubed, prepared with water	0.049
Soup, beef broth, less/reduced sodium, ready to serve	0.41
Soup, beef mushroom, canned, condensed	0.9
Soup, beef mushroom, canned, prepared with equal volume water	0.391
Soup, beef noodle, canned, condensed	0.849
Soup, beef noodle, canned, prepared with equal volume water	0.425
Soup, beef stroganoff, canned, chunky style, ready-to-serve	0.1
Soup, black bean, canned, condensed	0.41
Soup, black bean, canned, prepared with equal volume water	0.205
Soup, bouillon cubes and granules, low sodium, dry	2.46
Soup, broccoli cheese, canned, condensed, commercial	0.248
Soup, cheese, canned, condensed	0.31
Soup, cheese, canned, prepared with equal volume milk	0.2
Soup, cheese, canned, prepared with equal volume water	0.161
Soup, chicken and vegetable, canned, ready-to-serve	0.906
Soup, chicken broth cubes, dry	3.9
Soup, chicken broth cubes, dry, prepared with water	0.103
Soup, chicken broth or bouillon, dry	2.46
Soup, chicken broth or bouillon, dry, prepared with water	0.041
Soup, chicken broth, canned, condensed	2.23
Soup, chicken broth, canned, prepared with equal volume water	1.372
Soup, chicken broth, less/reduced sodium, ready to serve	0.686
Soup, chicken broth, low sodium, canned	1.37
Soup, chicken broth, ready-to-serve	0.219
Soup, chicken gumbo, canned, condensed	0.53
Soup, chicken gumbo, canned, prepared with equal volume water	0.272
Soup, chicken mushroom, canned, condensed	1.3
Soup, chicken mushroom, canned, prepared with equal volume water	0.668
Soup, chicken noodle, canned, condensed	1.222
Soup, chicken noodle, canned, prepared with equal volume water	0.598
Soup, chicken noodle, dry, mix	4.88
Soup, chicken noodle, dry, mix, prepared with water	0.431
Soup, chicken noodle, low sodium, canned, prepared with equal volume water	0.54
Soup, chicken noodle, reduced sodium, canned, ready-to-serve	1.396
Soup, chicken rice, canned, chunky, ready-to-serve	1.71
Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	0.346

Soup, chicken vegetable, canned, condensed	1.004
Soup, chicken with rice, canned, condensed	0.918
Soup, chicken with rice, canned, prepared with equal volume water	0.459
Soup, chicken, canned, chunky, ready-to-serve	1.76
Soup, chili beef, canned, condensed	0.813
Soup, chili beef, canned, prepared with equal volume water	0.398
Soup, chunky beef, canned, ready-to-serve	1.127
Soup, chunky chicken noodle, canned, ready-to-serve	1.196
Soup, chunky vegetable, canned, ready-to-serve	0.542
Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	0.61
Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	0.77
Soup, clam chowder, manhattan, canned, condensed	0.65
Soup, clam chowder, manhattan, canned, prepared with equal volume water	0.318
Soup, clam chowder, new england, canned, condensed	1.55
Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	0.794
Soup, clam chowder, new england, canned, prepared with equal volume water	0.759
Soup, clam chowder, new england, canned, ready-to-serve	0.497
Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	0.422
Soup, cream of asparagus, canned, condensed	0.62
Soup, cream of asparagus, canned, prepared with equal volume milk	0.355
Soup, cream of asparagus, canned, prepared with equal volume water	0.319
Soup, cream of celery, canned, condensed	0.265
Soup, cream of celery, canned, prepared with equal volume milk	0.176
Soup, cream of celery, canned, prepared with equal volume water	0.136
Soup, cream of chicken, canned, condensed	0.392
Soup, cream of chicken, canned, condensed, reduced sodium	0.637
Soup, cream of chicken, canned, prepared with equal volume milk	0.372
Soup, cream of chicken, canned, prepared with equal volume water	0.336
Soup, cream of chicken, dry, mix, prepared with water	1
Soup, cream of mushroom, canned, condensed	0.345
Soup, cream of mushroom, canned, condensed, reduced sodium	0.17
Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	0.214
Soup, cream of mushroom, canned, prepared with equal volume water	0.169
Soup, cream of mushroom, low sodium, ready-to-serve, canned	0.3
Soup, cream of onion, canned, condensed	0.4
Soup, cream of onion, canned, prepared with equal volume milk	0.244
Soup, cream of onion, canned, prepared with equal volume water	0.206
Soup, cream of potato, canned, condensed	0.43
Soup, cream of potato, canned, prepared with equal volume milk	0.259
Soup, cream of potato, canned, prepared with equal volume water	0.221
Soup, cream of shrimp, canned, condensed	0.34

Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	0.211
Soup, cream of shrimp, canned, prepared with equal volume water	0.17
Soup, cream of vegetable, dry, powder	2.2
Soup, egg drop, Chinese restaurant	0.156
Soup, hot and sour, Chinese restaurant	0.507
Soup, lentil with ham, canned, ready-to-serve	0.545
Soup, minestrone, canned, chunky, ready-to-serve	0.491
Soup, minestrone, canned, condensed	0.77
Soup, minestrone, canned, prepared with equal volume water	0.391
Soup, minestrone, canned, reduced sodium, ready-to-serve	0.64
Soup, mushroom barley, canned, condensed	0.7
Soup, mushroom barley, canned, prepared with equal volume water	0.36
Soup, mushroom with beef stock, canned, condensed	0.96
Soup, mushroom with beef stock, canned, prepared with equal volume water	0.494
Soup, onion, canned, condensed	0.49
Soup, onion, dry, mix	1.472
Soup, onion, dry, mix, prepared with water	0.063
Soup, oyster stew, canned, condensed	0.19
Soup, oyster stew, canned, prepared with equal volume milk	0.137
Soup, oyster stew, canned, prepared with equal volume water	0.097
Soup, pea, green, canned, condensed	0.943
Soup, pea, green, canned, prepared with equal volume milk	0.528
Soup, pea, green, canned, prepared with equal volume water	0.462
Soup, pea, low sodium, prepared with equal volume water	0.462
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.05
Soup, pea, split with ham, canned, condensed	1.098
Soup, pea, split with ham, canned, prepared with equal volume water	0.583
Soup, ramen noodle, any flavor, dry	5.401
Soup, ramen noodle, beef flavor, dry	5.139
Soup, ramen noodle, chicken flavor, dry	5.536
Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	4.906
Soup, shark fin, restaurant-prepared	0.493
Soup, stock, beef, home-prepared	0.872
Soup, stock, chicken, home-prepared	1.584
Soup, stock, fish, home-prepared	1.186
Soup, SWANSON, beef broth, lower sodium	0.5
Soup, SWANSON, vegetable broth	0.11
Soup, tomato beef with noodle, canned, condensed	1.49
Soup, tomato beef with noodle, canned, prepared with equal volume water	0.745
Soup, tomato bisque, canned, condensed	0.894
Soup, tomato bisque, canned, prepared with equal volume milk	0.499
Soup, tomato bisque, canned, prepared with equal volume water	0.465
Soup, tomato rice, canned, condensed	0.822
Soup, tomato rice, canned, prepared with equal volume water	0.411
Soup, tomato, canned, condensed	0.858

Soup, tomato, canned, condensed, reduced sodium	1.032
Soup, tomato, canned, prepared with equal volume low fat (2%) milk	0.461
Soup, tomato, canned, prepared with equal volume water, commercial	0.42
Soup, tomato, dry, mix, prepared with water	0.926
Soup, tomato, low sodium, with water	0.505
Soup, turkey noodle, canned, prepared with equal volume water	0.572
Soup, turkey vegetable, canned, prepared with equal volume water	0.417
Soup, turkey, chunky, canned, ready-to-serve	1.52
Soup, vegetable beef, canned, condensed	0.823
Soup, vegetable beef, canned, prepared with equal volume water	0.412
Soup, vegetable broth, ready to serve	0.11
Soup, vegetable chicken, canned, prepared with water, low sodium	1.37
Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	0.77
Soup, vegetable with beef broth, canned, condensed	0.789
Soup, vegetable with beef broth, canned, prepared with equal volume water	0.395
Soup, vegetable, canned, low sodium, condensed	1.54
Soup, vegetarian vegetable, canned, condensed	0.747
Soup, vegetarian vegetable, canned, prepared with equal volume water	0.374
Soup, wonton, Chinese restaurant	0.58
Sour cream, fat free	0.07
Sour cream, light	0.07
Sour cream, reduced fat	0.07
Sour dressing, non-butterfat, cultured, filled cream-type	0.074
Soursop, raw	0.9
Soy flour, defatted	2.612
Soy flour, full-fat, raw	4.32
Soy flour, full-fat, roasted	3.286
Soy flour, low-fat	2.95
Soy meal, defatted, raw	2.587
Soy protein concentrate, produced by acid wash	0.716
Soy protein concentrate, produced by alcohol extraction	0.716
Soy protein isolate	1.438
Soy protein isolate, potassium type	1.438
Soy sauce made from hydrolyzed vegetable protein	2.828
Soy sauce made from soy (tamari)	3.951
Soy sauce made from soy and wheat (shoyu)	2.196
Soy sauce made from soy and wheat (shoyu), low sodium	1.14
Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0.453
Soybean, curd cheese	0.5
Soybeans, green, cooked, boiled, drained, with salt	1.25
Soybeans, green, cooked, boiled, drained, without salt	1.25
Soybeans, green, raw	1.65
Soybeans, mature cooked, boiled, without salt	0.399

Soybeans, mature seeds, cooked, boiled, with salt	0.399
Soybeans, mature seeds, dry roasted	1.056
Soybeans, mature seeds, raw	1.623
Soybeans, mature seeds, roasted, no salt added	1.41
Soybeans, mature seeds, roasted, salted	1.41
Soybeans, mature seeds, sprouted, cooked, steamed	1.092
Soybeans, mature seeds, sprouted, cooked, steamed, with salt	1.092
Soybeans, mature seeds, sprouted, raw	1.148
Soymilk (All flavors), enhanced	3.292
Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	0.323
Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	0.165
Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	0.512
Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	0.512
Soymilk, chocolate, unfortified	0.513
Soymilk, chocolate, with added calcium, vitamins A and D	0.513
Soymilk, original and vanilla, light, with added calcium, vitamins A and D	0.222
Soymilk, original and vanilla, unfortified	0.513
Soymilk, original and vanilla, with added calcium, vitamins A and D	0.425
Spaghetti with meat sauce, frozen entree	0.177
Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	1.837
Spaghetti, protein-fortified, dry, enriched (n x 6.25)	7.654
Spaghetti, spinach, cooked	1.53
Spaghetti, spinach, dry	4.55
Spaghetti, with meatballs in tomato sauce, canned	2.017
Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	2.447
Spanish rice mix, dry mix, unprepared	7.179
Spearmint, dried	6.561
Spearmint, fresh	0.948
Spelt, cooked	2.57
Spelt, uncooked	6.843
Spices, allspice, ground	2.86
Spices, anise seed	3.06
Spices, basil, dried	4.9
Spices, bay leaf	2.005
Spices, caraway seed	3.606
Spices, cardamom	1.102
Spices, celery seed	3.06
Spices, chervil, dried	5.4
Spices, chili powder	11.6
Spices, cinnamon, ground	1.332
Spices, cloves, ground	1.56
Spices, coriander leaf, dried	10.707
Spices, coriander seed	2.13
Spices, cumin seed	4.579
Spices, curry powder	3.26

Spices, dill seed	2.807
Spices, dill weed, dried	2.807
Spices, fennel seed	6.05
Spices, fenugreek seed	1.64
Spices, garlic powder	0.796
Spices, ginger, ground	9.62
Spices, mace, ground	1.35
Spices, marjoram, dried	4.12
Spices, mustard seed, ground	4.733
Spices, nutmeg, ground	1.299
Spices, onion powder	0.321
Spices, oregano, dried	4.64
Spices, paprika	10.06
Spices, parsley, dried	9.943
Spices, pepper, black	1.143
Spices, pepper, red or cayenne	8.701
Spices, pepper, white	0.212
Spices, poppy seed	0.896
Spices, poultry seasoning	2.97
Spices, pumpkin pie spice	2.243
Spices, rosemary, dried	1
Spices, saffron	1.46
Spices, sage, ground	5.72
Spices, savory, ground	4.08
Spices, tarragon, dried	8.95
Spices, thyme, dried	4.94
Spices, turmeric, ground	1.35
Spinach souffle	0.479
Spinach, canned, no salt added, solids and liquids	0.271
Spinach, canned, regular pack, drained solids	0.388
Spinach, canned, regular pack, solids and liquids	0.271
Spinach, cooked, boiled, drained, with salt	0.49
Spinach, cooked, boiled, drained, without salt	0.49
Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0.439
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0.439
Spinach, frozen, chopped or leaf, unprepared (Includes foods for USDA's Food Distribution Program)	0.507
Spinach, raw	0.724
Split pea soup, canned, reduced sodium, prepared with water or ready-to-serve	0.457
Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	0.695
Squab, (pigeon), light meat without skin, raw	7.322
Squab, (pigeon), meat and skin, raw	6.046
Squab, (pigeon), meat only, raw	6.86
Squash, Indian, cooked, boiled (Navajo)	0.102
Squash, summer, all varieties, cooked, boiled, drained, with salt	0.513
Squash, summer, all varieties, cooked, boiled, drained, without salt	0.513

Squash, summer, all varieties, raw	0.487
Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0.418
Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0.507
Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0.507
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	0.44
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0.44
Squash, summer, crookneck and straightneck, frozen, unprepared	0.4
Squash, summer, crookneck and straightneck, raw	0.448
Squash, summer, scallop, cooked, boiled, drained, with salt	0.464
Squash, summer, scallop, cooked, boiled, drained, without salt	0.464
Squash, summer, scallop, raw	0.6
Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0.51
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0.51
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	0.386
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0.386
Squash, summer, zucchini, includes skin, frozen, unprepared	0.433
Squash, summer, zucchini, includes skin, raw	0.451
Squash, summer, zucchini, italian style, canned	0.528
Squash, winter, acorn, cooked, baked, with salt	0.881
Squash, winter, acorn, cooked, baked, without salt	0.881
Squash, winter, acorn, cooked, boiled, mashed, with salt	0.531
Squash, winter, acorn, cooked, boiled, mashed, without salt	0.531
Squash, winter, acorn, raw	0.7
Squash, winter, all varieties, cooked, baked, with salt	0.495
Squash, winter, all varieties, cooked, baked, without salt	0.495
Squash, winter, all varieties, raw	0.5
Squash, winter, butternut, cooked, baked, with salt	0.969
Squash, winter, butternut, cooked, baked, without salt	0.969
Squash, winter, butternut, frozen, cooked, boiled, with salt	0.464
Squash, winter, butternut, frozen, cooked, boiled, without salt	0.464
Squash, winter, butternut, frozen, unprepared	0.74
Squash, winter, butternut, raw	1.2
Squash, winter, hubbard, baked, with salt	0.558
Squash, winter, hubbard, baked, without salt	0.558
Squash, winter, hubbard, cooked, boiled, mashed, with salt	0.334
Squash, winter, hubbard, cooked, boiled, mashed, without salt	0.334
Squash, winter, hubbard, raw	0.5
Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0.81

Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.81
Squash, winter, spaghetti, raw	0.95
Squash, zucchini, baby, raw	0.705
Stew, dumpling with mutton (Navajo)	2.005
Stew, hominy with mutton (Navajo)	1.5
Stew, mutton, corn, squash (Navajo)	2
Stew, pinto bean and hominy, badufsuki (Hopi)	0.097
Stinging Nettles, blanched (Northern Plains Indians)	0.388
Strawberries, canned, heavy syrup pack, solids and liquids	0.057
Strawberries, frozen, sweetened, sliced	0.401
Strawberries, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	0.462
Strawberries, raw	0.386
Strawberry-flavor beverage mix, powder	0.073
Strudel, apple	0.33
SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	4.85
SUBWAY, black forest ham sub on white bread with lettuce and tomato	4.18
SUBWAY, cold cut sub on white bread with lettuce and tomato	4.323
SUBWAY, meatball marinara sub on white bread (no toppings)	3.547
SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	5.21
SUBWAY, roast beef sub on white bread with lettuce and tomato	4.183
SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	3.583
SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	4.507
SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	5.063
SUBWAY, tuna sub on white bread with lettuce and tomato	7.727
SUBWAY, turkey breast sub on white bread with lettuce and tomato	4.617
Succotash, (corn and limas), canned, with cream style corn	0.607
Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	0.64
Succotash, (corn and limas), cooked, boiled, drained, with salt	1.327
Succotash, (corn and limas), cooked, boiled, drained, without salt	1.327
Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	1.306
Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	1.306
Succotash, (corn and limas), frozen, unprepared	1.375
Sugar-apples, (sweetsop), raw	0.883
Sugars, brown	0.11
Sugars, maple	0.04
Sweet potato leaves, cooked, steamed, with salt	1.003
Sweet potato leaves, cooked, steamed, without salt	1.003
Sweet potato leaves, raw	1.13
Sweet potato, canned, mashed	0.955
Sweet potato, canned, syrup pack, drained solids	0.34

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

TACO BELL, BURRITO SUPREME with steak	2.25
TACO BELL, Nachos	0.63
TACO BELL, Nachos Supreme	1.01
TACO BELL, Original Taco with beef, cheese and lettuce	1.65
TACO BELL, Soft Taco with beef, cheese and lettuce	2.88
TACO BELL, Soft Taco with chicken, cheese and lettuce	5.17
TACO BELL, Soft Taco with steak	2.975
TACO BELL, Taco Salad	1.505
Taco shells, baked	1.867
Taco shells, baked, without added salt	1.35
Tamales (Navajo)	1.59
Tamales, masa and pork filling (Hopi)	2.823
Tamarind nectar, canned	0.07
Tamarinds, raw	1.938
Tangerine juice, raw	0.1
Tangerines, (mandarin oranges), canned, juice pack	0.445
Tangerines, (mandarin oranges), canned, juice pack, drained	0.445
Tangerines, (mandarin oranges), canned, light syrup pack	0.445
Tangerines, (mandarin oranges), raw	0.376
Taquitos, frozen, beef and cheese, oven-heated	3.537
Taquitos, frozen, chicken and cheese, oven-heated	3.85
Taro leaves, cooked, steamed, without salt	1.267
Taro leaves, raw	1.513
Taro shoots, cooked, without salt	0.81
Taro shoots, raw	0.8
Taro, cooked, with salt	0.51
Taro, cooked, without salt	0.51
Taro, leaves, cooked, steamed, with salt	1.267
Taro, raw	0.6
Taro, shoots, cooked, with salt	0.81
Taro, tahitian, cooked, with salt	0.48
Taro, tahitian, cooked, without salt	0.48
Taro, tahitian, raw	0.995
Tart, breakfast, low fat	3.8
Teff, cooked	0.909
Teff, uncooked	3.363
Tempeh	2.64
Thuringer, cervelat, summer sausage, beef, pork	4.31
Thyme, fresh	1.824
Toaster pastries, brown-sugar-cinnamon	7.23
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	6.791
Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	6.174
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	5.25
Toddler drink, MEAD JOHNSON, PurAmino Toddler Powder, with ARA and DHA, not reconstituted	5
Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	0.684

Toddler formula, MEAD JOHNSON, ENFAGROW, Toddler Transitions, with ARA and DHA, powder	5
Toddler formula, MEAD JOHNSON, Nutramigen Toddler with LGG Powder, with ARA and DHA, not reconstituted	7.4
Tofu yogurt	0.24
Tofu, dried-frozen (koyadofu)	1.189
Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	1.189
Tofu, extra firm, prepared with nigari	0.241
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0.101
Tofu, fried	0.1
Tofu, fried, prepared with calcium sulfate	0.1
Tofu, hard, prepared with nigari	0.639
Tofu, raw, firm, prepared with calcium sulfate	0.381
Tofu, raw, regular, prepared with calcium sulfate	0.195
Tofu, salted and fermented (fuyu)	0.379
Tofu, salted and fermented (fuyu), prepared with calcium sulfate	0.379
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0.535
Tomatillos, raw	1.85
Tomato and vegetable juice, low sodium	0.73
Tomato juice, canned, with salt added	0.673
Tomato juice, canned, without salt added	0.673
Tomato products, canned, paste, without salt added (Includes foods for USDA's Food Distribution Program)	3.076
Tomato products, canned, puree, with salt added	1.466
Tomato products, canned, puree, without salt added	1.466
Tomato products, canned, sauce	0.991
Tomato products, canned, sauce, spanish style	1.292
Tomato products, canned, sauce, with herbs and cheese	1.209
Tomato products, canned, sauce, with mushrooms	1.265
Tomato products, canned, sauce, with onions	1.242
Tomato products, canned, sauce, with onions, green peppers, and celery	1.095
Tomato products, canned, sauce, with tomato tidbits	1.183
Tomato sauce, canned, no salt added	0.991
Tomatoes, crushed, canned	1.222
Tomatoes, green, raw	0.5
Tomatoes, orange, raw	0.593
Tomatoes, red, ripe, canned, packed in tomato juice	0.712
Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0.712
Tomatoes, red, ripe, canned, stewed	0.714
Tomatoes, red, ripe, canned, with green chilies	0.64
Tomatoes, red, ripe, cooked	0.532
Tomatoes, red, ripe, cooked, stewed	1.11
Tomatoes, red, ripe, cooked, with salt	0.532
Tomatoes, red, ripe, raw, year round average	0.594
Tomatoes, sun-dried	9.05
Tomatoes, sun-dried, packed in oil, drained	3.63

Tomatoes, yellow, raw	1.179
Topping, SMUCKER'S MAGIC SHELL	0.105
Toppings, marshmallow cream	0.076
Toppings, nuts in syrup	0.373
Toppings, pineapple	0.101
Toppings, strawberry	0.161
Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	2.696
Tortilla chips, low fat, baked without fat	0.42
Tortilla chips, yellow, plain, salted	1.498
Tortilla, blue corn, Sakwavikaviki (Hopi)	3.93
Tortilla, includes plain and from mutton sandwich (Navajo)	4.125
Tortillas, ready-to-bake or -fry, corn	1.498
Tortillas, ready-to-bake or -fry, corn, without added salt	1.498
Tortillas, ready-to-bake or -fry, flour, refrigerated	4.415
Tortillas, ready-to-bake or -fry, flour, shelf stable	4.191
Tortillas, ready-to-bake or -fry, flour, without added calcium	3.572
Tortillas, ready-to-bake or -fry, whole wheat	4.858
Tostada shells, corn	1.553
Tree fern, cooked, with salt	3.5
Tree fern, cooked, without salt	3.5
Triticale	1.43
Triticale flour, whole-grain	2.86
Turkey and gravy, frozen	1.799
Turkey breast, low salt, prepackaged or deli, luncheon meat	0.11
Turkey breast, pre-basted, meat and skin, cooked, roasted	9.067
Turkey breast, sliced, prepackaged	7.15
Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	11.336
Turkey from whole, light meat, meat and skin, with added solution, raw	8.832
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	11.75
Turkey from whole, light meat, meat only, with added solution, raw	9.924
Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	4.4
Turkey sticks, breaded, battered, fried	2.1
Turkey thigh, pre-basted, meat and skin, cooked, roasted	2.409
Turkey, all classes, back, meat and skin, cooked, roasted	3.446
Turkey, all classes, breast, meat and skin, cooked, roasted	6.365
Turkey, all classes, breast, meat and skin, raw	5.2
Turkey, all classes, gizzard, cooked, simmered	6.45
Turkey, all classes, heart, cooked, simmered	7.76
Turkey, all classes, heart, raw	6.44
Turkey, all classes, leg, meat and skin, cooked, roasted	3.561
Turkey, all classes, leg, meat and skin, raw	2.947
Turkey, all classes, light meat, cooked, roasted	11.75
Turkey, all classes, liver, cooked, simmered	11.09
Turkey, all classes, liver, raw	11.233
Turkey, all classes, wing, meat and skin, cooked, roasted	5.732
Turkey, all classes, wing, meat and skin, raw	4.425

Turkey, back, from whole bird, meat and skin, with added solution, raw	4.887
Turkey, back, from whole bird, meat and skin, with added solution, roasted	10.669
Turkey, back, from whole bird, meat only, with added solution, raw	5.745
Turkey, back, from whole bird, meat only, with added solution, roasted	11.75
Turkey, breast, from whole bird, meat only, with added solution, raw	9.924
Turkey, breast, from whole bird, meat only, with added solution, roasted	11.75
Turkey, canned, meat only, with broth	6.622
Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	6.893
Turkey, dark meat from whole, meat and skin, with added solution, raw	5.235
Turkey, dark meat from whole, meat only, with added solution, raw	5.745
Turkey, dark meat, meat and skin, raw	5.378
Turkey, dark meat, meat only, with added solution, cooked, roasted	6.827
Turkey, diced, light and dark meat, seasoned	4.8
Turkey, drumstick, from whole bird, meat only, raw	9.924
Turkey, drumstick, from whole bird, meat only, roasted	11.75
Turkey, drumstick, from whole bird, meat only, with added solution, raw	5.745
Turkey, drumstick, from whole bird, meat only, with added solution, roasted	6.827
Turkey, drumstick, smoked, cooked, with skin, bone removed	3.56
Turkey, fryer-roasters, meat and skin, cooked, roasted	4.922
Turkey, gizzard, all classes, raw	6.233
Turkey, ground, 85% lean, 15% fat, pan-broiled crumbles	7.72
Turkey, ground, 85% lean, 15% fat, patties, broiled	6.632
Turkey, ground, 85% lean, 15% fat, raw	5.075
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	8.095
Turkey, ground, 93% lean, 7% fat, patties, broiled	6.64
Turkey, ground, 93% lean, 7% fat, raw	5.417
Turkey, Ground, cooked	8.724
Turkey, ground, fat free, pan-broiled crumbles	12.55
Turkey, ground, fat free, patties, broiled	10.707
Turkey, ground, fat free, raw	9.708
Turkey, Ground, raw	6.733
Turkey, light or dark meat, smoked, cooked, skin and bone removed	5.44
Turkey, light or dark meat, smoked, cooked, with skin, bone removed	5.09
Turkey, mechanically deboned, from turkey frames, raw	1.969
Turkey, retail parts, breast, meat and skin, cooked, roasted	11.614
Turkey, retail parts, breast, meat and skin, raw	9.4
Turkey, retail parts, breast, meat and skin, with added solution, raw	9.171
Turkey, retail parts, breast, meat only, cooked, roasted	11.75
Turkey, retail parts, breast, meat only, raw	10.295

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

Turkey, whole, neck, meat only, raw	4.924
Turkey, whole, skin (light and dark), raw	3.905
Turkey, whole, skin (light and dark), roasted	10.235
Turkey, whole, wing, meat only, cooked, roasted	11.75
Turkey, whole, wing, meat only, raw	9.924
Turkey, wing, from whole bird, meat only, with added solution, raw	9.924
Turkey, wing, from whole bird, meat only, with added solution, roasted	11.75
Turkey, wing, smoked, cooked, with skin, bone removed	5.73
Turkey, young hen, skin only, cooked, roasted	2.801
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	0.486
Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	0.486
Turnip greens and turnips, frozen, unprepared	0.388
Turnip greens, canned, no salt added	0.36
Turnip greens, canned, solids and liquids	0.362
Turnip greens, cooked, boiled, drained, with salt	0.411
Turnip greens, cooked, boiled, drained, without salt	0.411
Turnip greens, frozen, cooked, boiled, drained, with salt	0.468
Turnip greens, frozen, cooked, boiled, drained, without salt	0.468
Turnip greens, frozen, unprepared	0.383
Turnip greens, raw	0.6
Turnips, cooked, boiled, drained, with salt	0.299
Turnips, cooked, boiled, drained, without salt	0.299
Turnips, frozen, cooked, boiled, drained, with salt	0.56
Turnips, frozen, cooked, boiled, drained, without salt	0.56
Turnips, frozen, unprepared	0.4
Turnips, raw	0.4
Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	1.575
Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	3.053
Turnover, filled with egg, meat and cheese, frozen	2.726
Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	2.708
Turtle, green, raw	1.1
Udi's, Gluten Free, Soft & Delicious White Sandwich Bread	1.405
Udi's, Gluten Free, Soft & Hearty Whole Grain Bread	1.41
Udi's, Gluten Free, Whole Grain Dinner Rolls	3.79
Van's, Gluten Free, Totally Original Pancakes	1.55
Van's, Gluten Free, Totally Original Waffles	1.803
Vanilla extract	0.425
Vanilla extract, imitation, alcohol	0.318
Vanilla extract, imitation, no alcohol	0.129
Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	7.895
Veal, breast, point half, boneless, separable lean and fat, cooked, braised	8.352
Veal, breast, separable fat, cooked	2.79

Veal, breast, whole, boneless, separable lean and fat, cooked, braised	7.981
Veal, breast, whole, boneless, separable lean only, cooked, braised	8.97
Veal, composite of trimmed retail cuts, separable fat, cooked	2.79
Veal, composite of trimmed retail cuts, separable fat, raw	2.37
Veal, composite of trimmed retail cuts, separable lean and fat, cooked	7.97
Veal, composite of trimmed retail cuts, separable lean and fat, raw	7.5
Veal, composite of trimmed retail cuts, separable lean only, cooked	8.42
Veal, composite of trimmed retail cuts, separable lean only, raw	7.83
Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	8.3
Veal, cubed for stew (leg and shoulder), separable lean only, raw	7.4
Veal, external fat only, cooked	4.16
Veal, external fat only, raw	2.78
Veal, foreshank, osso buco, separable lean and fat, cooked, braised	3.731
Veal, foreshank, osso buco, separable lean only, cooked, braised	3.77
Veal, ground, cooked, broiled	8.03
Veal, ground, cooked, pan-fried	7.9
Veal, ground, raw	5.52
Veal, leg (top round), separable lean and fat, cooked, braised	10.56
Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	10.34
Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	12.05
Veal, leg (top round), separable lean and fat, cooked, roasted	9.93
Veal, leg (top round), separable lean and fat, raw	9.42
Veal, leg (top round), separable lean only, cooked, braised	10.72
Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	10.8
Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	12.64
Veal, leg (top round), separable lean only, cooked, roasted	10.08
Veal, leg (top round), separable lean only, raw	9.56
Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	10.1
Veal, leg, top round, cap off, cutlet, boneless, raw	9.28
Veal, loin, chop, separable lean and fat, cooked, grilled	7.483
Veal, loin, chop, separable lean only, cooked, grilled	7.94
Veal, loin, separable lean and fat, cooked, braised	9.03
Veal, loin, separable lean and fat, cooked, roasted	8.86
Veal, loin, separable lean and fat, raw	6.617
Veal, loin, separable lean only, cooked, braised	10.05
Veal, loin, separable lean only, cooked, roasted	9.46
Veal, loin, separable lean only, raw	7.25
Veal, rib, separable lean and fat, cooked, braised	7.5
Veal, rib, separable lean and fat, cooked, roasted	6.98
Veal, rib, separable lean and fat, raw	6.68
Veal, rib, separable lean only, cooked, braised	7.91
Veal, rib, separable lean only, cooked, roasted	7.5

Veal, rib, separable lean only, raw	7.05
Veal, seam fat only, cooked	2.84
Veal, seam fat only, raw	3.81
Veal, shank (fore and hind), separable lean and fat, cooked, braised	9.454
Veal, shank (fore and hind), separable lean and fat, raw	7.458
Veal, shank (fore and hind), separable lean only, cooked, braised	9.66
Veal, shank (fore and hind), separable lean only, raw	7.6
Veal, shank, separable lean and fat, raw	5.254
Veal, shank, separable lean only, raw	5.37
Veal, shoulder, arm, separable lean and fat, cooked, braised	10.08
Veal, shoulder, arm, separable lean and fat, cooked, roasted	8.02
Veal, shoulder, arm, separable lean and fat, raw	7.63
Veal, shoulder, arm, separable lean only, cooked, braised	10.71
Veal, shoulder, arm, separable lean only, cooked, roasted	8.24
Veal, shoulder, arm, separable lean only, raw	7.91
Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	4.94
Veal, shoulder, blade chop, separable lean and fat, raw	4.491
Veal, shoulder, blade chop, separable lean only, cooked, grilled	5.14
Veal, shoulder, blade chop, separable lean only, raw	4.61
Veal, shoulder, blade, separable lean and fat, cooked, braised	5.5
Veal, shoulder, blade, separable lean and fat, cooked, roasted	5.73
Veal, shoulder, blade, separable lean only, cooked, braised	5.68
Veal, shoulder, blade, separable lean only, cooked, roasted	5.82
Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	6.42
Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	6.33
Veal, shoulder, whole (arm and blade), separable lean and fat, raw	6.19
Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	6.68
Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	6.44
Veal, shoulder, whole (arm and blade), separable lean only, raw	6.15
Veal, sirloin, separable lean and fat, cooked, braised	6.58
Veal, sirloin, separable lean and fat, cooked, roasted	8.87
Veal, sirloin, separable lean and fat, raw	8.44
Veal, sirloin, separable lean only, cooked, braised	7.05
Veal, sirloin, separable lean only, cooked, roasted	9.33
Veal, sirloin, separable lean only, raw	8.97
Veal, variety meats and by-products, brain, cooked, braised	2.43
Veal, variety meats and by-products, brain, cooked, pan-fried	5.62
Veal, variety meats and by-products, brain, raw	4.3
Veal, variety meats and by-products, heart, cooked, braised	4.88
Veal, variety meats and by-products, heart, raw	6.4
Veal, variety meats and by-products, kidneys, cooked, braised	4.63
Veal, variety meats and by-products, kidneys, raw	6.99
Veal, variety meats and by-products, liver, cooked, braised	13.15
Veal, variety meats and by-products, liver, cooked, pan-fried	14.35
Veal, variety meats and by-products, liver, raw	10.55

Veal, variety meats and by-products, lungs, cooked, braised	2.289
Veal, variety meats and by-products, lungs, raw	4.025
Veal, variety meats and by-products, pancreas, cooked, braised	4.146
Veal, variety meats and by-products, pancreas, raw	4.252
Veal, variety meats and by-products, spleen, cooked, braised	5.341
Veal, variety meats and by-products, spleen, raw	7.895
Veal, variety meats and by-products, thymus, cooked, braised	3.38
Veal, variety meats and by-products, thymus, raw	4.77
Veal, variety meats and by-products, tongue, cooked, braised	1.47
Veal, variety meats and by-products, tongue, raw	2.22
Vegetable juice cocktail, canned	0.722
Vegetable juice cocktail, low sodium, canned	0.722
Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	0.193
Vegetable oil-butter spread, reduced calorie	0.01
Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	0.48
Vegetables, mixed, canned, drained solids	0.577
Vegetables, mixed, canned, solids and liquids	0.482
Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0.851
Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0.851
Vegetables, mixed, frozen, unprepared	1.252
Vegetarian fillets	12
Vegetarian meatloaf or patties	10
Veggie burgers or soyburgers, unprepared	3.753
Waffle, buttermilk, frozen, ready-to-heat, microwaved	6.73
Waffle, buttermilk, frozen, ready-to-heat, toasted	7.942
Waffle, plain, frozen, ready-to-heat, microwave	7.785
Waffles, buttermilk, frozen, ready-to-heat	6.675
Waffles, chocolate chip, frozen, ready-to-heat	5.7
Waffles, gluten-free, frozen, ready-to-heat	1.803
Waffles, plain, frozen, ready -to-heat, toasted	8.888
Waffles, plain, frozen, ready-to-heat	7.575
Waffles, plain, prepared from recipe	2.073
Waffles, whole wheat, lowfat, frozen, ready-to-heat	5.714
Wasabi	0.16
Wasabi, root, raw	0.743
Water convolvulus, cooked, boiled, drained, with salt	0.5
Water convolvulus, cooked, boiled, drained, without salt	0.5
Water convolvulus,raw	0.9
Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	0.844
Waterchestnuts, chinese, (matai), raw	1
Waterchestnuts, chinese, canned, solids and liquids	0.36
Watercress, raw	0.2
Watermelon, raw	0.178
Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	0.384
Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0.384

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

Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	4.19
Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	0.29
Wonton wrappers (includes egg roll wrappers)	5.424
Yam, cooked, boiled, drained, or baked, with salt	0.552
Yam, cooked, boiled, drained, or baked, without salt	0.552
Yam, raw	0.552
Yambean (jicama), raw	0.2
Yardlong bean, cooked, boiled, drained, with salt	0.63
Yardlong bean, cooked, boiled, drained, without salt	0.63
Yardlong bean, raw	0.41
Yardlong beans, mature seeds, cooked, boiled, with salt	0.551
Yardlong beans, mature seeds, cooked, boiled, without salt	0.551
Yardlong beans, mature seeds, raw	2.158
Yautia (tannier), raw	0.667
Yeast extract spread	127.5
Yellow rice with seasoning, dry packet mix, unprepared	3.509
Yogurt parfait, lowfat, with fruit and granola	0.714
Yogurt, chocolate, nonfat milk	0.223
Yogurt, chocolate, nonfat milk, fortified with vitamin D	0.223
Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	0.2
Yogurt, fruit variety, nonfat	0.1
Yogurt, fruit variety, nonfat, fortified with vitamin D	0.1
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0.095
Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	0.095
Yogurt, fruit, low fat, 11g protein/8 oz	0.105
Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	0.086
Yogurt, fruit, low fat, 9 g protein/8 oz	0.086
Yogurt, fruit, lowfat, with low calorie sweetener	0.105
Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	0.105
Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	0.22
Yogurt, Greek, nonfat, vanilla, CHOBANI	0.217
Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	0.187
Yogurt, Greek, plain, lowfat	0.197
Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)	0.208
Yogurt, Greek, strawberry, DANNON OIKOS	0.21
Yogurt, Greek, strawberry, lowfat	0.205
Yogurt, Greek, strawberry, nonfat	0.213
Yogurt, Greek, vanilla, nonfat	0.201
Yogurt, plain, low fat	0.114
Yogurt, plain, skim milk	0.124
Yogurt, plain, whole milk	0.075
Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	0.107

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	0.086
Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	0.086
Yogurt, vanilla, low fat, fortified with vitamin D	0.107
Yogurt, vanilla, low fat.	0.107
Yogurt, vanilla, non-fat	0.107
Yokan, prepared from adzuki beans and sugar	0.057
Zwieback	1.319