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

Nutrients: Niacin(mg)

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

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Archway Home Style Cookies, Oatmeal Archway Home Style Cookies, Oatmeal Raisin N/A Archway Home Style Cookies, Old Fashioned Molasses N/A Archway Home Style Cookies, Old Fashioned Molasses N/A Archway Home Style Cookies, Old Fashioned Windmill Cookies N/A Archway Home Style Cookies, Peanut Butter N/A Archway Home Style Cookies, Raspberry Filled N/A Archway Home Style Cookies, Reduced Fat Ginger Snaps N/A Archway Home Style Cookies, Reduced Fat Ginger Snaps N/A Archway Home Style Cookies, Strawberry Filled N/A Archway Home Style Cookies, Strawberry Filled N/A Archway Home Style Cookies, Strawberry Filled N/A Arrowhead, cooked, boiled, drained, with salt N/A Arrowhead, cooked, boiled, drained, without salt N/A Arrowhead, cooked, boiled, drained, without salt N/A Arrowhead, cooked, boiled, drained, without salt N/A Arrowhost, (globe or french), cooked, boiled, drained, with salt N/A Artichokes, (globe or french), cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, dooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, dooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, dooked, boiled, drained, with salt N/A Asparagus, canned, oasta added, solids and liquids N/A Asparagus, cooked, boiled, drained, with salt N/A Asparagus, croended, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cook			1.64
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Archway Home Style Cookies, Old Fashioned Molasses Archway Home Style Cookies, Defashioned Windmill Cookies N/A Archway Home Style Cookies, Peanut Butter N/A Archway Home Style Cookies, Raspberry Filled N/A Archway Home Style Cookies, Raspberry Filled N/A Archway Home Style Cookies, Raspberry Filled N/A Archway Home Style Cookies, Strawberry Filled N/A Archway Home Style Cookies, Strawberry Filled N/A Archway Home Style Cookies, Strawberry Filled N/A Archway Home Style Cookies, Sugar Free Oatmeal N/A Arcoway Home Style Cookies, Sugar Free Oatmeal N/A Arrowhead, Cooked, boiled, drained, without salt N/A Arrowhead, Cooked, boiled, drained, without salt N/A Arrowroot, raw N/A Arrowroot, raw N/A Artichokes, (globe or french), cooked, boiled, drained, with salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, unprepared N/A Arguala, raw N/A Asparagus, canned, drained solids N/A Asparagus, conned, drained solids and liquids N/A Asparagus, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cook			1.88
Archway Home Style Cookies, Old Fashioned Windmill Cookies Archway Home Style Cookies, Peanut Butter N/A Archway Home Style Cookies, Ragberry Filled N/A Archway Home Style Cookies, Reduced Fat Ginger Snaps N/A Archway Home Style Cookies, Reduced Fat Ginger Snaps N/A Archway Home Style Cookies, Strawberry Filled N/A Archway Home Style Cookies, Sugar Free Oatmeal N/A Arrowhead, cooked, boiled, drained, with salt N/A Arrowhead, cooked, boiled, drained, with salt N/A Arrowhead, raw N/A Arrowhoad, raw N/A Arrowhoad, raw N/A Arrowhoad, raw Artichokes, (globe or french), cooked, boiled, drained, with salt N/A Artichokes, (globe or french), cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Argaragus, canned, regular pack, solids and liquids N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, conked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, unprepared N/A Avcados, raw, Elifornia		·	1.69
Archway Home Style Cookies, Peanut Butter Archway Home Style Cookies, Raspberry Filled Archway Home Style Cookies, Reduced Fat Ginger Snaps Archway Home Style Cookies, Strawberry Filled Arrowhead, cooked, boiled, drained, with salt Arrowhead, cooked, boiled, drained, with salt Arrowhead, cooked, boiled, drained, without salt Arrowhead, raw N/A Arrowroot, raw Archichokes, (globe or french), cooked, boiled, drained, with salt Artichokes, (globe or french), cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, unprepared N/A Argugula, raw N/A Argugula, raw N/A Asparagus, canned, osalt added, solids and liquids N/A Asparagus, canned, no salt added, solids and liquids N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, cooked, boiled, drained N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, unprepared N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained N/A Asparagus, frozen, cooked, boiled, drained N/A Asparagus, f			2.84
Archway Home Style Cookies, Raspberry Filled Archway Home Style Cookies, Reduced Fat Ginger Snaps N/A Archway Home Style Cookies, Strubberry Filled N/A Archway Home Style Cookies, Struberry Filled N/A Arrowhead, cooked, boiled, drained, with salt N/A Arrowhead, cooked, boiled, drained, without salt N/A Arrowhead, cooked, boiled, drained, without salt N/A Arrowhead, raw N/A Arrowroot flour N/A Arrowroot flour Archokes, (globe or french), cooked, boiled, drained, with salt N/A Artichokes, (globe or french), cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, conked, boiled, drained N/A Asparagus, cooked, boiled, drained, with salt N/A Asparagus, cooked, boiled, drained, with salt N/A Asparagus, fozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, cooke			2.94
Archway Home Style Cookies, Reduced Fat Ginger Snaps N/A Archway Home Style Cookies, Strawberry Filled N/A Archway Home Style Cookies, Strawberry Filled N/A Arrowhead, cooked, boiled, drained, with salt N/A Arrowhead, cooked, boiled, drained, without salt N/A Arrowhead, cooked, boiled, drained, without salt N/A Arrowhead, cooked, boiled, drained, without salt N/A Arrowroot, raw N/A Artichokes, (globe or french), cooked, boiled, drained, with salt N/A Artichokes, (globe or french), cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, unprepared N/A Artichokes, (globe or french), frozen, unprepared N/A Artichokes, (globe or french), frozen, unprepared N/A Araugula, raw N/A Araugula, raw N/A Asparagus, canned, on salt added, solids and liquids N/A Asparagus, canned, no salt added, solids and liquids N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, conked, boiled, drained, with salt N/A Asparagus, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, fr			4.37
Archway Home Style Cookies, Strawberry Filled Archway Home Style Cookies, Sugar Free Oatmeal Arrowhead, cooked, boiled, drained, with salt Arrowhead, cooked, boiled, drained, with salt Arrowhead, cooked, boiled, drained, without salt Arrowhead, raw Arrownot flour Arrowroot, raw Artichokes, (globe or french), cooked, boiled, drained, with salt Artichokes, (globe or french), cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, unprepared Artichokes, (globe or french), rozen, unprepared Artichokes, (globe or french), rozen, unprepared N/A Artichokes, (globe or french), rozen, unprepared N/A Asparagus, canned, rosalt added, solids and liquids N/A Asparagus, canned, no salt added, solids and liquids N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, cooked, boiled, drained N/A Asparagus, cooked, boiled, drained N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, unprepared N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, unprepared N/A Avocados, raw, all commercial varieties N/A Avocados, raw, California N/A Avocados, raw, California N/A Babyfood, apple synth ham, strained N/A Babyfood, apple synth ham, strained N/A Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A Babyfood, banana apple dessert, strained N/A		·	2.13
Archway Home Style Cookies, Sugar Free Oatmeal Arrowhead, cooked, boiled, drained, with salt Arrowhead, cooked, boiled, drained, without salt Arrowhead, raw Arrowhead, raw Arrowroot flour Arrowroot flour Arrowroot, raw Artichokes, (globe or french), cooked, boiled, drained, with salt Artichokes, (globe or french), cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, unprepared Artichokes, (globe or french), raw Artichokes, (globe or french), raw Artichokes, (globe or french), raw N/A Asparagus, canned, no salt added, solids and liquids N/A Asparagus, canned, no salt added, solids and liquids N/A Asparagus, canned, no salt added, solids and liquids N/A Asparagus, conked, boiled, drained N/A Asparagus, cooked, boiled, drained N/A Asparagus, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, cooked, boiled, drained N/A Asparagus, frozen, cooked, boiled, drained N/A Asparagus, frozen, cooked, boiled, drained N/A Asparagus, frozen, coo			2.86
Arrowhead, cooked, boiled, drained, with salt Arrowhead, cooked, boiled, drained, without salt Arrowhead, cooked, boiled, drained, without salt Arrowhead, anaw Arrowroot, raw Arrowroot, raw Artichokes, (globe or french), cooked, boiled, drained, with salt Artichokes, (globe or french), cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, unprepared Artichokes, (globe or french), frozen, unprepared Artichokes, (globe or french), raw N/A Artichokes, (globe or french), raw N/A Asparagus, canned, regular desolids Asparagus, canned, raw N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, conked, boiled, drained solids Asparagus, cooked, boiled, drained N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boile		·	2.13
Arrowhead, cooked, boiled, drained, without salt Arrowhead, raw Arrowroot flour Arrowroot, raw Artichokes, (globe or french), cooked, boiled, drained, with salt Artichokes, (globe or french), cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, unprepared Artichokes, (globe or french), rozen, unprepared Artichokes, (globe or french), frozen, unprepared N/A Asparagus, canned, drained solids N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, cooked, boiled, drained, with salt N/A Asparagus, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, cooked, boiled, frained, with salt N/A Asparagus, frozen, cooked, boiled, frained, with salt N/A Asparagus, frozen, cooked, boiled, frained, with salt N/A Asparagus, frozen, cooked, boiled, d			1.81
Arrowhead, raw Arrowroot, flour Arrowroot, flour Artichokes, (globe or french), cooked, boiled, drained, with salt Artichokes, (globe or french), cooked, boiled, drained, with salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, unprepared Artichokes, (globe or french), rozen, unprepared N/A Asparagus, canned, rosalt added, solids and liquids N/A Asparagus, canned, rosalt added, solids and liquids N/A Asparagus, conced, boiled, drained with salt N/A Asparagus, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, rozen, cooked, boiled, drained, without s		•	1.16
Arrowroot flour Arrowroot, raw Artichokes, (globe or french), cooked, boiled, drained, with salt Artichokes, (globe or french), cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, unprepared Artichokes, (globe or french), frozen, unprepared Artichokes, (globe or french), rozen, unprepared Artichokes, (globe or french), rozen, unprepared Artichokes, (globe or french), rozen, unprepared N/A Artichokes, (globe or french), rozen, unprepared N/A Artichokes, (globe or french), rozen, unprepared N/A Asparagus, camed, drained solids N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, cooked, boiled, drained N/A Asparagus, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, cooked, bo			1.16
Arrowroot, raw Artichokes, (globe or french), cooked, boiled, drained, with salt Artichokes, (globe or french), cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, unprepared N/A Artichokes, (globe or french), raw N/A Artichokes, (globe or french), frozen, cooked, boiled, arained N/A Asparagus, canned, raw N/A Asparagus, canned, or salt added, solids and liquids N/A Asparagus, canned, or salt added, solids and liquids N/A Asparagus, cooked, boiled, drained N/A Asparagus, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, unprepared N/A Asparagus, frozen, unprepared N/A Asparagus, raw N/A Avocados, raw, all commercial varieties N/A Avocados, raw, California N/A Avocados, raw, California N/A Babyfood, apple yogurt dessert, strained Babyfood, apple yogurt dessert, strained Babyfood, apples dices, toddler N/A Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, bahana apple dessert, strained N/A Babyfood, bahana apple dessert, strained	·	•	1.65
Artichokes, (globe or french), cooked, boiled, drained, with salt Artichokes, (globe or french), cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt N/A Artichokes, (globe or french), frozen, unprepared N/A Artichokes, (globe or french), raw N/A Artichokes, (globe or french), frozen, cooked, boiled, drained solids N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, cooked, boiled, drained with salt N/A Asparagus, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, unprepared N/A Asparagus, frozen, unprepared N/A Avocados, raw, all commercial varieties N/A Avocados, raw, California N/A Avocados, raw, California N/A Avocados, raw, Florida Babyfood, apple-banana juice N/A Babyfood, apples bick, toddler N/A Babyfood, apples, dices, toddler N/A Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained			0
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Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt Artichokes, (globe or french), frozen, unprepared Artichokes, (globe or french), frozen, unprepared Artichokes, (globe or french), raw N/A Arugula, raw Asparagus, canned, drained solids N/A Asparagus, canned, no salt added, solids and liquids N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, cooked, boiled, drained N/A Asparagus, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, unprepared N/A Asparagus, raw N/A Avocados, raw, all commercial varieties N/A Avocados, raw, Florida Babyfood, apple yogurt dessert, strained Babyfood, apples with ham, strained Babyfood, apples with ham, strained Babyfood, Baby MUM MUM Rice Biscuits Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A Babyfood, banana apple dessert, strained N/A Babyfood, banana apple dessert, strained			1.11 1.11
Artichokes, (globe or french), frozen, unprepared N/A Artichokes, (globe or french), raw N/A Arugula, raw N/A Asparagus, canned, drained solids N/A Asparagus, canned, no salt added, solids and liquids N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, cooked, boiled, drained N/A Asparagus, cooked, boiled, drained N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, unprepared N/A Asparagus, raw Avocados, raw, all commercial varieties N/A Avocados, raw, all commercial varieties N/A Avocados, raw, Rolifornia N/A Avocados, raw, Florida N/A Babyfood, apple yogurt dessert, strained N/A Babyfood, apples with ham, strained N/A Babyfood, apples with ham, strained N/A Babyfood, apples with ham, strained N/A Babyfood, apples, dices, toddler Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A Babyfood, banana apple dessert, strained N/A	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	N/A	0.915
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Artichokes, (globe or french), raw Arugula, raw Arugula, raw Asparagus, canned, drained solids Asparagus, canned, no salt added, solids and liquids Asparagus, canned, regular pack, solids and liquids Asparagus, cooked, boiled, drained Asparagus, cooked, boiled, drained Asparagus, frozen, cooked, boiled, drained, with salt Asparagus, frozen, cooked, boiled, drained, with salt Asparagus, frozen, cooked, boiled, drained, without salt Asparagus, frozen, unprepared N/A Asparagus, rav Avocados, raw, all commercial varieties N/A Avocados, raw, California N/A Avocados, raw, Florida Babyfood, apple yogurt dessert, strained Babyfood, apples with ham, strained Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits N/A Babyfood, bahad product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A		N/A	0.86
Arugula, raw N/A Asparagus, canned, drained solids N/A Asparagus, canned, no salt added, solids and liquids N/A Asparagus, canned, regular pack, solids and liquids N/A Asparagus, cooked, boiled, drained N/A Asparagus, cooked, boiled, drained N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, unprepared N/A Asparagus, raw N/A Avocados, raw, all commercial varieties N/A Avocados, raw, California N/A Avocados, raw, Florida N/A Babyfood, apple yogurt dessert, strained N/A Babyfood, apples with ham, strained N/A Babyfood, apples with ham, strained N/A Babyfood, apples, dices, toddler N/A Babyfood, Baby MUM MUM Rice Biscuits N/A Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A			1.046
Asparagus, canned, drained solids Asparagus, canned, no salt added, solids and liquids Asparagus, canned, regular pack, solids and liquids Asparagus, cooked, boiled, drained Asparagus, cooked, boiled, drained Asparagus, frozen, cooked, boiled, drained, with salt Asparagus, frozen, cooked, boiled, drained, with salt Asparagus, frozen, cooked, boiled, drained, without salt Asparagus, frozen, unprepared Asparagus, frozen, unprepared Asparagus, raw N/A Asparagus, raw N/A Avocados, raw, all commercial varieties N/A Avocados, raw, California Avocados, raw, Florida Babyfood, apple yogurt dessert, strained Babyfood, apples with ham, strained Babyfood, apples with ham, strained Babyfood, apples, dices, toddler Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A			0.305
Asparagus, canned, no salt added, solids and liquids Asparagus, canned, regular pack, solids and liquids N/A Asparagus, cooked, boiled, drained Asparagus, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, with salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, cooked, boiled, drained, without salt N/A Asparagus, frozen, unprepared N/A Asparagus, raw N/A Avocados, raw, all commercial varieties N/A Avocados, raw, California N/A Avocados, raw, Florida Babyfood, apple yogurt dessert, strained Babyfood, apples with ham, strained Babyfood, apples, dices, toddler N/A Babyfood, Baby MUM MUM Rice Biscuits N/A Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained			0.954
Asparagus, canned, regular pack, solids and liquids Asparagus, cooked, boiled, drained Asparagus, cooked, boiled, drained, with salt Asparagus, frozen, cooked, boiled, drained, with salt Asparagus, frozen, cooked, boiled, drained, without salt Asparagus, frozen, cooked, boiled, drained, without salt Asparagus, frozen, unprepared Asparagus, row Asparagus, raw Avocados, raw, all commercial varieties N/A Avocados, raw, California Avocados, raw, Florida Babyfood, apple yogurt dessert, strained Babyfood, apples with ham, strained Babyfood, apples with ham, strained Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A Babyfood, banana apple dessert, strained N/A			0.851
Asparagus, cooked, boiled, drained Asparagus, cooked, boiled, drained, with salt Asparagus, frozen, cooked, boiled, drained, with salt Asparagus, frozen, cooked, boiled, drained, without salt Asparagus, frozen, cooked, boiled, drained, without salt Asparagus, frozen, unprepared Asparagus, rozen, unprepared Avocados, raw, all commercial varieties Avocados, raw, California Avocados, raw, California Avocados, raw, Florida Babyfood, apple yogurt dessert, strained Babyfood, apples with ham, strained Babyfood, apples with ham, strained Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A Babyfood, banana apple dessert, strained N/A			0.851
Asparagus, cooked, boiled, drained, with salt Asparagus, frozen, cooked, boiled, drained, with salt Asparagus, frozen, cooked, boiled, drained, without salt Asparagus, frozen, unprepared Asparagus, frozen, unprepared N/A Asparagus, raw N/A Avocados, raw, all commercial varieties N/A Avocados, raw, California N/A Avocados, raw, Florida Babyfood, apple yogurt dessert, strained N/A Babyfood, apples with ham, strained N/A Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits N/A Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A Babyfood, banana apple dessert, strained N/A	Asparagus, cooked, boiled, drained	N/A	1.084
Asparagus, frozen, cooked, boiled, drained, with salt Asparagus, frozen, cooked, boiled, drained, without salt Asparagus, frozen, unprepared N/A Asparagus, raw N/A Avocados, raw, all commercial varieties N/A Avocados, raw, California Avocados, raw, Florida Babyfood, apple yogurt dessert, strained Babyfood, apple-banana juice Babyfood, apples with ham, strained N/A Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits N/A Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A Babyfood, banana apple dessert, strained N/A		·	1.084
Asparagus, frozen, cooked, boiled, drained, without salt Asparagus, frozen, unprepared N/A Asparagus, raw N/A Avocados, raw, all commercial varieties N/A Avocados, raw, California Avocados, raw, Florida Babyfood, apple yogurt dessert, strained Babyfood, apples with ham, strained Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A Babyfood, banana apple dessert, strained N/A		·	1.038
Asparagus, frozen, unprepared Asparagus, raw N/A Avocados, raw, all commercial varieties N/A Avocados, raw, California Avocados, raw, Florida N/A Babyfood, apple yogurt dessert, strained Babyfood, apples with ham, strained Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A Babyfood, banana apple dessert, strained N/A Babyfood, banana apple dessert, strained N/A			1.038
Asparagus, raw Avocados, raw, all commercial varieties N/A Avocados, raw, California N/A Avocados, raw, Florida N/A Babyfood, apple yogurt dessert, strained N/A Babyfood, apples with ham, strained N/A Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits N/A Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A Babyfood, banana apple dessert, strained N/A			1.202
Avocados, raw, all commercial varieties Avocados, raw, California Avocados, raw, Florida Avocados, raw, Florida Babyfood, apple yogurt dessert, strained Babyfood, apple-banana juice Babyfood, apples with ham, strained Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits Babyfood, baked product, finger snacks cereal fortified Babyfood, banana apple dessert, strained N/A Babyfood, banana apple dessert, strained		N/A	0.978
Avocados, raw, California Avocados, raw, Florida N/A Babyfood, apple yogurt dessert, strained Babyfood, apple-banana juice N/A Babyfood, apples with ham, strained N/A Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits N/A Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A	1 5	·	1.738
Avocados, raw, Florida Babyfood, apple yogurt dessert, strained Babyfood, apple-banana juice Babyfood, apples with ham, strained Babyfood, apples, dices, toddler Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits Babyfood, baked product, finger snacks cereal fortified Babyfood, banana apple dessert, strained			1.912
Babyfood, apple yogurt dessert, strained Babyfood, apple-banana juice Babyfood, apples with ham, strained Babyfood, apples with ham, strained Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits Babyfood, baked product, finger snacks cereal fortified Babyfood, banana apple dessert, strained N/A		·	0.672
Babyfood, apple-banana juice Babyfood, apples with ham, strained Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits N/A Babyfood, baked product, finger snacks cereal fortified Babyfood, banana apple dessert, strained N/A		·	0
Babyfood, apples with ham, strained Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits N/A Babyfood, baked product, finger snacks cereal fortified Babyfood, banana apple dessert, strained N/A		·	0.14
Babyfood, apples, dices, toddler Babyfood, Baby MUM MUM Rice Biscuits Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A			0.73
Babyfood, Baby MUM MUM Rice Biscuits Rabyfood, baked product, finger snacks cereal fortified RyA Babyfood, banana apple dessert, strained N/A			0.087
Babyfood, baked product, finger snacks cereal fortified N/A Babyfood, banana apple dessert, strained N/A			2.896
Babyfood, banana apple dessert, strained N/A		•	11.25
		·	0.13
IBADVTOOD, DADADA JUICE WITH JOW TAT VOGUTT IN/A	Babyfood, banana juice with low fat yogurt	N/A	0.13
Babyfood, banana no tapioca, strained N/A			0.54
Babyfood, banana with mixed berries, strained N/A			0.623
Babyfood, beverage, GERBER, GRADUATES, FRUIT SPLASHERS N/A			0.06

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

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

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

Dabyfood most turkey strained	N/A	2.61
Babyfood, meat, turkey, strained	N/A	
Babyfood, meat, veal, strained Babyfood, mixed fruit juice with low fat yogurt	N/A	2.85
Babyfood, mixed fruit juice with low fat yogurt Babyfood, mixed fruit yogurt, strained	N/A	0.16
Babyfood, Multigrain whole grain cereal, dry fortified	N/A	15
Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	N/A	9.6
Babyfood, peaches, dices, toddler	N/A	0.47
Babyfood, pears, dices, toddler	N/A	0.47
Babyfood, pears, diecs, toddier	N/A	1.4
Babyfood, peas and brown nee	N/A	0.85
Babyfood, plums, bananas and rice, strained	N/A	0.8
Babyfood, potatoes, toddler	N/A	0.35
Babyfood, pretzels	N/A	3.56
Babyfood, prunes, without vitamin c, strained	N/A	0.72
Babyfood, ravioli, cheese filled, with tomato sauce	N/A	1.65
Babyfood, rice and apples, dry	N/A	20
Babyfood, rice cereal, dry, EARTHS BEST ORGANIC WHOLE GRAIN, fortified onl	-	
with iron	N/A	31.24
Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	N/A	0.334
Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain	,	0.00 .
corn snack	N/A	1.291
Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	N/A	3.301
Babyfood, tropical fruit medley	N/A	0.138
Babyfood, vegetable and brown rice, strained	N/A	1.1
Babyfood, vegetable, butternut squash and corn	N/A	0.56
Babyfood, vegetable, green beans and potatoes	N/A	0.46
Babyfood, vegetables, beets, strained	N/A	0.132
Babyfood, vegetables, carrots, junior	N/A	0.497
Babyfood, vegetables, carrots, strained	N/A	0.463
Babyfood, vegetables, corn, creamed, junior	N/A	0.504
Babyfood, vegetables, corn, creamed, strained	N/A	0.512
Babyfood, vegetables, garden vegetable, strained	N/A	0.779
Babyfood, vegetables, green beans, junior	N/A	0.321
Babyfood, vegetables, green beans, strained	N/A	0.361
Babyfood, vegetables, mix vegetables junior	N/A	0.665
Babyfood, vegetables, mix vegetables strained	N/A	0.327
Babyfood, vegetables, peas, strained	N/A	1.119
Babyfood, vegetables, spinach, creamed, strained	N/A	0.216
Babyfood, vegetables, squash, junior	N/A	0.683
Babyfood, vegetables, squash, strained	N/A	0.683
Babyfood, vegetables, sweet potatoes strained	N/A	0.358
Babyfood, vegetables, sweet potatoes, junior	N/A	0.384
Babyfood, water, bottled, GERBER, without added fluoride	N/A	0
Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA		
fortified	N/A	0.119
Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron		
fortified	N/A	0.119
Bacon and beef sticks	N/A	4.867
Bacon bits, meatless	N/A	1.6
Bacon, meatless	N/A	7.56
Bacon, turkey, low sodium	N/A	6.222
Bacon, turkey, microwaved	N/A	8.102
Bacon, turkey, unprepared	N/A	4.032
Bagels, cinnamon-raisin	N/A	3.08
Bagels, cinnamon-raisin, toasted	N/A	2.981
Bagels, egg	N/A	3.443
Bagels, multigrain	N/A	4.265
Bagels, oat bran	N/A	2.96
Bagels, plain, enriched, with calcium propionate (includes onion, poppy,		
sesame)	N/A	4.515

Bagels, plain, enriched, with calcium propionate (includes onion, poppy,		
sesame), toasted	N/A	4.375
Bagels, plain, enriched, without calcium propionate (includes onion, poppy,		
sesame)	N/A	4.562
Bagels, plain, unenriched, with calcium propionate (includes onion, poppy,		
sesame)	N/A	1.758
Bagels, plain, unenriched, without calcium propionate(includes onion, poppy,		
sesame)	N/A	1.758
Bagels, wheat	N/A	3.37
Bagels, whole grain white	N/A	4.651
Baking chocolate, mexican, squares	N/A	1.829
Baking chocolate, unsweetened, liquid	N/A	2.1
Baking chocolate, unsweetened, squares	N/A	1.355
Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	N/A	0.995
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Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	N/A	0.995
Balsam-pear (bitter gourd), leafy tips, raw	N/A	1.11
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	N/A	0.28
baisani pear (bitter goard), poas, cookea, bonea, aramea, with sait	IV/A	0.20
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	N/A	0.28
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Balsam-pear (bitter gourd), pods, raw	N/A	0.4
Bamboo shoots, canned, drained solids	N/A	0.14
Bamboo shoots, cooked, boiled, drained, with salt	N/A	0.3
Bamboo shoots, cooked, boiled, drained, without salt	N/A	0.3
Bamboo shoots, raw	N/A	0.6
Bananas, dehydrated, or banana powder	N/A	2.8
Bananas, raw	N/A	0.665
BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	N/A	1.38
Barbecue loaf, pork, beef	N/A	2.266
Barley flour or meal	N/A	6.269
Barley malt flour	N/A	5.636
Barley, hulled	N/A	4.604
Barley, pearled, cooked	N/A	2.063
Barley, pearled, raw	N/A	4.604
Basil, fresh	N/A	0.902
Beans, adzuki, mature seed, cooked, boiled, with salt	N/A	0.717
Beans, adzuki, mature seeds, canned, sweetened	N/A	0.631
Beans, adzuki, mature seeds, cooked, boiled, without salt	N/A	0.717
Beans, adzuki, mature seeds, raw	N/A	2.63
Beans, baked, canned, no salt added	N/A	0.43
Beans, baked, canned, plain or vegetarian	N/A	0.428
Beans, baked, canned, with beef	N/A	
	·	0.94
Beans, baked, canned, with nork	N/A	0.901
Beans, baked, canned, with pork	N/A	0.447
Beans, baked, canned, with pork and sweet sauce	N/A	0.304
Beans, baked, canned, with pork and tomato sauce	N/A	0.494
Beans, baked, home prepared	N/A	0.408
Beans, black turtle, mature seeds, canned	N/A	0.62
Beans, black turtle, mature seeds, cooked, boiled, with salt	N/A	0.527
Beans, black turtle, mature seeds, cooked, boiled, without salt	N/A	0.527
Beans, black turtle, mature seeds, raw	N/A	1.955
Beans, black, mature seeds, canned, low sodium	N/A	0.62
Beans, black, mature seeds, cooked, boiled, with salt	N/A	0.505
Beans, black, mature seeds, cooked, boiled, without salt	N/A	0.505
Beans, black, mature seeds, raw	1.11	1.955
beans, black, mature seeds, raw	N/A	1.333
Beans, chili, barbecue, ranch style, cooked	N/A N/A	
Beans, chili, barbecue, ranch style, cooked	N/A	0.36
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Poons craphorny (roman) mature coods cooked hoiled without salt	NI/A	0.515
Beans, cranberry (roman), mature seeds, cooked, boiled, without salt Beans, cranberry (roman), mature seeds, raw	N/A N/A	0.515
Beans, fava, in pod, raw	N/A	2.249
Beans, french, mature seeds, cooked, boiled, with salt	N/A	0.546
Beans, french, mature seeds, cooked, boiled, without salt	N/A	0.546
Beans, french, mature seeds, raw	N/A	2.083
Beans, great northern, mature seeds, canned	N/A	0.461
Beans, great northern, mature seeds, canned, low sodium	N/A	0.461
Beans, great northern, mature seeds, cooked, boiled, with salt	N/A	0.681
Beans, great northern, mature seeds, cooked, boiled, without salt	N/A	0.681
Beans, great northern, mature seeds, raw (Includes foods for USDA's Food	1.1,7.1	51301
Distribution Program)	N/A	1.955
Beans, kidney, all types, mature seeds, canned	N/A	0.411
Beans, kidney, all types, mature seeds, cooked, boiled, with salt	N/A	0.578
Beans, kidney, all types, mature seeds, cooked, boiled, without salt	N/A	0.578
Beans, kidney, all types, mature seeds, raw	N/A	2.06
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Beans, kidney, california red, mature seeds, cooked, boiled, with salt	N/A	0.54
Beans, kidney, california red, mature seeds, cooked, boiled, without salt	N/A	0.54
Beans, kidney, california red, mature seeds, raw	N/A	2.06
Beans, kidney, mature seeds, sprouted, raw	N/A	2.92
Beans, kidney, red, mature seeds, canned, drained solids	N/A	0.46
Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	N/A	0.417
Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	N/A	0.494
Beans, kidney, red, mature seeds, canned, solids and liquids	N/A	0.494
Beans, kidney, red, mature seeds, cooked, boiled, with salt	N/A	0.578
Beans, kidney, red, mature seeds, cooked, boiled, without salt	N/A	0.578
Beans, kidney, red, mature seeds, raw	N/A	2.11
Beans, kidney, royal red, mature seeds, cooked, boiled with salt	N/A	0.552
Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	N/A N/A	0.552
Beans, kidney, royal red, mature seeds, raw Beans, liquid from stewed kidney beans	N/A	2.106 0.39
Beans, mung, mature seeds, sprouted, canned, drained solids	N/A	0.22
Beans, navy, mature seeds, canned	N/A	0.487
Beans, navy, mature seeds, control	N/A	0.649
Beans, navy, mature seeds, cooked, boiled, with salt	N/A	0.649
Beans, navy, mature seeds, raw	N/A	2.188
Beans, navy, mature seeds, sprouted, raw	N/A	1.22
Beans, pink, mature seeds, cooked, boiled, with salt	N/A	0.57
Beans, pink, mature seeds, cooked, boiled, without salt	N/A	0.57
Beans, pink, mature seeds, raw	N/A	1.892
Beans, pinto, canned, drained solids	N/A	0.272
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	N/A	0.632
Done pinto immatura cooks frozon acalled bailed dustred with the	N/A	0.033
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	N/A N/A	0.632
Beans, pinto, immature seeds, frozen, unprepared	IV/A	0.7
Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	N/A	0.262
Beans, pinto, mature seeds, canned, solids and liquids	N/A	0.268
Beans, pinto, mature seeds, canned, solids and liquids, low sodium	N/A	0.268
Beans, pinto, mature seeds, cooked, boiled, with salt	N/A	0.318
Beans, pinto, mature seeds, cooked, boiled, without salt	N/A	0.318
Beans, pinto, mature seeds, raw (Includes foods for USDA's Food Distribution		
Program)	N/A	1.174
Beans, shellie, canned, solids and liquids	N/A	0.205
Beans, small white, mature seeds, cooked, boiled, with salt	N/A	0.272

	101/0	0.272
Beans, small white, mature seeds, cooked, boiled, without salt	N/A	0.272
Beans, small white, mature seeds, raw	N/A	1.342
Beans, snap, canned, all styles, seasoned, solids and liquids	N/A	0.233
Beans, snap, green, canned, no salt added, drained solids	N/A	0.206
Beans, snap, green, canned, no salt added, solids and liquids	N/A	0.2
Beans, snap, green, canned, regular pack, drained solids	N/A	0.206
Beans, snap, green, canned, regular pack, solids and liquids	N/A	0.2
Beans, snap, green, cooked, boiled, drained, with salt	N/A	0.614
Beans, snap, green, cooked, boiled, drained, without salt	N/A	0.614
Beans, snap, green, frozen, all styles, microwaved	N/A	0.485
Beans, snap, green, frozen, all styles, unprepared (Includes foods for USDA's	21/2	0.406
Food Distribution Program)	N/A	0.496
Beans, snap, green, frozen, cooked, boiled, drained without salt	N/A	0.383
Beans, snap, green, frozen, cooked, boiled, drained, with salt	N/A	0.383
Beans, snap, green, microwaved	N/A	0.773
Beans, snap, green, raw	N/A	0.734
Beans, snap, yellow, canned, no salt added, drained solids	N/A	0.201
Beans, snap, yellow, canned, no salt added, solids and liquids	N/A	0.2
Beans, snap, yellow, canned, regular pack, drained solids	N/A	0.201
Beans, snap, yellow, canned, regular pack, solids and liquids	N/A	0.2
Beans, snap, yellow, cooked, boiled, drained, with salt	N/A	0.614
Beans, snap, yellow, cooked, boiled, drained, without salt	N/A	0.614
Beans, snap, yellow, frozen, all styles, unprepared	N/A	0.499
Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	N/A	0.383
Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	N/A	0.383
Beans, snap, yellow, raw	N/A	0.752
Beans, white, mature seeds, canned	N/A	0.113
Beans, white, mature seeds, cooked, boiled, with salt	N/A	0.14
Beans, white, mature seeds, cooked, boiled, without salt	N/A	0.14
Beans, white, mature seeds, raw	N/A	0.479
Beans, yellow, mature seeds, cooked, boiled, with salt	N/A	0.708
Beans, yellow, mature seeds, cooked, boiled, without salt	N/A	0.708
Beans, yellow, mature seeds, raw	N/A	2.43
Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	N/A	6.148
Beef macaroni with tomato sauce, frozen entree, reduced fat	N/A	1.806
Beef Pot Pie, frozen entree, prepared	N/A	1.633
Beef stew, canned entree	N/A	1.096
Beef, bologna, reduced sodium	N/A	2.63
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all		
grades, cooked, roasted	N/A	6.933
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all		
grades, raw	N/A	6.087
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat,		
choice, cooked, roasted	N/A	6.959
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat,		
choice, raw	N/A	6.658
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat,		
select, cooked, roasted	N/A	6.906
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat,		
select, raw	N/A	5.516
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all		
grades, raw	N/A	6.585
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat,		0.000
choice, cooked, roasted	N/A	7.77
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat,		7.77
choice, raw	N/A	7.17
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select,	,	7.17
cooked, roasted	N/A	7.939
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select,	ny C	7.555
raw	N/A	6.201
I WIT	IN/A	0.201

Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat,	6.353
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A	6.353
grades, raw N/A	
Reaf bricket flat half boneless senarable lean and fat trimmed to 0" fat	6.019
choice, raw N/A	6.115
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat,	
select, raw N/A	5.875
Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice,	
raw N/A	6.452
Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select,	
raw N/A	6.205
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades,	
cooked, braised N/A	4.667
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice,	
cooked, braised N/A	4.496
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked,	
braised N/A	4.175
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades,	
cooked, braised N/A	4.087
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades,	
raw N/A	4.041
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice,	4.041
cooked, braised	4.001
Cooked, braised	4.001
Doof bricket firt half consumble loop and for triummed to 1/0" for chains you. N/A	4 000
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A	4.098
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select,	
cooked, braised N/A	4.175
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw N/A	3.984
Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades,	
cooked, braised N/A	4.84
Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked,	
braised N/A	4.926
Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked,	
braised N/A	4.906
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades,	
cooked, braised N/A	4.825
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw N/A	4.947
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked,	
braised N/A	5.003
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw N/A	5.158
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked,	
braised N/A	4.801
1971	
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw N/A	4.731
Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades,	4.731
cooked, braised	3.04
Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades,	3.04
	2.14
cooked, braised N/A Poof bridget point half conseable loss and fet tripped to 1/8" fet all grades	3.14
Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades,	2.42
raw N/A	3.12
Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades,	
cooked, braised N/A	3.57
Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades,	
cooked, braised N/A	3.37
Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised N/A	

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Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades,	21.72	2.40
raw	N/A	3.48
Beef, brisket, whole, separable lean only, all grades, raw	N/A	3.94
Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked,		
braised	N/A	3.71
Beef, carcass, separable lean and fat, choice, raw	N/A	3.54
Beef, carcass, separable lean and fat, select, raw	N/A	3.54
Beef, chopped, cured, smoked	N/A	4.577
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed		
to 0" fat, all grades, cooked, braised	N/A	3.804
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed		
to 0" fat, all grades, raw	N/A	3.875
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed		
to 0" fat, choice, cooked, braised	N/A	3.791
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed		
to 0" fat, choice, raw	N/A	3.821
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed		
to 0" fat, select, cooked, braised	N/A	3.886
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed	,	
to 0" fat, select, raw	N/A	3.95
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to	,	0.50
0" fat, all grades, cooked, braised	N/A	4.147
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to	IV/A	7.17/
0" fat, all grades, raw	N/A	4.167
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to	IN/A	4.107
	NI/A	4.14
0" fat, choice, cooked, braised	N/A	4.14
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to		
0" fat, choice, raw	N/A	4.097
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to	,	
0" fat, select, cooked, braised	N/A	4.22
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to		
0" fat, select, raw	N/A	4.25
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat,		
trimmed to 0" fat, all grades, cooked, roasted	N/A	4.368
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat,		
trimmed to 0" fat, all grades, raw	N/A	4.324
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat,		
trimmed to 0" fat, choice, cooked, roasted	N/A	4.303
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat,		
trimmed to 0" fat, choice, raw	N/A	4.323
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat,		
trimmed to 0" fat, select, cooked, roasted	N/A	4.314
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat,		
trimmed to 0" fat, select, raw	N/A	4.56
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only,	.,	
trimmed to 0" fat, all grades, cooked, roasted	N/A	4.693
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only,		1.033
trimmed to 0" fat, all grades, raw	N/A	4.593
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only,	IV/A	4.555
trimmed to 0" fat, choice, cooked, roasted	N/A	4.593
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only,	IV/A	4.595
	N/A	4.502
trimmed to 0" fat, choice, raw	N/A	4.593
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only,	NI/A	
trimmed to 0" fat, select, cooked, roasted	N/A	4.65
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only,		
trimmed to 0" fat, select, raw	N/A	4.83
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all		
grades, cooked, grilled	N/A	4.663
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all		
grades, raw	N/A	4.351

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Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat,		
choice, cooked, grilled	N/A	4.649
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat,		
choice, raw	N/A	4.34
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat,		
select, cooked, grilled	N/A	4.773
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat,		
select, raw	N/A	4.377
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all		
grades, cooked, grilled	N/A	5.19
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all		
grades, raw	N/A	4.827
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice,		
cooked, grilled	N/A	5.18
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice,		
raw	N/A	4.803
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select,		
cooked, grilled	N/A	5.31
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select,		
raw	N/A	4.87
	14,71	1.07
Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	N/A	4.117
Beef, chuck for stew, separable lean and fat, all grades, raw	N/A	5.003
Beef, chuck for stew, separable lean and fat, choice, cooked, braised	N/A	4.013
Beef, chuck for stew, separable lean and fat, choice, raw	N/A	4.887
Beef, chuck for stew, separable lean and fat, select, cooked, braised	N/A	4.85
Beef, chuck for stew, separable lean and fat, select, raw	N/A	5.19
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all		
grades, cooked, braised	N/A	4.105
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select,		
cooked, braised	N/A	4.213
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all		
grades, cooked, braised	N/A	4.273
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all		
grades, raw	N/A	4.331
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, braised	N/A	4.215
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice,		
raw	N/A	4.328
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select,		
cooked, braised	N/A	4.331
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select,		
raw	N/A	4.334
Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice,		
cooked, braised	N/A	5.039
Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select,		5.555
cooked, braised	N/A	4.829
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades,	IN/A	4.023
cooked, braised	N/A	5.044
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades,	NA	3.044
	N1/A	F 000
Pacifichally are not recent concretely long only trigground to 1/0" fot above	N/A	5.069
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice,		5 242
cooked, braised	N/A	5.243
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice,		
raw	N/A	5.221
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select,		
cooked, braised	N/A	5.007
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select,		
raw	N/A	4.908
Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades,		
cooked, braised	N/A	2.45
		

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	2.43 2.18 2.41 2.17 2.46
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, n/A Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, n/A Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, n/A Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades,	2.18 2.41 2.17
raw N/A Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised N/A Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised N/A Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw N/A Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades,	2.41
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades,	2.41
cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw N/A Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw N/A	2.17
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw N/A Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades,	2.17
raw N/A Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised N/A Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw N/A Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades,	
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cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw N/A Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades,	2.46
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw N/A Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades,	2.46
raw N/A Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades,	
Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades,	
	2.2
cooked, braised	
1.71.	2.67
Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades,	
cooked, roasted N/A	3.393
Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice,	
cooked, roasted N/A	3.251
Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select,	
cooked, roasted N/A	3.599
Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades,	
cooked, roasted N/A	3.529
Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked,	3.323
roasted N/A	3.415
Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked,	3.413
	2 606
roasted N/A Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades,	3.696
	2.460
cooked, roasted N/A	3.469
Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades,	2 4 4 4
raw N/A	3.444
Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades,	
cooked, braised N/A	3.121
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to	
0" fat, all grades, cooked, braised N/A	3.809
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to	
O" fat, all grades, raw N/A	3.587
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to	
0" fat, choice, cooked, braised N/A	3.787
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to	
0" fat, choice, raw N/A	3.513
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to	
0" fat, select, cooked, braised N/A	3.87
Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to	
0" fat, select, raw	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 N/A	3.603
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0"	5.000
fat, choice, cooked, braised N/A	3.867
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0"	3.007
fat, choice, raw N/A	3.527
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0"	3.327
IDEEL, CHUCK, HIVEN LEHUEL SLEAK, DUHELESS, SEDALADIE IEAH UHIV, LIIIIIHEH HIV	3.94
	3.94
fat, select, cooked, braised N/A	3.51
fat, select, cooked, braised N/A Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0"	
fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A	3.74
fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all	3.74
fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled N/A	
fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all	3.74

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat,	21/2	2.55
USDA select, cooked, broiled	N/A	3.66
Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all	N/A	2 625
grades, cooked, broiled	IN/A	3.635
Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	NI/A	2.612
	N/A	3.613
Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select,	N/A	2.669
cooked, broiled	N/A	3.668
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all	NI/A	2 200
grades, cooked, braised Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all	N/A	3.299
	N/A	2 202
grades, raw Poof chuck short ribs handless congrable lean and fat trimmed to 0" fat	N/A	3.293
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat,	NI/A	2.246
Choice, cooked, braised	N/A	3.246
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat,	N1/A	2 222
Choice, raw	N/A	3.323
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat,	NI/A	2 501
select, cooked, braised	N/A	3.501
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat,	N/A	2 210
Select, raw	N/A	3.318
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all	21/2	2 522
grades, cooked, braised	N/A	3.523
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all	N1/A	2 522
grades, raw	N/A	3.523
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice	21/2	2.467
cooked, braised	N/A	3.467
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice	21/2	2.557
raw	N/A	3.567
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select,	21/2	2.74
cooked, braised	N/A	3.74
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select,	21/2	3.50
raw	N/A	3.56
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat,	NI/A	E 107
trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat,	N/A	5.187
trimmed to 0" fat, all grades, raw	N/A	4.51
	N/A	4.51
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat,	NI/A	F 025
trimmed to 0" fat, choice, cooked, grilled Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat,	N/A	5.035
trimmed to 0" fat, choice, raw	N/A	4.50
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat,	N/A	4.58
	NI/A	F 40
trimmed to 0" fat, select, cooked, grilled Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat,	N/A	5.49
trimmed to 0" fat, select, raw	N/A	E E 7
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and	IN/A	5.57
fat, trimmed to 0" fat, all grades, cooked, grilled	N/A	E 272
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and	IN/A	5.273
fat, trimmed to 0" fat, all grades, raw	N/A	F 102
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and	IN/A	5.193
	NI/A	E 16E
fat, trimmed to 0" fat, choice, cooked, grilled	N/A	5.165
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and	N/A	F 43
fat, trimmed to 0" fat, choice, raw Reaf, chuck, shoulder clod, shoulder top and center steaks, separable lean and	N/A	5.13
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	N/A	F 40
	N/A	5.49
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and	N/4	5.33
fat, trimmed to 0" fat, select, raw	N/A	5.32
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to		2.022
0" fat, all grades, cooked, grilled	N/A	3.833
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to	N/A	2.42
0" fat, all grades, raw	N/A	3.42

iseef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled NA 3.38 Seef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0° fat, select, cooked, grilled NA 3.38 Seef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0° fat, select, cooked, grilled NA 3.55 Seef, chuck, top blade, separable lean and fat, trimmed to 0° fat, select, cooked, broiled Seef, chuck, top blade, separable lean and fat, trimmed to 0° fat, select, cooked, broiled Seef, chuck, top blade, separable lean and fat, trimmed to 0° fat, select, cooked, broiled Seef, chuck, top blade, separable lean and fat, trimmed to 0° fat, select, cooked, broiled Seef, chuck, top blade, separable lean and fat, trimmed to 0° fat, select, cooked, broiled Seef, chuck, top blade, separable lean and fat, trimmed to 0° fat, select, cooked, broiled Seef, chuck, top blade, separable lean and fat, trimmed to 0° fat, select, cooked, broiled Seef, chuck, top blade, separable lean and fat, trimmed to 0° fat, select, cooked, broiled Seef, chuck, top blade, separable lean and fat, trimmed to 0° fat, select, cooked, broiled Seef, chuck, top blade, separable lean and fat, trimmed to 0° fat, select, cooked, broiled Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0° fat, all grades, cooked, grilled NA 3.55 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0° fat, all grades, cooked, grilled NA 3.55 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0° fat, alleg, cooked, grilled NA 3.55 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0° fat, alleg, cooked, grilled NA 3.55 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0° fat, alleg, cooked, grilled NA 3.55 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and			
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Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to ''n' fat, select, cooked, grilled' Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to ''' fat, select, clow. Socked, broiled separable lean and fat, trimmed to ''' fat, select, clow. Socked, broiled seer, chuck, top blade, separable lean and fat, trimmed to ''' fat, select, chuck, top blade, separable lean and fat, trimmed to ''' fat, select, chuck, top blade, separable lean and fat, trimmed to ''' fat, select, chuck, top blade, separable lean and fat, trimmed to ''' fat, select, chuck, top blade, separable lean and fat, trimmed to ''' fat, select, chuck, top blade, separable lean and fat, trimmed to ''' fat, select, chuck, top blade, separable lean and fat, trimmed to ''' fat, select, chuck, top blade, separable lean only, trimmed to ''' fat, select, chuck, top blade, separable lean only, trimmed to ''' fat, select, chuck, top blade, separable lean only, trimmed to ''' fat, select, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to ''' fat, select, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to ''' fat, select, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to ''' fat, select, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to ''' fat, select, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to ''' fat, select, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to ''' fat, select, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to ''' fat, select, chooked, grilled select, select, select, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to ''' fat, all grades, cooked, grilled select,			2 20
0" fat, select, cooked, grilled MA 4.06 Beef, chuck, though blade, steak, separable lean and fat, trimmed to 0" fat, all grades, socked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, socked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, socked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, socked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, grilled NA 4.049 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, places, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled NA 3.257 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled NA 3.368 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled NA 3.369 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw NA 3.347 Beef, chuck, under blade center steak, boneless,	·		3.38
Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, row, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, row, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, row, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, row, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, row, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, row leas, boneless, separable lean and fat, trimmed to 0" fat, all grades,			4.00
Or fat, select, raw Beef, chuck, top blade, separable lean and fat, trimmed to 0° fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0° fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0° fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0° fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0° fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0° fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0° fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0° fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0° fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0° fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0° fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0° fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0° fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0° fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0° fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0° fat, all grades, sow Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0° fat, doole, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0° fat, doole, raw Beef, chuck, under blade center ste		·	4.06
Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled Reef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled Reef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled Reef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Reef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Reef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Reef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Reef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Reef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, taw Reef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Reef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Reef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cowed, grilled Reef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, chwe Reef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, and the plade center steak, boneless, Denver Cut, sep			2.5
cocked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, elect, cocked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, elect, cocked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, elect, cocked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cocked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, elect, cocked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cocked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cocked, broiled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.252 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.368 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.269 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.347 Beef, chuck, under blade center steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, c		IN/A	3.5
Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, chicc, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, etask, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.861 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.867 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.868 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, separable lean and fat, trimmed to 0		N/A	2 761
cooked, broiled Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, up blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, under blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, power Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.2681 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.292 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, olice, cooked, grilled N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat,	·	IN/A	3.701
Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw B		N/A	3 619
cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, proiled Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, proiled Beef, chuck, under blade, separable lean only, trimmed to 0" fat, select, cooked, proiled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade pot roast or steak, bon	·	N/A	5.015
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled Seef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled N/A 3.665 Seef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled N/A 4.049 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 3.252 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, online, raw of the center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, online, raw N/A 3.316 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, online, raw N/A 3.316 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.316 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw N/A 3.347 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw N/A 3.347 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean N/A 3.348 Seef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Seef, chuc		N/A	3 07
cooked, broiled Seef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled Seef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, row Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.292 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.293 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.294 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.297 Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw Seef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Seef, chuck, under blade pot roast or steak,	·	IN/A	3.37
beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled N/A 3.665 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled N/A 4.049 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 3.591 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 3.252 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 3.575 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 3.316 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.681 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.681 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.292 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.68 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.349 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fa		N/A	2 921
broiled Seef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, faw N/A 3.575 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.316 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.326 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.292 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.340 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.341 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.343 Beef, chuck, under blade center steak, boneless, penable lean and fat, trimmed to 0" fat, choice, raw N/A 3.343 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat,		IN/A	5.021
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 3.551 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 3.551 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 3.575 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 3.316 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 3.316 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.316 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.329 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.329 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.347 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.348 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 3.388 Beef, chuck, under bla		N/A	3 665
broiled N/A 4.049 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 3.591 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 3.252 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 3.575 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.316 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.316 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.681 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.292 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.617 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.617 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw N/A 3.68 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw N/A 3.348 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.349 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.349 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 4.032 Be		IN/A	3.003
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 3.252 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 3.575 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw Soneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw Soneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.681 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.292 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.387 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.387 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.348 Beef, chuck, under blade pot roast or steak, boneless, Separable lean and fat, trimmed to 0" fat, select, raw N/A 3.398 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.298 Beef, chuck, under blade pot roast or stea		N/A	4.040
and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, deligrades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or ste		IN/A	4.049
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, fave, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, fave, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, separable lean and fat, trimmed to 0" fat, glades, raw N/A 3.34 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, glades, raw N/A 3.40 3.50 3.60		NI/A	2.504
and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, caw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.347 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.349 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.349 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, telocice, raw N/A 3.340 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, telocice, raw N/A 3.358 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, te		N/A	3.591
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.316 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.681 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.292 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.617 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.347 Beef, chuck, under blade pot roast or steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.348 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 4.032 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 4.032 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 4.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 4.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0		NI/A	2.252
and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.316 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.681 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.292 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.688 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw N/A 3.693 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.71 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.71 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 3.993 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 4.032 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 4.395 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 4.395 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, allegade, raw N/A 4.395 Beef, chuck, under blade pot roast or steak, boneless,		N/A	3.252
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.68 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.71 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw N/A 3.71 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.71 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 3.34 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.383 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.384 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.386 Beef, chuck, under blade pot roast or steak, boneless,		N1 / A	2.575
and fat, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, coaked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A A.032 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A A.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A A.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A A.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, dialegrades, raw N/A A.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, tr		N/A	3.5/5
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, caw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.617 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.687 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.69 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.71 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.71 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, delect, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, delect, raw N/A 4.106 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 4.395 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.568 Beef, chuck, under blade pot roast or steak, bone			2 246
and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.292 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.371 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.34 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.106 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 4.395 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 4.395 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 4.395 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 4.395 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 4.395		N/A	3.316
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.292 N/A 3.617 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.348 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.568 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.568			2.504
and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A A.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A A.335 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A A.336 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A A.336 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw		N/A	3.681
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.617 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw N/A 3.287 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.6 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.71 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.34 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.34 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.335 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.395 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.395			2.22
only, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.347 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 8.340 8.356 8.360 8.36		N/A	3.292
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, caw boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled only, trimmed to 0" fat, choice, cooked, grilled only, trimmed to 0" fat, choice, cooked, grilled only, trimmed to 0" fat, choice, raw boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw boneless, separable lean and fat, trimmed to 0" fat, all grades, raw boneless, separable lean and fat, trimmed to 0" fat, choice, raw boneless, separable lean and fat, trimmed to 0" fat, choice, raw boneless, separable lean and fat, trimmed to 0" fat, select, raw boneless, separable lean only, trimmed to 0" fat, select, raw boneless, separable lean only, trimmed to 0" fat, choice, raw boneless, separable lean only, trimmed to 0" fat, choice, raw boneless, separable lean only, trimmed to 0" fat, select, raw boneless, separable lean only, trimmed to 0" fat, select, raw boneless, separable lean only, trimmed to 0" fat, select, raw boneless, separable lean only, trimmed to 0" fat, select, raw boneless, separable lean only, trimmed to 0" fat, select, raw boneless, separable lean only, trimmed to 0" fat, select, raw boneless, separable lean only, trimmed to 0" fat, choice, raw boneless, separable lean only, trimmed to 0" fat, choice, raw boneless, separable lean only, trimmed to 0" fat, choice, raw boneless, separable lean only, trimmed to 0" fat, choice, raw boneless, separable lean only, trimmed to 0" fat, choice, raw boneless, separable lean only, trimmed to 0" fat, choice, raw boneless, separable lean only, trimmed to 0" fat, choice,			0.54-
only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, raw N/A Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed		N/A	3.617
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed			
only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.106 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 4.29 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 4.29 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.568		N/A	3.287
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 4.106 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 4.29 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 8.29 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 8.356 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 8.368 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 8.368			
only, trimmed to 0" fat, choice, raw Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 4.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 4.395 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.395 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.347	1 1 2	N/A	3.6
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A A.395 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A A.395 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed			
only, trimmed to 0" fat, select, cooked, grilled N/A Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed		N/A	3.347
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw N/A 3.34 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 4.032 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.106 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 4.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 4.29 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.395 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.568			
only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.34 4.032 N/A 4.032 N/A 4.106 N/A 4.302 N/A 4.305 N/A 4.305 N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed N/A 3.568		N/A	3.71
Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed			
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Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.983 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.106 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 4.332 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 4.29 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.395 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed			
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Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.395 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed	·		
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Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.29 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.395 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed			
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Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 4.29 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.395 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed			
trimmed to 0" fat, choice, raw N/A 4.29 Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.395 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed		N/A	4.332
Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 4.395 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed			
trimmed to 0" fat, select, raw N/A 4.395 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed	·	N/A	4.29
Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed			
to 0" fat, all grades, cooked, braised N/A 3.568 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed		N/A	4.395
Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed			
		N/A	3.568
to 0" fat, choice, cooked, braised N/A 3.636			
	to 0" fat, choice, cooked, braised	N/A	3.636

Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed	
to 0" fat, select, cooked, braised	N/A 3.465
Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to	
0" fat, all grades, cooked, braised	N/A 3.874
Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to	
0" fat, choice, cooked, braised	N/A 3.96
Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to	
0" fat, select, cooked, braised	N/A 3.745
Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0"	
fat, all grades, cooked, braised	N/A 3.772
Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0"	
fat, choice, cooked, braised	N/A 3.804
Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0"	
fat, select, cooked, braised	N/A 3.72
Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0"	
fat, all grades, cooked, braised	N/A 3.976
Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0"	
fat, choice, cooked, braised	N/A 4.02
Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0"	
fat, select, cooked, braised	N/A 3.908
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0"	
fat, all grades, cooked	N/A 5.519
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0"	
fat, all grades, raw	N/A 5.34
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0"	
fat, choice, cooked	N/A 5.67
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0"	
fat, choice, raw	N/A 5.513
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0"	
fat, select, cooked	N/A 5.794
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0"	
fat, select, raw	N/A 5.327
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8"	
fat, all grades, cooked	N/A 5.458
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8"	
fat, all grades, raw	N/A 5.449
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8"	
fat, choice, cooked	N/A 5.486
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8"	
fat, choice, raw	N/A 5.572
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8"	
fat, select, cooked	N/A 5.124
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8"	
fat, select, raw	N/A 5.036
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat,	
all grades, cooked	N/A 5.787
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat,	3.767
all grades, raw	N/A 5.727
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat,	, 3.727
choice, cooked	N/A 5.947
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat,	3.547
choice, raw	N/A 5.519
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat,	3.515
select, cooked	N/A 5.918
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat,	5.516
select, raw	N/A 5.558
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8"	5.556
fat, all grades, cooked	N/A 6.222
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8"	0.222
fat, all grades, raw	N/A 6.139
iat, an fraucs, raw	0.139

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8"		
fat, choice, raw	N/A	6.31
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8"		
fat, select, cooked	N/A	5.897
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8"		
fat, select, raw	N/A	6.021
Beef, corned beef hash, with potato, canned	N/A	1.572
Beef, cured, breakfast strips, cooked	N/A	6.47
Beef, cured, breakfast strips, raw or unheated	N/A	2.97
Beef, cured, corned beef, brisket, cooked	N/A	3.03
Beef, cured, corned beef, brisket, raw	N/A	3.66
Beef, cured, corned beef, canned	N/A	2.43
Beef, cured, dried	N/A	5.164
	N/A	4.838
Beef, cured, luncheon meat, jellied		
Beef, cured, pastrami	N/A	4.26
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked,		
broiled	N/A	7.363
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	6.257
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked,		
braised	N/A	4.42
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked,		
broiled	N/A	7.471
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	6.842
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked,	,	0.0 .2
broiled	N/A	7.256
broned	IN/A	7.230
Boof flank stock congrable loop and fat trimmed to 0" fat select raw	N1/A	E 671
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	N/A	5.671
Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked,		
broiled	N/A	7.981
	,	
Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	N/A	6.683
Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked,		
braised	N/A	4.6
Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked,		
broiled	N/A	8.208
Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	N/A	7.353
Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked,		
broiled	N/A	8.171
Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	N/A	6.227
Beef, grass-fed, ground, raw	N/A	4.818
Beef, grass-fed, strip steaks, lean only, raw	N/A	6.703
Seed, 8, and real, strip seeding, real strip, ratio	14/74	0.703
Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	N/A	4.859
	N/A	
Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked		4.026
Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	N/A	5.034
Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	N/A	4.537
Beef, ground, 70% lean meat / 30% fat, raw	N/A	3.382
Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	N/A	5.345
Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	N/A	4.327
Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	N/A	4.818
Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	N/A	5.282
Beef, ground, 75% lean meat / 25% fat, raw	N/A	3.804
Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	N/A	5.831
Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	N/A	4.627
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	N/A	5.098
Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	N/A	5.53
beer, 51 Juliu, 50% lean meat / 20% lat, patty, cookeu, pan-broileu	IN/A	5.53

Reaf ground 80% lean most / 20% fat raw	N/A	4.227
Beef, ground, 80% lean meat / 20% fat, raw	IN/A	4.227
Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	NI/A	£ 210
	N/A N/A	6.318 4.927
Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked		
Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	N/A	5.378
Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	N/A	5.778
Beef, ground, 85% lean meat / 15% fat, raw (Includes foods for USDA's Food		
Distribution Program)	N/A	4.649
Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	N/A	6.804
Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	N/A	5.228
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	N/A	5.659
Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	N/A	6.027
Beef, ground, 90% lean meat / 10% fat, raw	N/A	5.072
Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	N/A	7.096
Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	N/A	5.408
Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	N/A	5.827
Beef, ground, 93% lean meat / 7% fat, raw	N/A	5.325
Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	N/A	6.175
,	,	
Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	N/A	7.29
Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	N/A	5.528
Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	N/A	5.939
Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	N/A	6.275
Beef, ground, 95% lean meat / 5% fat, raw	N/A	5.494
beer, ground, 93% lean meat / 3% lat, raw	IN/A	5.494
Doof ground 070/ loop moot / 20/ fot group blog pool and non bround	11/4	7.405
Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	N/A	7.485
Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	N/A	5.648
Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	N/A	6.051
Beef, ground, 97% lean meat / 3% fat, raw	N/A	5.663
Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	N/A	6.374
Beef, ground, patties, frozen, cooked, broiled	N/A	5.305
Beef, ground, unspecified fat content, cooked	N/A	5.682
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0"		
fat, all grades, cooked, roasted	N/A	7.655
Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to		
0" fat, all grades, cooked, broiled	N/A	4.225
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat	,	
all grades, cooked, roasted	N/A	5.556
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat		
all grades, raw	N/A	4.705
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat		
choice, cooked, roasted	N/A	5.438
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat		31.60
choice, raw	N/A	4.461
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat		7.701
select, cooked, roasted	N/A	5.732
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat	•	5.732
	N/A	E 073
Select, raw		5.072
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, al		
grades, cooked, roasted	N/A	5.586
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, al		
grades, raw	N/A	4.755
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat,		
choice, cooked, roasted	N/A	5.47
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat,		
choice, raw	N/A	4.508
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat,		
select, raw	N/A	5.125

Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat,		
select, cooked, roasted	N/A	5.76
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat,		
all grades, cooked, grilled	N/A	5.61
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat,		
all grades, raw	N/A	4.717
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat,		
choice, cooked, grilled	N/A	5.579
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat,		
choice, raw	N/A	4.473
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat,		
select, cooked, grilled	N/A	5.691
Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat,		
select, raw	N/A	5.082
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all		
grades, cooked, grilled	N/A	6.235
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all	•	0.233
grades, raw	N/A	4.755
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat,	N/A	4.733
choice, cooked, grilled	N/A	7.071
	N/A	7.071
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat,	1	4.500
choice, raw	N/A	4.508
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat,		
select, cooked, grilled	N/A	5.87
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat,		
select, raw	N/A	5.125
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to		
0" fat, all grades, cooked, grilled	N/A	5.813
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to		
0" fat, all grades, raw	N/A	6.515
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to		
0" fat, choice, cooked, grilled	N/A	5.622
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to		
0" fat, choice, raw	N/A	6.681
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to		
0" fat, select, cooked, grilled	N/A	6.133
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to		
0" fat, select, raw	N/A	6.267
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0"		
fat, all grades, cooked, grilled	N/A	5.996
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0"	_	
fat, all grades, raw	N/A	6.742
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0"		-
fat, choice, cooked, grilled	N/A	5.871
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0"	14,71	3.071
fat, choice, raw	N/A	6.947
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0"	14/73	0.547
fat, select, cooked, grilled	N/A	C 107
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0"	IV/A	6.187
	N/A	C 435
fat, select, raw	N/A	6.435
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to	21/2	
1/8" fat, all grades, cooked, grilled	N/A	6.644
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to		
1/8" fat, all grades, raw	N/A	6.123
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to		
1/8" fat, choice, cooked, grilled	N/A	6.734
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to		
1/8" fat, choice, raw	N/A	6.286
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to		
1/8" fat, select, cooked, grilled	N/A	6.51

ileef, Join, top Ioin steak, boneless, Ip-on, separable lean and fat, trimmed to 1/8" and fat, t	_	T T	
Beef, Join, top Join steak, boneless, ip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Leef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, traw Beef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, traw Beef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, traw Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, seek Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, seek Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, seek Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, seek Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, seek Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, seek Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, seek Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, seek Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, seek Seef, Join, top Join cop Steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, seek Seef, Join, top Join cop Steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled See	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to		
fat, all grades, cooked, grilled Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, row Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, row Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled NA 7.11 NA 8.44 7.12 NA 8.45 8.47 8.4		N/A	5.879
Seef, Ioin, top Ioin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, dilegrades, raw Seef, Ioin, top Ioin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Seef, Ioin, top Ioin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Seef, Ioin, top Ioin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, Ioin, top Ioin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.95 Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, raw Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.95 Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.96 Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Seef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Seef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Ioin, top Ioin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Seef, Ioin, top Ioin cap Ioin cap Ioin cap Ioin			
Social grades, raw Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join and seak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Seef, Join, top Join and seak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join and patable, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join and patable, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join and patable, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Seef, Join, top Join and patable, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join and patable, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top Join and patable, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Seef, Join, top Jo		N/A	7.32
Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8* fat, choice, cooked, grilled Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8* fat, choice, cooked, grilled Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8* fat, select, cooked, grilled Seef, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8* fat, select, cooked, grilled Seef, Join, top Join, separable lean and fat, trimmed to 1/8* fat, select, raw Seef, Join, top Join, separable lean and fat, trimmed to 1/8* fat, choice, raw Seef, Join, top Join, separable lean and fat, trimmed to 1/8* fat, select, raw Seef, Join, top Join, separable lean and fat, trimmed to 1/8* fat, select, raw Seef, Join, top Join, separable lean and fat, trimmed to 1/8* fat, select, raw Seef, Join, top Join, separable lean and fat, trimmed to 1/8* fat, select, raw Seef, Join, top Join, separable lean and fat, trimmed to 1/8* fat, select, raw Seef, Join, top Join, separable lean and fat, trimmed to 1/8* fat, select, raw Seef, Join, top Join ap Steak, boneless, separable lean and fat, trimmed to 1/8* fat, choice, raw Seef, Join, top Join cap Steak, boneless, separable lean and fat, trimmed to 1/8* fat, choice, raw Seef, Join, top Join cap Steak, boneless, separable lean and fat, trimmed to 1/8* fat, choice, raw Seef, Join, top Join cap Steak, boneless, separable lean and fat, trimmed to 1/8* fat, choice, raw Seef, Join, top Join cap Steak, boneless, separable lean and fat, trimmed to 1/8* fat, select, cooked, grilled Seef, Join, top Join cap Steak, boneless, separable lean and fat, trimmed to 1/8* fat, select, cooked, grilled Seef, Join, top Join cap Steak, boneless, separable lean and fat, trimmed to 1/8* fat, select, cooked, grilled Seef, Join, top Join cap Steak, boneless, separable lean only, trimmed to 0* fat, all grades, cooked, grilled Seef, Join, top Join cap Steak, boneless, separable lean only, trimmed to 0* fat, choice, cooked, grilled S			
Fac, Loince, cooked, grilled Seef, Join, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, chicker, raw Seef, Join, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, zooked, grilled Seef, Join, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, zooked, grilled Seef, Join, top loin, separable lean and fat, trimmed to 1/8" fat, select, zooked, grilled Seef, Join, top loin, separable lean and fat, trimmed to 1/8" fat, select, zooked, grilled Seef, Join, top loin, separable lean and fat, trimmed to 1/8" fat, select, zooked, grilled Seef, Join, top loin, separable lean and fat, trimmed to 1/8" fat, select, zooked, grilled Seef, Join, top sirion cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, zooked, grilled Seef, Join, top sirion cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Seef, Join, top sirion cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top sirion cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top sirion cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top sirion cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top sirion cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top sirion cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, zooked, grilled Seef, Join, top sirion cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, zooked, grilled Seef, Join, top sirion cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, zooked, grilled Seef, Join, top sirion cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, Join, top sirion fate, top seek, separable lean only, trimmed		N/A	6.742
Secf. Joint, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" N/A S.435			
fac, thoice, raw Seef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, zooked, grilled Seef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" N/A Seef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Seef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, zooked, grilled Seef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, zooked, grilled Seef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, zooked, grilled Seef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, zooked, grilled Seef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, zooked, grilled Seef, loin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, zooked, grilled Seef, loin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, loin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, loin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, loin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, loin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Seef, loin, top sirioin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Seef, loin, top sirioin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Seef, loin, top sirioin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Seef, loin, top sirioin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Seef, loin, top sirioin fiet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Seef		N/A	7.46
Beef, Ioin, top Ioin steak, boneless, lip-on, separable lean only, trimmed to 1/8" N/A 7.11 Seef, Ioin, top Ioin steak, boneless, lip-on, separable lean only, trimmed to 1/8" N/A 6.435 Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, caw N/A 7.037 Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 7.037 Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 7.037 Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 7.037 Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 7.037 Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 7.037 Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 7.037 Seef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 7.037 Seef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 7.037 Seef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 7.037 Seef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 7.037 Seef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 7.037 Seef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 7.037 Seef, Ioin, top Ioin cap Steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A 7.037 Seef, Ioin, top Ioin cap Steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled N/A 7.037 Seef, Ioin, top Ioin cap Steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A 7.037 Seef, Ioin, top Ioin c	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8"		
Fat. Select, cooked, grilled Seef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" N/A 6.435		N/A	6.947
Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades. cooked, grilled Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.95 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.95 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 3.916 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 3.588 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 3.961 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 3.962 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 3.963 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 3.63 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, row N/A 3.63 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled N/A 3.64 3.64 3.64 3.65 3.67 3			
fat, select, raw Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top isriolin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top siriolin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, loin, top siriolin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top siriolin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top siriolin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top siriolin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top siriolin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top siriolin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top siriolin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top siriolin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top siriolin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top siriolin filet, boneless, separable lean only, trimmed to 0" fat, all, choice, cooked, grilled Beef, loin, top siriolin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, loin, top siriolin filet, boneless, separable l		N/A	7.11
Beef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, raw Reef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, Ioin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, Ioin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, chice, cooked, grilled Beef, Ioin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, Ioin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, Ioin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, Ioin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, Ioin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, Ioin, top sirioin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, Ioin, top sirioin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, Ioin, top sirioin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, Ioin, top sirioin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, Ioin, top sirioin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, Ioin, top sirioin cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, Ioin, top sirioin filet, boneless, separable lean only, trimmed to 0" fat, all gra	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8"		
seef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" f		N/A	6.435
Beef, Join, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, Join, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 5.502 Beef, Ioin, top Ioin, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.916 Beef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, grades, cooked, grilled Beef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 3.588 Beef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 3.591 Beef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 3.592 Beef, Ioin, top Ioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 3.603 Beef, Ioin, top Ioin cap Steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 3.603 Beef, Ioin, top Ioin cap Steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, Ioin, top Ioin cap Steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, Ioin, top Ioin cap Steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled N/A 5.048 Beef, Ioin, top Ioin cap Steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A 5.048 Beef, Ioin, top Ioin cap Steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A 5.360 Beef, Ioin, top Ioin cap Steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, Ioin, top Ioin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, Ioin, top Ioin filet, boneless, separable lean only, tr	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades,		
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Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw N/A 3.588 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 3.552 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 3.63 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" had beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" had beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" had beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" had beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, to			
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1/8" fat, choice, raw Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw N/A Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin fap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 6.176 Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 6.189 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 5.882 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 5.882 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 5.882 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 5.882	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to		
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1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin fallet, boneless, separable lean only, trimmed to 1/8" fat, select, raw N/A S.356 Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, looked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A S.882 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted N/A S.883 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted N/A S.883 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted N/A S.885			
Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, only only only only only only only only		N/A	4.093
1/8" fat, select, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, sepa			
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, r		N/A	3.63
fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, loin, top sirloin feiter roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, only, and separable lean only, trimmed to 0" fat, only, and separable lean only, trimmed to 0" fat, only, and separable lean only, trimmed to 0" fat, only, and separable lean only, trimmed to 0" fat, only, and separable lean only, trimmed to 0" fat, only, and separable lean only, trimmed to 0" fat, only, and separable lean only, trimmed to 0" fat, only, and separable lean only, trimmed to 0" fat, only, and separable lean only, trimmed to 0" fat, only, and separable lean only, trimmed to 0" fat, only, and separable lean only, trimmed to 0" fat, only, and separable lean only, trimmed to 0" fat, only, and separable lean only, trimm			
Beef, Ioin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, Ioin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, Ioin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw Beef, Ioin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw Beef, Ioin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, Ioin, top sirloin filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw Beef, Ioin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, Ioin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, Ioin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, Ioin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, Ioin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, Ioin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, Ioin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, Ioin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, Ioin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, Ioin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, Ioin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted		N/A	7.44
fat, all grades, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted			7111
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled		N/A	5.048
fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted N/A S.822 N/A S.823 N/A S.824 N/A S.825 S.826 S.826 S.827 S.827 S.827 S.827 S.827 S.828 S.828 S.828 S.828 S.828 S.828 S.828 S.828 S.828 S.8288 S.8288 S.8288 S.82888 S.82888 S.82888 S.828888 S.828888 S.8288888 S.82888888 S.828888888888			5.0.0
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 6.305 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted		N/A	7 423
fat, choice, raw Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A 8.287 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw N/A 8.287 Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 6.149 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted N/A 5.882 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 5.882 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 5.882 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted N/A 4.969 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed		N/A	7.425
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted		N/Δ	5 438
fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted		N/A	5.430
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted N/A 4.969 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed		N/A	8 287
fat, select, raw		N/A	0.207
Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed		N/A	ב טבב
grades, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed		1973	5.550
Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 6.149 Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 6.305 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted N/A 5.882 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 5.851 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted N/A 4.969 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed		N/A	6 176
choice, cooked, grilled Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed		IN/A	0.1/0
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select, cooked, grilled Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted N/A 4.969 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed	, , , ,	IV/A	0.149
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed N/A 4.969		N/A	C 205
fat, all grades, cooked, roasted N/A 5.882 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 5.851 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted N/A 4.969 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed		IV/A	0.305
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed N/A 4.969		N/A	F 003
fat, choice, cooked, roasted N/A 5.851 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted N/A 4.969 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed		N/A	5.882
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed		N1/0	
fat, select, cooked, roasted N/A 4.969 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed		N/A	5.851
Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed		N1/0	
		N/A	4.969
to U" fat, all grades, raw N/A 5.869			
	to U" fat, all grades, raw	N/A	5.869

Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed		
to 0" fat, choice, raw	N/A	5.867
Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed		
to 0" fat, select, raw	N/A	6.046
Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast		
roasted	N/A	2.132
	,	
Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	N/A	3.01
Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast	14/71	5.01
	NI/A	2 222
roasted	N/A	2.232
Beef, New Zealand, imported, bolar blade, separable lean only, raw	N/A	3.142
Beef, New Zealand, imported, brisket navel end, separable lean and fat,		
cooked, braised	N/A	1.974
Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	N/A	2.683
Beef, New Zealand, imported, brisket navel end, separable lean only, cooked,		
braised	N/A	2.45
	, i	
Beef, New Zealand, imported, brisket navel end, separable lean only, raw	N/A	3.578
Beef, New Zealand, imported, brisket point end, separable lean and fat,	14/73	5.578
	1.10	2 202
cooked, braised	N/A	3.282
Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	N/A	4.089
Beef, New Zealand, imported, brisket point end, separable lean only, cooked,		
braised	N/A	3.485
Beef, New Zealand, imported, brisket point end, separable lean only, raw	N/A	4.335
Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked,	.,,,,	
braised	N/A	1.97
braiseu	NA	1.37
Dock New Zoolood increased shoot are well accomply long and fet are	10.10	2.505
Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	N/A	2.685
Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked,		
braised	N/A	2.035
Beef, New Zealand, imported, chuck eye roll, separable lean only, raw	N/A	2.878
Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast		
roasted	N/A	3.889
Beef, New Zealand, imported, cube roll, separable lean and fat, raw	N/A	3.015
Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast		
roasted	N/A	4.177
Beef, New Zealand, imported, cube roll, separable lean only, raw	N/A	3.257
	IN/A	3.237
Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow		2 222
roasted	N/A	3.962
Beef, New Zealand, imported, eye round, separable lean and fat, raw	N/A	3.431
Beef, New Zealand, imported, eye round, separable lean only, cooked, slow		
roasted	N/A	3.983
Beef, New Zealand, imported, eye round, separable lean only, raw	N/A	3.494
Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	N/A	3.41
Beef, New Zealand, imported, flank, separable lean and fat, raw	N/A	4.594
beer, new Zediana, imported, name, separable lean and lat, law	IN/IN	4.354
Doof Nov. Zooland immediated flour, constraint loss and constraint in		2.22
Beef, New Zealand, imported, flank, separable lean only, cooked, braised	N/A	3.467
Beef, New Zealand, imported, flank, separable lean only, raw	N/A	4.73
Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	N/A	2.24
Beef, New Zealand, imported, flat, separable lean and fat, raw	N/A	3.212
Beef, New Zealand, imported, flat, separable lean only, cooked, braised	N/A	2.292
Beef, New Zealand, imported, flat, separable lean only, raw	N/A	3.328
beer, New Zealand, Imported, hat, separable least Ully, law	IV/A	5.520

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Beef, New Zealand, imported, hind shin, separable lean and fat, cooked,		
braised	N/A	2.611
Beef, New Zealand, imported, hind shin, separable lean and fat, raw	N/A	3.136
Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	N/A	2.698
Beef, New Zealand, imported, hind shin, separable lean only, raw	N/A	3.286
Beef, New Zealand, imported, inside, raw	N/A	3.955
Beef, New Zealand, imported, intermuscular fat, cooked	N/A	1.07
Beef, New Zealand, imported, intermuscular fat, raw	N/A	1.05
Beef, New Zealand, imported, knuckle, cooked, fast fried	N/A	3.229
Beef, New Zealand, imported, manufacturing beef, cooked, boiled	N/A	1.759
Beef, New Zealand, imported, manufacturing beef, raw	N/A	2.908
Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked,	1.3,1.1	
braised	N/A	1.645
braised	IV/A	1.043
Doof Nov. Zooland immented averter blade conception and fet you	N1/A	2 202
Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	N/A	2.293
Beef, New Zealand, imported, oyster blade, separable lean only, cooked,		
braised	N/A	1.647
Beef, New Zealand, imported, oyster blade, separable lean only, raw	N/A	2.361
Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	N/A	5.053
Beef, New Zealand, imported, ribs prepared, raw	N/A	4.306
Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fa	st	
fried	N/A	3.904
Beef, New Zealand, imported, rump centre, separable lean and fat, raw	N/A	2.716
Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast	147.	2.7.10
fried	N/A	3.922
Beef, New Zealand, imported, rump centre, separable lean only, raw	N/A	2.729
	IN/A	2.729
Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast		
fried	N/A	4.25
Beef, New Zealand, imported, striploin, separable lean and fat, raw	N/A	3.569
Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried		4.842
Beef, New Zealand, imported, striploin, separable lean only, raw	N/A	4.243
Beef, New Zealand, imported, subcutaneous fat, cooked	N/A	1.27
Beef, New Zealand, imported, subcutaneous fat, raw	N/A	0.74
Beef, New Zealand, imported, sweetbread, cooked, boiled	N/A	1.6
Beef, New Zealand, imported, sweetbread, raw	N/A	2
Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast		
fried	N/A	4.985
	·	
Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	N/A	4.015
Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast	147.	
fried	N/A	5.003
Beef, New Zealand, imported, tenderloin, separable lean only, raw	N/A	
	IN/A	4.054
Beef, New Zealand, imported, variety meats and by-products liver, cooked,		
boiled	N/A	13.8
Beef, New Zealand, imported, variety meats and by-products, heart, cooked,		
boiled	N/A	3.365
Beef, New Zealand, imported, variety meats and by-products, heart, raw	N/A	4.444
Beef, New Zealand, imported, variety meats and by-products, kidney, cooked,		
boiled	N/A	3.903
Beef, New Zealand, imported, variety meats and by-products, kidney, raw	N/A	4.878
	·	
Beef, New Zealand, imported, variety meats and by-products, liver, raw	N/A	15.4
Beef, New Zealand, imported, variety meats and by-products, liver, raw Beef, New Zealand, imported, variety meats and by-products, tongue, cooked	•	15.4
boiled	, N/A	2.58
DOLLER	IN/A	2.58

Beef, New Zealand, imported, variety meats and by-products, tongue, raw	N/A	2.996
Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	N/A	2.616
Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	N/A	7.943
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0"	IN/A	7.545
fat, all grades, cooked, grilled	N/A	6.338
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	N/A	5.241
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0"		
fat, choice, cooked, grilled	N/A	6.224
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	N/A	5.076
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0"		
fat, select, cooked, grilled	N/A	6.509
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0"		
fat, select, raw	N/A	5.49
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat,		
all grades, cooked, grilled	N/A	6.471
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat,		
all grades, raw	N/A	5.439
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat,		
choice, cooked, grilled	N/A	6.365
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat,		
choice, raw	N/A	5.282
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat,	1477	3.202
select, cooked, grilled	N/A	6.63
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat,	IN/A	0.03
select, raw	N/A	5.675
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0"		
fat, all grades, cooked, grilled	N/A	5.096
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0"		
fat, all grades, raw	N/A	4.092
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0"		
fat, choice, cooked, grilled	N/A	4.836
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0"		
fat, choice, raw	N/A	4.043
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0"		
fat, select, cooked, grilled	N/A	5.485
Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0"		
fat, select, raw	N/A	4.166
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0"		
fat, all grades, cooked, grilled	N/A	5.198
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0"		3.233
fat, all grades, raw	N/A	4.251
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0"	1477	11.231
fat, choice, cooked, grilled	N/A	4.927
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0"	N/A	4.527
fat, choice, raw	N/A	4 212
	IN/A	4.212
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0"	N1/A	F COF
fat, select, cooked, grilled	N/A	5.605
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0"	N1/A	
fat, select, raw	N/A	4.31
Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all		_
grades, cooked, broiled	N/A	3.745
Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	N/A	3.82
Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all	T .	3.02
grades, cooked, broiled	N/A	4.193
Brases, cookea, profice	144	4.193

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Beef, retail cuts, separable lat, cooked Beef, retail cuts, separable late, cooked, coaked Beef, rive yer coast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, cooked, coaked Beef, rive yer coast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, coasted Beef, rive yer coast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, coasted Beef, rive yer coast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, coasted Beef, rive yer coast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, coasted Beef, rive yer coast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, coasted Beef, rive yer coast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, coasted Beef, rive yer coast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, coasted Beef, rive yer coast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, coasted Beef, rive yer coast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, coasted Beef, rive yer coast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rive yer coast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rive yer scale, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rive yer scale, bone-in, lip-on, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, rive yer scale, bone-in, lip-on, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, rive yer scale, bone-in, lip-on, separable lean only, trim	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all		
Beef, riche yer costs, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, riche yer costs, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, which cooked, roasted Beef, riche yer costs, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, riche yer costs, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, riche yer costs, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, riche yer costs, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, riche yer costs, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, riche yer costs, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, riche yer costs, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, riche yer costs, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, riche yer costs, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, riche yer costs, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, riche yer costs, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, riche yer costs, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, riche yer sest, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, riche yer sest, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, riche yer sest, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, riche yer stak, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled		·	331
Beef, rile yer coast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, oblicet, cooked, roasted Beef, rile yer coast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, oblicet, cooked, roasted Beef, rile yer coast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, oblicet, cooked, roasted Beef, rile yer coast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, oblicet, cooked, roasted Beef, rile yer coast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, oblicet, cooked, roasted Beef, rile yer coast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, oblicet, cooked, roasted Beef, rile yer coast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, rile yer coast, bone-les, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, rile yer coast, bone-les, lip-on, separable lean and fat, trimmed to 1/8" fat, oblicet, cooked, roasted Beef, rile yer coast, bone-les, lip-on, separable lean and fat, trimmed to 1/8" fat, oblicet, cooked, roasted Beef, rile yer coast, bone-les, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, rile yer coast, bone-les, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted Beef, rile yer coast, bone-les, lip-on, separable lean only, trimmed to 1/8" fat, all grades, tooked, roasted Beef, rile yer coast, bone-les, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rile yer stack, bone-les, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rile yer stack, bone-les, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rile yer stack, bone-les, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rile yer stack, bone-les, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rile yer stack, bone-les, lip-on, separable lean o		·	528
all grades, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, colicie, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-ins, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-ins, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-ins, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-ins, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-ins, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye roast, bone-ins, lip-on, separable lean and fat, trimmed to 1/8" fat, select, rooked, solene-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye stock, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, rooked, grilled Beef, rib eye stock, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, rooked, grilled Beef, rib eye stock, bone-in, lip-on, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye stock, bone-in, lip-on, separable lean and fat, trimmed to 0" fat, all grades, row. Beef, r	·	N/A 1.4	437
Beef, rib eye rosst, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, and cooked, roasted seef, rib eye rosst, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted seef, rib eyes, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted seef, rib eyes, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted seef, rib eyes, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted seef, rib eyes roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted seef, rib eyes roast, bone-ins, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted seef, rib eyes roast, bone-ies, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted seef, rib eyes roast, bone-ies, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted seef, rib eyes roast, bone-ies, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted seef, rib eyes roast, bone-ies, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted seef, rib eyes roast, bone-ies, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted seef, rib eyes roast, bone-ies, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted seef, rib eyes, bone-ies, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled seef, rib eyes steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled seef, rib eyes steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled seef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled seef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled seef, rib eye steak, bone-is, lip-on, separable lean and fat, trimmed to 0" fat, all grade	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat,		
choice, cooked, roasted Seef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Seef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Seef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Seef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Seef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 0" fat, all	all grades, cooked, roasted	N/A 4.8	808
seef, rib eye coast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted seef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted seef, rib eye soat, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted seef, rib eye seek, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, via the eye cooked, roasted seef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, via the eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled seef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, rooked, grilled seef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled seef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled seef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled seef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled seef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled seef, rib eye steak, bone-less, lip off, separable lean a	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat,		
select, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, rib eye roast, bone-ins, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, rib eye steak, bone-ins, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, rib eye steak, bone-ins, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye steak, bone-ins, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye steak, bone-ins, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye steak, bone-ins, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 0" fat, choice, coo	choice, cooked, roasted	N/A 4.7	749
Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all peef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, chicice, cooked, roasted seef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted seef, rib eye roast, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted seef, rib eye roast, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted seef, rib eye roast, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted seef, rib eye roast, bone-less, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted seef, rib eye roast, bone-less, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted seef, rib eye stoak, bone-less, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted seef, rib eye stoak, bone-le, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled seef, rib eye steak, bone-le, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled seef, rib eye steak, bone-le, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled seef, rib eye steak, bone-le, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled seef, rib eye steak, bone-le, lip-on, separable lean and fat, trimmed to 1/8" fat, select, rooked, grilled seef, rib eye steak, bone-le, lip-on, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled seef, rib eye steak, bone-le, lip-on, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled seef, rib eye steak, bone-le, lip-on, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled seef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled seef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled seef, rib	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat,		
grades, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Road fat, all grades, cooked, roasted Road fat, berry cooked, roasted Road fat, select, sooked, roasted Road fat, select, sooked, select Road fat, select, s	select, cooked, roasted	N/A 4.8	897
Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-is, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, delice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, rooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, rooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, which is select, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all		
choice, cooked, roasted Beef, rib eye roast, boneles, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" kg, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" kg, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, short, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, short, cooked, grilled Beef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 1/8" fat, short, cooked, grilled Beef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, a	grades, cooked, roasted	N/A 5.5	561
choice, cooked, roasted Beef, rib eye roast, boneles, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" kg, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" kg, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, short, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, short, cooked, grilled Beef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 1/8" fat, short, cooked, grilled Beef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, a	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat,		
Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, chiciec, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, chiciec, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, chiciec, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, diagrades, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, chiciec, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, chiciec, cooked, roasted Seef, rib eye stask, boneless, lip-on, separable lean only, trimmed to 1/8" fat, chiciec, cooked, roasted Seef, rib eye stask, bonelesi, lip-on, separable lean only, trimmed to 1/8" fat, chiciec, cooked, grilled Seef, rib eye stask, bonelesi, lip-on, separable lean only, trimmed to 1/8" fat, chiciec, cooked, grilled Seef, rib eye stask, bonelesi, lip-on, separable lean only, trimmed to 1/8" fat, chiciec, cooked, grilled Seef, rib eye stask, bonelesi, lip-on, separable lean only, trimmed to 1/8" fat, chiciec, cooked, grilled Seef, rib eye stask, bonelesi, lip-on, separable lean only, trimmed to 1/8" fat, chiciec, cooked, grilled Seef, rib eye stask, bonelesi, lip-on, separable lean only, trimmed to 1/8" fat, chiciec, cooked, grilled Seef, rib eye stask, bonelesi, lip-on, separable lean only, trimmed to 1/8" fat, chiciec, cooked, grilled Seef, rib eye stask, bonelesi, lip-on, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Seef, rib eye stask, bonelesi, lip-on, separable lean only, trimmed to 0" fat, chiciec, cooked, grilled Seef, rib eye stask, bonelesi, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw Seef, rib eye stask, bonelesi, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Seef, rib		N/A 5.4	478
select, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Seef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, graited Seef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak, bone-les, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Seef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Seef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Seef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Seef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, rooked,			
Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" 14, all grades, cooked, roasted 15, lip-on, separable lean and fat, trimmed to 1/8" 15, all grades, cooked, roasted 16, lip-on, separable lean only, trimmed to 1/8" 18, lip-on, separable lean only, trimmed to 0" 18, lip-on, separable lean only, trimmed to 0" 18, lip-on, separable lean only, trimmed t		N/A 5.6	685
fat, all grades, cooked, coasted Seef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneles, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean only, tr			
Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" n/A 4.851 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, eclect, cooked, roasted N/A 5.881 Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted N/A 5.855 Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted N/A 5.855 Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted N/A 5.855 Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled N/A 5.855 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled N/A 5.855 Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A 5.8583 Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A 5.863 Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A 5.863 Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A 5.863 Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A 5.863 Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 5.863 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 5.863 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 5.863 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 5.863 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 5.863 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed		N/A 5.0	023
fat. choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye stoat, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, rooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 0" fat, all grades, raw Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, ohioce, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, tooked, grilled Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, tooked, grilled Beef, rib e		1,471	020
Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separab		N/A 45	851
fat, select, cooked, roasted Beef, rib eyer roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, rib eyer roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0"			031
Beef, ri be yer oast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted N/A 5.85 Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted N/A 5.657 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 4.733 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 4.752 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled N/A 4.752 Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A 4.705 Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A 5.683 Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A 5.693 Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, rooked, grilled N/A 5.693 Beef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 0" fat, select, rooked, grilled N/A 5.493 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 5.863 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 5.583 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 5.583 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 5.583 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw N/A 5.583 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 5.583 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 5.583 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choi		N/A 5.7	291
all grades, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, ocoked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, robe, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-less, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, roaw Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw Beef,		N/A 5.2	201
Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A S.683 Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A S.695 Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A S.695 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, row N/A S.695 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A S.705 S.705 S.705 S.707 S.707 S.707 S.708 S.708 S.709 S.709		N/A	. OE
choice, cooked, roasted Reef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Reef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Reef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Reef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Reef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Reef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Reef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Reef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Reef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Reef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Reef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw Reef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Reef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Reef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw Reef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw Reef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Reef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Reef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Reef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw Reef, rib eye steak, bone		IN/A 5	0.65
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all grades, raw N/A 4.782 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 4.863 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw N/A 4.704 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled N/A 5.58 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.896 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 5.799 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw N/A 5.555 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 5.555 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 5.555	all grades, cooked, grilled	N/A 5.:	149
Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw N/A S.799 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A S.555 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A S.555	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat,		
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Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A S.555 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A S.545 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat,		
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choice, raw Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw N/A S.599 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A S.555 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A S.555	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat,		
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grades, cooked, grilled Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw N/A 5.555 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 5.545 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 5.545	·	4.0	550
Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw N/A 5.555 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 5.545 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat,		N/A 5 -	790
grades, raw N/A 5.555 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 5.545 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat,		3	. 53
Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 5.545 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat,		N/A	555
choice, cooked, grilled N/A 5.545 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat,		5.3	JJJ
Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat,		N/A	E 1 E
		5.t	<i>3</i> 45
choice, raw N/A 5.538		N/A	F20
	choice, raw	IN/A 5.5	538

lacef, risk eye steak, boneless, liji off, separable lean only, trimmed to 0"fat, all grades, cooked, grilled seed, risk eye steak, boneless, liji on, separable lean and fat, trimmed to 1/8" tall grades, cooked, grilled seed, risk eye steak, boneless, liji on, separable lean and fat, trimmed to 1/8" tall grades, cooked, grilled seed, risk eye steak, boneless, liji on, separable lean and fat, trimmed to 1/8" tall grades, cooked, grilled seed, risk eye steak, boneless, liji on, separable lean and fat, trimmed to 1/8" tall grades, cooked, prilled seed, risk eye steak, boneless, liji on, separable lean and fat, trimmed to 1/8" tall grades, cooked, braised seed, risk eye steak, boneless, liji on, separable lean and fat, trimmed to 1/8" tall grades, cooked, braised seed, risk eye steak, boneless, liji on, separable lean and fat, trimmed to 1/8" tall grades, cooked, braised seed, risk eye steak/roast, bonelin, pen, separable lean and fat, trimmed to 1/8" tall grades, cooked, braised seed, risk eye steak/roast, bonelin, pen, separable lean and fat, trimmed to 1/8" tall grades, cooked, braised seed, risk eye steak/roast, bonelin, pen, separable lean and fat, trimmed to 1/8" tall grades, risk eye steak/roast, bonelin, pen, separable lean and fat, trimmed to 1/8" tall grades, risk eye steak/roast, bonelin, pen, separable lean and fat, trimmed to 1/8" tall grades, risk eye steak/roast, bonelin, pen, separable lean and fat, trimmed to 1/8" tall grades, risk eye steak/roast, bonelin, pen, separable lean and fat, trimmed to 1/8" tall grades, risk eye steak/roast, bonelin, pen, separable lean and fat, trimmed to 1/8" tall grades, risk eye steak/roast, boneless, lipi on, separable lean and fat, trimmed to 1/8" tall grades, risk eye steak/roast, boneless, lipi on, separable lean and fat, trimmed to 1/8" tall grades, risk eye steak/roast, boneless, lipi on, separable lean and fat, trimmed to 0" tall grades, cooked, braised Seef, risk peck graw eye steak/roast, boneless, lipi on, separable lean and fat, trimmed to 0" tall grades,		
Seef, rib yes steak, boneless, lip on, separable lean only, trimmed to 0' fat, select, caved, someless, lip on, separable lean and fat, trimmed to 1/8' fat, all grades, cooked, grilled seef, rib yes steak, boneless, lip on, separable lean and fat, trimmed to 1/8' fat, all grades, cooked, grilled seef, rib yes steak, boneless, lip on, separable lean only, trimmed to 1/8' fat, all grades, cooked, grilled seef, rib, yes steak, boneless, lip on, separable lean and fat, trimmed to 1/8' fat, all grades, cooked, grilled seef, rib, yes steak, boneless, lip on, separable lean only, trimmed to 1/8' fat, all grades, cooked, grilled seef, rib, yes steak, boneless, lip on, separable lean and fat, trimmed to 1/8' fat, all grades, cooked, prilled seef, rib, yes steak, boneless, lip on, separable lean and fat, trimmed to 1/8' fat, all grades, cooked, prilled seef, rib, yes steak, boneless, lip on, separable lean and fat, trimmed to 1/8' fat, all grades, raw seed for yes steak/roast, bone-in, lip on, separable lean and fat, trimmed to 1/8' fat, all grades, raw seed fat, rib yes steak/roast, bone-in, lip on, separable lean only, trimmed to 1/8' fat, all grades, raw seed fat, rib yes steak/roast, bone-in, lip on, separable lean only, trimmed to 1/8' fat, all grades, raw seed for seed fat, rib yes steak/roast, bone-in, lip on, separable lean only, trimmed to 1/8' fat, all grades, raw seed fat, rib yes steak/roast, bone-in, lip on, separable lean only, trimmed to 1/8' fat, all grades, raw seed fat, rib yes steak/roast, bone-in, lip on, separable lean only, trimmed to 1/8' fat, all grades, raw seed fat, trimmed to 1/8' fat, select, raw seed fat, trimmed to 1/8' fat, select, raw seed, roast, bone-in, lip on, separable lean only, trimmed to 1/8' fat, select, raw seed, roast, bone-in, lip on, separable lean only, trimmed to 1/8' fat, select, raw seed, roast, bone-in, separable lean and fat, trimmed to 0' fat, all grades, raw seed, roast, possible lean and fat, trimmed to 0' fat, all grades, raw seed, roast, possible lean and fat, trimm		
select, raw MA 5.58 Beef, if he ye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, if he ye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, chioce, cooked, grilled Beef, if he ye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, chioce, cooked, grilled Beef, if he ye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, in ley steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, or ye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, or ye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, or ye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, or ye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, or ye steak/roax, bonein, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, prilled Beef, in by exteak/roax, bonein, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, prilled Beef, in by exteak/roax, bonein, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, consultation of the separable lean and fat, trimmed to 1/8" fat, all grades, consultation of the separable lean and fat, trimmed to 1/8" fat, all grades, consultation of the separable lean and fat, trimmed to 1/8" fat, all grades, consultation of the separable lean and fat, trimmed to 1/8" fat, select, row Beef, rib ye steak/roax, bonein, lip-on, separable lean only, trimmed to 1/8" fat, select, row Beef, rib, ye steak/roax, bonein, lip-on, separable lean and fat, trimmed to 1/8" fat, select, row Beef, rib, pex steak/roax, bonein, sparable lean only, trimmed to 1/8" fat, select, row Beef, rib, pex steak/roax, boneins, sponsible lean and fat, trimmed to 1/8" fat, all grades, cooked, braised Beef, rib, bock rib, boneins, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, back rib, bonein, separable lean and fat, trimmed to 0" fat, al		N/A 6.1
Secf. in lay actives, cooked, grilled N/A A A A A A A A A A		
fat, all grades, cooked, grilled Seef, rib eye stack, boneless, lip on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Seef, rib eye stack, boneless, lip on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Seef, rib eye stack, boneless, lip-on, separable lean only, trimmed to 1/8" fat, displayed, cooked, grilled Seef, rib eye stack, boneless, lip-on, separable lean only, trimmed to 1/8" fat, displayed, cooked, grilled Seef, rib eye stack, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Seef, rib eye stack, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, prilled Seef, rib eye stack, foost, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Seef, rib eye stack/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Seef, rib eye stack/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, displayed, grades, raw Seef, rib eye stack/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Seef, rib eye stack/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Seef, rib eye stack/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Seef, rib eye stack/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Seef, rib eye stack/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Seef, rib eye stack/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Seef, rib eye stack/roast, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw Seef, rib eye stack/roast, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw Seef, rib eye stack/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Seef, rib eye stack/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Seef, rib eye stack/roast, boneless, l		N/A 5.5
Seef, it bey estable, formeless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Seef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled N/A S.27 N/A S.48 S.79 N/A S.545 Seef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, row seeks for set setak/roast, boneles, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw N/A S.38 Seef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, row seeks/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Seef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Seef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Seef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Seef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Seef, rib eye steak/roast, boneles, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Seef, rib eye steak/roast, boneles, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Seef, rib eye steak/roast, boneles, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Seef, rib eye steak/roast, boneles, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Seef, rib eye steak/roast, boneles, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw N/A S.33 Seef, rib eye steak/roast, boneles, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Seef, rib, box frib, boneles, lip-on, separable lean only, trimmed to 0" fat, select, rows, boneles, lip-on, separable lean only, trimmed to 0" fat, select, rows, boneles, lip-on, separable lean only, trimmed to 0" fat, select, cooked, braided Seef, rib, back ribs, bone-in, separable le		
fat, choice, cooked, grilled Secf. ribe yes teak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Secf. preserves teak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, row Secf. preserves teak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, rowsed, grilled Secf. preserves teak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, rowsed, grilled Secf. preserves teak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, rowsed, grilled Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 1/8" fat, select, rowsed, grilled Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 1/8" fat, select, row Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 1/8" fat, select, row Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 1/8" fat, select, row Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 1/8" fat, select, rows Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 1/8" fat, select, rows Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 1/8" fat, select, row Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 1/8" fat, select, row Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 1/8" fat, select, row Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 1/8" fat, select, row Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 1/8" fat, select, row Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 0" fat, select, rows Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 0" fat, select, rows Secf. preserves teak, forest, boneles, lip-on, separable lean and fat, trimmed to 0" fat, select, rows Secf. p		N/A 4.90
Seef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Seef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, rows Seef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, rows Seef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, rows Seef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, row Seef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, row Seef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, row Seef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, row Seef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, row Seef, rib eye steak/roast, bone-less, lip-on, separable lean only, trimmed to 1/8" fat, select, row Seef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, row Seef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, row Seef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, row Seef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 0" fat, all grades, row Seef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 0" fat, all grades, cooked, broiled Seef, rib, posk rib, sone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled Seef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, roked, broiled		
fat, select, cooked, grilled Beef, ribe yes teak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, old, cooked, grilled Beef, ribe yes teak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, with the select, rowed grilled Beef, ribe yes teak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, rowed grilled Beef, ribe yes teak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, rowed grilled Beef, ribe yes teak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, ribe yes teak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, ribe yes teak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, ribe yes teak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, bone-less, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, boneless, lip-on, separable lean only, trimmed to 0" fat, all grades, rowe, mail end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw Beef, ribe yes teak/roast, bone-in, separable lean only, trimmed to 0" fat, select, rowed, broiled Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib	fat, choice, cooked, grilled	N/A 4.66
Beef, rib ey steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, rib ey steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, rib ey steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, row Beef, rib ey steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib ey steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib ey steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib ey steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib ey steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib ey steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib ey steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib ey steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib ey steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib ey steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib ey steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib ey steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib ey steak/roast, boneless, lip-on, separable lean only, trimmed to 0" fat, all grades, raw Beef, rib ey steak/roast, boneless, lip-on, separable lean only, trimmed to 0" fat, all grades, raw Beef, rib ey steak/roast, boneless, lip-on, separable lean only, trimmed to 0" fat, all grades, cooked, broiled Beef, rib, posk ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib, back ribs, bone-in, separable lean and f	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8"	
all grades, cooked, grilled Beef, ribe ye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, ribe ye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, blies, raw Beef, ribe ye steak/rosst, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, ribe yes steak/rosst, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, ribe yes steak/rosst, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, ribe yes steak/rosst, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, ribe yes steak/rosst, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, ribe yes steak/rosst, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, ribe yes steak/rosst, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw N/A 4.681 Beef, ribe yes steak/rosst, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw N/A 4.692 Beef, ribe yes steak/rosst, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw N/A 4.693 Beef, ribe yes steak/rosst, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw N/A 4.799 Beef, ribe yes steak/rosst, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw N/A 4.799 Beef, ribe yes steak/rosst, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, ribe yes steak/rosst, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, ribe yes steak/rosst, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, ribe yes steak/rosst, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, ribe, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw Beef, ribe, ba	fat, select, cooked, grilled	N/A 5.2
Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choke, cooked, grilled Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak/rost, bone-lin, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/rost, bone-lin, lip-on, separable lean and fat, trimmed to 1/8" fat, chokec, raw Beef, rib eye steak/rost, bone-lin, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, bone-lin, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/rost, bone-lin, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/rost, bone-lin, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, bone-lin, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, bone-lin, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, bone-lin, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/rost, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/rost, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/rost, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/rost, boneless, lip-on, separable lean only, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean a	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat,	
choice, cooked, grilled Beef, ribe yes teak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, ribe yes teak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, bill grades, raw August 1/8" fat, olioce, raw Beef, ribe yes teak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, olioce, raw Beef, ribe yes teak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, olioce, raw Beef, ribe yes teak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw N/A 4.454 Beef, ribe yes teak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, ribe yes teak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 4.529 Beef, ribe yes teak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A 4.759 Beef, ribe yes teak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A 5.538 Beef, ribe yes teak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A 5.549 Beef, ribe yes teak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A 5.559 Beef, ribe yes teak/roast, boneless, lip-on, separable lean only, trimmed to 0" fat, select, raw N/A 5.540 Beef, ribe, yes mall end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw N/A 5.580 Beef, ribe, back ribs, bone-in, separable lean and fat, trimmed to 0" fat,	all grades, cooked, grilled	N/A 5.79
Beef, rib eye steak/ conseless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/rost, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw NA 4.73 Beef, rib eye steak/rost, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/rost, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/rost, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/rost, bone-less, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/rost, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/rost, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/rost, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/rost, boneless, lip-on, separable lean only, trimmed to 0" fat, select, raw Beef, rib eye steak/rost, boneless, lip-on, separable lean only, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trim	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat,	
select, cooked, grilled Selecf, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, alig grades, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, alig grades, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, alig grades, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, alig grades, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, alig grades, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, belick, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, alig grades, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, alig grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye, steak/roast, boneless, lip-on, separable lean only, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, braised N/A 3.624 Beef, rib, bey, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.807 Beef, rib, bey, small end, firbs 10-12), separable lean and fat, trimmed to 0" fat, all grades, fib, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised N/A 3.808 Beef, rib, back ribs, bone-in, separable lean and	choice, cooked, grilled	N/A 5.54
Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, row beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, row beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, row beef, rib, back ribs, bone-in, separable lean and fat, tri	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat,	
Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, row beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, row beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, row beef, rib, back ribs, bone-in, separable lean and fat, tri	select, cooked, grilled	N/A 6.1
Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Setaek/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw N/A 4.907 Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A 4.907 Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A 4.801 Beef, rib eye steak/roast, bone-ins, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 4.681 Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 4.629 Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 4.759 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw N/A 4.759 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw N/A 4.759 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw N/A 5.538 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A 5.538 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled N/A 7.257 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw N/A 7.301 Beef, rib, beye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw N/A 7.301 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, roaked, broiled N/A 7.301 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, roaked, braised N/A 7.301 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, roaked,	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to	
Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Setaek/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw N/A 4.907 Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A 4.907 Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A 4.801 Beef, rib eye steak/roast, bone-ins, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 4.681 Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 4.629 Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 4.759 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw N/A 4.759 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw N/A 4.759 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw N/A 5.538 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A 5.538 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled N/A 7.257 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw N/A 7.301 Beef, rib, beye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw N/A 7.301 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, roaked, broiled N/A 7.301 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, roaked, braised N/A 7.301 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, roaked,	1/8" fat, all grades, raw	N/A 4.27
1/8" fat, choice, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A S.538 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A S.538 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw N/A S.548 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw N/A S.500 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, rowed, broiled N/A S.604 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, coxed, broiled N/A S.807 N/A S.808 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, coxed, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, coxed, braised Beef, rib, back ribs, bone-in, separable l		
Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw N/A S.538 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.624 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.640 Beef, rib, back ribs, b		N/A 4.15
1/8" fat, choice, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye, steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, r		1177
Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw		N/A 4.45
fat, all grades, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw N/A 4.629 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw N/A 5.555 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, ellect, raw Beef, rib eye, steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled N/A 3.807 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, traised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.807 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.807 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.808 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.	· · · ·	1.45
Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw N/A 5.34 Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A 4.881 Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 4.881 Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 4.891 Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 4.759 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A 5.555 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw N/A 5.538 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw N/A 5.538 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw N/A 5.538 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled N/A 7.257 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw N/A 7.301 Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw N/A 3.624 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw N/A 3.807 Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw N/A 3.807 Beef, rib eye, small end (ribs 50-12), separable lean only, trimmed to 0" fat, select, raw N/A 3.807 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised N/A 3.807 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.807 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.809 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.809		N/A 5.0
fat, choice, raw Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, esteak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A S.538 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 0" fat, select, raw N/A S.54 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.64 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, row N/A S.64 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A S.64 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A S.64 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A S.64 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A S.64 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A S.64 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A S.64 Beef, rib, back ribs, bone-in, separable lean an		3.0
Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw		100
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Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw N/A 4.681 Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 4.629 Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 4.759 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw N/A 5.555 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw N/A 5.538 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw N/A 5.538 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw N/A 5.58 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled N/A 7.257 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, rowed, broiled Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 5.006 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 5.006 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 5.006 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 5.006 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 5.006 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 5.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, row, had select, row, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, row, had select, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, row, had select, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, row, had select, rib, back ribs, bone-in, separable le		
1/8" fat, all grades, raw 8eef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw 8eef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw 8eef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw 8eef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw 8eef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 8eef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw 8eef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw 8eef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 8eef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw 8eef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw 8eef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw 8eef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 8eef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 8eef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 8eef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw 8eef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw 8eef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw 8eef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw 8eef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw 8eef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw 8eef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw 8e	· · · ·	N/A 5.3
Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 4.629 Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 4.759 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw N/A 5.555 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw N/A 5.538 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw N/A 5.538 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A 5.58 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled N/A 7.257 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw N/A 7.301 Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw N/A 3.624 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 5.006 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, rooked, braised N/A 3.807 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, row N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, row N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, row N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, row N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, row N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, row N/A 3.649		
1/8" fat, choice, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw N/A S.555 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw N/A S.538 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, row, separable lean and fat, trimmed to 0" fat, select, row, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, row, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, row, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, row, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, row, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, row, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, row, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, row, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, row, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, row, separable lean and fat, trimmed to 0" fat, choice, row, separable lean and fat, trimmed to 0" fat, choice, row, separable lean and fat, trimmed to 0" fat, choice, row, separable lean and fat, trimmed to 0" fat, choice, row, separable lean and fat, trimmed to 0" fat, select, row, separable lean and fat, trimmed to 0" fat, select, row, separable lean and fat, trimmed to 0" fat, select, row, separable lean and fat, trimmed to 0" fat, select, row, separable lean and fat, trimmed to 0" fat, select, row, separable lean and fat, trimmed to 0" fat, select, row, separable lean only, trimmed to 0" fat, all grades, separable lean only, trimmed to 0		N/A 4.68
Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled N/A 7.257 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.624 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.807 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised N/A 3.807 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised N/A 3.808 N/A 3.809		
1/8" fat, select, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw N/A S.538 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled N/A S.58 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled N/A S.59 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw N/A S.60 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A S.006 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A S.006 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A S.007 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A S.008 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A S.009 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A S.009 S		N/A 4.62
Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw Beef, rib, bock ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, patch select, raw N/A S.184	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to	
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Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8"	
fat, choice, raw Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, broised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 5.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 5.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 5.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 5.184		
Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, rowed, broiled Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 5.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.046 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.046	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8"	1
fat, select, raw N/A 5.58 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled N/A 7.257 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled N/A 7.301 Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw N/A 3.624 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 3.807 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised N/A 3.807 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised N/A 5.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 5.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.046 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,	fat, choice, raw	N/A 5.53
Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8"	
Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184	fat, select, raw	N/A 5.5
Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw N/A 3.624 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 3.649 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw N/A 4.046	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat,	
select, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,	all grades, cooked, broiled	N/A 7.25
select, cooked, broiled Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat,	
Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.046 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,	select, cooked, broiled	N/A 7.30
select, raw N/A 3.624 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised N/A 5.006 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 3.807 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised N/A 4.884 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised N/A 5.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.046 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat,	
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,		N/A 3.62
grades, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,		
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A S.184 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,		N/A 5.00
grades, raw N/A 3.807 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised N/A 4.884 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised N/A 5.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.046 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,		5155
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A Seef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A Solution N/A Solution N/A Aude Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,		N/A 3.80
cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A Solution N/A Aude Aude Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,		3.00
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised N/A 5.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.046 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,		Ν/Δ
raw N/A 3.649 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised N/A 5.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.046 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,	·	4.00
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised N/A S.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.046 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,		N/A 2.64
cooked, braised N/A 5.184 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.046 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,		3.04
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw N/A 4.046 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,		11/4
raw N/A 4.046 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,		N/A 5.18
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades,		
		N/A 4.04
cooked, braised N/A 5.882		
	cooked, braised	N/A 5.88

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw N/A	
Iraw IN/A I	
	4.576
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice,	
cooked, braised N/A	5.826
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw N/A	4 200
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw liv/A Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select,	4.388
	E 064
cooked, braised N/A	5.964
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw N/A	4.861
Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat,	1.001
select, cooked, broiled N/A	8.748
Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat,	0.7.10
choice, cooked, broiled N/A	7.209
Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat,	
choice, raw N/A	3.23
Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat,	5.25
choice, cooked, broiled N/A	8.521
Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat,	5.0 = =
choice, raw N/A	3.74
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice,	
cooked, roasted N/A	3.64
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select,	
cooked, roasted N/A	3.75
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all	55
grades, cooked, broiled N/A	2.78
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all	2.70
grades, cooked, roasted N/A	3.67
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all	3.07
grades, raw N/A	2.61
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat,	2.01
choice, cooked, broiled N/A	2.7
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat,	2.7
choice, cooked, roasted N/A	3.59
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat,	3.33
choice, raw N/A	2.57
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat,	2.57
prime, cooked, broiled N/A	2.64
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat,	2.04
prime, cooked, roasted N/A	3.65
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat,	3.03
prime, raw N/A	2.53
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat,	2.55
select, cooked, broiled N/A	2.78
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat,	2.76
select, cooked, roasted N/A	3.74
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat,	5.74
select, raw N/A	2.64
Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades,	2.04
cooked, roasted	4.45
Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice,	4.43
cooked, roasted	4.45
Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select,	4.43
cooked, roasted	4.45
	2.452 2.556
Beef, rib, shortribs, separable lean only, choice, cooked, braised N/A Beef, rib, shortribs, separable lean only, choice, raw N/A	3.208
	3.412
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all	7.257
grades, cooked, broiled N/A	7.257

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat,		
choice, cooked, broiled	N/A	4.18
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat,	A1 / A	4.22
select, cooked, broiled	N/A	4.22
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all	N1/A	6.004
grades, cooked, broiled	N/A	6.881
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all	21/2	2.46
grades, cooked, roasted	N/A	3.16
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all		
grades, raw	N/A	5.699
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat,		
choice, cooked, broiled	N/A	6.653
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat,		
choice, cooked, roasted	N/A	3.13
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat,		
choice, raw	N/A	6.157
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat,		
prime, cooked, broiled	N/A	4.07
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat,		
prime, cooked, roasted	N/A	3.04
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat,		
prime, raw	N/A	3.08
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat,		
select, cooked, broiled	N/A	7.098
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat,		
select, cooked, roasted	N/A	3.19
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat,		
select, raw	N/A	5.228
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all		
grades, cooked, broiled	N/A	8.415
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice,		
cooked, broiled	N/A	4.8
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select,		
cooked, broiled	N/A	4.8
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all		
grades, cooked, broiled	N/A	8.464
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all		
grades, raw	N/A	6.916
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat,		
choice, raw	N/A	7.491
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat,		
select, cooked, broiled	N/A	9.02
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat,		
select, raw	N/A	6.544
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat,		
choice, cooked, broiled	N/A	8.347
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all		
grades, cooked, broiled	N/A	3.27
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all		
grades, cooked, roasted	N/A	3.46
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all		
grades, raw	N/A	2.8
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, broiled	N/A	3.25
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, roasted	N/A	3.43
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice,		
raw	N/A	2.78
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime,		
cooked, broiled	N/A	3.19

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, crasted Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, brolled Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, brolled Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, rooked, roasted Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, rooked, roasted Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye ap steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.651 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.652 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.653 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.663 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.663 Beef, ribeye petite roast, bo
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 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw 2.85 Beef, ribey petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw 3.509 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw 3.620 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw 3.621 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw 3.622 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw 3.633 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, raw 3.644 3.655 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw 3.656 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw 3.651 Beef, ribeye filet, boneless, separable lean only, trimmed t
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Bee
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled by whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled by whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw
cooked, broiled Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, crosted N/A 3.51 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw N/A 2.85 Beef, ribey petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 5.74 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 5.736 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 5.737 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.551 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.551 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.651 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.651 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.651 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.601 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.603 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 5.732 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 5.733 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 5.734 Beef, ribeye pilet roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 5.655 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 5.655
cooked, roasted Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw N/A 2.85 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 3.51 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.651 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.601 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.63 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, rooked, grilled N/A 3.69 Beef, ribeye petiter roast, boneless, separable lean only, trimmed to 0" fat, select, rooked, grilled N/A 3.69 Beef, ribeye petiter oast, boneless, separable lean only, trimmed to 0" fat, select, rooked, grilled N/A 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.
cooked, roasted Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw N/A 2.85 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 3.51 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.651 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.601 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.63 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, rooked, grilled N/A 3.69 Beef, ribeye petiter roast, boneless, separable lean only, trimmed to 0" fat, select, rooked, grilled N/A 3.69 Beef, ribeye petiter oast, boneless, separable lean only, trimmed to 0" fat, select, rooked, grilled N/A 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.69 3.
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw N/A 2.85 Beef, ribey petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.551 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.651 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.63 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A 3.63 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.64 3.69 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.69 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.69 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.69 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.69 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cook
raw N/A 2.85 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw S.774 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 5.736 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 5.737 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.551 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.551 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.551 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 3.509 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.509 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.63 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.63 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.63 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled N/A 3.63 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.63 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.63 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 3.63
all grades, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A S.816 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A S.826 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A S.836 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A S.836 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A S.836 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A S.836 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A S.836 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled N/A S.836
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted
choice, raw Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.509 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 3.62 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, rooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted N/A 5.691 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 5.655 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 5.655
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Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat,
select, cooked, roasted N/A 4.554
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat,
select, cooked, roasted N/A 4.893
Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select,
cooked, roasted N/A 4.865
Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all
grades, cooked, roasted N/A 4.793
Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat,
choice, cooked, roasted N/A 4.839
Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat,
select, cooked, roasted N/A 4.738
Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat,
all grades, cooked, roasted N/A 4.616
Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat,
Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat,
select, cooked, roasted N/A 4.517 Reaf round bettem round roast constable loan only trimmed to 0" fat all
Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all
grades, cooked, roasted N/A 4.987
Doof round bottom round roast congrable loop only trimered to O' for
Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 5.232

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all		
grades, cooked	N/A	5.03
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all	21/2	0.004
grades, raw	N/A	6.661
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat,		
choice, cooked, roasted	N/A	5.294
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat,	N1/A	6 757
choice, raw	N/A	6.757
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat,	N1/A	C F00
select, raw Peof, round, bottom round, stock, congrable loan and fat, trimmed to 0" fat, all	N/A	6.598
Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	N/A	E 966
Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat,	IN/A	5.866
choice, cooked, braised	N/A	5.918
Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat,	IN/A	5.518
select, cooked, braised	N/A	5.802
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat,	IN/A	5.602
all grades, cooked, braised	N/A	5.726
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat,	IV/A	5.720
all grades, raw	N/A	6.183
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat,	IN/A	0.103
choice, cooked, braised	N/A	5.939
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat,	IV/A	5.333
choice, raw	N/A	6.294
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat,	IN/A	0.234
select, cooked, braised	N/A	5.512
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat,	IN/A	3.312
select, raw	N/A	6.071
Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all	IN/A	6.071
grades, cooked, braised	N/A	6.109
Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat,	IV/A	0.109
choice, cooked, braised	N/A	6.356
Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat,	IN/A	0.330
select, cooked, braised	N/A	6.007
Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all	IV/A	0.007
grades, cooked, braised	N/A	6.169
Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat,	IN/A	0.109
choice, cooked, braised	N/A	6.575
Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat,	II/A	0.373
select, cooked, braised	N/A	5.927
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to	14/1	5.527
0" fat, all grades, cooked, roasted	N/A	8.464
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to		5.10
0" fat, all grades, raw	N/A	6.687
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to		• • • • • • • • • • • • • • • • • • • •
0" fat, choice, cooked, roasted	N/A	8.581
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to	, .	0.301
0" fat, choice, raw	N/A	6.779
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to		51.75
0" fat, select, cooked, roasted	N/A	8.289
Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to		
0" fat, select, raw	N/A	6.548
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0"		
fat, all grades, cooked, roasted	N/A	8.506
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0"		
fat, all grades, raw	N/A	6.72
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0"		
fat, choice, cooked, roasted	N/A	8.62
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0"		
fat, choice, raw	N/A	6.81

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0"	21/2	0.225
fat, select, cooked, roasted	N/A	8.335
Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0"	NI/A	6 505
fat, select, raw	N/A	6.585
Beef, round, eye of round steak, boneless separable lean and fat, trimmed to	N1/A	C 772
0" fat, choice, raw	N/A	6.773
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to	NI/A	0.602
0" fat, all grades, cooked, grilled	N/A	8.682
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to	N1/A	C COF
0" fat, all grades, raw	N/A	6.685
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to	N1/A	0.707
0" fat, choice, cooked, grilled	N/A	8.797
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to	10.14	0.500
0" fat, select, cooked, grilled	N/A	8.509
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to		
0" fat, select, raw	N/A	6.552
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0"		
fat, all grades, cooked, grilled	N/A	8.727
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0"		
fat, all grades, raw	N/A	6.72
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0"		
fat, choice, cooked, grilled	N/A	8.844
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0"		
fat, choice, raw	N/A	6.81
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0"		
fat, select, cooked, grilled	N/A	8.552
Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0"		
fat, select, raw	N/A	6.585
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat,		
all grades, cooked, roasted	N/A	4.947
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat,		
all grades, raw	N/A	6.42
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat,		
choice, cooked, roasted	N/A	5.149
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat,		
choice, raw	N/A	6.59
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat,		
select, cooked, roasted	N/A	4.747
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat,		
select, raw	N/A	6.252
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all		
grades, cooked, roasted	N/A	5.341
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all		
grades, raw	N/A	6.78
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat,		
choice, cooked, roasted	N/A	5.74
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat,		
choice, raw	N/A	6.958
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat,		
select, cooked, roasted	N/A	5.089
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat,		
select, raw	N/A	6.637
Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, broiled	N/A	4.02
Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	3.74
Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select,		
cooked, broiled	N/A	4.02
Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	3.74
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Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked,		
broiled	N/A	4.26
Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked,		
broiled	N/A	4.27
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0"		
fat, all grades, cooked, grilled	N/A	5.177
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0"		
fat, all grades, raw	N/A	5.01
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0"		
fat, choice, cooked, grilled	N/A	5.435
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0"		51.00
fat, choice, raw	N/A	4.895
	IN/A	4.833
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0"		
fat, select, cooked, grilled	N/A	4.66
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0"		
fat, select, raw	N/A	5.24
Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat,		
select, raw	N/A	5.76
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat,		
all grades, cooked, grilled	N/A	5.873
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat,		
all grades, raw	N/A	5.557
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat,	14/7	3.337
	N1/A	F 04F
choice, cooked, grilled	N/A	5.815
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat,		
choice, raw	N/A	5.455
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat,		
select, cooked, grilled	N/A	5.99
Beef, round, outside round, bottom round, steak, separable lean and fat,		
trimmed to 0" fat, all grades, cooked, grilled	N/A	7.557
Beef, round, outside round, bottom round, steak, separable lean and fat,		
trimmed to 0" fat, all grades, raw	N/A	6.38
Beef, round, outside round, bottom round, steak, separable lean and fat,	<u> </u>	
trimmed to 0" fat, choice, cooked, grilled	N/A	7.31
Beef, round, outside round, bottom round, steak, separable lean and fat,	14/73	7.51
trimmed to 0" fat, choice, raw	N/A	6.20
Beef, round, outside round, bottom round, steak, separable lean and fat,	N/A	6.39
		0.05
trimmed to 0" fat, select, cooked, grilled	N/A	8.05
Beef, round, outside round, bottom round, steak, separable lean and fat,		
trimmed to 0" fat, select, raw	N/A	6.36
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all		
grades, cooked, roasted	N/A	4.682
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all		
grades, raw	N/A	6.119
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice,		
cooked, roasted	N/A	4.884
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice,		
raw	N/A	6.127
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select,	IV/A	0.127
	N1/A	4.403
cooked, roasted	N/A	4.483
Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select,		
raw	N/A	6.107
Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all		
grades, cooked, roasted	N/A	3.59
Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat,		
choice, cooked, roasted	N/A	3.57
Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat,		
select, cooked, roasted	N/A	3.61
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades,		3.02
cooked, roasted	N/A	4.945
cooned, rodited	TV/T	4.545

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.1 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, row Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, row Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, row Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, row Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, row Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round seak, boneless, separable lea			
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 5.31 Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw N/A 6.35 Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted N/A 4.70 Beef, round, tip round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw N/A 6.35 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted N/A 7.2 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 6.42 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted N/A 8.17 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted N/A 8.17 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted N/A 7.55 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted N/A 7.55 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, row N/A 8.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted N/A 7.55 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted N/A 7.55 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted N/A 7.55 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, round, top round roast, boneless, separable lean only,			6 217
cooked, roasted Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, row N/A 6.31 Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, row N/A 8.70 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, row N/A 8.11 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, row N/A 8.12 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.1 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted N/A 8.17 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 8.17 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted N/A 8.17 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted N/A 8.17 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted N/A 8.17 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, row N/A 8.18 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted N/A 8.2 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, row N/A 8.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, row N/A 8.3 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, row N/A 8.4 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, row N/A 8.5 Beef, round, top round roast, bone		N/A	0.217
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, row N/A Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw Beef, round, tip round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.2 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 6.62 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, roaw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, roaw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, roaw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, roaw Beef, round, top round seak, boneless, separable lean and fat, trimmed to 0" fat, select, coo			
lew N/A 6.31 Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, row N/A 4.70 Beef, round, tip round, roast, separable lean only, trimmed to 1/8" fat, select, raw N/A 6.35 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.1 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted N/A 7.92 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted N/A 8.17 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted N/A 8.17 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted N/A 8.17 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 6.62 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 7.95 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 7.97 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, rown, top round roast, boneless, separable lean only, trimmed to 0" fat, select, rown, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 8.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 8.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, rown down to pound roast, bonele		N/A	5.319
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw N/A 6.35 Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.1 Beef, round, tip round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted N/A 5.4 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 6.42 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted N/A 8.17 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted N/A 8.17 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted N/A 6.62 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted N/A 6.62 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, roaw N/A 6.64 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, roaw N/A 6.64 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, roaw N/A 6.64 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, roaw N/A 6.64 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, roaw N/A 6.64 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, roaw N/A 6.64 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 6.63 Beef, round, top round steak, boneless, separable lean and f	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice,		
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw N/A Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.2 Beef, round, tip round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, row N/A 7.55 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row N/A 7.79 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, row Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, roked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, row Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row N/A 8.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row N/A 8.3 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row N/A 8.4 8.5 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round s	raw	N/A	6.314
Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw N/A Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw N/A 3.1 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted N/A Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted N/A Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted N/A Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, row N/A 6.62 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted N/A C.55 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row N/A C.54 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted N/A Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, row Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select,		
Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw 8.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 8.2 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw 8.3 Beef, round, tip round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 8.4 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 8.6 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 8.7 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row 8.7 N/A 8.8 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row 8.7 N/A 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted 8.7 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row 8.7 Beef, round, top round steak, boneless, separable lean and fat, t	cooked, roasted	N/A	4.707
Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw 8.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 8.2 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw 8.3 Beef, round, tip round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 8.4 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 8.6 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 8.7 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row 8.7 N/A 8.8 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row 8.7 N/A 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted 8.7 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row 8.7 Beef, round, top round steak, boneless, separable lean and fat, t			
Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw 8.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 8.2 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw 8.3 Beef, round, tip round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 8.4 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 8.6 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 8.7 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row 8.7 N/A 8.8 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row 8.7 N/A 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row 8.7 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted 8.7 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row 8.7 Beef, round, top round steak, boneless, separable lean and fat, t	Beef round tin round roast senarable lean only trimmed to 0" fat select raw	/N/A	6 359
Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 6.1 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 6.1 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, roaw N/A 6.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row N/A 6.56 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row N/A 6.66 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row N/A 6.7.99 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row N/A 8.9.21 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fa		14/11	0.333
Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw N/A 3.1 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted N/A 5.7 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 6.62 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted N/A 6.1 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, row Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, row Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, roave defined by the pround steak, boneless, separable lean and fat, trimmed to 0" fat, cound, top r		NI/A	2.10
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 1.3.1 1.3.	1dW	N/A	3.10
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled N/A 1.3.1 1.3.			_
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimm	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	3.14
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, row Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimm			
fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	3.18
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted N/A S.17 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted N/A S.18 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw N/A S.18 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A S.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, roasted N/A S.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A S.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, roaw N/A S.3 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, roaw N/A S.3 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, roaw N/A S.3 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, roaw N/A S.3 Beef, round, top round seak, boneless, separable lean and fat, trimmed to 0" fat, all grades, roaw boneless, separable lean and fat, trimmed to 0" fat, all grades, roaw boneless, separable lean and fat, trimmed to 0" fat, all grades, roaw boneless, separable lean and fat, trimmed to 0" fat, all grades, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A S.3 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A S.3 Beef, round, top round steak, boneless, separable lean and fat, trimmed to	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0"		
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed	fat, all grades, cooked, roasted	N/A	7.929
fat, all grades, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted N/A 7.97 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 8.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 8.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 8.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 8.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 8.3 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 8.3 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 8.3 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 8.3 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 8.3 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choi			
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 6.62 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw N/A 6.1 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A 8.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row N/A 6.56 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row N/A 6.67 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row N/A 6.75 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row N/A 6.43 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row N/A 6.43 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 8.921 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Road N/A 6.63		N/Δ	6.422
fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0"		IVA	0.422
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, roaw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, roaw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, olice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled		21/2	0.470
fat, choice, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw N/A Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted N/A N/A N/A Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, rowd, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, rowd, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled		N/A	8.178
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, row, top round roast, boneless, separable lean only, trimmed to 0" fat, select, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, row Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled			
fat, select, cooked, roasted Ref, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw Ref, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, roasted Ref, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, rooked, roasted Ref, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Ref, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Ref, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Ref, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Ref, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rooked, grilled Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rooked, grilled Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rooked, grilled Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row	, ,	N/A	6.624
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0"		
fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row	fat, select, cooked, roasted	N/A	7.555
fat, select, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0"		
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted N/A N/A 7.97 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw N/A Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted N/A N/A 6.66 Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted N/A N/A 7.59 Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row N/A Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row N/A Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row N/A Ref, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, row		N/A	6.12
all grades, cooked, roasted Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Reef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled Reef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled	·	14/1	0.12
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, roawd, top round roast, boneless, separable lean only, trimmed to 0" fat, select, rawd Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, rawd Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 9.21 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled		N/A	7 070
all grades, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, rownd, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled		N/A	7.976
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted N/A 8.2 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw N/A 6.66 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted N/A 7.59 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 6.15 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 8.93 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 6.43 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 9.21 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 9.21 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 9.21			
choice, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 9.21 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 9.21	-	N/A	6.462
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, rowed, grilled	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat,		
choice, raw N/A 6.66 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted N/A 7.59 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 6.15 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 8.93 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 6.43 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 9.21 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 9.21 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" N/A 9.21	choice, cooked, roasted	N/A	8.23
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted N/A 7.59 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw N/A 6.15 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled N/A 8.93 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A 6.43 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 9.21 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A 9.21 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" N/A 9.21	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat,		
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Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 6.63		NI/A	6 155
fat, all grades, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 8.93	· · · · · · · · · · · · · · · · · · ·	N/A	0.133
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw N/A Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled N/A Seef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 6.63			
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Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 6.63			
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Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 6.63	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0"		
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw N/A 6.63	fat, choice, cooked, grilled	N/A	9.215
fat, choice, raw N/A 6.63			
		N/A	6.635
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0"		.47.	0.033
		N/A	0 - 1 4
		IN/A	8.514
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0"			
		N/A	6.13
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat,	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat,		
all grades, cooked, grilled N/A 8.97	all grades, cooked, grilled	N/A	8.975
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat,	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat.		
		N/A	6.462
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat,	-		-5.132
		N/A	9.259
		1975	3.239
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat,		11/0	0.00=
choice, raw N/A 6.66	cnoice, raw	IN/A	6.667

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Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	N/A	9 540
	IN/A	8.549
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat,	NI/A	6.155
Select, raw	N/A	6.155
Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all	21/2	F 30
grades, cooked, broiled	N/A	5.36
Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades,	21/2	2.70
cooked, braised	N/A	3.76
Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice,		
cooked, braised	N/A	3.76
Beef, round, top round, separable lean and fat, trimmed to 0" fat, select,		
cooked, braised	N/A	3.76
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades,		
cooked, braised	N/A	3.65
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, braised	N/A	3.63
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, pan-fried	N/A	5.15
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	N/A	4.25
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select,	,	
cooked, braised	N/A	3.67
Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked,	1471	3.67
braised	N/A	3.81
Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked,	I V/A	3.01
braised	N/A	3.81
Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice,	IN/A	5.61
	N1/A	F 204
cooked, pan-fried	N/A	5.394
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all	21/2	6.500
grades, raw	N/A	6.589
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat,	,	
choice, cooked, broiled	N/A	5.55
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat,		
choice, raw	N/A	6.667
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat,		
prime, cooked, broiled	N/A	5.95
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat,		
select, cooked, broiled	N/A	5.169
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat,		
select, raw	N/A	6.51
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all		
grades, cooked, broiled	N/A	5.717
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all		
grades, raw	N/A	6.873
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice,	,	
cooked, broiled	N/A	6.156
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice,		
raw	N/A	6.901
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select,	IV/A	0.501
cooked, broiled	N/A	5.436
·	IN/A	3.430
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select,	NI/A	6.070
raw	N/A	6.879
Deaf and with starts flated 1 1 1 1 1 1 1 1 1 1 1	N1/A	
Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	N/A	4.583
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked,		
simmered	N/A	5.89
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	5.74
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat,		
all grades, cooked, broiled	N/A	4.21
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Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat,	
USDA choice, cooked, broiled	N/A 4.23
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat,	
USDA select, cooked, broiled	N/A 4.1
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat,	
all grades, cooked, grilled	N/A 5.53
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat,	
all grades, raw	N/A 4.93
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat,	
choice, cooked, grilled	N/A 5.
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat,	
choice, raw	N/A 4.90
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat,	
select, cooked, grilled	N/A 5.30
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat,	
select, raw	N/A 4.80
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat,	
all grades, cooked, grilled	N/A 6.03
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all	
grades, cooked, broiled	N/A 4.
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat,	
choice, cooked, broiled	N/A 4.
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat,	
select, cooked, broiled	N/A 4.
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all	1
grades, raw	N/A 5.3
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat,	
choice, cooked, grilled	N/A 6.22
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat,	
choice, raw	N/A 5.4
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat,	
select, cooked, grilled	N/A 5.74
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat,	
select, raw	N/A 5.3.
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8"	
fat, all grades, cooked, grilled	N/A 6.10
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8"	
fat, all grades, raw	N/A 5.75
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8"	
fat, choice, cooked, grilled	N/A 6.29
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8"	
fat, choice, raw	N/A 5.70
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8"	
fat, select, cooked, grilled	N/A 5.83
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8"	
fat, select, raw	N/A 5.
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all	
grades, cooked, broiled	N/A 4.20
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA	
choice, cooked, broiled	N/A 4.24
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA	
select, cooked, broiled	N/A 4.30
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all	
grades, cooked, grilled	N/A 5.4
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all	
grades, raw	N/A 5.15
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat,	
choice, cooked, grilled	N/A 5.6
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat,	
choice, raw	N/A 5.10

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat,		
select, cooked, grilled	N/A	5.274
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat,		
select, raw	N/A	5.136
Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice,		
cooked, broiled	N/A	4.63
Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select,		
cooked, broiled	N/A	4.63
Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all		
grades, raw	N/A	7.101
Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime,		
cooked, broiled	N/A	4.77
Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all		
grades, raw	N/A	6.077
Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat,		
choice, cooked, grilled	N/A	7.095
Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat,		
prime, raw	N/A	3.88
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all		
grades, cooked, broiled	N/A	8.384
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat,		
choice, cooked, broiled	N/A	8.604
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat,		
choice, raw	N/A	7.713
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select,	-	
cooked, grilled	N/A	8.603
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select,		5.555
raw	N/A	6.703
Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to	14,71	0.703
0" fat, all grades, raw	N/A	4.577
Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to	14,71	1.377
0" fat, choice, raw	N/A	4.549
Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to		4.545
0" fat, select, raw	N/A	4.619
Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0"	IV/A	4.013
fat, all grades, raw	N/A	4.618
Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0"	IN/A	4.018
fat, choice, raw	N/A	4.593
Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0"	N/A	4.593
fat, select, raw	NI/A	4.655
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all	N/A	4.033
		4.662
grades, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat,	N/A	4.662
	N1/A	4 072
choice, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat,	N/A	4.873
	101/0	4 2 4 7
select, cooked, braised	N/A	4.347
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all	N1/A	
grades, cooked, braised	N/A	4.716
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat,	10.140	
choice, cooked, braised	N/A	4.923
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat,		
select, cooked, braised	N/A	4.405
Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all		
grades, cooked, grilled	N/A	5.481
Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat,		
select, cooked, grilled	N/A	5.375
Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all		
grades, cooked, grilled	N/A	5.542
Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice,		
cooked, grilled	N/A	5.613

Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select,		
cooked, grilled		.435
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0"		260
fat, all grades, cooked, grilled	·	.268
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0"		065
fat, all grades, raw	·	.865
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0"		404
fat, choice, cooked, grilled	·	.194
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0"		
fat, choice, raw	·	.793
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0"		474
fat, select, cooked, grilled	,	.471
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0"		
fat, select, raw	N/A	4.13
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0"		
fat, all grades, cooked, grilled	N/A	4.34
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0"	21/4	2 00
fat, all grades, raw	N/A	3.89
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0"	N/A	207
fat, choice, cooked, grilled	N/A 4.	.287
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0"	-	00-
fat, choice, raw	N/A 3.	.827
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0"		
fat, select, cooked, grilled	N/A	4.51
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0"		
fat, select, raw	N/A	4.15
Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades,		
cooked, roasted	N/A	3
Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, roasted	N/A	3.88
Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime,		
cooked, roasted	N/A	3.01
Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select,		
cooked, roasted	N/A	3
Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	N/A	2 00
	N/A 2	2.99
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades,	N/A	041
cooked, broiled	N/A 7.	.041
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades,	N1/A	702
raw	N/A 5.	.782
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice,	21/4	160
cooked, broiled	N/A 7.	.169
Dock tondoulain stock consumble loop and fet trianged to 1/0" fet aboics you		202
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	/ N/A 6.	.392
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime,	21/4	2 52
cooked, broiled	N/A	3.52
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select,		
cooked, broiled	N/A 6.	.916
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A 5.	.176
Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades,		
cooked, broiled	N/A 8	8.31
Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades,		
raw	N/A 6.	.851
Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice,		
cooked, broiled	N/A 8.	.559
		46.4
Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	N/A 7.	.491
Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select,	N/A	40.5
cooked, broiled	N/A 8.	.494

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	N/A	6.408
Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all	1471	0.100
grades, cooked, grilled	N/A	4.127
Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat,		
choice, cooked, grilled	N/A	4.037
Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat,	,	
select, cooked, grilled	N/A	4.542
Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all	14,71	
grades, cooked, grilled	N/A	8.654
Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice,	,	0.00 .
cooked, grilled	N/A	8.553
Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select,		5.555
cooked, grilled	N/A	8.724
Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8"	,	5,72.
fat, all grades, cooked, roasted	N/A	4.067
Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8"	14,71	
fat, choice, cooked, roasted	N/A	4.037
Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8"	,	
fat, select, cooked, roasted	N/A	4.35
Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat,		
all grades, cooked, roasted	N/A	8.359
Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat,	,	0.000
choice, cooked, roasted	N/A	8.33
Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat,		0.00
select, cooked, roasted	N/A	8.324
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to	14,7.1	0.02.1
1/8" fat, all grades, raw	N/A	3.804
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to		3.004
1/8" fat, choice, raw	N/A	3.75
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to	1471	5.75
1/8" fat, select, raw	N/A	3.901
Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8"		3.301
fat, all grades, raw	N/A	5.337
Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8"	14,7.1	3.337
fat, choice, raw	N/A	5.733
Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8"		5.755
fat, select, raw	N/A	5.973
Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades,	,	5.575
cooked, broiled	N/A	7.807
Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice,	1477	7.007
cooked, broiled	N/A	7.87
Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select,	,	7.10.
cooked, broiled	N/A	7.744
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades,	14,71	,,,,,
cooked, broiled	N/A	7.176
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades,	.,,.	
raw	N/A	5.986
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice,	14,71	5,550
cooked, broiled	N/A	7.269
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice,	.,,.	
cooked, pan-fried	N/A	3.83
	,,,	3.03
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.425
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select,		0.125
cooked, broiled	N/A	7.083
	,,,	7.005
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	N/A	5.526
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades,		3.320
cooked, broiled	N/A	8.741
	, -	0.712

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

Severages, Acai berry drink, fortfield Severages, almond milk, chocolate, ready-to-drink N/A D.10 Severages, almond milk, severaged, which a control of the		1 .	
Severages, almond milk, chocolate, ready-to-drink Severages, almond milk, severance, Amilla flavor, ready-to-drink N/A 0.07 Severages, Amilla milk, severance, Amilla flavor, ready-to-drink N/A 0.07 Severages, Amilla milk, severance, Amilla flavor, ready-to-drink N/A 0.08 Severages, Amilla milk, severance, Amilla flavor, ready-to-drink N/A 0.09 Severages, Amilla milk, severance, Amilla flavor, ready-to-drink N/A 0.09 Severages, Amilla milk, severance, Amilla flavor, ready-to-drink N/A 0.09 Severages, Cardo-flavor deverage milk, powder, prepared with whole milk N/A 0.07 Severages, Cardo-flavor beverage milk, powder, prepared with whole milk N/A 0.07 Severages, Cardo-flavor beverage milk, powder, prepared with severage milk, powder, prepared with severage milk, powder, prepared with severage milk, powder, prepared with severage, chocolate drink, milk and soy based, ready to drink, fortified N/A 0.07 Severages, chocolate milk powder, prepared with 1st milk, fortified N/A 0.08 Severages, chocolate milk powder, prepared with 1st milk, fortified N/A 0.08 Severages, chocolate milk powder, prepared with 1st milk, fortified N/A 0.08 Severages, chocolate milk powder, prepared with 1st milk, fortified N/A 0.09 Severages, chocolate milk powder, prepared with 1st milk, fortified N/A 0.09 Severages, chocolate milk powder, prepared with 1st milk, fortified N/A 0.09 Severages, chocolate milk powder, prepared with 1st milk, fortified N/A 0.09 Severages, chocolate milk powder, prepared with 1st milk, fortified N/A 0.09 Severages, chocolate milk powder, prepared with 1st milk, fortified N/A 0.09 Severages, chocolate milk powder, prepared with 1st milk, fortified N/A 0.09 Severages, chocolate milk powder, prepared with whole milk N/A 0.09 Severages, chocolate milk powder, prepared with whole milk N/A 0.09 Severages, chocolate milk powder, prepared with whole milk N/A 0.09 Severages, chocolate milk powder, prepared with whole milk N/A 0.09 Severages, chocolate milk powder, prepared with whole milk N/A 0.09 Severages, chocolate milk		· ·	2.11
Severages, amond milk, suveetened, vanilla flavor, ready-to-drink NA 0.07 Severages, AMBER, hard claier NA 0.05 Severages, AMBER, hard claier NA 0.05 Severages, AMBER, hard claier NA 0.05 Severages, Carbonated, Iemon-line sods, no caffaine NA 0.05 Severages, carbonated, Iemon-line sods, no caffaine NA 0.05 Severages, Carbonated, SPRITE, Iemon-line, without caffaine NA 0.07 Severages, Carbonated SPRITE, Iemon-line, without caffaine NA 0.07 Severages, chociate amond milk, unsweetened, shelf-stable, fortified with vitamin 0.2 and 1.07 Severages, chociate amond milk, unsweetened, shelf-stable, fortified with NA 0.07 Severages, chociate mall, powder, prepared with 1% milk, fortified N/A 1.68 Severages, chociate mall, powder, prepared with 1% fire emilk N/A 0.08 Severages, chociate mall, powder, prepared with with site of N/A 0.08 Severages, chociate syrup, prepared with whole milk N/A 0.03 Severages, chociate syrup, prepared with whole milk N/A 0.03 Severages, chociate syrup prepared with whole milk N/A 0.03 Severages, chociate syrup on 0.07 Severages, chociate syrup prepared with whole milk N/A 0.09 Severages, chociate syrup on 0.07 Severages, colorate syrup on 0.07 Severages, colorat		•	9.06
Severages, Jennond milk, unsweetened, shelf stable N/A 0.04 Reverages, Apple juke drink, light, fortified with vitamin C N/A 0.05 Reverages, Carbonated, Sephiti, fortified with vitamin C N/A 0.05 Reverages, Carbonated, Sephiti, fortified with vitamin C N/A 0.05 Reverages, Carbonated, Sephiti, pernon-lime, without caffeine N/A 0.01 Reverages, Carbonated, Sephiti, pernon-lime, without caffeine N/A 0.01 Reverages, Carbonated, Sephiti, pernon-lime, without caffeine N/A 0.07 Reverages, Carbonated simond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E Reverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E Reverages, chocolate milk, milk and soy based, ready to drink, fortified N/A 1.27 Reverages, chocolate milt powder, prepared with 15x milk, fortified N/A 1.42 Reverages, chocolate mait powder, prepared with 15x milk, fortified N/A 1.43 Reverages, chocolate mait powder, prepared with 15x milk, fortified N/A 1.44 Reverages, chocolate powder, no sugar added N/A 1.45 Reverages, chocolate powder, no sugar added N/A 1.46 Reverages, chocolate young, perpared with whole milk N/A 1.47 Reverages, chocolate young perpared with with added nutrients, perpared with whole milk N/A 1.47 Reverages, chocolate young perpared with with added nutrients, perpared with whole milk N/A 1.48 Reverages, chocolate flavor beverage mix for milk, powder, with added nutrients, perpared with whole milk N/A 1.49 Reverages, Chocolate-flavor beverage mix for milk, powder, with added nutrients, perpared with whole milk N/A 1.40 Reverages, Chocolate-flavor beverage mix for milk, powder, with added nutrients, perpared with whole milk Reverages, Chocolate-flavor beverage mix for milk, powder, with added nutrients, perpared with whole milk N/A 1.40 Reverages, Corea mix for such perpared with whole milk Reverages, Corea mix for such perpared with whole milk N/A 1.40 Reverages, Corea mix for such perpared with whole milk Reverages, Co			0.103
Beverages, AMBER, hard clider N/A O.66 Beverages, Carbonated, Iemon-lime soda, no caffeine N/A O.67 Beverages, Carbonated, Iemon-lime soda, no caffeine N/A O.77 Beverages, Carbonated, Iemon-lime soda, no caffeine N/A O.77 Beverages, Carbonated, SPRITE, Iemon-lime, without caffeine N/A O.77 Beverages, Carbon-flavor beverage mix, powder, prepared with whole milk N/A O.78 Beverages, Carbon-flavor beverage mix, powder, prepared with whole milk N/A O.79 Beverages, Carbon-flavor beverage mix, powder, prepared with whole milk Beverages, chocolate almond milk, unswectened, shelf-stable, fortified with vitamin 0.2 and 6 Beverages, chocolate mind powder, prepared with 1% milk, fortified N/A O.79 Beverages, chocolate mind powder, prepared with 1% milk, fortified N/A O.88 Beverages, chocolate mailt, powder, prepared with 1% milk, fortified N/A O.88 Beverages, chocolate mailt, powder, prepared with 1% milk, fortified N/A O.89 Beverages, chocolate wrup, prepared with whole milk N/A O.89 Beverages, chocolate wrup, prepared with whole milk N/A O.99 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients N/A O.99 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A O.99 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A O.99 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A O.99 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A O.99 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A O.99 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A O.99 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A O.99 Beverages, colocate-flavor beverage mix, powder, prepared with whole milk N/A O.99 Beverages, colocate-flavor beverage mix, powder, prepared with whole milk N/A O.99 Beverages, colocate-flavor beverage mix, powder, prepared with whole milk N/A O.		· ·	0.075
Bewerages, Apple juice drink, light, fortified with vitamin C N/A 0.01 Beverages, Carbonated, Jemon-lime soda, no caffeine N/A 0.01 Beverages, Carbo-flavor beverage mix, powder N/A 0.01 Beverages, Carbo-flavor beverage mix, powder N/A 0.07 Beverages, Chocolate drink, milk and soy based, ready to drink, fortified N/A 0.07 Beverages, Chocolate drink, milk and soy based, ready to drink, fortified N/A 1.08 Beverages, Chocolate mail powder, prepared with 15 milk, fortified N/A 0.08 Beverages, Chocolate mail powder, prepared with 15 milk, fortified N/A 0.08 Beverages, Chocolate powder, no sugar added N/A 0.03 Beverages, chocolate powder, no sugar added N/A 0.03 Beverages, chocolate yrup Depared with whole milk N/A 0.03 Beverages, chocolate warped prepared with whole milk N/A 0.03 Beverages, chocolate yrup Depared with whole milk N/A 0.03 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients N/A 0.03 Beverages, Chocolate-flavor beverage mix for milk, powder, with added nutrients N/A 0.09 Beverages, Chocolate-flavor beverage mix powder, prepared with whole milk N/A 0.09 Beverages, Chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.09 Beverages, Chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.09 Beverages, Chocolate-flavor beverage mix for milk, powder, with added nutrients N/A 0.09 Beverages, Chocolate-flavor beverage mix for milk, powder, with added nutrients N/A 0.09 Beverages, Chocolate-flavor beverage mix for milk, powder, with added nutrients N/A 0.09 Beverages, Chocolate-flavor beverage mix powder, prepared with whole milk N/A 0.09 Beverages, Chocolate-flavor beverage mix p			0.07
Beverages, Carbonated, Jenon-lime soda, no caffeine N/A 0.018 Beverages, Carbo-flavor beverage mix, powder N/A 0.018 Beverages, Carbo-flavor beverage mix, powder N/A 0.078 Beverages, Carbo-flavor beverage mix, powder, prepared with whole milk N/A 0.038 Beverages, Chrocolate almond milk, unsweetened, shelf-stable, fortified with victamin 0.2 and € N/A 0.079 Beverages, chrocolate almond milk, unsweetened, shelf-stable, fortified N/A 0.079 Beverages, chrocolate damond milk, unsweetened, shelf-stable, fortified N/A 1.029 Beverages, chrocolate milk powder, prepared with 1% milk, fortified N/A 1.039 Beverages, chrocolate milk powder, prepared with 1% milk, fortified N/A 1.040 Beverages, chrocolate milk powder, prepared with 1% milk, fortified N/A 0.080 Beverages, chrocolate milk powder, prepared with 1% milk, fortified N/A 0.080 Beverages, chrocolate milk powder, prepared with 1% milk, fortified N/A 0.080 Beverages, chrocolate work prepared with 1% milk, powder, with added nutrients N/A 0.039 Beverages, chrocolate-flavor beverage mix for milk, powder, with added nutrients N/A 0.098 Beverages, chrocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.098 Beverages, chrocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.098 Beverages, chrocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.098 Beverages, chrocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.098 Beverages, chrocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.098 Beverages, chrocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.098 Beverages, chrocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.098 Beverages, coloate-flavor beverage mix, powder, prepared with whole milk N/A 0.098 Beverages, coloate-flavor beverage mix, powder, prepared with whole milk N/A 0.098 Beverages, coloate-flavor beverage mix for milk, powder, prepared with whole milk N/A 0.098 Beverages, coloate-flavor beverage mix for milk, powder, prepared with whole milk N/A 0.098 B			0.045
Beverages, Carbonated, SPRITE, lemon-lime, without caffeine N/A 0.71 Deverages, Carbo-flavor beverage mix, powder N/A 0.73 Deverages, Carbo-flavor beverage mix, powder, prepared with whole milk Deverages, Carbo-flavor beverage mix, powder, prepared with whole milk Deverages, Chocolate drink, milk and soy based, ready to drink, fortified with vitamin D2 and £ Deverages, chocolate drink, milk and soy based, ready to drink, fortified N/A 1.68 Deverages, chocolate malt powder, prepared with 15 milk, fortified N/A Deverages, chocolate malt powder, prepared with 15 milk, fortified N/A Deverages, chocolate powder, no sugar added N/A Deverages, chocolate typup, prepared with whole milk N/A Deverages, chocolate thavor beverage mix for milk, powder, with added nutrients, prepared with whole milk N/A Deverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk N/A Deverages, chocolate-flavor beverage mix, prowder, prepared with whole milk Deverages, chocolate-flavor beverage mix, powder, prepared with whole milk Deverages, chocolate-flavor beverage mix, powder, prepared with whole milk Deverages, citrus fruit juice drink, frozen concentrate N/A Deverages, citrus fruit juice drink, frozen concentrate N/A Deverages, citrus fruit juice drink, frozen concentrate, prepared with water N/A Deverages, contain, in ordan added, powder N/A Deverages, contien in the prepared with water N/A Deverages, contien in the propared with water N/A Deverages, contien with a spartame, powd		•	0.067
Beverages, Carob-flavor beverage mix, powder, prepared with whole milk beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and £ N/A		•	0.015
Beverages, Carob-flavor beverage mix, powder, prepared with whole milk Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and £ N/A 0.075 Beverages, chocolate drink, milk and soy based, ready to drink, fortified N/A 1.681 Beverages, chocolate malt powder, prepared with 1% milk, fortified N/A 1.422 Beverages, chocolate malt powder, prepared with 1% milk, fortified N/A 2.54. Beverages, chocolate powder, no sugar added N/A 2.54. Beverages, chocolate syrup, prepared with whole milk 2.54. Beverages, chocolate syrup prepared with whole milk 2.55. Beverages, chocolate syrup prepared with whole milk 3.65. Beverages, chocolate syrup prepared with whole milk 3.76. Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 3.77. 3.78. Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk 3.79. Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk 3.79. Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk 3.79. Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk 3.79. Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk 3.79. Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk 3.79. Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk 3.79. Beverages, chocolate-flavor beverage mix, powder, prepared with water 3.79. 3.	Beverages, carbonated, SPRITE, lemon-lime, without caffeine		0.015
Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E Beverages, chocolate milk and soy based, ready to drink, fortified N/A Beverages, chocolate malt powder, prepared with 1% milk, fortified N/A Beverages, chocolate malt powder, prepared with 1% milk, fortified N/A Beverages, chocolate malt, powder, prepared with fall free milk N/A Beverages, chocolate syrup prepared with whole milk N/A Beverages, chocolate syrup prepared with whole milk N/A Beverages, chocolate syrup prepared with whole milk N/A Beverages, chocolate flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk Beverages, Chocolate-flavor beverage mix, powder, prepared with whole milk Beverages, Chocolate-flavore ddrink, whey and milk based Beverages, Chocolate-flavore ddrink, whey and milk based Beverages, Chocolate-flavore ddrink, whey and milk based Beverages, Chocolate-flavore ddrink, frozen concentrate N/A D.24 Beverages, Chocolate-flavore ddrink, more concentrate, prepared with water N/A D.25 Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink N/A D.26 Beverages, Coco mix, powder, prepared with water N/A D.28 Beverages, Coco a mix, powder, prepared with water N/A D.28 Beverages, Coco a mix, powder, prepared with water N/A D.28 Beverages, Coco a mix, powder, prepared with water N/A D.28 Beverages, Coco a mix, powder, prepared with water N/A D.29 Beverages, Coco a mix, powder, prepared with water N/A D.29 Beverages, Coco a mix, powder, prepared with water N/A D.29 Beverages, Coco a mix, powder, prepared with water N/A D.29 Beverages, Coffee substitute, cereal grain beverage, powder, prepared with water N/A D.29	Beverages, Carob-flavor beverage mix, powder	N/A	0.76
vitamin D2 and E 8everages, chocolate drink, milk and soy based, ready to drink, fortified 8everages, chocolate malt powder, prepared with 1% milk, fortified N/A 1.688 8everages, chocolate malt powder, prepared with 1% milk, fortified N/A 3.858 8everages, chocolate malt powder, prepared with 1% milk, fortified N/A 3.94 8everages, chocolate malt powder, prepared with 1% milk, fortified N/A 3.95 8everages, chocolate syrup, prepared with whole milk N/A 3.95 8everages, chocolate syrup, prepared with whole milk 8everages, chocolate flavor beverage mix for milk, powder, with added nutrients 8everages, chocolate flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk N/A 3.93 8everages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A 3.94 8everages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk N/A 3.95 8everages, chocolate-flavor beverage mix for milk powder, with added nutrients, prepared with whole milk N/A 3.96 8everages, chrosolate-flavor beverage mix for milk powder, prepared with whole milk N/A 3.96 8everages, chrosolate-flavor beverage mix for milk powder, prepared with whole milk N/A 3.96 8everages, chrosolate-flavor beverage mix for milk powder, prepared with whole milk N/A 3.97 8everages, chrosolate-flavor beverage mix for milk powder, prepared with water N/A 3.96 8everages, chrosolate-flavor beverage mix for milk powder, prepared with water N/A 3.97 8everages, corolate mix fow calonic, proveder, with added calcium, phosphorus, apparame, without added sodium or vitamin A 4.98 8everages, Cocoa mix, fowder, prepared with water N/A 3.98 8everages, Cocoa mix, bowder, prepared with water N/A 3.98 8everages, cocoa mix, bowder, prepared with water N/A 3.98 8everages, cocoa mix, bowder, prepared with water N/A 3.99 8everages, cocoa mix, bowder, prepared with water N/A 3.99 8everages, cocoa mix, bowder, prepared with water N/A 3.99 8everages, cocoa mix, b		N/A	0.138
Beverages, chocolate mail, powder, prepared with 1% milk, fortified Beverages, chocolate mail, powder, prepared with fat free milk N/A 0.86 Beverages, chocolate powder, no sugar added N/A 0.323 Beverages, chocolate syrup N/A 0.323 Beverages, chocolate syrup prepared with whole milk N/A 0.323 Beverages, chocolate syrup prepared with whole milk N/A 0.313 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk N/A 0.098 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.098 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.144 Beverages, chocolate-flavor deverage mix, powder, prepared with whole milk N/A 0.144 Beverages, chocolate-flavor deverage mix, powder, prepared with whole milk N/A 0.144 Beverages, chocolate-flavor deverage mix, powder, prepared with whole milk N/A 0.145 Beverages, chocolate-flavor deverage mix, powder, prepared with water N/A 0.076 Beverages, chocolate-flavor deverage mix, powder, prepared with water N/A 0.086 Beverages, chocolate-flavor deverage mix, powder, prepared with water N/A 0.077 Beverages, chocolate-flavor deverage mix, powder, prepared with water N/A 0.078 Beverages, Cococa mix, forcen concentrate, prepared with water N/A 0.087 Beverages, Cococa mix, now, and an		N/A	0.075
Beverages, chocolate mail, powder, prepared with 1% milk, fortified Beverages, chocolate mail, powder, prepared with fat free milk N/A 0.86 Beverages, chocolate powder, no sugar added N/A 0.323 Beverages, chocolate syrup N/A 0.323 Beverages, chocolate syrup prepared with whole milk N/A 0.323 Beverages, chocolate syrup prepared with whole milk N/A 0.313 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk N/A 0.098 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.098 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.144 Beverages, chocolate-flavor deverage mix, powder, prepared with whole milk N/A 0.144 Beverages, chocolate-flavor deverage mix, powder, prepared with whole milk N/A 0.144 Beverages, chocolate-flavor deverage mix, powder, prepared with whole milk N/A 0.145 Beverages, chocolate-flavor deverage mix, powder, prepared with water N/A 0.076 Beverages, chocolate-flavor deverage mix, powder, prepared with water N/A 0.086 Beverages, chocolate-flavor deverage mix, powder, prepared with water N/A 0.077 Beverages, chocolate-flavor deverage mix, powder, prepared with water N/A 0.078 Beverages, Cococa mix, forcen concentrate, prepared with water N/A 0.087 Beverages, Cococa mix, now, and an	Deverages shapelate drink milk and say based ready to drink fortified	NI/A	1 600
Beverages, chocolate math, powder, prepared with fat free milk Beverages, chocolate syrup N/A 25.6 Beverages, chocolate syrup, prepared with whole milk N/A 25.6 Beverages, chocolate syrup, prepared with whole milk N/A 0.133 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients N/A 0.195 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients N/A 0.196 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk N/A 0.196 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.098 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.146 Beverages, chocolate-flavored drink, whey and milk based N/A 0.100 Beverages, chrocolate-flavored drink, frozen concentrate N/A 0.266 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water N/A 0.073 Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink N/A 1.566 Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, asparatame, without added soldium or vitamin a sparatame, powder, prepared with water N/A 1.088 Beverages, Cocoa mix, unit aspartame, powder, prepared with water N/A 0.088 Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener N/A 0.089 Beverages, coffee substitute, cereal grain beverage, prepared with water N/A 0.089 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 0.099 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 0.099 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 0.09		•	
Beverages, chocolate syrup, prepared with whole milk Beverages, chocolate syrup, prepared with whole milk Beverages, chocolate syrup, prepared with whole milk Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk N/A 0.198 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.099 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.144 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.106 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk Beverages, chocolate-flavor beverage mix, powder, prepared with water N/A 0.107 Beverages, chocolate-flavor beverage mix, powder, prepared with water N/A 0.265 Beverages, chocolate-flavor beverage mix, powder, prepared with water N/A 0.075 Beverages, chocolate-flavor beverage mix, powder, prepared with water N/A 0.075 Beverages, chocolate-flavor beverage mix, powder, prepared with water N/A 0.075 Beverages, colocal mand to mato juice, canned N/A 0.075 Beverages, COC-COLA, POWERADE, lemon-lime flavored, ready-to-drink Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink N/A 0.086 Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A 1.086 Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A 1.086 Beverages, Cocoa mix, powder N/A 1.086 Beverages, Cocoa mix, powder N/A 1.086 Beverages, Cocoa mix, powder N/A 1.086 Beverages, Cocoa mix, powder, prepared with water N/A 0.086 Beverages, Cocoa mix, powder, prepared with water N/A 0.086 Beverages, Coffee substitute, cereal grain beverage, prepared with water N/A 0.096 Beverages, coffee substitute, cereal grain beverage, prepared with water N/A 0.096 Beverages, coffee, brewed, prepared with			
Beverages, chocolate syrup, prepared with whole milk Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients N/A 0.198 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk N/A 0.198 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk N/A 0.098 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.144 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.145 Beverages, chocolate-flavor dirink, whey and milk based N/A 0.100 Beverages, chocolate-flavore dirink, whey and milk based N/A 0.100 Beverages, citrus fruit juice drink, frozen concentrate N/A 0.266 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water N/A 0.273 Beverages, CoCa-COLA, POWERADE, lemon-lime flavored, ready-to-drink Beverages, Coca-Coca mix, now calorie, powder, with added calclum, phosphorus, aspartame, without added soldium or vitamin A 1.084 Beverages, Cocoa mix, no sugar added, powder N/A 1.084 Beverages, Cocoa mix, powder, prepared with water N/A 1.086 Beverages, Cocoa mix, with aspartame, powder, prepared with water N/A 1.086 Beverages, Cocoa mix, with aspartame, powder, prepared with water N/A 0.088 Beverages, Cocoa mix, with aspartame, powder, prepared with water N/A 0.088 Beverages, Cocoa mix, with aspartame, powder, prepared with water N/A 0.089 Beverages, Coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A 0.299 Beverages, Coffee substitute, cereal grain beverage, powder, prepared with water N/A 0.299 Beverages, Coffee substitute, cereal grain beverage, powder, prepared with water N/A 0.299 Beverages, Coffee, brewed, prepared with tap water, decaffeinated N/A 0.299 Beverages, Coffee, brewed, prepared with tap water, decaffeinated N/A 0.290 Beverages, Coffee, brewed, prepared with tap water, decaffeinated N/A 0.290 Beverages, Coffee, brewe		•	
Beverages, chocolate syrup, prepared with whole milk Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk Reverages, chocolate-flavor beverage mix, powder, prepared with whole milk Reverages, chocolate-flavor beverage mix, powder, prepared with whole milk Reverages, chocolate-flavor beverage mix, powder, prepared with whole milk Reverages, citrus fruit juice drink, frozen concentrate Reverages, citrus fruit juice drink, frozen concentrate Reverages, citrus fruit juice drink, frozen concentrate, prepared with water Reverages, cocoa mix in juice, canned Reverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink Reverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink Reverages, Cocoa mix, non-alcoholic, concentrated, frozen N/A Reverages, Cocoa mix, no sugar added, powder N/A Reverages, Cocoa mix, no sugar added, powder N/A Reverages, Cocoa mix, no sugar added, powder N/A Reverages, Cocoa mix, with aspartame, powder, prepared with water N/A Reverages, Cocoa mix, with aspartame, powder, prepared with water N/A Reverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetner N/A Reverages, coffee substitute, cereal grain beverage, powder N/A Reverages, coffee substitute, cereal grain beverage, powder N/A Reverages, coffee substitute, cereal grain beverage, prepared with water N/A Reverages, coffee, brewed, spresso, restaurant-prepared N/A Reverages, coffee, brewed, prepared with thay water, decaffeinated N/A Reverages, coffee, brewed, prepared with thay water, decaffeinated N/A Reverages, co			
Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients N/A 0.196 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk N/A 0.098 Beverages, chocolate-flavore beverage mix, powder, prepared with whole milk N/A 0.144 Beverages, Chocolate-flavore durink, whey and milk based N/A 0.100 Beverages, citrus fruit juice drink, frozen concentrate N/A 0.266 Beverages, citrus fruit juice drink, frozen concentrate N/A 0.076 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water N/A 0.077 Beverages, Coca-fruit, frozen concentrate, prepared with water N/A 0.023 Beverages, Coca-fruit, provence, canned N/A 0.023 Beverages, Coca-fruit, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A N/A 0.028 Beverages, Cocoa mix, no sugar added, powder N/A 0.086 Beverages, Cocoa mix, powder, prepared with water N/A 0.086 Beverages, Cocoa mix, powder, prepared with water N/A 0.086 Beverages, Cocoa mix, powder, prepared with water N/A 0.086 Beverages, Cocoa mix, powder, prepared with water N/A 0.086 Beverages, Cocoa mix, powder, prepared with water N/A 0.086 Beverages, Coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener N/A 0.086 Beverages, coffee substitute, cereal grain beverage, powder N/A 0.096 Beverages, coffee substitute, cereal grain beverage, powder, prepared with water N/A 0.096 Beverages, coffee substitute, cereal grain beverage, prepared with water N/A 0.096 Beverages, coffee substitute, cereal grain beverage, prepared with water N/A 0.096 Beverages, coffee, brewed, prepared with tap water N/A 0.096 Beverages, coffee, brewed, prepared with tap water N/A 0.096 Beverages, coffee, brewed, prepared with tap water N/A 0.096 Beverages, coffee, brewed, prepared with tap water N/A 0.096 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.096 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.096 Beverages, coffee, instant, decaffei			
Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk Beverages, Chocolate-flavor beverage mix, powder, prepared with whole milk Beverages, Chocolate-flavor beverage mix, powder, prepared with whole milk Beverages, citrus fruit juice drink, frozen concentrate N/A Do.06 Beverages, citrus fruit juice drink, frozen concentrate N/A Do.07 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water Beverages, Citrus fruit juice drink, frozen concentrate, prepared with water N/A Do.07 Beverages, Citrus fruit juice drink, frozen concentrate, prepared with water N/A Do.07 Beverages, Citrus fruit juice drink, frozen concentrate, prepared with water N/A Do.07 Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A N/A Do.08 Beverages, Cocoa mix, low calorie, powder with added calcium, phosphorus, aspartame, without added sodium or vitamin A N/A Do.08 Beverages, Cocoa mix, powder, prepared with water N/A Do.08 Beverages, Cocoa mix, powder, prepared with water N/A Do.08 Beverages, cocoa mix, with aspartame, powder, prepared with water N/A Do.08 Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calories weetener N/A Do.08 Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A Deverages, coffee, brewed, breakfast blend N/A Do.09 Beverages, coffee, brewed, breakfast blend N/A Do.09 Beverages, coffee, brewed, prepared with tap water N/A Do.09 Beverages, coffee, brewed, prepared with tap water N/A Do.09 Beverages, coffee, brewed, prepared with tap water N/A Do.09 Beverages, coffee, brewed, prepared with tap water N/A Do.09 Beverages, coffee, brewed, prepared with tap water N/A Do.09 Beverages, coffee, brewed, prepared with tap water N/A		N/A	0.137
nutrients, prepared with whole milk N/A 0.098 Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk N/A 0.144 Beverages, Chocolate-flavored drink, whey and milk based N/A 0.106 Beverages, citrus fruit juice drink, frozen concentrate N/A 0.076 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water N/A 0.077 Beverages, Clam and tomato juice, canned N/A 0.078 Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink N/A 1.086 Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A Beverages, Cocoa mix, low calorie, powder N/A 1.084 Beverages, Cocoa mix, powder, prepared with water N/A 1.084 Beverages, Cocoa mix, powder, prepared with water N/A 0.085 Beverages, Cocoa mix, powder, prepared with water N/A 0.086 Beverages, Cocoa mix, with aspartame, powder, prepared with water N/A 0.087 Beverages, Coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener N/A 1.086 Beverages, coffee substitute, cereal grain beverage, powder N/A 1.087 Beverages, coffee substitute, cereal grain beverage, powder N/A 0.296 Beverages, coffee substitute, cereal grain beverage, powder N/A 0.296 Beverages, coffee substitute, cereal grain beverage, powder N/A 0.296 Beverages, coffee, brewed, prepared with tap water N/A 0.296 Beverages, coffee, brewed, prepared with tap water N/A 0.297 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.298 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.299 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.290 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.290 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.290 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.290 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.290 Beverages, coffee, ins		N/A	0.199
Beverages, Chocolate-flavor beverage mix, powder, prepared with whole milk Beverages, Chocolate-flavored drink, whey and milk based N/A 0.106 Beverages, citrus fruit juice drink, frozen concentrate N/A 0.076 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water N/A 0.077 Beverages, CIam and tomato juice, canned N/A 0.078 Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink Beverages, Cocktail mix, non-alcoholic, concentrated, frozen Beverages, Cocca mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A N/A 1.084 Beverages, Cocca mix, no sugar added, powder N/A 1.084 Beverages, Cocca mix, powder, prepared with water N/A 0.085 Beverages, Cocca mix, powder, prepared with water N/A 0.086 Beverages, cocca mix, with aspartame, powder, prepared with water N/A 0.087 Beverages, coffee and cocca, instant, decaffeinated, with whitener and low calorie sweetener N/A 1.766 Beverages, coffee substitute, cereal grain beverage, powder, prepared with water N/A 0.295 Beverages, coffee substitute, cereal grain beverage, powder, prepared with water N/A 0.295 Beverages, coffee substitute, cereal grain beverage, prepared with water N/A 0.296 Beverages, coffee, brewed, breakfast blend N/A 0.296 Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A 0.296 Beverages, coffee, brewed, prepared with tap water N/A 0.196 Beverages, coffee, brewed, prepared with tap water N/A 0.297 Beverages, coffee, brewed, prepared with tap water N/A 0.298 Beverages, coffee, brewed, prepared with tap water N/A 0.298 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.298 Beverages, coffee, brewed, prepared with tap water N/A 0.298 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.298 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.298 Beverages, co	Beverages, chocolate-flavor beverage mix for milk, powder, with added		
Beverages, Chocolate-flavored drink, whey and milk based N/A 0.106 Beverages, citrus fruit juice drink, frozen concentrate N/A 0.265 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water N/A 0.075 Beverages, Clam and tomato juice, canned N/A 0.233 Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink N/A 1.566 Beverages, Cockail mix, non-alcoholic, concentrated, frozen N/A 0.028 Beverages, Cockail mix, non-alcoholic, concentrated, frozen N/A 0.028 Beverages, Coccoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A N/A 1.084 Beverages, Coccoa mix, no sugar added, powder N/A 1.084 Beverages, Coccoa mix, no sugar added, powder N/A 0.085 Beverages, Coccoa mix, powder, prepared with water N/A 0.085 Beverages, Coccoa mix, with aspartame, powder, prepared with water N/A 0.085 Beverages, Coccoa mix, with aspartame, powder, prepared with water N/A 0.085 Beverages, Coffee and cocco, instant, decaffeinated, with whitener and low calorie sweetener N/A 1.666 Beverages, Coffee substitute, cereal grain beverage, powder, prepared with water N/A 0.295 Beverages, Coffee substitute, cereal grain beverage, powder, prepared with N/A 0.295 Beverages, coffee substitute, cereal grain beverage, prepared with N/A 0.296 Beverages, coffee, brewed, breakfast blend N/A 0.296 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 0.296 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 0.296 Beverages, coffee, brewed, prepared with tap water N/A 0.296 Beverages, coffee, brewed, prepared with tap water N/A 0.296 Beverages, coffee, brewed, prepared with tap water N/A 0.296 Beverages, coffee, brewed, prepared with tap water N/A 0.296 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.296 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.286 Beverages, coffee, instant, regular, half the caffeine N/A 0.286 Beverages, coffee, instant, weetened N/A 0.286 Beverages, coffee, instant, weetened N/A 0.286	nutrients, prepared with whole milk	N/A	0.098
Beverages, Chocolate-flavored drink, whey and milk based N/A 0.106 Beverages, citrus fruit juice drink, frozen concentrate N/A 0.265 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water N/A 0.075 Beverages, Clam and tomato juice, canned N/A 0.233 Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink N/A 1.566 Beverages, Cockail mix, non-alcoholic, concentrated, frozen N/A 0.028 Beverages, Cockail mix, non-alcoholic, concentrated, frozen N/A 0.028 Beverages, Coccoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A N/A 1.084 Beverages, Coccoa mix, no sugar added, powder N/A 1.084 Beverages, Coccoa mix, no sugar added, powder N/A 0.085 Beverages, Coccoa mix, powder, prepared with water N/A 0.085 Beverages, Coccoa mix, with aspartame, powder, prepared with water N/A 0.085 Beverages, Coccoa mix, with aspartame, powder, prepared with water N/A 0.085 Beverages, Coffee and cocco, instant, decaffeinated, with whitener and low calorie sweetener N/A 1.666 Beverages, Coffee substitute, cereal grain beverage, powder, prepared with water N/A 0.295 Beverages, Coffee substitute, cereal grain beverage, powder, prepared with N/A 0.295 Beverages, coffee substitute, cereal grain beverage, prepared with N/A 0.296 Beverages, coffee, brewed, breakfast blend N/A 0.296 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 0.296 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 0.296 Beverages, coffee, brewed, prepared with tap water N/A 0.296 Beverages, coffee, brewed, prepared with tap water N/A 0.296 Beverages, coffee, brewed, prepared with tap water N/A 0.296 Beverages, coffee, brewed, prepared with tap water N/A 0.296 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.296 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.286 Beverages, coffee, instant, regular, half the caffeine N/A 0.286 Beverages, coffee, instant, weetened N/A 0.286 Beverages, coffee, instant, weetened N/A 0.286	Deverage absorbes flavor because with provider proposed with whale will.	A1/A	0.143
Beverages, citrus fruit juice drink, frozen concentrate N/A 0.26 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water N/A 0.07 Beverages, Clam and tomato juice, canned N/A 0.23 Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink N/A 1.56 Beverages, Cocka limix, non-alcoholic, concentrated, frozen N/A 0.026 Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A N/A 1.08 Beverages, Cocoa mix, no sugar added, powder N/A 1.08 Beverages, Cocoa mix, no sugar added, powder N/A 1.08 Beverages, Cocoa mix, powder N/A 0.085 Beverages, Cocoa mix, with aspartame, powder, prepared with water N/A 0.085 Beverages, cocoa mix, with aspartame, powder, prepared with water N/A 0.085 Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener N/A 1.766 Beverages, coffee substitute, cereal grain beverage, powder, prepared with water N/A 0.293 Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A 0.293 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 0.294 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 0.296 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 0.19 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.296 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.297 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.298 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.298 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.298 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.298 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.286 Beverages, coffee, instant, regular, half the caffeine			
Beverages, Citrus fruit juice drink, frozen concentrate, prepared with water N/A 0.23 Beverages, Clam and tomato juice, canned N/A 0.23 Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink N/A 1.56 Beverages, Cockatail mix, non-alcoholic, concentrated, frozen N/A 0.026 Beverages, Cockatail mix, non-alcoholic, concentrated, frozen N/A 0.026 Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A N/A 1.084 Beverages, Cocoa mix, no sugar added, powder N/A 1.084 Beverages, Cocoa mix, powder, prepared with water N/A 0.588 Beverages, Cocoa mix, powder, prepared with water N/A 0.085 Beverages, cocoa mix, with aspartame, powder, prepared with water N/A 0.085 Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener N/A 1.7664 Beverages, coffee substitute, cereal grain beverage, powder, prepared with N/A 1.7664 Beverages, coffee substitute, cereal grain beverage, powder, prepared with water N/A 0.295 Beverages, coffee substitute, cereal grain beverage, prepared with water N/A 0.296 Beverages, coffee, brewed, breakfast blend N/A 0.296 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 0.36 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 0.36 Beverages, coffee, brewed, prepared with tap water N/A 0.36 Beverages, coffee, brewed, prepared with tap water N/A 0.396 Beverages, coffee, brewed, prepared with tap water N/A 0.396 Beverages, coffee, brewed, prepared with tap water N/A 0.396 Beverages, coffee, brewed, prepared with tap water N/A 0.396 Beverages, coffee, brewed, prepared with tap water N/A 0.396 Beverages, coffee, brewed, prepared with tap water N/A 0.396 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.326 Beverages, coffee, instant, decaffeinated, powder N/A 0.326 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.386 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.386 Beverages, coffee, inst		•	
Beverages, Clam and tomato juice, canned N/A 1.566 Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink N/A 1.566 Beverages, Cocca mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A N/A Beverages, Cocca mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A N/A Beverages, Cocca mix, no sugar added, powder N/A N/A Beverages, Cocca mix, powder N/A Beverages, Cocca mix, powder, prepared with water N/A Beverages, coca mix, with aspartame, powder, prepared with water N/A Beverages, coffee and cocca, instant, decaffeinated, with whitener and low calorie sweetener N/A Severages, coffee substitute, cereal grain beverage, powder N/A N/A 1.086 Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A Beverages, coffee substitute, cereal grain beverage, prepared with water N/A Beverages, coffee substitute, cereal grain beverage, prepared with water N/A D.293 Beverages, coffee, brewed, breakfast blend N/A D.366 Beverages, coffee, brewed, espresso, restaurant-prepared N/A D.376 Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A D.376 Beverages, coffee, brewed, prepared with tap water N/A D.396 Beverages, coffee, brewed, prepared with tap water N/A D.397 Beverages, coffee, brewed, prepared with tap water N/A D.397 Beverages, coffee, brewed, prepared with tap water N/A D.397 Beverages, coffee, instant, cereal grain deverage, water, decaffeinated N/A D.397 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.397 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.398 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.398 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.398 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.398 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.398 B	Beverages, citrus fruit juice drink, frozen concentrate	N/A	0.263
Beverages, Clam and tomato juice, canned N/A 1.566 Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink N/A 1.566 Beverages, Cocca mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A N/A Beverages, Cocca mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A N/A Beverages, Cocca mix, no sugar added, powder N/A N/A Beverages, Cocca mix, powder N/A Beverages, Cocca mix, powder, prepared with water N/A Beverages, coca mix, with aspartame, powder, prepared with water N/A Beverages, coffee and cocca, instant, decaffeinated, with whitener and low calorie sweetener N/A Severages, coffee substitute, cereal grain beverage, powder N/A N/A 1.086 Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A Beverages, coffee substitute, cereal grain beverage, prepared with water N/A Beverages, coffee substitute, cereal grain beverage, prepared with water N/A D.293 Beverages, coffee, brewed, breakfast blend N/A D.366 Beverages, coffee, brewed, espresso, restaurant-prepared N/A D.376 Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A D.376 Beverages, coffee, brewed, prepared with tap water N/A D.396 Beverages, coffee, brewed, prepared with tap water N/A D.397 Beverages, coffee, brewed, prepared with tap water N/A D.397 Beverages, coffee, brewed, prepared with tap water N/A D.397 Beverages, coffee, instant, cereal grain deverage, water, decaffeinated N/A D.397 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.397 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.398 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.398 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.398 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.398 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.398 B			
Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink N/A 0.026 Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A 1.084 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 N/A 1.084 Beverages, Cocoa mix, powder Popared with water N/A 0.586 Beverages, Cocoa mix, powder, prepared with water N/A 0.083 Beverages, Cocoa mix, with aspartame, powder, prepared with water N/A 0.085 Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener N/A 17.664 Beverages, coffee substitute, cereal grain beverage, powder N/A 17.664 Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A 0.293 Beverages, coffee, brewed, breakfast blend N/A 0.36 Beverages, coffee, brewed, breakfast blend N/A 0.36 Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A 0.36 Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A 0.36 Beverages, coffee, brewed, prepared with tap water N/A 0.19 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.19 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.226 Beverages, coffee, instant, checaffeinated, powder N/A 0.226 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.216 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.286 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.286 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.286 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.286 Beverages, coffee, instant, mocha, sweetened N/A 0.286 Beverages, coffee, instant, mocha, sweetened N/A 0.286 Beverages, coffee, instant, mocha, sweetened N/A 0.286		•	
Beverages, Cockail mix, non-alcoholic, concentrated, frozen Beverages, Coccoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A Beverages, Coccoa mix, no sugar added, powder N/A Beverages, Coccoa mix, powder N/A Beverages, Coccoa mix, powder N/A Beverages, Coccoa mix, powder, prepared with water N/A Beverages, Coccoa mix, with aspartame, powder, prepared with water N/A Beverages, cocfee and cocco, instant, decaffeinated, with whitener and low calorie sweetener N/A Beverages, coffee substitute, cereal grain beverage, powder N/A N/A 1.084 Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A Beverages, coffee substitute, cereal grain beverage, prepared with water N/A Beverages, coffee substitute, cereal grain beverage, prepared with water N/A Beverages, coffee, brewed, breakfast blend Beverages, coffee, brewed, espresso, restaurant-prepared N/A Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A Severages, coffee, brewed, prepared with tap water N/A Severages, coffee, brewed, prepared with tap water, decaffeinated N/A D.19 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.216 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.216 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.217 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.218 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.226 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.226 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.226 Beverages, coffee, instant, mocha, sweetened N/A D.286	Beverages, Clam and tomato juice, canned	N/A	0.231
Beverages, Cockail mix, non-alcoholic, concentrated, frozen Beverages, Coccoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A Beverages, Coccoa mix, no sugar added, powder N/A Beverages, Coccoa mix, powder N/A Beverages, Coccoa mix, powder N/A Beverages, Coccoa mix, powder, prepared with water N/A Beverages, Coccoa mix, with aspartame, powder, prepared with water N/A Beverages, cocfee and cocco, instant, decaffeinated, with whitener and low calorie sweetener N/A Beverages, coffee substitute, cereal grain beverage, powder N/A N/A 1.084 Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A Beverages, coffee substitute, cereal grain beverage, prepared with water N/A Beverages, coffee substitute, cereal grain beverage, prepared with water N/A Beverages, coffee, brewed, breakfast blend Beverages, coffee, brewed, espresso, restaurant-prepared N/A Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A Severages, coffee, brewed, prepared with tap water N/A Severages, coffee, brewed, prepared with tap water, decaffeinated N/A D.19 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.216 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.216 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.217 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.218 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.226 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.226 Beverages, coffee, instant, decaffeinated, prepared with water N/A D.226 Beverages, coffee, instant, mocha, sweetened N/A D.286	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	N/A	1.565
Beverages, Cocoa mix, Iow calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A 1.084 Beverages, Cocoa mix, no sugar added, powder N/A 1.084 Beverages, Cocoa mix, powder N/A 1.084 Beverages, Cocoa mix, powder N/A 1.088 Beverages, Cocoa mix, powder, prepared with water N/A 1.088 Beverages, cocoa mix, with aspartame, powder, prepared with water N/A 1.088 Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener N/A 1.088 Beverages, coffee substitute, cereal grain beverage, powder N/A 1.089 Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A 1.089 Beverages, coffee substitute, cereal grain beverage, prepared with water N/A 1.089 Beverages, coffee, brewed, breakfast blend N/A 1.089 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 1.089 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 1.099 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 1.099 Beverages, coffee, brewed, prepared with tap water N/A 1.099 Beverages, coffee, brewed, prepared with tap water N/A 1.099 Beverages, coffee, instant, chicory N/A 1.099 Beverages, coffee, instant, chicory N/A 1.099 Beverages, coffee, instant, decaffeinated, powder N/A 1.099 Beverages, coffee, instant, decaffeinated, powder N/A 1.099 Beverages, coffee, instant, decaffeinated, powder N/A 1.099 Beverages, coffee, instant, decaffeinated, prepared with water N/A 1.099 Beverages, coffee, instant, decaffeinated, powder N/A 1.099 Beverages, coffee, instant, decaffeinated, prepared with water N/A 1.099 Beverages, coffee, instant, decaffeinated, prepared with water N/A 1.099 Beverages, coffee, instant, decaffeinated, prepared with water N/A 1.099 Beverages, coffee, instant, decaffeinated, prepared with water N/A 1.099 Beverages, coffee, instant, decaffeinated, prepared with water N/A 1.099 Beverages, coffee, instant, decaffeinated, prepared with water N/A 1.099 Beverages, coffee, instant, decaffeinated, prepared with water N/A 1.099 Beverag		N/A	0.026
aspartame, without added sodium or vitamin A Beverages, Cocoa mix, no sugar added, powder N/A Beverages, Cocoa mix, powder, prepared with water N/A Beverages, cocoa mix, with aspartame, powder, prepared with water N/A Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener N/A Beverages, coffee substitute, cereal grain beverage, powder N/A Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A Beverages, coffee substitute, cereal grain beverage, prepared with water N/A Beverages, coffee, brewed, breakfast blend N/A Beverages, coffee, brewed, espresso, restaurant-prepared N/A Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A Beverages, coffee, brewed, prepared with tap water N/A Deverages, coffee, instant, chicory N/A Beverages, coffee, instant, chicory N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, i	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus,		
Beverages, Cocoa mix, powder Beverages, Cocoa mix, powder, prepared with water N/A Beverages, Cocoa mix, with aspartame, powder, prepared with water N/A Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener Beverages, coffee substitute, cereal grain beverage, powder N/A Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A Beverages, coffee substitute, cereal grain beverage, prepared with water N/A Beverages, coffee, brewed, breakfast blend Reverages, coffee, brewed, espresso, restaurant-prepared N/A Beverages, coffee, brewed, espresso, restaurant-prepared N/A Beverages, coffee, brewed, prepared with tap water N/A Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A D.22 Beverages, coffee, instant, chicory N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, mocha, sweetened N/A Beverages, coffee, instant, mocha, sweetened N/A Beverages, coffee, instant, regular, half the caffeine		N/A	1.084
Beverages, Cocoa mix, powder Beverages, Cocoa mix, powder, prepared with water N/A Beverages, Cocoa mix, with aspartame, powder, prepared with water N/A Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener Beverages, coffee substitute, cereal grain beverage, powder N/A Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A Beverages, coffee substitute, cereal grain beverage, prepared with water N/A Beverages, coffee, brewed, breakfast blend Reverages, coffee, brewed, espresso, restaurant-prepared N/A Beverages, coffee, brewed, espresso, restaurant-prepared N/A Beverages, coffee, brewed, prepared with tap water N/A Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A D.22 Beverages, coffee, instant, chicory N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, mocha, sweetened N/A Beverages, coffee, instant, mocha, sweetened N/A Beverages, coffee, instant, regular, half the caffeine	Beverages, Cocoa mix, no sugar added, powder	•	1.084
Beverages, Cocoa mix, powder, prepared with water N/A 0.08 Beverages, cocoa mix, with aspartame, powder, prepared with water N/A 0.08 Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener N/A 17.664 Beverages, coffee substitute, cereal grain beverage, powder N/A 17.664 Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A 0.293 Beverages, coffee substitute, cereal grain beverage, prepared with water N/A 0.294 Beverages, coffee, brewed, breakfast blend N/A 0.8 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 5.207 Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A 5.207 Beverages, coffee, brewed, prepared with tap water N/A 0.193 Beverages, coffee, brewed, prepared with tap water N/A 0.225 Beverages, coffee, instant, chicory N/A 0.216 Beverages, coffee, instant, decaffeinated, powder N/A 0.286 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.286 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.286 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.286 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.286 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.286 Beverages, coffee, instant, mocha, sweetened N/A 0.286 Beverages, coffee, instant, regular, half the caffeine			0.586
Beverages, cotoa mix, with aspartame, powder, prepared with water N/A 8everages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener N/A 8everages, coffee substitute, cereal grain beverage, powder N/A 8everages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A 8everages, coffee substitute, cereal grain beverage, prepared with water N/A 8everages, coffee substitute, cereal grain beverage, prepared with water N/A 8everages, coffee, brewed, breakfast blend N/A 8everages, coffee, brewed, espresso, restaurant-prepared N/A 8everages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A 8everages, coffee, brewed, prepared with tap water N/A 8everages, coffee, brewed, prepared with tap water N/A 8everages, coffee, brewed, prepared with tap water N/A 8everages, coffee, brewed, prepared with tap water, decaffeinated N/A 8everages, coffee, brewed, prepared with tap water, decaffeinated N/A 8everages, coffee, instant, clicory N/A 8everages, coffee, instant, decaffeinated, powder N/A 8everages, coffee, instant, decaffeinated, prepared with water N/A 8everages, coffee, instant, decaffeinated, prepared with wa	•	<u> </u>	0.081
Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener N/A 8-4.655 Beverages, coffee substitute, cereal grain beverage, powder N/A 8-2.265 Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A 8-2.265 N/A 17.664 N/A N/A 17.664 N/A N/A N/A N/A N/A N/A N/A N/			
calorie sweetener Beverages, coffee substitute, cereal grain beverage, powder N/A Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A Beverages, coffee substitute, cereal grain beverage, prepared with water N/A Beverages, coffee substitute, cereal grain beverage, prepared with water N/A Beverages, coffee, brewed, breakfast blend N/A Beverages, coffee, brewed, espresso, restaurant-prepared N/A Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A Beverages, coffee, brewed, prepared with tap water N/A Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A Beverages, coffee, instant, chicory N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, prepared with water N/A Deverages, coffee, instant, mocha, sweetened N/A Deverages, coffee, instant, mocha, sweetened N/A Deverages, coffee, instant, regular, half the caffeine		N/A	0.085
Beverages, coffee substitute, cereal grain beverage, powder N/A 17.664 Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk N/A 0.293 Beverages, coffee substitute, cereal grain beverage, prepared with water N/A 0.294 Beverages, coffee, brewed, breakfast blend N/A 0.8 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 5.207 Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A 5.207 Beverages, coffee, brewed, prepared with tap water N/A 0.193 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.222 Beverages, coffee, instant, chicory N/A 0.218 Beverages, coffee, instant, decaffeinated, powder N/A 0.286 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.286 Beverages, coffee, instant, mocha, sweetened N/A 2.263 Beverages, coffee, instant, regular, half the caffeine N/A 2.263			
Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk Beverages, coffee substitute, cereal grain beverage, prepared with water Beverages, coffee substitute, cereal grain beverage, prepared with water N/A Beverages, coffee, brewed, breakfast blend N/A Beverages, coffee, brewed, espresso, restaurant-prepared N/A Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A Beverages, coffee, brewed, prepared with tap water N/A Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A Beverages, coffee, instant, chicory N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, mocha, sweetened N/A N/A D.282 Beverages, coffee, instant, mocha, sweetened N/A D.282 Beverages, coffee, instant, regular, half the caffeine			
whole milk N/A 0.293 Beverages, coffee substitute, cereal grain beverage, prepared with water N/A 0.294 Beverages, coffee, brewed, breakfast blend N/A 0.8 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 5.207 Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A 5.207 Beverages, coffee, brewed, prepared with tap water N/A 0.193 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.223 Beverages, coffee, instant, chicory N/A 0.218 Beverages, coffee, instant, decaffeinated, powder N/A 0.283 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.283 Beverages, coffee, instant, mocha, sweetened N/A 0.286 Beverages, coffee, instant, regular, half the caffeine N/A 0.28175		N/A	17.664
Beverages, coffee substitute, cereal grain beverage, prepared with water N/A 0.294 Beverages, coffee, brewed, breakfast blend N/A 0.8 Beverages, coffee, brewed, espresso, restaurant-prepared N/A 5.207 Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A 5.207 Beverages, coffee, brewed, prepared with tap water N/A 0.197 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.227 Beverages, coffee, instant, chicory N/A 0.218 Beverages, coffee, instant, decaffeinated, powder N/A 0.287 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.287 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.287 Beverages, coffee, instant, mocha, sweetened N/A 0.287 Beverages, coffee, instant, regular, half the caffeine N/A 0.287			
Beverages, coffee, brewed, breakfast blend Beverages, coffee, brewed, espresso, restaurant-prepared N/A Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A Beverages, coffee, brewed, prepared with tap water N/A Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A Beverages, coffee, instant, chicory N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, mocha, sweetened N/A Beverages, coffee, instant, regular, half the caffeine	whole milk	N/A	0.293
Beverages, coffee, brewed, breakfast blend Beverages, coffee, brewed, espresso, restaurant-prepared N/A Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A Beverages, coffee, brewed, prepared with tap water N/A Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A Beverages, coffee, instant, chicory N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, mocha, sweetened N/A Beverages, coffee, instant, regular, half the caffeine	Beverages, coffee substitute, cereal grain beverage, prepared with water	N/A	0.294
Beverages, coffee, brewed, espresso, restaurant-prepared N/A 5.207 Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated N/A 5.207 Beverages, coffee, brewed, prepared with tap water N/A 0.197 Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.227 Beverages, coffee, instant, chicory N/A 0.218 Beverages, coffee, instant, decaffeinated, powder N/A 28.079 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.287 Beverages, coffee, instant, mocha, sweetened N/A 2.263 Beverages, coffee, instant, regular, half the caffeine N/A 28.173			0.8
Beverages, coffee, brewed, prepared with tap water Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A Beverages, coffee, instant, chicory Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, mocha, sweetened N/A Beverages, coffee, instant, regular, half the caffeine N/A 28.173			5.207
Beverages, coffee, brewed, prepared with tap water Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A Beverages, coffee, instant, chicory Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, powder N/A Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, mocha, sweetened N/A Beverages, coffee, instant, regular, half the caffeine N/A 28.173			
Beverages, coffee, brewed, prepared with tap water, decaffeinated N/A 0.222 Beverages, coffee, instant, chicory N/A 0.218 Beverages, coffee, instant, decaffeinated, powder N/A 28.075 Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.282 Beverages, coffee, instant, mocha, sweetened N/A 2.263 Beverages, coffee, instant, regular, half the caffeine N/A 28.173	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	N/A	5.207
Beverages, coffee, instant, chicory Beverages, coffee, instant, decaffeinated, powder Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, mocha, sweetened N/A Beverages, coffee, instant, regular, half the caffeine N/A 28.173	Beverages, coffee, brewed, prepared with tap water	N/A	0.191
Beverages, coffee, instant, decaffeinated, powder Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, mocha, sweetened N/A Beverages, coffee, instant, mocha, sweetened N/A 28.075 N/A 28.175	Beverages, coffee, brewed, prepared with tap water, decaffeinated	N/A	0.222
Beverages, coffee, instant, decaffeinated, powder Beverages, coffee, instant, decaffeinated, prepared with water N/A Beverages, coffee, instant, mocha, sweetened N/A Beverages, coffee, instant, mocha, sweetened N/A 28.075 N/A 28.175	Beverages, coffee, instant, chicory	N/A	0.218
Beverages, coffee, instant, decaffeinated, prepared with water N/A 0.282 Beverages, coffee, instant, mocha, sweetened N/A 2.263 Beverages, coffee, instant, regular, half the caffeine N/A 28.173			28.075
Beverages, coffee, instant, mocha, sweetened N/A 2.263 Beverages, coffee, instant, regular, half the caffeine N/A 28.173		· ·	0.282
Beverages, coffee, instant, regular, half the caffeine N/A 28.173			2.263
			28.173
1	Beverages, coffee, instant, regular, powder	N/A	28.173

December of the destruction of the state of	Int/a	0.226
Beverages, coffee, instant, regular, prepared with water	N/A	0.236
Beverages, coffee, instant, with chicory	N/A	21.667
Beverages, coffee, instant, with whitener, reduced calorie	N/A	0.188
Beverages, coffee, ready to drink, iced, mocha, milk based	N/A	0.513
Beverages, coffee, ready to drink, milk based, sweetened	N/A	1.32
Developed and the words to deint venille light will be and acceptance	N1 / A	4.22
Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	N/A N/A	1.32
Beverages, Cranberry juice cocktail	IN/A	0.025
Developes are about a small in its definite law salaris with vitages of added	NI/A	0.020
Beverages, cranberry-apple juice drink, low calorie, with vitamin C added Beverages, cranberry-apricot juice drink, bottled	N/A N/A	0.028
Beverages, cranberry-grape juice drink, bottled	N/A	0.12
	N/A	
Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	IN/A	1.416
Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	NI/A	0.11
Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie	N/A	0.11
	N/A	1.25
sweeteners, powder	IN/ A	1.23
Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	N/A	0.22
Beverages, Eggnog-flavor mix, powder, prepared with whole milk	N/A N/A	0.22
Beverages, Energy drink, AMP	N/A	0.112
Beverages, Energy drink, AMP, sugar free	N/A	0.833
Beverages, Energy drink, AWP, Sugar free	N/A	1.667
beverages, thereby drink, rott mikoritt	IN/A	1.007
Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	N/A	10.16
Beverages, Energy drink, Monster, Tortified with Vitaminis C, B2, B3, B0, B12	N/A	9.827
Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin,	IN/ A	5.027
pantothenic acid, vitamins B6 and B12	N/A	8.5
Beverages, Energy drink, ROCKSTAR	N/A	9.82
Beverages, Energy drink, ROCKSTAR, sugar free	N/A	8.333
Beverages, Energy drink, Nockorak, sugar-free, citrus flavor	N/A	0.015
Beverages, Energy drink, VAOLT zero, sugar rice, citius flavor	N/A	0.015
Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and	IN/A	0.013
added thiamin	N/A	0.036
Beverages, fruit juice drink, greater than 3% juice, high vitamin C	N/A	0.036
Beverages, fruit juice drink, greater than 370 Juice, high vitamin E	N/A	0.015
Beverages, Fruit punch drink, frozen concentrate	N/A	0.074
beverages, trute patient arms, nozen concentrate	1477	0.07 1
Beverages, Fruit punch drink, frozen concentrate, prepared with water	N/A	0.021
Beverages, Fruit punch drink, with added nutrients, canned	N/A	0.021
Beverages, fruit punch drink, without added nutrients, canned	N/A	0.021
Beverages, fruit punch juice drink, frozen concentrate	N/A	0.208
	.,	
Beverages, fruit punch juice drink, frozen concentrate, prepared with water	N/A	0.05
Beverages, fruit punch-flavor drink, powder, without added sodium, prepared	,	
with water	N/A	0.001
Beverages, fruit-flavored drink, powder, with high vitamin C with other added	,	
vitamins, low calorie	N/A	80
Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	N/A	0.204
Beverages, grape drink, canned	N/A	0.01
Beverages, grape juice drink, canned	N/A	0.142
Beverages, Horchata, as served in restaurant	N/A	0.047
Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	N/A	0.009
Beverages, lemonade, frozen concentrate, pink, prepared with water	N/A	0.027
Beverages, Lemonade, powder	N/A	0.13
Beverages, Malt liquor beverage	N/A	0.4
Beverages, malted drink mix, chocolate, powder	N/A	2.003
Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	N/A	0.259
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Beverages, Malted drink mix, chocolate, with added nutrients, powder,		
prepared with whole milk	N/A	4.164
Beverages, Malted drink mix, natural, powder, dairy based.	N/A	5.246
Decree - Marked deitals arise and according to the control of the	N1 / A	0.540
Beverages, Malted drink mix, natural, powder, prepared with whole milk Beverages, Malted drink mix, natural, with added nutrients, powder, prepared	N/A	0.519
		2 002
with whole milk	N/A N/A	3.993 6.6
Beverages, Meal supplement drink, canned, peanut flavor Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-	IN/A	6.8
drink, added calcium, vitamin A and vitamin D	N/A	0.085
Beverages, MINUTE MAID, Lemonada, Limeade	N/A	0.009
beverages, Minore MAID, Lemonada, Limeade	IN/A	0.009
Beverages, Mixed vegetable and fruit juice drink, with added nutrients	N/A	0.018
Beverages, MONSTER energy drink, low carb	N/A	8.333
Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	N/A	1.537
Beverages, nutritional shake mix, high protein, powder	N/A	25
Beverages, OCEAN SPRAY, Cran Cherry	N/A	0.026
Beverages, OCEAN SPRAY, Cran Grape	N/A	0.026
Beverages, OCEAN SPRAY, Cran Lemonade	N/A	0.026
Beverages, OCEAN SPRAY, Cran Pomegranate	N/A	0.026
Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	N/A	0.026
Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	N/A	4.167
Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	N/A	0.028
Beverages, OCEAN SPRAY, Diet Cran Cherry	N/A	0.026
Beverages, OCEAN SPRAY, Diet Cranberry Juice	N/A	0.026
Beverages, OCEAN SPRAY, Light Cranberry	N/A	0.026
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Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	N/A	0.026
Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	N/A	0.026
Beverages, OCEAN SPRAY, Ruby Red cranberry	N/A	0.026
Beverages, OCEAN SPRAY, White Cranberry Peach	N/A	0.026
	·	
Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	N/A	0.21
Beverages, orange and apricot juice drink, canned	N/A	0.2
Beverages, orange breakfast drink, ready-to-drink, with added nutrients	N/A	0.09
Beverages, Orange drink, breakfast type, with juice and pulp, frozen		
concentrate	N/A	0.87
Beverages, Orange drink, breakfast type, with juice and pulp, frozen		
concentrate, prepared with water	N/A	0.253
Beverages, orange drink, canned, with added vitamin C	N/A	0.011
Beverages, Orange juice drink	N/A	5
Beverages, Orange juice, light, No pulp	N/A	0.333
Beverages, Orange-flavor drink, breakfast type, low calorie, powder	N/A	80
Beverages, orange-flavor drink, breakfast type, powder	N/A	8
Beverages, orange-flavor drink, breakfast type, powder, prepared with water	N/A	1.023
Beverages, OVALTINE, chocolate malt powder	N/A	18.182
Beverages, OVALTINE, Classic Malt powder	N/A	18.182
Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	N/A	0.22
Beverages, pineapple and grapefruit juice drink, canned	N/A	0.267
Beverages, pineapple and orange juice drink, canned	N/A	0.207
Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	N/A	0.845
Beverages, POWERADE, Zero, Mixed Berry	N/A	0.833
Beverages, Propel Zero, fruit-flavored, non-carbonated	N/A	4.095
Beverages, Protein powder soy based	N/A	2.357
Beverages, Protein powder whey based	N/A	1.136
Beverages, rice milk, unsweetened	N/A	0.39
Beverages, rich chocolate, powder	N/A	18.182
Beverages, shake, fast food, strawberry	N/A	0.175

Develope CLIMATACT Management High Doublin Chales Dandy To Doing		
Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink,	NI/A	2 20
3-2-1 plan	N/A	2.39
Payaragas Strawbarny flavor havaraga miy navydar pranarad with whole mill	NI/A	0.002
Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	N/A N/A	0.083
Beverages, tea, green, brewed, decaffeinated	•	0.03
Beverages, tea, green, brewed, regular	N/A	0.03
Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified	N1/A	0.125
with vitamin C	N/A	0.125
Beverages, tea, hibiscus, brewed	N/A	0.04
Beverages, tea, instant, decaffeinated, lemon, diet	N/A	3.88
Beverages, tea, instant, decaffeinated, lemon, sweetened	N/A	0.125
Beverages, tea, instant, decaffeinated, unsweetened	N/A	10.8
Beverages, tea, instant, lemon, diet	N/A	0.02
Beverages, tea, instant, lemon, sweetened, powder	N/A	0.125
Beverages, tea, instant, lemon, sweetened, prepared with water	N/A	0.011
Beverages, tea, instant, lemon, unsweetened	N/A	6.168
Beverages, tea, instant, lemon, with added ascorbic acid	N/A	0.407
Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored,		
powder	N/A	3.88
Beverages, tea, instant, unsweetened, powder	N/A	10.8
Beverages, tea, instant, unsweetened, prepared with water	N/A	0.032
Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit		
Punch, fortified	N/A	3.384
Beverages, The COCA-COLA company, Minute Maid, Lemonade	N/A	0.009
Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1		
Plan,	N/A	38.442
Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	N/A	38.462
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3		
2-1 Plan	N/A	2.26
Beverages, V8 SPLASH Smoothies, Peach Mango	N/A	0.816
Beverages, V8 SPLASH Smoothies, Strawberry Banana	N/A	0.816
Beverages, V8 SPLASH Smoothies, Tropical Colada	N/A	0.813
Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A,		
C, E	N/A	0.013
Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie		
sweetener, added vitamin C	N/A	0.013
Beverages, Water with added vitamins and minerals, bottles, sweetened,		
assorted fruit flavors	N/A	0.844
Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero		
calories	N/A	0.833
Beverages, Whey protein powder isolate	N/A	11.628
Beverages, Wine, non-alcoholic	N/A	0.1
Beverages, yellow green colored citrus soft drink with caffeine	N/A	2
Biscuits, mixed grain, refrigerated dough	N/A	3.4
Biscuits, plain or buttermilk, dry mix	N/A	4.542
Biscuits, plain or buttermilk, dry mix, prepared	N/A	3.021
Biscuits, plain or buttermilk, frozen, baked	N/A	3.352
Biscuits, plain or buttermilk, prepared from recipe	N/A	2.949
Biscuits, plain or buttermilk, refrigerated dough, higher fat	N/A	3.308
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	N/A	3.684
Biscuits, plain or buttermilk, refrigerated dough, lower fat	N/A	3.295
Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	N/A	3.448
Bison, ground, grass-fed, cooked	N/A	5.966
Bison, ground, grass-fed, raw	N/A	5.322
Blackberries, canned, heavy syrup, solids and liquids	N/A	0.287
Blackberries, frozen, unsweetened	N/A	1.207
Blackberries, raw	N/A	0.646
Blackberries, vild, raw (Alaska Native)	N/A	0.846
	N/A	
Blackberry juice, canned	· · · · · · · · · · · · · · · · · · ·	0.446
Blood sausage	N/A	1.2
Blueberries, canned, heavy syrup, solids and liquids	N/A	0.113

Blueberries, canned, light syrup, drained	N/A	0.363
Blueberries, dried, sweetened	N/A	1.154
Blueberries, frozen, sweetened	N/A	0.253
Blueberries, frozen, unsweetened (Includes foods for USDA's Food Distributio	·	
Program)	N/A	0.52
Blueberries, raw	N/A	0.418
Blueberries, wild, canned, heavy syrup, drained	N/A	0.469
bideberries, wiid, carifica, ficavy syrup, draffica	IN/ A	0.403
Bluebowice wild furner (Includes foods for LICDA's Food Distribution Decrees	.\ N1/A	0.61
Blueberries, wild, frozen (Includes foods for USDA's Food Distribution Program		0.61
Bockwurst, pork, veal, raw	N/A	5.616
Bologna, beef	N/A	2.321
Bologna, beef and pork	N/A	2.521
Bologna, beef and pork, low fat	N/A	2.54
Bologna, beef, low fat	N/A	2.5
Bologna, chicken, pork	N/A	3.68
Bologna, chicken, pork, beef	N/A	3.463
Bologna, chicken, turkey, pork	N/A	3.32
Bologna, meat and poultry	N/A	3.187
Bologna, pork	N/A	3.9
Bologna, pork and turkey, lite	N/A	3.072
Bologna, pork, turkey and beef	N/A	3.31
Bologna, turkey	N/A	2.607
Borage, raw	N/A	0.9
Boysenberries, canned, heavy syrup	N/A	0.23
Boysenberries, frozen, unsweetened	N/A	0.767
Bratwurst, beef and pork, smoked	N/A	3.11
Bratwurst, chicken, cooked	N/A	7.551
Bratwurst, pork, beef and turkey, lite, smoked	N/A	1.847
Bratwurst, pork, beef, link	N/A	3.3
Bratwurst, pork, cooked	N/A	4.795
Bratwurst, veal, cooked	N/A	5.43
Braunschweiger (a liver sausage), pork	N/A	8.368
Bread, banana, prepared from recipe, made with margarine	N/A	1.446
Bread, boston brown, canned	N/A	1.12
Bread, chapati or roti, plain, commercially prepared	N/A	6.78
Bread, chapati or roti, whole wheat, commercially prepared, frozen	N/A	4.61
Bread, cheese	N/A	3.279
Bread, cinnamon	N/A	2.822
Bread, cornbread, dry mix, enriched (includes corn muffin mix)	N/A	3.342
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	N/A	2.004
Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	N/A	0.937
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	N/A	2.254
Bread, cracked-wheat	N/A	3.671
Bread, crumbs, dry, grated, plain	N/A	6.634
Bread, crumbs, dry, grated, seasoned	N/A	6.161
Bread, egg	N/A	4.848
Bread, egg, toasted	N/A	4.795
Bread, french or vienna (includes sourdough)	N/A	4.817
Bread, french or vienna, toasted (includes sourdough)	N/A	5.38
Bread, french or vienna, whole wheat	N/A	3.902
bread, irelian or vienna, whole wheat	1477	3.302
Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	N/A	2.775
Bread, gluten-free, white, made with tapioca starch and brown rice flour	N/A	1.405
Bread, gluten-free, whole grain, made with tapioca starch and brown rice flou		1.41
Bread, irish soda, prepared from recipe	N/A	2.405
Bread, Italian	N/A	4.538
Bread, kneel down (Navajo)	N/A	2.49

Bread, multi-grain, toasted (includes whole-grain) NA 5.94 Bread, Jana, Jukin, commercially prepared, refrigerated NA 3.98 Bread, cat prant, toasted NA 4.83 Bread, cat brain, toasted NA 4.78 Bread, cattreal NA 4.78 Bread, cattreal NA 3.18 Bread, particles, event-years thread NA 3.08 Bread, particles, event-years thread NA 3.08 Bread, particles, event-years thread NA 3.08 Bread, particles, event-years thread NA 4.83 Bread, particles, event-years thread NA 4.82 Bread, particles, event-years thread NA 4.82 Bread, particles, event-years thread NA 4.22 Bread, particles, event-years thread NA 4.22 <	Bread, multi-grain (includes whole-grain)	N/A	4.042
Bread, naar, plain, commercially prepared, refrigerated N/A 3.58 Bread, cab tran Bread, pata, whole wheat, commercially prepared, refrigerated N/A 4.83 Bread, cab tran Bread, cab tran Bread, cate tran, toasted N/A 4.78 Bread, catenatia Bread, catenatia Bread, catenatia Bread, catenatia Bread, catenatia Bread, pata, white, except seved Bread, pata, seved Bread, seved Br			-
Bread, nature, whole wheat, commercially prepared, refrigerated NA 3.58 Bread, and brain, toasted NA 4.33 Bread, catheral NA 3.136 Bread, catheral NA 3.068 Bread, paratha, whole wheat, commercially prepared, frozen NA 3.063 Bread, paratha, whole wheat, commercially prepared, frozen NA 4.02 Bread, paratha, whole wheat, commercially prepared, frozen NA 4.02 Bread, paratha, whole wheat, commercially prepared, frozen NA 4.02 Bread, paratha, whole wheat, commercially prepared, frozen NA 4.02 Bread, protato NA 4.62 Bread, protato NA 4.02 Bread, protato NA 4.04 Bread, protato NA 4.7 Bread, protein, fincludes gluten) NA 4.7 Bread, protein, fincludes gluten) NA 4.7 Bread, protein, fincludes gluten, toasted NA 3.001 Bread, reduced-calorie, on the name of the protein, fincludes gluten, toasted NA 3.001 Bread, reduced-calorie, on the			
Bread, pat bran N/A			
Bread, partners		,	
Bread, oatmeel N/A 3.368 Broad, oatmeel, Iossted N/A 3.68 Broad, partho, whole wheat, commercially prepared, frozen N/A 1.63 Bread, partho, whole wheat, commercially prepared, frozen N/A 1.63 Bread, pits, white, enriched N/A 4.632 Bread, pits, white, unenched N/A 2.142 Bread, pits, white, unenched N/A 2.142 Bread, pits, white, unenched N/A 1.74 Bread, pits, posted N/A 1.74 Bread, pits, posted N/A 1.74 Bread, protein (includes gluten), tossted N/A 1.74 Bread, protein, cincludes gluten), tossted N/A 1.74 Bread, protein, cincludes gluten, tossted N/A 1.74 Bread, produced-calorie, contrain, consted N/A 3.03 Bread, produced-calorie, contrain, consted N/A 3.78 <tr< td=""><td>,</td><td>•</td><td></td></tr<>	,	•	
Bread, particles, sweet yeast bread NA 3.688 Bread, partatha, whole wheat, commercially prepared, frozen NA 1.83 Bread, partatha, whole wheat, commercially prepared, frozen NA 1.83 Bread, pita, white, unenriched N/A 2.342 Bread, pita, white, unenriched N/A 2.342 Bread, protato N/A 2.342 Bread, protato, includes guten), based N/A 4.74 Bread, protato, includes guten), toasted N/A 4.74 Bread, protato, includes guten), toasted N/A 4.74 Bread, protatoria, (includes guten), toasted N/A 4.248 Bread, praintie, enriched N/A 3.46 Bread, raisin, enriched N/A 3.46 Bread, raisin, enriched N/A 3.46 Bread, reduced-caloria, contrail N/A 3.75 Bread, reduced-caloria, contrail N/A 3.76 Bread, reduced-caloria, contrail N/A 3.78 Bread, reduced-caloria, contrail N/A 3.78 Bread, preduced-caloria, white N/A 3.73			
Bread, parlah, whole wheat, Commercially prepared, frozen N/A 1.83 Bread, parlah, white, enriched N/A 4.632 Bread, pita, white, enriched N/A 2.142 Bread, pita, white, where wheat N/A 2.24 Bread, pita, whole-wheat N/A 1.25 Bread, potal, whole-wheat N/A 1.25 Bread, potal, or whole-wheat N/A 4.7 Bread, potal, or whole-wheat N/A 4.7 Bread, potal, or whole-wheat N/A 4.7 Bread, potal, includes gluten), tosted N/A 4.289 Bread, protein, includes gluten), tosted N/A 4.289 Bread, protein, enriched N/A 3.001 Bread, raisin, enriched, tosted N/A 3.041 Bread, raisin, enriched, tosted N/A 3.391 Bread, raisin, enriched, tosted N/A 3.733 Bread, reduced-calorie, on than, tosted N/A 3.733 Bread, reduced-calorie, on than, tosted N/A 3.03 Bread, reduced-calorie, wheat N/A 3.03	Bread, oatmeal, toasted		
Bread, plas, white, enriched N/A 2.142 Bread, plas, whole-wheat N/A 2.84 Bread, plas, whole-wheat N/A 1.25 Bread, potatio N/A 1.25 Bread, potatio (includes gluten) N/A 4.7 Bread, protein, (includes gluten), toasted N/A 4.289 Bread, protein, (includes gluten), toasted N/A 3.091 Bread, raisin, enriched N/A 3.091 Bread, raisin, enriched, toasted N/A 3.466 Bread, raisin, enriched, toasted N/A 3.466 Bread, reduced-calorie, oat bran N/A 3.473 Bread, reduced-calorie, oat bran N/A 4.243 Bread, reduced-calorie, oat bran N/A 4.032 Bread, reduced-calorie, oat bran N/A 4.032 Bread, reduced-calorie, oat bran N/A 4.032 Bread, reduced-calorie, wheat N/A 4.032 Bread, reduced-calorie, wheat N/A 9.74 Bread, reduced-calorie, white N/A 9.74 Bread, reduced-calorie, white <td></td> <td></td> <td>3.463</td>			3.463
Breat, pita, white, unenriched N/A 2.142 Bread, pita, white, unenriched N/A 2.284 Bread, potato N/A 1.25 Bread, potato N/A 4.7 Bread, protein, (includes gluten) N/A 4.28 Bread, protein, (includes gluten), toasted N/A 4.243 Bread, protein, (includes gluten), toasted N/A 3.091 Bread, riskin, enriched N/A 3.466 Bread, riskin, enriched, toasted N/A 3.466 Bread, riskin, unenriched N/A 3.476 Bread, reduced-calorie, oat tran, toasted N/A 1.459 Bread, reduced-calorie, oat tran, toasted N/A 3.73 Bread, reduced-calorie, vieta N/A 3.03 Bread, reduced-calorie, what N/A 3.73 Bread, reduced-calorie, what N/A 3.73 Bread, reduced-calorie, what N/A 3.73 Bread, rice bran N/A 3.73 Bread, rice bran, toasted N/A 3.74 Bread, silver, bran, toasted N/A	Bread, paratha, whole wheat, commercially prepared, frozen	N/A	1.83
Breat, pita, white, unenriched N/A 2.142 Bread, pita, white, unenriched N/A 2.284 Bread, potato N/A 1.25 Bread, potato N/A 4.7 Bread, protein, (includes gluten) N/A 4.28 Bread, protein, (includes gluten), toasted N/A 4.243 Bread, protein, (includes gluten), toasted N/A 3.091 Bread, riskin, enriched N/A 3.466 Bread, riskin, enriched, toasted N/A 3.466 Bread, riskin, unenriched N/A 3.476 Bread, reduced-calorie, oat tran, toasted N/A 1.459 Bread, reduced-calorie, oat tran, toasted N/A 3.73 Bread, reduced-calorie, vieta N/A 3.03 Bread, reduced-calorie, what N/A 3.73 Bread, reduced-calorie, what N/A 3.73 Bread, reduced-calorie, what N/A 3.73 Bread, rice bran N/A 3.73 Bread, rice bran, toasted N/A 3.74 Bread, silver, bran, toasted N/A	Bread, pita, white, enriched	N/A	4.632
Bread, prototo N/A 1.25 Bread, protein (includes gluten) N/A 4.7 Bread, protein (includes gluten) N/A 4.289 Bread, protein (includes gluten) N/A 3.04 Bread, protein (includes gluten) N/A 3.04 Bread, protein, General (includes gluten) N/A 3.04 Bread, resil, enriched N/A 3.466 Bread, risin, enriched N/A 3.466 Bread, risin, unerniched N/A 3.476 Bread, reduced-calorie, oat bran N/A 3.763 Bread, reduced-calorie, oat bran N/A 4.032 Bread, reduced-calorie, oat bran, toasted N/A 4.032 Bread, reduced-calorie, what N/A 3.03 Bread, reduced-calorie, what N/A 3.784 Bread, rice bran N/A 3.784 Bread, rice bran N/A 3.64 Bread, rice bran N/A 3.64 Bread, rice bran, toasted N/A 3.65 Bread, rice bran, toasted N/A 3.65 <t< td=""><td>Bread, pita, white, unenriched</td><td></td><td></td></t<>	Bread, pita, white, unenriched		
Bread, protein (includes gluten) N/A 4.7 Bread, protein (includes gluten), toasted N/A 4.283 Bread, protein, (includes gluten), toasted N/A 3.091 Bread, protein, (includes gluten), toasted N/A 3.091 Bread, raisin, enriched, toasted N/A 3.391 Bread, raisin, enriched, toasted N/A 1.495 Bread, reduced-caloric, oat bran N/A 1.495 Bread, reduced-caloric, oat bran N/A 3.763 Bread, reduced-caloric, oat bran, toasted N/A 3.763 Bread, reduced-caloric, oat bran, toasted N/A 4.032 Bread, reduced-caloric, what N/A 3.03 Bread, reduced-caloric, wheat N/A 3.763 Bread, reduced-caloric, white N/A 3.641 Bread, rice bran, toasted N/A 3.763 Bread, rice bran, toasted N/A 3.641 Bread, rice bran, toasted N/A 6.622 Bread, rice, toasted N/A 3.805 Bread, rice, toasted N/A 3.622	Bread, pita, whole-wheat	N/A	2.84
Bread, protein, (includes gluten), toasted N/A 4.289 Bread, protein, (includes gluten), toasted N/A 3.091 Bread, protein, (includes gluten), toasted N/A 3.091 Bread, rasin, enriched N/A 3.366 Bread, rasin, unerriched N/A 1.495 Bread, reduced-calorie, calorie, oat bran N/A 3.763 Bread, reduced-calorie, oat bran, toasted N/A 4.032 Bread, reduced-calorie, oye N/A 3.03 Bread, reduced-calorie, wheat N/A 3.64 Bread, reduced-calorie, white N/A 3.64 Bread, reduced-calorie, white N/A 3.64 Bread, reduced-calorie, white N/A 3.64 Bread, reduced-calorie, wheat N/A 3.64 Bread, reduced-calorie, white N/A 3.64 Bread, reduced-calorie, wheat N/A 3.68 Bread	Bread, potato	N/A	1.25
Bread, protein, (includes gluten), toasted N/A 3.091 Bread, pumpernickel N/A 3.091 Bread, risin, enriched N/A 3.466 Bread, risin, enriched, toasted N/A 1.495 Bread, risin, enriched, toasted N/A 1.495 Bread, reduced-calorie, oat bran N/A 3.763 Bread, reduced-calorie, oat bran, toasted N/A 4.032 Bread, reduced-calorie, oat bran, toasted N/A 3.03 Bread, reduced-calorie, what N/A 3.03 Bread, reduced-calorie, what N/A 3.78 Bread, reduced-calorie, what N/A 3.78 Bread, reduced-calorie, white N/A 3.78 Bread, reduced-calorie, white N/A 3.64 Bread, reduced-calorie, white<	Bread, pound cake type, pan de torta salvadoran	N/A	4.7
Bread, pumpernickel N/A 3.091 Bread, raisin, enriched, toasted N/A 3.466 Bread, raisin, enriched, toasted N/A 1.495 Bread, raisin, unenriched N/A 1.495 Bread, reduced-calorie, oat bran N/A 3.763 Bread, reduced-calorie, oat bran, toasted N/A 4.032 Bread, reduced-calorie, oat bran, toasted N/A 3.03 Bread, reduced-calorie, oat bran, toasted N/A 3.03 Bread, reduced-calorie, what N/A 3.03 Bread, reduced-calorie, what N/A 3.763 Bread, reduced-calorie, w	Bread, protein (includes gluten)	N/A	4.289
Bread, raisin, enriched N/A 3.466 Bread, raisin, enriched, toasted N/A 3.391 Bread, raisin, unenriched N/A 1.455 Bread, reduced-calorie, oat bran N/A 3.763 Bread, reduced-calorie, oat bran, toasted N/A 4.032 Bread, reduced-calorie, oatmeal N/A 3.03 Bread, reduced-calorie, what N/A 3.78 Bread, reduced-calorie, what N/A 3.78 Bread, reduced-calorie, white N/A 3.64 Bread, reduced-calorie, white N	Bread, protein, (includes gluten), toasted	N/A	4.241
Bread, raisin, enriched, toasted N/A 3.391 Bread, raisin, unenriched N/A 1.455 Bread, reduced-calorie, oat bran N/A 3.763 Bread, reduced-calorie, oat bran, toasted N/A 4.032 Bread, reduced-calorie, oat bran, toasted N/A 3.03 Bread, reduced-calorie, yee N/A 2.527 Bread, reduced-calorie, what N/A 3.78 Bread, reduced-calorie, white N/A 3.641 Bread, rice bran N/A 3.641 Bread, rice bran N/A 6.562 Bread, rice bran N/A 6.562 Bread, roll, Mexican, bollilo N/A 5.585 Bread, rye N/A 3.763 Bread, yee, toasted N/A 3.763 Bread, stuffing, combread, dry mix N/A 1.2 Bread, stuffing, combread, dry mix N/A 1.2 Brea	Bread, pumpernickel	N/A	3.091
Bread, raisin, unenriched N/A 3.763 Bread, reduced-calorie, oat bran N/A 3.763 Bread, reduced-calorie, oat bran, toasted N/A 4.032 Bread, reduced-calorie, oatmeal N/A 3.03 Bread, reduced-calorie, wheat N/A 2.527 Bread, reduced-calorie, wheat N/A 3.78 Bread, reduced-calorie, wheet N/A 3.641 Bread, rice bran N/A 6.81 Bread, rice bran N/A 6.652 Bread, rice bran, toasted N/A 6.652 Bread, rye N/A 5.585 Bread, rye, toasted N/A 3.805 Bread, sylve, toasted N/A 3.763 Bread, sylve, toasted N/A 3.763 Bread, stuffing, cornbread, dry mix N/A 1.2 Bread, stuffing, cornbread, dry mix N/A 4.873 Bread, stuffing, cornbread, dry mix, prepared N/A 4.873 Bread, stuffing, dry mix, prepared N/A 1.247 Bread, stuffing, dry mix, prepared N/A 1.24	Bread, raisin, enriched	N/A	3.466
Bread, reduced-calorie, oat bran N/A 3.763 Bread, reduced-calorie, oat bran, toasted N/A 4.032 Bread, reduced-calorie, oat bran, toasted N/A 3.03 Bread, reduced-calorie, yee N/A 2.527 Bread, reduced-calorie, whate N/A 3.644 Bread, rieduced-calorie, whate N/A 3.644 Bread, riec bran N/A 6.682 Bread, rice bran, toasted N/A 6.682 Bread, ryee N/A 6.682 Bread, rye, toasted N/A 3.805 Bread, yee, toasted N/A 3.805 Bread, salvadoran sweet cheese (quesadilla salvadorena) N/A 3.763 Bread, sulfing, cornbread, dry mix N/A 1.2 Bread, sulfing, cornbread, dry mix N/A 1.2 Bread, sulffing, cornbread, dry mix, prepared N/A 1.247 Bread, sulffing, dry mix, prepared N/A 1.422 Bread, sulffing, dry mix, prepared N/A 1.422 Bread, sulfing, dry mix, prepared N/A 1.422 Bread, sulf	Bread, raisin, enriched, toasted	N/A	3.391
Bread, reduced-calorie, oatbran, toasted N/A 3.03 Bread, reduced-calorie, oatmeal N/A 2.527 Bread, reduced-calorie, wheat N/A 3.78 Bread, reduced-calorie, whete N/A 3.64 Bread, rice used-calorie, whete N/A 3.64 Bread, rice bran N/A 6.81 Bread, rice bran N/A 6.62 Bread, rice bran N/A 3.805 Bread, rye N/A 3.73 Bread, rye N/A 3.73 Bread, rye N/A 1.73 Bread, rye N/A 1.23 Bread, rye N/A 1.23 Bread, rye N/A 1.	Bread, raisin, unenriched	N/A	1.495
Bread, reduced-calorie, oatmeal N/A 3.03 Bread, reduced-calorie, ye N/A 2.527 Bread, reduced-calorie, wheat N/A 3.78 Bread, reduced-calorie, white N/A 3.641 Bread, rice bran N/A 6.61 Bread, rice bran N/A 6.662 Bread, rice bran N/A 6.662 Bread, roll, Mexican, bollilo N/A 5.585 Bread, rye, toasted N/A 3.805 Bread, rye, toasted N/A 3.763 Bread, stye, Spalin N/A 3.763 Bread, Stye, Spalin N/A 5.281 Bread, stye, Spalin N/A 5.281 Bread, stuffing, cornbread, dry mix, prepared N/A 4.873 Bread, stuffing, dry mix, prepared N/A 1.247 Bread, stuffing, dry mix, prepared N/A 1.422 Bread, stuffing, dry mix, prepared N/A 1.422 Bread, wheat, sprouted N/A 1.422 Bread, wheat, sprouted, toasted N/A 2.532	Bread, reduced-calorie, oat bran	N/A	3.763
Bread, reduced-calorie, rye N/A 2.527 Bread, reduced-calorie, wheat N/A 3.64 Bread, reduced-calorie, whete N/A 3.64 Bread, rice bran N/A 6.81 Bread, rice bran, toasted N/A 6.62 Bread, rice bran, toasted N/A 5.58 Bread, rice bran, toasted N/A 3.805 Bread, slukkira, boililo N/A 3.805 Bread, slukkira, boililo N/A 3.805 Bread, slukrika, prevented N/A 3.805 Bread, slukrika, prosecuted constructions of the slukrika, prosecuted constructions of	Bread, reduced-calorie, oat bran, toasted	N/A	4.032
Bread, reduced-calorie, wheat N/A 3.78 Bread, reduced-calorie, white N/A 3.641 Bread, rice bran N/A 6.81 Bread, rice bran, toasted N/A 6.662 Bread, rice bran, toasted N/A 5.585 Bread, rice bran, toasted N/A 3.805 Bread, rye, toasted N/A 3.805 Bread, style, toasted N/A 3.763 Bread, style, toasted N/A 3.763 Bread, style, toasted N/A 1.2 Bread, styling, cornbread, dry mix N/A 4.873 Bread, styling, cornbread, dry mix, prepared N/A 1.247 Bread, styling, dry mix, prepared N/A 1.422 Bread, styling, dry mix, prepared N/A 1.422 Bread, wheat, sprouted N/A 1.422 Bread, wheat, sprouted N/A 2.53 Bread, wheat, sprouted, toasted N/A 2.53 Bread, wheat, toasted N/A 1.422 Bread, white, toasted N/A 2.53 <th< td=""><td>Bread, reduced-calorie, oatmeal</td><td>N/A</td><td>3.03</td></th<>	Bread, reduced-calorie, oatmeal	N/A	3.03
Bread, reduced-calorie, white N/A 3.641 Bread, rice bran N/A 6.81 Bread, rice bran, toasted N/A 6.662 Bread, royl, Mexican, bollilo N/A 3.805 Bread, rye, toasted N/A 3.805 Bread, rye, toasted N/A 3.805 Bread, slavadoran sweet cheese (quesadilla salvadorena) N/A 1.2 Bread, slucks, plain N/A 1.2 Bread, slucks, plain N/A 5.281 Bread, stuffing, cornbread, dry mix N/A 4.873 Bread, stuffing, cornbread, dry mix, prepared N/A 1.247 Bread, stuffing, dry mix, prepared N/A 1.422 Bread, wheat, sprouted N/A 1.422 Bread, wheat, sprouted N/A 2.532 Bread, white, sprouted, toasted N/A 1.252 Bread, white, commercially prepared (includes s	Bread, reduced-calorie, rye	N/A	2.527
Bread, rice bran (see bran, toasted N/A 6.662 Bread, rice bran, toasted N/A 6.662 Bread, role, Mexican, bolilio N/A 5.5858 Bread, rye (see bread, roll, Mexican, bolilio N/A 3.805 Bread, rye (see bread, rye) (soasted N/A 3.763 Bread, salvadoran sweet cheese (quesadilla salvadorena) N/A 1.22 Bread, stivks, plain N/A 5.281 Bread, stuffing, cornbread, dry mix N/A 5.281 Bread, stuffing, cornbread, dry mix N/A 4.873 Bread, stuffing, cornbread, dry mix N/A 5.766 Bread, stuffing, cornbread, dry mix N/A 5.766 Bread, stuffing, dry mix N/A 5.766 Bread, stuffing, dry mix, prepared N/A 5.769 Bread, wheat, sprouted N/A 5.793 Bread, wheat, sprouted N/A 5.793 Bread, wheat, sprouted, toasted N/A 5.793 Bread, wheat, sprouted, toasted N/A 5.793 Bread, wheat, toasted N/A 6.25 Bread, white, toasted N/A 6.25 Bread, white, wheat N/A 6.25 Bread, white, commercially prepared (includes soft bread crumbs) N/A 5.793 Bread, white, commercially prepared, loasted N/A 5.969 Bread, white, commercially prepared, toasted N/A 5.969 Bread, white, prepared from recipe, made with nonfat dry milk N/A 5.988 Bread, white, prepared from recipe, made with nonfat dry milk N/A 5.988 Bread, whole-wheat, commercially prepared N/A 5.938 Bread, whole-wheat, commercially prepared N/A 5.938 Bread, whole-wheat, prepared from recipe, made with nonfat dry milk N/A 5.938 Bread, whole-wheat, prepared from recipe, made with nonfat dry milk N/A 5.938 Bread, whole-wheat, prepared from recipe, made with nonfat dry milk N/A 5.938 Bread, whole-wheat, prepared from recipe, toasted N/A 5.938 Bread, whole	Bread, reduced-calorie, wheat	N/A	3.78
Bread, rice bran, toasted Bread, rice bran, toasted Bread, rye N/A S.585 Bread, rye N/A S.805 Bread, rye, toasted N/A S.662 Bread, rye, toasted N/A S.763 Bread, slavadoran sweet cheese (quesadilla salvadorena) N/A S.281 Bread, slucks, plain N/A S.281 Bread, stuffing, cornbread, dry mix N/A S.281 Bread, stuffing, cornbread, dry mix N/A S.766 Bread, stuffing, cornbread, dry mix, prepared N/A S.766 Bread, stuffing, dry mix, prepared N/A S.766 Bread, wheat, sprouted N/A S.767 Sread, wheat, sprouted, toasted N/A S.768 Bread, wheat, sprouted, toasted N/A S.769 Bread, wheat, toasted N/A S.769 Bread, white, commercially prepared (includes soft bread crumbs) N/A S.769 Bread, white, commercially prepared, low sodium, no salt N/A S.769 Bread, white, commercially prepared, toasted N/A S.760 Bread, white, commercially prepared, toasted N/A S.760 Bread, white, commercially prepared, toasted N/A S.760 Bread, white, prepared from recipe, made with low fat (2%) milk N/A S.760 Bread, white, prepared from recipe, made with nonfat dry milk N/A S.760 Bread, whole-wheat, commercially prepared, toasted N/A S.760 Bread, white, prepared from recipe, made with nonfat dry milk N/A S.760 S.760 Bread, white, prepared from recipe, made with nonfat dry milk N/A S.760 S.7	Bread, reduced-calorie, white	N/A	3.641
Bread, roll, Mexican, bollilo N/A 5.585 Bread, rye N/A 3.805 Bread, rye, toasted N/A 3.763 Bread, salvadoran sweet cheese (quesadilla salvadorena) N/A 1.2 Bread, stuffing, cornbread, dry mix N/A 4.873 Bread, stuffing, cornbread, dry mix N/A 1.247 Bread, stuffing, cornbread, dry mix, prepared N/A 1.247 Bread, stuffing, dry mix, prepared N/A 1.247 Bread, stuffing, dry mix, prepared N/A 1.422 Bread, stuffing, dry mix, prepared N/A 1.422 Bread, wheat, suffing, dry mix, prepared N/A 1.422 Bread, wheat, sprouted N/A 2.539 Bread, wheat, sprouted, toasted N/A 2.532 Bread, wheat, toasted N/A 6.25 Bread, white wheat N/A 4.455 Bread, white wheat N/A 4.78 Bread, white, commercially prepared (includes soft bread crumbs) N/A 4.78 Bread, white, commercially prepared, toasted N/A 3.966	Bread, rice bran	N/A	6.81
Bread, rye N/A 3.805 Bread, rye, toasted N/A 3.763 Bread, salvadoran sweet cheese (quesadilla salvadorena) N/A 1.2 Bread, stuffing, cornbread, dry mix N/A 5.281 Bread, stuffing, cornbread, dry mix, prepared N/A 4.873 Bread, stuffing, cornbread, dry mix, prepared N/A 1.247 Bread, stuffing, dry mix, prepared N/A 5.766 Bread, stuffing, dry mix, prepared N/A 1.422 Bread, wheat N/A 1.422 Bread, wheat, sprouted N/A 2.532 Bread, wheat, sprouted, toasted N/A 2.532 Bread, wheat, sprouted, toasted N/A 2.532 Bread, white, commercially prepared (includes soft bread crumbs) N/A 6.25 Bread, white, commercially prepared, toasted N/A 4.78 Bread, white, commercially prepared, toasted N/A 3.969 Bread, white, commercially prepared, toasted, low sodium no salt N/A 3.926 Bread, white, commercially prepared, toasted, low sodium no salt N/A 3.926 <	Bread, rice bran, toasted	N/A	6.662
Bread, rye, toasted Rread, salvadoran sweet cheese (quesadilla salvadorena) Rread, salvadoran sweet cheese (quesadilla salvadorena) Rread, sticks, plain Read, sticks, plain Read, sticks, plain Read, stuffing, cornbread, dry mix Rread, stuffing, cornbread, dry mix Rread, stuffing, cornbread, dry mix, prepared N/A Rread, stuffing, dry mix, prepared N/A Rread, stuffing, dry mix, prepared N/A Rread, stuffing, dry mix, prepared N/A Rread, wheat, sprouted Rread, wheat, sprouted N/A Rread, wheat, sprouted N/A Rread, wheat, sprouted N/A Rread, wheat, toasted N/A Rread, wheat, toasted N/A Rread, white, commercially prepared (includes soft bread crumbs) Rread, white, commercially prepared, low sodium, no salt N/A Rread, white, commercially prepared, toasted N/A Rread, white, prepared from recipe, made with low fat (2%) milk N/A Rread, whole-wheat, commercially prepared N/A Rread, whole-wheat, prepared from recipe N/A Rread, whole-wheat, prepared f	Bread, roll, Mexican, bollilo	N/A	5.585
Bread, salvadoran sweet cheese (quesadilla salvadorena) Bread, sticks, plain N/A S.281 Bread, stuffing, cornbread, dry mix Bread, stuffing, cornbread, dry mix, prepared N/A Bread, stuffing, dry mix, prepared N/A S.56 Bread, stuffing, dry mix, prepared N/A S.59 Bread, wheat, sprouted N/A S.59 Bread, wheat, sprouted, toasted N/A S.53 Bread, wheat, sprouted, toasted N/A S.53 Bread, wheat, toasted N/A S.62 Bread, white, commercially prepared (includes soft bread crumbs) N/A S.96 Bread, white, commercially prepared, low sodium, no salt N/A S.96 Bread, white, commercially prepared, toasted N/A S.96 Bread, white, prepared from recipe, made with low fat (2%) milk N/A S.98 Bread, whole-wheat, commercially prepared, toasted N/A S.98 Bread, whole-wheat, prepared from recipe, made with nonfat dry milk N/A S.98 Bread, whole-wheat, prepared from recipe, made with nonfat dry milk N/A S.98 Bread, whole-wheat, prepared from recipe, made with nonfat dry milk N/A S.98 Bread, whole-wheat, prepared from recipe, toasted N/A S.98 Bread, whole-wheat, prepared from reci	Bread, rye	N/A	3.805
Bread, stuffing, cornbread, dry mix Bread, stuffing, cornbread, dry mix Bread, stuffing, cornbread, dry mix, prepared N/A 1.247 Bread, stuffing, dry mix N/A 1.422 Bread, stuffing, dry mix, prepared N/A 1.422 Bread, stuffing, dry mix, prepared N/A 1.422 Bread, wheat N/A 1.422 Bread, wheat, sprouted N/A 1.433 Bread, wheat, sprouted N/A 1.433 Bread, wheat, costed N/A 1.455 Bread, wheat, costed N/A 1.455 Bread, white, commercially prepared (includes soft bread crumbs) N/A 1.455 Bread, white, commercially prepared, toasted N/A 1.455 Bread, white, commercially prepared, toasted N/A 1.478 Bread, white, commercially prepared, toasted N/A 1.494 Bread, white, commercially prepared, toasted, low sodium, no salt N/A 1.495 Bread, white, prepared from recipe, made with low fat (2%) milk N/A 1.494 Bread, white, prepared from recipe, made with nonfat dry milk N/A 1.494 Bread, whole-wheat, commercially prepared N/A 1.494 Bread, whole-wheat, commercially prepared N/A 1.494 Bread, whole-wheat, prepared from recipe N/A 1.495 Bread, whole-wheat, prepared from recipe N/A 1.494 Bread, whole-wheat, prepared from recipe N/A 1.495 Bread, whole-wheat, prepared from recipe N/A 1.495 Bread, whole-wheat, prepared from recipe N/A 1.496 Bread, whole-wheat, prepared from recipe N/A 1.495 Bread, whole-wheat, prepared from recipe N/A 1.496 Bread, whole-wheat, prepared from recipe, toasted N/A 1.496 Bread, whole-wheat, prepared from recipe, toasted N/A 1.75 Breadkast bars, oats, sugar, raisins, coconut (include granola bar) N/A 1.75 Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A 1.71 Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A 1.71 Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	Bread, rye, toasted	N/A	3.763
Bread, stuffing, cornbread, dry mix Bread, stuffing, cornbread, dry mix, prepared N/A 1.247 Bread, stuffing, dry mix N/A 1.247 Bread, stuffing, dry mix N/A 1.247 Bread, stuffing, dry mix N/A 1.422 Bread, wheat N/A 1.422 Bread, wheat N/A 1.422 Bread, wheat, sprouted N/A 1.423 Bread, wheat, sprouted N/A 1.425 Bread, wheat, toasted N/A 1.425 Bread, white, toasted N/A 1.425 Bread, white wheat N/A 1.425 Bread, white wheat N/A 1.435 Bread, white, commercially prepared (includes soft bread crumbs) N/A 1.436 Bread, white, commercially prepared, low sodium, no salt N/A 1.436 Bread, white, commercially prepared, toasted N/A 1.436 Bread, white, commercially prepared, toasted N/A 1.436 Bread, white, prepared from recipe, made with low fat (2%) milk N/A 1.438 Bread, whole-wheat, commercially prepared N/A 1.438 Bread, whole-wheat, prepared from recipe, made with nonfat dry milk N/A 1.438 Bread, whole-wheat, commercially prepared N/A 1.438 Bread, whole-wheat, commercially prepared N/A 1.438 Bread, whole-wheat, prepared from recipe N/A 1.438 Bread, whole-wheat, prepared from recipe N/A 1.438 Bread, whole-wheat, prepared from recipe N/A 1.578 Breadfast bar, com flake crust with fruit N/A 1.578 Breakfast bar, corn flake crust with fruit N/A 1.75 Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A 1.75 Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A 2.832	Bread, salvadoran sweet cheese (quesadilla salvadorena)	N/A	1.2
Bread, stuffing, cormbread, dry mix, prepared Bread, stuffing, dry mix Bread, stuffing, dry mix, prepared N/A Bread, stuffing, dry mix, prepared N/A S.596 Bread, wheat, sprouted N/A S.599 Bread, wheat, sprouted N/A S.532 Bread, wheat, sprouted, toasted N/A Bread, what, toasted N/A S.598 Bread, white, commercially prepared (includes soft bread crumbs) N/A Bread, white, commercially prepared, low sodium, no salt N/A Bread, white, commercially prepared, toasted N/A Bread, white, commercially prepared, toasted N/A S.598 Bread, white, commercially prepared, toasted N/A S.926 Bread, white, prepared from recipe, made with low fat (2%) milk N/A S.588 Bread, whole-wheat, commercially prepared N/A S.731 Bread, whole-wheat, commercially prepared, toasted N/A S.732 Bread, whole-wheat, prepared from recipe, made with nonfat dry milk N/A S.732 Bread, whole-wheat, prepared from recipe N/A S.733 Bread, whole-wheat, prepared from recipe, made with nonfat dry milk N/A S.732 Bread, whole-wheat, prepared from recipe N/A S.733 Bread, whole-wheat, prepared from recipe N/A S.734 Bread, whole-wheat, prepared from recipe N/A S.735 Bread, whole-wheat, prepared from recipe, toasted N/A S.736 Bread, whole-wheat, prepared from recipe N/A S.737 Bread beand, prepared from recipe, toasted N/A S.738 Bread, whole-wheat, prepared from recipe, toasted N/A S.739 Bread, whole-wheat, prepared from recipe, toasted N/A S.731 Breadfruit, raw N/A S.732 Breadfruit, raw N/A S.735 Breaddeans (fava beans), mature seeds, cooked, boiled, with salt N/A S.731 Broadbeans (fava beans), mature seeds, cooked, boiled, without salt N/A S.731 Broadbeans (fava beans), mature seeds, cooked, boiled, without salt N/A S.733	Bread, sticks, plain	N/A	5.281
Bread, stuffing, dry mix Bread, stuffing, dry mix, prepared N/A 1.422 Bread, wheat N/A S.59 Bread, wheat, sprouted N/A S.59 Bread, wheat, sprouted, toasted N/A Bread, wheat, toasted N/A S.59 Bread, wheat, toasted N/A S.59 Bread, white, commercially prepared (includes soft bread crumbs) Bread, white, commercially prepared, low sodium, no salt N/A S.59 Bread, white, commercially prepared, toasted N/A S.625 Bread, white, commercially prepared, low sodium, no salt N/A S.626 Bread, white, commercially prepared, low sodium no salt N/A S.626 Bread, white, commercially prepared, toasted N/A S.627 Bread, white, prepared from recipe, made with low fat (2%) milk N/A S.628 Bread, white, prepared from recipe, made with nonfat dry milk N/A S.628 Bread, whole-wheat, commercially prepared N/A S.628 Bread, whole-wheat, prepared from recipe N/A S.628 Bread, whole-wheat, prepared from recipe N/A S.628 Bread, whole-wheat, prepared from recipe, toasted N/A S.628 Bread, whole-wheat, prepared from recipe N/A S.638 Bread, whole-wheat, prepared from recipe N/A S.638 Bread, whole-wheat, prepared from recipe, toasted N/A S.638 Bread, whole-wheat, prepared from recipe N/A S.638 Bread, whole-wheat, prepared from recipe, toasted N/A S.638 Bread, whole-wheat, prepared from recipe, toasted N/A S.638 Bread, whole-wheat, prepared from recipe, toasted N/A S.639 Bread, whole-wheat, prepared from recipe, toasted N/A S.638 Bread, whole-wheat, prepar	Bread, stuffing, cornbread, dry mix	N/A	4.873
Bread, stuffing, dry mix, prepared Bread, wheat Bread, wheat, sprouted N/A 2.33 Bread, wheat, sprouted N/A 2.532 Bread, wheat, sprouted, toasted N/A 2.532 Bread, wheat, toasted N/A 3.559 Bread, white, toasted N/A 4.455 Bread, white wheat N/A 4.455 Bread, white, commercially prepared (includes soft bread crumbs) N/A Bread, white, commercially prepared, low sodium, no salt N/A Bread, white, commercially prepared, toasted N/A Bread, white, commercially prepared, toasted N/A 3.926 Bread, white, prepared from recipe, made with low fat (2%) milk N/A 3.588 Bread, whole-wheat, commercially prepared N/A 3.731 Bread, whole-wheat, commercially prepared N/A 3.732 Bread, whole-wheat, prepared from recipe N/A 3.936 Bread, whole-wheat, prepared from recipe N/A 3.936 Bread, whole-wheat, prepared from recipe N/A 3.936 Bread, whole-wheat, prepared from recipe N/A 3.937 Breadfruit, raw N/A 3.941 Breadfruit, raw N/A 3.941 Breadfruit, raw N/A 3.941 Breadfruit, raw N/A 3.958 Breadfruit, raw N/A 3.941 Breadfruit, raw N/A 3.941 Breadfruit, raw N/A 3.959 Breadfruit, raw N/A 3.969 Breadfruit, raw N/A 3.960 3.	Bread, stuffing, cornbread, dry mix, prepared	N/A	1.247
Bread, wheat, sprouted Rread, wheat, sprouted Rread, wheat, sprouted, toasted Rread, wheat, toasted Rread, wheat, toasted Rread, white, toasted Rread, white, wheat Rread, white, commercially prepared (includes soft bread crumbs) Rread, white, commercially prepared, low sodium, no salt Rread, white, commercially prepared, toasted Rread, white, prepared from recipe, made with low fat (2%) milk Rread, white, prepared from recipe, made with nonfat dry milk Rread, whole-wheat, commercially prepared Rread, whole-wheat, commercially prepared Rread, whole-wheat, prepared from recipe Rread, whole-wheat, prepared from recipe, toasted Rread,	Bread, stuffing, dry mix	N/A	5.766
Bread, wheat, sprouted, toasted Bread, wheat, sprouted, toasted Rread, wheat, toasted Rread, white, commercially prepared (includes soft bread crumbs) Rread, white, commercially prepared, low sodium, no salt Rread, white, commercially prepared, toasted Rread, white, prepared from recipe, made with low fat (2%) milk Rread, white, prepared from recipe, made with nonfat dry milk Rread, whole-wheat, commercially prepared Rread, whole-wheat, commercially prepared Rread, whole-wheat, commercially prepared Rread, whole-wheat, prepared from recipe Rread, whole-wheat, prepared from recipe, toasted Rread Rre	Bread, stuffing, dry mix, prepared	N/A	1.422
Bread, wheat, sprouted, toasted Bread, wheat, toasted Bread, white wheat Bread, white wheat Bread, white wheat Bread, white, commercially prepared (includes soft bread crumbs) Bread, white, commercially prepared, low sodium, no salt Bread, white, commercially prepared, toasted Bread, white, commercially prepared, toasted Bread, white, commercially prepared, toasted, low sodium no salt Bread, white, prepared from recipe, made with low fat (2%) milk Bread, white, prepared from recipe, made with nonfat dry milk Bread, whole-wheat, commercially prepared Bread, whole-wheat, commercially prepared Bread, whole-wheat, commercially prepared Bread, whole-wheat, prepared from recipe Bread, whole-wheat, prepared from recipe Bread, whole-wheat, prepared from recipe Breadfruit, raw Bre	Bread, wheat	N/A	5.59
Bread, wheat, toasted N/A 4.455 Bread, white wheat N/A 4.455 Bread, white, commercially prepared (includes soft bread crumbs) N/A 4.78 Bread, white, commercially prepared, low sodium, no salt N/A 3.969 Bread, white, commercially prepared, low sodium, no salt N/A 3.926 Bread, white, commercially prepared, toasted N/A 3.926 Bread, white, commercially prepared, toasted, low sodium no salt N/A 3.926 Bread, white, prepared from recipe, made with low fat (2%) milk N/A 3.588 Bread, white, prepared from recipe, made with nonfat dry milk N/A 3.731 Bread, whole-wheat, commercially prepared N/A 3.731 Bread, whole-wheat, commercially prepared, toasted N/A 5.732 Bread, whole-wheat, prepared from recipe N/A 3.985 Bread, whole-wheat, prepared from recipe, toasted N/A 3.941 Breadfruit, raw N/A 3.941 Breadfruit, raw N/A 0.9 Breakfast bars, corn flake crust with fruit N/A 1.3.5 Breadfst bars, oats, sugar, raisins, coconut (include granola bar) N/A 1.75 Broadbeans (fava beans), mature seeds, conked, boiled, with salt N/A 0.711 Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A 0.711 Broadbeans (fava beans), mature seeds, raw N/A 2.832	Bread, wheat, sprouted	N/A	2.33
Bread, white wheat N/A 4.455 Bread, white, commercially prepared (includes soft bread crumbs) N/A 3.969 Bread, white, commercially prepared, low sodium, no salt N/A 3.969 Bread, white, commercially prepared, toasted N/A 3.926 Bread, white, commercially prepared, toasted N/A 3.926 Bread, white, commercially prepared, toasted, low sodium no salt N/A 3.926 Bread, white, prepared from recipe, made with low fat (2%) milk N/A 3.588 Bread, white, prepared from recipe, made with nonfat dry milk N/A 3.731 Bread, whole-wheat, commercially prepared N/A 4.438 Bread, whole-wheat, commercially prepared N/A 5.732 Bread, whole-wheat, commercially prepared, toasted N/A 3.985 Bread, whole-wheat, prepared from recipe N/A 3.981 Bread, whole-wheat, prepared from recipe, toasted N/A 3.941 Breadfruit, raw N/A 3.941 Breadfruit, raw N/A 3.941 Breadfruit, raw N/A 3.941 Breakfast bars, corn flake crust with fruit N/A 3.95 Breakfast bars, oats, sugar, raisins, coconut (include granola bar) N/A 3.95 Breadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A 0.711 Broadbeans (fava beans), mature seeds, cooked, boiled, without salt N/A 0.711 Broadbeans (fava beans), mature seeds, raw N/A 2.832	Bread, wheat, sprouted, toasted	N/A	2.532
Bread, white, commercially prepared (includes soft bread crumbs) Bread, white, commercially prepared, low sodium, no salt N/A Bread, white, commercially prepared, toasted Bread, white, commercially prepared, toasted N/A Bread, white, commercially prepared, toasted, low sodium no salt N/A Bread, white, prepared from recipe, made with low fat (2%) milk N/A Bread, white, prepared from recipe, made with nonfat dry milk N/A Bread, whole-wheat, commercially prepared N/A Bread, whole-wheat, commercially prepared N/A Bread, whole-wheat, commercially prepared N/A Bread, whole-wheat, prepared from recipe N/A Bread, whole-wheat, prepared from recipe N/A Bread, whole-wheat, prepared from recipe, toasted N/A Breadfruit, raw N/A Breadfruit, raw N/A Breadfruit, raw N/A Breadfast bar, corn flake crust with fruit N/A Breadfast bars, oats, sugar, raisins, coconut (include granola bar) N/A Broadbeans (fava beans), mature seeds, canned N/A N/A N/A D.96 Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A N/A D.711 Broadbeans (fava beans), mature seeds, raw N/A N/A D.732	Bread, wheat, toasted	N/A	6.25
Bread, white, commercially prepared, low sodium, no salt N/A 3.969 Bread, white, commercially prepared, toasted N/A 3.926 Bread, white, commercially prepared, toasted, low sodium no salt N/A 3.926 Bread, white, prepared from recipe, made with low fat (2%) milk N/A 3.588 Bread, white, prepared from recipe, made with nonfat dry milk N/A 3.731 Bread, whole-wheat, commercially prepared N/A N/A 4.438 Bread, whole-wheat, commercially prepared, toasted N/A Bread, whole-wheat, prepared from recipe N/A 3.985 Bread, whole-wheat, prepared from recipe, toasted N/A Breadfruit, raw N/A 3.941 Breadfruit, raw N/A 3.941 Breakfast bars, oats, sugar, raisins, coconut (include granola bar) N/A 3.95 Broadbeans (fava beans), mature seeds, canned N/A N/A 0.711 Broadbeans (fava beans), mature seeds, cooked, boiled, without salt N/A 0.711 Broadbeans (fava beans), mature seeds, raw N/A 0.711 Broadbeans (fava beans), mature seeds, raw	Bread, white wheat	N/A	4.455
Bread, white, commercially prepared, toasted Bread, white, commercially prepared, toasted, low sodium no salt Bread, white, prepared from recipe, made with low fat (2%) milk Bread, white, prepared from recipe, made with nonfat dry milk Bread, whole-wheat, commercially prepared Bread, whole-wheat, commercially prepared Bread, whole-wheat, commercially prepared Bread, whole-wheat, prepared from recipe Bread, whole-wheat, prepared from recipe Bread, whole-wheat, prepared from recipe Bread, whole-wheat, prepared from recipe, toasted Bread, whole-wheat, prepared from recipe, toasted Breadfruit, raw Breadfruit, raw Breadfruit, raw Breakfast bar, corn flake crust with fruit Breakfast bars, oats, sugar, raisins, coconut (include granola bar) Breakfast bars, oats, sugar, raisins, coconut (include granola bar) Broadbeans (fava beans), mature seeds, canned Broadbeans (fava beans), mature seeds, cooked, boiled, with salt Broadbeans (fava beans), mature seeds, cooked, boiled, without salt Broadbeans (fava beans), mature seeds, raw N/A Broadbeans (fava beans), mature seeds, raw N/A Broadbeans (fava beans), mature seeds, raw N/A Broadbeans (fava beans), mature seeds, raw	Bread, white, commercially prepared (includes soft bread crumbs)	N/A	4.78
Bread, white, commercially prepared, toasted, low sodium no salt Bread, white, prepared from recipe, made with low fat (2%) milk Bread, white, prepared from recipe, made with nonfat dry milk Bread, whole-wheat, commercially prepared Bread, whole-wheat, commercially prepared Bread, whole-wheat, commercially prepared Bread, whole-wheat, prepared from recipe N/A Bread, whole-wheat, prepared from recipe N/A Bread, whole-wheat, prepared from recipe, toasted N/A Breadfruit, raw N/A Breadfast bar, corn flake crust with fruit N/A Breadfast bars, oats, sugar, raisins, coconut (include granola bar) N/A Breadbeans (fava beans), mature seeds, canned N/A Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A N/A D.711 Broadbeans (fava beans), mature seeds, rooked, boiled, without salt N/A N/A D.731 Broadbeans (fava beans), mature seeds, raw N/A D.731	Bread, white, commercially prepared, low sodium, no salt	N/A	3.969
Bread, white, prepared from recipe, made with low fat (2%) milk Bread, white, prepared from recipe, made with nonfat dry milk Bread, whole-wheat, commercially prepared N/A Bread, whole-wheat, commercially prepared N/A Bread, whole-wheat, prepared from recipe N/A Bread, whole-wheat, prepared from recipe N/A Bread, whole-wheat, prepared from recipe N/A Breadfruit, raw N/A Breadfruit, raw N/A Breadfruit, raw N/A Breadfruit one flake crust with fruit N/A Breadfast bar, corn flake crust with fruit N/A Breadfast bars, oats, sugar, raisins, coconut (include granola bar) N/A Broadbeans (fava beans), mature seeds, canned N/A Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A N/A D.711 Broadbeans (fava beans), mature seeds, raw N/A D.711 Broadbeans (fava beans), mature seeds, raw	Bread, white, commercially prepared, toasted	N/A	3.926
Bread, white, prepared from recipe, made with nonfat dry milk Bread, whole-wheat, commercially prepared N/A Bread, whole-wheat, commercially prepared, toasted N/A Bread, whole-wheat, prepared from recipe N/A Bread, whole-wheat, prepared from recipe, toasted N/A Breadfruit, raw N/A Breadfruit, raw N/A Breadfruit, raw N/A Breakfast bar, corn flake crust with fruit N/A Breakfast bars, oats, sugar, raisins, coconut (include granola bar) Broadbeans (fava beans), mature seeds, canned Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A Broadbeans (fava beans), mature seeds, cooked, boiled, without salt N/A N/A N/A D.711 Broadbeans (fava beans), mature seeds, raw N/A N/A 2.832	Bread, white, commercially prepared, toasted, low sodium no salt	N/A	3.926
Bread, whole-wheat, commercially prepared N/A 5.732 Bread, whole-wheat, commercially prepared, toasted N/A 5.732 Bread, whole-wheat, prepared from recipe N/A 3.985 Bread, whole-wheat, prepared from recipe, toasted N/A 3.941 Breadfruit, raw N/A 0.9 Breakfast bar, corn flake crust with fruit N/A 13.5 Breakfast bars, oats, sugar, raisins, coconut (include granola bar) N/A 1.75 Broadbeans (fava beans), mature seeds, canned N/A 0.96 Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A 0.711 Broadbeans (fava beans), mature seeds, raw N/A 2.832	Bread, white, prepared from recipe, made with low fat (2%) milk	N/A	3.588
Bread, whole-wheat, commercially prepared, toasted N/A 3.985 Bread, whole-wheat, prepared from recipe N/A 3.985 Bread, whole-wheat, prepared from recipe, toasted N/A 3.941 Breadfruit, raw N/A 0.9 Breakfast bar, corn flake crust with fruit N/A 13.5 Breakfast bars, oats, sugar, raisins, coconut (include granola bar) N/A 1.75 Broadbeans (fava beans), mature seeds, canned N/A 0.96 Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A 0.711 Broadbeans (fava beans), mature seeds, cooked, boiled, without salt N/A 0.711 Broadbeans (fava beans), mature seeds, raw N/A 2.832	Bread, white, prepared from recipe, made with nonfat dry milk	N/A	3.731
Bread, whole-wheat, prepared from recipe Bread, whole-wheat, prepared from recipe, toasted Breadfruit, raw N/A Breadfruit, raw N/A Breakfast bar, corn flake crust with fruit Breakfast bars, oats, sugar, raisins, coconut (include granola bar) Broadbeans (fava beans), mature seeds, canned Broadbeans (fava beans), mature seeds, cooked, boiled, with salt Broadbeans (fava beans), mature seeds, cooked, boiled, without salt Broadbeans (fava beans), mature seeds, raw N/A 3.985 N/A N/A 1.75 N/	Bread, whole-wheat, commercially prepared	,	4.438
Bread, whole-wheat, prepared from recipe, toasted N/A 3.941 Breadfruit, raw N/A 0.9 Breakfast bar, corn flake crust with fruit N/A 13.5 Breakfast bars, oats, sugar, raisins, coconut (include granola bar) N/A 1.75 Broadbeans (fava beans), mature seeds, canned N/A 0.96 Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A 0.711 Broadbeans (fava beans), mature seeds, cooked, boiled, without salt N/A 0.711 Broadbeans (fava beans), mature seeds, raw N/A 2.832	Bread, whole-wheat, commercially prepared, toasted		5.732
Breadfruit, raw N/A 0.9 Breakfast bar, corn flake crust with fruit N/A 13.5 Breakfast bars, oats, sugar, raisins, coconut (include granola bar) N/A 1.75 Broadbeans (fava beans), mature seeds, canned N/A 0.96 Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A 0.711 Broadbeans (fava beans), mature seeds, cooked, boiled, without salt N/A 0.711 Broadbeans (fava beans), mature seeds, raw N/A 2.832	Bread, whole-wheat, prepared from recipe	,	3.985
Breakfast bar, corn flake crust with fruit Breakfast bars, oats, sugar, raisins, coconut (include granola bar) Broadbeans (fava beans), mature seeds, canned Broadbeans (fava beans), mature seeds, cooked, boiled, with salt Broadbeans (fava beans), mature seeds, cooked, boiled, without salt Broadbeans (fava beans), mature seeds, cooked, boiled, without salt Broadbeans (fava beans), mature seeds, raw N/A 2.832	Bread, whole-wheat, prepared from recipe, toasted		3.941
Breakfast bars, oats, sugar, raisins, coconut (include granola bar) Broadbeans (fava beans), mature seeds, canned Broadbeans (fava beans), mature seeds, cooked, boiled, with salt Broadbeans (fava beans), mature seeds, cooked, boiled, without salt Broadbeans (fava beans), mature seeds, cooked, boiled, without salt N/A 1.75 N/A 0.711 Broadbeans (fava beans), mature seeds, raw N/A 2.832		·	0.9
Broadbeans (fava beans), mature seeds, canned N/A 0.96 Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A 0.711 Broadbeans (fava beans), mature seeds, cooked, boiled, without salt N/A 0.711 Broadbeans (fava beans), mature seeds, raw N/A 2.832	Breakfast bar, corn flake crust with fruit		13.5
Broadbeans (fava beans), mature seeds, cooked, boiled, with salt N/A 0.711 Broadbeans (fava beans), mature seeds, cooked, boiled, without salt N/A 0.711 Broadbeans (fava beans), mature seeds, raw N/A 2.832	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	·	1.75
Broadbeans (fava beans), mature seeds, cooked, boiled, without salt N/A 0.711 Broadbeans (fava beans), mature seeds, raw N/A 2.832	Broadbeans (fava beans), mature seeds, canned		0.96
Broadbeans (fava beans), mature seeds, raw N/A 2.832	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt		0.711
	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt		
Broadbeans, immature seeds, raw N/A 1.5	Broadbeans (fava beans), mature seeds, raw		2.832
	Broadbeans, immature seeds, raw	N/A	1.5

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

Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	N/A	0.5
	N/A	0.5
Cabbage, chinese (pe-tsai), raw	N/A	0.4
	·	
Cabbage, common (danish, domestic, and pointed types), freshly harvest, rav	w N/A	0.3
Cabbage, common (danish, domestic, and pointed types), stored, raw	N/A	0.3
Cabbage, common, cooked, boiled, drained, with salt	N/A	0.248
Cabbage, cooked, boiled, drained, without salt	N/A	0.248
Cabbage, japanese style, fresh, pickled	N/A	0.18
Cabbage, kimchi	N/A	1.1
Cabbage, mustard, salted	N/A	0.72
Cabbage, napa, cooked	N/A	0.466
Cabbage, raw	N/A	0.234
Cabbage, red, cooked, boiled, drained, with salt	N/A	0.382
Cabbage, red, cooked, boiled, drained, without salt	N/A	0.382
Cabbage, red, raw	N/A	0.418
Cabbage, savoy, cooked, boiled, drained, with salt	N/A	0.024
Cabbage, savoy, cooked, boiled, drained, without salt	N/A	0.024
Cabbage, savoy, raw	N/A	0.3
Cake, angelfood, commercially prepared	N/A	0.883
Cake, angelfood, dry mix, prepared	N/A	0.171
Cake, boston cream pie, commercially prepared	N/A	0.191
Cake, cheesecake, commercially prepared	N/A	0.195
Cake, cheesecake, prepared from mix, no-bake type	N/A	0.493
Cake, cherry fudge with chocolate frosting	N/A	0.7
Cake, chocolate, commercially prepared with chocolate frosting, in-store		
bakery	N/A	0.773
Cake, chocolate, prepared from recipe without frosting	N/A	1.137
Cake, coffeecake, cheese	N/A	0.682
Cake, coffeecake, cinnamon with crumb topping, commercially prepared,		
enriched	N/A	1.678
Cake, coffeecake, cinnamon with crumb topping, commercially prepared,		
unenriched	N/A	0.88
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	N/A	1.519
Cake, coffeecake, creme-filled with chocolate frosting	N/A	0.84
Cake, coffeecake, fruit	N/A	2.573
Cake, fruitcake, commercially prepared	N/A	0.791
Cake, gingerbread, dry mix	N/A	2.55
Cake, gingerbread, prepared from recipe	N/A	1.738
Cake, pineapple upside-down, prepared from recipe	N/A	1.19
Cake, pound, Bimbo Bakeries USA, Panque Casero, home baked style	N/A	0.62
Cake, pound, commercially prepared, butter (includes fresh and frozen)	N/A	1.615
Cake, pound, commercially prepared, fat-free	N/A	0.686
Cake, pound, commercially prepared, other than all butter, enriched	N/A	1.349
	21/2	0.242
Cake, pound, commercially prepared, other than all butter, unenriched	N/A	0.342
Cake, pudding-type, carrot, dry mix	N/A	2.205
Cake, pudding-type, chocolate, dry mix	N/A	2.417
Cake, pudding-type, white, enriched, dry mix	N/A	2.425
Cake, pudding-type, white, unenriched, dry mix	N/A	0.97
Cake, pudding-type, yellow, dry mix	N/A N/A	2.588
Cake, shortcake, biscuit-type, prepared from recipe	•	2.573
Cake, snack cakes, creme-filled, chocolate with frosting Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added	N/A	0.925
	N/A	2.402
fiber	N/A N/A	2.102
Cake spack sakes sreme filled spanse	III/A	1.549
Cake, snack cakes, creme-filled, sponge	11,77	

Cake, sponge, commercially prepared	N/A	1.932
Cake, sponge, prepared from recipe	N/A	1.204
Cake, white, dry mix, special dietary (includes lemon-flavored)	N/A	2.395
Cake, white, prepared from recipe with coconut frosting	N/A	1.063
Cake, white, prepared from recipe without frosting	N/A	1.533
Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	N/A	0.8
Cake, yellow, commercially prepared, with vanilla frosting	N/A	0.5
Cake, yellow, enriched, dry mix	N/A	2.315
Cake, yellow, light, dry mix	N/A	1.569
Cake, yellow, prepared from recipe without frosting	N/A	1.456
Cake, yellow, unenriched, dry mix	N/A	0.309
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	N/A	1.352
CAMPBELL'S CHUNKY, Hearty Beef Barley Soup	N/A	1.047
CAMPBELL'S CHUNKY, New England Clam Chowder	N/A	0.47
CAMPBELL'S CHUNKY, Old Fashioned Vegetable Beef Soup	N/A	1.002
CAMPBELL'S, Cream of Mushroom Soup, condensed	N/A	0.363
CAMPBELL'S, Tomato Soup, condensed	N/A	0.858
Canada Goose, breast meat only, skinless, raw	N/A	6.56
Canadian bacon, cooked, pan-fried	N/A	9.988
Canadian bacon, unprepared	N/A	7.227
Candies, 5TH AVENUE Candy Bar	N/A	3.9
Candies, butterscotch	N/A	0.002
Candies, caramels	N/A	0.148
Candies, caramels, chocolate-flavor roll	N/A	0.21
Candies, carob, unsweetened	N/A	1.04
Candies, chocolate covered, caramel with nuts	N/A	4.76
Candies, chocolate covered, low sugar or low calorie	N/A	2.26
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids	21/2	0.747
5%; 70-85% cacao solids 5%)	N/A	0.747
Candies, coconut bar, not chocolate covered	N/A	0.445
Candies, confectioner's coating, butterscotch	N/A N/A	0.049 8.2
Candies, confectioner's coating, peanut butter Candies, confectioner's coating, yogurt	N/A	0.154
Candies, crispy bar with peanut butter filling	N/A	3.64
Candies, dark chocolate coated coffee beans	N/A	0.578
Candies, divinity, prepared-from-recipe	N/A	0.015
Candies, fruit snacks, with high vitamin C	N/A	0.008
Candies, fudge, chocolate marshmallow, prepared-from-recipe	N/A	0.163
canales) raage, enessate maismans in prepared nom recipe	1.47.	0.200
Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	N/A	0.232
Candies, fudge, chocolate, prepared-from-recipe	N/A	0.176
Candies, fudge, chocolate, with nuts, prepared-from-recipe	N/A	0.315
Candies, fudge, peanut butter, prepared-from-recipe	N/A	1.439
Candies, fudge, vanilla with nuts	N/A	0.179
Candies, fudge, vanilla, prepared-from-recipe	N/A	0.038
Candies, gumdrops, starch jelly pieces	N/A	0.01
Candies, halavah, plain	N/A	2.856
Candies, hard	N/A	0.007
Candies, HEATH BITES	N/A	0.09
Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	N/A	0.62
Candies, HERSHEY'S SKOR Toffee Bar	N/A	0.13
Candies, HERSHEY'S, ALMOND JOY BITES	N/A	0.33
Candies, HERSHEY, KIT KAT BIG KAT Bar	N/A	0.18
O II HERCHEV RESCENCES A CONTRACTOR OF THE CONTR		
Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	N/A	3.64
Candies, HERSHEYS, PAYDAY Bar	N/A	7.166
Candies, honey-combed, with peanut butter	N/A	5.147
Candies, jellybeans	N/A	0.008
Candies, KIT KAT Wafer Bar	N/A	0.5
Candies, KRACKEL Chocolate Bar	N/A	0.26

Condice M. C. MANADO 2 MAISVETEEDS Truffle Cries	INI/A	0.200
Candies, M & M MARS 3 MUSKETEERS Truffle Crisp	N/A	0.306
Candies, M & M MARS Pretzel Chocolate Candies	N/A	0.433
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	N/A	0.23
Candies, MARS SNACKFOOD US, M & M's Almond Chocolate Candies	N/A	0.952
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	N/A	0.27
COLUMN AND COMPONE OF THE PART OF THE COLUMN AND TH		
Candies, MARS SNACKFOOD US, M & M's Peanut Butter Chocolate Candies	N/A	4.329
Candies, MARS SNACKFOOD US, M & M's Peanut Chocolate Candies	N/A	3.362
Candies, MARS SNACKFOOD US, MARS Almond Bar	N/A	0.945
Candies, MARS SNACKFOOD US, MILKY WAY Bar	N/A	0.154
Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	N/A	0.218
Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	N/A	0.007
Candies, MARS SNACKFOOD US, SNICKERS Bar	N/A	3.6
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	N/A	0.005
Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	N/A	1.109
Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	N/A	1.11
Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	N/A	2.379
Candies, marshmallows	N/A	0.078
Candies, milk chocolate	N/A	0.386
Candies, milk chocolate coated coffee beans	N/A	0.332
Candies, milk chocolate coated peanuts	N/A	4.249
Candies, milk chocolate, with almonds	N/A	0.742
Candies, milk chocolate, with rice cereal	N/A	0.672
Candies, MOUNDS Candy Bar	N/A	0.277
Candies, MR. GOODBAR Chocolate Bar	N/A	3.44
Candies, NESTLE, 100 GRAND Bar	N/A	0.198
Candies, NESTLE, BABY RUTH Bar	N/A	1.251
Candies, NESTLE, BIT-O'-HONEY Candy Chews	N/A	0.069
Candies, NESTLE, BUTTERFINGER Bar	N/A	2.649
Candies, NESTLE, BUTTERFINGER Crisp	N/A	2.438
Candies, NESTLE, OH HENRY! Bar	N/A	2.545
Candies, nougat, with almonds	N/A	0.478
Candies, peanut bar	N/A	7.922
Candies, peanut brittle, prepared-from-recipe	N/A	2.646
Candies, praline, prepared-from-recipe	N/A	0.415
Candies, REESE'S BITES	N/A	4.33
Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy	•	
bar	N/A	2.789
Candies, REESE'S NUTRAGEOUS Candy Bar	N/A	5.25
Candies, REESE'S Peanut Butter Cups	N/A	4.49
Candies, REESE'S PIECES Candy	N/A	6.06
curiates, NEESE 5 1 IESES curiay	14,7.	0.00
Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	N/A	3.57
Candies, ROLO Caramels in Milk Chocolate	N/A	0.04
Candies, semisweet chocolate	N/A	0.427
	N/A	
Candies, semisweet chocolate, made with butter Candies, sesame crunch	N/A	0.427
·	N/A	3.703
Candies, soft fruit and nut squares	<u> </u>	0.178
Candies, sugar-coated almonds	N/A	1
Candies, sweet chocolate	N/A	0.67
Candies, sweet chocolate coated fondant	N/A	0.575
Candies, taffy, prepared-from-recipe	N/A	0.002
Candies, Tamarind	N/A	0.95
Candies, TOBLERONE, milk chocolate with honey and almond nougat	N/A	0.353
Candies, toffee, prepared-from-recipe	N/A	0.029
Candies, TOOTSIE ROLL, chocolate-flavor roll	N/A	0.21
Candies, truffles, prepared-from-recipe	N/A	0.299
Candies, WHATCHAMACALLIT Candy Bar	N/A	2.47
Candies, white chocolate	N/A	0.745
Capers, canned	N/A	0.652

Carambola, (starfruit), raw	N/A	0.367
Cardoon, raw	N/A	0.3
Caribou, hind quarter, meat, cooked (Alaska Native)	N/A	5.89
Carissa, (natal-plum), raw	N/A	0.2
Carob flour	N/A	1.897
CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	N/A	0.903
CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	N/A	6.447
CARRABBA'S ITALIAN GRILL, lasagne	N/A	1.757
CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	N/A	1.597
CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	N/A	1.183
Carrot juice, canned	N/A	0.386
Carrot, dehydrated	N/A	6.567
Carrots, baby, raw	N/A	0.556
Carrots, canned, no salt added, drained solids	N/A	0.552
Carrots, canned, no salt added, solids and liquids	N/A	0.421
Carrots, canned, regular pack, drained solids	N/A	0.552
Carrots, canned, regular pack, solids and liquids	N/A	0.421
Carrots, cooked, boiled, drained, with salt	N/A	0.645
Carrots, cooked, boiled, drained, without salt	N/A N/A	0.645
Carrots, frozen, cooked, boiled, drained, with salt Carrots, frozen, cooked, boiled, drained, without salt	N/A	0.416
Carrots, frozen, cooked, boiled, drained, without sait Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution	IN/A	0.416
Program)	N/A	0.464
Carrots, raw	N/A	0.404
Cassava, raw	N/A	0.854
Catsup	N/A	1.434
Catsup, low sodium	N/A	1.434
Cattail, Narrow Leaf Shoots (Northern Plains Indians)	N/A	0.44
Cauliflower, cooked, boiled, drained, with salt	N/A	0.41
Cauliflower, cooked, boiled, drained, without salt	N/A	0.41
Cauliflower, frozen, cooked, boiled, drained, with salt	N/A	0.31
Cauliflower, frozen, cooked, boiled, drained, without salt	N/A	0.31
Cauliflower, frozen, unprepared	N/A	0.429
Cauliflower, green, cooked, no salt added	N/A	0.681
Cauliflower, green, cooked, with salt	N/A	0.681
Cauliflower, green, raw	N/A	0.734
Cauliflower, raw	N/A	0.507
Celeriac, cooked, boiled, drained, with salt	N/A	0.427
Celeriac, cooked, boiled, drained, without salt	N/A	0.427
Celeriac, raw	N/A	0.7
Celery, cooked, boiled, drained, with salt	N/A	0.319
Celery, cooked, boiled, drained, without salt	N/A	0.372
Celery, raw	N/A	0.32
Celtuce, raw	N/A	0.55
Cereals ready to eat RARRARA'S BUFFINE original	N/A N/A	2.12
Cereals ready-to-eat, BARBARA'S PUFFINS, original Cereals ready-to-eat, chocolate-flavored frosted puffed corn	N/A	1.9 17.637
Cereals ready-to-eat, Chocolate-havored hosted pulled com	N/A	1.8
Cereals ready-to-eat, frosted oat cereal with marshmallows	N/A	17.64
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	N/A	17.04
Cereals ready-to-eat, granola, homemade	N/A	2.739
Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	N/A	7.055
Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	N/A	15.14
Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	N/A	16.67
Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	N/A	19.64
Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	N/A	13.32
Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS		
	N/A	16.67
Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	N/A N/A	16.67 16.67

Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	N/A	16.67
Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	N/A	32.25
Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	N/A	15.14
Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	N/A	16.12
Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	N/A	9.09
Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	N/A	26.5
Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	N/A	25.167
Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	N/A	17.241
Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	N/A	18.97
Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	N/A	16.67
Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	N/A	16.67
Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	N/A	16.67
	,	
Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	N/A	23.51
Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	N/A	8.47
Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	N/A	15.63
Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	N/A	1.33
Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	N/A	5.44
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	N/A	0.22
Consolored to the NATURE CRATH Control Stay Build R	21/2	
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	N/A	0.2
Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	N/A	10
Cereals ready-to-eat, POST Bran Flakes	N/A	16.7
Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	N/A	8.5
Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	N/A	10.4
Consoler and the next POCT HONEY PLINCHES OF OATS with sign and a bound to	21/2	46.7
Cereals ready-to-eat, POST Book Bunches OF OATS with cinnamon bunches	N/A	16.7
Cereals ready-to-eat, POST Raisin Bran Cereal	N/A	8.5
Cereals ready-to-eat, POST SELECTS Blueberry Morning	N/A	9.1
Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	N/A	9.6
Cereals ready-to-eat, POST, ALPHA-BITS	N/A	16.7
Cereals ready-to-eat, POST, COCOA PEBBLES	N/A	17.2
Cereals ready-to-eat, POST, FRUITY PEBBLES	N/A	18.52
Cereals ready-to-eat, POST, GOLDEN CRISP	N/A	18.5
Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	N/A	8.62
Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	N/A	17.2
Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	N/A	9.6
Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	N/A	9.1
Corrector ready to set DOST HONEY BUNICUES OF OATS with you'lle hunches	N1 / A	0.0
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	N/A	8.9
Corools roady to got DOST HONEY BUNICHES OF OATS honey roasted	NI/A	17.0
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	N/A	17.8
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	N/A	17.2
cereais ready-to-eat, POST, HONET BONCHES OF OATS, pecan bulliches	IN/A	17.2
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	N/A	15.6
Celeais ready-to-eat, POST, HONET BONCHES OF OATS, With aimonds	IN/A	15.6
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	N/A	46.4
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, WITH real strawbernes Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	N/A	16.1 8.5
Cereals ready-to-eat, POST, Honeycomb Cereal	N/A	
Cereals ready-to-eat, POST, Honeycomb Cereal Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	N/A	15.62 5.2
cereais ready-to-eat, rost, siliedued wheat it bidil, spooti-size	NA	5.2
Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	N/A	9.62
Cereals ready-to-eat, POST, Shredded Wheat, rightly hosted, spoon-size	N/A	6.26
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	N/A	5.64
Cereals ready-to-eat, POST, Stifedded Wrieat, Original spooti-size	N/A	16.7
Cereals ready-to-eat, Post, Wallie Crisp Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	N/A	
Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	N/A	9.58 15.855
Cerears ready-to-eat, QUAREN WHOLE HEARTS Out Cerear	NA	15.855
Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	N/A	2.308
Cereals ready-to-eat, QUAKER, 100% Natural Graniola, Oats, Wheat and Honey Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	N/A	21.465
cereas ready-to-eat, QUAREN, CAF IN CRUINCH	IV/A	21.465

Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	N/A	20.75
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	N/A	20.56
cereals ready to eat, gormen, our removements manoween crunen	IN/A	20.30
Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	N/A	23.961
cereals ready to eat, gormen, eap in crunen's out 5.7 in periods cereal	14/71	23.301
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	N/A	20.36
Cereals ready-to-eat, QUAKER, Christmas Crunch	N/A	21.736
Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	N/A	4.334
Cereals ready-to-eat, QUAKER, KING VITAMAN	N/A	16.842
Cereais ready-to-eat, QOAKEN, KING VITAIVIAN	IN/A	10.842
Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	N/A	2 271
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	N/A	2.371 17.871
Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	N/A	1.89
,	N/A	1.06
Cereals ready to eat OLIAKER, MOTHER'S COCOA BUMPERS		
Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	N/A	1.12
Corrector ready to eat OHAVED MOTHER'S DEANIST BUTTER BUMARERS Correct	N/A	2.7
Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	N/A	2.7
Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	N/A	1.8
Covagle woods to got OHAKED National Councils Apple Country Almound	N1/A	1.00
Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	N/A	1.98
Cereals ready-to-eat, QUAKER, Oatmeal Squares	N/A	9.57
Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	N/A	9.51
Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats,		0.40
Wheat, Honey, and Raisins	N/A	2.12
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	N/A	20.389
Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	N/A	18.416
Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	N/A	18.22
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	N/A	17.18
Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	N/A	3.525
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	N/A	5.286
Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	N/A	5.24
Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	N/A	20.382
Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	N/A	9.78
Cereals ready-to-eat, RALSTON Corn Biscuits	N/A	21.833
Cereals ready-to-eat, RALSTON Corn Flakes	N/A	21.033
Cereals ready-to-eat, RALSTON CRISP RICE	N/A	28.967
Cereals ready-to-eat, RALSTON Crispy Hexagons	N/A	24.138
Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	N/A	90.567
Cereals ready-to-eat, RALSTON TASTEEOS	N/A	17.857
Cereals ready-to-eat, rice, puffed, fortified	N/A	35.3
Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Gerr	n N/A	4.73
Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	N/A	20.62
Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	N/A	5.58
Cereals ready-to-eat, UNCLE SAM CEREAL	N/A	4.803
Cereals ready-to-eat, WEETABIX whole grain cereal	N/A	5.714
Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	N/A	9.09
Cereals ready-to-eat, wheat germ, toasted, plain	N/A	5.59
Cereals ready-to-eat, wheat, puffed, fortified	N/A	35.3
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with	n	
salt	N/A	0.799
Cereals, corn grits, white, regular and quick, enriched, cooked with water,		
without salt	N/A	0.799
Cereals, corn grits, white, regular and quick, enriched, dry	N/A	4.465
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water,		
without salt	N/A	0.762
Cereals, corn grits, yellow, regular and quick, unenriched, dry	N/A	1.2

	1	
Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with		0
salt	N/A	0.762
Cereals, CREAM OF RICE, cooked with water, with salt	N/A	1.039
Cereals, CREAM OF RICE, dry	N/A	7.46
Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water,		
microwaved, without salt	N/A	0.82
Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top,		
without salt	N/A	0.842
Cereals, CREAM OF WHEAT, 1 minute cook time, dry	N/A	6.075
Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water,		
microwaved, without salt	N/A	0.715
Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-		
top, without salt	N/A	0.803
Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	N/A	8.475
Cereals, CREAM OF WHEAT, instant, dry	N/A	17.857
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	N/A	3.093
Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	N/A	0.585
Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without		
salt	N/A	0.52
Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	N/A	4.2
Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1	-	
3 minutes), cooked with water, without salt	N/A	1.493
Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1	-	
3 minutes), dry	N/A	13.7
Cereals, farina, enriched, cooked with water, with salt	N/A	1.493
Cereals, farina, unenriched, dry	N/A	0.7
Cereals, MALT-O-MEAL, chocolate, dry	N/A	20.31
Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	N/A	2.65
Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	N/A	19.77
Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	N/A	17.12
Cereals, MALT-O-MEAL, original, plain, dry	N/A	14.28
Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	N/A	1.87
Cereals, oats, instant, fortified, maple and brown sugar, dry	N/A	11.739
Cereals, oats, instant, fortified, plain, dry	N/A	1.035
Cereals, oats, instant, fortified, plain, prepared with water (boiling water added		
or microwaved)	N/A	3.025
Cereals, oats, instant, fortified, with cinnamon and spice, dry	N/A	9.107
Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	N/A	2.155
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	N/A	2.343
Cereals, oats, regular and quick and instant, unenriched, cooked with water		
(includes boiling and microwaving), with salt	N/A	0.225
Cereals, oats, regular and quick, not fortified, dry	N/A	1.125
Cereals, oats, regular and quick, unenriched, cooked with water (includes	,	
boiling and microwaving), without salt	N/A	0.225
Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	N/A	7.9
Cereals, QUAKER, corn grits, instant, plain, dry	N/A	9.002
Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling	14,71	3.002
water added), without salt	N/A	1.672
Cereals, QUAKER, hominy grits, white, quick, dry	N/A	5.32
Cereals, QUAKER, hominy grits, white, regular, dry	N/A	5.32
Corons, Corners noming griss, write, regular, ary	14/ 🔼	5:32
Corpole OLIAKER Instant Grits Product with American Chance Flavor day	N/A	0.14
Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	N/A N/A	8.14
Cereals, QUAKER, Instant Grits, Butter flavor, dry	<u> </u>	8.45
Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	N/A	8.37
Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	N/A	8.27

Cornello OLIANED Instant Crite Dadous Cream, 9 Country Hare flavor dry	21/2	0.07
Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry Cereals, QUAKER, Instant Oatmeal Organic, Regular	N/A N/A	8.97
Cereais, QUAKEN, Histarit Gathlear Organic, Negural	IN/A	0.78
Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	N/A	14.195
Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, reduced sugar	N/A	12.21
Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	N/A	11.31
Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	N/A	13.63
Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	N/A	12.448
Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	N/A	9.2
cereais, QOAKER, instant Gatineai, cilinamon Spice, dry	11/7	5.2
Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	N/A	8.79
Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	N/A	12.568
Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced	IN/A	12.500
sugar	N/A	9.085
Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	N/A	10.667
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	N/A	10.47
Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	N/A	11.968
Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	N/A	10.871
Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	N/A	0.8
Cereals, QUAKER, oat Brail, QUAKER/MOTHER'S Oat Brail, dry Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	N/A	1.089
Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	N/A	1.557
Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	N/A	1.337
Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	N/A	1.87
	N/A	1.687
Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	N/A	
		3.98
Cereals, QUAKER, Quick Oats with Iron, Dry	N/A	0.823
Cereals, QUAKER, Quick Oats, Dry	N/A	0.82
Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	N/A	10.177
Corools OHAKER Weight Control Instant Oatmool, manle and brown sugar	N1/A	10.446
Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	N/A	10.446
Cereals, QUAKER, Whole Wheat Natural Cereal, dry	N/A	5.1
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	N/A	14.06
Cereals, WHEATENA, cooked with water	N/A	0.55
Cereals, WHEATENA, cooked with water, with salt	N/A	0.546
Cereals, WHEATENA, dry	N/A	3.52
	21/2	0.00
Cereals, whole wheat hot natural cereal, cooked with water, with salt	N/A	0.89
Correcte whele wheet bet not well as yet and with water without self	N1/A	2.20
Cereals, whole wheat hot natural cereal, cooked with water, without salt	N/A	0.89
Cereals, whole wheat hot natural cereal, dry	N/A	4.9
Chard, swiss, cooked, boiled, drained, with salt	N/A	0.36
Chard, swiss, cooked, boiled, drained, without salt	N/A	0.36
Chard, swiss, raw	N/A	0.4
Chayote, fruit, cooked, boiled, drained, with salt	N/A	0.42
Chayote, fruit, cooked, boiled, drained, without salt	N/A	0.42
Chayote, fruit, raw	N/A	0.47
Cheese food, cold pack, American	N/A	0.074
Cheese food, pasteurized process, American, vitamin D fortified	N/A	0.155
Cheese food, pasteurized process, American, without added vitamin D	N/A	0.155
Cheese food, pasteurized process, swiss	N/A	0.104
Cheese product, pasteurized process, American, reduced fat, fortified with		
vitamin D	N/A	0.18
Cheese product, pasteurized process, American, vitamin D fortified	N/A	0.17
Cheese puffs and twists, corn based, baked, low fat	N/A	7.14
Cheese sauce, prepared from recipe	N/A	0.204
Cheese spread, American or Cheddar cheese base, reduced fat	N/A	0.153
Cheese spread, cream cheese base	N/A	0.95
Cheese spread, pasteurized process, American	N/A	0.131
Cheese substitute, mozzarella	N/A	0.317

Cheese, american cheddar, imitation	N/A	0.13
Cheese, American, nonfat or fat free	N/A	5.56
Cheese, blue	N/A	1.016
Cheese, brick	N/A	0.118
Cheese, brie	N/A	0.38
Cheese, camembert	N/A	0.63
Cheese, caraway	N/A	0.18
	1477	0.10
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	N/A	0.059
Cheese, cheddar, nonfat or fat free	N/A	0.051
Cheese, cheddar, reduced fat (Includes foods for USDA's Food Distribution	,,,,	0.001
Program)	N/A	0.145
Cheese, cheddar, sharp, sliced	N/A	0.039
Cheese, cheshire	N/A	0.08
Cheese, colby	N/A	0.093
Cheese, cottage, creamed, large or small curd	N/A	0.099
Cheese, cottage, creamed, with fruit	N/A	0.15
Cheese, cottage, lowfat, 1% milkfat	N/A	0.128
Cheese, cottage, lowfat, 1% milkfat, lactose reduced	N/A	0.13
Cheese, cottage, lowfat, 1% milkfat, no sodium added	N/A	0.13
Cheese, cottage, lowfat, 1% milkfat, with vegetables	N/A	0.1
Cheese, cottage, lowfat, 2% milkfat	N/A	0.103
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	N/A	0.144
Cheese, cottage, with vegetables	N/A	0.1
Cheese, cream	N/A	0.091
Cheese, cream, fat free	N/A	0.23
Cheese, cream, low fat	N/A	0.125
Cheese, dry white, gueso seco	N/A	0.083
Cheese, edam	N/A	0.082
Cheese, feta	N/A	0.991
Cheese, fontina	N/A	0.15
Cheese, fresh, queso fresco	N/A	0.027
Cheese, gjetost	N/A	0.813
Cheese, goat, hard type	N/A	2.4
Cheese, goat, semisoft type	N/A	1.148
Cheese, goat, soft type	N/A	0.43
Cheese, gouda	N/A	0.063
Cheese, gruyere	N/A	0.106
Cheese, limburger	N/A	0.158
Cheese, low fat, cheddar or colby	N/A	0.051
Cheese, low-sodium, cheddar or colby	N/A	0.086
Cheese, Mexican blend	N/A	0.114
Cheese, Mexican, blend, reduced fat	N/A	0.06
Cheese, mexican, queso anejo	N/A	0.032
Cheese, mexican, queso asadero	N/A	0.181
Cheese, mexican, queso chihuahua	N/A	0.15
Cheese, mexican, queso cotija	N/A	0.114
Cheese, monterey	N/A	0.093
Cheese, monterey, low fat	N/A	0.09
Cheese, mozzarella, low moisture, part-skim	N/A	0.111
Cheese, mozzarella, low moisture, part-skim, shredded	N/A	0.151
Cheese, mozzarella, low sodium	N/A	0.12
Cheese, mozzarella, nonfat	N/A	0.12
Cheese, mozzarella, part skim milk	N/A	0.105
Cheese, mozzarella, whole milk	N/A	0.104
Cheese, mozzarella, whole milk, low moisture	N/A	0.094
Cheese, muenster	N/A	0.103
Cheese, muenster, low fat	N/A	0.1
Cheese, neufchatel	N/A	0.21
Cheese, parmesan, dry grated, reduced fat	N/A	0.114
Cheese, parmesan, grated	N/A	0.08

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

Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added		
solution, cooked, braised	N/A	9.173
Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added		
solution, cooked, grilled	N/A	11.067
Chicken, broiler, rotisserie, BBQ, back meat only	N/A	5.175
Chicken, broiler, rotisserie, BBQ, back, meat and skin	N/A	5.621
Chicken, broiler, rotisserie, BBQ, breast, meat and skin	N/A	9.303
Chicken, broiler, rotisserie, BBQ, breast, meat only	N/A	9.634
Chicken, broiler, rotisserie, BBQ, drumstick, meat and skin	N/A	5.966
Chicken, broiler, rotisserie, BBQ, drumstick, meat only	N/A	5.745
Chicken, broiler, rotisserie, BBQ, skin	N/A	7.082
Chicken, broiler, rotisserie, BBQ, thigh, meat and skin	N/A	5.732
Chicken, broiler, rotisserie, BBQ, thigh, meat only	N/A	5.441
Chicken, broiler, rotisserie, BBQ, wing, meat and skin	N/A	7.454
Chicken, broiler, rotisserie, BBQ, wing, meat only	N/A	7.676
Chicken, broilers or fryers, rotisserie, original seasoning, drumstick, meat and		
skin, cooked	N/A	5.921
Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	N/A	5.837
Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	N/A	7.297
Chicken, broilers or fryers, back, meat and skin, cooked, roasted	N/A	6.718
Chicken, broilers or fryers, back, meat and skin, cooked, roasted	N/A	4.343
Chicken, broilers or fryers, back, meat and skin, raw	N/A	4.835
	N/A	
Chicken, broilers or fryers, back, meat only, cooked, fried	·	7.68
Chicken, broilers or fryers, back, meat only, cooked, roasted	N/A	7.069
Chicken, broilers or fryers, back, meat only, cooked, stewed	N/A	4.556
Chicken, broilers or fryers, back, meat only, raw	N/A	6.672
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	N/A	10.523
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	N/A	13.742
Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	N/A	12.71
Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	N/A	7.807
Chicken, broilers or fryers, breast, meat and skin, raw	N/A	9.908
Chicken, broilers or fryers, breast, meat only, cooked, fried	N/A	14.782
Chicken, broilers or fryers, breast, meat only, cooked, roasted	N/A	13.712
Chicken, broilers or fryers, breast, meat only, cooked, stewed	N/A	8.469
Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added		
solution, raw	N/A	7.583
Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked,		
braised	N/A	4.832
Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	N/A	5.046
	1.47.1	310.10
Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	N/A	5.598
Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	N/A	5.198
Chicken, broners of fryers, dark frieat, druffistick, frieat offy, raw	IN/A	5.136
Chieles has it as an factor and deal are at an addition and additional better	N1 / A	F 607
Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	N/A	5.607
	N1/A	6.043
Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	N/A	6.842
Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	N/A	6.359
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	N/A	4.513
Chicken, broilers or fryers, dark meat, meat and skin, raw	N/A	5.211
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	N/A	7.07
Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	N/A	6.548
Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	N/A	4.737
Chicken, broilers or fryers, dark meat, meat only, raw	N/A	6.246
Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	N/A	5.276
,	1	3.270

		1
Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	N/A	5.742
Chicken, broilers or fryers, dark meat, thigh, meat only, raw	N/A	5.557
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	N/A	5.096
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	N/A	6.037
Chicken brailers or favors drumstick most and chin socked reacted	N/A	F 402
Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	IN/A	5.403
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	N/A	4.204
Chicken, broilers or fryers, drumstick, meat and skin, raw	N/A	4.841
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	N/A	6.146
Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	N/A	4.3
Chicken, broilers or fryers, drumstick, rotisserie, original seasoning, meat only		
cooked	N/A	5.958
Chicken, broilers or fryers, giblets, cooked, fried	N/A	10.987
Chicken, broilers or fryers, giblets, cooked, simmered	N/A	6.625
Chicken, broilers or fryers, giblets, raw	N/A	6.662
Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	N/A	5.433
Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	N/A	6.546
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	N/A	6.034
Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	N/A	4.59
Chicken, broilers or fryers, leg, meat and skin, raw	N/A	4.733
Chicken, broilers or fryers, leg, meat only, cooked, fried	N/A	6.688
Chicken, broilers or fryers, leg, meat only, cooked, roasted	N/A	6.053
Chicken, broilers or fryers, leg, meat only, cooked, stewed	N/A	4.798
Chicken, broilers or fryers, leg, meat only, raw	N/A	5.578
Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	N/A	9.156
enteren, proners of tryers, light meat, meat and skin, cooked, mea, patter	1477	3.130
Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	N/A	12.035
Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	N/A	11.134
Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	N/A	6.935
Chicken, broilers or fryers, light meat, meat and skin, raw	N/A	8.908
Chicken, broilers or fryers, light meat, meat only, cooked, fried	N/A	13.365
Chicken, broilers or fryers, light meat, meat only, cooked, roasted	N/A	12.421
Chicken, broilers or fryers, light meat, meat only, cooked, stewed	N/A	7.79
Chicken, broilers or fryers, light meat, meat only, raw	N/A	10.604
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried,	21/2	7.000
batter Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried,	N/A	7.083
flour	N/A	8.93
Chicken, broilers or fryers, meat and skin and giblets and neck, raw	N/A	6.639
Chicken, broners of fryers, meat and skill and giblets and fleck, raw	IN/A	0.033
Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	N/A	7.908
emeter, profess of tryers, meat and standard gibress and freety rousted	IV/A	7.500
Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	N/A	5.389
Chicken, broilers or fryers, meat and skin, cooked, fried, batter	N/A	7.043
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	N/A	8.992
Chicken, broilers or fryers, meat and skin, cooked, roasted	N/A	8.487
Chicken, broilers or fryers, meat and skin, cooked, stewed	N/A	5.594
Chicken, broilers or fryers, meat and skin, raw	N/A	6.801
Chicken, broilers or fryers, meat only, cooked, fried	N/A	9.663
Chicken, broilers or fryers, meat only, cooked, roasted	N/A	9.173
Chicken, broilers or fryers, meat only, cooked, stewed	N/A	6.117
Chicken, broilers or fryers, meat only, raw	N/A	8.239
Chicken, broilers or fryers, neck, meat and skin, cooked simmered	N/A	3.319
Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	N/A	4.528

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

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Chicken, dark meat, drumstick, meat and skin, with added solution, cooked,		
braised	N/A	4.832
Chicken, dark meat, drumstick, meat and skin, with added solution, cooked,		
roasted	N/A	5.684
Chicken dark most drumstick most and skin with added solution, raw	NI/A	4.612
Chicken, dark meat, drumstick, meat and skin, with added solution, raw	N/A	4.612
Chicken, dark meat, drumstick, meat only, with added solution, cooked,	NI/A	F 07
braised	N/A	5.07
Chicken, dark meat, drumstick, meat only, with added solution, cooked,	NI/A	F 013
roasted Chicken, dark meat, drumstick, meat only, with added solution, raw	N/A N/A	5.913
Chickeri, dark meat, drumstick, meat only, with added solution, raw	IN/A	4.94
Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	N/A	5.679
Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	N/A	5.898
Chicken, dark meat, thigh, meat and skin, with added solution, raw	N/A	4.458
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Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	N/A	6.33
	.,,	5.55
Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	N/A	6.343
Chicken, dark meat, thigh, meat only, with added solution, raw	N/A	5.3
Chicken, feet, boiled	N/A	0.4
Chicken, gizzard, all classes, cooked, simmered	N/A	3.12
Chicken, gizzard, all classes, raw	N/A	3.68
Chicken, ground, crumbles, cooked, pan-browned	N/A	7.107
Chicken, ground, raw	N/A	5.575
Chicken, heart, all classes, cooked, simmered	N/A	2.803
Chicken, heart, all classes, raw	N/A	4.883
Chicken, liver, all classes, cooked, pan-fried	N/A	13.925
Chicken, liver, all classes, cooked, simmered	N/A	11.045
Chicken, liver, all classes, raw	N/A	9.728
Chicken, meatless	N/A	1.454
Chicken, meatless, breaded, fried	N/A	12.766
emokerny meastessy at eaucay mea	,	22.700
Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	N/A	3.275
Chicken, nuggets, white meat, precooked, frozen, not reheated	N/A	6.736
Chicken, roasting, dark meat, meat only, cooked, roasted	N/A	5.736
Chicken, roasting, dark meat, meat only, raw	N/A	5.878
Chicken, roasting, giblets, cooked, simmered	N/A	4.032
Chicken, roasting, giblets, raw	N/A	6.208
Chicken, roasting, light meat, meat only, cooked, roasted	N/A	10.469
Chicken, roasting, light meat, meat only, raw	N/A	10.217
emerch, rousting, light meat, meat only, raw	11//1	10.217
Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	N/A	7.031
Chicken, roasting, meat and skin and giblets and neck, raw	N/A	6.427
Chicken, roasting, meat and skin, cooked, roasted	N/A	7.418
Chicken, roasting, meat only, cooked, roasted	N/A	7.881
Chicken, roasting, meat only, raw	N/A	7.875
Chicken, skin (drumsticks and thighs), cooked, braised	N/A	3.4
Chicken, skin (drumsticks and thighs), cooked, roasted	N/A	3.917
Chicken, skin (drumsticks and thighs), raw	N/A	2.565
Silver, John (aramotoka ana tingha), taw	.41	2.303
Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	N/A	3.3
Chicken skin (drumsticks and thinks) with added solution cooked reseted	N/A	4.045
Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	·	4.045
Chicken, skin (drumsticks and thighs), with added solution, raw	N/A	2.655
Chicken, stewing, dark meat, meat only, cooked, stewed	N/A	4.556
Chicken, stewing, dark meat, meat only, raw	N/A	5.405
Chicken, stewing, giblets, cooked, simmered	N/A	4.971
Chicken, stewing, giblets, raw	N/A	8.53
Chicken, stewing, light meat, meat only, cooked, stewed	N/A	8.538

Chicken, stewing, light meat, meat only, raw	N/A	9.915
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	N/A	5.677
Chicken, stewing, meat and skin, and giblets and neck, raw	N/A	6.383
Chicken, stewing, meat and skin, cooked, stewed	N/A	5.798
Chicken, stewing, meat and skin, raw	N/A	6.262
Chicken, stewing, meat only, cooked, stewed	N/A	6.408
Chicken, stewing, meat only, raw	N/A	7.477
Chicken, thighs, frozen, breaded, reheated	N/A	4.263
Chicken, wing, frozen, glazed, barbecue flavored	N/A	5.5
Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	N/A	6.03
Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	N/A	7.1
Chickpea flour (besan)	N/A	1.762
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained	14/71	1.702
solids	N/A	0.14
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained,	TAJ T	0.21
rinsed in tap water	N/A	0.125
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and	N/A	0.125
liquids	N/A	0.13
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and	III/I	0.15
liquids, low sodium	N/A	0.13
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with	IN/A	0.13
salt	N/A	0.526
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled,	IN/A	0.320
without salt	N/A	0.526
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	N/A	1.541
Chicory greens, raw	N/A	0.5
Chicory roots, raw	N/A	0.4
Chicory, witloof, raw	N/A	0.16
Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	N/A	1.614
Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and	N/A	1.014
fiber	N/A	0.96
Chili con carne with beans, canned entree	N/A	0.782
Chili with beans, canned	N/A	0.358
Chili with beans, microwavable bowls	N/A	0.941
Chili, no beans, canned entree	N/A	1.245
Chives, freeze-dried	N/A	5.9
Chives, raw	N/A	0.647
Chocolate, dark, 45- 59% cacao solids	N/A	0.725
Chocolate, dark, 60-69% cacao solids	N/A	0.838
Chocolate, dark, 70-85% cacao solids	N/A	1.054
Chocolate-flavored hazelnut spread	N/A	0.427
Chokecherries, raw, pitted (Northern Plains Indians)	N/A	0.628
Chrysanthemum leaves, raw	N/A	0.531
Chrysanthemum, garland, cooked, boiled, drained, with salt	N/A	0.72
Chrysanthemum, garland, cooked, boiled, drained, without salt	N/A	0.72
Chrysanthemum, garland, raw	N/A	0.531
Cinnamon buns, frosted (includes honey buns)	N/A	2.404
Clementines, raw	N/A	0.636
Clif Z bar	N/A	0.478
Cocoa, dry powder, hi-fat or breakfast, processed with alkali	N/A	1.8
Cocoa, dry powder, unsweetened	N/A	2.185
Cocoa, dry powder, unsweetened, processed with alkali	N/A	2.4
Collards, cooked, boiled, drained, with salt	N/A	0.575
Collards, cooked, boiled, drained, without salt	N/A	0.575
Collards, frozen, chopped, cooked, boiled, drained, with salt	N/A	0.635
Collards, frozen, chopped, cooked, boiled, drained, with salt	N/A	0.635
Collards, frozen, chopped, unprepared	N/A	0.641
Collards, raw	N/A	0.742
Conurus, russ	IV/ A	0.742

Cookies, chinocolate, with lining or coating Ocokies, writin with carrients, coconnectal programs and chocolate coating N/A 1.2 Cookies, with pearunt butter filling, checolate coating N/A 1.3 Cookies, animal, with frosting or icing Cookies, animal, with frosting or icing Cookies, promiser, commercially prepared, Cookies, brownies, commercially prepared, reduced fat, with added filber N/A 1.22 Cookies, brownies, commercially prepared, reduced fat, with added filber N/A 1.88 Cookies, brownies, commercially prepared, reduced fat, with added filber N/A 1.88 Cookies, brownies, commercially prepared, reduced fat, with added filber N/A 1.88 Cookies, brownies, commercially prepared, reduced fat, with added filber N/A 1.88 Cookies, brownies, cdy min, regular Cookies, brownies, prepared from recipe N/A 1.88 Cookies, brocolate chip, commercially prepared, regular, higher fat, enriched N/A 1.83 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 1.88 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 1.88 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 1.88 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 1.88 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 1.88 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 1.88 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 1.88 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 1.89 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 1.89 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 1.80 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 1.80 Cookies, chocolate chip, enriched fathy N/A 1.81 Cookies, chocolate	Cookie, butter or sugar, with chocolate icing or filling	N/A	2.1
Cookies, which parts butter filling, rehoculter coasted NA 4.5 Cookies, with parts butter filling, rehoculter coasted NA 5.7 Cookies, animal crackers (includes arroworost, tea biscuits) NA 1.7 Cookies, promit butter filling, rehoculter coasted NA 1.7 Cookies, brownies, commercially prepared, Cookies, brownies, commercially prepared, Cookies, brownies, or mis, regular Cookies, brownies, prepared from recipe Cookies, brownies, or mis, regular recipe Cookies, brownies, prepared from recipe Cookies, brownies, prepared from recipe NA 1.2 Cookies, brownies, prepared from recipe NA 1.3 Cookies, chocalate chip, commercially prepared, regular, higher fat, unenriched Cookies, chocalate chip, commercially prepared, regular, higher fat, unenriched Cookies, chocalate chip, commercially prepared, regular, higher fat, unenriched Cookies, chocalate chip, commercially prepared, regular, higher fat, unenriched Cookies, chocalate chip, commercially prepared, regular, higher fat, unenriched Cookies, chocalate chip, commercially prepared, regular, higher fat, unenriched Cookies, chocalate chip, commercially prepared, regular, higher fat, unenriched Cookies, chocalate chip, commercially prepared, regular, higher fat, unenriched N/A 1.3 Cookies, chocalate chip, commercially prepared, regular, higher fat, unenriched N/A 1.4 1.5 Cookies, chocalate chip, commercially prepared, regular, higher fat, unenriched N/A 1.5 Cookies, chocalate chip, commercially prepared, regular, higher fat, une		· ·	
Cookies, with peanut butter filling, chocolate coated N/A 3.47 Cookies, animal, with frosting or icing N/A 1.72 Cookies, brownies, commercially prepared Cookies, brownies, commercially prepared, reduced fat, with added fiber N/A 1.72 Cookies, brownies, commercially prepared, reduced fat, with added fiber N/A 1.44 Cookies, brownies, dry mix, regular Cookies, chocolate chip, commercially prepared, regular, higher fat, unerniched N/A 1.33 Cookies, chocolate chip, commercially prepared, regular, higher fat, unerniched N/A Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.93 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.94 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.94 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.95 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.94 1.95 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.94 1.95 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.94 1.95 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.95 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.95 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.95 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.95 Cookies, chocolate chip, or mix regular N/A 1.95 Cookies, c		+ -	
Cookies, animal crackers (includes arrowront, tea biscuits) N/A 1.72 Cookies, brownies, commercially prepared N/A 1.72 Cookies, brownies, commercially prepared N/A 1.72 Cookies, brownies, commercially prepared N/A 1.83 Cookies, brownies, commercially prepared, reduced fat, with added fiber N/A 1.88 Cookies, brownies, dry mis, regular Cookies, brownies, dry mis, sugar free N/A 1.88 Cookies, brownies, dry mis, sugar free N/A 1.88 Cookies, brownies, prepared from recipe N/A 1.88 Cookies, butter, commercially prepared, enriched N/A 1.83 Cookies, butter, commercially prepared, enriched N/A 1.31 Cookies, chocolate chip, prepared, enriched N/A 1.25 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 1.25 Cookies, chocolate chip, commercially prepared, regular, lingher fat, unenriched N/A 1.83 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.83 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.83 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.83 Cookies, chocolate chip, commercially prepared, special dietary N/A 1.83 Cookies, chocolate chip, commercially prepared, special dietary N/A 1.84 Cookies, chocolate chip, ormer recipe, made with butter N/A 1.83 Cookies, chocolate chip, ormer recipe, made with butter N/A 1.83 Cookies, chocolate chip, ormer recipe, made with butter N/A 1.83 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 1.83 Cookies, chocolate chip, referented dough, baked N/A 1.93 Cookies, chocolate chip, referented dough, baked N/A 1.93 Cookies, chocolate sandwich, with creme filling, regular N/A 1.83 Cookies, chocolate sandwich, with creme filling, regular N/A 1.83 Cookies, chocolate sandwich, with creme filling, regular N/A 1.83 Cookies, chocolate sandwich, with creme filling, regular N/A 1.83 Cookies, chocolate sandwich, with creme filling, regular N/A 1.83 Cookies, chocolate sandwich, with creme filling N/A 1.83 Cookies, patent recieve, plan or honey, lowed to cookies, patent accker	· · · · · · · · · · · · · · · · · · ·		
Caokies, brownies, commercially prepared, reduced fat, with added fiber Caokies, brownies, commercially prepared, reduced fat, with added fiber NA 1.44 Caokies, brownies, dry mix, regular Cookies, brownies, dry mix, regular Cookies, brownies, dry mix, regular Cookies, brownies, dry mix, sugar free NA 1.44 Caokies, brownies, dry mix, sugar free NA 1.44 Caokies, butter, commercially prepared, enriched Cookies, butter, commercially prepared, enriched NA 1.44 Caokies, butter, commercially prepared, enriched NA 1.44 Caokies, chocolate chip, commercially prepared, regular, higher fat, unenriched NA 1.44 Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched NA 1.44 Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched NA 1.45 Cookies, chocolate chip, commercially prepared, soft-type NA 1.44 Cookies, chocolate chip, ormercially prepared, soft-type NA 1.45 Cookies, chocolate chip, ormercially prepared from recipe, made with butter NA 1.45 Cookies, chocolate chip, refrequed to dough, baked NA 1.45 Cookies, chocolate chip, refrequed to dough, baked NA 1.45 Cookies, chocolate chip, refrequented dough NA 1.45 Cookies, chocolate sandwich, with creme filling, reduced fat NA 1.45 Cookies, chocolate sandwich, with creme filling, reduced fat NA 1.45 Cookies, chocolate sandwich, with creme filling, regular, nocolate-coated NA 1.45 Cookies, chocolate sandwich, with creme filling, special dietary NA 1.45 Cookies, phocolate sandwich, with creme filling		· ·	
Cookies, brownies, commercially prepared, reduced fat, with added fiber N/A 1.444 Cookies, brownies, dry mis, regular N/A 1.848 Cookies, brownies, dry mis, regular free N/A 1.848 Cookies, brownies, dry mis, regular free N/A 1.848 Cookies, brownies, dry mis, sugar free N/A 1.848 Cookies, brownies, prepared from recipe N/A 1.838 Cookies, brownies, dry mis, sugar free N/A 1.838 Cookies, brownies, dry mis, sugar free N/A 1.838 Cookies, chocolate chip, commercially prepared, enriched N/A 1.831 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 1.838 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.848 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.848 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.848 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.848 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.848 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 1.848 Cookies, chocolate chip, dry mis N/A 1.848 Cookies, chocolate chip, prepared from recipe, made with butter N/A 1.856 Cookies, chocolate chip, prepared from recipe, made with butter N/A 1.856 Cookies, chocolate chip, reingerated dough, loked N/A 1.879 Cookies, chocolate chip, reingerated dough, loked N/A 1.879 Cookies, chocolate chip, reingerated dough, loked N/A 1.879 Cookies, chocolate sandwich, with creme filling, reduced fat N/A 1.879 Cookies, chocolate sandwich, with creme filling, reduced fat N/A 1.879 Cookies, chocolate sandwich, with creme filling, reduced fat N/A 1.879 Cookies, chocolate sandwich, with creme filling, reduced fat N/A 1.879 Cookies, chocolate sandwich, with creme filling, reduced fat N/A 1.879 Cookies, chocolate sandwich, with creme filling N/A 1.879 Cookies, ghard mackers, chocolate coated N/A 1.879 Cookies, ghard macke		-	
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Cookies, brownies, dry mix, sugar free Oxokies, brownies, propared form recipe N/A Oxokies, butter, commercially prepared, enriched N/A Oxokies, butter, commercially prepared, enriched N/A Oxokies, butter, commercially prepared, enriched N/A Oxokies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A Oxokies, chocolate chip, commercially prepared, regular, higher fat, enriched Oxokies, chocolate chip, commercially prepared, regular, higher fat, enriched Oxokies, chocolate chip, commercially prepared, regular, lower fat Oxokies, chocolate chip, commercially prepared, special dietary N/A Oxokies, chocolate chip, commercially prepared, special dietary N/A Oxokies, chocolate chip, commercially prepared, special dietary N/A Oxokies, chocolate chip, repared from recipe, made with butter N/A Oxokies, chocolate chip, repared from recipe, made with butter N/A Oxokies, chocolate chip, repared from recipe, made with margarine N/A Oxokies, chocolate chip, refrigerated dough, baked Oxokies, chocolate chip, refrigerated dough, baked N/A Oxokies, chocolate chip, refrigerated dough, baked N/A Oxokies, chocolate chip, refrigerated dough, baked N/A Oxokies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A Oxokies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A Oxokies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A Oxokies, chocolate sandwich, with creme filling, regular chocolate-coated N/A Oxokies, fotocolate sandwich, with creme filling, regular chocolate-coated N/A Oxokies, fotocolate sandwich, with creme filling, regular, chocolate-coated N/A Oxokies, fotocolate sandwich, with creme filling negular, chocolate-coated N/A Oxokies, fotocolate sandwich, with creme filling negular, chocolate-coated N/A Oxokies, fotocolate sandwich, with creme filling negular, chocolate-coated N/A Oxokies, gradam crackers, phonor how, lowfat N/A Oxokies, gradam crackers, phonor how, lowfat N/A Oxokies, gradam crackers, phonor how, lowfat N/A Oxokies, gradam b		+ -	
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Cookies, butter, commercially prepared, enriched Ookies, butter, commercially prepared, unenriched Ookies, chocolate chip sandwich, with creme filling N/A 1.831 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 2.665 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 2.666 Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched N/A 3.473 Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched N/A 3.473 Cookies, chocolate chip, commercially prepared, special dietary N/A 3.483 Cookies, chocolate chip, ormercially prepared, special dietary N/A 3.484 Cookies, chocolate chip, prepared from recipe, made with butter N/A 3.565 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 3.567 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 3.567 Cookies, chocolate chip, refrigerated dough N/A 3.573 Cookies, chocolate chip, refrigerated dough, baked N/A 3.574 Cookies, chocolate chip, refrigerated dough Nip			
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched Cookies, chocolate chip sandwich, with creme filling N/A 2.665 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched N/A 2.665 Cookies, chocolate chip, commercially prepared, regular, lower fat Cookies, chocolate chip, commercially prepared, regular, lower fat Cookies, chocolate chip, commercially prepared, governor fat Cookies, chocolate chip, commercially prepared, special dietary N/A 2.06 Cookies, chocolate chip, commercially prepared, special dietary N/A 2.06 Cookies, chocolate chip, commercially prepared, special dietary N/A 2.06 Cookies, chocolate chip, dry mix N/A 2.06 Cookies, chocolate chip, dry mix N/A 3.06 Cookies, chocolate chip, engage drom recipe, made with butter N/A 3.06 Cookies, chocolate chip, engage drom recipe, made with margarine N/A 3.06 Cookies, chocolate chip, engage drom recipe, made with margarine N/A 3.07 Cookies, chocolate chip, engage drom recipe, made with margarine N/A 3.07 Cookies, chocolate chip, engage drom recipe, made with margarine N/A 3.07 Cookies, chocolate chip, engage drom recipe, made with margarine N/A 3.07 Cookies, chocolate chip, engage drom recipe, made with margarine N/A 3.07 Cookies, chocolate chip, engage drom recipe, made with margarine N/A 3.07 Cookies, chocolate chip, engage drom recipe, made with margarine N/A 3.07 Cookies, chocolate context chip, engage drom recipe, made with margarine N/A 3.07 Cookies, chocolate sandwich, with creme filling, regular, chocolate via the via the context of the cookies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A 3.07 Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A 3.07 Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A 3.07 Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A 3.08 Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A 3.08 Cookies, graham crackers, plain or chore, lower drom ch			
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Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched Cookies, chocolate chip, commercially prepared, regular, ligher fat, unenriched N/A 1.982 Cookies, chocolate chip, commercially prepared, regular, lower fat N/A 2.06 Cookies, chocolate chip, commercially prepared, special dietary N/A 2.06 Cookies, chocolate chip, prepared from recipe, made with butter N/A 2.06 Cookies, chocolate chip, prepared from recipe, made with butter N/A 3.843 Cookies, chocolate chip, prepared from recipe, made with hutter N/A 3.975 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 3.975 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 3.975 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 3.975 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 3.975 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 3.975 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 3.975 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 3.976 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 3.977 Cookies, chocolate sandwich, with creme filling, reduced fat N/A 3.977 Cookies, chocolate sandwich, with creme filling, reduced fat N/A 3.978 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.978 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.978 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.978 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.978 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.978 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.978 Cookies, floate, floate	, , , , , , , , , , , , , , , , , , ,	-	
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Cookies, chocolate chip, commercially prepared, regular, lower fat Cookies, chocolate chip, commercially prepared, special dietary N/A 2.843 Cookies, chocolate chip, commercially prepared, special dietary N/A 2.843 Cookies, chocolate chip, prepared from recipe, made with butter N/A 1.365 Cookies, chocolate chip, prepared from recipe, made with butter N/A 1.365 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 1.365 Cookies, chocolate chip, refrigerated dough N/A 1.975 Cookies, chocolate chip, refrigerated dough N/A 1.975 Cookies, chocolate chip, refrigerated dough, baked N/A 1.975 Cookies, chocolate chip, refrigerated dough, baked N/A 2.056 Cookies, chocolate sandwich, with creme filling, reduced fat N/A 2.255 Cookies, chocolate sandwich, with creme filling, regular N/A 2.263 Cookies, chocolate sandwich, with creme filling, regular N/A 2.263 Cookies, chocolate sandwich, with creme filling, special dietary N/A 2.275 Cookies, chocolate sandwich, with creme filling N/A 3.971 Cookies, chocolate sandwich, with creme filling N/A 3.972 Cookies, chocolate sandwich, with creme filling N/A 3.973 Cookies, chocolate sandwich, with creme filling N/A 3.974 Cookies, chocolate sandwich, with creme filling N/A 3.974 Cookies, flag pars N/A 3.974 Cookies, flag pars N/A 3.974 Cookies, ghars N/A 3.974 Cookies, ghars N/A 3.974 Cookies, gingersnaps N/A 3.974 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.974 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.974 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.974 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.978 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.978 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.978 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.978 Cookies, graham crackers, plain or honey (incl	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	N/A	2.665
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Cookies, chocolate chip, commercially prepared, soft-type Cookies, chocolate chip, commercially prepared, special dietary N/A 2.843 Cookies, chocolate chip, prepared from recipe, made with butter N/A 1.365 Cookies, chocolate chip, prepared from recipe, made with butter N/A 1.365 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 1.365 Cookies, chocolate chip, refrigerated dough baked N/A 1.975 Cookies, chocolate cream covered biscuit sticks N/A 1.975 Cookies, chocolate cream covered biscuit sticks N/A 1.975 Cookies, chocolate cream covered biscuit sticks N/A 1.975 Cookies, chocolate sandwich, with creme filling, regular N/A 1.975 Cookies, chocolate sandwich, with creme filling, regular N/A 1.975 Cookies, chocolate sandwich, with creme filling, special dietary N/A 1.975 Cookies, chocolate sandwich, with creme filling, special dietary N/A 1.977 Cookies, chocolate sandwich, with creme filling, special dietary N/A 1.977 Cookies, chocolate waders N/A 1.977 Cookies, chocolate waders N/A 1.977 Cookies, fig bars N/A 1.978 Cookies, fluge, cake-type (includes trolley cakes) N/A 1.978 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 1.978 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 1.978 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 1.978 Cookies, flugers applied to the cookies, gluten-free, lemon wafer N/A 1.978 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 1.978 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 1.978 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 1.978 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 1.978 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 1.978 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 1.978 Cookies, narshmallow, with rice cereal and chocolate chips N/A 1.978 Cookies, oa		+ -	1.982
Cookies, chocolate chip, dry mix Cookies, chocolate chip, prepared from recipe, made with butter N/A 1.365 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 1.365 Cookies, chocolate chip, refrigerated dough N/A 1.975 Cookies, chocolate chip, refrigerated dough, baked N/A 1.975 Cookies, chocolate chip, refrigerated dough, baked N/A 1.975 Cookies, chocolate cream covered biscuit sticks N/A 1.975 Cookies, chocolate sandwich, with creme filling, regular N/A 2.235 Cookies, chocolate sandwich, with creme filling, regular N/A 2.236 Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A 3.971 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.972 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.973 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.973 Cookies, chocolate wafers N/A 2.858 Cookies, chocolate wafers N/A 3.974 Cookies, coconut macaroon N/A 3.236 Cookies, fig bars N/A 3.24 Cookies, fig bars N/A 3.25 Cookies, fig bars N/A 3.26 Cookies, fig bars N/A 3.27 Cookies, fig bars N/A 3.28 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 3.28 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 3.28 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 3.28 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 3.28 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 3.20 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.21 Cookies, graham crackers, chocolate-coated N/A 3.21 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.21 Cookies, marshmallow, chocolate-coated (includes marshmallow pies) N/A 3.21 Cookies, marshmallow, chocolate-coated (includes marshmallow pies) N/A 3.22 Cookies, marshmallow, with creme filling N/A 3.23 Cookies, oatmeal, commercially prepared, special carry N/A 3.23 Cookies, oatmeal, prepared from reci		N/A	2.06
Cookies, chocolate chip, dry mix Cookies, chocolate chip, prepared from recipe, made with butter N/A 1.365 Cookies, chocolate chip, prepared from recipe, made with margarine N/A 1.365 Cookies, chocolate chip, refrigerated dough N/A 1.975 Cookies, chocolate chip, refrigerated dough, baked N/A 1.975 Cookies, chocolate chip, refrigerated dough, baked N/A 1.975 Cookies, chocolate cream covered biscuit sticks N/A 1.975 Cookies, chocolate sandwich, with creme filling, regular N/A 2.235 Cookies, chocolate sandwich, with creme filling, regular N/A 2.236 Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A 3.971 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.972 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.973 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.973 Cookies, chocolate wafers N/A 2.858 Cookies, chocolate wafers N/A 3.974 Cookies, coconut macaroon N/A 3.236 Cookies, fig bars N/A 3.24 Cookies, fig bars N/A 3.25 Cookies, fig bars N/A 3.26 Cookies, fig bars N/A 3.27 Cookies, fig bars N/A 3.28 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 3.28 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 3.28 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 3.28 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 3.28 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 3.20 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.21 Cookies, graham crackers, chocolate-coated N/A 3.21 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.21 Cookies, marshmallow, chocolate-coated (includes marshmallow pies) N/A 3.21 Cookies, marshmallow, chocolate-coated (includes marshmallow pies) N/A 3.22 Cookies, marshmallow, with creme filling N/A 3.23 Cookies, oatmeal, commercially prepared, special carry N/A 3.23 Cookies, oatmeal, prepared from reci	Cookies, chocolate chip, commercially prepared, special dietary	N/A	2.843
Cookies, chocolate chip, prepared from recipe, made with butter Cookies, chocolate chip, prepared from recipe, made with margarine Cookies, chocolate chip, refrigerated dough N/A 1.362 Cookies, chocolate chip, refrigerated dough, baked N/A 1.975 Cookies, chocolate cream covered biscuit sticks N/A Cookies, chocolate sandwich, with creme filling, reduced fat N/A 2.235 Cookies, chocolate sandwich, with creme filling, regular Cookies, chocolate sandwich, with creme filling, regular N/A 2.603 Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A 3.971 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.972 Cookies, chocolate sandwich, with creme filling N/A 3.973 Cookies, chocolate sandwich, with creme filling N/A 3.973 Cookies, chocolate sandwich, with creme filling N/A 3.974 Cookies, chocolate sandwich, with creme filling N/A 3.539 Cookies, chocolate sandwich Cookies, fortune N/A 3.539 Cookies, chocolate wafers N/A 3.539 Cookies, fig bars N/A 3.530 Cookies, fig bars N/A 3.630 Cookies, fortune N/A 3.630 Cookies, fortune N/A 3.74 3.750 Cookies, gilden-free, chocolate sandwich, with creme filling N/A 3.235 Cookies, gilden-free, chocolate sandwich, with creme filling N/A 3.235 Cookies, gilden-free, chocolate sandwich, with creme filling N/A 3.235 Cookies, graham crackers, chocolate-coated N/A 3.830 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.830 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.831 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.831 Cookies, graham crackers, plain or honey (includes marshmallow pies) N/A 3.831 Cookies, marshmallow, chocolate-coated (includes marshmallow pies) N/A 3.831 Cookies, marshmallow, with rice cereal and chocolate chips N/A 3.831 Cookies, marshmallow, chocolate-coated (includes marshmallow pies) N/A 3.832 Cookies, marshmallow, with rice cereal and chocolate chips N/A 3.833 Cookies, marshmallow, with rice cereal and chocolate chips N/A 3.832 Cookies, oatmeal, commercially prepa			1.99
Cookies, chocolate chip, prepared from recipe, made with margarine Cookies, chocolate chip, refrigerated dough N/A 1.975 Cookies, chocolate chip, refrigerated dough, baked N/A 1.975 Cookies, chocolate chip, refrigerated dough, baked N/A 2.0641 Cookies, chocolate ream covered biscuit sticks N/A 2.0682 Cookies, chocolate sandwich, with creme filling, reduced fat N/A 2.0683 Cookies, chocolate sandwich, with creme filling, regular Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A 2.0683 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.971 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.972 Cookies, chocolate sandwich, with extra creme filling N/A 3.983 Cookies, chocolate wafers N/A 3.993 Cookies, chocolate wafers N/A 3.994 Cookies, fig bars N/A 3.994 Cookies, gigersnaps N/A 3.994 3.994 Cookies, fig bars N/A 3.994			1.365
Cookies, chocolate chip, refrigerated dough baked N/A 1.975 Cookies, chocolate chip, refrigerated dough, baked N/A 1.975 Cookies, chocolate crama covered biscult sticks N/A 0.644 Cookies, chocolate sandwich, with creme filling, reduced fat N/A 2.235 Cookies, chocolate sandwich, with creme filling, regular N/A 2.603 Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A 1.373 Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A 3.971 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.971 Cookies, chocolate sandwich, with extra creme filling N/A 3.971 Cookies, chocolate was fars N/A 3.972 Cookies, chocolate was fars N/A 3.539 Cookies, chocolate, made with rice cereal N/A 3.539 Cookies, chocolate, made with rice cereal N/A 3.539 Cookies, fig bars N/A 3.539 Cookies, fig bars N/A 1.874 Cookies, fig bars N/A 1.874 Cookies, fouture N/A 1.874 Cookies, fudge, cake-type (includes trolley cakes) N/A 1.874 Cookies, gilden-free, chocolate sandwich, with creme filling N/A 3.235 Cookies, gilden-free, chocolate sandwich, with creme filling N/A 3.235 Cookies, gilden-free, chocolate sandwich, with creme filling N/A 3.235 Cookies, gilden-free, chocolate sandwich, with creme filling N/A 3.236 Cookies, gilden-free, chocolate sandwich, with creme filling N/A 3.236 Cookies, graham crackers, chocolate-coated N/A 3.236 Cookies, graham crackers, plain or honey, (includes cinnamon) N/A 3.236 Cookies, graham crackers, plain or honey, (includes cinnamon) N/A 3.236 Cookies, graham crackers, plain or honey, (includes cinnamon) N/A 3.236 Cookies, graham crackers, plain or honey, (includes cinnamon) N/A 3.236 Cookies, marshmallow, with rice cereal and chocolate chips N/A 3.236 Cookies, molasses N/A 3.236 Cookies, oatmeal, commercially prepared, special dietary N/A 3.236 Cookies			
Cookies, chocolate chip, refrigerated dough, baked N/A 0.644 0.6541 0.60		· ·	
Cookies, chocolate cream covered biscuit sticks N/A Cookies, chocolate sandwich, with creme filling, reduced fat N/A Cookies, chocolate sandwich, with creme filling, regular N/A Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A 1.373 Cookies, chocolate sandwich, with creme filling, special dietary N/A Cookies, chocolate sandwich, with extra creme filling N/A 1.937 Cookies, chocolate sandwich, with extra creme filling N/A 2.858 Cookies, chocolate wafers N/A Cookies, chocolate, made with rice cereal N/A Cookies, chocolate, made with rice cereal N/A Cookies, fig bars N/A Cookies, fig bars N/A Cookies, figue, cake-type (includes trolley cakes) N/A Cookies, giuge, cake-type (includes trolley cakes) N/A Cookies, gingersnaps N/A Cookies, graham crackers, chocolate-coated N/A N/A 1.70 Cookies, graham crackers, chocolate-coated N/A Cookies, graham crackers, plain or honey (includes cinnamon) N/A Cookies, graham crackers, plain or honey, lowfat Cookies, Jadyfingers, with lemon juice and rind N/A Cookies, Jadyfingers, with lemon juice and rind N/A Cookies, Jadyfingers, with lemon juice and rind N/A Cookies, Jadyfingers, with creme filling N/A Cookies, Marie biscuit N/A 1.70 Cookies, oatmeal, commercially prepared, regular N/A N/A 1.82 Cookies, oatmeal, commercially prepared, regular N/A Cookies, oatmeal, commercially prepared, special dietary N/A Cookies, oatmeal, commercially prepared, special dietary N/A 1.31 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.31 Cookies, oatmeal, reduced fat N/A 1.35			
Cookies, chocolate sandwich, with creme filling, reduced fat N/A 2.235 Cookies, chocolate sandwich, with creme filling, regular N/A 2.603 Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated N/A 3.971 Cookies, chocolate sandwich, with creme filling, special dietary N/A 3.973 Cookies, chocolate sandwich, with extra creme filling N/A 2.858 Cookies, chocolate wafers N/A 2.858 Cookies, chocolate wafers N/A 3.533 Cookies, chocolate wafers N/A 3.533 Cookies, coconut macaroon N/A 3.604 Cookies, fortune N/A 3.874 Cookies, fig bars N/A 3.874 Cookies, fudge, cake-type (includes trolley cakes) N/A 3.235 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 3.235 Cookies, gluten-free, lemon wafer Cookies, gluten-free, lemon wafer Cookies, gluten-free, lemon wafer Cookies, graham crackers, chocolate-coated N/A 3.818 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.818 Cookies, graham crackers, plain or honey, lowfat N/A Cookies, graham crackers, plain or honey, lowfat N/A Cookies, graham crackers, plain or honey, lowfat N/A Cookies, ladyfingers, with lemon juice and rind N/A 3.818 Cookies, Marie biscuit N/A 3.818 Cookies, marshmallow, chocolate-coated (includes marshmallow pies) N/A 3.818 Cookies, oatmeal sandwich, with creme filling N/A 3.818 Cookies, oatmeal sandwich, with rice cereal and chocolate chips N/A 3.818 Cookies, oatmeal, commercially prepared, regular N/A 3.818 Cookies, oatmeal, commercially prepared, special dietary N/A 3.836 Cookies, oatmeal, prepared from recipe, without raisins N/A 3.337 Cookies, oatmeal, prepared from recipe, without raisins			
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Cookies, chocolate sandwich, with creme filling, special dietary N/A 1.937 Cookies, chocolate sandwich, with extra creme filling N/A 2.858 Cookies, chocolate wafers N/A 2.858 Cookies, chocolate, made with rice cereal N/A 3.533 Cookies, coconut macaroon N/A 3.60 Cookies, fig bars N/A Cookies, fortune N/A Cookies, fidge, cake-type (includes trolley cakes) N/A Cookies, gingersnaps N/A Cookies, gingersnaps N/A Cookies, gingersnaps N/A Cookies, giuten-free, chocolate sandwich, with creme filling N/A Cookies, giuten-free, chocolate sandwich, with creme filling N/A Cookies, ginam crackers, chocolate-coated N/A N/A 1.7 Cookies, graham crackers, plain or honey (includes cinnamon) N/A Cookies, graham crackers, plain or honey, lowfat N/A Cookies, ladyfingers, with lemon juice and rind N/A Cookies, ladyfingers, without lemon juice and rind N/A Cookies, Marie biscuit N/A Cookies, marshmallow, chocolate-coated (includes marshmallow pies) N/A Cookies, narshmallow, with creme filling N/A Cookies, narshmallow, with creme filling N/A Cookies, narshmallow, chocolate-coated (includes marshmallow pies) N/A Cookies, oatmeal, commercially prepared, regular N/A N/A 1.24 Cookies, oatmeal, commercially prepared, special dietary N/A 1.823 Cookies, oatmeal, commercially prepared, special dietary N/A 1.311 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.537	Cookies, chocolate sunawich, with creme ming, regular	IN/A	2.003
Cookies, chocolate sandwich, with creme filling, special dietary N/A 1.937 Cookies, chocolate sandwich, with extra creme filling N/A 2.858 Cookies, chocolate wafers N/A 2.858 Cookies, chocolate, made with rice cereal N/A 3.533 Cookies, coconut macaroon N/A 3.60 Cookies, fig bars N/A Cookies, fortune N/A Cookies, fidge, cake-type (includes trolley cakes) N/A Cookies, gingersnaps N/A Cookies, gingersnaps N/A Cookies, gingersnaps N/A Cookies, giuten-free, chocolate sandwich, with creme filling N/A Cookies, giuten-free, chocolate sandwich, with creme filling N/A Cookies, ginam crackers, chocolate-coated N/A N/A 1.7 Cookies, graham crackers, plain or honey (includes cinnamon) N/A Cookies, graham crackers, plain or honey, lowfat N/A Cookies, ladyfingers, with lemon juice and rind N/A Cookies, ladyfingers, without lemon juice and rind N/A Cookies, Marie biscuit N/A Cookies, marshmallow, chocolate-coated (includes marshmallow pies) N/A Cookies, narshmallow, with creme filling N/A Cookies, narshmallow, with creme filling N/A Cookies, narshmallow, chocolate-coated (includes marshmallow pies) N/A Cookies, oatmeal, commercially prepared, regular N/A N/A 1.24 Cookies, oatmeal, commercially prepared, special dietary N/A 1.823 Cookies, oatmeal, commercially prepared, special dietary N/A 1.311 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.537	Cookies chocolate sandwich with creme filling regular chocolate-coated	N/Δ	1 373
Cookies, chocolate sandwich, with extra creme filling N/A 1.937 Cookies, chocolate wafers N/A 2.858 Cookies, chocolate, made with rice cereal N/A 3.539 Cookies, coconut macaroon N/A 0.22 Cookies, fig bars N/A 1.874 Cookies, fortune N/A 1.84 Cookies, fudge, cake-type (includes trolley cakes) N/A 1.203 Cookies, figbers N/A 1.203 Cookies, gingersnaps Cookies, giluten-free, chocolate sandwich, with creme filling N/A 0.33 Cookies, gluten-free, chocolate sandwich, with creme filling N/A 0.065 Cookies, gluten-free, lemon wafer N/A 0.065 Cookies, graham crackers, chocolate-coated N/A 1.7 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 1.439 Cookies, graham crackers, plain or honey, lowfat N/A 3.818 Cookies, ladyfingers, with lemon juice and rind N/A 2.104 Cookies, Marie biscuit N/A 3.861 Cookies, marshmallow, chocolate-coated (includes marshmallow pies) N/A 0.784 Cookies, marshmallow, with rice cereal and chocolate chips N/A 0.784 Cookies, marshmallow, with rice cereal and chocolate chips N/A 0.784 Cookies, oatmeal, commercially prepared, regular N/A 1.46 Cookies, oatmeal, commercially prepared, regular N/A 1.823 Cookies, oatmeal, commercially prepared, special dietary N/A 1.311 Cookies, oatmeal, commercially prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, reduced fat N/A 1.537			
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Cookies, fig bars N/A Cookies, fortune N/A Cookies, fudge, cake-type (includes trolley cakes) N/A Cookies, gluge, cake-type (includes trolley cakes) N/A Cookies, gingersnaps N/A Cookies, gluten-free, chocolate sandwich, with creme filling N/A Cookies, gluten-free, lemon wafer N/A Cookies, graham crackers, chocolate-coated N/A Cookies, graham crackers, plain or honey (includes cinnamon) N/A Cookies, graham crackers, plain or honey, lowfat N/A Cookies, ladyfingers, with lemon juice and rind N/A Cookies, Marie biscuit N/A Cookies, marshmallow, chocolate-coated (includes marshmallow pies) N/A Cookies, marshmallow, with rice cereal and chocolate chips N/A Cookies, marshmallow, with rice cereal and chocolate chips N/A Cookies, oatmeal sandwich, with creme filling N/A 1.146 Cookies, oatmeal, commercially prepared, regular N/A Cookies, oatmeal, commercially prepared, special dietary N/A Cookies, oatmeal, commercially prepared, special dietary N/A Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, reduced fat N/A 1.311 Cookies, oatmeal, reduced fat		<u> </u>	
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Cookies, gluten-free, chocolate sandwich, with creme filling N/A 0.39 Cookies, gluten-free, lemon wafer N/A 0.065 Cookies, graham crackers, chocolate-coated N/A 1.7 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 4.438 Cookies, graham crackers, plain or honey (includes cinnamon) N/A 3.818 Cookies, graham crackers, plain or honey, lowfat N/A 3.818 Cookies, ladyfingers, with lemon juice and rind N/A 2.104 Cookies, ladyfingers, without lemon juice and rind N/A 2.104 Cookies, Marie biscuit N/A 3.861 Cookies, Marie biscuit N/A 3.861 Cookies, marshmallow, chocolate-coated (includes marshmallow pies) N/A 0.784 Cookies, marshmallow, with rice cereal and chocolate chips N/A 3.031 Cookies, nolasses N/A 3.031 Cookies, oatmeal sandwich, with creme filling N/A 3.031 Cookies, oatmeal, commercially prepared, regular N/A 2.227 Cookies, oatmeal, commercially prepared, soft-type N/A 3.236 Cookies, oatmeal, commercially prepared, special dietary N/A 3.236 Cookies, oatmeal, dry mix N/A 1.311 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, reduced fat N/A 1.537			
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Cookies, molasses N/A Sookies, oatmeal sandwich, with creme filling N/A Cookies, oatmeal, commercially prepared, regular Cookies, oatmeal, commercially prepared, soft-type N/A Cookies, oatmeal, commercially prepared, special dietary N/A Cookies, oatmeal, dry mix N/A Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, reduced fat N/A 1.537		<u> </u>	0.784
Cookies, oatmeal sandwich, with creme filling N/A 1.146 Cookies, oatmeal, commercially prepared, regular N/A 2.227 Cookies, oatmeal, commercially prepared, soft-type N/A 1.823 Cookies, oatmeal, commercially prepared, special dietary N/A 3.236 Cookies, oatmeal, dry mix N/A 1.3 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, reduced fat N/A 1.537			5.455
Cookies, oatmeal, commercially prepared, regular Cookies, oatmeal, commercially prepared, soft-type N/A Cookies, oatmeal, commercially prepared, special dietary N/A Cookies, oatmeal, dry mix N/A Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, reduced fat N/A 1.537			3.031
Cookies, oatmeal, commercially prepared, soft-type N/A 1.823 Cookies, oatmeal, commercially prepared, special dietary N/A 1.326 Cookies, oatmeal, dry mix N/A Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, reduced fat N/A 1.537			1.146
Cookies, oatmeal, commercially prepared, special dietary N/A 3.236 Cookies, oatmeal, dry mix N/A 1.3 Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, reduced fat N/A 1.537			2.227
Cookies, oatmeal, dry mixN/A1.3Cookies, oatmeal, prepared from recipe, without raisinsN/A1.311Cookies, oatmeal, reduced fatN/A1.537		-	1.823
Cookies, oatmeal, prepared from recipe, without raisins N/A 1.311 Cookies, oatmeal, reduced fat N/A 1.537	Cookies, oatmeal, commercially prepared, special dietary	N/A	3.236
Cookies, oatmeal, reduced fat N/A 1.537	Cookies, oatmeal, dry mix	<u> </u>	1.3
	Cookies, oatmeal, prepared from recipe, without raisins	N/A	1.311
Cookies, oatmeal, refrigerated dough N/A 1.865	Cookies, oatmeal, reduced fat	N/A	1.537
	Cookies, oatmeal, refrigerated dough	N/A	1.865

Cooking astronal valviagested dayah halvad	N1 / A	1 005
Cookies, oatmeal, refrigerated dough, baked Cookies, oatmeal, with raisins	N/A N/A	1.865 2.071
	N/A	
Cookies, peanut butter sandwich, regular	N/A	3.739 5.259
Cookies, peanut butter sandwich, special dietary Cookies, peanut butter, commercially prepared, regular	N/A	
	•	3.86
Cookies, peanut butter, commercially prepared, soft-type	N/A	2.16
Cookies, peanut butter, commercially prepared, sugar free	N/A	5.538
Cookies, peanut butter, prepared from recipe	N/A	3.514
Cookies, peanut butter, refrigerated dough	N/A	4.143
Cookies, peanut butter, refrigerated dough, baked	N/A	4.098
Cookies, raisin, soft-type	N/A	1.967
Cookies, shortbread, commercially prepared, pecan	N/A	2.481
Cookies, shortbread, commercially prepared, plain	N/A	3.275
Cookies, shortbread, reduced fat	N/A	3.275
Cookies, sugar wafer, chocolate-covered	N/A	0.642
Cookies, sugar wafer, with creme filling, sugar free	N/A	1.8
Cookies, sugar wafers with creme filling, regular	N/A	2.183
Cookies, sugar, commercially prepared, regular (includes vanilla)	N/A	2.942
Cookies, sugar, refrigerated dough	N/A	2.412
Cookies, sugar, refrigerated dough, baked	N/A	2.412
Cookies, vanilla sandwich with creme filling	N/A	2.69
Cookies, vanilla sandwich with creme filling, reduced fat	N/A	3.006
Cookies, vanilla wafers, higher fat	N/A	3.307
Cookies, vanilla wafers, lower fat	N/A	3.106
Coriander (cilantro) leaves, raw	N/A	1.114
Corn bran, crude	N/A	2.735
Corn dogs, frozen, prepared	N/A	2.786
Corn flour, masa, enriched, white	N/A	9.932
Corn flour, masa, unenriched, white	N/A	1.634
Corn flour, whole-grain, blue (harina de maiz morado)	N/A	2.6
Corn flour, whole-grain, white	N/A	1.9
Corn flour, whole-grain, yellow	N/A	1.9
Corn flour, yellow, degermed, unenriched	N/A	2.656
Corn flour, yellow, masa, enriched	N/A	9.932
Corn grain, white	N/A	3.627
Corn grain, yellow	N/A	3.627
Corn pudding, home prepared	N/A	1.033
Corn with red and green peppers, canned, solids and liquids	N/A	0.95
Corn, dried, yellow (Northern Plains Indians)	N/A	8.25
Corn, sweet, white, canned, cream style, no salt added	N/A	0.96
Corn, sweet, white, canned, cream style, regular pack	N/A	0.96
Corn, sweet, white, canned, vacuum pack, no salt added	N/A	1.167
Corn, sweet, white, canned, vacuum pack, regular pack	N/A	1.167
Corn, sweet, white, canned, whole kernel, drained solids	N/A	1.005
Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	N/A	0.939
Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	N/A	0.939
Corn, sweet, white, cooked, boiled, drained, with salt	N/A	1.666
Corn, sweet, white, cooked, boiled, drained, without salt	N/A	1.666
Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	N/A	1.299
Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	N/A	1.299
Corn, sweet, white, frozen, kernels cut off cob, unprepared	N/A	1.726
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	N/A	1.517
Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	N/A	1.517
Corn, sweet, white, frozen, kernels on cob, unprepared	N/A	1.681

	<u> </u>	1
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	N/A	0.884
Corn, sweet, yellow, canned, cream style, no salt added	N/A	0.96
Corn, sweet, yellow, canned, cream style, regular pack	N/A	0.96
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	N/A	0.78
Corn, sweet, yellow, canned, no salt added, solids and liquids (Includes food)		0.76
for USDA's Food Distribution Program)	N/A	0.884
Corn, sweet, yellow, canned, vacuum pack, no salt added	N/A	1.167
Corn, sweet, yellow, canned, vacuum pack, regular pack	N/A	1.167
Corn, sweet, yellow, canned, whole kernel, drained solids	N/A	1.005
Corn, sweet, yellow, cooked, boiled, drained, with salt	N/A	1.683
Corn, sweet, yellow, cooked, boiled, drained, without salt	N/A	1.683
	.4	=:
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	N/A	1.311
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods	•	1.011
USDA's Food Distribution Program)	N/A	1.739
- Control Cod Sistillation (108.4m)	1977	11,00
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with sa	lt N/A	1.517
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without	•	1.517
salt	N/A	1.517
Corn, sweet, yellow, frozen, kernels on cob, unprepared	N/A	1.681
com, sweet, yenow, nozen, kernels on cos, unprepared	1477	1.001
Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	N/A	1.311
Corn, sweet, yellow, raw	N/A	1.77
Corn, yellow, whole kernel, frozen, microwaved	N/A	2.07
Corned beef loaf, jellied	N/A	1.76
Cornmeal, degermed, enriched, white	N/A	4.968
Cornmeal, degermed, enriched, yellow	N/A	4.968
Cornmeal, degermed, unenriched, white	N/A	4.508
Cornmeal, degermed, unerriched, yellow	N/A	1
Cornmeal, white, self-rising, bolted, plain, enriched	N/A	5.291
commed, write, sen rising, botted, plant, emiched	IN/A	5.291
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	N/A	5.202
Cornmeal, white, self-rising, degermed, enriched	N/A	4.566
Cornmeal, whole-grain, white	N/A	3.632
Cornmeal, whole-grain, vellow	N/A	3.632
Cornmeal, yellow, self-rising, bolted, plain, enriched	N/A	5.291
commed, yenow, sen rising, sorted, plant, emerce	1975	3.231
Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	N/A	5.202
Cornmeal, yellow, self-rising, degermed, enriched	N/A	4.566
Cornsalad, raw	N/A	0.415
Couscous, cooked	N/A	0.983
Couscous, dry	N/A	3.49
couscous, dry	14/7	3.43
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	N/A	1.403
cowpeas (blackeyes), illimature seeds, cooked, bolled, drailled, with sait	14/7	1.403
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	N/A	1.403
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	· ·	1.403
salt	N/A	0.728
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with		0.728
salt	N/A	0.728
	N/A	
Cowpeas (blackeyes), immature seeds, frozen, unprepared Cowpeas (blackeyes), immature seeds, raw	N/A N/A	0.811
Cowpeas, catjang, mature seeds, cooked, boiled, with salt	N/A N/A	1.45 0.714
	•	
Cowpeas, catiang, mature seeds, cooked, boiled, without salt	N/A	0.714
Cowpeas, catjang, mature seeds, raw	N/A	2.795
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned w		0.424
pork Courses common (blackoves grounder southern), mature souds cannot	N/A	0.431
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned,	N/A	0.354
plain	N/A	0.354

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked,		2 -2-
boiled, with salt	N/A	0.495
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked,	N / A	0.405
boiled, without salt	N/A	0.495
Courses common (blackeyes erouder couthern) mature code row	NI/A	2.075
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	N/A	2.075
Cowpeas, leafy tips, cooked, boiled, drained, with salt	N/A	1.008
Cowpeas, leafy tips, cooked, boiled, drained, without salt	N/A	1.008
Cowpeas, leafy tips, raw	N/A N/A	1.12
Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	IN/A	0.8
Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	N/A	0.8
	N/A	
Cowpeas, young pods with seeds, raw Crabapples, raw	N/A	0.1
CRACKER BARREL, chicken tenderloin platter, fried	•	
CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	N/A N/A	6.733 7.01
CRACKER BARREL, coleslaw	N/A	0.28
CRACKER BARREL, country fried shrimp platter	N/A	0.28
CRACKER BARREL, farm raised catfish platter	N/A	
CRACKER BARREL, grilled sirloin steak	N/A	3.06 6.403
CRACKER BARREL, macaroni n' cheese	N/A	0.403
CRACKER BARREL, macaroni n' cheese plate, from kid's menu	N/A	0.677
CRACKER BARREL, onion rings, thick-cut	N/A	0.86
CRACKER BARREL, steak fries	N/A	2.417
Cracker, meal	N/A	5.707
Crackers, cheese, low sodium	N/A	4.671
Crackers, cheese, row souldin	N/A	7.17
Crackers, cheese, regular	N/A	6.113
Crackers, cheese, sandwich-type with cheese filling	N/A	3.478
Crackers, cheese, sandwich-type with cheese ming	N/A	5.831
Crackers, cheese, whole grain	N/A	5.13
Crackers, cream, Gamesa Sabrosas	N/A	5.08
Crackers, crispbread, rye	N/A	1.04
Crackers, flavored, fish-shaped	N/A	6.408
Crackers, gluten-free, multi-seeded and multigrain	N/A	4.833
Crackers, gluten-free, multigrain and vegetable, made with corn starch and	1.47.	
white rice flour	N/A	0.63
Crackers, matzo, egg	N/A	5.08
Crackers, matzo, egg and onion	N/A	4.891
Crackers, matzo, plain	N/A	3.892
Crackers, matzo, whole-wheat	N/A	5.41
Crackers, melba toast, plain	N/A	4.113
Crackers, melba toast, plain, without salt	N/A	4.113
Crackers, melba toast, rye (includes pumpernickel)	N/A	4.718
Crackers, melba toast, wheat	N/A	5.083
Crackers, milk	N/A	4.43
Crackers, multigrain	N/A	3.4
Crackers, rusk toast	N/A	4.625
Crackers, rye, sandwich-type with cheese filling	N/A	3.57
Crackers, rye, wafers, plain	N/A	1.581
Crackers, rye, wafers, seasoned	N/A	2.474
Crackers, saltines (includes oyster, soda, soup)	N/A	6.442
Crackers, saltines, fat-free, low-sodium	N/A	5.714
Crackers, saltines, low salt (includes oyster, soda, soup)	N/A	5.235
Crackers, saltines, unsalted tops (includes oyster, soda, soup)	N/A	5.249
Crackers, saltines, whole wheat (includes multi-grain)	N/A	4.427
Crackers, sandwich-type, peanut butter filled, reduced fat	N/A	4.683
Crackers, standard snack-type, regular	N/A	4.352
Crackers, standard snack-type, regular, low salt	N/A	4.048
Crackers, standard snack-type, sandwich, with cheese filling	N/A	3.766
Crackers, standard snack-type, sandwich, with peanut butter filling	N/A	6.114

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

Crustaceans, crab, queen, cooked, moist heat	N/A	2.885
Crustaceans, crab, queen, raw	N/A	2.583
Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	N/A	1.667
Crustaceans, crayfish, mixed species, farmed, cooked, moist near	N/A	1.867
Crustaceans, crayfish, mixed species, valld, cooked, moist heat	N/A	2.28
Crustaceans, crayfish, mixed species, wild, cooked, most neat	N/A	2.208
Crustaceans, lobster, northern, cooked, moist heat	N/A	1.83
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Crustaceans, lobster, northern, raw	N/A N/A	1.591
Crustaceans, shrimp, mixed species, canned	•	0.558
Crustaceans, shrimp, mixed species, cooked, breaded and fried	N/A	3.07
Crustaceans, shrimp, mixed species, cooked, moist heat (may contain additi		2.679
to retain moisture)	N/A	2.678
Crustaceans, shrimp, mixed species, imitation, made from surimi	N/A	0.17
Crustaceans, shrimp, mixed species, raw (may contain additives to retain moisture)	N/A	1.778
Crustaceans, spiny lobster, mixed species, cooked, moist heat	N/A	4.898
	N/A	4.245
Crustaceans, spiny lobster, mixed species, raw	N/A	0.037
Cucumber, peeled, raw	N/A	
Currents averages block row		0.098
Currants, european black, raw	N/A	0.3
Currants, red and white, raw	N/A	0.1
Currants, zante, dried	N/A	1.615
Dandelion greens, cooked, boiled, drained, with salt	N/A	0.514
Dandelion greens, cooked, boiled, drained, without salt	N/A	0.514
Dandelion greens, raw	N/A	0.806
Danish pastry, cheese	N/A	2
Danish pastry, cinnamon, enriched	N/A	2.867
Danish pastry, cinnamon, unenriched	N/A	1.1
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon,		
raspberry, strawberry)	N/A	1.992
	,	
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberr		0.769
Danish pastry, lemon, unenriched	N/A	0.769
Danish pastry, raspberry, unenriched	N/A	0.769
Dates, deglet noor	N/A	1.274
Dates, medjool	N/A	1.61
DENNY'S, chicken nuggets, star shaped, from kid's menu	N/A	6.353
DENNY'S, chicken strips	N/A	8.073
DENNY'S, coleslaw	N/A	0.263
DENNY'S, fish fillet, battered or breaded, fried	N/A	2.66
DENNY'S, french fries	N/A	2.717
DENNY'S, golden fried shrimp		
	N/A	2.467
DENNY'S, hash browns	N/A N/A	2.467 2.17
DENNY'S, hash browns DENNY'S, macaroni & cheese, from kid's menu	·	
	N/A	2.17
DENNY'S, macaroni & cheese, from kid's menu	N/A N/A	2.17 0.87
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks DENNY'S, onion rings	N/A N/A N/A	2.17 0.87 0.98
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks	N/A N/A N/A N/A	2.17 0.87 0.98
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks DENNY'S, onion rings DENNY'S, spaghetti and meatballs	N/A N/A N/A N/A N/A	2.17 0.87 0.98 0.863 2
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks DENNY'S, onion rings DENNY'S, spaghetti and meatballs DENNY'S, top sirloin steak	N/A N/A N/A N/A N/A N/A	2.17 0.87 0.98 0.863 2 5.31
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks DENNY'S, onion rings DENNY'S, spaghetti and meatballs DENNY'S, top sirloin steak Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk Desserts, apple crisp, prepared-from-recipe	N/A N/A N/A N/A N/A N/A N/A	2.17 0.87 0.98 0.863 2 5.31 0.06
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks DENNY'S, onion rings DENNY'S, spaghetti and meatballs DENNY'S, top sirloin steak Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk Desserts, apple crisp, prepared-from-recipe Desserts, egg custard, baked, prepared-from-recipe	N/A	2.17 0.87 0.98 0.863 2 5.31 0.06 0.846 0.105
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks DENNY'S, onion rings DENNY'S, spaghetti and meatballs DENNY'S, top sirloin steak Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk Desserts, apple crisp, prepared-from-recipe Desserts, egg custard, baked, prepared-from-recipe Desserts, flan, caramel custard, prepared-from-recipe	N/A	2.17 0.87 0.98 0.863 2 5.31 0.06 0.846
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks DENNY'S, onion rings DENNY'S, spaghetti and meatballs DENNY'S, top sirloin steak Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk Desserts, apple crisp, prepared-from-recipe Desserts, egg custard, baked, prepared-from-recipe Desserts, flan, caramel custard, prepared-from-recipe Desserts, mousse, chocolate, prepared-from-recipe	N/A	2.17 0.87 0.98 0.863 2 5.31 0.06 0.846 0.105 0.082
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks DENNY'S, onion rings DENNY'S, spaghetti and meatballs DENNY'S, top sirloin steak Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk Desserts, apple crisp, prepared-from-recipe Desserts, egg custard, baked, prepared-from-recipe Desserts, flan, caramel custard, prepared-from-recipe Desserts, mousse, chocolate, prepared-from-recipe Desserts, rennin, chocolate, dry mix	N/A	2.17 0.87 0.98 0.863 2 5.31 0.06 0.846 0.105 0.082 0.146 0.306
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks DENNY'S, onion rings DENNY'S, spaghetti and meatballs DENNY'S, top sirloin steak Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk Desserts, apple crisp, prepared-from-recipe Desserts, egg custard, baked, prepared-from-recipe Desserts, flan, caramel custard, prepared-from-recipe Desserts, mousse, chocolate, prepared-from-recipe	N/A	2.17 0.87 0.98 0.863 2 5.31 0.06 0.846 0.105 0.082
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks DENNY'S, onion rings DENNY'S, spaghetti and meatballs DENNY'S, top sirloin steak Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk Desserts, apple crisp, prepared-from-recipe Desserts, egg custard, baked, prepared-from-recipe Desserts, flan, caramel custard, prepared-from-recipe Desserts, mousse, chocolate, prepared-from-recipe Desserts, rennin, chocolate, dry mix	N/A	2.17 0.87 0.98 0.863 2 5.31 0.06 0.846 0.105 0.082 0.146 0.306
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks DENNY'S, onion rings DENNY'S, spaghetti and meatballs DENNY'S, top sirloin steak Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk Desserts, apple crisp, prepared-from-recipe Desserts, egg custard, baked, prepared-from-recipe Desserts, flan, caramel custard, prepared-from-recipe Desserts, mousse, chocolate, prepared-from-recipe Desserts, rennin, chocolate, dry mix Desserts, rennin, vanilla, dry mix	N/A	2.17 0.87 0.98 0.863 2 5.31 0.06 0.846 0.105 0.082 0.146 0.306 0.306 0.001
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks DENNY'S, onion rings DENNY'S, spaghetti and meatballs DENNY'S, top sirloin steak Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk Desserts, apple crisp, prepared-from-recipe Desserts, egg custard, baked, prepared-from-recipe Desserts, flan, caramel custard, prepared-from-recipe Desserts, mousse, chocolate, prepared-from-recipe Desserts, rennin, chocolate, dry mix Desserts, rennin, vanilla, dry mix	N/A	2.17 0.87 0.98 0.863 2 5.31 0.06 0.846 0.105 0.082 0.146 0.306 0.001
DENNY'S, macaroni & cheese, from kid's menu DENNY'S, mozzarella cheese sticks DENNY'S, onion rings DENNY'S, spaghetti and meatballs DENNY'S, top sirloin steak Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk Desserts, apple crisp, prepared-from-recipe Desserts, egg custard, baked, prepared-from-recipe Desserts, flan, caramel custard, prepared-from-recipe Desserts, mousse, chocolate, prepared-from-recipe Desserts, rennin, chocolate, dry mix Desserts, rennin, vanilla, dry mix DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	N/A	2.17 0.87 0.98 0.863 2 5.31 0.06 0.846 0.105 0.082 0.146 0.306 0.001

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DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	N/A	1.564
DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	N/A	2.053
DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	N/A	1.605
DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	N/A	2.013
Dill weed, fresh	N/A	1.57
Dip, bean, original flavor	N/A	0.43
Dip, FRITO'S, bean, original flavor	N/A	0.43
Dip, salsa con queso, cheese and salsa- medium	N/A	0.136
Dip, TOSTITOS, salsa con queso, medium	N/A	0.15
Dock, raw	N/A	0.5
DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	N/A	3.35
DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	N/A	1.01
DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	N/A	3.51
DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	N/A	3.25
DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	N/A	3.46
DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	N/A	2.07
DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	N/A	3.25
DOMINO'S 14" Fepperon Fizza, Olimate Deep Dish Clust DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	N/A	3.25
DOMINO'S 14" Sausage Pizza, Classic Hailu-Tossed Clust DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	N/A	1.62
DOMINO'S 14" Sausage Pizza, Cluticity Tim Clust DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	N/A	3.31
	· ·	
Doughnuts, cake-type, chocolate, sugared or glazed	N/A	0.47
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	N/A	2.91
Doughnuts, cake-type, plain, chocolate-coated or frosted	N/A	1.59
Doughnuts, cake-type, plain, sugared or glazed	N/A	1.512
Doughnuts, french crullers, glazed	N/A	2.13
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	N/A	2.61
Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	N/A	0.65
Doughnuts, yeast-leavened, with creme filling	N/A	2.242
Doughnuts, yeast-leavened, with jelly filling	N/A	2.137
Dove, cooked (includes squab)	N/A	7.6
Dressing, honey mustard, fat-free	N/A	0.151
Drumstick leaves, cooked, boiled, drained, with salt	N/A	1.995
Drumstick leaves, cooked, boiled, drained, without salt	N/A	1.995
Drumstick leaves, raw	N/A	2.22
Drumstick pods, cooked, boiled, drained, with salt	N/A	0.59
Drumstick pods, cooked, boiled, drained, without salt	N/A	0.59
	N/A	0.62
Drumstick pods, raw Duck, domesticated, liver, raw	N/A	6.5
	N/A	4.825
Duck, domesticated, meat and skin, cooked, roasted	+ -	
Duck, domesticated, meat and skin, raw	N/A	3.934
Duck, domesticated, meat only, cooked, roasted	N/A	5.1
Duck, domesticated, meat only, raw	N/A	5.3
Duck, wild, breast, meat only, raw	N/A	3.444
Duck, wild, meat and skin, raw	N/A	3.317
Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	N/A	7.855
Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless,		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
cooked without skin, broiled	N/A	10.35
Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in,	TAP T	10.00
cooked, roasted	N/A	5 77
Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in,	N/A	5.77
	N/A	E 22
cooked without skin, braised	N/A	5.33
Dulce de Leche Dumpling notate or choose filled frozen	N/A	0.21
Dumpling, potato- or cheese-filled, frozen	N/A	2.198
Durian, raw or frozen	N/A	1.074
Dutch brand loaf, chicken, pork and beef	N/A	3.384
Edamame, frozen, prepared	N/A	0.915
Edamame, frozen, unprepared	N/A	0.925
Egg custards, dry mix	N/A	0.32

Egg custards, dry mix, prepared with 2% milk	N/A	0.135
Egg custards, dry mix, prepared with whole milk	N/A	0.132
Egg rolls, chicken, refrigerated, heated	N/A	3.63
Egg rolls, pork, refrigerated, heated	N/A	2.25
Egg rolls, vegetable, frozen, prepared	N/A	2.519
Egg substitute, liquid or frozen, fat free	N/A	0.14
Egg substitute, powder	N/A	0.577
Egg, duck, whole, fresh, raw	N/A	0.2
Egg, goose, whole, fresh, raw	N/A	0.189
Egg, quail, whole, fresh, raw	N/A	0.15
Egg, turkey, whole, fresh, raw	N/A	0.024
Egg, white, dried	N/A	0.865
Egg, white, dried, flakes, stabilized, glucose reduced	N/A	0.675
Egg, white, dried, powder, stabilized, glucose reduced	N/A	0.723
Egg, white, dried, stabilized, glucose reduced	N/A	0.773
Egg, white, raw, fresh	N/A	0.105
Egg, white, raw, frozen, pasteurized	N/A	0.093
Egg, whole, cooked, fried	N/A	0.082
Egg, whole, cooked, hard-boiled	N/A	0.064
Egg, whole, cooked, omelet	N/A	0.064
Egg, whole, cooked, poached	N/A	0.063
Egg, whole, cooked, scrambled	N/A	0.076
Egg, whole, dried	N/A	0.34
Egg, whole, dried, stabilized, glucose reduced	N/A	0.259
Egg, whole, raw, fresh	N/A	0.075
Egg, whole, raw, frozen, pasteurized (Includes foods for USDA's Food		
Distribution Program)	N/A	0.103
Egg, whole, raw, frozen, salted, pasteurized	N/A	0.077
Egg, yolk, dried	N/A	0.083
Egg, yolk, raw, fresh	N/A	0.024
Egg, yolk, raw, frozen, pasteurized	N/A	0.031
Egg, yolk, raw, frozen, salted, pasteurized	N/A	0.027
Egg, yolk, raw, frozen, sugared, pasteurized	N/A	0.037
Eggnog	N/A	0.105
Eggplant, cooked, boiled, drained, with salt	N/A	0.6
Eggplant, cooked, boiled, drained, without salt	N/A	0.6
Eggplant, pickled	N/A	0.66
Eggplant, raw	N/A	0.649
Eggs, scrambled, frozen mixture	N/A	0.09
Elderberries, raw	N/A	0.5
Emu, fan fillet, cooked, broiled	N/A	9.814
Emu, fan fillet, raw	N/A	7.397
Emu, flat fillet, raw	N/A	6.786
Emu, full rump, cooked, broiled	N/A	10.569
Emu, full rump, raw	N/A	7.504
Emu, ground, cooked, pan-broiled	N/A	8.925
Emu, ground, raw	N/A	7.485
Emu, inside drum, raw	N/A	7.304
Emu, inside drums, cooked, broiled	N/A	10.164
Emu, outside drum, raw	N/A	7.245
Emu, oyster, raw	N/A	7.499
Emu, top loin, cooked, broiled	N/A	9.124
Endive, raw	N/A	0.4
English muffins, plain, enriched, without calcium propionate(includes	147.	0.4
sourdough)	N/A	3.884
English muffins, plain, unenriched, with calcium propionate (includes	19/5	5.884
sourdough)	N/A	1.566
English muffins, plain, unenriched, without calcium propionate (includes	IV/ A	1.500
sourdough)	N/A	1 566
English muffins, whole grain white	N/A	1.566
	N/A	2.105
Epazote, raw	IN/A	0.639

-	11.14	0.2
Eppaw, raw	N/A	0.3
Escarole, cooked, boiled, drained, no salt added	N/A	0.312
Falafel, home-prepared	N/A	1.044
Fast food, biscuit	N/A	3.713
Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	N/A	3.825
Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	N/A	3.763
Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	N/A	3.495
Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	N/A	2.595
Foot Food Direc Chain 4411 gives worst and worst-blat to sign are also smooth	N1 / A	2.4
Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	N/A	3.1
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	N/A	4.14
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	N/A	3.5
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	N/A	3.31
Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	N/A	3.8
Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	N/A	3.57
Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	N/A	3.06
Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	N/A	3.355
Fast foods, bagel, with egg, sausage patty, cheese, and condiments	N/A	2.877
Fast foods, biscuit, with crispy chicken fillet	N/A	4.797
Fast foods, biscuit, with egg and bacon	N/A	1.6
Fast foods, biscuit, with egg and ham	N/A	1.04
Fast Foods, biscuit, with egg and sausage	N/A	2.467
Fast foods, biscuit, with egg, cheese, and bacon	N/A	2.35
Fast foods, biscuit, with ham	N/A	3.08
Fast foods, biscuit, with sausage	N/A	3.445
Foot foods have deticle soft managed with pouls and normacco shape	N1 / A	7.00
Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	N/A	7.08
Fast foods, breakfast burrito, with egg, cheese, and sausage	N/A	2.133
Fast foods, burrito, with beans	N/A	1.87
Fast foods, burrito, with beans and beef	N/A	2.184
Fast foods, burrito, with beans and cheese	N/A	2.02
Fast foods, burrito, with beans, cheese, and beef	N/A	2.09
Fast foods, cheeseburger, double, regular patty and bun, with condiments	N/A	3.462
Fast foods, cheeseburger; double, regular party and built, with condiments	N/A	4.213
Fast Foods, cheeseburger; double, large patty; with condiments Fast Foods, cheeseburger; double, large patty; with condiments, vegetables	IN/A	4.213
and mayonnaise	N/A	3.26
Fast foods, cheeseburger; double, regular patty; double decker bun with	IN/A	5.20
	N/A	3.63
condiments and special sauce Fast foods, cheeseburger; double, regular patty; with condiments	N/A	3.462
Fast foods, cheeseburger; single, large patty; plain	N/A	4.597
Fast foods, cheeseburger; single, large patty; with condiments	N/A	4.05
Fast foods, cheeseburger; single, large patty; with condiments, vegetables and	IN/A	4.03
mayonnaise	N/A	3.143
Fast foods, cheeseburger; single, regular patty, with condiments	N/A	3.51
Fast foods, cheeseburger; single, regular patty, with condiments and	IN/A	5.51
vegetables	N/A	3.08
Fast foods, cheeseburger; single, regular patty; plain	N/A	5.217
Fast foods, chicken fillet sandwich, plain with pickles	N/A	7.72
Fast foods, chicken tenders	N/A	8.217
Fast foods, chicken, breaded and fried, boneless pieces, plain	N/A	5.985
Fast foods, colesiaw	N/A	0.206
i ast ioods, coicsiaw	IN/A	0.200
Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	N/A	5.11
Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	N/A	3.523
Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese,		
lettuce, and mayonnaise	N/A	4.748
Fast foods, croissant, with egg, cheese, and bacon	N/A	2.007
Fast foods, croissant, with egg, cheese, and ham	N/A	2.1
Fast foods, croissant, with egg, cheese, and sausage	N/A	2.754

Fast foods, egg, scrambled Fast foods, english muffin, with cheese and sausage Fast foods, english muffin, with egg, cheese, and canadian bacon Fast foods, english muffin, with egg, cheese, and sausage N/A Fast foods, fish sandwich, with tartar sauce Fast foods, fish sandwich, with tartar sauce and cheese N/A Fast foods, french toast sticks N/A Fast Foods, Fried Chicken, Breast, meat and skin and breading Fast Foods, Fried Chicken, Breast, meat only, skin and breading N/A Fast Foods, Fried Chicken, Drumstick, meat and skin with breading N/A	0.21 4.217 3.187 3.192 2.15 2.31
Fast foods, english muffin, with egg, cheese, and canadian bacon Fast foods, english muffin, with egg, cheese, and sausage N/A Fast foods, fish sandwich, with tartar sauce Fast foods, fish sandwich, with tartar sauce and cheese N/A Fast foods, french toast sticks N/A Fast Foods, Fried Chicken, Breast, meat and skin and breading Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed N/A	3.187 3.192 2.15
Fast foods, english muffin, with egg, cheese, and sausage Fast foods, fish sandwich, with tartar sauce Fast foods, fish sandwich, with tartar sauce and cheese N/A Fast foods, french toast sticks Fast Foods, Fried Chicken, Breast, meat and skin and breading Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed N/A	3.192 2.15
Fast foods, fish sandwich, with tartar sauce Fast foods, fish sandwich, with tartar sauce and cheese N/A Fast foods, french toast sticks N/A Fast Foods, Fried Chicken, Breast, meat and skin and breading Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed N/A	2.15
Fast foods, fish sandwich, with tartar sauce and cheese N/A Fast foods, french toast sticks N/A Fast Foods, Fried Chicken, Breast, meat and skin and breading N/A Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed N/A	
Fast Foods, Fried Chicken, Breast, meat and skin and breading Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed N/A	2.31
Fast Foods, Fried Chicken, Breast, meat and skin and breading N/A Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed N/A	2.575
Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed N/A	
	7.869
	9.03
rast roods, rried Chickeri, Drumstick, meat and skin with breading	5.209
	5.209
Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed N/A	E 726
	5.726
Fast Foods, Fried Chicken, Thigh, meat and skin and breading N/A	5.583
Fast Foods Fried Chicken Thigh most only skin and broading removed	E 72E
Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed N/A	5.725
Fast Foods, Fried Chicken, Wing, meat and skin and breading N/A	6.452
Fact Foods Fried Chicken Wine west only skip and have line assessed	7.50
Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed N/A	7.59
Fast foods, griddle cake sandwich, egg, cheese, and bacon N/A	1.319
Fast foods, griddle cake sandwich, egg, cheese, and sausage N/A	2.111
Fast foods, griddle cake sandwich, sausage N/A	3.082
Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread N/A	7.78
Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce N/A	5.333
Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese,	
lettuce, and mayonnaise N/A	5.575
Fast foods, hamburger, large, single patty, with condiments N/A	4.65
Fast foods, hamburger; double, large patty; with condiments, vegetables and	
mayonnaise N/A	3.23
Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise N/A	3.141
Fast foods, hamburger; single, regular patty; double decker bun with	5.141
condiments and special sauce N/A	3.94
Fast foods, hamburger; single, regular patty; plain N/A N/A	5.617
	4.061
Fast foods, hush puppies N/A	2.13
Fast foods, miniature cinnamon rolls N/A Fast foods, packets, with choose	3.16
Fast foods, nachos, with cheese N/A	0.63
Fast foods, nachos, with cheese, beans, ground beef, and tomatoes N/A	1.01
Fast foods, onion rings, breaded and fried N/A	0.673
Fast foods, potato, french fried in vegetable oil N/A	3.004
Fast foods, potato, mashed N/A	1.08
Fast foods, potatoes, hash browns, round pieces or patty N/A	1.838
Fast foods, quesadilla, with chicken N/A	4.2
Fast foods, roast beef sandwich, plain N/A	4.343
Fast foods, shrimp, breaded and fried N/A	1.24
Fast foods, strawberry banana smoothie made with ice and low-fat yogurt N/A	0.217
Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread N/A	4.85
Fast foods, submarine sandwich, cold cut on white bread with lettuce and	1.03
tomato N/A	4.323
	525
Fast foods, submarine sandwich, ham on white bread with lettuce and tomato N/A	4.18
Fast foods, submarine sandwich, meatball marinara on white bread N/A	3.547
Fast foods, submarine sandwich, oven roasted chicken on white bread with	3.347
lettuce and tomato N/A	5.21
Fast foods, submarine sandwich, roast beef on white bread with lettuce and	
tomato N/A	4.183

Fast foods, submarine sandwich, steak and cheese on white bread with cheese		3.503
lettuce and tomato	N/A	3.583
Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread		5.050
with lettuce, tomato and sweet onion sauce	N/A	5.063
Fort for the submission and distributions of white board with latters and towns.	11/4	7 727
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		4.647
tomato	N/A	4.617
Fast foods, submarine sandwich, turkey, roast beef and ham on white bread	N1/A	4.507
with lettuce and tomato	N/A	4.507
Fast foods, sundae, caramel	N/A	0.61
Fast foods, sundae, hot fudge	N/A	0.68
Fast foods, sundae, strawberry	N/A	0.59
Fast foods, taco with beef, cheese and lettuce, hard shell	N/A	1.65
Fast foods, taco with chicken lettuce, soft	N/A	2.88
Fast foods, taco with chicken, lettuce and cheese, soft	N/A	5.17
Fast foods, vanilla, light, soft-serve ice cream, with cone	N/A	0.498
Fat free ice cream, no sugar added, flavors other than chocolate	N/A	0.074
Feijoa, raw	N/A	0.295
Fennel, bulb, raw	N/A	0.64
Figs, canned, extra heavy syrup pack, solids and liquids	N/A	0.419
Figs, canned, heavy syrup pack, solids and liquids	N/A	0.428
Figs, canned, light syrup pack, solids and liquids	N/A	0.437
Figs, canned, water pack, solids and liquids	N/A	0.445
Figs, dried, stewed	N/A	0.64
Figs, dried, uncooked	N/A	0.619
Figs, raw	N/A	0.4
Fireweed, leaves, raw	N/A	4.674
Fish broth	N/A	1.37
Fish, anchovy, european, canned in oil, drained solids	N/A	19.903
Fish, anchovy, european, raw	N/A	14.024
Fish, bass, fresh water, mixed species, raw	N/A	1.25
Fish, bass, freshwater, mixed species, cooked, dry heat	N/A	1.522
Fish, bass, striped, cooked, dry heat	N/A	2.558
Fish, bass, striped, raw	N/A	2.1
Fish, bluefish, cooked, dry heat	N/A	7.247
Fish, bluefish, raw	N/A	5.95
Fish, burbot, cooked, dry heat	N/A	1.973
Fish, butterfish, socked, dry heat	N/A	1.62
Fish, butterfish, cooked, dry heat	N/A N/A	5.769
Fish, butterfish, raw Fish, carp, cooked, dry heat	N/A	4.5
	N/A	2.1
Fish, carp, raw Fish, catfish, channel, cooked, breaded and fried	N/A	2.282
Fish, catfish, channel, farmed, cooked, dry heat	N/A	2.548
	N/A	2.105
Fish, catfish, channel, farmed, raw Fish, catfish, channel, wild, cooked, dry heat	N/A	2.105
Fish, catfish, channel, wild, raw	N/A	1.907
Fish, caviar, black and red, granular	N/A	0.12
Fish, cisco, raw	N/A	2.51
Fish, cisco, smoked	N/A	2.31
Fish, cod, Atlantic, canned, solids and liquid	N/A	2.505
Fish, cod, Atlantic, conked, dry heat	N/A	2.503
Fish, cod, Atlantic, cooked, dry fleat Fish, cod, Atlantic, dried and salted	N/A	7.5
Fish, cod, Atlantic, uned and satted	N/A	2.063
risin cou, radifico, faw	14/7	2.003
Fish, cod, Pacific, cooked, dry heat (may contain additives to retain moisture)	N/A	1.343
Fish, cod, Pacific, raw (may have been previously frozen)	N/A	1.095
Fish, croaker, Atlantic, cooked, breaded and fried	N/A	4.3
Fish, croaker, Atlantic, raw	N/A	4.2
Fish, cusk, cooked, dry heat	N/A	3.271

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

Fish, pout, ocean, cooked, dry heat	N/A	2.558
Fish, pout, ocean, raw	N/A	2.1
Fish, rockfish, Pacific, mixed species, cooked, dry heat	N/A	2.897
Fish, rockfish, Pacific, mixed species, raw	N/A	2.393
Fish, roe, mixed species, cooked, dry heat	N/A	2.192
Fish, roe, mixed species, raw	N/A	1.8
Fish, roughy, orange, cooked, dry heat	N/A	1.82
Fish, roughy, orange, raw	N/A	1.53
Fish, sablefish, cooked, dry heat	N/A	5.128
Fish, sablefish, raw	N/A	4
Fish, sablefish, smoked	N/A	5.3
Fish, salmon, Atlantic, farmed, cooked, dry heat	N/A	8.045
Fish, salmon, Atlantic, farmed, raw	N/A	8.672
Fish, salmon, Atlantic, wild, cooked, dry heat	N/A	10.077
Fish, salmon, Atlantic, wild, raw	N/A	7.86
Fish, salmon, chinook, cooked, dry heat	N/A	10.045
Fish, salmon, chinook, raw	N/A	8.42
Fish, salmon, chinook, smoked	N/A	4.72
Fish, salmon, chinook, smoked, (lox), regular	N/A	4.72
Fish, salmon, chum, canned, drained solids with bone	N/A	7
Fish, salmon, chum, canned, without salt, drained solids with bone	N/A	7
Fish, salmon, chum, cooked, dry heat	N/A	8.526
Fish, salmon, chum, raw	N/A	7
Fish, salmon, coho, farmed, cooked, dry heat	N/A	7.393
Fish, salmon, coho, farmed, raw	N/A	6.813
Fish, salmon, coho, wild, cooked, dry heat	N/A	7.95
Fish, salmon, coho, wild, cooked, moist heat	N/A	7.779
Fish, salmon, coho, wild, raw	N/A	7.23
Fish, salmon, pink, canned, drained solids	N/A	7.409
Fish, Salmon, pink, canned, drained solids, without skin and bones	N/A	7.43
Fish, salmon, pink, canned, total can contents	N/A	6.536
Fish, salmon, pink, canned, without salt, solids with bone and liquid	N/A	6.536
Fish, salmon, pink, cooked, dry heat	N/A	9.588
Fish, salmon, pink, raw	N/A	7.995
Fish, salmon, sockeye, canned, drained solids	N/A	7.621
eri i i i i i i i i i i i i i i i i i i	21/2	5.40
Fish, salmon, sockeye, canned, without salt, drained solids with bone	N/A	5.48
Fish, salmon, sockeye, cooked, dry heat	N/A	10.123
Fish, salmon, sockeye, raw	N/A	8.507
Fish, sardine, Atlantic, canned in oil, drained solids with bone	N/A	5.245
Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	N/A	4.2
Fish, scup, cooked, dry heat	N/A	4.994
Fish, scup, raw	N/A	4.1
Fish, sea bass, mixed species, cooked, dry heat	N/A	1.9
Fish, sea bass, mixed species, cooked, dry neut	N/A	1.6
Fish, seatrout, mixed species, cooked, dry heat	N/A	2.923
Fish, seatrout, mixed species, raw	N/A	2.4
Fish, shad, american, cooked, dry heat	N/A	10.769
Fish, shad, american, raw	N/A	8.4
Fish, shark, mixed species, cooked, batter-dipped and fried	N/A	2.783
Fish, shark, mixed species, raw	N/A	2.938
Fish, sheepshead, cooked, dry heat	N/A	1.8
Fish, sheepshead, raw	N/A	1.5
Fish, smelt, rainbow, cooked, dry heat	N/A	1.766
Fish, smelt, rainbow, raw	N/A	1.45
Fish, snapper, mixed species, cooked, dry heat	N/A	0.346
Fish, snapper, mixed species, raw	N/A	0.284
Fish, spot, cooked, dry heat	N/A	8.526
	·	
Fish, spot, raw	N/A	7

Fish sturgeon mixed species raw	N/A	8.3
Fish, sturgeon, mixed species, raw	N/A	8.3 11.1
Fish, sturgeon, mixed species, smoked	·	
Fish, sucker, white, cooked, dry heat	N/A N/A	1.462
Fish, sucker, white, raw Fish, sunfish, pumpkin seed, cooked, dry heat	•	1.2
, ,, ,	N/A	1.462
Fish, sunfish, pumpkin seed, raw	N/A	1.2
Fish, surimi	N/A	0.22
Fish, swordfish, cooked, dry heat	N/A	9.254
Fish, swordfish, raw	N/A	7.76
Fish, tilapia, cooked, dry heat	N/A	4.745
Fish, tilapia, raw	N/A	3.903
Fish, tilefish, cooked, dry heat	N/A	3.5
Fish, tilefish, raw	N/A	2.9
Fish, trout, brook, raw, New York State	N/A	5.293
Fish, trout, mixed species, cooked, dry heat	N/A	5.769
Fish, trout, mixed species, raw	N/A	4.5
Fish, trout, rainbow, farmed, cooked, dry heat	N/A	6.646
Fish, trout, rainbow, farmed, raw	N/A	5.567
Fish, trout, rainbow, wild, cooked, dry heat	N/A	5.77
Fish, trout, rainbow, wild, raw	N/A	5.384
Fish, tuna salad	N/A	6.7
Fish, tuna, fresh, bluefin, cooked, dry heat	N/A	10.54
Fish, tuna, fresh, bluefin, raw	N/A	8.654
Fish, tuna, fresh, skipjack, raw	N/A	15.4
Fish, tuna, fresh, yellowfin, raw	N/A	18.475
Fish, tuna, light, canned in oil, drained solids	N/A	12.4
Fish, tuna, light, canned in oil, without salt, drained solids	N/A	12.4
Fish, tuna, light, canned in water, drained solids (Includes foods for USDA's		
Food Distribution Program)	N/A	10.136
Fish, tuna, light, canned in water, without salt, drained solids	N/A	13.28
Fish, tuna, skipjack, fresh, cooked, dry heat	N/A	18.756
Fish, tuna, white, canned in oil, drained solids	N/A	11.698
Fish, tuna, white, canned in oil, without salt, drained solids	N/A	11.698
Fish, tuna, white, canned in water, drained solids	N/A	5.799
Fish, tuna, white, canned in water, without salt, drained solids	N/A	5.799
Fish, tuna, yellowfin, fresh, cooked, dry heat	N/A	22.07
Fish, turbot, european, cooked, dry heat	N/A	2.679
Fish, turbot, european, raw	N/A	2.2
Fish, whitefish, mixed species, cooked, dry heat	N/A	3.846
Fish, whitefish, mixed species, raw	N/A	3.040
Fish, whitefish, mixed species, raw Fish, whitefish, mixed species, smoked	N/A	2.4
Fish, whiting, mixed species, cooked, dry heat	N/A	
Fish, whiting, mixed species, cooked, dry fleat Fish, whiting, mixed species, raw		1.67
Fish, wolffish, Atlantic, cooked, dry heat	N/A	1.3
· · · · · · · · · · · · · · · · · · ·	N/A	2.598
Fish, wolffish, Atlantic, raw	N/A	2.133
Fish, yellowtail, mixed species, cooked, dry heat	N/A	8.718
Fish, yellowtail, mixed species, raw	N/A	6.8
Focaccia, Italian flatbread, plain	N/A	3.67
Formulated bar, high fiber, chewy, oats and chocolate	N/A	7.903
Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	N/A	37.1
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy	1 .	
Chocolate Peanut Bar	N/A	36.364
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double		
Chocolate Nut Bar	N/A	45.249
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all		
flavors	N/A	45.249
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat		
Bar	N/A	45.249
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN	1	

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein		
Performance Bar, Caramel Nut Rush	N/A	25
Formulated bar, POWER BAR, chocolate	N/A	32.6
Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	N/A	21.2
Formulated Bar, SOUTH BEACH protein bar	N/A	1.268
Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	N/A	20
Frankfurter, beef, heated	N/A	1.827
Frankfurter, beef, low fat	N/A	2.3
Frankfurter, beef, pork, and turkey, fat free	N/A	3.466
Frankfurter, beef, unheated	N/A	2.218
Frankfurter, chicken	N/A	4.687
Frankfurter, low sodium	N/A	2.42
Frankfurter, meat	N/A	2.665
Frankfurter, meat and poultry, cooked, boiled	N/A	2.672
Frankfurter, meat and poultry, cooked, grilled	N/A	3.058
Frankfurter, meat and poultry, low fat	N/A	3.16
Frankfurter, meat and poultry, unheated	N/A	2.813
Frankfurter, meat, heated	N/A	2.654
Frankfurter, meatless	N/A	3.137
Frankfurter, pork	N/A	2.773
Frankfurter, turkey	N/A	3.68
French toast, frozen, ready-to-heat	N/A	2.722
French toast, prepared from recipe, made with low fat (2%) milk	N/A	1.628
Frijoles rojos volteados (Refried beans, red, canned)	N/A	0.64
Frog legs, raw	N/A	1.2
Frostings, chocolate, creamy, dry mix	N/A	0.142
Frostings, chocolate, creamy, dry mix, prepared with butter	N/A	0.115
Frostings, chocolate, creamy, dry mix, prepared with margarine	N/A	0.112
Frostings, chocolate, creamy, ready-to-eat	N/A	0.119
Frostings, coconut-nut, ready-to-eat	N/A	0.212
Frostings, cream cheese-flavor, ready-to-eat	N/A	0.011
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	N/A	0.111
Frostings, glaze, prepared-from-recipe	N/A	0.039
Frostings, vanilla, creamy, dry mix	N/A	0.001
Frostings, vanilla, creamy, dry mix, prepared with margarine	N/A	0.003
Frostings, vanilla, creamy, ready-to-eat	N/A	0.22
Frostings, white, fluffy, dry mix	N/A	1
Frostings, white, fluffy, dry mix, prepared with water	N/A	0.66
Frozen novelties, fruit and juice bars	N/A	0.159
The second secon	1477	0.133
Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	N/A	0.96
Frozen novelties, ice cream type, sundae, prepackaged	N/A	0.64
Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added,	,	5.5
chocolate coated	N/A	0.175
Frozen novelties, ice type, fruit, no sugar added	N/A	0.15
Frozen novelties, ice type, italian, restaurant-prepared	N/A	0.715
Frozen novelties, ice type, lime	N/A	0.007
Frozen novelties, ice type, pineapple-coconut	N/A	0.034
Frozen novelties, juice type, pincappie eccond:	N/A	0.151
Frozen novelties, juice type, orange	N/A	0.16
Frozen novelties, No Sugar Added, FUDGSICLE pops	N/A	0.175
Frozen yogurts, chocolate	N/A	0.14
Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	N/A	0.14
Frozen yogurts, chocolate, soft-serve	N/A	0.305
Frozen yogurts, flavors other than chocolate	N/A	0.07
Frozen yogurts, navors other than enocolate	N/A	0.287
Fruit butters, apple	N/A	0.287
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned,	.4/1	0.070
extra heavy syrup, solids and liquids	N/A	0.368
ont a meany of apy on as and inquites	.471	0.308

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Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned,		
extra light syrup, solids and liquids	N/A	0.5
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned,		
heavy syrup, solids and liquids	N/A	0.374
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned,		
juice pack, solids and liquids	N/A	0.403
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned,		
light syrup, solids and liquids	N/A	0.38
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned,		
water pack, solids and liquids	N/A	0.363
Fruit cocktail, canned, heavy syrup, drained	N/A	0.374
Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	N/A	0.333
Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	N/A	0.287
Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	N/A	8.333
Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	N/A	0.29
Fruit juice smoothie, NAKED JUICE, strawberry banana	N/A	0.31
Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	N/A	0.455
Fruit juice smoothie, ODWALLA, strawberry banana	N/A	0.285
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned,		
extra heavy syrup, solids and liquids	N/A	0.353
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned,		
juice pack, solids and liquids	N/A	0.356
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned,		
light syrup, solids and liquids	N/A	0.365
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned,		
water pack, solids and liquids	N/A	0.374
Fruit salad, (pineapple and papaya and banana and guava), tropical, canned,	,	
heavy syrup, solids and liquids	N/A	0.562
Fruit syrup	N/A	0.012
Frybread, made with lard (Navajo)	N/A	4.603
Fungi, Cloud ears, dried	N/A	6.267
Game meat , bison, ground, raw	N/A	4.91
	1,7,1	
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	N/A	5.57
Game meat, bear, cooked, simmered	N/A	3.35
Game meat, bear, raw	N/A	3.2
Game meat, beaver, cooked, roasted	N/A	2.2
Game meat, beaver, raw	N/A	1.9
Game meat, beefalo, composite of cuts, cooked, roasted	N/A	4.89
Game meat, beefalo, composite of cuts, raw	N/A	4.64
Cume meat, sectard, composite of eats, faw	N/A	7.07
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	N/A	4.773
Game meat, bison, chuck, shoulder clod, separable lean only, raw	N/A	4.443
Game meat, bison, ground, cooked, pan-broiled	N/A	5.57
Gaine meat, bison, ground, cooked, pan-broned	N/A	3.37
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	NI/A	6 697
Game meat, bison, ribeye, separable lean only, 1 steak, cooked, broiled	N/A	6.687
Come most bison ribous constable loss only trimmed to 0" fat ray	NI/A	1 020
Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	N/A	1.838
Game meat, bison, separable lean only, cooked, roasted	N/A	3.71
Game meat, bison, separable lean only, raw	N/A	1.91
		4.070
Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	N/A	1.879
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	N/A	6.475
Game meat, bison, top round, separable lean only, 1" steak, raw	N/A	6.183
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	N/A	2.017
Game meat, boar, wild, cooked, roasted	N/A	4.21
Game meat, boar, wild, raw	N/A	4
Game meat, buffalo, water, cooked, roasted	N/A	6.29
Game meat, buffalo, water, raw	N/A	5.97

Game meat, caribou, cooked, roasted	N/A	5.79
Game meat, caribou, raw	N/A	5.5
Game meat, deer, cooked, roasted	N/A	6.71
Game meat, deer, ground, cooked, pan-broiled	N/A	9.257
Game meat, deer, ground, raw	N/A	5.7
cume meat, acer, ground, raw	II/A	3.7
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	N/A	10.757
Game meat, deer, raw	N/A	6.37
ounte meat, acet, raw	TV/TV	0.57
Game meat, deer, shoulder clod, separable lean only, cooked, braised	N/A	7.43
Game meat, deer, tenderloin, separable lean only, cooked, broiled	N/A	8.78
dunic meat, acer, tenderioni, separable lean only, cooked, broned	IN/A	8.76
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	N/A	8.4
Game meat, elk, ground, cooked, pan-broiled	N/A	5.32
Game meat, elk, ground, raw	N/A	4.89
Game meat, elk, loin, separable lean only, cooked, broiled	N/A	8.98
Game meat, elk, round, separable lean only, cooked, broiled	N/A	7.16
Game meat, elk, tenderloin, separable lean only, cooked, broiled	N/A	6.143
Game meat, goat, cooked, roasted	N/A	3.95
Game meat, goat, cooked, roasted	N/A	3.75
Game meat, horse, cooked, roasted	N/A	4.84
Game meat, horse, cooked, roasted	N/A	4.64
Game meat, mose, raw Game meat, mose, cooked, roasted	N/A	
	N/A	5.26
Game meat, moose, raw	<u> </u>	-
Game meat, muskrat, cooked, roasted	N/A	7.19
Game meat, muskrat, raw	N/A	6.2
Game meat, opossum, cooked, roasted	N/A	8.43
	101/0	0.43
Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	N/A	8.43
Company which down this had a support to a facility and about d	10.140	7.40
Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	N/A	7.16
Game meat, rabbit, domesticated, composite of cuts, raw	N/A	7.27
Game meat, rabbit, wild, cooked, stewed	N/A	6.4
Game meat, rabbit, wild, raw	N/A	6.5
Game meat, raccoon, cooked, roasted	N/A	4.68
Game meat, squirrel, cooked, roasted	N/A	4.64
Game meat, squirrel, raw	N/A	4
Garlic bread, frozen	N/A	4.142
Garlic, raw	N/A	0.7
Gelatin desserts, dry mix	N/A	0.009
Gelatin desserts, dry mix, prepared with water	N/A	0.001
Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus,		
potassium, sodium, vitamin C	N/A	0.04
Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	N/A	0.04
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	N/A	0.008
Gelatins, dry powder, unsweetened	N/A	0.085
Ginger root, pickled, canned, with artificial sweetener	N/A	0.022
Ginger root, raw	N/A	0.75
Glutino, Gluten Free Cookies, Chocolate Vanilla Creme	N/A	0.39
Glutino, Gluten Free Wafers, Lemon Flavored	N/A	0.065
Goose, domesticated, meat and skin, cooked, roasted	N/A	4.168
Goose, domesticated, meat and skin, raw	N/A	3.608
Goose, domesticated, meat only, cooked, roasted	N/A	4.081
	N/A	4.278
Goose, domesticated, meat only, raw		
Goose, domesticated, meat only, raw Goose, liver, raw	N/A	6.5
•		6.5 0.153
Goose, liver, raw	N/A	
Goose, liver, raw Gooseberries, canned, light syrup pack, solids and liquids	N/A N/A	0.153

Gourd, dishcloth (towelgourd), raw	N/A	0.4
Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	N/A	0.39
Source, write nowered (ediabasil), cooked, boiled, drained, with said	197	0.33
Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	N/A	0.39
Gourd, white-flowered (calabash), raw	N/A	0.32
Granola bar, soft, milk chocolate coated, peanut butter	N/A	3.29
Granoia bar, sort, mink eriocolate coatea, peanat batter	IVA	3.23
Grape juice, canned or bottled, unsweetened, with added ascorbic acid	N/A	0.133
Grape juice, canned or bottled, unsweetened, with added ascorbic acid and	IV/A	0.133
calcium	N/A	0.133
Calcium	IN/A	0.153
Grane juice, cannod or hottled, unsweetened, without added asserbis asid	N/A	0.133
Grape juice, canned or bottled, unsweetened, without added ascorbic acid	· ·	
Grape leaves, canned	N/A	4.505
Grape leaves, raw	N/A	2.362
Grapefruit juice, pink or red, with added calcium	N/A	0.2
Grapefruit juice, pink, raw	N/A	0.2
Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	N/A	0.263
Grapefruit juice, white, canned or bottled, unsweetened	N/A	0.26
Grapefruit juice, white, canned, sweetened	N/A	0.319
Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3		
volume water	N/A	0.217
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	N/A	0.772
Grapefruit juice, white, raw	N/A	0.2
Grapefruit, raw, pink and red and white, all areas	N/A	0.25
Grapefruit, raw, pink and red, all areas	N/A	0.204
Grapefruit, raw, pink and red, California and Arizona	N/A	0.191
Grapefruit, raw, pink and red, Florida	N/A	0.2
Grapefruit, raw, white, all areas	N/A	0.269
Grapefruit, raw, white, California	N/A	0.269
Grapefruit, raw, white, Florida	N/A	0.2
Grapefruit, sections, canned, juice pack, solids and liquids	N/A	0.249
Grapefruit, sections, canned, light syrup pack, solids and liquids	N/A	0.243
Grapefruit, sections, canned, water pack, solids and liquids	N/A	0.249
Grapes, american type (slip skin), raw	N/A	0.3
Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	N/A	0.125
Grapes, canned, thompson seedless, water pack, solids and liquids	N/A	0.13
	<u> </u>	
Grapes, red or green (European type, such as Thompson seedless), raw	N/A	0.188
Gravy, au jus, canned	N/A	0.9
Gravy, au jus, dry	N/A	4.087
Gravy, beef, canned, ready-to-serve	N/A	0.66
Gravy, brown instant, dry	N/A	2.261
Gravy, brown, dry	N/A	3.7
Gravy, CAMPBELL'S, chicken	N/A	0.297
Gravy, chicken, canned or bottled, ready-to-serve	N/A	0.285
Gravy, chicken, dry	N/A	
Gravy, Chicken, dry Gravy, HEINZ Home Style, classic chicken	N/A	4.018 0.28
	N/A N/A	0.28
Gravy, HEINZ Home Style, savory beef		
Gravy, instant beef, dry	N/A	1.075
Gravy, instant turkey, dry	N/A	1.181
Gravy, meat or poultry, low sodium, prepared	N/A	0.66
Gravy, mushroom, canned	N/A	0.671
Gravy, mushroom, dry, powder	N/A	3.7
Gravy, onion, dry, mix	N/A	3.7
Gravy, pork, dry, powder	N/A	2.27
Gravy, turkey, canned, ready-to-serve	N/A	1.3
Gravy, turkey, dry	N/A	2.77
Gravy, unspecified type, dry	N/A	3.7
Groundcherries, (cape-gooseberries or poha), raw	N/A	2.8

Cuanahana nastan sannad	NI/A	0.13
Guanabana nectar, canned	N/A	0.12
Guava nectar, canned, with added ascorbic acid	N/A	0.17
Guava nectar, with sucralose, canned	N/A N/A	0.17
Guava sauce, cooked	N/A	0.42
Guavas, common, raw		1.084
Guavas, strawberry, raw	N/A N/A	0.6
Guinea hen, meat and skin, raw Guinea hen, meat only, raw		7.667
	N/A N/A	8.782
Gums, seed gums (includes locust bean, guar) Ham and cheese loaf or roll	N/A	3.452
Ham and cheese spread	N/A	2.153
Ham salad spread	N/A	2.095
	N/A	3.2
Ham, chopped, canned	N/A	3.88
Ham, chopped, not canned	N/A	2.276
Ham, honey, smoked, cooked	N/A	4.162
Ham, minced	N/A	5.697
Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	N/A	
Ham, sliced, regular (approximately 11% fat)	N/A	2.904
Ham, turkey, sliced, extra lean, prepackaged or deli Hazelnuts, beaked (Northern Plains Indians)	N/A N/A	3.53 3.19
Headcheese, pork	N/A	
	•	0.44
Hearts of palm, canned Hominy, canned, white	N/A	0.437
	N/A	0.033
Hominy, canned, yellow	N/A N/A	0.033
Honey	-	0.121
Honey roll sausage, beef	N/A N/A	4.165
Horned melon (Kiwano)	•	0.565
HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	N/A N/A	0.386
	IN/A	3.425
HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	NI/A	2.425
HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	N/A N/A	3.425
	N/A	2.922 1.024
Hummus, commercial	N/A	0.399
Hummus, home prepared HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	N/A	1.445
Hush puppies, prepared from recipe	N/A	2.782
Hyacinth beans, mature seeds, cooked, boiled, with salt	N/A	0.411
Hyacinth beans, mature seeds, cooked, boiled, without salt	N/A	0.411
	N/A	1.61
Hyacinth beans, mature seeds, raw Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	N/A	0.48
Tryacintii-beans, illimature seeus, cookeu, bolleu, urailleu, with sait	IN/A	0.48
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	N/A	0.48
Hyacinth-beans, immature seeds, cooked, boiled, drained, without sait	N/A	0.52
Ice cream bar, stick or nugget, with crunch coating	N/A	0.548
ice cream bar, stick of magget, with cranch coating	IN/ A	0.548
Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	N/A	0.829
Ice cream cones, cake or wafer-type	N/A	4.427
Ice cream cones, sugar, rolled-type	N/A	5.066
Ice cream cookie sandwich	N/A	0.237
Ice cream sandwich	N/A	1.566
Ice cream sandwich, made with light ice cream, vanilla	N/A	0.555
Ice cream sandwich, vanilla, light, no sugar added	N/A	0.555
Ice cream, bar or stick, chocolate covered	N/A	0.333
Ice cream, light, soft serve, chocolate	N/A	0.175
Ice cream, soft serve, chocolate	N/A	0.095
Ice creams, chocolate	N/A	0.093
Ice creams, chocolate, light	N/A	0.126
Ice creams, chocolate, light, no sugar added	N/A	0.111
Ice creams, chocolate, right, no sugar added	N/A	0.182
Ice creams, french vanilla, soft-serve	N/A	0.095
Ice creams, regular, low carbohydrate, chocolate	N/A	0.093
iso or carris, regular, fow carsonyarate, chocolate	I'V^	0.226

Ice creams, regular, low carbohydrate, vanilla	N/A	0.116
Ice creams, strawberry	N/A	0.110
Ice creams, vanilla	N/A	0.17
Ice creams, vanilla, fat free	N/A	0.110
Ice creams, vanilla, light	N/A	0.14
, , ,	· ·	
Ice creams, vanilla, light, no sugar added	N/A	0.074
Ice creams, vanilla, light, soft-serve	N/A	0.118
Ice creams, vanilla, rich	N/A	0.082
Imitation cheese, american or cheddar, low cholesterol	N/A	0.08
Incaparina, dry mix (corn and soy flours), unprepared	N/A	27
Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron,		
powder, not reconstituted, with DHA and ARA	N/A	6.87
Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with		
ARA and DHA	N/A	1.336
Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid		
concentrate, not reconstituted	N/A	1.339
Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder,		
not reconstituted	N/A	5.522
Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-		
feed	N/A	0.69
Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-		
to-feed, with ARA and DHA	N/A	0.885
Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-	· ·	0.565
feed		0.885
	N/A	0.883
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to-		
feed with ARA and DHA	N/A	0.885
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA		
and DHA	N/A	5.396
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with		
ARA and DHA	N/A	0.689
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with		
ARA and DHA	N/A	5.376
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed,		
with ARA and DHA	N/A	0.689
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron,		
liquid concentrate	N/A	1.725
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron,		
powder, not reconstituted	N/A	6.943
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron,	,	
ready-to-feed	N/A	0.887
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid		
concentrate	N/A	1.725
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not	IN/A	1.723
reconstituted	N/A	6.943
reconstituted	IN/A	0.543
Infant farmeric ADDOTT NUTDITION CIMIL AC ICOMIL with iron ready to food	N1/A	0.007
Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	N/A	0.887
Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and		
DHA	N/A	10.043
Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not		
reconstituted	N/A	5.392
Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-	•	
to-feed, with ARA and DHA	N/A	0.726
Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE),		
liquid concentrate, with ARA and DHA	N/A	1.351
Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE),		
powder, with ARA and DHA	N/A	5.462
Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not		
reconstituted	N/A	1.339
Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not		
reconstituted	N/A	5.522
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	N/A	5.166
	,,	5.100

Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	N/A	0.689
Infant formula, GERBER, GOOD START 2, GENTEE 1 EGS, ready to reed	N/A	5.261
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	N/A	0.689
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	N/A	5.376
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	N/A	0.689
Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	N/A	5.376
Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	N/A	0.689
Infant formula, MEAD JOHNSON, Enfamil 24, ready to feed, with ARA and DHA	N/A	0.78
Infant formula, MEAD JOHNSON, Enfamil Enspire Powder, with ARA and DHA,		
not reconstituted	N/A	5
Infant formula, MEAD JOHNSON, Enfamil for Supplementing, powder, with ARA		
and DHA, not reconstituted	N/A	5.1
Infant formula, MEAD JOHNSON, Enfamil for Supplementing, ready to feed,		
with ARA and DHA	N/A	0.66
Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE, with iron, prepared		0.00
from powder	N/A	0.66
Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with	N1/A	0.00
ARA and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, Enfamil Premature 30 Calories, ready to feed,	NI/A	2.0
with ARA and DHA Infant formula, MEAD JOHNSON, Enfamil Premature High Protein 24 Calories,	N/A	3.9
ready to feed, with ARA and DHA	N/A	3.1
Infant formula, MEAD JOHNSON, Enfamil Reguline Powder, with ARA and DHA,	IV/A	3.1
not reconstituted	N/A	5.1
Infant formula, MEAD JOHNSON, Enfamil Reguline, ready to feed, with ARA and	•	3.1
DHA	N/A	0.66
	IN/A	0.00
Infant formula, MEAD JOHNSON, ENFAMIL, AR, powder, with ARA and DHA	N/A	5.088
Infant formula, MEAD JOHNSON, ENFAMIL, AR, ready-to-feed, with ARA and	14/71	3.000
DHA	N/A	0.684
Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE, ready-to-feed, with		3.03
ARA and DHA	N/A	0.72
Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE, with iron, powder, with		
ARA and DHA	N/A	5
Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler		
transitions, with ARA and DHA, powder	N/A	5
Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-		
feed	N/A	0.657
Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler		
transitions, with ARA and DHA, powder	N/A	4.7
Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, with ARA and DHA		
powder not reconstituted	N/A	5.1
Infant formula, MEAD JOHNSON, ENFAMIL, Infant, ready-to-feed, with ARA and		
DHA	N/A	0.66
Infant formula, MEAD JOHNSON, ENFAMIL, Infant, with iron, liquid		
concentrate, with ARA and DHA, reconstituted	N/A	0.66
Infant formula, MEAD JOHNSON, ENFAMIL, Infant, with iron, powder, with ARA		
and DHA	N/A	5.2
Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate,		
with ARA and DHA	N/A	1.313
Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with		
ARA and DHA	N/A	0.66
Infant Formula, MEAD JOHNSON, ENFAMIL, Newborn, with ARA and DHA,		
powder	N/A	5.1
Infant Formula, MEAD JOHNSON, ENFAMIL, Newborn, with DHA and ARA,	NI/A	0.00
ready-to-feed	N/A	0.66
Infant formula MEAD IOHNICON ENEANAU NUITDANAICEN AA	 NI / A	0.057
Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	N/A	0.657

Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN WITH LGG, with iron,		
powder, not reconstituted, with ARA and DHA	N/A	5.1
Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, PurAmino, powder,		
not reconstituted	N/A	5
Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid		
concentrate not reconstituted, with ARA and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-		
feed, with ARA and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-		
feed Low iron	N/A	2.623
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-		
feed Low iron	N/A	2.623
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 20 calories,	I V A	2.023
	N1/A	2 (22
ready-to-feed	N/A	2.623
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories,		2 222
ready-to-feed	N/A	2.623
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid		
concentrate, not reconstituted	N/A	1.291
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	N/A	5
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid		
concentrate, not reconstituted	N/A	1.283
	,	
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	N/A	5
initial Control of the South Son, Elvi Alvie, Fermani, Initial, powder	I V A	3
Infant Formula MEAD IOHNSON ENFAMIL Promium Infant roady to food	NI/A	0.657
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	N/A	0.657
Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, liquid concentrate,		2.55
reconstituted, with ARA and DHA	N/A	0.65
Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not		
reconstituted, with ARA and DHA	N/A	5.1
Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	N/A	5.2
Infant formula, MEAD JOHNSON, Gentlease, ready to feed, with ARA and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not		
reconstituted	N/A	4.7
Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with		
ARA and DHA	N/A	4.7
Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed,		
with ARA and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, Pregestimil 24 Calories, ready to feed, with	IV/A	0.00
	N/A	0.79
ARA and DHA	IN/A	0.78
Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, with ARA		_
and DHA, not reconstituted	N/A	5
Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, with ARA and DHA,		
prepared from powder	N/A	0.66
Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready to feed, with ARA		
and DHA	N/A	0.66
Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	N/A	0.66
Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, prepared from powder	N/A	0.66
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Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	N/A	6.513
mant is maile, restree, 6000 strike essertimes sort, with froit, powder	Type Control of the C	0.313
Infant formula NECTLE COOR START COV with ARA and RUA may	N1/A	6 764
Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	N/A	6.764
Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid		
concentrate	N/A	1.784
Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	N/A	0.864
Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA,		
prepared from liquid concentrate	N/A	0.693

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Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready		
to-feed	N/A	0.693
Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate,		
not reconstituted	N/A	1.33
Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	N/A	5.38
Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not		
reconstituted	N/A	0.99
Infant formula, PBM PRODUCTS, store brand, powder	N/A	3.94
Infant formula, PBM PRODUCTS, store brand, ready-to-feed	N/A	0.49
Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not		
reconstituted	N/A	0.98
Infant formula, PBM PRODUCTS, store brand, soy, powder	N/A	3.78
Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	N/A	0.49
Jackfruit, canned, syrup pack	N/A	0.677
Jackfruit, raw	N/A	0.92
	N/A	0.92
Jams and preserves	·	
Jams and preserves, apricot	N/A	0.036
Jams, preserves, marmalade, reduced sugar	N/A	0.08
Jams, preserves, marmalades, sweetened with fruit juice	N/A	0.203
Java-plum, (jambolan), raw	N/A	0.26
Jellies	N/A	0.036
Jellies, no sugar (with sodium saccharin), any flavors	N/A	0.22
Jellies, reduced sugar, home preserved	N/A	0.14
Jellyfish, dried, salted	N/A	0.2
Jerusalem-artichokes, raw	N/A	1.3
Jew's ear, (pepeao), raw	N/A	0.07
JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	N/A	2.183
Juice, apple and grape blend, with added ascorbic acid	N/A	0.087
Juice, apple, grape and pear blend, with added ascorbic acid and calcium	N/A	0.094
Jute, potherb, cooked, boiled, drained, with salt	N/A	0.89
Jute, potherb, cooked, boiled, drained, without salt	N/A	0.89
Jute, potherb, raw	N/A	1.26
Kale, cooked, boiled, drained, with salt	N/A	0.457
Kale, cooked, boiled, drained, without salt	N/A	0.457
Kale, frozen, cooked, boiled, drained, with salt	N/A	0.457
Kale, frozen, cooked, boiled, drained, without salt	N/A	0.457
Kale, frozen, unprepared	N/A	0.698
		1.18
Kale, raw	N/A	
Kanpyo, (dried gourd strips)	N/A	2.9
Kefir, lowfat, plain, LIFEWAY	N/A	0.15
Kefir, lowfat, strawberry, LIFEWAY	N/A	0.105
KFC, biscuit	N/A	3.897
KFC, Coleslaw	N/A	0.206
KFC, Crispy Chicken Strips	N/A	8.562
KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	N/A	8.139
KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading		
removed	N/A	10.897
KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	N/A	4.601
KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading		
removed	N/A	5.244
KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	N/A	4.451
KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading	7	7.451
removed	N/A	5.317
		5.517
KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	N/A	5.488
in 6, Thea enlocker, Extra enloct, willig, meat and skill with breading	· v/ ^	5.400

KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	I N/A	7.136
KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	N/A	8.596
KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	N/A	8.667
KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	N/A	4.993
KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	N/A	5.277
KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	N/A	5.524
KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	N/A	5.61
KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	N/A	6.335
KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	N/A	7.18
KFC, Popcorn Chicken	N/A	8.108
Kielbasa, fully cooked, grilled	N/A	3.727
Kielbasa, fully cooked, pan-fried	N/A	3.694
Kielbasa, fully cooked, unheated	N/A	3.148
Kiwifruit, green, raw	N/A	0.341
Kiwifruit, ZESPRI SunGold, raw	N/A	0.231
Knackwurst, knockwurst, pork, beef	N/A	2.734
Kohlrabi, cooked, boiled, drained, with salt	N/A	0.39
Kohlrabi, cooked, boiled, drained, without salt	N/A	0.39
Kohlrabi, raw	N/A	0.4
Kraft, Stove Top Stuffing Mix Chicken Flavor	N/A	3.84
Kumquats, raw	N/A	0.429
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	N/A	5.441
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable		
lean and fat, trimmed to 1/8" fat, raw	N/A	4.934
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	N/A	5.812
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	N/A	5.595
Lamb, Australian, imported, fresh, external fat, cooked	N/A	4.3
Lamb, Australian, imported, fresh, external fat, raw	N/A	3.16
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	N/A	5.013
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed		
to 1/8" fat, raw	N/A	5.265
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	N/A	5.39
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	N/A	5.82
Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	N/A	6.646
Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	N/A	. 202
Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only,	N/A	6.363
trimmed to 1/8" fat, cooked, roasted	N/A	6.88
Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	N/A	6.88
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	N/A	5.527
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and		5.527
fat, trimmed to 1/8" fat, raw	N/A	5.167

Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean	
only, trimmed to 1/8" fat, cooked, broiled	N/A 5.72
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean	
only, trimmed to 1/8" fat, raw	N/A 5.50
Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable	5.46
lean and fat, trimmed to 1/8" fat, cooked, braised	N/A 5.16
Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable	N/A F.00
lean and fat, trimmed to 1/8" fat, raw	N/A 5.08
Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable	N/A
lean only, trimmed to 1/8" fat, cooked, braised	N/A 5.2i
Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	N/A 5.5 <i>a</i>
Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat,	IN/A 3.3
trimmed to 1/8" fat, cooked, roasted	N/A 5.41
Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat,	N/A 5.41
trimmed to 1/8" fat, raw	N/A 5.00
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed	•
to 1/8" fat, cooked, roasted	1 .
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed	
to 1/8" fat, raw	N/A 5.50
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean	3.3
and fat, trimmed to 1/8" fat, cooked, broiled	N/A 5.43:
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean	1N/A 5.45.
and fat, trimmed to 1/8" fat, raw	N/A 4.99
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean	4.55
only, trimmed to 1/8" fat, cooked, broiled	N/A 5.72
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean	N/A 5.72.
only, trimmed to 1/8" fat, raw	N/A 5.50
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and	
fat, trimmed to 1/8" fat, cooked, roasted	N/A 5.28
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and	·
fat, trimmed to 1/8" fat, raw	N/A 4.69
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean	4.05.
only, trimmed to 1/8" fat, cooked, roasted	N/A 5.72!
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean	3.72.
only, trimmed to 1/8" fat, raw	N/A 5.50
Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and	3.3
fat, trimmed to 1/8" fat, cooked, roasted	N/A 6.78:
Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and	0.75
fat, trimmed to 1/8" fat, raw	N/A 6.25
Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only,	0.25
trimmed to 1/8" fat, cooked, roasted	N/A 7.19
Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only,	7.4.
trimmed to 1/8" fat, raw	N/A 6.6.
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean	·
and fat, trimmed to 1/8" fat, cooked, roasted	N/A 5.38:
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean	·
and fat, trimmed to 1/8" fat, raw	N/A 4.96
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean	•
only, trimmed to 1/8" fat, cooked, roasted	N/A 5.72!
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean	·
only, trimmed to 1/8" fat, raw	N/A 5.50
Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8"	3.3
fat, cooked, broiled	N/A 7.83:
Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8"	. 7.65
fat, raw	N/A 6.65
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8"	
fat, cooked, broiled	N/A 8.1!
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8"	
fat, raw	N/A 7.28:
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Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable		
lean and fat, trimmed to 1/8" fat, cooked, roasted	N/A	6.196
Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable		
lean only, trimmed to 1/8" fat, cooked, roasted	N/A	6.63
Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in,		
separable lean and fat, trimmed to 0" fat, cooked, roasted	N/A	7.616
Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in,		
separable lean only, trimmed to 0" fat, cooked, roasted	N/A	7.81
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean		
and fat, trimmed to 1/8" fat, cooked, grilled	N/A	7.825
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean		
only, trimmed to 1/8" fat, cooked, grilled	N/A	8.93
Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in,		
separable lean and fat, trimmed to 0" fat, cooked, grilled	N/A	8.475
Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in,		
separable lean only, trimmed to 0" fat, cooked, grilled	N/A	9.14
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in,		
separable lean and fat, trimmed to 1/8" fat, raw	N/A	6.482
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in,		
separable lean only, trimmed to 1/8" fat, raw	N/A	7.62
Lamb, Australian, imported, fresh, seam fat, raw	N/A	3.94
Lamb, Australian, imported, fresh, separable fat, cooked	N/A	2.89
Lamb, Australian, imported, fresh, separable fat, raw	N/A	1.753
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only,		
trimmed to 1/8" fat, cooked, broiled	N/A	4.695
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat,		
trimmed to 1/8" fat, cooked, braised	N/A	4.369
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat,		
trimmed to 1/8" fat, raw	N/A	3.994
Lamb, Australian, imported, fresh, shoulder, arm, separable lean only,		
trimmed to 1/8" fat, cooked, braised	N/A	4.695
Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed		
to 1/8" fat, raw	N/A	4.58
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat,	.,,	
trimmed to 1/8" fat, cooked, broiled	N/A	4.43
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat,		
trimmed to 1/8" fat, raw	N/A	4.004
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only,	,	
trimmed to 1/8" fat, raw	N/A	4.58
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable	1477	1130
lean and fat, trimmed to 1/8" fat, cooked	N/A	4.415
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable		4.415
lean and fat, trimmed to 1/8" fat, raw	N/A	4.001
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable	IN/A	4.001
lean only, trimmed to 1/8" fat, raw	N/A	4.58
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable	IN/A	4.56
	N/A	4.605
lean only, trimmed to 1/8" fat, cooked	N/A	4.695
Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat,	N1/A	0.544
trimmed to 1/8" fat, cooked, roasted Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat,	N/A	9.544
	N/A	0.204
trimmed to 1/8" fat, raw	N/A	8.394
Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only,	NI/A	0.50
trimmed to 1/8" fat, cooked, roasted	N/A	9.58
Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only,	N / A	
trimmed to 1/8" fat, raw	N/A	8.49
Lamb, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat,		
choice, cooked	N/A	7.8
Lamb, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat,		
choice, raw	N/A	6.37
Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to		
1/4" fat, choice, cooked	N/A	6.66

Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	6.1
Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to	N/A	0.1
1/8" fat, choice, cooked	N/A	6.55
Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to		
1/8" fat, choice, raw	N/A	6.07
Lamb, composite of trimmed retail cuts, separable lean only, trimmed to 1/4"		
fat, choice, cooked	N/A	6.32
Lamb, composite of trimmed retail cuts, separable lean only, trimmed to 1/4"		
fat, choice, raw	N/A	6
Lamb, cubed for stew or kabob (leg and shoulder), separable lean only,		
trimmed to 1/4" fat, cooked, braised	N/A	5.95
Lamb, cubed for stew or kabob (leg and shoulder), separable lean only,		
trimmed to 1/4" fat, cooked, broiled	N/A	6.61
Lamb, cubed for stew or kabob (leg and shoulder), separable lean only,		
trimmed to 1/4" fat, raw	N/A	5.95
Lamb, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked,		
braised	N/A	5.46
Lamb, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	5.47
Lamb, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	5.47
leach formula and according lead and fet their and to 4 (0) fet and the size of	21/2	F 40
Lamb, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	N/A	5.46
Lamb, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked,	21/2	5.07
braised	N/A	5.07
Lamb forechank congrable lean only trimmed to 1/4" fat choice raw	N1/A	F 21
Lamb, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw Lamb, ground, cooked, broiled	N/A N/A	5.31 6.7
Lamb, ground, raw	N/A	5.96
Lamb, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice,	NA	5.50
cooked, roasted	N/A	6.55
cooked, rousted	N/A	0.33
Lamb, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	6.22
Lamb, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, roasted	N/A	6.52
Lamb, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.21
Lamb, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked,		
roasted	N/A	6.39
Lamb, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	6.19
Lamb, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice,		
cooked, roasted	N/A	6.62
Lamb, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	6.34
Lamb, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, roasted	N/A	6.59
Lamb, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.34
Lamb, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked,		
roasted	N/A	6.27
Lamb, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	6.33
Lamb, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4"		
fat, choice, cooked, roasted	N/A	6.59
Lamb, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4"	N1/A	
fat, choice, raw	N/A	6.26
Lamb, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8"	N1/A	5.50
fat, choice, cooked, roasted	N/A	6.53

fat, choice, craw Lamb, leig. Whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted Lamb, leig. Whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled NA 2.1 Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled NA 2.1 Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled NA 2.1 Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled NA 2.1 Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled NA 2.0 Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled NA 2.0 Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled NA 2.0 Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled NA 2.0 Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled NA 2.0 Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled NA 2.0 Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled NA 2.0 Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled NA 2.0 Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled NA 2.0 Lamb, New Zealand, imported, brains, cooked, soasted NA 2.0 Lamb, New Zealand, imported, brains, cooked, soasted NA 2.0 Lamb, New Zealand, imported, brains, cooked, soasted NA 2.0 Lamb, New Zealand, imported, brains, cooked, soasted NA 2.0 Lamb, New Zealand, imported, frouny, boneless, separable lean only, raw NA 2.0 Lamb, New Zealand, imported, frouny, boneless, separable lean only, raw NA 2.0 Lamb, New Zealand, imported, frouny, boneless, separable lean only, raw NA 2.0 Lamb, New Zealand, imported, froe, brains, separable lean only, raw NA 2.0 Lamb, New Zealand, imported, froe, composite of trimmed retail cuts, separable lean and fat, cooked, NA 2.0 Lamb, New Zealand, imported,			
Lamb, Ice, whole (shank and sirioni), separable lean only, trimmed to 1/4" fat, choice, cooked, chosted chamb, leg, whole (shank and sirioni), separable lean only, trimmed to 1/4" fat, choice, cooked, broilled lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broilled lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broilled lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosided lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosided lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosided lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosided lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosided lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosided lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosided lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosided lamb, low Zealand, imported, brains, cooked, soaked and fried lamb, low Zealand, imported, brains, separable lean only, row lamb, New Zealand, imported, brains, separable lean only, row lamb, New Zealand, imported, prosided, prosided lamb, low Zealand, imported, from longer separable lean only, row lamb, New Zealand, imported, fap, boneless, separable lean only, row lamb, New Zealand, imported, fore-shank, separable lean only, row lamb, New Zealand, imported, fore-shank, separable lean only, row lamb, New Zealand, imported, fore-shank, separable lean only, row lamb, New Zealand, imported, fore-shank, separable lean only, row lamb,	Lamb, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8"		
cholec, cooked, roasted Lamb, Ioin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled Lamb, Ioin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled N/A 7.1 Lamb, Ioin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled Lamb, Ioin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled N/A 7.1 Lamb, Ioin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled N/A 7.1 Lamb, Ioin, separable lean and fat, trimmed to 1/5" fat, choice, cooked, broiled N/A 7.0 Lamb, Ioin, separable lean and fat, trimmed to 1/5" fat, choice, cooked, roasted N/A 7.0 Lamb, Ioin, separable lean and fat, trimmed to 1/6" fat, choice, cooked, roasted N/A 7.0 Lamb, Ioin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted N/A 7.0 Lamb, Ioin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted N/A 8.2 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 8.3 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 8.3 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 8.3 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 8.3 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 8.3 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 8.3 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 8.3 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 8.3 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 8.3 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 8.3 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 8.3 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 8.3 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 8.3 Lamb, Ioin, separable lean only, trimmed to 1/8" fat, choice, raw N/A 8.3 Lamb, Ioin, separable lean onl		N/A	6.25
Lamb, Lee, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled N/A Lamb, Ioin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted N/A Lamb, Ioin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted N/A Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted N/A Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted N/A Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted N/A Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, braised N/A Lamb, New Zealand, imported, breast, separable lean only, raw N/A Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, fap, boneless, separable lean only, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, N/A Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imp			
Lamb, Join, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled NA 7.1 Lamb, Join, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted NA 7.1 Lamb, Join, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted NA 7.2 Lamb, Join, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled NA 7.06 Lamb, Join, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled NA 7.06 Lamb, Join, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted NA 7.07 Lamb, Join, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted NA 7.08 Lamb, Join, separable lean and fat, trimmed to 1/4" fat, choice, cooked, prosed NA 8.08 Lamb, Join, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled NA 8.08 Lamb, Join, separable lean only, trimmed to 1/4" fat, choice, cooked, prosed NA 8.08 Lamb, Join, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled NA 8.08 Lamb, Join, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled NA 8.08 Lamb, Join, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled NA 8.33 Lamb, New Zealand, imported, briens, separable lean only, cooked, broiled NA 8.35 Lamb, New Zealand, imported, briens, separable lean only, raw NA 8.35 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw NA 8.35 Lamb, New Zealand, imported, fiap, boneless, separable lean only, raw NA 8.35 Lamb, New Zealand, imported, fiap, boneless, separable lean only, raw NA 8.35 Lamb, New Zealand, imported, fiap, boneless, separable lean only, raw NA 8.36 Lamb, New Zealand, imported, fiap, boneless, separable lean only, raw NA 8.36 Lamb, New Zealand, imported, fiap, boneless, separable lean only, raw NA 8.36 Lamb, New Zealand, imported, fore-shank, separable lean only, raw NA 8.36 Lamb, New Zealand, imported, fore-shank, separable lean only, raw NA 8.09 Lamb, New Zealand, imported, fore-shank, separable lean only, raw NA 8.09 Lamb, New Zealand, imported, fore-shank		N/A	6.34
Lamb, Join, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled N/A 7.1 Lamb, Join, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted N/A 7.2 Lamb, Join, separable lean and fat, trimmed to 1/4" fat, choice, cooked, proiled N/A 7.06 Lamb, Join, separable lean and fat, trimmed to 1/8" fat, choice, cooked, proiled N/A 7.06 Lamb, Join, separable lean and fat, trimmed to 1/8" fat, choice, cooked, proiled N/A 7.06 Lamb, Join, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted N/A 7.05 Lamb, Join, separable lean only, trimmed to 1/4" fat, choice, cooked, proiled N/A 6.88 Lamb, Join, separable lean only, trimmed to 1/4" fat, choice, cooked, proiled N/A 6.88 Lamb, Join, separable lean only, trimmed to 1/4" fat, choice, cooked, proiled N/A 6.88 Lamb, Join, separable lean only, trimmed to 1/4" fat, choice, cooked, proiled N/A 7.06 Lamb, Join, separable lean only, trimmed to 1/4" fat, choice, cooked, proiled N/A 7.06 Lamb, Join, separable lean only, trimmed to 1/4" fat, choice, cooked, proiled N/A 7.06 Lamb, Join, separable lean only, trimmed to 1/4" fat, choice, cooked, proiled N/A 7.06 Lamb, Join, separable lean only, trimmed to 1/4" fat, choice, cooked, proiled N/A 7.06 Lamb, New Zealand, imported, brains, row 7.00 Lamb, New Zealand, imported, brains, row 7.00 Lamb, New Zealand, imported, brains, row 7.00 Lamb, New Zealand, imported, breast, separable lean only, row 7.00 N/A 7.00 Lamb, New Zealand, imported, chump, boneless, separable lean only, row 7.00 N/A 7.00 Lamb, New Zealand, imported, fiap, boneless, separable lean only, row 7.00 N/A 7.00 Lamb, New Zealand, imported, fiap, boneless, separable lean only, row 7.00 N/A 7.00 Lamb, New Zealand, imported, fiap, boneless, separable lean only, row 7.00 N/A 7.00 Lamb, New Zealand, imported, fiap, boneless, separable lean only, row 7.00 N/A 7.00 Lamb, New Zealand, imported, fore-shank, separable lean only, row 7.00 N/A 7.00 Lamb, New Zealand, imported, fore-shank, separable lean only, row			
Lamb, Ioin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted N/A 7.06 Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled N/A 7.06 Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted N/A 7.06 Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted N/A 7.05 Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted N/A 7.05 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled N/A 6.88 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 6.88 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 6.83 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 6.83 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 6.83 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 2.999 Lamb, New Zealand, imported, brains, cooked, soaked and fried N/A 2.999 Lamb, New Zealand, imported, brains, raw N/A 3.361 Lamb, New Zealand, imported, brains, raw N/A 3.551 Lamb, New Zealand, imported, brains, raw N/A 3.551 Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, brains for sate of the property of the propert	choice, raw	N/A	6.23
Lamb, Ioin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted N/A 7.06 Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled N/A 7.06 Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted N/A 7.06 Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted N/A 7.05 Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted N/A 7.05 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled N/A 6.88 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 6.88 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 6.83 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 6.83 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 6.83 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 2.999 Lamb, New Zealand, imported, brains, cooked, soaked and fried N/A 2.999 Lamb, New Zealand, imported, brains, raw N/A 3.361 Lamb, New Zealand, imported, brains, raw N/A 3.551 Lamb, New Zealand, imported, brains, raw N/A 3.551 Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, brains for sate of the property of the propert			
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Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, prosited Lamb, Ioin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosited Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosited Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosited Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosited Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosited Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosited Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosited Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, prosited N/A Lamb, New Zealand, imported, brains, raw N/A Lamb, New Zealand, imported, breast, separable lean only, raw Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable			
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Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted N/A Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, caw N/A Lamb, New Zealand, imported, brains, cooked, soaked and fried N/A Lamb, New Zealand, imported, brains, row N/A Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, brainsd N/A Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, brainsd N/A Lamb, New Zealand, imported, flap, boneless, separable lean only, row Lamb, New Zealand, imported, flap, boneless, separable lean only, row Lamb, New Zealand, imported, flap, boneless, separable lean only, row Lamb, New Zealand, imported, flap, boneless, separable lean only, row Lamb, New Zealand, imported, flap, boneless, separable lean only, row Lamb, New Zealand, imported, flap, boneless, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean and fat, row N/A Lamb, New Zealand, imported, fore-shank, separable lean and fat, row N/A Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean only, row N/A Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb,	Lamb, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	6.47
Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted N/A Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, caw N/A Lamb, New Zealand, imported, brains, cooked, soaked and fried N/A Lamb, New Zealand, imported, brains, row N/A Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, brainsd N/A Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, brainsd N/A Lamb, New Zealand, imported, flap, boneless, separable lean only, row Lamb, New Zealand, imported, flap, boneless, separable lean only, row Lamb, New Zealand, imported, flap, boneless, separable lean only, row Lamb, New Zealand, imported, flap, boneless, separable lean only, row Lamb, New Zealand, imported, flap, boneless, separable lean only, row Lamb, New Zealand, imported, flap, boneless, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean and fat, row N/A Lamb, New Zealand, imported, fore-shank, separable lean and fat, row N/A Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean only, row N/A Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb, New Zealand, imported, fore-shank, separable lean only, row Lamb,			
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Lamb, Ioin, separable lean and fat, trimmed to 1/8" fat, choice, raw Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled N/A 6.88 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 6.88 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 6.89 Lamb, New Zealand, imported, brains, cooked, soaked and fried N/A 7.89 Lamb, New Zealand, imported, brains, raw N/A 8.89 Lamb, New Zealand, imported, breast, separable lean only, cooked, braised N/A 8.99 Lamb, New Zealand, imported, breast, separable lean only, raw Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable le			
Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 6.51 Lamb, New Zealand, imported, brains, cooked, soaked and fried N/A 3.812 Lamb, New Zealand, imported, brains, raw N/A 3.812 Lamb, New Zealand, imported, breast, separable lean only, cooked, braised Lamb, New Zealand, imported, breast, separable lean only, raw N/A 3.853 Lamb, New Zealand, imported, chump, boneless, separable lean only, rooked, braised N/A 3.871 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised N/A 3.871 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised N/A 3.801 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 3.802 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 3.804 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.094 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 3.803 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.094 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 4.094 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 5.55 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 6.56 Lamb, New Zealand, imported, frozen, composite of trimmed retail	Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	7.05
Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 6.31 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 6.51 Lamb, New Zealand, imported, brains, cooked, soaked and fried N/A 2.956 Lamb, New Zealand, imported, brains, raw N/A 3.812 Lamb, New Zealand, imported, breast, separable lean only, cooked, braised N/A 3.554 Lamb, New Zealand, imported, breast, separable lean only, raw N/A 4.949 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw N/A 3.571 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw N/A 3.571 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 2.744 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 3.501 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 3.501 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 3.343 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 3.343 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 3.343 Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw N/A 3.362 Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw N/A 3.362 Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw N/A 3.362 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.663 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.663 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.663 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.663 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw N/A 4.665 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 6.561 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/6" fat, cooked N/A 7.71 Lamb, New Zealand, imported, frozen, co	Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.48
Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted N/A 6.31 Lamb, Ioin, separable lean only, trimmed to 1/4" fat, choice, raw N/A 6.51 Lamb, New Zealand, imported, brains, cooked, soaked and fried N/A 2.956 Lamb, New Zealand, imported, brains, raw N/A 3.812 Lamb, New Zealand, imported, breast, separable lean only, cooked, braised N/A 3.554 Lamb, New Zealand, imported, breast, separable lean only, raw N/A 4.949 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw N/A 3.571 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw N/A 3.571 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 2.744 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 3.501 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 3.501 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 3.343 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 3.343 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 3.343 Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw N/A 3.362 Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw N/A 3.362 Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw N/A 3.362 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.663 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.663 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.663 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.663 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw N/A 4.665 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 6.561 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/6" fat, cooked N/A 7.71 Lamb, New Zealand, imported, frozen, co			
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Lamb, low Zealand, imported, braist, separable lean only, trimmed to 1/4" fat, choice, raw And And And And And And And An			
Lamb, low Zealand, imported, braist, separable lean only, trimmed to 1/4" fat, choice, raw And And And And And And And An	Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.83
Lamb, New Zealand, imported, brains, cooked, soaked and fried JAA Jamb, New Zealand, imported, breast, separable lean only, cooked, braised Lamb, New Zealand, imported, breast, separable lean only, raw Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, fiap, boneless, separable lean and fat, cooked, braised Lamb, New Zealand, imported, fiap, boneless, separable lean and fat, cooked, braised Lamb, New Zealand, imported, fiap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, fiap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, fiap, boneless, separable lean only, cooked, braised Lamb, New Zealand, imported, fiap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, fiap, boneless, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, foreon, composite of trimmed retail cuts, separable fat, cooked Jamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, traw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, traw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, sep		N/A	6.51
Lamb, New Zealand, imported, brains, raw Lamb, New Zealand, imported, breast, separable lean only, cooked, braised Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, mark of the separable lean only, raw Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A Lamb, New Zealand, imported, foren, composite of trimmed retail cuts, separable lean and fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, traw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 1.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 1.32 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 1.33 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean a		N/A	2.995
Lamb, New Zealand, imported, breast, separable lean only, cooked, braised Lamb, New Zealand, imported, breast, separable lean only, raw Lamb, New Zealand, imported, chump, boneless, separable lean only, rooked, fast roasted N/A 3.571 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.094 Lamb, New Zealand, imported, foren, composite of trimmed retail cuts, separable fat, rooked N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 8.04 1.05 1			
Lamb, New Zealand, imported, breast, separable lean only, raw N/A 3.571 Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted N/A 3.571 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised N/A Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised N/A Lamb, New Zealand, imported, flap, boneless, separable lean only, raw N/A Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised N/A Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, forean, composite of trimmed retail cuts, separable fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A N/A N/A N/A N/A N/A N/A N/A		,	
Lamb, New Zealand, imported, breast, separable lean only, raw N/A 3.571 Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted N/A 3.571 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised N/A Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised N/A Lamb, New Zealand, imported, flap, boneless, separable lean only, raw N/A Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised N/A Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, forean, composite of trimmed retail cuts, separable fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A N/A N/A N/A N/A N/A N/A N/A	Lamb. New Zealand, imported, breast, separable lean only, cooked, braised	N/A	3.654
Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted ANA AS.256 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw N/A Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised ANA Lamb, New Zealand, imported, flap, boneless, separable lean only, raw N/A Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised ANA A.094 Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised ANA A.094 Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised ANA A.094 Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised ANA A.094 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A A.465 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A A.094 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A A.094 A.0			
fast roasted N/A 3.571 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised N/A 3.501 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised N/A 3.343 Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised N/A 3.343 Lamb, New Zealand, imported, flap, boneless, separable lean only, raw N/A 4.617 Lamb, New Zealand, imported, fore-shank, separable lean and fat, row N/A 3.826 Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw N/A 4.094 Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A 4.094 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.465 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 6.56 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 7.77 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimm		,	
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Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised N/A 3.501 Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised N/A 3.343 Lamb, New Zealand, imported, flap, boneless, separable lean only, raw N/A 4.617 Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised N/A 3.826 Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw N/A 4.094 Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A 4.103 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.405 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 4.556 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 4.7.77 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 4.556 N/A 4.7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 4.7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 4.657 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 4.657 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 4.657 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean	10001000	1477	3.371
Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised N/A 3.501 Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised N/A 3.343 Lamb, New Zealand, imported, flap, boneless, separable lean only, raw N/A 4.617 Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised N/A 3.826 Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw N/A 4.094 Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A 4.103 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.405 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 4.556 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 4.7.77 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 4.556 N/A 4.7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 4.7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 4.657 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 4.657 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 4.657 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean	Lamb New Zealand imported chumn honeless senarable lean only raw	N/A	5 256
braised N/A 2.744 Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 3.501 Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised N/A 3.343 Lamb, New Zealand, imported, flap, boneless, separable lean only, raw N/A 4.617 Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised N/A 3.826 Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw N/A 4.094 Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A 4.103 Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A 4.465 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A 7.77 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 7.77 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31		1477.	3.230
Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw N/A 3.501 Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised N/A 3.343 Lamb, New Zealand, imported, flap, boneless, separable lean only, raw N/A 4.617 Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised N/A 3.826 Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw N/A 4.094 Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A 4.103 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.465 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 8.05 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 8.05 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 8.05 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 8.05 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 8.05		N/A	2 744
Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb,	araisea	N/A	2.744
Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb,	Lamb New Zealand imported flan honeless senarable lean and fat raw	N/A	3 501
braised N/A 3.343 Lamb, New Zealand, imported, flap, boneless, separable lean only, raw N/A 4.617 Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised N/A 3.826 Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw N/A 4.094 Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A 4.103 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.465 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A 6.56 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A 7.77 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 6.55 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68		N/A	3.301
Lamb, New Zealand, imported, flap, boneless, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A		NI/A	2 242
Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A T.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A T.33 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A N/A T.33 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A N/A T.36	biaiseu	N/A	3.343
Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A T.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A T.33 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A N/A T.33 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A N/A T.36	Lamb New Zaaland imported flap banaloss congrable lean only raw	NI/A	4 617
braised N/A 3.826 Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw N/A 4.094 Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A 4.103 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.465 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A 7.77 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 8.55 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 6.57 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 6.57 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68		N/A	4.017
Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A A A A A A A A A A A A A A A A A A A		N1/A	2 826
Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A 4.103 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.465 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw N/A 6.56 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A 7.77 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 6.55 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 6.57 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 6.57 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68	biaiseu	N/A	3.820
Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised N/A 4.103 Lamb, New Zealand, imported, fore-shank, separable lean only, raw N/A 4.465 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked N/A 8.03 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw N/A 6.56 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A 7.77 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A 6.55 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 6.57 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 6.57 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68	Lamb Navi Zaaland immented fore should saventhle lagrand for you	21/2	4 004
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Lamb, New Zealand, imported, fore-shank, separable lean only, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw N/A Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked N/A 7.77 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A A.4655 N/A A.5656 N/A A.7657 N/A A.7658 N/A A.7658 N/A A.7658 N/A A.7658 N/A A.7658		N1/A	4.402
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 6.57 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked			
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Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw N/A And Co.55 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A N/A 6.57 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68 N/A 7.68		,	
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Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 6.57 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68 And 7.68			
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Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked N/A 7.31 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 6.57 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts,			
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Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw N/A 6.57 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A 7.68 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts,			
separable lean and fat, trimmed to 1/8" fat, raw Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked N/A T.68 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts,	separable lean and fat, trimmed to 1/8" fat, cooked	N/A	7.31
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, 7.68			
separable lean only, cooked N/A 7.68 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts,	separable lean and fat, trimmed to 1/8" fat, raw	N/A	6.57
Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts,	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts,		
	separable lean only, cooked	N/A	7.68
separable lean only, raw N/A 6.54	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts,		
	separable lean only, raw	N/A	6.54

Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat,		
trimmed to 1/8" fat, cooked, braised	N/A	6.07
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat,		
trimmed to 1/8" fat, raw	N/A	6.3
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable		
lean and fat, cooked, roasted	N/A	7.59
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable		
lean and fat, trimmed to 1/8" fat, cooked, roasted	N/A	7.57
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable		
lean and fat, trimmed to 1/8" fat, raw	N/A	6.86
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable	,	
lean only, cooked, roasted	N/A	7.51
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked,	14/7	7.31
broiled	N/A	7.93
	IN/A	7.55
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to	N1/A	7.02
1/8" fat, cooked, broiled	N/A	7.92
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to	,	
1/8" fat, raw	N/A	6.85
Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked,		
broiled	N/A	7.89
Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to		
1/8" fat, cooked, roasted	N/A	6.72
Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to		
1/8" fat, raw	N/A	6.29
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade),		
separable lean and fat, cooked, braised	N/A	6.37
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade),	1471	0.0.
separable lean and fat, trimmed to 1/8" fat, cooked, braised	N/A	6.26
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade),	IN/A	0.20
	N1/A	F 4C
separable lean and fat, trimmed to 1/8" fat, raw	N/A	5.46
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade),		
separable lean only, cooked, braised	N/A	5.85
Lamb, New Zealand, imported, ground lamb, cooked, braised	N/A	3.308
Lamb, New Zealand, imported, ground lamb, raw	N/A	5.011
Lamb, New Zealand, imported, heart, cooked, soaked and simmered	N/A	4.229
Lamb, New Zealand, imported, heart, raw	N/A	5.757
Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked,		
braised	N/A	4.133
Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	N/A	4.388
Lamb, New Zealand, imported, hind-shank, separable lean only, cooked,		
braised	N/A	4.45
Lamb. New Zealand, imported, hind-shank, separable lean only, raw	•	4.852
Lamb, New Zealand, imported, hind-shank, separable lean only, raw Lamb, New Zealand, imported, Intermuscular fat, cooked	N/A	4.852 1.74
Lamb, New Zealand, imported, Intermuscular fat, cooked	N/A N/A	1.74
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried	N/A N/A N/A	1.74 9.064
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw	N/A N/A	1.74
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat,	N/A N/A N/A N/A	1.74 9.064 8.426
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	N/A N/A N/A	1.74 9.064
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat,	N/A N/A N/A N/A N/A	1.74 9.064 8.426 5.899
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	N/A N/A N/A N/A	1.74 9.064 8.426
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only,	N/A N/A N/A N/A N/A	1.74 9.064 8.426 5.899
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	N/A N/A N/A N/A N/A	1.74 9.064 8.426 5.899
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only,	N/A N/A N/A N/A N/A	1.74 9.064 8.426 5.899
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	N/A N/A N/A N/A N/A	1.74 9.064 8.426 5.899
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only,	N/A N/A N/A N/A N/A N/A N/A N/A	1.74 9.064 8.426 5.899 4.635
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	N/A N/A N/A N/A N/A N/A N/A N/A N/A	1.74 9.064 8.426 5.899 4.635 6.393
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw Lamb, New Zealand, imported, liver, cooked, soaked and fried	N/A	1.74 9.064 8.426 5.899 4.635 6.393 5.241
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw Lamb, New Zealand, imported, liver, cooked, soaked and fried Lamb, New Zealand, imported, liver, cooked, soaked and fried Lamb, New Zealand, imported, liver, raw	N/A	1.74 9.064 8.426 5.899 4.635 6.393 5.241
Lamb, New Zealand, imported, Intermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw Lamb, New Zealand, imported, liver, cooked, soaked and fried Lamb, New Zealand, imported, liver, raw Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast	N/A	1.74 9.064 8.426 5.899 4.635 6.393 5.241 12.8 13.7
Lamb, New Zealand, imported, lintermuscular fat, cooked Lamb, New Zealand, imported, kidney, cooked, soaked and fried Lamb, New Zealand, imported, kidney, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw Lamb, New Zealand, imported, liver, cooked, soaked and fried Lamb, New Zealand, imported, liver, raw Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast	N/A	1.74 9.064 8.426 5.899 4.635 6.393 5.241 12.8 13.7

Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast		
fried	N/A	6.651
Lamb, New Zealand, imported, loin chop, separable lean only, raw	N/A	5.397
Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast		
roasted	N/A	5.334
Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	N/A	4.676
Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast		
roasted	N/A	6.436
Lamb, New Zealand, imported, loin saddle, separable lean only, raw	N/A	5.918
Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked,		
fast roasted	N/A	7.126
Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	N/A	6.338
Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast		5.535
roasted	N/A	7.133
Tousted	IN/A	7.133
Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	N/A	6 256
Lamb, New Zealand, imported, ioin, boneless, separable lean and fat, cooked,	IN/A	6.356
	N1 / A	2.055
braised	N/A	3.855
Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	N/A	3.801
Lamb, New Zealand, imported, neck chops, separable lean only, cooked,		
braised	N/A	4.151
Lamb, New Zealand, imported, neck chops, separable lean only, raw	N/A	4.297
Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable		
lean and fat, cooked, slow roasted	N/A	3.739
Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable		
lean and fat, raw	N/A	4.352
Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable	,	
lean only, cooked, slow roasted	N/A	4.279
Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable	1.47.1	27
lean only, raw	N/A	5.204
Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat,	14/7	3.201
cooked, fast roasted	N/A	6.037
Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat,	IN/A	0.037
	NI/A	F 024
raw	N/A	5.024
Lamb, New Zealand, imported, rack - fully frenched, separable lean only,		
cooked, fast roasted	N/A	6.267
Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	N/A	5.208
Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat,		
cooked, fast roasted	N/A	6.019
Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat,		
raw	N/A	5.032
Lamb, New Zealand, imported, rack - partly frenched, separable lean only,		
cooked, fast roasted	N/A	6.705
Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	N/A	5.749
Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and		
fat, cooked, braised	N/A	2.674
Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and	,	2.074
fat, raw	N/A	3.25
Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only,	TYP C	3.23
cooked, braised	N/A	2.897
	IN/ PA	2.897
Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only,	N1/A	2.22
raw	N/A	3.862
Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat,	1.14	
cooked, slow roasted	N/A	3.618
Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat,		
raw	N/A	2.916

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Lamb, New Zealand, imported, square-cut shoulder, separable lean only,		
cooked, slow roasted	N/A	4.238
Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	N/A	3.463
Lamb, New Zealand, imported, subcutaneous fat, cooked	N/A	1.53
Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	N/A	1.375
Lamb, New Zealand, imported, sweetbread, raw	N/A	1.342
Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast		
fried	N/A	9.074
Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	N/A	7.262
Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast		
fried	N/A	9.099
Lamb, New Zealand, imported, tenderloin, separable lean only, raw	N/A	7.301
Lamb, New Zealand, imported, testes, cooked, soaked and fried	N/A	2.224
Lamb, New Zealand, imported, testes, raw	N/A	1.744
Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and		
simmered	N/A	2.272
Lamb, New Zealand, imported, tongue - swiss cut, raw	N/A	3.078
Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off,		
separable lean and fat, cooked, slow roasted	N/A	5.457
Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off,		
separable lean and fat, raw	N/A	5.234
Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off,		
separable lean only, cooked, slow roasted	N/A	5.892
Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off,		
separable lean only, raw	N/A	5.234
The state of the s		
Lamb, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	N/A	7
	1977	
Lamb, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.75
Lamb, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	6.09
	1977	0.03
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	N/A	6.92
	.,,,,	0.02
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	N/A	6.67
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.06
Lamb, his separation real and lat, chillied to 1/0 lat, choice, law	14/77	0.00
Lamb, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	N/A	6.55
Earney, rie, separatic real entry, trimined to 17 1 rat, choice, cookea, stoned		0.33
Lamb, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	N/A	6.16
Lamb, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	N/A	5.89
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice,	IN/A	5.89
cooked, braised	N/A	6.66
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice,	N/A	0:00
	N/A	7.02
cooked, broiled	N/A	7.02
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice,	21/2	5.55
cooked, roasted	N/A	6.66
	21/2	6.00
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	6.09
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, braised	N/A	6.61
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	6.08
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice,	1 .	
roasted	N/A	6.62
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked,		
broiled	N/A	6.99
Lamb, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked,		
braised	N/A	6.33

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Lamb, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked,		
broiled	N/A	6.81
Lamb, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked,		
roasted	N/A	6.34
Lamb, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	6
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice,		
cooked, braised	N/A	6.04
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice,		
cooked, broiled	N/A	6.38
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice,		
cooked, roasted	N/A	5.91
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	N/A	5.43
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, braised	N/A	6
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, broiled	N/A	6.33
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, roasted	N/A	5.84
I south at a sold and the decrease I I I I I I I I I I I I I I I I I I I	N1/A	
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	N/A	5.4
Lamb, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice,		5.63
cooked, braised	N/A	5.63
Lamb, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice,		
cooked, broiled	N/A	6.07
Lamb, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice,		5.43
cooked, roasted	N/A	5.47
I such absolution blade assemble learn substitution and the distriction of the state of the stat	N1/A	F 40
Lamb, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	N/A	5.19
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to	N1/A	6.33
1/4" fat, choice, cooked, braised	N/A	6.33
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to	N1/A	CAF
1/4" fat, choice, cooked, broiled	N/A	6.45
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	N1/A	C 15
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to	N/A	6.15
1/4" fat, choice, raw	N/A	E 66
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to	IN/A	5.66
1/8" fat, choice, cooked, braised	N/A	6.15
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to	IN/A	0.13
1/8" fat, choice, cooked, broiled	N/A	6.49
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to	IN/A	0.43
1/8" fat, choice, cooked, roasted	N/A	6.04
Lamb, shoulder, whole (arm and blade), separable lean and fat, trimmed to	IN/A	0.04
1/8" fat, choice, raw	N/A	5.62
Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4"		5.02
fat, choice, cooked, braised	N/A	5.96
Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4"		3.30
fat, choice, cooked, broiled	N/A	6.15
Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4"		0.13
fat, choice, cooked, roasted	N/A	5.76
Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4"	711	3.70
fat, choice, raw	N/A	5.45
Lamb, variety meats and by-products, brain, cooked, braised	N/A	2.47
Lamb, variety meats and by-products, brain, cooked, pan-fried	N/A	4.55
Lamb, variety meats and by-products, brain, raw	N/A	3.9
Lamb, variety meats and by-products, heart, cooked, braised	N/A	4.36
Lamb, variety meats and by-products, heart, raw	N/A	6.14
Lamb, variety meats and by-products, kidneys, cooked, braised	N/A	5.99
Lamb, variety meats and by-products, kidneys, raw	N/A	7.51
·	1	7.51

Lamb, variety meats and by-products, liver, cooked, braised	N/A	12.15
Lamb, variety meats and by-products, liver, cooked, pan-fried	N/A	16.68
Lamb, variety meats and by-products, liver, raw Lamb, variety meats and by-products, lungs, cooked, braised	N/A N/A	16.11
	N/A	2.428 4.124
Lamb, variety meats and by-products, lungs, raw Lamb, variety meats and by-products, mechanically separated, raw	N/A	2.546
Lamb, variety meats and by-products, mechanically separated, raw Lamb, variety meats and by-products, pancreas, cooked, braised	N/A	2.540
Lamb, variety meats and by-products, pancreas, raw	N/A	3.7
Lamb, variety meats and by-products, panereas, raw Lamb, variety meats and by-products, spleen, cooked, braised	N/A	5.868
Lamb, variety meats and by-products, spleen, raw	N/A	7.895
Lamb, variety meats and by-products, spiceri, raw Lamb, variety meats and by-products, tongue, cooked, braised	N/A	3.69
Lamb, variety meats and by-products, tongue, raw	N/A	4.65
Lambsquarters, cooked, boiled, drained, with salt	N/A	0.9
Lambsquarters, cooked, boiled, drained, without salt	N/A	0.9
Lambsquarters, raw (Northern Plains Indians)	N/A	0.79
Lambsquarters, steamed (Northern Plains Indians)	N/A	0.623
Lasagna with meat & sauce, frozen entree	N/A	1.426
Lasagna with meat & sauce, low-fat, frozen entree	N/A	1.221
Lasagna with meat sauce, frozen, prepared	N/A	1.528
Lasagna, cheese, frozen, prepared	N/A	1.361
Lasagna, cheese, frozen, unprepared	N/A	1.354
Lasagna, Vegetable, frozen, baked	N/A	0.81
LEAN POCKETS, Ham N Cheddar	N/A	3.462
Lean Pockets, Meatballs & Mozzarella	N/A	2.982
Leavening agents, yeast, baker's, active dry	N/A	40.2
Leavening agents, yeast, baker's, compressed	N/A	12.3
Lebanon bologna, beef	N/A	3.223
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	N/A	0.2
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	N/A	0.2
Leeks, (bulb and lower leaf-portion), raw	N/A	0.4
Leeks, (bulb and lower-leaf portion), freeze-dried	N/A	3.5
Lemon grass (citronella), raw	N/A	1.101
Lemon juice from concentrate, bottled, CONCORD	N/A	0.197
Lemon juice from concentrate, bottled, REAL LEMON	N/A	0.18
Lemon juice from concentrate, canned or bottled	N/A	0.18
Lemon juice, raw	N/A	0.091
Lemon peel, raw	N/A	0.4
Lemonade, frozen concentrate, pink	N/A	0.12
Lemonade, frozen concentrate, white	N/A	0.11
Lemonade, frozen concentrate, white, prepared with water	N/A	0.016
Lemonade, powder, prepared with water	N/A	0.005
Lemons, raw, without peel	N/A	0.1
Lentils, mature seeds, cooked, boiled, with salt	N/A	1.06
Lentils, mature seeds, cooked, boiled, without salt	N/A	1.06
Lentils, pink or red, raw	N/A	1.495
Lentils, raw	N/A	2.605
Lentils, sprouted, raw	N/A N/A	1.128
Lettuce, butterhead (includes boston and bibb types), raw	N/A	0.357
Lettuce, cos or romaine, raw	N/A N/A	0.313 0.375
Lettuce, green leaf, raw Lettuce, iceberg (includes crisphead types), raw	N/A	0.375
Lettuce, red leaf, raw	N/A	0.123
Light Ice Cream, soft serve, blended with cookie pieces	N/A	0.321
Light Ice Cream, soft serve, blended with cookie pieces	N/A	0.139
Light fee eream, sort serve, brended with fillik chocolate candles	IV/ C	0.139
Lima beans, immature seeds, canned, no salt added, solids and liquids	N/A	0.532
Lima beans, immature seeds, canned, no salt added, solids and liquids	N/A	0.532
Lima beans, immature seeds, canned, no salt added, solids and liquids Lima beans, immature seeds, canned, regular pack, solids and liquids	N/A N/A	0.532

Lima beans, immature seeds, cooked, boiled, drained, without salt	N/A	1.04
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	N/A	0.77
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without		
salt	N/A	0.77
Lima beans, immature seeds, frozen, baby, unprepared	N/A	1.023
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with		
salt	N/A	1.069
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained,		
without salt	N/A	1.069
Lima beans, immature seeds, frozen, fordhook, unprepared	N/A	1.187
Lima beans, immature seeds, raw	N/A	1.474
Lima beans, large, mature seeds, canned	N/A	0.261
Lima beans, large, mature seeds, cooked, boiled, with salt	N/A	0.421
Lima beans, large, mature seeds, cooked, boiled, without salt	N/A	0.421
Lima beans, large, mature seeds, raw	N/A	1.537
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	N/A	0.66
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	N/A	0.66
Lima beans, thin seeded (baby), mature seeds, raw	N/A	1.712
Lime juice, canned or bottled, unsweetened	N/A	0.163
Lime juice, raw	N/A	0.142
Limeade, frozen concentrate, prepared with water	N/A	0.009
Limes, raw	N/A	0.2
Litchis, dried	N/A	3.1
Litchis, raw	N/A	0.603
LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	N/A	2.967
LITTLE CAESARS 14" Cheese Pizza, Thin Crust	N/A	0.85
LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	N/A	3.237
HITTLE CAECADC 44ll Original Days of March and Warshall Bione Days day Count	21./2	2.557
LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	N/A	3.567
LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	N/A	3.737
LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	N/A	3.767
Liver cheese, pork	N/A	11.768
Liver sausage, liverwurst, pork	N/A	4.3
Liverwurst spread	N/A	4.3
Loganberries, frozen	N/A	0.84
Longans, dried Longans, raw	N/A N/A	0.3
	N/A	0.18
Lotus root, cooked, boiled, drained, with salt	N/A	0.18
Lotus root, cooked, boiled, drained, with salt	N/A	0.3
Lotus root, raw	N/A	0.3
Lotus 1001, 1aw	IN/ A	0.4
Luncheon meat, pork and chicken, minced, canned, includes Spam Lite	N/A	3.45
Luncheon meat, pork and chicken, miniced, canned, includes span lite	IN/ A	3.43
Luncheon meat, pork with ham, minced, canned, includes Spam (Hormel)	N/A	3.53
Luncheon meat, pork with harry, miniced, carried, includes Spain (normer)	N/A	3.126
Luncheon meat, pork, carnied Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium,	1471	3.120
added ascorbic acid, includes SPAM, 25% less sodium	N/A	3.175
2222 2300 acid, mended of 7111, 2570 ress south	1.7	3.527
Luncheon sausage, pork and beef	N/A	
Luncheon sausage, pork and beef Luncheon slices, meatless	N/A N/A	
Luncheon slices, meatless	N/A	11.11
Luncheon slices, meatless Lupins, mature seeds, cooked, boiled, with salt	N/A N/A	11.11 0.495
Luncheon slices, meatless Lupins, mature seeds, cooked, boiled, with salt Lupins, mature seeds, cooked, boiled, without salt	N/A N/A N/A	11.11 0.495 0.495
Luncheon slices, meatless Lupins, mature seeds, cooked, boiled, with salt Lupins, mature seeds, cooked, boiled, without salt Lupins, mature seeds, raw	N/A N/A N/A N/A	11.11 0.495 0.495 2.19
Luncheon slices, meatless Lupins, mature seeds, cooked, boiled, with salt Lupins, mature seeds, cooked, boiled, without salt Lupins, mature seeds, raw Luxury loaf, pork	N/A N/A N/A N/A N/A	11.11 0.495 0.495 2.19 3.482
Luncheon slices, meatless Lupins, mature seeds, cooked, boiled, with salt Lupins, mature seeds, cooked, boiled, without salt Lupins, mature seeds, raw Luxury loaf, pork Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	N/A N/A N/A N/A N/A N/A	11.11 0.495 0.495 2.19 3.482 3.882
Luncheon slices, meatless Lupins, mature seeds, cooked, boiled, with salt Lupins, mature seeds, cooked, boiled, without salt Lupins, mature seeds, raw Luxury loaf, pork	N/A N/A N/A N/A N/A	11.11 0.495 0.495 2.19 3.482

Macaroni and Cheese, canned entree	N/A	1.183
Macaroni and Cheese, canned, microwavable	N/A	1.046
Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine	1471	2.0.10
from dry mix	N/A	1.183
Macaroni and cheese, frozen entree	N/A	0.739
Macaroni or noodles with cheese, made from reduced fat packaged mix,		
unprepared	N/A	4.118
Macaroni or noodles with cheese, microwaveable, unprepared	N/A	3.882
Macaroni, vegetable, enriched, cooked	N/A	1.071
Macaroni, vegetable, enriched, dry	N/A	7.328
Malabar spinach, cooked	N/A	0.787
Malt beverage, includes non-alcoholic beer	N/A	1.113
Mammy-apple, (mamey), raw	N/A	0.4
Mango nectar, canned	N/A	0.08
Mangos, raw	N/A	0.669
Mangosteen, canned, syrup pack	N/A	0.286
Maraschino cherries, canned, drained	N/A	0.004
Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean		
oils	N/A	0.003
Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated),		
for flaky pastries	N/A	0.05
Margarine, industrial, soy and partially hydrogenated soy oil, use for baking,		
sauces and candy	N/A	0.003
Margarine, regular, 80% fat, composite, stick, with salt	N/A	0.023
Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	N/A	0.023
Margarine, regular, 80% fat, composite, stick, without salt	N/A	0.023
Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin		
D	N/A	0.023
Margarine, regular, hard, soybean (hydrogenated)	N/A	0.023
Margarine,spread, 35-39% fat, tub	N/A	0.004
Margarine-like spread with yogurt, 70% fat, stick, with salt	N/A	0.01
Margarina like appared with veryork apparentiately 400/ fat turk with call	N1/A	0.03
Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	N/A	0.03
Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	N/A	0.016
Margarine-like, butter-margarine blend, 80% fat, stick, without salt	N/A	0.016
Margarine-like, margarine-butter blend, soybean oil and butter	N/A	0.022
Margarine-like, vegetable oil spread, 60% fat, stick, with salt	N/A	0.016
Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added	14/71	0.010
vitamin D	N/A	0.016

Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	N/A	0.016
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	N/A	0.016
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt,		
with added vitamin D	N/A	0.016
Margarine-like, vegetable oil spread, 60% fat, tub, with salt	N/A	0.016
Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin		
D	N/A	0.016
Margarine-like, vegetable oil spread, fat free, liquid, with salt	N/A	0.03
Margarine-like, vegetable oil spread, fat-free, tub	N/A	0.883
Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	N/A	0.03
Margarine-like, vegetable oil-butter spread, tub, with salt	N/A	0.02
Marmalade, orange	N/A	0.052
Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	N/A	3.93
Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry	N/A	1.67
Mary's Gone Crackers, Original Crackers, Organic Gluten Free	N/A	5.39
Mayonnaise dressing, no cholesterol	N/A	0.01
Mayonnaise, made with tofu	N/A	0.09

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

Milk, buttermilk, fluid, whole	N/A	0.09
Milk, canned, condensed, sweetened	N/A	0.21
winit, carifical, corractiscal, sweetened	N/A	0.21
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	N/A	0.174
Milk, canned, evaporated, with added vitamin A	N/A	0.194
with added statistics	14/70	0.13 1
Milk, canned, evaporated, with added vitamin D and without added vitamin A	N/A	0.194
Milk, chocolate beverage, hot cocoa, homemade	N/A	0.133
Milk, chocolate, fat free, with added vitamin A and vitamin D	N/A	0.164
Milk, chocolate, fluid, commercial, reduced fat, with added calcium	N/A	0.164
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and	1.4/1.	6120.
vitamin D	N/A	0.164
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	N/A	0.125
Milk, chocolate, lowfat, with added vitamin A and vitamin D	N/A	0.124
Milk, dry, nonfat, calcium reduced	N/A	0.665
Milk, dry, nonfat, instant, with added vitamin A and vitamin D	N/A	0.891
Milk, dry, nonfat, instant, without added vitamin A and vitamin D	N/A	0.891
Milk, dry, nonfat, regular, with added vitamin A and vitamin D	N/A	0.951
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	N/A	0.951
Milk, dry, whole, with added vitamin D	N/A	0.646
Milk, dry, whole, without added vitamin D	N/A	0.646
Milk, evaporated, 2% fat, with added vitamin A and vitamin D	N/A	0.194
Milk, filled, fluid, with blend of hydrogenated vegetable oils	N/A	0.087
Milk, filled, fluid, with lauric acid oil	N/A	0.087
Milk, fluid, 1% fat, without added vitamin A and vitamin D	N/A	0.093
Milk, fluid, nonfat, calcium fortified (fat free or skim)	N/A	0.088
Milk, goat, fluid, with added vitamin D	N/A	0.277
Milk, human, mature, fluid	N/A	0.177
Milk, imitation, non-soy	N/A	0.1
Milk, indian buffalo, fluid	N/A	0.091
Milk, low sodium, fluid	N/A	0.043
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and		
vitamin D	N/A	0.1
Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and	,	
vitamin D	N/A	0.09
Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	N/A	0.093
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat		
free and skim)	N/A	0.101
Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat	,	
free or skim)	N/A	0.091
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	N/A	0.094
Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	N/A	0.094
Milk, producer, fluid, 3.7% milkfat	N/A	0.084
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and		
vitamin D	N/A	0.101
Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A		
and vitamin D	N/A	0.09
Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without		
added vitamin A	N/A	0.101
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	N/A	0.092
Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	N/A	0.092
Milk, sheep, fluid	N/A	0.417
Milk, whole, 3.25% milkfat, with added vitamin D	N/A	0.089
Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	N/A	0.089
Millet flour	N/A	6.02
Millet, cooked	N/A	1.33
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Millet, puffed	N/A	4.42
Millet, raw	N/A	4.72
Miso	N/A	0.906
Molasses	N/A	0.93
Mollusks, abalone, mixed species, cooked, fried	N/A	1.9
Mollusks, abalone, mixed species, raw	N/A	1.5
Mollusks, clam, mixed species, canned, drained solids	N/A	0.578
Mollusks, clam, mixed species, canned, liquid	N/A	0.18
Mollusks, clam, mixed species, cooked, breaded and fried	N/A	2.064
Mollusks, clam, mixed species, cooked, moist heat	N/A	3.354
Mollusks, clam, mixed species, raw	N/A	0.35
Mollusks, conch, baked or broiled	N/A	1.04
Mollusks, cuttlefish, mixed species, cooked, moist heat	N/A	2.189
Mollusks, cuttlefish, mixed species, raw	N/A	1.216
Mollusks, mussel, blue, cooked, moist heat	N/A	3
Mollusks, mussel, blue, raw	N/A	1.6
Mollusks, octopus, common, cooked, moist heat	N/A	3.78
Mollusks, octopus, common, raw	N/A	2.1
Mollusks, oyster, eastern, canned	N/A	1.244
Mollusks, oyster, eastern, cooked, breaded and fried	N/A	1.65
Mollusks, oyster, eastern, farmed, cooked, dry heat	N/A	1.792
Mollusks, oyster, eastern, farmed, raw	N/A	1.267
Mollusks, oyster, eastern, wild, cooked, dry heat	N/A	1.365
Mollusks, oyster, eastern, wild, cooked, moist heat	N/A	1.85
Mollusks, oyster, eastern, wild, raw	N/A	0.925
Mollusks, oyster, Pacific, cooked, moist heat	N/A	3.618
Mollusks, oyster, Pacific, raw	N/A	2.01
Mollusks, scallop, (bay and sea), cooked, steamed	N/A	1.076
Mollusks, scallop, mixed species, cooked, breaded and fried	N/A	1.505
Mollusks, scallop, mixed species, imitation, made from surimi	N/A	0.31
Mollusks, scallop, mixed species, raw	N/A	0.703
Mollusks, snail, raw	N/A	1.4
Mollusks, squid, mixed species, cooked, fried	N/A	2.602
Mollusks, squid, mixed species, raw	N/A	2.175
Mollusks, whelk, unspecified, cooked, moist heat	N/A	1.995
Mollusks, whelk, unspecified, raw MORI-NU, Tofu, silken, extra firm	N/A N/A	1.05 0.235
MORI-NU, Tofu, silken, firm	N/A	0.233
MORI-NU, Tofu, silken, lite extra firm	N/A	0.11
MORI-NU, Tofu, silken, lite firm	N/A	0.11
MORI-NU, Tofu, silken, soft	N/A	0.3
Mortadella, beef, pork	N/A	2.673
Mothbeans, mature seeds, cooked, boiled, with salt	N/A	0.668
Mothbeans, mature seeds, cooked, boiled, without salt	N/A	0.668
Mothbeans, mature seeds, raw	N/A	2.8
Mother's loaf, pork	N/A	3.123
Mountain yam, hawaii, cooked, steamed, with salt	N/A	0.13
Mountain yam, hawaii, cooked, steamed, without salt	N/A	0.13
Mountain yam, hawaii, raw	N/A	0.481
Muffin, blueberry, commercially prepared, low-fat	N/A	1.375
Muffins, blueberry, commercially prepared (Includes mini-muffins)	N/A	1.418
Muffins, blueberry, dry mix	N/A	1.857
Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	N/A	2.211
Muffins, blueberry, toaster-type	N/A	2.02
Muffins, blueberry, toaster-type, toasted	N/A	1.934
Muffins, corn, commercially prepared	N/A	2.037
Muffins, corn, dry mix, prepared	N/A	2.101
Muffins, corn, prepared from recipe, made with low fat (2%) milk	N/A	2.382
Muffins, corn, toaster-type	N/A	2.31
Muffins, English, mixed-grain (includes granola)	N/A	3.583

Muffins, English, plain, enriched, with ca prop (includes sourdough)	N/A	4.07
Muffins, English, plain, toasted, enriched, with calcium propionate (includes	IN/A	4.07
sourdough)	N/A	4.99
Muffins, English, raisin-cinnamon (includes apple-cinnamon)	N/A	3.67
Mullins, English, raishi-chinamon (includes apple-chinamon)	IN/ A	3.07
Muffins, English, raisin-cinnamon, toasted (includes apple-cinnamon)	N/A	4.285
Muffins, English, wheat	N/A	3.356
Muffins, English, whole-wheat	N/A	3.41
Muffins, oat bran	N/A	0.42
Muffins, plain, prepared from recipe, made with low fat (2%) milk	N/A	2.308
Muffins, wheat bran, dry mix	N/A	5
Muffins, wheat bran, toaster-type with raisins, toasted	N/A	2.317
Mulberries, raw	N/A	0.62
Mung beans, mature seeds, cooked, boiled, with salt	N/A	0.577
Mung beans, mature seeds, cooked, boiled, without salt	N/A	0.577
Mung beans, mature seeds, raw	N/A	2.251
Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	N/A	0.817
many seems, material seems, opinionical, seems, seems, and many and many	1.47.	0.017
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	N/A	0.817
Mung beans, mature seeds, sprouted, cooked, stir-fried	N/A	1.2
Mung beans, mature seeds, sprouted, raw	N/A	0.749
Mungo beans, mature seeds, sprouted, town Mungo beans, mature seeds, cooked, boiled, with salt	N/A	1.5
Mungo beans, mature seeds, cooked, boiled, without salt	N/A	1.5
Mungo beans, mature seeds, raw	N/A	1.447
Mushroom, white, exposed to ultraviolet light, raw	N/A	3.607
intustriooni, writte, exposed to didraviolet light, raw	IN/A	3.007
Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	N/A	3.8
Mushrooms, brown, italian, or crimini, raw	N/A	3.8
Mushrooms, canned, drained solids	N/A	1.593
Mushrooms, Chanterelle, raw	N/A	4.085
Mushrooms, enoki, raw	N/A	7.032
Mushrooms, maitake, raw	N/A	6.585
Mushrooms, morel, raw	N/A	2.252
Mushrooms, oyster, raw	N/A	4.956
Mushrooms, portabella, exposed to ultraviolet light, grilled	N/A	6.255
Mushrooms, portabella, exposed to ultraviolet light, raw	N/A	4.494
Mushrooms, portabella, grilled	N/A	6.255
Mushrooms, portabella, raw	N/A	4.494
Mushrooms, shiitake, cooked, with salt	N/A	1.5
Mushrooms, shiitake, cooked, without salt	N/A	1.5
Mushrooms, shiitake, dried	N/A	14.1
Mushrooms, shiitake, raw	N/A	3.877
Mushrooms, shiitake, stir-fried	N/A	3.87
Mushrooms, straw, canned, drained solids	N/A	0.224
Mushrooms, white, cooked, boiled, drained, with salt	N/A	4.46
Mushrooms, white, cooked, boiled, drained, without salt	N/A	4.46
Mushrooms, white, raw	N/A	3.607
Mushrooms, white, stir-fried	N/A	3.987
Mustard greens, cooked, boiled, drained, with salt	N/A	0.433
Mustard greens, cooked, boiled, drained, without salt	N/A	0.433
Mustard greens, cooked, boiled, drained, without sait Mustard greens, frozen, cooked, boiled, drained, with salt	N/A	0.258
Mustard greens, frozen, cooked, boiled, drained, with salt	N/A	0.258
Mustard greens, frozen, unprepared	N/A	0.238
Mustard greens, raw	N/A	0.8
Mustard greens, raw Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	N/A	0.63
mastara spinacii, (tenaci green), cookea, polica, arallica, with sait	14/7	0.43
Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	N/A	0.43
Mustard spinach, (tendergreen), raw	N/A	0.678
Mustard, prepared, yellow	N/A	0.565
		6.52
Mutton, cooked, roasted (Navajo)	N/A	6.

Nabisco, Nabisco Grahams Crackers	N/A	3.78
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	N/A	1.845
Nabisco, Nabisco Ritz Crackers	N/A	4.88
Nabisco, Nabisco Snackwell's Fat Free Devil's Food Cookie Cakes	N/A	1.345
Nance, canned, syrup, drained	N/A	0.3
Nance, frozen, unsweetened	N/A	0.29
Naranjilla (lulo) pulp, frozen, unsweetened	N/A	1.45
Nectarines, raw	N/A	1.125
New zealand spinach, cooked, boiled, drained, with salt	N/A	0.39
New Zealand spinach, cooked, boiled, drained, without salt	N/A	0.39
New Zealand spinach, raw	N/A	0.5
Noodles, chinese, cellophane or long rice (mung beans), dehydrated	N/A	0.2
Noodles, egg, cooked, enriched, with added salt	N/A	2.077
Noodles, egg, cooked, unenriched, with added salt	N/A	0.4
Noodles, egg, dry, enriched	N/A	8.387
Noodles, egg, dry, unenriched	N/A	2.1
Noodles, egg, enriched, cooked	N/A	2.077
Noodles, egg, spinach, enriched, cooked	N/A	1.474
Noodles, egg, spinach, enriched, dry	N/A	6.575
Noodles, egg, unenriched, cooked, without added salt	N/A	0.4
Noodles, flat, crunchy, Chinese restaurant	N/A	2.52
Noodles, japanese, soba, cooked	N/A	0.51
Noodles, japanese, soba, dry	N/A	3.21
Noodles, japanese, somen, cooked	N/A	0.097
Noodles, japanese, somen, dry	N/A	0.875
Nopales, cooked, without salt	N/A	0.296
Nopales, raw	N/A	0.41
Nutritional supplement for people with diabetes, liquid	N/A	2.201
Nuts, acorn flour, full fat	N/A	2.382
Nuts, acorns, dried	N/A	2.406
Nuts, acorns, raw	N/A	1.827
Nuts, almond butter, plain, with salt added	N/A	3.155
Nuts, almond butter, plain, without salt added	N/A	3.155
Nuts, almond paste	N/A	1.422
Nuts, almonds	N/A	3.618
Nuts, almonds, blanched	N/A	3.5
Nuts, almonds, dry roasted, with salt added	N/A	3.637
Nuts, almonds, dry roasted, without salt added	N/A	3.637
Nuts, almonds, honey roasted, unblanched	N/A	2.819
Nuts, almonds, oil roasted, lightly salted	N/A	3.665
Nuts, almonds, oil roasted, with salt added	N/A	3.665
Nuts, almonds, oil roasted, without salt added	N/A	3.665
Nuts, beechnuts, dried	N/A	0.877
Nuts, brazilnuts, dried, unblanched	N/A	0.295
Nuts, butternuts, dried	N/A	1.045
Nuts, cashew butter, plain, with salt added	N/A	1.108
Nuts, cashew butter, plain, without salt added	N/A	1.599
Nuts, cashew nuts, dry roasted, with salt added	N/A	1.4
Nuts, cashew nuts, dry roasted, without salt added	N/A	1.4
Nuts, cashew nuts, oil roasted, with salt added	N/A	1.736
Nuts, cashew nuts, oil roasted, without salt added	N/A	1.736
Nuts, cashew nuts, raw	N/A	1.062
Nuts, chestnuts, chinese, boiled and steamed	N/A	0.548
Nuts, chestnuts, chinese, dried	N/A	1.3
Nuts, chestnuts, chinese, raw	N/A	0.8
Nuts, chestnuts, chinese, roasted	N/A	1.5
Nuts, chestnuts, european, boiled and steamed		0.731
Nute about the surprise divide and led	N/A	0.751
Nuts, chestnuts, european, dried, peeled	N/A N/A	0.854
Nuts, chestnuts, european, dried, peeled Nuts, chestnuts, european, dried, unpeeled		
	N/A	0.854

Nuts shortnuts auropean reacted	N/A	1 242
Nuts, chestnuts, european, roasted Nuts, chestnuts, japanese, boiled and steamed	N/A	1.342 0.543
Nuts, chestnuts, japanese, dried	N/A	3.5
Nuts, chestnuts, japanese, raw	N/A	1.5
Nuts, chestnuts, japanese, roasted	N/A	0.7
Nuts, coconut cream, canned, sweetened	N/A	0.038
Nuts, coconut cream, raw (liquid expressed from grated meat)	N/A	0.89
Nuts, coconut meat, dried (desiccated), creamed	N/A	0.611
Nuts, coconut meat, dried (desiccated), not sweetened	N/A	0.603
Nuts, coconut meat, dried (desiccated), not sweetened Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	N/A	0.305
ivuts, coconut meat, uneu (desiccateu), sweeteneu, nakeu, canneu	N/A	0.303
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	N/A	0.697
Nuts, coconut meat, dried (desiccated), sweetened, inked, packaged Nuts, coconut meat, dried (desiccated), sweetened, shredded	N/A	0.474
Nuts, coconut meat, dried (desiccated), toasted	N/A	0.474
Nuts, coconut meat, raw	N/A	0.54
ivuts, coconut meat, raw	IN/A	0.34
Nuts, coconut milk, canned (liquid expressed from grated meat and water)	N/A	0.637
ivats, cocondit mink, canned (iiquid expressed from grated meat and water)	N/A	0.037
Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	N/A	0.671
Nuts, cocondit milk, mozem (inquid expressed from grated meat and water)	IN/A	0.671
Nuts, coconut milk, raw (liquid expressed from grated meat and water)	N/A	0.76
Nuts, coconut mink, raw (ilquid expressed from grated fleat and water) Nuts, coconut water (liquid from coconuts)	N/A	
nuts, coconut water (liquid from coconuts)	IN/A	0.08
Nuts, formulated, wheat-based, all flavors except macadamia, without salt	NI/A	1.5
	N/A N/A	1.5
Nuts, formulated, wheat-based, unflavored, with salt added		1.5
Nuts, ginkgo nuts, canned	N/A	3.623
Nuts, ginkgo nuts, dried	N/A	11.732
Nuts, ginkgo nuts, raw	N/A	6
Nuts, hazelnuts or filberts	N/A	1.8
Nuts, hazelnuts or filberts, blanched	N/A	1.55
Nuts, hazelnuts or filberts, dry roasted, without salt added	N/A	2.05
Nuts, hickorynuts, dried	N/A	0.907
Nuts, macadamia nuts, dry roasted, with salt added	N/A	2.274
Nuts, macadamia nuts, dry roasted, without salt added	N/A	2.274
Nuts, macadamia nuts, raw	N/A	2.473
N	21/2	2.74
Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	N/A	3.74
Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio		
blend	N/A	4.51
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	N/A	4.7
Nuts, mixed nuts, dry roasted, with peanuts, without salt added	N/A	6.22
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	N/A	7.709
Nuts, mixed nuts, oil roasted, with peanuts, with salt added	N/A	7.709
Nuts, mixed nuts, oil roasted, with peanuts, without salt added	N/A	7.709
Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	N/A	2
Nuts, mixed nuts, oil roasted, without peanuts, with salt added	N/A	1.964
Nuts, mixed nuts, oil roasted, without peanuts, without salt added	N/A	1.964
Nuts, pecans	N/A	1.167
Nuts, pecans, dry roasted, with salt added	N/A	1.167
Nuts, pecans, dry roasted, without salt added	N/A	1.167
Nuts, pecans, oil roasted, with salt added	N/A	1.2
Nuts, pecans, oil roasted, without salt added	N/A	1.2
Nuts, pilinuts, dried	N/A	0.519
Nuts, pine nuts, dried	N/A	4.387
Nuts, pine nuts, pinyon, dried	N/A	4.37
Nuts, pistachio nuts, dry roasted, with salt added	N/A	1.373
Nuts, pistachio nuts, dry roasted, without salt added	N/A	1.373
Nuts, pistachio nuts, raw	N/A	1.3
Nuts, walnuts, black, dried	N/A	0.47
Nuts, walnuts, dry roasted, with salt added	N/A	2.217
Nuts, walnuts, english	N/A	1.125

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

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

Passion-fruit, (granadilla), purple, raw	N/A	1.5
Pasta mix, classic beef, unprepared	N/A	5.24
Pasta mix, classic cheeseburger macaroni, unprepared	N/A	5.703
Pasta mix, Italian four cheese lasagna, unprepared	N/A	6.067
Pasta mix, Italian lasagna, unprepared	N/A	5.577
Pasta with Sliced Franks in Tomato Sauce, canned entree	N/A	1.157
Pasta with tomato sauce, no meat, canned	N/A	1.302
Pasta, cooked, enriched, with added salt	N/A	1.689
Pasta, cooked, enriched, without added salt	N/A	1.689
Pasta, cooked, unenriched, with added salt	N/A	0.4
Pasta, cooked, unenriched, without added salt	N/A	0.4
Pasta, dry, enriched	N/A	7.177
Pasta, dry, unenriched	N/A	1.7
Pasta, fresh-refrigerated, plain, as purchased	N/A	3.35
Pasta, fresh-refrigerated, plain, cooked	N/A	0.992
Pasta, fresh-refrigerated, spinach, as purchased	N/A	3.46
Pasta, fresh-refrigerated, spinach, cooked	N/A	1.011
Pasta, gluten-free, brown rice flour, cooked, TINKYADA	N/A	1.465
Pasta, gluten-free, corn and rice flour, cooked	N/A	0.24
Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	N/A	0.45
Pasta, gluten-free, corn, cooked	N/A	0.556
Pasta, gluten-free, corn, dry	N/A	2.43
Pasta, homemade, made with egg, cooked	N/A	1.257
Pasta, homemade, made without egg, cooked	N/A	1.343
Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked		
(Includes foods for USDA's Food Distribution Program)	N/A	2.657
Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry		
(Includes foods for USDA's Food Distribution Program)	N/A	8.63
Desta whole serie 540/ whole wheet associates we wished associate and		2.007
Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cook	ed N/A	2.887
Pacta whole grain E10/ whole wheat remaining unenrighed compline dry	NI/A	7.049
Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry Pasta, whole-wheat, cooked (Includes foods for USDA's Food Distribution	N/A	7.948
Program)	N/A	3.126
riogram)	IN/ A	3.120
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program	m) N/A	8.691
Pastrami, beef, 98% fat-free	N/A	5.065
Pastrami, turkey	N/A	3.527
Pastry, Pastelitos de Guava (guava pastries)	N/A	2.493
Pate de foie gras, canned (goose liver pate), smoked	N/A	2.51
Pate, chicken liver, canned	N/A	7.517
Pate, goose liver, smoked, canned	N/A	2.51
Pate, liver, not specified, canned	N/A	3.3
Pate, truffle flavor	N/A	3.3
Peach nectar, canned, with added ascorbic acid	N/A	0.2
Peach nectar, canned, with sucralose, without added ascorbic acid	N/A	0.09
Peaches, canned, extra heavy syrup pack, solids and liquids	N/A	0.52
Peaches, canned, extra light syrup, solids and liquids (Includes foods for USD	A's	
Food Distribution Program)	N/A	0.8
Peaches, canned, heavy syrup pack, solids and liquids	N/A	0.614
Peaches, canned, heavy syrup, drained	N/A	0.625
Peaches, canned, juice pack, solids and liquids	N/A	0.582
Peaches, canned, light syrup pack, solids and liquids	N/A	0.593
, tames, nones, approximation and and and		0.521
Peaches, canned, water pack, solids and liquids	N/A	0.521
	N/A N/A	2.03
Peaches, canned, water pack, solids and liquids	•	
Peaches, canned, water pack, solids and liquids Peaches, dehydrated (low-moisture), sulfured, stewed	N/A N/A N/A	2.03 4.825 1.388
Peaches, canned, water pack, solids and liquids Peaches, dehydrated (low-moisture), sulfured, stewed Peaches, dehydrated (low-moisture), sulfured, uncooked Peaches, dried, sulfured, stewed, with added sugar Peaches, dried, sulfured, stewed, without added sugar	N/A N/A N/A N/A	2.03 4.825
Peaches, canned, water pack, solids and liquids Peaches, dehydrated (low-moisture), sulfured, stewed Peaches, dehydrated (low-moisture), sulfured, uncooked Peaches, dried, sulfured, stewed, with added sugar	N/A N/A N/A	2.03 4.825 1.388

Peaches, spiced, canned, heavy syrup pack, solids and liquids	N/A	0.537
Peaches, yellow, raw	N/A	0.806
Peanut butter with omega-3, creamy	N/A	12.875
Peanut butter, chunk style, with salt	N/A	13.696
Peanut butter, chunk style, without salt	N/A	13.696
Peanut butter, chunky, vitamin and mineral fortified	N/A	13.64
Peanut butter, reduced sodium	N/A	13.69
	.,,,,	151.65
Peanut Butter, smooth (Includes foods for USDA's Food Distribution Program)	N/A	13.16
Peanut butter, smooth style, with salt (Includes foods for USDA's Food	.,,	
Distribution Program)	N/A	13.112
Peanut butter, smooth style, without salt	N/A	13.112
Peanut butter, smooth, reduced fat	N/A	14.6
Peanut butter, smooth, vitamin and mineral fortified	N/A	13.369
Peanut flour, defatted	N/A	27
Peanut flour, low fat	N/A	11.499
Peanut spread, reduced sugar	N/A	16.385
Peanuts, all types, cooked, boiled, with salt	N/A	5.259
Peanuts, all types, dry-roasted, with salt	N/A	14.355
Peanuts, all types, dry-roasted, without salt	N/A	14.355
Peanuts, all types, oil-roasted, with salt	N/A	13.825
Peanuts, all types, oil-roasted, without salt	N/A	13.825
Peanuts, all types, raw	N/A	12.066
Peanuts, spanish, oil-roasted, with salt	N/A	14.933
Peanuts, spanish, oil-roasted, without salt	N/A	14.933
Peanuts, spanish, raw	N/A	15.925
Peanuts, valencia, oil-roasted, with salt	N/A	14.338
Peanuts, valencia, oil-roasted, without salt	N/A	14.338
Peanuts, valencia, raw	N/A	12.875
Peanuts, virginia, oil-roasted, with salt	N/A	14.7
Peanuts, virginia, oil-roasted, without salt	N/A	14.7
Peanuts, virginia, raw	N/A	12.375
Pear nectar, canned, with added ascorbic acid	N/A	0.128
Pear nectar, canned, without added ascorbic acid	N/A	0.128
Pears, asian, raw	N/A	0.219
Pears, canned, extra heavy syrup pack, solids and liquids	N/A	0.238
Pears, canned, extra light syrup pack, solids and liquids (Includes foods for		
USDA's Food Distribution Program)	N/A	0.4
Pears, canned, heavy syrup pack, solids and liquids	N/A	0.242
Pears, canned, heavy syrup, drained	N/A	0.242
Pears, canned, juice pack, solids and liquids Pears, canned, light syrup pack, solids and liquids	N/A N/A	0.2
Pears, canned, water pack, solids and liquids	N/A	0.154 0.054
Pears, dried, sulfured, stewed, with added sugar	N/A	0.034
Pears, dried, sulfured, stewed, with added sugar	N/A	0.351
Pears, dried, sulfured, uncooked	N/A	1.372
Pears, raw	N/A	0.161
i cuis, ruw	NA	0.101
Pears, raw, bartlett (Includes foods for USDA's Food Distribution Program)	N/A	0.164
ears, raw, sartiett (metades 1880s 181 8357/31/880 515th batton 17/86/4m)	14/74	6.120 1
Pears, raw, bosc (Includes foods for USDA's Food Distribution Program)	N/A	0.152
reary, raw, bose (monages rooms for cost) is room biserious.	TAJ T	0.132
Pears, raw, green anjou (Includes foods for USDA's Food Distribution Program)	N/A	0.151
Pears, raw, red anjou	N/A	0.162
Peas and carrots, canned, no salt added, solids and liquids	N/A	0.581
Peas and carrots, canned, regular pack, solids and liquids	N/A	0.581
Peas and carrots, frozen, cooked, boiled, drained, with salt	N/A	1.154
Peas and carrots, frozen, cooked, boiled, drained, without salt	N/A	1.154
Peas and carrots, frozen, unprepared	N/A	1.412
Peas and onions, canned, solids and liquids	N/A	1.28
Peas and onions, frozen, cooked, boiled, drained, with salt	N/A	1.044

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

Peppers, sweet, red, freeze-dried	N/A	7.4
Peppers, sweet, red, freeze-aried Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	N/A	1.082
Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	N/A	1.082
Peppers, sweet, red, frozen, chopped, unprepared	N/A	1.37
Peppers, sweet, red, raw	N/A	0.979
Peppers, sweet, red, sauteed	N/A	0.954
Peppers, sweet, yellow, raw	N/A	0.89
Persimmons, japanese, dried	N/A	0.18
Persimmons, japanese, raw	N/A	0.1
Pheasant, breast, meat only, raw	N/A	8.554
Pheasant, cooked, total edible	N/A	7.53
Pheasant, leg, meat only, raw	N/A	3.7
Pheasant, raw, meat and skin	N/A	6.426
Pheasant, raw, meat only	N/A	6.759
Phyllo dough	N/A	4.073
Pickle and pimiento loaf, pork	N/A	2.486
Pickle relish, hamburger	N/A	0.617
Pickle relish, hot dog	N/A	0.5
Pickle relish, sweet	N/A	0.233
Pickles, cucumber, dill or kosher dill	N/A	0.109
Pickles, cucumber, dill, reduced sodium	N/A	0.109
Pickles, cucumber, sweet (includes bread and butter pickles)	N/A	0.115
renes, edelinger, sweet (melades sread and satter prones)	14/7	0.113
Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	N/A	0.174
Picnic loaf, pork, beef	N/A	2.306
Pie Crust, Cookie-type, Chocolate, Ready Crust	N/A	3.073
Pie Crust, Cookie-type, Graham Cracker, Ready Crust	N/A	3.22
Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	N/A	2.091
Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	N/A	2.113
Pie crust, deep dish, frozen, baked, made with enriched flour	N/A	2.867
Pie crust, deep dish, frozen, unbaked, made with enriched flour	N/A	2.5
Pie crust, refrigerated, regular, baked	N/A	1.285
Pie crust, refrigerated, regular, unbaked	N/A	1.145
Pie crust, standard-type, dry mix	N/A	2.727
Pie crust, standard-type, dry mix, prepared, baked	N/A	2.373
Pie crust, standard-type, frozen, ready-to-bake, enriched	N/A	2.7
Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	N/A	3.45
Pie crust, standard-type, frozen, ready-to-bake, unenriched	N/A	0.55
Pie crust, standard-type, prepared from recipe, baked	N/A	3.307
Pie crust, standard-type, prepared from recipe, unbaked	N/A	2.943
Pie fillings, apple, canned	N/A	0.035
Pie fillings, blueberry, canned	N/A	0.091
Pie fillings, canned, cherry	N/A	0.14
Pie fillings, cherry, low calorie	N/A	0.361
Pie, apple, commercially prepared, enriched flour	N/A	0.263
Pie, apple, commercially prepared, unenriched flour	N/A	1.123
Pie, apple, prepared from recipe	N/A	1.23
Pie, banana cream, prepared from mix, no-bake type	N/A	0.709
Pie, banana cream, prepared from recipe	N/A	1.054
Pie, blueberry, commercially prepared	N/A	0.3
Pie, blueberry, prepared from recipe	N/A	1.194
Pie, cherry, commercially prepared	N/A	0.2
Pie, cherry, prepared from recipe	N/A	1.276
Pie, chocolate creme, commercially prepared	N/A	0.605
Pie, chocolate mousse, prepared from mix, no-bake type	N/A	0.595
Pie, coconut cream, prepared from mix, no-bake type	N/A	0.132
Pie, coconut creme, commercially prepared	N/A	0.2
Pie, coconut creme, commercially prepared Pie, coconut custard, commercially prepared	N/A N/A	0.2
Pie, coconut custard, commercially prepared	N/A	0.403

Pie, fried pies, fruit	N/A	1.425
Pie, fried pies, lemon	N/A	1.425
Pie, lemon meringue, commercially prepared	N/A	0.649
Pie, lemon meringue, prepared from recipe	N/A	0.049
Pie, mince, prepared from recipe	N/A	1.189
Pie, peach	N/A	0.2
Pie, peach Pie, pecan, commercially prepared	N/A	1.31
Pie, pecan, prepared from recipe	N/A	0.847
Pie, pumpkin, commercially prepared	N/A	1.107
Pie, pumpkin, prepared from recipe	N/A	0.782
	N/A	
Pie, vanilla cream, prepared from recipe	N/A	0.984
Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	· ·	0.781
Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	N/A	0.781
Pigeon peas (red gram), mature seeds, raw	N/A	2.965
Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	N/A	2.153
Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	N/A	2.153
Pigeonpeas, immature seeds, raw	N/A	2.2
Piki bread, made from blue cornmeal (Hopi)	N/A	2.92
Pimento, canned	N/A	0.615
Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	N/A	0.199
Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	N/A	0.199
Pineapple juice, canned, not from concentrate, unsweetened, with added		
vitamins A, C and E	N/A	0.141
Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume		
water	N/A	0.2
Pineapple juice, frozen concentrate, unsweetened, undiluted	N/A	0.9
Pineapple, canned, extra heavy syrup pack, solids and liquids	N/A	0.282
Pineapple, canned, heavy syrup pack, solids and liquids	N/A	0.287
Pineapple, canned, juice pack, drained	N/A	0.284
Pineapple, canned, juice pack, solids and liquids	N/A	0.284
Pineapple, canned, light syrup pack, solids and liquids	N/A	0.292
Pineapple, canned, water pack, solids and liquids	N/A	0.298
Pineapple, frozen, chunks, sweetened	N/A	0.3
Pineapple, raw, all varieties	N/A	0.5
Pineapple, raw, extra sweet variety	N/A	0.507
Pineapple, raw, traditional varieties	N/A	0.47
Pitanga, (surinam-cherry), raw	N/A	0.3
PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	N/A	3.295
PIZZA HUT 12" Cheese Pizza, Pan Crust	N/A	3.253
PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	N/A	2.895
PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	N/A	4.028
PIZZA HUT 12" Pepperoni Pizza, Pan Crust	N/A	3.84
PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	N/A	3.582
PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	N/A	4.3
PIZZA HUT 14" Cheese Pizza, Pan Crust	N/A	3.48
PIZZA HUT 14" Cheese Pizza, Pan Crust PIZZA HUT 14" Cheese Pizza, Stuffed Crust	N/A	
PIZZA HUT 14" Cheese Pizza, Stuffed Crust PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	N/A	3.763
, ,		4.18
PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	N/A	4.82
PIZZA HUT 14" Pepperoni Pizza, Pan Crust	N/A	3.75
PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	N/A	4.55
PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	N/A	4.25
PIZZA HUT 14" Sausage Pizza, Pan Crust	N/A	3.83
PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	N/A	4.5
PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	N/A	2.38
PIZZA HUT, breadstick, parmesan garlic	N/A	7.08
Pizza rolls, frozen, unprepared	N/A	2.075
Pizza, cheese topping, regular crust, frozen, cooked	N/A	2.196
Pizza, cheese topping, rising crust, frozen, cooked	N/A	1.985
Pizza, cheese topping, thin crust, frozen, cooked	N/A	1.283

Pizza, meat and vegetable topping, regular crust, frozen, cooked	N/A	2.379
Pizza, meat and vegetable topping, rising crust, frozen, cooked	N/A	2.155
Pizza, meat topping, thick crust, frozen, cooked	N/A	2.567
Pizza, pepperoni topping, regular crust, frozen, cooked	N/A	3.235
Plantains, green, boiled	N/A	0.39
Plantains, green, fried	N/A	0.818
Plantains, green, raw	N/A	0.55
Plantains, yellow, baked	N/A	0.685
Plantains, yellow, fried, Latino restaurant	N/A	0.837
Plantains, yellow, raw	N/A	0.672
Plums, canned, heavy syrup, drained	N/A	0.291
Plums, canned, purple, extra heavy syrup pack, solids and liquids	N/A	0.285
Plums, canned, purple, heavy syrup pack, solids and liquids	N/A	0.291
Plums, canned, purple, juice pack, solids and liquids	N/A	0.473
Plums, canned, purple, light syrup pack, solids and liquids	N/A	0.297
Plums, canned, purple, water pack, solids and liquids	N/A	0.37
Plums, dried (prunes), stewed, with added sugar	N/A	0.675
Plums, dried (prunes), stewed, without added sugar	N/A	0.723
Plums, dried (prunes), uncooked	N/A	1.882
Plums, raw	N/A	0.417
Plums, wild (Northern Plains Indians)	N/A	0.367
Poi	N/A	1.1
Pokeberry shoots, (poke), cooked, boiled, drained, with salt	N/A	1.1
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	N/A	1.1
Pokeberry shoots, (poke), raw	N/A	1.2
Polish sausage, pork	N/A	3.443
Pomegranate juice, bottled	N/A	0.233
Pomegranates, raw	N/A	0.293
Popcorn, microwave, low fat and sodium	N/A	2.07
Popcorn, microwave, regular (butter) flavor, made with palm oil	N/A	1.615
Popcorn, sugar syrup/caramel, fat-free	N/A	0.342
POPEYES, biscuit	N/A	3.24
POPEYES, Coleslaw	N/A	0.206
POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	N/A	8.988
DODENES Saind Chicken Mild Donest week sales also and broading as assessed	21/2	0.202
POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	N/A	9.393
DODEVEC Fried Chiefen Mild Downstiel word and alice with boarding	N1/A	F 442
POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	N/A	5.443
POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading	N1/A	6.45
removed POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	N/A	6.15
POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	N/A	5.687
POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	N/A	6.02
POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	N/A	6.546
FOFETES, Fried Chickeri, Willd, Willig, Meat and Skill With Dreading	IN/A	0.540
POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	N/A	8.127
POPEYES, Mild Chicken Strips, analyzed 2006	N/A	8.317
POPEYES, Spicy Chicken Strips, analyzed 2006	N/A	8.69
Popovers, dry mix, enriched	N/A	3.378
Popovers, dry mix, emiched	N/A	1.041
Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	N/A	7.883
Pork loin, fresh, backribs, bone-in, raw, lean only	N/A	7.247
Pork sausage rice links, brown and serve, cooked	N/A	3.35
Pork sausage lice links, brown and serve, cooked	N/A	6.119
Pork sausage, link/patty, cooked, pair-fried	N/A	4.328
Pork sausage, link/patty, fully cooked, inicrowaved Pork sausage, link/patty, fully cooked, unheated	N/A	3.984
	N/A	7.737
Pork sausage, link/patty, reduced fat, cooked, pan-fried		
Pork sausage, link/patty, reduced fat, cooked, pan-fried Pork sausage, link/patty, reduced fat, unprepared	•	
Pork sausage, link/patty, reduced fat, unprepared	N/A	6.187
	•	

Pork, cured, bacon, cooked, baked	N/A	10.623
Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	N/A	11.099
Pork, cured, bacon, cooked, microwaved	N/A	10.714
Pork, cured, bacon, pre-sliced, cooked, pan-fried	N/A	10.457
Pork, cured, bacon, unprepared	N/A	4.022
Pork, cured, breakfast strips, raw or unheated	N/A	3.65
Pork, cured, feet, pickled	N/A	0.22
Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted	N/A	4.29
Pork, cured, ham water added, rump, bone-in, separable lean and fat,		
unheated	N/A	4.819
Pork, cured, ham water added, rump, bone-in, separable lean only, heated,		
roasted	N/A	4.43
Pork, cured, ham water added, rump, bone-in, separable lean only, unheated	N/A	5.32
Pork, cured, ham water added, shank, bone-in, separable lean and fat,		
heated, roasted	N/A	4.695
Pork, cured, ham water added, shank, bone-in, separable lean and fat,		
unheated	N/A	3.407
Pork, cured, ham water added, shank, bone-in, separable lean only, heated,		
roasted	N/A	5.073
Pork, cured, ham water added, shank, bone-in, separable lean only,		
unheated	N/A	3.59
Pork, cured, ham water added, slice, bone-in, separable lean and fat, heated,		
pan-broil	N/A	5.215
Pork, cured, ham water added, slice, bone-in, separable lean and fat,	,	
unheated	N/A	4.352
Pork, cured, ham water added, slice, bone-in, separable lean only, heated,	1.47.	
pan-broil	N/A	5.436
Deale second bear constructed about the bear to second bear and contracted		4.74
Pork, cured, ham water added, slice, bone-in, separable lean only, unheated	N/A	4.71
Pork, cured, ham water added, slice, boneless, separable lean and fat,		
heated, pan-broil	N/A	5.838
Pork, cured, ham water added, slice, boneless, separable lean only, heated,		
pan-broil	N/A	5.895
Pork, cured, ham water added, whole, boneless, separable lean and fat,		
heated, roasted	N/A	5.734
Pork, cured, ham water added, whole, boneless, separable lean and fat,		
unheated	N/A	5.389
Pork, cured, ham water added, whole, boneless, separable lean only, heated,		
roasted	N/A	5.797
Pork, cured, ham water added, whole, boneless, separable lean only,		
unheated	N/A	5.473
Pork, cured, ham and water product, rump, bone-in, separable lean and fat,		
heated, roasted	N/A	3.901
Pork, cured, ham and water product, rump, bone-in, separable lean and fat,		
unheated	N/A	3.822
Pork, cured, ham and water product, rump, bone-in, separable lean only,		
Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	N/A	4.04
	N/A	4.04
heated, roasted	N/A N/A	4.04 4.09
heated, roasted Pork, cured, ham and water product, rump, bone-in, separable lean only,		
heated, roasted Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated		
heated, roasted Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated Pork, cured, ham and water product, shank, bone-in, separable lean and fat,	N/A	4.09
heated, roasted Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	N/A	4.09
heated, roasted Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted Pork, cured, ham and water product, shank, bone-in, separable lean and fat,	N/A N/A	4.09 4.159
heated, roasted Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	N/A N/A	4.09 4.159
heated, roasted Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated Pork, cured, ham and water product, shank, bone-in, separable lean only,	N/A N/A N/A	4.09 4.159 3.253

Pork, cured, ham and water product, slice, bone-in, separable lean and fat,	,	
heated, pan-broil	N/A	4.855
Pork, cured, ham and water product, slice, bone-in, separable lean and fat,		
unheated	N/A	4.177
Pork, cured, ham and water product, slice, bone-in, separable lean only,		
heated, pan-broil	N/A	5.023
Pork, cured, ham and water product, slice, bone-in, separable lean only,		
unheated	N/A	4.38
Pork, cured, ham and water product, slice, boneless, separable lean and fat,		
heated, pan-broil	N/A	4.283
Pork, cured, ham and water product, slice, boneless, separable lean only,		
heated, pan-broil	N/A	4.285
Pork, cured, ham and water product, whole, boneless, separable lean and fat,		
heated, roasted	N/A	3.62
Pork, cured, ham and water product, whole, boneless, separable lean and fat,	13,77	3.02
unheated	N/A	3.867
Pork, cured, ham and water product, whole, boneless, separable lean only,	NA	3.807
	N1/A	2.62
heated, roasted	N/A	3.62
Pork, cured, ham and water product, whole, boneless, separable lean only,	21/2	2.07
unheated	N/A	3.87
Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat,		
heated, roasted	N/A	7.127
Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat,		
unheated	N/A	6.31
Pork, cured, ham with natural juices, rump, bone-in, separable lean only,		
heated, roasted	N/A	7.62
Pork, cured, ham with natural juices, rump, bone-in, separable lean only,		
unheated	N/A	7.23
Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat,		
heated, roasted	N/A	7.19
Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat,	<u> </u>	
unheated	N/A	4.856
Pork, cured, ham with natural juices, shank, bone-in, separable lean only,	13,77	1.030
heated, roasted	N/A	7.793
Pork, cured, ham with natural juices, shank, bone-in, separable lean only,	N/A	7.755
unheated	N1/A	E 20
	N/A	5.28
Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat,	21/2	0.53
heated, pan-broil	N/A	8.52
Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat,		
unheated	N/A	6.227
Pork, cured, ham with natural juices, slice, bone-in, separable lean only,		
heated, pan-broil	N/A	9.01
Pork, cured, ham with natural juices, slice, bone-in, separable lean only,		
unheated	N/A	6.59
Pork, cured, ham with natural juices, slice, boneless, separable lean and fat,		
heated, pan-broil	N/A	7.374
Pork, cured, ham with natural juices, slice, boneless, separable lean only,		
heated, pan-broil	N/A	7.395
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and		
fat, heated, roasted	N/A	6.619
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and		
fat, unheated	N/A	5.575
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only,		2.070
unheated	N/A	5.733
Pork, cured, ham with natural juices, spiral slice, meat only, boneless,	,	5.733
separable lean only, heated, roasted	N/A	6.72
Pork, cured, ham with natural juices, whole, boneless, separable lean and fat,	IN D	6.72
	NI/A	6.03
heated, roasted	N/A	6.82
Pork, cured, ham with natural juices, whole, boneless, separable lean and fat,	101/0	2.22
unheated	N/A	6.859

Pork cured ham with natural juices whole honeless senarable lean only		
Pork, cured, ham with natural juices, whole, boneless, separable lean only,	21/2	5.03
heated, roasted	N/A	6.83
Pork, cured, ham with natural juices, whole, boneless, separable lean only,	21/2	6.077
unheated	N/A	6.877
Dark sured ham banaloss outra loan (annrovimatoly E9/ fat) reacted	N1/A	4.022
Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	N/A	4.023
Pork, cured, ham, boneless, extra lean and regular, roasted	N/A	5.324
Pork, cured, ham, boneless, extra lean and regular, unheated	N/A	5.09
Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	N/A	4.02
loasted	N/A	4.02
Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	N/A	5 22
	N/A	5.32
Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	IN/A	6.15
Pork, cured, ham, center slice, country-style, separable lean only, raw	NI/A	2 001
Pork, cured, ham, center slice, country-style, separable lean only, raw	N/A N/A	3.881 4.809
	N/A	
Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	IN/A	4.892
Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	N/A	F 202
	N/A N/A	5.302 5.032
Pork, cured, ham, extra lean and regular, canned, roasted Pork, cured, ham, extra lean and regular, canned, unheated	N/A N/A	4.585
Pork, cured, ham, low sodium, lean and fat, cooked	•	
Pork, cured, ham, patties, unheated	N/A N/A	5.74
	•	3.014
Pork, cured, ham, regular (approximately 13% fat), canned, roasted	N/A	5.3
Dark sured ham rumn hand in congrable loan and fat heated reacted	N/A	6 971
Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	N/A	6.871
Fork, cured, flam, fump, bone-in, separable lean and fat, diffleated	IN/A	6.417
Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	N/A	7.387
	N/A	6.987
Pork, cured, ham, rump, bone-in, separable lean only, unheated Pork, cured, ham, separable fat, boneless, heated	N/A	
Pork, cured, ham, separable fat, boneless, meated	N/A	3.08
Fork, cured, flam, separable fat, boliciess, difficated	IN/A	2.37
Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	N/A	6.885
Pork, cured, ham, shank, bone-in, separable lean and fat, included	N/A	6.382
rork, cured, fiam, strank, bone-in, separable lean and rat, difficated	INA	0.362
Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	N/A	7.397
Pork, cured, ham, shank, bone-in, separable lean only, unheated	N/A	6.97
Tork, cured, nam, shank, bone in, separable lean only, dimeated	IVA	0.57
Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	N/A	7.333
Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	N/A	6.05
Tork, carea, nam, since, bone in, separable rean ana rat, anneated		0.03
Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	N/A	7.767
Pork, cured, ham, slice, bone-in, separable lean only, unheated	N/A	6.493
Pork, cured, ham, steak, boneless, extra lean, unheated	N/A	5.08
Pork, cured, ham, whole, separable lean and fat, unheated	N/A	4.463
Pork, cured, ham, whole, separable lean only, roasted	N/A	5.02
Pork, cured, ham, whole, separable lean only, unheated	N/A	5.252
Pork, cured, salt pork, raw	N/A	1.62
Pork, cured, separable fat (from ham and arm picnic), roasted	N/A	2.228
Pork, cured, separable fat (from ham and arm picnic), unheated	N/A	1.82
Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	N/A	4.127
Pork, cured, shoulder, arm picnic, separable lean only, roasted	N/A	4.798
Pork, cured, shoulder, blade roll, separable lean and fat, roasted	N/A	2.377
Pork, cured, shoulder, blade roll, separable lean and fat, unheated	N/A	2.72
Pork, fresh, backfat, raw	N/A	0.985
Pork, fresh, backribs, separable lean and fat, cooked, roasted	N/A	7.636
Pork, fresh, backribs, separable lean and fat, raw	N/A	6.776
•	N/A	4.647
IPORK TREST MELLY YAW		4.047
Pork, fresh, belly, raw	1.17.	

Post, Fresh, composite of separable fat, with added solution, cooked N/A 3.2 Post, fresh, composite of separable fat, with added solution, raw N/A 3.3 Post, fresh, composite of trimmed legi, loin, shoulder, and spareribs, (includes out to be cured), separable lean and fat, raw N/A 9.6 Post, fresh, composite of trimmed retail cuts (legi, loin, shoulder), separable lean and fat, cooked Post, fresh, composite of trimmed retail cuts (legi, loin, shoulder), separable lean and fat, cooked Post, fresh, composite of trimmed retail cuts (legi, loin, shoulder, and Spareribs), separable lean and fat, cooked Post, fresh, composite of trimmed retail cuts (legi, loin, shoulder, and N/A 9.5 Post, fresh, composite of trimmed retail cuts (legi, loin, shoulder, and N/A 9.6 Post, fresh, loin, bashe (lean and fat, cooked) N/A 9.7 Post, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked N/A 9.7 Post, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw N/A 9.7 Post, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw N/A 9.7 Post, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw N/A 9.7 Post, fresh, loin, loin	Pork, fresh, carcass, separable lean and fat, raw	N/A	3.846
Ports, fresh, composite of separable fat, with added solution, raw NA A A A A A A A A A A A A A A A A A A			
Pork, Fresh, composite of trimmed leg, Isin, shoulder, and spareribs, (includes us to be cured, spearable lean and fat, raw Pork, Fresh, composite of trimmed retail cuts (leg, Ioin, and shoulder), separable lean and fat, coxed Pork, Fresh, composite of trimmed retail cuts (leg, Ioin, shoulder), separable lean and fat, coxed Pork, Fresh, composite of trimmed retail cuts (leg, Ioin, shoulder), separable lean and fat, coxed Pork, Fresh, composite of trimmed retail cuts (leg, Ioin, shoulder, and spareribs), separable lean and fat, coxed Pork, Fresh, composite of trimmed retail cuts (leg, Ioin, shoulder, and spareribs), separable lean and fat, coxed Pork, Fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, coxed Pork, Fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, coxed Pork, Fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, coxed Pork, Fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, coxed Pork, Fresh, composite of trimmed retail cuts (loin and shoulder blade), populate lean and fat, coxed Pork, Fresh, prospect of trimmed retail cuts (loin and shoulder blade), populate lean and fat, coxed Pork, Fresh, prospect of trimmed retail cuts (loin and shoulder blade), populate lean and fat, coxed Pork, Fresh, pround, coxed Pork, Fresh, leg (ham), rump half, separable lean and fat, coxed, roasted Pork, Fresh, leg (ham), rump half, separable lean and fat, coxed, roasted Pork, Fresh, leg (ham), rump half, separable lean and fat, coxed, roasted Pork, Fresh, leg (ham), shank half, separable lean and fat, coxed, roasted Pork, Fresh, leg (ham), shank half, separable lean and fat, coxed, roasted Pork, Fresh, leg (ham), shank half, separable lean and fat, coxed, roasted Pork, Fresh, leg (ham), shank half, separable lean and fat, coxed, r			3.23
cuts to be cured), separable lean and fat, raw N/A 4.7 Pork, fresh, orangoste of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, row Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, row Pork, fresh, loin, badet (chops), bene-in, separable lean and fat, row N/A 4.50 Pork, fresh, loin, badet (chops), bone-in, separable lean and fat, row N/A 5.21 Pork, fresh, loin, badet (chops), bone-in, separable lean and fat, cooked, broised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broised N/A Pork, fresh, loin, bladet (chops), bone-in, separable lean and fat, row N/A Pork, fresh, loin, bladet (chops), bone-in, separable lean and fat, cooked, broised N/A Pork, fresh, loin, bladet (chops), bone-in, separable lean and fat, cooked, broised N/A Pork, fresh, loin, bladet (chops), bone-in, separable lean and fat, cooked, posated N/A Pork, fresh, loin, bladet (chops), bone-in, separable lean and fat, cooked, posated N/A Pork, fresh, loin, bladet (chops), bone-in, separable lean and fat, cooked, posated N/A Pork, fresh, loin, bladet (chops), bone-in, separable lean and fat, cooked, posated N/A Pork, fresh, loin, bladet (chops), bone-in, separable lean and fat, cooked, posated N/A Pork, fresh, loin, bladet (chops), bone-in, separable lean and fat, cooked, posated N/A Pork, fresh, loin, bladet (chops), bone-in, separable lean and fat, cooked, posated N/A Pork, fresh, loin, bladet (chops), bone-in, separable lean and fat, cooked, posated N/A Pork, fresh, loin, bladet (chops), bone-in, separable lean and fat, cooked, posated N/A Pork, fresh, loin, bladet (chops), bo		14/7	3.23
Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and sparerish), separable lean and fat, cooked Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and sparerish), separable lean and fat, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, row Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, row Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, row Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, posited Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, row Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, row Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, row Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, posited Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, posited Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, posited Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, posited Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, posited Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, posited Po		N/A	4.73
separable lean only, cooked Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean conly, raw Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and sparable) lean and fat, cooked Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and sparable) lean and fat, far was a sparable lean and fat, cooked Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted Pork, fresh, leg (ham), shank half, separable lean and fat, raw Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw Pork, fresh, loin, blade (chops), bone-in, separable lean	, ,	IV/A	4.73
Pork, fresh, composite of trimmed retail cuts (leg, Join, shoulder), separable lean only, raw Pork, fresh, composite of trimmed retail cuts (leg, Join, shoulder, and sparerisb), separable lean and fat, cooked Pork, fresh, composite of trimmed retail cuts (leg, Join, shoulder, and sparerisb), separable lean and fat, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, row Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, posted Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, row Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, brailed P		N/Δ	6 503
lean only, raw Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, taw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, taw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked, roasted Pork, fresh, leg (ham), rump half, separable lean and fat, raw Pork, fresh, leg (ham), rump half, separable lean and fat, raw Pork, fresh, leg (ham), rump half, separable lean and fat, raw Pork, fresh, leg (ham), rump half, separable lean and fat, raw Pork, fresh, leg (ham), rump half, separable lean and fat, raw Pork, fresh, leg (ham), rump half, separable lean and fat, raw Pork, fresh, leg (ham), rump half, separable lean and fat, raw Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, particled N/A Po		14/7	0.505
Pork, fresh, composite of trimmed retail cuts (leg, Ioin, shoulder, and yapareins), separable lean and fat, cooked Pork, fresh, composite of trimmed retail cuts (leg, Ioin, shoulder, and yapareins), separable lean and fat, traw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked Pork, fresh, composite of trimmed retail cuts (Ioin and shoulder blade), separable lean and fat, raw Pork, fresh, composite of trimmed retail cuts (Ioin and shoulder blade), separable lean and fat, raw Pork, fresh, composite of trimmed retail cuts (Ioin and shoulder blade), separable lean only, cooked N/A 5.25 Pork, fresh, composite of trimmed retail cuts (Ioin and shoulder blade), separable lean only, cooked N/A 5.26 Pork, fresh, penhanced, Ioin, tenderioin, separable lean only, raw N/A 5.47 Pork, fresh, gend, cooked N/A 5.48 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted N/A 7.44 Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A 7.49 Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A 7.49 Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A 7.49 Pork, fresh, leg (ham), shank half, separable lean only, raw Ioin, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A 7.49 Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A 7.49 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 7.49 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 7.49 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 7.49 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 7.49 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 7.49 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 7.49 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 7.49 Pork, fresh, loin, blade (chops, bone-in, separable lean and fat, rooked, broised N/A 7.49 Pork, fresh, loin, blade (chops, bone-in, separa		N/A	5 573
spareribls, separable lean and fat, cooked Pork, fresh, composite of trimmed retail cuts (log, loin, shoulder, and spareribls, separable lean and fat, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), spareribls, separable lean and fat, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), Pork, fresh, gound, cooked Pork, fresh, gound, cooked Pork, fresh, gound, cooked Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean	7	IN/A	3.373
Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and M/A 4.56 Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked 70 N/A 6.36 Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw 8.45 Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked 70 N/A 5.45 Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked 70 N/A 5.45 Pork, fresh, ground, cooked 70 N/A 5.52 Pork, fresh, ground, cooked 70 N/A 6.47 Pork, fresh, ground, cooked 70 N/A 6.47 Pork, fresh, ground, cooked 70 N/A 6.47 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted 70 N/A 7.47 Pork, fresh, leg (ham), rump half, separable lean and fat, raw 7.47 Pork, fresh, leg (ham), rump half, separable lean and fat, raw 7.47 Pork, fresh, leg (ham), rump half, separable lean only, raw 7.48 Pork, fresh, leg (ham), rump half, separable lean only, raw 8.74 Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted 7.48 Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted 7.49 Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted 7.49 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 8.74 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 8.74 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 8.74 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 8.74 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 8.74 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 8.74 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 8.74 Pork, fresh, leg (ham), shole, separable lean and fat, raw 8.74 Pork, fresh, leg (ham), shole, separable lean and fat, raw 8.74 Pork, fresh, leg (ham), shole, separable lean and fat, raw 8.74 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, cooked, b		N/Δ	6.047
sparenibls, separable lean and fat, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw Pork, fresh, pendic, and trimmed retail cuts (loin and shoulder blade), separable lean only, raw Pork, fresh, pendic, cooked Pork, fresh, gendic, separable lean only, raw N/A Pork, fresh, gendic, separable lean only, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), rump half, separable lean only, raw (includes foods for USOA's Food blattbutton Program only, raw (includes foods for USOA's Food blattbutton Program only, raw (includes foods for USOA's Food blattbutton Program only, raw (includes foods for USOA's Food blattbutton Program only, raw (includes foods for USOA's Food blattbutton Program only, raw (includes foods for USOA's Food blattbutton Program only, raw (includes foods for USOA's Food blattbutton Program only, raw (includes foods for USOA's Food blattbutton Program only, raw (includes foods for USOA's Food blattbutton Program only, raw (includes foods for USOA's Food blattbutton Program only, raw (includes foods for USOA's Food blattbutton Program only, raw (includes foods for USOA's Food blattbutton Program only, raw (includes foods for USOA's Food blattbutton Program only, raw (includes foods for USOA's Food blattbutton Program o		14/7	0.047
Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked Pork, fresh, proposite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw Pork, fresh, proposite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw N/A Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw N/A Pork, fresh, leand, cooked Pork, fresh, leand, rump half, separable lean and fat, cooked, roasted N/A Pork, fresh, leand, rump half, separable lean and fat, cooked, roasted N/A Pork, fresh, leand, rump half, separable lean only, cooked, roasted N/A Pork, fresh, leand, rump half, separable lean only, cooked, roasted N/A Pork, fresh, leand, shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leand, shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leand, shank half, separable lean and fat, raw N/A Pork, fresh, leand, shank half, separable lean and fat, raw N/A Pork, fresh, leand, shank half, separable lean and fat, raw N/A Pork, fresh, leand, shank half, separable lean and fat, raw N/A Pork, fresh, leand, shank half, separable lean and fat, raw N/A Pork, fresh, leand, shank half, separable lean and fat, raw N/A Pork, fresh, leand, shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leand, shank half, separable lean and fat, raw N/A Pork, fresh, leand, shank half, separable lean and fat, raw N/A Pork, fresh, leand, shank half, separable lean and fat, raw N/A Pork, fresh, leand, shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, cooked, broiled N/A Pork,	, , , ,	N/A	4 504
separable lean and fat, cooked Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked Pork, fresh, pendanced, loin, tenderloin, separable lean only, raw NA 4.82 Pork, fresh, ground, cooked Pork, fresh, ground, cooked Pork, fresh, ground, raw NA 4.33 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted Pork, fresh, leg (ham), rump half, separable lean and fat, raw NA 7.56 Pork, fresh, leg (ham), rump half, separable lean only, raw (includes foods for USDA's Food bistribution Program) Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted Pork, fresh, leg (ham), shank half, separable lean and fat, raw NA 7.45 Pork, fresh, leg (ham), shank half, separable lean only, raw (includes foods for USDA's Food bistribution Program) Pork, fresh, leg (ham), shank half, separable lean only, raw (includes foods for USDA's Food bistribution Program) Pork, fresh, leg (ham), shank half, separable lean only, raw NA 7.45 Pork, fresh, leg (ham), shank half, separable lean only, raw NA 8.08 Pork, fresh, leg (ham), shank half, separable lean only, raw NA 8.07 Pork, fresh, leg (ham), whole, separable lean only, raw NA 8.08 Pork, fresh, leg (ham), whole, separable lean only, raw NA 8.09 Pork, fresh, leg (ham), whole, separable lean only, raw NA 9.07 Pork, fresh, leg (ham), whole, separable lean only, raw NA 7.11 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw NA 7.20 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw NA Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw NA Pork, fresh, loin, blade (chops), bone-in, separable lea		IV/A	4.504
Pork, fresh, leg (ham), rump half, separable lean and fat, raw Pork, fresh, leg (ham), shank half, separable lean only, rooked, roasted Pork, fresh, leg (ham), shank half, separable lean only, raw Pork, fresh, leg (ham), shank half, separable lean only, raw Pork, fresh, leg (ham), shank half, separable lean only, raw Pork, fresh, leg (ham), shank half, separable lean only, raw Pork, fresh, leg (ham), shank half, separable lean only, raw Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted Pork, fresh, leg (ham), rump half, separable lean and fat, raw Pork, fresh, leg (ham), rump half, separable lean only, raw (NA) Pork, fresh, leg (ham), rump half, separable lean only, raw (NA) Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program) Pork, fresh, leg (ham), shank half, separable lean only, raw (Includes foods for NA) Pork, fresh, leg (ham), shank half, separable lean only, raw (Includes foods for NA) Pork, fresh, leg (ham), shank half, separable lean only, raw (Includes foods for NA) Pork, fresh, leg (ham), shank half, separable lean only, raw (Includes foods for NA) Pork, fresh, leg (ham), shank half, separable lean only, raw (Includes foods for NA) Pork, fresh, leg (ham), shank half, separable lean only, raw (Includes foods for NA) Pork, fresh, leg (ham), shank half, separable lean only, raw (Includes foods for NA) Pork, fresh, leg (ham), shank half, separable lean only, raw (Includes foods for NA) Pork, fresh, leg (ham), shank half, separable lean only, raw (Includes foods for NA) Pork, fresh, leg (ham), shank half, separable lean only, raw (Includes foods for NA) Pork, fresh, leg (ham), shank half, separable lean only, raw (Includes foods for NA) Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw (Includes foods for NA) Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw (Includes foods for NA) Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw (Includes foods)		N/A	6 368
separable lean and fat, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, tooked Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, taw Pork, fresh, enhanced, Ioin, tenderloin, separable lean only, raw N/A Pork, fresh, ground, cooked N/A Pork, fresh, ground, cooked N/A Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), rump half, separable lean only, raw (includes foods for USDA's Food Distribution Program) N/A Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, row N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, rooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable	•	IN/A	0.308
Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked N/A S.25 Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw N/A Pork, fresh, annaced, loin, tenderloin, separable lean only, raw N/A Pork, fresh, annaced, loin, tenderloin, separable lean only, raw N/A Pork, fresh, ground, cooked N/A Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cook		N/A	E 4E3
separable lean only, cooked Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw N/A 4.82 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted N/A 7.4 Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program) N/A 8.00 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 8.00 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 8.00 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 8.00 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 8.00 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 8.00 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 8.00 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 8.00 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 8.00 Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A 8.00 Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A 8.01 Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A 8.02 Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A 8.03 Pork, fresh, lein, blade (chops or roasts), bone-in, separable lean and fat, raw N/A 8.04 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A 8.04 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A 8.04 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A 8.04 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A 8.04 Pork, fresh, loin, blade (c		IN/A	5.432
Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw N/A Pork, fresh, ground, cooked N/A N/A Pork, fresh, ground, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program) N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), shoule, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), shoule, separable lean and fat, raw N/A Pork, fresh, leg (ham), shoule, separable lean and fat, raw N/A Pork, fresh, leg (ham), shoule, separable lean and fat, raw N/A Pork, fresh, leg (ham), shoule, separable lean and fat, raw N/A Pork, fresh, leg (ham), shoule, separable lean and fat, raw N/A Pork, fresh, leg (ham), shoule, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, rooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, praffed N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, praffed N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, praffed	•	NI/A	E 251
separable lean only, raw Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw Pork, fresh, ground, cooked Pork, fresh, ground, cooked Pork, fresh, ground, cooked Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program) N/A Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean only, raw (Includes foods for USDA's Food Distribution Program) N/A Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), shole, separable lean only, raw N/A Pork, fresh, leg (ham), shole, separable lean only, raw N/A Pork, fresh, leg (ham), shole, separable lean only, raw N/A Pork, fresh, leg (ham), shole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean o		IN/A	5.251
Pork, fresh, en hanced, loin, tenderloin, separable lean only, raw Pork, fresh, ground, cooked N/A A.2.7 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), rump half, separable lean only, raw (includes foods for USDA's Food Distribution Program) N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork,		NI/A	4 025
Pork, fresh, ground, cooked Pork, fresh, ground, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program) N/A Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, blade (chops),			
Pork, fresh, ground, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program) N/A Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, loin, blade (
Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program) N/A Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in,			
Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A 7.5 Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted N/A 7.5 Pork, fresh, leg (ham), rump half, separable lean only, raw (includes foods for USDA's Food Distribution Program) N/A 8.08 Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops,), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fa	Pork, Iresn, ground, raw	N/A	4.338
Pork, fresh, leg (ham), rump half, separable lean and fat, raw N/A 7.5 Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted N/A 7.5 Pork, fresh, leg (ham), rump half, separable lean only, raw (includes foods for USDA's Food Distribution Program) N/A 8.08 Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops,), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fa	Doub freebolog (boxe) without helf comprehensive and fet control received	N1/A	7.444
Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program) N/A 6.04 Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program) N/A 6.04 Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A 7.45 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 8.08 Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A 8.09 Pork, fresh, leg (ham), shank half, separable lean only, raw N/A 8.09 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A 8.09 Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A 8.09 Pork, fresh, leg (ham), whole, separable lean only, raw N/A 8.09 Pork, fresh, leg (ham), whole, separable lean only, raw N/A 8.09 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A 8.09 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A 8.09 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A 8.09 Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw N/A 8.09 Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw N/A 8.09 Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw N/A 8.09 Pork, fresh, loin, blade (chops), bone-in, separable lean only, raw N/A 8.09 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan- fried N/A 8.31 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan- fried N/A 8.31		T .	
Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program) N/A 6.04 Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	N/A	5.023
Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program) N/A 6.04 Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean	Deals for the least the control of t	101/0	7.04
USDA's Food Distribution Program) N/A 6.04 Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A S.7. Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A ORA Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A N/A A.5. Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, rowed, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops, bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, brai		N/A	7.94
Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted N/A 7.45 Pork, fresh, leg (ham), shank half, separable lean and fat, raw N/A 8.08 Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A 8.08 Pork, fresh, leg (ham), shank half, separable lean only, raw N/A 8.08 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A 8.08 Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A 8.08 Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A 8.08 Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A 8.09 Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A 8.09 Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A 8.09 Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A 8.09 Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A 8.09 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A 8.09 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A 8.09 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A 8.09 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A 8.09 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A 8.09 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, panfried N/A 8.31 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A 8.31 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A 8.31		N1/A	6.043
Pork, fresh, leg (ham), shank half, separable lean and fat, raw Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat only, raw Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	USDA'S FOOD DISTRIBUTION Program)	N/A	6.042
Pork, fresh, leg (ham), shank half, separable lean and fat, raw Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat only, raw Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	Doub freely log (hous) should helf consumble logs and fet control	N1/A	7 457
Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted Pork, fresh, leg (ham), shank half, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A N/A Road		T .	
Pork, fresh, leg (ham), shank half, separable lean only, raw N/A A.57 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A A.53 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A N/A N/A N/A N/A N/A N/A N/	Pork, fresh, leg (nam), shank haif, separable lean and fat, raw	N/A	5.75
Pork, fresh, leg (ham), shank half, separable lean only, raw N/A A.57 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A A.53 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A N/A N/A N/A N/A N/A N/A N/	Deals from the second to the s	1	0.000
Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted N/A A.57 Pork, fresh, leg (ham), whole, separable lean and fat, raw N/A Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, panfried N/A N/A R.30 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, panfried N/A N/A R.31 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A N/A R.31		-	
Pork, fresh, leg (ham), whole, separable lean and fat, raw Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, panfried N/A	Pork, fresh, leg (nam), shank haif, separable lean only, raw	N/A	6.273
Pork, fresh, leg (ham), whole, separable lean and fat, raw Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted N/A Pork, fresh, leg (ham), whole, separable lean only, raw N/A Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, panfried N/A		1,110	4.574
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted Pork, fresh, leg (ham), whole, separable lean only, raw N/A S.33 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A S.36 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, panfried N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A N/A S.31 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A N/A S.32			
Pork, fresh, leg (ham), whole, separable lean only, raw N/A 5.33 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A N/A 6.70 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A N/A 7.11 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A N/A 6.84 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A 7.38 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A N/A 7.92 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A N/A 7.90			
Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw N/A 7.11 Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat only, raw N/A 7.12 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A 7.13 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A 7.34 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A 7.35 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, panfried N/A 7.36 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, panfried N/A 7.36			
Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A 7.11 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A N/A 6.56 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A N/A 7.38 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A N/A 7.60	Pork, fresh, leg (ham), whole, separable lean only, raw	N/A	5.338
Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw N/A 7.11 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A N/A 6.56 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A N/A 7.38 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A N/A 7.60			. =
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A 6.56 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A N/A 7.60	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	N/A	6.704
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw N/A 6.56 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A N/A 7.60			
raw N/A 6.56 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw N/A 6.84 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised N/A 7.38 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled N/A 7.92 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A 8.31 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A 7.60		N/A	7.113
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan- fried N/A 8.31 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A 7.60		,	
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A 7.60	raw	N/A	6.564
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled N/A Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A 7.60			
braised N/A 7.38 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled N/A 7.92 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A 8.31 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A 7.60		N/A	6.848
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled N/A 7.92 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried N/A 8.31 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A 7.60			
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan- fried N/A 8.31 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A 7.60	braised	N/A	7.381
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan- fried N/A 8.31 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A 7.60			
fried N/A 8.31 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A 7.60		N/A	7.927
Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised N/A 7.60			
	fried	N/A	8.311
Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled N/A 8.21	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	N/A	7.604
Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled N/A 8.21			
	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	N/A	8.218

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

Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked,		
braised	N/A	4.311
Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked,		
broiled	N/A	4.945
Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked,		
pan-fried	N/A	4.805
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked,		
braised	N/A	4.519
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked,		
broiled	N/A	5.231
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-		
fried	N/A	5.115
Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked,	<u> </u>	
roasted	N/A	9.49
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked,	11,77	3.13
roasted	N/A	10.003
Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked,	IN/A	10.003
	N/A	E 044
roasted Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked,	N/A	5.044
	N1/A	F 2FF
roasted	N/A	5.355
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked,		
broiled	N/A	8.497
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked,		
roasted	N/A	4.196
Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked,		
broiled	N/A	8.699
Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked,		
roasted	N/A	7.496
Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	N/A	5.548
Pork, fresh, loin, country-style ribs, separable lean and fat, raw	N/A	3.082
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked,		
broiled	N/A	9.152
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked,		
roasted	N/A	7.82
Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked,		
broiled	N/A	9.152
Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked,		
roasted	N/A	8.13
Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	N/A	5.715
Pork, fresh, loin, country-style ribs, separable lean only, raw	N/A	3.097
Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	N/A	6.093
Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	N/A	6.344
1 ork, mesh, folin, smorr (enops or rousts), some in, separable lean only, raw	14,71	0.511
Pork, fresh, Join, sirloin (chops or roasts), boneless, separable lean and fat, raw	N/A	7.239
Tork, fresh, folin, siriolii (chops of roasts), boneress, separable learrand fat, raw	N/A	7.239
Doub, fresh Jain siylein (shans ay yeeste) banaloos sayayahla laan ayb, yee	N1/A	7 240
Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	N/A	7.348
Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked,	21/2	7 527
braised	N/A	7.537
Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked,	21/2	
broiled	N/A	8.414
Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	N/A	7.982
Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	N/A	9.035
Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked,		
braised	N/A	7.76
	•	

Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked,	N1/A	0.654
broiled	N/A	8.654
Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	N/A	7.834
Tork, fresh, fami, small (chaps), soricless, separable lean only, cooked, braised	1477	7.551
Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	N/A	8.761
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked,		
roasted	N/A	7.865
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	N/A	8.165
Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked,		
roasted	N/A	8.055
Doub from him side in towards be and as a second by the second as a second	21/2	0.224
Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	N/A N/A	8.224 5.054
Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	N/A	7.402
Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	N/A	6.61
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution,	NA	0.01
cooked, roasted	N/A	7.36
,		
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	N/A	6.382
Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	N/A	5.135
Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	N/A	7.432
Pork, fresh, loin, tenderloin, separable lean only, raw	N/A	6.684
Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked,		
roasted	N/A	7.392
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked,		
braised	N/A	9.905
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked,		
broiled	N/A	8.242
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan		
fried	N/A	10.523
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	N/A	7 000
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	N/A	7.988
solution, cooked, broiled	N/A	8.589
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added	N/A	0.303
solution, cooked, pan-broiled	N/A	10.192
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added		20:232
solution, raw	N/A	7.178
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked,		
braised	N/A	10.263
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked,		
broiled	N/A	8.512
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-		
fried	N/A	10.85
Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	N/A	8.265
Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added		
solution, cooked, broiled	N/A	8.927
Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added	21/2	40.222
solution, cooked, pan-broiled Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added	N/A	10.323
	N/A	7 012
solution, raw Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked,	N/A	7.813
roasted	N/A	7.104
		7.104
Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	N/A	5.566
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked,		
roasted	N/A	7.277
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	N/A	5.745

Dealt freely lette volcale acceptable leave and fet accepted business	N/A	4.440
Pork, fresh, loin, whole, separable lean and fat, cooked, braised Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	N/A N/A	<u>4.419</u> 5.037
Pork, fresh, loin, whole, separable lean and fat, cooked, prolled	N/A	5.572
Pork, fresh, loin, whole, separable lean and fat, raw	N/A	4.58
Pork, fresh, loin, whole, separable lean only, cooked, braised	N/A	4.588
Pork, fresh, loin, whole, separable lean only, cooked, broiled	N/A	5.243
Pork, fresh, loin, whole, separable lean only, cooked, broiled	N/A	
Pork, fresh, loin, whole, separable lean only, raw	N/A	5.893 4.915
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Pork, fresh, separable fat, cooked	N/A	3.12
Pork, fresh, separable fat, raw	N/A	2.63
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	N/A	3.872
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	N/A	4.239
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with	· · · · · · · · · · · · · · · · · · ·	203
added solution, cooked, braised	N/A	3.61
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with	IV/A	5.01
added solution, raw	N/A	3.763
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only,	IN/A	3.703
cooked, braised	N/A	3.935
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	N/A	4.387
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with	.,	
added solution cooked, braised	N/A	3.575
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with	1.47.	0.0.0
added solution, raw	N/A	3.837
added solution, law	14/7	3.037
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	N/A	5.308
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	N/A	3.918
Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	N/A	4.518
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	N/A	5.538
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	N/A	4.314
Pork, fresh, shoulder, arm picnic, separable lean only, raw	N/A	4.828
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	N/A	4.061
Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked,		
roasted	N/A	4.96
Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	N/A	4.07
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked,	IV/A	4.07
broiled	N/A	4.3
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	N/A	3.991
Pork, fresh, shoulder, whole, separable lean and fat, raw	N/A	3.833
Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	N/A	4.26
Pork, fresh, shoulder, whole, separable lean only, raw	N/A	4.275
Pork, fresh, spareribs, separable lean and fat, cooked, braised	N/A	5.475
Pork, fresh, spareribs, separable lean and fat, cooked, roasted	N/A	6.103
Pork, fresh, spareribs, separable lean and fat, raw	N/A	4.662
Pork, fresh, variety meats and by-products, brain, cooked, braised	N/A	3.33
Pork, fresh, variety meats and by-products, brain, cooked, braised Pork, fresh, variety meats and by-products, brain, raw	N/A	4.275
Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	N/A	0.087
		0.04=
Pork, fresh, variety meats and by-products, chitterlings, raw	N/A	0.215
Pork, fresh, variety meats and by-products, chitterlings, raw		
Pork, fresh, variety meats and by-products, chitterlings, raw Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	N/A	0.215
Pork, fresh, variety meats and by-products, chitterlings, raw		

Pork, fresh, variety meats and by-products, feet, raw	N/A	1.13
Pork, fresh, variety meats and by-products, heart, cooked, braised	N/A	6.05
Pork, fresh, variety meats and by-products, heart, raw	N/A	6.765
Pork, fresh, variety meats and by-products, jowl, raw	N/A	4.535
Pork, fresh, variety meats and by-products, kidneys, cooked, braised	N/A	5.785
Pork, fresh, variety meats and by-products, kidneys, raw	N/A	8.207
Pork, fresh, variety meats and by-products, leaf fat, raw	N/A	1.249
Pork, fresh, variety meats and by-products, liver, cooked, braised	N/A	8.435
Pork, fresh, variety meats and by-products, liver, raw	N/A	15.301
Pork, fresh, variety meats and by-products, lungs, cooked, braised	N/A	1.364
Pork, fresh, variety meats and by-products, lungs, raw	N/A	3.345
Pork, fresh, variety meats and by-products, mechanically separated, raw	N/A	3.171
Pork, fresh, variety meats and by-products, pancreas, cooked, braised	N/A	3.206
Pork, fresh, variety meats and by-products, pancreas, raw	N/A	3.45
Pork, fresh, variety meats and by-products, spleen, cooked, braised	N/A	5.938
Pork, fresh, variety meats and by-products, spleen, raw	N/A	5.867
	,	
Pork, fresh, variety meats and by-products, stomach, cooked, simmered	N/A	1.38
Pork, fresh, variety meats and by-products, stomach, raw	N/A	2.48
Pork, fresh, variety meats and by-products, tail, cooked, simmered	N/A	1.12
Pork, fresh, variety meats and by-products, tail, raw	N/A	2.06
Pork, fresh, variety meats and by-products, tongue, cooked, braised	N/A	5.34
Pork, fresh, variety meats and by-products, tongue, raw	N/A	5.3
Pork, ground, 72% lean / 28% fat, cooked, crumbles	N/A	7.522
Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	N/A	6.852
Pork, ground, 84% lean / 16% fat, cooked, crumbles	N/A	9.286
Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	N/A	8.573
Pork, ground, 84% lean / 16% fat, raw	N/A	6.416
Pork, ground, 96% lean / 4% fat, cooked, crumbles	N/A	11.05
Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	N/A	10.293
Pork, ground, 96% lean / 4% fat, raw	N/A	7.914
Pork, Leg Cap Steak, boneless, separable lean and fat, raw	N/A	7.092
Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	N/A	7.685
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	N/A	7.183
Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	N/A	8.205
Pork, oriental style, dehydrated	N/A	2.1
Pork, pickled pork hocks	N/A	1.1
Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	N/A	10.412
Pork, Shoulder breast, boneless, separable lean and fat, raw	N/A	9.602
Pork, Shoulder petite tender, boneless, separable lean and fat, raw	N/A	5.312
Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	N/A	6.345
Potato chips, without salt, reduced fat	N/A	0.545
Potato flour	N/A	3.507
Potato pancakes	N/A	1.672
Potato puffs, frozen, oven-heated	N/A	1.449
Potato puffs, frozen, unprepared	N/A	1.815
Potato salad with egg	N/A	0.8
Potato salad, home-prepared	N/A	0.89
Potato soup, instant, dry mix	N/A	4.27
. See Soup, mount, at y mix		4.27
Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	N/A	0.939
Potatoes, au gratin, dry mix, unprepared	101/0	4.063
, , , , , , ,	N/A	4.005
Potatoes, au gratin, home-prepared from recipe using butter	N/A N/A	0.993
	<u> </u>	

D	
Potatoes, baked, flesh and skin, without salt N/A	1.41
Potatoes, baked, flesh, with salt N/A	1.395
Potatoes, baked, flesh, without salt N/A	1.395
Potatoes, baked, skin only, with salt N/A	3.065
Potatoes, baked, skin, without salt N/A	3.065
Potatoes, boiled, cooked in skin, flesh, with salt N/A	1.439
Potatoes, boiled, cooked in skin, flesh, without salt N/A	1.439
Potatoes, boiled, cooked in skin, skin, with salt N/A	1.222
Potatoes, boiled, cooked in skin, skin, without salt N/A	1.222
Potatoes, boiled, cooked without skin, flesh, with salt N/A	1.312
Potatoes, boiled, cooked without skin, flesh, without salt N/A	1.312
Potatoes, canned, drained solids N/A	0.915
Potatoes, canned, drained solids, no salt added N/A	0.92
Potatoes, canned, solids and liquids N/A	0.889
Potatoes, flesh and skin, raw N/A	1.061
Potatoes, french fried, all types, salt added in processing, frozen, home-	
prepared, oven heated N/A	2.077
Potatoes, french fried, all types, salt added in processing, frozen, unprepared N/A	2.038
Potatoes, french fried, all types, salt not added in processing, frozen, as	
purchased N/A	2.038
Potatoes, french fried, all types, salt not added in processing, frozen, oven-	
heated N/A	2.218
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as	
purchased N/A	1.789
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-	
heated N/A	2.413
Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen,	
as purchased N/A	2.14
Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen,	
oven-heated N/A	2.135
Potatoes, french fried, shoestring, salt added in processing, frozen, as	
purchased N/A	1.97
Potatoes, french fried, shoestring, salt added in processing, frozen, oven-	
heated N/A	2.28
Potatoes, french fried, steak fries, salt added in processing, frozen, as	
purchased N/A	2.005
Potatoes, french fried, steak fries, salt added in processing, frozen, oven-	
heated N/A	2.24
Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven,	
with salt N/A	2.413
Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven,	
without salt N/A	2.665
Potatoes, frozen, french fried, par fried, extruded, unprepared N/A	2.241
Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil N/A	2.314
Potatoes, hash brown, frozen, plain, unprepared N/A	1.664
Potatoes, hash brown, frozen, with butter sauce, unprepared N/A	1.133
Potatoes, hash brown, home-prepared N/A	2.302
Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil N/A	3.193
Potatoes, hash brown, refrigerated, unprepared N/A	1.777
Potatoes, mashed, dehydrated, flakes without milk, dry form N/A	6.264
Potatoes, mashed, dehydrated, flakes without fillik, dry form N/A N/A	4.2
Potatoes, mashed, dehydrated, granules with milk, dry form N/A	4.2
Potatoes, mashed, dehydrated, grandles without milk, dry form N/A Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk	4.765
and butter added N/A	0.770
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk	0.776
	0.67
and margarine added N/A Petatogs masked dehydrated prepared from grapules with milk water and	0.67
Potatoes, mashed, dehydrated, prepared from granules with milk, water and	2.22
margarine added N/A	0.86
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added N/A	
	0.764

Potatoes, mashed, home-prepared, whole milk added	N/A	1.118
Potatoes, mashed, home-prepared, whole milk and butter added	N/A	1.072
Totaloes, mastea, nome preparea, whole mink and batter added	1975	1.072
Potatoes, mashed, home-prepared, whole milk and margarine added	N/A	1.174
Potatoes, mashed, prepared from granules, without milk, whole milk and	197	1.17
margarine	N/A	0.763
Potatoes, mashed, ready-to-eat	N/A	1.02
Potatoes, microwaved, cooked in skin, flesh and skin, without salt	N/A	1.714
Potatoes, microwaved, cooked in skin, flesh, with salt	N/A	1.625
Potatoes, microwaved, cooked in skin, flesh, without salt	N/A	1.625
Potatoes, microwaved, cooked in skin, skin, without salt	N/A	2.22
Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	N/A	1.714
	N/A	
Potatoes, microwaved, cooked, in skin, skin with salt		2.22
Potatoes, o'brien, home-prepared	N/A	1.008
Potatoes, raw, skin	N/A	1.033
Potatoes, red, flesh and skin, baked	N/A	1.595
Potatoes, red, flesh and skin, raw	N/A	1.149
Potatoes, Russet, flesh and skin, baked	N/A	1.348
Potatoes, russet, flesh and skin, raw (Includes foods for USDA's Food	,	
Distribution Program)	N/A	1.035
Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	N/A	1.029
Potatoes, scalloped, dry mix, unprepared	N/A	4.533
Potatoes, scalloped, home-prepared with butter	N/A	1.053
Potatoes, scalloped, home-prepared with margarine	N/A	1.053
Potatoes, white, flesh and skin, baked	N/A	1.528
Potatoes, white, flesh and skin, raw	N/A	1.066
Potsticker or wonton, pork and vegetable, frozen, unprepared	N/A	2.236
Poultry salad sandwich spread	N/A	1.669
Poultry, mechanically deboned, from backs and necks with skin, raw	N/A	4.63
Poultry, mechanically deboned, from backs and necks without skin, raw	N/A	6.246
Poultry, mechanically deboned, from mature hens, raw	N/A	5.254
Prairie Turnips, boiled (Northern Plains Indians)	N/A	0.708
Prairie Turnips, raw (Northern Plains Indians)	N/A	1.071
Pretzels, soft	N/A	4.27
Pretzels, soft, unsalted	N/A	4.27
Prickly pears, broiled (Northern Plains Indians)	N/A	1
Prickly pears, raw	N/A	0.46
Prickly pears, raw (Northern Plains Indians)	N/A	0.293
Protein supplement, milk based, Muscle Milk Light, powder	N/A	14
Protein supplement, milk based, Muscle Milk, powder	N/A	10
Prune juice, canned	N/A	0.785
Prune puree	N/A	2.5
Prunes, canned, heavy syrup pack, solids and liquids	N/A	0.866
Prunes, dehydrated (low-moisture), stewed	N/A	0.985
Prunes, dehydrated (low-moisture), uncooked	N/A	2.995
	1.10	0.000
Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	N/A	0.003
Puddings, all flavors except chocolate, low calorie, instant, dry mix	N/A	0.014
Puddings, banana, dry mix, instant	N/A	0.002
Puddings, banana, dry mix, instant, prepared with 2% milk	N/A	0.072
Puddings, banana, dry mix, instant, prepared with whole milk	N/A	0.074
Puddings, banana, dry mix, instant, with added oil	N/A	0.002
Puddings, banana, dry mix, regular, prepared with 2% milk	N/A	0.075
Puddings, banana, dry mix, regular, prepared with whole milk	N/A	0.077
Puddings, chocolate flavor, low calorie, instant, dry mix	N/A	0.4
Puddings, chocolate flavor, low calorie, regular, dry mix	N/A	0.545
Puddings, chocolate, dry mix, instant	N/A	0.234
Puddings, chocolate, dry mix, instant, prepared with 2% milk	N/A	0.108

Duddings should be discoulded	N1/A	0.22
Puddings, chocolate, dry mix, regular	N/A	0.33
Puddings, chocolate, dry mix, regular, prepared with 2% milk	N/A	0.136
Puddings, chocolate, dry mix, regular, prepared with whole milk	N/A	0.133
Puddings, chocolate, ready-to-eat	N/A	0.123
Puddings, chocolate, ready-to-eat, fat free	N/A	0.087
Puddings, coconut cream, dry mix, instant	N/A	0.219
Puddings, coconut cream, dry mix, instant, prepared with 2% milk	N/A	0.086
	21/2	0.004
Puddings, coconut cream, dry mix, instant, prepared with whole milk	N/A	0.084
Puddings, coconut cream, dry mix, regular	N/A	0.102
Puddings, coconut cream, dry mix, regular, prepared with 2% milk	N/A	0.091
	21/2	2.222
Puddings, coconut cream, dry mix, regular, prepared with whole milk	N/A	0.089
Puddings, lemon, dry mix, instant	N/A	0.001
Puddings, lemon, dry mix, instant, prepared with 2% milk	N/A	0.072
Puddings, lemon, dry mix, instant, prepared with whole milk	N/A	0.07
Puddings, lemon, dry mix, regular	N/A	0.019
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	N/A	0.019
Puddings, rice, dry mix	N/A	2.013
Puddings, rice, dry mix, prepared with 2% milk	N/A	0.443
Puddings, rice, dry mix, prepared with whole milk	N/A	0.441
Puddings, rice, ready-to-eat	N/A	0.217
Puddings, tapioca, dry mix	N/A	0.004
Puddings, tapioca, dry mix, prepared with 2% milk	N/A	0.075
Puddings, tapioca, dry mix, prepared with whole milk	N/A	0.073
Puddings, tapioca, dry mix, with no added salt	N/A	0.004
Puddings, tapioca, ready-to-eat	N/A	0.065
Puddings, tapioca, ready-to-eat, fat free	N/A	0.101
Puddings, vanilla, dry mix, instant	N/A	0.006
Puddings, vanilla, dry mix, instant, prepared with whole milk	N/A	0.074
Puddings, vanilla, dry mix, regular	N/A	0.001
Puddings, vanilla, dry mix, regular, prepared with 2% milk	N/A	0.075
Puddings, vanilla, dry mix, regular, prepared with whole milk	N/A	0.078
Puddings, vanilla, ready-to-eat	N/A	0.057
Puddings, vanilla, ready-to-eat, fat free	N/A	0.052
Puff pastry, frozen, ready-to-bake	N/A	4.168
Puff pastry, frozen, ready-to-bake, baked	N/A	3.8
Pulled pork in barbecue sauce	N/A	3.032
Pummelo, raw	N/A	0.22
Pumpkin flowers, cooked, boiled, drained, without salt	N/A	0.31
Pumpkin flowers, raw	N/A	0.69
Pumpkin leaves, cooked, boiled, drained, with salt	N/A	0.85
Pumpkin leaves, cooked, boiled, drained, without salt	N/A	0.85
Pumpkin leaves, raw	N/A	0.92
Pumpkin pie mix, canned	N/A	0.374
Pumpkin, canned, with salt	N/A	0.367
Pumpkin, canned, without salt	N/A	0.367
Pumpkin, cooked, boiled, drained, with salt	N/A	0.413
Pumpkin, cooked, boiled, drained, without salt	N/A	0.413
Pumpkin, flowers, cooked, boiled, drained, with salt	N/A	0.31
Pumpkin, raw	N/A	0.6
Purslane, cooked, boiled, drained, with salt	N/A	0.46
Purslane, cooked, boiled, drained, without salt	N/A	0.46
Purslane, raw	N/A	0.48
Quail, breast, meat only, raw	N/A	8.2
Quail, cooked, total edible	N/A	7.92
Quail, meat and skin, raw	N/A	7.538
Quail, meat only, raw	N/A	8.2
Quinces, raw	N/A	0.2
13 (14 H 13 - 2 - 1 G VV	IN/A	0.21

Quinoa, uncooked	N/A	1.52
Radicchio, raw	N/A	0.255
Radish seeds, sprouted, raw	N/A	2.853
Radishes, hawaiian style, pickled	N/A	0.31
	N/A	0.15
Radishes, oriental, cooked, boiled, drained, with salt		
Radishes, oriental, cooked, boiled, drained, without salt	N/A N/A	0.15
Radishes, oriental, dried		3.4
Radishes, oriental, raw	N/A	0.2
Radishes, raw	N/A	0.254
Radishes, white icicle, raw	N/A	0.3
Descine deals condition (Includes foods for LICDA's Food Distribution Drograms)	N1/A	0.766
Raisins, dark, seedless (Includes foods for USDA's Food Distribution Program)	N/A	0.766
Raisins, golden, seedless	N/A	1.142
Raisins, seeded	N/A	1.114
Rambutan, canned, syrup pack	N/A	1.352
Raspberries, canned, red, heavy syrup pack, solids and liquids	N/A	0.443
Raspberries, frozen, red, sweetened	N/A	0.23
Raspberries, frozen, red, unsweetened	N/A	0.675
Raspberries, raw	N/A	0.598
Raspberries, wild (Northern Plains Indians)	N/A	1.03
Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and		
light entrees	N/A	1.267
Ravioli, cheese-filled, canned	N/A	1.06
Ravioli, meat-filled, with tomato sauce or meat sauce, canned	N/A	1.245
Reddi Wip Fat Free Whipped Topping	N/A	0.364
Refried beans, canned, fat-free	N/A	0.362
Refried beans, canned, traditional style	N/A	0.367
Refried beans, canned, traditional, reduced sodium	N/A	0.367
Refried beans, canned, vegetarian	N/A	0.37
Restaurant, Chinese, beef and vegetables	N/A	1.32
Restaurant, Chinese, chicken and vegetables	N/A	1.69
Restaurant, Chinese, chicken chow mein	N/A	1.468
Restaurant, Chinese, egg rolls, assorted	N/A	2.725
Restaurant, Chinese, fried rice, without meat	N/A	0.637
Restaurant, Chinese, general tso's chicken	N/A	2.853
Restaurant, Chinese, kung pao chicken	N/A	2.757
Restaurant, Chinese, lemon chicken	N/A	3.776
Restaurant, Chinese, orange chicken	N/A	3.59
Restaurant, Chinese, sesame chicken	N/A	3.96
Restaurant, Chinese, shrimp and vegetables	N/A	0.935
Restaurant, Chinese, sweet and sour chicken	N/A	3.657
Restaurant, Chinese, sweet and sour pork	N/A	2.112
Restaurant, Chinese, vegetable chow mein, without meat or noodles	N/A	0.507
Restaurant, Chinese, vegetable lo mein, without meat	N/A	0.81
Restaurant, family style, chicken fingers, from kid's menu	N/A	7.628
Restaurant, family style, chicken tenders	N/A	7.76
Restaurant, family style, chili with meat and beans	N/A	3.557
Restaurant, family style, coleslaw	N/A	0.281
Restaurant, family style, fish fillet, battered or breaded, fried	N/A	2.475
Restaurant, family style, french fries	N/A	2.564
Restaurant, family style, fried mozzarella sticks	N/A	0.781
Restaurant, family style, hash browns	N/A	2.17
Restaurant, family style, macaroni & cheese, from kids' menu	N/A	0.783
Restaurant, family style, onion rings	N/A	0.818
Restaurant, family style, shrimp, breaded and fried	N/A	1.249
Restaurant, family style, sirloin steak	N/A	5.683
	· ·	3
Restaurant, family style, spaghetti and meatballs	N/A	2
Restaurant, family style, spaghetti and meatballs Restaurant, Italian, cheese ravioli with marinara sauce	N/A N/A	1.328
	•	1.328 6.013

Destaurant Italian anaghatti with mast sausa	NI/A	1.642
Restaurant, Italian, spaghetti with meat sauce	N/A N/A	1.643
Restaurant, Italian, spaghetti with pomodoro sauce (no meat) Restaurant, Latino, arepa (unleavened cornmeal bread)	,	1.162
, , , , , , , , , , , , , , , , , , , ,	N/A	0.888
Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	N/A	1.017
Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	N/A	0.53
Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	N/A	0.813
Restaurant, Latino, arroz con leche (rice pudding)	N/A	0.31
Restaurant, Latino, black bean soup	N/A	0.675
Restaurant, Latino, bunuelos (fried yeast bread)	N/A	1.967
Restaurant, Latino, chicken and rice, entree, prepared	N/A	5.558
Restaurant, Latino, empanadas, beef, prepared	N/A	4.663
Restaurant, Latino, pupusas con frijoles (pupusas, bean)	N/A	0.867
Restaurant, Latino, pupusas con queso (pupusas, cheese)	N/A	0.483
Restaurant, Latino, pupusas del cerdo (pupusas, pork)	N/A	2.373
Restaurant, Latino, tamale, corn	N/A	1.317
Restaurant, Latino, tamale, pork	N/A	1.295
Restaurant, Latino, tripe soup	N/A	0.523
Restaurant, Mexican, cheese enchilada	N/A	0.627
Restaurant, Mexican, cheese quesadilla	N/A	1.973
Restaurant, Mexican, cheese tamales	N/A	1.928
Restaurant, Mexican, refried beans	N/A	0.488
Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	N/A	2.63
Restaurant, Mexican, spanish rice	N/A	2.378
Rhubarb, frozen, cooked, with sugar	N/A	0.2
Rhubarb, frozen, uncooked	N/A	0.203
Rhubarb, raw	N/A	0.3
Rice and vermicelli mix, beef flavor, prepared with 80% margarine	N/A	1.353
Rice and vermicelli mix, beef flavor, unprepared	N/A	5.287
Rice and vermicelli mix, chicken flavor, prepared with 80% margarine Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	N/A	1.423
Rice and vermicelli mix, rice pilaf flavor, unprepared	N/A	6.127
Rice and Wheat cereal bar	N/A	9.091
Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and		
sweet and sour varieties)	N/A	2.27
Rice bran, crude	N/A	33.995
Rice cake, cracker (include hain mini rice cakes)	N/A	7.81
Rice crackers	N/A	5.537
Rice flour, brown	N/A	6.34
Rice flour, white, unenriched	N/A	2.59
Rice mix, cheese flavor, dry mix, unprepared	N/A	5.263
Rice mix, white and wild, flavored, unprepared	N/A	2.198
Rice noodles, cooked	N/A	0.072
Rice noodles, dry	N/A	0.221
Rice, brown, long-grain, cooked (Includes foods for USDA's Food Distribution		
Program)	N/A	2.561
Rice, brown, long-grain, raw (Includes foods for USDA's Food Distribution		
Program)	N/A	6.494
Rice, brown, medium-grain, cooked (Includes foods for USDA's Food		
Distribution Program)	N/A	1.33
Rice, brown, medium-grain, raw (Includes foods for USDA's Food Distribution	N/A	4 209
Program) Rice, brown, parboiled, cooked, UNCLE BENS	N/A N/A	4.308
		1.903
Rice, brown, parboiled, dry, UNCLE BEN'S	N/A	4.973
Rice, white, glutinous, unenriched, cooked	N/A	0.29
Rice, white, glutinous, unenriched, uncooked	N/A	2.145
Rice, white, long-grain, parboiled, enriched, cooked	N/A	2.309
Rice, white, long-grain, parboiled, enriched, cooked Rice, white, long-grain, parboiled, enriched, dry Rice, white, long-grain, parboiled, unenriched, cooked	N/A N/A N/A	5.048 2.309

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Rice, white, long-grain, parboiled, unenriched, dry	N/A N/A	5.048
Rice, white, long-grain, precooked or instant, enriched, dry Rice, white, long-grain, precooked or instant, enriched, prepared		7.005
	N/A N/A	1.737
Rice, white, long-grain, regular, cooked, enriched, with salt	N/A	1.476
Rice, white, long-grain, regular, cooked, unenriched, with salt	•	0.4
Rice, white, long-grain, regular, enriched, cooked	N/A	1.476
Rice, white, long-grain, regular, raw, enriched	N/A	4.192
Rice, white, long-grain, regular, raw, unenriched	N/A N/A	1.6
Rice, white, long-grain, regular, unenriched, cooked without salt	,	0.4
Rice, white, medium-grain, cooked, unenriched	N/A	0.4
Rice, white, medium-grain, enriched, cooked	N/A	1.835
Rice, white, medium-grain, raw, enriched	N/A	5.093
Rice, white, medium-grain, raw, unenriched	N/A	1.6
Rice, white, short-grain, cooked, unenriched	N/A	0.4
Rice, white, short-grain, enriched, cooked	N/A	1.493
Rice, white, short-grain, enriched, uncooked	N/A	4.113
Rice, white, short-grain, raw, unenriched	N/A	1.6
Rice, white, steamed, Chinese restaurant	N/A	0.566
RICE-A-RONI, chicken flavor, unprepared	N/A	5.123
Roast beef spread	N/A	4.2
Roast beef, deli style, prepackaged, sliced	N/A	5.581
Rolls, dinner, egg	N/A	3.287
Rolls, dinner, oat bran	N/A	4.954
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	N/A	5.367
Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	N/A	3.448
Rolls, dinner, rye	N/A	3.9
Rolls, dinner, sweet	N/A	3.787
Rolls, dinner, wheat	N/A	4.072
Rolls, dinner, whole-wheat	N/A	3.677
Rolls, french	N/A	4.352
Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	N/A	3.875
Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	N/A	3.79
Rolls, hamburger or hot dog, wheat/cracked wheat	N/A	4.779
Rolls, hamburger or hot dog, whole wheat	N/A	4.52
Rolls, hamburger or hotdog, mixed-grain	N/A	4.468
Rolls, hamburger or hotdog, plain	N/A	4.18
Rolls, hamburger, whole grain white, calcium-fortified	N/A	4.651
Rolls, hard (includes kaiser)	N/A	4.239
Rolls, pumpernickel	N/A	2.97
Rose Hips, wild (Northern Plains Indians)	N/A	1.3
Roselle, raw	N/A	0.31
Rosemary, fresh	N/A	0.912
Ruffed Grouse, breast meat, skinless, raw	N/A	11.6
Rutabagas, cooked, boiled, drained, with salt	N/A	0.715
Rutabagas, cooked, boiled, drained, without salt	N/A	0.715
Rutabagas, raw	N/A	0.7
Rye flour, dark	N/A	4.27
Rye flour, light	N/A	0.8
Rye flour, medium	N/A	1.727
Rye grain	N/A	4.27
Salad dressing, bacon and tomato	N/A	0.7
Saida aressing, succir and telliate	14/D	0.7
Salad dressing, blue or roquefort cheese dressing, commercial, regular	N/A	0.1
Salad dressing, blue or roquefort cheese dressing, commercial, regular	N/A	0.1 0.111
	N/A	
Salad dressing, blue or requefort cheese dressing, light		0.04
Salad dressing, blue or roquefort cheese, low calorie	N/A	0.05
Salad dressing, buttermilk, lite	N/A	0.007

Salad drossing, capsar drossing, regular	N/A	0.04
Salad dressing, caesar dressing, regular	N/A	0.04
Salad dressing, caesar, fat-free	·	0.029
Salad dressing, caesar, low calorie	N/A	0.04
Salad dressing, coleslaw	N/A	0.061
Salad Dressing, coleslaw, reduced fat	N/A	0.25
Salad dressing, french dressing, commercial, regular	N/A	0.234
Salad dressing, french dressing, commercial, regular, without salt	N/A	0.188
Salad dressing, french dressing, fat-free	N/A	0.112
Salad dressing, french dressing, reduced fat	N/A	0.467
Salad dressing, french dressing, reduced fat, without salt	N/A	0.467
Salad dressing, french, cottonseed, oil, home recipe	N/A	0.13
Salad dressing, french, home recipe	N/A	0.13
Salad dressing, green goddess, regular	N/A	0.14
Salad dressing, honey mustard dressing, reduced calorie	N/A	0.118
Salad dressing, honey mustard, regular	N/A	0.061
Salad dressing, italian dressing, commercial, reduced fat	N/A	0.094
Salad dressing, italian dressing, commercial, regular	N/A	0.131
Salad dressing, italian dressing, fat-free	N/A	0.135
Salad dressing, italian dressing, reduced calorie	N/A	0.02
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	N/A	0.01
Salad dressing, mayonnaise type, regular, with salt	N/A	0.004
Salad dressing, mayonnaise, imitation, milk cream	N/A	0.054
Salad dressing, mayonnaise, light	N/A	0.01
Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	N/A	0.028
Salad dressing, mayonnaise, soybean and safflower oil, with salt	N/A	0.005
Salad dressing, poppyseed, creamy	N/A	0.047
Salad dressing, ranch dressing, fat-free	N/A	0.007
Salad dressing, ranch dressing, reduced fat	N/A	0.007
Salad dressing, ranch dressing, regular	N/A	0.054
Salad dressing, russian dressing	N/A	0.594
Salad dressing, russian dressing, low calorie	N/A	0.002
Salad dressing, sweet and sour	N/A	0.06
Salad dressing, thousand island dressing, fat-free	N/A	0.261
Salad dressing, thousand island dressing, reduced fat	N/A	0.437
Salad dressing, thousand island, commercial, regular	N/A	0.418
Salami, cooked, beef	N/A	3.238
Salami, cooked, beef and pork	N/A	6.053
Salami, cooked, turkey	N/A	3.979
Salami, dry or hard, pork	N/A	5.6
Salami, dry or hard, pork, beef	N/A	6.105
Salami, Italian, pork	N/A	5.6
Salami, Italian, pork and beef, dry, sliced, 50% less sodium	N/A	4.867
Salami, pork, beef, less sodium	N/A	4.803
Salisbury steak with gravy, frozen	N/A	1.32
Salmon nuggets, breaded, frozen, heated	N/A	4.527
Salmon nuggets, cooked as purchased, unheated	N/A	5.948
Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	N/A	22.75
Salmon, sockeye, canned, drained solids, without skin and bones	N/A	7.689
Salmon, sockeye, canned, total can contents	N/A	7.003
Salsify, (vegetable oyster), raw	N/A	0.5
Salsify, cooked, boiled, drained, with salt	N/A	0.392
Salsify, cooked, boiled, drained, without salt	N/A	0.392
Sandwich spread, meatless	N/A	13
Sandwich spread, pork, beef	N/A	1.73
Sandwich spread, with chopped pickle, regular, unspecified oils	N/A	0.01
Sapodilla, raw	N/A	0.2
	N/A	1.432
Sapote, mamey, raw	N/A	0.597
Sauce, barbeque BIIII'S EVE original		
Sauce, barbecue, BULL'S-EYE, original	N/A	0.637
Sauce, barbecue, KC MASTERPIECE, original	N/A	0.78

Sauce, barbecue, KRAFT, original	N/A	0.52
Sauce, barbecue, OPEN PIT, original	N/A	0.16
Sauce, barbecue, SWEET BABY RAY'S, original	N/A	0.743
Sauce, cheese, ready-to-serve	N/A	0.024
Sauce, chili, peppers, hot, immature green, canned	N/A	0.7
Sauce, cocktail, ready-to-serve	N/A	0.82
Sauce, duck, ready-to-serve	N/A	0.239
Sauce, enchilada, red, mild, ready to serve	N/A	0.388
Sauce, fish, ready-to-serve	N/A	2.313
Sauce, hoisin, ready-to-serve	N/A	1.17
Sauce, homemade, white, medium	N/A	0.402
Sauce, homemade, white, thick	N/A	0.589
Sauce, horseradish	N/A	0.115
Sauce, hot chile, sriracha	N/A	1.248
Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	N/A	1.125
Sauce, hot chile, sriracha, TUONG OT SRIRACHA	N/A	1.43
Sauce, oyster, ready-to-serve	N/A	1.474
Sauce, pasta, spaghetti/marinara, ready-to-serve	N/A	3.917
Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	N/A	3.917
Sauce, peanut, made from coconut, water, sugar, peanuts	N/A	1.355
Sauce, peanut, made from peanut butter, water, soy sauce	N/A	3.2
Sauce, peppers, hot, chili, mature red, canned	N/A	0.6
Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	N/A	0.523
Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	N/A	0.877
Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	N/A	0.6
Sauce, pesto, ready-to-serve, refrigerated	N/A	0.523
Sauce, pesto, ready-to-serve, shelf stable	N/A	0.738
Sauce, pizza, canned, ready-to-serve	N/A	1.421
Sauce, plum, ready-to-serve	N/A	1.014
Sauce, ready-to-serve, pepper or hot	N/A	0.254
Sauce, ready-to-serve, pepper, TABASCO	N/A	0.178
Sauce, salsa, ready-to-serve	N/A	1.091
Sauce, salsa, verde, ready-to-serve	N/A	1.615
Sauce, sofrito, prepared from recipe	N/A	2.918
Sauce, steak, tomato based	N/A	0.913
Sauce, sweet and sour, ready-to-serve	N/A	0.187
Sauce, tartar, ready-to-serve	N/A	0.093
Sauce, teriyaki, ready-to-serve	N/A	1.27
Sauce, teriyaki, ready-to-serve, reduced sodium	N/A	1.27
Sauce, tomato chili sauce, bottled, with salt	N/A	1.6
Sauce, worcestershire	N/A	0.7
Sauerkraut, canned, solids and liquids	N/A	0.143
Sausage, beef, cured, cooked, smoked	N/A	3.19
Sausage, beef, fresh, cooked Sausage, Berliner, pork, beef	N/A N/A	3.6
Sausage, breakfast sausage, beef, pre-cooked, unprepared	N/A	3.11 2.407
Sausage, chicken, beef, pork, skinless, smoked	N/A N/A	
Sausage, egg and cheese breakfast biscuit	N/A	1.847 2.183
0 / 00	N/A	
Sausage, Italian, pork, mild, cooked, pan-fried Sausage, Italian, pork, mild, raw	N/A	6.279 5.8
Sausage, Italian, sweet, links	N/A	1.736
Sausage, Italian, turkey, smoked	N/A	3.675
Sausage, meatless	N/A	11.195
	13/73	3.478
ISausage New england hrand nork heef	N/A	
Sausage, New england brand, pork, beef Sausage, Polish, beef with chicken, hot	N/A	
Sausage, Polish, beef with chicken, hot	N/A	3.443
Sausage, Polish, beef with chicken, hot Sausage, Polish, pork and beef, smoked	N/A N/A	3.443 3.227
Sausage, Polish, beef with chicken, hot Sausage, Polish, pork and beef, smoked Sausage, pork and beef, fresh, cooked	N/A N/A N/A	3.443 3.227 3.367
Sausage, Polish, beef with chicken, hot Sausage, Polish, pork and beef, smoked	N/A N/A	3.443 3.227

Sausage, pork, turkey, and beef, reduced sodium	N/A	5.674
Sausage, smoked link sausage, pork	N/A	2.807
Sausage, smoked link sausage, pork and beef	N/A	2.94
Courses and the limit are used and beautiful and the still added	21/2	2.045
Sausage, smoked link sausage, pork and beef (nonfat dry milk added)	N/A	2.845
Sausage, summer, pork and beef, sticks, with cheddar cheese	N/A	2.9
Sausage, turkey and pork, fresh, bulk, patty or link, cooked	N/A	4.22
Sausage, turkey, breakfast links, mild, raw	N/A	4.433
Sausage, turkey, fresh, cooked	N/A	5.72
Sausage, turkey, fresh, raw	N/A	4.6
Sausage, turkey, hot, smoked	N/A	3.675
Sausage, turkey, pork, and beef, low fat, smoked	N/A	1.55
Sausage, turkey, reduced fat, brown and serve, cooked	N/A	2.137
Sausage, Vienna, canned, chicken, beef, pork	N/A	1.613
Schar, Gluten-Free, Classic White Rolls	N/A	3.875
SCHIFF, TIGER'S MILK BAR	N/A	4.039
School Lunch, chicken nuggets, whole grain breaded	N/A	5.985
School Lunch, chicken patty, whole grain breaded	N/A	5.104
School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese		
Pizza, frozen	N/A	3.08
School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey		
Pepperoni Pizza, frozen	N/A	2.393
		2.000
School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	N/A	3.242
School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	N/A	2.996
School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen,		
cooked	N/A	2.519
School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	N/A	3.729
School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	N/A	4.1
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School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	N/A	3.759
School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	N/A	3.125
School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50	1.47.1	5.225
Cheese, frozen	N/A	2.846
School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza	14/74	2.0.10
50/50 Cheese, frozen	N/A	3.543
	N/A	2.273
Scrapple, pork	N/A	
Seaweed, agar, raw		0.055
Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	N/A	3.75
Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	N/A	0.46
Seaweed, irishmoss, raw	N/A	0.593
Seaweed, kelp, raw	N/A	0.47
Seaweed, laver, raw	N/A	1.47
Seaweed, spirulina, dried	N/A	12.82
Seaweed, wakame, raw	N/A	1.6
Seeds, breadfruit seeds, boiled	N/A	5.3
Seeds, breadfruit seeds, raw	N/A	0.438
Seeds, breadfruit seeds, roasted	N/A	7.4
Seeds, breadnut tree seeds, dried	N/A	2.1
Seeds, breadnut tree seeds, raw	N/A	0.88
Seeds, chia seeds, dried	N/A	8.83
Seeds, cottonseed flour, low fat (glandless)	N/A	4.039
Seeds, cottonseed flour, partially defatted (glandless)	N/A	4.065
Seeds, cottonseed kernels, roasted (glandless)	N/A	3
Seeds, cottonseed meal, partially defatted (glandless)	N/A	4.286
Seeds, flaxseed	N/A	3.08
Seeds, hemp seed, hulled	N/A	9.2
Seeds, lotus seeds, dried	N/A	1.6
,,	1 ***	1.0

Seeds, lotus seeds, raw	N/A	0.429
Seeds, pumpkin and squash seed kernels, dried	N/A	4.987
Seeds, pumpkin and squash seed kernels, created, with salt added	N/A	4.43
Seeds, pumpkin and squash seed kernels, roasted, without salt	N/A	4.43
Seeds, pumpkin and squash seeds, whole, roasted, with salt added	N/A	0.286
Seeds, pumpkin and squash seeds, whole, roasted, without salt	N/A	0.286
Seeds, safflower seed kernels, dried	N/A	2.284
Seeds, safflower seed meal, partially defatted	N/A	2.265
Seeds, sesame butter, paste	N/A	6.7
Seeds, sesame butter, paste Seeds, sesame butter, tahini, from raw and stone ground kernels	N/A	5.925
Seeds, sesame butter, tahini, from roasted and toasted kernels (most commo		3.523
type)	'' N/A	5.45
Seeds, sesame butter, tahini, from unroasted kernels (non-chemically remove		
seed coat)	N/A	5.644
Seeds, sesame butter, tahini, type of kernels unspecified	N/A	5.64
Seeds, sesame flour, high-fat	N/A	13.369
Seeds, sesame flour, low-fat	N/A	12.533
Seeds, sesame flour, partially defatted	N/A	12.6
Seeds, sesame meal, partially defatted	N/A	12.816
Seeds, sesame seed kernels, dried (decorticated)	N/A	5.8
Seeds, sesame seed kernels, toasted, with salt added (decorticated)	N/A	5.438
seeds, sesame seed kerners, toasted, with sait added (decorticated)	IN/A	3.436
	N/A	5.438
Seeds, sesame seeds, whole, dried	N/A	4.515
Seeds, sesame seeds, whole, roasted and toasted	N/A	4.581
Seeds, sisymbrium sp. seeds, whole, dried	N/A	16.825
Seeds, sunflower seed butter, with salt added (Includes foods for USDA's Food		10.023
Distribution Program)	N/A	6.747
Seeds, sunflower seed butter, without salt	N/A	6.747
Seeds, sunflower seed flour, partially defatted	N/A	7.313
secus, surmower seed flour, partially deflutted	IN/A	7.313
Seeds, sunflower seed kernels from shell, dry roasted, with salt added	N/A	7.042
Seeds, sunflower seed kernels, dried	N/A	8.335
Seeds, sunflower seed kernels, dry roasted, with salt added	N/A	7.042
Seeds, sunflower seed kernels, dry roasted, without salt	N/A	7.042
Seeds, sunflower seed kernels, oil roasted, with salt added	N/A	4.13
Seeds, sunflower seed kernels, oil roasted, without salt	N/A	4.13
Seeds, sunflower seed kernels, toasted, with salt added	N/A	4.198
Seeds, sunflower seed kernels, toasted, without salt	N/A	4.198
Seeds, watermelon seed kernels, dried	N/A	3.55
Semolina, enriched	N/A	5.99
Semolina, unenriched	N/A	3.31
Sesbania flower, cooked, steamed, with salt	N/A	0.25
Sesbania flower, cooked, steamed, without salt	N/A	0.25
Sesbania flower, raw	N/A	0.23
Shake, fast food, vanilla	N/A	0.213
Shallots, freeze-dried	N/A	0.215
Shallots, raw	N/A	0.2
·	N/A	0.2
Sherbet, orange	N/A N/A	8.991
Snack, BALANCE, original bar Snack, Mixed Berry Bar	N/A N/A	0.858
Snack, potato chips, made from dried potatoes, plain	N/A	2.653
Snack, Pretzel, hard chocolate coated	N/A	2.398
Snacks, bagel chips, plain Snacks, banana chips	N/A	7.66
	N/A	0.71
		1.732
Snacks, beef jerky, chopped and formed	N/A	
Snacks, beef jerky, chopped and formed Snacks, beef sticks, smoked	N/A	4.54
Snacks, beef jerky, chopped and formed Snacks, beef sticks, smoked Snacks, brown rice chips	N/A N/A	4.54 7.806
Snacks, beef jerky, chopped and formed Snacks, beef sticks, smoked	N/A	4.54 7.806 0.173

Snacks, CLIF BAR, mixed flavors	N/A	4.412
Snacks, corn cakes	N/A	5.15
Snacks, corn cakes, very low sodium	N/A	5.15
Snacks, corn-based, extruded, chips, barbecue-flavor	N/A	1.645
Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched	1	
masa flour	N/A	6.3
Snacks, corn-based, extruded, chips, plain	N/A	0.842
Snacks, corn-based, extruded, chips, unsalted	N/A	1.48
Snacks, corn-based, extruded, cones, plain	N/A	1.41
Snacks, corn-based, extruded, onion-flavor	N/A	3.18
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	N/A	2.627
Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	N/A	5.743
Snacks, cornnuts, barbecue-flavor	N/A	1.507
Snacks, crisped rice bar, almond	N/A	17.635
Snacks, crisped rice bar, chocolate chip	N/A	7.05
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Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	N/A	1.975
Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	N/A	2.1
Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	N/A	2.399
Snacks, fruit leather, pieces	N/A	0.1
Snacks, fruit leather, pieces, with vitamin C	N/A	0.1
Snacks, fruit leather, rolls	N/A	0.1
Snacks, granola bar, chewy, reduced sugar, all flavors	N/A	1.049
Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET & SALTY NUT,	,	210 10
peanut	N/A	3.413
peditat	IN/A	3.413
Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	N/A	5.443
STRUCKS, Branda Sur, GENERAL MILES, WATONE WILLEY, GILEWI HAVE MIX	I I I I	3.443
Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	N/A	7.302
Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	N/A	0.68
Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	N/A	1.888
Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	N/A	1.158
Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	N/A	2.403
Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	N/A	1.064
Snacks, granola bar, QUAKER, DIPPS, all flavors	N/A	1.007
Snacks, granola bar, with coconut, chocolate coated	N/A	0.42
Snacks, granola bars, hard, almond	N/A	0.61
Snacks, granola bars, hard, chocolate chip	N/A	0.555
Snacks, granola bars, hard, enocolate emp	N/A	1.97
Snacks, granola bars, hard, plain	N/A	1.581
Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	N/A	6.667
Snacks, granola bars, soft, almond, confectioners coating	N/A	1.318
Shacks, granola bars, sort, annonu, confectioners coating	IV/A	1.510
Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	N/A	0.72
Shacks, granola bars, sort, coatea, milk chocolate coating, chocolate emp	IN/A	0.72
Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	N/A	3.29
Snacks, granola bars, soft, uncoated, chocolate chip	N/A	0.765
Shacks, granola bars, sort, uncoated, chocolate chip	IN/A	0.703
Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	N/A	1
Snacks, granola bars, soft, uncoated, rule and raisin	N/A	2.61
Snacks, granola bars, soft, uncoated, peanut butter	N/A	3.142
Sinds of Stational Saidy Sorty arrestated, pentitut Sutter	19/13	3.142
Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	N/A	3.15
Snacks, granola bars, soft, uncoated, plain	N/A	0.515
Snacks, granola bars, soft, uncoated, plain Snacks, granola bars, soft, uncoated, raisin	N/A	1.101
Snacks, granola bites, mixed flavors	N/A	
Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown	IN/A	2.318
	N/A	0.5
Sugar Spacks KELLOGG KELLOGG'S DICE VIDISDIES TREATS Squares	N/A N/A	9.5
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares		
Snacks, KELLOGG, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	N/A	19.267

Snacks, KRAFT, CORNNUTS, plain Snacks, M & M MARS, COMBOS Snacks Cheddar Cheese Pretzel Snacks, M & M MARS, KUDOS Whole Grain Bar, chocolate chip	N/A N/A	1.694 3.183
Snacks, M & M MARS, KUDOS Whole Grain Bar, chocolate chip		3.183
	N/A	1.539
Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	N/A	6.442
Snacks, oriental mix, rice-based	N/A	3.081
Snacks, peas, roasted, wasabi-flavored	N/A	5.06
Snacks, pita chips, salted	N/A	7.043
Snacks, plantain chips, salted	N/A	0.802
Snacks, popcorn, air-popped	N/A	2.308
Snacks, popcorn, air-popped (Unsalted)	N/A	1.944
Snacks, popcorn, cakes	N/A	6.006
Snacks, popcorn, caramel-coated, with peanuts	N/A	1.99
Snacks, popcorn, caramel-coated, without peanuts	N/A	2.2
Snacks, popcorn, cheese-flavor	N/A	1.453
Snacks, popcorn, home-prepared, oil-popped, unsalted	N/A	1.55
Snacks, popcorn, microwave, 94% fat free	N/A	2.099
Snacks, popcorn, microwave, low fat	N/A	2.07
Snacks, popcorn, microwave, regular (butter) flavor, made with partially		
hydrogenated oil	N/A	1.432
Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	N/A	1.195
Snacks, popcorn, oil-popped, white popcorn, salt added	N/A	1.55
Snacks, pork skins, barbecue-flavor	N/A	3.355
Snacks, pork skins, plain	N/A	1.549
Snacks, potato chips, barbecue-flavor	N/A	4.957
Snacks, potato chips, cheese-flavor	N/A	5
Snacks, potato chips, fat free, salted	N/A	6.446
Snacks, potato chips, fat-free, made with olestra	N/A	4.37
Snacks, potato chips, lightly salted	N/A	5.476
Consider matata alaine mande from duied matatage (masferment) moultimes in	N1/A	2.550
Snacks, potato chips, made from dried potatoes (preformed), multigrain	N/A N/A	2.558
Snacks, potato chips, made from dried potatoes, cheese-flavor	IN/A	2.6
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	N/A	2 207
Snacks, potato chips, made from dried potatoes, rat-free, friade with olestra	N/A	3.397 3.595
Shacks, potato chips, made from dried potatoes, reduced fat	IN/A	3.353
Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavo	r N/A	2.5
Snacks, potato chips, plain, made with partially hydrogenated soybean oil,	11976	2.3
salted	N/A	3.827
Snacks, potato chips, plain, made with partially hydrogenated soybean oil,	14/7	3.027
unsalted	N/A	3.827
Snacks, potato chips, plain, salted	N/A	4.762
Snacks, potato chips, plain, unsalted	N/A	3.827
Snacks, potato chips, reduced fat	N/A	7
Snacks, potato chips, sour-cream-and-onion-flavor	N/A	4.029
Snacks, potato chips, white, restructured, baked	N/A	4.09
Snacks, potato sticks	N/A	4.785
Snacks, Pretzels, gluten- free made with cornstarch and potato flour	N/A	0.232
Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	N/A	0.8
Snacks, pretzels, hard, plain, made with enriched flour, unsalted	N/A	5.251
Snacks, pretzels, hard, plain, made with unenriched flour, salted	N/A	1.92
Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	N/A	1.92
Snacks, pretzels, hard, plain, salted	N/A	5.27
		3.12
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	N/A	6.537
Snacks, rice cakes, brown rice, buckwheat	N/A	8.096
Snacks, rice cakes, brown rice, buckwheat, unsalted	N/A	8.096
Snacks, rice cakes, brown rice, corn	N/A	6.435
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Snacks, rice cakes, brown rice, multigrain	IN/A	
Snacks, rice cakes, brown rice, multigrain Snacks, rice cakes, brown rice, multigrain, unsalted	-	6.602
Snacks, rice cakes, brown rice, multigrain Snacks, rice cakes, brown rice, multigrain, unsalted Snacks, rice cakes, brown rice, plain, unsalted	N/A N/A	

Consider the sales have a size assumed	N1/A	7 205
Snacks, rice cakes, brown rice, sesame seed	N/A	7.205
Snacks, rice cakes, brown rice, sesame seed, unsalted	N/A	7.205
Snacks, rice cracker brown rice, plain	N/A N/A	7.806 1.552
Snacks, sesame sticks, wheat-based, salted Snacks, sesame sticks, wheat-based, unsalted	N/A	
Snacks, shrimp cracker	N/A	1.552 2.631
Snacks, soy chips or crisps, salted	N/A	2.978
Snacks, sweet potato chips, unsalted	N/A	2.088
Snacks, taro chips	N/A	0.515
Snacks, tortilla chips, light (baked with less oil)	N/A	0.42
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	N/A	1.3
Snacks, tortilla chips, low fat, unsalted	N/A	0.42
Snacks, tortilla chips, nacho cheese	N/A	1.29
Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	N/A	1.25 A
Snacks, tortilla chips, nacho-flavor, reduced fat	N/A	0.415
Snacks, tortilla chips, plain, white corn, salted	N/A	0.838
Snacks, tortilla chips, ranch-flavor	N/A	1.3
Snacks, tortilla chips, taco-flavor	N/A	1.999
Snacks, tortilla chips, unsalted, white corn	N/A	1.262
Snacks, trail mix, regular	N/A	4.712
Snacks, trail mix, regular, unsalted	N/A	4.712
Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	N/A	4.405
Shacks, train min, regular, with chocolate emps, salted hats and seeds	14/71	1.103
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	N/A	4.405
Snacks, trail mix, tropical	N/A	1.482
Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	N/A	1.768
Snacks, vegetable chips, made from garden vegetables	N/A	2.767
Snacks, yucca (cassava) chips, salted	N/A	1.197
Sorghum flour, refined, unenriched	N/A	1.329
Sorghum flour, whole-grain	N/A	4.496
Sorghum grain	N/A	3.688
Soup, bean & ham, canned, reduced sodium, prepared with water or ready-		
serve	N/A	0.324
Soup, bean with frankfurters, canned, condensed	N/A	0.78
Soup, bean with frankfurters, canned, prepared with equal volume water	N/A	0.41
Soup, bean with ham, canned, chunky, ready-to-serve	N/A	0.7
Soup, bean with pork, canned, condensed	N/A	0.421
Soup, bean with pork, canned, prepared with equal volume water	N/A	0.206
Soup, beef and mushroom, low sodium, chunk style	N/A	1.13
Soup, beef and vegetables, canned, ready-to-serve	N/A	0.978
Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	N/A	0.907
Soup, beef barley, ready to serve	N/A	0.933
Soup, beef broth bouillon and consomme, canned, condensed	N/A	0.58
Soup, beef broth or bouillon canned, ready-to-serve	N/A	0.78
Soup, beef broth or bouillon, powder, dry	N/A	4.467
Soup, beef broth or bouillon, powder, prepared with water	N/A	0.049
Soup, beef broth, bouillon, consomme, prepared with equal volume water	N/A	0.295
Soup, beef broth, cubed, dry	N/A	3.3
Soup, beef broth, cubed, prepared with water	N/A	0.049
Soup, beef broth, less/reduced sodium, ready to serve	N/A	0.41
Soup, beef mushroom, canned, condensed	N/A	0.9
Soup, beef mushroom, canned, prepared with equal volume water	N/A	0.391
Soup, beef noodle, canned, condensed	N/A	0.849
Soup, beef noodle, canned, prepared with equal volume water	N/A	0.425
Soup, beef stroganoff, canned, chunky style, ready-to-serve	N/A	0.1
Soup, black bean, canned, condensed	N/A	0.41
Soup, black bean, canned, prepared with equal volume water	N/A	0.205
Soup, bouillon cubes and granules, low sodium, dry	N/A	2.46
Soup, broccoli cheese, canned, condensed, commercial	N/A	0.248

Soup, chicken mushroom, canned, prepared with equal volume water N/A 0.668 Soup, chicken noodle, canned, condensed N/A 0.598 Soup, chicken noodle, canned, prepared with equal volume water N/A 0.598 Soup, chicken noodle, dry, mix N/A 0.431 Soup, chicken noodle, dry, mix, prepared with water N/A 0.431 Soup, chicken noodle, low sodium, canned, prepared with equal volume water N/A 0.54 Soup, chicken noodle, low sodium, canned, prepared with equal volume water N/A 0.54 Soup, chicken noodle, reduced sodium, canned, ready-to-serve N/A 1.396 Soup, chicken rice, canned, chunky, ready-to-serve N/A 1.71 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve N/A 0.346 Soup, chicken vegetable, canned, condensed N/A 1.004 Soup, chicken with rice, canned, condensed N/A 0.918 Soup, chicken with rice, canned, prepared with equal volume water N/A 0.459 Soup, chicken, canned, chunky, ready-to-serve N/A 0.813 Soup, chili beef, canned, condensed N/A 0.813 Soup, chili beef, canned, prepared with equal volume water N/A 0.813 Soup, chili beef, canned, ready-to-serve N/A 0.398 Soup, chunky beef, canned, ready-to-serve N/A 0.398 Soup, chunky beef, canned, ready-to-serve N/A 0.398 Soup, chunky beef, canned, ready-to-serve N/A 0.542			
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Soup, chicken mushroom, canned, prepared with equal volume water N/A O.668 Soup, chicken noodle, canned, condensed N/A O.508 Soup, chicken noodle, canned, prepared with equal volume water N/A O.598 Soup, chicken noodle, canned, prepared with equal volume water N/A O.598 Soup, chicken noodle, dry, mix Soup, chicken noodle, low sodium, canned, prepared with equal volume water N/A O.54 Soup, chicken noodle, low sodium, canned, prepared with equal volume water N/A O.54 Soup, chicken noodle, low sodium, canned, prepared with equal volume water N/A O.54 Soup, chicken noodle, reduced sodium, canned, ready-to-serve N/A O.54 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve N/A O.346 Soup, chicken vegetable, canned, condensed N/A O.346 Soup, chicken vegetable, canned, condensed N/A O.499 Soup, chicken, canned, chunky, ready-to-serve N/A O.499 Soup, chicken with rice, canned, prepared with equal volume water N/A O.499 Soup, chicken with rice, canned, condensed N/A O.499 Soup, chicken, canned, chunky, ready-to-serve N/A O.813 Soup, chilb beef, canned, ready-to-serve N/A O.814 O.825 Soup, chilb beef, canned, ready-to-serve N/A O.836 Soup, chunky vegetable, canned, ready-to-serve N/A O.845 Soup, chunky vegetable, canned, ready-to-serve N/A O.850 Soup, chunky vegetable, canned, ready-to-serve N/A O.801 Soup, charm chowder, manhattan, canned, chunky, ready-to-serve N/A O.802 Soup, charm chowder, manhattan, canned, chunky, ready-to-serve N/A O.803 Soup, charm chowder, manhattan, canned, chunky, ready-to-serve N/A O.804 O.803 Soup, charm chowder, new england, canned, chunky, ready-t			0.53
Soup, chicken mushroom, canned, prepared with equal volume water N/A 0.668 Soup, chicken noodle, canned, condensed N/A 0.598 Soup, chicken noodle, canned, prepared with equal volume water N/A 0.598 Soup, chicken noodle, dry, mix, prepared with water N/A 0.488 Soup, chicken noodle, dry, mix, prepared with water N/A 0.431 Soup, chicken noodle, idv, mix, prepared with water N/A 0.431 Soup, chicken noodle, idv, mix, prepared with water N/A 0.598 Soup, chicken noodle, idv, mix, prepared with water N/A 0.54 Soup, chicken noodle, idv, mix, prepared with water N/A 0.54 Soup, chicken noodle, idv, mix, prepared with equal volume water N/A 0.54 Soup, chicken noodle, idv, mix, predy-to-serve N/A 1.396 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve N/A 1.71 Soup, chicken vegetable, canned, condensed N/A 0.918 Soup, chicken with rice, canned, condensed N/A 0.918 Soup, chicken with rice, canned, condensed N/A 0.918 Soup, child with rice, canned, condensed N/A 0.938 Soup, child with rice, canned, condensed N/A 0.813 Soup, child beef, canned, prepared with equal volume water N/A 0.388 Soup, chunky vegetable, canned, ready-to-serve N/A 0.383 Soup, chunky vegetable, canned, ready-to-serve N/A 0.542 Soup, chunky vegetable, canned, ready-to-serve N/A 0.542 Soup, chamky vegetable, canned, ready-to-serve N/A 0.542 Soup, chamky vegetable, canned, ready-to-serve N/A 0.542 Soup, cham chowder, manhattan style, canned, condensed N/A 0.545 Soup, cham chowder, manhattan, canned, prepared with equal volume water N/A 0.545 Soup, cham chowder, mew england, canned, prepared with equal volume water N/A 0.555 Soup, cream of asparagus, canned, prepared with equal volume wat		•	0.272
Soup, chicken noodle, canned, condensed Soup, chicken noodle, dry, mix Soup, chicken noodle, dry, mix Soup, chicken noodle, dry, mix N/A A.88 Soup, chicken noodle, dry, mix Soup, chicken noodle, dry, mix Soup, chicken noodle, dry, mix Soup, chicken noodle, low sodium, canned, prepared with equal volume water N/A A.88 Soup, chicken noodle, low sodium, canned, prepared with equal volume water N/A A.98 Soup, chicken noodle, reduced sodium, canned, prepared with equal volume water N/A A.99 Soup, chicken noodle, reduced sodium, canned, prepared with equal volume water N/A A.90 Soup, chicken rice, canned, chunky, ready-to-serve N/A A.90 Soup, chicken rice, canned, condensed N/A A.90 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve N/A A.90 Soup, chicken vegetable, canned, condensed N/A A.90 Soup, chicken with rice, canned, condensed N/A A.90 Soup, chicken with rice, canned, prepared with equal volume water N/A A.90 Soup, chicken, canned, chunky, ready-to-serve N/A A.90 Soup, chilb eef, canned, condensed N/A A.90 Soup, chilb eef, canned, condensed N/A A.90 Soup, chulb eef, canned, condensed N/A A.90 Soup, chulb eef, canned, chunky, ready-to-serve N/A A.90 Soup, chulb eef, canned, condensed N/A A.90 Soup, chulb eef, canned, chunky, ready-to-serve N/A A.90 Soup, chunky egetable, canned, ready-to-serve N/A A.90 Soup, chunky egetable, canned, ready-to-serve N/A A.90 Soup, chunky egetable, canned, ready-to-serve N/A A.90 Soup, cham chowder, manhattan style, canned, chunky, ready-to-serve N/A A.90 Soup, cham chowder, manhattan, canned, prepared with equal volume water N/A A.90 Soup, cham chowder, manhattan, canned, prepared with equal volume water N/A A.90 Soup, cham chowder, manhattan, canned, prepared with equal volume water N/A A.90 Soup, cham chowder, manhattan, canned, prepared with equal volume water N/A A.90 Soup, cham chowder, manhattan, canned, prepared with equal volume water N/A A.90 Soup, cream of asparagus, canned, prepared with equal volume water N/A A.90 Soup, cream of asparagus, canned,	Soup, chicken mushroom, canned, condensed	N/A	1.3
Soup, chicken noodle, canned, condensed Soup, chicken noodle, dry, mix Soup, chicken noodle, dry, mix Soup, chicken noodle, dry, mix N/A A.88 Soup, chicken noodle, dry, mix Soup, chicken noodle, dry, mix Soup, chicken noodle, dry, mix Soup, chicken noodle, low sodium, canned, prepared with equal volume water N/A A.88 Soup, chicken noodle, low sodium, canned, prepared with equal volume water N/A A.98 Soup, chicken noodle, reduced sodium, canned, prepared with equal volume water N/A A.99 Soup, chicken noodle, reduced sodium, canned, prepared with equal volume water N/A A.90 Soup, chicken rice, canned, chunky, ready-to-serve N/A A.90 Soup, chicken rice, canned, condensed N/A A.90 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve N/A A.90 Soup, chicken vegetable, canned, condensed N/A A.90 Soup, chicken with rice, canned, condensed N/A A.90 Soup, chicken with rice, canned, prepared with equal volume water N/A A.90 Soup, chicken, canned, chunky, ready-to-serve N/A A.90 Soup, chilb eef, canned, condensed N/A A.90 Soup, chilb eef, canned, condensed N/A A.90 Soup, chulb eef, canned, condensed N/A A.90 Soup, chulb eef, canned, chunky, ready-to-serve N/A A.90 Soup, chulb eef, canned, condensed N/A A.90 Soup, chulb eef, canned, chunky, ready-to-serve N/A A.90 Soup, chunky egetable, canned, ready-to-serve N/A A.90 Soup, chunky egetable, canned, ready-to-serve N/A A.90 Soup, chunky egetable, canned, ready-to-serve N/A A.90 Soup, cham chowder, manhattan style, canned, chunky, ready-to-serve N/A A.90 Soup, cham chowder, manhattan, canned, prepared with equal volume water N/A A.90 Soup, cham chowder, manhattan, canned, prepared with equal volume water N/A A.90 Soup, cham chowder, manhattan, canned, prepared with equal volume water N/A A.90 Soup, cham chowder, manhattan, canned, prepared with equal volume water N/A A.90 Soup, cham chowder, manhattan, canned, prepared with equal volume water N/A A.90 Soup, cream of asparagus, canned, prepared with equal volume water N/A A.90 Soup, cream of asparagus, canned,			
Soup, chicken noodle, dry, mix Soup, chicken noodle, dry, mix N/A Soup, chicken noodle, dry, mix Soup, chicken noodle, dry, mix, prepared with water N/A Soup, chicken noodle, dry, mix, prepared with equal volume water N/A Soup, chicken noodle, low sodium, canned, prepared with equal volume water N/A Soup, chicken noodle, educed sodium, canned, ready-to-serve N/A Soup, chicken noodle, educed sodium, canned, ready-to-serve N/A Soup, chicken noodle, reduced sodium, canned, ready-to-serve N/A Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve N/A Soup, chicken vegetable, canned, condensed N/A Soup, chicken vegetable, canned, condensed N/A Soup, chicken with rice, canned, condensed N/A Soup, chicken with rice, canned, prepared with equal volume water N/A Soup, chicken with rice, canned, prepared with equal volume water N/A Soup, chicken canned, chunky, ready-to-serve N/A Soup, chilm beef, canned, condensed N/A Soup, chilm beef, canned, ready-to-serve N/A Soup, chilm beef, canned, ready-to-serve N/A Soup, chunky beef, canned, ready-to-serve N/A Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A Soup, chan chowder, manhattan, canned, chunky, ready-to-serve N/A Soup, chan chowder, manhattan, canned, prepared with equal volume water N/A Soup, chan chowder, manhattan, canned, prepared with equal volume water N/A Soup, chan chowder, mew england, canned, prepared with equal volume water N/A Soup, chan chowder, new england, canned, prepared with equal volume water N/A Soup, chan chowder, new england, canned, prepared with equal volume water N/A Soup, chan chowder, new england, canned, prepared with equal volume water N/A Soup, cream of asparagus, canned, prepared with equal volume water N/A Soup, cream of asparagus, canned, prepared with equal volume water N/A Soup, cream of asparagus, canned, prepared with equal volume water N/A Soup, cream of asparagus, c	Soup, chicken mushroom, canned, prepared with equal volume water	N/A	0.668
Soup, chicken noodle, dry, mix Soup, chicken noodle, dry, mix, prepared with water N/A O.431 Soup, chicken noodle, low sodium, canned, prepared with equal volume water N/A O.54 Soup, chicken noodle, reduced sodium, canned, ready-to-serve N/A O.54 Soup, chicken rice, canned, chunky, ready-to-serve N/A O.54 Soup, chicken rice, canned, chunky, ready-to-serve N/A O.54 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve N/A O.54 Soup, chicken with rice, canned, condensed N/A O.59 Soup, chicken with rice, canned, condensed N/A O.59 Soup, chicken with rice, canned, prepared with equal volume water N/A O.50 Soup, chicken with rice, canned, prepared with equal volume water N/A O.50 Soup, chicken with rice, canned, prepared with equal volume water N/A O.50 Soup, childen canned, chunky, ready-to-serve N/A O.50 Soup, childen canned, chunky, ready-to-serve N/A O.50 Soup, childen canned, chunky, ready-to-serve N/A O.50 Soup, chunky beef, canned, ready-to-serve N/A O.50 Soup, chunky vegetable, canned, ready-to-serve N/A O.50 Soup, clam chowder, manhattan, canned, condensed N/A O.55 Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A O.55 Soup, clam chowder, mew england, canned, prepared with equal volume water N/A O.75 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.75 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.75 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.75 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.75 Soup, cream of asparagus, canned, prepared with equal volume water N/A O.75 Soup, cream of asparagus, canned, prepared with equal volume water N/A O.75 Soup, cream of asparagus, canned, prepared with equal volume water N/A	Soup, chicken noodle, canned, condensed	N/A	1.222
Soup, chicken noodle, dry, mix, prepared with water Soup, chicken noodle, low sodium, canned, prepared with equal volume water N/A 1.396 Soup, chicken noodle, reduced sodium, canned, ready-to-serve N/A 1.396 Soup, chicken regetable with potato and cheese, chunky, ready-to-serve N/A 1.71 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve N/A 3.40 Soup, chicken vegetable, canned, condensed N/A 1.004 Soup, chicken with rice, canned, condensed N/A 3.40 Soup, chicken with rice, canned, prepared with equal volume water N/A 3.40 3.50 Soup, chill beef, canned, chunky, ready-to-serve N/A 3.60 Soup, chill beef, canned, prepared with equal volume water N/A 3.75 Soup, chunky chicken noodle, canned, ready-to-serve N/A 3.81 Soup, chill beef, canned, prepared with equal volume water N/A 3.83 Soup, chunky chicken noodle, canned, ready-to-serve N/A 3.93 Soup, chunky vegetable, canned, ready-to-serve N/A 3.11 Soup, chunky vegetable, canned, ready-to-serve N/A 3.12 Soup, chunky vegetable, canned, ready-to-serve N/A 3.12 Soup, chunky vegetable, canned, ready-to-serve N/A 3.13 Soup, chunky vegetable, canned, ready-to-serve N/A 3.14 Soup, chan chowder, manhattan style, canned, ready-to-serve N/A 3.15 Soup, chan chowder, manhattan, canned, prepared with equal volume water N/A 3.15 Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A 3.15 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 3.15 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 3.15 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 3.15 Soup, cream of asparagus, canned, prepared with equal volume water N/A 3.15 Soup, cream of asparagus, canned, prepared with equal volume water N/A 3.15 Soup, cream of asparagus, canned, prepared with equal volume water N/A 3.15 Soup, cream of celery, canned, prepared with equal volume water N/A 3.15 Soup, cream of celery, canned, pr	Soup, chicken noodle, canned, prepared with equal volume water	N/A	0.598
Soup, chicken noodle, low sodium, canned, prepared with equal volume water N/A 1.396 Soup, chicken noodle, reduced sodium, canned, ready-to-serve N/A 1.396 Soup, chicken rice, canned, chunky, ready-to-serve N/A 1.71 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve N/A 1.04 Soup, chicken vegetable, canned, condensed N/A 1.04 Soup, chicken vegetable, canned, condensed N/A 1.04 Soup, chicken with rice, canned, condensed N/A 1.04 Soup, chicken with rice, canned, condensed N/A 1.04 Soup, chicken, canned, condensed N/A 1.04 Soup, childen, canned, chunky, ready-to-serve N/A 1.76 Soup, childen, canned, chunky, ready-to-serve N/A 1.76 Soup, childen, canned, prepared with equal volume water N/A 1.83 Soup, childen, canned, prepared with equal volume water N/A 1.383 Soup, chunky beef, canned, ready-to-serve N/A 1.395 Soup, chunky beef, canned, ready-to-serve N/A 1.395 Soup, chunky vegetable, canned, ready-to-serve N/A 1.395 Soup, chunky vegetable, canned, ready-to-serve N/A 1.395 Soup, chunky vegetable, canned, condensed N/A 0.542 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A 1.55 Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A 1.336 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 1.35 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 1.35 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 1.35 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 1.35 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 1.35 Soup, cream of asparagus, canned, prepared with equal volume water N/A 1.35 Soup, cream of asparagus, canned, prepared with equal volume water N/A 1.35 Soup, cream of asparagus, canned, prepared with equal volume water N/A 1.35 Soup, cream of celery, canned, prepared with equal volume water N/A 1.35 Soup, cream of clerv, canned, prepared with equal volume water N/A 1.36 Soup, cream of clerv, canned, prepared wi	Soup, chicken noodle, dry, mix	N/A	4.88
Soup, chicken noodle, reduced sodium, canned, ready-to-serve N/A 1.396 Soup, chicken rice, canned, chunky, ready-to-serve N/A 0.346 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve N/A 0.346 Soup, chicken vegetable, canned, condensed N/A 1.004 Soup, chicken wegetable, canned, condensed N/A 0.918 Soup, chicken with rice, canned, condensed N/A 0.459 Soup, chicken, canned, chunky, ready-to-serve N/A 0.459 Soup, chicken, canned, chunky, ready-to-serve N/A 0.459 Soup, childen, canned, chunky, ready-to-serve N/A 0.813 Soup, childen, canned, chunky, ready-to-serve N/A 0.813 Soup, childen, canned, prepared with equal volume water N/A 0.838 Soup, chunky beef, canned, prepared with equal volume water N/A 0.338 Soup, chunky vegetable, canned, ready-to-serve N/A 0.1127 Soup, chunky vegetable, canned, ready-to-serve N/A 0.542 Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A 0.51 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A 0.51 Soup, clam chowder, manhattan, canned, chunky, ready-to-serve N/A 0.55 Soup, clam chowder, manhattan, canned, condensed N/A 0.55 Soup, clam chowder, menhattan, canned, condensed N/A 0.55 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.318 Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A 0.734 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, clam chowder, new england, canned, ready-to-serve N/A 0.759 Soup, clam chowder, new england, canned, ready-to-serve N/A 0.759 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, cream of asparagus, canned, ordensed N/A 0.559 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.350 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.350 Soup, cream of celery, canned, condensed With equal volume water N/A 0.350 Soup, cream of ce	Soup, chicken noodle, dry, mix, prepared with water	N/A	0.431
Soup, chicken noodle, reduced sodium, canned, ready-to-serve N/A 1.396 Soup, chicken rice, canned, chunky, ready-to-serve N/A 0.346 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve N/A 0.346 Soup, chicken vegetable, canned, condensed N/A 1.004 Soup, chicken wegetable, canned, condensed N/A 0.918 Soup, chicken with rice, canned, condensed N/A 0.459 Soup, chicken, canned, chunky, ready-to-serve N/A 0.459 Soup, chicken, canned, chunky, ready-to-serve N/A 0.459 Soup, childen, canned, chunky, ready-to-serve N/A 0.813 Soup, childen, canned, chunky, ready-to-serve N/A 0.813 Soup, childen, canned, prepared with equal volume water N/A 0.838 Soup, chunky beef, canned, prepared with equal volume water N/A 0.338 Soup, chunky vegetable, canned, ready-to-serve N/A 0.1127 Soup, chunky vegetable, canned, ready-to-serve N/A 0.542 Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A 0.51 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A 0.51 Soup, clam chowder, manhattan, canned, chunky, ready-to-serve N/A 0.55 Soup, clam chowder, manhattan, canned, condensed N/A 0.55 Soup, clam chowder, menhattan, canned, condensed N/A 0.55 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.318 Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A 0.734 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, clam chowder, new england, canned, ready-to-serve N/A 0.759 Soup, clam chowder, new england, canned, ready-to-serve N/A 0.759 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, cream of asparagus, canned, ordensed N/A 0.559 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.350 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.350 Soup, cream of celery, canned, condensed With equal volume water N/A 0.350 Soup, cream of ce			
Soup, chicken rice, canned, chunky, ready-to-serve N/A 0.346 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve N/A 0.346 Soup, chicken with rice, canned, condensed N/A 0.918 Soup, chicken with rice, canned, prepared with equal volume water N/A 0.918 Soup, chicken, canned, chunky, ready-to-serve N/A 0.918 Soup, chile with rice, canned, prepared with equal volume water N/A 0.813 Soup, chile with rice, canned, prepared with equal volume water N/A 0.813 Soup, chile ser, canned, condensed N/A 0.813 Soup, chill beef, canned, prepared with equal volume water N/A 0.813 Soup, chunky beef, canned, ready-to-serve N/A 1.127 Soup, chunky beef, canned, ready-to-serve N/A 1.127 Soup, chunky vegetable, canned, ready-to-serve N/A 0.542 Soup, chunky vegetable, canned, ready-to-serve N/A 0.61 Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A 0.61 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A 0.77 Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A 0.318 Soup, clam chowder, mew england, canned, prepared with equal volume low fat (2%) milk N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.795 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.795 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.795 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.796 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.318 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.325 Soup, cream of celery, canned, prepared with equal volume water N/A 0.336 Soup, cream of celery, canned, prepared wit	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	N/A	0.54
Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve N/A 1.04 Soup, chicken vegetable, canned, condensed N/A 0.918 Soup, chicken with rice, canned, condensed N/A 0.938 Soup, chicken with rice, canned, prepared with equal volume water N/A 0.459 Soup, chicken, canned, chunky, ready-to-serve N/A 1.76 Soup, child beef, canned, condensed N/A 0.813 Soup, child beef, canned, condensed N/A 0.813 Soup, child beef, canned, prepared with equal volume water N/A 0.813 Soup, child beef, canned, prepared with equal volume water N/A 0.813 Soup, chunky beef, canned, ready-to-serve N/A 0.938 Soup, chunky beef, canned, ready-to-serve N/A 1.127 Soup, chunky vegetable, canned, ready-to-serve N/A 0.542 Soup, chunky vegetable, canned, ready-to-serve N/A 0.542 Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A 0.651 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A 0.74 Soup, clam chowder, manhattan, canned, condensed N/A 0.550 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A 0.759 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, clam chowder, new england, canned, ready-to-serve N/A 0.497 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.497 Soup, cream of asparagus, canned, condensed N/A 0.625 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.625 Soup, cream of celery, canned, prepared with equal volume water N/A 0.355 Soup, cream of celery, canned, prepared with equal volume water N/A 0.350 Soup, cream of celery, canned, prepared with equal volume water N/A 0.350 Soup, cream of celery, canned, prepared with equal volume water N/A 0.350 Soup, cream of celery, canned, prepared with equal volume water N/A 0.365 Soup, cream of celery, canned, prepared with equal volume water N/A 0.365	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	N/A	1.396
Soup, chicken vegetable, canned, condensed N/A Soup, chicken with rice, canned, condensed N/A O.938 Soup, chicken with rice, canned, ordensed N/A O.459 Soup, chicken with rice, canned, prepared with equal volume water N/A O.859 Soup, chicken, canned, chunky, ready-to-serve N/A O.813 Soup, chili beef, canned, prepared with equal volume water N/A O.838 Soup, chili beef, canned, prepared with equal volume water N/A O.838 Soup, chili beef, canned, prepared with equal volume water N/A O.938 Soup, chunky beef, canned, ready-to-serve N/A O.940 Soup, chunky chicken noodle, canned, ready-to-serve N/A O.950 Soup, chunky vegetable, canned, ready-to-serve N/A O.950 Soup, chunky vegetable, canned, chunky, ready-to-serve N/A O.970 Soup, chunky vegetable, canned, chunky, ready-to-serve N/A O.971 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A O.972 Soup, clam chowder, manhattan, canned, condensed N/A O.985 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.994 Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A O.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.795 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.795 Soup, clam chowder, new england, canned, ready-to-serve N/A O.795 Soup, clam chowder, new england, canned, ready-to-serve N/A O.795 Soup, clam chowder, new england, canned, ready-to-serve N/A O.795 Soup, cream of asparagus, canned, condensed N/A O.795 Soup, cream of asparagus, canned, prepared with equal volume milk N/A O.795 Soup, cream of celery, canned, prepared with equal volume water N/A O.796 O.797	Soup, chicken rice, canned, chunky, ready-to-serve	N/A	1.71
Soup, chicken vegetable, canned, condensed N/A Soup, chicken with rice, canned, condensed N/A O.938 Soup, chicken with rice, canned, ordensed N/A O.459 Soup, chicken with rice, canned, prepared with equal volume water N/A O.859 Soup, chicken, canned, chunky, ready-to-serve N/A O.813 Soup, chili beef, canned, prepared with equal volume water N/A O.838 Soup, chili beef, canned, prepared with equal volume water N/A O.838 Soup, chili beef, canned, prepared with equal volume water N/A O.938 Soup, chunky beef, canned, ready-to-serve N/A O.940 Soup, chunky chicken noodle, canned, ready-to-serve N/A O.950 Soup, chunky vegetable, canned, ready-to-serve N/A O.950 Soup, chunky vegetable, canned, chunky, ready-to-serve N/A O.970 Soup, chunky vegetable, canned, chunky, ready-to-serve N/A O.971 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A O.972 Soup, clam chowder, manhattan, canned, condensed N/A O.985 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.994 Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A O.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.795 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.795 Soup, clam chowder, new england, canned, ready-to-serve N/A O.795 Soup, clam chowder, new england, canned, ready-to-serve N/A O.795 Soup, clam chowder, new england, canned, ready-to-serve N/A O.795 Soup, cream of asparagus, canned, condensed N/A O.795 Soup, cream of asparagus, canned, prepared with equal volume milk N/A O.795 Soup, cream of celery, canned, prepared with equal volume water N/A O.796 O.797			
Soup, chicken with rice, canned, condensed N/A O.459 Soup, chicken with rice, canned, prepared with equal volume water N/A O.459 Soup, chicken, canned, chunky, ready-to-serve N/A Soup, chili beef, canned, condensed N/A O.813 Soup, chili beef, canned, condensed N/A O.838 Soup, chili beef, canned, prepared with equal volume water N/A Soup, chunky beef, canned, ready-to-serve N/A Soup, chunky chicken noodle, canned, ready-to-serve N/A Soup, chunky vegetable, canned, ready-to-serve N/A Soup, chunky vegetable, canned, ready-to-serve N/A Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A O.61 Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A O.65 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.794 Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A O.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.795 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.795 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.795 Soup, cream of asparagus, canned, prepared with equal volume milk N/A O.310 Soup, cream of celery, canned, prepared with equal volume water N/A O.325 Soup, cream of celery, canned, prepared with equal volume water N/A O.336 Soup, cream of celery, canned, prepared with equal volume water N/A O.337 Soup, cream of celery, canned, prepared with equal volume water N/A O.336 Soup, cream of celery, canned, prepared with equal volume water N/A O.336 Soup, crea	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	N/A	0.346
Soup, chicken with rice, canned, prepared with equal volume water N/A Soup, chilcken, canned, chunky, ready-to-serve N/A Soup, chill beef, canned, prepared with equal volume water N/A Soup, chill beef, canned, prepared with equal volume water N/A Soup, chill beef, canned, prepared with equal volume water N/A Soup, chunky beef, canned, ready-to-serve N/A Soup, chunky chicken noodle, canned, ready-to-serve N/A Soup, chunky vegetable, canned, ready-to-serve N/A Soup, chunky vegetable, canned, ready-to-serve N/A Soup, chunky vegetable, canned, ready-to-serve N/A Soup, cham chowder, manhattan style, canned, chunky, ready-to-serve N/A Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, condensed N/A Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, cream of asparagus, canned, prepared with equal volume water N/A Soup, cream of asparagus, canned, prepared with equal volume water N/A Soup, cream of elery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prep	Soup, chicken vegetable, canned, condensed	N/A	1.004
Soup, chicken, canned, chunky, ready-to-serve N/A Soup, chili beef, canned, condensed N/A O.813 Soup, chili beef, canned, prepared with equal volume water N/A Soup, chili beef, canned, prepared with equal volume water N/A Soup, chunky beif, canned, ready-to-serve N/A Soup, chunky chicken noodle, canned, ready-to-serve N/A Soup, chunky vegetable, canned, ready-to-serve N/A Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.759 Soup, clam chowder, new england, canned, ready-to-serve N/A O.422 Soup, cream of asparagus, canned, condensed N/A O.422 Soup, cream of asparagus, canned, prepared with equal volume water N/A O.625 Soup, cream of asparagus, canned, prepared with equal volume water N/A O.625 Soup, cream of celery, canned, prepared with equal volume water N/A O.635 Soup, cream of celery, canned, prepared with equal volume water N/A O.766 Soup, cream of celery, canned, prepared with equal volume water N/A O.776 Soup, cream of celery, canned, prepared with equal volume water N/A O.786 Soup, cream of celery, canned, prepared with equal volume water N/A O.787 Soup, cream of celery, canned, prepared with equal volume water N/A O.787 Soup, cream of celery, canned, prepared with equal volume water N/A O.789 Soup, cream of celery, canned, prepared with equal volume water N/A O.780 O.780 O.780 O.780 O.780 O.780 O.780 O.7	Soup, chicken with rice, canned, condensed	N/A	0.918
Soup, chili beef, canned, condensed N/A 0.813 Soup, chili beef, canned, prepared with equal volume water N/A 0.398 Soup, chunky beef, canned, pready-to-serve N/A 1.127 Soup, chunky beef, canned, ready-to-serve N/A 1.196 Soup, chunky vegetable, canned, ready-to-serve N/A 1.196 Soup, chunky vegetable, canned, ready-to-serve N/A 0.542 Soup, chunky vegetable, canned, ready-to-serve N/A 0.542 Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A 0.61 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A 0.77 Soup, clam chowder, manhattan, canned, condensed N/A 0.65 Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A 0.318 Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, clam chowder, new england, canned, ready-to-serve N/A 0.497 Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A 0.497 Soup, cream of asparagus, canned, condensed N/A 0.62 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.550 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.355 Soup, cream of celery, canned, prepared with equal volume water N/A 0.355 Soup, cream of celery, canned, prepared with equal volume water N/A 0.365 Soup, cream of celery, canned, prepared with equal volume water N/A 0.365 Soup, cream of celery, canned, prepared with equal volume water N/A 0.360 Soup, cream of celery, canned, prepared with equal volume water N/A 0.365 Soup, cream of celery, canned, prepared with equal volume water N/A 0.360 Soup, cream of celery, canned, condensed N/A 0.363	Soup, chicken with rice, canned, prepared with equal volume water	N/A	0.459
Soup, chili beef, canned, prepared with equal volume water N/A 1.127 Soup, chunky beef, canned, ready-to-serve N/A 1.196 Soup, chunky chicken noodle, canned, ready-to-serve N/A 1.196 Soup, chunky vegetable, canned, ready-to-serve N/A 0.542 Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A 0.61 Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A 0.61 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A 0.77 Soup, clam chowder, manhattan, canned, condensed N/A 0.65 Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A 0.318 Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.497 Soup, clam chowder, new england, canned, ready-to-serve N/A 0.497 Soup, cream of asparagus, canned, condensed N/A 0.62 Soup, cream of asparagus, canned, prepared with equal volume milk N/A 0.319 Soup, cream of saparagus, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.332 Soup, cream of celery, canned, condensed N/A 0.332 Soup, cream of celery, canned, prepared with equal volume water N/A 0.332	Soup, chicken, canned, chunky, ready-to-serve	N/A	1.76
Soup, chunky beef, canned, ready-to-serve N/A 1.127 Soup, chunky chicken noodle, canned, ready-to-serve N/A 1.196 Soup, chunky vegetable, canned, ready-to-serve N/A 0.542 Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A 0.61 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A 0.77 Soup, clam chowder, manhattan, canned, condensed N/A 0.65 Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A 0.318 Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, clam chowder, new england, canned, ready-to-serve N/A 0.497 Soup, cream of asparagus, canned, prepared with equal volume milk N/A 0.355 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.319 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.319 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.319 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.332 Soup, cream of celery, canned, condensed N/A 0.332	Soup, chili beef, canned, condensed	N/A	0.813
Soup, chunky chicken noodle, canned, ready-to-serve N/A 0.542 Soup, chunky vegetable, canned, ready-to-serve N/A 0.542 Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A 0.61 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A 0.77 Soup, clam chowder, manhattan, canned, condensed N/A 0.65 Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A 0.318 Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, clam chowder, new england, canned, ready-to-serve N/A 0.497 Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A 0.422 Soup, cream of asparagus, canned, prepared with equal volume milk N/A 0.355 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.365 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.376 Soup, cream of celery, canned, prepared with equal volume water N/A 0.316 Soup, cream of celery, canned, prepared with equal volume water N/A 0.316 Soup, cream of celery, canned, prepared with equal volume water N/A 0.316 Soup, cream of celery, canned, condensed N/A 0.332 Soup, cream of chicken, canned, condensed N/A 0.332 Soup, cream of chicken, canned, condensed N/A 0.332	Soup, chili beef, canned, prepared with equal volume water	N/A	0.398
Soup, chunky vegetable, canned, ready-to-serve N/A 0.542 Soup, chunky vegetable, reduced sodium, canned, ready-to-serve N/A 0.61 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A 0.77 Soup, clam chowder, manhattan, canned, condensed N/A 0.65 Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A 0.318 Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, ready-to-serve N/A 0.497 Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A 0.62 Soup, cream of asparagus, canned, prepared with equal volume milk N/A 0.355 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.319 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.319 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.316 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.316 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume water N/A 0.330 Soup, cream of clicken, canned, condensed N/A 0.392 Soup, cream of clicken, canned, condensed, reduced sodium N/A 0.392	Soup, chunky beef, canned, ready-to-serve	N/A	1.127
Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A O.77 Soup, clam chowder, manhattan, canned, condensed N/A O.85 Soup, clam chowder, manhattan, canned, prepared with equal volume water Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A O.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.795 Soup, clam chowder, new england, canned, prepared with equal volume water N/A O.794 Soup, clam chowder, new england, ready-to-serve N/A O.497 Soup, cream of asparagus, canned, condensed N/A O.62 Soup, cream of asparagus, canned, prepared with equal volume milk N/A O.319 Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of celery, canned, prepared with equal volume milk N/A O.319 Soup, cream of celery, canned, prepared with equal volume milk N/A O.319 Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of celery, canned, condensed N/A O.339 Soup, cream of chicken, canned, condensed N/A O.339	Soup, chunky chicken noodle, canned, ready-to-serve	N/A	1.196
Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve N/A 0.65 Soup, clam chowder, manhattan, canned, condensed N/A 0.65 Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A 1.55 Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.795 Soup, clam chowder, new england, canned, ready-to-serve N/A 0.497 Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A 0.422 Soup, cream of asparagus, canned, condensed N/A 0.62 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.355 Soup, cream of calery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.136 Soup, cream of celery, canned, prepared with equal volume water N/A 0.136 Soup, cream of celery, canned, prepared with equal volume water N/A 0.136 Soup, cream of celery, canned, prepared with equal volume water N/A 0.136 Soup, cream of chicken, canned, condensed N/A 0.392 Soup, cream of chicken, canned, condensed N/A 0.392 Soup, cream of chicken, canned, condensed N/A 0.392	Soup, chunky vegetable, canned, ready-to-serve	N/A	0.542
Soup, clam chowder, manhattan, canned, prepared with equal volume water Soup, clam chowder, manhattan, canned, prepared with equal volume water Soup, clam chowder, new england, canned, condensed Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, ready-to-serve N/A Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A Soup, cream of asparagus, canned, condensed N/A Soup, cream of asparagus, canned, prepared with equal volume milk N/A Soup, cream of asparagus, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of chicken, canned, condensed N/A O.330 Soup, cream of chicken, canned, condensed, reduced sodium N/A O.331	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	N/A	0.61
Soup, clam chowder, manhattan, canned, prepared with equal volume water Soup, clam chowder, manhattan, canned, prepared with equal volume water Soup, clam chowder, new england, canned, condensed Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, ready-to-serve N/A Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A Soup, cream of asparagus, canned, condensed N/A Soup, cream of asparagus, canned, prepared with equal volume milk N/A Soup, cream of asparagus, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of chicken, canned, condensed N/A O.330 Soup, cream of chicken, canned, condensed, reduced sodium N/A O.331			
Soup, clam chowder, manhattan, canned, prepared with equal volume water Soup, clam chowder, manhattan, canned, prepared with equal volume water Soup, clam chowder, new england, canned, condensed Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, ready-to-serve N/A Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A Soup, cream of asparagus, canned, condensed N/A Soup, cream of asparagus, canned, prepared with equal volume milk N/A Soup, cream of asparagus, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of chicken, canned, condensed N/A O.330 Soup, cream of chicken, canned, condensed, reduced sodium N/A O.331	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	N/A	0.77
Soup, clam chowder, manhattan, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, condensed N/A Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, ready-to-serve N/A Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A Soup, cream of asparagus, canned, condensed N/A Soup, cream of asparagus, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, condensed			
Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A O.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, ready-to-serve N/A Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A O.427 Soup, cream of asparagus, canned, condensed N/A O.508 Soup, cream of asparagus, canned, prepared with equal volume milk N/A O.319 Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of celery, canned, prepared with equal volume milk N/A O.365 Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of celery, canned, prepared with equal volume water N/A O.339 Soup, cream of chicken, canned, condensed N/A O.3392 Soup, cream of chicken, canned, condensed, reduced sodium N/A O.3392			
Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk N/A O.794 Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, ready-to-serve N/A Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A O.427 Soup, cream of asparagus, canned, condensed N/A O.508 Soup, cream of asparagus, canned, prepared with equal volume milk N/A O.319 Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of celery, canned, prepared with equal volume milk N/A O.365 Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of celery, canned, prepared with equal volume water N/A O.319 Soup, cream of celery, canned, prepared with equal volume water N/A O.339 Soup, cream of chicken, canned, condensed N/A O.3392 Soup, cream of chicken, canned, condensed, reduced sodium N/A O.3392	Soup, clam chowder, manhattan, canned, prepared with equal volume water	N/A	0.318
Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk Soup, clam chowder, new england, canned, prepared with equal volume water N/A Soup, clam chowder, new england, canned, ready-to-serve N/A Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A Soup, cream of asparagus, canned, condensed N/A Soup, cream of asparagus, canned, prepared with equal volume milk N/A Soup, cream of asparagus, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume milk N/A O.319 Soup, cream of celery, canned, prepared with equal volume milk N/A O.176 Soup, cream of celery, canned, prepared with equal volume water N/A O.136 Soup, cream of celery, canned, prepared with equal volume water N/A O.136 Soup, cream of chicken, canned, condensed N/A O.392 Soup, cream of chicken, canned, condensed, reduced sodium N/A O.637			
Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, clam chowder, new england, canned, ready-to-serve N/A 0.497 Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A 0.422 Soup, cream of asparagus, canned, condensed N/A 0.62 Soup, cream of asparagus, canned, prepared with equal volume milk N/A 0.355 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.265 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.176 Soup, cream of celery, canned, prepared with equal volume water N/A 0.176 Soup, cream of celery, canned, prepared with equal volume water N/A 0.136 Soup, cream of chicken, canned, condensed N/A 0.392 Soup, cream of chicken, canned, condensed N/A 0.392 Soup, cream of chicken, canned, condensed N/A 0.637		<u> </u>	
Soup, clam chowder, new england, canned, prepared with equal volume water N/A 0.759 Soup, clam chowder, new england, canned, ready-to-serve N/A 0.497 Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A 0.422 Soup, cream of asparagus, canned, condensed N/A 0.62 Soup, cream of asparagus, canned, prepared with equal volume milk N/A 0.355 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, condensed N/A 0.265 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.176 Soup, cream of celery, canned, prepared with equal volume water N/A 0.136 Soup, cream of celery, canned, prepared with equal volume water N/A 0.136 Soup, cream of chicken, canned, condensed N/A 0.392 Soup, cream of chicken, canned, condensed, reduced sodium N/A 0.637		N/A	0.794
Soup, clam chowder, new england, canned, ready-to-serve N/A 0.422 Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A 0.422 Soup, cream of asparagus, canned, condensed N/A 0.62 Soup, cream of asparagus, canned, prepared with equal volume milk N/A 0.355 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.176 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.136 Soup, cream of celery, canned, prepared with equal volume water N/A 0.136 Soup, cream of chicken, canned, condensed N/A 0.392 Soup, cream of chicken, canned, condensed N/A 0.392			
Soup, clam chowder, new england, canned, ready-to-serve N/A 0.422 Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A 0.422 Soup, cream of asparagus, canned, condensed N/A 0.62 Soup, cream of asparagus, canned, prepared with equal volume milk N/A 0.355 Soup, cream of celery, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.176 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.136 Soup, cream of celery, canned, prepared with equal volume water N/A 0.136 Soup, cream of chicken, canned, condensed N/A 0.392 Soup, cream of chicken, canned, condensed N/A 0.392	Soup, clam chowder, new england, canned, prepared with equal volume water	N/A	0.759
Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve N/A 0.422 Soup, cream of asparagus, canned, condensed N/A 0.62 Soup, cream of asparagus, canned, prepared with equal volume milk N/A 0.355 Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, condensed N/A 0.265 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.176 Soup, cream of celery, canned, prepared with equal volume water N/A 0.136 Soup, cream of chicken, canned, condensed N/A 0.392 Soup, cream of chicken, canned, condensed N/A 0.392	17 9 7 11 1	•	
Soup, cream of asparagus, canned, condensed Soup, cream of asparagus, canned, prepared with equal volume milk N/A Soup, cream of asparagus, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of chicken, canned, condensed N/A O.392 Soup, cream of chicken, canned, condensed, reduced sodium N/A O.637	soup, claim chowact, new england, carmed, ready to serve	11,771	0.137
Soup, cream of asparagus, canned, condensed Soup, cream of asparagus, canned, prepared with equal volume milk N/A Soup, cream of asparagus, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume milk N/A Soup, cream of celery, canned, prepared with equal volume water N/A Soup, cream of chicken, canned, condensed N/A O.392 Soup, cream of chicken, canned, condensed, reduced sodium N/A O.637	Soun clam chowder new england reduced sodium, canned, ready-to-conve	N/A	0.422
Soup, cream of asparagus, canned, prepared with equal volume milk N/A 0.355 Soup, cream of asparagus, canned, prepared with equal volume water N/A Soup, cream of celery, canned, condensed N/A O.265 Soup, cream of celery, canned, prepared with equal volume milk N/A O.176 Soup, cream of celery, canned, prepared with equal volume water N/A O.136 Soup, cream of chicken, canned, condensed N/A O.392 Soup, cream of chicken, canned, condensed, reduced sodium N/A O.355			
Soup, cream of asparagus, canned, prepared with equal volume water N/A 0.319 Soup, cream of celery, canned, condensed N/A 0.265 Soup, cream of celery, canned, prepared with equal volume milk N/A 0.176 Soup, cream of celery, canned, prepared with equal volume water N/A 0.136 Soup, cream of chicken, canned, condensed N/A 0.392 Soup, cream of chicken, canned, condensed, reduced sodium N/A 0.637			
Soup, cream of celery, canned, condensedN/A0.265Soup, cream of celery, canned, prepared with equal volume milkN/A0.176Soup, cream of celery, canned, prepared with equal volume waterN/A0.136Soup, cream of chicken, canned, condensedN/A0.392Soup, cream of chicken, canned, condensed, reduced sodiumN/A0.637	Joury, Greath of asparagus, carifica, prepared with equal volume filling	IV/A	0.355
Soup, cream of celery, canned, condensedN/A0.265Soup, cream of celery, canned, prepared with equal volume milkN/A0.176Soup, cream of celery, canned, prepared with equal volume waterN/A0.136Soup, cream of chicken, canned, condensedN/A0.392Soup, cream of chicken, canned, condensed, reduced sodiumN/A0.637	Soun cream of acparague cannot propared with equal volume water	N/A	0.340
Soup, cream of celery, canned, prepared with equal volume milkN/A0.176Soup, cream of celery, canned, prepared with equal volume waterN/A0.136Soup, cream of chicken, canned, condensedN/A0.392Soup, cream of chicken, canned, condensed, reduced sodiumN/A0.637			
Soup, cream of celery, canned, prepared with equal volume waterN/A0.136Soup, cream of chicken, canned, condensedN/A0.392Soup, cream of chicken, canned, condensed, reduced sodiumN/A0.637	· · · · · · · · · · · · · · · · · · ·	 	
Soup, cream of chicken, canned, condensed N/A 0.392 Soup, cream of chicken, canned, condensed, reduced sodium N/A 0.637			
Soup, cream of chicken, canned, condensed, reduced sodium N/A 0.637		•	
Soup, cream of chicken, canned, prepared with equal volume milk N/A 0.372			
	Soup, cream of chicken, canned, prepared with equal volume milk	N/A	0.372

Soup, cream of chicken, canned, prepared with equal volume water	N/A	0.336
Soup, cream of chicken, dry, mix, prepared with water	N/A	1
Soup, cream of mushroom, canned, condensed	N/A	0.345
Soup, cream of mushroom, canned, condensed, reduced sodium	N/A	0.17
Soup, cream of mushroom, canned, prepared with equal volume low fat (2%)	,	<u> </u>
milk	N/A	0.214
		0.214
Soup, cream of mushroom, canned, prepared with equal volume water	N/A	0.169
Soup, cream of mushroom, low sodium, ready-to-serve, canned	N/A	0.3
Soup, cream of onion, canned, condensed	N/A	0.4
Soup, cream of onion, canned, prepared with equal volume milk	N/A	0.244
Soup, cream of onion, canned, prepared with equal volume water	N/A	0.206
Soup, cream of potato, canned, condensed	N/A	0.43
Soup, cream of potato, canned, prepared with equal volume milk	N/A	0.259
Soup, cream of potato, canned, prepared with equal volume water	N/A	0.221
Soup, cream of shrimp, canned, condensed	N/A	0.34
Soup, cream of simmp, carmed, condensed	N/A	0.34
Soun groom of shrimp, cannod propaged with equal volume law fat (20/) milk	N1/A	0.211
Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk Soup, cream of shrimp, canned, prepared with equal volume water	N/A N/A	0.211 0.17
Soup, cream of simmly, carried, prepared with equal volume water	N/A	2.2
Soup, egg drop, Chinese restaurant	N/A	0.156
Soup, hot and sour, Chinese restaurant	N/A	0.507
Soup, lentil with ham, canned, ready-to-serve	N/A	0.545
Soup, minestrone, canned, chunky, ready-to-serve	N/A	0.491
Soup, minestrone, canned, condensed	N/A	0.77
Soup, minestrone, canned, prepared with equal volume water	N/A	0.391
Soup, minestrone, canned, reduced sodium, ready-to-serve	N/A	0.64
Soup, mushroom barley, canned, condensed	N/A	0.7
Soup, mushroom barley, canned, prepared with equal volume water	N/A	0.36
		0.061
Soup, mushroom with beef stock, canned, condensed	N/A	0.96
Soup, mushroom with beef stock, canned, prepared with equal volume water	N/A	0.494
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed	N/A N/A	0.494 0.49
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix	N/A N/A N/A	0.494
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed	N/A N/A	0.494 0.49
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed	N/A N/A N/A	0.494 0.49 1.472
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water	N/A N/A N/A N/A N/A N/A	0.494 0.49 1.472 0.063
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed	N/A N/A N/A N/A N/A	0.494 0.49 1.472 0.063 0.19
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume water	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 0.462
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 0.462 1.05
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 0.462 1.05
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 0.462 1.05 1.098
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, prepared with equal volume water	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 1.05 1.098
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed Soup, pea, split with ham, canned, prepared with equal volume water Soup, pea, split with ham, canned, prepared with equal volume water Soup, pea, split with ham, canned, prepared with equal volume water Soup, ramen noodle, any flavor, dry	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 1.05 1.098 0.583 5.401
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed Soup, pea, split with ham, canned, prepared with equal volume water Soup, ramen noodle, any flavor, dry Soup, ramen noodle, beef flavor, dry	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 1.05 1.098 0.583 5.401 5.139
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed Soup, pea, split with ham, canned, prepared with equal volume water Soup, pea, split with ham, canned, prepared with equal volume water Soup, ramen noodle, any flavor, dry Soup, ramen noodle, chicken flavor, dry	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 0.462 1.05 1.098 0.583 5.401 5.139 5.536
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed Soup, pea, split with ham, canned, prepared with equal volume water Soup, ramen noodle, any flavor, dry Soup, ramen noodle, beef flavor, dry Soup, ramen noodle, chicken flavor, dry Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 0.462 1.05 1.098 0.583 5.401 5.139 5.536 4.906
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed Soup, pea, split with ham, canned, prepared with equal volume water Soup, ramen noodle, any flavor, dry Soup, ramen noodle, beef flavor, dry Soup, ramen noodle, chicken flavor, dry Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium Soup, shark fin, restaurant-prepared	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 0.462 1.05 1.098 0.583 5.401 5.139 5.536 4.906
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed Soup, pea, split with ham, canned, prepared with equal volume water Soup, pea, split with ham, canned, prepared with equal volume water Soup, ramen noodle, any flavor, dry Soup, ramen noodle, chicken flavor, dry Soup, ramen noodle, chicken flavor, dry Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium Soup, shark fin, restaurant-prepared Soup, stock, beef, home-prepared	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 1.05 1.098 0.583 5.401 5.139 5.536 4.906 0.493 0.872
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed Soup, pea, split with ham, canned, prepared with equal volume water Soup, ramen noodle, any flavor, dry Soup, ramen noodle, beef flavor, dry Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium Soup, shark fin, restaurant-prepared Soup, stock, beef, home-prepared Soup, stock, fish, home-prepared Soup, stock, fish, home-prepared Soup, stock, fish, home-prepared	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 0.462 1.05 1.098 0.583 5.401 5.139 5.536 4.906 0.493 0.872
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed Soup, pea, split with ham, canned, prepared with equal volume water Soup, ramen noodle, any flavor, dry Soup, ramen noodle, beef flavor, dry Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium Soup, shark fin, restaurant-prepared Soup, stock, beef, home-prepared Soup, stock, chicken, home-prepared Soup, SWANSON, beef broth, lower sodium	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 0.462 1.05 1.098 0.583 5.401 5.139 5.536 4.906 0.493 0.872 1.584 1.186
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed Soup, pea, split with ham, canned, prepared with equal volume water Soup, pea, split with ham, canned, prepared with equal volume water Soup, ramen noodle, any flavor, dry Soup, ramen noodle, beef flavor, dry Soup, ramen noodle, chicken flavor, dry Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium Soup, shark fin, restaurant-prepared Soup, stock, beef, home-prepared Soup, stock, chicken, home-prepared Soup, Stock, chicken, home-prepared Soup, SWANSON, beef broth, lower sodium Soup, SWANSON, vegetable broth	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 1.05 1.098 0.583 5.401 5.139 5.536 4.906 0.493 0.872 1.584 1.186 0.5
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, condensed Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed Soup, pea, split with ham, canned, prepared with equal volume water Soup, ramen noodle, any flavor, dry Soup, ramen noodle, beef flavor, dry Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium Soup, shark fin, restaurant-prepared Soup, stock, beef, home-prepared Soup, stock, chicken, home-prepared Soup, stock, fish, home-prepared Soup, SWANSON, beef broth, lower sodium	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 1.05 1.098 0.583 5.401 5.139 5.536 4.906 0.493 0.872 1.584 1.186 0.5
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume milk Soup, pea, green, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed Soup, pea, split with ham, canned, prepared with equal volume water Soup, ramen noodle, any flavor, dry Soup, ramen noodle, beef flavor, dry Soup, ramen noodle, chicken flavor, dry Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium Soup, shark fin, restaurant-prepared Soup, stock, beef, home-prepared Soup, stock, chicken, home-prepared Soup, stock, fish, home-prepared Soup, SWANSON, beef broth, lower sodium Soup, SWANSON, vegetable broth Soup, tomato beef with noodle, canned, condensed	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 1.05 1.098 0.583 5.401 5.139 5.536 4.906 0.493 0.872 1.584 1.186 0.5 0.11 1.49
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed Soup, pea, split with ham, canned, prepared with equal volume water Soup, ramen noodle, any flavor, dry Soup, ramen noodle, chicken flavor, dry Soup, ramen noodle, chicken flavor, dry Soup, ramen noodle, chicken flavor, reduced fat, reduced sodium Soup, shark fin, restaurant-prepared Soup, stock, beef, home-prepared Soup, stock, chicken, home-prepared Soup, stock, chicken, home-prepared Soup, SWANSON, beef broth, lower sodium Soup, SWANSON, vegetable broth Soup, tomato beef with noodle, canned, prepared with equal volume water	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 1.05 1.098 0.583 5.401 5.139 5.536 4.906 0.493 0.872 1.584 1.186 0.5 0.11 1.49
Soup, mushroom with beef stock, canned, prepared with equal volume water Soup, onion, canned, condensed Soup, onion, dry, mix Soup, onion, dry, mix, prepared with water Soup, oyster stew, canned, condensed Soup, oyster stew, canned, prepared with equal volume milk Soup, oyster stew, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume water Soup, pea, green, canned, prepared with equal volume water Soup, pea, low sodium, prepared with equal volume water Soup, pea, split with ham, canned, chunky, ready-to-serve Soup, pea, split with ham, canned, condensed Soup, pea, split with ham, canned, prepared with equal volume water Soup, pea, split with ham, canned, prepared with equal volume water Soup, ramen noodle, any flavor, dry Soup, ramen noodle, chicken flavor, dry Soup, ramen noodle, chicken flavor, dry Soup, ramen noodle, chicken flavor, dry Soup, stock, beef, home-prepared Soup, stock, chicken, home-prepared Soup, stock, chicken, home-prepared Soup, stock, fish, home-prepared Soup, SWANSON, beef broth, lower sodium Soup, SWANSON, vegetable broth Soup, tomato beef with noodle, canned, condensed	N/A	0.494 0.49 1.472 0.063 0.19 0.137 0.097 0.943 0.528 0.462 1.05 1.098 0.583 5.401 5.139 5.536 4.906 0.493 0.872 1.584 1.186 0.5 0.11 1.49

Court Associate bissons associated associate	N1/A	0.465
Soup, tomato bisque, canned, prepared with equal volume water	N/A	0.465
Soup, tomato rice, canned, condensed	N/A	0.822
Soup, tomato rice, canned, prepared with equal volume water	N/A	0.411
Soup, tomato, canned, condensed	N/A	0.858
Soup, tomato, canned, condensed, reduced sodium	N/A	1.032
Soup, tomato, canned, prepared with equal volume low fat (2%) milk	N/A	0.461
	21.6	0.43
Soup, tomato, canned, prepared with equal volume water, commercial	N/A	0.42
Soup, tomato, dry, mix, prepared with water	N/A	0.926
Soup, tomato, low sodium, with water	N/A	0.505
Soup, turkey noodle, canned, prepared with equal volume water	N/A	0.572
Soup, turkey vegetable, canned, prepared with equal volume water	N/A	0.417
Soup, turkey, chunky, canned, ready-to-serve	N/A	1.52
Soup, vegetable beef, canned, condensed	N/A	0.823
Soup, vegetable beef, canned, prepared with equal volume water	N/A	0.412
Soup, vegetable broth, ready to serve	N/A	0.11
Soup, vegetable chicken, canned, prepared with water, low sodium	N/A	1.37
Soup, vegetable soup, condensed, low sodium, prepared with equal volume		
water	N/A	0.77
Soup, vegetable with beef broth, canned, condensed	N/A	0.789
Soup, vegetable with beef broth, canned, prepared with equal volume water	N/A	0.395
Soup, vegetable, canned, low sodium, condensed	N/A	1.54
Soup, vegetarian vegetable, canned, condensed	N/A	0.747
Soup, vegetarian vegetable, canned, prepared with equal volume water	N/A	0.374
Soup, wonton, Chinese restaurant	N/A	0.58
Sour cream, fat free	N/A	0.07
Sour cream, light	N/A	0.07
Sour cream, reduced fat	N/A	0.07
Sour dressing, non-butterfat, cultured, filled cream-type	N/A	0.074
Soursop, raw	N/A	0.9
Soy flour, defatted	N/A	2.612
Soy flour, full-fat, raw	N/A	4.32
Soy flour, full-fat, roasted	N/A	3.286
Soy flour, low-fat	N/A	2.95
Soy meal, defatted, raw	N/A	2.587
Soy protein concentrate, produced by acid wash	N/A	0.716
Soy protein concentrate, produced by alcohol extraction	N/A	0.716
Soy protein isolate	N/A	1.438
Soy protein isolate, potassium type	N/A	1.438
Soy sauce made from hydrolyzed vegetable protein	N/A	2.828
Soy sauce made from soy (tamari)	N/A	3.951
Soy sauce made from soy and wheat (shoyu)	N/A	2.196
Soy sauce made from soy and wheat (shoyu), low sodium	N/A	1.14
Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	N/A	0.453
Soybean, curd cheese	N/A	0.433
Soybeans, green, cooked, boiled, drained, with salt	N/A N/A	1.25
Soybeans, green, cooked, boiled, drained, with salt Soybeans, green, cooked, boiled, drained, without salt	N/A	1.25
	N/A	
Soybeans, green, raw Soybeans, mature cooked, boiled, without salt	N/A	1.65 0.399
	N/A N/A	0.399
Soybeans, mature seeds, cooked, boiled, with salt Soybeans, mature seeds, dry roasted	N/A	
	•	1.056
Soybeans, mature seeds, raw	N/A	1.623
Soybeans, mature seeds, roasted, no salt added	N/A	1.41
Soybeans, mature seeds, roasted, salted	N/A	1.41
Soybeans, mature seeds, sprouted, cooked, steamed	N/A	1.092
Soybeans, mature seeds, sprouted, cooked, steamed, with salt	N/A	1.092
Soybeans, mature seeds, sprouted, raw	N/A	1.148

Soymilk (All flavors), enhanced	N/A	3.292
Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	N/A	0.323
Softmix (all havers), homae, with added edicially, vicalinis / and B	N/A	0.323
Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	N/A	0.165
Soymilk, chocolate and other flavors, light, with added calcium, vitamins A ai		0.103
D	N/A	0.512
Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	N/A	0.512
Soymilk, chocolate, unfortified	N/A	0.512
Soymilk, chocolate, with added calcium, vitamins A and D	N/A	0.513
Soymin, chocolate, with added calciditi, vitaliinis A dila B	IV/A	0.513
Soymilk, original and vanilla, light, with added calcium, vitamins A and D	N/A	0.222
Soymilk, original and vanilla, unfortified	N/A	0.513
Soymilk, original and vanilla, with added calcium, vitamins A and D	N/A	0.425
Spaghetti with meat sauce, frozen entree	N/A	0.177
Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	N/A	1.837
Spaghetti, protein-fortified, dry, enriched (n x 6.25)	N/A	7.654
Spaghetti, spinach, cooked	N/A	1.53
Spaghetti, spinach, dry	N/A	4.55
Spaghetti, with meatballs in tomato sauce, canned	N/A	2.017
Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced		2.017
tomatoes and margarine)	N/A	2.447
Spanish rice mix, dry mix, unprepared	N/A	7.179
Spearmint, dried	N/A	6.561
Spearmint, fresh	N/A	0.948
Spelt, cooked	N/A	2.57
Spelt, uncooked	N/A	6.843
Spices, allspice, ground	N/A	2.86
Spices, anise seed	N/A	3.06
Spices, basil, dried	N/A	4.9
Spices, bay leaf	N/A	2.005
Spices, caraway seed	N/A	3.606
Spices, cardamom	N/A	1.102
Spices, celery seed	N/A	3.06
Spices, chervil, dried	N/A	5.4
Spices, chili powder	N/A	11.6
Spices, cinnamon, ground	N/A	1.332
Spices, cloves, ground	N/A	1.56
Spices, coriander leaf, dried	N/A	10.707
Spices, coriander seed	N/A	2.13
Spices, cumin seed	N/A	4.579
Spices, curry powder	N/A	3.26
Spices, dill seed	N/A	2.807
Spices, dill weed, dried	N/A	2.807
Spices, fennel seed	N/A	6.05
Spices, fenugreek seed	N/A	1.64
Spices, garlic powder	N/A	0.796
Spices, ginger, ground	N/A	9.62
Spices, mace, ground	N/A	1.35
Spices, marjoram, dried	N/A	4.12
Spices, mustard seed, ground	N/A	4.733
Spices, nutmeg, ground	N/A	1.299
Spices, onion powder	N/A	0.321
Spices, oregano, dried	N/A	4.64
Spices, paprika	N/A	10.06
Spices, parsley, dried	N/A	9.943
Spices, pepper, black	N/A	1.143
Spices, pepper, red or cayenne	N/A	8.701
Spices, pepper, white	N/A	0.212
Spices, poppy seed	N/A	0.896
Spices, poultry seasoning	N/A	2.97
Spices, pumpkin pie spice	N/A	2.243

Spices, rosemary, dried	N/A	1
Spices, saffron	N/A	1.46
Spices, sage, ground	N/A	5.72
Spices, savory, ground	N/A	4.08
Spices, tarragon, dried	N/A	8.95
Spices, thyme, dried	N/A	4.94
Spices, turmeric, ground	N/A	1.35
Spinach souffle	N/A	0.479
Spinach, canned, no salt added, solids and liquids	N/A	0.271
Spinach, canned, regular pack, drained solids	N/A	0.388
Spinach, canned, regular pack, solids and liquids	N/A	0.271
Spinach, cooked, boiled, drained, with salt	N/A	0.49
Spinach, cooked, boiled, drained, without salt	N/A	0.49
Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	N/A	0.439
	,	
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	N/A	0.439
Spinach, frozen, chopped or leaf, unprepared (Includes foods for USDA's Food	,	
Distribution Program)	N/A	0.507
Spinach, raw	N/A	0.724
Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	N/A	0.457
Split pea with ham soup, canned, reduced sodium, prepared with water or		0.137
ready-to-serve	N/A	0.695
Squab, (pigeon), light meat without skin, raw	N/A	7.322
Squab, (pigeon), meat and skin, raw	N/A	6.046
Squab, (pigeon), meat only, raw	N/A	6.86
Squash, Indian, cooked, boiled (Navajo)	N/A	0.102
Squash, summer, all varieties, cooked, boiled, drained, with salt	N/A	0.513
Squash, summer, all varieties, cooked, boiled, drained, without salt	N/A	0.513
Squash, summer, all varieties, raw	N/A	0.487
Squash, summer, crookneck and straightneck, canned, drained, solid, without	N// C	0.107
salt	N/A	0.418
Squash, summer, crookneck and straightneck, cooked, boiled, drained, with	IN/A	0.410
salt	N/A	0.507
Squash, summer, crookneck and straightneck, cooked, boiled, drained, without	· ·	0.307
salt	N/A	0.507
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained,	14/74	0.507
with salt	N/A	0.44
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained,	N// C	0.11
without salt	N/A	0.44
Squash, summer, crookneck and straightneck, frozen, unprepared	N/A	0.4
Squash, summer, crookneck and straightneck, raw	N/A	0.448
Squash, summer, scallop, cooked, boiled, drained, with salt	N/A	0.464
Squash, summer, scallop, cooked, boiled, drained, without salt	N/A	0.464
Squash, summer, scallop, raw	N/A	0.6
Squadri, summer, seemsp, run		5.0
Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	N/A	0.51
Squash, Summer, Eucemin, melades skin, cooked, solica, dramed, with suit	IN/A	0.51
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	N/A	0.51
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with	I I I	0.51
salt	N/A	0.386
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained,	IN/A	0.300
without salt	N/A	0.386
Squash, summer, zucchini, includes skin, frozen, unprepared	N/A	0.433
Squash, summer, zucchini, includes skin, raw	N/A	0.451
Squash, summer, zucchini, includes skiii, raw Squash, summer, zucchini, italian style, canned	N/A	0.431
Squash, winter, acorn, cooked, baked, with salt	N/A	0.328
Squash, winter, acorn, cooked, baked, without salt	N/A	0.881
Squash, winter, acorn, cooked, baked, without sait Squash, winter, acorn, cooked, boiled, mashed, with salt	N/A	0.531
Squash, winter, acorn, cooked, boiled, mashed, without salt	N/A	0.531
Squash, winter, acorn, raw	N/A	0.531
Squash, willer, acom, raw	IN/A	0.7

Squash, winter, all varieties, cooked, baked, with salt	N/A	0.495
Squash, winter, all varieties, cooked, baked, without salt	N/A	0.495
Squash, winter, all varieties, raw	N/A	0.5
Squash, winter, an varieties, raw Squash, winter, butternut, cooked, baked, with salt	N/A	0.969
Squash, winter, butternut, cooked, baked, without salt	N/A	0.969
Squash, winter, butternut, frozen, cooked, boiled, with salt	N/A	0.464
Squash, winter, butternut, frozen, cooked, boiled, without salt	N/A	0.464
Squash, winter, butternut, frozen, unprepared	N/A	0.74
Squash, winter, butternut, raw	N/A	1.2
Squash, winter, butternat, raw Squash, winter, hubbard, baked, with salt	N/A	0.558
Squash, winter, hubbard, baked, without salt	N/A	0.558
Squash, winter, hubbard, cooked, boiled, mashed, with salt	N/A	0.334
Squash, winter, hubbard, cooked, boiled, mashed, without salt	N/A	0.334
Squash, winter, hubbard, raw	N/A	0.5
Squasii, Wiliter, Hubbard, Taw	IN/A	0.5
Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	N/A	0.81
Squasii, wiiiter, spagnetti, cooked, boiled, drailled, or baked, with sait	IN/ A	0.81
Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	N/A	0.91
Squash, winter, spagnetti, cooked, boiled, drained, or baked, without sait	N/A	0.81
Squash, zucchini, baby, raw	N/A	0.705
Stew, dumpling with mutton (Navajo)	N/A	2.005
	N/A	
Stew, hominy with mutton (Navajo)	N/A	1.5
Stew, mutton, corn, squash (Navajo)	·	2 207
Stew, pinto bean and hominy, badufsuki (Hopi)	N/A	0.097
Stinging Nettles, blanched (Northern Plains Indians)	N/A	0.388
Strawberries, canned, heavy syrup pack, solids and liquids	N/A	0.057
Strawberries, frozen, sweetened, sliced	N/A	0.401
Strawberries, frozen, unsweetened (Includes foods for USDA's Food	21/2	0.452
Distribution Program)	N/A	0.462
Strawberries, raw	N/A	0.386
Strawberry-flavor beverage mix, powder	N/A	0.073
Strudel, apple	N/A	0.33
SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	N/A	4.85
	21/2	4.40
SUBWAY, black forest ham sub on white bread with lettuce and tomato	N/A	4.18
SUBWAY, cold cut sub on white bread with lettuce and tomato	N/A	4.323
SUBWAY, meatball marinara sub on white bread (no toppings)	N/A	3.547
SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	N/A	5.21
SUBWAY, roast beef sub on white bread with lettuce and tomato	N/A	4.183
SUBWAY, steak & cheese sub on white bread with American cheese, lettuce		
and tomato	N/A	3.583
SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	N/A	4.507
SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato		
and sweet onion sauce	N/A	5.063
SUBWAY, tuna sub on white bread with lettuce and tomato	N/A	7.727
SUBWAY, turkey breast sub on white bread with lettuce and tomato	N/A	4.617
Succotash, (corn and limas), canned, with cream style corn	N/A	0.607
Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	N/A	0.64
Succotash, (corn and limas), cooked, boiled, drained, with salt	N/A	1.327
Succotash, (corn and limas), cooked, boiled, drained, without salt	N/A	1.327
Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	N/A	1.306
Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	N/A	1.306
Succotash, (corn and limas), frozen, unprepared	N/A	1.375
Sugar-apples, (sweetsop), raw	N/A	0.883
Sugars, brown	N/A	0.11
Sugars, maple	N/A	0.04
Sweet potato leaves, cooked, steamed, with salt	N/A	1.003
<u> </u>		

Course to pate to leave a seekeed at a mood with out self.	NI/A	1 003
Sweet potato leaves, cooked, steamed, without salt	N/A N/A	1.003
Sweet potato leaves, raw	·	1.13
Sweet potato, canned, mashed	N/A N/A	0.955
Sweet potato, canned, syrup pack, drained solids	· ·	0.34
Sweet potato, canned, syrup pack, solids and liquids Sweet potato, canned, vacuum pack	N/A	0.456
	N/A	0.741
Sweet potato, cooked, baked in skin, flesh, with salt	N/A	1.487
Sweet potato, cooked, baked in skin, flesh, without salt	N/A	1.487
Sweet potato, cooked, boiled, without skin	N/A	0.538
Sweet potato, cooked, boiled, without skin, with salt	N/A	0.538
Sweet potato, cooked, candied, home-prepared	N/A	0.406
Sweet potato, frozen, cooked, baked, with salt	N/A	0.555
Sweet potato, frozen, cooked, baked, without salt	N/A	0.555
Sweet potato, frozen, unprepared (Includes foods for USDA's Food Distribution	1,1/4	0.507
Program)	N/A	0.597
Sweet potato, raw, unprepared (Includes foods for USDA's Food Distribution	A1 / A	0.557
Program)	N/A	0.557
		0.00-
Sweet Potatoes, french fried, frozen as packaged, salt added in processing	N/A	0.697
Sweet rolls, cheese	N/A	0.83
Sweet rolls, cinnamon, commercially prepared with raisins	N/A	2.384
Sweet rolls, cinnamon, refrigerated dough with frosting	N/A	3.703
Sweet rolls, cinnamon, refrigerated dough with frosting, baked	N/A	3.622
Sweetener, syrup, agave	N/A	0.689
Sweeteners, for baking, brown, contains sugar and sucralose	N/A	0.08
Swisswurst, pork and beef, with swiss cheese, smoked	N/A	2.9
Syrup, Cane	N/A	0.1
Syrup, maple, Canadian	N/A	0.081
Syrup, NESTLE, chocolate	N/A	0.173
Syrups, chocolate, fudge-type	N/A	0.25
Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	N/A	0.178
Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	N/A	0.371
Syrups, corn, dark	N/A	0.02
Syrups, malt	N/A	8.12
Syrups, maple	N/A	0.081
Syrups, sorghum	N/A	0.1
Syrups, table blends, corn, refiner, and sugar	N/A	0.02
Syrups, table blends, pancake, reduced-calorie	N/A	0.004
Syrups, table blends, pancake, with 2% maple	N/A	0.003
Syrups, table blends, pancake, with 2% maple, with added potassium	N/A	0.02
Syrups, table blends, pancake, with butter	N/A	0.02
T.G.I. FRIDAY'S, chicken fingers	N/A	8.387
T.G.I. FRIDAY'S, chicken fingers, from kids' menu	N/A	7.983
T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	N/A	5.743
T.G.I. FRIDAY'S, french fries	N/A	2.797
T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	N/A	0.76
T.G.I. FRIDAY'S, fried mozzarella	N/A	0.703
T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	N/A	0.617
TACO BELL, Bean Burrito	N/A	2.02
TACO BELL, BURRITO SUPREME with beef	N/A	2.09
TACO BELL, BURRITO SUPREME with chicken	N/A	3.9
TACO BELL, BURRITO SUPREME with steak	N/A	2.25
TACO BELL, Nachos	N/A	0.63
TACO BELL, Nachos Supreme	N/A	1.01
TACO BELL, Original Taco with beef, cheese and lettuce	N/A	1.65
TACO BELL, Soft Taco with beef, cheese and lettuce	N/A	2.88
TACO BELL, Soft Taco with chicken, cheese and lettuce	N/A	5.17
TACO BELL, Soft Taco with steak	N/A	2.975
TACO BELL, Taco Salad	N/A	1.505
	<u> </u>	1.505

Taco shells, baked	N/A	1.867
Taco shells, baked, without added salt	N/A	
Tamales (Navajo)	N/A	1.35
Tamales, masa and pork filling (Hopi)	N/A	2.823
Tamarind nectar, canned	N/A	0.07
Tamarinds, raw	N/A	1.938
Tangerine juice, raw	N/A	0.1
Tangerines, (mandarin oranges), canned, juice pack	N/A	0.445
Tangerines, (mandarin oranges), canned, juice pack	N/A	0.445
Tangerines, (mandarin oranges), canned, light syrup pack	N/A	0.445
Tangerines, (mandarin oranges), raw	N/A	0.376
Taquitos, frozen, beef and cheese, oven-heated	N/A	3.537
Taquitos, frozen, chicken and cheese, oven-heated	N/A	3.85
Taro leaves, cooked, steamed, without salt	N/A	1.267
Taro leaves, raw	N/A	1.513
Taro shoots, cooked, without salt	N/A	0.81
Taro shoots, raw	N/A	0.8
Taro, cooked, with salt	N/A	0.51
Taro, cooked, without salt	N/A	0.51
Taro, leaves, cooked, steamed, with salt	N/A	1.267
Taro, raw	N/A	0.6
Taro, shoots, cooked, with salt	N/A	0.81
Taro, tahitian, cooked, with salt	N/A	0.48
Taro, tahitian, cooked, without salt	N/A	0.48
Taro, tahitian, raw	N/A	0.995
Tart, breakfast, low fat	N/A	3.8
Teff, cooked	N/A	0.909
Teff, uncooked	N/A	3.363
Tempeh	N/A	2.64
Thuringer, cervelat, summer sausage, beef, pork	N/A	4.31
Thyme, fresh	N/A	1.824
Toaster pastries, brown-sugar-cinnamon	N/A	7.23
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	N/A	6.791
Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	N/A	6.174
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	N/A	5.25
Toddler drink, MEAD JOHNSON, PurAmino Toddler Powder, with ARA and DHA	,	
not reconstituted	N/A	5
Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL,		
LIPIL, NEXT STEP), ready-to-feed	N/A	0.684
Toddler formula, MEAD JOHNSON, ENFAGROW, Toddler Transitions, with ARA		
and DHA, powder	N/A	5
Toddler formula, MEAD JOHNSON, Nutramigen Toddler with LGG Powder, with		
ARA and DHA, not reconstituted	N/A	7.4
Tofu yogurt	N/A	0.24
Tofu, dried-frozen (koyadofu)	N/A	1.189
Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	N/A	1.189
Tofu, extra firm, prepared with nigari	N/A	0.241
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	N/A	0.101
Tofu, fried	N/A	0.1
Tofu, fried, prepared with calcium sulfate	N/A	0.1
Tofu, hard, prepared with nigari	N/A	0.639
Tofu, raw, firm, prepared with calcium sulfate	N/A	0.381
Tofu, raw, regular, prepared with calcium sulfate	N/A	0.195
Tofu, salted and fermented (fuyu)	N/A	0.379
Tofu, salted and fermented (fuyu), prepared with calcium sulfate	N/A	0.379
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	N/A	0.535
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Tomato and vogetable juice low codium	NI/A	0.73
Tomato and vegetable juice, low sodium	N/A	0.73
Tomato juice, canned, with salt added	N/A	0.673
Tomato juice, canned, without salt added	N/A	0.673
Tomato products, canned, paste, without salt added (Includes foods for USDA		2.076
Food Distribution Program)	N/A	3.076
Tomato products, canned, puree, with salt added	N/A	1.466
Tomato products, canned, puree, without salt added	N/A	1.466
Tomato products, canned, sauce	N/A	0.991
Tomato products, canned, sauce, spanish style	N/A	1.292
Tomato products, canned, sauce, with herbs and cheese	N/A	1.209
Tomato products, canned, sauce, with mushrooms	N/A	1.265
Tomato products, canned, sauce, with onions	N/A	1.242
Tomato products, canned, sauce, with onions, green peppers, and celery	N/A	1.095
Tomato products, canned, sauce, with tomato tidbits	N/A	1.183
Tomato sauce, canned, no salt added	N/A	0.991
Tomatoes, crushed, canned	N/A	1.222
Tomatoes, green, raw	N/A	0.5
Tomatoes, orange, raw	N/A	0.593
Tomatoes, red, ripe, canned, packed in tomato juice	N/A	0.712
Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	N/A	0.712
Tomatoes, red, ripe, canned, stewed	N/A	0.714
Tomatoes, red, ripe, canned, with green chilies	N/A	0.64
Tomatoes, red, ripe, cooked	N/A	0.532
Tomatoes, red, ripe, cooked, stewed	N/A	1.11
Tomatoes, red, ripe, cooked, with salt	N/A	0.532
Tomatoes, red, ripe, cooked, with sait Tomatoes, red, ripe, raw, year round average	N/A	0.594
Tomatoes, sun-dried	N/A	9.05
Tomatoes, sun-dried, packed in oil, drained	N/A	3.63
·		
Tomatoes, yellow, raw	N/A	1.179
Topping, SMUCKER'S MAGIC SHELL	N/A	0.105
Toppings, marshmallow cream	N/A	0.076
Toppings, nuts in syrup	N/A	0.373
Toppings, pineapple	N/A	0.101
Toppings, strawberry	N/A	0.161
Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	N/A	2.696
Tortilla chips, low fat, baked without fat	N/A	0.42
Tortilla chips, yellow, plain, salted	N/A	1.498
Tortilla, blue corn, Sakwavikaviki (Hopi)	N/A	3.93
Tortilla, includes plain and from mutton sandwich (Navajo)	N/A	4.125
Tortillas, ready-to-bake or -fry, corn	N/A	1.498
Tortillas, ready-to-bake or -fry, corn, without added salt	N/A	1.498
Tortillas, ready-to-bake or -fry, flour, refrigerated	N/A	4.415
Tortillas, ready-to-bake or -fry, flour, shelf stable	N/A	4.191
Tortillas, ready-to-bake or -fry, flour, without added calcium	N/A	3.572
Tortillas, ready-to-bake or -fry, whole wheat	N/A	4.858
Tostada shells, corn	N/A	1.553
Tree fern, cooked, with salt	N/A	3.5
Tree fern, cooked, without salt	N/A	3.5
Triticale	N/A	1.43
Triticale flour, whole-grain	N/A	2.86
Turkey and gravy, frozen	N/A	1.799
Turkey breast, low salt, prepackaged or deli, luncheon meat	N/A	0.11
Turkey breast, pre-basted, meat and skin, cooked, roasted	N/A	9.067
Turkey breast, sliced, prepackaged	N/A	7.15
Turkey from whole, light meat, meat and skin, with added solution, cooked,	11/7	7.13
roasted	N/A	11.220
Todateu	N/A	11.336
Turkov from whole light most most and chin with added solution are	N/A	0.033
Turkey from whole, light meat, meat and skin, with added solution, raw	N/A	8.832
Turkey from whole, light meat, meat only, with added solution, cooked,	NI/A	
roasted	N/A	11.75

Turkey from whole, light meat, meat only, with added solution, raw	N/A	9.924
Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	N/A	4.4
Turkey sticks, breaded, battered, fried	N/A	2.1
Turkey thigh, pre-basted, meat and skin, cooked, roasted	N/A	2.409
Turkey, all classes, back, meat and skin, cooked, roasted	N/A	3.446
Turkey, all classes, breast, meat and skin, cooked, roasted	N/A	6.365
Turkey, all classes, breast, meat and skin, raw	N/A	5.2
Turkey, all classes, gizzard, cooked, simmered	N/A	6.45
Turkey, all classes, heart, cooked, simmered	N/A	7.76
Turkey, all classes, heart, cooked, similiered	N/A	6.44
Turkey, all classes, leg, meat and skin, cooked, roasted	N/A	3.561
Turkey, all classes, leg, meat and skin, cooked, roasted	N/A	2.947
Turkey, all classes, light meat, cooked, roasted	N/A	
	•	11.75
Turkey, all classes, liver, cooked, simmered	N/A	11.09
Turkey, all classes, liver, raw	N/A	11.233
Turkey, all classes, wing, meat and skin, cooked, roasted	N/A	5.732
Turkey, all classes, wing, meat and skin, raw	N/A	4.425
Turkey, back, from whole bird, meat and skin, with added solution, raw	N/A	4.887
Turkey, back, from whole bird, meat and skin, with added solution, roasted	N/A	10.669
Turkey, back, from whole bird, meat only, with added solution, raw	N/A	5.745
Turkey, back, from whole bird, meat only, with added solution, roasted	N/A	11.75
Turkey, breast, from whole bird, meat only, with added solution, raw	N/A	9.924
Turkey, breast, from whole bird, meat only, with added solution, roasted	N/A	11.75
Turkey, canned, meat only, with broth	N/A	6.622
Turkey, dark meat from whole, meat and skin, with added solution, cooked,		
roasted	N/A	6.893
Turkey, dark meat from whole, meat and skin, with added solution, raw	N/A	5.235
Turkey, dark meat from whole, meat only, with added solution, raw	N/A	5.745
Turkey, dark meat, meat and skin, raw	N/A	5.378
Turkey, dark meat, meat only, with added solution, cooked, roasted	N/A	6.827
Turkey, diced, light and dark meat, seasoned	N/A	4.8
Turkey, drumstick, from whole bird, meat only, raw	N/A	9.924
Turkey, drumstick, from whole bird, meat only, roasted	N/A	11.75
Turkey, drumstick, from whole bird, meat only, with added solution, raw	N/A	5.745
Turkey, drumstick, from whole bird, meat only, with added solution, roasted	N/A	6.827
Turkey, drumstick, smoked, cooked, with skin, bone removed	N/A	3.56
Turkey, fryer-roasters, meat and skin, cooked, roasted	N/A	4.922
Turkey, gizzard, all classes, raw	N/A	6.233
Turkey, ground, 85% lean, 15% fat, pan-broiled crumbles	N/A	7.72
Turkey, ground, 85% lean, 15% fat, patties, broiled	N/A	6.632
Turkey, ground, 85% lean, 15% fat, raw	N/A	5.075
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	N/A	8.095
Turkey, ground, 93% lean, 7% fat, patties, broiled	N/A	6.64
Turkey, ground, 93% lean, 7% fat, raw	N/A	5.417
Turkey, Ground, cooked	N/A	8.724
Turkey, ground, fat free, pan-broiled crumbles	N/A	12.55
Turkey, ground, fat free, patties, broiled	N/A	10.707
Turkey, ground, fat free, raw	N/A	9.708
Turkey, Ground, raw	N/A	6.733
Turkey, light or dark meat, smoked, cooked, skin and bone removed	N/A	5.44
Turkey, light or doub wood amplied as the least the law ways	NI/A	5.00
Turkey, light or dark meat, smoked, cooked, with skin, bone removed	N/A	5.09
Turkey, mechanically deboned, from turkey frames, raw	N/A	1.969

Turkey retail parts breast most and skin cooked reacted	N/A	11.614
Turkey, retail parts, breast, meat and skin, cooked, roasted Turkey, retail parts, breast, meat and skin, raw	N/A	9.4
Turkey, retail parts, breast, meat and skin, raw Turkey, retail parts, breast, meat and skin, with added solution, raw	N/A	9.171
Turkey, retail parts, breast, meat and skin, with added solution, raw	N/A	11.75
Turkey, retail parts, breast, meat only, cooked, roasted	N/A	10.295
Turkey, Tetan parts, breast, meat only, raw	IVA	10.233
Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	N/A	11.5
Turkey, retail parts, breast, meat only, with added solution, raw	N/A	10
Turkey, retail parts, drumstick, meat and skin, cooked, roasted	N/A	5.574
Turkey, retail parts, drumstick, meat and skin, raw	N/A	4.8
Turkey, retail parts, drumstick, meat only, cooked, roasted	N/A	5.593
Turkey, retail parts, drumstick, meat only, raw	N/A	5.003
Turkey, retail parts, thigh, meat and skin, cooked, roasted	N/A	6.446
Turkey, retail parts, thigh, meat and skin, raw	N/A	5.599
Turkey, retail parts, thigh, meat only, cooked, roasted	N/A	6.903
Turkey, retail parts, thigh, meat only, raw	N/A	6.183
Turkey, retail parts, wing, meat and skin, cooked, roasted	N/A	8.876
Turkey, retail parts, wing, meat and skin, raw	N/A	5.61
Turkey, retail parts, wing, meat only, cooked, roasted	N/A	8.47
Turkey, retail parts, wing, meat only, raw	N/A	6.377
Turkey, skin from whole (light and dark), with added solution, raw	N/A	3.26
(**************************************	1,77	
Turkey, skin from whole, (light and dark), with added solution, roasted	N/A	7.295
Turkey, skin, from retail parts, from dark meat, cooked, roasted	N/A	5.4
Turkey, skin, from retail parts, from dark meat, raw	N/A	2.745
Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen,		
microwaved	N/A	3.057
Turkey, thigh, from whole bird, meat only, raw	N/A	5.696
Turkey, thigh, from whole bird, meat only, roasted	N/A	6.685
Turkey, thigh, from whole bird, meat only, with added solution, raw	N/A	5.745
Turkey, thigh, from whole bird, meat only, with added solution, roasted	N/A	6.827
Turkey, white, rotisserie, deli cut	N/A	5.159
Turkey, whole, back, meat only, cooked, roasted	N/A	6.685
Turkey, whole, back, meat only, raw	N/A	5.696
Turkey, whole, breast, meat only, cooked, roasted	N/A	11.75
Turkey, whole, breast, meat only, raw	N/A	9.924
Turkey, whole, dark meat, cooked, roasted	N/A	6.685
Turkey, whole, dark meat, meat and skin, cooked, roasted	N/A	7.103
Turkey, whole, dark meat, meat only, raw	N/A	5.696
Turkey, whole, giblets, cooked, simmered	N/A	8.647
Turkey, whole, giblets, raw	N/A	8.694
Turkey, whole, light meat, meat and skin, cooked, roasted	N/A	11.608
Turkey, whole, light meat, meat and skin, raw	N/A	8.968
Turkey, whole, light meat, raw	N/A	9.924
Turkey, whole, meat and skin, cooked, roasted	N/A	9.573
Turkey, whole, meat and skin, raw	N/A	7.631
Turkey, whole, meat and skin, with added solution, raw	N/A	7.246
Turkey, whole, meat and skin, with added solution, roasted	N/A	9.436
Turkey, whole, meat only, cooked, roasted	N/A	9.5
Turkey, whole, meat only, raw	N/A	8.1
Turkey, whole, meat only, with added solution, raw	N/A	8.69
Turkey, whole, meat only, with added solution, roasted	N/A	9.721
Turkey, whole, neck, meat only, cooked, simmered	N/A	5.88
Turkey, whole, neck, meat only, raw	N/A	4.924
Turkey, whole, skin (light and dark), raw	N/A	3.905
Turkey, whole, skin (light and dark), roasted	INI / A	10.235
	N/A	
Turkey, whole, wing, meat only, cooked, roasted	N/A	11.75
Turkey, whole, wing, meat only, cooked, roasted Turkey, whole, wing, meat only, raw Turkey, wing, from whole bird, meat only, with added solution, raw		

Turkey, wing, from whole bird, meat only, with added solution, roasted	N/A	11.75
Turkey, wing, smoked, cooked, with skin, bone removed	N/A	5.73
Turkey, young hen, skin only, cooked, roasted	N/A	2.801
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	N/A	0.486
Turnip greens and turnips, mozeri, cookea, bonea, aramea, with sait	N/A	0.400
Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	N/A	0.486
Turnip greens and turnips, frozen, unprepared	N/A	0.388
Turnip greens, canned, no salt added	N/A	0.36
Turnip greens, canned, solids and liquids	N/A	0.362
Turnip greens, cooked, boiled, drained, with salt	N/A	0.411
Turnip greens, cooked, boiled, drained, without salt	N/A	0.411
Turnip greens, frozen, cooked, boiled, drained, with salt	N/A	0.468
Turnip greens, frozen, cooked, boiled, drained, without salt	N/A	0.468
Turnip greens, frozen, unprepared	N/A	0.383
Turnip greens, raw	N/A	0.6
Turnips, cooked, boiled, drained, with salt	N/A	0.299
Turnips, cooked, boiled, drained, without salt	N/A	0.299
Turnips, frozen, cooked, boiled, drained, with salt	N/A	0.56
Turnips, frozen, cooked, boiled, drained, without salt	N/A	0.56
Turnips, frozen, unprepared	N/A	0.30
Turnips, raw	N/A	0.4
Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	N/A	
Turnover, cheese-filled, tofflato-based sauce, frozen, driprepared	IN/A	1.575
Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	N/A	2.052
	N/A	3.053
Turnover, filled with egg, meat and cheese, frozen	IN/ A	2.726
Turnayar mast and shace filled towards based saves reduced for frames	N1 / A	2.700
Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	N/A	2.708
Turtle, green, raw	N/A	1.1
Udi's, Gluten Free, Soft & Delicious White Sandwich Bread	N/A	1.405
Udi's, Gluten Free, Soft & Hearty Whole Grain Bread	N/A	1.41
Udi's, Gluten Free, Whole Grain Dinner Rolls	N/A	3.79
Van's, Gluten Free, Totally Original Pancakes	N/A N/A	1.55
Van's, Gluten Free, Totally Original Waffles Vanilla extract	N/A	1.803
		0.425
Vanilla extract, imitation, alcohol	N/A	0.318
Vanilla extract, imitation, no alcohol	N/A	0.129
Weel boses what helf benefice according to an different books and books a	N1 / A	7.005
Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	N/A	7.895
Voci broom weigh helf benefice consumble loop and for exclude broised	NI/A	0.252
Veal, breast, point half, boneless, separable lean and fat, cooked, braised	N/A	8.352
Veal, breast, separable fat, cooked	N/A	2.79
Week househouted a househouse and the second household	21.72	7.004
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	N/A	7.981
Veal, breast, whole, boneless, separable lean only, cooked, braised	N/A	8.97
Veal, composite of trimmed retail cuts, separable fat, cooked	N/A	2.79
Veal, composite of trimmed retail cuts, separable fat, raw	N/A	2.37
	21.72	7.07
Veal, composite of trimmed retail cuts, separable lean and fat, cooked	N/A	7.97
Veal, composite of trimmed retail cuts, separable lean and fat, raw	N/A	7.5
Veal, composite of trimmed retail cuts, separable lean only, cooked	N/A	8.42
Veal, composite of trimmed retail cuts, separable lean only, raw	N/A	7.83
Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	N/A	8.3
Veal, cubed for stew (leg and shoulder), separable lean only, raw	N/A	7.4
Veal, external fat only, cooked	N/A	4.16
Veal, external fat only, raw	N/A	2.78
Veal, foreshank, osso buco, separable lean and fat, cooked, braised	N/A	3.731
Veal, foreshank, osso buco, separable lean only, cooked, braised	N/A	3.77
Veal, ground, cooked, broiled	N/A	8.03
Veal, ground, cooked, pan-fried	N/A	7.9

Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded Veal, leg (top round), separable lean and fat, row Veal, leg (top round), separable lean and fat, row Veal, leg (top round), separable lean and fat, row Veal, leg (top round), separable lean and fat, row Veal, leg (top round), separable lean only, cooked, pan-fried, breaded NA 10 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded NA 11 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded NA 12 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded NA 13 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded NA 14 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded NA 15 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded NA 16 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded NA 17 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded NA 18 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded NA 19 Veal, leg, top round, separable lean only, cooked, pan-fried, not breaded NA 10 Veal, leg, top round, separable lean only, cooked, pan-fried, not breaded NA 10 Veal, leg, top round, separable lean only, cooked, pan-fried, not breaded NA 10 Veal, leg, top round, separable lean only, cooked, pan-fried, not breaded NA 10 Veal, log, top-pan-ble lean only, cooked, froated NA 10 Veal, log, separable lean only, cooked, froated NA 10 Veal, log, separable lean only, cooked, froated NA 10 Veal, log, separable lean only, cooked, froated NA 10 Veal, log, separable lean only, cooked, froated NA 10 Veal, log, separable lean only, cooked, froated NA 10 Veal, reg, separable lean only, cooked, froated NA 10 Veal, reg, separable lean only, cooked, froa	Veal, ground, raw	N/A	5.52
Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded Veal, leg (top round), separable lean and fat, cooked, roasted Veal, leg (top round), separable lean and fat, cooked, roasted Veal, leg (top round), separable lean and fat, cooked, braised Veal, leg (top round), separable lean and fat, cooked, braised Veal, leg (top round), separable lean and fat, cooked, pan-fried, heraded Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded N/A 11 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded N/A 12 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded N/A 13 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded N/A 14 Veal, leg, top round, separable lean only, cooked, pan-fried, not breaded N/A 15 Veal, leg, top round, separable lean only, cooked, pan-fried, not breaded N/A 16 Veal, leg, top round, separable lean only, cooked, grilled N/A 17 Veal, leg, top round, separable lean and fat, cooked, grilled N/A 18 Veal, loin, separable lean and fat, cooked, pan-fried, not breaded N/A 19 Veal, loin, separable lean and fat, cooked, pan-fried, not breaded N/A 19 Veal, loin, separable lean and fat, cooked, pan-fried, not breaded N/A 19 Veal, loin, separable lean and fat, cooked, pan-fried, not breaded N/A 19 Veal, loin, separable lean and fat, cooked, pan-fried, not breaded N/A 10 Veal, rib, separable lean and fat, round, not breaded N/A 10 Veal, rib, separable lean and fat, round, not breaded N/A 10 Veal, rib, separabl			10.56
Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded N/A 5. Veal, leg (top round), separable lean and fat, cooked, roasted N/A 5. Veal, leg (top round), separable lean and fat, row N/A 5. Veal, leg (top round), separable lean only, cooked, braised N/A 1. Veal, leg (top round), separable lean only, cooked, pan-fried, breaded N/A 1. Veal, leg (top round), separable lean only, cooked, pan-fried, breaded N/A 1. Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded N/A 1. Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded N/A 1. Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded N/A 1. Veal, leg (top round), separable lean only, row N/A 1. Veal, leg (top round), separable lean only, row N/A 1. Veal, leg, top round, separable lean only, row N/A 1. Veal, leg, top round, separable lean only, row N/A 1. Veal, leg, top round, separable lean only, row N/A 1. Veal, leg, top round, separable lean only, row N/A 1. Veal, leg, top round, separable lean only, row N/A 1. Veal, leg, top round, separable lean only, row N/A 1. Veal, log, top separable lean only, row N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, log, separable lean only, cooked, grilled N/A 1. Veal, separable lean only	real, leg (top round), separable lean and lat, cooked, braised	IN/IN	10.30
Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded N/A 5. Veal, leg (top round), separable lean and fat, cooked, roasted N/A 5. Veal, leg (top round), separable lean and fat, row N/A 5. Veal, leg (top round), separable lean only, cooked, braised N/A 1. Veal, leg (top round), separable lean only, cooked, pan-fried, breaded N/A 1. Veal, leg (top round), separable lean only, cooked, pan-fried, breaded N/A 1. Veal, leg (top round), separable lean only, cooked, pan-fried, breaded N/A 1. Veal, leg (top round), separable lean only, cooked, pan-fried, breaded N/A 1. Veal, leg (top round), separable lean only, cooked, pan-fried, breaded N/A 1. Veal, leg (top round), separable lean only, row N/A 1. Veal, leg, top round, separable lean only, row N/A 1. Veal, leg, top round, separable lean only, row N/A 1. Veal, leg, top round, cap off, cuttle, boneless, row N/A 1. Veal, leg, top round, cap off, cuttle, boneless, row N/A 1. Veal, loin, chop, separable lean and fat, cooked, grilled N/A 1. Veal, loin, separable lean and fat, cooked, grilled N/A 1. Veal, loin, separable lean and fat, cooked, grilled N/A 1. Veal, loin, separable lean and fat, cooked, grilled N/A 1. Veal, loin, separable lean and fat, cooked, grilled N/A 1. Veal, loin, separable lean and fat, cooked, grilled N/A 1. Veal, loin, separable lean and fat, cooked, grilled N/A 1. Veal, loin, separable lean and fat, cooked, grilled N/A 1. Veal, loin, separable lean and fat, cooked, grilled N/A 1. Veal, loin, separable lean and fat, cooked, grilled N/A 1. Veal, loin, separable lean and fat, cooked, grilled N/A 1. Veal, loin, separable lean and fat, cooked, grilled N/A 1. Veal, loin, separable lean and fat, cooked, grilled N/A 1. Veal, loin, separable lean and fat, cooked, grilled N/A 1. Veal, fits, separable lean and fat, cooked, grilled N/A 1. Veal, fits, separable lean and fat, cooked, grilled N/A 1. Veal, fits, separable lean and fat, cooked, grilled N/A 1. Veal, fits, separable lean and fat, cooked, grilled N	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	N/A	10.34
Veal, leg (top round), separable lean and fat, cooked, roasted Veal, leg (top round), separable lean only, cooked, braised Veal, leg (top round), separable lean only, cooked, braised Veal, leg (top round), separable lean only, cooked, pan-fried, breaded Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, roaw Veal, leg, top round, separable lean only, roaw Veal, leg, top round, separable lean only, roaw Veal, leg, top round, cap off, cuttlet, boneless, cooked, grilled N/A Veal, leg, top round, cap off, cuttlet, boneless, roaw Veal, loin, chop, separable lean and fat, cooked, grilled N/A Veal, loin, separable lean and fat, cooked, braised Veal, loin, separable lean and fat, cooked, braised N/A Veal, loin, separable lean and fat, cooked, braised N/A Veal, loin, separable lean and fat, cooked, braised N/A Veal, loin, separable lean and fat, roaw N/A 6.6 Veal, loin, separable lean and fat, roaw N/A 6.7 Veal, loin, separable lean and fat, roaw N/A 7. Veal, loin, separable lean and fat, roaw N/A 8.6 Veal, loin, separable lean and fat, roaw N/A 8.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, road, road			
Veal, leg (top round), separable lean and fat, cooked, roasted Veal, leg (top round), separable lean only, cooked, braised Veal, leg (top round), separable lean only, cooked, braised Veal, leg (top round), separable lean only, cooked, pan-fried, breaded Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, roaw Veal, leg, top round, separable lean only, roaw Veal, leg, top round, separable lean only, roaw Veal, leg, top round, cap off, cuttlet, boneless, cooked, grilled N/A Veal, leg, top round, cap off, cuttlet, boneless, roaw Veal, loin, chop, separable lean and fat, cooked, grilled N/A Veal, loin, separable lean and fat, cooked, braised Veal, loin, separable lean and fat, cooked, braised N/A Veal, loin, separable lean and fat, cooked, braised N/A Veal, loin, separable lean and fat, cooked, braised N/A Veal, loin, separable lean and fat, roaw N/A 6.6 Veal, loin, separable lean and fat, roaw N/A 6.7 Veal, loin, separable lean and fat, roaw N/A 7. Veal, loin, separable lean and fat, roaw N/A 8.6 Veal, loin, separable lean and fat, roaw N/A 8.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, loin, separable lean and fat, roaw N/A 9.7 Veal, road, road	 Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breads	d N/A	12.05
Veal, leg (top round), separable lean and fat, raw Veal, leg (top round), separable lean only, cooked, braised N/A 12 Veal, leg (top round), separable lean only, cooked, pan-fried, breaded N/A 12 Veal, leg (top round), separable lean only, cooked, pan-fried, horeded N/A 13 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded N/A 14 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded N/A 15 Veal, leg, top round, separable lean only, cooked, grilled N/A 16 Veal, leg, top round, cap off, cuttle, boneless, cooked, grilled N/A 17 Veal, log, thop, separable lean and fat, cooked, grilled N/A 18 Veal, loin, chep, separable lean only, cooked, grilled N/A 19 Veal, loin, separable lean and fat, cooked, braised N/A 19 Veal, loin, separable lean and fat, cooked, braised N/A 19 Veal, loin, separable lean and fat, cooked, braised N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, braised N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, loin, separable lean and fat, cooked, prasted N/A 10 Veal, separable lean and fat, cooked, prasted N/A 10 Veal, separable lean	7 0 7 7 7 7		9.93
veal, leg (top round), separable lean only, cooked, pan-fried, breaded Veal, leg (top round), separable lean only, cooked, pan-fried, breaded Veal, leg (top round), separable lean only, cooked, roasted N/A 12 Veal, leg (top round), separable lean only, cooked, roasted N/A 13 Veal, leg, top round, separable lean only, raw N/A 14 Veal, leg, top round, separable lean only, raw N/A 15 Veal, leg, top round, separable lean only, raw N/A 16 Veal, leg, top round, separable lean only, raw N/A 17 Veal, leg, top round, cap off, cuttlet, boneless, raw N/A 18 Veal, lon, chop, separable lean and fat, cooked, grilled N/A 19 Veal, lon, chop, separable lean and fat, cooked, grilled N/A 19 Veal, lon, separable lean and fat, cooked, roasted N/A 19 Veal, lon, separable lean and fat, cooked, roasted N/A 19 Veal, lon, separable lean and fat, cooked, roasted N/A 10 Veal, lon, separable lean only, cooked, roasted N/A 10 Veal, lon, separable lean only, cooked, roasted N/A 10 Veal, lon, separable lean only, cooked, roasted N/A 10 Veal, lon, separable lean only, cooked, roasted N/A 10 Veal, in, separable lean only, cooked, roasted N/A 10 Veal, in, separable lean only, cooked, roasted N/A 10 Veal, in, separable lean only, cooked, roasted N/A 10 Veal, roas, separable lean only, cooked, roasted N/A 10 Veal, roas, separable lean only, cooked, roasted N/A 10 Veal, roas, separable lean only, cooked, roasted N/A 10 Veal, roas, separable lean only, cooked, roasted N/A 10 Veal, roas, separable lean only, cooked, roasted N/A 10 Veal, roas, separable lean only, cooked, roasted N/A 10 Veal, roas, separable lean only, cooked, roasted N/A 10 Veal, roas, separable lean only, cooked, roasted N/A 10 Veal, roas, separable lean only, cooked, roasted N/A 10 Veal, roas, separable lean only, cooked, roasted N/A 10 Veal, roas, separable lean only, roas N/A 10 Veal, roas, separable lean only, cooked, roasted N/A 10 Veal, sound only, cooked, roasted N/A 10 Veal, roa		•	9.42
Veal, leg (top round), separable lean only, cooked, pan-fried, breaded Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, cooked, roasted VAA 12 Veal, leg (top round), separable lean only, cooked, roasted N/A 13 Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled N/A Veal, leg, top round, cap off, cutlet, boneless, raw N/A Veal, loin, chop, separable lean only, cooked, grilled N/A 7. Veal, loin, chop, separable lean only, cooked, grilled N/A 7. Veal, loin, chop, separable lean only, cooked, grilled N/A 7. Veal, loin, separable lean and fat, cooked, braised N/A 8. Veal, loin, separable lean and fat, cooked, braised N/A 9. Veal, loin, separable lean and fat, cooked, braised N/A 9. Veal, loin, separable lean and fat, cooked, braised N/A 9. Veal, loin, separable lean and fat, cooked, braised N/A 9. Veal, loin, separable lean and fat, cooked, braised N/A 10. Veal, loin, separable lean and fat, cooked, braised N/A 10. Veal, loin, separable lean and fat, cooked, braised N/A 10. Veal, loin, separable lean and fat, cooked, braised N/A 10. Veal, rib, separable lean and fat, cooked, braised N/A 10. Veal, rib, separable lean and fat, cooked, braised N/A 10. Veal, rib, separable lean and fat, raw N/A Veal, separable lean only, cooked, roasted N/A Veal, shank (fore and hind), separable lean and fat, cooked, roasted N/A Veal, shank (fore and hind), separable lean only, cooked, roasted N/A Veal, shank (separable lean only, cooked, roasted N/A Veal, shoulder, my, separ		•	10.72
Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, cooked, roasted Veal, leg (top round), separable lean only, raw Veal, leg, top round, cap off, cutel, boneless, cooked, grilled Veal, leg, top round, cap off, cutel, boneless, cooked, grilled N/A Veal, leg, top round, cap off, cutel, boneless, raw N/A Veal, loin, chop, separable lean only, cooked, grilled N/A Veal, loin, chop, separable lean only, cooked, grilled N/A Veal, loin, separable lean only, cooked, grilled N/A Veal, loin, separable lean only, cooked, roasted Veal, loin, separable lean only and tape to the veal of the	veal, leg (top round), separable lean only, cookea, braisea	14/74	20.72
Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded Veal, leg (top round), separable lean only, cooked, roasted N/A 10 Veal, leg, top round, separable lean only, raw N/A 11 Veal, leg, top round, separable lean only, raw N/A 12 Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled N/A 13 Veal, leg, top round, cap off, cutlet, boneless, raw N/A 15 Veal, loin, chop, separable lean only, cooked, grilled N/A 17 Veal, loin, chop, separable lean only, cooked, grilled N/A 17 Veal, loin, chop, separable lean only, cooked, grilled N/A 17 Veal, loin, separable lean only, cooked, grilled N/A 18 Veal, loin, separable lean only, cooked, roasted N/A 19 Veal, loin, separable lean only, cooked, roasted N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, loin, separable lean only, cooked, braised N/A 10 Veal, rib, separable lean only, cooked, braised N/A 10 Veal, rib, separable lean only, cooked, braised N/A 10 Veal, rib, separable lean only, cooked, braised N/A 10 Veal, rib, separable lean only, cooked, braised N/A 10 Veal, shank (fore and hind), separable lean only, cooked, braised N/A 10 Veal, shank (fore and hind), separable lean only, cooked, braised N/A 10 Veal, shank (fore and hind), separable lean only, cooked, braised N/A 10 Veal, shank (fore and hind), separable lean only, cooked, braised N/A 10 Veal, shoulder	 Veal. leg (top round), separable lean only, cooked, pan-fried, breaded	N/A	10.8
Veal, legt (top round), separable lean only, row Veal, legt (top round), separable lean only, row Veal, legt, top round, cap off, cutlet, boneless, cooked, grilled N/A Veal, legt, top round, cap off, cutlet, boneless, row N/A Selegt, top round, cap off, cutlet, boneless, row N/A Veal, loin, chop, separable lean and fat, cooked, grilled N/A 7. Veal, loin, chop, separable lean and fat, cooked, grilled N/A 7. Veal, loin, separable lean and fat, cooked, brised N/A Veal, loin, separable lean and fat, cooked, roasted N/A Veal, loin, separable lean and fat, cooked, roasted N/A Veal, loin, separable lean and fat, row Veal, loin, separable lean and fat, row N/A Selegt, loin, separable lean and fat, row Veal, loin, separable lean and fat, row Veal, loin, separable lean and fat, row N/A Selegt, loin, separable lean and fat, row Veal, loin, separable lean and fat, row Veal, loin, separable lean and fat, row N/A Selegt, loin, separable lean and fat, row N/A Veal, loin, separable lean and fat, row N/A Veal, rib, separable lean and fat, row N/A Veal, rib, separable lean and fat, row N/A Selegt, rib, separable lean and fat, row N/A Veal, sem fat only, rowe Veal, shank (fore and hind), separable lean and fat, row N/A Veal, shank (fore and hind), separable lean and fat, row N/A Veal, shank (fore and hind), separable lean and fat, row N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, roasted N/A Veal, shoulder, blade, sepa	rear, reg (top rearray) separation rearray) secretary pair mean aneatest	14/7X	10.0
Veal, legt (top round), separable lean only, row Veal, legt (top round), separable lean only, row Veal, legt, top round, cap off, cutlet, boneless, cooked, grilled N/A Veal, legt, top round, cap off, cutlet, boneless, row N/A Selegt, top round, cap off, cutlet, boneless, row N/A Veal, loin, chop, separable lean and fat, cooked, grilled N/A 7. Veal, loin, chop, separable lean and fat, cooked, grilled N/A 7. Veal, loin, separable lean and fat, cooked, brised N/A Veal, loin, separable lean and fat, cooked, roasted N/A Veal, loin, separable lean and fat, cooked, roasted N/A Veal, loin, separable lean and fat, row Veal, loin, separable lean and fat, row N/A Selegt, loin, separable lean and fat, row Veal, loin, separable lean and fat, row Veal, loin, separable lean and fat, row N/A Selegt, loin, separable lean and fat, row Veal, loin, separable lean and fat, row Veal, loin, separable lean and fat, row N/A Selegt, loin, separable lean and fat, row N/A Veal, loin, separable lean and fat, row N/A Veal, rib, separable lean and fat, row N/A Veal, rib, separable lean and fat, row N/A Selegt, rib, separable lean and fat, row N/A Veal, sem fat only, rowe Veal, shank (fore and hind), separable lean and fat, row N/A Veal, shank (fore and hind), separable lean and fat, row N/A Veal, shank (fore and hind), separable lean and fat, row N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, roasted N/A Veal, shoulder, blade, sepa	Veal leg (top round) separable leap only cooked pan-fried not breaded	N/A	12.64
Veal, leg (top round, saparable lean only, raw N/A Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled N/A Veal, loin, chop, separable lean and fat, cooked, grilled N/A Veal, loin, chop, separable lean and fat, cooked, grilled N/A Veal, loin, separable lean and fat, cooked, braised N/A Veal, loin, separable lean and fat, cooked, braised N/A Veal, loin, separable lean and fat, cooked, roasted N/A Veal, loin, separable lean and fat, roaw N/A Veal, rib, separable lean and fat, cooked, braised N/A Veal, rib, separable lean and fat, cooked, roasted N/A Veal, rib, separable lean and fat, roaw N/A Veal, rib, separable lean and rib, cooked, roasted N/A Veal, rib, separable lean and rib, cooked, roasted N/A Veal, rib, separable lean and rib, roaw N/A Veal, spearable lean and, roaw N/A Veal, spea		•	10.08
Veal, leg, top round, cap off, cutlet, boneless, row N/A Yeal, loin, chop, separable lean and fat, cooked, grilled N/A Yeal, loin, chop, separable lean and fat, cooked, grilled N/A Yeal, loin, chop, separable lean and fat, cooked, grilled N/A Yeal, loin, separable lean and fat, cooked, grilled N/A Yeal, loin, separable lean and fat, cooked, roasted N/A Yeal, loin, separable lean and fat, cooked, roasted N/A Yeal, loin, separable lean and fat, row N/A Yeal, loin, separable lean and fat, row N/A Yeal, loin, separable lean only, cooked, roasted N/A Yeal, loin, separable lean only, cooked, roasted N/A Yeal, loin, separable lean only, cooked, roasted N/A Yeal, loin, separable lean only, roaw N/A Yeal, loin, separable lean only, roaw N/A Yeal, loin, separable lean only, roaw N/A Yeal, rib, separable lean and fat, cooked, roasted N/A Yeal, rib, separable lean and fat, row N/A Yeal, rib, separable lean only, roawed Yeal, rib, separable lean only, cooked, draised N/A Yeal, rib, separable lean only, cooked, draised N/A Yeal, rib, separable lean only, cooked, roasted N/A Yeal, seam fat only, cooked N/A Yeal, seam fat only, cooked N/A Yeal, shank (fore and hind), separable lean and fat, row N/A Yeal, shank (fore and hind), separable lean and fat, row N/A Yeal, shank (fore and hind), separable lean only, rooked, praised N/A Yeal, shank (fore and hind), separable lean and fat, row N/A Yeal, shank (fore and hind), separable lean only, rooked, roasted N/A Yeal, shank (fore and hind), separable lean only, rooked, roasted N/A Yeal, shoulder, my, separable lean and fat, row N/A Yeal, shoulder, my, separable lean and fat, cooked, roasted N/A Yeal, shoulder, plade chop, separable lean and fat, cooked, roasted N/A Yeal, shoulder, blade chop, separable lean and			9.56
Veal, loin, chop, separable lean and fat, cooked, grilled N/A 7. Veal, loin, chop, separable lean and fat, cooked, grilled N/A 7. Veal, loin, chop, separable lean and fat, cooked, grilled N/A 7. Veal, loin, separable lean and fat, cooked, braised N/A 8. Veal, loin, separable lean and fat, cooked, braised N/A 8. Veal, loin, separable lean and fat, cooked, coasted N/A 8. Veal, loin, separable lean and fat, cooked, braised N/A 9. Veal, loin, separable lean and fat, cooked, braised N/A 9. Veal, loin, separable lean only, cooked, braised N/A 9. Veal, loin, separable lean only, cooked, braised N/A 9. Veal, loin, separable lean only, cooked, braised N/A 9. Veal, loin, separable lean only, cooked, braised N/A 9. Veal, rib, separable lean only, cooked, braised N/A 9. Veal, rib, separable lean and fat, cooked, braised N/A 9. Veal, rib, separable lean and fat, raw N/A 9. Veal, rib, separable lean only, cooked, roasted N/A 9. Veal, rib, separable lean only, cooked, braised N/A 9. Veal, rib, separable lean only, cooked, roasted N/A 9. Veal, rib, separable lean only, cooked, braised N/A 9. Veal, rib, separable lean only, cooked, braised N/A 9. Veal, rib, separable lean only, cooked, vasted N/A 9. Veal, rib, separable lean only, cooked, vasted N/A 9. Veal, rib, separable lean only, row N/A 9. Veal, seam fat only, cooked N/A 9. Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A 9. Veal, shank (fore and hind), separable lean and fat, row N/A 9. Veal, shank (fore and hind), separable lean and fat, row N/A 9. Veal, shank (fore and hind), separable lean and fat, row N/A 9. Veal, shank, separable lean and fat, row N/A 9. Veal, shank, separable lean and fat, row N/A 9. Veal, shank, separable lean and fat, row N/A 9. Veal, shank, separable lean and fat, row N/A 9. Veal, shoulder, arm, separable lean and fat, row N/A 9. Veal, shoulder, arm, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, plade, esparable lean and fat, cooked, praised N/A 9. Veal, shoulder, plade, esparable lean and fat, cooked, pra		•	10.1
Veal, Ioin, chop, separable lean and fat, cooked, grilled N/A 7. Veal, Join, chop, separable lean and fat, cooked, grilled N/A 7. Veal, Join, chop, separable lean and fat, cooked, braised N/A 8. Veal, Join, separable lean and fat, cooked, roasted N/A 8. Veal, Join, separable lean and fat, cooked, braised N/A 9. Veal, Join, separable lean and fat, raw N/A 9. Veal, Join, separable lean and fat, raw N/A 9. Veal, Join, separable lean and fat, cooked, braised N/A 9. Veal, Join, separable lean and fat, cooked, braised N/A 9. Veal, Join, separable lean and fat, cooked, braised N/A 9. Veal, Join, separable lean and fat, cooked, braised N/A 9. Veal, Join, separable lean and fat, cooked, braised N/A 9. Veal, Join, separable lean and fat, cooked, braised N/A 9. Veal, Join, separable lean and fat, cooked, braised N/A 9. Veal, Join, separable lean and fat, cooked, braised N/A 9. Veal, Join, separable lean and fat, cooked, braised N/A 9. Veal, Join, separable lean and fat, cooked, braised N/A 9. Veal, Join, separable lean and fat, cooked, braised N/A 9. Veal, Join, separable lean and Join, separable lean Separable lean and Join, separable lea		·	9.28
Veal, Ioin, chop, separable lean only, cooked, grilled Veal, Ioin, separable lean and fat, cooked, braised N/A Sea, Ioin, separable lean and fat, cooked, braised N/A Sea, Ioin, separable lean and fat, raw N/A Sea, Ioin, separable lean and fat, raw N/A Sea, Ioin, separable lean only, cooked, braised N/A Sea, Ioin, separable lean and fat, cooked, braised N/A Sea, Ioin, separable lean and fat, cooked, roasted N/A Sea, Ioin, separable lean and fat, cooked, roasted N/A Sea, Ioin, separable lean and fat, cooked, roasted N/A Sea, Ioin, separable lean and fat, cooked, roasted N/A Sea, Ioin, separable lean only, cooked, roasted N/A Sea, Irib, separable lean only, row N/A Sea, Irib, separable lean only, row N/A Sea, Seam fat only, cooked N/A Sea, Seam fat only, cooked N/A Sea, Seam fat only, cooked N/A Sea, Shank (fore and hind), separable lean and fat, cooked, braised N/A Sea, Shank (fore and hind), separable lean and fat, row N/A Sea, Shank (fore and hind), separable lean and fat, row N/A Sea, Shank (fore and hind), separable lean and fat, row N/A Sea, Shank (fore and hind), separable lean and fat, row N/A Sea, Shank (fore and hind), separable lean and fat, row N/A Sea, Shank (fore and hind), separable lean and fat, row N/A Sea, Shank (fore and hind), separable lean and fat, row N/A Sea, Shank (fore and hind), separable lean and fat, row N/A Sea, Shank (fore and hind), separable lean and fat, row N/A Sea, Shank (fore and hind), separable lean and fat, row N/A Sea, Shank (fore and hind), s			7.483
Veal, Ioin, separable lean and fat, cooked, braised N/A Servel, Ioin, separable lean and fat, cooked, froasted N/A Servel, Ioin, separable lean and fat, cooked, braised N/A Servel, Ioin, separable lean and fat, cooked, braised N/A Servel, Ioin, separable lean only, cooked, braised N/A Servel, Ioin, separable lean only, cooked, braised N/A Servel, Ioin, separable lean and fat, cooked, braised N/A Servel, Ioin, separable lean and fat, cooked, braised N/A Servel, Ioin, separable lean and fat, cooked, braised N/A Servel, Ioin, separable lean and fat, cooked, braised N/A Servel, Ioin, separable lean and fat, cooked, braised N/A Servel, Ioin, separable lean and fat, cooked, braised N/A Servel, Ioin, separable lean and fat, cooked, braised N/A Servel, Ioin, separable lean and Ioin, cooked, braised N/A Servel, Ioin, separable lean only, cooked, braised N/A Servel, Ioin, separable lean only, cooked, braised N/A Servel, Ioin, separable lean only, cooked, braised N/A Servel, seam fat only, cooked N/A Servel, seam fat only, raw N/A Servel, shank (fore and hind), separable lean and fat, raw N/A Servel, shank (fore and hind), separable lean only, raw N/A Servel, shank (fore and hind), separable lean only, raw N/A Servel, shank (fore and hind), separable lean only, raw N/A Servel, shank (fore and hind), separable lean only, raw N/A Servel, shoulder, arm, separable lean and fat, raw N/A Servel, shoulder, arm, separable lean and fat, cooked, braised N/A Servel, shoulder, arm, separable lean only, raw N/A Servel, shoulder, arm, separable lean only, cooked, braised N/A Servel, shoulder, arm, separable lean only, cooked, braised N/A Servel, shoulder, arm, separable lean only, cooked, braised N/A Servel, shoulder, arm, separable lean only, cooked, braised N/A Servel, shoulder, blade chop, separable lean only, cooked, braised N/A Servel, shoulder, blade chop, separable lean only, cooked, braised N/A Servel, shoulder, blade chop, separable le		•	7.403
Veal, loin, separable lean and fat, cooked, roasted N/A Veal, loin, separable lean and fat, raw N/A (Seal, loin, separable lean only, cooked, roasted N/A Veal, loin, separable lean only, cooked, roasted N/A Veal, rib, separable lean and fat, cooked, roasted N/A Veal, rib, separable lean and fat, cooked, roasted N/A Veal, rib, separable lean and fat, cooked, braised N/A Veal, rib, separable lean and fat, cooked, roasted N/A Veal, rib, separable lean and fat, cooked, roasted N/A Veal, rib, separable lean only, cooked, roasted N/A Veal, rib, separable lean only, cooked, braised N/A Veal, rib, separable lean only, cooked, roasted N/A Veal, seam fat only, cooked N/A Veal, seam fat only, cooked N/A Veal, seam fat only, cooked N/A Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A Veal, shank, separable lean and fat, cooked, braised N/A Veal, shank, fore, and hind, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separ		•	9.03
Veal, loin, separable lean and fat, raw N/A Veal, loin, separable lean only, cooked, braised N/A Yeal, loin, separable lean only, cooked, braised Veal, loin, separable lean and fat, cooked, braised Veal, loin, separable lean and fat, cooked, braised N/A Veal, rib, separable lean and fat, cooked, braised N/A Geal, rib, separable lean and fat, cooked, braised N/A Veal, rib, separable lean and fat, cooked, coasted N/A Veal, rib, separable lean and fat, cooked, braised N/A Veal, rib, separable lean only, cooked, braised N/A Veal, rib, separable lean only, cooked, roasted N/A Veal, rib, separable lean only, cooked, roasted N/A Veal, rib, separable lean only, cooked, roasted N/A Veal, seam fat only, cooked N/A Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A Veal, shank (fore and hind), separable lean and fat, raw N/A Veal, shank (fore and hind), separable lean and fat, raw N/A Veal, shank (fore and hind), separable lean only, raw Veal, shank, separable lean only, raw N/A Veal, shank, separable lean and fat, raw N/A Solution of target and separable lean only, raw Veal, shank, separable lean and fat, raw N/A Veal, shank, separable lean and fat, raw N/A Solution of target and separable lean only, raw Veal, shank, separable lean and fat, raw N/A Solution of target and separable lean only, raw Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, cooked, praised N/A Veal, shoulder, blade chop, separable lean and fat, cooked, praised N/A Veal, shoulder, blade chop, separable lean and fat, cooked, praised N/A Veal, shoulder			8.86
Veal, Ioin, separable lean only, cooked, braised Veal, Ioin, separable lean only, cooked, roasted N/A Seal, Ioin, separable lean and fat, cooked, braised N/A Veal, Iii, separable lean and fat, cooked, braised N/A Veal, rib, separable lean and fat, cooked, braised Veal, rib, separable lean and fat, roaw N/A Geal, rib, separable lean and fat, roaw N/A Veal, rib, separable lean only, cooked, braised N/A Veal, rib, separable lean only, cooked, braised N/A Veal, rib, separable lean only, cooked, braised N/A Veal, rib, separable lean only, cooked, roasted N/A Veal, rib, separable lean only, roaw N/A Veal, rib, separable lean only, roaw N/A Veal, seam fat only, cooked N/A Veal, seam fat only, cooked N/A Veal, seam fat only, cooked N/A Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A Veal, shank (fore and hind), separable lean and fat, roaw N/A Veal, shank (fore and hind), separable lean and fat, roaw N/A Veal, shank (fore and hind), separable lean and fat, roaw N/A Veal, shank, separable lean and fat, roaw N/A Seal, shoulder, arm, separable lean and fat, roaw N/A Veal, shoulder, arm, separable lean and fat, roaw N/A Veal, shoulder, arm, separable lean and fat, roaw N/A Veal, shoulder, arm, separable lean and fat, roaw N/A Veal, shoulder, arm, separable lean and fat, roaw N/A Veal, shoulder, arm, separable lean and fat, roaw N/A Veal, shoulder, blade chop, separable lean and fat, row N/A Veal, shoulder, blade chop, separable lean and fat, row N/A Veal, shoulder, blade chop, separable lean and fat, rooked, praised N/A Veal, shoulder, blade chop, separable lean and fat, cooked, roasted N/A Veal, shoulder, blade chop, separable lean and fat, cooked, roasted			6.617
Veal, Ioin, separable lean only, raw Veal, ioin, separable lean daft, cooked, braised Veal, rib, separable lean and fat, raw N/A Veal, rib, separable lean only, cooked, braised N/A Veal, rib, separable lean only, cooked, roasted Veal, rib, separable lean only, cooked, roasted Veal, rib, separable lean only, cooked, roasted N/A Veal, seam fat only, cooked Veal, seam fat only, cooked Veal, seam fat only, raw Veal, seam fat only, cooked Veal, seam fat only, cooked Veal, seam fat only, separable lean and fat, raw N/A Veal, shank (fore and hind), separable lean and fat, raw N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, raw Veal, shank, separable lean only, raw N/A Veal, shank, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, cooked, braised N/A Veal, shoulder, blade chop, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, coo		•	10.05
Veal, Ioin, separable lean only, raw Veal, rib, separable lean and fat, cooked, braised N/A Veal, rib, separable lean and fat, cooked, roasted Veal, rib, separable lean and fat, cooked, braised N/A Veal, rib, separable lean only, cooked, braised N/A Veal, rib, separable lean only, cooked, roasted N/A Veal, rib, separable lean only, cooked, roasted N/A Veal, rib, separable lean only, cooked, roasted N/A Veal, rib, separable lean only, raw N/A Veal, separable lean only, raw N/A Veal, seam fat only, cooked N/A Veal, seam fat only, cooked N/A Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, raw N/A Veal, shank, separable lean and fat, cooked, braised N/A Veal, shank (fore and hind), separable lean only, raw N/A Veal, shank, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean and fat, cooked, braised N/A Veal, shoulder, blade chop, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, brais			9.46
Veal, rib, separable lean and fat, cooked, braised Veal, rib, separable lean and fat, cooked, roasted Veal, rib, separable lean and fat, raw Veal, rib, separable lean and fat, raw Veal, rib, separable lean only, cooked, braised Veal, rib, separable lean only, cooked, roasted Veal, rib, separable lean only, cooked, roasted Veal, rib, separable lean only, cooked Veal, seam fat only, cooked N/A Veal, seam fat only, raw Veal, seam fat only, raw Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A Veal, shank (fore and hind), separable lean and fat, raw N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, rooked, braised N/A Veal, shank, separable lean and fat, raw N/A Veal, shank, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, roasted N/A Veal, shoulder, plade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, co			7.25
Veal, rib, separable lean and fat, cooked, roasted Veal, rib, separable lean and fat, raw Veal, rib, separable lean only, cooked, braised Veal, rib, separable lean only, cooked, braised Veal, rib, separable lean only, cooked, roasted Veal, rib, separable lean only, cooked, roasted Veal, seam fat only, cooked Veal, seam fat only, raw Veal, seam fat only, raw Veal, seam fat only, raw Veal, shank (fore and hind), separable lean and fat, cooked, braised Veal, shank (fore and hind), separable lean and fat, raw Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, raw Veal, shank (fore and hind), separable lean only, raw Veal, shank (fore and hind), separable lean only, raw Veal, shank (fore and hind), separable lean only, raw Veal, shank (separable lean and fat, raw N/A Veal, shank, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, roasted N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, co		•	7.5
Veal, rib, separable lean and fat, raw Veal, rib, separable lean only, cooked, braised N/A Veal, rib, separable lean only, cooked, roasted N/A Veal, rib, separable lean only, row N/A Veal, separable lean only, row N/A Veal, seam fat only, cooked N/A Veal, seam fat only, cooked N/A Veal, seam fat only, cooked N/A Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, row N/A Veal, shank (fore and hind), separable lean only, raw N/A Veal, shank (fore and hind), separable lean only, raw N/A Veal, shank (separable lean and fat, raw N/A Veal, shank (separable lean and fat, raw N/A Veal, shank, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, roasted N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, row N/A Veal, shoulder, blade, separable lean only, cooked, froasted N/A Veal, shoulder, blade, separable lean only, cooked, froasted N/A Veal, shoulder, blade, separable lean only, cooked, froasted N/A Veal, shoulder, blade, separable lean only, cooked, froasted N/A Veal, shoulder, blade, separable lean only, cooked, froasted N/A Veal, shoulder, blade, separable lean only, cooked, froasted N/A Veal, shoulder, blade, separable lean only, cooked, froasted N/A Veal, shoulder, whole (arm and blade)			6.98
Veal, rib, separable lean only, cooked, braised Veal, rib, separable lean only, cooked, roasted N/A Veal, rib, separable lean only, row Veal, seam fat only, cooked N/A Veal, seam fat only, raw Veal, seam fat only, raw Veal, seam fat only, raw Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A Veal, shank (fore and hind), separable lean and fat, raw N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, raw Veal, shank (fore and hind), separable lean only, raw N/A Veal, shank, separable lean only, raw N/A Veal, shoulder, arm, separable lean only, raw N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, roasted N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean and fat, cooked, praised N/A Veal, shoulder, blade chop, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, roasted N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean		•	6.68
Veal, rib, separable lean only, cooked, roasted Veal, rib, separable lean only, raw Veal, seam fat only, cooked Veal, seam fat only, cooked Veal, seam fat only, raw Veal, seam fat only, raw Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, raw Veal, shank (fore and hind), separable lean only, raw Veal, shank, separable lean and fat, raw N/A Veal, shank, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade, separable lean and fat, raw N/A Veal, shoulder, blade, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and			7.91
Veal, rib, separable lean only, raw Veal, seam fat only, cooked N/A Veal, seam fat only, raw N/A Veal, seam fat only, raw Veal, seam fat only, raw Veal, seam fat only, raw Veal, shank (fore and hind), separable lean and fat, raw N/A Veal, shank (fore and hind), separable lean and fat, raw N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, raw Veal, shank (fore and hind), separable lean only, raw N/A Veal, shank, separable lean and fat, raw N/A Veal, shank, separable lean only, raw N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, roasted N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, arm, separable lean only, cooked, praised N/A Veal, shoulder, arm, separable lean only, cooked, praised N/A Veal, shoulder, arm, separable lean only, cooked, praised N/A Veal, shoulder, arm, separable lean only, cooked, praised N/A Veal, shoulder, arm, separable lean only, cooked, praised N/A Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, blade, separable lean and fat, cooked, praised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable le			7.5
Veal, seam fat only, cooked Veal, seam fat only, raw Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, raw Veal, shank, separable lean only, raw Veal, shank, separable lean only, raw Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, raw N/A Veal, shoulder, blade, separable lean only, raw N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised Veal, shoulder, whole (arm and		•	7.05
Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A 9. Veal, shank (fore and hind), separable lean and fat, raw N/A 7. Veal, shank (fore and hind), separable lean only, cooked, braised N/A 9. Veal, shank (fore and hind), separable lean only, cooked, braised N/A 9. Veal, shank (fore and hind), separable lean only, raw N/A 9. Veal, shank, separable lean and fat, raw N/A 9. Veal, shank, separable lean and fat, raw N/A 9. Veal, shoulder, arm, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, arm, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, arm, separable lean and fat, raw N/A 9. Veal, shoulder, arm, separable lean and fat, raw N/A 9. Veal, shoulder, arm, separable lean only, cooked, braised N/A 9. Veal, shoulder, arm, separable lean only, cooked, braised N/A 9. Veal, shoulder, arm, separable lean only, cooked, braised N/A 9. Veal, shoulder, arm, separable lean only, cooked, braised N/A 9. Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A 9. Veal, shoulder, blade chop, separable lean and fat, raw N/A 9. Veal, shoulder, blade chop, separable lean and fat, raw N/A 9. Veal, shoulder, blade chop, separable lean only, cooked, grilled N/A 9. Veal, shoulder, blade, separable lean only, cooked, grilled N/A 9. Veal, shoulder, blade, separable lean only, cooked, grilled N/A 9. Veal, shoulder, blade, separable lean only, cooked, braised N/A 9. Veal, shoulder, blade, separable lean only, cooked, braised N/A 9. Veal, shoulder, blade, separable lean only, cooked, braised N/A 9. Veal, shoulder, blade, separable lean only, cooked, braised N/A 9. Veal, shoulder, blade, separable lean only, cooked, braised N/A 9. Veal, shoulder, blade, separable lean only, cooked, braised N/A 9. Veal, shoulder, blade, separable lean only, cooked, braised N/A 9. Veal, shoulder, blade, separable lean only, cooked, braised N/A 9.		•	2.84
Veal, shank (fore and hind), separable lean and fat, cooked, braised N/A 7. Veal, shank (fore and hind), separable lean and fat, raw N/A 7. Veal, shank (fore and hind), separable lean only, cooked, braised N/A 9. Veal, shank (fore and hind), separable lean only, raw N/A 9. Veal, shank, separable lean and fat, raw N/A 9. Veal, shank, separable lean and fat, raw N/A 9. Veal, shoulder, arm, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, arm, separable lean and fat, cooked, roasted N/A 9. Veal, shoulder, arm, separable lean and fat, raw N/A 9. Veal, shoulder, arm, separable lean only, cooked, braised N/A 9. Veal, shoulder, arm, separable lean only, cooked, braised N/A 9. Veal, shoulder, arm, separable lean only, cooked, braised N/A 9. Veal, shoulder, arm, separable lean only, cooked, roasted N/A 9. Veal, shoulder, arm, separable lean only, cooked, roasted N/A 9. Veal, shoulder, blade chop, separable lean and fat, raw N/A 9. Veal, shoulder, blade chop, separable lean and fat, raw N/A 9. Veal, shoulder, blade chop, separable lean and fat, raw N/A 9. Veal, shoulder, blade chop, separable lean only, raw N/A 9. Veal, shoulder, blade, separable lean only, raw N/A 9. Veal, shoulder, blade, separable lean and fat, cooked, grilled N/A 9. Veal, shoulder, blade, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, blade, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, blade, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, blade, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, blade, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, blade, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, blade, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, blade, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, blade, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, blade, separable lean and fat, cooked, braised N/A 9. Veal, shoulder, blade, separable lean and fat, cooked,			3.81
Veal, shank (fore and hind), separable lean and fat, raw Veal, shank (fore and hind), separable lean only, cooked, braised N/A Veal, shank (fore and hind), separable lean only, raw N/A Veal, shank (fore and hind), separable lean only, raw N/A Veal, shank, separable lean and fat, raw N/A Veal, shank, separable lean only, raw N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, grilled N/A Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted		•	9.454
Veal, shank (fore and hind), separable lean only, cooked, braised Veal, shank (fore and hind), separable lean only, raw Veal, shank, separable lean and fat, raw N/A Veal, shank, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean and fat, cooked, braised Veal, shoulder, arm, separable lean and fat, cooked, roasted N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, arm, separable lean only, raw N/A Veal, shoulder, plade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean only, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, raw N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A		•	7.458
Veal, shank (fore and hind), separable lean only, raw Veal, shank, separable lean and fat, raw N/A Veal, shank, separable lean only, raw N/A Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, roasted N/A Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, roasted N/A Veal, shoulder, arm, separable lean only, raw N/A Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean only, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, raw Veal, shoulder, blade chop, separable lean only, raw Veal, shoulder, blade, separable lean only, raw N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean only, raw N/A Veal, shoulder, blade, separable lean only, raw N/A Veal, shoulder, blade, separable lean only, raw Veal, shoulder, blade, separable lean only, rooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted			9.66
Veal, shank, separable lean and fat, raw Veal, shank, separable lean only, raw Veal, shoulder, arm, separable lean and fat, cooked, braised Veal, shoulder, arm, separable lean and fat, cooked, roasted Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean only, cooked, braised Veal, shoulder, arm, separable lean only, cooked, braised Veal, shoulder, arm, separable lean only, cooked, roasted Veal, shoulder, arm, separable lean only, rooked, roasted Veal, shoulder, arm, separable lean only, raw Veal, shoulder, blade chop, separable lean and fat, cooked, grilled Veal, shoulder, blade chop, separable lean and fat, raw Veal, shoulder, blade chop, separable lean only, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, row Veal, shoulder, blade, separable lean only, raw Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, roasted N/A Veal, shoulder, blade, separable lean and fat, cooked, roasted N/A Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, blade, separable lean and fat, cooked, roasted N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A			7.6
Veal, shank, separable lean only, raw Veal, shoulder, arm, separable lean and fat, cooked, braised N/A Veal, shoulder, arm, separable lean and fat, cooked, roasted Veal, shoulder, arm, separable lean and fat, raw Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, cooked, braised N/A Veal, shoulder, arm, separable lean only, roasted N/A Veal, shoulder, arm, separable lean only, roasted N/A Veal, shoulder, arm, separable lean only, raw N/A Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean and fat, raw N/A Veal, shoulder, blade chop, separable lean only, raw N/A Veal, shoulder, blade, separable lean only, raw N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A			5.254
Veal, shoulder, arm, separable lean and fat, cooked, braised Veal, shoulder, arm, separable lean and fat, cooked, roasted Veal, shoulder, arm, separable lean and fat, raw Veal, shoulder, arm, separable lean only, cooked, braised Veal, shoulder, arm, separable lean only, cooked, braised Veal, shoulder, arm, separable lean only, cooked, roasted Veal, shoulder, arm, separable lean only, raw Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean and fat, raw Veal, shoulder, blade chop, separable lean only, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, raw Veal, shoulder, blade, separable lean only, raw N/A Veal, shoulder, blade, separable lean only, raw N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted		·	5.37
Veal, shoulder, arm, separable lean and fat, cooked, roasted Veal, shoulder, arm, separable lean and fat, raw N/A Veal, shoulder, arm, separable lean only, cooked, braised Veal, shoulder, arm, separable lean only, cooked, roasted Veal, shoulder, arm, separable lean only, roasted N/A Veal, shoulder, arm, separable lean only, raw Veal, shoulder, blade chop, separable lean and fat, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, raw N/A Veal, shoulder, blade, separable lean only, raw N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, roasted N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A			10.08
Veal, shoulder, arm, separable lean and fat, raw Veal, shoulder, arm, separable lean only, cooked, braised Veal, shoulder, arm, separable lean only, cooked, roasted Veal, shoulder, arm, separable lean only, cooked, roasted Veal, shoulder, arm, separable lean only, raw Veal, shoulder, blade chop, separable lean and fat, cooked, grilled Veal, shoulder, blade chop, separable lean and fat, raw Veal, shoulder, blade chop, separable lean only, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, raw N/A Veal, shoulder, blade, separable lean and fat, cooked, braised Veal, shoulder, blade, separable lean and fat, cooked, roasted N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A			8.02
Veal, shoulder, arm, separable lean only, cooked, braised Veal, shoulder, arm, separable lean only, cooked, roasted Veal, shoulder, arm, separable lean only, raw Veal, shoulder, blade chop, separable lean and fat, cooked, grilled Veal, shoulder, blade chop, separable lean and fat, raw Veal, shoulder, blade chop, separable lean and fat, raw Veal, shoulder, blade chop, separable lean only, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, raw Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, roasted N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A		•	7.63
Veal, shoulder, arm, separable lean only, cooked, roasted Veal, shoulder, arm, separable lean only, raw Veal, shoulder, blade chop, separable lean and fat, cooked, grilled Veal, shoulder, blade chop, separable lean and fat, raw Veal, shoulder, blade chop, separable lean only, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, raw N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, roasted N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, rooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, rooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, rooked, roasted N/A		•	10.71
Veal, shoulder, arm, separable lean only, raw Veal, shoulder, blade chop, separable lean and fat, cooked, grilled Veal, shoulder, blade chop, separable lean and fat, raw Veal, shoulder, blade chop, separable lean only, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, cooked, grilled N/A Veal, shoulder, blade chop, separable lean only, raw N/A Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, roasted N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A		•	8.24
Veal, shoulder, blade chop, separable lean and fat, cooked, grilledN/A4Veal, shoulder, blade chop, separable lean and fat, rawN/A4.Veal, shoulder, blade chop, separable lean only, cooked, grilledN/A5Veal, shoulder, blade chop, separable lean only, rawN/AN/AVeal, shoulder, blade, separable lean and fat, cooked, braisedN/AN/AVeal, shoulder, blade, separable lean and fat, cooked, roastedN/A5Veal, shoulder, blade, separable lean only, cooked, braisedN/A5Veal, shoulder, blade, separable lean only, cooked, roastedN/A5Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braisedN/A6Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roastedN/A6Veal, shoulder, whole (arm and blade), separable lean and fat, rawN/A6			7.91
Veal, shoulder, blade chop, separable lean and fat, raw Veal, shoulder, blade chop, separable lean only, cooked, grilled Veal, shoulder, blade chop, separable lean only, raw Veal, shoulder, blade, separable lean and fat, cooked, braised Veal, shoulder, blade, separable lean and fat, cooked, roasted Veal, shoulder, blade, separable lean only, cooked, braised Veal, shoulder, blade, separable lean only, cooked, braised Veal, shoulder, blade, separable lean only, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A Output Description:		•	4.94
Veal, shoulder, blade chop, separable lean only, cooked, grilled Veal, shoulder, blade chop, separable lean only, raw Veal, shoulder, blade, separable lean and fat, cooked, braised Veal, shoulder, blade, separable lean and fat, cooked, roasted Veal, shoulder, blade, separable lean only, cooked, braised Veal, shoulder, blade, separable lean only, cooked, braised Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A Oeal, shoulder, whole (arm and blade), separable lean and fat, raw N/A Oeal, shoulder, whole (arm and blade), separable lean and fat, raw N/A		·	4.491
Veal, shoulder, blade chop, separable lean only, raw Veal, shoulder, blade, separable lean and fat, cooked, braised Veal, shoulder, blade, separable lean and fat, cooked, roasted Veal, shoulder, blade, separable lean only, cooked, braised Veal, shoulder, blade, separable lean only, cooked, braised Veal, shoulder, blade, separable lean only, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A 6 Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A 6 N/A 7 8 N/A N/A		•	5.14
Veal, shoulder, blade, separable lean and fat, cooked, braised N/A Veal, shoulder, blade, separable lean and fat, cooked, roasted N/A Veal, shoulder, blade, separable lean only, cooked, braised N/A Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A		•	4.61
Veal, shoulder, blade, separable lean and fat, cooked, roasted Veal, shoulder, blade, separable lean only, cooked, braised Veal, shoulder, blade, separable lean only, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A		·	5.5
Veal, shoulder, blade, separable lean only, cooked, braised Veal, shoulder, blade, separable lean only, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A O O O O O O O O O O O O O		•	5.73
Veal, shoulder, blade, separable lean only, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A 6			5.68
Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised N/A Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A 6		·	5.82
Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A 6	,, ,, ,, ,, ,, ,, ,, ,, ,, ,, ,, ,, ,,		3.02
Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted N/A Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A 6	 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, bra	sed N/A	6.42
Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A	, , , , , , , , , , , , , , , , , , , ,		0.12
Veal, shoulder, whole (arm and blade), separable lean and fat, raw N/A	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roa	sted N/A	6.33
			6.19
	, , , , , , , , , , , , , , , , , , , ,		0.13
Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised N/A	Veal, shoulder, whole (arm and blade), separable lean only cooked, braise	d N/A	6.68

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

Waterchestnuts, chinese, canned, solids and liquids	N/A	0.36
Watercress, raw	N/A	0.30
Watermelon, raw	N/A	0.178
watermelon, raw	N/A	0.178
Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	N/A	0.384
waxgourd, (chinese preserving meiori), cooked, boiled, dramed, with sait	N/A	0.364
 Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	N/A	0.384
Waxgourd, (chinese preserving melon), raw	N/A	0.384
WENDY'S, Chicken Nuggets	N/A	6.042
WENDY'S, CLASSIC DOUBLE, with cheese	N/A	3.52
WENDY'S, CLASSIC BOODEL, with cheese WENDY'S, CLASSIC SINGLE Hamburger, no cheese	N/A	3.225
WENDY'S, CLASSIC SINGLE Hamburger, with cheese	N/A	3.19
WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	N/A	3.143
WENDY'S, french fries	N/A	3.007
WENDY'S, Frosty Dairy Dessert	N/A	0.348
WENDY'S, Homestyle Chicken Fillet Sandwich	N/A	3.3
WENDY'S, Jr. Hamburger, with cheese	N/A	3.08
WENDY'S, Jr. Hamburger, without cheese	N/A	3.887
WENDY'S, Ultimate Chicken Grill Sandwich	N/A	4.16
Whale, beluga, meat, dried (Alaska Native)	N/A	15.2
Wheat bran. crude	N/A	13.578
Wheat flour, white, all-purpose, enriched, bleached	N/A	5.904
Wheat flour, white, all-purpose, enriched, calcium-fortified	N/A	5.904
Wheat flour, white, all-purpose, enriched, unbleached	N/A	5.904
Wheat flour, white, all-purpose, self-rising, enriched	N/A	5.832
Wheat flour, white, all-purpose, unenriched	N/A	1.25
Wheat flour, white, bread, enriched	N/A	7.554
Wheat flour, white, cake, enriched	N/A	6.79
Wheat flour, white, tortilla mix, enriched	N/A	5.82
Wheat flour, whole-grain (Includes foods for USDA's Food Distribution	N/A	3.02
Program)	N/A	4.957
Wheat flours, bread, unenriched	N/A	1
Wheat germ, crude	N/A	6.813
Wheat, durum	N/A	6.738
Wheat, hard red spring	N/A	5.71
Wheat, hard red winter	N/A	5.464
Wheat, hard white	N/A	4.381
Wheat, KAMUT khorasan, cooked	N/A	2.305
Wheat, KAMUT khorasan, uncooked	N/A	6.375
Wheat, soft red winter	N/A	4.8
Wheat, soft white	N/A	4.766
Wheat, sprouted	N/A	3.087
Whey, acid, dried	N/A	1.16
Whey, acid, fluid	N/A	0.079
Whey, sweet, dried	N/A	1.258
Whey, sweet, fluid	N/A	0.074
Whipped topping, frozen, low fat	N/A	0.1
Wild rice, cooked	N/A	1.287
Wild rice, raw	N/A	6.733
Winged bean, immature seeds, cooked, boiled, drained, with salt	N/A	0.652
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Winged beans, immature seeds, cooked, boiled, drained, without salt	N/A	0.652
Winged beans, immature seeds, raw	N/A	0.9
Winged beans, mature seeds, cooked, boiled, with salt	N/A	0.83
Winged beans, mature seeds, cooked, boiled, without salt	N/A	0.83
Winged beans, mature seeds, raw	N/A	3.09
Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	N/A	4.19
Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	N/A	0.29
Wonton wrappers (includes egg roll wrappers)	N/A	5.424
11 ,	N/A	
Yam, cooked, boiled, drained, or baked, with salt	IN/A	0.552

Yam, raw	N/A	0.552
Yambean (jicama), raw	N/A	0.2
Yardlong bean, cooked, boiled, drained, with salt	N/A	0.63
Yardlong bean, cooked, boiled, drained, without salt	N/A	0.63
Yardlong bean, raw	N/A	0.41
Yardlong beans, mature seeds, cooked, boiled, with salt	N/A	0.551
Yardlong beans, mature seeds, cooked, boiled, without salt	N/A	0.551
Yardlong beans, mature seeds, raw	N/A	2.158
Yautia (tannier), raw	N/A	0.667
Yeast extract spread	N/A	127.5
Yellow rice with seasoning, dry packet mix, unprepared	N/A	3.509
Yogurt parfait, lowfat, with fruit and granola	N/A	0.714
Yogurt, chocolate, nonfat milk	N/A	0.223
Yogurt, chocolate, nonfat milk, fortified with vitamin D	N/A	0.223
Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	N/A	0.2
Yogurt, fruit variety, nonfat	N/A	0.1
Yogurt, fruit variety, nonfat, fortified with vitamin D	N/A	0.1
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	N/A	0.095
	13,71	0.030
Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	N/A	0.095
Yogurt, fruit, low fat, 11g protein/8 oz	N/A	0.105
Togate, many town taty 11g protein, o of	1477.	0.103
Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	N/A	0.086
Yogurt, fruit, low fat,9 g protein/8 oz	N/A	0.086
Yogurt, fruit, lowfat, with low calorie sweetener	N/A	0.105
Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	N/A	0.105
Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	N/A	0.22
Yogurt, Greek, nonfat, vanilla, CHOBANI	N/A	0.217
Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	N/A	0.187
Yogurt, Greek, plain, lowfat	N/A	0.197
Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution		
Program)	N/A	0.208
Yogurt, Greek, strawberry, DANNON OIKOS	N/A	0.21
Yogurt, Greek, strawberry, lowfat	N/A	0.205
Yogurt, Greek, strawberry, nonfat	N/A	0.213
Yogurt, Greek, vanilla, nonfat	N/A	0.201
Yogurt, plain, low fat	N/A	0.114
Yogurt, plain, skim milk	N/A	0.124
Yogurt, plain, whole milk	N/A	0.075
Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	N/A	0.107
Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie		
sweetener	N/A	0.086
Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie		
sweetener, fortified with vitamin D	N/A	0.086
Yogurt, vanilla, low fat, fortified with vitamin D	N/A	0.107
Yogurt, vanilla, low fat.	N/A	0.107
Yogurt, vanilla, non-fat	N/A	0.107
Yokan, prepared from adzuki beans and sugar	N/A	0.057
Zwieback	N/A	1.319