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

Nutrients: Riboflavin(mg)

Description	Measure	Riboflavin(mg)Per Measure
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	3.401
Whey, sweet, dried	1.0 cup	3.202
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cup	2.054
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	1.656
	1.0 cup whole	
Nuts, almonds, dry roasted, without salt added	kernels	1.652
Beverages, Orange drink, breakfast type, with juice and pulp, frozen		
concentrate	1.0 fl oz	1.303
Cheese, feta	1.0 cup, crumbled	1.266
Blueberries, wild, canned, heavy syrup, drained	1.0 cup	0.998
Corn flour, yellow, masa, enriched	1.0 cup	0.918
Milk, sheep, fluid	1.0 cup	0.87
Beverages, Whey protein powder isolate	3.0 scoop	0.85
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cup	0.736
Wheat flour, white, bread, enriched	1.0 cup	0.701
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	0.633
Wheat flour, white, all-purpose, enriched, calcium-fortified	1.0 cup	0.618
Cheese spread, pasteurized process, American	1.0 cup, diced	0.603
Liverwurst spread	0.25 cup	0.567
	·	
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cup, diced	0.565
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	0.562
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-		
2-1 Plan	1.0 bottle	0.56
	1.0 cup (1 NLEA	
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	serving)	0.544
Cornmeal, white, self-rising, degermed, enriched	1.0 cup	0.534
Biscuits, plain or buttermilk, dry mix	1.0 cup, purchased	0.524
	1.0 steak (yield	
	from 134.9 g raw	
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	meat)	0.51
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	0.509
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cup	0.506
	·	
Cheese substitute, mozzarella	1.0 cup, shredded	0.502
	0.75 cup (1 NLEA	
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	serving)	0.488
Mushrooms, portabella, grilled	1.0 cup sliced	0.488
Eggnog	1.0 cup	0.483
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	0.482
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat		
free and skim)	1.0 cup	0.477
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and		
vitamin D	1.0 cup	0.477
	0.75 cup (1 NLEA	
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	serving)	0.477
/ /- / /- /- /- /- /- /- /- /- /- /-	, J,	

	4.0 (4.1054	
Councils woody, to got OHAVED Octavool Coulons Colden Monte	1.0 cup (1 NLEA	0.476
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple Milk, buttermilk, dried	serving) 0.25 cup	0.476 0.474
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and	0.25 cup	0.474
vitamin D	1.0 cup	0.472
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cup	0.472
Tork, fresh, leg (fiam), whole, separable leart only, cooked, roasted	0.75 cup (1 NLEA	0.471
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	serving)	0.467
Cheese, mozzarella, low moisture, part-skim	1.0 cup, diced	0.466
Milk, dry, nonfat, calcium reduced	1.0 oz	0.466
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.25 cup	0.465
Beans, kidney, mature seeds, sprouted, raw	1.0 cup	0.46
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cup	0.458
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and	1.0 cup	0.430
vitamin D	1.0 cup	0.458
Viciniii D	1.0 cup (1 NLEA	0.430
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	serving)	0.448
Soybeans, green, raw	1.0 cup	0.448
Soybeans, green, raw	1.0 cup	0.440
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cup, diced	0.444
- stry treating attended attended to the street and tally cooked, to dated	1.0 cup spiral	0.444
Macaroni, vegetable, enriched, dry	shaped	0.441
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in,	зпарси	0.441
separable lean only, trimmed to 1/8" fat, raw	4.0 oz	0.441
separable lear only, trimined to 1/6 Tat, raw	0.75 cup (1 NLEA	0.441
Cereals ready-to-eat, POST, COCOA PEBBLES	serving)	0.435
Beans, adzuki, mature seeds, raw	1.0 cup	0.433
Braunschweiger (a liver sausage), pork	1.0 oz	0.432
Cereals ready-to-eat, granola, homemade	1.0 cup	0.432
Fast Foods, biscuit, with egg and sausage	1.0 item	0.426
1 dot 1 dodd, bisedit, with egg and sadsage	1.0 cup (1 NLEA	0.420
Cereals ready-to-eat, POST, Honeycomb Cereal	serving)	0.426
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	0.425
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	8.0 fl oz	0.425
Cheese, provolone	1.0 cup, diced	0.424
Cheese, muenster	1.0 cup, diced	0.422
	0.75 cup (1 NLEA	9.122
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	serving)	0.42
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	0.416
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.0 cup	0.412
, sacrony areas, (perce), econoci, action, areas, a		• • • • • • • • • • • • • • • • • • • •
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	0.411
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cup	0.407
, , , , , , , , , , , , , , , , , , , ,		
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cup	0.405
Beans, pink, mature seeds, raw	1.0 cup	0.403
71 7	·	
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	0.399
Cheese, swiss	1.0 cup, diced	0.399
Milk, producer, fluid, 3.7% milkfat	1.0 cup	0.393
	3.0 tbsp (1 NLEA	
Cereals, MALT-O-MEAL, chocolate, dry	serving)	0.392
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable	G,	
lean and fat, trimmed to 1/8" fat, cooked, roasted	3.0 oz	0.391
, , , , , , , , , , , , , , , , , , ,		
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	0.391
Cheese, pasteurized process, swiss	1.0 cup, diced	0.386
Seeds, sunflower seed kernels, toasted, without salt	1.0 cup	0.382
Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.0 oz	0.381
, , , , , , , , , , , , , , , , , , ,		
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	0.38

Dark frach chaulder (Dacton butt) blade (steeks) conerable lean and fet with		
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with	4.0	0.270
added solution, raw	4.0 oz	0.379
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cup	0.378
Soup, chicken gumbo, canned, condensed	0.5 cup (4 fl oz)	0.378
Dark frach lain tandarlain congrable loan and fat with added colution raw	4.0.07	0.276
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	0.376
Beans, black, mature seeds, raw	1.0 cup	0.374
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked,	2.0	0.274
broiled	3.0 oz	0.374
Cheese, ricotta, whole milk	0.5 cup	0.37
Fast foods, english muffin, with egg, cheese, and canadian bacon	1.0 sandwich	0.369
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cup	0.365
Pasta, dry, enriched	1.0 cup spaghetti	0.364
Yogurt, plain, low fat	1.0 container (6 oz)	0.364
Cheese, parmesan, grated	1.0 cup	0.358
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lear	1	
only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	0.357
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean		
only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.357
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed		
to 1/8" fat, cooked, roasted	3.0 oz	0.357
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cup	0.349
Beverages, Energy drink, AMP, sugar free	8.0 fl oz	0.341
Bagels, plain, enriched, with calcium propionate (includes onion, poppy,		
sesame)	1.0 bagel	0.341
,	0	
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	0.337
Candies, confectioner's coating, peanut butter	1.0 cup chips	0.336
Salami, pork, beef, less sodium	3.0 oz	0.336
Corn grain, white	1.0 cup	0.334
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean	1.0 cup	0.551
and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.332
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and	3.0 02	0.332
fat, heated, roasted	1.0 slice	0.328
iat, neateu, roasteu	1.0 cup (not	0.328
Chance anthony manifest consumed due lavage as assall accord		0.220
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	packed)	0.328
Consider the investment was also because the consistency of the consis	1.0	0.227
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cup	0.327
Tomato products, canned, sauce, with onions	1.0 cup	0.326
	1.0 pie crust	
Pie crust, deep dish, frozen, unbaked, made with enriched flour	(average weight)	0.322
Cheese, mozzarella, whole milk	1.0 cup, shredded	0.317
Mollusks, mussel, blue, raw	1.0 cup	0.315
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to		
1/8" fat, cooked, broiled	3.0 oz	0.315
	1.0 cup, chopped or	
Turkey, all classes, back, meat and skin, cooked, roasted	diced	0.314
Edamame, frozen, unprepared	1.0 cup	0.313
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked,		
broiled	3.0 oz	0.312
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	0.31
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	0.31
Fast foods, croissant, with egg, cheese, and ham	1.0 item	0.31
Passion-fruit, (granadilla), purple, raw	1.0 cup	0.307
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked,		0.507
roasted	3.0 oz	0.306
roused	3.5 02	0.300

Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable	2.0.07	0.206
lean only, trimmed to 1/8" fat, cooked	3.0 oz	0.306
Chielen girmand all alassas applied simmers d	1.0 cup chopped or	0.204
Chicken, gizzard, all classes, cooked, simmered	dice	0.304
	1.0 patty (yield	
Company of all and and and and and and and	from 104.1 g raw	0.204
Game meat, elk, ground, cooked, pan-broiled	meat)	0.304
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with	2.0	0.202
added solution, cooked, braised	3.0 oz	0.303
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	3.0 oz	0.303
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked,	2.0	0.202
roasted	3.0 oz	0.302
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cup	0.3
Cheese, mexican, queso chihuahua	1.0 cup, diced	0.297
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked,		
broiled	3.0 oz	0.296
Beans, black turtle, mature seeds, canned	1.0 cup	0.288
Peanuts, all types, dry-roasted, without salt	1.0 cup	0.288
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean		
and fat, trimmed to 1/8" fat, cooked, grilled	3.0 oz	0.286
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	0.284
Soup, chicken noodle, dry, mix	1.0 packet	0.282
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade),		
separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.281
Veal, breast, whole, boneless, separable lean only, cooked, braised	3.0 oz	0.281
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat,		
trimmed to 1/8" fat, cooked, braised	3.0 oz	0.281
Soybeans, green, cooked, boiled, drained, without salt	1.0 cup	0.279
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0"		
fat, all grades, cooked, grilled	3.0 oz	0.277
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	0.277
Yogurt, fruit, low fat,9 g protein/8 oz	1.0 container (6 oz)	0.275
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	0.273
Cream puff, eclair, custard or cream filled, iced	4.0 oz	0.272
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat,	,	
choice, raw	4.0 oz	0.272
Taro, tahitian, cooked, without salt	1.0 cup slices	0.271
Fish, roe, mixed species, cooked, dry heat	1.0 oz	0.269
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to		
1/8" fat, all grades, raw	4.0 oz	0.268
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	0.268
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0"		
fat, choice, cooked, grilled	3.0 oz	0.266
	1.0 cup, chopped or	
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	diced	0.266
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked,		0.200
roasted	3.0 oz	0.265
	1.0 pie crust	0.203
Pie crust, deep dish, frozen, baked, made with enriched flour	(average weight)	0.263
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	0.262
,	_,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	0.202
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	0.261
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	0.261
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only,	7.0 02	0.20
	4.0 oz	0.257
Turkey retail parts thigh most and skin cooked reacted	3.0 oz	0.257
Turkey, retail parts, thigh, meat and skin, cooked, roasted		
Cereals ready-to-eat, rice, puffed, fortified	1.0 cup	0.252

Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	0.252
Veal, shank (fore and hind), separable lean and fat, cooked, braised	3.0 oz	0.252
Spinach, canned, regular pack, solids and liquids	1.0 cup	0.248
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fa		0.247
select, raw	4.0 oz	0.247
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choic		0.247
raw	4.0 oz	0.247
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only,		
trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.246
Cornmeal, whole-grain, white	1.0 cup	0.245
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cup	0.244
Nuts, chestnuts, european, raw, unpeeled	1.0 cup	0.244
Asparagus, canned, drained solids	1.0 cup	0.242
Yogurt, plain, whole milk	1.0 container (6 oz)	0.241
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to		
1/8" fat, cooked, braised	3.0 oz	0.241
Tomato products, canned, sauce, with tomato tidbits	1.0 cup	0.237
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked,		
broiled	3.0 oz	0.23
Cheese, ricotta, part skim milk	0.5 cup	0.229
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked,		
roasted	3.0 oz	0.229
Egg, whole, raw, fresh	1.0 large	0.229
Egg, whole, cooked, fried	1.0 large	0.228
	1.0 unit (yield from	
	1 lb ready-to-cook	
Chicken, broilers or fryers, giblets, raw	chicken)	0.227
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	0.226
Cream, fluid, heavy whipping	1.0 cup, whipped	0.226
Potatoes, scalloped, home-prepared with butter	1.0 cup	0.225
Fast foods, biscuit, with egg and bacon	1.0 biscuit	0.225
Peppers, pasilla, dried	1.0 pepper	0.224
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat,	1.0 реррег	0.224
trimmed to 1/8" fat, cooked, braised	3.0 oz	0.224
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cup	0.223
	3.0 oz	0.223
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed		0.223
		0.222
to 1/8" fat, cooked, braised	3.0 oz	0.223
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat,	2.0	0.224
prime, cooked, broiled	3.0 oz	0.221
Peanuts, valencia, oil-roasted, without salt	1.0 cup	0.22
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choic		222
cooked, braised	3.0 oz	0.218
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless,		
cooked, broiled	3.0 oz	0.218
	1.0 patty (yield	
	from 112.7 g raw	
Game meat, bison, ground, cooked, pan-broiled	meat)	0.215
Milk substitutes, fluid, with lauric acid oil	1.0 cup	0.215
Tree fern, cooked, without salt	0.5 cup, chopped	0.213
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat,		
choice, cooked, broiled	3.0 oz	0.212
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	0.212
Pork, cured, ham, shank, bone-in, separable lean only, unheated	3.0 oz	0.212
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried,		
		0.244
batter	3.0 oz	0.211

Crustaceans, crab, queen, cooked, moist heat	3.0 oz	0.207
Crustaceuris, crus, queen, cookea, moist neut	1.0 serving 4 oz	0.207
Puddings, rice, ready-to-eat	pudding cup	0.207
Plantains, yellow, raw	1.0 plantain	0.205
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	0.205
Currants, zante, dried	1.0 cup	0.203
Currants, zante, uneu	1.0 cup	0.204
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.204
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select,		
cooked, braised	3.0 oz	0.204
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0"		
fat, select, cooked, roasted	3.0 oz	0.204
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, roasted	3.0 oz	0.204
	1.0 piece (1/12 of	3.23
Cake, chocolate, prepared from recipe without frosting	9" dia)	0.202
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked,		
roasted	3.0 oz	0.201
Tomato products, canned, puree, without salt added	1.0 cup	0.201
Tomato products, canned, puree, with salt added	1.0 cup	0.2
Tomato producto, carried, paree, with suit added		0.2
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1 0 cun snaghetti	0.198
Noodles, egg, spinach, enriched, cooked	1.0 cup	0.197
Noodies, egg, spinach, enneneu, cooked	1.0 cup 1.0 pita, large (6-	0.137
Broad nita white enriched		0.106
Bread, pita, white, enriched	1/2" dia)	0.196
Lamb rib congrable loan and fat trimmed to 1/0" fat choice cooked broiled	2.0.07	0.106
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.196
	1.0 unit (yield from	
	1 lb ready-to-cook	2.42
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	chicken)	0.195
Fish, herring, Atlantic, pickled	1.0 cup	0.195
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked,		
broiled	3.0 oz	0.194
Egg, whole, cooked, poached	1.0 large	0.194
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	0.193
Peas, green, raw	1.0 cup	0.191
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	0.191
Squab, (pigeon), meat and skin, raw	3.0 oz	0.19
Pork, fresh, variety meats and by-products, brain, cooked, braised	3.0 oz	0.19
Tomato juice, canned, without salt added	1.0 cup	0.19
Tomato juice, canned, with salt added	1.0 cup	0.19
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	0.188
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	0.186
Fish, salmon, chum, cooked, dry heat	3.0 oz	0.186
Peas, mature seeds, sprouted, raw	1.0 cup	0.186
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cup	0.185
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	0.185
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	3.0 oz	0.185
Cheese, cottage, creamed, large or small curd	4.0 oz	0.184
Plantains, yellow, baked	1.0 cup	0.181
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked,		
simmered	3.0 oz	0.178
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, braised	3.0 oz	0.178
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.178
	6.0 cracker 1	
Crackers, cheese, sandwich-type with cheese filling	cracker = 6.5g	0.178
, , , , , , , , , , , , , , , , , , , ,	1.0 package (10 oz)	0.170
Peas and carrots, frozen, cooked, boiled, drained, without salt		Λ 178
reas and carrots trozen cooked boiled drained without salt	yields	0.17

Nuts, butternuts, dried	1.0 cup	0.178
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1.0 cup	0.178
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cup	0.177
Turkey from whole, light meat, meat only, with added solution, cooked,	1.0 cup	0.177
roasted	3.0 oz	0.177
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cup	0.176
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1.0 serving	0.176
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	0.176
rish, seatrout, mixeu species, cookeu, dry heat	3.0 02	0.170
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	0.176
Potatoes, mashed, dehydrated, prepared from granules with milk, water and	1.0 slice 1/4 of pie	0.170
margarine added	1.0 cup	0.174
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	0.174
Egg substitute, powder	0.35 oz	0.174
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat,	0.53 02	0.174
· · · · · · · · · · · · · · · · · · ·	4.0 oz	0.174
choice, raw Fish, salmon, pink, canned, drained solids	3.0 oz	0.174
		0.172
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	0.172
Focaccia, Italian flatbread, plain	1.0 piece	0.172
Fish, herring, Pacific, raw	3.0 oz	0.17
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	0.169
Soup, chicken, canned, chunky, ready-to-serve	1.0 cup	0.169
Barley flour or meal	1.0 cup	0.169
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	0.168
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	0.168
Jute, potherb, cooked, boiled, drained, without salt	1.0 cup	0.167
POPEYES, biscuit	1.0 biscuit	0.166
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	0.164
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	0.164
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat		0.464
trimmed to 0" fat, all grades, raw	4.0 oz	0.164
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.0 cup	0.163
Potatoes, mashed, dehydrated, prepared from granules without milk, whole		
milk and butter added	1.0 cup	0.162
Cranafruit ivice white frazen cancentrate unsucestaned undiluted	1.0 can (6 fl.oz)	0.161
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	0.161
Cheese, cottage, creamed, with fruit	4.0 oz	0.16
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	0.159
Milk, canned, condensed, sweetened	1.0 fl oz	0.159
Calla callact managed for an arrive with aut for ation	1.0 piece (1/12 of	0.450
Cake, yellow, prepared from recipe without frosting	8" dia)	0.158
Fish, salmon, pink, canned, without salt, solids with bone and liquid	3.0 oz	0.158
Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	1.0 serving	0.156
Fish, burbot, cooked, dry heat	1.0 fillet	0.155
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	0.154
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cup	0.153
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	0.153
Nuts, almond butter, plain, with salt added	1.0 tbsp	0.15
Cream, fluid, light whipping	1.0 cup, whipped	0.15
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed		
with ARA and DHA	5.0 fl oz	0.15
Broccoli, frozen, chopped, unprepared	1.0 cup	0.15
Garlic, raw	1.0 cup	0.15
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	0.15
Cereals, corn grits, white, regular and quick, enriched, cooked with water,		
without salt	1.0 cup	0.149
Cereals, corn grits, white, regular and quick, enriched, cooked with water, wi	h	
salt	1.0 cup	0.149
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.0 cup	0.149
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	0.148

	1	T
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat,	2.0	0.447
choice, cooked, broiled	3.0 oz	0.147
Bread, cheese	1.0 slice	0.145
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cup	0.145
	1.0 slice (average	
Bread, pan dulce, sweet yeast bread	weight of 1 slice)	0.145
Egg, white, raw, fresh	1.0 large	0.145
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	0.145
Fish, mackerel, spanish, raw	3.0 oz	0.145
Peas, edible-podded, frozen, unprepared	1.0 cup	0.144
	1.0 potato large (3"	
Potatoes, Russet, flesh and skin, baked	to 4-1/4" dia.	0.144
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	0.14
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	0.139
Cheese, camembert	1.0 oz	0.138
	1.0 unit (yield from	
	1 lb ready-to-cook	
Chicken, broilers or fryers, leg, meat only, cooked, fried	chicken)	0.138
	1.0 piece (1/12 of	
Cake, angelfood, commercially prepared	12 oz cake)	0.137
Frankfurter, pork	1.0 link	0.136
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat,		
choice, cooked, roasted	3.0 oz	0.136
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	0.135
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water,		
without salt	1.0 cup	0.135
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked,		
braised	3.0 oz	0.134
Sausage, turkey, fresh, raw	1.0 serving	0.133
Cracker, meal	1.0 oz	0.133
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cup	0.132
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked,		
broiled	3.0 oz	0.132
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	0.13
Oat flour, partially debranned	1.0 cup	0.13
Cress, garden, raw	1.0 cup	0.13
Nuts, hazelnuts or filberts	1.0 cup, chopped	0.13
Tofu, raw, firm, prepared with calcium sulfate	0.5 cup	0.129
7 7 71 1		
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	0.127
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cup	0.126
Rice flour, brown	1.0 cup	0.126
Asparagus, cooked, boiled, drained	0.5 cup	0.125
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	0.123
Litchis, raw	1.0 cup	0.124
Turkey, ground, fat free, patties, broiled	3.0 oz	0.123
Turkey, ground, rat free, patties, broffed	12.0 oz serving 2.7	0.123
Sausage, pork and beef, with cheddar cheese, smoked	oz	0.123
9 7 1		
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cup	0.123
Snacks, pork skins, barbecue-flavor	1.0 oz	0.122
Beans, snap, green, frozen, cooked, boiled, drained without salt	1.0 cup	0.121
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cup	0.121
	1.0 medium (2" dia,	
Sweet potato, cooked, baked in skin, flesh, with salt	5" long, raw)	0.121
Fish, bluefish, raw	1.0 fillet	0.12
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	0.12
Blueberries, frozen, sweetened	1.0 cup, thawed	0.12
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	0.119
Fish, lingcod, cooked, dry heat	3.0 oz	0.118

Soods safflower sood moal partially defetted	1.0 oz	0.117
Seeds, safflower seed meal, partially defatted Mollusks, oyster, Pacific, raw	1.0 02 1.0 medium	0.117
Pork, cured, ham and water product, slice, boneless, separable lean and fat,	1.0 mediam	0.117
heated, pan-broil	3.0 oz (3 oz)	0.116
Mushrooms, Chanterelle, raw	1.0 cup	0.116
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0"	1.0 cup	0.116
	2.0.00	0.110
fat, all grades, cooked, roasted	3.0 oz	0.116
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	0.115
Bread, stuffing, dry mix	1.0 oz	0.115
Fish, bluefish, cooked, dry heat	1.0 fillet	0.113
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk	1.0 met	0.115
and butter added	1.0 cup	0.113
and butter added	0.33 package (10	0.113
Beans, pinto, immature seeds, frozen, unprepared	oz)	0.113
	,	
Bread, protein (includes gluten)	1.0 oz	0.112
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	0.11
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without		0.22
salt	1.0 cup	0.109
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades,	- · · P	0.200
cooked, broiled	3.0 oz	0.109
Asparagus, canned, regular pack, solids and liquids	0.5 cup	0.109
Cheese, blue	1.0 oz	0.108
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable	1.0 02	0.100
lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.100
lean and rat, triffined to 1/8 rat, raw	1.0 oz crunchy	0.108
Canalia any based autoridad moffs autoriate abases flavor		0.100
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	(about 21 pieces)	0.108
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cup	0.107
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cup, shredded	0.107
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cup, shredded	0.107
	1.0 serving 28	
Candies, dark chocolate coated coffee beans	pieces	0.106
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.0 cup	0.106
	4.40"	2.426
Bamboo shoots, raw	1.0 cup (1/2" slices)	0.106
Celery, cooked, boiled, drained, without salt	1.0 cup, diced	0.105
Sausage, Italian, sweet, links	1.0 link 3 oz	0.105
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	0.105
	0.33 package (10	
Collards, frozen, chopped, unprepared	oz)	0.104
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	0.104
Turnip greens, cooked, boiled, drained, without salt	1.0 cup, chopped	0.104
Beans, black turtle, mature seeds, cooked, boiled, without salt	1.0 cup	0.104
Cheese, American, nonfat or fat free	1.0 serving	0.104
Purslane, cooked, boiled, drained, without salt	1.0 cup	0.103
Yardlong bean, cooked, boiled, drained, without salt	1.0 cup slices	0.103
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cup	0.102
	1.0 package (1.69	
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	oz)	0.102
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat,		
trimmed to 1/8" fat, raw	1.0 oz	0.102
Cherries, sweet, canned, water pack, solids and liquids	1.0 cup, pitted	0.102
	1.0 piece (1/12 of	
Cake, angelfood, dry mix, prepared	10" dia)	0.101
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice,		
cooked, broiled	3.0 oz	0.1

Lunchage most park ham and chicken mineral capped reduced codium	2.0 oz 1 NLEA	
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium		0.1
	serving 1.0 cup (8 fl oz)	0.1
Soup, black bean, canned, condensed		0.1
Oler forms and annual	0.33 package (10	0.1
Okra, frozen, unprepared	oz)	0.1
NAILL connect our conservation with added vitage in D and without added vitage in A	1.0 fl ==	0.1
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	0.1
Bread, pound cake type, pan de torta salvadoran	1.0 serving	0.099
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without	1.0	0.000
Salt	1.0 cup	0.099
Bread, stuffing, cornbread, dry mix	1.0 oz	0.099
	4.0.0	0.000
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	0.099
Cherries, sour, red, canned, light syrup pack, solids and liquids	1.0 cup	0.098
Bread, oat bran	1.0 oz	0.098
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	0.097
Orange juice, chilled, includes from concentrate, with added calcium and		
vitamin D	1.0 cup	0.097
Orange juice, chilled, includes from concentrate, with added calcium	1.0 cup	0.097
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	0.097
Sausage, turkey, hot, smoked	2.0 oz	0.097
Beerwurst, beer salami, pork and beef	2.0 oz	0.097
Beerwurst, pork and beef	1.0 serving 2 oz	0.097
Squash, winter, hubbard, baked, with salt	1.0 cup, cubes	0.096
Beans, baked, canned, with pork	1.0 cup	0.096
Bread, white, commercially prepared, toasted	1.0 oz	0.096
Guinea hen, meat only, raw	3.0 oz	0.095
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	0.095
Bread, rye	1.0 oz	0.095
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	0.095
Figs, canned, water pack, solids and liquids	1.0 cup	0.094
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	1.0 cup	0.094
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cup	0.094
Squash, winter, butternut, frozen, cooked, boiled, without salt	1.0 cup, mashed	0.094
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	0.094
Beets, canned, regular pack, solids and liquids	1.0 cup	0.093
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for		
USDA's Food Distribution Program)	1.0 cup	0.092
Salami, Italian, pork	1.0 oz	0.092
Croissants, cheese	1.0 oz	0.092
Squash, summer, zucchini, italian style, canned	1.0 cup	0.091
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean		
only, trimmed to 1/8" fat, raw	1.0 oz	0.091
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed		
to 1/8" fat, raw	1.0 oz	0.091
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean		
only, trimmed to 1/8" fat, raw	1.0 oz	0.091
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean		
only, trimmed to 1/8" fat, raw	1.0 oz	0.091
Rice, white, long-grain, regular, raw, unenriched	1.0 cup	0.091
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained,		
without salt	1.0 cup slices	0.09
Grapes, muscadine, raw	1.0 grape	0.09
Carissa, (natal-plum), raw	1.0 cup slices	0.09
Tomatoes, red, ripe, canned, stewed	1.0 cup	0.089
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	0.089
Cookies, shortbread, commercially prepared, plain	1.0 oz	0.089
Cookies, shortbread, commercially prepared, plaiff	1.0 02	0.085

Lamb Australian imported fresh lein congrable lean only trimmed to 1/0"		
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.089
Muffins, English, mixed-grain (includes granola)	1.0 oz	0.089
Okra, frozen, cooked, boiled, drained, without salt	0.5 cup slices	0.088
Snacks, corn-based, extruded, onion-flavor	1.0 oz	0.088
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade),	2.0 02	3.000
separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.088
Separation learn and rady diminious to 270 rady rady	1.0 mini bagel (2-	0.000
Bagels, oat bran	1/2" dia)	0.088
22620, 046 214.1	0.12 pie 1 pie (1/8	3.000
Pie, Dutch Apple, Commercially Prepared	of 9" pie)	0.088
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	0.086
Oranges, raw, with peel	1.0 cup	0.085
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and	oup	*****
fat, trimmed to 1/8" fat, raw	1.0 oz	0.084
1-4,	1.0 container	
Puddings, tapioca, ready-to-eat, fat free	refrigerated 4 oz	0.084
Gravy, beef, canned, ready-to-serve	1.0 cup	0.084
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	0.084
Beet greens, raw	1.0 cup	0.084
Vegetable juice cocktail, canned	1.0 cup	0.083
Togetable Jaioc cockean, carried	2.0 00.0	0.000
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	0.083
Teff, cooked	1.0 cup	0.083
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable	2.0 000	0.000
lean only, trimmed to 1/8" fat, raw	1.0 oz	0.083
lean only, annined to 1/0 lat, law	1.0 02	0.000
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cup	0.083
Cookies, chocolate sandwich, with creme filling, special dietary	1.0 oz	0.083
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	0.083
biscard, prairies batterning riozen, barea	1.0 02	0.000
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	0.082
Bread, reduced-calorie, white	1.0 oz	0.082
	1.0 cup spiral	
Macaroni, vegetable, enriched, cooked	shaped	0.082
	1.0 unit (yield from	
	1 lb ready-to-cook	
Chicken, broilers or fryers, light meat, meat only, raw	chicken)	0.081
Bacon and beef sticks	1.0 oz	0.08
Bread, reduced-calorie, oatmeal	1.0 oz	0.079
Brussels sprouts, raw	1.0 cup	0.079
Garlic bread, frozen	1.0 slice presliced	0.079
Fish, cisco, raw	1.0 fillet	0.079
Water convolvulus, cooked, boiled, drained, with salt	1.0 cup, chopped	0.078
Peas, edible-podded, raw	1.0 cup, chopped	0.078
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	0.078
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	0.077
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cup	0.077
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	0.077
Seeds, sesame flour, low-fat	1.0 oz	0.076
Bread, irish soda, prepared from recipe	1.0 oz	0.076
Cake, sponge, commercially prepared	1.0 oz	0.076
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cup	0.076
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	0.076
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	0.076
Cookies, chocolate wafers	1.0 oz	0.075
Kale, frozen, unprepared	1.0 cup	0.075
Cookies, molasses	1.0 oz	0.075

	0.5	
Turnin areana france unarranged	0.5 cup, chopped or	
Turnip greens, frozen, unprepared	diced	0.075
Danish pastry, cinnamon, enriched	1.0 oz 1.0 oz	0.075 0.075
Cookies, peanut butter sandwich, regular Sweet potato, canned, syrup pack, drained solids	1.0 cup	0.073
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	0.074
11311, yellowtall, filized species, cooked, dry fleat	11.0 crackers (1	0.074
Crackers, cream, Gamesa Sabrosas	NLEA serving)	0.074
Boysenberries, canned, heavy syrup	1.0 cup	0.074
Carrots, raw	1.0 cup chopped	0.074
Drumstick pods, raw	1.0 cup slices	0.074
Sorghum flour, whole-grain	1.0 cup	0.074
Beverages, Protein powder soy based	1.0 scoop	0.074
Danish pastry, cheese	1.0 oz	0.074
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA		
and DHA	1.0 scoop	0.073
Bread, wheat	1.0 slice	0.073
Fish, tilapia, raw	1.0 fillet	0.073
Crackers, standard snack-type, regular	5.0 crackers	0.073
Kale, raw	1.0 cup	0.073
Burdock root, cooked, boiled, drained, without salt	1.0 cup (1" pieces)	0.072
Fish, mahimahi, cooked, dry heat	3.0 oz	0.072
	1.0 cup sections,	
	without	
Oranges, raw, California, valencias	membranes	0.072
	0.5 cup (1 NLEA	
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	serving)	0.072
Sauce, cheese, ready-to-serve	0.25 cup	0.072
Bread, white wheat	1.0 slice	0.071
	1.0 cup sections,	
Grapefruit, raw, pink and red, all areas	with juice	0.071
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	0.071
Barbecue loaf, pork, beef	1.0 oz	0.07
Tangerines, (mandarin oranges), raw	1.0 cup, sections	0.07
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories,		
ready-to-feed	1.0 fl oz	0.07
Blackberries, frozen, unsweetened	1.0 cup, unthawed	0.069
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	0.069
Cookies, vanilla sandwich with creme filling	1.0 oz	0.069
	1.0 unit (yield from	
	1 lb ready-to-cook	0.000
Chicken, broilers or fryers, back, meat and skin, raw	chicken)	0.068
Croissants, butter	1.0 oz	0.068
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only,	1.0.07	0.000
trimmed to 1/8" fat, raw Bread, cracked-wheat	1.0 oz 1.0 oz	0.068
Fish, wolffish, Atlantic, raw	3.0 oz	0.068 0.068
Nabisco, Nabisco Grahams Crackers	1.0 serving	0.068
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to	1.0 3CI VIIIB	0.067
1/8" fat, raw	1.0 oz	0.067
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	0.067
priori, coa, mainace, carrica, solias ana liquia		0.007
Fish tuna white canned in oil drained solids		0.067
Fish, tuna, white, canned in oil, drained solids Cookies, sugar, commercially prepared, regular (includes vanilla)	3.0 oz	
Cookies, sugar, commercially prepared, regular (includes vanilla)	3.0 oz 1.0 oz	0.067
Cookies, sugar, commercially prepared, regular (includes vanilla) Bread, oatmeal, toasted	3.0 oz 1.0 oz 1.0 oz	0.067 0.067
Cookies, sugar, commercially prepared, regular (includes vanilla) Bread, oatmeal, toasted Soup, pea, green, canned, condensed	3.0 oz 1.0 oz 1.0 oz 0.5 cup	0.067 0.067 0.067
Cookies, sugar, commercially prepared, regular (includes vanilla) Bread, oatmeal, toasted Soup, pea, green, canned, condensed Cheese, pasteurized process, American, fortified with vitamin D	3.0 oz 1.0 oz 1.0 oz 0.5 cup 1.0 oz	0.067 0.067 0.067 0.066
Cookies, sugar, commercially prepared, regular (includes vanilla) Bread, oatmeal, toasted Soup, pea, green, canned, condensed	3.0 oz 1.0 oz 1.0 oz 0.5 cup	0.067

Breadfruit, raw	1.0 cup	0.066
Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cup	0.066
	1.0 cup	0.066
POPEYES, Mild Chicken Strips, analyzed 2006	3.0 oz	0.065
Fish, pike, northern, cooked, dry heat		
Cauliflower, green, raw	1.0 cup	0.065
Cookies, oatmeal, commercially prepared, regular	1.0 oz	0.065
Apricots, dried, sulfured, stewed, without added sugar	1.0 cup, halves	0.065
Bagels, plain, enriched, with calcium propionate (includes onion, poppy,	1.0 mini bagel (2-	0.055
sesame), toasted	1/2" dia)	0.065
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	0.064
Milk shakes, thick chocolate	1.0 fl oz	0.063
Cookies, chocolate chip, refrigerated dough	1.0 serving	0.063
Cowpeas, leafy tips, raw	1.0 cup, chopped	0.063
	1.0 serving (1 hot	
Frankfurter, meat	dog)	0.063
Chasalata flavorad hazalaut saraad	1.0 consing 2 TDCD	0.063
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	0.003
Cooking shooplate ship commonwially avanaged warriles lawy for	1.0 serving 3	0.003
Cookies, chocolate chip, commercially prepared, regular, lower fat	cookies	0.063
	1.0 cup, halves or	0.053
Peaches, canned, light syrup pack, solids and liquids	slices	0.063
Mangos, raw	1.0 cup pieces	0.063
Cookies, shortbread, commercially prepared, pecan	1.0 oz	0.062
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed		
to 1/8" fat, raw	1.0 oz	0.062
Cookies, fig bars	1.0 oz	0.062
Potatoes, baked, skin, without salt	1.0 skin	0.061
Cookies, oatmeal, with raisins	1.0 oz	0.061
Fish, scup, cooked, dry heat	1.0 fillet	0.061
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	0.061
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cup	0.061
Crackers, wheat, sandwich, with cheese filling	0.5 oz	0.061
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat,		
trimmed to 1/8" fat, raw	1.0 oz	0.06
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable		
lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.06
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	0.06
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	0.06
Archway Home Style Cookies, Molasses	1.0 serving	0.06
Croutons, seasoned	0.5 oz	0.06
	1.0 cup (1 NLEA	
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	serving)	0.06
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	0.06
Biscuits, mixed grain, refrigerated dough	1.0 oz	0.06
	1.0 unit (yield from	
	1 lb ready-to-cook	
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	chicken)	0.059
Cookies, peanut butter, commercially prepared, regular	1.0 oz	0.059
Soup, beef noodle, canned, condensed	0.5 cup	0.059
Pie, banana cream, prepared from recipe	1.0 oz	0.059
Cream, fluid, half and half	1.0 fl oz	0.059
	0.25 cup (1 NLEA	
Cereals, CREAM OF RICE, dry	serving)	0.059
Cranberry sauce, canned, sweetened	1.0 cup	0.058
Noodles, japanese, somen, cooked	1.0 cup	0.058
Egg, whole, cooked, omelet	1.0 tbsp	0.058
Grapefruit juice, white, canned, sweetened	1.0 cup	0.058
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	0.057
, , ,		
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.057

Condense United	Spinach, raw	1.0 cup	0.057
Sussinge_pork and turkey, pre-cooked		-	
Candles, NSTILE, BUTTERFINGER Crisp Grapes, Canned, Chempson seedless, water pack, solids and liquids 1 0 cup 0.056 Gurrants, red and white, raw 1 0 cup 0.056 Gurrants, red and white, raw 1 0 cup 0.056 Gurrants, curopean black, raw 1 0 cup 0.056 Gurrants, curopean black, raw 1 0 cup 0.056 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 1 0 cup 0.056 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 1 1 0 cr 0.056 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 1 1 0 cr 0.056 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 1 1 0 cr 0.056 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 1 1 0 cr 0.056 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 1 1 0 cr 1 0 cr 0.056 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 1 1 0 cr 1 0 cr 0.056 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 1 1 0 cr 1 0 cr 0.056 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 1 1 0 cr 1 0 cr 0.056 Nuts, mixed nuts, oil roasted, with peanuts, lightly salted 1 1 0 cr 1 0 cr	·		
Grapes, canned, thompson seedless, water pack, solids and liquids 1.0 cup 0.056 Groundherries, (cape-gooseberries or potha), raw 1.0 cup 0.056 CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup 1.0 cup 0.056 CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup 1.0 cup 0.056 CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup 1.0 cup 0.056 CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup 1.0 cup 0.056 CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup 1.0 cup 0.056 CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup 1.0 cup 0.056 CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup 1.0 cup 0.056 CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup 1.0 cup 0.056 CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup 1.0 cup 0.056 CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup 1.0 cup 0.056 CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup 1.0 cup 0.056 CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup 1.0 cup 0.056 CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup 1.0 cup 0.057 CARC, Chesecacke, Commercially prepared 1.0 cup 0.057 CARC, Chesecacke, Commercially prepared 1.0 cup 0.058 Beets, raw 1.0 cup 0.058			
Currants, red and white, raw		•	
Goundherries, (rage-gooseberries or pohla), raw		•	
Currants, european black, raw		•	
CAMPBELL'S CHUNNY, Classic Chicken Noodle Soup 1.0 cup 0.056			
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted		•	
Ham, honey, smoked, cooked		•	
Molliusks, oyster, eastern, farmed, raw 1.0 cup, halves or			
Peaches, Canned, extra heavy syrup pack, solids and liquids slees 0.055 Turkey, white, rotisserie, deli cut 1.0 oz (1 serving) 0.055 Turkey, white, rotisserie, deli cut 1.0 oz (1 serving) 0.055 Beets, raw 1.0 cup 0.054 Bologna, pork and turkey, lite 1.0 serving 2 oz 0.054 Applessuce, canned, sweetened, without salt 1.0 cup 0.054 Applessuce, canned, sweetened, without salt 1.0 cup 0.054 Applessuce, canned, sweetened, without salt 1.0 cup 0.054 Cookies, brownies, prepared from recipe 1.0 oz 0.054 Cookies, brownies, prepared from recipe 1.0 oz 0.054 Syrups, table blends, pancake, with 2% maple, with added potassium 1.0 cup 0.054 Arcthway Home Style Cookies, Iced Molasses 1.0 cup, shredded 0.053 Arcthway Home Style Cookies, Iced Molasses 1.0 serving 0.053 Arcthway Home Style Cookies, Iced Molasses 1.0 cup, halves 0.053 Apricots, canned, heavy syrup, drained 0.053 Apricots, canned, heavy syrup, drained 0.053 Apricots, canned, heavy syrup, drained 0.053 Proccoll rash, raw 1.0 cup, halves 0.053 Proccoll rash, raw from yarbay been previously frozen) 1.0 cup 0.052 Proccoll rash, raw frozen, and poultry 1.0 cup 0.053 Proccoll rash, raw frozen, which was a flight of the process			
Peaches, Canned, extra heavy syrup pack, solids and liquids slices 0.055 Turkey, white, rotisserie, dell cut 1.0 oz (1 serving) 0.055 Cake, Cheesecake, commercially prepared 1.0 cup 0.055 Pasta, dry, unenriched 1.0 cup 0.054 Bologna, pork and turkey, lite 1.0 serving 2 oz 0.054 Applesauce, canned, sweetened, without salt 1.0 cup 0.054 Cake, cherry fudge with chocolate frosting 1.0 oz 0.054 Cookles, brownies, prepared from recipe 1.0 oz 0.054 Syrups, table blends, pancake, with 2% maple, with added potassium 1.0 cup 0.054 Syrups, table blends, pancake, with 2% maple, with added potassium 1.0 cup 0.054 Bread, whole-wheat, commercially prepared 1.0 slice 0.053 Cardoon, raw 1.0 cup, shredded 0.053 Archway Home Style Cookies, Iced Molasses 1.0 cup, shredded 0.053 Archway Home Style Cookies, Iced Molasses 1.0 cup, shredded 0.053 Archway Home Style Cookies, Iced Molasses 1.0 cup, shredded 0.053 Brack, Frozen, unsweetened (includes foods for USDA's Food	ivioliusks, byster, eastern, ranneu, raw		0.033
Turkey, white, rotisserie, deli cut alog (ake, cheesecake, commercially prepared 1.0 oz 3.055 Pasta, dry, unenriched 1.0 cup spaghetti 0.055 Boets, raw 1.0 cup 0.054 Boets, raw 1.0 cup 0.054 Applesauce, canned, sweetened, without salt 1.0 oz 0.054 Applesauce, canned, sweetened, without salt 1.0 oz 0.054 Cake, cherry (duge with chocolate frosting 1.0 oz 0.054 Cake, cherry (duge with chocolate frosting 1.0 oz 0.054 Pish, swordfish, cooked, dry heat 3.0 oz 0.054 Syrups, table blends, pancake, with 2% maple, with added potassium 1.0 cup 3.0 oz 0.054 Syrups, table blends, pancake, with 2% maple, with added potassium 1.0 cup 3.0 oz 0.054 Cardoon, raw 1.0 cup, shredded 0.053 Archway Home Style Cookies, Iced Molasses 1.0 serving 0.053 Archway Home Style Cookies, Iced Molasses 1.0 serving 0.053 Cherries, sour, red, frozen, unsweetened (includes foods for USDA's Food Distribution Program) 1.0 cup, halves 0.053 Apricots, canned, heavy syrup, drained 0.053 Apricots, canned, heavy syrup, drained 1.0 cup, halves 0.053 Bologna, meat nay have been previously frozen) 1.0 fillet 0.052 Broccol raab, raw 1.0 cup halves 0.053 Broccol raab, raw 1.0 cup 0.055 Broccol raab, raw 1.0 cup 0.051 Broccol raab, raw 1.0 cup 0.052 Broccol raab, raw 1.0 cup 0.051 Broccol raab, raw 1.0 cup, halves 0.053 Broccol raab, raw 1.0 cup 0.051 Broccol raab, raw 1.0 cup 0.052 Broccol raab, raw 1.0 cup, halves 0.053 Broccol raab, raw 1.0 cup 0.051 Broccol raab, raw 1.0 cup, halves 0.052 Broccol raab, raw 1.0 cup, unthawed 0.053 Broccol raab, raw 1.0 cup, unthawed 0.054 Broccol raab, raw 1.0 cup, unthawed 0.055 Broccol raab, raw 1.0 cup, unthawed 0.056 Broccol raab, raw 1.0 cup, unthawed 0.057 Broccol raab, raw 1.0 cup, unthawed 0.058 Broccol raab, raw 1.0 cup, unthawed 0.059 Brockol raab, raw 1.0 cup, unthawed 0.059 Brockol raw, where pack, solids and	Peaches canned extra heavy syrup nack solids and liquids	• *	0.055
Cake, cheesceake, commercially prepared 1.0 cup spaghetti 0.055 Beets, raw 1.0 cup spaghetti 0.055 Beets, raw 1.0 cup 0.054 Bologna, pork and turkey, lite 1.0 serving 2 oz 0.054 Applesauce, canned, sweetened, without salt 1.0 cup 0.054 Cake, cherry fugge with chocolate frosting 1.0 oz 0.054 Cake, cherry fugge with chocolate frosting 1.0 oz 0.054 Fish, swordfish, cooked, dry heat 3.0 oz 0.054 Syrups, table blends, pancake, with 2% maple, with added potassium 1.0 cup 0.054 Bread, whole-wheat, commercially prepared 1.0 size 0.053 Cardson, raw 1.0 cup, shredded 0.053 Archway Home Style Cookies, iced Molasses 1.0 serving 0.053 Cardson, red, frozen, unsweetened (includes foods for USDA's Food) 0.054 0.053 Obstribution Program) 1.0 cup, unthawed 0.053 Apricots, canned, heavy syrup, drained 1.0 cup, unthawed 0.053 Grapes, american type (silp skin), raw 1.0 cup, unthawed 0.053 Fish, cod, Pacific, ra			
Pasta, dry, unenriched			
Beets, raw			
Sologna, pork and turkey, lite 1.0 serving 2 oz 0.054			
Applesauce, canned, sweetened, without salt 1.0 cup 0.054 Cokee, cherry fudge with chocolate frosting 1.0 oz 0.054 Cokee, cherry fudge with chocolate frosting 1.0 oz 0.054 Fish, swordfish, cooked, dry heat 3.0 oz 0.054 Fish, swordfish, cooked, dry heat 3.0 oz 0.054 Fish, swordfish, cooked, dry heat 1.0 cup 0.054 Fish, swordfish, cooked, dry heat 0.053 Fired, swordfish, cooked, dry heat 0.053 Fired, swordfish, cooked, dry heat 0.053 Fired, swordfish, cooked, steamed 1.0 cup, showed 0.051 Fish, cooked, swordfish, cooked, steamed 1.0 cup, showed 0.051 Fish, cooked, swordfish, cooked, steamed 1.0 cup, showed 0.051 Fish, cooked, swordfish, cooked, steamed 1.0 cup, showed 0.051 Fish, cooked, swordfish, cooked, steamed 1.0 cup 0.051 Fish, cooked, swordfish, cooked, steamed 1.0 cup 0.051 Fish, cooked, swordfish, cooked, steamed 1.0 cup 0.055 Fish, cooked, swordfish, cooked, steamed 1.0 cup 0.055 Fish, cooked, swordfish, cooked, steamed 1.0 cup 0.055 Fish, cooked, swordfish, cooked, steamed 1.0 cup 0.055 Fish, cooked, cooked, steamed 1.0 cup 0.055 Fish, cooked, cooked, steamed 1.0 cup 0.	·	-	
Cake, cherry fudge with chocolate frosting 1.0 oz 0.054 Cookles, brownies, prepared from recipe 1.0 oz 0.054 Fish, swordfish, cooked, dry heat 3.0 oz 0.054 Syrups, table blends, pancake, with 2% maple, with added potassium 1.0 cup 0.054 Bread, whole-wheat, commercially prepared 1.0 slice 0.053 Cardoon, raw 1.0 cup, shredded 0.053 Archway Home Style Cookles, Iced Molasses 1.0 serving 0.054 Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program) 1.0 cup, unthawed 0.053 Apricots, canned, heavy syrup, drained 1.0 cup, halves 0.053 Apricots, canned, heavy syrup, drained 1.0 cup, halves 0.053 Grapes, american type (slip skih), raw 1.0 cup 0.052 Fish, cod, Pacific, raw (may have been previously frozen) 1.0 fillet 0.052 Bologna, meat and poultry 1.0 slice 0.052 Firut salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Candies, STHA WENUE Candy Bar 1.0 bar (1.5 oz) 0.051 Candies, STHA WENUE Candy Bar 1.0 cup 0.051 Cake, shirte, dry mix, special dictary (includes lemon-flavored) 1.0 cup 0.051 Cake, songer colored, cooked, steamed 1.0 cup 0.055 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup, unthawed 0.055 Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 0.055 Boysenberries, frozen, unsweetened 1.0 cup 0.059 Boysenberries, frozen, unsweetened 1.0 cup 0.048 Frest, cheese, regular 0.05 oz 0.048 Seeds, lotus seeds, dried 0.050 0.048		-	
Cookies, brownies, prepared from recipe 1.0 oz 0.054 Fish, swordfish, cooked, dry heat 3.0 oz 0.054 Syrups, table blends, pancake, with 2% maple, with added potassium 1.0 cup 0.054 Bread, whole-wheat, commercially prepared 1.0 slice 0.053 Cardoon, raw 1.0 cup, shredded 0.053 Cardoon, raw Archway Home Style Cookies, Iced Molasses 1.0 serving 0.053 Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program) 1.0 cup, halves 0.053 Apricots, canned, heavy syrup, drained 1.0 cup, halves 0.053 Grapes, american type (slip skin), raw 1.0 cup 0.052 Bologna, meat and poultry 1.0 slice 0.052 Broccoli raab, raw 1.0 cup cup chaptes 0.052 Broccoli raab, raw 1.0 cup cup chaptes 0.052 Broccoli raab, raw 1.0 cup		•	
Fish, swordfish, cooked, dry heat Syrups, table blends, pancake, with 2% maple, with added potassium 1.0 cup 0.054 Bread, whole-wheat, commercially prepared 1.0 slice 0.053 Archway Home Style Cookies, Iced Molasses 1.0 cup, shredded 0.053 Archway Home Style Cookies, Iced Molasses 1.0 serving 0.053 Obstribution Program) 1.0 cup, unthawed 0.053 Apricots, canned, heavy syrup, drained 1.0 cup, halves 1.0 cup, halves 1.0 cup, halves 1.0 cup 0.052 Fish, cod, Pacific, raw (may have been previously frozen) 1.0 slice 0.052 Bologna, meat and poultry 1.0 slice 0.052 Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar Pears, dried, suffured, stewed, without added sugar 1.0 cup, halves 1.0 cup, halves 0.051 Candies, STH AVENUE Candy Bar 1.0 cup 0.051 Candies, STH AVENUE Candy Bar 1.0 cup 0.052 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.053 Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 0.054 Crackers, wheat, regular 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.052 Bospenderies, frozen 1.0 cup 0.053 Bospenderies, frozen, unsweetened 1.0 cup 0.054 Carekers, wheat, regular 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Bospenderies, frozen, unsweetened 1.0 cup 0.056 Carekers, wheat, regular 1.0 cup 0.057 Carekers, wheat, regular 1.0 cup 0.058 Bospenderies, frozen, unsweetened 1.0 cup 0.059 Carekers, wheat, regular 1.0 cup 0.059 Carekers, wheat, regular 1.0 cup 0.048 Carekers, wheat, each, coked with water 1.0 cup 0.049 Carekers, wheat, each, coked with water 1.0 cup 0.049 Carekers, wheat, each, coked with water 1.0 cup 0.048 Carekers, cheese, regular 0.050 0.048	, , ,		
Syrups, table blends, pancake, with 2% maple, with added potassium 1.0 cup 1.0 slice 0.053 Cardoon, raw 1.0 cup, shredded 1.0 serving 0.053 Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program) 1.0 cup, unthawed 1.0 cup, halves 0.053 Apricots, canned, heavy syrup, drained 1.0 cup, halves 0.053 Grapes, american type (slip skin), raw 1.0 cup 1.0 slice 0.052 Fish, cod, Pacific, raw (may have been previously frozen) 1.0 slice 1.0 cup balves 1.0 cup chopped 1.0 slice 0.052 Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 cup 0.051 Candies, STH AVENUE Candy Bar 1.0 bar 2 oz 0.052 Mehat flour, white, all-purpose, unenriched 1.0 cup 0.055 Crackers, wheat, regular 1.0 cup 0.055 Boysenberries, frozen 1.0 cup 0.055 Boysenberries, frozen, unsweetened 1.0 cup 0.055 Crackers, wheat, regular 1.0 cup 0.056 Crackers, wheat, regular 0.057 Crackers, wheat, cooked with water 1.0 cup 0.059 Boysenberries, frozen, unsweetened 1.0 cup 0.059 Boysenberries, frozen, unsweetened 1.0 cup 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Purslane, raw 1.0 cup 0.048 Cereals, wheat, cesed, regular 0.0 cup 0.048 Cakes, cheese, regular 0.0 cup 0.048 Cakes, cheese, regular 0.0 cup 0.048			
Bread, whole-wheat, commercially prepared 1.0 cup, shredded 0.053 Archway Home Style Cookies, Iced Molasses 1.0 serving 0.053 Archway Home Style Cookies, Iced Molasses 1.0 serving 0.053 Apricots, canned, neavy syrup, drained 1.0 cup, unthawed 0.053 Apricots, canned, heavy syrup, drained 1.0 cup, halves 0.053 Grapes, american type (slip skin), raw 1.0 cup 0.052 Bologna, meat and poultry 1.0 slice 0.052 Broccoli raab, raw 1.0 cup chopped 0.052 Broccoli raab, raw 1.0 cup 0.052 Archus and part and proper and apricot and pineapple and cherry), canned, water pack, solids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Archied, NSTEL, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Carde, white, dry mix, special dietary (includes lemon-flavored) 1.0 cup 0.051 Carde, white, dry mix, special dietary (includes lemon-flavored) 1.0 cup 0.051 Carde, shite, AlveNUE Candy Bar 1.0 bar 2 oz 0.055 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.055 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, dried 1.0 cup 0.056 Soybeans, white, all-purpose, unenriched 1.0 cup 0.057 Cackers, wheat, regular 0.058 Soybeans, mature seeds, dried 1.0 cup 0.059 Soybeans, mature seeds, dried 1.0	rish, swordhish, cooked, dry heat	3.0 02	0.054
Bread, whole-wheat, commercially prepared 1.0 cup, shredded 0.053 Archway Home Style Cookies, Iced Molasses 1.0 serving 0.053 Archway Home Style Cookies, Iced Molasses 1.0 serving 0.053 Apricots, canned, neavy syrup, drained 1.0 cup, unthawed 0.053 Apricots, canned, heavy syrup, drained 1.0 cup, halves 0.053 Grapes, american type (slip skin), raw 1.0 cup 0.052 Bologna, meat and poultry 1.0 slice 0.052 Broccoli raab, raw 1.0 cup chopped 0.052 Broccoli raab, raw 1.0 cup 0.052 Archus and part and proper and apricot and pineapple and cherry), canned, water pack, solids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Archied, NSTEL, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Carde, white, dry mix, special dietary (includes lemon-flavored) 1.0 cup 0.051 Carde, white, dry mix, special dietary (includes lemon-flavored) 1.0 cup 0.051 Carde, shite, AlveNUE Candy Bar 1.0 bar 2 oz 0.055 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.055 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Soybeans, mature seeds, dried 1.0 cup 0.056 Soybeans, white, all-purpose, unenriched 1.0 cup 0.057 Cackers, wheat, regular 0.058 Soybeans, mature seeds, dried 1.0 cup 0.059 Soybeans, mature seeds, dried 1.0	Common table blands groundly with 20/ and a with added graterious	4.0	0.054
Archway Home Style Cookies, Iced Molasses 1.0 cup, shredded 0.053 Archway Home Style Cookies, Iced Molasses 1.0 serving 0.053 Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program) 1.0 cup, unthawed 0.053 Argaes, american type (Isilp skin), raw 1.0 cup 0.052 Fish, cod, Pacific, raw (may have been previously frozen) 1.0 fillet 0.052 Bologna, meat and poultry 1.0 cup 0.052 Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 cup, halves 0.051 Candies, STH AVENUE Candy Bar 1.0 cup, halves 0.051 Candies, STH AVENUE Candy Bar 1.0 cup 0.051 Candies, STH AVENUE Candy Bar 1.0 cup 0.051 Candies, STH AVENUE Candy Bar 1.0 cup 0.055 Capanberries, frozen 1.0 cup 0.055 Carckers, wheat, regular 0.055 Cake, white, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Cake, Wheat, regular 0.055 Cake, Offeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Cake, WHEATENA, cooked with water 1.0 cup 0.056 Cake, WHEATENA, cooked with water 1.0 cup 0.048 Cake, Stous seeds, dried 0.048 Cake, snack cakes, creme-filled, sponge 1.0 cup 0.048 Cake, snack cakes, creme-filled, sponge 1.0 cup 0.048 Cakes, snack cakes, creme-filled, sponge 1.0 cup 0.048 Cakes, snack cakes, creme-filled, sponge 1.0 cup 0.048 Cakes, snack cakes, creme-filled, sponge 1.0 cup 0.048		-	
Archway Home Style Cookies, Iced Molasses Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program) Distribution Program) 1.0 cup, unthawed 0.053 Apricots, canned, heavy syrup, drained 1.0 cup, halves 0.053 Grapes, american type (slip skin), raw 1.0 cup 1.0 fillet 0.052 Fish, cod, Pacific, raw (may have been previously frozen) 1.0 slice 0.052 Broccoli raab, raw 1.0 cup chopped 0.052 Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, sollids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 cup 0.051 Cardies, STH AVENUE Candy Bar 1.0 cup 0.055 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.055 Oybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 0.055 Cake, soffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Cake, offeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Doyp, cream of celery, canned, prepared with equal volume water 1.0 cup 0.055 Cake, WHEATENA, cooked with water 1.0 cup 0.055 Cake, WHEATENA, cooked with water 1.0 cup 0.055 Cake, WHEATENA, cooked with water 1.0 cup 0.055 Cake, soffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Cake, STOR, consequence of celery, canned, prepared with equal volume water 1.0 cup 0.055 Cake, offeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Cake, coffeecake, cinnamon with equal volume water 1.0 cup 0.056 Cake, soffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.056 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.057 Cakers, wheat, regular 0.058 Cake, soffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.059 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.059 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.059 Cake, coffeeca	Bread, whole-wheat, commercially prepared	1.0 Slice	0.053
Archway Home Style Cookies, Iced Molasses Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program) Distribution Program) 1.0 cup, unthawed 0.053 Apricots, canned, heavy syrup, drained 1.0 cup, halves 0.053 Grapes, american type (slip skin), raw 1.0 cup 1.0 fillet 0.052 Fish, cod, Pacific, raw (may have been previously frozen) 1.0 slice 0.052 Broccoli raab, raw 1.0 cup chopped 0.052 Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, sollids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 cup 0.051 Cardies, STH AVENUE Candy Bar 1.0 cup 0.055 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.055 Oybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 0.055 Cake, soffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Cake, offeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Doyp, cream of celery, canned, prepared with equal volume water 1.0 cup 0.055 Cake, WHEATENA, cooked with water 1.0 cup 0.055 Cake, WHEATENA, cooked with water 1.0 cup 0.055 Cake, WHEATENA, cooked with water 1.0 cup 0.055 Cake, soffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Cake, STOR, consequence of celery, canned, prepared with equal volume water 1.0 cup 0.055 Cake, offeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.055 Cake, coffeecake, cinnamon with equal volume water 1.0 cup 0.056 Cake, soffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.056 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.057 Cakers, wheat, regular 0.058 Cake, soffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.059 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.059 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.059 Cake, coffeeca	Condoon now	1.0 aug abraddad	0.053
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program) 1.0 cup, nalves 3.0 cup 3.0 cup, halves 3.0 cup 3.0 cup 3.0 cup 3.0 cup 3.0 fillet 3.0 cup 3.0 fillet 3.0 cup 3.0 fillet 3.0 cup	·	-	
Distribution Program) Apricots, canned, heavy syrup, drained Apricots, canned, heavy syrup, drained Crapes, american type (slip skin), raw 1.0 cup 1.0 fillet 0.052 Fish, cod, Pacific, raw (may have been previously frozen) 1.0 fillet 0.052 Bologna, meat and poultry 1.0 slice 0.052 Broccoli raab, raw 1.0 cup chopped Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Cradies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) Pears, dried, sulfured, stewed, without added sugar 1.0 cup, halves 0.051 Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 cup 0.051 Candies, STH AVENUE Candy Bar 1.0 cup 0.051 Candies, STH AVENUE Candy Bar 1.0 cup 0.055 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.055 Crackers, wheat, regular 1.0 cup 0.055 Crackers, wheat, regular Crackers, wheat, regular Crackers, wheat, regular Crackers, wheat, regular Crackers, unnaweetened 1.0 cup 0.055 Boysenberries, frozen, unsweetened 1.0 cup 0.059 Boysenberries, frozen, unsweetened 1.0 cup 0.049 Fish, haddock, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Cake, snack cakes, creme-filled, sponge		1.0 serving	0.053
Apricots, canned, heavy syrup, drained 1.0 cup, halves 0.053 Grapes, american type (slip skin), raw 1.0 cup 0.052 Fish, cod, Pacific, raw (may have been previously frozen) 1.0 fillet 0.052 Bologna, meat and poultry 1.0 slice 0.052 Broccoli raab, raw 1.0 cup chopped 0.052 Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Candies, Sth AVENUE Candy Bar 1.0 cup, halves 0.051 Candies, Sth AVENUE Candy Bar 1.0 oz 0.051 Candies, Sth AVENUE Candy Bar 1.0 cup 0.05 Ulganberries, frozen 1.0 cup 0.05 Caphears, mature seeds, sprouted, cooked, steamed 1.0 cup 0.05 Crackers, wheat, regular 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.05 Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup 0.05 Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.05 Forestals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Cake, snack cakes, creme-filled, sponge 1.0 cup 0.048		1.0 ava vathavad	0.053
Grapes, american type (slip skin), raw Fish, cod, Pacific, raw (may have been previously frozen) 1.0 fillet 0.052 Broccoli raeb, raw 1.0 sulce 0.052 Broccoli raeb, raw 1.0 cup chopped 0.052 Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.0551 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 oz 0.051 Caddes, STH AVENUE Candy Bar 1.0 bar 2 oz 0.055 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.05 Crackers, wheat, regular 1.0 cup, unthawed 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 oz 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup 0.05 Crereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 1.0 cup 0.048 Cake, sonack cakes, creme-filled, sponge 1.0 cup 0.054 Crackers, cheese, regular 0.050 0.064 0.064 0.064 0.064 0.064 0.064 0.064 0.064 0.064 0.064 0.064 0.064 0.064 0.064 0.064 0.064 0.064 0.064	G ,	• •	
Fish, cod, Pacific, raw (may have been previously frozen) Bologna, meat and poultry 1.0 slice 0.052 Broccoli raab, raw 1.0 cup chopped Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids 1.0 cup 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) Pears, dried, sulfured, stewed, without added sugar 1.0 cup, halves 0.051 Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 oz 0.051 Candies, STH AVENUE Candy Bar 1.0 bar 2 oz 0.05 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.05 Loganberries, frozen 1.0 cup, unthawed 0.05 Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 0.048 Cake, solfseeds, dried 1.0 cup 0.048 Cakers, cheese, regular 0.5 oz 0.048 Cakers, cheese, fregular 0.5 oz 0.048 Cakers, cheese, fregular 0.5 oz 0.048 Cakers, cheese, fregular 0.5 oz 0.048 Cakers, shack cakes, creme-filled, sponge		_ · · · · · · · · · · · · · · · · · · ·	
Bologna, meat and poultry Broccoli raab, raw 1.0 cup chopped 0.052 Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Cake, sulfured, stewed, without added sugar 1.0 cup, halves 0.051 Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 oz 0.051 Candies, STH AVENUE Candy Bar 1.0 cup 0.05 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.05 Cospheans, mature seeds, sprouted, cooked, steamed 1.0 cup 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.05 Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup, unthawed 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 1.0 cup 0.048 Cake, sonack cakes, creme-filled, sponge 1.0 cup 0.048 Cake, snack cakes, creme-filled, sponge		•	
Broccoli raab, raw 1.0 cup chopped 0.052 Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 oz 0.051 Candies, STH AVENUE Candy Bar 1.0 bar 2 oz 0.055 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.05 Cospheans, mature seeds, sprouted, cooked, steamed 1.0 cup 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 oz 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.05 Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 1.0 cup 0.048 Cake, soeds, dried 0.050 Cake, snack cakes, creme-filled, sponge			
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 oz 0.051 Candies, STH AVENUE Candy Bar 1.0 bar 2 oz 0.05 Wheat flour, white, all-purpose, unenriched 1.0 cup 1.0 cup, unthawed 0.05 Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 1.0 cup 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.05 Soup, cream of celery, canned, prepared with equal volume water 1.0 cup, unthawed 0.05 Boysenberries, frozen, unsweetened 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup, unthawed 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Crackers, cheese, regular 0.5 oz 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge			
water pack, solids and liquids 1.0 cup 0.051 Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.055 Pears, dried, sulfured, stewed, without added sugar 1.0 cup, halves 0.051 Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 oz 0.051 Candies, STH AVENUE Candy Bar 1.0 bar 2 oz 0.055 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.05 Loganberries, frozen 1.0 cup, unthawed 0.05 Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 oz Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup, unthawed 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 0.05 oz 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge	·	1.0 cup cnopped	0.052
Grapefruit, sections, canned, water pack, solids and liquids 1.0 cup 0.051 Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) 0.051 Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 cup, halves 0.051 Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 bar 2 oz 0.055 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.05 Loganberries, frozen 1.0 cup, unthawed 0.05 Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 1.0 oz 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 5.0 cup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup, unthawed 0.05 Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup, unthawed 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 3.0 oz 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge			0.074
Candies, NESTLE, 100 GRAND Bar 1.0 bar (1.5 oz) Pears, dried, sulfured, stewed, without added sugar 1.0 cup, halves 0.051 Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 oz 0.051 Candies, 5TH AVENUE Candy Bar 1.0 bar 2 oz 0.05 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.05 Loganberries, frozen 1.0 cup, unthawed 0.05 Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 1.0 cup 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.05 Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup 0.049 Ereals, WHEATENA, cooked with water 1.0 cup 0.049 Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Cake, snack cakes, creme-filled, sponge			
Pears, dried, sulfured, stewed, without added sugar Cake, white, dry mix, special dietary (includes lemon-flavored) 1.0 oz 0.051 Candies, 5TH AVENUE Candy Bar 1.0 cup 0.05 Loganberries, frozen 1.0 cup, unthawed 1.0 cup 1.0 oz 0.05 Carckers, wheat, regular Crackers, wheat, regular Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.05 Soup, cream of celery, canned, prepared with equal volume water 1.0 cup, unthawed 1.0 cup 0.05 Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Purslane, raw 1.0 cup 0.048 Crackers, cheese, regular 0.05 oz 0.048 Crackers, cheese, regular 0.05 oz 0.048 Cake, snack cakes, creme-filled, sponge			
Cake, white, dry mix, special dietary (includes lemon-flavored) Candies, 5TH AVENUE Candy Bar 1.0 bar 2 oz 0.05 Wheat flour, white, all-purpose, unenriched 1.0 cup 0.05 Loganberries, frozen 1.0 cup, unthawed 0.05 Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 1.0 cup 0.05 Crackers, wheat, regular Crackers, wheat, regular Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 5.0 cup 1.0 cup 0.05 Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup, unthawed 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge			
Candies, 5TH AVENUE Candy Bar 1.0 bar 2 oz 0.05 Wheat flour, white, all-purpose, unenriched 1.0 cup 1.0 cup, unthawed 0.05 Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 1.0 cup 0.05 Crackers, wheat, regular Crackers, wheat, regular Crackers, conffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 oz Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup, unthawed 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 3.0 oz 0.048 Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Crackers, cheese, reme-filled, sponge		17	
Wheat flour, white, all-purpose, unenriched 1.0 cup 1.0 cup, unthawed 0.05 Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 1.0 cup 0.05 Cackers, wheat, regular Crackers, wheat, regular Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 5.0 cup 1.0 cup 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 0.05 Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup, unthawed 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 0.049 Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge			
Loganberries, frozen 1.0 cup, unthawed 0.05 Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 16.0 crackers 1 Crackers, wheat, regular Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 5.0 cup 5.0 cup 1.0 cup	•		
Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 16.0 crackers 1 Serving 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 1.0 cup 0.05 Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 1.0 cup 0.049 Fish, haddock, raw 3.0 oz 0.048 Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge	Wheat flour, white, all-purpose, unenriched	1.0 cup	0.05
Soybeans, mature seeds, sprouted, cooked, steamed 1.0 cup 16.0 crackers 1 Serving 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 cup 1.0 cup 0.05 Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 1.0 cup 0.049 Fish, haddock, raw 3.0 oz 0.048 Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge			
Crackers, wheat, regular Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared Soup, cream of celery, canned, prepared with equal volume water 1.0 cup Boysenberries, frozen, unsweetened 1.0 cup, unthawed Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 3.0 oz 0.048 Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge		• 7	
Crackers, wheat, regular serving 0.05 Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared 1.0 oz 0.05 Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 0.05 Boysenberries, frozen, unsweetened 1.0 cup, unthawed 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 3.0 oz 0.048 Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge 1.0 oz 0.048	Soybeans, mature seeds, sprouted, cooked, steamed	•	0.05
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 1.0 cup, unthawed Cereals, WHEATENA, cooked with water 1.0 cup 1.0 cup 0.049 Fish, haddock, raw 3.0 oz 0.048 Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge		16.0 crackers 1	
Soup, cream of celery, canned, prepared with equal volume water 1.0 cup 1.0 cup, unthawed 2.049 Cereals, WHEATENA, cooked with water 1.0 cup 1.0 cup 1.0 cup 0.049 Fish, haddock, raw 3.0 oz 0.048 Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge 1.0 oz 0.048		serving	0.05
Boysenberries, frozen, unsweetened 1.0 cup, unthawed 0.049 Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 3.0 oz 0.048 Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge 1.0 oz 0.048		1.0 oz	0.05
Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 3.0 oz 0.048 Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge 1.0 oz 0.048	Soup, cream of celery, canned, prepared with equal volume water	1.0 cup	0.05
Cereals, WHEATENA, cooked with water 1.0 cup 0.049 Fish, haddock, raw 3.0 oz 0.048 Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge 1.0 oz 0.048			
Fish, haddock, raw 3.0 oz 0.048 Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge 1.0 oz 0.048	•		
Purslane, raw 1.0 cup 0.048 Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge 1.0 oz 0.048	Cereals, WHEATENA, cooked with water	1.0 cup	0.049
Seeds, lotus seeds, dried 1.0 cup 0.048 Crackers, cheese, regular 0.5 oz 0.048 Cake, snack cakes, creme-filled, sponge 1.0 oz 0.048	Fish, haddock, raw		0.048
Crackers, cheese, regular0.5 oz0.048Cake, snack cakes, creme-filled, sponge1.0 oz0.048	Purslane, raw	1.0 cup	
Cake, snack cakes, creme-filled, sponge 1.0 oz 0.048	Seeds, lotus seeds, dried	1.0 cup	0.048
	Crackers, cheese, regular	0.5 oz	0.048
Crustaceans, spiny lobster, mixed species, cooked, moist heat 3.0 oz 0.048	Cake, snack cakes, creme-filled, sponge	1.0 oz	0.048
	Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	0.048

Eruit cocktail (neach and nineannle and near and grane and chorry) cannod		
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned,	1.0 000	0.047
heavy syrup, solids and liquids	1.0 cup	0.047
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	0.047
Croissants, apple	1.0 oz	0.046
Deschar annual content of the and the date	1.0 cup, halves or	0.046
Peaches, canned, water pack, solids and liquids	slices	0.046
	1.0 cup sections,	
Grapefruit, raw, white, Florida	with juice	0.046
	1.0 cup, with pits,	
Cherries, sweet, raw	yields	0.046
Radishes, raw	1.0 cup slices	0.045
Fish, cisco, smoked	1.0 oz	0.045
Gooseberries, raw	1.0 cup	0.045
Blackberry juice, canned	1.0 cup	0.045
Kiwifruit, green, raw	1.0 cup, sliced	0.045
Archway Home Style Cookies, Raspberry Filled	1.0 serving	0.045
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cup	0.045
	1.0 cup (1 NLEA	
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	serving)	0.044
	1.0 serving	
	(approximate	
Bread, salvadoran sweet cheese (quesadilla salvadorena)	serving size)	0.044
Cheese, neufchatel	1.0 oz	0.044
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cup	0.044
Carrots, canned, regular pack, drained solids	1.0 cup, sliced	0.044
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cup	0.044
Cookies, sugar wafers with creme filling, regular	3.0 cookies	0.043
Onions, raw	1.0 cup, chopped	0.043
	1.0 cup, chopped	0.013
 Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cup, sliced	0.043
Bologna, pork, turkey and beef	1.0 cap, sinced	0.043
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	
Archway Home Style Cookies, Date Filled Oatmeal	1.0 oz	0.043 0.043
Alchway Home Style Cookies, Date Filled Oatmeal	-	
Console was do be and DOCT Character of Miles to a minimal bits bis with	2.0 biscuits (1 NLEA	
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	serving)	0.042
Archway Home Style Cookies, Iced Oatmeal	1.0 serving	0.042
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	0.042
Cookies, peanut butter sandwich, special dietary	1.0 oz	0.042
Cookies, oatmeal, refrigerated dough	1.0 oz	0.042
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	0.042
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	0.041
Pork sausage, link/patty, fully cooked, unheated	1.0 link	0.041
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	0.04
Pears, canned, light syrup pack, solids and liquids	1.0 cup, halves	0.04
Soup, beef and vegetables, canned, ready-to-serve	1.0 cup	0.04
Snacks, oriental mix, rice-based	1.0 oz	0.04
Bread, reduced-calorie, wheat	1.0 oz	0.04
Papayas, raw	1.0 cup 1" pieces	0.039
Cream, whipped, cream topping, pressurized	1.0 cup	0.039
Croutons, plain	0.5 oz	0.039
Beverages, chocolate powder, no sugar added	2.0 tbsp	0.038
Crackers, standard snack-type, sandwich, with peanut butter filling	0.5 oz	0.038
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cup	0.038
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	0.038
Cabbage, chinese (pe-tsai), raw	1.0 cup, shredded	0.038
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cup	0.038
Pomegranate juice, bottled	1.0 cup	0.037

	1.0 cup /1/2"	
Ralsam-near /hitter gourd) nods raw	1.0 cup (1/2"	0.037
Balsam-pear (bitter gourd), pods, raw	pieces) 1.0 serving 2.1 oz	0.037
Candias NESTLE BUTTEDEINGED Par		0.027
Candies, NESTLE, BUTTERFINGER Bar Bologna, chicken, turkey, pork	bar 1.0 serving	0.037 0.037
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.0 serving	0.037
	1.0 cup	
Lemon juice, raw		0.037
Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry	1.0 serving	0.036
Pears, raw	1.0 cup, slices	0.036
Lime juice, raw	1.0 cup 4.0 oz	0.036 0.036
Chicken, skin (drumsticks and thighs), raw Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	
		0.035
Squash, winter, butternut, cooked, baked, without salt MORI-NU, Tofu, silken, firm	1.0 cup, cubes 1.0 slice	0.035
Noodles, egg, dry, unenriched		0.034 0.034
Snacks, potato chips, made from dried potatoes, cheese-flavor	1.0 cup	0.034
		0.034
Veal, breast, separable fat, cooked	1.0 oz	
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	0.034
Mollusks, octopus, common, raw	3.0 oz	0.034
Snacks, potato chips, barbecue-flavor	1.0 oz	0.034
Condice MARC CNACKFOOD HC 2 MHCKFTFFRC Rev	1.0 serving 2.13 oz	0.024
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	bar	0.034
Descious and transport	4.0 fm.:t./2.4/2 -1:-\	0.024
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	0.034
Cheese, cream	1.0 tbsp	0.033
Carrots, canned, no salt added, solids and liquids	0.5 cup slices	0.033
Snacks, potato sticks	1.0 oz	0.033
Snacks, potato chips, fat free, salted	1.0 oz	0.033
-:	1.0 large (2-1/2"	0.000
Figs, raw	dia)	0.032
Noodles, egg, unenriched, cooked, without added salt	1.0 cup	0.032
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	0.032
Gravy, brown instant, dry	1.0 serving	0.032
Crackers, rye, wafers, seasoned	0.5 oz	0.032
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	0.032
Cookies, brownies, dry mix, sugar free	1.0 oz	0.031
Apples, raw, without skin	1.0 cup slices	0.031
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	0.03
Pie, fried pies, fruit Candies, truffles, prepared-from-recipe	1.0 oz	0.03
	1.0 piece	0.03
POPEYES, Colesiaw	1.0 package	0.03
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with	4 O fl	2.22
ARA and DHA	1.0 fl oz	0.03
Rice, white, medium-grain, cooked, unenriched	1.0 cup	0.03
Onions, sweet, raw	1.0 NLEA serving	0.03
	(0.5)	2.22
Soup, beef broth, bouillon, consomme, prepared with equal volume water	1.0 cup (8 fl oz)	0.029
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	0.029
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	0.029
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	0.028
Infant formula CERRER COCR START & PROTEST SING	4.0.51	
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	0.028
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	1.0 fl oz	0.028
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	0.027
Soup, cream of chicken, canned, condensed, reduced sodium	0.5 cup	0.027
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	0.027
Soup, cream of shrimp, canned, prepared with equal volume water	1.0 cup	0.027
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	0.026
	0.33 package (10	
Onions, frozen, chopped, unprepared	oz)	0.026

Soup, chicken with rice, canned, condensed	0.5 cup	0.025
Syrups, table blends, pancake	1.0 cup	0.025
27. 46-7, 44-4-6 47-6-4-4-7	-10 00 P	2.022
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	0.025
Soup, onion, canned, condensed	0.5 cup (4 fl oz)	0.025
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	0.024
Potatoes, flesh and skin, raw	0.5 cup, diced	0.024
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution		
Program)	0.5 cup slices	0.024
	0.33 package (10	
Onions, frozen, whole, unprepared	oz)	0.023
	1.0 cup drained,	
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	rinsed	0.022
Cream, sour, reduced fat, cultured	1.0 tbsp	0.022
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe		
No. C-32	2.0 tablespoon	0.022
Carambola, (starfruit), raw	1.0 cup, cubes	0.021
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	0.021
Rice, white, long-grain, regular, cooked, unenriched, with salt	1.0 cup	0.021
Puddings, chocolate, ready-to-eat	1.0 oz	0.02
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	0.02
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cup, cubes	0.02
Soup, cream of mushroom, canned, condensed	0.5 cup	0.02
Cream, sour, cultured	1.0 tbsp	0.02
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cup, mashed	0.02
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cup, mashed	0.02
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	0.02
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food		
Distribution Program)	1.0 cup slices	0.019
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1.0 fl oz	0.019
Endive, raw	0.5 cup, chopped	0.019
Canada raadu ta aat DADDADAIC DUFFING ariginal	0.75 cup (1 NLEA	0.010
Cereals ready-to-eat, BARBARA'S PUFFINS, original	serving)	0.018
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping Chicory roots, raw	1.0 serving 1.0 root	0.018 0.018
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to-		0.018
feed with ARA and DHA	1.0 fl oz	0.018
leed with AIA and DHA	1.0 11 02	0.018
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	0.018
Soup, chicken broth or bouillon, dry	1.0 cube	0.017
Soup, emercin street of sounding ary	1.0 case	0.017
	1.0 wing, bone and	
	skin removed (yield	
	from 1 lb ready-to-	
Chicken, broilers or fryers, wing, meat only, raw	cook chicken)	0.017
Snacks, tortilla chips, ranch-flavor	1.0 oz	0.017
Snacks, rice cakes, brown rice, multigrain	1.0 cake	0.017
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	0.016
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as		
purchased	10.0 strips	0.015
Noodles, japanese, somen, dry	2.0 oz	0.015
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cup	0.015
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cup	0.015
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	0.015
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids		
5%; 70-85% cacao solids 5%)	1.0 oz	0.014
Chicory, witloof, raw	1.0 head	0.014
Snacks, potato chips, fat-free, made with olestra	1.0 oz	0.014
Chocolate, dark, 60-69% cacao solids	1.0 oz	0.014
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	0.014

Mountain yam, hawaii, raw	0.5 cup, cubes	0.013
Gourd, white-flowered (calabash), raw	0.5 cup (1" pieces)	0.013
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cup	0.013
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned,	2.0 000	0.010
extra light syrup, solids and liquids	0.5 cup	0.012
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	0.012
Candies, MOUNDS Candy Bar	1.0 bar snack size	0.011
Snacks, rice cakes, brown rice, corn	1.0 cake	0.009
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	0.009
Nabisco, Nabisco Ritz Crackers	1.0 cracker	0.009
Pie, blueberry, commercially prepared	1.0 oz	0.009
Longans, dried	1.0 fruit	0.009
Pie, cherry, commercially prepared	1.0 oz	0.008
Spices, tarragon, dried	1.0 tsp, leaves	0.008
Spices, caraway seed	1.0 tsp	0.008
Spices, mace, ground	1.0 tsp	0.008
Nuts, coconut cream, canned, sweetened	1.0 tbsp	0.008
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	0.008
Tamarind nectar, canned	1.0 cup	0.008
Frostings, coconut-nut, ready-to-eat	0.08 package	0.007
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	0.007
Rice noodles, cooked	1.0 cup	0.007
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	0.007
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame,	1.0 Serving 1 csp	0.007
contains caffeine	1.0 fl oz	0.007
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	0.006
Spices, anise seed	1.0 tsp, whole	0.006
Papaya, canned, heavy syrup, drained	1.0 piece	0.006
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	0.006
Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	0.006
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	0.006
Orange peel, raw	1.0 tbsp	0.005
Spices, mustard seed, ground	1.0 tsp	0.005
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	0.005
Onions, dehydrated flakes	1.0 tbsp	0.005
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	0.005
Candies, caramels, chocolate-flavor roll	1.0 piece	0.005
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	0.005
Spices, turmeric, ground	1.0 tsp	0.004
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	0.004
Alcoholic beverage, wine, table, white	1.0 fl oz	0.004
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	0.004
Fish, grouper, mixed species, raw	3.0 oz	0.004
Snacks, fruit leather, rolls	1.0 large	0.004
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	0.004
Spices, curry powder	1.0 tsp	0.004
Vanilla extract	1.0 tsp	0.004
Spices, thyme, dried	1.0 tsp, leaves	0.004
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.0 tbsp chopped	0.004
Margarine-like, margarine-butter blend, soybean oil and butter	1.0 tbsp	0.003
Beverages, Whiskey sour mix, bottled	1.0 fl oz	0.003
Whiskey sour mix, bottled, with added potassium and sodium	1.0 fl oz	0.003
Spices, ginger, ground	1.0 tsp	0.003
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	0.003
	0.75 cup (1 NLEA	
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	serving)	0.003

Dill weed, fresh	5.0 sprigs	0.003
Salad dressing, french, home recipe	1.0 tablespoon	0.003
Kanpyo, (dried gourd strips)	1.0 strip	0.003
Salad dressing, mayonnaise, regular	1.0 tbsp	0.003
Spices, bay leaf	1.0 tsp, crumbled	0.003
Parmesan cheese topping, fat free	1.0 tablespoon	0.003
Sesbania flower, raw	1.0 flower	0.002
Salad dressing, russian dressing, low calorie	1.0 tablespoon	0.002
Sweeteners, for baking, brown, contains sugar and sucralose	1.0 tbsp	0.002
Spices, marjoram, dried	1.0 tsp	0.002
Alcoholic beverage, whiskey sour, canned	1.0 fl oz	0.002
Arugula, raw	1.0 leaf	0.002
	1.0 pat (1" sq, 1/3"	
Butter, salted	high)	0.002
Alcoholic beverage, pina colada, canned	1.0 fl oz	0.002
Spices, nutmeg, ground	1.0 tsp	0.001
Spices, cinnamon, ground	1.0 tsp	0.001
	1.0 serving fun size	
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	(8 chews)	0.001
Ginger root, raw	1.0 tsp	0.001
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	0.001