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NUTR_ITEM,C,32	CALC	PROT	CARB	FAT,N,I	FIBEF	CHOL,SODI	L	CALCI	IRON,I
1	0	0.0	0.0	0.0	0.0	0	0	0	0
2 100% BRAN CEREAL	269	12.5	72.9	5.0	7.5	0	693	70	123
3 100% NATURAL CEREAL, PLAIN	470	11.7	62.7	21.5	1.2	1	43	174	30
4 100% NATURAL W/APPLE + CINNAMON	459	10.3	67.1	18.8	1.4	1	50	151	28
5 100% NATURAL W/RAISIN & DATES	451	10.2	65.8	18.5	1.3	1	43	145	28
6 40% BRAN FLAKES, POST	324	11.3	79.3	1.6	3.8	0	917	44	159
7 40% BRAN FLAKES,KELLOGG'S	326	12.6	78.3	1.9	3.6	0	776	49	635
8 40% BRAN FLAKES,RALSTON PURINA	324	11.5	79.8	1.4	4.2	0	931	46	159
9 ABALONE,FRIED	189	19.6	11.0	6.8	0.1	94	591	37	38
10 ABALONE,RAW	105	17.1	6.0	0.8	0.0	85	301	31	32
11 ACEROLA,JUICE,RAW	21	0.4	4.8	0.3	0.3	0	3	10	5
12 ACEROLA,RAW	32	0.4	7.7	0.3	0.4	0	7	12	2
13 ACORN,DRIED	509	8.1	53.7	31.4	3.4	0	0	54	10
14 ACORN,FLOUR,FULL FAT	501	7.5	54.6	30.2	2.8	0	0	43	12
15 ACORN,RAW	369	6.2	40.8	23.9	2.6	0	0	41	8
16 ALFALFA,SPROUTED,RAW	29	4.0	3.8	0.7	1.6	0	6	32	10
17 ALL CUTS,LEAN+FAT,COOKED	349	25.0	0.0	26.9	0.0	91	59	10	26
18 ALL CUTS,LEAN+FAT,RAW	287	17.5	0.0	23.6	0.0	70	54	7	19
19 ALL-BRAN CEREAL,RTE	249	14.3	74.4	1.8	7.0	0	1128	81	159
20 ALLSPICE GROUND	263	6.1	72.1	8.7	21.6	0	77	661	71
21 ALMOND,BUTTER	633	15.1	21.2	59.1	1.5	0	11	270	37
22 ALMOND,BUTTER,HONEY+CINN	602	15.8	27.0	52.2	1.5	0	11	267	37
23 ALMOND,BUTTER,HONEY+CINN,W/SALT	602	15.8	27.0	52.2	1.5	0	170	267	37
24 ALMOND,BUTTER,W/SALT	633	15.1	21.1	59.1	1.5	0	450	270	37
25 ALMOND,DRIED	589	20.0	20.4	52.2	2.7	0	11	266	37
26 ALMOND,DRIED,BLANCHED	586	20.4	18.5	52.5	2.3	0	10	247	36
27 ALMOND,DRY,ROASTED	587	16.3	24.2	51.6	4.9	0	11	282	38
28 ALMOND,DRY,ROASTED,W/SALT	587	16.3	24.2	51.6	4.9	0	780	282	38
29 ALMOND,MEAL,PART DEFATTED	408	39.5	28.9	18.3	2.3	0	7	424	85
30 ALMOND,MEAL,W/SALT	408	39.5	28.9	18.3	2.3	0	746	424	85
31 ALMOND,OIL,ROASTED	618	20.4	15.9	57.7	4.9	0	10	234	38
32 ALMOND,OIL,ROASTED,BLANCHED	613	19.0	18.0	56.5	3.1	0	12	194	53
33 ALMOND,OIL,ROASTED,BLANCHED,W/S	613	19.0	18.0	56.5	3.1	0	776	194	53
34 ALMOND,OIL,ROASTED,W/SALT	618	20.4	15.9	57.7	4.9	0	779	234	38
35 ALMOND,PASTE	446	11.8	43.6	27.2	6.0	0	9	230	32
36 ALMOND,POWDER,FULL FAT	592	19.8	22.4	51.7	1.9	0	6	218	28
37 ALMOND,POWDER,PART DEFATTED	393	37.5	31.8	16.0	2.8	0	10	237	35
38 ALMOND,TOASTED	589	20.4	22.9	50.8	5.0	0	11	283	49
39 ALPHA-BITS	392	7.6	86.6	2.3	0.5	0	635	29	95
40 AMARANTH	374	14.4	66.2	6.5	3.8	0	21	153	76
41 AMARANTH,BOILED	21	2.1	4.1	0.2	1.3	0	21	209	23
42 AMARANTH,BOILED,W/SALT	21	2.1	4.1	0.2	1.3	0	257	209	23
43 AMARANTH,RAW	26	2.5	4.0	0.3	1.0	0	20	215	23
44 ANCHOVY,CANNED,OIL,DRAINED	210	28.9	0.0	9.7	0.0	85	3668	232	46
45 ANCHOVY,RAW	131	20.4	0.0	4.8	0.0	60	104	147	32
46 ANIMAL CRACKERS	446	6.2	75.3	13.4	0.2	16	408	17	22
47 ANISE SEED	337	17.6	50.0	15.9	14.6	0	16	646	370
48 ANTELOPE,RAW	114	22.4	0.0	2.0	0.0	95	51	3	32

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49 ANTELOPE,ROASTED	150	29.4	0.0	2.7	0.0	126	54	4	42
50 APPLE BETTY,JUNIOR	70	0.4	19.0	0.0	0.2	21	9	16	2
51 APPLE BETTY,STRAINED	72	0.4	19.6	0.0	0.2	21	10	19	2
52 APPLE BROWN BETTY	151	1.6	29.7	3.5	0.5	8	153	18	7
53 APPLE BUTTER	186	0.4	46.8	0.8	1.1	0	2	14	7
54 APPLE JACKS	387	5.3	90.7	0.5	0.3	0	440	11	159
55 APPLE JUICE	47	0.0	11.7	0.1	0.1	10	3	4	6
56 APPLE JUICE,CANNED,W/ASC ACID	47	0.1	11.7	0.1	0.2	0	3	7	4
57 APPLE JUICE,CANNED,WO/ASC ACID	47	0.1	11.7	0.1	0.2	0	3	7	4
58 APPLE JUICE,FROZEN,CONC,W/ASC	166	0.5	41.0	0.4	0.1	0	25	20	9
59 APPLE JUICE,FROZEN,CONC,WO/ASC	166	0.5	41.0	0.4	0.3	0	25	20	9
60 APPLE JUICE,FROZEN,DILUT,W/ASC	47	0.1	41.0	0.1	0.1	0	7	6	3
61 APPLE JUICE,FROZEN,DILUT,WO/ASC	47	0.1	11.5	0.1	0.1	0	7	6	3
62 APPLE SAUCE,CANNED,SWEET,W/ASC	76	0.2	19.9	0.2	0.5	0	28	4	4
63 APPLE SAUCE,CANNED,SWEET,WO/ASC	76	0.2	19.9	0.2	0.5	0	3	4	4
64 APPLE SAUCE,CANNED,UNSWT,W/ASC	43	0.2	11.3	0.0	0.5	0	2	3	1
65 APPLE SAUCE,CANNED,UNSWT,WO/ASC	43	0.2	11.3	0.0	0.5	0	2	3	1
66 APPLE+APRICOT,JUNIOR	47	0.2	12.4	0.2	0.7	10	3	6	3
67 APPLE+APRICOTS,STRAINED	45	0.2	11.6	0.2	0.7	10	3	6	2
68 APPLE+BLUEBERRY,JUNIOR	62	0.2	16.6	0.2	0.2	10	13	5	4
69 APPLE+BLUEBRRY,STRAINED	61	0.2	16.3	0.2	0.2	10	2	4	2
70 APPLE+CHERRIES,JUNIOR	48	0.3	13.2	0.0	0.3	10	3	9	4
71 APPLE+CHERRIES,STRAINED	48	0.3	13.1	0.0	0.3	10	2	10	4
72 APPLE+CHERRY,JUICE,BABY	41	0.1	9.9	0.2	0.0	21	3	5	7
73 APPLE+GRAPE,JUICE,BABY	46	0.1	11.4	0.2	0.0	21	3	6	4
74 APPLE+PEACH JUICE,BABY	42	0.2	10.5	0.1	0.0	10	1	3	6
75 APPLE+PLUM JUICE,BABY	49	0.1	12.3	0.0	0.0	10	1	5	6
76 APPLE+PNAPPL,JUNIOR	39	0.1	10.5	0.1	1.0	10	2	4	1
77 APPLE+PNAPPL,STRAINED	37	0.1	10.1	0.1	0.6	10	2	4	1
78 APPLE+PRUNE,JUICE,BABY	73	0.2	18.0	0.1	0.1	10	5	9	10
79 APPLE+RASPBERRY,JUNIOR	58	0.2	15.5	0.2	0.6	10	2	5	2
80 APPLE+RASPBERRY,STRAINED	58	0.2	15.7	0.2	0.5	10	2	5	2
81 APPLE,BOILED	53	0.3	13.6	0.4	0.5	0	1	5	2
82 APPLE,CANNED,SWEETENED	67	0.2	16.7	0.5	0.5	0	3	4	2
83 APPLE,CANNED,SWEETENED,HEATED	67	0.2	16.8	0.4	0.5	0	3	4	2
84 APPLE,COOKED,MICROWAVE	56	0.3	14.4	0.4	0.5	0	1	5	2
85 APPLE,DEHYD,SULFUR	346	1.3	93.5	0.6	4.1	0	124	19	20
86 APPLE,DEHYD,SULFUR,COOKED	74	0.3	19.9	0.1	0.9	0	26	4	4
87 APPLE,DRIED,COOKED,W/SUGAR	83	0.2	20.7	0.1	0.6	0	19	3	3
88 APPLE,DRIED,COOKED,WO/SUGAR	57	0.2	15.3	0.1	0.7	0	20	3	3
89 APPLE,DRIED,SULFUR	243	0.9	65.9	0.3	2.9	0	87	14	14
90 APPLE,FROZEN,UNSWEETENED	48	0.3	12.3	0.3	0.5	0	3	4	2
91 APPLE,FROZEN,UNSWEETENED,HEATEC	47	0.3	12.0	0.3	0.5	0	3	5	2
92 APPLE,RAW,W/SKIN	59	0.2	15.2	0.4	0.8	0	0	7	2
93 APPLE,RAW,WO/SKIN	57	0.2	14.8	0.3	0.5	0	0	4	1
94 APPLESAUCE,JUNIOR	37	0.0	10.3	0.0	0.6	10	2	5	2
95 APPLESAUCE,STRAINED	41	0.2	10.9	0.2	0.5	10	2	4	2
96 APRICOT NECTR,CANNED,W/ASC ACID	56	0.4	14.4	0.1	0.2	0	3	7	4
97 APRICOT WITH TAPIOCA,JUNIOR	63	0.3	17.3	0.0	0.5	10	6	8	3

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98 APRICOT WITH TAPIOCA,STRAINED	60	0.3	16.3	0.0	0.3	10	8	9	3
99 APRICOT,CANNED,HVY SYRUP,W/SKIN	83	0.5	21.5	0.1	0.4	0	4	9	3
100 APRICOT,CANNED,HVY SYRUP,WO/SKN	83	0.5	21.4	0.1	0.4	0	11	9	4
101 APRICOT,CANNED,LT SYRUP,W/SKIN	63	0.5	16.5	0.0	0.4	0	4	11	4
102 APRICOT,CANNED,W/JUICE,W/SKIN	48	0.6	12.3	0.0	0.4	0	4	12	3
103 APRICOT,CANNED,W/WATER,W/SKIN	27	0.7	6.4	0.2	0.4	0	3	8	3
104 APRICOT,CANNED,W/WATER,WO/SKIN	22	0.7	5.5	0.0	0.4	0	11	8	5
105 APRICOT,CND,XHVY SYRUP,WO/SKIN	96	0.6	24.9	0.0	0.3	0	13	8	6
106 APRICOT,CND,XTRA LT SYRUP,W/SKN	49	0.6	12.5	0.1	0.4	0	2	10	3
107 APRICOT,DEHYDRATED,SULFUR	320	4.9	82.9	0.6	4.0	0	13	61	63
108 APRICOT,DEHYDRATED,SULFUR,CKD	126	1.9	32.6	0.2	1.6	0	5	24	25
109 APRICOT,DRIED,COOKED,W/SUGAR	113	1.2	29.3	0.2	1.0	0	3	15	15
110 APRICOT,DRIED,COOKED,WO/SUGAR	85	1.3	21.9	0.2	1.0	0	3	16	17
111 APRICOT,DRIED,SULFUR	238	3.6	61.8	0.5	3.0	0	10	45	47
112 APRICOT,FROZEN,SWEETENED	98	0.7	25.1	0.1	0.6	0	4	10	9
113 APRICOT,NECTAR,CANNED,WO/ASC	56	0.4	14.4	0.1	0.2	0	3	7	4
114 APRICOT,RAW	48	1.4	11.1	0.4	0.6	0	1	14	5
115 APRICOTS,CANDIED	338	0.6	86.5	0.2	0.6	0	1	17	5
116 ARM,LEAN+FAT,ALL GRDS,BRSD	350	27.1	0.0	26.0	0.0	99	60	10	31
117 ARM,LEAN+FAT,ALL GRDS,RAW	257	18.3	0.0	19.8	0.0	69	59	7	21
118 ARM,LEAN+FAT,CHOICE,BRSD	354	27.0	0.0	26.5	0.0	99	59	10	30
119 ARM,LEAN+FAT,CHOICE,RAW	262	18.2	0.0	20.5	0.0	69	58	7	21
120 ARM,LEAN+FAT,GOOD,BRAISED	337	27.4	0.0	24.4	0.0	99	60	10	31
121 ARM,LEAN+FAT,GOOD,RAW	237	18.7	0.0	17.5	0.0	68	60	7	21
122 ARM,LEAN+FAT,PRIME,BRAISED	391	26.1	0.0	31.0	0.0	99	58	10	29
123 ARM,LEAN+FAT,PRIME,RAW	294	17.8	0.0	24.2	0.0	70	57	7	20
124 ARM,LEAN,ALL GRADES,RAW	135	21.3	0.0	5.0	0.0	60	67	6	25
125 ARM,LEAN,ALL GRDS,BRAISED	231	33.0	0.0	10.0	0.0	101	66	9	38
126 ARM,LEAN,CHOICE,BRAISED	318	31.1	0.0	20.5	0.0	106	71	13	37
127 ARM,LEAN,CHOICE,RAW	137	21.3	0.0	5.2	0.0	60	67	6	25
128 ARM,LEAN,GOOD,BRAISED	222	33.0	0.0	9.0	0.0	101	66	9	38
129 ARM,LEAN,GOOD,RAW	130	21.3	0.0	4.4	0.0	60	67	6	25
130 ARM,LEAN,PRIME,BRAISED	261	33.0	0.0	13.4	0.0	101	66	9	38
131 ARM,LEAN,PRIME,RAW	154	21.3	0.0	7.0	0.0	60	67	6	25
132 ARROWHEAD,BOILED	78	4.5	16.1	0.1	1.5	0	18	7	12
133 ARROWHEAD,BOILED,W/SALT	78	4.5	16.1	0.1	1.5	0	254	7	12
134 ARROWHEAD,RAW	99	5.3	20.2	0.3	0.8	0	22	10	26
135 ARROWROOT	357	0.3	88.2	0.1	0.1	0	2	40	3
136 ARTICHOKE,BOILED	50	3.5	11.2	0.2	1.2	0	95	45	13
137 ARTICHOKE,COOKED,W/SALT	50	3.5	11.2	0.2	1.2	0	331	45	13
138 ARTICHOKE,FROZEN,BOILED	45	3.1	9.2	0.5	0.9	0	53	21	6
139 ARTICHOKE,FROZEN,BOILED,W/SALT	45	3.1	9.2	0.5	0.9	0	289	21	6
140 ARTICHOKE,FROZEN,UNPREPARED	38	2.6	7.8	0.4	0.8	0	47	19	5
141 ARTICHOKE,JERUSALEM,RAW	76	2.0	17.4	0.0	0.8	0	4	14	34
142 ARTICHOKE,RAW	47	3.3	10.5	0.2	1.2	0	94	44	13
143 ASPARAGUS,BOILED	25	2.6	4.4	0.3	0.8	0	4	24	7
144 ASPARAGUS,BOILED,W/SALT	25	2.6	4.4	0.3	0.8	0	240	24	7
145 ASPARAGUS,CANNED,DRAINED	19	2.1	2.5	0.6	0.6	0	390	16	18
146 ASPARAGUS,CANNED,LO NA	14	1.8	2.2	0.2	0.5	0	4	14	6

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147 ASPARAGUS,CANNED,SOLID+LIQUID	14	1.8	2.2	0.2	0.5	0	348	14	6
148 ASPARAGUS,FROZEN,BOILED	28	3.0	4.9	0.4	0.8	0	4	23	6
149 ASPARAGUS,FROZEN,BOILED,W/SALT	28	3.0	4.9	0.4	0.8	0	240	23	6
150 ASPARAGUS,FROZEN,UNPREPARED	24	3.2	4.1	0.2	0.9	0	8	25	7
151 ASPARAGUS,RAW	22	3.1	3.7	0.2	0.8	0	2	22	7
152 AVOCADO,RAW,ALL VARIETIES	161	2.0	7.4	15.3	2.1	0	10	11	10
153 AVOCADO,RAW,CALIFORNIA	177	2.1	6.9	17.3	2.1	0	12	11	12
154 AVOCADO,RAW,FLORIDA	112	1.6	8.9	8.9	2.1	0	5	11	5
155 BACON,MEATLESS	310	10.7	6.3	29.5	0.3	0	1465	23	24
156 BAKING POWDER	103	0.1	25.0	0.0	0.0	0	0	993	0
157 BALSAM,PEAR LEAF,BOILED	35	3.6	6.8	0.2	1.9	0	13	42	10
158 BALSAM,PEAR LEAF,RAW	30	5.3	3.3	0.7	2.3	0	11	84	20
159 BALSAM,PEAR POD,BOILED	19	0.8	4.3	0.2	1.0	0	6	9	4
160 BALSAM,PEAR POD,RAW	17	1.0	3.7	0.2	1.4	0	5	19	4
161 BALSAM,PEAR,LEAF,BOILED,W/SALT	35	3.6	6.8	0.2	1.9	0	249	42	10
162 BALSAM,PEAR,POD,BOILED,W/SALT	19	0.8	4.3	0.2	1.0	0	242	9	4
163 BAMBOO SHOOTS,BOILED,W/SALT	12	1.5	1.9	0.2	0.6	0	240	12	2
164 BAMBOO,SHOOTS,BOILED	12	1.5	1.9	0.2	0.6	0	4	12	2
165 BAMBOO,SHOOTS,CANNED,DRAINED	19	1.7	3.2	0.4	0.7	0	7	8	3
166 BAMBOO,SHOOTS,RAW	27	2.6	5.2	0.3	0.7	0	4	13	5
167 BANANA WITH TAPIOCA,JUNIOR	67	0.4	17.8	0.2	0.2	21	9	8	3
168 BANANA WITH TAPIOCA,STRAINED	57	0.4	15.3	0.1	0.2	10	9	5	2
169 BANANA,DEHYDRATED,POWDER	346	3.9	88.3	1.8	1.9	0	3	22	12
170 BANANA,PNAPPL+TAPIOCA,JUNIOR	65	0.2	17.8	0.0	0.3	10	6	7	2
171 BANANA,PNAPPL+TAPIOCA,STRAINED	68	0.2	18.4	0.1	0.2	10	8	7	1
172 BANANA,RAW	92	1.0	23.4	0.5	0.5	0	1	6	3
173 BANANA,RED,RAW	90	1.2	23.4	0.2	0.4	0	1	10	8
174 BARBECUE LOAF,PORK/BEEF	173	15.8	6.4	8.9	0.0	37	1334	55	12
175 BARLEY	354	12.5	73.5	2.3	2.8	0	12	33	36
176 BARLEY,DRY,BABY CEREAL	365	11.1	75.3	3.4	1.2	10	47	795	748
177 BARLEY,PEARLED	352	9.9	77.7	1.2	0.7	0	9	29	25
178 BARLEY,PEARLED,COOKED	123	2.3	28.2	0.4	0.2	0	3	11	13
179 BARLEY,PREPARED,BABY CEREAL	111	4.6	16.3	3.3	0.2	21	49	230	123
180 BARRACUDA,PACIFIC,RAW	113	21.0	0.0	2.6	0.0	55	40	16	16
181 BASIL,GROUND	251	14.4	61.0	4.0	17.8	0	34	2113	420
182 BASS,FRESHWATER	114	18.9	0.0	3.7	0.0	68	70	80	15
183 BASS,STRIPED,RAW	97	17.7	0.0	2.3	0.0	80	69	15	8
184 BAY LEAF,CRUMBLD	313	7.6	75.0	8.4	26.3	0	23	834	430
185 BEANS,ADZUKI,CANNED,SWEETENED	237	3.8	55.0	0.0	1.5	0	218	22	11
186 BEANS,ADZUKI,COOKED,W/SALT	128	7.5	24.8	0.1	2.0	0	244	28	20
187 BEANS,ADZUKI,RAW	329	19.9	62.9	0.5	5.3	0	5	66	50
188 BEANS,ADZUKI,YOKAN	260	3.3	60.7	0.1	1.4	0	83	27	12
189 BEANS,BABY LIMA,COOKED,NO SALT	126	8.0	23.3	0.4	3.6	0	3	29	24
190 BEANS,BABY LIMA,COOKED,W/SALT	126	8.0	23.3	0.4	3.6	0	239	29	24
191 BEANS,BABY LIMA,RAW	335	20.6	62.8	0.9	5.7	0	13	81	62
192 BEANS,BAKED,CANNED,PLAIN	93	4.8	20.5	0.4	1.1	0	397	50	3
193 BEANS,BAKED,CANNED,W/BEEF	121	6.4	16.9	3.4	1.0	22	475	45	16
194 BEANS,BAKED,CANNED,W/FRANKS	142	6.8	15.4	6.6	1.0	6	430	48	17
195 BEANS,BAKED,CANNED,W/PORK	106	5.2	20.0	1.6	1.2	7	414	53	17

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196 BEANS,BAKED,CND,PORK&SWEET SAUC	111	5.3	21.0	1.5	1.7	7	336	61	17
197 BEANS,BAKED,CND,PORK&TOMATO SAU	98	5.2	19.4	1.0	1.2	7	440	56	33
198 BEANS,BAKED,HOME PREPARED	151	5.5	21.4	5.2	0.7	5	422	61	20
199 BEANS,BLACK TURTLE SOUP,CANNED	91	6.0	16.6	0.3	1.2	0	384	35	19
200 BEANS,BLACK TURTLE SOUP,CKD,NO	130	8.2	24.4	0.4	2.0	0	3	55	28
201 BEANS,BLACK TURTLE SOUP,CKD,W/S	130	8.2	24.4	0.4	2.0	0	239	55	28
202 BEANS,BLACK TURTLE SOUP,RAW	339	21.2	63.2	0.9	5.3	0	9	160	87
203 BEANS,BLACK,COOKED,NO SALT	132	8.9	23.7	0.5	2.0	0	1	27	21
204 BEANS,BLACK,COOKED,W/SALT	132	8.9	23.7	0.5	2.0	0	237	27	21
205 BEANS,BLACK,RAW	341	21.6	62.4	1.4	5.3	0	5	123	50
206 BEANS,BROADBEAN,BOILED	56	4.8	10.1	0.5	1.9	0	41	18	15
207 BEANS,BROADBEAN,BOILED,W/SALT	56	4.8	10.1	0.5	1.9	0	277	18	15
208 BEANS,BROADBEAN,CANNED	71	5.5	12.4	0.2	0.4	0	453	26	10
209 BEANS,BROADBEAN,COOKED,NO SALT	110	7.6	19.6	0.4	1.0	0	5	36	15
210 BEANS,BROADBEAN,COOKED,W/SALT	110	7.6	19.6	0.4	1.0	0	241	36	15
211 BEANS,BROADBEAN,RAW	341	26.1	58.3	1.5	3.0	0	13	103	67
212 BEANS,CRANBERRY,CANNED	83	5.5	15.1	0.3	0.9	0	332	34	16
213 BEANS,CRANBERRY,COOKED,NO SALT	136	9.3	24.5	0.5	1.0	0	1	50	21
214 BEANS,CRANBERRY,COOKED,W/SALT	136	9.3	24.5	0.5	1.0	0	237	50	21
215 BEANS,CRANBERRY,RAW	335	23.0	60.0	1.2	2.5	0	6	127	50
216 BEANS,FRENCH,COOKED,NO SALT	129	7.0	24.0	0.8	1.4	0	6	63	11
217 BEANS,FRENCH,COOKED,W/SALT	129	7.0	24.0	0.8	1.4	0	242	63	11
218 BEANS,FRENCH,RAW	343	18.8	64.1	2.0	3.7	0	18	186	34
219 BEANS,GREAT NORTHN,CANNED	114	7.4	21.0	0.4	2.3	0	4	53	16
220 BEANS,GREAT NORTHN,CKD,NO SALT	118	8.3	21.1	0.4	3.0	0	2	68	21
221 BEANS,GREAT NORTHN,COOKED,W/SAL	118	8.3	21.1	0.4	3.0	0	238	68	21
222 BEANS,GREAT NORTHN,RAW	339	21.9	62.4	1.1	6.7	0	14	175	55
223 BEANS,GREEN,CANNED,DIET,DRN	20	1.2	4.5	0.1	0.8	0	2	26	9
224 BEANS,GREEN,CANNED,DIET,SOL&LIQ	15	0.8	3.5	0.1	0.6	0	2	24	9
225 BEANS,GREEN,CREAMED,STRAINED	32	1.0	7.2	0.4	0.3	10	12	32	3
226 BEANS,GREEN,JUNIOR	25	1.2	5.7	0.1	0.9	10	2	65	11
227 BEANS,GREEN,STRAINED	25	1.3	5.9	0.1	1.0	10	2	39	8
228 BEANS,GREEN,W/BUTTER,JUNIOR	32	1.3	6.1	0.9	0.4	10	2	69	12
229 BEANS,GREEN,W/BUTTER,STRAINED	33	1.2	6.6	0.8	0.4	10	3	64	13
230 BEANS,HYACINTH,BOILED	50	3.0	9.2	0.3	1.8	0	2	41	8
231 BEANS,HYACINTH,BOILED W/SALT	50	3.0	9.2	0.3	1.8	0	238	41	8
232 BEANS,HYACINTH,COOKED,NO SALT	117	8.1	20.7	0.6	2.4	0	7	40	46
233 BEANS,HYACINTH,COOKED,W/SALT	117	8.1	20.7	0.6	2.4	0	243	40	46
234 BEANS,HYACINTH,RAW	46	2.1	9.2	0.2	1.3	0	2	50	7
235 BEANS,KIDNEY,ALL TYP,RAW	333	23.6	60.0	0.8	6.2	0	24	143	82
236 BEANS,KIDNEY,ALL,COOKED,NO SALT	127	8.7	22.8	0.5	2.8	0	2	28	29
237 BEANS,KIDNEY,ALL,COOKED,W/SALT	127	8.7	22.8	0.5	2.8	0	238	28	29
238 BEANS,KIDNEY,CA RED,COOKED,NO S	124	9.1	22.4	0.1	2.3	0	4	66	30
239 BEANS,KIDNEY,CA RED,COOKED,W/SA	124	9.1	22.4	0.1	2.3	0	240	66	30
240 BEANS,KIDNEY,CANNED	81	5.2	14.9	0.3	1.0	0	347	27	12
241 BEANS,KIDNEY,RED,CANNED	85	5.2	15.6	0.3	0.9	0	341	24	13
242 BEANS,KIDNEY,RED,COOKED,NO SALT	127	8.7	22.8	0.5	2.8	0	2	28	29
243 BEANS,KIDNEY,RED,COOKED,W/SALT	127	8.7	22.8	0.5	2.8	0	238	28	29
244 BEANS,KIDNEY,RED,RAW	337	22.5	61.3	1.1	6.2	0	12	83	67

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245 BEANS,KIDNEY,RYL RED,CKD,NO SAL	123	9.5	21.8	0.2	2.3	0	5	44	28
246 BEANS,KIDNEY,RYL RED,CKD,W/SALT	123	9.5	21.8	0.2	2.3	0	241	44	28
247 BEANS,KIDNEY,RYL RED,RAW	329	25.3	58.3	0.4	6.2	0	13	131	87
248 BEANS,LARGE LIMA,CANNED	79	4.9	14.9	0.2	1.2	0	336	21	18
249 BEANS,LARGE LIMA,COOKED,NO SALT	115	7.8	20.9	0.4	3.1	0	2	17	24
250 BEANS,LARGE LIMA,COOKED,W/SALT	115	7.8	20.9	0.4	3.1	0	238	17	24
251 BEANS,LARGE LIMA,RAW	338	21.5	63.4	0.7	6.3	0	18	81	75
252 BEANS,LIMA,BABY,FROZEN	132	7.6	25.1	0.4	2.2	0	52	35	22
253 BEANS,LIMA,BABY,FROZEN,BOILED	105	6.6	19.4	0.3	1.8	0	29	28	20
254 BEANS,LIMA,BOILED	123	6.8	23.6	0.3	2.1	0	17	32	24
255 BEANS,LIMA,BOILED,W/SALT	123	6.8	23.6	0.3	2.1	0	253	32	24
256 BEANS,LIMA,CANNED,LO NA	75	4.6	13.9	0.3	1.2	0	4	28	16
257 BEANS,LIMA,CANNED,SOL&LIQ	75	4.6	13.9	0.3	1.2	0	249	28	16
258 BEANS,LIMA,FORD,FROZEN	106	6.4	19.8	0.4	2.0	0	58	24	15
259 BEANS,LIMA,FORD,FROZEN,BOILED	100	6.1	18.8	0.3	1.9	0	53	22	14
260 BEANS,LIMA,FROZEN,BABY,BLD,SALT	105	6.6	19.4	0.3	1.8	0	265	28	20
261 BEANS,LIMA,FROZEN,FRDH,BLD,SALT	100	6.1	18.8	0.3	1.9	0	289	22	14
262 BEANS,LIMA,RAW	113	6.8	20.2	0.9	1.9	0	8	34	31
263 BEANS,MOTH,COOKED,NO SALT	117	7.8	21.0	0.6	1.4	0	10	3	31
264 BEANS,MOTH,COOKED,W/SALT	117	7.8	21.0	0.6	1.4	0	246	3	31
265 BEANS,MOTH,RAW	343	22.9	61.5	1.6	4.0	0	30	150	108
266 BEANS,MUNG,COOKED,NO SALT	105	7.5	18.3	0.6	1.3	0	7	53	18
267 BEANS,MUNG,COOKED,W/SALT	105	7.5	18.3	0.6	1.3	0	243	53	18
268 BEANS,MUNG,RAW	351	25.1	61.0	1.8	4.4	0	26	196	68
269 BEANS,NAVY,CANNED	113	7.5	20.4	0.4	1.9	0	448	47	18
270 BEANS,NAVY,COOKED,NO SALT	142	8.7	26.3	0.6	3.1	0	1	70	25
271 BEANS,NAVY,COOKED,W/SALT	142	8.7	26.3	0.6	3.1	0	237	70	25
272 BEANS,NAVY,RAW	335	22.3	60.6	1.3	5.5	0	14	155	64
273 BEANS,PINK,COOKED,NO SALT	149	9.1	27.9	0.5	1.6	0	2	52	23
274 BEANS,PINK,COOKED,W/SALT	149	9.1	27.9	0.5	1.6	0	238	52	23
275 BEANS,PINK,RAW	343	21.0	64.2	1.1	2.9	0	8	130	68
276 BEANS,PINTO,BOILED,W/SALT	162	9.3	30.9	0.5	3.0	0	319	52	27
277 BEANS,PINTO,CANNED	78	4.6	14.6	0.3	1.3	0	416	37	16
278 BEANS,PINTO,COOKED,NO SALT	137	8.2	25.6	0.5	3.0	0	2	48	26
279 BEANS,PINTO,COOKED,W/SALT	137	8.2	25.6	0.5	3.0	0	238	48	26
280 BEANS,PINTO,FROZEN,BOILED	162	9.3	30.9	0.5	3.0	0	83	52	27
281 BEANS,PINTO,FROZEN,UNPRP	170	9.8	32.5	0.5	3.1	0	92	58	30
282 BEANS,PINTO,RAW	340	20.9	63.4	1.1	6.0	0	10	121	59
283 BEANS,REFRIED,CANNED	107	6.2	18.5	1.1	3.2	0	424	46	18
284 BEANS,SHELLIE,CANNED,SOL&LIQ	30	1.8	6.2	0.2	0.6	0	334	29	10
285 BEANS,SMALL WHITE,CKD,NO SALT	142	9.0	25.8	0.6	2.4	0	2	73	28
286 BEANS,SMALL WHITE,COOKED,W/SALT	142	9.0	25.8	0.6	2.4	0	238	73	28
287 BEANS,SMALL WHITE,RAW	336	21.1	62.2	1.2	2.7	0	12	173	77
288 BEANS,SNAP,GREAT,BOILED,W/SALT	35	1.9	7.9	0.3	1.4	0	239	46	13
289 BEANS,SNAP,GREAT,CANNED,DRAINED	20	1.2	4.5	0.1	0.8	0	251	26	9
290 BEANS,SNAP,GREAT,CANNED,SEASND	16	0.8	3.5	0.2	0.8	0	373	22	5
291 BEANS,SNAP,GREAT,CANNED,SOL&LIQ	15	0.8	3.5	0.1	0.6	0	368	24	9
292 BEANS,SNAP,GREAT,FROZEN,BL,W/SL	26	1.4	6.1	0.1	1.0	0	249	45	8
293 BEANS,SNAP,GREEN,BOILED	35	1.9	7.9	0.3	1.4	0	3	46	13

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294 BEANS,SNAP,GREEN,FROZEN	33	1.8	7.6	0.2	1.1	0	3	42	9
295 BEANS,SNAP,GREEN,FROZEN,BOILED	26	1.4	6.1	0.1	1.0	0	13	45	8
296 BEANS,SNAP,GREEN,RAW	31	1.8	7.1	0.1	1.1	0	6	37	10
297 BEANS,SNAP,YELLOW,BOILED	35	1.9	7.9	0.3	1.4	0	3	46	13
298 BEANS,SNAP,YELLOW,BOILED,W/SALT	35	1.9	7.9	0.3	1.4	0	239	46	13
299 BEANS,SNAP,YELLOW,CANNED,DRND	20	1.2	4.5	0.1	0.8	0	251	26	9
300 BEANS,SNAP,YELLOW,CANNED,DT,DRN	20	1.2	4.5	0.1	0.8	0	2	26	9
301 BEANS,SNAP,YELLOW,CND,DT,SOL&LQ	15	0.8	3.5	0.1	0.6	0	2	24	9
302 BEANS,SNAP,YELLOW,CND,SALT+LIQ	15	0.8	3.5	0.1	0.6	0	368	24	9
303 BEANS,SNAP,YELLOW,FROZEN	33	1.8	7.6	0.2	1.1	0	3	42	9
304 BEANS,SNAP,YELLOW,FROZEN,BOILED	26	1.4	6.1	0.1	1.0	0	13	45	8
305 BEANS,SNAP,YELLOW,FRZ,BLD,W/SAL	26	1.4	6.1	0.1	1.0	0	249	45	8
306 BEANS,SNAP,YELLOW,RAW	31	1.8	7.1	0.1	1.1	0	6	37	10
307 BEANS,SPROUTS,KIDNEY,BLD,W/SALT	33	4.8	4.7	0.6	0.9	0	243	19	9
308 BEANS,SPROUTS,KIDNY,BOILED	33	4.8	4.7	0.6	0.9	0	7	19	9
309 BEANS,SPROUTS,KIDNY,RAW	29	4.2	4.1	0.5	0.8	0	6	17	8
310 BEANS,SPROUTS,MUNG,BOILED	21	2.0	4.2	0.1	0.5	0	10	12	6
311 BEANS,SPROUTS,MUNG,BOILED,W/SAL	21	2.0	4.2	0.1	0.5	0	246	12	6
312 BEANS,SPROUTS,MUNG,CANNED,DR	12	1.4	2.2	0.1	0.2	0	140	14	4
313 BEANS,SPROUTS,MUNG,RAW	30	3.0	5.9	0.2	0.8	0	6	13	9
314 BEANS,SPROUTS,MUNG,SALT-FRY	50	4.3	10.6	0.2	0.7	0	9	13	19
315 BEANS,SPROUTS,NAVY,BOILED	78	7.1	15.0	0.8	2.9	0	14	16	21
316 BEANS,SPROUTS,NAVY,BOILED,W/SAL	78	7.1	15.0	0.8	2.9	0	250	16	21
317 BEANS,SPROUTS,NAVY,RAW	67	6.2	13.0	0.7	2.5	0	13	15	19
318 BEANS,SPROUTS,PINTO,BLD,W/SALT	22	1.9	4.1	0.3	1.0	0	287	15	7
319 BEANS,SPROUTS,PINTO,BOILED	22	1.9	4.1	0.3	1.0	0	51	15	7
320 BEANS,SPROUTS,PINTO,RAW	62	5.2	11.6	0.9	2.7	0	153	43	20
321 BEANS,WHITE,CANNED	117	7.3	21.9	0.3	0.7	0	5	73	30
322 BEANS,WHITE,COOKED,NO SALT	139	9.7	25.1	0.4	2.5	0	6	90	37
323 BEANS,WHITE,COOKED,W/SALT	139	9.7	25.1	0.4	2.5	0	242	90	37
324 BEANS,WHITE,RAW	333	23.4	60.3	0.8	6.0	0	16	240	104
325 BEANS,WINGED,BOILED	38	5.3	3.2	0.7	1.4	0	4	61	11
326 BEANS,WINGED,COOKED,NO SALT	147	10.6	14.9	5.8	2.4	0	13	142	43
327 BEANS,WINGED,COOKED,W/SALT	147	10.6	14.9	5.8	2.4	0	249	142	43
328 BEANS,WINGED,LEAV,RAW	74	5.8	14.1	1.1	2.5	0	9	224	40
329 BEANS,WINGED,RAW	409	29.6	41.7	16.3	6.8	0	38	440	134
330 BEANS,WINGED,TUBER,RAW	159	11.6	28.1	0.9	7.4	0	35	30	20
331 BEANS,WINGED,W/SALT	38	5.3	3.2	0.7	1.4	0	240	61	11
332 BEANS,YAMBEAN,BOILED	46	1.2	10.4	0.1	1.1	0	6	16	3
333 BEANS,YAMBEAN,BOILED,W/SALT	46	1.2	10.4	0.1	1.1	0	242	16	3
334 BEANS,YAMBEAN,RAW	41	1.4	8.8	0.2	0.7	0	6	15	6
335 BEANS,YARDLONG,BOILED	47	2.5	9.2	0.1	1.5	0	4	44	10
336 BEANS,YARDLONG,BOILED,W/SALT	47	2.5	9.2	0.1	1.5	0	240	44	10
337 BEANS,YARDLONG,COOKED,NO SALT	118	8.3	21.1	0.4	1.6	0	5	42	26
338 BEANS,YARDLONG,COOKED,W/SALT	118	8.3	21.1	0.4	1.6	0	241	42	26
339 BEANS,YARDLONG,RAW	347	24.3	61.9	1.3	4.8	0	17	138	86
340 BEANS,YELLOW,COOKED,NO SALT	144	9.2	25.3	1.1	1.1	0	5	62	25
341 BEANS,YELLOW,COOKED,W/SALT	144	9.2	25.3	1.1	1.1	0	241	62	25
342 BEANS,YELLOW,RAW	345	22.0	60.7	2.6	2.7	0	12	166	70

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343 BEAR,RAW	161	20.1	0.0	8.3	0.0	126	54	3	66
344 BEAR,SIMMERED	259	32.4	0.0	13.4	0.0	126	54	5	107
345 BEAVER,RAW	146	24.0	0.0	4.8	0.0	126	51	15	69
346 BEAVER,ROASTED	166	27.3	0.0	5.4	0.0	126	46	17	78
347 BEECHNUT,DRIED	576	6.2	33.5	50.0	3.7	0	38	1	25
348 BEEF LASAGNA,TODDLER	77	4.2	10.0	2.1	0.2	18	454	18	9
349 BEEF STEW,TODDLER	51	5.1	5.5	1.2	0.3	13	345	9	7
350 BEEF+EGG NOODLE,JUNIOR	57	2.5	7.4	1.9	0.2	21	17	8	4
351 BEEF+EGG NOODLE,STRAINED	53	2.3	7.0	1.7	0.3	18	29	9	4
352 BEEF+RICE,TODDLER	82	5.0	8.8	2.9	0.3	18	357	11	7
353 BEEF,JUNIOR,BABY	106	14.5	0.0	4.9	0.0	0	66	8	16
354 BEEF,STRAINED,BABY	107	13.6	0.0	5.4	0.0	0	81	7	15
355 BEEF,WITH BEEF HEART,STRAINED	94	12.7	0.0	4.4	0.1	0	63	4	20
356 BEEFALO,RAW	143	23.3	0.0	4.8	0.0	44	78	18	23
357 BEEFALO,ROASTED	188	30.7	0.0	6.3	0.0	58	82	24	30
358 BEER,LIGHT	28	0.2	1.3	0.0	0.0	0	3	5	0
359 BEER,REGULAR	41	0.3	3.7	0.0	0.0	0	5	5	0
360 BEERWURST,BEEF	329	12.4	1.7	29.9	0.0	61	1028	9	15
361 BEERWURST,BEERSALAMI	329	12.4	1.7	29.9	0.0	61	1028	9	15
362 BEERWURST,PORK	238	14.2	2.1	18.8	0.0	59	1240	8	8
363 BEETS,BOILED	31	1.1	6.7	0.0	0.8	0	49	11	6
364 BEETS,BOILED,W/SALT	31	1.1	6.7	0.0	0.8	0	285	11	6
365 BEETS,CANNED,DRAINED	31	0.9	7.2	0.1	0.6	0	274	15	18
366 BEETS,CANNED,LO NA,SOLID+LIQUID	29	0.8	6.8	0.1	0.6	0	46	14	7
367 BEETS,CANNED,SOLID+LIQUID	29	0.8	6.8	0.1	0.6	0	263	14	7
368 BEETS,GREENS,BOILED	27	2.6	5.5	0.2	1.0	0	241	114	19
369 BEETS,GREENS,BOILED,W/SALT	27	2.6	5.5	0.2	1.0	0	477	114	19
370 BEETS,GREENS,RAW	19	1.8	4.0	0.1	1.3	0	201	119	33
371 BEETS,HARVARD,CND,SOLID+LIQUID	73	0.8	18.2	0.1	0.6	0	162	11	4
372 BEETS,PICKLED,CND,SOLID+LIQUID	65	0.8	16.3	0.1	0.6	0	264	11	4
373 BEETS,RAW	44	1.5	10.0	0.1	0.8	0	72	16	9
374 BEETS,STRAINED	34	1.3	7.7	0.1	0.8	10	83	14	3
375 BERLINER,PORK/BEEF	230	15.3	2.6	17.2	0.0	46	1297	12	12
376 BISCUIT,DOUGH,ENRICHED,CANNED	277	7.3	46.4	6.4	0.2	0	868	53	26
377 BISCUIT,DOUGH,ENRICHED,FROZEN	327	5.7	48.9	11.9	0.1	0	910	71	21
378 BISCUIT,HOME,ENRICHED,LARD	369	7.4	45.8	17.0	0.2	17	626	121	24
379 BISCUIT,HOME,ENRICHED,VEG SHORT	369	7.4	45.8	17.0	0.2	1	626	121	24
380 BISCUIT,HOME,UNENRICHED	369	7.4	45.8	17.0	0.2	1	626	121	5
381 BISCUIT,MIX,COOKED,ENRICHED	325	7.1	52.3	9.3	0.2	1	973	68	25
382 BISCUIT,MIX,COOKED,UNENRICHED	325	7.1	52.3	9.3	0.2	0	973	68	5
383 BISCUIT,MIX,ENRICHED,DRY	424	7.7	68.7	12.6	0.3	0	1300	27	34
384 BISCUIT,MIX,UNENRICHED,DRY	424	7.7	68.7	12.6	0.3	0	1300	27	6
385 BISCUIT,PLAIN	373	5.8	46.5	18.0	0.4	7	789	121	22
386 BISCUIT,SELF RISING,ENRICHED	372	7.1	46.0	17.4	0.2	1	660	209	26
387 BISCUIT,W/EGG	232	8.2	17.8	14.8	0.1	171	481	113	23
388 BISCUIT,W/EGG,BACON	305	11.3	19.1	20.7	0.1	235	666	126	25
389 BISCUIT,W/EGG,CHEESE,BACON	331	11.3	23.2	21.8	0.2	181	875	114	18
390 BISCUIT,W/EGG,HAM	230	10.6	15.8	14.1	0.1	156	720	115	24
391 BISCUIT,W/EGG,SAUSAGE	323	10.6	22.9	21.5	0.1	168	634	86	22

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392 BISCUIT,W/EGG,STEAK	320	12.1	25.3	19.2	0.1	184	600	93	36
393 BISCUIT,W/HAM	342	11.8	38.8	16.3	0.2	22	1268	142	24
394 BISCUIT,W/SAUSAGE	391	9.8	32.3	25.6	0.2	28	864	103	21
395 BISCUIT,W/STEAK	323	9.3	31.5	18.4	0.2	18	564	82	30
396 BISON,RAW	109	21.6	0.0	1.8	0.0	62	54	6	26
397 BISON,ROASTED	143	28.4	0.0	2.4	0.0	82	57	8	34
398 BLACKBERRY JUICE,CANNED,UNSWTN	37	0.3	7.8	0.6	0.0	0	1	12	9
399 BLACKBERRY,CANNED,HEAVY SYRUP	92	1.3	23.1	0.1	2.6	0	3	21	6
400 BLACKBERRY,FROZEN,UNSWEETENED	64	1.2	15.7	0.4	2.7	0	1	29	8
401 BLACKBERRY,RAW	52	0.7	12.8	0.4	4.1	0	0	32	6
402 BLADE,LEAN+FAT,ALL GRD,BRSD	383	25.4	0.0	30.4	0.0	103	63	13	30
403 BLADE,LEAN+FAT,ALL GRDS,RAW	284	16.7	0.0	23.6	0.0	73	66	10	20
404 BLADE,LEAN+FAT,CHOICE,BRSD	388	25.4	0.0	31.0	0.0	103	63	13	30
405 BLADE,LEAN+FAT,CHOICE,RAW	291	16.6	0.0	24.4	0.0	73	65	10	20
406 BLADE,LEAN+FAT,GOOD,BRSD	366	25.8	0.0	28.4	0.0	103	63	13	30
407 BLADE,LEAN+FAT,GOOD,RAW	260	17.0	0.0	20.8	0.0	72	67	10	20
408 BLADE,LEAN+FAT,PRIME,BRSD	417	25.5	0.0	34.1	0.0	103	63	13	30
409 BLADE,LEAN+FAT,PRIME,RAW	328	16.3	0.0	28.6	0.0	74	64	10	19
410 BLADE,LEAN,ALL GRADES,BRSD	270	31.1	0.0	15.3	0.0	106	71	13	37
411 BLADE,LEAN,ALL GRADES,RAW	164	19.2	0.0	9.0	0.0	65	77	10	23
412 BLADE,LEAN,CHOICE,BRAISED	275	31.1	0.0	15.8	0.0	106	71	13	37
413 BLADE,LEAN,CHOICE,RAW	168	19.2	0.0	9.5	0.0	65	77	10	23
414 BLADE,LEAN,GOOD,BRAISED	256	31.1	0.0	13.7	0.0	106	71	13	37
415 BLADE,LEAN,GOOD,RAW	152	19.2	0.0	7.7	0.0	65	77	10	23
416 BLADE,LEAN,PRIME,RAW	203	19.2	0.0	13.4	0.0	65	77	10	23
417 BLOOD SAUSAGE	378	14.6	1.3	34.5	0.0	120	680	6	64
418 BLOODY MARY	78	0.5	3.3	0.1	0.2	0	224	7	4
419 BLUEBERRY,CANNED,HEAVY SYRUP	88	0.6	22.1	0.3	0.9	0	3	5	3
420 BLUEBERRY,FROZEN,SWEETENED	81	0.4	22.0	0.1	0.9	0	1	6	4
421 BLUEBERRY,FROZEN,UNSWEETENED	51	0.4	12.2	0.6	1.5	0	1	8	2
422 BLUEBERRY,RAW	56	0.7	14.1	0.4	1.3	0	6	6	2
423 BLUEFISH,RAW	124	20.0	0.0	4.2	0.0	59	60	7	5
424 BOAR,WILD,RAW	122	21.5	0.0	3.3	0.0	82	57	12	34
425 BOAR,WILD,ROASTED	160	28.3	0.0	4.4	0.0	82	57	16	34
426 BOCKWRST,RAW,PORK/VEAL	307	13.3	0.5	27.6	0.0	59	1105	16	6
427 BOLOGNA	312	12.2	0.8	28.5	0.0	58	981	12	17
428 BOLOGNA,BEEF	312	12.2	0.8	28.5	0.0	58	981	12	17
429 BOLOGNA,BEEF/PORK	316	11.7	2.8	28.3	0.0	55	1019	12	15
430 BOLOGNA,PORK	247	15.3	0.7	19.9	0.0	59	1184	11	8
431 BOLOGNA,TURKEY	199	13.7	1.0	15.2	0.0	99	878	84	15
432 BORAGE,BOILED	25	2.1	3.6	0.8	1.1	0	88	102	36
433 BORAGE,BOILED,W/SALT	25	2.1	3.6	0.8	1.1	0	324	102	36
434 BORAGE,RAW	21	1.8	3.1	0.7	0.9	0	80	93	33
435 BOSTON BROWNBREAD,WHITE	211	5.5	45.6	1.3	0.7	1	251	90	21
436 BOSTON BROWNBREAD,YELLOW	211	5.5	45.6	1.3	0.7	1	251	90	21
437 BOUILLON,BEEF,PREPARED	8	0.5	0.8	0.3	0.0	0	558	4	0
438 BOUILLON,CHICKEN,CUBE,DEHY	198	14.6	23.5	4.7	0.2	13	0	190	19
439 BOUILLON,DEHY	238	16.0	23.6	8.9	0.2	10	0	60	10
440 BOURBON AND SODA	90	0.0	0.0	0.0	0.0	0	14	3	0

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441 BOYSENBERRY,CANNED,HEAVY SYRUP	88	1.0	22.3	0.1	1.9	0	3	18	4
442 BOYSENBERRY,FROZEN,UNSWEETENED	50	1.1	12.2	0.3	2.7	0	1	27	8
443 BRAIN,PAN-FRIED	196	12.6	0.0	15.8	0.0	1995	158	9	22
444 BRAIN,RAW	126	9.8	0.0	9.3	0.0	1672	103	8	21
445 BRAIN,SIMMERED	160	11.1	0.0	12.5	0.0	2054	120	9	22
446 BRAN BUDS	258	13.9	76.0	2.4	7.1	0	614	67	159
447 BRAN CHEX	319	10.3	79.7	2.8	4.6	0	928	60	159
448 BRATWURST,COOKED,PORK	301	14.1	2.1	25.9	0.0	60	557	44	13
449 BRAUNSCHWEIGER,PORK	359	13.5	3.1	32.1	0.0	156	1143	9	94
450 BRAZILNUT,DRIED	656	14.3	12.8	66.2	2.3	0	2	176	34
451 BREAD,CRACKED WHEAT	263	8.7	52.1	2.2	0.5	2	529	88	28
452 BREAD,CRACKWHEAT,TOAST	313	10.4	62.0	2.6	0.6	3	630	105	33
453 BREAD,CRUMBS,DRY,GRATED	392	12.6	73.4	4.6	0.3	5	736	122	41
454 BREAD,FRENCH,ENRICHED,TOAST	338	10.6	64.4	3.5	0.2	4	674	50	33
455 BREAD,FRENCH,UNENR,TOAST	338	10.6	64.4	3.5	0.2	4	674	50	8
456 BREAD,FRENCH/VIENNA,UNENRICHED	290	9.1	55.4	3.0	0.2	3	580	43	7
457 BREAD,FRENCH/VIENNA,ENRICHED	290	9.1	55.4	3.0	0.2	3	580	43	28
458 BREAD,ITALIAN,ENRICHED	276	9.1	56.4	0.8	0.2	1	585	17	28
459 BREAD,ITALIAN,UNENRICHED	276	9.1	56.4	0.8	0.2	1	585	17	7
460 BREAD,RAISIN	262	6.6	53.6	2.8	0.9	3	365	71	29
461 BREAD,RAISIN,TOAST	316	8.0	64.6	3.4	1.1	3	440	86	35
462 BREAD,RYE,AMERICAN	243	9.1	52.1	1.1	0.4	1	557	75	27
463 BREAD,RYE,AMERICAN,TOAST	282	10.6	60.5	1.3	0.5	1	648	87	31
464 BREAD,RYE,PUMPERNICKLE	246	9.1	53.1	1.2	1.1	1	569	84	29
465 BREAD,SALT RISING	267	7.9	52.2	2.4	0.2	2	265	23	6
466 BREAD,SALT RISING,TOAST	297	8.8	58.0	2.7	0.2	3	294	26	7
467 BREAD,STUFFING MIX,DRY	371	12.9	72.4	3.8	0.8	4	1331	124	32
468 BREAD,STUFFING,MIX,CKD,NO EGG	358	6.5	35.6	21.8	0.4	64	896	66	16
469 BREAD,STUFFING,MIX,COOKE,W/EGG	208	4.4	19.7	12.8	0.2	66	504	40	10
470 BREAD,WHITE,ENR,1-2%MS,TOAST	314	10.1	58.7	3.7	0.2	4	590	81	33
471 BREAD,WHITE,ENR,3-4%MS,TOAST	314	10.1	58.8	3.7	0.2	4	590	98	33
472 BREAD,WHITE,ENR,5-6%MS,TOAST	320	10.5	58.4	4.4	0.2	4	576	112	33
473 BREAD,WHITE,ENRICHED,1-2%NFDM	269	8.7	50.4	3.2	0.2	3	507	70	28
474 BREAD,WHITE,ENRICHED,3-4%NFDM	270	8.7	50.5	3.2	0.2	3	507	84	28
475 BREAD,WHITE,ENRICHED,5-6%NFDM	275	9.0	50.2	3.8	0.2	4	495	96	28
476 BREAD,WHITE,UNENR,1-2%MS,TOAST	314	10.1	58.7	3.7	0.2	4	590	81	8
477 BREAD,WHITE,UNENR,1-2%NFDM	269	8.7	50.4	3.2	0.2	3	507	70	7
478 BREAD,WHITE,UNENR,3-4%MS,TOAST	314	10.1	58.8	3.7	0.2	4	590	98	8
479 BREAD,WHITE,UNENR,3-4%NFDM	270	8.7	50.5	3.2	0.2	3	507	84	7
480 BREAD,WHITE,UNENR,5-6%MS,TOAST	320	10.5	58.4	4.4	0.2	4	576	112	8
481 BREAD,WHITE,UNENRICHED,5-6%NFDM	275	9.0	50.2	3.8	0.2	4	495	96	7
482 BREAD,WHOLE WHEAT,2%MS,TOAST	289	12.5	56.7	3.6	1.9	4	627	118	36
483 BREAD,WHOLE WHEAT,2%NFDM	243	10.5	47.7	3.0	1.6	3	527	99	30
484 BREAD,WHOLE WHEAT,W/WATER	241	9.1	49.3	2.6	1.5	3	530	84	30
485 BREAD,WHOLE WHEAT,W/WATER,TOAST	287	10.8	58.7	3.1	1.8	3	631	100	36
486 BREADFRUIT SEED,BOILED	168	5.3	32.0	2.3	1.8	0	23	61	6
487 BREADFRUIT SEED,RAW	191	7.4	29.2	5.6	1.7	0	25	36	37
488 BREADFRUIT SEED,ROASTED	207	6.2	40.1	2.7	2.2	0	28	86	9
489 BREADFRUIT,RAW	103	1.1	27.1	0.2	1.5	0	2	17	5

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490 BREADNUT TREE SEED,DRIED	367	8.6	79.4	1.7	5.6	0	53	94	46
491 BREADNUT TREE SEED,RAW	217	6.0	46.3	1.0	2.5	0	31	98	21
492 BREAKFAST STRIP,COOKED	449	31.3	1.4	34.4	0.0	119	2253	9	31
493 BREAKFAST STRIP,RAW	406	12.5	0.7	38.8	0.0	82	955	4	12
494 BRISKET,BOTTOM,LEAN+FAT,BRSD	366	24.7	0.0	28.9	0.0	95	56	8	22
495 BRISKET,BOTTOM,LEAN+FAT,RAW	295	17.5	0.0	24.4	0.0	71	61	6	16
496 BRISKET,BOTTOM,LEAN,BRSD	212	31.5	0.0	8.6	0.0	95	63	5	28
497 BRISKET,BOTTOM,LEAN,RAW	135	21.4	0.0	4.9	0.0	59	74	5	19
498 BRISKET,CANNED	250	27.1	0.0	14.9	0.0	86	1006	12	21
499 BRISKET,CORNE D,COOKED	251	18.2	0.5	19.0	0.0	98	1134	8	19
500 BRISKET,CORNE D,RAW	198	14.7	0.1	14.9	0.0	54	122	7	17
501 BRISKET,LEAN+FAT,BRAISED	391	23.0	0.0	32.4	0.0	93	61	9	22
502 BRISKET,LEAN+FAT,RAW	325	16.6	0.0	28.2	0.0	74	62	7	16
503 BRISKET,LEAN,BRAISED	241	29.4	0.0	12.8	0.0	93	72	6	28
504 BRISKET,LEAN,RAW	154	20.8	0.0	7.3	0.0	61	78	5	20
505 BRISKET,TOP,LEAN+FAT,BRSD	408	22.0	0.0	34.9	0.0	92	65	9	22
506 BRISKET,TOP,LEAN+FAT,RAW	353	15.8	0.0	31.6	0.0	76	64	7	15
507 BRISKET,TOP,LEAN,BRAISED	263	28.0	0.0	15.9	0.0	91	77	6	28
508 BRISKET,TOP,LEAN,RAW	173	20.0	0.0	9.7	0.0	64	83	5	19
509 BROCCOLI,BOILED,W/SALT	28	3.0	5.1	0.4	1.1	0	262	46	8
510 BROCCOLI,COOKED,BOILED	28	3.0	5.1	0.4	1.1	0	26	46	8
511 BROCCOLI,FROZEN,CHOPPED	26	2.8	4.8	0.3	1.1	0	24	56	8
512 BROCCOLI,FROZEN,CHOPPED,BLD,SAL	28	3.1	5.4	0.1	1.2	0	260	51	6
513 BROCCOLI,FROZEN,CHOPPED,BOILED	28	3.1	5.4	0.1	1.2	0	24	51	6
514 BROCCOLI,FROZEN,SPEARS	29	3.1	5.4	0.3	1.1	0	17	41	7
515 BROCCOLI,FROZEN,SPEARS,BOILED	28	3.1	5.4	0.1	1.1	0	24	51	6
516 BROCCOLI,FRZ,SPEARS,BLD,W/SALT	28	3.1	5.4	0.1	1.1	0	260	51	6
517 BROCCOLI,LEAVES,RAW	28	3.0	5.2	0.4	1.1	0	27	48	9
518 BROCCOLI,RAW	28	3.0	5.2	0.4	1.1	0	27	48	9
519 BROCCOLI,STALKS,RAW	28	3.0	5.2	0.4	1.1	0	27	48	9
520 BROTH,BEEF & TOMATO JUICE	37	0.6	8.5	0.1	0.1	0	131	11	6
521 BROTH,BEEF,CUBE,DEHY	170	17.3	16.1	4.0	0.1	4	0	60	22
522 BROTH,BEEF,CUBE,W/WATER	3	0.4	0.3	0.1	0.0	0	480	1	0
523 BROTH,BEEF,READY TO SERVE	7	1.1	0.0	0.2	0.0	0	326	6	2
524 BROTH,CHICKEN,BOUILLON,DEHY	267	16.7	18.0	13.9	0.2	13	0	187	10
525 BROTH,CHICKEN,CONDENSED	31	4.4	0.8	1.0	0.0	1	626	6	4
526 BROTH,CHICKEN,CUBE,W/WATER	5	0.4	0.6	0.1	0.0	0	326	5	0
527 BROTH,CHICKEN,DRY,W/WATER	9	0.6	0.6	0.4	0.0	0	608	6	0
528 BROTH,CHICKEN,W/WATER	16	2.0	0.4	0.6	0.0	0	318	4	2
529 BROTH,VEG,BEEF,BROTH,CONDENSED	66	2.4	10.7	1.6	0.5	1	661	14	8
530 BROTWURST,PORK/BEEF,NFDM	323	14.3	3.0	27.8	0.0	63	1112	48	10
531 BROWNIE	405	4.6	65.0	16.8	0.9	16	255	42	22
532 BROWNIE,MIX,COMPLETED,DRY	419	4.8	78.7	12.0	0.5	88	299	21	12
533 BROWNIE,MIX,EGGS,NUTS,BAKED	428	5.0	63.1	20.1	0.6	43	166	45	19
534 BROWNIE,MIX,INCOMPLETE,DRY	442	4.0	76.0	16.4	0.5	0	194	42	18
535 BROWNIE,MIX,NUTS,BAKED	403	4.9	59.8	18.7	0.7	64	218	26	12
536 BROWNIE,NUTS,BUTTER	467	6.5	50.3	29.9	0.7	109	371	43	20
537 BROWNIE,NUTS,FROZEN,COMMERCIAL	419	4.9	60.7	20.6	0.6	39	200	40	15
538 BROWNIE,NUTS,VEG SHRTNING	485	6.5	50.9	31.3	0.7	83	251	41	20

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539 BRUSSELS SPROUTS,BOILED	39	2.6	8.7	0.5	1.4	0	21	36	12
540 BRUSSELS SPROUTS,BOILED,W/SALT	39	2.6	8.7	0.5	1.4	0	257	36	12
541 BRUSSELS SPROUTS,FROZEN	41	3.8	7.9	0.4	1.4	0	10	26	9
542 BRUSSELS SPROUTS,FROZEN,BOILED	42	3.6	8.3	0.4	1.4	0	23	24	7
543 BRUSSELS SPROUTS,FRZ,BLD,W/SALT	42	3.6	8.3	0.4	1.4	0	259	24	7
544 BRUSSELS SPROUTS,RAW	43	3.4	9.0	0.3	1.5	0	25	42	14
545 BUCKWHEAT	343	13.2	71.5	3.4	9.9	0	1	18	22
546 BUCKWHEAT,FLOUR,WHOLE	335	12.6	70.6	3.1	1.8	0	11	41	41
547 BUCKWHEAT,GROATS	346	11.7	75.0	2.7	1.8	0	11	17	25
548 BUCKWHEAT,GROATS,COOKED	92	3.4	19.9	0.6	0.5	0	4	7	8
549 BUFFALO,WATER,RAW	99	20.4	0.0	1.4	0.0	46	53	12	16
550 BUFFALO,WATER,ROASTED	131	26.8	0.0	1.8	0.0	61	56	15	21
551 BULGAR,COOKED	83	3.1	18.6	0.2	0.4	0	5	10	10
552 BULGAR,DRY	342	12.3	75.9	1.3	1.8	0	17	35	25
553 BURBOT,RAW	90	19.3	0.0	0.8	0.0	60	97	50	9
554 BURDOCK ROOT,BOILED	88	2.1	21.2	0.1	1.8	0	4	49	8
555 BURDOCK ROOT,BOILED,W/SALT	88	2.1	21.2	0.1	1.8	0	240	49	8
556 BURDOCK ROOT,RAW	72	1.5	17.4	0.2	1.9	0	5	41	8
557 BURRITO,W/BEANS	206	6.5	32.9	6.2	2.2	2	454	52	21
558 BURRITO,W/BEANS,CHEESE	203	8.1	29.6	6.3	1.1	15	627	115	12
559 BURRITO,W/BEANS,CHEESE,BEEF	163	7.2	19.6	6.6	1.2	61	488	64	18
560 BURRITO,W/BEANS,CHEESE,PEPPER	197	9.9	25.4	6.8	1.5	47	613	86	23
561 BURRITO,W/BEANS,MEAT	220	9.7	28.6	7.7	1.6	21	578	46	21
562 BURRITO,W/BEANS,PEPPERS	202	8.0	28.5	7.2	1.5	16	512	49	22
563 BURRITO,W/BEEF	238	12.1	26.6	9.5	0.8	29	678	38	28
564 BURRITO,W/BEEF,CHEESE,PEPPER	208	13.5	21.0	8.2	0.6	56	688	73	26
565 BURRITO,W/BEEF,PEPPER	212	10.7	24.6	8.2	0.7	27	555	43	22
566 BURRITO,W/FRUIT	312	3.4	47.3	12.9	0.5	5	286	21	14
567 BUTTER OIL,ANHYDROUS	876	0.3	0.1	99.5	0.0	256	2	4	0
568 BUTTER,REGULAR	717	0.8	0.1	81.1	0.0	219	826	24	2
569 BUTTER,UNSALTED	717	0.8	0.1	81.1	0.0	219	11	24	2
570 BUTTER,WHIPPED	717	0.8	0.1	81.1	0.0	219	826	24	2
571 BUTTERBUR,BOILED	8	0.2	2.2	0.0	0.8	0	4	59	1
572 BUTTERBUR,BOILED,W/SALT	8	0.2	2.2	0.0	0.8	0	240	59	1
573 BUTTERBUR,CANNED	3	0.1	0.4	0.1	0.9	0	4	34	6
574 BUTTERBUR,RAW	14	0.4	3.6	0.0	1.3	0	7	103	1
575 BUTTERFISH,RAW	146	17.3	0.0	8.0	0.0	65	89	22	5
576 BUTTERMILK,CULTURED	40	3.3	4.8	0.9	0.0	4	105	116	0
577 BUTTERMILK,DRIED,SWEET	387	34.3	49.0	5.8	0.0	69	517	1184	3
578 BUTTERNUT,DRIED	612	24.9	12.0	57.0	1.9	0	1	53	40
579 C.W. POST W/RAISINS	433	8.6	71.8	14.3	1.2	0	156	49	159
580 C.W. POST, PLAIN	445	9.0	71.6	15.6	1.2	0	172	48	159
581 CABBAGE,BOILED	21	1.0	4.8	0.2	0.6	0	19	33	4
582 CABBAGE,BOILED,W/SALT	21	1.0	4.8	0.2	0.6	0	255	33	4
583 CABBAGE,PAK-CHOI,BOILED	12	1.6	1.8	0.2	0.6	0	34	93	10
584 CABBAGE,PAK-CHOI,RAW	13	1.5	2.2	0.2	0.6	0	65	105	8
585 CABBAGE,PE-TSAI,BOILED	14	1.5	2.4	0.2	0.5	0	9	32	3
586 CABBAGE,PE-TSAI,BOILED,W/SALT	14	1.5	2.4	0.2	0.5	0	245	32	3
587 CABBAGE,PE-TSAI,RAW	16	1.2	3.2	0.2	0.6	0	9	77	3

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588 CABBAGE,RAW	24	1.2	5.4	0.2	0.8	0	18	47	6
589 CABBAGE,RED,BOILED	21	1.0	4.6	0.2	0.8	0	8	37	4
590 CABBAGE,RED,BOILED,W/SALT	21	1.0	4.6	0.2	0.8	0	244	37	4
591 CABBAGE,RED,RAW	27	1.4	6.1	0.3	1.0	0	11	51	5
592 CABBAGE,SAVOY,BOILED	24	1.8	5.4	0.1	0.7	0	24	30	4
593 CABBAGE,SAVOY,BOILED,W/SALT	24	1.8	5.4	0.1	0.7	0	260	30	4
594 CABBAGE,SAVOY,RAW	27	2.0	6.1	0.1	0.8	0	28	35	4
595 CABBAGE,SWAMP,BOILED	20	2.1	3.7	0.2	0.8	0	122	54	13
596 CABBAGE,SWAMP,BOILED,W/SALT	20	2.1	3.7	0.2	0.8	0	358	54	13
597 CABBAGE,SWAMP,RAW	19	2.6	3.1	0.2	1.1	0	113	77	17
598 CAKE,ANGELFOOD,ENRICHED,HOME	269	7.1	60.2	0.2	0.0	0	283	9	10
599 CAKE,ANGELFOOD,UNENRICHED,HOME	269	7.1	60.2	0.2	0.0	0	283	9	2
600 CAKE,CARAMEL,ENRICHED,BUTTER	362	4.5	51.8	15.7	0.1	115	460	80	23
601 CAKE,CARAMEL,ENRICHED,BUTTER,IC	361	3.7	57.5	13.6	0.0	93	371	85	22
602 CAKE,CARAMEL,UNENR,BUTTER,ICING	361	3.7	57.5	13.6	0.0	93	371	85	15
603 CAKE,CARAMEL,UNENRICHED,BUTTER	362	4.5	51.8	15.7	0.1	115	460	80	13
604 CAKE,CARML,ENRICHED,VEG SHRT,IC	379	3.7	59.1	14.8	0.0	65	252	84	22
605 CAKE,CARML,ENRICHED,VEG SHRTNIN	385	4.5	53.7	17.3	0.1	78	305	78	23
606 CAKE,CARML,UNENR,VEG SHRT,ICING	379	3.7	59.1	14.8	0.0	65	252	84	15
607 CAKE,CARML,UNENRICHED,VEG SHRTN	385	4.5	53.7	17.3	0.1	78	305	78	13
608 CAKE,CHOC,ENR,ICING,VEG SHRT	369	3.8	59.2	14.6	0.2	48	234	59	13
609 CAKE,CHOC,ENRICHED,BUTTER	349	4.9	50.5	16.0	0.3	83	402	75	17
610 CAKE,CHOC,ENRICHED,ICING,BUTTER	354	3.8	57.9	13.7	0.2	67	316	60	13
611 CAKE,CHOC,ENRICHED,VEG SHRTNING	366	4.8	52.0	17.2	0.3	58	294	74	17
612 CAKE,CHOC,UNENR,ICING,BUTTER	354	3.8	57.9	13.7	0.2	67	316	60	7
613 CAKE,CHOC,UNENR,ICING,VEG SHRT	369	3.8	59.2	14.6	0.2	48	234	59	7
614 CAKE,CHOC,UNENR,VEG SHRTNING	366	4.8	52.0	17.2	0.3	58	294	74	9
615 CAKE,CHOC,UNENRICHED,BUTTER	349	4.9	50.5	16.0	0.3	83	402	75	9
616 CAKE,CHOC,W/ICING,ENR,BUTTER	359	4.5	55.4	15.5	0.3	66	316	71	16
617 CAKE,CHOC,W/ICING,ENR,VEG SHRT	369	4.5	55.8	16.4	0.3	48	235	70	16
618 CAKE,CHOC,W/ICING,UNENR,BUTTER	359	4.5	55.4	15.5	0.3	66	316	71	10
619 CAKE,CHOC,W/ICN,UNENR,VEG SHRT	369	4.5	55.8	16.4	0.3	48	235	70	10
620 CAKE,COFFEE,MIX,DRY,ENRICHED	431	5.9	77.2	11.0	0.2	0	613	36	21
621 CAKE,COFFEE,MIX,EGG,MILK,ENR	322	6.3	52.4	9.6	0.1	62	431	61	17
622 CAKE,COFFEE,MIX,EGG,MILK,UNENR	322	6.3	52.4	9.6	0.1	62	431	61	6
623 CAKE,COTTAGE PUD,ENR,SCE,BUTTER	307	5.3	56.3	8.2	0.3	59	300	71	19
624 CAKE,COTTAGE PUD,ENR,SCE,VEG SH	292	5.1	48.4	8.8	0.3	47	233	73	17
625 CAKE,COTTAGE PUDDING,ENR,BUTTER	329	6.4	53.9	10.4	0.1	81	390	91	19
626 CAKE,COTTAGE PUDDING,ENR,VEG SH	344	6.4	54.3	11.3	0.1	60	299	90	19
627 CAKE,DANISH,CHEESE	388	6.4	31.5	27.1	0.2	22	351	77	20
628 CAKE,DANISH,CINNAMON	397	5.5	53.2	19.0	0.8	31	371	42	20
629 CAKE,DANISH,FRUIT	356	5.1	47.9	17.0	0.4	20	354	23	15
630 CAKE,DEVILFOOD,FROZEN,CHOC	380	4.3	55.6	17.6	0.3	48	420	54	13
631 CAKE,DEVILFOOD,FRZ,CREAM FILLED	371	3.5	43.8	21.9	0.2	52	190	80	11
632 CAKE,DEVILFOOD,MIX,CHOC IC,ENR	339	4.4	58.3	12.3	0.3	48	262	59	20
633 CAKE,DEVILFOOD,MIX,DRY,ENRICHED	406	4.8	77.0	11.7	0.3	0	457	80	24
634 CAKE,IC,MIX,CHOC FUDGE,REG MARG	378	2.2	67.0	14.4	0.5	0	156	16	10
635 CAKE,IC,MIX,CHOC FUDGE,SFT MARG	378	2.2	67.0	14.4	0.5	0	156	16	10
636 CAKE,IC,MIX,CREAM FUDGE,W/WATER	339	2.8	74.6	6.5	0.5	0	232	39	11

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637 CAKE,IC,MIX,CRM FUDGE,WTR,BUTTR	383	2.6	65.9	15.2	0.5	29	321	37	10
638 CAKE,IC,MIX,CRM FUDGE,WTR,MARG	383	2.6	65.9	15.2	0.5	0	321	37	10
639 CAKE,IC-MIX,CREAM FUDGE,DRY	386	3.2	85.1	7.4	0.6	0	265	45	13
640 CAKE,ICING,CARAMEL	360	1.3	76.5	6.7	0.0	22	83	102	20
641 CAKE,ICING,CHOCOLATE	376	3.2	67.4	13.9	0.4	16	61	60	12
642 CAKE,ICING,COCONUT	364	1.9	74.9	7.7	0.8	0	118	6	5
643 CAKE,ICING,MIX,CHOC FUDGE,DRY	409	2.5	86.4	9.8	0.6	0	95	18	13
644 CAKE,ICING,WHITE,BOILED	316	1.4	80.3	0.0	0.0	0	143	2	0
645 CAKE,ICING,WHITE,UNCOOKED	376	0.5	81.6	6.6	0.0	20	49	15	0
646 CAKE,ICN,MIX,CHOC FUDGE,BUTTER	378	2.2	67.0	14.4	0.5	20	156	16	10
647 CAKE,MARBLE,MIX,DRY,ENRICHED	425	4.9	75.6	13.5	0.1	0	381	130	23
648 CAKE,MARBLE,MIX,ENR,WHITE ICING	331	4.4	62.0	8.7	0.1	51	259	78	15
649 CAKE,MIX,ANGELFOOD,DRY,ENRICHED	385	8.4	88.5	0.2	0.0	0	190	108	8
650 CAKE,MIX,ANGELFOOD,ENRICHED,BKD	259	5.7	59.4	0.2	0.0	0	146	95	6
651 CAKE,MIX,WHITE,DRY,ENRICHED	434	4.1	78.4	11.9	0.2	0	373	150	18
652 CAKE,MIX,YELLOW,BKD,CHOC ICN,EN	337	4.1	57.6	11.3	0.2	48	227	91	14
653 CAKE,MIX,YELLOW,DRY	438	4.0	77.6	12.9	0.1	0	407	140	17
654 CAKE,PLAIN,CUPCAKE	368	4.2	59.4	13.9	0.2	50	229	63	6
655 CAKE,PLAIN,ENR,BUTTER,ICING	358	4.3	58.8	13.1	0.2	70	313	64	14
656 CAKE,PLAIN,ENR,VEG SHRTNING	364	4.5	55.9	13.9	0.1	65	300	64	15
657 CAKE,PLAIN,ENR,VEG SHRTNING,IC	367	3.4	63.3	11.8	0.0	52	227	50	10
658 CAKE,PLAIN,ENRICHED,BUTTER	350	4.6	55.2	12.7	0.1	93	420	66	15
659 CAKE,PLAIN,UNENR,VEG SHRT,IC	352	3.8	61.8	10.5	0.0	49	262	49	3
660 CAKE,PLAIN,UNENR,VEG SHRTNING	364	4.5	55.9	13.9	0.1	65	300	64	4
661 CAKE,PLAIN,UNENRICHED,BUT,ICING	342	3.8	61.3	9.7	0.0	71	353	50	3
662 CAKE,PLAIN,UNENRICHED,BUTTER	350	4.6	55.2	12.7	0.1	93	420	66	4
663 CAKE,POUND,EQL WTS,ENR,BUTTER	482	5.5	48.3	30.1	0.1	135	102	19	18
664 CAKE,POUND,EQL WTS,ENR,CK-FT	482	5.5	48.3	30.1	0.1	135	102	19	18
665 CAKE,POUND,EQL WTS,UNENR,BUTTER	437	5.6	48.5	25.0	0.1	203	366	25	8
666 CAKE,POUND,EQL WTS,UNENR,CK-FT	482	5.5	48.3	30.1	0.1	135	102	19	8
667 CAKE,POUND,EQL WTS,UNENR,VEG SH	482	5.5	48.3	30.1	0.1	135	102	19	8
668 CAKE,POUND,MODIFIED,ENR,BUTTER	411	6.4	53.9	17.0	0.1	189	334	43	20
669 CAKE,POUND,MODIFIED,ENR,VEG SH	411	6.4	54.7	18.7	0.1	152	178	40	20
670 CAKE,POUND,MODIFIED,UNENR,BUTT	411	6.4	53.9	17.0	0.1	189	334	43	8
671 CAKE,POUND,MODIFIED,UNENR,VG SH	411	6.4	54.7	18.7	0.1	152	178	40	8
672 CAKE,POUND,OLD FASHIONED	437	5.6	48.5	25.0	0.1	203	366	25	18
673 CAKE,POUND,UNEQL WTS,ENR,BUTTER	437	5.7	45.7	26.4	0.1	212	386	26	18
674 CAKE,POUND,UNEQL WTS,ENR,VEG SH	473	5.7	47.0	29.5	0.1	147	110	21	18
675 CAKE,POUND,UNEQL WTS,UNENR,BUTT	437	5.7	45.7	26.4	0.1	212	386	26	8
676 CAKE,POUND,UNEQL WTS,UNENR,VG S	473	5.7	47.0	29.5	0.1	147	110	21	8
677 CAKE,SPONGE,ENRICHED	297	7.6	54.1	5.7	0.0	246	167	30	20
678 CAKE,SPONGE,UNENRICHED	297	7.6	54.1	5.7	0.0	246	167	30	12
679 CAKE,WHITE,ENRICHED,BUTTER	349	4.6	53.1	14.4	0.1	40	481	65	12
680 CAKE,WHITE,ENRICHED,VEG SHRTNIN	375	4.6	54.0	16.0	0.1	3	323	63	12
681 CAKE,WHITE,ICING,ENR,BUTTER	356	3.8	62.2	11.9	0.0	34	343	49	8
682 CAKE,WHITE,ICING,ENR,VEG SHRT	375	3.3	62.9	12.9	0.0	8	234	48	8
683 CAKE,WHITE,ICING,UNENR,BUTTER	356	3.3	62.2	11.9	0.0	34	343	49	1
684 CAKE,WHITE,ICING,UNENR,VEG SHR	375	3.3	62.9	12.9	0.0	8	234	48	1
685 CAKE,WHITE,MIX,BKD,CHOC IC,ENR	351	3.9	62.8	10.7	0.2	2	227	99	13

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686 CAKE,WHITE,UNENR,VEG SHRTNING	375	4.6	54.0	16.0	0.1	3	323	63	2
687 CAKE,WHITE,UNENRICHED,BUTTER	349	4.6	53.1	14.4	0.1	40	481	65	2
688 CAKE,WHT,C'NUT IC,ENR,BUTTER	353	3.8	59.9	12.3	0.3	27	366	47	10
689 CAKE,WHT,C'NUT IC,ENR,VEG SHR	371	3.7	60.7	13.3	0.3	2	257	45	10
690 CAKE,WHT,C'NUT IC,UNENR,BUTTER	353	3.8	59.9	12.3	0.3	27	366	47	3
691 CAKE,WHT,C'NUT IC,UNENR,VEG SHR	371	3.7	60.7	13.3	0.3	2	257	45	3
692 CAKE,YEL,CARM IC,ENR,BUTTER	347	4.0	60.8	10.8	0.1	70	317	78	17
693 CAKE,YEL,CARM IC,ENR,VEG SHR	362	4.0	61.3	11.7	0.1	48	226	77	17
694 CAKE,YEL,CARM IC,UNENR,BUTTER	347	4.0	60.8	10.8	0.1	70	317	78	7
695 CAKE,YEL,CARM IC,UNENR,VEG SHR	362	4.0	61.3	11.7	0.1	48	226	77	7
696 CAKE,YEL,CHOC IC,ENR,BUTTER	352	4.2	59.9	12.2	0.2	64	290	69	15
697 CAKE,YEL,CHOC IC,ENR,VEG SHR	365	4.2	60.4	13.0	0.2	44	208	68	15
698 CAKE,YEL,CHOC IC,UNENR,BUTTER	352	4.2	59.9	12.2	0.2	64	290	69	6
699 CAKE,YEL,CHOC IC,UNENR,VEG SHR	365	4.2	60.4	13.0	0.2	44	208	68	6
700 CAKE,YEL,ENRICHED,BUTTER	345	4.6	57.5	11.6	0.1	80	368	72	16
701 CAKE,YEL,ENRICHED,VEG SHRTNING	363	4.5	58.2	12.7	0.1	54	258	71	16
702 CAKE,YEL,UNENRICHED,BUTTER	345	4.6	57.5	11.6	0.1	80	368	72	4
703 CAKE,YEL,UNENRICHED,VEG SHRTNIN	363	4.5	58.2	12.7	0.1	54	258	71	4
704 CANDY,BUTTERSCOTCH	397	0.0	94.8	3.4	0.0	10	66	17	14
705 CANDY,CARAMEL ROLL,CHOC FLAVOR	396	2.2	82.7	8.2	0.2	1	197	68	18
706 CANDY,CARAMEL,CHOC,PLAIN	399	4.0	76.6	10.2	0.2	2	226	148	14
707 CANDY,CARAMEL,CHOC,PLAIN,NUTS	428	4.5	70.5	16.3	0.4	2	203	140	15
708 CANDY,CHOC COATED,ALMONDS	569	12.3	39.6	43.7	1.5	1	59	203	28
709 CANDY,CHOC COATED,COCONUT	438	2.8	72.0	17.6	0.6	1	197	48	11
710 CANDY,CHOC COATED,FONDANT	410	1.7	81.0	10.5	0.1	1	185	57	11
711 CANDY,CHOC COATED,FUDGE	430	3.8	73.1	16.0	0.2	2	228	101	13
712 CANDY,CHOC COATED,HARD CANDY	463	6.6	70.6	19.5	0.4	1	163	80	18
713 CANDY,CHOC COATED,NOUGAT&CARM	416	4.0	72.8	13.9	0.2	5	173	127	16
714 CANDY,CHOC COATED,NUTS	433	7.7	64.1	18.1	0.4	3	204	179	14
715 CANDY,CHOC COATED,PEANUTS	561	16.4	39.1	41.3	1.2	1	60	116	15
716 CANDY,CHOC COATED,RAISINS	425	5.4	70.5	17.1	0.6	10	64	152	25
717 CANDY,CHOC COATED,VANILLA CREAM	435	3.8	70.3	17.1	0.1	2	182	128	6
718 CANDY,CHOC,BITTERSWEET	477	7.9	46.8	39.7	1.8	0	3	58	50
719 CANDY,CHOC,FUDGE&COAT,NUTS	452	4.9	67.3	20.8	0.4	2	205	101	15
720 CANDY,CHOC,SEMISWEET	507	4.2	57.0	35.7	1.0	0	2	30	26
721 CANDY,CHOC,SWEET	528	4.4	57.9	35.1	0.5	1	33	94	14
722 CANDY,FONDANT	364	0.1	89.6	2.0	0.0	0	212	14	11
723 CANDY,FUDGE,CHOC	400	2.7	75.0	12.2	0.2	1	190	77	10
724 CANDY,FUDGE,CHOC,NUTS	426	3.9	69.0	17.4	0.4	1	171	79	12
725 CANDY,FUDGE,VANILLA	398	3.0	74.8	11.1	0.0	2	208	112	5
726 CANDY,FUDGE,VANILLA,NUTS	424	4.2	68.8	16.4	0.2	2	187	111	8
727 CANDY,GUM DROPS	347	0.1	87.4	0.7	0.0	0	35	6	5
728 CANDY,HARD	386	0.0	97.2	1.1	0.0	0	32	21	19
729 CANDY,JELLY BEANS	367	0.0	93.1	0.5	0.0	0	12	12	11
730 CANDY,MARSHMALLOWS	319	2.0	80.4	0.0	0.0	1	39	18	16
731 CANDY,MILKCHOC,ALMONDS	532	9.3	51.3	35.6	0.7	17	80	229	16
732 CANDY,MILKCHOC,PEANUTS	543	14.1	44.6	38.1	0.9	13	66	174	14
733 CANDY,MILKCHOC,PLAIN	520	7.7	56.9	32.3	0.4	20	94	228	11
734 CANDY,PEANUT BAR	515	17.5	47.2	32.2	1.2	0	10	44	18

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735 CANDY,PEANUT BRITTLE	421	5.7	81.0	10.4	0.5	0	31	35	23
736 CAP'N CRUNCH	421	5.1	80.9	9.2	0.6	0	751	17	266
737 CAPN CORN CRUNCHBERRYS	417	5.2	81.5	8.4	0.6	0	696	31	258
738 CAPN CRUNCH PEANUT BUTTER	439	7.2	75.7	12.9	0.6	0	765	20	260
739 CAPON,FLESH/SKIN,RAW	234	18.8	0.0	17.1	0.0	75	45	11	11
740 CAPON,FLESH/SKIN,ROASTED	229	29.0	0.0	11.6	0.0	86	49	14	15
741 CAPON,GIBLETS,RAW	130	18.3	1.4	5.2	0.0	292	77	10	62
742 CAPON,GIBLETS,SIMMERED	164	26.4	0.8	5.4	0.0	434	55	13	68
743 CAPON,WHOLE,RAW	232	18.5	0.1	16.9	0.0	87	47	11	14
744 CAPON,WHOLE,ROASTED	226	28.4	0.0	11.7	0.0	103	50	15	18
745 CARAMBOLA,RAW	33	0.5	7.8	0.4	0.9	0	2	4	3
746 CARAMEL PUDDING,JUNIOR	79	1.4	17.0	0.9	0.1	21	28	55	2
747 CARAMEL PUDDING,STRAINED	77	1.3	17.2	0.7	0.1	21	27	44	2
748 CARAWAY SEED	333	19.8	49.9	14.6	12.6	0	17	689	162
749 CARCASS,LEAN+FAT,CHOICE,RAW	292	17.3	0.0	24.2	0.0	74	59	8	18
750 CARCASS,LEAN+FAT,GOOD,RAW	281	17.5	0.0	22.9	0.0	74	59	7	18
751 CARDAMOM,GROUND	311	10.8	68.5	6.7	11.3	0	18	383	140
752 CARDOON,BOILED	22	0.8	5.3	0.1	0.4	0	176	72	7
753 CARDOON,BOILED,W/SALT	22	0.8	5.3	0.1	0.4	0	412	72	7
754 CARDOON,RAW	20	0.7	4.9	0.1	0.4	0	170	70	7
755 CARIBOU,RAW	127	22.6	0.0	3.4	0.0	83	57	17	47
756 CARIBOU,ROASTED	167	29.8	0.0	4.4	0.0	109	60	22	62
757 CARISSA,RAW	62	0.5	13.6	1.3	0.9	0	3	11	13
758 CAROB FLAVOR BEVERAGE,MIX	372	1.8	93.3	0.2	1.6	0	103	32	46
759 CAROB FLAVOR BEVERAGE,W/MILK	76	3.2	8.8	3.2	0.1	13	52	114	3
760 CAROB FLOUR	180	4.6	88.9	0.6	7.2	0	35	348	29
761 CARP RAW	127	17.8	0.0	5.6	0.0	66	49	41	12
762 CARP,BAKED/BROILED	162	22.9	0.0	7.2	0.0	84	63	52	16
763 CARROT JUICE,CANNED	40	1.0	9.3	0.2	1.0	0	29	24	5
764 CARROTS,BOILED	45	1.1	10.5	0.2	1.5	0	66	31	6
765 CARROTS,BOILED,W/SALT	45	1.1	10.5	0.2	1.5	0	302	31	6
766 CARROTS,BUTTERED,JUNIOR	33	0.8	6.7	0.6	0.4	10	16	35	3
767 CARROTS,CANNED,DRAINED	23	0.6	5.5	0.2	0.8	0	241	25	6
768 CARROTS,CANNED,LO NA,DRAINED	23	0.6	5.5	0.2	0.8	0	42	25	6
769 CARROTS,CANNED,SOLID+LIQUID	23	0.6	5.1	0.2	0.7	0	241	25	6
770 CARROTS,CND,LO NA,SOLID+LIQUID	23	0.6	5.1	0.2	0.7	0	39	25	6
771 CARROTS,FROZEN,BOILED	36	1.2	8.2	0.1	1.2	0	59	28	5
772 CARROTS,FROZEN,BOILED,W/SALT	36	1.2	8.2	0.1	1.2	0	295	28	5
773 CARROTS,FROZEN,UNPREPARED	39	1.1	9.0	0.2	1.1	0	59	32	6
774 CARROTS,JUNIOR	32	0.8	7.2	0.2	0.8	10	49	23	4
775 CARROTS,RAW	43	1.0	10.1	0.2	1.0	0	35	27	5
776 CARROTS,STRAINED	27	0.8	6.0	0.1	0.8	10	37	22	4
777 CARROTS,W/BUTTER,STRAINED	36	0.8	7.4	0.6	0.3	10	18	35	3
778 CASHEW,BUTTER	587	17.6	27.6	49.4	0.8	0	15	43	50
779 CASHEW,BUTTER,W/SALT	587	17.6	27.6	49.4	0.8	0	614	43	50
780 CASHEW,DRY,ROASTED	574	15.3	32.7	46.4	0.7	0	16	45	60
781 CASHEW,DRY,ROASTED,W/SALT	574	15.3	32.7	46.4	0.7	0	640	45	60
782 CASHEW,OIL,ROASTED	576	16.2	28.5	48.2	1.3	0	17	41	41
783 CASHEW,OIL,ROASTED,W/SALT	576	16.2	28.5	48.2	1.3	0	626	41	41

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784 CASSAVA,RAW	120	3.1	26.9	0.4	2.5	0	8	91	36
785 CATFISH,CHANNEL,BREADED+FRIED	229	18.1	8.0	13.3	0.4	81	280	44	14
786 CATFISH,CHANNEL,RAW	116	18.2	0.0	4.3	0.0	58	63	40	10
787 CATSUP	104	1.5	27.3	0.4	1.1	0	1186	19	7
788 CATSUP,LO NA	104	1.5	27.3	0.4	1.1	0	20	19	7
789 CAULIFLOWER,BOILED	24	1.9	4.6	0.2	0.8	0	6	27	4
790 CAULIFLOWER,BOILED,W/SALT	24	1.9	4.6	0.2	0.8	0	242	27	4
791 CAULIFLOWER,FROZEN,BLD,W/SALT	19	1.6	3.8	0.2	0.8	0	254	17	4
792 CAULIFLOWER,FROZEN,BOILED	19	1.6	3.8	0.2	0.8	0	18	17	4
793 CAULIFLOWER,FROZEN,UNPREPARED	24	2.0	4.7	0.3	1.0	0	24	22	5
794 CAULIFLOWER,RAW	24	2.0	4.9	0.2	0.8	0	15	29	6
795 CAVIAR,BLACK/RED,GRANULAR	252	24.6	4.0	17.9	0.0	588	1500	275	119
796 CEEESE SOUFLEE	218	9.9	6.2	17.1	0.0	185	364	201	10
797 CELERIAC,BOILED	25	1.0	5.9	0.2	0.8	0	61	26	4
798 CELERIAC,BOILED,W/SALT	25	1.0	5.9	0.2	0.8	0	297	26	4
799 CELERIAC,RAW	39	1.5	9.2	0.3	1.3	0	100	43	7
800 CELERY SEED	392	18.1	41.4	25.3	11.8	0	160	1767	449
801 CELERY,BOILED	18	0.8	4.0	0.2	0.9	0	91	42	4
802 CELERY,BOILED,W/SALT	18	0.8	4.0	0.2	0.9	0	327	42	4
803 CELERY,RAW	16	0.8	3.6	0.1	0.8	0	87	40	4
804 CELTUCE,RAW	22	0.8	3.6	0.3	0.4	0	11	39	6
805 CEREAL+EGG YOLK,JUNIOR	52	1.9	7.1	1.8	0.1	63	33	24	5
806 CEREAL+EGG YOLK,STRAINED	51	1.9	7.0	1.8	0.1	63	33	24	5
807 CEREAL+EGGS,STRAINED	58	2.2	8.0	1.5	0.1	51	38	27	5
808 CEREAL,EGG,BACON,JUNIOR	84	2.5	7.1	5.2	0.1	51	46	25	5
809 CEREAL,EGG,BACON,STRAINED	79	2.5	6.2	5.0	0.1	51	48	28	5
810 CHARD,SWISS,BOILED	20	1.9	4.1	0.1	0.9	0	179	58	23
811 CHARD,SWISS,BOILED,W/SALT	20	1.9	4.1	0.1	0.9	0	415	58	23
812 CHARD,SWISS,RAW	19	1.8	3.7	0.2	0.8	0	213	51	18
813 CHARLOTTE RUSSE	286	5.9	33.5	14.6	0.0	197	43	46	10
814 CHAYOTE,FRUIT,BOILED	24	0.6	5.1	0.5	0.6	0	1	13	2
815 CHAYOTE,FRUIT,BOILED,W/SALT	24	0.6	5.1	0.5	0.6	0	237	13	2
816 CHAYOTE,FRUIT,RAW	24	0.9	5.4	0.3	0.7	0	4	19	4
817 CHEERIOS	391	15.1	69.1	6.4	1.3	0	1083	171	159
818 CHEESE STRAW,LARD	453	11.2	34.5	29.9	0.1	54	721	259	22
819 CHEESE STRAW,VEG-SHRTNING	453	11.2	34.5	29.9	0.1	32	721	259	22
820 CHEESE,BLUE	353	21.4	2.3	28.7	0.0	75	1395	528	3
821 CHEESE,BRICK	371	23.2	2.8	29.7	0.0	94	560	674	4
822 CHEESE,BRIE	334	20.8	0.4	27.7	0.0	100	629	184	5
823 CHEESE,CAMEMBERT	300	19.8	0.5	24.3	0.0	72	842	388	3
824 CHEESE,CARAWAY	376	25.2	3.1	29.2	0.0	93	690	673	6
825 CHEESE,CHEDDAR	403	24.9	1.3	33.1	0.0	105	620	721	7
826 CHEESE,CHESHIRE	387	23.4	4.8	30.6	0.0	103	700	643	2
827 CHEESE,COLBY	394	23.8	2.6	32.1	0.0	95	604	685	8
828 CHEESE,COTTAGE,1% FAT	72	12.4	2.7	1.0	0.0	4	406	61	1
829 CHEESE,COTTAGE,2% FAT	90	13.7	3.6	1.9	0.0	8	406	68	2
830 CHEESE,COTTAGE,CREAMED	103	12.5	2.7	4.5	0.0	15	405	60	1
831 CHEESE,COTTAGE,DRY CURD	85	17.3	1.8	0.4	0.0	7	13	32	2
832 CHEESE,COTTAGE,WITH FRUIT	124	9.9	13.3	3.4	0.0	11	405	48	1

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833 CHEESE, CREAM	349	7.6	2.7	34.9	0.0	110	296	80	12
834 CHEESE, EDAM	357	25.0	1.4	27.8	0.0	89	965	731	4
835 CHEESE, FETA	264	14.2	4.1	21.3	0.0	89	1116	492	6
836 CHEESE, FONTINA	389	25.6	1.6	31.1	0.0	116	800	550	2
837 CHEESE, FOOD, AMERICAN, NA2PO4	328	19.6	7.3	24.6	0.0	64	1596	574	8
838 CHEESE, FOOD, COLD PAC AMERICAN	331	19.7	8.3	24.5	0.0	64	966	497	8
839 CHEESE, FOOD, PAST PROC AMERICAN	328	19.6	7.3	24.6	0.0	64	1189	574	8
840 CHEESE, FOOD, PAST PROC SWISS	323	21.9	4.5	24.1	0.0	82	1552	723	6
841 CHEESE, GJETOST	466	9.6	42.6	29.5	0.0	94	600	400	5
842 CHEESE, GOUDA	356	24.9	2.2	27.4	0.0	114	819	700	2
843 CHEESE, GRUYERE	413	29.8	0.4	32.3	0.0	110	336	1011	2
844 CHEESE, LIMBURGER	327	20.0	0.5	27.2	0.0	90	800	497	1
845 CHEESE, MONTEREY	373	24.5	0.7	30.3	0.0	89	536	746	7
846 CHEESE, MOZZARELA, LO H2O, PRT SKM	280	27.5	3.1	17.1	0.0	54	528	731	2
847 CHEESE, MOZZARELA, LO H2O, WHOLE	318	21.6	2.5	24.6	0.0	89	415	575	2
848 CHEESE, MOZZARELA, SKIM MILK	254	24.3	2.8	15.9	0.0	58	466	646	2
849 CHEESE, MOZZARELA, WHOLE MILK	281	19.4	2.2	21.6	0.0	78	373	517	2
850 CHEESE, MUENSTER	368	23.4	1.1	30.0	0.0	96	628	717	4
851 CHEESE, NEUFCHATEL	260	10.0	2.9	23.4	0.0	76	399	75	3
852 CHEESE, PARMESAN, GRATED	456	41.6	3.7	30.0	0.0	79	1862	1376	10
853 CHEESE, PARMESAN, HARD	392	35.8	3.2	25.8	0.0	68	1602	1184	8
854 CHEESE, PARMESAN, SHREDDED	415	37.9	3.4	27.3	0.0	72	1696	1253	9
855 CHEESE, PAST PROCESSED AMERICAN	375	22.2	1.6	31.2	0.0	94	1430	616	4
856 CHEESE, PAST PROCESSED PIMENTO	375	22.1	1.7	31.2	0.0	94	1428	614	4
857 CHEESE, PAST PROCESSED SWISS	334	24.7	2.1	25.0	0.0	85	1370	772	6
858 CHEESE, PORT DU SALUT	352	23.8	0.6	28.2	0.0	123	534	650	4
859 CHEESE, PROC AMERICAN NA2PO4	375	22.2	1.6	31.2	0.0	94	650	616	4
860 CHEESE, PROC SWISS, NO NA2PO4	334	24.7	2.1	25.0	0.0	85	681	772	6
861 CHEESE, PROVOLONE	351	25.6	2.1	26.6	0.0	69	876	756	5
862 CHEESE, RICOTTA, PART SKIM	138	11.4	5.1	7.9	0.0	31	125	272	4
863 CHEESE, RICOTTA, WHOLE MILK	174	11.3	3.0	13.0	0.0	51	84	207	4
864 CHEESE, ROMANO	387	31.8	3.6	26.9	0.0	104	1200	1064	8
865 CHEESE, ROQUEFORT	369	21.5	2.0	30.6	0.0	90	1809	662	6
866 CHEESE, SPRED, AMERICAN, NA2PO4	290	16.4	8.7	21.2	0.0	55	1625	562	3
867 CHEESE, SPRED, PAST PROC AMERICAN	290	16.4	8.7	21.2	0.0	55	1345	562	3
868 CHEESE, SWISS	376	28.4	3.4	27.4	0.0	92	260	961	2
869 CHEESE, TILSIT, WHOLE MILK	340	24.4	1.9	26.0	0.0	102	753	700	2
870 CHEESEBURGER, DBL MEAT	295	17.8	14.2	18.4	0.1	71	410	150	22
871 CHEESEBURGER, DBL MEAT, DBL BUN	288	13.8	27.7	13.5	0.1	50	557	140	23
872 CHEESEBURGER, DBL MT, CONDMNT, VEG	251	12.8	21.2	12.7	0.3	36	633	103	21
873 CHEESEBURGER, LRG, BACON, CONDIMNT	312	16.4	19.0	18.8	0.4	57	535	83	24
874 CHEESEBURGER, LRG, CONDIMNT, VEG	257	12.9	17.5	15.0	0.4	40	506	94	21
875 CHEESEBURGER, LRG, DBL MEAT, VEG	273	14.7	15.4	16.9	0.4	55	445	93	23
876 CHEESEBURGER, LRG, HAM, CNDMNT, VEG	293	15.6	14.8	19.0	0.2	48	674	119	20
877 CHEESEBURGER, LRG, PLAIN	329	16.3	25.6	17.8	0.1	52	859	49	30
878 CHEESEBURGER, LRG, TRIPLE MT, PLN	262	18.4	8.8	16.8	0.4	53	399	93	27
879 CHEESEBURGER, PLAIN	313	14.5	31.1	14.8	0.1	49	490	138	24
880 CHEESEBURGER, W/CONDIMNT	261	14.1	23.5	12.5	0.2	33	545	98	22
881 CHEESEBURGER, W/CONDIMNT, VEG	233	11.6	18.3	12.8	0.4	34	634	118	17

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882 CHEESEFURTER,PORK/BEEF	327	14.0	1.5	29.0	0.0	68	1082	58	11
883 CHERIMOYA,RAW	94	1.3	24.0	0.4	2.2	0	3	23	5
884 CHERRIES,MARASCHINO	116	0.2	29.4	0.2	0.3	0	1	15	3
885 CHERRY VANILLA PUDDING,JUNIOR	69	0.2	18.4	0.2	0.1	21	15	5	2
886 CHERRY VANILLA PUDDING,STRAINED	68	0.2	17.8	0.3	0.2	21	16	5	2
887 CHERRY,SOUR,CANNED,HEAVY SYRUP	91	0.7	23.3	0.1	0.1	0	7	10	13
888 CHERRY,SOUR,CANNED,LIGHT SYRUP	75	0.7	19.3	0.1	0.1	0	7	10	13
889 CHERRY,SOUR,CANNED,W/WATER	36	0.8	8.9	0.1	0.1	0	7	11	14
890 CHERRY,SOUR,CND,XTRA HVY SYRUP	114	0.7	29.2	0.1	0.1	0	7	10	13
891 CHERRY,SOUR,FROZEN,UNSWEETENED	46	0.9	11.0	0.4	0.3	0	1	13	5
892 CHERRY,SOUR,RED,RAW	50	1.0	12.2	0.3	0.2	0	3	16	3
893 CHERRY,SWEET,RAW	72	1.2	16.6	1.0	0.4	0	0	15	4
894 CHERRY,SWEETENED,CANNED,W/JUICE	54	0.9	13.8	0.0	0.2	0	3	14	6
895 CHERRY,SWEETENED,CANNED,W/WATE	46	0.8	11.8	0.1	0.2	0	1	11	4
896 CHERRY,SWEETENED,CND LT SYRUP	67	0.6	17.3	0.2	0.3	0	3	9	4
897 CHERRY,SWEETENED,CND,HVY SYRUP	83	0.6	21.3	0.2	0.3	0	3	9	4
898 CHERRY,SWEETENED,CND,XHVY SYRUF	102	0.6	26.2	0.2	0.3	0	3	9	4
899 CHERRY,SWEETENED,FRZ SWEETENED	89	1.2	22.4	0.1	0.4	0	1	12	4
900 CHERVIL,DRIED	237	23.2	49.1	3.9	11.3	0	82	1346	320
901 CHERVIL,RAW	57	3.4	11.5	0.9	1.5	0	0	0	0
902 CHESTNUT FLOUR	362	6.1	76.2	3.7	2.0	0	11	50	32
903 CHESTNUT,CHINESE,BOILED	153	2.9	33.6	0.8	1.1	0	2	12	10
904 CHESTNUT,CHINESE,DRIED	363	6.8	79.8	1.8	2.7	0	5	29	23
905 CHESTNUT,CHINESE,RAW	224	4.2	49.1	1.1	1.6	0	3	18	14
906 CHESTNUT,CHINESE,ROASTED	239	4.5	52.4	1.2	1.8	0	4	19	15
907 CHESTNUT,EUROPEAN,BOILED	131	2.0	27.8	1.4	0.7	0	27	46	17
908 CHESTNUT,EUROPEAN,DRY,PEELED	369	5.0	78.4	3.9	5.0	0	37	64	24
909 CHESTNUT,EUROPEAN,DRY,W/SHELL	374	6.4	77.3	4.4	5.5	0	37	67	24
910 CHESTNUT,EUROPEAN,RAW,PEELED	196	1.6	44.2	1.2	1.0	0	2	19	9
911 CHESTNUT,EUROPEAN,RAW,W/SHELL	213	2.4	45.5	2.3	1.7	0	3	27	10
912 CHESTNUT,EUROPEAN,ROASTED	245	3.2	53.0	2.2	1.9	0	2	29	9
913 CHESTNUT,JAPANESE,BOILED	56	0.8	12.6	0.2	0.4	0	5	11	5
914 CHESTNUT,JAPANESE,DRIED	360	5.2	81.4	1.2	2.3	0	34	72	34
915 CHESTNUT,JAPANESE,RAW	154	2.2	34.9	0.5	1.0	0	14	31	14
916 CHESTNUT,JAPANESE,ROASTED	201	3.0	45.1	0.8	1.1	0	19	35	21
917 CHEWING GUM	317	0.0	95.2	0.0	0.0	0	0	0	0
918 CHIA SEEDS,DRIED	472	16.6	47.9	26.2	25.3	0	39	529	100
919 CHICKEN ALA KING,HOME,COOKED	191	11.2	5.0	14.0	0.0	76	310	52	10
920 CHICKEN FRICASSE,HOME,COOKED	161	15.3	3.2	9.3	0.0	40	154	6	9
921 CHICKEN SOUP,STRAINED	50	1.6	7.2	1.7	0.3	8	16	37	3
922 CHICKEN STEW,TODDLER	78	5.2	6.4	3.7	0.3	29	402	36	7
923 CHICKEN STICKS,JUNIOR	188	14.6	1.4	14.4	0.2	0	479	73	16
924 CHICKEN+NOODLE,STRAINED	52	2.1	7.5	1.5	0.3	8	16	22	4
925 CHICKEN+NOODLES,HOME,COOKED	153	9.3	10.7	7.7	0.0	40	250	11	9
926 CHICKEN+NOODLES,JUNIOR	51	1.9	7.5	1.4	0.6	8	17	17	4
927 CHICKEN,BACK,NO SKIN,FRIED	288	30.0	5.7	15.3	0.0	93	99	26	16
928 CHICKEN,BACK,NO SKIN,RAW	137	19.6	0.0	5.9	0.0	81	82	17	10
929 CHICKEN,BACK,NO SKIN,ROASTED	239	28.2	0.0	13.2	0.0	90	96	24	14
930 CHICKEN,BACK,NO SKIN,STEWED	209	25.3	0.0	11.2	0.0	85	67	21	13

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931 CHICKEN,BACK,W/SKIN,BAT FRIED	331	22.0	10.2	21.9	0.0	88	317	26	15
932 CHICKEN,BACK,W/SKIN,FLOUR FRIED	331	27.8	6.5	20.7	0.0	89	90	24	16
933 CHICKEN,BACK,W/SKIN,RAW	319	14.0	0.0	28.7	0.0	79	64	13	9
934 CHICKEN,BACK,W/SKIN,ROASTED	300	26.0	0.0	21.0	0.0	88	87	21	14
935 CHICKEN,BACK,W/SKIN,STEWED	258	22.2	0.0	18.1	0.0	78	64	18	12
936 CHICKEN,BREAST,NO SKIN,FRIED	187	33.4	0.5	4.7	0.0	91	79	16	11
937 CHICKEN,BREAST,NO SKIN,RAW	110	23.1	0.0	1.2	0.0	58	65	11	7
938 CHICKEN,BREAST,NO SKIN,ROASTED	165	31.0	0.0	3.6	0.0	85	74	15	10
939 CHICKEN,BREAST,NO SKIN,STEWED	151	29.0	0.0	3.0	0.0	77	63	13	9
940 CHICKEN,BREAST,W/SKIN,FLR FRIED	222	31.8	1.6	8.9	0.0	89	76	16	12
941 CHICKEN,BREAST,W/SKIN,RAW	172	20.8	0.0	9.2	0.0	64	63	11	7
942 CHICKEN,BREAST,W/SKIN,ROASTED	197	29.8	0.0	7.8	0.0	84	71	14	11
943 CHICKEN,BREAST,W/SKIN,STWD	184	27.4	0.0	7.4	0.0	75	62	13	9
944 CHICKEN,BREAST,W/SKN,BATR FRIED	260	24.8	9.0	13.2	0.0	85	275	20	12
945 CHICKEN,CANNED,WITH BROTH	165	21.8	0.0	8.0	0.0	62	503	14	16
946 CHICKEN,DARK,NO SKIN,FRIED	239	29.0	2.6	11.6	0.0	96	97	18	15
947 CHICKEN,DARK,NO SKIN,RAW	125	20.1	0.0	4.3	0.0	80	85	12	10
948 CHICKEN,DARK,NO SKIN,ROASTED	205	27.4	0.0	9.7	0.0	93	93	15	13
949 CHICKEN,DARK,NO SKIN,STEWED	192	26.0	0.0	9.0	0.0	88	74	14	14
950 CHICKEN,DARK,W/SKIN,BAT FRIED	298	21.8	9.4	18.6	0.0	89	295	21	14
951 CHICKEN,DARK,W/SKIN,FLR. FRIED	285	27.2	4.1	16.9	0.0	92	89	17	15
952 CHICKEN,DARK,W/SKIN,RAW	237	16.7	0.0	18.3	0.0	81	73	11	10
953 CHICKEN,DARK,W/SKIN,ROASTED	253	26.0	0.0	15.8	0.0	91	87	15	14
954 CHICKEN,DARK,W/SKIN,STEWED	233	23.5	0.0	14.7	0.0	82	70	14	13
955 CHICKEN,DRUM,NO SKIN,FRIED	195	28.6	0.0	8.1	0.0	94	96	12	13
956 CHICKEN,DRUM,NO SKIN,RAW	119	20.6	0.0	3.4	0.0	77	88	11	10
957 CHICKEN,DRUM,NO SKIN,ROASTED	172	28.3	0.0	5.7	0.0	93	95	12	13
958 CHICKEN,DRUM,NO SKIN,STEWED	169	27.5	0.0	5.7	0.0	88	80	11	14
959 CHICKEN,DRUM,W/SKIN,FLOUR FRIED	245	27.0	1.6	13.7	0.0	90	89	12	13
960 CHICKEN,DRUM,W/SKIN,ROASTED	216	27.0	0.0	11.2	0.0	91	90	12	13
961 CHICKEN,DRUM,W/SKIN,STEWED	204	25.3	0.0	10.6	0.0	83	76	11	13
962 CHICKEN,DRUM,W/SKN,BATTER FRIED	268	22.0	8.3	15.8	0.0	86	269	17	14
963 CHICKEN,FAT ONLY,RAW	629	3.7	0.0	68.0	0.0	58	32	7	7
964 CHICKEN,FILLET,SANDWICH,PLAIN	283	13.2	21.3	16.2	0.2	33	526	33	26
965 CHICKEN,FILLET,SANDWICH,W/CHSE	277	12.9	18.2	17.0	0.1	34	543	113	16
966 CHICKEN,FLESH/SKIN,BATTER FRIED	289	22.5	9.4	17.4	0.0	87	292	21	14
967 CHICKEN,FLESH/SKIN,FLOUR FRIED	269	28.6	3.2	14.9	0.0	90	84	17	14
968 CHICKEN,FLESH/SKIN,RAW	215	18.6	0.0	15.1	0.0	75	70	11	9
969 CHICKEN,FLESH/SKIN,ROASTED	239	27.3	0.0	13.6	0.0	88	82	15	13
970 CHICKEN,FLESH/SKIN,STEWED	219	24.7	0.0	12.6	0.0	78	67	13	12
971 CHICKEN,FRANKFURTER	257	12.9	6.8	19.5	0.0	101	1370	95	20
972 CHICKEN,FRIED,DARK MEAT	291	20.3	10.6	18.0	0.0	112	510	24	11
973 CHICKEN,FRIED,LIGHT MEAT	303	21.9	12.0	18.1	0.0	91	598	37	9
974 CHICKEN,FRIED,NO BONE	284	16.6	15.2	17.4	0.2	60	532	16	12
975 CHICKEN,GIBLET,FRIED	277	32.5	4.4	13.5	0.0	446	113	18	103
976 CHICKEN,GIBLET,RAW	124	17.9	1.8	4.5	0.0	262	77	10	59
977 CHICKEN,GIBLET,SIMMERED	157	25.8	1.0	4.8	0.0	393	58	12	64
978 CHICKEN,GIZZARD,RAW	118	18.2	0.6	4.2	0.0	130	76	8	35
979 CHICKEN,GIZZARD,SIMMERED	153	27.2	1.1	3.7	0.0	194	67	10	42

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980 CHICKEN,HEART,RAW	153	15.6	0.7	9.3	0.0	136	74	12	60
981 CHICKEN,HEART,SIMMERED	185	26.4	0.1	7.9	0.0	242	48	19	90
982 CHICKEN,JUNIOR,BABY	149	14.7	0.0	9.6	0.0	0	51	55	10
983 CHICKEN,LEG,NO SKIN,FRIED	208	28.4	0.6	9.3	0.0	99	96	13	14
984 CHICKEN,LEG,NO SKIN,RAW	120	20.1	0.0	3.8	0.0	80	86	11	10
985 CHICKEN,LEG,NO SKIN,ROASTED	191	27.0	0.0	8.4	0.0	94	91	12	13
986 CHICKEN,LEG,NO SKIN,STEWED	185	26.3	0.0	8.1	0.0	89	78	11	14
987 CHICKEN,LEG,W/SKIN,BATTER FRIED	273	21.8	8.7	16.2	0.0	90	279	18	14
988 CHICKEN,LEG,W/SKIN,FLOUR FRIED	254	26.8	2.5	14.4	0.0	94	88	13	14
989 CHICKEN,LEG,W/SKIN,RAW	187	18.2	0.0	12.1	0.0	83	79	10	10
990 CHICKEN,LEG,W/SKIN,ROASTED	232	26.0	0.0	13.5	0.0	92	87	12	13
991 CHICKEN,LEG,W/SKIN,STEWED	220	24.2	0.0	12.9	0.0	84	73	11	14
992 CHICKEN,LIGHT,NO SKIN,FRIED	192	32.8	0.4	5.5	0.0	90	81	16	11
993 CHICKEN,LIGHT,NO SKIN,RAW	114	23.2	0.0	1.6	0.0	58	68	12	7
994 CHICKEN,LIGHT,NO SKIN,ROASTED	173	30.9	0.0	4.5	0.0	85	77	15	11
995 CHICKEN,LIGHT,NO SKIN,STEWED	159	28.9	0.0	4.0	0.0	77	65	13	9
996 CHICKEN,LIGHT,W/SKIN,BAT FRIED	277	23.6	9.5	15.4	0.0	84	287	20	13
997 CHICKEN,LIGHT,W/SKIN,FLRFRY	246	30.4	1.8	12.1	0.0	87	77	16	12
998 CHICKEN,LIGHT,W/SKIN,RAW	186	20.3	0.0	11.1	0.0	67	65	11	8
999 CHICKEN,LIGHT,W/SKIN,ROASTED	222	29.0	0.0	10.8	0.0	84	75	15	11
1000 CHICKEN,LIGHT,W/SKIN,STEWED	201	26.1	0.0	10.0	0.0	74	63	13	10
1001 CHICKEN,LIVER PATE	201	13.4	6.6	13.1	0.0	391	386	10	92
1002 CHICKEN,LIVER,PATE,CANNED	201	13.4	6.6	13.1	0.0	391	386	10	92
1003 CHICKEN,LIVER,RAW	125	18.0	3.4	3.9	0.0	439	79	11	86
1004 CHICKEN,LIVER,SIMMERED	157	24.4	0.9	5.4	0.0	631	51	14	85
1005 CHICKEN,MEAT ONLY,FRIED	219	30.6	1.7	9.1	0.0	94	91	17	14
1006 CHICKEN,MEAT ONLY,RAW	119	21.4	0.0	3.1	0.0	70	77	12	9
1007 CHICKEN,MEAT ONLY,ROASTED	190	28.9	0.0	7.4	0.0	89	86	15	12
1008 CHICKEN,MEAT ONLY,STEWED	177	27.3	0.0	6.7	0.0	83	70	14	12
1009 CHICKEN,NECK,NO SKIN,FRIED	229	26.9	1.8	11.9	0.0	105	99	41	30
1010 CHICKEN,NECK,NO SKIN,RAW	154	17.6	0.0	8.8	0.0	83	81	27	21
1011 CHICKEN,NECK,NO SKIN,STEWED	179	24.6	0.0	8.2	0.0	79	64	44	26
1012 CHICKEN,NECK,W/SKIN,FLOUR FRIED	332	24.0	4.2	23.6	0.0	94	82	31	24
1013 CHICKEN,NECK,W/SKIN,RAW	297	14.1	0.0	26.2	0.0	99	64	18	19
1014 CHICKEN,NECK,W/SKIN,STEWED	247	19.6	0.0	18.1	0.0	70	52	27	23
1015 CHICKEN,NECK,W/SKN,BATTER FRIED	330	19.8	8.7	23.5	0.0	91	276	31	22
1016 CHICKEN,PIECE,MUSTARD SAUCE	248	13.4	16.0	14.6	0.2	47	608	19	11
1017 CHICKEN,PIECE,SWEET SOUR	266	13.0	22.3	13.8	0.2	47	521	16	11
1018 CHICKEN,PIECE,W/BBQ	254	13.2	19.2	13.8	0.2	47	638	16	11
1019 CHICKEN,PIECE,W/HONEY	286	14.6	23.4	15.2	0.1	53	467	15	12
1020 CHICKEN,ROASTER,DARK MEAT,RAW	113	18.7	0.0	3.6	0.0	72	95	9	12
1021 CHICKEN,ROASTER,DARK MEAT,RSTD	178	23.2	0.0	8.8	0.0	75	95	11	13
1022 CHICKEN,ROASTER,GIBLET,RAW	127	18.1	1.1	5.0	0.0	236	77	10	54
1023 CHICKEN,ROASTER,GIBLET,STEWED	165	26.8	0.9	5.2	0.0	357	60	12	61
1024 CHICKEN,ROASTER,LIGHT MEAT,RAW	109	22.2	0.0	1.6	0.0	57	51	11	9
1025 CHICKEN,ROASTER,LT MEAT,ROASTED	153	27.1	0.0	4.1	0.0	75	51	13	11
1026 CHICKEN,ROASTER,NO SKIN,RAW	111	20.3	0.0	2.7	0.0	65	75	10	10
1027 CHICKEN,ROASTER,NO SKIN,ROASTED	167	25.0	0.0	6.6	0.0	75	75	12	12
1028 CHICKEN,ROASTER,W/SKIN,RAW	216	17.1	0.0	15.8	0.0	73	68	10	10

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1029 CHICKEN,ROASTER,W/SKIN,ROASTED	223	24.0	0.0	13.4	0.0	76	73	12	13
1030 CHICKEN,ROASTER,WHOLE,ROASTED	220	24.0	0.0	13.1	0.0	94	71	13	16
1031 CHICKEN,ROLL,LIGHT	159	19.5	2.4	7.4	0.0	50	584	43	10
1032 CHICKEN,SKIN,BATTER FRIED	394	10.3	23.2	28.8	0.1	74	581	26	14
1033 CHICKEN,SKIN,FLOUR FRIED	502	19.1	9.3	42.6	0.0	73	53	14	15
1034 CHICKEN,SKIN,RAW	349	13.3	0.0	32.4	0.0	109	63	11	11
1035 CHICKEN,SKIN,ROASTED	454	20.4	0.0	40.7	0.0	83	65	14	15
1036 CHICKEN,SKIN,STEWED	363	15.2	0.0	33.0	0.0	63	56	12	11
1037 CHICKEN,SPREAD,CANNED	192	15.4	5.4	11.7	0.0	52	386	125	23
1038 CHICKEN,STEWER,DARK MEAT,RAW	157	19.7	0.0	8.1	0.0	77	101	10	12
1039 CHICKEN,STEWER,DARK MEAT,STEWED	258	28.1	0.0	15.3	0.0	95	95	12	16
1040 CHICKEN,STEWER,GIBLET,RAW	168	17.9	2.1	9.2	0.0	240	77	10	59
1041 CHICKEN,STEWER,GIBLET,STEWED	194	25.7	0.1	9.3	0.0	355	56	13	64
1042 CHICKEN,STEWER,LIGHT MEAT,RAW	137	23.1	0.0	4.2	0.0	47	53	11	9
1043 CHICKEN,STEWER,LT MEAT,STEWED	213	33.0	0.0	8.0	0.0	70	58	14	12
1044 CHICKEN,STEWER,NO SKIN,RAW	148	21.3	0.0	6.3	0.0	63	79	10	11
1045 CHICKEN,STEWER,NO SKIN,STEWED	237	30.4	0.0	11.9	0.0	83	78	13	14
1046 CHICKEN,STEWER,W/SKIN,RAW	258	17.6	0.0	20.3	0.0	71	71	10	10
1047 CHICKEN,STEWER,W/SKIN,STEWED	285	26.9	0.0	18.9	0.0	79	73	13	14
1048 CHICKEN,STEWER,WHOLE,RAW	251	17.5	0.2	19.5	0.0	87	71	10	15
1049 CHICKEN,STEWER,WHOLE,STEWED	276	26.5	0.0	18.0	0.0	102	71	13	18
1050 CHICKEN,STRAINED,BABY	130	13.7	0.1	7.9	0.0	0	47	64	14
1051 CHICKEN,THIGH,NO SKIN,FRIED	218	28.2	1.2	10.3	0.0	102	95	13	15
1052 CHICKEN,THIGH,NO SKIN,RAW	119	19.6	0.0	3.9	0.0	83	86	10	10
1053 CHICKEN,THIGH,NO SKIN,ROASTED	209	25.9	0.0	10.9	0.0	95	88	12	13
1054 CHICKEN,THIGH,NO SKIN,STEWED	195	25.0	0.0	9.8	0.0	90	75	11	14
1055 CHICKEN,THIGH,W/SKIN,BATR FRIED	277	21.6	9.1	16.5	0.0	93	288	18	14
1056 CHICKEN,THIGH,W/SKIN,FLR FRIED	262	26.8	3.2	15.0	0.0	97	88	14	15
1057 CHICKEN,THIGH,W/SKIN,RAW	211	17.3	0.0	15.2	0.0	84	76	10	10
1058 CHICKEN,THIGH,W/SKIN,ROASTED	247	25.1	0.0	15.5	0.0	93	84	12	13
1059 CHICKEN,THIGH,W/SKIN,STEWED	232	23.3	0.0	14.7	0.0	84	71	11	14
1060 CHICKEN,WHOLE RAW	213	18.3	0.1	14.8	0.0	90	70	11	13
1061 CHICKEN,WHOLE,BATTER FRIED	291	22.8	9.0	17.5	0.0	103	284	21	18
1062 CHICKEN,WHOLE,FLOUR FRIED	272	28.6	3.3	15.3	0.0	112	86	17	20
1063 CHICKEN,WHOLE,RAW	213	17.1	0.1	15.5	0.0	86	69	10	14
1064 CHICKEN,WHOLE,ROASTED	234	26.8	0.1	13.3	0.0	107	79	15	17
1065 CHICKEN,WHOLE,STEWED	216	24.5	0.1	12.4	0.0	97	66	14	15
1066 CHICKEN,WING,NO SKIN,FRIED	211	30.2	0.0	9.2	0.0	84	91	15	11
1067 CHICKEN,WING,NO SKIN,RAW	126	22.0	0.0	3.5	0.0	57	81	13	9
1068 CHICKEN,WING,NO SKIN,ROASTED	203	30.5	0.0	8.1	0.0	85	92	16	12
1069 CHICKEN,WING,NO SKIN,STEWED	181	27.2	0.0	7.2	0.0	74	73	13	11
1070 CHICKEN,WING,W/SKIN,FLOUR FRIED	321	26.1	2.4	22.2	0.0	81	77	15	12
1071 CHICKEN,WING,W/SKIN,RAW	222	18.3	0.0	16.0	0.0	77	73	12	10
1072 CHICKEN,WING,W/SKIN,ROASTED	290	26.9	0.0	19.5	0.0	84	82	15	13
1073 CHICKEN,WING,W/SKIN,STEWED	249	22.8	0.0	16.8	0.0	70	67	12	11
1074 CHICKEN,WING,W/SKN,BATTER FRIED	324	19.9	10.9	21.8	0.0	79	320	20	13
1075 CHICKENROLL,LIGHT MEAT	159	19.5	2.4	7.4	0.0	50	584	43	10
1076 CHICORY,GREENS,RAW	23	1.7	4.7	0.3	0.8	0	45	100	9
1077 CHICORY,ROOTS,RAW	73	1.4	17.5	0.2	2.0	0	50	41	8

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1078 CHICORY, WITLOOF, RAW	15	1.0	3.2	0.1	0.5	0	7	18	5
1079 CHILI POWDER	314	12.3	54.7	16.8	22.2	0	1010	278	143
1080 CHILI WITH BEANS, CANNED	112	5.7	11.9	5.5	2.2	17	522	47	34
1081 CHILI, CON CARNE	101	9.7	8.7	3.3	0.7	53	398	27	20
1082 CHILI, CON CARNE, WO/BEANS, CANNED	200	10.3	5.8	14.8	0.2	26	531	38	14
1083 CHIMICHANGA, W/BEEF	244	11.3	24.6	11.3	1.3	5	523	36	26
1084 CHIMICHANGA, W/BEEF, CHEESE	242	11.0	21.5	12.8	1.2	28	523	130	21
1085 CHIMICHANGA, W/BEEF, CHSE, PEPPER	202	8.2	24.1	9.8	0.6	28	497	121	18
1086 CHIMICHANGA, W/BEEF, PEPPER	223	9.5	24.1	10.1	0.8	5	615	37	22
1087 CHIVES, FREEZE-DRIED	311	21.2	64.3	3.5	12.4	0	70	813	200
1088 CHIVES, RAW	25	2.8	3.8	0.6	1.1	0	6	81	16
1089 CHOCOLATE FLAVOR BEV, W/MILK	85	3.3	11.6	3.3	0.1	12	62	113	3
1090 CHOCOLATE FLAVOR BEVERAGE, MIX	349	3.3	90.3	3.1	0.8	0	210	37	31
1091 CHOCOLATE MALT & MILK, NOT FORT	86	3.4	11.3	3.4	0.0	13	65	115	2
1092 CHOCOLATE MALT POWDER, FORTIFIED	358	4.9	84.4	3.4	0.0	5	594	443	174
1093 CHOCOLATE MALT (FORT) & MILK	85	3.4	11.0	3.3	0.0	13	92	145	14
1094 CHOCOLATE MALT, NOT FORTIFIED	375	5.1	87.8	3.8	0.1	5	251	60	23
1095 CHOCOLATE MIX, DRY, ENRICHED	412	4.0	79.0	10.7	0.2	0	551	100	22
1096 CHOCOLATE MIX, ENRICHED, W/ICING	346	3.4	66.6	8.7	0.1	54	318	63	14
1097 CHOCOLATE PUDDING, JUNIOR	89	1.9	17.4	1.6	0.5	21	25	61	4
1098 CHOCOLATE PUDDING, STRAINED	84	1.9	16.1	1.7	0.5	21	23	61	4
1099 CHOCOLATE SHAKE (FASTFOOD)	127	3.4	20.5	3.7	0.1	13	97	113	3
1100 CHOCOLATE SYRUP & MILK, FORT	75	3.2	9.0	3.2	0.0	13	56	111	10
1101 CHOCOLATE SYRUP & MILK, NOT FORT	82	3.1	11.9	3.0	0.0	12	55	105	3
1102 CHOCOLATE SYRUP FORTIFIED	245	1.8	65.8	1.3	0.6	0	153	14	136
1103 CHOCOLATE SYRUP NOT FORTIFIED	218	1.9	58.9	0.9	0.2	0	96	14	21
1104 CHOCOLATE, BITTER/BAKING	505	10.7	28.9	53.0	2.5	0	4	78	67
1105 CHOP SUEY, MEAT, CANNED	62	4.4	4.2	3.2	0.8	12	551	35	19
1106 CHOP SUEY, MEAT, HOME	120	10.4	5.1	6.8	0.5	40	421	24	19
1107 CHORIZO, PORK/BEEF	455	24.1	1.9	38.3	0.0	88	1235	8	16
1108 CHOW MEIN, CHICKEN, CANNED	38	2.6	7.1	0.1	0.3	3	290	18	5
1109 CHOW MEIN, CHICKEN, HOME	102	12.4	4.0	4.0	0.3	31	287	23	10
1110 CHOWCHOW, PICKLE, SOUR	29	1.4	4.1	1.3	0.6	0	1338	32	26
1111 CHOWCHOW, PICKLE, SWEET	116	1.5	27.0	0.9	0.9	0	527	23	15
1112 CHOWDER, CLAM, MANHATTAN, CONDENSED	61	1.7	9.7	1.8	0.4	2	457	19	13
1113 CHOWDER, CLAM, NEW ENGLND, CONDENSED	70	4.3	8.7	2.0	0.1	4	743	33	11
1114 CHOWDER, CLAM, NEW ENGLND, DEHY	418	12.3	56.7	16.2	0.9	3	3283	337	56
1115 CHOWDER, CLAM, NEW ENGLND, W/MILK	66	3.8	6.7	2.7	0.0	9	400	75	6
1116 CHOWDER, CLAM, NEW ENGLND, W/WATE	39	2.0	5.1	1.2	0.1	2	375	18	6
1117 CHOWDER, MANHATTAN, CLAM, CHUNKY	56	3.0	7.8	1.4	0.2	6	417	28	11
1118 CHOWDER, MANHATTAN, CLAM, DEHY	345	10.9	57.5	8.2	3.0	0	7070	133	91
1119 CHRYSANTHEMUM, BOILED	20	1.6	4.3	0.1	1.2	0	53	69	37
1120 CHRYSANTHEMUM, BOILED, W/SALT	20	1.6	4.3	0.1	1.2	0	289	69	37
1121 CHRYSANTHEMUM, RAW	17	1.6	4.4	0.2	0.9	0	52	56	31
1122 CINNAMON, GROUND	261	3.9	79.8	3.2	24.3	0	26	1228	381
1123 CISCO, RAW	98	19.0	0.0	1.9	0.0	50	55	12	4
1124 CISCO, SMOKED	177	16.4	0.0	11.9	0.0	32	481	26	5
1125 CITRON, CANDIED	314	0.2	80.2	0.3	1.4	0	290	83	8
1126 CITRUS DRINK, FROZEN, CONC	162	1.2	40.3	0.1	0.1	0	3	25	39

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1127 CITRUS DRINK,RECONSTITUED	46	0.3	11.5	0.0	0.0	0	3	9	11
1128 CLAM & TOMATO JUICE,CANNED	46	0.6	10.9	0.1	0.1	0	400	12	6
1129 CLAM,BOILED/STEAMED	148	25.6	5.1	2.0	0.0	67	112	92	280
1130 CLAM,BREADED+FRIED	202	14.2	10.3	11.2	0.2	61	364	63	139
1131 CLAM,CANNED,DRAINED	148	25.6	5.1	2.0	0.0	67	112	92	280
1132 CLAM,CANNED,LIQ	2	0.4	0.1	0.0	0.0	3	215	13	3
1133 CLAM,RAW	74	12.8	2.6	1.0	0.0	34	56	46	140
1134 CLAMS,BREADED,FRIED	392	11.2	33.8	23.0	0.1	76	725	18	26
1135 CLOVES,GROUND	323	6.0	61.2	20.1	9.6	0	243	646	87
1136 CLUB SODA	0	0.0	0.0	0.0	0.0	0	21	5	0
1137 COCOA KRISPIES	387	5.3	88.8	1.4	0.4	0	765	18	63
1138 COCOA MIX & WATER,ASPARTAM	25	2.0	4.4	0.2	0.2	1	90	47	4
1139 COCOA MIX & WATER,FORTIFIED	57	0.9	11.5	1.4	0.1	0	99	50	9
1140 COCOA MIX,FORTIFIED	384	6.1	77.0	9.6	0.5	2	645	321	58
1141 COCOA MIX,LO CALORIE,ASPARTAM	319	25.1	56.7	3.0	2.2	8	653	1440	50
1142 COCOA MIX,LO CALORIE,PREPARED	25	2.0	4.4	0.2	0.2	1	54	114	4
1143 COCOA MIX,NOT FORTIFIED	361	10.8	79.1	4.0	0.5	5	504	326	12
1144 COCOA PEBBLES	408	4.7	85.9	5.4	0.4	0	478	17	63
1145 COCOA,HI-FAT,DRY	299	16.8	48.3	23.7	4.3	0	6	133	107
1146 COCOA,LO-MED FAT,DRY	215	19.2	50.2	12.7	5.2	0	717	152	107
1147 COCOA,LOW-FAT,DRY	187	20.2	58.0	7.9	5.8	0	6	153	107
1148 COCOA,MED-FAT,DRY	261	17.3	48.5	19.0	4.3	0	717	123	107
1149 COCONUT,CREAM,CANNED	192	2.7	8.4	17.7	2.3	0	50	1	5
1150 COCONUT,CREAM,RAW	330	3.6	6.6	34.7	3.7	0	4	11	23
1151 COCONUT,DRIED,CREAMED	684	5.3	21.5	69.1	3.9	0	37	26	34
1152 COCONUT,DRIED,SWEET,FLAKE,CND	443	3.4	40.9	31.7	2.1	0	20	14	18
1153 COCONUT,DRIED,SWEET,FLAKES	474	3.3	47.6	32.2	2.1	0	256	14	18
1154 COCONUT,DRIED,SWEET,SHREDDED	501	2.9	47.7	35.5	2.2	0	262	15	19
1155 COCONUT,DRIED,TOASTED	592	5.3	44.4	47.0	2.4	0	37	27	34
1156 COCONUT,DRIED,UNSWEETENED	660	6.9	24.4	64.5	5.3	0	37	26	33
1157 COCONUT,MEAT,RAW	354	3.3	15.2	33.5	4.3	0	20	14	24
1158 COCONUT,MILK,CANNED	197	2.0	2.8	21.3	2.2	0	13	18	33
1159 COCONUT,MILK,FROZEN	202	1.6	5.6	20.8	2.3	0	12	4	8
1160 COCONUT,MILK,RAW	230	2.3	5.5	23.8	2.6	0	15	16	16
1161 COCONUT,WATER	19	0.7	3.7	0.2	0.0	0	105	24	3
1162 COD,ATLANTIC,BAKED/BROILED	105	22.8	0.0	0.9	0.0	55	78	14	5
1163 COD,ATLANTIC,CANNED,SOL+LIQ	105	22.8	0.0	0.9	0.0	55	218	21	5
1164 COD,ATLANTIC,DRIED,SALTED	290	62.8	0.0	2.4	0.0	152	7027	160	25
1165 COD,ATLANTIC,RAW	82	17.8	0.0	0.7	0.0	43	54	16	4
1166 COD,PACIFIC,RAW	82	17.9	0.0	0.6	0.0	37	71	7	3
1167 COFFEE & SUGAR,CAPPUCINO,POWDER	437	3.1	75.4	14.9	0.0	0	692	26	10
1168 COFFEE & SUGAR,CAPPUCINO,PREP	32	0.2	5.6	1.1	0.0	0	54	4	1
1169 COFFEE & SUGAR,FRENCH,POWDER	499	4.5	57.5	29.6	0.0	0	212	36	7
1170 COFFEE & SUGAR,FRENCH,PREPARED	30	0.3	3.5	1.8	0.0	0	16	4	0
1171 COFFEE & SUGAR,MOCHA,POWDER	441	4.2	73.4	16.3	0.4	0	267	32	20
1172 COFFEE & SUGAR,MOCHA,PREPARED	27	0.3	4.5	1.0	0.0	0	19	4	1
1173 COFFEE LIQUEUR W/CREAM	327	2.8	20.9	15.7	0.0	15	92	16	1
1174 COFFEE LIQUEUR,53 PROOF	336	0.1	46.8	0.3	0.0	0	8	1	1
1175 COFFEE LIQUEUR,63 PROOF	308	0.1	32.2	0.3	0.0	0	8	1	1

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1176 COFFEE WHITENER,LAUR CASEN	136	1.0	11.4	10.0	0.0	0	79	9	0
1177 COFFEE WHITENER,POWDERED	546	4.8	54.9	35.5	0.0	0	181	22	12
1178 COFFEE WHITENER,VEG OIL,SOY	136	1.0	11.4	10.0	0.0	0	79	9	0
1179 COFFEE,BREWED	2	0.1	0.4	0.0	0.0	0	2	2	0
1180 COFFEE,BREWED,DISTILLED H2O	2	0.1	0.4	0.0	0.0	0	1	2	0
1181 COFFEE,DECAFFINATED,POWDER	224	11.6	42.6	0.2	0.1	0	23	140	38
1182 COFFEE,DECAFFINATED,PREPARED	2	0.1	0.4	0.0	0.0	0	3	3	0
1183 COFFEE,INSTANT,POWDER	241	12.2	41.1	0.5	0.1	0	37	141	44
1184 COFFEE,INSTANT,PREPARED	2	0.1	0.4	0.0	0.0	0	3	3	0
1185 COFFEE,SUBSTITUTE+MILK	65	3.3	5.6	3.3	0.0	13	49	119	1
1186 COFFEE,SUBSTITUTE+WATER	5	0.1	1.0	0.0	0.0	0	4	3	1
1187 COFFEE,SUBSTITUTE,POWDER	372	5.5	81.0	3.4	0.1	0	73	52	46
1188 COFFEE,W/CHICKORY,POWDER	351	9.3	74.2	0.2	0.1	0	277	103	48
1189 COFFEE,W/CHICKORY,PREPARED	4	0.1	0.7	0.0	0.0	0	6	3	0
1190 COLA	41	0.0	10.4	0.0	0.0	0	4	3	0
1191 COLA,LO CAL,ASPARTAM	1	0.1	0.1	0.0	0.0	0	6	4	0
1192 COLA,LO CAL,SACCHARIN	0	0.0	0.1	0.0	0.0	0	16	4	0
1193 COLA,LO CAL,SACCHARIN+ASPARTAM	1	0.1	0.1	0.0	0.0	0	9	4	0
1194 COLESLAW	69	1.3	12.4	2.6	0.6	8	23	45	6
1195 COLLARDS,BOILED	27	1.4	6.1	0.2	0.5	0	16	23	2
1196 COLLARDS,BOILED,W/SALT	27	1.4	6.1	0.2	0.5	0	252	23	2
1197 COLLARDS,FROZEN,BOILED	36	3.0	7.1	0.4	1.1	0	50	210	11
1198 COLLARDS,FROZEN,BOILED,W/SALT	36	3.0	7.1	0.4	1.1	0	286	210	11
1199 COLLARDS,FROZEN,UNPREPARED	33	2.7	6.4	0.4	1.0	0	48	201	11
1200 COLLARDS,RAW	31	1.6	7.1	0.2	0.6	0	20	29	2
1201 CONSOMME,GEL,DRY,WATER	7	0.9	0.8	0.0	0.0	0	1325	3	0
1202 CONSOMME,W/GEL,CONDENSED	24	4.4	1.4	0.0	0.0	0	520	7	4
1203 CONSOMME,W/GEL,DEHY	137	17.2	16.3	0.1	0.1	0	0	60	10
1204 CONSOMME,W/GEL,W/WATER	12	2.2	0.7	0.0	0.0	0	264	4	2
1205 COOKIECRISP CEREAL	400	5.1	87.5	3.6	0.4	0	689	19	159
1206 COOKIES,ARROWROOT	442	7.6	71.2	14.3	0.8	1	370	32	30
1207 COOKIES,ASSORTED	480	5.1	71.0	20.2	0.1	39	365	37	7
1208 COOKIES,BABY FOOD	433	11.8	67.1	13.2	0.4	51	192	101	42
1209 COOKIES,BUTTER,THIN	457	6.1	70.9	16.9	0.1	76	418	126	23
1210 COOKIES,CHOC CHIP	423	5.2	65.9	22.1	0.6	21	342	36	27
1211 COOKIES,CHOC CHIP,COMMERCIAL	471	5.4	69.7	21.0	0.4	39	401	39	28
1212 COOKIES,CHOC CHIP,HOME	516	5.4	60.1	30.1	0.4	49	348	34	24
1213 COOKIES,CHOCOLATE	445	7.1	71.5	15.7	0.3	39	137	52	30
1214 COOKIES,COCONUT BARS	494	6.2	63.9	24.5	0.6	109	148	72	32
1215 COOKIES,DOUGH,CHILLED,BAKED	496	3.9	64.9	25.0	0.1	39	548	36	18
1216 COOKIES,DOUGH,CHILLED,RAW	449	3.5	58.8	22.6	0.1	33	496	33	16
1217 COOKIES,FIG BARS	358	3.9	75.4	5.6	1.7	39	252	78	22
1218 COOKIES,GINGERSNAPS	420	5.5	79.8	8.9	0.1	39	571	73	32
1219 COOKIES,LADYFINGERS	360	7.8	64.5	7.8	0.1	356	71	41	29
1220 COOKIES,MACAROONS	475	5.3	66.1	23.2	2.1	109	34	27	9
1221 COOKIES,MARSHMALLOW	409	4.0	72.3	13.2	0.3	76	209	21	16
1222 COOKIES,MIX,PLAIN,BAKED	493	4.8	65.0	24.3	0.1	57	347	88	5
1223 COOKIES,MIX,PLAIN,DRY	493	3.5	66.8	24.2	0.1	0	352	86	3
1224 COOKIES,MOLASSES	422	6.4	76.0	10.6	0.1	39	386	51	36

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1225 COOKIES,OATMEAL,RAISIN	451	6.2	73.5	15.4	0.4	39	162	21	32
1226 COOKIES,PEANUT	473	10.0	67.0	19.1	0.8	39	173	42	28
1227 COOKIES,RAISIN	379	4.4	80.8	5.3	0.9	39	52	71	36
1228 COOKIES,SANDWICH TYPE	495	4.8	69.3	22.5	0.1	39	483	26	20
1229 COOKIES,SHRTBREAD	498	7.2	65.1	23.1	0.2	39	60	70	30
1230 COOKIES,SUGAR WAFERS	485	4.9	73.4	19.4	0.1	39	189	36	21
1231 COOKIES,SUGAR,BUTTER	426	6.0	67.1	15.2	0.1	76	469	81	20
1232 COOKIES,SUGAR,VEG SHRTNING	444	6.0	68.0	16.8	0.1	39	318	78	20
1233 COOKIES,VANILLA WAFER	462	5.4	74.4	16.1	0.1	39	252	41	23
1234 CORIANDER LEAF,DRIED	279	21.9	51.9	4.8	10.4	0	212	1251	427
1235 CORIANDER SEED	298	12.4	55.0	17.8	29.1	0	35	709	163
1236 CORIANDER,RAW	20	2.4	2.6	0.6	0.8	0	28	98	20
1237 CORN BRAN CEREAL	346	6.8	84.3	3.5	3.8	0	860	115	340
1238 CORN CHEX	392	7.1	87.7	0.4	0.4	0	956	11	63
1239 CORN FLAKES,KELLOGG'S	389	8.1	86.1	0.3	0.4	0	1023	3	63
1240 CORN FLAKES,LOW NA	399	7.7	88.8	0.3	0.6	0	10	43	22
1241 CORN FLAKES,RALSTON PURINA	390	7.8	86.6	0.4	0.4	0	956	7	25
1242 CORN FRITTERS,WHITE	377	7.8	39.7	21.5	0.5	88	477	64	17
1243 CORN FRITTERS,YELLOW	377	7.8	39.7	21.5	0.5	88	477	64	17
1244 CORN GRITS,COOKED	60	1.4	13.0	0.2	0.1	0	0	0	6
1245 CORN GRITS,DRY	371	8.8	79.6	1.2	0.5	0	1	2	39
1246 CORN ON COB,BUTTER	106	3.1	21.9	2.4	0.6	4	20	3	6
1247 CORN PONE,LARD	204	4.5	36.2	5.3	0.8	3	396	62	12
1248 CORN PONE,VEG SHORT	204	4.5	36.2	5.3	0.8	0	396	62	12
1249 CORN,BRAN,CRUDE	224	8.4	85.6	0.9	11.5	0	7	42	28
1250 CORN,COOKED	126	2.6	27.9	0.7	0.2	0	0	1	2
1251 CORN,CREAMED,JUNIOR	65	1.4	16.3	0.4	0.1	10	52	18	3
1252 CORN,CREAMED,STRAINED	57	1.4	14.1	0.4	0.3	10	43	20	3
1253 CORN,DRY	357	7.5	79.3	2.1	0.6	0	3	4	9
1254 CORN,FLOUR,MASA,ENRICHED	365	9.3	76.3	3.8	1.7	0	5	141	72
1255 CORN,FLOUR,MASA,ENRICHED,YELLOW	365	9.3	76.3	3.8	1.7	0	5	141	72
1256 CORN,FLOUR,WHOLE,WHITE	361	6.9	76.8	3.9	2.9	0	5	7	24
1257 CORN,FLOUR,WHOLE,YELLOW	361	6.9	76.8	3.9	1.7	0	5	7	24
1258 CORN,JELLIED LOAF	153	22.9	0.0	6.1	0.0	47	953	11	20
1259 CORN,PUDDING	109	4.4	12.8	5.3	0.4	100	55	40	6
1260 CORN,RED+GREEN PEPPER,CANNED	75	2.3	18.2	0.6	0.6	0	347	5	8
1261 CORN,SALAD,RAW	21	2.0	3.6	0.4	0.8	0	4	38	22
1262 CORN,SWEET,WHITE,FROZEN KERNEL	88	3.0	20.8	0.8	0.6	0	3	4	4
1263 CORN,SWEET,YELLOW,BOILED	108	3.3	25.1	1.3	0.6	0	17	2	6
1264 CORN,SWEET,YELLOW,RAW	86	3.2	19.0	1.2	0.7	0	15	2	5
1265 CORN,WHITE	365	9.4	74.3	4.7	2.9	0	35	7	27
1266 CORN,WHITE,BOILED	108	3.3	25.1	1.3	0.6	0	17	2	6
1267 CORN,WHITE,BOILED,W/SALT	108	3.3	25.1	1.3	0.6	0	253	2	6
1268 CORN,WHITE,CANNED,CRMD STYLE	72	1.7	18.1	0.4	0.5	0	285	3	4
1269 CORN,WHITE,CANNED,CRMD,LO NA	72	1.7	18.1	0.4	0.5	0	3	3	4
1270 CORN,WHITE,CANNED,DRAINED	81	2.6	18.6	1.0	0.6	0	323	5	9
1271 CORN,WHITE,CANNED,SOLID+LIQUID	61	1.9	14.8	0.4	0.5	0	253	4	4
1272 CORN,WHITE,CANNED,VAC PACK	79	2.4	19.4	0.5	0.8	0	272	5	4
1273 CORN,WHITE,CND,VAC PACK,LO NA	79	2.4	19.4	0.5	0.8	0	3	5	4

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1274 CORN,WHITE,COB,FROZEN	98	3.3	23.5	0.8	0.7	0	5	4	7
1275 CORN,WHITE,COB,FROZEN,BLD,W/SAL	93	3.1	22.3	0.7	0.6	0	240	3	6
1276 CORN,WHITE,COB,FROZEN,BOILED	93	3.1	22.3	0.7	0.6	0	4	3	6
1277 CORN,WHITE,FROZEN,BOILED,SALT	81	3.0	20.5	0.1	0.5	0	241	2	3
1278 CORN,WHITE,FROZEN,KERNEL,BOILED	81	3.0	20.5	0.1	0.5	0	5	2	3
1279 CORN,WHITE,RAW	86	3.2	19.0	1.2	0.7	0	15	2	5
1280 CORN,YELLOW	365	9.4	74.3	4.7	2.9	0	35	7	27
1281 CORN,YELLOW,BOILED,W/SALT	108	3.3	25.1	1.3	0.6	0	253	2	6
1282 CORN,YELLOW,CANNED,CRMD STYLE	72	1.7	18.1	0.4	0.5	0	285	3	4
1283 CORN,YELLOW,CANNED,DRAINED	81	2.6	18.6	1.0	0.6	0	323	5	9
1284 CORN,YELLOW,CANNED,SOLID+LIQUID	61	1.9	14.8	0.4	0.5	0	253	4	4
1285 CORN,YELLOW,CANNED,VAC PACK	79	2.4	19.4	0.5	0.8	0	272	5	4
1286 CORN,YELLOW,COB,BOILED,W/SALT	93	3.1	22.3	0.7	0.6	0	240	3	6
1287 CORN,YELLOW,FROZEN,BLD,W/SALT	81	3.0	20.5	0.1	0.5	0	241	2	3
1288 CORN,YELLOW,FROZEN,COB	98	3.3	23.5	0.8	0.7	0	5	4	7
1289 CORN,YELLOW,FROZEN,COB,BOILED	93	3.1	22.3	0.7	0.6	0	4	3	6
1290 CORN,YELLOW,FROZEN,KERNEL	88	3.0	20.8	0.8	0.6	0	3	4	4
1291 CORN,YELLOW,FROZEN,KERNEL,BLD	81	3.0	20.5	0.1	0.5	0	5	2	3
1292 CORNBREAD,JOHNNY CAKE	267	8.7	45.5	5.2	0.3	86	690	111	18
1293 CORNBREAD,LARD	224	7.1	34.7	6.0	0.2	74	591	109	14
1294 CORNBREAD,MIX,DRY	432	7.5	71.0	12.8	0.3	68	1156	28	25
1295 CORNBREAD,MIX,PREPARED	233	6.1	32.9	8.4	0.2	69	744	85	12
1296 CORNBREAD,VEG SHORT	207	7.4	29.1	7.2	0.5	77	628	120	11
1297 CORNDBEEF,LOAF,JELLIED	153	22.9	0.0	6.1	0.0	47	953	11	20
1298 CORNDOG	263	9.6	31.9	10.8	0.2	45	556	58	35
1299 CORNED-BEEF,HASH,CANNED	181	8.8	10.7	11.3	0.5	33	540	13	20
1300 CORNMEAL,DEGERMED,ENR,WHITE	366	8.5	77.7	1.6	0.6	0	3	5	41
1301 CORNMEAL,DEGERMED,ENR,YELLOW	366	8.5	77.7	1.6	0.6	0	3	5	41
1302 CORNMEAL,DEGERMED,WHITE	366	8.5	77.7	1.6	0.6	0	3	5	11
1303 CORNMEAL,DEGERMED,YELLOW	366	8.5	77.7	1.6	0.6	0	3	5	11
1304 CORNMEAL,SELF RSNG,ENR,WHITE	334	8.3	70.3	3.4	1.1	0	1247	361	58
1305 CORNMEAL,SELF RSNG,ENR,YELLOW	334	8.3	70.3	3.4	1.1	0	1247	361	58
1306 CORNMEAL,WHITE,SELF RSNG,W/FLR	348	8.4	73.4	2.8	0.8	0	1319	299	50
1307 CORNMEAL,WHOLE,WHITE	362	8.1	76.9	3.6	1.8	0	35	6	34
1308 CORNMEAL,WHOLE,YELLOW	362	8.1	76.9	3.6	1.8	0	35	6	34
1309 CORNMEAL,YELLOW,SELF RSNG,W/FLR	348	8.4	73.4	2.8	0.8	0	1319	299	50
1310 CORNSTARCH	381	0.3	91.3	0.0	0.1	0	9	2	5
1311 COTTAGE CHEESE,PNAPPL,JUNIOR	78	3.0	15.9	0.7	1.0	183	51	31	1
1312 COTTAGE CHEESE,PNAPPL,STRAINED	116	6.3	18.9	2.2	0.9	21	149	65	1
1313 COTTONSEED,FLOUR,LOFAT	332	49.8	36.1	1.4	2.4	0	35	474	126
1314 COTTONSEED,FLOUR,PART DEFATTED	359	41.0	40.5	6.2	2.0	0	35	478	127
1315 COTTONSEED,KERNEL,ROASTED	506	32.6	21.9	36.3	2.0	0	25	100	54
1316 COTTONSEED,MEAL,PART DEFATTED	367	49.1	38.4	4.8	2.4	0	37	504	134
1317 COUSCOUS,COOKED	112	3.8	23.2	0.2	0.1	0	5	8	4
1318 COUSCOUS,DRY	376	12.8	77.4	0.6	0.6	0	10	24	11
1319 CRAB,ALASKA KING,RAW	84	18.3	0.0	0.6	0.0	42	836	46	6
1320 CRAB,BAKED	147	26.2	3.9	2.1	0.0	169	504	381	13
1321 CRAB,BLUE,BOILED/STEAMED	102	20.2	0.0	1.8	0.0	100	279	104	9
1322 CRAB,BLUE,CAKES	155	20.2	0.5	7.5	0.0	150	330	105	11

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1323 CRAB,BLUE,CANNED	99	20.5	0.0	1.2	0.0	89	333	101	8
1324 CRAB,BLUE,RAW	87	18.1	0.0	1.1	0.0	78	293	89	7
1325 CRAB,CAKE	266	18.8	8.5	17.2	0.0	137	819	337	19
1326 CRAB,DEVILED	188	11.4	13.3	9.4	0.0	102	867	47	12
1327 CRAB,DUNGENESS,RAW	86	17.4	0.7	1.0	0.0	59	295	46	4
1328 CRAB,IMPERIAL	147	14.6	3.9	7.6	0.0	140	728	60	9
1329 CRAB,KING,BOILED/STEAMED	97	19.4	0.0	1.5	0.0	53	1072	59	8
1330 CRAB,KING,IMITATION,SURIM	102	12.0	10.2	1.3	0.0	20	841	13	4
1331 CRAB,QUEEN,RAW	90	18.5	0.0	1.2	0.0	55	539	26	25
1332 CRAB,SOFT SHELL,FRIED	267	8.8	25.0	14.3	0.2	36	894	44	14
1333 CRABAPPLE,RAW	76	0.4	20.0	0.3	0.6	0	1	18	4
1334 CRACKER,ANIMAL	429	6.6	79.9	9.4	0.1	0	303	52	20
1335 CRACKER,BUTTER	458	7.0	67.3	17.8	0.3	0	1092	148	38
1336 CRACKER,CHEESE	479	11.2	60.4	21.3	0.2	32	1039	336	35
1337 CRACKER,GRAHAM,CHOCOLATE COATE	475	5.1	67.9	23.5	0.8	0	407	113	38
1338 CRACKER,GRAHAM,HONEY COATED	411	6.7	76.4	11.4	0.8	0	504	88	33
1339 CRACKER,GRAHAM,PLAIN	384	8.0	73.3	9.4	1.1	0	670	40	35
1340 CRACKER,SALTINES	433	9.0	71.5	12.0	0.4	0	1100	21	48
1341 CRACKER,SANDWICH TYPE	491	15.2	56.1	23.9	0.5	16	992	56	36
1342 CRACKER,SODA	439	9.2	70.6	13.1	0.2	0	1100	22	41
1343 CRACKER,WHOLE WHEAT	403	8.4	68.2	13.8	2.4	0	547	23	33
1344 CRACKLIN' BRAN	382	9.2	68.6	14.6	3.5	0	811	66	63
1345 CRANBERRY COCKTAIL,BOTTLED	57	0.0	14.4	0.1	0.0	0	2	3	2
1346 CRANBERRY COCKTAIL,FROZEN,CONC	189	0.1	48.3	0.0	0.0	0	3	11	3
1347 CRANBERRY COCKTAIL,LO CAL	19	0.0	4.7	0.0	0.0	0	3	9	0
1348 CRANBERRY COCKTAIL,RECONSTITUT	55	0.0	14.0	0.0	0.0	0	3	5	1
1349 CRANBERRY JUICE COCKTAIL,BOTTLE	57	0.0	14.4	0.1	0.0	0	2	3	2
1350 CRANBERRY SAUCE,CND,SWEETENED	151	0.2	38.9	0.2	0.3	0	29	4	2
1351 CRANBERRY+APPLE DRINK	67	0.1	17.1	0.0	0.0	0	2	7	1
1352 CRANBERRY+APRICOT DRINK	64	0.2	16.2	0.0	0.1	0	2	9	2
1353 CRANBERRY+GRAPE DRINK	56	0.2	14.0	0.1	0.0	0	3	8	0
1354 CRANBERRY,DEHYDRATED,RAW	368	2.8	84.3	6.6	8.7	0	16	82	34
1355 CRANBERRY,RAW	49	0.4	12.7	0.2	1.2	0	1	7	2
1356 CRANBERRY-ORANGE RELISH,CANNED	178	0.3	46.2	0.1	0.6	0	32	11	2
1357 CRAYFISH,BOILED/STEAMED	114	23.9	0.0	1.4	0.0	178	68	30	31
1358 CRAYFISH,RAW	89	18.7	0.0	1.1	0.0	139	53	24	24
1359 CREAM OF CHICKEN SOUP,STRAINED	58	2.5	8.4	1.6	0.3	8	19	35	3
1360 CREAM OF RICE,COOKED,W/NA	52	0.9	11.5	0.1	0.0	0	173	3	2
1361 CREAM OF RICE,COOKED,WO/NA	52	0.9	11.5	0.1	0.0	0	1	3	2
1362 CREAM OF RICE,DRY	370	6.3	82.4	0.5	0.3	0	6	24	13
1363 CREAM OF WHEAT,INSTANT,CKD,W/NA	64	1.8	13.1	0.2	0.0	0	151	25	50
1364 CREAM OF WHEAT,INSTANT,DRY	366	10.6	75.5	1.4	0.0	0	15	141	286
1365 CREAM OF WHEAT,INSTNT,CKD,WO/NA	64	1.8	13.1	0.2	0.0	0	3	25	50
1366 CREAM OF WHEAT,MIX&EAT,FLAV,DRY	373	6.9	81.6	1.1	0.0	0	680	113	229
1367 CREAM OF WHEAT,MIX&EAT,FLAV,PRP	88	1.6	19.3	0.3	0.0	0	161	27	54
1368 CREAM OF WHEAT,MIX&EAT,PLN,DRY	361	9.7	75.6	1.2	0.0	0	850	71	286
1369 CREAM OF WHEAT,MIX&EAT,PLN,PRP	72	1.9	15.1	0.2	0.0	0	170	14	57
1370 CREAM OF WHEAT,QUICK,CKD,W/NA	54	1.5	11.2	0.2	0.0	0	194	21	43
1371 CREAM OF WHEAT,QUICK,CKD,WO/NA	54	1.5	11.2	0.2	0.0	0	58	21	43

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1372 CREAM OF WHEAT,QUICK,DRY	361	10.2	75.0	1.3	0.0	0	391	141	286
1373 CREAM OF WHEAT,REG,COOKED,WO/NA	53	1.5	11.0	0.2	0.0	0	1	20	41
1374 CREAM OF WHEAT,REGULAR,CKD,W/NA	53	1.5	11.0	0.2	0.0	0	134	20	41
1375 CREAM OF WHEAT,REGULAR,DRY	370	10.5	76.5	1.5	0.0	0	7	141	286
1376 CREAM PUFFS	233	6.5	20.5	13.9	0.0	144	83	81	7
1377 CREAM SODA	51	0.0	13.3	0.0	0.0	0	12	5	0
1378 CREAM,HALF AND HALF	130	3.0	4.3	11.5	0.0	37	41	105	1
1379 CREAM,HEAVY WHIPPING	345	2.0	2.8	37.0	0.0	137	38	65	0
1380 CREAM,MEDIUM,25% FAT	244	2.5	3.5	25.0	0.0	88	37	90	0
1381 CREAM,TABLE,LIGHT	195	2.7	3.7	19.3	0.0	66	40	96	0
1382 CREAM,WHIP,PRESSURIZED	257	3.2	12.5	22.2	0.0	76	130	101	0
1383 CREAM,WHIPPING,LIGHT	292	2.2	3.0	30.9	0.0	111	34	69	0
1384 CREME DE MENTHE	371	0.0	41.6	0.3	0.0	0	5	0	1
1385 CRESS,GARDEN,BOILED	23	1.9	3.8	0.6	0.9	0	8	61	8
1386 CRESS,GARDEN,BOILED,W/SALT	23	1.9	3.8	0.6	0.9	0	244	61	8
1387 CRESS,GARDEN,RAW	32	2.6	5.5	0.7	1.1	0	14	81	13
1388 CRISPY RICE CEREAL	396	6.4	88.6	0.4	2.8	0	734	18	25
1389 CRISPY WHEATS'N RAISNS	349	6.9	81.6	1.6	1.4	0	475	165	159
1390 CRISPYRICE,LOW NA	402	5.5	91.0	0.3	0.5	0	10	67	31
1391 CROAKER,ATLANTIC,BREADED+FRIED	221	18.2	7.5	12.7	0.1	84	348	32	9
1392 CROAKER,ATLANTIC,RAW	104	17.8	0.0	3.2	0.0	61	56	15	4
1393 CROISSANT,W/EGG,CHEESE	290	10.1	19.1	19.4	0.2	170	434	192	17
1394 CROISSANT,W/EGG,CHEESE,BACON	320	12.6	18.3	22.0	0.2	167	689	117	17
1395 CROISSANT,W/EGG,CHEESE,HAM	312	12.4	15.9	22.1	0.1	140	711	95	14
1396 CROISSANT,W/EGG,CHEESE,SAUSAGE	327	12.7	15.4	23.8	0.1	135	697	90	19
1397 CUCUMBER,RAW	13	0.5	2.9	0.1	0.6	0	2	14	3
1398 CUMIN SEED	375	17.8	44.2	22.3	10.5	0	168	931	664
1399 CUPCAKE,MIX,DRY,ENRICHED	438	3.7	75.8	13.6	0.3	0	596	173	21
1400 CUPCAKE,MIX,EGG,MILK,ENRICHED	350	4.9	55.8	12.0	0.2	60	453	161	18
1401 CUPCAKE,MIX,ENRICHED,CHOC ICING	358	4.5	59.2	12.6	0.3	47	335	130	16
1402 CURED,THIN SLICED	177	28.1	5.7	3.8	0.0	41	1439	11	27
1403 CURRANT,EUROPEAN,BLACK,RAW	63	1.4	15.4	0.4	2.4	0	2	55	15
1404 CURRANT,RED/WHITE RAW	56	1.4	13.8	0.2	3.4	0	1	33	10
1405 CURRANT,ZANTE,DRIED	283	4.1	74.1	0.3	1.6	0	8	86	33
1406 CURRY POWDER	325	12.7	58.2	13.8	16.3	0	52	478	296
1407 CUSK,RAW	87	19.0	0.0	0.7	0.0	41	31	10	8
1408 CUSTARD,BAKED	115	5.4	11.1	5.5	0.0	105	79	112	4
1409 CUSTARD-APPLE,RAW	101	1.7	25.2	0.6	3.4	0	4	30	7
1410 CUTTLEFISH,RAW	79	16.2	0.8	0.7	0.0	112	372	90	60
1411 DAIQUIRI	186	0.1	6.8	0.1	0.0	0	5	3	2
1412 DAIQUIRI,CANNED	125	0.0	15.7	0.0	0.0	0	40	0	0
1413 DAIRY DRINK,ASPARTAM,W/WATER	31	2.6	5.2	0.3	0.1	1	84	94	8
1414 DAIRY DRINK,MIX,ASPARTAM	298	25.0	50.2	2.6	0.5	8	780	880	77
1415 DANDELION,GREENS,BOILED	33	2.0	6.4	0.6	1.3	0	44	140	18
1416 DANDELION,GREENS,BOILED,W/SALT	33	2.0	6.4	0.6	1.3	0	280	140	18
1417 DANDELION,GREENS,RAW	45	2.7	9.2	0.7	1.6	0	76	187	31
1418 DATES,DOMESTIC,NATURAL,DRY	275	2.0	73.5	0.4	2.2	0	3	32	12
1419 DEER,RAW	120	23.0	0.0	2.4	0.0	85	51	5	34
1420 DEER,ROASTED	158	30.2	0.0	3.2	0.0	112	54	7	45

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1421 DESSERT WINE, DRY	126	0.2	4.1	0.0	0.0	0	9	8	2
1422 DESSERT WINE, SWEET	153	0.2	11.8	0.0	0.0	0	9	8	2
1423 DESSERT, MIX, RENIN, CHOC, PREPARED	102	3.4	14.1	3.8	0.1	12	52	122	0
1424 DESSERT, MIX, RENIN, DRY	387	2.8	91.5	3.3	0.9	0	70	166	0
1425 DILL SEED	305	16.0	55.2	14.5	21.1	0	20	1516	163
1426 DILL WEED, DRIED	253	20.0	55.8	4.4	11.9	0	208	1784	488
1427 DISTILLED SPIRITS 100 PROOF	295	0.0	0.0	0.0	0.0	0	1	0	0
1428 DISTILLED SPIRITS 80 PROOF	231	0.0	0.0	0.0	0.0	0	1	0	0
1429 DISTILLED SPIRITS 86 PROOF	250	0.0	0.1	0.0	0.0	0	1	0	0
1430 DISTILLED SPIRITS 90 PROOF	263	0.0	0.0	0.0	0.0	0	1	0	0
1431 DISTILLED SPIRITS 94 PROOF	275	0.0	0.0	0.0	0.0	0	1	0	0
1432 DOCK, BOILED	20	1.8	2.9	0.6	0.7	0	3	38	21
1433 DOCK, BOILED, W/SALT	20	1.8	2.9	0.6	0.7	0	239	38	21
1434 DOCK, RAW	22	2.0	3.2	0.7	0.8	0	4	44	24
1435 DOLPHINFISH, RAW	85	18.5	0.0	0.7	0.0	73	88	15	11
1436 DOUGHNUT, YEAST, PLAIN	414	6.3	37.7	26.7	0.2	25	234	38	6
1437 DOUGHNUTS, CAKE TYPE	391	4.6	51.4	18.6	0.1	60	501	40	20
1438 DOUGHNUTS, YEAST, GLAZED	405	5.4	44.5	22.9	0.2	25	200	32	5
1439 DRIED, CHIPPED, COOKED	154	8.2	7.1	10.3	0.0	40	716	105	8
1440 DRIED, CURED	165	29.1	1.6	3.9	0.0	43	3471	6	45
1441 DRUM, FRESHWATER, RAW	119	17.5	0.0	4.9	0.0	64	75	60	9
1442 DRY SALAMI, PORK	407	22.6	1.6	33.7	0.0	79	2260	13	13
1443 DRY SALAMI, PORK/BEEF	418	22.9	2.6	34.4	0.0	79	1860	8	15
1444 DUCK, FLESH ONLY, RAW	132	18.3	0.0	6.0	0.0	77	74	11	24
1445 DUCK, FLESH ONLY, ROASTED	201	23.5	0.0	11.2	0.0	89	65	12	27
1446 DUCK, FLESH/SKIN, RAW	404	11.5	0.0	39.3	0.0	76	63	11	24
1447 DUCK, FLESH/SKIN, ROASTED	337	19.0	0.0	28.4	0.0	84	59	11	27
1448 DUCK, LIVER, RAW	136	18.7	3.5	4.6	0.0	515	140	11	305
1449 DUCK, WILD, BREAST, RAW	123	19.8	0.0	4.2	0.0	77	57	3	45
1450 DUCK, WILD, FLESH/SKIN, RAW	211	17.4	0.0	15.2	0.0	80	56	5	42
1451 DUTCH APPLE, JUNIOR	69	0.0	16.8	1.0	0.3	21	16	4	2
1452 DUTCH APPLE, STRAINED	68	0.0	16.7	0.9	0.3	21	16	5	2
1453 DUTCH BRAND, LOAF, PORK/BEEF	240	13.4	5.6	17.8	0.0	47	1250	84	12
1454 ECLAIRS	239	6.2	23.2	13.6	0.0	136	82	80	7
1455 EEL, BAKED/BROILED	236	23.6	0.0	15.0	0.0	161	65	26	6
1456 EEL, RAW	184	18.4	0.0	11.7	0.0	126	51	20	5
1457 EGG AND CHEESE SANDWICH	233	10.7	17.8	13.3	0.2	199	551	154	20
1458 EGG SUBSTITUTE, FROZEN	160	11.3	3.2	11.1	0.0	2	199	73	20
1459 EGG SUBSTITUTE, LIQUID	84	12.0	0.6	3.3	0.0	1	177	53	21
1460 EGG SUBSTITUTE, POWDER	444	55.5	21.8	13.0	0.0	572	800	326	32
1461 EGG WHITE, DRIED, FLAKES	351	76.9	4.2	0.0	0.0	0	1156	83	2
1462 EGG WHITE, DRIED, POWDERED	376	82.4	4.5	0.0	0.0	0	1238	89	2
1463 EGG YOLK, DRIED	687	30.5	0.4	61.3	0.0	2928	91	282	104
1464 EGG YOLKS, STRAINED, BABY	203	10.0	1.0	17.3	0.0	735	39	76	28
1465 EGG, CHICKEN, WHITE, RAW	50	10.5	1.0	0.0	0.0	425	164	6	0
1466 EGG, CHICKEN, WHOLE, FRIED	199	13.5	1.4	15.0	0.0	459	353	55	16
1467 EGG, CHICKEN, WHOLE, HARD	155	12.6	1.1	10.6	0.0	422	124	50	12
1468 EGG, CHICKEN, WHOLE, OMELET	152	10.3	1.0	11.4	0.0	350	270	42	12
1469 EGG, CHICKEN, WHOLE, POACHED	149	12.4	1.2	10.0	0.0	423	280	49	14

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1470 EGG,CHICKEN,WHOLE,RAW	149	12.5	1.2	10.0	0.0	425	126	49	14
1471 EGG,CHICKEN,WHOLE,SCRAMBLED	166	11.1	2.2	12.2	0.0	352	280	71	12
1472 EGG,CHICKEN,YOLK,FROZEN	309	15.8	1.6	26.0	0.0	1081	62	116	30
1473 EGG,CHICKEN,YOLK,FROZEN,SUGARED	323	12.9	9.5	25.5	0.0	1158	56	108	39
1474 EGG,CHICKEN,YOLK,RAW	358	16.8	1.8	30.9	0.0	1281	43	137	35
1475 EGG,DUCK,WHOLE	185	12.8	1.4	13.8	0.0	884	146	64	38
1476 EGG,GOOSE,WHOLE	185	13.9	1.4	13.3	0.0	852	138	60	36
1477 EGG,QUAIL,WHOLE	158	13.0	0.4	11.1	0.0	844	141	64	36
1478 EGG,TURKEY,WHOLE	171	13.7	1.2	11.9	0.0	933	151	99	41
1479 EGG,WHOLE,DRIED	594	45.8	4.8	41.8	0.0	1918	521	212	79
1480 EGG,WHOLE,DRIED,STABILIZERS	615	48.2	2.4	44.0	0.0	2017	548	222	83
1481 EGGNOG	135	3.8	13.5	7.5	0.0	59	54	130	2
1482 EGGNOG FLAVOR MIX POWDER	390	0.4	97.4	1.0	0.1	24	155	3	9
1483 EGGNOG MIX+MILK	96	3.0	14.3	3.1	0.0	12	60	107	1
1484 EGGPLANT,BOILED	28	0.8	6.6	0.2	1.0	0	3	6	4
1485 EGGPLANT,BOILED,W/SALT	28	0.8	6.6	0.2	1.0	0	239	6	4
1486 EGGPLANT,RAW	26	1.1	6.3	0.1	1.0	0	4	36	6
1487 ELDERBERRY,RAW	73	0.7	18.4	0.5	7.0	0	3	38	16
1488 ELK,RAW	111	23.0	0.0	1.4	0.0	55	58	4	28
1489 ELK,ROASTED	146	30.2	0.0	1.9	0.0	73	61	5	36
1490 ENCHILADA,CHEESE	196	5.9	17.5	11.6	1.7	27	481	199	8
1491 ENCHILADA,CHEESE,BEEF	168	6.2	15.9	9.2	1.6	21	687	119	16
1492 ENCHIRITO,CHEESE,BEEF,BEANS	178	9.3	17.5	8.3	1.0	26	648	113	12
1493 ENDIVE,RAW	17	1.2	3.4	0.2	0.9	0	22	52	8
1494 ENG MUFFIN,CHEESE,SAUSAGE	342	13.3	25.4	21.1	0.4	51	901	146	20
1495 ENGLISH MUFFIN,EGG,CHSE,SAUSAGE	295	13.1	18.8	18.7	0.3	166	688	119	21
1496 ENGLISH MUFFIN,W/BUTTER	300	7.7	48.2	9.1	0.2	20	613	163	25
1497 ENGLISH,MUFFIN,EGG,CHEESE,BACON	262	13.6	21.5	13.5	0.2	160	537	142	22
1498 EPPAW,RAW	150	4.6	31.7	1.8	3.9	0	12	110	12
1499 FALAFEL	171	4.9	20.2	8.4	1.4	0	244	50	16
1500 FARINA,COOKED	50	1.4	10.6	0.1	0.0	0	0	2	5
1501 FARINA,DRY	369	10.6	78.0	0.5	0.2	0	3	14	37
1502 FARINA,ENRICHED,COOKED,W/NA	50	1.4	10.6	0.1	0.0	0	329	2	5
1503 FARINA,UNENRICHED,CKD,WO/SALT	50	1.4	10.6	0.1	0.0	0	0	2	0
1504 FARINA,UNENRICHED,COOKED,W/NA	50	1.4	10.6	0.1	0.0	0	329	2	0
1505 FARINA,UNENRICHED,DRY	369	10.6	78.0	0.5	0.2	0	3	14	15
1506 FAT,BEEF TALLOW	902	0.0	0.0	100.0	0.0	109	0	0	0
1507 FAT,BUTTER	717	0.9	0.1	81.1	0.0	219	826	24	2
1508 FAT,BUTTER OIL ANHYDROUS	876	0.3	0.0	99.5	0.0	256	2	4	0
1509 FAT,CHICKEN	900	0.0	0.0	99.8	0.0	85	0	0	0
1510 FAT,DUCK	900	0.0	0.0	99.8	0.0	100	0	0	0
1511 FAT,GOOSE	900	0.0	0.0	99.8	0.0	100	0	0	0
1512 FAT,LARD (PORK)	902	0.0	0.0	100.0	0.0	95	0	0	0
1513 FAT,MUTTON TALLOW	902	0.0	0.0	100.0	0.0	102	0	0	0
1514 FAT,TURKEY	900	0.0	0.0	99.8	0.0	102	0	0	0
1515 FENNEL SEED	345	15.8	52.3	14.9	15.7	0	88	1196	185
1516 FENNEL,LEAVES,RAW	28	2.8	5.1	0.4	0.5	0	9	100	27
1517 FENUGREEK SEED	323	23.0	58.3	6.4	10.1	0	67	176	335
1518 FIG,CANNED,HEAVY SYRUP	88	0.4	22.9	0.1	0.6	0	1	27	3

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1519 FIG,CANNED,LIGHT SYRUP	69	0.4	18.0	0.1	0.6	0	1	27	3
1520 FIG,CANNED,W/WATER	53	0.4	14.0	0.1	0.6	0	1	28	3
1521 FIG,CANNED,XTRA HEAVY SYRUP	107	0.4	27.9	0.1	0.5	0	1	26	3
1522 FIG,DRIED,COOKED	108	1.3	27.6	0.5	2.0	0	5	61	9
1523 FIG,DRIED,RAW	255	3.0	65.4	1.2	4.8	0	11	144	22
1524 FIG,RAW	74	0.8	19.2	0.3	1.2	0	1	35	4
1525 FIGS,CANDIED	299	3.5	73.7	0.2	5.6	0	34	126	30
1526 FILBERT,DRIED	632	13.0	15.3	62.6	3.8	0	3	188	33
1527 FILBERT,DRIED,BLANCH	672	12.7	16.0	67.3	1.8	0	3	195	34
1528 FILBERT,DRY,ROASTED	662	10.0	17.9	66.3	3.9	0	3	195	34
1529 FILBERT,DRY,ROASTED,W/SALT	662	10.0	17.9	66.3	3.9	0	780	195	34
1530 FILBERT,OIL,ROASTED	660	14.2	19.2	63.6	2.5	0	3	196	34
1531 FILBERT,OIL,ROASTED,W/SALT	660	14.2	19.2	63.6	2.5	0	786	196	34
1532 FISH SANDWICH W/TARTAR SAUCE	273	10.7	26.0	14.4	0.4	35	389	53	16
1533 FISH SANDWICH,W/TARTAR CHEESE	286	11.3	26.0	15.6	0.2	37	513	101	19
1534 FISH STICKS,FROZEN & REHEATED	272	15.6	23.8	12.2	0.4	112	582	20	7
1535 FISH,CAKES,FRIED	172	14.7	9.3	8.0	0.0	42	177	11	4
1536 FISH,FILLET,BREADED,FRIED	232	14.7	17.0	12.3	0.0	34	532	18	21
1537 FISH,LOAF,COOKED	124	14.1	7.3	3.7	0.0	40	177	11	4
1538 FLANK,LEAN+FAT,CHOICE,BRLD	254	25.0	0.0	16.3	0.0	71	82	6	25
1539 FLANK,LEAN+FAT,CHOICE,BRSD	257	27.5	0.0	15.5	0.0	72	71	7	34
1540 FLANK,LEAN+FAT,CHOICE,RAW	196	19.3	0.0	12.6	0.0	52	71	5	20
1541 FLANK,LEAN,CHOICE,BRAISED	244	28.0	0.0	13.8	0.0	71	72	6	35
1542 FLANK,LEAN,CHOICE,BROILED	243	25.4	0.0	15.0	0.0	70	83	6	25
1543 FLANK,LEAN,CHOICE,RAW	169	19.9	0.0	9.4	0.0	50	73	5	20
1544 FLATFISH,BAKED/BROILED	117	24.2	0.0	1.5	0.0	68	105	18	3
1545 FLATFISH,RAW	91	18.8	0.0	1.2	0.0	48	81	18	4
1546 FLOUR,WHITE,ALL PURPOSE	364	10.3	76.3	1.0	0.2	0	2	15	12
1547 FLOUR,WHITE,BREAD	361	12.0	72.5	1.7	0.3	0	2	15	44
1548 FLOUR,WHITE,CAKE,ENRICHED	362	8.2	78.0	0.9	0.2	0	2	14	73
1549 FLOUR,WHITE,ENRICHED,ALL PURPOS	364	10.3	76.3	1.0	0.2	0	2	15	46
1550 FLOUR,WHITE,ENRICHED,W/CALCIUM	364	10.3	76.3	1.0	0.2	0	2	252	46
1551 FLOUR,WHITE,SELF RSNG,ENRICHED	354	9.9	74.2	1.0	0.2	0	1270	338	47
1552 FLOUR,WHITE,TORTILLA	405	9.7	67.1	10.6	0.2	0	677	205	70
1553 FONDUE,CHEESE	265	14.8	10.0	18.3	0.0	224	542	317	12
1554 FORTIFIED OAT FLAKES	369	18.7	72.4	1.5	1.5	0	894	142	286
1555 FRANKFURTER	315	12.0	1.8	28.5	0.0	61	1026	20	14
1556 FRANKFURTER,BEEF	315	12.0	1.8	28.5	0.0	61	1026	20	14
1557 FRANKFURTER,BEEF/PORK	320	11.3	2.6	29.2	0.0	50	1120	11	12
1558 FRANKFURTER,CANNED	221	13.4	0.2	18.1	0.0	62	1100	9	22
1559 FRANKFURTER,CHICKENEN	257	12.9	6.8	19.5	0.0	101	1370	95	20
1560 FRANKFURTER,COOKED	304	12.4	1.6	27.2	0.0	62	1100	5	15
1561 FRANKFURTER,RAW,NFDM+CEREAL	274	14.2	0.0	21.7	0.0	65	1100	20	19
1562 FRANKFURTER,TURKEY	226	14.3	1.5	17.7	0.0	107	1426	106	18
1563 FRENCH TOAST STICKS	339	5.9	34.8	20.6	0.1	53	354	55	21
1564 FRENCH TOAST W/BUTTER	264	7.7	26.7	13.9	0.1	86	380	54	14
1565 FRESH PORK,SAUSAGE,COOKED	369	19.6	1.0	31.2	0.0	83	1294	32	12
1566 FRESH PORK,SAUSAGE,RAW	417	11.7	1.0	40.3	0.0	68	667	18	9
1567 FRESH PORK/BEEF,SAUSAGE,COOKED	396	13.8	2.7	36.2	0.0	71	805	10	11

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1568 FRIJOLES,W/CHEESE	135	6.8	17.2	4.7	2.3	22	528	113	13
1569 FROG LEGS,RAW	73	16.4	0.0	0.3	0.0	50	58	18	15
1570 FROOT LOOPS	392	5.9	88.3	1.9	1.0	0	510	10	159
1571 FROSTED MINI-WHEATS	359	10.3	82.5	1.0	1.7	0	29	33	63
1572 FROSTED RICE KRINKLES	385	4.8	91.1	0.2	0.2	0	630	14	63
1573 FROSTED RICE KRISPIES	383	4.8	90.5	0.3	0.2	0	845	4	63
1574 FRUIT COCKTAIL XTRA HVY SYRUP	88	0.4	22.9	0.1	0.4	0	6	6	3
1575 FRUIT COCKTAIL,CANNED W/JUICE	46	0.5	11.9	0.0	0.4	0	4	8	2
1576 FRUIT COCKTAIL,CANNED W/WATER	32	0.4	8.5	0.0	0.5	0	4	5	2
1577 FRUIT COCKTAIL,HEAVY SYRUP	73	0.4	18.9	0.1	0.4	0	6	6	3
1578 FRUIT COCKTAIL,LIGHT SYRUP	57	0.4	14.9	0.1	0.4	0	6	6	3
1579 FRUIT COCKTAIL,XTRA LT SYRUP	45	0.4	11.6	0.1	0.5	0	4	8	3
1580 FRUIT DESSERT WITH/O ASC ,	63	0.3	17.2	0.0	0.3	21	13	9	2
1581 FRUIT PUNCH,CANNED	47	0.0	11.9	0.0	0.0	0	22	8	2
1582 FRUIT PUNCH,FROZEN CONC	162	0.2	41.4	0.0	0.0	0	8	8	3
1583 FRUIT PUNCH,FROZEN PREPARED	46	0.0	11.7	0.0	0.0	0	4	4	1
1584 FRUIT PUNCH,POWDER	382	0.0	97.7	0.1	0.0	0	42	142	5
1585 FRUIT PUNCH,POWDER+WATER	37	0.0	9.5	0.0	0.0	0	4	16	0
1586 FRUIT SALAD,CANNED W/JUICE	50	0.5	13.0	0.0	0.4	0	5	11	2
1587 FRUIT SALAD,CANNED W/WATER	30	0.4	7.9	0.1	0.6	0	3	7	3
1588 FRUIT SALAD,CANNED,HVY SYRUP	73	0.3	19.1	0.1	0.6	0	6	6	3
1589 FRUIT SALAD,CANNED,LIGHT SYRUP	58	0.3	15.1	0.1	0.6	0	6	7	3
1590 FRUIT SALAD,CND,XTRA HVY SYRUP	88	0.3	22.8	0.1	0.6	0	5	6	3
1591 FRUIT SALAD,TROPICAL,HVY SYRUP	86	0.4	22.4	0.1	0.4	0	2	13	5
1592 FRUITCAKE,DARK,ENR,VEG SHRTNIN	379	4.8	59.7	15.3	0.6	45	158	72	28
1593 FRUITCAKE,DARK,ENRICHED,BUTTER	363	4.8	59.8	13.8	0.6	66	235	73	28
1594 FRUITCAKE,LIGHT,ENR,VEG SHRT	389	6.0	57.4	16.5	0.7	6	193	68	19
1595 FRUITY PEBBLES	405	4.0	86.1	5.2	0.2	0	555	12	63
1596 GARDEN VEGETABLE,STRAINED	37	2.3	6.8	0.2	0.9	21	35	28	8
1597 GARLIC POWDER	332	16.8	72.7	0.8	1.9	0	26	80	27
1598 GARLIC,RAW	149	6.4	33.1	0.5	1.5	0	17	181	17
1599 GEFILTEFISH,SWEET	84	9.1	7.4	1.7	0.0	30	524	23	25
1600 GELATIN DESSERT,FROM POWDER	59	1.5	14.1	0.0	0.0	0	51	0	0
1601 GELATIN DESSERT,POWDER,DRY	371	9.4	88.0	0.0	0.0	0	318	0	0
1602 GELATIN POWDER+WATER	49	4.5	7.7	0.2	0.0	0	24	2	0
1603 GELATIN POWDER,ORANGE	382	35.3	60.4	1.2	0.1	0	165	4	1
1604 GELATIN,DRY	335	85.6	0.0	0.1	0.0	0	90	11	0
1605 GIN	263	0.0	0.0	0.0	0.0	0	2	0	0
1606 GIN AND TONIC	76	0.0	7.0	0.0	0.0	0	4	2	0
1607 GINGER ALE	34	0.0	8.7	0.0	0.0	0	7	3	2
1608 GINGER ROOT,CRYSTAL	340	0.3	87.1	0.2	0.7	0	60	230	210
1609 GINGER ROOT,RAW	69	1.7	15.1	0.7	1.0	0	13	18	5
1610 GINGER,GROUND	347	9.1	70.8	5.9	5.9	0	32	116	115
1611 GINGERBREAD,ENR,VEG SHRTNING	317	3.8	52.0	10.7	0.1	43	237	68	27
1612 GINGERBREAD,ENRICHED,BUTTER	297	3.9	51.4	9.8	0.1	66	339	69	27
1613 GINGERBREAD,MIX,BAKED,ENRICHED	276	3.1	51.1	6.8	0.0	1	304	90	19
1614 GINGERBREAD,MIX,DRY,ENRICHED	425	5.4	78.2	10.4	0.1	0	463	180	31
1615 GINKGO NUTS,CANNED	111	2.3	22.1	1.6	1.6	0	307	4	3
1616 GINKGO NUTS,DRIED	348	10.4	72.4	2.0	1.0	0	13	20	16

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1617 GINKGO NUTS,RAW	182	4.3	37.6	1.7	0.5	0	7	2	10
1618 GOAT,RAW	109	20.6	0.0	2.3	0.0	57	82	13	28
1619 GOAT,ROASTED	143	27.1	0.0	3.0	0.0	75	86	17	37
1620 GOLDEN GRAHAMS	385	5.6	85.1	3.8	0.8	0	988	61	159
1621 GOOSE LIVER PATE,CANNED	462	11.4	4.7	43.8	0.0	150	697	70	55
1622 GOOSE,FLESH/SKIN,RAW	371	15.9	0.0	33.6	0.0	80	73	12	25
1623 GOOSE,FLESH/SKIN,ROASTED	305	25.2	0.0	21.9	0.0	91	70	13	28
1624 GOOSE,GIBLETS,RAW	156	21.1	0.6	7.0	0.0	350	70	14	45
1625 GOOSE,GIZZARD,RAW	139	21.4	0.0	5.3	0.0	145	65	10	29
1626 GOOSE,LIVER,RAW	133	16.4	6.3	4.3	0.0	515	140	43	305
1627 GOOSE,LIVERPATE,CANNED	462	11.4	4.7	43.8	0.0	150	697	70	55
1628 GOOSE,MEAT ONLY,RAW	161	22.8	0.0	7.1	0.0	84	87	13	26
1629 GOOSE,MEAT ONLY,ROASTED	238	29.0	0.0	12.7	0.0	96	76	14	29
1630 GOOSEBERRIES,RAW	44	0.9	10.2	0.6	1.9	0	1	25	3
1631 GOOSEBERRY,CANNED,LIGHT SYRUP	73	0.6	18.8	0.2	1.2	0	2	16	3
1632 GOURD,DISHCLOTH,BOILED	56	0.7	14.3	0.3	0.4	0	21	9	4
1633 GOURD,DISHCLOTH,BOILED,W/SALT	56	0.7	14.3	0.3	0.4	0	257	9	4
1634 GOURD,DISHCLOTH,RAW	20	1.2	4.4	0.2	0.5	0	3	20	4
1635 GOURD,WHITE-FLOWER,BLD,W/SALT	15	0.6	3.7	0.0	0.6	0	238	24	2
1636 GOURD,WHITE-FLOWER,BOILED	15	0.6	3.7	0.0	0.6	0	2	24	2
1637 GOURD,WHITE-FLOWER,RAW	14	0.6	3.4	0.0	0.6	0	2	26	2
1638 GRAHAM CRACKOS	361	7.5	86.4	0.6	1.5	0	653	46	63
1639 GRANOLA,HOMEMADE	487	12.3	55.2	27.2	1.4	0	10	62	40
1640 GRAPE DRINK,CANNED	45	0.0	11.5	0.0	0.0	0	6	3	2
1641 GRAPE JUICE,DRINK,CANNED	50	0.1	12.9	0.0	0.0	0	1	3	1
1642 GRAPE SODA	43	0.0	11.2	0.0	0.0	0	15	3	1
1643 GRAPE-NUTS	357	11.7	82.0	0.4	1.6	0	695	10	43
1644 GRAPE-NUTS FLAKES	358	10.7	81.8	1.1	1.6	0	564	40	286
1645 GRAPEFRUIT JUICE,CANNED,UNSWT	38	0.5	9.0	0.1	0.0	0	1	7	2
1646 GRAPEFRUIT JUICE,CND,SWEETENED	46	0.6	11.1	0.1	0.0	0	2	8	4
1647 GRAPEFRUIT JUICE,FROZEN CONC	146	2.0	34.6	0.5	0.1	0	3	27	5
1648 GRAPEFRUIT JUICE,FROZEN DIL	41	0.6	9.7	0.1	0.0	0	1	8	1
1649 GRAPEFRUIT JUICE,PINK/RED,FRESH	39	0.5	9.2	0.1	0.2	0	1	9	2
1650 GRAPEFRUIT JUICE,WHITE,FRESH	39	0.5	9.2	0.1	0.0	0	1	9	2
1651 GRAPEFRUIT PEEL,CANDIED	316	0.4	80.6	0.3	2.3	0	0	0	0
1652 GRAPEFRUIT,CANNED,W/JUICE	37	0.7	9.2	0.1	0.2	0	7	15	2
1653 GRAPEFRUIT,CANNED,W/WATER	36	0.6	9.2	0.1	0.3	0	2	15	4
1654 GRAPEFRUIT,LIGHT SYRUP	60	0.6	15.4	0.1	0.3	0	2	14	4
1655 GRAPEFRUIT,PINK/RED FLORIDA	30	0.6	7.5	0.1	0.2	0	0	15	1
1656 GRAPEFRUIT,PINK/RED,ALL LOC	30	0.6	7.7	0.1	0.2	0	0	11	1
1657 GRAPEFRUIT,PINK/RED,CALIF/ARIZ	37	0.5	9.7	0.1	0.2	0	1	11	1
1658 GRAPEFRUIT,RED/WHT/PINK,ALL LOC	32	0.6	8.1	0.1	0.2	0	0	12	1
1659 GRAPEFRUIT,WHITE,ALL LOC	33	0.7	8.4	0.1	0.2	0	0	12	1
1660 GRAPEFRUIT,WHITE,CALIFORNIA	37	0.9	9.1	0.1	0.2	0	0	12	1
1661 GRAPEFRUIT,WHITE,FLORIDA	32	0.6	8.2	0.1	0.2	0	0	15	0
1662 GRAPEJUICE,CANNED/BOTTLED	61	0.6	15.0	0.1	0.0	0	3	9	2
1663 GRAPEJUICE,FROZEN,SWEETENED,CON	179	0.6	44.4	0.3	0.1	0	7	13	4
1664 GRAPEJUICE,FROZEN,SWEETENED,DIL	51	0.2	12.8	0.1	0.0	0	2	4	1
1665 GRAPES,RAW,AMERICAN TYPE	63	0.6	17.2	0.4	0.8	0	2	14	3

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1666 GRAPES,RAW,EUROPEAN TYPE	71	0.7	17.8	0.6	0.4	0	2	11	3
1667 GRAPES,THOMPSON,CANNED,WATER	40	0.5	10.3	0.1	0.2	0	6	10	10
1668 GRAPES,THOMPSON,HEAVY SYRUP	73	0.5	19.6	0.1	0.2	0	5	10	9
1669 GRAVY,AU JUS,CANNED	16	1.2	2.5	0.2	0.0	0	50	4	6
1670 GRAVY,AU JUS,DEHY	332	12.4	41.6	14.0	0.2	15	0	190	10
1671 GRAVY,AU JUS,W/WATER	13	0.5	1.6	0.5	0.0	1	392	9	0
1672 GRAVY,BEEF,CONDENSED	53	3.8	4.8	2.4	0.0	3	560	6	7
1673 GRAVY,BEEF,DEHY	342	11.0	59.7	7.9	0.4	9	4893	281	10
1674 GRAVY,BROWN,W/WATER	29	0.9	5.0	0.7	0.0	1	417	26	1
1675 GRAVY,CHICKEN,CANNED	79	1.9	5.4	5.7	0.0	2	577	20	5
1676 GRAVY,CHICKEN,DEHY	361	11.3	62.1	8.3	0.3	7	4904	170	10
1677 GRAVY,CHICKEN,DRY,W/WATER	32	1.0	5.5	0.7	0.0	1	436	15	1
1678 GRAVY,CHICKEN,MUSHRM,DRY,WATER	54	1.8	3.8	3.8	0.1	4	386	12	4
1679 GRAVY,MUSHROOM,CANNED	50	1.3	5.5	2.7	0.0	0	570	7	7
1680 GRAVY,MUSHROOM,DEHY	328	10.0	64.7	4.0	0.3	3	6580	230	10
1681 GRAVY,MUSHROOM,DRY,W/WATER	27	0.8	5.3	0.3	0.0	0	543	19	1
1682 GRAVY,ONION,DEHY	322	9.0	67.6	3.0	0.3	2	4186	280	10
1683 GRAVY,ONION,W/WATER	30	0.8	6.2	0.3	0.0	0	388	28	0
1684 GRAVY,PORK,DEHY	358	9.0	63.0	9.0	0.4	9	5800	150	10
1685 GRAVY,PORK,DRY,W/WATER	30	0.7	5.2	0.7	0.0	1	479	12	1
1686 GRAVY,TURKEY,CANNED	51	2.6	5.1	2.1	0.0	2	577	4	7
1687 GRAVY,TURKEY,DEHY	350	11.8	60.7	7.6	0.4	8	6050	200	10
1688 GRAVY,TURKEY,DRY,W/WATER	33	1.1	5.8	0.7	0.0	1	573	19	1
1689 GRAVY,UNSPECIFIED,DEHY	344	13.0	58.0	8.0	0.4	4	5730	150	10
1690 GRITS+EGG YOLK,STRAINED	57	1.8	7.4	2.3	0.1	51	35	28	5
1691 GRITS,CORN,INSTANT,BACON,DRY	368	10.6	75.8	1.9	0.6	0	1872	21	46
1692 GRITS,CORN,INSTANT,BACON,PREP	74	2.1	15.2	0.4	0.1	0	377	4	9
1693 GRITS,CORN,INSTANT,CHEESE,DRY	376	9.7	75.1	3.3	0.6	3	1697	50	41
1694 GRITS,CORN,INSTANT,CHEESE,PREP	75	1.9	15.0	0.7	0.1	1	339	10	8
1695 GRITS,CORN,INSTANT,HAM,DRY	362	10.4	75.6	1.4	0.6	0	2317	26	53
1696 GRITS,CORN,INSTANT,HAM,PREP	73	2.1	15.2	0.3	0.1	0	466	5	11
1697 GRITS,CORN,INSTANT,PLAIN,COOKED	60	1.5	12.9	0.1	0.1	0	250	5	7
1698 GRITS,CORN,INSTANT,PLAIN,DRY	363	9.2	78.2	0.7	0.5	0	1516	33	45
1699 GRITS,WHEAT,ENRICHED,CKD,W/NA	60	1.4	13.0	0.2	0.1	0	223	0	6
1700 GRITS,WHEAT,UNENRICHED,CKD,W/NA	60	1.4	13.0	0.2	0.1	0	223	0	2
1701 GRITS,WHEAT,UNENRICHED,CKD,WO/S	60	1.4	13.0	0.2	0.1	0	0	0	2
1702 GRITS,WHEAT,UNENRICHED,DRY	371	8.8	79.6	1.2	0.5	0	1	2	10
1703 GROUND,LEAN,BAKED,DONE	292	29.6	0.0	18.4	0.0	99	71	12	27
1704 GROUND,LEAN,BAKED,MED	268	23.9	0.0	18.3	0.0	78	56	9	21
1705 GROUND,LEAN,BROILED,DONE	280	28.2	0.0	17.6	0.0	101	89	12	24
1706 GROUND,LEAN,BROILED,MED	272	24.7	0.0	18.5	0.0	87	77	11	21
1707 GROUND,LEAN,FRIED,DONE	277	27.6	0.0	17.7	0.0	95	87	11	25
1708 GROUND,LEAN,FRIED,MED	275	24.2	0.0	19.1	0.0	84	77	10	22
1709 GROUND,LEAN,RAW	264	17.7	0.0	20.7	0.0	75	69	8	18
1710 GROUND,REG,BAKED,DONE	317	28.8	0.0	21.5	0.0	108	75	12	30
1711 GROUND,REG,BAKED,MED	287	23.0	0.0	20.9	0.0	87	60	10	24
1712 GROUND,REG,BROILED,DONE	292	27.2	0.0	19.5	0.0	101	93	12	27
1713 GROUND,REG,BROILED,MED	289	24.1	0.0	20.7	0.0	90	83	11	24
1714 GROUND,REG,FRIED,DONE	286	27.0	0.0	18.9	0.0	98	93	13	27

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1715 GROUND,REG,FRIED,MED	306	23.9	0.0	22.6	0.0	89	84	11	24
1716 GROUND,REGULAR,RAW	310	16.6	0.0	26.6	0.0	85	68	8	17
1717 GROUND,XTRA LEAN,BAKED,DONE	274	30.3	0.0	16.0	0.0	107	64	9	30
1718 GROUND,XTRA LEAN,BAKED,MED	250	24.5	0.0	16.1	0.0	82	49	7	23
1719 GROUND,XTRA LEAN,BRLD,DONE	265	28.6	0.0	15.8	0.0	99	82	9	28
1720 GROUND,XTRA LEAN,BROILED,MED	256	25.4	0.0	16.3	0.0	84	70	7	24
1721 GROUND,XTRA LEAN,RAW	234	18.7	0.0	17.1	0.0	69	66	7	20
1722 GROUNDCHERRIES,RAW	53	1.9	11.2	0.7	2.8	0	2	9	10
1723 GROUPE,BAKED/BROILED	118	24.8	0.0	1.3	0.0	47	53	21	11
1724 GROUPE,RAW	92	19.4	0.0	1.0	0.0	37	53	27	9
1725 GUAVA SAUCE,COOKED	36	0.3	9.5	0.1	2.0	0	4	7	2
1726 GUAVA,PAPAYA,TAPIOCA,STRAINED	63	0.2	17.0	0.1	0.5	10	4	7	2
1727 GUAVA,RAW,COMMON	51	0.8	11.9	0.6	5.6	0	3	20	3
1728 GUAVA,RAW,STRAWBERRY	69	0.6	17.4	0.6	6.4	0	37	21	2
1729 GUAVA,TAPIOCA,STRAINED	67	0.3	18.3	0.0	1.0	10	2	7	2
1730 GUINEA,FLESH ONLY,RAW	110	20.6	0.0	2.5	0.0	63	69	11	8
1731 GUINEA,FLESH/SKIN,RAW	158	23.4	0.0	6.4	0.0	74	67	11	8
1732 GUINEA,HEN,GIBLET,RAW	157	20.8	1.2	7.0	0.0	350	70	14	45
1733 HADDOCK,BAKED/BROILED	112	24.2	0.0	0.9	0.0	74	87	42	14
1734 HADDOCK,RAW	87	18.9	0.0	0.7	0.0	57	68	33	10
1735 HADDOCK,SMOKED	116	25.2	0.0	1.0	0.0	77	763	49	14
1736 HALIBUT,BAKED/BROILED	140	26.7	0.0	2.9	0.0	41	69	60	11
1737 HALIBUT,GRNLAND,RAW	186	14.4	0.0	13.8	0.0	46	80	3	7
1738 HALIBUT,RAW	110	20.8	0.0	2.3	0.0	32	54	47	8
1739 HAM AND CHEESE SANDWICH	241	14.2	22.8	10.6	0.1	40	528	89	22
1740 HAM AND CHEESE,LOAF	259	16.6	1.4	20.2	0.0	57	1343	58	9
1741 HAM AND CHEESE,SPREAD	245	16.2	2.3	18.5	0.0	61	1197	217	8
1742 HAM SALAD,SPREAD	216	8.7	10.6	15.5	0.0	37	912	8	6
1743 HAM,CANNED,ROASTED	167	20.9	0.5	8.4	0.0	41	1068	7	11
1744 HAM,CANNED,UNHEATED	144	18.0	0.0	7.5	0.0	38	1276	6	9
1745 HAM,CANNED,XTRA LEAN,ROASTED	136	21.2	0.5	4.9	0.0	30	1135	6	9
1746 HAM,CANNED,XTRA LEAN,UNHEATED	120	18.5	0.0	4.6	0.0	38	1255	6	9
1747 HAM,CENTER SIRLOIN,LEAN,RAW	195	27.8	0.3	8.3	0.0	62	2695	10	11
1748 HAM,CENTER SIRLOIN,LN+FAT,UNHTD	203	20.2	0.0	12.9	0.0	54	1386	7	8
1749 HAM,CHEESE,LOAF	259	16.6	1.4	20.2	0.0	57	1343	58	9
1750 HAM,CHEESE,SPREAD	245	16.2	2.3	18.5	0.0	61	1196	217	8
1751 HAM,CHOPPED,CANNED	239	16.1	0.3	18.8	0.0	49	1365	7	10
1752 HAM,CHOPPED,NOT CANNED	229	17.1	0.0	17.2	0.0	51	1371	7	8
1753 HAM,CROQUETTE	251	16.3	11.7	15.1	0.1	70	342	69	9
1754 HAM,CURED,BONELESS,ROASTED	165	22.0	0.5	7.7	0.0	57	1385	8	14
1755 HAM,CURED,BONELESS,UNHEATED	182	17.6	3.1	10.6	0.0	57	1317	7	10
1756 HAM,CURED,LEAN+FAT,ROASTED	243	21.6	0.0	16.8	0.0	62	1187	7	9
1757 HAM,CURED,LEAN+FAT,UNHEATED	246	18.5	0.1	18.5	0.0	56	1284	7	7
1758 HAM,CURED,LEAN,ROASTED	157	25.0	0.0	5.5	0.0	55	1327	7	9
1759 HAM,CURED,LEAN,UNHEATED	147	22.3	0.0	5.7	0.0	52	1516	7	8
1760 HAM,CURED,XTRA LEAN,ROASTED	145	20.9	1.5	5.5	0.0	53	1203	8	15
1761 HAM,CURED,XTRA LEAN,UNHEATED	131	19.4	1.0	5.0	0.0	47	1429	7	8
1762 HAM,EGG,CHEESE SANDWICH	243	13.5	21.6	11.4	0.1	172	703	148	22
1763 HAM,FRESH,LEAN+FAT,RAW	261	17.1	0.0	20.8	0.0	74	47	5	8

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1764 HAM,FRESH,LEAN+FAT,ROASTED	294	25.0	0.0	20.7	0.0	93	59	6	10
1765 HAM,FRESH,SEPERABLE,LEAN,RAW	136	20.5	0.0	5.4	0.0	68	55	6	10
1766 HAM,FRESH,SEPERABLE,LN,ROASTED	220	28.3	0.0	11.0	0.0	94	64	7	11
1767 HAM,JUNIOR,BABY	125	15.1	0.0	6.7	0.0	0	67	5	10
1768 HAM,MINCED	263	16.3	1.8	20.7	0.0	70	1245	10	8
1769 HAM,PATTIES,GRILLED	342	13.3	1.7	30.8	0.0	72	1063	9	16
1770 HAM,PATTIES,UNHEATED	315	12.8	1.7	28.2	0.0	70	1088	8	10
1771 HAM,RUMP,FRESH,LEAN+FAT,RAW	234	18.3	0.0	17.3	0.0	66	60	5	8
1772 HAM,RUMP,FRESH,LEAN+FAT,ROASTED	274	26.6	0.0	17.8	0.0	95	61	7	10
1773 HAM,RUMP,FRESH,LEAN,RAW	138	21.0	0.0	5.3	0.0	61	69	6	9
1774 HAM,RUMP,FRESH,LEAN,ROASTED	221	29.1	0.0	10.7	0.0	96	65	7	11
1775 HAM,SALAD SPREAD	216	8.7	10.6	15.5	0.0	37	912	8	6
1776 HAM,SEPERABLE FAT,ROASTED	591	7.6	0.0	61.9	0.0	86	624	8	6
1777 HAM,SEPERABLE FAT,UNHEATED	579	5.7	0.1	61.4	0.0	68	505	5	4
1778 HAM,SHANK,FRESH,LEAN+FAT,RAW	281	16.7	0.0	23.3	0.0	68	55	6	8
1779 HAM,SHANK,FRESH,LEAN,RAW	139	20.6	0.0	5.6	0.0	60	67	7	9
1780 HAM,SHANK,FRESH,LEAN,ROASTED	215	28.2	0.0	10.5	0.0	92	64	7	11
1781 HAM,SHANK,FRESH,LN+FAT,ROASTED	303	24.3	0.0	22.1	0.0	92	58	6	10
1782 HAM,SLICED,EXTRA LN	131	19.4	1.0	5.0	0.0	47	1429	7	8
1783 HAM,SLICED,REGULAR	182	17.6	3.1	10.6	0.0	57	1317	7	10
1784 HAM,STEAK,XTRA LEAN,UNHEATED	122	19.6	0.0	4.2	0.0	45	1269	4	10
1785 HAM,STRAINED,BABY	111	13.9	0.0	5.8	0.0	0	41	6	10
1786 HAMBURGER,CONDIMENT,VEG	254	11.7	24.8	12.2	0.3	24	458	57	24
1787 HAMBURGER,DBL MEAT	309	17.0	24.4	15.8	0.1	56	315	49	26
1788 HAMBURGER,DBL MEAT,CONDIMENT	268	14.8	18.0	15.1	0.1	48	345	43	26
1789 HAMBURGER,LARGE,CONDIMENT,VEG	235	11.8	18.4	12.6	0.5	40	378	44	23
1790 HAMBURGER,LARGE,DBL MEAT,VEG	239	15.2	17.8	11.8	0.3	54	350	45	26
1791 HAMBURGER,LARGE,PLAIN	293	16.5	18.6	16.7	0.1	52	346	54	26
1792 HAMBURGER,LARGE,TRIPLE,CONDIMNT	267	19.3	11.0	16.0	0.3	55	275	25	32
1793 HAMBURGER,REGULAR,CONDIMENT	257	12.7	30.5	9.6	0.3	40	527	48	23
1794 HAMBURGER,REGULAR,PLAIN	305	13.7	33.9	13.1	0.1	39	430	70	27
1795 HEADCHEESE,PORK	212	16.0	0.4	15.8	0.0	81	1257	16	12
1796 HEART,RAW	117	17.0	2.6	3.8	0.0	140	63	2	46
1797 HEART,SIMMERED	175	28.8	0.4	5.6	0.0	193	63	6	75
1798 HEARTLAND NATURAL CEREAL,PLAIN	434	10.1	68.3	15.4	0.9	0	255	65	38
1799 HEARTLAND NATURAL W/COCONUT	441	10.4	67.9	16.3	0.9	0	203	63	51
1800 HEARTLAND NATURAL W/RAISIN	425	9.7	69.0	14.2	0.9	0	205	60	36
1801 HERRING,ATLANTIC,BAKED/BROILED	203	23.0	0.0	11.6	0.0	77	115	74	14
1802 HERRING,ATLANTIC,KIPPERED	217	24.6	0.0	12.4	0.0	82	918	84	15
1803 HERRING,ATLANTIC,PICKLED	262	14.2	9.6	18.0	0.0	13	870	77	12
1804 HERRING,ATLANTIC,RAW	158	18.0	0.0	9.0	0.0	60	90	57	11
1805 HERRING,PACIFIC,RAW	195	16.4	0.0	13.9	0.0	77	74	83	11
1806 HI MEAT BEEF+VEGETABLE,JUNIOR	85	6.3	5.3	4.6	0.3	183	33	12	8
1807 HI MEAT BEEF+VEGETABLE,STRAINED	75	5.7	4.2	4.2	0.3	183	36	12	7
1808 HI MEAT CHICK,VEGETABLE,JUNIOR	92	7.0	4.2	5.5	0.2	18	26	43	7
1809 HI MEAT CHICK,VEGETABLE,STRND	78	6.2	5.9	3.6	0.2	18	27	52	10
1810 HI MEAT HAM+VEGETABLE,JUNIOR	77	6.4	6.1	3.3	0.2	18	22	10	6
1811 HI MEAT HAM+VEGETABLE,STRAINED	76	6.3	5.5	3.5	0.2	183	22	11	6
1812 HI MEAT TURKEY,VEGETABLE,JUNIOR	90	5.9	5.9	5.0	0.2	18	43	71	8

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1813 HI MEAT TURKEY,VEGETABLE,STRND	87	5.6	6.0	4.8	0.1	18	30	62	7
1814 HI MEAT VEAL+VEGETABLE,JUNIOR	73	6.1	5.8	3.1	0.2	183	25	11	9
1815 HI MEAT VEAL+VEGETABLE,STRAINED	69	5.9	6.1	2.7	0.3	183	24	9	6
1816 HI PRO APPLE/ORANGE CEREAL,DRY	374	25.4	57.6	6.5	1.4	51	104	751	875
1817 HI PRO APPLE/ORANGE CEREAL,PREP	112	6.9	13.4	3.9	0.2	21	58	223	144
1818 HI PROT CEREAL,DRY,BABY	362	36.0	46.7	5.9	2.3	10	47	724	736
1819 HI PROT CEREAL,PREPARED,BABY	111	8.7	11.6	3.8	0.4	21	49	218	121
1820 HICKORY NUTS,DRIED	657	12.7	18.2	64.4	3.2	0	1	61	21
1821 HOMINY,CANNED,WHITE	72	1.5	14.3	0.9	0.4	0	210	10	6
1822 HOMINY,CANNED,YELLOW	72	1.5	14.3	0.9	0.4	0	210	10	6
1823 HONEY LOAF,PORK/BEEF	128	15.8	5.3	4.5	0.0	34	1320	17	14
1824 HONEY NUT CHEERIOS	378	11.0	80.3	2.3	1.1	0	905	70	159
1825 HONEY NUT CORN FLAKES	398	6.4	82.2	5.5	0.5	0	794	12	63
1826 HONEY ROLL,10-15%FAT	182	18.6	2.2	10.5	0.0	50	1322	9	22
1827 HONEY,STRAINED,EXTRACTED	304	0.3	82.3	0.0	0.0	0	5	5	5
1828 HONEYBRAN CEREAL	341	8.8	81.8	2.1	4.6	0	578	46	159
1829 HONEYCOMB CEREAL	391	5.8	89.1	1.8	0.4	0	563	17	95
1830 HONEYSPICE CAKE MIX,DRY,ENR	443	4.3	76.3	14.0	0.4	0	373	74	17
1831 HONEYSPICE,CAKE MIX,CARML ICING	352	4.1	60.9	10.8	0.2	58	245	71	16
1832 HORSE,RAW	133	21.4	0.0	4.6	0.0	52	53	6	38
1833 HORSE,ROASTED	175	28.1	0.0	6.0	0.0	68	55	8	50
1834 HORSERADISH,PREPARED	38	1.3	9.6	0.2	0.9	0	96	61	9
1835 HORSERADISH,RAW	87	3.2	19.7	0.3	2.4	0	8	140	14
1836 HORSERADISH,TREELEAF,COOKED	60	5.3	11.2	0.9	1.7	0	9	151	23
1837 HORSERADISH,TREELEAF,RAW	64	9.4	8.3	1.4	1.5	0	9	185	40
1838 HORSERADISH,TREELEAF,W/SALT	60	5.3	11.2	0.9	1.7	0	245	151	23
1839 HORSERADISH,TREEPOD,BOILED	36	2.1	8.2	0.2	1.8	0	43	20	4
1840 HORSERADISH,TREEPOD,RAW	37	2.1	8.5	0.2	1.3	0	42	30	4
1841 HORSERADISH,TREEPOD,W/SALT	36	2.1	8.2	0.2	1.8	0	279	20	4
1842 HOT COCOA,HOMEMADE	87	3.6	10.3	3.6	0.1	13	49	119	3
1843 HOTDOG,PLAIN	247	10.6	18.4	14.8	0.3	45	684	24	24
1844 HOTDOG,W/CHILI	260	11.8	27.4	11.8	0.2	45	421	17	29
1845 HUMMUS,RAW	333	13.3	31.8	17.8	1.1	0	294	54	34
1846 HUSH PUPPIES	329	6.2	44.7	14.9	0.5	173	1237	88	18
1847 ICE CREAM CONES	377	10.0	77.9	2.4	0.2	0	232	156	4
1848 ICE CREAM,VANILLA,10% FAT	202	3.6	23.8	10.8	0.0	45	87	132	1
1849 ICE CREAM,VANILLA,16% FAT	236	2.8	21.6	16.0	0.0	59	73	102	1
1850 ICE CREAM,VANILLA,FRENCH	218	4.1	22.1	13.0	0.0	89	89	136	2
1851 ICE MILK,SOFT VANILLA	128	4.6	21.9	2.6	0.0	8	93	157	2
1852 ICE MILK,VANILLA,SOFT,CONE	159	3.8	23.4	5.9	0.1	27	89	149	2
1853 ICEMILK,VANILLA,HARD	140	3.9	22.1	4.3	0.0	14	80	134	1
1854 ICES,WATER,LIME	128	0.4	32.6	0.0	0.0	0	0	0	0
1855 ITALIAN SAUSAGE,COOKED,PORK	323	20.0	1.5	25.7	0.0	78	922	24	15
1856 ITALIAN SAUSAGE,RAW,PORK	346	14.2	0.6	31.3	0.0	76	731	18	12
1857 JACKFRUIT,RAW	94	1.5	24.0	0.3	1.0	0	3	34	6
1858 JAM,CHERRY&STRAWBERRY	272	0.6	70.0	0.1	1.0	0	12	20	10
1859 JAM,NOT CHERRY&STRAWBERRY	272	0.6	70.0	0.1	1.0	0	12	20	10
1860 JAVA-PLUM,RAW	60	0.7	15.6	0.2	0.3	0	14	19	2
1861 JELLIES,GUAVA	273	0.1	70.6	0.1	0.0	0	17	21	15

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1862 JELLIES,NOT GUAVA	273	0.1	70.6	0.1	0.0	0	17	21	15
1863 JEW'S EAR,DRIED	298	4.8	81.0	0.4	30.9	0	70	113	61
1864 JEW'S EAR,RAW	25	0.5	6.8	0.0	2.1	0	9	16	6
1865 JUICE DRINK,FROZEN,CONC	175	0.3	43.1	0.7	0.2	0	10	20	8
1866 JUICE DRINK,FROZEN,PREPARED	50	0.1	12.2	0.2	0.1	0	5	7	2
1867 JUJUBE,DRIED	287	3.7	73.6	1.1	3.0	0	9	79	18
1868 JUJUBE,RAW	79	1.2	20.2	0.2	1.4	0	3	21	5
1869 JUTE,POTHERB,BOILED	37	3.7	7.3	0.2	2.0	0	11	211	31
1870 JUTE,POTHERB,BOILED,W/SALT	37	3.7	7.3	0.2	2.0	0	247	211	31
1871 JUTE,POTHERB,RAW	34	4.6	5.8	0.2	1.2	0	8	208	48
1872 KALE,BOILED	32	1.9	5.6	0.4	0.8	0	23	72	9
1873 KALE,BOILED,W/SALT	32	1.9	5.6	0.4	0.8	0	259	72	9
1874 KALE,FROZEN,BOILED	30	2.8	5.2	0.5	0.9	0	15	138	9
1875 KALE,FROZEN,BOILED,W/SALT	30	2.8	5.2	0.5	0.9	0	251	138	9
1876 KALE,FROZEN,UNPREPARED	28	2.7	4.9	0.5	0.9	0	15	136	9
1877 KALE,RAW	50	3.3	10.0	0.7	1.5	0	43	135	17
1878 KALE,SCOTCH,BOILED	28	1.9	5.6	0.4	0.8	0	45	132	19
1879 KALE,SCOTCH,BOILED,W/SALT	28	1.9	5.6	0.4	0.8	0	281	132	19
1880 KALE,SCOTCH,RAW	42	2.8	8.3	0.6	1.2	0	70	205	30
1881 KANPYO	258	8.6	65.0	0.6	9.1	0	15	280	51
1882 KIDNEY,SIMMERED	144	25.5	1.0	3.4	0.0	387	134	17	73
1883 KIDNEYS,	107	16.6	2.2	3.1	0.0	285	179	6	74
1884 KIELBASA,PORK/BEEF,NFDM	310	13.3	2.1	27.2	0.0	67	1076	44	14
1885 KING VITAMIN CEREAL	406	5.2	84.9	5.5	0.6	0	769	8	607
1886 KIWIFRUIT,RAW,FRESH	61	1.0	14.9	0.4	1.1	0	5	26	4
1887 KIWIFRUIT,RAW,STORED	61	1.0	14.9	0.4	1.1	0	5	26	4
1888 KIX	389	9.0	82.6	2.3	0.6	0	1023	125	286
1889 KNACKWURST,PORK,BEEF	308	11.9	1.8	27.8	0.0	58	1010	11	9
1890 KOHLRABI,BOILED	29	1.8	6.7	0.1	1.1	0	21	25	4
1891 KOHLRABI,BOILED,W/SALT	29	1.8	6.7	0.1	1.1	0	257	25	4
1892 KOHLRABI,RAW	27	1.7	6.2	0.1	1.0	0	20	24	4
1893 KUMQUAT,RAW	63	0.9	16.4	0.1	3.7	0	6	44	4
1894 LAMB+NOODLES,JUNIOR	65	2.3	8.7	2.2	0.2	8	18	18	4
1895 LAMB,BRAIN,LRAISED	145	12.6	0.0	10.2	0.0	2043	134	12	17
1896 LAMB,BRAIN,PAN FRIED	273	17.0	0.0	22.2	0.0	2504	157	21	20
1897 LAMB,BRAIN,RAW	122	10.4	0.0	8.6	0.0	1352	112	9	18
1898 LAMB,DOMESTIC,ARM,LEAN+FAT,BRLD	281	24.4	0.0	19.6	0.0	96	77	18	21
1899 LAMB,DOMESTIC,ARM,LEAN+FAT,BRSD	346	30.4	0.0	24.0	0.0	120	72	25	24
1900 LAMB,DOMESTIC,ARM,LEAN+FAT,RAW	260	16.8	0.0	20.9	0.0	71	60	14	16
1901 LAMB,DOMESTIC,ARM,LEAN+FAT,RSTD	279	22.5	0.0	20.2	0.0	92	65	18	20
1902 LAMB,DOMESTIC,ARM,LEAN,BRAISED	279	35.5	0.0	14.1	0.0	121	76	26	27
1903 LAMB,DOMESTIC,ARM,LEAN,BROILED	200	27.7	0.0	9.0	0.0	92	82	17	23
1904 LAMB,DOMESTIC,ARM,LEAN,RAW	132	20.0	0.0	5.2	0.0	64	69	12	17
1905 LAMB,DOMESTIC,ARM,LEAN,ROASTED	192	25.5	0.0	9.3	0.0	86	67	16	22
1906 LAMB,DOMESTIC,BLADE,LEAN,BRLD	211	25.5	0.0	11.3	0.0	91	88	24	18
1907 LAMB,DOMESTIC,BLADE,LEAN,RAW	151	19.3	0.0	7.6	0.0	67	70	16	16
1908 LAMB,DOMESTIC,BLADE,LN+FAT,BRLD	278	23.1	0.0	19.9	0.0	95	82	24	17
1909 LAMB,DOMESTIC,BLADE,LN+FAT,BRSD	345	28.5	0.0	24.7	0.0	116	75	27	24
1910 LAMB,DOMESTIC,BLADE,LN+FAT,RAW	259	16.6	0.0	20.9	0.0	72	62	17	15

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1911 LAMB,DOMESTIC,BLADE,LN+FAT,RSTD	281	22.2	0.0	20.6	0.0	92	66	21	19
1912 LAMB,DOMESTIC,BLADE,LN,ROASTED	209	24.6	0.0	11.6	0.0	87	68	21	21
1913 LAMB,DOMESTIC,COMPOS,FAT,COOKED	586	12.2	0.0	59.2	0.0	114	58	23	13
1914 LAMB,DOMESTIC,COMPOS,FAT,RAW	665	6.6	0.0	70.6	0.0	90	31	19	10
1915 LAMB,DOMESTIC,COMPOS,LEAN,CKD	206	28.2	0.0	9.5	0.0	92	76	15	20
1916 LAMB,DOMESTIC,COMPOS,LEAN,RAW	134	20.3	0.0	5.2	0.0	65	66	10	18
1917 LAMB,DOMESTIC,COMPOS,LN+FAT,CKD	294	24.5	0.0	20.9	0.0	97	72	17	19
1918 LAMB,DOMESTIC,COMPOS,LN+FAT,RAW	267	16.9	0.0	21.6	0.0	72	58	12	16
1919 LAMB,DOMESTIC,CUBED,BRAISED	223	33.7	0.0	8.8	0.0	108	70	15	28
1920 LAMB,DOMESTIC,CUBED,BROILED	186	28.1	0.0	7.3	0.0	90	76	13	23
1921 LAMB,DOMESTIC,CUBED,RAW	134	20.2	0.0	5.3	0.0	65	65	9	18
1922 LAMB,DOMESTIC,FORE,LEAN+FAT,CKD	243	28.4	0.0	13.5	0.0	106	72	20	21
1923 LAMB,DOMESTIC,FORE,LEAN+FAT,RAW	201	18.9	0.0	13.4	0.0	72	72	11	17
1924 LAMB,DOMESTIC,FORE,LEAN,COOKED	187	31.0	0.0	6.0	0.0	104	74	20	23
1925 LAMB,DOMESTIC,FORE,LEAN,RAW	120	21.1	0.0	3.3	0.0	69	79	9	18
1926 LAMB,DOMESTIC,GROUND,BROILED	283	24.8	0.0	19.6	0.0	97	81	22	18
1927 LAMB,DOMESTIC,GROUND,RAW	282	16.6	0.0	23.4	0.0	73	59	16	16
1928 LAMB,DOMESTIC,LEG,LEAN+FAT,CKD	258	25.6	0.0	16.5	0.0	93	66	11	20
1929 LAMB,DOMESTIC,LEG,LEAN+FAT,RAW	230	17.9	0.0	17.1	0.0	69	56	9	17
1930 LAMB,DOMESTIC,LEG,LEAN,COOKED	204	28.4	0.0	9.2	0.0	92	71	8	22
1931 LAMB,DOMESTIC,LEG,LEAN,RAW	134	20.6	0.0	5.1	0.0	66	64	7	18
1932 LAMB,DOMESTIC,LOIN,LEAN+FAT,BRL	316	25.2	0.0	23.1	0.0	100	77	20	18
1933 LAMB,DOMESTIC,LOIN,LEAN+FAT,RAW	310	16.3	0.0	26.6	0.0	74	56	15	16
1934 LAMB,DOMESTIC,LOIN,LEAN+FAT,RST	309	22.6	0.0	23.6	0.0	95	64	18	21
1935 LAMB,DOMESTIC,LOIN,LEAN,BROILED	216	30.0	0.0	9.7	0.0	95	84	19	20
1936 LAMB,DOMESTIC,LOIN,LEAN,RAW	143	20.9	0.0	5.9	0.0	66	68	12	19
1937 LAMB,DOMESTIC,LOIN,LEAN,ROASTED	202	26.6	0.0	9.8	0.0	87	66	17	24
1938 LAMB,DOMESTIC,RIB,LEAN+FAT,BRLD	361	22.1	0.0	29.6	0.0	99	76	19	19
1939 LAMB,DOMESTIC,RIB,LEAN+FT,RAW	372	14.5	0.0	34.4	0.0	76	56	15	14
1940 LAMB,DOMESTIC,RIB,LEAN+FT,ROAST	359	21.1	0.0	29.8	0.0	97	73	22	16
1941 LAMB,DOMESTIC,RIB,LEAN,BROILED	235	27.7	0.0	13.0	0.0	91	85	16	22
1942 LAMB,DOMESTIC,RIB,LEAN,RAW	169	20.0	0.0	9.2	0.0	66	72	12	17
1943 LAMB,DOMESTIC,RIB,LEAN,ROASTED	232	26.2	0.0	13.3	0.0	88	81	21	18
1944 LAMB,DOMESTIC,SHANK,LEAN+FT,CKD	225	26.4	0.0	12.4	0.0	90	65	10	20
1945 LAMB,DOMESTIC,SHANK,LEAN+FT,RAW	201	18.6	0.0	13.5	0.0	67	57	8	17
1946 LAMB,DOMESTIC,SHANK,LEAN,COOKED	180	28.2	0.0	6.7	0.0	87	66	8	21
1947 LAMB,DOMESTIC,SHANK,LEAN,RAW	125	20.5	0.0	4.2	0.0	64	61	6	18
1948 LAMB,DOMESTIC,SHOULDR,LEAN,BRLD	210	27.1	0.0	10.5	0.0	93	83	21	22
1949 LAMB,DOMESTIC,SHOULDR,LEAN,BRSD	283	32.8	0.0	15.9	0.0	117	79	26	27
1950 LAMB,DOMESTIC,SHOULDR,LEAN,RAW	144	19.6	0.0	6.8	0.0	66	70	15	17
1951 LAMB,DOMESTIC,SHOULDR,LEAN,RSTD	204	24.9	0.0	10.8	0.0	87	68	19	21
1952 LAMB,DOMESTIC,SHOULDR,LN+FT,RAW	264	16.6	0.0	21.4	0.0	72	61	16	15
1953 LAMB,DOMESTIC,SHOULDR,LNFT,BRLD	278	24.4	0.0	19.3	0.0	97	78	21	20
1954 LAMB,DOMESTIC,SHOULDR,LNFT,BRSD	344	28.7	0.0	24.6	0.0	116	75	25	24
1955 LAMB,DOMESTIC,SHOULDR,LNFT,RSTD	276	22.5	0.0	20.0	0.0	92	66	20	20
1956 LAMB,DOMESTIC,SIRLOIN,LN+FT,CKD	292	24.6	0.0	20.7	0.0	97	68	11	20
1957 LAMB,DOMESTIC,SIRLOIN,LN+FT,RAW	272	16.9	0.0	22.1	0.0	72	56	10	16
1958 LAMB,HEART,BRAISED	185	25.0	1.9	7.9	0.0	249	63	14	55
1959 LAMB,HEART,RAW	122	16.5	0.2	5.7	0.0	135	89	6	46

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1960 LAMB,JUNIOR,BABY	112	15.2	0.0	5.2	0.0	0	73	7	17
1961 LAMB,KIDNEY,BRAISED	137	23.6	1.0	3.6	0.0	565	151	18	124
1962 LAMB,KIDNEY,RAW	97	15.7	0.8	3.0	0.0	337	156	13	64
1963 LAMB,LIVER,BRAISED	220	30.6	2.5	8.8	0.0	501	56	8	83
1964 LAMB,LIVER,PAN-FRIED	238	25.5	3.8	12.6	0.0	493	124	9	102
1965 LAMB,LIVER,RAW	139	20.4	1.8	5.0	0.0	371	70	7	74
1966 LAMB,LUNGS,BRAISED	113	19.9	0.0	3.1	0.0	284	84	12	46
1967 LAMB,LUNGS,RAW	95	16.7	0.0	2.6	0.0	330	157	10	64
1968 LAMB,MECHANICALLY SEPERATED,RAW	276	15.0	0.0	23.5	0.0	213	59	162	59
1969 LAMB,NEW ZEALAND,CMPS,FT,COOKED	586	9.7	0.0	60.4	0.0	109	35	27	14
1970 LAMB,NEW ZEALAND,CMPS,LEAN,CKD	206	29.6	0.0	8.9	0.0	109	50	13	24
1971 LAMB,NEW ZEALAND,CMPS,LEAN,RAW	128	20.8	0.0	4.4	0.0	74	46	8	16
1972 LAMB,NEW ZEALAND,CMPS,LN+FT,CKD	305	24.4	0.0	22.3	0.0	109	46	17	21
1973 LAMB,NEW ZEALAND,CMPS,LN+FT,RAW	277	16.7	0.0	22.7	0.0	78	39	13	15
1974 LAMB,NEW ZEALAND,FORE,LEAN,COOK	186	30.8	0.0	6.0	0.0	101	49	10	22
1975 LAMB,NEW ZEALAND,FORE,LEAN,RAW	118	20.8	0.0	3.3	0.0	67	50	7	16
1976 LAMB,NEW ZEALAND,FORE,LN+FT,CKD	258	27.0	0.0	15.8	0.0	102	47	14	21
1977 LAMB,NEW ZEALAND,FORE,LN+FT,RAW	223	18.0	0.0	16.2	0.0	71	45	10	15
1978 LAMB,NEW ZEALAND,FT,RAW	640	6.9	0.0	67.6	0.0	87	22	23	11
1979 LAMB,NEW ZEALAND,LEG,LEAN,CKD	181	27.7	0.0	7.0	0.0	100	45	7	22
1980 LAMB,NEW ZEALAND,LEG,LEAN,RAW	123	20.8	0.0	3.8	0.0	73	44	4	17
1981 LAMB,NEW ZEALAND,LEG,LEANFT,RAW	216	18.3	0.0	15.3	0.0	76	40	8	16
1982 LAMB,NEW ZEALAND,LEG,LN+FT,COOK	246	24.8	0.0	15.6	0.0	101	43	10	21
1983 LAMB,NEW ZEALAND,LOIN,LEAN,BRLD	199	29.3	0.0	8.2	0.0	114	55	21	23
1984 LAMB,NEW ZEALAND,LOIN,LEAN,RAW	130	21.2	0.0	4.4	0.0	80	45	15	18
1985 LAMB,NEW ZEALAND,LOIN,LNFT,BRLD	315	23.4	0.0	23.9	0.0	112	49	23	20
1986 LAMB,NEW ZEALAND,LOIN,LNFT,RAW	303	16.3	0.0	25.9	0.0	83	37	17	16
1987 LAMB,NEW ZEALAND,RIB,LEAN,RAW	142	20.5	0.0	6.1	0.0	76	52	11	16
1988 LAMB,NEW ZEALAND,RIB,LEAN,ROAST	196	24.4	0.0	10.2	0.0	94	48	14	19
1989 LAMB,NEW ZEALAND,RIB,LEANFT,RAW	346	14.9	0.0	31.3	0.0	81	40	16	14
1990 LAMB,NEW ZEALAND,RIB,LNFT,RSTD	340	19.0	0.0	28.8	0.0	100	43	19	17
1991 LAMB,NEW ZEALAND,SHLDR,LEAN,BRS	285	34.1	0.0	15.5	0.0	127	56	27	23
1992 LAMB,NEW ZEALAND,SHLDR,LEAN,RAW	135	20.2	0.0	5.4	0.0	71	47	15	14
1993 LAMB,NEW ZEALAND,SHLDR,LNFT,BRS	351	28.7	0.0	25.4	0.0	123	52	27	21
1994 LAMB,NEW ZEALAND,SHLDR,LNFT,RAW	272	16.6	0.0	22.2	0.0	75	41	17	14
1995 LAMB,PANCREAS,BRAISED	234	22.8	0.0	15.1	0.0	400	52	12	21
1996 LAMB,PANCREAS,RAW	152	14.8	0.0	9.8	0.0	260	75	8	23
1997 LAMB,SPLEEN,BRAISED	156	26.5	0.0	4.8	0.0	385	58	13	387
1998 LAMB,SPLEEN,RAW	101	17.2	0.0	3.1	0.0	250	84	9	419
1999 LAMB,STRAINED,BABY	103	14.1	0.1	4.7	0.0	0	62	7	15
2000 LAMB,TONGUE,BRAISED	275	21.6	0.0	20.3	0.0	189	67	10	26
2001 LAMB,TONGUE,RAW	222	15.7	0.0	17.2	0.0	156	78	9	26
2002 LAMB.DOMESTIC,BLADE,LEAN,BRSD	288	32.4	0.0	16.6	0.0	117	79	28	26
2003 LAMBSQUARTERS,BOILED	32	3.2	5.0	0.7	1.8	0	29	258	7
2004 LAMBSQUARTERS,BOILED,W/SALT	32	3.2	5.0	0.7	1.8	0	265	258	7
2005 LAMBSQUARTERS,RAW	43	4.2	7.3	0.8	2.1	0	43	309	12
2006 LEBANON BOLOGNA	212	19.3	2.7	13.2	0.0	70	1338	13	25
2007 LEBANON BOLOGNA,BEEF	212	19.3	2.7	13.2	0.0	70	1338	13	25
2008 LEEKS,BOILED	31	0.8	7.6	0.2	0.8	0	10	30	11

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2009 LEEKS,BOILED,W/SALT	31	0.8	7.6	0.2	0.8	0	246	30	11
2010 LEEKS,FREEZE-DRIED	321	15.2	74.6	2.1	8.7	0	35	360	76
2011 LEEKS,RAW	61	1.5	14.2	0.3	1.5	0	20	59	21
2012 LEMON JUICE,CANNED/BOTTLED	21	0.4	6.5	0.3	0.0	0	21	11	1
2013 LEMON JUICE,FROZEN,UNCONC	22	0.5	6.5	0.3	0.0	0	1	8	1
2014 LEMON JUICE,RAW	25	0.4	8.6	0.0	0.0	0	1	7	0
2015 LEMON PEEL,CANDIED	316	0.4	80.6	0.3	2.3	0	0	0	0
2016 LEMON PEEL,RAW	22	1.5	16.0	0.3	0.0	0	6	134	8
2017 LEMON+LIME SODA	40	0.0	10.4	0.0	0.0	0	11	2	1
2018 LEMON,RAW,W/PEEL	20	1.2	10.7	0.3	0.4	0	3	61	7
2019 LEMON,RAW,WO/PEEL	29	1.1	9.3	0.3	0.4	0	2	26	6
2020 LEMONADE DRINK,POWDER	387	0.1	98.8	0.2	0.0	0	42	83	1
2021 LEMONADE POWDER	376	0.0	98.8	0.0	0.0	0	23	242	5
2022 LEMONADE POWDER,WATER	42	0.0	10.8	0.0	0.0	0	7	11	0
2023 LEMONADE,ASPARTAM,PREPARED	2	0.0	0.5	0.0	0.0	0	3	21	0
2024 LEMONADE,FROZEN,PINK	40	0.1	10.5	0.0	0.0	0	3	3	2
2025 LEMONADE,FROZEN,WHITE	40	0.1	10.5	0.0	0.0	0	3	3	2
2026 LEMONADE,POWDER,ASPARTAM	332	3.6	83.7	0.3	0.0	0	10	3098	57
2027 LENTILS,COOKED,NO SALT	116	9.0	20.1	0.4	2.8	0	2	19	33
2028 LENTILS,COOKED,W/SALT	116	9.0	20.1	0.4	2.8	0	238	19	33
2029 LENTILS,RAW	338	28.1	57.1	1.0	5.2	0	10	51	90
2030 LENTILS,SPROUTED,RAW	106	9.0	22.1	0.6	3.0	0	11	25	32
2031 LENTILS,SPROUTS,ST-FR,W/SALT	101	8.8	21.2	0.4	1.1	0	246	14	31
2032 LENTILS,SPROUTS,STIR-FRY	101	8.8	21.2	0.4	1.1	0	10	14	31
2033 LETTUCE,BUTTRHD,RAW	13	1.3	2.3	0.2	0.4	0	5	32	3
2034 LETTUCE,COS/ROMAINE	16	1.6	2.4	0.2	0.7	0	8	36	11
2035 LETTUCE,ICEBERG,RAW	13	1.0	2.1	0.2	0.5	0	9	19	5
2036 LETTUCE,LOOSELEAF,RAW	18	1.3	3.5	0.3	0.7	0	9	68	14
2037 LIFE, PLAIN/CINNAMON	369	18.4	71.6	1.9	1.3	0	521	350	264
2038 LIGHT TUNA,CND,OIL,DRAINED,SALT	198	29.1	0.0	8.2	0.0	18	354	13	14
2039 LIGHT TUNA,CND,OIL,DRND,UNSLT	198	29.1	0.0	8.2	0.0	18	50	13	14
2040 LIGHT TUNA,CND,WTR,DRAINED,SALT	131	29.6	0.0	0.5	0.0	18	356	12	32
2041 LIGHT TUNA,CND,WTR,DRND,UNSLT	131	29.6	0.0	0.5	0.0	18	50	12	32
2042 LIME JUICE,CANNED/BOTTLED	21	0.2	6.7	0.2	0.0	0	16	12	2
2043 LIME JUICE,RAW	27	0.4	9.0	0.1	0.0	0	1	9	0
2044 LIME,RAW	30	0.7	10.5	0.2	0.5	0	2	33	6
2045 LIMEADE,FROZEN,CONC	187	0.2	49.5	0.1	0.0	0	0	5	1
2046 LIMEADE,FROZEN,PREPARED	41	0.0	11.0	0.0	0.0	0	2	3	0
2047 LING,RAW	87	19.0	0.0	0.6	0.0	40	135	34	6
2048 LINGCOD,RAW	85	17.7	0.0	1.1	0.0	52	59	14	3
2049 LIVER CHEESE,PORK	304	15.2	2.1	25.6	0.0	174	1225	8	108
2050 LIVER,BRAISED	161	24.4	3.4	4.9	0.0	389	70	7	68
2051 LIVER,PAN FRIED	217	26.7	7.8	8.0	0.0	482	106	11	63
2052 LIVER,RAW	143	20.0	5.8	3.8	0.0	354	73	6	68
2053 LIVER,STRAINED,BABY	101	14.3	1.4	3.8	0.0	183	74	4	53
2054 LIVERPATE,UNSPECIFIED	319	14.2	1.5	28.0	0.0	255	697	70	55
2055 LIVERWURST,PORK	326	14.1	2.2	28.5	0.0	158	860	26	64
2056 LOBSTER,NEWBURG	194	18.5	5.1	10.6	0.0	182	229	87	9
2057 LOBSTER,NORTHERN,BOILED/STEAMED	98	20.5	1.3	0.6	0.0	72	380	61	4

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2058 LOBSTER,NORTHERN,RAW	90	18.8	0.5	0.9	0.0	95	296	48	3
2059 LOBSTER,SALAD	110	10.1	2.3	6.4	0.0	46	124	36	9
2060 LOGANBERRIES,FROZEN	55	1.5	13.0	0.3	3.0	0	1	26	6
2061 LOIN,TOP,LEAN,GOOD,BROILED	190	28.6	0.0	7.5	0.0	76	68	8	25
2062 LOIN,TOP,LEAN,GOOD,RAW	139	21.5	0.0	5.2	0.0	59	59	5	18
2063 LONGANS,DRIED	286	4.9	74.0	0.4	2.0	0	48	45	54
2064 LONGANS,RAW	60	1.3	15.1	0.1	0.4	0	0	1	1
2065 LOQUAT,RAW	47	0.4	12.1	0.2	0.5	0	1	16	3
2066 LOTUS ROOT,BOILED	66	1.6	16.0	0.1	0.8	0	45	26	9
2067 LOTUS ROOT,BOILED,W/SALT	66	1.6	16.0	0.1	0.8	0	281	26	9
2068 LOTUS ROOT,RAW	56	2.6	17.2	0.1	0.8	0	40	45	12
2069 LOTUS SEEDS,DRIED	332	15.4	64.5	2.0	2.4	0	5	163	35
2070 LOTUS SEEDS,RAW	89	4.1	17.3	0.5	0.6	0	1	44	10
2071 LUCKY CHARMS	390	9.1	81.7	3.8	0.8	0	710	113	159
2072 LUNCH MEAT,JELLIED	111	19.0	0.0	3.3	0.0	34	1322	10	34
2073 LUNCH MEAT,LOAF	308	14.4	2.9	26.2	0.0	64	1329	11	23
2074 LUNCHEON SAUSAGE,PORK/BEEF	260	15.4	1.6	20.9	0.0	64	1182	13	14
2075 LUNCHMEAT,BEEF,LOAVED	308	14.4	2.9	26.2	0.0	64	1329	11	23
2076 LUNCHMEAT,BEEF,SLICED	177	28.1	5.7	3.8	0.0	41	1439	11	27
2077 LUNCHMEAT,PORK,CANNED	334	12.5	2.1	30.3	0.0	62	1289	6	7
2078 LUNCHMEAT,PORK/BEEF	353	12.6	2.3	32.2	0.0	55	1293	9	9
2079 LUNGS,BRAISED	120	20.4	0.0	3.7	0.0	277	101	11	54
2080 LUNGS,RAW	92	16.2	0.0	2.5	0.0	242	198	10	80
2081 LUPIN,COOKED,NO SALT	119	15.6	9.9	2.9	0.7	0	4	51	12
2082 LUPIN,COOKED,W/SALT	119	15.6	9.9	2.9	0.7	0	240	51	12
2083 LUPIN,RAW	371	36.2	40.4	9.7	13.8	0	15	176	44
2084 LUXURY LOAF,PORK	141	18.4	4.9	4.8	0.0	36	1225	36	10
2085 LYCHEE,DRIED	277	3.8	70.7	1.2	1.4	0	3	33	17
2086 LYCHEE,RAW	66	0.8	16.5	0.4	0.2	0	1	5	3
2087 MACADAMIA,DRIED	702	8.3	13.7	73.7	5.3	0	5	70	24
2088 MACADAMIA,OIL,ROASTED	718	7.3	12.9	76.5	1.7	0	7	45	18
2089 MACADAMIA,OIL,ROASTED,W/SALT	718	7.3	12.9	76.5	1.7	0	260	45	18
2090 MACARONI+BACON	75	2.5	8.6	3.3	0.1	13	78	71	4
2091 MACARONI+CHEESE,CANNED	95	3.9	10.7	4.0	0.1	10	304	83	4
2092 MACARONI+CHEESE,HOME,BUTTER	215	8.4	20.1	11.1	0.1	34	543	181	9
2093 MACARONI+CHEESE,HOME,MARG	215	8.4	20.1	11.1	0.1	21	543	181	9
2094 MACARONI+CHEESE,HOME,SOFT MARG	215	8.4	20.1	11.1	0.1	21	543	181	9
2095 MACARONI+CHEESE,JUNIOR	61	2.6	8.2	2.0	0.1	10	76	51	3
2096 MACARONI+CHEESE,STRAINED	59	2.6	7.5	2.1	0.1	10	73	54	3
2097 MACARONI+HAM,JUNIOR	60	3.2	8.5	1.4	0.2	8	47	75	4
2098 MACARONI,COOKED	141	4.8	28.3	0.7	0.1	0	1	7	5
2099 MACARONI,DRY	371	12.8	74.7	1.6	0.3	0	7	18	13
2100 MACARONI,DRY,ENRICHED	371	12.8	74.7	1.6	0.3	0	7	18	39
2101 MACARONI,ENRICHED,COOKED	141	4.8	28.3	0.7	0.1	0	1	7	14
2102 MACARONI,PROTEIN FORTIFIED,CKD	164	8.1	31.7	0.2	0.2	0	5	10	7
2103 MACARONI,PROTEIN FORTIFIED,DRY	375	19.9	67.6	2.2	0.8	0	8	39	42
2104 MACARONI,TOMATO,BEEF,JUNIOR	59	2.5	9.4	1.1	0.3	18	17	14	4
2105 MACARONI,TOMATO,BEEF,STRAINED	55	2.2	8.8	1.1	0.4	18	17	16	5
2106 MACARONI,VEG,DRY,ENRICHED	367	13.1	74.9	1.0	0.5	0	43	34	43

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2107 MACARONI,VEG,ENRICHED,COOKED	128	4.5	26.6	0.1	0.2	0	6	11	5
2108 MACARONI,WHOLE WHEAT,COOKED	124	5.3	26.5	0.5	1.0	0	3	15	11
2109 MACARONI,WHOLE WHEAT,DRY	348	14.6	75.0	1.4	3.0	0	8	40	36
2110 MACE,GROUND	475	6.7	50.5	32.4	4.8	0	80	252	139
2111 MACKEREL,ATLANTIC,BAKED/BROILED	262	23.8	0.0	17.8	0.0	75	83	15	16
2112 MACKEREL,ATLANTIC,RAW	205	18.6	0.0	13.9	0.0	70	90	12	16
2113 MACKEREL,JACK,CND,DRAINED,SOL	156	23.2	0.0	6.3	0.0	79	379	241	20
2114 MACKEREL,KING,RAW	105	20.3	0.0	2.0	0.0	53	158	31	18
2115 MACKEREL,PACIFIC/JACK,RAW	157	20.1	0.0	7.9	0.0	47	86	23	12
2116 MACKEREL,SPANISH,BAKED/BROILED	158	23.6	0.0	6.3	0.0	73	66	13	7
2117 MACKEREL,SPANISH,RAW	139	19.3	0.0	6.3	0.0	76	59	11	4
2118 MALT BEVERAGE	9	0.3	1.4	0.0	0.0	0	5	7	0
2119 MALT EXTRACT,DRIED	367	6.0	89.2	0.0	0.0	0	80	48	87
2120 MALT,DRY	368	13.1	77.4	1.9	5.7	0	80	48	40
2121 MALT-O-MEAL,CHOCOLATE,DRY	368	10.5	77.7	0.9	0.7	0	10	14	286
2122 MALT-O-MEAL,COOKED WO/NA	51	1.5	10.8	0.1	0.1	0	1	2	40
2123 MALT-O-MEAL,COOKED,W/NA	51	1.5	10.8	0.1	0.1	0	135	2	40
2124 MALT-O-MEAL,PLAIN,DRY	368	10.5	77.7	0.9	0.7	0	7	14	286
2125 MALTEX,COOKED WO/NA	72	2.3	15.9	0.4	0.3	0	4	7	7
2126 MALTEX,COOKED,W/NA	72	2.3	15.9	0.4	0.3	0	76	7	7
2127 MALTEX,DRY	352	11.2	77.3	2.1	1.5	0	17	36	35
2128 MAMMY-APPLE,RAW	51	0.5	12.5	0.5	1.0	0	15	11	7
2129 MANGO,RAW	65	0.5	17.0	0.3	0.8	0	2	10	1
2130 MANGO,TAPIOCA,STRAINED	80	0.3	21.6	0.2	0.2	10	4	4	1
2131 MANHATTAN	224	0.1	3.2	0.0	0.0	0	3	2	1
2132 MARGARINE 60%,BUTTER 40%	718	0.9	0.6	80.7	0.0	88	897	28	1
2133 MARGARINE,HARD,NO SALT	714	0.5	0.5	80.3	0.0	0	2	17	0
2134 MARGARINE,HARD,VEG OIL	719	0.9	0.9	80.5	0.0	0	943	30	0
2135 MARGARINE,IMITATION	345	0.5	0.4	38.8	0.0	0	960	18	0
2136 MARGARINE,LIQUID,VEG OIL	721	1.9	0.0	80.6	0.0	0	781	66	0
2137 MARGARINE,SOFT,VEG OIL	716	0.8	0.9	80.3	0.0	0	28	26	0
2138 MARGARINE,SPREAD,TUB	540	0.6	0.0	60.8	0.0	0	994	21	0
2139 MARJORAM,DRIED	271	12.7	60.6	7.0	18.1	0	77	1990	827
2140 MARMALADE,CITRUS	257	0.5	70.1	0.1	0.4	0	14	35	6
2141 MARTINI	223	0.0	0.3	0.0	0.0	0	3	2	1
2142 MAYONNAISE,IMITATION,MILKCREAM	97	2.1	11.1	5.1	0.0	43	504	72	5
2143 MAYONNAISE,IMITATION,SOYBEAN	232	0.3	16.0	19.2	0.0	24	497	0	0
2144 MAYONNAISE,IMITN,NO CHOL,SOY	482	0.1	15.8	47.7	0.0	0	353	0	0
2145 MAYONNAISE,SAFFLOWER,SOYBEAN	717	1.1	2.7	79.4	0.0	59	568	18	5
2146 MAYONNAISE,SALAD DRESSING	390	0.9	23.9	33.4	0.0	26	711	14	2
2147 MAYONNAISE,SOYBEAN,NO SALT	717	1.1	2.7	79.4	0.0	59	30	18	5
2148 MAYPO,COOKED WO/NA	71	2.4	13.3	1.0	0.2	0	4	52	35
2149 MAYPO,COOKED,W/NA	71	2.4	13.3	1.0	0.2	0	108	52	35
2150 MAYPO,DRY	385	13.2	72.0	5.3	0.8	0	19	282	190
2151 MEAT EXTENDER	313	38.1	38.3	3.0	1.7	0	10	204	120
2152 MEAT STICKS,JUNIOR	184	13.4	1.1	14.6	0.2	183	547	34	14
2153 MELON BALL,FRZ,CANTLOUP/HONEYDW	33	0.8	7.9	0.2	0.5	0	31	10	3
2154 MELON,CANTALOUPE,RAW	35	0.9	8.4	0.3	0.4	0	9	11	2
2155 MELON,CASABA,RAW	26	0.9	6.2	0.1	0.5	0	12	5	4

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2156 MELON,HONEYDEW,RAW	35	0.5	9.2	0.1	0.6	0	10	6	1
2157 MILK 1% LOWFAT,WITH NFDM	43	3.5	5.0	1.0	0.0	4	52	128	0
2158 MILK 2% LOWFAT,WITH NFDM	51	3.5	5.0	1.9	0.0	8	52	128	0
2159 MILK SHAKE,THICK CHOCOLATE	119	3.0	21.2	2.7	0.2	10	111	132	3
2160 MILK SHAKE,THICK VANILLA	112	3.9	17.8	3.0	0.1	12	95	146	1
2161 MILK,1% LOW FAT,FLUID	42	3.3	4.8	1.1	0.0	4	50	123	0
2162 MILK,1% LOW FAT,PROTEIN FORT	48	3.9	5.5	1.2	0.0	4	58	142	1
2163 MILK,1% LOWFAT,CHOCOLATE	63	3.2	10.4	1.0	0.1	3	61	115	2
2164 MILK,2% LOWFAT,CHOCOLATE	72	3.2	10.4	2.0	0.1	7	60	114	2
2165 MILK,2% LOWFAT,FLUID	50	3.3	4.8	1.9	0.0	8	50	122	0
2166 MILK,2% LOWFAT,NO VIT A	56	4.0	5.5	2.0	0.0	8	59	143	1
2167 MILK,2% LOWFAT,PROTEIN FORT	56	4.0	5.5	2.0	0.0	8	59	143	1
2168 MILK,33% FAT,WHOLE	61	3.3	4.7	3.3	0.0	14	49	119	0
2169 MILK,37% FAT,WHOLE	64	3.3	4.6	3.7	0.0	14	49	119	0
2170 MILK,BUFFALO,WHOLE	97	3.8	5.2	6.9	0.0	19	52	169	1
2171 MILK,CHOCOLATE,WHOLE	83	3.2	10.3	3.4	0.1	12	60	112	2
2172 MILK,CONDENSED,SWEET	321	7.9	54.4	8.7	0.0	34	127	284	2
2173 MILK,DRY,INSTANT,NON FAT	358	35.1	52.2	0.7	0.0	18	549	1231	3
2174 MILK,DRY,REGULAR NON FAT	362	36.2	52.0	0.8	0.0	20	535	1257	3
2175 MILK,EVAPORATED,SKIM	78	7.6	11.4	0.2	0.0	4	115	290	3
2176 MILK,EVAPORATED,WHOLE	134	6.8	10.0	7.6	0.0	29	106	261	2
2177 MILK,EVAPORATED,WITH VIT A	134	6.8	10.0	7.6	0.0	29	106	261	2
2178 MILK,FILLED,WITH LAURC OIL	63	3.3	4.7	3.4	0.0	2	57	128	0
2179 MILK,FILLED,WITH VEG OIL	63	3.3	4.7	3.5	0.0	2	57	128	0
2180 MILK,FLUID,SKIM	35	3.4	4.8	0.2	0.0	2	52	123	0
2181 MILK,GOAT,WHOLE	69	3.6	4.4	4.1	0.0	11	50	134	0
2182 MILK,HUMAN,WHOLE	70	1.0	6.9	4.4	0.0	14	17	32	0
2183 MILK,IMITATION,WITH LAURC OIL	61	1.8	6.2	3.4	0.0	0	78	32	4
2184 MILK,IMITATION,WITH VEG OIL	61	1.8	6.2	3.4	0.0	0	78	32	4
2185 MILK,INSTANT,DRY,SKIM,NO VIT A	358	35.1	52.2	0.7	0.0	18	549	1231	3
2186 MILK,MALT POWDER,CHOCOLATE	375	5.1	87.8	3.8	0.1	5	251	60	23
2187 MILK,MALT POWDER,NATURAL FLAVOR	414	11.2	75.8	7.9	0.0	20	493	298	7
2188 MILK,MALTED,CHOCOLATE FLAVOR	86	3.4	11.3	3.4	0.0	13	65	115	2
2189 MILK,MALTED,NATURAL FLAVOR	89	3.9	10.3	3.7	0.0	14	84	134	1
2190 MILK,NONFAT,DRY,LO CALCIUM	354	35.5	51.8	0.2	0.0	2	2280	280	3
2191 MILK,REGULAR,DRY,SKIM,VIT A	362	36.2	52.0	0.8	0.0	20	535	1257	3
2192 MILK,SHEEP,WHOLE	108	6.0	5.4	7.0	0.0	27	44	193	1
2193 MILK,SKIM,PROTEIN FORT	41	4.0	5.6	0.2	0.0	2	59	143	1
2194 MILK,SKIM,WITH NFDM	37	3.6	5.0	0.2	0.0	2	53	129	0
2195 MILK,SKIM,WITHOUT VIT A	35	3.4	4.8	0.2	0.0	2	52	123	0
2196 MILK,SOUR DRESSING,FILLED	178	3.2	4.7	16.6	0.0	5	48	113	0
2197 MILK,WHOLE,DRIED	496	26.3	38.4	26.7	0.0	97	371	912	5
2198 MILK,WHOLE,LO SODIUM	61	3.1	4.5	3.5	0.0	14	2	101	0
2199 MILKFISH,RAW	148	20.5	0.0	6.7	0.0	52	72	51	3
2200 MILLET,COOKED	119	3.5	23.7	1.0	0.4	0	2	3	6
2201 MILLET,PROSO,WHOLE-GRAIN	327	9.9	72.9	2.9	3.2	0	1	20	68
2202 MILLET,RAW	378	11.0	72.8	4.2	1.0	0	5	8	30
2203 MISO	206	11.8	28.0	6.1	2.5	0	3647	66	27
2204 MIXED CEREAL,APPL/BANANA,JUNIOR	83	1.2	18.4	0.4	0.3	10	36	4	56

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2205 MIXED CEREAL,APPL/BANANA,STRND	82	1.2	17.9	0.5	0.3	10	2	6	66
2206 MIXED CEREAL,BANANA,DRY,BABY	391	10.7	77.1	4.6	0.9	10	118	696	676
2207 MIXED CEREAL,BANANA,PREP,BABY	115	4.5	16.6	3.6	0.1	21	60	214	112
2208 MIXED CEREAL,DRY,BABY	379	12.2	73.3	4.4	1.0	10	39	733	632
2209 MIXED CEREAL,HONEY,DRY,BABY	391	13.8	73.3	5.1	0.3	51	44	1183	683
2210 MIXED CEREAL,HONEY,PREP,BABY	115	5.0	15.9	3.6	0.0	21	48	294	113
2211 MIXED CEREAL,PREPARED,BABY	113	4.8	15.9	3.5	0.2	21	47	220	104
2212 MIXED FRUIT JUICE,BABY	47	0.1	11.6	0.1	0.1	10	4	8	3
2213 MIXED FRUIT,DRIED	243	2.5	64.1	0.5	2.9	0	18	38	27
2214 MIXED FRUIT,FROZEN,SWEETENED	98	1.4	24.2	0.2	0.5	0	3	7	3
2215 MIXED FRUIT,HEAVY SYRUP	72	0.4	18.8	0.1	0.4	0	4	1	4
2216 MIXED NUTS,OIL,ROASTED	615	15.5	22.3	56.2	2.2	0	11	106	26
2217 MIXED NUTS,OIL,ROASTED,W/SALT	615	15.5	22.3	56.2	2.2	0	700	106	26
2218 MIXED NUTS/PEANUTS,DRY,ROASTED	594	17.3	25.4	51.4	0.9	0	12	70	37
2219 MIXED NUTS/PNUTS,DRY,RSTD,W/SLT	594	17.3	25.4	51.4	0.9	0	669	70	37
2220 MIXED NUTS/PNUTS,OIL,ROASTED	617	16.8	21.4	56.3	2.2	0	11	108	32
2221 MIXED NUTS/PNUTS,OIL,RSTD,W/SLT	617	16.8	21.4	56.3	2.2	0	652	108	32
2222 MIXED VEGETABLE DINNER,JUNIOR	33	1.0	7.9	0.0	0.2	21	9	17	3
2223 MIXED VEGETABLE DINNER,STRAINED	41	1.2	9.5	0.1	0.3	21	8	22	3
2224 MIXED VEGETABLE,JUNIOR	41	1.4	8.2	0.4	0.5	21	36	11	4
2225 MIXED VEGETABLE,STRAINED	41	1.2	8.0	0.5	0.4	21	13	13	3
2226 MOLASSES,CANE,BARBADOS	271	0.0	70.0	0.0	0.0	0	15	245	43
2227 MOLASSES,CANE,BLACKSTRAP	213	0.0	55.0	0.0	0.0	0	96	684	161
2228 MOLASSES,CANE,LIGHT	252	0.0	65.0	0.0	0.0	0	15	165	43
2229 MOLASSES,CANE,MEDIUM	232	0.0	60.0	0.0	0.0	0	37	290	60
2230 MONKFISH,RAW	76	14.5	0.0	1.5	0.0	25	18	8	3
2231 MOOSE,RAW	102	22.2	0.0	0.7	0.0	59	65	5	32
2232 MOOSE,ROASTED	134	29.3	0.0	1.0	0.0	78	69	6	42
2233 MORTADELLA,BEEF/PORK	311	16.4	3.0	25.4	0.0	56	1246	18	14
2234 MOST	337	14.2	76.2	1.1	3.5	0	530	152	635
2235 MOTHERS LOAF,PORK	282	12.1	7.5	22.3	0.0	45	1127	43	13
2236 MUFFIN,BLUEBERRY	281	7.3	41.9	9.3	0.3	83	632	84	21
2237 MUFFIN,BRAN	261	7.7	43.1	9.8	1.8	103	448	142	39
2238 MUFFIN,CORN,ENRICHED,LARD	314	7.1	48.1	10.1	0.2	58	481	105	19
2239 MUFFIN,CORN,ENRICHED,VEG SHORT	314	7.1	48.1	10.1	0.2	52	481	105	19
2240 MUFFIN,CORN,WHL GRAIN,VEG SHORT	288	7.2	42.5	10.3	0.5	55	495	112	14
2241 MUFFIN,CORN,WHOLE GRAIN,LARD	288	7.2	42.5	10.3	0.5	61	495	112	14
2242 MUFFIN,MIX,DRY,ENRICHED	417	6.2	71.8	11.5	0.5	0	660	300	24
2243 MUFFIN,MIX,DRY,NFDM	409	6.2	71.6	10.7	0.2	6	811	222	23
2244 MUFFIN,MIX,EGG,MILK	324	6.9	50.0	10.6	0.2	58	479	241	19
2245 MUFFIN,NFDM,MIX,EGG,WATER	297	4.5	51.9	7.8	0.1	45	346	148	18
2246 MUFFIN,PLAIN,ENRICHED	294	7.8	42.3	10.1	0.1	53	441	104	22
2247 MUFFIN,PLAIN,UNENRICHED	294	7.8	42.3	10.1	0.1	53	441	104	6
2248 MULLBERRIES,RAW	43	1.4	9.8	0.4	1.0	0	10	39	18
2249 MULLET,STRIPED,BAKED/BROILED	150	24.8	0.0	4.9	0.0	63	71	31	14
2250 MULLET,STRIPED,RAW	117	19.4	0.0	3.8	0.0	49	65	41	10
2251 MUSHROOMS,BOILED	27	2.2	5.1	0.5	0.9	0	2	6	17
2252 MUSHROOMS,BOILED,W/SALT	27	2.2	5.1	0.5	0.9	0	238	6	17
2253 MUSHROOMS,CANNED,DRAIND	24	1.9	5.0	0.3	0.7	0	425	11	8

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2254 MUSHROOMS,RAW	25	2.1	4.6	0.4	0.8	0	4	5	12
2255 MUSHROOMS,SHIITAKE,BLD,W/SALT	55	1.6	14.3	0.2	2.0	0	240	3	4
2256 MUSHROOMS,SHIITAKE,COOKED	55	1.6	14.3	0.2	2.0	0	4	3	4
2257 MUSHROOMS,SHIITAKE,DRIED	296	9.6	75.4	1.0	11.5	0	13	11	17
2258 MUSKRAT,RAW	162	20.8	0.0	8.1	0.0	78	82	25	42
2259 MUSKRAT,ROASTED	184	23.6	0.0	9.2	0.0	78	75	28	42
2260 MUSSEL,BLUE,BOILED/STEAMED	172	23.8	7.4	4.5	0.0	56	369	33	67
2261 MUSSEL,BLUE,RAW	86	11.9	3.7	2.2	0.0	28	286	26	40
2262 MUSTARD GREENS,BOILED	15	2.3	2.1	0.2	0.7	0	16	74	7
2263 MUSTARD GREENS,BOILED,W/SALT	15	2.3	2.1	0.2	0.7	0	252	74	7
2264 MUSTARD GREENS,FROZEN	20	2.5	3.4	0.3	0.8	0	29	116	13
2265 MUSTARD GREENS,FROZEN,BLD,W/SAL	19	2.3	3.1	0.2	0.7	0	261	101	11
2266 MUSTARD GREENS,FROZEN,BOILED	19	2.3	3.1	0.2	0.7	0	25	101	11
2267 MUSTARD GREENS,RAW	26	2.7	4.9	0.2	1.1	0	25	103	15
2268 MUSTARD SEED,YELLOW	469	24.9	34.9	28.8	6.6	0	5	521	100
2269 MUSTARD SPINACH,BOILED	16	1.7	2.8	0.2	0.8	0	14	158	8
2270 MUSTARD SPINACH,BOILED,W/SALT	16	1.7	2.8	0.2	0.8	0	250	158	8
2271 MUSTARD SPINACH,RAW	22	2.2	3.9	0.3	1.0	0	21	210	15
2272 MUSTARD,PREPARED,BROWN	91	5.9	5.3	6.3	1.3	0	1307	124	18
2273 MUSTARD,PREPARED,YEL	75	4.7	6.4	4.4	1.0	0	1252	84	20
2274 NACHOS,CHEESE,BEANS,BEEF,PEPPER	223	7.8	21.9	12.0	1.7	8	706	151	11
2275 NACHOS,W/CHEESE	306	8.0	32.2	16.8	1.7	16	722	241	11
2276 NACHOS,W/CHEESE,PEPPER	298	8.2	29.4	16.7	2.3	41	851	304	12
2277 NACHOS,W/CINNAMON,SUGAR	543	6.6	58.2	33.0	1.2	36	403	78	26
2278 NATTO	212	17.7	14.4	11.0	1.6	0	7	217	86
2279 NATURAL MALT+MILK,NOT FORTIFIED	89	3.9	10.3	3.7	0.0	14	84	134	1
2280 NATURAL MALT,FORTIFIED,MILK	87	3.7	10.7	3.3	0.0	13	77	140	14
2281 NATURAL MALT,NOT FORTIFIED	414	11.2	75.8	7.9	0.0	20	493	298	7
2282 NATURAL MALT,POWDER.FORTIFIED	383	8.8	81.2	2.8	0.1	20	406	376	166
2283 NATURE VALLEY GRANOLA	445	10.2	66.8	17.4	0.9	0	206	63	33
2284 NECTARINE,RAW	49	0.9	11.8	0.5	0.4	0	0	5	2
2285 NEW ENGLAND BRAND SAUSAGE	161	17.3	4.8	7.6	0.0	49	1220	7	9
2286 NONCOLA SODA,LO CAL	0	0.0	0.1	0.0	0.0	0	16	4	0
2287 NOODLE,CHOW MEIN	527	8.4	57.5	30.8	0.1	0	439	20	47
2288 NOODLE,EGG,COOKED,W/SALT	133	4.8	24.8	1.5	0.1	33	165	12	6
2289 NOODLE,EGG,COOKED,WO/SALT	133	4.8	24.8	1.5	0.1	33	7	12	6
2290 NOODLE,EGG,DRY,ENRICHED	381	14.0	71.1	4.2	0.3	95	21	31	45
2291 NOODLE,EGG,ENRICHED,CKD,W/SALT	133	4.8	24.8	1.5	0.1	33	7	12	16
2292 NOODLE,EGG,ENRICHED,COOKED	133	4.8	24.8	1.5	0.1	33	165	12	16
2293 NOODLE,EGG,SPINACH,COOKED	132	5.0	24.2	1.6	0.2	33	12	19	11
2294 NOODLE,EGG,SPINACH,DRY	382	14.6	70.3	4.6	0.5	95	72	56	42
2295 NOODLE,JAP,SOBA,COOKED	99	5.1	21.4	0.1	0.4	0	60	4	5
2296 NOODLE,JAP,SOBA,DRY	336	14.4	74.6	0.7	1.2	0	792	35	27
2297 NOODLE,JAP,SOMEN,COOKED	131	4.0	27.5	0.2	0.2	0	161	8	5
2298 NOODLE,JAP,SOMEN,DRY	356	11.4	74.1	0.8	0.4	0	1840	23	13
2299 NOODLES,EGG,DRY	381	14.0	71.1	4.2	0.3	95	21	31	19
2300 NUTMEG,GROUND	525	5.8	49.3	36.3	4.0	0	16	184	30
2301 NUTRI-GRAIN,BARLEY	372	10.9	82.8	0.8	1.4	0	676	27	35
2302 NUTRI-GRAIN,CORN CEREAL	381	8.0	84.4	2.3	1.7	0	658	3	21

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2303 NUTRI-GRAIN, RYE CEREAL	359	8.7	84.7	0.7	1.3	0	680	21	28
2304 NUTRI-GRAIN, WHEAT CEREAL	360	8.7	84.6	1.0	1.8	0	680	28	28
2305 OATMEAL, APPLE/BANANA, JUNIOR	75	1.3	15.7	0.7	0.4	10	31	6	55
2306 OATMEAL, APPLE/BANANA, STRAINED	73	1.3	15.4	0.7	0.7	10	2	9	56
2307 OATMEAL, BANANA, DRY, BABY	393	12.0	73.4	6.0	1.0	10	119	651	681
2308 OATMEAL, BANANA, PREPARED, BABY	116	4.7	16.0	3.8	0.2	21	61	206	112
2309 OATMEAL, DRY, BABY	398	13.6	69.2	7.8	1.2	10	33	733	736
2310 OATMEAL, HONEY, DRY, BABY	391	13.5	69.3	7.0	0.5	10	47	1154	672
2311 OATMEAL, HONEY, PREPARED, BABY	115	5.0	15.3	3.9	0.1	21	49	289	111
2312 OATMEAL, PREPARED, BABY	116	5.0	15.3	4.1	0.2	21	46	220	121
2313 OATS	389	16.9	66.3	6.9	1.1	0	2	54	47
2314 OATS, BRAN, COOKED	40	3.2	11.4	0.9	0.4	0	1	10	9
2315 OATS, BRAN, RAW	246	17.3	66.2	7.0	2.2	0	4	58	54
2316 OATS, COOKED, W/NA	62	2.6	10.8	1.0	0.2	0	160	8	7
2317 OATS, INSTNT, FORTIFIED, PLAIN, CKD	59	2.5	10.2	1.0	0.2	0	161	92	36
2318 OATS, INSTNT, FORTIFIED, PLAIN, DRY	369	15.5	64.0	6.1	1.1	0	1010	576	223
2319 OATS, QUAKER, APPLE/CINNAMON, DRY	382	10.9	74.3	4.5	1.2	0	628	446	171
2320 OATS, QUAKER, APPLE/CINNAMON, PREP	91	2.6	17.7	1.1	0.3	0	149	106	41
2321 OATS, QUAKER, BRAN/RAISIN, DRY	371	11.4	71.5	4.4	2.2	0	582	406	179
2322 OATS, QUAKER, BRAN/RAISIN, PREP	81	2.5	15.6	1.0	0.5	0	127	89	39
2323 OATS, QUAKER, CINNAMON/SPICE, DRY	384	10.4	76.1	4.1	0.8	0	608	373	144
2324 OATS, QUAKER, CINNAMON/SPICE, PREP	110	3.0	21.8	1.2	0.2	0	174	107	41
2325 OATS, QUAKER, MAPLE/SUGAR, DRY	384	10.9	75.0	4.4	0.7	0	659	380	150
2326 OATS, QUAKER, MAPLE/SUGAR, PREP	105	3.0	20.6	1.2	0.2	0	180	104	41
2327 OATS, QUAKER, RAISIN/SPICE, DRY	379	10.2	74.9	4.2	0.9	0	530	389	155
2328 OATS, QUAKER, RAISIN/SPICE, PREP	102	2.7	20.2	1.1	0.2	0	143	105	42
2329 OATS, ROLLED, COOKED	62	2.6	10.8	1.0	0.2	0	1	8	7
2330 OATS, ROLLED, RAW	384	16.0	67.0	6.3	1.1	0	4	52	42
2331 OCEAN PERCH, ATLANTIC, RAW	94	18.6	0.0	1.6	0.0	42	75	107	9
2332 OCEAN PERCH, BAKED/BROILED	121	23.9	0.0	2.1	0.0	54	96	137	12
2333 OCEAN POUT, RAW	79	16.6	0.0	0.9	0.0	52	61	10	3
2334 OCTOPUS, COMMON, RAW	82	14.9	2.2	1.0	0.0	48	230	53	53
2335 OHELOBERRY, RAW	28	0.4	6.8	0.2	1.3	0	1	7	1
2336 OIL, AVOCADO	884	0.0	0.0	100.0	0.0	100	0	0	0
2337 OIL, CANOLA	884	0.0	0.0	100.0	0.0	100	0	0	0
2338 OIL, VEG	884	0.0	0.0	100.0	0.0	0	0	0	0
2339 OKRA, BOILED	32	1.9	7.2	0.2	0.9	0	5	63	4
2340 OKRA, BOILED, W/SALT	32	1.9	7.2	0.2	0.9	0	241	63	4
2341 OKRA, FROZEN, BOILED	37	2.1	8.2	0.3	1.0	0	3	96	7
2342 OKRA, FROZEN, BOILED, W/SALT	37	2.1	8.2	0.3	1.0	0	239	96	7
2343 OKRA, FROZEN, UNPREPARED	30	1.7	6.6	0.2	0.8	0	3	81	6
2344 OKRA, RAW	38	2.0	7.6	0.1	0.9	0	8	81	8
2345 OLIVE LOAF, PORK	235	11.8	9.2	16.5	0.0	38	1484	109	5
2346 OLIVES, GREEN	116	1.4	1.3	12.7	1.3	0	2400	61	16
2347 OLIVES, RIPE, CANNED, JUMBO	81	1.0	5.6	6.9	1.4	0	898	94	33
2348 OLIVES, RIPE, CND, SML-XTRA LARGE	115	0.8	6.3	10.7	1.4	0	872	88	33
2349 OLIVES, RIPE, SALT CURED	338	2.2	8.7	35.8	3.8	0	3288	84	16
2350 ONION POWDER	347	10.1	80.7	1.1	5.7	0	54	363	26
2351 ONION RINGS, FRIED	332	4.5	37.7	18.7	0.4	17	518	88	10

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2352 ONION,BOILED	44	1.4	10.2	0.2	0.7	0	3	22	2
2353 ONION,BOILED,W/SALT	44	1.4	10.2	0.2	0.7	0	239	22	2
2354 ONION,CANNED,SOLID+LIQUID	19	0.8	4.0	0.1	0.3	0	371	45	1
2355 ONION,DEHYDRATED FLAKES	323	9.0	83.3	0.5	4.6	0	21	257	16
2356 ONION,FROZEN,CHOP	29	0.8	6.8	0.1	0.5	0	12	17	3
2357 ONION,FROZEN,CHOP,BOILED	28	0.8	6.6	0.1	0.5	0	12	16	3
2358 ONION,FROZEN,CHOP,BOILED,W/SALT	28	0.8	6.6	0.1	0.5	0	248	16	3
2359 ONION,FROZEN,WHOLE	35	0.9	8.4	0.1	0.7	0	10	36	5
2360 ONION,FROZEN,WHOLE,BOILED	28	0.7	6.7	0.0	0.6	0	8	27	3
2361 ONION,FROZEN,WHOLE,BOILED,W/SAL	28	0.7	6.7	0.0	0.6	0	244	27	3
2362 ONION,RAW	38	1.2	8.6	0.2	0.6	0	3	20	2
2363 ONION,RINGS,FROZEN	258	3.2	30.5	14.1	0.4	0	246	46	9
2364 ONION,RINGS,FROZEN,OVN HEATED	407	5.3	38.2	26.7	0.4	0	375	31	17
2365 ONION,SPRING,RAW	32	1.8	7.3	0.2	1.0	0	16	72	15
2366 ONION,WELSH,RAW	34	1.9	6.5	0.4	1.0	0	17	18	12
2367 OPOSSUM,ROASTED	221	30.2	0.0	10.2	0.0	78	75	28	42
2368 ORANGE BREAKFAST,DRINK,FROZEN	172	0.1	42.9	0.5	0.2	0	24	110	3
2369 ORANGE BREAKFAST,DRINK,FRZ,PREP	49	0.0	12.2	0.2	0.1	0	9	33	1
2370 ORANGE BREAKFAST,DRINK,POWDER	386	0.1	98.7	0.1	0.0	0	17	194	6
2371 ORANGE BREAKFAST,DRINK.PREPARED	46	0.0	11.8	0.0	0.0	0	5	25	1
2372 ORANGE DRINK,CANNED	51	0.0	12.9	0.0	0.0	0	16	6	3
2373 ORANGE DRINK,FROZEN,CONC	153	0.4	39.0	0.0	0.2	0	26	399	3
2374 ORANGE DRINK,FROZEN,PREPARED	45	0.1	11.3	0.0	0.1	0	10	117	1
2375 ORANGE JUICE,BABY	44	0.6	10.2	0.3	0.1	10	1	12	2
2376 ORANGE JUICE,CALIFORNIA,CHILL	44	0.8	10.1	0.3	0.0	0	1	10	2
2377 ORANGE JUICE,CANNED	42	0.6	9.8	0.1	0.1	0	2	8	4
2378 ORANGE JUICE,CHILLED	44	0.8	10.1	0.3	0.0	0	1	10	2
2379 ORANGE JUICE,FROZEN,CONC	159	2.4	38.2	0.2	0.2	0	3	32	4
2380 ORANGE JUICE,FROZEN,W/WATER	45	0.7	10.8	0.1	0.0	0	1	9	1
2381 ORANGE JUICE,RAW	45	0.7	10.4	0.2	0.1	0	1	11	2
2382 ORANGE PEEL,CANDIED	316	0.4	80.6	0.3	2.3	0	0	0	0
2383 ORANGE PEEL,RAW	100	1.5	25.0	0.2	0.8	0	3	161	8
2384 ORANGE PUDDING,STRAINED	80	1.1	17.7	0.9	0.4	21	20	32	1
2385 ORANGE ROUGHY,RAW	126	14.7	0.0	7.0	0.0	20	63	30	2
2386 ORANGE SODA	48	0.0	12.3	0.0	0.0	0	12	5	1
2387 ORANGE+APPLE JUICE,BABY	43	0.4	10.1	0.2	0.1	10	3	10	2
2388 ORANGE+APRICOT DRINK,CANNED	51	0.3	12.7	0.1	0.2	0	2	5	1
2389 ORANGE+APRICOT JUICE,BABY	46	0.8	10.9	0.1	0.1	10	6	6	4
2390 ORANGE+BANANA JUICE,BABY	50	0.7	11.9	0.1	0.1	10	3	17	1
2391 ORANGE+PNAPPL JUICE,BABY	48	0.5	11.7	0.1	0.1	10	2	8	4
2392 ORANGE,APPLE,BANANA JUICE,BABY	47	0.4	11.5	0.1	0.1	10	4	5	4
2393 ORANGE,RAW FLORIDA	46	0.7	11.5	0.2	0.3	0	0	43	1
2394 ORANGE,RAW,ALL VARIETIES	47	0.9	11.8	0.1	0.4	0	0	40	1
2395 ORANGE,RAW,CALIFORNIA NAVEL	46	1.0	11.6	0.1	0.5	0	1	40	1
2396 ORANGE,RAW,CALIFORNIA VALENCIA	49	1.0	11.9	0.3	0.5	0	0	40	1
2397 ORANGE,RAW,W/PEEL	40	1.3	15.5	0.3	0.3	0	2	70	8
2398 ORANGE/GRAPEFRUIT JUICE,CANNED	43	0.6	10.3	0.1	0.1	0	3	8	5
2399 OREGANO,GROUND	306	11.0	64.4	10.2	15.0	0	15	1576	440
2400 OYSTER,EAST,BOILED/STEAMED	137	14.1	7.8	5.0	0.0	109	224	89	134

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2401 OYSTER,EAST,BREADED+FRIED	197	8.8	11.6	12.6	0.2	81	417	62	70
2402 OYSTER,EAST,CANNED	69	7.1	3.9	2.5	0.0	55	112	45	67
2403 OYSTER,EASTERN,RAW	69	7.1	3.9	2.5	0.0	55	112	45	67
2404 OYSTER,PACIFIC,RAW	81	9.4	5.0	2.3	0.0	50	106	8	51
2405 OYSTERS,BREADED,FRIED	265	9.0	28.7	12.9	0.1	78	487	20	32
2406 PANCAKE FROM MIX,ENRICHED	202	6.1	31.9	5.6	0.1	11	451	221	9
2407 PANCAKE W/BUTTER,SYRUP	224	3.6	39.2	6.0	0.1	25	476	55	11
2408 PANCAKE,ENRICHED,RECIPE	231	7.1	34.1	7.0	0.1	53	425	101	19
2409 PANCAKE,MIX,BUCKWHEAT,BAKED	200	6.8	23.8	9.1	0.4	66	464	220	13
2410 PANCAKE,MIX,BUCKWHEAT,DRY	328	10.5	70.3	1.9	1.4	0	1334	466	31
2411 PANCAKE,MIX,ENRICHED,DRY	356	8.6	75.7	1.8	0.4	0	1433	450	31
2412 PANCAKE,MIX,UNENRICHED,BAKED	202	6.1	31.9	5.6	0.1	11	451	221	4
2413 PANCAKE,MIX,UNENRICHED,DRY	356	8.6	75.7	1.8	0.4	0	1433	450	14
2414 PANCAKE,UNENRICHED,RECIPE	231	7.1	34.1	7.0	0.1	53	425	101	6
2415 PANCREAS,BRAISED	271	27.1	0.0	17.2	0.0	262	60	16	26
2416 PANCREAS,RAW	235	15.7	0.0	18.6	0.0	205	67	9	22
2417 PAPAYA NECTAR,CANNED	57	0.2	14.5	0.2	0.3	0	5	10	3
2418 PAPAYA,APPLE,TAPIOCA,STRAINED	70	0.2	18.9	0.1	0.4	10	5	7	4
2419 PAPAYAS,RAW	39	0.6	9.8	0.1	0.8	0	3	24	1
2420 PAPRIKA	289	14.8	55.7	13.0	20.9	0	34	177	236
2421 PARSELY,DRIED	276	22.4	51.7	4.4	10.3	0	452	1468	979
2422 PARSLEY,FREEZE-DRIED	271	31.3	42.4	5.2	10.1	0	391	176	539
2423 PARSLEY,RAW	33	2.2	6.9	0.3	1.2	0	39	130	62
2424 PARSNIP,BOILED	81	1.3	19.5	0.3	2.2	0	10	37	6
2425 PARSNIP,BOILED,W/SALT	81	1.3	19.5	0.3	2.2	0	246	37	6
2426 PARSNIP,RAW	75	1.2	18.0	0.3	2.0	0	10	36	6
2427 PASSION-FRUIT JUICE,PURPLE,RAW	51	0.4	13.6	0.0	0.0	0	6	4	2
2428 PASSION-FRUIT JUICE,YELLOW,RAW	60	0.7	14.4	0.2	0.2	0	6	4	4
2429 PASSION-FRUIT,PURPLE,RAW	97	2.2	23.4	0.7	11.0	0	28	12	16
2430 PASTA,FRESH,COOKED	131	5.2	24.9	1.0	0.1	33	6	6	11
2431 PASTA,FRESH,RAW	288	11.3	54.7	2.3	0.3	73	26	15	34
2432 PASTA,FRESH,SPINACH,COOKED	130	5.1	25.0	0.9	0.1	33	6	18	11
2433 PASTA,FRESH,SPINACH,RAW	289	11.3	55.7	2.1	0.3	73	27	43	33
2434 PASTA,W/EGG,COOKED	130	5.3	23.5	1.7	0.0	41	83	10	12
2435 PASTA,WO/EGG,COOKED	124	4.4	25.1	1.0	0.0	0	74	6	11
2436 PASTRAMI	349	17.2	3.0	29.2	0.0	93	1227	9	19
2437 PASTRAMI,TURKEY	141	18.4	1.7	6.2	0.0	54	1045	9	17
2438 PATTIES,FROZEN,RAW	282	17.1	0.0	23.2	0.0	79	68	8	18
2439 PATTY,FROZEN,BROILED,MED	282	24.5	0.0	19.6	0.0	94	77	11	21
2440 PEACH COBBLER,JUNIOR	67	0.3	18.3	0.0	0.3	21	9	4	1
2441 PEACH COBBLER,STRAINED	65	0.3	17.8	0.0	0.5	21	7	4	1
2442 PEACH MELBA,JUNIOR	60	0.3	16.4	0.0	0.1	21	9	11	3
2443 PEACH MELBA,STRAINED	60	0.2	16.5	0.0	0.2	21	9	10	3
2444 PEACH NECTAR,CANNED,W/ASC ACID	54	0.3	13.9	0.0	0.1	0	7	5	2
2445 PEACH NECTAR,CANNED,WO/ASC ACID	54	0.3	13.9	0.0	0.1	0	7	5	2
2446 PEACH,CANNED W/JUICE	44	0.6	11.6	0.0	0.2	0	4	6	3
2447 PEACH,CANNED W/WATER	24	0.4	6.1	0.1	0.3	0	3	2	3
2448 PEACH,CANNED,HEAVY SYRUP	74	0.4	19.9	0.1	0.3	0	6	3	3
2449 PEACH,CANNED,LIGHT SYRUP	54	0.4	14.6	0.0	0.3	0	5	3	4

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2450 PEACH,CANNED,XTRA HEAVY SYRUP	96	0.5	26.1	0.0	0.3	0	8	3	3
2451 PEACH,CANNED,XTRA LIGHT SYRUP	42	0.4	11.1	0.1	0.2	0	5	5	3
2452 PEACH,DEHYDRATED,SULFUR	325	4.9	83.2	1.0	4.0	0	10	38	55
2453 PEACH,DEHYDRATED,SULFUR,COOKED	133	2.0	34.1	0.4	1.6	0	4	16	23
2454 PEACH,DRIED,COOKED W/SUGAR	103	1.1	26.6	0.2	0.9	0	2	8	12
2455 PEACH,DRIED,COOKED WO/SUGAR	77	1.2	19.7	0.2	0.9	0	2	9	13
2456 PEACH,DRIED,SULFUR	239	3.6	61.3	0.8	2.9	0	7	28	41
2457 PEACH,FROZEN,SWEETENED	94	0.6	24.0	0.1	0.4	0	6	3	4
2458 PEACH,RAW	43	0.7	11.1	0.1	0.6	0	0	5	1
2459 PEACH,SPICED,HEAVY SYRUP	75	0.4	20.1	0.1	0.2	0	4	6	3
2460 PEACHES WITH SUGAR,JUNIOR	71	0.5	18.9	0.2	0.7	10	5	5	3
2461 PEACHES WITH SUGAR,STRAINED	71	0.5	18.9	0.2	0.7	10	6	6	2
2462 PEANUT,ALL TYPES,COOKED,W/SALT	318	13.5	21.3	22.0	2.0	0	751	55	10
2463 PEANUT,ALL TYPES,RAW	567	25.8	16.1	49.2	4.8	0	18	92	46
2464 PEANUT,ALL,DRY,ROASTED,NO SALT	585	23.7	21.5	49.7	5.1	0	6	54	23
2465 PEANUT,ALL,DRY,ROASTED,W/SALT	585	23.7	21.5	49.7	5.1	0	813	54	23
2466 PEANUT,ALL,OIL,ROASTED,NO SALT	581	26.4	18.9	49.3	5.3	0	6	88	18
2467 PEANUT,ALL,OIL,ROASTED,W/SALT	581	26.4	18.9	49.3	5.3	0	433	88	18
2468 PEANUT,BUTTER,CHUNKY,NO SALT	589	24.0	21.6	49.9	2.5	0	17	41	19
2469 PEANUT,BUTTER,CHUNKY,W/SALT	589	24.0	21.6	49.9	2.5	0	486	41	19
2470 PEANUT,BUTTER,SMOOTH,NO SALT	588	24.6	20.7	50.0	2.4	0	17	34	17
2471 PEANUT,BUTTER,SMOOTH,W/SALT	588	24.6	20.7	50.0	2.4	0	478	34	17
2472 PEANUT,BUTTER,W/SALT	588	24.6	20.7	50.0	2.4	0	478	34	17
2473 PEANUT,FLOUR,DEFATTED	327	52.2	34.7	0.6	4.0	0	180	140	21
2474 PEANUT,FLOUR,DEFATTED,W/SALT	327	52.2	34.7	0.6	4.0	0	180	140	21
2475 PEANUT,FLOUR,LOW FAT	428	33.8	31.3	21.9	7.7	0	1	130	47
2476 PEANUT,OIL,ROASTED,W/SALT	581	26.4	18.9	49.3	5.3	0	433	88	18
2477 PEANUT,SPANISH,OIL,RSTD,NO SALT	579	28.0	17.4	49.0	5.1	0	6	100	23
2478 PEANUT,SPANISH,OIL,RSTD,W/SALT	579	28.0	17.4	49.0	5.1	0	433	100	23
2479 PEANUT,SPANISH,RAW	570	26.2	15.8	49.6	4.9	0	22	106	39
2480 PEANUT,VALENCIA,OIL,RSTD,NO SLT	589	27.0	16.3	51.2	2.3	0	6	54	16
2481 PEANUT,VALENCIA,OIL,RSTD,W/SALT	589	27.0	16.3	51.2	2.3	0	772	54	16
2482 PEANUT,VALENCIA,RAW	570	25.1	20.9	47.6	2.2	0	1	62	21
2483 PEANUT,VIRGINIA,OIL,RSTD,NO SLT	578	25.9	19.9	48.6	5.4	0	6	86	17
2484 PEANUT,VIRGINIA,OIL,RSTD,W/SALT	578	25.9	19.9	48.6	5.4	0	433	86	17
2485 PEANUT,VIRGINIA,RAW	563	25.2	16.5	48.8	4.9	0	10	89	26
2486 PEAR,CANNED,HEAVY SYRUP	74	0.2	19.2	0.1	0.6	0	5	5	2
2487 PEAR,CANNED,LIGHT SYRUP	57	0.2	15.2	0.0	0.6	0	5	5	3
2488 PEAR,CANNED,W/JUICE	50	0.3	12.9	0.1	0.5	0	4	9	3
2489 PEAR,CANNED,W/WATER	29	0.2	7.8	0.0	0.6	0	2	4	2
2490 PEAR,CANNED,XTRA HEAVY SYRUP	97	0.2	25.2	0.1	0.6	0	5	5	2
2491 PEAR,CANNED,XTRA LIGHT SYRUP	47	0.3	12.2	0.1	0.1	0	2	7	2
2492 PEAR,DRIED,COOKED,W/SUGAR	140	0.9	37.1	0.3	2.6	0	3	15	10
2493 PEAR,DRIED,COOKED,WO/SUGAR	127	0.9	33.8	0.3	2.8	0	3	16	10
2494 PEAR,DRIED,SULFUR	262	1.9	69.7	0.6	5.7	0	6	34	21
2495 PEAR,NECTAR,CANNED,W/ASC ACID	60	0.1	15.8	0.0	0.3	0	4	5	3
2496 PEAR,NECTAR,CANNED,WO/ASC ACID	60	0.1	15.8	0.0	0.3	0	4	5	3
2497 PEAR,RAW	59	0.4	15.1	0.4	1.4	0	0	11	2
2498 PEARS+PNAPPL,JUNIOR	44	0.3	11.4	0.2	0.3	10	1	10	2

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2499 PEARS+PNAPPL,STRAINED	41	0.3	10.9	0.1	0.3	10	4	10	2
2500 PEARS,CANDIED	303	1.3	75.9	0.6	6.2	0	7	35	13
2501 PEARS,JUNIOR	43	0.3	11.6	0.1	1.3	10	2	8	2
2502 PEARS,STRAINED	41	0.3	10.8	0.2	1.5	10	2	8	2
2503 PEAS&CARROTS,CANNED,SOL&LIQ	38	2.2	8.5	0.3	1.1	0	260	23	8
2504 PEAS&CARROTS,CND,DIET,SOL&LIQ	38	2.2	8.5	0.3	1.1	0	4	23	8
2505 PEAS&CARROTS,FROZEN	53	3.4	11.2	0.5	1.5	0	79	27	11
2506 PEAS&CARROTS,FROZEN,BOILED W/SL	48	3.1	10.1	0.4	1.4	0	304	23	9
2507 PEAS&ONION,FROZEN,BOILED	45	2.5	8.6	0.2	1.0	0	37	14	9
2508 PEAS&ONIONS,CANNED,SOL&LIQ	51	3.3	8.6	0.4	1.2	0	442	17	9
2509 PEAS&ONIONS,FROZEN	70	4.0	13.5	0.3	1.6	0	61	23	15
2510 PEAS&ONIONS,FROZEN,BOILED,W/S	45	2.5	8.6	0.2	1.0	0	273	14	9
2511 PEAS,BUTTERED,JUNIOR	60	3.5	11.3	1.3	1.1	10	5	45	10
2512 PEAS,CHICK,CANNED	119	5.0	22.6	1.1	1.4	0	299	32	14
2513 PEAS,CHICK,COOKED,NO SALT	164	8.9	27.4	2.6	2.5	0	7	49	29
2514 PEAS,CHICK,COOKED,W/SALT	164	8.9	27.4	2.6	2.5	0	243	49	29
2515 PEAS,CHICK,RAW	364	19.3	60.7	6.0	4.1	0	24	105	62
2516 PEAS,COW,BOILED	97	3.2	20.3	0.4	1.9	0	4	128	11
2517 PEAS,COW,BOILED,W/SALT	97	3.2	20.3	0.4	1.9	0	240	128	11
2518 PEAS,COW,CANNED,W/PORK	83	2.7	16.5	1.6	0.7	7	350	17	14
2519 PEAS,COW,CANNED/SOLID+LIQUID	70	5.0	12.4	0.3	0.7	0	236	18	15
2520 PEAS,COW,CATJ,COOKED,W/SALT	117	8.1	20.3	0.7	1.6	0	255	26	30
2521 PEAS,COW,CATJANG,RAW	343	23.8	59.6	2.1	4.6	0	58	85	100
2522 PEAS,COW,CATJNG,COOKED,NO SALT	117	8.1	20.3	0.7	1.6	0	19	26	30
2523 PEAS,COW,COMMON,CANNED,PLAIN	77	4.7	13.6	0.6	0.7	0	299	20	10
2524 PEAS,COW,COMMON,COOKED,W/O SALT	116	7.7	20.8	0.5	2.3	0	4	24	25
2525 PEAS,COW,COMMON,COOKED,W/SALT	116	7.7	20.8	0.5	2.3	0	240	24	25
2526 PEAS,COW,COMMON,RAW	336	23.5	60.0	1.3	4.6	0	16	110	83
2527 PEAS,COW,FROZEN,BOILED	132	8.5	23.8	0.7	1.5	0	5	23	21
2528 PEAS,COW,FROZEN,BOILED,W/SALT	132	8.5	23.8	0.7	1.5	0	241	23	21
2529 PEAS,COW,FROZEN,UNPREPARED	139	9.0	25.1	0.7	1.6	0	6	26	24
2530 PEAS,COW,LEAF,BOILED	22	4.7	2.8	0.1	2.6	0	6	69	11
2531 PEAS,COW,LEAF,RAW	29	4.1	4.8	0.2	1.3	0	7	63	19
2532 PEAS,COW,LF,BOILED,W/SALT	22	4.7	2.8	0.1	2.6	0	242	69	11
2533 PEAS,COW,POD,BOILED	34	2.6	7.0	0.3	1.7	0	3	55	7
2534 PEAS,COW,RAW	90	3.0	18.9	0.4	1.8	0	4	126	11
2535 PEAS,COW,YOUNG PD,BOILED,W/SALT	34	2.6	7.0	0.3	1.7	0	239	55	7
2536 PEAS,COW,YOUNG POD,RAW	44	3.3	9.5	0.3	1.7	0	4	65	10
2537 PEAS,CREAMED,STRAINED	53	2.2	8.9	1.9	0.4	10	14	13	6
2538 PEAS,EDIBLE POD,BOILED	42	3.3	7.0	0.2	1.0	0	4	42	20
2539 PEAS,EDIBLE POD,BOILED,W/SALT	42	3.3	7.0	0.2	1.0	0	240	42	20
2540 PEAS,EDIBLE POD,FROZEN	42	2.8	7.2	0.3	2.4	0	4	50	20
2541 PEAS,EDIBLE POD,FROZEN,BOILED	52	3.5	9.0	0.4	3.0	0	5	59	24
2542 PEAS,EDIBLE POD,FROZEN,CKD,SALT	52	3.5	9.0	0.4	3.0	0	241	59	24
2543 PEAS,EDIBLE POD,RAW	42	2.8	7.6	0.2	2.5	0	4	43	21
2544 PEAS,GREEN,ALAS.,CANNED	26	1.3	5.2	0.0	0.0	0	236	10	13
2545 PEAS,GREEN,BOILED	84	5.4	15.6	0.2	2.3	0	3	27	15
2546 PEAS,GREEN,BOILED,W/SALT	84	5.4	15.6	0.2	2.3	0	239	27	15
2547 PEAS,GREEN,CANNED,DRAINED	69	4.4	12.6	0.4	2.0	0	219	20	10

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2548 PEAS, GREEN, CANNED, LO NA, DRN	69	4.4	12.6	0.4	2.0	0	2	20	10
2549 PEAS, GREEN, CANNED, LO NA, SOL+LIQ	49	3.0	9.0	0.3	1.4	0	2	18	11
2550 PEAS, GREEN, CANNED, SEASOND	50	3.1	9.2	0.3	1.7	0	254	15	12
2551 PEAS, GREEN, CANNED, SOLID+LIQUID	49	3.0	9.0	0.3	1.4	0	274	18	11
2552 PEAS, GREEN, FROZEN	77	5.2	13.7	0.4	2.1	0	112	22	15
2553 PEAS, GREEN, FROZEN, BOILED	78	5.2	14.3	0.3	2.1	0	87	24	16
2554 PEAS, GREEN, FROZEN, BOILED, W/SALT	78	5.2	14.3	0.3	2.1	0	323	24	16
2555 PEAS, GREEN, RAW	81	5.4	14.5	0.4	2.2	0	5	25	15
2556 PEAS, GREEN, SWEET, CANNED	18	1.3	3.4	0.0	0.0	0	3	9	11
2557 PEAS, PIGEON, BOILED	111	6.0	19.5	1.4	3.4	0	5	41	16
2558 PEAS, PIGEON, BOILED, W/SALT	111	6.0	19.5	1.4	3.4	0	240	41	16
2559 PEAS, PIGEON, COOKED, NO SALT	121	6.8	23.2	0.4	1.1	0	5	43	11
2560 PEAS, PIGEON, COOKED, W/SALT	121	6.8	23.2	0.4	1.1	0	241	43	11
2561 PEAS, PIGEON, RAW	343	21.7	62.8	1.5	3.1	0	17	130	52
2562 PEAS, SPLIT, COOKED, NO SALT	118	8.3	21.1	0.4	2.0	0	2	14	13
2563 PEAS, SPLIT, COOKED, W/SALT	118	8.3	21.1	0.4	2.0	0	238	14	13
2564 PEAS, SPLIT, RAW	341	24.6	60.4	1.2	3.7	0	15	55	44
2565 PEAS, SPROUTS, BOILED	118	7.0	21.9	0.5	1.9	0	3	26	17
2566 PEAS, SPROUTS, BOILED, W/SALT	118	7.0	21.9	0.5	1.9	0	239	26	17
2567 PEAS, SPROUTS, RAW	128	8.8	28.3	0.7	2.8	0	20	36	23
2568 PEAS, STRAINED	40	3.5	8.1	0.3	1.2	10	4	20	10
2569 PEAS, W/BUTTER, STRAINED	56	3.7	10.6	1.1	0.7	10	8	39	11
2570 PECAN, DRIED	667	7.8	18.2	67.6	1.6	0	1	36	21
2571 PECAN, DRY, ROASTED	659	8.0	22.3	64.6	1.7	0	1	35	22
2572 PECAN, DRY, ROASTED, W/SALT	659	8.0	22.3	64.6	1.7	0	780	35	22
2573 PECAN, FLOUR	329	31.9	50.7	1.4	1.5	0	1	32	20
2574 PECAN, OIL, ROASTED	685	7.0	16.0	71.2	1.6	0	1	34	21
2575 PECAN, OIL, ROASTED, W/SALT	685	7.0	16.0	71.2	1.6	0	756	34	21
2576 PEPPER TYPE SODA	41	0.0	10.4	0.1	0.0	0	10	3	0
2577 PEPPER, BLACK	255	10.9	64.8	3.3	13.1	0	44	437	289
2578 PEPPER, HOT CHILI, RAW	40	2.0	9.5	0.2	1.8	0	7	18	12
2579 PEPPER, HOT CHILI, RED, RAW	40	2.0	9.5	0.2	1.8	0	7	18	12
2580 PEPPER, HOT, CHILI, CANNED, SOL+LIQ	25	0.9	6.1	0.1	1.2	0	1173	7	5
2581 PEPPER, HOT, RED, CANNED, SOL+LIQ	25	0.9	6.1	0.1	1.2	0	1173	7	5
2582 PEPPER, HOT, RED, DRIED	321	12.9	59.8	9.1	26.2	0	373	130	78
2583 PEPPER, JALAPINO, CANNED, SOL+LIQ	24	0.8	4.9	0.6	2.3	0	1463	26	28
2584 PEPPER, RED CAYENNE	308	12.0	58.2	15.7	25.4	0	30	148	78
2585 PEPPER, SWEET, BOILED	28	0.9	6.7	0.2	0.4	0	2	9	5
2586 PEPPER, SWEET, CANNED, SOL+LIQ	18	0.8	3.9	0.3	0.8	0	1369	41	8
2587 PEPPER, SWEET, GREEN, COOKED, W/SAL	28	0.9	6.7	0.2	0.4	0	238	9	5
2588 PEPPER, SWEET, GREEN, FROZEN, BLD	18	1.0	3.9	0.2	0.9	0	4	8	5
2589 PEPPER, SWEET, GREEN, FROZEN, CHOP	20	1.1	4.4	0.2	1.0	0	5	9	6
2590 PEPPER, SWEET, GREEN, FROZEN-DR	314	17.9	68.7	3.0	16.3	0	193	134	104
2591 PEPPER, SWEET, GREEN, FRZ, BLD, W/S	18	1.0	3.9	0.2	0.9	0	240	8	5
2592 PEPPER, SWEET, RAW	27	0.9	6.4	0.2	0.4	0	2	9	5
2593 PEPPER, SWEET, RED, CANNED, SOL+LIQ	18	0.8	3.9	0.3	0.8	0	1369	41	8
2594 PEPPER, SWEET, RED, COOKED	28	0.9	6.7	0.2	0.4	0	2	9	5
2595 PEPPER, SWEET, RED, COOKED, W/SALT	28	0.9	6.7	0.2	0.4	0	238	9	5
2596 PEPPER, SWEET, RED, FROZEN	20	1.1	4.4	0.2	1.0	0	5	9	6

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2597 PEPPER,SWEET,RED,FROZEN,BOILED	18	1.0	3.9	0.2	0.9	0	4	8	5
2598 PEPPER,SWEET,RED,FROZEN-DR	314	17.9	68.7	3.0	16.3	0	193	134	104
2599 PEPPER,SWEET,RED,FRZ,BLD,W/SALT	18	1.0	3.9	0.2	0.9	0	240	8	5
2600 PEPPER,SWEET,RED,RAW	27	0.9	6.4	0.2	0.4	0	2	9	5
2601 PEPPER,SWEET,STUFFED	170	13.0	16.8	5.5	0.7	38	314	42	21
2602 PEPPER,WHITE	296	10.4	68.6	2.1	4.3	0	5	265	143
2603 PEPPERED LOAF,PORK/BEEF	148	17.3	4.6	6.4	0.0	46	1523	54	11
2604 PEPPERONI,PORK/BEEF	497	21.0	2.8	44.0	0.0	79	2040	10	14
2605 PERCH,BAKED/BROILED	117	24.9	0.0	1.2	0.0	115	79	102	12
2606 PERCH,RAW	91	19.4	0.0	0.9	0.0	90	62	80	9
2607 PERSIMMON,JAPAN RAW	70	0.6	18.6	0.2	1.5	0	1	8	2
2608 PERSIMMON,JAPAN,DRIED	274	1.4	73.4	0.6	3.6	0	2	25	7
2609 PERSIMMON,NATIVE,RAW	127	0.8	33.5	0.4	1.5	0	1	27	25
2610 PHEASANT,BREAST,FLESH,RAW	133	24.4	0.0	3.2	0.0	58	33	3	8
2611 PHEASANT,FLESH/SKIN,RAW	181	22.7	0.0	9.3	0.0	71	40	12	12
2612 PHEASANT,GIBLETS,RAW	139	20.8	1.6	4.9	0.0	350	70	14	45
2613 PHEASANT,LEG,NO SKIN,RAW	134	22.2	0.0	4.3	0.0	80	45	29	18
2614 PHEASANT,NO SKIN,RAW	133	23.6	0.0	3.6	0.0	66	37	13	12
2615 PHEASANT,TOTL EDIBL PORTION,RAW	151	24.3	0.0	5.2	0.0	98	58	8	13
2616 PICKLE,CUCUMBER,DILL	18	0.6	4.1	0.2	0.6	0	1282	9	5
2617 PICKLE,CUCUMBER,DILL,LW	18	0.6	4.1	0.2	0.6	0	18	9	5
2618 PICKLE,CUCUMBER,FRESH	73	0.9	17.9	0.2	0.5	0	673	32	18
2619 PICKLE,CUCUMBER,SOUR	11	0.3	2.2	0.2	0.6	0	1208	0	4
2620 PICKLE,CUCUMBER,SOUR,LO NA	11	0.3	2.2	0.2	0.6	0	18	0	4
2621 PICKLE,CUCUMBER,SWEET	117	0.4	31.8	0.3	0.6	0	939	4	6
2622 PICKLE,CUCUMBER,SWEET,LO NA	117	0.4	31.8	0.3	0.6	0	18	4	6
2623 PICKLE,RELISH,SOUR	19	0.7	2.7	0.9	1.1	0	1353	29	11
2624 PICKLE,RELISH,SWEET	138	0.5	34.0	0.6	0.8	0	712	20	8
2625 PICKLE/PIMENTO LOAF,PORK	262	11.5	5.9	21.1	0.0	37	1389	95	10
2626 PICNIC LOAF,PORK/BEEF	232	14.9	4.8	16.6	0.0	38	1164	47	10
2627 PIE,APPLE	256	2.2	38.1	11.1	0.4	11	301	8	10
2628 PIE,APPLE,FROZEN	210	1.6	33.2	8.3	0.2	0	177	7	9
2629 PIE,APPLE,FROZEN,BAKED	254	1.9	40.0	10.1	0.3	0	213	8	11
2630 PIE,BANANA CUSTARD	221	4.5	30.7	9.3	0.2	64	194	66	5
2631 PIE,BLACKBERRY	243	2.6	34.4	11.0	1.9	0	268	19	12
2632 PIE,BLUEBERRY	242	2.4	34.9	10.8	0.7	11	402	11	13
2633 PIE,BOSTON CRM,ENR,VEG SHRT	302	5.0	49.9	9.4	0.0	86	186	67	13
2634 PIE,BOSTON CRM,ENRICHED,BUTTER	294	5.0	49.4	8.8	0.0	101	315	68	13
2635 PIE,BOSTON CRM,UNENR,BUTTER	294	5.0	49.4	8.8	0.0	101	315	68	5
2636 PIE,BOSTON CRM,UNENR,VEG SHRT	302	5.0	49.9	9.4	0.0	86	186	67	5
2637 PIE,BUTTERSCOTCH	267	4.4	38.3	11.0	0.0	57	214	75	13
2638 PIE,CHERRY	261	2.6	38.4	11.3	0.1	11	304	14	10
2639 PIE,CHERRY,FROZEN,BAKED	291	2.2	44.4	12.0	0.1	0	229	12	12
2640 PIE,CHERRY,FROZEN,UNBBAKED	256	1.9	39.0	10.6	0.1	0	202	11	11
2641 PIE,CHOC CHIFFON	328	6.8	43.7	15.3	0.2	140	252	24	12
2642 PIE,CHOC MERINGUE	252	4.8	33.5	12.0	0.2	56	256	69	7
2643 PIE,COCONUT CUSTARD	235	6.0	24.9	12.5	0.2	108	247	94	7
2644 PIE,COCONUT CUSTARD,FROZEN	205	5.2	27.1	8.5	0.2	102	238	86	10
2645 PIE,COCONUT CUSTARD,FROZEN,BAKE	249	6.0	29.5	12.0	0.2	102	252	95	13

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2646 PIE,CRUST MIX,DRY	522	7.2	49.5	32.7	0.2	0	693	46	32
2647 PIE,CRUST,ENRICHED,BAKED,LARD	500	6.1	43.8	33.4	0.2	31	611	14	25
2648 PIE,CRUST,ENRICHED,BKD,VEG SHRT	500	6.1	43.8	33.4	0.2	0	611	14	25
2649 PIE,CRUST,ENRICHED,RAW,LARD	464	5.7	40.7	31.0	0.1	29	568	13	23
2650 PIE,CRUST,ENRICHED,UNBAKED	464	5.7	40.7	31.0	0.1	0	568	13	23
2651 PIE,CRUST,MIX,PREPARED,BAKED	464	6.4	44.0	29.1	0.2	0	813	41	29
2652 PIE,CRUST,UNENR,BAKED,VEG SHRT	500	6.1	43.8	33.4	0.2	0	611	14	5
2653 PIE,CRUST,UNENR,RAW,VEG SHRT	464	5.7	40.7	31.0	0.1	0	568	13	4
2654 PIE,CRUST,UNENRICHED,BAKED,LARD	500	6.1	43.8	33.4	0.2	31	611	14	5
2655 PIE,CRUST,UNENRICHED,RAW,LARD	464	5.7	40.7	31.0	0.1	29	568	13	4
2656 PIE,CUSTARD	218	6.1	23.4	11.1	0.0	105	287	96	10
2657 PIE,LEMON CHIFFON	313	7.0	43.8	12.6	0.0	178	392	23	15
2658 PIE,LEMON MERINGUE	255	3.7	37.7	10.2	0.0	93	282	14	10
2659 PIE,MINCE	271	2.5	41.2	11.5	0.4	1	448	28	10
2660 PIE,MINCE,ENR,VEG SHRTNING	271	2.5	41.2	11.5	0.4	1	448	28	17
2661 PIE,MINCE,ENRICHED,LARD	271	2.5	41.2	11.5	0.4	11	448	28	17
2662 PIE,MINCE,UNENRICHED,LARD	271	2.5	41.2	11.5	0.4	11	448	28	10
2663 PIE,MIX,COCONUT CUSTARD,BAKED	203	4.3	29.1	7.9	0.3	63	235	93	8
2664 PIE,MIX,COCONUT CUSTARD,DRY	470	3.3	70.6	20.0	0.7	0	628	13	19
2665 PIE,PEACH PIE,UNENR,VEG SHRT	255	2.5	38.2	10.7	0.4	0	268	10	5
2666 PIE,PEACH PIE,UNENRICHED,LARD	255	2.5	38.2	10.7	0.4	11	268	10	5
2667 PIE,PEACH,ENRICHED,LARD	255	2.5	38.2	10.7	0.4	11	268	10	12
2668 PIE,PEACH,ENRICHED,LARD,SALT	255	2.5	38.2	10.7	0.4	11	402	10	12
2669 PIE,PEACH,ENRICHED,VEG SHRT	255	2.5	38.2	10.7	0.4	0	268	10	12
2670 PIE,PEACH,ENRICHED,VEG SHRT,SLT	255	2.5	38.2	10.7	0.4	0	402	10	12
2671 PIE,PEACH,UNENR,VEG SHRT,SALT	255	2.5	38.2	10.7	0.4	0	402	10	5
2672 PIE,PEACH,UNENRICHED,LARD,SALT	255	2.5	38.2	10.7	0.4	11	402	10	5
2673 PIE,PECAN,ENRICHED,LARD,SALT	418	5.1	51.3	22.9	0.5	70	332	47	33
2674 PIE,PECAN,ENRICHED,VEG SHRT	418	5.1	51.3	22.9	0.5	63	221	47	33
2675 PIE,PECAN,ENRICHED,VEG SHRT,SLT	418	5.1	51.3	22.9	0.5	63	332	47	33
2676 PIE,PECAN,UNENR,VEG SHRT,SALT	418	5.1	51.3	22.9	0.5	63	332	47	28
2677 PIE,PECAN,UNENR,VEG SHRTNING	418	5.1	51.3	22.9	0.5	63	221	47	28
2678 PIE,PECAN,UNENRICHED,LARD	418	5.1	51.3	22.9	0.5	70	221	47	28
2679 PIE,PECAN,UNENRICHED,LARD,SALT	418	5.1	51.3	22.9	0.5	70	332	47	28
2680 PIE,PNAPPL CUSTARD,ENR,LARD	220	4.0	32.1	8.7	0.1	61	279	50	8
2681 PIE,PNAPPL CUSTARD,ENR,VG-SH	220	4.0	32.1	8.7	0.1	55	279	50	8
2682 PIE,PNAPPL CUSTARD,UNENR,LARD	220	4.0	32.1	8.7	0.1	61	279	50	4
2683 PIE,PNAPPL CUSTARD,UNENR,VG-SH	220	4.0	32.1	8.7	0.1	55	186	50	4
2684 PIE,PNAPPL,CHIFFON,LARD	288	6.6	39.1	12.1	0.1	159	256	24	15
2685 PIE,PNAPPL,CHIFFON,UNENR,LARD	288	6.6	39.1	12.1	0.1	159	384	24	9
2686 PIE,PNAPPL,CHIFFON,UNENR,VG-SH	288	6.6	39.1	12.1	0.1	152	384	24	9
2687 PIE,PNAPPL,CHIFFON,VEG SHRTNING	288	6.6	39.1	12.1	0.1	152	384	24	15
2688 PIE,PNAPPL,ENR,VEG SHRT,SALT	253	2.2	38.1	10.7	0.2	0	407	13	12
2689 PIE,PNAPPL,ENRICHED,LARD	253	2.2	38.1	10.7	0.2	11	271	13	12
2690 PIE,PNAPPL,ENRICHED,LARD,SALT	253	2.2	38.1	10.7	0.2	11	407	13	12
2691 PIE,PNAPPL,ENRICHED,VEG SHRTNIN	253	2.2	38.1	10.7	0.2	0	271	13	12
2692 PIE,PNAPPL,UNENR,VG SHRT,SALT	253	2.2	38.1	10.7	0.2	0	407	13	5
2693 PIE,PNAPPL,UNENRICHED,LARD	253	2.2	38.1	10.7	0.2	11	271	13	5
2694 PIE,PNAPPL,UNENRICHED,LARD,SALT	253	2.2	38.1	10.7	0.2	11	407	13	5

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2695 PIE,PNAPPL,UNENRICHED,VEG SHRT	253	2.2	38.1	10.7	0.2	0	271	13	5
2696 PIE,PUMPKIN,ENR,VEG SHRT,SALT	211	4.0	24.5	11.2	0.5	61	321	51	9
2697 PIE,PUMPKIN,ENR,VEG SHRTNING	211	4.0	24.5	11.2	0.5	61	214	51	9
2698 PIE,PUMPKIN,ENRICHED,LARD	211	4.0	24.5	11.2	0.5	65	214	51	9
2699 PIE,PUMPKIN,ENRICHED,LARD,SALT	211	4.0	24.5	11.2	0.5	65	321	51	9
2700 PIE,PUMPKIN,UNENR,VEG SHRT,SALT	211	4.0	24.5	11.2	0.5	61	321	51	5
2701 PIE,PUMPKIN,UNENR,VEG SHRTNING	211	4.0	24.5	11.2	0.5	61	214	51	5
2702 PIE,PUMPKIN,UNENRICHED,LARD	211	4.0	24.5	11.2	0.5	65	214	51	5
2703 PIE,PUMPKIN,UNENRICHED,LARD,SLT	211	4.0	24.5	11.2	0.5	65	321	51	5
2704 PIE,RAISIN,ENRICHED,LARD	270	2.6	43.0	10.7	0.3	10	285	18	16
2705 PIE,RAISIN,ENRICHED,VEG SHRTNIN	270	2.6	43.0	10.7	0.3	0	285	18	16
2706 PIE,RAISIN,UNENR,VEG SHRTNING	270	2.6	43.0	10.7	0.3	0	285	18	9
2707 PIE,RAISIN,UNENRICHED,LARD	270	2.6	43.0	10.7	0.3	10	285	18	9
2708 PIE,RHUBARB,ENR,VEG SHRT,SALT	253	2.5	38.2	10.7	0.6	0	405	64	14
2709 PIE,RHUBARB,ENR,VEG SHRTNING	253	2.5	38.2	10.7	0.6	0	270	64	14
2710 PIE,RHUBARB,ENRICHED,LARD	253	2.5	38.2	10.7	0.6	11	270	64	14
2711 PIE,RHUBARB,ENRICHED,LARD,SALT	253	2.5	38.2	10.7	0.6	11	405	64	14
2712 PIE,RHUBARB,UNENR,VEG SHRT,SALT	253	2.5	38.2	10.7	0.6	0	405	64	7
2713 PIE,RHUBARB,UNENR,VEG SHRTNING	253	2.5	38.2	10.7	0.6	0	270	64	7
2714 PIE,RHUBARB,UNENRICHED,LARD	253	2.5	38.2	10.7	0.6	11	270	64	7
2715 PIE,RHUBARB,UNENRICHED,LARD,SLT	253	2.5	38.2	10.7	0.6	11	405	64	7
2716 PIE,STRAWBERRY,ENR,LARD,SALT	198	1.9	30.9	7.9	0.8	8	291	16	12
2717 PIE,STRAWBERRY,ENR,VEG SHORTNIN	198	1.9	30.9	7.9	0.8	0	194	16	12
2718 PIE,STRAWBERRY,ENR,VEG SHRT,SL	198	1.9	30.9	7.9	0.8	0	291	16	12
2719 PIE,STRAWBERRY,ENRICHED,LARD	198	1.9	30.9	7.9	0.8	8	194	16	12
2720 PIE,STRAWBERRY,UNENR,LARD,SALT	198	1.9	30.9	7.9	0.8	8	291	16	7
2721 PIE,STRAWBERRY,UNENR,VEG S,SALT	198	1.9	30.9	7.9	0.8	0	291	16	7
2722 PIE,STRAWBERRY,UNENR,VEG SHORTN	198	1.9	30.9	7.9	0.8	0	194	16	7
2723 PIE,STRAWBERRY,UNENRICHED,LARD	198	1.9	30.9	7.9	0.8	8	194	16	7
2724 PIE,SWEETPOTATO,ENRICHED,LARD	213	4.5	23.7	11.3	0.2	60	218	69	10
2725 PIE,SWTPOTATO,ENR,VEG SHRT,SALT	213	4.5	23.7	11.3	0.2	54	327	69	10
2726 PIE,SWTPOTATO,ENR,VEG SHRTNING	213	4.5	23.7	11.3	0.2	54	218	69	10
2727 PIE,SWTPOTATO,ENRICHED,LARD,SLT	213	4.5	23.7	11.3	0.2	60	327	69	10
2728 PIE,SWTPOTATO,UNENR,LARD,SALT	213	4.5	23.7	11.3	0.2	60	327	69	5
2729 PIE,SWTPOTATO,UNENR,VEG SHRT	213	4.5	23.7	11.3	0.2	54	218	69	5
2730 PIE,SWTPOTATO,UNENR,VG SHRT,SLT	213	4.5	23.7	11.3	0.2	54	327	69	5
2731 PIE,SWTPOTATO,UNENRICHED,LARD	213	4.5	23.7	11.3	0.2	60	218	69	5
2732 PIKE,NORTH,BAKED/BROILED	113	24.7	0.0	0.9	0.0	50	49	73	7
2733 PIKE,NORTHERN,RAW	88	19.3	0.0	0.7	0.0	39	39	57	6
2734 PIKE,WALLEYE,RAW	93	19.1	0.0	1.2	0.0	86	51	110	13
2735 PILINUTS,DRIED	719	10.8	4.0	79.6	2.8	0	3	145	35
2736 PIMIENTO,CANNED	23	1.1	5.1	0.3	1.0	0	14	6	17
2737 PINA COLADA	186	0.4	28.3	1.9	0.3	0	6	8	2
2738 PINA COLADA,CANNED	237	0.6	27.6	7.6	0.6	0	71	1	0
2739 PINE NUT,PINYON,DRIED	568	11.6	19.3	61.0	4.7	0	72	8	31
2740 PINE PIGNOLIAS,DRIED	515	24.0	14.2	50.7	0.8	0	4	26	92
2741 PINEAPPLE JUICE,CANNED,W/ASC	56	0.3	13.8	0.1	0.1	0	1	17	3
2742 PINEAPPLE JUICE,CANNED,WO/ASC	56	0.3	13.8	0.1	0.1	0	1	17	3
2743 PINEAPPLE JUICE,FROZEN CONC	179	1.3	44.3	0.1	0.3	0	3	39	9

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2744 PINEAPPLE JUICE,FROZEN,W/WATER	52	0.4	12.8	0.0	0.1	0	1	11	3
2745 PINEAPPLE,CANNED,W/JUICE	60	0.4	15.7	0.1	0.4	0	1	14	3
2746 PINEAPPLE,CANNED,W/WATER	32	0.4	8.3	0.1	0.4	0	1	15	4
2747 PINEAPPLE,FROZEN,SWEETENED	85	0.4	22.2	0.1	0.3	0	2	9	4
2748 PINEAPPLE,HEAVY SYRUP	78	0.4	20.2	0.1	0.4	0	1	14	4
2749 PINEAPPLE,LIGHT SYRUP	52	0.4	13.4	0.1	0.4	0	1	14	4
2750 PINEAPPLE,RAW	49	0.4	12.4	0.4	0.5	0	1	7	4
2751 PINEAPPLE,XTRA HEAVY SYRUP	83	0.3	21.5	0.1	0.4	0	1	14	4
2752 PISTACHIO,DRIED	577	20.6	24.8	48.4	1.9	0	6	135	68
2753 PISTACHIO,DRY,ROASTED	606	14.9	27.5	52.8	1.8	0	6	70	32
2754 PISTACHIO,DRY,ROASTED,W/SALT	606	14.9	27.5	52.8	1.8	0	780	70	32
2755 PITANGA,RAW	33	0.8	7.5	0.4	0.6	0	3	9	2
2756 PIZZA,CHEESE	236	12.0	28.3	8.3	0.3	18	702	221	10
2757 PIZZA,CHEESE,BAKED	236	12.0	28.3	8.3	0.3	18	702	221	22
2758 PIZZA,CHEESE,CHILLED	208	7.8	30.9	5.8	0.3	13	538	121	7
2759 PIZZA,CHEESE,CHILLED,BAKED	245	9.2	36.3	6.8	0.3	18	633	143	9
2760 PIZZA,CHEESE,FROZEN,BAKED	245	9.5	35.4	7.1	0.3	18	647	156	9
2761 PIZZA,CHEESE,FROZEN,UNBAKED	229	8.9	33.1	6.6	0.3	13	605	146	23
2762 PIZZA,CHEESE,MEAT,VEG	233	16.5	27.0	6.8	1.0	26	484	128	19
2763 PIZZA,PEPPERONI	255	14.3	28.0	9.8	1.0	20	376	91	13
2764 PIZZA,SAUGAGE,CHEESE	282	12.9	27.4	13.3	0.3	29	668	188	14
2765 PIZZA,SAUSAGE,NO CHEESE	234	7.8	29.6	9.3	0.3	19	729	17	25
2766 PLANTAIN,COOKED	116	0.8	31.2	0.2	0.5	0	5	2	6
2767 PLANTAIN,RAW	122	1.3	31.9	0.4	0.5	0	4	3	6
2768 PLATE-DINNER,BEEF,FROZEN	106	13.1	6.1	3.2	0.3	50	259	10	16
2769 PLATE-DINNER,CHICKEN,FROZEN	173	12.8	11.3	8.5	0.4	49	344	41	12
2770 PLATE-DINNER,MEATLOAF,FROZEN	131	8.0	9.8	6.7	0.3	31	393	19	13
2771 PLATE-DINNER,TURKEY,FROZEN	112	8.4	12.7	3.0	0.3	32	400	26	11
2772 PLUM,PURPLE,CANNED W/JUICE	58	0.5	15.2	0.0	0.3	0	1	10	3
2773 PLUM,PURPLE,CANNED W/WATER	41	0.4	11.0	0.0	0.2	0	1	7	2
2774 PLUM,PURPLE,HEAVY SYRUP	89	0.4	23.2	0.1	0.3	0	19	9	8
2775 PLUM,PURPLE,LIGHT SYRUP	63	0.4	16.3	0.1	0.3	0	20	9	9
2776 PLUM,PURPLE,XTRA HEAVY SYRUP	101	0.4	26.3	0.1	0.3	0	19	9	8
2777 PLUM,RAW	55	0.8	13.0	0.6	0.6	0	0	4	1
2778 PLUMS,TAPIOCA,WITH/O ASC	74	0.1	20.4	0.0	0.4	10	8	6	2
2779 PNAPPL PUDDING,JUNIOR	87	1.4	21.6	0.4	0.8	21	22	34	2
2780 PNAPPL PUDDING,STRAINED	81	1.3	20.3	0.3	0.7	21	19	31	2
2781 PNAPPL+GRAPFRUIT,DRINK,CANNED	47	0.2	11.6	0.1	0.0	0	14	7	3
2782 PNAPPL+ORANGE,DRINK,CANNED	50	1.3	11.8	0.0	0.0	0	3	5	3
2783 PNAPPL+ORANGE,STRAINED	70	0.2	19.1	0.0	0.1	21	10	11	2
2784 PNAPPL,CANDIED	316	0.8	80.0	0.4	0.8	0	6	78	18
2785 POKEBERRY,SHOOTS,BOILED	20	2.3	3.1	0.4	0.7	0	18	53	12
2786 POKEBERRY,SHOOTS,BOILED,W/SALT	20	2.3	3.1	0.4	0.7	0	254	53	12
2787 POKEBERRY,SHOOTS,RAW	23	2.6	3.7	0.4	0.8	0	23	53	17
2788 POLISH SAUSAGE,PORK	326	14.1	1.6	28.7	0.0	70	876	12	14
2789 POLLOCK,ATLANTIC,RAW	92	19.4	0.0	1.0	0.0	71	86	60	5
2790 POLLOCK,WALLEYE,BAKED/BROILED	113	23.5	0.0	1.1	0.0	96	116	6	3
2791 POLLOCK,WALLEYE,RAW	81	17.2	0.0	0.8	0.0	71	99	5	2
2792 POMEGRANATES,RAW	68	1.0	17.2	0.3	0.2	0	3	3	3

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2793 POMPARNO,BAKED/BROILED	211	23.7	0.0	12.1	0.0	64	76	43	7
2794 POMPARNO,RAW	164	18.5	0.0	9.5	0.0	50	65	22	6
2795 POPCORN,BUTTER+SALT	456	9.8	59.1	21.8	1.7	45	1940	8	21
2796 POPCORN,COCONUT OIL+SALT	456	9.8	59.1	21.8	1.7	0	1940	8	21
2797 POPCORN,POPPED,PLAIN	386	12.7	76.7	5.0	2.2	0	3	11	27
2798 POPCORN,SUGAR-COATED	383	6.1	85.4	3.5	1.1	0	1	5	13
2799 POPOVERS,BAKED,ENRICHED,FLOUR	224	8.8	25.8	9.2	0.1	147	220	96	19
2800 POPOVERS,BAKED,UNENRICHED	224	8.8	25.8	9.2	0.1	147	220	96	9
2801 POPPY SEED	533	18.0	23.7	44.7	6.3	0	21	1448	94
2802 PORK,BACKFAT,FRESH,RAW	812	2.9	0.0	88.7	0.0	57	11	2	2
2803 PORK,BACON,CANADIAN,COOKED	185	24.2	1.4	8.4	0.0	58	1546	10	8
2804 PORK,BACON,CANADIAN,UNHEATED	157	20.6	1.7	7.0	0.0	50	1409	8	7
2805 PORK,BACON,CURED,CANNED	685	8.5	1.0	71.5	0.0	89	680	15	6
2806 PORK,BACON,CURED,COOKED	576	30.4	0.6	49.2	0.0	85	1596	12	16
2807 PORK,BACON,CURED,RAW	556	8.7	0.1	57.5	0.0	67	730	7	6
2808 PORK,BEERWURST	238	14.2	2.1	18.8	0.0	59	1240	8	8
2809 PORK,BELLY,FRESH,RAW	518	9.3	0.0	53.0	0.0	72	32	5	5
2810 PORK,BLADE,CURED,LEAN+FAT,CKD	287	17.3	0.4	23.5	0.0	67	973	7	9
2811 PORK,BLADE,LEAN+FAT,BRAISED	410	24.0	0.0	34.1	0.0	108	69	14	13
2812 PORK,BLADE,LEAN+FAT,BROILED	393	20.7	0.0	33.8	0.0	98	67	11	9
2813 PORK,BLADE,LEAN+FAT,FRIED	414	18.8	0.0	36.9	0.0	95	61	10	8
2814 PORK,BLADE,LEAN+FAT,RAW	323	15.4	0.0	28.6	0.0	72	52	10	8
2815 PORK,BLADE,LEAN+FAT,ROASTED	364	21.0	0.0	30.4	0.0	90	61	12	11
2816 PORK,BLADE,LEAN,BRAISED	313	29.7	0.0	20.6	0.0	113	81	17	16
2817 PORK,BLADE,LEAN,BROILED	300	24.9	0.0	21.5	0.0	100	77	13	11
2818 PORK,BLADE,LEAN,FRIED	283	24.3	0.0	19.8	0.0	97	74	13	10
2819 PORK,BLADE,LEAN,RAW	182	19.3	0.0	11.0	0.0	64	65	13	10
2820 PORK,BLADE,LEAN,ROASTED	279	24.7	0.0	19.3	0.0	89	68	14	12
2821 PORK,BOLOGNA	247	15.3	0.7	19.9	0.0	59	1184	11	8
2822 PORK,BOSTON BLADE,FRESH,LN,RAW	165	19.0	0.0	9.3	0.0	68	70	6	12
2823 PORK,BOSTON BLADE,FRESH,LN,RSTD	256	24.4	0.0	16.8	0.0	98	73	7	16
2824 PORK,BOSTON BLADE,FRSH,LN,BROIL	274	25.2	0.0	18.4	0.0	105	84	6	14
2825 PORK,BOSTON BLADE,FRSH,LN,BRSD	294	31.2	0.0	17.6	0.0	116	75	8	20
2826 PORK,BOSTON BLDE,FRSH,LN+FT,BRL	350	21.9	0.0	28.4	0.0	103	75	5	12
2827 PORK,BOSTON BLDE,FRSH,LN+FT,BRS	371	26.4	0.0	28.7	0.0	111	67	7	17
2828 PORK,BOSTON BLDE,FRSH,LN+FT,RAW	279	16.0	0.0	23.4	0.0	73	59	5	10
2829 PORK,BOSTON BLDE,FRSH,LN+FT,RST	321	21.8	0.0	25.3	0.0	97	67	6	14
2830 PORK,BRAIN,FRESH,RAW	127	10.3	0.0	9.2	0.0	2195	120	10	16
2831 PORK,BRAINS,BRAISED	138	12.1	0.0	9.5	0.0	2552	91	9	18
2832 PORK,BRATWURST,COOKED	301	14.1	2.1	25.9	0.0	60	557	44	13
2833 PORK,BRAUNSCHWEIGER	359	13.5	3.1	32.1	0.0	156	1143	9	94
2834 PORK,BREAKFAST STRIP,COOKED	459	29.0	1.0	36.7	0.0	105	2099	14	20
2835 PORK,BREAKFAST STRIP,RAW	388	11.7	0.7	37.2	0.0	69	987	8	9
2836 PORK,CARCASS,FRESH,RAW	398	13.4	0.0	37.8	0.0	74	44	5	7
2837 PORK,CENTER LOIN,LEAN+FAT,BROIL	316	27.4	0.0	22.1	0.0	97	70	4	8
2838 PORK,CENTER LOIN,LEAN+FAT,BRSD	354	29.4	0.0	25.4	0.0	107	51	6	8
2839 PORK,CENTER LOIN,LEAN+FAT,RAW	275	18.4	0.0	21.8	0.0	70	56	4	7
2840 PORK,CENTER LOIN,LEAN+FAT,ROAST	305	25.4	0.0	21.8	0.0	91	64	5	10
2841 PORK,CENTER LOIN,LEAN,BRAISED	272	34.8	0.0	13.7	0.0	111	55	6	10

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2842 PORK,CENTER LOIN,LEAN,BROILED	231	32.0	0.0	10.5	0.0	98	78	5	9
2843 PORK,CENTER LOIN,LEAN,FRIED	266	28.8	0.0	15.9	0.0	107	85	5	10
2844 PORK,CENTER LOIN,LEAN,RAW	159	22.0	0.0	7.2	0.0	63	66	5	8
2845 PORK,CENTER LOIN,LEAN,ROASTED	240	28.5	0.0	13.1	0.0	91	69	6	11
2846 PORK,CENTER RIB,LEAN+FAT,BRLD	343	24.6	0.0	26.4	0.0	93	61	13	7
2847 PORK,CENTER RIB,LEAN+FAT,BRSD	367	28.6	0.0	27.2	0.0	95	48	10	11
2848 PORK,CENTER RIB,LEAN+FAT,FRIED	390	21.6	0.0	33.0	0.0	84	45	7	7
2849 PORK,CENTER RIB,LEAN+FAT,RAW	288	17.9	0.0	23.4	0.0	64	38	8	7
2850 PORK,CENTER RIB,LEAN,BRAISED	277	34.4	0.0	14.4	0.0	97	52	12	13
2851 PORK,CENTER RIB,LEAN,BROILED	258	28.8	0.0	14.9	0.0	94	67	15	8
2852 PORK,CENTER RIB,LEAN,FRIED	257	28.0	0.0	15.3	0.0	81	50	9	8
2853 PORK,CENTER RIB,LEAN,RAW	161	21.8	0.0	7.5	0.0	55	45	9	8
2854 PORK,CENTER RIB,LEAN,ROASTED	245	28.2	0.0	13.8	0.0	79	46	11	10
2855 PORK,CENTER RIB,LN+FAT,ROASTED	318	24.7	0.0	23.6	0.0	81	44	10	9
2856 PORK,CENTERLOIN,LEAN+FAT,FRIED	375	23.3	0.0	30.5	0.0	103	72	5	8
2857 PORK,CHITTERLINGS,COOKED	303	10.2	0.0	28.8	0.0	143	39	27	37
2858 PORK,CHITTERLINGS,RAW	252	10.0	0.3	23.0	0.0	159	35	20	19
2859 PORK,COMPOS OF CUTS,LEAN,COOKED	233	27.0	0.0	13.0	0.0	93	69	8	12
2860 PORK,COMPOS OF CUTS,LEAN,RAW	147	20.2	0.0	6.8	0.0	65	64	7	10
2861 PORK,COMPOS OF CUTS,LN+FAT,RAW	275	16.7	0.0	22.6	0.0	72	55	6	9
2862 PORK,CURED,BOSTON BUTT,COOKED	243	27.8	0.0	13.8	0.0	88	995	12	14
2863 PORK,CURED,BOSTON BUTT,RAW	200	20.9	0.0	12.3	0.0	60	1070	12	10
2864 PORK,CURED,HAM,RAW	310	19.5	0.3	25.0	0.0	62	998	10	26
2865 PORK,CURED,SHOULDER,LEAN+FAT	269	16.5	0.0	22.0	0.0	53	1250	7	8
2866 PORK,DEVILEDHAM,CANNED	351	13.9	0.0	32.3	0.0	65	1234	8	6
2867 PORK,EARS,FROZEN,RAW	234	22.4	0.6	15.1	0.0	82	191	21	24
2868 PORK,EARS,SIMMERED	166	16.0	0.2	10.8	0.0	90	167	18	15
2869 PORK,FAT,LARD	902	0.0	0.0	100.0	0.0	95	0	0	0
2870 PORK,FAT,SEPERABLE,FRESH,COOKED	705	6.5	0.0	75.0	0.0	91	33	4	3
2871 PORK,FAT,SEPERABLE,FRESH,RAW	712	4.7	0.0	76.7	0.0	93	18	3	3
2872 PORK,FEET,PICKLED	203	13.5	0.0	16.1	0.0	92	923	32	6
2873 PORK,FEET,RAW	264	22.1	0.0	18.8	0.0	106	62	59	5
2874 PORK,FEET,SIMMERED	194	19.2	0.0	12.4	0.0	100	30	45	5
2875 PORK,HEADCHEESE	212	16.0	0.4	15.8	0.0	81	1257	16	12
2876 PORK,HEART,BRAISED	148	23.6	0.4	5.0	0.0	221	35	7	58
2877 PORK,HEART,RAW	118	17.3	1.3	4.4	0.0	131	56	5	47
2878 PORK,ITALIAN SAUSAGE,COOKED	323	20.0	1.5	25.7	0.0	78	922	24	15
2879 PORK,ITALIAN SAUSAGE,RAW	346	14.2	0.6	31.3	0.0	76	731	18	12
2880 PORK,JOWL,RAW	655	6.4	0.0	69.6	0.0	90	25	4	4
2881 PORK,KIDNEYS,BRAISED	151	25.4	0.0	4.7	0.0	480	80	13	53
2882 PORK,KIDNEYS,RAW	100	16.5	0.0	3.2	0.0	319	121	9	49
2883 PORK,LEAN+FAT,RAW	857	1.8	0.0	94.2	0.0	110	5	1	1
2884 PORK,LIVER CHEESE	304	15.2	2.1	25.6	0.0	174	1225	8	108
2885 PORK,LIVER,BRAISED	165	26.0	3.8	4.4	0.0	355	49	10	179
2886 PORK,LIVER,COOKED,FRIED	241	29.9	2.5	11.5	0.0	438	111	15	291
2887 PORK,LIVER,RAW	134	21.4	2.5	3.6	0.0	301	87	9	233
2888 PORK,LOIN,LEAN+FAT,BRAISED	368	27.2	0.0	27.9	0.0	102	65	8	12
2889 PORK,LOIN,LEAN+FAT,BROILED	346	23.6	0.0	27.2	0.0	94	66	7	8
2890 PORK,LOIN,LEAN+FAT,RAW	290	16.8	0.0	24.1	0.0	68	53	6	7

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2891 PORK,LOIN,LEAN+FAT,ROASTED	319	23.4	0.0	24.3	0.0	90	63	8	10
2892 PORK,LOIN,LEAN,BRAISED	273	33.0	0.0	14.6	0.0	105	75	10	14
2893 PORK,LOIN,LEAN,BROILED	257	27.8	0.0	15.3	0.0	95	75	7	9
2894 PORK,LOIN,LEAN,RAW	156	20.7	0.0	7.5	0.0	60	64	7	8
2895 PORK,LOIN,LEAN,ROASTED	240	26.9	0.0	13.9	0.0	90	69	9	12
2896 PORK,LUNCHMEAT,CANNED	334	12.5	2.1	30.3	0.0	62	1289	6	7
2897 PORK,LUNGS,BRAISED	99	16.6	0.0	3.1	0.0	387	81	8	164
2898 PORK,LUNGS,RAW	85	14.1	0.0	2.7	0.0	320	153	7	189
2899 PORK,LUXURY LOAF	141	18.4	4.9	4.8	0.0	36	1225	36	10
2900 PORK,MECHANICALLY SEPARATED,RAW	304	15.0	0.0	26.5	0.0	77	50	315	42
2901 PORK,OLIVE LOAF	235	11.8	9.2	16.5	0.0	38	1484	109	5
2902 PORK,PANCREAS,BRAISED	219	28.5	0.0	10.8	0.0	315	42	16	27
2903 PORK,PANCREAS,RAW	199	18.6	0.0	13.2	0.0	193	44	11	21
2904 PORK,PICKLED/PIMENTO LOAF	262	11.5	5.9	21.1	0.0	37	1389	95	10
2905 PORK,PICNIC,CURED,LEAN+FAT,RSTD	280	20.4	0.0	21.4	0.0	58	1072	10	10
2906 PORK,PICNIC,CURED,LEAN,ROASTED	170	24.9	0.0	7.0	0.0	48	1231	11	11
2907 PORK,PICNIC,FRESH,LEAN+FAT,BRSD	345	26.8	0.0	25.5	0.0	109	88	7	16
2908 PORK,PICNIC,FRESH,LEAN+FAT,RAW	270	16.3	0.0	22.2	0.0	72	67	6	10
2909 PORK,PICNIC,FRESH,LEAN+FAT,RSTD	331	22.3	0.0	26.1	0.0	94	70	8	12
2910 PORK,PICNIC,FRESH,LEAN,BRAISED	248	32.3	0.0	12.2	0.0	114	102	8	20
2911 PORK,PICNIC,FRESH,LEAN,RAW	140	19.8	0.0	6.2	0.0	65	82	6	12
2912 PORK,PICNIC,FRESH,LEAN,ROASTED	228	26.7	0.0	12.6	0.0	95	80	9	14
2913 PORK,SALT PORK,RAW	748	5.0	0.0	80.5	0.0	86	1424	6	4
2914 PORK,SAUSAGE,FRESH,COOKED	369	19.6	1.0	31.2	0.0	83	1294	32	12
2915 PORK,SAUSAGE,LINK,SMOKED,COOKED	389	22.2	2.1	31.8	0.0	68	1500	30	12
2916 PORK,SHOULDER,LEAN+FAT,RAW	275	16.2	0.0	22.9	0.0	72	63	5	10
2917 PORK,SHOULDER,LEAN+FAT,ROASTED	326	22.0	0.0	25.7	0.0	96	68	7	13
2918 PORK,SHOULDER,LEAN,RAW	154	19.3	0.0	7.9	0.0	67	76	6	12
2919 PORK,SHOULDER,LEAN,ROASTED	244	25.4	0.0	15.0	0.0	97	76	8	15
2920 PORK,SIRLOIN,LEAN+FAT,BRAISED	352	28.0	0.0	25.7	0.0	106	54	6	11
2921 PORK,SIRLOIN,LEAN+FAT,BROILED	331	24.2	0.0	25.3	0.0	97	55	5	8
2922 PORK,SIRLOIN,LEAN+FAT,RAW	276	17.4	0.0	22.4	0.0	70	43	5	7
2923 PORK,SIRLOIN,LEAN+FAT,ROASTED	291	25.0	0.0	20.4	0.0	91	59	9	10
2924 PORK,SIRLOIN,LEAN,BRAISED	261	33.5	0.0	13.0	0.0	110	59	7	13
2925 PORK,SIRLOIN,LEAN,BROILED	243	28.3	0.0	13.6	0.0	98	60	5	9
2926 PORK,SIRLOIN,LEAN,RAW	151	21.1	0.0	6.8	0.0	63	50	5	8
2927 PORK,SIRLOIN,LEAN,ROASTED	236	27.5	0.0	13.2	0.0	90	62	10	11
2928 PORK,SPARERIB,FRESH,COOKED	397	29.1	0.0	30.3	0.0	121	93	47	18
2929 PORK,SPARERIB,FRESH,RAW	286	17.1	0.0	23.6	0.0	78	76	7	10
2930 PORK,SPLEEN,BRAISED	149	28.2	0.0	3.2	0.0	504	107	13	222
2931 PORK,SPLEEN,RAW	100	17.9	0.0	2.6	0.0	363	98	10	223
2932 PORK,STOMACH,FRESH,RAW	157	16.5	0.0	9.6	0.0	193	52	10	22
2933 PORK,STRAINED,BABY	124	14.0	0.0	7.1	0.0	0	42	5	10
2934 PORK,TAIL,RAW	378	17.8	0.0	33.5	0.0	97	63	18	10
2935 PORK,TAIL,SIMMERED	396	17.0	0.0	35.8	0.0	129	25	14	8
2936 PORK,TENDERLOIN,LEAN,RAW	112	21.0	0.0	2.5	0.0	65	49	7	13
2937 PORK,TENDERLOIN,LEAN,ROASTED	166	28.8	0.0	4.8	0.0	93	67	9	15
2938 PORK,TONGUE,FRESH,BRAISED	271	24.1	0.0	18.6	0.0	146	109	19	50
2939 PORK,TONGUE,RAW	225	16.3	0.0	17.2	0.0	101	110	16	34

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2940 PORK, TOPLOIN, LEAN+FAT, BRAISED	381	27.7	0.0	29.2	0.0	95	47	10	10
2941 PORK, TOPLOIN, LEAN+FAT, BROILED	360	23.7	0.0	28.6	0.0	93	59	12	7
2942 PORK, TOPLOIN, LEAN+FAT, FRIED	392	21.5	0.0	33.2	0.0	84	45	7	7
2943 PORK, TOPLOIN, LEAN+FAT, RAW	305	17.3	0.0	25.6	0.0	65	37	8	6
2944 PORK, TOPLOIN, LEAN+FAT, ROASTED	330	24.2	0.0	25.1	0.0	82	44	10	9
2945 PORK, TOPLOIN, LEAN, BRAISED	277	34.4	0.0	14.4	0.0	97	52	12	13
2946 PORK, TOPLOIN, LEAN, BROILED	258	28.8	0.0	14.9	0.0	94	67	15	8
2947 PORK, TOPLOIN, LEAN, FRIED	257	28.0	0.0	15.3	0.0	81	50	9	8
2948 PORK, TOPLOIN, LEAN, RAW	161	21.8	0.0	7.5	0.0	55	45	9	8
2949 PORK, TOPLOIN, LEAN, ROASTED	245	28.2	0.0	13.8	0.0	79	46	11	10
2950 PORTERHOUSE, LEAN+FAT, CHCE, BRD	299	25.1	0.0	21.2	0.0	83	61	8	27
2951 PORTERHOUSE, LEAN+FAT, CHCE, RAW	284	17.4	0.0	23.3	0.0	70	49	6	17
2952 PORTERHOUSE, LEAN, CHOICE, BRD	218	28.2	0.0	10.8	0.0	80	66	7	30
2953 PORTERHOUSE, LEAN, CHOICE, RAW	157	20.4	0.0	7.8	0.0	60	55	5	20
2954 POTATO SALAD	114	1.5	13.5	6.0	0.4	60	328	14	7
2955 POTATO, AU GRATIN, DRY MIX	314	8.9	74.3	3.7	0.9	2	2095	311	16
2956 POTATO, AU GRATIN, HOME	132	5.1	11.3	7.6	0.3	23	433	119	6
2957 POTATO, AU GRATIN, HOME, MARG	132	5.1	11.3	7.6	0.3	15	433	119	6
2958 POTATO, AU GRATIN, MIX, COOKED	93	2.3	12.8	4.1	0.2	2	439	83	3
2959 POTATO, BAKED, CHEESE SAUCE	160	4.9	15.7	9.7	0.4	6	129	105	10
2960 POTATO, BAKED, CHEESE, BACON	151	6.2	14.9	8.7	0.4	10	325	103	10
2961 POTATO, BAKED, CHEESE, BROCOLLI	119	4.0	13.7	6.3	0.6	6	143	99	10
2962 POTATO, BAKED, CHEESE, CHILI	122	5.9	14.1	5.5	0.8	8	177	104	16
2963 POTATO, BAKED, SOUR CREAM, CHIVES	130	2.2	16.6	7.4	0.5	8	60	35	10
2964 POTATO, BOILED IN SKIN, W/SALT	87	1.9	20.1	0.1	0.3	0	240	5	3
2965 POTATO, BOILED, WO/SKIN, W/SALT	86	1.7	20.0	0.1	0.4	0	241	8	3
2966 POTATO, CANNED, DRAINED	60	1.4	13.6	0.2	0.3	0	260	5	13
2967 POTATO, CANNED, SOLID+LIQUID	40	1.4	8.7	0.2	0.2	0	301	30	10
2968 POTATO, CHIPS	523	6.4	51.9	35.4	1.4	0	469	24	12
2969 POTATO, CHIPS, DRY FORM	576	5.6	43.6	46.0	1.3	0	760	23	15
2970 POTATO, CHIPS, WO/SALT	523	6.4	51.9	35.4	1.4	0	8	24	12
2971 POTATO, FLAKES WO/MILK, PREPARED	113	1.9	15.0	5.6	0.5	14	332	49	2
2972 POTATO, FLESH+SKIN, BAKED, W/SALT	109	2.3	25.2	0.1	0.7	0	244	10	14
2973 POTATO, FLESH+SKIN, MICROWAVE	105	2.4	24.1	0.1	0.8	0	8	11	12
2974 POTATO, FLESH+SKIN, MICRWV, W/SALT	105	2.4	24.1	0.1	0.8	0	244	11	12
2975 POTATO, FLESH, BAKED	93	2.0	21.6	0.1	0.4	0	5	5	4
2976 POTATO, FLESH, BAKED, W/SALT	93	2.0	21.6	0.1	0.4	0	241	5	4
2977 POTATO, FLESH, BOILED W/SKIN	87	1.9	20.1	0.1	0.3	0	4	5	3
2978 POTATO, FLESH, BOILED WO/SKIN	86	1.7	20.0	0.1	0.4	0	5	8	3
2979 POTATO, FLESH, MICROWAVE, W/SKIN	100	2.1	23.3	0.1	0.4	0	7	5	4
2980 POTATO, FLESH, RAW	79	2.1	18.0	0.1	0.4	0	6	7	8
2981 POTATO, FLOUR	351	8.0	79.9	0.8	1.6	0	34	33	172
2982 POTATO, FLSH, MICRWV, W/SKN, W/SALT	100	2.1	23.3	0.1	0.4	0	243	5	4
2983 POTATO, FRENCH FRIED, FROZEN	164	2.6	25.0	6.5	0.5	0	23	6	10
2984 POTATO, FRENCH FRIED, FRZ, W/SALT	222	3.5	33.9	8.8	0.7	0	267	9	13
2985 POTATO, FRIED, ANIMAL FAT	312	4.0	38.6	16.1	0.8	18	163	16	14
2986 POTATO, FRIED, ANIMAL+VEG FAT	311	4.0	38.6	16.1	0.8	14	163	16	14
2987 POTATO, FRIED, VEG OIL	309	4.0	38.6	16.1	0.8	0	163	16	14
2988 POTATO, FROZEN, WHOLE, BLD, W/SALT	65	2.0	14.5	0.1	0.3	0	256	7	8

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2989 POTATO,FROZEN,WHOLE,BOILED	65	2.0	14.5	0.1	0.3	0	20	7	8
2990 POTATO,FROZEN,WHOLE,UNPREPARED	78	2.4	17.5	0.2	0.4	0	25	8	10
2991 POTATO,FRZ,FRENCH FRIED,OVNHEAT	222	3.5	33.9	8.8	0.7	0	31	9	13
2992 POTATO,FRZ,FRENCH FRIED,VEG OIL	315	4.0	39.6	16.6	0.8	0	216	19	8
2993 POTATO,GRAN W/MILK,DRY	358	10.9	77.7	1.1	1.5	2	82	142	35
2994 POTATO,GRAN W/MILK,PREPARED	79	2.0	13.1	2.2	0.3	2	234	31	6
2995 POTATO,HASH BROWN	210	2.7	22.4	12.8	0.5	13	403	10	7
2996 POTATO,HASH BROWN,BUTTER,COOKEI	178	2.5	24.1	8.8	0.5	23	101	33	10
2997 POTATO,HASH BROWN,BUTTER,FROZEN	135	1.9	18.3	6.7	0.4	2	77	25	8
2998 POTATO,HASH BROWN,FROZEN	82	2.1	17.7	0.6	0.4	2	22	10	10
2999 POTATO,HASH BROWN,FROZEN,COOKEI	218	3.2	28.1	11.5	0.5	2	34	15	15
3000 POTATO,HASH BROWN,HOME	153	2.4	7.4	13.9	0.4	0	24	8	8
3001 POTATO,MASHED	83	2.3	16.1	1.2	0.8	2	227	21	5
3002 POTATO,MASHED,FLAKES,DEHYDRATED	354	8.4	81.2	0.4	1.8	0	107	25	12
3003 POTATO,MASHED,FLAKES,MILK+MARG	113	1.9	15.0	5.6	0.5	4	332	49	2
3004 POTATO,MASHED,GRAN,MILK+BUTTER	108	2.0	14.4	5.0	0.4	14	257	35	2
3005 POTATO,MASHED,GRAN,MILK+MARG	108	2.0	14.4	4.9	0.4	3	263	35	2
3006 POTATO,MASHED,GRAN,WO/MILK,DRY	372	8.2	85.5	0.5	2.4	0	67	41	11
3007 POTATO,MASHED,HOME,MILK	77	1.9	17.6	0.6	0.3	2	303	26	3
3008 POTATO,MASHED,HOME,MILK+BUTTER	106	1.9	16.7	4.2	0.3	12	295	26	3
3009 POTATO,MASHED,HOME,MILK+MARG	106	1.9	16.7	4.2	0.3	2	295	26	3
3010 POTATO,O'BRIEN,FROZEN,PREPARED	204	2.2	21.9	13.2	0.8	23	43	20	10
3011 POTATO,O'BRIEN,FROZEN,UNPREPARE	76	1.8	17.5	0.1	0.4	23	33	13	10
3012 POTATO,O'BRIEN,HOME	81	2.4	15.5	1.3	0.4	4	217	36	5
3013 POTATO,PANCAKES,HOME	308	6.1	34.7	16.6	0.7	123	511	27	16
3014 POTATO,PUFFS,FROZEN,PREPARED	222	3.4	30.5	10.7	0.6	0	746	30	16
3015 POTATO,PUFFS,FROZEN,UNPREPARED	177	2.7	24.3	8.6	0.5	0	595	24	12
3016 POTATO,SALAD	143	2.7	11.2	8.2	0.4	68	529	19	6
3017 POTATO,SCALLOPED,HOME	86	2.9	10.8	3.7	0.3	12	335	57	6
3018 POTATO,SCALLOPED,HOME,MARG	86	2.9	10.8	3.7	0.3	6	335	57	6
3019 POTATO,SCALLOPED,MIX,DRY	358	7.8	73.9	4.6	1.4	2	1578	62	20
3020 POTATO,SCALLOPED,MIX,PREPARED	93	2.1	12.8	4.3	0.3	2	341	36	4
3021 POTATO,SKIN+FLESH,BAKED	109	2.3	25.2	0.1	0.7	0	8	10	14
3022 POTATO,SKIN,BAKED	198	4.3	46.1	0.1	2.3	0	21	34	70
3023 POTATO,SKIN,BAKED,W/SALT	198	4.3	46.1	0.1	2.3	0	257	34	70
3024 POTATO,SKIN,BOILED	78	2.9	17.2	0.1	3.7	0	14	45	61
3025 POTATO,SKIN,BOILED,W/SALT	78	2.9	17.2	0.1	3.7	0	250	45	61
3026 POTATO,SKIN,MICROWAVE	132	4.4	29.6	0.1	3.1	0	16	46	59
3027 POTATO,SKIN,MICROWAVE,W/SALT	132	4.4	29.6	0.1	3.1	0	252	46	59
3028 POTATO,SKIN,RAW	58	2.6	12.4	0.1	1.8	0	10	30	32
3029 POTATO,STICKS	522	6.7	53.3	34.5	1.2	0	250	18	23
3030 POTATO,SWEET,BAKED	103	1.7	24.3	0.1	0.8	0	10	28	4
3031 POTATO,SWEET,BKD IN SKIN,W/SALT	103	1.7	24.3	0.1	0.8	0	246	28	4
3032 POTATO,SWEET,BLD,W/O SKN,W/SALT	105	1.6	24.3	0.3	0.8	0	249	21	6
3033 POTATO,SWEET,BOILED,W/O SKIN	105	1.6	24.3	0.3	0.8	0	13	21	6
3034 POTATO,SWEET,CANDIED	137	0.9	27.9	3.2	0.4	8	70	26	11
3035 POTATO,SWEET,CANNED,MASHED	101	2.0	23.2	0.2	0.8	0	75	30	13
3036 POTATO,SWEET,CANNED,SYRUP,DRND	108	1.3	25.4	0.3	0.6	0	39	17	10
3037 POTATO,SWEET,CANNED,VAC PACK	91	1.6	21.1	0.2	0.7	0	53	22	9

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3038 POTATO,SWEET,CND,SYRUP,SOL+LIQ	89	1.0	20.9	0.2	0.5	0	44	15	8
3039 POTATO,SWEET,DEHY,PREPARED	95	1.0	22.6	0.1	0.8	0	45	15	6
3040 POTATO,SWEET,DEHYDRATED,DRY	379	4.2	90.0	0.6	3.2	0	181	60	22
3041 POTATO,SWEET,FROZEN,BAKED	100	1.7	23.4	0.1	0.8	0	8	35	5
3042 POTATO,SWEET,FROZEN,BKD,W/SALT	100	1.7	23.4	0.1	0.8	0	244	35	5
3043 POTATO,SWEET,FROZEN,UNPREPARED	96	1.7	22.2	0.2	0.8	0	6	37	5
3044 POTATO,SWEET,LEAVES,STEAMED	34	2.3	7.3	0.3	1.3	0	13	24	6
3045 POTATO,SWEET,LEAVES,STMD,W/SALT	34	2.3	7.3	0.3	1.3	0	249	24	6
3046 POTATO,SWEET,RAW	105	1.6	24.3	0.3	0.8	0	13	22	6
3047 POTPIE,BEEF,FROZEN,UNHEATED	192	7.3	18.0	9.9	0.1	18	366	10	10
3048 POTPIE,BEEF,HOME,BAKED	246	10.1	18.8	14.5	0.4	21	284	14	18
3049 POTPIE,CHICKEN,FROZEN/COOKED	219	6.7	22.2	11.5	0.4	13	411	11	10
3050 POTPIE,CHICKEN,HOME,BAKED	235	10.1	18.3	13.5	0.4	31	256	30	13
3051 POTPIE,TURKEY,COMMERCIAL	197	5.8	20.1	10.4	0.3	9	369	12	9
3052 POTPIE,TURKEY,HOME BAKED	237	10.4	18.5	13.5	0.4	31	273	27	14
3053 POULTRY SALAD SPREAD	200	11.6	7.4	13.5	0.0	30	377	10	6
3054 POULTRY SEASONING	307	9.6	65.6	7.5	11.3	0	27	996	353
3055 PRETZELS	390	9.8	75.9	4.5	0.3	0	1680	22	15
3056 PRETZELS,BABY FOOD	397	10.8	82.2	2.0	0.4	1	269	25	38
3057 PRICKLYPEARS,RAW	41	0.7	9.6	0.5	1.8	0	5	56	3
3058 PRODUCT 19	381	9.8	83.0	0.7	0.5	0	1146	12	635
3059 PRUNE JUICE,CANNED	71	0.6	17.4	0.0	0.0	0	4	12	12
3060 PRUNE WHIP	156	4.4	36.9	0.2	0.6	0	164	22	13
3061 PRUNE+ORANGE JUICE,BABY	70	0.6	16.8	0.3	0.1	10	2	12	9
3062 PRUNE,CANNED,HEAVY SYRUP	105	0.9	27.8	0.2	0.7	0	3	17	4
3063 PRUNE,DEHYDRATED	339	3.7	89.1	0.7	2.9	0	5	72	35
3064 PRUNE,DEHYDRATED,COOKED	113	1.2	29.7	0.2	1.0	0	2	24	12
3065 PRUNE,DRIED	239	2.6	62.7	0.5	2.0	0	4	51	25
3066 PRUNE,DRIED,COOKED W/SUGAR	124	1.1	32.9	0.2	0.8	0	2	21	10
3067 PRUNE,DRIED,COOKED,WO/SUGAR	107	1.2	28.1	0.2	0.9	0	2	23	11
3068 PRUNE,TAPIOCA,W/O ASC ,JR	70	0.6	18.7	0.1	0.3	10	2	15	3
3069 PRUNE,TAPIOCA,W/O ASC ,STRAINED	70	0.6	18.5	0.1	0.3	10	5	15	4
3070 PUDDING,BREAD,RAISIN	187	5.6	28.4	6.1	0.1	68	201	109	11
3071 PUDDING,CHOC,HOME PREPARED	148	3.1	25.7	4.7	0.2	11	56	96	5
3072 PUDDING,CHOC,MIX,DRY,INSTANT	357	3.1	90.8	1.6	0.6	0	404	245	20
3073 PUDDING,CHOC,MIX,DRY,REGULAR	361	3.0	91.5	2.1	0.6	0	447	20	16
3074 PUDDING,CHOC,MIX,INSTANT,PREP	125	3.0	24.4	2.5	0.1	11	124	144	5
3075 PUDDING,CHOC,MIX,REGULAR,COOKED	124	3.4	22.8	3.0	0.1	12	129	102	3
3076 PUDDING,TAPIOCA,CREAM	134	5.0	17.1	5.1	0.0	97	156	105	4
3077 PUDDING,VANILLA,HOME PREPARED	111	3.5	15.9	3.9	0.0	14	65	117	0
3078 PUMMELO,RAW	38	0.8	9.6	0.0	0.2	0	1	4	1
3079 PUMPKIN PIE SPICE	342	5.8	69.3	12.6	14.8	0	52	682	197
3080 PUMPKIN,BOILED	20	0.7	4.9	0.1	0.8	0	1	15	6
3081 PUMPKIN,BOILED,W/SALT	20	0.7	4.9	0.1	0.8	0	237	15	6
3082 PUMPKIN,CANNED	34	1.1	8.1	0.3	1.6	0	5	26	14
3083 PUMPKIN,CANNED,W/SALT	34	1.1	8.1	0.3	1.6	0	241	26	14
3084 PUMPKIN,FLOWER,BOILED W/SALT	15	1.1	3.3	0.1	0.9	0	242	37	9
3085 PUMPKIN,FLOWERS,BOILED	15	1.1	3.3	0.1	0.9	0	6	37	9
3086 PUMPKIN,FLOWERS,RAW	15	1.0	3.3	0.1	0.6	0	5	39	7

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3087 PUMPKIN,KERNEL,DRIED	541	24.5	17.8	45.8	2.2	0	18	43	150
3088 PUMPKIN,KERNEL,ROASTED	522	33.0	13.4	42.1	1.8	0	18	43	149
3089 PUMPKIN,LEAVES,BOILED	21	2.7	3.4	0.2	1.1	0	8	43	32
3090 PUMPKIN,LEAVES,BOILED,W/SALT	21	2.7	3.4	0.2	1.1	0	244	43	32
3091 PUMPKIN,LEAVES,RAW	19	3.2	2.3	0.4	1.0	0	11	39	22
3092 PUMPKIN,PIE MIX,CANNED	104	1.1	26.4	0.1	1.2	0	208	37	11
3093 PUMPKIN,RAW	26	1.0	6.5	0.1	1.1	0	1	21	8
3094 PUMPKIN,SEED,WHOLE,ROASTED	446	18.6	53.8	19.4	35.9	0	18	55	33
3095 PUMPKIN/SQUASH,KRNL,RSTD,W/SALT	522	33.0	13.4	42.1	1.8	0	575	43	149
3096 PUMPKIN/SQUASH,SEED,RSTD,W/SALT	446	18.6	53.8	19.4	35.9	0	575	55	33
3097 PURSLANE,BOILED	18	1.5	3.6	0.2	0.8	0	44	78	8
3098 PURSLANE,BOILED,W/SALT	18	1.5	3.6	0.2	0.8	0	280	78	8
3099 PURSLANE,RAW	16	1.3	3.4	0.1	0.8	0	45	65	20
3100 QUAIL,BREAST,NO SKIN,RAW	123	22.6	0.0	3.0	0.0	58	55	10	23
3101 QUAIL,FLESH ONLY,RAW	134	21.8	0.0	4.5	0.0	70	51	13	45
3102 QUAIL,FLESH/SKIN,RAW	192	19.6	0.0	12.0	0.0	76	53	13	40
3103 QUAIL,GIBLETS,RAW	176	21.8	6.7	6.2	0.0	350	70	8	45
3104 QUINCES,RAW	57	0.4	15.3	0.1	1.7	0	4	11	7
3105 QUINOA	374	13.1	68.9	5.8	4.6	0	21	60	92
3106 QUISP	414	5.0	83.3	7.2	0.6	0	803	31	210
3107 RABBIT,DOMESTIC,COMPOSITE,RAW	136	20.0	0.0	5.6	0.0	57	41	13	16
3108 RABBIT,DOMESTIC,COMPOSITE,RSTD	154	22.8	0.0	6.3	0.0	64	37	15	18
3109 RABBIT,DOMESTIC,COMPOSITE,STWD	206	30.4	0.0	8.4	0.0	86	37	20	24
3110 RABBIT,WILD,RAW	114	21.8	0.0	2.3	0.0	81	50	12	32
3111 RABBIT,WILD,STWD	173	33.0	0.0	3.5	0.0	123	45	18	48
3112 RACCOON,ROASTED	255	29.2	0.0	14.5	0.0	123	45	18	48
3113 RADISH,ORIENTAL,BOILED	17	0.7	3.4	0.2	0.5	0	13	17	2
3114 RADISH,ORIENTAL,BOILED,W/SALT	17	0.7	3.4	0.2	0.5	0	249	17	2
3115 RADISH,ORIENTAL,DRIED	271	7.9	63.4	0.7	8.4	0	278	629	67
3116 RADISH,ORIENTAL,RAW	18	0.6	4.1	0.1	0.6	0	21	27	4
3117 RADISH,RAW	17	0.6	3.6	0.5	0.5	0	24	21	3
3118 RADISH,SPROUTS,RAW	43	3.8	3.6	2.5	1.8	0	6	51	9
3119 RADISH,WHITE ICICLE,RAW	14	1.1	2.6	0.1	0.7	0	16	27	8
3120 RAISIN BRAN,KELLOGG'S	312	10.8	75.5	2.0	2.9	0	554	35	454
3121 RAISIN BRAN,POST	307	9.3	75.6	1.9	3.2	0	652	47	159
3122 RAISIN BRAN,RALSTON PURINA	318	7.8	83.0	0.5	2.9	0	868	48	488
3123 RAISIN,RICE+RYE,CEREAL	336	5.7	85.4	0.3	1.1	0	760	22	122
3124 RAISINS,GOLDEN,SEEDLESS	302	3.4	79.5	0.5	1.4	0	12	53	18
3125 RAISINS,SEEDED	296	2.5	78.5	0.5	0.7	0	28	28	26
3126 RAISINS,SEEDLESS	300	3.2	79.1	0.5	1.3	0	12	49	21
3127 RALSTON,COOKED,W/NA	53	2.2	11.2	0.3	0.3	0	188	5	6
3128 RALSTON,COOKED,WO/NA	53	2.2	11.2	0.3	0.3	0	2	5	6
3129 RALSTON,DRY	341	14.1	72.1	2.1	2.1	0	11	35	42
3130 RASPBERRY,RAW	49	0.9	11.6	0.6	3.0	0	0	22	6
3131 RASPBERRY,RED,FROZEN,SWEETENED	103	0.7	26.2	0.2	2.2	0	1	15	6
3132 RASPBERRY,RED,HEAVY SYRUP	91	0.8	23.4	0.1	2.6	0	3	11	4
3133 RED WINE	72	0.2	1.7	0.0	0.0	0	5	8	4
3134 RENNIN,MIX,PREPARED	95	3.2	12.8	3.6	0.0	13	46	117	0
3135 RENNIN,MIX,STRWBRY/RASPBRY,DRY	383	0.0	99.0	0.0	0.0	0	6	117	0

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3136	RENNIN,MIX,STRWBRY/RASPBRY,PPD	95	3.2	12.8	3.6	0.0	13	46	121	0
3137	RENNIN,MIX,VANILLA/OTHER,DRY	383	0.0	99.0	0.0	0.0	0	6	170	0
3138	RENNIN, TABLET	107	0.1	24.3	1.0	0.0	0	0	3510	0
3139	RENNIN, TABLET, PREPARED	89	3.1	11.6	3.5	0.0	12	82	111	0
3140	RHUBARB, FROZEN, COOKED W/SUGAR	116	0.4	31.2	0.0	0.6	0	1	145	2
3141	RHUBARB, FROZEN, RAW	21	0.6	5.1	0.1	0.7	0	2	194	3
3142	RHUBARB, RAW	21	0.9	4.5	0.2	0.7	0	4	86	2
3143	RIB,EYE, LEAN+FAT, CHOICE, BRLD	295	25.4	0.0	20.6	0.0	83	64	13	23
3144	RIB, LARGE, LEAN+FAT, ALL GRD, BRLD	378	20.1	0.0	32.3	0.0	87	60	10	20
3145	RIB, LARGE, LEAN+FAT, ALL GRD, RAW	350	15.6	0.0	31.4	0.0	73	53	8	16
3146	RIB, LARGE, LEAN+FAT, ALL GRD, RST	368	22.7	0.0	30.0	0.0	85	64	10	23
3147	RIB, LARGE, LEAN+FAT, CHOICE, BRLD	384	20.0	0.0	33.1	0.0	87	60	10	20
3148	RIB, LARGE, LEAN+FAT, CHOICE, RAW	356	15.5	0.0	32.1	0.0	74	53	8	16
3149	RIB, LARGE, LEAN+FAT, CHOICE, RSTD	372	22.7	0.0	30.5	0.0	85	64	10	23
3150	RIB, LARGE, LEAN+FAT, GOOD, BRLD	354	20.5	0.0	29.6	0.0	86	61	10	20
3151	RIB, LARGE, LEAN+FAT, GOOD, RAW	328	15.9	0.0	28.8	0.0	72	54	8	17
3152	RIB, LARGE, LEAN+FAT, GOOD, RSTD	357	22.8	0.0	28.8	0.0	85	64	10	23
3153	RIB, LARGE, LEAN+FAT, PRIME, BRLD	425	19.9	0.0	37.7	0.0	87	60	10	20
3154	RIB, LARGE, LEAN+FAT, PRIME, RAW	383	15.4	0.0	35.2	0.0	74	52	8	16
3155	RIB, LARGE, LEAN+FAT, PRIME, RST	407	22.2	0.0	34.6	0.0	85	63	10	23
3156	RIB, LARGE, LEAN, ALL GRDS, BRLD	233	24.6	0.0	14.2	0.0	82	70	8	25
3157	RIB, LARGE, LEAN, ALL GRDS, RAW	170	19.6	0.0	9.5	0.0	59	66	7	21
3158	RIB, LARGE, LEAN, ALL GRDS, RSTD	244	27.5	0.0	14.0	0.0	81	73	8	28
3159	RIB, LARGE, LEAN, CHOICE, BRLD	239	24.6	0.0	14.9	0.0	82	70	8	25
3160	RIB, LARGE, LEAN, CHOICE, RAW	174	19.6	0.0	10.0	0.0	59	66	7	21
3161	RIB, LARGE, LEAN, CHOICE, ROAST	248	27.5	0.0	14.4	0.0	81	73	8	28
3162	RIB, LARGE, LEAN, GOOD, BROILED	215	24.6	0.0	12.2	0.0	82	70	8	25
3163	RIB, LARGE, LEAN, GOOD, RAW	178	19.6	0.0	8.2	0.0	59	66	7	21
3164	RIB, LARGE, LEAN, GOOD, ROAST	232	27.5	0.0	12.7	0.0	81	73	8	28
3165	RIB, LARGE, LEAN, PRIME, BROILED	294	24.6	0.0	20.9	0.0	82	70	8	25
3166	RIB, LARGE, LEAN, PRIME, RAW	210	19.6	0.0	14.0	0.0	59	66	7	21
3167	RIB, LARGE, LEAN, PRIME, ROAST	283	27.5	0.0	18.3	0.0	81	73	8	28
3168	RIB, LEAN+FAT, ALL GRADES, RSTD	381	21.9	0.0	31.8	0.0	85	63	11	21
3169	RIB, LEAN+FAT, ALL GRDS, BRLD	362	21.5	0.0	30.0	0.0	86	61	11	21
3170	RIB, LEAN+FAT, ALL GRDS, RAW	331	16.0	0.0	29.1	0.0	72	53	9	17
3171	RIB, LEAN+FAT, CHOICE, BRLD	368	21.4	0.0	30.7	0.0	86	61	11	21
3172	RIB, LEAN+FAT, CHOICE, RAW	338	16.0	0.0	29.9	0.0	72	53	9	17
3173	RIB, LEAN+FAT, CHOICE, ROAST	386	21.8	0.0	32.5	0.0	85	63	11	21
3174	RIB, LEAN+FAT, GOOD, BROILED	340	21.8	0.0	27.4	0.0	85	61	11	21
3175	RIB, LEAN+FAT, GOOD, RAW	311	16.3	0.0	26.7	0.0	71	54	9	17
3176	RIB, LEAN+FAT, GOOD, ROAST	360	22.3	0.0	29.3	0.0	85	64	11	22
3177	RIB, LEAN+FAT, PRIME, BROILED	408	21.1	0.0	35.2	0.0	86	60	12	20
3178	RIB, LEAN+FAT, PRIME, RAW	370	15.8	0.0	33.6	0.0	73	52	9	16
3179	RIB, LEAN+FAT, PRIME, ROAST	425	21.5	0.0	36.9	0.0	86	63	11	21
3180	RIB, LEAN, ALL GRADES, RAW	165	19.8	0.0	8.9	0.0	59	65	8	21
3181	RIB, LEAN, ALL GRDS, BROILED	228	26.0	0.0	13.0	0.0	82	69	10	25
3182	RIB, LEAN, ALL GRDS, ROAST	240	27.2	0.0	13.8	0.0	81	74	10	26
3183	RIB, LEAN, CHOICE, BROILED	233	26.0	0.0	13.6	0.0	82	69	10	25
3184	RIB, LEAN, CHOICE, RAW	169	19.8	0.0	9.4	0.0	59	65	8	21

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3185 RIB,LEAN,CHOICE,ROAST	246	27.2	0.0	14.4	0.0	81	74	10	26
3186 RIB,LEAN,GOOD,BROILED	213	26.0	0.0	11.3	0.0	82	69	10	25
3187 RIB,LEAN,GOOD,RAW	153	19.8	0.0	7.6	0.0	59	65	8	21
3188 RIB,LEAN,GOOD,ROAST	225	27.2	0.0	12.1	0.0	81	74	10	26
3189 RIB,LEAN,PRIME,BROILED	280	26.0	0.0	18.7	0.0	82	69	10	25
3190 RIB,LEAN,PRIME,RAW	206	19.8	0.0	13.4	0.0	59	65	8	21
3191 RIB,LEAN,PRIME,ROAST	292	27.2	0.0	19.5	0.0	81	74	10	26
3192 RIB,SHORT,LEAN+FAT,CHCE,BRSD	471	21.6	0.0	42.0	0.0	94	50	12	23
3193 RIB,SHORT,LEAN+FAT,CHCE,RAW	388	14.4	0.0	36.2	0.0	76	49	9	16
3194 RIB,SHORT,LEAN,CHOICE,BRSD	295	30.8	0.0	18.1	0.0	93	58	11	34
3195 RIB,SHORT,LEAN,CHOICE,RAW	73	19.0	0.0	10.2	0.0	59	65	8	22
3196 RIB,SMALL,LEAN+FAT,ALL GRD,BRLD	326	24.0	0.0	24.8	0.0	84	62	13	22
3197 RIB,SMALL,LEAN+FAT,ALL GRD,RAW	306	16.7	0.0	26.0	0.0	70	54	10	18
3198 RIB,SMALL,LEAN+FAT,ALL GRD,RST	359	22.3	0.0	29.3	0.0	85	65	13	20
3199 RIB,SMALL,LEAN+FAT,CHCE,BRLD	332	24.0	0.0	25.4	0.0	84	62	13	22
3200 RIB,SMALL,LEAN+FAT,CHCE,RAW	312	16.6	0.0	26.7	0.0	70	53	10	18
3201 RIB,SMALL,LEAN+FAT,CHCE,RSTD	367	22.2	0.0	30.2	0.0	85	65	13	20
3202 RIB,SMALL,LEAN+FAT,GOOD,BRLD	310	24.3	0.0	22.8	0.0	84	63	13	22
3203 RIB,SMALL,LEAN+FAT,GOOD,RAW	284	17.0	0.0	23.5	0.0	69	54	10	18
3204 RIB,SMALL,LEAN+FAT,GOOD,ROAST	333	22.6	0.0	26.2	0.0	84	66	13	20
3205 RIB,SMALL,LEAN+FAT,PRIME,BRLD	364	23.7	0.0	29.1	0.0	84	62	13	22
3206 RIB,SMALL,LEAN+FAT,PRIME,RAW	349	16.4	0.0	30.9	0.0	71	53	10	17
3207 RIB,SMALL,LEAN+FAT,PRIME,ROAST	420	21.8	0.0	36.2	0.0	85	64	13	19
3208 RIB,SMALL,LEAN,ALL GRDS,BRLD	221	28.0	0.0	11.2	0.0	80	69	13	26
3209 RIB,SMALL,LEAN,ALL GRDS,RAW	159	20.1	0.0	8.1	0.0	59	63	10	22
3210 RIB,SMALL,LEAN,ALL GRDS,RSTD	236	26.7	0.0	13.5	0.0	80	75	13	23
3211 RIB,SMALL,LEAN,CHCE,ROAST	243	26.7	0.0	14.3	0.0	80	75	13	23
3212 RIB,SMALL,LEAN,CHOICE,BRLD	225	28.0	0.0	11.6	0.0	80	69	13	26
3213 RIB,SMALL,LEAN,CHOICE,RAW	163	20.1	0.0	8.5	0.0	59	63	10	22
3214 RIB,SMALL,LEAN,GOOD,BROILED	209	28.0	0.0	9.9	0.0	80	69	13	26
3215 RIB,SMALL,LEAN,GOOD,RAW	146	20.1	0.0	6.7	0.0	59	63	10	22
3216 RIB,SMALL,LEAN,GOOD,ROAST	216	26.7	0.0	11.2	0.0	80	75	13	23
3217 RIB,SMALL,LEAN,PRIME,BROILED	260	28.0	0.0	15.5	0.0	80	69	13	26
3218 RIB,SMALL,LEAN,PRIME,RAW	200	20.1	0.0	12.6	0.0	59	63	10	22
3219 RIB,SMALL,LEAN,PRIME,ROAST	304	26.7	0.0	21.1	0.0	80	75	13	23
3220 RIBEYE,LEAN+FAT,CHOICE,RAW	251	18.1	0.0	19.2	0.0	65	58	10	19
3221 RIBEYE,LEAN,CHOICE,BROILED	236	28.0	0.0	12.9	0.0	80	69	13	26
3222 RIBEYE,LEAN,CHOICE,RAW	163	20.1	0.0	8.5	0.0	59	63	10	22
3223 RICE CHEX	395	5.3	89.2	0.4	0.4	0	836	14	63
3224 RICE KRISPIES	395	6.8	87.4	0.7	0.3	0	1200	14	63
3225 RICE PUDDING/RAISINS	146	3.6	26.7	3.1	0.1	11	71	98	4
3226 RICE WITH BANANA,PREPARED	117	4.2	17.0	3.5	0.1	21	57	213	110
3227 RICE WITH MIXED FRUIT,JUNIOR	84	1.0	18.7	0.2	0.2	51	11	20	47
3228 RICE,APPLE+BANANA,STRAINED	79	1.2	17.1	0.4	0.2	10	28	17	67
3229 RICE,BANANA,DRY,BABY	404	8.7	79.9	4.2	0.5	51	96	691	669
3230 RICE,BRAN,CRUDE	316	13.4	49.7	20.8	11.5	0	5	57	185
3231 RICE,BROWN,LONG,COOKED	111	2.6	23.0	0.9	0.3	0	5	10	4
3232 RICE,BROWN,LONG,RAW	370	7.9	77.2	2.9	1.3	0	7	23	15
3233 RICE,BROWN,MED,COOKED	112	2.3	23.5	0.8	0.3	0	1	10	5

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3234 RICE,BROWN,MED,RAW	362	7.5	76.2	2.7	1.0	0	4	33	18
3235 RICE,DRY,BABY	391	7.1	77.6	4.9	0.8	10	32	850	739
3236 RICE,FLOUR,BROWN	363	7.2	76.5	2.8	1.3	0	8	11	20
3237 RICE,FLOUR,WHITE	366	6.0	80.1	1.4	0.3	0	0	10	4
3238 RICE,HONEY,DRY,BABY	392	7.1	80.6	3.1	0.1	10	47	1168	656
3239 RICE,HONEY,PREPARED,BABY	115	3.9	17.1	3.3	0.0	21	49	291	108
3240 RICE,PREPARED,BABY	115	3.9	16.7	3.6	0.1	21	46	239	122
3241 RICE,PUFFED	402	6.3	89.8	0.5	0.4	0	3	6	11
3242 RICE,PUFFED,HIGHLY FORTIFIED	402	6.3	89.8	0.5	0.4	0	3	6	317
3243 RICE,SPANISH,COOKED	87	1.8	16.6	1.7	0.5	0	316	14	6
3244 RICE,WHITE,CKD,ENRICHED,W/SALT	129	2.7	27.9	0.3	0.1	0	382	11	11
3245 RICE,WHITE,COOKED	129	2.7	27.9	0.3	0.1	0	2	11	2
3246 RICE,WHITE,COOKED,ENRICHED	130	2.4	28.7	0.2	0.1	0	0	1	15
3247 RICE,WHITE,COOKED,W/SALT	129	2.7	27.9	0.3	0.1	0	382	11	2
3248 RICE,WHITE,GLUTEN,COOKED	97	2.0	21.1	0.2	0.1	0	5	2	1
3249 RICE,WHITE,GLUTEN,RAW	370	6.8	81.7	0.6	0.2	0	7	11	16
3250 RICE,WHITE,INSTANT,ENRICHED,CKD	98	2.1	21.3	0.2	0.1	0	3	8	6
3251 RICE,WHITE,INSTANT,ENRICHED,DRY	379	7.7	83.6	0.3	0.4	0	6	18	42
3252 RICE,WHITE,PAR BOILED,CKD,ENR	114	2.3	24.7	0.3	0.2	0	3	19	11
3253 RICE,WHITE,PAR BOILED,COOKED	114	2.3	24.7	0.3	0.2	0	3	19	2
3254 RICE,WHITE,PAR BOILED,DRY	371	6.8	81.7	0.6	0.4	0	5	60	15
3255 RICE,WHITE,PAR BOILED,DRY,ENR	371	6.8	81.7	0.6	0.4	0	5	60	36
3256 RICE,WHITE,RAW	360	6.6	79.3	0.6	0.3	0	1	9	8
3257 RICE,WHITE,RAW,ENRICHED	365	7.1	80.0	0.7	0.3	0	5	28	43
3258 RICE,WHITE,RAW,UNENRICHED	365	7.1	80.0	0.7	0.3	0	5	28	8
3259 RICE,WHITE,W/PASTA,COOKED	122	2.5	21.4	2.8	0.2	1	568	8	9
3260 RICE,WHITE,W/PASTA,DRY	368	9.4	75.3	2.4	0.5	2	1866	46	40
3261 RICE,WILD,COOKED	101	4.0	21.3	0.3	0.3	0	3	3	6
3262 RICE,WILD,RAW	357	14.7	74.9	1.1	1.4	0	7	21	20
3263 ROAST BEEF SANDWICH	249	15.5	24.1	9.9	0.5	37	570	39	30
3264 ROAST BEEF SANDWICH W/CHEESE	228	18.3	15.4	10.2	0.1	44	928	104	29
3265 ROAST,CANNED	224	25.0	0.0	13.0	0.0	80	60	16	26
3266 ROCKFISH,BAKED/BROILED	121	24.0	0.0	2.0	0.0	44	77	12	5
3267 ROCKFISH,PACIFIC,RAW	94	18.8	0.0	1.6	0.0	35	60	9	4
3268 ROE,RAW	140	22.3	1.5	6.4	0.0	374	91	22	6
3269 ROLL OE BUN,UNENRICHED,HOME	339	8.2	56.1	8.7	0.2	33	279	47	8
3270 ROLL OR BUN,ENRICHED,HOME	339	8.2	56.1	8.7	0.2	33	279	47	30
3271 ROLL OR BUN,PLAIN,ENRICHED	298	8.2	53.0	5.6	0.2	6	506	74	28
3272 ROLL OR BUN,PLAIN,UNENRICHED	298	8.2	53.0	5.6	0.2	6	506	74	7
3273 ROLL OR BUN,RAISIN	275	6.9	56.4	2.9	0.9	3	384	75	14
3274 ROLL,BROWN & SERVE,BROWNED	328	8.7	54.8	7.8	0.2	8	562	51	30
3275 ROLL,BROWN & SERVE,UNBROWNED	299	7.9	50.6	6.8	0.2	7	513	47	27
3276 ROLL,DOUGH,FROZEN,BAKED	311	8.5	56.0	5.4	0.3	5	560	39	30
3277 ROLL,DOUGH,FROZEN,ENRICHED	268	7.5	47.4	5.0	0.2	5	482	33	26
3278 ROLL,DOUGH,FROZEN,UNENRICHED	268	7.5	47.4	5.0	0.2	5	482	33	9
3279 ROLL,HARD,ENRICHED	312	9.8	59.5	3.2	0.2	3	625	47	28
3280 ROLL,HARD,UNENRICHED	312	9.8	59.5	3.2	0.2	3	625	47	8
3281 ROLL,MIX,DRY	393	11.2	72.3	5.9	0.2	6	412	74	8
3282 ROLL,MIX,ENRICHED,BAKED	299	9.0	54.5	4.5	0.2	4	313	56	29

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3283 ROLL,MIX,UNENRICHED,BAKED	299	9.0	54.5	4.5	0.2	4	313	56	6
3284 ROLL,WHOLE WHEAT	257	10.0	52.3	2.8	1.6	3	564	106	24
3285 ROLLS&BUNS,DANISH PASTRY	422	7.4	45.6	23.5	0.1	64	366	50	19
3286 ROLLS,SWEET	316	8.5	49.3	9.1	0.2	9	389	85	8
3287 ROMAN MEAL,COOKED,WO/NA	61	2.7	13.7	0.4	0.6	0	1	12	9
3288 ROMAN MEAL,DRY	322	14.4	72.0	2.2	3.2	0	6	65	46
3289 ROMAN MEAL,PLAIN,COOKED,W/NA	61	2.7	13.7	0.4	0.6	0	82	12	9
3290 ROMAN MEAL,W/OAT,COOKED,W/NA	71	3.0	14.2	0.8	0.5	0	225	11	6
3291 ROMAN MEAL,W/OAT,COOKED,WO/NA	71	3.0	14.2	0.8	0.5	0	4	11	6
3292 ROMAN MEAL,W/OATS,DRY	340	14.5	68.5	4.0	2.3	0	20	55	28
3293 ROOT BEER	41	0.0	10.6	0.0	0.0	0	13	5	0
3294 ROSE WINE	71	0.2	1.4	0.0	0.0	0	5	8	4
3295 ROSE-APPLES,RAW	25	0.6	5.7	0.3	1.1	0	0	29	1
3296 ROSELLE,RAW	49	1.0	11.3	0.6	1.1	0	6	215	15
3297 ROSEMARY,DRIED	331	4.9	64.1	15.2	17.6	0	50	1280	292
3298 ROUND,BOTTOM,LEAN+FAT,BRSD	261	29.8	0.0	14.8	0.0	96	51	6	32
3299 ROUND,BOTTOM,LEAN+FAT,CH,BRSD	264	29.8	0.0	15.2	0.0	96	50	6	32
3300 ROUND,BOTTOM,LEAN+FAT,CHCE,RW	227	19.9	0.0	15.8	0.0	65	55	5	21
3301 ROUND,BOTTOM,LEAN+FAT,GD,BRSD	253	29.8	0.0	13.9	0.0	96	51	6	33
3302 ROUND,BOTTOM,LEAN+FAT,GD,RAW	217	20.0	0.0	14.5	0.0	64	55	5	22
3303 ROUND,BOTTOM,LEAN+FAT,PRM,BRSD	297	29.2	0.0	19.1	0.0	96	50	6	32
3304 ROUND,BOTTOM,LEAN+FAT,PRM,RAW	225	20.1	0.0	15.4	0.0	64	55	5	22
3305 ROUND,BOTTOM,LEAN+FAT,RAW	225	19.9	0.0	15.6	0.0	65	55	5	21
3306 ROUND,BOTTOM,LEAN,BRAISED	222	31.6	0.0	9.7	0.0	96	51	5	35
3307 ROUND,BOTTOM,LEAN,CHCE,BRSD	225	31.6	0.0	10.0	0.0	96	51	5	35
3308 ROUND,BOTTOM,LEAN,CHCE,RAW	150	21.9	0.0	6.3	0.0	59	59	4	24
3309 ROUND,BOTTOM,LEAN,GOOD,BRSD	214	31.6	0.0	8.8	0.0	96	51	5	35
3310 ROUND,BOTTOM,LEAN,GOOD,RAW	146	21.9	0.0	5.8	0.0	59	59	4	24
3311 ROUND,BOTTOM,LEAN,PRM,BRSD	249	31.6	0.0	12.6	0.0	96	51	5	35
3312 ROUND,BOTTOM,LEAN,PRM,RAW	159	21.9	0.0	7.3	0.0	59	59	4	24
3313 ROUND,BOTTOM,LEAN,RAW	149	21.9	0.0	6.2	0.0	59	59	4	24
3314 ROUND,EYE,LEAN+FAT,CHCE,RAW	202	20.0	0.0	13.0	0.0	60	50	5	14
3315 ROUND,EYE,LEAN+FAT,CHCE,RSTD	244	26.8	0.0	14.4	0.0	73	59	6	18
3316 ROUND,EYE,LEAN+FAT,GOOD,RAW	188	20.2	0.0	11.3	0.0	59	50	5	14
3317 ROUND,EYE,LEAN+FAT,GOOD,RSTD	237	26.8	0.0	13.6	0.0	72	59	6	18
3318 ROUND,EYE,LEAN+FAT,PRIME,RAW	221	19.9	0.0	15.0	0.0	60	50	5	14
3319 ROUND,EYE,LEAN+FAT,PRIME,RST	250	27.0	0.0	15.0	0.0	72	59	6	18
3320 ROUND,EYE,LEAN+FAT,RAW	199	20.1	0.0	12.6	0.0	60	50	5	14
3321 ROUND,EYE,LEAN+FAT,ROAST	243	26.8	0.0	14.2	0.0	73	59	6	18
3322 ROUND,EYE,LEAN,CHCE,ROAST	184	29.0	0.0	6.7	0.0	69	62	5	20
3323 ROUND,EYE,LEAN,CHOICE,RAW	133	21.8	0.0	4.5	0.0	54	53	4	15
3324 ROUND,EYE,LEAN,GOOD,RAW	126	21.8	0.0	3.7	0.0	54	53	4	15
3325 ROUND,EYE,LEAN,GOOD,ROAST	178	29.0	0.0	6.0	0.0	69	62	5	20
3326 ROUND,EYE,LEAN,PRIME,RAW	149	21.8	0.0	6.3	0.0	54	53	4	15
3327 ROUND,EYE,LEAN,PRIME,ROAST	198	29.0	0.0	8.2	0.0	69	62	5	20
3328 ROUND,EYE,LEAN,RAW	131	21.8	0.0	4.3	0.0	54	53	4	15
3329 ROUND,EYE,LEAN,ROAST	183	29.0	0.0	6.5	0.0	69	62	5	20
3330 ROUND,LEAN+FAT,CHOICE,BRLD	274	25.5	0.0	18.2	0.0	84	60	7	24
3331 ROUND,LEAN+FAT,CHOICE,RAW	241	19.4	0.0	17.5	0.0	66	51	5	19

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3332 ROUND,LEAN+FAT,GOOD,BRLD	262	25.7	0.0	16.9	0.0	84	60	7	24
3333 ROUND,LEAN+FAT,GOOD,RAW	231	19.5	0.0	16.3	0.0	65	51	5	19
3334 ROUND,LEAN,CHOICE,BROILED	194	28.5	0.0	8.0	0.0	82	64	5	27
3335 ROUND,LEAN,CHOICE,RAW	139	22.0	0.0	4.9	0.0	58	56	4	21
3336 ROUND,LEAN,GOOD,BROILED	184	28.4	0.0	7.0	0.0	82	64	5	27
3337 ROUND,LEAN,GOOD,RAW	133	22.0	0.0	4.3	0.0	58	56	4	22
3338 ROUND,TIP,LEAN+FAT,CHCE,RAW	209	19.2	0.0	14.1	0.0	65	57	5	20
3339 ROUND,TIP,LEAN+FAT,CHCE,RSTD	254	26.4	0.0	15.7	0.0	83	62	7	27
3340 ROUND,TIP,LEAN+FAT,GOOD,RAW	193	19.5	0.0	12.3	0.0	65	58	5	20
3341 ROUND,TIP,LEAN+FAT,GOOD,RSTD	241	26.6	0.0	14.1	0.0	83	62	6	27
3342 ROUND,TIP,LEAN+FAT,PRIME,RAW	223	19.1	0.0	16.1	0.0	66	57	5	20
3343 ROUND,TIP,LEAN+FAT,PRM,RST	284	26.0	0.0	19.2	0.0	83	61	7	26
3344 ROUND,TIP,LEAN+FAT,RAW	206	19.3	0.0	13.8	0.0	65	57	5	20
3345 ROUND,TIP,LEAN+FAT,ROAST	251	26.5	0.0	15.3	0.0	83	62	6	27
3346 ROUND,TIP,LEAN,CHCE,ROAST	193	28.7	0.0	7.8	0.0	81	65	5	29
3347 ROUND,TIP,LEAN,CHOICE,RAW	131	21.1	0.0	4.6	0.0	60	62	4	22
3348 ROUND,TIP,LEAN,GOOD,RAW	125	21.1	0.0	3.8	0.0	60	62	4	22
3349 ROUND,TIP,LEAN,GOOD,ROAST	183	28.7	0.0	6.7	0.0	81	65	5	29
3350 ROUND,TIP,LEAN,PRIME,RAW	146	21.1	0.0	6.2	0.0	60	62	4	22
3351 ROUND,TIP,LEAN,PRIME,ROAST	213	28.7	0.0	10.1	0.0	81	65	5	29
3352 ROUND,TIP,LEAN,RAW	131	21.1	0.0	4.4	0.0	60	62	4	22
3353 ROUND,TIP,LEAN,ROAST	190	28.7	0.0	7.5	0.0	81	65	5	29
3354 ROUND,TOP,LEAN+FAT,BROILED	211	30.8	0.0	8.8	0.0	85	60	6	28
3355 ROUND,TOP,LEAN+FAT,CH,FRIED	290	31.7	0.0	17.1	0.0	97	67	6	29
3356 ROUND,TOP,LEAN+FAT,CHCE,BRLD	213	30.8	0.0	9.0	0.0	85	60	6	28
3357 ROUND,TOP,LEAN+FAT,CHCE,RAW	174	21.8	0.0	9.0	0.0	60	50	4	20
3358 ROUND,TOP,LEAN+FAT,GOOD,BRLD	207	30.7	0.0	8.4	0.0	85	60	6	28
3359 ROUND,TOP,LEAN+FAT,GOOD,RAW	165	21.8	0.0	8.0	0.0	60	50	4	20
3360 ROUND,TOP,LEAN+FAT,PRM,BRLD	237	30.7	0.0	11.7	0.0	85	60	6	28
3361 ROUND,TOP,LEAN+FAT,PRM,RAW	188	21.8	0.0	10.6	0.0	60	50	4	20
3362 ROUND,TOP,LEAN+FAT,RAW	172	21.8	0.0	8.8	0.0	60	50	4	20
3363 ROUND,TOP,LEAN,BROILED	191	31.7	0.0	6.2	0.0	84	61	6	29
3364 ROUND,TOP,LEAN,CHCE,FRIED	227	35.1	0.0	8.6	0.0	97	71	5	32
3365 ROUND,TOP,LEAN,CHOICE,BRLD	194	31.7	0.0	6.4	0.0	84	61	6	29
3366 ROUND,TOP,LEAN,CHOICE,RAW	136	22.8	0.0	4.2	0.0	57	52	3	21
3367 ROUND,TOP,LEAN,GOOD,BRLD	184	31.7	0.0	5.4	0.0	84	61	6	29
3368 ROUND,TOP,LEAN,GOOD,RAW	128	22.8	0.0	3.4	0.0	57	52	3	21
3369 ROUND,TOP,LEAN,PRIME,RAW	153	22.8	0.0	6.2	0.0	57	52	3	21
3370 ROUND,TOP,LEAN,PRM,BROILED	215	31.7	0.0	8.9	0.0	84	61	6	29
3371 ROUND,TOP,LEAN,RAW	134	22.8	0.0	4.0	0.0	57	52	3	21
3372 ROUND,XTRA LEAN,FRIED,DONE	263	28.0	0.0	16.0	0.0	93	81	8	27
3373 ROUND,XTRA LEAN,FRIED,MED	255	25.0	0.0	16.4	0.0	81	70	7	24
3374 RUM	231	0.0	0.0	0.0	0.0	0	1	0	1
3375 RUSK	419	13.8	71.0	8.7	0.2	9	246	20	13
3376 RUTABAGAS,BOILED	34	1.1	7.7	0.2	1.0	0	18	42	5
3377 RUTABAGAS,BOILED,W/SALT	34	1.1	7.7	0.2	1.0	0	254	42	5
3378 RUTABAGAS,RAW	36	1.2	8.1	0.2	1.1	0	20	47	5
3379 RYE	335	14.8	69.8	2.5	1.5	0	6	33	27
3380 RYE WAFERS,WHOLE GRAIN	344	13.0	76.3	1.2	2.2	1	882	53	39

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3381 RYE,FLOUR,DARK	324	14.0	68.7	2.7	2.4	0	1	56	64
3382 RYE,FLOUR,LIGHT	367	8.4	80.2	1.4	0.4	0	2	21	18
3383 RYE,FLOUR,MEDIUM	354	9.4	77.5	1.8	1.0	0	3	24	21
3384 SABLEFISH,RAW	195	13.4	0.0	15.3	0.0	49	56	35	13
3385 SABLEFISH,SMOKED	257	17.6	0.0	20.1	0.0	64	737	50	17
3386 SAFFLOWER,KERNEL,DRIED	517	16.2	34.3	38.4	2.5	0	3	78	49
3387 SAFFLOWER,MEAL,PART DEFATTED	342	35.6	48.7	2.4	7.6	0	3	77	49
3388 SAFFRON	310	11.4	65.4	5.9	3.9	0	148	111	111
3389 SAGE,GROUND	315	10.6	60.7	12.7	18.1	0	11	1652	281
3390 SALAD DR,1000 ISLAND	502	0.8	0.4	50.2	0.3	50	30	11	6
3391 SALAD DR,1000 ISLAND,LOW CAL	159	0.8	16.2	10.7	1.2	15	1000	11	6
3392 SALAD DR,1000 ISLAND,REGULAR	377	0.9	15.2	35.7	2.0	26	700	11	6
3393 SALAD DR,BLUE CHEESE	504	4.8	7.4	52.3	0.1	17	1094	81	2
3394 SALAD DR,BLUE CHEESE,NO SALT	504	4.8	7.4	52.3	0.1	17	30	81	2
3395 SALAD DR,BLUE+ROQUEFORT CHEESE	19	1.4	1.4	1.1	0.1	0	1134	35	1
3396 SALAD DR,COOKED	157	4.2	14.9	9.5	0.0	0	734	84	5
3397 SALAD DR,COOKED,W/ STICK MARG	157	4.2	14.9	9.5	0.0	0	734	84	5
3398 SALAD DR,COOKED,WITH TUB MARG	157	4.2	14.9	9.5	0.0	0	734	84	5
3399 SALAD DR,FRENCH,LOW CAL	134	0.2	21.7	5.8	0.3	6	787	11	4
3400 SALAD DR,FRENCH,LOW FAT	10	0.4	1.8	0.2	0.3	0	787	11	4
3401 SALAD DR,FRENCH,LOWCAL,NO SALT	134	0.2	21.7	5.8	0.3	0	30	11	4
3402 SALAD DR,FRENCH,MEDIUM FAT	156	0.7	1.2	16.9	0.3	0	787	11	4
3403 SALAD DR,FRENCH,REGULAR	430	0.6	17.5	41.0	0.8	58	1370	11	4
3404 SALAD DR,FRENCH,REGULAR,NO SALT	430	0.6	17.5	41.0	0.8	0	0	11	4
3405 SALAD DR,HOMADE,FRENCH	631	0.1	3.4	70.2	0.2	0	658	6	2
3406 SALAD DR,HOME MADE,COOKED	157	4.2	14.9	9.5	0.0	57	734	84	5
3407 SALAD DR,HOME MADE,VINEGAR/OIL	449	0.0	2.5	50.1	0.0	0	0	0	0
3408 SALAD DR,ITALIAN,DIET,NO SALT	105	0.1	4.9	9.8	0.3	6	30	2	2
3409 SALAD DR,ITALIAN,LOWCAL	105	0.1	4.9	9.8	0.3	6	787	2	2
3410 SALAD DR,ITALIAN,REGULAR	467	0.7	10.2	48.3	0.2	0	787	10	2
3411 SALAD DR,ITALIAN,REGULAR,NO SLT	467	0.7	10.2	48.3	0.2	67	30	10	2
3412 SALAD DR,MAYONNAISE TYPE	435	1.0	14.4	42.3	0.0	50	30	14	2
3413 SALAD DR,RUSSIAN,LOWCAL	141	0.5	27.6	4.0	0.3	6	868	19	6
3414 SALAD DR,RUSSIAN,REGULAR	494	1.6	10.4	50.8	0.3	18	868	19	6
3415 SALAD DR,SESAME SEED	443	3.1	8.6	45.2	0.4	0	1000	19	6
3416 SALAD,VEG,NO DRESSING	16	1.2	3.2	0.1	0.7	0	26	13	6
3417 SALAD,W/CHEESE,EGG	47	4.0	2.2	2.7	0.5	45	55	46	3
3418 SALAD,W/CHICKEN	48	8.0	1.7	1.0	0.4	33	96	17	5
3419 SALAD,W/PASTA,SEAF	91	3.9	7.7	5.0	0.4	12	377	17	8
3420 SALAD,W/SHRIMP	45	6.2	2.8	1.0	0.6	76	207	25	4
3421 SALAD,W/TURKEY,HAM,CHEESE	82	8.0	1.4	4.9	0.4	43	228	72	6
3422 SALAMI COOKED,TURKEY	196	16.4	0.6	13.8	0.0	82	1004	20	16
3423 SALAMI,COOKED,BEEF	262	15.0	2.8	20.7	0.0	65	1176	9	22
3424 SALAMI,COOKED,BEEF/PORK	250	13.9	2.2	20.1	0.0	65	1065	13	27
3425 SALAMI,COOKED,SMOKED	262	15.0	2.8	20.7	0.0	65	1176	9	22
3426 SALMON LOAF,RICE	122	12.0	7.3	4.5	0.0	21	275	53	9
3427 SALMON,ATLANTIC,RAW	142	19.8	0.0	6.3	0.0	55	44	12	8
3428 SALMON,CHINOOK,RAW	180	20.1	0.0	10.4	0.0	66	47	22	7
3429 SALMON,CHINOOK,SMOKED	117	18.3	0.0	4.3	0.0	23	784	11	8

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3430 SALMON,CHINOOK,SMOKED,LOX	117	18.3	0.0	4.3	0.0	23	2000	11	8
3431 SALMON,CHUM,CANNED,DRAINED,SALT	141	21.4	0.0	5.5	0.0	39	487	249	7
3432 SALMON,CHUM,CND,DRAINED,UNSLTED	141	21.4	0.0	5.5	0.0	39	75	249	7
3433 SALMON,CHUM,RAW	120	20.1	0.0	3.8	0.0	74	50	11	6
3434 SALMON,COHO,RAW	146	21.6	0.0	6.0	0.0	39	46	36	7
3435 SALMON,COHO,STEAMED	185	27.4	0.0	7.5	0.0	49	59	46	9
3436 SALMON,PINK,CANNED,SOL+LIQ,SALT	139	19.8	0.0	6.0	0.0	55	554	213	8
3437 SALMON,PINK,CND,SOL+LIQ,UNSLTED	139	19.8	0.0	6.0	0.0	55	75	213	8
3438 SALMON,PINK,RAW	116	19.9	0.0	3.4	0.0	52	67	13	8
3439 SALMON,SOCKEYE,BAKED/BROILED	216	27.3	0.0	11.0	0.0	87	66	7	6
3440 SALMON,SOCKEYE,CND,DRAINED,SALT	153	20.5	0.0	7.3	0.0	44	538	239	11
3441 SALMON,SOCKEYE,CND,DRND,UNSLT	153	20.5	0.0	7.3	0.0	44	75	239	11
3442 SALMON,SOCKEYE,RAW	168	21.3	0.0	8.6	0.0	62	47	6	5
3443 SALSIFY,BOILED	68	2.7	15.4	0.2	1.5	0	16	47	6
3444 SALSIFY,BOILED,W/SALT	68	2.7	15.4	0.2	1.5	0	252	47	6
3445 SALSIFY,RAW	82	3.3	18.6	0.2	1.8	0	20	60	7
3446 SALT STICK,REGULAR,COATED	384	12.0	75.3	2.9	0.3	3	1674	28	43
3447 SALT STICK,REGULAR,NOT COATED	384	12.0	75.3	2.9	0.3	3	700	28	43
3448 SALT STICK,VIENNA TYPE	304	9.5	58.0	3.1	0.2	3	1565	45	8
3449 SANDWICH SPREAD,DIET	112	1.0	8.0	9.0	0.4	50	626	15	7
3450 SANDWICH SPREAD,PORK/BEEF	235	7.7	11.9	17.3	0.0	38	1013	12	8
3451 SANDWICH SPREAD,UNSPECIFIED OIL	389	0.9	22.4	34.0	0.0	76	1000	0	0
3452 SAPODILLA,RAW	83	0.4	20.0	1.1	1.4	0	12	21	8
3453 SAPOTES,RAW	134	2.1	33.8	0.6	1.9	0	10	39	10
3454 SARDINE,CANNED,OIL,DRAINED	208	24.6	0.0	11.4	0.0	142	505	382	29
3455 SARDINE,CANNED,TOMATO,DRAINED	178	16.4	0.0	12.0	0.0	61	414	240	23
3456 SAUCE,BARBEQUE	75	1.8	12.8	1.8	0.6	0	815	19	9
3457 SAUCE,BEARNAIS,DEHY	362	14.1	59.7	9.0	0.2	1	3390	165	5
3458 SAUCE,BEARNAIS,DRY,MILK	275	3.3	6.9	26.8	0.0	74	496	90	1
3459 SAUCE,CHEESE,DEHY	448	22.7	33.7	25.4	0.1	51	4110	795	4
3460 SAUCE,CHEESE,DRY,W/MILK	110	5.7	8.3	6.1	0.0	19	561	204	1
3461 SAUCE,CHILI,HOT,GREEN	20	0.7	5.0	0.1	1.0	0	25	5	4
3462 SAUCE,CHILI,HOT,RED	21	0.9	3.9	0.6	1.7	0	25	9	5
3463 SAUCE,CURRY,DEHY	427	9.4	50.6	23.1	1.3	1	4080	177	31
3464 SAUCE,CURRY,DEHY,W/MILK	99	3.9	9.4	5.4	0.1	13	469	178	4
3465 SAUCE,HOLLAND,BUTTER,DEHY	554	11.0	32.1	46.0	0.1	118	3650	289	21
3466 SAUCE,HOLLAND,DRY,MILK	276	3.2	7.0	26.8	0.0	74	445	94	1
3467 SAUCE,HOLLAND,DRY,W/WATER	92	1.8	5.3	7.6	0.0	20	604	48	4
3468 SAUCE,HOLLAND,VEG OIL,DEHYDRAT	374	13.8	62.4	9.3	0.2	1	2600	255	3
3469 SAUCE,MUSHROOM,DEHY	349	14.4	54.7	9.5	1.0	0	6230	9	10
3470 SAUCE,MUSHROOM,DRY,W/MILK	85	4.2	8.9	3.9	0.1	13	575	110	2
3471 SAUCE,SOUR CREAM,DEHY	512	15.7	48.3	31.4	0.1	80	1260	363	7
3472 SAUCE,SOUR CREAM,DRY,W/MILK	162	6.1	14.4	9.6	0.0	29	320	174	2
3473 SAUCE,SOY (SOY&WHEAT)	53	5.2	8.5	0.1	0.0	0	5715	17	20
3474 SAUCE,SOY (SOY+WHEAT)LO NA	53	5.2	8.5	0.1	0.0	0	3333	17	20
3475 SAUCE,SOY (TAMARI)	60	10.5	5.6	0.1	0.0	0	5586	20	24
3476 SAUCE,SOY,HYDR,VEG,PROTEIN	41	2.4	7.7	0.1	0.0	0	5689	5	15
3477 SAUCE,SPAGHETTI,DEHY	281	6.0	64.3	1.0	0.2	0	8480	172	27
3478 SAUCE,SPAGHETTI,MUSHROOM,DEHY	304	10.0	49.0	9.0	0.2	28	9420	399	18

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3479 SAUCE,STROGONOF,DEHY	351	12.1	57.7	9.5	1.3	25	4050	667	29
3480 SAUCE,STROGONOF,DRY,WATER	92	4.0	11.4	3.6	0.2	13	618	176	4
3481 SAUCE,SWEETSOUR,DEHY	389	1.0	96.1	0.1	0.1	25	1030	54	21
3482 SAUCE,SWEETSOUR,DRY,WATER	94	0.2	23.2	0.0	0.0	0	249	13	5
3483 SAUCE,TERIYAKI,DEHY	283	9.0	60.0	2.0	0.1	0	0	243	61
3484 SAUCE,TERIYAKI,DRY,WATER	46	1.5	9.8	0.3	0.0	0	1693	40	10
3485 SAUCE,TERIYAKI,READY TO SERVE	84	5.9	16.0	0.0	0.1	0	3833	25	17
3486 SAUCE,TOMATO,CHILI	104	2.5	24.8	0.3	0.7	0	1338	20	8
3487 SAUCE,WHITE,DEHY	463	10.9	50.6	26.7	0.2	1	3410	674	5
3488 SAUCE,WHITE,DEHY,W/MILK	91	3.9	8.1	5.1	0.0	13	302	161	1
3489 SAUCE,WHITE,MEDIUM	162	3.9	8.8	12.5	0.0	41	379	115	2
3490 SAUCE,WHITE,THICK	198	4.0	11.0	15.6	0.0	50	399	107	3
3491 SAUCE,WHITE,THIN	121	3.9	7.2	8.7	0.0	28	351	122	1
3492 SAUERKRAUT,CANNED,SOLID+LIQUID	19	0.9	4.3	0.1	1.1	0	661	30	15
3493 SAUERKRAUT,JUICE,CANNED	10	0.7	2.3	0.0	0.0	0	787	37	11
3494 SAUSAGE,BROWN N SERVE,UNHEATED	393	13.5	2.7	36.0	0.0	62	958	7	24
3495 SAUSAGE,CANNED/SOLID+LIQUID	415	13.8	2.4	38.4	0.0	67	958	8	11
3496 SAUSAGE,CANNED/SOLIDS	381	18.3	1.9	32.8	0.0	89	958	11	12
3497 SAUSAGE,CAPICOLA	499	20.2	0.0	45.8	0.0	65	1234	11	28
3498 SAUSAGE,CERVELAT,DRY	451	24.6	1.7	37.6	0.0	65	1100	14	27
3499 SAUSAGE,COOKED,SMOKED	312	14.1	2.4	26.9	0.0	67	1131	7	18
3500 SAUSAGE,COUNTRY-STYLE	345	15.1	0.0	31.1	0.0	62	958	9	23
3501 SAUSAGE,MEAT LOAF	200	15.9	3.3	13.2	0.0	65	1300	9	18
3502 SAUSAGE,MEAT,POTTED	248	17.5	0.0	19.2	0.0	78	1300	10	12
3503 SAUSAGE,MEATLESS	256	18.5	9.8	18.2	0.3	0	888	63	37
3504 SAUSAGE,SCRAPPLE	215	8.8	14.6	13.6	0.1	44	958	5	12
3505 SAUSAGE,SOUSE	181	13.0	1.2	13.4	0.0	65	1100	9	23
3506 SAUSAGE,SUMMER,CURED	335	15.8	0.3	29.5	0.0	75	1242	13	25
3507 SAVORY,GROUND	272	6.7	68.7	5.9	15.3	0	24	2132	379
3508 SCALLOP,BREADED+FRIED	215	18.1	10.1	10.9	0.2	61	464	42	8
3509 SCALLOP,IMITATION,SURIMI	99	12.8	10.6	0.4	0.0	22	795	8	3
3510 SCALLOP,RAW	88	16.8	2.4	0.8	0.0	33	161	24	3
3511 SCALLOPS,BREADED,FRIED	268	10.9	26.7	13.5	0.1	75	638	13	14
3512 SCREWDRIVER	82	0.5	8.6	0.0	0.0	0	1	7	1
3513 SCUP,RAW	105	18.9	0.0	2.7	0.0	52	42	40	5
3514 SEA BASS,BAKED/BROILED	124	23.6	0.0	2.6	0.0	53	87	13	4
3515 SEA BASS,RAW	97	18.4	0.0	2.0	0.0	41	68	10	3
3516 SEATROUT,RAW	104	16.7	0.0	3.6	0.0	83	58	17	3
3517 SEAWEEED,AGAR,DRIED	306	6.2	80.9	0.3	0.7	0	102	625	214
3518 SEAWEEED,AGAR,RAW	26	0.5	6.8	0.0	0.4	0	9	54	19
3519 SEAWEEED,IRISH MOSS,RAW	49	1.5	12.3	0.2	0.5	0	67	72	89
3520 SEAWEEED,KELP,RAW	43	1.7	9.6	0.6	1.3	0	233	168	28
3521 SEAWEEED,LAYER,RAW	35	5.8	5.1	0.3	0.3	0	48	70	18
3522 SEAWEEED,SPIRULINA,DRAINED	290	57.5	23.9	7.7	3.6	0	1048	120	285
3523 SEAWEEED,SPIRULINA,RAW	26	5.9	2.4	0.4	0.3	0	98	12	28
3524 SEAWEEED,WAKAME,RAW	45	3.0	9.1	0.6	0.5	0	872	150	22
3525 SEMOLINA	360	12.7	72.8	1.0	0.1	0	1	17	12
3526 SEMOLINA,ENRICHED	360	12.7	72.8	1.0	0.3	0	1	17	44
3527 SESAME SEED,DECORTIC	588	26.4	9.4	54.8	3.0	0	40	131	78

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3528	SESAME,BUTTER,PASTE	595	18.1	25.4	50.9	5.4	0	12	960	192
3529	SESAME,FLOUR,HI FAT	526	30.8	26.6	37.1	6.4	0	41	159	152
3530	SESAME,FLOUR,LO FAT	333	50.1	35.5	1.8	5.0	0	39	149	142
3531	SESAME,FLOUR,PART DEFATTED	382	40.3	35.1	11.9	6.0	0	41	150	143
3532	SESAME,KERNEL,TOASTED	567	17.0	26.0	48.0	5.0	0	39	131	78
3533	SESAME,KERNEL,TOASTED,W/SALT	567	17.0	26.0	48.0	5.0	0	588	131	78
3534	SESAME,MEAL,PART DEFATTED	567	17.0	26.0	48.0	4.0	0	39	153	146
3535	SESAME,SEED,DRIED	588	26.4	9.4	54.8	3.0	0	40	131	78
3536	SESAME,SEED,WHOLE,DRIED	573	17.7	23.4	49.7	4.6	0	11	975	146
3537	SESAME,SEED,WHOLE,ROASTED	565	17.0	25.7	48.0	8.5	0	11	989	148
3538	SESBANIA,FLOWER,RAW	27	1.3	6.7	0.0	1.5	0	15	19	8
3539	SESBANIA,FLOWER,STEAMED	22	1.1	5.2	0.0	1.6	0	11	22	6
3540	SESBANIA,FLOWER,STEAMED,W/SALT	22	1.1	5.2	0.0	1.6	0	247	22	6
3541	SHAD,AMERICAN,RAW	197	16.9	0.0	13.8	0.0	75	51	47	10
3542	SHALLOTS,FREEZE-DRIED	348	12.3	80.7	0.5	4.7	0	59	183	60
3543	SHALLOTS,RAW	72	2.5	16.8	0.1	0.7	0	12	37	12
3544	SHANK,LEAN+FAT,CHCE,SIMMER	244	31.6	0.0	12.1	0.0	79	62	30	36
3545	SHANK,LEAN,CHOICE,SIMMER	201	33.7	0.0	6.4	0.0	78	64	32	39
3546	SHANKCUT,LEAN+FAT,CHCE,RAW	159	21.0	0.0	7.7	0.0	43	61	20	22
3547	SHANKCUT,LEAN,CHOICE,RAW	128	21.8	0.0	3.8	0.0	39	63	20	23
3548	SHARK,BATTERED & FRIED	228	18.6	6.4	13.8	0.2	59	122	50	11
3549	SHARK,RAW	130	21.0	0.0	4.5	0.0	51	79	34	8
3550	SHEEPSHEAD,BAKED/BROILED	126	26.0	0.0	1.6	0.0	64	73	37	7
3551	SHEEPSHEAD,RAW	108	20.2	0.0	2.4	0.0	50	71	21	5
3552	SHERBERT,ORANGE	140	1.1	30.4	2.0	0.0	7	46	54	2
3553	SHORTENING	884	0.0	0.0	100.0	0.0	0	0	0	0
3554	SHRIMP OR LOBSTER PASTE	180	20.8	1.5	9.4	0.0	172	140	115	31
3555	SHRIMP,BOILED/STEAMED	99	20.9	0.0	1.1	0.0	195	224	39	31
3556	SHRIMP,BREADED+FRIED	242	21.4	11.5	12.3	0.1	177	344	67	13
3557	SHRIMP,BREADED,FRIED	277	11.5	24.4	15.2	0.1	122	882	51	18
3558	SHRIMP,CANNED	120	23.1	1.0	2.0	0.0	173	169	59	27
3559	SHRIMP,IMITATION,SURIMI	101	12.4	9.1	1.5	0.0	36	705	19	6
3560	SHRIMP,RAW	106	20.3	0.9	1.7	0.0	152	148	52	24
3561	SIRLOIN,LEAN+FAT,BROILED	280	27.4	0.0	18.0	0.0	90	63	11	30
3562	SIRLOIN,LEAN+FAT,CHOICE,BRLD	283	27.4	0.0	18.4	0.0	90	62	11	30
3563	SIRLOIN,LEAN+FAT,CHOICE,FRD	339	27.5	0.0	24.6	0.0	98	68	11	32
3564	SIRLOIN,LEAN+FAT,CHOICE,RAW	264	18.2	0.0	20.7	0.0	70	51	8	22
3565	SIRLOIN,LEAN+FAT,GOOD,BRLD	273	27.4	0.0	17.4	0.0	90	62	11	30
3566	SIRLOIN,LEAN+FAT,GOOD,RAW	246	18.5	0.0	18.5	0.0	69	52	8	23
3567	SIRLOIN,LEAN+FAT,PRIME,BROIL	319	26.7	0.0	22.8	0.0	90	62	11	29
3568	SIRLOIN,LEAN+FAT,PRIME,RAW	291	17.8	0.0	23.8	0.0	71	51	8	22
3569	SIRLOIN,LEAN+FAT,RAW	260	18.2	0.0	20.2	0.0	69	52	8	22
3570	SIRLOIN,LEAN,BROILED	208	30.4	0.0	8.7	0.0	89	66	11	34
3571	SIRLOIN,LEAN,CHOICE,BROILED	211	30.4	0.0	9.0	0.0	89	66	11	34
3572	SIRLOIN,LEAN,CHOICE,FRIED	238	32.5	0.0	11.0	0.0	99	77	11	39
3573	SIRLOIN,LEAN,CHOICE,RAW	138	21.2	0.0	5.2	0.0	61	58	7	27
3574	SIRLOIN,LEAN,GOOD,BROILED	200	30.4	0.0	7.8	0.0	89	66	11	34
3575	SIRLOIN,LEAN,GOOD,RAW	131	21.2	0.0	4.4	0.0	61	58	7	27
3576	SIRLOIN,LEAN,PRIME,BROILED	237	30.4	0.0	11.8	0.0	89	66	11	34

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3577 SIRLOIN,LEAN,PRIME,RAW	155	21.2	0.0	7.1	0.0	61	58	7	27
3578 SIRLOIN,LEAN,RAW	136	21.2	0.0	5.0	0.0	61	58	7	27
3579 SISYMBRIUM,SEED,DRIED	318	12.1	58.3	4.6	29.7	0	92	1633	1
3580 SMELT,RAINBOW,BAKED/BROILED	124	22.6	0.0	3.1	0.0	90	77	77	12
3581 SMELT,RAINBOW,RAW	97	17.6	0.0	2.4	0.0	70	60	60	9
3582 SMOKED LINK SAUSAGE,PORK	389	22.2	2.1	31.8	0.0	68	1500	30	12
3583 SMOKED LINK SAUSAGE,PORK/BEEF	336	13.4	1.4	30.3	0.0	71	945	10	14
3584 SMOKED LINK,PORK/BEEF,NFDM	313	13.3	1.9	27.6	0.0	65	1173	41	15
3585 SMOKED LINK,PORK/BF,CEREAL+NFDM	268	14.0	4.0	21.4	0.0	87	1089	18	16
3586 SMOKED,CHIPPED,CURED	123	20.2	1.9	4.4	0.0	46	1258	8	28
3587 SNAPPER,BAKED/BROILED	128	26.3	0.0	1.7	0.0	47	57	40	2
3588 SNAPPER,RAW	100	20.5	0.0	1.3	0.0	37	64	32	2
3589 SORGHUM	339	11.3	74.6	3.3	2.4	0	6	28	44
3590 SOUP,ASPARGUS,W/MILK	65	2.6	6.6	3.3	0.3	9	420	70	4
3591 SOUP,ASPARGUS,W/WATER	35	0.9	4.4	1.7	0.3	2	402	12	3
3592 SOUP,BEAN,BACON,CONDENSED	129	5.9	17.0	4.4	1.3	2	709	60	15
3593 SOUP,BEAN,BACON,DEHY	370	19.4	57.7	7.6	5.4	11	3275	193	49
3594 SOUP,BEAN,BACON,DRY,WATER	40	2.1	6.2	0.8	0.6	1	350	21	5
3595 SOUP,BEAN,BACON,W/WATER	68	3.1	9.0	2.4	0.6	1	376	32	8
3596 SOUP,BEAN,FRANK,CONDENSED	142	7.6	16.8	5.3	1.3	9	831	66	18
3597 SOUP,BEAN,FRANK,W/WATER	75	4.0	8.8	2.8	0.6	5	437	35	9
3598 SOUP,BEAN,HAM,CHUNKY	95	5.2	11.2	3.5	0.6	9	400	32	13
3599 SOUP,BEEF,CHUNKY,READY TO SERVE	71	4.9	8.2	2.1	0.3	6	361	13	10
3600 SOUP,BEEF,MUSHROOM,CONDENSED	61	4.6	5.2	2.4	0.3	5	773	4	7
3601 SOUP,BEEF,MUSHROOM,W/WATER	30	2.4	2.6	1.2	0.2	3	386	2	4
3602 SOUP,BEEF,NOODLE,CONDENSED	67	3.8	7.2	2.5	0.1	4	759	12	9
3603 SOUP,BEEF,NOODLE,DEHY	330	17.9	48.6	6.4	0.5	13	8408	48	27
3604 SOUP,BEEF,NOODLE,DRY,WATER	16	0.9	2.4	0.3	0.0	1	415	2	1
3605 SOUP,BEEF,NOODLE,W/WATER	34	2.0	3.7	1.3	0.0	2	390	6	4
3606 SOUP,BLACK BEAN,CONDENSED	91	4.8	15.4	1.3	1.0	0	970	35	15
3607 SOUP,BLACK BEAN,W/WATER	47	2.3	8.0	0.6	0.5	0	485	18	9
3608 SOUP,CAULIFLOWER,DEHY	360	15.3	56.6	9.1	1.0	2	4450	47	21
3609 SOUP,CAULIFLOWER,DRY,WATER	27	1.1	4.2	0.7	0.1	0	329	4	2
3610 SOUP,CHEESE,CONDENSED	121	4.2	8.2	8.2	0.0	23	747	111	6
3611 SOUP,CHEESE,W/MILK	92	3.8	6.5	5.8	0.0	19	406	115	3
3612 SOUP,CHEESE,W/WATER	63	2.2	4.3	4.2	0.0	12	388	57	3
3613 SOUP,CHICKEN,CHUNKY	71	5.1	6.9	2.6	0.1	12	354	10	7
3614 SOUP,CHICKEN,DUMPLIN,CONDENSED	79	4.6	4.9	4.5	0.1	27	703	12	5
3615 SOUP,CHICKEN,DUMPLIN,W/WATER	40	2.3	2.5	2.3	0.0	14	357	6	3
3616 SOUP,CHICKEN,GUMBO,CONDENSED	45	2.1	6.7	1.1	0.2	3	761	19	7
3617 SOUP,CHICKEN,GUMBO,W/WATER	23	1.1	3.4	0.6	0.1	2	391	10	4
3618 SOUP,CHICKEN,MUSHRM,CONDENSED	109	3.5	7.6	7.3	0.2	8	773	23	7
3619 SOUP,CHICKEN,NOODLE,CHUNKY	73	5.3	7.1	2.5	0.2	8	354	10	6
3620 SOUP,CHICKEN,NOODLE,CONDENSED	61	3.2	7.6	1.8	0.1	5	757	11	6
3621 SOUP,CHICKEN,NOODLE,DEHY	345	19.2	48.4	7.7	0.4	14	8391	207	32
3622 SOUP,CHICKEN,NOODLE,DRY,WATER	21	1.2	2.9	0.5	0.0	1	509	13	2
3623 SOUP,CHICKEN,NOODLE,MEATBALL	40	3.3	3.4	1.4	0.2	4	419	12	7
3624 SOUP,CHICKEN,NOODLE,W/WATER	31	1.7	3.9	1.0	0.1	3	459	7	3
3625 SOUP,CHICKEN,RICE,CHUNKY	53	5.1	5.4	1.3	0.2	5	370	14	8

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3626 SOUP,CHICKEN,RICE,CONDENSED	49	2.9	5.8	1.6	0.1	5	665	14	6
3627 SOUP,CHICKEN,RICE,DEHY	369	15.1	57.1	8.9	0.2	18	6048	45	6
3628 SOUP,CHICKEN,RICE,DRY,WATER	24	1.0	3.7	0.6	0.0	1	388	3	0
3629 SOUP,CHICKEN,RICE,W/WATER	25	1.5	3.0	0.8	0.0	3	338	7	3
3630 SOUP,CHICKEN,VEG,CHUNKY	69	5.1	7.9	2.0	0.4	7	445	11	6
3631 SOUP,CHICKEN,VEG,CONDENSED	61	2.9	7.0	2.3	0.1	7	771	14	7
3632 SOUP,CHICKEN,VEG,DEHY	346	19.0	55.0	5.6	1.0	20	5698	98	41
3633 SOUP,CHICKEN,VEG,DRY,WATER	20	1.1	3.1	0.3	0.1	1	322	6	2
3634 SOUP,CHICKEN,VEG,W/WATER	31	1.5	3.6	1.2	0.0	4	392	7	4
3635 SOUP,CHILI,BEEF,CONDENSED	129	5.1	16.3	5.0	1.1	10	788	33	16
3636 SOUP,CHILI,BEEF,W/WATER	68	2.7	8.6	2.6	0.6	5	414	17	8
3637 SOUP,CRAB,READY TO SERVE	31	2.2	4.2	0.6	0.2	4	506	27	5
3638 SOUP,CREAM,ASPARAGUS,CONDENSED	69	1.8	8.5	3.3	0.6	4	782	23	6
3639 SOUP,CREAM,ASPARAGUS,DEHY	366	13.8	55.8	10.8	0.8	1	4980	137	38
3640 SOUP,CREAM,ASPARAGUS,W/WATER	23	0.9	3.6	0.7	0.0	0	319	9	2
3641 SOUP,CREAM,CELERY,CONDENSED	72	1.3	7.0	4.5	0.3	11	757	32	5
3642 SOUP,CREAM,CELERY,DEHY	358	15.0	55.9	9.3	1.1	3	4810	203	32
3643 SOUP,CREAM,CELERY,DRY,WATER	25	1.0	3.8	0.6	0.1	0	330	14	2
3644 SOUP,CREAM,CELERY,W/MILK	66	2.3	5.9	3.9	0.2	13	407	75	3
3645 SOUP,CREAM,CELERY,W/WATER	37	0.7	3.6	2.3	0.2	6	389	16	3
3646 SOUP,CREAM,CHICKEN,CONDENSED	93	2.7	7.4	5.9	0.1	8	786	27	5
3647 SOUP,CREAM,CHICKEN,DEHY	436	7.2	54.3	21.7	4.7	12	4820	310	14
3648 SOUP,CREAM,CHICKEN,DRY,WATER	41	0.7	5.1	2.0	0.4	1	454	29	1
3649 SOUP,CREAM,CHICKEN,W/MILK	77	3.0	6.0	4.6	0.0	11	422	73	3
3650 SOUP,CREAM,CHICKEN,W/WATER	48	1.4	3.8	3.0	0.0	4	404	14	2
3651 SOUP,CREAM,MUSHROOM,CONDENSED	103	1.6	7.4	7.6	0.2	1	810	26	4
3652 SOUP,CREAM,MUSHROOM,W/MILK	82	2.4	6.0	5.5	0.1	8	434	72	2
3653 SOUP,CREAM,MUSHROOM,W/WATER	53	1.0	3.8	3.7	0.2	1	423	19	2
3654 SOUP,CREAM,ONION,CONDENSED	88	2.2	10.4	4.2	0.3	12	760	27	5
3655 SOUP,CREAM,ONION,W/MILK	75	2.7	7.4	3.8	0.1	13	405	72	3
3656 SOUP,CREAM,ONION,W/WATER	44	1.1	5.2	2.2	0.2	6	380	14	3
3657 SOUP,CREAM,POTATO,CONDENSED	59	1.4	9.1	1.9	0.2	5	797	16	4
3658 SOUP,CREAM,POTATO,W/MILK	60	2.3	6.9	2.6	0.1	9	428	67	2
3659 SOUP,CREAM,POTATO,W/WATER	30	0.7	4.7	1.0	0.1	2	410	8	2
3660 SOUP,CREAM,SHRIMP,CONDENSED	72	2.2	6.5	4.1	0.1	13	778	14	4
3661 SOUP,CREAM,SHRIMP,W/MILK	66	2.8	5.6	3.8	0.0	14	418	66	2
3662 SOUP,CREAM,SHRIMP,W/WATER	37	1.1	3.4	2.1	0.0	7	400	7	2
3663 SOUP,CREAM,VEG,DEHY	446	8.0	52.1	24.1	0.6	2	4957	134	26
3664 SOUP,CREAM,VEG,DRY,WATER	41	0.7	4.7	2.2	0.0	0	450	12	2
3665 SOUP,ESCAROLE,READY TO SERVE	11	0.6	0.7	0.7	0.3	1	1558	13	3
3666 SOUP,FROZEN,PEA/HAM,CONDENSED	113	7.6	16.0	2.3	1.4	4	750	25	16
3667 SOUP,FROZEN,PEA/HAM,PREPARED	57	3.8	8.0	1.2	0.7	2	375	12	8
3668 SOUP,FROZEN,POTATO,CRM,PREPARED	44	1.4	4.9	2.2	0.2	6	490	24	4
3669 SOUP,FROZEN,SHRIMP,CONDENSED	133	4.0	7.2	9.9	0.3	20	860	32	4
3670 SOUP,FROZEN,SHRIMP,PREPARED	66	2.0	3.5	5.0	0.2	10	430	16	2
3671 SOUP,FROZEN,VEG/BEEF,CONDENSED	70	5.4	7.0	2.3	0.5	24	792	22	8
3672 SOUP,FROZEN,VEG/BEEF,PREPARED	35	2.7	3.4	1.2	0.2	12	396	11	4
3673 SOUP,GAZPACHO,READY TO SERVE	23	3.6	0.3	0.9	0.3	0	485	10	4
3674 SOUP,GREEN PEA,CONDENSED	125	6.5	20.2	2.2	0.5	0	752	21	15

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3675 SOUP, GREEN PEA, W/MILK	94	5.0	12.7	2.8	0.3	7	412	68	8
3676 SOUP, GREEN PEA, W/WATER	66	3.4	10.6	1.2	0.3	0	395	11	8
3677 SOUP, LEEK, DEHY	377	11.2	60.8	10.9	1.4	12	5140	167	21
3678 SOUP, LEEK, DRY, W/WATER	28	0.8	4.5	0.8	0.1	1	380	12	2
3679 SOUP, LENTIL, HAM, READY TO SERVE	56	3.7	8.2	1.1	0.6	3	532	17	11
3680 SOUP, MINESTRONE, CHUNKY, READY	53	2.1	8.6	1.2	0.5	2	360	25	7
3681 SOUP, MINESTRONE, CONDENSED	68	3.5	9.2	2.0	0.6	1	744	28	8
3682 SOUP, MINESTRONE, DEHY	358	20.0	53.6	7.8	1.9	8	4620	168	45
3683 SOUP, MINESTRONE, DRY, WATER	31	1.8	4.7	0.7	0.2	1	404	15	4
3684 SOUP, MINESTRONE, W/WATER	34	1.8	4.7	1.0	0.3	1	378	14	4
3685 SOUP, MUSHRM, BEEF STOCK, CONDENSED	68	2.5	7.4	3.2	0.2	6	773	8	7
3686 SOUP, MUSHROOM, BARLEY, CONDENSED	61	1.5	9.6	1.8	0.2	0	730	10	4
3687 SOUP, MUSHROOM, BARLEY, W/WATER	30	0.8	4.8	0.9	0.1	0	365	5	2
3688 SOUP, MUSHROOM, BEEF STOCK, WATER	35	1.3	3.8	1.6	0.1	3	397	4	3
3689 SOUP, MUSHROOM, DEHY	441	10.2	51.2	22.3	0.3	2	4681	306	25
3690 SOUP, MUSHROOM, DRY, WATER	38	0.9	4.4	1.9	0.0	0	403	26	2
3691 SOUP, ONION, CONDENSED	46	3.1	6.7	1.4	0.4	0	860	22	6
3692 SOUP, ONION, DEHY	294	11.6	53.5	6.0	2.4	5	8957	141	15
3693 SOUP, ONION, DRY, W/WATER	11	0.4	2.1	0.2	0.1	0	345	5	1
3694 SOUP, ONION, W/WATER	24	1.6	3.4	0.7	0.2	0	437	11	3
3695 SOUP, OXTAIL, DEHY	377	15.0	47.9	13.6	0.7	15	6460	60	10
3696 SOUP, OXTAIL, DRY, WATER	28	1.1	3.5	1.0	0.0	1	478	4	1
3697 SOUP, PEPPER POT, CONDENSED	84	5.2	7.7	3.8	0.4	8	792	19	7
3698 SOUP, PEPPER POT, W/WATER	43	2.6	3.9	1.9	0.2	4	403	10	4
3699 SOUP, SCOTCH BROTH, CONDENSED	66	4.0	7.7	2.1	0.3	4	826	12	7
3700 SOUP, SCOTCH BROTH, W/WATER	33	2.1	3.9	1.1	0.2	2	420	6	4
3701 SOUP, SPLIT PEA, DEHY	356	20.5	60.7	4.2	1.8	1	3263	60	27
3702 SOUP, SPLIT PEA, DRY, WATER	49	2.8	8.4	0.6	0.2	1	450	8	4
3703 SOUP, SPLIT PEA, HAM, CONDENSED	141	7.7	20.8	3.3	0.5	6	750	16	17
3704 SOUP, SPLIT PEA, HAM, RDY TO SRV	77	4.6	11.2	1.7	0.3	3	402	14	9
3705 SOUP, SPLIT PEA, HAM, WATER	75	4.1	11.0	1.7	0.3	3	398	9	9
3706 SOUP, STOCK POT, CONDENSED	78	3.8	9.0	3.0	0.4	3	816	17	7
3707 SOUP, STOCK POT, W/WATER	40	2.0	4.6	1.6	0.2	2	424	9	4
3708 SOUP, TOMATO, BEEF, NOODLE, CONDENSED	112	3.6	16.9	3.4	0.1	3	731	14	9
3709 SOUP, TOMATO, BEEF, NOODLE, WATER	57	1.8	8.7	1.8	0.0	2	376	7	5
3710 SOUP, TOMATO, BISQUE, CONDENSED	96	1.8	18.5	2.0	0.6	4	816	31	6
3711 SOUP, TOMATO, BISQUE, W/MILK	79	2.5	11.7	2.6	0.3	9	442	74	4
3712 SOUP, TOMATO, BISQUE, W/WATER	50	0.9	9.6	1.0	0.3	2	424	16	3
3713 SOUP, TOMATO, CONDENSED	68	1.6	13.2	1.5	0.4	0	695	11	14
3714 SOUP, TOMATO, DEHY	360	8.6	68.3	8.4	1.5	3	3319	190	15
3715 SOUP, TOMATO, DRY, WATER	39	0.9	7.3	0.9	0.2	0	356	20	2
3716 SOUP, TOMATO, RICE, CONDENSED	93	1.6	17.1	2.1	0.5	1	635	18	6
3717 SOUP, TOMATO, RICE, W/WATER	48	0.8	8.9	1.1	0.3	1	330	9	3
3718 SOUP, TOMATO, VEG, DEHY	325	11.7	59.9	5.1	3.1	3	6722	46	37
3719 SOUP, TOMATO, VEG, DRY, WATER	22	0.8	4.0	0.3	0.2	0	453	3	2
3720 SOUP, TOMATO, W/MILK	65	2.5	9.0	2.4	0.2	7	376	64	7
3721 SOUP, TOMATO, W/WATER	35	0.8	6.8	0.8	0.2	0	357	5	7
3722 SOUP, TURKEY, CHUNKY	57	4.3	6.0	1.9	0.4	4	391	21	8
3723 SOUP, TURKEY, NOODLE, CONDENSED	55	3.1	6.9	1.6	0.1	4	650	9	8

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3724 SOUP,TURKEY,NOODLE,W/WATER	28	1.6	3.5	0.8	0.1	2	334	5	4
3725 SOUP,TURKEY,VEG,CONDENSED	60	2.5	7.0	2.5	0.4	1	739	14	6
3726 SOUP,TURKEY,VEG,W/WATER	30	1.3	3.6	1.3	0.2	1	376	7	3
3727 SOUP,VEG,BEEF,BROTH,WATER	34	1.2	5.4	0.8	0.3	1	336	7	4
3728 SOUP,VEG,BEEF,CONDENSED	63	4.4	8.1	1.5	0.2	4	763	13	9
3729 SOUP,VEG,BEEF,DEHY	344	18.9	51.7	7.2	1.0	8	6460	84	55
3730 SOUP,VEG,BEEF,DRY,WATER	21	1.2	3.2	0.4	0.1	0	396	5	3
3731 SOUP,VEG,BEEF,W/WATER	32	2.3	4.2	0.8	0.1	2	392	7	5
3732 SOUP,VEG,CHUNKY,RDY TO SRV	51	1.5	7.9	1.5	0.5	0	421	23	7
3733 SOUP,VEG,CONDENSED	59	1.7	9.8	1.6	0.4	0	672	17	9
3734 SOUP,VEG,W/WATER	30	0.9	5.0	0.8	0.2	0	341	9	4
3735 SOUR CREAM	214	3.2	4.3	21.0	0.0	44	53	116	1
3736 SOUR CREAM,HALF & HALF	135	2.9	4.3	12.0	0.0	38	40	104	1
3737 SOUR CREAM,IMITATION	208	2.4	6.6	19.5	0.0	0	102	2	4
3738 SOURSOP,RAW	66	1.0	16.8	0.3	1.1	0	14	14	6
3739 SOY FLOUR,DEFATTED,NX5.71	329	47.0	38.4	1.2	4.3	0	20	241	92
3740 SOY FLOUR,DEFATTED,NX6.25	327	51.5	33.9	1.2	4.3	0	20	241	92
3741 SOY FLOUR,FULL FAT,RAW,NX5.71	436	34.5	35.2	20.6	4.7	0	13	206	64
3742 SOY FLOUR,FULL FAT,RAW,NX6.25	434	37.8	31.9	20.6	4.7	0	13	206	64
3743 SOY FLOUR,FULL FAT,RS,NX5.71	441	34.8	33.7	21.9	2.2	0	12	188	58
3744 SOY FLOUR,FULL FAT,RS,NX6.25	439	38.1	30.4	21.9	2.2	0	12	188	58
3745 SOY FLOUR,LOW FAT,NX5.71	326	46.5	38.0	6.7	4.2	0	18	188	60
3746 SOY FLOUR,LOW FAT,NX6.25	369	50.9	33.6	6.7	4.2	0	18	188	60
3747 SOY MEAL,DEFATTED,RAW,NX5.71	339	45.0	40.1	2.4	5.8	0	3	244	137
3748 SOY MEAL,DEFATTED,RAW,NX6.25	337	49.2	35.9	2.4	5.8	0	3	244	137
3749 SOYBEAN,KERNEL,ROASTED	453	37.0	30.6	24.0	3.6	0	4	138	44
3750 SOYBEAN,ROASTED,W/SALT	453	37.0	30.6	24.0	3.6	0	163	138	44
3751 SOYBEANS,COOKED,NO SALT	173	16.6	9.9	9.0	2.0	0	1	102	51
3752 SOYBEANS,COOKED,W/SALT	173	16.6	9.9	9.0	2.0	0	237	102	51
3753 SOYBEANS,DRY ROASTED	450	39.6	32.7	21.6	5.4	0	2	270	40
3754 SOYBEANS,GREEN,BOILED	141	12.4	11.0	6.4	1.8	0	14	145	25
3755 SOYBEANS,GREEN,BOILED,W/SALT	141	12.4	11.0	6.4	1.8	0	250	145	25
3756 SOYBEANS,GREEN,RAW	147	13.0	11.0	6.8	2.0	0	15	197	36
3757 SOYBEANS,RAW	416	36.5	30.2	19.9	5.0	0	2	277	157
3758 SOYBEANS,ROASTED	471	35.2	33.6	25.4	4.6	0	163	138	39
3759 SOYBEANS,SPROUTS,COOKED	38	5.3	3.7	1.4	0.8	0	4	43	7
3760 SOYBEANS,SPROUTS,RAW	128	13.1	11.2	6.7	2.3	0	14	67	21
3761 SOYBEANS,SPROUTS,STEAMED	81	8.5	6.5	4.4	2.0	0	10	59	13
3762 SOYBEANS,SPROUTS,STEAMED,W/SALT	81	8.5	6.5	4.4	2.0	0	246	59	13
3763 SOYBEANS,SPROUTS,STEAMED-FRIED	125	13.1	9.4	7.1	2.5	0	14	82	4
3764 SOYBEANS,SPROUTS,STMD-FRIED,W/S	125	13.1	9.4	7.1	2.5	0	250	82	4
3765 SPAGHETTI SAUCE,CANNED	109	1.8	15.9	4.8	0.9	0	496	28	6
3766 SPAGHETTI,COOKED,W/SALT	141	4.8	28.3	0.7	0.1	0	100	7	5
3767 SPAGHETTI,COOKED,WO/SALT	141	4.8	28.3	0.7	0.1	0	1	7	5
3768 SPAGHETTI,DRY	371	12.8	74.7	1.6	0.3	0	7	18	13
3769 SPAGHETTI,DRY,ENRICHED	371	12.8	74.7	1.6	0.3	0	7	18	39
3770 SPAGHETTI,ENRICHED,CKD,W/SALT	141	4.8	28.3	0.7	0.1	0	100	7	14
3771 SPAGHETTI,ENRICHED,CKD,WO/SALT	141	4.8	28.3	0.7	0.1	0	1	7	14
3772 SPAGHETTI,MEAT BALLS,CANNED	103	4.9	11.4	4.1	0.1	9	488	21	13

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3773 SPAGHETTI,MEAT BALLS,COOKED	134	7.5	15.6	4.7	0.3	30	407	50	15
3774 SPAGHETTI,PROTEIN FORT,DRY,ENR	374	21.8	65.6	2.2	0.8	0	8	39	42
3775 SPAGHETTI,PROTEIN FORT,ENR,COOK	164	8.9	30.9	0.2	0.2	0	5	10	7
3776 SPAGHETTI,SPINACH,COOKED	130	4.6	26.2	0.6	1.2	0	14	30	10
3777 SPAGHETTI,SPINACH,DRY	372	13.4	74.8	1.6	3.2	0	36	58	21
3778 SPAGHETTI,TOMATO,MEAT,JUNIOR	63	2.5	10.1	1.3	0.4	18	20	18	6
3779 SPAGHETTI,TOMATO,MEAT,TODDLER	75	5.3	10.8	1.0	0.4	18	358	22	9
3780 SPAGHETTI,TOMATO,SAUCE,CHEESE	76	2.2	15.4	0.6	0.2	3	382	16	11
3781 SPAGHETTI,UNENRICHED,CKD/TENDER	111	3.4	23.0	0.4	0.1	0	1	8	4
3782 SPAGHETTI,WHOLE WHEAT,COOKED	124	5.3	26.5	0.5	1.0	0	3	15	11
3783 SPAGHETTI,WHOLE WHEAT,DRY	348	14.6	75.0	1.4	3.0	0	8	40	36
3784 SPECIAL K	390	19.7	75.1	0.4	0.5	0	935	29	159
3785 SPINACH SOUFFLE	161	8.1	2.1	13.5	0.6	135	561	169	10
3786 SPINACH,BOILED	23	3.0	3.8	0.3	0.9	0	70	136	36
3787 SPINACH,BOILED,W/SALT	23	3.0	3.8	0.3	0.9	0	306	136	36
3788 SPINACH,CANNED,DRAINED	23	2.8	3.4	0.5	0.9	0	27	127	23
3789 SPINACH,CANNED,LO NA,SOL+LIQ	19	2.1	2.9	0.4	0.7	0	75	83	16
3790 SPINACH,CANNED,SOLID+LIQUID	19	2.1	2.9	0.4	0.7	0	319	83	16
3791 SPINACH,CREAMED	42	3.0	6.4	1.4	0.5	10	55	113	14
3792 SPINACH,CREAMED,STRAINED	37	2.5	5.7	1.3	0.5	10	49	89	6
3793 SPINACH,FROZEN,BOILED	28	3.1	5.3	0.2	1.1	0	86	146	15
3794 SPINACH,FROZEN,LEAF,BLD,W/SALT	28	3.1	5.3	0.2	1.1	0	322	146	15
3795 SPINACH,FROZEN,UNPREPARED	24	2.9	4.0	0.3	0.9	0	74	111	20
3796 SPINACH,NEW ZEALAND,BLD,W/SALT	12	1.3	2.2	0.2	0.6	0	343	48	7
3797 SPINACH,NEW ZEALAND,BOILED	12	1.3	2.2	0.2	0.6	0	107	48	7
3798 SPINACH,NEW ZEALAND,RAW	14	1.5	2.5	0.2	0.7	0	130	58	8
3799 SPINACH,RAW	22	2.9	3.5	0.4	0.9	0	79	99	27
3800 SPINACH,VINE,RAW	19	1.8	3.4	0.3	0.7	0	24	109	12
3801 SPINY LOBSTER,RAW	112	20.6	2.4	1.5	0.0	70	177	49	12
3802 SPLEEN,BRAISED	145	25.1	0.0	4.2	0.0	347	57	12	394
3803 SPLEEN,RAW	104	18.3	0.0	3.0	0.0	250	86	5	106
3804 SPLIT PEAS+HAM,JUNIOR	71	3.3	11.3	1.3	0.3	13	14	23	5
3805 SPOONBREAD,CORN,LARD	195	6.7	16.9	11.4	0.3	128	482	96	10
3806 SPOONBREAD,CORN,VEG SHORT	195	6.7	16.9	11.4	0.3	122	482	96	10
3807 SPOT,RAW	123	18.5	0.0	4.9	0.0	60	29	14	3
3808 SQUAB,BREAST,NO SKIN,RAW	134	21.8	0.0	4.5	0.0	90	55	10	23
3809 SQUAB,FLESH ONLY,RAW	142	17.5	0.0	7.5	0.0	90	51	13	45
3810 SQUAB,FLESH/SKIN,RAW	294	18.5	0.0	23.8	0.0	95	54	12	35
3811 SQUAB,GIBLETS,RAW	154	19.8	1.2	7.2	0.0	350	70	14	45
3812 SQUASH,ACORN,BAKED	56	1.1	14.6	0.1	2.0	0	4	44	9
3813 SQUASH,ACORN,BAKED,W/SALT	56	1.1	14.6	0.1	2.0	0	240	44	9
3814 SQUASH,ACORN,BOILED	34	0.7	8.8	0.1	1.2	0	3	26	6
3815 SQUASH,ACORN,BOILED,W/SALT	34	0.7	8.8	0.1	1.2	0	239	26	6
3816 SQUASH,ACORN,RAW	40	0.8	10.4	0.1	1.4	0	3	33	7
3817 SQUASH,BUTTERNUT,BAKED	40	0.9	10.5	0.1	1.3	0	4	41	6
3818 SQUASH,BUTTERNUT,BAKED,W/SALT	40	0.9	10.5	0.1	1.3	0	240	41	6
3819 SQUASH,BUTTERNUT,FROZEN	57	1.8	14.4	0.1	1.2	0	2	29	9
3820 SQUASH,BUTTERNUT,FROZEN,BOILED	39	1.2	10.0	0.1	0.9	0	2	19	6
3821 SQUASH,BUTTERNUT,FRZ,BLD,W/SALT	39	1.2	10.0	0.1	0.9	0	238	19	6

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3822 SQUASH,BUTTERNUT,RAW	45	1.0	11.7	0.1	1.4	0	4	48	7
3823 SQUASH,CROOKNECK,BOILED	20	0.9	4.3	0.3	0.6	0	1	27	4
3824 SQUASH,CROOKNECK,CANNED,DRND	13	0.6	3.0	0.1	0.4	0	5	12	7
3825 SQUASH,CROOKNECK,FROZEN	20	0.8	4.8	0.1	0.7	0	5	18	5
3826 SQUASH,CROOKNECK,FROZEN,BOILED	25	1.3	5.5	0.2	0.8	0	6	20	5
3827 SQUASH,CROOKNECK,FRZ,BLD,W/SALT	25	1.3	5.5	0.2	0.8	0	242	20	5
3828 SQUASH,CROOKNECK,RAW	19	0.9	4.0	0.2	0.6	0	2	21	5
3829 SQUASH,HUBBARD,BAKED	50	2.5	10.8	0.6	1.7	0	8	17	5
3830 SQUASH,HUBBARD,BAKED,W/SALT	50	2.5	10.8	0.6	1.7	0	244	17	5
3831 SQUASH,HUBBARD,BOILED	30	1.5	6.4	0.4	1.0	0	5	10	3
3832 SQUASH,HUBBARD,BOILED,W/SALT	30	1.5	6.4	0.4	1.0	0	241	10	3
3833 SQUASH,HUBBARD,RAW	40	2.0	8.7	0.5	1.4	0	7	14	4
3834 SQUASH,JUNIOR	24	0.8	5.6	0.2	0.7	10	1	24	4
3835 SQUASH,SCALLOP,BOILED	16	1.0	3.3	0.2	0.5	0	1	15	3
3836 SQUASH,SCALLOP,BOILED,W/SALT	16	1.0	3.3	0.2	0.5	0	237	15	3
3837 SQUASH,SCALLOP,RAW	18	1.2	3.8	0.2	0.6	0	1	19	4
3838 SQUASH,SPAGHETTI,BOILED	29	0.7	6.5	0.3	1.4	0	18	21	3
3839 SQUASH,SPAGHETTI,BOILED,W/SALT	29	0.7	6.5	0.3	1.4	0	254	21	3
3840 SQUASH,SPAGHETTI,RAW	33	0.6	6.9	0.6	1.4	0	17	23	3
3841 SQUASH,STRAINED	24	0.8	5.6	0.2	0.7	10	2	24	3
3842 SQUASH,SUMMER,ALL,BOILED	20	0.9	4.3	0.3	0.6	0	1	27	4
3843 SQUASH,SUMMER,ALL,RAW	20	1.2	4.4	0.2	0.6	0	2	20	5
3844 SQUASH,SUMMER,BOILED,W/SALT	20	0.9	4.3	0.3	0.6	0	237	27	4
3845 SQUASH,W/BUTTER,JUNIOR	30	0.7	6.4	0.6	0.2	10	2	31	4
3846 SQUASH,W/BUTTER,STRAINED	29	0.6	6.9	0.3	0.2	10	2	33	4
3847 SQUASH,WINTER,ALL,BAKED	39	0.9	8.8	0.6	0.7	0	1	14	3
3848 SQUASH,WINTER,ALL,BAKED,W/SALT	39	0.9	8.8	0.6	0.7	0	237	14	3
3849 SQUASH,WINTER,ALL,RAW	37	1.4	8.8	0.2	1.4	0	4	31	6
3850 SQUASH,ZUCCHINI,BOILED	16	0.6	3.9	0.0	0.5	0	3	13	4
3851 SQUASH,ZUCCHINI,BOILED,W/SALT	16	0.6	3.9	0.0	0.5	0	239	13	4
3852 SQUASH,ZUCCHINI,CANNED,IT	29	1.0	6.8	0.1	0.5	0	374	17	7
3853 SQUASH,ZUCCHINI,FROZEN,BOILED	17	1.2	3.6	0.1	0.6	0	2	17	5
3854 SQUASH,ZUCCHINI,FROZEN,UNPREP	17	1.2	3.6	0.1	0.6	0	2	18	5
3855 SQUASH,ZUCCHINI,FRZ,BLD,W/SALT	17	1.2	3.6	0.1	0.6	0	238	17	5
3856 SQUASH,ZUCCHINI,RAW	14	1.2	2.9	0.1	0.4	0	3	15	4
3857 SQUID,FRIED	175	17.9	7.8	7.5	0.1	260	306	39	10
3858 SQUID,RAW	92	15.6	3.1	1.4	0.0	233	44	32	7
3859 SQUIRREL,RAW	120	21.2	0.0	3.2	0.0	83	103	2	47
3860 SQUIRREL,ROASTED	136	24.1	0.0	3.6	0.0	95	94	2	53
3861 STEAK SANDWICH	225	14.9	25.5	6.9	0.2	36	391	45	25
3862 STEW,BEEF+VEG,CANNED	79	5.8	7.1	3.1	0.3	14	411	12	9
3863 STEW,BEEF+VEG,COOKED,W/SALT	89	6.4	6.2	4.3	0.4	26	119	12	12
3864 STEW,BEEF+VEG,NO SALT	89	6.4	6.2	4.3	0.4	26	37	12	12
3865 STEW,OYSTER,2PTS.MILK	97	5.2	4.5	6.4	0.0	36	339	114	19
3866 STEW,OYSTER,3PTS.MILK	86	4.9	4.7	5.3	0.0	29	203	117	14
3867 STEW,OYSTER,CONDENSED	48	1.7	3.3	3.1	0.0	11	800	18	8
3868 STEW,OYSTER,W/MILK	55	2.5	4.0	3.2	0.0	13	425	68	4
3869 STEW,OYSTER,W/WATER	24	0.9	1.7	1.6	0.0	6	407	9	4
3870 STRAWBERRY,FROZEN,WO/SUGAR	35	0.4	9.1	0.1	0.8	0	2	16	8

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3871 STRAWBERRY,FRZ,SWEETENED,SLICED	96	0.5	25.9	0.1	0.6	0	3	11	6
3872 STRAWBERRY,FRZ,SWEETENED,WHOLE	78	0.5	21.0	0.1	0.6	0	1	11	5
3873 STRAWBERRY,HEAVY SYRUP	92	0.6	23.5	0.3	0.6	0	4	13	5
3874 STRAWBERRY,MIX,MILK	88	3.0	12.3	3.1	0.0	12	48	110	1
3875 STRAWBERRY,MIX,POWDER	387	0.1	99.1	0.2	0.1	0	38	0	4
3876 STRAWBERRY,RAW	30	0.6	7.0	0.4	0.5	0	1	14	4
3877 STRAWBERRY,SHAKE,FASTFOOD	113	3.4	18.9	2.8	0.1	11	83	113	1
3878 STURGEON,BAKED/BROILED	135	20.7	0.0	5.2	0.0	77	69	17	9
3879 STURGEON,RAW	105	16.1	0.0	4.0	0.0	60	54	13	7
3880 STURGEON,SMOKED	173	31.2	0.0	4.4	0.0	80	739	17	9
3881 SUB,COLD CUT	200	9.6	22.4	8.2	0.3	16	724	83	11
3882 SUB,ROAST BEEF	190	13.3	20.5	6.0	0.3	34	391	19	13
3883 SUB,TUNA SALAD	228	11.6	21.6	10.9	0.2	19	505	29	10
3884 SUCCOTASH,BOILED	115	5.1	24.4	0.8	1.3	0	17	17	15
3885 SUCCOTASH,BOILED,W/SALT	115	5.1	24.4	0.8	1.3	0	253	17	15
3886 SUCCOTASH,CANNED,CREAM STYLE	77	2.6	17.6	0.5	1.3	0	245	11	6
3887 SUCCOTASH,CANNED,SOLID+LIQUID	63	2.6	14.0	0.5	0.6	0	221	11	5
3888 SUCCOTASH,FROZEN,BOILED	93	4.3	20.0	0.9	1.0	0	45	15	9
3889 SUCCOTASH,FROZEN,BOILED,W/SALT	93	4.3	20.0	0.9	1.0	0	281	15	9
3890 SUCCOTASH,FROZEN,UNPREPARED	93	4.3	19.9	0.9	1.0	0	45	16	9
3891 SUCCOTASH,RAW	99	5.0	19.6	1.0	1.3	0	4	18	18
3892 SUCKER,WHITE,RAW	92	16.8	0.0	2.3	0.0	41	40	70	13
3893 SUET,RAW	854	1.5	0.0	94.0	0.0	68	7	2	2
3894 SUGAR CORN POPS	382	5.0	90.5	0.3	0.3	0	365	4	63
3895 SUGAR FROSTED FLAKES,KELLOGG'S	381	5.0	90.6	0.2	0.3	0	810	4	63
3896 SUGAR FROSTED FLAKES,RALSTON	391	5.3	90.1	1.4	0.4	0	649	11	25
3897 SUGAR SMACKS	373	7.0	87.2	1.9	0.6	0	265	11	63
3898 SUGAR SPARKLED FLAKES	384	5.2	91.1	0.2	0.4	0	565	13	13
3899 SUGAR,BROWN	373	0.0	96.4	0.0	0.0	0	30	85	34
3900 SUGAR,DEXTROSE,ANHYDROUS	366	0.0	99.5	0.0	0.0	0	0	0	0
3901 SUGAR,DEXTROSE,CRYSTALLIZED	335	0.0	91.0	0.0	0.0	0	0	0	0
3902 SUGAR,GRANULATED	385	0.0	99.5	0.0	0.0	0	1	0	1
3903 SUGAR,MAPLE	348	0.0	90.0	0.0	0.0	0	14	143	14
3904 SUGAR,POWDERED	385	0.0	99.5	0.0	0.0	0	1	0	1
3905 SUGAR-APPLE,RAW	94	2.1	23.6	0.3	1.5	0	9	24	6
3906 SUGAR-COATED ALMONDS	456	7.8	70.2	18.6	0.9	0	20	100	19
3907 SUGAR-COATED CHOC DISC	466	5.2	72.7	19.7	0.3	12	72	135	13
3908 SUNDAE,CARAMEL	196	4.7	31.8	6.0	0.1	16	126	122	1
3909 SUNDAE,HOT FUDGE	180	3.6	30.2	5.5	0.1	13	115	131	4
3910 SUNDAE,STRAWBERRY	175	4.1	29.2	5.1	0.2	14	60	105	2
3911 SUNFISH,PUMPKINSEED,RAW	89	19.4	0.0	0.7	0.0	67	80	80	12
3912 SUNFLOWER,FLOUR,PART DEFATTED	326	48.1	35.8	1.6	5.2	0	3	114	66
3913 SUNFLOWER,KERNEL,DRIED	570	22.8	18.8	49.6	4.2	0	3	116	68
3914 SUNFLOWER,KERNEL,DRY,ROASTED	582	19.3	24.1	49.8	1.8	0	3	70	38
3915 SUNFLOWER,KERNEL,DRY,RSTD,W/SAL	582	19.3	24.1	49.8	1.8	0	780	70	38
3916 SUNFLOWER,KERNEL,OIL,ROASTED	615	21.4	14.7	57.4	1.8	0	3	56	67
3917 SUNFLOWER,KERNEL,OIL,RSTD,W/SAL	615	21.4	14.7	57.4	1.8	0	603	56	67
3918 SUNFLOWER,KERNEL,TOASTED	619	17.2	20.6	56.8	1.8	0	3	57	68
3919 SUNFLOWER,KERNEL,TOASTED,W/SALT	619	17.2	20.6	56.8	1.8	0	613	57	68

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3920 SUNFLOWER,SEED,BUTTER	579	19.7	27.4	47.7	1.5	0	3	122	48
3921 SUNFLOWER,SEED,BUTTER,W/SALT	579	19.7	27.4	47.7	1.5	0	520	122	48
3922 SUPER SUGAR CRISP	374	6.5	90.2	0.9	1.0	0	88	21	63
3923 SURIMI	99	15.2	6.8	0.9	0.0	30	143	9	3
3924 SWEET POTATOES,JUNIOR	60	1.1	13.9	0.1	0.6	10	22	16	4
3925 SWEET POTATOES,STRAINED	57	1.1	13.2	0.1	0.6	10	20	16	4
3926 SWEET POTATOES,W/BUTTER,JUNIOR	57	0.8	12.2	0.7	0.2	10	8	28	4
3927 SWEET POTATOES,W/BUTTER,STRND	56	0.9	11.8	0.7	0.1	10	8	21	4
3928 SWORDFISH,BAKED/BROILED	155	25.4	0.0	5.1	0.0	50	115	6	10
3929 SWORDFISH,RAW	121	19.8	0.0	4.0	0.0	39	90	4	8
3930 SYRUP,CANE	263	0.0	68.0	0.0	0.0	0	5	60	36
3931 SYRUP,CANE AND MAPLE	252	0.0	65.0	0.0	0.0	0	2	16	0
3932 SYRUP,CHOC,FUDGE TYPE	330	5.1	54.0	13.7	0.4	0	89	127	13
3933 SYRUP,CORN,LIGHT+DK.	290	0.0	75.0	0.0	0.0	0	68	46	41
3934 SYRUP,MAPLE	252	0.0	65.0	0.0	0.0	0	10	104	12
3935 SYRUP,SORGHUM	257	0.0	68.0	0.0	0.0	0	10	172	125
3936 T-BONE,LEAN+FAT,CHCE,BRLD	324	24.0	0.0	24.6	0.0	84	60	9	25
3937 T-BONE,LEAN+FAT,CHOICE,RAW	307	16.8	0.0	26.1	0.0	71	48	7	17
3938 T-BONE,LEAN,CHOICE,BROILED	214	28.1	0.0	10.4	0.0	80	66	7	30
3939 T-BONE,LEAN,CHOICE,RAW	159	20.2	0.0	8.0	0.0	60	55	5	20
3940 TACO	216	12.1	15.6	12.0	1.2	33	469	129	14
3941 TACO SALAD	141	6.7	11.9	7.5	1.2	22	385	97	12
3942 TACO SALAD,W/CHILI	111	6.7	10.2	5.0	2.0	2	339	94	10
3943 TAHINI,RAW,KERNEL	570	17.8	26.2	48.0	5.0	0	74	420	25
3944 TAHINI,ROASTED,KERNEL	595	17.0	21.2	53.8	5.0	0	115	426	90
3945 TALLOW,RAW	902	0.0	0.0	100.0	0.0	109	0	0	0
3946 TAMARINDS,RAW	239	2.8	62.5	0.6	5.1	0	28	74	28
3947 TANGELO JUICE,RAW	41	0.5	9.7	0.1	0.0	0	1	18	2
3948 TANGERINE JUICE,CND,SWEETENED	50	0.5	12.0	0.2	0.1	0	1	18	2
3949 TANGERINE JUICE,FRZ,SWEET,CONC	161	1.5	38.8	0.4	0.3	0	3	27	3
3950 TANGERINE JUICE,FRZ,SWEET,DILUT	46	0.4	11.1	0.1	0.3	0	1	8	1
3951 TANGERINE JUICE,RAW	43	0.5	10.1	0.2	0.1	0	1	18	2
3952 TANGERINE,CANNED,W/JUICE	37	0.6	9.6	0.0	0.1	0	5	11	3
3953 TANGERINE,LIGHT SYRUP	61	0.4	16.2	0.1	0.1	0	6	7	4
3954 TANGERINE,RAW	44	0.6	11.2	0.2	0.3	0	1	14	1
3955 TAPIOCA,APPLE,DESSERT	117	0.2	29.4	0.1	0.1	0	51	3	2
3956 TAPIOCA,DRY	352	0.6	86.4	0.2	0.1	0	3	10	4
3957 TAPIOCA,PEARLED,DRY	341	0.2	88.7	0.0	0.1	0	1	20	16
3958 TARO,CHIPS	477	2.0	67.2	25.5	1.2	0	369	45	14
3959 TARO,COOKED,NO SALT	142	0.5	34.6	0.1	0.9	0	15	18	7
3960 TARO,COOKED,W/SALT	142	0.5	34.6	0.1	0.9	0	251	18	7
3961 TARO,LEAVES,RAW	42	5.0	6.7	0.7	2.0	0	3	107	22
3962 TARO,LEAVES,STEAMED	24	2.7	4.0	0.4	0.5	0	2	86	12
3963 TARO,LEAVES,STEAMED,W/SALT	24	2.7	4.0	0.4	0.5	0	238	86	12
3964 TARO,RAW	107	1.5	26.5	0.2	0.8	0	11	43	6
3965 TARO,SHOOTS,COOKED	14	0.7	3.2	0.1	0.5	0	2	14	4
3966 TARO,SHOOTS,COOKED,W/SALT	14	0.7	3.2	0.1	0.5	0	238	14	4
3967 TARO,SHOOTS,RAW	11	0.9	2.3	0.1	0.6	0	1	12	6
3968 TARO,TAHITIAN,COOKED	44	4.2	6.8	0.7	2.3	0	54	149	16

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3969 TARO,TAHITIAN,COOKED,W/SALT	44	4.2	6.8	0.7	2.3	0	290	149	16
3970 TARO,TAHITIAN,RAW	40	2.8	6.9	1.0	1.8	0	50	129	13
3971 TARRAGON,GROUND	295	22.8	50.2	7.2	7.4	0	62	1139	323
3972 TARTAR SCE,DIETARY	224	0.6	6.7	22.4	0.3	51	707	18	9
3973 TARTAR SCE,REGULAR	531	1.4	4.2	57.8	0.3	51	707	18	9
3974 TASTEEOS	393	12.8	79.1	2.8	1.4	0	762	46	159
3975 TEA,BREWED	1	0.0	0.3	0.0	0.0	0	3	0	0
3976 TEA,BREWED,DISTILLED WATER	1	0.0	0.3	0.0	0.0	0	0	0	0
3977 TEA,CHAMOMILE,BREWED	1	0.0	0.2	0.0	0.0	0	1	2	1
3978 TEA,HERB,BREWED	1	0.0	0.2	0.0	0.0	0	1	2	1
3979 TEA,INSTANT,LEMON,POWDER	297	7.4	75.1	0.4	0.0	0	517	28	8
3980 TEA,INSTANT,LEMON,PREPARED	2	0.0	0.4	0.0	0.0	0	6	2	0
3981 TEA,INSTANT,POWDER	256	11.7	57.0	0.4	0.0	0	130	55	40
3982 TEA,INSTANT,PREPARED	1	0.0	0.2	0.0	0.0	0	3	2	0
3983 TEA,INSTANT,SUGAR,LEMON,POWDER	385	0.6	97.6	0.3	0.0	0	5	3	2
3984 TEA,INSTANT,SUGAR,LEMON,PREP	34	0.1	8.5	0.0	0.0	0	3	2	0
3985 TEA,INSTANT,W/SACCHARIN,POWDER	332	3.3	81.4	0.6	0.0	0	1047	21	89
3986 TEA,INSTANT,W/SACCHARIN,PREP	2	0.0	0.5	0.0	0.0	0	10	2	1
3987 TEAM	391	6.4	85.8	1.8	1.0	0	618	15	61
3988 TEETHING BISCUITS	392	10.7	76.4	4.2	0.5	1	362	263	36
3989 TEMPEH	199	19.0	17.0	7.7	3.0	0	6	93	23
3990 TENDERLOIN,LEAN+FAT,BROILED	266	26.0	0.0	17.2	0.0	85	61	8	32
3991 TENDERLOIN,LEAN+FAT,CHCE,ROAST	308	24.4	0.0	22.6	0.0	87	56	8	32
3992 TENDERLOIN,LEAN+FAT,CHOICE,BRLD	271	25.9	0.0	17.8	0.0	86	60	8	32
3993 TENDERLOIN,LEAN+FAT,CHOICE,RAW	246	18.5	0.0	18.5	0.0	69	49	7	24
3994 TENDERLOIN,LEAN+FAT,GOOD,BRLD	254	26.2	0.0	15.7	0.0	86	61	8	33
3995 TENDERLOIN,LEAN+FAT,GOOD,RAW	230	18.7	0.0	16.7	0.0	69	49	7	24
3996 TENDERLOIN,LEAN+FAT,GOOD,ROAST	288	24.7	0.0	20.3	0.0	87	56	8	32
3997 TENDERLOIN,LEAN+FAT,PRIME,BRLD	318	24.9	0.0	23.4	0.0	86	59	8	31
3998 TENDERLOIN,LEAN+FAT,PRIME,RAW	288	17.8	0.0	23.6	0.0	71	48	7	23
3999 TENDERLOIN,LEAN+FAT,PRM,ROAST	358	23.4	0.0	28.6	0.0	88	55	9	30
4000 TENDERLOIN,LEAN+FAT,RAW	241	18.5	0.0	18.0	0.0	69	49	7	24
4001 TENDERLOIN,LEAN+FAT,ROAST	303	24.5	0.0	22.0	0.0	87	56	8	32
4002 TENDERLOIN,LEAN,BROILED	204	28.2	0.0	9.3	0.0	84	63	7	36
4003 TENDERLOIN,LEAN,CHOICE,BROILED	207	28.2	0.0	9.6	0.0	84	63	7	36
4004 TENDERLOIN,LEAN,CHOICE,RAW	150	20.8	0.0	6.8	0.0	62	54	6	28
4005 TENDERLOIN,LEAN,CHOICE,ROAST	223	27.5	0.0	11.7	0.0	86	59	7	37
4006 TENDERLOIN,LEAN,GOOD,BROILED	196	28.2	0.0	8.4	0.0	84	63	7	36
4007 TENDERLOIN,LEAN,GOOD,RAW	141	20.8	0.0	5.8	0.0	62	54	6	28
4008 TENDERLOIN,LEAN,GOOD,ROAST	208	27.5	0.0	10.1	0.0	86	59	7	37
4009 TENDERLOIN,LEAN,PRIME,BROILED	232	28.2	0.0	12.4	0.0	84	63	7	36
4010 TENDERLOIN,LEAN,PRIME,RAW	169	20.8	0.0	8.8	0.0	62	54	6	28
4011 TENDERLOIN,LEAN,PRIME,ROAST	255	27.5	0.0	15.3	0.0	86	59	7	37
4012 TENDERLOIN,LEAN,RAW	148	20.8	0.0	6.5	0.0	62	54	6	28
4013 TENDERLOIN,LEAN,ROAST	219	27.5	0.0	11.3	0.0	86	59	7	37
4014 TEQUILA SUNRISE	110	0.3	8.6	0.1	0.1	0	4	6	3
4015 TEQUILA SUNRISE,CANNED	110	0.3	11.3	0.1	0.1	0	57	0	0
4016 TERRIPIN,RAW	111	18.6	0.0	3.5	0.0	50	50	50	32
4017 THIRST QUENCHER	25	0.0	6.3	0.0	0.0	0	40	0	0

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4018 THURINGER,BEEF/PORK	335	15.8	0.3	29.5	0.0	75	1242	13	25
4019 THYME,GROUND	276	9.1	63.9	7.4	18.6	0	55	1890	1236
4020 THYMUS,BRAISED	319	21.8	0.0	25.0	0.0	294	116	10	15
4021 THYMUS,RAW	236	12.2	0.0	20.4	0.0	223	96	7	21
4022 TILEFISH,BAKED/BROILED	147	24.5	0.0	4.7	0.0	64	59	26	3
4023 TILEFISH,RAW	96	17.5	0.0	2.3	0.0	50	53	26	2
4024 TOASTIES	387	8.1	85.8	0.2	0.5	0	1048	4	26
4025 TOFU,DRIED-FROZEN,CASO4	480	47.9	14.6	30.3	0.2	0	6	2134	97
4026 TOFU,DRIED-FROZEN,NG	480	47.9	14.6	30.3	0.2	0	6	364	97
4027 TOFU,FRIED,CASO4	271	17.2	10.5	20.2	0.1	0	16	961	49
4028 TOFU,FRIED,NIGARI	271	17.2	10.5	20.2	0.1	0	16	372	49
4029 TOFU,OKARA,NIGARI	77	3.2	12.5	1.7	4.1	0	9	80	13
4030 TOFU,RAW,FERMENTED,CASO4	145	15.8	4.3	8.7	0.2	0	14	683	105
4031 TOFU,RAW,FERMENTED,NIGARI	145	15.8	4.3	8.7	0.2	0	14	205	105
4032 TOFU,RAW,REG,CASO4	76	8.1	1.9	4.8	0.1	0	7	350	54
4033 TOFU,RAW,REGULAR,NIGARI	76	8.1	1.9	4.8	0.1	0	7	105	54
4034 TOFU,SALTED&FERMENTED,NIGARI	116	8.2	5.2	8.0	0.3	0	2873	46	20
4035 TOFU,SALTED+FERMENTED,CASO4	116	8.2	5.2	8.0	0.3	0	2873	1229	20
4036 TOM COLLINS	55	0.0	1.3	0.0	0.0	0	17	4	0
4037 TOMATO,CANNED,STEWED	26	0.9	6.5	0.1	0.4	0	254	33	7
4038 TOMATO,CANNED,WHOLE	20	0.9	4.3	0.2	0.5	0	163	26	6
4039 TOMATO,CANNED,WHOLE,LO NA	20	0.9	4.3	0.2	0.5	0	13	26	6
4040 TOMATO,GREEN,RAW	24	1.2	5.1	0.2	0.5	0	13	13	5
4041 TOMATO,JUICE	17	0.8	4.2	0.1	0.4	0	361	9	6
4042 TOMATO,JUICE,CANNED,WO/SALT	17	0.8	4.2	0.1	0.4	0	10	9	6
4043 TOMATO,PASTE,CANNED	84	3.8	18.8	0.9	1.0	0	65	35	30
4044 TOMATO,PASTE,CANNED,W/SALT	84	3.8	18.8	0.9	1.0	0	790	35	30
4045 TOMATO,POWDER	302	12.9	74.7	0.4	6.6	0	134	166	46
4046 TOMATO,PUREE,CANNED	41	1.7	10.0	0.1	0.8	0	20	15	9
4047 TOMATO,PUREE,CANNED,W/SALT	41	1.7	10.0	0.1	0.8	0	399	15	9
4048 TOMATO,RED,RIPE,BOILED	27	1.1	5.8	0.4	0.8	0	11	6	6
4049 TOMATO,RED,RIPE,BOILED,W/SALT	27	1.1	5.8	0.4	0.8	0	247	6	6
4050 TOMATO,RED,RIPE,RAW	21	0.8	4.6	0.3	0.6	0	9	5	4
4051 TOMATO,RED,RIPE,RAW,JUNE-OCT	21	0.8	4.6	0.3	0.6	0	9	5	4
4052 TOMATO,RED,RIPE,RAW,NOV-MAY	21	0.8	4.6	0.3	0.6	0	9	5	4
4053 TOMATO,RED,RIPE,STEWED	79	2.0	13.0	2.7	0.8	0	455	26	11
4054 TOMATO,SAUCE W/MUSHROOM,CANNED	35	1.4	8.4	0.1	0.8	0	452	13	9
4055 TOMATO,SAUCE W/ONION,CANNED	42	1.6	9.9	0.2	0.8	0	551	17	9
4056 TOMATO,SAUCE,CANNED	30	1.3	7.2	0.2	0.7	0	605	14	8
4057 TOMATO,SAUCE,CANNED,SPANISH	33	1.4	7.2	0.3	0.8	0	472	17	35
4058 TOMATO,SAUCE,HERB+CHEESE,CANNED	59	2.1	10.2	1.9	0.7	0	543	37	9
4059 TOMATO,SAUCE,MUSHROOM+PEPPER,C	41	0.9	8.8	0.7	0.9	0	546	13	8
4060 TOMATO,SAUCE,TOMATO BITS,CANNED	32	1.3	7.1	0.4	1.1	0	15	10	7
4061 TOMATO,W/GREEN CHILI,CANNED	15	0.7	3.6	0.1	0.4	0	401	20	3
4062 TOMATO,WEDGES,CANNED	26	0.8	6.3	0.2	0.4	0	217	26	5
4063 TONGUE,POTTED/DEVIL	290	18.6	0.7	23.0	0.0	110	1430	20	27
4064 TONGUE,RAW	224	14.9	3.7	16.1	0.0	87	69	6	30
4065 TONGUE,SIMMERED	283	22.1	0.3	20.7	0.0	107	60	7	34
4066 TONGUE,SMOKED	328	17.2	0.9	28.8	0.0	68	73	8	16

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4067 TONGUE,WHOLE,CANNED/PICKLE	267	19.3	0.3	20.3	0.0	90	1021	8	32
4068 TONIC WATER	34	0.0	8.8	0.0	0.0	0	4	1	0
4069 TOPLOIN,LEAN+FAT,BROILED	280	25.7	0.0	18.8	0.0	79	63	9	22
4070 TOPLOIN,LEAN+FAT,CHCE,BRLD	286	25.6	0.0	19.6	0.0	79	63	9	22
4071 TOPLOIN,LEAN+FAT,CHCE,RAW	289	18.1	0.0	23.5	0.0	69	51	7	15
4072 TOPLOIN,LEAN+FAT,GOOD,BRLD	262	26.0	0.0	16.8	0.0	79	64	9	23
4073 TOPLOIN,LEAN+FAT,GOOD,RAW	264	18.4	0.0	20.5	0.0	68	52	6	15
4074 TOPLOIN,LEAN+FAT,PRIME,BRLD	339	24.7	0.0	25.9	0.0	80	62	9	22
4075 TOPLOIN,LEAN+FAT,PRIME,RAW	322	17.9	0.0	27.3	0.0	70	51	7	15
4076 TOPLOIN,LEAN+FAT,RAW	283	18.2	0.0	22.8	0.0	69	52	7	15
4077 TOPLOIN,LEAN,BROILED	203	28.6	0.0	8.9	0.0	76	68	8	25
4078 TOPLOIN,LEAN,CHOICE,BRLD	207	28.6	0.0	9.4	0.0	76	68	8	25
4079 TOPLOIN,LEAN,CHOICE,RAW	154	21.5	0.0	6.9	0.0	59	59	5	18
4080 TOPLOIN,LEAN,PRIME,BROILED	245	28.6	0.0	13.6	0.0	76	68	8	25
4081 TOPLOIN,LEAN,PRIME,RAW	189	21.5	0.0	10.7	0.0	59	59	5	18
4082 TOPLOIN,LEAN,RAW	150	21.5	0.0	6.5	0.0	59	59	5	18
4083 TOPPING,DESSERT,FROZEN	318	1.2	23.0	25.3	0.0	0	25	6	1
4084 TOPPING,DESSERT,POWDERED	577	4.9	52.5	39.9	0.0	0	122	17	0
4085 TOPPING,DESSERT,READY TO EAT	189	3.6	16.5	12.4	0.0	10	66	90	0
4086 TOPPING,PRESSURIZED	264	1.0	16.1	22.3	0.0	0	62	5	0
4087 TOSTADA,BEANS,BEEF,CHEESE	148	7.2	13.2	7.5	1.6	33	387	84	11
4088 TOSTADA,BEANS,CHEESE	155	6.7	18.4	6.8	2.6	21	377	146	13
4089 TOSTADA,BEEF,CHEESE	193	11.6	14.0	10.0	1.5	25	550	133	18
4090 TOSTADA,W/GUACAMOLE	138	4.8	12.3	8.9	1.6	15	306	162	6
4091 TOTAL	352	10.0	78.8	2.1	1.9	0	988	854	635
4092 TREE FERN,COOKED	40	0.3	11.0	0.1	0.6	0	5	8	2
4093 TREE FERN,COOKED,W/SALT	40	0.3	11.0	0.1	0.6	0	241	8	2
4094 TRIPE,PICKLED	62	11.8	0.0	1.3	0.0	68	46	127	16
4095 TRIPE,RAW	98	14.6	0.0	4.0	0.0	95	46	9	20
4096 TRITICALE	336	13.0	72.1	2.1	2.6	0	5	37	26
4097 TRITICALE,FLOUR	338	13.2	73.1	1.8	1.5	0	2	35	26
4098 TRIX	385	5.4	88.8	1.4	0.4	0	638	20	159
4099 TROPICAL FRUIT,JUNIOR	60	0.2	16.4	0.0	0.1	21	7	10	3
4100 TROUT,MIXED,SPECKLED,RAW	148	20.8	0.0	6.6	0.0	58	52	43	15
4101 TROUT,RAINBOW,BAKED/BROILED	151	26.3	0.0	4.3	0.0	73	34	86	24
4102 TROUT,RAINBOW,RAW	118	20.6	0.0	3.4	0.0	57	27	67	19
4103 TUNA SALAD	187	16.0	9.4	9.3	0.5	13	402	17	10
4104 TUNA,BLUEFIN,BAKED/BROILED	184	29.9	0.0	6.3	0.0	49	50	10	13
4105 TUNA,BLUEFIN,RAW	144	23.3	0.0	4.9	0.0	38	39	8	10
4106 TUNA,SKIPJACK,RAW	103	22.0	0.0	1.0	0.0	47	37	29	12
4107 TUNA,YELLOWFIN,RAW	108	23.4	0.0	1.0	0.0	45	37	16	7
4108 TURBOT,EUROPEAN,RAW	95	16.0	0.0	3.0	0.0	48	150	18	4
4109 TURKEY BREAST MEAT	110	22.5	0.0	1.6	0.0	41	1431	7	4
4110 TURKEY HAM	128	18.9	0.4	5.1	0.0	56	996	10	28
4111 TURKEY STICKS,JUNIOR	182	13.7	1.4	14.2	0.5	0	483	72	12
4112 TURKEY+RICE,JUNIOR	49	1.8	7.2	1.4	0.2	10	15	23	3
4113 TURKEY+RICE,STRAINED	49	1.9	7.3	1.3	0.1	10	17	21	3
4114 TURKEY,BACK,W/SKIN,RAW	196	18.1	0.0	13.1	0.0	74	66	17	16
4115 TURKEY,BACK,W/SKIN,ROASTED	243	26.6	0.0	14.4	0.0	91	73	33	22

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4116 TURKEY,BOLOGNA	199	13.7	1.0	15.2	0.0	99	878	84	15
4117 TURKEY,BREAST,W/SKIN,RAW	157	21.9	0.0	7.0	0.0	65	59	13	12
4118 TURKEY,BREAST,W/SKIN,ROASTED	189	28.7	0.0	7.4	0.0	74	63	21	14
4119 TURKEY,CANNED,WITH BROTH	163	23.7	0.0	6.9	0.0	66	467	12	19
4120 TURKEY,DARK,NO SKIN,RAW	125	20.1	0.0	4.4	0.0	69	77	17	18
4121 TURKEY,DARK,NO SKIN,ROASTED	187	28.6	0.0	7.2	0.0	85	79	32	23
4122 TURKEY,DARK,W/SKIN,RAW	160	18.9	0.0	8.8	0.0	72	71	17	17
4123 TURKEY,DARK,W/SKIN,ROASTED	221	27.5	0.0	11.5	0.0	89	76	33	23
4124 TURKEY,DICED,LIGHT/DARK	138	18.7	1.0	6.0	0.0	55	850	1	18
4125 TURKEY,FLESH/SKIN,RAW	160	20.4	0.0	8.0	0.0	68	65	15	14
4126 TURKEY,FLESH/SKIN,ROASTED	208	28.1	0.0	9.7	0.0	82	68	26	18
4127 TURKEY,FRANKFURTER	226	14.3	1.5	17.7	0.0	107	1426	106	18
4128 TURKEY,FRYER,BACK,MEAT,RAW	120	20.7	0.0	3.5	0.0	74	65	19	14
4129 TURKEY,FRYER,BACK,MEAT,ROASTED	170	28.0	0.0	5.6	0.0	95	73	36	18
4130 TURKEY,FRYER,BACK,W/SKIN,RAW	151	19.9	0.0	7.3	0.0	86	60	19	14
4131 TURKEY,FRYER,BACK,W/SKN,ROASTED	204	26.2	0.0	10.2	0.0	108	70	36	18
4132 TURKEY,FRYER,BREAST,MEAT,RAW	111	24.6	0.0	0.6	0.0	62	49	10	12
4133 TURKEY,FRYER,BREAST,MEAT,RSTD	135	30.1	0.0	0.7	0.0	83	52	12	15
4134 TURKEY,FRYER,BREAST,W/SKIN,RAW	125	23.8	0.0	2.6	0.0	70	48	11	12
4135 TURKEY,FRYER,BREAST,W/SKN,ROAST	153	29.1	0.0	3.2	0.0	90	53	15	16
4136 TURKEY,FRYER,DARK MEAT,RAW	111	20.5	0.0	2.7	0.0	81	69	13	17
4137 TURKEY,FRYER,DARK MEAT,ROASTED	162	28.8	0.0	4.3	0.0	112	79	26	24
4138 TURKEY,FRYER,DARK,W/SKIN,RAW	129	20.1	0.0	4.8	0.0	87	66	14	16
4139 TURKEY,FRYER,DARK,W/SKN,ROASTED	182	27.7	0.0	7.1	0.0	117	76	27	23
4140 TURKEY,FRYER,FLESH/SKIN,RAW	134	22.4	0.0	4.2	0.0	81	58	13	14
4141 TURKEY,FRYER,FLESH/SKIN,ROASTED	172	28.3	0.0	5.7	0.0	105	66	22	20
4142 TURKEY,FRYER,LEG,MEAT,RAW	108	20.4	0.0	2.4	0.0	84	71	10	18
4143 TURKEY,FRYER,LEG,MEAT,ROASTED	159	29.2	0.0	3.8	0.0	119	81	22	27
4144 TURKEY,FRYER,LEG,W/SKIN,RAW	118	20.1	0.0	3.6	0.0	87	69	11	17
4145 TURKEY,FRYER,LEG,W/SKIN,ROASTED	170	28.5	0.0	5.4	0.0	70	80	23	26
4146 TURKEY,FRYER,LIGHT MEAT,RAW	108	24.2	0.0	0.5	0.0	66	52	10	12
4147 TURKEY,FRYER,LIGHT MEAT,ROASTED	140	30.2	0.0	1.2	0.0	86	56	15	16
4148 TURKEY,FRYER,LIGHT,W/SKIN,RAW	133	23.1	0.0	3.8	0.0	76	50	12	12
4149 TURKEY,FRYER,LIGHT,W/SKIN,ROAST	164	28.8	0.0	4.6	0.0	95	57	18	16
4150 TURKEY,FRYER,NO SKIN,RAW	110	22.3	0.0	1.6	0.0	73	61	12	14
4151 TURKEY,FRYER,NO SKIN,ROASTED	150	29.6	0.0	2.6	0.0	98	67	20	20
4152 TURKEY,FRYER,SKIN,RAW	283	16.6	0.0	23.5	0.0	139	35	19	13
4153 TURKEY,FRYER,SKIN,ROASTED	299	20.9	0.0	23.3	0.0	144	61	35	19
4154 TURKEY,FRYER,WHOLE,RAW	133	22.2	0.0	4.2	0.0	92	61	13	18
4155 TURKEY,FRYER,WHOLE,ROASTED	171	28.1	0.0	5.6	0.0	118	65	23	22
4156 TURKEY,FRYER,WING,MEAT,RAW	106	22.5	0.0	1.1	0.0	81	65	12	14
4157 TURKEY,FRYER,WING,MEAT,ROASTED	163	30.8	0.0	3.4	0.0	102	78	26	18
4158 TURKEY,FRYER,WING,W/SKIN,RAW	159	20.8	0.0	7.7	0.0	98	56	14	14
4159 TURKEY,FRYER,WING,W/SKN,ROASTED	207	27.6	0.0	9.9	0.0	115	73	29	18
4160 TURKEY,GIBLET,SIMMERED	167	26.6	2.1	5.1	0.0	418	59	13	67
4161 TURKEY,GIBLETS,RAW	129	19.4	2.1	4.2	0.0	282	87	8	68
4162 TURKEY,GIZZARD,RAW	117	19.1	0.6	3.7	0.0	158	80	9	38
4163 TURKEY,GIZZARD,SIMMERED	163	29.4	0.6	3.9	0.0	232	54	15	54
4164 TURKEY,GROUND,COOKED	229	24.4	0.0	13.8	0.0	69	83	25	19

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4165 TURKEY,GROUND,RAW	142	17.5	0.0	7.5	0.0	73	94	13	12
4166 TURKEY,HAM,THIGH,CURED	128	18.9	0.4	5.1	0.0	56	996	10	28
4167 TURKEY,HEART,RAW	143	18.0	0.6	7.0	0.0	115	87	9	48
4168 TURKEY,HEART,SIMMERED	177	26.8	2.0	6.1	0.0	226	55	13	69
4169 TURKEY,HEN,BACK,W/SKIN,RAW	218	17.5	0.0	15.9	0.0	68	61	18	18
4170 TURKEY,HEN,BACK,W/SKIN,ROASTED	254	26.4	0.0	15.6	0.0	85	69	31	22
4171 TURKEY,HEN,BREAST,W/SKIN,RAW	167	21.6	0.0	8.3	0.0	62	55	13	14
4172 TURKEY,HEN,BREAST,W/SKN,ROASTED	194	28.8	0.0	7.9	0.0	72	58	22	14
4173 TURKEY,HEN,DARK MEAT,RAW	130	20.1	0.0	4.9	0.0	62	74	18	19
4174 TURKEY,HEN,DARK MEAT,ROASTED	192	28.4	0.0	7.8	0.0	80	75	30	23
4175 TURKEY,HEN,DARK,W/SKIN,RAW	172	18.6	0.0	10.2	0.0	65	67	18	18
4176 TURKEY,HEN,DARK,W/SKIN,ROASTED	232	27.4	0.0	12.8	0.0	84	72	31	23
4177 TURKEY,HEN,FLESH/SKIN,RAW	168	20.2	0.0	9.1	0.0	63	61	15	16
4178 TURKEY,HEN,FLESH/SKIN,ROASTED	218	28.1	0.0	10.9	0.0	78	64	26	18
4179 TURKEY,HEN,LEG,W/SKIN,RAW	151	19.5	0.0	7.5	0.0	63	70	18	19
4180 TURKEY,HEN,LEG,W/SKIN,ROASTED	213	27.7	0.0	10.5	0.0	82	73	30	23
4181 TURKEY,HEN,LIGHT MEAT,RAW	116	23.6	0.0	1.7	0.0	58	60	12	14
4182 TURKEY,HEN,LIGHT MEAT,ROASTED	161	29.9	0.0	3.7	0.0	68	60	21	13
4183 TURKEY,HEN,LIGHT,W/SKIN,RAW	165	21.5	0.0	8.1	0.0	62	55	13	14
4184 TURKEY,HEN,LIGHT,W/SKIN,ROASTED	207	28.6	0.0	9.4	0.0	74	58	23	14
4185 TURKEY,HEN,NO SKIN,RAW	122	21.8	0.0	3.2	0.0	60	66	15	16
4186 TURKEY,HEN,NO SKIN,ROASTED	175	29.2	0.0	5.5	0.0	73	67	25	18
4187 TURKEY,HEN,SKIN,RAW	417	11.8	0.0	40.6	0.0	81	32	19	15
4188 TURKEY,HEN,SKIN,ROASTED	482	19.0	0.0	44.4	0.0	106	44	32	18
4189 TURKEY,HEN,WHOLE,RAW	166	20.2	0.1	8.8	0.0	73	63	16	19
4190 TURKEY,HEN,WHOLE,ROASTED	215	28.0	0.1	10.6	0.0	94	63	26	20
4191 TURKEY,HEN,WING,W/SKIN,RAW	210	19.9	0.0	13.9	0.0	65	51	14	14
4192 TURKEY,HEN,WING,W/SKIN,ROASTED	238	27.3	0.0	13.5	0.0	77	56	24	14
4193 TURKEY,JUNIOR,BABY	129	15.4	0.0	7.1	0.0	0	72	28	14
4194 TURKEY,LEG,W/SKIN,RAW	144	19.5	0.0	6.7	0.0	71	74	17	17
4195 TURKEY,LEG,W/SKIN,ROASTED	208	27.9	0.0	9.8	0.0	85	77	32	23
4196 TURKEY,LGHT,NO SKIN,ROASTED	157	29.9	0.0	3.2	0.0	69	64	19	14
4197 TURKEY,LIGHT,NO SKIN,RAW	115	23.6	0.0	1.6	0.0	60	63	12	12
4198 TURKEY,LIGHT,W/SKIN,RAW	159	21.6	0.0	7.4	0.0	65	59	13	12
4199 TURKEY,LIGHT,W/SKIN,ROASTED	197	28.6	0.0	8.3	0.0	76	63	21	14
4200 TURKEY,LIVER,RAW	137	20.0	4.1	4.0	0.0	466	96	7	108
4201 TURKEY,LIVER,SIMMERED	169	24.0	3.4	6.0	0.0	626	64	11	78
4202 TURKEY,LOAF,BREAST	110	22.5	0.0	1.6	0.0	41	1431	7	4
4203 TURKEY,NECK,NO SKIN,RAW	135	20.1	0.0	5.4	0.0	79	93	34	20
4204 TURKEY,NECK,NO SKIN,SIMMERED	180	26.8	0.0	7.3	0.0	122	56	37	23
4205 TURKEY,NO SKIN,RAW	119	21.8	0.0	2.9	0.0	65	70	14	14
4206 TURKEY,NO SKIN,ROASTED	170	29.3	0.0	5.0	0.0	76	70	25	18
4207 TURKEY,PASTRAMI	141	18.4	1.7	6.2	0.0	54	1045	9	17
4208 TURKEY,PATTY,BREADED,FRIED	283	14.0	15.7	18.0	0.1	62	800	14	22
4209 TURKEY,PROD,BREAST,LT/DARK,RAW	120	17.6	6.4	2.2	0.0	53	678	1	21
4210 TURKEY,PROD,BREAST,W/SKIN,CKD	126	22.2	0.0	3.5	0.0	42	397	9	7
4211 TURKEY,PROD,THIGH,W/SKIN,COOKED	157	18.8	0.0	8.5	0.0	62	437	8	15
4212 TURKEY,ROAST,LIGHT/DARK,COOKED	155	21.3	3.1	5.8	0.0	53	680	5	16
4213 TURKEY,ROLL,LIGHT	147	18.7	0.5	7.2	0.0	43	489	40	13

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4214 TURKEY,ROLL,LIGHT/DARK	149	18.1	2.1	7.0	0.0	55	586	32	14
4215 TURKEY,SALAMI	196	16.4	0.6	13.8	0.0	82	1004	20	16
4216 TURKEY,SKIN,RAW	387	12.7	0.0	36.9	0.0	91	36	18	14
4217 TURKEY,SKIN,ROASTED	442	19.7	0.0	39.7	0.0	113	53	35	18
4218 TURKEY,STICK,BREADED,FRIED	279	14.2	17.0	16.9	0.1	64	838	14	22
4219 TURKEY,STRAINED,BABY	114	14.3	0.1	5.8	0.0	0	55	23	12
4220 TURKEY,TOM,BACK,W/SKIN,RAW	179	18.5	0.0	11.1	0.0	79	71	17	15
4221 TURKEY,TOM,BACK,W/SKIN,ROASTED	238	26.8	0.0	13.6	0.0	94	77	35	22
4222 TURKEY,TOM,BREAST,W/SKIN,RAW	151	22.0	0.0	6.3	0.0	67	63	13	10
4223 TURKEY,TOM,BREAST,W/SKIN,RSTD	189	28.6	0.0	7.4	0.0	75	67	21	14
4224 TURKEY,TOM,DARK MEAT,RAW	123	20.0	0.0	4.1	0.0	75	80	17	16
4225 TURKEY,TOM,DARK MEAT,ROASTED	185	28.7	0.0	7.0	0.0	88	82	35	23
4226 TURKEY,TOM,DARK,W/SKIN,RAW	152	19.0	0.0	7.9	0.0	77	75	17	16
4227 TURKEY,TOM,DARK,W/SKIN,ROASTED	216	27.6	0.0	10.8	0.0	91	80	35	23
4228 TURKEY,TOM,FLESH/SKIN,RAW	154	20.4	0.0	7.4	0.0	72	68	15	13
4229 TURKEY,TOM,FLESH/SKIN,ROASTED	202	28.1	0.0	9.1	0.0	82	72	27	18
4230 TURKEY,TOM,LEG,W/SKIN,RAW	141	19.5	0.0	6.3	0.0	76	77	17	16
4231 TURKEY,TOM,LEG,W/SKIN,ROASTED	206	27.9	0.0	9.6	0.0	90	80	35	23
4232 TURKEY,TOM,LIGHT MEAT,RAW	114	23.4	0.0	1.6	0.0	62	67	12	10
4233 TURKEY,TOM,LIGHT MEAT,ROASTED	154	29.9	0.0	2.9	0.0	69	68	18	14
4234 TURKEY,TOM,LIGHT,W/SKIN,RAW	156	21.6	0.0	7.0	0.0	67	63	13	10
4235 TURKEY,TOM,LIGHT,W/SKIN,ROASTED	191	28.5	0.0	7.7	0.0	75	67	21	14
4236 TURKEY,TOM,NO SKIN,RAW	117	21.7	0.0	2.7	0.0	68	73	14	13
4237 TURKEY,TOM,NO SKIN,ROASTED	168	29.4	0.0	4.7	0.0	77	74	25	18
4238 TURKEY,TOM,SKIN,RAW	368	13.2	0.0	34.6	0.0	95	40	18	12
4239 TURKEY,TOM,SKIN,ROASTED	422	20.1	0.0	37.2	0.0	117	60	37	18
4240 TURKEY,TOM,WHOLE,RAW	152	20.4	0.1	7.2	0.0	81	70	15	15
4241 TURKEY,TOM,WHOLE,ROASTED	199	28.0	0.1	8.8	0.0	96	72	26	20
4242 TURKEY,TOM,WING,W/SKIN,RAW	188	20.4	0.0	11.2	0.0	72	60	13	11
4243 TURKEY,TOM,WING,W/SKIN,ROASTED	221	27.4	0.0	11.5	0.0	81	66	23	15
4244 TURKEY,W/GRAVY,FROZEN	67	5.9	4.6	2.6	0.3	18	554	14	9
4245 TURKEY,WHOLE,RAW	157	20.4	0.1	7.8	0.0	78	67	15	17
4246 TURKEY,WHOLE,ROASTED	205	28.0	0.1	9.4	0.0	95	67	26	20
4247 TURKEY,WING,W/SKIN,RAW	197	20.2	0.0	12.3	0.0	70	55	14	13
4248 TURKEY,WING,W/SKIN,ROASTED	229	27.4	0.0	12.4	0.0	81	61	24	15
4249 TURKEYROLL,LIGHT MEAT	147	18.7	0.5	7.2	0.0	43	489	40	13
4250 TURKEYROLL,LIGHT+DARK	149	18.1	2.1	7.0	0.0	55	586	32	14
4251 TURMERIC,GROUND	354	7.8	64.9	9.9	6.7	0	38	182	414
4252 TURNIP,BOILED	18	0.7	4.9	0.1	0.7	0	50	22	2
4253 TURNIP,BOILED,W/SALT	18	0.7	4.9	0.1	0.7	0	286	22	2
4254 TURNIP,FROZEN,BOILED	23	1.5	4.4	0.2	0.7	0	36	32	10
4255 TURNIP,FROZEN,BOILED,W/SALT	23	1.5	4.4	0.2	0.7	0	272	32	10
4256 TURNIP,FROZEN,UNPREPARED	16	1.0	2.9	0.2	0.5	0	25	23	7
4257 TURNIP,GREENS+TURNIP,FROZEN	21	2.5	3.4	0.2	0.6	0	18	114	16
4258 TURNIP,GREENS+TURNIP,FROZEN,BLD	17	2.1	2.9	0.2	0.5	0	15	91	13
4259 TURNIP,GREENS,BOILED	20	1.1	4.4	0.2	0.6	0	29	137	8
4260 TURNIP,GREENS,BOILED,W/SALT	20	1.1	4.4	0.2	0.6	0	265	137	8
4261 TURNIP,GREENS,CANNED,SOL+LIQ	14	1.4	2.4	0.3	0.6	0	277	118	15
4262 TURNIP,GREENS,FROZEN,BLD,W/SALT	30	3.4	5.0	0.4	1.0	0	251	152	19

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4263 TURNIP, GREENS, FROZEN, BOILED	30	3.4	5.0	0.4	1.0	0	15	152	19
4264 TURNIP, GREENS, FROZEN, UNPREPARED	22	2.5	3.7	0.3	0.8	0	12	118	15
4265 TURNIP, GREENS, RAW	27	1.5	5.7	0.3	0.8	0	40	190	11
4266 TURNIP, RAW	27	0.9	6.2	0.1	0.9	0	67	30	3
4267 TURTLE, GREEN, CANNED	106	23.4	0.0	0.7	0.0	50	68	118	14
4268 TURTLE, GREEN, RAW	89	19.8	0.0	0.5	0.0	50	68	118	14
4269 VANILLA PUDDING, JUNIOR	89	1.6	16.2	2.3	0.2	21	29	56	3
4270 VANILLA PUDDING, STRAINED	85	1.6	16.1	2.0	0.2	21	28	55	2
4271 VANILLA SHAKE, FASTFOOD	111	3.5	17.9	3.0	0.1	11	82	122	1
4272 VEAL, ARM, LEAN+FAT, BRAISED	236	33.6	0.0	10.2	0.0	148	87	28	14
4273 VEAL, ARM, LEAN+FAT, RAW	132	19.3	0.0	5.4	0.0	82	83	21	10
4274 VEAL, ARM, LEAN+FAT, ROASTED	183	25.5	0.0	8.2	0.0	108	90	26	12
4275 VEAL, ARM, LEAN, BRAISED	201	35.7	0.0	5.3	0.0	155	90	30	14
4276 VEAL, ARM, LEAN, RAW	105	20.0	0.0	2.2	0.0	83	86	22	10
4277 VEAL, ARM, LEAN, ROASTED	164	26.1	0.0	5.8	0.0	109	91	27	12
4278 VEAL, BLADE, LEAN+FAT, BRAISED	225	31.3	0.0	10.1	0.0	153	98	38	14
4279 VEAL, BLADE, LEAN+FAT, RAW	129	19.2	0.0	5.2	0.0	90	95	23	9
4280 VEAL, BLADE, LEAN+FAT, ROASTED	186	25.2	0.0	8.7	0.0	117	100	28	10
4281 VEAL, BLADE, LEAN, BRAISED	198	32.7	0.0	6.5	0.0	158	101	40	15
4282 VEAL, BLADE, LEAN, RAW	113	19.6	0.0	3.3	0.0	90	97	23	9
4283 VEAL, BLADE, LEAN, ROASTED	171	25.6	0.0	6.9	0.0	119	102	28	10
4284 VEAL, BRAIN, BRAISED	136	11.5	0.0	9.6	0.0	3100	156	16	17
4285 VEAL, BRAIN, PAN FRIED	213	14.5	0.0	16.8	0.0	2120	176	10	11
4286 VEAL, BRAIN, RAW	118	10.3	0.0	8.2	0.0	1590	127	10	21
4287 VEAL, COMPOSITE, FAT, COOKED	642	9.4	0.0	66.7	0.0	73	57	4	10
4288 VEAL, COMPOSITE, FAT, RAW	638	6.0	0.0	67.8	0.0	73	26	7	6
4289 VEAL, COMPOSITE, LEAN+FAT, COOKED	231	30.1	0.0	11.4	0.0	114	87	22	12
4290 VEAL, COMPOSITE, LEAN+FAT, RAW	144	19.4	0.0	6.8	0.0	82	82	15	8
4291 VEAL, COMPOSITE, LEAN, COOKED	196	31.9	0.0	6.6	0.0	118	89	24	12
4292 VEAL, COMPOSITE, LEAN, RAW	112	20.2	0.0	2.9	0.0	83	86	15	8
4293 VEAL, CUBED, LEAN, BRAISED	188	34.9	0.0	4.3	0.0	145	93	29	14
4294 VEAL, CUBED, LEAN, RAW	109	20.3	0.0	2.5	0.0	84	83	17	9
4295 VEAL, GROUND, BROILED	172	24.4	0.0	7.6	0.0	103	83	17	10
4296 VEAL, GROUND, RAW	144	19.4	0.0	6.8	0.0	82	82	15	8
4297 VEAL, HEART, BRAISED	186	29.1	0.1	6.8	0.0	176	58	8	43
4298 VEAL, HEART, RAW	110	17.2	0.1	4.0	0.0	104	77	5	42
4299 VEAL, JUNIOR, BABY	110	15.3	0.0	5.0	0.2	0	69	6	12
4300 VEAL, KIDNEY, BRAISED	163	26.3	0.0	5.7	0.0	791	110	29	30
4301 VEAL, KIDNEY, RAW	99	15.8	0.8	3.1	0.0	364	178	11	34
4302 VEAL, LEG, LEAN+FAT, BRAISED	211	36.2	0.0	6.3	0.0	134	67	8	13
4303 VEAL, LEG, LEAN+FAT, PAN FRIED	211	31.8	0.0	8.4	0.0	105	76	6	9
4304 VEAL, LEG, LEAN+FAT, PAN FRIED, BRD	228	27.3	9.8	9.2	0.1	112	454	39	16
4305 VEAL, LEG, LEAN+FAT, RAW	117	21.0	0.0	3.1	0.0	78	63	5	8
4306 VEAL, LEG, LEAN+FAT, ROASTED	160	27.7	0.0	4.6	0.0	103	68	6	9
4307 VEAL, LEG, LEAN, BRAISED	203	36.7	0.0	5.1	0.0	135	67	9	13
4308 VEAL, LEG, LEAN, PAN FRIED	183	33.2	0.0	4.6	0.0	107	77	7	9
4309 VEAL, LEG, LEAN, PAN FRIED, BREADED	206	28.4	9.8	6.3	0.1	113	455	39	16
4310 VEAL, LEG, LEAN, RAW	107	21.3	0.0	1.8	0.0	78	64	5	8
4311 VEAL, LEG, LEAN, ROASTED	150	28.1	0.0	3.4	0.0	103	68	6	9

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4312 VEAL,LIVER,BRAISED	165	21.6	2.7	6.9	0.0	561	53	7	26
4313 VEAL,LIVER,PAN-FRIED	245	29.8	3.9	11.4	0.0	330	132	12	52
4314 VEAL,LIVER,RAW	134	17.9	4.6	4.4	0.0	309	62	9	48
4315 VEAL,LOIN,LEAN+FAT,BRAISED	284	30.2	0.0	17.2	0.0	118	80	28	11
4316 VEAL,LOIN,LEAN+FAT,RAW	163	18.9	0.0	9.1	0.0	79	85	16	7
4317 VEAL,LOIN,LEAN+FAT,ROASTED	217	24.8	0.0	12.3	0.0	103	93	19	9
4318 VEAL,LOIN,LEAN,BRAISED	226	33.6	0.0	9.2	0.0	125	84	32	11
4319 VEAL,LOIN,LEAN,RAW	116	20.2	0.0	3.3	0.0	80	91	17	8
4320 VEAL,LOIN,LEAN,ROASTED	175	26.3	0.0	6.9	0.0	106	96	21	8
4321 VEAL,LUNGS,BRAISED	104	18.7	0.0	2.6	0.0	263	56	7	36
4322 VEAL,LUNGS,RAW	90	16.3	0.0	2.3	0.0	229	108	7	52
4323 VEAL,PANCREAS,BRAISED	256	29.1	0.0	14.6	0.0	173	68	18	24
4324 VEAL,PANCREAS,RAW	182	15.0	0.0	13.1	0.0	173	67	19	21
4325 VEAL,RIB,LEAN+FAT,BRAISED	251	32.4	0.0	12.5	0.0	139	95	22	14
4326 VEAL,RIB,LEAN+FAT,RAW	162	18.9	0.0	9.0	0.0	82	89	13	9
4327 VEAL,RIB,LEAN+FAT,ROASTED	228	24.0	0.0	14.0	0.0	110	92	11	10
4328 VEAL,RIB,LEAN,BRAISED	218	34.4	0.0	7.8	0.0	144	99	24	14
4329 VEAL,RIB,LEAN,RAW	120	20.0	0.0	3.9	0.0	83	95	14	9
4330 VEAL,RIB,LEAN,ROASTED	177	25.8	0.0	7.4	0.0	115	97	12	10
4331 VEAL,SHOULDR,LEAN+FAT,BRAISED	228	32.1	0.0	10.1	0.0	126	95	35	14
4332 VEAL,SHOULDR,LEAN+FAT,RAW	130	19.3	0.0	5.3	0.0	87	91	22	9
4333 VEAL,SHOULDR,LEAN+FAT,ROASTED	184	25.3	0.0	8.4	0.0	113	96	27	10
4334 VEAL,SHOULDR,LEAN,BRAISED	199	33.7	0.0	6.1	0.0	130	97	37	14
4335 VEAL,SHOULDR,LEAN,RAW	112	19.8	0.0	3.0	0.0	86	92	22	9
4336 VEAL,SHOULDR,LEAN,ROASTED	170	25.8	0.0	6.6	0.0	114	97	27	10
4337 VEAL,SIRLOIN,LEAN+FAT,BRAISED	252	31.3	0.0	13.1	0.0	108	79	17	12
4338 VEAL,SIRLOIN,LEAN+FAT,RAW	152	19.1	0.0	7.8	0.0	78	76	11	8
4339 VEAL,SIRLOIN,LEAN+FAT,ROASTED	202	25.1	0.0	10.4	0.0	102	83	13	9
4340 VEAL,SIRLOIN,LEAN,BRAISED	204	34.0	0.0	6.5	0.0	113	81	19	12
4341 VEAL,SIRLOIN,LEAN,RAW	110	20.2	0.0	2.6	0.0	79	80	11	8
4342 VEAL,SPLEEN,BRAISED	129	24.1	0.0	2.9	0.0	447	58	7	74
4343 VEAL,SPLEEN,RAW	98	18.3	0.0	2.2	0.0	340	97	6	93
4344 VEAL,STRAINED,BABY	101	13.5	0.0	4.8	0.1	0	64	7	13
4345 VEAL,THYMUS,BRAISED	174	31.6	0.0	4.3	0.0	469	66	3	20
4346 VEAL,THYMUS,RAW	99	18.0	0.0	2.4	0.0	268	83	2	19
4347 VEAL,TONGUE,BRAISED	202	25.8	0.0	10.1	0.0	238	64	9	21
4348 VEAL,TONGUE,RAW	131	17.2	1.9	5.5	0.0	62	82	7	27
4349 VEG,JUICE,COCKTAIL	19	0.6	4.6	0.1	0.2	0	365	11	4
4350 VEG,MIXED,CANNED,DRAINED,SOL	47	2.6	9.3	0.2	1.3	0	149	27	10
4351 VEG,MIXED,CANNED,SOLID+LIQUID	36	1.4	7.1	0.2	1.2	0	224	21	6
4352 VEG,MIXED,FROZEN,BOILED	59	2.9	13.1	0.2	1.2	0	35	25	8
4353 VEG,MIXED,FROZEN,BOILED,W/SALT	59	2.9	13.1	0.2	1.2	0	271	25	8
4354 VEG,MIXED,FROZEN,UNPREPARED	64	3.3	13.5	0.5	1.2	0	47	25	10
4355 VEGETABLE+BACON,JUNIOR	71	1.8	7.6	3.9	0.2	3	45	11	4
4356 VEGETABLE+BACON,STRAINED	69	1.6	8.6	3.3	0.4	3	43	14	4
4357 VEGETABLE+BEEF,JUNIOR	53	2.4	7.4	1.7	0.2	13	24	10	5
4358 VEGETABLE+BEEF,STRAINED	53	2.0	7.0	2.0	0.2	13	21	12	4
4359 VEGETABLE+CHICKEN	50	1.9	8.5	1.1	0.2	21	9	14	3
4360 VEGETABLE+CHICKEN,STRAINED	43	1.9	6.6	1.1	0.2	29	11	14	3

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4361 VEGETABLE+HAM,JUNIOR	52	2.4	7.0	1.7	0.2	3	18	8	2
4362 VEGETABLE+HAM,STRAINED	48	1.8	6.9	1.7	0.2	3	12	8	3
4363 VEGETABLE+HAM,TODDLER	72	4.2	7.9	3.0	0.2	8	300	23	7
4364 VEGETABLE+LAMB,JUNIOR	51	2.1	7.1	1.7	0.2	8	13	13	3
4365 VEGETABLE+LAMB,STRAINED	52	2.0	6.9	2.0	0.3	8	20	12	4
4366 VEGETABLE+LIVER,JUNIOR	44	1.8	8.2	0.6	0.3	10	13	10	18
4367 VEGETABLE+LIVER,STRAINED	39	2.2	6.9	0.4	0.2	10	18	7	22
4368 VEGETABLE+TURKEY,JUNIOR	47	1.7	7.7	1.2	0.2	10	17	13	3
4369 VEGETABLE+TURKEY,STRAINED	42	1.7	6.6	1.2	0.2	10	13	16	3
4370 VEGETABLE+TURKEY,TODDLER	80	4.8	8.0	3.4	0.5	10	334	46	6
4371 VEGETABLE,DUMPLING,BEEF,JUNIOR	48	2.1	8.0	0.8	0.3	18	52	14	5
4372 VEGETABLE,DUMPLING,BEEF,STRND	48	2.0	7.7	0.9	0.3	18	49	14	4
4373 VEGETABLE,NOODLE,CHICK,STRAINED	63	2.0	7.9	2.5	0.2	29	20	28	4
4374 VEGETABLE,NOODLE,CHICKEN,JUNIOR	64	1.7	9.1	2.2	0.2	29	26	26	5
4375 VEGETABLE,NOODLE,TURKEY,JUNIOR	52	1.8	7.6	1.5	0.2	29	17	32	3
4376 VEGETABLE,NOODLE,TURKEY,STRND	44	1.2	6.8	1.2	0.2	29	21	32	2
4377 VIENNA SAUSGE,BEEF/PORK	279	10.3	2.0	25.2	0.0	52	953	10	9
4378 VINEGAR,CIDER	14	0.0	5.9	0.0	0.0	0	1	6	6
4379 VINEGAR,DISTILLED	12	0.0	5.0	0.0	0.0	0	1	0	0
4380 VODKA	231	0.0	0.0	0.0	0.0	0	1	0	0
4381 WAFFELOS	405	5.6	86.3	4.2	0.4	0	416	28	159
4382 WAFFLE FROM MIX,ENRICHED	275	8.8	36.2	10.6	0.2	60	686	239	16
4383 WAFFLE FROM MIX,UNENRICHED	275	8.8	36.2	10.6	0.2	60	686	239	9
4384 WAFFLE,FROZEN,ENRICHED	253	7.1	42.0	6.2	0.2	125	644	122	23
4385 WAFFLE,FROZEN,UNENRICHED	253	7.1	42.0	6.2	0.2	125	644	122	11
4386 WAFFLE,HOME BAKED,ENRICHED	279	9.3	37.5	9.8	0.1	125	475	113	23
4387 WAFFLE,HOME BAKED,UNENRICHED	279	9.3	37.5	9.8	0.1	125	475	113	9
4388 WAFFLE,MIX,BAKED,ENRICHED,W/WTR	305	4.8	40.2	14.0	0.1	0	560	76	15
4389 WAFFLE,MIX,BAKED,UNENR,W/WATER	305	4.8	40.2	14.0	0.1	0	560	76	4
4390 WAFFLE,MIX,DRY,ENRICHED	356	8.6	75.7	1.8	0.4	0	1433	450	31
4391 WAFFLE,MIX,DRY,UNENRICHED	356	8.6	75.7	1.8	0.4	0	1433	450	14
4392 WALNUT,BLACK,DRIED	607	24.4	12.1	56.6	6.5	0	1	58	31
4393 WALNUT,ENGLISH,DRIED	642	14.3	18.3	61.9	4.6	0	10	94	24
4394 WATER	0	0.0	0.0	0.0	0.0	0	3	2	0
4395 WATER CHESSNUT,CANNED,SOL+LIQ	50	0.9	12.4	0.1	0.6	0	8	4	9
4396 WATER CHESSNUT,CHINESE,RAW	106	1.4	23.9	0.1	0.8	0	14	11	1
4397 WATER CRESS,RAW	11	2.3	1.3	0.1	0.7	0	41	120	2
4398 WATER,PERRIER	0	0.0	0.0	0.0	0.0	0	1	14	0
4399 WATER,POLAND SPRINGS	0	0.0	0.0	0.0	0.0	0	1	1	0
4400 WATERMELON,KERNEL,DRIED	557	28.3	15.3	47.4	3.0	0	99	54	73
4401 WATERMELON,RAW	32	0.6	7.2	0.4	0.3	0	2	8	2
4402 WAXGOURD,BOILED	13	0.4	3.0	0.2	0.5	0	107	18	4
4403 WAXGOURD,BOILED,W/SALT	13	0.4	3.0	0.2	0.5	0	343	18	4
4404 WAXGOURD,RAW	13	0.4	3.0	0.2	0.5	0	111	19	4
4405 WELSH RAREBIT	179	8.1	6.3	13.6	0.0	43	332	251	3
4406 WHALE MEAT,RAW	156	20.6	0.0	7.5	0.0	50	78	12	10
4407 WHEAT 'N RAISIN CHEX	343	9.4	79.6	0.8	1.6	0	566	45	143
4408 WHEAT CHEX	367	9.9	82.2	2.5	2.1	0	670	39	159
4409 WHEAT GERM,TOASTED	382	29.1	49.6	10.7	2.3	0	4	45	91

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4410 WHEAT GERM,TOASTED,W/SUGAR	377	21.8	60.8	8.0	1.7	0	3	33	68
4411 WHEAT,BRAN,CRUDE	216	15.6	64.5	4.2	7.2	0	2	73	106
4412 WHEAT,DURUM	339	13.7	71.1	2.5	2.3	0	2	34	35
4413 WHEAT,FLOUR,WHOLE	339	13.7	72.6	1.9	2.1	0	5	34	39
4414 WHEAT,GERM,CRUDE	360	23.2	51.8	9.7	2.8	0	12	39	63
4415 WHEAT,HARD,RED,SPRING	329	15.4	68.0	1.9	2.3	0	2	25	36
4416 WHEAT,HARD,RED,WINTER	327	12.6	71.2	1.5	2.3	0	2	29	32
4417 WHEAT,HARD,WHITE	342	11.3	75.9	1.7	2.3	0	2	32	46
4418 WHEAT,PUFFED,HIGHLY FORTIFIED	364	14.7	79.6	1.2	1.9	0	4	28	317
4419 WHEAT,PUFFED,LOW FORTIFIED	364	14.7	79.6	1.2	1.9	0	4	28	47
4420 WHEAT,SHREDDED,LARGE BISCUIT	352	10.9	79.8	1.3	2.3	0	2	41	32
4421 WHEAT,SHREDDED,SMALL BISCUIT	359	11.0	79.8	2.2	2.0	0	10	38	42
4422 WHEAT,SOFT,RED,WINTER	331	10.4	74.2	1.6	1.7	0	2	27	32
4423 WHEAT,SOFT,WHITE	340	10.7	75.4	2.0	1.7	0	2	34	54
4424 WHEAT,SPROUTED	198	7.5	42.5	1.3	2.3	0	16	28	21
4425 WHEATENA,COOKED,W/NA	56	2.0	11.8	0.5	0.3	0	238	4	6
4426 WHEATENA,COOKED,WO/NA	56	2.0	11.8	0.5	0.3	0	2	4	6
4427 WHEATENA,DRY	357	13.1	75.6	2.9	1.8	0	13	28	36
4428 WHEATIES	349	9.5	79.5	1.7	1.9	0	952	151	159
4429 WHEATNUT,FORMULATED	622	13.8	23.7	57.7	0.8	0	505	26	24
4430 WHEATNUT,FORMULATED,FLAVOR	647	13.1	20.8	62.3	1.0	0	91	22	26
4431 WHEATNUT,FORMULATED,MACADAMIA	619	11.2	27.9	56.5	0.6	0	47	20	20
4432 WHELK,BOILED/STEAMED	275	47.7	15.5	0.8	0.0	130	412	113	101
4433 WHELK,RAW	137	23.8	7.8	0.4	0.0	65	206	57	50
4434 WHEY,ACID,DRIED	339	11.7	73.4	0.5	0.0	3	968	2054	12
4435 WHEY,ACID,FLUID	24	0.8	5.1	0.1	0.0	0	48	103	1
4436 WHEY,DRIED,SWEET	353	12.9	74.5	1.1	0.0	6	1079	796	9
4437 WHEY,FLUID,SWEET	27	0.8	5.1	0.4	0.0	2	54	47	1
4438 WHISKEY	250	0.0	0.1	0.0	0.0	0	1	0	0
4439 WHISKEY SOUR	136	0.2	5.6	0.1	0.1	0	11	6	1
4440 WHISKEY SOUR MIX,POWDER	383	0.6	97.3	0.1	0.0	0	274	272	4
4441 WHISKEY SOUR,CANNED	119	0.0	13.4	0.0	0.0	0	44	0	0
4442 WHISKEY SOUR,FROM MIX	149	0.0	13.1	0.0	0.0	0	62	1	1
4443 WHITE TUNA,CND,OIL,DRAINED,SALT	186	26.5	0.0	8.1	0.0	31	396	4	6
4444 WHITE TUNA,CND,OIL,DRND,UNSLT	186	26.5	0.0	8.1	0.0	31	50	4	6
4445 WHITE TUNA,CND,WTR,DRAINED,SALT	136	26.7	0.0	2.5	0.0	42	392	4	6
4446 WHITE TUNA,CND,WTR,DRND,UNSLT	136	26.7	0.0	2.5	0.0	42	50	4	6
4447 WHITE WINE	68	0.1	0.8	0.0	0.0	0	5	9	3
4448 WHITEFISH,RAW	134	19.1	0.0	5.9	0.0	60	51	26	4
4449 WHITEFISH,SMOKED	108	23.4	0.0	0.9	0.0	33	1019	18	5
4450 WHITING,BAKED/BROILED	115	23.5	0.0	1.7	0.0	84	132	62	4
4451 WHITING,RAW	90	18.3	0.0	1.3	0.0	67	72	48	3
4452 WHOLE WHEAT NAT CER,CKD,WO/NA	62	2.0	13.7	0.4	0.4	0	0	7	6
4453 WHOLE WHEAT NAT CER,COOKED,W/NA	62	2.0	13.7	0.4	0.4	0	233	7	6
4454 WHOLE WHEAT NAT CEREAL,DRY	342	11.2	75.2	2.0	2.0	0	2	40	34
4455 WHSKEY SOUR MIX,BOTTLED	84	0.1	21.4	0.1	0.0	0	102	2	1
4456 WINE,(ALL TABLE)	70	0.2	1.4	0.0	0.0	0	8	8	4
4457 WOLFFISH,ATLANTIC,RAW	96	17.5	0.0	2.4	0.0	46	85	6	1
4458 YAM,BOILED OR BAKED	116	1.5	27.6	0.1	1.0	0	8	14	5

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4459 YAM,BOILED OR BAKED,W/SALT	116	1.5	27.6	0.1	1.0	0	244	14	5
4460 YAM,MOUNTAIN,RAW	67	1.3	16.3	0.1	0.4	0	13	26	4
4461 YAM,MOUNTAIN,STEAMED	82	1.7	20.0	0.1	0.6	0	12	8	4
4462 YAM,MOUNTAIN,STEAMED,W/SALT	82	1.7	20.0	0.1	0.6	0	248	8	4
4463 YAM,RAW	118	1.5	27.9	0.2	1.0	0	9	17	5
4464 YEAST,BAKER'S,COMPRESSED	86	12.1	11.0	0.4	0.6	0	16	13	49
4465 YEAST,BAKER'S,DRY	282	36.9	38.9	1.6	0.0	0	52	44	161
4466 YEAST,BREWER'S,DEBITTERED	283	38.8	38.4	1.0	1.7	0	121	210	173
4467 YEAST,TORULA	277	38.6	37.0	1.0	3.3	0	15	424	193
4468 YELLOWTAIL,RAW	146	23.1	0.0	5.2	0.0	55	39	23	5
4469 YOGURT,FRUIT,LO FAT, 9GPRO/8OZ	99	4.0	18.6	1.2	0.1	4	53	138	1
4470 YOGURT,FRUIT,LO FAT,10GPRO/8OZ	102	4.4	19.0	1.1	0.1	4	58	152	1
4471 YOGURT,FRUIT,LO FAT,11GPRO/8OZ	105	4.9	18.6	1.4	0.1	6	65	169	1
4472 YOGURT,LO FAT,11GPRO/8OZ	85	4.9	13.8	1.2	0.0	5	66	171	1
4473 YOGURT,LO FAT,12GPRO/8OZ	63	5.2	7.0	1.6	0.0	6	70	183	1
4474 YOGURT,PLAIN,8GPRO/8OZ	61	3.5	4.7	3.2	0.0	13	46	121	0
4475 YOGURT,SKIM,13GPRO/8O	56	5.7	7.7	0.2	0.0	2	76	199	1
4476 ZWIEBACK	426	10.1	74.2	9.7	0.2	21	232	20	6

