

Sheet1

FOODNAME,C,32	CALORIES,N,3,0
100% BRAN CEREAL	269
100% NATURAL W/APPLE + CINNAMON	459
40% BRAN FLAKES, POST	324
40% BRAN FLAKES,RALSTON PURINA	324
ABALONE,RAW	105
ACEROLA,RAW	32
ACORN,FLOUR,FULL FAT	501
ALFALFA,SPROUTED,RAW	29
ALL CUTS,LEAN+FAT,RAW	287
ALLSPICE GROUND	263
ALMOND,BUTTER,HONEY+CINN	602
ALMOND,BUTTER,W/SALT	633
ALMOND,DRIED,BLANCHED	586
ALMOND,DRY,ROASTED,W/SALT	587
ALMOND,MEAL,W/SALT	408
ALMOND,OIL,ROASTED,BLANCHED	613
ALMOND,OIL,ROASTED,W/SALT	618
ALMOND,POWDER,FULL FAT	592
ALMOND,TOASTED	589
AMARANTH	374
AMARANTH,BOILED,W/SALT	21
ANCHOVY,CANNED,OIL,DRAINED	210
ANIMAL CRACKERS	446
ANTELOPE,RAW	114
APPLE BETTY,JUNIOR	70
APPLE BROWN BETTY	151
APPLE JACKS	387
APPLE JUICE,CANNED,W/ASC ACID	47
APPLE JUICE,FROZEN,CONC,W/ASC	166
APPLE JUICE,FROZEN,DILUT,W/ASC	47
APPLE SAUCE,CANNED,SWEET,W/ASC	76
APPLE SAUCE,CANNED,UNSWT,W/ASC	43
APPLE+APRICOT,JUNIOR	47
APPLE+BLUEBERRY,JUNIOR	62
APPLE+CHERRIES,JUNIOR	48
APPLE+CHERRY,JUICE,BABY	41
APPLE+PEACH JUICE,BABY	42
APPLE+PNAPPL,JUNIOR	39
APPLE+PRUNE,JUICE,BABY	73
APPLE+RASPBERRY,STRAINED	58
APPLE,CANNED,SWEETENED	67
APPLE,COOKED,MICROWAVE	56
APPLE,DEHYD,SULFUR,COOKED	74
APPLE,DRIED,COOKED,WO/SUGAR	57
APPLE,FROZEN,UNSWEETENED	48
APPLE,RAW,W/SKIN	59
APPLESAUCE,JUNIOR	37
APRICOT NECTR,CANNED,W/ASC ACID	56

APRICOT WITH TAPIOCA,STRAINED	60
APRICOT,CANNED,HVY SYRUP,WO/SKN	83
APRICOT,CANNED,W/JUICE,W/SKIN	48
APRICOT,CANNED,W/WATER,WO/SKIN	22
APRICOT,CND,XTRA LT SYRUP,W/SKN	49
APRICOT,DEHYDRATED,SULFUR,CKD	126
APRICOT,DRIED,COOKED,WO/SUGAR	85
APRICOT,FROZEN,SWEETENED	98
APRICOT,RAW	48
ARM,LEAN+FAT,ALL GRDS,BRSD	350
ARM,LEAN+FAT,CHOICE,BRSD	354
ARM,LEAN+FAT,GOOD,BRAISED	337
ARM,LEAN+FAT,PRIME,BRAISED	391
ARM,LEAN,ALL GRADES,RAW	135
ARM,LEAN,CHOICE,BRAISED	318
ARM,LEAN,GOOD,BRAISED	222
ARM,LEAN,PRIME,BRAISED	261
ARROWHEAD,BOILED	78
ARROWHEAD,RAW	99
ARTICHOKES,BOILED	50
ARTICHOKES,FROZEN,BOILED	45
ARTICHOKES,FROZEN,UNPREPARED	38
ARTICHOKES,RAW	47
ASPARAGUS,BOILED,W/SALT	25
ASPARAGUS,CANNED,LO NA	14
ASPARAGUS,FROZEN,BOILED	28
ASPARAGUS,FROZEN,UNPREPARED	24
AVOCADO,RAW,ALL VARIETIES	161
AVOCADO,RAW,FLORIDA	112
BAKING POWDER	103
BALSAM,PEAR LEAF,RAW	30
BALSAM,PEAR POD,RAW	17
BALSAM,PEAR,POD,BOILED,W/SALT	19
BAMBOO,SHOOTS,BOILED	12
BAMBOO,SHOOTS,RAW	27
BANANA WITH TAPIOCA,STRAINED	57
BANANA,PNAPPL+TAPIOCA,JUNIOR	65
BANANA,RAW	92
BARBECUE LOAF,PORK/BEEF	173
BARLEY,DRY,BABY CEREAL	365
BARLEY,PEARLED,COOKED	123
BARRACUDA,PACIFIC,RAW	113
BASS,FRESHWATER	114
BAY LEAF,CRUMBLLED	313
BEANS,ADZUKI,COOKED,W/SALT	128
BEANS,ADZUKI,YOKAN	260
BEANS,BABY LIMA,COOKED,W/SALT	126
BEANS,BAKED,CANNED,PLAIN	93
BEANS,BAKED,CANNED,W/FRANKS	142

BEANS,BAKED,CND,PORK&SWEET SAUC	111
BEANS,BAKED,HOME PREPARED	151
BEANS,BLACK TURTLE SOUP,CKD,NO	130
BEANS,BLACK TURTLE SOUP,RAW	339
BEANS,BLACK,COOKED,W/SALT	132
BEANS,BROADBEAN,BOILED	56
BEANS,BROADBEAN,CANNED	71
BEANS,BROADBEAN,COOKED,W/SALT	110
BEANS,BROADBEAN,RAW	72
BEANS,CRANBERRY,COOKED,NO SALT	136
BEANS,CRANBERRY,RAW	335
BEANS,FRENCH,COOKED,W/SALT	129
BEANS,GREAT NORTHN,CANNED	114
BEANS,GREAT NORTHN,COOKED,W/SAL	118
BEANS,GREEN,CANNED,DIET,DRN	20
BEANS,GREEN,CREAMED,STRAINED	32
BEANS,GREEN,STRAINED	25
BEANS,GREEN,W/BUTTER,STRAINED	33
BEANS,HYACINTH,BOILED W/SALT	50
BEANS,HYACINTH,COOKED,W/SALT	117
BEANS,KIDNEY,ALL TYP,RAW	333
BEANS,KIDNEY,ALL,COOKED,W/SALT	127
BEANS,KIDNEY,CA RED,COOKED,W/SA	124
BEANS,KIDNEY,RED,CANNED	85
BEANS,KIDNEY,RED,COOKED,W/SALT	127
BEANS,KIDNEY,RYL RED,CKD,NO SAL	123
BEANS,KIDNEY,RYL RED,RAW	329
BEANS,LARGE LIMA,COOKED,NO SALT	115
BEANS,LARGE LIMA,RAW	338
BEANS,LIMA,BABY,FROZEN,BOILED	105
BEANS,LIMA,BOILED,W/SALT	123
BEANS,LIMA,CANNED,SOL&LIQ	75
BEANS,LIMA,FORD,FROZEN,BOILED	100
BEANS,LIMA,FROZEN,FRDH,BLD,SALT	100
BEANS,MOTH,COOKED,NO SALT	117
BEANS,MOTH,RAW	343
BEANS,MUNG,COOKED,W/SALT	105
BEANS,NAVY,CANNED	113
BEANS,NAVY,COOKED,W/SALT	142
BEANS,PINK,COOKED,NO SALT	149
BEANS,PINK,RAW	343
BEANS,PINTO,CANNED	78
BEANS,PINTO,COOKED,W/SALT	137
BEANS,PINTO,FROZEN,UNPRP	170
BEANS,REFRIED,CANNED	107
BEANS,SMALL WHITE,CKD,NO SALT	142
BEANS,SMALL WHITE,RAW	336
BEANS,SNAP,GREAT,CANNED,DRAINED	20
BEANS,SNAP,GREAT,CANNED,SOL&LIQ	15

BEANS,SNAP,GREEN,BOILED	35
BEANS,SNAP,GREEN,FROZEN,BOILED	26
BEANS,SNAP,YELLOW,BOILED	35
BEANS,SNAP,YELLOW,CANNED,DRND	20
BEANS,SNAP,YELLOW,CND,DT,SOL&LQ	15
BEANS,SNAP,YELLOW,FROZEN	33
BEANS,SNAP,YELLOW,FRZ,BLD,W/SAL	26
BEANS,SPROUTS,KIDNEY,BLD,W/SALT	33
BEANS,SPROUTS,KIDNY,RAW	29
BEANS,SPROUTS,MUNG,BOILED,W/SAL	21
BEANS,SPROUTS,MUNG,RAW	30
BEANS,SPROUTS,NAVY,BOILED	78
BEANS,SPROUTS,NAVY,RAW	67
BEANS,SPROUTS,PINTO,BOILED	22
BEANS,WHITE,CANNED	117
BEANS,WHITE,COOKED,W/SALT	139
BEANS,WINGED,BOILED	38
BEANS,WINGED,COOKED,W/SALT	147
BEANS,WINGED,RAW	409
BEANS,WINGED,W/SALT	38
BEANS,YAMBEAN,BOILED,W/SALT	46
BEANS,YARDLONG,BOILED	47
BEANS,YARDLONG,COOKED,NO SALT	118
BEANS,YARDLONG,RAW	347
BEANS,YELLOW,COOKED,W/SALT	144
BEAR,RAW	161
BEAVER,RAW	146
BEECHNUT,DRIED	576
BEEF STEW,TODDLER	51
BEEF+EGG NOODLE,STRAINED	53
BEEF,JUNIOR,BABY	106
BEEF,WITH BEEF HEART,STRAINED	94
BEEFALO,ROASTED	188
BEER,REGULAR	41
BEERWURST,BEERSALAMI	329
BEETS,BOILED	31
BEETS,CANNED,DRAINED	31
BEETS,CANNED,SOLID+LIQUID	29
BEETS,GREENS,BOILED,W/SALT	27
BEETS,HARVARD,CND,SOLID+LIQUID	73
BEETS,RAW	44
BERLINER,PORK/BEEF	230
BISCUIT,DOUGH,ENRICHED,FROZEN	327
BISCUIT,HOME,ENRICHED,VEG SHORT	369
BISCUIT,MIX,COOKED,ENRICHED	325
BISCUIT,MIX,ENRICHED,DRY	424
BISCUIT,PLAIN	373
BISCUIT,W/EGG	232
BISCUIT,W/EGG,CHEESE,BACON	331

BISCUIT,W/EGG,SAUSAGE	323
BISCUIT,W/HAM	342
BISCUIT,W/STEAK	323
BISON,ROASTED	143
BLACKBERRY,CANNED,HEAVY SYRUP	92
BLACKBERRY,RAW	52
BLADE,LEAN+FAT,ALL GRDS,RAW	284
BLADE,LEAN+FAT,CHOICE,RAW	291
BLADE,LEAN+FAT,GOOD,RAW	260
BLADE,LEAN+FAT,PRIME,RAW	328
BLADE,LEAN,ALL GRADES,RAW	164
BLADE,LEAN,CHOICE,RAW	168
BLADE,LEAN,GOOD,RAW	152
BLOOD SAUSAGE	378
BLUEBERRY,CANNED,HEAVY SYRUP	88
BLUEBERRY,FROZEN,UNSWEETENED	51
BLUEFISH,RAW	124
BOAR,WILD,ROASTED	160
BOLOGNA	312
BOLOGNA,BEEF/PORK	316
BOLOGNA,TURKEY	199
BORAGE,BOILED,W/SALT	25
BOSTON BROWNBREAD,WHITE	211
BOUILLON,BEEF,PREPARED	8
BOUILLON,DEHY	238
BOYSENBERRY,CANNED,HEAVY SYRUP	88
BRAIN,PAN-FRIED	196
BRAIN,SIMMERED	160
BRAN CHEX	319
BRAUNSCHWEIGER,PORK	359
BREAD,CRACKED WHEAT	263
BREAD,CRUMBS,DRY,GRATED	392
BREAD,FRENCH,UNENR,TOAST	338
BREAD,FRENCN/VIENNA,ENRICHED	290
BREAD,ITALIAN,UNENRICHED	276
BREAD,RAISIN,TOAST	316
BREAD,RYE,AMERICAN,TOAST	282
BREAD,SALT RISING	267
BREAD,STUFFING MIX,DRY	371
BREAD,STUFFING,MIX,COOKE,W/EGG	208
BREAD,WHITE,ENR,3-4%MS,TOAST	314
BREAD,WHITE,ENRICHED,1-2%NFDM	269
BREAD,WHITE,ENRICHED,5-6%NFDM	275
BREAD,WHITE,UNENR,1-2%NFDM	269
BREAD,WHITE,UNENR,3-4%NFDM	270
BREAD,WHITE,UNENRICHED,5-6%NFDM	275
BREAD,WHOLE WHEAT,2%NFDM	243
BREAD,WHOLE WHEAT,W/WATER,TOAST	287
BREADFRUIT SEED,RAW	191

BREADFRUIT,RAW	103
BREADNUT TREE SEED,RAW	217
BREAKFAST STRIP,RAW	406
BRISKET,BOTTOM,LEAN+FAT,RAW	295
BRISKET,BOTTOM,LEAN,RAW	135
BRISKET,CORNED,COOKED	251
BRISKET,LEAN+FAT,BRAISED	391
BRISKET,LEAN,BRAISED	241
BRISKET, TOP, LEAN+FAT, BRSD	408
BRISKET, TOP, LEAN, BRAISED	263
BROCCOLI,BOILED,W/SALT	28
BROCCOLI,FROZEN,CHOPPED	26
BROCCOLI,FROZEN,CHOPPED,BOILED	28
BROCCOLI,FROZEN,SPEARS,BOILED	28
BROCCOLI,LEAVES,RAW	28
BROCCOLI,STALKS,RAW	28
BROTH,BEEF,CUBE,DEHY	170
BROTH,BEEF,READY TO SERVE	7
BROTH,CHICKEN,CONDENSED	31
BROTH,CHICKEN,DRY,W/WATER	9
BROTH,VEG,BEEF,BROTH,CONDENSED	66
BROWNIE	405
BROWNIE,MIX,EGGS,NUTS,BAKED	428
BROWNIE,MIX,NUTS,BAKED	403
BROWNIE,NUTS,FROZEN,COMMERCIAL	419
BRUSSELS SPROUTS,BOILED	39
BRUSSELS SPROUTS,FROZEN	41
BRUSSELS SPROUTS,FRZ,BLD,W/SALT	42
BUCKWHEAT	343
BUCKWHEAT,GROATS	346
BUFFALO,WATER,RAW	99
BULGAR,COOKED	83
BURBOT,RAW	90
BURDOCK ROOT,BOILED,W/SALT	88
BURRITO,W/BEANS	206
BURRITO,W/BEANS,CHEESE,BEEF	163
BURRITO,W/BEANS,MEAT	220
BURRITO,W/BEEF	238
BURRITO,W/BEEF,PEPPER	212
BUTTER OIL,ANHYDROUS	876
BUTTER,UNSALTED	717
BUTTERBUR,BOILED	8
BUTTERBUR,CANNED	3
BUTTERFISH,RAW	146
BUTTERMILK,DRIED,SWEET	387
C.W. POST W/RAISINS	433
CABBAGE,BOILED	21
CABBAGE,PAK-CHOI,BOILED	12
CABBAGE,PE-TSAI,BOILED	14

CABBAGE,PE-TSAI,RAW	16
CABBAGE,RED,BOILED	21
CABBAGE,RED,RAW	27
CABBAGE,SAVOY,BOILED,W/SALT	24
CABBAGE,SWAMP,BOILED	20
CABBAGE,SWAMP,RAW	19
CAKE,ANGELFOOD,UNENRICHED,HOME	269
CAKE,CARAMEL,ENRICHED,BUTTER,IC	361
CAKE,CARAMEL,UNENRICHED,BUTTER	362
CAKE,CARML,ENRICHED,VEG SHRTNIN	385
CAKE,CARML,UNENRICHED,VEG SHRTN	385
CAKE,CHOC,ENRICHED,BUTTER	349
CAKE,CHOC,ENRICHED,VEG SHRTNING	366
CAKE,CHOC,UNENR,ICING,VEG SHRT	369
CAKE,CHOC,UNENRICHED,BUTTER	349
CAKE,CHOC,W/ICING,ENR,VEG SHRT	369
CAKE,CHOC,W/ICN,UNENR,VEG SHRT	369
CAKE,COFFEE,MIX,EGG,MILK,ENR	322
CAKE,COTTAGE PUD,ENR,SCE,BUTTER	307
CAKE,COTTAGE PUDDING,ENR,BUTTER	329
CAKE,DANISH,CHEESE	388
CAKE,DANISH,FRUIT	356
CAKE,DEVILFOOD,FRZ,CREAM FILLED	371
CAKE,DEVILFOOD,MIX,DRY,ENRICHED	406
CAKE,IC,MIX,CHOC FUDGE,SFT MARG	378
CAKE,IC,MIX,CRM FUDGE,WTR,BUTTR	383
CAKE,IC-MIX,CREAM FUDGE,DRY	386
CAKE,ICING,CHOCOLATE	376
CAKE,ICING,MIX,CHOC FUDGE,DRY	409
CAKE,ICING,WHITE,UNCOOKED	376
CAKE,MARBLE,MIX,DRY,ENRICHED	425
CAKE,MIX,ANGELFOOD,DRY,ENRICHED	385
CAKE,MIX,WHITE,DRY,ENRICHED	434
CAKE,MIX,YELLOW,DRY	438
CAKE,PLAIN,ENR,BUTTER,ICING	358
CAKE,PLAIN,ENR,VEG SHRTNING,IC	367
CAKE,PLAIN,UNENR,VEG SHRT,IC	352
CAKE,PLAIN,UNENRICHED,BUT,ICING	342
CAKE,POUND,EQL WTS,ENR,BUTTER	482
CAKE,POUND,EQL WTS,UNENR,BUTTER	437
CAKE,POUND,EQL WTS,UNENR,VEG SH	482
CAKE,POUND,MODIFIED,ENR,VEG SH	411
CAKE,POUND,MODIFIED,UNENR,VG SH	411
CAKE,POUND,UNEQL WTS,ENR,BUTTER	437
CAKE,POUND,UNEQL WTS,UNENR,BUTT	437
CAKE,SPONGE,ENRICHED	297
CAKE,WHITE,ENRICHED,BUTTER	349
CAKE,WHITE,ICING,ENR,BUTTER	356
CAKE,WHITE,ICING,UNENR,BUTTER	356

CAKE,WHITE,MIX,BKD,CHOC IC,ENR	351
CAKE,WHITE,UNENRICHED,BUTTER	349
CAKE,WHT,C'NUT IC,ENR,VEG SHR	371
CAKE,WHT,C'NUT IC,UNENR,VEG SHR	371
CAKE,YEL,CARM IC,ENR,VEG SHR	362
CAKE,YEL,CARM IC,UNENR,VEG SHR	362
CAKE,YEL,CHOC IC,ENR,VEG SHR	365
CAKE,YEL,CHOC IC,UNENR,VEG SHR	365
CAKE,YEL,ENRICHED,VEG SHRTNING	363
CAKE,YEL,UNENRICHED,VEG SHRTNIN	363
CANDY,CARAMEL ROLL,CHOC FLAVOR	396
CANDY,CARAMEL,CHOC,PLAIN,NUTS	428
CANDY,CHOC COATED,COCONUT	438
CANDY,CHOC COATED,FUDGE	430
CANDY,CHOC COATED,NOUGAT&CARM	416
CANDY,CHOC COATED,PEANUTS	561
CANDY,CHOC COATED,VANILLA CREAM	435
CANDY,CHOC,FUDGE&COAT,NUTS	452
CANDY,CHOC,SWEET	528
CANDY,FUDGE,CHOC	400
CANDY,FUDGE,VANILLA	398
CANDY,GUM DROPS	347
CANDY,JELLY BEANS	367
CANDY,MILKCHOC,ALMONDS	532
CANDY,MILKCHOC,PLAIN	520
CANDY,PEANUT BRITTLE	421
CAPN CORN CRUNCHBERRYS	417
CAPON,FLESH/SKIN,RAW	234
CAPON,GIBLETS,RAW	130
CAPON,WHOLE,RAW	232
CARAMBOLA,RAW	33
CARAMEL PUDDING,STRAINED	77
CARCASS,LEAN+FAT,CHOICE,RAW	292
CARDAMOM,GROUND	311
CARDOON,BOILED,W/SALT	22
CARIBOU,RAW	127
CARISSA,RAW	62
CAROB FLAVOR BEVERAGE,W/MILK	76
CARP RAW	127
CARROT JUICE,CANNED	40
CARROTS,BOILED,W/SALT	45
CARROTS,CANNED,DRAINED	23
CARROTS,CANNED,SOLID+LIQUID	23
CARROTS,FROZEN,BOILED	36
CARROTS,FROZEN,UNPREPARED	39
CARROTS,RAW	43
CARROTS,W/BUTTER,STRAINED	36
CASHEW,BUTTER,W/SALT	587
CASHEW,DRY,ROASTED,W/SALT	574

CASHEW,OIL,ROASTED,W/SALT	576
CATFISH,CHANNEL,BREADED+FRIED	229
CATSUP	104
CAULIFLOWER,BOILED	24
CAULIFLOWER,FROZEN,BLD,W/SALT	19
CAULIFLOWER,FROZEN,UNPREPARED	24
CAVIAR,BLACK/RED,GRANULAR	252
CELERIAC,BOILED	25
CELERIAC,RAW	39
CELERY,BOILED	18
CELERY,RAW	16
CEREAL+EGG YOLK,JUNIOR	52
CEREAL+EGGS,STRAINED	58
CEREAL,EGG,BACON,STRAINED	79
CHARD,SWISS,BOILED,W/SALT	20
CHARLOTTE RUSSE	286
CHAYOTE,FRUIT,BOILED,W/SALT	24
CHEERIOS	391
CHEESE STRAW,VEG-SHRTNING	453
CHEESE,BRICK	371
CHEESE,CAMEMBERT	300
CHEESE,CHEDDAR	403
CHEESE,COLBY	394
CHEESE,COTTAGE,2% FAT	90
CHEESE,COTTAGE,DRY CURD	85
CHEESE,CREAM	349
CHEESE,FETA	264
CHEESE,FOOD,AMERICAN,NA2PO4	328
CHEESE,FOOD,PAST PROC AMERICAN	328
CHEESE,GJETOST	466
CHEESE,GRUYERE	413
CHEESE,MONTEREY	373
CHEESE,MOZZARELA,LO H20,WHOLE	318
CHEESE,MOZZARELA,WHOLE MILK	281
CHEESE,NEUFCHATEL	260
CHEESE,PARMESAN,HARD	392
CHEESE,PAST PROCESSED AMERICAN	375
CHEESE,PAST PROCESSED SWISS	334
CHEESE,PROC AMERICAN NA2P04	375
CHEESE,PROVOLONE	351
CHEESE,RICOTTA,WHOLE MILK	174
CHEESE,ROQUEFORT	369
CHEESE,SPRED,PAST PROC AMERICAN	290
CHEESE,TILSIT,WHOLE MILK	340
CHEESEBURGER,DBL MEAT,DBL BUN	288
CHEESEBURGER,LRG,BACON,CONDIMN	312
CHEESEBURGER,LRG,DBL MEAT,VEG	273
CHEESEBURGER,LRG,PLAIN	329
CHEESEBURGER,PLAIN	313

CHEESEBURGER,W/CONDIMNT,VEG	233
CHERIMOYA,RAW	94
CHERRY VANILLA PUDDING,JUNIOR	69
CHERRY,SOUR,CANNED,HEAVY SYRUP	91
CHERRY,SOUR,CANNED,W/WATER	36
CHERRY,SOUR,FROZEN,UNSWEETENED	46
CHERRY,SWEET,RAW	72
CHERRY,SWEETENED,CANNED,W/WATE	46
CHERRY,SWEETENED,CND,HVY SYRUP	83
CHERRY,SWEETENED,FRZ SWEETENED	89
CHERVIL,RAW	57
CHESTNUT,CHINESE,BOILED	153
CHESTNUT,CHINESE,RAW	224
CHESTNUT,EUROPEAN,BOILED	131
CHESTNUT,EUROPEAN,DRY,W/SHELL	374
CHESTNUT,EUROPEAN,RAW,W/SHELL	213
CHESTNUT,JAPANESE,BOILED	56
CHESTNUT,JAPANESE,RAW	154
CHEWING GUM	317
CHICKEN ALA KING,HOME,COOKED	191
CHICKEN SOUP,STRAINED	50
CHICKEN STICKS,JUNIOR	188
CHICKEN+NOODLES,HOME,COOKED	153
CHICKEN,BACK,NO SKIN,FRIED	288
CHICKEN,BACK,NO SKIN,ROASTED	239
CHICKEN,BACK,W/SKIN,BAT FRIED	331
CHICKEN,BACK,W/SKIN,RAW	319
CHICKEN,BACK,W/SKIN,STEWED	258
CHICKEN,BREAST,NO SKIN,RAW	110
CHICKEN,BREAST,NO SKIN,ROASTED	165
CHICKEN,BREAST,W/SKIN,FLR FRIED	222
CHICKEN,BREAST,W/SKIN,ROASTED	197
CHICKEN,BREAST,W/SKN,BATR FRIED	260
CHICKEN,DARK,NO SKIN,FRIED	239
CHICKEN,DARK,NO SKIN,ROASTED	205
CHICKEN,DARK,W/SKIN,BAT FRIED	298
CHICKEN,DARK,W/SKIN,RAW	237
CHICKEN,DARK,W/SKIN,STEWED	233
CHICKEN,DRUM,NO SKIN,RAW	119
CHICKEN,DRUM,NO SKIN,STEWED	169
CHICKEN,DRUM,W/SKIN,ROASTED	216
CHICKEN,DRUM,W/SKN,BATTER FRIED	268
CHICKEN,FILLET,SANDWICH,PLAIN	283
CHICKEN,FLESH/SKIN,BATTER FRIED	289
CHICKEN,FLESH/SKIN,RAW	215
CHICKEN,FLESH/SKIN,STEWED	219
CHICKEN,FRIED,DARK MEAT	291
CHICKEN,FRIED,NO BONE	284
CHICKEN,GIBLET,RAW	124

Sheet1

CHICKEN,GIZZARD,RAW	118
CHICKEN,HEART,RAW	153
CHICKEN,JUNIOR,BABY	149
CHICKEN,LEG,NO SKIN,RAW	120
CHICKEN,LEG,NO SKIN,STEWED	185
CHICKEN,LEG,W/SKIN,FLOUR FRIED	254
CHICKEN,LEG,W/SKIN,ROASTED	232
CHICKEN,LIGHT,NO SKIN,FRIED	192
CHICKEN,LIGHT,NO SKIN,ROASTED	173
CHICKEN,LIGHT,W/SKIN,BAT FRIED	277
CHICKEN,LIGHT,W/SKIN,RAW	186
CHICKEN,LIGHT,W/SKIN,STEWED	201
CHICKEN,LIVER,PATE,CANNED	201
CHICKEN,LIVER,SIMMERED	157
CHICKEN,MEAT ONLY,RAW	119
CHICKEN,MEAT ONLY,STEWED	177
CHICKEN,NECK,NO SKIN,RAW	154
CHICKEN,NECK,W/SKIN,FLOUR FRIED	332
CHICKEN,NECK,W/SKIN,STEWED	247
CHICKEN,PIECE,MUSTARD SAUCE	248
CHICKEN,PIECE,W/BBQ	254
CHICKEN,ROASTER,DARK MEAT,RAW	113
CHICKEN,ROASTER,GIBLET,RAW	127
CHICKEN,ROASTER,LIGHT MEAT,RAW	109
CHICKEN,ROASTER,NO SKIN,RAW	111
CHICKEN,ROASTER,W/SKIN,RAW	216
CHICKEN,ROASTER,WHOLE,ROASTED	220
CHICKEN,SKIN,BATTER FRIED	394
CHICKEN,SKIN,RAW	349
CHICKEN,SKIN,STEWED	363
CHICKEN,SPREAD,CANNED	192
CHICKEN,STEWER,DARK MEAT,STEWED	258
CHICKEN,STEWER,GIBLET,STEWED	194
CHICKEN,STEWER,LT MEAT,STEWED	213
CHICKEN,STEWER,NO SKIN,STEWED	237
CHICKEN,STEWER,W/SKIN,STEWED	285
CHICKEN,STEWER,WHOLE,STEWED	276
CHICKEN,THIGH,NO SKIN,FRIED	218
CHICKEN,THIGH,NO SKIN,ROASTED	209
CHICKEN,THIGH,W/SKIN,BATR FRIED	277
CHICKEN,THIGH,W/SKIN,RAW	211
CHICKEN,THIGH,W/SKIN,STEWED	232
CHICKEN,WHOLE,BATTER FRIED	291
CHICKEN,WHOLE,RAW	213
CHICKEN,WHOLE,STEWED	216
CHICKEN,WING,NO SKIN,RAW	126
CHICKEN,WING,NO SKIN,STEWED	181
CHICKEN,WING,W/SKIN,RAW	222
CHICKEN,WING,W/SKIN,STEWED	249

CHICKENROLL,LIGHT MEAT	159
CHICORY,ROOTS,RAW	73
CHILI POWDER	314
CHILI,CON CARNE	101
CHIMICHANGA,W/BEEF	244
CHIMICHANGA,W/BEEF,CHSE,PEPPER	202
CHIVES,FREEZE-DRIED	311
CHOCOLATE FLAVOR BEV,W/MILK	85
CHOCOLATE MALT & MILK,NOT FORT	86
CHOCOLATE MALT(FORT) & MILK	85
CHOCOLATE MIX,DRY,ENRICHED	412
CHOCOLATE PUDDING,JUNIOR	89
CHOCOLATE SHAKE(FASTFOOD)	127
CHOCOLATE SYRUP & MILK,NOT FORT	82
CHOCOLATE SYRUP NOT FORTIFIED	218
CHOP SUEY,MEAT,CANNED	62
CHORIZO,PORK/BEEF	455
CHOW MEIN,CHICKEN,HOME	102
CHOWCHOW,PICKLE,SWEET	116
CHOWDER,CLAM,NEW ENGLND,CONDNS	70
CHOWDER,CLAM,NEW ENGLND,W/MILK	66
CHOWDER,MANHATTAN,CLAM,CHUNKY	56
CHRYSANTHEMUM,BOILED	20
CHRYSANTHEMUM,RAW	17
CISCO,RAW	98
CITRON,CANDIED	314
CITRUS DRINK,RECONSTITUDED	46
CLAM,BOILED/STEAMED	148
CLAM,CANNED,DRAINED	148
CLAM,RAW	74
CLOVES,GROUND	323
COCOA KRISPIES	387
COCOA MIX & WATER,FORTIFIED	57
COCOA MIX,LO CALORIE,ASPARTAM	319
COCOA MIX,NOT FORTIFIED	361
COCOA,HI-FAT,DRY	299
COCOA,LOW-FAT,DRY	187
COCONUT,CREAM,CANNED	192
COCONUT,DRIED,CREAMED	684
COCONUT,DRIED,SWEET,FLAKES	474
COCONUT,DRIED,TOASTED	592
COCONUT,MEAT,RAW	354
COCONUT,MILK,FROZEN	202
COCONUT,WATER	19
COD,ATLANTIC,CANNED,SOL+LIQ	105
COD,ATLANTIC,RAW	82
COFFEE & SUGAR,CAPPUCINO,POWDER	437
COFFEE & SUGAR,FRENCH,POWDER	499
COFFEE & SUGAR,MOCHA,POWDER	441

COFFEE LIQUEUR W/CREAM	327
COFFEE LIQUEUR,63 PROOF	308
COFFEE WHITENER,POWDERED	546
COFFEE,BREWED	2
COFFEE,DECAFFINATED,POWDER	224
COFFEE,INSTANT,POWDER	241
COFFEE,SUBSTITUTE+MILK	65
COFFEE,SUBSTITUTE,POWDER	372
COFFEE,W/CHICKORY,PREPARED	4
COLA,LO CAL,ASPARTAM	1
COLA,LO CAL,SACCHARIN+ASPARTAM	1
COLESLAW	69
COLLARDS,BOILED,W/SALT	27
COLLARDS,FROZEN,BOILED,W/SALT	36
COLLARDS,RAW	31
CONSOMME,W/GEL,CONDENSED	24
CONSOMME,W/GEL,W/WATER	12
COOKIES,ARROWROOT	442
COOKIES,BABY FOOD	433
COOKIES,CHOC CHIP	423
COOKIES,CHOC CHIP,HOME	516
COOKIES,COCONUT BARS	494
COOKIES,DOUGH,CHILLED,RAW	449
COOKIES,GINGERSNAPS	420
COOKIES,MACAROONS	475
COOKIES,MIX,PLAIN,BAKED	493
COOKIES,MOLASSES	422
COOKIES,PEANUT	473
COOKIES,SANDWICH TYPE	495
COOKIES,SUGAR WAFERS	485
COOKIES,SUGAR,VEG SHRTNING	444
CORIANDER LEAF,DRIED	279
CORIANDER,RAW	20
CORN CHEX	392
CORN FLAKES,LOW NA	399
CORN FRITTERS,WHITE	377
CORN GRITS,COOKED	60
CORN ON COB,BUTTER	106
CORN PONE,VEG SHORT	204
CORN,COOKED	126
CORN,CREAMED,STRAINED	57
CORN,FLOUR,MASA,ENRICHED	365
CORN,FLOUR,WHOLE,WHITE	361
CORN,JELLIED LOAF	153
CORN,RED+GREEN PEPPER,CANNED	75
CORN,SWEET,WHITE,FROZEN KERNEL	88
CORN,SWEET,YELLOW,RAW	86
CORN,WHITE,BOILED	108
CORN,WHITE,CANNED,CRMD STYLE	72

CORN,WHITE,CANNED,DRAINED	81
CORN,WHITE,CANNED,VAC PACK	79
CORN,WHITE,COB,FROZEN	98
CORN,WHITE,COB,FROZEN,BOILED	93
CORN,WHITE,FROZEN,KERNEL,BOILED	81
CORN,YELLOW	365
CORN,YELLOW,CANNED,CRMD STYLE	72
CORN,YELLOW,CANNED,SOLID+LIQUID	61
CORN,YELLOW,COB,BOILED,W/SALT	93
CORN,YELLOW,FROZEN,COB	98
CORN,YELLOW,FROZEN,KERNEL	88
CORNBREAD,JOHNNY CAKE	267
CORNBREAD,MIX,DRY	432
CORNBREAD,VEG SHORT	207
CORNDOG	263
CORNMEAL,DEGERMED,ENR,WHITE	366
CORNMEAL,DEGERMED,WHITE	366
CORNMEAL,SELF RSNG,ENR,WHITE	334
CORNMEAL,WHITE,SELF RSNG,W/FLR	348
CORNMEAL,WHOLE,YELLOW	362
CORNSTARCH	381
COTTAGE CHEESE,PNAPPL,STRAINED	116
COTTONSEED,FLOUR,PART DEFATTED	359
COTTONSEED,MEAL,PART DEFATTED	367
COUSCOUS,DRY	376
CRAB,BAKED	147
CRAB,BLUE,CAKES	155
CRAB,BLUE,RAW	87
CRAB,DEVILED	188
CRAB,IMPERIAL	147
CRAB,KING,IMITATION,SURIM	102
CRAB,SOFT SHELL,FRIED	267
CRACKER,ANIMAL	429
CRACKER,CHEESE	479
CRACKER,GRAHAM,HONEY COATED	411
CRACKER,SALTINES	433
CRACKER,SODA	439
CRACKLIN' BRAN	382
CRANBERRY COCKTAIL,FROZEN,CONC	189
CRANBERRY COCKTAIL,RECONSTITUT	55
CRANBERRY SAUCE,CND,SWEETENED	151
CRANBERRY+APRICOT DRINK	64
CRANBERRY,DEHYDRATED,RAW	368
CRANBERRY-ORANGE RELISH,CANNED	178
CRAYFISH,RAW	89
CREAM OF RICE,COOKED,W/NA	52
CREAM OF RICE,DRY	370
CREAM OF WHEAT,INSTANT,DRY	366
CREAM OF WHEAT,MIX&EAT,FLAV,DRY	373

CREAM OF WHEAT,MIX&EAT,PLN,DRY	361
CREAM OF WHEAT,QUICK,CKD,W/NA	54
CREAM OF WHEAT,QUICK,DRY	361
CREAM OF WHEAT,REGULAR,CKD,W/NA	53
CREAM PUFFS	233
CREAM,HALF AND HALF	130
CREAM,MEDIUM,25% FAT	244
CREAM,WHIP,PRESSURIZED	257
CREME DE MENTHE	371
CRESS,GARDEN,BOILED,W/SALT	23
CRISPY RICE CEREAL	396
CRISPYRICE,LOW NA	402
CROAKER,ATLANTIC,RAW	104
CROISSANT,W/EGG,CHEESE,BACON	320
CROISSANT,W/EGG,CHEESE,SAUSAGE	327
CUMIN SEED	375
CUPCAKE,MIX,EGG,MILK,ENRICHED	350
CURED,THIN SLICED	177
CURRANT,RED/WHITE RAW	56
CURRY POWDER	325
CUSTARD,BAKED	115
CUTTLEFISH,RAW	79
DAIQUIRI,CANNED	125
DAIRY DRINK,MIX,ASPARTAM	298
DANDELION,GREENS,BOILED,W/SALT	33
DATES,DOMESTIC,NATURAL,DRY	275
DEER,ROASTED	158
DESSERT WINE,SWEET	153
DESSERT,MIX,RENIN,DRY	387
DILL WEED,DRIED	253
DISTILLED SPIRITS 80 PROOF	231
DISTILLED SPIRITS 90 PROOF	263
DOCK,BOILED	20
DOCK,RAW	22
DOUGHNUT,YEAST,PLAIN	414
DOUGHNUTS,YEAST,GLAZED	405
DRIED,CURED	165
DRY SALAMI,PORK	407
DUCK,FLESH ONLY,RAW	132
DUCK,FLESH/SKIN,RAW	404
DUCK,LIVER,RAW	136
DUCK,WILD,FLESH/SKIN,RAW	211
DUTCH APPLE,STRAINED	68
ECLAIRS	239
EEL,RAW	184
EGG SUBSTITUTE,FROZEN	160
EGG SUBSTITUTE,POWDER	444
EGG WHITE,DRIED,POWDERED	376
EGG YOLKS,STRAINED,BABY	203

EGG,CHICKEN,WHOLE,FRIED	199
EGG,CHICKEN,WHOLE,OMELET	152
EGG,CHICKEN,WHOLE,RAW	149
EGG,CHICKEN,YOLK,FROZEN	309
EGG,CHICKEN,YOLK,RAW	358
EGG,GOOSE,WHOLE	185
EGG,TURKEY,WHOLE	171
EGG,WHOLE,DRIED,STABILIZERS	615
EGGNOG FLAVOR MIX POWDER	390
EGGPLANT,BOILED	28
EGGPLANT,RAW	26
ELK,RAW	111
ENCHILADA,CHEESE	196
ENCHIRITO,CHEESE,BEEF,BEANS	178
ENG MUFFIN,CHEESE,SAUSAGE	342
ENGLISH MUFFIN,W/BUTTER	300
EPPAW,RAW	150
FARINA,COOKED	50
FARINA,ENRICHED,COOKED,W/NA	50
FARINA,UNENRICHED,COOKED,W/NA	50
FAT,BEEF TALLOW	902
FAT,BUTTER OIL ANHYDROUS	876
FAT,DUCK	900
FAT,LARD (PORK)	902
FAT,TURKEY	900
FENNEL,LEAVES,RAW	28
FIG,CANNED,HEAVY SYRUP	88
FIG,CANNED,W/WATER	53
FIG,DRIED,COOKED	108
FIG,RAW	74
FILBERT,DRIED	632
FILBERT,DRY,ROASTED	662
FILBERT,OIL,ROASTED	660
FISH SANDWICH W/TARTAR SAUCE	273
FISH STICKS,FROZEN & REHEATED	272
FISH,FILLET,BREADED,FRIED	232
FLANK,LEAN+FAT,CHOICE,BRLD	254
FLANK,LEAN+FAT,CHOICE,RAW	196
FLANK,LEAN,CHOICE,BROILED	243
FLATFISH,BAKED/BROILED	117
FLOUR,WHITE,ALL PURPOSE	364
FLOUR,WHITE,CAKE,ENRICHED	362
FLOUR,WHITE,ENRICHED,W/CALCIUM	364
FLOUR,WHITE,TORTILLA	405
FORTIFIED OAT FLAKES	369
FRANKFURTER,BEEF	315
FRANKFURTER,CANNED	221
FRANKFURTER,COOKED	304
FRANKFURTER,TURKEY	226

FRENCH TOAST W/BUTTER	264
FRESH PORK, SAUSAGE, RAW	417
FRIJOLES, W/CHEESE	135
FROOT LOOPS	392
FROSTED RICE KRINKLES	385
FRUIT COCKTAIL XTRA HVY SYRUP	88
FRUIT COCKTAIL, CANNED W/WATER	32
FRUIT COCKTAIL, LIGHT SYRUP	57
FRUIT DESSERT WITH/O ASC ,	63
FRUIT PUNCH, FROZEN CONC	162
FRUIT PUNCH, POWDER	382
FRUIT SALAD, CANNED W/JUICE	50
FRUIT SALAD, CANNED, HVY SYRUP	73
FRUIT SALAD, CND, XTRA HVY SYRUP	88
FRUITCAKE, DARK, ENR, VEG SHRTNIN	379
FRUITCAKE, LIGHT, ENR, VEG SHRT	389
GARDEN VEGETABLE, STRAINED	37
GARLIC, RAW	149
GELATIN DESSERT, FROM POWDER	59
GELATIN POWDER+WATER	49
GELATIN, DRY	335
GIN AND TONIC	76
GINGER ROOT, CRYSTAL	340
GINGER, GROUND	347
GINGERBREAD, ENRICHED, BUTTER	297
GINGERBREAD, MIX, DRY, ENRICHED	425
GINKGO NUTS, DRIED	348
GOAT, RAW	109
GOLDEN GRAHAMS	385
GOOSE, FLESH/SKIN, RAW	371
GOOSE, GIBLETS, RAW	156
GOOSE, LIVER, RAW	133
GOOSE, MEAT ONLY, RAW	161
GOOSEBERRIES, RAW	44
GOURD, DISHCLOTH, BOILED	56
GOURD, DISHCLOTH, RAW	20
GOURD, WHITE-FLOWER, BOILED	15
GRAHAM CRACKOS	361
GRAPE DRINK, CANNED	45
GRAPE SODA	43
GRAPE-NUTS FLAKES	358
GRAPEFRUIT JUICE, CND, SWEETENED	46
GRAPEFRUIT JUICE, FROZEN DIL	41
GRAPEFRUIT JUICE, WHITE, FRESH	39
GRAPEFRUIT, CANNED, W/JUICE	37
GRAPEFRUIT, LIGHT SYRUP	60
GRAPEFRUIT, PINK/RED, ALL LOC	30
GRAPEFRUIT, RED/WHT/PINK, ALL LOC	32
GRAPEFRUIT, WHITE, CALIFORNIA	37

GRAPEJUICE,CANNED/BOTTLED	61
GRAPEJUICE,FROZEN,SWEETENED,DIL	51
GRAPES,RAW,EUROPEAN TYPE	71
GRAPES,THOMPSON,HEAVY SYRUP	73
GRAVY,AU JUS,DEHY	332
GRAVY,BEEF,CONDENSED	53
GRAVY,BROWN,W/WATER	29
GRAVY,CHICKEN,DEHY	361
GRAVY,CHICKEN,MUSHRM,DRY,WATER	54
GRAVY,MUSHROOM,DEHY	328
GRAVY,ONION,DEHY	322
GRAVY,PORK,DEHY	358
GRAVY,TURKEY,CANNED	51
GRAVY,TURKEY,DRY,W/WATER	33
GRITS+EGG YOLK,STRAINED	57
GRITS,CORN,INSTANT,BACON,PREP	74
GRITS,CORN,INSTANT,CHEESE,PREP	75
GRITS,CORN,INSTANT,HAM,PREP	73
GRITS,CORN,INSTANT,PLAIN,DRY	363
GRITS,WHEAT,UNENRICHED,CKD,W/NA	60
GRITS,WHEAT,UNENRICHED,DRY	371
GROUND,LEAN,BAKED,MED	268
GROUND,LEAN,BROILED,MED	272
GROUND,LEAN,FRIED,MED	275
GROUND,REG,BAKED,DONE	317
GROUND,REG,BROILED,DONE	292
GROUND,REG,FRIED,DONE	286
GROUND,REGULAR,RAW	310
GROUND,XTRA LEAN,BAKED,MED	250
GROUND,XTRA LEAN,BROILED,MED	256
GROUNDCHERRIES,RAW	53
GROUPE,RAW	92
GUAVA,PAPAYA,TAPIOCA,STRAINED	63
GUAVA,RAW,STRAWBERRY	69
GUINEA,FLESH ONLY,RAW	110
GUINEA,HEN,GIBLET,RAW	157
HADDOCK,RAW	87
HALIBUT,BAKED/BROILED	140
HALIBUT,RAW	110
HAM AND CHEESE,LOAF	259
HAM SALAD,SPREAD	216
HAM,CANNED,UNHEATED	144
HAM,CANNED,XTRA LEAN,UNHEATED	120
HAM,CENTER SIRLOIN,LN+FAT,UNHTD	203
HAM,CHEESE,SPREAD	245
HAM,CHOPPED,CANNED	239
HAM,CHOPPED,NOT CANNED	229
HAM,CURED,BONELESS,ROASTED	165
HAM,CURED,LEAN+FAT,ROASTED	243

HAM,CURED,LEAN,ROASTED	157
HAM,CURED,XTRA LEAN,ROASTED	145
HAM,EGG,CHEESE SANDWICH	243
HAM,FRESH,LEAN+FAT,ROASTED	294
HAM,FRESH,SEPERABLE,LN,ROASTED	220
HAM,MINCED	263
HAM,PATTIES,GRILLED	342
HAM,RUMP,FRESH,LEAN+FAT,RAW	234
HAM,RUMP,FRESH,LEAN,RAW	138
HAM,SALAD SPREAD	216
HAM,SEPERABLE FAT,UNHEATED	579
HAM,SHANK,FRESH,LEAN,RAW	139
HAM,SHANK,FRESH,LN+FAT,ROASTED	303
HAM,SLICED,REGULAR	182
HAM,STRAINED,BABY	111
HAMBURGER,DBL MEAT	309
HAMBURGER,LARGE,CONDIMENT,VEG	235
HAMBURGER,LARGE,PLAIN	293
HAMBURGER,REGULAR,CONDIMENT	257
HEADCHEESE,PORK	212
HEART,SIMMERED	175
HEARTLAND NATURAL W/COCONUT	441
HERRING,ATLANTIC,BAKED/BROILED	203
HERRING,ATLANTIC,PICKLED	262
HERRING,PACIFIC,RAW	195
HI MEAT BEEF+VEGETABLE,STRAINED	75
HI MEAT CHICK,VEGETABLE,STRND	78
HI MEAT HAM+VEGETABLE,STRAINED	76
HI MEAT TURKEY,VEGETABLE,STRND	87
HI MEAT VEAL+VEGETABLE,STRAINED	69
HI PRO APPLE/ORANGE CEREAL,PREP	112
HI PROT CEREAL,PREPARED,BABY	111
HOMINY,CANNED,WHITE	72
HONEY LOAF,PORK/BEEF	128
HONEY NUT CORN FLAKES	398
HONEY,STRAINED,EXTRACTED	304
HONEYCOMB CEREAL	391
HONEYSPICE,CAKE MIX,CARML ICING	352
HORSE,ROASTED	175
HORSERADISH,RAW	87
HORSERADISH,TREELEAF,RAW	64
HORSERADISH,TREEPOD,BOILED	36
HORSERADISH,TREEPOD,W/SALT	36
HOTDOG,PLAIN	247
HUMMUS,RAW	333
ICE CREAM CONES	377
ICE CREAM,VANILLA,16% FAT	236
ICE MILK,SOFT VANILLA	128
ICEMILK,VANILLA,HARD	140

ITALIAN SAUSAGE,COOKED,PORK	323
JACKFRUIT,RAW	94
JAM,NOT CHERRY&STRAWBERRY	272
JELLIES,GUAVA	273
JEW'S EAR,DRIED	298
JUICE DRINK,FROZEN,CONC	175
JUJUBE,DRIED	287
JUTE,POTHERB,BOILED	37
JUTE,POTHERB,RAW	34
KALE,BOILED,W/SALT	32
KALE,FROZEN,BOILED,W/SALT	30
KALE,RAW	50
KALE,SCOTCH,BOILED,W/SALT	28
KANPYO	258
KIDNEYS,	107
KING VITAMIN CEREAL	406
KIWIFRUIT,RAW,STORED	61
KNACKWURST,PORK,BEEF	308
KOHLRABI,BOILED,W/SALT	29
KUMQUAT,RAW	63
LAMB,BRAIN,LRAISED	145
LAMB,BRAIN,RAW	122
LAMB,DOMESTIC,ARM,LEAN+FAT,BRSD	346
LAMB,DOMESTIC,ARM,LEAN+FAT,RSTD	279
LAMB,DOMESTIC,ARM,LEAN,BROILED	200
LAMB,DOMESTIC,ARM,LEAN,ROASTED	192
LAMB,DOMESTIC,BLADE,LEAN,RAW	151
LAMB,DOMESTIC,BLADE,LN+FAT,BRSD	345
LAMB,DOMESTIC,BLADE,LN+FAT,RSTD	281
LAMB,DOMESTIC,COMPOS,FAT,COOKED	586
LAMB,DOMESTIC,COMPOS,LEAN,CKD	206
LAMB,DOMESTIC,COMPOS,LN+FAT,CKD	294
LAMB,DOMESTIC,CUBED,BRAISED	223
LAMB,DOMESTIC,CUBED,RAW	134
LAMB,DOMESTIC,FORE,LEAN+FAT,RAW	201
LAMB,DOMESTIC,FORE,LEAN,RAW	120
LAMB,DOMESTIC,GROUND,RAW	282
LAMB,DOMESTIC,LEG,LEAN+FAT,RAW	230
LAMB,DOMESTIC,LEG,LEAN,RAW	128
LAMB,DOMESTIC,LOIN,LEAN+FAT,BRL	316
LAMB,DOMESTIC,LOIN,LEAN+FAT,RST	309
LAMB,DOMESTIC,LOIN,LEAN,RAW	143
LAMB,DOMESTIC,RIB,LEAN+FAT,BRLD	361
LAMB,DOMESTIC,RIB,LEAN+FT,ROAST	359
LAMB,DOMESTIC,RIB,LEAN,RAW	169
LAMB,DOMESTIC,SHANK,LEAN+FT,CKD	225
LAMB,DOMESTIC,SHANK,LEAN,COOKED	180
LAMB,DOMESTIC,SHOULDR,LEAN,BRLD	210
LAMB,DOMESTIC,SHOULDR,LEAN,RAW	144

LAMB,DOMESTIC,SHOULDR,LN+FT,RAW	264
LAMB,DOMESTIC,SHOULDR,LNFT,BRSD	344
LAMB,DOMESTIC,SIRLOIN,LN+FT,CKD	292
LAMB,HEART,BRAISED	185
LAMB,JUNIOR,BABY	112
LAMB,KIDNEY,RAW	97
LAMB,LIVER,PAN-FRIED	238
LAMB,LUNGS,BRAISED	113
LAMB,MECHANICALLY SEPERATED,RAW	276
LAMB,NEW ZEALAND,CMPS,LEAN,CKD	206
LAMB,NEW ZEALAND,CMPS,LN+FT,CKD	305
LAMB,NEW ZEALAND,FORE,LEAN,COOK	186
LAMB,NEW ZEALAND,FORE,LN+FT,CKD	258
LAMB,NEW ZEALAND,FT,RAW	640
LAMB,NEW ZEALAND,LEG,LEAN,RAW	123
LAMB,NEW ZEALAND,LEG,LN+FT,COOK	246
LAMB,NEW ZEALAND,LOIN,LEAN,RAW	130
LAMB,NEW ZEALAND,LOIN,LNFT,RAW	303
LAMB,NEW ZEALAND,RIB,LEAN,ROAST	196
LAMB,NEW ZEALAND,RIB,LNFT,RSTD	340
LAMB,NEW ZEALAND,SHLDR,LEAN,RAW	135
LAMB,NEW ZEALAND,SHLDR,LNFT,RAW	272
LAMB,PANCREAS,RAW	152
LAMB,SPLEEN,RAW	101
LAMB,TONGUE,BRAISED	275
LAMB.DOMESTIC,BLADE,LEAN,BRSD	288
LAMBSQUARTERS,BOILED,W/SALT	32
LEBANON BOLOGNA	212
LEEK,BOILED	31
LEEK,FREEZE-DRIED	321
LEMON JUICE,CANNED/BOTTLED	21
LEMON JUICE,RAW	25
LEMON PEEL,RAW	22
LEMON,RAW,W/PEEL	20
LEMONADE DRINK,POWDER	387
LEMONADE POWDER,WATER	42
LEMONADE,FROZEN,PINK	40
LEMONADE,POWDER,ASPARTAM	332
LENTILS,COOKED,W/SALT	116
LENTILS,SPROUTED,RAW	106
LENTILS,SPROUTS,STIR-FRY	101
LETTUCE,COS/ROMAINE	16
LETTUCE,LOOSELEAF,RAW	18
LIGHT TUNA,CND,OIL,DRAINED,SALT	198
LIGHT TUNA,CND,WTR,DRAINED,SALT	131
LIME JUICE,CANNED/BOTTLED	21
LIME,RAW	30
LIMEADE,FROZEN,PREPARED	41
LINGCOD,RAW	85

LIVER,BRAISED	161
LIVER,RAW	143
LIVERPATE,UNSPECIFIED	319
LOBSTER,NEWBURG	194
LOBSTER,NORTHERN,RAW	90
LOGANBERRIES,FROZEN	55
LOIN, TOP, LEAN, GOOD, RAW	139
LONGANS,RAW	60
LOTUS ROOT,BOILED	66
LOTUS ROOT,RAW	56
LOTUS SEEDS,RAW	89
LUNCH MEAT,JELLIED	111
LUNCHEON SAUSAGE,PORK/BEEF	260
LUNCHMEAT,BEEF,SLICED	177
LUNCHMEAT,PORK/BEEF	353
LUNGS,RAW	92
LUPIN,COOKED,W/SALT	119
LUXURY LOAF,PORK	141
LYCHEE,RAW	66
MACADAMIA,OIL,ROASTED	718
MACARONI+BACON	75
MACARONI+CHEESE,HOME,BUTTER	215
MACARONI+CHEESE,HOME,SOFT MARG	215
MACARONI+CHEESE,STRAINED	59
MACARONI,COOKED	141
MACARONI,DRY,ENRICHED	371
MACARONI,PROTEIN FORTIFIED,CKD	164
MACARONI,TOMATO,BEEF,JUNIOR	59
MACARONI,VEG,DRY,ENRICHED	367
MACARONI,WHOLE WHEAT,COOKED	124
MACE,GROUND	475
MACKEREL,ATLANTIC,RAW	205
MACKEREL,KING,RAW	105
MACKEREL,SPANISH,BAKED/BROILED	158
MALT BEVERAGE	9
MALT,DRY	368
MALT-O-MEAL,COOKED WO/NA	51
MALT-O-MEAL,PLAIN,DRY	368
MALTEX,COOKED,W/NA	72
MAMMY-APPLE,RAW	51
MANGO,TAPIOCA,STRAINED	80
MARGARINE 60%,BUTTER 40%	718
MARGARINE,HARD,VEG OIL	719
MARGARINE,LIQUID,VEG OIL	721
MARGARINE,SPREAD,TUB	540
MARMALADE,CITRUS	257
MAYONNAISE,IMITATION,MILKCREAM	97
MAYONNAISE,IMITN,NO CHOL,SOY	482
MAYONNAISE,SALAD DRESSING	390

MAYPO,COOKED WO/NA	71
MAYPO,DRY	385
MEAT STICKS,JUNIOR	184
MELON,CANTALOUPE,RAW	35
MELON,HONEYDEW,RAW	35
MILK 2% LOWFAT,WITH NFDM	51
MILK SHAKE,THICK VANILLA	112
MILK,1% LOW FAT,PROTEIN FORT	48
MILK,2% LOWFAT,CHOCOLATE	72
MILK,2% LOWFAT,NO VIT A	56
MILK,33% FAT,WHOLE	61
MILK,BUFFALO,WHOLE	97
MILK,CONDENSED,SWEET	321
MILK,DRY,REGULAR NON FAT	362
MILK,EVAPORATED,WHOLE	134
MILK,FILLED,WITH LAURC OIL	63
MILK,FLUID,SKIM	35
MILK,HUMAN,WHOLE	70
MILK,IMITATION,WITH VEG OIL	61
MILK,MALT POWDER,CHOCOLATE	375
MILK,MALTED,CHOCOLATE FLAVOR	86
MILK,NONFAT,DRY,LO CALCIUM	354
MILK,SHEEP,WHOLE	108
MILK,SKIM,WITH NFDM	37
MILK,SOUR DRESSING,FILLED	178
MILK,WHOLE,LO SODIUM	61
MILLET,COOKED	119
MILLET,RAW	378
MIXED CEREAL,APPL/BANANA,JUNIOR	83
MIXED CEREAL,BANANA,DRY,BABY	391
MIXED CEREAL,DRY,BABY	379
MIXED CEREAL,HONEY,PREP,BABY	115
MIXED FRUIT JUICE,BABY	47
MIXED FRUIT,FROZEN,SWEETENED	98
MIXED NUTS,OIL,ROASTED	615
MIXED NUTS/PEANUTS,DRY,ROASTED	594
MIXED NUTS/PNUTS,OIL,ROASTED	617
MIXED VEGETABLE DINNER,JUNIOR	33
MIXED VEGETABLE,JUNIOR	41
MOLASSES,CANE,BARBADOS	271
MOLASSES,CANE,LIGHT	252
MONKFISH,RAW	76
MOOSE,ROASTED	134
MOST	337
MUFFIN,BLUEBERRY	281
MUFFIN,CORN,ENRICHED,LARD	314
MUFFIN,CORN,WHL GRAIN,VEG SHORT	288
MUFFIN,MIX,DRY,ENRICHED	417
MUFFIN,MIX,EGG,MILK	324

MUFFIN,PLAIN,ENRICHED	294
MULLBERRIES,RAW	43
MULLET,STRIPED,RAW	117
MUSHROOMS,BOILED,W/SALT	27
MUSHROOMS,RAW	25
MUSHROOMS,SHIITAKE,COOKED	55
MUSKRAT,RAW	162
MUSSEL,BLUE,BOILED/STEAMED	172
MUSTARD GREENS,BOILED	15
MUSTARD GREENS,FROZEN	20
MUSTARD GREENS,FROZEN,BOILED	19
MUSTARD SEED,YELLOW	469
MUSTARD SPINACH,BOILED,W/SALT	16
MUSTARD,PREPARED,BROWN	91
NACHOS,CHEESE,BEANS,BEEF,PEPPER	223
NACHOS,W/CHEESE,PEPPER	298
NATTO	212
NATURAL MALT,FORTIFIED,MILK	87
NATURAL MALT,POWDER.FORTIFIED	383
NECTARINE,RAW	49
NONCOLA SODA,LO CAL	0
NOODLE,EGG,COOKED,W/SALT	133
NOODLE,EGG,DRY,ENRICHED	381
NOODLE,EGG,ENRICHED,COOKED	133
NOODLE,EGG,SPINACH,DRY	382
NOODLE,JAP,SOBA,DRY	336
NOODLE,JAP,SOMEN,DRY	356
NUTMEG,GROUND	525
NUTRI-GRAIN,CORN CEREAL	381
NUTRI-GRAIN,WHEAT CEREAL	360
OATMEAL,APPLE/BANANA,STRAINED	73
OATMEAL,BANANA,PREPARED,BABY	116
OATMEAL,HONEY,DRY,BABY	391
OATMEAL,PREPARED,BABY	116
OATS,BRAN,COOKED	40
OATS,COOKED,W/NA	62
OATS,INSTNT,FORTIFIED,PLAIN,DRY	369
OATS,QUAKER,APPLE/CINNAMON,PREP	91
OATS,QUAKER,BRAN/RAISIN,PREP	81
OATS,QUAKER,CINNAMON/SPICE,PREP	110
OATS,QUAKER,MAPLE/SUGAR,PREP	105
OATS,QUAKER,RAISIN/SPICE,PREP	102
OATS,ROLLED,RAW	384
OCEAN PERCH,BAKED/BROILED	121
OCTOPUS,COMMON,RAW	82
OIL,AVOCADO	884
OIL,VEG	884
OKRA,BOILED,W/SALT	32
OKRA,FROZEN,BOILED,W/SALT	37

OKRA,RAW	38
OLIVES,GREEN	116
OLIVES,RIPE,CND,SML-XTRA LARGE	115
ONION POWDER	347
ONION,BOILED	44
ONION,CANNED,SOLID+LIQUID	19
ONION,FROZEN,CHOP	29
ONION,FROZEN,CHOP,BOILED,W/SALT	28
ONION,FROZEN,WHOLE,BOILED	28
ONION,RAW	38
ONION,RINGS,FROZEN,OVN HEATED	407
ONION,WELSH,RAW	34
ORANGE BREAKFAST,DRINK,FROZEN	172
ORANGE BREAKFAST,DRINK,POWDER	386
ORANGE DRINK,CANNED	51
ORANGE DRINK,FROZEN,PREPARED	45
ORANGE JUICE,CALIFORNIA,CHILL	44
ORANGE JUICE,CHILLED	44
ORANGE JUICE,FROZEN,W/WATER	45
ORANGE PEEL,CANDIED	316
ORANGE PUDDING,STRAINED	80
ORANGE SODA	48
ORANGE+APRICOT DRINK,CANNED	51
ORANGE+BANANA JUICE,BABY	50
ORANGE,APPLE,BANANA JUICE,BABY	47
ORANGE,RAW,ALL VARIETIES	47
ORANGE,RAW,CALIFORNIA VALENCIA	49
ORANGE/GRAPEFRUIT JUICE,CANNED	43
OYSTER,EAST,BOILED/STEAMED	137
OYSTER,EAST,CANNED	69
OYSTER,PACIFIC,RAW	81
PANCAKE FROM MIX,ENRICHED	202
PANCAKE,ENRICHED,RECIPE	231
PANCAKE,MIX,BUCKWHEAT,DRY	328
PANCAKE,MIX,UNENRICHED,BAKED	202
PANCAKE,UNENRICHED,RECIPE	231
PANCREAS,RAW	235
PAPAYA,APPLE,TAPIOCA,STRAINED	70
PAPRIKA	289
PARSLEY,FREEZE-DRIED	271
PARSNIP,BOILED	81
PARSNIP,RAW	75
PASSION-FRUIT JUICE,YELLOW,RAW	60
PASTA,FRESH,COOKED	131
PASTA,FRESH,SPINACH,COOKED	130
PASTA,W/EGG,COOKED	130
PASTRAMI	349
PATTIES,FROZEN,RAW	282
PEACH COBBLER,JUNIOR	67

PEACH MELBA,JUNIOR	60
PEACH NECTAR,CANNED,W/ASC ACID	54
PEACH,CANNED W/JUICE	44
PEACH,CANNED,HEAVY SYRUP	74
PEACH,CANNED,XTRA HEAVY SYRUP	96
PEACH,DEHYDRATED,SULFUR	325
PEACH,DEHYDRATED,SULFUR,COOKED	133
PEACH,DRIED,COOKED WO/SUGAR	77
PEACH,FROZEN,SWEETENED	94
PEACH,SPICED,HEAVY SYRUP	75
PEACHES WITH SUGAR,STRAINED	71
PEANUT,ALL TYPES,RAW	567
PEANUT,ALL,DRY,ROASTED,W/SALT	585
PEANUT,ALL,OIL,ROASTED,W/SALT	581
PEANUT,BUTTER,CHUNKY,W/SALT	589
PEANUT,BUTTER,SMOOTH,W/SALT	588
PEANUT,FLOUR,DEFATTED	327
PEANUT,FLOUR,LOW FAT	428
PEANUT,SPANISH,OIL,RSTD,NO SALT	579
PEANUT,SPANISH,RAW	570
PEANUT,VALENCIA,OIL,RSTD,W/SALT	589
PEANUT,VIRGINIA,OIL,RSTD,NO SLT	578
PEANUT,VIRGINIA,RAW	563
PEAR,CANNED,LIGHT SYRUP	57
PEAR,CANNED,W/WATER	29
PEAR,CANNED,XTRA LIGHT SYRUP	47
PEAR,DRIED,COOKED,WO/SUGAR	127
PEAR,NECTAR,CANNED,W/ASC ACID	60
PEAR,RAW	59
PEARS+PNAPPL,STRAINED	41
PEARS,JUNIOR	43
PEAS&CARROTS,CANNED,SOL&LIQ	38
PEAS&CARROTS,FROZEN	53
PEAS&ONION,FROZEN,BOILED	45
PEAS&ONIONS,FROZEN	70
PEAS,BUTTERED,JUNIOR	60
PEAS,CHICK,COOKED,NO SALT	164
PEAS,CHICK,RAW	364
PEAS,COW,BOILED,W/SALT	97
PEAS,COW,CANNED/SOLID+LIQUID	70
PEAS,COW,CATJANG,RAW	343
PEAS,COW,COMMON,CANNED,PLAIN	77
PEAS,COW,COMMON,COOKED,W/SALT	116
PEAS,COW,FROZEN,BOILED	132
PEAS,COW,FROZEN,UNPREPARED	139
PEAS,COW,LEAF,RAW	29
PEAS,COW,POD,BOILED	34
PEAS,COW,YOUNG PD,BOILED,W/SALT	34
PEAS,CREAMED,STRAINED	53

Sheet1

PEAS,EDIBLE POD,BOILED,W/SALT	42
PEAS,EDIBLE POD,FROZEN,BOILED	52
PEAS,EDIBLE POD,RAW	42
PEAS,GREEN,BOILED	84
PEAS,GREEN,CANNED,DRAINED	69
PEAS,GREEN,CANNED,LO NA,SOL+LIQ	49
PEAS,GREEN,CANNED,SOLID+LIQUID	49
PEAS,GREEN,FROZEN,BOILED	78
PEAS,GREEN,RAW	81
PEAS,PIGEON,BOILED	111
PEAS,PIGEON,COOKED,NO SALT	121
PEAS,PIGEON,RAW	343
PEAS,SPLIT,COOKED,W/SALT	118
PEAS,SPROUTS,BOILED	118
PEAS,SPROUTS,RAW	128
PEAS,W/BUTTER,STRAINED	56
PECAN,DRY,ROASTED	659
PECAN,FLOUR	329
PECAN,OIL,ROASTED,W/SALT	685
PEPPER,BLACK	255
PEPPER,HOT CHILI,RED,RAW	40
PEPPER,HOT,RED,CANNED,SOL+LIQ	25
PEPPER,JALAPINO,CANNED,SOL+LIQ	24
PEPPER,SWEET,BOILED	28
PEPPER,SWEET,GREEN,COOKED,W/SAL	28
PEPPER,SWEET,GREEN,FROZEN,CHOP	20
PEPPER,SWEET,GREEN,FRZ,BLD,W/S	18
PEPPER,SWEET,RED,CANNED,SOL+LIQ	18
PEPPER,SWEET,RED,COOKED,W/SALT	28
PEPPER,SWEET,RED,FROZEN,BOILED	18
PEPPER,SWEET,RED,FRZ,BLD,W/SALT	18
PEPPER,SWEET,STUFFED	170
PEPPERED LOAF,PORK/BEEF	148
PERCH,BAKED/BROILED	117
PERSIMMON,JAPAN RAW	70
PERSIMMON,NATIVE,RAW	127
PHEASANT,FLESH/SKIN,RAW	181
PHEASANT,LEG,NO SKIN,RAW	134
PHEASANT,TOTL EDIBL PORTION,RAW	151
PICKLE,CUCUMBER,DILL,LW	18
PICKLE,CUCUMBER,SOUR	11
PICKLE,CUCUMBER,SWEET	117
PICKLE,RELISH,SOUR	19
PICKLE/PIMENTO LOAF,PORK	262
PIE,APPLE	256
PIE,APPLE,FROZEN,BAKED	254
PIE,BLACKBERRY	243
PIE,BOSTON CRM,ENR,VEG SHRT	302
PIE,BOSTON CRM,UNENR,BUTTER	294

PIE,BUTTERSCOTCH	267
PIE,CHERRY,FROZEN,BAKED	291
PIE,CHOC CHIFFON	328
PIE,COCONUT CUSTARD	235
PIE,COCONUT CUSTARD,FROZEN,BAKE	249
PIE,CRUST,ENRICHED,BAKED,LARD	500
PIE,CRUST,ENRICHED,RAW,LARD	464
PIE,CRUST,MIX,PREPARED,BAKED	464
PIE,CRUST,UNENR,RAW,VEG SHRT	464
PIE,CRUST,UNENRICHED,RAW,LARD	464
PIE,LEMON CHIFFON	313
PIE,MINCE	271
PIE,MINCE,ENRICHED,LARD	271
PIE,MIX,COCONUT CUSTARD,BAKED	203
PIE,PEACH PIE,UNENR,VEG SHRT	255
PIE,PEACH,ENRICHED,LARD	255
PIE,PEACH,ENRICHED,VEG SHRT	255
PIE,PEACH,UNENR,VEG SHRT,SALT	255
PIE,PECAN,ENRICHED,LARD,SALT	418
PIE,PECAN,ENRICHED,VEG SHRT,SLT	418
PIE,PECAN,UNENR,VEG SHRTNING	418
PIE,PECAN,UNENRICHED,LARD	418
PIE,PNAPPL CUSTARD,ENR,LARD	220
PIE,PNAPPL CUSTARD,UNENR,LARD	220
PIE,PNAPPL,CHIFFON,LARD	288
PIE,PNAPPL,CHIFFON,UNENR,VG-SH	288
PIE,PNAPPL,ENR,VEG SHRT,SALT	253
PIE,PNAPPL,ENRICHED,LARD,SALT	253
PIE,PNAPPL,UNENR,VG SHRT,SALT	253
PIE,PNAPPL,UNENRICHED,LARD,SALT	253
PIE,PUMPKIN,ENR,VEG SHRT,SALT	211
PIE,PUMPKIN,ENRICHED,LARD	211
PIE,PUMPKIN,UNENR,VEG SHRT,SALT	211
PIE,PUMPKIN,UNENRICHED,LARD	211
PIE,RAISIN,ENRICHED,LARD	270
PIE,RAISIN,UNENR,VEG SHRTNING	270
PIE,RHUBARB,ENR,VEG SHRT,SALT	253
PIE,RHUBARB,ENRICHED,LARD	253
PIE,RHUBARB,UNENR,VEG SHRT,SALT	253
PIE,RHUBARB,UNENRICHED,LARD	253
PIE,STRAWBERRY,ENR,LARD,SALT	198
PIE,STRAWBERRY,ENR,VEG SHRT,SL	198
PIE,STRAWBERRY,UNENR,LARD,SALT	198
PIE,STRAWBERRY,UNENR,VEG SHORTN	198
PIE,SWEETPOTATO,ENRICHED,LARD	213
PIE,SWTPOTATO,ENR,VEG SHRTNING	213
PIE,SWTPOTATO,UNENR,LARD,SALT	213
PIE,SWTPOTATO,UNENR,VG SHRT,SLT	213
PIKE,NORTH,BAKED/BROILED	113

Sheet1

PIKE,WALLEYE,RAW	93
PIMIENTO,CANNED	23
PINA COLADA,CANNED	237
PINE PIGNOLIAS,DRIED	515
PINEAPPLE JUICE,CANNED,WO/ASC	56
PINEAPPLE JUICE,FROZEN,W/WATER	52
PINEAPPLE,CANNED,W/WATER	32
PINEAPPLE,HEAVY SYRUP	78
PINEAPPLE,RAW	49
PISTACHIO,DRIED	577
PISTACHIO,DRY,ROASTED,W/SALT	606
PIZZA,CHEESE	236
PIZZA,CHEESE,CHILLED	208
PIZZA,CHEESE,FROZEN,BAKED	245
PIZZA,CHEESE,MEAT,VEG	233
PIZZA,SAUGAGE,CHEESE	282
PLANTAIN,COOKED	116
PLATE-DINNER,BEEF,FROZEN	106
PLATE-DINNER,MEATLOAF,FROZEN	131
PLUM,PURPLE,CANNED W/JUICE	58
PLUM,PURPLE,HEAVY SYRUP	89
PLUM,PURPLE,XTRA HEAVY SYRUP	101
PLUMS,TAPIOCA,WITH/O ASC	71
PNAPPL PUDDING,JUNIOR	87
PNAPPL+GRAPFRUIT,DRINK,CANNED	47
PNAPPL+ORANGE,STRAINED	70
POKEBERRY,SHOOTS,BOILED	20
POKEBERRY,SHOOTS,RAW	23
POLLOCK,ATLANTIC,RAW	92
POLLOCK,WALLEYE,RAW	81
POMPANO,BAKED/BROILED	211
POPCORN,BUTTER+SALT	456
POPCORN,POPPED,PLAIN	386
POPOVERS,BAKED,ENRICHED,FLOUR	224
POPPY SEED	533
PORK,BACON,CANADIAN,COOKED	185
PORK,BACON,CURED,CANNED	685
PORK,BACON,CURED,RAW	556
PORK,BELLY,FRESH,RAW	518
PORK,BLADE,LEAN+FAT,BRAISED	410
PORK,BLADE,LEAN+FAT,FRIED	414
PORK,BLADE,LEAN+FAT,ROASTED	364
PORK,BLADE,LEAN,BROILED	300
PORK,BLADE,LEAN,RAW	182
PORK,BOLOGNA	247
PORK,BOSTON BLADE,FRESH,LN,RSTD	256
PORK,BOSTON BLADE,FRSH,LN,BRSD	294
PORK,BOSTON BLDE,FRSH,LN+FT,BRS	371
PORK,BOSTON BLDE,FRSH,LN+FT,RST	321

PORK,BRAINS,BRAISED	138
PORK,BRAUNSCHWEIGER	359
PORK,BREAKFAST STRIP,RAW	388
PORK,CENTER LOIN,LEAN+FAT,BROIL	316
PORK,CENTER LOIN,LEAN+FAT,RAW	275
PORK,CENTER LOIN,LEAN,BRAISED	272
PORK,CENTER LOIN,LEAN,FRIED	266
PORK,CENTER LOIN,LEAN,ROASTED	240
PORK,CENTER RIB,LEAN+FAT,BRSD	367
PORK,CENTER RIB,LEAN+FAT,RAW	288
PORK,CENTER RIB,LEAN,BROILED	258
PORK,CENTER RIB,LEAN,RAW	161
PORK,CENTER RIB,LN+FAT,ROASTED	318
PORK,CHITTERLINGS,COOKED	303
PORK,COMPOS OF CUTS,LEAN,COOKED	233
PORK,COMPOS OF CUTS,LN+FAT,RAW	275
PORK,CURED,BOSTON BUTT,RAW	200
PORK,CURED,SHOULDER,LEAN+FAT	269
PORK,EARS,FROZEN,RAW	234
PORK,FAT,LARD	902
PORK,FAT,SEPERABLE,FRESH,RAW	712
PORK,FEET,RAW	264
PORK,HEADCHEESE	212
PORK,HEART,RAW	118
PORK,ITALIAN SAUSAGE,RAW	346
PORK,KIDNEYS,BRAISED	151
PORK,LEAN+FAT,RAW	857
PORK,LIVER,BRAISED	165
PORK,LIVER,RAW	134
PORK,LOIN,LEAN+FAT,BROILED	346
PORK,LOIN,LEAN+FAT,ROASTED	319
PORK,LOIN,LEAN,BROILED	257
PORK,LOIN,LEAN,ROASTED	240
PORK,LUNGS,BRAISED	99
PORK,LUXURY LOAF	141
PORK,OLIVE LOAF	235
PORK,PANCREAS,RAW	199
PORK,PICNIC,CURED,LEAN+FAT,RSTD	280
PORK,PICNIC,FRESH,LEAN+FAT,BRSD	345
PORK,PICNIC,FRESH,LEAN+FAT,RSTD	331
PORK,PICNIC,FRESH,LEAN,RAW	140
PORK,SALT PORK,RAW	748
PORK,SAUSAGE,LINK,SMOKED,COOKED	389
PORK,SHOULDER,LEAN+FAT,ROASTED	326
PORK,SHOULDER,LEAN,ROASTED	244
PORK,SIRLOIN,LEAN+FAT,BROILED	331
PORK,SIRLOIN,LEAN+FAT,ROASTED	291
PORK,SIRLOIN,LEAN,BROILED	243
PORK,SIRLOIN,LEAN,ROASTED	236

Sheet1

PORK, SPARERIB, FRESH, RAW	286
PORK, SPLEEN, RAW	100
PORK, STRAINED, BABY	124
PORK, TAIL, SIMMERED	396
PORK, TENDERLOIN, LEAN, ROASTED	166
PORK, TONGUE, RAW	225
PORK, TOPLOIN, LEAN+FAT, BROILED	360
PORK, TOPLOIN, LEAN+FAT, RAW	305
PORK, TOPLOIN, LEAN, BRAISED	277
PORK, TOPLOIN, LEAN, FRIED	257
PORK, TOPLOIN, LEAN, ROASTED	245
PORTERHOUSE, LEAN+FAT, CHCE, RAW	284
PORTERHOUSE, LEAN, CHOICE, RAW	157
POTATO, AU GRATIN, DRY MIX	314
POTATO, AU GRATIN, HOME, MARG	132
POTATO, BAKED, CHEESE SAUCE	160
POTATO, BAKED, CHEESE, BROCOLLI	119
POTATO, BAKED, SOUR CREAM, CHIVES	130
POTATO, BOILED, WO/SKIN, W/SALT	86
POTATO, CANNED, SOLID+LIQUID	40
POTATO, CHIPS, DRY FORM	576
POTATO, FLAKES WO/MILK, PREPARED	113
POTATO, FLESH+SKIN, MICROWAVE	105
POTATO, FLESH, BAKED	93
POTATO, FLESH, BOILED W/SKIN	87
POTATO, FLESH, MICROWAVE, W/SKIN	100
POTATO, FLOUR	351
POTATO, FRENCH FRIED, FROZEN	164
POTATO, FRIED, ANIMAL FAT	312
POTATO, FRIED, VEG OIL	309
POTATO, FROZEN, WHOLE, BOILED	65
POTATO, FRZ, FRENCH FRIED, OVNHEAT	222
POTATO, GRAN W/MILK, DRY	358
POTATO, HASH BROWN	210
POTATO, HASH BROWN, BUTTER, FROZEN	135
POTATO, HASH BROWN, FROZEN, COOKE	218
POTATO, MASHED	83
POTATO, MASHED, FLAKES, MILK+MARG	113
POTATO, MASHED, GRAN, MILK+MARG	108
POTATO, MASHED, HOME, MILK	77
POTATO, MASHED, HOME, MILK+MARG	106
POTATO, O'BRIEN, FROZEN, UNPREPARE	76
POTATO, PANCAKES, HOME	308
POTATO, PUFFS, FROZEN, UNPREPARED	177
POTATO, SCALLOPED, HOME	86
POTATO, SCALLOPED, MIX, DRY	358
POTATO, SKIN+FLESH, BAKED	109
POTATO, SKIN, BAKED, W/SALT	198
POTATO, SKIN, BOILED, W/SALT	78

Sheet1

POTATO,SKIN,MICROWAVE,W/SALT	132
POTATO,STICKS	522
POTATO,SWEET,BKD IN SKIN,W/SALT	103
POTATO,SWEET,BOILED,W/O SKIN	105
POTATO,SWEET,CANNED,MASHED	101
POTATO,SWEET,CANNED,VAC PACK	91
POTATO,SWEET,DEHY,PREPARED	95
POTATO,SWEET,FROZEN,BAKED	100
POTATO,SWEET,FROZEN,UNPREPARED	96
POTATO,SWEET,LEAVES,STMD,W/SALT	34
POTPIE,BEEF,FROZEN,UNHEATED	192
POTPIE,CHICKEN,FROZEN/COOKED	219
POTPIE,TURKEY,COMMERCIAL	197
POULTRY SALAD SPREAD	200
POULTRY SEASONING	307
PRETZELS,BABY FOOD	397
PRODUCT 19	381
PRUNE WHIP	156
PRUNE,CANNED,HEAVY SYRUP	105
PRUNE,DEHYDRATED,COOKED	113
PRUNE,DRIED,COOKED W/SUGAR	124
PRUNE,TAPIOCA,W/O ASC ,JR	70
PUDDING,BREAD,RAISIN	187
PUDDING,CHOC,MIX,DRY,INSTANT	357
PUDDING,CHOC,MIX,INSTANT,PREP	125
PUDDING,TAPIOCA,CREAM	134
PUMMELO,RAW	38
PUMPKIN,BOILED	20
PUMPKIN,CANNED	34
PUMPKIN,FLOWER,BOILED W/SALT	15
PUMPKIN,FLOWERS,RAW	15
PUMPKIN,KERNEL,ROASTED	522
PUMPKIN,LEAVES,BOILED,W/SALT	21
PUMPKIN,PIE MIX,CANNED	104
PUMPKIN,SEED,WHOLE,ROASTED	446
PUMPKIN/SQUASH,SEED,RSTD,W/SALT	446
PURSLANE,BOILED,W/SALT	18
QUAIL,BREAST,NO SKIN,RAW	123
QUAIL,FLESH/SKIN,RAW	192
QUINCES,RAW	57
QUISP	414
RABBIT,DOMESTIC,COMPOSITE,RSTD	154
RABBIT,WILD,RAW	114
RACCOON,ROASTED	255
RADISH,ORIENTAL,BOILED,W/SALT	17
RADISH,ORIENTAL,RAW	18
RADISH,SPROUTS,RAW	43
RAISIN BRAN,KELLOGG'S	312
RAISIN BRAN,RALSTON PURINA	318

RAISINS,GOLDEN,SEEDLESS	302
RAISINS,SEEDLESS	300
RALSTON,COOKED,WO/NA	53
RASPBERRY,RAW	49
RASPBERRY,RED,HEAVY SYRUP	91
RENNIN,MIX,PREPARED	95
RENNIN,MIX,STRWBRY/RASPBRY,PPD	95
RENNIN,TABLET	107
RHUBARB,FROZEN,COOKED W/SUGAR	116
RHUBARB,RAW	21
RIB,LARGE,LEAN+FAT,ALL GRD,BRLD	378
RIB,LARGE,LEAN+FAT,ALL GRD,RST	368
RIB,LARGE,LEAN+FAT,CHOICE,RAW	356
RIB,LARGE,LEAN+FAT,GOOD,BRLD	354
RIB,LARGE,LEAN+FAT,GOOD,RSTD	357
RIB,LARGE,LEAN+FAT,PRIME,RAW	383
RIB,LARGE,LEAN,ALL GRDS,BRLD	233
RIB,LARGE,LEAN,ALL GRDS,RSTD	244
RIB,LARGE,LEAN,CHOICE,RAW	174
RIB,LARGE,LEAN,GOOD,BROILED	215
RIB,LARGE,LEAN,GOOD,ROAST	232
RIB,LARGE,LEAN,PRIME,RAW	210
RIB,LEAN+FAT,ALL GRADES,RSTD	381
RIB,LEAN+FAT,ALL GRDS,RAW	331
RIB,LEAN+FAT,CHOICE,RAW	338
RIB,LEAN+FAT,GOOD,BROILED	340
RIB,LEAN+FAT,GOOD,ROAST	360
RIB,LEAN+FAT,PRIME,RAW	370
RIB,LEAN,ALL GRADES,RAW	165
RIB,LEAN,ALL GRDS,ROAST	240
RIB,LEAN,CHOICE,RAW	169
RIB,LEAN,GOOD,BROILED	213
RIB,LEAN,GOOD,ROAST	225
RIB,LEAN,PRIME,RAW	206
RIB,SHORT,LEAN+FAT,CHCE,BRSD	471
RIB,SHORT,LEAN,CHOICE,BRSD	295
RIB,SMALL,LEAN+FAT,ALL GRD,BRLD	326
RIB,SMALL,LEAN+FAT,ALL GRD,RST	359
RIB,SMALL,LEAN+FAT,CHCE,RAW	312
RIB,SMALL,LEAN+FAT,GOOD,BRLD	310
RIB,SMALL,LEAN+FAT,GOOD,ROAST	333
RIB,SMALL,LEAN+FAT,PRIME,RAW	349
RIB,SMALL,LEAN,ALL GRDS,BRLD	221
RIB,SMALL,LEAN,ALL GRDS,RSTD	236
RIB,SMALL,LEAN,CHOICE,BRLD	225
RIB,SMALL,LEAN,GOOD,BROILED	209
RIB,SMALL,LEAN,GOOD,ROAST	216
RIB,SMALL,LEAN,PRIME,RAW	200
RIBEYE,LEAN+FAT,CHOICE,RAW	251

RIBEYE,LEAN,CHOICE,RAW	163
RICE KRISPIES	395
RICE WITH BANANA,PREPARED	117
RICE,APPLE+BANANA,STRAINED	79
RICE,BRAN,CRUDE	316
RICE,BROWN,LONG,RAW	370
RICE,BROWN,MED,RAW	362
RICE,FLOUR,BROWN	363
RICE,HONEY,DRY,BABY	392
RICE,PREPARED,BABY	115
RICE,PUFFED,HIGHLY FORTIFIED	402
RICE,WHITE,CKD,ENRICHED,W/SALT	129
RICE,WHITE,COOKED,ENRICHED	130
RICE,WHITE,GLUTEN,COOKED	97
RICE,WHITE,INSTANT,ENRICHED,CKD	98
RICE,WHITE,PAR BOILED,CKD,ENR	114
RICE,WHITE,PAR BOILED,DRY	371
RICE,WHITE,RAW	360
RICE,WHITE,RAW,UNENRICHED	365
RICE,WHITE,W/PASTA,DRY	368
RICE,WILD,RAW	357
ROAST BEEF SANDWICH W/CHEESE	228
ROCKFISH,BAKED/BROILED	121
ROE,RAW	140
ROLL OR BUN,ENRICHED,HOME	339
ROLL OR BUN,PLAIN,UNENRICHED	298
ROLL,BROWN & SERVE,BROWNED	328
ROLL,DOUGH,FROZEN,BAKED	311
ROLL,DOUGH,FROZEN,UNENRICHED	268
ROLL,HARD,UNENRICHED	312
ROLL,MIX,ENRICHED,BAKED	299
ROLL,WHOLE WHEAT	257
ROLLS,SWEET	316
ROMAN MEAL,DRY	322
ROMAN MEAL,W/OAT,COOKED,W/NA	71
ROMAN MEAL,W/OATS,DRY	340
ROSE WINE	71
ROSELLE,RAW	49
ROUND,BOTTOM,LEAN+FAT,BRSD	261
ROUND,BOTTOM,LEAN+FAT,CHCE,RW	227
ROUND,BOTTOM,LEAN+FAT,GD,RAW	217
ROUND,BOTTOM,LEAN+FAT,PRM,RAW	225
ROUND,BOTTOM,LEAN,BRAISED	222
ROUND,BOTTOM,LEAN,CHCE,RAW	150
ROUND,BOTTOM,LEAN,GOOD,RAW	146
ROUND,BOTTOM,LEAN,PRM,RAW	159
ROUND,EYE,LEAN+FAT,CHCE,RAW	202
ROUND,EYE,LEAN+FAT,GOOD,RAW	188
ROUND,EYE,LEAN+FAT,PRIME,RAW	221

ROUND,EYE,LEAN+FAT,RAW	199
ROUND,EYE,LEAN,CHCE,ROAST	184
ROUND,EYE,LEAN,GOOD,RAW	126
ROUND,EYE,LEAN,PRIME,RAW	149
ROUND,EYE,LEAN,RAW	131
ROUND,LEAN+FAT,CHOICE,BRLD	274
ROUND,LEAN+FAT,GOOD,BRLD	262
ROUND,LEAN,CHOICE,BROILED	194
ROUND,LEAN,GOOD,BROILED	184
ROUND,TIP,LEAN+FAT,CHCE,RAW	209
ROUND,TIP,LEAN+FAT,GOOD,RAW	193
ROUND,TIP,LEAN+FAT,PRIME,RAW	223
ROUND,TIP,LEAN+FAT,RAW	206
ROUND,TIP,LEAN,CHCE,ROAST	193
ROUND,TIP,LEAN,GOOD,RAW	125
ROUND,TIP,LEAN,PRIME,RAW	146
ROUND,TIP,LEAN,RAW	131
ROUND,TOP,LEAN+FAT,BROILED	211
ROUND,TOP,LEAN+FAT,CHCE,BRLD	213
ROUND,TOP,LEAN+FAT,GOOD,BRLD	207
ROUND,TOP,LEAN+FAT,PRM,BRLD	237
ROUND,TOP,LEAN+FAT,RAW	172
ROUND,TOP,LEAN,CHCE,FRIED	227
ROUND,TOP,LEAN,CHOICE,RAW	136
ROUND,TOP,LEAN,GOOD,RAW	128
ROUND,TOP,LEAN,PRM,BROILED	215
ROUND,XTRA LEAN,FRIED,DONE	263
RUM	231
RUTABAGAS,BOILED	34
RUTABAGAS,RAW	36
RYE WAFERS,WHOLE GRAIN	344
RYE,FLOUR,LIGHT	367
SABLEFISH,RAW	195
SAFFLOWER,KERNEL,DRIED	517
SAFFRON	310
SALAD DR,1000 ISLAND	502
SALAD DR,1000 ISLAND,REGULAR	377
SALAD DR,BLUE CHEESE,NO SALT	504
SALAD DR,COOKED	157
SALAD DR,COOKED,WITH TUB MARG	157
SALAD DR,FRENCH,LOW FAT	10
SALAD DR,FRENCH,MEDIUM FAT	156
SALAD DR,FRENCH,REGULAR,NO SALT	430
SALAD DR,HOME MADE,COOKED	157
SALAD DR,ITALIAN,DIET,NO SALT	105
SALAD DR,ITALIAN,REGULAR	467
SALAD DR,MAYONNAISE TYPE	435
SALAD DR,RUSSIAN,REGULAR	494
SALAD,VEG,NO DRESSING	16

SALAD,W/CHICKEN	48
SALAD,W/SHRIMP	45
SALAMI COOKED,TURKEY	196
SALAMI,COOKED,BEEF/PORK	250
SALMON LOAF,RICE	122
SALMON,CHINOOK,RAW	180
SALMON,CHINOOK,SMOKED,LOX	117
SALMON,CHUM,CND,DRAINED,UNSLTED	141
SALMON,COHO,RAW	146
SALMON,PINK,CANNED,SOL+LIQ,SALT	139
SALMON,PINK,RAW	116
SALMON,SOCKEYE,CND,DRAINED,SALT	153
SALMON,SOCKEYE,RAW	168
SALSIFY,BOILED,W/SALT	68
SALT STICK,REGULAR,COATED	384
SALT STICK,VIENNA TYPE	304
SANDWICH SPREAD,PORK/BEEF	235
SAPODILLA,RAW	83
SARDINE,CANNED,OIL,DRAINED	208
SAUCE,BARBEQUE	75
SAUCE,BEARNAIS,DRY,MILK	275
SAUCE,CHEESE,DRY,W/MILK	110
SAUCE,CHILI,HOT,RED	21
SAUCE,CURRY,DEHY,W/MILK	99
SAUCE,HOLLAND,DRY,MILK	276
SAUCE,HOLLAND,VEG OIL,DEHYDRAT	374
SAUCE,MUSHROOM,DRY,W/MILK	85
SAUCE,SOUR CREAM,DRY,W/MILK	162
SAUCE,SOY (SOY+WHEAT)LO NA	53
SAUCE,SOY,HYDR,VEG,PROTEIN	41
SAUCE,SPAGHETTI,MUSHROOM,DEHY	304
SAUCE,STROGONOF,DRY,WATER	92
SAUCE,SWEETSOUR,DRY,WATER	94
SAUCE,TERIYAKI,DRY,WATER	46
SAUCE,TOMATO,CHILI	104
SAUCE,WHITE,DEHY,W/MILK	91
SAUCE,WHITE,THICK	198
SAUERKRAUT,CANNED,SOLID+LIQUID	19
SAUSAGE,BROWN N SERVE,UNHEATED	393
SAUSAGE,CANNED/SOLIDS	381
SAUSAGE,CERVELAT,DRY	451
SAUSAGE,COUNTRY-STYLE	345
SAUSAGE,MEAT,POTTED	248
SAUSAGE,SCRAPPLE	215
SAUSAGE,SUMMER,CURED	335
SCALLOP,BREADED+FRIED	215
SCALLOP,RAW	88
SCREWDRIVER	82
SEA BASS,BAKED/BROILED	124

SEATROUT,RAW	104
SEAWEED,AGAR,RAW	26
SEAWEED,KELP,RAW	43
SEAWEED,SPIRULINA,DRAINED	290
SEAWEED,WAKAME,RAW	45
SEMOLINA,ENRICHED	360
SESAME,BUTTER,PASTE	595
SESAME,FLOUR,LO FAT	333
SESAME,KERNEL,TOASTED	567
SESAME,MEAL,PART DEFATTED	567
SESAME,SEED,WHOLE,DRIED	573
SESBANIA,FLOWER,RAW	27
SESBANIA,FLOWER,STEAMED,W/SALT	22
SHALLOTS,FREEZE-DRIED	348
SHANK,LEAN+FAT,CHCE,SIMMER	244
SHANKCUT,LEAN+FAT,CHCE,RAW	159
SHARK,BATTERED & FRIED	228
SHEEPSHEAD,BAKED/BROILED	126
SHERBERT,ORANGE	140
SHRIMP OR LOBSTER PASTE	180
SHRIMP,BREADED+FRIED	242
SHRIMP,CANNED	120
SHRIMP,RAW	106
SIRLOIN,LEAN+FAT,CHOICE,BRLD	283
SIRLOIN,LEAN+FAT,CHOICE,RAW	264
SIRLOIN,LEAN+FAT,GOOD,RAW	246
SIRLOIN,LEAN+FAT,PRIME,RAW	291
SIRLOIN,LEAN,BROILED	208
SIRLOIN,LEAN,CHOICE,FRIED	238
SIRLOIN,LEAN,GOOD,BROILED	200
SIRLOIN,LEAN,PRIME,BROILED	237
SIRLOIN,LEAN,RAW	136
SMELT,RAINBOW,BAKED/BROILED	124
SMOKED LINK SAUSAGE,PORK	389
SMOKED LINK,PORK/BEEF,NFDM	313
SMOKED,CHIPPED,CURED	123
SNAPPER,RAW	100
SOUP,ASPARGUS,W/MILK	65
SOUP,BEAN,BACON,CONDENSED	129
SOUP,BEAN,BACON,DRY,WATER	40
SOUP,BEAN,FRANK,CONDENSED	142
SOUP,BEAN,HAM,CHUNKY	95
SOUP,BEEF,MUSHROOM,CONDENSED	61
SOUP,BEEF,NOODLE,CONDENSED	67
SOUP,BEEF,NOODLE,DRY,WATER	16
SOUP,BLACK BEAN,CONDENSED	91
SOUP,CAULIFLOWER,DEHY	360
SOUP,CHEESE,CONDENSED	121
SOUP,CHEESE,W/WATER	63

Sheet1

SOUP,CHICKEN,DUMPLIN,CONDENSED	79
SOUP,CHICKEN,GUMBO,CONDENSED	45
SOUP,CHICKEN,MUSHRM,CONDENSED	109
SOUP,CHICKEN,NOODLE,CONDENSED	61
SOUP,CHICKEN,NOODLE,DRY,WATER	21
SOUP,CHICKEN,NOODLE,W/WATER	31
SOUP,CHICKEN,RICE,CONDENSED	49
SOUP,CHICKEN,RICE,DRY,WATER	24
SOUP,CHICKEN,VEG,CHUNKY	69
SOUP,CHICKEN,VEG,DEHY	346
SOUP,CHICKEN,VEG,W/WATER	31
SOUP,CHILI,BEEF,W/WATER	68
SOUP,CREAM,ASPARAGUS,CONDENSEC	69
SOUP,CREAM,ASPARAGUS,W/WATER	23
SOUP,CREAM,CELERY,DEHY	358
SOUP,CREAM,CELERY,W/MILK	66
SOUP,CREAM,CHICKEN,CONDENSED	93
SOUP,CREAM,CHICKEN,DRY,WATER	41
SOUP,CREAM,CHICKEN,W/WATER	48
SOUP,CREAM,MUSHROOM,W/MILK	82
SOUP,CREAM,ONION,CONDENSED	88
SOUP,CREAM,ONION,W/WATER	44
SOUP,CREAM,POTATO,W/MILK	60
SOUP,CREAM,SHRIMP,CONDENSED	72
SOUP,CREAM,SHRIMP,W/WATER	37
SOUP,CREAM,VEG,DRY,WATER	41
SOUP,FROZEN,PEA/HAM,CONDENSED	113
SOUP,FROZEN,POTATO,CRM,PREPAREC	44
SOUP,FROZEN,SHRIMP,PREPARED	66
SOUP,FROZEN,VEG/BEEF,PREPARED	35
SOUP,GREEN PEA,CONDENSED	125
SOUP,GREEN PEA,W/WATER	66
SOUP,LEEK,DRY,W/WATER	28
SOUP,MINESTRONE,CHUNKY,READY	53
SOUP,MINESTRONE,DEHY	358
SOUP,MINESTRONE,W/WATER	34
SOUP,MUSHROOM,BARLEY,CONDENSEI	61
SOUP,MUSHROOM,BEEF STOCK,WATER	35
SOUP,MUSHROOM,DRY,WATER	38
SOUP,ONION,DEHY	294
SOUP,ONION,W/WATER	24
SOUP,OXTAIL,DRY,WATER	28
SOUP,PEPPERPOT,W/WATER	43
SOUP,SCOTCH BROTH,W/WATER	33
SOUP,SPLIT PEA,DRY,WATER	49
SOUP,SPLIT PEA,HAM,RDY TO SRV	77
SOUP,STOCK POT,CONDENSED	78
SOUP,TOMATO,BEEF,NOODLE,CONDNSI	112
SOUP,TOMATO,BISQUE,CONDENSED	96

SOUP,TOMATO,BISQUE,W/WATE	50
SOUP,TOMATO,DEHY	360
SOUP,TOMATO,RICE,CONDENSED	93
SOUP,TOMATO,VEG,DEHY	325
SOUP,TOMATO,W/MILK	65
SOUP,TURKEY,CHUNKY	57
SOUP,TURKEY,NOODLE,W/WATER	28
SOUP,TURKEY,VEG,W/WATER	30
SOUP,VEG,BEEF,CONDENSED	63
SOUP,VEG,BEEF,DRY,WATER	21
SOUP,VEG,CHUNKY,RDY TO SRV	51
SOUP,VEG,W/WATER	30
SOUR CREAM,HALF & HALF	135
SOURSOP,RAW	66
SOY FLOUR,DEFATTED,NX6.25	327
SOY FLOUR,FULL FAT,RAW,NX6.25	434
SOY FLOUR,FULL FAT,RS,NX6.25	439
SOY FLOUR,LOW FAT,NX6.25	369
SOY MEAL,DEFATTED,RAW,NX6.25	337
SOYBEAN,ROASTED,W/SALT	453
SOYBEANS,COOKED,W/SALT	173
SOYBEANS,GREEN,BOILED	141
SOYBEANS,GREEN,RAW	147
SOYBEANS,ROASTED	471
SOYBEANS,SPROUTS,RAW	128
SOYBEANS,SPROUTS,STEAMED,W/SALT	81
SOYBEANS,SPROUTS,STMD-FRIED,W/S	125
SPAGHETTI,COOKED,W/SALT	141
SPAGHETTI,DRY	371
SPAGHETTI,ENRICHED,CKD,W/SALT	141
SPAGHETTI,MEAT BALLS,CANNED	103
SPAGHETTI,PROTEIN FORT,DRY,ENR	374
SPAGHETTI,SPINACH,COOKED	130
SPAGHETTI,TOMATO,MEAT,JUNIOR	63
SPAGHETTI,TOMATO,SAUCE,CHEESE	76
SPAGHETTI,WHOLE WHEAT,COOKED	124
SPECIAL K	390
SPINACH,BOILED	23
SPINACH,CANNED,DRAINED	23
SPINACH,CANNED,SOLID+LIQUID	19
SPINACH,CREAMED,STRAINED	37
SPINACH,FROZEN,LEAF,BLD,W/SALT	28
SPINACH,NEW ZEALAND,BLD,W/SALT	12
SPINACH,NEW ZEALAND,RAW	14
SPINACH,VINE,RAW	19
SPLEEN,BRAISED	145
SPLIT PEAS+HAM,JUNIOR	71
SPOONBREAD,CORN,VEG SHORT	195
SQUAB,BREAST,NO SKIN,RAW	134

SQUAB,FLESH/SKIN,RAW	294
SQUASH,ACORN,BAKED	56
SQUASH,ACORN,BOILED	34
SQUASH,ACORN,RAW	40
SQUASH,BUTTERNUT,BAKED,W/SALT	40
SQUASH,BUTTERNUT,FROZEN,BOILED	39
SQUASH,BUTTERNUT,RAW	45
SQUASH,CROOKNECK,CANNED,DRND	13
SQUASH,CROOKNECK,FROZEN,BOILED	25
SQUASH,CROOKNECK,RAW	19
SQUASH,HUBBARD,BAKED,W/SALT	50
SQUASH,HUBBARD,BOILED,W/SALT	30
SQUASH,JUNIOR	24
SQUASH,SCALLOP,BOILED,W/SALT	16
SQUASH,SPAGHETTI,BOILED	29
SQUASH,SPAGHETTI,RAW	33
SQUASH,SUMMER,ALL,BOILED	20
SQUASH,SUMMER,BOILED,W/SALT	20
SQUASH,W/BUTTER,STRAINED	29
SQUASH,WINTER,ALL,BAKED,W/SALT	39
SQUASH,ZUCCHINI,BOILED	16
SQUASH,ZUCCHINI,CANNED,IT	29
SQUASH,ZUCCHINI,FROZEN,UNPREP	17
SQUASH,ZUCCHINI,RAW	14
SQUID,RAW	92
SQUIRREL,ROASTED	136
STEW,BEEF+VEG,CANNED	79
STEW,BEEF+VEG,NO SALT	89
STEW,OYSTER,3PTS.MILK	86
STEW,OYSTER,W/MILK	55
STRAWBERRY,FROZEN,WO/SUGAR	35
STRAWBERRY,FRZ,SWEETENED,WHOLE	78
STRAWBERRY,MIX,MILK	88
STRAWBERRY,RAW	30
STURGEON,BAKED/BROILED	135
STURGEON,SMOKED	173
SUB,ROAST BEEF	190
SUCCOTASH,BOILED	115
SUCCOTASH,CANNED,CREAM STYLE	77
SUCCOTASH,FROZEN,BOILED	93
SUCCOTASH,FROZEN,UNPREPARED	93
SUCKER,WHITE,RAW	92
SUGAR CORN POPS	382
SUGAR FROSTED FLAKES,RALSTON	391
SUGAR SPARKLED FLAKES	384
SUGAR,DEXTROSE,ANHYDROUS	366
SUGAR,GRANULATED	385
SUGAR,POWDERED	385
SUGAR-COATED ALMONDS	456

SUNDAE,CARAMEL	196
SUNDAE,STRAWBERRY	175
SUNFLOWER,FLOUR,PART DEFATTED	326
SUNFLOWER,KERNEL,DRY,ROASTED	582
SUNFLOWER,KERNEL,OIL,ROASTED	615
SUNFLOWER,KERNEL,TOASTED	619
SUNFLOWER,SEED,BUTTER	579
SUPER SUGAR CRISP	374
SWEET POTATOES,JUNIOR	60
SWEET POTATOES,W/BUTTER,JUNIOR	57
SWORDFISH,BAKED/BROILED	155
SYRUP,CANE	263
SYRUP,CHOC,FUDGE TYPE	330
SYRUP,MAPLE	252
T-BONE,LEAN+FAT,CHCE,BRLD	324
T-BONE,LEAN,CHOICE,BROILED	214
TACO	216
TACO SALAD,W/CHILI	111
TAHINI,ROASTED,KERNEL	595
TAMARINDS,RAW	239
TANGERINE JUICE,CND,SWEETENED	50
TANGERINE JUICE,FRZ,SWEET,DILUT	46
TANGERINE,CANNED,W/JUICE	37
TANGERINE,RAW	44
TAPIOCA,DRY	352
TARO,CHIPS	477
TARO,COOKED,W/SALT	142
TARO,LEAVES,STEAMED	24
TARO,RAW	107
TARO,SHOOTS,COOKED,W/SALT	14
TARO,TAHITIAN,COOKED	44
TARO,TAHITIAN,RAW	40
TARTAR SCE,DIETARY	224
TASTEEOS	393
TEA,BREWED,DISTILLED WATER	1
TEA,HERB,BREWED	1
TEA,INSTANT,LEMON,PREPARED	2
TEA,INSTANT,PREPARED	1
TEA,INSTANT,SUGAR,LEMON,PREP	34
TEA,INSTANT,W/SACCHARIN,PREP	2
TEETHING BISCUITS	392
TENDERLOIN,LEAN+FAT,BROILED	266
TENDERLOIN,LEAN+FAT,CHOICE,BRLD	271
TENDERLOIN,LEAN+FAT,GOOD,BRLD	254
TENDERLOIN,LEAN+FAT,GOOD,ROAST	288
TENDERLOIN,LEAN+FAT,PRIME,RAW	288
TENDERLOIN,LEAN+FAT,RAW	241
TENDERLOIN,LEAN,BROILED	204
TENDERLOIN,LEAN,CHOICE,RAW	150

Sheet1

TENDERLOIN,LEAN,GOOD,BROILED	196
TENDERLOIN,LEAN,GOOD,ROAST	208
TENDERLOIN,LEAN,PRIME,RAW	169
TENDERLOIN,LEAN,RAW	148
TEQUILA SUNRISE	110
TERRIPIN,RAW	111
THURINGER,BEEF/PORK	335
THYMUS,BRAISED	319
TILEFISH,BAKED/BROILED	147
TOASTIES	387
TOFU,DRIED-FROZEN,NG	480
TOFU,FRIED,NIGARI	271
TOFU,RAW,FERMENTED,CASO4	145
TOFU,RAW,REG,CASO4	76
TOFU,SALTED&FERMENTED,NIGARI	116
TOM COLLINS	55
TOMATO,CANNED,WHOLE	20
TOMATO,GREEN,RAW	24
TOMATO,JUICE,CANNED,WO/SALT	17
TOMATO,PASTE,CANNED,W/SALT	84
TOMATO,PUREE,CANNED	41
TOMATO,RED,RIPE,BOILED	27
TOMATO,RED,RIPE,RAW	21
TOMATO,RED,RIPE,RAW,NOV-MAY	21
TOMATO,SAUCE W/MUSHROOM,CANNEI	35
TOMATO,SAUCE,CANNED	30
TOMATO,SAUCE,HERB+CHEESE,CANNE	59
TOMATO,SAUCE,TOMATO BITS,CANNED	32
TOMATO,WEDGES,CANNED	26
TONGUE,RAW	224
TONGUE,SMOKED	328
TONIC WATER	34
TOPLOIN,LEAN+FAT,CHCE,BRLD	286
TOPLOIN,LEAN+FAT,GOOD,BRLD	262
TOPLOIN,LEAN+FAT,PRIME,BRLD	339
TOPLOIN,LEAN+FAT,RAW	283
TOPLOIN,LEAN,CHOICE,BRLD	207
TOPLOIN,LEAN,PRIME,BROILED	245
TOPLOIN,LEAN,RAW	150
TOPPING,DESSERT,POWDERED	577
TOPPING,PRESSURIZED	264
TOSTADA,BEANS,CHEESE	155
TOSTADA,W/GUACAMOLE	138
TREE FERN,COOKED	40
TRIFE,PICKLED	62
TRITICALE	336
TRIX	385
TROUT,MIXED,SPECKLED,RAW	148
TROUT,RAINBOW,RAW	118

TUNA,BLUEFIN,BAKED/BROILED	184
TUNA,SKIPJACK,RAW	103
TURBOT,EUROPEAN,RAW	95
TURKEY HAM	128
TURKEY+RICE,JUNIOR	49
TURKEY,BACK,W/SKIN,RAW	196
TURKEY,BOLOGNA	199
TURKEY,BREAST,W/SKIN,ROASTED	189
TURKEY,DARK,NO SKIN,RAW	125
TURKEY,DARK,W/SKIN,RAW	160
TURKEY,DICED,LIGHT/DARK	138
TURKEY,FLESH/SKIN,ROASTED	208
TURKEY,FRYER,BACK,MEAT,RAW	120
TURKEY,FRYER,BACK,W/SKIN,RAW	151
TURKEY,FRYER,BREAST,MEAT,RAW	111
TURKEY,FRYER,BREAST,W/SKIN,RAW	125
TURKEY,FRYER,DARK MEAT,RAW	111
TURKEY,FRYER,DARK,W/SKIN,RAW	129
TURKEY,FRYER,FLESH/SKIN,RAW	134
TURKEY,FRYER,LEG,MEAT,RAW	108
TURKEY,FRYER,LEG,W/SKIN,RAW	118
TURKEY,FRYER,LIGHT MEAT,RAW	108
TURKEY,FRYER,LIGHT,W/SKIN,RAW	133
TURKEY,FRYER,NO SKIN,RAW	110
TURKEY,FRYER,SKIN,RAW	283
TURKEY,FRYER,WHOLE,RAW	133
TURKEY,FRYER,WING,MEAT,RAW	106
TURKEY,FRYER,WING,W/SKIN,RAW	159
TURKEY,GIBLET,SIMMERED	167
TURKEY,GIZZARD,RAW	117
TURKEY,GROUND,COOKED	229
TURKEY,HAM,THIGH,CURED	128
TURKEY,HEART,SIMMERED	177
TURKEY,HEN,BACK,W/SKIN,ROASTED	254
TURKEY,HEN,BREAST,W/SKN,ROASTED	194
TURKEY,HEN,DARK MEAT,ROASTED	192
TURKEY,HEN,DARK,W/SKIN,ROASTED	232
TURKEY,HEN,FLESH/SKIN,ROASTED	218
TURKEY,HEN,LEG,W/SKIN,ROASTED	213
TURKEY,HEN,LIGHT MEAT,ROASTED	161
TURKEY,HEN,LIGHT,W/SKIN,ROASTED	207
TURKEY,HEN,NO SKIN,ROASTED	175
TURKEY,HEN,SKIN,ROASTED	482
TURKEY,HEN,WHOLE,ROASTED	215
TURKEY,HEN,WING,W/SKIN,ROASTED	238
TURKEY,LEG,W/SKIN,RAW	144
TURKEY,LGHT,NO SKIN,ROASTED	157
TURKEY,LIGHT,W/SKIN,RAW	159
TURKEY,LIVER,RAW	137

TURKEY,LOAF,BREAST	110
TURKEY,NECK,NO SKIN,SIMMERED	180
TURKEY,NO SKIN,ROASTED	170
TURKEY,PATTY,BREADED,FRIED	283
TURKEY,PROD,BREAST,W/SKIN,CKD	126
TURKEY,ROAST,LIGHT/DARK,COOKED	155
TURKEY,ROLL,LIGHT/DARK	149
TURKEY,SKIN,RAW	387
TURKEY,STICK,BREADED,FRIED	279
TURKEY,TOM,BACK,W/SKIN,RAW	179
TURKEY,TOM,BREAST,W/SKIN,RAW	151
TURKEY,TOM,DARK MEAT,RAW	123
TURKEY,TOM,DARK,W/SKIN,RAW	152
TURKEY,TOM,FLESH/SKIN,RAW	154
TURKEY,TOM,LEG,W/SKIN,RAW	141
TURKEY,TOM,LIGHT MEAT,RAW	114
TURKEY,TOM,LIGHT,W/SKIN,RAW	156
TURKEY,TOM,NO SKIN,RAW	117
TURKEY,TOM,SKIN,RAW	368
TURKEY,TOM,WHOLE,RAW	152
TURKEY,TOM,WING,W/SKIN,RAW	188
TURKEY,W/GRAVY,FROZEN	67
TURKEY,WHOLE,ROASTED	205
TURKEY,WING,W/SKIN,ROASTED	229
TURKEYROLL,LIGHT+DARK	149
TURNIP,BOILED	18
TURNIP,FROZEN,BOILED	23
TURNIP,FROZEN,UNPREPARED	16
TURNIP,GREENS+TURNIP,FROZEN,BLD	17
TURNIP,GREENS,BOILED,W/SALT	20
TURNIP,GREENS,FROZEN,BLD,W/SALT	30
TURNIP,GREENS,FROZEN,UNPREPARED	22
TURNIP,RAW	27
TURTLE,GREEN,RAW	89
VANILLA PUDDING,STRAINED	85
VEAL,ARM,LEAN+FAT,BRAISED	236
VEAL,ARM,LEAN+FAT,ROASTED	183
VEAL,ARM,LEAN,RAW	105
VEAL,BLADE,LEAN+FAT,BRAISED	225
VEAL,BLADE,LEAN+FAT,ROASTED	186
VEAL,BLADE,LEAN,RAW	113
VEAL,BRAIN,BRAISED	136
VEAL,BRAIN,RAW	118
VEAL,COMPOSITE,FAT,RAW	638
VEAL,COMPOSITE,LEAN+FAT,RAW	144
VEAL,COMPOSITE,LEAN,RAW	112
VEAL,CUBED,LEAN,RAW	109
VEAL,GROUND,RAW	144
VEAL,HEART,RAW	110

VEAL,KIDNEY,BRAISED	163
VEAL,LEG,LEAN+FAT,BRAISED	211
VEAL,LEG,LEAN+FAT,PAN FRIED,BRD	228
VEAL,LEG,LEAN+FAT,ROASTED	160
VEAL,LEG,LEAN,PAN FRIED	183
VEAL,LEG,LEAN,RAW	107
VEAL,LIVER,BRAISED	165
VEAL,LIVER,RAW	134
VEAL,LOIN,LEAN+FAT,RAW	163
VEAL,LOIN,LEAN,BRAISED	226
VEAL,LOIN,LEAN,ROASTED	175
VEAL,LUNGS,RAW	90
VEAL,PANCREAS,RAW	182
VEAL,RIB,LEAN+FAT,RAW	162
VEAL,RIB,LEAN,BRAISED	218
VEAL,RIB,LEAN,ROASTED	177
VEAL,SHOULDR,LEAN+FAT,RAW	130
VEAL,SHOULDR,LEAN,BRAISED	199
VEAL,SHOULDR,LEAN,ROASTED	170
VEAL,SIRLOIN,LEAN+FAT,RAW	152
VEAL,SIRLOIN,LEAN,BRAISED	204
VEAL,SPLEEN,BRAISED	129
VEAL,STRAINED,BABY	101
VEAL,THYMUS,RAW	99
VEAL,TONGUE,RAW	131
VEG,MIXED,CANNED,DRAINED,SOL	47
VEG,MIXED,FROZEN,BOILED	59
VEG,MIXED,FROZEN,UNPREPARED	64
VEGETABLE+BACON,STRAINED	69
VEGETABLE+BEEF,STRAINED	53
VEGETABLE+CHICKEN,STRAINED	43
VEGETABLE+HAM,STRAINED	48
VEGETABLE+LAMB,JUNIOR	51
VEGETABLE+LIVER,JUNIOR	44
VEGETABLE+TURKEY,JUNIOR	47
VEGETABLE+TURKEY,TODDLER	80
VEGETABLE,DUMPLING,BEEF,STRND	48
VEGETABLE,NOODLE,CHICKEN,JUNIOR	64
VEGETABLE,NOODLE,TURKEY,STRND	44
VINEGAR,CIDER	14
VODKA	231
WAFFLE FROM MIX,ENRICHED	275
WAFFLE,FROZEN,ENRICHED	253
WAFFLE,HOME BAKED,ENRICHED	279
WAFFLE,MIX,BAKED,ENRICHED,W/WTR	305
WAFFLE,MIX,DRY,ENRICHED	356
WALNUT,BLACK,DRIED	607
WATER	0
WATER CHESSNUT,CHINESE,RAW	106

WATER,PERRIER	0
WATERMELON,KERNEL,DRIED	557
WAXGOURD,BOILED	13
WAXGOURD,RAW	13
WHALE MEAT,RAW	156
WHEAT CHEX	367
WHEAT GERM,TOASTED,W/SUGAR	377
WHEAT,DURUM	339
WHEAT,GERM,CRUDE	360
WHEAT,HARD,RED,WINTER	327
WHEAT,PUFFED,HIGHLY FORTIFIED	364
WHEAT,SHREDDED,LARGE BISCUIT	352
WHEAT,SOFT,RED,WINTER	331
WHEAT,SPROUTED	198
WHEATENA,COOKED,WO/NA	56
WHEATIES	349
WHEATNUT,FORMULATED,FLAVOR	647
WHELK,BOILED/STEAMED	275
WHEY,ACID,DRIED	339
WHEY,DRIED,SWEET	353
WHISKEY	250
WHISKEY SOUR MIX,POWDER	383
WHISKEY SOUR,FROM MIX	149
WHITE TUNA,CND,OIL,DRND,UNSLT	186
WHITE TUNA,CND,WTR,DRND,UNSLT	136
WHITEFISH,RAW	134
WHITING,BAKED/BROILED	115
WHOLE WHEAT NAT CER,CKD,WO/NA	62
WHOLE WHEAT NAT CEREAL,DRY	342
WINE,(ALL TABLE)	70
YAM,BOILED OR BAKED	116
YAM,MOUNTAIN,RAW	67
YAM,MOUNTAIN,STEAMED,W/SALT	82
YEAST,BAKER'S,COMPRESSED	86
YEAST,BREWER'S,DEBITTERED	283
YELLOWTAIL,RAW	146
YOGURT,FRUIT,LO FAT,10GPRO/8OZ	102
YOGURT,LO FAT,11GPRO/8OZ	85
YOGURT,PLAIN,8GPRO/8OZ	61
ZWIEBACK	426
100% NATURAL CEREAL, PLAIN	470
100% NATURAL W/RAISIN & DATES	451
40% BRAN FLAKES,KELLOGG'S	326
ABALONE,FRIED	189
ACEROLA,JUICE,RAW	21
ACORN,DRIED	509
ACORN,RAW	369
ALL CUTS,LEAN+FAT,COOKED	349
ALL-BRAN CEREAL,RTE	249

ALMOND,BUTTER	633
ALMOND,BUTTER,HONEY+CINN,W/SALT	602
ALMOND,DRIED	589
ALMOND,DRY,ROASTED	587
ALMOND,MEAL,PART DEFATTED	408
ALMOND,OIL,ROASTED	618
ALMOND,OIL,ROASTED,BLANCHED,W/S	613
ALMOND,PASTE	446
ALMOND,POWDER,PART DEFATTED	393
ALPHA-BITS	392
AMARANTH,BOILED	21
AMARANTH,RAW	26
ANCHOVY,RAW	131
ANISE SEED	337
ANTELOPE,ROASTED	150
APPLE BETTY,STRAINED	72
APPLE BUTTER	186
APPLE JUICE	47
APPLE JUICE,CANNED,WO/ASC ACID	47
APPLE JUICE,FROZEN,CONC,WO/ASC	166
APPLE JUICE,FROZEN,DILUT,WO/ASC	47
APPLE SAUCE,CANNED,SWEET,WO/ASC	76
APPLE SAUCE,CANNED,UNSWT,WO/ASC	43
APPLE+APRICOTS,STRAINED	45
APPLE+BLUEBRRY,STRAINED	61
APPLE+CHERRIES,STRAINED	48
APPLE+GRAPE,JUICE,BABY	46
APPLE+PLUM JUICE,BABY	49
APPLE+PNAPPL,STRAINED	37
APPLE+RASPBERRY,JUNIOR	58
APPLE,BOILED	53
APPLE,CANNED,SWEETENED,HEATED	67
APPLE,DEHYD,SULFUR	346
APPLE,DRIED,COOKED,W/SUGAR	83
APPLE,DRIED,SULFUR	243
APPLE,FROZEN,UNSWEETENED,HEATEC	47
APPLE,RAW,WO/SKIN	57
APPLESAUCE,STRAINED	41
APRICOT WITH TAPIOCA,JUNIOR	63
APRICOT,CANNED,HVY SYRUP,W/SKIN	83
APRICOT,CANNED,LT SYRUP,W/SKIN	63
APRICOT,CANNED,W/WATER,W/SKIN	27
APRICOT,CND,XHVY SYRUP,WO/SKIN	96
APRICOT,DEHYDRATED,SULFUR	320
APRICOT,DRIED,COOKED,W/SUGAR	113
APRICOT,DRIED,SULFUR	238
APRICOT,NECTAR,CANNED,WO/ASC	56
APRICOTS,CANDIED	338
ARM,LEAN+FAT,ALL GRDS,RAW	257

ARM,LEAN+FAT,CHOICE,RAW	262
ARM,LEAN+FAT,GOOD,RAW	237
ARM,LEAN+FAT,PRIME,RAW	294
ARM,LEAN,ALL GRDS,BRAISED	231
ARM,LEAN,CHOICE,RAW	137
ARM,LEAN,GOOD,RAW	130
ARM,LEAN,PRIME,RAW	154
ARROWHEAD,BOILED,W/SALT	78
ARROWROOT	357
ARTICHOKES,COOKED,W/SALT	50
ARTICHOKES,FROZEN,BOILED,W/SALT	45
ARTICHOKES,JERUSALEM,RAW	76
ASPARAGUS,BOILED	25
ASPARAGUS,CANNED,DRAINED	19
ASPARAGUS,CANNED,SOLID+LIQUID	14
ASPARAGUS,FROZEN,BOILED,W/SALT	28
ASPARAGUS,RAW	22
AVOCADO,RAW,CALIFORNIA	177
BACON,MEATLESS	310
BALSAM,PEAR LEAF,BOILED	35
BALSAM,PEAR POD,BOILED	19
BALSAM,PEAR,LEAF,BOILED,W/SALT	35
BAMBOO SHOOTS,BOILED,W/SALT	12
BAMBOO,SHOOTS,CANNED,DRAINED	19
BANANA WITH TAPIOCA,JUNIOR	67
BANANA,DEHYDRATED,POWDER	346
BANANA,PNAPPL+TAPIOCA,STRAINED	68
BANANA,RED,RAW	90
BARLEY	354
BARLEY,PEARLED	352
BARLEY,PREPARED,BABY CEREAL	111
BASIL,GROUND	251
BASS,STRIPED,RAW	97
BEANS,ADZUKI,CANNED,SWEETENED	237
BEANS,ADZUKI,RAW	329
BEANS,BABY LIMA,COOKED,NO SALT	126
BEANS,BABY LIMA,RAW	335
BEANS,BAKED,CANNED,W/BEEF	121
BEANS,BAKED,CANNED,W/PORK	106
BEANS,BAKED,CND,PORK&TOMATO SAL	98
BEANS,BLACK TURTLE SOUP,CANNED	91
BEANS,BLACK TURTLE SOUP,CKD,W/S	130
BEANS,BLACK,COOKED,NO SALT	132
BEANS,BLACK,RAW	341
BEANS,BROADBEAN,BOILED,W/SALT	56
BEANS,BROADBEAN,COOKED,NO SALT	110
BEANS,BROADBEAN,RAW	341
BEANS,CRANBERRY,CANNED	83
BEANS,CRANBERRY,COOKED,W/SALT	136

BEANS,FRENCH,COOKED,NO SALT	129
BEANS,FRENCH,RAW	343
BEANS,GREAT NORTHN,CKD,NO SALT	118
BEANS,GREAT NORTHN,RAW	339
BEANS,GREEN,CANNED,DIET,SOL&LIQ	15
BEANS,GREEN,JUNIOR	25
BEANS,GREEN,W/BUTTER,JUNIOR	32
BEANS,HYACINTH,BOILED	50
BEANS,HYACINTH,COOKED,NO SALT	117
BEANS,HYACINTH,RAW	46
BEANS,KIDNEY,ALL,COOKED,NO SALT	127
BEANS,KIDNEY,CA RED,COOKED,NO S	124
BEANS,KIDNEY,CANNED	81
BEANS,KIDNEY,RED,COOKED,NO SALT	127
BEANS,KIDNEY,RED,RAW	337
BEANS,KIDNEY,RYL RED,CKD,W/SALT	123
BEANS,LARGE LIMA,CANNED	79
BEANS,LARGE LIMA,COOKED,W/SALT	115
BEANS,LIMA,BABY,FROZEN	132
BEANS,LIMA,BOILED	123
BEANS,LIMA,CANNED,LO NA	75
BEANS,LIMA,FORD,FROZEN	106
BEANS,LIMA,FROZEN,BABY,BLD,SALT	105
BEANS,LIMA,RAW	113
BEANS,MOTH,COOKED,W/SALT	117
BEANS,MUNG,COOKED,NO SALT	105
BEANS,MUNG,RAW	351
BEANS,NAVY,COOKED,NO SALT	142
BEANS,NAVY,RAW	335
BEANS,PINK,COOKED,W/SALT	149
BEANS,PINTO,BOILED,W/SALT	162
BEANS,PINTO,COOKED,NO SALT	137
BEANS,PINTO,FROZEN,BOILED	162
BEANS,PINTO,RAW	340
BEANS,SHELLIE,CANNED,SOL&LIQ	30
BEANS,SMALL WHITE,COOKED,W/SALT	142
BEANS,SNAP,GREAT,BOILED,W/SALT	35
BEANS,SNAP,GREAT,CANNED,SEASND	16
BEANS,SNAP,GREAT,FROZEN,BL,W/SL	26
BEANS,SNAP,GREEN,FROZEN	33
BEANS,SNAP,GREEN,RAW	31
BEANS,SNAP,YELLOW,BOILED,W/SALT	35
BEANS,SNAP,YELLOW,CANNED,DT,DRN	20
BEANS,SNAP,YELLOW,CND,SALT+LIQ	15
BEANS,SNAP,YELLOW,FROZEN,BOILED	26
BEANS,SNAP,YELLOW,RAW	31
BEANS,SPROUTS,KIDNY,BOILED	33
BEANS,SPROUTS,MUNG,BOILED	21
BEANS,SPROUTS,MUNG,CANNED,DR	12

BEANS, SPROUTS, MUNG, SALT-FRY	50
BEANS, SPROUTS, NAVY, BOILED, W/SAL	78
BEANS, SPROUTS, PINTO, BLD, W/SALT	22
BEANS, SPROUTS, PINTO, RAW	62
BEANS, WHITE, COOKED, NO SALT	139
BEANS, WHITE, RAW	333
BEANS, WINGED, COOKED, NO SALT	147
BEANS, WINGED, LEAV, RAW	74
BEANS, WINGED, TUBER, RAW	159
BEANS, YAMBEAN, BOILED	46
BEANS, YAMBEAN, RAW	41
BEANS, YARDLONG, BOILED, W/SALT	47
BEANS, YARDLONG, COOKED, W/SALT	118
BEANS, YELLOW, COOKED, NO SALT	144
BEANS, YELLOW, RAW	345
BEAR, SIMMERED	259
BEAVER, ROASTED	166
BEEF LASAGNA, TODDLER	77
BEEF+EGG NOODLE, JUNIOR	57
BEEF+RICE, TODDLER	82
BEEF, STRAINED, BABY	107
BEEFALO, RAW	143
BEER, LIGHT	28
BEERWURST, BEEF	329
BEERWURST, PORK	238
BEETS, BOILED, W/SALT	31
BEETS, CANNED, LO NA, SOLID+LIQUID	29
BEETS, GREENS, BOILED	27
BEETS, GREENS, RAW	19
BEETS, PICKLED, CND, SOLID+LIQUID	65
BEETS, STRAINED	34
BISCUIT, DOUGH, ENRICHED, CANNED	277
BISCUIT, HOME, ENRICHED, LARD	369
BISCUIT, HOME, UNENRICHED	369
BISCUIT, MIX, COOKED, UNENRICHED	325
BISCUIT, MIX, UNENRICHED, DRY	424
BISCUIT, SELF RISING, ENRICHED	372
BISCUIT, W/EGG, BACON	305
BISCUIT, W/EGG, HAM	230
BISCUIT, W/EGG, STEAK	320
BISCUIT, W/SAUSAGE	391
BISON, RAW	109
BLACKBERRY JUICE, CANNED, UNSWTN	37
BLACKBERRY, FROZEN, UNSWEETENED	64
BLADE, LEAN+FAT, ALL GRD, BRSD	383
BLADE, LEAN+FAT, CHOICE, BRSD	388
BLADE, LEAN+FAT, GOOD, BRSD	366
BLADE, LEAN+FAT, PRIME, BRSD	417
BLADE, LEAN, ALL GRADES, BRSD	270

BLADE,LEAN,CHOICE,BRAISED	275
BLADE,LEAN,GOOD,BRAISED	256
BLADE,LEAN,PRIME,RAW	203
BLOODY MARY	78
BLUEBERRY,FROZEN,SWEETENED	81
BLUEBERRY,RAW	56
BOAR,WILD,RAW	122
BOCKWRST,RAW,PORK/VEAL	307
BOLOGNA,BEEF	312
BOLOGNA,PORK	247
BORAGE,BOILED	25
BORAGE,RAW	21
BOSTON BROWNBREAD,YELLOW	211
BOUILLON,CHICKEN,CUBE,DEHY	198
BOURBON AND SODA	90
BOYSENBERRY,FROZEN,UNSWEETENED	50
BRAIN,RAW	126
BRAN BUDS	258
BRATWURST,COOKED,PORK	301
BRAZILNUT,DRIED	656
BREAD,CRACKWHEAT,TOAST	313
BREAD,FRENCH,ENRICHED,TOAST	338
BREAD,FRENCH/VIENNA,UNENRICHED	290
BREAD,ITALIAN,ENRICHED	276
BREAD,RAISIN	262
BREAD,RYE,AMERICAN	243
BREAD,RYE,PUMPERNICKLE	246
BREAD,SALT RISING,TOAST	297
BREAD,STUFFING,MIX,CKD,NO EGG	358
BREAD,WHITE,ENR,1-2%MS,TOAST	314
BREAD,WHITE,ENR,5-6%MS,TOAST	320
BREAD,WHITE,ENRICHED,3-4%NFDM	270
BREAD,WHITE,UNENR,1-2%MS,TOAST	314
BREAD,WHITE,UNENR,3-4%MS,TOAST	314
BREAD,WHITE,UNENR,5-6%MS,TOAST	320
BREAD,WHOLE WHEAT,2%MS,TOAST	289
BREAD,WHOLE WHEAT,W/WATER	241
BREADFRUIT SEED,BOILED	168
BREADFRUIT SEED,ROASTED	207
BREADNUT TREE SEED,DRIED	367
BREAKFAST STRIP,COOKED	449
BRISKET,BOTTOM,LEAN+FAT,BRSD	366
BRISKET,BOTTOM,LEAN,BRSD	212
BRISKET,CANNED	250
BRISKET,CORNED,RAW	198
BRISKET,LEAN+FAT,RAW	325
BRISKET,LEAN,RAW	154
BRISKET,TOP,LEAN+FAT,RAW	353
BRISKET,TOP,LEAN,RAW	173

BROCCOLI,COOKED,BOILED	28
BROCCOLI,FROZEN,CHOPPED,BLD,SAL	28
BROCCOLI,FROZEN,SPEARS	29
BROCCOLI,FRZ,SPEARS,BLD,W/SALT	28
BROCCOLI,RAW	28
BROTH,BEEF & TOMATO JUICE	37
BROTH,BEEF,CUBE,W/WATER	3
BROTH,CHICKEN,BOUILLON,DEHY	267
BROTH,CHICKEN,CUBE,W/WATER	5
BROTH,CHICKEN,W/WATER	16
BROTWURST,PORK/BEEF,NFDM	323
BROWNIE,MIX,COMPLETED,DRY	419
BROWNIE,MIX,INCOMPLETE,DRY	442
BROWNIE,NUTS,BUTTER	467
BROWNIE,NUTS,VEG SHRTNING	485
BRUSSELS SPROUTS,BOILED,W/SALT	39
BRUSSELS SPROUTS,FROZEN,BOILED	42
BRUSSELS SPROUTS,RAW	43
BUCKWHEAT,FLOUR,WHOLE	335
BUCKWHEAT,GROATS,COOKED	92
BUFFALO,WATER,ROASTED	131
BULGAR,DRY	342
BURDOCK ROOT,BOILED	88
BURDOCK ROOT,RAW	72
BURRITO,W/BEANS,CHEESE	203
BURRITO,W/BEANS,CHEESE,PEPPER	197
BURRITO,W/BEANS,PEPPERS	202
BURRITO,W/BEEF,CHEESE,PEPPER	208
BURRITO,W/FRUIT	312
BUTTER,REGULAR	717
BUTTER,WHIPPED	717
BUTTERBUR,BOILED,W/SALT	8
BUTTERBUR,RAW	14
BUTTERMILK,CULTURED	40
BUTTERNUT,DRIED	612
C.W. POST, PLAIN	445
CABBAGE,BOILED,W/SALT	21
CABBAGE,PAK-CHOI,RAW	13
CABBAGE,PE-TSAI,BOILED,W/SALT	14
CABBAGE,RAW	24
CABBAGE,RED,BOILED,W/SALT	21
CABBAGE,SAVOY,BOILED	24
CABBAGE,SAVOY,RAW	27
CABBAGE,SWAMP,BOILED,W/SALT	20
CAKE,ANGELFOOD,ENRICHED,HOME	269
CAKE,CARAMEL,ENRICHED,BUTTER	362
CAKE,CARAMEL,UNENR,BUTTER,ICING	361
CAKE,CARML,ENRICHED,VEG SHRT,IC	379
CAKE,CARML,UNENR,VEG SHRT,ICING	379

CAKE,CHOC,ENR,ICING,VEG SHRT	369
CAKE,CHOC,ENRICHED,ICING,BUTTER	354
CAKE,CHOC,UNENR,ICING,BUTTER	354
CAKE,CHOC,UNENR,VEG SHRTNING	366
CAKE,CHOC,W/ICING,ENR,BUTTER	359
CAKE,CHOC,W/ICING,UNENR,BUTTER	359
CAKE,COFFEE,MIX,DRY,ENRICHED	431
CAKE,COFFEE,MIX,EGG,MILK,UNENR	322
CAKE,COTTAGE PUD,ENR,SCE,VEG SH	292
CAKE,COTTAGE PUDDING,ENR,VEG SH	344
CAKE,DANISH,CINNAMON	397
CAKE,DEVILFOOD,FROZEN,CHOC	380
CAKE,DEVILFOOD,MIX,CHOC IC,ENR	339
CAKE,IC,MIX,CHOC FUDGE,REG MARG	378
CAKE,IC,MIX,CREAM FUDGE,W/WATER	339
CAKE,IC,MIX,CRM FUDGE,WTR,MARG	383
CAKE,ICING,CARAMEL	360
CAKE,ICING,COCONUT	364
CAKE,ICING,WHITE,BOILED	316
CAKE,ICN,MIX,CHOC FUDGE,BUTTER	378
CAKE,MARBLE,MIX,ENR,WHITE ICING	331
CAKE,MIX,ANGELFOOD,ENRICHED,BKD	259
CAKE,MIX,YELLOW,BKD,CHOC ICN,EN	337
CAKE,PLAIN,CUPCAKE	368
CAKE,PLAIN,ENR,VEG SHRTNING	364
CAKE,PLAIN,ENRICHED,BUTTER	350
CAKE,PLAIN,UNENR,VEG SHRTNING	364
CAKE,PLAIN,UNENRICHED,BUTTER	350
CAKE,POUND,EQL WTS,ENR,CK-FT	482
CAKE,POUND,EQL WTS,UNENR,CK-FT	482
CAKE,POUND,MODIFIED,ENR,BUTTER	411
CAKE,POUND,MODIFIED,UNENR,BUTT	411
CAKE,POUND,OLD FASHIONED	437
CAKE,POUND,UNEQL WTS,ENR,VEG SH	473
CAKE,POUND,UNEQL WTS,UNENR,VG S	473
CAKE,SPONGE,UNENRICHED	297
CAKE,WHITE,ENRICHED,VEG SHRTNIN	375
CAKE,WHITE,ICING,ENR,VEG SHRT	375
CAKE,WHITE,ICING,UNENR,VEG SHR	375
CAKE,WHITE,UNENR,VEG SHRTNING	375
CAKE,WHT,C'NUT IC,ENR,BUTTER	353
CAKE,WHT,C'NUT IC,UNENR,BUTTER	353
CAKE,YEL,CARM IC,ENR,BUTTER	347
CAKE,YEL,CARM IC,UNENR,BUTTER	347
CAKE,YEL,CHOC IC,ENR,BUTTER	352
CAKE,YEL,CHOC IC,UNENR,BUTTER	352
CAKE,YEL,ENRICHED,BUTTER	345
CAKE,YEL,UNENRICHED,BUTTER	345
CANDY,BUTTERSCOTCH	397

CANDY,CARAMEL,CHOC,PLAIN	399
CANDY,CHOC COATED,ALMONDS	569
CANDY,CHOC COATED,FONDANT	410
CANDY,CHOC COATED,HARD CANDY	463
CANDY,CHOC COATED,NUTS	433
CANDY,CHOC COATED,RAISINS	425
CANDY,CHOC,BITTERSWEET	477
CANDY,CHOC,SEMISWEET	507
CANDY,FONDANT	364
CANDY,FUDGE,CHOC,NUTS	426
CANDY,FUDGE,VANILLA,NUTS	424
CANDY,HARD	386
CANDY,MARSHMALLOWS	319
CANDY,MILKCHOC,PEANUTS	543
CANDY,PEANUT BAR	515
CAP'N CRUNCH	421
CAPN CRUNCH PEANUT BUTTER	439
CAPON,FLESH/SKIN,ROASTED	229
CAPON,GIBLETS,SIMMERED	164
CAPON,WHOLE,ROASTED	226
CARAMEL PUDDING,JUNIOR	79
CARAWAY SEED	333
CARCASS,LEAN+FAT,GOOD,RAW	281
CARDOON,BOILED	22
CARDOON,RAW	20
CARIBOU,ROASTED	167
CAROB FLAVOR BEVERAGE,MIX	372
CAROB FLOUR	180
CARP,BAKED/BROILED	162
CARROTS,BOILED	45
CARROTS,BUTTERED,JUNIOR	33
CARROTS,CANNED,LO NA,DRAINED	23
CARROTS,CND,LO NA,SOLID+LIQUID	23
CARROTS,FROZEN,BOILED,W/SALT	36
CARROTS,JUNIOR	32
CARROTS,STRAINED	27
CASHEW,BUTTER	587
CASHEW,DRY,ROASTED	574
CASHEW,OIL,ROASTED	576
CASSAVA,RAW	120
CATFISH,CHANNEL,RAW	116
CATSUP,LO NA	104
CAULIFLOWER,BOILED,W/SALT	24
CAULIFLOWER,FROZEN,BOILED	19
CAULIFLOWER,RAW	24
CEEESE SOUFLEE	218
CELERIAC,BOILED,W/SALT	25
CELERY SEED	392
CELERY,BOILED,W/SALT	18

CELTUCE,RAW	22
CEREAL+EGG YOLK,STRAINED	51
CEREAL,EGG,BACON,JUNIOR	84
CHARD,SWISS,BOILED	20
CHARD,SWISS,RAW	19
CHAYOTE,FRUIT,BOILED	24
CHAYOTE,FRUIT,RAW	24
CHEESE STRAW,LARD	453
CHEESE,BLUE	353
CHEESE,BRIE	334
CHEESE,CARAWAY	376
CHEESE,CHESHIRE	387
CHEESE,COTTAGE,1% FAT	72
CHEESE,COTTAGE,CREAMED	103
CHEESE,COTTAGE,WITH FRUIT	124
CHEESE,EDAM	357
CHEESE,FONTINA	389
CHEESE,FOOD,COLDPAC AMERICAN	331
CHEESE,FOOD,PAST PROC SWISS	323
CHEESE,GOUDA	356
CHEESE,LIMBURGER	327
CHEESE,MOZZARELA,LO H20,PRT SKM	280
CHEESE,MOZZARELA,SKIM MILK	254
CHEESE,MUENSTER	368
CHEESE,PARMESAN,GRATED	456
CHEESE,PARMESAN,SHREDDED	415
CHEESE,PAST PROCESSED PIMENTO	375
CHEESE,PORT DU SALUT	352
CHEESE,PROC SWISS,NO NA2PO4	334
CHEESE,RICOTTA,PART SKIM	138
CHEESE,ROMANO	387
CHEESE,SPRED,AMERICAN,NA2PO4	290
CHEESE,SWISS	376
CHEESEBURGER,DBL MEAT	295
CHEESEBURGER,DBL MT,CONDMNT,VEC	251
CHEESEBURGER,LRG,CONDIMNT,VEG	257
CHEESEBURGER,LRG,HAM,CNDMNT,VE	293
CHEESEBURGER,LRG,TRIPLE MT,PLN	262
CHEESEBURGER,W/CONDIMNT	261
CHEESEFURTER,PORK/BEEF	327
CERRIES,MARASCHINO	116
CHERRY VANILLA PUDDING,STRAINED	68
CHERRY,SOUR,CANNED,LIGHT SYRUP	75
CHERRY,SOUR,CND,XTRA HVY SYRUP	114
CHERRY,SOUR,RED,RAW	50
CHERRY,SWEETENED,CANNED,W/JUICE	54
CHERRY,SWEETENED,CND LT SYRUP	67
CHERRY,SWEETENED,CND,XHVY SYRUF	102
CHERVIL,DRIED	237

CHESTNUT FLOUR	362
CHESTNUT,CHINESE,DRIED	363
CHESTNUT,CHINESE,ROASTED	239
CHESTNUT,EUROPEAN,DRY,PEELED	369
CHESTNUT,EUROPEAN,RAW,PEELED	196
CHESTNUT,EUROPEAN,ROASTED	245
CHESTNUT,JAPANESE,DRIED	360
CHESTNUT,JAPANESE,ROASTED	201
CHIA SEEDS,DRIED	472
CHICKEN FRICASSE,HOME,COOKED	161
CHICKEN STEW,TODDLER	78
CHICKEN+NOODLE,STRAINED	52
CHICKEN+NOODLES,JUNIOR	51
CHICKEN,BACK,NO SKIN,RAW	137
CHICKEN,BACK,NO SKIN,STEWED	209
CHICKEN,BACK,W/SKIN,FLOUR FRIED	331
CHICKEN,BACK,W/SKIN,ROASTED	300
CHICKEN,BREAST,NO SKIN,FRIED	187
CHICKEN,BREAST,NO SKIN,RAW	161
CHICKEN,BREAST,NO SKIN,STEWED	151
CHICKEN,BREAST,W/SKIN,RAW	172
CHICKEN,BREAST,W/SKIN,STWD	184
CHICKEN,CANNED,WITH BROTH	165
CHICKEN,DARK,NO SKIN,RAW	125
CHICKEN,DARK,NO SKIN,STEWED	192
CHICKEN,DARK,W/SKIN,FLR. FRIED	285
CHICKEN,DARK,W/SKIN,ROASTED	253
CHICKEN,DRUM,NO SKIN,FRIED	195
CHICKEN,DRUM,NO SKIN,ROASTED	172
CHICKEN,DRUM,W/SKIN,FLOUR FRIED	245
CHICKEN,DRUM,W/SKIN,STEWED	204
CHICKEN,FAT ONLY,RAW	629
CHICKEN,FILLET,SANDWICH,W/CHSE	277
CHICKEN,FLESH/SKIN,FLOUR FRIED	269
CHICKEN,FLESH/SKIN,ROASTED	239
CHICKEN,FRANKFURTER	257
CHICKEN,FRIED,LIGHT MEAT	303
CHICKEN,GIBLET,FRIED	277
CHICKEN,GIBLET,SIMMERED	157
CHICKEN,GIZZARD,SIMMERED	153
CHICKEN,HEART,SIMMERED	185
CHICKEN,LEG,NO SKIN,FRIED	208
CHICKEN,LEG,NO SKIN,ROASTED	191
CHICKEN,LEG,W/SKIN,BATTER FRIED	273
CHICKEN,LEG,W/SKIN,RAW	187
CHICKEN,LEG,W/SKIN,STEWED	220
CHICKEN,LIGHT,NO SKIN,RAW	114
CHICKEN,LIGHT,NO SKIN,STEWED	159
CHICKEN,LIGHT,W/SKIN,FLRFRY	246

CHICKEN,LIGHT,W/SKIN,ROASTED	222
CHICKEN,LIVER PATE	201
CHICKEN,LIVER,RAW	125
CHICKEN,MEAT ONLY,FRIED	219
CHICKEN,MEAT ONLY,ROASTED	190
CHICKEN,NECK,NO SKIN,FRIED	229
CHICKEN,NECK,NO SKIN,STEWED	179
CHICKEN,NECK,W/SKIN,RAW	297
CHICKEN,NECK,W/SKN,BATTER FRIED	330
CHICKEN,PIECE,SWEET SOUR	266
CHICKEN,PIECE,W/HONEY	286
CHICKEN,ROASTER,DARK MEAT,RSTD	178
CHICKEN,ROASTER,GIBLET,STEWED	165
CHICKEN,ROASTER,LT MEAT,ROASTED	153
CHICKEN,ROASTER,NO SKIN,ROASTED	167
CHICKEN,ROASTER,W/SKIN,ROASTED	223
CHICKEN,ROLL,LIGHT	159
CHICKEN,SKIN,FLOUR FRIED	502
CHICKEN,SKIN,ROASTED	454
CHICKEN,SPREAD,CANNED	192
CHICKEN,STEWER,DARK MEAT,RAW	157
CHICKEN,STEWER,GIBLET,RAW	168
CHICKEN,STEWER,LIGHT MEAT,RAW	137
CHICKEN,STEWER,NO SKIN,RAW	148
CHICKEN,STEWER,W/SKIN,RAW	258
CHICKEN,STEWER,WHOLE,RAW	251
CHICKEN,STRAINED,BABY	130
CHICKEN,THIGH,NO SKIN,RAW	119
CHICKEN,THIGH,NO SKIN,STEWED	195
CHICKEN,THIGH,W/SKIN,FLR FRIED	262
CHICKEN,THIGH,W/SKIN,ROASTED	247
CHICKEN,WHOLE RAW	213
CHICKEN,WHOLE,FLOUR FRIED	272
CHICKEN,WHOLE,ROASTED	234
CHICKEN,WING,NO SKIN,FRIED	211
CHICKEN,WING,NO SKIN,ROASTED	203
CHICKEN,WING,W/SKIN,FLOUR FRIED	321
CHICKEN,WING,W/SKIN,ROASTED	290
CHICKEN,WING,W/SKN,BATTER FRIED	324
CHICORY,GREENS,RAW	23
CHICORY,WITLOOF,RAW	15
CHILI WITH BEANS,CANNED	112
CHILI,CON CARNE,WO/BEANS,CANNED	200
CHIMICHANGA,W/BEEF,CHEESE	242
CHIMICHANGA,W/BEEF,PEPPER	223
CHIVES,RAW	25
CHOCOLATE FLAVOR BEVERAGE,MIX	349
CHOCOLATE MALT POWDER,FORTIFIED	358
CHOCOLATE MALT,NOT FORTIFIED	375

Sheet1

CHOCOLATE MIX,ENRICHED,W/ICING	346
CHOCOLATE PUDDING,STRAINED	84
CHOCOLATE SYRUP & MILK,FORT	75
CHOCOLATE SYRUP FORTIFIED	245
CHOCOLATE,BITTER/BAKING	505
CHOP SUEY,MEAT,HOME	120
CHOW MEIN,CHICKEN,CANNED	38
CHOWCHOW,PICKLE,SOUR	29
CHOWDER,CLAM,MANHATTAN,CONDNSI	61
CHOWDER,CLAM,NEW ENGLND,DEHY	418
CHOWDER,CLAM,NEW ENGLND,W/WATE	39
CHOWDER,MANHATTAN,CLAM,DEHY	345
CHRYSANTHEMUM,BOILED,W/SALT	20
CINNAMON,GROUND	261
CISCO,SMOKED	177
CITRUS DRINK,FROZEN,CONC	162
CLAM & TOMATO JUICE,CANNED	46
CLAM,BREADED+FRIED	202
CLAM,CANNED,LIQ	2
CLAMS,BREADED,FRIED	392
CLUB SODA	0
COCOA MIX & WATER,ASPARTAM	25
COCOA MIX,FORTIFIED	384
COCOA MIX,LO CALORIE,PREPARED	25
COCOA PEBBLES	408
COCOA,LO-MED FAT,DRY	215
COCOA,MED-FAT,DRY	261
COCONUT,CREAM,RAW	330
COCONUT,DRIED,SWEET,FLAKE,CND	443
COCONUT,DRIED,SWEET,SHREDDED	501
COCONUT,DRIED,UNSWEETENED	660
COCONUT,MILK,CANNED	197
COCONUT,MILK,RAW	230
COD,ATLANTIC,BAKED/BROILED	105
COD,ATLANTIC,DRIED,SALTED	290
COD,PACIFIC,RAW	82
COFFEE & SUGAR,CAPPUCINO,PREP	32
COFFEE & SUGAR,FRENCH,PREPARED	30
COFFEE & SUGAR,MOCHA,PREPARED	27
COFFEE LIQUEUR,53 PROOF	336
COFFEE WHITENER,LAUR CASEN	136
COFFEE WHITENER,VEG OIL,SOY	136
COFFEE,BREWED,DISTILLED H2O	2
COFFEE,DECAFFINATED,PREPARED	2
COFFEE,INSTANT,PREPARED	2
COFFEE,SUBSTITUTE+WATER	5
COFFEE,W/CHICKORY,POWDER	351
COLA	41
COLA,LO CAL,SACCHARIN	0

COLESLAW	148
COLLARDS,BOILED	27
COLLARDS,FROZEN,BOILED	36
COLLARDS,FROZEN,UNPREPARED	33
CONSOMME,GEL,DRY,WATER	7
CONSOMME,W/GEL,DEHY	137
COOKIECRISP CEREAL	400
COOKIES,ASSORTED	480
COOKIES,BUTTER,THIN	457
COOKIES,CHOC CHIP,COMMERCIAL	471
COOKIES,CHOCOLATE	445
COOKIES,DOUGH,CHILLED,BAKED	496
COOKIES,FIG BARS	358
COOKIES,LADYFINGERS	360
COOKIES,MARSHMALLOW	409
COOKIES,MIX,PLAIN,DRY	493
COOKIES,OATMEAL,RAISIN	451
COOKIES,RAISIN	379
COOKIES,SHRTBREAD	498
COOKIES,SUGAR,BUTTER	426
COOKIES,VANILLA WAFER	462
CORIANDER SEED	298
CORN BRAN CEREAL	346
CORN FLAKES,KELLOGG'S	389
CORN FLAKES,RALSTON PURINA	390
CORN FRITTERS,YELLOW	377
CORN GRITS,DRY	371
CORN PONE,LARD	204
CORN,BRAN,CRUDE	224
CORN,CREAMED,JUNIOR	65
CORN,DRY	357
CORN,FLOUR,MASA,ENRICHED,YELLOW	365
CORN,FLOUR,WHOLE,YELLOW	361
CORN,PUDDING	109
CORN,SALAD,RAW	21
CORN,SWEET,YELLOW,BOILED	108
CORN,WHITE	365
CORN,WHITE,BOILED,W/SALT	108
CORN,WHITE,CANNED,CRMD,LO NA	72
CORN,WHITE,CANNED,SOLID+LIQUID	61
CORN,WHITE,CND,VAC PACK,LO NA	79
CORN,WHITE,COB,FROZEN,BLD,W/SAL	93
CORN,WHITE,FROZEN,BOILED,SALT	81
CORN,WHITE,RAW	86
CORN,YELLOW,BOILED,W/SALT	108
CORN,YELLOW,CANNED,DRAINED	81
CORN,YELLOW,CANNED,VAC PACK	79
CORN,YELLOW,FROZEN,BLD,W/SALT	81
CORN,YELLOW,FROZEN,COB,BOILED	93

CORN,YELLOW,FROZEN,KERNEL,BLD	81
CORNBREAD,LARD	224
CORNBREAD,MIX,PREPARED	233
CORNBEEF,LOAF,JELLIED	153
CORNED-BEEF,HASH,CANNED	181
CORNMEAL,DEGERMED,ENR,YELLOW	366
CORNMEAL,DEGERMED,YELLOW	366
CORNMEAL,SELF RSNG,ENR,YELLOW	334
CORNMEAL,WHOLE,WHITE	362
CORNMEAL,YELLOW,SELF RSNG,W/FLR	348
COTTAGE CHEESE,PNAPPL,JUNIOR	78
COTTONSEED,FLOUR,LOFAT	332
COTTONSEED,KERNEL,ROASTED	506
COUSCOUS,COOKED	112
CRAB,ALASKA KING,RAW	84
CRAB,BLUE,BOILED/STEAMED	102
CRAB,BLUE,CANNED	99
CRAB,CAKE	266
CRAB,DUNGENESS,RAW	86
CRAB,KING,BOILED/STEAMED	97
CRAB,QUEEN,RAW	90
CRABAPPLE,RAW	76
CRACKER,BUTTER	458
CRACKER,GRAHAM,CHOCOLATE COATE	475
CRACKER,GRAHAM,PLAIN	384
CRACKER,SANDWICH TYPE	491
CRACKER,WHOLE WHEAT	403
CRANBERRY COCKTAIL,BOTTLED	57
CRANBERRY COCKTAIL,LO CAL	19
CRANBERRY JUICE COCKTAIL,BOTTLE	57
CRANBERRY+APPLE DRINK	67
CRANBERRY+GRAPE DRINK	56
CRANBERRY,RAW	49
CRAYFISH,BOILED/STEAMED	114
CREAM OF CHICKEN SOUP,STRAINED	58
CREAM OF RICE,COOKED,WO/NA	52
CREAM OF WHEAT,INSTANT,CKD,W/NA	64
CREAM OF WHEAT,INSTNT,CKD,WO/NA	64
CREAM OF WHEAT,MIX&EAT,FLAV,PRP	88
CREAM OF WHEAT,MIX&EAT,PLN,PRP	72
CREAM OF WHEAT,QUICK,CKD,WO/NA	54
CREAM OF WHEAT,REG,COOKED,WO/NA	53
CREAM OF WHEAT,REGULAR,DRY	370
CREAM SODA	51
CREAM,HEAVY WHIPPING	345
CREAM,TABLE,LIGHT	195
CREAM,WHIPPING,LIGHT	292
CRESS,GARDEN,BOILED	23
CRESS,GARDEN,RAW	32

CRISPY WHEATS'N RAISNS	349
CROAKER,ATLANTIC,BREADED+FRIED	221
CROISSANT,W/EGG,CHEESE	290
CROISSANT,W/EGG,CHEESE,HAM	312
CUCUMBER,RAW	13
CUPCAKE,MIX,DRY,ENRICHED	438
CUPCAKE,MIX,ENRICHED,CHOC ICING	358
CURRANT,EUROPEAN,BLACK,RAW	63
CURRANT,ZANTE,DRIED	283
CUSK,RAW	87
CUSTARD-APPLE,RAW	101
DAIQUIRI	186
DAIRY DRINK,ASPARTAM,W/WATER	31
DANDELION,GREENS,BOILED	33
DANDELION,GREENS,RAW	45
DEER,RAW	120
DESSERT WINE,DRY	126
DESSERT,MIX,RENIN,CHOC,PREPARED	102
DILL SEED	305
DISTILLED SPIRITS 100 PROOF	295
DISTILLED SPIRITS 86 PROOF	250
DISTILLED SPIRITS 94 PROOF	275
DOCK,BOILED,W/SALT	20
DOLPHINFISH,RAW	85
DOUGHNUTS,CAKE TYPE	391
DRIED,CHIPPED,COOKED	154
DRUM,FRESHWATER,RAW	119
DRY SALAMI,PORK/BEEF	418
DUCK,FLESH ONLY,ROASTED	201
DUCK,FLESH/SKIN,ROASTED	337
DUCK,WILD,BREAST,RAW	123
DUTCH APPLE,JUNIOR	69
DUTCHBRAND,LOAF,PORK/BEEF	240
EEL,BAKED/BROILED	236
EGG AND CHEESE SANDWICH	233
EGG SUBSTITUTE,LIQUID	84
EGG WHITE,DRIED,FLAKES	351
EGG YOLK,DRIED	687
EGG,CHICKEN,WHITE,RAW	50
EGG,CHICKEN,WHOLE,HARD	155
EGG,CHICKEN,WHOLE,POACHED	149
EGG,CHICKEN,WHOLE,SCRAMBLED	166
EGG,CHICKEN,YOLK,FROZEN,SUGARED	323
EGG,DUCK,WHOLE	185
EGG,QUAIL,WHOLE	158
EGG,WHOLE,DRIED	594
EGGNOG	135
EGGNOG MIX+MILK	96
EGGPLANT,BOILED,W/SALT	28

ELDERBERRY,RAW	73
ELK,ROASTED	146
ENCHILADA,CHEESE,BEEF	168
ENDIVE,RAW	17
ENGLISH MUFFIN,EGG,CHSE,SAUSAGE	295
ENGLISH,MUFFIN,EGG,CHEESE,BACON	262
FALAFEL	171
FARINA,DRY	369
FARINA,UNENRICHED,CKD,WO/SALT	50
FARINA,UNENRICHED,DRY	369
FAT,BUTTER	717
FAT,CHICKEN	900
FAT,GOOSE	900
FAT,MUTTON TALLOW	902
FENNEL SEED	345
FENUGREEK SEED	323
FIG,CANNED,LIGHT SYRUP	69
FIG,CANNED,XTRA HEAVY SYRUP	107
FIG,DRIED,RAW	255
FIGS,CANDIED	299
FILBERT,DRIED,BLANCH	672
FILBERT,DRY,ROASTED,W/SALT	662
FILBERT,OIL,ROASTED,W/SALT	660
FISH SANDWICH,W/TARTAR CHEESE	286
FISH,CAKES,FRIED	172
FISH,LOAF,COOKED	124
FLANK,LEAN+FAT,CHOICE,BRSD	257
FLANK,LEAN,CHOICE,BRAISED	244
FLANK,LEAN,CHOICE,RAW	169
FLATFISH,RAW	91
FLOUR,WHITE,BREAD	361
FLOUR,WHITE,ENRICHED,ALL PURPOS	364
FLOUR,WHITE,SELF RSNG,ENRICHED	354
FONDUE,CHEESE	265
FRANKFURTER	315
FRANKFURTER,BEEF/PORK	320
FRANKFURTER,CHICKENEN	257
FRANKFURTER,RAW,NFDM+CEREAL	274
FRENCH TOAST STICKS	339
FRESH PORK,SAUSAGE,COOKED	369
FRESH PORK/BEEF,SAUSAGE,COOKED	396
FROG LEGS,RAW	73
FROSTED MINI-WHEATS	359
FROSTED RICE KRISPIES	383
FRUIT COCKTAIL,CANNED W/JUICE	46
FRUIT COCKTAIL,HEAVY SYRUP	73
FRUIT COCKTAIL,XTRA LT SYRUP	45
FRUIT PUNCH,CANNED	47
FRUIT PUNCH,FROZEN PREPARED	46

FRUIT PUNCH,POWDER+WATER	37
FRUIT SALAD,CANNED W/WATER	30
FRUIT SALAD,CANNED,LIGHT SYRUP	58
FRUIT SALAD,TROPICAL,HVY SYRUP	86
FRUITCAKE,DARK,ENRICHED,BUTTER	363
FRUITY PEBBLES	405
GARLIC POWDER	332
GEFILTEFISH,SWEET	84
GELATIN DESSERT,POWDER,DRY	371
GELATIN POWDER,ORANGE	382
GIN	263
GINGER ALE	34
GINGER ROOT,RAW	69
GINGERBREAD,ENR,VEG SHRTNING	317
GINGERBREAD,MIX,BAKED,ENRICHED	276
GINKGO NUTS,CANNED	111
GINKGO NUTS,RAW	182
GOAT,ROASTED	143
GOOSE LIVER PATE,CANNED	462
GOOSE,FLESH/SKIN,ROASTED	305
GOOSE,GIZZARD,RAW	139
GOOSE,LIVERPATE,CANNED	462
GOOSE,MEAT ONLY,ROASTED	238
GOOSEBERRY,CANNED,LIGHT SYRUP	73
GOURD,DISHCLOTH,BOILED,W/SALT	56
GOURD,WHITE-FLOWER,BLD,W/SALT	15
GOURD,WHITE-FLOWER,RAW	14
GRANOLA,HOMEMADE	487
GRAPE JUICE,DRINK,CANNED	50
GRAPE-NUTS	357
GRAPEFRUIT JUICE,CANNED,UNSWT	38
GRAPEFRUIT JUICE,FROZEN CONC	146
GRAPEFRUIT JUICE,PINK/RED,FRESH	39
GRAPEFRUIT PEEL,CANDIED	316
GRAPEFRUIT,CANNED,W/WATER	36
GRAPEFRUIT,PINK/RED FLORIDA	30
GRAPEFRUIT,PINK/RED,CALIF/ARIZ	37
GRAPEFRUIT,WHITE,ALL LOC	33
GRAPEFRUIT,WHITE,FLORIDA	32
GRAPEJUICE,FROZEN,SWEETENED,COM	179
GRAPES,RAW,AMERICAN TYPE	63
GRAPES,THOMPSON,CANNED,WATER	40
GRAVY,AU JUS,CANNED	16
GRAVY,AU JUS,W/WATER	13
GRAVY,BEEF,DEHY	342
GRAVY,CHICKEN,CANNED	79
GRAVY,CHICKEN,DRY,W/WATER	32
GRAVY,MUSHROOM,CANNED	50
GRAVY,MUSHROOM,DRY,W/WATER	27

GRAVY,ONION,W/WATER	30
GRAVY,PORK,DRY,W/WATER	30
GRAVY,TURKEY,DEHY	350
GRAVY,UNSPECIFIED,DEHY	344
GRITS,CORN,INSTANT,BACON,DRY	368
GRITS,CORN,INSTANT,CHEESE,DRY	376
GRITS,CORN,INSTANT,HAM,DRY	362
GRITS,CORN,INSTANT,PLAIN,COOKED	60
GRITS,WHEAT,ENRICHED,CKD,W/NA	60
GRITS,WHEAT,UNENRICHED,CKD,WO/S	60
GROUND,LEAN,BAKED,DONE	292
GROUND,LEAN,BROILED,DONE	280
GROUND,LEAN,FRIED,DONE	277
GROUND,LEAN,RAW	264
GROUND,REG,BAKED,MED	287
GROUND,REG,BROILED,MED	289
GROUND,REG,FRIED,MED	306
GROUND,XTRA LEAN,BAKED,DONE	274
GROUND,XTRA LEAN,BRLD,DONE	265
GROUND,XTRA LEAN,RAW	234
GROUPE,BAKED/BROILED	118
GUAVA SAUCE,COOKED	36
GUAVA,RAW,COMMON	51
GUAVA,TAPIOCA,STRAINED	67
GUINEA,FLESH/SKIN,RAW	158
HADDOCK,BAKED/BROILED	112
HADDOCK,SMOKED	116
HALIBUT,GRNLAND,RAW	186
HAM AND CHEESE SANDWICH	241
HAM AND CHEESE,SPREAD	245
HAM,CANNED,ROASTED	167
HAM,CANNED,XTRA LEAN,ROASTED	136
HAM,CENTER SIRLOIN,LEAN,RAW	195
HAM,CHEESE,LOAF	259
HAM,CHOPPED,CANNED	239
HAM,CHOPPED,NOT CANNED	229
HAM,CROQUETTE	251
HAM,CURED,BONELESS,UNHEATED	182
HAM,CURED,LEAN+FAT,UNHEATED	246
HAM,CURED,LEAN,UNHEATED	147
HAM,CURED,XTRA LEAN,UNHEATED	131
HAM,FRESH,LEAN+FAT,RAW	261
HAM,FRESH,SEPERABLE,LEAN,RAW	136
HAM,JUNIOR,BABY	125
HAM,MINCED	263
HAM,PATTIES,UNHEATED	315
HAM,RUMP,FRESH,LEAN+FAT,ROASTED	274
HAM,RUMP,FRESH,LEAN,ROASTED	221
HAM,SEPERABLE FAT,ROASTED	591

HAM,SHANK,FRESH,LEAN+FAT,RAW	281
HAM,SHANK,FRESH,LEAN,ROASTED	215
HAM,SLICED,EXTRA LN	131
HAM,STEAK,XTRA LEAN,UNHEATED	122
HAMBURGER,CONDIMENT,VEG	254
HAMBURGER,DBL MEAT,CONDIMENT	268
HAMBURGER,LARGE,DBL MEAT,VEG	239
HAMBURGER,LARGE,TRIPLE,CONDIMNT	267
HAMBURGER,REGULAR,PLAIN	305
HEART,RAW	117
HEARTLAND NATURAL CEREAL,PLAIN	434
HEARTLAND NATURAL W/RAISIN	425
HERRING,ATLANTIC,KIPPERED	217
HERRING,ATLANTIC,RAW	158
HI MEAT BEEF+VEGETABLE,JUNIOR	85
HI MEAT CHICK,VEGETABLE,JUNIOR	92
HI MEAT HAM+VEGETABLE,JUNIOR	77
HI MEAT TURKEY,VEGETABLE,JUNIOR	90
HI MEAT VEAL+VEGETABLE,JUNIOR	73
HI PRO APPLE/ORANGE CEREAL,DRY	374
HI PROT CEREAL,DRY,BABY	362
HICKORY NUTS,DRIED	657
HOMINY,CANNED,YELLOW	72
HONEY NUT CHEERIOS	378
HONEY ROLL,10-15%FAT	182
HONEYBRAN CEREAL	341
HONEYSPICE CAKE MIX,DRY,ENR	443
HORSE,RAW	133
HORSERADISH,PREPARED	38
HORSERADISH,TREELEAF,COOKED	60
HORSERADISH,TREELEAF,W/SALT	60
HORSERADISH,TREEPOD,RAW	37
HOT COCOA,HOMEMADE	87
HOTDOG,W/CHILI	260
HUSH PUPPIES	329
ICE CREAM,VANILLA,10% FAT	202
ICE CREAM,VANILLA,FRENCH	218
ICE MILK,VANILLA,SOFT,CONE	159
ICES,WATER,LIME	128
ITALIAN SAUSAGE,RAW,PORK	346
JAM,CHERRY&STRAWBERRY	272
JAVA-PLUM,RAW	60
JELLIES,NOT GUAVA	273
JEW'S EAR,RAW	25
JUICE DRINK,FROZEN,PREPARED	50
JUJUBE,RAW	79
JUTE,POTHEB,BOILED,W/SALT	37
KALE,BOILED	32
KALE,FROZEN,BOILED	30

KALE,FROZEN,UNPREPARED	28
KALE,SCOTCH,BOILED	28
KALE,SCOTCH,RAW	42
KIDNEY,SIMMERED	144
KIELBASA,PORK/BEEF,NFDM	310
KIWIFRUIT,RAW,FRESH	61
KIX	389
KOHLRABI,BOILED	29
KOHLRABI,RAW	27
LAMB+NOODLES,JUNIOR	65
LAMB,BRAIN,PAN FRIED	273
LAMB,DOMESTIC,ARM,LEAN+FAT,BRLD	281
LAMB,DOMESTIC,ARM,LEAN+FAT,RAW	260
LAMB,DOMESTIC,ARM,LEAN,BRAISED	279
LAMB,DOMESTIC,ARM,LEAN,RAW	132
LAMB,DOMESTIC,BLADE,LEAN,BRLD	211
LAMB,DOMESTIC,BLADE,LN+FAT,BRLD	278
LAMB,DOMESTIC,BLADE,LN+FAT,RAW	259
LAMB,DOMESTIC,BLADE,LN,ROASTED	209
LAMB,DOMESTIC,COMPOS,FAT,RAW	665
LAMB,DOMESTIC,COMPOS,LEAN,RAW	134
LAMB,DOMESTIC,COMPOS,LN+FAT,RAW	267
LAMB,DOMESTIC,CUBED,BROILED	186
LAMB,DOMESTIC,FORE,LEAN+FAT,CKD	243
LAMB,DOMESTIC,FORE,LEAN,COOKED	187
LAMB,DOMESTIC,GROUND,BROILED	283
LAMB,DOMESTIC,LEG,LEAN+FAT,CKD	258
LAMB,DOMESTIC,LEG,LEAN,COOKED	204
LAMB,DOMESTIC,LEG,LEAN,RAW	134
LAMB,DOMESTIC,LOIN,LEAN+FAT,RAW	310
LAMB,DOMESTIC,LOIN,LEAN,BROILED	216
LAMB,DOMESTIC,LOIN,LEAN,ROASTED	202
LAMB,DOMESTIC,RIB,LEAN+FT,RAW	372
LAMB,DOMESTIC,RIB,LEAN,BROILED	235
LAMB,DOMESTIC,RIB,LEAN,ROASTED	232
LAMB,DOMESTIC,SHANK,LEAN+FT,RAW	201
LAMB,DOMESTIC,SHANK,LEAN,RAW	125
LAMB,DOMESTIC,SHOULDR,LEAN,BRSD	283
LAMB,DOMESTIC,SHOULDR,LEAN,RSTD	204
LAMB,DOMESTIC,SHOULDR,LNFT,BRLD	278
LAMB,DOMESTIC,SHOULDR,LNFT,RSTD	276
LAMB,DOMESTIC,SIRLOIN,LN+FT,RAW	272
LAMB,HEART,RAW	122
LAMB,KIDNEY,BRAISED	137
LAMB,LIVER,BRAISED	220
LAMB,LIVER,RAW	139
LAMB,LUNGS,RAW	95
LAMB,NEW ZEALAND,CMPS,FT,COOKED	586
LAMB,NEW ZEALAND,CMPS,LEAN,RAW	128

LAMB,NEW ZEALAND,CMPS,LN+FT,RAW	277
LAMB,NEW ZEALAND,FORE,LEAN,RAW	118
LAMB,NEW ZEALAND,FORE,LN+FT,RAW	223
LAMB,NEW ZEALAND,LEG,LEAN,CKD	181
LAMB,NEW ZEALAND,LEG,LEANFT,RAW	216
LAMB,NEW ZEALAND,LOIN,LEAN,BRLD	199
LAMB,NEW ZEALAND,LOIN,LNFT,BRLD	315
LAMB,NEW ZEALAND,RIB,LEAN,RAW	142
LAMB,NEW ZEALAND,RIB,LEANFT,RAW	346
LAMB,NEW ZEALAND,SHLDR,LEAN,BRS	285
LAMB,NEW ZEALAND,SHLDR,LNFT,BRS	351
LAMB,PANCREAS,BRAISED	234
LAMB,SPLEEN,BRAISED	156
LAMB,STRAINED,BABY	103
LAMB,TONGUE,RAW	222
LAMBSQUARTERS,BOILED	32
LAMBSQUARTERS,RAW	43
LEBANON BOLOGNA,BEEF	212
LEEK,BOILED,W/SALT	31
LEEK,RAW	61
LEMON JUICE,FROZEN,UNCONC	22
LEMON PEEL,CANDIED	316
LEMON+LIME SODA	40
LEMON,RAW,WO/PEEL	29
LEMONADE POWDER	376
LEMONADE,ASPARTAM,PREPARED	2
LEMONADE,FROZEN,WHITE	40
LENTILS,COOKED,NO SALT	116
LENTILS,RAW	338
LENTILS,SPROUTS,ST-FR,W/SALT	101
LETTUCE,BUTTRHD,RAW	13
LETTUCE,ICEBERG,RAW	13
LIFE,PLAIN/CINNAMON	369
LIGHT TUNA,CND,OIL,DRND,UNSLT	198
LIGHT TUNA,CND,WTR,DRND,UNSLT	131
LIME JUICE,RAW	27
LIMEADE,FROZEN,CONC	187
LING,RAW	87
LIVER CHEESE,PORK	304
LIVER,PAN FRIED	217
LIVER,STRAINED,BABY	101
LIVERWURST,PORK	326
LOBSTER,NORTHERN,BOILED/STEAMED	98
LOBSTER,SALAD	110
LOIN,TOP,LEAN,GOOD,BROILED	190
LONGANS,DRIED	286
LOQUAT,RAW	47
LOTUS ROOT,BOILED,W/SALT	66
LOTUS SEEDS,DRIED	332

LUCKY CHARMS	390
LUNCH MEAT,LOAF	308
LUNCHMEAT,BEEF,LOAVED	308
LUNCHMEAT,PORK,CANNED	334
LUNGS,BRAISED	120
LUPIN,COOKED,NO SALT	119
LUPIN,RAW	371
LYCHEE,DRIED	277
MACADAMIA,DRIED	702
MACADAMIA,OIL,ROASTED,W/SALT	718
MACARONI+CHEESE,CANNED	95
MACARONI+CHEESE,HOME,MARG	215
MACARONI+CHEESE,JUNIOR	61
MACARONI+HAM,JUNIOR	60
MACARONI,DRY	371
MACARONI,ENRICHED,COOKED	141
MACARONI,PROTEIN FORTIFIED,DRY	375
MACARONI,TOMATO,BEEF,STRAINED	55
MACARONI,VEG,ENRICHED,COOKED	128
MACARONI,WHOLE WHEAT,DRY	348
MACKEREL,ATLANTIC,BAKED/BROILED	262
MACKEREL,JACK,CND,DRAINED,SOL	156
MACKEREL,PACIFIC/JACK,RAW	157
MACKEREL,SPANISH,RAW	139
MALT EXTRACT,DRIED	367
MALT-O-MEAL,CHOCOLATE,DRY	368
MALT-O-MEAL,COOKED,W/NA	51
MALTEX,COOKED WO/NA	72
MALTEX,DRY	352
MANGO,RAW	65
MANHATTAN	224
MARGARINE,HARD,NO SALT	714
MARGARINE,IMITATION	345
MARGARINE,SOFT,VEG OIL	716
MARJORAM,DRIED	271
MARTINI	223
MAYONNAISE,IMITATION,SOYBEAN	232
MAYONNAISE,SAFFLOWER,SOYBEAN	717
MAYONNAISE,SOYBEAN,NO SALT	717
MAYPO,COOKED,W/NA	71
MEAT EXTENDER	313
MELON BALL,FRZ,CANTLOUP/HONEYDW	33
MELON,CASABA,RAW	26
MILK 1% LOWFAT,WITH NFDM	43
MILK SHAKE,THICK CHOCOLATE	119
MILK,1% LOW FAT,FLUID	42
MILK,1% LOWFAT,CHOCOLATE	63
MILK,2% LOWFAT,FLUID	50
MILK,2% LOWFAT,PROTEIN FORT	56

MILK,37% FAT,WHOLE	64
MILK,CHOCOLATE,WHOLE	83
MILK,DRY,INSTANT,NON FAT	358
MILK,EVAPORATED,SKIM	78
MILK,EVAPORATED,WITH VIT A	134
MILK,FILLED,WITH VEG OIL	63
MILK,GOAT,WHOLE	69
MILK,IMITATION,WITH LAURC OIL	61
MILK,INSTANT,DRY,SKIM,NO VIT A	358
MILK,MALT POWDER,NATURAL FLAVOR	414
MILK,MALTED,NATURAL FLAVOR	89
MILK,REGULAR,DRY,SKIM,VIT A	362
MILK,SKIM,PROTEIN FORT	41
MILK,SKIM,WITHOUT VIT A	35
MILK,WHOLE,DRIED	496
MILKFISH,RAW	148
MILLET,PROSO,WHOLE-GRAIN	327
MISO	206
MIXED CEREAL,APPL/BANANA,STRND	82
MIXED CEREAL,BANANA,PREP,BABY	115
MIXED CEREAL,HONEY,DRY,BABY	391
MIXED CEREAL,PREPARED,BABY	113
MIXED FRUIT,DRIED	243
MIXED FRUIT,HEAVY SYRUP	72
MIXED NUTS,OIL,ROASTED,W/SALT	615
MIXED NUTS/PNUTS,DRY,RSTD,W/SLT	594
MIXED NUTS/PNUTS,OIL,RSTD,W/SLT	617
MIXED VEGETABLE DINNER,STRAINED	41
MIXED VEGETABLE,STRAINED	41
MOLASSES,CANE,BLACKSTRAP	213
MOLASSES,CANE,MEDIUM	232
MOOSE,RAW	102
MORTADELLA,BEEF/PORK	311
MOTHERS LOAF,PORK	282
MUFFIN,BRAN	261
MUFFIN,CORN,ENRICHED,VEG SHORT	314
MUFFIN,CORN,WHOLE GRAIN,LARD	288
MUFFIN,MIX,DRY,NFDM	409
MUFFIN,NFDM,MIX,EGG,WATER	297
MUFFIN,PLAIN,UNENRICHED	294
MULLET,STRIPED,BAKED/BROILED	150
MUSHROOMS,BOILED	27
MUSHROOMS,CANNED,DRAIND	24
MUSHROOMS,SHIITAKE,BLD,W/SALT	55
MUSHROOMS,SHIITAKE,DRIED	296
MUSKRAT,ROASTED	184
MUSSEL,BLUE,RAW	86
MUSTARD GREENS,BOILED,W/SALT	15
MUSTARD GREENS,FROZEN,BLD,W/SAL	19

MUSTARD GREENS,RAW	26
MUSTARD SPINACH,BOILED	16
MUSTARD SPINACH,RAW	22
MUSTARD,PREPARED,YEL	75
NACHOS,W/CHEESE	306
NACHOS,W/CINNAMON,SUGAR	543
NATURAL MALT+MILK,NOT FORTIFIED	89
NATURAL MALT,NOT FORTIFIED	414
NATURE VALLEY GRANOLA	445
NEW ENGLAND BRAND SAUSAGE	161
NOODLE,CHOW MEIN	527
NOODLE,EGG,COOKED,WO/SALT	133
NOODLE,EGG,ENRICHED,CKD,W/SALT	133
NOODLE,EGG,SPINACH,COOKED	132
NOODLE,JAP,SOBA,COOKED	99
NOODLE,JAP,SOMEN,COOKED	131
NOODLES,EGG,DRY	381
NUTRI-GRAIN,BARLEY	372
NUTRI-GRAIN,RYE CEREAL	359
OATMEAL,APPLE/BANANA,JUNIOR	75
OATMEAL,BANANA,DRY,BABY	393
OATMEAL,DRY,BABY	398
OATMEAL,HONEY,PREPARED,BABY	115
OATS	389
OATS,BRAN,RAW	246
OATS,INSTNT,FORTIFIED,PLAIN,CKD	59
OATS,QUAKER,APPLE/CINNAMON,DRY	382
OATS,QUAKER,BRAN/RAISIN,DRY	371
OATS,QUAKER,CINNAMON/SPICE,DRY	384
OATS,QUAKER,MAPLE/SUGAR,DRY	384
OATS,QUAKER,RAISIN/SPICE,DRY	379
OATS,ROLLED,COOKED	62
OCEAN PERCH,ATLANTIC,RAW	94
OCEAN POUT,RAW	79
OHELOBERRY,RAW	28
OIL,CANOLA	884
OKRA,BOILED	32
OKRA,FROZEN,BOILED	37
OKRA,FROZEN,UNPREPARED	30
OLIVE LOAF,PORK	235
OLIVES,RIPE,CANNED,JUMBO	81
OLIVES,RIPE,SALT CURED	338
ONION RINGS,FRIED	332
ONION,BOILED,W/SALT	44
ONION,DEHYDRATED FLAKES	323
ONION,FROZEN,CHOP,BOILED	28
ONION,FROZEN,WHOLE	35
ONION,FROZEN,WHOLE,BOILED,W/SAL	28
ONION,RINGS,FROZEN	258

ONION,SPRING,RAW	32
OPOSSUM,ROASTED	221
ORANGE BREAKFAST,DRINK,FRZ,PREP	49
ORANGE BREAKFAST,DRINK.PREPARED	46
ORANGE DRINK,FROZEN,CONC	153
ORANGE JUICE,BABY	44
ORANGE JUICE,CANNED	42
ORANGE JUICE,FROZEN,CONC	159
ORANGE JUICE,RAW	45
ORANGE PEEL,RAW	100
ORANGE ROUGHY,RAW	126
ORANGE+APPLE JUICE,BABY	43
ORANGE+APRICOT JUICE,BABY	46
ORANGE+PNAPPL JUICE,BABY	48
ORANGE,RAW FLORIDA	46
ORANGE,RAW,CALIFORNIA NAVEL	46
ORANGE,RAW,W/PEEL	40
OREGANO,GROUND	306
OYSTER,EAST,BREADED+FRIED	197
OYSTER,EASTERN,RAW	69
OYSTERS,BREADED,FRIED	265
PANCAKE W/BUTTER,SYRUP	224
PANCAKE,MIX,BUCKWHEAT,BAKED	200
PANCAKE,MIX,ENRICHED,DRY	356
PANCAKE,MIX,UNENRICHED,DRY	356
PANCREAS,BRAISED	271
PAPAYA NECTAR,CANNED	57
PAPAYAS,RAW	39
PARSELY,DRIED	276
PARSLEY,RAW	33
PARSNIP,BOILED,W/SALT	81
PASSION-FRUIT JUICE,PURPLE,RAW	51
PASSION-FRUIT,PURPLE,RAW	97
PASTA,FRESH,RAW	288
PASTA,FRESH,SPINACH,RAW	289
PASTA,WO/EGG,COOKED	124
PASTRAMI,TURKEY	141
PATTY,FROZEN,BROILED,MED	282
PEACH COBBLER,STRAINED	65
PEACH MELBA,STRAINED	60
PEACH NECTAR,CANNED,WO/ASC ACID	54
PEACH,CANNED W/WATER	24
PEACH,CANNED,LIGHT SYRUP	54
PEACH,CANNED,XTRA LIGHT SYRUP	42
PEACH,DEHYDRATED,SULFUR,COOKED	133
PEACH,DRIED,COOKED W/SUGAR	103
PEACH,DRIED,SULFUR	239
PEACH,RAW	43
PEACHES WITH SUGAR,JUNIOR	71

PEANUT,ALL TYPES,COOKED,W/SALT	318
PEANUT,ALL,DRY,ROASTED,NO SALT	585
PEANUT,ALL,OIL,ROASTED,NO SALT	581
PEANUT,BUTTER,CHUNKY,NO SALT	589
PEANUT,BUTTER,SMOOTH,NO SALT	588
PEANUT,BUTTER,W/SALT	588
PEANUT,FLOUR,DEFATTED,W/SALT	327
PEANUT,OIL,ROASTED,W/SALT	581
PEANUT,SPANISH,OIL,RSTD,W/SALT	579
PEANUT,VALENCIA,OIL,RSTD,NO SLT	589
PEANUT,VALENCIA,RAW	570
PEANUT,VIRGINIA,OIL,RSTD,W/SALT	578
PEAR,CANNED,HEAVY SYRUP	74
PEAR,CANNED,W/JUICE	50
PEAR,CANNED,XTRA HEAVY SYRUP	97
PEAR,DRIED,COOKED,W/SUGAR	140
PEAR,DRIED,SULFUR	262
PEAR,NECTAR,CANNED,WO/ASC ACID	60
PEARS+PNAPPL,JUNIOR	44
PEARS,CANDIED	303
PEARS,STRAINED	41
PEAS&CARROTS,CND,DIET,SOL&LIQ	38
PEAS&CARROTS,FROZEN,BOILED W/SL	48
PEAS&ONIONS,CANNED,SOL&LIQ	51
PEAS&ONIONS,FROZEN,BOILED,W/S	45
PEAS,CHICK,CANNED	119
PEAS,CHICK,COOKED,W/SALT	164
PEAS,COW,BOILED	97
PEAS,COW,CANNED,W/PORK	83
PEAS,COW,CATJ,COOKED,W/SALT	117
PEAS,COW,CATJNG,COOKED,NO SALT	117
PEAS,COW,COMMON,COOKED,W/O SALT	116
PEAS,COW,COMMON,RAW	336
PEAS,COW,FROZEN,BOILED,W/SALT	132
PEAS,COW,LEAF,BOILED	22
PEAS,COW,LF,BOILED,W/SALT	22
PEAS,COW,RAW	90
PEAS,COW,YOUNG POD,RAW	44
PEAS,EDIBLE POD,BOILED	42
PEAS,EDIBLE POD,FROZEN	42
PEAS,EDIBLE POD,FROZEN,CKD,SALT	52
PEAS,GREEN,ALAS.,CANNED	26
PEAS,GREEN,BOILED,W/SALT	84
PEAS,GREEN,CANNED,LO NA,DRN	69
PEAS,GREEN,CANNED,SEASOND	50
PEAS,GREEN,FROZEN	77
PEAS,GREEN,FROZEN,BOILED,W/SALT	78
PEAS,GREEN,SWEET,CANNED	18
PEAS,PIGEON,BOILED,W/SALT	111

PEAS,PIGEON,COOKED,W/SALT	121
PEAS,SPLIT,COOKED,NO SALT	118
PEAS,SPLIT,RAW	341
PEAS,SPROUTS,BOILED,W/SALT	118
PEAS,STRAINED	40
PECAN,DRIED	667
PECAN,DRY,ROASTED,W/SALT	659
PECAN,OIL,ROASTED	685
PEPPER TYPE SODA	41
PEPPER,HOT CHILI,RAW	40
PEPPER,HOT,CHILI,CANNED,SOL+LIQ	25
PEPPER,HOT,RED,DRIED	321
PEPPER,RED CAYENNE	308
PEPPER,SWEET,CANNED,SOL+LIQ	18
PEPPER,SWEET,GREEN,FROZEN,BLD	18
PEPPER,SWEET,GREEN,FROZEN-DR	314
PEPPER,SWEET,RAW	27
PEPPER,SWEET,RED,COOKED	28
PEPPER,SWEET,RED,FROZEN	20
PEPPER,SWEET,RED,FROZEN-DR	314
PEPPER,SWEET,RED,RAW	27
PEPPER,WHITE	296
PEPPERONI,PORK/BEEF	497
PERCH,RAW	91
PERSIMMON,JAPAN,DRIED	274
PHEASANT,BREAST,FLESH,RAW	133
PHEASANT,GIBLETS,RAW	139
PHEASANT,NO SKIN,RAW	133
PICKLE,CUCUMBER,DILL	18
PICKLE,CUCUMBER,FRESH	73
PICKLE,CUCUMBER,SOUR,LO NA	11
PICKLE,CUCUMBER,SWEET,LO NA	117
PICKLE,RELISH,SWEET	138
PICNIC LOAF,PORK/BEEF	232
PIE,APPLE,FROZEN	210
PIE,BANANA CUSTARD	221
PIE,BLUEBERRY	242
PIE,BOSTON CRM,ENRICHED,BUTTER	294
PIE,BOSTON CRM,UNENR,VEG SHRT	302
PIE,CHERRY	261
PIE,CHERRY,FROZEN,UNBBAKED	256
PIE,CHOC MERINGUE	252
PIE,COCONUT CUSTARD,FROZEN	205
PIE,CRUST MIX,DRY	522
PIE,CRUST,ENRICHED,BKD,VEG SHRT	500
PIE,CRUST,ENRICHED,UNBAKED	464
PIE,CRUST,UNENR,BAKED,VEG SHRT	500
PIE,CRUST,UNENRICHED,BAKED,LARD	500
PIE,CUSTARD	218

PIE,LEMON MERINGUE	255
PIE,MINCE,ENR,VEG SHRTNING	271
PIE,MINCE,UNENRICHED,LARD	271
PIE,MIX,COCONUT CUSTARD,DRY	470
PIE,PEACH PIE,UNENRICHED,LARD	255
PIE,PEACH,ENRICHED,LARD,SALT	255
PIE,PEACH,ENRICHED,VEG SHRT,SLT	255
PIE,PEACH,UNENRICHED,LARD,SALT	255
PIE,PECAN,ENRICHED,VEG SHRT	418
PIE,PECAN,UNENR,VEG SHRT,SALT	418
PIE,PECAN,UNENRICHED,LARD	418
PIE,PECAN,UNENRICHED,LARD,SALT	418
PIE,PNAPPL CUSTARD,ENR,VG-SH	220
PIE,PNAPPL CUSTARD,UNENR,VG-SH	220
PIE,PNAPPL,CHIFFON,UNENR,LARD	288
PIE,PNAPPL,CHIFFON,VEG SHRTNING	288
PIE,PNAPPL,ENRICHED,LARD	253
PIE,PNAPPL,ENRICHED,VEG SHRTNIN	253
PIE,PNAPPL,UNENRICHED,LARD	253
PIE,PNAPPL,UNENRICHED,VEG SHRT	253
PIE,PUMPKIN,ENR,VEG SHRTNING	211
PIE,PUMPKIN,ENRICHED,LARD,SALT	211
PIE,PUMPKIN,UNENR,VEG SHRTNING	211
PIE,PUMPKIN,UNENRICHED,LARD,SLT	211
PIE,RAISIN,ENRICHED,VEG SHRTNIN	270
PIE,RAISIN,UNENRICHED,LARD	270
PIE,RHUBARB,ENR,VEG SHRTNING	253
PIE,RHUBARB,ENRICHED,LARD,SALT	253
PIE,RHUBARB,UNENR,VEG SHRTNING	253
PIE,RHUBARB,UNENRICHED,LARD,SLT	253
PIE,STRAWBERRY,ENR,VEG SHORTNIN	198
PIE,STRAWBERRY,ENRICHED,LARD	198
PIE,STRAWBERRY,UNENR,VEG S,SALT	198
PIE,STRAWBERRY,UNENRICHED,LARD	198
PIE,SWTPOTATO,ENR,VEG SHRT,SALT	213
PIE,SWTPOTATO,ENRICHED,LARD,SLT	213
PIE,SWTPOTATO,UNENR,VEG SHRT	213
PIE,SWTPOTATO,UNENRICHED,LARD	213
PIKE,NORTHERN,RAW	88
PILINUTS,DRIED	719
PINA COLADA	186
PINE NUT,PINYON,DRIED	568
PINEAPPLE JUICE,CANNED,W/ASC	56
PINEAPPLE JUICE,FROZEN CONC	179
PINEAPPLE,CANNED,W/JUICE	60
PINEAPPLE,FROZEN,SWEETENED	85
PINEAPPLE,LIGHT SYRUP	52
PINEAPPLE,XTRA HEAVY SYRUP	83
PISTACHIO,DRY,ROASTED	606

PITANGA,RAW	33
PIZZA,CHEESE,BAKED	236
PIZZA,CHEESE,CHILLED,BAKED	245
PIZZA,CHEESE,FROZEN,UNBAKED	229
PIZZA,PEPPERONI	255
PIZZA,SAUSAGE,NO CHEESE	234
PLANTAIN,RAW	122
PLATE-DINNER,CHICKEN,FROZEN	173
PLATE-DINNER,TURKEY,FROZEN	112
PLUM,PURPLE,CANNED W/WATER	41
PLUM,PURPLE,LIGHT SYRUP	63
PLUM,RAW	55
PLUMS,TAPIOCA,WITH/O ASC	74
PNAPPL PUDDING,STRAINED	81
PNAPPL+ORANGE,DRINK,CANNED	50
PNAPPL,CANDIED	316
POKEBERRY,SHOOTS,BOILED,W/SALT	20
POLISH SAUSAGE,PORK	326
POLLOCK,WALLEYE,BAKED/BROILED	113
POMEGRANATES,RAW	68
POMPANO,RAW	164
POPCORN,COCONUT OIL+SALT	456
POPCORN,SUGAR-COATED	383
POPOVERS,BAKED,UNENRICHED	224
PORK,BACKFAT,FRESH,RAW	812
PORK,BACON,CANADIAN,UNHEATED	157
PORK,BACON,CURED,COOKED	576
PORK,BEERWURST	238
PORK,BLADE,CURED,LEAN+FAT,CKD	287
PORK,BLADE,LEAN+FAT,BROILED	393
PORK,BLADE,LEAN+FAT,RAW	323
PORK,BLADE,LEAN,BRAISED	313
PORK,BLADE,LEAN,FRIED	283
PORK,BLADE,LEAN,ROASTED	279
PORK,BOSTON BLADE,FRESH,LN,RAW	165
PORK,BOSTON BLADE,FRSH,LN,BROIL	274
PORK,BOSTON BLDE,FRSH,LN+FT,BRL	350
PORK,BOSTON BLDE,FRSH,LN+FT,RAW	279
PORK,BRAIN,FRESH,RAW	127
PORK,BRATWURST,COOKED	301
PORK,BREAKFAST STRIP,COOKED	459
PORK,CARCASS,FRESH,RAW	398
PORK,CENTER LOIN,LEAN+FAT,BRSD	354
PORK,CENTER LOIN,LEAN+FAT,ROAST	305
PORK,CENTER LOIN,LEAN,BROILED	231
PORK,CENTER LOIN,LEAN,RAW	159
PORK,CENTER RIB,LEAN+FAT,BRLD	343
PORK,CENTER RIB,LEAN+FAT,FRIED	390
PORK,CENTER RIB,LEAN,BRAISED	277

PORK,CENTER RIB,LEAN,FRIED	257
PORK,CENTER RIB,LEAN,ROASTED	245
PORK,CENTERLOIN,LEAN+FAT,FRIED	375
PORK,CHITTERLINGS,RAW	252
PORK,COMPOS OF CUTS,LEAN,RAW	147
PORK,CURED,BOSTON BUTT,COOKED	243
PORK,CURED,HAM,RAW	310
PORK,DEVILEDHAM,CANNED	351
PORK,EARS,SIMMERED	166
PORK,FAT,SEPERABLE,FRESH,COOKED	705
PORK,FEET,PICKLED	203
PORK,FEET,SIMMERED	194
PORK,HEART,BRAISED	148
PORK,ITALIAN SAUSAGE,COOKED	323
PORK,JOWL,RAW	655
PORK,KIDNEYS,RAW	100
PORK,LIVER CHEESE	304
PORK,LIVER,COOKED,FRIED	241
PORK,LOIN,LEAN+FAT,BRAISED	368
PORK,LOIN,LEAN+FAT,RAW	290
PORK,LOIN,LEAN,BRAISED	273
PORK,LOIN,LEAN,RAW	156
PORK,LUNCHMEAT,CANNED	334
PORK,LUNGS,RAW	85
PORK,MECHANICALLY SEPARATED,RAW	304
PORK,PANCREAS,BRAISED	219
PORK,PICKLED/PIMENTO LOAF	262
PORK,PICNIC,CURED,LEAN,ROASTED	170
PORK,PICNIC,FRESH,LEAN+FAT,RAW	270
PORK,PICNIC,FRESH,LEAN,BRAISED	248
PORK,PICNIC,FRESH,LEAN,ROASTED	228
PORK,SAUSAGE,FRESH,COOKED	369
PORK,SHOULDER,LEAN+FAT,RAW	275
PORK,SHOULDER,LEAN,RAW	154
PORK,SIRLOIN,LEAN+FAT,BRAISED	352
PORK,SIRLOIN,LEAN+FAT,RAW	276
PORK,SIRLOIN,LEAN,BRAISED	261
PORK,SIRLOIN,LEAN,RAW	151
PORK,SPARERIB,FRESH,COOKED	397
PORK,SPLEEN,BRAISED	149
PORK,STOMACH,FRESH,RAW	157
PORK,TAIL,RAW	378
PORK,TENDERLOIN,LEAN,RAW	112
PORK,TONGUE,FRESH,BRAISED	271
PORK,TOPLOIN,LEAN+FAT,BRAISED	381
PORK,TOPLOIN,LEAN+FAT,FRIED	392
PORK,TOPLOIN,LEAN+FAT,ROASTED	330
PORK,TOPLOIN,LEAN,BROILED	258
PORK,TOPLOIN,LEAN,RAW	161

Sheet1

PORTERHOUSE, LEAN+FAT, CHCE, BRLD	299
PORTERHOUSE, LEAN, CHOICE, BRLD	218
POTATO SALAD	114
POTATO, AU GRATIN, HOME	132
POTATO, AU GRATIN, MIX, COOKED	93
POTATO, BAKED, CHEESE, BACON	151
POTATO, BAKED, CHEESE, CHILI	122
POTATO, BOILED IN SKIN, W/SALT	87
POTATO, CANNED, DRAINED	60
POTATO, CHIPS	523
POTATO, CHIPS, WO/SALT	523
POTATO, FLESH+SKIN, BAKED, W/SALT	109
POTATO, FLESH+SKIN, MICRWW, W/SALT	105
POTATO, FLESH, BAKED, W/SALT	93
POTATO, FLESH, BOILED WO/SKIN	86
POTATO, FLESH, RAW	79
POTATO, FLSH, MICRWW, W/SKN, W/SALT	100
POTATO, FRENCH FRIED, FRZ, W/SALT	222
POTATO, FRIED, ANIMAL+VEG FAT	311
POTATO, FROZEN, WHOLE, BLD, W/SALT	65
POTATO, FROZEN, WHOLE, UNPREPARED	78
POTATO, FRZ, FRENCH FRIED, VEG OIL	315
POTATO, GRAN W/MILK, PREPARED	79
POTATO, HASH BROWN, BUTTER, COOKEI	178
POTATO, HASH BROWN, FROZEN	82
POTATO, HASH BROWN, HOME	153
POTATO, MASHED, FLAKES, DEHYDRATEL	354
POTATO, MASHED, GRAN, MILK+BUTTER	108
POTATO, MASHED, GRAN, WO/MILK, DRY	372
POTATO, MASHED, HOME, MILK+BUTTER	106
POTATO, O'BRIEN, FROZEN, PREPARED	204
POTATO, O'BRIEN, HOME	81
POTATO, PUFFS, FROZEN, PREPARED	222
POTATO, SALAD	143
POTATO, SCALLOPED, HOME, MARG	86
POTATO, SCALLOPED, MIX, PREPARED	93
POTATO, SKIN, BAKED	198
POTATO, SKIN, BOILED	78
POTATO, SKIN, MICROWAVE	132
POTATO, SKIN, RAW	58
POTATO, SWEET, BAKED	103
POTATO, SWEET, BLD, W/O SKN, W/SALT	105
POTATO, SWEET, CANDIED	137
POTATO, SWEET, CANNED, SYRUP, DRND	108
POTATO, SWEET, CND, SYRUP, SOL+LIQ	89
POTATO, SWEET, DEHYDRATED, DRY	379
POTATO, SWEET, FROZEN, BKD, W/SALT	100
POTATO, SWEET, LEAVES, STEAMED	34
POTATO, SWEET, RAW	105

POTPIE,BEEF,HOME,BAKED	246
POTPIE,CHICKEN,HOME,BAKED	235
POTPIE,TURKEY,HOME BAKED	237
POULTRY SALAD SPREAD	200
PRETZELS	390
PRICKLYPEARS,RAW	41
PRUNE JUICE,CANNED	71
PRUNE+ORANGE JUICE,BABY	70
PRUNE,DEHYDRATED	339
PRUNE,DRIED	239
PRUNE,DRIED,COOKED,WO/SUGAR	107
PRUNE,TAPIOCA,W/O ASC ,STRAINED	70
PUDDING,CHOC,HOME PREPARED	148
PUDDING,CHOC,MIX,DRY,REGULAR	361
PUDDING,CHOC,MIX,REGULAR,COOKED	124
PUDDING,VANILLA,HOME PREPARED	111
PUMPKIN PIE SPICE	342
PUMPKIN,BOILED,W/SALT	20
PUMPKIN,CANNED,W/SALT	34
PUMPKIN,FLOWERS,BOILED	15
PUMPKIN,KERNEL,DRIED	541
PUMPKIN,LEAVES,BOILED	21
PUMPKIN,LEAVES,RAW	19
PUMPKIN,RAW	26
PUMPKIN/SQUASH,KRNL,RSTD,W/SALT	522
PURSLANE,BOILED	18
PURSLANE,RAW	16
QUAIL,FLESH ONLY,RAW	134
QUAIL,GIBLETS,RAW	176
QUINOA	374
RABBIT,DOMESTIC,COMPOSITE,RAW	136
RABBIT,DOMESTIC,COMPOSITE,STWD	206
RABBIT,WILD,STWD	173
RADISH,ORIENTAL,BOILED	17
RADISH,ORIENTAL,DRIED	271
RADISH,RAW	17
RADISH,WHITE ICICLE,RAW	14
RAISIN BRAN,POST	307
RAISIN,RICE+RYE,CEREAL	336
RAISINS,SEEDED	296
RALSTON,COOKED,W/NA	53
RALSTON,DRY	341
RASPBERRY,RED,FROZEN,SWEETENED	103
RED WINE	72
RENNIN,MIX,STRWBRY/RASPBRY,DRY	383
RENNIN,MIX,VANILLA/OTHER,DRY	383
RENNIN,TABLET,PREPARED	89
RHUBARB,FROZEN,RAW	21
RIB,EYE,LEAN+FAT,CHOICE,BRLD	295

RIB,LARGE,LEAN+FAT,ALL GRD,RAW	350
RIB,LARGE,LEAN+FAT,CHOICE,BRLD	384
RIB,LARGE,LEAN+FAT,CHOICE,RSTD	372
RIB,LARGE,LEAN+FAT,GOOD,RAW	328
RIB,LARGE,LEAN+FAT,PRIME,BRLD	425
RIB,LARGE,LEAN+FAT,PRIME,RST	407
RIB,LARGE,LEAN,ALL GRDS,RAW	170
RIB,LARGE,LEAN,CHOICE,BRLD	239
RIB,LARGE,LEAN,CHOICE,ROAST	248
RIB,LARGE,LEAN,GOOD,RAW	178
RIB,LARGE,LEAN,PRIME,BROILED	294
RIB,LARGE,LEAN,PRIME,ROAST	283
RIB,LEAN+FAT,ALL GRDS,BRLD	362
RIB,LEAN+FAT,CHOICE,BRLD	368
RIB,LEAN+FAT,CHOICE,ROAST	386
RIB,LEAN+FAT,GOOD,RAW	311
RIB,LEAN+FAT,PRIME,BROILED	408
RIB,LEAN+FAT,PRIME,ROAST	425
RIB,LEAN,ALL GRDS,BROILED	228
RIB,LEAN,CHOICE,BROILED	233
RIB,LEAN,CHOICE,ROAST	246
RIB,LEAN,GOOD,RAW	153
RIB,LEAN,PRIME,BROILED	280
RIB,LEAN,PRIME,ROAST	292
RIB,SHORT,LEAN+FAT,CHCE,RAW	388
RIB,SHORT,LEAN,CHOICE,RAW	73
RIB,SMALL,LEAN+FAT,ALL GRD,RAW	306
RIB,SMALL,LEAN+FAT,CHCE,BRLD	332
RIB,SMALL,LEAN+FAT,CHCE,RSTD	367
RIB,SMALL,LEAN+FAT,GOOD,RAW	284
RIB,SMALL,LEAN+FAT,PRIME,BRLD	364
RIB,SMALL,LEAN+FAT,PRIME,ROAST	420
RIB,SMALL,LEAN,ALL GRDS,RAW	159
RIB,SMALL,LEAN,CHCE,ROAST	243
RIB,SMALL,LEAN,CHOICE,RAW	163
RIB,SMALL,LEAN,GOOD,RAW	146
RIB,SMALL,LEAN,PRIME,BROILED	260
RIB,SMALL,LEAN,PRIME,ROAST	304
RIBEYE,LEAN,CHOICE,BROILED	236
RICE CHEX	395
RICE PUDDING/RAISINS	146
RICE WITH MIXED FRUIT,JUNIOR	84
RICE,BANANA,DRY,BABY	404
RICE,BROWN,LONG,COOKED	111
RICE,BROWN,MED,COOKED	112
RICE,DRY,BABY	391
RICE,FLOUR,WHITE	366
RICE,HONEY,PREPARED,BABY	115
RICE,PUFFED	402

RICE,SPANISH,COOKED	87
RICE,WHITE,COOKED	129
RICE,WHITE,COOKED,W/SALT	129
RICE,WHITE,GLUTEN,RAW	370
RICE,WHITE,INSTANT,ENRICHED,DRY	379
RICE,WHITE,PAR BOILED,COOKED	114
RICE,WHITE,PAR BOILED,DRY,ENR	371
RICE,WHITE,RAW,ENRICHED	365
RICE,WHITE,W/PASTA,COOKED	122
RICE,WILD,COOKED	101
ROAST BEEF SANDWICH	249
ROAST,CANNED	224
ROCKFISH,PACIFIC,RAW	94
ROLL OE BUN,UNENRICHED,HOME	339
ROLL OR BUN,PLAIN,ENRICHED	298
ROLL OR BUN,RAISIN	275
ROLL,BROWN & SERVE,UNBROWNE	299
ROLL,DOUGH,FROZEN,ENRICHED	268
ROLL,HARD,ENRICHED	312
ROLL,MIX,DRY	393
ROLL,MIX,UNENRICHED,BAKED	299
ROLLS&BUNS,DANISH PASTRY	422
ROMAN MEAL,COOKED,WO/NA	61
ROMAN MEAL,PLAIN,COOKED,W/NA	61
ROMAN MEAL,W/OAT,COOKED,WO/NA	71
ROOT BEER	41
ROSE-APPLES,RAW	25
ROSEMARY,DRIED	331
ROUND,BOTTOM,LEAN+FAT,CH,BRSD	264
ROUND,BOTTOM,LEAN+FAT,GD,BRSD	253
ROUND,BOTTOM,LEAN+FAT,PRM,BRSD	297
ROUND,BOTTOM,LEAN+FAT,RAW	225
ROUND,BOTTOM,LEAN,CHCE,BRSD	225
ROUND,BOTTOM,LEAN,GOOD,BRSD	214
ROUND,BOTTOM,LEAN,PRM,BRSD	249
ROUND,BOTTOM,LEAN,RAW	149
ROUND,EYE,LEAN+FAT,CHCE,RSTD	244
ROUND,EYE,LEAN+FAT,GOOD,RSTD	237
ROUND,EYE,LEAN+FAT,PRIME,RST	250
ROUND,EYE,LEAN+FAT,ROAST	243
ROUND,EYE,LEAN,CHOICE,RAW	133
ROUND,EYE,LEAN,GOOD,ROAST	178
ROUND,EYE,LEAN,PRIME,ROAST	198
ROUND,EYE,LEAN,ROAST	183
ROUND,LEAN+FAT,CHOICE,RAW	241
ROUND,LEAN+FAT,GOOD,RAW	231
ROUND,LEAN,CHOICE,RAW	139
ROUND,LEAN,GOOD,RAW	133
ROUND,TIP,LEAN+FAT,CHCE,RSTD	254

ROUND,TIP,LEAN+FAT,GOOD,RSTD	241
ROUND,TIP,LEAN+FAT,PRM,RST	284
ROUND,TIP,LEAN+FAT,ROAST	251
ROUND,TIP,LEAN,CHOICE,RAW	131
ROUND,TIP,LEAN,GOOD,ROAST	183
ROUND,TIP,LEAN,PRIME,ROAST	213
ROUND,TIP,LEAN,ROAST	190
ROUND,TOP,LEAN+FAT,CH,FRIED	290
ROUND,TOP,LEAN+FAT,CHCE,RAW	174
ROUND,TOP,LEAN+FAT,GOOD,RAW	165
ROUND,TOP,LEAN+FAT,PRM,RAW	188
ROUND,TOP,LEAN,BROILED	191
ROUND,TOP,LEAN,CHOICE,BRLD	194
ROUND,TOP,LEAN,GOOD,BRLD	184
ROUND,TOP,LEAN,PRIME,RAW	153
ROUND,TOP,LEAN,RAW	134
ROUND,XTRA LEAN,FRIED,MED	255
RUSK	419
RUTABAGAS,BOILED,W/SALT	34
RYE	335
RYE,FLOUR,DARK	324
RYE,FLOUR,MEDIUM	354
SABLEFISH,SMOKED	257
SAFFLOWER,MEAL,PART DEFATTED	342
SAGE,GROUND	315
SALAD DR,1000 ISLAND,LOW CAL	159
SALAD DR,BLUE CHEESE	504
SALAD DR,BLUE+ROQUEFORT CHEESE	19
SALAD DR,COOKED,W/ STICK MARG	157
SALAD DR,FRENCH,LOW CAL	134
SALAD DR,FRENCH,LOWCAL,NO SALT	134
SALAD DR,FRENCH,REGULAR	430
SALAD DR,HOMADE,FRENCH	631
SALAD DR,HOME MADE,VINEGAR/OIL	449
SALAD DR,ITALIAN,LOWCAL	105
SALAD DR,ITALIAN,REGULAR,NO SLT	467
SALAD DR,RUSSIAN,LOWCAL	141
SALAD DR,SESAME SEED	443
SALAD,W/CHEESE,EGG	47
SALAD,W/PASTA,SEAF	91
SALAD,W/TURKEY,HAM,CHEESE	82
SALAMI,COOKED,BEEF	262
SALAMI,COOKED,SMOKED	262
SALMON,ATLANTIC,RAW	142
SALMON,CHINOOK,SMOKED	117
SALMON,CHUM,CANNED,DRAINED,SALT	141
SALMON,CHUM,RAW	120
SALMON,COHO,STEAMED	185
SALMON,PINK,CND,SOL+LIQ,UNSLTED	139

SALMON, SOCKEYE, BAKED/BROILED	216
SALMON, SOCKEYE, CND, DRND, UNSLT	153
SALSIFY, BOILED	68
SALSIFY, RAW	82
SALT STICK, REGULAR, NOT COATED	384
SANDWICH SPREAD, DIET	112
SANDWICH SPREAD, UNSPECIFIED OIL	389
SAPOTES, RAW	134
SARDINE, CANNED, TOMATO, DRAINED	178
SAUCE, BEARNAIS, DEHY	362
SAUCE, CHEESE, DEHY	448
SAUCE, CHILI, HOT, GREEN	20
SAUCE, CURRY, DEHY	427
SAUCE, HOLLAND, BUTTER, DEHY	554
SAUCE, HOLLAND, DRY, W/WATER	92
SAUCE, MUSHROOM, DEHY	349
SAUCE, SOUR CREAM, DEHY	512
SAUCE, SOY (SOY&WHEAT)	53
SAUCE, SOY (TAMARI)	60
SAUCE, SPAGHETTI, DEHY	281
SAUCE, STROGONOF, DEHY	351
SAUCE, SWEETSOUR, DEHY	389
SAUCE, TERIYAKI, DEHY	283
SAUCE, TERIYAKI, READY TO SERVE	84
SAUCE, WHITE, DEHY	463
SAUCE, WHITE, MEDIUM	162
SAUCE, WHITE, THIN	121
SAUERKRAUT, JUICE, CANNED	10
SAUSAGE, CANNED/SOLID+LIQUID	415
SAUSAGE, CAPICOLA	499
SAUSAGE, COOKED, SMOKED	312
SAUSAGE, MEAT LOAF	200
SAUSAGE, MEATLESS	256
SAUSAGE, SOUSE	181
SAVORY, GROUND	272
SCALLOP, IMITATION, SURIMI	99
SCALLOPS, BREADED, FRIED	268
SCUP, RAW	105
SEA BASS, RAW	97
SEAWEED, AGAR, DRIED	306
SEAWEED, IRISH MOSS, RAW	49
SEAWEED, LAVER, RAW	35
SEAWEED, SPIRULINA, RAW	26
SEMOLINA	360
SESAME SEED, DECORTIC	588
SESAME, FLOUR, HI FAT	526
SESAME, FLOUR, PART DEFATTED	382
SESAME, KERNEL, TOASTED, W/SALT	567
SESAME, SEED, DRIED	588

SESAME,SEED,WHOLE,ROASTED	565
SESBANIA,FLOWER,STEAMED	22
SHAD,AMERICAN,RAW	197
SHALLOTS,RAW	72
SHANK,LEAN,CHOICE,SIMMER	201
SHANKCUT,LEAN,CHOICE,RAW	128
SHARK,RAW	130
SHEEPSHEAD,RAW	108
SHORTENING	884
SHRIMP,BOILED/STEAMED	99
SHRIMP,BREADED,FRIED	277
SHRIMP,IMITATION,SURIMI	101
SIRLOIN,LEAN+FAT,BROILED	280
SIRLOIN,LEAN+FAT,CHOICE,FRD	339
SIRLOIN,LEAN+FAT,GOOD,BRLD	273
SIRLOIN,LEAN+FAT,PRIME,BROIL	319
SIRLOIN,LEAN+FAT,RAW	260
SIRLOIN,LEAN,CHOICE,BROILED	211
SIRLOIN,LEAN,CHOICE,RAW	138
SIRLOIN,LEAN,GOOD,RAW	131
SIRLOIN,LEAN,PRIME,RAW	155
SISYMBRIUM,SEED,DRIED	318
SMELT,RAINBOW,RAW	97
SMOKED LINK SAUSAGE,PORK/BEEF	336
SMOKED LINK,PORK/BF,CEREAL+NFD	268
SNAPPER,BAKED/BROILED	128
SORGHUM	339
SOUP,ASPARGUS,W/WATER	35
SOUP,BEAN,BACON,DEHY	370
SOUP,BEAN,BACON,W/WATER	68
SOUP,BEAN,FRANK,W/WATER	75
SOUP,BEEF,CHUNKY,READY TO SERVE	71
SOUP,BEEF,MUSHROOM,W/WATER	30
SOUP,BEEF,NOODLE,DEHY	330
SOUP,BEEF,NOODLE,W/WATER	34
SOUP,BLACK BEAN,W/WATER	47
SOUP,CAULIFLOWER,DRY,WATER	27
SOUP,CHEESE,W/MILK	92
SOUP,CHICKEN,CHUNKY	71
SOUP,CHICKEN,DUMPLIN,W/WATER	40
SOUP,CHICKEN,GUMBO,W/WATER	23
SOUP,CHICKEN,NOODLE,CHUNKY	73
SOUP,CHICKEN,NOODLE,DEHY	345
SOUP,CHICKEN,NOODLE,MEATBALL	40
SOUP,CHICKEN,RICE,CHUNKY	53
SOUP,CHICKEN,RICE,DEHY	369
SOUP,CHICKEN,RICE,W/WATER	25
SOUP,CHICKEN,VEG,CONDENSED	61
SOUP,CHICKEN,VEG,DRY,WATER	20

SOUP, CHILI, BEEF, CONDENSED	129
SOUP, CRAB, READY TO SERVE	31
SOUP, CREAM, ASPARAGUS, DEHY	366
SOUP, CREAM, CELERY, CONDENSED	72
SOUP, CREAM, CELERY, DRY, WATER	25
SOUP, CREAM, CELERY, W/WATER	37
SOUP, CREAM, CHICKEN, DEHY	436
SOUP, CREAM, CHICKEN, W/MILK	77
SOUP, CREAM, MUSHROOM, CONDENSED	103
SOUP, CREAM, MUSHROOM, W/WATER	53
SOUP, CREAM, ONION, W/MILK	75
SOUP, CREAM, POTATO, CONDENSED	59
SOUP, CREAM, POTATO, W/WATER	30
SOUP, CREAM, SHRIMP, W/MILK	66
SOUP, CREAM, VEG, DEHY	446
SOUP, ESCAROLE, READY TO SERVE	11
SOUP, FROZEN, PEA/HAM, PREPARED	57
SOUP, FROZEN, SHRIMP, CONDENSED	133
SOUP, FROZEN, VEG/BEEF, CONDENSED	70
SOUP, GAZPACHO, READY TO SERVE	23
SOUP, GREEN PEA, W/MILK	94
SOUP, LEEK, DEHY	377
SOUP, LENTIL, HAM, READY TO SERVE	56
SOUP, MINESTRONE, CONDENSED	68
SOUP, MINESTRONE, DRY, WATER	31
SOUP, MUSHRM, BEEF STOCK, CONDNSD	68
SOUP, MUSHROOM, BARLEY, W/WATER	30
SOUP, MUSHROOM, DEHY	441
SOUP, ONION, CONDENSED	46
SOUP, ONION, DRY, W/WATER	11
SOUP, OXTAIL, DEHY	377
SOUP, PEPPERPOT, CONDENSED	84
SOUP, SCOTCH BROTH, CONDENSED	66
SOUP, SPLIT PEA, DEHY	356
SOUP, SPLIT PEA, HAM, CONDENSED	141
SOUP, SPLIT PEA, HAM, WATER	75
SOUP, STOCK POT, W/WATER	40
SOUP, TOMATO, BEEF, NOODLE, WATER	57
SOUP, TOMATO, BISQUE, W/MILK	79
SOUP, TOMATO, CONDENSED	68
SOUP, TOMATO, DRY, WATER	39
SOUP, TOMATO, RICE, W/WATER	48
SOUP, TOMATO, VEG, DRY, WATER	22
SOUP, TOMATO, W/WATER	35
SOUP, TURKEY, NOODLE, CONDENSED	55
SOUP, TURKEY, VEG, CONDENSED	60
SOUP, VEG, BEEF, BROTH, WATER	34
SOUP, VEG, BEEF, DEHY	344
SOUP, VEG, BEEF, W/WATER	32

SOUP,VEG,CONDENSED	59
SOUR CREAM	214
SOUR CREAM,IMITATION	208
SOY FLOUR,DEFATTED,NX5.71	329
SOY FLOUR,FULL FAT,RAW,NX5.71	436
SOY FLOUR,FULL FAT,RS,NX5.71	441
SOY FLOUR,LOW FAT,NX5.71	326
SOY MEAL,DEFATTED,RAW,NX5.71	339
SOYBEAN,KERNEL,ROASTED	453
SOYBEANS,COOKED,NO SALT	173
SOYBEANS,DRY ROASTED	450
SOYBEANS,GREEN,BOILED,W/SALT	141
SOYBEANS,RAW	416
SOYBEANS,SPROUTS,COOKED	38
SOYBEANS,SPROUTS,STEAMED	81
SOYBEANS,SPROUTS,STEAMED-FRIED	125
SPAGHETTI SAUCE,CANNED	109
SPAGHETTI,COOKED,WO/SALT	141
SPAGHETTI,DRY,ENRICHED	371
SPAGHETTI,ENRICHED,CKD,WO/SALT	141
SPAGHETTI,MEAT BALLS,COOKED	134
SPAGHETTI,PROTEIN FORT,ENR,COOK	164
SPAGHETTI,SPINACH,DRY	372
SPAGHETTI,TOMATO,MEAT,TODDLER	75
SPAGHETTI,UNENRICHED,CKD/TENDER	111
SPAGHETTI,WHOLE WHEAT,DRY	348
SPINACH SOUFFLE	161
SPINACH,BOILED,W/SALT	23
SPINACH,CANNED,LO NA,SOL+LIQ	19
SPINACH,CREAMED	42
SPINACH,FROZEN,BOILED	28
SPINACH,FROZEN,UNPREPARED	24
SPINACH,NEW ZEALAND,BOILED	12
SPINACH,RAW	22
SPINY LOBSTER,RAW	112
SPLEEN,RAW	104
SPOONBREAD,CORN,LARD	195
SPOT,RAW	123
SQUAB,FLESH ONLY,RAW	142
SQUAB,GIBLETS,RAW	154
SQUASH,ACORN,BAKED,W/SALT	56
SQUASH,ACORN,BOILED,W/SALT	34
SQUASH,BUTTERNUT,BAKED	40
SQUASH,BUTTERNUT,FROZEN	57
SQUASH,BUTTERNUT,FRZ,BLD,W/SALT	39
SQUASH,CROOKNECK,BOILED	20
SQUASH,CROOKNECK,FROZEN	20
SQUASH,CROOKNECK,FRZ,BLD,W/SALT	25
SQUASH,HUBBARD,BAKED	50

SQUASH,HUBBARD,BOILED	30
SQUASH,HUBBARD,RAW	40
SQUASH,SCALLOP,BOILED	16
SQUASH,SCALLOP,RAW	18
SQUASH,SPAGHETTI,BOILED,W/SALT	29
SQUASH,STRAINED	24
SQUASH,SUMMER,ALL,RAW	20
SQUASH,W/BUTTER,JUNIOR	30
SQUASH,WINTER,ALL,BAKED	39
SQUASH,WINTER,ALL,RAW	37
SQUASH,ZUCCHINI,BOILED,W/SALT	16
SQUASH,ZUCCHINI,FROZEN,BOILED	17
SQUASH,ZUCCHINI,FRZ,BLD,W/SALT	17
SQUID,FRIED	175
SQUIRREL,RAW	120
STEAK SANDWICH	225
STEW,BEEF+VEG,COOKED,W/SALT	89
STEW,OYSTER,2PTS.MILK	97
STEW,OYSTER,CONDENSED	48
STEW,OYSTER,W/WATER	24
STRAWBERRY,FRZ,SWEETENED,SLICED	96
STRAWBERRY,HEAVY SYRUP	92
STRAWBERRY,MIX,POWDER	387
STRAWBERRY,SHAKE,FASTFOOD	113
STURGEON,RAW	105
SUB,COLD CUT	200
SUB,TUNA SALAD	228
SUCCOTASH,BOILED,W/SALT	115
SUCCOTASH,CANNED,SOLID+LIQUID	63
SUCCOTASH,FROZEN,BOILED,W/SALT	93
SUCCOTASH,RAW	99
SUET,RAW	854
SUGAR FROSTED FLAKES,KELLOGG'S	381
SUGAR SMACKS	373
SUGAR,BROWN	373
SUGAR,DEXTROSE,CRYSTALLIZED	335
SUGAR,MAPLE	348
SUGAR-APPLE,RAW	94
SUGAR-COATED CHOC DISC	466
SUNDAE,HOT FUDGE	180
SUNFISH,PUMPKINSEED,RAW	89
SUNFLOWER,KERNEL,DRIED	570
SUNFLOWER,KERNEL,DRY,RSTD,W/SAL	582
SUNFLOWER,KERNEL,OIL,RSTD,W/SAL	615
SUNFLOWER,KERNEL,TOASTED,W/SALT	619
SUNFLOWER,SEED,BUTTER,W/SALT	579
SURIMI	99
SWEET POTATOES,STRAINED	57
SWEET POTATOES,W/BUTTER,STRND	56

SWORDFISH,RAW	121
SYRUP,CANE AND MAPLE	252
SYRUP,CORN,LIGHT+DK.	290
SYRUP,SORGHUM	257
T-BONE,LEAN+FAT,CHOICE,RAW	307
T-BONE,LEAN,CHOICE,RAW	159
TACO SALAD	141
TAHINI,RAW,KERNEL	570
TALLOW,RAW	902
TANGELO JUICE,RAW	41
TANGERINE JUICE,FRZ,SWEET,CONC	161
TANGERINE JUICE,RAW	43
TANGERINE,LIGHT SYRUP	61
TAPIOCA,APPLE,DESSERT	117
TAPIOCA,PEARLED,DRY	341
TARO,COOKED,NO SALT	142
TARO,LEAVES,RAW	42
TARO,LEAVES,STEAMED,W/SALT	24
TARO,SHOOTS,COOKED	14
TARO,SHOOTS,RAW	11
TARO,TAHITIAN,COOKED,W/SALT	44
TARRAGON,GROUND	295
TARTAR SCE,REGULAR	531
TEA,BREWED	1
TEA,CHAMOMILE,BREWED	1
TEA,INSTANT,LEMON,POWDER	297
TEA,INSTANT,POWDER	256
TEA,INSTANT,SUGAR,LEMON,POWDER	385
TEA,INSTANT,W/SACCHARIN,POWDER	332
TEAM	391
TEMPEH	199
TENDERLOIN,LEAN+FAT,CHCE,ROAST	308
TENDERLOIN,LEAN+FAT,CHOICE,RAW	246
TENDERLOIN,LEAN+FAT,GOOD,RAW	230
TENDERLOIN,LEAN+FAT,PRIME,BRLD	318
TENDERLOIN,LEAN+FAT,PRM,ROAST	358
TENDERLOIN,LEAN+FAT,ROAST	303
TENDERLOIN,LEAN,CHOICE,BROILED	207
TENDERLOIN,LEAN,CHOICE,ROAST	223
TENDERLOIN,LEAN,GOOD,RAW	141
TENDERLOIN,LEAN,PRIME,BROILED	232
TENDERLOIN,LEAN,PRIME,ROAST	255
TENDERLOIN,LEAN,ROAST	219
TEQUILA SUNRISE,CANNED	110
THIRST QUENCHER	25
THYME,GROUND	276
THYMUS,RAW	236
TILEFISH,RAW	96
TOFU,DRIED-FROZEN,CASO4	480

Sheet1

TOFU,FRIED,CASO4	271
TOFU,OKARA,NIGARI	77
TOFU,RAW,FERMENTED,NIGARI	145
TOFU,RAW,REGULAR,NIGARI	76
TOFU,SALTED+FERMENTED,CASO4	116
TOMATO,CANNED,STEWED	26
TOMATO,CANNED,WHOLE,LO NA	20
TOMATO,JUICE	17
TOMATO,PASTE,CANNED	84
TOMATO,POWDER	302
TOMATO,PUREE,CANNED,W/SALT	41
TOMATO,RED,RIPE,BOILED,W/SALT	27
TOMATO,RED,RIPE,RAW,JUNE-OCT	21
TOMATO,RED,RIPE,STEWED	79
TOMATO,SAUCE W/ONION,CANNED	42
TOMATO,SAUCE,CANNED,SPANISH	33
TOMATO,SAUCE,MUSHROOM+PEPPER,C	41
TOMATO,W/GREEN CHILI,CANNED	15
TONGUE,POTTED/DEVIL	290
TONGUE,SIMMERED	283
TONGUE,WHOLE,CANNED/PICKLE	267
TOPLOIN,LEAN+FAT,BROILED	280
TOPLOIN,LEAN+FAT,CHCE,RAW	289
TOPLOIN,LEAN+FAT,GOOD,RAW	264
TOPLOIN,LEAN+FAT,PRIME,RAW	322
TOPLOIN,LEAN,BROILED	203
TOPLOIN,LEAN,CHOICE,RAW	154
TOPLOIN,LEAN,PRIME,RAW	189
TOPPING,DESSERT,FROZEN	318
TOPPING,DESSERT,READY TO EAT	189
TOSTADA,BEANS,BEEF,CHEESE	148
TOSTADA,BEEF,CHEESE	193
TOTAL	352
TREE FERN,COOKED,W/SALT	40
TRIBE,RAW	98
TRITICALE,FLOUR	338
TROPICAL FRUIT,JUNIOR	60
TROUT,RAINBOW,BAKED/BROILED	151
TUNA SALAD	187
TUNA,BLUEFIN,RAW	144
TUNA,YELLOWFIN,RAW	108
TURKEY BREAST MEAT	110
TURKEY STICKS,JUNIOR	182
TURKEY+RICE,STRAINED	49
TURKEY,BACK,W/SKIN,ROASTED	243
TURKEY,BREAST,W/SKIN,RAW	157
TURKEY,CANNED,WITH BROTH	163
TURKEY,DARK,NO SKIN,ROASTED	187
TURKEY,DARK,W/SKIN,ROASTED	221

TURKEY,FLESH/SKIN,RAW	160
TURKEY,FRANKFURTER	226
TURKEY,FRYER,BACK,MEAT,ROASTED	170
TURKEY,FRYER,BACK,W/SKN,ROASTED	204
TURKEY,FRYER,BREAST,MEAT,RSTD	135
TURKEY,FRYER,BREAST,W/SKN,ROAST	153
TURKEY,FRYER,DARK MEAT,ROASTED	162
TURKEY,FRYER,DARK,W/SKN,ROASTED	182
TURKEY,FRYER,FLESH/SKIN,ROASTED	172
TURKEY,FRYER,LEG,MEAT,ROASTED	159
TURKEY,FRYER,LEG,W/SKIN,ROASTED	170
TURKEY,FRYER,LIGHT MEAT,ROASTED	140
TURKEY,FRYER,LIGHT,W/SKIN,ROAST	164
TURKEY,FRYER,NO SKIN,ROASTED	150
TURKEY,FRYER,SKIN,ROASTED	299
TURKEY,FRYER,WHOLE,ROASTED	171
TURKEY,FRYER,WING,MEAT,ROASTED	163
TURKEY,FRYER,WING,W/SKN,ROASTED	207
TURKEY,GIBLETS,RAW	129
TURKEY,GIZZARD,SIMMERED	163
TURKEY,GROUND,RAW	142
TURKEY,HEART,RAW	143
TURKEY,HEN,BACK,W/SKIN,RAW	218
TURKEY,HEN,BREAST,W/SKIN,RAW	167
TURKEY,HEN,DARK MEAT,RAW	130
TURKEY,HEN,DARK,W/SKIN,RAW	172
TURKEY,HEN,FLESH/SKIN,RAW	168
TURKEY,HEN,LEG,W/SKIN,RAW	151
TURKEY,HEN,LIGHT MEAT,RAW	116
TURKEY,HEN,LIGHT,W/SKIN,RAW	165
TURKEY,HEN,NO SKIN,RAW	122
TURKEY,HEN,SKIN,RAW	417
TURKEY,HEN,WHOLE,RAW	166
TURKEY,HEN,WING,W/SKIN,RAW	210
TURKEY,JUNIOR,BABY	129
TURKEY,LEG,W/SKIN,ROASTED	208
TURKEY,LIGHT,NO SKIN,RAW	115
TURKEY,LIGHT,W/SKIN,ROASTED	197
TURKEY,LIVER,SIMMERED	169
TURKEY,NECK,NO SKIN,RAW	135
TURKEY,NO SKIN,RAW	119
TURKEY,PASTRAMI	141
TURKEY,PROD,BREAST,LT/DARK,RAW	120
TURKEY,PROD,THIGH,W/SKIN,COOKED	157
TURKEY,ROLL,LIGHT	147
TURKEY,SALAMI	196
TURKEY,SKIN,ROASTED	442
TURKEY,STRAINED,BABY	114
TURKEY,TOM,BACK,W/SKIN,ROASTED	238

TURKEY,TOM,BREAST,W/SKIN,RSTD	189
TURKEY,TOM,DARK MEAT,ROASTED	185
TURKEY,TOM,DARK,W/SKIN,ROASTED	216
TURKEY,TOM,FLESH/SKIN,ROASTED	202
TURKEY,TOM,LEG,W/SKIN,ROASTED	206
TURKEY,TOM,LIGHT MEAT,ROASTED	154
TURKEY,TOM,LIGHT,W/SKIN,ROASTED	191
TURKEY,TOM,NO SKIN,ROASTED	168
TURKEY,TOM,SKIN,ROASTED	422
TURKEY,TOM,WHOLE,ROASTED	199
TURKEY,TOM,WING,W/SKIN,ROASTED	221
TURKEY,WHOLE,RAW	157
TURKEY,WING,W/SKIN,RAW	197
TURKEYROLL,LIGHT MEAT	147
TURMERIC,GROUND	354
TURNIP,BOILED,W/SALT	18
TURNIP,FROZEN,BOILED,W/SALT	23
TURNIP,GREENS+TURNIP,FROZEN	21
TURNIP,GREENS,BOILED	20
TURNIP,GREENS,CANNED,SOL+LIQ	14
TURNIP,GREENS,FROZEN,BOILED	30
TURNIP,GREENS,RAW	27
TURTLE,GREEN,CANNED	106
VANILLA PUDDING,JUNIOR	89
VANILLA SHAKE,FASTFOOD	111
VEAL,ARM,LEAN+FAT,RAW	132
VEAL,ARM,LEAN,BRAISED	201
VEAL,ARM,LEAN,ROASTED	164
VEAL,BLADE,LEAN+FAT,RAW	129
VEAL,BLADE,LEAN,BRAISED	198
VEAL,BLADE,LEAN,ROASTED	171
VEAL,BRAIN,PAN FRIED	213
VEAL,COMPOSITE,FAT,COOKED	642
VEAL,COMPOSITE,LEAN+FAT,COOKED	231
VEAL,COMPOSITE,LEAN,COOKED	196
VEAL,CUBED,LEAN,BRAISED	188
VEAL,GROUND,BROILED	172
VEAL,HEART,BRAISED	186
VEAL,JUNIOR,BABY	110
VEAL,KIDNEY,RAW	99
VEAL,LEG,LEAN+FAT,PAN FRIED	211
VEAL,LEG,LEAN+FAT,RAW	117
VEAL,LEG,LEAN,BRAISED	203
VEAL,LEG,LEAN,PAN FRIED,BREADED	206
VEAL,LEG,LEAN,ROASTED	150
VEAL,LIVER,PAN-FRIED	245
VEAL,LOIN,LEAN+FAT,BRAISED	284
VEAL,LOIN,LEAN+FAT,ROASTED	217
VEAL,LOIN,LEAN,RAW	116

VEAL,LUNGS,BRAISED	104
VEAL,PANCREAS,BRAISED	256
VEAL,RIB,LEAN+FAT,BRAISED	251
VEAL,RIB,LEAN+FAT,ROASTED	228
VEAL,RIB,LEAN,RAW	120
VEAL,SHOULDR,LEAN+FAT,BRAISED	228
VEAL,SHOULDR,LEAN+FAT,ROASTED	184
VEAL,SHOULDR,LEAN,RAW	112
VEAL,SIRLOIN,LEAN+FAT,BRAISED	252
VEAL,SIRLOIN,LEAN+FAT,ROASTED	202
VEAL,SIRLOIN,LEAN,RAW	110
VEAL,SPLEEN,RAW	98
VEAL,THYMUS,BRAISED	174
VEAL,TONGUE,BRAISED	202
VEG,JUICE,COCKTAIL	19
VEG,MIXED,CANNED,SOLID+LIQUID	36
VEG,MIXED,FROZEN,BOILED,W/SALT	59
VEGETABLE+BACON,JUNIOR	71
VEGETABLE+BEEF,JUNIOR	53
VEGETABLE+CHICKEN	50
VEGETABLE+HAM,JUNIOR	52
VEGETABLE+HAM,TODDLER	72
VEGETABLE+LAMB,STRAINED	52
VEGETABLE+LIVER,STRAINED	39
VEGETABLE+TURKEY,STRAINED	42
VEGETABLE,DUMPLING,BEEF,JUNIOR	48
VEGETABLE,NOODLE,CHICK,STRAINED	63
VEGETABLE,NOODLE,TURKEY,JUNIOR	52
VIENNA SAUSGE,BEEF/PORK	279
VINEGAR,DISTILLED	12
WAFFELoS	405
WAFFLE FROM MIX,UNENRICHED	275
WAFFLE,FROZEN,UNENRICHED	253
WAFFLE,HOME BAKED,UNENRICHED	279
WAFFLE,MIX,BAKED,UNENR,W/WATER	305
WAFFLE,MIX,DRY,UNENRICHED	356
WALNUT,ENGLISH,DRIED	642
WATER CHESSNUT,CANNED,SOL+LIQ	50
WATER CRESS,RAW	11
WATER,POLAND SPRINGS	0
WATERMELON,RAW	32
WAXGOURD,BOILED,W/SALT	13
WELSH RAREBIT	179
WHEAT 'N RAISIN CHEX	343
WHEAT GERM,TOASTED	382
WHEAT,BRAN,CRUDE	216
WHEAT,FLOUR,WHOLE	339
WHEAT,HARD,RED,SPRING	329
WHEAT,HARD,WHITE	342

Sheet1

WHEAT,PUFFED,LOW FORTIFIED	364
WHEAT,SHREDDED,SMALL BISCUIT	359
WHEAT,SOFT,WHITE	340
WHEATENA,COOKED,W/NA	56
WHEATENA,DRY	357
WHEATNUT,FORMULATED	622
WHEATNUT,FORMULATED,MACADAMIA	619
WHELK,RAW	137
WHEY,ACID,FLUID	24
WHEY,FLUID,SWEET	27
WHISKEY SOUR	136
WHISKEY SOUR,CANNED	119
WHITE TUNA,CND,OIL,DRAINED,SALT	186
WHITE TUNA,CND,WTR,DRAINED,SALT	136
WHITE WINE	68
WHITEFISH,SMOKED	108
WHITING,RAW	90
WHOLE WHEAT NAT CER,COOKED,W/NA	62
WHSKEY SOUR MIX,BOTTLED	84
WOLFFISH,ATLANTIC,RAW	96
YAM,BOILED OR BAKED,W/SALT	116
YAM,MOUNTAIN,STEAMED	82
YAM,RAW	118
YEAST,BAKER'S,DRY	282
YEAST,TORULA	277
YOGURT,FRUIT,LO FAT, 9GPRO/8OZ	99
YOGURT,FRUIT,LO FAT,11GPRO/8OZ	105
YOGURT,LO FAT,12GPRO/8OZ	63
YOGURT,SKIM,13GPRO/8O	56