

Sheet1

NAME,C,35	CALC	PROT	CARB	FAT	NSATF	UNS	FIB	CHOI	SODI	POTA	CALC
Apple, one medium	81	0.3	21.0	0.5	0.0	0.0	2.8	0	2	182	12
Asparagus, raw 0.5 cup	15	2.1	2.5	0.1	0.0	0.0	0.7	0	80	202	14
Avocado, one medium	306	3.7	12.0	30.0	4.5	0.0	0.0	0	21	1097	19
Bacon, fried 1 medium slice	36	1.9	0.2	3.1	1.0	0.0	0.0	6	100	30	5
Bagel, one medium	164	5.5	32.8	0.8			1.1	19	460	62	23
Banana, one medium	105	1.2	26.8	0.6	0.0	0.0	1.6	0	1	451	7
Beans, black 0.5 cup cooked	98	6.4	17.7	0.4	0.0	0.0	4.4	0	188	270	40
Beans, Boston baked 0.5 cup	193	7.4	26.9	6.7	2.3	0.0	4.9	6	537	431	72
Beans, green boiled 0.5 cup	22	1.2	4.9	0.2	0.0	0.0	1.1	0	2	185	29
Beans, lima 0.5 cup cooked	129	7.7	23.9	0.6	0.0	0.0	4.9	0	220	572	29
Beans, pinto 0.5 cup cooked	102	6.7	18.5	0.3	0.0		4.4	0	189	258	40
Beans, pork and beans 0.5 cup	155	7.7	24.1	3.3	1.1	0.0	8.6	19	588	268	69
Beans, red kidney 0.5 cup cooked	103	6.8	18.7	0.4	0.0		4.6	0	204	297	35
Beans, refried 0.5 cup	208	9.0	25.1	8.5	1.1	0.0	6.0	0	280	349	54
Beef, brisket braised 3 oz	332	19.5	0.0	27.6	11.2	0.0	0.0	79	52	195	7
Beef, grnd extra lean 4 oz raw	265	21.1	0.0	19.3	7.7	0.0	0.0	78	70	344	5
Beef, grnd extra lean broiled 3 oz	217	21.6	0.0	13.9	5.5	0.0	0.0	71	89	216	7
Beef, grnd extra lean fried 3 oz	216	21.2	0.0	14.0	5.5	0.0	0.0	69	59	265	6
Beef, grnd regular fried 3 oz	260	20.3	0.0	19.2	7.5	0.0	0.0	75	71	255	10
Beef, T-bone steak broiled 3 oz	276	20.4	0.0	20.9	8.7	0.0	0.0	77	51	288	8
Black berries, raw 0.5 cup	37	0.6	9.2	0.3	0.0	0.0	3.3	0	0	141	23
Bologna, beef and pork 1 slice	89	3.3	0.8	8.0	3.0		0.0	16	289	51	3
Bread, rye one slice	63	2.4	13.5	0.3	0.0	0.0	1.1	0	145	38	20
Bread, white one slice	70	2.3	13.1	0.8	0.0	0.0	0.4	0	132	27	31
Bread, whole wheat one slice	63	2.7	12.4	0.8	0.0	0.0	2.9	0	137	71	26
Broccoli, raw 0.5 cup chopped	12	1.3	2.3	0.1	0.0	0.0	0.6	0	8	127	89
Bun, hamburger	128	3.5	22.8	2.4	0.6		0.7	0	218	41	43
Bun, hot dog	128	3.5	22.8	2.4	0.6		0.7	0	218	41	43
Burrito, beans and cheese	291	16.8	26.9	13.5	4.3		2.7	43	170	305	38
Butter, salted 1 tbsp	97	0.0	0.0	11.0	6.8		0.0	31	116	4	4
Candy bar, Snickers regular size	276	5.8	33.6	12.7	5.0	0.0	1.4	9	145	190	66
Carrot, one medium	31	0.7	5.6	0.1	0.0	0.0	1.2	0	25	233	19
Celery, raw one stalk	6	0.3	1.4	0.1	0.0	0.0	0.4	0	35	114	15
Cereal, shredded wheat 1ounce	90	3.0	23.0	0.6			2.6	0	0	120	11
Cheese, American 1 oz	105	6.0	0.3	9.0	5.7		0.0	27	406	46	174
Cheese, cheddar 1 oz	114	7.1	0.4	9.4	6.0		0.0	30	176	28	205
Cheese, cream 1ounce	99	2.1	0.8	9.9	6.2		0.0	31	84	34	23
Cheese, parmesan 1 tbsp	23	2.1	0.2	1.5	0.9		0.0	4	93	5	69
Cherries, sweet raw 10	49	0.9	11.3	0.7	0.0	0.0	1.1	0		152	10
Chicken, batter frd w/skin 0.5 brst	364	34.8	12.6	18.5	4.9		0.0	119	385	282	28
Chicken, broiled skinless 0.5 brst	142	26.7	0.0	3.1	0.9		0.0	73	63	220	13
Cod, broiled/baked 3 oz	100	17.5	0.3	3.2	0.6		0.0	50	332	385	13
Cola, 12 fluid ounces	151	0.0	38.4	0.0	0.0	0.0	0.0	0	15	4	11
Cookie, chocolate chip one (10g)	47	0.5	7.0	2.1	0.7		0.5	1	40	13	4
Cookie, oatmeal w/ nuts one (13g)	54	0.8	6.4	2.9	0.8		0.2	5	30	15	10
Corn, yellow frozen 0.5 cup cooked	67	2.5	16.8	0.1	0.0	0.0	1.7	0	4	114	2
Cracker, saltine 4	52	1.1	8.6	1.4	0.0		0.2	4	132	14	3
Cream, half and half 1 tbsp	20	0.4	0.6	1.7	1.1		0.0	6	6	19	16

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Croissant, one medium	205	4.5	22.4	10.8	2.4		0.7	39	270	68	28
Egg, hardboiled one medium (50g)	79	6.1	0.6	5.6	1.7		0.0	274	69	65	28
Egg, raw one medium (50g)	79	6.1	0.6	5.6	1.7		0.0	274	69	65	28
Egg, raw white-part (33g)	16	3.3	0.4	0.0	0.0	0.0	0.0	0	50	45	3
Egg, raw yolk (17g)	63	2.8	0.0	5.6	1.7		0.0	274	8	15	26
Flounder, broiled/baked 3 oz	101	16.6	0.3	3.3	0.7	0.0	0.0	50	340	345	15
Frankfurter, raw beef	145	5.1	1.1	13.2	5.4	0.0	0.0	22	461	71	6
Frankfurter, raw chicken	116	5.8	3.1	8.8	2.5	0.0	0.0	45	617	38	43
Frankfurter, raw turkey	102	6.4	0.7	8.0	2.7	0.0	0.0	48	642	80	48
Hamburger bun	128	3.5	22.8	2.4	0.6		0.7	0	218	41	43
Hot dog bun	128	3.5	22.8	2.4	0.6		0.7	0	218	41	43
Hot dog weiner, beef	145	5.1	1.1	13.2	5.4	0.0	0.0	22	461	71	6
Ice Cream, vanilla one cup	349	4.1	32.0	23.7	14.8		0.0	88	108	221	151
Macaroni, one cup cooked	154	4.7	32.0	0.6	0.1	0.0	1.1	0	325	85	15
Mango, raw one medium	135	1.1	35.2	0.6	0.0	0.0	2.3	0	4	322	21
Margarine, soft corn teaspoon	34	0.0	0.0	3.8	0.7		0.0	0	44	2	1
Milk, 2% fat one cup	121	8.1	11.7	4.7	2.9	0.0	0.0	18	122	379	297
Milk, chocolate one cup	208	7.9	25.9	8.5	5.3	0.0	0.0	31	149	417	280
Milk, skim one cup	90	8.7	12.3	0.6	0.4	0.0	0.0	5	130	418	316
Milk, whole one cup	157	8.0	11.3	8.9	5.5		0.0	35	119	368	290
Oil, coconut one tablespoon	120	0.0	0.0	13.6	11.8	0.0	0.0	0	0	0	0
Oil, corn one tablespoon	120	0.0	0.0	13.6	1.7		0.0	0	0	0	0
Oil, cottonseed one tablespoon	120	0.0	0.0	13.6	3.5		0.0	0	0	0	0
Oil, hazelnut one tablespoon	120	0.0	0.0	13.6	1.0		0.0	0	0	0	0
Oil, linseed one tablespoon	120	0.0	0.0	13.6	1.3		0.0	0	0	0	0
Oil, olive one tablespoon	120	0.0	0.0	13.6	1.8		0.0	0	0	0	0
Oil, palm one tablespoon	120	0.0	0.0	13.6	6.7		0.0	0	0	0	0
Oil, peanut one tablespoon	120	0.0	0.0	13.6	2.3		0.0	0	0	0	0
Oil, safflower one tablespoon	120	0.0	0.0	13.6	1.2		0.0	0	0	0	0
Oil, sesame one tablespoon	120	0.0	0.0	13.6	1.9		0.0	0	0	0	0
Oil, soybean one tablespoon	120	0.0	0.0	13.6	2.0		0.0	0	0	0	0
Oil, sunflower one tablespoon	120	0.0	0.0	13.6	1.4		0.0	0	0	0	0
Oil, wheat germ one tablespoon	120	0.0	0.0	13.6	2.6		0.0	0	0	0	0
Oyster, raw 3 oz	56	7.1	2.9	1.5	0.5		0.0	43	62	103	80
Pancake, one plain	162	5.1	22.5	5.7	2.0	0.0	0.4	60	418	129	182
Papaya, raw one medium	117	1.9	29.9	0.5	0.0		2.8	0	8	780	72
Pasta, macaroni one cup cooked	154	4.7	32.0	0.6	0.1	0.0	1.1	0	325	85	15
Pasta, spaghetti one cup cooked	154	4.7	32.0	0.6	0.1	0.0	1.1	0	325	85	15
Peach, raw one medium	37	0.7	9.7	0.1	0.0	0.0	0.6	0	0	171	5
Pear, raw one medium	98	0.7	25.1	0.7	0.0	0.0	4.1	0	1	208	19
Peas, green canned 0.5 cup	59	3.8	10.7	0.3	0.0	0.0	3.5	0	186	147	17
Pie, apple 1/8 of 9" diameter	457	3.9	63.0	22.0	5.5		2.0	0	355	88	11
Pie, pumpkin 1/8 of 9" diameter	333	7.8	31.7	20.0	6.5		1.7	94	228	324	160
Pineapple, raw one slice (84g)	42	0.4	10.5	0.4	0.0	0.0	1.3	0	1	95	6
Rice, white instant 2/3 cup cooked	107	3.0	23.4	0.2	0.0		0.0	0	319	43	10
Salad dressing, 1000 island 1 tbsp	59	0.1	2.4	5.6	0.9	0.0	0.0	4	109	18	2
Salad dressing, Blue cheese 1 tbsp	77	0.7	1.1	8.0	1.5		0.0	3	167	12	6
Salad dressing, French 1 tbsp	67	0.1	2.7	6.4	1.5		0.0	9	213	12	2
Salad dressing, Italian 1 tbsp	69	0.1	1.5	7.1	1.0	0.0	0.0	0	115	2	2

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Salad dressing, Russian 1 tbsp	76	0.2	1.6	7.8	1.1	0.0	3	133	3	24	
Sherbert, orange one cup	270	2.2	58.7	3.8	2.4	0.0	0.0	14	88	198	103
Spaghetti, one cup cooked	154	4.7	32.0	0.6	0.1	0.0	1.1	0	325	85	15
Steak, t-bone broiled 3 oz	276	20.4	0.0	20.9	8.7	0.0	0.0	77	51	288	8
Strawberries, raw one cup	45	1.0	10.5	0.6	0.0	0.0	2.9	0	2	247	21
Sugar, white granulated 1teaspoon	16	0.0	4.0	0.0	0.0	0.0	0.0	0	0	0	0
Taco, beef and cheese	182	12.3	12.5	9.4	3.8	1.8	38	299	234	89	
Tomato, red ripe raw	24	1.1	5.3	0.3	0.0	0.0	1.0	0	10	254	8
Tortilla, corn (15g)	32	0.8	6.4	0.5	0.0	0.0	0.4	0	3	21	30
Tortilla, flour (40g)	118	2.9	21.8	3.0	0.7	0.9	0	151	40	24	
Tuna, canned in oil 3 oz	167	24.5	0.0	7.0	2.3	0.0	55	680	256	7	
Tuna, canned in water 3 oz	135	29.7	0.0	0.8	0.2	0.0	67	930	296	17	
Turkey, breast skinless 3oz broiled	157	29.9	0.0	3.2	1.0	0.0	69	64	305	19	
Veal, Parmigiana 6.5 oz	351	26.9	15.1	20.1	7.8	2.1	155	757	541	189	
Yogurt, lowfat 4 oz	72	6.0	8.0	1.8	1.2	0.0	0.0	7	80	265	207

NUM,N,4,0