

Sheet1

FOOD,FOOD,C,20	QUANT	UNIT	CALS,	WT	TOTS	CHOI	COMMENTS,M
750 Oil, Soybean	1.00	TP	120.0	14	2	0	
10 Vegetables, Cooked	0.50	CP	25.0	0	0	0	
180 Rice, White, Long	0.50	CP	110.0	0	0	0	
30 Corn, Cooked	0.50	CP	80.0	0	0	0	
190 Cracker, Soda	1.00	PC	10.0	0	0	0	
50 Potatoes, Cooked	0.50	CP	80.0	0	0	0	
60 Fruit, Fresh	1.00	PC	60.0	0	0	0	
70 Fruit Juice	0.50	CP	60.0	0	0	0	
80 Fruit, Dried	0.25	CP	80.0	0	0	0	
770 Oil, Safflower	1.00	TP	120.0	14	1	0	
780 Salad Dressing	1.00	TP	60.0	6	1	0	
710 Margarine	1.00	TP	100.0	11	2	0	
130 Cracker, Graham	1.00	PC	30.0	1	0	0	
1090 Nuts	1.00	TP	50.0	5	2	0	
760 Oil, Olive	1.00	TP	120.0	14	2	0	
1080 Beans, Pinto	0.50	CP	150.0	0	0	0	
20 Vegetables, Raw	1.00	CP	25.0	0	0	0	
1070 Beans, Navy	0.50	CP	110.0	1	0	0	
960 Whipped Topping	1.00	TP	10.0	1	1	0	
1060 Beans, Lima	0.50	CP	110.0	1	0	0	
120 Roll, Dinner	1.00	PC	85.0	2	0	0	
160 Pasta, Cooked	0.50	CP	110.0	0	0	0	
40 Peas, Cooked	0.50	CP	80.0	0	0	0	
790 Shortening, Vegetabl	1.00	TP	110.0	13	3	0	
140 Bun, Hamburger	1.00	PC	120.0	2	0	0	
1050 Beans, Kidney	0.50	CP	110.0	1	0	0	
740 Oil, Sesame	1.00	TP	120.0	14	2	0	
730 Oil, Corn	1.00	TP	120.0	14	2	0	
1100 Peanut Butter	1.00	TP	100.0	8	1	0	
970 Cake, Angel 1" Slice	1.00	SL	130.0	0	0	0	
210 Bread, Whole Wheat	1.00	SL	60.0	1	0	1	
220 Bread, White	1.00	SL	60.0	1	0	1	
910 Egg, Substitute	0.25	CP	100.0	8	1	1	
100 Biscuit	1.00	PC	155.0	7	2	3	
810 Milk, Skim	1.00	CP	90.0	0	0	5	
90 Bagel	1.00	PC	120.0	2	1	5	
230 Bacon	1.00	SL	45.0	4	1	6	
920 Sour Cream	1.00	TP	30.0	3	2	6	
860 Cheese, Parmesan	2.00	TP	50.0	3	2	8	
980 Cookie, Chocolate Ch	1.00	PC	90.0	6	2	8	
720 Mayonnaise	1.00	TP	100.0	11	2	8	
1010 Cookie, Oatmeal Rais	1.00	PC	90.0	4	1	9	
940 Yogurt, Fruited	1.00	CP	230.0	2	2	9	
950 Whipped Cream	1.00	TP	30.0	3	2	10	
1040 Sherbet	1.00	CP	270.0	4	2	14	
850 Cheese, Mozzarella	1.00	OZ	70.0	5	3	17	
840 Cheese, Cottage	1.00	CP	205.0	4	3	18	
150 Pancake, 4" Diameter	1.00	PC	60.0	2	1	20	

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510 Bologna	1.00 SL	85.0	8	4	20
500 Salami	1.00 SL	85.0	8	4	20
800 Milk, Lowfat	1.00 CP	120.0	5	3	20
880 Cheese, Swiss	1.00 OZ	110.0	8	5	26
820 Cheese, American	1.00 OZ	110.0	9	6	27
830 Cheese, Cheddar	1.00 OZ	115.0	9	6	30
930 Yogurt, Plain Lowfat	1.00 CP	140.0	7	5	30
700 Butter	1.00 TP	100.0	12	7	31
170 Muffin	1.00 PC	180.0	9	2	31
610 Milk, Whole	1.00 CP	160.0	9	6	34
540 Fish, Sole	3.50 OZ	80.0	1	1	43
1020 Cake, Pound 1" Slice	1.00 SL	120.0	5	1	46
290 Fish, Halibut	3.50 OZ	170.0	7	0	50
280 Fish, Flounder	3.50 OZ	170.0	7	0	50
250 Fish, Cod	3.50 OZ	170.0	7	0	50
240 Clams, Medium	11.00 PC	80.0	2	0	51
460 Fish, Mackerel	3.50 OZ	180.0	13	3	53
400 Ham, Fresh or Smoked	3.50 OZ	160.0	5	2	55
590 Fish, Tuna	3.50 OZ	120.0	1	1	59
380 Fish, Haddock	3.50 OZ	160.0	1	0	60
1000 Ice Cream, Vanilla	1.00 CP	270.0	14	9	60
990 Cake, Chocolate 1/16	1.00 SL	310.0	11	8	64
870 Cheese, Ricotta	1.00 CP	340.0	20	12	76
490 Fish, Salmon	1.00 CP	380.0	20	2	76
480 Roast Beef	3.50 OZ	235.0	16	7	77
320 Chicken, Light Meat	3.50 OZ	170.0	4	1	84
350 Chicken, Fried	3.50 OZ	260.0	13	4	84
360 Turkey, Light Meat	3.50 OZ	170.0	4	1	84
310 Chicken, Dark Meat	3.50 OZ	190.0	8	3	88
340 Turkey, Dark Meat	3.50 OZ	190.0	8	3	88
430 Lamb	3.50 OZ	170.0	7	3	90
560 Steak, Beef	3.50 OZ	460.0	42	18	93
470 Pork	3.50 OZ	255.0	15	5	94
300 Crab	3.50 OZ	90.0	2	0	99
410 Hamburger Patty	3.50 OZ	320.0	23	11	107
420 Fish, Herring, Atlan	3.50 OZ	230.0	15	23	110
600 Veal Cutlet, Large	1.00 PC	245.0	13	5	114
550 Ribs (Spareribs)	3.50 OZ	395.0	30	12	120
900 Egg, Yolk	1.00 PC	65.0	6	2	233
520 Shrimp	3.50 OZ	100.0	3	1	273
890 Egg, Whole, Medium	1.00 PC	80.0	6	2	279
440 Liver	3.50 OZ	190.0	13	0	435