

# **The Diabetes Prevention Program's Lifestyle**

## **Balance Fat Counter**

**More than 1,500 foods, including regional foods  
from all parts of the United States.**

**Complete information on:**

- 1. Fat grams**
- 2. Calories**

**Don't let diabetes catch up with you.**

## **Acknowledgments**

**The fat gram and calorie values in the Fat Counter were calculated using the Nutrient Data System (NDS, version 2.8) from the University of Minnesota Nutrition Coordinating Center.**

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**Prevention Program Lifestyle Resource Core,**

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## **About the Fat Counter**

**The Fat Counter is designed to help you keep track of the number of fat grams and calories you eat. It shows the grams of fat and calories for more than 1,500 commonly eaten foods. Foods are listed from A to Z. Regional foods are at the back of the book.**

### **Please note:**

- 1. If the food is described as having the “skin removed” or fat “trimmed,” this has been done before cooking.**
- 2. Cooking methods are without added fat unless described differently (for example, “stir-fried”).**

- 3. Serving sizes are after cooking (if any) and with only the parts to be eaten (for example, no bone).**
- 4. Modified foods (low-fat, diet, etc.) are described as such.**
- 5. Foods containing “mayo” are prepared with imitation mayonnaise.**

**If you eat manufactured products such as frozen dinners or store-bought cookies, look at the food label to find the fat grams and calories. You can add these and other foods that are not in the Fat Counter to the blank pages at the back of the book.**

<b>Item</b>	<b>Serving</b>	<b>Fat (g)</b>	<b>Calories</b>
<b>Anchovies, canned in oil, drained (1 can = 2 oz)</b>	<b>1 can</b>	<b>4</b>	<b>94</b>
<b>Apple, 2<sup>3</sup>/<sub>4</sub>" diameter</b>	<b>1 each</b>	<b>0</b>	<b>81</b>
<b>Apple butter</b>	<b>1 Tbsp</b>	<b>0</b>	<b>34</b>
<b>Apple cider or juice, unsweetened</b>	<b><sup>3</sup>/<sub>4</sub> cup</b>	<b>0</b>	<b>87</b>
<b>Applesauce, unsweetened</b>	<b><sup>1</sup>/<sub>2</sub> cup</b>	<b>0</b>	<b>52</b>
<b>Apples, dried</b>	<b><sup>1</sup>/<sub>4</sub> cup</b>	<b>0</b>	<b>52</b>
<b>Apricot halves, dried</b>	<b><sup>1</sup>/<sub>4</sub> cup</b>	<b>0</b>	<b>77</b>
<b>Apricot nectar, unsweetened</b>	<b><sup>3</sup>/<sub>4</sub> cup</b>	<b>0</b>	<b>23</b>
<b>Apricots, fresh (2 = <sup>1</sup>/<sub>2</sub> C.)</b>	<b><sup>1</sup>/<sub>2</sub> cup</b>	<b>0</b>	<b>37</b>

<b>Item</b>	<b>Serving</b>	<b>Fat (g)</b>	<b>Calories</b>
<b>Artichoke, globe</b>	<b>1 med</b>	<b>0</b>	<b>60</b>
<b>Asparagus spears</b>	<b>½ cup</b>	<b>0</b>	<b>25</b>
<b>Avocado</b>	<b>½ cup</b>	<b>11</b>	<b>121</b>
<b>Baby corn</b>	<b>½ cup</b>	<b>0</b>	<b>20</b>
<b>Bacon:</b>			
<b>turkey</b>	<b>1 slice</b>	<b>2</b>	<b>32</b>
<b>pork</b>	<b>1 slice</b>	<b>3</b>	<b>36</b>
<b>Bacon bits:</b>			
<b>imitation</b>	<b>1 Tbsp</b>	<b>1</b>	<b>32</b>
<b>real</b>	<b>1 Tbsp</b>	<b>2</b>	<b>29</b>
<b>Bacon fat</b>	<b>1 Tbsp</b>	<b>9</b>	<b>89</b>
<b>Bagel:</b>			
<b>white, 3" diam</b>	<b>1 each</b>	<b>1</b>	<b>157</b>

<b>Item</b>	<b>Serving</b>	<b>Fat (g)</b>	<b>Calories</b>
<b>white, w/raisins, 3" diam</b>	<b>1 each</b>	<b>1</b>	<b>183</b>
<b>white, 4" diam</b>	<b>1 each</b>	<b>2</b>	<b>279</b>
<b>whole wheat, 3" diam</b>	<b>1 each</b>	<b>1</b>	<b>168</b>
<b>whole wheat, w/raisins, 3" diam</b>	<b>1 each</b>	<b>1</b>	<b>195</b>
<b>whole wheat, 4" diam</b>	<b>1 each</b>	<b>2</b>	<b>290</b>
<b>Baked beans:</b>			
<b>vegetarian baked beans</b>	<b>½ cup</b>	<b>1</b>	<b>127</b>
<b>Campbell's® pork &amp; beans</b>	<b>½ cup</b>	<b>2</b>	<b>140</b>
<b>Baklava, 2" square</b>	<b>1 pc</b>	<b>27</b>	<b>381</b>
<b>Bamboo shoots, canned</b>	<b>½ cup</b>	<b>0</b>	<b>12</b>
<b>Banana, fresh, 8" long</b>	<b>1 each</b>	<b>0</b>	<b>96</b>

<b>Item</b>	<b>Serving</b>	<b>Fat (g)</b>	<b>Calories</b>
<b>Banana pudding, with vanilla wafers</b>	<b>½ cup</b>	<b>4</b>	<b>152</b>
<b>Barbecue sauce</b>	<b>1 Tbsp</b>	<b>0</b>	<b>12</b>
<b>Barley</b>	<b>½ cup</b>	<b>0</b>	<b>96</b>
<b>BBQ sandwich, on a bun:</b>			
<b>chicken</b>	<b>1 med</b>	<b>6</b>	<b>245</b>
<b>pork</b>	<b>1 med</b>	<b>10</b>	<b>341</b>
<b>beef</b>	<b>1 med</b>	<b>18</b>	<b>396</b>
<b>Dried beans &amp; peas (navy, lima, red, pinto, kidney or black beans, split peas, lentils, black eye peas, pigeon peas):</b>			
<b>no fat added</b>	<b>½ cup</b>	<b>1</b>	<b>129</b>
<b>Cooked w/bacon, ham or sausage</b>	<b>½ cup</b>	<b>2</b>	<b>144</b>

<b>Item</b>	<b>Serving</b>	<b>Fat (g)</b>	<b>Calories</b>
<b>Beans, green, or Italian:</b>			
<b>no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>19</b>
<b>cooked w/bacon, ham or sausage</b>	<b>½ cup</b>	<b>2</b>	<b>34</b>
<b>Beans, mung</b>	<b>½ cup</b>	<b>0</b>	<b>139</b>
<b>Beef, canned</b>	<b>½ cup</b>	<b>10</b>	<b>166</b>
<b>Beef jerky:</b>			
<b>strip, 8½" x 1" x ⅛"</b>	<b>1 pc</b>	<b>3</b>	<b>67</b>
<b>cut pieces</b>	<b>½ cup</b>	<b>8</b>	<b>204</b>
<b>Beef stew, gravy-based, with vegetables:</b>			
<b>homemade, w/trimmed round steak, no fat added</b>	<b>1 cup</b>	<b>3</b>	<b>161</b>
<b>homemade, w/ trimmed stew meat, no fat added</b>	<b>1 cup</b>	<b>7</b>	<b>192</b>

<b>Item</b>	<b>Serving</b>	<b>Fat (g)</b>	<b>Calories</b>
<b>homemade, with trimmed stew meat, fat added</b>	<b>1 cup</b>	<b>11</b>	<b>228</b>
<b>homemade, with untrimmed stew meat, fat added</b>	<b>1 cup</b>	<b>16</b>	<b>269</b>
<b>canned</b>	<b>1 cup</b>	<b>14</b>	<b>237</b>
<b>Beef Stroganoff (no noodles), homemade:</b>			
<b>with trimmed round steak, nonfat sour cream, no fat added</b>	<b>1 cup</b>	<b>5</b>	<b>247</b>
<b>with trimmed beef cubes, nonfat sour cream, no fat added</b>	<b>1 cup</b>	<b>14</b>	<b>310</b>

<b>Item</b>	<b>Serving</b>	<b>Fat (g)</b>	<b>Calories</b>
<b>with trimmed beef cubes, low fat sour cream, fat added</b>	<b>1 cup</b>	<b>22</b>	<b>378</b>
<b>with untrimmed beef cubes, regular sour cream, fat added</b>	<b>1 cup</b>	<b>37</b>	<b>485</b>
<b>Beer (1 can = 12 fl oz):</b>			
<b>low calorie</b>	<b>1 can</b>	<b>0</b>	<b>101</b>
<b>regular, malt, or no alcohol</b>	<b>1 can</b>	<b>0</b>	<b>148</b>
<b>Beets</b>	<b>½ cup</b>	<b>0</b>	<b>37</b>
<b>Biscochitos (cookie), 1½" diam</b>	<b>1 pc</b>	<b>3</b>	<b>58</b>

<b>Item</b>	<b>Serving</b>	<b>Fat (g)</b>	<b>Calories</b>
<b>Biscuit, from refrigerated dough:</b>			
<b>Pillsbury® buttermilk</b>	<b>1 each</b>	<b>1</b>	<b>50</b>
<b>Hungry Jack® flaky buttermilk</b>	<b>1 each</b>	<b>4</b>	<b>90</b>
<b>Pillsbury® Grands!</b>	<b>1 each</b>	<b>8</b>	<b>190</b>
<b>Biscuit, from mix, 2" diam</b>	<b>1 each</b>	<b>7</b>	<b>125</b>
<b>Biscuit, mix only:</b>			
<b>Bisquick® Light</b>	<b>1 cup</b>	<b>2</b>	<b>150</b>
<b>Bisquick®</b>	<b>1 cup</b>	<b>6</b>	<b>170</b>
<b>Blackberries, fresh</b>	<b>½ cup</b>	<b>0</b>	<b>37</b>

<b>Blintz, cheese filled, 7" long</b>	<b>1 each</b>	<b>9</b>	<b>184</b>
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<b>Blueberries, fresh</b>	<b>½ cup</b>	<b>0</b>	<b>41</b>
<b>Bok choy:</b>			
<b>no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>10</b>
<b>stir-fried</b>	<b>½ cup</b>	<b>2</b>	<b>30</b>
<b>Bologna:</b>			
<b>chicken or turkey</b>	<b>1 oz</b>	<b>4</b>	<b>56</b>
<b>beef light or pork</b>	<b>1 oz</b>	<b>6</b>	<b>70</b>
<b>beef, regular</b>	<b>1 oz</b>	<b>8</b>	<b>88</b>
<b>Borscht (beet soup)</b>	<b>1 cup</b>	<b>0</b>	<b>61</b>
<b>Bouillabaisse</b>	<b>1 cup</b>	<b>8</b>	<b>237</b>
<b>Braunschweiger</b>	<b>1 oz</b>	<b>9</b>	<b>102</b>
<b>Bread, rye:</b>			
<b>diet</b>	<b>1 slice</b>	<b>1</b>	<b>52</b>
<b>regular</b>	<b>1 slice</b>	<b>1</b>	<b>67</b>

<b>Bread, white or whole wheat:</b>			
<b>diet</b>	<b>1 slice</b>	<b>0</b>	<b>40</b>
<b>regular</b>	<b>1 slice</b>	<b>1</b>	<b>70</b>
<b>Bread pudding, w/raisins</b>	<b>½ cup</b>	<b>9</b>	<b>217</b>
<b>Bread crumbs, plain</b>	<b>1 cup</b>	<b>6</b>	<b>427</b>
<b>Breaded &amp; fried steak (chicken-fried steak)</b>	<b>3 oz</b>	<b>15</b>	<b>240</b>
<b>Bread stick, 5" long</b>	<b>1 each</b>	<b>1</b>	<b>64</b>
<b>Breakfast biscuit, (McDonald's®):</b>			
<b>plain</b>	<b>1 each</b>	<b>13</b>	<b>262</b>
<b>with bacon, egg, cheese</b>	<b>1 each</b>	<b>28</b>	<b>456</b>
<b>with sausage</b>	<b>1 each</b>	<b>29</b>	<b>435</b>
<b>with sausage, egg</b>	<b>1 each</b>	<b>35</b>	<b>519</b>
<b>Breakfast Croissan'wich (Burger King®):</b>			

<b>plain, croissant only</b>	<b>1 each</b>	<b>9</b>	<b>163</b>
<b>with egg, cheese</b>	<b>1 each</b>	<b>20</b>	<b>302</b>
<b>with egg, bacon, cheese</b>	<b>1 each</b>	<b>24</b>	<b>348</b>
<b>with egg, sausage, cheese</b>	<b>1 each</b>	<b>41</b>	<b>537</b>
<b>Breakfast drink, instant:</b>			
<b>with skim milk</b>	<b>1 cup</b>	<b>1</b>	<b>189</b>
<b>with whole milk</b>	<b>1 cup</b>	<b>8</b>	<b>245</b>
<b>Breakfast fruit drink powders, pre-sweetened, prepared (Tang®, etc)</b>	<b>1 cup</b>	<b>0</b>	<b>115</b>
<b>Broccoli</b>	<b>½ cup</b>	<b>0</b>	<b>26</b>
<b>Broccoli, w/cheese sauce:</b>			
<b>with skim milk, nonfat cheese, no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>58</b>

<b>with skim milk, reduced fat cheddar, fat added</b>	<b>½ cup</b>	<b>5</b>	<b>100</b>
<b>with whole milk, regular cheddar, fat added</b>	<b>½ cup</b>	<b>9</b>	<b>128</b>
<b>Broccoli casserole with mushroom soup, mayonnaise, cheese and crackers:</b>			
<b>w/nonfat mayo, nonfat cheese</b>	<b>½ cup</b>	<b>5</b>	<b>114</b>
<b>w/reduced calorie mayo, reduced fat cheddar</b>	<b>½ cup</b>	<b>13</b>	<b>176</b>
<b>w/regular mayo, regular cheddar</b>	<b>½ cup</b>	<b>24</b>	<b>262</b>
<b>Broth or bouillon:</b>			
<b>beef</b>	<b>1 cup</b>	<b>0</b>	<b>29</b>

<b>chicken</b>	<b>1 cup</b>	<b>1</b>	<b>39</b>
<b>Brownie, 2½" square:</b>			
<b>without nuts</b>	<b>1 pc</b>	<b>18</b>	<b>310</b>
<b>with nuts</b>	<b>1 pc</b>	<b>23</b>	<b>368</b>
<b>Brussels sprouts</b>	<b>½ cup</b>	<b>0</b>	<b>33</b>
<b>Brussels sprouts, with cheese sauce:</b>			
<b>with skim milk, nonfat cheese, no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>69</b>
<b>with skim milk, reduced fat cheddar, fat added</b>	<b>½ cup</b>	<b>6</b>	<b>115</b>

<b>with whole milk, regular cheddar, fat added</b>	<b>½ cup</b>	<b>10</b>	<b>146</b>
<b>Bulgur, cooked</b>	<b>½ cup</b>	<b>0</b>	<b>74</b>

<b>Bun, hamburger, 3" diam</b>	<b>1 each</b>	<b>2</b>	<b>91</b>
<b>Bun, hamburger, 4" diam</b>	<b>1 each</b>	<b>3</b>	<b>161</b>
<b>Bun, hot dog, 6" long (regular)</b>	<b>1 each</b>	<b>2</b>	<b>123</b>
<b>Bun, hot dog (large)</b>	<b>1 each</b>	<b>3</b>	<b>163</b>
<b>Burrito (Taco Bell®):</b>			
<b>light bean</b>	<b>1 each</b>	<b>5</b>	<b>300</b>
<b>light supreme</b>	<b>1 each</b>	<b>9</b>	<b>373</b>
<b>bean</b>	<b>1 each</b>	<b>14</b>	<b>420</b>
<b>beef</b>	<b>1 each</b>	<b>21</b>	<b>484</b>
<b>Burrito, breakfast:</b>			
<b>fast food (McDonald's®)</b>	<b>1 each</b>	<b>17</b>	<b>280</b>
<b>Burrito made from 8" tortilla:</b>			
<b>w/nonfat refried beans, reduced fat cheddar</b>	<b>1 each</b>	<b>10</b>	<b>312</b>

<b>with homemade refried beans, regular cheddar</b>	<b>1 each</b>	<b>23</b>	<b>452</b>
<b>beef, plain</b>	<b>1 each</b>	<b>10</b>	<b>228</b>
<b>beef w/beans and cheese:</b>			
<b>w/nonfat refried beans, reduced fat cheddar</b>	<b>1 each</b>	<b>9</b>	<b>237</b>
<b>with homemade refried beans, regular cheddar</b>	<b>1 each</b>	<b>12</b>	<b>271</b>
<b>chicken, plain</b>	<b>1 each</b>	<b>5</b>	<b>190</b>
<b>chicken w/beans &amp; cheese:</b>			
<b>with nonfat refried beans, reduced fat cheddar</b>	<b>1 each</b>	<b>6</b>	<b>217</b>
<b>with homemade refried beans, regular cheddar</b>	<b>1 each</b>	<b>10</b>	<b>252</b>

<b>Butter:</b>			
<b>whipped</b>	<b>1 tsp</b>	<b>3</b>	<b>23</b>
<b>regular</b>	<b>1 tsp</b>	<b>4</b>	<b>34</b>
<b>regular</b>	<b>1 Tbsp</b>	<b>12</b>	<b>102</b>
<b>Butter buds</b>	<b>1 tsp</b>	<b>0</b>	<b>6</b>
<b>Buttermilk:</b>			
<b>1/2% fat</b>	<b>1 cup</b>	<b>1</b>	<b>110</b>
<b>1 1/2% fat</b>	<b>1 cup</b>	<b>4</b>	<b>120</b>
<b>whole</b>	<b>1 cup</b>	<b>8</b>	<b>149</b>
<b>Cabbage:</b>			
<b>no fat added</b>	<b>1/2 cup</b>	<b>0</b>	<b>16</b>
<b>cooked w/bacon, ham or sausage</b>	<b>1/2 cup</b>	<b>2</b>	<b>31</b>
<b>Cabbage roll, w/ground beef &amp; rice, 3" long x 2" diam:</b>			
<b>with diet lean (10% fat) ground beef</b>	<b>1 roll</b>	<b>3</b>	<b>95</b>

<b>with regular (25% fat) ground beef</b>	<b>1 roll</b>	<b>6</b>	<b>121</b>
<b>Cake:</b>			
<b>angel food, 1/8 of 10" diam</b>	<b>1 pc</b>	<b>0</b>	<b>212</b>
<b>yellow or chocolate from mix, 3" x 3" x 2":</b>			
<b>without icing</b>	<b>1 pc</b>	<b>13</b>	<b>296</b>
<b>with white icing</b>	<b>1 pc</b>	<b>24</b>	<b>595</b>
<b>with chocolate icing</b>	<b>1 pc</b>	<b>27</b>	<b>551</b>
<b>pound cake, 4 1/2" x 2 1/2" x 1/2":</b>			
<b>fat-free</b>	<b>1 pc</b>	<b>1</b>	<b>106</b>
<b>regular</b>	<b>1 pc</b>	<b>10</b>	<b>176</b>
<b>Calzone, 4" diameter:</b>			
<b>with cheese and meat</b>	<b>1 pc</b>	<b>5</b>	<b>99</b>
<b>with cheese</b>	<b>1 pc</b>	<b>5</b>	<b>105</b>

<b>Canadian bacon</b>	<b>1 slice</b>	<b>2</b>	<b>39</b>
<b>Candy:</b>			
<b>caramels</b>	<b>3 pcs</b>	<b>2</b>	<b>92</b>
<b>divinity (1 pc = 0.5 oz)</b>	<b>3 pcs</b>	<b>0</b>	<b>168</b>
<b>divinity w/nuts</b> <b>(1 pc = 0.5 oz)</b>	<b>3 pcs</b>	<b>3</b>	<b>199</b>
<b>fudge, 1" cube:</b>			
<b>plain</b>	<b>1 pc</b>	<b>2</b>	<b>84</b>
<b>with nuts</b>	<b>1 pc</b>	<b>4</b>	<b>99</b>
<b>gumdrops, ½" diam</b>	<b>3 pcs</b>	<b>0</b>	<b>41</b>
<b>hard (1 pc = 0.2 oz)</b>	<b>1 pc</b>	<b>0</b>	<b>22</b>
<b>jelly beans (1 pc = 0.1 oz)</b>	<b>3 pcs</b>	<b>0</b>	<b>31</b>
<b>licorice (1 stick = 0.4 oz)</b>	<b>1 stick</b>	<b>0</b>	<b>40</b>
<b>marshmallows (large size)</b>	<b>1 each</b>	<b>0</b>	<b>23</b>

<b>taffy (1 pc = 0.5 oz)</b>	<b>2 pcs</b>	<b>1</b>	<b>72</b>
<b>truffle (1 pc = 1 oz)</b>	<b>1 pc</b>	<b>11</b>	<b>143</b>
<b>Candy bars:</b>			
<b>Baby Ruth®, 2.18 oz bar</b>	<b>1 bar</b>	<b>13</b>	<b>274</b>
<b>chocolate bar, 1.5 oz</b>	<b>1 bar</b>	<b>13</b>	<b>221</b>
<b>chocolate bar w/almonds, 1.5 oz</b>	<b>1 bar</b>	<b>14</b>	<b>216</b>
<b>granola bar, 0.9 oz</b>	<b>1 bar</b>	<b>4</b>	<b>110</b>
<b>granola bar, fat-free, 1.5 oz.</b>	<b>1 bar</b>	<b>1</b>	<b>127</b>
<b>Hershey's Kiss®</b>	<b>2 pcs</b>	<b>3</b>	<b>50</b>
<b>M &amp; M's®, 1.7 oz pkg</b>	<b>1 pkg</b>	<b>11</b>	<b>228</b>
<b>M &amp; M's®, peanuts, 1.7 oz pkg</b>	<b>1 pkg</b>	<b>13</b>	<b>244</b>

<b>Milky Way®</b> , 2.2 oz bar	<b>1 bar</b>	<b>10</b>	<b>258</b>
<b>Reese's Peanut Butter Cup®</b> , 1.6 oz pkg of 2	<b>1 pkg</b>	<b>14</b>	<b>222</b>
<b>Snickers®</b> , 2.1 oz bar	<b>1 bar</b>	<b>13</b>	<b>271</b>
<b>Caramel, butterscotch syrup</b>	<b>1 Tbsp</b>	<b>0</b>	<b>52</b>
<b>Caramel corn, fat-free, Cracker Jack®</b>	<b>3 cups</b>	<b>0</b>	<b>305</b>
<b>Caramel corn, coated popcorn with peanuts, Cracker Jack®</b>	<b>3 cups</b>	<b>13</b>	<b>505</b>
<b>Carrots</b>	<b>½ cup</b>	<b>0</b>	<b>35</b>
<b>Carrot and raisin salad:</b>			
<b>with nonfat mayo</b>	<b>½ cup</b>	<b>0</b>	<b>76</b>

<b>with reduced calorie mayo</b>	<b>½ cup</b>	<b>7</b>	<b>124</b>
<b>with regular mayo</b>	<b>½ cup</b>	<b>16</b>	<b>199</b>
<b>Catsup</b>	<b>1 Tbsp</b>	<b>0</b>	<b>16</b>
<b>Cauliflower</b>	<b>½ cup</b>	<b>0</b>	<b>17</b>
<b>Cauliflower, with cheese sauce:</b>			
<b>with skim milk, nonfat cheese, no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>52</b>
<b>with skim milk, reduced fat cheddar, fat added</b>	<b>½ cup</b>	<b>5</b>	<b>95</b>
<b>with whole milk, regular cheddar, fat added</b>	<b>½ cup</b>	<b>8</b>	<b>124</b>
<b>Caviar</b>	<b>1 Tbsp</b>	<b>3</b>	<b>40</b>
<b>Celery</b>	<b>½ cup</b>	<b>0</b>	<b>13</b>
<b>Cereal, cold, without nuts:</b>			

<b>cornflakes</b>	<b>1 cup</b>	<b>0</b>	<b>110</b>
<b>puffed rice</b>	<b>1 cup</b>	<b>0</b>	<b>57</b>
<b>wheat flakes</b>	<b>1 cup</b>	<b>1</b>	<b>100</b>
<b>Cereal, cold, with nuts:</b>			
<b>Mueslix Golden Crunch®</b>	<b>1 cup</b>	<b>3</b>	<b>239</b>
<b>Fruit and Fiber® Dates, Raisins, Walnuts</b>	<b>1 cup</b>	<b>3</b>	<b>173</b>
<b>granola</b>			
<b>fat-free (Health Valley®)</b>	<b>¼ cup</b>	<b>1</b>	<b>73</b>
<b>regular (Nature Valley®)</b>	<b>¼ cup</b>	<b>4</b>	<b>95</b>
<b>homemade, with nuts</b>	<b>¼ cup</b>	<b>10</b>	<b>174</b>
<b>Cereal, hot:</b>			
<b>Cream of Wheat®, non fat</b>	<b>½ cup</b>	<b>0</b>	<b>61</b>
<b>Cream of Wheat®, added fat</b>	<b>½ cup</b>	<b>2</b>	<b>78</b>

<b>grits</b>			
<b>no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>73</b>
<b>fat added</b>	<b>½ cup</b>	<b>2</b>	<b>90</b>
<b>oatmeal</b>			
<b>no fat added</b>	<b>½ cup</b>	<b>1</b>	<b>73</b>
<b>fat added</b>	<b>½ cup</b>	<b>3</b>	<b>90</b>
<b>Cereal, homemade party mix</b>	<b>1 cup</b>	<b>22</b>	<b>318</b>
<b>Challah bread, 3½"x2"x½"</b>	<b>1 slice</b>	<b>1</b>	<b>67</b>
<b>Cheese, fat-free:</b>			
<b>fat-free cream cheese</b>	<b>1 oz</b>	<b>0</b>	<b>23</b>
<b>Kraft Free ® (0.75 oz slice)</b>	<b>1 slice</b>	<b>0</b>	<b>30</b>
<b>Weight Watchers'®, fat-free American slices</b>	<b>1 oz</b>	<b>0</b>	<b>38</b>
<b>Cheese, reduced fat:</b>			

<b>Borden's Lite-line® (0.67 oz slice)</b>	<b>1 slice</b>	<b>1</b>	<b>30</b>
<b>Kraft Light N' Lively® (0.75 oz slice)</b>	<b>1 slice</b>	<b>3</b>	<b>55</b>
<b>“Laughing Cow Wedges-Light®” (1 oz wedge)</b>	<b>1 wedge</b>	<b>4</b>	<b>70</b>
<b>Cheddar, Colby, Monterey Jack, provolone (generic, Kraft Light Naturals®, Kraft Healthy Favorites Natural®, Weight Watcher's Natural®)</b>	<b>1 oz</b>	<b>5</b>	<b>79</b>
<b>Part-skim cheeses:</b>			
<b>Light cream cheese</b>	<b>2 Tbsp</b>	<b>5</b>	<b>64</b>

<b>Neufchatel®</b>	<b>2 Tbsp</b>	<b>7</b>	<b>75</b>
<b>Mozzarella, part skim</b>	<b>1 oz</b>	<b>5</b>	<b>79</b>
<b>Ricotta, part skim</b>	<b>½ cup</b>	<b>10</b>	<b>170</b>
<b>Whole milk cheeses:</b>			
<b>American, Cheddar, Monterey Jack</b>	<b>1 oz</b>	<b>9</b>	<b>114</b>
<b>Blue, Brie, Gouda, provolone, Swiss</b>	<b>1 oz</b>	<b>8</b>	<b>101</b>
<b>Cream cheese, regular</b>	<b>2 Tbsp</b>	<b>10</b>	<b>101</b>
<b>Farmer's cheese, regular</b>	<b>1 oz</b>	<b>1</b>	<b>29</b>
<b>Goat's cheese, feta</b>	<b>1 oz</b>	<b>6</b>	<b>75</b>
<b>Mozzarella</b>	<b>1 oz</b>	<b>7</b>	<b>90</b>
<b>Parmesan, dry grated</b>	<b>2 Tbsp</b>	<b>3</b>	<b>46</b>
<b>Processed cheese</b>	<b>1 oz</b>	<b>9</b>	<b>106</b>

<b>Ricotta</b>	<b>½ cup</b>	<b>16</b>	<b>214</b>
<b>Cheese, cottage:</b>			
<b>uncreamed (dry curd)</b>	<b>½ cup</b>	<b>0</b>	<b>61</b>
<b>nonfat</b>	<b>½ cup</b>	<b>0</b>	<b>71</b>
<b>low fat (1% fat)</b>	<b>½ cup</b>	<b>1</b>	<b>82</b>
<b>low fat (2% fat)</b>	<b>½ cup</b>	<b>2</b>	<b>101</b>
<b>creamed (4% fat)</b>	<b>½ cup</b>	<b>5</b>	<b>109</b>
<b>Cheese puffs</b>	<b>1 cup</b>	<b>11</b>	<b>184</b>
<b>Cheese sauce:</b>			
<b>w/skim milk, nonfat cheese, no fat added</b>	<b>¼ cup</b>	<b>0</b>	<b>52</b>
<b>w/skim milk, reduced fat cheddar, fat added</b>	<b>¼ cup</b>	<b>7</b>	<b>108</b>
<b>w/whole milk, regular cheddar, fat added</b>	<b>¼ cup</b>	<b>11</b>	<b>146</b>
<b>Cheesecake, 9" diameter:</b>			

<b>commercial w/cream cheese, low calorie</b>	<b>1/8 pie</b>	<b>5</b>	<b>138</b>
<b>commercial w/cottage cheese</b>	<b>1/8 pie</b>	<b>12</b>	<b>303</b>
<b>homemade w/light (18% fat) cream cheese</b>	<b>1/8 pie</b>	<b>27</b>	<b>474</b>
<b>homemade w/regular (35% fat) cream cheese</b>	<b>1/8 pie</b>	<b>41</b>	<b>585</b>
<b>Cherries, sweet, fresh</b>	<b>1/2 cup</b>	<b>1</b>	<b>52</b>
<b>Chestnuts, roasted</b>	<b>1 each</b>	<b>0</b>	<b>19</b>
<b>Chicken, light meat only</b>	<b>1 oz</b>	<b>1</b>	<b>47</b>
<b>Chicken, dark meat only</b>	<b>1 oz</b>	<b>2</b>	<b>56</b>
<b>Chicken a la King (no toast or rice):</b>			
<b>skinless chicken breast w/skim milk</b>	<b>1 cup</b>	<b>14</b>	<b>283</b>

<b>skinless dark meat</b>			
<b>w/whole milk</b>	<b>1 cup</b>	<b>20</b>	<b>328</b>
<b>Chicken and vegetable stir fry:</b>			
<b>w/skinless chicken breast</b>	<b>1 cup</b>	<b>7</b>	<b>167</b>
<b>w/skinless dark meat</b>	<b>1 cup</b>	<b>9</b>	<b>184</b>
<b>Chicken breast (1 med = 1/2 breast):</b>			
<b>skinless, baked w/oven</b>			
<b>coating mix</b>	<b>1 med</b>	<b>3</b>	<b>161</b>
<b>baked, broiled or stewed:</b>			
<b>skin removed</b>	<b>1 med</b>	<b>3</b>	<b>142</b>
<b>skin eaten</b>	<b>1 med</b>	<b>9</b>	<b>205</b>
<b>breaded/battered, pan-fried:</b>			
<b>skin removed</b>	<b>1 med</b>	<b>5</b>	<b>174</b>
<b>skin eaten</b>	<b>1 med</b>	<b>12</b>	<b>242</b>

<b>breaded/battered, deep-fried (fast food):</b>			
<b>skin removed</b>	<b>1 med</b>	<b>17</b>	<b>347</b>
<b>skin eaten</b>	<b>1 med</b>	<b>24</b>	<b>439</b>
<b>Chicken drumstick:</b>			
<b>skinless, baked w/oven coating mix</b>	<b>1 med</b>	<b>2</b>	<b>82</b>
<b>baked, broiled or stewed</b>			
<b>skin removed</b>	<b>1 med</b>	<b>2</b>	<b>73</b>
<b>skin eaten</b>	<b>1 med</b>	<b>7</b>	<b>123</b>
<b>breaded/battered, pan-fried:</b>			
<b>skin removed</b>	<b>1 med</b>	<b>3</b>	<b>89</b>
<b>skin eaten</b>	<b>1 med</b>	<b>8</b>	<b>143</b>
<b>breaded/battered, deep-fried (fast food):</b>			

<b>skin removed</b>	<b>1 med</b>	<b>8</b>	<b>178</b>
<b>skin eaten</b>	<b>1 med</b>	<b>15</b>	<b>247</b>
<b>Chicken thigh:</b>			
<b>skinless, baked w/oven coating mix</b>	<b>1 med</b>	<b>4</b>	<b>113</b>
<b>baked, broiled or stewed:</b>			
<b>skin removed</b>	<b>1 med</b>	<b>4</b>	<b>102</b>
<b>skin eaten</b>	<b>1 med</b>	<b>8</b>	<b>147</b>
<b>breaded/battered, pan-fried:</b>			
<b>skin removed</b>	<b>1 med</b>	<b>6</b>	<b>121</b>
<b>skin eaten</b>	<b>1 med</b>	<b>10</b>	<b>170</b>
<b>breaded/battered, deep-fried (fast food):</b>			
<b>skin removed</b>	<b>1 med</b>	<b>12</b>	<b>226</b>
<b>skin eaten</b>	<b>1 med</b>	<b>18</b>	<b>295</b>

<b>Chicken wing:</b>			
<b>skinless, baked w/ oven coating mix</b>	<b>1 med</b>	<b>2</b>	<b>49</b>
<b>baked, broiled or stewed:</b>			
<b>skin removed</b>	<b>1 med</b>	<b>2</b>	<b>44</b>
<b>skin eaten</b>	<b>1 med</b>	<b>7</b>	<b>102</b>
<b>breaded/battered, pan-fried:</b>			
<b>skin removed</b>	<b>1 med</b>	<b>3</b>	<b>52</b>
<b>skin eaten</b>	<b>1 med</b>	<b>8</b>	<b>115</b>
<b>breaded/battered, deep-fried (fast food):</b>			
<b>skin removed</b>	<b>1 med</b>	<b>5</b>	<b>94</b>
<b>skin eaten</b>	<b>1 med</b>	<b>12</b>	<b>183</b>
<b>Chicken casserole, with egg noodles, mushroom soup and vegetables:</b>			

<b>w/skinless chicken breast, no cheese</b>	<b>1 cup</b>	<b>5</b>	<b>214</b>
<b>with skinless chicken breast, regular cheddar</b>	<b>1 cup</b>	<b>7</b>	<b>242</b>
<b>with skinless dark meat, regular cheddar</b>	<b>1 cup</b>	<b>9</b>	<b>253</b>
<b>Chicken Creole (no rice):</b>			
<b>with skinless chicken breast</b>	<b>1 cup</b>	<b>3</b>	<b>174</b>
<b>with skinless dark meat</b>	<b>1 cup</b>	<b>10</b>	<b>221</b>
<b>Chicken fricassee:</b>	<b>1 cup</b>	<b>29</b>	<b>457</b>
<b>with skinless chicken breast, skim milk</b>	<b>1 cup</b>	<b>20</b>	<b>414</b>
<b>w/skinless dark meat, whole milk</b>	<b>1 cup</b>	<b>28</b>	<b>468</b>

<b>Chicken gizzard:</b>			
<b>baked, broiled or stewed</b>	<b>1 each</b>	<b>1</b>	<b>35</b>
<b>breaded/battered, pan-fried</b>	<b>1 each</b>	<b>2</b>	<b>43</b>
<b>breaded/battered, deep-fried</b>	<b>1 each</b>	<b>4</b>	<b>87</b>
<b>Chicken liver:</b>			
<b>baked, broiled or stewed</b>	<b>1 each</b>	<b>1</b>	<b>31</b>
<b>breaded/battered, pan-fried</b>	<b>1 each</b>	<b>2</b>	<b>39</b>
<b>breaded/battered, deep-fried</b>	<b>1 each</b>	<b>4</b>	<b>79</b>
<b>Chicken McNuggets (McDonald's®)</b>	<b>6 pcs</b>	<b>18</b>	<b>306</b>

<b>Chicken, 1 whole, baked, broiled, or stewed:</b>			
<b>skin removed (17 oz)</b>	<b>1 med</b>	<b>31</b>	<b>886</b>
<b>skin eaten (21 oz)</b>	<b>1 med</b>	<b>71</b>	<b>1345</b>
<b>Chicken or turkey breast, processed</b>	<b>1 oz</b>	<b>1</b>	<b>30</b>
<b>Chicken or turkey roll, processed</b>	<b>1 oz</b>	<b>2</b>	<b>42</b>
<b>Chicken salad, with skinless chicken breast, no egg:</b>			
<b>with nonfat mayo</b>	<b>½ cup</b>	<b>6</b>	<b>135</b>
<b>with reduced calorie mayo</b>	<b>½ cup</b>	<b>12</b>	<b>183</b>
<b>with regular mayo</b>	<b>½ cup</b>	<b>21</b>	<b>258</b>
<b>Chicken sandwich:</b>			
<b>grilled (Wendy's®)</b>	<b>1 each</b>	<b>8</b>	<b>294</b>

<b>breaded, fried fillet, without dressing</b>	<b>1 each</b>	<b>17</b>	<b>382</b>
<b>breaded, fried fillet, with dressing</b>	<b>1 each</b>	<b>28</b>	<b>488</b>
<b>Chicken stew with vegetables:</b>			
<b>homemade with skinless chicken breast, tomato- based</b>	<b>1 cup</b>	<b>4</b>	<b>224</b>
<b>canned</b>	<b>1 cup</b>	<b>11</b>	<b>221</b>
<b>Chicken tenders (Burger King®)</b>	<b>6 pcs</b>	<b>12</b>	<b>232</b>
<b>Chicken with almonds (Chinese style):</b>			
<b>w/skinless chicken breast</b>	<b>1 cup</b>	<b>14</b>	<b>308</b>
<b>w/skinless dark meat</b>	<b>1 cup</b>	<b>18</b>	<b>333</b>

<b>Chick peas (garbanzos)</b>	<b>½ cup</b>	<b>2</b>	<b>134</b>
<b>Chiles, hot (fresh, canned or roasted)</b>	<b>½ cup</b>	<b>0</b>	<b>17</b>
<b>Chili:</b>			
<b>without meat</b>	<b>1 cup</b>	<b>1</b>	<b>113</b>
<b>w/beans &amp; diet lean (10% fat) ground beef</b>	<b>1 cup</b>	<b>5</b>	<b>203</b>
<b>w/diet lean (10% fat) ground beef, no beans</b>	<b>1 cup</b>	<b>6</b>	<b>186</b>
<b>w/beans &amp; regular (25% fat) ground beef</b>	<b>1 cup</b>	<b>11</b>	<b>249</b>
<b>w/regular (25% fat) ground beef, no beans</b>	<b>1 cup</b>	<b>14</b>	<b>243</b>
<b>Hormel® canned, no beans</b>	<b>1 cup</b>	<b>16</b>	<b>260</b>

<b>Chili sauce</b>	<b>1 Tbsp</b>	<b>0</b>	<b>16</b>
<b>Chimichanga, fried, 7" diameter tortilla:</b>			
<b>bean and cheese</b>	<b>1 each</b>	<b>13</b>	<b>256</b>
<b>chicken and cheese</b>	<b>1 each</b>	<b>15</b>	<b>386</b>
<b>beef and cheese</b>	<b>1 each</b>	<b>24</b>	<b>345</b>
<b>Chinese cabbage:</b>			
<b>no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>10</b>
<b>stir-fried</b>	<b>½ cup</b>	<b>2</b>	<b>30</b>
<b>Chipped beef, creamed:</b>			
<b>w/skim milk, no fat added</b>	<b>1 cup</b>	<b>3</b>	<b>192</b>
<b>with whole milk, fat added</b>	<b>1 cup</b>	<b>22</b>	<b>357</b>
<b>Chipped or dried beef</b>	<b>3 oz</b>	<b>3</b>	<b>140</b>
<b>Chocolate:</b>			
<b>baking chocolate</b>	<b>1 oz</b>	<b>16</b>	<b>148</b>

<b>carob</b>	<b>1 oz</b>	<b>9</b>	<b>151</b>
<b>chocolate chips</b>	<b>1 Tbsp</b>	<b>3</b>	<b>50</b>
<b>chocolate chips</b>	<b>1 cup</b>	<b>50</b>	<b>805</b>
<b>cocoa powder</b>	<b>1 Tbsp</b>	<b>1</b>	<b>12</b>
<b>cocoa powder</b>	<b>1 cup</b>	<b>12</b>	<b>197</b>
<b>Chocolate pudding:</b>			
<b>instant, with skim milk</b>	<b>½ cup</b>	<b>1</b>	<b>116</b>
<b>instant, with whole milk</b>	<b>½ cup</b>	<b>4</b>	<b>145</b>
<b>homemade, w/egg &amp; skim milk</b>	<b>½ cup</b>	<b>6</b>	<b>194</b>
<b>homemade, w/egg &amp; whole milk</b>	<b>½ cup</b>	<b>9</b>	<b>220</b>
<b>Chocolate syrup, thin</b>	<b>1 Tbsp</b>	<b>0</b>	<b>41</b>
<b>Chop suey (no noodles):</b>			

<b>with vegetables only</b>	<b>1 cup</b>	<b>3</b>	<b>81</b>
<b>w/skinless chicken breast</b>	<b>1 cup</b>	<b>4</b>	<b>125</b>
<b>w/trimmed beef round steak</b>	<b>1 cup</b>	<b>4</b>	<b>131</b>
<b>Chopped ham, lunch meat</b>	<b>1 oz</b>	<b>5</b>	<b>70</b>
<b>Chow mein, canned (no noodles):</b>			
<b>with beef</b>	<b>1 cup</b>	<b>2</b>	<b>114</b>
<b>with chicken</b>	<b>1 cup</b>	<b>4</b>	<b>124</b>
<b>Clams (7 med = 3 oz)</b>	<b>3 oz</b>	<b>2</b>	<b>129</b>
<b>Club sandwich (chicken or turkey w/bacon &amp; dressing)</b>	<b>1 each</b>	<b>22</b>	<b>481</b>
<b>Cobbler (peach, pastry topping)</b>	<b>½ cup</b>	<b>11</b>	<b>251</b>

<b>Cocktails with whipping cream (31% fat):</b>			
<b>White Russian</b>	<b>3 fl oz</b>	<b>7</b>	<b>225</b>
<b>Alexander with gin</b>	<b>3 fl oz</b>	<b>9</b>	<b>236</b>
<b>Grasshopper</b>	<b>3 fl oz</b>	<b>9</b>	<b>253</b>
<b>Cocktail sauce</b>	<b>1 Tbsp</b>	<b>0</b>	<b>16</b>
<b>Cocoa or hot chocolate, homemade:</b>			
<b>with skim milk</b>	<b>1 cup</b>	<b>1</b>	<b>124</b>
<b>with whole milk</b>	<b>1 cup</b>	<b>7</b>	<b>175</b>
<b>Cocoa or hot chocolate, made from mix:</b>			
<b>with water</b>	<b>1 cup</b>	<b>1</b>	<b>125</b>
<b>with skim milk</b>	<b>1 cup</b>	<b>1</b>	<b>153</b>
<b>with whole milk</b>	<b>1 cup</b>	<b>8</b>	<b>213</b>
<b>Coconut, dried, shredded, unsweetened</b>	<b>1 Tbsp</b>	<b>4</b>	<b>38</b>

<b>Coconut milk:</b>			
<b>light</b>	<b>1 cup</b>	<b>12</b>	<b>144</b>
<b>regular</b>	<b>1 cup</b>	<b>51</b>	<b>473</b>
<b>Coffee cake with streusel topping, 3" x 3" x 1½":</b>			
<b>without nuts</b>	<b>1 pc</b>	<b>20</b>	<b>448</b>
<b>with nuts</b>	<b>1 pc</b>	<b>23</b>	<b>480</b>
<b>Coffee, regular or decaf espresso</b>	<b>2 fl oz</b>	<b>0</b>	<b>1</b>
<b>Coffee, made from mix (amaretto, cappuccino, Swiss mocha, etc)</b>	<b>1 cup</b>	<b>3</b>	<b>77</b>
<b>Coffee, cafe au lait, or cappuccino:</b>			
<b>with skim milk</b>	<b>1 cup</b>	<b>0</b>	<b>51</b>
<b>with whole milk</b>	<b>1 cup</b>	<b>4</b>	<b>86</b>
<b>Coffee, regular or decaf</b>	<b>1 cup</b>	<b>0</b>	<b>5</b>

<b>Coleslaw:</b>			
<b>with nonfat mayo</b>	<b>½ cup</b>	<b>0</b>	<b>48</b>
<b>with reduced calorie mayo</b>	<b>½ cup</b>	<b>9</b>	<b>111</b>
<b>with vinaigrette dressing</b>	<b>½ cup</b>	<b>9</b>	<b>127</b>
<b>with regular mayo</b>	<b>½ cup</b>	<b>21</b>	<b>211</b>
<b>Cookies, 1-2" diameter:</b>			
<b>animal crackers</b>	<b>12 pcs</b>	<b>5</b>	<b>122</b>
<b>arrowroot</b>	<b>4 pcs</b>	<b>5</b>	<b>116</b>
<b>butter, commercial</b>	<b>4 pcs</b>	<b>9</b>	<b>181</b>
<b>homemade chocolate chip:</b>			
<b>without nuts</b>	<b>3 pcs</b>	<b>12</b>	<b>222</b>
<b>with nuts</b>	<b>3 pcs</b>	<b>15</b>	<b>251</b>
<b>chocolate covered graham crackers</b>	<b>3 pcs</b>	<b>9</b>	<b>195</b>

<b>chocolate covered marshmallow</b>	<b>2 pcs</b>	<b>4</b>	<b>106</b>
<b>fat-free Fig Newtons®</b>	<b>2 pcs</b>	<b>0</b>	<b>99</b>
<b>fig bars</b>	<b>2 pcs</b>	<b>2</b>	<b>111</b>
<b>fortune cookies</b>	<b>4 pcs</b>	<b>2</b>	<b>99</b>
<b>gingersnaps</b>	<b>4 pcs</b>	<b>3</b>	<b>110</b>
<b>Girl Scout cookies:</b>			
<b>Thin Mints®</b>	<b>2 pcs</b>	<b>4</b>	<b>73</b>
<b>Trefoils®</b>	<b>2 pcs</b>	<b>2</b>	<b>51</b>
<b>graham crackers, 2½" squares</b>	<b>4 pcs</b>	<b>3</b>	<b>118</b>
<b>lady fingers</b>	<b>3 pcs</b>	<b>1</b>	<b>68</b>
<b>Lemon coolers®</b>	<b>4 pcs</b>	<b>4</b>	<b>125</b>
<b>macaroons</b>	<b>1 each</b>	<b>3</b>	<b>53</b>

<b>oatmeal, homemade</b>	<b>3 pcs</b>	<b>5</b>	<b>132</b>
<b>Oreo®</b>	<b>2 pcs</b>	<b>4</b>	<b>104</b>
<b>Oreo Double Stuff®</b>	<b>2 pcs</b>	<b>8</b>	<b>138</b>
<b>peanut butter cookies</b>	<b>2 pcs</b>	<b>9</b>	<b>171</b>
<b>sandwich cookies</b>	<b>3 pcs</b>	<b>7</b>	<b>150</b>
<b>sugar, commercial</b>	<b>3 pcs</b>	<b>7</b>	<b>136</b>
<b>Teddy Grahams®</b>	<b>8 pcs</b>	<b>1</b>	<b>42</b>
<b>vanilla wafers</b>	<b>6 pcs</b>	<b>6</b>	<b>147</b>
<b>Cookies, 2½ - 3" diameter</b>			
<b>commercial butter or sugar</b>	<b>1 pc</b>	<b>4</b>	<b>75</b>
<b>homemade chocolate chip, without nuts</b>	<b>1 pc</b>	<b>5</b>	<b>98</b>
<b>with nuts</b>	<b>1 pc</b>	<b>6</b>	<b>111</b>

<b>Oatmeal:</b>			
<b>without nuts</b>	<b>1 pc</b>	<b>3</b>	<b>82</b>
<b>with nuts</b>	<b>1 pc</b>	<b>6</b>	<b>114</b>
<b>peanut butter, commercial</b>	<b>1 pc</b>	<b>3</b>	<b>67</b>
<b>peanut butter, homemade</b>	<b>1 pc</b>	<b>10</b>	<b>189</b>
<b>Pecan Sandies®</b>	<b>1 pc</b>	<b>5</b>	<b>85</b>
<b>Cookies, 3½ - 4" diameter</b>			
<b>commercial butter or sugar</b>	<b>1 pc</b>	<b>6</b>	<b>125</b>
<b>homemade chocolate chip, without nuts</b>	<b>1 pc</b>	<b>16</b>	<b>295</b>
<b>with nuts</b>	<b>1 pc</b>	<b>19</b>	<b>335</b>
<b>homemade oatmeal, no nuts</b>	<b>1 pc</b>	<b>7</b>	<b>176</b>

<b>peanut butter, commercial</b>	<b>1 pc</b>	<b>5</b>	<b>112</b>
<b>peanut butter, homemade</b>	<b>1 pc</b>	<b>18</b>	<b>335</b>
<b>Cordials and liqueurs:</b>			
<b>Amaretto, Cointreau®, creme de menthe, Grand Marnier®</b>	<b>1 fl oz</b>	<b>0</b>	<b>80</b>
<b>Irish Cream liqueur</b>	<b>1 fl oz</b>	<b>2</b>	<b>89</b>
<b>Corn:</b>			
<b>whole kernel</b>	<b>½ cup</b>	<b>0</b>	<b>66</b>
<b>cream-style</b>	<b>½ cup</b>	<b>1</b>	<b>104</b>
<b>on the cob, 5" ear, plain</b>	<b>1 ear</b>	<b>1</b>	<b>83</b>
<b>on the cob, 5" ear, with fat</b>	<b>1 ear</b>	<b>5</b>	<b>117</b>
<b>Corn bread, 3" x 3" x 1"</b>	<b>1 pc</b>	<b>7</b>	<b>180</b>
<b>Corn chips</b>	<b>1 cup</b>	<b>9</b>	<b>142</b>

<b>Corn dog</b>	<b>1 each</b>	<b>25</b>	<b>341</b>
<b>Corned beef:</b>			
<b>lunch meat, deli</b>	<b>1 oz</b>	<b>1</b>	<b>31</b>
<b>round or canned</b>	<b>3 oz</b>	<b>13</b>	<b>213</b>
<b>brisket</b>	<b>3 oz</b>	<b>16</b>	<b>213</b>
<b>Couscous</b>	<b>½ cup</b>	<b>0</b>	<b>101</b>
<b>Crab:</b>			
<b>Blue</b>	<b>2 oz</b>	<b>1</b>	<b>58</b>
<b>soft shell, breaded or battered, pan-fried</b>	<b>2 oz</b>	<b>2</b>	<b>79</b>
<b>Dungeness or Alaskan King</b>	<b>3 oz</b>	<b>2</b>	<b>87</b>
<b>Fried crab cake 3½" diam x ½" thick</b>	<b>1 each</b>	<b>17</b>	<b>260</b>

<b>Crackers, regular:</b>			
<b>butter, round</b>	<b>8 pcs</b>	<b>7</b>	<b>122</b>
<b>cheese rounds</b>	<b>8 pcs</b>	<b>6</b>	<b>121</b>
<b>club</b>	<b>8 pcs</b>	<b>6</b>	<b>126</b>
<b>crackers with cheese or peanut butter filling</b>	<b>4 pcs</b>	<b>7</b>	<b>137</b>
<b>Cuban crackers</b>	<b>6 pcs</b>	<b>3</b>	<b>127</b>
<b>goldfish</b>	<b>30 pcs</b>	<b>2</b>	<b>82</b>
<b>graham, 2½" square</b>	<b>4 pcs</b>	<b>3</b>	<b>118</b>
<b>matzo, 6" diam</b>	<b>1 pc</b>	<b>0</b>	<b>112</b>
<b>Melba, round</b>	<b>6 pcs</b>	<b>0</b>	<b>71</b>
<b>oyster</b>	<b>20 pcs</b>	<b>3</b>	<b>84</b>
<b>rice cake, 4" diam</b>	<b>2 pcs</b>	<b>1</b>	<b>70</b>
<b>rice crackers</b>	<b>1 oz</b>	<b>0</b>	<b>111</b>

<b>Ritz®</b>	<b>8 pcs</b>	<b>8</b>	<b>144</b>
<b>Ry Krisp® triple cracker</b>	<b>4 pcs</b>	<b>3</b>	<b>120</b>
<b>saltines/soda</b>	<b>8 pcs</b>	<b>3</b>	<b>101</b>
<b>Triscuits®</b>	<b>6 pcs</b>	<b>4</b>	<b>117</b>
<b>Wheat Thins®</b>	<b>16 pcs</b>	<b>6</b>	<b>130</b>
<b>Crackers, reduced fat:</b>			
<b>Ritz®</b>	<b>5 pcs</b>	<b>2</b>	<b>70</b>
<b>Triscuits®</b>	<b>8 pcs</b>	<b>3</b>	<b>130</b>
<b>Wheat Thins®</b>	<b>18 pcs</b>	<b>4</b>	<b>120</b>
<b>Cranberries, fresh</b>	<b>1 cup</b>	<b>0</b>	<b>47</b>
<b>Cranberry juice cocktail, sweetened</b>	<b>¾ cup</b>	<b>0</b>	<b>108</b>
<b>Cranberry sauce</b>	<b>¼ cup</b>	<b>0</b>	<b>105</b>
<b>Crawfish</b>	<b>3 oz</b>	<b>1</b>	<b>75</b>

<b>Cream:</b>			
<b>half and half</b>	<b>1 tsp</b>	<b>1</b>	<b>7</b>
<b>half and half</b>	<b>1 Tbsp</b>	<b>2</b>	<b>20</b>
<b>heavy (31% fat)</b>	<b>1 Tbsp</b>	<b>5</b>	<b>44</b>
<b>Creamer, non-dairy:</b>			
<b>fat-free liquid (Coffee-mate®)</b>	<b>1 Tbsp</b>	<b>0</b>	<b>10</b>
<b>liquid, regular</b>	<b>1 Tbsp</b>	<b>1</b>	<b>17</b>
<b>powder, reduced fat</b>	<b>1 tsp</b>	<b>0</b>	<b>9</b>
<b>powder, regular</b>	<b>1 tsp</b>	<b>1</b>	<b>11</b>
<b>Cream puff w/filling, 3<sup>3</sup>/<sub>4</sub>" diam w/chocolate frosting</b>	<b>1 pc</b>	<b>17</b>	<b>279</b>
<b>Crepe, 6" diameter</b>	<b>1 pc</b>	<b>3</b>	<b>80</b>
<b>Crisp, fruit (apple)</b>	<b>½ cup</b>	<b>11</b>	<b>303</b>

<b>Croissant, 5" long, plain</b>	<b>1 pc</b>	<b>19</b>	<b>324</b>
<b>Croquette, fried:</b>			
<b>fish</b>	<b>1 pc</b>	<b>7</b>	<b>153</b>
<b>salmon</b>	<b>1 pc</b>	<b>8</b>	<b>159</b>
<b>chicken</b>	<b>1 pc</b>	<b>8</b>	<b>164</b>
<b>ham</b>	<b>1 pc</b>	<b>9</b>	<b>163</b>
<b>Croutons</b>	<b>¼ cup</b>	<b>0</b>	<b>31</b>
<b>Cucumber, raw</b>	<b>½ cup</b>	<b>0</b>	<b>7</b>
<b>Cupcake:</b>			
<b>commercial yellow, no icing</b>	<b>1 pc</b>	<b>3</b>	<b>78</b>
<b>commercial yellow, with icing</b>	<b>1 pc</b>	<b>6</b>	<b>155</b>
<b>Hostess®, light, chocolate</b>	<b>1 pc</b>	<b>2</b>	<b>122</b>

<b>Hostess®, chocolate</b>	<b>1 pc</b>	<b>6</b>	<b>167</b>
<b>Custard, baked:</b>			
<b>with skim milk</b>	<b>½ cup</b>	<b>3</b>	<b>138</b>
<b>with whole milk</b>	<b>½ cup</b>	<b>6</b>	<b>159</b>
<b>Danish pastry, 3" x 3" x 1":</b>			
<b>without frosting</b>	<b>1 pc</b>	<b>12</b>	<b>191</b>
<b>with frosting</b>	<b>1 pc</b>	<b>16</b>	<b>290</b>
<b>Dates, dried</b>	<b>5 pcs</b>	<b>0</b>	<b>114</b>
<b>Deviled eggs:</b>			
<b>with nonfat mayo</b>	<b>½ egg</b>	<b>2</b>	<b>36</b>
<b>with reduced calorie mayo</b>	<b>½ egg</b>	<b>3</b>	<b>44</b>
<b>with regular mayo</b>	<b>½ egg</b>	<b>5</b>	<b>57</b>
<b>Dim sum, meat &amp; shrimp filled</b>	<b>1 pc</b>	<b>2</b>	<b>51</b>

<b>Dirty rice</b>	<b>1 cup</b>	<b>5</b>	<b>271</b>
<b>Donuts:</b>			
<b>cake, 3" diameter</b>	<b>1 pc</b>	<b>8</b>	<b>145</b>
<b>glazed chocolate, Dolly Madison®</b>	<b>1 pc</b>	<b>12</b>	<b>237</b>
<b>glazed yeast, 4" diameter</b>	<b>1 pc</b>	<b>21</b>	<b>399</b>
<b>Dressing/stuffing:</b>			
<b>from mix (Stove Top®), no fat added</b>	<b>½ cup</b>	<b>1</b>	<b>109</b>
<b>from mix (Stove Top®), fat added</b>	<b>½ cup</b>	<b>9</b>	<b>177</b>
<b>homemade cornbread, fat added</b>	<b>½ cup</b>	<b>23</b>	<b>385</b>
<b>homemade rice, fat added</b>	<b>½ cup</b>	<b>9</b>	<b>177</b>

<b>Duck, domestic:</b>			
<b>skin removed</b>	<b>3 oz</b>	<b>10</b>	<b>187</b>
<b>skin eaten</b>	<b>3 oz</b>	<b>24</b>	<b>287</b>
<b>Dumpling, plain for stews or main dishes, 2" diam</b>	<b>1 pc</b>	<b>4</b>	<b>112</b>

<b>Eclair w/custard filling &amp; chocolate frosting</b>	<b>1 pc</b>	<b>17</b>	<b>279</b>
<b>Egg Foo Yung, 4" diam x 1/4":</b>			
<b>without meat</b>	<b>1 pc</b>	<b>10</b>	<b>131</b>
<b>with shrimp</b>	<b>1 pc</b>	<b>10</b>	<b>149</b>
<b>with chicken</b>	<b>1 pc</b>	<b>11</b>	<b>161</b>
<b>Egg McMuffin (McDonald's®)</b>	<b>1 each</b>	<b>13</b>	<b>292</b>

<b>Eggnog:</b>			
<b>with 2% fat</b>	<b>1 cup</b>	<b>8</b>	<b>189</b>
<b>regular</b>	<b>1 cup</b>	<b>19</b>	<b>342</b>
<b>Egg roll, medium, fried:</b>			
<b>with vegetables, no meat</b>	<b>1 roll</b>	<b>6</b>	<b>97</b>
<b>with shrimp</b>	<b>1 roll</b>	<b>7</b>	<b>163</b>
<b>with chicken</b>	<b>1 roll</b>	<b>8</b>	<b>172</b>
<b>with pork</b>	<b>1 roll</b>	<b>9</b>	<b>180</b>
<b>Egg salad:</b>			
<b>with nonfat mayo</b>	<b>½ cup</b>	<b>6</b>	<b>122</b>
<b>with reduced calorie mayo</b>	<b>½ cup</b>	<b>15</b>	<b>183</b>
<b>with regular mayo</b>	<b>½ cup</b>	<b>27</b>	<b>280</b>
<b>Eggplant</b>	<b>½ cup</b>	<b>0</b>	<b>13</b>
<b>Eggplant, breaded or battered, fried</b>	<b>½ cup</b>	<b>11</b>	<b>173</b>

<b>Eggplant Parmesan</b>			
<b>casserole, 3" diam x ½"</b>	<b>1 pc</b>	<b>4</b>	<b>64</b>
<b>Eggs, fried without fat, hard cooked or poached:</b>			
<b>white only</b>	<b>1 med</b>	<b>0</b>	<b>14</b>
<b>yolk only</b>	<b>1 med</b>	<b>5</b>	<b>54</b>
<b>whole egg</b>	<b>1 med</b>	<b>5</b>	<b>66</b>
<b>Eggs, fried with fat</b>	<b>1 med</b>	<b>6</b>	<b>83</b>
<b>Eggs, scrambled :</b>			
<b>no fat added</b>	<b>2 med</b>	<b>10</b>	<b>150</b>
<b>fat added</b>	<b>2 med</b>	<b>15</b>	<b>197</b>
<b>Egg substitute:</b>			
<b>Egg Beaters®, no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>38</b>
<b>Egg Beaters®, fat added</b>	<b>½ cup</b>	<b>6</b>	<b>89</b>

<b>Second Nature®, no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>38</b>
<b>Second Nature®, fat added</b>	<b>½ cup</b>	<b>6</b>	<b>89</b>
<b>Scramblers®, no fat added</b>	<b>½ cup</b>	<b>6</b>	<b>131</b>
<b>Scramblers®, fat added</b>	<b>½ cup</b>	<b>14</b>	<b>195</b>
<b>Eggs Benedict, w/2 medium eggs, hollandaise sauce, regular ham</b>	<b>1 svg</b>	<b>48</b>	<b>723</b>
<b>Elephant ear pastry, 4" diameter</b>	<b>1 pc</b>	<b>16</b>	<b>300</b>
<b>Enchilada, no beans, 6" long:</b>			
<b>w/skinless chicken breast, reduced fat cheddar</b>	<b>1 each</b>	<b>4</b>	<b>159</b>
<b>w/skinless dark meat chicken, regular cheddar</b>	<b>1 each</b>	<b>8</b>	<b>185</b>

<b>with beef, diet lean (10% fat) ground beef, reduced fat cheddar</b>	<b>1 each</b>	<b>6</b>	<b>166</b>
<b>with beef, regular (25% fat) ground beef, regular cheddar</b>	<b>1 each</b>	<b>12</b>	<b>211</b>
<b>with cheese (no meat), reduced fat cheddar</b>	<b>1 each</b>	<b>7</b>	<b>180</b>
<b>with cheese (no meat), regular cheddar</b>	<b>1 each</b>	<b>14</b>	<b>228</b>
<b>Enchilada sauce</b>	<b>¼ cup</b>	<b>0</b>	<b>14</b>
<b>Endive, raw</b>	<b>½ cup</b>	<b>0</b>	<b>2</b>
<b>English muffin</b>	<b>1 whole</b>	<b>1</b>	<b>134</b>
<b>Escarole, raw</b>	<b>½ cup</b>	<b>0</b>	<b>2</b>

<b>Fajita, 9" tortilla:</b>			
<b>with chicken breast, skin removed, plain</b>	<b>1 each</b>	<b>14</b>	<b>406</b>
<b>with beef skirt, trimmed, plain</b>	<b>1 each</b>	<b>16</b>	<b>421</b>
<b>with chicken breast, skin removed, regular cheddar, guacamole</b>	<b>1 each</b>	<b>18</b>	<b>457</b>
<b>with beef skirt, trimmed, regular cheddar, guacamole</b>	<b>1 each</b>	<b>20</b>	<b>472</b>
<b>Falafel, fried, (1 patty = 1 oz)</b>	<b>1 patty</b>	<b>6</b>	<b>111</b>
<b>Fatback, pork (Armour®)</b>	<b>2 oz</b>	<b>46</b>	<b>410</b>

<b>Fettucini Alfredo:</b>			
<b>with half and half cream, no fat added</b>	<b>1 cup</b>	<b>9</b>	<b>287</b>
<b>with half and half cream, fat added</b>	<b>1 cup</b>	<b>14</b>	<b>338</b>
<b>with regular cream (31% fat), fat added</b>	<b>1 cup</b>	<b>19</b>	<b>373</b>
<b>Figs, dried</b>	<b>3 small</b>	<b>1</b>	<b>143</b>
<b>Fish, fresh or frozen, cooked, no fat added:</b>			
<b>Low fat fish</b>			
<b>Barracuda, sea bass, bream, catfish, cod, crappie, croaker,</b>	<b>3 oz</b>	<b>1</b>	<b>100</b>

<b>drumfish, flounder, grouper, haddock, halibut, kingfish, mahi mahi, orange roughy, perch, pike, plaice, red fish, red snapper, rockfish, scrod, sheepshead, sole, speckled trout, sunfish</b>			
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<b>Medium fat fish Angelfish, bluefish, fresh tuna, gulf butterfish, mackerel, salmon (Atlantic, coho, pink, chum, Lake</b>	<b>3 oz</b>	<b>4 to 7</b>	<b>145</b>
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<b>Michigan), shark, smelt, spadefish, striped bass, swordfish, trout (rainbow, lake, sea), whitefish, yellowtail</b>			
<b>High fat fish</b>			
<b>Herring, pompano, salmon (chinook, sockeye), fresh sardines, wahoo</b>	<b>3 oz</b>	<b>9 to 10</b>	<b>178</b>
<b>Fish, fillets, commercial pre-coated, breaded/battered, fried</b>	<b>3 oz</b>	<b>15</b>	<b>235</b>
<b>Fish sandwich,</b>	<b>1 each</b>	<b>19</b>	<b>411</b>

<b>breaded/battered, fried, with tartar sauce</b>			
<b>Fish stick, baked</b>	<b>1 oz</b>	<b>3</b>	<b>65</b>
<b>Flan:</b>			
<b>with skim milk</b>	<b>½ cup</b>	<b>3</b>	<b>138</b>
<b>with whole milk</b>	<b>½ cup</b>	<b>6</b>	<b>159</b>
<b>Focaccia bread, c of 12" diam</b>	<b>1 pc</b>	<b>7</b>	<b>213</b>
<b>French fries:</b>			
<b>oven baked from frozen, light</b>	<b>½ cup</b>	<b>1</b>	<b>38</b>
<b>oven baked from frozen, regular</b>	<b>½ cup</b>	<b>2</b>	<b>56</b>
<b>fried from fresh</b>	<b>½ cup</b>	<b>5</b>	<b>87</b>

<b>fast food, McDonald's®</b>	<b>sm svg</b>	<b>10</b>	<b>202</b>
<b>fast food, McDonald's®</b>	<b>lrg svg</b>	<b>22</b>	<b>437</b>
<b>French toast, homemade, 4½" square x ½"</b>	<b>1 each</b>	<b>4</b>	<b>127</b>
<b>Fritter, main dish, with corn, fried, 2" diam</b>	<b>1 each</b>	<b>7</b>	<b>115</b>
<b>Fritter, apple, fried, 2" diam</b>	<b>1 each</b>	<b>7</b>	<b>114</b>
<b>Frog legs (4 legs = 3 oz)</b>			
<b>no fat added</b>	<b>3 oz</b>	<b>1</b>	<b>100</b>
<b>breaded/battered, fried</b>	<b>3 oz</b>	<b>14</b>	<b>303</b>

<b>Fruit bread, 4½" x 2½" x ½":</b>			
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<b>without nuts</b>	<b>1 slice</b>	<b>3</b>	<b>123</b>
<b>with nuts</b>	<b>1 slice</b>	<b>5</b>	<b>147</b>
<b>Fruit, canned in juice or water (includes fruit cocktail, pear, peach, pineapple)</b>	<b>½ cup</b>	<b>0</b>	<b>56</b>
<b>Fruit, canned in heavy syrup (includes fruit cocktail, pear, peach, pineapple)</b>	<b>½ cup</b>	<b>0</b>	<b>100</b>
<b>Fruit drink or punch, all flavors</b>	<b>1 cup</b>	<b>0</b>	<b>117</b>
<b>Fruit ice</b>	<b>½ cup</b>	<b>0</b>	<b>124</b>
<b>Fruit salad:</b>			

<b>plain</b>	<b>½ cup</b>	<b>0</b>	<b>47</b>
<b>with non-dairy whipped topping</b>	<b>½ cup</b>	<b>1</b>	<b>53</b>
<b>with whipped cream</b>	<b>½ cup</b>	<b>2</b>	<b>61</b>
<b>with whipped cream, chopped pecans</b>	<b>½ cup</b>	<b>7</b>	<b>111</b>
<b>Fudgesicle, 1.75 oz bar</b>	<b>1 bar</b>	<b>1</b>	<b>70</b>
<b>Fudge syrup</b>	<b>1 Tbsp</b>	<b>3</b>	<b>74</b>
<b>Gefilte fish, 2a" diam</b>	<b>1 pc</b>	<b>3</b>	<b>94</b>
<b>General Tso's chicken:</b>			
<b>with chicken breast, skin removed</b>	<b>1 cup</b>	<b>12</b>	<b>264</b>
<b>with dark meat, skin removed</b>	<b>1 cup</b>	<b>15</b>	<b>281</b>

<b>Goose:</b>			
<b>skin removed</b>	<b>3 oz</b>	<b>10</b>	<b>187</b>
<b>skin eaten</b>	<b>3 oz</b>	<b>19</b>	<b>259</b>

<b>Goulash, Hungarian, beef with noodles:</b>			
<b>with round steak, trimmed, no fat added</b>	<b>1 cup</b>	<b>3</b>	<b>161</b>
<b>with beef cubes, trimmed, fat added</b>	<b>1 cup</b>	<b>11</b>	<b>228</b>
<b>with beef cubes, untrimmed, fat added</b>	<b>1 cup</b>	<b>16</b>	<b>269</b>
<b>Grapefruit, 4" diam</b>	<b>½ fruit</b>	<b>0</b>	<b>47</b>
<b>Grapefruit juice,</b>	<b>¾ cup</b>	<b>0</b>	<b>70</b>

<b>unsweetened</b>			
<b>Grape juice, unsweetened</b>	<b>¾ cup</b>	<b>0</b>	<b>116</b>
<b>Grapes, all kinds</b>	<b>½ cup</b>	<b>0</b>	<b>57</b>
<b>Gravy:</b>			
<b>from mix with water</b>	<b>¼ cup</b>	<b>0</b>	<b>22</b>
<b>milk-based, homemade</b>			
<b>with skim milk</b>	<b>¼ cup</b>	<b>4</b>	<b>73</b>
<b>with whole milk</b>	<b>¼ cup</b>	<b>6</b>	<b>89</b>
<b>beef, homemade, water-based</b>	<b>¼ cup</b>	<b>5</b>	<b>58</b>
<b>giblet, broth-based</b>	<b>¼ cup</b>	<b>7</b>	<b>93</b>
<b>Green bean casserole with mushroom soup:</b>			
<b>without cheese</b>	<b>½ cup</b>	<b>7</b>	<b>104</b>

<b>with reduced fat cheddar</b>	<b>½ cup</b>	<b>10</b>	<b>162</b>
<b>with regular cheddar</b>	<b>½ cup</b>	<b>14</b>	<b>190</b>
<b>Green pepper, stuffed:</b>			
<b>with diet lean (10% fat)</b>			
<b>ground beef, rice</b>	<b>1 each</b>	<b>8</b>	<b>231</b>
<b>with regular (25% fat)</b>			
<b>ground beef, rice</b>	<b>1 each</b>	<b>14</b>	<b>282</b>
<b>Greens (beet, collard, dandelion, kale, mustard, turnip, etc):</b>			
<b>no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>19</b>
<b>cooked with bacon, ham, or sausage</b>	<b>½ cup</b>	<b>2</b>	<b>34</b>
<b>Grilled cheese sandwich</b>	<b>1 each</b>	<b>17</b>	<b>300</b>

<b>Grilled ham and cheese sandwich</b>	<b>1 each</b>	<b>21</b>	<b>392</b>
<b>Ground beef:</b>			
<b>super lean 4% fat (96% lean)</b>	<b>3 oz</b>	<b>3</b>	<b>122</b>
<b>diet lean 10% fat (90% lean)</b>	<b>3 oz</b>	<b>8</b>	<b>176</b>
<b>extra lean 15% fat (85% lean)</b>	<b>3 oz</b>	<b>13</b>	<b>211</b>
<b>lean 20% fat (80% lean)</b>	<b>3 oz</b>	<b>17</b>	<b>244</b>
<b>regular 25% fat (75% lean)</b>	<b>3 oz</b>	<b>19</b>	<b>260</b>
<b>Ground beef casserole, tomato-based, with pasta and cheese:</b>			

<b>with diet lean (10% fat) ground beef, nonfat cheese</b>	<b>1 cup</b>	<b>5</b>	<b>266</b>
<b>with regular (25% fat) ground beef, regular cheddar</b>	<b>1 cup</b>	<b>15</b>	<b>343</b>
<b>Ground beef casserole, Hamburger Helper®, cheeseburger macaroni:</b>			
<b>with diet lean (10% fat) ground beef</b>	<b>1 cup</b>	<b>11</b>	<b>318</b>
<b>with regular (25% fat) ground beef</b>	<b>1 cup</b>	<b>19</b>	<b>379</b>
<b>Ground lamb</b>	<b>3 oz</b>	<b>17</b>	<b>235</b>

<b>Ground pork</b>	<b>3 oz</b>	<b>17</b>	<b>246</b>
<b>Ground turkey breast, skin removed</b>	<b>3 oz</b>	<b>3</b>	<b>140</b>
<b>Ground turkey, from frozen</b>	<b>3 oz</b>	<b>12</b>	<b>202</b>
<b>Ground veal</b>	<b>3 oz</b>	<b>5</b>	<b>139</b>
<b>Guacamole</b>	<b>1/4 cup</b>	<b>8</b>	<b>93</b>
<b>Guava (1 each = 1/2 cup)</b>	<b>1 each</b>	<b>1</b>	<b>46</b>
<b>Guava nectar</b>	<b>3/4 cup</b>	<b>0</b>	<b>112</b>
<b>Gyro sandwich, with condiments</b>	<b>1 each</b>	<b>10</b>	<b>220</b>
<b>Ham and cheese sandwich, with spread</b>	<b>1 each</b>	<b>20</b>	<b>377</b>
<b>Ham, cured (1 slice = 1</b>			

<b>oz):</b>			
<b>5% fat or extra lean</b>	<b>3 oz</b>	<b>5</b>	<b>123</b>

<b>trimmed, regular</b>	<b>3 oz</b>	<b>8</b>	<b>151</b>
<b>untrimmed, regular</b>	<b>3 oz</b>	<b>13</b>	<b>192</b>
<b>Ham hocks</b>	<b>1 pc</b>	<b>5</b>	<b>109</b>
<b>Ham salad, without egg:</b>			
<b>with nonfat mayo, extra lean ham</b>	<b>½ cup</b>	<b>2</b>	<b>89</b>
<b>with reduced calorie mayo, trimmed regular ham</b>	<b>½ cup</b>	<b>12</b>	<b>165</b>
<b>with regular mayo, untrimmed regular ham</b>	<b>½ cup</b>	<b>27</b>	<b>282</b>

<b>Hamburger on bun: without cheese, no condiments</b>			
<b>small, 1/10 lb, diet lean (10% fat) ground beef</b>	<b>1 each</b>	<b>6</b>	<b>236</b>
<b>small, 1/10 lb, regular (25% fat) ground beef</b>	<b>1 each</b>	<b>11</b>	<b>273</b>
<b>quarter lb, diet lean (10% fat) ground beef</b>	<b>1 each</b>	<b>11</b>	<b>353</b>
<b>quarter lb, regular (25% fat) ground beef</b>	<b>1 each</b>	<b>20</b>	<b>426</b>
<b>with cheese, no condiments</b>			
<b>small, 1/10 lb, diet lean</b>	<b>1 each</b>	<b>11</b>	<b>289</b>

<b>(10% fat) ground beef</b>			
<b>small, 1/10 lb, regular</b>			
<b>(25% fat) ground beef</b>	<b>1 each</b>	<b>16</b>	<b>325</b>
<b>quarter lb, diet lean (10%</b>			
<b>fat) ground beef</b>	<b>1 each</b>	<b>19</b>	<b>458</b>
<b>quarter lb, regular (25%</b>			
<b>fat) ground beef</b>	<b>1 each</b>	<b>29</b>	<b>531</b>
<b>Fast food</b>			
<b>McDonald's® hamburger</b>	<b>1 each</b>	<b>10</b>	<b>271</b>
<b>McDonald's®</b>			
<b>cheeseburger</b>	<b>1 each</b>	<b>14</b>	<b>324</b>
<b>Wendy's® Jr. hamburger</b>	<b>1 each</b>	<b>9</b>	<b>273</b>
<b>Wendy's® Jr.</b>			
<b>cheeseburger</b>	<b>1 each</b>	<b>12</b>	<b>319</b>

<b>Wendy's® Jr. bacon cheeseburger</b>	<b>1 each</b>	<b>26</b>	<b>443</b>
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<b>Big Mac®</b>	<b>1 each</b>	<b>24</b>	<b>515</b>
<b>Whopper®</b>	<b>1 each</b>	<b>37</b>	<b>631</b>
<b>Whopper®, with cheese</b>	<b>1 each</b>	<b>45</b>	<b>721</b>
<b>Hash, beef, canned</b>	<b>1 cup</b>	<b>26</b>	<b>378</b>
<b>Hashed browns:</b>			
<b>frozen patty</b>	<b>1 oval</b>	<b>8</b>	<b>146</b>
<b>McDonald's®</b>	<b>1 each</b>	<b>8</b>	<b>130</b>
<b>Burger King®</b>	<b>1 each</b>	<b>11</b>	<b>200</b>
<b>homemade</b>	<b>½ cup</b>	<b>12</b>	<b>220</b>
<b>Hardee's®</b>	<b>1 each</b>	<b>14</b>	<b>226</b>
<b>Head cheese</b>	<b>1 oz</b>	<b>4</b>	<b>60</b>

<b>Heart, beef</b>	<b>3 oz</b>	<b>5</b>	<b>149</b>
<b>Hoagie roll, 6" long</b>	<b>1 each</b>	<b>2</b>	<b>193</b>
<b>Hoisin sauce</b>	<b>1 Tbsp</b>	<b>1</b>	<b>31</b>
<b>Hollandaise sauce:</b>			
<b>commercial</b>	<b>1 Tbsp</b>	<b>4</b>	<b>44</b>
<b>homemade</b>	<b>1 Tbsp</b>	<b>10</b>	<b>91</b>
<b>Hominy, canned</b>	<b>½ cup</b>	<b>1</b>	<b>58</b>
<b>Honey</b>	<b>1 Tbsp</b>	<b>0</b>	<b>64</b>
<b>Horseradish</b>	<b>1 Tbsp</b>	<b>0</b>	<b>6</b>
<b>Hot buttered rum</b>	<b>6 fl oz</b>	<b>8</b>	<b>218</b>
<b>Hot dog, no bun:</b>			
<b>chicken or turkey</b>	<b>1 each</b>	<b>8</b>	<b>102</b>
<b>beef and pork, light</b>	<b>1 each</b>	<b>11</b>	<b>141</b>
<b>beef and pork, regular</b>	<b>1 each</b>	<b>13</b>	<b>144</b>

<b>Hot dog on bun:</b>			
<b>plain</b>	<b>1 each</b>	<b>15</b>	<b>258</b>
<b>with cheese</b>	<b>1 each</b>	<b>24</b>	<b>365</b>
<b>with chili and cheese</b>	<b>1 each</b>	<b>25</b>	<b>396</b>
<b>Hot dog on bun, foot-long:</b>			
<b>plain</b>	<b>1 each</b>	<b>31</b>	<b>529</b>
<b>with cheese</b>	<b>1 each</b>	<b>48</b>	<b>723</b>
<b>with chili and cheese</b>	<b>1 each</b>	<b>46</b>	<b>711</b>
<b>Hummus (chickpea dip), plain</b>	<b>¼ cup</b>	<b>7</b>	<b>157</b>

<b>Hummus, with olive oil</b>	<b>¼ cup</b>	<b>21</b>	<b>276</b>
<b>Hushpuppy, fried, 1¼"</b>	<b>1 each</b>	<b>3</b>	<b>66</b>

<b>diam x 2½"</b>			
<b>Ice cream:</b>			
<b>dietary (1% fat)</b>	<b>½ cup</b>	<b>1</b>	<b>81</b>
<b>dairy desserts (&lt;3% fat)</b>	<b>½ cup</b>	<b>1</b>	<b>100</b>
<b>regular (10-12% fat)</b>	<b>½ cup</b>	<b>7</b>	<b>143</b>
<b>high fat (16% fat)</b>	<b>½ cup</b>	<b>12</b>	<b>178</b>
<b>Ice cream bar, Dove®, 3.8 fl oz</b>	<b>1 bar</b>	<b>23</b>	<b>327</b>
<b>Ice cream bar, Eskimo Pie®, 3 fl oz</b>	<b>1 bar</b>	<b>13</b>	<b>178</b>
<b>Ice cream cone, without ice cream:</b>			
<b>wafer</b>	<b>1 each</b>	<b>0</b>	<b>17</b>
<b>sugar</b>	<b>1 each</b>	<b>1</b>	<b>42</b>

<b>waffle, large</b>	<b>1 each</b>	<b>2</b>	<b>121</b>
<b>Ice cream sandwich:</b>			
<b>dietary (1% fat)</b>	<b>1 each</b>	<b>3</b>	<b>166</b>
<b>regular</b>	<b>1 each</b>	<b>6</b>	<b>160</b>
<b>Ice milk bar, chocolate coated:</b>			
<b>plain</b>	<b>1 each</b>	<b>9</b>	<b>138</b>
<b>with nuts</b>	<b>1 each</b>	<b>28</b>	<b>467</b>
<b>Ice milk or soft serve</b>	<b>½ cup</b>	<b>2</b>	<b>111</b>
<b>Icing (frosting), ready to spread:</b>			
<b>cream cheese, white, or flavored</b>	<b>1 Tbsp</b>	<b>3</b>	<b>83</b>
<b>chocolate</b>	<b>1 Tbsp</b>	<b>4</b>	<b>75</b>

<b>German chocolate</b>	<b>1 Tbsp</b>	<b>8</b>	<b>106</b>
<b>Icing (frosting), homemade:</b>			
<b>white, boiled (7-minute)</b>	<b>1 Tbsp</b>	<b>0</b>	<b>16</b>
<b>white, confectioners' sugar, fat added</b>	<b>1 Tbsp</b>	<b>2</b>	<b>79</b>

<b>Jellies, jams, preserves</b>	<b>1 Tbsp</b>	<b>0</b>	<b>48</b>
<b>Jello® salad (sweetened Jello®):</b>			
<b>clear, with fruit (water- packed fruit)</b>	<b>½ cup</b>	<b>0</b>	<b>60</b>
<b>with regular cream cheese</b>	<b>½ cup</b>	<b>3</b>	<b>96</b>
<b>with cranberries,</b>	<b>½ cup</b>	<b>6</b>	<b>174</b>

<b>pineapple, nuts</b>			
<b>with fruit, light cream cheese and whipping cream</b>	<b>½ cup</b>	<b>12</b>	<b>205</b>
<b>with fruit, regular cream cheese and whipping cream</b>	<b>½ cup</b>	<b>14</b>	<b>224</b>
<b>Kiwi</b>	<b>1 med</b>	<b>0</b>	<b>46</b>
<b>Knish, potato, 2" diam</b>	<b>1 each</b>	<b>3</b>	<b>78</b>
<b>Kool-Aid®, regular, prepared</b>	<b>1 cup</b>	<b>0</b>	<b>92</b>
<b>Kreplach:</b>			
<b>with cheese, 3" diam, folded</b>	<b>1 each</b>	<b>1</b>	<b>56</b>

<b>with meat, 2" square, folded</b>	<b>1 each</b>	<b>1</b>	<b>22</b>
<b>Kugel</b>	<b>1 cup</b>	<b>9</b>	<b>257</b>
<b>Kumquats</b>	<b>5 pcs</b>	<b>0</b>	<b>60</b>
<b>Lamb/mutton, chops, or roast:</b>			
<b>leg, sirloin, shoulder, trimmed</b>	<b>3 oz</b>	<b>8</b>	<b>173</b>
<b>leg, untrimmed</b>	<b>3 oz</b>	<b>11</b>	<b>197</b>
<b>sirloin, shoulder, untrimmed</b>	<b>3 oz</b>	<b>17</b>	<b>235</b>
<b>Lamb/mutton, rib:</b>			
<b>trimmed</b>	<b>3 oz</b>	<b>11</b>	<b>197</b>
<b>untrimmed</b>	<b>3 oz</b>	<b>25</b>	<b>305</b>

<b>Lamb/mutton stew</b>	<b>1 cup</b>	<b>12</b>	<b>248</b>
<b>Lard</b>	<b>1 Tbsp</b>	<b>13</b>	<b>116</b>

<b>Lasagna (with part-skim mozzarella), 3" square:</b>			
<b>with spinach, no meat, nonfat ricotta</b>	<b>1 pc</b>	<b>5</b>	<b>237</b>
<b>with diet lean (10% fat) ground beef, nonfat ricotta</b>	<b>1 pc</b>	<b>8</b>	<b>287</b>
<b>with regular (25% fat) ground beef, part-skim ricotta</b>	<b>1 pc</b>	<b>14</b>	<b>338</b>
<b>with sausage, part-skim</b>	<b>1 pc</b>	<b>15</b>	<b>343</b>

<b>ricotta</b>			
<b>Lemon, 2" diam</b>	<b>1 each</b>	<b>0</b>	<b>17</b>
<b>Lemon juice</b>	<b>1 Tbsp</b>	<b>0</b>	<b>3</b>
<b>Lemonade, prepared from mix, with sugar</b>	<b>1 cup</b>	<b>0</b>	<b>92</b>
<b>Lentils, canned or cooked</b>	<b>½ cup</b>	<b>0</b>	<b>115</b>
<b>Lettuce, iceberg, romaine, red leaf, etc, fresh</b>	<b>½ cup</b>	<b>0</b>	<b>4</b>
<b>Lime, 2" diam</b>	<b>1 each</b>	<b>0</b>	<b>19</b>
<b>Lime juice</b>	<b>1 Tbsp</b>	<b>0</b>	<b>3</b>
<b>Liquor (brandy, gin, rum, vodka, whiskey, etc)</b>	<b>1½ fl oz</b>	<b>0</b>	<b>96</b>
<b>Liver, beef or pork</b>	<b>3 oz</b>	<b>4</b>	<b>140</b>
<b>Liver, chopped, chicken,</b>	<b>½ cup</b>	<b>9</b>	<b>157</b>

<b>with eggs</b>			
<b>Lobster</b>	<b>3 oz</b>	<b>0</b>	<b>83</b>
<b>Lobster sauce</b>	<b>1 Tbsp</b>	<b>2</b>	<b>25</b>
<b>Lo mein, pork and vegetables</b>	<b>1 cup</b>	<b>9</b>	<b>235</b>
<b>Lox, smoked salmon</b>	<b>1 oz</b>	<b>1</b>	<b>33</b>
<b>Macadamia nuts, raw</b>	<b>¼ cup</b>	<b>25</b>	<b>235</b>
<b>Macaroni and cheese:</b>			
<b>Weight Watchers®</b>	<b>1 pkg</b>	<b>7</b>	<b>310</b>
<b>canned or frozen</b>	<b>1 cup</b>	<b>11</b>	<b>276</b>
<b>homemade, with skim milk, nonfat cheese</b>	<b>1 cup</b>	<b>4</b>	<b>302</b>

<b>homemade, with skim</b>	<b>1 cup</b>	<b>15</b>	<b>397</b>
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<b>milk, reduced fat cheddar</b>			
<b>homemade, with whole milk, regular cheddar</b>	<b>1 cup</b>	<b>28</b>	<b>499</b>
<b>made from mix, with whole milk</b>	<b>1 cup</b>	<b>19</b>	<b>402</b>
<b>Macaroni salad with chicken, without egg:</b>			
<b>with nonfat mayo</b>	<b>½ cup</b>	<b>1</b>	<b>97</b>
<b>with reduced calorie mayo</b>	<b>½ cup</b>	<b>5</b>	<b>127</b>
<b>with regular mayo</b>	<b>½ cup</b>	<b>11</b>	<b>176</b>
<b>Macaroni salad with tuna, without egg:</b>			
<b>water-packed tuna, drained</b>			

<b>with nonfat mayo</b>	<b>½ cup</b>	<b>0</b>	<b>95</b>
<b>with reduced calorie mayo</b>	<b>½ cup</b>	<b>6</b>	<b>138</b>
<b>with regular mayo</b>	<b>½ cup</b>	<b>15</b>	<b>206</b>
<b>oil-packed tuna, drained</b>			
<b>with nonfat mayo</b>	<b>½ cup</b>	<b>2</b>	<b>116</b>
<b>with reduced calorie mayo</b>	<b>½ cup</b>	<b>8</b>	<b>159</b>
<b>with regular mayo</b>	<b>½ cup</b>	<b>16</b>	<b>226</b>
<b>oil-packed tuna, not drained</b>			
<b>with regular mayo</b>	<b>½ cup</b>	<b>19</b>	<b>245</b>
<b>Mackerel, canned, drained</b>	<b>3 oz</b>	<b>5</b>	<b>118</b>
<b>Mango, diced</b>	<b>½ cup</b>	<b>0</b>	<b>54</b>
<b>Mango nectar</b>	<b>¾ cup</b>	<b>0</b>	<b>100</b>
<b>Margarine:</b>			

<b>fat-free (Promise®)</b>	<b>1 tsp</b>	<b>0</b>	<b>2</b>
<b>diet</b>	<b>1 tsp</b>	<b>2</b>	<b>17</b>
<b>whipped</b>	<b>1 tsp</b>	<b>3</b>	<b>23</b>
<b>spread</b>	<b>1 tsp</b>	<b>4</b>	<b>31</b>
<b>regular</b>	<b>1 tsp</b>	<b>4</b>	<b>34</b>
<b>regular</b>	<b>1 Tbsp</b>	<b>12</b>	<b>102</b>
<b>Marshmallow creme</b>	<b>1 Tbsp</b>	<b>0</b>	<b>27</b>
<b>Matzo ball, 2" diam</b>	<b>1 each</b>	<b>10</b>	<b>160</b>

<b>Meat substitute (textured vegetable protein):</b>			
<b>breakfast strips</b>	<b>1 strip</b>	<b>2</b>	<b>25</b>
<b>brown and serve</b>	<b>1 link</b>	<b>4</b>	<b>58</b>
<b>brown and serve</b>	<b>1 patty</b>	<b>7</b>	<b>97</b>

<b>Canadian-style bacon</b>	<b>1 slice</b>	<b>2</b>	<b>40</b>
<b>hot dog</b>	<b>1 each</b>	<b>8</b>	<b>108</b>
<b>meat loaf type</b>	<b>3 oz</b>	<b>5</b>	<b>113</b>
<b>Meatball, 2" diam:</b>			
<b>with diet lean (10% fat)</b>			
<b>ground beef</b>	<b>1 each</b>	<b>2</b>	<b>62</b>
<b>with ground turkey</b>	<b>1 each</b>	<b>3</b>	<b>67</b>
<b>with ground pork</b>	<b>1 each</b>	<b>4</b>	<b>77</b>
<b>with regular (25% fat)</b>			
<b>ground beef</b>	<b>1 each</b>	<b>5</b>	<b>81</b>
<b>Meat loaf, 4½" x 2½" x ½"</b>			
<b>slice:</b>			
<b>with diet lean (10% fat)</b>			
<b>ground beef</b>	<b>1 slice</b>	<b>7</b>	<b>190</b>

<b>with ground turkey</b>	<b>1 slice</b>	<b>10</b>	<b>208</b>
<b>with ground pork</b>	<b>1 slice</b>	<b>13</b>	<b>238</b>
<b>with regular (25% fat) ground beef</b>	<b>1 slice</b>	<b>15</b>	<b>248</b>
<b>Melon, cantaloupe, honeydew, etc (1 cup pcs = 1/4 of 5" diam)</b>	<b>1 cup</b>	<b>0</b>	<b>60</b>
<b>Milk:</b>			
<b>skim, nonfat</b>	<b>1 cup</b>	<b>0</b>	<b>86</b>
<b>1/2%</b>	<b>1 cup</b>	<b>1</b>	<b>92</b>
<b>1%</b>	<b>1 cup</b>	<b>3</b>	<b>102</b>
<b>2%</b>	<b>1 cup</b>	<b>5</b>	<b>121</b>
<b>whole</b>	<b>1 cup</b>	<b>8</b>	<b>150</b>
<b>Milk, chocolate:</b>			

<b>skim</b>	<b>1 cup</b>	<b>2</b>	<b>158</b>
<b>low fat (2%)</b>	<b>1 cup</b>	<b>5</b>	<b>179</b>
<b>whole</b>	<b>1 cup</b>	<b>8</b>	<b>208</b>

<b>Milk, condensed, sweetened, canned:</b>			
<b>nonfat</b>	<b>2 Tbsp</b>	<b>0</b>	<b>110</b>
<b>low fat</b>	<b>2 Tbsp</b>	<b>2</b>	<b>120</b>
<b>regular</b>	<b>2 Tbsp</b>	<b>3</b>	<b>130</b>
<b>Milk, evaporated, canned, undiluted:</b>			
<b>skim</b>	<b>1 cup</b>	<b>1</b>	<b>99</b>
<b>whole</b>	<b>1 cup</b>	<b>19</b>	<b>339</b>
<b>Milk powder, dry, instant</b>	<b>a cup</b>	<b>0</b>	<b>81</b>

<b>nonfat</b>			
<b>Milkshake or malt (chocolate):</b>			
<b>with soft serve</b>	<b>1 cup</b>	<b>7</b>	<b>253</b>
<b>with ice cream</b>	<b>1 cup</b>	<b>18</b>	<b>346</b>
<b>vanilla shake (McDonald's®)</b>	<b>16 fl oz</b>	<b>5</b>	<b>329</b>
<b>Millet</b>	<b>½ cup</b>	<b>2</b>	<b>145</b>
<b>Mineral, spring, or sparkling water</b>	<b>1 cup</b>	<b>0</b>	<b>0</b>
<b>Miso</b>	<b>1 Tbsp</b>	<b>1</b>	<b>35</b>
<b>Mixed vegetables (broccoli, cauliflower, carrots)</b>	<b>½ cup</b>	<b>0</b>	<b>19</b>

<b>Molasses</b>	<b>1 Tbsp</b>	<b>0</b>	<b>55</b>
<b>Moo Goo Gai Pan (chicken breast)</b>	<b>1 cup</b>	<b>19</b>	<b>320</b>
<b>Moo Shu Pork with pancake</b>	<b>1 cup</b>	<b>30</b>	<b>696</b>
<b>Mousse, chocolate:</b>			
<b>with half and half cream</b>	<b>½ cup</b>	<b>12</b>	<b>223</b>
<b>with regular whipping cream</b>	<b>½ cup</b>	<b>18</b>	<b>281</b>
<b>Muffin, corn, from mix, 2¼" diam x 1½"</b>	<b>1 each</b>	<b>5</b>	<b>138</b>
<b>Muffin, English (plain), 3½" diam</b>	<b>1 each</b>	<b>1</b>	<b>134</b>
<b>Muffin, from mix</b>			

<b>(blueberry):</b>			
<b>small</b>	<b>1 each</b>	<b>4</b>	<b>110</b>
<b>large</b>	<b>1 each</b>	<b>6</b>	<b>167</b>
<b>large, with streusel</b>	<b>1 each</b>	<b>12</b>	<b>250</b>
<b>Muffins, purchased:</b>			

<b>fat-free apple bran, McDonald's®</b>	<b>1 each</b>	<b>0</b>	<b>180</b>
<b>banana walnut, bakery, large</b>	<b>1 each</b>	<b>16</b>	<b>298</b>
<b>Mushrooms, raw</b>	<b>½ cup</b>	<b>0</b>	<b>9</b>
<b>Mustard</b>	<b>1 Tbsp</b>	<b>1</b>	<b>12</b>
<b>Nachos with cheese:</b>			

<b>with low fat chips, reduced fat cheddar, diet lean (10% fat) ground beef</b>	<b>1 cup</b>	<b>9</b>	<b>237</b>
<b>with regular chips, regular cheddar, regular (25% fat) ground beef</b>	<b>1 cup</b>	<b>25</b>	<b>325</b>
<b>Nachos with cheese, Taco Bell®:</b>			
<b>regular</b>	<b>1 order</b>	<b>18</b>	<b>330</b>
<b>supreme</b>	<b>1 order</b>	<b>27</b>	<b>447</b>
<b>Nectarine, fresh, 2½" diam</b>	<b>1 each</b>	<b>1</b>	<b>67</b>
<b>Noodles:</b>			
<b>cellophane (mung bean)</b>	<b>½ cup</b>	<b>0</b>	<b>70</b>

<b>chow mein (crispy)</b>	<b>½ cup</b>	<b>7</b>	<b>119</b>
<b>egg</b>	<b>½ cup</b>	<b>1</b>	<b>106</b>
<b>macaroni or spaghetti</b>	<b>½ cup</b>	<b>0</b>	<b>99</b>
<b>rice, boiled</b>	<b>½ cup</b>	<b>0</b>	<b>70</b>
<b>spinach</b>	<b>½ cup</b>	<b>1</b>	<b>93</b>
<b>Nori, dry (seaweed)</b>	<b>1 sheet</b>	<b>0</b>	<b>3</b>
<b>Nut bread, 4½" x 2½" x ½"</b>	<b>1 slice</b>	<b>6</b>	<b>158</b>
<b>Nuts:</b>			
<b>walnuts</b>	<b>¼ cup</b>	<b>15</b>	<b>161</b>
<b>pecans</b>	<b>¼ cup</b>	<b>18</b>	<b>180</b>
<b>peanuts</b>	<b>¼ cup</b>	<b>18</b>	<b>212</b>
<b>peanuts, chocolate-covered</b>	<b>¼ cup</b>	<b>12</b>	<b>193</b>
<b>almonds, mixed nuts</b>	<b>¼ cup</b>	<b>19</b>	<b>211</b>

<b>Oil, all types</b>	<b>1 tsp</b>	<b>5</b>	<b>40</b>
<b>Oil, all types</b>	<b>1 Tbsp</b>	<b>14</b>	<b>120</b>
<b>Okra:</b>			
<b>no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>34</b>
<b>cooked with bacon, ham or sausage</b>	<b>½ cup</b>	<b>2</b>	<b>51</b>
<b>breaded/battered, fried</b>	<b>½ cup</b>	<b>4</b>	<b>83</b>
<b>Olive loaf, lunch meat</b>	<b>1 oz</b>	<b>5</b>	<b>68</b>
<b>Olives, green or black</b>	<b>2 med</b>	<b>1</b>	<b>9</b>
<b>Omelet, plain (2 med eggs):</b>			
<b>no fat added</b>	<b>1 svg</b>	<b>9</b>	<b>135</b>
<b>fat added</b>	<b>1 svg</b>	<b>19</b>	<b>228</b>
<b>Omelet, with cheese (2</b>			

<b>med eggs):</b>			
<b>no fat added</b>	<b>1 svg</b>	<b>18</b>	<b>243</b>
<b>fat added</b>	<b>1 svg</b>	<b>28</b>	<b>337</b>
<b>Onion rings:</b>			
<b>fast food, Burger King®</b>	<b>1 svg</b>	<b>5</b>	<b>114</b>
<b>frozen, baked</b>	<b>½ cup</b>	<b>11</b>	<b>163</b>
<b>canned</b>	<b>½ cup</b>	<b>12</b>	<b>155</b>
<b>Onions, raw</b>	<b>½ cup</b>	<b>0</b>	<b>30</b>
<b>Orange, fresh, 2e" diam</b>	<b>1 each</b>	<b>0</b>	<b>62</b>
<b>Orange drink</b>	<b>1 cup</b>	<b>0</b>	<b>117</b>
<b>Orange juice, unsweetened</b>	<b>¾ cup</b>	<b>0</b>	<b>84</b>
<b>Oxtail</b>	<b>3 oz</b>	<b>13</b>	<b>211</b>
<b>Oyster sauce</b>	<b>1 Tbsp</b>	<b>0</b>	<b>18</b>

<b>Oysters:</b>			
<b>no fat added (9 med = 3 oz)</b>	<b>3 oz</b>	<b>4</b>	<b>117</b>
<b>breaded/battered, fried</b>	<b>1 cup</b>	<b>17</b>	<b>320</b>
<b>Paella</b>	<b>1 cup</b>	<b>11</b>	<b>368</b>

<b>Pancake, 4" diam:</b>			
<b>frozen, plain</b>	<b>1 each</b>	<b>1</b>	<b>82</b>
<b>homemade, plain</b>	<b>1 each</b>	<b>3</b>	<b>66</b>
<b>homemade, with butter and syrup</b>	<b>1 each</b>	<b>7</b>	<b>155</b>
<b>Papaya, diced</b>	<b>½ cup</b>	<b>0</b>	<b>27</b>
<b>Parsley, fresh</b>	<b>1 Tbsp</b>	<b>0</b>	<b>1</b>
<b>Parsnips</b>	<b>½ cup</b>	<b>0</b>	<b>63</b>

<b>Pasta, plain:</b>			
<b>linguine, macaroni or spaghetti</b>	<b>1 cup</b>	<b>1</b>	<b>197</b>
<b>fettucini</b>	<b>1 cup</b>	<b>2</b>	<b>213</b>
<b>Pasta salad with vegetables:</b>			
<b>low calorie Italian dressing</b>	<b>½ cup</b>	<b>1</b>	<b>51</b>
<b>regular Italian dressing</b>	<b>½ cup</b>	<b>9</b>	<b>132</b>
<b>Pasta shells, cheese-filled, with tomato sauce:</b>			
<b>without meat</b>	<b>1 cup</b>	<b>13</b>	<b>369</b>
<b>with meat sauce</b>	<b>1 cup</b>	<b>17</b>	<b>407</b>
<b>Pastrami, turkey</b>	<b>1 oz</b>	<b>2</b>	<b>40</b>

<b>Pastrami, beef</b>	<b>1 oz</b>	<b>8</b>	<b>99</b>
<b>Paté, chicken liver</b>	<b>1 Tbsp</b>	<b>3</b>	<b>41</b>
<b>Peach, fresh, 2½" diam</b>	<b>1 each</b>	<b>0</b>	<b>37</b>
<b>Peanut butter:</b>			
<b>low fat</b>	<b>1 Tbsp</b>	<b>6</b>	<b>94</b>
<b>regular</b>	<b>1 Tbsp</b>	<b>8</b>	<b>96</b>
<b>Pear, fresh, 2½" diam</b>	<b>1 each</b>	<b>1</b>	<b>98</b>
<b>Peas and carrots</b>	<b>½ cup</b>	<b>0</b>	<b>38</b>
<b>Peas, green</b>	<b>½ cup</b>	<b>0</b>	<b>62</b>
<b>Pepper steak:</b>			
<b>with round steak, trimmed, no fat added</b>	<b>1 cup</b>	<b>5</b>	<b>229</b>
<b>with sirloin, trimmed, fat added</b>	<b>1 cup</b>	<b>29</b>	<b>435</b>

<b>with sirloin, untrimmed, fat added</b>	<b>1 cup</b>	<b>39</b>	<b>505</b>
<b>Pepperoni</b>	<b>1 oz</b>	<b>12</b>	<b>141</b>
<b>Peppers, green or red</b>	<b>½ cup</b>	<b>0</b>	<b>19</b>
<b>Pesto sauce</b>	<b>1 Tbsp</b>	<b>10</b>	<b>93</b>
<b>Pheasant, quail, duck (wild):</b>			
<b>skin removed</b>	<b>3 oz</b>	<b>8</b>	<b>181</b>
<b>skin eaten</b>	<b>3 oz</b>	<b>11</b>	<b>201</b>
<b>Pickle and pimento loaf, lunch meat</b>	<b>1 oz</b>	<b>5</b>	<b>68</b>
<b>Pickles:</b>			
<b>dill</b>	<b>1 slice</b>	<b>0</b>	<b>1</b>
<b>bread and butter or sweet</b>	<b>1 slice</b>	<b>0</b>	<b>7</b>

<b>gherkins</b>			
<b>relish, sweet</b>	<b>1 tsp</b>	<b>0</b>	<b>7</b>
<b>Pie, 9" diam (1 slice = 1/6 pie):</b>			
<b>with single crust</b>			
<b>apple</b>	<b>1 slice</b>	<b>18</b>	<b>427</b>
<b>banana cream</b>	<b>1 slice</b>	<b>26</b>	<b>509</b>
<b>chiffon</b>	<b>1 slice</b>	<b>25</b>	<b>427</b>
<b>custard</b>	<b>1 slice</b>	<b>21</b>	<b>382</b>
<b>lemon</b>	<b>1 slice</b>	<b>21</b>	<b>495</b>
<b>peach</b>	<b>1 slice</b>	<b>14</b>	<b>327</b>
<b>pecan</b>	<b>1 slice</b>	<b>42</b>	<b>729</b>
<b>pumpkin</b>	<b>1 slice</b>	<b>21</b>	<b>438</b>
<b>walnut</b>	<b>1 slice</b>	<b>35</b>	<b>656</b>

<b>with double crust</b>			
<b>apple</b>	<b>1 slice</b>	<b>32</b>	<b>627</b>
<b>peach</b>	<b>1 slice</b>	<b>28</b>	<b>527</b>
<b>mincemeat</b>	<b>1 slice</b>	<b>37</b>	<b>786</b>
<b>Pie crust, 9" diam, no filling:</b>			
<b>graham cracker</b>	<b>1/6 pie</b>	<b>14</b>	<b>220</b>
<b>pastry, single crust</b>	<b>1/6 pie</b>	<b>14</b>	<b>199</b>
<b>pastry, double crust</b>	<b>1/6 pie</b>	<b>28</b>	<b>399</b>
<b>Pie, fruit, snack, commercial:</b>			

<b>McDonald's®</b>	<b>1 pie</b>	<b>15</b>	<b>288</b>
<b>Hostess®, all flavors</b>	<b>1 pie</b>	<b>20</b>	<b>386</b>

<b>Pierogies:</b>			
<b>filled with cheese and potatoes, 3" diam folded</b>	<b>1 pc</b>	<b>1</b>	<b>56</b>
<b>filled with meat, 2" square folded</b>	<b>1 pc</b>	<b>1</b>	<b>22</b>
<b>Pig's feet</b>	<b>3 oz</b>	<b>9</b>	<b>182</b>
<b>Pig's feet, pickled</b>	<b>1 foot</b>	<b>14</b>	<b>177</b>
<b>Piña colada, without ice</b>	<b>5 fl oz</b>	<b>3</b>	<b>264</b>
<b>Pineapple, fresh</b>	<b>½ cup</b>	<b>0</b>	<b>38</b>
<b>Pineapple juice, unsweetened</b>	<b>¾ cup</b>	<b>0</b>	<b>105</b>
<b>Pita or pocket bread, white, 7" diam</b>	<b>1 pc</b>	<b>1</b>	<b>191</b>
<b>Pizza, (1 slice = c pizza):</b>			

<b>Fast food, Pizza Hut® Pan Pizza</b>			
<b>cheese (12" diam)</b>	<b>1 slice</b>	<b>12</b>	<b>267</b>
<b>pepperoni (12" diam)</b>	<b>1 slice</b>	<b>14</b>	<b>272</b>
<b>supreme (12" diam)</b>	<b>1 slice</b>	<b>16</b>	<b>314</b>
<b>personal pan supreme (6" diam)</b>	<b>1 each</b>	<b>49</b>	<b>944</b>
<b>Frozen, 14" diam</b>			
<b>cheese</b>	<b>1 slice</b>	<b>7</b>	<b>234</b>
<b>1 meat topping</b>	<b>1 slice</b>	<b>10</b>	<b>271</b>
<b>2 meat toppings</b>	<b>1 slice</b>	<b>22</b>	<b>444</b>
<b>Restaurant or homemade, 14" diam</b>			
<b>cheese with vegetables</b>	<b>1 slice</b>	<b>8</b>	<b>218</b>

<b>1 meat topping</b>	<b>1 slice</b>	<b>9</b>	<b>225</b>
<b>2 meat toppings</b>	<b>1 slice</b>	<b>14</b>	<b>273</b>
<b>Plum, fresh, 2" diam</b>	<b>1 each</b>	<b>0</b>	<b>30</b>
<b>Polenta</b>			
<b>no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>140</b>
<b>fried</b>	<b>½ cup</b>	<b>5</b>	<b>159</b>
<b>Popcorn:</b>			

<b>air popped, plain</b>	<b>3 cups</b>	<b>1</b>	<b>92</b>
<b>air popped, with butter or margarine</b>	<b>3 cups</b>	<b>18</b>	<b>244</b>
<b>commercially popped, not "buttered"</b>	<b>3 cups</b>	<b>9</b>	<b>166</b>
<b>commercially popped,</b>	<b>3 cups</b>	<b>26</b>	<b>318</b>

<b>"battered"</b>			
<b>microwave, light, popped from package</b>	<b>3 cups</b>	<b>3</b>	<b>77</b>
<b>microwave, popped from package</b>	<b>3 cups</b>	<b>7</b>	<b>111</b>
<b>popped in oil, plain</b>	<b>3 cups</b>	<b>15</b>	<b>212</b>
<b>popped in oil, with butter or margarine</b>	<b>3 cups</b>	<b>32</b>	<b>365</b>
<b>Popover</b>	<b>1 each</b>	<b>3</b>	<b>121</b>
<b>Popsicle, 2.5 fl oz = 1 bar</b>	<b>1 bar</b>	<b>0</b>	<b>63</b>
<b>Pork chops (loin, sirloin):</b>			
<b>trimmed</b>	<b>3 oz</b>	<b>9</b>	<b>182</b>
<b>untrimmed</b>	<b>3 oz</b>	<b>13</b>	<b>214</b>
<b>Pork chops (loin, sirloin),</b>			

<b>breaded/ battered, pan-fried:</b>			
<b>trimmed</b>	<b>3 oz</b>	<b>11</b>	<b>214</b>
<b>untrimmed</b>	<b>3 oz</b>	<b>15</b>	<b>246</b>
<b>Pork roast (loin, sirloin):</b>			
<b>no fat added</b>			
<b>trimmed</b>	<b>3 oz</b>	<b>9</b>	<b>182</b>
<b>untrimmed</b>	<b>3 oz</b>	<b>13</b>	<b>214</b>
<b>browned or braised</b>			
<b>trimmed</b>	<b>3 oz</b>	<b>13</b>	<b>222</b>
<b>untrimmed</b>	<b>3 oz</b>	<b>17</b>	<b>254</b>
<b>Pork roast (Boston butt):</b>			
<b>no fat added</b>			
<b>trimmed</b>	<b>3 oz</b>	<b>13</b>	<b>214</b>

<b>untrimmed</b>	<b>3 oz</b>	<b>17</b>	<b>246</b>
<b>browned or braised</b>			

<b>trimmed</b>	<b>3 oz</b>	<b>17</b>	<b>254</b>
<b>untrimmed</b>	<b>3 oz</b>	<b>22</b>	<b>285</b>
<b>Pork tenderloin (trimmed):</b>			
<b>no fat added</b>	<b>3 oz</b>	<b>4</b>	<b>139</b>
<b>browned or braised</b>	<b>3 oz</b>	<b>9</b>	<b>179</b>
<b>Pork dumplings, main dish type, commercial, with white sauce</b>	<b>1 each</b>	<b>24</b>	<b>367</b>
<b>Pork skins (rind, fried)</b>	<b>1 oz</b>	<b>9</b>	<b>155</b>
<b>Pot pies, frozen (8 oz):</b>			
<b>chicken or turkey, double</b>	<b>1 each</b>	<b>16</b>	<b>314</b>

<b>crust</b>			
<b>beef, double crust</b>	<b>1 each</b>	<b>21</b>	<b>352</b>
<b>Pot sticker, fried</b>	<b>1 each</b>	<b>1</b>	<b>46</b>
<b>Potato chips (1 single svg bag = 1 oz):</b>			
<b>fat-free</b>	<b>1 oz</b>	<b>0</b>	<b>105</b>
<b>low fat</b>	<b>1 oz</b>	<b>7</b>	<b>140</b>
<b>regular</b>	<b>1 chip</b>	<b>1</b>	<b>11</b>
<b>regular or preformed</b>	<b>1 oz</b>	<b>11</b>	<b>161</b>
<b>Potato salad, German</b>	<b>½ cup</b>	<b>4</b>	<b>94</b>
<b>Potato salad, without egg:</b>			
<b>with nonfat mayo</b>	<b>½ cup</b>	<b>0</b>	<b>75</b>
<b>with reduced calorie mayo</b>	<b>½ cup</b>	<b>8</b>	<b>130</b>
<b>with regular mayo</b>	<b>½ cup</b>	<b>18</b>	<b>217</b>

<b>Potatoes and potato products:</b>			
<b>au gratin</b>	<b>½ cup</b>	<b>13</b>	<b>210</b>
<b>baked, boiled or canned (small, 2" diam = ½ cup)</b>	<b>½ cup</b>	<b>0</b>	<b>57</b>
<b>baked, topped with butter</b>	<b>1 sm</b>	<b>7</b>	<b>157</b>
<b>fried, American, cottage, home or panfries</b>	<b>½ cup</b>	<b>14</b>	<b>285</b>
<b>hash browned</b>	<b>½ cup</b>	<b>12</b>	<b>220</b>
<b>mashed with skim milk, no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>78</b>

<b>with whole milk, fat added</b>	<b>½ cup</b>	<b>6</b>	<b>129</b>
<b>potato pancake, 4" diam</b>	<b>1 each</b>	<b>5</b>	<b>82</b>

<b>scalloped potatoes</b>			
<b>with skim milk, no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>93</b>
<b>with skim milk, fat added</b>	<b>½ cup</b>	<b>4</b>	<b>131</b>
<b>with whole milk, fat added</b>	<b>½ cup</b>	<b>6</b>	<b>146</b>
<b>with whole milk, with ham, fat added</b>	<b>½ cup</b>	<b>8</b>	<b>161</b>
<b>tater tots, baked</b>	<b>6 each</b>	<b>5</b>	<b>105</b>
<b>tater tots, fried</b>	<b>6 each</b>	<b>7</b>	<b>124</b>
<b>Potatoes, prepared from mixes:</b>			
<b>scalloped, with skim milk</b>	<b>½ cup</b>	<b>4</b>	<b>131</b>
<b>scalloped, with whole milk</b>	<b>½ cup</b>	<b>6</b>	<b>146</b>
<b>au gratin, with skim milk</b>	<b>½ cup</b>	<b>7</b>	<b>159</b>

<b>au gratin, with whole milk</b>	<b>½ cup</b>	<b>9</b>	<b>174</b>
<b>hash browned</b>	<b>½ cup</b>	<b>12</b>	<b>220</b>
<b>Prawns:</b>			
<b>no fat added</b>	<b>3 oz</b>	<b>1</b>	<b>84</b>
<b>stir-fried</b>	<b>3 oz</b>	<b>3</b>	<b>103</b>
<b>Pretzels, soft type</b>	<b>1 oz</b>	<b>0</b>	<b>78</b>
<b>Pretzels, hard type</b>	<b>1 oz</b>	<b>1</b>	<b>108</b>
<b>Prune juice, unsweetened</b>	<b>¾ cup</b>	<b>0</b>	<b>136</b>
<b>Prunes, dried</b>	<b>5 each</b>	<b>0</b>	<b>100</b>
<b>Pudding Pops®, all flavors, 1.75 fl oz</b>	<b>1 each</b>	<b>2</b>	<b>63</b>
<b>Puddings, all flavors (made from mix, sweetened):</b>			

<b>with skim milk</b>	<b>½ cup</b>	<b>0</b>	<b>119</b>
<b>with low fat (2%) milk</b>	<b>½ cup</b>	<b>2</b>	<b>135</b>
<b>with whole milk</b>	<b>½ cup</b>	<b>4</b>	<b>148</b>
<b>Pumpkin</b>	<b>½ cup</b>	<b>0</b>	<b>42</b>
<b>Pumpkin seeds:</b>			
<b>unshelled</b>	<b>¼ cup</b>	<b>3</b>	<b>38</b>
<b>kernels only</b>	<b>¼ cup</b>	<b>15</b>	<b>180</b>

<b>Quesadilla, cheese, with regular cheddar</b>	<b>1 each</b>	<b>10</b>	<b>199</b>
<b>Quiche, with crust, 9" diam:</b>			
<b>plain, skim milk, reduced fat Swiss cheese,</b>	<b>c pie</b>	<b>13</b>	<b>231</b>

<b>Eggbeaters®</b>			
<b>plain, whole milk, regular</b>			
<b>Swiss cheese, eggs</b>	<b>c pie</b>	<b>20</b>	<b>289</b>
<b>Lorraine</b>	<b>c pie</b>	<b>24</b>	<b>342</b>
<b>Quinoa</b>	<b>½ cup</b>	<b>1</b>	<b>79</b>
<b>Rabbit</b>	<b>3 oz</b>	<b>7</b>	<b>168</b>
<b>Radishes, fresh</b>	<b>½ cup</b>	<b>0</b>	<b>10</b>
<b>Raisins, dried</b>	<b>¼ cup</b>	<b>0</b>	<b>116</b>
<b>Ramen noodles, Campbell's® (½ block, prepared with 1 tsp seasoning = 1 svg):</b>			
<b>low fat</b>	<b>1 svg</b>	<b>1</b>	<b>150</b>
<b>regular</b>	<b>1 svg</b>	<b>7</b>	<b>180</b>

<b>Raspberries, fresh</b>	<b>½ cup</b>	<b>0</b>	<b>30</b>
<b>Ratatouille</b>	<b>1 cup</b>	<b>13</b>	<b>178</b>
<b>Ravioli, without sauce:</b>			
<b>spinach-filled</b>	<b>1 cup</b>	<b>10</b>	<b>409</b>
<b>meat-filled, diet lean (10% fat) ground beef</b>	<b>1 cup</b>	<b>12</b>	<b>414</b>
<b>meat-filled, regular (25% fat), ground beef</b>	<b>1 cup</b>	<b>17</b>	<b>450</b>
<b>cheese-filled</b>	<b>1 cup</b>	<b>19</b>	<b>433</b>
<b>Refried beans:</b>			
<b>canned, fat-free</b>	<b>½ cup</b>	<b>0</b>	<b>104</b>
<b>canned, regular</b>	<b>½ cup</b>	<b>2</b>	<b>119</b>
<b>homemade, with fat added</b>	<b>½ cup</b>	<b>14</b>	<b>284</b>
<b>Reuben sandwich</b>	<b>1 each</b>	<b>38</b>	<b>554</b>

<b>Rhubarb</b>	<b>½ cup</b>	<b>0</b>	<b>8</b>
<b>Ribs, pork, back or spare</b>	<b>3 oz</b>	<b>26</b>	<b>338</b>
<b>Ribs, pork, back or spare</b> <b>(1 med pc = 1 oz)</b>	<b>1 pc</b>	<b>11</b>	<b>139</b>
<b>Ribs, pork, country style:</b>			
<b>no fat added</b>			
<b>trimmed</b>	<b>3 oz</b>	<b>13</b>	<b>214</b>
<b>untrimmed</b>	<b>3 oz</b>	<b>21</b>	<b>275</b>
<b>basted with fat, broiled</b>			
<b>trimmed</b>	<b>3 oz</b>	<b>15</b>	<b>232</b>
<b>untrimmed</b>	<b>3 oz</b>	<b>23</b>	<b>293</b>
<b>Rice:</b>			
<b>wild</b>	<b>½ cup</b>	<b>0</b>	<b>83</b>
<b>white</b>	<b>½ cup</b>	<b>0</b>	<b>103</b>

<b>brown</b>	<b>½ cup</b>	<b>1</b>	<b>108</b>
<b>fried, vegetable</b>	<b>½ cup</b>	<b>4</b>	<b>111</b>
<b>fried, chicken</b>	<b>½ cup</b>	<b>5</b>	<b>141</b>
<b>Rice, pilaf, without meat</b>	<b>1 cup</b>	<b>6</b>	<b>292</b>
<b>Rice, with gravy (made with fat drippings)</b>	<b>1 cup</b>	<b>7</b>	<b>299</b>
<b>Rice mixes, seasoned (Rice-a-Roni® and similar brands):</b>			
<b>no fat added</b>	<b>1 cup</b>	<b>1</b>	<b>224</b>
<b>fat added</b>	<b>1 cup</b>	<b>7</b>	<b>275</b>
<b>Rice pudding:</b>			
<b>with skim milk</b>	<b>½ cup</b>	<b>2</b>	<b>161</b>
<b>with whole milk</b>	<b>½ cup</b>	<b>4</b>	<b>178</b>

<b>Rice, Spanish, without meat</b>	<b>1 cup</b>	<b>4</b>	<b>225</b>
<b>Roast beef, lunch meat:</b>			
<b>extra lean (2% fat)</b>	<b>3 oz</b>	<b>2</b>	<b>90</b>
<b>regular</b>	<b>3 oz</b>	<b>13</b>	<b>211</b>
<b>Roast beef sandwich</b>	<b>1 each</b>	<b>14</b>	<b>344</b>
<b>Roast beef sandwich with gravy</b>	<b>1 each</b>	<b>17</b>	<b>391</b>
<b>Roast beef sandwich (fast food):</b>			

<b>Arby's®, junior size</b>	<b>1 each</b>	<b>11</b>	<b>238</b>
<b>Arby's®, regular size</b>	<b>1 each</b>	<b>18</b>	<b>400</b>
<b>Roasts, beef:</b>			

<b>round or rump, trimmed</b>	<b>3 oz</b>	<b>4</b>	<b>153</b>
<b>round or rump, untrimmed</b>	<b>3 oz</b>	<b>8</b>	<b>176</b>
<b>brisket, trimmed</b>	<b>3 oz</b>	<b>8</b>	<b>176</b>
<b>chuck, prime rib or rib, trimmed</b>	<b>3 oz</b>	<b>13</b>	<b>211</b>
<b>brisket or chuck, untrimmed</b>	<b>3 oz</b>	<b>22</b>	<b>286</b>
<b>prime rib or rib, untrimmed</b>	<b>3 oz</b>	<b>25</b>	<b>310</b>
<b>Roll, hard, 3½" diam x 2¼"</b>	<b>1 each</b>	<b>2</b>	<b>146</b>
<b>Roll, white, 2½" x 2½" x 1½":</b>			

<b>plain</b>	<b>1 each</b>	<b>3</b>	<b>108</b>
<b>buttered</b>	<b>1 each</b>	<b>7</b>	<b>142</b>
<b>Root beer float:</b>			
<b>with dietary (1% fat) ice cream, diet soda</b>	<b>12 fl oz</b>	<b>1</b>	<b>100</b>
<b>with regular (11% fat) ice cream, regular soda</b>	<b>12 fl oz</b>	<b>9</b>	<b>250</b>
<b>Rutabaga</b>	<b>½ cup</b>	<b>0</b>	<b>33</b>
<b>Salad dressings:</b>			
<b>clear</b>			
<b>water and vinegar, sweetened</b>	<b>1 Tbsp</b>	<b>0</b>	<b>8</b>
<b>sweet and sour</b>	<b>1 Tbsp</b>	<b>0</b>	<b>16</b>
<b>oil and vinegar</b>	<b>1 Tbsp</b>	<b>7</b>	<b>69</b>

<b>creamy (blue, Caesar, French, Italian, ranch, Russian)</b>			
<b>fat-free</b>	<b>1 Tbsp</b>	<b>0</b>	<b>16</b>
<b>low calorie</b>	<b>1 Tbsp</b>	<b>1 to 3</b>	<b>43</b>
<b>regular</b>	<b>1 Tbsp</b>	<b>5 to 8</b>	<b>82</b>
<b>mayonnaise, imitation</b>			

<b>nonfat</b>	<b>1 Tbsp</b>	<b>0</b>	<b>12</b>
<b>reduced calorie</b>	<b>1 Tbsp</b>	<b>5</b>	<b>48</b>
<b>regular</b>	<b>1 Tbsp</b>	<b>12</b>	<b>104</b>
<b>mayonnaise, real</b>			

<b>fat-free (Kraft®)</b>	<b>1 Tbsp</b>	<b>0</b>	<b>12</b>
<b>low calorie</b>	<b>1 Tbsp</b>	<b>5</b>	<b>49</b>
<b>regular</b>	<b>1 Tbsp</b>	<b>11</b>	<b>99</b>
<b>mayonnaise-type (Miracle Whip®, Weight-Watchers®)</b>			
<b>fat-free</b>	<b>1 Tbsp</b>	<b>0</b>	<b>19</b>
<b>low calorie</b>	<b>1 Tbsp</b>	<b>5</b>	<b>61</b>
<b>regular</b>	<b>1 Tbsp</b>	<b>7</b>	<b>72</b>
<b>Salads:</b>			
<b>Caesar, with dressing</b>	<b>1 cup</b>	<b>17</b>	<b>205</b>
<b>Chef:</b>			
<b>without dressing, extra lean (5% fat) ham, nonfat</b>	<b>1 cup</b>	<b>2</b>	<b>48</b>

<b>cheese</b>			
<b>without dressing, regular ham, regular cheddar</b>	<b>1 cup</b>	<b>5</b>	<b>77</b>
<b>with 1 Tbsp ranch dressing, regular ham, regular cheddar</b>	<b>1 cup</b>	<b>10</b>	<b>130</b>
<b>Three bean, oil-based dressing</b>	<b>½ cup</b>	<b>11</b>	<b>131</b>
<b>Tossed, without dressing</b>	<b>1 cup</b>	<b>0</b>	<b>14</b>
<b>Wilted lettuce with bacon dressing</b>	<b>½ cup</b>	<b>1</b>	<b>27</b>
<b>Salami:</b>			
<b>cooked (cotto, beef)</b>	<b>1 oz</b>	<b>6</b>	<b>74</b>
<b>hard (dried, Genoa)</b>	<b>1 oz</b>	<b>10</b>	<b>119</b>

<b>Salmon, canned, drained</b>	<b>3 oz</b>	<b>5</b>	<b>118</b>
<b>Salsa, picante sauce</b>	<b>1 Tbsp</b>	<b>0</b>	<b>4</b>
<b>Salt pork (Armour®)</b>	<b>2 oz</b>	<b>34</b>	<b>320</b>

<b>Salt pork (1 slice = 3" x 1½" x ¼")</b>	<b>1 slice</b>	<b>12</b>	<b>115</b>
<b>Sandwich spread:</b>			
<b>chicken (Underwood®)</b>	<b>¼ cup</b>	<b>8</b>	<b>120</b>
<b>deviled ham (Underwood®)</b>	<b>¼ cup</b>	<b>14</b>	<b>160</b>
<b>Sardines (1 med = 3" long):</b>			
<b>canned in oil, drained</b>	<b>1 med</b>	<b>1</b>	<b>25</b>
<b>canned in oil, not drained</b>	<b>1 med</b>	<b>3</b>	<b>41</b>

<b>Sauerbraten</b>	<b>3 oz</b>	<b>17</b>	<b>236</b>
<b>Sauerkraut</b>	<b>½ cup</b>	<b>0</b>	<b>22</b>
<b>Sausage:</b>			
<b>Blood</b>	<b>1 oz</b>	<b>10</b>	<b>107</b>
<b>Brown 'n' Serve links, turkey (1 link = 0.85 oz)</b>	<b>1 link</b>	<b>3</b>	<b>46</b>
<b>Brown 'n' Serve links, beef or pork (1 link = 0.5 oz)</b>	<b>1 link</b>	<b>4</b>	<b>48</b>
<b>Brown 'n' Serve patty, beef or pork (1 patty = 1 oz)</b>	<b>1 patty</b>	<b>8</b>	<b>100</b>
<b>Bratwurst (1 link = 3 oz)</b>	<b>1 link</b>	<b>24</b>	<b>277</b>
<b>Chorizos</b>	<b>1 oz</b>	<b>11</b>	<b>129</b>

<b>Italian (1 link = 2.4 oz)</b>	<b>1 link</b>	<b>17</b>	<b>220</b>
<b>Kielbasa, 4" link, (1 link = 2.4 oz)</b>	<b>1 link</b>	<b>19</b>	<b>209</b>
<b>Knockwurst (1 link = 2.4 oz)</b>	<b>1 link</b>	<b>19</b>	<b>209</b>
<b>Mettwurst (1 link = 2.4 oz)</b>	<b>1 link</b>	<b>19</b>	<b>209</b>
<b>New England (1 slice = 0.8 oz)</b>	<b>1 slice</b>	<b>2</b>	<b>37</b>
<b>Polish (1 link = 2.6 oz)</b>	<b>1 link</b>	<b>21</b>	<b>236</b>
<b>pork patty (1 sm patty = 1 oz)</b>	<b>1 oz</b>	<b>8</b>	<b>100</b>
<b>smoked sausage, beef or pork</b>	<b>1 oz</b>	<b>8</b>	<b>92</b>
<b>summer sausage, turkey</b>	<b>1 oz</b>	<b>4</b>	<b>56</b>

<b>summer sausage, beef and pork</b>	<b>1 oz</b>	<b>8</b>	<b>89</b>
<b>turkey sausage</b>	<b>1 oz</b>	<b>3</b>	<b>55</b>

<b>Vienna, 2" link (1 link = 0.6 oz)</b>	<b>1 link</b>	<b>4</b>	<b>45</b>
<b>Scallops (6 lrg or 15 sm = 3 oz)</b>			
<b>no fat added</b>	<b>3 oz</b>	<b>1</b>	<b>98</b>
<b>stir-fried</b>	<b>3 oz</b>	<b>3</b>	<b>117</b>
<b>breaded/battered, fried</b>	<b>3 oz</b>	<b>14</b>	<b>301</b>
<b>Scone, medium, 2" diam</b>	<b>1 each</b>	<b>5</b>	<b>131</b>
<b>Scone, c of 9" diam</b>	<b>1 pc</b>	<b>14</b>	<b>339</b>
<b>Scrapple</b>	<b>3 oz</b>	<b>4</b>	<b>87</b>

<b>Seltzer water</b>	<b>1 cup</b>	<b>0</b>	<b>0</b>
<b>Sesame chicken, with chicken breast, skin removed</b>	<b>1 cup</b>	<b>16</b>	<b>298</b>
<b>Sesame seeds</b>	<b>1 Tbsp</b>	<b>4</b>	<b>47</b>
<b>Sherbet</b>	<b>½ cup</b>	<b>2</b>	<b>133</b>
<b>Shortening (Crisco®)</b>	<b>1 tsp</b>	<b>4</b>	<b>38</b>
<b>Shortening (Crisco®)</b>	<b>1 Tbsp</b>	<b>13</b>	<b>113</b>
<b>Shrimp (17 med = 3 oz)</b>			
<b>no fat added</b>	<b>3 oz</b>	<b>1</b>	<b>84</b>
<b>stir-fried</b>	<b>3 oz</b>	<b>3</b>	<b>103</b>
<b>breaded/battered, fried</b>	<b>3 oz</b>	<b>14</b>	<b>287</b>
<b>Shrimp Creole, no rice</b>	<b>1 cup</b>	<b>8</b>	<b>195</b>
<b>Shrimp, fried (fast food):</b>			

<b>Arthur Treacher's® (breaded)</b>	<b>1 order</b>	<b>24</b>	<b>383</b>
<b>Long John Silver's® (battered)</b>	<b>6 pcs</b>	<b>12</b>	<b>180</b>
<b>Shrimp gumbo</b>	<b>1 cup</b>	<b>9</b>	<b>251</b>
<b>Shrimp jambalaya</b>	<b>1 cup</b>	<b>9</b>	<b>300</b>
<b>Shrimp salad, without egg:</b>			
<b>with nonfat mayo</b>	<b>½ cup</b>	<b>5</b>	<b>113</b>
<b>with reduced calorie mayo</b>	<b>½ cup</b>	<b>11</b>	<b>161</b>
<b>with regular mayo</b>	<b>½ cup</b>	<b>20</b>	<b>236</b>
<b>Shrimp scampi</b>	<b>1 cup</b>	<b>9</b>	<b>193</b>
<b>Sloppy Joe mixture:</b>			
<b>with diet lean (10% fat)</b>	<b>1 cup</b>	<b>13</b>	<b>350</b>

<b>ground beef</b>			
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<b>with regular (25% fat)</b>			
<b>ground beef</b>	<b>1 cup</b>	<b>31</b>	<b>486</b>
<b>Snow peas (pea pods):</b>			
<b>no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>34</b>
<b>stir-fried</b>	<b>½ cup</b>	<b>3</b>	<b>69</b>
<b>Soft drink, all flavors (12 fl oz = 1 can)</b>	<b>1 can</b>	<b>0</b>	<b>152</b>
<b>Sorbet</b>	<b>½ cup</b>	<b>0</b>	<b>129</b>
<b>Soufflé, cheese</b>	<b>1 cup</b>	<b>18</b>	<b>226</b>
<b>Soup, bean:</b>			
<b>bean with bacon, ham or pork</b>	<b>1 cup</b>	<b>6</b>	<b>172</b>

<b>black bean without meat</b>	<b>1 cup</b>	<b>6</b>	<b>168</b>
<b>split pea or lentil with ham</b>	<b>1 cup</b>	<b>6</b>	<b>172</b>
<b>vegetarian bean</b>	<b>1 cup</b>	<b>7</b>	<b>320</b>
<b>Soup, canned, broth-based: chicken noodle, chicken with rice, minestrone, or vegetable</b>			
<b>beef</b>	<b>1 cup</b>	<b>3</b>	<b>83</b>
<b>Manhattan clam chowder</b>	<b>1 cup</b>	<b>2</b>	<b>77</b>
<b>Soup, canned, chunky:</b>			
<b>beef, chicken, or turkey with vegetables</b>	<b>1 cup</b>	<b>5</b>	<b>170</b>
<b>minestrone or vegetarian</b>	<b>1 cup</b>	<b>4</b>	<b>122</b>
<b>Soup, cheese:</b>			

<b>with skim milk</b>	<b>1 cup</b>	<b>11</b>	<b>198</b>
<b>with whole milk</b>	<b>1 cup</b>	<b>15</b>	<b>230</b>
<b>Soup, corn chowder</b>			
<b>with skim milk</b>	<b>1 cup</b>	<b>11</b>	<b>234</b>
<b>with whole milk</b>	<b>1 cup</b>	<b>15</b>	<b>269</b>
<b>Soup, cream-based:</b>			
<b>with skim milk</b>			
<b>tomato</b>	<b>1 cup</b>	<b>2</b>	<b>128</b>
<b>New England clam chowder or potato</b>	<b>1 cup</b>	<b>3</b>	<b>131</b>
<b>asparagus or broccoli</b>	<b>1 cup</b>	<b>4</b>	<b>129</b>
<b>corn</b>	<b>1 cup</b>	<b>5</b>	<b>150</b>
<b>celery</b>	<b>1 cup</b>	<b>6</b>	<b>133</b>

<b>chicken</b>	<b>1 cup</b>	<b>8</b>	<b>159</b>
<b>mushroom</b>	<b>1 cup</b>	<b>10</b>	<b>172</b>
<b>with whole milk</b>	<b>1 cup</b>	<b>8</b>	<b>162</b>
<b>broccoli, potato or tomato</b>	<b>1 cup</b>	<b>6</b>	<b>149</b>
<b>corn or New England clam chowder</b>	<b>1 cup</b>	<b>7</b>	<b>170</b>
<b>asparagus</b>	<b>1 cup</b>	<b>8</b>	<b>162</b>
<b>celery</b>	<b>1 cup</b>	<b>10</b>	<b>165</b>
<b>chicken</b>	<b>1 cup</b>	<b>11</b>	<b>192</b>
<b>mushroom soup</b>	<b>1 cup</b>	<b>14</b>	<b>204</b>
<b>Soup, cream, undiluted (10<sup>3</sup>/<sub>4</sub> oz can):</b>			
<b>chicken</b>	<b>1 can</b>	<b>18</b>	<b>284</b>
<b>mushroom</b>	<b>1 can</b>	<b>23</b>	<b>314</b>

<b>Soup, egg drop</b>	<b>1 cup</b>	<b>5</b>	<b>89</b>
<b>Soup, hot and sour</b>	<b>1 cup</b>	<b>6</b>	<b>124</b>
<b>Soup, oxtail</b>	<b>1 cup</b>	<b>16</b>	<b>225</b>
<b>Soup, wonton</b>	<b>1 cup</b>	<b>4</b>	<b>235</b>
<b>Sour cream:</b>			
<b>nonfat</b>	<b>1 Tbsp</b>	<b>0</b>	<b>10</b>
<b>low fat</b>	<b>1 Tbsp</b>	<b>1</b>	<b>20</b>
<b>regular</b>	<b>1 Tbsp</b>	<b>3</b>	<b>28</b>
<b>Soybeans, no fat added</b>	<b>½ cup</b>	<b>8</b>	<b>156</b>
<b>Soy sauce</b>	<b>1 Tbsp</b>	<b>0</b>	<b>10</b>
<b>Spaghetti sauce, commercial (without meat)</b>	<b>1 cup</b>	<b>10</b>	<b>168</b>
<b>Spaghetti sauce,</b>			

<b>homemade:</b>			
<b>without meat, no fat added</b>	<b>1 cup</b>	<b>1</b>	<b>74</b>
<b>with diet lean (10% fat) ground beef, no fat added</b>	<b>1 cup</b>	<b>8</b>	<b>219</b>
<b>with regular (25% fat) ground beef, no fat added</b>	<b>1 cup</b>	<b>18</b>	<b>296</b>
<b>with regular (25% fat) ground beef, fat added</b>	<b>1 cup</b>	<b>44</b>	<b>527</b>
<b>Spam®</b>	<b>1 oz</b>	<b>9</b>	<b>95</b>

<b>Spanokopita, 3" x 2"</b>	<b>1 pc</b>	<b>23</b>	<b>307</b>
<b>Spinach, raw</b>	<b>1 cup</b>	<b>0</b>	<b>12</b>
<b>Spinach:</b>			

<b>no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>27</b>
<b>stir-fried</b>	<b>½ cup</b>	<b>2</b>	<b>47</b>
<b>creamed</b>	<b>½ cup</b>	<b>9</b>	<b>155</b>
<b>Spinach souffle</b>	<b>1 cup</b>	<b>18</b>	<b>198</b>
<b>Sport drink (Gatorade®, etc)</b>	<b>8 fl oz</b>	<b>0</b>	<b>60</b>
<b>Sprouts, alfalfa or bean, raw</b>	<b>½ cup</b>	<b>0</b>	<b>5</b>
<b>Squash:</b>			
<b>no fat added</b>			
<b>crooked neck, spaghetti or summer (green or yellow)</b>	<b>½ cup</b>	<b>0</b>	<b>22</b>
<b>butternut</b>	<b>½ cup</b>	<b>0</b>	<b>48</b>

<b>acorn</b>	<b>½ cup</b>	<b>0</b>	<b>69</b>
<b>buttercup</b>	<b>½ cup</b>	<b>1</b>	<b>47</b>
<b>hubbard</b>	<b>½ cup</b>	<b>1</b>	<b>59</b>
<b>breaded/battered, fried</b>			
<b>summer (green or yellow)</b>	<b>½ cup</b>	<b>9</b>	<b>172</b>
<b>Squash casserole with cheese and cracker crumbs</b>	<b>½ cup</b>	<b>20</b>	<b>269</b>
<b>Squid (calamari):</b>			
<b>no fat added</b>	<b>3 oz</b>	<b>1</b>	<b>103</b>
<b>breaded/battered, fried</b>	<b>3 oz</b>	<b>14</b>	<b>306</b>
<b>Steaks, beef:</b>			
<b>round, sirloin, trimmed</b>	<b>3 oz</b>	<b>4</b>	<b>153</b>
<b>flank, porterhouse, T-</b>	<b>3 oz</b>	<b>8</b>	<b>176</b>

<b>bone, tenderloin, trimmed</b>			
<b>round, untrimmed</b>	<b>3 oz</b>	<b>8</b>	<b>176</b>
<b>flank, sirloin, untrimmed</b>	<b>3 oz</b>	<b>13</b>	<b>211</b>
<b>porterhouse, T-bone, tenderloin, untrimmed</b>	<b>3 oz</b>	<b>17</b>	<b>244</b>
<b>Steak sandwich</b>	<b>1 each</b>	<b>11</b>	<b>336</b>
<b>Steak sauce</b>	<b>1 Tbsp</b>	<b>0</b>	<b>10</b>
<b>Stew meat:</b>			

<b>trimmed</b>	<b>3 oz</b>	<b>13</b>	<b>211</b>
<b>untrimmed</b>	<b>3 oz</b>	<b>22</b>	<b>286</b>
<b>Stir-fried vegetable combinations (no meat)</b>	<b>1 cup</b>	<b>6</b>	<b>120</b>
<b>Strawberries, fresh</b>	<b>½ cup</b>	<b>0</b>	<b>23</b>

<b>Strudel, apple, 2¼" square</b>	<b>1 pc</b>	<b>3</b>	<b>117</b>
<b>Strudel, cheese, 2¼" square</b>	<b>1 pc</b>	<b>6</b>	<b>178</b>
<b>Submarine sandwich, cheese, 5" long</b>	<b>1 each</b>	<b>27</b>	<b>500</b>
<b>Submarine sandwich, cold cut, with dressing, 6" long</b>	<b>1 each</b>	<b>22</b>	<b>425</b>
<b>Succotash</b>	<b>½ cup</b>	<b>0</b>	<b>76</b>
<b>Sugar</b>	<b>1 tsp</b>	<b>0</b>	<b>16</b>
<b>Sugar</b>	<b>1 Tbsp</b>	<b>0</b>	<b>48</b>
<b>Sukiyaki, beef</b>	<b>1 cup</b>	<b>8</b>	<b>177</b>
<b>Sunflower seeds, hulled,</b>	<b>1 Tbsp</b>	<b>4</b>	<b>46</b>

<b>roasted</b>			
<b>Sushi:</b>			
<b>without fish or vegetables</b>	<b>1 cup</b>	<b>0</b>	<b>197</b>
<b>with fish and vegetables</b>	<b>1 cup</b>	<b>1</b>	<b>243</b>
<b>with vegetables in seaweed</b>	<b>1 cup</b>	<b>0</b>	<b>195</b>
<b>with vegetables</b>	<b>1 cup</b>	<b>0</b>	<b>250</b>
<b>Sweet breads, beef</b>			
<b>no fat added</b>	<b>3 oz</b>	<b>21</b>	<b>271</b>
<b>breaded/battered, fried</b>	<b>3 oz</b>	<b>34</b>	<b>474</b>
<b>Sweet potatoes</b>	<b>½ cup</b>	<b>0</b>	<b>131</b>
<b>Sweet potatoes, candied</b>	<b>½ cup</b>	<b>4</b>	<b>176</b>
<b>Sweet rolls, cinnamon, frosted, 3" diam x 1½"</b>	<b>1 each</b>	<b>11</b>	<b>299</b>

<b>Sweet sour chicken:</b>			
<b>with chicken breast, skin removed</b>	<b>1 cup</b>	<b>24</b>	<b>540</b>
<b>with dark meat, skin removed</b>	<b>1 cup</b>	<b>29</b>	<b>576</b>
<b>Sweet sour pork:</b>			
<b>with pork loin, trimmed</b>	<b>1 cup</b>	<b>28</b>	<b>536</b>
<b>with pork loin, untrimmed</b>	<b>1 cup</b>	<b>33</b>	<b>575</b>

<b>Swiss chard:</b>			
<b>no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>17</b>
<b>cooked with bacon, ham, or sausage</b>	<b>½ cup</b>	<b>2</b>	<b>32</b>
<b>Swiss steak:</b>			

<b>with round steak, trimmed</b>	<b>3 oz</b>	<b>3</b>	<b>83</b>
<b>with round steak, untrimmed</b>	<b>3 oz</b>	<b>5</b>	<b>91</b>
<b>Syrup, pancake</b>	<b>1 Tbsp</b>	<b>0</b>	<b>55</b>
<b>Tabasco sauce, hot sauce</b>	<b>1 Tbsp</b>	<b>0</b>	<b>2</b>
<b>Tabbouleh salad, commercial/ medium price</b>	<b>½ cup</b>	<b>6</b>	<b>79</b>
<b>Taco (corn tortilla, 4¾" diam):</b>			
<b>chicken, plain</b>	<b>1 each</b>	<b>5</b>	<b>118</b>
<b>chicken with cheese</b>	<b>1 each</b>	<b>8</b>	<b>156</b>
<b>beef, diet lean (10% fat) ground beef</b>	<b>1 each</b>	<b>5</b>	<b>125</b>

<b>beef, diet lean (10% fat)</b>			
<b>ground beef with cheese</b>	<b>1 each</b>	<b>9</b>	<b>163</b>
<b>beef, regular (25% fat)</b>			
<b>ground beef</b>	<b>1 each</b>	<b>9</b>	<b>150</b>
<b>beef, regular (25% fat)</b>			
<b>ground beef with cheese</b>	<b>1 each</b>	<b>12</b>	<b>188</b>
<b>Taco, Taco Bell®:</b>			
<b>beef, light</b>	<b>1 each</b>	<b>5</b>	<b>131</b>
<b>beef, light supreme</b>	<b>1 each</b>	<b>5</b>	<b>151</b>
<b>beef, regular</b>	<b>1 each</b>	<b>11</b>	<b>184</b>
<b>beef, supreme</b>	<b>1 each</b>	<b>14</b>	<b>215</b>
<b>Taco salad, shell not eaten, beef and cheese:</b>			
<b>with diet lean (10% fat)</b>	<b>1 cup</b>	<b>3</b>	<b>185</b>

<b>ground beef, reduced fat</b>			
<b>cheddar</b>			
<b>Taco salad, shell eaten,</b>			
<b>beef and cheese:</b>			

<b>with diet lean (10% fat)</b>			
<b>ground beef, reduced fat</b>			
<b>cheddar</b>	<b>1 cup</b>	<b>18</b>	<b>320</b>
<b>with regular (25% fat)</b>			
<b>ground beef, regular</b>			
<b>cheddar</b>	<b>1 cup</b>	<b>22</b>	<b>348</b>
<b>Taco sauce</b>	<b>1 Tbsp</b>	<b>0</b>	<b>4</b>
<b>Taco shell, 5" diam</b>	<b>1 each</b>	<b>3</b>	<b>61</b>
<b>Tamale:</b>			

<b>in a leaf (pork, yellow corn, dried fruit, olive, pepper), 6" long</b>	<b>1 each</b>	<b>4</b>	<b>72</b>
<b>canned, with sauce</b>	<b>1 each</b>	<b>7</b>	<b>100</b>
<b>with regular (25% fat) ground beef, corn, cheese, 6" long</b>	<b>1 each</b>	<b>9</b>	<b>121</b>
<b>Tangerine, 2½" diam</b>	<b>1 each</b>	<b>0</b>	<b>43</b>
<b>Tapioca pudding with whole milk</b>	<b>½ cup</b>	<b>3</b>	<b>98</b>
<b>Tartar sauce</b>	<b>1 Tbsp</b>	<b>8</b>	<b>76</b>
<b>Tea, hot or iced</b>	<b>1 cup</b>	<b>0</b>	<b>2</b>
<b>Tempura, fried:</b>			
<b>shrimp</b>	<b>1 each</b>	<b>1</b>	<b>33</b>

<b>chicken breast</b>	<b>1 each</b>	<b>1</b>	<b>36</b>
<b>vegetable</b>	<b>1 fritter</b>	<b>3</b>	<b>49</b>
<b>Teriyaki:</b>			
<b>shrimp</b>	<b>1 cup</b>	<b>2</b>	<b>190</b>
<b>chicken (breast, skin removed)</b>	<b>1 cup</b>	<b>7</b>	<b>342</b>
<b>beef (sirloin, trimmed)</b>	<b>1 cup</b>	<b>8</b>	<b>367</b>
<b>Teriyaki sauce</b>	<b>1 Tbsp</b>	<b>0</b>	<b>15</b>
<b>Toaster pastries:</b>			
<b>low fat, (Poptarts®, etc)</b>	<b>1 each</b>	<b>3</b>	<b>190</b>
<b>regular, (Poptarts®, etc)</b>	<b>1 each</b>	<b>5</b>	<b>204</b>
<b>Tofu:</b>			
<b>low fat</b>			
<b>no fat added</b>	<b>½ cup</b>	<b>2</b>	<b>45</b>

<b>stir-fried</b>	<b>½ cup</b>	<b>5</b>	<b>74</b>
<b>regular</b>			

<b>no fat added</b>	<b>½ cup</b>	<b>6</b>	<b>94</b>
<b>stir-fried</b>	<b>½ cup</b>	<b>9</b>	<b>122</b>
<b>Tomato or vegetable juice (V-8®, etc)</b>	<b>¾ cup</b>	<b>0</b>	<b>35</b>
<b>Tomato sauce, canned, plain</b>	<b>1 cup</b>	<b>0</b>	<b>74</b>
<b>Tomatoes, raw (1 sm =½ cup)</b>	<b>½ cup</b>	<b>0</b>	<b>19</b>
<b>Tonic water, regular</b>	<b>1 cup</b>	<b>0</b>	<b>98</b>
<b>Tongue, beef</b>	<b>3 oz</b>	<b>18</b>	<b>241</b>
<b>Toppings:</b>			

<b>butterscotch, caramel or chocolate</b>	<b>1 Tbsp</b>	<b>0</b>	<b>52</b>
<b>fudge</b>	<b>1 Tbsp</b>	<b>3</b>	<b>74</b>
<b>marshmallow</b>	<b>1 Tbsp</b>	<b>0</b>	<b>27</b>
<b>Tortellini, without sauce:</b>			
<b>spinach-filled</b>	<b>1 cup</b>	<b>7</b>	<b>214</b>
<b>cheese-filled</b>	<b>1 cup</b>	<b>10</b>	<b>280</b>
<b>meat-filled</b>	<b>1 cup</b>	<b>11</b>	<b>388</b>
<b>Tortilla chips:</b>			
<b>baked</b>	<b>1 cup</b>	<b>1</b>	<b>78</b>
<b>fried</b>	<b>1 cup</b>	<b>6</b>	<b>122</b>
<b>Tortillas:</b>			
<b>corn, plain, not fried, 6" diam</b>	<b>1 each</b>	<b>1</b>	<b>56</b>

<b>corn, fried, 6" diam</b>	<b>1 each</b>	<b>6</b>	<b>111</b>
<b>flour, plain, not fried, 8" diam</b>	<b>1 each</b>	<b>3</b>	<b>137</b>
<b>flour, fried, 8" diam</b>	<b>1 each</b>	<b>11</b>	<b>205</b>
<b>flour, plain, not fried, 10" diam</b>	<b>1 each</b>	<b>5</b>	<b>214</b>
<b>flour, fried, 10" diam</b>	<b>1</b>	<b>16</b>	<b>320</b>
<b>Tripe, beef stomach</b>	<b>3 oz</b>	<b>4</b>	<b>85</b>
<b>Tuna:</b>			
<b>canned in water, drained</b>	<b>3 oz</b>	<b>1</b>	<b>99</b>
<b>canned in oil, drained</b>	<b>3 oz</b>	<b>7</b>	<b>168</b>
<b>canned in oil, not drained</b>	<b>3 oz</b>	<b>15</b>	<b>231</b>
<b>Tuna noodle casserole:</b>			

<b>homemade, water-packed tuna, drained</b>	<b>1 cup</b>	<b>11</b>	<b>271</b>
<b>homemade, oil-packed tuna, drained</b>	<b>1 cup</b>	<b>15</b>	<b>309</b>
<b>Helper®, water-packed tuna, drained, skim milk</b>	<b>1 cup</b>	<b>8</b>	<b>257</b>
<b>Helper®, oil-packed tuna, drained, whole milk</b>	<b>1 cup</b>	<b>16</b>	<b>330</b>
<b>Tuna salad, water-packed tuna, drained, without egg:</b>			
<b>with nonfat mayo</b>	<b>½ cup</b>	<b>5</b>	<b>136</b>
<b>with reduced calorie mayo</b>	<b>½ cup</b>	<b>10</b>	<b>172</b>
<b>with regular mayo</b>	<b>½ cup</b>	<b>16</b>	<b>228</b>

<b>Tuna salad, oil-packed tuna, drained, without egg:</b>			
<b>with nonfat mayo</b>	<b>½ cup</b>	<b>9</b>	<b>189</b>
<b>with reduced calorie mayo</b>	<b>½ cup</b>	<b>14</b>	<b>225</b>
<b>with regular mayo</b>	<b>½ cup</b>	<b>21</b>	<b>280</b>
<b>Turkey:</b>			
<b>light meat, skin removed</b>	<b>3 oz</b>	<b>3</b>	<b>140</b>
<b>light meat, skin eaten</b>	<b>3 oz</b>	<b>8</b>	<b>178</b>
<b>dark meat, skin removed</b>	<b>3 oz</b>	<b>7</b>	<b>167</b>
<b>dark meat, skin eaten</b>	<b>3 oz</b>	<b>12</b>	<b>202</b>
<b>Turkey ham, lunch meat</b>	<b>1 oz</b>	<b>1</b>	<b>36</b>
<b>Turkey sandwich (Arby's®):</b>			

<b>light roast turkey deluxe</b>	<b>1 each</b>	<b>5</b>	<b>243</b>
<b>turkey sub</b>	<b>1 each</b>	<b>22</b>	<b>495</b>
<b>Turnips, cooked</b>	<b>½ cup</b>	<b>0</b>	<b>14</b>
<b>Turnover, fruit:</b>			
<b>homemade, baked, 4½"</b> <b>diam</b>	<b>1 each</b>	<b>10</b>	<b>190</b>
<b>commercial (Pepperidge</b> <b>Farm®)</b>	<b>1 each</b>	<b>13</b>	<b>283</b>
<b>fast food (McDonald's®)</b>	<b>1 each</b>	<b>15</b>	<b>288</b>
<b>Turnover, meat-filled</b>	<b>1 each</b>	<b>21</b>	<b>321</b>

<b>Twinkie®</b>	<b>1 each</b>	<b>5</b>	<b>146</b>
<b>Veal, loin chops, cubes</b> <b>(stew meat) or cutlets:</b>			

<b>trimmed</b>	<b>3 oz</b>	<b>5</b>	<b>139</b>
<b>untrimmed</b>	<b>3 oz</b>	<b>9</b>	<b>172</b>
<b>Veal Parmesan</b>	<b>1 cup</b>	<b>27</b>	<b>473</b>
<b>Vinegar</b>	<b>1 Tbsp</b>	<b>0</b>	<b>2</b>
<b>Waffle:</b>			
<b>frozen, 4" square</b>	<b>1 each</b>	<b>3</b>	<b>82</b>
<b>homemade, 4" square</b>	<b>1 each</b>	<b>6</b>	<b>107</b>
<b>homemade, 7" diam</b>	<b>1 each</b>	<b>14</b>	<b>252</b>
<b>Waldorf salad:</b>			
<b>with nonfat mayo</b>	<b>½ cup</b>	<b>3</b>	<b>70</b>
<b>with reduced calorie mayo</b>	<b>½ cup</b>	<b>9</b>	<b>108</b>
<b>with regular mayo</b>	<b>½ cup</b>	<b>16</b>	<b>168</b>
<b>Water chestnuts, canned</b>	<b>½ cup</b>	<b>0</b>	<b>34</b>
<b>Watercress</b>	<b>½ cup</b>	<b>0</b>	<b>2</b>

<b>Watermelon, ¼ of 10" diam x 1" slice</b>	<b>1 slice</b>	<b>0</b>	<b>39</b>
<b>Whipped cream (31% fat), sweetened</b>	<b>1 Tbsp</b>	<b>2</b>	<b>22</b>
<b>Whipping cream, not whipped</b>	<b>1 Tbsp</b>	<b>5</b>	<b>44</b>
<b>Whipped toppings, non-dairy</b>	<b>1 Tbsp</b>	<b>1</b>	<b>13</b>
<b>White sauce:</b>			
<b>with skim milk</b>	<b>¼ cup</b>	<b>6</b>	<b>87</b>
<b>with whole milk</b>	<b>¼ cup</b>	<b>8</b>	<b>103</b>
<b>Wine, red or white table</b>	<b>3 fl oz</b>	<b>0</b>	<b>62</b>
<b>Wonton, with meat, fried 1¾" square</b>	<b>1 each</b>	<b>3</b>	<b>74</b>

<b>Worcestershire sauce</b>	<b>1 Tbsp</b>	<b>0</b>	<b>10</b>
<b>Yams</b>	<b>½ cup</b>	<b>0</b>	<b>131</b>
<b>Yams, candied</b>	<b>½ cup</b>	<b>4</b>	<b>176</b>
<b>Yogurt</b>			
<b>nonfat (&lt;1% fat), plain</b>	<b>1 cup</b>	<b>0</b>	<b>137</b>
<b>nonfat (&lt;1% fat), fruited &amp; other flavors</b>	<b>1 cup</b>	<b>0</b>	<b>162</b>
<b>low fat (1-2% fat), plain</b>	<b>1 cup</b>	<b>4</b>	<b>155</b>
<b>low fat (1-2% fat), fruited &amp; other flavors</b>	<b>1 cup</b>	<b>3</b>	<b>250</b>
<b>whole milk, plain</b>	<b>1 cup</b>	<b>8</b>	<b>150</b>
<b>whole milk, fruited &amp; other flavors</b>	<b>1 cup</b>	<b>8</b>	<b>292</b>
<b>Yogurt, frozen chocolate</b>			

<b>or vanilla:</b>			
<b>nonfat</b>	<b>½ cup</b>	<b>0</b>	<b>100</b>
<b>low fat</b>	<b>½ cup</b>	<b>1</b>	<b>100</b>
<b>regular, whole milk</b>	<b>½ cup</b>	<b>3</b>	<b>118</b>
<b>Zucchini</b>			
<b>raw</b>	<b>½ cup</b>	<b>0</b>	<b>9</b>
<b>cooked, no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>14</b>
<b>breaded/battered, fried</b>	<b>1 slice</b>	<b>1</b>	<b>21</b>

## Regional Foods

<b>Ajiaco</b>	<b>1 cup</b>	<b>29</b>	<b>436</b>
<b>Albondigas (soup):</b>			
<b>with diet lean (10% fat)</b>	<b>1 cup</b>	<b>5</b>	<b>168</b>

<b>ground beef</b>			
<b>with regular (25% fat)</b>			
<b>ground beef</b>	<b>1 cup</b>	<b>11</b>	<b>213</b>
<b>Alligator</b>	<b>3 oz</b>	<b>2</b>	<b>126</b>
<b>Aloochat</b>	<b>1 each</b>	<b>8</b>	<b>361</b>
<b>Amaranth (Chinese spinach)</b>	<b>1 cup</b>	<b>0</b>	<b>7</b>
<b>Andhawo, 3" square</b>	<b>1 slice</b>	<b>5</b>	<b>202</b>
<b>Arroz con pollo</b>	<b>1 cup</b>	<b>9</b>	<b>252</b>
<b>Athanu (Indian pickle)</b>	<b>1 tsp</b>	<b>3</b>	<b>33</b>
<b>Atole:</b>			
<b>with skim milk</b>	<b>6 fl oz</b>	<b>0</b>	<b>135</b>
<b>with whole milk</b>	<b>6 fl oz</b>	<b>3</b>	<b>156</b>

<b>Banana sauce</b>	<b>1 tsp</b>	<b>0</b>	<b>11</b>
<b>Bangali sweets (sandesh, rasgulla, rasmalai, kalajam), 1 ½" diam</b>	<b>1 each</b>	<b>6</b>	<b>132</b>
<b>Barbacoa, grilled:</b>			
<b>goat head</b>			
<b>without basting or marinade</b>	<b>1 cup</b>	<b>7</b>	<b>193</b>
<b>basted with added fat</b>	<b>1 cup</b>	<b>10</b>	<b>221</b>
<b>beef head</b>			
<b>without basting or marinade</b>	<b>1 cup</b>	<b>26</b>	<b>385</b>
<b>basted with added fat</b>	<b>1 cup</b>	<b>30</b>	<b>413</b>

<b>Batida (banana milkshake):</b>			
<b>with skim milk</b>	<b>12 fl oz</b>	<b>1</b>	<b>264</b>
<b>with whole milk</b>	<b>12 fl oz</b>	<b>9</b>	<b>332</b>
<b>Bear:</b>			
<b>no fat added</b>	<b>3 oz</b>	<b>12</b>	<b>217</b>
<b>breaded/battered, pan-fried</b>	<b>3 oz</b>	<b>14</b>	<b>249</b>
<b>Beef tasso</b>	<b>3 oz</b>	<b>3</b>	<b>141</b>
<b>Biryani (chicken)</b>	<b>½ cup</b>	<b>13</b>	<b>555</b>
<b>Bittermelon (fu kwa, nigagori)</b>	<b>1 cup</b>	<b>0</b>	<b>28</b>
<b>Blue corn mush</b>	<b>1 cup</b>	<b>1</b>	<b>125</b>
<b>Boliche (Spanish style pot</b>	<b>3 oz</b>	<b>31</b>	<b>372</b>

roast)			
<b>Boniatos</b>	<b>½ cup</b>	<b>0</b>	<b>131</b>
<b>Brains, beef:</b>			
<b>no fat added</b>	<b>3 oz</b>	<b>11</b>	<b>136</b>
<b>breaded/battered, pan-fried</b>	<b>3 oz</b>	<b>13</b>	<b>168</b>
<b>Brains, pork:</b>			
<b>no fat added</b>	<b>3 oz</b>	<b>8</b>	<b>117</b>
<b>breaded/battered, pan-fried</b>	<b>3 oz</b>	<b>10</b>	<b>149</b>
<b>Bunuelos</b>	<b>1 each</b>	<b>1</b>	<b>66</b>
<b>Burrito, breakfast:</b>			
<b>chorizo, egg, cheese</b>	<b>1 each</b>	<b>50</b>	<b>737</b>
<b>egg, cheese, green chile</b>	<b>1 each</b>	<b>28</b>	<b>496</b>

<b>egg, potato, cheese, green chile</b>	<b>1 each</b>	<b>39</b>	<b>654</b>
<b>Cactus fruit pads (nopales)</b>	<b>½ cup</b>	<b>0</b>	<b>11</b>
<b>Calabacitas</b>	<b>½ cup</b>	<b>0</b>	<b>50</b>
<b>Caldo, with meat and vegetables</b>	<b>1 cup</b>	<b>17</b>	<b>289</b>
<b>Callolobush (dasheen leaves, amaranthus)</b>	<b>½ cup</b>	<b>0</b>	<b>14</b>
<b>Carne adovada</b>	<b>3 oz</b>	<b>5</b>	<b>138</b>

<b>Carne guisada:</b>			
<b>with round steak, trimmed, no fat added</b>	<b>1 cup</b>	<b>5</b>	<b>238</b>

<b>with stew meat, trimmed, fat added</b>	<b>1 cup</b>	<b>17</b>	<b>324</b>
<b>with stew meat, untrimmed, fat added</b>	<b>1 cup</b>	<b>28</b>	<b>412</b>
<b>Carrot halwa</b>	<b>¼ cup</b>	<b>5</b>	<b>175</b>
<b>Cassava</b>	<b>½ cup</b>	<b>0</b>	<b>79</b>
<b>Cereal, hot with cornstarch:</b>			
<b>with skim milk</b>	<b>½ cup</b>	<b>0</b>	<b>58</b>
<b>with whole milk</b>	<b>½ cup</b>	<b>4</b>	<b>92</b>
<b>Ceylon moss bar (seaweed)</b>	<b>¼ bar</b>	<b>0</b>	<b>8</b>
<b>Channa/garbanzo beans</b>	<b>½ cup</b>	<b>3</b>	<b>180</b>
<b>Chapati/phulka, 6" diam</b>	<b>1 each</b>	<b>0</b>	<b>68</b>

<b>Chayote (christophene), raw</b>	<b>1 cup</b>	<b>0</b>	<b>32</b>
<b>Chayote (christophene), cooked</b>	<b>½ cup</b>	<b>0</b>	<b>19</b>
<b>Chicharrones, crispy fried pork</b>	<b>½ cup</b>	<b>55</b>	<b>634</b>
<b>Chicken/mutton curry</b>	<b>½ cup</b>	<b>10</b>	<b>308</b>
<b>Chicken, tandoori</b>	<b>1 oz</b>	<b>4</b>	<b>75</b>
<b>Chilaquiles</b>	<b>1 cup</b>	<b>24</b>	<b>342</b>
<b>Chile, green sauce</b>	<b>½ cup</b>	<b>2</b>	<b>54</b>
<b>Chile, red sauce</b>	<b>½ cup</b>	<b>12</b>	<b>158</b>
<b>Chili relleno</b>	<b>1 each</b>	<b>16</b>	<b>215</b>
<b>Chitterlings, boiled or stewed</b>	<b>½ cup</b>	<b>18</b>	<b>189</b>

<b>Cholla buds, dried and soaked</b>	<b>½ cup</b>	<b>0</b>	<b>27</b>
<b>Chow fun:</b>			
<b>with vegetables (no meat)</b>	<b>1 cup</b>	<b>2</b>	<b>136</b>
<b>with shredded pork</b>	<b>1 cup</b>	<b>9</b>	<b>177</b>
<b>Churros, fried</b>	<b>1 pc</b>	<b>7</b>	<b>116</b>
<b>Coconut water</b>	<b>1 cup</b>	<b>4</b>	<b>46</b>
<b>Cuban sandwich (ham, pork, cheese), 6" long</b>	<b>1 pc</b>	<b>29</b>	<b>682</b>

<b>Dahiwada, 3" diam</b>	<b>1 each</b>	<b>3</b>	<b>80</b>
<b>Daikon (Japanese radish)</b>	<b>½ cup</b>	<b>0</b>	<b>12</b>
<b>Dasheen (Japanese white taro)</b>	<b>½ cup</b>	<b>0</b>	<b>74</b>

<b>Dhokala/khaman, 1" square</b>	<b>1 each</b>	<b>5</b>	<b>104</b>
<b>Dosa, 8" diam</b>	<b>1 each</b>	<b>2</b>	<b>74</b>
<b>Dove (fowl):</b>			
<b>baked, broiled or stewed, no fat added</b>			
<b>skin removed</b>	<b>3 oz</b>	<b>8</b>	<b>181</b>
<b>skin eaten</b>	<b>3 oz</b>	<b>11</b>	<b>201</b>
<b>breaded/battered, pan-fried</b>			
<b>skin removed</b>	<b>3 oz</b>	<b>10</b>	<b>213</b>
<b>skin eaten</b>	<b>3 oz</b>	<b>13</b>	<b>233</b>
<b>Empanadas, main dish type:</b>			

<b>vegetable-filled (no meat)</b>	<b>1 each</b>	<b>9</b>	<b>154</b>
<b>meat-filled, diet lean (10% fat) ground beef</b>	<b>1 each</b>	<b>17</b>	<b>294</b>
<b>meat-filled, regular (25% fat) ground beef</b>	<b>1 each</b>	<b>21</b>	<b>321</b>
<b>Empanadas, dessert type,</b>			
<b>fruit-filled (apple)</b>	<b>1 each</b>	<b>10</b>	<b>190</b>
<b>Fish sauce</b>	<b>1 Tbsp</b>	<b>0</b>	<b>4</b>
<b>Flauta, fried:</b>			
<b>with chicken breast, skin removed</b>	<b>1 each</b>	<b>25</b>	<b>321</b>
<b>with beef, shredded</b>	<b>1 each</b>	<b>34</b>	<b>398</b>
<b>Fry bread (with milk), 5" diam</b>	<b>1 each</b>	<b>8</b>	<b>281</b>

<b>Fry bread (no milk), 5" diam</b>	<b>1 each</b>	<b>10</b>	<b>302</b>
<b>Ghee</b>	<b>1 tsp</b>	<b>5</b>	<b>45</b>
<b>Goat</b>	<b>3 oz</b>	<b>3</b>	<b>122</b>
<b>Gorditas, stuffed</b>	<b>1 each</b>	<b>6</b>	<b>172</b>
<b>Green chile stew</b>	<b>1 cup</b>	<b>26</b>	<b>411</b>
<b>Hog head cheese</b>	<b>1 oz</b>	<b>6</b>	<b>83</b>
<b>Hog jowl</b>	<b>1 oz</b>	<b>5</b>	<b>54</b>
<b>Hog maw</b>	<b>3 oz</b>	<b>13</b>	<b>211</b>
<b>Horseradish leaves, chopped</b>	<b>½ cup</b>	<b>0</b>	<b>13</b>
<b>Idli, 3 - 4" diam</b>	<b>1 each</b>	<b>0</b>	<b>70</b>

<b>Jicama, raw</b>	<b>½ cup</b>	<b>0</b>	<b>25</b>
<b>Kachori, 1½” diam</b>	<b>2 each</b>	<b>6</b>	<b>75</b>
<b>Kadhi (spiced yoghurt)</b>	<b>1 cup</b>	<b>6</b>	<b>144</b>
<b>Kheer/basudi/duthpak</b>	<b>½ cup</b>	<b>7</b>	<b>198</b>
<b>Khichadi (rice and lentils)</b>	<b>1 cup</b>	<b>3</b>	<b>245</b>
<b>Khoya (thickened milk)</b>	<b>¼ cup</b>	<b>7</b>	<b>117</b>
<b>Kidneys:</b>			
<b>beef</b>	<b>1 cup</b>	<b>5</b>	<b>202</b>
<b>pork</b>	<b>1 cup</b>	<b>7</b>	<b>211</b>
<b>Kimchee (pickled cabbage)</b>	<b>½ cup</b>	<b>0</b>	<b>10</b>
<b>Kneel-down bread (with husk)</b>	<b>1 each</b>	<b>2</b>	<b>208</b>

<b>Kneel-down bread with blood sausage and husk</b>	<b>1 each</b>	<b>20</b>	<b>492</b>
<b>Kulifi (rich ice cream)</b>	<b>½ cup</b>	<b>13</b>	<b>254</b>
<b>Laddu, small</b>	<b>1 each</b>	<b>5</b>	<b>111</b>
<b>Lapsi (sweet cream of wheat with ghee)</b>	<b>½ cup</b>	<b>8</b>	<b>277</b>
<b>Lau lau (pork/fish in leaves)</b>	<b>1 each</b>	<b>16</b>	<b>270</b>
<b>Lotus root</b>	<b>½ cup</b>	<b>0</b>	<b>49</b>
<b>Lychees</b>	<b>10 pcs</b>	<b>0</b>	<b>60</b>
<b>Malanga, root</b>	<b>½ cup</b>	<b>0</b>	<b>74</b>
<b>Manapua filled with bean paste</b>	<b>1 each</b>	<b>4</b>	<b>243</b>

<b>Manapua filled with pork loin, trimmed</b>	<b>1 each</b>	<b>6</b>	<b>197</b>
<b>Menudo</b>	<b>1 cup</b>	<b>11</b>	<b>348</b>
<b>Milk, carabao's</b>	<b>1 cup</b>	<b>23</b>	<b>300</b>
<b>Molé sauce, poblano</b>	<b>1 cup</b>	<b>24</b>	<b>342</b>
<b>Moong dahl, cooked</b>	<b>½ cup</b>	<b>0</b>	<b>107</b>
<b>Moong whole, cooked</b>	<b>½ cup</b>	<b>1</b>	<b>174</b>
<b>Mooth dahl, cooked</b>	<b>½ cup</b>	<b>1</b>	<b>165</b>
<b>Muscadines</b>	<b>17 pcs</b>	<b>0</b>	<b>60</b>
<b>Naan, 8" x 2"</b>	<b>¼ pc</b>	<b>2</b>	<b>75</b>
<b>Natillas:</b>			
<b>with skim milk</b>	<b>½ cup</b>	<b>5</b>	<b>206</b>
<b>with whole milk</b>	<b>½ cup</b>	<b>9</b>	<b>235</b>
<b>Navajo tea</b>	<b>4 fl oz</b>	<b>0</b>	<b>1</b>

<b>Neck bones (pork)</b>	<b>1 each</b>	<b>5</b>	<b>101</b>
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<b>Octopus</b>	<b>3 oz</b>	<b>2</b>	<b>139</b>
<b>Opossum</b>	<b>3 oz</b>	<b>7</b>	<b>168</b>
<b>Pakora/bhajia, medium</b>	<b>2 each</b>	<b>2</b>	<b>57</b>
<b>Pan dulce, plain</b>	<b>1 each</b>	<b>4</b>	<b>185</b>
<b>Paneer</b>	<b>1 oz</b>	<b>2</b>	<b>103</b>
<b>Passion fruit (may pops), fresh</b>	<b>3 each</b>	<b>0</b>	<b>34</b>
<b>Pattis/cutlet, 1½” diam</b>	<b>2 each</b>	<b>6</b>	<b>70</b>
<b>Persimmons, Japanese, fresh</b>	<b>½ fruit</b>	<b>0</b>	<b>59</b>
<b>Picadillo, beef with</b>			

<b>potato:</b>			
<b>with diet lean (10% fat)</b>			
<b>ground beef</b>	<b>1 cup</b>	<b>9</b>	<b>257</b>
<b>with regular (25% fat)</b>			
<b>ground beef</b>	<b>1 cup</b>	<b>22</b>	<b>351</b>
<b>Pig's ears</b>	<b>1 ear</b>	<b>11</b>	<b>238</b>
<b>Pig's tail</b>	<b>3 oz</b>	<b>26</b>	<b>338</b>
<b>Piñon nuts (pine nuts)</b>	<b>½ cup</b>	<b>37</b>	<b>341</b>
<b>Plantains:</b>			
<b>no fat added</b>	<b>½ cup</b>	<b>0</b>	<b>89</b>
<b>breaded/battered, fried</b>	<b>½ cup</b>	<b>6</b>	<b>137</b>
<b>Poi</b>	<b>½ cup</b>	<b>0</b>	<b>74</b>
<b>Poke sallet</b>	<b>½ cup</b>	<b>6</b>	<b>94</b>
<b>Pomegranate, 3d" diam</b>	<b>1 each</b>	<b>0</b>	<b>105</b>

<b>Poppadum (roasted)</b>	<b>1 each</b>	<b>0</b>	<b>29</b>
<b>Pork cracklings</b>	<b>1 Tbsp</b>	<b>3</b>	<b>33</b>
<b>Posole</b>	<b>1 cup</b>	<b>7</b>	<b>183</b>
<b>Pummelo, raw</b>	<b><math>\frac{3}{4}</math> cup</b>	<b>0</b>	<b>58</b>
<b>Puri (whole wheat), 5" diam</b>	<b>1 each</b>	<b>7</b>	<b>128</b>
<b>Pullav (mixed vegetables)</b>	<b><math>\frac{3}{4}</math> cup</b>	<b>7</b>	<b>371</b>

<b>Raccoon</b>	<b>3 oz</b>	<b>12</b>	<b>217</b>
<b>Raita (yoghurt and cucumber)</b>	<b><math>\frac{1}{2}</math> cup</b>	<b>2</b>	<b>51</b>
<b>Rajmah/kidney beans</b>	<b><math>\frac{1}{2}</math> cup</b>	<b>1</b>	<b>173</b>
<b>Rawa upama</b>	<b><math>\frac{1}{2}</math> cup</b>	<b>6</b>	<b>104</b>
<b>Ropa vieja</b>	<b>1 cup</b>	<b>15</b>	<b>265</b>

<b>Roti (whole wheat), 6" diam</b>	<b>2 each</b>	<b>1</b>	<b>85</b>
<b>Sambar (lentil soup, cooked)</b>	<b>½ cup</b>	<b>1</b>	<b>88</b>
<b>Samosa, fried</b>	<b>1 med</b>	<b>5</b>	<b>114</b>
<b>Sapodilla (naseberry)</b>	<b>1 med</b>	<b>2</b>	<b>141</b>
<b>Sausage:</b>			
<b>Chinese, 2" long</b>	<b>2 pc</b>	<b>8</b>	<b>90</b>
<b>Portuguese sausage (linguica)</b>	<b>1 oz</b>	<b>7</b>	<b>92</b>
<b>souse</b>	<b>1 oz</b>	<b>4</b>	<b>49</b>
<b>Sev (fried noodle, snack)</b>	<b>½ cup</b>	<b>6</b>	<b>107</b>
<b>Sevian (vermicelli)</b>	<b>½ cup</b>	<b>7</b>	<b>275</b>
<b>Sheera (sweet cream of</b>	<b>½ cup</b>	<b>6</b>	<b>200</b>

<b>rice with ghee)</b>			
<b>Sofrito sauce (with ham)</b>	<b>1 Tbsp</b>	<b>3</b>	<b>37</b>
<b>Sopa de fideo (carne)</b>	<b>1 cup</b>	<b>8</b>	<b>181</b>
<b>Sopaipillas, fried</b>	<b>1 oz</b>	<b>6</b>	<b>104</b>
<b>Soup, tortilla</b>	<b>1 cup</b>	<b>11</b>	<b>250</b>
<b>Sour sop pulp</b>	<b>½ cup</b>	<b>0</b>	<b>75</b>
<b>Sous meat</b>	<b>1 oz</b>	<b>4</b>	<b>51</b>
<b>Spam musubi</b>	<b>1 each</b>	<b>9</b>	<b>220</b>
<b>Squash, banana</b>	<b>½ cup</b>	<b>1</b>	<b>24</b>
<b>Squirrel</b>	<b>3 oz</b>	<b>4</b>	<b>147</b>
<b>Steam corn/hominy</b>	<b>1 cup</b>	<b>1</b>	<b>115</b>
<b>Suab, flesh</b>	<b>3 oz</b>	<b>10</b>	<b>180</b>
<b>Sweets, Indian:</b>			

<b>milk-based (penda, burfi),</b>			
<b>1" diam/square</b>	<b>1 each</b>	<b>4</b>	<b>83</b>
<b>other sweets</b>			
<b>(gulabjamun,</b>			
<b>mansoor pale, mohanthal,</b>			
<b>magus), 1 1/2" diam</b>	<b>1 each</b>	<b>4</b>	<b>105</b>
<b>Tamarind:</b>			
<b>aqua de tamarindo</b>	<b>1/4 cup</b>	<b>0</b>	<b>46</b>
<b>dulce de tamarindo</b>	<b>1/4 cup</b>	<b>0</b>	<b>72</b>
<b>Tannia (yautia)</b>	<b>1 med</b>	<b>0</b>	<b>133</b>
<b>Taquito, fried:</b>			
<b>with diet lean (10% fat)</b>			
<b>ground beef</b>	<b>1 each</b>	<b>7</b>	<b>171</b>
<b>with regular (25% fat)</b>	<b>1 each</b>	<b>11</b>	<b>200</b>

<b>ground beef</b>			
<b>Taro leaves</b>	<b>½ cup</b>	<b>0</b>	<b>14</b>
<b>Taro root, baked</b>	<b>½ cup</b>	<b>0</b>	<b>74</b>
<b>Tempeh</b>	<b>½ cup</b>	<b>6</b>	<b>165</b>
<b>Tostado, bean, with regular cheddar, 6" diam tortilla, fried</b>	<b>1 each</b>	<b>6</b>	<b>197</b>
<b>Turnip sallet</b>	<b>½ cup</b>	<b>6</b>	<b>94</b>
<b>Turtle</b>	<b>3 oz</b>	<b>3</b>	<b>114</b>
<b>Tuvar dahl, cooked</b>	<b>½ cup</b>	<b>2</b>	<b>168</b>
<b>Tuvar, whole</b>	<b>½ cup</b>	<b>1</b>	<b>116</b>
<b>Urad dahl</b>	<b>½ cup</b>	<b>1</b>	<b>174</b>
<b>Val dahl (kidney beans), cooked</b>	<b>½ cup</b>	<b>1</b>	<b>30</b>

<b>Venison, deer, ground or steak</b>	<b>3 oz</b>	<b>3</b>	<b>134</b>
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<b>Watermelon seeds</b>	<b>1 tsp</b>	<b>3</b>	<b>38</b>
<b>Yucca/cassava</b>	<b>½ cup</b>	<b>0</b>	<b>79</b>










