

Description of food		Fat (Grams)	Food Energy (calories)	Carbohydrate (Grams)	Protein (Grams)
1000 ISLAND, SALAD DRSNG,LOCAL	1 TBSP	2	25	2	0
1000 ISLAND, SALAD DRSNG,REGLR	1 TBSP	6	60	2	0
100% NATURAL CEREAL	1 OZ	6	135	18	3
40% BRAN FLAKES, KELLOGG'S	1 OZ	1	90	22	4
40% BRAN FLAKES, POST	1 OZ	0	90	22	3
ALFALFA SEEDS, SPROUTED, RAW	1 CUP	0	10	1	1
ALL-BRAN CEREAL	1 OZ	1	70	21	4
ALMONDS, SLIVERED	1 CUP	70	795	28	27
ALMONDS, WHOLE	1 OZ	15	165	6	6
ANGELFOOD CAKE, FROM MIX	1 CAKE	2	1510	342	38
ANGELFOOD CAKE, FROM MIX	1 PIECE	0	125	29	3
APPLE JUICE, CANNED	1 CUP	0	115	29	0
APPLE PIE	1 PIE	105	2420	360	21
APPLE PIE	1 PIECE	18	405	60	3
APPLESAUCE, CANNED, SWEETENED	1 CUP	0	195	51	0
APPLESAUCE, CANNED, UNSWEETENED	1 CUP	0	105	28	0
APPLES, DRIED, SULFURED	10 RINGS	0	155	42	1
APPLES, RAW, PEELED, SLICED	1 CUP	0	65	16	0
APPLES, RAW, UNPEELED, 2 PER LB	1 APPLE	1	125	32	0
APPLES, RAW, UNPEELED, 3 PER LB	1 APPLE	0	80	21	0
APRICOT NECTAR, NO ADDED VIT C	1 CUP	0	140	36	1
APRICOTS, CANNED, JUICE PACK	1 CUP	0	120	31	2
APRICOTS, CANNED, JUICE PACK	3 HALVES	0	40	10	1
APRICOTS, DRIED, COOKED, UNSWTN	1 CUP	0	210	55	3
APRICOTS, DRIED, UNCOOKED	1 CUP	1	310	80	5
APRICOTS, RAW	3 APRCOT	0	50	12	1
APRICOT, CANNED, HEAVY SYRUP	1 CUP	0	215	55	1
APRICOT, CANNED, HEAVY SYRUP	3 HALVES	0	70	18	0
ARTICHOKES, GLOBE, COOKED, DRN	1 ARTCHK	0	55	12	3
ASPARAGUS, CKD FRM FRZ, DRN, CUT	1 CUP	1	50	9	5
ASPARAGUS, CKD FRM FRZ, DR, SPER	4 SPEARS	0	15	3	2
ASPARAGUS, CKD FRM RAW, DR, CUT	1 CUP	1	45	8	5
ASPARAGUS, CKD FRM RAW, DR, SPER	4 SPEARS	0	15	3	2
ASPARAGUS, CANNED, SPEARS, NOSALT	4 SPEARS	0	10	2	1
ASPARAGUS, CANNED, SPEARS, W/SALT	4 SPEARS	0	10	2	1
AVOCADOS, CALIFORNIA	1 AVOCDO	30	305	12	4
AVOCADOS, FLORIDA	1 AVOCDO	27	340	27	5
BAGELS, EGG	1 BAGEL	2	200	38	7
BAGELS, PLAIN	1 BAGEL	2	200	38	7
BAKING POWDER, LOW SODIUM	1 TSP	0	5	1	0
BAKING POWDER, STRGHT PHOSPHAT	1 TSP	0	5	1	0
BAKING POWDER, SAS, CA PO4	1 TSP	0	5	1	0
BAKING POWDER, SAS, CAPO4+CASO4	1 TSP	0	5	1	0
BAKING PWDR BISCUITS, FROM MIX	1 BISCUIT	3	95	14	2
BAKING PWDR BISCUITS, HOMERECPE	1 BISCUIT	5	100	13	2
BAKING PWDR BISCUITS, REFRGDOGH	1 BISCUIT	2	65	10	1
BAMBOO SHOOTS, CANNED, DRAINED	1 CUP	1	25	4	2
BANANAS	1 BANANA	1	105	27	1
BANANAS, SLICED	1 CUP	1	140	35	2
BARBECUE SAUCE	1 TBSP	0	10	2	0
BARLEY, PEARLED, LIGHT, UNCOOKD	1 CUP	2	700	158	16
BEAN SPROUTS, MUNG, COOKD, DRAN	1 CUP	0	25	5	3
BEAN SPROUTS, MUNG, RAW	1 CUP	0	30	6	3
BEAN WITH BACON SOUP, CANNED	1 CUP	6	170	23	8

BEANS, DRY, CANNED, W/FRANKFURTER	1 CUP	18	365	32	19
BEANS, DRY, CANNED, W/PORK+SWTSCE	1 CUP	12	385	54	16
BEANS, DRY, CANNED, W/PORK+TOMSCE	1 CUP	7	310	48	16
BEEF AND VEGETABLE STEW, HM RCP	1 CUP	11	220	15	16
BEEF BROTH, BOULLN, CONSM, CNND	1 CUP	1	15	0	3
BEEF GRAVY, CANNED	1 CUP	5	125	11	9
BEEF HEART, BRAISED	3 OZ	5	150	0	24
BEEF LIVER, FRIED	3 OZ	7	185	7	23
BEEF NOODLE SOUP, CANNED	1 CUP	3	85	9	5
BEEF POTPIE, HOME RECIPE	1 PIECE	30	515	39	21
BEEF ROAST, EYE O RND, LEAN	2.6 OZ	5	135	0	22
BEEF ROAST, EYE O RND, LEAN+FAT	3 OZ	12	205	0	23
BEEF ROAST, RIB, LEAN ONLY	2.2 OZ	9	150	0	17
BEEF ROAST, RIB, LEAN + FAT	3 OZ	26	315	0	19
BEEF STEAK, SIRLOIN, BROIL, LEAN	2.5 OZ	6	150	0	22
BEEF STEAK, SIRLOIN, BROIL, LN+FT	3 OZ	15	240	0	23
BEEF, CANNED, CORNED	3 OZ	10	185	0	22
BEEF, CKD, BTM ROUND, LEAN ONLY	2.8 OZ	8	175	0	25
BEEF, CKD, BTM ROUND, LEAN+ FAT	3 OZ	13	220	0	25
BEEF, CKD, CHUCK BLADE, LEANONLY	2.2 OZ	9	170	0	19
BEEF, CKD, CHUCK BLADE, LEAN+FAT	3 OZ	26	325	0	22
BEEF, DRIED, CHIPPED	2.5 OZ	4	145	0	24
BEER, LIGHT	12 FL OZ	0	95	5	1
BEER, REGULAR	12 FL OZ	0	150	13	1
BEEF GREENS, COOKED, DRAINED	1 CUP	0	40	8	4
BEETS, CANNED, DRAINED, NO SALT	1 CUP	0	55	12	2
BEETS, CANNED, DRAINED, W/ SALT	1 CUP	0	55	12	2
BEETS, COOKED, DRAINED, DICED	1 CUP	0	55	11	2
BEETS, COOKED, DRAINED, WHOLE	2 BEETS	0	30	7	1
BLACK-EYED PEAS, DRY, COOKED	1 CUP	1	190	35	13
BLACK BEANS, DRY, COOKED, DRAND	1 CUP	1	225	41	15
BLACKBERRIES, RAW	1 CUP	1	75	18	1
BLACK EYE PEAS, IMMATR, RAW, CKED	1 CUP	1	180	30	13
BLACK EYE PEAS, IMMTR, FRZN, CKED	1 CUP	1	225	40	14
BLUE CHEESE	1 OZ	8	100	1	6
BLUE CHEESE SALAD DRESSING	1 TBSP	8	75	1	1
BLUEBERRIES, FROZEN, SWEETENED	1 CUP	0	185	50	1
BLUEBERRIES, FROZEN, SWEETENED	10 OZ	0	230	62	1
BLUEBERRIES, RAW	1 CUP	1	80	20	1
BLUEBERRY MUFFINS, HOME RECIPE	1 MUFFIN	5	135	20	3
BLUEBERRY MUFFINS, FROM COM MIX	1 MUFFIN	5	140	22	3
BLUEBERRY PIE	1 PIE	102	2285	330	23
BLUEBERRY PIE	1 PIECE	17	380	55	4
BOLOGNA	2 SLICES	16	180	2	7
BOSTON BROWN BREAD, W/WHTECRNM	1 SLICE	1	95	21	2
BOSTON BROWN BREAD, W/YLLWCRNML	1 SLICE	1	95	21	2
BOUILLON, DEHYDRTD, UNPREPARED	1 PKT	1	15	1	1
BRAN MUFFINS, FROM COMMERL MIX	1 MUFFIN	4	140	24	3
BRAN MUFFINS, HOME RECIPE	1 MUFFIN	6	125	19	3
BRAUNSCHWEIGER	2 SLICES	18	205	2	8
BRAZIL NUTS	1 OZ	19	185	4	4
BREAD STUFFING, FROM MX, DRYTYPE	1 CUP	31	500	50	9
BREAD STUFFING, FROM MX, MOIST	1 CUP	26	420	40	9
BREADCRUMBS, DRY, GRATED	1 CUP	5	390	73	13
BROCCOLI, FRZN, COOKED, DRANED	1 CUP	0	50	10	6
BROCCOLI, FRZN, COOKED, DRANED	1 PIECE	0	10	2	1
BROCCOLI, RAW	1 SPEAR	1	40	8	4

BROCCOLI, RAW, COOKED, DRAINED	1 CUP	0	45	9	5
BROCCOLI, RAW, COOKED, DRAINED	1 SPEAR	1	50	10	5
BROWN AND SERVE SAUSAGE,BRWND	1 LINK	5	50	0	2
BROWN GRAVY FROM DRY MIX	1 CUP	2	80	14	3
BROWNIES W/ NUTS,FRM HOME RECP	1 BROWNE	6	95	11	1
BROWNIES W/ NUTS,FRSTNG,CMMRCL	1 BROWNE	4	100	16	1
BRUSSELS SPROUTS, FRZN, COOKED	1 CUP	1	65	13	6
BRUSSELS SPROUTS, RAW, COOKED	1 CUP	1	60	13	4
BUCKWHEAT FLOUR, LIGHT, SIFTED	1 CUP	1	340	78	6
BULGUR, UNCOOKED	1 CUP	3	600	129	19
BUTTERMILK, DRIED	1 CUP	7	465	59	41
BUTTERMILK, FLUID	1 CUP	2	100	12	8
BUTTER, SALTED	1 PAT	4	35	0	0
BUTTER, SALTED	1 TBSP	11	100	0	0
BUTTER, SALTED	1/2 CUP	92	810	0	1
BUTTER, UNSALTED	1 PAT	4	35	0	0
BUTTER, UNSALTED	1 TBSP	11	100	0	0
BUTTER, UNSALTED	1/2 CUP	92	810	0	1
CABBAGE, CHINESE, PAK-CHOI,CKD	1 CUP	0	20	3	3
CABBAGE, CHINESE,PE-TSAI, RAW	1 CUP	0	10	2	1
CABBAGE, COMMON, COOKED, DRNED	1 CUP	0	30	7	1
CABBAGE, COMMON, RAW	1 CUP	0	15	4	1
CABBAGE, RED, RAW	1 CUP	0	20	4	1
CABBAGE, SAVOY, RAW	1 CUP	0	20	4	1
CAKE OR PASTRY FLOUR, SIFTED	1 CUP	1	350	76	7
CAMEMBERT CHEESE	1 WEDGE	9	115	0	8
CANTALOUPE, RAW	1/2 MELN	1	95	22	2
CAP'N CRUNCH CEREAL	1 OZ	3	120	23	1
CARAMELS, PLAIN OR CHOCOLATE	1 OZ	3	115	22	1
CAROB FLOUR	1 CUP	0	255	126	6
CARROT CAKE,CREMCHSE FRST,REC	1 CAKE	328	6175	775	63
CARROT CAKE,CREMCHSE FRST,REC	1 PIECE	21	385	48	4
CARROTS, CANNED, DRN, W/ SALT	1 CUP	0	35	8	1
CARROTS, CANNED,DRND, W/O SALT	1 CUP	0	35	8	1
CARROTS, COOKED FROM FROZEN	1 CUP	0	55	12	2
CARROTS, COOKED FROM RAW	1 CUP	0	70	16	2
CARROTS, RAW, GRATED	1 CUP	0	45	11	1
CARROTS, RAW, WHOLE	1 CARROT	0	30	7	1
CASHEW NUTS, DRY ROASTD,SALTED	1 OZ	13	165	9	4
CASHEW NUTS, DRY ROASTD,UNSALT	1 CUP	63	785	45	21
CASHEW NUTS, DRY ROASTD,UNSALT	1 OZ	13	165	9	4
CASHEW NUTS, DRY ROASTED,SALTD	1 CUP	63	785	45	21
CASHEW NUTS, OIL ROASTD,SALTED	1 CUP	63	750	37	21
CASHEW NUTS, OIL ROASTD,SALTED	1 OZ	14	165	8	5
CASHEW NUTS, OIL ROASTD,UNSALT	1 CUP	63	750	37	21
CASHEW NUTS, OIL ROASTD,UNSALT	1 OZ	14	165	8	5
CATSUP	1 CUP	1	290	69	5
CATSUP	1 TBSP	0	15	4	0
CAULIFLOWER, COOKED FROM FROZN	1 CUP	0	35	7	3
CAULIFLOWER, COOKED FROM RAW	1 CUP	0	30	6	2
CAULIFLOWER, RAW	1 CUP	0	25	5	2
CELERY SEED	1 TSP	1	10	1	0
CELERY, PASCAL TYPE, RAW,PIECE	1 CUP	0	20	4	1
CELERY, PASCAL TYPE, RAW,STALK	1 STALK	0	5	1	0
CHEDDAR CHEESE	1 CU IN	6	70	0	4
CHEDDAR CHEESE	1 OZ	9	115	0	7
CHEDDDAR CHEESE, SHREDDED	1 CUP	37	455	1	28

CHEERIOS CEREAL	1 OZ	2	110	20	4
CHEESE CRACKERS, PLAIN	10 CRACK	3	50	6	1
CHEESE CRACKERS, SANDWCH, PEANT	1 SANDWH	2	40	5	1
CHEESE SAUCE W/ MILK, FRM MIX	1 CUP	17	305	23	16
CHEESEBURGER, 4OZ PATTY	1 SANDWH	31	525	40	30
CHEESEBURGER, REGULAR	1 SANDWH	15	300	28	15
CHEESECAKE	1 CAKE	213	3350	317	60
CHEESECAKE	1 PIECE	18	280	26	5
CHERRIES, SOUR, RED, CANNND, WATER	1 CUP	0	90	22	2
CHERRIES, SWEET, RAW	10 CHERY	1	50	11	1
CHERRY PIE	1 PIE	107	2465	363	25
CHERRY PIE	1 PIECE	18	410	61	4
CHESTNUTS, EUROPEAN, ROASTED	1 CUP	3	350	76	5
CHICKEN A LA KING, HOME RECIPE	1 CUP	34	470	12	27
CHICKEN AND NOODLES, HOME RECP	1 CUP	18	365	26	22
CHICKEN CHOW MEIN, CANNED	1 CUP	0	95	18	7
CHICKEN CHOW MEIN, HOME RECIPE	1 CUP	10	255	10	31
CHICKEN FRANKFURTER	1 FRANK	9	115	3	6
CHICKEN GRAVY FROM DRY MIX	1 CUP	2	85	14	3
CHICKEN GRAVY, CANNED	1 CUP	14	190	13	5
CHICKEN LIVER, COOKED	1 LIVER	1	30	0	5
CHICKEN NOODLE SOUP, CANNED	1 CUP	2	75	9	4
CHICKEN NOODLE SOUP, DEHYD, PRPD	1 PKT	1	40	6	2
CHICKEN POTPIE, HOME RECIPE	1 PIECE	31	545	42	23
CHICKEN RICE SOUP, CANNED	1 CUP	2	60	7	4
CHICKEN ROLL, LIGHT	2 SLICES	4	90	1	11
CHICKEN, CANNED, BONELESS	5 OZ	11	235	0	31
CHICKEN, FRIED, BATTER, BREAST	4.9 OZ	18	365	13	35
CHICKEN, FRIED, BATTER, DRMSTCK	2.5 OZ	11	195	6	16
CHICKEN, FRIED, FLOUR, BREAST	3.5 OZ	9	220	2	31
CHICKEN, FRIED, FLOUR, DRMSTCK	1.7 OZ	7	120	1	13
CHICKEN, ROASTED, BREAST	3.0 OZ	3	140	0	27
CHICKEN, ROASTED, DRUMSTICK	1.6 OZ	2	75	0	12
CHICKEN, STEWED, LIGHT + DARK	1 CUP	9	250	0	38
CHICKPEAS, COOKED, DRAINED	1 CUP	4	270	45	15
CHILI CON CARNE W/ BEANS, CNND	1 CUP	16	340	31	19
CHILI POWDER	1 TSP	0	10	1	0
CHOCOLATE CHIP COOKIES, COMMRL	4 COOKIE	9	180	28	2
CHOCOLATE CHIP COOKIES, HME RCP	4 COOKIE	11	185	26	2
CHOCOLATE CHIP COOKIES, REFRIG	4 COOKIE	11	225	32	2
CHOCOLATE MILK, LOWFAT 1%	1 CUP	3	160	26	8
CHOCOLATE MILK, LOWFAT 2%	1 CUP	5	180	26	8
CHOCOLATE MILK, REGULAR	1 CUP	8	210	26	8
CHOCOLATE, BITTER OT BAKING	1 OZ	15	145	8	3
CHOP SUEY W/ BEEF + PORK, HMRCP	1 CUP	17	300	13	26
CINNAMON	1 TSP	0	5	2	0
CLAM CHOWDER, MANHATTAN, CANNND	1 CUP	2	80	12	4
CLAM CHOWDER, NEW ENG, W/ MILK	1 CUP	7	165	17	9
CLAMS, CANNED, DRAINED	3 OZ	2	85	2	13
CLAMS, RAW	3 OZ	1	65	2	11
CLUB SODA	12 FL OZ	0	0	0	0
COCA PWDR W/O NOFAT DRYMLK, PRD	1 SERVNG	9	225	30	9
COCA PWDR W/O NONFAT DRY MILK	3/4 OZ	1	75	19	1
COCOA PWDR WITH NONFAT DRYMILK	1 OZ	1	100	22	3
COCOA PWDR W/ NOFAT DRMLK, PRPD	1 SERVNG	1	100	22	3
COCONUT, DRIED, SWEETND, SHREDD	1 CUP	33	470	44	3
COCONUT, RAW, PIECE	1 PIECE	15	160	7	1

COCONUT, RAW, SHREDDED	1 CUP	27	285	12	3
COFFEECAKE, CRUMB, FROM MIX	1 CAKE	41	1385	225	27
COFFEECAKE, CRUMB, FROM MIX	1 PIECE	7	230	38	5
COFFEE, BREWED	6 FL OZ	0	0	0	0
COFFEE, INSTANT, PREPARED	6 FL OZ	0	0	1	0
COLA, DIET, ASPARTAME ONLY	12 FL OZ	0	0	0	0
COLA, DIET, ASPRTAME + SACCHRN	12 FL OZ	0	0	0	0
COLA, DIET, SACCHARIN ONLY	12 FL OZ	0	0	0	0
COLA, REGULAR	12 FL OZ	0	160	41	0
COLLARDS, COOKED FROM FROZEN	1 CUP	1	60	12	5
COLLARDS, COOKED FROM RAW	1 CUP	0	25	5	2
COOKED SALAD DRSSING, HOME RCP	1 TBSP	2	25	2	1
CORN CHIPS	1 OZ	9	155	16	2
CORN FLAKES, KELLOGG'S	1 OZ	0	110	24	2
CORN FLAKES, TOASTIES	1 OZ	0	110	24	2
CORN GRITS, COOKED, INSTANT	1 PKT	0	80	18	2
CORN GRITS,CKD,REG,WHTE,NOSALT	1 CUP	0	145	31	3
CORN GRITS,CKD,REG,WHTE,W/SALT	1 CUP	0	145	31	3
CORN GRITS,CKD,REG,YLLW,NOSALT	1 CUP	0	145	31	3
CORN GRITS,CKD,REG,YLLW,W/SALT	1 CUP	0	145	31	3
CORN MUFFINS, FROM COMMERL MIX	1 MUFFIN	6	145	22	3
CORN MUFFINS, HOME RECIPE	1 MUFFIN	5	145	21	3
CORN OIL	1 CUP	218	1925	0	0
CORN OIL	1 TBSP	14	125	0	0
CORNMEAL,BOLTED, DRY FORM	1 CUP	4	440	91	11
CORNMEAL,DEGERMED,ENRCHED,COOK	1 CUP	0	120	26	3
CORNMEAL,DEGERMED,ENRICHED, DRY	1 CUP	2	500	108	11
CORNMEAL,WHOLE-GRND,UNBOLT, DRY	1 CUP	5	435	90	11
CORN, CNND,CRM STL,WHIT,NO SAL	1 CUP	1	185	46	4
CORN, CNND,CRM STL,WHIT,W/SALT	1 CUP	1	185	46	4
CORN, CNND,CRM STL,YLLW,NO SAL	1 CUP	1	185	46	4
CORN, CNND,CRM STL,YLLW,W/SALT	1 CUP	1	185	46	4
CORN, COOKED FRM FROZN, WHITE	1 CUP	0	135	34	5
CORN, COOKED FRM FROZN, WHITE	1 EAR	0	60	14	2
CORN, COOKED FRM FROZN, YELLOW	1 CUP	0	135	34	5
CORN, COOKED FRM FROZN, YELLOW	1 EAR	0	60	14	2
CORN, COOKED FROM RAW, WHITE	1 EAR	1	85	19	3
CORN, COOKED FROM RAW, YELLOW	1 EAR	1	85	19	3
CORN,CNND,WHL KRNL,WHTE,NO SAL	1 CUP	1	165	41	5
CORN,CNND,WHL KRNL,WHTE,W/SALT	1 CUP	1	165	41	5
CORN,CNND,WHL KRNL,YLLW,NO SAL	1 CUP	1	165	41	5
CORN,CNND,WHL KRNL,YLLW,W/SALT	1 CUP	1	165	41	5
COTTAGE CHEESE,CREMD,LRGE CURD	1 CUP	10	235	6	28
COTTAGE CHEESE,CREMD,SMLL CURD	1 CUP	9	215	6	26
COTTAGE CHEESE,CREMD,W/FRUIT	1 CUP	8	280	30	22
COTTAGE CHEESE,LOWFAT 2%	1 CUP	4	205	8	31
COTTAGE CHEESE,UNCREAMED	1 CUP	1	125	3	25
CR OF CHICKEN SOUP W/ H2O,CNND	1 CUP	7	115	9	3
CR OF CHICKEN SOUP W/ MLK,CNND	1 CUP	11	190	15	7
CR OF MUSHROM SOUP W/ H2O,CNND	1 CUP	9	130	9	2
CR OF MUSHROM SOUP W/ MLK,CNND	1 CUP	14	205	15	6
CRABMEAT, CANNED	1 CUP	3	135	1	23
CRACKED-WHEAT BREAD	1 LOAF	16	1190	227	42
CRACKED-WHEAT BREAD	1 SLICE	1	65	12	2
CRACKED-WHEAT BREAD, TOASTED	1 SLICE	1	65	12	2
CRANBERRY JUICE COCKTAL W/VITC	1 CUP	0	145	38	0
CRANBERRY SAUCE, CANNED,SWTND	1 CUP	0	420	108	1

CREAM CHEESE	1 OZ	10	100	1	2
CREAM OF WHEAT,CKD,MIX N EAT	1 PKT	0	100	21	3
CREME PIE	1 PIE	139	2710	351	20
CREME PIE	1 PIECE	23	455	59	3
CRM WHEAT,CKD, QUICK, NO SALT	1 CUP	0	140	29	4
CRM WHEAT,CKD,QUICK, W/ SALT	1 CUP	0	140	29	4
CRM WHEAT,CKD,REG,INST,NO SALT	1 CUP	0	140	29	4
CRM WHEAT,CKD,REG,INST,W/SALT	1 CUP	0	140	29	4
CROISSANTS	1 CROSST	12	235	27	5
CUCUMBER, W/ PEEL	6 SLICES	0	5	1	0
CURRY POWDER	1 TSP	0	5	1	0
CUSTARD PIE	1 PIE	101	1985	213	56
CUSTARD PIE	1 PIECE	17	330	36	9
CUSTARD, BAKED	1 CUP	15	305	29	14
DANDELION GREENS, COOKED, DRND	1 CUP	1	35	7	2
DANISH PASTRY, FRUIT	1 PASTRY	13	235	28	4
DANISH PASTRY, PLAIN, NO NUTS	1 OZ	6	110	13	2
DANISH PASTRY, PLAIN, NO NUTS	1 PASTRY	12	220	26	4
DANISH PASTRY, PLAIN, NO NUTS	1 RING	71	1305	152	21
DATES	10 DATES	0	230	61	2
DATES, CHOPPED	1 CUP	1	490	131	4
DEVIL'S FOOD CAKE,CHOCFRST,FMX	1 CAKE	136	3755	645	49
DEVIL'S FOOD CAKE,CHOCFRST,FMX	1 CUPCAK	4	120	20	2
DEVIL'S FOOD CAKE,CHOCFRST,FMX	1 PIECE	8	235	40	3
DOUGHNUTS, CAKE TYPE, PLAIN	1 DONUT	12	210	24	3
DOUGHNUTS, YEAST-LEAVEND,GLZED	1 DONUT	13	235	26	4
DUCK, ROASTED, FLESH ONLY	1/2 DUCK	25	445	0	52
EGGNOG	1 CUP	19	340	34	10
EGGPLANT, COOKED, STEAMED	1 CUP	0	25	6	1
EGGS, COOKED, FRIED	1 EGG	7	90	1	6
EGGS, COOKED, HARD-COOKED	1 EGG	5	75	1	6
EGGS, COOKED, POACHED	1 EGG	5	75	1	6
EGGS, COOKED, SCRAMBLED/OMELET	1 EGG	7	100	1	7
EGGS, RAW, WHITE	1 WHITE	0	15	0	4
EGGS, RAW, WHOLE	1 EGG	5	75	1	6
EGGS, RAW, YOLK	1 YOLK	5	60	0	3
ENCHILADA	1 ENCHLD	16	235	24	20
ENDIVE, CURLY, RAW	1 CUP	0	10	2	1
ENG MUFFIN, EGG, CHEESE, BACON	1 SANDWH	18	360	31	18
ENGLISH MUFFINS, PLAIN	1 MUFFIN	1	140	27	5
ENGLISH MUFFINS, PLAIN, TOASTD	1 MUFFIN	1	140	27	5
EVAPORATED MILK, SKIM, CANNED	1 CUP	1	200	29	19
EVAPORATED MILK, WHOLE, CANNED	1 CUP	19	340	25	17
FATS, COOKING/VEGETBL SHORTENG	1 CUP	205	1810	0	0
FATS, COOKING/VEGETBL SHORTENG	1 TBSP	13	115	0	0
FETA CHEESE	1 OZ	6	75	1	4
FIG BARS	4 COOKIE	4	210	42	2
FIGS, DRIED	10 FIGS	2	475	122	6
FILBERTS, (HAZELNUTS) CHOPPED	1 CUP	72	725	18	15
FILBERTS, (HAZELNUTS) CHOPPED	1 OZ	18	180	4	4
FISH SANDWICH, LGE, W/O CHEESE	1 SANDWH	27	470	41	18
FISH SANDWICH, REG, W/ CHEESE	1 SANDWH	23	420	39	16
FISH STICKS, FROZEN, REHEATED	1 STICK	3	70	4	6
FLOUNDER OR SOLE, BAKED, BUTTR	3 OZ	6	120	0	16
FLOUNDER OR SOLE, BAKED,MARGRN	3 OZ	6	120	0	16
FLOUNDER OR SOLE, BAKED,W/OFAT	3 OZ	1	80	0	17
FONDANT, UNCOATED	1 OZ	0	105	27	0

FRANKFURTER, COOKED	1 FRANK	13	145	1	5
FRENCH BREAD	1 SLICE	1	100	18	3
FRENCH OR VIENNA BREAD	1 LOAF	18	1270	230	43
FRENCH SALAD DRESSING, LOCALOR	1 TBSP	2	25	2	0
FRENCH SALAD DRESSING, REGULAR	1 TBSP	9	85	1	0
FRENCH TOAST, HOME RECIPE	1 SLICE	7	155	17	6
FRIED PIE, APPLE	1 PIE	14	255	31	2
FRIED PIE, CHERRY	1 PIE	14	250	32	2
FROOT LOOPS CEREAL	1 OZ	1	110	25	2
FRUIT COCKTAIL,CNND,HEAVYSYRUP	1 CUP	0	185	48	1
FRUIT COCKTAIL,CNND,JUICE PACK	1 CUP	0	115	29	1
FRUIT PUNCH DRINK, CANNED	6 FL OZ	0	85	22	0
FRUITCAKE,DARK, FROM HOMERECIP	1 CAKE	228	5185	783	74
FRUITCAKE,DARK, FROM HOMERECIP	1 PIECE	7	165	25	2
FUDGE, CHOCOLATE, PLAIN	1 OZ	3	115	21	1
GARLIC POWDER	1 TSP	0	10	2	0
GELATIN DESSERT, PREPARED	1/2 CUP	0	70	17	2
GELATIN, DRY	1 ENVELP	0	25	0	6
GINGER ALE	12 FL OZ	0	125	32	0
GINGERBREAD CAKE, FROM MIX	1 CAKE	39	1575	291	18
GINGERBREAD CAKE, FROM MIX	1 PIECE	4	175	32	2
GIN,RUM,VODKA,WHISKY 80-PROOF	1.5 F OZ	0	95	0	0
GIN,RUM,VODKA,WHISKY 86-PROOF	1.5 F OZ	0	105	0	0
GIN,RUM,VODKA,WHISKY 90-PROOF	1.5 F OZ	0	110	0	0
GOLDEN GRAHAMS CEREAL	1 OZ	1	110	24	2
GRAHAM CRACKER, PLAIN	2 CRACKR	1	60	11	1
GRAPE-NUTS CEREAL	1 OZ	0	100	23	3
GRAPE DRINK, CANNED	6 FL OZ	0	100	26	0
GRAPE JUICE, CANNED	1 CUP	0	155	38	1
GRAPE SODA	12 FL OZ	0	180	46	0
GRAPEFRT JCE,FRZN,CNCN,UNSWTEN	6 FL OZ	1	300	72	4
GRAPEFRT JCE,FRZN,DLTD,UNSWTEN	1 CUP	0	100	24	1
GRAPEFRUIT JUICE, CANNED,SWTND	1 CUP	0	115	28	1
GRAPEFRUIT JUICE, CANNED,UNSWT	1 CUP	0	95	22	1
GRAPEFRUIT JUICE, RAW	1 CUP	0	95	23	1
GRAPEFRUIT, CANNED, SYRUP PACK	1 CUP	0	150	39	1
GRAPEFRUIT, RAW, PINK	1/2 FRUT	0	40	10	1
GRAPEFRUIT, RAW, WHITE	1/2 FRUT	0	40	10	1
GRAPEJCE,FRZN,CONCEN,SWTND,W/C	6 FL OZ	1	385	96	1
GRAPEJCE,FRZN,DILUTD,SWTND,W/C	1 CUP	0	125	32	0
GRAPES, EUROPEAN, RAW, THOMPSN	10 GRAPE	0	35	9	0
GRAPES, EUROPEAN, RAW, TOKAY	10 GRAPE	0	40	10	0
GRAVY AND TURKEY, FROZEN	5 OZ	4	95	7	8
GREAT NORTHN BEANS, DRY,CKD,DRN	1 CUP	1	210	38	14
GROUND BEEF, BROILED, LEAN	3 OZ	16	230	0	21
GROUND BEEF, BROILED, REGULAR	3 OZ	18	245	0	20
GUM DROPS	1 OZ	0	100	25	0
HADDOCK, BREADED, FRIED	3 OZ	9	175	7	17
HALF AND HALF, CREAM	1 CUP	28	315	10	7
HALF AND HALF, CREAM	1 TBSP	2	20	1	0
HALIBUT, BROILED, BUTTER,LEMJU	3 OZ	6	140	0	20
HAMBURGER, 4OZ PATTY	1 SANDWH	21	445	38	25
HAMBURGER, REGULAR	1 SANDWH	11	245	28	12
HARD CANDY	1 OZ	0	110	28	0
HERRING, PICKLED	3 OZ	13	190	0	17
HOLLANDAISE SCE, W/ H2O,FRM MX	1 CUP	20	240	14	5
HONEY	1 CUP	0	1030	279	1

HONEY	1 TBSP	0	65	17	0
HONEY NUT CHEERIOS CEREAL	1 OZ	1	105	23	3
HONEYDEW MELON, RAW	1/10 MEL	0	45	12	1
ICE CREAM, VANLLA, REGULR 11%	1 CUP	14	270	32	5
ICE CREAM, VANLLA, REGULR 11%	1/2 GALN	115	2155	254	38
ICE CREAM, VANLLA, REGULR 11%	3 FL OZ	5	100	12	2
ICE CREAM, VANLLA, RICH 16% FT	1 CUP	24	350	32	4
ICE CREAM, VANLLA, RICH 16% FT	1/2 GAL	190	2805	256	33
ICE CREAM, VANLLA, SOFT SERVE	1 CUP	23	375	38	7
ICE MILK, VANILLA, 4% FAT	1 CUP	6	185	29	5
ICE MILK, VANILLA, 4% FAT	1/2 GAL	45	1470	232	41
ICE MILK, VANILLA,SOFTSERV 3%	1 CUP	5	225	38	8
IMITATION CREAMERS, LIQUID FRZ	1 TBSP	1	20	2	0
IMITATION CREAMERS, POWDERED	1 TSP	1	10	1	0
IMITATION WHIPPED TOPPING,FRZN	1 CUP	19	240	17	1
IMITATION WHIPPED TOPPING,FRZN	1 TBSP	1	15	1	0
IMITATN SOUR DRESSING	1 CUP	39	415	11	8
IMITATN SOUR DRESSING	1 TBSP	2	20	1	0
IMITATN WHIPD TOPING,PRESSRZD	1 CUP	16	185	11	1
IMITATN WHIPD TOPING,PRESSRZD	1 TBSP	1	10	1	0
IMITATN WHIPD TOPING,PWDRD,PRP	1 CUP	10	150	13	3
IMITATN WHIPD TOPING,PWDRD,PRP	1 TBSP	0	10	1	0
ITALIAN BREAD	1 LOAF	4	1255	256	41
ITALIAN BREAD	1 SLICE	0	85	17	3
ITALIAN SALAD DRESSING,LOCALOR	1 TBSP	0	5	2	0
ITALIAN SALAD DRESSING,REGULAR	1 TBSP	9	80	1	0
JAMS AND PRESERVES	1 PKT	0	40	10	0
JAMS AND PRESERVES	1 TBSP	0	55	14	0
JELLIES	1 PKT	0	40	10	0
JELLIES	1 TBSP	0	50	13	0
JELLY BEANS	1 OZ	0	105	26	0
JERUSALEM-ARTICHOKE, RAW	1 CUP	0	115	26	3
KALE, COOKED FROM FROZEN	1 CUP	1	40	7	4
KALE, COOKED FROM RAW	1 CUP	1	40	7	2
KIWIFRUIT, RAW	1 KIWI	0	45	11	1
KOHLRABI, COOKED, DRAINED	1 CUP	0	50	11	3
LAMB, RIB, ROASTED, LEAN ONLY	2 OZ	7	130	0	15
LAMB, RIB, ROASTED, LEAN + FAT	3 OZ	26	315	0	18
LAMB,CHOPS,ARM,BRAISED,LEAN	1.7 OZ	7	135	0	17
LAMB,CHOPS,ARM,BRAISED,LEAN+FT	2.2 OZ	15	220	0	20
LAMB,CHOPS,LOIN,BROIL,LEAN	2.3 OZ	6	140	0	19
LAMB,CHOPS,LOIN,BROIL,LEAN+FAT	2.8 OZ	16	235	0	22
LAMB,LEG,ROASTED, LEAN ONLY	2.6 OZ	6	140	0	20
LAMB,LEG,ROASTED, LEAN+ FAT	3 OZ	13	205	0	22
LARD	1 CUP	205	1850	0	0
LARD	1 TBSP	13	115	0	0
LEMON-LIME SODA	12 FL OZ	0	155	39	0
LEMON JUICE, CANNED	1 CUP	1	50	16	1
LEMON JUICE, CANNED	1 TBSP	0	5	1	0
LEMON JUICE, RAW	1 CUP	0	60	21	1
LEMON JUICE,FRZN,SINGLE-STRNGH	6 FL OZ	1	55	16	1
LEMON MERINGUE PIE	1 PIE	86	2140	317	31
LEMON MERINGUE PIE	1 PIECE	14	355	53	5
LEMONADE,CONCENTRATE,FRZ,UNDIL	6 FL OZ	0	425	112	0
LEMONADE,CONCEN,FRZEN,DILUTED	6 FL OZ	0	80	21	0
LEMONS, RAW	1 LEMON	0	15	5	1
LENTILS, DRY, COOKED	1 CUP	1	215	38	16

LETTUCE, BUTTERHEAD, RAW, HEAD	1 HEAD	0	20	4	2
LETTUCE, BUTTERHEAD, RAW, LEAVE	1 LEAF	0	0	0	0
LETTUCE, CRISPHEAD, RAW, HEAD	1 HEAD	1	70	11	5
LETTUCE, CRISPHEAD, RAW, PIECES	1 CUP	0	5	1	1
LETTUCE, CRISPHEAD, RAW, WEDGE	1 WEDGE	0	20	3	1
LETTUCE, LOOSELEAF	1 CUP	0	10	2	1
LIGHT, COFFEE OR TABLE CREAM	1 CUP	46	470	9	6
LIGHT, COFFEE OR TABLE CREAM	1 TBSP	3	30	1	0
LIMA BEANS, DRY, COOKED, DRANED	1 CUP	1	260	49	16
LIMA BEANS, BABY, FRZN, CKED, DRN	1 CUP	1	190	35	12
LIMA BEANS, THICK SEED, FRZN, CKD	1 CUP	1	170	32	10
LIME JUICE, RAW	1 CUP	0	65	22	1
LIME JUICE, CANNED	1 CUP	1	50	16	1
LIMEADE, CONCENTRATE, FRZN, UNDIL	6 FL OZ	0	410	108	0
LIMEADE, CONCEN, FROZEN, DILUTED	6 FL OZ	0	75	20	0
LUCKY CHARMS CEREAL	1 OZ	1	110	23	3
MACADAMIA NUTS, OILRSTD, SALTED	1 CUP	103	960	17	10
MACADAMIA NUTS, OILRSTD, SALTED	1 OZ	22	205	4	2
MACADAMIA NUTS, OILRSTD, UNSALT	1 CUP	103	960	17	10
MACADAMIA NUTS, OILRSTD, UNSALT	1 OZ	22	205	4	2
MACARONI AND CHEESE, CANNED	1 CUP	10	230	26	9
MACARONI AND CHEESE, HOME RCPE	1 CUP	22	430	40	17
MACARONI, COOKED, FIRM	1 CUP	1	190	39	7
MACARONI, COOKED, TENDER, HOT	1 CUP	1	155	32	5
MACARONI, COOKED, TENDER, COLD	1 CUP	0	115	24	4
MALT-O-MEAL, WITH SALT	1 CUP	0	120	26	4
MALT-O-MEAL, W/O SALT	1 CUP	0	120	26	4
MALTED MILK, CHOCOLATE, POWDER	3/4 OZ	1	85	18	1
MALTED MILK, CHOCOLATE, PWDRPPD	1 SERVNG	9	235	29	9
MALTED MILK, NATURAL, POWDER	3/4 OZ	2	85	15	3
MALTED MILK, NATURAL, PWDR PPRD	1 SERVNG	10	235	27	11
MANGOS, RAW	1 MANGO	1	135	35	1
MARGARINE, IMITATION 40% FAT	1 TBSP	5	50	0	0
MARGARINE, IMITATION 40% FAT	8 OZ	88	785	1	1
MARGARINE, REGULR, HARD, 80% FAT	1 PAT	4	35	0	0
MARGARINE, REGULR, HARD, 80% FAT	1 TBSP	11	100	0	0
MARGARINE, REGULR, HARD, 80% FAT	1/2 CUP	91	810	1	1
MARGARINE, REGULR, SOFT, 80% FAT	1 TBSP	11	100	0	0
MARGARINE, REGULR, SOFT, 80% FAT	8 OZ	183	1625	1	2
MARGARINE, SPREAD, HARD, 60% FAT	1 PAT	3	25	0	0
MARGARINE, SPREAD, HARD, 60% FAT	1 TBSP	9	75	0	0
MARGARINE, SPREAD, HARD, 60% FAT	1/2 CUP	69	610	0	1
MARGARINE, SPREAD, SOFT, 60% FAT	1 TBSP	9	75	0	0
MARGARINE, SPREAD, SOFT, 60% FAT	8 OZ	138	1225	0	1
MARSHMALLOWS	1 OZ	0	90	23	1
MAYONNAISE TYPE SALAD DRESSING	1 TBSP	5	60	4	0
MAYONNAISE, IMITATION	1 TBSP	3	35	2	0
MAYONNAISE, REGULAR	1 TBSP	11	100	0	0
MELBA TOAST, PLAIN	1 PIECE	0	20	4	1
MILK CHOCOLATE CANDY, PLAIN	1 OZ	9	145	16	2
MILK CHOCOLATE CANDY, W/ ALMOND	1 OZ	10	150	15	3
MILK CHOCOLATE CANDY, W/ PENUTS	1 OZ	11	155	13	4
MILK CHOCOLATE CANDY, W/ RICE C	1 OZ	7	140	18	2
MILK, LOFAT, 1%, ADDED SOLIDS	1 CUP	2	105	12	9
MILK, LOFAT, 1%, NO ADDEDSOLID	1 CUP	3	100	12	8
MILK, LOFAT, 2%, ADDED SOLIDS	1 CUP	5	125	12	9
MILK, LOFAT, 2%, NO ADDEDSOLID	1 CUP	5	120	12	8

MILK, SKIM, ADDED MILK SOLIDS	1 CUP	1	90	12	9
MILK, SKIM, NO ADDED MILKSOLID	1 CUP	0	85	12	8
MILK, WHOLE, 3.3% FAT	1 CUP	8	150	11	8
MINESTRONE SOUP, CANNED	1 CUP	3	80	11	4
MISO	1 CUP	13	470	65	29
MIXED GRAIN BREAD	1 LOAF	17	1165	212	45
MIXED GRAIN BREAD	1 SLICE	1	65	12	2
MIXED GRAIN BREAD, TOASTED	1 SLICE	1	65	12	2
MIXED NUTS W/ PEANTS, DRY, SALTD	1 OZ	15	170	7	5
MIXED NUTS W/ PEANTS, DRY, UNSLT	1 OZ	15	170	7	5
MIXED NUTS W/ PEANTS, OIL, SALTD	1 OZ	16	175	6	5
MIXED NUTS W/ PEANTS, OIL, UNSLT	1 OZ	16	175	6	5
MOLASSES, CANE, BLACKSTRAP	2 TBSP	0	85	22	0
MOZZARELLA CHEESE, WHOLE MILK	1 OZ	6	80	1	6
MOZZARELLA CHEESE, SKIM, LOMOIST	1 OZ	5	80	1	8
MUENSTER CHEESE	1 OZ	9	105	0	7
MUSHROOM GRAVY, CANNED	1 CUP	6	120	13	3
MUSHROOMS, CANNED, DRND, W/SALT	1 CUP	0	35	8	3
MUSHROOMS, COOKED, DRAINED	1 CUP	1	40	8	3
MUSHROOMS, RAW	1 CUP	0	20	3	1
MUSTARD GREENS, COOKED, DRANED	1 CUP	0	20	3	3
MUSTARD, PREPARED, YELLOW	1 TSP	0	5	0	0
NATURE VALLEY GRANOLA CEREAL	1 OZ	5	125	19	3
NECTARINES, RAW	1 NECTRN	1	65	16	1
NONFAT DRY MILK, INSTANTIZED	1 CUP	0	245	35	24
NONFAT DRY MILK, INSTANTIZED	1 ENVLPE	1	325	47	32
NOODLES, CHOW MEIN, CANNED	1 CUP	11	220	26	6
NOODLES, EGG, COOKED	1 CUP	2	200	37	7
OATMEAL BREAD	1 LOAF	20	1145	212	38
OATMEAL BREAD	1 SLICE	1	65	12	2
OATMEAL BREAD, TOASTED	1 SLICE	1	65	12	2
OATMEAL W/ RAISINS COOKIES	4 COOKIE	10	245	36	3
OATMEAL, CKD, INSTNT, FLVRD, FORTF	1 PKT	2	160	31	5
OATMEAL, CKD, INSTNT, PLAIN, FORTF	1 PKT	2	105	18	4
OATMEAL, CKD, RG, QCK, INST, W/OSAL	1 CUP	2	145	25	6
OATMEAL, CKD, RG, QCK, INST, W/SALT	1 CUP	2	145	25	6
OCEAN PERCH, BREADED, FRIED	1 FILLET	11	185	7	16
OKRA PODS, COOKED	8 PODS	0	25	6	2
OLIVE OIL	1 CUP	216	1910	0	0
OLIVE OIL	1 TBSP	14	125	0	0
OLIVES, CANNED, GREEN	4 MEDIUM	2	15	0	0
OLIVES, CANNED, RIPE, MISSION	3 SMALL	2	15	0	0
ONION POWDER	1 TSP	0	5	2	0
ONION RINGS, BREADED, FRZN, PRPD	2 RINGS	5	80	8	1
ONION SOUP, DEHYDRATD, PREPRED	1 PKT	0	20	4	1
ONION SOUP, DEHYDRTD, UNPRPRED	1 PKT	0	20	4	1
ONIONS, RAW, CHOPPED	1 CUP	0	55	12	2
ONIONS, RAW, COOKED, DRAINED	1 CUP	0	60	13	2
ONIONS, RAW, SLICED	1 CUP	0	40	8	1
ONIONS, SPRING, RAW	6 ONION	0	10	2	1
ORANGE JUICE, CANNED	1 CUP	0	105	25	1
ORANGE JUICE, CHILLED	1 CUP	1	110	25	2
ORANGE JUICE, RAW	1 CUP	0	110	26	2
ORANGE JUICE, FROZEN CONCENTRTE	6 FL OZ	0	340	81	5
ORANGE JUICE, FRZN, CNCN, DILUTED	1 CUP	0	110	27	2
ORANGE SODA	12 FL OZ	0	180	46	0
ORANGE + GRAPEFRUIT JUCE, CANND	1 CUP	0	105	25	1

ORANGES, RAW	1	ORANGE	0	60	15	1
ORANGES, RAW, SECTIONS	1	CUP	0	85	21	2
OREGANO	1	TSP	0	5	1	0
OYSTERS, BREADED, FRIED	1	OYSTER	5	90	5	5
OYSTERS, RAW	1	CUP	4	160	8	20
PANCAKES, BUCKWHEAT, FROM MIX	1	PANCAK	2	55	6	2
PANCAKES, PLAIN, FROM MIX	1	PANCAK	2	60	8	2
PANCAKES, PLAIN, HOME RECIPE	1	PANCAK	2	60	9	2
PAPAYAS, RAW	1	CUP	0	65	17	1
PAPRIKA	1	TSP	0	5	1	0
PARMESAN CHEESE, GRATED	1	CUP	30	455	4	42
PARMESAN CHEESE, GRATED	1	OZ	9	130	1	12
PARMESAN CHEESE, GRATED	1	TBSP	2	25	0	2
PARSLEY, FREEZE-DRIED	1	TBSP	0	0	0	0
PARSLEY, RAW	10	SPRIG	0	5	1	0
PARSNIPS, COOKED, DRAINED	1	CUP	0	125	30	2
PASTERZD PROCES CHEESE, SWISS	1	OZ	7	95	1	7
PASTERZD PROCES CHEESE,AMERICN	1	OZ	9	105	0	6
PASTERZD PROCES CHESE FOOD,AMR	1	OZ	7	95	2	6
PASTERZD PROCES CHESE SPRED,AM	1	OZ	6	80	2	5
PEA BEANS, DRY, COOKED,DRAINED	1	CUP	1	225	40	15
PEACH PIE	1	PIE	101	2410	361	24
PEACH PIE	1	PIECE	17	405	60	4
PEACHES, CANNED, HEAVY SYRUP	1	CUP	0	190	51	1
PEACHES, CANNED, HEAVY SYRUP	1	HALF	0	60	16	0
PEACHES, CANNED, JUICE PACK	1	CUP	0	110	29	2
PEACHES, CANNED, JUICE PACK	1	HALF	0	35	9	0
PEACHES, DRIED	1	CUP	1	380	98	6
PEACHES, DRIED,COOKED,UNSWETND	1	CUP	1	200	51	3
PEACHES, FROZEN,SWETNED,W/VITC	1	CUP	0	235	60	2
PEACHES, FROZEN,SWETNED,W/VITC	10	OZ	0	265	68	2
PEACHES, RAW	1	PEACH	0	35	10	1
PEACHES, RAW, SLICED	1	CUP	0	75	19	1
PEANUT BUTTER	1	TBSP	8	95	3	5
PEANUT BUTTER COOKIE,HOME RECP	4	COOKIE	14	245	28	4
PEANUT OIL	1	CUP	216	1910	0	0
PEANUT OIL	1	TBSP	14	125	0	0
PEANUTS, OIL ROASTED, SALTED	1	CUP	71	840	27	39
PEANUTS, OIL ROASTED, SALTED	1	OZ	14	165	5	8
PEANUTS, OIL ROASTED, UNSALTED	1	CUP	71	840	27	39
PEANUTS, OIL ROASTED, UNSALTED	1	OZ	14	165	5	8
PEARS, CANNED, HEAVY SYRUP	1	CUP	0	190	49	1
PEARS, CANNED, HEAVY SYRUP	1	HALF	0	60	15	0
PEARS, CANNED, JUICE PACK	1	CUP	0	125	32	1
PEARS, CANNED, JUICE PACK	1	HALF	0	40	10	0
PEARS, RAW, BARTLETT	1	PEAR	1	100	25	1
PEARS, RAW, BOSC	1	PEAR	1	85	21	1
PEARS, RAW, D'ANJOU	1	PEAR	1	120	30	1
PEAS, EDIBLE POD, COOKED,DRNED	1	CUP	0	65	11	5
PEAS, GREEN,CNND,DRND, W/ SALT	1	CUP	1	115	21	8
PEAS, GREEN,CNND,DRND,W/O SALT	1	CUP	1	115	21	8
PEAS, SPLIT, DRY, COOKED	1	CUP	1	230	42	16
PEAS,GRN, FROZEN COOKED,DRAINED	1	CUP	0	125	23	8
PEA, GREEN, SOUP, CANNED	1	CUP	3	165	27	9
PECAN PIE	1	PIE	189	3450	423	42
PECAN PIE	1	PIECE	32	575	71	7
PECANS, HALVES	1	CUP	73	720	20	8

PECANS, HALVES	1 OZ	19	190	5	2
PEPPER-TYPE SODA	12 FL OZ	0	160	41	0
PEPPERS, HOT CHILI, RAW, GREEN	1 PEPPER	0	20	4	1
PEPPERS, HOT CHILI, RAW, RED	1 PEPPER	0	20	4	1
PEPPERS, SWEET, COOKED, GREEN	1 PEPPER	0	15	3	0
PEPPERS, SWEET, COOKED, RED	1 PEPPER	0	15	3	0
PEPPERS, SWEET, RAW, GREEN	1 PEPPER	0	20	4	1
PEPPERS, SWEET, RAW, RED	1 PEPPER	0	20	4	1
PEPPER, BLACK	1 TSP	0	5	1	0
PICKLES, CUCUMBER, DILL	1 PICKLE	0	5	1	0
PICKLES, CUCUMBER, FRESH PACK	2 SLICES	0	10	3	0
PICKLES, CUCUMBER, SWT GHERKIN	1 PICKLE	0	20	5	0
PIECRUST, FROM MIX	2 CRUST	93	1485	141	20
PIECRUST, FROM HOME RECIPE	1 SHELL	60	900	79	11
PINE NUTS	1 OZ	17	160	5	3
PINEAPPLE-GRAPEFRUIT JUICEDRNK	6 FL OZ	0	90	23	0
PINEAPPLE JUICE, CANNED, UNSWTN	1 CUP	0	140	34	1
PINEAPPLE, CANNED, HEAVY SYRUP	1 CUP	0	200	52	1
PINEAPPLE, CANNED, HEAVY SYRUP	1 SLICE	0	45	12	0
PINEAPPLE, CANNED, JUICE PACK	1 CUP	0	150	39	1
PINEAPPLE, CANNED, JUICE PACK	1 SLICE	0	35	9	0
PINEAPPLE, RAW, DICED	1 CUP	1	75	19	1
PINTO BEANS, DRY, COOKED, DRAINED	1 CUP	1	265	49	15
PISTACHIO NUTS	1 OZ	14	165	7	6
PITA BREAD	1 PITA	1	165	33	6
PIZZA, CHEESE	1 SLICE	9	290	39	15
PLANTAINS, COOKED	1 CUP	0	180	48	1
PLANTAINS, RAW	1 PLANTN	1	220	57	2
PLUMS, CANNED, HEAVY SYRUP	1 CUP	0	230	60	1
PLUMS, CANNED, HEAVY SYRUP	3 PLUMS	0	120	31	0
PLUMS, CANNED, JUICE PACK	1 CUP	0	145	38	1
PLUMS, CANNED, JUICE PACK	3 PLUMS	0	55	14	0
PLUMS, RAW, 1-1/2-IN DIAM	1 PLUM	0	15	4	0
PLUMS, RAW, 2-1/8-IN DIAM	1 PLUM	0	35	9	1
POPCORN, AIR-POPPED, UNSALTED	1 CUP	0	30	6	1
POPCORN, POPPED, VEG OIL, SALTD	1 CUP	3	55	6	1
POPCORN, SUGAR SYRUP COATED	1 CUP	1	135	30	2
POPSICLE	1 POPCLE	0	70	18	0
PORK CHOP, LOIN, BROIL, LEAN	2.5 OZ	8	165	0	23
PORK CHOP, LOIN, BROIL, LEN+FT	3.1 OZ	19	275	0	24
PORK CHOP, LOIN, PANFRY, LEAN	2.4 OZ	11	180	0	19
PORK CHOP, LOIN, PANFRY, LEAN+FT	3.1 OZ	27	335	0	21
PORK FRESH HAM, ROASTD, LEAN	2.5 OZ	8	160	0	20
PORK FRESH HAM, ROASTD, LEAN+FT	3 OZ	18	250	0	21
PORK FRESH RIB, ROASTD, LEAN	2.5 OZ	10	175	0	20
PORK FRESH RIB, ROASTD, LEAN+FT	3 OZ	20	270	0	21
PORK SHOULDER, BRAISD, LEAN	2.4 OZ	8	165	0	22
PORK SHOULDER, BRAISD, LEAN+FAT	3 OZ	22	295	0	23
PORK, CURED, BACON, REGUL, CKED	3 SLICE	9	110	0	6
PORK, CURED, BACON, CANADN, CKED	2 SLICE	4	85	1	11
PORK, CURED, HAM, CANNED, ROAST	3 OZ	7	140	0	18
PORK, CURED, HAM, ROSTED, LEAN	2.4 OZ	4	105	0	17
PORK, CURED, HAM, ROSTED, LN+FT	3 OZ	14	205	0	18
PORK, LINK, COOKED	1 LINK	4	50	0	3
PORK, LUNCHEON MEAT, CANNED	2 SLICES	13	140	1	5
PORK, LUNCHEON MEAT, CHOPPD HAM	2 SLICES	7	95	0	7
PORK, LUNCHEON MEAT, CKD HAM, LN	2 SLICES	3	75	1	11

PORK, LUNCHEON MEAT,CKD HAM, RG	2 SLICES	6	105	2	10
POTATO CHIPS	10 CHIPS	7	105	10	1
POTATO SALAD MADE W/ MAYONNAIS	1 CUP	21	360	28	7
POTATOES, AU GRATIN, FROM MIX	1 CUP	10	230	31	6
POTATOES, AU GRATIN, HOME RECP	1 CUP	19	325	28	12
POTATOES, BAKED FLESH ONLY	1 POTATO	0	145	34	3
POTATOES, BAKED WITH SKIN	1 POTATO	0	220	51	5
POTATOES, BOILED, PEELED AFTER	1 POTATO	0	120	27	3
POTATOES, BOILED, PEELED BEFOR	1 POTATO	0	115	27	2
POTATOES, HASHED BROWN,FR FRZN	1 CUP	18	340	44	5
POTATOES, MASHED,FRM DEHYDRTED	1 CUP	12	235	32	4
POTATOES, MASHED,RECPE,MLK+MAR	1 CUP	9	225	35	4
POTATOES, MASHED,RECPE,W/ MILK	1 CUP	1	160	37	4
POTATOES, SCALLOPED, FROM MIX	1 CUP	11	230	31	5
POTATOES, SCALLOPED, HOME RECP	1 CUP	9	210	26	7
POTATOES,FRENCH-FRD,FRZN,FRIED	10 STRIP	8	160	20	2
POTATOES,FRENCH-FRD,FRZN,OVEN	10 STRIP	4	110	17	2
POUND CAKE, COMMERCIAL	1 LOAF	94	1935	257	26
POUND CAKE, COMMERCIAL	1 SLICE	5	110	15	2
POUND CAKE, FROM HOME RECIPE	1 LOAF	94	2025	265	33
POUND CAKE, FROM HOME RECIPE	1 SLICE	5	120	15	2
PRETZELS, STICK	10 PRETZ	0	10	2	0
PRETZELS, TWISTED, DUTCH	1 PRETZ	1	65	13	2
PRETZELS, TWISTED, THIN	10 PRETZ	2	240	48	6
PRODUCT 19 CEREAL	1 OZ	0	110	24	3
PROVOLONE CHEESE	1 OZ	8	100	1	7
PRUNE JUICE, CANNED	1 CUP	0	180	45	2
PRUNES, DRIED	5 LARGE	0	115	31	1
PRUNES, DRIED, COOKED,UNSWTND	1 CUP	0	225	60	2
PUDDING, CHOCOLATE,CANNED	5 OZ	11	205	30	3
PUDDING, CHOC, COOKED FROM MIX	1/2 CUP	4	150	25	4
PUDDING, CHOC, INSTANT, FR MIX	1/2 CUP	4	155	27	4
PUDDING, RICE, FROM MIX	1/2 CUP	4	155	27	4
PUDDING, TAPIOCA, CANNED	5 OZ	5	160	28	3
PUDDING, TAPIOCA, FROM MIX	1/2 CUP	4	145	25	4
PUDDING, VANILLA, CANNED	5 OZ	10	220	33	2
PUDDING, VNLLA,COOKED FROM MIX	1/2 CUP	4	145	25	4
PUDDING, VNLLA,INSTANT FRM MIX	1/2 CUP	4	150	27	4
PUMPERNICKEL BREAD	1 LOAF	16	1160	218	42
PUMPERNICKEL BREAD	1 SLICE	1	80	16	3
PUMPERNICKEL BREAD, TOASTED	1 SLICE	1	80	16	3
PUMPKIN AND SQUASH KERNELS	1 OZ	13	155	5	7
PUMPKIN PIE	1 PIE	102	1920	223	36
PUMPKIN PIE	1 PIECE	17	320	37	6
PUMPKIN, CANNED	1 CUP	1	85	20	3
PUMPKIN, COOKED FROM RAW	1 CUP	0	50	12	2
QUICHE LORRAINE	1 SLICE	48	600	29	13
RADISHES, RAW	4 RADISH	0	5	1	0
RAISIN BRAN, KELLOGG'S	1 OZ	1	90	21	3
RAISIN BRAN, POST	1 OZ	1	85	21	3
RAISIN BREAD	1 LOAF	18	1260	239	37
RAISIN BREAD	1 SLICE	1	65	13	2
RAISIN BREAD, TOASTED	1 SLICE	1	65	13	2
RAISINS	1 CUP	1	435	115	5
RAISINS	1 PACKET	0	40	11	0
RASPBERRIES, FROZEN, SWEETENED	1 CUP	0	255	65	2
RASPBERRIES, FROZEN, SWEETENED	10 OZ	0	295	74	2

RASPBERRIES, RAW	1 CUP	1	60	14	1
RED KIDNEY BEANS, DRY, CANNED	1 CUP	1	230	42	15
REFRIED BEANS, CANNED	1 CUP	3	295	51	18
RELISH, SWEET	1 TBSP	0	20	5	0
RHUBARB, COOKED, ADDED SUGAR	1 CUP	0	280	75	1
RICE KRISPIES CEREAL	1 OZ	0	110	25	2
RICE, BROWN, COOKED	1 CUP	1	230	50	5
RICE, WHITE, COOKED	1 CUP	0	225	50	4
RICE, WHITE, INSTANT, COOKED	1 CUP	0	180	40	4
RICE, WHITE, PARBOILED, COOKED	1 CUP	0	185	41	4
RICE, WHITE, PARBOILED, RAW	1 CUP	1	685	150	14
RICE, WHITE, RAW	1 CUP	1	670	149	12
RICOTTA CHEESE, PART SKIM MILK	1 CUP	19	340	13	28
RICOTTA CHEESE, WHOLE MILK	1 CUP	32	430	7	28
ROAST BEEF SANDWICH	1 SANDWH	13	345	34	22
ROLLS, DINNER, COMMERCIAL	1 ROLL	2	85	14	2
ROLLS, DINNER, HOME RECIPE	1 ROLL	3	120	20	3
ROLLS, FRANKFURTER + HAMBURGER	1 ROLL	2	115	20	3
ROLLS, HARD	1 ROLL	2	155	30	5
ROLLS, HOAGIE OR SUBMARINE	1 ROLL	8	400	72	11
ROOT BEER	12 FL OZ	0	165	42	0
RYE BREAD, LIGHT	1 LOAF	17	1190	218	38
RYE BREAD, LIGHT	1 SLICE	1	65	12	2
RYE BREAD, LIGHT, TOASTED	1 SLICE	1	65	12	2
RYE WAFERS, WHOLE-GRAIN	2 WAFERS	1	55	10	1
SAFFLOWER OIL	1 CUP	218	1925	0	0
SAFFLOWER OIL	1 TBSP	14	125	0	0
SALAMI, COOKED TYPE	2 SLICES	11	145	1	8
SALAMI, DRY TYPE	2 SLICES	7	85	1	5
SALMON, BAKED, RED	3 OZ	5	140	0	21
SALMON, CANNED, PINK, W/ BONES	3 OZ	5	120	0	17
SALMON, SMOKED	3 OZ	8	150	0	18
SALT	1 TSP	0	0	0	0
SALTINES	4 CRACKR	1	50	9	1
SANDWICH SPREAD, PORK, BEEF	1 TBSP	3	35	2	1
SANDWICH TYPE COOKIE	4 COOKIE	8	195	29	2
SARDINES, ATLNTC,CNNED,OIL,DRN	3 OZ	9	175	0	20
SAUERKRAUT, CANNED	1 CUP	0	45	10	2
SCALLOPS, BREADED, FRZN,REHEAT	6 SCALOP	10	195	10	15
SEAWEED, KELP, RAW	1 OZ	0	10	3	0
SEAWEED, SPIRULINA, DRIED	1 OZ	2	80	7	16
SELF-RISING FLOUR, UNSIFTED	1 CUP	1	440	93	12
SEMISWEET CHOCOLATE	1 CUP	61	860	97	7
SESAME SEEDS	1 TBSP	4	45	1	2
SHAKES, THICK, CHOCOLATE	10 OZ	8	335	60	9
SHAKES, THICK, VANILLA	10 OZ	9	315	50	11
SHEETCAKE W/O FRSTNG,HOMERECIP	1 CAKE	108	2830	434	35
SHEETCAKE,W/ WHFRSTNG,HOMERCIP	1 CAKE	129	4020	694	37
SHEETCAKE,W/ WHFRSTNG,HOMERCIP	1 PIECE	14	445	77	4
SHEETCAKE,W/O FRSTNG,HOMERECIP	1 PIECE	12	315	48	4
SHERBET, 2% FAT	1 CUP	4	270	59	2
SHERBET, 2% FAT	1/2 GAL	31	2160	469	17
SHORTBREAD COOKIE, COMMERCIAL	4 COOKIE	8	155	20	2
SHORTBREAD COOKIE, HOME RECIPE	2 COOKIE	8	145	17	2
SHREDDED WHEAT CEREAL	1 OZ	1	100	23	3
SHRIMP, CANNED, DRAINED	3 OZ	1	100	1	21
SHRIMP, FRENCH FRIED	3 OZ	10	200	11	16

SNACK CAKES,DEVILS FOOD,CREMFL	SM CAKE	4	105	17	1
SNACK CAKES,SPONGE CREME FLLNG	SM CAKE	5	155	27	1
SNACK TYPE CRACKERS	1 CRACKR	1	15	2	0
SNAP BEAN,CNND,DRND,GREEN,SALT	1 CUP	0	25	6	2
SNAP BEAN,CNND,DRND,GRN,NOSALT	1 CUP	0	25	6	2
SNAP BEAN,CNND,DRND,YLLW,SALT	1 CUP	0	25	6	2
SNAP BEAN,CNND,DRND,YLLW,NOSAL	1 CUP	0	25	6	2
SNAP BEAN,FRZ,CKD,DRND,GREEN	1 CUP	0	35	8	2
SNAP BEAN,FRZ,CKD,DRND,YELLOW	1 CUP	0	35	8	2
SNAP BEAN,RAW,CKD,DRND,GREEN	1 CUP	0	45	10	2
SNAP BEAN,RAW,CKD,DRND,YELLOW	1 CUP	0	45	10	2
SOUR CREAM	1 CUP	48	495	10	7
SOUR CREAM	1 TBSP	3	25	1	0
SOY SAUCE	1 TBSP	0	10	2	2
SOYBEAN-COTTONSEED OIL, HYDRGN	1 CUP	218	1925	0	0
SOYBEAN-COTTONSEED OIL, HYDRGN	1 TBSP	14	125	0	0
SOYBEAN OIL, HYDROGENATED	1 CUP	218	1925	0	0
SOYBEAN OIL, HYDROGENATED	1 TBSP	14	125	0	0
SOYBEANS, DRY, COOKED, DRAINED	1 CUP	10	235	19	20
SPAGHETTI, COOKED, FIRM	1 CUP	1	190	39	7
SPAGHETTI, COOKED, TENDER	1 CUP	1	155	32	5
SPAGHETTI, TOM SAUCE CHEES,CND	1 CUP	2	190	39	6
SPAGHETTI, TOM SAUCE CHEE,HMRP	1 CUP	9	260	37	9
SPAGHETTI,MEATBALLS,TOMSAC,CND	1 CUP	10	260	29	12
SPAGHETTI,MEATBALLS,TOMSA,HMRP	1 CUP	12	330	39	19
SPECIAL K CEREAL	1 OZ	0	110	21	6
SPINACH SOUFFLE	1 CUP	18	220	3	11
SPINACH, CANNED, DRND,W/ SALT	1 CUP	1	50	7	6
SPINACH, CANNED, DRND,W/O SALT	1 CUP	1	50	7	6
SPINACH, COOKED FR FRZEN, DRND	1 CUP	0	55	10	6
SPINACH, COOKED FROM RAW, DRND	1 CUP	0	40	7	5
SPINACH, RAW	1 CUP	0	10	2	2
SQUASH, SUMMER, COOKED, DRAIND	1 CUP	1	35	8	2
SQUASH, WINTER, BAKED	1 CUP	1	80	18	2
STRAWBERRIES, FROZEN, SWEETEND	1 CUP	0	245	66	1
STRAWBERRIES, FROZEN, SWEETEND	10 OZ	0	275	74	2
STRAWBERRIES, RAW	1 CUP	1	45	10	1
SUGAR COOKIE, FROM REFRIG DOGH	4 COOKIE	12	235	31	2
SUGAR FROSTED FLAKES, KELLOGG	1 OZ	0	110	26	1
SUGAR SMACKS CEREAL	1 OZ	1	105	25	2
SUGAR, BROWN, PRESSED DOWN	1 CUP	0	820	212	0
SUGAR, POWDERED, SIFTED	1 CUP	0	385	100	0
SUGAR, WHITE, GRANULATED	1 CUP	0	770	199	0
SUGAR, WHITE, GRANULATED	1 PKT	0	25	6	0
SUGAR, WHITE, GRANULATED	1 TBSP	0	45	12	0
SUNFLOWER OIL	1 CUP	218	1925	0	0
SUNFLOWER OIL	1 TBSP	14	125	0	0
SUNFLOWER SEEDS	1 OZ	14	160	5	6
SUPER SUGAR CRISP CEREAL	1 OZ	0	105	26	2
SWEET (DARK) CHOCOLATE	1 OZ	10	150	16	1
SWEETENED CONDENSED MILK CNND	1 CUP	27	980	166	24
SWEETPOTATOES, BAKED, PEELED	1 POTATO	0	115	28	2
SWEETPOTATOES, BOILED W/O PEEL	1 POTATO	0	160	37	2
SWEETPOTATOES, CANDIED	1 PIECE	3	145	29	1
SWEETPOTATOES, CANNED, MASHED	1 CUP	1	260	59	5
SWEETPOTATOES, CNND, VAC PACK	1 PIECE	0	35	8	1
SWISS CHEESE	1 OZ	8	105	1	8

SYRUP, CHOCOLATE FLAVORED THIN	2 TBSP	0	85	22	1
SYRUP, CHOCOLATE FLVRED, FUDGE	2 TBSP	5	125	21	2
TABLE SYRUP (CORN AND MAPLE)	2 TBSP	0	122	32	0
TACO	1 TACO	11	195	15	9
TAHINI	1 TBSP	8	90	3	3
TANGERINE JUICE, CANNED,SWTND	1 CUP	0	125	30	1
TANGERINES, CANNED, LIGHT SYRP	1 CUP	0	155	41	1
TANGERINES, RAW	1 TANGRN	0	35	9	1
TARTAR SAUCE	1 TBSP	8	75	1	0
TEA, BREWED	8 FL OZ	0	0	0	0
TEA, INSTANT,PREPRD,UNSWEETEND	8 FL OZ	0	0	1	0
TEA, INSTANT,PREPARD,SWEETENED	8 FL OZ	0	85	22	0
TOASTER PASTRIES	1 PASTRY	6	210	38	2
TOFU	1 PIECE	5	85	3	9
TOMATO JUICE, CANNED WITH SALT	1 CUP	0	40	10	2
TOMATO JUICE, CANNED W/O SALT	1 CUP	0	40	10	2
TOMATO PASTE, CANNED WITH SALT	1 CUP	2	220	49	10
TOMATO PASTE, CANNED W/O SALT	1 CUP	2	220	49	10
TOMATO PUREE, CANNED WITH SALT	1 CUP	0	105	25	4
TOMATO PUREE, CANNED W/O SALT	1 CUP	0	105	25	4
TOMATO SAUCE, CANNED WITH SALT	1 CUP	0	75	18	3
TOMATO SOUP WITH MILK, CANNED	1 CUP	6	160	22	6
TOMATO SOUP W/ WATER, CANNED	1 CUP	2	85	17	2
TOMATO VEG SOUP, DEHYD,PREPRED	1 PKT	1	40	8	1
TOMATOES, CANNED, S+L, W/ SALT	1 CUP	1	50	10	2
TOMATOES, CANNED, S+L,W/O SALT	1 CUP	1	50	10	2
TOMATOES, RAW	1 TOMATO	0	25	5	1
TORTILLAS, CORN	1 TORTLA	1	65	13	2
TOTAL CEREAL	1 OZ	1	100	22	3
TRIX CEREAL	1 OZ	0	110	25	2
TROUT, BROILED, W/ BUTTR,LEMJU	3 OZ	9	175	0	21
TUNA SALAD	1 CUP	19	375	19	33
TUNA, CANND, DRND,OIL,CHK,LGHT	3 OZ	7	165	0	24
TUNA, CANND, DRND,WATR, WHITE	3 OZ	1	135	0	30
TURKEY HAM, CURED TURKEY THIGH	2 SLICES	3	75	0	11
TURKEY LOAF, BREAST MEAT W/O C	2 SLICES	1	45	0	10
TURKEY LOAF, BREAST MEAT, W/ C	2 SLICES	1	45	0	10
TURKEY PATTIES, BRD,BATTD,FRID	1 PATTY	12	180	10	9
TURKEY ROAST, FRZN,LGHT+DRK,CK	3 OZ	5	130	3	18
TURKEY, ROASTED, DARK MEAT	4 PIECES	6	160	0	24
TURKEY, ROASTED, LIGHT MEAT	2 PIECES	3	135	0	25
TURKEY, ROASTED, LIGHT + DARK	1 CUP	7	240	0	41
TURKEY, ROASTED, LIGHT + DARK	3 PIECES	4	145	0	25
TURNIP GREENS, CKED FRM FROZEN	1 CUP	1	50	8	5
TURNIP GREENS, COOKED FROM RAW	1 CUP	0	30	6	2
TURNIPS, COOKED, DICED	1 CUP	0	30	8	1
VANILLA WAFERS	10 COOKE	7	185	29	2
VEAL CUTLET, MED FAT,BRSD,BRLD	3 OZ	9	185	0	23
VEAL RIB, MED FAT, ROASTED	3 OZ	14	230	0	23
VEGETABLE BEEF SOUP, CANNED	1 CUP	2	80	10	6
VEGETABLE JUICE COCKTAIL, CNND	1 CUP	0	45	11	2
VEGETABLES, MIXED, CANNED	1 CUP	0	75	15	4
VEGETABLES, MIXED, CKED FR FRZ	1 CUP	0	105	24	5
VEGETARIAN SOUP, CANNED	1 CUP	2	70	12	2
VIENNA BREAD	1 SLICE	1	70	13	2
VIENNA SAUSAGE	1 SAUSAG	4	45	0	2
VINEGAR AND OIL SALAD DRESSING	1 TBSP	8	70	0	0

VINEGAR, CIDER	1 TBSP	0	0	1	0
WAFFLES, FROM HOME RECIPE	1 WAFFLE	13	245	26	7
WAFFLES, FROM MIX	1 WAFFLE	8	205	27	7
WALNUTS, BLACK, CHOPPED	1 CUP	71	760	15	30
WALNUTS, BLACK, CHOPPED	1 OZ	16	170	3	7
WALNUTS, ENGLISH, PIECES	1 CUP	74	770	22	17
WALNUTS, ENGLISH, PIECES	1 OZ	18	180	5	4
WATER CHESTNUTS, CANNED	1 CUP	0	70	17	1
WATERMELON, RAW	1 PIECE	2	155	35	3
WATERMELON, RAW, DICED	1 CUP	1	50	11	1
WHEAT BREAD	1 LOAF	19	1160	213	43
WHEAT BREAD	1 SLICE	1	65	12	2
WHEAT BREAD, TOASTED	1 SLICE	1	65	12	3
WHEAT FLOUR, ALL-PURPOSE, SIFTD	1 CUP	1	420	88	12
WHEAT FLOUR, ALL-PURPOSE, UNSIF	1 CUP	1	455	95	13
WHEATIES CEREAL	1 OZ	0	100	23	3
WHEAT, THIN CRACKERS	4 CRACKR	1	35	5	1
WHIPPED TOPPING, PRESSURIZED	1 CUP	13	155	7	2
WHIPPED TOPPING, PRESSURIZED	1 TBSP	1	10	0	0
WHIPPING CREAM, UNWHIPPED, HEAVY	1 CUP	88	820	7	5
WHIPPING CREAM, UNWHIPPED, HEAVY	1 TBSP	6	50	0	0
WHIPPING CREAM, UNWHIPPED, LIGHT	1 CUP	74	700	7	5
WHIPPING CREAM, UNWHIPPED, LIGHT	1 TBSP	5	45	0	0
WHITE BREAD	1 LOAF	18	1210	222	38
WHITE BREAD CRUMBS, SOFT	1 CUP	2	120	22	4
WHITE BREAD CUBES	1 CUP	1	80	15	2
WHITE BREAD, SLICE 18 PER LOAF	1 SLICE	1	65	12	2
WHITE BREAD, SLICE 22 PER LOAF	1 SLICE	1	55	10	2
WHITE BREAD, TOASTED 18 PER	1 SLICE	1	65	12	2
WHITE BREAD, TOASTED 22 PER	1 SLICE	1	55	10	2
WHITE CAKE W/ WHT FRSTNG, COMML	1 CAKE	148	4170	670	43
WHITE CAKE W/ WHT FRSTNG, COMML	1 PIECE	9	260	42	3
WHITE SAUCE W/ MILK FROM MIX	1 CUP	13	240	21	10
WHITE SAUCE, MEDIUM, HOME RECP	1 CUP	30	395	24	10
WHOLE-WHEAT BREAD	1 LOAF	20	1110	206	44
WHOLE-WHEAT BREAD	1 SLICE	1	70	13	3
WHOLE-WHEAT BREAD, TOASTED	1 SLICE	1	70	13	3
WHOLE-WHEAT FLOUR, HRD WHT, STIR	1 CUP	2	400	85	16
WHOLE-WHEAT WAFERS, CRACKERS	2 CRACKR	2	35	5	1
WINE, DESSERT	3.5 F OZ	0	140	8	0
WINE, TABLE, RED	3.5 F OZ	0	75	3	0
WINE, TABLE, WHITE	3.5 F OZ	0	80	3	0
YEAST, BAKERS, DRY, ACTIVE	1 PKG	0	20	3	3
YEAST, BREWERS, DRY	1 TBSP	0	25	3	3
YELLOW CAKE W/ CHOC FRST, FRMIX	1 CAKE	125	3735	638	45
YELLOW CAKE W/ CHOC FRST, FRMIX	1 PIECE	8	235	40	3
YELLOWCAKE W/ CHOCFRSTNG, COMML	1 CAKE	175	3895	620	40
YELLOWCAKE W/ CHOCFRSTNG, COMML	1 PIECE	11	245	39	2
YOGURT, W/ LOFAT MILK, PLAIN	8 OZ	4	145	16	12
YOGURT, W/ LOFAT MILK, FRUITFLV	8 OZ	2	230	43	10
YOGURT, W/ NONFAT MILK	8 OZ	0	125	17	13
YOGURT, W/ WHOLE MILK	8 OZ	7	140	11	8