

Appendix N

FOOD COMPOSITION TABLE

The following table of nutrient values of foods represents a small portion of the database found in the NutritionCalc Plus diet analysis program available from McGraw-Hill. The nutrient data in the software and in Appendix N comes from the ESHA Research database. ESHA's data utilizes the USDA nutrient database as its core and also includes data provided by food manufacturers and restaurants. (Note: Due to space constraints, Appendix N contains fewer nutrient categories, such as soluble and insoluble fiber, than are included in NutritionCalc Plus reports.)

The following is a list of abbreviations used in the Food Composition Table:

Abbreviation Key

Unit/Amt = Unit Amount
Wt (g) = Weight in grams
Energy (kcal) = kilocalories
Prot (g) = Protein
Carb (g) = Carbohydrate
Fiber (g) = Dietary fiber
Fat (g) = Total fat
Sat (g) = Saturated fat
Mono (g) = Monounsaturated fat
Poly (g) = Polyunsaturated fat
Chol (mg) = Cholesterol
Vit A (RE) = Vitamin A
Thia (mg) = Thiamin
Ribo (mg) = Riboflavin
Niac (mg NE) = Niacin
Vit B6 (mg) = Vitamin B-6
Vit B12 (μg) = Vitamin B-12
Fol (μg) = Folate
Vit C (mg) = Vitamin C
Vit D (IU) = Vitamin D
Vit E (mg AT) = Vitamin E

Cal (mg) = Calcium
Iron (mg) = Iron
Magn (mg) = Magnesium
Phos (mg) = Phosphorus
Pota (mg) = Potassium
Sodi (mg) = Sodium
Zinc (mg) = Zinc
Wat (%) = Water
Alco (g) = Alcohol
Caff (g) = Caffeine

g = gram
mg = milligram
 μg = microgram
mg AT = milligrams of alpha-tocopheral
mg NE = milligrams of Niacin
Equivalents
oz = ounce
lb = pound
Tbs = tablespoon
tsp = teaspoon

► Note: Some nutrient or food component values for some foods are not included in the database because no *accurate* data values exist. The nutrient or component may in fact be present in the food, but insufficient laboratory analyses have been performed to establish an accurate value. These are indicated by a — (dash) in the appropriate nutrient columns.

Name brand foods often have missing values because manufacturers are only required to analyze for nutrients that must appear on Nutrition Facts labels and only to the level of accuracy required by the nutrition labeling regulations. All missing nutrient or food component values are clearly marked in the table.

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A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
BEVERAGES AND BEVERAGE MIXES													
Alcoholic Beverages and Mixes													
22671	Alcohol, bourbon, 80 proof	1 fl-oz	28	64	0	0	0	0	0.0	0.0	0.0	0	0
22513	Alcohol, brandy, 80 proof	1 fl-oz	28	64	0	0	0	0	0.0	0.0	0.0	0	0
22514	Alcohol, gin, 80 proof	1 fl-oz	28	64	0	0	0	0	0.0	0.0	0.0	0	0
22593	Alcohol, rum, 80 proof	1 fl-oz	28	64	0	0	0	0	0.0	0.0	0.0	0	0
22515	Alcohol, tequila, 80 proof	1 fl-oz	28	64	0	0	0	0	0.0	0.0	0.0	0	0
22594	Alcohol, vodka, 80 proof	1 fl-oz	28	64	0	0	0	0	0.0	0.0	0.0	0	0
22670	Alcohol, whiskey, 80 proof	1 fl-oz	28	64	0	0	0	0	0.0	0.0	0.0	0	0
34066	Beer, amber ale	12 fl-oz	356	169	2	14		0	0.0	0.0	0.0	0	
22500	Beer, can/btl, 12 fl oz	12 fl-oz	356	153	2	13	0	0	0.0	0.0	0.0	0	0
34053	Beer, Light	12 fl-oz	353	105	1	5	0	0	0.0	0.0	0.0	0	
22606	Beer, non alcoholic	12 fl-oz	353	73	1	14	0	0	0.0	0.0	0.0	0	
22521	Liqueur, Creme De Menthe, 72 proof	1 fl-oz	34	125	0	14	0	0	0.0	0.0	0.1	0	0
34052	Malt Beverage	12 fl-oz	353	185	0	21	0	0	0.0	0.0	0.0	0	
34057	Mixed Drink, bloody mary, prep f/recipe	1 ea	209	46	1	7	1	0	0.0			0	117
22538	Mixed Drink, daiquiri, 6.8 fl oz can	6.8 fl-oz	207	259	0	32	0	0	0.0	0.0	0.0	0	0
34058	Mixed Drink, gin & tonic, prep f/recipe	1 ea	232	160	0	8	0	0	0.0	0.0	0.0	0	0
22556	Mixed Drink, high ball	1 ea	160	105	0	0	0	0	0.0	0.0	0.0	0	0
22569	Mixed Drink, Irish coffee, 1 fl oz	1 ea	26	26	0	1	0	1	0.8	0.4	0.0	5	15
22568	Mixed Drink, Long Island iced tea	5 fl-oz	125	119	0	9	0	0	0.0	0.0	0.0	0	0
22566	Mixed Drink, mai tai	1 ea	126	305	0	29	0	0	0.0	0.0	0.1	0	0
22557	Mixed Drink, margarita	1 ea	77	170	0	11	0	0	0.0	0.0	0.0	0	0
22571	Mixed Drink, Mexican eggnog/rompopo	4 fl-oz	122	203	5	19	0	7	2.8	2.3	0.7	184	102
22528	Mixed Drink, pina colada, prep f/recipe, 4.5 fl oz	1 ea	141	245	1	32	0	3	2.3	0.1	0.0	0	0
22683	Mixed Drink, screwdriver cocktail	1 ea	213	182	1	18	0	0	0.0	0.0	0.0	0	14
22511	Mixed Drink, sweet vermouth	1 fl-oz	30	46	0	4		0	0.0	0.0	0.0	0	0
22539	Mixed Drink, tequila sunrise, 6.8 fl oz can	1 ea	211	232	1	24	0	0	0.0			0	20
20122	Mixer, pina colada, non alcoholic	1 ea	30	32	0	7	0	1	0.5	0.0	0.0	0	0
22534	Mixer, whiskey sour, btl	1 fl-oz	32	28	0	7	0	0	0.0	0.0	0.0	0	0
22577	Wine, all table types	5 fl-oz	148	123	0	4	0	0	0.0	0.0	0.0	0	0
20076	Wine, non alcoholic	4 fl-oz	116	7	1	1	0	0	0.0	0.0	0.0	0	0
22501	Wine, red	5 fl-oz	147	125	0	4	0	0	0.0	0.0	0.0	0	0
22600	Wine, rice, Japanese	1 fl-oz	29	39	0	1	0	0	0.0	0.0	0.0	0	0
Carbonated Drinks													
20055	Soda, 7 Up	8 fl-oz	246	103	0	27	0	0	0.0	0.0	0.0	0	0
20207	Soda, 7 Up, diet	1 cup	246	0	0	0	0	0	0.0	0.0	0.0	0	0
20271	Soda, citrus	8 fl-oz	251	110	0	31	0	0	0.0	0.0	0.0	0	0
20272	Soda, citrus, diet, w/art swtnr	8 fl-oz	240	0	0	0	0	0	0.0	0.0	0.0	0	0
20006	Soda, club	8 fl-oz	237	0	0	0	0	0	0.0	0.0	0.0	0	0
20148	Soda, Coca-Cola	1 btl	430	170	0	46	0	0	0.0	0.0	0.0	0	0
20166	Soda, cola	8 fl-oz	249	100	0	28	0	0	0.0	0.0	0.0	0	0
443	Soda, cola, caff free	1 can	368	151	0	39	0	0	0.0	0.0	0.0	0	0
20167	Soda, cola, diet, w/asp	8 fl-oz	240	0	0	0	0	0	0.0	0.0	0.0	0	0
4796	Soda, Dr. Pepper	1 cup	246	100	0	27	0	0	0.0	0.0	0.0	0	0

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 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.00	0.0	1	1	0	0.0	67	9.28	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.00	0.0	1	1	0	0.0	67	9.28	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.00	0.0	1	1	0	0.0	67	9.28	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.02	0.0	1	1	0	0.0	67	9.28	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.00	0.0	1	1	0	0.0	67	9.28	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0			0	0.00	0.0	1	0	0	0.0	67	9.28	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.00	0.0	1	1	0	0.0	67	9.28	0.00
														44			18.65	0.00
0.01	0.09	1.83	0.15	0.07	21.4	0.0	0.0	0.0	14	0.07	21.4	50	96	14	0.0	92	13.88	0.00
0.03	0.03	1.40							11				59	11		333	14.11	0.00
0.03	0.07	1.40							19				54	10		336	1.77	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.01	0.0	0	0	2	0.0	28	10.01	0.00
0.03	0.03	0.87							38				51	20			16.94	0.00
0.00	0.00	0.03	0.00	0.00	2.4	23.6	0.0	0.0	19	1.07	2.2	4	52	558	0.0	197	1.38	0.00
0.00	0.00	0.02	0.00	0.00	2.1	2.7			0	0.01	2.1	4	23	83	0.1	75	19.87	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	3	0.03	0.9	2	1	7	0.1	206	18.56	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	6	0.02	1.2	2	3	25	0.1	81	15.09	0.00
0.00	0.00	0.03	0.00	0.00	0.1	0.0	1.8	0.0	3	0.00	1.1	3	12	2	0.0	86	1.63	
0.00	0.00	0.02	0.00	0.00	1.3	3.2	0.0	0.0	4	0.05	1.8	12	14	6	0.0	73	12.14	0.00
0.00	0.00	0.05	0.00	0.00	1.2	1.0	0.0	0.0	3	0.09	2.4	6	24	11	0.1	32	27.56	0.00
0.00	0.00	0.03	0.00	0.00	1.2	1.0	0.0	0.0	2	0.05	1.4	4	15	4	0.0	37	18.50	0.00
0.03	0.20	0.07	0.07	0.55	18.0	0.6	43.7	0.5	106	0.54	11.1	136	125	42	0.7	69	7.48	0.00
0.03	0.01	0.17	0.05	0.00	16.9	6.9		0.0	11	0.30	11.3	10	100	8	0.2	65	13.96	0.00
0.14	0.02	0.34	0.07	0.00	74.9	66.5	0.0	0.3	15	0.18	17.1	29	326	2	0.1	76	15.10	0.00
0.00	0.00	0.05	0.00	0.00	0.1	0.0		0.0	2	0.07	2.7	3	28	3	0.0	57	4.59	0.00
0.07	0.02	0.40	0.10	0.00	23.2	40.7			0	0.03	14.8	21	21	120	1.3	79	19.82	0.00
0.00	0.00	0.03	0.00	0.00	3.5	1.5	0.0	0.0	3	0.05	2.3	2	21	2	0.0	75	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.9	0.0	0.0	1	0.03	0.3	2	9	33	0.0	78	0.00	0.00
0.00	0.02	0.25	0.07	0.00	1.5	0.0	0.0	0.0	12	0.55	16.3	30	147	7	0.2	87	15.39	0.00
0.00	0.00	0.11	0.01	0.00	1.2	0.0	0.0	0.0	10	0.46	11.6	17	102	8	0.1	98	0.00	0.00
0.00	0.05	0.33	0.07	0.00	1.5	0.0	0.0	0.0	12	0.68	17.6	34	187	6	0.2	86	15.57	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	1	0.02	1.7	2	7	1	0.0	78	4.69	0.00
				0.00		0.0						46		51		214	0.00	0.00
0.00	0.00		0.00	0.00		0.0								36		240	0.00	0.00
						0.0			0	0.00		0	0	40		220	0.00	36.00
						0.0			0	0.00		0	50	35			0.00	36.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	12	0.01	2.4	0	5	50	0.2	100	0.00	0.00
						0.0								55			0.00	40.00
						0.0						36	10	20		221	0.00	25.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	7	0.07	0.0	40	11	15	0.0	90	0.00	0.00
						0.0						27	20	25		239	0.00	24.00
						0.0								35		219	0.00	27.20

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Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
4797	Soda, Dr. Pepper, diet	1 cup	246	0	0	0	0	0	0.0	0.0	0.0		0
4800	Soda, fruit punch, juicy red, Hawaiian Punch, cnd	1 cup	248	130	0	33	0	0	0.0	0.0	0.0		0
20031	Soda, grape	1 cup	248	107	0	28	0	0	0.0	0.0	0.0	0	0
20029	Soda, orange	1 cup	248	119	0	31	0	0	0.0	0.0	0.0	0	0
20161	Soda, Pibb Xtra	8 fl-oz	246	100	0	26	0	0	0.0	0.0	0.0	0	0
20009	Soda, root beer	1 cup	246	101	0	26	0	0	0.0	0.0	0.0	0	0
20454	Soda, root beer, diet, w/nutrasweet	1 cup	240	0	0	0	0	0	0.0	0.0	0.0	0	
20032	Soda, Sprite	8 fl-oz	264	106	0	27	0	0				0	0
4815	Soda, Squirt	1 cup	246	100	0	27	0	0	0.0	0.0	0.0		0
Coffee and Tea													
20312	Coffee Substitute, inst	1 tsp	3	10	0	3		0	0.0	0.0	0.0	0	0
20439	Coffee, espresso, restaurant prep	8 fl-oz	240	5	0	0	0	0	0.2	0.0	0.2	0	0
20023	Coffee, reg, inst, prep w/water	8 fl-oz	238	5	0	1	0	0	0.0	0.0	0.0	0	0
20014	Tea, brewed w/tap water	1 cup	237	2	0	1	0	0	0.0	0.0	0.0	0	0
20495	Tea, dry	1 bag	2	0	0	0	0	0	0.0	0.0	0.0	0	0
20681	Tea, green	0.5 btl	252	100	0	25	0	0	0.0	0.0	0.0	0	0
20853	Tea, herbal, Echinacea Complete Care, brewed	1 cup	237	0	0	0	0	0	0.0	0.0	0.0	0	0
20857	Tea, herbal, Ginseng Energy, brewed	1 cup	237	0	0	0	0	0	0.0	0.0	0.0	0	0
20036	Tea, herbal, not chamomile, brewed	1 cup	237	2	0	0	0	0	0.0	0.0	0.0	0	0
20899	Tea, herbal, Sleepytime, brewed	1 cup	237	0	0	0	0	0	0.0	0.0	0.0	0	0
20542	Tea, iced, black, lemon	1 can	368	120	0	33	0	0	0.0	0.0	0.0	0	0
30451	Tea, iced, inst	2 tsp	1	0	0	0	0	0	0.0	0.0	0.0	0	0
20724	Tea, iced, w/lemonade	0.5 btl	252	110	0	28	0	0	0.0	0.0	0.0	0	
Fruit Flavored Drinks													
20004	Drink, breakfast, orange, prep f/pwd	8 fl-oz	271	133	0	34	0	0	0.0	0.0	0.0	0	209
14592	Drink, cherry, w/art swtnr, dry mix, pkt	1 indiv pkt	8	30	0	7	0	0	0.0	0.0	0.0	0	0
20737	Drink, fruit punch	0.5 btl	252	110	0	29	0	0	0.0	0.0	0.0	0	
20176	Drink, fruit punch, non carbonated	8 fl-oz	240	133	0	33	0	0	0.0	0.0	0.0	0	
20761	Drink, Island Punch	0.4 btl	252	110	0	27	0	0	0.0	0.0	0.0	0	0
4794	Drink, lemonade, Country Time, cnd	1 cup	247	90	0	23	0	0	0.0	0.0	0.0		0
20045	Drink, lemonade, prep f/pwd	8 fl-oz	255	69	0	18	0	0				0	0
20746	Drink, pink lemonade	0.5 btl	252	110	0	26	0	0	0.0	0.0	0.0	0	
20744	Juice Drink, raspberry peach	0.5 btl	252	120	0	29	0	0	0.0	0.0	0.0	0	
3903	Juice Drink, vegetable & fruit, citrus blend	1 cup	246	110	0	27	0	0	0.0	0.0	0.0	0	1000
81362	Smoothie, strawberry banana	8 fl-oz	240	124	1	29	1	0	0.0	0.0	0.0	0	0
Juices													
793	Juice, apple	1 cup	236	110	0	29	0	0	0.0	0.0	0.0	0	
3008	Juice, apple, unswtnd, cnd/btl	1 cup	248	114	0	28	0	0	0.1	0.0	0.1	0	0
1853	Juice, grape	8 fl-oz	236	150	0	38	0	0	0.0	0.0	0.0	0	
794	Juice, grapefruit	8 fl-oz	236	120	0	29	0	0	0.0	0.0	0.0	0	
3455	Juice, grapefruit, pink, fresh	1 cup	247	96	1	23		0	0.0	0.0	0.1	0	109
1854	Juice, orange	1 cup	236	120	0	29	0	0	0.0	0.0	0.0	0	
3090	Juice, orange, fresh	1 cup	248	112	2	26	0	0	0.1	0.1	0.1	0	50
3094	Juice, orange, unswtnd, fzn conc, 6 fl oz can	1 fl-oz	36	56	1	14	0	0	0.0	0.0	0.0	0	13
3128	Juice, prune, cnd	1 cup	256	182	2	45	3	0	0.0	0.1	0.0	0	1
7463	Juice, tomato, cnd	1 cup	243	50	2	10	2	0	0.0	0.0	0.0	0	100
6507	Juice, vegetable, cnd	1 cup	243	50	2	10	2	0	0.0	0.0	0.0	0	400

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Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
						0.0								35			0.00	27.20
						0.0								90			0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0			7	0.20	2.5	0	2	37	0.2	89	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0			12	0.15	2.5	2	5	30	0.2	88	0.00	0.00
						0.0			0	0.00				30			0.00	27.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	12	0.11	2.5	0	2	32	0.2	89	0.00	0.00
				0.00										30			0.00	0.00
0.00	0.00	0.03	0.00	0.00	0.0	0.0	0.0	0.0	5	0.28	2.6	0	3	24	0.1	90	0.00	0.00
						0.0								15		219	0.00	0.00
						0.0			0	0.00				0		0	0.00	0.00
0.00	0.41	12.50	0.00	0.00	2.4	0.5	0.0	0.0	5	0.31	192.0	17	276	34	0.1	98	0.00	508.79
0.00	0.00	0.56	0.00	0.00	0.0	0.0		0.0	10	0.10	9.5	7	72	10	0.0	99	0.00	61.97
0.00	0.02	0.00	0.00	0.00	11.8	0.0	0.0	0.0	0	0.05	7.1	2	88	7	0.0	100	0.00	47.40
						0.0			0	0.00				25			0.00	55.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	6	0.00	2.1	0	2	10	0.0		0.00	18.00
						35.0			0	0.00				0	7.5	237	0.00	0.00
			0.50	1.50		0.0			0	0.00				0		237	0.00	0.00
0.01	0.00	0.00	0.00	0.00	2.4	0.0	0.0	0.0	5	0.18	2.4	0	21	2	0.1	100	0.00	0.00
						0.0			0	0.00				30		237	0.00	0.00
						0.0			0	0.00				45			0.00	
						0.0			0	0.00				0		1	0.00	25.00
0.00	0.00	0.03	0.00	0.00	1.9	0.0	0.0	0.0	8	0.01	3.4	2	21	10	0.0		0.00	18.00
0.00	0.23	2.76	0.28	0.00	0.0	80.0		0.0	141	0.00	2.7	52	68	14	0.0	87	0.00	0.00
						6.0			0	0.00				0			0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	6	0.00	2.2	1	23	10	0.0	223	0.00	0.00
				0.00		43.3						0	0	30			0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	6	0.00	2.0	0	2	10	0.0		0.00	0.00
						0.0								90		224	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	7.4	0.0	0.0	10	0.02	33.1	18	8	33	0.0	93	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.4	0.0	0.0	0.0	7	0.01	2.4	0	8	10	0.0		0.00	0.00
0.00	0.00	0.01	0.00	0.00	0.7	0.0	0.0	19.5	7	0.01	2.6	1	9	10	0.0		0.00	0.00
						78.0			0	0.00				35		50	0.00	0.00
						60.0			0	0.89				475		10	0.00	0.00
														10		207	0.00	0.00
0.05	0.03	0.18	0.03	0.00	0.0	2.2	0.0	0.0	20	0.30	12.4	17	250	10	0.0	88	0.00	0.00
														10		198	0.00	0.00
														0		205	0.00	0.00
0.10	0.05	0.49	0.10	0.00	24.7	93.9	0.0		22	0.49	29.6	37	400	2	0.1	90	0.00	0.00
																	0.00	0.00
0.21	0.07	0.99	0.10	0.00	74.4	124.0	0.0	0.1	27	0.50	27.3	42	496	2	0.1	88	0.00	0.00
0.10	0.01	0.25	0.05	0.00	55.0	49.0	0.0	0.3	11	0.11	12.1	20	239	1	0.1	58	0.00	0.00
0.03	0.18	2.00	0.56	0.00	0.0	10.5	0.0	0.3	31	3.01	35.8	64	707	10	0.5	81	0.00	0.00
						60.0			20	0.36				680		228	0.00	0.00
						60.0			40	0.72				520		620	0.00	0.00

A-120 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
A-138 Fats, Oils, Margariners, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
Other Beverages													
44	Drink, carob, prep f/dry mix w/whole milk	1 cup	256	192	8	22	1	8	4.6	2.0	0.5	26	69
14	Drink, chocolate, dry mix	2.5 tsp	22	89	1	20	1	1	0.4	0.2	0.0	0	0
20982	Drink, corn	1 fl-oz	30	12	0	3	0	0				0	1
38362	Drink, horchata de arroz, rice beverage, Mexican	1 cup	245	100	0	25	0	0	0.0	0.0	0.0	0	0
62057	Drink, Instant Breakfast, classic French vanilla, dry mix	1 indiv pkt	36	130	5	27	0	0	0.0	0.0	0.0	3	
101	Drink, Instant Breakfast, prep w/1% milk	1 cup	281	233	15	36	0	3	1.8			14	469
25	Drink, Instant Breakfast, prep w/2% milk	1 cup	281	253	15	36	0	5	3.1			24	469
26	Drink, Instant Breakfast, prep w/whole milk	1 cup	281	280	15	36	0	9	5.3			38	630
40	Drink, strawberry, dry mix	2.5 tsp	22	86	0	22	0	0				0	0
20589	Drink, sugar cane, Puerto Rican	1 cup	240	164	0	42	0	0	0.0	0.0	0.0	0	0
12	Hot Cocoa, dry mix	3 tsp	28	111	2	23	1	1	0.7	0.4	0.0	0	0
48	Hot Cocoa, prep f/dry mix w/water	8 fl-oz	274	151	3	32	1	2	0.9	0.5	0.0	0	0
30	Malted Milk, chocolate, pwd pkt	3 tsp	21	86	1	18	1	1	0.5	0.2	0.1	0	7
20051	Water, bottled, Poland Spring	1 cup	237	0	0	0	0	0	0.0	0.0	0.0	0	0
20041	Water, tap, municipal	1 cup	237	0	0	0	0	0	0.0	0.0	0.0	0	0
CANDIES													
23076	Candy Bar, 3 Musketeers, fun size	2 ea	28	122	1	22	0	4	2.4	0.7	0.1	1	6
23125	Candy Bar, 5th Avenue, 2oz	1 ea	56	270	5	35	2	13	3.7	5.9	1.9	3	8
23049	Candy Bar, Almond Joy, 1.7oz	1 ea	49	235	2	29	2	13	8.6	2.6	0.6	2	4
23110	Candy Bar, Baby Ruth, 2.1 oz bar	1 ea	60	275	3	39	1	13	7.3	3.3	1.6	0	0
23066	Candy Bar, Butterfinger, 2.16oz bar	1 ea	60	275	3	44	1	11	5.7	3.1	1.9	0	0
23116	Candy Bar, Caramello, 1.6oz	1 ea	45	208	3	29	1	10	5.7	2.4	0.3	12	27
23118	Candy Bar, carob, unswtnd, 3oz bar	1 ea	87	470	7	49	3	27	25.2	0.4	0.3	1	1
23099	Candy Bar, crisped rice, chocolate chip	1 ea	28	113	1	20	1	4	1.5	1.1	1.0	0	99
90694	Candy Bar, Crunch, 1.55oz bar	1 ea	44	220	2	29	1	11	7.0			6	9
92637	Candy Bar, dark choc, w/almonds, nuggets	1 ea	10	50	1	5	1	4	1.5			0	0
91519	Candy Bar, Heath, bites	15 ea	39	207	2	25	1	12	6.1	3.4	1.0	7	18
23060	Candy Bar, Kit Kat, 1.5oz bar	1 ea	42	218	3	27	0	11	7.5	2.5	0.4	5	10
23061	Candy Bar, Krackel, 1.45oz	1 ea	41	210	3	26	1	11	6.5	2.6	0.2	5	8
23037	Candy Bar, Mars almond, 1.76oz bar	1 ea	50	234	4	31	1	12	3.6	5.3	2.0	8	8
92633	Candy Bar, milk chocolate	1 ea	17	90	1	10	0	5	3.5			5	0
23146	Candy Bar, milk chocolate, 1.5oz bar	1 ea	42	223	4	24	1	13	7.7	3.3	0.3	10	19
23038	Candy Bar, Milky Way, 2.05oz bar	1 ea	58	264	2	41	1	10	7.0	1.3	0.2	5	18
23035	Candy Bar, Mounds, 1.9oz	1 ea	53	258	2	31	2	14	10.9	0.2	0.1	1	0
23062	Candy Bar, Mr. Goodbar, 1.75oz	1 ea	49	264	5	27	2	16	6.9	4.0	2.1	5	17
92654	Candy Bar, Payday, snack	1 ea	20	90	2	10		5	0.5			0	
23137	Candy Bar, peanut, 1.4oz bar	1 ea	40	209	6	19	2	13	1.9	6.7	4.3	0	0
91513	Candy Bar, Reese's Nutrageous, 0.6oz bar	2 ea	34	176	4	18	1	11	3.0	4.3	2.8	1	2
92674	Candy Bar, royal dark, blocks	10 pce	40	220	2	24	3	13	8.0			5	0
23036	Candy Bar, Skor, toffee bar, 1.4oz	1 ea	39	209	1	24	1	13	7.3	3.6	0.5	21	56
23040	Candy Bar, Snickers, 2oz bar	1 ea	57	280	4	35	1	14	5.2	4.5	1.7	7	27
23149	Candy Bar, Twix, caramel cookie, 2.06oz pkg	1 pkg	58	291	3	38	1	14	11.0	1.7	0.4	4	12
17410	Candy Bar, Twix, chocolate fudge cookie	2 ea	51	280	4	29	2	17	2.5	7.3	6.4	3	5
23151	Candy Bar, Whatchamacallit, 1.7oz	1 ea	48	237	4	30	1	11	8.2	1.8	0.4	6	19
92658	Candy Bar, Zero	1 ea	17	70	1	12		2	1.5			0	
36365	Candy, almonds, dark chocolate cvrd	13 ea	39	210	3	19	3	15	6.0			5	20

APPENDIX N Food Composition Table A-121

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.10	0.44	0.34	0.10	1.08	12.8	0.0			251	0.63	25.6	205	335	118	0.9	84	0.00	0.00
0.00	0.02	0.10	0.00	0.00	1.1	0.2	0.0	0.1	8	0.68	21.6	28	130	46	0.3	1	0.00	7.92
0.00	0.00	0.02	0.00	0.00	0.9	0.0	0.0	0.0	1	0.03	1.5	4	5	42	0.0	90	0.00	0.00
0.00	0.00	0.14	0.00	0.00	0.4	0.1		0.0	12	0.34	3.5	5	6	7	0.1	89	0.00	0.00
0.30	0.14	5.00	0.40	0.60	80.0	27.0	0.0		250	4.50	80.0	250	240	100	3.0		0.00	0.00
0.40	0.47	5.48	0.52	1.53	117.7	30.9	100.0	5.4	406	4.86	118.5	392	731	267	4.1	223	0.00	0.00
0.40	0.47	5.48	0.52	1.50	117.7	30.9	100.0	5.5	403	4.86	118.5	390	726	264	4.1	220	0.00	0.00
0.40	0.46	5.46	0.51	1.50	117.7	30.7	100.0	5.5	396	4.86	117.1	386	721	262	4.1	217	0.00	0.00
0.00	0.01	0.01	0.00	0.00	0.0	0.1	0.0	0.0	1	0.10	0.2	1	1	8	0.0	0	0.00	0.00
0.07	0.03	0.05	0.00	0.00	0.0	0.0		0.0	12	2.25	8.0	5	39	42	0.2	81	0.00	0.00
0.02	0.15	0.15	0.02	0.10	1.7	0.1	0.0	0.1	37	0.33	23.2	88	199	141	0.4	2	0.00	5.03
0.03	0.20	0.21	0.03	0.14	2.7	0.0		0.1	58	0.46	32.9	118	272	200	0.6	86	0.00	5.48
0.03	0.03	0.41	0.02	0.09	7.8	0.3	0.0	0.0	13	0.47	14.7	37	130	40	0.2	1	0.00	7.76
0.00	0.00	0.00	0.00	0.00	0.0	0.0			2	0.01	2.4	0	0	2	0.0	100	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	7	0.00	2.4	0	2	7	0.0	100	0.00	0.00
0.00	0.01	0.05	0.00	0.03	1.1	0.1	0.0	0.3	15	0.18	8.1	19	37	54	0.2	6	0.00	1.96
0.07	0.05	2.18	0.05	0.10	20.2	0.2	0.0	1.5	41	0.67	34.7	79	194	126	0.6	2	0.00	2.79
						0.3			31	0.62		55	124	70		8	0.00	
0.02	0.07	0.75	0.02	0.03	7.2	0.0	0.0	0.6	28	0.37	25.8	56	149	138	0.4	7	0.00	2.40
0.07	0.03	1.59	0.03	0.01	16.8	0.0	0.0	1.0	22	0.46	28.8	58	132	138	0.6	1	0.00	0.60
0.09	0.15	0.89	0.10	0.23	18.3	0.4	0.0	1.4	264	1.12	31.3	110	551	93	3.1	2	0.00	0.00
0.15	0.17	1.97	0.20	0.00	39.2	0.0			6	1.75	13.4	38	47	78	0.2	7	0.00	
						0.2			44	0.31			134	66		1	0.00	13.19
						0.0			5	0.18				0		0	0.00	
0.00	0.03	0.03	0.00		0.4	0.3			34	0.30	2.3	28	82	96	0.0	1	0.00	0.00
0.05	0.09	0.20	0.00	0.23	5.9	0.0	0.0	0.1	52	0.41	15.5	57	97	23	0.0	2	0.00	5.88
0.01	0.07	0.10	0.01		2.5	0.3			65	0.43	5.3	50	133	80	0.2	1	0.00	
0.01	0.15	0.46	0.02	0.18	4.5	0.3	0.0	3.9	84	0.55	36.0	117	162	85	0.6	4	0.00	2.00
						0.0			32	0.14				15		1	0.00	3.96
0.02	0.05	0.09	0.00	0.10	2.3	0.4	9.3	0.5	105	0.37		87	184	42		1	0.00	
0.02	0.02	0.15	0.05	0.00	3.2	0.2	0.0	0.1	67	0.28	11.6	39	72	97	0.4	6	0.00	3.48
0.02	0.02	0.15	0.05	0.00	3.2	0.2	0.0	0.1	11	1.11	29.1	48	170	77	0.6	9	0.00	9.01
0.07	0.07	1.69	0.02	0.15	18.6	0.4	0.0	1.6	54	0.68	23.0	80	193	20	0.5	0	0.00	8.81
														65			0.00	0.00
0.03	0.05	3.17	0.05	0.00	30.0	0.0	0.0	1.6	31	0.38	44.0	123	163	62	1.6	2	0.00	0.00
0.05	0.02	1.77	0.02		19.0	0.2			23	0.41	23.1	60	124	48	0.4	2	0.00	
						0.0			0	1.08				0		1	0.00	
0.00	0.03	0.05			1.2	0.2				0.21	3.9	24	60	124	0.1	2	0.00	
0.02	0.07	2.04	0.05	0.09	15.4	0.3	0.0	0.9	53	0.40	41.0	108	184	136	1.4	6	0.00	4.55
0.09	0.11	0.63	0.00	0.18	15.1	0.3	0.0	0.4	61	0.46	15.7	61	108	115	0.6	4	0.00	4.05
0.07	0.10	0.56	0.01	0.17	4.6	0.5	0.0	1.4	66	0.67	23.5	75	158	136	0.5	2	0.00	5.09
0.05	0.10	1.19	0.01	0.18	8.6	0.4	0.0	0.6	57	0.54	13.4	66	145	144	0.2	3	0.00	4.80
														35			0.00	
						1.2			40	0.72				10			0.00	

A-122 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes **A-120 Candies** A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
23506	Candy, California Gold, peanuts, yogurt cvrd, natural	22 pce	40	220	5	17	2	15	2.0			0	1
23507	Candy, California Gold, raisins, yogurt cvrd, natural	35 pce	40	160	1	28	1	5	1.0			0	1
92707	Candy, caramel, Sugar Daddy, lrg	1 ea	48	200	1	43	0	2	1.0			0	0
23015	Candy, caramels	1 ea	10	39	0	8	0	1	0.3	0.2	0.4	1	1
92374	Candy, cotton	2.1 oz	60	220	3	56		0	0.0	0.0	0.0	0	
23734	Candy, Everlasting Gobstopper, jawbreaker	9 ea	15	60	0	14	0	0	0.0	0.0	0.0		0
90658	Candy, fondants, chocolate cvrd, lrg	1 ea	43	157	1	35	1	4	2.3	1.3	0.1	0	0
92647	Candy, Good N Plenty, snack	1 ea	17	60	0	14	0	0	0.0	0.0	0.0	0	0
23029	Candy, gumdrops	0.25 cup	46	180	0	45	0	0	0.0	0.0	0.0	0	0
23412	Candy, gummy worms	10 ea	74	293	0	73	0	0	0.0	0.0	0.0	0	0
23031	Candy, hard, all flvrs	1 ea	6	24	0	6	0	0				0	0
92653	Candy, hard, lollipop	1 ea	17	60	0	16	0	0	0.0	0.0	0.0	0	0
4148	Candy, honey, chews, Bit-O-Honey	6 ea	40	150	1	32	0	3	2.2	0.4	0.1	0	0
23033	Candy, jellybeans, sml	10 ea	11	41	0	10	0	0				0	0
52154	Candy, licorice, twists, black, tray	4 ea	40	140	1	36	0	0	0.0	0.0	0.0	0	0
52155	Candy, licorice, twists, original red, tray	4 ea	40	140	1	34	0	0	0.0	0.0	0.0	0	0
92644	Candy, malt choc, Whoppers	9 ea	20	90	1	15	0	4	3.0			0	0
92663	Candy, milk choc, filled w/caramel	8 ea	38	180	2	24	0	8	5.0			10	0
23063	Candy, milk chocolate	9 ea	41	230	3	24	1	13	8.0			10	0
23047	Candy, milk chocolate peanut, M&M	0.25 cup	42	219	4	26	2	11	4.3	3.4	1.5	3	9
92642	Candy, Milk Duds	7 ea	21	90	1	15	0	4	1.0			0	
23193	Candy, mint, After Eight	5 ea	42	181	1	33	1	5	3.5			0	0
23225	Candy, mints, peppermint	1 ea	2	10	0	2	0	0	0.0	0.0	0.0	0	
92657	Candy, Nibs, licorice	9 ea	12	35	0	9		0	0.0	0.0	0.0	0	0
92201	Candy, nougat, w/almonds	1 ea	14	56	0	13	0	0	0.2	0.0	0.0	0	0
23424	Candy, peanut butter cups, Reese's, mini	1 ea	7	36	1	4	0	2	0.8	0.9	0.4	0	1
23021	Candy, peanuts, milk chocolate cvrd	10 ea	40	208	5	20	2	13	5.8	5.2	1.7	4	16
90803	Candy, pralines, prep f/recipe	1 pce	40	174	1	22	1	10	2.7			10	30
23517	Candy, raisins, Crystal Dark, chocolate cvrd	35 pce	40	160	1	27	2	7	4.0			0	2
92643	Candy, Sixlets	6 ea	38	170	1	29	0	7	5.0			0	0
23485	Candy, Skittles, original, bite size, 2.17oz pkg	1 pkg	62	251	0	56	0	3	2.6	0.0	0.0	0	0
23144	Candy, Starburst, fruit chews, original	8 ea	40	163	0	33	0	3	3.1	0.0	0.0	0	0
92705	Candy, Sugar Babies	30 ea	44	180	0	41	0	2	0.0			0	0
4149	Candy, SweeTarts	8 ea	15	50	0	13	0	0	0.0	0.0	0.0	0	0
93430	Candy, taffy, prep f/recipe	1 pce	15	60	0	14	0	0	0.3	0.1	0.0	1	4
92769	Candy, Tootsie Roll	6 pce	40	155	1	35	0	1	0.4	0.8	0.1	1	0
23082	Chewing Gum, stick	1 stk	3	11	0	3	0	0	0.0	0.0	0.0	0	0
91256	Fudge, plain	1 svg	43	188	0	27	0	9	6.0			11	10
23007	Marshmallows	1 ea	7	23	0	6	0	0	0.0	0.0	0.0	0	0
CEREALS													
Hot Cereals													
38497	Cereal, hot, farina, Creamy Wheat, enrich, prep w/water salt	0.5 cup	116	59	2	13	0	0	0.0	0.0	0.0	0	0
40190	Cereal, hot, multigrain, plain, ckd w/water & salt	0.5 cup	120	74	3	17	4	0	0.1			0	0
40083	Cereal, hot, multigrain, plain, dry	0.33 cup	31	100	4	22	6	1	0.1	0.1	0.3	0	0
38500	Cereal, hot, oat bran, prep w/water & salt	0.5 cup	110	47	2	8	2	1	0.2	0.3	0.4	0	1
40239	Cereal, hot, oatmeal, maple, ckd w/water & salt	0.5 cup	120	85	3	16	2	1	0.2	0.3	0.3	0	350

APPENDIX N Food Composition Table A-123

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
						0.0			31	0.00				10		2	0.00	0.00
						1.0			30	0.00				10		5	0.00	0.00
						0.0			20	0.00				65			0.00	0.00
0.00	0.02	0.00	0.00	0.02	0.4	0.0	0.0	0.0	14	0.00	1.7	12	22	25	0.0	8	0.00	0.00
														0			0.00	0.00
						0.0			0	0.00				0			0.00	0.00
0.00	0.01	0.25	0.00	0.00	1.3	0.0	0.0	0.1	7	0.67	27.1	41	72	11	0.2	8	0.00	4.30
						0.0			0	0.11				40			0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	1	0.18	0.5	0	2	20	0.0	1	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	2	0.30	0.7	1	4	33	0.0	1	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.01	0.2	0	0	2	0.0	1	0.00	0.00
						0.0			0	0.00				10		1	0.00	0.00
0.01	0.01	0.02	0.00	0.01	0.8	0.3	0.0	0.1	14	0.07	2.8	11	18	118	0.2	8	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.00	0.2	0	4	6	0.0	6	0.00	0.00
						0.0			0	0.00				60			0.00	0.00
						0.0			0	0.00				20			0.00	0.00
						0.0			40	0.18				65			0.00	
						0.0			60	0.00				60		3	0.00	
						0.0			80	0.36				35		0	0.00	
0.02	0.05	1.42	0.03	0.14	23.4	0.0	0.0	1.2	43	0.49	29.3	81	147	21	0.7	2	0.00	4.25
														40		1	0.00	
						0.0			5	0.23				0		6	0.00	
													0	0		0	0.00	0.00
						0.0			0	0.00				60		3	0.00	0.00
0.00	0.01	0.07	0.00	0.00	0.7	0.0	0.0	0.4	4	0.07	4.5	8	15	5	0.1	2	0.00	0.00
0.00	0.00	0.31	0.00	0.01	3.5	0.0	0.0	0.0	5	0.07	4.3	11	24	25	0.1	1	0.00	0.49
0.05	0.07	1.70	0.03	0.20	20.4	0.0	0.0	1.0	42	0.51	38.4	85	201	16	1.0	2	0.00	5.59
0.05	0.02	0.11	0.01	0.02	2.5	0.2	4.8	0.4	20	0.34	13.4	33	67	40	0.4	7	0.00	0.00
						1.0			16	3.00				40		4	0.00	
						0.0			40	0.00				55		0	0.00	
0.00	0.00	0.00	0.00	0.00	0.0	41.4	0.0	0.1	0	0.00	0.6	1	7	9	0.0	4	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.4	23.5	0.0	0.1	0	0.00	0.4	2	1	1	0.0	9	0.00	0.00
						0.0			20	0.00				40			0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.00	0.1	0	0	0	0.0		0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0		0.0	1	0.00	0.0	0	0	8	0.0	5		0.00
0.01	0.02	0.07	0.00	0.00	3.6	0.0		0.3	14	0.31	8.8	23	46	18	0.2	7	0.00	2.79
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.00	0.0	0	0	0	0.0	3	0.00	0.00
						0.0			0	0.18				42			0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.1	0.0	0.0	0.0	0	0.01	0.1	1	0	6	0.0	16	0.00	0.00
0.07	0.05	0.91	0.00	0.00	26.8	0.0			5	5.50	3.5	15	16	64	0.1	87	0.00	0.00
0.11	0.05	1.53	0.05	0.00	12.1	0.0			14	1.05	54.2	107	151	99	0.9	83	0.00	0.00
0.15	0.07	2.07	0.07	0.00	21.7	0.0			20	1.44	73.5	146	205	2	1.2	9	0.00	0.00
0.12	0.03	0.10	0.00	0.00	5.5	0.0			12	1.05	32.9	90	76	50	0.6	89	0.00	0.00
0.34	0.40	4.67	0.46	1.38	6.0	14.2		0.1	65	4.19	26.4	124	106	130	0.7	83	0.00	0.00

A-124 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies **A-122 Cereals** A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
40072	Cereal, hot, oatmeal, plain, fort, inst, prep w/water	1 cup	234	159	6	27	4	3	0.6	0.9	1.0	0	435
40179	Cereal, hot, rice, ckd w/water & salt	0.5 cup	122	63	1	14	0	0	0.0	0.0	0.0	0	0
40186	Cereal, hot, wheat, ckd w/water & salt	0.5 cup	124	95	3	20	1	1	0.1	0.1	0.2	0	0
40168	Cereal, hot, wheat, dry	0.25 cup	30	102	4	22	4	1				0	0
40191	Cereal, hot, wheat, tstd, ckd w/water & salt	0.5 cup	122	72	2	14	2	1	0.1	0.1	0.3	0	0
40089	Grits, corn, plain, inst, prep w/water	1 cup	219	166	3	35	2	1	0.2	0.2	0.4		
38455	Grits, corn, white, dry	0.25 cup	42	150	3	33	1	0	0.0	0.0	0.0	0	20
38571	Grits, hominy, yellow, quick, dry	0.25 cup	37	125	3	29	2	1	0.2	0.2	0.3	0	42
Ready to Eat Cereals													
61211	Cereal, 100% Bran	0.33 cup	29	83	4	23	8	1	0.1	0.1	0.3	0	225
40095	Cereal, All-Bran	0.5 cup	31	81	4	23	9	2	0.2	0.2	0.7	0	163
40258	Cereal, Alpha-Bits, svg	1 svg	32	130	3	27	1	2	0.0			0	150
40098	Cereal, Apple Jacks	1 cup	28	102	1	25	3	1	0.1	0.1	0.2	0	146
61233	Cereal, Banana Nut Crunch	1 cup	59	249	5	44	4	6	0.8	2.2	2.6	0	225
40394	Cereal, Basic 4	1 cup	55	197	4	43	3	2	0.8	0.7	0.5	0	142
61203	Cereal, bran flakes	0.75 cup	30	96	3	24	5	1	0.1	0.1	0.3	0	225
40032	Cereal, Cap'N Crunch	0.75 cup	27	109	1	23	1	2	1.1	0.2	0.2	0	4
40297	Cereal, Cheerios	1 cup	28	103	3	21	3	2	0.3	0.5	0.6	0	243
40325	Cereal, Chex, corn	1 cup	31	114	2	26	1	1	0.1	0.1	0.2	0	144
40333	Cereal, Chex, rice	1 cup	27	103	2	23	0	0	0.1	0.1	0.1	0	150
40335	Cereal, Chex, wheat	0.75 cup	47	169	5	38	5	1	0.2	0.1	0.4	0	140
40414	Cereal, Cinnamon Grahams	0.75 cup	30	113	2	26	1	1	0.2	0.3	0.3	0	150
40126	Cereal, Cinnamon Toast Crunch	0.75 cup	31	128	2	25	1	3	0.4	1.0	0.9	0	308
61272	Cereal, Coco Roos, chocolate	0.75 cup	30	119	1	27	1	1	0.1	0.5	0.1	0	180
40102	Cereal, Cocoa Krispies	0.75 cup	31	118	2	27	1	1	0.6	0.1	0.1	0	153
61200	Cereal, Cocoa Pebbles	0.75 cup	30	119	1	26	0	1	1.1	0.0	0.0	0	233
40425	Cereal, Cocoa Puffs	0.75 cup	27	104	1	23	2	1	0.0	0.9	0.0	0	150
40103	Cereal, Complete Oat Bran Flakes	0.75 cup	30	105	3	23	4	1	0.2	0.5	0.3	0	235
40324	Cereal, Cookie Crisp	1 cup	26	98	1	22	1	1	0.2	0.3	0.4	0	148
40206	Cereal, Corn Pops	1 cup	32	124	1	29	3	0	0.1	0.1	0.2	0	144
40205	Cereal, Cracklin' Oat Bran	0.75 cup	49	197	4	35	6	7	3.0	2.3	1.5	0	226
4354	Cereal, Cranberry Almond Crunch	0.75 cup	51	197	4	40	3	3	0.0	1.5	0.9	0	202
40017	Cereal, crispy rice	1 cup	28	102	2	24	0	0	0.1	0.1	0.1	0	197
61179	Cereal, Familia	1 cup	122	473	12	90	10	8	0.9	3.9	2.0	0	1
61303	Cereal, Fiber 7	0.75 cup	31	109	4	24	4	0	0.1	0.1	0.2	0	33
40130	Cereal, Fiber One	0.5 cup	30	60	2	25	14	1	0.1	0.1	0.4	0	1
40218	Cereal, Froot Loops	1 cup	29	108	1	25	3	1	0.6	0.1	0.1	0	136
61306	Cereal, frosted flakes	0.75 cup	30	116	2	27	1	0	0.0	0.0	0.1	0	356
40043	Cereal, Frosted Mini Wheats	5 ea	51	175	5	42	5	1	0.2	0.1	0.5	0	0
61261	Cereal, frosted oat, w/marshmallows	0.75 cup	30	116	2	25	1	1	0.2	0.3	0.4	0	397
40256	Cereal, Fruit & Bran, peaches raisins & almonds	1 cup	55	190	4	42	6	3	0.0			0	150
61204	Cereal, Fruity Pebbles	0.75 cup	30	120	1	26	0	1	0.3	0.5	0.4	0	225
60964	Cereal, Go Lean	1 cup	52	148	14	30	10	1	0.2	0.2	0.6	0	5
61213	Cereal, Golden Crisp	0.75 cup	27	107	1	25	0	0	0.1	0.1	0.1	0	225

APPENDIX N Food Composition Table A-125

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.61	0.50	7.07	0.68	0.00	103.0	0.0	0.0	0.2	187	13.94	60.8	180	143	115	1.5	84	0.00	0.00
0.00	0.00	0.49	0.02	0.00	3.7	0.0		0.0	4	0.23	3.7	21	24	211	0.2	88	0.00	0.00
0.12	0.05	1.19	0.03	0.00	14.9	0.0		0.6	11	0.89	28.6	88	133	95	0.9	81	0.00	0.00
0.15	0.14	1.57	0.09	0.07	18.0	0.0			10	1.25	45.6	113	118	3	1.1	10	0.00	0.00
0.00	0.02	0.66	0.01	0.00	10.9	0.0		0.6	7	0.68	25.5	73	94	289	0.8	85	0.00	0.00
0.31	0.30	3.66	0.10		59.1	0.0		0.0	140	14.68	19.7	55	74	412	0.4	81	0.00	0.00
						0.0			0	0.36			35	0		6	0.00	0.00
0.18	0.14	1.59	0.09	0.00	57.0	0.0			1	1.51	14.8	46	62	1	0.3	12	0.00	0.00
0.37	0.43	5.00	0.50	0.00	100.0	0.0	0.0	0.7	22	8.10	80.6	236	275	121	3.7	3	0.00	0.00
0.69	0.83	4.59	3.72	5.82	406.1	6.2	40.0	0.4	121	5.46	112.2	356	316	81	3.8	2	0.00	0.00
						0.0			100	2.70				210			0.00	0.00
0.47	0.62	7.57	0.70	1.67	110.9	16.6	40.0	0.0	3	4.51	9.8	22	34	124	2.1	3	0.00	0.00
0.37	0.41	5.00	0.50	1.50	99.7	0.1	40.1	0.7	21	16.20	48.4	183	171	230	1.5	4	0.00	0.00
0.37	0.41	5.00	0.50	1.50	100.1	0.0	40.2	0.6	250	4.50	31.9	100	157	322	3.8	6	0.00	0.00
0.37	0.43	5.00	0.50	1.50	99.9	0.0	39.9	0.3	17	8.10	64.2	152	185	220	1.5	4	0.00	0.00
0.43	0.49	5.75	0.56	0.00	419.9	0.0	0.0	0.2	3	5.19	14.6	45	50	211	4.3	2	0.00	0.00
0.54	0.44	5.34	0.50	1.74	273.0	6.8	40.0	0.2	114	8.89	40.0	100	171	160	4.4	4	0.00	0.00
0.38	0.43	5.17	0.51	1.54	206.8	6.2	41.2	0.1	103	9.30	15.5	22	46	236	3.9	2	0.00	0.00
0.37	0.41	5.00	0.50	1.50	200.1	6.0	40.0	0.2	100	9.00	24.0	31	45	246	3.8	2	0.00	0.00
0.34	0.40	4.69	0.46	1.40	376.0	5.6	37.6	0.4	94	13.53	37.6	150	173	298	3.5	2	0.00	0.00
0.37	0.43	5.01	0.50	1.50	99.9	6.0	39.9	0.1	100	4.50	8.1	20	44	237	3.8	3	0.00	0.00
0.62	0.62	7.38	0.56	1.62	116.6	7.3	41.2	0.6	140	5.65	13.0	50	47	217	5.3	3	0.00	0.00
0.36	0.58	5.84	0.75	1.86	200.1	6.2	54.6	0.1	122	5.84	6.9	42	59	135	5.2	2	0.00	1.20
0.46	0.69	4.96	1.01	2.15	197.5	15.0	40.3	0.1	40	6.88	11.8	32	59	131	1.5	3	0.00	0.93
0.38	0.43	5.17	0.51	1.54	103.5	0.0	41.4	0.0	4	1.86	11.1	24	44	190	1.6	3	0.00	1.20
0.34	0.37	4.50	0.44	1.35	89.9	5.4	40.0	0.2	90	4.05	7.3	18	72	147	3.4	2	0.00	0.54
1.64	1.79	21.00	2.09	6.03	403.5	63.0	42.0	12.6	16	18.89	45.0	105	120	210	15.6	3	0.00	0.00
0.31	0.37	4.32	0.43	1.29	86.6	5.2	40.0	0.2	100	3.90	7.0	40	48	144	3.2	2	0.00	0.51
0.37	0.43	4.98	0.50	1.50	100.2	6.1	51.2	0.0	4	1.78	8.0	17	47	124	1.5	2	0.00	0.00
0.38	0.43	5.00	0.49	1.51	100.0	15.2	39.7	0.3	29	1.80	76.0	195	220	151	1.5	3	0.00	0.00
0.34	0.37	4.46	0.44	0.00	89.2	13.4	35.7	1.0	15	1.61	28.6	89	116	115	1.3	6	0.00	0.00
0.56	0.79	8.10	0.54	1.52	169.7	18.1	33.9	0.0	1	9.15	6.4	27	31	214	0.4	4	0.00	0.00
0.38	0.67	2.20	0.11	0.34	19.5	0.7	0.0	1.4	211	3.39	386.7	411	603	61	2.3	2	0.00	0.00
0.15	0.18	2.19	0.21	0.66	43.7	1.3	0.0	0.3	22	0.79	44.6	101	143	16	0.9	3	0.00	0.00
0.37	0.43	5.00	0.50	1.50	99.9	6.0	0.0	0.3	100	4.50	39.9	150	180	106	3.8	3	0.00	0.00
0.37	0.43	4.98	0.49	1.50	100.0	13.3	40.0	0.0	3	4.61	10.1	23	41	132	1.5	3	0.00	0.00
0.64	0.95	11.94	1.20	1.66	144.6	18.5	51.6	0.0	0	4.30	2.4	10	20	172	0.1	2	0.00	0.00
0.50	0.50	5.09	0.50	1.52	102.5	0.0	0.0	0.3	17	16.31	47.4	153	180	5	1.5	6	0.00	0.00
0.40	0.44	5.28	0.52	1.59	105.9	15.9	42.9	0.2	21	4.76	8.4	42	62	150	2.4	3	0.00	0.00
						0.0			20	5.40				260			0.00	0.00
0.37	0.41	5.01	0.56	1.66	99.9	0.0	39.9	0.4	2	1.79	5.7	17	33	190	1.7	3	0.00	0.00
0.25	0.10	0.20	0.28	0.00	22.4	0.0	0.0	0.3	73	2.59	84.2	247	482	86	1.8	2	0.00	0.00
0.37	0.41	5.00	0.50	1.50	99.9	0.0	40.0	0.1	4	1.79	16.5	37	34	25	1.5	3	0.00	0.00

A-126 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies **A-122 Cereals** **A-126 Cheeses and Substitutes** A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
40299	Cereal, Golden Grahams	0.75 cup	30	113	2	25	1	1	0.1	0.5	0.3	0	142
40048	Cereal, granola, prep f/recipe	0.25 cup	30	149	5	16	3	7	1.2	2.9	2.8	0	1
40362	Cereal, granola, w/raisins, all nat, low fat	0.67 cup	50	195	4	41	3	3	1.3	0.7	0.5	0	1
40197	Cereal, granola, w/raisins, low fat	0.66 cup	60	226	5	47	4	3	0.8	1.2	1.0	0	196
61206	Cereal, Grape Nuts	0.5 cup	58	208	7	46	5	1	0.2	0.2	0.5	0	307
40265	Cereal, Grape Nuts Flakes	0.75 cup	29	106	3	24	3	1	0.2			0	150
60969	Cereal, Harmony	1.25 cup	55	201	6	43	2	1	0.3	0.4	0.3	0	150
61344	Cereal, Healthy Fiber, multigrain flakes	0.75 cup	28	100	3	23	4	0	0.0	0.0	0.0	0	20
60958	Cereal, Heart to Heart, honey tstd oat	0.75 cup	33	118	4	25	4	2	0.3	0.4	0.4	0	125
36500	Cereal, honey almond	0.75 cup	53	230	6	37	6	6	0.0			0	0
61259	Cereal, Honey Bunches of Oats, w/almond	0.75 cup	31	126	2	24	1	3	0.3	1.3	0.8	0	225
40427	Cereal, Honey Graham Oh!s	0.75 cup	27	111	1	23	1	2	1.6	0.2	0.2	0	199
40068	Cereal, Honey Smacks	0.75 cup	27	105	2	24	1	1	0.1	0.2	0.2	0	153
61210	Cereal, Honeycomb	1.5 cup	32	126	2	28	1	1	0.2	0.2	0.2	0	241
40055	Cereal, hot, pilaf, 7 whole grain, ckd	0.5 cup	140	170	6	30	6	3	0.0			0	0
61340	Cereal, Just Flakes, oats	0.75 cup	28	100	4	19	3	2	0.0			0	0
40108	Cereal, Just Right, Crunchy Blends	1 cup	55	204	4	46	3	1	0.1	0.3	1.0	0	376
40410	Cereal, Kaboom	1.25 cup	30	120	1	26	1	1	0.1	0.3	0.4	0	151
40010	Cereal, Kix	1.25 cup	30	110	2	25	3	1	0.1	0.2	0.3	0	265
40011	Cereal, Life, plain	0.75 cup	32	119	3	25	2	1	0.3	0.5	0.5	0	1
40300	Cereal, Lucky Charms	0.75 cup	27	110	2	22	1	1	0.2	0.3	0.3	0	151
40418	Cereal, Mueslix, w/raisins dates & almonds	0.67 cup	55	196	5	40	4	3	0.4	1.6	1.0	0	90
40449	Cereal, Oat Bran O's	0.75 cup	28	100	3	23	3	0	0.0	0.0	0.0	0	20
40302	Cereal, Oatmeal Crisp, hearty raisin	1 cup	62	237	5	52	5	2	0.5	0.7	0.8	0	0
61217	Cereal, Oreo O's	0.75 cup	27	112	1	22	1	2	0.4	0.9	0.9	0	225
40216	Cereal, Product 19	1 cup	30	100	2	25	1	0	0.1	0.1	0.2	0	216
40209	Cereal, Raisin Bran	1 cup	59	190	5	46	7	1	0.2	0.2	0.4	0	261
40210	Cereal, Rice Krispies	1.25 cup	33	128	2	28	0	0	0.1	0.1	0.1	0	379
40420	Cereal, Rice Krispies Treats	0.75 cup	30	120	1	25	0	1	0.3	0.5	0.2	0	152
40018	Cereal, rice, puffed	1 cup	14	54	1	12	0	0	0.0	0.0	0.0	0	0
61558	Cereal, Shredded Wheat, biscuits	2 ea	47	160	5	37	6	1	0.0			0	0
40211	Cereal, Special K	1 cup	31	117	6	23	3	1	0.1	0.1	0.2	0	225
61214	Cereal, Toasties, corn flakes	1 cup	28	101	2	24	1	0	0.0	0.0	0.0	0	216
40413	Cereal, Toasty O's	1 cup	30	121	4	22	3	2	0.4	0.6	0.7	0	65
40412	Cereal, Tootie Fruities	1 cup	32	128	2	28	1	1	0.2	0.5	0.3	0	400
40021	Cereal, Total, wheat	0.75 cup	30	96	3	22	3	1	0.2	0.1	0.2	0	150
40128	Cereal, Uncle Sam, original	0.75 cup	55	237	9	36	11	6	0.7	1.1	4.6	0	0
38026	Cereal, wheat germ, tstd	0.25 cup	28	108	8	14	4	3	0.5	0.4	1.9	0	3
40307	Cereal, Wheaties	0.75 cup	27	94	3	22	3	0	0.1	0.1	0.3	0	150
40040	Cereal, Wheaties, raisin bran	1 cup	55	183	4	45	5	1	0.2	0.1	0.4	0	150
CHEESES AND SUBSTITUTES													
Natural Cheeses													
47855	Cheese, blue	1 oz	28	100	6	1	0	8	5.3	2.2	0.2	21	58
47859	Cheese, brie, 1" cube	1 oz	28	95	6	0	0	8	4.9	2.3	0.2	28	50
47861	Cheese, camembert, 1" cube	1 oz	28	85	6	0	0	7	4.3	2.0	0.2	20	69
47863	Cheese, cheddar, 1" cube	1 slc	28	113	7	0	0	9	5.9	2.6	0.3	29	76
1551	Cheese, cheddar, fat free, 1" cube	1 oz	28	40	8	1	0	0	0.0	0.0	0.0	3	60

APPENDIX N Food Composition Table A-127

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.37	0.43	5.00	0.50	1.50	99.9	6.0	39.9	0.2	97	4.50	8.1	39	57	256	3.6	2	0.00	0.00
0.21	0.09	0.64	0.09	0.00	25.0	0.4	0.0	3.4	24	1.28	53.4	139	165	8	1.2	5	0.00	0.00
0.17	0.10	1.04	0.09	0.05	13.0	0.3	0.0	0.4	32	1.33	42.5	134	206	126	1.0	4	0.00	0.00
0.36	0.41	4.98	1.98	6.00	400.2	1.2	40.2	1.4	19	2.51	44.4	140	120	144	3.8	4	0.00	0.00
0.57	0.40	8.47	1.38	3.67	283.0	0.0	40.0	0.4	23	22.06	59.7	175	196	290	3.2	3	0.00	0.00
0.37	0.43	5.00	0.50	1.50	100.0	0.0	40.0		11	8.10	29.9	88	99	125	1.2	3	0.00	0.00
1.50	0.85	10.01	1.00	4.17	399.9	30.2	40.2	13.5	600	9.02	24.2	100	91	355	7.5	3	0.00	0.00
0.15	0.17	2.00	0.20	0.60	40.0	0.0			0	0.72			100	15		1	0.00	0.00
0.15	0.05	0.60	2.00	6.01	400.0	30.0	0.0	13.5	14	1.82	8.6	31	96	82	1.5	3	0.00	0.00
1.79	1.87	10.00				0.0			20	0.36	32.0	60	75	105			0.00	0.00
0.37	0.41	5.00	0.50	1.50	100.1	0.0	40.0	0.5	11	8.10	21.4	60	70	136	0.3	3	0.00	0.00
0.50	0.56	6.61	0.66	0.00	400.1	7.9	0.0	0.2	3	5.94	12.2	39	44	165	5.0	3	0.00	0.00
0.37	0.43	5.00	0.50	1.50	101.3	6.1	40.0	0.1	6	0.34	15.9	46	40	51	0.4	2	0.00	0.00
0.40	0.46	5.51	0.55	1.64	110.4	0.0	44.2	0.1	5	2.98	11.8	30	38	180	1.7	2	0.00	0.00
						0.0			20	1.44				15			0.00	0.00
						0.0			20	1.08			80	190			0.00	0.00
0.37	0.43	5.01	0.50	1.49	102.3	0.0	0.0	1.5	14	16.22	34.1	106	121	338	0.9	3	0.00	0.00
0.37	0.43	5.00	0.50	1.50	200.1	6.0	39.9	0.2	100	8.39	15.9	40	40	190	3.8	2	0.00	0.00
0.58	0.60	7.28	0.68	1.71	236.1	7.6	39.9	0.1	171	9.60	15.3	57	56	189	5.2	3	0.00	0.00
0.40	0.47	5.61	0.56	0.00	268.5	0.0	0.0	0.2	112	8.98	30.4	132	91	176	4.1	4	0.00	0.00
0.46	0.51	6.01	0.51	1.60	201.2	6.3	40.0	0.1	108	4.96	15.9	64	49	195	4.4	3	0.00	0.00
0.43	0.43	5.50	2.03	6.05	405.9	0.2	16.0	4.0	32	4.51	49.0	100	240	170	3.7	9	0.00	0.00
0.15	0.17	2.00	0.20	0.60	40.0	0.0			0	0.72			90	90		1	0.00	0.00
0.41	0.47	5.63	0.56	1.69	112.8	0.0	0.0	1.5	20	5.07	45.3	100	215	122	4.2	2	0.00	0.00
0.37	0.41	5.00	0.50	1.50	99.9	0.0	0.0	0.4	5	1.79	14.9	32	49	128	1.5	2	0.00	0.81
1.50	1.71	20.01	2.06	6.00	399.9	61.2	39.3	13.5	5	18.09	15.9	40	50	207	15.3	3	0.00	0.00
0.66	0.93	8.64	1.04	3.01	150.4	0.0	40.1	0.4	28	7.53	74.3	215	335	251	2.1	9	0.00	0.00
0.60	0.73	7.03	0.99	3.13	177.9	15.5	40.9	0.0	2	11.35	8.6	42	29	185	0.4	4	0.00	0.00
0.38	0.41	5.09	0.50	1.50	100.2	6.0	40.5	0.1	3	1.86	6.9	24	23	165	0.2	4	0.00	0.00
0.05	0.03	0.49	0.00	0.00	21.6	0.0	0.0	0.0	1	0.40	4.2	17	16	1	0.2	4	0.00	0.00
						0.0			20	1.08				0		3	0.00	0.00
0.52	0.58	7.13	1.98	6.05	399.9	21.0	0.0	4.7	8	8.68	19.2	68	20	204	0.9	3	0.00	0.00
0.37	0.43	5.00	0.50	1.50	100.0	0.0	40.0	0.1	1	5.40	4.5	15	33	200	0.1	4	0.00	0.00
0.46	0.60	5.69	0.72	1.84	156.0	6.2	33.3	0.2	122	9.81	35.7	113	95	269	4.4	2	0.00	0.00
0.50	0.72	5.69	0.81	1.85	200.0	22.5	47.4	0.1	130	4.96	11.2	36	42	148	4.0	2	0.00	0.00
1.50	1.70	20.00	2.00	6.00	399.9	60.0	99.9	13.5	1000	18.00	24.0	80	92	197	15.0	3	0.00	0.00
1.25	1.45	8.97	0.52	0.00	29.2	33.8	0.0	0.4	52	2.22	113.3	206	245	113	2.1	4	0.00	0.00
0.46	0.23	1.58	0.28	0.00	99.4	1.7	0.0	4.5	13	2.56	90.4	324	268	1	4.7	6	0.00	0.00
0.68	0.75	9.00	0.89	2.70	180.1	5.4	35.9	0.3	18	7.55	28.9	90	94	199	6.8	3	0.00	0.00
0.75	0.85	10.01	1.00	3.02	200.2	0.0	40.2	0.3	0	7.48	42.4	140	227	251	7.5	7	0.00	0.00
0.00	0.10	0.28	0.05	0.34	10.2	0.0	6.0	0.1	150	0.09	6.5	110	73	395	0.8	42	0.00	0.00
0.01	0.15	0.10	0.07	0.46	18.4	0.0	5.7	0.1	52	0.14	5.7	53	43	178	0.7	48	0.00	0.00
0.00	0.14	0.18	0.05	0.37	17.6	0.0	5.1	0.1	110	0.09	5.7	98	53	239	0.7	52	0.00	0.00
0.00	0.10	0.01	0.01	0.23	5.0	0.0	6.7	0.1	202	0.18	7.8	143	27	174	0.9	37	0.00	0.00
									400					220		18	0.00	0.00

A-128 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals **A-126 Cheeses and Substitutes** A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
1525	Cheese, cheddar, five peppercorn, 1" cube	1 cubic inch	28	110	7	1	0	9	5.0			30	60
1008	Cheese, cheddar, shredded	0.25 cup	28	114	7	0	0	9	6.0	2.7	0.3	30	77
47864	Cheese, cheddar, slice	1 slc	28	113	7	0	0	9	5.9	2.6	0.3	29	76
47865	Cheese, colby, 1" cube	1 slc	28	110	7	1	0	9	5.7	2.6	0.3	27	76
1010	Cheese, colby, shredded	0.25 cup	28	111	7	1	0	9	5.7	2.6	0.3	27	77
47866	Cheese, colby, slice	1 slc	28	110	7	1	0	9	5.7	2.6	0.3	27	76
47871	Cheese, feta, 1" cube	1 oz	28	75	4	1	0	6	4.2	1.3	0.2	25	36
47873	Cheese, fontina, 1" cube	1 oz	28	110	7	0	0	9	5.4	2.5	0.5	33	75
1078	Cheese, goat, hard	1 oz	28	128	9	1	0	10	7.0	2.3	0.2	30	140
1080	Cheese, goat, soft	1 oz	28	76	5	0	0	6	4.1	1.4	0.1	13	83
1054	Cheese, gouda	1 oz	28	101	7	1	0	8	5.0	2.2	0.2	32	47
47881	Cheese, limburg, 1" cube	1 oz	28	93	6	0	0	8	4.7	2.4	0.1	26	97
47884	Cheese, monterey jack, 1" cube	1 slc	28	104	7	0	0	8	5.3	2.5	0.3	25	57
1017	Cheese, monterey jack, shredded	0.25 cup	28	105	7	0	0	9	5.4	2.5	0.3	25	58
47885	Cheese, monterey jack, slice	1 slc	28	104	7	0	0	8	5.3	2.5	0.3	25	57
1553	Cheese, mozzarella, fat free, 1" cube	1 oz	28	40	8	1	0	0	0.0	0.0	0.0	3	60
13348	Cheese, mozzarella, string, sticks	1 ea	28	50	8	1	0	2	1.0			5	40
47891	Cheese, muenster, 1" cube	1 slc	28	103	7	0	0	8	5.4	2.4	0.2	27	84
1021	Cheese, muenster, shredded	0.25 cup	28	104	7	0	0	8	5.4	2.5	0.2	27	84
1075	Cheese, parmesan, grated	1 Tbs	5	22	2	0	0	1	0.9	0.4	0.1	4	12
1061	Cheese, parmesan, hard, 1" cube	1 oz	28	111	10	1	0	7	4.7	2.1	0.2	19	60
1510	Cheese, pepper jack, 1" cube	1 cubic inch	28	110	7	1	0	9	5.0			30	60
47899	Cheese, provolone, 1" cube	1 slc	28	98	7	1	0	7	4.8	2.1	0.2	19	68
47900	Cheese, provolone, slice	1 slc	28	98	7	1	0	7	4.8	2.1	0.2	19	68
1064	Cheese, ricotta, whole milk	0.25 cup	62	108	7	2	0	8	5.1	2.2	0.2	32	76
47911	Cheese, sweitzer, 1" cube	1 oz	28	108	8	2	0	8	5.0	2.1	0.3	26	64
47908	Cheese, Swiss, 1" cube	1 oz	28	108	8	2	0	8	5.0	2.1	0.3	26	64
1027	Cheese, Swiss, shredded	0.25 cup	27	103	7	1	0	8	4.8	2.0	0.3	25	61
47912	Cheese, Swiss, slice	1 slc	28	106	8	2	0	8	5.0	2.0	0.3	26	63
1508	Cottage Cheese	0.5 cup	114	100	13	4	0	4	3.0			15	60
1047	Cottage Cheese, 1% fat	0.5 cup	113	81	14	3	0	1	0.7	0.3	0.0	5	13
1014	Cottage Cheese, 2% fat	0.5 cup	113	97	13	4	0	3	1.1	0.5	0.1	11	24
47848	Cottage Cheese, fat free, sml curd	0.5 cup	126	90	12	8	0	0	0.0	0.0	0.0	10	40
1015	Cream Cheese	1 Tbs	14	50	1	1	0	5	2.8	1.2	0.2	16	54
1452	Cream Cheese, fat free	1 oz	28	30	4	2	0	0	0.2	0.1	0.0	3	3
1083	Cream Cheese, regular, svg	1 svg	31	90	2	2	0	9	5.0			35	60
Processed Cheeses and Substitutes													
1001	Cheese Product, American, cold pack	1 oz	28	94	6	2	0	7	4.4	2.0	0.2	18	48
1376	Cheese Product, monterey, past, proc, slice	1 pce	21	70	4	1	0	5	3.0			20	20
47934	Cheese Substitute, mozzarella, 1" cube	1 cube	18	45	2	4	0	2	0.7	1.1	0.3	0	79
48332	Cheese, American, past, proc, fat free, 1" cube	1 oz	28	42	6	4	0	0	0.1	0.1	0.0	3	125
48314	Cheese, American, past, proc, low fat, 1" cube	1 oz	28	51	7	1	0	2	1.3	0.6	0.1	10	17
1096	Cheese, American, past, proc, low fat, shredded	0.25 cup	28	51	7	1	0	2	1.2	0.6	0.1	10	17
47918	Cheese, pimento, past, proc, 1" cube	1 oz	28	106	6	0	0	9	5.6	2.5	0.3	27	73
48311	Cottage Cheese Substitute, soy	0.5 cup	112	170	14	8	0	9	1.3	2.0	5.1	0	5

APPENDIX N Food Composition Table A-129

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
						0.0			200	0.00				180		10	0.00	0.00
0.00	0.10	0.01	0.01	0.23	5.1	0.0	6.8	0.1	204	0.18	7.9	145	28	175	0.9	37	0.00	0.00
0.00	0.10	0.01	0.01	0.23	5.0	0.0	6.7	0.1	202	0.18	7.8	143	27	174	0.9	37	0.00	0.00
0.00	0.10	0.02	0.01	0.23	5.0	0.0	6.7	0.1	192	0.20	7.3	128	36	169	0.9	38	0.00	0.00
0.00	0.10	0.02	0.01	0.23	5.1	0.0	6.8	0.1	194	0.20	7.3	129	36	171	0.9	38	0.00	0.00
0.00	0.10	0.02	0.01	0.23	5.0	0.0	6.7	0.1	192	0.20	7.3	128	36	169	0.9	38	0.00	0.00
0.03	0.23	0.28	0.11	0.47	9.1	0.0	4.5	0.1	140	0.18	5.4	96	18	316	0.8	55	0.00	0.00
0.00	0.05	0.03	0.01	0.47	1.7	0.0	6.5	0.1	156	0.07	4.0	98	18	227	1.0	38	0.00	0.00
0.03	0.34	0.68	0.01	0.02	1.1	0.0	7.4	0.1	254	0.52	15.3	207	14	98	0.5	29	0.00	0.00
0.01	0.10	0.11	0.07	0.05	3.4	0.0	4.3	0.1	40	0.54	4.5	73	7	104	0.3	61	0.00	0.00
0.00	0.09	0.01	0.01	0.43	6.0	0.0	5.7	0.1	198	0.07	8.2	155	34	232	1.1	41	0.00	0.00
0.01	0.14	0.03	0.01	0.28	16.4	0.0	5.7	0.1	141	0.03	6.0	111	36	227	0.6	48	0.00	0.00
0.00	0.10	0.02	0.01	0.23	5.0	0.0	6.2	0.1	209	0.20	7.6	124	23	150	0.8	41	0.00	0.00
0.00	0.10	0.02	0.01	0.23	5.1	0.0	6.2	0.1	211	0.20	7.6	125	23	151	0.8	41	0.00	0.00
0.00	0.10	0.02	0.01	0.23	5.0	0.0	6.2	0.1	209	0.20	7.6	124	23	150	0.8	41	0.00	0.00
									400					220		18	0.00	0.00
						0.0			200	0.00				220			0.00	0.00
0.00	0.09	0.02	0.01	0.40	3.4	0.0	6.2	0.1	201	0.10	7.6	131	38	176	0.8	42	0.00	0.00
0.00	0.09	0.02	0.01	0.41	3.4	0.0	6.2	0.1	203	0.11	7.6	132	38	177	0.8	42	0.00	0.00
0.00	0.01	0.00	0.00	0.10	0.5	0.0	1.1	0.0	55	0.03	1.9	36	6	76	0.2	21	0.00	0.00
0.00	0.09	0.07	0.02	0.34	2.0	0.0	5.4	0.1	336	0.23	12.5	197	26	454	0.8	29	0.00	0.00
						0.0			200	0.00				170		10	0.00	0.00
0.00	0.09	0.03	0.01	0.40	2.8	0.0	5.6	0.1	212	0.15	7.8	139	39	245	0.9	41	0.00	0.00
0.00	0.09	0.03	0.01	0.40	2.8	0.0	5.6	0.1	212	0.15	7.8	139	39	245	0.9	41	0.00	0.00
0.00	0.11	0.05	0.02	0.20	7.4	0.0	6.2	0.1	128	0.23	6.8	98	65	52	0.7	72	0.00	0.00
0.01	0.07	0.02	0.01	0.94	1.7	0.0	5.7	0.1	224	0.05	10.8	161	22	54	1.2	37	0.00	0.00
0.01	0.07	0.02	0.01	0.94	1.7	0.0	5.7	0.1	224	0.05	10.8	161	22	54	1.2	37	0.00	0.00
0.01	0.07	0.01	0.01	0.89	1.6	0.0	5.4	0.1	214	0.05	10.3	153	21	52	1.2	37	0.00	0.00
0.01	0.07	0.02	0.01	0.93	1.7	0.0	5.6	0.1	221	0.05	10.6	159	22	54	1.2	37	0.00	0.00
						0.0			100	0.00				400		91	0.00	0.00
0.01	0.18	0.14	0.07	0.70	13.6	0.0	0.0	0.0	69	0.15	5.7	151	97	459	0.4	82	0.00	0.00
0.05	0.21	0.11	0.01	0.50	11.3	0.0	0.0	0.0	103	0.17	7.9	184	95	373	0.5	81	0.00	0.00
						0.0			80	0.00				450			0.00	0.00
0.00	0.01	0.01	0.00	0.03	1.6	0.0	3.6	0.0	14	0.05	1.3	15	20	47	0.1	54	0.00	0.00
0.00	0.07	0.07	0.00	0.27	9.9	0.0	0.0	0.0	100	0.05	6.2	148	79	199	0.4	72	0.00	0.00
						0.0			20	0.00				130		18	0.00	0.00
0.00	0.12	0.01	0.03	0.36	1.4	0.0			141	0.23	8.5	113	103	274	0.9	43	0.00	0.00
						0.0			100	0.00				280			0.00	0.00
0.00	0.07	0.05	0.00	0.15	2.0	0.0	0.0	0.0	110	0.07	7.4	105	82	123	0.3	47	0.00	0.00
0.01	0.14	0.05	0.02	0.31	7.7	0.0	0.0	0.1	195	0.07	10.2	265	82	433	1.0	57	0.00	0.00
0.00	0.10	0.01	0.01	0.21	2.6	0.0	1.4	0.1	194	0.11	6.8	234	51	405	0.9	59	0.00	0.00
0.00	0.10	0.01	0.01	0.21	2.5	0.0	1.4	0.1	193	0.11	6.8	234	51	404	0.9	59	0.00	0.00
0.00	0.10	0.01	0.01	0.20	2.3	0.7	6.2	0.1	174	0.11	6.2	211	46	405	0.8	39	0.00	0.00
0.00	0.15	0.56	0.07	0.00	24.8	0.0	0.0	0.7	212	6.30	256.5	250	224	22	1.9	71	0.00	0.00

A-130 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes **A-130 Dairy Products and Substitutes** A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
DAIRY PRODUCTS AND SUBSTITUTES													
Creams and Substitutes													
54390	Cream Substitute, light	1 Tbs	15	11	0	1	0	1	0.1	0.3	0.1	0	0
54262	Cream Substitute, original	1 Tbs	15	20	0	2	0	1				0	0
506	Cream Substitute, pwd	1 tsp	2	11	0	1	0	1	0.7	0.0	0.0	0	0
54315	Cream Substitute, soy milk, plain	1 Tbs	15	15	0	1	0	1	0.0			0	0
500	Cream, half & half	1 indiv pkt	15	20	0	1	0	2	1.1	0.5	0.1	6	15
54384	Cream, half & half, fat free	2 Tbs	29	17	1	3	0	0	0.2	0.1	0.0	1	4
501	Cream, light	1 Tbs	15	29	0	1	0	3	1.8	0.8	0.1	10	28
502	Cream, whipping, heavy	1 Tbs	15	52	0	0	0	6	3.5	1.6	0.2	21	63
503	Cream, whipping, heavy, whipped	1 Tbs	8	26	0	0	0	3	1.7	0.8	0.1	10	31
504	Sour Cream, cultured	1 Tbs	12	23	0	0	0	2	1.4	0.6	0.1	6	21
54383	Sour Cream, fat free	2 Tbs	32	24	1	5	0	0	0.0	0.0	0.0	3	24
505	Sour Cream, imitation, cultured	1 Tbs	14	30	0	1	0	3	2.6	0.1	0.0	0	0
Milks and Non-Dairy Milks													
7	Buttermilk, low fat, cultured	1 cup	245	98	8	12	0	2	1.3	0.6	0.1	10	37
17	Eggnog	1 cup	254	224	12	20	0	11	6.6	3.3	0.5	150	152
130	Milk Substitute, fluid, w/lauric acid oil	1 cup	244	149	4	15	0	8	7.4	0.4	0.0	0	0
4	Milk, 1%, w/add vit A & D	1 cup	244	102	8	12	0	2	1.5	0.7	0.1	12	142
2	Milk, 2%, w/add vit A & D	1 cup	244	122	8	12	0	5	3.1	1.4	0.2	20	136
18	Milk, chocolate, 2%, w/add vit A & D	1 cup	250	190	7	30	2	5	2.9	1.1	0.2	20	162
21109	Milk, chocolate, rduced fat, w/add calc	1 cup	250	195	7	30	2	5	2.9	1.1	0.2	20	162
173	Milk, evaporated, Carnation, w/add vit D	30 ml	32	40	2	3	0	2	1.5			10	0
23	Milk, goat, w/add vit D	1 cup	244	168	9	11	0	10	6.5	2.7	0.4	27	142
1	Milk, whole, 3.25%, w/add vit D	1 cup	244	149	8	12	0	8	4.6	2.0	0.5	24	115
66	Milk, whole, dry pwd, w/add vit D	0.25 cup	32	159	8	12	0	9	5.4	2.5	0.2	31	84
24043	Rice Milk, w/add calc vit A & D	8 fl-oz	240	113	1	22	1	2	0.0	1.5	0.8	0	151
20033	Soy Milk	1 cup	243	131	8	15	1	4	0.5	1.0	2.3	0	1
20920	Soy Milk, chocolate	1 cup	250	145	5	24	2	4	0.5			0	103
Yogurt													
2425	Yogurt, banana creme, low fat	1 ea	170	170	5	33	0	2	1.0			10	150
2857	Yogurt, cappucino, nonfat, light, w/asp	1 indiv cup	227	120	7	22	0	0	0.0	0.0	0.0	5	0
2836	Yogurt, cherry, fruit on the bottom	1 indiv cup	227	220	9	42	1	2	1.0			10	0
15408	Yogurt, fruit, nonfat, 8oz cntr	1 cup	245	233	11	47	0	0	0.3	0.1	0.0	5	7
2000	Yogurt, plain, low fat, 12g prot, 8oz cntr	1 cup	245	154	13	17	0	4	2.5	1.0	0.1	15	35
11979	Yogurt, plain, nonfat	1 cup	226	120	12	17	0	0	0.0	0.0	0.0	5	100
71587	Yogurt, soy, vanilla	1 ea	170	150	5	25	1	3	0.0			0	0
7546	Yogurt, tofu	1 cup	262	246	9	42	1	5	0.7	1.0	2.7	0	9
2015	Yogurt, vanilla, low fat, 11g prot, 8oz cntr	1 cup	245	208	12	34	0	3	2.0	0.8	0.1	12	30
DESSERTS													
Brownies and Dessert Squares													
44219	Bar, dessert, crisp rice, square	1 ea	37	153	1	30	0	3	0.5	0.9	1.9	0	120
47019	Brownie, prep f/recipe, 2" square	1 ea	24	112	1	12		7	1.8	2.6	2.3	18	46
62904	Brownie, square, lrg, 2 3/4" x 7/8"	1 ea	56	227	3	36	1	9	2.4	5.0	1.3	10	11

APPENDIX N Food Composition Table A-131

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)	
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.07	0.0	11	27	9	0.0	86	0.00	0.00	
						0.0			0	0.00				0			0.00	0.00	
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.01	0.1	8	16	4	0.0	2	0.00	0.00	
						0.0			0	0.00				10		86	0.00	0.00	
0.00	0.01	0.00	0.00	0.05	0.5	0.1	1.2	0.0	16	0.00	1.5	14	20	6	0.1	81	0.00	0.00	
0.01	0.07	0.03	0.01	0.15	1.2	0.2	0.0	0.0	28	0.00	4.6	44	60	42	0.2	86	0.00	0.00	
0.00	0.01	0.00	0.00	0.02	0.3	0.1	2.1	0.1	14	0.00	1.4	12	18	6	0.0	74	0.00	0.00	
0.00	0.01	0.00	0.00	0.02	0.6	0.1	4.1	0.2	10	0.00	1.1	9	11	6	0.0	58	0.00	0.00	
0.00	0.00	0.00	0.00	0.00	0.3	0.0	2.0	0.1	5	0.00	0.5	5	6	3	0.0	58	0.00	0.00	
0.00	0.01	0.00	0.00	0.02	0.8	0.1	1.7	0.1	13	0.01	1.2	14	17	10	0.0	74	0.00	0.00	
0.00	0.05	0.01	0.00	0.10	3.5	0.0	0.0	0.0	40	0.00	3.2	30	41	45	0.2	81	0.00	0.00	
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.1	0	0.05	0.9	6	23	15	0.2	71	0.00	0.00	
0.07	0.37	0.14	0.07	0.54	12.2	2.5	2.5	0.1	284	0.11	27.0	218	370	257	1.0	90	0.00	0.00	
0.09	0.47	0.27	0.12	1.13	2.5	3.8	124.5	0.5	330	0.50	48.3	277	419	137	1.2	83	0.00	0.00	
0.02	0.20	0.00	0.00	0.00	0.0	0.0			81	0.94	14.6	181	278	190	2.9	88	0.00	0.00	
0.05	0.44	0.23	0.09	1.14	12.2	0.0	117.1	0.0	305	0.07	26.8	232	366	107	1.0	90	0.00	0.00	
0.10	0.44	0.21	0.09	1.28	12.2	0.5	119.6	0.1	293	0.05	26.8	224	342	115	1.2	89	0.00	0.00	
0.10	0.46	0.40	0.05	0.82	5.0	0.0	122.5	0.1	272	0.60	35.0	255	422	165	1.0	82	0.00	2.50	
0.10	1.40	0.40	0.05	0.82	5.0	0.0		0.1	485	0.60	35.0	190	308	165	1.0	82	0.00	2.50	
	0.10					0.0	24.0		80	0.00		60	90	30		24	0.00	0.00	
0.11	0.34	0.68	0.10	0.17	2.4	3.2	124.4	0.2	327	0.11	34.2	271	498	122	0.7	87	0.00	0.00	
0.10	0.40	0.21	0.09	1.10	12.2	0.0	124.4	0.2	276	0.07	24.4	205	322	105	0.9	88	0.00	0.00	
0.09	0.38	0.20	0.10	1.03	11.8	2.8	134.4	0.2	292	0.15	27.2	248	426	119	1.1	2	0.00	0.00	
0.05	0.34	0.93	0.09	1.50	4.8	0.0	100.8	1.1	283	0.47	26.4	134	65	94	0.3	89	0.00	0.00	
0.15	0.17	1.25	0.18	0.00	43.7	0.0	0.0	0.3	61	1.55	60.8	126	287	124	0.3	88	0.00	0.00	
	0.51			3.07	25.0	0.0	122.5		308	1.47	40.0		360	102	0.6	86	0.00		
							0.0	80.0		200	0.00		150	260	80		129	0.00	0.00
							2.4			350	0.00			360	140			0.00	0.00
							0.0			300	0.00			480	150		172	0.00	0.00
0.10	0.43	0.25	0.10	1.14	22.1	1.7	0.0	0.1	372	0.17	36.8	292	475	142	1.8	75	0.00	0.00	
0.10	0.51	0.28	0.11	1.37	27.0	2.0	2.5	0.1	448	0.20	41.7	353	573	172	2.2	85	0.00	0.00	
							2.4			450	0.00			180		194	0.00	0.00	
							29.9			299	1.45			20		79	0.00	0.00	
0.15	0.05	0.62	0.05	0.00	15.7	6.5	0.0	0.8	309	2.77	104.8	100	123	92	0.8	78	0.00	0.00	
0.10	0.49	0.25	0.10	1.29	27.0	2.0	2.5	0.0	419	0.17	39.2	331	537	162	2.0	79	0.00	0.00	
0.46	0.50	6.03	0.33	0.00	40.3	0.0			1	0.46	4.8	16	14	130	0.2	6	0.00	0.00	
0.02	0.05	0.23	0.01	0.03	7.0	0.1			14	0.43	12.7	32	42	82	0.2	13	0.00		
0.14	0.11	0.95	0.01	0.03	26.3	0.0	0.0	0.1	16	1.25	17.4	57	83	144	0.4	14	0.00	1.12	

A-132 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes **A-130 Desserts** A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
Cakes													
46004	Cake, angel food, 1/12 of 9"	1 pce	28	72	2	16	0	0	0.0	0.0	0.1	0	0
46098	Cake, applesauce, w/o icing	1 pce	87	313	3	52	2	12	2.4	5.0	3.5	22	10
46103	Cake, banana, w/o icing	1 pce	87	262	3	46	1	8	1.6	3.6	2.1	32	83
46262	Cake, carrot, buttercream frosted	1 pce	71	280	2	36	1	15	3.5			35	100
46062	Cake, chocolate, prep f/rec, w/o frosting, 1/12 of 9"	1 pce	95	352	5	51	2	14	5.2	5.7	2.6	55	27
46120	Cake, chocolate, w/fluffy white icing, prep f/recipe, slice	1 pce	91	280	3	43	1	11	2.7			23	50
46118	Cake, chocolate, w/vanilla icing, 1/12 piece	1 pce	103	367	3	53	1	17	4.3			23	52
46005	Cake, coffee, cinnamon, w/crumb topping prep f/mix 1/8 of 8"	1 pce	56	178	3	30	1	5	1.0	2.2	1.8	27	20
46205	Cake, fruit	1 pce	43	139	1	26	2	4	0.5	1.8	1.4	2	3
46000	Cake, gingerbread, prep f/rec, 1/9 of 8" square	1 pce	74	263	3	36		12	3.1	5.3	3.1	24	10
46108	Cake, graham cracker	1 pce	45	159	3	22	0	7	1.6	3.2	1.6	33	66
71650	Cake, lemon, layer, 9", FS	1 pce	88	290	2	43	0	12	3.5			35	
46070	Cake, pineapple upside down, prep f/rec, 1/9 of 8" square	1 pce	115	367	4	58	1	14	3.4	6.0	3.8	25	75
46016	Cake, pound, w/butter, 12oz	1 pce	28	109	2	14	0	6	3.2	1.7	0.3	62	44
46077	Cake, shortcake, biscuit type, prep f/recipe	1 svg	55	190	3	27	1	8	2.1	3.3	2.0	2	10
12722	Cake, snack, chocolate, w/cream	3 ea	85	280	3	54	0	6	2.0			75	20
46116	Cake, spice, w/icing	1 pce	109	368	5	62	1	12	3.2	5.9	1.9	50	39
46078	Cake, sponge, prep f/recipe, 1/12 of 10"	1 pce	63	187	5	36	1	3	0.8	1.0	0.4	107	49
71674	Cake, yellow, w/o frosting, FS	1 pce	68	320	3	41	1	17	7.0			35	
46012	Cake, yellow, w/chocolate icing, 1/8 of 18oz	1 pce	64	243	2	35	1	11	3.0	6.1	1.4	35	21
49001	Cheesecake, no bake, prep f/dry mix, 1/12 of 9"	1 pce	99	271	5	35	2	13	6.6	4.5	0.8	29	99
46426	Cupcake, chocolate, w/frosting, low fat	1 ea	43	131	2	29	2	2	0.5	0.8	0.2	0	0
Cookies													
90634	Cookie Crumbs, chocolate wafer	0.25 cup	28	121	2	20	1	4	1.2	1.4	1.2	1	1
62910	Cookie Crumbs, vanilla wafer, lower fat	0.25 cup	20	88	1	15	0	3	0.8	1.3	0.8	10	2
91664	Cookie, almond	2 ea	29	170	2	19	0	10	3.0			0	0
93285	Cookie, animal, vanilla	9 ea	28	120	2	20	1	4	1.5			0	0
47074	Cookie, applesauce	2 ea	36	132	2	23	1	4	0.9	2.0	1.2	9	42
47519	Cookie, cherry filled, home style, svg	1 svg	25	101	1	16	0	4	1.4	1.1	0.3	5	3
90637	Cookie, chocolate chip bar, prep f/recipe w/marg, 2" square	1 ea	32	156	2	19	1	9	2.6	3.3	2.7	10	50
47031	Cookie, chocolate chip, enrich, higher fat, med 2.25"	1 ea	10	47	1	6	0	2	1.0	0.7	0.3	0	0
42726	Cookie, chocolate chip, refrig dough, svg	1 svg	28	135	1	17	1	7	2.0	2.5	0.5	5	
47041	Cookie, chocolate wafer	1 ea	6	26	0	4	0	1	0.3	0.3	0.2	0	0
92323	Cookie, chocolate, biscotti style, low fat	2 ea	30	120	3	23	3	3	0.0			0	0
47733	Cookie, Do-Si-Dos	3 ea	36	170	3	22	1	8	1.0			0	0
47012	Cookie, fig bar	1 ea	16	56	1	11	1	1	0.2	0.5	0.4	0	1
47043	Cookie, fortune	1 ea	8	30	0	7	0	0	0.1	0.1	0.0	0	0
47324	Cookie, fudge brownie, sugar free	1 ea	24	90	1	17	0	4	1.0	1.0	0.0	0	0
50962	Cookie, Fudge Stripes	3 ea	31	160	2	21	1	7	4.0			0	0
47077	Cookie, granola	1 ea	13	60	1	9	1	2	1.6	0.2	0.2	0	0
47737	Cookie, lemon drop	3 ea	33	160	2	20	0	8	2.0			0	0
47161	Cookie, newton, fig	2 ea	31	116	2	19	2	3	1.0	1.0	0.0	0	
47496	Cookie, oatmeal raisin, home style, svg	1 ea	26	106	1	18	1	3	0.7	1.3	0.3	2	1

APPENDIX N Food Composition Table A-133

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.02	0.14	0.25	0.00	0.01	9.8	0.0			39	0.15	3.4	91	26	210	0.0	33	0.00	0.00
0.12	0.12	1.09	0.05	0.03	5.6	0.9	2.8	1.6	17	1.39	10.6	45	145	141	0.2	23	0.00	0.00
0.14	0.17	1.16	0.20	0.07	11.5	2.9	3.1	1.2	26	1.11	15.5	50	168	181	0.3	33	0.10	0.00
0.05	0.07	0.40			8.0	0.0			20	0.72				230			0.00	0.00
0.12	0.20	1.08	0.03	0.15	25.6	0.2			57	1.52	30.4	101	133	299	0.7	24	0.00	
0.10	0.12	0.82	0.01	0.07	29.3	0.1	2.9	0.9	18	0.93	10.8	41	64	207	0.3	51	0.00	
0.12	0.12	0.94	0.01	0.09	33.4	0.2	4.6	0.9	23	1.02	11.3	47	61	232	0.3	46	0.00	
0.09	0.10	0.85	0.02	0.07	26.9	0.1	10.6	0.1	76	0.80	10.1	120	63	236	0.3	30	0.00	0.00
0.01	0.03	0.34	0.01	0.00	8.6	0.2	0.0	0.4	14	0.88	6.9	22	66	138	0.1	25	0.00	0.00
0.14	0.11	1.28	0.14	0.03	24.4	0.1			53	2.13	51.8	40	325	242	0.3	28	0.00	0.00
0.05	0.10	0.61	0.01	0.09	5.2	0.1	7.2	1.0	51	0.75	6.9	52	50	189	0.3	28	0.07	0.00
														250			0.00	0.00
0.18	0.18	1.37	0.03	0.09	29.9	1.4			138	1.70	14.9	94	129	367	0.4	32	0.00	0.00
0.03	0.05	0.37	0.00	0.07	11.5	0.0			10	0.38	3.1	38	33	111	0.1	25	0.00	0.00
0.17	0.15	1.41	0.01	0.03	29.2	0.1			113	1.39	8.8	79	58	278	0.3	28	0.00	0.00
									20	0.36				230				0.00
0.12	0.18	1.12	0.03	0.11	9.1	0.1	8.7	2.2	76	1.50	13.4	209	136	281	0.4	27	0.17	0.00
0.10	0.18	0.75	0.03	0.23	24.6	0.0			26	1.00	5.7	63	89	144	0.4	29	0.00	0.00
														260		6	0.00	0.00
0.07	0.10	0.80	0.01	0.10	14.1	0.0			24	1.33	19.2	103	114	216	0.4	22	0.00	
0.11	0.25	0.49	0.05	0.31	29.7	0.5			170	0.46	18.8	232	209	376	0.5	44	0.00	0.00
0.01	0.05	0.31	0.00	0.00	6.5	0.0			15	0.66	10.8	79	96	178	0.2	23	0.00	0.86
0.05	0.07	0.80	0.00	0.02	17.1	0.0	0.0	0.2	9	1.12	14.8	37	59	193	0.3	4	0.00	1.96
0.05	0.05	0.62	0.00	0.02	12.0	0.0	0.0	0.0	10	0.47	2.8	21	19	78	0.1	5	0.00	0.00
									0	0.00				75			0.00	0.00
									0	0.00				80		2	0.00	0.00
0.07	0.05	0.37	0.02	0.01	3.1	0.4	1.0	0.7	27	0.72	11.4	47	74	78	0.2	19	0.00	0.00
0.07	0.05	0.50			15.2	0.0			6	0.56			34	87		15	0.00	0.00
0.05	0.05	0.43	0.02	0.02	10.6	0.1			12	0.79	17.6	32	72	116	0.3	6	0.00	5.11
0.01	0.01	0.18	0.00	0.00	4.9	0.0	0.0	0.2	3	0.31	3.9	8	15	34	0.1	6	0.00	1.10
										0.72				85		9	0.00	
0.00	0.01	0.17	0.00	0.00	3.7	0.0	0.0	0.0	2	0.23	3.2	8	13	41	0.1	4	0.00	0.41
									0	0.72				50		0	0.00	
0.15	0.05	1.12	0.02	0.00	29.1	0.0	0.0	0.6	0	0.36	24.0	71	82	105	0.4		0.00	0.00
0.02	0.02	0.30	0.00	0.00	5.6	0.0	0.0	0.1	10	0.46	4.3	10	33	56	0.1	16	0.00	0.00
0.00	0.00	0.15	0.00	0.00	5.3	0.0	0.0	0.0	1	0.11	0.6	3	3	22	0.0	8	0.00	0.00
									0	1.08				130			0.00	
									0	0.72				110			0.00	
0.07	0.02	0.23	0.05	0.00	10.5	0.1		0.0	9	0.37	13.1	46	47	43	0.2	3	0.00	0.00
0.14	0.10	1.04	0.00	0.01	32.4	0.0	1.3	0.2	0	0.72	5.1	33	34	150	0.1	2	0.00	0.00
										0.69				78	116		0.00	0.00
0.07	0.03	0.43			12.2	0.0			10	0.62			74	88		12	0.00	0.00

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A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
47052	Cookie, oatmeal, refrig dough, svg	1 svg	16	68	1	9	0	3	0.8	1.7	0.4	4	1
49102	Cookie, peanut butter	1 ea	15	72	1	9	0	4	0.7	1.9	0.8	0	0
47061	Cookie, raisin, soft type	1 ea	15	60	1	10	0	2	0.5	1.1	0.3	0	1
47734	Cookie, Samoas	2 ea	28	160	2	17	2	9	6.0			0	0
92328	Cookie, sandwich, Cookie Cremes, chocolate, w/cream	1 indiv pkt	80	385	3	59	0	15	3.0			0	0
50973	Cookie, sandwich, lemon creme, sugar free	3 ea	28	130	1	19	0	7	1.5			0	0
47252	Cookie, sandwich, Nutter Butter	2 ea	28	130	3	19	1	6	1.0	2.5	1.0	5	
50971	Cookie, sandwich, vanilla creme, sugar free	3 ea	28	130	1	19	0	6	1.5			0	0
47071	Cookie, sandwich, vanilla, w/creme, 1 3/4"	1 ea	10	48	0	7	0	2	0.3	0.8	0.8	0	0
47348	Cookie, shortbread, homestyle	2 ea	26	140	2	16	1	7	2.5			10	0
50960	Cookie, shortbread, pecan	1 ea	16	80	1	9	0	5	1.0			5	0
47045	Cookie, snap, ginger	1 ea	7	29	0	5	0	1	0.2	0.4	0.1	0	0
47011	Cookie, snickerdoodle, prep f/recipe	1 ea	20	80	1	12	0	3	2.1			9	25
47064	Cookie, sugar	1 ea	15	72	1	10	0	3	0.8	1.8	0.4	8	4
47738	Cookie, Tagalongs	2 ea	28	150	3	13	2	10	4.0			0	0
47739	Cookie, Thin Mints	4 ea	28	140	1	18	1	8	2.0			0	0
47740	Cookie, Trefoils	5 ea	32	160	2	20	0	8	1.0			0	0
47513	Cookie, wedding cake	1 ea	10	53	0	7	0	3	0.5			0	0
47044	Cookies, fudge, cake type	1 ea	21	73	1	16	1	1	0.2	0.4	0.1	0	0
47183	Cracker, graham, cinnamon	24 ea	30	130	2	23	1	4	1.0	1.0	2.0	0	0
Doughnuts, Pastries, and Sweet Rolls													
45562	Cake, funnel	1 pce	90	278	7	29	1	14	2.7	4.4	6.3	63	58
45523	Croissant, cheese, med	1 ea	57	236	5	27	1	12	6.1	3.7	1.4	32	120
45572	Danish, cheese	1 ea	71	266	6	26	1	16	4.8	8.0	1.8	16	26
71042	Danish, cinnamon nut, 4 1/4"	1 ea	65	280	5	30	1	16	3.8	8.9	2.8	30	6
71041	Danish, raisin nut, 4 1/4"	1 ea	65	280	5	30	1	16	3.8	8.9	2.8	30	6
45630	Doughnut, buttermilk, glazed	1 ea	64	270	3	35	0	13	3.0			15	0
45518	Doughnut, cake, chocolate, glazed/sugared, med, 3"	1 ea	42	175	2	24	1	8	2.2	4.7	1.0	24	5
71335	Doughnut, cake, holes	1 ea	14	59	1	6	0	3	1.0	1.8	0.4	1	0
45507	Doughnut, filled, jelly, 3 1/2" oval	1 ea	85	289	5	33	1	16	4.1	8.7	2.0	22	15
71343	Doughnut, glazed, enrich, lrg, 4 1/4"	1 ea	75	299	5	38	2	14	4.1	7.5	2.1	22	4
71856	Doughnut, plain, wheat free	1 ea	54	154	8	19	0	5	1.5			33	4
70161	Fritter, apple, fzn	1 pce	62	130	2	18	1	6	1.8			2	2
62914	Pastry, cream puff, choc, custard filled, prep f/rec 3.5x2	1 ea	112	293	7	27	1	18	4.6	7.3	4.4	142	234
45508	Pastry, eclair, chocolate, custard filled, prep f/rec, 5x2	1 ea	100	262	6	24	1	16	4.1	6.5	3.9	127	209
45593	Pastry, toaster, apple cinnamon	1 ea	52	205	2	37	1	5	0.9	3.1	1.4	0	100
45594	Pastry, toaster, brown sugar cinnamon	1 ea	50	219	3	32	1	9	1.0	3.6	4.6	0	100
45595	Pastry, toaster, cherry	1 ea	52	204	2	37	1	5	0.9	3.0	1.6	0	100
45601	Pastry, toaster, chocolate fudge, frosted	1 ea	52	201	3	37	1	5	1.0	2.7	1.1	0	100
45782	Pastry, toaster, s'mores	1 ea	52	204	3	36	1	5	1.5	3.1	0.9	0	100
42746	Pastry, toaster, strawberry swirl Danish	1 ea	62	254	3	37	1	11	3.0	3.6	4.4	0	0
42071	Scone	1 ea	42	150	4	19	1	6	2.0	2.6	1.3	49	69
42363	Sweet Roll, honey bun	1 ea	65	270	3	35	1	13	3.0			0	0
42266	Turnover, apple, w/icing, kit, refrig	1 ea	57	180	2	24	0	8	2.0			0	0

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 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.03	0.01	0.30	0.00	0.00	5.6	0.0			5	0.34	4.5	17	24	47	0.1	15	0.00	0.00
0.02	0.02	0.63	0.00	0.00	10.8	0.0	0.0	0.3	5	0.37	6.8	13	25	62	0.1	6	0.00	0.00
0.02	0.02	0.30	0.00	0.00	4.8	0.1	0.0	0.3	7	0.34	3.2	12	21	51	0.0	13	0.00	0.00
						2.4			0	0.72				45			0.00	0.00
						0.0			0	4.26				296		0	0.00	
						0.0			0	0.36				50		1	0.00	0.00
										0.72			55	110		0	0.00	0.00
						0.0			0	0.36				50			0.00	0.00
0.02	0.01	0.27	0.00	0.00	5.0	0.0	0.0	0.2	3	0.21	1.4	8	9	35	0.0	2	0.00	0.00
						0.0			0	0.36				105		1	0.00	0.00
						0.0			0	0.00				50		1	0.00	0.00
0.00	0.01	0.23	0.00	0.00	6.1	0.0	0.0	0.1	5	0.44	3.4	6	24	39	0.0	5	0.00	0.00
0.05	0.03	0.40	0.00	0.00	13.6	0.1	2.7	0.1	8	0.46	2.1	10	23	75	0.1	5	0.00	0.00
0.02	0.02	0.40	0.00	0.02	8.0	0.0	0.9	0.0	3	0.31	1.8	12	9	54	0.1	5	0.00	0.00
0.10	0.03	1.37	0.02	0.00	30.5	0.0	0.0	0.8	0	0.72	17.1	40	71	85	0.3		0.00	0.00
0.05	0.05	0.49	0.00	0.00	14.9	0.0	0.0	0.1	200	0.44	4.6	14	19	80	0.1		0.00	0.00
0.14	0.09	1.08	0.00	0.00	33.4	0.0	0.1	0.1	0	0.36	4.1	20	20	90	0.1		0.00	0.00
						0.0			0	0.23				15			0.00	0.00
0.05	0.03	0.25	0.00	0.01	9.0	0.0			7	0.51	6.7	17	29	40	0.1	12	0.00	0.00
						0.0			100	1.08				150		0	0.00	0.00
0.23	0.31	1.86	0.05	0.23	13.6	0.4		2.4	128	1.86	17.7	137	155	117	0.6	42	0.00	0.00
0.30	0.18	1.23	0.03	0.18	42.2	0.1	0.0	0.8	30	1.23	13.7	74	75	206	0.5	21	0.00	0.00
0.12	0.18	1.41	0.02	0.14	42.6	0.1	1.4	0.2	25	1.13	10.6	77	70	229	0.5	31	0.00	0.00
0.14	0.15	1.49	0.07	0.14	53.9	1.1	0.0	0.5	61	1.16	20.8	72	62	194	0.6	20	0.00	0.00
0.14	0.15	1.49	0.07	0.14	53.9	1.1	0.0	0.5	61	1.16	20.8	72	62	194	0.6	20	0.00	0.00
						0.0			60	1.08				290		12	0.00	0.00
0.01	0.02	0.20	0.00	0.03	18.9	0.0	0.0	0.1	89	0.94	14.3	68	45	167	0.2	16	0.00	0.41
0.02	0.01	0.28	0.00	0.00	11.2	0.2	0.0	0.3	4	0.41	2.2	37	16	78	0.1	23	0.00	0.00
0.27	0.11	1.82	0.09	0.18	57.8	0.0	0.0	0.4	21	1.50	17.0	72	67	204	0.6	36	0.00	0.00
0.23	0.14	1.96	0.02	0.07	81.0	0.9	0.0	1.1	34	2.80	13.5	104	75	237	0.9	23	0.00	0.00
0.02	133.86	0.10	0.02	0.00	19.9	9.6	0.0	0.0	57	0.40	8.2	84	132				0.00	0.00
0.05	0.05	0.60				3.0			20	0.54			22	285		75	0.00	0.00
0.12	0.30	0.88	0.07	0.37	48.2	0.3	42.6	2.3	71	1.32	16.8	120	131	377	0.7	52	0.00	2.24
0.11	0.27	0.80	0.05	0.34	43.0	0.3	38.0	2.0	63	1.17	15.0	107	117	337	0.6	52	0.00	2.00
0.15	0.17	1.98	0.20	0.00	41.6	0.0			12	1.82	5.7	28	47	174	0.3	12	0.00	0.00
0.15	0.17	2.00	0.20	0.00	40.0	0.0			16	1.79	8.0	32	68	190	0.6	10	0.00	0.00
0.15	0.17	1.98	0.20	0.00	41.6	0.0			15	1.82	8.3	44	59	220	0.6	12	0.00	0.00
0.15	0.15	1.98	0.20	0.00	52.0	0.0			20	1.82	15.1	44	82	229	0.3	12	0.00	
0.15	0.15	1.98	0.20	0.00	52.0	0.0			15	1.82	10.9	39	65	213	0.2	12	0.00	
						0.0			20	1.08				170		16	0.00	0.00
0.15	0.15	1.21	0.02	0.10	7.9	0.1	6.7	0.7	80	1.32	7.1	74	49	171	0.3	27	0.00	0.00
						0.0			0	0.36				160			0.00	0.00
						0.0			0	0.72				260			0.00	0.00

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 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
Frozen Desserts													
46110	Cake, ice cream, chocolate roll, 12 oz	1 pce	34	101	1	14	0	5	2.1	1.8	0.8	15	22
90721	Frozen Dessert Pop, 1.75 fl oz bar	1 ea	52	41	0	10	0	0	0.0	0.0	0.0	0	0
90723	Frozen Dessert Pop, 2 fl oz bar	1 ea	59	47	0	11	0	0	0.0	0.0	0.0	0	0
23051	Frozen Dessert, slushy	1 cup	193	247	1	63	0	0	0.0	0.0	0.0	0	0
23114	Frozen Dessert, snow cone	1 ea	190	243	1	62	0	0	0.0	0.0	0.0	0	0
2045	Frozen Yogurt Cone, chocolate, sml	1 ea	78	168	4	24	1	7	4.2	2.3	0.4	1	37
2044	Frozen Yogurt Sandwich	1 ea	85	181	4	32	0	4	2.3	1.3	0.4	1	37
72125	Frozen Yogurt, chocolate	0.5 cup	87	110	3	19	2	3	2.0	0.8	0.1	11	35
625	Frozen Yogurt, vanilla, low fat	0.5 cup	106	200	9	31	0	4	2.5			65	40
72188	Ice Cream Bar, Fudgsicle	1 ea	61	90	3	16	1	2	1.0			5	0
72187	Ice Cream Bar, Fudgsicle, fat free	1 ea	51	65	3	14	1	0	0.2			2	0
25537	Ice Cream Cone, sundae, chocolate, classic	1 ea	94	310	5	34	2	17	9.0			15	20
71778	Ice Cream Sandwich	1 ea	70	190	3	28	0	8	4.0			20	40
71484	Ice Cream, French vanilla	0.5 cup	68	160	3	14	0	10	6.0			60	60
71814	Ice Cream, neapolitan	0.5 cup	65	130	2	16	0	7	4.0			25	40
71810	Ice Cream, rocky road	0.5 cup	65	160	3	19	1	8	4.5			25	40
2008	Ice Cream, soft serve, French vanilla	0.5 cup	86	191	4	19	1	11	6.4	3.0	0.4	78	142
2018	Ice Cream, strawberry	0.5 cup	68	130	2	15	0	7	4.0			20	40
2004	Ice Cream, vanilla	0.5 cup	66	137	2	16	0	7	4.5	2.0	0.3	29	79
72119	Ice Cream, vanilla, fat free	0.5 cup	68	94	3	20	1	0	0.0	0.0	0.0	0	137
2011	Sherbet, orange	0.5 cup	74	107	1	22	1	1	0.9	0.4	0.1	1	9
Pies and Fruit Desserts													
62352	Cheesecake, cherry, FS	1 cntr	113	330	6	27	1	22	13.0			100	300
49064	Cobbler, berry, ckd f/fzn	0.25 ea	120	370	3	41	1	21	5.0			5	0
49023	Crisp, cherry	0.5 cup	123	352	3	56	1	14	2.4	6.2	4.3	1	125
45535	Crust, pie, enrich, rtb, fzn, 9"	1 ea	173	791	11	84	4	45	14.1	21.0	5.5	0	0
45500	Crust, pie, graham cracker, prep f/recipe, bkd, 9"	1 ea	239	1181	10	156	4	60	12.4	27.2	16.5	0	488
49005	Dessert, apple brown betty	0.75 cup	155	268	4	47	3	8	4.2			16	53
48004	Pie, apple, w/enrich flour, 1/6 of 8"	1 pce	117	277	2	40	2	13	4.4	5.1	2.6	0	39
48023	Pie, banana cream, no bake, prep f/mix, 1/8 of 9"	1 slc	92	231	3	29	1	12	6.4	4.2	0.7	27	92
48025	Pie, blueberry, 1/6 of 8"	1 slc	117	271	2	41	1	12	2.0	5.0	4.1	0	55
48005	Pie, cherry, 1/6 of 8"	1 slc	117	304	2	47	1	13	3.0	6.8	2.4	0	68
48031	Pie, chocolate cream, 1/6 of 8"	1 pce	113	344	3	38	2	22	5.6	12.6	2.7	6	0
71646	Pie, key lime, w/o topping, 10", FS	1 pce	113	420	6	55		20	12.0			20	40
48040	Pie, peach, 1/6 of 8"	1 pce	117	261	2	38	1	12	1.8	5.0	4.4	0	19
48012	Pie, pecan	1 pce	133	541	6	79	3	22	3.5	11.1	4.7	56	69
48000	Pie, pumpkin	1 pce	133	323	5	46	2	13	2.6	6.1	2.4	35	747
48130	Pie, rhubarb, 1/8 of 9"	1 pce	118	316	3	48	2	13	3.6			3	18
48177	Pie, snack, lemon	1 ea	113	300	3	44	1	14	3.5			40	20
48185	Pie, snack, strawberry	1 ea	120	340	3	55	2	12	3.0			0	0
49015	Strudel, apple	1 pce	71	195	2	29	2	8	1.5	2.3	3.8	4	5
Puddings and Gelatins													
2659	Custard, chocolate, prep f/dry mix w/2% milk	0.5 cup	140	119	5	19	1	3	1.7	0.8	0.1	10	66
92977	Gelatin, cherry, sugar free, snack cup	1 svg	92	10	1	0	0	0	0.0	0.0	0.0	0	0
23337	Gelatin, grape, dry mix, svg	1 svg	22	80	2	19	0	0	0.0	0.0	0.0	0	0

APPENDIX N Food Composition Table A-137

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 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.03	0.07	0.30	0.00	0.07	2.3	0.1	3.5	0.3	42	0.50	9.1	40	57	45	0.2	39	0.02	
0.00	0.00	0.00	0.00	0.00	0.0	0.4	0.0	0.0	0	0.28	0.5	0	8	4	0.1	80	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.4	0.0	0.0	0	0.31	0.6	0	9	4	0.1	80	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	1.9		0.0	4	0.31	1.9	2	6	42	0.0	67	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	1.9		0.0	4	0.30	1.9	2	6	42	0.0	67	0.00	0.00
0.07	0.18	0.68	0.05	0.18	4.7	0.5		0.2	99	0.97	30.8	116	197	84	0.6	53	0.00	
0.03	0.15	0.34	0.05	0.18	7.3	0.5		0.1	95	0.34	12.0	98	151	57	0.4	52	0.00	0.00
0.02	0.15	0.11	0.02	0.05	10.4	0.0	2.6	0.1	87	0.40	21.8	77	204	55	0.2	71	0.00	2.60
									0.0	250				55			0.00	0.00
									0.0	80	0.36			65		40	0.00	
									0.5	81	0.46			48		66	0.00	
									0.0	60	0.36			115			0.00	
							0.0		40	0.72				170			0.00	
							0.0		100	0.00				40		40	0.00	0.00
							2.0	0.0	60	0.00				55		40	0.00	
							0.0	0.0	60	0.36				65			0.00	
0.03	0.15	0.07	0.03	0.43	7.7	0.7	24.9	0.5	113	0.18	10.3	100	152	52	0.4	60	0.00	0.00
									6.0	60	0.00			25			0.00	0.00
0.02	0.15	0.07	0.02	0.25	3.3	0.4	5.3	0.2	84	0.05	9.2	69	131	53	0.5	61	0.00	0.00
0.02	0.17	0.10	0.02	0.31	4.8	0.0	0.0	0.0	101	0.00	14.3	102	205	66	0.7	64	0.00	0.00
0.01	0.07	0.05	0.01	0.10	3.0	1.7	0.0	0.0	40	0.10	5.9	30	71	34	0.4	66	0.00	0.00
									1.2	60	1.08			250			0.00	0.00
									3.6	20	1.08			220			0.00	0.00
0.10	0.12	0.99	0.07	0.07	8.1	1.4		2.2	76	1.75	9.9	161	110	418	0.2	40	0.00	0.00
0.47	0.28	4.67	0.09	0.00	121.1	0.0		0.8	33	4.50	26.0	125	168	708	0.8	18	0.00	0.00
0.25	0.41	5.09	0.09	0.05	57.4	0.0	38.2	5.5	50	5.19	43.0	155	210	1365	1.1	4	0.00	0.00
0.23	0.14	2.01	0.07	0.01	32.4	0.3	8.2	0.3	74	1.98	16.4	51	150	309	0.4	119	0.00	0.00
0.02	0.02	0.31	0.03	0.00	31.6	3.7	0.0	1.8	13	0.52	8.2	28	76	235	0.2	52	0.00	0.00
0.09	0.12	0.64	0.02	0.18	19.3	0.5			67	0.41	11.0	154	104	267	0.3	51	0.00	0.00
0.00	0.03	0.34	0.03	0.00	31.6	3.2	0.0	1.2	9	0.34	5.8	27	58	256	0.2	52	0.00	0.00
0.02	0.02	0.23	0.05	0.00	31.6	1.1	0.0	0.9	14	0.56	9.4	34	95	288	0.2	46	0.00	0.00
0.03	0.11	0.76	0.01	0.00	14.7	0.0			41	1.21	23.7	77	144	154	0.3	44	0.00	0.00
									0.0	150	0.72			200			0.00	0.00
0.07	0.03	0.23	0.02	0.00	33.9	1.1	0.0	1.1	9	0.57	7.0	26	146	227	0.1	54	0.00	0.00
0.27	0.10	1.74	0.05	0.15	42.6	0.0	6.7	1.1	29	1.24	29.3	110	132	210	1.2	18	0.00	0.00
0.23	0.15	1.47	0.07	0.46	34.6	0.0	4.0	1.0	85	1.20	18.6	108	222	450	0.5	50	0.00	0.00
0.18	0.14	1.53	0.01	0.00	36.3	3.8	0.8	1.1	46	1.30	11.4	35	166	197	0.2	68	0.00	0.00
0.20	0.14	1.55	0.00	0.00	48.8	0.0	0.5	0.1	20	1.08	6.4	31	30	320	0.2	51	0.00	0.00
0.23	0.15	1.77	0.02	0.00	58.5	15.0	0.4	0.2	20	1.08	10.5	39	86	310	0.2		0.00	0.00
0.02	0.01	0.23	0.02	0.15	19.9	1.2	0.0	1.0	11	0.30	6.4	23	106	111	0.1	44	0.00	0.00
0.05	0.21	0.15	0.05	0.46	7.0	1.3	50.4		176	0.41	28.0	137	255	73	0.7	80	0.00	1.39
									0.0	0	0.00			45			0.00	0.00
									0.0	0	0.00			80		1	0.00	0.00

A-138 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes **A-130 Desserts** A-138 Eggs and Egg Substitutes

A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
23052	Gelatin, prep f/dry mix w/water	0.5 cup	135	84	2	19	0	0	0.0	0.0	0.0	0	0
48001	Pie Filling, apple, 21oz can	1 oz	28	28	0	7	0	0				0	1
48015	Pie Filling, cherry, 21 oz can	1 oz	28	33	0	8	0	0	0.0	0.0	0.0	0	6
48067	Pie Filling, lemon, A 0263	1 oz	28	37	0	9	0	0	0.0	0.0	0.0	0	0
48044	Pie Filling, pumpkin, cnd	0.5 cup	135	140	1	36	11	0	0.1	0.0	0.0	0	1120
58203	Pudding, all flvrs, not choc, low cal, inst	1 svg	8	28	0	7	0	0	0.0	0.0	0.0	0	0
2649	Pudding, rice, prep f/dry mix w/2% milk	0.5 cup	140	155	5	29	0	2	1.4	0.6	0.1	8	66
57995	Pudding, Snack Pack, vanilla, fat free, FS	1 indiv cup	99	90	2	20	0	0	0.0	0.0	0.0	0	0
2653	Pudding, tapioca, prep f/dry mix w/2% milk	0.5 cup	140	147	4	27	0	2	1.4	0.6	0.1	8	67
Toppings													
46037	Frosting, chocolate, creamy, rte	2 Tbs	41	163	0	26	0	7	2.3	3.7	0.9	0	0
46038	Frosting, coconut nut, rte, 16oz pkg	1 oz	28	123	0	15	1	7	2.4	3.1	0.9	0	0
46323	Frosting, cream cheese	2 Tbs	33	140	0	23	0	5	1.0			0	0
46039	Frosting, cream cheese, creamy, rte	2 Tbs	33	137	0	22	0	6	1.5	1.2	2.0	0	0
46330	Frosting, lemon	2 Tbs	33	140	0	23	0	5	1.0			0	0
3977	Pineapple, slices, natural glaze	1 pce	63	180	0	46	0	0	0.0	0.0	0.0	0	0
54308	Syrup, caramel	2 Tbs	39	100	1	25	0	0	0.0	0.0	0.0	0	0
23437	Syrup, chocolate	2 Tbs	39	100	1	24		0	0.0	0.0	0.0	0	0
54312	Syrup, raspberry	2 Tbs	38	100	0	25	0	0	0.0	0.0	0.0	0	0
23069	Topping, butterscotch	2 Tbs	41	103	1	27	0	0	0.0	0.0	0.0	0	11
23070	Topping, caramel	2 Tbs	41	103	1	27	0	0	0.0	0.0	0.0	0	11
23014	Topping, chocolate fudge	2 Tbs	38	133	2	24	1	3	1.5	1.5	0.1	0	0
23422	Topping, dessert, Crunch	2 Tbs	24	120	1	16	0	6	3.8			3	5
92528	Topping, hot fudge	1 Tbs	19	70	1	10		2	1.0			5	
23071	Topping, marshmallow cream, 7oz jar	1 jar	198	638	2	156	0	1	0.1	0.2	0.1	0	0
23163	Topping, pineapple	2 Tbs	42	106	0	28	0	0	0.0	0.0	0.0	0	1
23164	Topping, strawberry	2 Tbs	42	107	0	28	0	0	0.0	0.0	0.0	0	1
510	Topping, whipped cream, pressurized	1 Tbs	4	9	0	0	0	1	0.5	0.2	0.0	3	7
565	Topping, whipped, lite	2 Tbs	9	20	0	3		1	1.0			0	0
EGGS AND EGG SUBSTITUTES													
19581	Egg Substitute, new	0.25 cup	61	30	6	1	0	0	0.0	0.0	0.0	0	60
7736	Egg Substitute, Scramblers, fzn	0.25 cup	57	35	6	2	0	0	0.0	0.0	0.0	0	150
19507	Egg Whites, raw	0.25 cup	61	32	7	0	0	0				0	0
19600	Egg Yolks, raw	0.25 cup	61	196	10	2	0	16	5.8	7.1	2.6	659	238
19510	Eggs, hard bld, lrg	1 ea	50	78	6	1	0	5	1.6	2.0	0.7	186	75
19509	Eggs, whole, lrg, fried	1 ea	46	90	6	0	0	7	2.0	2.8	1.5	184	102
19501	Eggs, whole, raw, lrg	1 ea	50	72	6	0	0	5	1.6	1.8	1.0	186	80
FATS, OILS, MARGARINES, AND SHORTENINGS													
8000	Butter, salted	1 Tbs	14	102	0	0	0	12	7.3	3.0	0.4	31	99
8003	Fat, bacon grease	1 Tbs	13	116	0	0	0	13	5.0	5.8	1.4	12	0
8107	Fat, lard	1 Tbs	13	115	0	0	0	13	5.0	5.8	1.4	12	0
8084	Oil, canola	1 Tbs	14	124	0	0	0	14	1.0	8.9	3.9	0	0
8009	Oil, corn, salad or cooking	1 Tbs	14	120	0	0	0	14	1.8	3.8	7.4	0	0
8008	Oil, olive, salad or cooking	1 Tbs	14	119	0	0	0	14	1.9	9.8	1.4	0	0
90965	Oil, veg, pure	1 Tbs	14	120	0	0	0	14	1.5	6.0	6.0	0	0
8135	Margarine & Butter, blend, w/soybean oil	1 Tbs	14	101	0	0	0	11	2.0	4.3	3.4	2	123
8490	Margarine, soft, safflower oil	1 Tbs	14	100	0	0	0	11	1.4	6.7	1.9	0	50
8007	Shortening, household, part hydrog, soybean & cttnsd oil	1 Tbs	13	113	0	0	0	13	3.2	5.7	3.3	0	0

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 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.00	0.00	0.00	0.00	0.00	1.4	0.0	0.0	0.0	4	0.02	1.4	30	1	101	0.0	84	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.5	0.0	0.0	1	0.07	0.6	2	13	13	0.0	73	0.00	0.00
0.00	0.00	0.03	0.00	0.00	1.1	1.0	0.0		3	0.07	2.0	4	30	5	0.0	71	0.00	0.00
0.56	0.56	0.56			0.6	0.9			4	0.28		0	7	20		67	0.00	0.00
0.01	0.15	0.50	0.20	0.00	47.2	4.7	0.0		50	1.42	21.6	61	186	281	0.4	71	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.1	0.0	0.0	0.0	11	0.02	0.4	189	2	340	0.0	7	0.00	0.00
0.10	0.20	0.62	0.05	0.34	5.6	1.0	47.6		147	0.51	18.2	122	182	153	0.5	73	0.00	0.00
						0.0			60	0.00				160			0.00	0.00
0.03	0.20	0.10	0.05	0.34	5.6	1.0	47.6		147	0.07	16.8	115	186	169	0.5	75	0.00	0.00
0.00	0.00	0.05	0.00	0.00	0.4	0.0	0.0	0.6	3	0.57	8.6	32	80	75	0.1	17	0.00	0.81
0.00	0.00	0.05	0.00	0.00	0.6	0.1	0.0	0.3	4	0.15	5.4	18	53	55	0.1	21	0.00	0.00
						0.0			0	0.00			15	70		5	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0			1	0.05	0.7	1	12	63	0.0	15	0.00	0.00
						0.0			0	0.00			15	70		5	0.00	0.00
				0.00		0.0			0	0.00			5	40		17	0.00	0.00
						0.0			20	0.00				105		13	0.00	0.00
						0.0			0	0.36				25		14	0.00	7.00
						0.0			0	0.00				5			0.00	0.00
0.00	0.03	0.01	0.00	0.03	0.8	0.1	0.0		22	0.07	2.9	19	34	143	0.1	32	0.00	0.00
0.00	0.03	0.01	0.00	0.03	0.8	0.1	0.0		22	0.07	2.9	19	34	143	0.1	32	0.00	0.00
0.00	0.02	0.09	0.00	0.01	1.5	0.1	0.0	1.0	19	0.49	18.2	37	108	131	0.3	22	0.00	2.66
						0.1			24	0.17			73	36		1	0.00	7.19
													80			5	0.00	
0.00	0.00	0.15	0.00	0.00	2.0	0.0	0.0	0.0	6	0.43	4.0	16	10	158	0.1	20	0.00	0.00
0.01	0.00	0.03	0.00	0.00	0.8	1.3	0.0	0.0	3	0.05	2.5	1	18	18	0.0	33	0.00	0.00
0.00	0.00	0.07	0.00	0.00	2.5	5.8	0.0	0.0	3	0.11	1.7	2	21	9	0.0	33	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.1	0.0	0.6	0.0	4	0.00	0.4	3	5	5	0.0	61	0.00	0.00
						0.0			0	0.00				0		5	0.00	0.00
	0.85		0.07	0.60	32.0	0.0	16.0	0.8	20	1.08			85	125	0.6		0.00	0.00
0.30	0.34		0.11	1.79		0.0	16.0		20	1.08			60	95	0.6		0.00	0.00
0.00	0.27	0.05	0.00	0.05	2.4	0.0	0.0	0.0	4	0.05	6.7	9	99	101	0.0	88	0.00	0.00
0.10	0.31	0.00	0.20	1.17	88.7	0.0	132.4	1.6	78	1.65	3.0	237	66	29	1.4	52	0.00	0.00
0.02	0.25	0.02	0.05	0.56	22.0	0.0	43.5	0.5	25	0.60	5.0	86	63	62	0.5	75	0.00	0.00
0.01	0.23	0.03	0.07	0.44	23.5	0.0	40.5	0.6	29	0.87	6.0	99	70	95	0.6	69	0.00	0.00
0.01	0.23	0.03	0.09	0.43	23.5	0.0	41.0	0.5	28	0.87	6.0	99	69	71	0.6	76	0.00	0.00
0.00	0.00	0.00	0.00	0.01	0.4	0.0	8.5	0.3	3	0.00	0.3	3	3	101	0.0	16	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	13.0	0.1	0	0.00	0.0	0	0	19	0.0	0	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	13.1	0.1	0	0.00	0.0	0	0	0	0.0	0	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	2.4	0	0.00	0.0	0	0	0	0.0	0	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	1.9	0	0.00	0.0	0	0	0	0.0	0	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	1.9	0	0.07	0.0	0	0	0	0.0	0	0.00	0.00
						0.0		3.0	0	0.00				0		0	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.3	0.0	0.1	0.5	1	0.00	0.1	1	3	89	0.0	17	0.00	0.00
						0.0		3.0	0	0.00				90		3	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.8	0	0.00	0.0	0	0	0	0.0	0	0.00	0.00

A-140 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes

A-138 Fats, Oils, Margarines, and Shortenings **A-140 Fruits** A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
90963	Shortening, veg	1 Tbs	12	110	0	0	0	12	3.0	4.0	3.0	0	0
27925	Shortening, vegetable, FS	1 Tbs	14	130	0	0	0	14	5.0	4.0	3.5	0	0
44749	Spread, 40% veg oil, light, tub	1 Tbs	14	40	0	0	0	4	0.0	2.5	1.0	0	
250	Spread, Benecol	1 Tbs	14	70	0	0	0	8	1.0	4.5	2.0	0	100
44437	Spread, light, tub	1 Tbs	14	50	0	0	0	5	1.0	1.5	2.5	0	100
FRUITS													
Candied and Dried Fruits													
51150	Candied Fruit	2 Tbs	33	106	0	27	1	0	0.0	0.0	0.0	0	1
61577	Fruit Leather, color by the foot	1 ea	21	80	0	17	0	1	0.0			0	0
44214	Fruit Leather, pces, 0.75oz pkt	1 indiv pkt	21	75	0	17	0	1	0.1	0.3	0.1	0	1
23404	Fruit Leather, roll, lrg	1 ea	21	78	0	18	0	1	0.1	0.3	0.1	0	1
3202	Raisins, golden, seedless, packed cup	0.25 cup	41	125	1	33	2	0	0.1	0.0	0.1	0	0
Canned Fruits													
3147	Applesauce, swtnd, cnd	1 cup	246	167	0	43	3	0	0.1	0.0	0.1	0	1
71774	Mandarin Oranges, cnd, w/light syrup	0.5 cup	126	77	1	20	1	0	0.0	0.0	0.0	0	106
27169	Olives, black, jumbo, cnd	1 ea	8	7	0	0	0	1	0.1	0.4	0.0	0	3
9539	Olives, green, pickled, cnd	1 ea	3	4	0	0	0	0	0.1	0.3	0.0	0	1
71114	Pineapple, chunks, cnd, w/juice	0.5 cup	124	75	1	20	1	0	0.0	0.0	0.0	0	5
Fresh and Frozen Fruits													
3001	Apples, fresh, med 3", USDA	1 ea	182	95	0	25	4	0	0.1	0.0	0.1	0	10
3157	Apricots, whole, fresh, USDA	1 ea	35	17	0	4	1	0	0.0	0.1	0.0	0	67
3016	Avocado, avg, fresh	1 ea	201	322	4	17	13	29	4.3	19.7	3.7	0	29
3020	Banana, fresh, med, 7" to 7 7/8" long	1 ea	118	105	1	27	3	0	0.1	0.0	0.1	0	8
3029	Blueberries, fresh	0.5 cup	74	42	1	11	2	0	0.0	0.0	0.1	0	4
3034	Boysenberries, unswtnd, fzn, 10oz pkg	0.5 cup	66	33	1	8	3	0	0.0	0.0	0.1	0	4
3036	Cherries, sweet, fresh	0.5 cup	77	49	1	12	2	0	0.0	0.0	0.0	0	5
3770	Chicle, fresh, pulp	0.5 cup	120	100	1	24	6	1	0.2	0.6	0.0	0	7
3191	Currants, red, fresh	0.25 cup	28	16	0	4	1	0	0.0	0.0	0.0	0	1
3676	Figs, fresh, lrg, 2 1/2"	1 ea	64	47	0	12	2	0	0.0	0.0	0.1	0	9
3203	Gooseberries, fresh	0.5 cup	75	33	1	8	3	0	0.0	0.0	0.2	0	22
3818	Grapefruit, pink, fresh, 3 3/4"	0.5 ea	123	52	1	13	2	0	0.0	0.0	0.0	0	141
3820	Grapefruit, red, fresh, 3 3/4"	0.5 ea	123	52	1	13	2	0	0.0	0.0	0.0	0	141
3055	Grapes, Thompson seedless, fresh	0.5 cup	76	52	1	14	1	0	0.0	0.0	0.0	0	5
3634	Guava, fresh	0.5 cup	82	56	2	12	4	1	0.2	0.1	0.3	0	51
3249	Java Plum, fresh	1 ea	3	2	0	0		0				0	0
3065	Kiwi, fresh, 2"	1 ea	69	42	1	10	2	0	0.0	0.0	0.2	0	6
3067	Lemon Peel, fresh	1 Tbs	6	3	0	1	1	0	0.0	0.0	0.0	0	0
3071	Limes, peeled, fresh, 2"	1 ea	67	20	0	7	2	0	0.0	0.0	0.0	0	3
71769	Mandarin Oranges, fresh, med, 2 1/2"	1 ea	88	47	1	12	2	0	0.0	0.1	0.1	0	60
3221	Mango, fresh, whole	1 ea	336	202	3	50	5	1	0.3	0.5	0.2	0	364
3076	Melon, cantaloupe, fresh, med, 5"	0.25 ea	138	47	1	11	1	0	0.1	0.0	0.1	0	467
71102	Melon, honeydew, fresh, 5 1/4"	1 ea	1000	360	5	91	8	1	0.4	0.0	0.6	0	50
3309	Mulberries, fresh	0.5 cup	70	30	1	7	1	0	0.0	0.0	0.1	0	2
3215	Nectarines, fresh, medium 2 1/2"	1 ea	142	62	2	15	2	0	0.0	0.1	0.2	0	47

APPENDIX N Food Composition Table A-141

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
						0.0		3.0	0	0.00				0		0	0.00	0.00
						0.0			0	0.00				0			0.00	0.00
						0.0			0	0.00							0.00	0.00
						0.0		2.7	0	0.00				110		6	0.00	0.00
						0.0			0	0.00				90		9	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	6	0.05	1.3	2	18	32	0.0	17	0.00	0.00
						15.0			0	0.00				50		3	0.00	0.00
0.00	0.01	0.01	0.05	0.00	0.8	11.8	0.0	0.1	4	0.15	2.9	5	34	85	0.0	12	0.00	0.00
0.01	0.00	0.01	0.05	0.00	0.4	25.2	0.0	0.1	7	0.20	4.2	7	62	67	0.0	10	0.00	0.00
0.00	0.07	0.46	0.12	0.00	1.2	1.3	0.0	0.0	22	0.74	14.4	47	308	5	0.1	15	0.00	0.00
0.03	0.05	0.18	0.07	0.00	2.5	4.2	0.0	0.4	7	0.30	7.4	15	184	5	0.1	82	0.00	0.00
0.07	0.05	0.56	0.05	0.00	6.3	24.9	0.0	0.1	9	0.46	10.1	13	98	8	0.3	83	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.1	0.0	0.1	8	0.28	0.3	0	1	61	0.0	84	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.1	0.0	0.0	0.1	1	0.00	0.3	0	1	42	0.0	75	0.00	0.00
0.11	0.01	0.34	0.09	0.00	6.2	11.8	0.0	0.0	17	0.34	17.4	7	152	1	0.1	84	0.00	0.00
0.02	0.05	0.17	0.07	0.00	5.5	8.4	0.0	0.3	11	0.21	9.1	20	195	2	0.1	86	0.00	0.00
0.00	0.00	0.20	0.01	0.00	3.1	3.5	0.0	0.3	5	0.14	3.5	8	91	0	0.1	86	0.00	0.00
0.12	0.25	3.49	0.51	0.00	162.8	20.1	0.0	4.2	24	1.11	58.3	105	975	14	1.3	73	0.00	0.00
0.03	0.09	0.77	0.43	0.00	23.6	10.3	0.0	0.1	6	0.31	31.9	26	422	1	0.2	75	0.00	0.00
0.02	0.02	0.31	0.03	0.00	4.4	7.2	0.0	0.4	4	0.20	4.4	9	57	1	0.1	84	0.00	0.00
0.02	0.01	0.50	0.03	0.00	41.6	2.0	0.0	0.6	18	0.56	10.6	18	92	1	0.1	86	0.00	0.00
0.01	0.02	0.11	0.03	0.00	3.1	5.4	0.0	0.1	10	0.28	8.5	16	171	0	0.1	82	0.00	0.00
0.00	0.01	0.23	0.03	0.00	16.9	17.7			25	0.95	14.5	14	233	14	0.1	78	0.00	0.00
0.00	0.00	0.02	0.01	0.00	2.2	11.5	0.0	0.0	9	0.28	3.6	12	77	0	0.1	84	0.00	0.00
0.03	0.02	0.25	0.07	0.00	3.8	1.3	0.0	0.1	22	0.23	10.9	9	148	1	0.1	79	0.00	0.00
0.02	0.01	0.23	0.05	0.00	4.5	20.8		0.3	19	0.23	7.5	20	148	1	0.1	88	0.00	0.00
0.05	0.03	0.25	0.07	0.00	16.0	38.4	0.0	0.2	27	0.10	11.1	22	166	0	0.1	88	0.00	0.00
0.05	0.03	0.25	0.07	0.00	16.0	38.4	0.0	0.2	27	0.10	11.1	22	166	0	0.1	88	0.00	0.00
0.05	0.05	0.14	0.05	0.00	1.5	8.2	0.0	0.1	8	0.27	5.3	15	144	2	0.1	81	0.00	0.00
0.05	0.02	0.88	0.09	0.00	40.4	188.3	0.0	0.6	15	0.20	18.1	33	344	2	0.2	81	0.00	0.00
0.00	0.00	0.00	0.00	0.00		0.4			1	0.00	0.4	1	2	0		83	0.00	0.00
0.01	0.01	0.23	0.03	0.00	17.2	64.0	0.0	1.0	23	0.20	11.7	23	215	2	0.1	83	0.00	0.00
0.00	0.00	0.01	0.00	0.00	0.8	7.7	0.0	0.0	8	0.05	0.9	1	10	0	0.0	82	0.00	0.00
0.01	0.00	0.12	0.02	0.00	5.4	19.5	0.0	0.1	22	0.40	4.0	12	68	1	0.1	88	0.00	0.00
0.05	0.02	0.33	0.07	0.00	14.1	23.5	0.0	0.2	33	0.12	10.6	18	146	2	0.1	85	0.00	0.00
0.09	0.12	2.25	0.40	0.00	144.5	122.3	0.0	3.0	37	0.54	33.6	47	564	3	0.3	83	0.00	0.00
0.05	0.02	1.00	0.10	0.00	29.0	50.6	0.0	0.1	12	0.28	16.6	21	368	22	0.2	90	0.00	0.00
0.37	0.11	4.17	0.87	0.00	190.0	180.0	0.0	0.2	60	1.70	100.0	110	2280	180	0.9	90	0.00	0.00
0.01	0.07	0.43	0.03	0.00	4.2	25.5	0.0	0.6	27	1.28	12.6	27	136	7	0.1	88	0.00	0.00
0.05	0.03	1.60	0.03	0.00	7.1	7.7	0.0	1.1	9	0.40	12.8	37	285	0	0.2	88	0.00	0.00

A-142 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
A-138 Fats, Oils, Margariners, and Shortenings **A-140 Fruits** **A-142 Grain Products and Baked Goods** A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
3082	Oranges, all types, fresh, med, 2 5/8"	1 ea	131	62	1	15	3	0	0.0	0.0	0.0	0	29
3720	Papaya, fresh, lrg	0.25 ea	195	84	1	21	3	1	0.2	0.1	0.1	0	185
3199	Passion Fruit, purple, fresh	0.5 cup	118	114	3	28	12	1	0.1	0.1	0.5	0	150
3096	Peaches, fresh, med, w/o skin, 2.66"	1 ea	150	58	1	14	2	0	0.0	0.1	0.1	0	49
3103	Pears, fresh, med	1 ea	178	103	1	28	6	0	0.0	0.0	0.1	0	4
3112	Pineapple, fresh	1 ea	905	452	5	119	13	1	0.1	0.1	0.4	0	52
3745	Plantain, fresh, med	1 ea	179	218	2	57	4	1	0.3	0.1	0.1	0	202
3121	Plums, fresh, 2 1/8"	1 ea	66	30	0	8	1	0	0.0	0.1	0.0	0	23
3197	Pomegranate, fresh, 4"	1 ea	282	234	5	53	11	3	0.3	0.3	0.2	0	0
3648	Raspberries, fresh	0.5 cup	62	32	1	7	4	0	0.0	0.0	0.2	0	2
3209	Rhubarb, fresh, diced	0.5 cup	61	13	1	3	1	0	0.0	0.0	0.1	0	6
3134	Strawberries, fresh, whole	0.5 cup	72	23	0	6	1	0	0.0	0.0	0.1	0	1
71991	Tangelo, fresh, med	1 ea	109	50	1	15	3	0	0.0			0	0
3717	Tangerines, fresh, lrg, 2 3/4"	1 ea	120	64	1	16	2	0	0.0	0.1	0.1	0	82
3143	Watermelon, fresh, 1/16 melon	1 pce	286	86	2	22	1	0	0.0	0.1	0.1	0	163
GRAIN PRODUCTS AND BAKED GOODS													
Bars													
49089	Bar, apple, bakes, fat free	1 ea	27	70	2	19	3	0	0.0	0.0	0.0	0	20
53227	Bar, cereal, mixed berry	1 ea	37	137	2	27	1	3	0.6	1.9	0.4	0	150
23100	Bar, granola, almond, hard	1 ea	24	119	2	15	1	6	3.0	1.9	0.9	0	1
47591	Bar, granola, cinnamon	1 ea	21	90	2	14	1	3	0.2			0	0
63342	Bar, granola, oat fruit & nut	1 ea	28	111	2	22	1	2	0.2	0.0	1.4	0	8
47592	Bar, granola, oats 'n honey	1 ea	21	90	2	14	1	3	0.2			0	0
23059	Bar, granola, plain, hard	1 ea	25	118	3	16	1	5	0.6	1.1	3.0	0	8
Breads and Rolls													
71165	Bagel, egg, 3"	1 ea	69	192	7	37	2	1	0.3	0.3	0.4	17	23
42001	Biscuit, buttermilk, prep f/recipe, 2.5"	1 ea	60	212	4	27	1	10	2.6	4.2	2.5	2	10
71195	Biscuit, plain, prep f/recipe, 2.5"	1 ea	60	212	4	27	1	10	2.6	4.2	2.5	2	10
42205	Biscuit, whole wheat	1 ea	63	199	6	30	5	7	1.7	3.0	2.2	2	14
42004	Bread Crumbs, plain, grated, dry	0.25 cup	27	107	4	19	1	1	0.3	0.3	0.6	0	0
71024	Bread Crumbs, white, soft	0.25 cup	11	30	1	6	0	0	0.1	0.1	0.2	0	0
42052	Bread, Boston brown, cnd, slice	1 slc	45	88	2	19	2	1	0.1	0.1	0.3	0	11
42042	Bread, cracked wheat, reg slice	1 slc	25	65	2	12	1	1	0.2	0.5	0.2	0	0
42530	Bread, French, hot & crusty twin, 4" slice	4	50	150	5	29	1	2	0.5			0	0
71207	Bread, French, lrg slice	1 slc	96	277	11	54	2	2	0.5	0.3	0.8	0	0
42047	Bread, multi grain, slice	1 slc	26	69	3	11	2	1	0.2	0.2	0.5	0	0
42049	Bread, oatmeal, slice	1 slc	27	73	2	13	1	1	0.2	0.4	0.5	0	1
42007	Bread, pita, white, enrich, lrg, 6 1/2"	1 ea	60	165	5	33	1	1	0.1	0.1	0.3	0	0
42051	Bread, raisin, enrich, slice	1 slc	26	71	2	14	1	1	0.3	0.6	0.2	0	0
57235	Bread, rye, mild	1 pce	32	70	3	13	4	0	0.0			0	0
42003	Bread, sourdough starter	0.25 cup	62	90	4	17	1	0	0.1			0	9
42012	Bread, wheat, slice	1 slc	25	66	3	12	1	1	0.2	0.2	0.4	0	0
42138	Bread, white, prep f/recipe w/2% milk, slice	1 slc	42	120	3	21	1	2	0.5	0.5	1.2	1	10
71020	Bread, whole grain, slice	1 slc	26	69	3	11	2	1	0.2	0.2	0.5	0	0
71939	Bread, wraps, thin thin	1 ea	35	109	4	21	0	1	0.0			0	0

APPENDIX N Food Composition Table A-143

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.10	0.05	0.37	0.07	0.00	39.3	69.7	0.0	0.2	52	0.12	13.1	18	237	0	0.1	87	0.00	0.00
0.03	0.05	0.69	0.07	0.00	72.2	118.9	0.0	0.6	39	0.49	41.0	20	355	16	0.2	88	0.00	0.00
0.00	0.15	1.76	0.11	0.00	16.5	35.4	0.0	0.0	14	1.88	34.2	80	411	33	0.1	73	0.00	0.00
0.03	0.05	1.21	0.03	0.00	6.0	9.9	0.0	1.1	9	0.37	13.5	30	285	0	0.3	89	0.00	0.00
0.01	0.03	0.28	0.05	0.00	12.5	7.5	0.0	0.2	16	0.30	12.5	20	212	2	0.2	84	0.00	0.00
0.70	0.28	4.53	1.00	0.00	162.9	432.6	0.0	0.2	118	2.61	108.6	72	986	9	1.1	86	0.00	0.00
0.09	0.10	1.23	0.54	0.00	39.4	32.9	0.0	0.3	5	1.07	66.2	61	893	7	0.3	65	0.00	0.00
0.01	0.01	0.28	0.01	0.00	3.3	6.3	0.0	0.2	4	0.10	4.6	11	104	0	0.1	87	0.00	0.00
0.18	0.15	0.82	0.20	0.00	107.2	28.8	0.0	1.7	28	0.85	33.8	102	666	8	1.0	78	0.00	0.00
0.01	0.01	0.37	0.02	0.00	12.9	16.1	0.0	0.5	15	0.41	13.5	18	93	1	0.3	86	0.00	0.00
0.00	0.01	0.18	0.00	0.00	4.3	4.9	0.0	0.2	52	0.12	7.3	9	176	2	0.1	94	0.00	0.00
0.01	0.01	0.28	0.02	0.00	17.3	42.3	0.0	0.2	12	0.30	9.4	17	110	1	0.1	91	0.00	0.00
						30.0			40	0.00				0		92	0.00	0.00
0.07	0.03	0.44	0.09	0.00	19.2	32.0	0.0	0.2	44	0.18	14.4	24	199	2	0.1	85	0.00	0.00
0.09	0.05	0.50	0.12	0.00	8.6	23.2	0.0	0.1	20	0.68	28.6	31	320	3	0.3	91	0.00	0.00
						2.4			0	0.72				30			0.00	0.00
0.37	0.40	4.98	0.51	0.00	40.0	0.0			14	1.80	9.6	36	70	105	1.5	14	0.00	0.00
0.07	0.01	0.15	0.00	0.00	2.9	0.0			8	0.60	19.4	55	66	61	0.4	3	0.00	0.00
						0.0			0	0.54				80		2	0.00	0.00
0.14	0.11	1.42	0.21	0.00	44.8	0.0	0.0	0.3	10	1.48	23.8	68	67	70	0.5	7	0.00	0.00
						0.0			0	0.54				80		2	0.00	0.00
0.07	0.02	0.40	0.01	0.00	5.8	0.2			15	0.74	24.2	69	84	74	0.5	4	0.00	0.00
0.37	0.15	2.38	0.05	0.10	60.7	0.4			9	2.75	17.2	58	47	348	0.5	33	0.00	0.00
0.20	0.18	1.76	0.01	0.05	36.6	0.1			141	1.74	10.8	98	73	348	0.3	29	0.00	0.00
0.20	0.18	1.76	0.01	0.05	36.6	0.1			141	1.74	10.8	98	73	348	0.3	29	0.00	0.00
0.15	0.11	2.20	0.12	0.07	13.0	0.2	10.1	1.3	155	1.69	56.9	199	200	210	1.2	28	0.00	0.00
0.25	0.10	1.78	0.02	0.09	28.9	0.0	0.0	0.0	49	1.29	11.6	45	53	198	0.4	7	0.00	0.00
0.05	0.03	0.49	0.00	0.00	12.5	0.0	0.0	0.0	17	0.41	2.6	11	11	57	0.1	36	0.00	0.00
0.00	0.05	0.50	0.03	0.00	4.9	0.0	0.0	0.1	32	0.93	28.3	50	143	284	0.2	47	0.00	0.00
0.09	0.05	0.92	0.07	0.00	15.2	0.0			11	0.69	13.0	38	44	134	0.3	36	0.00	0.00
0.23	0.17	2.00			40.0	0.0			60	1.44				300		14	0.00	0.00
0.41	0.28	4.57	0.10	0.00	142.1	0.2	0.0	0.2	42	3.48	26.9	109	123	492	0.9	28	0.00	0.00
0.07	0.02	1.04	0.07	0.00	19.5	0.0	0.0	0.1	27	0.64	20.3	59	60	109	0.4	37	0.00	0.00
0.10	0.05	0.85	0.01	0.00	16.7	0.0	0.0	0.1	18	0.73	10.0	34	38	127	0.3	37	0.00	0.00
0.36	0.20	2.77	0.01	0.00	64.2	0.0	0.0	0.2	52	1.57	15.6	58	72	322	0.5	32	0.00	0.00
0.09	0.10	0.89	0.01	0.00	27.6	0.0	0.0	0.1	17	0.75	6.8	28	59	81	0.2	34	0.00	0.00
0.15	0.14	3.00	0.30	0.89	80.0	0.0			100	1.79	60.0			70	2.2	15	0.00	0.00
0.25	0.34	2.67	0.07	0.07	127.2	0.1	8.8	0.0	31	1.54	10.7	89	130	14	0.5	127	0.00	0.00
0.09	0.07	1.29	0.02	0.00	21.2	0.1	0.0	0.0	36	0.87	12.0	39	46	130	0.3	36	0.00	0.00
0.17	0.15	1.50	0.01	0.02	38.2	0.1			24	1.25	8.0	48	61	151	0.3	35	0.00	0.00
0.07	0.02	1.04	0.07	0.00	19.5	0.0	0.0	0.1	27	0.64	20.3	59	60	109	0.4	37	0.00	0.00
						0.0			40	1.41				188			0.00	0.00

A-144 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits **A-142 Grain Products and Baked Goods** A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
42036	Breadsticks, plain, 7 5/8" x 5/8"	1 ea	10	41	1	7	0	1	0.1	0.4	0.4	0	0
42020	Bun, hamburger	1 ea	43	120	4	21	1	2	0.5	0.5	0.8	0	0
42021	Bun, hot dog/frankfurter	1 ea	43	120	4	21	1	2	0.5	0.5	0.8	0	0
42504	Bun, sandwich	1 ea	46	130	5	22	1	3	1.0			0	0
42115	Cornbread, prep f/dry mix, pce	1 pce	60	188	4	29	1	6	1.6	3.1	0.7	37	28
42016	Croutons, plain, dry	0.25 cup	8	31	1	6	0	0	0.1	0.2	0.1	0	0
42015	Croissant, butter, med	1 ea	57	231	5	26	1	12	6.6	3.1	0.6	38	120
45520	Dumpling, plain	1 ea	32	40	1	7	0	1	0.3	0.4	0.3	1	4
42394	English Muffin	1 ea	57	130	5	25	1	1	0.0			0	0
43512	Matzoh Balls	3 ea	42	58	2	7	0	2	0.5	0.8	0.5	44	20
44515	Muffin, plain, prep f/recipe w/2% milk	1 ea	57	169	4	24	2	6	1.2	1.6	3.3	22	23
42018	Roll, dinner, brown & serve	1 ea	28	87	3	15	1	2	0.4	0.5	0.7	1	0
42158	Roll, dinner, prep f/recipe w/2% milk, 2 1/2"	1 ea	35	111	3	19	1	3	0.6	1.0	0.7	12	32
42022	Roll, hard, 3 1/2"	1 ea	57	167	6	30	1	2	0.3	0.6	1.0	0	0
71358	Roll, hoagie, whole wheat, med	1 ea	94	250	8	48	7	4	0.8	1.1	2.0	0	0
42185	Roll, Mexican, bolillo	1 ea	117	307	10	61	2	2	0.5	0.2	0.6	1	4
71359	Roll, submarine, whole wheat, med	1 ea	94	250	8	48	7	4	0.8	1.1	2.0	0	0
56331	Roll, yorkshire pudding, prep f/recipe, svg, INTL	1 ea	42	87	3	10	0	4	1.8	1.7	0.3	32	27
42037	Stuffing, bread, prep f/dry mix	0.5 cup	100	177	3	22	3	9	1.7	3.8	2.6	0	125
Crackers													
90163	Cookies, biscuit, arrowroot	1 ea	5	22	0	4	0	1	0.2	0.4	0.1	0	0
90164	Cookies, biscuit, tea	1 ea	5	22	0	4	0	1	0.2	0.4	0.1	0	0
43503	Cracker Crumbs, graham, plain	1 cup	84	355	6	65	2	8	1.3	3.4	3.2	0	0
47026	Crackers, animal	6 ea	15	67	1	11	0	2	0.5	1.1	0.3	0	0
70963	Crackers, butter, Ritz, original	5 ea	16	79	1	10	0	4	0.9	1.0	1.7		
71273	Crackers, cheese, 1" square	15 ea	15	75	2	9	0	4	1.4	1.8	0.4	2	4
43723	Crackers, cheese, cheddar, baby	89 ea	30	150	3	19	1	6	1.5	3.5	0.5	5	0
11717	Crackers, Club, original	4 ea	14	70	1	9	0	3	1.0	1.0	1.0	0	0
47378	Crackers, graham, honey	8 ea	31	140	2	23	1	4	1.0	1.5	1.0	0	0
43535	Crackers, matzoh, egg	1 ea	28	109	3	22	1	1	0.2	0.2	0.1	23	4
43509	Crackers, melba toast, plain, pce, 3 3/4" x 1 3/4" x 1/8"	3 ea	15	59	2	11	1	0	0.1	0.1	0.2	0	0
11745	Crackers, original	5 ea	16	80	1	9	0	4	1.0	2.0	1.5	0	0
43506	Crackers, saltine	5 ea	15	63	1	11	0	1	0.3	0.3	0.6	0	0
43581	Crackers, wheat, original	16 ea	31	150	3	21	1	6	1.0			0	0
Pancakes, French Toast, and Waffles													
45033	Crepe, suzette	1 ea	66	159	4	16	0	9	3.8	3.2	1.3	83	81
42156	French Toast, prep f/recipe w/2% milk	1 pce	65	149	5	16		7	1.8	2.9	1.7	75	84
45192	Pancakes, buttermilk, fzn	1 ea	39	90	2	15	0	3	0.6	1.1	0.8	4	67
45072	Waffles, buttermilk, fzn	2 ea	71	179	4	29	1	6	1.4	1.9	0.5	6	0
Pastas													
38048	Chow Mein Noodles, dry	0.5 cup	22	119	2	13	1	7	1.0	1.7	3.9	0	0
91205	Pasta, acini di pepe, enrich, dry	1 svg	57	207	8	42	2	1	0.2			0	0
38365	Pasta, egg, FS	0.75 cup	68	200	8	33	1	4	1.0			40	0
91211	Pasta, lasagna, enrich, dry	1 svg	55	200	7	41	2	1	0.2			0	0
38102	Pasta, macaroni, enrich, ckd	1 cup	140	221	8	43	3	1	0.2	0.2	0.4	0	0

APPENDIX N Food Composition Table A-145

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.05	0.05	0.52	0.00	0.00	16.2	0.0	0.0	0.1	2	0.43	3.2	12	12	66	0.1	6	0.00	0.00
0.17	0.14	1.78	0.02	0.09	47.7	0.0	0.0	0.0	59	1.42	9.0	27	40	206	0.3	35	0.00	0.00
0.17	0.14	1.78	0.02	0.09	47.7	0.0	0.0	0.0	59	1.42	9.0	27	40	206	0.3	35	0.00	0.00
0.23	0.14	1.20			32.0	0.0			40	1.08				220		15	0.00	0.00
0.15	0.15	1.23	0.05	0.10	33.0	0.1			44	1.13	12.0	226	77	467	0.4	32	0.00	0.00
0.05	0.01	0.40	0.00	0.00	9.9	0.0			6	0.31	2.3	9	9	52	0.1	6	0.00	0.00
0.21	0.14	1.25	0.02	0.09	50.2	0.1	0.0	0.5	21	1.15	9.1	60	67	198	0.4	23	0.00	0.00
0.05	0.05	0.41	0.00	0.01	1.8	0.1		0.1	45	0.43	3.0	28	20	66	0.1	72	0.00	0.00
0.21	0.17	2.00			40.0	0.0			0	1.79				170		25	0.00	0.00
0.02	0.07	0.31	0.01	0.09	4.5	0.0		0.3	6	0.43	3.3	26	22	13	0.2	72	0.00	0.00
0.15	0.17	1.32	0.01	0.09	29.1	0.2			114	1.36	9.7	87	69	266	0.3	38	0.00	0.00
0.15	0.10	1.50	0.02	0.03	28.3	0.1	0.0	0.1	50	1.03	7.3	34	39	150	0.3	28	0.00	0.00
0.14	0.14	1.21	0.01	0.05	31.5	0.1			21	1.03	6.7	44	53	145	0.2	29	0.00	0.00
0.27	0.18	2.42	0.01	0.00	54.1	0.0	0.0	0.2	54	1.87	15.4	57	62	310	0.5	31	0.00	0.00
0.23	0.14	3.46	0.18	0.00	28.2	0.0	0.0	0.8	100	2.26	79.9	211	256	377	1.9	33	0.00	0.00
0.69	0.46	6.59	0.03	0.00	41.1	0.0	0.3	0.1	14	3.80	22.1	90	98	7	0.8	37	0.00	0.00
0.23	0.14	3.46	0.18	0.00	28.2	0.0	0.0	0.8	100	2.26	79.9	211	256	377	1.9	33	0.00	0.00
0.03	0.07		0.02	0.41	3.8	0.4			55	0.37			67	248	0.3	57	0.00	0.00
0.14	0.10	1.48	0.03	0.00	39.0	0.0	0.0	1.4	32	1.09	12.0	42	74	524	0.3	65	0.00	0.00
0.01	0.01	0.17	0.00	0.00	5.0	0.0	0.0	0.0	2	0.12	0.9	6	5	24	0.0	4	0.00	0.00
0.01	0.01	0.17	0.00	0.00	5.0	0.0	0.0	0.0	2	0.12	0.9	6	5	24	0.0	4	0.00	0.00
0.18	0.25	3.46	0.05	0.00	38.6	0.0	0.0	0.3	20	3.13	25.2	87	113	401	0.7	4	0.00	0.00
0.05	0.05	0.51	0.00	0.00	15.5	0.0	0.0	0.0	6	0.40	2.7	17	15	72	0.1	4	0.00	0.00
0.07	0.03	0.77	0.00		11.5			0.6	25	0.72	3.0	44	19	141	0.1	3	0.00	0.00
0.09	0.05	0.69	0.07	0.07	22.8	0.0	0.0	0.0	23	0.72	5.4	33	22	149	0.2	3	0.00	0.00
						0.0			20	1.08				250			0.00	0.00
						0.0			0	0.36				150			0.00	0.00
						0.0			100	1.08				150		1	0.00	0.00
0.21	0.17	1.41	0.01	0.05	6.7	0.0			11	0.75	6.7	41	42	6	0.2	6	0.00	0.00
0.05	0.03	0.62	0.00	0.00	18.6	0.0	0.0	0.1	14	0.56	8.9	29	30	90	0.3	5	0.00	0.00
						0.0			0	0.36				140		1	0.00	0.00
0.09	0.05	0.79	0.00	0.00	21.0	0.0	0.0	0.2	3	0.76	3.8	17	24	167	0.1	4	0.00	0.00
						0.0			20	1.08				280		0	0.00	0.00
0.07	0.17	0.60	0.03	0.23	10.7	3.0	21.1	0.6	45	0.75	8.3	69	86	74	0.4	56	0.00	0.00
0.12	0.20	1.05	0.05	0.20	27.9	0.2			65	1.09	11.0	76	87	311	0.4	55	0.00	0.00
0.10	0.10	1.33	0.14	0.40	20.1	0.5			14	1.20	7.0	132	40	196	0.2	47	0.00	0.00
						0.0		0.5	154	4.21	14.0	248	88	615	0.3	30	0.00	0.00
0.12	0.09	1.34	0.01	0.00	20.2	0.0	0.0	0.8	4	1.05	11.7	36	27	99	0.3	1	0.00	0.00
0.46	0.25	3.05			122.0	0.0			10	1.83	30.6	80	82	3	0.7	10	0.00	0.00
						0.0			0	1.79				140			0.00	0.00
0.43	0.25	2.95			117.7	0.0			10	1.76	29.6	77	79	3	0.6	10	0.00	0.00
0.37	0.18	2.35	0.07	0.00	102.2	0.0	0.0	0.1	10	1.78	25.2	81	62	1	0.7	62	0.00	0.00

A-146 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits **A-142 Grain Products and Baked Goods** **A-146 Grains and Flours** **A-146 Meats and Meat Substitutes** A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
38551	Pasta, rice, ckd	1 cup	176	192	2	44	2	0	0.0	0.0	0.0	0	0
38580	Pasta, semolina, elbow, twists, dry	0.75 cup	56	201	7	41	2	1	0.3	0.2	0.8	0	0
38105	Pasta, shells, sml, enrich, ckd	1 cup	115	182	7	35	2	1	0.2	0.2	0.4	0	0
38118	Pasta, spaghetti, enrich, ckd	1 cup	140	221	8	43	3	1	0.2	0.2	0.4	0	0
49116	Wrappers, egg roll, 7" square	1 ea	32	93	3	19	1	0	0.1	0.1	0.2	3	1
Tortillas and Taco Shells													
42359	Taco Shells, corn, yellow	2 ea	28	120	2	19	2	5	1.0	2.0	0.5	0	0
42023	Tortilla, corn, rtb	1 ea	24	52	1	11	2	1	0.1	0.2	0.3	0	0
90646	Tortilla, flour, rtb, 6"	1 ea	30	94	2	15	1	2	0.6	1.2	0.5	0	0
GRAINS AND FLOURS													
14123	Flour, all purpose, self rising, bleached, enriched	3 Tbs	27	90	3	20	1	0	0.0	0.0	0.0	0	0
38030	Flour, all purpose, white, bleached, enrich	0.25 cup	31	114	3	24	1	0	0.0	0.0	0.1	0	0
46086	Flour, cake, white, enrich, unsifted	0.25 cup	34	124	3	27	1	0	0.0	0.0	0.1	0	0
38032	Flour, whole wheat	0.25 cup	30	102	4	22	3	1	0.1	0.1	0.4	0	0
38017	Oats, rolled, old fashioned, dry	0.5 cup	40	150	5	27	4	3	0.5	1.0	1.0	0	0
38575	Oats, steel cut, dry	0.5 cup	40	150	5	27	4	2	0.5	1.0	1.0	0	0
38010	Rice, brown, long grain, ckd	0.5 cup	98	108	3	22	2	1	0.2	0.3	0.3	0	0
38082	Rice, brown, med grain, ckd	0.5 cup	98	109	2	23	2	1	0.2	0.3	0.3	0	0
38013	Rice, white, long grain, ckd	0.5 cup	79	103	2	22	0	0	0.1	0.1	0.1	0	0
38021	Rice, wild, ckd	0.5 cup	82	83	3	17	1	0	0.0	0.0	0.2	0	0
38289	Rice, wild, dry	0.25 cup	40	143	6	30	2	0	0.1	0.1	0.3	0	1
2730	Tapioca, quick cooking, dry	1.5 tsp	6	20	0	5		0	0.0	0.0	0.0	0	0
38027	Wheat, bulgur, dry	0.25 cup	35	120	4	27	6	0	0.1	0.1	0.2	0	0
38068	Wheat, sprouted	0.25 cup	27	53	2	11	0	0	0.1	0.0	0.2	0	0
MEATS AND MEAT SUBSTITUTES													
Beef and Veal													
10265	Beef, average of all cuts, ckd, 0" trim	3 oz	85	232	23	0	0	15	5.8	6.3	0.5	74	0
10820	Beef, average of all cuts, ckd, 1/8" trim	3 oz	85	247	22	0	0	17	6.6	7.2	0.6	74	0
10822	Beef, average of all cuts, ckd, choice, 1/8" trim	3 oz	85	256	22	0	0	18	7.0	7.6	0.6	74	0
10826	Beef, average of all cuts, ckd, prime, 1/8" trim	3 oz	85	254	22	0	0	18	7.1	7.5	0.6	71	0
10824	Beef, average of all cuts, ckd, select, 1/8" trim	3 oz	85	236	23	0	0	15	6.1	6.6	0.6	73	0
10268	Beef, average of all cuts, lean, ckd, 0" trim	3 oz	85	179	25	0	0	8	3.0	3.3	0.3	73	0
47441	Beef, chuck, ground, extra lean, raw	4 oz	113	130	22	0	0	5	2.0	2.0	0.5	60	0
10740	Beef, cubed patty, FS	1 ea	91	251	15	2	0	20	8.1			64	11
58115	Beef, ground, hamburger, bkd, 10% fat	3 oz	85	182	23	0	0	9	3.7	4.0	0.3	73	0
58120	Beef, ground, hamburger, bkd, 15% fat	3 oz	85	204	22	0	0	12	4.6	5.3	0.4	77	0
58125	Beef, ground, hamburger, bkd, 20% fat	3 oz	85	216	21	0	0	14	5.2	6.1	0.4	77	0
58110	Beef, ground, hamburger, bkd, 5% fat	3 oz	85	148	23	0	0	5	2.5	2.2	0.3	62	0
10051	Beef, jerky, lrg pce	1 pce	20	82	7	2	0	5	2.2	2.3	0.2	10	0
10472	Beef, liver, brsd	3 oz	85	162	25	4	0	4	1.4	0.6	0.5	337	8042
11487	Beef, porterhouse steak, brld, 1/8" trim	3 oz	85	253	20	0	0	19	7.2	8.2	0.7	60	0
11407	Beef, prime rib, brld, 1/8" trim	3 oz	85	301	21	0	0	24	9.8	10.3	0.8	71	0
11386	Beef, rib pot roast, brld, 1/8" trim	3 oz	85	287	18	0	0	23	9.4	9.8	0.9	68	0
11228	Beef, rib pot roast, lean, rstd, 0" trim	3 oz	85	202	23	0	0	11	4.6	4.8	0.3	69	0
11230	Beef, rib pot roast, lean, rstd, select, 0" trim	3 oz	85	187	23	0	0	10	3.9	4.1	0.3	69	0
10806	Beef, T-bone steak, brld, 0" trim	3 oz	85	210	21	0	0	14	5.2	6.1	0.5	51	0

APPENDIX N Food Composition Table A-147

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.02	0.00	0.12	0.00	0.00	5.3	0.0	0.0		7	0.25	5.3	35	7	33	0.4	74	0.00	0.00
0.49	0.20	3.33	0.07	0.00	10.3	0.0		0.1	12	1.61		105		3	0.7	6	0.00	0.00
0.31	0.15	1.94	0.05	0.00	83.9	0.0	0.0	0.1	8	1.47	20.7	67	51	1	0.6	62	0.00	0.00
0.37	0.18	2.35	0.07	0.00	102.2	0.0	0.0	0.1	10	1.78	25.2	81	62	1	0.7	62	0.00	0.00
0.17	0.11	1.74	0.00	0.00	27.5	0.0			15	1.08	6.4	26	26	183	0.2	29	0.00	0.00
						0.0			40	0.36				190		1	0.00	0.00
0.01	0.01	0.36	0.05	0.00	1.2	0.0	0.0	0.1	19	0.30	17.3	75	45	11	0.3	46	0.00	0.00
0.15	0.07	1.07	0.01	0.00	31.2	0.0	0.0	0.1	39	1.00	6.6	37	46	191	0.2	30	0.00	0.00
0.15	0.10	1.20			40.0	0.0			80	1.08				310		3	0.00	0.00
0.25	0.15	1.84	0.00	0.00	57.2	0.0	0.0	0.0	5	1.45	6.9	34	33	1	0.2	12	0.00	0.00
0.31	0.15	2.32	0.00	0.00	63.7	0.0	0.0	0.0	5	2.50	5.5	29	36	1	0.2	13	0.00	0.00
0.15	0.05	1.49	0.11	0.00	13.2	0.0	0.0	0.2	10	1.08	41.1	107	109	1	0.8	11	0.00	0.00
						0.0			0	1.79				0			0.00	0.00
						0.0			0	1.79				0			0.00	0.00
0.09	0.01	1.49	0.14	0.00	3.9	0.0	0.0	0.0	10	0.40	41.9	81	42	5	0.6	73	0.00	0.00
0.10	0.00	1.29	0.15	0.00	3.9	0.0	0.0		10	0.51	42.9	75	77	1	0.6	73	0.00	0.00
0.12	0.00	1.16	0.07	0.00	45.8	0.0	0.0	0.0	8	0.94	9.5	34	28	1	0.4	68	0.00	0.00
0.03	0.07	1.05	0.10	0.00	21.3	0.0	0.0	0.2	2	0.49	26.2	67	83	2	1.1	74	0.00	0.00
0.05	0.10	2.69	0.15	0.00	38.0	0.0	0.0	0.3	8	0.77	70.8	173	171	3	2.4	8	0.00	0.00
						0.0			0	0.00				0		1	0.00	0.00
0.07	0.03	1.78	0.11	0.00	9.4	0.0	0.0	0.0	12	0.86	57.4	105	144	6	0.7	9	0.00	0.00
0.05	0.03	0.82	0.07	0.00	10.3	0.7	0.0		8	0.57	22.1	54	46	4	0.4	48	0.00	0.00
0.07	0.18	3.13	0.28	2.13	6.0	0.0	9.4	0.2	8	2.31	19.6	179	275	53	5.2	54	0.00	0.00
0.07	0.18	3.16	0.28	2.09	6.0	0.0	11.1	0.2	8	2.27	19.6	177	271	54	5.1	53	0.00	0.00
0.07	0.18	3.15	0.28	2.08	6.0	0.0			8	2.25	19.6	175	270	53	5.0	52	0.00	0.00
0.07	0.18	3.73	0.31	2.11	6.8	0.0			8	2.13	20.4	173	303	54	4.8	53	0.00	0.00
0.07	0.18	3.18	0.28	2.10	6.8	0.0			8	2.29	19.6	178	273	54	5.2	54	0.00	0.00
0.07	0.20	3.40	0.30	2.25	6.8	0.0	5.1	0.1	7	2.53	22.1	196	302	56	5.8	59	0.00	0.00
		5.00		2.40		0.0			0	1.79				65	4.5		0.00	0.00
0.10						8.0			17	1.89				53			0.00	0.00
0.02	0.15	4.44	0.30	2.13	5.1	0.0		0.3	11	2.46	17.9	164	255	52	5.7	61	0.00	0.00
0.02	0.15	4.19	0.28	2.11	5.1	0.0	6.0	0.4	15	2.32	17.0	158	243	54	5.5	59	0.00	0.00
0.03	0.14	3.94	0.28	2.10	6.0	0.0	6.8	0.4	20	2.19	16.2	152	230	57	5.3	58	0.00	0.00
0.02	0.15	4.69	0.30	2.13	5.1	0.0		0.3	7	2.58	18.7	169	268	49	5.8	65	0.00	0.00
0.02	0.02	0.34	0.03	0.20	26.8	0.0	2.2	0.1	4	1.08	10.2	81	119	416	1.6	23	0.00	0.00
0.15	2.91	14.90	0.86	60.02	215.2	1.6	41.7	0.4	5	5.55	17.9	423	299	67	4.5	59	0.00	0.00
0.09	0.18	3.46	0.30	1.83	6.0	0.0			7	2.32	19.6	159	273	54	3.9	53	0.00	0.00
0.07	0.15	3.46	0.28	2.50	6.0	0.0			11	1.89	18.7	151	282	54	4.9	47	0.00	0.00
0.05	0.14	2.35	0.20	2.46	5.1	0.0			9	1.86	16.2	155	263	54	4.3	49	0.00	0.00
0.07	0.18	3.77	0.21	2.22	7.7	0.0	7.7	0.1	7	2.40	21.3	178	304	62	6.3	58	0.00	0.00
0.07	0.18	3.77	0.21	2.22	7.7	0.0			7	2.40	21.3	178	304	62	6.3	59	0.00	0.00
0.09	0.20	3.63	0.31	1.86	6.0	0.0		0.2	4	2.84	20.4	169	257	57	4.0	58	0.00	0.00

A-148 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours **A-146 Meats and Meat Substitutes** A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
11491	Beef, T-bone steak, brld, 1/8" trim	3 oz	85	238	21	0	0	17	6.4	7.3	0.6	53	0
10933	Beef, tenderloin, filet mignon, rstd, 1/8" trim	3 oz	85	276	20	0	0	21	8.3	8.7	0.9	72	0
10908	Beef, top round steak, brsd, 1/8" trim	3 oz	85	202	29	0	0	9	3.2	3.5	0.4	77	0
11289	Beef, top sirloin steak, brld, 0" trim	3 oz	85	180	25	0	0	8	3.2	3.4	0.3	75	0
11292	Beef, top sirloin steak, lean, brld, 0" trim	3 oz	85	156	26	0	0	5	1.9	2.0	0.2	70	0
10943	Beef, top sirloin steak, raw, 1/8" trim	4 oz	113	228	23	0	0	14	5.8	6.2	0.5	85	0
10846	Beef, whole rib, brld, 1/8" trim	3 oz	85	287	19	0	0	23	9.2	9.7	0.8	70	0
11531	Veal, avg of all cuts, ckd	3 oz	85	196	26	0	0	10	3.6	3.7	0.7	97	0
Chicken													
81202	Chicken, breast, fillet, grilled	1 ea	85	100	20	1	0	2				45	0
81186	Chicken, breast, oven rstd, fat free, sliced	2 pce	42	33	7	1	0	0	0.1	0.1	0.0	15	0
81210	Chicken, breast, teriyaki, w/o skin, raw	1 ea	112	110	22	3	0	1	0.0			55	20
15004	Chicken, broiler/fryer, breast, w/o skin, rstd	1 ea	86	142	27	0	0	3	0.9	1.1	0.7	73	5
15039	Chicken, broiler/fryer, breast, w/o skin, stwd	3 oz	85	128	25	0	0	3	0.7	0.9	0.6	65	5
15001	Chicken, broiler/fryer, breast, w/skin, rstd	1 ea	98	193	29	0	0	8	2.1	3.0	1.6	82	27
15080	Chicken, broiler/fryer, dark meat, w/skin, rstd	3 oz	85	215	22	0	0	13	3.7	5.3	3.0	77	51
81198	Chicken, ground, raw	4 oz	113	150	18	0	0	9	2.5			75	0
15136	Chicken, roasting, dark meat, w/o skin, raw	4 oz	113	128	21	0	0	4	1.1	1.3	1.0	82	20
15134	Chicken, roasting, light meat, w/o skin, raw	4 oz	113	124	25	0	0	2	0.4	0.5	0.5	65	9
15057	Fried Chicken, broiler/fryer, breast, w/o skin	3 oz	85	159	28	0	0	4	1.1	1.5	0.9	77	6
14725	Nuggets, chicken, ckd f/fzn	4 pce	80	237	12	11	2	16	3.2	7.1	3.5	34	0
Ducks, Emus, Ostriches, and Other Poultry													
15240	Cornish Game Hen, whole, w/skin, rstd	1 ea	257	666	57	0	0	47	13.0	20.6	9.3	337	82
14000	Duck, domesticated, whole, w/o skin, rstd	3 oz	85	171	20	0	0	10	3.4	3.3	1.3	76	20
16065	Goose, whole, w/o skin, raw	4 oz	113	183	26	0	0	8	3.2	2.1	1.0	95	14
16064	Goose, whole, w/skin, raw	4 oz	113	421	18	0	0	38	11.1	20.2	4.3	91	19
81168	Ostrich, ground, brld	3 oz	85	149	22	0	0	6	1.5	1.8	0.6	71	0
51148	Pheasant, whole, ckd	3 oz	85	203	28	0	0	10	3.3	4.8	1.3	76	48
Fish, Seafood, and Shellfish													
19000	Clams, mixed species, stmd, sml	3 oz	85	126	22	4	0	2	0.2	0.1	0.5	57	145
19037	Crab, Alaska king, imit f/surimi	3 oz	85	81	6	13	0	0	0.1	0.1	0.1	17	0
17179	Fish, catfish, channel, farmed, fillet, bkd/brld	3 oz	85	122	16	0	0	6	1.3	2.6	1.2	56	1
17090	Fish, haddock, fillet, bkd/brld	3 oz	85	77	17	0	0	0	0.1	0.1	0.2	56	18
17049	Fish, mackerel, Atlantic, fillet, bkd/brld	3 oz	85	223	20	0	0	15	3.6	6.0	3.7	64	46
17121	Fish, orange roughy, fillet, bkd/brld	3 oz	85	89	19	0	0	1	0.0	0.4	0.2	68	20
17093	Fish, perch, ocean, Atlantic, fillet, bkd/brld	3 oz	85	82	16	0	0	2	0.3	0.5	0.3	54	13
17171	Fish, salmon, pink, fillet, bkd/brld	3 oz	85	130	21	0	0	4	0.8	1.4	0.8	47	36
17068	Fish, sole, fillet, bkd/brld	3 oz	85	73	13	0	0	2	0.5	0.6	0.4	48	10
71139	Fish, sturgeon, mixed species, bkd/brld, 4.5x2 1/8x7/8	3 oz	85	115	18	0	0	4	1.0	2.1	0.8	65	224
17101	Fish, tuna, bluefin, fillet, bkd/brld	3 oz	85	156	25	0	0	5	1.4	1.7	1.6	42	644
19006	Lobster, northern, stmd	3 oz	85	76	16	0	0	1	0.2	0.2	0.3	124	1
19142	Scallops, ckd, lrg	6 lrg	84	140	27	5	0	1	0.0			65	30
19012	Shrimp, mixed species, stmd, lrg	4 ea	22	26	5	0	0	0	0.0	0.0	0.0	46	20
Game Meats													
40559	Bison, ground, raw	4 oz	113	253	21	0	0	18			0.9	79	0
14009	Bison, rstd	3 oz	85	122	24	0	0	2	0.8	0.8	0.2	70	0
40565	Deer, ground, raw	4 oz	113	178	25	0	0	8	3.8	1.5	0.4	91	0

APPENDIX N Food Composition Table A-149

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.09	0.18	3.51	0.30	1.85	6.0	0.0			7	2.41	20.4	164	286	56	4.0	55	0.00	0.00
0.07	0.21	2.54	0.20	2.08	6.8	0.0			8	2.65	18.7	173	282	48	3.4	48	0.00	0.00
0.05	0.20	3.09	0.23	2.23	7.7	0.0	6.0	0.1	4	2.69	20.4	183	271	38	3.7	55	0.00	0.00
0.07	0.11	6.63	0.51	1.47	7.7	0.0	6.0	0.4	19	1.61	21.3	195	313	52	4.5	60	0.00	0.00
0.07	0.12	7.42	0.56	1.45	8.5	0.0	3.4	0.3	17	1.66	22.1	208	334	54	4.9	63	0.00	0.00
0.07	0.10	6.78	0.62	1.19	12.5	0.0		0.4	27	1.67	23.8	212	357	59	4.0	66	0.00	0.00
0.07	0.14	2.77	0.23	2.46	5.1	0.0			9	1.86	17.0	152	268	54	4.5	48	0.00	0.00
0.05	0.27	6.78	0.25	1.34	12.8	0.0	0.0	0.3	19	0.98	22.1	203	276	74	4.0	57	0.00	0.00
						0.0			0	1.08				410			0.00	0.00
0.00	0.00	1.44	0.05	0.03	0.4	0.0			3	0.12	3.8	25	28	457	0.1	77	0.00	0.00
						1.2			20	0.36				680		85	0.00	0.00
0.05	0.10	11.78	0.51	0.28	3.4	0.0	4.3	0.2	13	0.88	24.9	196	220	64	0.9	65	0.00	0.00
0.03	0.10	7.19	0.28	0.20	2.6	0.0	4.3	0.2	11	0.75	20.4	140	159	54	0.8	68	0.00	0.00
0.05	0.11	12.46	0.55	0.31	3.9	0.0	4.9	0.3	14	1.04	26.5	210	240	70	1.0	62	0.00	0.00
0.05	0.18	5.40	0.25	0.25	6.0	0.0			13	1.15	18.7	143	187	74	2.1	59	0.00	0.00
						0.0			0	0.00				65			0.00	0.00
0.07	0.20	6.67	0.36	0.38	10.2	0.0		0.2	10	1.29	23.8	202	257	108	1.9	75	0.00	0.00
0.07	0.10	11.59	0.62	0.43	4.5	0.0		0.2	12	1.00	28.4	253	286	58	0.7	74	0.00	0.00
0.07	0.10	12.56	0.54	0.31	3.4	0.0	4.3	0.4	14	0.97	26.4	209	235	67	0.9	60	0.00	0.00
0.07	0.05	3.56	0.14	0.10	2.4	0.0	8.8	1.0	25	0.93	20.8	158	212	446	1.0	49	0.00	0.00
0.17	0.50	15.15	0.79	0.72	5.1	1.3	5.1	0.9	33	2.33	46.3	375	630	164	3.8	59	0.00	0.00
0.21	0.40	4.34	0.20	0.34	8.5	0.0	3.4	0.6	10	2.29	17.0	173	214	55	2.2	64	0.00	0.00
0.15	0.43	4.84	0.73	0.56	35.2	8.2			15	2.91	27.2	354	476	99	2.7	68	0.00	0.00
0.10	0.28	4.09	0.43	0.38	4.5	4.8			14	2.83	20.4	265	349	83	2.0	50	0.00	0.00
0.18	0.23	5.57	0.43	4.88	11.9	0.0	3.4	0.2	7	2.92	19.6	191	275	68	3.7	67	0.00	0.00
0.05	0.15	6.40	0.63	0.61	4.3	2.0	6.0	0.2	14	1.22	18.7	206	230	37	1.2	54	0.00	0.00
0.12	0.36	2.84	0.09	84.11	24.7	18.8			78	23.78	15.3	287	534	95	2.3	64	0.00	0.00
0.02	0.07	0.52	0.10	0.47	0.0	0.0	0.0	0.1	11	0.33	36.6	240	77	715	0.3	75	0.00	0.00
0.01	0.09	2.17	0.15	2.35	10.2	0.0	8.5	0.8	8	0.23	19.6	210	311	101	0.5	75	0.00	0.00
0.01	0.05	3.50	0.28	1.80	11.1	0.0	19.6	0.5	12	0.18	22.1	236	299	222	0.3	80	0.00	0.00
0.14	0.34	5.82	0.38	16.15	1.7	0.3			13	1.34	82.5	236	341	71	0.8	53	0.00	0.00
0.03	0.05	1.54	0.05	0.40	4.3	0.0		1.6	9	0.95	15.3	87	154	59	0.3	67	0.00	0.00
0.03	0.05	1.02	0.07	1.46	8.5	0.0	49.3	0.8	29	0.23	23.0	255	192	295	0.3	74	0.00	0.00
0.07	0.10	8.14	0.58	4.01	4.3	0.0	444.0	0.4	7	0.37	27.2	266	373	77	0.4	71	0.00	0.00
0.01	0.01	1.09	0.10	1.11	5.1	0.0	118.2	0.7	21	0.20	18.7	263	168	309	0.3	81	0.00	0.00
0.07	0.07	8.59	0.20	2.13	14.5	0.0	438.0	0.5	14	0.76	38.3	230	310	59	0.5	70	0.00	0.00
0.23	0.25	8.96	0.44	9.25	1.7	0.0			9	1.11	54.4	277	275	43	0.7	59	0.00	0.00
0.01	0.00	1.55	0.10	1.22	9.4	0.0	0.9	0.9	82	0.25	36.6	157	196	413	3.4	78	0.00	0.00
						0.0			40	2.51			430	310			0.00	0.00
0.00	0.00	0.58	0.05	0.37	5.3	0.0	0.9	0.5	20	0.07	8.1	67	37	208	0.4	72	0.00	0.00
0.15	0.25	5.57	0.40	2.02	12.5	0.0		0.3	12	2.95	21.5	205	348	75	4.9	64	0.00	0.00
0.09	0.23	3.16	0.34	2.43	6.8	0.0	0.0	0.3	7	2.91	22.1	178	307	48	3.1	67	0.00	0.00
0.62	0.33	6.46	0.52	2.11	4.5	0.0	0.0	0.5	12	3.30	23.8	228	374	85	4.8	71	0.00	0.00

A-150 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours **A-146 Meats and Meat Substitutes** A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
40551	Deer, rstd	3 oz	85	134	26	0	0	3	1.1	0.7	0.5	95	0
40560	Elk, ground, raw	4 oz	113	195	25	0	0	10	3.9	2.8	0.5	75	0
14014	Elk, rstd	3 oz	85	124	26	0	0	2	0.6	0.4	0.3	62	0
14013	Venison, rstd	3 oz	85	134	26	0	0	3	1.1	0.7	0.5	95	0
Lamb													
40354	Lamb, Austl, average of all cuts, ckd, 1/8" trim	3 oz	85	218	21	0	0	14	6.8	5.7	0.6	74	
13628	Lamb, average of all cuts, ckd, choice, 1/8" trim	3 oz	85	230	22	0	0	15	6.3	6.5	1.1	82	0
13524	Lamb, ground, brld, 20% fat	3 oz	85	241	21	0	0	17	6.9	7.1	1.2	82	0
Lunchmeat													
11815	Beef, roast, Italian, deli	2 oz	57	60	11	1	0	1	0.5			20	0
57966	Frank, beef, 97% fat free	1 ea	49	45	6	3	0	2	1.0			15	0
57967	Frank, beef, rducd fat	1 ea	49	120	6	0	0	10	4.5			25	0
13010	Frankfurter, beef & pork	1 ea	45	137	5	1	0	12	4.8	6.2	1.2	22	8
58220	Frankfurter, beef pork & turkey, fat free	1 ea	57	62	7	6	0	1	0.3	0.4	0.2	23	0
13008	Frankfurter, beef, 5" x 7/8"	1 ea	57	188	6	2	0	17	6.7	8.2	0.7	30	0
13318	Frankfurter, beef, low fat	1 ea	50	80	6	7	0	2	1.0			15	0
58290	Frankfurter, beef, low fat	1 ea	57	131	7	1	0	11	4.6	5.6	0.3	23	0
13260	Frankfurter, chicken	1 ea	45	100	7	1	0	7	1.7	2.7	1.7	43	0
13274	Frankfurter, low sod	1 ea	57	178	7	1	0	16	6.9	7.8	0.8	35	0
13012	Frankfurter, turkey	1 ea	45	100	6	2	0	8	1.8	2.6	1.8	35	0
13038	Lunchmeat Loaf, beef & pork, w/bbq, 1/16" slice	1 pce	23	40	4	1	0	2	0.7	1.0	0.2	9	2
13000	Lunchmeat, beef, thin slice, oval	1 pce	9	11	2	0	0	0	0.1	0.1	0.0	4	0
13177	Lunchmeat, bologna, beef	1 pce	28	88	3	1	0	8	3.6	4.2	0.3	18	0
58284	Lunchmeat, bologna, beef, low fat	1 oz	28	58	3	1	0	4	1.5	1.8	0.1	12	0
10439	Lunchmeat, bologna, beef, slice	1 pce	38	100	5	1	0	8	3.5			20	0
11829	Lunchmeat, bologna, chicken, slice	1 pce	38	100	4	1	0	9	2.5			45	20
16996	Lunchmeat, bologna, fat free	1 svg	28	22	4	2	0	0	0.1	0.1	0.0	7	0
37043	Lunchmeat, chicken breast, EverRoast, oven rstd	1 svg	56	50	13	1	0	0				30	0
58184	Lunchmeat, chicken breast, oven roast, deli sliced	3 pce	52	50	10	1	0	0	0.0			20	0
58149	Lunchmeat, chicken breast, oven rstd, slice	1 slc	28	20	5	0	0	0	0.0	0.0	0.0	10	
58167	Lunchmeat, ham, brown sugar, slice	2 pce	45	60	8	4	0	1	0.0			10	0
13261	Lunchmeat, ham, extra lean, 5% fat, sliced, oval	1 slc	24	26	5	0	0	1	0.2	0.2	0.1	11	0
11819	Lunchmeat, ham, smkd, deli	2 oz	57	60	9	2	0	2	0.5			30	0
58199	Lunchmeat, roast beef, choice, deli sliced	2 pce	45	50	9	0	0	2	0.5			25	0
13112	Lunchmeat, turkey breast, hickory smkd, 98% fat free, svg	1 svg	28	30	5	1	0	0	0.0			10	0
13114	Lunchmeat, turkey breast, oven rstd, fat free	1 oz	28	24	4	1	0	0	0.1	0.1	0.0	9	0
10052	Meat Stick, beef, smkd, snack	1 ea	20	110	4	1		10	4.2	4.1	0.9	27	5
13020	Pastrami, turkey, slices	1 pce	28	38	5	1	0	2	0.5	0.6	0.5	19	1
13201	Salami, hard, slice	3 pce	27	99	7	0	0	8	3.0	4.0	0.8	26	2
58014	Salami, Italian, pork	1 oz	28	120	6	0	0	10	3.7	5.2	1.0	23	0
13025	Salami, turkey, ckd, svg	1 oz	28	49	5	0	0	3	0.8	0.9	0.7	22	1
13182	Sausage, beef, Smokies	1 ea	43	127	5	1	0	11	4.8	5.5	0.4	27	0
58242	Sausage, chicken & beef, smkd, pieces	0.5 cup	69	204	13	0	0	17	4.9	7.0	3.3	48	21
13021	Sausage, pepperoni, beef & pork, slice	1 pce	2	10	0	0	0	1	0.3	0.3	0.1	2	0
58353	Sausage, pork, link, ckd f/fzn, USDA	1 ea	48	128	9	0	0	10	2.7	4.2	1.1	47	7
13184	Sausage, Smokies, link	1 ea	43	130	5	1	0	12	4.0	5.7	1.2	27	0
58232	Sausage, turkey, ckd f/fresh	1 svg	57	112	14	0	0	6	1.3	1.7	1.5	52	9

APPENDIX N Food Composition Table A-151

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.15	0.50	5.71				0.0			6	3.79	20.4	192	285	46	2.3	65	0.00	0.00
0.14	0.28	5.55	0.37	2.42	7.9	0.0		0.3	14	3.11	24.9	221	365	90	6.1	69	0.00	0.00
					7.7	0.0			4	3.08	20.4	153	279	52	2.7	66	0.00	0.00
0.15	0.50	5.71				0.0			6	3.79	20.4	192	285	46	2.3	65	0.00	0.00
0.10	0.28	4.63	0.31	2.44					14	1.63	18.7	166	256	65	4.0	59	0.00	0.00
0.09	0.21	5.57	0.11	2.19	16.2	0.0			14	1.63	20.4	164	270	61	4.0	56	0.00	0.00
0.09	0.20	5.69	0.11	2.22	16.2	0.0	1.7	0.1	19	1.51	20.4	171	288	69	4.0	55	0.00	0.00
						0.0			0	1.08				360			0.00	0.00
						0.0			0	1.08				400		37	0.00	0.00
						0.0			0	0.72				360		31	0.00	0.00
0.09	0.05	1.19	0.05	0.57	1.8	0.0	16.2	0.1	5	0.51	4.5	39	75	504	0.8	56	0.00	0.00
0.09	0.09	1.98	0.10	0.60	3.4	13.7	1.1	0.0	31	1.00	8.0	75	125	455	1.7	72	0.00	0.00
0.01	0.07	1.35	0.05	0.98	2.8	0.0	20.5	0.1	8	0.86	8.0	91	89	650	1.4	52	0.00	0.00
						2.4			0	0.36				400			0.00	0.00
0.02	0.05	1.30	0.05	0.80	2.3	0.6	13.7	0.1	5	0.66	6.3	109	74	593	1.1	64	0.00	0.00
0.02	0.11	2.10	0.15	0.23	4.0	0.0	9.4	0.1	33	0.52	9.0	73	91	380	0.5	62	0.00	0.00
0.02	0.05	1.37	0.07	0.87	2.3	0.0	21.1	0.1	11	0.81	1.7	50	95	177	1.2	57	0.00	0.00
0.01	0.07	1.65	0.05	0.37	4.0	0.0	10.3	0.3	67	0.66	6.3	77	176	485	0.8	63	0.00	0.00
0.07	0.05	0.51	0.05	0.38	2.1	0.0	8.3		13	0.27	3.9	30	76	307	0.6	65	0.00	0.00
0.00	0.02	0.43	0.03	0.18	0.3	0.0	0.2	0.0	1	0.18	1.8	24	29	104	0.3	73	0.00	0.00
0.00	0.02	0.68	0.05	0.40	3.6	0.0	9.0		3	0.37	3.9	31	47	330	0.6	54	0.00	0.00
0.00	0.02	0.70	0.03	0.40	1.4	0.3	4.3	0.1	3	0.28	3.4	50	42	335	0.5	65	0.00	0.00
						0.0			0	0.36				340		23	0.00	0.00
						1.2			40	0.72				350		23	0.00	0.00
						0.0			4	0.25	6.2	43	44	274	0.3	78	0.00	0.00
						1.2			0	0.36			160	440			0.00	0.00
						0.0			0	0.36				430		38	0.00	0.00
														240		22	0.00	0.00
						0.0			0	0.36				490			0.00	0.00
0.07	0.05	1.37	0.09	0.09	0.0	0.0	6.7	0.1	1	0.17	5.0	69	156	254	0.4	74	0.00	0.00
						0.0			0	0.36				430		42	0.00	0.00
						0.0			0	1.08				250			0.00	0.00
						0.0			0	0.00				260		21	0.00	0.00
						0.0			3	0.31	7.7	66	58	338	0.2	76	0.00	0.00
0.02	0.09	0.91	0.03	0.20	0.0	1.4			14	0.68	4.2	36	51	306	0.5	19	0.00	0.00
0.01	0.07	1.00	0.07	0.07	1.4	2.3	2.8	0.1	3	1.20	4.0	57	98	280	0.6	72	0.00	0.00
0.15	0.07	1.36	0.11	0.50	0.8	0.0	16.7		3	0.49	5.7	49	96	534	0.9	38	0.00	0.00
0.25	0.09	1.59	0.15	0.79	0.6	0.0			3	0.43	6.2	65	96	536	1.2	35	0.00	0.00
0.11	0.09	1.12	0.11	0.28	2.8	0.0	6.8	0.1	11	0.34	6.2	75	61	285	0.7	69	0.00	0.00
					4.7	0.0			5	0.75	6.5	99	74	416	1.3	56	0.00	0.00
0.02	0.07	2.79	0.11	0.25	2.8	0.0	15.9	0.3	8	0.75	9.7	77	96	704	1.2	56	0.00	0.00
0.00	0.00	0.09	0.00	0.02	0.1	0.0	0.2	0.0	0	0.02	0.4	4	6	33	0.0	31	0.00	0.00
0.34	0.11	1.34	0.12	0.43	0.5	0.0			4	0.55	9.1	91	115	259	1.4	59	0.00	0.00
						0.0			4	0.50	7.3	103	77	433	0.9	56	0.00	0.00
0.05	0.15	3.25	0.18	0.69	3.4	0.4	3.4	0.1	13	0.85	12.0	115	170	379	2.2	65	0.00	0.00

A-152 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarinés, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours **A-146 Meats and Meat Substitutes** A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
Meat Substitutes													
7564	Tempeh	0.5 cup	83	160	15	8		9	1.8	2.5	3.2	0	0
7277	Tempeh, ckd	1 svg	85	167	15	8		10	2.9	3.2	2.2		
7519	Tofu, dried, fzn	1 pce	17	82	8	2	1	5	0.7	1.1	2.9	0	9
7522	Tofu, fermented & salted, block	3 oz	85	99	7	4		7	1.0	1.5	3.8	0	0
90040	Tofu, fermented & salted, w/calc sulfate, block	1 ea	11	13	1	1		1	0.1	0.2	0.5	0	0
27044	Vegetarian Meat, bacon bits	1 Tbs	7	33	2	2	1	2	0.3	0.4	0.9	0	0
7509	Vegetarian Meat, bacon, strips	1 ea	15	46	2	1	0	4	0.7	1.1	2.3	0	1
7732	Vegetarian Meat, beef, burger	0.25 cup	55	68	10	3	1	2	0.3	0.3	0.9	0	0
7558	Vegetarian Meat, beef, fillet	1 ea	85	246	20	8	5	15	2.4	3.7	7.9	0	0
7561	Vegetarian Meat, beef, patty	1 ea	56	110	12	4	3	5	0.8	1.2	2.6	0	0
7547	Vegetarian Meat, chicken	0.5 cup	84	188	20	3	3	11	1.5	2.3	6.1	0	0
7549	Vegetarian Meat, fish sticks	1 ea	28	81	6	3	2	5	0.8	1.2	2.6	0	0
92148	Vegetarian Meat, hot dog	1 ea	70	163	14	5	3	10	1.4	2.7	5.5	0	0
16509	Vegetarian Meat, hot dog, franks	1 ea	45	80	11	5	3	2	0.0			0	0
7551	Vegetarian Meat, lunchmeat, slices	1 pce	14	26	2	1	0	2	0.2	0.3	0.6	0	0
90626	Vegetarian Meat, sausage, slices	1 slc	28	72	5	3	1	5	0.8	1.3	2.6	0	0
Pork and Ham													
27096	Bacon Bits, real, svg	1 svg	7	25	3	0	0	2	0.5			5	0
92207	Bacon, cured, microwaved	1 pce	5	25	2	0	0	2	0.6	0.8	0.2	6	1
92208	Bacon, cured, pan fried	1 pce	8	42	3	0	0	3	1.0	1.4	0.4	9	1
28143	Canadian Bacon, svg	1 svg	56	68	9	1		3	1.0	1.4	0.3	27	0
12118	Pork, avg of retail cuts, leg shoulder & loin, lean, ckd	3 oz	85	171	23	0	0	8	2.6	3.3	0.7	71	1
12309	Pork, avg of retail cuts, leg shoulder loin & sparerib, ckd	3 oz	85	202	22	0	0	12	4.2	5.1	1.3	75	2
12240	Pork, avg of retail cuts, loin & shoulder blade, ckd	3 oz	85	200	22	0	0	12	4.0	4.9	1.2	71	2
12311	Pork, avg of retail cuts, loin & shoulder blade, lean, ckd	3 oz	85	179	25	0	0	8	2.8	3.6	0.6	72	2
12184	Pork, chop, blade loin, w/bone, brld	1 ea	219	506	52	0	0	31	9.5	10.7	4.1	171	9
12192	Pork, chop, center loin, w/bone, brld	3 oz	85	178	22	0	0	9	3.0	3.6	1.2	71	2
93445	Pork, cured ham & wtr product, pan brld	3 oz	85	105	13	4	0	4	1.3	1.8	0.6	38	11
12307	Pork, cured ham, lean, 8% fat, rstd	0.5 cup	70	116	15	0	0	5	1.8	2.6	0.7	40	0
12099	Pork, ground, ckd	3 oz	85	253	22	0	0	18	6.6	7.9	1.6	80	2
12296	Pork, patty, chopette, fzn, 3.2oz, FS	1 ea	91	240	14	1	1	20	7.2	8.7	1.9	56	15
12010	Pork, ribs, spareribs, brsd	3 oz	85	338	25	0	0	26	9.5	11.5	2.3	103	3
12060	Pork, roast, top loin, rstd	3 oz	85	163	22	0	0	8	2.4	3.0	0.8	68	1
12237	Pork, tenderloin, chop, brld	3 oz	85	171	25	0	0	7	2.5	2.8	0.6	80	2
Turkey													
16086	Turkey, avg, breast, w/skin, rstd	3 oz	85	161	24	0	0	6	1.8	2.1	1.5	63	0
51101	Turkey, avg, dark meat, w/o skin, rstd	3 oz	85	160	24	0	0	6	1.9	1.5	2.0	72	0
16028	Turkey, avg, dark meat, w/skin, rstd	3 oz	85	188	23	0	0	10	3.0	3.1	2.6	76	0
16158	Turkey, avg, light meat, w/o skin, rstd	3 oz	85	134	25	0	0	3	0.9	0.5	0.7	59	0
16027	Turkey, avg, light meat, w/skin, rstd	3 oz	85	168	24	0	0	7	2.0	2.4	1.7	65	0
16071	Turkey, avg, skin, rstd	1 oz	28	126	6	0	0	11	2.9	4.8	2.6	32	0
16000	Turkey, avg, w/o skin, rstd	3 oz	85	145	25	0	0	4	1.2	0.9	1.3	65	0
51133	Turkey, ground, 99% fat free, raw	4 oz	113	120	28	0	0	2				45	0
16204	Turkey, ground, raw, svg	4 oz	113	192	20	0	0	12	3.5			91	0
16351	Turkey, jerky, original	1 pce	30	86	15	3	0	1	0.0			32	64

APPENDIX N Food Composition Table A-153

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.05	0.30	2.19	0.18	0.07	19.9	0.0	0.0		92	2.24	67.2	221	342	7	0.9	60	0.00	0.00
0.05	0.30	1.80	0.17	0.11	17.9		0.0		82	1.80	65.5	215	341	12	1.3	60	0.00	0.00
0.07	0.05	0.20	0.05	0.00	15.6	0.1	0.0		62	1.64	10.0	82	3	1	0.8	6	0.00	0.00
0.12	0.09	0.31	0.07	0.00	24.7	0.2	0.0		39	1.67	44.2	62	64	2443	1.3	70	0.00	0.00
0.01	0.00	0.03	0.00	0.00	3.2	0.0	0.0		135	0.21	6.4	8	8	316	0.2	70	0.00	0.00
0.03	0.00	0.10	0.00	0.07	8.9	0.1	0.0	0.5	7	0.05	6.7	15	10	124	0.1	8	0.00	0.00
0.66	0.07	1.12	0.07	0.00	6.3	0.0	0.0	1.0	3	0.36	2.9	10	26	220	0.1	49	0.00	0.00
0.10	0.10	1.60	0.21	2.42		0.0			4	1.42		54	24	248	0.7	71	0.00	0.00
0.93	0.75	10.19	1.27	3.56	86.7	0.0	0.0	2.9	81	1.70	19.6	382	510	416	1.2	45	0.00	0.00
0.50	0.34	5.59	0.67	1.34	43.7	0.0	0.0	1.0	16	1.17	10.1	193	101	308	1.0	58	0.00	0.00
0.05	0.20	1.22	0.58	1.83	63.8	0.0	0.0	2.3	29	2.75	14.3	281	45	596	0.6	59	0.00	0.00
0.31	0.25	3.35	0.41	1.17	28.6	0.0	0.0	1.1	27	0.56	6.4	126	168	137	0.4	45	0.00	0.00
0.31	0.57	2.20	0.05	1.63	54.6	0.0	0.0	1.3	23	0.99	12.6	241	69	330	0.8	58	0.00	0.00
0.00	0.00	0.02	0.01	0.00	7.1	0.0	0.0	0.3	20	0.72	8.7	53	54	390	0.2		0.00	0.00
0.56	0.03	1.55	0.11	0.56	14.0	0.0	0.0	0.4	6	0.25	3.2	62	28	100	0.2	65	0.00	0.00
0.66	0.10	3.13	0.23	0.00	7.3	0.0	0.0	0.6	18	1.03	10.1	63	65	249	0.4	50	0.00	0.00
						0.0			0	0.00				220			0.00	0.00
0.02	0.00	0.50	0.01	0.07	0.1	0.0		0.0	1	0.05	1.6	24	25	104	0.2	16	0.00	0.00
0.03	0.01	0.91	0.02	0.10	0.2	0.0	3.4	0.0	1	0.10	2.8	44	47	192	0.3	12	0.00	0.00
						0.8			3	0.50	10.6		156	569	1.0	73	0.00	0.00
0.56	0.25	5.53	0.49	0.57	2.6	0.2	26.4	0.1	15	0.85	21.3	196	304	47	2.5	63	0.00	0.00
0.51	0.25	5.13	0.46	0.60	1.7	0.1	32.3	0.1	17	0.93	20.4	188	290	48	2.6	59	0.00	0.00
0.57	0.25	5.42	0.47	0.57	1.7	0.1	32.3	0.1	17	0.79	20.4	189	293	47	2.2	59	0.00	0.00
0.74	0.28	4.46	0.37	0.63	5.1	0.3			19	0.91	22.1	199	321	48	2.4	60	0.00	0.00
1.07	0.68	17.36	1.07	1.45	0.0	0.0	87.6	0.5	123	1.90	43.8	528	690	162	6.9	61	0.00	0.00
0.50	0.20	6.92	0.56	0.50	0.0	0.0	25.5	0.1	20	0.67	21.3	187	293	47	1.8	62	0.00	0.00
0.25	0.11	3.64	0.28	0.37	1.7	0.0	28.9	0.1	7	0.62	14.5	204	231	1181	1.4	71	0.00	0.00
0.51	0.20	3.73	0.23	0.47	2.1	0.0	22.4	0.2	6	0.98	13.3	174	253	970	1.8	66	0.00	0.00
0.60	0.18	3.57	0.33	0.46	5.1	0.6	17.9	0.2	19	1.10	20.4	192	308	62	2.7	53	0.00	0.00
0.58	0.20	3.93				0.6			27	0.18		157	292	163	3.1		0.00	0.00
0.34	0.31	4.65	0.30	0.92	3.4	0.0	88.5	0.3	40	1.57	20.4	222	272	79	3.9	40	0.00	0.00
0.46	0.20	6.03	0.58	0.49	0.0	0.0	17.0	0.1	6	0.54	21.3	190	297	39	1.8	64	0.00	0.00
0.81	0.31	4.30	0.43	0.82	5.1	0.9			4	1.17	29.8	247	378	54	2.5	61	0.00	0.00
0.05	0.10	5.40	0.40	0.31	5.1	0.0			18	1.19	23.0	179	245	54	1.7	63	0.00	0.00
0.05	0.20	3.09	0.31	0.31	7.7	0.0	6.8	0.5	27	1.98	20.4	174	247	67	3.8	63	0.00	0.00
0.05	0.20	3.00	0.27	0.31	7.7	0.0	3.4	0.5	28	1.92	19.6	167	233	65	3.5	60	0.00	0.00
0.05	0.10	5.82	0.46	0.31	5.1	0.0	6.8	0.1	16	1.14	23.8	186	259	54	1.7	66	0.00	0.00
0.05	0.10	5.34	0.40	0.30	5.1	0.0	4.3	0.1	18	1.20	22.1	177	242	54	1.7	63	0.00	0.00
0.00	0.03	0.75	0.01	0.07	1.1	0.0	2.3		10	0.50	4.5	39	45	15	0.6	40	0.00	0.00
0.05	0.15	4.63	0.38	0.31	6.0	0.0	6.8	0.3	21	1.50	22.1	181	253	60	2.6	65	0.00	0.00
						0.0			0	1.44				65			0.00	0.00
						0.0			0	0.00				142		79	0.00	0.00
						0.0			21	1.15				589		9	0.00	0.00

A-154 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes **A-154 Nuts, Seeds, and Products**

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
NUTS, SEEDS, AND PRODUCTS													
4507	Coconut, fresh, shredded	2 Tbs	10	35	0	2	1	3	3.0	0.1	0.0	0	0
4559	Coconut, milk, cnd	2 Tbs	28	56	1	1		6	5.3	0.3	0.1	0	0
4575	Coconut, tstd f/dried	3 Tbs	15	89	1	7	1	7	6.3	0.3	0.1	0	0
4572	Nut Butter, almond	2 Tbs	32	196	7	6	3	18	1.3	10.4	4.4	0	0
4571	Nuts, almonds, dry rstd, salted, whole	22 ea	28	169	6	6	3	15	1.1	9.2	3.7	0	0
4620	Nuts, almonds, oil rstd, salted	0.25 cup	39	238	8	7	4	22	1.7	13.7	5.3	0	0
4505	Nuts, almonds, oil rstd, unsalted	0.25 cup	39	238	8	7	4	22	1.7	13.7	5.3	0	0
4549	Nuts, almonds, whole, dry rstd, unsalted	22 ea	28	169	6	6	3	15	1.1	9.2	3.7	0	0
4642	Nuts, beechnuts, dried	1 oz	28	163	2	9		14	1.6	6.2	5.7	0	0
4536	Nuts, Brazil, dried, lrg	6 ea	28	186	4	3	2	19	4.3	7.0	5.8	0	0
4750	Nuts, Brazil, dried, unblanched, shelled	0.25 cup	33	218	5	4	2	22	5.0	8.2	6.8	0	0
4519	Nuts, cashews, dry rstd, salted, whole	0.25 cup	34	197	5	11	1	16	3.1	9.4	2.7	0	0
4621	Nuts, cashews, dry rstd, unsalted	0.25 cup	34	197	5	11	1	16	3.1	9.4	2.7	0	0
4596	Nuts, cashews, oil rstd, salted, whole	0.25 cup	32	187	5	10	1	15	2.7	8.4	2.8	0	0
4622	Nuts, cashews, oil rstd, unsalted, whole	0.25 cup	32	187	5	10	1	15	2.7	8.4	2.8	0	0
63431	Nuts, filberts, whole	10 ea	14	88	2	2	1	9	0.6	6.4	1.1	0	0
4513	Nuts, hazelnuts, whole	10 ea	14	88	2	2	1	9	0.6	6.4	1.1	0	0
4516	Nuts, macadamia, dried, whole	0.25 cup	34	241	3	5	3	25	4.0	19.7	0.5	0	0
4595	Nuts, mixed, w/o peanuts, oil rstd, salted	0.25 cup	36	221	6	8	2	20	3.3	11.9	4.1	0	0
4594	Nuts, mixed, w/o peanuts, oil rstd, unsalted	0.25 cup	36	221	6	8	2	20	3.3	11.9	4.1	0	1
4592	Nuts, mixed, w/peanuts, dry rstd, salted	0.25 cup	34	203	6	9	3	18	2.4	10.8	3.7	0	0
4591	Nuts, mixed, w/peanuts, dry rstd, unsalted	0.25 cup	34	203	6	9	3	18	2.4	10.8	3.7	0	1
4593	Nuts, mixed, w/peanuts, oil rstd, salted	0.25 cup	34	207	6	7	3	19	2.9	10.6	4.5	0	0
4533	Nuts, mixed, w/peanuts, oil rstd, unsalted	0.25 cup	36	219	6	8	4	20	3.1	11.3	4.7	0	1
4541	Nuts, peanuts, dry rstd, salted	30 ea	30	176	7	6	2	15	2.1	7.4	4.7	0	0
4756	Nuts, peanuts, dry rstd, unsalted	0.25 cup	36	214	9	8	3	18	2.5	9.0	5.7	0	0
4763	Nuts, peanuts, oil rstd, salted	0.25 cup	36	216	10	5	3	19	3.1	9.4	5.5	0	0
4755	Nuts, peanuts, oil rstd, unsalted	32 ea	28	163	7	5	2	14	1.9	6.8	4.4	0	0
4542	Nuts, peanuts, oil rstd, unsalted, chpd	0.25 cup	33	193	9	6	2	16	2.3	8.1	5.2	0	0
4699	Nuts, peanuts, Spanish, oil rstd, salted	0.25 cup	37	213	10	6	3	18	2.8	8.1	6.3	0	0
4665	Nuts, peanuts, Spanish, oil rstd, unsalted	0.25 cup	37	213	10	6	3	18	2.8	8.1	6.3	0	0
4517	Nuts, peanuts, Spanish, raw	0.25 cup	36	208	10	6	3	18	2.8	8.1	6.3	0	0
4578	Nuts, pecans, halves	0.25 cup	25	171	2	3	2	18	1.5	10.1	5.3	0	1
4624	Nuts, pine	10 ea	1	7	0	0	0	1	0.1	0.2	0.3	0	0
4525	Nuts, walnuts, black, dried, chpd	0.25 cup	31	193	8	3	2	18	1.1	4.7	11.0	0	1
4626	Peanut Butter, chunky	2 Tbs	32	188	8	7	3	16	2.6	7.9	4.7	0	0
4576	Peanut Butter, chunky, unsalted	2 Tbs	32	188	8	7	3	16	2.6	7.9	4.7	0	0
4627	Peanut Butter, creamy	2 Tbs	32	188	8	6	2	16	3.4	7.7	4.5	0	0
63338	Peanut Butter, creamy, rducd fat	2 Tbs	36	187	9	13	2	12	2.1	5.8	3.3	0	0
4636	Peanut Butter, creamy, unsalted	2 Tbs	32	188	8	6	2	16	3.3	7.6	4.4	0	0
62939	Peanut Butter, crunchy, rducd fat	2 Tbs	36	190	8	15	2	12	2.5			0	0
4747	Peanut Butter, rducd fat	1 Tbs	16	81	4	5	1	5	1.0	2.8	1.6	0	
62949	Peanut Butter, w/grape jelly	3 Tbs	53	230	7	24	2	13	2.0			0	0
4777	Seeds, flax/linseed, whole	0.25 cup	42	224	8	12	11	18	1.5	3.2	12.1	0	0
4545	Seeds, sunflower, kernels, dried	0.25 cup	35	204	7	7	3	18	1.6	6.5	8.1	0	2

APPENDIX N Food Composition Table A-155

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.00	0.00	0.05	0.00	0.00	2.6	0.3	0.0	0.0	1	0.23	3.2	11	36	2	0.1	47	0.00	0.00
0.00	0.00	0.18	0.00	0.00	4.0	0.3	0.0		5	0.93	13.0	27	62	4	0.2	73	0.00	0.00
0.00	0.01	0.09	0.05	0.00	1.4	0.2	0.0		4	0.50	13.8	32	83	6	0.3	1	0.00	0.00
0.00	0.30	1.00	0.02	0.00	17.0	0.0	0.0	7.7	111	1.12	89.3	163	239	69	1.1	2	0.00	0.00
0.01	0.27	1.00	0.03	0.00	15.0	0.0	0.0	6.7	76	1.09	79.7	133	202	96	0.9	3	0.00	0.00
0.03	0.31	1.44	0.05	0.00	10.6	0.0	0.0	10.2	114	1.44	107.5	183	274	133	1.2	3	0.00	0.00
0.03	0.31	1.44	0.05	0.00	10.6	0.0	0.0	10.2	114	1.44	107.5	183	274	0	1.2	3	0.00	0.00
0.01	0.27	1.00	0.03	0.00	15.0	0.0	0.0	6.7	76	1.09	79.7	133	202	1	0.9	3	0.00	0.00
0.09	0.10	0.25	0.18	0.00	32.0	4.4			0	0.69	0.0	0	288	11	0.1	7	0.00	0.00
0.17	0.00	0.07	0.02	0.00	6.2	0.2	0.0	1.6	45	0.68	106.6	206	187	1	1.2	3	0.00	0.00
0.20	0.00	0.10	0.02	0.00	7.3	0.2	0.0	1.9	53	0.81	125.0	241	219	1	1.3	3	0.00	0.00
0.07	0.07	0.47	0.09	0.00	23.6	0.0	0.0	0.3	15	2.05	89.1	168	194	219	1.9	2	0.00	0.00
0.07	0.07	0.47	0.09	0.00	23.6	0.0	0.0	0.3	15	2.05	89.1	168	194	5	1.9	2	0.00	0.00
0.11	0.07	0.56	0.10	0.00	8.1	0.1	0.0	0.3	14	1.95	88.0	171	204	99	1.7	2	0.00	0.00
0.11	0.07	0.56	0.10	0.00	8.1	0.1	0.0	0.3	14	1.95	88.0	171	204	4	1.7	3	0.00	0.00
0.09	0.01	0.25	0.07	0.00	15.8	0.9	0.0	2.1	16	0.66	22.8	41	95	0	0.3	5	0.00	0.00
0.09	0.01	0.25	0.07	0.00	15.8	0.9	0.0	2.1	16	0.66	22.8	41	95	0	0.3	5	0.00	0.00
0.40	0.05	0.82	0.09	0.00	3.7	0.4	0.0	0.2	28	1.24	43.5	63	123	2	0.4	1	0.00	0.00
0.18	0.17	0.70	0.05	0.00	20.2	0.2	0.0	3.0	38	0.93	90.4	162	196	110	1.7	3	0.00	0.00
0.18	0.17	0.70	0.05	0.00	20.2	0.2	0.0		38	0.93	90.4	162	196	4	1.7	3	0.00	0.00
0.07	0.07	1.61	0.10	0.00	17.1	0.1	0.0	3.7	24	1.26	77.1	149	204	229	1.3	2	0.00	0.00
0.07	0.07	1.61	0.10	0.00	17.1	0.1	0.0		24	1.26	77.1	149	204	4	1.3	2	0.00	0.00
0.17	0.07	1.70	0.07	0.00	27.8	0.2	0.0	2.8	36	1.08	78.7	155	195	140	1.7	2	0.00	0.00
0.18	0.07	1.79	0.09	0.00	29.5	0.2	0.0		38	1.13	83.4	165	206	4	1.8	2	0.00	0.00
0.12	0.02	4.05	0.07	0.00	43.5	0.0	0.0	2.3	16	0.68	52.8	107	197	244	1.0	2	0.00	0.00
0.15	0.03	4.94	0.09	0.00	52.9	0.0	0.0	2.5	20	0.81	64.2	131	240	2	1.2	2	0.00	0.00
0.02	0.02	4.98	0.17	0.00	43.2	0.3	0.0	2.5	22	0.55	63.4	143	261	115	1.2	1	0.00	0.00
0.07	0.02	4.00	0.07	0.00	35.3	0.0	0.0	1.9	25	0.50	51.8	145	191	2	1.9	2	0.00	0.00
0.07	0.03	4.75	0.07	0.00	41.9	0.0	0.0	2.3	29	0.61	61.5	172	227	2	2.2	2	0.00	0.00
0.11	0.02	5.48	0.09	0.00	46.3	0.0	0.0		37	0.83	61.7	142	285	159	0.7	2	0.00	0.00
0.11	0.02	5.48	0.09	0.00	46.3	0.0	0.0		37	0.83	61.7	142	285	2	0.7	2	0.00	0.00
0.25	0.05	5.80	0.12	0.00	87.6	0.0	0.0		39	1.42	68.6	142	272	8	0.8	6	0.00	0.00
0.15	0.02	0.28	0.05	0.00	5.4	0.3	0.0	0.3	17	0.62	29.9	69	101	0	1.1	4	0.00	0.00
				0.00		0.0			0	0.05				0		2	0.00	0.00
0.01	0.03	0.15	0.18	0.00	9.7	0.5	0.0	0.6	19	0.97	62.8	160	163	1	1.1	5	0.00	0.00
0.02	0.03	4.38	0.12	0.00	29.4	0.0	0.0	2.0	14	0.61	51.2	102	238	156	0.9	1	0.00	0.00
0.02	0.03	4.38	0.12	0.00	29.4	0.0	0.0	2.0	14	0.61	51.2	102	238	5	0.9	1	0.00	0.00
0.01	0.02	4.28	0.17	0.00	23.7	0.0	0.0	2.9	14	0.60	49.3	115	208	147	0.9	2	0.00	0.00
0.10	0.01	5.26	0.10	0.00	21.6	0.0	0.0	3.3	13	0.68	61.2	133	241	194	1.0	1	0.00	0.00
0.01	0.02	4.28	0.17	0.00	23.7	0.0	0.0	2.9	14	0.60	49.3	115	208	5	0.9	2	0.00	0.00
		5.00	0.11	0.00	24.0	0.0			0	0.72	60.0			220	0.9		0.00	0.00
		2.07		0.00					6	0.31		59	115	89		3	0.00	0.00
			0.00			0.0			0	0.36				160			0.00	0.00
0.68	0.07	1.28	0.20	0.00	36.5	0.3	0.0	0.1	107	2.41	164.6	270	341	13	1.8	7	0.00	0.00
0.51	0.11	2.92	0.46	0.00	79.4	0.5	0.0	12.3	27	1.84	113.8	231	226	3	1.8	5	0.00	0.00

A-156 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes **A-154 Nuts, Seeds, and Products**

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
4597	Seeds, sunflower, kernels, dry rstd, salted	0.25 cup	32	186	6	8	3	16	1.7	3.0	10.5	0	0
4551	Seeds, sunflower, kernels, dry rstd, unsalted	0.25 cup	32	186	6	8	4	16	1.7	3.0	10.5	0	0
4546	Seeds, sunflower, kernels, oil rstd, unsalted	0.25 cup	34	200	7	8	4	17	2.4	2.7	11.6	0	0
4552	Seeds, sunflower, oil rstd, salted	0.25 cup	34	200	7	8	4	17	2.4	2.7	11.6	0	0
63261	Soy Nuts, wheat free	0.33 cup	30	144	12	9	4	7	1.0			1	3
PREPARED FOODS													
Canned Foods													
50595	Broth, beef, clear, cnd	1 cup	198	15	2	0	0	0	0.0			0	0
50596	Broth, chicken, clear, cnd, rts	1 cup	198	15	1	1	0	0	0.0			5	0
1793	Broth, vegetable	1 cup	240	30	1	5	1	0	0.0			0	200
57701	Chili, turkey, w/beans, cnd	1 svg	247	210	17	28	6	3	1.0			45	100
7760	Chili, vegetarian, cnd	1 svg	38	30	3	4	2	0	0.1	0.1	0.1	0	25
56001	Chili, w/beans, cnd	1 cup	256	287	15	30	11	14	6.0	6.0	0.9	44	86
50901	Chili, w/beef, cnd, rts	1 cup	245	190	16	34	8	2	0.5			5	100
28167	Chili, w/o beans, cnd	1 cup	240	283	18	15		17	5.4	5.9	1.1	50	
14804	Chowder, clam, New England, chunky, microwv	1 cup	245	201	6	17	3	12	2.5			10	0
50907	Chowder, clam, New England, cnd, rts	1 cup	251	120	5	24	4	2	1.0			10	0
51031	Dish, creamed corn, golden, cnd	0.5 cup	125	90	2	20	2	1	0.0			0	0
6265	Dish, creamed corn, sweet, cnd	0.5 cup	127	90	2	19	1	0	0.0			0	0
17535	Dish, rice bowl, cheddar broccoli, microwv	1 bowl	74	290	8	51	2	7	2.5			10	0
57655	Macaroni & Cheese, can	1 svg	244	200	8	28	1	6	2.1	1.5	0.7	15	44
40675	Soup, At Hand, cream of broccoli, rts, microwv	1 svg	305	143	3	17	7	7	2.0			6	20
92620	Ravioli, beef, w/meat sauce, cnd	1 cup	212	260	11	39	5	7	3.0			10	100
90856	Refried Beans, fat free, cnd	0.5 cup	130	110	7	21	6	0	0.0	0.0	0.0	0	0
9096	Refried Beans, original, cnd, FS	0.5 cup	128	100	6	18	5	2	1.0			0	0
9095	Refried Beans, spicy, cnd, FS	0.5 cup	128	100	6	18	6	2	1.0			0	0
50061	Soup, bean & pork, cond, 11.5oz can	0.5 cup	130	168	8	22	8	6	1.5	2.1	1.8	3	87
50003	Soup, beef noodle, prep f/cnd w/water	1 cup	244	83	5	9	1	3	1.1	1.2	0.5	5	25
50077	Soup, chicken gumbo, prep f/cnd w/water	1 cup	244	56	3	8	2	1	0.3	0.7	0.3	5	13
50686	Soup, chicken mushroom, cond, cnd	1 cup	252	275	9	19	1	18	4.8	8.1	4.7	20	25
50080	Soup, chicken mushroom, prep f/cnd w/water	1 cup	244	132	4	9	0	9	2.4	4.0	2.3	10	113
50081	Soup, chicken noodle, chunky, rts, cnd	1 cup	245	91	8	10	1	2	1.0	0.5	0.3	12	301
50569	Soup, chicken noodle, rts, cnd	1 cup	259	90	6	13	1	1	0.5			10	500
50020	Soup, chicken rice, prep f/cnd w/water	1 cup	243	58	4	7	1	2	0.4	0.9	0.4	7	41
50091	Soup, chicken vegetable, prep f/cnd w/water	1 cup	248	77	4	9	1	3	0.9	1.3	0.6	10	198
50654	Soup, cream of chicken, cond, cnd	1 cup	252	227	6	18	0	15	4.3	5.2	2.7	20	113
50666	Soup, cream of mushroom, cond, cnd	0.5 cup	121	103	2	8	0	7	1.7	1.3	1.7	0	10
50049	Soup, cream of mushroom, prep f/cnd w/water	1 cup	248	104	2	8	0	7	1.7	1.3	1.7	0	10
50197	Soup, cream of potato, prep f/cnd w/water	1 cup	244	73	2	11	0	2	1.2	0.6	0.4	5	76
50999	Soup, gumbo, zesty, rts, cnd	1 cup	244	100	6	15	3	2	1.0			10	40
91617	Soup, lentil, cnd	1 cup	206	130	8	19	9	4	0.5			0	300
50009	Soup, minestrone, prep f/cnd w/water	1 cup	241	82	4	11	1	3	0.6	0.7	1.1	2	234
28184	Soup, minestrone, rts, cnd	1 cup	262	110	4	22	3	0	0.5			0	800
50486	Soup, onion, French, cond, cnd	0.5 cup	126	45	2	6	1	1	1.0	0.0	0.5	5	0
50050	Soup, pea, green, prep f/cnd w/water	1 cup	259	158	8	26	5	3	1.4	1.0	0.4	0	8
50407	Soup, split pea, rducd sod, cnd	1 cup	253	180	10	30	5	2	0.8	0.9	0.4	5	140
50504	Soup, tomato, cond, cnd	0.5 cup	74	54	1	12	1	0	0.0	0.0	0.0	0	

APPENDIX N Food Composition Table A-157

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 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.02	0.07	2.25	0.25	0.00	75.8	0.4	0.0	8.4	22	1.22	41.3	370	272	131	1.7	1	0.00	0.00
0.02	0.07	2.25	0.25	0.00	75.8	0.4	0.0	8.4	22	1.22	41.3	370	272	1	1.7	1	0.00	0.00
0.10	0.09	1.38	0.27	0.00	79.0	0.4	0.0	12.3	29	1.44	42.9	384	163	1	1.8	2	0.00	0.00
0.10	0.09	1.38	0.27	0.00	79.0	0.4	0.0	12.3	29	1.44	42.9	384	163	138	1.8	2	0.00	0.00
				0.00					63	1.91						2	0.00	0.00
							0.0		0	0.00				890		193	0.00	0.00
							0.0		0	0.00				960			0.00	0.00
							0.0		20	0.36				460			0.00	0.00
							0.0		80	2.70				1250			0.00	0.00
							0.0		7	0.58			109	149			0.00	0.00
0.11	0.27	0.92	0.34	0.00	58.9	4.4	0.0	1.3	120	8.77	115.2	394	934	1336	5.1	76	0.00	0.00
						2.4			100	4.50				480			0.00	0.00
0.07	0.27	2.99	0.31	2.45		4.3			72	4.82	48.0	185	444	934	2.7	78	0.00	0.00
						0.0			81	1.78				870		84	0.00	0.00
						4.8			20	0.72				480		216	0.00	0.00
						2.4			0	0.36				360		101	0.00	0.00
						1.2			0	0.00				400			0.00	0.00
0.23	0.25	1.60			60.0	0.0			150	1.44			350	950			0.00	0.00
0.25	0.28	2.89	0.09	0.37	31.7	0.0	0.0	0.1	85	2.20	22.0	115	205	737	1.1	81	0.00	0.00
						0.0			21	0.73				891		90	0.00	0.00
0.15	0.17	4.00			60.0	0.0			40	1.79				1070			0.00	0.00
						0.0			0	0.00				460		100	0.00	0.00
						0.0			40	1.98				510		100	0.00	0.00
						0.0			40	1.98				630		100	0.00	0.00
0.07	0.02	0.55	0.03	0.03	31.2	1.6	0.0	1.1	78	1.99	42.9	127	390	922	1.0	70	0.00	0.00
0.07	0.05	1.03	0.03	0.20	19.5	0.5	0.0	1.2	20	1.07	7.3	46	98	930	1.5	92	0.00	0.00
0.01	0.05	0.66	0.05	0.01	4.9	4.9	0.0	0.4	24	0.89	4.9	24	76	954	0.4	94	0.00	0.00
0.05	0.23	3.27	0.10	0.12	5.0	0.0	0.0	1.6	58	1.75	17.6	55	318	1666	2.0	80	0.00	0.00
0.01	0.10	1.62	0.05	0.05	0.0	0.0			29	0.87	9.8	27	154	798	1.0	90	0.00	0.00
0.10	0.15	4.38	0.11	0.20	22.1	1.0	0.0	0.3	20	0.81	12.2	154	245	840	0.5	91	0.00	0.00
						0.0			20	0.36				870		237	0.00	0.00
0.01	0.01	1.12	0.01	0.17	0.0	0.2	0.0	0.1	22	0.75	0.0	22	100	578	0.3	94	0.00	0.00
0.03	0.05	1.25	0.05	0.11	5.0	1.0	0.0	0.4	17	0.88	7.4	42	159	972	0.4	93	0.00	0.00
0.02	0.11	0.99	0.00	0.00	5.0	0.3	0.0	1.4	35	2.67	10.1	78	123	1769	0.7	83	0.00	0.00
0.05	0.05	0.50	0.00	0.00	2.4	0.0	0.0	1.0	15	1.34	4.8	31	75	849	0.2	84	0.00	0.00
0.05	0.05	0.51	0.00	0.00	2.5	0.0	0.0	1.0	17	1.34	5.0	32	74	789	0.2	92	0.00	0.00
0.02	0.03	0.54	0.03	0.05	2.4	0.0			20	0.49	2.4	46	137	581	0.6	92	0.00	0.00
						3.6			40	0.72				480		216	0.00	0.00
0.15	0.07	1.01	0.20	0.00	151.7	6.0	0.0	0.7	20	2.70	35.1	156	416	590	1.1	172	0.00	0.00
0.05	0.03	0.93	0.10	0.00	36.2	1.2			34	0.92	7.2	55	313	612	0.7	91	0.00	0.00
						0.0			40	0.72				840		232	0.00	0.00
						0.0			20	0.00			559	650		91	0.00	0.00
0.10	0.05	1.20	0.05	0.00	2.6	1.6	0.0	0.2	31	1.88	38.8	122	184	870	1.7	85	0.00	0.00
0.18	0.07	1.15	0.18	0.02	50.6	0.0	0.0	0.5	43	1.95	35.4	137	463	420	1.0	82	0.00	0.00
						3.6			0	0.43			411	286		80	0.00	0.00

A-158 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
40699	Soup, vegetable, rts, cnd	1 cup	264	100	3	21	3	0	0.0			0	700
50181	Soup, won ton	1 cup	241	182	14	14	1	7	2.3	3.0	1.0	53	99
57659	Stew, beef, cnd, svg	1 svg	196	194	9	15	2	11	4.3	5.0	0.5	25	44
Dry and Prepared from Dry Foods													
50192	Broth, beef, dry cube	1 cube	4	6	1	1	0	0	0.1	0.1	0.0	0	0
50193	Broth, chicken, dehyd, cube	1 cube	5	10	1	1	0	0	0.1	0.1	0.1	1	0
57362	Casserole, potato, au gratin, REAL, prep, f/dry, FS	0.5 cup	140	120	3	24	2	2	0.0			0	0
66106	Casserole, potato, scalloped, prep, f/dry, FS	0.5 cup	140	120	2	24	2	3	1.0			0	0
38650	Pilaf, wheat, dry	0.25 cup	56	170	7	40	8	1	0.0			0	0
5464	Mashed Potatoes, flakes, prep f/dry w/milk & butter	0.5 cup	105	102	2	11	1	5	3.4	1.4	0.2	15	50
5138	Mashed Potatoes, flakes, prep f/dry w/whl milk & marg	0.5 cup	105	119	2	16	2	6	1.5	2.4	1.6	4	52
66107	Mashed Potatoes, REAL, homestyle, premium, prep f/dry, FS	0.5 cup	140	90	2	18	2	1	0.0			0	0
91856	Soup, beef vegetable, in a cup, dry	1 svg	35	150	5	27	1	2	1.0			0	80
50037	Soup, chicken noodle, prep f/dehyd w/water	1 cup	245	56	2	9	0	1	0.3	0.5	0.4	10	3
50036	Soup, cream of chicken, prep f/dehyd w/water	1 cup	261	107	2	13	0	5	3.4	1.2	0.4	3	41
50039	Soup, mushroom, prep f/dehyd w/water, pkt	1 cup	253	83	2	11	1	5	0.8	2.3	1.5	0	20
50040	Soup, onion, prep f/dehyd w/water	1 cup	230	28	1	6	1	0	0.0	0.0	0.0	0	0
50634	Soup, pasta Italiano, fat free, in a cup, dry	0.5 indiv cup	43	140	5	31	3	0	0.0	0.0	0.0	0	100
92163	Soup, ramen noodle, any flvr, dry	1 svg	43	187	5	27	1	7	3.2	2.8	0.6	0	1
15773	Soup, tomato, prep f/dry w/water	1 cup	265	101	2	19	1	2	0.8	0.6	0.2	5	93
50044	Soup, vegetable beef, prep f/dry w/water	1 cup	253	53	3	8	1	1	0.6	0.5	0.1	0	24
Frozen and Refrigerated Foods													
83063	Bowl, fried rice	1 svg	340	450	18	77	6	8	0.5			0	700
82019	Burrito, bean & cheese, ckd	1 ea	142	300	9	46	4	9	4.5			15	40
49158	Chicken Tenders, breast meat, fat free, bkd	3 ea	85	120	13	16	2	0	0.0	0.0	0.0	30	0
49171	Chicken Tenders, breast, ckd f/fzn	3 ea	85	240	11	16	1	14	4.0			25	0
7762	Corn Dog, vegetarian, fzn	1 ea	71	150	7	22	3	4	0.5	1.0	2.5	0	0
70455	Dish, beef, Oriental style	1 entrée	227	300	10	45	2	7	3.0			51	100
56718	Dish, broccoli, w/cheese sauce, fzn	0.5 cup	110	90	3	8	1	5	3.0			5	0
70695	Dish, chicken & noodles, fzn	1 cup	255	246	7	48	9	3				9	28
81223	Dish, chicken breast, patty, brd, ckd f/fzn	1 ea	90	210	13	10	0	13	3.0			45	0
16260	Dish, chicken, alfredo, w/broccoli, fzn	1 ea	326	300	25	34	2	7	3.0			50	20
56958	Dish, creamed corn, low fat, fzn	0.5 cup	118	110	2	24	2	1	0.0			0	0
70749	Dish, fish & chips	1 svg	156	350	16	38	4	15	4.5			30	40
57290	Dish, green beans, w/almonds, fzn	0.75 cup	116	80	3	8	3	4	0.0			0	20
70260	Dish, halibut, battered, fzn	3 ea	113	330	13	22	0	21	3.0	8.0	1.5	20	
11055	Dish, meatballs, Swedish, w/pasta, fzn	1 ea	326	560	32	47	3	27	12.0			100	300
83107	Dish, pasta, chicken cacciatore	1.25 cup	295	330	23	44	3	6				40	450
5787	Dish, potatoes O'Brien, fzn	0.5 cup	97	74	2	17	2	0	0.0	0.0	0.1		14
70605	Dish, potatoes O'Brien, fzn	0.75 cup	85	60	1	13	2	0	0.0	0.0	0.0	0	0
1729	Dish, potatoes, rstd, w/ham, bowl, fzn	1 ea	241	210	17	26	6	4	2.0			30	20
17373	Dish, rice bowl w/ chicken, sweet & sour, fzn, prep	1 ea	340	428	19	76	2	5	1.1	1.7	1.4	54	211
70702	Dish, shrimp, popcorn, breaded, fzn	20 ea	112	270	11	28	1	13	2.0	5.0	2.0	35	0
18139	Dish, skillet, Easy Express, chicken & dumplings, fzn	1 svg	340	370	23	41	5	13	3.5			60	900
16918	Dish, turkey, mostly white meat, w/gravy & stuffing	1 ea	255	240	13	30	2	9	2.0			20	40
6571	Dish, twice baked potatoes, cheddar, fzn, FS	1 ea	141	180	4	24	2	7	2.5			5	0
14069	Dish, veal & beef patty, brd, fzn, 3.2oz, FS	1 ea	91	202	11	12	2	12	5.5	5.1	0.6	33	20

APPENDIX N Food Composition Table A-159

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
						0.0			40	0.72				900			0.00	0.00
0.40	0.25	4.59	0.20	0.40	18.8	3.4		0.4	31	1.75	20.6	153	316	543	1.1	84	0.00	0.00
0.14	0.10	2.15	0.17	0.98	27.4	1.4	0.0	0.5	24	4.86	15.7	82	319	760	2.0	81	0.00	0.00
0.00	0.00	0.11	0.00	0.03	1.2	0.0	0.0	0.0	2	0.07	1.8	8	15	864	0.0	3	0.00	0.00
0.00	0.01	0.18	0.00	0.00	1.5	0.0	0.0	0.0	9	0.09	2.7	9	18	1152	0.0	2	0.00	0.00
						6.0			40	0.36				640			0.00	0.00
						6.0			40	0.36			240	480			0.00	0.00
						0.0			20	1.08				640			0.00	0.00
0.14	0.05	0.81	0.10	0.11	7.3	10.2	12.6	0.1	34	0.17	11.5	41	172	172	0.2	81	0.00	0.00
0.11	0.05	0.69	0.00	0.00	7.3	10.2	0.0		51	0.23	18.9	59	245	349	0.2	76	0.00	0.00
						3.6			40	0.36				370			0.00	0.00
						3.6			0	0.36				990			0.00	0.00
0.20	0.07	1.05	0.01	0.05	17.1	0.0	0.0	0.1	5	0.49	7.4	29	32	561	0.2	94	0.00	0.00
0.10	0.20	2.60	0.05	0.25	5.2	0.5	0.0	0.6	76	0.25	5.2	97	214	1185	1.6	91	0.00	0.00
0.01	0.02	0.60	0.01	0.05	5.1	1.0	0.0	0.6	13	0.46	7.6	23	96	1020	0.1	92	0.00	0.00
0.02	0.02	0.14	0.05	0.00	0.0	0.2	0.0	0.0	21	0.11	9.2	21	71	796	0.1	96	0.00	0.00
						12.0			20	1.44				320			0.00	0.00
0.43	0.10	1.75	0.03	0.10	48.6	0.1	0.0	0.6	12	1.72	9.9	51	77	875	0.4	5	0.00	0.00
0.28	0.46	2.45	0.15	0.15	29.2	5.3	0.0	0.6	77	0.47	26.5	87	294	943	0.3	90	0.00	0.00
0.15	0.20	1.85	0.10	0.07	20.2	2.0	0.0	0.2	15	0.52	12.6	35	182	789	0.3	94	0.00	0.00
0.58	0.21	5.86	0.55	0.00	222.6	3.6	0.0	0.6	150	6.30	75.1	283	481	1090	1.6		0.00	0.00
						0.0			40	0.72				690			0.00	0.00
						0.0			0	0.72				480			0.00	0.00
						0.0			20	0.72				450			0.00	0.00
						0.0			0	1.08			60	500			0.00	0.00
						18.0			60	2.70				1220			0.00	0.00
						24.0			60	0.36				490			0.00	0.00
						8.7			2	0.34				668			0.00	0.00
						0.0			0	0.72				400			0.00	0.00
						12.0			100	1.79				530			0.00	0.00
						3.6			0	0.00				320		90	0.00	0.00
						1.2			150	1.44				930			0.00	0.00
						3.6			60	0.72				410			0.00	0.00
																54	0.00	0.00
						2.4			100	3.59				1250			0.00	0.00
						12.0			40	3.59				890			0.00	0.00
0.05	0.03	1.10	0.20	0.00	7.8	11.0	0.0		13	1.00	17.5	48	242	32	0.3	80	0.00	0.00
						0.0			0	0.00			160	20		70	0.00	0.00
						24.0			100	1.08				600			0.00	0.00
0.25	0.18	7.71	0.54	1.09	61.2	10.2	3.4	0.8	44	1.19	47.6	320	418	1132	1.3	69	0.00	0.00
						0.0			40	1.44				610			0.00	0.00
						2.4			80	1.44				1120		260	0.00	0.00
						6.0			40	1.08				830			0.00	0.00
						24.0			60	1.79				320			0.00	0.00
0.15	0.14	3.61				0.0			30	1.62		115	241	368	3.5		0.00	0.00

A-160 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
6592	Dish, vegetables, broccoli carrot cauliflower, teriyaki, fzn	1.25 cup	110	70	2	7	2	4	1.0			0	350
16520	Dumpling, cranberry apple potato	2 pce	113	210	6	45	6	1	0.0			0	700
83009	Egg Roll, pork, restaurant style, ckd	1 ea	170	220	5	24	2	11	2.5			10	60
70830	Eggs, scrambled, low fat	1 svg	170	240	12	18	2	13	3.0			40	225
83154	Fajita, chicken, w/vegetables, fzn	2.25 cup	205	131	9	11	3	5	0.9			22	174
5791	French Fries, cottage cut, par fried, fzn	10 ea	65	99	2	16	2	4	1.8	1.5	0.3	0	0
749	French Fries, crinkle, 1/2" x 17/32", 80% ckd, fzn, FS	3 oz	85	120	2	20	1	4	1.0			0	0
5691	French Fries, shoestring, battered, fzn, FS	1 svg	85	170	4	17	1	10	3.0			0	0
5592	French Fries, w/salt, ckd f/fzn	10 ea	50	82	1	14	1	3	0.5	1.6	0.2	0	0
5790	French Fries, w/salt, fzn	10 ea	89	131	2	22	2	4	0.9	2.8	0.3	0	0
56800	French Toast, cinnamon swirl	1 svg	156	440	14	35	2	28	12.0			150	60
70611	Hash Browns, breakfast, diced, extra crispy, microwv, fzn	0.75 cup	77	160	1	20	2	8	1.5			0	0
6402	Hash Browns, patty, golden, fzn	1 svg	87	70	2	16	2	0	0.0	0.0	0.0	0	0
6578	Hash Browns, shreds, fzn, FS	1 svg	85	60	2	13	1	0	0.0	0.0	0.0	0	0
70023	Meal, beef noodles, w/veg, fzn	1 ea	298	407	14	59	3	14	4.8	5.6	2.4	31	312
11118	Meal, beef, pot roast, fzn	1 ea	312	300	20	41	8	6	2.0			40	250
70150	Meal, burrito, beef & bean, w/salsa, fzn	1 ea	305	540	24	62	8	22	9.2	8.8	1.8	49	81
15957	Meal, chicken & noodles, homestyle, ckd f/fzn	1 cup	340	390	12	44	7	19	7.0			50	700
17888	Meal, chicken fajita, supreme, w/veg rice & beans, fzn	1 ea	262	260	17	32	4	7	3.0	2.0	1.5	40	200
446	Meal, egg roll, w/fried rice & chicken, ckd f/fzn	1 ea	241	330	12	51	5	9	3.0			60	200
1753	Meal, enchilada & tamale, beef, combination ckd f/fzn	1 ea	312	450	10	56	9	20	8.0			30	150
70813	Meal, enchilada, cheese, w/beans & rice	1 ea	312	380	11	64	9	11	4.5			10	200
1756	Meal, fish sticks, ckd f/fzn	1 ea	187	290	11	33	4	13	4.5			30	100
70766	Meal, meatloaf	1 ea	468	640	24	65	6	31	14.0			45	60
11071	Meal, steak, salisbury	1 ea	461	610	34	46	10	33	17.0			80	150
16912	Meal, turkey, breast, traditional, fzn	1 ea	298	290	22	40	5	4	2.0			45	80
58543	Meatballs, chicken & turkey, chipotle	3 ea	64	110	10	2	1	7	2.0			60	
90491	Onion Rings, breaded, par fried, ckd f/fzn	1 cup	48	195	3	18	1	13	4.1	5.2	2.5	0	11
70623	Onion Rings, fzn	5 ea	81	180	2	21	2	10	2.0			0	0
56995	Pizza, bagel, cheese & pepperoni, fzn	4 ea	88	220	9	30	2	7	3.0			15	40
56993	Pizza, bagel, three cheese, fzn	4 ea	88	210	9	30	2	6	3.0			15	40
45082	Pizza, Canadian bacon, fzn, 1/4 ea	1 pce	135	329	17	28	1	17	4.8	8.0	2.9	12	180
56782	Pizza, cheese, fzn, for one	1 ea	184	497	21	48	4	24				40	
56781	Pizza, deluxe, fzn, for one	1 ea	234	582	23	51	4	32	10.0	9.0	3.0	20	245
70898	Pizza, pepperoni, ckd/fzn, svg	1 pce	146	432	16	42	3	22	7.0	10.0	3.4	22	0
56779	Pizza, pepperoni, fzn, for one	1 ea	191	546	20	50	4	30	9.0	7.0	2.0	20	263
56778	Pizza, sausage, fzn, for one	1 ea	213	571	23	49	4	32	10.0	7.0	3.0	20	272
57178	Pizza, supreme, fzn, 1/5 of 12"	1 pce	130	300	14	30	3	14	6.0			30	60
16163	Pot Pie, chicken	1 ea	198	410	10	43	2	22	9.0			25	200
16915	Pot Pie, turkey	1 ea	198	400	10	42	3	21	8.0			25	100
7906	Potato Wedges, fzn, USDA	3 oz	85	105	2	22	2	2	0.5	1.2	0.1	0	0
23834	Quesadilla, chicken & cheese, fzn	1 ea	85	190	9	22	1	7	3.0			15	60
56868	Ravioli, cheese, w/tomato sauce, fzn	1 ea	340	380	19	47	5	13	8.0			80	200
70826	Sandwich, breakfast, sausage egg cheese, w/biscuit	1 ea	156	460	16	37	3	28	11.0			115	0
70903	Sandwich, ham cheese, w/broccoli, fzn	1 ea	173	320	21	48	1	5	1.5			20	0
17002	Sticks, fish, ckd f/fzn, 4" x 1" x 1/2"	1 ea	28	70	3	6	0	4	0.8	1.2	1.6	8	7
1717	Stir Fry, chicken & veg, Oriental, fzn	1 ea	337	360	19	57	5	6	2.0			25	350

APPENDIX N Food Composition Table A-161

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
						21.0			20	0.36				490			0.00	0.00
						36.0			80	1.79				500			0.00	0.00
						0.0			20	1.08				390			0.00	0.00
						4.8			40	0.72				620	125		0.00	0.00
						36.6			17	0.62				637				
0.05	0.00	1.15	0.11	0.00	9.8	5.5	0.0		5	0.68	10.4	30	220	21	0.2	67	0.00	0.00
						4.8			20	0.72		1		15			0.00	0.00
						3.6			0	0.36				330			0.00	0.00
0.05	0.01	1.11	0.09	0.00	14.0	6.7	0.0	0.1	6	0.37	13.0	48	226	194	0.2	62	0.00	0.00
0.09	0.03	1.80	0.15	0.00	31.1	15.4	0.0	0.1	8	0.55	18.7	74	363	295	0.3	67	0.00	0.00
0.34	0.37	3.00				0.0			80	1.79			184	580			0.00	0.00
						2.4			0	0.36				290		47	0.00	0.00
						2.4			0	0.36			330	40		68	0.00	0.00
						9.0			0	0.72		1		10			0.00	0.00
0.25	0.25	3.44	0.20	0.87	38.0	16.5		1.3	116	2.02	43.5	210	466	2756	2.3	68	0.00	0.00
						18.0			20	1.79				600			0.00	0.00
0.49	0.44	5.69	0.31	1.08	134.4	20.1		1.6	144	5.53	70.7	350	685	881	3.6	63	0.00	0.00
0.27	0.28	5.69				0.0			60	1.79			374	1080			0.00	0.00
						15.0			100	1.08				600			0.00	0.00
						0.0			40	1.08				1270			0.00	0.00
						0.0			150	1.79				1530			0.00	0.00
						3.6			150	3.59				1010			0.00	0.00
						3.6			60	1.79				820			0.00	0.00
						18.0			150	5.40				1870			0.00	0.00
						4.8			200	5.40				1620			0.00	0.00
0.44	0.25	6.00				36.0			20	1.44		270	540	460			0.00	0.00
														540			0.00	0.00
0.12	0.07	1.73	0.03	0.00	31.7	0.7	0.0		15	0.81	9.1	39	62	180	0.2	28	0.00	0.00
						0.0			40	0.72			85	160			0.00	0.00
						0.0			60	0.72			160	480		40	0.00	0.00
						0.0			100	0.36			160	400		41	0.00	0.00
					100.0	0.0		3.0	301	1.21	35.0	418	290	976	3.0	70	0.00	0.00
								2.0			48.0	386	342		4.0	85	0.00	0.00
0.30	0.81	3.52	0.25	2.00	80.0	0.0		2.0	332	2.56	61.0	480	498	1367	5.0	124	0.00	0.00
0.33	0.34	3.60	0.14	0.82	68.6	2.8			220	3.51	35.0	302	289	902	2.2	42	0.00	0.00
0.25	0.70	2.57	0.20	2.00	97.0	0.0		4.0	336	2.03	53.0	443	416	1353	4.0	86	0.00	0.00
0.30	0.76	2.84	0.23	2.00	109.0	0.0		4.0	371	2.27	60.0	505	456	1363	0.0	102	0.00	0.00
						0.0			150	1.44				690			0.00	0.00
						1.2			20	1.79				780			0.00	0.00
						2.4			20	1.79				700		122	0.00	0.00
0.09	0.02	1.30	0.30	0.00		9.5	0.0		13	0.60	16.2	74	335	42	0.3	68	0.00	0.00
						6.0			100	1.44				460			0.00	0.00
						9.0			300	1.79				1000			0.00	0.00
						0.0			150	1.79				1060		71	0.00	0.00
						9.0			250	2.70				590			0.00	0.00
0.03	0.02	0.44	0.00	0.36	9.0	0.0	3.9	0.3	7	0.28	7.8	51	60	118	0.1	53	0.00	0.00
						4.8			40	2.70				600			0.00	0.00

A-162 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
6602	Stir Fry, teriyaki, fzn	1.5 cup	170	50	3	11	3	0	0.0	0.0	0.0	0	40
11050	Stroganoff, beef, fzn	1 ea	276	380	22	34	2	17	5.0			70	40
70598	Tater Tots, fzn	9 ea	86	160	2	20	2	8	1.5			0	0
57140	Tortellini, three cheese, fzn	81 g	81	250	11	37	2	7	3.5			35	0
92216	Tortellini, cheese filled, refrig	0.75 cup	81	249	11	38	2	6	2.9	1.7	0.4	34	32
Prepared and Generic Foods													
7037	Baked Beans, prep f/recipe	0.5 cup	126	196	7	27	7	7	2.5	2.7	0.9	6	0
7084	Bean Cakes, Japanese style	1 ea	32	130	2	16	1	7	1.0	2.9	2.6	0	0
7165	Beans, bbq, FS	0.5 cup	100	160	6	32	6	2	0.5				
56094	Chop Suey, beef, w/noodles	1 cup	220	421	22	31		24	4.7	8.3	9.2	43	103
56234	Chop Suey, pork, w/noodles	1 cup	220	448	22	31	4	27	4.8	7.7	12.8	48	19
57618	Chow Mein, pork, w/noodles	1 cup	220	448	22	31	4	27	4.8	7.7	12.8	48	19
56238	Chow Mein, shrimp, w/noodles	1 cup	220	272	17	24	3	13	1.9	3.1	6.9	82	15
50211	Chowder, fish	1 cup	244	194	24	12	1	5	2.4	1.9	0.6	56	63
11013	Dish, beef curry	1 cup	236	436	27	13	3	31	7.0	14.5	7.4	69	367
10737	Dish, beef, salisbury steak, patty, ckd, FS	1 ea	85	280	12	5	0	23	10.7			59	7
11016	Dish, beef, w/sweet & sour	1 cup	252	336	16	28	2	18	6.1	7.2	2.6	54	33
5457	Dish, broccoli, w/cream sauce, ckd	0.5 cup	114	87	4	8	2	5	1.3	2.0	1.4	3	154
56200	Dish, chicken & noodles, w/tomato sauce	1 cup	224	291	20	31	2	9	2.1	3.8	2.5	74	143
15921	Dish, chicken breast, sweet & sour	1 svg	131	118	8	15	1	3	0.5	0.9	1.4	23	22
15915	Dish, chicken breast, teriyaki	3 oz	85	118	18	4	0	2	0.6	0.7	0.6	55	11
56258	Dish, chicken, liver, chopped, w/egg & onion	1 cup	208	472	27	6	1	37	11.2	15.2	7.2	753	4581
56193	Dish, chicken, w/noodles & mushroom soup sauce	1 cup	224	311	22	30	1	11	3.1	2.9	3.8	81	28
2999	Dish, duck curry, Thai, prep f/recipe, svg	1 svg	277	316	17	5	1	25	8.3			72	77
19539	Dish, eggs, deviled	1 ea	31	63	4	0	0	5	1.2	1.7	1.5	122	50
5642	Dish, eggplant, batter dipped, fried	1 pce	50	75	1	6	1	5	1.1	2.3	1.7	8	4
31612	Dish, eggplant, stir fried	0.25 ea	170	270	2	14	2	22	3.0				
1991	Dish, green curry chicken, Thai, prep f/recipe, svg	1 svg	386	614	23	18	5	54	42.6			53	846
5514	Dish, mushrooms, batter dipped, fried	5 ea	70	156	2	11	1	12	1.5	3.6	6.0	2	6
5643	Dish, mushrooms, stuffed	2 ea	48	138	5	13	1	7	2.2	3.1	1.6	6	50
5644	Dish, okra, batter dipped, fried	0.5 cup	46	88	1	7	1	6	0.8	1.6	3.5	1	19
1998	Dish, peanut chicken w/rice, Thai, prep f/recipe, svg	1 svg	309	272	19	26	3	11	2.3			36	351
12081	Dish, pork chop, breaded, brld/bkd	1 ea	100	259	25	6	0	14	5.1	6.2	1.5	72	2
12900	Dish, pork, sweet & sour	1 cup	226	231	15	25	2	8	2.1	3.2	2.3	39	31
5786	Dish, potatoes au gratin, prep f/recipe w/butter	0.5 cup	122	162	6	14	2	9	5.8	2.6	0.3	28	82
5275	Dish, potatoes au gratin, prep f/recipe w/margarine	0.5 cup	122	162	6	14	2	9	4.3	3.2	1.3	18	83
5268	Dish, potatoes o'brien, prep f/recipe	0.5 cup	97	79	2	15	1	1	0.8	0.3	0.1	4	93
14068	Dish, rabbit, brd, ckd	3 oz	85	209	24	5	0	10	2.4	3.4	2.4	73	0
58383	Dish, shredded beef, w/original bbq sauce, ckd	1 cup	224	360	28	44	0	8	2.0			60	160
92798	Dish, shredded pork, w/original bbq sauce, ckd	1 cup	224	360	24	44	0	8	2.0			60	160
2996	Dish, sweet noodles, Thai, prep f/recipe, svg	1 svg	142	339	14	37	2	15	2.4			121	66
56287	Egg Foo Yung, chicken	1 ea	86	121	8	4	1	8	1.9	2.8	2.3	167	87
56288	Egg Foo Yung, pork	1 ea	86	124	8	4	1	8	2.1	3.0	2.3	167	86
56110	Egg Roll, w/o meat	1 ea	64	101	3	10	1	6	1.2	2.9	1.3	30	16
19516	Eggs, scrambled	1 ea	61	91	6	1	0	7	2.0	2.7	1.5	169	99
15013	Fried Chicken, breast, broiler/fryer, w/skin, batter fried	1 ea	140	364	35	13	0	18	4.9	7.6	4.3	119	28

APPENDIX N Food Composition Table A-163

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
						42.0			40	1.08				650			0.00	0.00
						0.0			80	2.70				990			0.00	0.00
						0.0			0	0.36			250	420		54	0.00	0.00
						0.0			0	0.00				300		25	0.00	0.00
0.25	0.25	2.18	0.02	0.12	59.9	0.0	0.0	0.1	123	1.22	17.0	172	72	499	0.8	30	0.00	0.00
0.17	0.05	0.51	0.10	0.00	60.7	1.4	0.0		77	2.51	54.4	138	453	534	0.9	65	0.00	0.00
0.07	0.05	0.55	0.01	0.00	9.1	0.0	0.0	1.2	3	0.67	6.1	21	58	1	0.2	23	0.00	0.00
														640			0.00	0.00
0.36	0.37	5.73	0.38	1.67	43.8	20.1		1.8	39	4.19	54.2	262	519	950	3.5	63	0.00	0.00
0.77	0.43	6.23	0.41	0.41	41.8	20.2		2.7	45	3.29	52.8	249	489	848	2.6	62	0.00	0.00
0.77	0.43	6.23	0.41	0.41	41.8	20.2		2.7	45	3.29	52.8	249	489	848	2.6	62	0.00	0.00
0.23	0.23	4.46	0.18	0.58	45.1	9.4		1.3	58	3.42	51.2	220	391	710	1.3	74	0.00	0.00
0.17	0.25	2.88	0.36	1.25	16.3	7.3		0.4	148	0.70	49.1	298	711	180	1.1	83	0.00	0.00
0.18	0.34	5.42	0.47	3.04	20.3	24.6		5.9	44	4.23	59.0	292	978	802	6.1	68	0.00	0.00
0.07						4.0			51	1.20				621			0.00	0.00
0.11	0.18	2.61	0.31	1.59	12.7	21.6		1.2	27	2.69	33.7	151	336	930	3.9	74	0.00	0.00
0.07	0.14	0.50	0.10	0.12	22.7	27.6		1.3	89	0.56	20.0	83	194	180	0.4	84	0.00	0.00
0.27	0.23	5.73	0.31	0.20	16.5	11.8		2.1	34	2.90	47.2	177	478	658	1.9	72	0.00	0.00
0.05	0.07	3.08	0.18	0.07	5.8	12.1		0.7	15	0.83	20.8	75	185	506	0.7	79	0.00	0.00
0.05	0.12	5.82	0.31	0.18	8.1	2.1		0.2	18	1.13	23.4	132	205	1118	1.3	67	0.56	0.00
0.18	1.79	4.19	0.63	18.23	734.3	17.9		2.5	41	8.32	28.1	365	256	92	4.5	66	0.00	0.00
0.21	0.25	5.34	0.18	0.33	13.0	0.8		1.0	72	2.45	36.2	201	220	550	2.2	71	0.00	0.00
0.15	0.25	4.46	0.23	0.28	8.9	5.0	10.2	0.6	72	2.94	77.8	204	742	602	1.7	220	0.00	0.00
0.01	0.15	0.01	0.05	0.31	12.7	0.0	15.0	0.6	15	0.34	2.9	50	37	50	0.3	70	0.00	0.00
0.05	0.03	0.46	0.03	0.02	7.4	0.6		0.8	14	0.34	7.6	23	106	15	0.1	74	0.00	0.00
														760				0.00
0.15	0.17	7.65	0.49	0.23	57.0	91.5	7.1	2.0	65	7.82	140.7	331	866	889	2.6	269	0.00	0.00
0.10	0.25	2.25	0.03	0.02	8.3	1.2		2.3	15	1.22	6.8	119	154	112	0.4	63	0.00	0.00
0.15	0.25	2.64	0.07	0.10	11.0	2.8	25.0	0.8	100	1.49	14.3	107	209	298	0.7	43	0.07	0.00
0.09	0.07	0.72	0.05	0.01	19.0	5.2	5.5	1.5	30	0.62	17.9	61	95	61	0.2	67	0.00	0.00
0.21	0.11	8.25	0.47	0.14	66.1	67.3	5.1	1.7	42	2.66	48.0	191	344	901	1.2	250	0.00	0.00
0.81	0.30	4.75	0.41	0.62	5.8	0.5	12.0	0.4	24	1.00	26.8	240	400	415	2.2	52	0.00	0.00
0.55	0.20	3.63	0.40	0.34	10.3	19.6	27.1	1.1	28	1.44	34.4	149	386	839	1.5	77	0.00	0.00
0.07	0.14	1.22	0.20	0.00	13.5	12.1	0.0		146	0.77	24.5	138	485	530	0.8	74	0.00	0.00
0.07	0.14	1.22	0.20	0.00	13.5	12.1	0.0		146	0.77	24.5	138	485	530	0.8	74	0.00	0.00
0.07	0.05	0.98	0.20	0.00	7.8	16.2	0.0		35	0.46	17.5	48	258	210	0.3	80	0.00	0.00
0.09	0.12	5.57	0.25	4.82	8.1	0.0	10.2	1.2	30	2.77	20.6	181	247	88	1.8	52	0.00	0.00
						0.0			0	2.88				1480			0.00	0.00
						0.0			0	2.88				1520			0.00	0.00
0.07	0.09	1.01	0.14	0.56	15.2	4.6	50.8	1.6	277	2.92	40.1	170	176	377	1.3	106	0.00	0.00
0.05	0.23	0.88	0.11	0.34	22.3	3.1		1.1	27	0.81	11.4	96	136	132	0.8	76	0.00	0.00
0.12	0.25	0.79	0.14	0.40	22.3	3.2		1.1	27	0.81	11.9	105	157	131	0.9	75	0.00	0.00
0.07	0.10	0.80	0.05	0.05	13.4	2.9		0.9	14	0.81	9.1	38	97	274	0.3	70	0.00	0.00
0.01	0.23	0.05	0.07	0.46	22.0	0.0	43.9	0.7	40	0.80	6.7	101	81	88	0.6	76	0.00	0.00
0.15	0.20	14.72	0.60	0.41	21.0	0.0	8.4	1.5	28	1.75	33.6	259	281	385	1.3	52	0.00	0.00

A-164 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
15003	Fried Chicken, breast, broiler/fryer, w/skin, flour fried	1 ea	98	218	31	2	0	9	2.4	3.4	1.9	87	15
15079	Fried Chicken, dark meat, broiler/fryer, w/skin, flour fried	3 oz	85	242	23	3	0	14	3.9	5.7	3.3	78	26
15113	Fried Chicken, drk meat, broiler/fryer, w/skin, batter fried	3 oz	85	253	19	8		16	4.2	6.4	3.8	76	26
11000	Goulash, beef	1 cup	249	270	33	7	1	12	3.2	4.3	2.5	84	31
56242	Gumbo, New Orleans style, w/rice	1 cup	244	193	14	17	2	8	1.6	2.6	2.7	40	63
56150	Hash, beef	1 cup	190	312	21	21	2	16	4.9	5.7	3.3	57	0
56239	Jambalaya, shrimp, w/rice, Creole	1 cup	243	310	27	28	1	9	1.8	3.8	2.8	181	133
5272	Mashed Potatoes, prep f/rec w/whole milk & margarine	1 cup	210	233	4	36	3	9	2.0	3.9	2.4	2	99
5137	Mashed Potatoes, prep f/recipe w/whole milk	0.5 cup	105	87	2	18	2	1	0.3	0.1	0.1	2	8
5569	Mashed Potatoes, prep f/recipe w/whole milk & butter	0.5 cup	105	119	2	18	2	4	2.7	1.1	0.2	12	41
2998	Potstickers, veal, Thai, prep f/recipe, svg	1 svg	244	647	27	99	4	14	5.0			58	26
57411	Ravioli, beef, square, preckd, FS	9 pce	146	300	14	40	1	8	3.8			77	
56231	Shepherds Pie, beef	1 cup	243	278	17	32	3	9	2.6	4.0	1.7	37	78
56100	Spaghetti, w/meatballs, prep f/recipe	1 svg	248	362	18	28	3	18	4.8			65	164
2995	Spring Roll, fresh, vegetable, Thai, prep f/recipe	1 svg	63	158	4	20	1	7	0.9			3	140
7559	Stew, vegetarian	1 cup	247	304	42	17	3	7	1.2	1.8	3.8	0	232
91818	Sushi, California roll	1 ea	198	292	8	49	3	3	1.0			3	90
91814	Sushi, Maki, roll, cucumber	6 pce	85	120	3	25	2	1	0.0			0	50
92378	Sushi, Maki, roll, krab	6 pce	112	150	7	30	2	1	0.0			3	60
91464	Tamales, w/beef & sauce, FS	2 ea	190	310	6	26	4	23	10.0			20	200
57407	Tortellini, beef filled, preckd, FS	1 cup	128	250	11	38	2	6	3.5			40	20
5989	Vegetables, succotash, ckd w/salt, drnd	0.5 cup	96	107	5	23	5	1	0.1	0.1	0.4	0	28
Salads													
57482	Cole Slaw, prep f/recipe	0.5 cup	60	47	1	7	1	2	0.2	0.4	0.8	5	39
52061	Salad, chicken, FS	0.5 cup	100	250	10	9	2	20	4.0			55	20
52066	Salad, egg, FS	0.5 cup	100	230	9	8	0	18	4.0			240	0
69197	Salad, Field Greens	1 cup	57	10	1	3	1	0	0.0	0.0	0.0	0	200
52010	Salad, fruit, chilled, FS	0.66 cup	110	60	1	14	2	0	0.0	0.0	0.0	0	0
3312	Salad, fruit, w/citrus, fresh	1 cup	175	99	1	25	3	1	0.1	0.0	0.1	0	14
69160	Salad, gelatin, fruity, prep f/recipe, svg	1 svg	192	376	5	41	2	22	9.5			35	94
52029	Salad, macaroni, elbow, classic, FS	0.5 cup	106	197	3	25	2	9	1.5			8	
69196	Salad, Mediterranean Blend	1 cup	50	9	1	2	1	0	0.0	0.0	0.0	0	103
4839	Salad, pasta, Greek, w/feta cheese, FS	0.66 cup	140	200	6	27	3	8	2.0			5	
56005	Salad, potato, prep f/recipe	1 cup	250	358	7	28	3	20	3.6	6.2	9.3	170	88
52065	Salad, seafood, FS	0.5 cup	100	230	6	14	8	17	2.5			20	0
52064	Salad, shrimp, FS	0.5 cup	100	170	7	5	3	14	2.0			85	0
5537	Salad, spinach, w/o dressing	1 cup	74	108	5	11	2	5	1.4	2.2	0.7	77	176
52060	Salad, tuna, FS	0.5 cup	100	260	12	9	2	19	3.0			30	20
Sandwiches													
56009	Sandwich, BLT, w/white	1 ea	124	318	10	29	2	18	4.1			20	49
56010	Sandwich, BLT, w/whole wheat	1 ea	137	339	12	29	5	20	4.9			23	56
56281	Sandwich, bologna	1 ea	83	256	7	26	1	13	4.1	6.3	2.1	16	37
70755	Sandwich, egg cheese	1 ea	119	350	12	30	1	20	8.0			110	0
56013	Sandwich, grilled cheese, w/white	1 ea	119	399	17	30	1	23	11.9			53	167

APPENDIX N Food Composition Table A-165

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.07	0.12	13.47	0.56	0.33	5.9	0.0			16	1.16	29.4	228	254	74	1.1	57	0.00	0.00
0.07	0.20	5.82	0.27	0.25	9.4	0.0			14	1.27	20.4	150	196	76	2.2	51	0.00	0.00
0.10	0.18	4.76	0.20	0.23	15.3	0.0			18	1.22	17.0	123	157	251	1.8	49	0.00	0.00
0.15	0.31	5.73	0.46	3.25	21.3	8.7	14.9	1.8	18	3.57	45.6	336	698	225	5.3	78	0.00	0.00
0.20	0.15	4.51	0.20	2.41	45.6	13.5		1.4	71	2.60	40.1	152	446	542	15.2	83	0.00	0.00
0.15	0.20	3.74	0.49	1.79	16.5	7.1		1.2	19	2.46	36.4	204	587	470	5.0	69	0.00	0.00
0.28	0.10	4.76	0.21	1.17	12.2	16.9		2.3	104	4.38	63.6	300	439	370	1.7	72	0.00	0.00
0.18	0.09	2.47	0.51	0.15	18.9	22.0	14.7	0.9	44	0.55	39.9	101	685	699	0.6	75	0.00	0.00
0.09	0.03	1.16	0.23	0.07	8.4	6.5	8.4	0.0	25	0.28	18.9	48	311	317	0.3	78	0.00	0.00
0.09	0.03	1.12	0.23	0.07	8.4	6.3	10.5	0.1	25	0.27	18.9	47	298	333	0.3	76	0.00	0.00
0.87	0.72	12.23	0.21	0.57	145.1	1.8	5.1	1.4	106	6.73	50.2	238	329	1020	2.9	101	0.00	0.00
									119	2.10				400			0.00	0.00
0.20	0.18	3.90	0.58	1.25	21.1	16.4		1.3	40	2.18	46.9	193	764	312	3.9	75	0.00	0.00
0.25	0.30	4.38	0.28	0.94	67.7	16.3	16.9	2.5	92	3.32	43.7	173	479	1133	3.4	320	0.00	0.00
0.18	0.14	1.87	0.02	0.00	31.7	0.9	8.2	1.3	58	1.77	11.9	42	75	263	0.4	63	0.00	0.00
1.73	1.48	29.63	2.72	5.42	254.4	0.0	0.0	1.2	77	3.21	313.7	543	296	988	2.7	70	0.00	0.00
						4.8			20	1.08				952			0.00	0.00
						0.0			0	0.36				90			0.00	0.00
						0.0			0	0.36				240			0.00	0.00
						1.8			40	1.08				870			0.00	0.00
						1.2			60	1.79				490			0.00	0.00
0.15	0.09	1.26	0.10	0.00	31.7	7.9	0.0		16	1.46	50.9	112	394	243	0.6	68	0.00	0.00
0.03	0.03	0.15	0.07	0.00	16.2	19.6	0.0		27	0.34	6.0	19	109	14	0.1	82	0.00	0.00
						1.2			40	0.36				600			0.00	0.00
						0.0			40	1.44				570			0.00	0.00
										0.47				20			0.00	0.00
						54.0			0	18.00				10		95	0.00	0.00
0.07	0.05	0.41	0.23	0.00	14.1	29.2	0.0	0.6	16	0.31	17.4	18	309	1	0.1	84	0.00	0.00
0.09	0.07	0.18	0.03	0.14	7.1	8.0	2.3	0.8	36	0.99	17.8	70	91	149	0.8	124	0.00	0.00
														560			0.00	0.00
						2.8			24	0.20				12			0.00	0.00
														780			0.00	0.00
0.18	0.15	2.22	0.34	0.00	17.5	25.0	0.0		48	1.62	37.5	130	635	1322	0.8	76	0.00	0.00
						0.0			20	0.36				770			0.00	0.00
						0.0			4	0.72				620			0.00	0.00
0.12	0.28	1.66	0.10	0.20	59.9	6.7	0.0	0.9	46	1.46	27.1	83	242	227	0.6	70	0.00	0.00
						0.0			20	0.36				580			0.00	0.00
0.40	0.25	3.69	0.15	0.34	66.3	6.0	6.8	2.3	68	2.20	22.0	123	239	631	1.0	69	0.00	0.00
0.37	0.20	3.97	0.25	0.37	45.0	6.8	7.5	2.9	51	2.53	60.7	216	346	690	1.9	68	0.00	0.00
0.28	0.20	2.73	0.07	0.37	18.7	0.0		0.8	60	1.96	15.4	74	112	598	0.9	41	0.00	0.00
						1.2			150	1.79				890			0.00	0.00
0.28	0.40	2.36	0.07	0.40	60.4	0.0	9.7	1.0	407	2.00	26.5	470	162	1155	2.0	45	0.00	0.00

A-166 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
56014	Sandwich, grilled cheese, w/whole wheat	1 ea	132	431	20	30	4	27	13.8			60	192
56029	Sandwich, ham, w/white	1 ea	157	365	24	30	2	16	3.3			54	6
56030	Sandwich, ham, w/whole wheat	1 ea	169	379	27	29	4	18	3.9			59	7
56267	Sandwich, pastrami	1 ea	134	331	14	27	2	18	6.2	8.7	1.0	51	3
56040	Sandwich, peanut butter & jam, w/white	1 ea	101	348	11	47	3	14	2.7			1	0
56041	Sandwich, peanut butter & jam, w/whole wheat	1 ea	114	398	13	51	5	17	3.6			0	1
56277	Sandwich, pork	1 ea	136	324	26	32	1	9	2.9	4.1	1.0	62	1
56286	Sandwich, salami	1 ea	82	234	8	25	1	11	3.4	5.2	1.9	19	35
56048	Sandwich, tuna salad, w/white	1 ea	122	326	13	35	1	14	1.9			13	15
56052	Sandwich, turkey, w/white	1 ea	156	346	24	29	1	14	1.9			43	8
56053	Sandwich, turkey, w/whole wheat	1 ea	169	360	27	29	4	16	2.3			47	8
RESTAURANTS													
Arby's													
9011	Chicken Tenders, crispy	1 reg	131	359	23	28	2	17	2.7			42	0
8986	French Fries, curly, med	1 svg	128	408	5	48	4	22	3.2			0	0
37627	Hash Browns, cake	1 sml	100	255	2	16	2	14	2.0			0	0
9009	Onion Petals, reg	1 svg	113	375	4	44	2	21	3.1			0	0
52080	Salad, Caesar, w/dressing	1 ea	142	260	8	14	2	19	4.0			20	1000
37621	Salad, Market Fresh, farmhouse chicken, crispy, w/o dressing	1 ea	349	460	32	29	4	25	9.0			65	600
81476	Sandwich, Arby's melt, roast beef	1 ea	146	320	18	38	2	11	3.5			30	0
69056	Sandwich, beef 'n cheddar	1 reg	195	430	23	42	2	19	6.0			45	20
69095	Sandwich, chicken, cordon bleu, rstd	1 ea	230	490	35	40	3	20	5.0			85	20
56341	Sandwich, chicken, rstd	1 ea	189	400	24	40	3	16	2.5			50	20
56342	Sandwich, ham & Swiss melt	1 ea	131	300	18	37	2	8	3.5			35	20
8992	Sandwich, Market Fresh, roast beef & Swiss	1 ea	345	820	40	84	6	37	11.0			80	250
81477	Sandwich, Market Fresh, roast beef gyro, w/flatbread	1 ea	220	420	20	32	2	23	6.0			50	100
81504	Sandwich, reuben, Market Fresh, corned beef & Swiss, w/rye	1 ea	295	690	36	65	4	32	9.0			80	40
56336	Sandwich, roast beef	1 reg	154	350	23	37	2	13	4.5			45	0
69043	Sandwich, sub, French dip & Swiss, tstd, w/ciabatta	1 ea	297	500	29	59	2	17	7.0			55	20
69055	Sandwich, sub, Philly beef, tstd, w/ciabatta	1 ea	254	570	29	55	3	27	8.0			65	60
9025	Sauce, dipping, honey dijon	1 indiv pkt	28	130	0	5	0	12	2.0			10	0
9008	Sticks, mozzarella, brd, fried, reg	8 pce	137	432	20	36	1	23	8.6			50	100
A&W Restaurant													
81303	Cheeseburger	1 ea	191	500	28	43	3	24	9.0			90	200
81305	Cheeseburger, deluxe, w/bacon	1 ea	278	600	32	44	4	33	12.0			110	250
81319	French Fries, cheese, svg	1 svg	170	390	4	50	4	19	5.0			5	0
81343	French Fries, sml	1 svg	113	313	4	45	4	13	3.3			0	0
81352	Frozen Dessert, Polar Swirl, Oreo, med	1 ea	397	833	16	125	2	30	11.7			54	350
81330	Frozen Dessert, sundae, hot fudge	1 ea	189	350	8	54	1	11	6.0			30	150
81311	Hamburger	1 ea	177	460	26	39	3	22	8.0			75	40
81341	Ice Cream Float, root beer, med	1 ea	467	330	4	70	0	4	2.5			15	100
81348	Milk Shake, chocolate, med	1 ea	475	700	11	100	2	29	18.1			125	312
81358	Milk Shake, vanilla, med	1 ea	475	719	12	97	0	31	18.8			134	250
81310	Sandwich, chicken, grilled	1 ea	262	430	37	37	4	15	3.5			90	40
81317	Sandwich, hot dog	1 ea	90	280	11	22	1	17	6.0			35	20
81314	Sandwich, hot dog, cheese	1 ea	126	320	11	25	1	20	7.0			40	20
81315	Sandwich, hot dog, chili & cheese	1 ea	154	350	13	27	2	21	8.0			45	40

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
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Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.23	0.36	2.46	0.15	0.46	36.6	0.0	10.8	1.4	439	2.31	68.2	619	264	1291	3.1	44	0.00	0.00
0.89	0.43	6.82	0.38	0.61	59.8	0.1	25.1	2.5	76	3.09	32.1	270	384	1237	2.6	84	0.00	0.00
0.89	0.38	7.30	0.50	0.66	34.6	0.2	27.5	3.1	58	3.47	72.4	378	502	1339	3.7	83	0.00	0.00
0.28	0.27	4.76	0.12	0.97	21.2	2.0		0.3	68	2.64	23.1	135	243	1335	2.7	53	0.00	0.00
0.28	0.23	5.44	0.15	0.01	79.0	1.7	4.9	2.6	76	2.28	51.8	143	240	429	1.1	28	0.00	0.00
0.28	0.20	6.42	0.20	0.00	76.3	2.1	0.0	3.2	80	2.66	75.2	201	336	465	1.5	25	0.00	0.00
0.91	0.46	6.25	0.34	0.55	26.4	0.2		0.4	85	2.75	34.1	229	343	392	2.5	49	0.00	0.00
0.30	0.28	2.96	0.09	1.07	17.2	0.0		0.7	58	2.25	16.1	80	117	612	0.9	44	0.00	0.00
0.30	0.23	5.88	0.12	0.66	62.5	1.1	72.0	2.8	76	2.40	24.5	152	168	588	0.7	56	0.00	0.00
0.31	0.28	9.27	0.41	1.74	60.3	0.0	15.0	3.3	72	2.18	30.9	250	306	1586	1.3	85	0.00	0.00
0.25	0.21	10.06	0.52	1.91	35.4	0.0	16.4	3.9	53	2.46	71.2	356	417	1734	2.2	84	0.00	0.00
							0.0		12	0.86				730			0.00	0.00
							2.3		25	1.72				930			0.00	0.00
							1.8		10	0.72				435			0.00	0.00
							0.0		25	0.89				318			0.00	0.00
							24.0		100	1.44				490			0.00	0.00
							12.0		250	1.79				1090			0.00	0.00
							0.0		80	3.59				900			0.00	0.00
							1.2		100	4.50				1220			0.00	0.00
							1.2		200	2.70				1670			0.00	0.00
							1.2		80	1.79				950			0.00	0.00
							0.0		150	2.70				1070			0.00	0.00
							9.0		450	7.19				1760			0.00	0.00
							9.0		80	3.59				1040			0.00	0.00
							9.0		350	6.30				1970			0.00	0.00
							0.0		60	3.59				960			0.00	0.00
							2.4		150	3.59				2080			0.00	0.00
							24.0		150	3.59				1490			0.00	0.00
							0.0		0	0.00				160			0.00	0.00
							0.0		399	0.72				1476			0.00	0.00
1.04	0.56	7.78	0.31	1.12	225.7	2.4	4.8	0.9	150	4.50	41.3	272	341	870	4.0		0.00	0.00
1.07	0.64	10.57	0.50	1.77	227.3	6.0	10.5	1.7	200	5.40	52.2	415	601	1390	5.9		0.00	0.00
0.18	0.05	2.16	0.33	0.01	16.3	18.0	0.6	0.2	40	0.00	19.4	68	433	880	0.5		0.00	0.00
0.10	0.01	1.20	0.18	0.00	7.7	19.6	0.0	0.1	0	0.00	12.1	31	203	465	0.3		0.00	0.00
0.30	0.93	1.46	0.20	1.54	61.0	0.0	138.2	1.8	467	4.19	132.8	541	946	646	2.6		0.00	25.64
							0.0		200	0.36				140		114		0.00
0.89	0.50	8.38	0.36	1.48	194.8	2.4	3.9	1.1	100	4.50	37.2	279	395	690	4.7		0.00	0.00
							0.0		150	0.36				120				0.00
0.18	0.58	0.38	0.12	1.32	22.2	0.0	145.7	0.8	281	1.69	58.0	316	538	200	1.7		0.00	7.44
0.20	0.66	0.31	0.14	1.46	15.5	0.0	150.9	0.8	438	1.69	40.9	332	538	212	1.6		0.00	0.00
0.79	0.46	16.78	0.73	0.33	168.0	6.0	4.1	1.1	100	3.59	50.6	339	494	1080	1.8		0.00	0.00
0.37	0.20	2.70	0.15	0.58	84.5	0.0	3.5	0.4	40	1.44	16.7	116	161	710	1.9		0.00	0.00
0.43	0.25	3.24	0.10	0.69	75.4	1.2	18.7	0.5	60	1.44	15.1	113	156	920	1.3		0.00	0.00
0.73	0.37	5.00	0.18	0.91	138.6	1.2	21.2	0.6	80	1.79	19.2	152	235	1080	2.0		0.00	0.00

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PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
Boston Market													
52109	Cole Slaw, Garden Fresh	1 side	430	310	7	29	10	22	3.0			20	
7391	Dish, creamed spinach	1 side	181	260	9	11	2	20	13.0			55	
53541	Gravy, chicken	1 side	28	15	0	2	0	0	0.0			0	
57529	Macaroni & Cheese	1 side	192	280	13	33	1	11	6.0			30	
7390	Mashed Potatoes, homestyle	1 side	173	210	4	30	2	9	5.0			25	
57528	Mashed Potatoes, homestyle, w/gravy	1 side	201	230	4	32	3	9	5.0			25	
57530	Pot Pie, chicken, original	1 ea	425	750	26	57	2	46	14.0			110	
52104	Salad, Caesar, entree	1 ea	269	470	14	17	3	40	9.0			35	
1143	Sandwich, chicken, marinated grilled	1 ea	284	670	42	45	2	36	6.0			105	
50299	Soup, chicken noodle, hearty	1 indiv cup	190	100	6	8	0	4	1.5			30	
Burger King													
56352	Cheeseburger	1 ea	133	380	19	32	4	20	9.1	7.6	2.0	60	
57001	Cheeseburger, double	1 ea	197	570	35	32	2	34	17.0			110	100
56355	Cheeseburger, Whopper	1 ea	316	790	35	53	3	48	18.3	16.0	12.0	114	
57000	Cheeseburger, Whopper Jr	1 ea	180	460	21	33	2	27	10.0			60	80
9087	Chicken Tenders, 4 pce svg	4 pce	62	179	11	11	1	10				32	
42429	French Toast, sticks	5 ea	107	373	6	44	1	19	4.3	10.2	2.7	0	
56351	Hamburger	1 ea	121	333	17	33	2	15	6.1	6.4	1.5	42	
56354	Hamburger, Whopper	1 ea	291	678	31	54	5	37	12.4	13.6	9.9	87	
56999	Hamburger, Whopper Jr	1 ea	167	410	18	32	2	23	7.0			50	40
9040	Onion Rings	1 sml	51	176	3	22	2	9	2.2			0	0
56362	Sandwich, BK Big Fish	1 ea	263	710	24	67	4	38	14.0			50	20
56360	Sandwich, chicken	1 ea	224	660	25	53	3	39	8.0			70	20
9057	Sandwich, Chicken Tenders	1 ea	148	450	14	37	2	27	5.0			30	40
Bruegger's													
8846	Bagel, classic	1 ea	121	320	12	64	4	2	0.0			0	0
33242	Sandwich, breakfast, spinach cheddar bacon omelet, w/bagel	1 ea	221	550	28	60	3	22	8.0			225	60
33383	Sandwich, breakfast, spinach cheddar ham omelet, w/sesame	1 ea	240	540	30	65	4	17	7.0			220	60
Carl's Junior													
91421	Baked Potato, Great Stuff, w/bacon & cheese	1 ea	411	630	20	76	6	29	7.0			35	150
91433	Burrito, breakfast	1 ea	185	480	27	26	2	30	13.0			465	150
91404	Cheeseburger, Western Bacon	1 ea	225	650	32	63	2	30	12.0			80	40
91414	French Fries, svg	1 svg	92	290	5	37	3	14	3.0			0	0
91406	Hamburger, Jr	1 ea	134	330	18	34	1	13	5.0			45	0
91403	Hamburger, Super Star	1 ea	345	790	42	49	2	46	14.0			130	100
91419	Nuggets, chicken, Chicken Stars, svg	1 ea	90	280	12	15	0	19	4.5			40	0
91425	Salad, garden	1 ea	137	50	3	4	2	2	1.5			10	600
91407	Sandwich, chicken, bbq flvr, charbroiled	1 ea	199	280	25	37	2	3	1.0			60	60
91411	Sandwich, chicken, crispy, bacon Swiss	1 ea	291	720	32	66	3	36	10.0			75	80
91413	Sandwich, fish, Carl's Catch	1 ea	201	510	18	50	1	27	7.0			80	60
Chick-fil-A													
69188	Fried Chicken, breast, fillet, brd	1 ea	105	230	23	10	0	11	2.5			60	40
52139	Salad, carrot raisin, sml	1 sml	91	130	1	22	2	5	1.0			0	1700
52135	Salad, Chick-N-Strips	1 ea	315	340	30	19	3	16	5.0			85	600
69152	Sandwich, chicken	1 ea	170	410	28	38	1	16	3.5			60	40
69183	Wrap, Cool, chicken Caesar	1 ea	227	460	38	51	3	11	6.0			85	150

APPENDIX N Food Composition Table A-169

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
														230			0.00	0.00
														740			0.00	0.00
														180	25		0.00	0.00
														890			0.00	0.00
														590	128		0.00	0.00
														780			0.00	0.00
														1530			0.00	0.00
														1070			0.00	0.00
														810			0.00	0.00
														500	169		0.00	0.00
0.40	0.31	4.51	0.11			0.3		0.1	124	3.32	31.9	190	237	801	3.2	45	0.00	0.00
						0.0			250	4.50				1020			0.00	0.00
0.67	0.62	8.09	0.23		161.2	0.6		0.3	259	6.32	56.9	357	534	1431	5.1	55	0.00	0.00
						4.8			150	3.59				740			0.00	0.00
0.07	0.07	4.63	0.21		4.3	0.4		0.5	9	0.37	15.5	141	163	447	0.4	46	0.00	0.00
0.30	0.18	2.75	0.05	0.00		0.0		0.9	57	2.04	20.3	93	119	458	0.5	34	0.00	0.00
0.40	0.27	4.78	0.11		77.4	0.2		0.0	62	3.04	29.0	144	220	551	2.6	45	0.00	0.00
0.62	0.50	8.35	0.25		136.8	0.6		0.4	113	12.72	52.4	262	492	911	8.2	56	0.00	0.00
						4.8			80	3.59				520		91	0.00	0.00
						0.0			64	0.00				257			0.00	0.00
						0.0			80	3.59				1200			0.00	0.00
						0.0			80	2.70				1330			0.00	0.00
						3.6			60	1.79				680			0.00	0.00
						0.0			20	3.59				560				
						4.8			150	9.00				1290			0.00	0.00
						4.8			150	9.00				1140			0.00	0.00
						36.0			150	4.50				1700			0.00	0.00
						0.0			350	2.70				750			0.00	0.00
						1.2			200	4.50				1430			0.00	0.00
						21.0			0	1.08				170		34	0.00	0.00
						2.4			60	3.59				480			0.00	0.00
						9.0			100	5.40				910			0.00	0.00
						0.0			20	1.08				330		42	0.00	0.00
						15.0			80	0.72				60		127	0.00	0.00
						4.8			80	2.70				830			0.00	0.00
						6.0			250	3.59				1610			0.00	0.00
						2.4			150	1.79				1030		103	0.00	0.00
						0.0			40	1.08				990			0.00	0.00
						3.6			20	0.36				90			0.00	0.00
						6.0			150	1.08				680			0.00	0.00
						0.0			100	2.70				1300			0.00	0.00
						0.0			400	3.59				1540			0.00	0.00

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PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
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Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
69184	Wrap, Cool, chicken, chargrilled	1 ea	240	390	31	53	3	7	3.0			70	450
69182	Wrap, Cool, chicken, spicy	1 ea	225	390	31	51	3	7	3.5			70	40
Chili's													
4823	Dish, pasta, veggie	1 svg	632	680	34	102	6	13	4.0			125	619
4824	Dish, pasta, veggie, w/chicken	1 svg	717	786	53	106	6	15	5.0			167	631
4822	Meal, chicken, platter	1 svg	652	563	38	83	4	9	3.0			58	736
4826	Salad, chicken, w/dressing	1 ea	445	272	29	27	6	5	1.0			47	416
4825	Sandwich, chicken	1 ea	553	527	44	70	11	8	2.0			43	620
Dairy Queen													
2352	Blended Drink, Arctic Rush Freeze, blue raspberry, med	1 med	518	560	12	89	0	14	9.0			50	200
56372	Cheeseburger, double, homestyle	1 ea	226	640	34	34	1	34	18.0			125	150
2131	Frozen Dessert, banana split	1 ea	374	520	9	94	3	13	10.0			30	150
72141	Frozen Dessert, Blizzard, banana split, med	1 med	382	570	13	93	1	16	10.0			55	250
2368	Frozen Dessert, Blizzard, Oreo cookies, med	1 med	334	680	14	100	1	25	12.0			50	200
56368	Hamburger, homestyle	1 ea	142	350	17	33	1	14	7.0			50	60
2222	Ice Cream Cone, chocolate, med	1 med	199	340	9	54	0	10	7.0			30	200
72131	Ice Cream Cone, soft serve, vanilla, choc dipped, lrg	1 lrg	312	670	13	83	0	32	21.0			45	200
2142	Ice Cream Cone, soft serve, vanilla, lrg	1 lrg	284	470	12	74	0	14	9.0			45	200
2143	Ice Cream Cone, soft serve, vanilla, med	1 med	199	330	9	53	0	10	6.0			30	150
2134	Ice Cream Sandwich, DQ	1 ea	85	190	4	31	1	5	3.0			10	40
2348	Ice Cream, soft serve, chocolate	1 sml	135	215	6	32	0	7	5.0			22	150
16287	Meal, chicken strip, w/gravy toast & fries, 4 pce basket	1 meal	432	1360	39	103	8	63	11.0			100	40
2224	Milk Shake, chocolate, med	1 med	550	790	18	130	0	21	13.0			70	250
56383	Onion Rings	1 side	113	360	6	47	2	16	2.0			0	0
71690	Sandwich, bbq beef	1 ea	142	270	16	43	1	4	1.0			30	60
56374	Sandwich, hot dog, beef	1 ea	110	290	11	22	1	17	7.0			35	40
Denny's													
12199	Cheeseburger, classic	1 ea	369	852	49	57	4	48	20.0			140	
25248	Dish, appetizers, w/sauce, Sampler	1 ea	482	1405	47	124	4	80	24.0			75	
12757	Dish, chicken, hickory grilled	1 svg	425	766	63	18	1	48	16.0			186	
12845	Dish, chicken, tangy lemon mushroom	1 svg	397	660	56	10	1	43	15.0			185	
10432	Dish, fish & chips, w/coleslaw	1 svg	482	958	34	83	6	54	30.0			88	
25249	Fried Chicken, Buffalo wings, svg	1 svg	539	974	67	11	2	72	18.0			267	
52144	Hamburger, classic	1 ea	312	694	40	56	4	35	12.0			100	
12808	Meal, biscuits & gravy, w/eggs, sr	1 ea	397	791	34	40	1	55	18.0			546	
56328	Meal, Original Grand Slam Breakfast	1 ea	312	665	26	33	2	49	15.0			515	
19548	Omelette, ham & cheddar	1 ea	284	595	41	5	0	47	16.0			783	
19547	Omelette, Ultimate	1 ea	340	619	36	8	1	50	16.0			770	
56612	Omelette, veggie-cheese	1 ea	340	494	30	11	2	39	12.0			747	
38657	Onion Rings, svg	1 svg	113	381	5	38	1	23	6.0			6	
12195	Sandwich, club	1 ea	340	602	31	45	2	38	6.0			41	
Domino's Pizza													
91365	Breadsticks	1 svg	37	116	3	18	1	4	0.8			0	4
91366	Breadsticks, cheesy	1 svg	43	142	4	18	1	6	2.0			6	18
91369	Fried Chicken, Buffalo wings	1 ea	25	50	6	2	0	2	0.6			26	8
91370	Fried Chicken, Buffalo wings, hot	1 ea	25	45	5	0	0	2	0.6			26	27
93265	Pizza, deep dish, ultimate, cheese, 14"	1 pce	121	332	14	41	3	13	4.9	3.6	2.3	17	99

APPENDIX N Food Composition Table A-171

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
						4.8			200	3.59				1120			0.00	0.00
						4.8			200	3.59				1150			0.00	0.00
						7.0			245	7.00				760			0.00	0.00
						7.0			249	8.00				1195			0.00	0.00
						33.0			172	8.00				3284			0.00	0.00
						16.0			36	4.00				1475			0.00	0.00
						26.0			306	9.00				2923			0.00	0.00
						0.0			400	2.70				190			0.00	0.00
						0.0			200	4.50				1230			0.00	0.00
						18.0			250	2.70				160			0.00	
						9.0			450	3.59				230			0.00	
						0.0			400	3.59				530			0.00	
						0.0			40	2.70				680			0.00	0.00
						0.0			200	1.79				160			0.00	
						0.0			400	2.70				220			0.00	
						0.0			400	2.70				200			0.00	0.00
						0.0			250	1.79				140			0.00	0.00
						0.0			100	1.08				135			0.00	
						0.0			150	0.89				110			0.00	
						1.2			100	6.30				2910			0.00	0.00
						0.0			600	4.50				350			0.00	
						2.4			20	1.08				840			0.00	0.00
						0.0			60	2.70				830			0.00	0.00
						0.0			60	1.79				900			0.00	0.00
														1385				
														5305				
														6030				
														1780				
														1390				
														4049				
														785				
														1488				
														1106				
														1200				
														1214				
														719				
														1003				
														2450				
						0.1			6	0.87				152			0.00	0.00
						0.1			47	0.92				183		14	0.00	0.00
						0.1			6	0.31				175			0.00	0.00
						1.1			5	0.30				354			0.00	0.00
0.28	0.30	5.13		0.56		0.0		1.1	179	3.57	30.2	244	198	679	1.7	42	0.00	0.00

A-172 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
93259	Pizza, deep dish, ultimate, pepperoni, 14"	1 pce	127	366	15	41	3	16	6.2	5.1	2.6	22	94
93263	Pizza, ExtravaganZZa Feast, 14"	1 pce	151	368	16	39	3	17	6.6	5.5	2.2	30	82
56386	Pizza, hand tossed, cheese, 12"	2 pce	159	375	15	55	3	11	4.8			23	131
91360	Pizza, hand tossed, Hawaiian feast, 12"	2 pce	204	450	21	58	3	16	7.2			41	173
91361	Pizza, hand tossed, pepperoni feast, 12"	2 pce	196	534	24	56	3	25	10.9			57	175
91357	Pizza, hand tossed, veggie feast, 12"	2 pce	203	439	19	57	4	16	7.1			34	181
93267	Pizza, thin crust, cheese, 14"	1 pce	39	123	5	11	1	7	2.6	1.6	1.4	8	39
Dunkin' Donuts													
45702	Doughnut, cake, choc glazed	1 ea	73	290	3	33	1	16	3.5			0	0
45716	Doughnut, raised, Bavarian kreme	1 ea	67	210	3	30	1	9	2.0			0	0
45708	Doughnut, raised, glazed	1 ea	35	140	2	19	1	6	1.2			0	0
42636	Fritter, apple	1 ea	164	600	8	82	2	28	6.0			0	0
14119	Salad, Mediterranean	1 ea	425	220	10	23	5	11	3.5			15	1600
14120	Salad, Oriental	1 ea	397	580	30	39	4	35	5.0			45	1500
El Pollo Loco													
4012	Guacamole	1 svg	48	51	0	5	0	3	0.0			0	
1656	Salad, tostada	1 ea	476	740	34	83	11	33	9.0			65	
28104	Salsa, avocado	1 svg	28	18	0	1	0	1	0.0			0	
7204	Taco, chicken, soft	1 ea	108	237	17	18	1	11	5.0			45	
49112	Tortilla, corn, 6"	1 ea	28	70	1	14	1	1	0.0			0	
Hardee's													
9280	Cheeseburger	1 ea	124	313	16	26	1	14	7.0			40	
9284	Chicken Strips, brd, fried, 5 pce svg	5 pce	92	201	18	13	0	8	1.7			25	
9286	French Fries, Crispy Curls, reg	1 svg	96	340	5	41	0	18	4.0			0	
6146	French Fries, reg	1 svg	113	340	4	45	0	16	2.0			0	
56412	Hamburger	1 ea	110	265	14	26	1	10	4.0			35	
56418	Sandwich, roast beef, regular	1 ea	123	310	17	26	2	16	6.0			43	
56404	Sandwich, sausage egg, w/biscuit	1 ea	156	617	19	44		41	12.9			224	
56403	Sandwich, sausage, w/biscuit	1 ea	114	553	13	44		36	11.0			30	
In-N-Out Burger													
81118	Cheeseburger, Double Double, w/lettuce bun	1 ea	362	520	33	11	3	39	17.0			120	250
81117	Cheeseburger, Double Double, w/mustard & ketchup	1 ea	330	590	37	41	3	32	17.0			115	250
81115	Cheeseburger, w/lettuce bun	1 ea	300	330	18	11	3	25	9.0			60	200
81114	Cheeseburger, w/mustard & ketchup	1 ea	268	400	22	41	3	18	9.0			60	200
81119	French Fries	1 svg	125	400	7	54	2	18	5.0			0	0
81112	Hamburger, w/lettuce bun	1 ea	275	240	13	11	3	17	4.0			40	150
81111	Hamburger, w/mustard & ketchup	1 ea	243	310	16	41	3	10	4.0			35	150
24329	Milk Shake, vanilla	15 fl-oz	312	680	9	78	0	37	25.0			90	150
Jack in the Box													
56434	Cheeseburger	1 ea	131	350	18	31	1	17	8.0			50	
15162	Chicken Strips, breast, brd, fried, 4 pce svg	4 pce	201	500	35	36	3	25	6.0			80	
62548	Dish, fish & chips, svg	1 svg	252	680	18	60	4	41	10.0			35	
56433	Hamburger	1 ea	118	310	16	30	1	14	6.0			40	
2163	Milk Shake, chocolate, medium	1 ea	413	859	15	117	1	37	23.6			148	
2165	Milk Shake, vanilla, medium	1 ea	373	746	14	84	1	38	23.6			151	
56446	Onion Rings, svg	1 svg	119	500	6	51	3	30	6.0			0	

APPENDIX N Food Composition Table A-173

PAGE KEY: A-156 Prepared Foods **A-166 Restaurants** A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.20	0.31	5.05		0.70		0.0		1.1	142	3.29	31.8	257	224	668	1.9	41	0.00	0.00
0.20	0.33	4.90		0.82		0.0		1.2	171	3.50	33.2	278	263	689	1.9	51	0.00	0.00
						0.0			187	2.99				776			0.00	0.00
						1.9			274	3.29				1102		104	0.00	0.00
						0.1			279	3.40				1349		87	0.00	0.00
						1.3			279	3.44				987		107	0.00	0.00
0.02	0.03	0.40		0.31		0.0		0.6	87	0.28	10.1	117	72	194	0.6	40	0.00	0.00
						0.0			0	0.00				370			0.00	
0.25	0.15	1.64	0.01	0.00	58.6	0.0	0.0	0.7	0	0.72	9.3	40	58	270	0.2		0.00	0.00
						0.0			0	0.56				194			0.00	0.00
						0.0			0	2.16				720			0.00	0.00
						42.0			200	5.40				760			0.00	0.00
						36.0			100	3.59				1510			0.00	0.00
														272				
														1823				
														226				
														526				
														35		36		
														895			0.00	0.00
														736			0.00	0.00
														950			0.00	0.00
														390		46	0.00	0.00
														663			0.00	0.00
														804			0.00	0.00
														1359			0.00	0.00
														1305			0.00	0.00
						12.0			350	4.50				1160			0.00	0.00
						12.0			350	5.40				1520			0.00	0.00
						12.0			200	2.70				720			0.00	0.00
						12.0			200	3.59				1080			0.00	0.00
						0.0			20	1.79				245			0.00	0.00
						12.0			40	2.70				370			0.00	0.00
						12.0			40	3.59				730			0.00	0.00
						12.0			300	0.00				390			0.00	0.00
														270			0.00	0.00
														530			0.00	0.00
														960			0.00	0.00
														250			0.00	0.00
														944			0.00	
														825			0.00	0.00
														140			0.00	0.00

A-174 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
56448	Salad, side, w/o dressing	1 ea	137	60	3	5	2	3	1.5			10	
69035	Sandwich, chicken	1 ea	145	400	15	38	2	21	4.5			35	
56378	Taco, beef, monster	1 ea	112	240	8	20	3	14	5.0			20	
56377	Taco, beef, regular	1 ea	76	160	5	15	2	8	3.0			15	
Jamba Juice													
81280	Breadsticks, pizza, w/add prot	1 svg	76	230	9	33	2	6	1.5			5	60
81227	Smoothie, Banana Berry, 16 fl oz	16 fl-oz	475	270	2	66	3	2	0.0			0	20
81245	Smoothie, Coldbuster, 16 fl oz	16 fl-oz	476	280	3	65	3	2	0.0			5	700
81266	Smoothie, Orange Dream Machine, 16 fl oz	16 fl-oz	504	410	15	84	1	2	1.0			5	80
81253	Smoothie, PowerBoost, 16 fl oz	16 fl-oz	519	280	4	67	6	1	0.0			0	600
81283	Smoothie, Razzmatazz, 16 fl oz	16 fl-oz	490	300	2	72	3	1	0.0			0	20
Kentucky Fried Chicken													
42331	Biscuit	1 ea	52	185	4	22	1	9	2.2	6.1	0.6	1	
56451	Cole Slaw, svg	0.5 cup	96	138	1	15	2	8	1.2	1.9	4.7	2	1
6152	Corn, cob, large	1 ea	162	150	5	26	7	3	1.0			0	0
15163	Fried Chicken, breast, original rec	1 ea	201	444	45	11		24	5.5	8.6	7.6	165	38
56453	Mashed Potatoes, w/gravy, svg	1 svg	136	130	2	18	1	4	1.0			0	20
6188	Potato Wedges, svg	10 pce	123	348	5	41	4	18	3.7	10.9	2.2	0	
Long John Silver's													
56477	Cornbread, hush puppies, svg	1 svg	23	60	1	9	1	2	0.5			0	0
56461	Dish, fish, batter dipped, reg	1 pce	92	230	11	16	0	13	4.0			30	0
19108	Dish, shrimp, battered	1 ea	14	45	2	3	0	3	1.0			15	0
69030	Sandwich, fish, batter dipped	1 ea	177	440	17	47	3	21	5.0			40	60
91388	Sticks, cheese, brd, fried	3 ea	45	140	4	12	1	8	2.0			10	40
McDonald's													
69009	Cheeseburger	1 ea	119	313	15	33	1	14	5.3	4.3	0.4	42	58
69010	Cheeseburger, Big Mac	1 ea	219	563	26	44	4	33	8.3	7.6	0.7	79	82
69012	Cheeseburger, Quarter Pounder	1 ea	199	513	29	40	3	28	11.2	9.2	0.9	94	111
47147	Cookie, McDonaldland, pkg	1 pkg	57	255	4	41	1	9	1.8	4.6	1.2		0
19579	Eggs, scrambled, svg	1 svg	102	197	15	2		15	4.1	5.3	2.2	436	186
81438	French Fries, sml	1 svg	71	224	3	28	3	11	1.5	5.5	3.3	0	0
2171	Frozen Dessert, sundae, hot fudge	1 ea	179	333	7	54	1	11	6.4	1.9	0.4	23	145
69008	Hamburger	1 ea	105	265	13	32	1	10	3.1	3.3	0.2	28	12
69011	Hamburger, Quarter Pounder	1 ea	171	417	24	38	3	20	6.9	7.2	0.5	67	19
2169	Milk Shake, vanilla, triple thick, sml, 16 fl oz	1 ea	354	552	12	94	0	16	8.0	3.9	0.8	50	323
27070	Mustard, hot, pkt	1 indiv pkt	28	53	1	8	1	2	0.3	0.5	1.0		0
15174	Nuggets, chicken, McNuggets, 4 pce svg	4 pce	64	186	10	11	1	12	2.0	5.2	3.8	28	0
48136	Pie, snack, apple	1 ea	77	249	2	34	2	12	3.1	7.1	0.8		
34731	Salad, Caesar, w/grld chicken, premium	1 ea	311	220	30	12	3	6	3.0			75	1300
34745	Sandwich, breakfast, bacon egg cheese, w/biscuit, lrg	1 ea	154	480	15	43	3	27	12.0			235	150
69006	Sandwich, breakfast, McMuffin, sausage cheese	1 ea	115	383	15	28	2	24	8.3	8.9	3.7	45	60
69007	Sandwich, breakfast, McMuffin, sausage egg cheese	1 ea	165	452	21	29	1	29	9.9	10.9	4.6	254	111
69004	Sandwich, breakfast, sausage egg, w/biscuit	1 ea	163	507	18	31	1	36	14.1	12.6	5.2	248	104
81475	Sandwich, chicken, club, premium grilled	1 ea	269	594	46	53	3	22	7.8	6.7	5.8	124	191
69013	Sandwich, Filet O Fish	1 ea	142	390	16	39	1	19	3.7	5.5	8.0	40	25
53254	Sauce, dipping, honey mustard, tangy	1 indiv pkt	43	72	1	12	1	2	0.4	0.6	1.2		0
42747	Sweet Roll, cinnamon	1 ea	105	418	8	56	2	19	4.7	9.5	3.0	61	132

APPENDIX N Food Composition Table A-175

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
													200	65		125	0.00	0.00
													240	730			0.00	0.00
													220	390			0.00	0.00
													190	270			0.00	0.00
0.37	0.25	3.00	0.03	0.00	80.0	4.8	0.0	0.8	80	2.70	8.0	20	130	450	0.3		0.00	0.00
0.05	0.10	0.80	0.60	0.11	16.0	9.0	0.0	0.4	80	0.72	24.0	40	540	35	0.3		0.00	0.00
0.23	0.14	2.00	0.30	0.00	100.0	684.0	0.0	10.1	60	0.72	40.0	60	800	15	7.5		0.00	0.00
0.23	0.25	0.80	0.11	0.47	60.0	78.0	100.0	0.0	400	0.72	32.0	300	540	230	0.6		0.00	0.00
2.70	2.89	34.00	3.59	4.80	360.0	198.0	240.0	12.1	600	1.44	240.0	80	810	30	7.5		0.00	0.00
0.05	0.17	4.00	0.69	0.11	100.0	36.0	0.0	0.0	80	1.08	24.0	60	570	45	0.3		0.00	0.00
0.23	0.10	1.65	0.01	0.07	50.2	0.2	1.2	0.7	31	1.47	7.8	305	60	548	0.3	29	0.00	0.00
0.03	0.00	0.20	0.11	0.02	19.9	13.9	0.2	0.5	27	0.20	8.6	19	134	180	0.1	74	0.00	0.00
						6.0			60	1.08				10			0.00	0.00
0.09	0.23	17.85	0.68	0.62					62	1.19	52.3	458	547	1184	1.6	57	0.00	0.00
						2.4			0	0.36				380			0.00	0.00
0.18	0.01	2.63	0.25	0.00	36.3	4.5	0.0	1.0	32	1.29	36.9	130	642	931	0.5	44	0.00	0.00
						0.0			20	0.36				200		10	0.00	0.00
0.11	0.07	1.46	0.07	1.59	25.7	4.8	0.0	1.4	20	1.79	34.4	207	170	700	0.4	50	0.00	0.00
0.02	0.01	0.38	0.01	0.07	5.6	1.2	10.8	0.4	0	0.00	3.8	22	22	125	0.1	6	0.00	0.00
0.28	0.18	2.92	0.12	1.84	66.6	9.0	0.0	1.8	60	3.59	46.9	267	224	1120	0.6	88	0.00	0.00
0.02	0.03	0.28	0.01	0.25	6.3	0.0	0.0	0.5	100	0.72	6.3	74	27	320	0.4	20	0.00	0.00
0.27	0.31	4.78		1.01	70.2	0.7			199	2.79	23.8	167	238	745	2.3	45	0.00	0.00
0.38	0.46	7.40		1.92	100.7	0.9			254	4.38	43.8	267	396	1007	4.2	51	0.00	0.00
0.33	0.69	7.65		2.50	101.5	1.6			287	4.17	43.8	320	436	1152	5.2	49	0.00	0.00
0.20	0.17	2.05	0.07		58.1			1.1	10	1.91	9.7	63	56	275	0.3	4	0.00	
0.10	0.62	0.07	0.18	1.10	71.4			1.5	67	2.11	12.2	266	142	196	1.5	67	0.00	0.00
0.23	0.02	1.96	0.37		42.6	5.2			12	0.61	22.7	94	398	161	0.3	40	0.00	0.00
0.07	0.40	0.27	0.09	0.98	0.0			0.3	249	1.49	34.0	229	440	168	1.0	59	0.00	
0.25	0.25	4.76		0.87	67.2	0.6			127	2.76	21.0	112	213	532	2.0	46	0.00	0.00
0.31	0.58	7.61		2.19	95.8	1.5			144	4.11	37.6	212	388	730	4.6	50	0.00	0.00
0.12	0.74	0.38	0.17	1.95	0.0			0.0	428	0.25	42.5	354	623	188	1.5	65	0.00	0.00
0.00	0.01	0.10	0.01	0.05	0.0	0.0		0.2	9	0.23	6.7	16	23	253	0.1	59	0.00	0.00
0.10	0.07	4.73	0.25	0.20	17.9	0.8			9	0.57	14.1	212	161	404	0.4	47	0.00	0.00
0.23	0.15	2.02	0.03		87.0	24.9		1.5	15	1.52	5.4	28	49	153	0.2	37	0.00	0.00
						30.0			200	1.79				890			0.00	0.00
						0.0			150	3.59				1270			0.00	0.00
0.40	0.33	4.80	0.18	0.51	79.3	0.0		0.3	258	2.34	24.1	187	216	797	1.5	39	0.00	0.00
0.43	0.56	4.82	0.25	1.14		0.0		0.8	284	3.25	29.7	282	282	944	2.0	50	0.00	0.00
0.50	0.62	4.84	0.23	0.98	138.6	0.0		1.6	95	3.30	21.2	494	269	1082	1.7	45	0.00	0.00
0.46	0.50	15.00				11.8			256	3.69				1695		53	0.00	0.00
0.36	0.25	3.41		1.04	69.6	0.1			163	2.09	28.4	168	248	689	0.7	46	0.00	0.00
0.00	0.01	0.09	0.01	0.07	0.0	0.0		0.3	10	0.18	5.2	15	21	165	0.1	63	0.00	0.00
0.31	0.28	2.52	0.10		108.1	0.0		1.9	60	1.80	19.9	109	147	397	0.9	20	0.00	0.00

A-176 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
Olive Garden													
4836	Breadsticks	1 svg	50	140	5	26		2	0.0			0	
4831	Capellini, w/pomodoro sauce	1 svg	588	550	16	84		17	2.5			5	
4832	Dish, chicken, giardino	1 svg	611	460	36	59		8	3.0			60	
4834	Dish, pasta primavera, shrimp	1 svg	535	603	44	84		13	2.0			275	
4833	Linguine, alla marinara	1 svg	368	225	7	40		4	0.8			0	
4835	Soup, minestrone	0.75 cup	211	100	5	18		1	0.0			0	
Pizza Hut													
92495	Chicken, wings, mild, 2 pce svg	2 pce	53	110	11	1	0	7	2.0			70	60
56489	Pizza, hand tossed, cheese, 12" med	1 pce	96	260	11	30	2	10	4.8	2.8	1.8	23	88
57372	Pizza, hand tossed, ham, 12" med	1 pce	98	220	12	29	2	6	3.0			20	60
57377	Pizza, hand tossed, Italian sausage, 12" med	1 pce	111	290	13	30	2	12	6.0			30	60
57376	Pizza, hand tossed, pork, 12" med	1 pce	111	270	13	30	3	11	5.0			25	60
57787	Pizza, pan, cheese, 6" personal	1 pce	63	160	7	18	1	7	3.0			15	40
57383	Pizza, pan, Meat Lover's, 12" med	1 pce	123	340	15	29	2	19	7.0			35	60
56482	Pizza, pan, pepperoni, 12" med	1 pce	96	286	11	29	2	14	5.1	4.2	3.3	24	46
57382	Pizza, pan, Veggie Lover's, 12" med	1 pce	119	260	10	30	2	12	4.0			15	80
Starbucks													
20592	Coffee, cappuccino, w/2% milk, tall	1 ea	169	90	6	9	0	4	2.0			15	60
20639	Coffee, cappuccino, w/whole milk, tall	1 ea	169	110	6	9	0	6	3.0			15	40
20659	Coffee, iced, latte, Caffè, w/2% milk, tall	1 ea	289	100	6	10	0	4	2.5			15	60
Subway													
91790	Chili, con carne	1 cup	240	310	17	28	9	14	5.0			35	150
91784	Chowder, clam, New England	1 cup	240	140	5	19	7	4	1.0			15	150
91786	Chowder, potato cheese	1 cup	240	210	7	22	2	10	7.0			25	300
91801	Mustard, honey, fat free	1.5 Tbs	21	30	0	7	0	0	0.0	0.0	0.0	0	0
52119	Salad, chicken, breast, rstd	1 ea	303	140	16	12	3	3	1.0			45	150
52115	Salad, club	1 ea	322	150	17	12	3	4	1.5			35	150
69119	Sandwich, beef steak cheese, w/white, 6"	1 ea	256	390	24	48	5	14	5.0			35	100
69125	Sandwich, chicken breast, rstd, w/white, 6"	1 ea	236	320	23	47	5	5	2.0			45	60
69115	Sandwich, ham, w/white, 6"	1 ea	232	290	18	46	4	5	1.5			25	60
69129	Sandwich, meatball, w/white, 6"	1 ea	287	530	24	53	6	26	10.0			55	150
69121	Sandwich, roast beef, w/white, 6"	1 ea	222	290	19	45	4	5	2.0			20	60
69137	Sandwich, turkey breast, w/ ham, w/white, 6"	1 ea	232	290	20	46	4	5	1.5			25	60
69111	Sandwich, turkey, w/white, 6"	1 ea	222	280	18	46	4	4	1.5			20	60
69109	Sandwich, veggie delite, w/white, 6"	1 ea	166	230	9	44	4	3	1.0			0	60
Taco Bell													
56519	Burrito, bean	1 ea	198	404	16	55	8	14	4.8	5.9	1.7	18	13
57678	Burrito, chicken, grilled, Stuff	1 ea	325	680	35	76	7	26	7.0			70	100
57677	Burrito, chili cheese	1 ea	156	390	16	40	3	18	9.0			40	150
45585	Dessert, cinnamon twists, svg	1 svg	35	160	1	28	0	5	1.0			0	0
57665	Gordita, beef, supreme	1 ea	153	310	14	30	3	16	7.0			35	100
56533	Nachos, svg	1 svg	99	362	5	36	4	22	4.7	12.6	2.6	4	2
56531	Pizza, Mexican	1 ea	216	550	21	46	7	31	11.0			45	150
57685	Quesadilla, cheese	1 ea	142	490	19	39	3	28	13.0			55	100
57689	Quesadilla, chicken	1 ea	184	540	28	40	3	30	13.0			80	150
56537	Salad, taco, w/salsa	1 ea	533	906	36	80	16	49	15.9	21.2	4.0	101	33

APPENDIX N Food Composition Table A-177

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
														270			0.00	0.00
														1090			0.00	0.00
														1180			0.00	0.00
														1220			0.00	0.00
														385			0.00	0.00
														610		184	0.00	0.00
						0.0			0	0.72				320			0.00	0.00
0.25	0.25	3.16	0.10	0.67		0.0		0.7	201	1.87	21.1	239	166	658	1.6	43	0.00	0.00
						6.0			150	1.79				550			0.00	0.00
						3.6			150	1.79				660			0.00	0.00
						3.6			150	1.79				640			0.00	0.00
						0.0			100	1.44				310			0.00	0.00
						6.0			150	2.70				750			0.00	0.00
0.28	0.23	3.69	0.12	0.61		0.0		0.7	140	2.04	21.1	197	191	664	1.5	41	0.00	0.00
						9.0			150	2.70				470			0.00	0.00
						0.0			200	0.00				70			0.00	75.00
						0.0			200	0.00				70			0.00	75.00
						0.0			200	0.00				80			0.00	75.00
						12.0			60					900			0.00	0.00
						0.0			60	1.79				900		207	0.00	0.00
						0.0			200	0.00				1010			0.00	0.00
						0.0			0	0.00				140			0.00	0.00
						30.0			40	1.08				800			0.00	0.00
						30.0			40	18.00				1110			0.00	0.00
						24.0			150	8.10				1210			0.00	0.00
						21.0			60	5.40				1000			0.00	0.00
						21.0			60	3.59				1270			0.00	0.00
						27.0			150	5.40				1360			0.00	0.00
						21.0			60	6.30				910			0.00	0.00
						21.0			60	3.59				1220			0.00	0.00
						21.0			60	3.59				1010			0.00	0.00
						21.0			60	3.59				510			0.00	0.00
						0.40												
						6.0		1.0	232	4.57	61.4	337	533	1216	1.7	55	0.00	0.00
						0.0			300	3.59				1950			0.00	0.00
						0.0			300	1.79				1080			0.00	0.00
						0.0			0	0.36				150			0.00	0.00
						4.8			150	2.70				590			0.00	0.00
						0.11												
						6.0		1.0	88	1.11	51.5	280	180	509	1.1	34	0.00	0.00
						0.0			350	3.59				1030			0.00	0.00
						0.0			500	1.44				1150			0.00	0.00
						2.4			500	1.79				1380			0.00	0.00
0.80	0.56	8.02	0.55	2.13	229.2			2.9	506	9.43	143.9	549	1221	1935	6.2	67	0.00	0.00

A-178 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
53604	Sauce, border, mild, svg	1 indiv pkt	28	5	0	1	0	0	0.0	0.0	0.0	0	60
56524	Taco, beef	1 ea	78	184	8	14	3	11	3.6	4.2	1.6	24	6
56525	Taco, soft, beef	1 ea	99	217	12	20	3	10	4.2	4.3	1.0	28	8
56689	Taco, soft, chicken	1 ea	99	200	14	19	2	7	2.6	2.8	1.0	37	2
56528	Tostada	1 ea	170	250	11	29	7	10	4.0			15	100
Taco John's													
57576	Burrito, bean, w/cheese	1 ea	187	380	15	53	10	12	5.0			15	
57577	Burrito, beefy	1 ea	187	430	22	41	8	20	9.0			55	
57585	Chimichanga, beef & bean, platter	1 ea	422	760	27	88	9	34	11.0			50	
49127	Dessert, churros	1 ea	55	230	2	31	1	11	2.0			10	
57586	Enchilada, double	1 ea	422	720	37	54	11	40	18.0			105	
2479	Frozen Dessert, Choco Taco	1 ea	113	300	4	38	1	15	7.0			15	
57589	Mexi Rolls	1 svg	213	480	20	33	3	30	10.0			50	
57593	Nachos, svg	1 svg	142	380	6	38	1	23	6.0			10	
57600	Taco	1 ea	94	180	9	13	3	10	4.0			25	
57596	Taco Burger, w/cheese	1 ea	142	280	14	28	3	12	5.0			35	
57601	Taco, soft shell	1 ea	113	220	11	21	4	10	5.0			25	
Taco Time													
56540	Burrito, bean, crisp	1 ea	149	427	15	53	9	18	5.0			12	
56542	Burrito, bean, soft	1 ea	191	380	16	58	13	10	4.0			15	
56621	Burrito, chicken, crisp	1 ea	135	422	17	32	2	25	8.0			54	
56541	Burrito, meat, crisp	1 ea	149	552	34	39	7	30	10.0			58	
56543	Burrito, meat, soft	1 ea	191	491	31	48	12	21	8.0			56	
56620	Burrito, veggie	1 ea	312	491	21	70	10	16	6.0			24	
56550	Cheeseburger, taco	1 ea	213	633	31	48	7	36	10.0			66	
7141	Dish, refritos beans, w/cheese sauce & chips, svg	1 svg	198	326	18	44	13	10	5.0			22	
45586	Empanada, fruit filled	1 ea	113	250	5	37		9				0	
56554	Nachos, svg	1 svg	298	680	26	61	11	38	19.0			78	
50979	Quesadilla, cheddar melt	1 ea	92	205	11	17	1	11	6.0			30	
56556	Salad, taco	1 ea	213	479	30	30	7	28	11.0			63	
56545	Taco	1 ea	113	295	22	16	5	17	7.0			48	
56655	Taco, soft, super	1 ea	298	510	29	50	11	23	12.0			60	
Wendy's													
56579	Baked Potato, bacon & cheese	1 ea	366	460	19	67	7	13	5.0			30	0
56580	Baked Potato, broccoli & cheese	1 ea	396	340	10	70	8	2	1.5			5	150
56574	Cheeseburger, deluxe, w/bacon	1 ea	275	640	37	46	2	35	14.0			125	150
56570	Cheeseburger, jr	1 ea	129	330	17	32	2	15	6.7	5.7	1.5	46	
56571	Cheeseburger, jr, w/bacon	1 ea	137	310	17	25	1	16	6.0			50	100
50311	Chili, sml	1 sml	227	190	14	19	5	6	2.5			40	40
71831	French Fries, med	1 svg	142	453	6	56	5	23	4.5	12.1	5.3		
71834	Frozen Dessert, Frosty, jr	1 ea	113	149	4	27	4	3	1.8	0.8	0.1	18	
2177	Frozen Dessert, Frosty, med	1 ea	298	393	10	70	10	8	4.9	2.1	0.3	48	
15176	Nuggets, chicken, 5 pce svg	5 pce	75	250	12	12	1	17	3.7	8.5	4.3	38	
52083	Salad, side, w/o dressing	1 ea	168	35	1	8	2	0	0.0	0.0	0.0	0	550
56588	Salad, taco, Southwest, w/o dressing & toppings	1 ea	438	400	27	26	7	22	11.0			85	600
81443	Sandwich, chicken, Ultimate Grill	1 ea	225	403	33	42	2	11	2.3	3.3	4.1	90	

APPENDIX N Food Composition Table A-179

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
						0.0			0	0.00				210			0.00	0.00
0.07	0.15	1.50	0.10	0.75	14.8			0.5	62	1.47	25.7	139	168	349	1.7	56	0.00	0.00
0.15	0.20	2.56	0.09	0.76	51.5			0.4	115	2.41	19.8	161	179	626	1.6	56	0.00	0.00
0.20	0.15	6.30	0.15	0.37	47.5			0.3	104	1.70	21.8	222	235	600	0.8	56	0.00	0.00
						4.8			150	1.44				710			0.00	0.00
														830			0.00	0.00
														870			0.00	0.00
														1930			0.00	0.00
														120			0.00	0.00
														2090			0.00	0.00
														110			0.00	
														1270			0.00	0.00
														970			0.00	0.00
														270			0.00	0.00
														600			0.00	0.00
														470			0.00	0.00
														453			0.00	0.00
														715	103		0.00	0.00
														795			0.00	0.00
														1000			0.00	0.00
														1197			0.00	0.00
														643			0.00	0.00
														1291			0.00	0.00
														525			0.00	0.00
														46			0.00	0.00
														1250			0.00	0.00
														255			0.00	0.00
														895			0.00	0.00
														609			0.00	0.00
														590			0.00	0.00
														42.0			0.00	0.00
									150	3.59				990			0.00	0.00
									200	3.59				490			0.00	0.00
									200	5.40				1620			0.00	0.00
0.46	0.21	3.97	1.23	1.67		0.8	5.7		119	3.58	28.4	173	230	851	2.8	48	0.00	0.00
						3.6			100	2.70				670			0.00	0.00
									2.4	1.79				830			0.00	0.00
0.25	0.09	3.51	0.56		24.1	7.2			21	2.74	48.3	195	816	244	0.8	39	0.00	0.00
0.07	0.81	0.38	0.00	0.67	5.4	0.0	35.6		145	1.17	22.6	127	209	111	0.5	69	0.00	5.63
0.18	2.15	1.03	0.00	1.75	14.2	0.0	94.0		381	3.09	59.6	334	551	292	1.3	69	0.00	14.85
0.05	0.09	4.53	0.18	0.25	25.9	1.0	6.1		18	0.56	18.0	215	177	509	0.5	43	0.00	0.00
									15.0	0.72				25			0.00	0.00
									15.0	2.70				1140			0.00	0.00
0.87	0.57	9.35	0.31	0.74	75.8	2.5	4.6		56	3.49	54.0	378	497	961	1.3	60	0.00	0.00

A-180 APPENDIX N Food Composition Table

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 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
White Castle													
13497	Cheeseburger	1 ea	66	160	7	13	0	9	4.5			20	0
13499	Cheeseburger, bacon	1 ea	73	200	10	13	0	12	5.0			30	0
13700	Cheeseburger, double	1 ea	119	290	14	19	1	18	9.0			45	1
13498	Cheeseburger, jalapeno	1 ea	68	170	8	13	0	10	5.0			25	0
13774	Chicken Rings, 6 pce svg	6 pce	110	340	18	15	0	23	4.5			80	0
13782	Dish, Fish Nibblers, 14 pce svg	14 pce	117	280	19	24	5	16	3.5			30	0
13496	Hamburger, Slyder	1 ea	59	140	6	13	0	7	3.0			15	0
13705	Sandwich, chicken breast, w/cheese	1 ea	82	210	13	21	0	8	2.5			25	0
13708	Sandwich, fish, w/cheese	1 ea	77	180	10	18	0	8	2.5			25	0
Generic Fast Foods													
6179	Baked Potato, w/cheese sauce & broccoli, fast food	1 ea	339	403	14	47		21	8.5	7.7	4.2	20	315
56654	Cheeseburger, double reg patty & bun, w/cond & veg fast food	1 ea	228	650	30	53		35	12.8	12.6	6.4	93	74
56648	Cheeseburger, lrg patty, fast food	1 ea	166	506	29	35	2	28	11.2	9.2	0.9	93	
66015	Cheeseburger, reg patty, w/condiments & veg, fast food	1 ea	154	359	18	28		20	9.2	7.2	1.5	52	86
56647	Cheeseburger, reg patty, w/condiments, fast food	1 ea	127	343	17	32	2	16	7.4	6.4	1.7	50	76
50312	Chili, con carne, fast food	1 cup	253	256	25	22		8	3.4	3.4	0.5	134	166
56634	Chimichanga, beef, fast food	1 ea	174	425	20	43		20	8.5	8.1	1.1	9	15
47109	Cookie, molasses, med	1 ea	15	64	1	11	0	2	0.5	1.1	0.3	0	0
56668	Corn Dog, fast food	1 ea	175	460	17	56		19	5.2	9.1	3.5	79	61
6175	Dish, corn, cob, w/butter, fast food	1 ea	146	155	4	32		3	1.6	1.0	0.6	6	51
17187	Dish, fish fillet, brd/batter fried	3 oz	85	197	12	14	0	10	2.4	2.2	5.3	29	9
23956	Dish, shrimp, brd, fried	11 ea	12	36	2	2	0	2	0.4	0.5	1.1	11	
42353	French Toast, w/butter, fast food	2 pce	135	356	10	36		19	7.7	7.1	2.4	116	138
15064	Fried Chicken, breast & wing, white meat, fast food	2 pce	163	494	36	20		30	7.8	12.2	6.8	148	57
15063	Fried Chicken, drumstick & thigh, dark, brd, fast food	2 pce	148	431	30	16		27	7.0	10.9	6.3	166	67
2032	Frozen Dessert, sundae, hot fudge, fast food	1 ea	158	284	6	48	0	9	5.0	2.3	0.8	21	62
66007	Hamburger, reg patty, plain, fast food	1 ea	86	254	13	29	1	10	3.1	3.3	0.2	28	0
5463	Hash Browns, fast food	0.5 cup	72	235	2	23	2	16	3.6	8.3	2.7	0	0
6185	Mashed Potatoes, fast food	0.33 cup	80	66	2	13		1	0.4	0.3	0.2	2	10
2020	Milk Shake, chocolate, fast food	8 fl-oz	188	239	6	39	4	7	4.3	2.0	0.3	24	51
2022	Milk Shake, strawberry, fast food	8 fl-oz	188	212	6	36	1	5	3.3			21	49
2024	Milk Shake, vanilla, fast food	1 cup	166	246	6	33	1	11	6.6	3.0	0.5	38	151
56639	Nachos, w/cheese, fast food	7 pce	113	346	9	36		19	7.8	8.0	2.2	18	112
6176	Onion Rings, breaded, fried, svg, fast food	8 pce	83	276	4	31		16	7.0	6.7	0.7	14	1
45122	Pancakes, w/butter & syrup, fast food	2 ea	232	520	8	91		14	5.9	5.3	2.0	58	81
1985	Salad, chicken, broiled, Thai, prep f/recipe, svg	1 svg	403	257	24	25	2	7	1.9			60	139
6173	Salad, potato, fast food	0.333 cup	95	108	1	13		6	1.0	1.6	2.9	57	28
56643	Salad, taco, fast food	1.5 cup	198	279	13	24		15	6.8	5.2	1.7	44	118
56623	Salad, tossed, veg, w/o dressing, fast food	1.5 cup	207	33	3	7		0	0.0	0.0	0.1	0	235
56626	Salad, tossed, veg, w/pasta & seafood, w/o dress, fast food	1.5 cup	417	379	16	32		21	2.6	4.8	9.1	50	630
56601	Sandwich, breakfast, egg bacon, w/biscuit, fast food	1 ea	150	458	17	29	1	31	8.0	13.4	7.5	352	96
56602	Sandwich, breakfast, egg ham, w/biscuit, fast food	1 ea	192	442	20	31	1	27	5.9	11.0	7.7	300	117
56600	Sandwich, breakfast, egg, w/biscuit, fast food	1 ea	136	373	12	32	1	22	4.7	9.1	6.4	245	181
81097	Sandwich, chicken, fillet, crispy, w/veg & mayo, fast food	1 ea	219	537	27	49	3	26	4.6	8.2	12.0	64	
56000	Sandwich, chicken, fillet, plain, fast food	1 ea	182	515	24	39		29	8.5	10.4	8.4	60	20

APPENDIX N Food Composition Table A-181

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 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
						0.0			60	0.72				360		35	0.00	0.00
						0.0			60	0.72				500			0.00	0.00
						0.0			100	1.08				650			0.00	0.00
						0.0			40	0.72				410		35	0.00	0.00
						0.0			20	1.79				670			0.00	0.00
						0.0			250	1.08				870			0.00	0.00
						0.0			0	0.72				240		32	0.00	0.00
						0.0			40	0.36				710			0.00	0.00
						0.0			40	0.00				420			0.00	0.00
0.27	0.27	3.58	0.77	0.34	61.0	48.5			336	3.31	78.0	346	1441	485	2.0	70	0.00	0.00
0.56	0.43	8.34	0.27	2.06	91.2	2.7		2.0	169	4.71	36.5	349	390	921	4.1	47	0.00	0.00
0.31	0.68	7.42	0.43	2.50	97.9	0.0			277	4.01	39.8	312	360	885	5.2	43	0.00	0.00
0.31	0.23	6.38	0.15	1.23	64.7	2.3			182	2.65	26.2	216	229	976	2.6	55	0.00	0.00
0.40	0.23	4.46	0.46	1.65	33.0	0.5	3.8	0.1	156	2.85	29.2	180	234	798	2.8	46	0.00	0.00
0.12	1.13	2.48	0.33	1.13	45.5	1.5			68	5.19	45.5	197	691	1007	3.6	77	0.00	0.00
0.49	0.63	5.78	0.28	1.50	83.5	4.7			63	4.53	62.6	124	586	910	5.0	51	0.00	0.00
0.05	0.03	0.44	0.01	0.00	13.4	0.0	0.0	0.0	11	0.95	7.8	14	52	69	0.1	6	0.00	0.00
0.28	0.69	4.15	0.09	0.43	103.2	0.0			102	6.17	17.5	166	262	973	1.3	47	0.00	0.00
0.25	0.10	2.18	0.31	0.00	43.8	6.9			4	0.87	40.9	108	359	29	0.9	72	0.00	0.00
0.09	0.09	1.78	0.09	0.93	14.5	0.0			15	1.78	20.4	145	272	452	0.4	54	0.00	0.00
0.00	0.00	0.23	0.00	0.05				0.3	8	0.10	2.2	33	12	104	0.1	46	0.00	0.00
0.57	0.50	3.92	0.05	0.36	72.9	0.1			73	1.88	16.2	146	177	513	0.6	51	0.00	0.00
0.15	0.28	11.97	0.56	0.67	29.3	0.0			60	1.48	37.5	306	566	975	1.5	46	0.00	0.00
0.12	0.43	7.21	0.33	0.82	25.2	0.0			36	1.60	37.0	240	445	755	3.2	49	0.00	0.00
0.05	0.30	1.07	0.12	0.64	9.5	2.4		0.7	207	0.57	33.2	228	395	182	0.9	60	0.00	1.58
0.25	0.23	4.59	0.11	0.86	63.6	0.0			119	2.61	18.1	105	166	378	1.9	38	0.00	0.00
0.10	0.05	1.21	0.15	0.00	14.4	2.1	0.0	0.7	12	0.47	13.7	79	256	373	0.2	41	0.00	0.00
0.07	0.03	0.95	0.18	0.03	6.4	0.3			17	0.37	14.4	44	235	182	0.3	79	0.00	0.00
0.10	0.46	0.30	0.09	0.63	9.4	0.8	0.0	0.2	212	0.57	32.0	192	376	182	0.8	72	0.00	1.87
0.07	0.37	0.33	0.07	0.57	5.6	1.5	0.0		212	0.20	24.4	188	342	156	0.7	74	0.00	0.00
0.03	1.10	0.34	0.10	0.37	0.0	0.0	0.0	0.4	191	0.75	21.6	163	276	134	0.9	70	0.00	0.00
0.18	0.37	1.53	0.20	0.81	10.2	1.2			272	1.27	55.4	276	172	816	1.8	40	0.00	0.00
0.07	0.10	0.92	0.05	0.11	54.8	0.6		0.3	73	0.85	15.8	86	129	430	0.3	37	0.00	0.00
0.38	0.56	3.39	0.11	0.23	51.0	3.5		1.4	128	2.61	48.7	476	251	1104	1.0	50	0.00	0.00
0.15	0.15	10.36	0.56	0.25	29.1	27.3	8.6	0.7	38	2.00	48.7	208	511	1637	1.1	341	0.00	0.00
0.07	0.10	0.25	0.14	0.10	23.8	1.0			13	0.68	7.6	53	256	312	0.2	79	0.00	0.00
0.10	0.36	2.46	0.21	0.62	83.2	3.6			192	2.27	51.5	143	416	762	2.7	72	0.00	0.00
0.05	0.10	1.13	0.17	0.00	76.6	48.0			27	1.29	22.8	81	356	54	0.4	96	0.00	0.00
0.28	0.20	3.53	0.33	1.71	187.7	38.4			71	3.17	50.0	204	600	1572	1.7	80	0.00	0.00
0.14	0.23	2.40	0.14	1.02	60.0	2.7	37.5	2.0	189	3.74	24.0	238	250	999	1.6	47	0.00	0.00
0.67	0.60	2.00	0.27	1.19	65.3	0.0	48.0	2.1	221	4.55	30.7	317	319	1382	2.2	57	0.00	0.00
0.30	0.49	2.15	0.10	0.62	57.1	0.1			82	2.90	19.0	388	238	891	1.0	50	0.00	0.00
0.34	0.40	11.18	0.28	0.72	63.5	0.7		1.5	171	2.69	61.3	353	449	1424	2.2	51	0.00	0.00
0.33	0.23	6.80	0.20	0.37	100.1	8.9			60	4.67	34.6	233	353	957	1.9	47	0.00	0.00

A-182 APPENDIX N Food Composition Table

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Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
56606	Sandwich, croissant, w/egg & cheese, fast food	1 ea	127	368	13	24		25	14.1	7.5	1.4	216	200
56607	Sandwich, croissant, w/egg cheese & bacon, fast food	1 ea	129	413	16	24		28	15.4	9.2	1.8	215	142
56657	Sandwich, egg cheese, fast food	1 ea	146	340	16	26		19	6.6	8.3	2.6	291	201
66031	Sandwich, english muffin, w/cheese & sausage, fast food	1 ea	108	365	14	27	1	22	8.8	8.5	3.4	46	62
66010	Sandwich, fish, w/tartar sauce, fast food	1 ea	158	431	17	41		23	5.2	7.7	8.2	55	22
56664	Sandwich, ham cheese, fast food	1 ea	146	352	21	33		15	6.4	6.7	1.4	58	96
56604	Sandwich, ham, w/biscuit, fast food	1 ea	113	386	13	44	1	18	11.4	4.8	1.0	25	33
66004	Sandwich, hot dog, plain, fast food	1 ea	98	242	10	18		15	5.1	6.9	1.7	44	0
56667	Sandwich, hot dog, w/chili & bun, fast food	1 ea	114	296	14	31		13	4.9	6.6	1.2	51	6
66003	Sandwich, roast beef, plain, fast food	1 ea	139	346	22	33		14	3.6	6.8	1.7	51	21
56669	Sandwich, roast beef, w/cheese, fast food	1 ea	176	473	32	45		18	9.0	3.7	3.5	77	58
56670	Sandwich, steak, fast food	1 ea	204	459	30	52		14	3.8	5.3	3.3	73	73
57531	Taco, sml, fast food	1 ea	171	371	21	27		21	11.4	6.6	1.0	56	171
66017	Tostada, bean & cheese, fast food	1 ea	144	223	10	27		10	5.4	3.1	0.7	30	73
56645	Tostada, beef & cheese, fast food	1 ea	163	315	19	23		16	10.4	3.3	1.0	41	83
SALAD DRESSINGS AND DIPS													
Dips													
8824	Dip, bean, black, mild	2 Tbs	30	30	2	5	1	0	0.0	0.0	0.0	0	0
53685	Dip, bean, original	2 Tbs	35	40	2	5	1	1	0.0			0	0
27138	Dip, creamy ranch	2 Tbs	31	60	1	3	0	4	3.0			0	0
44805	Dip, French onion	2 Tbs	28	50	1	4	0	3	1.5			10	20
27136	Dip, green onion	2 Tbs	31	60	1	3	0	4	3.0			0	0
27132	Dip, guacamole	2 Tbs	32	50	1	3	0	4	2.5			0	0
90861	Dip, salsa con queso, medium	2 Tbs	32	40	1	2	0	3	1.0			5	20
44950	Dip, salsa con queso, mild	2 Tbs	32	40	1	3	0	3	1.5			5	0
44415	Dip, salsa, grande	2 Tbs	28	50	1	1	0	5	3.0			15	40
27143	Dip, spinach parmesan	2 Tbs	29	90	2	2	0	9	3.0			15	80
44414	Dip, Veggie	2 Tbs	28	50	1	2	0	5	3.0			15	60
44425	Guacamole, med	2 Tbs	28	57	1	3	2	5	1.0			0	10
7957	Hummus	1 Tbs	15	25	1	2	1	1	0.2	0.6	0.5	0	0
44731	Hummus, low fat, dry mix	2 Tbs	15	75	3	8	2	3	0.0			0	0
7081	Hummus, prep f/recipe	1 Tbs	15	27	1	3	1	1	0.2	0.7	0.3	0	0
Lower Calorie Salad Dressings													
44727	Salad Dressing, blue cheese, fat free	1 Tbs	17	20	0	4	0	0	0.1	0.1	0.0	0	1
44722	Salad Dressing, blue cheese, rduced cal	1 Tbs	16	14	0	2	0	0	0.1	0.2	0.1	2	11
44465	Salad Dressing, buttermilk, light	1 Tbs	15	30	0	3	0	2	0.2	0.4	0.6	2	3
8138	Salad Dressing, Caesar, low cal	1 Tbs	15	16	0	3	0	1	0.1	0.2	0.4	0	0
8498	Salad Dressing, catalina, fat free	2 Tbs	33	35	0	8	1	0	0.0	0.0	0.0	0	0
44467	Salad Dressing, French, fat free	1 Tbs	16	21	0	5	0	0	0.0	0.0	0.0	0	1
44729	Salad Dressing, French, rduced cal	1 Tbs	16	32	0	4	0	2	0.3	0.5	1.2	0	3
44498	Salad Dressing, Italian, fat free	1 Tbs	14	7	0	1	0	0	0.0	0.0	0.0	0	1
8491	Salad Dressing, Italian, fat free	2 Tbs	28	20	0	4	0	0	0.0	0.0	0.0	0	0
44720	Salad Dressing, Italian, rduced cal	1 Tbs	14	28	0	1	0	3	0.4	0.7	1.6	0	0
8493	Salad Dressing, ranch, fat free	2 Tbs	34	50	0	11	0	0	0.0	0.0	0.0	0	0
44497	Salad Dressing, thousand island, fat free	1 Tbs	16	21	0	5	1	0	0.0	0.1	0.1	1	0
20263	Salad Dressing, vinaigrette, red wine, fat free	2 Tbs	32	15	0	3	0	0	0.0	0.0	0.0	0	0

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PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
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Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
Regular Salad Dressings													
44705	Salad Dressing, Caesar	1 Tbs	15	80	0	0	0	9	1.3	2.0	4.8	6	1
90838	Salad Dressing, Caesar Italian, w/oregano	2 Tbs	31	100	1	2	0	10	1.5			0	0
8015	Salad Dressing, French	1 Tbs	16	73	0	2	0	7	0.9	1.3	3.4	0	7
8569	Salad Dressing, French, creamy	1 Tbs	16	80	0	2	0	8	1.2			0	0
8579	Salad Dressing, honey dijon	1 Tbs	16	55	0	3	0	5	0.8			0	0
44699	Salad Dressing, Italian	2 Tbs	31	70	0	0	0	8	1.0			0	0
8612	Salad Dressing, Italian, zesty	1 Tbs	16	35	0	2	0	3	0.0			0	0
44590	Salad Dressing, ranch	1 Tbs	15	73	0	1	0	8	1.2	1.7	4.2	5	2
8024	Salad Dressing, thousand island	1 Tbs	16	59	0	2	0	6	0.8	1.3	2.9	4	4
SAUCES AND GRAVIES													
Gravies													
53564	Gravy, beef, fat free, cnd	0.25 cup	59	15	1	3	0	0	0.0	0.0	0.0	0	
53006	Gravy, beef, prep f/recipe	0.25 cup	68	53	1	4	0	4	1.0	1.7	1.0	1	75
53022	Gravy, chicken, cnd	0.25 cup	60	47	1	3	0	3	0.8	1.5	0.9	1	1
53565	Gravy, chicken, fat free, cnd	0.25 cup	59	15	1	3		0	0.0	0.0	0.0	5	20
91979	Gravy, country, low fat, dry mix	1.33 Tbs	9	40	0	5		2				0	
53038	Gravy, mushroom, dry pkt, svg	1 svg	21	69	2	14	1	1	0.5	0.3	0.0	1	0
53040	Gravy, onion, dehyd pkt, svg	1 svg	24	77	2	16	1	1	0.4	0.2	0.0	0	0
53044	Gravy, turkey, dry pkt, svg	1 svg	7	26	1	5		1	0.1	0.2	0.2	1	1
Salsas													
53676	Salsa	2 Tbs	30	10	0	2	0	0	0.0	0.0	0.0	0	0
93340	Salsa, garden style, med	2 Tbs	31	10	1	2	1	0	0.0	0.0	0.0	0	40
91457	Salsa, green chili tomato, chunky, FS	2 Tbs	31	7	0	3	0	0	0.0			0	
53584	Salsa, hot, cnd	2 Tbs	32	5	0	2	0	0	0.0	0.0	0.0	0	20
92617	Salsa, lime & garlic	2 Tbs	32	12	0	3	1	0	0.0	0.0	0.0	0	20
91458	Salsa, picante, chunky, FS	2 Tbs	31	7	0	1		0	0.0			0	
53686	Salsa, restaurant style	2 Tbs	31	15	1	3	0	0	0.0	0.0	0.0	0	20
53207	Salsa, restaurant, chunky, med	2 Tbs	31	10	0	2	0	0	0.0	0.0	0.0	0	0
93346	Salsa, rstd garlic, med	2 Tbs	31	10	0	2	1	0	0.0	0.0	0.0	0	20
92618	Salsa, rstd peppers & garlic	2 Tbs	32	10	0	2	1	0	0.0	0.0	0.0	0	40
53466	Salsa, rts	1 Tbs	16	4	0	1	0	0	0.0	0.0	0.0	0	5
93342	Salsa, thick & chunky, med	2 Tbs	31	10	1	2	0	0	0.0	0.0	0.0	0	
8476	Salsa, thick n' chunky, Gotta Have Hot	2 Tbs	30	10	0	3	0	0	0.0	0.0	0.0	0	10
27123	Salsa, thick n' chunky, Make Mine Medium	2 Tbs	30	10	0	3	0	0	0.0	0.0	0.0	0	10
90864	Salsa, thick 'n chunky, medium	2 Tbs	31	15	0	2	1	0	0.0	0.0	0.0	0	0
16818	Salsa, verde	2 Tbs	32	15	0	2	0	0	0.0			0	20
Sauces													
9559	Sauce, alfredo	0.25 cup	61	110	1	2	0	10	3.5			30	40
53000	Sauce, barbecue	1 fl-oz	31	47	0	11	0	0	0.0	0.0	0.1	0	7
53320	Sauce, barbecue, sweet & sour	2 Tbs	34	45	0	10	0	0	0.0	0.0	0.0	0	0
53420	Sauce, barbecue, teriyaki	2 Tbs	36	60	0	12	0	0	0.0	0.0	0.0	0	0
9558	Sauce, cheese, cheddar, rts	0.25 cup	61	90	2	2	0	8	2.5			25	20
53523	Sauce, cheese, rts	0.25 cup	63	110	4	4	0	8	3.8	2.4	1.6	18	52
1987	Sauce, coconut, Thai, prep f/recipe, svg	1 svg	126	65	2	13	2	1	0.1			0	207
9054	Sauce, enchilada, FS	0.25 cup	61	20	0	3	0	1	0.0			0	75
53233	Sauce, enchilada, green chile, mild	0.25 cup	61	20	0	3	0	1	0.0			0	0
53474	Sauce, fish, rts	1 Tbs	18	6	1	1	0	0	0.0	0.0	0.0	0	1

APPENDIX N Food Composition Table A-185

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.00	0.00	0.00	0.00	0.00	0.3	0.0	0.7	0.7	7	0.15	0.3	3	4	178	0.0	34	0.00	0.00
						0.0			20	0.00				470			0.00	0.00
0.00	0.00	0.02	0.00	0.01	0.0	0.6	0.0	0.8	4	0.12	0.8	3	11	134	0.0	37	0.00	0.00
						0.0			0	0.00				135			0.00	0.00
						0.0			0	0.00				105			0.00	0.00
						0.0			0	0.00				350		22	0.00	0.00
						0.0			0	0.00				185			0.00	0.00
0.00	0.00	0.00	0.00	0.05	0.6	0.5	0.6	0.6	5	0.09	0.8	24	9	164	0.1	38	0.00	0.00
0.23	0.00	0.07	0.00	0.00	0.0	0.0	0.5	0.6	3	0.18	1.3	4	17	138	0.0	47	0.00	0.00
														300		91	0.00	0.00
0.00	0.02	0.30	0.00	0.07	1.4	0.0	0.5	0.1	14	0.31	1.4	20	74	389	0.5	85	0.00	0.00
0.00	0.02	0.25	0.00	0.05	1.2	0.0	0.0	0.1	12	0.28	1.2	17	65	252	0.5	85	0.00	0.00
														310		92	0.00	0.00
														280		1	0.00	0.00
0.03	0.07	0.77	0.01	0.15	6.5	1.5	0.0	0.0	48	0.20	7.1	43	55	1382	0.3	3	0.00	0.00
0.05	0.10	0.88	0.01	0.17	7.4	1.7			67	0.23	8.2	49	63	1005	0.2	4	0.00	0.00
0.00	0.02	0.18	0.00	0.03	5.7	0.0			10	0.23	3.1	18	30	307	0.1	5	0.00	0.00
						2.4			0	0.00			55	115		28	0.00	0.00
						3.6			0	0.00				220		27	0.00	0.00
														167			0.00	0.00
						2.4			0	0.00			95	170		30	0.00	0.00
						1.8			0	0.00				210		87	0.00	0.00
														247		29	0.00	0.00
						1.2			0	0.36				210			0.00	0.00
						2.4			0	0.00				230		28	0.00	0.00
						4.8			0	0.00				240		28	0.00	0.00
						0.0			0	0.00				230		30	0.00	0.00
0.00	0.00	0.00	0.02	0.00	0.6	0.3	0.0	0.2	4	0.07	2.4	5	48	96	0.1	90	0.00	0.00
						4.8			0	0.00				180		27	0.00	0.00
						0.0			0	0.00				230		26	0.00	0.00
						0.0			0	0.00				230		26	0.00	0.00
						0.0			0	0.00				240		28	0.00	0.00
						1.2			0	0.00			65	230		88	0.00	0.00
						0.0			40	0.00				390			0.00	0.00
0.00	0.00	0.15	0.00	0.00	0.6	0.2	0.0	0.2	4	0.07	3.8	5	65	265	0.0	60	0.00	0.00
						0.0			0	0.00				420			0.00	0.00
						0.0			0	0.36				440		23	0.00	0.00
						0.0			60	0.00				480		47	0.00	0.00
0.00	0.07	0.01	0.00	0.09	2.5	0.3			116	0.12	5.7	99	19	522	0.6	70	0.00	0.00
0.05	0.05	0.85	0.02	0.00	6.9	5.0	0.0	0.1	33	0.74	17.2	27	319	82	0.2	107	0.00	0.00
						1.2			0	0.00				380			0.00	0.00
						1.2			0	0.00				340			0.00	0.00
0.00	0.00	0.41	0.07	0.09	9.2	0.1	0.0	0.0	8	0.14	31.5	1	52	1413	0.0	71	0.00	0.00

A-186 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
9466	Sauce, hollandaise, prep w/water f/dry mix	2 Tbs	32	10	0	2	0	0	0.0	0.0	0.0	0	0
53432	Sauce, marinara, FS	0.5 cup	127	120	2	20	2	4	1.0			0	50
53627	Sauce, pasta, garlic & herb, cnd	0.5 cup	126	50	2	10	2	0	0.0	0.0	0.0	0	40
53623	Sauce, pasta, garlic & onion, cnd	0.5 cup	125	40	2	9	2	0	0.0	0.0	0.0	0	30
53629	Sauce, pasta, traditional, cnd	0.5 cup	126	50	2	11	2	0	0.0	0.0	0.0	0	30
1999	Sauce, peanut, Thai, prep f/recipe	0.75 cup	199	412	18	19	4	33	6.6			0	37
53471	Sauce, pepper, Tabasco, rts	1 tsp	5	1	0	0	0	0	0.0	0.0	0.0	0	8
7479	Sauce, picante	2 Tbs	32	8	0	2	1	0	0.0	0.0	0.0	0	10
53221	Sauce, picante, med	2 Tbs	30	10	0	2	0	0	0.0	0.0	0.0	0	0
53363	Sauce, pizza, deluxe, rts	0.25 cup	63	34	1	5	1	1	0.3	0.3	0.1	2	42
53461	Sauce, plum, rts	1 Tbs	19	35	0	8	0	0	0.0	0.0	0.1	0	1
53714	Sauce, sloppy joe, original recipe, cnd	0.25 cup	67	70	1	16	0	0	0.0	0.0	0.0	0	250
9486	Sauce, spaghetti, Italian style, dry mix	1 Tbs	8	25	0	5		0	0.0	0.0	0.0	0	
1709	Sauce, spaghetti, meatless, cnd, USDA	1 svg	125	60	2	11		1	0.2	0.3	0.6	0	42
51016	Sauce, spaghetti, traditional, cnd	0.5 cup	125	60	2	15	3	1	0.0			0	75
53718	Sauce, spaghetti, w/meat, cnd	0.5 cup	125	60	3	14	3	1	0.0			0	150
53524	Sauce, spaghetti/marinara, rts	0.5 cup	132	115	2	18	3	4	0.9	0.8	1.6	3	99
92310	Sauce, steak	1 Tbs	16	5	0	1	0	0	0.0	0.0	0.0	0	0
53620	Sauce, stir fry	1 Tbs	18	20	1	4	0	0	0.0	0.0	0.0	0	0
53264	Sauce, sweet & sour	1 oz	28	48	0	12	0	0	0.0			0	0
9720	Sauce, taco, medium	2 Tbs	32	10	0	2	1	0	0.0	0.0	0.0	0	0
8983	Sauce, tartar	2 Tbs	28	139	0	1	0	15	2.7	0.7	2.3	11	6
53004	Sauce, teriyaki, rts	1 Tbs	18	16	1	3	0	0				0	0
33768	Sauce, Thai peanut	1 Tbs	17	60	2	5	0	4	0.5			0	0
SNACK FOODS													
44278	Chips, corn, original	32 ea	28	160	2	15	1	10	1.5			0	0
44256	Chips, multigrain, Sun Chips, original	16 pce	28	139	2	19	2	6	0.6	3.3	1.8	0	0
61236	Chips, potato, bkd	10 ea	12	56	1	9	1	2	0.3	1.2	0.5	0	0
43703	Chips, potato, classic, svg	1 ea	28	150	2	15	1	10	1.0	6.0	3.0	0	0
61254	Chips, potato, fat free, 8 oz bag	1 oz	28	107	3	24	2	0	0.0	0.0	0.1	0	0
44241	Chips, potato, rducd fat, svg	1 svg	28	140	2	18	1	7	1.0	4.0	2.0	0	0
12947	Chips, potato, unsalted	1 oz	28	140	2	16	1	8	0.7			0	0
44301	Chips, tortilla, blue corn	18 pce	28	110	3	22	2	2	0.0			0	0
44224	Chips, tortilla, cool ranch, svg	1 svg	28	140	2	18	1	7	1.0			0	0
61156	Chips, tortilla, light, bkd	10 ea	16	74	1	12	1	2	0.5	1.0	0.8	0	1
44225	Chips, tortilla, nacho cheese, svg	1 svg	28	140	2	17	1	8	1.5			0	0
4039	Chips, tortilla, salsa verde, svg	1 svg	28	140	2	19	1	7	1.0			0	40
44223	Chips, tortilla, tstd corn, svg	1 svg	28	140	2	18	1	7	1.0			0	0
44298	Chips, tortilla, yellow corn	18 pce	28	110	3	22	2	2	0.0			0	0
44031	Corn Nuts, original	1 oz	28	126	2	20	2	4	0.7	2.7	0.9	0	0
57096	Crackers, w/cheese dip, snack	1 ea	27	100	2	10	0	5	1.5			5	20
44022	Popcorn Cake	1 ea	10	38	1	8	0	0	0.0	0.1	0.1	0	1
43701	Popcorn, caramel coated, original	0.5 cup	28	120	2	23	1	2	0.0			0	0
44014	Popcorn, caramel coated, w/o peanuts	1 oz	28	122	1	22	1	4	1.0	0.8	1.3	1	1
44038	Popcorn, cheese flvrd	1 cup	11	58	1	6	1	4	0.7	1.1	1.7	1	5

APPENDIX N Food Composition Table A-187

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
						0.0			0	0.00				105			0.00	0.00
				0.00		1.2			0	0.72				480			0.00	0.00
						6.0			40	1.08				390		111	0.00	0.00
						6.0			40	1.08				390		111	0.00	0.00
						6.0			40	1.08				390		110	0.00	0.00
0.09	0.14	10.18	0.44	0.00	55.1	2.2	0.0	6.4	40	2.13	107.8	297	544	3376	2.1	20	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.2	0.0	0.0	1	0.05	0.6	1	6	30	0.0	95	0.00	0.00
														250		90	0.00	0.00
						1.2			0	0.00				130			0.00	0.00
0.03	0.02	0.89	0.09	0.00	6.3	7.1		1.6	34	0.56	13.2	32	223	117	0.2	87	0.00	0.00
0.00	0.01	0.18	0.00	0.00	1.1	0.1			2	0.27	2.3	4	49	102	0.0	54	0.00	0.00
						1.2			0	1.08				680			0.00	0.00
														490			0.00	0.00
0.03	0.15	0.91	0.07	0.00		4.9			25	1.12	16.2	31	365	738	0.3	87	0.00	0.00
						9.0			40	1.44				590		104	0.00	0.00
						9.0			40	1.44				720			0.00	0.00
0.02	0.07	5.17	0.23	0.00	17.2	2.6	0.0	3.2	29	0.94	27.7	48	417	541	0.7	80	0.00	0.00
						0.0			0	0.00				200		15	0.00	0.00
						0.0			0	0.00				520				0.00
						0.0			2	0.02				101			0.00	0.00
						0.0			0	0.00				170			0.00	0.00
						0.7			6	0.14			38	153		39	0.00	0.00
0.00	0.00	0.23	0.01	0.00	1.4	0.0	0.0	0.0	4	0.31	11.0	28	40	690	0.0	68	0.07	0.00
						0.0			0	0.00				135				0.00
			0.03			0.0			20	0.00		40		170		0	0.00	0.00
0.03	0.00	0.60	0.05	0.00	7.1	0.0		2.0	6	0.49	21.5	63	66	93	0.5	2	0.00	0.00
0.03	0.00	0.49	0.05	0.00	0.0	0.0	0.0	0.3	15	0.10	5.2	33	87	76	0.1	1	0.00	0.00
0.02		1.20	0.07			6.0			0	0.36	16.0	40		180		0	0.00	0.00
0.31	0.02	1.83	0.23	0.00	12.8	2.6	0.0	0.0	10	1.00	19.8	47	462	182	0.2	2	0.00	0.00
0.02	0.02	1.20	0.07			6.0			0	0.36		40	310	180			0.00	0.00
						4.8			0	0.36				5		1	0.00	0.00
						0.0			60	0.36				140		0	0.00	0.00
0.02	0.02	0.23	0.07	0.03	6.9	0.0		0.9	20	0.36	16.0	60	52	170	0.2	1	0.00	0.00
0.03	0.03	0.07	0.02	0.00	2.6	0.0	0.0	0.6	25	0.25	15.5	51	44	137	0.2	1	0.00	0.00
0.05			0.07			0.0			20	0.36		60		180		1	0.00	0.00
			0.03			0.0			20	0.36	16.0	40		210			0.00	0.00
		0.40	0.07			0.0			40	0.00		60		120			0.00	0.00
						0.0			60	0.36				160		0	0.00	0.00
0.00	0.03	0.47	0.05	0.00	0.0	0.0	0.0	0.6	3	0.46	32.0	78	79	180	0.5	1	0.00	0.00
						0.0			60	0.36				340			0.00	0.00
0.00	0.01	0.60	0.01	0.00	1.8	0.0	0.0	0.0	1	0.18	15.9	28	33	29	0.4	5	0.00	0.00
						0.0			0	0.72				70		0	0.00	0.00
0.01	0.01	0.62	0.00	0.00	1.4	0.0	0.0	0.3	12	0.49	9.9	24	31	58	0.2	3	0.00	0.00
0.00	0.02	0.15	0.02	0.05	1.2	0.1	0.0		12	0.25	10.0	40	29	98	0.2	2	0.00	0.00

A-188 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
44066	Popcorn, low fat, low sod, microwv	1 cup	8	34	1	6	1	1	0.1	0.3	0.3	0	1
44013	Popcorn, oil popped, microwaved	1 cup	11	64	1	5	1	5	0.8	1.1	2.6	0	2
44072	Popcorn, white, air popped	1 cup	8	31	1	6	1	0	0.0	0.1	0.2	0	0
44015	Pretzels, hard	5 ea	30	114	3	24	1	1	0.1	0.3	0.3	0	0
44215	Pretzels, hard, chocolate coated	1 ea	11	50	1	8		2	0.8	0.6	0.2	0	0
61182	Pretzels, soft, med	1 ea	115	389	9	80	2	4	0.8	1.2	1.1	3	0
60899	Rice Cake, brown	1 ea	20	74	1	16	0	0	0.1	0.2	0.2		0
14262	Rice Cake, butter popped corn	1 ea	9	35	1	8	0	0	0.0	0.0	0.0	0	0
14248	Rice Cake, caramel corn	1 ea	13	50	1	11	0	0	0.0	0.0	0.0	0	0
44312	Rice Cake, caramel corn, mini	7 ea	15	60	1	13	0	0	0.0	0.0	0.0	0	0
44016	Rice Cake, plain	1 ea	9	35	1	7	0	0	0.1	0.1	0.1	0	0
61768	Snack, bagel, crisps, plain, bkd	6 ea	28	130	3	18	0	6	2.5			0	0
44032	Snack, mix, Chex	0.67 cup	30	127	3	22	1	3	0.4	0.9	1.3		0
44248	Snack, puffs, cheese, svg	1 svg	28	160	2	15	1	10	1.5			0	0
44058	Trail Mix, regular	0.25 cup	38	173	5	17		11	2.1	4.7	3.6	0	1
44060	Trail Mix, tropical	1 cup	140	570	9	92		24	11.9	3.5	7.2	0	7
44059	Trail Mix, w/chocolate chips salted nuts & seeds	0.25 cup	36	177	5	16		12	2.2	4.9	4.1	1	2
SPICES, FLAVORS, AND SEASONINGS													
26001	Herb, basil, dried, ground	1 tsp	1	3	0	1	1	0	0.0	0.0	0.0	0	1
5359	Herb, chives, fresh	1 Tbs	3	1	0	0	0	0	0.0	0.0	0.0	0	13
26501	Herb, cilantro, ground	1 tsp	1	2	0	0	0	0					4
26009	Herb, oregano, ground	1 tsp	2	5	0	1	1	0	0.0	0.0	0.0	0	3
26012	Herb, parsley, fresh, chpd	1 Tbs	4	1	0	0	0	0	0.0	0.0	0.0	0	32
26628	Herb, peppermint, fresh	1 Tbs	2	1	0	0	0	0	0.0	0.0	0.0	0	7
26631	Herb, spearmint, dried	1 tsp	0	1	0	0	0	0	0.0	0.0	0.0	0	5
26033	Herb, thyme, ground	1 tsp	1	4	0	1	1	0	0.0	0.0	0.0	0	5
7503	Miso	0.5 cup	138	274	16	36	7	8	1.6	1.7	4.4	0	12
90931	Mustard, deli	1 tsp	5	6	0	0	0	0	0.0			0	0
26632	Salt Substitute, no sod, pkt	1 indiv pkt	1	0	0	0	0	0	0.0	0.0	0.0	0	0
26014	Salt, table	0.25 tsp	2	0	0	0	0	0	0.0	0.0	0.0	0	0
91932	Seasoning, fajita	0.25 tsp	1	0	0	0	0	0	0.0	0.0	0.0	0	
669	Seasoning, garlic salt	0.25 tsp	1	0	0	0	0	0	0.0	0.0	0.0		
26604	Seasoning, lemon pepper	1 tsp	2	2	0	0	0	0	0.0	0.0	0.0	0	0
90622	Seasoning, original	0.25 tsp	1	0	0	0	0	0	0.0	0.0	0.0	0	0
26028	Seasoning, poultry	1 tsp	2	5	0	1	0	0	0.0	0.0	0.0	0	4
26004	Spice Blend, curry, pwd	1 tsp	2	6	0	1	1	0	0.0	0.1	0.1	0	2
26524	Spice, chili pepper, ground, domestic	1 tsp	2	6	0	1	1	0					44
26002	Spice, chili pepper, pwd	1 tsp	3	8	0	1	1	0	0.1	0.1	0.2	0	80
26003	Spice, cinnamon, ground	1 tsp	3	6	0	2	1	0	0.0	0.0	0.0	0	1
26019	Spice, clove, ground	1 tsp	2	7	0	1	1	0	0.1	0.0	0.1	0	1
26109	Spice, dill seed	1 tsp	2	6	0	1	0	0	0.0	0.2	0.0	0	0
26065	Spice, garlic, pwd	1 tsp	3	8	0	2	1	0				0	0
26008	Spice, onion, pwd	1 tsp	2	8	0	2	0	0	0.0	0.0	0.0	0	0
26010	Spice, paprika	1 tsp	2	6	0	1	1	0	0.0	0.0	0.2	0	113
26522	Spice, pepper, black, ground	1 tsp	2	8	0	2	1	0					2
26015	Spice, poppy seed	1 tsp	3	15	1	1	1	1	0.1	0.2	0.8	0	0

APPENDIX N Food Composition Table A-189

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.02	0.00	0.17	0.00	0.00	1.4	0.0	0.0	0.4	1	0.18	12.1	21	19	39	0.3	3	0.00	0.00
0.00	0.00	0.12	0.00	0.00	2.8	0.0	0.0	0.3	0	0.21	8.7	22	20	116	0.3	1	0.00	0.00
0.01	0.01	0.15	0.01	0.00	1.8	0.0			1	0.20	10.5	24	24	0	0.3	4	0.00	0.00
0.15	0.10	1.53	0.00	0.00	55.8	0.0	0.0	0.1	5	1.55	8.7	34	41	407	0.4	3	0.00	0.00
0.00	0.01	0.09	0.01	0.00	1.0	0.1			8	0.21	4.5	16	25	63	0.1	2	0.00	
0.46	0.33	4.90	0.01	0.00	27.6	0.0	0.0	0.6	26	4.51	24.1	91	101	926	1.1	15	0.00	0.00
						0.0			5	0.15			67	57		5	0.00	0.00
						0.0			0	0.00				45			0.00	0.00
						0.0			0	0.00				30			0.00	0.00
						0.0			0	0.00				150			0.00	0.00
0.03	0.00	0.58	0.05	0.00	1.8	0.0	0.0	0.0	1	0.12	14.2	33	25	14	2.0	0	0.00	0.00
						0.0			0	1.08				70			0.00	0.00
0.10	0.05	1.30	0.02		15.0				10	0.89	12.3	46	59	361	0.3	3	0.00	0.00
0.09	0.07	0.80				0.0			0	0.72		40		370		1	0.00	0.00
0.17	0.07	1.76	0.10	0.00	26.6	0.5			29	1.13	59.2	129	257	86	1.2	9	0.00	0.00
0.62	0.15	2.06	0.46	0.00	58.8	10.6			80	3.70	134.4	260	993	14	1.6	9	0.00	0.00
0.15	0.07	1.61	0.09	0.00	23.7	0.5			40	1.24	58.8	141	237	44	1.1	7	0.00	
0.00	0.01	0.07	0.01	0.00	4.3	0.0	0.0	0.1	31	1.25	10.0	4	37	1	0.1	10	0.00	0.00
0.00	0.00	0.01	0.00	0.00	3.1	1.7	0.0	0.0	3	0.05	1.3	2	9	0	0.0	91	0.00	0.00
				0.00		0.2			6	0.31				4		5	0.00	0.00
0.00	0.00	0.07	0.01	0.00	4.3	0.0	0.0	0.3	29	0.66	4.9	3	23	0	0.0	10	0.00	0.00
0.00	0.00	0.05	0.00	0.00	5.8	5.1	0.0	0.0	5	0.23	1.9	2	21	2	0.0	88	0.00	0.00
0.00	0.00	0.02	0.00	0.00	1.8	0.5	0.0		4	0.07	1.3	1	9	0	0.0	79	0.00	0.00
0.00	0.00	0.02	0.00	0.00	2.6	0.0	0.0		7	0.43	3.0	1	10	2	0.0	11	0.00	0.00
0.00	0.00	0.07	0.00	0.00	3.8	0.7	0.0	0.1	26	1.73	3.1	3	11	1	0.1	8	0.00	0.00
0.12	0.31	1.25	0.27	0.10	26.1	0.0	0.0	0.0	78	3.42	66.0	219	289	5126	3.5	43	0.00	0.00
						0.0			6	0.10				78		74	0.00	0.00
						0.0			0		0.0		530	0			0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.00	0.0	0	0	581	0.0	0	0.00	0.00
														130			0.00	0.00
				0.00										240		0	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	3	0.10	0.8	1	6	461	0.0	2	0.00	0.00
				0.00		0.0			0	0.00			10	0			0.00	0.00
0.00	0.00	0.03	0.01	0.00	2.1	0.2	0.0	0.0	15	0.52	3.4	3	10	0	0.0	9	0.00	0.00
0.00	0.00	0.07	0.01	0.00	3.1	0.2	0.0	0.4	10	0.58	5.1	7	31	1	0.1	10	0.00	0.00
				0.00		0.7			4	0.25				3		14	0.00	0.00
0.00	0.02	0.31	0.05	0.00	0.8	0.0	0.0	1.0	9	0.46	4.0	8	53	44	0.1	11	0.00	0.00
0.00	0.00	0.02	0.00	0.00	0.2	0.1	0.0	0.1	26	0.21	1.6	2	11	0	0.0	11	0.00	0.00
0.00	0.00	0.02	0.00	0.00	2.0	1.7	0.0	0.2	14	0.18	5.5	2	23	5	0.0	7	0.00	0.00
0.00	0.00	0.05	0.00	0.00	0.2	0.4	0.0		32	0.34	5.4	6	25	0	0.1	8	0.00	0.00
0.00	0.00	0.01		0.00		0.1			3	0.01			38	1		6	0.00	0.00
0.00	0.00	0.00	0.01	0.00	1.5	0.6	0.0	0.0	9	0.09	2.7	8	24	2	0.1	5	0.00	0.00
0.00	0.02	0.23	0.05	0.00	1.1	0.0	0.0	0.7	5	0.49	4.1	7	52	2	0.1	11	0.00	0.00
				0.00		0.0			9	0.18				0		12	0.00	0.00
0.01	0.00	0.02	0.00	0.00	2.3	0.0	0.0	0.0	40	0.27	9.7	24	20	1	0.2	6	0.00	0.00

A-190 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
SPORTS BARS AND DRINKS													
62714	Bar, energy, carrot cake	1 ea	68	234	10	41	5	4	1.8			0	884
62278	Bar, energy, chocolate	1 ea	68	247	10	47	4	2	0.9	0.7	0.4	0	0
62715	Bar, energy, chocolate almond fudge	1 ea	68	231	10	38	5	5	0.9			0	276
62709	Bar, energy, chocolate chip	1 ea	68	238	10	42	5	4	0.9			0	278
62716	Bar, energy, cookies & cream	1 ea	68	225	10	39	5	4	1.5			0	277
62725	Bar, energy, honey peanut	1 ea	50	200	14	22	1	6	3.5			3	500
62710	Bar, energy, peanut butter	1 ea	68	240	12	38	5	5	0.8			0	277
62205	Bar, energy, peanut butter	1 ea	35	140	6	18	1	5	1.0			0	150
62275	Bar, energy, Performance, apple cinnamon	1 ea	65	230	8	45	2	4	0.5			0	0
62561	Bar, energy, Performance, chocolate peanut butter	1 ea	65	240	9	44	1	4	1.0			0	150
62821	Bar, energy, Performance, vanilla crisp	1 ea	65	240	8	45	1	4	0.5			0	0
62830	Bar, energy, Protein Plus, chocolate peanut butter	1 ea	78	300	23	39	1	6	3.5			5	0
63031	Drink, protein, Max Whey, all flvrs, pwd, scoop	1 scp	27	88	20	3	0	1				25	0
20650	Drink, sports, berry	8 fl-oz	244	63	0	16	0	0	0.0	0.0	0.0	0	0
20558	Drink, sports, grape	8 fl-oz	244	50	0	14	0	0	0.0	0.0	0.0	0	0
20559	Drink, sports, Powerade, lemon lime, rtd, svg	8 fl-oz	244	78	0	19	0	0	0.0	0.0	0.1	0	0
SUPPLEMENTAL FOODS AND FORMULAS													
62833	Carbohydrate Gel, chocolate	1 ea	41	120	0	28		2	1.0				
62795	Drink, Boost High Protein, vanilla, rtu, SD	8 fl-oz	256	240	15	33	0	6	0.5			10	200
62796	Drink, Boost Plus, vanilla, rtu, SD	8 fl-oz	256	360	14	45	0	14	1.5			10	200
62162	Drink, Boost, vanilla, rtu, SD	8 fl-oz	256	240	10	41	0	4	0.5			5	250
63156	Drink, breakfast, chocolate, inst, SD	0.25 cup	34	130	8	24	0	1	0.5	0.2	0.1	5	300
4055	Drink, Instant Breakfast, straw, prep w/whole milk, SD	8 fl-oz	279	290	15	37		9				40	350
4054	Drink, Instant Breakfast, van, prep w/whole milk, SD	8 fl-oz	279	290	15	37		9				40	350
34577	Drink, protein, soy, chocolate	1 cntr	341	230	15	37	3	3	0.5	1.5	1.0	0	125
4340	Formula, Ensure Plus, vanilla, rtu	1 cup	252	355	13	50	0	11	1.5	2.9	7.0	5	375
62136	Pudding, Boost, vanilla, rtu, indiv, SD	1 ea	142	240	7	33	0	9	1.0			5	150
29341	Shake, nutrition, Myoplex Lite, chocolate fudge, rtd	1 cntr	346	170	20	20	5	2	0.0			10	500
SWEETENERS AND SWEET SUBSTITUTES													
Jams, Jellies and Glazes													
90974	Fruit Spread, apricot, 100% fruit	1 Tbs	19	40	0	10	0	0	0.0	0.0	0.0	0	0
90976	Fruit Spread, blueberry, 100% fruit	1 Tbs	19	40	0	10	0	0	0.0	0.0	0.0	0	0
90984	Fruit Spread, concord grape, 100% fruit	1 Tbs	19	40	0	10	0	0	0.0	0.0	0.0	0	0
90978	Fruit Spread, red raspberry, 100% fruit	1 Tbs	19	40	0	10	0	0	0.0	0.0	0.0	0	0
90979	Fruit Spread, strawberry, 100% fruit	1 Tbs	19	40	0	10	0	0	0.0	0.0	0.0	0	0
23054	Jam	1 Tbs	20	56	0	14	0	0	0.0	0.0	0.0	0	0
23205	Jam, apricot	1 Tbs	20	48	0	13	0	0	0.0	0.0	0.0	0	4
23288	Jam, concord grape	1 Tbs	20	50	0	13	0	0	0.0	0.0	0.0	0	0
92262	Jam, red raspberry	1 Tbs	20	50	0	13	0	0	0.0	0.0	0.0	0	0
23286	Jam, strawberry	1 Tbs	20	50	0	13	0	0	0.0	0.0	0.0	0	0
23003	Jelly	1 Tbs	21	56	0	15	0	0	0.0	0.0	0.0	0	0
23285	Jelly, apple	1 Tbs	20	50	0	13	0	0	0.0	0.0	0.0	0	0
23293	Jelly, concord grape	1 Tbs	20	50	0	13	0	0	0.0	0.0	0.0	0	0
90881	Jelly, mixed fruit	1 Tbs	20	50	0	13	0	0	0.0	0.0	0.0	0	0
23294	Jelly, strawberry	1 Tbs	20	50	0	13	0	0	0.0	0.0	0.0	0	0

APPENDIX N Food Composition Table A-191

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks

A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.37	0.28	3.54	0.41	0.98	87.0	67.1		20.2	275	5.32	103.2	298	246	170	3.2	11	0.00	0.00
5.48	1.30	22.17	1.50	3.80	418.2	62.8	0.0	5.6	343	7.96	168.6	418	246	99	6.8	10	0.00	0.00
0.38	0.31	3.63	0.43	0.98	84.6	65.7		20.8	278	5.73	128.3	304	232	139	3.7	13	0.00	0.00
0.34	0.28	3.49	0.38	0.98	85.6	66.1		20.3	265	5.21	95.5	286	206	76	3.5	10	0.00	
0.34	0.27	3.45	0.43	0.98	85.1	66.2		20.3	279	5.23	102.6	266	212	179	3.2	13	0.00	0.00
0.60	0.50	9.00	0.60	1.20	80.0	60.0	80.0	13.6	100	3.59	40.0	100	115	220	3.0		0.00	
0.40	0.30	6.25	0.41	0.98	96.2	65.8		20.4	268	5.30	113.7	305	301	289	3.6	10	0.00	0.00
1.26	0.60	3.00	0.60	1.50		6.0	60.0		300	2.70	100.0	100		75			0.00	0.00
0.23	0.17					42.0			250	4.50			105	200			0.00	0.00
0.44	0.50	6.00	0.60	3.59	240.0	36.0			300	3.59	60.0	150	105	200	2.2		0.00	
0.23	0.17		0.50			42.0			150	2.70		150	105	200			0.00	0.00
1.50	1.70	20.00	2.00	6.00	400.0	60.0			400	8.10	120.0	350		210	5.2		0.00	
						0.0			0	0.00				35			0.00	
0.02	0.00	0.54	0.05	0.00	0.0	1.0	0.0	0.0	2	0.11	0.0	24	37	95	0.0	93	0.00	0.00
		2.00	0.20	0.60					0	0.00	0.0		25	100			0.00	0.00
0.02	0.00	3.81	0.37	3.33	0.0	0.0	0.0	0.0	2	0.21	0.0	2	44	54	0.0	92	0.00	0.00
						9.0							40	200			0.00	25.00
0.37	0.43	5.00	0.69	2.09	140.0	60.0	80.0		350	4.50	100.0	300	380	170	4.5	200	0.00	0.00
0.37	0.43	5.00	0.69	2.09	140.0	60.0	80.0		350	4.50	100.0	300	380	170	4.5		0.00	0.00
0.37	0.43	5.00	0.69	2.09	140.0	60.0	160.0		300	4.50	100.0	300	400	130	4.5	200	0.00	0.00
0.44	0.25	7.00	0.60	1.50	140.0	21.0			200	6.30	28.0	150	350	110	4.5			1.00
0.52	0.68	7.00	0.69	2.09	140.0	21.0	140.0	4.8	450	6.30	140.0	400	620	210	5.3		0.00	0.00
0.52	0.68	7.00	0.69	2.09	140.0	21.0	140.0	4.8	450	6.30	140.0	400	620	210	5.3		0.00	0.00
0.37	0.43	5.00	0.50	1.50	100.0	30.0	100.0		250	4.50	100.0	250	360	220	3.8		0.00	0.00
0.37	0.43	5.00	0.50	1.50	100.8	30.0	100.8	3.4	199	4.51	100.8	199	441	239	3.8	70	0.00	0.00
0.23	0.25	3.00	0.40	1.20	80.0	36.0	80.0		250	2.70	60.0	200	250	125	3.0	93	0.00	0.00
0.75	0.85	10.00	1.00	3.00	360.0	60.0	200.0		200	2.70	100.0	400	450	380	7.5		0.00	
						0.0			0	0.00				0		9	0.00	0.00
						0.0			0	0.00				0		9	0.00	0.00
						0.0			0	0.00				0		9	0.00	0.00
						0.0			0	0.00				0		9	0.00	0.00
						0.0			0	0.00				0		9	0.00	0.00
0.00	0.01	0.00	0.00	0.00	2.2	1.8	0.0	0.0	4	0.10	0.8	4	15	6	0.0	30	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.2	1.8	0.0	0.0	4	0.10	0.8	1	15	8	0.0	34	0.00	0.00
						0.0			0	0.00				0		7	0.00	0.00
						0.0			0	0.00				0		7	0.00	0.00
						0.0			0	0.00				0		7	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.4	0.2	0.0	0.0	1	0.03	1.3	1	11	6	0.0	30	0.00	0.00
						0.0			0	0.00				0		7	0.00	0.00
						0.0			0	0.00				0		7	0.00	0.00
						0.0			0	0.00				0		7	0.00	0.00
						0.0			0	0.00				0		7	0.00	0.00

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A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
23005	Marmalade, orange	1 Tbs	20	49	0	13	0	0	0.0	0.0	0.0	0	1
92229	Preserves	1 Tbs	20	56	0	14	0	0	0.0	0.0	0.0	0	0
92232	Preserves, apricot	1 Tbs	20	48	0	13	0	0	0.0	0.0	0.0	0	4
90891	Preserves, blueberry	1 Tbs	20	50	0	13	0	0	0.0	0.0	0.0	0	0
23297	Preserves, red raspberry	1 Tbs	20	50	0	13	0	0	0.0	0.0	0.0	0	0
23301	Preserves, strawberry	1 Tbs	20	50	0	13	0	0	0.0	0.0	0.0	0	0
Sugars and Syrups													
25309	Honey, light	1 Tbs	21	64	0	17	0	0	0.0	0.0	0.0	0	0
25003	Molasses	1 Tbs	20	58	0	15	0	0	0.0	0.0	0.0	0	0
25201	Sugar, brown, unpacked	1 tsp	3	11	0	3	0	0	0.0	0.0	0.0	0	0
63415	Sugar, powdered	0.25 cup	37	140	0	37	0	0	0.0	0.0	0.0	0	
25006	Sugar, white, granulated	1 tsp	4	16	0	4	0	0	0.0	0.0	0.0	0	0
25007	Sugar, white, granulated, pkt	1 indiv pkt	3	11	0	3	0	0	0.0	0.0	0.0	0	0
25010	Syrup, corn, dark	1 Tbs	20	57	0	16	0	0	0.0	0.0	0.0	0	0
25000	Syrup, corn, light	1 Tbs	22	62	0	17	0	0				0	0
63334	Syrup, dietetic	1 Tbs	15	6	0	7	0	0	0.0	0.0	0.0	0	0
23042	Syrup, pancake	1 Tbs	20	47	0	12	0	0	0.0	0.0	0.0	0	0
23090	Syrup, pancake, w/butter	1 Tbs	20	59	0	15	0	0	0.2	0.1	0.0	1	3
VEGETABLES AND LEGUMES													
Canned Vegetables and Legumes													
7867	Artichokes, hearts, cnd, pieces	0.5 cup	100	38	2	6	0	0	0.0	0.0	0.0	0	12
6262	Asparagus, spears, cut, cnd	0.5 cup	119	20	2	3	1	0	0.0	0.0	0.0	0	30
7042	Beans, black turtle soup, mature, cnd	0.5 cup	120	109	7	20	8	0	0.1	0.0	0.2	0	0
7853	Beets, slices, cnd	0.5 cup	123	30	1	7	1	0	0.0	0.0	0.0	0	0
5199	Carrots, cnd, drnd, slices	0.5 cup	73	18	0	4	1	0	0.0	0.0	0.1	0	815
7933	Chili Peppers, green, cnd	0.25 cup	35	7	0	2	1	0	0.0	0.0	0.1	0	4
51059	Corn, golden, whole kernel, cnd	0.5 cup	125	90	2	18	3	1	0.0			0	0
6268	Corn, sweet, whl kernel, cnd	0.33 cup	77	80	2	16	1	0	0.0			0	0
7855	Corn, whole kernel, cnd	0.5 cup	125	90	2	14	2	1	0.0			0	0
9520	Greens, turnip, cnd, unsalted	0.5 cup	72	14	1	2	1	0	0.1	0.0	0.1	0	429
38077	Hominy, white, cnd	0.5 cup	82	59	1	12	2	1	0.1	0.2	0.3	0	0
5094	Mushrooms, cnd, drnd, pces/slices	0.5 cup	78	20	1	4	2	0	0.0	0.0	0.1	0	0
5095	Mushrooms, cnd, drnd, whole, med	1 ea	12	3	0	1	0	0	0.0	0.0	0.0	0	0
7275	Peas, garbanzo, cnd	0.5 cup	126	100	5	17	4	2	0.0			0	0
93303	Pickles, bread & butter, slices	1 ea	8	7	0	2	0	0	0.0	0.0	0.0	0	6
90583	Pickles, dill, chpd/diced	0.25 cup	36	4	0	1	0	0	0.0	0.0	0.0	0	7
27028	Pickles, dill, low sod, med	1 ea	65	12	0	3	1	0	0.0	0.0	0.1	0	17
27013	Pickles, dill, slices	1 ea	7	1	0	0	0	0	0.0	0.0	0.0	0	1
27025	Pickles, sour	0.25 cup	39	4	0	1	0	0	0.0	0.0	0.0	0	7
90585	Pickles, sweet, slices	1 ea	8	7	0	2	0	0	0.0	0.0	0.0	0	6
5227	Pimentos, cnd	1 Tbs	12	3	0	1	0	0	0.0	0.0	0.0	0	32
5142	Pumpkin, cnd, unsalted	0.5 cup	122	42	1	10	4	0	0.2	0.0	0.0	0	1906
5964	Pumpkin, cnd, w/salt	0.5 cup	122	42	1	10	4	0	0.2	0.0	0.0	0	1906
6255	Salad, bean, three, cnd	0.5 cup	121	80	3	18	3	0	0.0	0.0	0.0	0	20
6393	Sauerkraut, crisp	30 g	30	5	0	1	1	0	0.0	0.0	0.0	0	0
5595	Spinach, cnd, w/liquid	0.5 cup	117	22	2	3	2	0	0.1	0.0	0.2	0	753
6459	Sprouts, bean, cnd, svg	1 svg	83	12	1	2	1	0	0.0			0	0

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 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.00	0.00	0.00	0.00	0.00	1.8	1.0	0.0	0.0	8	0.02	0.4	1	7	11	0.0	33	0.00	0.00
0.00	0.01	0.00	0.00	0.00	2.2	1.8	0.0	0.0	4	0.10	0.8	4	15	6	0.0	30	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.2	1.8	0.0	0.0	4	0.10	0.8	1	15	8	0.0	34	0.00	0.00
									0	0.00				0		7	0.00	0.00
									0	0.00				0		7	0.00	0.00
									0	0.00				0		7	0.00	0.00
0.00	0.05	0.05	0.00	0.00	2.1	0.1	0.0	0.0	1	0.05	0.4	1	10	1	0.0	17	0.00	0.00
0.00	0.00	0.18	0.12	0.00	0.0	0.0	0.0	0.0	41	0.93	48.4	6	293	7	0.1	22	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	2	0.01	0.3	0	4	1	0.0	1	0.00	0.00
														0		0	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.00	0.0	0	0	0	0.0	0	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.00	0.0	0	0	0	0.0	0	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	4	0.07	1.6	2	9	31	0.0	22	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	3	0.00	0.2	0	0	14	0.1	23	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.00	0.0	0	0	3	0.0	50	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	1	0.00	0.4	2	3	16	0.0	38	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.01	0.4	2	1	20	0.0	24	0.00	0.00
				0.00		4.5			0	1.35			0	250		72	0.00	0.00
						6.0			0	0.36				420		113	0.00	0.00
0.17	0.14	0.74	0.07	0.00	73.2	3.2	0.0		42	2.27	42.0	130	370	461	0.6	76	0.00	0.00
				0.00		0.0			0	0.72			0	230		114	0.00	0.00
0.00	0.01	0.40	0.07	0.00	6.6	2.0	0.0	0.5	18	0.46	5.8	18	131	177	0.2	93	0.00	0.00
0.00	0.00	0.21	0.03	0.00	18.8	11.9	0.0		13	0.46	1.4	4	39	138	0.0	93	0.00	0.00
						3.6			0	0.36				360		103	0.00	0.00
						1.2			0	0.00				230		58	0.00	0.00
				0.00		2.4			0	0.36			0	340		107	0.00	0.00
0.00	0.03	0.25	0.02	0.00	66.2	11.2	0.0	1.1	85	1.09	14.4	15	102	21	0.2	95	0.00	0.00
0.00	0.00	0.02	0.00	0.00	0.8	0.0	0.0	0.0	8	0.50	13.2	29	7	173	0.9	83	0.00	0.00
0.07	0.01	1.24	0.05	0.00	9.4	0.0	6.2	0.0	9	0.62	11.7	51	101	332	0.6	91	0.00	0.00
0.00	0.00	0.18	0.00	0.00	1.4	0.0	1.0	0.0	1	0.09	1.8	8	15	51	0.1	91	0.00	0.00
						0.0			20	1.08				280			0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.1	0.1	0.0	0.0	5	0.01	0.5	1	8	34	0.0	76	0.00	0.00
0.00	0.00	0.03	0.00	0.00	0.4	0.3	0.0	0.0	15	0.12	2.5	4	33	313	0.0	94	0.00	0.00
0.00	0.01	0.03	0.00	0.00	0.6	1.2	0.0		6	0.34	7.1	14	75	12	0.1	92	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.1	0.1	0.0	0.0	3	0.02	0.5	1	6	61	0.0	94	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.4	0.4	0.0	0.0	0	0.15	1.5	5	9	468	0.0	94	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.1	0.1	0.0	0.0	5	0.01	0.5	1	8	34	0.0	76	0.00	0.00
0.00	0.00	0.07	0.02	0.00	0.7	10.2	0.0	0.1	1	0.20	0.7	2	19	2	0.0	93	0.00	0.00
0.02	0.07	0.44	0.07	0.00	14.7	5.1	0.0	1.3	32	1.70	28.2	43	252	6	0.2	90	0.00	0.00
0.02	0.07	0.44	0.07	0.00	14.7	5.1	0.0	1.3	32	1.70	28.2	43	252	295	0.2	90	0.00	0.00
						0.0			20	1.08				470			0.00	0.00
						3.6			0	0.00				220		28	0.00	0.00
0.01	0.11	0.31	0.09	0.00	67.9	15.8	0.0		97	1.85	65.5	37	269	373	0.5	93	0.00	0.00
				0.00		14.2			10	0.25				20		96	0.00	0.00

A-194 APPENDIX N Food Composition Table

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A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
5599	Squash, zucchini, Italian style, cnd	0.5 cup	114	33	1	8	2	0	0.0	0.0	0.1	0	61
5162	Sweet Potatoes, dark orange, mashed f/cnd	0.5 cup	128	129	3	30	2	0	0.1	0.0	0.1	0	1109
5181	Tomato Paste, unsalted, 6oz can	0.25 cup	66	54	3	12	3	0	0.1	0.0	0.1	0	100
5180	Tomato Sauce, cnd	0.5 cup	122	29	2	7	2	0	0.0	0.0	0.1	0	53
51000	Tomatoes, chunky, chili style, cnd	0.5 cup	128	30	1	8	2	0	0.0	0.0	0.0	0	50
51001	Tomatoes, chunky, pasta style, cnd	0.5 cup	128	45	1	11	2	0	0.0	0.0	0.0	0	50
6927	Tomatoes, crushed, cnd	0.5 cup	128	41	2	9	2	0	0.1	0.1	0.1	0	89
51005	Tomatoes, dices, w/liquid, cnd	0.5 cup	126	25	1	6	2	0	0.0	0.0	0.0	0	50
5630	Tomatoes, green, pickled	0.5 cup	71	26	1	6	1	0	0.0	0.1	0.1	0	59
6394	Tomatoes, pickled, halves	1 oz	28	5	0	1	1	0	0.0	0.0	0.0	0	0
6293	Tomatoes, puree, cnd	0.25 cup	63	20	1	4	0	0	0.0	0.0	0.0	0	50
9169	Tomatoes, stewed, cnd	0.5 cup	121	45	1	10	2	0	0.0	0.0	0.0	0	30
51020	Tomatoes, stwd, Italian recipe, cnd	0.5 cup	126	35	1	8	2	0	0.0	0.0	0.0	0	50
51022	Tomatoes, stwd, original recipe, cnd	0.5 cup	126	35	1	9	2	0	0.0	0.0	0.0	0	50
7885	Tomatoes, stwd, unsalted, cnd	0.5 cup	123	35	1	7	2	0	0.0	0.0	0.0	0	50
7896	Tomatoes, whole, peeled, cnd	0.5 cup	121	25	1	4	1	0	0.0	0.0	0.0	0	50
51044	Vegetables, cnd	0.5 cup	124	40	2	8	2	0	0.0	0.0	0.0	0	225
5305	Vegetables, cnd, drnd	0.5 cup	82	40	2	8	2	0	0.0	0.0	0.1	0	950
9522	Vegetables, cnd, unsalted	0.5 cup	91	34	1	7	3	0	0.0	0.0	0.1	0	1060
7873	Vegetables, peas & carrots, cnd	0.5 cup	123	50	4	10	3	0	0.0	0.0	0.0	0	500
6460	Waterchestnuts, slices, cnd	1 svg	130	65	1	16	6	0	0.0			0	0
Cooked Vegetables and Legumes													
4437	Artichokes, French, hearts, ckd, drnd	0.5 cup	84	45	2	10	7	0	0.1	0.0	0.1	0	1
5000	Artichokes, globe, ckd, drnd, med	1 ea	120	64	3	14	10	0	0.1	0.0	0.2	0	2
5003	Asparagus, ckd, drnd	0.5 cup	90	20	2	4	2	0	0.0	0.0	0.1	0	91
5249	Bamboo Shoots, slices, ckd, drnd	0.5 cup	60	7	1	1	1	0	0.0	0.0	0.1	0	0
7012	Beans, black, mature, ckd	0.5 cup	86	114	8	20	7	0	0.1	0.0	0.2	0	1
4450	Beans, blackeyed, mature, ckd	0.5 cup	86	99	7	18	6	0	0.1	0.0	0.2	0	1
7027	Beans, broad, mature, ckd	0.5 cup	85	94	6	17	5	0	0.1	0.1	0.1	0	1
4444	Beans, fava, mature, ckd	0.5 cup	85	94	6	17	5	0	0.1	0.1	0.1	0	1
7045	Beans, French, mature, ckd	0.5 cup	88	114	6	21	8	1	0.1	0.0	0.4	0	0
7031	Beans, goa, mature, ckd	0.5 cup	86	126	9	13		5	0.7	1.9	1.3	0	0
7219	Beans, golden gram, mature, ckd	0.5 cup	101	106	7	19	8	0	0.1	0.1	0.1	0	2
7021	Beans, great northern, mature, ckd	0.5 cup	88	104	7	19	6	0	0.1	0.0	0.2	0	0
7008	Beans, kidney, all types, mature, ckd	0.5 cup	88	112	8	20	6	0	0.1	0.0	0.2	0	0
7047	Beans, kidney, red, mature, ckd	0.5 cup	88	112	8	20	7	0	0.1	0.0	0.2	0	0
7006	Beans, lentils, mature, ckd	0.5 cup	99	115	9	20	8	0	0.1	0.1	0.2	0	1
90019	Beans, lentils, mature, ckd w/salt	0.5 cup	99	113	9	19	8	0	0.1	0.1	0.2	0	1
7058	Beans, lima, baby, mature, ckd	0.5 cup	91	115	7	21	7	0	0.1	0.0	0.2	0	0
7010	Beans, lima, lrg, mature, ckd	0.5 cup	94	108	7	20	7	0	0.1	0.0	0.2	0	0
7059	Beans, mung, mature, ckd	0.5 cup	101	106	7	19	8	0	0.1	0.1	0.1	0	2
7022	Beans, navy, mature, ckd	0.5 cup	91	127	7	24	10	1	0.1	0.1	0.4		0
7050	Beans, pink, mature, ckd	0.5 cup	84	126	8	24	4	0	0.1	0.0	0.2	0	0
7013	Beans, pinto, mature, ckd	0.5 cup	86	122	8	22	8	1	0.1	0.1	0.2	0	0
7053	Beans, white, mature, ckd	0.5 cup	90	124	9	22	6	0	0.1	0.0	0.1	0	0
5022	Beets, ckd, drnd, sliced	0.5 cup	85	37	1	8	2	0	0.0	0.0	0.1	0	3
5407	Borage, ckd, drnd	4 oz	113	28	2	4		1	0.2	0.3	0.1	0	497

APPENDIX N Food Composition Table A-195

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes **A-192 Vegetables and Legumes** A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.05	0.05	0.60	0.17	0.00	34.0	2.6	0.0		19	0.76	15.9	33	311	424	0.3	91	0.00	0.00
0.02	0.10	1.22	0.30	0.00	14.0	6.6	0.0	1.4	38	1.70	30.6	66	268	96	0.3	74	0.00	0.00
0.03	0.10	2.00	0.14	0.00	7.9	14.3	0.0	2.8	24	1.95	27.5	54	664	64	0.4	74	0.00	0.00
0.02	0.07	1.19	0.11	0.00	13.5	8.6	0.0	1.7	16	1.25	19.6	32	405	642	0.2	91	0.00	0.00
						9.0			20	0.36				670		117	0.00	0.00
						9.0			20	0.36				560			0.00	0.00
0.10	0.07	1.55	0.18	0.00	16.6	11.7	0.0		43	1.65	25.5	41	374	168	0.3	89	0.00	0.00
						9.0			20	1.44			280	200		118	0.00	0.00
0.03	0.01	0.28	0.05	0.00	5.3	20.0	0.0	0.2	11	0.36	7.5	19	128	89	0.1	90	0.00	0.00
						0.0			0	0.00				324			0.00	0.00
						9.0			0	0.36				15		57	0.00	0.00
						12.0			40	0.36			280	330			0.00	0.00
						9.0			20	1.44			300	360		116	0.00	0.00
						12.0			20	1.08			300	360		115	0.00	0.00
			0.00			12.0			40	1.44			150	15		114	0.00	0.00
			0.00			12.0			20	0.72			200	220		115	0.00	0.00
						2.4			20	0.72				360		113	0.00	0.00
0.03	0.03	0.46	0.05	0.00	19.6	4.1	0.0	0.2	22	0.86	13.0	34	237	121	0.3	87	0.00	0.00
0.02	0.03	0.43	0.07	0.00	16.4	3.5	0.0	0.3	19	0.58	13.7	34	126	24	0.5	90	0.00	0.00
						9.0			20	1.08			0	330		108	0.00	0.00
						0.0			4	0.34				16		86	0.00	0.00
0.03	0.07	0.93	0.07	0.00	74.8	6.2	0.0	0.2	18	0.50	35.3	61	240	50	0.3	84	0.00	0.00
0.05	0.10	1.33	0.10	0.00	106.8	8.9	0.0	0.2	25	0.73	50.4	88	343	72	0.5	84	0.00	0.00
0.15	0.12	0.98	0.07	0.00	134.1	6.9	0.0	1.3	21	0.81	12.6	49	202	13	0.5	93	0.00	0.00
0.00	0.02	0.18	0.05	0.00	1.2	0.0	0.0		7	0.14	1.8	12	320	2	0.3	96	0.00	0.00
0.20	0.05	0.43	0.05	0.00	128.1	0.0	0.0		23	1.80	60.2	120	305	1	1.0	66	0.00	0.00
0.17	0.05	0.41	0.09	0.00	177.8	0.3	0.0	0.2	21	2.15	45.3	133	238	3	1.1	70	0.00	0.00
0.07	0.07	0.60	0.05	0.00	88.4	0.3	0.0	0.0	31	1.27	36.5	106	228	4	0.9	72	0.00	0.00
0.07	0.07	0.60	0.05	0.00	88.4	0.3	0.0	0.0	31	1.27	36.5	106	228	4	0.9	72	0.00	0.00
0.11	0.05	0.47	0.09	0.00	66.4	1.1	0.0		56	0.95	49.6	90	327	5	0.6	67	0.00	0.00
0.25	0.10	0.70	0.03	0.00	8.6	0.0	0.0		122	3.72	46.4	132	241	11	1.2	67	0.00	0.00
0.17	0.05	0.57	0.07	0.00	160.6	1.0	0.0	0.2	27	1.40	48.5	100	269	2	0.8	73	0.00	0.00
0.14	0.05	0.60	0.10	0.00	90.3	1.2	0.0		60	1.88	44.2	146	346	2	0.8	69	0.00	0.00
0.14	0.05	0.50	0.10	0.00	115.0	1.1	0.0	0.0	31	1.96	37.2	122	358	1	0.9	67	0.00	0.00
0.14	0.05	0.50	0.10	0.00	115.0	1.1	0.0	0.0	25	2.59	39.8	126	357	2	0.9	67	0.00	0.00
0.17	0.07	1.04	0.18	0.00	179.2	1.5	0.0	0.1	19	3.29	35.6	178	365	2	1.3	70	0.00	0.00
0.17	0.07	1.04	0.18	0.00	179.2	1.5	0.0	0.1	19	3.29	35.6	178	365	236	1.3	70	0.00	0.00
0.15	0.05	0.60	0.07	0.00	136.5	0.0	0.0		26	2.18	48.2	116	365	3	0.9	67	0.00	0.00
0.15	0.05	0.40	0.15	0.00	78.0	0.0	0.0	0.2	16	2.25	40.4	104	478	2	0.9	70	0.00	0.00
0.17	0.05	0.57	0.07	0.00	160.6	1.0	0.0	0.2	27	1.40	48.5	100	269	2	0.8	73	0.00	0.00
0.21	0.05	0.58	0.12	0.00	127.4	0.8	0.0	0.0	63	2.15	48.2	131	354	0	0.9	64	0.00	0.00
0.21	0.05	0.47	0.15	0.00	142.0	0.0	0.0	0.8	44	1.94	54.9	139	429	2	0.8	61	0.00	0.00
0.17	0.05	0.27	0.20	0.00	147.1	0.7	0.0	0.8	39	1.78	42.8	126	373	1	0.8	63	0.00	0.00
0.10	0.03	0.12	0.07	0.00	72.5	0.0	0.0	0.8	81	3.30	56.4	101	502	5	1.2	63	0.00	0.00
0.01	0.02	0.28	0.05	0.00	68.0	3.1	0.0	0.0	14	0.67	19.6	32	259	65	0.3	87	0.00	0.00
0.07	0.18	1.07	0.10	0.00	11.3	36.9	0.0		116	4.13	64.6	62	557	100	0.2	92	0.00	0.00

A-196 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
5028	Broccoli, chpd, ckd, drnd	0.5 cup	78	27	2	6	3	0	0.1	0.0	0.1	0	121
90415	Broccoli, spear, 5" long, ckd, drnd	1 ea	37	13	1	3	1	0	0.0	0.0	0.1	0	57
6092	Broccoli, spears, ckd f/fzn w/salt, drnd	0.5 cup	92	26	3	5	3	0	0.0	0.0	0.1	0	103
5234	Broccoli, spears, ckd f/fzn, drnd	0.5 cup	92	26	3	5	3	0	0.0	0.0	0.1	0	93
5033	Brussels Sprouts, ckd, drnd	0.5 cup	78	28	2	6	2	0	0.1	0.0	0.2	0	60
5038	Cabbage, ckd, drnd, shredded	0.5 cup	75	17	1	4	1	0	0.0	0.0	0.0	0	6
5075	Cabbage, kale, ckd, drnd	0.5 cup	65	18	1	4	1	0	0.0	0.0	0.1	0	885
5238	Cabbage, red, ckd, drnd, shredded	0.5 cup	75	22	1	5	2	0	0.0	0.0	0.0	0	2
5889	Carrots, ckd f/fzn w/salt, drnd, slices	0.5 cup	73	27	0	6	2	0	0.1	0.0	0.2	0	1236
5358	Carrots, ckd f/fzn, drnd, slices	0.5 cup	73	27	0	6	2	0	0.1	0.0	0.2	0	1236
5047	Carrots, ckd, drnd, slices	0.5 cup	78	27	1	6	2	0	0.0	0.0	0.1	0	1329
5052	Cauliflower, florets, ckd, drnd	3 ea	54	12	1	2	1	0	0.0	0.0	0.1	0	1
7266	Cauliflower, green, ckd, head	0.125 ea	56	18	2	4	2	0	0.0	0.0	0.1	0	8
5056	Celery, ckd, drnd, diced	0.5 cup	75	14	1	3	1	0	0.0	0.0	0.1	0	39
5894	Celery, w/salt, diced, drnd, ckd	0.5 cup	75	14	1	3	1	0	0.0	0.0	0.1	0	39
6917	Corn, white, sweet, cob, ckd f/fzn w/salt, drnd	1 ea	63	59	2	14	2	0	0.1	0.1	0.2	0	0
5567	Corn, white, sweet, cob, ckd f/fzn, drnd	1 ea	63	59	2	14	1	0	0.1	0.1	0.2	0	0
5560	Corn, white, sweet, kernels f/one ear, ckd, drnd	0.5 cup	78	76	3	17	2	1	0.2	0.3	0.5	0	0
6019	Corn, white, sweet, kernels, ckd f/fzn w/salt, drnd	0.5 cup	82	66	2	16	2	0	0.1	0.1	0.2	0	0
5393	Corn, white, sweet, kernels, ckd f/fzn, drnd	0.5 cup	82	66	2	16	2	0	0.1	0.1	0.2	0	0
6964	Corn, yellow, sweet, cob, kernels, ckd f/fzn w/salt, drnd	0.5 cup	82	78	3	18	2	1	0.1	0.2	0.3	0	19
5365	Corn, yellow, sweet, cob, kernels, ckd f/fzn, drnd	0.5 cup	82	78	3	18	2	1	0.1	0.2	0.3	0	19
5379	Corn, yellow, sweet, kernels, ckd, drnd	0.5 cup	74	72	3	16	2	1	0.1	0.3	0.4	0	20
5639	Cucumber, ckd	0.5 cup	90	14	1	3	1	0	0.0	0.0	0.1	0	21
5072	Eggplant, ckd, drnd, 1" cubes	0.5 cup	50	17	0	4	1	0	0.0	0.0	0.0	0	2
5025	Greens, beet, ckd, drnd	0.5 cup	72	19	2	4	2	0	0.0	0.0	0.1	0	551
6093	Greens, collard, chpd, ckd w/salt, drnd	0.5 cup	80	21	2	4	2	0	0.0	0.0	0.1	0	649
5061	Greens, collard, chpd, ckd, drnd	0.5 cup	95	25	2	5	3	0	0.0	0.0	0.2	0	771
5096	Greens, mustard, ckd, drnd	0.5 cup	70	10	2	1	1	0	0.0	0.1	0.0	0	443
5426	Greens, purslane, ckd, drnd	0.5 cup	58	10	1	2		0				0	106
24128	Greens, Swiss chard, bld, drnd, chpd	0.5 cup	88	18	2	4	2	0	0.0	0.0	0.0	0	536
5185	Greens, turnip, chpd, ckd, drnd	0.5 cup	72	14	1	3	3	0	0.0	0.0	0.1	0	549
6004	Greens, turnip, ckd w/salt, drnd, chpd	0.5 cup	72	14	1	3	3	0	0.0	0.0	0.1	0	549
5640	Hominy, ckd	0.5 cup	82	59	1	12	2	1	0.1	0.2	0.3	0	0
5924	Mushrooms, ckd w/salt, drnd, pieces	0.5 cup	78	22	2	4	2	0	0.0	0.0	0.1	0	0
5092	Mushrooms, ckd, drnd	0.5 cup	78	22	2	4	2	0	0.0	0.0	0.1	0	0
5384	Mushrooms, shiitake, ckd, whole	4 ea	72	40	1	10	2	0	0.0	0.1	0.0	0	0
7508	Natto, fermented soybeans	0.5 cup	88	186	16	13	5	10	1.4	2.1	5.4	0	0
5932	Okra, ckd f/fzn w/salt, drnd, slices	0.5 cup	92	31	1	6	2	0	0.1	0.0	0.1	0	28
5099	Okra, ckd, drnd, slices	0.5 cup	80	18	1	4	2	0	0.0	0.0	0.0	0	23
6074	Onion, ckd w/salt, drnd	0.5 cup	105	44	1	10	1	0	0.0	0.0	0.1	0	0
90185	Onion, pearl, ckd, drnd, chpd	0.5 cup	105	46	1	11	1	0	0.0	0.0	0.1	0	0
7811	Onion, red, ckd, drnd, chpd	0.5 cup	105	46	1	11	1	0	0.0	0.0	0.1	0	0
5108	Onion, white, ckd, drnd, chpd	0.5 cup	105	46	1	11	1	0	0.0	0.0	0.1	0	0
7812	Onion, yellow, ckd, drnd, chpd	0.5 cup	105	46	1	11	1	0	0.0	0.0	0.1	0	0

APPENDIX N Food Composition Table A-197

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes **A-192 Vegetables and Legumes** A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.05	0.10	0.43	0.15	0.00	84.2	50.6	0.0	1.1	31	0.51	16.4	52	229	32	0.4	89	0.00	0.00
0.01	0.05	0.20	0.07	0.00	40.0	24.0	0.0	0.5	15	0.25	7.8	25	108	15	0.2	89	0.00	0.00
0.05	0.07	0.41	0.11	0.00	27.6	36.9	0.0	1.2	47	0.56	18.4	51	166	239	0.3	91	0.00	0.00
0.05	0.07	0.41	0.11	0.00	27.6	36.9	0.0	1.2	47	0.56	18.4	51	166	22	0.3	91	0.00	0.00
0.07	0.05	0.46	0.14	0.00	46.8	48.4	0.0	0.3	28	0.93	15.6	44	247	16	0.3	89	0.00	0.00
0.05	0.02	0.18	0.07	0.00	22.5	28.1	0.0	0.1	36	0.12	11.2	25	147	6	0.2	93	0.00	0.00
0.02	0.05	0.31	0.09	0.00	8.4	26.6	0.0	0.6	47	0.57	11.7	18	148	15	0.2	91	0.00	0.00
0.05	0.03	0.28	0.17	0.00	18.0	25.8	0.0	0.1	32	0.50	12.8	25	196	21	0.2	91	0.00	0.00
0.01	0.02	0.30	0.05	0.00	8.0	1.7	0.0	0.7	26	0.38	8.0	23	140	215	0.3	90	0.00	0.00
0.01	0.02	0.30	0.05	0.00	8.0	1.7	0.0	0.7	26	0.38	8.0	23	140	43	0.3	90	0.00	0.00
0.05	0.02	0.50	0.11	0.00	10.9	2.8	0.0	0.8	23	0.27	7.8	23	183	45	0.2	90	0.00	0.00
0.01	0.02	0.21	0.09	0.00	23.8	23.9	0.0	0.0	9	0.17	4.9	17	77	8	0.1	93	0.00	0.00
0.03	0.05	0.37	0.11	0.00	23.1	40.8	0.0		18	0.40	10.7	32	156	13	0.4	89	0.00	0.00
0.02	0.03	0.23	0.05	0.00	16.5	4.6	0.0	0.3	32	0.31	9.0	19	213	68	0.1	94	0.00	0.00
0.02	0.03	0.23	0.05	0.00	16.5	4.6	0.0	0.3	32	0.31	9.0	19	213	245	0.1	94	0.00	0.00
0.10	0.03	0.95	0.14	0.00	19.5	3.0	0.0		2	0.37	18.3	47	158	151	0.4	73	0.00	0.00
0.10	0.03	0.95	0.14	0.00	19.5	3.0	0.0		2	0.37	18.3	47	158	3	0.4	73	0.00	0.00
0.07	0.03	1.30	0.10	0.00	15.7	4.9	0.0	0.1	2	0.43	24.3	72	198	2	0.4	73	0.00	0.00
0.07	0.05	1.07	0.10	0.00	25.6	2.6	0.0	0.1	3	0.28	15.7	47	121	202	0.3	77	0.00	0.00
0.07	0.05	1.07	0.10	0.00	25.6	2.6	0.0	0.1	3	0.28	15.7	47	121	4	0.3	77	0.00	0.00
0.14	0.05	1.25	0.18	0.00	25.6	4.0	0.0	0.1	2	0.50	23.9	62	207	198	0.5	73	0.00	0.00
0.14	0.05	1.25	0.18	0.00	25.6	4.0	0.0	0.1	2	0.50	23.9	62	207	3	0.5	73	0.00	0.00
0.07	0.03	1.25	0.10	0.00	17.1	4.1	0.0	0.1	2	0.34	19.4	57	162	1	0.5	73	0.00	0.00
0.01	0.01	0.21	0.03	0.00	10.1	4.7	0.0	0.1	15	0.27	11.6	20	144	2	0.2	95	0.00	0.00
0.03	0.00	0.30	0.03	0.00	6.9	0.6	0.0	0.2	3	0.11	5.4	7	61	0	0.1	90	0.00	0.00
0.07	0.20	0.36	0.10	0.00	10.1	17.9	0.0	1.3	82	1.37	49.0	30	654	174	0.4	89	0.00	0.00
0.02	0.07	0.46	0.10	0.00	74.4	14.6	0.0	0.7	112	0.93	16.0	24	93	202	0.2	92	0.00	0.00
0.03	0.10	0.55	0.11	0.00	88.3	17.3	0.0	0.8	133	1.10	19.0	28	110	15	0.2	92	0.00	0.00
0.02	0.03	0.30	0.07	0.00	51.1	17.7	0.0	0.8	52	0.49	10.5	29	141	11	0.1	94	0.00	0.00
0.01	0.05	0.25	0.03	0.00	5.2	6.0	0.0		45	0.43	38.5	21	281	25	0.1	94	0.00	0.00
0.02	0.07	0.31	0.07	0.00	7.9	15.8	0.0	1.7	51	1.98	75.2	29	480	157	0.3	93	0.00	0.00
0.02	0.05	0.30	0.12	0.00	85.0	19.7	0.0	1.4	99	0.57	15.8	21	146	21	0.1	93	0.00	0.00
0.02	0.05	0.30	0.12	0.00	85.0	19.7	0.0	1.4	99	0.57	15.8	21	146	191	0.1	93	0.00	0.00
0.00	0.00	0.02	0.00	0.00	0.8	0.0	0.0	0.0	8	0.50	13.2	29	7	173	0.9	83	0.00	0.00
0.05	0.23	3.48	0.07	0.00	14.0	3.1	6.2	0.0	5	1.36	9.4	68	278	186	0.7	91	0.00	0.00
0.05	0.23	3.48	0.07	0.00	14.0	3.1	6.2	0.0	5	1.36	9.4	68	278	2	0.7	91	0.00	0.00
0.02	0.11	1.08	0.10	0.00	15.1	0.2	20.2	0.0	2	0.31	10.1	21	84	3	1.0	83	0.00	0.00
0.14	0.17	0.00	0.10	0.00	7.0	11.4	0.0	0.0	190	7.53	100.6	152	638	6	2.7	55	0.00	0.00
0.07	0.09	0.56	0.02	0.00	92.0	8.8	0.0	0.3	68	0.47	36.8	34	169	220	0.5	91	0.00	0.00
0.10	0.03	0.69	0.15	0.00	36.8	13.0	0.0	0.2	62	0.21	28.8	26	108	5	0.3	93	0.00	0.00
0.03	0.01	0.17	0.14	0.00	15.7	5.5	0.0	0.0	23	0.25	11.5	37	174	251	0.2	88	0.00	0.00
0.03	0.01	0.17	0.14	0.00	15.7	5.5	0.0	0.0	23	0.25	11.5	37	174	3	0.2	88	0.00	0.00
0.03	0.01	0.17	0.14	0.00	15.7	5.5	0.0	0.0	23	0.25	11.5	37	174	3	0.2	88	0.00	0.00
0.03	0.01	0.17	0.14	0.00	15.7	5.5	0.0	0.0	23	0.25	11.5	37	174	3	0.2	88	0.00	0.00
0.03	0.01	0.17	0.14	0.00	15.7	5.5	0.0	0.0	23	0.25	11.5	37	174	3	0.2	88	0.00	0.00

A-198 APPENDIX N Food Composition Table

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A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
5212	Parsnips, ckd, drnd	0.5 cup	78	55	1	13	3	0	0.0	0.1	0.0	0	0
5213	Peas, black eyed, immature, ckd, drnd	0.5 cup	82	80	3	17	4	0	0.1	0.0	0.1	0	65
7056	Peas, catjang cowpeas, ckd	0.5 cup	86	100	7	17	3	1	0.2	0.1	0.3	0	1
4441	Peas, chickpea, mature, ckd	0.5 cup	82	134	7	22	6	2	0.2	0.5	0.9	0	2
4465	Peas, cowpeas, immature, ckd, drnd	0.5 cup	82	80	3	17	4	0	0.1	0.0	0.1	0	65
7018	Peas, cowpeas, mature, ckd	0.5 cup	86	99	7	18	6	0	0.1	0.0	0.2	0	1
7001	Peas, garbanzo, mature, ckd	0.5 cup	82	134	7	22	6	2	0.2	0.5	0.9	0	2
5939	Peas, green, ckd f/fzn w/salt, drnd	0.5 cup	80	62	4	11	4	0	0.0	0.0	0.1	0	168
5938	Peas, green, ckd w/salt, drnd	0.5 cup	80	67	4	13	4	0	0.0	0.0	0.1	0	64
7020	Peas, green, split, ckd	0.5 cup	98	116	8	21	8	0	0.1	0.1	0.2	0	1
5126	Peppers, bell, green, sweet, ckd, drnd, chpd	1 cup	135	38	1	9	2	0	0.0	0.0	0.1	0	63
9549	Peppers, bell, green, sweet, sauteed	1 svg	85	108	1	4	2	10	1.4	2.0	5.0	0	23
5278	Peppers, bell, red, sweet, ckd, drnd, chpd	0.5 cup	68	19	1	5	1	0	0.0	0.0	0.1	0	200
5334	Potatoes, baked, med, 2 1/4" to 3 1/4"	1 ea	173	161	4	37	4	0	0.1	0.0	0.1	0	2
5130	Potatoes, baked, peeled	0.5 cup	61	57	1	13	1	0	0.0	0.0	0.0	0	0
5948	Potatoes, baked, peeled, salted	0.5 cup	61	57	1	13	1	0	0.0	0.0	0.0	0	0
6996	Potatoes, baked, salted	0.5 cup	61	57	2	13	1	0	0.0	0.0	0.0	0	1
9250	Potatoes, red, w/skin, baked, med, 2 1/4" to 3 1/4"	1 ea	173	154	4	34	3	0	0.0	0.0	0.1	0	2
5512	Potatoes, rstd	1 ea	93	132	3	30	3	0	0.0	0.0	0.1	0	0
5339	Potatoes, skin, bkd	1 ea	58	115	2	27	5	0	0.0	0.0	0.0	0	1
9247	Potatoes, w/skin, baked, med, 2 1/4"-3 1/4"	1 ea	173	163	4	36	4	0	0.0	0.0	0.1	0	2
9366	Potatoes, white, baby, ckd	0.5 cup	85	70	2	15	1	0	0.0	0.0	0.0	0	0
9368	Potatoes, yukon gold, ckd	0.5 cup	85	70	2	15	1	0	0.0	0.0	0.0	0	0
7226	Rutabaga, ckd, drnd, mashed	0.5 cup	120	47	2	10	2	0	0.0	0.0	0.1	0	0
5013	Snap Beans, green, ckd f/fzn, drnd	0.5 cup	68	19	1	4	2	0	0.0	0.0	0.1	0	38
5856	Snap Beans, green, ckd w/salt, drnd	0.5 cup	62	22	1	5	2	0	0.0	0.0	0.1	0	44
5971	Soybeans, green, ckd w/salt, drnd	0.5 cup	90	127	11	10	4	6	0.7	1.1	2.7	0	14
7015	Soybeans, mature, ckd	0.5 cup	86	149	14	9	5	8	1.1	1.7	4.4	0	1
90028	Soybeans, mature, ckd w/salt	0.5 cup	86	149	14	9	5	8	1.1	1.7	4.4	0	1
5972	Spinach, ckd w/salt, drnd	0.5 cup	90	21	3	3	2	0	0.0	0.0	0.1	0	943
5147	Spinach, ckd, drnd	0.5 cup	90	21	3	3	2	0	0.0	0.0	0.1	0	943
5459	Sprouts, soybean, mature, stmd	0.5 cup	47	38	4	3	0	2	0.3	0.5	1.2	0	2
5316	Squash, acorn, ckd, mashed	0.5 cup	122	42	1	11	3	0	0.0	0.0	0.0	0	100
5317	Squash, butternut, bkd, cubes	0.5 cup	102	41	1	11	3	0	0.0	0.0	0.0	0	1143
5455	Squash, spaghetti, bkd/ckd, drnd	0.5 cup	78	21	1	5	1	0	0.0	0.0	0.1	0	9
6922	Squash, spaghetti, ckd w/salt, drnd	0.5 cup	78	21	1	5	1	0	0.0	0.0	0.1	0	9
5975	Squash, summer, all types, ckd w/salt, drnd	0.5 cup	90	18	1	4	1	0	0.1	0.0	0.1	0	19
5152	Squash, summer, all types, ckd, drnd, slices	0.5 cup	90	18	1	4	1	0	0.1	0.0	0.1	0	19
5981	Squash, winter, all types, bkd w/salt, cubes	0.5 cup	102	40	1	9	3	1	0.1	0.0	0.3	0	535
5667	Squash, zucchini, slices, stmd	0.5 cup	90	13	1	3	1	0	0.0	0.0	0.1	0	29
5327	Squash, zucchini, w/skin, ckd, drnd, slices	0.5 cup	90	14	1	2	1	0	0.1	0.0	0.1	0	101
5544	Taro, ckd, slices, Tahitian	0.5 cup	68	30	3	5		0	0.1	0.0	0.2	0	121
5229	Taro, poi	0.5 cup	120	134	0	33	0	0	0.0	0.0	0.1	0	8
5536	Tomatoes, green, ckd, fried	1 ea	144	284	5	19	1	22	4.6	9.4	6.4	41	82
5178	Tomatoes, red, ckd f/fresh	0.5 cup	120	22	1	5	1	0	0.0	0.0	0.1	0	59

APPENDIX N Food Composition Table A-199

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes **A-192 Vegetables and Legumes** A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.05	0.03	0.56	0.07	0.00	45.2	10.1	0.0	0.8	29	0.44	22.6	54	286	8	0.2	80	0.00	0.00
0.07	0.11	1.15	0.05	0.00	104.8	1.8	0.0	0.2	106	0.92	42.9	42	345	3	0.8	75	0.00	0.00
0.14	0.03	0.61	0.07	0.00	121.4	0.3	0.0		22	2.60	82.1	121	321	16	1.6	70	0.00	0.00
0.10	0.05	0.43	0.10	0.00	141.0	1.1	0.0	0.3	40	2.36	39.4	138	239	6	1.3	60	0.00	0.00
0.07	0.11	1.15	0.05	0.00	104.8	1.8	0.0	0.2	106	0.92	42.9	42	345	3	0.8	75	0.00	0.00
0.17	0.05	0.41	0.09	0.00	177.8	0.3	0.0	0.2	21	2.15	45.3	133	238	3	1.1	70	0.00	0.00
0.10	0.05	0.43	0.10	0.00	141.0	1.1	0.0	0.3	40	2.36	39.4	138	239	6	1.3	60	0.00	0.00
0.23	0.07	1.17	0.09	0.00	47.2	7.9	0.0	0.0	19	1.22	17.6	62	88	258	0.5	80	0.00	0.00
0.20	0.11	1.62	0.17	0.00	50.4	11.4	0.0	0.1	22	1.23	31.2	94	217	191	1.0	78	0.00	0.00
0.18	0.05	0.87	0.05	0.00	63.7	0.4	0.0	0.0	14	1.25	35.3	97	355	2	1.0	69	0.00	0.00
0.07	0.03	0.63	0.31	0.00	21.6	100.4	0.0	0.7	12	0.62	13.5	24	224	3	0.2	92	0.00	0.00
0.03	0.03	0.49	0.17	0.00	1.7	150.4	0.0	1.2	7	0.25	6.8	13	114	14	0.1	83	0.00	0.00
0.03	0.01	0.31	0.15	0.00	10.9	116.3	0.0	1.1	6	0.31	6.8	12	113	1	0.1	92	0.00	0.00
0.10	0.07	2.44	0.54	0.00	48.4	16.6	0.0	0.1	26	1.87	48.4	121	926	17	0.6	75	0.00	0.00
0.05	0.00	0.85	0.18	0.00	5.5	7.8	0.0	0.0	3	0.20	15.2	30	239	3	0.2	75	0.00	0.00
0.05	0.00	0.85	0.18	0.00	5.5	7.8	0.0	0.0	3	0.20	15.2	30	239	147	0.2	75	0.00	0.00
0.03	0.02	0.86	0.18	0.00	17.1	5.9	0.0	0.0	9	0.66	17.1	43	326	6	0.2	75	0.00	0.00
0.11	0.09	2.75	0.37	0.00	46.7	21.8	0.0	0.1	16	1.21	48.4	125	943	21	0.7	77	0.00	0.00
0.11	0.05	2.34	0.40	0.00	19.2	26.3	0.0	0.1	12	1.26	35.0	77	905	10	0.7	62	0.00	0.00
0.07	0.05	1.77	0.36	0.00	12.8	7.8	0.0	0.0	20	4.07	24.9	59	332	12	0.3	47	0.00	0.00
0.07	0.07	2.64	0.37	0.00	65.7	21.8	0.0	0.1	17	1.11	46.7	130	941	12	0.6	75	0.00	0.00
						18.0				0	0.72			5		67	0.00	0.00
						18.0				0	0.72			5		67	0.00	0.00
0.10	0.05	0.86	0.11	0.00	18.0	22.6	0.0	0.4	58	0.63	27.6	67	391	24	0.4	89	0.00	0.00
0.01	0.05	0.25	0.03	0.00	15.5	2.8	0.0	0.0	28	0.44	12.8	20	107	1	0.2	91	0.00	0.00
0.05	0.05	0.37	0.03	0.00	20.6	6.1	0.0	0.3	28	0.40	11.2	18	91	149	0.2	89	0.00	0.00
0.23	0.14	1.12	0.05	0.00	99.9	15.3	0.0		130	2.25	54.0	142	485	225	0.8	69	0.00	0.00
0.12	0.25	0.34	0.20	0.00	46.4	1.5	0.0	0.3	88	4.42	74.0	211	443	1	1.0	63	0.00	0.00
0.12	0.25	0.34	0.20	0.00	46.4	1.5	0.0	0.3	88	4.42	74.0	211	443	204	1.0	63	0.00	0.00
0.09	0.20	0.43	0.21	0.00	131.4	8.8	0.0	1.9	122	3.21	78.3	50	419	275	0.7	91	0.00	0.00
0.09	0.20	0.43	0.21	0.00	131.4	8.8	0.0	1.9	122	3.21	78.3	50	419	63	0.7	91	0.00	0.00
0.10	0.01	0.50	0.05	0.00	37.6	3.9	0.0	0.1	28	0.62	28.2	63	167	5	0.5	79	0.00	0.00
0.11	0.00	0.64	0.14	0.00	13.5	8.0	0.0		32	0.68	31.9	33	322	4	0.1	90	0.00	0.00
0.07	0.01	0.99	0.12	0.00	19.5	15.5	0.0	1.3	42	0.62	29.7	28	291	4	0.1	88	0.00	0.00
0.02	0.01	0.62	0.07	0.00	6.2	2.7	0.0	0.1	16	0.25	8.5	11	91	14	0.2	92	0.00	0.00
0.02	0.01	0.62	0.07	0.00	6.2	2.7	0.0	0.1	16	0.25	8.5		91	197	0.2	92	0.00	0.00
0.03	0.03	0.46	0.05	0.00	18.0	4.9	0.0	0.1	24	0.31	21.6	35	173	213	0.4	94	0.00	0.00
0.03	0.03	0.46	0.05	0.00	18.0	4.9	0.0	0.1	24	0.31	21.6	35	173	1	0.4	94	0.00	0.00
0.09	0.01	0.72	0.07	0.00	28.7	9.8	0.0	0.1	14	0.34	8.2	20	448	243	0.3	89	0.00	0.00
0.05	0.02	0.34	0.07	0.00	16.9	6.9	0.0	0.1	14	0.37	19.8	29	223	3	0.2	95	0.00	0.00
0.02	0.01	0.46	0.07	0.00	25.2	11.6	0.0	0.1	16	0.33	17.1	33	238	3	0.3	95	0.00	0.00
0.02	0.14	0.33	0.07	0.00	4.8	26.0	0.0		102	1.07	34.9	46	427	37	0.1	86	0.00	0.00
0.15	0.05	1.32	0.33	0.00	25.2	4.8	0.0	2.8	19	1.05	28.8	47	220	14	0.3	72	0.00	0.00
0.15	0.18	1.36	0.10	0.14	12.7	20.9	9.2	3.0	101	1.50	17.1	102	254	134	0.4	68	0.00	0.00
0.03	0.02	0.63	0.09	0.00	15.6	27.4	0.0	0.7	13	0.81	10.8	34	262	13	0.2	94	0.00	0.00

A-200 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
5177	Tomatoes, red, ckd f/fresh, med	1 ea	123	22	1	5	1	0	0.0	0.0	0.1	0	60
5628	Tomatoes, red, fried	1 ea	101	168	3	12	1	13	2.7	5.5	3.8	24	57
5183	Turnips, ckd, drnd, cubes	0.5 cup	78	17	1	4	2	0	0.0	0.0	0.0	0	0
6007	Vegetables, ckd f/fzn w/salt, drnd	0.5 cup	91	55	3	12	4	0	0.0	0.0	0.1	0	389
5187	Vegetables, ckd f/fzn, drnd, 10oz pkg	0.5 cup	91	59	3	12	4	0	0.0	0.0	0.1	0	389
5123	Vegetables, peas & carrots, ckd f/fzn, drnd	0.5 cup	80	38	2	8	2	0	0.1	0.0	0.2	0	761
6010	Yams, tropical, ckd/bkd w/salt, drnd, cubes	0.5 cup	68	78	1	18	3	0	0.0	0.0	0.0	0	8
5168	Yams, tropical, ckd/bkd, cubes	0.5 cup	68	79	1	19	3	0	0.0	0.0	0.0	0	8
Dried Vegetables and Legumes													
9918	Onion, green, freeze dried, Just Green Onions, svg	1 svg	43	150	9	28	4	1	0.0			0	1200
7259	Potatoes, dehyd	1 oz	28	104	2	23	1	0					0
5446	Tomatoes, sun dried	0.5 cup	27	70	4	15	3	1	0.1	0.1	0.3	0	24
Fresh Vegetables and Legumes													
7440	Artichokes, Calif, fresh	1 ea	340	85	7	20	10	0	0.0	0.0	0.0	0	0
5001	Asparagus, fresh	0.5 cup	67	13	1	3	1	0	0.0	0.0	0.0	0	51
5572	Beets, fresh, whole, 2"	1 ea	82	35	1	8	2	0	0.0	0.0	0.0	0	3
9799	Broccoli Raab, fresh, chpd	0.5 cup	20	4	1	1	0	0	0.0	0.0	0.0		52
6757	Broccoli, fresh	0.5 cup	46	15	1	3	1	0	0.0	0.0	0.0	0	28
5032	Brussels Sprouts, fresh	0.5 cup	44	19	1	4	2	0	0.0	0.0	0.1	0	33
5036	Cabbage, fresh, shredded	1 cup	70	18	1	4	2	0	0.0	0.0	0.0	0	7
5208	Cabbage, kale, fresh, chpd	1 cup	67	34	2	7	1	0	0.1	0.0	0.2	0	1030
5042	Cabbage, red, fresh, shredded	1 cup	70	22	1	5	1	0	0.0	0.0	0.1	0	78
9329	Carrots, baby, fresh	0.75 cup	85	40	1	9	2	0	0.0	0.0	0.0	0	1250
90429	Carrots, fresh, slices	1 pce	3	1	0	0	0	0	0.0	0.0	0.0	0	50
5049	Cauliflower, fresh	0.5 cup	54	13	1	3	1	0	0.0	0.0	0.0	0	0
90436	Celery, stalk, sml, 5" long, fresh	1 ea	17	3	0	1	0	0	0.0	0.0	0.0	0	8
7927	Chili Peppers, banana, fresh	0.25 cup	31	8	1	2	1	0	0.0	0.0	0.1	0	11
7931	Chili Peppers, jalapeno, fresh	1 ea	14	4	0	1	0	0	0.0	0.0	0.0	0	15
6015	Corn, white, sweet, kernels, fresh	0.5 cup	77	66	2	15	2	1	0.1	0.3	0.4	0	0
5378	Corn, yellow, sweet, kernels, fresh	0.5 cup	72	62	2	14	1	1	0.2	0.3	0.4	0	14
7921	Cucumber, w/o skin, fresh, sliced	0.5 cup	60	7	0	1	0	0	0.0	0.0	0.0	0	4
5071	Cucumber, w/skin, fresh, slices	0.5 cup	52	8	0	2	0	0	0.0	0.0	0.0	0	5
5371	Eggplant, fresh, cubes	0.5 cup	41	10	0	2	1	0	0.0	0.0	0.0	0	1
26005	Garlic, cloves, fresh	1 ea	3	4	0	1	0	0	0.0	0.0	0.0	0	0
7961	Greens, grape leaf, fresh	1 ea	3	3	0	1	0	0	0.0	0.0	0.0	0	83
5547	Greens, turnip, chpd, fresh	1 cup	55	18	1	4	2	0	0.0	0.0	0.1	0	637
5222	Greens, watercress, fresh, chpd	0.5 cup	17	2	0	0	0	0	0.0	0.0	0.0	0	54
9181	Jicama, fresh, chpd	0.5 cup	65	25	0	6	3	0	0.0	0.0	0.0	0	1
4851	Lettuce, crisphead, fresh, shred	1 cup	72	10	1	2	1	0	0.0	0.0	0.1	0	36
5083	Lettuce, iceberg, fresh, shred	1 cup	72	10	1	2	1	0	0.0	0.0	0.1	0	36
9316	Lettuce, iceberg, shredded	1.5 cup	85	13	1	3	1	0	0.0	0.0	0.0	0	17
5088	Lettuce, romaine, fresh, shred	1 cup	47	8	1	2	1	0	0.0	0.0	0.1	0	409
440	Mushrooms, brown, fresh	0.5 cup	44	10	1	2	0	0	0.0	0.0	0.0	0	0
5090	Mushrooms, fresh, pces/slices	0.5 cup	35	8	1	1	0	0	0.0	0.0	0.1	0	0
6494	Mushrooms, fresh, whole	0.5 cup	48	11	1	2	0	0	0.0	0.0	0.1	0	0
5775	Okra, fresh	0.5 cup	50	16	1	4	2	0	0.0	0.0	0.0	0	19

APPENDIX N Food Composition Table A-201

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes **A-192 Vegetables and Legumes** A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.03	0.02	0.64	0.10	0.00	16.0	28.0	0.0	0.7	14	0.83	11.1	34	268	14	0.2	94	0.00	0.00
0.10	0.11	0.97	0.07	0.07	11.8	13.4	6.5	1.8	55	0.93	12.6	62	200	78	0.2	72	0.00	0.00
0.01	0.01	0.23	0.05	0.00	7.0	9.0	0.0	0.0	26	0.14	7.0	20	138	12	0.1	94	0.00	0.00
0.05	0.10	0.76	0.07	0.00	17.3	2.9	0.0	0.3	23	0.75	20.0	46	154	247	0.4	83	0.00	0.00
0.05	0.10	0.76	0.07	0.00	17.3	2.9	0.0	0.3	23	0.75	20.0	46	154	32	0.4	83	0.00	0.00
0.18	0.05	0.92	0.07	0.00	20.8	6.5	0.0	0.4	18	0.75	12.8	39	126	54	0.4	86	0.00	0.00
0.05	0.01	0.37	0.15	0.00	10.9	8.2	0.0	0.2	10	0.34	12.2	33	456	166	0.1	70	0.00	0.00
0.05	0.01	0.37	0.15	0.00	10.9	8.2	0.0	0.2	10	0.34	12.2	33	456	5	0.1	70	0.00	0.00
						54.0			300	9.00				20			0.00	0.00
0.07	0.05	1.04		0.00		3.1			8	0.79		57	261	2		6	0.00	0.00
0.14	0.12	2.44	0.09	0.00	18.4	10.6	0.0	0.0	30	2.45	52.4	96	925	566	0.5	15	0.00	0.00
0.10	0.11	2.72	0.14		136.0	20.4		1.4	68	2.45	136.0	204	578	255		91	0.00	0.00
0.10	0.09	0.66	0.05	0.00	34.8	3.8	0.0	0.8	16	1.42	9.4	35	135	1	0.4	93	0.00	0.00
0.02	0.02	0.27	0.05	0.00	89.4	4.0	0.0	0.0	13	0.66	18.9	33	266	64	0.3	88	0.00	0.00
0.02	0.02	0.23	0.02		16.6	4.0	0.0	0.3	22	0.43	4.4	15	39	7	0.2	93	0.00	0.00
0.02	0.05	0.28	0.07	0.00	28.7	40.6	0.0	0.4	21	0.33	9.6	30	144	15	0.2	89	0.00	0.00
0.05	0.03	0.33	0.10	0.00	26.8	37.4	0.0	0.4	18	0.62	10.1	30	171	11	0.2	86	0.00	0.00
0.03	0.02	0.15	0.09	0.00	30.1	25.6	0.0	0.1	28	0.33	8.4	18	119	13	0.1	92	0.00	0.00
0.07	0.09	0.67	0.18	0.00	19.4	80.4	0.0		90	1.13	22.8	38	299	29	0.3	84	0.00	0.00
0.03	0.05	0.28	0.15	0.00	12.6	39.9	0.0	0.1	32	0.56	11.2	21	170	19	0.2	90	0.00	0.00
						6.0			20	0.00				45		74	0.00	0.00
0.00	0.00	0.02	0.00	0.00	0.6	0.2	0.0	0.0	1	0.00	0.4	1	10	2	0.0	88	0.00	0.00
0.02	0.02	0.27	0.10	0.00	30.5	25.8	0.0	0.0	12	0.21	8.0	24	160	16	0.1	92	0.00	0.00
0.00	0.00	0.05	0.00	0.00	6.1	0.5	0.0	0.0	7	0.02	1.9	4	44	14	0.0	95	0.00	0.00
0.02	0.01	0.38	0.10	0.00	9.0	25.6	0.0	0.2	4	0.14	5.3	10	79	4	0.1	92	0.00	0.00
0.00	0.00	0.18	0.05	0.00	3.8	16.6	0.0	0.5	2	0.03	2.1	4	35	0	0.0	92	0.00	0.00
0.15	0.05	1.30	0.03	0.00	35.4	5.2	0.0	0.1	2	0.40	28.5	69	208	12	0.3	76	0.00	0.00
0.10	0.03	1.27	0.07	0.00	30.5	4.9	0.0	0.1	1	0.37	26.8	65	196	11	0.3	76	0.00	0.00
0.01	0.00	0.01	0.02	0.00	8.3	1.9	0.0	0.0	8	0.12	7.1	12	81	1	0.1	97	0.00	0.00
0.00	0.01	0.05	0.01	0.00	3.6	1.5	0.0	0.0	8	0.15	6.8	12	76	1	0.1	95	0.00	0.00
0.01	0.01	0.27	0.02	0.00	9.0	0.9	0.0	0.1	4	0.10	5.7	10	94	1	0.1	92	0.00	0.00
0.00	0.00	0.01	0.03	0.00	0.1	0.9	0.0	0.0	5	0.05	0.8	5	12	1	0.0	59	0.00	0.00
0.00	0.00	0.07	0.00	0.00	2.5	0.3	0.0	0.1	11	0.07	2.8	3	8	0	0.0	73	0.00	0.00
0.03	0.05	0.33	0.14	0.00	106.7	33.0	0.0	1.6	104	0.61	17.1	23	163	22	0.1	90	0.00	0.00
0.01	0.01	0.02	0.01	0.00	1.5	7.3	0.0	0.2	20	0.02	3.6	10	56	7	0.0	95	0.00	0.00
0.00	0.01	0.12	0.02	0.00	7.8	13.1	0.0	0.3	8	0.38	7.8	12	98	3	0.1	90	0.00	0.00
0.02	0.01	0.09	0.02	0.00	20.9	2.0	0.0	0.1	13	0.30	5.0	14	102	7	0.1	96	0.00	0.00
0.02	0.01	0.09	0.02	0.00	20.9	2.0	0.0	0.1	13	0.30	5.0	14	102	7	0.1	96	0.00	0.00
						3.1			0	0.00				8		96	0.00	0.00
0.02	0.02	0.15	0.02	0.00	63.9	1.9	0.0	0.1	16	0.46	6.6	14	116	4	0.1	95	0.00	0.00
0.03	0.20	1.64	0.05	0.03	10.9	0.0	1.3	0.0	8	0.17	3.9	52	195	3	0.5	92	0.00	0.00
0.02	0.14	1.25	0.03	0.00	5.9	0.7	2.5	0.0	1	0.17	3.1	30	111	2	0.2	92	0.00	0.00
0.03	0.18	1.73	0.05	0.01	8.2	1.0	3.4	0.0	1	0.23	4.3	41	153	2	0.2	92	0.00	0.00
0.10	0.02	0.50	0.10	0.00	44.0	10.6	0.0	0.2	40	0.40	28.5	32	152	4	0.3	90	0.00	0.00

A-202 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
 A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
7498	Onion, red, fresh, chpd	0.5 cup	80	32	1	7	1	0	0.0	0.0	0.0	0	0
9548	Onion, sweet, fresh	1 ea	331	106	3	25	3	0				0	0
5101	Onion, white, fresh, chpd	0.5 cup	80	32	1	7	1	0	0.0	0.0	0.0	0	0
7499	Onion, yellow, fresh, chpd	0.5 cup	80	32	1	7	1	0	0.0	0.0	0.0	0	0
5120	Pea Pods, fresh, whole	0.5 cup	32	13	1	2	1	0	0.0	0.0	0.0	0	34
5116	Peas, green, fresh	0.5 cup	72	59	4	10	4	0	0.1	0.0	0.1	0	55
5124	Peppers, bell, green, sweet, fresh, chpd	0.5 cup	74	15	1	3	1	0	0.0	0.0	0.0	0	28
5128	Peppers, bell, red, sweet, fresh, chpd	0.5 cup	74	23	1	4	1	0	0.0	0.0	0.1	0	233
5441	Peppers, bell, yellow, sweet, fresh, lrg, 3 3/4" long	1 ea	186	50	2	12	2	0	0.1			0	37
6851	Potatoes, fresh, w/skin, med, 2 1/4" to 3 1/4"	1 ea	213	164	4	37	5	0	0.1	0.0	0.1	0	0
5143	Radishes, fresh, med, 3/4" to 1"	1 ea	4	1	0	0	0	0	0.0	0.0	0.0	0	0
7214	Rutabaga, fresh, cubes	0.5 cup	70	25	1	6	2	0	0.0	0.0	0.1	0	0
5253	Seaweed, agar, fresh	2 Tbs	10	3	0	1	0	0	0.0	0.0	0.0	0	0
5009	Snap Beans, green, fresh	0.5 cup	50	16	1	3	1	0	0.0	0.0	0.1	0	34
5146	Spinach, fresh, chpd	1 cup	30	7	1	1	1	0	0.0	0.0	0.0	0	281
6863	Spinach, fresh, leaf	1 ea	10	2	0	0	0	0	0.0	0.0	0.0	0	94
5010	Sprouts, alfalfa, fresh	1 cup	33	8	1	1	1	0	0.0	0.0	0.1	0	5
6861	Sprouts, soybean, mature, fresh	0.5 cup	35	43	5	3	0	2	0.3	0.5	1.3	0	0
7369	Squash, banana, fresh	0.75 cup	85	30	1	7	1	0	0.0	0.0	0.0	0	350
5801	Squash, butternut, fresh, cubes	0.5 cup	70	32	1	8	1	0	0.0	0.0	0.0	0	744
90537	Squash, summer, all types, fresh, med	1 ea	196	31	2	7	2	0	0.1	0.0	0.2	0	39
90538	Squash, summer, all types, fresh, sml	0.5 cup	56	9	1	2	1	0	0.0	0.0	0.1	0	11
5833	Squash, winter, all types, fresh, cubes	0.5 cup	58	20	1	5	1	0	0.0	0.0	0.0	0	79
90604	Squash, zucchini, baby, med, fresh	1 ea	11	2	0	0	0	0	0.0	0.0	0.0	0	5
6880	Sweet Potatoes, dark orange, fresh, cubes	0.5 cup	66	57	1	13	2	0	0.0	0.0	0.0	0	943
5445	Tomatillo, fresh, med	1 ea	34	11	0	2	1	0	0.0	0.1	0.1	0	4
5519	Tomatoes, green, fresh, chpd	0.5 cup	90	21	1	5	1	0	0.0	0.0	0.1	0	58
3973	Tomatoes, orange, fresh	1 ea	111	18	1	4	1	0	0.0	0.0	0.1	0	166
90530	Tomatoes, red, cherry, fresh, year round avg	1 ea	17	3	0	1	0	0	0.0	0.0	0.0	0	14
5170	Tomatoes, red, fresh, year round avg, chpd/sliced	0.5 cup	90	16	1	4	1	0	0.0	0.0	0.1	0	75
6492	Tomatoes, roma, fresh, year round avg, fresh	1 ea	62	11	1	2	1	0	0.0	0.0	0.1	0	52
9350	Vegetables, stir fry, Oriental, fresh, rtu	3 oz	85	15	1	3	1	0	0.0	0.0	0.0	0	150
5306	Yams, tropical, fresh, cubes	0.5 cup	75	88	1	21	3	0	0.0	0.0	0.1	0	10
Frozen Vegetables and Legumes													
5361	Asparagus, spears, fzn	4 ea	58	14	2	2	1	0	0.0	0.0	0.1	0	55
699	Beans, green, French cut, fzn, FS	1 svg	85	30	1	6	2	0	0.0	0.0	0.0	0	20
6222	Beans, lima, baby, fzn	0.5 cup	83	110	6	20	5	0	0.0	0.0	0.0	0	0
6372	Broccoli, cuts, fzn	0.67 cup	90	25	1	4	2	0	0.0	0.0	0.0	0	10
6551	Broccoli, florets, fzn	1.33 cup	83	20	1	4	2	0	0.0	0.0	0.0	0	10
5740	Carrots, fzn, slices	0.5 cup	64	23	0	5	2	0	0.0	0.0	0.2	0	909
6706	Corn, cob, half ear, Nibblers, fzn	1 ea	61	70	2	14	1	0	0.0			0	0
6368	Corn, fzn	0.67 cup	84	80	2	17	2	0	0.0			0	0
1808	Corn, Simply Sweet, cob, fzn, 3", FS	1 ea	141	90	2	19	2	0	0.0			0	0
6018	Corn, white, sweet, kernels, fzn	0.5 cup	82	73	2	17	2	1	0.1	0.2	0.3	0	0

APPENDIX N Food Composition Table A-203

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes **A-192 Vegetables and Legumes** A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.03	0.01	0.09	0.10	0.00	15.2	5.9	0.0	0.0	18	0.17	8.0	23	117	3	0.1	89	0.00	0.00
0.14	0.07	0.43	0.43		76.1	15.9	0.0	0.1	66	0.86	29.8	89	394	26	0.4	91	0.00	0.00
0.03	0.01	0.09	0.10	0.00	15.2	5.9	0.0	0.0	18	0.17	8.0	23	117	3	0.1	89	0.00	0.00
0.03	0.01	0.09	0.10	0.00	15.2	5.9	0.0	0.0	18	0.17	8.0	23	117	3	0.1	89	0.00	0.00
0.05	0.02	0.18	0.05	0.00	13.2	18.9	0.0	0.1	14	0.66	7.6	17	63	1	0.1	89	0.00	0.00
0.18	0.10	1.51	0.11	0.00	47.1	29.0	0.0	0.1	18	1.07	23.9	78	177	4	0.9	79	0.00	0.00
0.03	0.01	0.36	0.17	0.00	7.4	59.9	0.0	0.3	7	0.25	7.4	15	130	2	0.1	94	0.00	0.00
0.03	0.05	0.73	0.21	0.00	34.3	95.1	0.0	1.2	5	0.31	8.9	19	157	3	0.2	92	0.00	0.00
0.05	0.05	1.65	0.31	0.00	48.4	341.3	0.0		20	0.86	22.3	45	394	4	0.3	92	0.00	0.00
0.17	0.07	2.25	0.62	0.00	34.1	42.0	0.0	0.0	26	1.65	49.0	121	897	13	0.6	79	0.00	0.00
0.00	0.00	0.00	0.00	0.00	1.1	0.7	0.0	0.0	1	0.01	0.5	1	10	2	0.0	95	0.00	0.00
0.05	0.02	0.49	0.07	0.00	14.7	17.5	0.0	0.2	33	0.36	16.1	41	236	14	0.2	90	0.00	0.00
0.00	0.00	0.00	0.00	0.00	8.5	0.0	0.0	0.1	5	0.18	6.7	0	23	1	0.1	91	0.00	0.00
0.03	0.05	0.37	0.07	0.00	16.5	6.1	0.0	0.2	18	0.50	12.5	19	106	3	0.1	90	0.00	0.00
0.01	0.05	0.21	0.05	0.00	58.2	8.4	0.0	0.6	30	0.81	23.7	15	167	24	0.2	91	0.00	0.00
0.00	0.01	0.07	0.01	0.00	19.4	2.8	0.0	0.2	10	0.27	7.9	5	56	8	0.1	91	0.00	0.00
0.02	0.03	0.15	0.00	0.00	11.9	2.7	0.0	0.0	11	0.31	8.9	23	26	2	0.3	93	0.00	0.00
0.11	0.03	0.40	0.05	0.00	60.2	5.4	0.0		23	0.73	25.2	57	169	5	0.4	69	0.00	0.00
				0.00		9.0			20	0.36				0		76	0.00	0.00
0.07	0.00	0.83	0.10	0.00	18.9	14.7	0.0	1.0	34	0.49	23.8	23	246	3	0.1	86	0.00	0.00
0.09	0.28	0.94	0.43	0.00	56.8	33.3	0.0	0.2	29	0.68	33.3	74	514	4	0.6	95	0.00	0.00
0.02	0.07	0.28	0.11	0.00	16.4	9.6	0.0	0.1	8	0.20	9.6	21	148	1	0.2	95	0.00	0.00
0.01	0.03	0.28	0.09	0.00	13.9	7.1	0.0	0.1	16	0.34	8.1	13	203	2	0.1	90	0.00	0.00
0.00	0.00	0.07	0.01	0.00	2.2	3.8	0.0		2	0.09	3.6	10	50	0	0.1	93	0.00	0.00
0.05	0.03	0.37	0.14	0.00	7.3	1.6	0.0	0.2	20	0.40	16.6	31	224	37	0.2	77	0.00	0.00
0.00	0.00	0.62	0.01	0.00	2.4	4.0	0.0	0.1	2	0.20	6.8	13	91	0	0.1	92	0.00	0.00
0.05	0.03	0.44	0.07	0.00	8.1	21.1	0.0	0.3	12	0.46	9.0	25	184	12	0.1	93	0.00	0.00
0.05	0.03	0.66	0.07	0.00	32.2	17.8	0.0		6	0.51	8.9	32	235	47	0.2	95	0.00	0.00
0.00	0.00	0.10	0.00	0.00	2.5	2.3	0.0	0.1	2	0.05	1.9	4	40	1	0.0	95	0.00	0.00
0.02	0.01	0.52	0.07	0.00	13.5	12.3	0.0	0.5	9	0.23	9.9	22	213	4	0.2	95	0.00	0.00
0.01	0.00	0.37	0.05	0.00	9.3	8.5	0.0	0.3	6	0.17	6.8	15	147	3	0.1	95	0.00	0.00
						21.0			60	0.00				35			0.00	0.00
0.07	0.01	0.40	0.21	0.00	17.2	12.8	0.0	0.3	13	0.40	15.8	41	612	7	0.2	70	0.00	0.00
0.07	0.07	0.69	0.05	0.00	110.8	18.4	0.0		14	0.41	8.1	37	147	5	0.3	92	0.00	0.00
						9.0			40	0.72		1		0			0.00	0.00
0.18	0.07	0.52	0.10	0.00	124.8	9.0		0.2	40	1.44	59.1	115	438	240	0.8	56	0.00	0.00
						30.0			20	0.00				105		84	0.00	0.00
						30.0			20	0.36				20		77	0.00	0.00
0.02	0.01	0.30	0.05	0.00	6.4	1.6	0.0	0.4	23	0.28	7.7	21	150	44	0.2	90	0.00	0.00
						2.4			0	0.00				5		44	0.00	0.00
						2.4			0	0.00				5		64	0.00	0.00
						4.8			0	0.36		0		0			0.00	0.00
0.07	0.05	1.41	0.15	0.00	29.7	5.3	0.0		3	0.34	14.8	57	173	2	0.3	75	0.00	0.00

A-204 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
5821	Greens, turnip, fzn, chpd/dices, 10oz pkg	0.5 cup	82	18	2	3	2	0	0.1	0.0	0.1	0	507
51073	Pea Pods, snow, ckd f/fzn	1 svg	85	35	2	4	2	1	0.0			0	20
6226	Peas, garden, fzn	0.67 cup	89	70	5	12	4	0	0.0	0.0	0.0	0	40
9645	Peas, sweet, fzn	0.67 cup	85	70	4	12	4	0	0.0	0.0	0.0	0	40
6219	Snap Beans, green, cut, fzn	0.67 cup	81	30	1	5	2	0	0.0	0.0	0.0	0	10
6241	Snap Beans, green, whole, fzn	1 cup	85	35	1	5	2	0	0.0	0.0	0.0	0	10
6227	Spinach, chpd, fzn	0.33 cup	83	30	2	3	1	0	0.0	0.0	0.0	0	250
1830	Spinach, leaf, fzn, FS	1 svg	85	25	2	4	2	0	0.0	0.0	0.0	0	250
6644	Vegetables, broccoli & cauliflower, fzn	0.5 cup	43	12	0	2	1	0	0.0	0.0	0.0	0	0
9821	Vegetables, broccoli cauliflower & carrots, fzn	0.75 cup	84	30	1	5	2	0	0.0	0.0	0.0	0	75
9667	Vegetables, Chinese stirfry, fzn	1 cup	85	25	2	6	2	0	0.0	0.0	0.0	0	350
6224	Vegetables, classic, fzn	0.67 cup	86	60	2	12	2	0	0.0	0.0	0.0	0	100
1844	Vegetables, homestyle stew blend, iqf, FS	1 svg	85	45	1	10	1	0	0.0	0.0	0.0	0	50
720	Vegetables, Oriental blend, fzn, FS	1 svg	85	25	1	5	2	0	0.0	0.0	0.0	0	4
9669	Vegetables, mixed, fzn	0.67 cup	85	60	2	12	2	0	0.0	0.0	0.0	0	150
6646	Vegetables, stir fry, pepper, fzn	1 cup	84	25	1	5	1	0	0.0	0.0	0.0	0	20
WEIGHT LOSS BARS AND DRINKS													
62639	Bar, diet, breakfast & lunch, peanut butter	1 ea	34	150	5	19	2	6	2.5			5	250
63408	Bar, diet, chocolate chip	1 ea	50	200	16	17	0	8	4.0			3	350
8975	Bar, diet, hi prot & low carbohydrate, peanut butter	1 ea	50	190	22	2	0	5	2.5			0	0
62875	Bar, diet, hi prot, peanut butter	1 ea	70	250	30	11	2	6	3.5			0	0
62855	Bar, diet, meal, oatmeal raisin	1 ea	56	220	8	35	1	5	3.0			5	350
63372	Bar, diet, meal, peanut butter, chewy granola	1 ea	56	220	8	35	2	6	3.0			5	150
63705	Bar, diet, snack, apple cinnamon muffin	1 ea	34	140	1	21	1	5	0.5	3.0	1.5	5	150
62854	Shake, diet, cappuccino delight, rtd	11 fl-oz	350	180	10	25	5	6	2.0	3.5	0.5	5	350
63373	Shake, diet, creamy chocolate, rtd	11 fl-oz	350	190	20	6	4	9	1.5	6.0	1.5	15	350
62650	Shake, diet, creamy milk chocolate, rtd	11 fl-oz	350	220	10	40	5	3	1.0	1.5	0.5	5	350
62651	Shake, diet, rich chocolate royale, rtd	11 fl-oz	350	220	10	40	5	3	1.0	1.5	0.5	5	350
21128	Shake, diet, strawberries n' cream, rtd	11 fl-oz	350	180	10	23	5	5	2.0	2.5	0.5	5	350
62649	Shake, diet, strawberries n' cream, rtd	11 fl-oz	350	220	10	40	5	2	0.5	1.5	0.5	5	350
63374	Shake, diet, vanilla cream, rtd	11 fl-oz	350	180	20	4	2	9	1.5	6.0	1.5	15	350
MISCELLANEOUS													
Baking Chips and Chocolates													
23519	Baking Chips, chocolate, Crystal Dark	31 pce	15	72	1	9	1	4	3.0			0	1
23012	Baking Chips, chocolate, semi sweet	1 Tbs	10	50	0	7	1	3	1.9	1.0	0.1	0	0
23200	Baking Chips, chocolate, semi sweet, w/butter	1 Tbs	11	51	0	7	1	3	1.9	1.1	0.1	2	1
23017	Baking Chips, milk chocolate	1 Tbs	10	56	1	6	0	3	1.9	0.8	0.1	2	6
23423	Baking Chips, milk chocolate, M&M, mini bits	1 Tbs	14	70	1	10	0	3	2.0			2	6
23444	Baking Chips, milk chocolate, mini Kisses	11 ea	15	80	1	9	0	4	3.0			5	0
23446	Baking Chips, peanut butter, Reese's	1 Tbs	15	80	3	7		4	4.0			0	0
28299	Baking Chips, white chocolate, chunks	0.5 oz	14	76	1	9	0	5	2.8			5	0
23401	Baking Chocolate, bar, semi sweet	1 svg	14	70	1	8	1	4	2.5			0	0
28063	Baking Chocolate, bar, unswntd	1 svg	14	70	2	4	2	7	4.5			0	0
4355	Baking Chocolate, bar, white, premium	0.5 pce	14	80	1	8	0	4	3.0			5	0
28208	Baking Chocolate, unswntd, liquid	1 oz	28	134	3	10	5	14	7.2	2.6	3.0	0	0
28200	Cocoa Powder, unswntd	0.25 cup	22	49	4	12	7	3	1.7	1.0	0.1	0	0

APPENDIX N Food Composition Table A-205

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks A-204 Miscellaneous

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.03	0.07	0.31	0.07	0.00	60.7	22.0	0.0		97	1.24	22.1	22	151	10	0.1	93	0.00	0.00
						2.4			20	1.08				0		77	0.00	0.00
						6.0			0	1.08				0		71	0.00	0.00
						6.0			0	1.08			125	95		68	0.00	0.00
						3.6			40	0.36				0		75	0.00	0.00
						3.6			40	0.36				0		79	0.00	0.00
						1.2			80	0.72				125		77	0.00	0.00
						18.0			100	0.72		1		15			0.00	0.00
						13.5			10	0.18				12			0.00	0.00
						18.0			20	0.36				30			0.00	0.00
						18.0			20	0.36			160	15			0.00	0.00
						3.6			20	0.36				20		71	0.00	0.00
						6.0			20	0.36		0		20			0.00	0.00
						24.0			20	0.36		0		5			0.00	0.00
						4.8			20	0.36			150	20		70	0.00	0.00
						12.0			0	0.00				10			0.00	0.00
0.37	0.43	5.00	0.40	1.50	40.0	15.0	80.0	3.4	100	4.50	16.0	100	125	70	3.8			0.00
0.21	0.60	7.00	0.69	2.09	60.0	21.0	140.0	4.8	300	2.70	140.0	400	400	200	2.2			0.00
						0.0			160	1.00				120				0.00
						0.0			200	1.10				120				0.00
0.21	0.60	7.00	0.69	2.09	60.0	21.0	140.0	4.8	300	2.70	140.0	250	150	75	2.2			0.00
0.21	0.60	7.00	0.69	2.09	60.0	21.0	140.0	4.8	300	2.70	140.0	400	400	360	2.2			0.00
0.21	0.25	3.00	0.30	0.89			60.0	2.0	250	2.70		150		180	1.5			0.00
0.51	0.60	7.00	0.69	2.09	120.0	60.0	140.0	13.6	500	2.70	140.0	500	600	200	2.2			0.00
0.51	0.60	7.00	0.60	1.79	120.0	60.0	140.0	13.6	400	2.70	140.0	400	550	260	2.2			0.00
0.51	0.60	7.00	0.69	2.09	120.0	60.0	140.0	13.6	400	2.70	140.0	400	600	220	2.2			0.00
0.51	0.60	7.00	0.69	2.09	120.0	60.0	140.0	13.6	400	2.70	140.0	400	600	220	2.2			0.00
0.51	0.60	7.00	0.69	2.09	120.0	60.0	140.0	13.6	500	2.70	140.0	500	550	200	2.2			0.00
0.51	0.60	7.00	0.69	2.09	120.0	60.0	140.0	13.6	400	2.70	140.0	400	600	220	2.2			0.00
0.51	0.60	7.00	0.60	1.79	120.0	60.0	140.0	13.6	400	2.70	140.0	400	550	220	2.2			0.00
						0.0			5	2.00				31		1		0.00
0.00	0.00	0.03	0.00	0.00	1.4	0.0	0.0	0.0	3	0.33	12.1	14	38	1	0.2	1		6.51
0.00	0.00	0.05	0.00	0.00	0.3	0.0			3	0.33	12.2	14	39	1	0.2	1		6.57
0.00	0.02	0.03	0.00	0.07	1.3	0.0	0.0	0.1	20	0.25	6.6	22	39	8	0.2	2		2.09
						0.1			16	0.17				10		2		2.48
						0.0			20	0.00				15		0		0.00
						0.0			0	0.00				35				0.00
						0.0			19	0.00				14		0		0.00
						0.0			0	0.72				0		0		0.00
						0.0			0	1.44				0		0		0.00
						0.0			20	0.00				15				0.00
0.00	0.07	0.60	0.01	0.00	5.4	0.0			15	1.17	75.1	96	331	3	1.0	1		13.31
0.01	0.05	0.46	0.02	0.00	6.9	0.0	0.0	0.0	28	2.98	107.3	158	328	5	1.5	3		49.45

A-206 APPENDIX N Food Composition Table

PAGE KEY: A-116 Beverages and Beverage Mixes A-120 Candies A-122 Cereals A-126 Cheeses and Substitutes A-130 Dairy Products and Substitutes A-130 Desserts A-138 Eggs and Egg Substitutes
A-138 Fats, Oils, Margarines, and Shortenings A-140 Fruits A-142 Grain Products and Baked Goods A-146 Grains and Flours A-146 Meats and Meat Substitutes A-154 Nuts, Seeds, and Products

Code	Food Name	Unit/ Amt	Wt (g)	Energy (kcal)	Prot (g)	Carb (g)	Fiber (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chol (mg)	Vit A (RE)
Baking Ingredients													
38491	Baking Mix, original, dry	0.33 cup	40	160	3	26	1	5	1.5			0	0
28006	Baking Powder, low sod	0.25 tsp	1	1	0	1	0	0	0.0	0.0	0.0	0	0
28003	Baking Soda	0.25 tsp	1	0	0	0	0	0	0.0	0.0	0.0	0	0
26017	Cream of Tartar	1 tsp	3	8	0	2	0	0	0.0	0.0	0.0	0	0
28149	Yeast, active, dry	1 tsp	4	13	2	2	1	0	0.0	0.1	0.0	0	0
28000	Yeast, baker's, dry active	1 tsp	4	13	2	2	1	0	0.0	0.2	0.0	0	0
Condiments													
9149	Catsup	1 Tbs	15	15	0	4	0	0	0.0	0.0	0.0	0	14
27032	Catsup, low sod	1 Tbs	15	15	0	4	0	0	0.0	0.0	0.0	0	14
90602	Catsup, low sod, pkt	1 indiv pkt	6	6	0	2	0	0	0.0	0.0	0.0	0	6
8069	Dressing, mayonnaise, fat free	1 Tbs	16	11	0	2	0	0	0.1			2	3
93294	Dressing, mayonnaise, light, omega plus	1 Tbs	14	47	0	1	0	5	0.5	2.3	1.6	5	0
44719	Dressing, mayonnaise, rducd cal, cholest free	1 Tbs	15	49	0	1	0	5	0.7	1.1	2.8	0	0
8503	Dressing, mayonnaise, real	1 Tbs	14	100	0	0	0	11	1.5			5	0
8479	Dressing, Miracle Whip	1 Tbs	15	45	0	2	0	4	0.5			5	0
27004	Horseradish, prep	1 tsp	5	2	0	1	0	0	0.0	0.0	0.0	0	0
27000	Ketchup	1 Tbs	15	15	0	4	0	0	0.0	0.0	0.0	0	14
9151	Ketchup, low sod	1 Tbs	15	15	0	4	0	0	0.0	0.0	0.0	0	14
9152	Ketchup, low sod, pkt	1 ea	6	6	0	2	0	0	0.0	0.0	0.0	0	6
53591	Marinade, cooking sauce, mesquite	1 Tbs	17	10	0	3	0	0	0.0	0.0	0.0	0	0
53587	Marinade, cooking sauce, teriyaki	1 Tbs	18	25	1	5	0	0	0.0	0.0	0.0	0	0
27058	Mustard, dijon	1 tsp	5	5	0	1	0	0	0.0	0.0	0.0	0	0
435	Mustard, yellow, prep	1 tsp	5	3	0	0	0	0	0.0	0.1	0.0	0	0
90211	Mustard, yellow, prep, pkt	1 indiv pkt	5	3	0	0	0	0	0.0	0.1	0.0	0	0
27051	Relish, pickle, hot dog	1 Tbs	15	14	0	4	0	0	0.0	0.0	0.0	0	3
27052	Relish, pickle, sweet	1 Tbs	15	20	0	5	0	0	0.0	0.0	0.0	0	18
53002	Sauce, soy, f/soy & wheat	1 Tbs	16	8	1	1	0	0	0.0	0.0	0.0	0	0
53614	Sauce, soy, less sodium	1 Tbs	16	10	1	1	0	0	0.0	0.0	0.0	0	0
90035	Sauce, soy, low sod, f/soy & wheat	1 Tbs	16	8	1	1	0	0	0.0	0.0	0.0	0	0
53099	Sauce, worcestershire	1 Tbs	17	13	0	3	0	0	0.0	0.0	0.0	0	2
53457	Vinegar, balsamic	1 Tbs	15	10	0	2		0	0.0	0.0	0.0	0	
27007	Vinegar, cider	1 Tbs	15	3	0	0	0	0	0.0	0.0	0.0	0	0
92153	Vinegar, distilled	1 Tbs	15	3	0	0	0	0	0.0	0.0	0.0	0	0
27204	Vinegar, red wine	1 Tbs	16	0	0	0	0	0	0.0	0.0	0.0	0	0
22608	Wine, cooking, red	1 fl-oz	30	20	0	3	0	0	0.0	0.0	0.0	0	0
22609	Wine, cooking, white	1 fl-oz	30	20	0	3	0	0	0.0	0.0	0.0	0	0

APPENDIX N Food Composition Table A-207

PAGE KEY: A-156 Prepared Foods A-166 Restaurants A-182 Salad Dressings and Dips A-184 Sauces and Gravies A-186 Snack Foods A-188 Spices, Flavors, and Seasonings A-190 Sports Bars and Drinks
 A-190 Supplemental Foods and Formulas A-190 Sweeteners and Sweet Substitutes A-192 Vegetables and Legumes A-204 Weight Loss Bars and Drinks **A-204 Miscellaneous**

Thia (mg)	Ribo (mg)	Niac (mg NE)	Vit B6 (mg)	Vit B12 (µg)	Fol (µg)	Vit C (mg)	Vit D (IU)	Vit E (mg AT)	Cal (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Wat (%)	Alco (g)	Caff (g)
0.15	0.10	1.60			40.0	0.0			40	1.08			40	490			0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	54	0.10	0.4	86	126	1	0.0	6	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.00	0.0	0	0	315	0.0	0	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	0	0.10	0.1	0	495	2	0.0	2	0.00	0.00
0.40	0.20	1.63				0.2			3	0.23		36	54	10		8	0.00	0.00
0.43	0.15	1.61	0.05	0.00	93.6	0.0	0.0	0.0	1	0.09	2.2	25	38	2	0.3	5	0.00	0.00
0.00	0.01	0.20	0.01	0.00	1.5	2.3	0.0	0.2	3	0.07	2.9	5	57	167	0.0	69	0.00	0.00
0.00	0.01	0.20	0.01	0.00	1.5	2.3	0.0	0.2	3	0.07	2.9	5	57	3	0.0	69	0.00	0.00
0.00	0.00	0.09	0.00	0.00	0.6	0.9	0.0	0.1	1	0.02	1.1	2	23	1	0.0	69	0.00	0.00
						0.0			1	0.01		4	8	120		82	0.00	0.00
0.00	0.00	0.00	0.00	0.01		0.0		1.5	2	0.03	0.3	4	9	119	0.0	52	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.9	0	0.00	0.0	0	10	107	0.0	56	0.00	0.00
						0.0			0	0.00				75		3	0.00	0.00
						0.0			0	0.00				125			0.00	0.00
0.00	0.00	0.01	0.00	0.00	2.9	1.2	0.0	0.0	3	0.01	1.4	2	12	16	0.0	85	0.00	0.00
0.00	0.01	0.20	0.01	0.00	1.5	2.3	0.0	0.2	3	0.07	2.9	5	57	167	0.0	69	0.00	0.00
0.00	0.01	0.20	0.01	0.00	1.5	2.3	0.0	0.2	3	0.07	2.9	5	57	3	0.0	69	0.00	0.00
0.00	0.00	0.09	0.00	0.00	0.6	0.9	0.0	0.1	1	0.02	1.1	2	23	1	0.0	69	0.00	0.00
						1.8			0	0.00			25	400			0.00	0.00
						3.0			0	0.00			40	480			0.00	0.00
						0.0			0	0.00			120					0.00
0.01	0.00	0.02	0.00	0.00	0.3	0.1	0.0	0.0	3	0.07	2.5	5	7	57	0.0	83	0.00	0.00
0.01	0.00	0.02	0.00	0.00	0.3	0.1	0.0	0.0	3	0.07	2.5	5	7	57	0.0	83	0.00	0.00
0.00	0.00	0.07	0.00	0.00	0.2	0.2	0.0		1	0.18	2.9	6	12	164	0.0	72	0.00	0.00
0.00	0.00	0.02	0.00	0.00	0.2	0.2	0.0	0.1	0	0.12	0.8	2	4	122	0.0	62	0.00	0.00
0.00	0.02	0.34	0.01	0.00	2.2	0.0	0.0	0.0	3	0.31	6.9	20	35	902	0.1	71	0.00	0.00
						0.0			0	0.00				575			0.00	0.00
0.00	0.01	0.54	0.02	0.00	2.6	0.0	0.0	0.0	3	0.31	5.4	18	29	533	0.1	71	0.00	0.00
0.00	0.01	0.11	0.00	0.00	1.4	2.2	0.0	0.0	18	0.89	2.2	10	136	167	0.0	79	0.00	0.00
														5				0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	1	0.02	0.7	1	11	1	0.0	94	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.0	0.0	0.0	0.0	1	0.00	0.1	1	0	0	0.0	95	0.00	0.00
						0.0			0	0.00			0	0			0.00	0.00
0.30	0.30	0.30		0.00		0.3			2	0.30		4	24	180		76	3.59	0.00
0.30	0.30	0.30		0.00		0.3			2	0.30		4	26	180		76	3.59	0.00