



Free Carbohydrate Counter

Put together by our readers over many long hours.
Show your appreciation, pass it on!

FOOD	SERVING	CARBS	FIBER	CAL.	PROTEIN	TOTAL FAT
BEANS						
Black beans	1/2 c., boiled	20.4 g	6.1 g	114	7.6 g	0.5 g
Chick-peas, canned	1/2 c.	27.1 g	7.0 g	143	5.9 g	1.4 g
Edible-podded peas	1/2 c., boiled	5.6 g	2.2 g	34	2.6 g	0.2 g
French beans	1/2 c., boiled	20.7 g	N/A	111	6.1 g	0.7 g
Great northern beans	1/2 c., boiled	18.6 g	4.8 g	104	7.3 g	0.4 g
Green peas	1/2 c., boiled	12.5 g	2.4 g	67	4.3 g	0.2 g
Kidney beans	1/2 c., boiled	20.1 g	6.9 g	112	7.6 g	0.4 g
Lentils	1/2 c., boiled	19.9 g	5.2 g	115	8.9 g	0.4 g
Lima beans	1/2 c., boiled	19.6 g	6.8 g	108	7.3 g	0.4 g
Lima beans, baby	1/2 c., boiled	21.2 g	6.6 g	115	7.3 g	0.4 g
Navy beans	1/2 c., boiled	23.9 g	4.9 g	129	7.9 g	0.5 g
Pinto beans	1/2 c., boiled	21.8 g	3.4 g	117	7.0 g	0.4 g
Snap beans, green	1/2 c., boiled	4.9 g	1.8 g	22	1.2 g	0.2 g
Snap beans, yellow	1/2 c., boiled	4.9 g	1.8 g	22	1.2 g	0.2 g
Split peas	1/2 c., boiled	20.7 g	3.1 g	116	8.2 g	0.4 g
SOY PRODUCTS						
Tofu, firm	1/4 block	3.5 g	N/A	118	12.8 g	7.1 g
Tofu, regular	1/4 block	2.2 g	1.4 g	88	9.4 g	5.5 g
ALCOHOLIC BEVERAGES						
Beer-light	12 fl. oz.	5 g	NA	99	1 g	0
Beer-regular	12 fl. oz.	13 g	NA	146	1 g	0
Bloody Mary	5 fl. oz.	5 g	NA	115	1 g	0
Bourbon and soda	4 fl. oz.	0	NA	104	0	0
Coffee liqueur 53 proof	1 fl. oz.	16 g	NA	117	0	0
Coffee liqueur 63 proof	1 fl. oz.	11 g	NA	107	0	0
Coffee liqueur + cream	1 fl. oz.	6 g	NA	102	1 g	5
Creme de menthe	1 fl. oz.	14 g	NA	125	0	0
Daiquiri	2 fl. oz.	4 g	NA	112	0	0
Daiquiri - canned	6.8 fl. oz.	32 g	NA	259	0	0
Dessert wine - dry	1 fl. oz.	1 g	NA	38	0	0
Dessert wine - sweet	1 fl. oz.	4 g	NA	46	0	0
Gin	1 fl. oz.	0	NA	73	0	0
Gin and tonic	7.5 fl. oz.	16 g	NA	171	0	0
Manhattan	2 fl. oz.	2 g	NA	128	0	0
Martini	2.5 fl. oz.	0	NA	156	0	0
Pina colada	4.5 fl. oz.	40 g	NA	262	1 g	3
Red wine	3.5 fl. oz.	2 g	NA	74	0	0
Rose wine	3.5 fl. oz.	1 g	NA	73	0	0
Rum	1 fl. oz.	0	NA	64	0	0
Screwdriver	7 fl. oz.	18 g	NA	175	1 g	0
Spirits 100 proof	1 fl. oz.	0	NA	82	0	0
Spirits 80 proof	1 fl. oz.	0	NA	64	0	0
Spirits 86 proof	1 fl. oz.	0	NA	70	0	0

Spirits 90 proof	1 fl. oz.	0	NA	73	0	0
Spirits 94 proof	1 fl. oz.	0	NA	76	0	0
Tequila sunrise	5.5 fl. oz.	15 g	NA	189	1 g	0
Tequila sunrise - can	6.8 fl. oz.	24 g	NA	232	1 g	0
Tom Collins	7.5 fl. oz.	3 g	NA	122	0	0
Vodka	1 fl. oz.	0	NA	64	0	0
Whiskey	1 fl. oz.	0	NA	70	0	0
Whiskey sour	1 fl. oz.	4 g	NA	45	0	0
Whiskey sour - canned	1 fl. oz.	4 g	NA	37	0	0
Whiskey sour - home	1 fl. oz.	2 g	NA	41	0	0
Whiskey sour - mix - bottle	1 fl. oz.	7 g	NA	27	0	0
Whiskey sour - mix - powder	3.5 fl. oz.	97 g	NA	383	1 g	0
Whiskey sour - mix - sodium	1 fl. oz.	7 g	NA	27	0	0
Whiskey sour - powder - prep	1 fl. oz.	5 g	NA	48	0	0
Whiskey sour - sodium	1 fl. oz.	4 g	NA	45	0	0
White wine	3.5 fl. oz.	1 g	NA	70	0	0
Wine - all table	3.5 fl. oz.	1 g	NA	72	0	0
CARBONATED BEVERAGES						
Club soda	1 can (12 fl. oz.)	0	0	0	0	0
Cola	1 can (12 fl. oz.)	38.5 g	0	152	0	Trace
Cola, low-cal, with aspartame	1 can (12 fl. oz.)	0.4 g	0	4	0.4 g	0
Cola, low-cal, with saccharin	1 can (12 fl. oz.)	0.4 g	0	0	0	0
Cream soda	1 can (12 fl. oz.)	49.3 g	0	189	0	0
Ginger ale	1 can (12 fl. oz.)	31.8 g	0	124	0	0
Grape soda	1 can (12 fl. oz.)	41.7 g	0	160	0	0
Lemon-lime soda	1 can (12 fl. oz.)	38.3 g	0	148	0	0
Non-cola, low-cal, with saccharin	1 can (12 fl. oz.)	0.4 g	0	0	0	0
Orange soda	1 can (12 fl. oz.)	46.0 g	0	179	0	0
Pepper-type soda	1 can (12 fl. oz.)	38.2 g	0	151	0	0.4 g
Root beer	1 can (12 fl. oz.)	39.2 g	0	152	0	0
Tonic water	1 can (12 fl. oz.)	32.2 g	0	124	0	0
FRUIT AND VEGETABLE JUICES/DRINKS						
Apple juice, unsweetened	8 fl. oz.	29.0 g	0.3 g	117	0.2 g	0.3 g
Apricot nectar	8 fl. oz.	36.1 g	1.5 g	141	0.9 g	0.2 g
Carrot juice	6 fl. oz.	17.1 g	1.5 g	74	1.8 g	0.3 g
Citrus fruit juice drink	8 fl. oz.	28.5 g	0.2 g	114	0.7 g	0
Cranberry juice cocktail	8 fl. oz.	36.5 g	0.3 g	144	0	0.3 g
Fruit punch juice drink	8 fl. oz.	30.3 g	0.2 g	124	0.3 g	0.5 g
Grape juice, unsweetened	8 fl. oz.	37.9 g	Trace	154	1.4 g	0.2 g
Grape juice drink	8 fl. oz.	32.3 g	0	125	0.3 g	0
Grapefruit juice, unsweetened	8 fl. oz.	22.1 g	N/A	94	1.3 g	0.3 g
Lemonade, white or pink	8 fl. oz.	26.0 g	1.0 g	99	0.3 g	0.1 g
Lemonade from powder	8 fl. oz.	25.3 g	0	97	0	0
Limeade	8 fl. oz.	27.2 g	N/A	101	0.1 g	0.1 g
Orange drink	8 fl. oz.	32.0 g	0.2 g	126	0	0
Orange juice	8 fl. oz.	25.8 g	0.2 g	112	1.7 g	0.5 g
Papaya nectar	8 fl. oz.	36.3 g	1.5 g	143	0.4 g	0.4 g
Passion fruit juice	2 fl. oz.	8.4 g	N/A	31	0.2 g	Trace
Peach nectar	8 fl. oz.	34.7 g	1.5 g	135	0.7 g	Trace
Pineapple juice, unsweetened	8 fl. oz.	34.5 g	N/A	140	0.8 g	0.2 g
Prune juice	8 fl. oz.	44.7 g	2.6 g	182	1.6 g	0.1 g
Tomato juice	6 fl. oz.	7.7 g	1.5 g	31	1.4 g	0.1 g

Vegetable juice cocktail	6 fl. oz.	8.3 g	1.5 g	35	1.2 g	0.2 g
HOT BEVERAGES						
Cocoa, homemade	8 fl. oz.	25.8 g	3.8 g	218	9.1 g	9.1 g
Coffee, brewed	6 fl. oz.	0.7 g	0	4	0.2 g	0
Coffee, instant	6 fl. oz.	0.7 g	0	4	0.2 g	0
Coffee, decaffeinated, instant	6 fl. oz.	0.7 g	0	4	0.2 g	0
Tea, brewed	6 fl. oz.	0.5 g	0	2	0	0
Tea, herbal	6 fl. oz.	0.4 g	0	2	0	0
OTHER BEVERAGES						
Carob beverage, powered	3 t., made with 1c milk	22.5 g	N/A	195	8.2 g	8.2 g
Chocolate milk	8 fl. oz.	25.9 g	3.8 g	208	7.9 g	8.5 g
Eggnog	4 fl. oz.	17.2 g	0	171	4.8 g	9.5 g
Malted milk beverage, powdered	1 T., with 1 c. milk	27.3 g	N/A	236	10.3 g	9.8 g
Sports drink	8 fl. oz.	15.2 g	N/A	60	0	0
Tea, iced, unsweetened, instant	8 fl. oz.	0.5 g	0	2	0	0
Water, bottled	8 fl. oz.	0	0	0	0	0
Water, municipal	8 fl. oz.	0	0	0	0	0
BREADS AND ROLLS						
Bagel, egg	1 (about 2 oz.)	31.0 g	1.2 g	163	6.0 g	1.4 g
Bagel, Water	1 (about 2 oz.)	31.0 g	1.2 g	163	6.0 g	1.4 g
Biscuit, baking powder, homemade	1 (1 oz.)	12.8 g	0.5 g	103	2.1 g	4.8 g
Boston brown bread	1 piece	20.5 g	2.1 g	95	2.5 g	0.6 g
Bread stick, Vienna-type	1 (1 1/4 oz.)	20.3 g	1.1 g	106	3.3 g	1.1 g
Cornbread, homemade	1 slice	13.1 g	1.2 g	93	3.3 g	3.2 g
Cracked wheat bread	1 slice (about 1 oz.)	13.0 g	1.3 g	66	2.2 g	0.6 g
Croissant	1 (about 2 oz.)	27.0 g	N/A	235	5.0 g	12.0 g
English muffin	1 (about 2 oz.)	30.0 g	1.5 g	154	5.1 g	1.3 g
French or Vienna bread	1 slice (1 1/4 oz.)	19.4 g	0.8 g	102	3.2 g	1.0 g
Italian bread	1 slice (about 1 oz.)	16.9 g	0.8 g	83	2.7 g	0.2 g
Pita bread	1 pocket	20.6 g	0.4 g	105	4.0 g	0.6 g
Popover, homemade	1 (about 1 1/2 oz.)	10.3 g	N/A	90	3.5 g	3.7 g
Pumpnickel bread	1 slice (about 1 oz.)	17.0 g	1.9 g	79	2.9 g	0.4 g
Raisin bread	1 slice (about 1 oz.)	13.4 g	1.0 g	66	1.7 g	0.7 g
Roll or bun, homemade	1 (about 1 1/4 oz.)	19.6 g	0.7 g	119	2.9 g	3.1 g
Rusks	5 pieces	30.9 g	N/A	182	6.0 g	3.8 g
Rye bread, American	1 slice (about 1 oz.)	13.0 g	0.6 g	61	2.3 g	0.3 g
Sourdough bread	1 slice (1 oz.)	12.0 g	0.8 g	70	3.0 g	1.0 g
Spoonbread	1 c.	40.6 g	N/A	468	16.1 g	27.4 g
White bread, soft crumb	1 slice (about 1 oz.)	12.6 g	0.5 g	68	2.2 g	0.8 g
Whole wheat bread, soft crumb	1 slice (about 1 oz.)	13.8 g	2.1 g	67	2.6 g	0.7 g
MUFFINS						
Blueberry, homemade	1 (about 1 1/2 oz.)	16.8 g	1.4 g	112	2.9 g	3.7 g
Bran, homemade	1 (about 1 1/2 oz.)	17.2 g	3.0 g	104	3.1 g	3.9 g
Corn, homemade	1 (about 1 1/2 oz.)	17.0 g	1.0 g	115	2.9 g	4.1 g
Plain, homemade	1 (about 1 1/2 oz.)	16.9 g	N/A	118	3.1 g	4.0 g
CANDIES						
Almonds, chocolate-coated	7 (about 1 oz.)	11.1 g	2.4 g	159	3.4 g	12.2 g
Almonds, sugar-coated	8 (1 oz.)	19.7 g	1.3 g	128	2.2 g	5.2 g
Butterscotch	4 pieces (1 oz.)	26.5 g	0	111	0	1.0 g
Candy corn	20 pieces (about 1 oz.)	25.1 g	N/A	102	trace	0.6 g
Caramel, plain or chocolate	1 oz.	21.5 g	0.3 g	112	1.1 g	2.9 g
Chewing gum	1 stick	1.6 g	0	5	0	0
Chocolate, milk	1 oz.	15.9 g	0.8 g	146	2.2 g	9.0 g

Chocolate, semisweet	1 oz.	16.0 g	1.8 g	142	1.2 g	10.0 g
Coconut, chocolate-coated	1 oz.	20.2 g	N/A	123	0.8 g	4.9 g
Fudge, chocolate	1 oz.	21.0 g	0.4 g	112	0.8 g	3.4 g
Fudge, chocolate, chocolate-coated	1 oz.	20.5 g	0.5 g	120	1.1 g	4.5 g
Fudge, vanilla	1 oz.	20.9 g	0	111	0.8 g	3.1 g
Ginger root, crystallized, candied	1 oz.	24.4 g	N/A	95	0.1 g	0.1 g
Gumdrops	1 oz.	25.0 g	1.7 g	100	0	Trace
Hard candy	1 oz.	27.2 g	0	108	0	0.3 g
Jelly beans	10 (1 oz.)	26.1 g	N/A	103	0	0.1 g
Marshmallow	1 large	5.8 g	N/A	23	0.1 g	0
Mints, chocolate-coated	12 mini (about 1 oz)	22.6 g	N/A	115	0.5 g	2.9 g
Mints, plain	1 oz.	25.1 g	N/A	102	trace	0.6 g
Nougat and caramel candy bar	1 oz.	20.4 g	0.4 g	116	1.1 g	3.9 g
Peanut bars	1 oz.	13.2 g	1.7 g	144	4.9 g	9.0 g
Peanut brittle	1 oz.	22.7 g	0.5 g	118	1.6 g	2.9 g
Peanuts, chocolate-coated	12 (about 1 oz.)	11.0 g	1.6 g	157	4.6 g	11.6 g
Raisins, chocolate-coated	30 (about 1 oz.)	19.7 g	1.3 g	119	1.5 g	4.8 g
Vanilla creams, chocolate-coated	1 oz.	19.7 g	N/A	122	1.1 g	4.8 g
SWEETENERS AND TOPPINGS						
Almond paste	1 oz.	12.4 g	N/A	127	3.4 g	7.7 g
Honey	1 T.	17.3 g	Trace	64	0.1 g	0
Molasses, dark	2 T.	24.6 g	0	95	0	0
Nondairy whipped topping	2 T.	2.2 g	0	30	0.1 g	2.4 g
Sugar, brown	1 t.	2.9 g	N/A	11	0	0
Sugar, granulated	1 t.	4.0 g	0	15	0	0
Sugar, powdered	1 t.	2.5 g	0	10	0	0
Syrup, maple	1 T.	12.8 g	0	50	0	0
Syrup, pancake	1 T.	12.8 g	0	50	0	0
Whipped cream topping	2 T.	0.9 g	0	19	0.2 g	1.7 g
CONDIMENTS						
Catsup	1 T.	4.1 g	0.2 g	16	0.2 g	0.1 g
Chowchow, sour	1/2 c.	4.9 g	N/A	35	1.7 g	1.6 g
Chowchow, sweet	1/2 c.	33.1 g	1.8 g	142	1.8 g	1.1 g
Horseradish, prepared	1 t.	0.5 g	0.1 g	2	0.1 g	Trace
Horseradish, raw	1 t.	1.0 g	0.1 g	4	0.2 g	Trace
Lemon juice	1 T.	1.3 g	Trace	4	trace	0
Olives, black	5 large	1.4 g	0.7 g	25	0.2 g	2.4 g
Olives, green, unstuffed	5 large	0.3 g	0.6 g	27	0.3 g	2.9 g
Pickles, dill	1 (about 2 oz.)	2.7 g	0.8 g	12	0.4 g	0.1 g
Pickles, sour	1 (about 1 oz.)	0.8 g	0.5 g	4	0.1 g	0.1 g
Pickles, sweet	1 (about 1 oz.)	11.1 g	0.4 g	41	0.1 g	0.1 g
Relish, sour pickle	1 T.	0.4 g	0.3 g	3	0.1 g	0.1 g
Relish, sweet pickle	1 T.	5.1 g	0.3 g	21	0.1 g	0.1 g
Vinegar, cider	1 T.	0.9 g	0	2	0	0
Vinegar, distilled	1 T.	0.8 g	0	2	0	0
PRESERVES						
Jams	1 T.	14.0 g	0.4g	54	0.1 g	Trace
Jellies	1 T.	12.7 g	0.5 g	49	trace	Trace
Marmalade	1 T.	14.0 g	1.0 g	51	0.1 g	Trace
Almond butter, unsalted	1 T.	3.4 g	N/A	101	2.4 g	9.5 g
Apple butter	1 T.	8.2 g	0.2 g	33	0.1 g	0.1 g
Cashew butter, unsalted	1 T.	4.4 g	N/A	94	2.8 g	7.9 g
Deviled Ham, canned	2 oz.	0	0	199	7.9 g	18.3 g

Margarine, soft	2 t.	Trace	0	67	0.1 g	7.6 g
Margarine, stick	2 t.	0.1 g	0	68	0.1 g	7.6 g
Mayonnaise	1 T.	0.4 g	0	99	0.2 g	11.0 g
Mustard, brown	1 T.	0.8 g	N/A	14	0.9 g	1.0 g
Mustard, prepared, yellow	1 T.	1.0 g	0.4 g	11	0.7 g	0.7 g
Peanut butter	2 T.	6.6 g	1.9 g	188	6.6 g	16.0 g
Sandwich spread, chicken or turkey salad	2 oz.	4.2 g	0	113	6.6 g	7.6 g
Sandwich spread, ham salad	2 oz.	6.0 g	0	123	4.9 g	8.8 g
Sandwich spread, pork or beef	2 oz.	6.8 g	0	133	4.3 g	9.8 g
BUTTER						
Salted	2 t.	Trace	0	68	0.1 g	7.7 g
Whipped, salted	2 t.	0	0	45	0.1 g	5.1 g
CHEESES						
American	1 oz.	0.5 g	0	105	6.2 g	8.8 g
Blue	1 oz.	0.7 g	0	99	6.0 g	8.1 g
Brick	1 oz.	0.8 g	0	104	6.5 g	8.3 g
Brie	1 oz.	0.1 g	0	93	5.8 g	7.8 g
Camembert	1 oz.	0.1 g	0	84	5.5 g	6.8 g
Caraway	1 oz.	0.9 g	0	105	7.1 g	8.2 g
Cheddar	1 oz.	0.4 g	0	113	7.0 g	9.3 g
Colby	1 oz.	0.7 g	0	110	6.7 g	9.0 g
Cottage cheese, creamed	1/2 c.	3.0 g	0	117	14.1 g	5.1 g
Cottage cheese, dry curd	1/2 c.	2.1 g	0	96	19.5 g	0.5 g
Cottage cheese, low-fat (1%)	1/2 c.	3.1 g	0	82	14.0 g	1.2 g
Cottage cheese, low fat (2%)	1/2 c.	4.1 g	0	101	15.5 g	2.2 g
Cream cheese	1 oz.	0.7 g	0	98	2.1 g	9.8 g
Edam	1 oz.	0.4 g	0	100	7.0 g	7.8 g
Feta	1 oz.	1.2 g	0	74	4.0 g	6.0 g
Fontina	1 oz.	0.4 g	0	109	7.2 g	8.7 g
Gouda	1 oz.	0.6 g	0	100	7.0 g	7.7 g
Gruyere	1 oz.	0.1 g	0	116	8.4 g	9.1 g
Monterey Jack	1 oz.	0.2 g	0	105	6.9 g	8.5 g
Mozzarella, part-skim	1 oz.	0.8 g	0	71	6.8 g	4.5 g
Mozzarella, whole-milk	1 oz.	0.6 g	0	79	5.4 g	6.1 g
Muenster	1 oz.	0.3 g	0	103	6.6 g	8.4 g
Neufchatel	1 oz.	0.8 g	0	73	2.8 g	6.6 g
Parmesan, grated	1 T.	0.2 g	0	23	2.1 g	1.5 g
Provolone	1 oz.	0.6 g	0	98	7.2 g	7.5 g
Ricotta, part-skim	1/2 c.	6.4 g	0	171	14.1 g	9.8 g
Ricotta, whole-milk	1/2 c.	3.8 g	0	216	14.0 g	16.1 g
Romano, grated	1 T.	0.2 g	0	19	1.6 g	1.4 g
Roquefort	1 oz.	0.6 g	0	103	6.0 g	8.6 g
Swiss	1 oz.	1.0 g	0	105	8.0 g	7.7 g
Yogurt cheese, low-fat	1 oz.	2.5 g	0	30	2.2 g	0.6 g
CREAM AND NONDAIRY CREAMER						
Half-and-half	2 T.	1.3 g	0	39	0.9 g	3.5 g
Heavy cream	2 T.	0.8 g	0	103	0.6 g	11.0 g
Heavy cream	1 c. (yield 2 c. whipped)	6.64 g				
Light cream	2 T.	1.1 g	0	59	0.8 g	5.8 g
Nondairy creamer, powdered	1 t.	1.1 g	0	11	0.1 g	0.7 g
Sour cream	2 T.	1.2 g	0	62	0.9 g	6.0 g
EGG AND EGG						

SUBSTITUTES						
Egg substitute, frozen	1/4 c.	1.0 g	0	25	5.0 g	0
Egg substitute, liquid	1/4 c.	3.0 g	0	60	6.0 g	2.0 g
Egg white	1 large, uncooked	0.3 g	0	17	3.5 g	0
Egg yolk	1 large, uncooked	0.3 g	0	59	2.8 g	5.1 g
Fried egg	1 large, fried in butter	0.6 g	0	92	6.2 g	6.9 g
Hard-boiled egg	1 large	0.6 g	0	78	6.3 g	5.3 g
Poached egg	1 large	0.6 g	0	75	6.2 g	5.0 g
Raw egg	1 large	0.6 g	0	75	6.3 g	5.0 g
Scrambled egg	1 large	1.3 g	0	100	6.7 g	7.3 g
MILK						
Buttermilk	8 fl. oz.	11.7 g	0	99	8.1 g	2.2 g
Low-fat milk (1%)	8 fl. oz.	11.7 g	0	102	8.0 g	2.6 g
Low-fat milk (2%)	8 fl. oz.	11.7 g	0	121	8.1 g	4.7 g
Mother's milk	8 fl. oz.	17.0 g	0	171	2.5 g	10.8 g
Skim milk	8 fl. oz.	11.9 g	0	86	8.4 g	0.4 g
Whole milk	8 fl. oz.	11.4 g	0	157	8.0 g	8.9 g
Yogurt						
Low-fat yogurt	1 c.	16.0 g	0	144	11.9 g	3.5 g
Low-fat yogurt, fruit-flavored	1 c.	42.3 g	N/A	225	9.0 g	2.6 g
Nonfat yogurt	1 c.	17.4 g	0	127	13.0 g	0.4 g
Whole-milk yogurt	1 c.	10.6 g	0	139	7.9 g	7.4 g
CAKES						
Angel food from mix	1 slice (about 2 oz.)	31.5 g	0.4 g	137	3.0 g	0.1 g
Boston cream	1 slice	34.4 g	N/A	208	3.5 g	6.5 g
Cheesecake	1 slice (about 3 oz.)	24.3 g	1.8 g	257	4.6 g	16.3 g
Coffee cake from mix	1 slice	37.7 g	1.8 g	232	4.5 g	6.9 g
Devil's food with chocolate icing	1 slice	40.2 g	1.5 g	234	3.0 g	8.5 g
Fruitcake, dark	1 slice	25.7 g	1.6 g	163	2.1 g	6.6 g
Fruitcake, light	1 slice	24.7 g	1.6 g	167	2.6 g	7.1 g
Gingerbread from mix	1 slice	32.2 g	N/A	174	2.0 g	4.3 g
Pineapple upside-down	1 slice	34.9 g	N/A	221	2.4 g	8.5 g
Pound	1 slice (about 1oz.)	15.9 g	N/A	119	1.9 g	5.4 g
Sponge	1 slice	35.7 g	N/A	196	5.0 g	3.8 g
White with chocolate icing	1 slice	44.6 g	N/A	249	2.8 g	7.6 g
Yellow with chocolate icing	1 slice	39.7 g	0.6 g	233	2.8 g	7.8 g
COOKIES						
Brownie with nuts, homemade	1 (about 3/4 oz.)	10.1 g	0.5 g	93	1.3 g	6.0 g
Chocolate chip	5 (about 2 oz.)	36.6 g	1.4 g	247	2.8 g	11.0 g
Coconut bars	5 (about 1 1/2 oz.)	28.8 g	1.8 g	222	2.8 g	11.0 g
Fig bars	4 (about 2 oz.)	42.2 g	2.6 g	200	2.2 g	3.1 g
Gingersnaps	5 (about 1 1/4 oz.)	27.9 g	0.3 g	147	1.9 g	3.1 g
Lady fingers	4 (about 1 1/2 oz.)	28.4 g	0.3 g	158	3.4 g	3.4 g
Macaroons	2 (about 1 1/2 oz.)	25.1 g	0.8 g	181	2.0 g	8.8 g
Marshmallow w/ coconut	4 (about 2 1/2 oz.)	52.1 g	0.1 g	294	2.9 g	9.5 g
Molasses	2 (about 2 oz.)	49.4 g	0.8 g	274	4.2 g	6.9 g
Oatmeal with raisins	4 (about 2 oz.)	38.2 g	1.2 g	235	3.2 g	8.0 g
Peanut butter, homemade	4 (about 1 3/4 oz.)	28.0 g	0.9 g	245	4.0 g	14.0 g
Peanut butter sandwich	4 (about 1 3/4 oz.)	32.8 g	N/A	232	4.9 g	9.4 g
Sandwich cookies, vanilla	4 ovals (about 2 oz.)	41.6 g	0.9 g	297	2.9 g	13.5 g
Sandwich cookies, chocolate	4 ovals (about 2 oz.)	41.6 g	1.7 g	297	2.9 g	13.5 g
Shortbread	5 (about 1 1/4 oz.)	24.4 g	N/A	187	2.7 g	8.7 g
Sugar, homemade	5 (about 1 1/2 oz.)	26.8 g	N/A	170	2.4 g	6.1 g

Sugar wafers	5 (about 1 1/4 oz.)	34.9 g	0.2 g	230	2.3 g	9.2 g
Vanilla wafers	10 (about 1 1/2 oz.)	29.8 g	0.7 g	185	2.2 g	6.4 g
DOUGHNUTS						
Cake-type	1 (2 oz.)	29.8 g	0.8 g	227	2.7 g	10.8 g
Yeast or raised	1 (1 1/2 oz.)	15.8 g	0.9 g	174	2.7 g	11.2 g
FROZEN DESSERTS						
Frozen yogurt, nonfat, all flavors	1/2 c.	21.0 g	N/A	100	4.0 g	0
Frozen yogurt, regular, chocolate	1/2 c.	24.0 g	N/A	140	3.0 g	4.0 g
Fruit ice	1 c.	62.9 g	0	247	0.8 g	0
Fruit juice bar	1 (about 1 1/4 oz.)	10.1 g	N/A	42	0.6 g	0
Ice cream, French vanilla, soft serve	1/2 c.	19.1 g	0	188	3.5 g	11.3 g
Ice cream, vanilla (10% fat)	1/2 c.	15.9 g	0	135	2.4 g	7.2 g
Ice cream, vanilla (16% fat)	1/2 c.	16.0 g	0	175	2.1 g	11.9 g
Ice milk, vanilla	1/2 c.	14.5 g	0	92	2.6 g	2.8 g
Ice milk, vanilla, soft-serve	1/2 c.	19.2 g	0	112	4.0 g	2.3 g
Sherbet, orange	1/2 c.	29.4 g	N/A	135	1.1 g	1.9 g
Tofutti, all flavors	1/2 c.	22.4 g	N/A	217	2.6 g	12.0 g
PIES						
Apple	1 slice	45.0 g	1.9 g	302	2.6 g	13.1 g
Banana cream, homemade	1 slice	40.0 g	N/A	285	6.0 g	12.0 g
Blackberry	1 slice	40.6 g	N/A	287	3.1 g	13.0 g
Blueberry	1 slice	41.2 g	N/A	286	2.8 g	12.7 g
Cherry	1 slice	45.3 g	0.9 g	308	3.1 g	13.3 g
Chocolate cream, homemade	1 slice	29.5 oz	0.2 g	264	4.6 g	15.1 g
Custard	1 slice (about 4 oz.)	26.7 g	N/A	249	7.0 g	12.7 g
Lemon chiffon	1 slice (about 3 oz.)	35.5 g	N/A	254	5.7 g	10.2 g
Lemon meringue	1 slice	39.6 g	1.3 g	268	3.9 g	10.7 g
Mince	1 slice	48.6 g	N/A	320	3.0 g	13.6 g
Peach	1 slice	45.1 g	N/A	301	3.0 g	12.6 g
Pecan	1 slice	52.8 g	3.6 g	431	5.3 g	23.6 g
Pumpkin	1 slice (about 4 oz.)	27.9 g	3.1 g	241	4.6 g	12.8 g
Raisin	1 slice	50.7 g	N/A	319	3.1 g	12.6 g
Rhubarb	1 slice	45.1 g	N/A	299	3.0 g	12.6 g
Strawberry	1 slice	28.7 g	N/A	184	1.8 g	7.4 g
Sweet potato	1 slice (about 4 oz.)	27.0 g	N/A	243	5.1 g	12.9 g
PUDDINGS						
Bread with raisins	1/2 c.	37.6 g	N/A	248	7.4 g	8.1 g
Chocolate, homemade	1/2 c.	33.4 g	N/A	192	4.0 g	6.1 g
Corn	1/2 c.	16.0 g	N/A	136	5.5 g	6.7 g
Custard, baked	1/2 c.	14.7 g	0	152	7.2 g	7.3 g
Rice with raisins	1/2 c.	35.4 g	N/A	193	4.8 g	4.1 g
Tapioca	1/2 c.	14.1 g	N/A	111	4.1 g	4.2 g
Vanilla, homemade	1/2 c.	20.2 g	N/A	142	4.5 g	5.0 g
OTHER DESSERTS						
Apple brown betty	1/2 c.	32.1 g	N/A	163	1.7 g	3.8 g
Charlotte russe	4 oz.	38.2 g	N/A	326	6.7 g	16.6 g
Cream puff with custard filling	1 (about 4 1/2 oz.)	26.7 g	N/A	303	8.5 g	18.1 g
Éclair	1 (about 3 1/2 oz.)	23.2 g	N/A	239	6.2 g	13.6 g
Gelatin dessert from powder	1/2 c. made	17.0 g	0	72	2.0 g	0
Prune whip	1/2 c., cold	24.0 g	N/A	101	2.9 g	0.1 g
Toaster pastry	1 (about 1 3/4 oz.)	35.2 g	0.1 g	195	1.9 g	5.7 g
BREAKFAST FOODS						
Biscuit w/ egg and bacon	1 (about 5 1/4 oz.)	28.6 g	N/A	458	17.0 g	31.1 g

Biscuit w/ egg and ham	1 (about 7 oz.)	30.3 g	N/A	442	20.4 g	27.0 g
Biscuit w/ egg and sausage	1 (about 7 oz.)	41.2 g	N/A	581	19.2 g	38.7 g
Biscuit with egg, cheese, and bacon	1 (about 5 oz.)	33.4 g	N/A	477	16.3 g	31.4 g
Croissant with egg and cheese	1 (about 4 1/2 oz.)	24.3 g	N/A	368	12.8 g	24.7 g
Croissant with egg, cheese, and bacon	1 (about 4 1/2 oz.)	23.7 g	N/A	413	16.2 g	28.4 g
Croissant with egg, cheese, and ham	1 (about 5 1/2 oz.)	24.2 g	N/A	474	18.9 g	33.6 g
Croissant with egg, cheese, and sausage	1 (about 5 3/4 oz.)	24.7 g	N/A	523	20.3 g	38.2 g
Danish pastry, cheese	1 (about 3 1/4 oz.)	28.7 g	1.3 g	353	5.8 g	24.6 g
Danish pastry, cinnamon	1 (about 3 oz.)	46.9 g	1.3 g	349	4.8 g	16.7 g
Danish pastry, fruit	1 (about 3 1/4 oz.)	45.1 g	1.9 g	335	4.8 g	15.9 g
English muffin w/ egg, cheese, & Canadian bacon	1 (about 5 1/4 oz.)	31.5 g	1.6 g	383	19.8 g	19.8 g
English muffin w/egg, cheese, & sausage	1 (about 6 oz.)	31.0 g	1.6 g	487	21.7 g	30.9 g
French toast w/ butter	2 slices(about 5 oz)	36.1 g	4.2 g	356	10.3 g	18.8 g
French toast sticks	5 (about 5 oz.)	49.1 g	2.3 g	478	8.3 g	29.1 g
Pancakes with butter and syrup	3 (about 8 1/4 oz.)	90.9 g	N/A	520	8.3 g	14.0 g
Chicken, Pizza, and Salads						
Fried chicken drumsticks or thighs	2 pieces	15.7 g	N/A	431	30.1 g	26.7 g
Fried chicken wings or breasts	2 pieces	19.6 g	N/A	494	35.7 g	29.5 g
Fried chicken pieces	6pcs (about 3 1/2 oz)	15.5 g	N/A	290	16.9 g	17.7 g
Garden salad	1 1/2 c.,	6.7 g	N/A	33	2.6 g	0.1 g
Garden salad with cheese and egg	1 1/2 c.,	4.8 g	N/A	102	8.8 g	5.8 g
Garden salad with chicken	1 1/2 c.,	3.7 g	N/A	105	17.4 g	2.2 g
Garden salad with turkey, ham & cheese	1 1/2 c.,	4.7 g	N/A	267	26.0 g	16.1 g
Pizza, cheese	1 slice	20.5 g	N/A	140	7.7 g	3.2 g
Pizza, cheese, meat, and vegetable	1 slice	21.3 g	N/A	184	13.0 g	5.4 g
Pizza, pepperoni	1 slice	19.9 g	N/A	181	10.1 g	7.0 g
Salad, pasta and seafood	1 1/2 c.	32.0 g	N/A	379	16.4 g	20.9 g
DESSERTS AND SHAKES						
Fruit pie, fried	1 (about 3 oz.)	33.1 g	0	266	2.4 g	14.4 g
Shake, chocolate	10 fl. oz.	58.0 g	0	359	9.6 g	10.5 g
Shake, strawberry	10 fl. oz.	53.5 g	0	320	9.6 g	7.9 g
Shake, vanilla	10 fl. oz.	50.7 g	0	314	10.0 g	8.5 g
Sundae, caramel	1 (about 5 1/2 oz.)	49.3 g	0	304	7.3 g	9.3 g
Sundae, hot fudge	1 (about 5 1/2 oz.)	47.7 g	0	284	5.6 g	8.6 g
Sundae, strawberry	1 (about 5 1/2 oz.)	44.7 g	0	268	6.3 g	7.9 g
MEXICAN FOODS						
Burrito, bean	2 (about 7 3/4 oz.)	71.4 g	N/A	447	14.1 g	13.5 g
Burrito, bean, cheese, and beef	2 (about 7 1/4 oz.)	39.7 g	N/A	331	14.6 g	13.3 g
Burrito, beef	2 (about 8 oz.)	58.5 g	N/A	524	26.6 g	20.8 g
Chimichanga, beef	1 (about 6 1/4 oz.)	42.8 g	N/A	425	19.6 g	19.7 g
Chimichanga, beef and cheese	1 (about 6 1/2 oz.)	39.3 g	N/A	443	20.1 g	23.4 g
Enchilada, cheese	1 (about 6 oz.)	28.5 g	N/A	319	9.6 g	18.8 g
Enchilada, cheese and beef	1 (about 6 3/4 oz.)	30.5 g	N/A	323	11.9 g	17.6 g
Frijoles, cheese	1 c.	28.7 g	N/A	225	11.4 g	7.8 g
Nachos, cheese	6 - 8 (about 4 oz.)	36.3 g	N/A	346	9.1 g	19.0 g
Nachos, supreme	6 - 8 (about 9 oz.)	55.8 g	N/A	569	19.8 g	30.7 g
Taco	1 small (about 2 1/2 oz)	26.7 g	N/A	369	20.7 g	20.6 g
Taco salad	1 1/2 c.	23.6 g	N/A	279	13.2 g	14.8 g
Tostada, bean & cheese	1 (about 8 oz.)	26.5 g	N/A	223	9.6 g	9.9 g
Tostada, bean, beef and cheese	1 (about 8 oz.)	29.7 g	N/A	333	16.1 g	16.9 g
Tostada, beef & cheese	1 (about 5 3/4 oz.)	22.8 g	N/A	315	19.0 g	16.4 g
SANDWICHES						
Cheeseburger, plain	1 (3 1/2 oz.)	31.8 g	N/A	319	14.8 g	15.2 g
Cheeseburger with condiments	1 (5 1/2 oz.)	28.1 g	N/A	359	17.8 g	19.8 g

Cheese steak	1 (9 3/4 oz.)	48.8 g	2.2 g	519	35.3 g	18.6 g
Chicken fillet, plain	1 (6 1/2 oz.)	38.7 g	N/A	515	24.1 g	29.5 g
Corn dog	1 (6 1/4 oz.)	55.8 g	N/A	460	16.8 g	18.9 g
Egg and cheese	1 (about 5 1/4 oz.)	25.9 g	N/A	340	15.6 g	19.4 g
Fish with tartar sauce	1 (about 5 1/2 oz.)	41.0 g	N/A	431	16.9 g	22.8 g
Ham and cheese	1 (about 5 1/4 oz.)	33.3 g	N/A	352	20.7 g	15.5 g
Ham, egg, and cheese	1 (about 5 oz.)	31.0 g	N/A	347	19.3 g	16.3 g
Hamburger, McLean Deluxe	1 (about 7 oz.)	35.0 g	N/A	320	22.0 g	10.0 g
Hamburger, plain	1 (about 3 1/4 oz.)	30.5 g	N/A	275	12.3 g	11.8 g
Hamburger w/condiments	1 (about 4 oz.)	27.3 g	N/A	279	12.9 g	13.5 g
Hot dog	1 (about 3 1/2 oz.)	18.0 g	N/A	242	10.4 g	14.5 g
Roast beef	1 (about 5 oz.)	33.4 g	N/A	346	21.5 g	13.8 g
Steak	1 (about 7 1/4 oz.)	52.0 g	N/A	459	30.3 g	14.1 g
Submarine w/ cold cuts	1 (about 8 oz.)	51.1 g	N/A	456	21.8 g	18.6 g
Submarine w/ roast beef	1 (about 7 3/4 oz.)	44.0 g	N/A	410	29.0 g	13.0 g
Submarine w/ tuna salad	1 (about 9 oz.)	55.4 g	N/A	584	29.7 g	28.0 g
SIDE DISHES						
Baked potato with cheese sauce & bacon	1 (about 10 3/4 oz.)	44.4 g	N/A	451	18.4 g	25.9 g
Baked potato w/ cheese sauce & broccoli	1 (about 12 oz.)	46.6 g	N/A	403	13.7 g	21.4 g
Baked potato with cheese sauce and chili	1 (about 10 3/4 oz.)	55.9 g	N/A	482	23.2 g	21.8 g
Baked potato with sour cream and chives	1 (about 10 3/4 oz.)	50.0 g	N/A	393	6.7 g	22.3 g
French fries	20-25, 1" - 2" strips	29.3 g	N/A	235	3.0 g	12.2 g
Hush puppies	5 (about 2 3/4 oz.)	34.9 g	N/A	257	4.9 g	11.6 g
Onion rings, breaded and fried	8 - 9 (about 3 oz.)	31.3 g	N/A	276	3.7 g	15.5 g
Pierogies, boiled	2 (about 3/4 oz.)	2.2 g	N/A	120	4.0 g	1.0 g
FATS						
Chicken	1 T.	0	0	115	0	12.8 g
Lard	1 T.	0	0	115	0	12.8 g
Shortening	1 T.	0	0	113	0	12.8 g
OILS						
Almond	1 T.	0	0	120	0	13.6 g
Avocado	1 T.	0	0	124	0	14.0 g
Canola	1 T.	0	0	124	0	14.0 g
Coconut	1 T.	0	0	120	0	13.6 g
Corn	1 T.	0	0	120	0	13.6 g
Cottonseed	1 T.	0	0	120	0	13.6 g
Grapeseed	1 T.	0	0	120	0	13.6 g
Hazelnut	1 T.	0	0	120	0	13.6 g
Olive	1 T.	0	0	119	0	13.5 g
Palm	1 T.	0	0	120	0	13.6 g
Peanut	1 T.	0	0	119	0	13.5 g
Safflower	1 T.	0	0	120	0	13.6 g
Sesame	1 T.	0	0	120	0	13.6 g
Soybean	1 T.	0	0	120	0	13.6 g
Sunflower	1 T.	0	0	120	0	13.6 g
Walnut	1 T.	0	0	120	0	13.6 g
SALAD DRESSINGS						
Blue cheese or Roquefort, low-cal/low-fat	2 T.	0.4 g	Trace	6	0.4 g	0.3 g
Blue cheese or Roquefort, regular	2 T.	2.3 g	0	154	1.5 g	16.0 g
French (vinaigrette)	2 T.	1.0 g	0	177	trace	19.7 g
French, low-cal/ low-fat	2 T.	7.1 g	0.1 g	44	0.1 g	1.9 g
French, regular	2 T.	5.5 g	0	134	0.2 g	12.8 g
Italian, low-cal	2 T.	1.5 g	0.1 g	32	trace	2.9 g
Italian, regular	2 T.	3.0 g	0	137	0.2 g	14.2 g

Mayonnaise-type, regular	1 T.	3.5 g	0	57	0.1 g	4.9 g
Oil and vinegar	2 T.	0.8 g	0	140	0	15.6 g
Russian, low-cal	2 T.	9.0 g	0	46	0.2 g	1.3 g
Russian, regular	2 T.	3.2 g	0	151	0.5 g	15.5 g
Thousand island, low-cal	2 T.	5.0 g	0.4 g	49	0.2 g	3.3 g
Thousand island, regular	2 T.	4.7 g	0.6 g	118	0.3 g	11.1 g
FISH						
Anchovies, canned in olive oil	5 (about 3/4 oz.)	0	0	42	5.8 g	1.9 g
Bass, sea, mixed species	3 oz., cooked, dry heat	0	0	105	20.1 g	2.2 g
Bass, striped	3 oz., uncooked	0	0	82	15.1 g	2.0 g
Bluefish	3 oz., uncooked	0	0	105	17.0 g	3.6 g
Carp	3 oz., cooked dry heat	0	0	138	19.4 g	6.1 g
Catfish, channel, breaded and fried	3 oz.	6.8 g	N/A	195	15.4 g	11.3 g
Catfish, channel, uncooked	3 oz.	0	0	99	15.5 g	3.6 g
Caviar, black or red	1 T.	0.6 g	0	40	3.9 g	2.9 g
Cod, Atlantic	3 oz., cooked dry heat	0	0	89	19.4 g	0.7 g
Croaker, Atlantic, breaded and fried	3 oz.	6.4 g	N/A	188	15.5 g	10.8 g
Croaker, Atlantic, uncooked	3 oz.	0	0	88	15.1 g	2.7 g
Eel	3 oz., cooked dry heat	0	0	201	20.1 g	12.7 g
Flounder	3 oz., cooked, dry heat	0	0	99	20.5 g	1.3 g
Grouper	3 oz., cooked, dry heat	0	0	100	21.1 g	1.1 g
Haddock	3 oz., cooked, dry heat	0	0	95	20.6 g	0.8 g
Halibut	3 oz., cooked, dry heat	0	0	119	22.7 g	2.5 g
Herring, Atlantic	3 oz., cooked, dry heat	0	0	173	19.6 g	9.9 g
Herring, kippered	1 1/2 oz. (about 1 fillet)	0	0	87	9.8 g	5.0 g
Herring, pickled	1/2 oz.	1.5 g	0	39	2.1 g	2.7 g
Mackerel, Atlantic	3 oz., cooked, dry heat	0	0	223	20.3 g	15.1 g
Mackerel, king	3 oz., uncooked	0	0	89	17.2 g	1.7 g
Mackerel, Spanish	3 oz., cooked, dry heat	0	0	134	20.1 g	5.4 g
Mahi-mahi	3 oz., uncooked	0	0	72	16.0 g	0.6 g
Monkfish	3 oz., uncooked	0	0	65	12.3 g	1.3 g
Mullet, striped	3 oz., cooked, dry heat	0	0	128	21.9 g	4.1 g
Ocean perch, Atlantic	3 oz., cooked, dry heat	N/A	0	103	20.3 g	1.8 g
Octopus, common	3 oz. Uncooked	1.9 g	0	70	12.7 g	0.9 g
Orange roughly	3 oz., uncooked	0	0	59	12.5 g	0.6 g
Pike, Northern	3 oz., cooked, dry heat	0	0	96	21.0 g	0.8 g
Pollack	3 oz., cooked, dry heat	0	0	96	20.0 g	1.0 g
Pompano, Florida	3 oz., cooked, dry heat	0	0	179	20.1 g	10.3 g
Roe, mixed species	3 oz., uncooked	1.3 g	0	119	19.0 g	5.5 g
Sablefish	3 oz., smoked	0	0	219	15.0 g	17.1 g
Salmon, Chinook	3 oz., smoked	0	0	99	15.5 g	3.7 g
Salmon, chum, canned	3 oz., drained, w/bones, w/o salt	0	0	120	18.0 g	4.7 g
Salmon, coho	3 oz. cooked, moist heat	0	0	157	23.3 g	6.4 g
Salmon, pink, canned	3 oz., w/bones and liquid w/o salt	0	0	118	16.8 g	5.1 g
Salmon, sockeye, canned	3 oz., drained, w/bones, w/o salt	0	0	130	17.4 g	6.2 g
Salmon, sockeye, fresh	3 oz., cooked, dry heat	0	0	184	23.2 g	9.3 g
Sardines, Atlantic, canned in oil	2 (about 1 oz.),	0	0	50	5.9 g	2.8 g
Shad, American	3 oz., uncooked	0	0	167	14.4 g	11.7 g
Shark, mixed species	3 oz., uncooked	0	0	111	17.8 g	3.8 g
Smelt, rainbow	3 oz., cooked, dry heat	0	0	105	19.2 g	2.6 g
Snapper, mixed species	3 oz., cooked, dry heat	0	0	109	22.4 g	1.5 g
Sole	3 oz. cooked, dry heat	0	0	99	20.5 g	1.3 g
Squid, mixed species	3 oz. fried	6.6 g	0	149	15.3 g	6.4 g
Sturgeon, mixed species	3 oz., smoked	0	0	147	26.5 g	3.7 g
Surimi	3 oz.	5.8 g	0	84	12.9 g	0.7 g

Swordfish	3 oz., cooked, dry heat	0	0	132	21.6 g	4.4 g
Tilefish	3 oz., cooked, dry heat	0	0	125	20.8 g	4.0 g
Trout, rainbow	3 oz., cooked, dry heat	0	0	128	22.4 g	3.7 g
Tuna, fresh	3 oz., cooked, dry heat	0	0	156	25.4 g	5.3 g
Tuna, light meat, canned in water	3 oz., without salt	0	0	111	25.1 g	0.4 g
Tuna, white, canned in water	3 oz., drained	0	0	116	22.7 g	2.1 g
Turbot, European	3 oz., drained	0	0	81	13.6 g	2.5 g
Whitefish, mixed species	3 oz., cooked, dry heat	0	0	92	19.9 g	0.8 g
Whiting, mixed species	3 oz., cooked, dry heat	0	0	98	20 g	1.4 g
SHELLFISH						
Abalone	3 oz., fried	9.4 g	0	161	16.7 g	5.8 g
Clams, mixed species, breaded and fried	20 small	19.4 g	N/A	380	26.8 g	21.0 g
Clams, mixed species, canned	3 oz.	4.4 g	0	126	21.7 g	1.7 g
Clams, mixed species, steamed	20 small (about 3 oz.)	4.6 g	0	133	23.0 g	1.8 g
Crab, Alaskan king	3 oz., steamed	0	0	82	16.5 g	1.3 g
Crab, blue	3 oz. cooked, moist heat	0	0	87	17.2 g	1.5 g
Crab, soft-shell	1 (about 4 1/2 oz.) fried	31.2 g	N/A	334	11.0 g	17.9 g
Crayfish	3 oz., steamed	0	0	97	20.3 g	1.2 g
Lobster	3 oz. cooked, moist heat	1.1 g	0	83	17.4 g	0.5 g
Mussels, blue	3 oz. cooked, moist heat	6.3 g	0	146	20.2 g	3.8 g
Oysters, Eastern, breaded and fried	6 medium	10.2 g	0	173	7.7 g	11.1 g
Oysters, Eastern, steamed	6 medium	3.3 g	0	58	5.9 g	2.1 g
Oysters, Eastern, uncooked	6 medium	3.3 g	0	58	5.9 g	2.1 g
Scallops, mixed species, breaded and fried	2 large (about 1 oz.)	3.1 g	N/A	67	5.6 g	3.4 g
Scallops, mixed species, uncooked	3 oz.	2.0 g	0	75	14.3 g	0.7 g
Shrimp, mixed species, breaded and fried	3 oz.	9.8 g	N/A	206	18.2 g	10.4 g
Shrimp, mixed species, steamed	3 oz.	0	0	84	17.8 g	0.9 g
Whelks	3 oz., cooked, moist heat	13.2 g	0	234	40.5 g	0.7 g
FRUIT						
Acerola Cherries	3 (about 1/2 oz.)	1.1 g	0.2 g	5	0.1 g	Trace
Apple	1 (about 5 oz.), w/skin	21.1 g	3.0 g	81	0.3 g	0.5 g
Apples, Dried	10 rings (about 2 oz.)	42.2 g	5.6 g	156	0.6 g	0.2 g
Apricots	3 (about 4 oz.)	11.8 g	2.0 g	51	1.5 g	0.4 g
Apricots, Dried	10 halves	21.6 g	2.7 g	83	1.3 g	0.2 g
Avocado	1/2 (about 3 oz.)	7.4 g	2.5 g	162	2.0 g	15.4 g
Banana	1 (about 4 oz.),	26.7 g	1.8 g	105	1.2 g	0.6 g
Blackberries	1 c.	18.4 g	7.2 g	75	1.0 g	0.6 g
Blueberries	1 c.	20.5 g	3.3 g	81	1.0 g	0.6 g
Cantaloupe	1 c. cubes	13.4 g	1.3 g	56	1.4 g	0.5 g
Cherries, sour	1 c., w/out pits	18.9 g	1.9 g	78	1.6 g	0.5g
Cherries, sweet	1 c., w/out pits	24.0 g	1.6 g	104	1.7 g	1.4 g
Cranberries	1/2 c.	6.0 g	2.0 g	23	0.2 g	0.1 g
Currants, Black	1 c.	17.2 g	4.4 g	71	1.6 g	0.5 g
Currants, Red or White	1 c.	15.5 g	4.8 g	63	1.6 g	0.2 g
Currants, Zante, Dried	1/2 c.	53.3 g	4.9 g	204	2.9 g	0.2 g
Dates	5 (about 1 1/2 oz.)	30.5 g	3.5 g	114	0.8 g	0.2 g
Figs	3 (about 5 oz.)	28.8 g	5.0 g	111	1.1 g	0.5 g
Figs, dried	3 (about 2 oz.)	36.7 g	5.2 g	143	1.7 g	0.7 g
Grapefruit, Pink or White	1/2 (about 4 oz.)	9.5 g	0.7 g	37	0.7 g	0.1 g
Grapefruit, White	1/2 (about 4 oz.)	9.9 g	0.7 g	39	0.8 g	0.1 g
Grapes, American	1 c.	15.8 g	0.6 g	58	0.6 g	0.3 g
Grapes, European	1 c.	28.4	1.1 g	114	1.1 g	0.9 g
Guava	1 (about 3 oz.)	10.7 g	4.9 g	46	0.7 g	0.5 g
Honeydew	1 c. cubes	15.6 g	1.4 g	60	0.8 g	0.2 g

Kiwifruit	1 (about 2 1/2 oz.)	11.3 g	2.6 g	46	0.8 g	0.3 g
Kumquats	5 (about 3 1/2 oz.)	16.4 g	3.7 g	60	0.9 g	0.1 g
Lemon	1/2 (about 1 oz.), w/out skin	2.7 g	0.6 g	8	0.3 g	0.1 g
Lime	1/2 (about 1 oz.), w/out skin	3.5 g	0.7 g	10	0.2 g	0.1 g
Mango	1/2 (about 3 1/2 oz.)	17.6 g	2.1 g	67	0.5 g	0.3 g
Nectarine	1 (5 oz.)	16.0 g	2.2 g	67	1.3 g	0.6 g
Orange	1 (about 4 1/2 oz.)	15.4 g	3.1 g	62	1.2 g	0.2 g
Papaya	1/2 (about 5 1/2 oz.)	14.9 g	2.6 g	59	0.9 g	0.2 g
Passion Fruit	5 (3 1/2 oz.)	23.4 g	1.7 g	97	2.2 g	0.7 g
Peach	1	9.7 g	1.4 g	37	0.6 g	0.1 g
Peaches, dried	5 halves (about 2 oz)	39.9 g	5.3 g	155	2.4 g	0.5 g
Pear	1 (6 oz)	25.1 g	4.3 g	98	0.7 g	0.7 g
Pears, dried	5 halves (3 oz.)	61.0 g	11.5 g	229	1.6 g	0.6 g
Persimmon	1 (6 oz.)	31.2 g	2.9 g	118	1.0 g	0.3 g
Pineapple	1 c. cubes	19.2 g	1.9 g	76	0.6 g	0.7 g
Plantains	1/2 c. slices, cooked	24.0 g	1.8 g	89	0.6 g	0.1 g
Plums	2 (about 4 3/4 oz.)	17.2 g	2.0 g	73	1.0 g	0.8 g
Pomegranate	1/2 (about 3 oz.)	13.2 g	2.8 g	52	0.7 g	0.2 g
Prunes	5 (about 1 1/2 oz.)	26.3 g	3.0 g	100	1.1 g	0.2 g
Raisins, golden, Seedless	1/2 c.	57.7 g	3.9 g	219	2.5 g	0.3 g
Raisins, seedless	1/2 c.	57.4 g	3.9 g	218	2.3 g	0.3 g
Raspberries	1 c.	14.2 g	6.0 g	60	1.1 g	0.7 g
Strawberries	1 c.	10.5 g	3.9 g	45	0.9 g	0.6 g
Tangerine	1 (3 oz.)	9.4 g	N/A	37	0.5 g	0.2 g
Watermelon	1 c. cubes	11.5 g	0.6 g	51	1.0 g	0.7 g
GRAINS						
Barley, pearled	1/2 c. cooked	22.3 g	4.4 g	97	1.8 g	0.4 g
Bran, Corn	2 T., raw	8.0 g	7.9 g	21	0.8 g	0.1 g
Bran, Oat	2 T., raw	7.7 g	1.8 g	29	2.0 g	0.8 g
Bran, rice	2 T., raw	5.2 g	2.3 g	33	1.4 g	2.2 g
Bran, wheat	2 T., raw	4.5 g	3.0 g	15	1.1 g	0.3 g
Buckwheat Groats	1/2 c., cooked	19.7 g	N/A	91	3.4 g	0.6 g
Bulgur Wheat	1/2 c., cooked	16.9 g	4.1 g	76	2.8 g	0.2 g
Cornmeal, Whole Grain, White or Yellow	1/4 c., raw	23.1 g	3.3 g	109	2.4 g	1.1 g
Corn Grits, White or Yellow	1/2 c., cooked	15.7 g	1.9 g	73	1.7 g	0.2 g
Couscous	1/2 c., cooked	20.9 g	0.9 g	101	3.4 g	0.1 g
Hominy, White or Yellow, Canned	1/2 c., raw	11.4 g	2.0 g	58	1.2 g	0.7 g
Rice, Brown	1/2 c., cooked	23.0 g	1.7 g	110	2.3 g	0.8 g
Rice, White, Enriched	1/2 c., cooked	29.2 g	0.2 g	133	2.4 g	0.2 g
Rice, Wild	1/2 c., cooked	17.5 g	0.6 g	83	3.3 g	0.3 g
Rye	1/4 c., raw	29.3 g	N/A	141	6.2 g	1.1 g
Wheat Germ	1/4 c., toasted	14.1 g	3.7 g	108	8.3 g	3.0 g
HOT CEREALS						
Cream of Rice	3/4 c., cooked	21.1 g	N/A	95	1.7 g	0.2 g
Cream of Wheat, Quick-cooking	3/4 c., cooked	20.0 g	1.0 g	97	2.7 g	0.4 g
Farina, Enriched	3/4 c., cooked	18.6 g	2.5 g	88	2.4 g	0.2 g
Oatmeal	3/4 c., cooked	18.9 g	3.9 g	109	4.6 g	1.8 g
Ralston	3/4 c., cooked	21.3 g	6.0 g	101	4.2 g	0.6 g
Wheatena	3/4 c., cooked	21.5 g	4.0 g	102	3.6 g	0.9 g
PASTA						
Macaroni, Enriched	1 c., cooked	39.7 g	2.2 g	197	6.7 g	0.9 g
Macaroni, Vegetable, Enriched	1 c., cooked	35.7 g	N/A	172	6.1 g	0.2 g
Macaroni, Whole Wheat	1 c., cooked	37.2 g	4.2 g	174	7.5 g	0.8 g
Noodles, Chinese Cellophane, Dehydrated	1 c., raw	120.5 g	0.1 g	491	0.2 g	0.1 g

Noodles, Egg, Enriched	1 c., cooked	39.7 g	3.5 g	213	7.6 g	2.4 g
Noodles, Japanese Soba	1 c., cooked	24.4 g	N/A	113	5.8 g	0.1 g
Noodles, Japanese Somen	1 c., cooked	48.5 g	N/A	231	7.0 g	0.3 g
Noodles, Spinach, Enriched	1 c., cooked	38.8 g	N/A	211	8.1 g	2.5 g
Pasta, Fresh	1 c., cooked	34.9 g	2.2 g	183	7.2 g	1.5 g
Pasta, Spinach, Fresh	1 c., cooked	35.1 g	N/A	182	7.1 g	1.3 g
Spaghetti, Enriched	1 c., cooked	39.7 g	2.2 g	197	6.7 g	0.9 g
Spaghetti, Spinach	1 c., cooked	36.6 g	N/A	182	6.4 g	0.9 g
Spaghetti, Whole Wheat	1 c., cooked	37.2 g	5.4 g	174	7.5 g	0.8 g
GRAVIES						
Au Jus, Canned	1/4 c.	1.5 g	N/A	10	0.7 g	Trace
Au Jus, Dehydrated	1/4 c.,	1.0 g	N/A	8	0.3 g	0.3 g
Beef, Canned	1/4 c.	2.8 g	0.2 g	31	2.2 g	1.4 g
Brown, Dehydrated	1/4 c.,	3.3 g	0.3 g	19	0.6 g	0.4 g
Chicken, Canned	1/4 c.	3.2 g	0.2 g	47	1.2 g	3.4 g
Chicken, Dehydrated	1/4 c.,	3.6 g	0.3 g	21	0.7 g	0.5 g
Mushroom, Canned	1/4 c.	3.3 g	0.2 g	30	0.8 g	1.6 g
Onion, Dehydrated	1/4 c.,	4.1 g	N/A	20	0.5 g	0.2 g
Turkey, Canned	1/4 c.	3.0 g	0.2 g	30	1.6 g	1.3 g
Turkey, Dehydrated	1/4 c.,	3.8 g	0.3 g	22	0.7 g	0.5 g
SAUCES						
Barbecue, Ready-to-Serve	1/4 c.	8.0 g	N/A	47	1.1 g	1.1 g
Béarnaise, Dehydrated	1/4 c., made	4.4 g	N/A	175	2.1 g	17.1 g
Curry, Dehydrated	1/4 c.,	6.4 g	N/A	67	2.7 g	3.7 g
Hollandaise, Dehydrated	1/4 c., made	4.5 g	0.2 g	176	2.1 g	17.1 g
Hot Pepper	1 t.	0.1 g	0.1 g	0	0.1 g	0
Marianara, Canned	1/2 c.	12.7 g	1.9 g	85	2.0 g	4.2 g
Soy, Regular	1 T.	1.4 g	0	7	0.4 g	Trace
Soy, Shoyu	1 T.	1.5 g	0	10	0.9 g	Trace
Soy, Tamari	1 T.	1.0 g	0	11	1.9 g	Trace
Spaghetti, Canned	1/2 c.	19.8 g	4.2 g	136	2.3 g	5.9 g
Sweet-and-Sour, Dehydrated	1/4 c., made	18.2 g	0.2 g	74	0.2 g	Trace
Tartar	1 T.	0.6 g	N/A	74	0.2 g	8.1 g
Teriyaki, Dehydrated	1/4 c.,	6.9 g	1.3 g	33	1.0 g	Trace
Teriyaki, Ready-to-Serve	1/4 c.	11.5 g	0.1 g	60	4.3 g	0
Tomato, Canned	1/2 c.	8.8 g	1.8 g	37	1.6 g	0.2 g
Tomato Chili, Low Sodium	1 T.	3.7 g	0.9 g	16	0.4 g	0.1 g
White, Dehydrated	1/4 c.,	5.4 g	0.2 g	60	2.6 g	3.4 g
Worcestershire	1 t.	0.9 g	0	4	0.1 g	0
BEEF						
Beef liver	3 oz., braised	3.0 g	0	137	20.7 g	4.2 g
Blade roast	3 oz., lean only, braised	0	0	213	26.4 g	11.1 g
Bottom round roast	3 oz., lean only, braised	0	0	178	26.9 g	7.0 g
Brisket	3 oz., lean only, braised	0	0	206	25.3 g	10.9 g
Eye round roast	3 oz., lean only, roasted	0	0	143	24.6 g	4.2 g
Filet mignon	3 oz., lean only, broiled	0	0	179	24.0 g	8.5 g
Flank steak	3 oz., lean only, broiled	0	0	176	23.0 g	8.6 g
Ground beef, extra-lean	3 oz., broiled	0	0	218	21.6 g	13.9 g
Porterhouse steak	3 oz., lean only, broiled	0	0	185	23.9 g	9.2 g
Pot roast, arm	3 oz., lean only, braised	0	0	184	28.1 g	7.1 g
Rib eye steak	3 oz., lean only, broiled	0	0	191	23.8 g	10.0 g
Shank cross cuts	3 oz., lean only, simmered	0	0	171	28.6 g	5.4 g
Short ribs	3 oz., lean only, braised	0	0	251	26.2 g	15.4 g
Sirloin steak, wedge bone	3 oz., lean only, broiled	0	0	166	25.8 g	6.1 g

T-bone steak	3 oz., lean only, broiled	0	0	182	23.9 g	8.8 g
Tip round steak	3 oz., lean only, roasted	0	0	157	24.4 g	5.9 g
Top loin steak	3 oz., lean only, broiled	0	0	176	24.3 g	8.0 g
Top round steak	3 oz., lean only, broiled	0	0	153	26.9 g	4.2 g
Tripe, pickled	3 oz.	0	0	53	10.0 g	1.1 g
GAME						
Deer (venison)	3 oz., roasted	0	0	134	25.7 g	2.7 g
LAMB						
Arm roast	3 oz., lean only, roasted	0	0	163	21.6 g	7.9 g
Blade roast	3 oz., lean only, roasted	0	0	178	20.9 g	9.8 g
Foreshank	3 oz., lean only, braised	0	0	159	26.4 g	5.1 g
Ground lamb	3 oz., broiled	0	0	241	21.0 g	16.7 g
Leg	3 oz., lean only, roasted	0	0	162	24.1 g	6.6 g
Liver	3 oz., braised	2.2 g	0	187	26.0 g	7.5 g
Loin roast	3 oz., lean only, roasted	0	0	172	22.6 g	8.3 g
Rib roast	3 oz., lean only, roasted	0	0	197	22.2 g	11.3 g
Shank	3 oz., lean only, roasted	0	0	153	23.9 g	5.7 g
Shoulder	3 oz., lean only, roasted	0	0	173	21.2 g	9.2 g
Sirloin	3 oz., lean only, roasted	0	0	173	24.1 g	7.8 g
Stew/kabob meat	3 oz., lean only, broiled	0	0	158	23.9 g	6.2 g
LUNCH MEAT AND SAUSAGE						
Beef, cured	7 thin slices	1.6 g	0	50	8.0 g	1.1 g
Bologna, beef	2 slices (about 2 oz.)	0.4 g	0	76	6.9 g	16.2 g
Bologna, Lebanon	2 slices (about 2 oz.)	1.5 g	0	120	11.0 g	7.5 g
Bologna, pork	2 slices (about 2 oz.)	0.4 g	0	140	8.7 g	11.3 g
Bologna, turkey	2 slices (about 2 oz.)	0.6 g	0	113	7.8 g	8.6 g
Bratwurst, fresh	1 link (about 3 oz.)	1.8 g	0	256	12.0 g	22.0 g
Braunschweiger	2 oz.	1.8 g	0	204	7.7 g	18.2 g
Chicken roll, light meat	2 slices (about 2 oz.)	1.4 g	0	90	11.1 g	4.2 g
Chorizo, dried	1 link (about 2 oz.)	1.1 g	0	273	14.5 g	23.0 g
Corned beef	2 slices (about 2 oz.)	0	0	142	15.4 g	8.5 g
Frankfurter, beef	1 (about 1 1/2 oz.)	0.8 g	0	142	5.4 g	12.8 g
Frankfurter, chicken	1 (about 1 1/2 oz.)	3.1 g	0	116	5.8 g	8.8 g
Frankfurter, turkey	1 (about 1 1/2 oz.)	0.7 g	0	102	6.4 g	8.0 g
Ham	2 slices (about 2 oz.)	1.8 g	0	103	10.0 g	6.0 g
Keilbasa, smoked	2 slices (about 2 oz.)	1.2 g	0	176	7.5 g	15.4 g
Knockwurst, smoked	1 link (about 2 1/2 oz.)	1.2 g	0	209	8.1 g	18.9 g
Liverwurst, fresh	3 slices (about 2 oz.)	1.3 g	0	185	8.0 g	16.2 g
Mortadella	4 slices (about 2 oz.)	1.8 g	0	187	9.8 g	15.2 g
Olive loaf	2 slices (about 2 oz.)	5.2 g	0	133	6.7 g	9.4 g
Pastrami, beef	2 slices (about 2 oz.)	1.7 g	0	198	9.8 g	16.6 g
Pastrami, turkey	2 slices (about 2 oz.)	0.9 g	0	80	10.4 g	3.5 g
Pepperoni	10 slices(about 2 oz.)	1.6 g	0	273	11.5 g	24.2 g
Pickle and pimiento loaf	2 slices (about 2 oz.)	3.3 g	0	149	6.5 g	12.0 g
Salami, beef	2 slices (about 2 oz.)	1.6 g	0	148	8.5 g	11.7 g
Salami, pork	3 slices (about 2 oz.)	0.9 g	0	230	12.8 g	19.1 g
Salami, turkey	2 slices (about 2 oz.)	0.3 g	0	111	9.3 g	7.8 g
Sausage, beef, smoked	1 link	1.0 g	0	134	6.1 g	11.6 g
Sausage, Italian, fresh	1 link	1.0 g	0	216	13.4 g	17.2 g
Sausage, pork, fresh	4 links (about 2 oz.)	0.5 g	0	192	10.2 g	16.2 g
Sausage, pork, smoked	1 link	1.4 g	0	265	15.1 g	21.6 g
Sausage, Vienna	3 1/2 (about 2 oz.)	1.2 g	0	158	5.8 g	14.2 g
Turkey breast	2 slices	0	0	47	9.6 g	0.7 g

Turkey ham	2 slices (about 2 oz.)	0.2 g	0	73	10.7 g	2.8 g
Turkey roll, light meat	2 slices (about 2 oz.)	0.3 g	0	83	10.6 g	4.1 g
PORK						
Bacon	3 medium slices (about 3/4 oz.)	0.1 g	N/A	109	5.8 g	9.4 g
Bacon, Canadian	2 medium slices (about 1 1/2 oz.)	0.6 g	0	86	11.3 g	3.9 g
Blade loin roast	3 oz., lean only, roasted	0	0	237	21.0 g	16.4 g
Center loin	3 oz., lean only, roasted	0	0	204	24.2 g	11.1 g
Center rib	3 oz., lean only, roasted	0	0	208	24.0 g	11.7 g
Ham, cured	3 oz., boneless, roasted	0.4 g	0	140	18.7 g	6.5 g
Ham, fresh (leg)	3 oz., lean only, roasted	0	0	187	24.1 g	9.4 g
Liver	3 oz., braised	3.2 g	0	140	22.1 g	3.7 g
Picnic shoulder arm	3 oz., lean only, roasted	0	0	194	22.7 g	10.7 g
Shoulder blade	3 oz., lean only, roasted	0	0	218	20.7 g	14.3 g
Sirloin	3 oz., lean only, roasted	0	0	201	23.4 g	11.2 g
Spareribs	3 oz., lean only, braised	0	0	337	24.7 g	25.8 g
Tenderloin	3 oz., lean only, roasted	0	0	141	25.0 g	4.1 g
Top loin	3 oz., lean only, roasted	0	0	209	24.0 g	11.7 g
POULTRY						
Chicken back, broiler/fryer	1 (about 3 oz.),	0	0	191	22.6 g	10.5 g
Chicken breast, broiler/fryer	1/2 (about 3 oz.),	0	0	142	26.7 g	3.1 g
Chicken drumsticks, broiler/fryer	2 (about 3 oz.),	0	0	151	24.9 g	5.0 g
Chicken leg, broiler/fryer	1 (about 3 oz.),	0	0	181	25.7 g	8.0 g
Chicken thigh, broiler/fryer	1 (about 2 oz.),	0	0	109	13.5 g	5.7 g
Chicken wings, broiler/fryer	4 (about 3 oz.),	0	0	171	25.6 g	6.8 g
Turkey, dark meat	3 oz., meat only, roasted	0	0	159	24.3 g	6.1 g
Turkey white meat	3 oz., meat only, roasted	0	0	133	25.4 g	2.7 g
VEAL						
Arm roast	3 oz., lean only, roasted	0	0	139	22.2 g	4.9 g
Blade roast	3 oz., lean only, roasted	0	0	145	21.8 g	5.9 g
Ground veal	3 oz., broiled	0	0	146	20.7 g	6.4 g
Leg	3 oz., lean only, roasted	0	0	128	23.9 g	2.9 g
Liver	3 oz., braised	2.3 g	0	140	18.4 g	5.9 g
Loin	3 oz., lean only, roasted	0	0	149	22.4 g	5.9 g
Rib roast	3 oz., lean only, roasted	0	0	150	21.9 g	6.3 g
Sirloin	3 oz., lean only, roasted	0	0	143	22.4 g	5.3 g
NUTS AND SEEDS						
Almonds, dried, unblanched	1 oz.	5.8 g	1.9 g	167	5.7 g	14.8 g
Coconut, raw	1 oz., grated	4.3 g	2.5 g	99	0.9 g	9.4 g
Coconut, sweetened, flaked	1 oz.	11.7 g	4.7g	126	1.0 g	9.0 g
Coconut cream, canned	1/4 c.	6.2 g	N/A	142	2.0 g	13.1 g
Macadamia nuts, dried	1 oz.	3.9 g	N/A	199	2.4 g	20.9 g
Mixed nuts, dry-roasted	1 oz.	7.2 g	2.6 g	169	4.9 g	14.6 g
Peanuts, dry-roasted	1 oz.	6.0 g	2.2 g	164	6.6 g	13.9 g
Pecans, dried	1 oz.	5.2 g	1.9 g	189	2.2 g	19.2 g
Pistachio nuts, dried	1 oz.	7.1 g	3.1 g	164	5.8 g	13.7 g
Pumpkin seeds, dried	1 oz., hulled	5.1 g	3.9 g	154	7.0 g	13.0 g
Sesame seeds, dried	1 T., hulled	0.8 g	0.8 g	47	2.1 g	4.4 g
Sunflower seeds, dried	1 oz.	5.3 g	1.9 g	162	6.5 g	14.1 g
Walnuts, black, dried	1 oz.	3.4 g	1.4 g	172	6.9 g	16.1 g
Walnuts, English, dried	1 oz.	5.2 g	1.4 g	182	4.1 g	17.6 g
SNACKS						
Chips, corn	30 (about 1 oz.)	16.9 g	1.6 g	155	1.7 g	9.1 g
Chips, potato	10 (about 3/4 oz.)	10.4 g	1.0 g	105	1.3 g	7.1 g

Chips, tortilla	10 (about 1 oz.)	18.0 g	1.8 g	150	2.0 g	8.0 g
Crackers animal	5 (1/2 oz.)	10.4 g	Trace	56	0.9 g	1.2 g
Crackers, butter-flavor	4 (1/2 oz.)	9.4 g	0.2 g	64	1.0 g	2.5 g
Crackers, cheese	4 round (1/2 oz.)	8.5 g	0.1 g	67	1.6 g	3.0 g
Crackers, cheese and peanut butter	2 (1/2 oz.)	7.9 g	0.2 g	69	2.1 g	3.4 g
Crackers, graham	1 (1/2 oz.)	10.4 g	0.5 g	55	1.1 g	1.3 g
Crackers, saltine	5 (1/2 oz.)	10.2 g	0.4 g	61	1.3 g	1.7 g
Crackers, soda	5 (1/2 oz.)	10.0 g	0.3g	62	1.3 g	1.9 g
Crackers, wheat	7 thin (1/2 oz.)	8.8 g	0.8g	61	1.8 g	1.8 g
Granola bar	1 (about 3/4 oz.)	16.0 g	1.1 g	109	2.4 g	4.2 g
Melba toast	3 pieces (1/2 oz.)	12.0 g	0.9 g	60	3.0 g	Trace
Popcorn, air-popped, unsalted	1 c.	4.6 g	0.9 g	23	0.8 g	0.3 g
Potato sticks	1 oz.	15.2 g	1.0 g	148	2.0 g	9.8 g
Pretzels, Dutch-type, salted	2 large (about 1 oz.)	24.3 g	0.9 g	125	3.1 g	1.4 g
Rice cakes	2 (about 1/2 oz.)	16.0 g	0.8 g	70	0.8 g	0.4 g
Ry-krisp	1/4 large square	13.0 g	2.5 g	40	1.5 g	0.2 g
SOUPS						
Beef broth or bouillon, cube	1, in 6 fl. oz. water	0.6 g	0	5	0.6 g	0.1 g
Beef broth or bouillon, powder	1 packet,	1.4 g	0	15	1.0 g	0.5 g
Beef broth or bouillon, ready-to-serve	1 c.	0.1 g	0	17	2.7 g	0.5 g
Beef mushroom, condensed	1 c., made w/water	6.3 g	N/A	73	5.8 g	3.0 g
Beef noodle, condensed	1 c., made w/water	9.0 g	N/A	83	4.8 g	3.1 g
Beef noodle, dehydrated	1 c., made w/water	6.0 g	0.8 g	40	2.2 g	0.8 g
Black bean, condensed	1 c., made w/water	19.8 g	N/A	116	5.6 g	1.5 g
Cheese, condensed	1 c., made w/water	10.5 g	N/A	156	5.4 g	10.5 g
Chicken broth or bouillon, condensed	1 c., made w/water	1.0 g	0	39	4.9 g	1.4 g
Chicken broth or bouillon, cube	1, in 6 fl. oz. water	1.1 g	0	9	0.7 g	0.2 g
Chicken broth or bouillon, powder	1 packet,	1.1 g	0	17	1.0 g	0.8 g
Chicken gumbo, condensed	1 c., made w/water	8.4 g	N/A	56	2.7 g	1.4 g
Chicken mushroom, condensed	1 c., made w/water	9.3 g	N/A	132	4.4 g	9.2 g
Chicken noodle, condensed	1 c., made w/water	9.4 g	N/A	75	4.1 g	2.5 g
Chicken noodle, dehydrated	1 c., made w/water	7.0 g	0.8 g	53	3.0 g	1.2 g
Chicken noodle, ready-to-serve	1 c.	17.0 g	3.8 g	175	12.7 g	6.0 g
Chicken rice, condensed	1 c., made w/water	7.2 g	N/A	60	3.5 g	1.9 g
Chicken rice, dehydrated	1 c., made w/water	9.3 g	0.8 g	61	2.5 g	1.4 g
Chicken rice, ready-to-serve	1 c.	13.0 g	1.0 g	127	12.3 g	3.2 g
Chicken vegetable, condensed	1 c., made w/water	8.6 g	1.0 g	75	4.0 g	2.8 g
Chicken vegetable, dehydrated	1 c., made w/water	7.8 g	N/A	50	2.7 g	0.8 g
Chicken vegetable, ready-to-serve	1 c.	18.9 g	N/A	166	12.3 g	4.8 g
Clam chowder, Manhattan, condensed	1 c., made w/water	12.2 g	N/A	78	2.2 g	2.2 g
Clam chowder, New England, condensed	1 c.,	12.4 g	N/A	95	4.8 g	2.9 g
Crab, ready-to-serve	1 c.	10.3 g	N/A	76	5.5 g	1.5 g
Cream of asparagus, condensed	1 c., made w/water	10.7 g	0.7 g	85	2.3 g	4.1 g
Cream of asparagus, dehydrated	1 c., made w/water	9.0 g	N/A	58	2.2 g	1.7 g
Cream of celery, condensed	1 c., made w/water	8.8 g	N/A	90	1.7 g	5.6 g
Cream of celery, dehydrated	1 c., made w/water	9.8 g	0.8 g	64	2.6 g	1.6 g
Cream of chicken, condensed	1 c., made w/water	9.3 g	0.2 g	117	3.4 g	7.4 g
Cream of chicken, dehydrated	1 c., made w/water	13.3 g	0.3 g	107	1.8 g	5.3 g
Cream of mushroom, condensed	1 c., made w/water	9.3 g	0.5 g	129	2.3 g	9.0 g
Cream of potato, condensed	1 c., made w/water	11.5 g	0.5 g	73	1.8 g	2.4 g
Gazpacho, ready-to-serve	1 c.	0.8 g	3.7 g	56	8.7 g	2.2 g
Green pea, condensed	1 c., made w/water	26.5 g	2.8 g	165	8.6 g	2.9 g
Lentil, with ham, ready-to-serve	1 c.	20.2 g	N/A	139	9.3 g	2.8 g
Minestrone, condensed	1 c., made w/water	11.2 g	1.0 g	82	4.3 g	2.5 g
Minestrone, dehydrated	1 c., made w/water	11.9 g	N/A	79	4.4 g	1.7 g

Minestrone, ready-to-serve	1 c.	20.7 g	N/A	127	5.1 g	2.8 g
Mushroom, dehydrated	1 c., made w/water	11.1 g	0.8 g	96	2.2 g	4.9 g
Mushroom barley, condensed	1 c., made w/water	11.7 g	0.5 g	73	1.9 g	2.3 g
Onion, condensed	1 c., made w/water	8.2 g	1.0 g	58	3.8 g	1.7 g
Onion, dehydrated	1 c., made w/water	5.1 g	1.0 g	27	1.1 g	0.6 g
Scotch broth, condensed	1 c., made w/water	9.5 g	1.2 g	80	5.0 g	2.6 g
Split pea with ham, condensed	1 c., made w/water	28.0 g	N/A	190	10.3 g	4.4 g
Split pea, dehydrated	1 c., made w/water	22.7 g	N/A	133	7.7 g	1.6 g
Split pea with ham, ready-to-serve	1 c.	26.8 g	4.1 g	185	11.1 g	4.0 g
Tomato, condensed	1 c., made w/water	16.6 g	N/A	85	2.1 g	1.9 g
Tomato, dehydrated	1 c., made w/water	19.4 g	0.5 g	103	2.5 g	2.4 g
Tomato rice, condensed	1 c., made w/water	21.9 g	1.5 g	119	2.1 g	2.7 g
Turkey noodle, condensed	1 c., made w/water	8.6 g	1.5 g	68	3.9 g	2.0 g
Turkey vegetable, condensed	1 c., made w/water	8.6 g	0.5 g	72	3.1 g	3.0 g
Vegetable beef, condensed	1 c., made w/water	10.2 g	0.5 g	78	5.6 g	1.9 g
Vegetable beef, dehydrated	1 c., made w/water	8.0 g	0.5 g	53	2.9 g	1.1 g
Vegetarian vegetable, condensed	1 c., made w/water	12.0 g	N/A	72	2.1 g	1.9 g
STEWES						
Beef, ready-to-serve	1 c.	17.4 g	N/A	194	14.2 g	7.6 g
Beef, homemade	1 c.	15.2 g	N/A	218	15.7 g	10.5 g
Oyster, condensed	1 c., made w/water	4.1 g	N/A	58	2.1 g	3.8 g
Oyster, homemade	1 c.	10.8 g	N/A	233	12.5 g	15.4 g
VEGETABLES						
Alfalfa sprouts	1/2 c. raw	0.6 g	N/A	5	0.7 g	0.1 g
Artichoke hearts	1/2 c., boiled	9.4 g	4.4 g	42	2.9 g	0.1 g
Asparagus	1/2 c., boiled	4.0 g	1.5 g	23	2.3 g	0.3 g
Bamboo shoots, canned	1 c. slices, drained	4.2 g	3.9 g	25	2.3 g	0.5 g
Broccoli	1/2 c., chopped, boiled	4.0 g	2.0 g	22	2.3 g	0.3 g
Brussels sprouts	1/2 c., boiled	6.8 g	3.4 g	30	2.0 g	0.4 g
Cabbage, celery	1/2 c., shredded, boiled	1.4 g	1.0 g	8	0.9 g	0.1 g
Cabbage, Chinese	1/2 c., shredded, boiled	1.5 g	1.4 g	10	1.3 g	0.1 g
Cabbage, common	1/2 c., shredded, boiled	3.6 g	1.8 g	16	0.7 g	0.2 g
Cabbage, red	1/2 c., shredded, boiled	3.5 g	1.8 g	16	0.8 g	0.2 g
Cabbage, Savoy	1/2 c., shredded, boiled	4.0 g	2.3 g	18	1.3 g	0.1 g
Carrot	1 (about 2 1/2 oz.), raw	7.3 g	2.3 g	31	0.7 g	0.1 g
Cauliflower	3 florets (2 oz.), raw	2.8 g	1.3 g	13	1.1 g	0.1 g
Celery	1/2 c., diced, raw	2.2 g	1.0 g	10	0.5 g	0.1 g
Chives	1 T., chopped, raw	0.1 g	0.1 g	1	0.1 g	Trace
Corn, sweet yellow	Kernels from 1 ear, boiled	19.3 g	2.9 g	83	2.6 g	1.0 g
Cucumber	1/2 (about 5 oz.), raw	4.4 g	1.5 g	20	0.8 g	0.2 g
Eggplant	1/2 c., cubed, boiled	3.2 g	1.2 g	13	0.4 g	0.1 g
Endive	1/2 c., chopped, raw	0.8 g	0.5 g	4	0.3 g	0.1 g
Garlic	1 clove, raw	1.0 g	Trace	4	0.2 g	Trace
Ginger root	1 T., raw	0.9 g	0.1 g	4	0.1 g	0.1 g
Jerusalem artichokes	1/2 c. slices, raw	13.1 g	1.2 g	57	1.5 g	Trace
Kale	1/2 c., chopped, boiled	3.7 g	1.3 g	18	1.2 g	0.3 g
Kohlrabi	1/2 c. slices, boiled	5.5 g	0.9 g	24	1.5 g	0.1 g
Leeks	1/2 c., chopped, boiled	4.0 g	1.3 g	16	0.4 g	0.1 g
Lettuce, butterhead	1 c., shredded, raw	1.0 g	0.4 g	5	0.5 g	0.1 g
Lettuce, iceberg	1 c., shredded, raw	2.8 g	1.4 g	18	1.4 g	0.3 g
Lettuce, loose-leaf	1 c., shredded, raw	2.0 g	1.0 g	10	0.7 g	0.2 g
Lettuce, romaine	1 c., shredded, raw	1.3 g	1.0 g	9	0.9 g	0.1 g
Mushrooms	1/2 c. pieces, boiled	4.0 g	1.7 g	21	1.7 g	0.4 g
Onions	1/2 c. chopped, boiled	6.9 g	1.3 g	30	0.9 g	0.1 g

Parsley	1/2 c., chopped, raw	2.1 g	1.3 g	10	0.7 g	0.1 g
Peppers, chili	1 T., raw	0.9 g	0.1 g	4	0.2 g	Trace
Peppers, green bell	1/2 c., chopped, raw	3.2 g	0.8 g	14	0.5 g	0.1 g
Peppers, red bell	1/2 c., chopped, raw	3.2 g	0.8 g	14	0.5 g	0.1 g
Potato	1 (about 7 oz.), baked	51.0 g	2.2 g	220	4.7 g	0.2 g
Pumpkin, canned	1/2 c.	9.9 g	3.4 g	41	1.3 g	0.3 g
Radishes	1/2 c. slices, raw	2.0 g	1.3 g	10	0.4 g	0.3 g
Rhubarb	1 c., diced, raw	5.5 g	2.2 g	26	1.1 g	0.2 g
Scallions	1/2 c., chopped, raw	3.7 g	1.2 g	16	0.9 g	0.1 g
Shallots	1 T., chopped, raw	1.7 g	0.2 g	7	0.3 g	Trace
Spinach	1/2 c., boiled	3.4 g	2.0 g	21	2.7 g	0.2 g
Squash, acorn	1/2 c. cubes, baked	14.9 g	2.9 g	57	1.1 g	0.1 g
Squash, butternut	1/2 c. cubes, baked	10.7 g	2.9 g	41	0.9 g	0.1 g
Squash, crookneck, or straightneck	1/2 c. slices, boiled	3.9 g	1.3 g	18	0.8 g	0.3 g
Squash, hubbard	1/2 c. cubes, baked	11.0 g	2.9 g	51	3.0 g	0.6 g
Squash, spaghetti	1 c., boiled/baked	10.0 g	2.2 g	45	1.0 g	0.4 g
Squash, zucchini	1/2 c. slices, boiled	3.5 g	1.3 g	14	0.6 g	0.1 g
Sweet potato	1 (about 4 oz.) baked	27.7 g	3.4 g	117	2.0 g	0.1 g
Tomato	1 (about 4 oz.), raw	5.7 g	1.6 g	26	1.1 g	0.4 g
Turnips	1/2 c. cubes, boiled	3.8 g	1.6 g	14	0.6 g	0.1 g
Watercress	1/2 c., chopped, raw	0.2 g	0.4 g	2	0.4 g	Trace
Yams	1/2 c. cubes, boiled/baked	18.7 g	2.7 g	79	1.0 g	0.1 g

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