

Amounts of Fiber in Common Foods

Ingredient	Common Measure	Fiber in Grams
Barley, pearled, raw	1 cup	31.2
Bulgur, dry	1 cup	25.6
Beans, navy, mature seeds, cooked, boiled, without salt	1 cup	19.1
Beans, baked, canned, with franks	1 cup	17.9
Beans, kidney, red, mature seeds, canned	1 cup	16.4
Peas, split, mature seeds, cooked, boiled, without salt	1 cup	16.3
Lentils, mature seeds, cooked, boiled, without salt	1 cup	15.6
Beans, pinto, mature seeds, cooked, boiled, without salt	1 cup	15.4
Beans, black, mature seeds, cooked, boiled, without salt	1 cup	15.0
Wheat flour, whole-grain	1 cup	14.6
Oat bran, raw	1 cup	14.5
Dates, deglet noor	1 cup	14.2
Refried beans, canned (includes USDA commodity)	1 cup	13.4
Lima beans, large, mature seeds, cooked, boiled, without salt	1 cup	13.2
Beans, kidney, red, mature seeds, cooked, boiled, without salt	1 cup	13.1
Beans, white, mature seeds, canned	1 cup	12.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	1 cup	12.5
Beans, great northern, mature seeds, cooked, boiled, without salt	1 cup	12.4
Buckwheat flour, whole-groat	1 cup	12.0
Tomato products, canned, paste, without salt added	1 cup	11.8
Lima beans, large, mature seeds, canned	1 cup	11.6
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	1 cup	11.2
Soup, bean with ham, canned, chunky, ready-to-serve, commercial	1 cup	11.2
Raspberries, frozen, red, sweetened	1 cup	11.0
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1 cup	10.9
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1 cup	10.8
Beans, baked, canned, with pork and sweet sauce	1 cup	10.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	1 cup	10.6
Beans, baked, canned, plain or vegetarian	1 cup	10.4
Soybeans, mature cooked, boiled, without salt	1 cup	10.3
Cornmeal, degermed, enriched, yellow	1 cup	10.2
Beans, baked, canned, with pork and tomato sauce	1 cup	10.1
Candies, semisweet chocolate	1 cup	9.9
Pears, asian, raw	1 pear	9.9
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	1 cup	9.9
Cornmeal, self-rising, degermed, enriched, yellow	1 cup	9.8
Artichokes, (globe or french), cooked, boiled, drained, without salt	1 cup	9.1

Cornmeal, whole-grain, yellow	1 cup	8.9
Peas, green, frozen, cooked, boiled, drained, without salt	1 cup	8.8
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	1/2 cup	8.8
Chili con carne with beans, canned entree	1 cup	8.7
Couscous, dry	1 cup	8.7
Soup, bean with pork, canned, prepared with equal volume water, commercial	1 cup	8.6
Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	1 cup	8.3
Bulgur, cooked	1 cup	8.2
Vegetables, mixed, frozen, cooked, boiled, drained, without salt	1 cup	8.0
Raspberries, raw	1 cup	8.0
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	1 cup	7.9
Plums, dried (prunes), stewed, without added sugar	1 cup	7.7
Blackberries, raw	1 cup	7.6
Soybeans, green, cooked, boiled, drained, without salt	1 cup	7.6
Nuts, chestnuts, european, roasted	1 cup	7.3
Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	1 cup	7.3
Pumpkin, canned, without salt	1 cup	7.1
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	1 cup	7.0
Peas, green, canned, regular pack, drained solids	1 cup	7.0
Pasta with meatballs in tomato sauce, canned entree	1 cup	6.8
Cereals, WHEATENA, cooked with water	1 cup	6.6
Artichokes, (globe or french), cooked, boiled, drained, without salt	1 medium	6.5
Lettuce, iceberg (includes crisphead types), raw	1 head	6.5
Brussels sprouts, frozen, cooked, boiled, drained, without salt	1 cup	6.4
Shake, fast food, chocolate	16 fl oz	6.3
Spaghetti, whole-wheat, cooked	1 cup	6.3
Barley, pearled, cooked	1 cup	6.0
Fast foods, potato, french fried in vegetable oil	1 large	5.9
Sauerkraut, canned, solids and liquids	1 cup	5.9
Bread crumbs, dry, grated, seasoned	1 cup	5.9
Sweet potato, canned, syrup pack, drained solids	1 cup	5.9
Squash, winter, all varieties, cooked, baked, without salt	1 cup	5.7
Oat bran, cooked	1 cup	5.7
Parsnips, cooked, boiled, drained, without salt	1 cup	5.6
Turnip greens, frozen, cooked, boiled, drained, without salt	1 cup	5.6
Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready to-serve	1 cup	5.6
Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	2 biscuits	5.5
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1 cup	5.5
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI WHEATS, bite size	1 cup	5.5
Papayas, raw	1 papaya	5.5
Raisins, seedless	1 cup	5.4
Collards, cooked, boiled, drained, without salt	1 cup	5.3
Okra, frozen, cooked, boiled, drained, without salt	1 cup	5.2
Broccoli, cooked, boiled, drained, without salt	1 cup	5.1
Pears, raw	1 pear	5.1
Spinach, canned, drained solids	1 cup	5.1

Baking chocolate, unsweetened, liquid	1 oz	5.1
Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	1 cup	5.1
Spaghetti with meat sauce, frozen entree	1 package	5.1
Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	3/4 cup	5.1
Blueberries, frozen, sweetened	1 cup	5.1
Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	1 cup	5.1
WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	1 cup	5.1
Turnip greens, cooked, boiled, drained, without salt	1 cup	5.0
Soup, pea, green, canned, prepared with equal volume water, commercial	1 cup	5.0
Potatoes, hashed brown, home-prepared	1 cup	5.0
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	1 cup	5.0
Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	1 cup	5.0
Vegetables, mixed, canned, drained solids	1 cup	4.9
Cauliflower, frozen, cooked, boiled, drained, without salt	1 cup	4.9
Strawberries, frozen, sweetened, sliced	1 cup	4.8
Carrots, frozen, cooked, boiled, drained, without salt	1 cup	4.8
Sweet potato, cooked, baked in skin, without salt	1 potato	4.8
Rhubarb, frozen, cooked, with sugar	1 cup	4.8
Collards, frozen, chopped, cooked, boiled, drained, without salt	1 cup	4.8
Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	1 cup	4.8
Tomato products, canned, puree, without salt added	1 cup	4.8
Baking chocolate, unsweetened, squares	1 square	4.7
Fast foods, potato, french fried in vegetable oil	1 medium	4.7
Carrots, cooked, boiled, drained, without salt	1 cup	4.7
Potatoes, scalloped, home-prepared with butter	1 cup	4.7
Sweet potato, canned, vacuum pack	1 cup	4.6
Potatoes, baked, skin, without salt	1 skin	4.6
HEALTHY CHOICE Beef Macaroni, frozen entree	1 package	4.6
Buckwheat groats, roasted, cooked	1 cup	4.5
Peaches, frozen, sliced, sweetened	1 cup	4.5
Peas, edible-podded, boiled, drained, without salt	1 cup	4.5
Potato, baked, flesh and skin, without salt	1 potato	4.4
Potatoes, au gratin, home-prepared from recipe using butter	1 cup	4.4
Pears, asian, raw	1 pear	4.4
Spinach, cooked, boiled, drained, without salt	1 cup	4.3
Oranges, raw, all commercial varieties	1 cup	4.3
Pears, canned, heavy syrup pack, solids and liquids	1 cup	4.3
WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	1 patty	4.3
Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	1/2 cup	4.2
Corn, sweet, yellow, canned, vacuum pack, regular pack	1 cup	4.2
Nuts, coconut meat, dried (desiccated), sweetened, shredded	1 cup	4.2
Beet greens, cooked, boiled, drained, without salt	1 cup	4.2
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1 cup	4.1
Beans, snap, yellow, cooked, boiled, drained, without salt	1 cup	4.1

Plantains, raw	1 medium	4.1
Rice, white, long-grain, parboiled, enriched, dry	1 cup	4.1
Brussels sprouts, cooked, boiled, drained, without salt	1 cup	4.1
Nuts, coconut meat, raw	1 piece	4.1
Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	1 cup	4.1
Beans, snap, green, frozen, cooked, boiled, drained without salt	1 cup	4.1
Beans, snap, green, cooked, boiled, drained, without salt	1 cup	4.0
Okra, cooked, boiled, drained, without salt	1 cup	4.0
Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	1 cup	4.0
Pears, canned, juice pack, solids and liquids	1 cup	4.0
Pie, pecan, commercially prepared	1 piece	4.0
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1 cup	3.9
Apricots, canned, juice pack, with skin, solids and liquids	1 cup	3.9
Bananas, raw	1 cup	3.9
Sweet potato, cooked, boiled, without skin	1 potato	3.9
Soup, chicken noodle, canned, chunky, ready-to-serve	1 cup	3.8
Mushrooms, canned, drained solids	1 cup	3.7
Snacks, oriental mix, rice-based	1 oz (about 1/4 cup)	3.7
Mangos, raw	1 mango	3.7
Figs, dried, uncooked	2 figs	3.7
Miso	1 cup	3.7
Noodles, egg, spinach, cooked, enriched	1 cup	3.7
Tomato products, canned, sauce	1 cup	3.7
Pie crust, cookie-type, prepared from recipe, graham cracker, baked	1 pie shell	3.6
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	1 cup	3.6
Plantains, cooked	1 cup	3.5
Rice, brown, long-grain, cooked	1 cup	3.5
Waterchestnuts, chinese, canned, solids and liquids	1 cup	3.5
Blueberries, raw	1 cup	3.5
Beef stew, canned entree	1 cup	3.5
Cereals ready-to-eat, QUAKER, Honey Nut Heaven	1 cup	3.5
Mushrooms, cooked, boiled, drained, without salt	1 cup	3.4
Peaches, canned, heavy syrup pack, solids and liquids	1 cup	3.4
Beets, cooked, boiled, drained	1 cup	3.4
Wheat flour, white, all-purpose, enriched, bleached	1 cup	3.4
Wheat flour, white, all-purpose, self-rising, enriched	1 cup	3.4
Cauliflower, cooked, boiled, drained, without salt	1 cup	3.3
Nuts, almonds	1 oz (24 nuts)	3.3
Pie, fried pies, fruit	1 pie	3.3
Pie, fried pies, cherry	1 pie	3.3
Dates, deglet noor	5 dates	3.3
Strawberries, raw	1 cup	3.3
Apples, raw, with skin	1 apple	3.3

Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	1 cup	3.3
Wheat flour, white, bread, enriched	1 cup	3.3
Potato salad, home-prepared	1 cup	3.3
Peaches, canned, juice pack, solids and liquids	1 cup	3.2
Peaches, dried, sulfured, uncooked	3 halves	3.2
Cereals ready-to-eat, GENERAL MILLS, BASIC 4	1 cup	3.2
Soy milk, fluid	1 cup	3.2
Carob flour	1 tbsp	3.2
Potatoes, mashed, home-prepared, whole milk and margarine added	1 cup	3.2
Potatoes, mashed, home-prepared, whole milk added	1 cup	3.2
Oranges, raw, all commercial varieties	1 orange	3.1
Turnips, cooked, boiled, drained, without salt	1 cup	3.1
Carrots, raw	1 cup	3.1
Corn, sweet, yellow, canned, cream style, regular pack	1 cup	3.1
Bananas, raw	1 banana	3.1
Pie crust, standard-type, prepared from recipe, baked	1 pie shell	3.1
Rutabagas, cooked, boiled, drained, without salt	1 cup	3.1
Applesauce, canned, sweetened, without salt	1 cup	3.1
Mushrooms, shiitake, cooked, without salt	1 cup	3.0
Dandelion greens, cooked, boiled, drained, without salt	1 cup	3.0
Carambola, (starfruit), raw	1 cup	3.0
Cereals ready-to-eat, GENERAL MILLS, WHEATIES	1 cup	3.0
Shake, fast food, vanilla	16 fl oz	3.0
Plums, dried (prunes), uncooked	5 prunes	3.0
Peppers, sweet, red, raw	1 cup	3.0
Fast foods, potato, french fried in vegetable oil	1 small	3.0
Mangos, raw	1 cup	3.0
Wild rice, cooked	1 cup	3.0
Pie, pumpkin, commercially prepared	1 piece	2.9
Onions, cooked, boiled, drained, without salt	1 cup	2.9
Applesauce, canned, unsweetened, without added ascorbic acid	1 cup	2.9
Nuts, pistachio nuts, dry roasted, with salt added	1 oz (47 nuts)	2.9
Bread stuffing, bread, dry mix, prepared	1/2 cup	2.9
Beets, canned, drained solids	1 cup	2.9
Seeds, sunflower seed kernels, dry roasted, with salt added	1/4 cup	2.9
Asparagus, frozen, cooked, boiled, drained, without salt	1 cup	2.9
Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	1/2 cup	2.9
Cabbage, cooked, boiled, drained, without salt	1 cup	2.9
Cereals, oats, instant, fortified, plain, prepared with water	1 packet	2.8
Potatoes, boiled, cooked without skin, flesh, without salt	1 cup	2.8
Mustard greens, cooked, boiled, drained, without salt	1 cup	2.8
Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	1 packet	2.8
Muffins, wheat bran, toaster-type with raisins, toasted	1 muffin	2.8
Apples, dried, sulfured, uncooked	5 rings	2.8

Bread, reduced-calorie, rye	1 slice	2.8
Bread, reduced-calorie, wheat	1 slice	2.8
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	1 cup	2.8
Nuts, hazelnuts or filberts	1 oz	2.7
Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	3/4 cup	2.7
Soup, tomato, canned, prepared with equal volume milk, commercial	1 cup	2.7
Nuts, pecans	1 oz (20 halves)	2.7
Pumpkin, cooked, boiled, drained, without salt	1 cup	2.7
Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	1 cup	2.7
Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	1 cup	2.7
Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	1 packet	2.7
Fast foods, french toast sticks	5 sticks	2.7
Peanuts, all types, oil-roasted, with salt	1 oz	2.7
Muffins, oat bran	1 muffin	2.6
Kale, frozen, cooked, boiled, drained, without salt	1 cup	2.6
Onions, spring or scallions (includes tops and bulb), raw	1 cup	2.6
Kale, cooked, boiled, drained, without salt	1 cup	2.6
Soup, onion mix, dehydrated, dry form	1 packet	2.6
Beans, snap, green, canned, regular pack, drained solids	1 cup	2.6
Prune juice, canned	1 cup	2.6
Apricots, dried, sulfured, uncooked	10 halves	2.6
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	1 oz	2.6
Nuts, mixed nuts, oil roasted, with peanuts, with salt added	1 oz	2.6
Seeds, sunflower seed kernels, dry roasted, with salt added	1 oz	2.6
Peaches, raw	1 cup	2.6
Tomatoes, red, ripe, canned, stewed	1 cup	2.6
Carambola, (starfruit), raw	1 fruit	2.5
Candies, milk chocolate, with almonds	1 bar (1.45 oz)	2.5
Peppers, sweet, green, raw	1 cup	2.5
Macaroni, cooked, enriched	1 cup	2.5
Papayas, raw	1 cup	2.5
Spaghetti, cooked, enriched, without added salt	1 cup	2.5
Sweet potato, cooked, candied, home-prepared	1 piece	2.5
Squash, summer, all varieties, cooked, boiled, drained, without salt	1 cup	2.5
Crackers, rye, wafers, plain	1 wafer	2.5
Cauliflower, raw	1 cup	2.5
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1 cup	2.5
Eggplant, cooked, boiled, drained, without salt	1 cup	2.5
Potatoes, boiled, cooked in skin, flesh, without salt	1 potato	2.4
Sherbet, orange	1/2 cup	2.4
Potato pancakes	1 pancake	2.4

Potatoes, boiled, cooked without skin, flesh, without salt	1 potato	2.4
Rice, white, long-grain, regular, raw, enriched	1 cup	2.4
Jerusalem-artichokes, raw	1 cup	2.4
Celery, cooked, boiled, drained, without salt	1 cup	2.4
Peppers, sweet, red, raw	1 pepper	2.4
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	1 cup	2.4
Cookies, graham crackers, plain or honey (includes cinnamon)	1 cup	2.4
Potatoes, baked, flesh, without salt	1 potato	2.3
Fast foods, hamburger, regular, single patty, with condiments	1 sandwich	2.3
Wheat flour, white, cake, enriched	1 cup	2.3
Plums, canned, purple, heavy syrup pack, solids and liquids	1 cup	2.3
Nectarines, raw	1 nectarine	2.3
Broccoli, raw	1 cup	2.3
Kiwi fruit, (chinese gooseberries), fresh, raw	1 medium	2.3
Nuts, macadamia nuts, dry roasted, with salt added	1 oz (10-12 nuts)	2.3
Peanuts, all types, dry-roasted, without salt	1 oz (approx 28)	2.3
Peanuts, all types, dry-roasted, with salt	1 oz (approx 28)	2.3
Plums, canned, purple, juice pack, solids and liquids	1 cup	2.3
Pie, chocolate creme, commercially prepared	1 piece	2.3
Onions, raw	1 cup	2.2
Bread, reduced-calorie, white	1 slice	2.2
Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	1 cup	2.2
Couscous, cooked	1 cup	2.2
Carrots, canned, regular pack, drained solids	1 cup	2.2
Pineapple, raw, all varieties	1 cup	2.2
Cabbage, savoy, raw	1 cup	2.2
Tomatoes, red, ripe, canned, whole, regular pack	1 cup	2.2
Tomatoes, red, ripe, raw, year round average	1 cup	2.2
Corn, sweet, yellow, cooked, boiled, drained, without salt	1 ear	2.2
Nuts, brazilnuts, dried, unblanched	1 oz (6-8 nuts)	2.1
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	3/4 cup	2.1
Bread, pumpernickel	1 slice	2.1
Corn, sweet, white, cooked, boiled, drained, without salt	1 ear	2.1
Bread, pumpernickel, toasted	1 slice	2.1
Bagels, egg	4" bagel	2.0
Bagels, cinnamon-raisin	4" bagel	2.0
Pineapple, canned, heavy syrup pack, solids and liquids	1 cup	2.0
Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	1 cup	2.0
Peppers, sweet, green, raw	1 pepper	2.0
Carrots, raw	1 carrot	2.0
Milk, chocolate, fluid, commercial, whole	1 cup	2.0

Croutons, seasoned	1 cup	2.0
English muffins, plain, enriched, with ca prop (includes sourdough)	1 muffin	2.0
Pineapple, canned, juice pack, solids and liquids	1 cup	2.0
Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	3/4 cup	2.0
Potato puffs, frozen, oven-heated	10 puffs	2.0
Grapefruit, raw, pink and red, all areas	1/2 grapefruit	2.0
Cucumber, peeled, raw	1 large	2.0
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	4" bagel	2.0
Muffins, corn, commercially prepared	1 muffin	1.9
Vegetable juice cocktail, canned	1 cup	1.9
Bread, whole-wheat, commercially prepared	1 slice	1.9
Avocados, raw, California	1 oz	1.9
Celery, raw	1 cup	1.9
Noodles, egg, cooked, enriched	1 cup	1.9
Nuts, walnuts, english	1 oz (14 halves)	1.9
Carrot juice, canned	1 cup	1.9
Candies, milk chocolate coated peanuts	10 pieces	1.9
Pie, coconut custard, commercially prepared	1 piece	1.9
Mung beans, mature seeds, sprouted, raw	1 cup	1.9
Pie, apple, commercially prepared, enriched flour	1 piece	1.9
Candies, MR. GOODBAR Chocolate Bar	1 bar (1.75 oz)	1.9
Bread, rye	1 slice	1.9
Bread, whole-wheat, commercially prepared, toasted	1 slice	1.9
Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	1 cupcake	1.8
Bamboo shoots, canned, drained solids	1 cup	1.8
Snacks, popcorn, caramel-coated, without peanuts	1 cup	1.8
Kohlrabi, cooked, boiled, drained, without salt	1 cup	1.8
Coleslaw, home-prepared	1 cup	1.8
Snacks, pretzels, hard, plain, salted	10 pretzels	1.8
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	1 cup	1.8
Lettuce, butterhead (includes boston and bibb types), raw	1 head	1.8
Cocoa, dry powder, unsweetened	1 tbsp	1.8
Cake, chocolate, commercially prepared with chocolate frosting	1 piece	1.8
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	1 ear	1.8
Tangerines, (mandarin oranges), canned, light syrup pack	1 cup	1.8
Noodles, chinese, chow mein	1 cup	1.8
Beans, snap, yellow, canned, regular pack, drained solids	1 cup	1.8
Milk, chocolate, fluid, commercial, reduced fat	1 cup	1.8
Pizza, meat and vegetable topping, regular crust, frozen, cooked	1 serving	1.7
Chicken pot pie, frozen entree	1 small pie	1.7
Orange juice, frozen concentrate, unsweetened, undiluted	6-fl-oz can	1.7
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1 cup	1.7
Crackers, whole-wheat	4 crackers	1.7

Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1 cup	1.7
Snacks, potato chips, reduced fat	1 oz	1.7
Bread, mixed-grain (includes whole-grain, 7-grain)	1 slice	1.7
Tortillas, ready-to-bake or -fry, corn	1 tortilla	1.6
Bagels, egg	3-1/2" bagel	1.6
Bagels, cinnamon-raisin	3-1/2" bagel	1.6
Peppers, sweet, green, cooked, boiled, drained, without salt	1 cup	1.6
Peppers, sweet, red, cooked, boiled, drained, without salt	1 cup	1.6
Lemons, raw, without peel	1 lemon	1.6
Candies, REESE'S Peanut Butter Cups	1 package (contains 2)	1.6
Cabbage, raw	1 cup	1.6
Snacks, popcorn, caramel-coated, with peanuts	1 cup	1.6
Cake, fruitcake, commercially prepared	1 piece	1.6
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	1 slice	1.6
Avocados, raw, Florida	1 oz	1.6
Snacks, CHEX mix	1 oz (about 2/3 cup)	1.6
Frozen yogurts, chocolate, soft-serve	1/2 cup	1.6
Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	1 slice	1.6
Rice, white, long-grain, parboiled, enriched, cooked	1 cup	1.6
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	3-1/2" bagel	1.6
Endive, raw	1 cup	1.6
Onions, raw	1 whole	1.5
Bread, rye, toasted	1 slice	1.5
Cake, chocolate, prepared from recipe without frosting	1 piece	1.5
Biscuits, plain or buttermilk, prepared from recipe	4" biscuit	1.5
Tangerines, (mandarin oranges), raw	1 tangerine	1.5
Fast foods, english muffin, with egg, cheese, and canadian bacon	1 muffin	1.5
Apricot nectar, canned, with added ascorbic acid	1 cup	1.5
Cucumber, with peel, raw	1 large	1.5
Snacks, corn-based, extruded, chips, plain	1 oz	1.5
Snacks, tortilla chips, plain, white corn	1 oz	1.5
Snacks, granola bars, hard, plain	1 bar	1.5
Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	1 cup	1.5
Candies, milk chocolate	1 bar (1.55 oz)	1.5
Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	1 cup	1.5
Muffins, blueberry, commercially prepared	1 muffin	1.5
Croissants, butter	1 croissant	1.5
Tomatoes, red, ripe, raw, year round average	1 tomato	1.5
Snacks, potato chips, sour-cream-and-onion-flavor	1 oz	1.5
Snacks, corn-based, extruded, chips, barbecue-flavor	1 oz	1.5
Cabbage, red, raw	1 cup	1.5

Peaches, raw	1 peach	1.5
Leavening agents, yeast, baker's, active dry	1 pkg	1.5
Soup, clam chowder, manhattan, canned, prepared with equal volume water	1 cup	1.5
Cauliflower, cooked, boiled, drained, without salt	3 flowerets	1.5
English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	1 muffin	1.5
Bread, cornbread, dry mix, prepared	1 piece	1.4
Melons, cantaloupe, raw	1 cup	1.4
Grapes, red or green (european type varieties, such as, Thompson seedless), raw	1 cup	1.4
Sweet rolls, cinnamon, commercially prepared with raisins	1 roll	1.4
Apples, raw, without skin	1 cup	1.4
Cherries, sweet, raw	10 cherries	1.4
Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	1 cup	1.4
Candies, M&M MARS, SNICKERS Bar	1 bar (2 oz)	1.4
Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	10 strips	1.4
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	1 tbsp	1.4
Pizza, cheese topping, regular crust, frozen, cooked	1 serving	1.4
Leavening agents, yeast, baker's, compressed	1 cake	1.4
Bread, cracked-wheat	1 slice	1.4
Tapioca, pearl, dry	1 cup	1.4
Snacks, potato chips, plain, unsalted	1 oz	1.4
Snacks, tortilla chips, nacho-flavor, reduced fat	1 oz	1.4
Snacks, granola bars, soft, uncoated, chocolate chip	1 bar	1.4
Melons, honeydew, raw	1 cup	1.4
Pie, lemon meringue, commercially prepared	1 piece	1.4
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	3/4 cup	1.4
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	1 danish	1.3
Cereals, Malt-o-Meal, plain, prepared with water, without salt	1 serving	1.3
Bread, pita, white, enriched	6-1/2" pita	1.3
Onions, cooked, boiled, drained, without salt	1 medium	1.3
Rolls, hard (includes kaiser)	1 roll	1.3
Snacks, tortilla chips, nacho-flavor	1 oz	1.3
Grapefruit, raw, white, all areas	1/2 grapefruit	1.3
Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	3/4 cup	1.3
Cake, boston cream pie, commercially prepared	1 piece	1.3
Peanut butter, chunk style, with salt	1 tbsp	1.3
Melons, honeydew, raw	1/8 melon	1.3
Bread crumbs, dry, grated, plain	1 oz	1.3
Peaches, canned, heavy syrup pack, solids and liquids	1 half	1.3
Peaches, canned, juice pack, solids and liquids	1 half	1.3
Crackers, melba toast, plain	4 pieces	1.3

Pie crust, standard-type, frozen, ready-to-bake, baked	1 pie shell	1.3
Macaroni and Cheese, canned entree	1 cup	1.3
Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	1 piece	1.3
Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	1 cup	1.3
Milk, chocolate, fluid, commercial, lowfat	1 cup	1.3
Spices, cinnamon, ground	1 tsp	1.2
Snacks, potato chips, barbecue-flavor	1 oz	1.2
Snacks, potato chips, plain, salted	1 oz	1.2
Squash, summer, all varieties, raw	1 cup	1.2
Cereals, QUAKER, corn grits, instant, plain, prepared with water	1 packet	1.2
Broccoli, cooked, boiled, drained, without salt	1 spear	1.2
Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	1 cup	1.2
Bread, wheat, toasted (includes wheat berry)	1 slice	1.2
Pears, canned, heavy syrup pack, solids and liquids	1 half	1.2
Pears, canned, juice pack, solids and liquids	1 half	1.2
Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	1 cup	1.2
Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	3/4 cup	1.2
Soup, vegetable, canned, chunky, ready-to-serve, commercial	1 cup	1.2
Asparagus, cooked, boiled, drained	4 spears	1.2
Muffins, corn, dry mix, prepared	1 muffin	1.2
Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	1 cup	1.2
Snacks, granola bars, soft, uncoated, raisin	1 bar	1.2
Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	1 cup	1.2
Lettuce, cos or romaine, raw	1 cup	1.2
Cookies, brownies, commercially prepared	1 brownie	1.2
Pie, blueberry, commercially prepared	1 piece	1.2
Snacks, popcorn, air-popped	1 cup	1.2
Asparagus, canned, drained solids	4 spears	1.2
Cake, yellow, commercially prepared, with chocolate frosting	1 piece	1.2
Watermelon, raw	1 wedge	1.1
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1 bar (1.55 oz)	1.1
Puddings, chocolate, ready-to-eat	4 oz	1.1
Bread, raisin, toasted, enriched	1 slice	1.1
Cocoa mix, no sugar added, powder	1/2 oz envelope	1.1
Cake, white, prepared from recipe with coconut frosting	1 piece	1.1
Bread, raisin, enriched	1 slice	1.1
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1 oz (142 seeds)	1.1
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	1 pastry	1.1
Snacks, popcorn, cheese-flavor	1 cup	1.1
Bread, oatmeal	1 slice	1.1
Bread, white, commercially prepared (includes soft bread crumbs)	1 cup	1.1

Candies, carob	1 oz	1.1
Bread, wheat (includes wheat berry)	1 slice	1.1
Bread, oatmeal, toasted	1 slice	1.1
Cereals ready-to-eat, wheat germ, toasted, plain	1 tbsp	1.1
Chocolate-flavor beverage mix, powder, prepared with whole milk	1 cup	1.1
Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	1 cup	1.1
Nuts, pine nuts, dried	1 oz	1.0
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1 cup	1.0
Candies, M&M MARS, MARS MILKY WAY Bar	1 bar (2.15 oz)	1.0
Chocolate-flavor beverage mix for milk, powder, without added nutrients	2-3 heaping tsp	1.0
Cocoa mix, powder, prepared with water	1 serving	1.0
Snacks, potato chips, made from dried potatoes, light	1 oz	1.0
Cocoa mix, powder	3 heaping tsp	1.0
Snacks, potato chips, made from dried potatoes, plain	1 oz	1.0
Grapefruit, sections, canned, light syrup pack, solids and liquids	1 cup	1.0
Sauce, pasta, spaghetti/marinara, ready-to-serve	1 cup	1.0
Beets, cooked, boiled, drained	1 beet	1.0
Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	3/4 cup	1.0
Taco shells, baked	1 medium	1.0
Tortillas, ready-to-bake or -fry, flour	1 tortilla	1.0
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	3/4 cup	1.0
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1 cup	1.0
Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	1 cup	1.0
Rice, white, long-grain, precooked or instant, enriched, prepared	1 cup	1.0
Malted drink mix, chocolate, with added nutrients, powder	3 heaping tsp	1.0
Lime juice, canned or bottled, unsweetened	1 cup	1.0
Soup, onion, dehydrated, prepared with water	1 cup	1.0
Lemon juice, canned or bottled	1 cup	1.0
Tomato juice, canned, with salt added	1 cup	1.0
Soup, minestrone, canned, prepared with equal volume water, commercial	1 cup	1.0
Asparagus, frozen, cooked, boiled, drained, without salt	4 spears	1.0
Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	1 cup	1.0
Peanut butter, smooth style, with salt	1 tbsp	1.0
Cocoa mix, with aspartame, powder, prepared from item 14196	1 serving	1.0
Fast foods, chicken, breaded and fried, boneless pieces, plain	6 pieces	1.0
Spinach souffle	1 cup	1.0
Pie, cherry, commercially prepared	1 piece	0.9
Nuts, cashew nuts, oil roasted, with salt added	1 oz (18 nuts)	0.9
Seeds, sesame seed kernels, dried (decorticated)	1 tbsp	0.9
Plums, raw	1 plum	0.9
Bread, egg	1/2" slice	0.9
Cake, pineapple upside-down, prepared from recipe	1 piece	0.9
Rolls, hamburger or hotdog, plain	1 roll	0.9

Milk shakes, thick chocolate	10.6 fl oz	0.9
Cereals ready-to-eat, GENERAL MILLS, KIX	1-1/3 cup	0.9
Fast Foods, biscuit, with egg and sausage	1 biscuit	0.9
Cereals ready-to-eat, GENERAL MILLS, TRIX	1 cup	0.9
Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	3/4 cup	0.9
Biscuits, plain or buttermilk, prepared from recipe	2-1/2" biscuit	0.9
Spices, chili powder	1 tsp	0.9
Snacks, popcorn, oil-popped, microwaved	1 cup	0.9
Pancakes plain, frozen, ready-to-heat (includes buttermilk)	1 pancake	0.9
Nuts, cashew nuts, dry roasted, with salt added	1 oz	0.9
Crackers, matzo, plain	1 matzo	0.9
Rolls, dinner, plain, commercially prepared (includes brown-and serve)	1 roll	0.8
Leavening agents, yeast, baker's, active dry	1 tsp	0.8
Hummus, commercial	1 tbsp	0.8
Cucumber, peeled, raw	1 cup	0.8
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	6-fl-oz can	0.8
Alfalfa seeds, sprouted, raw	1 cup	0.8
Cookies, brownies, dry mix, special dietary, prepared	1 brownie	0.8
Broccoli, raw	1 spear	0.8
Cookies, oatmeal, commercially prepared, fat-free	1 cookie	0.8
Fish, fish portions and sticks, frozen, preheated	1 portion (4" x 2" x 1/2")	0.8
Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	1 bar	0.8
Ice creams, chocolate	1/2 cup	0.8
Hearts of palm, canned	1 piece	0.8
Waffles, plain, frozen, ready -to-heat, toasted	1 waffle	0.8
Spices, paprika	1 tsp	0.8
Onion rings, breaded, par fried, frozen, prepared, heated in oven	10 rings	0.8
Pickles, cucumber, dill	1 pickle	0.8
Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	1 bar	0.8
Frozen novelties, fruit and juice bars	1 bar (2.5 fl oz)	0.8
Bread, french or vienna (includes sourdough)	1/2" slice	0.8
Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	3/4 cup	0.8
Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	1-1/3 cup	0.8
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	1 cup	0.8
Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	1 cup	0.7
Pie fillings, apple, canned	1/8 of 21oz can	0.7
Ham, sliced, regular (approximately 11% fat)	2 slices	0.7
Cookies, fig bars	1 cookie	0.7
Soup, beef noodle, canned, prepared with equal volume water, commercial	1 cup	0.7
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1/4 block	0.7
Lettuce, green leaf, raw	1 cup	0.7
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1 cup	0.7

Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1 cup	0.7
Soup, chicken noodle, canned, prepared with equal volume water, commercial	1 cup	0.7
Soup, chicken with rice, canned, prepared with equal volume water, commercial	1 cup	0.7
Pancakes, plain, dry mix, incomplete, prepared	1 pancake	0.7
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 medium	0.7
Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	1 cup	0.7
Danish pastry, cheese	1 danish	0.7
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1 medium	0.7
Olives, ripe, canned (small-extra large)	5 large	0.7
Cookies, oatmeal, commercially prepared, regular	1 cookie	0.7
Mushrooms, raw	1 cup	0.7
Apricots, raw	1 apricot	0.7
Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	1 cup	0.7
Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	1 cup	0.7
Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	10 pieces	0.7
Peppers, jalapeno, canned, solids and liquids	1/4 cup	0.7
Peppers, hot chili, red, raw	1 pepper	0.7
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	3/4 cup	0.7
Peppers, hot chili, green, raw	1 pepper	0.7
Spices, curry powder	1 tsp	0.7
Spinach, raw	1 cup	0.7
Bread, banana, prepared from recipe, made with margarine	1 slice	0.7
Lettuce, iceberg (includes crisphead types), raw	1 cup	0.7
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	3/4 cup	0.7
French toast, frozen, ready-to-heat	1 slice	0.6
Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	6-fl-oz can	0.6
Tomatillos, raw	1 medium	0.6
Spices, oregano, dried	1 tsp	0.6
Celery, raw	1 stalk	0.6
Rice, white, long-grain, regular, cooked	1 cup	0.6
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1 oz	0.6
Melons, cantaloupe, raw	1/8 melon	0.6
Bread, pita, white, enriched	4" pita	0.6
Watermelon, raw	1 cup	0.6
Ice creams, french vanilla, soft-serve	1/2 cup	0.6
Eclairs, custard-filled with chocolate glaze, prepared from recipe	1 éclair	0.6
Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	3/4 cup	0.6
Celery, cooked, boiled, drained, without salt	1 stalk	0.6
Bread, white, commercially prepared (includes soft bread crumbs)	1 slice	0.6
Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	1 cup	0.6
Fish, catfish, channel, cooked, breaded and fried	3 oz	0.6
Cake, white, prepared from recipe without frosting	1 piece	0.6
Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	3/4 cup	0.6
Puddings, chocolate, dry mix, instant, prepared with 2% milk	1/2 cup	0.6

Potatoes, hashed brown, frozen, plain, prepared	1 patty	0.6
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	1 pastry	0.6
Cranberry sauce, canned, sweetened	1 slice	0.6
Spices, pepper, black	1 tsp	0.6
Bread, white, commercially prepared, toasted	1 slice	0.6
Candies, SPECIAL DARK Chocolate Bar	1 miniature	0.5
Bread, italian	1 slice	0.5
Syrups, chocolate, fudge-type	1 tbsp	0.5
Cereals ready-to-eat, wheat, puffed, fortified	1 cup	0.5
Cucumber, with peel, raw	1 cup	0.5
Raisins, seedless	1 packet	0.5
Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	1/4 cup	0.5
Pineapple juice, canned, unsweetened, without added ascorbic acid	1 cup	0.5
Sauce, homemade, white, medium	1 cup	0.5
Toaster pastries, brown-sugar-cinnamon	1 pastry	0.5
Orange juice, canned, unsweetened	1 cup	0.5
Tangerine juice, canned, sweetened	1 cup	0.5
Orange juice, chilled, includes from concentrate	1 cup	0.5
Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	1 cup	0.5
Orange juice, raw	1 cup	0.5
Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	1 cup	0.5
Fruit punch drink, with added nutrients, canned	8 fl oz	0.5
Pancakes, plain, dry mix, complete, prepared	1 pancake	0.5
Soup, vegetable beef, prepared with equal volume water, commercial	1 cup	0.5
Soup, tomato, canned, prepared with equal volume water, commercial	1 cup	0.5
Soup, cream of mushroom, canned, prepared with equal volume water, commercial	1 cup	0.5
Chocolate syrup	1 tbsp	0.5
Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	1 cup	0.5
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1 piece	0.5
Ice creams, vanilla	1/2 cup	0.5
Onions, dehydrated flakes	1 tbsp	0.5
Entrees, fish fillet, battered or breaded, and fried	1 fillet	0.5
Cheese, cottage, creamed, with fruit	1 cup	0.5
Grapes, red or green (european type varieties, such as, Thompson seedless), raw	10 grapes	0.5
Cookies, chocolate chip, prepared from recipe, made with margarine	1 cookie	0.4
Sauce, hoisin, ready-to-serve	1 tbsp	0.4
Pie fillings, canned, cherry	1/8 of 21oz can	0.4
Cookies, chocolate chip, refrigerated dough, baked	1 cookie	0.4
Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to serve	1/4 cup	0.4
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	2-1/2" biscuit	0.4
Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	1 packet	0.4

Puddings, chocolate, dry mix, regular, prepared with 2% milk	1/2 cup	0.4
Alcoholic beverage, pina colada, prepared-from-recipe	4.5 fl oz	0.4
Cake, angelfood, commercially prepared	1 piece	0.4
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	1/2 breast	0.4
Candies, milk chocolate coated raisins	10 pieces	0.4
Candies, KIT KAT Wafer Bar	1 bar (1.5 oz)	0.4
Plums, canned, purple, juice pack, solids and liquids	1 plum	0.4
Mushrooms, shiitake, dried	1 mushroom	0.4
Plums, canned, purple, heavy syrup pack, solids and liquids	1 plum	0.4
Beets, canned, drained solids	1 beet	0.4
Cookies, oatmeal, commercially prepared, soft-type	1 cookie	0.4
Cake, snack cakes, creme-filled, chocolate with frosting	1 cupcake	0.4
Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	2-1/4" biscuit	0.4
Spices, parsley, dried	1 tbsp	0.4
Pineapple, canned, heavy syrup pack, solids and liquids	1 slice	0.4
Cookies, graham crackers, plain or honey (includes cinnamon)	2 squares	0.4
Fish, fish portions and sticks, frozen, preheated	1 stick (4" x 1" x 1/2")	0.4
Onions, spring or scallions (includes tops and bulb), raw	1 whole	0.4
Snacks, rice cakes, brown rice, plain	1 cake	0.4
Pineapple, canned, juice pack, solids and liquids	1 slice	0.4
Strawberries, raw	1 strawberry	0.4
Crackers, saltines (includes oyster, soda, soup)	4 crackers	0.4
Cookies, chocolate chip, commercially prepared, regular, lower fat	1 cookie	0.4
Crackers, wheat, regular	4 crackers	0.4
Snacks, beef jerky, chopped and formed	1 large piece	0.4
KELLOGG'S Eggo Lowfat Homestyle Waffles	1 waffle	0.4
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	1 cup	0.3
Frostings, chocolate, creamy, ready-to-eat	1/12 package	0.3
Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	1 oz	0.3
Crustaceans, shrimp, mixed species, cooked, breaded and fried	3 oz	0.3
Salad dressing, russian dressing	1 tbsp	0.3
Parsley, raw	10 sprigs	0.3
Cauliflower, raw	1 floweret	0.3
Turkey patties, breaded, battered, fried	1 patty	0.3
Cheesecake commercially prepared	1 piece	0.3
Cookies, molasses	1 cookie, large (3 1/2" to 4")	0.3
Nuts, pine nuts, dried	1 tbsp	0.3
Sauce, cheese, ready-to-serve	1/4 cup	0.3
Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	1-1/4 cup	0.3
Cake, pound, commercially prepared, fat-free	1 slice	0.3
Candies, M&M MARS, MARS MILKY WAY Bar	1 fun size	0.3

	bar	
Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	3/4 cup	0.3
Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	1 cookie	0.3
Cookies, chocolate sandwich, with creme filling, regular	1 cookie	0.3
Snacks, popcorn, cakes	1 cake	0.3
Candies, fudge, chocolate, prepared-from-recipe	1 piece	0.3
Spices, garlic powder	1 tsp	0.3
Cookies, peanut butter, commercially prepared, regular	1 cookie	0.3
Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	8 fl oz	0.3
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	1 thigh	0.3
Sauce, ready-to-serve, salsa	1 tbsp	0.3
NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	1 cookie	0.3
Fruit butters, apple	1 tbsp	0.3
Grape juice, canned or bottled, unsweetened, without added vitamin C	1 cup	0.3
Soup, chicken noodle, dehydrated, prepared with water	1 cup	0.3
Cookies, shortbread, commercially prepared, pecan	1 cookie	0.3
Pineapple and grapefruit juice drink, canned	8 fl oz	0.3
Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	1 cup	0.3
Grapefruit juice, white, canned, sweetened	1 cup	0.3
Pineapple and orange juice drink, canned	8 fl oz	0.3
Lemonade, frozen concentrate, white, prepared with water	8 fl oz	0.2
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	1 cup	0.2
Soup, cream of chicken, prepared with equal volume milk, commercial	1 cup	0.2
Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	1 cup	0.2
Grapefruit juice, white, canned, unsweetened	1 cup	0.2
Grapefruit juice, white, raw	1 cup	0.2
Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	1 cup	0.2
Tomatoes, sun-dried	1 piece	0.2
Soup, cream of chicken, canned, prepared with equal volume water, commercial	1 cup	0.2
Cheese sauce, prepared from recipe	1 cup	0.2
Strawberries, raw	1 strawberry	0.2
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	1 piece	0.2
Tomatoes, red, ripe, raw, year round average	1 slice	0.2
Crackers, cheese, regular	10 crackers	0.2
Gravy, mushroom, canned	1/4 cup	0.2
Gravy, turkey, canned	1/4 cup	0.2
Gravy, chicken, canned	1/4 cup	0.2
Cereals ready-to-eat, rice, puffed, fortified	1 cup	0.2
Crackers, cheese, sandwich-type with peanut butter filling	1 sandwich	0.2
Spices, celery seed	1 tsp	0.2
Gravy, beef, canned	1/4 cup	0.2
Pimento, canned	1 tbsp	0.2
Cookies, vanilla sandwich with creme filling	1 cookie	0.2

Spinach, raw	1 leaf	0.2
Jams and preserves	1 tbsp	0.2
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	1 drumstick	0.2
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1 hole	0.2
Lettuce, cos or romaine, raw	1 leaf	0.2
Tomatoes, red, ripe, raw, year round average	1 cherry tomato	0.2
Salad dressing, thousand island dressing, reduced fat	1 tbsp	0.2
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	1-1/4 cup	0.2
Ice creams, vanilla, light	1/2 cup	0.2
Onions, raw	1 slice	0.2
Crackers, standard snack-type, regular	4 crackers	0.2
Cake, yellow, commercially prepared, with vanilla frosting	1 piece	0.2
Jellies	1 tbsp	0.2
Sauce, barbecue sauce	1 tbsp	0.2
Lemon juice, raw	juice of 1 lemon	0.2
Carrots, baby, raw	1 medium	0.2
Crustaceans, shrimp, mixed species, cooked, breaded and fried	6 large	0.2
Salad dressing, french dressing, reduced fat	1 tbsp	0.2
Candies, M&M MARS, "M&M's" Milk Chocolate Candies	10 pieces	0.2
Tomatoes, sun-dried, packed in oil, drained	1 piece	0.2
Orange juice, raw	juice from 1 orange	0.2
Peppers, sweet, green, raw	1 ring	0.2
Cake, snack cakes, creme-filled, sponge	1 cake	0.2
Cookies, sugar, prepared from recipe, made with margarine	1 cookie	0.2
Pickle relish, sweet	1 tbsp	0.2
Horseradish, prepared	1 tsp	0.2
Mustard, prepared, yellow	1 tsp or 1 packet	0.2
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 hole	0.2
Lime juice, raw	juice of 1 lime	0.2
Cookies, vanilla sandwich with creme filling	1 cookie	0.2
Cake, sponge, commercially prepared	1 shortcake	0.2
Cookies, molasses	1 cookie, medium	0.2
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	1 wing	0.1
Cookies, shortbread, commercially prepared, plain	1 cookie	0.1
Cake, pound, commercially prepared, butter	1 piece	0.1
Syrups, table blends, pancake	1 tbsp	0.1
Candies, fudge, vanilla with nuts	1 piece	0.1
Crackers, standard snack-type, sandwich, with cheese filling	1 sandwich	0.1
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1 bar	0.1
Lettuce, green leaf, raw	1 leaf	0.1

Seaweed, kelp, raw	2 tbsp	0.1
Soy sauce made from soy and wheat (shoyu)	1 tbsp	0.1
Salad dressing, thousand island, commercial, regular	1 tbsp	0.1
Cookies, sugar, commercially prepared, regular (includes vanilla)	1 cookie	0.1
Cookies, sugar, refrigerated dough, baked	1 cookie	0.1
Spices, onion powder	1 tsp	0.1
Candies, NESTLE, BUTTERFINGER Bar	1 fun size bar	0.1
Puddings, rice, ready-to-eat	4 oz	0.1
Leavening agents, baking powder, low-sodium	1 tsp	0.1
Fast foods, ice milk, vanilla, soft-serve, with cone	1 cone	0.1
Cake, angelfood, dry mix, prepared	1 piece	0.1
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	1/2 breast	0.1
Lettuce, iceberg (includes crisphead types), raw	1 medium	0.1
Lettuce, butterhead (includes boston and bibb types), raw	1 medium leaf	0.1
Cookies, vanilla wafers, lower fat	1 cookie	0.1
Chives, raw	1 tbsp	0.1
Candies, gumdrops, starch jelly pieces	10 worms	0.1
Cornstarch	1 tbsp	0.1
Radishes, raw	1 radish	0.1
Garlic, raw	1 clove	0.1
Lime juice, canned or bottled, unsweetened	1 tbsp	0.1
Lemon juice, canned or bottled	1 tbsp	0.1
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	3/4 cup	0.1
Alcoholic beverage, daiquiri, prepared-from-recipe	2 fl oz	0.1
Candies, jellybeans	10 large	0.1
Candies, marshmallows	1 cup	0.1
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	1 drumstick	0.0
Salad dressing, russian dressing, low calorie	1 tbsp	0.0
Catsup	1 tbsp	0.0
Honey	1 tbsp	0.0
Cookies, butter, commercially prepared, enriched	1 cookie	0.0
Seaweed, spirulina, dried	1 tbsp	0.0
Sandwich spread, pork, beef	1 tbsp	0.0
Candies, gumdrops, starch jelly pieces	10 bears	0.0
Dill weed, fresh	5 sprigs	0.0
Sauce, teriyaki, ready-to-serve	1 tbsp	0.0
Catsup	1 packet	0.0
Sauce, ready-to-serve, pepper or hot	1 tsp	0.0
Leavening agents, baking powder, double-acting, sodium aluminum sulfate	1 tsp	0.0
Leavening agents, baking powder, double-acting, straight phosphate	1 tsp	0.0
Candies, caramels, chocolate-flavor roll	1 piece	0.0
Leavening agents, cream of tartar	1 tsp	0.0
Candies, gumdrops, starch jelly pieces	1 medium	0.0
Chicken, stewing, meat only, cooked, stewed	1 cup	0.0

Turkey and gravy, frozen	5-oz package	0.0
Duck, domesticated, meat only, cooked, roasted	1/2 duck	0.0
Turkey, all classes, meat only, cooked, roasted	1 cup	0.0
Milk, canned, evaporated, without added vitamin A	1 cup	0.0
Turkey, all classes, neck, meat only, cooked, simmered	1 neck	0.0
Turkey, all classes, dark meat, cooked, roasted	3 oz	0.0
Turkey, all classes, light meat, cooked, roasted	3 oz	0.0
Chicken, canned, meat only, with broth	5 oz	0.0
Turkey, all classes, giblets, cooked, simmered, some giblet fat	1 cup	0.0
Cheese, mozzarella, part skim milk, low moisture	1 oz	0.0
Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	1 drumstick	0.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	8-oz container	0.0
Chicken, broilers or fryers, neck, meat only, cooked, simmered	1 neck	0.0
Milk shakes, thick vanilla	11 fl oz	0.0
Cheese, neufchatel	1 oz	0.0
Cheese, cottage, lowfat, 2% milkfat	1 cup	0.0
Cheese, muenster	1 oz	0.0
Cheese, cottage, lowfat, 1% milkfat	1 cup	0.0
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1 cup	0.0
Milk, canned, condensed, sweetened	1 cup	0.0
Milk, canned, evaporated, nonfat	1 cup	0.0
Cheese, mozzarella, whole milk	1 oz	0.0
Cheese, feta	1 oz	0.0
Chicken, broilers or fryers, thigh, meat only, cooked, roasted	1 thigh	0.0
Candies, M&M MARS, STARBURST Fruit Chews	1 piece	0.0
Soup, beef broth or bouillon, powder, dry	1 packet	0.0
Cream, fluid, heavy whipping	1 tbsp	0.0
Cheese, cream	1 tbsp	0.0
Cream, whipped, cream topping, pressurized	1 tbsp	0.0
Cream, sour, reduced fat, cultured	1 tbsp	0.0
Cream, sour, cultured	1 tbsp	0.0
Eggnog	1 cup	0.0
Sour dressing, non-butterfat, cultured, filled cream-type	1 tbsp	0.0
Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	1 tbsp	0.0
Cream, fluid, light whipping	1 tbsp	0.0
Cream substitute, powdered	1 tsp	0.0
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	1 tbsp	0.0
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	1 cup	0.0
Cream, fluid, light (coffee cream or table cream)	1 tbsp	0.0
Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	3 oz	0.0
Dessert topping, pressurized	1 tbsp	0.0
Dessert topping, semi solid, frozen	1 tbsp	0.0
Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	3 oz	0.0
Egg, yolk, raw, fresh	1 large	0.0

Milk, whole, 3.25% milkfat	1 cup	0.0
Milk, lowfat, fluid, 1% milkfat, with added vitamin A	1 cup	0.0
Milk, nonfat, fluid, with added vitamin A (fat free or skim)	1 cup	0.0
Milk, buttermilk, fluid, cultured, lowfat	1 cup	0.0
Milk, dry, nonfat, instant, with added vitamin A	1/3 cup	0.0
Milk, buttermilk, dried	1 tbsp	0.0
Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	3 oz	0.0
Poultry food products, ground turkey, cooked	1 patty	0.0
Snacks, fruit leather, rolls	1 large	0.0
Salad dressing, blue or roquefort cheese dressing, commercial, regular	1 tbsp	0.0
Cheese, cheddar	1 oz	0.0
Salt, table	1 tsp	0.0
Salad dressing, home recipe, vinegar and oil	1 tbsp	0.0
Oil, vegetable, sunflower, linoleic, (approx. 65%)	1 tbsp	0.0
Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	1 tbsp	0.0
Vinegar, cider	1 tbsp	0.0
Cheese, cottage, creamed, large or small curd	1 cup	0.0
Vanilla extract	1 tsp	0.0
Cheese, provolone	1 oz	0.0
Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	1 tbsp	0.0
Vegetable oil, canola	1 tbsp	0.0
Margarine-butter blend, 60% corn oil margarine and 40% butter	1 tbsp	0.0
Cheese, pasteurized process, american, with di sodium phosphate	1 oz	0.0
Egg, white, raw, fresh	1 large	0.0
Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	1 tbsp	0.0
Cheese, ricotta, part skim milk	1 cup	0.0
Salad dressing, mayonnaise, soybean oil, with salt	1 tbsp	0.0
Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	1 tbsp	0.0
Oil, soybean, salad or cooking, (hydrogenated)	1 tbsp	0.0
Oil, peanut, salad or cooking	1 tbsp	0.0
Cheese, ricotta, whole milk	1 cup	0.0
Salad dressing, home recipe, cooked	1 tbsp	0.0
Oil, sesame, salad or cooking	1 tbsp	0.0
Cheese, pasteurized process, swiss, with di sodium phosphate	1 oz	0.0
Salad dressing, italian dressing, commercial, regular	1 tbsp	0.0
Salad dressing, french dressing, commercial, regular	1 tbsp	0.0
Margarine-like spread, (approximately 40% fat), unspecified oils	1 tsp	0.0
Margarine, regular, unspecified oils, with salt added	1 tbsp	0.0
Cheese, swiss	1 oz	0.0
Salad dressing, french, home recipe	1 tbsp	0.0
Oil, olive, salad or cooking	1 tbsp	0.0
Egg, whole, raw, fresh	1 extra large	0.0
Margarine, regular, tub, composite, 80% fat, with salt	1 tbsp	0.0
Chicken, liver, all classes, cooked, simmered	1 liver	0.0

Egg, whole, cooked, fried	1 large	0.0
Chicken, broilers or fryers, light meat, meat only, cooked, fried	3 oz	0.0
Salad dressing, italian dressing, reduced fat	1 tbsp	0.0
Egg, whole, cooked, poached	1 large	0.0
Lard	1 tbsp	0.0
Egg, whole, cooked, scrambled	1 large	0.0
Cheese, blue	1 oz	0.0
Egg, whole, raw, fresh	1 medium	0.0
Egg, whole, raw, fresh	1 large	0.0
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	8-oz container	0.0
Chicken, broilers or fryers, breast, meat only, cooked, roasted	1/2 breast	0.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	8-oz container	0.0
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	3 oz	0.0
Cheese, cream, fat free	1 tbsp	0.0
Fish, salmon, sockeye, cooked, dry heat	1/2 fillet	0.0
Margarine, vegetable oil spread, 60% fat, stick	1 tsp	0.0
Cheese, camembert	1 wedge	0.0
Cheese food, pasteurized process, american, without di sodium phosphate	1 oz	0.0
Cheese spread, pasteurized process, american, without di sodium phosphate	1 oz	0.0
Egg, whole, cooked, hard-boiled	1 large	0.0
Margarine, vegetable oil spread, 60% fat, tub/bottle	1 tsp	0.0
Yogurt, plain, low fat, 12 grams protein per 8 ounce	8-oz container	0.0
Cheese, low fat, cheddar or colby	1 oz	0.0
Cheese, parmesan, grated	1 tbsp	0.0
Butter, without salt	1 tbsp	0.0
Cream, fluid, half and half	1 tbsp	0.0
Chicken, broilers or fryers, giblets, cooked, simmered	1 cup	0.0
Egg substitute, liquid	1/4 cup	0.0
Margarine, vegetable oil spread, 60% fat, stick	1 tbsp	0.0
Pork, fresh, backribs, separable lean and fat, cooked, roasted	3 oz	0.0
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	3 oz	0.0
Pork, fresh, spareribs, separable lean and fat, cooked, braised	3 oz	0.0
Pork, cured, bacon, cooked, broiled, pan-fried or roasted	3 medium slices	0.0
Pork, cured, canadian-style bacon, grilled	2 slices	0.0
Pork, cured, ham, whole, separable lean and fat, roasted	3 oz	0.0
Pork, cured, ham, whole, separable lean only, roasted	3 oz	0.0
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	3 oz	0.0
Alcoholic beverage, liqueur, coffee, 53 proof	1.5 fl oz	0.0
Pork, cured, ham, extra lean and regular, canned, roasted	3 oz	0.0
Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	3 oz	0.0

Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	3 oz	0.0
Lemonade, low calorie, with aspartame, powder, prepared with water	8 fl oz	0.0
Grape drink, canned	8 fl oz	0.0
Cranberry juice cocktail, bottled	8 fl oz	0.0
Candies, white chocolate	1 cup	0.0
Coffee, instant, regular, prepared with water	6 fl oz	0.0
Coffee, brewed, espresso, restaurant-prepared	2 fl oz	0.0
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	3 oz	0.0
Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	1 cup	0.0
Fish, sardine, Atlantic, canned in oil, drained solids with bone	3 oz	0.0
Tea, herb, other than chamomile, brewed	6 fl oz	0.0
Candies, fudge, vanilla, prepared-from-recipe	1 piece	0.0
Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	8 fl oz	0.0
Tea, instant, unsweetened, powder, prepared	8 fl oz	0.0
Tea, brewed, prepared with tap water	6 fl oz	0.0
Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	3 oz	0.0
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	3 oz	0.0
Rice beverage, RICE DREAM, canned	1 cup	0.0
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3 oz	0.0
Malted drink mix, natural, with added nutrients, powder	4-5 heaping tsp	0.0
Ice creams, vanilla, rich	1/2 cup	0.0
Lemonade-flavor drink, powder, prepared with water	8 fl oz	0.0
Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	3 oz	0.0
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	3 oz	0.0
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	3 oz	0.0
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	3 oz	0.0
Carbonated beverage, pepper-type, contains caffeine	12 fl oz	0.0
Frozen yogurts, vanilla, soft-serve	1/2 cup	0.0
Veal, rib, separable lean and fat, cooked, roasted	3 oz	0.0
Coffee, brewed from grounds, prepared with tap water	6 fl oz	0.0
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	3 oz	0.0
Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	3 oz	0.0
Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	3 oz	0.0
Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	3 oz	0.0
Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked,	3 oz	0.0

roasted		
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	3 oz	0.0
Beef, variety meats and by-products, liver, cooked, pan-fried	3 oz	0.0
Veal, leg (top round), separable lean and fat, cooked, braised	3 oz	0.0
Beef, cured, corned beef, canned	3 oz	0.0
Syrups, maple	1 tbsp	0.0
Syrups, corn, light	1 tbsp	0.0
Butter, salted	1 tbsp	0.0
Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	3 oz	0.0
Sugars, powdered	1 tbsp	0.0
Sugars, granulated	1 tsp	0.0
Sugars, brown	1 tsp	0.0
Snacks, pork skins, plain	1 oz	0.0
Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	3 oz	0.0
Alcoholic beverage, wine, table, red	3.5 fl oz	0.0
Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	12 fl oz	0.0
Carbonated beverage, orange	12 fl oz	0.0
Carbonated beverage, SPRITE, lemon-lime, without caffeine	12 fl oz	0.0
Carbonated beverage, low calorie, other than cola or pepper, without caffeine	12 fl oz	0.0
Carbonated beverage, grape soda	12 fl oz	0.0
Candies, caramels	1 piece	0.0
Carbonated beverage, ginger ale	12 fl oz	0.0
Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	3 oz	0.0
Alcoholic beverage, wine, table, white	3.5 fl oz	0.0
Carbonated beverage, root beer	12 fl oz	0.0
Alcoholic beverage, wine, dessert, sweet	3.5 fl oz	0.0
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	1.5 fl oz	0.0
Alcoholic beverage, beer, light	12 fl oz	0.0
Alcoholic beverage, beer, regular, all	12 fl oz	0.0
Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3 oz	0.0
Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	3 oz	0.0
Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	3 oz	0.0
Beef, cured, dried	1 oz	0.0
Carbonated beverage, club soda	12 fl oz	0.0
Frozen novelties, ice type, pop	1 bar (2 fl oz)	0.0
Pork Sausage, Fresh, Cooked	2 links	0.0
Pork and beef sausage, fresh, cooked	2 links	0.0
Salami, cooked, beef and pork	2 slices	0.0

Salami, dry or hard, pork, beef	2 slices	0.0
Sausage, Vienna, canned, chicken, beef, pork	1 sausage	0.0
Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	3 oz	0.0
Frostings, vanilla, creamy, ready-to-eat	1/12 package	0.0
Carbonated beverage, cola, contains caffeine	12 fl oz	0.0
Frozen novelties, ice type, italian, restaurant-prepared	1/2 cup	0.0
Ham, chopped, not canned	2 slices	0.0
Fish, trout, rainbow, farmed, cooked, dry heat	3 oz	0.0
Fish, roughy, orange, cooked, dry heat	3 oz	0.0
Fish, tuna, yellowfin, fresh, cooked, dry heat	3 oz	0.0
Fish, cod, Pacific, cooked, dry heat	3 oz	0.0
Mollusks, oyster, eastern, wild, raw	6 medium	0.0
Mollusks, clam, mixed species, canned, drained solids	3 oz	0.0
Mollusks, clam, mixed species, raw	3 oz	0.0
Syrups, table blends, pancake, reduced-calorie	1 tbsp	0.0
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	3 oz	0.0
Gelatin desserts, dry mix, prepared with water	1/2 cup	0.0
Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	3 oz	0.0
Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	1/2 cup	0.0
Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	3 oz	0.0
Snacks, fruit leather, pieces	1 oz	0.0
Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	3 oz	0.0
Puddings, vanilla, ready-to-eat	4 oz	0.0
Pork Sausage, Fresh, Cooked	1 patty	0.0
Puddings, vanilla, dry mix, regular, prepared with 2% milk	1/2 cup	0.0
Ham, sliced, extra lean	2 slices	0.0
Puddings, tapioca, ready-to-eat	4 oz	0.0
Bologna, beef and pork	2 slices	0.0
Braunschweiger (a liver sausage), pork	2 slices	0.0
Chicken roll, light meat	2 slices	0.0
Frankfurter, beef	1 frank	0.0
Frankfurter, beef and pork	1 frank	0.0
Frankfurter, chicken	1 frank	0.0
Crustaceans, crab, blue, crab cakes	1 cake	0.0
Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	1 cup	0.0
Fish, flatfish (flounder and sole species), cooked, dry heat	1 fillet	0.0
Crustaceans, shrimp, mixed species, canned	3 oz	0.0
Fish, pollock, walleye, cooked, dry heat	1 fillet	0.0
Fish, ocean perch, Atlantic, cooked, dry heat	1 fillet	0.0
Fish, ocean perch, Atlantic, cooked, dry heat	3 oz	0.0
Fish, herring, Atlantic, pickled	3 oz	0.0
Fish, halibut, Atlantic and Pacific, cooked, dry heat	3 oz	0.0

Fish, halibut, Atlantic and Pacific, cooked, dry heat	1/2 fillet	0.0
Fish, rockfish, Pacific, mixed species, cooked, dry heat	3 oz	0.0
Fish, haddock, cooked, dry heat	1 fillet	0.0
Fish, rockfish, Pacific, mixed species, cooked, dry heat	1 fillet	0.0
Fish, flatfish (flounder and sole species), cooked, dry heat	3 oz	0.0
Fish, cod, Atlantic, canned, solids and liquid	3 oz	0.0
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	1.5 fl oz	0.0
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	1.5 fl oz	0.0
Tea, herb, chamomile, brewed	6 fl oz	0.0
Alcoholic beverage, wine, dessert, dry	3.5 fl oz	0.0
Fast foods, sundae, hot fudge	1 sundae	0.0
Water, municipal	8 fl oz	0.0
Fish, haddock, cooked, dry heat	3 oz	0.0
Fish, tuna, light, canned in oil, drained solids	3 oz	0.0
Soup, stock, fish, home-prepared	1 cup	0.0
Crustaceans, crab, blue, canned	1 cup	0.0
Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	3/4 cup	0.0
Crustaceans, crab, blue, cooked, moist heat	3 oz	0.0
Crustaceans, crab, alaska king, imitation, made from surimi	3 oz	0.0
Crustaceans, crab, alaska king, cooked, moist heat	3 oz	0.0
Fish, tuna salad	1 cup	0.0
Fish, pollock, walleye, cooked, dry heat	3 oz	0.0
Fish, tuna, light, canned in water, drained solids	3 oz	0.0
Crustaceans, lobster, northern, cooked, moist heat	3 oz	0.0
Fish, swordfish, cooked, dry heat	1 piece	0.0
Fish, swordfish, cooked, dry heat	3 oz	0.0
Leavening agents, baking soda	1 tsp	0.0
Candies, hard	1 piece	0.0
Candies, hard	1 small piece	0.0
Fish, salmon, sockeye, cooked, dry heat	3 oz	0.0
Fish, salmon, pink, canned, solids with bone and liquid	3 oz	0.0
Fish, salmon, chinook, smoked	3 oz	0.0
Fish, tuna, white, canned in water, drained solids	3 oz	0.0