

Amounts of Folic Acid in Common Foods

Food Item	Measure	Folic Acid, mcg.
Alcoholic beverage, beer, light	12 fl oz	21
Alcoholic beverage, beer, regular, all	12 fl oz	21
Alcoholic beverage, daiquiri, prepared-from-recipe	2 fl oz	1
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	1.5 fl oz	0
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	1.5 fl oz	0
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	1.5 fl oz	0
Alcoholic beverage, liqueur, coffee, 53 proof	1.5 fl oz	0
Alcoholic beverage, pina colada, prepared-from-recipe	4.5 fl oz	17
Alcoholic beverage, wine, dessert, dry	3.5 fl oz	0
Alcoholic beverage, wine, dessert, sweet	3.5 fl oz	0
Alcoholic beverage, wine, table, red	3.5 fl oz	1
Alcoholic beverage, wine, table, white	3.5 fl oz	1
Alfalfa seeds, sprouted, raw	1 cup	12
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	1 cup	0
Apples, dried, sulfured, uncooked	5 rings	0
Apples, raw, with skin	1 apple	4
Apples, raw, without skin	1 cup	0
Applesauce, canned, sweetened, without salt	1 cup	3
Applesauce, canned, unsweetened, without added ascorbic acid	1 cup	2
Apricot nectar, canned, with added ascorbic acid	1 cup	3
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1 cup	5
Apricots, canned, juice pack, with skin, solids and liquids	1 cup	5
Apricots, dried, sulfured, uncooked	10 halves	4
Apricots, raw	1 apricot	3
Artichokes, (globe or french), cooked, boiled, drained, without salt	1 medium	61
Artichokes, (globe or french), cooked, boiled, drained, without salt	1 cup	86
Asparagus, canned, drained solids	4 spears	69
Asparagus, cooked, boiled, drained	4 spears	89
Asparagus, frozen, cooked, boiled, drained, without salt	4 spears	81
Asparagus, frozen, cooked, boiled, drained, without salt	1 cup	243
Avocados, raw, California	1 oz	25
Avocados, raw, Florida	1 oz	10
Bagels, cinnamon-raisin	4" bagel	155
Bagels, cinnamon-raisin	3-1/2" bagel	124
Bagels, egg	4" bagel	119
Bagels, egg	3-1/2" bagel	95
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	3-1/2" bagel	160
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	4" bagel	201
Baking chocolate, unsweetened, liquid	1 oz	5

Baking chocolate, unsweetened, squares	1 square	8
Bamboo shoots, canned, drained solids	1 cup	4
Bananas, raw	1 cup	30
Bananas, raw	1 banana	24
Barley, pearled, cooked	1 cup	25
Barley, pearled, raw	1 cup	46
Beans, baked, canned, plain or vegetarian	1 cup	30
Beans, baked, canned, with franks	1 cup	78
Beans, baked, canned, with pork and sweet sauce	1 cup	20
Beans, baked, canned, with pork and tomato sauce	1 cup	38
Beans, black, mature seeds, cooked, boiled, without salt	1 cup	256
Beans, great northern, mature seeds, cooked, boiled, without salt	1 cup	181
Beans, kidney, red, mature seeds, canned	1 cup	131
Beans, kidney, red, mature seeds, cooked, boiled, without salt	1 cup	230
Beans, navy, mature seeds, cooked, boiled, without salt	1 cup	255
Beans, pinto, mature seeds, cooked, boiled, without salt	1 cup	294
Beans, snap, green, canned, regular pack, drained solids	1 cup	43
Beans, snap, green, cooked, boiled, drained, without salt	1 cup	41
Beans, snap, green, frozen, cooked, boiled, drained without salt	1 cup	31
Beans, snap, yellow, canned, regular pack, drained solids	1 cup	43
Beans, snap, yellow, cooked, boiled, drained, without salt	1 cup	41
Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	1 cup	31
Beans, white, mature seeds, canned	1 cup	170
Beef stew, canned entree	1 cup	26
Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	3 oz	5
Beef, cured, corned beef, canned	3 oz	8
Beef, cured, dried	1 oz	2
Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	3 oz	9
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	3 oz	9
Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	3 oz	8
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	3 oz	6
Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	3 oz	7
Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	3 oz	9
Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	3 oz	9
Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	3 oz	8
Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	3 oz	9
Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3 oz	7
Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	3 oz	9
Beef, variety meats and by-products, liver, cooked, pan-fried	3 oz	221

Beet greens, cooked, boiled, drained, without salt	1 cup	20
Beets, canned, drained solids	1 cup	51
Beets, canned, drained solids	1 beet	7
Beets, cooked, boiled, drained	1 cup	136
Beets, cooked, boiled, drained	1 beet	40
Biscuits, plain or buttermilk, prepared from recipe	2-1/2" biscuit	57
Biscuits, plain or buttermilk, prepared from recipe	4" biscuit	96
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	2-1/2" biscuit	37
Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	2-1/4" biscuit	29
Blackberries, raw	1 cup	36
Blueberries, frozen, sweetened	1 cup	16
Blueberries, raw	1 cup	9
Bologna, beef and pork	2 slices	3
Braunschweiger (a liver sausage), pork	2 slices	25
Bread crumbs, dry, grated, plain	1 oz	46
Bread crumbs, dry, grated, seasoned	1 cup	226
Bread stuffing, bread, dry mix, prepared	1/2 cup	53
Bread, banana, prepared from recipe, made with margarine	1 slice	29
Bread, cornbread, dry mix, prepared	1 piece	52
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1 piece	77
Bread, cracked-wheat	1 slice	19
Bread, egg	1/2" slice	52
Bread, french or vienna (includes sourdough)	1/2" slice	58
Bread, Indian, fry, made with lard (Navajo)	10-1/2" bread	314
Bread, Indian, fry, made with lard (Navajo)	5" bread	176
Bread, italian	1 slice	61
Bread, mixed-grain (includes whole-grain, 7-grain)	1 slice	43
Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	1 slice	42
Bread, oatmeal	1 slice	23
Bread, oatmeal, toasted	1 slice	19
Bread, pita, white, enriched	6-1/2" pita	99
Bread, pita, white, enriched	4" pita	46
Bread, pumpernickel	1 slice	43
Bread, pumpernickel, toasted	1 slice	37
Bread, raisin, enriched	1 slice	41
Bread, raisin, toasted, enriched	1 slice	36
Bread, reduced-calorie, rye	1 slice	19
Bread, reduced-calorie, wheat	1 slice	31
Bread, reduced-calorie, white	1 slice	32
Bread, rye	1 slice	48
Bread, rye, toasted	1 slice	36
Bread, wheat (includes wheat berry)	1 slice	32
Bread, wheat, toasted (includes wheat berry)	1 slice	27
Bread, white, commercially prepared (includes soft bread crumbs)	1 cup	77

Bread, white, commercially prepared (includes soft bread crumbs)	1 slice	43
Bread, white, commercially prepared, toasted	1 slice	35
Bread, whole-wheat, commercially prepared	1 slice	14
Bread, whole-wheat, commercially prepared, toasted	1 slice	10
Breakfast items, french toast with butter	2 slices	103
Broccoli, cooked, boiled, drained, without salt	1 cup	168
Broccoli, cooked, boiled, drained, without salt	1 spear	40
Broccoli, flower clusters, raw	1 floweret	8
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1 cup	103
Broccoli, raw	1 cup	55
Broccoli, raw	1 spear	20
Brussels sprouts, cooked, boiled, drained, without salt	1 cup	94
Brussels sprouts, frozen, cooked, boiled, drained, without salt	1 cup	157
Buckwheat flour, whole-groat	1 cup	65
Buckwheat groats, roasted, cooked	1 cup	24
Bulgur, cooked	1 cup	33
Bulgur, dry	1 cup	38
Butter, salted	1 tbsp	0
Butter, without salt	1 tbsp	0
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1 cup	70
Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	1 cup	63
Cabbage, cooked, boiled, drained, without salt	1 cup	30
Cabbage, raw	1 cup	30
Cabbage, red, raw	1 cup	13
Cabbage, savoy, raw	1 cup	56
Cake, angelfood, commercially prepared	1 piece	16
Cake, angelfood, dry mix, prepared	1 piece	15
Cake, boston cream pie, commercially prepared	1 piece	17
Cake, chocolate, commercially prepared with chocolate frosting	1 piece	15
Cake, chocolate, prepared from recipe without frosting	1 piece	37
Cake, fruitcake, commercially prepared	1 piece	14
Cake, gingerbread, prepared from recipe	1 piece	38
Cake, pineapple upside-down, prepared from recipe	1 piece	45
Cake, pound, commercially prepared, butter	1 piece	17
Cake, pound, commercially prepared, fat-free	1 slice	20
Cake, shortcake, biscuit-type, prepared from recipe	1 shortcake	54
Cake, snack cakes, creme-filled, chocolate with frosting	1 cupcake	32
Cake, snack cakes, creme-filled, sponge	1 cake	28
Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	1 cupcake	9
Cake, sponge, commercially prepared	1 shortcake	21
Cake, sponge, prepared from recipe	1 piece	33
Cake, white, prepared from recipe with coconut frosting	1 piece	57
Cake, white, prepared from recipe without frosting	1 piece	44
Cake, yellow, commercially prepared, with chocolate frosting	1 piece	20

Cake, yellow, commercially prepared, with vanilla frosting	1 piece	26
Candies, caramels	1 piece	0
Candies, caramels, chocolate-flavor roll	1 piece	1
Candies, carob	1 oz	6
Candies, fudge, chocolate, prepared-from-recipe	1 piece	1
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1 piece	3
Candies, fudge, vanilla with nuts	1 piece	2
Candies, fudge, vanilla, prepared-from-recipe	1 piece	0
Candies, gumdrops, starch jelly pieces	10 worms	0
Candies, gumdrops, starch jelly pieces	1 medium	0
Candies, gumdrops, starch jelly pieces	10 bears	0
Candies, hard	1 piece	0
Candies, hard	1 small piece	0
Candies, jellybeans	10 large	0
Candies, KIT KAT Wafer Bar	1 bar (1.5 oz)	8
Candies, M&M MARS, "M&M's" Milk Chocolate Candies	10 pieces	0
Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	10 pieces	8
Candies, M&M MARS, MARS MILKY WAY Bar	1 bar (2.15 oz)	4
Candies, M&M MARS, MARS MILKY WAY Bar	1 fun size bar	1
Candies, M&M MARS, SNICKERS Bar	1 bar (2 oz)	18
Candies, M&M MARS, STARBURST Fruit Chews	1 piece	0
Candies, marshmallows	1 cup	1
Candies, milk chocolate	1 bar (1.55 oz)	5
Candies, milk chocolate coated peanuts	10 pieces	3
Candies, milk chocolate coated raisins	10 pieces	1
Candies, milk chocolate, with almonds	1 bar (1.45 oz)	6
Candies, MR. GOODBAR Chocolate Bar	1 bar (1.75 oz)	19
Candies, NESTLE, BUTTERFINGER Bar	1 fun size bar	3
	1 package (contains 2)	23
Candies, REESE'S Peanut Butter Cups	1 cup	22
Candies, semisweet chocolate	1 cup	12
Candies, white chocolate	1 cup	11
Carambola, (starfruit), raw	1 fruit	13
Carambola, (starfruit), raw	1 cup	0
Carbonated beverage, club soda	12 fl oz	0
Carbonated beverage, cola, contains caffeine	12 fl oz	0
Carbonated beverage, ginger ale	12 fl oz	0
Carbonated beverage, grape soda	12 fl oz	0
Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	12 fl oz	0
Carbonated beverage, low calorie, other than cola or pepper, without caffeine	12 fl oz	0
Carbonated beverage, orange	12 fl oz	0
Carbonated beverage, pepper-type, contains caffeine	12 fl oz	0

Carbonated beverage, root beer	12 fl oz	0
Carbonated beverage, SPRITE, lemon-lime, without caffeine	12 fl oz	0
Carob flour	1 tbsp	2
Carrot juice, canned	1 cup	9
Carrots, baby, raw	1 medium	3
Carrots, canned, regular pack, drained solids	1 cup	13
Carrots, cooked, boiled, drained, without salt	1 cup	22
Carrots, frozen, cooked, boiled, drained, without salt	1 cup	16
Carrots, raw	1 carrot	14
Carrots, raw	1 cup	21
Catsup	1 tbsp	2
Catsup	1 packet	1
Cauliflower, cooked, boiled, drained, without salt	3 flowerets	24
Cauliflower, cooked, boiled, drained, without salt	1 cup	55
Cauliflower, frozen, cooked, boiled, drained, without salt	1 cup	74
Cauliflower, raw	1 cup	57
Cauliflower, raw	1 floweret	7
Celery, cooked, boiled, drained, without salt	1 cup	33
Celery, cooked, boiled, drained, without salt	1 stalk	8
Celery, raw	1 stalk	14
Celery, raw	1 cup	43
Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	3/4 cup	336
Cereals ready-to-eat, GENERAL MILLS, BASIC 4	1 cup	127
Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	3/4 cup	166
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	1 cup	336
Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	3/4 cup	166
Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	1 cup	166
Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	1 cup	336
Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	3/4 cup	676
Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	3/4 cup	166
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	1 cup	336
Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	3/4 cup	166
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	1 cup	163
Cereals ready-to-eat, GENERAL MILLS, KIX	1-1/3 cup	336
Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	1 cup	336
Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	1 cup	163
Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	3/4 cup	166
Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	1-1/4 cup	351
Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	1-1/3 cup	676
Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	1 cup	673
Cereals ready-to-eat, GENERAL MILLS, TRIX	1 cup	166
Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	1 cup	404
Cereals ready-to-eat, GENERAL MILLS, WHEATIES	1 cup	336
Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	3/4 cup	807

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	1/2 cup	659
Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	1 cup	154
Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	3/4 cup	335
Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	3/4 cup	682
Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	1 cup	222
Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	1 cup	169
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	1 cup	336
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	1 cup	176
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	3/4 cup	168
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI WHEATS, bite size	1 cup	176
Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	1 cup	676
Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	1 cup	168
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	1-1/4 cup	256
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	3/4 cup	346
Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	3/4 cup	168
Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	1 cup	676
Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	1 cup	163
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	3/4 cup	711
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	3/4 cup	684
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	3/4 cup	711
Cereals ready-to-eat, QUAKER, Honey Nut Heaven	1 cup	735
Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	1/2 cup	12
Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	1/2 cup	19
Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	3/4 cup	703
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	3/4 cup	703
Cereals ready-to-eat, rice, puffed, fortified	1 cup	3
Cereals ready-to-eat, wheat germ, toasted, plain	1 tbsp	25
Cereals ready-to-eat, wheat, puffed, fortified	1 cup	4
Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	2 biscuits	20
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1 cup	136
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1 cup	136
Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	1 packet	165
Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	1 cup	177
Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	1 cup	65
Cereals, Malt-o-Meal, plain, prepared with water, without salt	1 serving (3 T dry cereal)	756
Cereals, oats, instant, fortified, plain, prepared with water	1 packet	124
Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	1 cup	9
Cereals, QUAKER, corn grits, instant, plain, prepared with water	1 packet	78

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	1 packet	138
Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	1 packet	140
Cereals, WHEATENA, cooked with water	1 cup	17
Cheese food, pasteurized process, american, without di sodium phosphate	1 oz	2
Cheese sauce, prepared from recipe	1 cup	27
Cheese spread, pasteurized process, american, without di sodium	1 oz	2
Cheese, blue	1 oz	10
Cheese, camembert	1 wedge	24
Cheese, cheddar	1 oz	5
Cheese, cottage, creamed, large or small curd	1 cup	25
Cheese, cottage, creamed, with fruit	1 cup	25
Cheese, cottage, lowfat, 1% milkfat	1 cup	27
Cheese, cottage, lowfat, 2% milkfat	1 cup	29
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1 cup	22
Cheese, cream	1 tbsp	2
Cheese, cream, fat free	1 tbsp	6
Cheese, feta	1 oz	9
Cheese, low fat, cheddar or colby	1 oz	3
Cheese, mozzarella, part skim milk, low moisture	1 oz	3
Cheese, mozzarella, whole milk	1 oz	2
Cheese, muenster	1 oz	3
Cheese, neufchatel	1 oz	3
Cheese, parmesan, grated	1 tbsp	1
Cheese, pasteurized process, american, with di sodium phosphate	1 oz	2
Cheese, pasteurized process, swiss, with di sodium phosphate	1 oz	2
Cheese, provolone	1 oz	3
Cheese, ricotta, part skim milk	1 cup	32
Cheese, ricotta, whole milk	1 cup	30
Cheese, swiss	1 oz	2
Cheesecake commercially prepared	1 piece	16
Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	1 cup	20
Cherries, sweet, raw	10 cherries	3
Chicken pot pie, frozen entree	1 small pie	59
Chicken roll, light meat	2 slices	1
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	1/2 breast	29
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	1/2 breast	7
Chicken, broilers or fryers, breast, meat only, cooked, roasted	1/2 breast	3
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	3 oz	8
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	1 drumstick	17
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	1 drumstick	5
Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	1 drumstick	4
Chicken, broilers or fryers, giblets, cooked, simmered	1 cup	373
Chicken, broilers or fryers, light meat, meat only, cooked, fried	3 oz	3

Chicken, broilers or fryers, neck, meat only, cooked, simmered	1 neck	1
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	1 thigh	22
Chicken, broilers or fryers, thigh, meat only, cooked, roasted	1 thigh	4
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	1 wing	13
Chicken, canned, meat only, with broth	5 oz	6
Chicken, liver, all classes, cooked, simmered	1 liver	113
Chicken, stewing, meat only, cooked, stewed	1 cup	8
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	1 cup	161
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	1 cup	282
Chili con carne with beans, canned entree	1 cup	58
Chives, raw	1 tbsp	3
Chocolate syrup	1 tbsp	1
Chocolate-flavor beverage mix for milk, powder, without added nutrients	2-3 heaping tsp	1
Chocolate-flavor beverage mix, powder, prepared with whole milk	1 cup	13
Cocoa mix, no sugar added, powder	1/2 oz envelope	2
Cocoa mix, powder	3 heaping tsp	0
Cocoa mix, powder, prepared with water	1 serving	0
Cocoa mix, with aspartame, powder, prepared from item 14196	1 serving	2
Cocoa, dry powder, unsweetened	1 tbsp	2
Coffee, brewed from grounds, prepared with tap water	6 fl oz	4
Coffee, brewed, espresso, restaurant-prepared	2 fl oz	1
Coffee, instant, regular, prepared with water	6 fl oz	0
Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	1 piece	51
Coleslaw, home-prepared	1 cup	32
Collards, cooked, boiled, drained, without salt	1 cup	177
Collards, frozen, chopped, cooked, boiled, drained, without salt	1 cup	129
Cookies, brownies, commercially prepared	1 brownie	40
Cookies, brownies, dry mix, special dietary, prepared	1 brownie	16
Cookies, butter, commercially prepared, enriched	1 cookie	6
Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	1 cookie	10
Cookies, chocolate chip, commercially prepared, regular, lower fat	1 cookie	12
Cookies, chocolate chip, prepared from recipe, made with margarine	1 cookie	8
Cookies, chocolate chip, refrigerated dough, baked	1 cookie	18
Cookies, chocolate sandwich, with creme filling, regular	1 cookie	9
Cookies, fig bars	1 cookie	8
Cookies, graham crackers, plain or honey (includes cinnamon)	2 squares	9
Cookies, graham crackers, plain or honey (includes cinnamon)	1 cup	55
Cookies, molasses	1 cookie, medium	22
Cookies, molasses	1 cookie, large (3-1/2" to 4"	47
Cookies, oatmeal, commercially prepared, fat-free	1 cookie	8
Cookies, oatmeal, commercially prepared, regular	1 cookie	24

Cookies, oatmeal, commercially prepared, soft-type	1 cookie	8
Cookies, oatmeal, prepared from recipe, with raisins	1 cookie	6
Cookies, peanut butter, commercially prepared, regular	1 cookie	15
Cookies, peanut butter, prepared from recipe	1 cookie	16
Cookies, shortbread, commercially prepared, pecan	1 cookie	14
Cookies, shortbread, commercially prepared, plain	1 cookie	9
Cookies, sugar, commercially prepared, regular (includes vanilla)	1 cookie	12
Cookies, sugar, prepared from recipe, made with margarine	1 cookie	14
Cookies, sugar, refrigerated dough, baked	1 cookie	17
Cookies, vanilla sandwich with creme filling	1 cookie	12
Cookies, vanilla sandwich with creme filling	1 cookie	8
Cookies, vanilla wafers, lower fat	1 cookie	4
Corn, sweet, white, cooked, boiled, drained, without salt	1 ear	35
Corn, sweet, yellow, canned, cream style, regular pack	1 cup	115
Corn, sweet, yellow, canned, vacuum pack, regular pack	1 cup	103
Corn, sweet, yellow, cooked, boiled, drained, without salt	1 ear	35
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1 cup	57
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	1 ear	20
Cornmeal, degermed, enriched, yellow	1 cup	501
Cornmeal, self-rising, degermed, enriched, yellow	1 cup	518
Cornmeal, whole-grain, yellow	1 cup	31
Cornstarch	1 tbs	0
Couscous, cooked	1 cup	24
Couscous, dry	1 cup	35
Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	1 cup	210
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1 cup	240
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	1 cup	122
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	1 cup	358
Crackers, cheese, regular	10 crackers	24
Crackers, cheese, sandwich-type with peanut butter filling	1 sandwich	10
Crackers, matzo, plain	1 matzo	5
Crackers, melba toast, plain	4 pieces	39
Crackers, rye, wafers, plain	1 wafer	5
Crackers, saltines (includes oyster, soda, soup)	4 crackers	26
Crackers, standard snack-type, regular	4 crackers	17
Crackers, standard snack-type, sandwich, with cheese filling	1 sandwich	11
Crackers, wheat, regular	4 crackers	15
Crackers, whole-wheat	4 crackers	4
Cranberry juice cocktail, bottled	8 fl oz	0
Cranberry sauce, canned, sweetened	1 slice	1

Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	1 tbsp	0
Cream substitute, powdered	1 tsp	0
Cream, fluid, half and half	1 tbsp	0
Cream, fluid, heavy whipping	1 tbsp	1
Cream, fluid, light (coffee cream or table cream)	1 tbsp	0
Cream, fluid, light whipping	1 tbsp	1
Cream, sour, cultured	1 tbsp	1
Cream, sour, reduced fat, cultured	1 tbsp	2
Cream, whipped, cream topping, pressurized	1 tbsp	0
Croissants, butter	1 croissant	74
Croutons, seasoned	1 cup	60
Crustaceans, crab, alaska king, cooked, moist heat	3 oz	43
Crustaceans, crab, alaska king, imitation, made from surimi	3 oz	2
Crustaceans, crab, blue, canned	1 cup	58
Crustaceans, crab, blue, cooked, moist heat	3 oz	43
Crustaceans, crab, blue, crab cakes	1 cake	37
Crustaceans, lobster, northern, cooked, moist heat	3 oz	9
Crustaceans, shrimp, mixed species, canned	3 oz	8
Crustaceans, shrimp, mixed species, cooked, breaded and fried	3 oz	20
Crustaceans, shrimp, mixed species, cooked, breaded and fried	6 large	11
Cucumber, peeled, raw	1 large	39
Cucumber, peeled, raw	1 cup	17
Cucumber, with peel, raw	1 large	21
Cucumber, with peel, raw	1 cup	7
Dandelion greens, cooked, boiled, drained, without salt	1 cup	14
Danish pastry, cheese	1 danish	60
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	1 danish	49
Dates, deglet noor	1 cup	34
Dates, deglet noor	5 dates	8
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	1 tbsp	0
Dessert topping, pressurized	1 tbsp	0
Dessert topping, semi solid, frozen	1 tbsp	0
Dill weed, fresh	5 sprigs	2
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1 hole	12
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1 medium	39
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 hole	9
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 medium	41
Duck, domesticated, meat only, cooked, roasted	1/2 duck	22
Eclairs, custard-filled with chocolate glaze, prepared from recipe	1 éclair	63
Egg substitute, liquid	1/4 cup	9
Egg, white, raw, fresh	1 large	1
Egg, whole, cooked, fried	1 large	23
Egg, whole, cooked, hard-boiled	1 large	22

Egg, whole, cooked, poached	1 large	24
Egg, whole, cooked, scrambled	1 large	18
Egg, whole, raw, fresh	1 large	24
Egg, whole, raw, fresh	1 medium	21
Egg, whole, raw, fresh	1 extra large	27
Egg, yolk, raw, fresh	1 large	24
Eggnog	1 cup	3
Eggplant, cooked, boiled, drained, without salt	1 cup	14
Endive, raw	1 cup	71
English muffins, plain, enriched, with ca prop (includes sourdough)	1 muffin	75
English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	1 muffin	94
Entrees, fish fillet, battered or breaded, and fried	1 fillet	18
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	1 slice	139
Fast Foods, biscuit, with egg and sausage	1 biscuit	83
Fast foods, burrito, with beans and cheese	1 burrito	52
Fast foods, burrito, with beans and meat	1 burrito	73
Fast foods, cheeseburger, large, single patty, with condiments and vegetables	1 sandwich	118
Fast foods, cheeseburger, regular, double patty and bun, plain	1 sandwich	94
Fast foods, cheeseburger, regular, double patty, plain	1 sandwich	96
Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	1 sandwich	88
Fast foods, cheeseburger, regular, single patty, with condiments	1 sandwich	79
Fast foods, chicken fillet sandwich, plain	1 sandwich	149
Fast foods, chicken, breaded and fried, boneless pieces, plain	6 pieces	16
Fast foods, chili con carne	1 cup	56
Fast foods, chimichanga, with beef	1 chimichanga	120
Fast foods, clams, breaded and fried	3/4 cup	66
Fast foods, coleslaw	3/4 cup	39
Fast foods, croissant, with egg, cheese, and bacon	1 croissant	53
Fast foods, danish pastry, cheese	1 pastry	83
Fast foods, danish pastry, fruit	1 pastry	42
Fast foods, enchilada, with cheese	1 enchilada	86
Fast foods, english muffin, with egg, cheese, and canadian bacon	1 muffin	86
Fast foods, fish sandwich, with tartar sauce and cheese	1 sandwich	134
Fast foods, french toast sticks	5 sticks	275
Fast foods, frijoles with cheese	1 cup	112
Fast foods, hamburger, large, double patty, with condiments and vegetables	1 sandwich	111
Fast foods, hamburger, regular, double patty, with condiments	1 sandwich	112
Fast foods, hamburger, regular, single patty, with condiments	1 sandwich	74
Fast foods, hotdog, plain	1 sandwich	61
Fast foods, hotdog, with chili	1 sandwich	89
Fast foods, hotdog, with corn flour coating (corndog)	1 corn dog	135

Fast foods, hush puppies	5 pieces	83
Fast foods, ice milk, vanilla, soft-serve, with cone	1 cone	18
Fast foods, nachos, with cheese	6-8 nachos	10
Fast foods, onion rings, breaded and fried	8-9 rings	85
Fast foods, pancakes with butter and syrup	2 pancakes	63
Fast foods, potato, french fried in vegetable oil	1 small	26
Fast foods, potato, french fried in vegetable oil	1 medium	40
Fast foods, potato, french fried in vegetable oil	1 large	51
Fast foods, potato, mashed	1/3 cup	6
Fast foods, potatoes, hashed brown	1/2 cup	8
Fast foods, roast beef sandwich, plain	1 sandwich	68
Fast foods, salad, vegetable, tossed, without dressing, with cheese and	1-1/2 cups	85
Fast foods, salad, vegetable, tossed, without dressing, with chicken	1-1/2 cups	68
Fast foods, shrimp, breaded and fried	6-8 shrimp	136
Fast foods, submarine sandwich, with cold cuts	1 sandwich, 6" roll	109
Fast foods, submarine sandwich, with roast beef	1 sandwich, 6" roll	89
Fast foods, submarine sandwich, with tuna salad	1 sandwich, 6" roll	136
Fast foods, sundae, hot fudge	1 sundae	9
Fast foods, taco	1 small	99
Fast foods, taco	1 large	153
Fast foods, taco salad	1-1/2 cups	113
Fast foods, tostada, with beans, beef, and cheese	1 tostada	86
Figs, dried, uncooked	2 figs	3
Fish, catfish, channel, cooked, breaded and fried	3 oz	33
Fish, cod, Atlantic, canned, solids and liquid	3 oz	7
Fish, cod, Pacific, cooked, dry heat	3 oz	7
Fish, fish portions and sticks, frozen, preheated	1 stick (4" x 1" x 1/2")	14
Fish, fish portions and sticks, frozen, preheated	1 portion (4" x 2" x 1/2")	28
Fish, flatfish (flounder and sole species), cooked, dry heat	1 fillet	11
Fish, flatfish (flounder and sole species), cooked, dry heat	3 oz	8
Fish, haddock, cooked, dry heat	3 oz	11
Fish, haddock, cooked, dry heat	1 fillet	20
Fish, halibut, Atlantic and Pacific, cooked, dry heat	3 oz	12
Fish, halibut, Atlantic and Pacific, cooked, dry heat	1/2 fillet	22
Fish, herring, Atlantic, pickled	3 oz	2
Fish, ocean perch, Atlantic, cooked, dry heat	3 oz	9
Fish, ocean perch, Atlantic, cooked, dry heat	1 fillet	5
Fish, pollock, walleye, cooked, dry heat	1 fillet	2
Fish, pollock, walleye, cooked, dry heat	3 oz	3

Fish, rockfish, Pacific, mixed species, cooked, dry heat	3 oz	9
Fish, rockfish, Pacific, mixed species, cooked, dry heat	1 fillet	15
Fish, roughy, orange, cooked, dry heat	3 oz	4
Fish, salmon, chinook, smoked	3 oz	2
Fish, salmon, pink, canned, solids with bone and liquid	3 oz	13
Fish, salmon, sockeye, cooked, dry heat	1/2 fillet	8
Fish, salmon, sockeye, cooked, dry heat	3 oz	4
Fish, sardine, Atlantic, canned in oil, drained solids with bone	3 oz	10
Fish, swordfish, cooked, dry heat	1 piece	2
Fish, swordfish, cooked, dry heat	3 oz	2
Fish, trout, rainbow, farmed, cooked, dry heat	3 oz	20
Fish, tuna salad	1 cup	16
Fish, tuna, light, canned in oil, drained solids	3 oz	4
Fish, tuna, light, canned in water, drained solids	3 oz	3
Fish, tuna, white, canned in water, drained solids	3 oz	2
Fish, tuna, yellowfin, fresh, cooked, dry heat	3 oz	2
Frankfurter, beef	1 frank	2
Frankfurter, beef and pork	1 frank	2
Frankfurter, chicken	1 frank	2
French toast, frozen, ready-to-heat	1 slice	42
French toast, prepared from recipe, made with low fat (2%) milk	1 slice	37
Frostings, chocolate, creamy, ready-to-eat	1/12 package	0
Frostings, vanilla, creamy, ready-to-eat	1/12 package	3
Frozen novelties, fruit and juice bars	1 bar (2.5 fl oz)	5
Frozen novelties, ice type, italian, restaurant-prepared	1/2 cup	6
Frozen novelties, ice type, pop	1 bar (2 fl oz)	0
Frozen yogurts, chocolate, soft-serve	1/2 cup	8
Frozen yogurts, vanilla, soft-serve	1/2 cup	4
Fruit butters, apple	1 tbsp	0
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1 cup	7
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1 cup	7
Fruit punch drink, with added nutrients, canned	8 fl oz	2
Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	1 cup	20
Garlic, raw	1 clove	0
Gelatin desserts, dry mix, prepared with water	1/2 cup	1
Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	1/2 cup	0
Grape drink, canned	8 fl oz	0
Grape juice, canned or bottled, unsweetened, without added vitamin C	1 cup	8
Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	1 cup	3

Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	6-fl-oz can	9
Grapefruit juice, pink, raw	1 cup	25
Grapefruit juice, white, canned, sweetened	1 cup	25
Grapefruit juice, white, canned, unsweetened	1 cup	25
Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	1 cup	10
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	6-fl-oz can	27
Grapefruit juice, white, raw	1 cup	25
Grapefruit, raw, pink and red, all areas	1/2 grapefruit	16
Grapefruit, raw, white, all areas	1/2 grapefruit	12
Grapefruit, sections, canned, light syrup pack, solids and liquids	1 cup	23
Grapes, red or green (european type varieties, such as, Thompson seedless), raw	1 cup	3
Grapes, red or green (european type varieties, such as, Thompson seedless), raw	10 grapes	1
Gravy, beef, canned	1/4 cup	1
Gravy, chicken, canned	1/4 cup	1
Gravy, mushroom, canned	1/4 cup	7
Gravy, turkey, canned	1/4 cup	1
Ham, chopped, not canned	2 slices	0
Ham, sliced, extra lean	2 slices	2
Ham, sliced, regular (approximately 11% fat)	2 slices	4
HEALTHY CHOICE Beef Macaroni, frozen entree	1 package	158
Hearts of palm, canned	1 piece	13
Honey	1 tbsp	0
Horseradish, prepared	1 tsp	3
Hummus, commercial	1 tbsp	12
Ice creams, chocolate	1/2 cup	11
Ice creams, french vanilla, soft-serve	1/2 cup	8
Ice creams, vanilla	1/2 cup	3
Ice creams, vanilla, light	1/2 cup	4
Ice creams, vanilla, rich	1/2 cup	6
Jams and preserves	1 tbsp	2
Jellies	1 tbsp	0
Jerusalem-artichokes, raw	1 cup	20
Kale, cooked, boiled, drained, without salt	1 cup	17
Kale, frozen, cooked, boiled, drained, without salt	1 cup	18
Kiwi fruit, (chinese gooseberries), fresh, raw	1 medium	19
Kohlrabi, cooked, boiled, drained, without salt	1 cup	20
Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	3 oz	17
Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	3 oz	20
Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat,	3 oz	15

choice, cooked, broiled		
Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	3 oz	20
Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	3 oz	13
Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	3 oz	19
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	3 oz	15
Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	3 oz	19
Lard	1 tbsp	0
Leavening agents, baking powder, double-acting, sodium aluminum sulfate	1 tsp	0
Leavening agents, baking powder, double-acting, straight phosphate	1 tsp	0
Leavening agents, baking powder, low-sodium	1 tsp	0
Leavening agents, baking soda	1 tsp	0
Leavening agents, cream of tartar	1 tsp	0
Leavening agents, yeast, baker's, active dry	1 tsp	94
Leavening agents, yeast, baker's, active dry	1 pkg	164
Leavening agents, yeast, baker's, compressed	1 cake	133
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1 cup	25
Lemon juice, canned or bottled	1 tbsp	2
Lemon juice, canned or bottled	1 cup	24
Lemon juice, raw	juice of 1 lemon	6
Lemonade, frozen concentrate, white, prepared with water	8 fl oz	2
Lemonade, low calorie, with aspartame, powder, prepared with water	8 fl oz	0
Lemonade-flavor drink, powder, prepared with water	8 fl oz	0
Lemons, raw, without peel	1 lemon	6
Lentils, mature seeds, cooked, boiled, without salt	1 cup 3	58
Lettuce, butterhead (includes boston and bibb types), raw	1 medium leaf	5
Lettuce, butterhead (includes boston and bibb types), raw	1 head	119
Lettuce, cos or romaine, raw 10 1 leaf 14 11251 Lettuce, cos or romaine, raw	1 cup	76
Lettuce, green leaf, raw 56 1 cup 21 11253 Lettuce, green leaf, raw	1 leaf	4
Lettuce, iceberg (includes crisphead types), raw 539 1 head 156		
Lettuce, iceberg (includes crisphead types), raw 8 1 medium 2 11252 Lettuce, iceberg (includes crisphead types), raw	1 cup	16
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1 cup	29
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	1 cup	36
Lima beans, large, mature seeds, canned	1 cup	121
Lima beans, large, mature seeds, cooked, boiled, without salt	1 cup	156
Lime juice, canned or bottled, unsweetened 15.4 1 tbsp 1 09161 Lime juice, canned or bottled, unsweetened	1 cup	20
Lime juice, raw 38 juice of 1 lime 4 22247 Macaroni and Cheese, canned entree	1 cup	55

Macaroni, cooked, enriched 140 1 cup 167 14315 Malted drink mix, chocolate, with added nutrients, powder	3 heaping tsp	5
Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	1 cup	19
Malted drink mix, natural, with added nutrients, powder	4-5 heaping tsp	3
Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	1 cup	16
Mangos, raw 165 1 cup 23 09176 Mangos, raw	1 mango	29
Margarine, regular, tub, composite, 80% fat, with salt	1 tbsp	0
Margarine, regular, unspecified oils, with salt added	1 tbsp	0
Margarine, vegetable oil spread, 60% fat, stick	1 tbsp	0
Margarine, vegetable oil spread, 60% fat, stick	1 tsp	0
Margarine, vegetable oil spread, 60% fat, tub/bottle	1 tsp	0
Margarine-butter blend, 60% corn oil margarine and 40% butter	1 tbsp	0
Margarine-like spread, (approximately 40% fat), unspecified oils	1 tsp	0
Melons, cantaloupe, raw 160 1 cup 34 09181 Melons, cantaloupe, raw	1/8 melon	14
Melons, honeydew, raw 160 1/8 melon 30 09184 Melons, honeydew, raw	1 cup	32
Milk shakes, thick chocolate 300 10.6 fl oz 15 01111 Milk shakes, thick vanilla	11 fl oz	22
Milk, buttermilk, dried	1 tbsp	3
Milk, buttermilk, fluid, cultured, lowfat	1 cup	12
Milk, canned, condensed, sweetened	1 cup	34
Milk, canned, evaporated, nonfat	1 cup	23
Milk, canned, evaporated, without added vitamin A	1 cup	20
Milk, chocolate, fluid, commercial, lowfat	1 cup	13
Milk, chocolate, fluid, commercial, reduced fat	1 cup	5
Milk, chocolate, fluid, commercial, whole	1 cup	13
Milk, dry, nonfat, instant, with added vitamin A	1/3 cup	12
Milk, lowfat, fluid, 1% milkfat, with added vitamin A	1 cup	12
Milk, nonfat, fluid, with added vitamin A (fat free or skim)	1 cup	12
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	1 cup	12
Milk, whole, 3.25% milkfat	1 cup	12
Miso	1 cup	13
Mollusks, clam, mixed species, canned, drained solids	3 oz	25
Mollusks, clam, mixed species, raw	3 oz	14
Mollusks, oyster, eastern, cooked, breaded and fried	3 oz	37
Mollusks, oyster, eastern, wild, raw	6 medium	8
Mollusks, scallop, mixed species, cooked, breaded and fried	6 large	47
Muffins, blueberry, commercially prepared	1 muffin	66
Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	1 muffin	42
Muffins, corn, commercially prepared	1 muffin	64
Muffins, corn, dry mix, prepared	1 muffin	45
Muffins, oat bran	1 muffin	79
Muffins, wheat bran, toaster-type with raisins, toasted	1 muffin	16

Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1 cup	36
Mung beans, mature seeds, sprouted, raw	1 cup	63
Mushrooms, canned, drained solids	1 cup	19
Mushrooms, cooked, boiled, drained, without salt	1 cup	28
Mushrooms, raw	1 cup	11
Mushrooms, shiitake, cooked, without salt	1 cup	30
Mushrooms, shiitake, dried	1 mushroom	6
Mustard greens, cooked, boiled, drained, without salt	1 cup	102
Mustard, prepared, yellow	1 tsp or 1 packet	0
Nectarines, raw	1 nectarine	7
Noodles, chinese, chow mein	1 cup	62
Noodles, egg, cooked, enriched	1 cup	221
Noodles, egg, spinach, cooked, enriched	1 cup	150
Nuts, almonds	1 oz (24 nuts)	8
Nuts, brazilnuts, dried, unblanched	1 oz (6-8 nuts)	6
Nuts, cashew nuts, dry roasted, with salt added	1 oz	20
Nuts, cashew nuts, oil roasted, with salt added	1 oz (18 nuts)	7
Nuts, chestnuts, european, roasted	1 cup	100
Nuts, coconut meat, dried (desiccated), sweetened, shredded	1 cup	7
Nuts, coconut meat, raw	1 piece	12
Nuts, hazelnuts or filberts	1 oz	32
Nuts, macadamia nuts, dry roasted, with salt added	1 oz (10-12 nuts)	3
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	1 oz	14
Nuts, mixed nuts, oil roasted, with peanuts, with salt added	1 oz	24
Nuts, pecans	1 oz (20 halves)	6
Nuts, pine nuts, dried	1 tbsp	3
Nuts, pine nuts, dried	1 oz	10
Nuts, pistachio nuts, dry roasted, with salt added	1 oz (47 nuts)	14
Nuts, walnuts, english	1 oz (14 halves)	28
Oat bran, cooked	1 cup	13
Oat bran, raw	1 cup	49
Oil, olive, salad or cooking	1 tbsp	0
Oil, peanut, salad or cooking	1 tbsp	0
Oil, sesame, salad or cooking	1 tbsp	0
Oil, soybean, salad or cooking, (hydrogenated)	1 tbsp	0
Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	1 tbsp	0
Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower	1 tbsp	0

oil of commerce)		
Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	1 tbsp	0
Oil, vegetable, sunflower, linoleic, (approx. 65%)	1 tbsp	0
Okra, cooked, boiled, drained, without salt	1 cup	74
Okra, frozen, cooked, boiled, drained, without salt	1 cup	269
Olives, ripe, canned (small-extra large)	5 large	0
Onion rings, breaded, par fried, frozen, prepared, heated in oven	10 rings	62
Onions, cooked, boiled, drained, without salt	1 cup	32
Onions, cooked, boiled, drained, without salt	1 medium	14
Onions, dehydrated flakes	1 tbsp	8
Onions, raw	1 whole	21
Onions, raw	1 cup	30
Onions, raw	1 slice	3
Onions, spring or scallions (includes tops and bulb), raw	1 whole	10
Onions, spring or scallions (includes tops and bulb), raw	1 cup	64
Orange juice, canned, unsweetened	1 cup	45
Orange juice, chilled, includes from concentrate	1 cup	45
Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	1 cup	110
Orange juice, frozen concentrate, unsweetened, undiluted	6-fl-oz can	330
Orange juice, raw	juice from 1 orange	26
Orange juice, raw	1 cup	74
Oranges, raw, all commercial varieties	1 orange	39
Oranges, raw, all commercial varieties	1 cup	54
Pancakes plain, frozen, ready-to-heat (includes buttermilk)	1 pancake	40
Pancakes, plain, dry mix, complete, prepared	1 pancake	22
Pancakes, plain, dry mix, incomplete, prepared	1 pancake	21
Papayas, raw	1 papaya	116
Papayas, raw	1 cup	53
Parsley, raw	10 sprigs	15
Parsnips, cooked, boiled, drained, without salt	1 cup	90
Pasta with meatballs in tomato sauce, canned entree	1 cup	93
Peaches, canned, heavy syrup pack, solids and liquids	1 half	3
Peaches, canned, heavy syrup pack, solids and liquids	1 cup	8
Peaches, canned, juice pack, solids and liquids	1 cup	7
Peaches, canned, juice pack, solids and liquids	1 half	3
Peaches, dried, sulfured, uncooked	3 halves	0
Peaches, frozen, sliced, sweetened	1 cup	8
Peaches, raw	1 peach	4
Peaches, raw	1 cup	7
Peanut butter, chunk style, with salt	1 tbsp	15
Peanut butter, smooth style, with salt	1 tbsp	12
Peanuts, all types, dry-roasted, with salt	1 oz (approx 28)	41

Peanuts, all types, dry-roasted, without salt	1 oz (approx 28)	41
Peanuts, all types, oil-roasted, with salt	1 oz	34
Pears, asian, raw	1 pear	10
Pears, asian, raw	1 pear	22
Pears, canned, heavy syrup pack, solids and liquids	1 half	1
Pears, canned, heavy syrup pack, solids and liquids	1 cup	3
Pears, canned, juice pack, solids and liquids	1 cup	2
Pears, canned, juice pack, solids and liquids	1 half	1
Pears, raw	1 pear	12
Peas, edible-podded, boiled, drained, without salt	1 cup	46
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	1 cup	56
Peas, green, canned, regular pack, drained solids	1 cup	75
Peas, green, frozen, cooked, boiled, drained, without salt	1 cup	94
Peas, split, mature seeds, cooked, boiled, without salt	1 cup	127
Peppers, hot chili, green, raw	1 pepper	10
Peppers, hot chili, red, raw	1 pepper	10
Peppers, jalapeno, canned, solids and liquids	1/4 cup	4
Peppers, sweet, green, cooked, boiled, drained, without salt	1 cup	22
Peppers, sweet, green, raw	1 cup	16
Peppers, sweet, green, raw	1 pepper	13
Peppers, sweet, green, raw	1 ring	1
Peppers, sweet, red, cooked, boiled, drained, without salt	1 cup	22
Peppers, sweet, red, raw	1 pepper	21
Peppers, sweet, red, raw	1 cup	27
Pickle relish, sweet	1 tbsp	0
Pickles, cucumber, dill	1 pickle	1
Pie crust, cookie-type, prepared from recipe, graham cracker, baked	1 pie shell	86
Pie crust, standard-type, frozen, ready-to-bake, baked	1 pie shell	111
Pie crust, standard-type, prepared from recipe, baked	1 pie shell	191
Pie fillings, apple, canned	1/8 of 21-oz can	0
Pie fillings, canned, cherry	1/8 of 21-oz can	3
Pie, apple, commercially prepared, enriched flour	1 piece	50
Pie, apple, prepared from recipe	1 piece	59
Pie, blueberry, commercially prepared	1 piece	50
Pie, blueberry, prepared from recipe	1 piece	53
Pie, cherry, commercially prepared	1 piece	47
Pie, cherry, prepared from recipe	1 piece	74
Pie, chocolate creme, commercially prepared	1 piece	19
Pie, coconut custard, commercially prepared	1 piece	20
Pie, fried pies, cherry	1 pie	37
Pie, fried pies, fruit	1 pie	37

Pie, lemon meringue, commercially prepared	1 piece	40
Pie, lemon meringue, prepared from recipe	1 piece	46
Pie, pecan, commercially prepared	1 piece	61
Pie, pecan, prepared from recipe	1 piece	41
Pie, pumpkin, commercially prepared	1 piece	35
Pie, pumpkin, prepared from recipe	1 piece	43
Pimento, canned 12 1 tbsp 1 14334 Pineapple and grapefruit juice drink, canned	8 fl oz	23
Pineapple and orange juice drink, canned	8 fl oz	23
Pineapple juice, canned, unsweetened, without added ascorbic acid	1 cup	45
Pineapple, canned, heavy syrup pack, solids and liquids	1 slice	2
Pineapple, canned, heavy syrup pack, solids and liquids	1 cup	13
Pineapple, canned, juice pack, solids and liquids	1 cup	12
Pineapple, canned, juice pack, solids and liquids	1 slice	2
Pineapple, raw, all varieties	1 cup	23
Pizza, cheese topping, regular crust, frozen, cooked	1 serving	41
Plantains, cooked	1 cup	40
Plantains, raw	1 medium	39
Plums, canned, purple, heavy syrup pack, solids and liquids	1 plum	1
Plums, canned, purple, heavy syrup pack, solids and liquids	1 cup	8
Plums, canned, purple, juice pack, solids and liquids	1 cup	8
Plums, canned, purple, juice pack, solids and liquids	1 plum	1
Plums, dried (prunes), stewed, without added sugar	1 cup	0
Plums, dried (prunes), uncooked	5 prunes	2
Plums, raw	1 plum	3
Pork and beef sausage, fresh, cooked	2 links	1
Pork Sausage, Fresh, Cooked	2 links	1
Pork Sausage, Fresh, Cooked	1 patty	1
Pork, cured, bacon, cooked, broiled, pan-fried or roasted	3 medium slices	0
Pork, cured, canadian-style bacon, grilled	2 slices	2
Pork, cured, ham, extra lean and regular, canned, roasted	3 oz	4
Pork, cured, ham, whole, separable lean and fat, roasted	3 oz	3
Pork, cured, ham, whole, separable lean only, roasted	3 oz	3
Pork, fresh, backribs, separable lean and fat, cooked, roasted	3 oz	3
Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	3 oz	9
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	3 oz	10
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	3 oz	5
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	3 oz	5
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	3 oz	5
Pork, fresh, loin, center loin (chops), bone-in, separable lean only,	3 oz	5

	cooked, pan-fried		
Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	3 oz		3
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3 oz		3
Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	3 oz		3
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	3 oz		3
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	3 oz		4
Pork, fresh, spareribs, separable lean and fat, cooked, braised	3 oz		3
Potato pancakes	1 pancake		34
Potato puffs, frozen, oven-heated	10 puffs		11
Potato salad, home-prepared	1 cup		18
Potato, baked, flesh and skin, without salt	1 potato		57
Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	1 cup		17
Potatoes, au gratin, home-prepared from recipe using butter	1 cup		32
Potatoes, baked, flesh, without salt	1 potato		14
Potatoes, baked, skin, without salt	1 skin		13
Potatoes, boiled, cooked in skin, flesh, without salt	1 potato		14
Potatoes, boiled, cooked without skin, flesh, without salt	1 potato		12
Potatoes, boiled, cooked without skin, flesh, without salt	1 cup		14
Potatoes, french fried, all types, salt added in processing, frozen, home prepared, oven heated	10 strips		14
Potatoes, hashed brown, frozen, plain, prepared	1 patty		2
Potatoes, hashed brown, home-prepared	1 cup		25
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1 cup		13
Potatoes, mashed, home-prepared, whole milk added	1 cup		17
Potatoes, mashed, home-prepared, whole milk and margarine added	1 cup		19
Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	1 cup		25
Potatoes, scalloped, home-prepared with butter	1 cup		32
Poultry food products, ground turkey, cooked	1 patty		6
Prune juice, canned	1 cup		0
Puddings, chocolate, dry mix, instant, prepared with 2% milk	1/2 cup		7
Puddings, chocolate, dry mix, regular, prepared with 2% milk	1/2 cup		6
Puddings, chocolate, ready-to-eat	4 oz		3
Puddings, rice, ready-to-eat	4 oz		3
Puddings, tapioca, ready-to-eat	4 oz		3
Puddings, vanilla, dry mix, regular, prepared with 2% milk	1/2 cup		6
Puddings, vanilla, ready-to-eat	4 oz		0
Pumpkin, canned, without salt	1 cup		29
Pumpkin, cooked, boiled, drained, without salt	1 cup		22
Radishes, raw	1 radish		1
Raisins, seedless	1 cup		7
Raisins, seedless	1 packet		1
Raspberries, frozen, red, sweetened	1 cup		65
Raspberries, raw	1 cup		26

Refried beans, canned (includes USDA commodity)	1 cup	28
Rhubarb, frozen, cooked, with sugar	1 cup	12
Rice beverage, RICE DREAM, canned	1 cup	91
Rice, brown, long-grain, cooked	1 cup	8
Rice, white, long-grain, parboiled, enriched, cooked	1 cup	238
Rice, white, long-grain, parboiled, enriched, dry	1 cup	797
Rice, white, long-grain, precooked or instant, enriched, prepared	1 cup	195
Rice, white, long-grain, regular, cooked	1 cup	153
Rice, white, long-grain, regular, raw, enriched	1 cup	716
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	1 roll	41
Rolls, hamburger or hotdog, plain	1 roll	73
Rolls, hard (includes kaiser)	1 roll	86
Rutabagas, cooked, boiled, drained, without salt	1 cup	26
Salad dressing, blue or roquefort cheese dressing, commercial, regular	1 tbsp	4
Salad dressing, french dressing, commercial, regular	1 tbsp	0
Salad dressing, french dressing, reduced fat	1 tbsp	0
Salad dressing, french, home recipe	1 tbsp	0
Salad dressing, home recipe, cooked	1 tbsp	4
Salad dressing, home recipe, vinegar and oil	1 tbsp	0
Salad dressing, italian dressing, commercial, regular	1 tbsp	0
Salad dressing, italian dressing, reduced fat	1 tbsp	0
Salad dressing, mayonnaise, soybean oil, with salt	1 tbsp	1
Salad dressing, russian dressing 15.3 1 tbsp 1 04022 Salad dressing, russian dressing, low calorie	1 tbsp	0
Salad dressing, thousand island dressing, reduced fat	1 tbsp	0
Salad dressing, thousand island, commercial, regular 15.6 1 tbsp 0 07069		
Salami, cooked, beef and pork	2 slices	1
Salami, dry or hard, pork, beef 20 2 slices 0 02047 Salt, table	1 tsp	0
Sandwich spread, pork, beef	1 tbsp	0
Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	1 sandwich	123
Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	1 sandwich	73
Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	1 sandwich	116
Sauce, barbecue sauce	1 tbsp	1
Sauce, cheese, ready-to-serve	1/4 cup	3
Sauce, hoisin, ready-to-serve	1 tbsp	4
Sauce, homemade, white, medium	1 cup	25
Sauce, pasta, spaghetti/marinara, ready-to-serve	1 cup	28
Sauce, ready-to-serve, pepper or hot	1 tsp	0
Sauce, ready-to-serve, salsa	1 tbsp	1
Sauce, teriyaki, ready-to-serve	1 tbsp	4
Sauerkraut, canned, solids and liquids	1 cup	57
Sausage, Vienna, canned, chicken, beef, pork	1 sausage	1

Seaweed, kelp, raw	2 tbsp	18
Seaweed, spirulina, dried	1 tbsp	1
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1 oz (142 seeds)	16
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	1 tbsp	15
Seeds, sesame seed kernels, dried (decorticated)	1 tbsp	9
Seeds, sunflower seed kernels, dry roasted, with salt added	1 oz	67
Seeds, sunflower seed kernels, dry roasted, with salt added	1/4 cup	76
Shake, fast food, chocolate	16 fl oz	17
Shake, fast food, vanilla	16 fl oz	0
Shallots, raw 10 1 tbsp 3 19097 Sherbet, orange	1/2 cup	5
Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	1 tbsp	0
Snacks, beef jerky, chopped and formed	1 large piece	27
Snacks, CHEX mix	1 oz (about 2/3 cup)	24
Snacks, corn-based, extruded, chips, barbecue-flavor	1 oz	11
Snacks, corn-based, extruded, chips, plain 28.35 1 oz 4		
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1 oz	51
Snacks, fruit leather, pieces	1 oz	1
Snacks, fruit leather, rolls	1 large	0
Snacks, granola bars, hard, plain	1 bar	7
Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	1 bar	7
Snacks, granola bars, soft, uncoated, chocolate chip	1 bar	6
Snacks, granola bars, soft, uncoated, raisin	1 bar	6
Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	1 bar	40
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1 bar	38
Snacks, oriental mix, rice-based	1 oz (about 1/4 cup)	11
Snacks, popcorn, air-popped	1 cup	2
Snacks, popcorn, cakes	1 cake	2
Snacks, popcorn, caramel-coated, with peanuts	1 cup	7
Snacks, popcorn, caramel-coated, without peanuts	1 cup	2
Snacks, popcorn, cheese-flavor	1 cup	1
Snacks, popcorn, oil-popped, microwaved	1 cup	2
Snacks, pork skins, plain	1 oz	0
Snacks, potato chips, barbecue-flavor	1 oz	24
Snacks, potato chips, made from dried potatoes, light	1 oz	8
Snacks, potato chips, made from dried potatoes, plain	1 oz	2
Snacks, potato chips, made from dried potatoes, sour-cream and onion flavor	1 oz	7
Snacks, potato chips, plain, salted	1 oz	21
Snacks, potato chips, plain, unsalted	1 oz	13
Snacks, potato chips, reduced fat	1 oz	8
Snacks, potato chips, sour-cream-and-onion-flavor	1 oz	18
Snacks, pretzels, hard, plain, salted	10 pretzels	172
Snacks, rice cakes, brown rice, plain	1 cake	2

Snacks, tortilla chips, nacho-flavor, reduced fat	1 oz	7
Snacks, tortilla chips, plain, white corn	1 oz	3
Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	1 cup	95
Snacks, trail mix, tropical	1 cup	59
Soup, bean with ham, canned, chunky, ready-to-serve, commercial	1 cup	29
Soup, bean with pork, canned, prepared with equal volume water, commercial	1 cup	33
Soup, beef broth or bouillon, powder, dry	1 packet	2
Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	1 cup	2
Soup, beef noodle, canned, prepared with equal volume water, commercial	1 cup	29
Soup, chicken noodle, canned, chunky, ready-to-serve	1 cup	62
Soup, chicken noodle, canned, prepared with equal volume water, commercial	1 cup	36
Soup, chicken noodle, dehydrated, prepared with water	1 cup	28
Soup, chicken vegetable, canned, chunky, ready-to-serve	1 cup	12
Soup, chicken with rice, canned, prepared with equal volume water, commercial	1 cup	0
Soup, clam chowder, manhattan, canned, prepared with equal volume water	1 cup	10
Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	1 cup	10
Soup, cream of chicken, canned, prepared with equal volume water, commercial	1 cup	2
Soup, cream of chicken, prepared with equal volume milk, commercial	1 cup	7
Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	1 cup	10
Soup, cream of mushroom, canned, prepared with equal volume water, commercial	1 cup	5
Soup, minestrone, canned, prepared with equal volume water, commercial	1 cup	51
Soup, onion mix, dehydrated, dry form	1 packet	0
Soup, onion, dehydrated, prepared with water	1 cup	2
Soup, pea, green, canned, prepared with equal volume water, commercial	1 cup	3
Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	1 cup	52
Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	1 cup	45
Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready to-serve	1 cup	102
Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	1 cup	63
Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	1 cup	29
Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	1 cup	29
Soup, stock, fish, home-prepared	1 cup	5
Soup, tomato, canned, prepared with equal volume milk, commercial	1 cup	17
Soup, tomato, canned, prepared with equal volume water, commercial	1 cup	15
Soup, vegetable beef, prepared with equal volume water, commercial	1 cup	10
Soup, vegetable, canned, chunky, ready-to-serve, commercial	1 cup	17
Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	1 cup	10
Sour dressing, non-butterfat, cultured, filled cream-type	1 tbsp	1

Soy milk, fluid	1 cup	39
Soy sauce made from soy and wheat (shoyu)	1 tbsp	2
Soybeans, green, cooked, boiled, drained, without salt	1 cup	200
Soybeans, mature cooked, boiled, without salt	1 cup	93
Spaghetti with meat sauce, frozen entree	1 package	204
Spaghetti, cooked, enriched, without added salt	1 cup	167
Spaghetti, whole-wheat, cooked	1 cup	7
Spices, celery seed	1 tsp	0
Spices, chili powder	1 tsp	3
Spices, cinnamon, ground	1 tsp	1
Spices, curry powder	1 tsp	3
Spices, garlic powder	1 tsp	0
Spices, onion powder	1 tsp	3
Spices, oregano, dried	1 tsp	4
Spices, paprika	1 tsp	2
Spices, parsley, dried	1 tbsp	2
Spices, pepper, black	1 tsp	0
Spinach souffle	1 cup	105
Spinach, canned, drained solids	1 cup	210
Spinach, cooked, boiled, drained, without salt	1 cup	263
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	1 cup	230
Spinach, raw	1 leaf	19
Spinach, raw	1 cup	58
Squash, summer, all varieties, cooked, boiled, drained, without salt	1 cup	36
Squash, summer, all varieties, raw	1 cup	33
Squash, winter, all varieties, cooked, baked, without salt	1 cup	41
Squash, winter, butternut, frozen, cooked, boiled, without salt	1 cup	38
Strawberries, frozen, sweetened, sliced	1 cup	38
Strawberries, raw	1 cup	40
Strawberries, raw	1 strawberry	4
Strawberries, raw	1 strawberry	3
Sugars, brown	1 tsp	0
Sugars, granulated	1 tsp	0
Sugars, powdered	1 tbsp	0
Sweet potato, canned, syrup pack, drained solids	1 cup	16
Sweet potato, canned, vacuum pack	1 cup	43
Sweet potato, cooked, baked in skin, without salt	1 potato	9
Sweet potato, cooked, boiled, without skin	1 potato	9
Sweet potato, cooked, candied, home-prepared	1 piece	12
Sweet rolls, cinnamon, commercially prepared with raisins	1 roll	64
Sweet rolls, cinnamon, refrigerated dough with frosting, baked	1 roll	27
Syrups, chocolate, fudge-type	1 tbsp	1
Syrups, corn, light	1 tbsp	0
Syrups, maple	1 tbsp	0
Syrups, table blends, pancake	1 tbsp	0
Syrups, table blends, pancake, reduced-calorie	1 tbsp	0

Taco shells, baked	1 medium	29
Tangerine juice, canned, sweetened	1 cup	12
Tangerines, (mandarin oranges), canned, light syrup pack	1 cup	13
Tangerines, (mandarin oranges), raw	1 tangerine	13
Tapioca, pearl, dry	1 cup	6
Tea, brewed, prepared with tap water	6 fl oz	9
Tea, herb, chamomile, brewed	6 fl oz	2
Tea, herb, other than chamomile, brewed	6 fl oz	2
Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	8 fl oz	0
Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	8 fl oz	0
Tea, instant, unsweetened, powder, prepared	8 fl oz	0
Toaster pastries, brown-sugar-cinnamon	1 pastry	21
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	1 pastry	64
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1/4 block	15
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	1 piece	53
Tomatillos, raw	1 medium	2
Tomato juice, canned, with salt added	1 cup	49
Tomato products, canned, paste, without salt added	1 cup	31
Tomato products, canned, puree, without salt added	1 cup	28
Tomato products, canned, sauce	1 cup	22
Tomatoes, red, ripe, canned, stewed	1 cup	13
Tomatoes, red, ripe, canned, whole, regular pack	1 cup	19
Tomatoes, red, ripe, raw, year round average	1 cherry tomato	3
Tomatoes, red, ripe, raw, year round average	1 tomato	18
Tomatoes, red, ripe, raw, year round average	1 cup	27
Tomatoes, red, ripe, raw, year round average	1 slice	3
Tomatoes, sun-dried	1 piece	1
Tomatoes, sun-dried, packed in oil, drained	1 piece	1
Tortillas, ready-to-bake or -fry, corn	1 tortilla	1
Tortillas, ready-to-bake or -fry, flour	1 tortilla	54
Tostada with guacamole	1 tostada	59
Turkey and gravy, frozen	5-oz package	6
Turkey patties, breaded, battered, fried	1 patty	27
Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	3 oz	4
Turkey, all classes, dark meat, cooked, roasted	3 oz	8
Turkey, all classes, giblets, cooked, simmered, some giblet fat	1 cup	486
Turkey, all classes, light meat, cooked, roasted	3 oz	5
Turkey, all classes, meat only, cooked, roasted	1 cup	10
Turkey, all classes, neck, meat only, cooked, simmered	1 neck	12
Turnip greens, cooked, boiled, drained, without salt	1 cup	170
Turnip greens, frozen, cooked, boiled, drained, without salt	1 cup	64
Turnips, cooked, boiled, drained, without salt	1 cup	14
Vanilla extract	1 tsp	0
Veal, leg (top round), separable lean and fat, cooked, braised	3 oz	15

Veal, rib, separable lean and fat, cooked, roasted	3 oz	11
Vegetable juice cocktail, canned	1 cup	51
Vegetable oil, canola	1 tbsp	0
Vegetables, mixed, canned, drained solids	1 cup	39
Vegetables, mixed, frozen, cooked, boiled, drained, without salt	1 cup	35
Vinegar, cider	1 tbsp	0
Waffles, plain, frozen, ready -to-heat, toasted	1 waffle	39
Waffles, plain, prepared from recipe	1 waffle	51
Water, municipal	8 fl oz	0
Waterchestnuts, chinese, canned, solids and liquids	1 cup	8
Watermelon, raw	1 cup	5
Watermelon, raw	1 wedge	9
Wheat flour, white, all-purpose, enriched, bleached	1 cup	364
Wheat flour, white, all-purpose, self-rising, enriched	1 cup	384
Wheat flour, white, bread, enriched	1 cup	395
Wheat flour, white, cake, enriched	1 cup	386
Wheat flour, whole-grain	1 cup	53
Wild rice, cooked	1 cup	43
WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	1 patty	246
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	8-oz container	20
Yogurt, plain, low fat, 12 grams protein per 8 ounce	8-oz container	25
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	8-oz container	27
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	8-oz container	16