

DESCRIPTION	Balance	Volumetric	
D Cheese, gouda	0	0.9	very good effect
D Cheese, roquefort	0	0.9	good effect
D Cheese, parmesan, shredded	0	0.8	OK effect
D Cheese, parmesan, dry grated, reduced fat	0	1.3	not very good effect
D Cheese, romano	0	0.9	bad effect
D Cheese, parmesan, hard	0	0.8	awful effect
D Milk, indian buffalo, fluid	0	3.4	Avg.= -4.6
D Cheese, parmesan, low sodium	0	0.7	
D Milk, dry, nonfat, calcium reduced	0	0.9	
D Milk, dry, nonfat, instant, with added vitamin A and	0	0.9	
D Milk, dry, nonfat, instant, without added vitamin A	0	0.9	
D Cream substitute, liquid, with lauric acid oil and so	0	2.4	
D Milk, dry, nonfat, regular, without added vitamin A	0	0.9	
D Milk, dry, nonfat, regular, with added vitamin A and	0	0.9	
D Milk, canned, evaporated, nonfat, with added vitamin	0	4.3	
D Milk, nonfat, fluid, with added vitamin A and vitamin	0	9.8	
D Milk, nonfat, fluid, without added vitamin A and vit	0	9.8	
D Cheese, pasteurized process, cheddar or american,	0	2.3	
D Cheese, cottage, nonfat, uncreamed, dry, large or	0	4.6	
D Yogurt, fruit variety, nonfat, fortified with vitamin D	0	3.5	
D Yogurt, fruit variety, nonfat	0	3.5	
D Whey, acid, dried	0	1.0	
D Whey, sweet, dried	0	0.9	
D Yogurt, plain, skim milk, 13 grams protein per 8 ou	0	5.9	
D Cheese, mozzarella, whole milk	0	1.1	
D Milk, nonfat, fluid, protein fortified, with added vita	0	8.1	
D Cheese, port de salut	0	0.9	
D Milk, nonfat, fluid, with added nonfat milk solids, vi	0	9.0	
D Milk, fluid, nonfat, calcium fortified (fat free or skin	0	9.5	
D Milk, buttermilk, dried	0	0.9	
D Milk, filled, fluid, with lauric acid oil	0	5.3	
D Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0	3.3	
D Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0	3.3	
D Beverage, milkshake mix, dry, not chocolate	0	1.0	
D Milk substitutes, fluid, with lauric acid oil	0	5.5	
D Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0	3.4	
D Yogurt, fruit, low fat, 9 grams protein per 8 ounce,	0	3.4	
D Cheese, cottage, lowfat, 1% milkfat, lactose reduce	0	4.5	
D Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0	3.2	
D Yogurt, fruit, lowfat, with low calorie sweetener	0	3.2	
D Yogurt, fruit, lowfat, with low calorie sweetener, fo	0	3.2	
D Cream substitute, liquid, with hydrogenated vegeta	0	2.4	
D Cheese, gjetost	0	0.7	
D Milk, buttermilk, fluid, cultured, lowfat	0	8.3	
D Yogurt, vanilla, low fat, 11 grams protein per 8 our	0	3.9	
D Yogurt, vanilla, low fat, 11 grams protein per 8 our	0	3.9	
D Milk, buttermilk, fluid, cultured, reduced fat	0	5.9	
D Cheese, cottage, lowfat, 1% milkfat	0	4.6	

D Cheese, cottage, lowfat, 1% milkfat, no sodium ad	0	4.6
D Whipped topping, frozen, low fat	0	1.5
D Milk shakes, thick chocolate	0	2.8
D Whey, sweet, fluid	0	12.3
D Cheese, pasteurized process, swiss, with di sodium	0	1.0
D Cheese, pasteurized process, swiss, without di sodi	0	1.0
D Cheese food, pasteurized process, swiss	0	1.0
D Milk, lowfat, fluid, 1% milkfat, with added nonfat m	0	7.7
D Milk, lowfat, fluid, 1% milkfat, protein fortified, wit	0	6.9
D Cheese, fontina	0	0.9
D Milk, chocolate, fluid, commercial, lowfat, with add	0	5.3
D Milk shakes, thick vanilla	0	3.0
D Cheese, tilsit	0	1.0
D Cheese, feta	0	1.3
D Sour cream, imitation, cultured	0	1.6
D Dessert topping, semi solid, frozen	0	1.0
D Cheese, cottage, lowfat, 1% milkfat, with vegetabl	0	5.0
D Milk, reduced fat, fluid, 2% milkfat, protein fortified	0	5.9
D Yogurt, plain, low fat, 12 grams protein per 8 ounce	0	5.3
D Cheese, pasteurized process, american, low fat	0	1.9
D Cheese, swiss, low fat	0	1.9
D Milk, reduced fat, fluid, 2% milkfat, with added nor	0	6.5
D Milk, canned, condensed, sweetened	0	1.0
D Cheese, pasteurized process, swiss, low fat	0	2.0
D Milk, chocolate, fluid, commercial, whole, with add	0	4.0
D Milk, low sodium, fluid	0	5.5
D Cream substitute, powdered, light	0	0.8
D Milk, producer, fluid, 3.7% milkfat	0	5.2
D Cheese, edam	0	0.9
D Cheese, caraway	0	0.9
D Cheese, american cheddar, imitation	0	1.4
D Milk, sheep, fluid	-1	3.1
D Cheese, cheshire	-1	0.9
D Cheese, low fat, cheddar or colby	-1	1.9
D Milk, dry, whole, with added vitamin D	-1	0.7
D Milk, dry, whole, without added vitamin D	-1	0.7
D Cheese, muenster, low fat	-1	1.2
D Cheese, cottage, creamed, with fruit	-1	3.4
D Cheese, cheddar	-1	0.8
D Cheese, brick	-1	0.9
D Cheese, mexican, queso asadero	-1	0.9
D Cheese, mexican, queso chihuahua	-1	0.9
D Cheese, mexican, queso anejo	-1	0.9
D Cheese, muenster	-1	0.9
D Cheese, provolone, reduced fat	-1	1.2
D Cheese, low-sodium, cheddar or colby	-1	0.8
D Cheese, limburg	-1	1.0
D Cheese, cottage, lowfat, 2% milkfat	-1	3.9
D Cheese, camembert	-1	1.1

D Cheese, pasteurized process, american, with di sod	-1	0.9
D Cheese, pasteurized process, pimento	-1	0.9
D Cheese, pasteurized process, american, without di	-1	0.9
D Cheese, brie	-1	1.0
D Cheese fondue	-1	1.5
D Beverage, instant breakfast powder, chocolate, not	-1	0.9
D Cheese spread, pasteurized process, american, wit	-1	1.1
D Cheese spread, pasteurized process, american, wit	-1	1.1
D Cheese, pasteurized process, cheddar or american,	-1	0.9
D Cheese food, cold pack, american	-1	1.0
D Milk, lowfat, fluid, 1% milkfat, with added vitamin ,	-1	7.9
D Yogurt, plain, whole milk, 8 grams protein per 8 ou	-1	5.5
D Cheese, provolone	-1	0.9
D Cheese food, pasteurized process, american, with c	-1	1.0
D Milk, canned, evaporated, without added vitamin A	-1	2.5
D Milk, canned, evaporated, with added vitamin D an	-1	2.5
D Milk, canned, evaporated, with added vitamin A	-1	2.5
D Dessert topping, powdered, 1.5 ounce prepared wi	-1	1.7
D Cheese, cottage, with vegetables	-1	3.5
D Cream, whipped, cream topping, pressurized	-1	1.3
D Cheese, swiss	-1	0.9
D Cheese, mozzarella, part skim milk, low moisture	-1	1.1
D Cream, sour, reduced fat, cultured	-1	2.5
D Cream, fluid, half and half	-1	2.6
D Cheese, swiss, low sodium	-1	0.9
D Milk, whole, 3.25% milkfat, with added vitamin D	-1	5.5
D Milk, whole, 3.25% milkfat, without added vitamin	-1	5.5
D Milk, reduced fat, fluid, 2% milkfat, with added nor	-1	5.9
D Cheese, mozzarella, low sodium	-1	1.2
D Cheese, blue	-1	0.9
D Dessert topping, powdered	-1	0.6
D Cheese, mozzarella, part skim milk	-1	1.3
D Cheese spread, cream cheese base	-1	1.1
D Cream, fluid, light (coffee cream or table cream)	-1	1.7
D Milk, chocolate beverage, hot cocoa, homemade	-1	4.3
D Cream, fluid, heavy whipping	-1	1.0
D Cheese, ricotta, part skim milk	-1	2.4
D Cheese, cottage, creamed, large or small curd	-1	3.4
D Butter, whipped, with salt	-1	0.5
D Milk, chocolate, fluid, commercial, reduced fat, with	-1	4.3
D Dessert topping, pressurized	-1	1.3
D Butter oil, anhydrous	-1	0.4
D Cheese, ricotta, whole milk	-1	1.9
D Milk, chocolate, fluid, commercial, reduced fat, with	-1	4.4
D Milk, goat, fluid, with added vitamin D	-1	4.8
D Cheese, monterey	-1	0.9
D Cheese, colby	-1	0.8
D Eggnog	-1	3.8
D Milk, reduced fat, fluid, 2% milkfat, with added vitz	-1	6.7

D Cheese, mozzarella, whole milk, low moisture	-1	1.0
D Cheese, monterey, low fat	-1	1.1
D Cream, fluid, light whipping	-1	1.1
D Cheese, parmesan, grated	-2	0.8
D Cheese, goat, soft type	-2	1.2
D Cheese, goat, hard type	-2	0.7
D Cheese, goat, semisoft type	-2	0.9
D Cheese, gruyere	-2	0.8
D Beverage, instant breakfast powder, chocolate, sug	-2	0.9
D Cheese, neufchatel	-2	1.3
D Sour dressing, non-butterfat, cultured, filled cream	-3	1.9
D Cheese food, pasteurized process, american, witho	-3	1.0
D Butter, without salt	-3	0.5
D Butter, salted	-3	0.5
D Cheese, cream	-4	1.0
D Cream, sour, cultured	-4	1.7
D Protein supplement, milk based, Muscle Milk, powd	-4	0.8
D Cheese sauce, prepared from recipe	-5	1.7
D Cream substitute, liquid, light	-5	4.7
D Egg, turkey, whole, fresh, raw	-6	1.9
D Cheese substitute, mozzarella	-6	1.3
D Milk, human, mature, fluid	-7	4.8
D Egg, whole, dried, stabilized, glucose reduced	-8	0.5
D Egg, yolk, raw, frozen, sugared	-8	1.1
D Egg, whole, dried	-9	0.6
D Egg, yolk, raw, frozen, salted	-9	1.2
D Whipped cream substitute, dietetic, made from pov	-10	3.3
D Milk, filled, fluid, with blend of hydrogenated veget	-11	5.3
D Egg, quail, whole, fresh, raw	-11	2.1
D Egg, goose, whole, fresh, raw	-11	1.8
D Egg, whole, cooked, hard-boiled	-12	2.1
D Egg, yolk, dried	-14	0.5
D Egg, duck, whole, fresh, raw	-15	1.8
D Egg, yolk, raw, frozen	-16	1.1
D Egg, whole, raw, fresh	-17	2.3
D Egg, whole, cooked, poached	-17	2.4
D Egg, whole, cooked, scrambled	-17	2.2
D Egg, yolk, raw, fresh	-17	1.0
D Egg, whole, cooked, fried	-18	1.7
D Egg, whole, cooked, omelet	-19	2.2
D Ensure plus, liquid nutrition	-22	2.4
D Milk, imitation, non-soy	-25	7.2
D Imitation cheese, american or cheddar, low cholest	-26	0.9
S Spices, parsley, dried	57	1.1
S Basil, fresh	11	14.5
S Spearmint, dried	8	1.2
S Spices, marjoram, dried	8	1.2
S Spices, tarragon, dried	8	1.1
S Spearmint, fresh	6	7.6

S Peppermint, fresh	5	4.8
S Spices, cloves, ground	5	1.0
S Thyme, fresh	4	3.3
S Capers, canned	3	14.5
S Spices, sage, ground	2	1.1
S Spices, saffron	1	1.1
S Spices, thyme, dried	1	1.2
S Spices, basil, dried	0	1.4
S Mustard, prepared, yellow	0	5.0
S Spices, cinnamon, ground	0	1.3
S Spices, poultry seasoning	0	1.1
S Rosemary, fresh	0	2.5
S Spices, rosemary, dried	0	1.0
S Spices, garlic powder	0	1.0
S Spices, oregano, dried	0	1.3
S Spices, bay leaf	-1	1.1
S Spices, cardamom	-1	1.1
S Spices, nutmeg, ground	-1	0.6
S Spices, coriander leaf, dried	-1	1.2
S Spices, ginger, ground	-1	1.0
S Spices, onion powder	-2	1.0
S Dill weed, fresh	-2	7.7
S Spices, pumpkin pie spice	-2	1.0
S Spices, pepper, black	-2	1.3
S Spices, dill seed	-3	1.1
S Spices, turmeric, ground	-3	0.9
S Spices, mustard seed, ground	-4	0.7
S Horseradish, prepared	-5	6.9
S Spices, fennel seed	-5	1.0
S Spices, curry powder	-5	1.0
S Spices, coriander seed	-6	1.1
S Spices, chervil, dried	-8	1.4
S Spices, cumin seed	-8	0.9
S Spices, allspice, ground	-8	1.3
S Spices, celery seed	-8	0.8
S Spices, mace, ground	-9	0.7
S Spices, caraway seed	-9	1.0
S Spices, anise seed	-9	1.0
S Spices, pepper, red or cayenne	-22	1.0
S Spices, paprika	-24	1.2
S Spices, chili powder	-25	1.2
S Spices, poppy seed	-53	0.6
B: Babyfood, yogurt, whole milk, with fruit, multigrain	5	3.4
B: Babyfood, green beans, dices, toddler	1	11.5
B: Babyfood, meat, lamb, strained	1	3.8
B: Babyfood, vegetables, green beans, junior	1	13.9
B: Babyfood, vegetables, spinach, creamed, strained	0	9.0
B: Babyfood, fruit dessert, mango with tapioca	0	4.8
B: Babyfood, vegetables, green beans, strained	0	12.3

B:Babyfood, fruit, peaches, strained	0	5.1
B:Babyfood, fruit, peaches, junior	0	5.1
B:Babyfood, cherry cobbler, junior	0	4.3
B:Babyfood, dessert, peach yogurt	0	4.4
B:Babyfood, dessert, dutch apple, strained	0	4.4
B:Babyfood, fruit, bananas and pineapple with tapioca	0	4.9
B:Babyfood, dessert, blueberry yogurt, strained	0	4.3
B:Babyfood, fruit, bananas with tapioca, strained	0	5.9
B:Babyfood, banana juice with low fat yogurt	0	3.7
B:Babyfood, mixed fruit juice with low fat yogurt	0	4.4
B:Babyfood, mixed fruit yogurt, strained	0	4.4
B:Babyfood, dessert, banana yogurt, strained	0	4.2
B:Babyfood, fruit, bananas with tapioca, junior	0	5.0
B:Babyfood, apple yogurt dessert, strained	0	3.5
B:Babyfood, dessert, fruit pudding, orange, strained	0	4.2
B:Babyfood, banana no tapioca, strained	0	3.7
B:Babyfood, apple-cranberry juice	0	7.2
B:Babyfood, juice, orange and pineapple	0	6.9
B:Babyfood, fruit, applesauce and pineapple, strained	0	9.0
B:Babyfood, potatoes, toddler	0	6.4
B:Babyfood, fruit, applesauce and pineapple, junior	0	8.5
B:Babyfood, juice, orange and apricot	0	7.2
B:Babyfood, fruit, prunes with tapioca, without ascorbic acid	0	4.8
B:Babyfood, fruit, pears and pineapple, strained	0	8.1
B:Babyfood, fruit, prunes with tapioca, without ascorbic acid	0	4.8
B:Babyfood, juice, apple and prune	0	4.6
B:Babyfood, banana apple dessert, strained	0	4.9
B:Babyfood, dessert, cherry vanilla pudding, junior	0	4.8
B:Babyfood, juice, orange-carrot	0	7.7
B:Babyfood, juice, fruit punch, with calcium	0	6.4
B:Babyfood, dessert, dutch apple, junior	0	4.2
B:Babyfood, juice, orange and apple and banana	0	7.1
B:Babyfood, apples, dices, toddler	0	6.5
B:Babyfood, cereal, rice, with mixed fruit, junior	0	4.1
B:Babyfood, apple-banana juice	0	6.5
B:Babyfood, fruit, apple and blueberry, junior	0	5.4
B:Babyfood, fruit supreme dessert	0	4.6
B:Babyfood, fruit, applesauce with banana, junior	0	5.0
B:Babyfood, prunes, without vitamin c, strained	0	3.3
B:Babyfood, fruit, apple and blueberry, strained	0	5.5
B:Babyfood, juice, apple, with calcium	0	7.2
B:Babyfood, juice, apple	0	7.1
B:Babyfood, fruit, bananas with apples and pears, strained	0	4.0
B:Babyfood, vegetables, sweet potatoes, junior	-1	5.6
B:Babyfood, fruit, pears, junior	-1	7.6
B:Babyfood, vegetables, sweet potatoes strained	-1	5.8
B:Babyfood, juice, apple and peach	-1	7.7
B:Babyfood, vegetables, garden vegetable, strained	-1	10.4
B:Babyfood, dessert, cherry vanilla pudding, strained	-1	4.9

B: Babyfood, fruit, pears and pineapple, junior	-1	7.6
B: Babyfood, dessert, fruit pudding, pineapple, strained	-1	4.1
B: Babyfood, juice, orange	-1	7.4
B: Babyfood, fruit, apple and raspberry, strained	-1	5.7
B: Babyfood, fruit, apple and raspberry, junior	-1	5.7
B: Babyfood, dinner, macaroni and cheese, strained	-1	5.0
B: Babyfood, juice, mixed fruit	-1	7.1
B: Babyfood, vegetables, squash, strained	-1	11.9
B: Babyfood, fruit, applesauce and apricots, junior	-1	7.1
B: Babyfood, cereal, rice, with applesauce and banana	-1	4.2
B: Babyfood, juice, apple-sweet potato	-1	6.9
B: Babyfood, fruit, applesauce and apricots, strained	-1	7.6
B: Babyfood, pears, dices, toddler	-1	5.8
B: Babyfood, juice, apple and grape	-1	7.2
B: Babyfood, fruit and vegetable, apple and sweet potato	-1	5.2
B: Babyfood, vegetables, squash, junior	-1	13.9
B: Babyfood, fruit, tutti frutti, strained	-1	5.0
B: Babyfood, plums, bananas and rice, strained	-1	5.8
B: Babyfood, fruit, applesauce, strained	-1	8.1
B: Babyfood, vegetables, beets, strained	-1	9.8
B: Babyfood, juice, apple and cherry	-1	8.1
B: Babyfood, meat, beef with vegetables, toddler	-1	4.9
B: Babyfood, fruit, tutti frutti, junior	-1	4.8
B: Babyfood, fruit, pears, strained	-1	7.9
B: Babyfood, dinner, beef noodle, junior	-1	5.8
B: Babyfood, dinner, vegetables and beef, strained	-1	4.3
B: Babyfood, dinner, vegetables and beef, junior	-1	4.3
B: Babyfood, cookies, arrowroot	-1	0.8
B: Babyfood, meat, beef, strained	-1	4.1
B: Babyfood, meat, beef, junior	-1	4.1
B: Babyfood, peaches, dices, toddler	-1	6.5
B: Babyfood, dinner, pasta with vegetables	-1	5.6
B: Babyfood, dinner, potatoes with cheese and ham, toddler	-1	4.3
B: Babyfood, dinner, macaroni and cheese, junior	-1	5.5
B: Babyfood, vegetables, carrots, strained	-1	12.8
B: Babyfood, meat, lamb, junior	-1	3.0
B: Babyfood, cereal, rice, with bananas, prepared with whole milk	-1	3.9
B: Babyfood, dinner, macaroni and tomato and beef, junior	-1	5.6
B: Babyfood, corn and sweet potatoes, strained	-2	4.9
B: Babyfood, cereal, mixed, with applesauce and banana	-2	4.0
B: Babyfood, rice and apples, dry	-2	0.8
B: Babyfood, cereal, barley, prepared with whole milk	-2	4.0
B: Babyfood, dinner, macaroni, beef and tomato sauce	-2	4.1
B: Babyfood, pretzels	-2	0.8
B: Babyfood, cereal, rice, prepared with whole milk	-2	3.9
B: Babyfood, crackers, vegetable	-2	0.7
B: Babyfood, dessert, banana pudding, strained	-2	4.9
B: Babyfood, dessert, custard pudding, vanilla, junior	-2	3.9
B: Babyfood, carrots and beef, strained	-2	5.6

B: Babyfood, dinner, beef noodle, strained	-2	5.3
B: Babyfood, apples with ham, strained	-2	5.4
B: Babyfood, cereal, mixed, with bananas, prepared w	-2	3.9
B: Babyfood, cereal, oatmeal, with bananas, prepared	-2	3.9
B: Babyfood, cereal, mixed, with applesauce and bana	-2	4.1
B: Babyfood, vegetables, carrots, junior	-2	10.4
B: Babyfood, cereal, mixed, prepared with whole milk	-2	3.5
B: Babyfood, dinner, spaghetti and tomato and meat,	-2	4.9
B: Babyfood, meat, veal, strained	-2	4.1
B: Babyfood, teething biscuits	-2	0.9
B: Babyfood, cereal, brown rice, dry, instant	-2	0.8
B: Babyfood, peas and brown rice	-3	5.2
B: Babyfood, dinner, vegetables and lamb, junior	-3	6.5
B: Babyfood, vegetables, corn, creamed, junior	-3	5.1
B: Babyfood, cereal, rice, with bananas, dry	-3	0.8
B: Babyfood, dinner, vegetables and lamb, strained	-3	6.4
B: Babyfood, vegetables, peas, strained	-3	6.7
B: Babyfood, vegetables, corn, creamed, strained	-3	5.8
B: Babyfood, dinner, beef stew, toddler	-3	6.5
B: Babyfood, dinner, macaroni and tomato and beef, s	-3	5.5
B: Babyfood, dessert, custard pudding, vanilla, straine	-3	3.9
B: Child formula, MEAD JOHNSON, PORTAGEN, with ir	-3	0.7
B: Babyfood, cereal, oatmeal, with applesauce and ba	-3	4.4
B: Babyfood, cereal, oatmeal, with applesauce and ba	-3	4.5
B: Babyfood, dinner, chicken and rice	-3	6.5
B: Babyfood, vegetables, mix vegetables junior	-3	9.3
B: Babyfood, cereal, whole wheat, with apples, dry	-3	0.8
B: Babyfood, dinner, broccoli and chicken, junior	-4	5.4
B: Child formula, MEAD JOHNSON, PORTAGEN, with ir	-4	3.8
B: Babyfood, peas, dices, toddler	-4	5.2
B: Babyfood, dinner, vegetables and ham, strained	-4	5.6
B: Babyfood, dinner, turkey and rice, junior	-4	5.9
B: Babyfood, ravioli, cheese filled, with tomato sauce	-4	3.4
B: Babyfood, cereal, barley, dry	-4	0.9
B: Babyfood, cereal, rice, dry	-4	0.9
B: Babyfood, cereal, mixed, with bananas, dry	-4	0.9
B: Babyfood, cereal, mixed, dry	-4	0.9
B: Babyfood, dinner, chicken noodle, junior	-4	6.1
B: Babyfood, vegetable and brown rice, strained	-4	4.8
B: Babyfood, carrots, toddler	-4	12.8
B: Babyfood, mashed cheddar potatoes and broccoli, t	-4	6.9
B: Zwieback	-5	0.8
B: Babyfood, dinner, vegetables and turkey, strained	-5	6.9
B: Babyfood, cereal, oatmeal, with bananas, dry	-5	0.8
B: Babyfood, dinner, vegetables and bacon, strained	-5	4.8
B: Babyfood, cereal, with eggs, strained	-5	5.7
B: Babyfood, vegetables, mix vegetables strained	-5	9.3
B: Babyfood, dinner, turkey, rice, and vegetables, tod	-5	5.6
B: Babyfood, vegetable, butternut squash and corn	-5	6.7

B:Babyfood, dinner, apples and chicken, strained	-5	5.1
B:Babyfood, dinner, vegetables and chicken, junior	-5	6.3
B:Babyfood, oatmeal cereal with fruit, dry, instant, to	-5	0.8
B:Babyfood, meat, pork, strained	-5	2.7
B:Babyfood, dinner, chicken and noodle with vegetab	-5	5.0
B:Babyfood, dinner, turkey and rice, strained	-6	6.4
B:Babyfood, dinner, vegetables chicken, strained	-6	5.6
B:Babyfood, cereal, oatmeal, dry	-6	0.8
B:Babyfood, dinner, chicken noodle, strained	-6	5.0
B:Babyfood, meat, ham, strained	-6	3.4
B:Babyfood, cookies	-7	0.8
B:Babyfood, dinner, beef with vegetables	-7	3.5
B:Babyfood, dinner, vegetables and ham, junior	-7	5.6
B: Infant formula, MEAD JOHNSON,NEXT STEP PROSC	-7	5.0
B:Babyfood, dinner, sweet potatoes and chicken, stra	-7	4.5
B:Babyfood, dinner, vegetables and turkey, junior	-7	6.3
B:Babyfood, cereal, high protein, with apple and oran	-7	0.9
B: Infant formula, PBM PRODUCTS, ULTRA BRIGHT BE	-7	0.6
B: Infant formula, PBM PRODUCTS, store brand, powd	-7	0.6
B: Infant formula, PBM PRODUCTS, ULTRA BRIGHT BE	-7	0.7
B: Infant formula, PBM PRODUCTS, ULTRA BRIGHT BE	-7	2.6
B: Infant formula, PBM PRODUCTS, store brand, liqui	-7	2.6
B: Infant formula, PBM PRODUCTS, ULTRA BRIGHT BE	-7	5.3
B: Infant formula, PBM PRODUCTS, ULTRA BRIGHT BE	-7	5.3
B: Infant formula, PBM PRODUCTS, store brand, soy,	-7	0.7
B: Infant formula, PBM PRODUCTS, ULTRA BRIGHT BE	-7	2.6
B: Infant formula, PBM PRODUCTS, store brand, ready	-8	5.3
B: Infant formula, PBM PRODUCTS, store brand, soy,	-8	5.3
B: Infant formula, NESTLE, GOOD START 2 ESSENTIA	-8	0.7
B: Infant formula, PBM PRODUCTS, store brand, soy,	-8	2.6
B: Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAI	-8	5.0
B: Infant formula, NESTLE, GOOD START ESSENTIALS	-8	5.1
B: Infant formula, NESTLE, GOOD START 2 ESSENTIA	-8	5.1
B: Infant formula, MEAD JOHNSON, NEXT STEP, PROS	-8	5.0
B: Infant formula, NESTLE, GOOD START 2 ESSENTIA	-8	2.7
B:Babyfood, baked product, finger snacks cereal	-8	0.8
B: Infant formula, MEAD JOHNSON, NEXT STEP, PROS	-8	0.7
B: Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAI	-8	0.7
B: Infant formula, MEAD JOHNSON, ENFAMIL, low iron	-8	0.7
B: Infant formula, MEAD JOHNSON, ENFAMIL, LACTOF	-8	2.6
B: Infant formula, MEAD JOHNSON, ENFAMIL, with irc	-8	0.6
B: Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAI	-8	2.6
B: Infant formula, MEAD JOHNSON, ENFAMIL, LACTOF	-8	0.6
B: Infant formula, MEAD JOHNSON, ENFAMIL, PROSO	-8	0.7
B: Infant formula, NESTLE, GOOD START ESSENTIALS	-8	0.7
B: Infant formula, NESTLE, GOOD START ESSENTIALS	-8	2.6
B:Babyfood, cereal, egg yolks and bacon, junior	-8	4.2
B: Infant formula, MEAD JOHNSON, ENFAMIL, LACTOF	-9	5.3
B: Infant formula, MEAD JOHNSON, PROSOBEE, with	-9	5.3

B:Babyfood, cookie, baby, fruit	-9	0.8
B: Infant formula, MEAD JOHNSON, ENFAMIL, low iron	-9	2.5
B: Infant formula, ABBOTT NUTRITION, SIMILAC, SPE	-9	4.7
B: Infant formula, MEAD JOHNSON, ENFAMIL, ENFAC	-9	0.7
B: Infant formula, MEAD JOHNSON, PROSOBEE, with	-9	2.5
B: Infant formula, MEAD JOHNSON, ENFAMIL, low iron	-9	5.3
B: Infant formula, MEAD JOHNSON, ENFAMIL, with iron	-9	5.3
B:Babyfood, cereal, with egg yolks, junior	-9	6.4
B: Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPID	-9	4.9
B:Child formula, ABBOTT NUTRITION, PEDIASURE, re	-9	3.4
B:Child formula, ABBOTT NUTRITION, PEDIASURE, re	-9	3.4
B: Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPID	-9	0.7
B:Babyfood, cereal, with egg yolks, strained	-9	6.5
B: Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, r	-9	5.0
B: Infant formula, MEAD JOHNSON, ENFAMIL, NUTRA	-9	5.0
B: Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, v	-9	0.7
B: Infant formula, MEAD JOHNSON, ENFAMIL, with iron	-9	2.6
B: Infant formula, MEAD JOHNSON, NEXT STEP PROS	-9	0.7
B: Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, I	-9	0.7
B: Infant formula, MEAD JOHNSON, ENFAMIL, NUTRA	-9	2.6
B: Infant formula, MEAD JOHNSON, PREGESTIMIL, wi	-9	5.0
B: Infant formula, ABBOTT NUTRITION, SIMILAC NAT	-9	4.3
B:Babyfood, meat, turkey, strained	-9	3.0
B:Babyfood, meat, turkey, junior	-9	3.0
B: Infant formula, NESTLE, GOOD START SUPREME, v	-9	2.6
B: Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, w	-9	5.2
B: Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, I	-9	5.2
B: Infant formula, MEAD JOHNSON, PROSOBEE LIPIL,	-9	5.2
B: Infant formula, MEAD JOHNSON, ENFAMIL, PROSO	-9	2.5
B: Infant formula, NESTLE, GOOD START SUPREME, v	-9	5.0
B: Infant formula, MEAD JOHNSON, ENFAMIL, NUTRA	-10	0.7
B: Infant formula, MEAD JOHNSON, ENFAMIL, LACTOF	-10	2.5
B: Infant formula, MEAD JOHNSON, ENFAMIL, LACTOF	-10	0.6
B: Infant formula, NESTLE, GOOD START SUPREME, v	-10	0.7
B: Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, v	-10	2.5
B: Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, I	-10	2.5
B: Infant formula, MEAD JOHNSON, ENFAMIL, PROSO	-10	0.7
B: Infant Formula, MEAD JOHNSON, ENFAMIL, ENFAC	-10	4.7
B: Infant formula, NESTLE, GOOD START SUPREME, v	-10	5.0
B: Infant formula, NESTLE, GOOD START SUPREME, v	-10	5.0
B:Babyfood, meat, meat sticks, junior	-10	1.8
B: Infant formula, ABBOTT NUTRITION, SIMILAC, with	-10	2.6
B: Infant formula, ABBOTT NUTRITION, SIMILAC, low	-10	2.6
B: Infant formula, ABBOTT NUTRITION, SIMILAC, with	-10	0.6
B: Infant formula, ABBOTT NUTRITION, SIMILAC, low	-10	0.6
B: Infant formula, ABBOTT NUTRITION, SIMILAC, with	-10	5.1
B: Infant formula, ABBOTT NUTRITION, SIMILAC, low	-10	5.1
B: Infant formula, ABBOTT NUTRITION, SIMILAC, SEN	-10	2.6
B: Infant formula, ABBOTT NUTRITION, SIMILAC, SEN	-10	0.6

B: Infant formula, ABBOTT NUTRITION, SIMILAC, SEN	-10	4.9
B: Infant formula, ABBOTT NUTRITION, SIMILAC, ISO	-10	5.0
B: Infant formula, ABBOTT NUTRITION, SIMILAC, ISO	-10	2.6
B: Infant formula, ABBOTT NUTRITION, SIMILAC, ISO	-10	0.6
B: Infant formula, MEAD JOHNSON, PREGESTIMIL, wi	-10	0.6
B: Infant formula, ABBOTT NUTRITION, SIMILAC NEO	-10	4.8
B: Babyfood, dinner, chicken stew, toddler	-11	4.3
B: Infant formula, ABBOTT NUTRITION, SIMILAC, ADV	-11	5.0
B: Infant formula, ABBOTT NUTRITION, SIMILAC, NEC	-11	0.6
B: Infant formula, ABBOTT NUTRITION, SIMILAC, ADV	-11	0.6
B: Infant formula, ABBOTT NUTRITION, SIMILAC, ADV	-11	2.6
B: Infant formula, ABBOTT NUTRITION, SIMILAC, ISO	-11	5.0
B: Infant formula, ABBOTT NUTRITION, SIMILAC, ISO	-11	2.6
B: Infant formula, ABBOTT NUTRITION, SIMILAC, ISO	-11	0.6
B: Babyfood, meat, ham, junior	-12	3.4
B: Babyfood, dinner, chicken soup, strained	-14	6.7
B: Babyfood, meat, chicken sticks, junior	-14	1.8
B: Infant formula, ABBOTT NUTRITION, SIMILAC, ALI	-15	5.0
B: Babyfood, meat, chicken, strained	-16	2.6
B: Infant formula, ABBOTT NUTRITION, SIMILAC, ALI	-16	5.0
B: Infant formula, ABBOTT NUTRITION, ALIMENTUM A	-16	0.6
B: Babyfood, meat, chicken, junior	-17	2.3
B: Infant formula, ABBOTT NUTRITION, SIMILAC, PM	-19	0.6
B: Babyfood, meat, turkey sticks, junior	-22	1.8
F: Fish oil, salmon	263	0.4
F: Fish oil, menhaden	200	0.4
F: Fish oil, sardine	166	0.4
F: Fish oil, cod liver	140	0.4
F: Fish oil, herring	86	0.4
F: Oil, flaxseed	46	0.4
F: Oil, industrial, soy, fully hydrogenated	0	0.4
F: Oil, industrial, palm kernel (hydrogenated), confect	0	0.4
F: Butter replacement, without fat, powder	0	0.9
F: Salad dressing, ranch dressing, fat-free	0	2.8
F: Salad dressing, french dressing, fat-free	0	2.5
F: Shortening frying (heavy duty), soybean (hydroger	0	0.4
F: Salad Dressing, mayonnaise-like, fat-free	0	4.0
F: Salad dressing, blue or roquefort cheese dressing,	0	2.9
F: Shortening, confectionery, fractionated palm	-1	0.4
F: Oil, industrial, palm kernel, confection fat, uses sir	-1	0.4
F: Salad dressing, mayonnaise, imitation, milk cream	-1	3.4
F: Shortening confectionery, coconut (hydrogenated)	-1	0.4
F: Oil, industrial, coconut, confection fat, typical basis	-2	0.4
F: Oil, babassu	-2	0.4
F: Vegetable oil, palm kernel	-2	0.4
F: Oil, industrial, coconut, principal uses candy coatin	-2	0.4
F: Oil, coconut	-2	0.4
F: Fat, beef tallow	-3	0.4
F: Salad dressing, italian dressing, fat-free	-3	7.1

F&Oil, cocoa butter	-3	0.4
F&Oil, ucuhuba butter	-3	0.4
F&Salad dressing, thousand island dressing, fat-free	-3	2.5
F&Fat, mutton tallow	-4	0.4
F&Oil, industrial, palm and palm kernel, filling fat (not	-4	0.4
F&Oil, sunflower, high oleic (70% and over)	-4	0.4
F&Oil, cupu assu	-4	0.4
F&Oil, sheanut	-5	0.4
F&Salad dressing, thousand island dressing, reduced	-6	1.7
F&Salad dressing, honey mustard dressing, reduced c	-6	1.6
F&Oil, industrial, soy (partially hydrogenated), palm,	-7	0.4
F&Margarine-like, vegetable oil spread, fat-free, tub	-8	7.6
F&Salad dressing, blue or roquefort cheese dressing,	-8	3.9
F&Shortening frying (heavy duty), palm (hydrogenate	-8	0.4
F&Shortening frying (heavy duty), beef tallow and cof	-9	0.4
F&Salad dressing, french dressing, reduced fat	-9	1.5
F&Oil, industrial, soy (partially hydrogenated), all pur	-9	0.4
F&Margarine-like shortening, industrial, soy (partially	-10	0.5
F&Shortening, household, lard and vegetable oil	-10	0.4
F&Oil, palm	-10	0.4
F&Oil, olive, salad or cooking	-10	0.4
F&Lard	-10	0.4
F&Animal fat, bacon grease	-10	0.4
F&Creamy dressing, made with sour cream and/or bu	-10	3.1
F&Fat, goose	-10	0.4
F&Oil, mustard	-11	0.4
F&Oil, industrial, soy (partially hydrogenated) and co	-11	0.4
F&Margarine, industrial, non-dairy, cottonseed, soy oi	-11	0.5
F&Oil, canola	-11	0.4
F&Oil, hazelnut	-11	0.4
F&Salad dressing, french dressing, reduced fat, witho	-12	1.4
F&Margarine, 80% fat, tub, CANOLA HARVEST Soft Sp	-12	0.5
F&Salad dressing, russian dressing, low calorie	-12	2.4
F&Salad dressing, home recipe, cooked	-12	2.1
F&Shortening industrial, soybean (hydrogenated) and	-12	0.4
F&Oil, industrial, canola, high oleic	-12	0.4
F&Fat, duck	-12	0.4
F&Oil, industrial, canola (partially hydrogenated) oil fo	-12	0.4
F&Oil, industrial, canola for salads, woks and light fry	-13	0.4
F&Salad dressing, italian dressing, reduced fat, witho	-13	4.4
F&Margarine-like spread, SMART BALANCE Omega Plu	-13	0.6
F&Salad dressing, italian dressing, reduced fat	-13	4.4
F&Oil, industrial, canola with antifoaming agent, princ	-13	0.4
F&Oil, avocado	-13	0.4
F&Oil, vegetable, Natreon canola, high stability, non t	-13	0.4
F&Shortening cake mix, soybean (hydrogenated) and	-14	0.4
F&Oil, safflower, salad or cooking, high oleic (primary	-14	0.4
F&Shortening, multipurpose, soybean (hydrogenated)	-15	0.4
F&Salad dressing, caesar, low calorie	-15	3.0

Fat Salad dressing, buttermilk, lite	-16	1.6
Fat Salad dressing, ranch dressing, reduced fat	-16	1.7
Fat Salad Dressing, mayonnaise, light, SMART BALANCE	-16	1.0
Fat Creamy dressing, made with sour cream and/or but	-18	2.4
Fat Margarine-like spread with yogurt, 70% fat, stick, v	-18	0.5
Fat Margarine-like spread, SMART BALANCE Regular Bu	-18	0.6
Fat Salad dressing, blue or roquefort cheese, low calor	-18	3.4
Fat Shortening industrial, lard and vegetable oil	-19	0.4
Fat Salad Dressing, coleslaw dressing, reduced fat	-20	1.0
Fat Oil, almond	-20	0.4
Fat Oil, corn and canola	-20	0.4
Fat Margarine-like spread, SMART BALANCE Light Butte	-21	1.0
Fat Margarine-like spread, BENECOL Light Spread	-21	0.9
Fat Fat, chicken	-21	0.4
Fat Vegetable oil-butter spread, reduced calorie	-22	0.7
Fat Margarine-like, vegetable oil-butter spread, reduce	-22	0.7
Fat Margarine-like, butter-margarine blend, 80% fat, s	-22	0.5
Fat Margarine-like, vegetable oil spread, 60% fat, stick	-23	0.6
Fat Margarine-like, vegetable oil spread, 60% fat, stick	-23	0.6
Fat Margarine, regular, 80% fat, composite, tub, witho	-23	0.5
Fat Margarine, regular, 80% fat, composite, tub, with s	-23	0.5
Fat Margarine, regular, 80% fat, composite, tub, with s	-23	0.5
Fat Margarine, industrial, soy and partially hydrogenate	-24	0.5
Fat Margarine, margarine-type vegetable oil spread, 70	-24	0.5
Fat Oil, teaseed	-24	0.4
Fat Fat, turkey	-24	0.4
Fat Margarine, regular, hard, soybean (hydrogenated)	-25	0.5
Fat Margarine-like, vegetable oil spread, unspecified oi	-26	1.0
Fat Margarine-like, vegetable oil spread, approximately	-26	1.0
Fat Shortening, household, soybean (partially hydroge	-26	0.4
Fat Margarine-like, margarine-butter blend, soybean oi	-26	0.5
Fat Shortening household soybean (hydrogenated) and	-27	0.4
Fat Margarine, 80% fat, stick, includes regular and hyc	-27	0.5
Fat Margarine, regular, 80% fat, composite, stick, with	-27	0.5
Fat Shortening, vegetable, household, composite	-28	0.4
Fat Margarine, regular, 80% fat, composite, stick, with	-28	0.5
Fat Margarine, regular, 80% fat, composite, stick, with	-28	0.5
Fat Margarine, regular, 80% fat, composite, stick, with	-28	0.5
Fat Salad dressing, french dressing, reduced calorie	-29	1.7
Fat Margarine, margarine-like vegetable oil spread, 67	-29	0.5
Fat Salad dressing, mayonnaise and mayonnaise-type,	-31	1.3
Fat Margarine-like, vegetable oil-butter spread, tub, wi	-32	0.9
Fat Salad dressing, mayonnaise, imitation, soybean	-32	1.4
Fat Salad dressing, russian dressing	-32	0.9
Fat Mayonnaise, low sodium, low calorie or diet	-32	1.4
Fat Oil, industrial, mid-oleic, sunflower	-33	0.4
Fat Oil, apricot kernel	-33	0.4
Fat Margarine-like, vegetable oil spread, stick or tub, s	-34	0.6
Fat Salad dressing, french dressing, commercial, regul	-34	0.7

F& Salad dressing, french dressing, commercial, regular	-34	0.7
F& Salad dressing, italian dressing, commercial, regular	-35	1.1
F& Salad dressing, italian dressing, commercial, regular	-35	1.1
F& Shortening, special purpose for baking, soybean (hydrogenated)	-35	0.4
F& Oil, industrial, soy (partially hydrogenated), principal	-35	0.4
F& Margarine-like vegetable-oil spread, stick/tub/bottle	-35	0.6
F& Shortening, industrial, soy (partially hydrogenated)	-36	0.4
F& Salad dressing, mayonnaise type, regular, with salt	-36	0.9
F& Salad dressing, coleslaw	-36	0.9
F& Salad dressing, Mayonnaise dressing, diet, no cholesterol	-36	0.9
F& Oil, rice bran	-36	0.4
F& Margarine-like, vegetable oil spread, 60% fat, stick	-36	0.6
F& Oil, peanut, salad or cooking	-36	0.4
F& Oil, corn, peanut, and olive	-36	0.4
F& Salad dressing, thousand island, commercial, regular	-37	0.9
F& Oil, soybean, salad or cooking, (partially hydrogenated)	-37	0.4
F& Shortening, industrial, soy (partially hydrogenated)	-37	0.4
F& Shortening bread, soybean (hydrogenated) and corn	-37	0.4
F& Oil, industrial, soy (partially hydrogenated), multi	-37	0.4
F& Margarine Spread, approximately 48% fat, tub	-37	0.8
F& Shortening, special purpose for cakes and frostings	-38	0.4
F& Creamy dressing, made with sour cream and/or but	-38	2.1
F& Salad dressing, mayonnaise, imitation, soybean wi	-38	0.7
F& Margarine-like, vegetable oil spread, 60% fat, stick	-39	0.6
F& Mayonnaise, made with tofu	-39	1.0
F& Oil, sunflower, linoleic, (partially hydrogenated)	-39	0.4
F& Margarine-like, vegetable oil spread, 60% fat, tub,	-39	0.6
F& Margarine-like, vegetable oil spread, 60% fat, tub,	-39	0.6
F& Margarine-like, vegetable oil spread, 60% fat, stick	-39	0.6
F& Margarine-like spread with yogurt, approximately 4	-40	1.0
F& Margarine-like, vegetable oil spread, fat free, liquid	-40	7.7
F& Salad dressing, green goddess, regular	-41	0.8
F& Sandwich spread, with chopped pickle, regular, uns	-42	0.9
F& Oil, oat	-42	0.4
F& Oil, cooking and salad, ENOVA, 80% diglycerides	-44	0.4
F& Salad dressing, mayonnaise, light	-44	1.0
F& Margarine-like, vegetable oil spread, 20% fat, with	-44	1.9
F& Margarine-like, vegetable oil spread, 20% fat, with	-44	1.9
F& Salad dressing, italian dressing, reduced calorie	-44	1.7
F& Salad dressing, blue or roquefort cheese dressing,	-44	0.7
F& Oil, sunflower, linoleic (less than 60%)	-45	0.4
F& Salad dressing, peppercorn dressing, commercial, r	-45	0.6
F& Mayonnaise, reduced-calorie or diet, cholesterol-fre	-46	1.0
F& Salad dressing, bacon and tomato	-46	1.0
F& Salad dressing, ranch dressing, commercial, regula	-46	0.7
F& Salad dressing, mayonnaise, soybean oil, without s	-46	0.5
F& Salad dressing, mayonnaise, soybean oil, with salt	-46	0.5
F& Oil, soybean lecithin	-46	0.4
F& Salad dressing, caesar dressing, regular	-46	0.6

F;Oil, sesame, salad or cooking	-46	0.4
F;Salad dressing, french, home recipe	-47	0.5
F;Salad dressing, home recipe, vinegar and oil	-47	0.7
F;Salad dressing, sesame seed dressing, regular	-48	0.8
F;Oil, walnut	-48	0.4
F;Oil, soybean, salad or cooking, (partially hydrogenated)	-48	0.4
F;USDA Commodity Food, oil, vegetable, soybean, regular	-49	0.4
F;Oil, soybean, salad or cooking	-50	0.4
F;Oil, industrial, soy, refined, for woks and light frying	-50	0.4
F;Mayonnaise dressing, no cholesterol	-52	0.5
F;Oil, wheat germ	-54	0.4
F;Oil, tomatoseed	-55	0.4
F;Oil, industrial, soy, ultra low linolenic	-56	0.4
F;USDA Commodity Food, oil, vegetable, low saturated fat	-57	0.4
F;Salad dressing, french, cottonseed, oil, home recipe	-57	0.5
F;Oil, cottonseed, salad or cooking	-59	0.4
F;Oil, corn, industrial and retail, all purpose salad or cooking	-59	0.4
F;Salad dressing, mayonnaise, soybean and safflower	-68	0.5
F;Oil, poppyseed	-71	0.4
F;Oil, sunflower, linoleic, (approx. 65%)	-74	0.4
F;Oil, grapeseed	-79	0.4
F;Oil, safflower, salad or cooking, linoleic, (over 70%)	-84	0.4
P;Ostrich, inside leg, cooked	-1	2.4
P;Pate de foie gras, canned (goose liver pate), smoked	-1	0.7
P;Turkey, fryer-roasters, light meat, meat only, cooked	-1	2.4
P;Emu, fan fillet, cooked, broiled	-1	2.2
P;Ostrich, tip trimmed, cooked	-2	2.3
P;Emu, inside drums, cooked, broiled	-2	2.1
P;Ostrich, outside strip, cooked	-2	2.1
P;Turkey, fryer-roasters, breast, meat only, cooked, roasted	-2	2.5
P;Emu, top loin, cooked, broiled	-2	2.2
P;Duck, young duckling, domesticated, White Pekin, cooked	-2	2.4
P;Ostrich, oyster, cooked	-2	2.1
P;Chicken, canned, no broth	-2	1.8
P;Emu, full rump, cooked, broiled	-3	2.0
P;Ostrich, inside strip, cooked	-3	2.0
P;Turkey, young tom, light meat, meat only, cooked, roasted	-3	2.2
P;Emu, oyster, raw	-3	2.4
P;Chicken, broilers or fryers, breast, meat only, cooked, roasted	-4	2.2
P;Turkey, fryer-roasters, meat only, cooked, roasted	-4	2.2
P;Pheasant, cooked, total edible	-4	1.4
P;Turkey, fryer-roasters, breast, meat and skin, cooked, roasted	-4	2.2
P;Chicken, broilers or fryers, breast, meat only, cooked, roasted	-4	2.0
P;Chicken, broilers or fryers, light meat, meat only, cooked, roasted	-4	2.1
P;Duck, young duckling, domesticated, White Pekin, cooked	-4	1.9
P;Chicken, capons, giblets, cooked, simmered	-4	2.0
P;Chicken, broilers or fryers, breast, meat only, cooked, roasted	-5	1.8
P;Chicken, roasting, giblets, cooked, simmered	-5	2.0
P;Chicken, broilers or fryers, light meat, meat only, cooked, roasted	-5	1.9

P Chicken, broilers or fryers, light meat, meat only, cooked, roasted	-5	1.7
P Turkey breast, pre-basted, meat and skin, cooked, roasted	-5	2.6
P Goose, domesticated, meat only, cooked, roasted	-5	1.4
P Turkey, fryer-roasters, light meat, meat and skin, cooked, roasted	-5	2.0
P Ostrich, top loin, cooked	-5	2.1
P Turkey, fryer-roasters, leg, meat only, cooked, roasted	-6	2.1
P Ostrich, ground, cooked, pan-broiled	-6	1.9
P Chicken, stewing, light meat, meat only, cooked, simmered	-6	1.6
P Duck, domesticated, meat only, cooked, roasted	-6	1.7
P Turkey, young tom, meat only, cooked, roasted	-6	2.0
P Turkey and gravy, frozen	-6	5.0
P Chicken, gizzard, all classes, cooked, simmered	-6	2.2
P Turkey, fryer-roasters, dark meat, meat only, cooked, roasted	-6	2.1
P Turkey, gizzard, all classes, cooked, simmered	-7	2.6
P Turkey, young hen, meat only, cooked, roasted	-7	1.9
P Turkey, fryer-roasters, meat and skin and giblets and neck, cooked, roasted	-7	1.9
P Goose, domesticated, meat and skin, cooked, roasted	-7	1.1
P USDA Commodity, turkey ham, dark meat, smoked, sliced	-7	2.8
P Turkey, fryer-roasters, leg, meat and skin, cooked, roasted	-7	2.0
P Chicken, broilers or fryers, wing, meat only, cooked, roasted	-7	1.6
P Chicken, roasting, light meat, meat only, cooked, roasted	-7	2.2
P Duck, young duckling, domesticated, White Pekin, cooked, roasted	-7	1.6
P Chicken, roasting, meat only, cooked, roasted	-7	2.0
P Chicken, stewing, giblets, cooked, simmered	-7	1.7
P Turkey, young tom, breast, meat and skin, cooked, roasted	-7	1.8
P Ground turkey, fat free, patties, broiled	-7	2.4
P Turkey, all classes, breast, meat and skin, cooked, roasted	-7	1.8
P Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	-7	1.5
P Turkey, young hen, breast, meat and skin, cooked, roasted	-7	1.7
P Chicken, broilers or fryers, wing, meat only, cooked, roasted	-7	1.6
P Ground turkey, fat free, pan-broiled crumbles	-7	2.2
P Turkey, young tom, light meat, meat and skin, cooked, roasted	-7	1.7
P Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	-8	1.7
P Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	-8	1.9
P Duck, young duckling, domesticated, White Pekin, cooked, roasted	-8	1.5
P Turkey, fryer-roasters, back, meat only, cooked, roasted	-8	2.0
P Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	-8	1.8
P Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	-8	2.0
P Turkey, fryer-roasters, dark meat, meat and skin, cooked, roasted	-8	1.8
P Chicken, broilers or fryers, meat only, stewed	-8	1.9
P Chicken, broilers or fryers, meat only, roasted	-8	1.8
P Turkey, young hen, light meat, meat and skin, cooked, roasted	-8	1.6
P Chicken, heart, all classes, cooked, simmered	-8	1.8
P Turkey, all classes, light meat, cooked, roasted	-8	2.1
P Chicken, broilers or fryers, leg, meat only, cooked, roasted	-9	1.6
P Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	-9	1.5
P Chicken, broilers or fryers, meat only, cooked, fried	-9	1.5
P Turkey, diced, light and dark meat, seasoned	-9	2.4
P Emu, ground, cooked, pan-broiled	-9	2.0

P Turkey, young tom, dark meat, meat only, cooked, r	-9	1.8
P Turkey, fryer-roasters, wing, meat and skin, cooke	-9	1.6
P Turkey, young tom, meat and skin and giblets and	-9	1.7
P Chicken, broilers or fryers, thigh, meat only, cooke	-9	1.5
P Turkey, young tom, meat and skin, cooked, roasted	-9	1.6
P Chicken, roasting, dark meat, meat only, cooked, r	-9	1.9
P Chicken, broilers or fryers, drumstick, meat only, c	-9	1.7
P Duck, domesticated, meat and skin, cooked, roasted	-9	1.0
P Chicken, broilers or fryers, leg, meat only, cooked,	-9	1.8
P Turkey, fryer-roasters, wing, meat only, cooked, ro	-9	2.0
P Turkey, all classes, meat and skin and giblets and r	-9	1.6
P Chicken, broilers or fryers, giblets, cooked, fried	-9	1.2
P Chicken, broilers or fryers, dark meat, meat only, c	-9	1.4
P Chicken, capons, meat and skin, cooked, roasted	-9	1.5
P Chicken, capons, meat and skin and giblets and ne	-9	1.5
P Chicken, broilers or fryers, light meat, meat and sk	-9	1.7
P Turkey, young hen, dark meat, meat only, cooked,	-9	1.7
P Chicken, broilers or fryers, leg, meat only, cooked,	-10	1.7
P Chicken, wing, frozen, glazed, barbecue flavored, h	-10	1.3
P Turkey, young tom, wing, meat and skin, cooked, r	-10	1.5
P Turkey, young hen, meat and skin and giblets and	-10	1.5
P Chicken, broilers or fryers, light meat, meat and sk	-10	1.4
P Turkey, young hen, meat and skin, cooked, roasted	-10	1.5
P Chicken, canned, meat only, with broth	-10	2.0
P Chicken, broilers or fryers, dark meat, meat only, c	-10	1.7
P USDA Commodity, chicken fajita strips, frozen	-10	2.5
P Chicken, broilers or fryers, back, meat only, cooke	-10	1.2
P Turkey, young tom, leg, meat and skin, cooked, ro	-10	1.6
P Chicken, broilers or fryers, thigh, meat only, cooke	-10	1.7
P Chicken, broilers or fryers, meat and skin and gible	-10	1.5
P Chicken, broilers or fryers, dark meat, meat only, c	-10	1.6
P Turkey, fryer-roasters, back, meat and skin, cooke	-10	1.6
P Chicken, ground, raw	-11	2.3
P Turkey, young hen, wing, meat and skin, cooked, r	-11	1.4
P Chicken, broilers or fryers, breast, meat and skin, c	-11	1.3
P Chicken, broilers or fryers, meat and skin and gible	-11	1.2
P Chicken, broilers or fryers, neck, meat only, cooke	-11	1.9
P Chicken, wing, frozen, glazed, barbecue flavored	-11	1.6
P Chicken, roasting, meat and skin and giblets and n	-11	1.5
P Turkey, young tom, dark meat, meat and skin, coo	-11	1.5
P Chicken, broilers or fryers, thigh, meat and skin, co	-11	1.3
P Chicken, broilers or fryers, neck, meat only, cooke	-11	1.5
P Turkey, young hen, leg, meat and skin, cooked, ro	-11	1.6
P Chicken, stewing, dark meat, meat only, cooked, s	-11	1.3
P Chicken, roasting, meat and skin, cooked, roasted	-11	1.5
P Chicken, broilers or fryers, leg, meat and skin, cool	-11	1.3
P Chicken, broilers or fryers, thigh, meat only, cooke	-11	1.6
P Chicken, broilers or fryers, drumstick, meat and sk	-11	1.6
P Chicken, broilers or fryers, drumstick, meat and sk	-11	1.4

P Chicken, ground, crumbles, cooked, pan-browned	-11	1.8
P Chicken, wing, frozen, glazed, barbecue flavored, h	-11	1.4
P Chicken, broilers or fryers, light meat, meat and sk	-11	1.2
P Turkey, gizzard, all classes, raw	-11	2.8
P Chicken, broilers or fryers, drumstick, meat and sk	-11	1.5
P Chicken, cornish game hens, meat only, cooked, ro	-11	2.5
P Chicken, broilers or fryers, meat and skin, cooked,	-11	1.5
P Turkey, all classes, light meat, meat and skin, cook	-11	1.7
P Chicken, broilers or fryers, dark meat, meat and sk	-11	1.3
P Chicken, broilers or fryers, meat and skin, cooked,	-11	1.4
P Chicken, broilers or fryers, meat and skin, cooked,	-12	1.2
P Chicken, broilers or fryers, dark meat, meat and sk	-12	1.4
P Chicken, stewing, meat and skin, and giblets and n	-12	1.6
P Chicken, broilers or fryers, meat and skin and gible	-12	1.4
P Turkey, young hen, dark meat, meat and skin, cool	-12	1.4
P Chicken, stewing, meat and skin, cooked, stewed	-12	1.2
P Chicken, broilers or fryers, back, meat only, cooke	-12	1.4
P Chicken, broilers or fryers, leg, meat and skin, cool	-12	1.4
P Turkey, canned, meat only, with broth	-12	2.0
P Turkey thigh, pre-basted, meat and skin, cooked, r	-12	2.1
P Chicken, broilers or fryers, thigh, meat and skin, co	-12	1.2
P Chicken, broilers or fryers, leg, meat and skin, cool	-12	1.2
P Chicken, broilers or fryers, drumstick, meat and sk	-12	1.2
P Chicken, broilers or fryers, meat and skin and gible	-12	1.1
P Dove, cooked (includes squab)	-12	1.6
P Chicken, broilers or fryers, back, meat and skin, co	-12	1.0
P Chicken, broilers or fryers, dark meat, meat and sk	-12	1.2
P Chicken, broilers or fryers, leg, meat and skin, cool	-12	1.5
P Chicken, stewing, meat only, cooked, stewed	-12	1.4
P Turkey, light or dark meat, smoked, cooked, skin a	-13	2.1
P Chicken, broilers or fryers, dark meat, meat and sk	-13	1.1
P Chicken, broilers or fryers, wing, meat and skin, co	-13	1.3
P Turkey, all classes, meat only, cooked, roasted	-13	2.0
P Chicken, broilers or fryers, wing, meat and skin, co	-13	1.1
P Turkey, young hen, back, meat and skin, cooked, r	-13	1.3
P Chicken, broilers or fryers, wing, meat and skin, co	-13	1.0
P Chicken, broilers or fryers, thigh, meat and skin, co	-13	1.3
P Chicken, broilers or fryers, meat and skin, cooked,	-13	1.2
P Chicken, broilers or fryers, thigh, meat and skin, co	-13	1.4
P Chicken, broilers or fryers, wing, meat and skin, co	-13	1.0
P Chicken, broilers or fryers, back, meat and skin, co	-13	1.0
P Turkey, all classes, giblets, cooked, simmered, som	-13	1.7
P Turkey sticks, breaded, battered, fried	-14	1.2
P Turkey, all classes, wing, meat and skin, cooked, r	-14	1.5
P Turkey, all classes, meat and skin, cooked, roasted	-14	1.6
P Turkey, wing, smoked, cooked, with skin, bone ren	-14	1.5
P Chicken, broilers or fryers, back, meat and skin, co	-14	1.3
P Chicken, broilers or fryers, neck, meat and skin, co	-14	1.0
P Turkey, light or dark meat, smoked, cooked, with s	-14	1.7

P Chicken, broilers or fryers, back, meat and skin, cooked, roasted	-14	1.1
P Chicken, broilers or fryers, neck, meat and skin, cooked, roasted	-14	1.0
P Turkey roast, boneless, frozen, seasoned, light and dry	-15	2.1
P Turkey, fryer-roasters, skin only, cooked, roasted	-15	1.1
P Poultry food products, ground turkey, cooked	-15	1.6
P Chicken, broilers or fryers, skin only, cooked, fried, breaded	-15	0.8
P Chicken, broilers or fryers, giblets, cooked, simmered	-15	2.1
P Chicken, cornish game hens, meat and skin, cooked, roasted	-16	1.3
P Turkey, all classes, dark meat, cooked, roasted	-16	1.8
P Turkey, all classes, leg, meat and skin, cooked, roasted	-16	1.6
P USDA Commodity, turkey taco meat, frozen, cooked	-16	2.3
P Ground turkey, 85% lean, 15% fat, patties, broiled	-16	1.3
P Turkey, all classes, dark meat, meat and skin, cooked, roasted	-16	1.5
P Turkey, drumstick, smoked, cooked, with skin, bone-in	-16	1.7
P Turkey, all classes, neck, meat only, cooked, simmered	-16	1.9
P Chicken, broilers or fryers, skin only, cooked, fried, breaded	-16	0.7
P Turkey patties, breaded, battered, fried	-17	1.2
P Chicken, broilers or fryers, skin only, cooked, stewed	-17	0.9
P Turkey, all classes, back, meat and skin, cooked, roasted	-17	1.4
P Turkey, young tom, skin only, cooked, roasted	-17	0.8
P Chicken, broilers or fryers, skin only, cooked, roasted	-17	0.7
P Turkey, all classes, skin only, cooked, roasted	-17	0.8
P Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	-17	1.3
P Turkey, young hen, skin only, cooked, roasted	-18	0.7
P Chicken, broilers or fryers, skin only, raw	-18	1.0
P Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	-18	1.6
P Turkey bacon, cooked	-18	0.9
P Ground turkey, 93% lean, 7% fat, patties, broiled	-19	1.6
P Turkey, heart, all classes, cooked, simmered	-22	2.4
S Fish broth	85	20.8
S Soup, stock, fish, home-prepared	37	19.6
S Soup, shark fin, restaurant-prepared	34	7.2
S Soup, clam chowder, manhattan style, canned, chunky	0	5.9
S Gravy, onion, dry, mix	0	1.0
S Gravy, chicken, dry	0	0.9
S Gravy, mushroom, dry, powder	0	1.0
S Soup, stock, beef, home-prepared	0	25.6
S Soup, cheese, canned, prepared with equal volume of milk	0	5.3
S Soup, cheese, canned, condensed	0	2.8
S Soup, cheese, canned, prepared with equal volume of milk	0	3.6
S Soup, onion, dry, mix	0	1.1
S Soup, chunky beef, canned, ready-to-serve	0	5.0
S Soup, onion, dry, mix, prepared with water	-1	27.8
S Sauce, chili, peppers, hot, immature green, canned	-1	16.7
S Soup, cream of shrimp, canned, condensed	-1	4.6
S Soup, cream of shrimp, canned, prepared with equal volume of milk	-1	9.3
S Gravy, au jus, dry	-1	1.1
S Soup, beef broth, cubed, dry	-1	2.0
S Gravy, au jus, canned	-1	20.8

S _i Soup, chili beef, canned, prepared with equal volu	-1	5.8
S _i Soup, chili beef, canned, condensed	-1	2.8
S _i Soup, cream of shrimp, canned, prepared with equ	-1	5.5
S _i Soup, tomato, dry, mix, prepared with water	-1	8.8
S _i Soup, vegetable beef, dry, mix, prepared with wate	-1	15.9
S _i Sauce, oyster, ready-to-serve	-1	6.5
S _i Gravy, brown, dry	-1	0.9
S _i Soup, beef broth or bouillon, powder, dry	-1	1.4
S _i Soup, beef mushroom, canned, condensed	-1	5.5
S _i Soup, gazpacho, canned, ready-to-serve	-1	17.5
S _i Soup, bean with bacon, dry, mix, prepared with wa	-1	8.3
S _i Soup, beef broth or bouillon, powder, prepared wit	-1	111.0
S _i Soup, beef broth, cubed, prepared with water	-1	111.0
S _i Soup, beef mushroom, canned, prepared with equa	-1	11.1
S _i Gravy, HEINZ Home Style Savory Beef Gravy	-1	8.5
S _i Sauce, barbecue	-1	2.2
S _i Sauce, barbecue, low sodium	-1	2.2
S _i Soup, beef and mushroom, low sodium, chunk styl	-1	4.8
S _i Gravy, pork, dry, powder	-1	0.9
S _i Soup, oyster stew, canned, prepared with equal vo	-1	6.1
S _i Gravy, meat or poultry, low sodium, prepared	-1	6.3
S _i Soup, vegetable beef, canned, condensed	-1	5.3
S _i Soup, vegetable beef, canned, prepared with equal	-1	10.7
S _i Gravy, beef, canned, ready-to-serve	-1	6.3
S _i Sauce, tomato chili sauce, bottled, no salt, low sod	-1	3.2
S _i Soup, tomato vegetable, dry, mix, prepared with w	-1	15.1
S _i Sauce, tomato chili sauce, bottled, with salt	-1	3.2
S _i Sauce, pizza, canned, ready-to-serve	-1	6.2
S _i Soup, oxtail, dry, mix, prepared with water	-1	11.9
S _i Soup, minestrone, canned, chunky, ready-to-serve	-1	6.3
S _i Soup, pea, green, canned, prepared with equal vol	-1	3.5
S _i Soup, beef broth or bouillon canned, ready-to-serv	-1	47.6
S _i Soup, tomato vegetable, dry, mix	-2	1.0
S _i Soup, tomato, canned, prepared with equal volume	-2	6.1
S _i Soup, oyster stew, canned, prepared with equal vo	-2	13.9
S _i Soup, oyster stew, canned, condensed	-2	6.9
S _i Split pea soup, canned, reduced sodium, prepared	-2	4.7
S _i Soup, pea, low sodium, prepared with equal volum	-2	5.4
S _i Soup, tomato, canned, condensed, reduced sodium	-2	5.1
S _i Soup, pea, green, canned, prepared with equal vol	-2	5.5
S _i Soup, pea, green, canned, condensed	-2	2.7
S _i Soup, tomato, canned, prepared with equal volume	-2	11.1
S _i Soup, tomato, low sodium, with water	-2	11.1
S _i Soup, beef stroganoff, canned, chunky style, ready	-2	3.4
S _i Soup, lentil with ham, canned, ready-to-serve	-2	5.9
S _i Soup, tomato, canned, condensed	-2	5.6
S _i Soup, wonton, Chinese restaurant	-2	10.4
S _i Soup, black bean, canned, prepared with equal vol	-2	7.2
S _i Soup, black bean, canned, condensed	-2	3.7

S Sauce, plum, ready-to-serve	-2	1.8
S Soup, cream of potato, canned, prepared with equal volume	-3	5.6
S Soup, pea, split with ham, canned, chunky, ready-to-serve	-3	4.3
S Soup, pepperpot, canned, prepared with equal volume	-3	8.1
S Soup, pepperpot, canned, condensed	-3	4.0
S Potato soup, instant, dry mix	-3	1.0
S Soup, chunky chicken noodle, canned, ready-to-serve	-3	9.0
S Soup, pea, split with ham, canned, condensed	-3	2.4
S Soup, pea, split with ham, canned, prepared with equal volume	-3	4.4
S Soup, ramen noodle, chicken flavor, dry	-3	0.8
S Soup, ramen noodle, any flavor, dry	-3	0.8
S Sauce, peppers, hot, chili, mature red, canned	-3	15.9
S Soup, ramen noodle, beef flavor, dry	-3	0.8
S Soup, bean with ham, canned, chunky, ready-to-serve	-3	3.5
S Soup, beef noodle, dry, mix	-3	1.0
S Soup, tomato beef with noodle, canned, condensed	-3	3.0
S Soup, tomato beef with noodle, canned, prepared with equal volume	-3	5.9
S Soup, ramen noodle, dry, any flavor, reduced fat, no cholesterol	-4	1.0
S Soup, chicken noodle, dry, mix	-4	0.9
S Sauce, salsa, ready-to-serve	-4	12.3
S Soup, cream of chicken, dry, mix, prepared with water	-4	8.1
S Soup, beef noodle, canned, prepared with equal volume	-4	9.8
S Gravy, unspecified type, dry	-4	1.0
S Soup, beef noodle, canned, condensed	-4	5.0
S Soup, tomato bisque, canned, prepared with equal volume	-4	4.2
S Soup, crab, canned, ready-to-serve	-5	10.7
S Soup, scotch broth, canned, condensed	-5	5.0
S Soup, scotch broth, canned, prepared with equal volume	-5	10.1
S Soup, cream of potato, canned, condensed	-5	5.6
S Soup, chicken rice, canned, chunky, ready-to-serve	-5	6.3
S Gravy, turkey, dry	-5	0.9
S Soup, bean with frankfurters, canned, condensed	-5	2.3
S Soup, bean with frankfurters, canned, prepared with water	-5	4.4
S Soup, cream of potato, canned, prepared with equal volume	-5	11.1
S Adobo fresco	-5	1.2
S Soup, chicken gumbo, canned, condensed	-5	7.4
S Soup, vegetable chicken, canned, prepared with water	-5	4.8
S Soup, bean with pork, canned, condensed	-5	2.6
S Soup, bean with pork, canned, prepared with equal volume	-5	5.3
S Soup, chicken vegetable, chunky, canned, ready-to-serve	-5	4.8
S Soup, vegetable soup, condensed, low sodium, prepared with water	-5	10.1
S Soup, stock, chicken, home-prepared	-5	9.3
S Soup, egg drop, Chinese restaurant	-5	12.3
S Soup, chicken broth, canned, prepared with equal volume	-6	20.8
S Soup, chicken gumbo, canned, prepared with equal volume	-6	14.5
S Soup, chicken broth, canned, condensed	-6	10.7
S Soup, chicken noodle, dry, mix, prepared with water	-6	14.5
S Sauce, hoisin, ready-to-serve	-6	1.5
S Soup, clam chowder, new england, canned, prepared with water	-6	5.5

S Soup, chicken rice, dry, mix, prepared with water	-6	13.9
S Soup, chicken with rice, canned, condensed	-6	6.8
S Soup, turkey noodle, canned, condensed	-6	6.1
S Sauce, cheese, dry, powder	-6	0.7
S Soup, turkey noodle, canned, prepared with equal	-6	11.9
S Soup, chicken with rice, canned, prepared with equ	-6	13.9
S Soup, chicken broth, low sodium, canned	-7	20.8
S Soup, tomato bisque, canned, prepared with equal	-7	6.7
S Soup, tomato bisque, canned, condensed	-7	3.5
S Soup, mushroom with beef stock, canned, condens	-7	4.9
S Soup, cream of onion, canned, prepared with equa	-7	4.4
S Soup, mushroom with beef stock, canned, prepare	-7	9.5
S Soup, chicken, canned, chunky, ready-to-serve	-7	4.7
S Soup, vegetable with beef broth, canned, condense	-7	5.0
S Soup, vegetable with beef broth, canned, prepared	-7	10.1
S Soup, chicken vegetable, canned, condensed	-7	5.5
S Soup, chicken vegetable, canned, prepared with ec	-7	10.7
S Soup, cream of chicken, canned, prepared with equ	-7	4.3
S Soup, tomato rice, canned, prepared with equal vo	-7	7.1
S Soup, turkey, chunky, canned, ready-to-serve	-7	5.8
S Soup, tomato rice, canned, condensed	-7	3.6
S Soup, hot and sour, Chinese restaurant	-8	8.5
S Soup, chicken broth cubes, dry	-8	1.7
S Soup, turkey vegetable, canned, condensed	-8	5.6
S Soup, turkey vegetable, canned, prepared with equ	-8	11.1
S Soup, chicken broth cubes, dry, prepared with wat	-8	66.6
S Soup, mushroom barley, canned, condensed	-8	5.5
S Soup, vegetarian vegetable, canned, condensed	-9	5.6
S Soup, mushroom barley, canned, prepared with eq	-9	11.1
S Soup, vegetarian vegetable, canned, prepared with	-9	11.9
S Soup, cream of mushroom, canned, condensed, rec	-10	6.4
S Gravy, turkey, canned, ready-to-serve	-10	6.5
S Soup, bouillon cubes and granules, low sodium, dry	-10	0.8
S Soup, onion, canned, prepared with equal volume v	-10	14.5
S Soup, chunky vegetable, canned, ready-to-serve	-10	6.5
S Soup, chicken noodle, canned, condensed	-10	6.4
S Soup, clam chowder, new england, canned, conder	-10	4.6
S Soup, minestrone, canned, condensed	-10	4.9
S Soup, onion, canned, condensed	-10	7.2
S Soup, chicken noodle, canned, prepared with equal	-10	13.3
S Soup, clam chowder, new england, canned, prepar	-10	9.5
S Soup, minestrone, canned, prepared with equal vol	-10	9.8
S Soup, chicken noodle, low sodium, canned, prepare	-10	13.3
S Soup, chicken noodle, low sodium, canned, prepare	-10	13.3
S Soup, cream of mushroom, canned, prepared with	-10	5.0
S Soup, cream of onion, canned, condensed	-11	3.8
S Soup, cream of chicken, canned, prepared with equ	-11	6.9
S Soup, cream of chicken, canned, condensed	-12	3.7
S Soup, cream of onion, canned, prepared with equa	-12	7.6

S: Soup, escarole, canned, ready-to-serve	-12	30.3
S: Soup, chicken with dumplings, canned, condensed	-12	4.2
S: Sauce, cheese, ready-to-serve	-12	1.9
S: Soup, cream of vegetable, dry, powder	-12	0.7
S: Soup, chicken with dumplings, canned, prepared with equal volume	-13	8.3
S: Soup, cream of asparagus, canned, prepared with equal volume	-13	5.1
S: Sauce, pasta, spaghetti/marinara, ready-to-serve	-13	3.8
S: Sauce, pasta, spaghetti/marinara, ready-to-serve, homemade	-13	3.8
S: Sauce, homemade, white, thin	-13	3.2
S: Soup, clam chowder, manhattan, canned, prepared with equal volume	-14	11.1
S: Soup, clam chowder, manhattan, canned, condensed	-15	5.5
S: Soup, cream of celery, canned, prepared with equal volume	-15	5.0
S: Soup, stockpot, canned, condensed	-15	4.3
S: Soup, stockpot, canned, prepared with equal volume	-15	8.3
S: Soup, chicken mushroom, canned, condensed	-15	3.1
S: Soup, broccoli cheese, canned, condensed, commercial	-16	3.8
S: Soup, chicken mushroom, canned, prepared with equal volume	-16	6.2
S: Soup, chicken broth or bouillon, dry	-16	1.2
S: Soup, cream of mushroom, canned, prepared with equal volume	-16	7.9
S: Soup, cream of mushroom, canned, condensed	-16	3.9
S: Gravy, chicken, canned, ready-to-serve	-17	4.2
S: Soup, mushroom, dry, mix, prepared with water	-17	10.1
S: Sauce, homemade, white, medium	-17	2.3
S: Soup, chicken broth or bouillon, dry, prepared with equal volume	-18	83.3
S: Gravy, mushroom, canned	-18	6.7
S: Sauce, ready-to-serve, pepper or hot	-18	30.3
S: Sauce, homemade, white, thick	-19	1.8
S: Soup, cream of asparagus, canned, condensed	-20	4.8
S: Soup, cream of asparagus, canned, prepared with equal volume	-20	9.5
S: Soup, cream of celery, canned, condensed	-26	4.6
S: Soup, cream of celery, canned, prepared with equal volume	-26	9.0
S: Soup, cream of mushroom, low sodium, ready-to-serve	-32	6.3
S: Sauce, ready-to-serve, pepper, TABASCO	-33	27.8
S: OSCAR MAYER, Ham (water added, baked cooked)	8	3.2
S: OSCAR MAYER, Wieners (beef franks, fat free)	0	4.3
S: OSCAR MAYER, Chicken Breast (oven roasted, fat free)	-1	3.9
S: OSCAR MAYER, Chicken Breast (oven roasted, fat free)	-1	3.9
S: Chicken breast, fat-free, mesquite flavor, sliced	-1	4.2
S: Luncheon meat, beef, thin sliced	-1	2.8
S: Beef, cured, dried	-1	2.2
S: Beef, cured, luncheon meat, jellied	-1	3.0
S: LOUIS RICH, Chicken Breast Classic Baked /Grill (cooked)	-1	3.4
S: Beef, cured, corned beef, canned	-1	1.3
S: Beef, cured, thin-sliced beef	-1	1.9
S: Chicken breast, oven-roasted, fat-free, sliced	-1	4.2
S: Corned beef loaf, jellied	-1	2.2
S: Salami, cooked, beef	-1	1.3
S: OSCAR MAYER, Turkey Breast (smoked, fat free)	-1	4.2
S: Beef, cured, smoked, chopped beef	-1	2.5

S: OSCAR MAYER, Bologna (fat free)	-1	4.2
S: OSCAR MAYER, Wieners (fat free hot dogs)	-1	4.6
S: LOUIS RICH, Turkey (honey roasted, fat free)	-1	3.3
S: LOUIS RICH, Turkey Breast (oven roasted, portion	-1	3.7
S: Bologna, beef, low fat	-1	1.6
S: Luncheon meat, beef, loaved	-1	1.1
S: LOUIS RICH, Turkey Breast (oven roasted, fat free)	-1	4.0
S: Honey roll sausage, beef	-1	1.8
S: Beef, cured, pastrami	-2	2.3
S: LOUIS RICH, Turkey Breast (smoked, portion fat fr	-2	3.6
S: OSCAR MAYER, Ham (40% ham/water product, sm	-2	4.6
S: OSCAR MAYER, Chicken Breast (honey glazed)	-2	3.1
S: OSCAR MAYER, Smokies (beef)	-2	1.1
S: Turkey breast, low salt, prepackaged or deli, lunch	-2	3.4
S: LOUIS RICH, Turkey Breast (Smoked, Carving Boar	-2	3.5
S: Beef, bologna, reduced sodium	-2	1.1
S: Lebanon bologna, beef	-2	1.9
S: OSCAR MAYER, Wieners (beef franks, bun length)	-2	1.0
S: OSCAR MAYER, Bologna (beef)	-2	1.1
S: OSCAR MAYER, Salami Beef Cotto	-2	1.6
S: HORMEL WRANGLER Beef Franks	-2	1.1
S: OSCAR MAYER, Bologna (beef light)	-2	1.7
S: Thuringer, cervelat, summer sausage, beef, pork	-2	0.9
S: OSCAR MAYER, Wieners (beef franks)	-2	1.0
S: Ham, sliced, extra lean	-2	3.1
S: Frankfurter, beef, heated	-2	1.0
S: Roast beef spread	-2	1.5
S: Frankfurter, meat and poultry, low fat	-2	2.8
S: OSCAR MAYER, Summer Sausage Beef Thuringer C	-2	1.1
S: Honey loaf, pork, beef	-2	2.7
S: Peppered loaf, pork, beef	-2	2.2
S: Ham, honey, smoked, cooked	-2	2.7
S: Frankfurter, beef	-3	1.0
S: Bologna, beef	-3	1.1
S: Turkey roll, light meat	-3	3.4
S: Frankfurter, beef, low fat	-3	1.4
S: Sausage, chicken, beef, pork, skinless, smoked	-3	1.5
S: OSCAR MAYER, Ham (water added, honey)	-3	3.0
S: Frankfurter, low sodium	-3	1.1
S: OSCAR MAYER, Ham (water added, boiled)	-3	3.2
S: Beef, cured, sausage, cooked, smoked	-3	1.1
S: LOUIS RICH, Chicken Breast (oven roasted deluxe)	-3	3.3
S: Luxury loaf, pork	-3	2.4
S: Sausage, Italian, sweet, links	-3	2.2
S: OSCAR MAYER, Ham (water added, smoked, cooke	-3	3.4
S: Sausage, Vienna, canned, chicken, beef, pork	-3	1.4
S: Salami, pork, beef, less sodium	-3	0.8
S: Turkey breast meat	-3	3.2
S: Bratwurst, pork, beef and turkey, lite, smoked	-3	1.8

S:Chicken roll, light meat	-3	3.0
S:New england brand sausage, pork, beef	-3	2.1
S:Turkey, white, rotisserie, deli cut	-4	3.0
S:Barbecue loaf, pork, beef	-4	1.9
S:LOUIS RICH, Turkey Breast and White Turkey (ove	-4	3.4
S:Turkey, pork, and beef sausage, low fat, smoked	-4	3.3
S:OSCAR MAYER, Wieners (beef franks, light)	-4	1.7
S:Bratwurst, veal, cooked	-4	1.0
S:Bratwurst, beef and pork, smoked	-4	1.1
S:Pork sausage rice links, brown and serve, cooked	-4	0.8
S:Bologna, beef and pork	-4	1.1
S:LOUIS RICH, Turkey Breast and White Turkey (smo	-4	3.3
S:OSCAR MAYER. Bologna (Wisconsin made ring)	-4	1.1
S:Frankfurter, beef and pork, low fat	-4	2.2
S:Ham and cheese spread	-4	1.4
S:Bologna, beef and pork, low fat	-5	1.4
S:Bacon and beef sticks	-5	0.6
S:Pate, goose liver, smoked, canned	-5	0.7
S:Ham, chopped, not canned	-5	1.9
S:Sausage, summer, pork and beef, sticks, with chec	-5	0.8
S:Sausage, Berliner, pork, beef	-5	1.4
S:OSCAR MAYER, Summer Sausage Thuringer Cerval	-5	1.1
S:OSCAR MAYER, Head Cheese	-5	1.8
S:Ham, sliced, regular (approximately 11% fat)	-6	2.0
S:Headcheese, pork	-6	2.1
S:Smoked link sausage, pork and beef, flour and non	-6	1.2
S:LOUIS RICH, Turkey Ham (10% water added)	-6	2.9
S:Luncheon sausage, pork and beef	-6	1.3
S:Salami, dry or hard, pork, beef	-6	0.9
S:OSCAR MAYER, Ham and Cheese Loaf	-6	1.4
S:OSCAR MAYER, Salami (Genoa)	-6	0.9
S:Luncheon meat, pork and chicken, minced, canned	-6	1.7
S:Bologna, pork	-6	1.3
S:Ham and cheese loaf or roll	-6	1.4
S:OSCAR MAYER, Salami Cotto (beef, pork, chicken)	-6	1.4
S:OSCAR MAYER, Salami (hard)	-6	0.9
S:Picnic loaf, pork, beef	-6	1.4
S:OSCAR MAYER, Ham (chopped with natural juice)	-6	1.9
S:Beerwurst, beer salami, pork	-6	1.4
S:Frankfurter, beef and pork	-6	1.1
S:Bologna, pork, turkey and beef	-6	1.0
S:HORMEL SPAM, Lite Luncheon Meat, Pork and chick	-6	1.7
S:Macaroni and cheese loaf, chicken, pork and beef	-7	1.5
S:OSCAR MAYER, Salami (for beer)	-7	1.5
S:Knackwurst, knockwurst, pork, beef	-7	1.1
S:OSCAR MAYER, Smokies (cheese)	-7	1.1
S:OSCAR MAYER, Wieners Little (pork, turkey)	-7	1.1
S:Cheesefurter, cheese smokie, pork, beef	-7	1.0
S:Pepperoni, pork, beef	-7	0.7

S:Sausage, pork and beef, with cheddar cheese, sm	-7	1.1
S:LOUIS RICH, Chicken (white, oven roasted)	-7	2.6
S:Luncheon meat, pork with ham, minced, canned, ir	-7	1.1
S:Ham, chopped, canned	-7	1.4
S:Scrapple, pork	-7	1.6
S:Brotwurst, pork, beef, link	-7	1.0
S:Chorizo, pork and beef	-7	0.7
S:OSCAR MAYER, Bologna Light (pork, chicken, beef)	-7	1.6
S:Ham, minced	-7	1.3
S:Liver sausage, liverwurst, pork	-7	1.0
S:Liverwurst spread	-7	1.1
S:Smoked link sausage, pork and beef, nonfat dry m	-7	1.1
S:Dutch brand loaf, chicken, pork and beef	-7	1.2
S:Sausage, Polish, pork and beef, smoked	-7	1.1
S:Swisswurst, pork and beef, with swiss cheese, smo	-7	1.1
S:Olive loaf, pork	-7	1.4
S:Mother's loaf, pork	-7	1.2
S:Luncheon meat, pork, beef	-7	0.9
S:OSCAR MAYER, Smokies Sausage Little (pork, turk	-7	1.1
S:Sausage, Italian, pork, cooked	-7	1.0
S:OSCAR MAYER, Pork Sausage Links (cooked)	-8	1.0
S:Luncheon meat, pork, ham, and chicken, minced, c	-8	1.1
S:Salami, cooked, beef and pork	-8	1.0
S:Polish sausage, pork	-8	1.0
S:Polish sausage, pork	-8	1.0
S:Braunschweiger (a liver sausage), pork	-8	1.0
S:OSCAR MAYER, Smokie Links Sausage	-8	1.1
S:Sandwich spread, pork, beef	-8	1.4
S:Bockwurst, pork, veal, raw	-8	1.1
S:Beerwurst, beer salami, pork and beef	-8	1.2
S:Beerwurst, pork and beef	-8	1.2
S:Blood sausage	-8	0.9
S:Pate, truffle flavor	-8	1.0
S:OSCAR MAYER, Smokies Sausage Little Cheese (po	-8	1.1
S:Luncheon meat, pork, canned	-8	1.0
S:Frankfurter, pork	-8	1.2
S:Pate, liver, not specified, canned	-8	1.0
S:HORMEL SPAM, Luncheon Meat, pork with ham, mi	-8	1.1
S:OSCAR MAYER, Sandwich Spread (pork, chicken, b	-8	1.4
S:Turkey ham, cured turkey thigh meat	-8	2.6
S:Mortadella, beef, pork	-9	1.1
S:USDA Commodity, luncheon meat, canned	-9	1.8
S:OSCAR MAYER, Olive Loaf (chicken, pork, turkey)	-9	1.3
S:Turkey and pork sausage, fresh, bulk, patty or link	-9	1.1
S:Liver cheese, pork	-9	1.1
S:OSCAR MAYER, Braunschweiger Liver Sausage (slic	-9	1.0
S:OSCAR MAYER, Braunschweiger Liver Sausage (sar	-9	1.0
S:OSCAR MAYER, Wieners (light pork, turkey, beef)	-9	1.7
S:OSCAR MAYER, Liver Cheese, pork fat wrapped	-9	1.1

S: Sausage, Italian, pork, raw	-9	1.0
S: Turkey, pork, and beef sausage, reduced fat, smoked	-9	1.4
S: Bratwurst, pork, cooked	-9	1.0
S: Ham salad spread	-9	1.5
S: OSCAR MAYER, Pickle Pimiento Loaf (with chicken)	-9	1.2
S: Oven-roasted chicken breast roll	-10	2.5
S: Pork and beef sausage, fresh, cooked	-10	0.8
S: Salami, dry or hard, pork	-10	0.8
S: OSCAR MAYER, Luncheon Loaf (spiced)	-10	1.4
S: OSCAR MAYER, Bologna (chicken, pork, beef)	-10	1.0
S: OSCAR MAYER, Old Fashioned Loaf	-10	1.4
S: Sausage, Italian, turkey, smoked	-11	2.1
S: Sausage, turkey, hot, smoked	-11	2.1
S: OSCAR MAYER, Wieners (cheese hot dogs with turkey)	-11	1.0
S: Pickle and pimiento loaf, pork	-11	1.5
S: Smoked link sausage, pork	-12	1.1
S: OSCAR MAYER, Wieners (pork, turkey)	-12	1.0
S: HORMEL Pillow Pak Sliced Turkey Pepperoni	-12	1.4
S: Turkey ham, sliced, extra lean, prepackaged or deli	-12	2.7
S: Sausage, smoked link sausage, pork and beef	-12	1.0
S: Kielbasa, kolbassy, pork, beef, nonfat dry milk added	-12	1.1
S: Turkey sausage, reduced fat, brown and serve, cooked	-13	1.6
S: Bologna, chicken, pork	-13	1.0
S: Bologna, chicken, pork, beef	-13	1.2
S: Bologna, pork and turkey, lite	-13	1.6
S: LOUIS RICH, Franks (turkey and chicken cheese)	-13	1.7
S: Chicken spread	-13	2.1
S: LOUIS RICH, Turkey Smoked Sausage	-13	2.1
S: Sausage, chicken and beef, smoked	-13	1.1
S: Turkey roll, light and dark meat	-14	2.2
S: Pate, chicken liver, canned	-14	1.7
S: LOUIS RICH, Turkey Salami Cotto	-14	2.2
S: Pastrami, turkey	-14	2.5
S: Frankfurter, chicken	-15	1.5
S: Salami, cooked, turkey	-15	1.9
S: LOUIS RICH, Turkey Nuggets/Sticks (breaded)	-15	1.2
S: LOUIS RICH, Turkey Salami	-15	2.3
S: LOUIS RICH, Franks (turkey and chicken)	-15	1.8
S: Bologna, chicken, turkey, pork	-15	1.1
S: Frankfurter, meat, heated	-16	1.2
S: Frankfurter, meat	-16	1.1
S: Frankfurter, turkey	-17	1.5
S: LOUIS RICH, Turkey Bologna	-17	1.8
S: LOUIS RICH, Turkey Bacon	-17	1.3
S: Bologna, turkey	-18	1.6
S: Sausage, turkey, breakfast links, mild	-23	1.4
S: Poultry salad sandwich spread	-30	1.7
B Cereals ready-to-eat, UNCLE SAM CEREAL	8	0.8
B Cereals ready-to-eat, NATURE'S PATH, OPTIMUM	2	1.0

B Cereals ready-to-eat, POST TOASTIES corn flakes	0	0.9
B Cereals ready-to-eat, POST, COCOA PEBBLES	0	0.8
B Cereals ready-to-eat, KELLOGG'S, Reduced Sugar I	0	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S FROST	0	0.9
B Cereals, CREAM OF RICE, dry	0	0.9
B Cereals ready-to-eat, MALT-O-MEAL, CORN BURST	0	0.8
B Cereals ready-to-eat, corn flakes, low sodium	0	0.8
B Cereals ready-to-eat, KELLOGG, Berry RICE KRISP	0	0.9
B Cereals, CREAM OF RICE, cooked with water, witho	0	6.4
B Cereals, CREAM OF RICE, cooked with water, with :	0	6.4
B Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNOP	0	0.8
B Cereals ready-to-eat, MALT-O-MEAL, Frosted Flake	0	0.9
B Cereals ready-to-eat, MALT-O-MEAL, Frosted Flake	0	0.9
B Cereals, farina, unenriched, dry	0	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S FROST	-1	0.9
B Cereals ready-to-eat, chocolate-flavored frosted pu	-1	0.8
B Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE I	-1	0.9
B Cereals ready-to-eat, QUAKER, QUAKER Puffed Ric	-1	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S COCO	-1	0.9
B Cereals ready-to-eat, MALT-O-MEAL, Puffed Rice C	-1	0.8
B Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	-1	0.9
B Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNOP	-1	0.8
B Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn F	-1	0.9
B Cereals ready-to-eat, Ralston Corn Flakes	-1	0.9
B Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFF	-1	0.8
B Cereals ready-to-eat, KELLOGG, KELLOGG'S MARS	-1	0.9
B Cereals ready-to-eat, Ralston Crispy Rice	-1	0.9
B Cereals ready-to-eat, Ralston Corn Biscuits	-1	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S FROO	-1	0.9
B Cereals ready-to-eat, USDA Commodity Rice Crisps	-1	0.9
B Cereals ready-to-eat, Ralston Crispy Hexagons	-1	0.9
B Cereals ready-to-eat, USDA Commodity Corn and F	-1	0.9
B Cereals ready-to-eat, GENERAL MILLS, TOTAL Corr	-1	0.9
B Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	-1	0.8
B Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CF	-1	0.8
B Cereals, QUAKER, corn grits, instant, with imitatio	-1	1.0
B Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISP	-1	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISP	-1	0.9
B Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	-1	0.9
B Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST	-1	0.9
B Cereals ready-to-eat, KELLOGG'S, Reduced Sugar I	-1	0.8
B Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocc	-1	0.8
B Cereals, CREAM OF WHEAT, mix'n eat, plain, prepa	-1	4.6
B Cereals ready-to-eat, POST, Golden Crisp	-1	0.8
B Cereals ready-to-eat, POST, Shredded Wheat, spoc	-1	1.0
B Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN	-1	0.9
B Cereals ready-to-eat, KASHI, ORGANIC PROMISE A	-1	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE I	-1	0.8
B Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECI	-1	0.9

B Cereals, corn grits, white, regular and quick, unenr	-1	0.9
B Cereals, corn grits, yellow, regular and quick, unen	-1	0.9
B Cereals, corn grits, white, regular, quick, unenriche	-1	5.6
B Cereals, corn grits, white, regular and quick, unenr	-1	5.6
B Cereals, corn grits, white, regular and quick, unenr	-1	5.6
B Cereals, corn grits, yellow, regular and quick, unen	-1	5.6
B Cereals, corn grits, yellow, regular, quick, unenrich	-1	5.6
B Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH '	-1	0.9
B Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAF	-1	0.8
B Cereals ready-to-eat, GENERAL MILLS, Frosted CHI	-1	0.9
B Cereals ready-to-eat, GENERAL MILLS, Honey Nut	-1	0.8
B Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOŠ	-1	0.8
B Cereals, CREAM OF WHEAT, mix'n eat, plain, dry	-1	0.9
B Cereals ready-to-eat, QUAKER, QUAKER COCOA BL	-1	0.8
B Cereals ready-to-eat, GENERAL MILLS, HARMONY	-1	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S HONE	-2	0.9
B Cereals ready-to-eat, GENERAL MILLS, French Toas	-2	0.8
B Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZE	-2	0.8
B Cereals, farina, enriched, assorted brands including	-2	0.9
B Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Fla	-2	0.9
B Cereals, Cream of Wheat, 2 1/2 minute cook time,	-2	0.9
B Cereals ready-to-eat, GENERAL MILLS, FRANKENBE	-2	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECI	-2	0.9
B Cereals, Cream of Wheat, 2 1/2 minute cook time,	-2	5.9
B Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	-2	0.9
B Cereals ready-to-eat, GENERAL MILLS, COUNT CHC	-2	0.9
B Cereals, MALTEX, cooked with water, with salt	-2	4.4
B Cereals ready-to-eat, POST, Honeycomb Cereal	-2	0.8
B Cereals, CREAM OF WHEAT, instant, dry	-2	0.9
B Cereals ready-to-eat, GENERAL MILLS, WHEATIES	-2	1.0
B Cereals ready-to-eat, POST, Shredded Wheat n' Br	-2	1.0
B Cereals, QUAKER, corn grits, instant, cheddar chee	-2	4.6
B Cereals ready-to-eat, GENERAL MILLS, GOLDEN GF	-2	0.9
B Cereals, CREAM OF WHEAT, instant, prepared with	-2	5.4
B Cereals, CREAM OF WHEAT, instant, prepared with	-2	5.4
B Cereals, CREAM OF WHEAT, regular, 10 minute coc	-2	0.9
B Cereals, MALTEX, cooked with water, without salt	-2	4.4
B Cereals, CREAM OF WHEAT, regular (10 minute), c	-2	6.7
B Cereals ready-to-eat, QUAKER, HONEY GRAHAM OI	-2	0.8
B Cereals, CREAM OF WHEAT, regular (10 minute), c	-2	6.7
B Cereals, corn grits, yellow, regular and quick, enric	-2	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE	-2	0.9
B Cereals, QUAKER, corn grits, instant, cheddar chee	-2	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISI	-2	1.0
B Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	-2	0.8
B Cereals ready-to-eat, QUAKER, CAP'N CRUNCH witi	-2	0.8
B Cereals, MALTEX, dry	-2	0.9
B Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TC	-2	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISI	-2	0.9

B Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODI	-2	1.0
B Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	-2	0.9
B Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	-2	0.8
B Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QI	-2	0.8
B Cereals ready-to-eat, QUAKER, QUAKER FRUITANG	-2	0.8
B Cereals, corn grits, yellow, regular and quick, enric	-2	5.1
B Cereals, corn grits, yellow, regular, quick, enriched	-2	5.1
B Cereals ready-to-eat, KASHI 7 Whole Grain Honey	-2	0.9
B Cereals, farina, enriched, assorted brands including	-2	6.1
B Cereals ready-to-eat, GENERAL MILLS, CHOCOLATI	-2	0.9
B Cereals ready-to-eat, QUAKER, QUAKER SWEET PU	-2	0.9
B Cereals, CREAM OF WHEAT, 1 minute cook time, dr	-2	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey	-2	0.9
B Cereals, farina, enriched, cooked with water, witho	-2	6.3
B Cereals, farina, enriched, cooked with water, with s	-2	6.3
B Cereals ready-to-eat, GENERAL MILLS, KIX	-2	0.9
B Cereals ready-to-eat, GENERAL MILLS, Wheat CHE	-2	0.9
B Cereals ready-to-eat, GENERAL MILLS, Whole Grain	-2	1.0
B Cereals ready-to-eat, GENERAL MILLS, OATMEAL C	-2	0.9
B Cereals, corn grits, white, regular and quick, enrich	-2	0.9
B Cereals ready-to-eat, GENERAL MILLS, RAISIN NU	-2	0.9
B Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUI	-2	0.8
B Cereals ready-to-eat, GENERAL MILLS, BASIC 4	-2	0.9
B Cereals ready-to-eat, POST, Shredded Wheat, bite-	-2	0.9
B Cereals ready-to-eat, GENERAL MILLS, HONEY NUT	-2	0.9
B Cereals, RALSTON, cooked with water, without salt	-2	6.3
B Cereals, corn grits, white, regular and quick, enrich	-2	4.7
B Cereals, corn grits, white, regular and quick, enrich	-2	4.7
B Cereals ready-to-eat, GENERAL MILLS, GENERAL M	-2	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S SMAR	-2	0.9
B Cereals, ready-to-eat, ALPEN	-2	0.9
B Cereals ready-to-eat, GENERAL MILLS, LUCKY CHA	-2	0.8
B Cereals ready-to-eat, GENERAL MILLS, Multi-Bran (-2	1.0
B Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran C	-2	0.9
B Cereals ready-to-eat, GENERAL MILLS, WHEATIES	-2	1.0
B Cereals ready-to-eat, POST, HONEY BUNCHES OF (-2	0.8
B Cereals ready-to-eat, GENERAL MILLS, TOTAL Rais	-2	1.1
B Cereals ready-to-eat, GENERAL MILLS, Cinnamon (-2	0.9
B Cereals ready-to-eat, APPLE CINNAMON SQUARES	-2	1.0
B Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-'	-2	0.9
B Cereals, whole wheat hot natural cereal, dry	-3	1.0
B Cereals, QUAKER, corn grits, instant, plain, prepare	-3	4.4
B Cereals, QUAKER, corn grits, instant, plain, dry	-3	0.9
B Cereals ready-to-eat, QUAKER, Low Fat 100% Natu	-3	0.9
B Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	-3	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S Comp	-3	1.0
B Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	-3	1.0
B Cereals, MAYPO, cooked with water, with salt	-3	4.7
B Cereals, ROMAN MEAL, plain, dry	-3	1.0

B Cereals ready-to-eat, wheat and malt barley flakes	-3	0.9
B Cereals ready-to-eat, QUAKER, QUAKER Puffed Wh	-3	0.9
B Cereals ready-to-eat, QUAKER, QUAKER toasted Oa	-3	0.9
B Cereals ready-to-eat, QUAKER, QUAKER MARSHMA	-3	0.8
B Cereals ready-to-eat, MALT-O-MEAL, Puffed Wheat	-3	0.8
B Cereals ready-to-eat, KELLOGG, KELLOGG'S FROST	-3	1.0
B Cereals ready-to-eat, GENERAL MILLS, TOTAL, Cra	-3	1.0
B Cereals ready-to-eat, KELLOGG'S FROSTED MINI-V	-3	1.0
B Cereals ready-to-eat, GENERAL MILLS, NATURE VA	-3	0.9
B Cereals ready-to-eat, POST, FRUITY PEBBLES	-3	0.8
B Cereals ready-to-eat, GENERAL MILLS, DORA THE	-3	0.9
B Cereals, QUAKER, Instant Oatmeal, DINOSAUR EG	-3	2.8
B Cereals ready-to-eat, POST, Honey Nut Shredded V	-3	0.9
B Cereals ready-to-eat, QUAKER, KING VITAMAN	-3	0.9
B Cereals, whole wheat hot natural cereal, cooked wi	-3	5.4
B Cereals, whole wheat hot natural cereal, cooked wi	-3	5.4
B Cereals ready-to-eat, Marshmallow ALPHA-BITS	-3	0.8
B Cereals ready-to-eat, KASHI HEART TO HEART, Ho	-3	0.9
B Cereals ready-to-eat, bran flakes, single brand	-3	1.0
B Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit &	-3	0.9
B Cereals ready-to-eat, POST Raisin Bran Cereal	-3	1.1
B Cereals ready-to-eat, GENERAL MILLS, APPLE CINN	-3	0.8
B Cereals, QUAKER, Instant Oatmeal, DINOSAUR EG	-3	0.9
B Cereals, QUAKER, Instant Oatmeal, TREASURE HUI	-3	3.1
B Cereals, MAYPO, dry	-3	0.9
B Cereals ready-to-eat, WEETABIX WHOLE WHEAT C	-3	0.9
B Cereals ready-to-eat, Puffed KASHI	-3	1.0
B Cereals, QUAKER, Instant Oatmeal, fruit and cream	-3	4.6
B Cereals ready-to-eat, GENERAL MILLS, KABOOM	-3	0.8
B Cereals, Cream of Wheat, 2 1/2 minute cook time,	-3	6.4
B Cereals ready-to-eat, GENERAL MILLS, Fruity CHEE	-3	0.9
B Cereals ready-to-eat, frosted oat cereal with marsh	-3	0.9
B Cereals, QUAKER, Instant Oatmeal, fruit and cream	-3	0.9
B Cereals, QUAKER, Instant Oatmeal, apples and cin	-3	3.8
B Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLC	-3	0.8
B Cereals ready-to-eat, QUAKER, QUAKER OAT CINN	-3	0.9
B Cereals, QUAKER, Instant Oatmeal, NUTRITION FO	-3	3.1
B Cereals, QUAKER, Instant Oatmeal, Baked Apple, p	-3	3.5
B Cereals, QUAKER, Instant Oatmeal, EXPRESS Bake	-3	2.8
B Cereals ready-to-eat, KELLOGG, KELLOGG'S COMP	-3	1.0
B Cereals ready-to-eat, GENERAL MILLS, TRIX, reduc	-3	0.8
B Cereals ready-to-eat, GENERAL MILLS, FROSTED C	-3	0.9
B Cereals, CREAM OF WHEAT, 1 minute cook time, co	-3	6.1
B Cereals ready-to-eat, GENERAL MILLS, Oatmeal Cr	-3	0.9
B Cereals ready-to-eat, KASHI GOLEAN	-3	1.2
B Cereals, QUAKER, Instant Oatmeal, apples and cin	-3	0.9
B Cereals, QUAKER, Instant Oatmeal EXPRESS, Bake	-3	0.9
B Cereals ready-to-eat, GENERAL MILLS, TRIX	-3	0.9
B Cereals, oats, instant, fortified, with raisins and spi	-3	3.3

B Cereals, QUAKER, Instant Oatmeal, Raisin and Spice	-3	3.3
B Cereals ready-to-eat, wheat, shredded, plain, suga	-3	1.0
B Cereals, QUAKER, Instant Oatmeal, EXPRESS, Gold	-3	2.8
B Cereals, oats, instant, fortified, with cinnamon and	-3	3.1
B Cereals, QUAKER, Instant Oatmeal, Cinnamon Spic	-3	3.1
B Cereals ready-to-eat, POST, 100% Bran Cereal	-3	1.2
B Cereals ready-to-eat, GENERAL MILLS, Multi-Grain	-3	0.9
B Cereals, QUAKER, Instant Oatmeal, Banana Bread,	-3	0.9
B Cereals, QUAKER, Instant Oatmeal, NUTRITION FO	-3	3.2
B Cereals ready-to-eat, POST, ALPHA-BITS	-3	0.8
B Cereals ready-to-eat, POST, ALPHA-BITS	-3	0.8
B Cereals ready-to-eat, QUAKER, QUAKER 100% Nat	-3	0.8
B Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY	-3	1.0
B Cereals, oats, instant, fortified, with raisins and spi	-3	0.9
B Cereals, QUAKER, Instant Oatmeal, Raisin and Spic	-3	0.9
B Cereals, oats, instant, fortified, with cinnamon and	-3	0.9
B Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spic	-3	0.9
B Cereals, QUAKER, Instant Oatmeal EXPRESS, Gold	-3	0.9
B Cereals ready-to-eat, QUAKER, QUAKER CINNAMON	-3	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST I	-3	0.9
B Cereals, CREAM OF WHEAT, 1 minute cook time, co	-3	5.9
B Cereals, WHEATENA, cooked with water, with salt	-3	5.6
B Cereals, QUAKER, Instant Oatmeal, maple and bro	-3	3.3
B Cereals ready-to-eat, MUESLI, dried fruit and nuts	-3	1.0
B Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE,	-3	0.9
B Cereals, WHEATENA, dry	-3	0.9
B Cereals, QUAKER, Instant Oatmeal, French Vanilla,	-4	3.3
B Cereals ready-to-eat, POST Blueberry Morning	-4	0.9
B Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUN	-4	1.0
B Cereals, QUAKER, Instant Oatmeal, EXPRESS Cinna	-4	2.8
B Cereals, QUAKER, Instant Oatmeal, maple and bro	-4	0.9
B Cereal ready-to-eat, CRISPY BROWN RICE	-4	0.9
B Cereals, QUAKER, Instant Oatmeal EXPRESS Cinna	-4	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinn	-4	0.8
B Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanil	-4	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S Shred	-4	1.0
B Cereals ready-to-eat, FAMILIA	-4	0.9
B Cereals ready-to-eat, GENERAL MILLS, CHEERIOS,	-4	0.8
B Cereals ready-to-eat, QUAKER, 100% Natural Gran	-4	0.8
B Cereals, WHEATENA, cooked with water	-4	5.9
B Cereals ready-to-eat, Ralston Enriched Bran flakes	-4	1.1
B Cereals ready-to-eat, KASHI Good Friends	-4	1.1
B Cereals ready-to-eat, KELLOGG, KELLOGG'S Low F	-4	0.9
B Cereals ready-to-eat, GENERAL MILLS, HONEY NUT	-4	0.8
B Cereals ready-to-eat, POST Selects Cranberry Almo	-4	0.9
B Cereals ready-to-eat, Ralston TASTEEOS	-4	0.8
B Cereals ready-to-eat, QUAKER, QUAKER OATMEAL	-4	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S Low F	-4	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACK	-4	0.8

B Cereal wafer straws, KELLOGG, FROOT LOOPS Cere	-4	0.8
B Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	-4	0.9
B Cereals ready-to-eat, JUST RIGHT with Crunchy Nu	-5	0.9
B Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-B	-5	1.3
B Rice and Wheat cereal bar	-5	0.8
B Cereals, QUAKER, Instant Oatmeal, raisins, dates a	-5	0.9
B Cereals ready-to-eat, rolled oats, whole wheat, rice	-5	0.8
B Cereals ready-to-eat, KELLOGG, KELLOGG'S MUES	-5	0.9
B Cereals, MAYPO, cooked with water, without salt	-5	4.7
B Millet, puffed	-5	0.9
B Cereals ready-to-eat, QUAKER, QUAKER Oat Bran C	-5	0.9
B Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S P	-5	0.8
B Cereals ready-to-eat, MALT-O-MEAL, TOASTY O'S	-5	0.8
B Cereals, oats, regular and quick and instant, not fo	-6	0.9
B Cereals ready-to-eat, wheat and bran, presweetene	-6	0.9
B Cereals, QUAKER, Quick Oats, Dry	-6	0.9
B Cereals, oats, instant, fortified, plain, prepared with	-6	4.9
B Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	-6	1.7
B Cereals, oats, instant, fortified, plain, dry	-6	0.9
B Cereals ready-to-eat, QUAKER, SUN COUNTRY Gra	-6	0.7
B Cereals ready-to-eat, GENERAL MILLS, CINNAMON	-6	0.8
B Cereals ready-to-eat, GENERAL MILLS, REESE'S PU	-6	0.8
B Cereals ready-to-eat, POST, Honey Bunches of Oat	-7	0.8
B Cereals ready-to-eat, GENERAL MILLS, OATMEAL C	-7	0.8
B Cereals ready-to-eat, GENERAL MILLS Peanut Butte	-7	0.8
B Cereals ready-to-eat, POST, OREO O's Cereal	-7	0.8
B Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-B	-7	1.3
B Cereals ready-to-eat, NATURE'S PATH, OPTIMUM S	-7	1.0
B Cereals ready-to-eat, Malt-O-Meal Honey Graham S	-7	0.8
B Cereals, QUAKER, Instant Oatmeal, low sodium, dr	-7	0.9
B AMARANTH FLAKES	-7	0.9
B Cereals, oats, regular and quick and instant, unenr	-7	4.7
B Cereals, oats, regular and quick and instant, unenr	-7	4.7
B Cereals ready-to-eat, POST, Great Grains, Raisin, D	-7	0.9
B Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, H	-8	0.9
B Cereals ready-to-eat, MALT-O-MEAL, CINNAMON T	-8	0.8
B Cereals ready-to-eat, oat, corn and wheat squares,	-8	0.8
B Cereals ready-to-eat, KELLOGG, SMORZ	-8	0.8
B Cereals ready-to-eat, whole wheat, rolled oats, pre	-9	0.8
B Cereals ready-to-eat, MALT-O-MEAL, Blueberry Mu	-9	0.8
B Cereals, QUAKER, Instant Oatmeal, Honey Nut, pre	-9	3.1
B Cereals ready-to-eat, QUAKER, KRETSCHMER Hone	-10	0.9
B Cereals ready-to-eat, POST Banana Nut Crunch	-10	0.8
B Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-B	-10	1.7
B Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low C	-12	1.0
B Cereals ready-to-eat, wheat germ, toasted, plain	-13	0.9
B Cereals ready-to-eat, granola, homemade	-16	0.7
Fr Cherimoya, raw	2	4.4
Fr Papayas, raw	1	7.7

Fr Jackfruit, raw	1	3.5
Fr Mangos, raw	1	5.6
Fr Melon balls, frozen	0	10.1
Fr Papaya nectar, canned	0	5.8
Fr Sapote, mamey, raw	0	2.7
Fr Melons, cantaloupe, raw	0	9.8
Fr Melons, honeydew, raw	0	9.3
Fr Melons, casaba, raw	0	11.9
Fr Mango nectar, canned	0	6.5
Fr Cherries, sour, red, canned, water pack, solids and liquids	0	9.3
Fr Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0	2.9
Fr Cherries, sweet, canned, water pack, solids and liquids	0	7.2
Fr Cherries, sweet, canned, juice pack, solids and liquids	0	6.2
Fr Cherries, sweet, canned, light syrup pack, solids and liquids	0	5.0
Fr Cherries, sweet, frozen, sweetened	0	3.7
Fr Maraschino cherries, canned, drained	0	2.0
Fr Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	0	3.3
Fr Cherries, sour, red, canned, heavy syrup pack, solids and liquids	0	3.7
Fr Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0	4.0
Fr Cherries, sour, red, canned, light syrup pack, solids and liquids	0	4.4
Fr Cherries, sweet, raw	0	5.3
Fr Litchis, dried	0	1.2
Fr Cherries, sweet, canned, pitted, heavy syrup, drained	0	4.0
Fr Pineapple juice, frozen concentrate, unsweetened, with ascorbic acid	0	1.9
Fr Litchis, raw	0	5.0
Fr Pineapple juice, frozen concentrate, unsweetened, without ascorbic acid	0	6.5
Fr Cherries, sour, red, raw	0	6.7
Fr Cherries, sour, red, frozen, unsweetened	0	7.2
Fr Dates, deglet noor	0	1.2
Fr Fruit salad, (pineapple and papaya and banana and mango)	0	3.9
Fr Plums, canned, purple, water pack, solids and liquids	0	8.1
Fr Pear nectar, canned, without added ascorbic acid	0	5.6
Fr Pear nectar, canned, with added ascorbic acid	0	5.6
Fr Pineapple, frozen, chunks, sweetened	0	3.9
Fr Acerola, (west indian cherry), raw	0	10.4
Fr Raisins, seedless	0	1.1
Fr Pineapple, canned, extra heavy syrup pack, solids and liquids	0	4.0
Fr Pineapple, canned, heavy syrup pack, solids and liquids	0	4.3
Fr Plantains, cooked	0	2.9
Fr Plantains, cooked	0	2.9
Fr Tangerines, (mandarin oranges), canned, juice pack, solids and liquids	0	9.0
Fr Apricots, canned, extra heavy syrup pack, without added ascorbic acid	0	3.5
Fr Pineapple, canned, juice pack, solids and liquids	0	5.6
Fr Plums, canned, purple, juice pack, solids and liquids	0	5.7
Fr Fruit cocktail, (peach and pineapple and pear and grapes)	0	7.2
Fr Acerola juice, raw	0	14.5
Fr Cranberry sauce, canned, sweetened	0	2.2
Fr Prune juice, canned	0	4.7
Fr Pineapple, canned, juice pack, drained	0	5.6

Fr Strawberries, frozen, sweetened, sliced	0	3.5
Fr Tangerines, (mandarin oranges), canned, juice pack	0	8.8
Fr Plums, dried (prunes), uncooked	0	1.4
Fr Pineapple juice, canned, unsweetened, without added sugar	0	6.3
Fr Pineapple juice, canned, unsweetened, with added sugar	0	6.3
Fr Pineapple, canned, light syrup pack, solids and liquids	0	6.4
Fr Orange juice, frozen concentrate, unsweetened, undiluted	0	2.1
Fr Pineapple, raw, all varieties	0	6.7
Fr Pears, canned, light syrup pack, solids and liquids	0	5.8
Fr Sapodilla, raw	0	4.0
Fr Orange juice, frozen concentrate, unsweetened, diluted	0	7.4
Fr Blueberries, frozen, sweetened	0	4.1
Fr Lemon juice, raw	0	15.1
Fr Strawberries, frozen, sweetened, whole	0	4.3
Fr Apricots, canned, juice pack, with skin, solids and liquids	0	6.9
Fr Peaches, canned, extra heavy syrup pack, solids and liquids	0	3.5
Fr Plantains, raw	0	2.7
Fr Pineapple, canned, water pack, solids and liquids	0	10.4
Fr Apples, dried, sulfured, stewed, with added sugar	0	4.0
Fr Apricots, canned, light syrup pack, with skin, solids and liquids	0	5.3
Fr Tangerines, (mandarin oranges), canned, light syrup pack	0	5.5
Fr Tangerine juice, frozen concentrate, sweetened, diluted	0	7.2
Fr Tangerine juice, frozen concentrate, sweetened, undiluted	0	2.1
Fr Fruit salad, (peach and pear and apricot and pineapple)	0	6.7
Fr Apricots, canned, heavy syrup pack, with skin, solids and liquids	0	4.0
Fr Peach nectar, canned, without added ascorbic acid	0	6.2
Fr Peach nectar, canned, with added ascorbic acid	0	6.2
Fr Orange peel, raw	0	3.4
Fr Grape juice, canned or bottled, unsweetened, with added sugar	0	5.6
Fr Grape juice, canned or bottled, unsweetened, without added sugar	0	5.6
Fr Apricots, frozen, sweetened	0	3.4
Fr Apricots, canned, heavy syrup pack, without skin, solids and liquids	0	4.0
Fr Plums, canned, purple, extra heavy syrup pack, solids and liquids	0	3.3
Fr Orange-grapefruit juice, canned, unsweetened	0	7.7
Fr Grapes, canned, thompson seedless, heavy syrup pack	0	4.4
Fr Bananas, raw	0	3.7
Fr Applesauce, canned, unsweetened, without added sugar	0	7.9
Fr Applesauce, canned, unsweetened, with added ascorbic acid	0	7.9
Fr Rhubarb, frozen, cooked, with sugar	0	2.9
Fr Strawberries, canned, heavy syrup pack, solids and liquids	0	3.6
Fr Strawberries, frozen, unsweetened	0	9.5
Fr Grapefruit, sections, canned, light syrup pack, solids and liquids	0	5.6
Fr Oranges, raw, all commercial varieties	0	7.1
Fr Fruit salad, (peach and pear and apricot and pineapple)	0	3.8
Fr Cranberries, raw	0	7.2
Fr Pears, canned, water pack, solids and liquids	0	11.5
Fr Raisins, golden seedless	0	1.1
Fr Raspberries, canned, red, heavy syrup pack, solids and liquids	0	3.7
Fr Plums, dried (prunes), stewed, without added sugar	0	3.1

Fr Apples, dried, sulfured, stewed, without added sug	0	5.8
Fr Bananas, dehydrated, or banana powder	0	1.0
Fr Tamarinds, raw	0	1.4
Fr Plums, canned, purple, heavy syrup pack, solids ar	0	3.7
Fr Boysenberries, canned, heavy syrup	0	3.8
Fr Apples, dried, sulfured, uncooked	0	1.4
Fr Apricots, canned, heavy syrup, drained	0	4.0
Fr Apricots, dried, sulfured, stewed, with added sugar	0	2.9
Fr Fruit cocktail, (peach and pineapple and pear and g	0	3.8
Fr Grape juice cocktail, frozen concentrate, diluted wi	0	6.5
Fr Peaches, canned, light syrup pack, solids and liqui	0	6.2
Fr Grape juice cocktail, frozen concentrate, undiluted,	0	1.9
Fr Lime juice, raw	0	13.3
Fr Raspberries, frozen, red, sweetened	0	3.2
Fr Blackberries, canned, heavy syrup, solids and liqui	0	3.6
Fr Grapefruit juice, white, canned, sweetened	0	7.2
Fr Oranges, raw, navels	0	6.8
Fr Raisins, seeded	0	1.1
Fr Breadfruit, raw	0	3.2
Fr Pears, canned, extra heavy syrup pack, solids and	0	3.4
Fr Tangerine juice, canned, sweetened	0	6.7
Fr Pears, canned, juice pack, solids and liquids	0	6.7
Fr Apricot nectar, canned, without added ascorbic acic	0	5.9
Fr Apricot nectar, canned, with added ascorbic acid	0	5.9
Fr Cranberry juice, unsweetened	0	7.2
Fr Apricots, dried, sulfured, stewed, without added su	0	3.9
Fr Apricots, dried, sulfured, uncooked	0	1.4
Fr Fruit cocktail, (peach and pineapple and pear and g	0	4.6
Fr Blueberries, canned, heavy syrup, solids and liquid	0	3.8
Fr Apples, dehydrated (low moisture), sulfured, uncoo	0	1.0
Fr Currants, red and white, raw	0	5.9
Fr Apples, dehydrated (low moisture), sulfured, stewe	0	4.5
Fr Orange juice, chilled, includes from concentrate	0	6.8
Fr Fruit salad, (peach and pear and apricot and pineap	0	4.6
Fr Plums, canned, heavy syrup, drained	0	3.7
Fr Papaya, canned, heavy syrup, drained	0	1.6
Fr Orange juice, chilled, includes from concentrate, fo	0	7.1
Fr Orange juice, chilled, includes from concentrate, fo	0	7.1
Fr Grapefruit juice, white, canned, unsweetened	0	8.8
Fr Grapefruit, sections, canned, juice pack, solids and	0	9.0
Fr Grapefruit juice, white, raw	0	8.5
Fr Grapefruit juice, pink, raw	0	8.5
Fr Orange-strawberry-banana juice	0	6.7
Fr Fruit salad, (peach and pear and apricot and pineap	0	5.7
Fr Peaches, canned, juice pack, solids and liquids	0	7.6
Fr Peaches, canned, juice pack, solids and liquids	0	7.6
Fr Plums, canned, purple, light syrup pack, solids and	0	5.3
Fr Apricots, dehydrated (low-moisture), sulfured, stev	0	2.6
Fr Grapes, red or green (European type, such as Thor	0	4.8

Fr Apricots, dehydrated (low-moisture), sulfured, unco	0	1.0
Fr Grapefruit, raw, pink and red, California and Arizon	0	9.0
Fr Grapefruit, raw, white, California	0	9.0
Fr Plums, dried (prunes), stewed, with added sugar	0	2.7
Fr Grapefruit, sections, canned, water pack, solids and	0	9.3
Fr Orange juice, raw	0	7.4
Fr Fruit cocktail, (peach and pineapple and pear and g	0	5.8
Fr Pears, canned, heavy syrup pack, solids and liquids	0	4.5
Fr Apricots, canned, extra light syrup pack, with skin,	0	6.8
Fr Prunes, canned, heavy syrup pack, solids and liqui	0	3.2
Fr Tangerine juice, raw	0	7.7
Fr Apple juice, frozen concentrate, unsweetened, und	0	2.0
Fr Apple juice, frozen concentrate, unsweetened, und	0	2.0
Fr Grapefruit, raw, white, all areas	0	10.1
Fr Grapes, canned, thompson seedless, water pack, s	0	8.3
Fr Orange juice, canned, unsweetened	0	7.1
Fr Sugar-apples, (sweetsop), raw	0	3.5
Fr Oranges, raw, Florida	0	7.2
Fr Fruit, mixed, (prune and apricot and pear), dried	0	1.4
Fr Grapefruit, raw, pink and red and white, all areas	0	10.4
Fr Grapefruit, raw, white, Florida	0	10.4
Fr Grapefruit juice, white, frozen concentrate, unswee	0	8.1
Fr Figs, canned, extra heavy syrup pack, solids and li	0	3.1
Fr Blueberries, canned, light syrup, drained	0	3.8
Fr Fruit, mixed, (peach and pear and pineapple), cann	0	4.6
Fr Oranges, raw, with peel	0	5.3
Fr Grapefruit juice, white, frozen concentrate, unswee	0	2.3
Fr Fruit cocktail, canned, heavy syrup, drained	0	4.8
Fr Grapefruit, raw, pink and red, Florida	0	11.1
Fr Fruit cocktail, (peach and pineapple and pear and g	0	10.4
Fr Prunes, dehydrated (low-moisture), uncooked	0	1.0
Fr Prunes, dehydrated (low-moisture), stewed	0	2.9
Fr Pears, dried, sulfured, stewed, with added sugar	0	2.4
Fr Applesauce, canned, sweetened, with salt	0	4.4
Fr Apple juice, frozen concentrate, unsweetened, dilu	0	7.1
Fr Pears, canned, extra light syrup pack, solids and li	0	7.1
Fr Apple juice, frozen concentrate, unsweetened, dilu	0	7.1
Fr Apples, raw, without skin	-1	6.9
Fr Grapefruit, raw, pink and red, all areas	-1	7.9
Fr Pears, raw	-1	5.7
Fr Persimmons, japanese, raw	-1	4.8
Fr Juice, apple, grape and pear blend, with added asc	-1	6.4
Fr Blueberries, raw	-1	5.8
Fr Applesauce, canned, sweetened, without salt (inclu	-1	4.9
Fr Fruit cocktail, (peach and pineapple and pear and g	-1	7.4
Fr Figs, canned, heavy syrup pack, solids and liquids	-1	3.8
Fr Pears, dried, sulfured, uncooked	-1	1.3
Fr Pears, dried, sulfured, stewed, without added suga	-1	2.6
Fr Pears, canned, heavy syrup, drained	-1	4.5

Fr Currants, european black, raw	-1	5.3
Fr Apple juice, canned or bottled, unsweetened, withc	-1	7.2
Fr Apple juice, canned or bottled, unsweetened, with	-1	7.2
Fr Tangerines, (mandarin oranges), raw	-1	6.3
Fr Limes, raw	-1	11.1
Fr Passion-fruit juice, purple, raw	-1	6.5
Fr Oranges, raw, California, valencias	-1	6.8
Fr Kiwifruit, gold, raw	-1	5.6
Fr Peaches, canned, heavy syrup pack, solids and liqu	-1	4.5
Fr Fruit, mixed, (peach and cherry-sweet and -sour ar	-1	3.4
Fr Peaches, spiced, canned, heavy syrup pack, solids	-1	4.4
Fr Currants, zante, dried	-1	1.2
Fr Peaches, frozen, sliced, sweetened	-1	3.5
Fr Apples, raw, with skin	-1	6.4
Fr Guanabana nectar, canned	-1	5.6
Fr Guava sauce, cooked	-1	9.3
Fr Figs, canned, light syrup pack, solids and liquids	-1	4.8
Fr Fruit salad, (peach and pear and apricot and pineap	-1	11.1
Fr Crabapples, raw	-1	4.4
Fr Strawberries, raw	-1	10.4
Fr Lemon peel, raw	-1	7.1
Fr Grapes, american type (slip skin), raw	-1	5.0
Fr Quinces, raw	-1	5.8
Fr Figs, canned, water pack, solids and liquids	-1	6.3
Fr Peaches, canned, heavy syrup, drained	-1	4.6
Fr Pomegranate juice, bottled	-1	6.2
Fr Pomegranates, raw	-1	4.0
Fr Lime juice, canned or bottled, unsweetened	-1	15.9
Fr Plums, raw	-1	7.2
Fr Boysenberries, frozen, unsweetened	-1	6.7
Fr Soursop, raw	-1	5.0
Fr Loganberries, frozen	-1	6.1
Fr Elderberries, raw	-1	4.6
Fr Peaches, dried, sulfured, stewed, with added sugar	-1	3.2
Fr Gooseberries, canned, light syrup pack, solids and	-1	4.6
Fr Blueberries, frozen, unsweetened	-1	6.5
Fr Peaches, canned, water pack, solids and liquids	-1	13.9
Fr Kumquats, raw	-1	4.7
Fr Peaches, canned, extra light syrup, solids and liqui	-1	7.9
Fr Apricots, canned, water pack, with skin, solids and	-1	12.3
Fr Apples, canned, sweetened, sliced, drained, heatec	-1	5.0
Fr Pears, asian, raw	-1	7.9
Fr Blackberries, frozen, unsweetened	-1	5.2
Fr Apples, frozen, unsweetened, unheated	-1	6.9
Fr Lemons, raw, without peel	-1	11.5
Fr Apples, raw, without skin, cooked, boiled	-1	6.3
Fr Apples, frozen, unsweetened, heated	-1	7.1
Fr Loquats, raw	-1	7.1
Fr Figs, dried, uncooked	-1	1.3

Fr Figs, dried, stewed	-1	3.1
Fr Apples, canned, sweetened, sliced, drained, unheated	-1	5.0
Fr Apples, raw, without skin, cooked, microwave	-1	5.9
Fr Peaches, dehydrated (low-moisture), sulfured, uncooked	-1	1.0
Fr Peaches, dehydrated (low-moisture), sulfured, steamed	-1	2.5
Fr Peaches, dried, sulfured, uncooked	-2	1.4
Fr Peaches, dried, sulfured, stewed, without added sugar	-2	4.3
Fr Mammy-apple, (mamey), raw	-2	6.5
Fr Apricots, raw	-2	6.9
Fr Guavas, strawberry, raw	-2	4.8
Fr Lemon juice, canned or bottled	-2	15.9
Fr Watermelon, raw	-2	11.1
Fr Passion-fruit juice, yellow, raw	-2	5.6
Fr Lemon juice, frozen, unsweetened, single strength	-2	15.1
Fr Cranberries, dried, sweetened	-2	1.1
Fr Figs, raw	-2	4.5
Fr Feijoa, raw	-2	6.1
Fr Peaches, raw	-2	8.5
Fr Blackberries, raw	-2	7.7
Fr Raspberries, raw	-2	6.4
Fr Nectarines, raw	-2	7.6
Fr Rhubarb, frozen, uncooked	-3	15.9
Fr Guavas, common, raw	-3	4.9
Fr Blackberry juice, canned	-3	8.8
Fr Kiwifruit, green, raw	-3	5.5
Fr Prickly pears, raw	-4	8.1
Fr Carambola, (starfruit), raw	-4	10.7
Fr Passion-fruit, (granadilla), purple, raw	-4	3.4
Fr Rhubarb, raw	-5	15.9
Fr Mulberries, raw	-5	7.7
Fr Gooseberries, raw	-5	7.6
Fr Olives, ripe, canned (jumbo-super colossal)	-6	4.1
Fr Olives, ripe, canned (small-extra large)	-7	2.9
Fr Plantains, green, fried	-7	1.1
Fr Plantains, yellow, fried, Latino restaurant	-7	1.4
Fr Olives, pickled, canned or bottled, green	-8	2.3
Fr Avocados, raw, California	-9	2.0
Fr Avocados, raw, all commercial varieties	-10	2.1
Fr Avocados, raw, Florida	-12	2.8
Pc Pork, cured, bacon, cooked, pan-fried	0	0.6
Pc Pork, fresh, variety meats and by-products, spleen	-2	2.2
Pc Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked	-2	1.5
Pc Pork, cured, ham, extra lean (approximately 4% fat)	-3	2.4
Pc Pork, fresh, loin, tenderloin, separable lean only, cooked	-3	1.8
Pc Pork, fresh, composite of trimmed retail cuts (loin and tenderloin)	-3	1.6
Pc Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked	-3	1.9
Pc Pork, cured, ham, boneless, extra lean (approximately 4% fat)	-3	2.3
Pc Hormel, Cure 81 Ham	-3	3.1
Pc Pork, cured, canadian-style bacon, grilled	-3	1.8

PcPork, fresh, loin, tenderloin, separable lean and fat	-3	1.7
PcPork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked	-3	1.6
PcPork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked	-3	1.7
PcHORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh	-4	2.3
PcPork, fresh, loin, country-style ribs, separable lean only, cooked	-4	1.3
PcHORMEL ALWAYS TENDER, Center Cut Chops, Fresh	-4	2.0
PcPork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked	-4	2.5
PcPork, fresh, loin, center rib (chops), boneless, separable lean only, cooked	-4	1.3
PcPork, cured, ham, low sodium, lean and fat, cooked	-4	1.9
PcPork, cured, ham, extra lean and regular, canned, sliced	-4	2.0
PcPork, fresh, loin, whole, separable lean only, cooked	-4	1.6
PcHORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Pepper	-4	2.8
PcPork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked	-4	1.3
PcPork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked	-4	1.7
PcPork, fresh, loin, top loin (chops), boneless, separable lean only, cooked	-4	2.0
PcPork, fresh, loin, center rib (chops), boneless, separable lean only, cooked	-4	1.6
PcPork, fresh, loin, whole, separable lean only, cooked	-4	1.6
PcPork, cured, ham, boneless, extra lean and regular, sliced	-4	2.0
PcPork, fresh, shoulder, arm picnic, separable lean only, cooked	-4	1.5
PcPork, cured, ham, boneless, low sodium, extra lean and fat, sliced	-4	2.0
PcHORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki	-4	2.8
PcPork, fresh, loin, whole, separable lean only, cooked	-4	1.6
PcHORMEL Canadian Style Bacon	-5	2.7
PcPork, cured, ham with natural juices, spiral slice, medium	-5	2.4
PcPork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked	-5	1.7
PcPork, fresh, loin, center rib (chops), boneless, separable lean only, cooked	-5	1.3
PcPork, fresh, composite of trimmed retail cuts (loin and sirloin), boneless, separable lean only, cooked	-5	1.4
PcPork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked	-5	1.8
PcPork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked	-5	1.6
PcPork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked	-5	1.4
PcPork, fresh, leg (ham), rump half, separable lean only, cooked	-5	1.6
PcPork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked	-5	1.6
PcPork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked	-5	2.3
PcPork, cured, ham -- water added, rump, bone-in, sliced	-5	2.8
PcPork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked	-5	1.9
PcPork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked	-5	1.6
PcPork, fresh, loin, top loin (chops), boneless, separable lean only, cooked	-5	1.9
PcPork, cured, ham with natural juices, spiral slice, medium	-5	2.6
PcPork, cured, ham with natural juices, spiral slice, medium	-5	2.6
PcPork, cured, ham, boneless, regular (approximately 50% lean), sliced	-5	1.9
PcPork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked	-5	1.8
PcPork, fresh, loin, country-style ribs, separable lean only, cooked	-5	1.0
PcPork, fresh, loin, whole, separable lean and fat, cooked	-5	1.4
PcPork, fresh, loin, top loin (chops), boneless, separable lean only, cooked	-5	1.9
PcPork, fresh, loin, blade (chops), bone-in, separable lean only, cooked	-5	1.3
PcPork, Leg sirloin tip roast, boneless, separable lean only, cooked	-5	2.1
PcPork, fresh, loin, blade (chops), bone-in, separable lean only, cooked	-5	1.3
PcPork, fresh, leg (ham), whole, separable lean only, cooked	-6	1.6
PcPork, Shoulder breast, boneless, separable lean and fat, cooked	-6	2.1

PcPork, fresh, loin, tenderloin, separable lean only, cooked	-6	2.3
PcPork, loin, leg cap steak, boneless, separable lean and fat, cooked	-6	2.1
PcPork, fresh, loin, whole, separable lean and fat, cooked	-6	1.4
PcPork, fresh, leg (ham), shank half, separable lean and fat, cooked	-6	1.2
PcPork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked	-6	1.5
PcPork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean and fat, cooked	-6	1.7
PcPork, fresh, loin, tenderloin, separable lean and fat, cooked	-6	2.3
PcPork, fresh, loin, whole, separable lean and fat, cooked	-6	1.3
PcPork, cured, ham, whole, separable lean only, roasted	-6	2.1
PcPork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked	-6	1.4
PcPork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean and fat, cooked	-6	1.4
PcPork, fresh, leg (ham), shank half, separable lean and fat, cooked	-6	1.5
PcPork, fresh, loin, top loin (chops), boneless, enhanced, cooked	-6	2.0
PcPork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked	-6	1.4
PcPork, cured, ham, slice, bone-in, separable lean and fat, cooked	-6	1.9
PcPork, fresh, shoulder, arm picnic, separable lean and fat, cooked	-6	1.3
PcPork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked	-6	1.5
PcPork, cured, shoulder, blade roll, separable lean and fat, cooked	-6	1.2
PcPork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked	-6	1.7
PcPork, cured, ham with natural juices, slice, boneless, cooked	-6	2.9
PcPork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked	-6	2.9
PcPork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked	-6	1.5
PcPork, cured, ham with natural juices, whole, boneless, cooked	-6	2.9
PcPork, shoulder, petite tender, boneless, separable lean and fat, cooked	-6	2.1
PcPork, fresh, shoulder, arm picnic, separable lean and fat, cooked	-6	1.1
PcPork, cured, ham with natural juices, whole, boneless, cooked	-6	2.9
PcPork, cured, ham with natural juices, slice, boneless, cooked	-6	2.8
PcPork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked	-6	1.3
PcPork, fresh, variety meats and by-products, tongue, cooked	-6	1.2
PcPork, cured, ham, regular (approximately 13% fat), cooked	-6	1.5
PcPork, fresh, leg (ham), rump half, separable lean and fat, cooked	-6	1.3
PcPork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked	-7	1.9
PcPork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked	-7	1.7
PcPork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked	-7	1.4
PcPork, cured, ham with natural juices, shank, bone-in, cooked	-7	2.3
PcPork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked	-7	1.4
PcPork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked	-7	1.3
PcPork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked	-7	1.7
PcPork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked	-7	2.8
PcPork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked	-7	1.6
PcPork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked	-7	1.8
PcPork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked	-7	1.3
PcPork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked	-7	1.3
PcPork, cured, ham, shank, bone-in, separable lean and fat, cooked	-7	1.8
PcPork, cured, ham and water product, rump, bone-in, cooked	-7	2.5
PcPork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked	-7	1.6
PcPork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked	-7	1.7
PcPork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked	-7	1.5
PcPork, cured, ham -- water added, whole, boneless, cooked	-7	2.8

PcPork, cured, ham and water product, slice, bone-in	-7	2.7
PcPork, cured, ham, shank, bone-in, separable lean c	-7	2.7
PcHORMEL ALWAYS TENDER, Pork Tenderloin, Peppe	-7	3.0
PcPork, cured, ham -- water added, slice, boneless, s	-7	2.8
PcPork, cured, ham -- water added, slice, boneless, s	-7	2.8
PcPork, fresh, loin, center rib (chops), bone-in, separ	-7	1.3
PcPork, cured, shoulder, arm picnic, separable lean o	-7	2.0
PcPork, fresh, loin, top loin (chops), boneless, separa	-7	1.7
PcPork, cured, ham, shank, bone-in, separable lean c	-7	2.4
PcPork, fresh, shoulder, blade, boston (roasts), separ	-7	1.2
PcPork, cured, feet, pickled	-7	2.4
PcPork, fresh, variety meats and by-products, kidney	-7	2.2
PcPork, fresh, ground, cooked	-7	1.1
PcPork, fresh, leg (ham), whole, separable lean and f	-7	1.2
PcPork, fresh, loin, center loin (chops), bone-in, sepa	-7	1.7
PcPork, fresh, loin, center loin (chops), bone-in, sepa	-7	1.7
PcPork, cured, ham, slice, bone-in, separable lean on	-7	2.6
PcPork, cured, ham with natural juices, slice, bone-in	-7	2.2
PcPork, cured, ham, rump, bone-in, separable lean o	-7	2.5
PcPork, cured, ham, rump, bone-in, separable lean o	-7	2.7
PcPork, cured, ham -- water added, whole, boneless,	-7	2.6
PcPork, cured, ham, slice, bone-in, separable lean on	-7	2.3
PcPork, fresh, enhanced, shoulder, (Boston butt), bla	-7	1.5
PcPork, cured, ham and water product, slice, boneles	-7	2.7
PcPork, fresh, loin, top loin (chops), boneless, separa	-7	1.7
PcPork, cured, ham -- water added, slice, boneless, s	-7	2.7
PcPork, cured, ham and water product, slice, boneles	-7	2.7
PcPork, cured, ham -- water added, rump, bone-in, s	-7	2.1
PcPork, fresh, loin, blade (roasts), bone-in, separable	-8	1.5
PcPork, fresh, variety meats and by-products, ears, f	-8	2.0
PcPork, fresh, loin, center rib (roasts), bone-in, separ	-8	1.6
PcPork, cured, ham -- water added, shank, bone-in, s	-8	2.6
PcPork, fresh, loin, center rib (chops), boneless, sepa	-8	1.2
PcPork, fresh, variety meats and by-products, feet, c	-8	1.4
PcPork, fresh, shoulder, (Boston butt), blade (steaks)	-8	1.4
PcPork, fresh, loin, sirloin (roasts), bone-in, separable	-8	1.4
PcPork, fresh, shoulder, arm picnic, separable lean ar	-8	1.0
PcPork, fresh, loin, center loin (chops), bone-in, sepa	-8	1.6
PcPork, fresh, loin, country-style ribs, separable lean	-8	1.3
PcPork, cured, ham, whole, separable lean and fat, ro	-8	1.4
PcPork, fresh, spareribs, separable lean and fat, cook	-8	0.8
PcPork, cured, ham -- water added, slice, bone-in, se	-8	2.5
PcPork, fresh, loin, center rib (chops), bone-in, separ	-8	1.6
PcPork, fresh, loin, center rib (chops), bone-in, separ	-8	1.5
PcPork, cured, ham with natural juices, rump, bone-i	-8	2.4
PcPork, cured, ham and water product, slice, bone-in	-8	2.1
PcPork, fresh, variety meats and by-products, chitter	-8	1.4
PcPork, cured, ham and water product, whole, bonele	-8	2.7
PcPork, cured, ham and water product, whole, bonele	-8	2.7

P	Pork, cured, ham and water product, shank, bone-in	-8	2.5
P	Pork, cured, ham with natural juices, slice, bone-in	-9	1.9
P	Pork, cured, ham with natural juices, shank, bone-in	-9	1.7
P	Pork, fresh, enhanced, shoulder, (Boston butt), blade	-9	1.3
P	Pork, fresh, spareribs, separable lean and fat, cooked	-9	0.9
P	Pork, cured, shoulder, arm picnic, separable lean and fat	-9	1.2
P	Pork, fresh, loin, country-style ribs, separable lean and fat	-9	1.2
P	Pork, cured, breakfast strips, cooked	-9	0.7
P	Pork, fresh, shoulder, (Boston butt), blade (steaks)	-9	1.2
P	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	-9	0.6
P	Pork, cured, bacon, cooked, baked	-9	0.6
P	Pork, cured, ham and water product, rump, bone-in	-9	1.8
P	Pork, cured, ham, rump, bone-in, separable lean and fat	-9	1.9
P	Pork, cured, bacon, cooked, microwaved	-9	0.7
P	Pork, cured, ham, slice, bone-in, separable lean and fat	-9	1.9
P	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat	-9	1.4
P	Pork, oriental style, dehydrated	-9	0.5
P	Pork, cured, ham, shank, bone-in, separable lean and fat	-9	1.9
P	Pork, cured, ham and water product, shank, bone-in	-9	2.9
P	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat	-9	2.0
P	Pork, cured, ham, rump, bone-in, separable lean and fat	-9	1.9
P	Pork, cured, ham with natural juices, rump, bone-in	-10	1.9
P	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat	-10	1.3
P	USDA Commodity, pork, canned	-10	1.7
P	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat	-10	1.7
P	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat	-10	1.3
P	Pork, cured, ham, patties, grilled	-10	1.0
P	Pork, cured, separable fat (from ham and arm picnic)	-10	0.6
P	Pork, cured, ham and water product, shank, bone-in	-11	1.4
P	Pork, fresh, variety meats and by-products, lungs, cooked	-12	3.4
P	Pork, fresh, variety meats and by-products, tail, cooked	-12	0.8
P	Pork, fresh, backribs, separable lean and fat, cooked	-12	1.2
P	Pork, fresh, separable fat, cooked	-17	0.5
P	Pork, fresh, variety meats and by-products, heart, cooked	-20	2.3
P	Pork, fresh, variety meats and by-products, pancreas, cooked	-20	1.5
P	Pork, fresh, variety meats and by-products, liver, cooked	-22	2.0
V	Seaweed, wakame, raw	25	7.4
V	Seaweed, laver, raw	14	9.5
V	Grape leaves, canned	10	4.8
V	Broccoli, chinese, cooked	8	15.1
V	Grape leaves, raw	8	3.6
V	Radish seeds, sprouted, raw	7	7.7
V	Spinach, canned, regular pack, drained solids	6	14.5
V	Spinach, canned, regular pack, solids and liquids	5	17.5
V	Cauliflower, cooked, boiled, drained, with salt	5	14.5
V	Spinach, raw	5	14.5
V	Broccoli raab, raw	4	15.1
V	Lettuce, cos or romaine, raw	4	19.6
V	New Zealand spinach, raw	4	23.8

V	Lettuce, butterhead (includes boston and bibb type)	4	25.6
V	New Zealand spinach, cooked, boiled, drained, with salt	4	27.8
V	New zealand spinach, cooked, boiled, drained, with salt	4	27.8
V	Turnip greens, canned, solids and liquids	3	23.8
V	Cauliflower, frozen, cooked, boiled, drained, with salt	3	19.6
V	Spinach, cooked, boiled, drained, with salt	3	14.5
V	Broccoli, flower clusters, raw	3	11.9
V	Broccoli, stalks, raw	3	11.9
V	Swamp cabbage, cooked, boiled, drained, without salt	3	16.7
V	Turnips, frozen, cooked, boiled, drained, with salt	3	15.9
V	Broccoli, frozen, spears, unprepared	3	11.5
V	Cauliflower, frozen, cooked, boiled, drained, without salt	3	17.5
V	Cauliflower, frozen, unprepared	3	13.9
V	Turnips, frozen, cooked, boiled, drained, without salt	3	14.5
V	Broccoli, frozen, chopped, unprepared	3	12.8
V	Turnips, frozen, unprepared	3	20.8
V	Cabbage, chinese (pe-tsai), raw	3	20.8
V	Brussels sprouts, cooked, boiled, drained, with salt	3	9.3
V	Turnip greens, canned, no salt added	3	17.5
V	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	3	23.8
V	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	3	23.8
V	Cauliflower, green, raw	2	10.7
V	Cauliflower, green, cooked, no salt added	2	10.4
V	Cauliflower, green, cooked, with salt	2	10.4
V	Squash, summer, zucchini, includes skin, cooked, baked, with salt	2	22.2
V	Squash, summer, zucchini, includes skin, cooked, baked, without salt	2	22.2
V	Turnip greens, frozen, cooked, boiled, drained, with salt	2	11.5
V	Turnip greens, frozen, cooked, boiled, drained, without salt	2	11.5
V	Lettuce, green leaf, raw	2	22.2
V	Turnip greens, frozen, unprepared	2	15.1
V	Brussels sprouts, cooked, boiled, drained, without salt	2	9.3
V	Lettuce, iceberg (includes crisphead types), raw	2	23.8
V	Beans, kidney, mature seeds, sprouted, raw	2	11.5
V	Squash, zucchini, baby, raw	2	15.9
V	Turnip greens and turnips, frozen, unprepared	2	15.9
V	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	2	9.8
V	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	2	9.5
V	Broccoli, cooked, boiled, drained, without salt	2	9.5
V	Broccoli, cooked, boiled, drained, with salt	2	9.5
V	Squash, winter, spaghetti, raw	2	10.7
V	Collards, frozen, chopped, cooked, boiled, drained, with salt	2	9.3
V	Squash, summer, zucchini, includes skin, raw	2	19.6
V	Turnip greens, cooked, boiled, drained, without salt	2	16.7
V	Turnip greens, cooked, boiled, drained, with salt	2	16.7
V	Radishes, oriental, cooked, boiled, drained, without salt	2	19.6
V	Radishes, oriental, cooked, boiled, drained, with salt	2	19.6
V	Squash, summer, crookneck and straightneck, cooked, baked, with salt	2	17.5
V	Squash, winter, all varieties, cooked, baked, with salt	2	8.5
V	Beans, navy, mature seeds, sprouted, raw	2	5.0

V Brussels sprouts, frozen, cooked, boiled, drained, v	2	7.9
V Squash, summer, all varieties, cooked, boiled, drai	2	16.7
V Squash, summer, all varieties, cooked, boiled, drai	2	16.7
V Balsam-pear (bitter melon), leafy tips, cooked, boil	2	9.8
V Beans, snap, canned, all styles, seasoned, solids ar	2	20.8
V Turnip greens, raw	2	10.4
V Brussels sprouts, frozen, unprepared	1	8.1
V Squash, summer, all varieties, raw	1	20.8
V Squash, summer, crookneck and straightneck, cool	1	14.5
V Brussels sprouts, frozen, cooked, boiled, drained, v	1	7.9
V Radishes, hawaiian style, pickled	1	11.9
V Squash, winter, hubbard, raw	1	8.3
V Squash, winter, hubbard, cooked, baked, without s	1	6.7
V Squash, winter, hubbard, cooked, boiled, mashed,	1	11.1
V Squash, winter, hubbard, cooked, baked, with salt	1	6.7
V Squash, winter, hubbard, cooked, boiled, mashed,	1	11.1
V Squash, summer, scallop, raw	1	18.5
V Squash, winter, spaghetti, cooked, boiled, drained,	1	12.3
V Squash, winter, spaghetti, cooked, boiled, drained,	1	12.3
V Squash, summer, scallop, cooked, boiled, drained,	1	20.8
V Squash, summer, scallop, cooked, boiled, drained,	1	20.8
V Brussels sprouts, raw	1	7.7
V Pickles, cucumber, sour	1	30.3
V Pickles, cucumber, sour, low sodium	1	30.3
V Turnips, cooked, boiled, drained, without salt	1	15.1
V Turnips, cooked, boiled, drained, with salt	1	15.1
V Arugula, raw	1	13.3
V Arugula, raw	1	13.3
V Broccoli, frozen, spears, cooked, boiled, drained, w	1	11.9
V Broccoli, frozen, chopped, cooked, boiled, drained,	1	11.9
V Broccoli, frozen, spears, cooked, boiled, drained, w	1	11.9
V Beans, shellie, canned, solids and liquids	1	11.1
V Cabbage, chinese (pak-choi), raw	1	25.6
V Turnips, raw	1	11.9
V Watercress, raw	1	30.3
V Squash, winter, all varieties, cooked, baked, withou	1	9.0
V Kale, frozen, cooked, boiled, drained, with salt	1	11.1
V Beans, snap, green, cooked, boiled, drained, witho	1	9.5
V Beans, snap, green, cooked, boiled, drained, with s	1	9.5
V Beans, snap, yellow, cooked, boiled, drained, withc	1	9.5
V Beans, snap, yellow, cooked, boiled, drained, with	1	9.5
V Radishes, white icicle, raw	1	23.8
V Squash, summer, zucchini, includes skin, frozen, co	1	23.8
V Radishes, raw	1	20.8
V Kale, scotch, raw	1	7.9
V Kale, scotch, cooked, boiled, drained, without salt	1	11.9
V Kale, scotch, cooked, boiled, drained, with salt	1	11.9
V Kale, cooked, boiled, drained, with salt	1	11.9
V Cabbage, chinese (pak-choi), cooked, boiled, drain	1	27.8

V Cabbage, chinese (pak-choi), cooked, boiled, drain	1	27.8
V Squash, summer, zucchini, includes skin, frozen, u	1	19.6
V Beans, snap, green, raw	1	10.7
V Beans, snap, green variety, canned, regular pack, s	1	22.2
V Squash, summer, crookneck and straightneck, froz	1	13.3
V Beans, snap, green, canned, no salt added, solids a	1	22.2
V Beans, snap, yellow, canned, regular pack, solids a	1	22.2
V Beans, snap, yellow, canned, no salt added, solids	1	22.2
V Squash, summer, crookneck and straightneck, froz	1	13.3
V Chayote, fruit, raw	1	17.5
V Squash, summer, zucchini, includes skin, frozen, co	1	19.6
V Beans, snap, yellow, frozen, all styles, unprepared	1	10.1
V Squash, summer, crookneck and straightneck, froz	1	16.7
V Kale, frozen, cooked, boiled, drained, without salt	1	11.1
V Radishes, oriental, raw	1	18.5
V Kale, frozen, unprepared	1	11.9
V Leeks, (bulb and lower-leaf portion), freeze-dried	1	1.0
V Leeks, (bulb and lower leaf-portion), cooked, boiled	1	10.7
V Leeks, (bulb and lower leaf-portion), cooked, boiled	1	10.7
V Pickles, cucumber, dill or kosher dill	1	27.8
V Beans, snap, green, frozen, all styles, unprepared	1	8.5
V Beans, snap, green, frozen, all styles, microwaved	1	8.3
V Squash, summer, crookneck and straightneck, can	1	25.6
V Pickles, cucumber, dill, low sodium	1	18.5
V Beans, snap, green, canned, regular pack, drained	1	14.5
V Kale, cooked, boiled, drained, without salt	1	11.9
V Beans, snap, green, canned, no salt added, drained	1	16.7
V Beans, snap, yellow, canned, regular pack, drained	1	16.7
V Beans, snap, yellow, canned, no salt added, draine	1	16.7
V Kale, raw	1	6.7
V Leeks, (bulb and lower leaf-portion), raw	1	5.5
V Rutabagas, raw	1	9.3
V Rutabagas, cooked, boiled, drained, without salt	0	8.5
V Rutabagas, cooked, boiled, drained, with salt	0	8.5
V Beans, pinto, immature seeds, frozen, cooked, boil	0	2.1
V Beans, pinto, immature seeds, frozen, cooked, boil	0	2.1
V Beans, pinto, immature seeds, frozen, unprepared	0	2.0
V Beans, snap, green, frozen, cooked, boiled, drained	0	12.8
V Beans, snap, yellow, frozen, cooked, boiled, draine	0	12.8
V Cabbage, common (danish, domestic, and pointed	0	13.9
V Cabbage, common (danish, domestic, and pointed	0	13.9
V Beans, snap, green, frozen, cooked, boiled, drained	0	11.9
V Beans, snap, yellow, frozen, cooked, boiled, draine	0	11.9
V Beans, snap, yellow, raw	0	10.7
V Squash, summer, zucchini, italian style, canned	0	11.5
V Squash, winter, all varieties, raw	0	9.8
V Collards, raw	0	11.1
V Collards, cooked, boiled, drained, without salt	0	12.8
V Collards, cooked, boiled, drained, with salt	0	12.8

V Radishes, oriental, dried	0	1.2
V Collards, frozen, chopped, unprepared	0	10.1
V Squash, winter, acorn, cooked, baked, without salt	0	5.9
V Squash, winter, acorn, cooked, baked, with salt	0	5.9
V Squash, winter, acorn, cooked, boiled, mashed, with salt	0	9.8
V Squash, winter, acorn, cooked, boiled, mashed, without salt	0	9.8
V Cabbage, savoy, raw	0	12.3
V Squash, winter, acorn, raw	0	8.3
V Squash, winter, butternut, cooked, baked, without salt	0	8.3
V Squash, winter, butternut, cooked, baked, with salt	0	8.3
V Cabbage, mustard, salted	0	11.9
V Squash, winter, butternut, raw	0	7.4
V Kohlrabi, raw	0	12.3
V Cabbage, cooked, boiled, drained, without salt	0	14.5
V Cabbage, common, cooked, boiled, drained, with salt	0	14.5
V Squash, summer, crookneck and straightneck, raw	0	17.5
V Cabbage, savoy, cooked, boiled, drained, without salt	0	13.9
V Cabbage, savoy, cooked, boiled, drained, with salt	0	13.9
V Kohlrabi, cooked, boiled, drained, without salt	0	11.5
V Kohlrabi, cooked, boiled, drained, with salt	0	11.5
V Cabbage, japanese style, fresh, pickled	0	11.1
V Squash, winter, butternut, frozen, cooked, boiled, without salt	0	8.5
V Squash, winter, butternut, frozen, cooked, boiled, with salt	0	8.5
V Squash, winter, butternut, frozen, unprepared	0	5.8
V Cabbage, red, cooked, boiled, drained, without salt	0	11.5
V Cabbage, red, cooked, boiled, drained, with salt	0	11.5
V Pickles, cucumber, sweet (includes bread and butter pickles)	0	3.7
V Hyacinth-beans, immature seeds, cooked, boiled, without salt	0	6.7
V Hyacinth-beans, immature seeds, cooked, boiled, with salt	0	6.7
V Cabbage, red, raw	0	10.7
V Broccoli, raw	0	9.8
V Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0	2.7
V Pumpkin leaves, raw	0	17.5
V Tree fern, cooked, without salt	0	8.3
V Pumpkin leaves, cooked, boiled, drained, without salt	0	15.9
V Pumpkin leaves, cooked, boiled, drained, with salt	0	15.9
V Pickle relish, sweet	0	2.6
V Pumpkin, canned, without salt	0	9.8
V Pumpkin, canned, with salt	0	9.8
V Pumpkin pie mix, canned	0	3.2
V Cucumber, peeled, raw	0	27.8
V Pumpkin flowers, cooked, boiled, drained, without salt	0	22.2
V Pumpkin, cooked, boiled, drained, without salt	0	16.7
V Pumpkin, cooked, boiled, drained, with salt	0	16.7
V Pumpkin, flowers, cooked, boiled, drained, with salt	0	22.2
V Mushrooms, portabella, exposed to ultraviolet light	0	15.1
V Sweet potato, cooked, candied, home-prepared	0	2.3
V Pickle relish, hot dog	0	3.7
V Pickle relish, hamburger	0	2.6

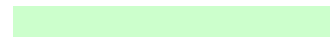
V Cauliflower, raw	0	13.3
V Sauerkraut, canned, low sodium	0	15.1
V Sauerkraut, canned, solids and liquids	0	17.5
V Mustard greens, raw	0	12.8
V Horseradish-tree, pods, cooked, boiled, drained, with salt	0	9.3
V Potatoes, au gratin, dry mix, unprepared	0	1.1
V Lotus root, cooked, boiled, drained, without salt	0	5.0
V Lotus root, cooked, boiled, drained, with salt	0	5.0
V Cassava, raw	0	2.1
V Mustard greens, frozen, cooked, boiled, drained, with salt	0	17.5
V Mustard greens, frozen, cooked, boiled, drained, without salt	0	17.5
V Lotus root, raw	0	4.5
V Potatoes, baked, skin, without salt	0	1.7
V Potatoes, baked, skin, with salt	0	1.7
V Taro, cooked, without salt	0	2.3
V Taro, cooked, with salt	0	2.3
V Mustard greens, cooked, boiled, drained, without salt	0	22.2
V Mustard greens, cooked, boiled, drained, with salt	0	22.2
V Mustard spinach, (tendergreen), raw	0	15.1
V Sweet potato, raw, unprepared	0	3.9
V Yardlong bean, cooked, boiled, drained, without salt	0	7.1
V Yardlong bean, cooked, boiled, drained, with salt	0	7.1
V Mustard greens, frozen, unprepared	0	16.7
V Potatoes, microwaved, cooked in skin, skin, without salt	0	2.5
V Potatoes, microwaved, cooked, in skin, skin with salt	0	2.5
V Potatoes, mashed, dehydrated, flakes without milk	0	0.9
V Potatoes, white, flesh and skin, baked	0	3.5
V Poi	0	3.0
V Potatoes, microwaved, cooked in skin, flesh and skin, with salt	0	3.2
V Potatoes, microwaved, cooked, in skin, flesh and skin, without salt	0	3.2
V Potato flour	0	0.9
V Beets, harvard, canned, solids and liquids	0	4.6
V Potatoes, microwaved, cooked in skin, flesh, without salt	0	3.3
V Potatoes, microwaved, cooked in skin, flesh, with salt	0	3.3
V Onions, raw	0	8.3
V Waterchestnuts, chinese, (matai), raw	0	3.4
V Potatoes, o'brien, home-prepared	0	4.1
V Potatoes, baked, flesh, without salt	0	3.6
V Potatoes, baked, flesh, with salt	0	3.6
V Potatoes, red, flesh and skin, baked	0	3.7
V Horseradish-tree, leafy tips, cooked, boiled, drained, with salt	0	5.6
V Potatoes, boiled, cooked in skin, flesh, without salt	0	3.8
V Potatoes, boiled, cooked in skin, flesh, with salt	0	3.8
V Potatoes, boiled, cooked without skin, flesh, without salt	0	3.9
V Potatoes, boiled, cooked without skin, flesh, with salt	0	3.9
V Cowpeas (Blackeyes), immature seeds, cooked, boiled, without salt	0	3.4
V Waterchestnuts, chinese, canned, solids and liquids	0	6.7
V Cowpeas (Blackeyes), immature seeds, cooked, boiled, with salt	0	3.5
V Cowpeas (blackeyes), immature seeds, raw	0	3.7

V Potatoes, russet, flesh and skin, raw	0	4.2
V Potatoes, boiled, cooked in skin, skin, without salt	0	4.3
V Potato, flesh and skin, raw	0	4.3
V Potatoes, Russet, flesh and skin, baked	0	3.4
V Mountain yam, hawaii, cooked, steamed, without salt	0	4.1
V Mountain yam, hawaii, cooked, steamed, with salt	0	4.1
V Taro, raw	0	3.0
V Potatoes, mashed, home-prepared, whole milk added	0	4.0
V Cowpeas, leafy tips, cooked, boiled, drained, without salt	0	15.1
V Cowpeas, leafy tips, cooked, boiled, drained, with salt	0	15.1
V Potatoes, white, flesh and skin, raw	0	4.8
V Potato, baked, flesh and skin, without salt	0	3.6
V Potatoes, baked, flesh and skin, with salt	0	3.6
V Potatoes, au gratin, dry mix, prepared with water, oil	0	3.6
V Cowpeas (blackeyes), immature seeds, frozen, cooked	0	2.5
V Cowpeas (Blackeyes), immature seeds, frozen, cooked	0	2.5
V Potatoes, mashed, dehydrated, granules without milk	0	0.9
V Cowpeas (Blackeyes), immature seeds, frozen, unpeeled	0	2.4
V Sweet potato, frozen, cooked, baked, without salt	0	3.3
V Yam, cooked, boiled, drained, or baked, without salt	0	2.9
V Yam, cooked, boiled, drained, or baked, with salt	0	2.9
V Sweet potato, frozen, cooked, baked, with salt	0	3.3
V Potatoes, raw, skin	0	5.7
V Beets, pickled, canned, solids and liquids	0	5.1
V Potatoes, mashed, dehydrated, granules with milk, oil	0	0.9
V Yambean (jicama), raw	0	8.8
V Peppers, jalapeno, raw	0	11.5
V Mushrooms, shiitake, dried	0	1.1
V Potatoes, red, flesh and skin, raw	0	4.8
V Potatoes, frozen, whole, unprepared	0	4.3
V Lima beans, immature seeds, cooked, boiled, drained, without salt	0	2.7
V Lima beans, immature seeds, cooked, boiled, drained, with salt	0	2.7
V Yam, raw	0	2.8
V Cowpeas, young pods with seeds, raw	0	7.6
V Onions, dehydrated flakes	0	1.0
V Mountain yam, hawaii, raw	0	5.0
V Lima beans, immature seeds, frozen, baby, cooked, without salt	0	3.2
V Lima beans, immature seeds, frozen, baby, cooked, with salt	0	3.2
V Shallots, raw	0	4.6
V Mushrooms, shiitake, cooked, without salt	-1	5.9
V Potatoes, scalloped, home-prepared with butter	-1	3.8
V Mushrooms, shiitake, cooked, with salt	-1	5.9
V Shallots, freeze-dried	-1	1.0
V Parsnips, raw	-1	4.4
V Vegetables, mixed, frozen, cooked, boiled, drained, without salt	-1	5.1
V Potatoes, au gratin, home-prepared from recipe used	-1	2.5
V Parsnips, cooked, boiled, drained, without salt	-1	4.7
V Parsnips, cooked, boiled, drained, with salt	-1	4.7
V Potatoes, canned, solids and liquids	-1	7.6

V Potatoes, scalloped, dry mix, prepared with water,	-1	3.6
V Cowpeas, leafy tips, raw	-1	11.5
V Yardlong bean, raw	-1	7.1
V Lima beans, immature seeds, frozen, fordhook, coc	-1	3.2
V Sweet potato, frozen, unprepared	-1	3.5
V Potatoes, mashed, dehydrated, prepared from gran	-1	3.1
V Lima beans, immature seeds, frozen, fordhook, unj	-1	3.1
V Vegetables, mixed, frozen, cooked, boiled, drained	-1	5.6
V Burdock root, cooked, boiled, drained, without salt	-1	3.8
V Lima beans, immature seeds, frozen, fordhook, coc	-1	3.2
V Sweet potato, canned, mashed	-1	3.3
V Lima beans, immature seeds, frozen, baby, unprep	-1	2.5
V Cowpeas, young pods with seeds, cooked, boiled, c	-1	9.8
V Cowpeas, young pods with seeds, cooked, boiled, c	-1	9.8
V Gourd, white-flowered (calabash), cooked, boiled, c	-1	22.2
V Artichokes, (globe or french), raw	-1	7.1
V Sweet potato, cooked, baked in skin, without salt	-1	3.7
V Sweet potato, canned, vacuum pack	-1	3.7
V Gourd, white-flowered (calabash), raw	-1	23.8
V Onions, frozen, whole, cooked, boiled, drained, wit	-1	11.9
V Peppers, sweet, red, raw	-1	10.7
V Sweet potato, canned, syrup pack, solids and liquic	-1	3.7
V Onions, frozen, whole, unprepared	-1	9.5
V Mung beans, mature seeds, sprouted, cooked, boile	-1	15.9
V Cabbage, raw	-1	13.3
V Beans, lima, immature seeds, canned, regular pack	-1	4.7
V Lima beans, immature seeds, canned, no salt adde	-1	4.7
V Gourd, white-flowered (calabash), cooked, boiled, c	-1	25.6
V Onions, frozen, whole, cooked, boiled, drained, wit	-1	12.8
V Potatoes, canned, drained solids, no salt added	-1	5.4
V Mung beans, mature seeds, sprouted, cooked, boile	-1	17.5
V Burdock root, raw	-1	4.6
V Peas, green, cooked, boiled, drained, without salt	-1	4.0
V Potatoes, canned, drained solids	-1	5.6
V Beans, mung, mature seeds, sprouted, canned, dra	-1	27.8
V Beets, canned, no salt added, solids and liquids	-1	11.9
V Peas, green, cooked, boiled, drained, with salt	-1	4.0
V Salsify, cooked, boiled, drained, without salt	-1	4.9
V Sweet potato, cooked, boiled, without skin	-1	4.4
V Okra, raw	-1	10.7
V Onions, young green, tops only	-1	12.3
V Chicory roots, raw	-1	4.6
V Arrowroot, raw	-1	5.1
V Mung beans, mature seeds, sprouted, raw	-1	11.1
V Beets, canned, regular pack, solids and liquids	-1	11.1
V Sweet potato, canned, syrup pack, drained solids	-1	3.1
V Sweet potato, cooked, baked in skin, with salt	-1	3.6
V Taro shoots, cooked, without salt	-1	23.8
V Taro, shoots, cooked, with salt	-1	23.8

V Mung beans, mature seeds, sprouted, cooked, stir-	-1	6.7
V Kanpyo, (dried gourd strips)	-1	1.3
V Peas, green, frozen, cooked, boiled, drained, witho	-1	4.3
V Peas, green, frozen, cooked, boiled, drained, with s	-1	4.3
V Sweet potato, cooked, boiled, without skin, with sa	-1	4.4
V Ginger root, raw	-1	4.2
V Lemon grass (citronella), raw	-1	3.4
V Chard, swiss, cooked, boiled, drained, without salt	-1	16.7
V Vegetables, mixed, canned, drained solids	-1	6.8
V Nopales, cooked, without salt	-1	22.2
V Beets, raw	-1	7.7
V Potatoes, mashed, home-prepared, whole milk and	-1	2.9
V Vegetables, mixed (corn, lima beans, peas, green b	-1	9.0
V Beets, cooked, boiled, drained	-1	7.6
V Beets, cooked, boiled. drained, with salt	-1	7.6
V Catsup	-1	3.4
V Catsup, low sodium	-1	3.4
V Onions, frozen, chopped, unprepared	-1	11.5
V Onions, frozen, chopped, cooked, boiled, drained, v	-1	11.9
V Artichokes, (globe or french), cooked, boiled, drain	-1	6.3
V Artichokes, (globe or french), cooked, boiled, drain	-1	6.3
V Pickles, chowchow, with cauliflower onion mustard,	-1	2.8
V Tomato juice, canned, with salt added	-1	19.6
V Tomato juice, canned, without salt added	-1	19.6
V Carrot juice, canned	-1	8.3
V Lima beans, immature seeds, raw	-1	2.9
V Onions, frozen, chopped, cooked, boiled, drained, v	-1	12.8
V Beets, canned, drained solids	-1	10.7
V Tomato products, canned, sauce, with mushrooms	-1	9.5
V Lentils, sprouted, raw	-1	3.1
V Taro shoots, raw	-1	30.3
V Potatoes, french fried, crinkle or regular cut, salt ac	-1	1.9
V Peas and onions, frozen, unprepared	-1	4.8
V Peas and onions, frozen, cooked, boiled, drained, v	-1	7.4
V Peas and onions, frozen, cooked, boiled, drained, v	-1	7.4
V Potatoes, french fried, steak fries, salt added in prc	-1	2.5
V Potatoes, french fried, steak fries, salt added in prc	-1	2.2
V Chrysanthemum, garland, cooked, boiled, drained,	-1	16.7
V Carrots, baby, raw	-1	9.5
V Garlic, raw	-1	2.2
V Peas, green, frozen, unprepared	-1	4.3
V Peas, green, raw	-1	4.1
V Peas, green (includes baby and lesuer types), cann	-1	4.8
V Peas, green, canned, no salt added, drained solids	-1	4.8
V Peas, edible-podded, raw	-1	7.9
V Seaweed, spirulina, dried	-1	1.1
V Potatoes, french fried, shoestring, salt added in prc	-1	1.7
V Asparagus, raw	-2	16.7
V Onions, cooked, boiled, drained, without salt	-2	7.6

V Potatoes, french fried, all types, salt not added in p	-2	1.9
V Potatoes, mashed, dehydrated, prepared from flake	-2	3.4
V Potatoes, french fried, all types, salt not added in p	-2	2.2
V Cucumber, with peel, raw	-2	22.2
V Peas, green, canned, regular pack, solids and liquid	-2	6.3
V Vegetables, mixed, canned, solids and liquids	-2	9.3
V Onions, cooked, boiled, drained, with salt	-2	7.9
V Potatoes, french fried, all types, salt added in proce	-2	2.0
V Peas, green, canned, seasoned, solids and liquids	-2	6.7
V Seaweed, kelp, raw	-2	7.7
V Carrot, dehydrated	-2	1.0
V Potatoes, french fried, shoestring, salt added in pro	-2	2.0
V Potatoes, french fried, crinkle or regular cut, salt ad	-2	2.0
V Peas, mature seeds, sprouted, raw	-2	2.7
V Peas, green, canned, no salt added, solids and liqu	-2	6.3
V Tomato products, canned, sauce, with onions	-2	7.9
V Potatoes, french fried, all types, salt added in proce	-2	2.3
V Peas, edible-podded, boiled, drained, without salt	-2	7.9
V Potatoes, hashed brown, frozen, plain, unprepared	-2	4.1
V Beet greens, raw	-2	15.1
V Onions, canned, solids and liquids	-2	17.5
V Tomato sauce, no salt added	-2	7.9
V Vegetables, mixed, frozen, unprepared	-2	5.2
V Coriander (cilantro) leaves, raw	-2	14.5
V Peas, edible-podded, cooked, boiled, drained, with	-2	8.3
V Tomato products, canned, paste, without salt adde	-2	4.1
V Tomato products, canned, paste, with salt added	-2	4.1
V Tomato and vegetable juice, low sodium	-2	15.1
V Eggplant, cooked, boiled, drained, without salt	-2	9.5
V Mushrooms, brown, Italian, or Crimini, raw	-2	15.1
V Chicory, witloof, raw	-2	19.6
V Okra, frozen, cooked, boiled, drained, with salt	-2	9.8
V Vegetable juice cocktail, canned	-2	17.5
V Eggplant, cooked, boiled, drained, with salt	-2	10.1
V Potato puffs, frozen, unprepared	-2	1.9
V Potato puffs, frozen, oven-heated	-2	1.8
V Okra, cooked, boiled, drained, without salt	-2	15.1
V Okra, cooked, boiled, drained, without salt	-2	15.1
V Okra, cooked, boiled, drained, with salt	-2	15.1
V Tomato products, canned, puree, without salt adde	-2	8.8
V Tomato products, canned, puree, with salt added	-2	8.8
V Onions, spring or scallions (includes tops and bulb)	-2	10.4
V Eggplant, raw	-2	13.9
V Carrots, canned, regular pack, solids and liquids	-2	14.5
V Artichokes, (globe or french), frozen, unprepared	-2	8.8
V Okra, frozen, unprepared	-2	11.1
V Asparagus, cooked, boiled, drained	-2	15.1
V Asparagus, cooked, boiled, drained, with salt	-2	15.1
V Okra, frozen, cooked, boiled, drained, without salt	-2	11.5



V Peas and carrots, canned, regular pack, solids and liquids	-2	8.8
V Peas and carrots, canned, no salt added, solids and liquids	-2	8.8
V Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	-2	7.4
V Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	-2	7.4
V Beet greens, cooked, boiled, drained, without salt	-2	12.3
V Beet greens, cooked, boiled, drained, with salt	-2	12.3
V Peas, edible-podded, frozen, unprepared	-2	7.9
V Carrots, canned, no salt added, solids and liquids	-2	14.5
V Tomatoes, red, ripe, cooked	-2	18.5
V Tomatoes, red, ripe, cooked, with salt	-2	18.5
V Peas, edible-podded, frozen, cooked, boiled, drained, without salt	-2	6.4
V Peas and onions, canned, solids and liquids	-2	6.5
V Succotash, (corn and limas), cooked, boiled, drained, without salt	-2	2.9
V Peppers, sweet, green, raw	-2	16.7
V Succotash, (corn and limas), canned, with cream sauce	-2	4.3
V Peas, edible-podded, frozen, cooked, boiled, drained, with salt	-2	6.7
V Succotash, (corn and limas), cooked, boiled, drained, with salt	-2	3.0
V Cress, garden, raw	-2	10.4
V Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	-2	15.9
V Peppers, hot chili, red, canned, excluding seeds, solids and liquids	-2	15.9
V Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	-2	4.2
V Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	-2	4.2
V Cardoon, raw	-2	19.6
V Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, without salt	-2	4.2
V Nopales, raw	-2	20.8
V Carrots, cooked, boiled, drained, without salt	-2	9.5
V Peppers, hot chili, green, raw	-2	8.3
V Jute, potherb, cooked, boiled, drained, without salt	-2	9.0
V Jute, potherb, cooked, boiled, drained, with salt	-2	9.0
V Taro, tahitian, cooked, without salt	-3	7.6
V Taro, tahitian, cooked, with salt	-3	7.6
V Alfalfa seeds, sprouted, raw	-3	14.5
V Succotash, (corn and limas), canned, with whole kernels	-3	5.3
V Corn, sweet, yellow, canned, cream style, regular pack, solids and liquids	-3	4.6
V Corn, sweet, yellow, canned, cream style, no salt added, solids and liquids	-3	4.6
V Corn, sweet, white, canned, cream style, regular pack, solids and liquids	-3	4.6
V Corn, sweet, white, canned, cream style, no salt added, solids and liquids	-3	4.6
V Sweet potato leaves, raw	-3	9.5
V Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	-3	5.9
V Peas and carrots, frozen, unprepared	-3	6.3
V Peas and carrots, frozen, cooked, boiled, drained, without salt	-3	6.9
V Peas and carrots, frozen, cooked, boiled, drained, with salt	-3	6.9
V Sweet potato leaves, cooked, steamed, without salt	-3	9.8
V Sweet potato leaves, cooked, steamed, with salt	-3	9.8
V Carrots, canned, regular pack, drained solids	-3	13.3
V Carrots, canned, no salt added, drained solids	-3	13.3
V Tomatoes, red, ripe, canned, stewed	-3	12.8
V Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	-3	6.2
V Taro leaves, cooked, steamed, without salt	-3	13.9

V Tomato products, canned, sauce	-3	13.9
V Taro, leaves, cooked, steamed, with salt	-3	13.9
V Carrots, raw	-3	8.1
V Spinach souffle	-3	1.9
V Potatoes, frozen, french fried, par fried, cottage-cu	-3	1.5
V Potatoes, frozen, french fried, par fried, cottage-cu	-3	1.5
V Corn, sweet, yellow, canned, vacuum pack, regular	-3	4.2
V Corn, sweet, yellow, canned, vacuum pack, no salt	-3	4.2
V Corn, sweet, white, canned, vacuum pack, regular	-3	4.2
V Corn, sweet, white, canned, vacuum pack, no salt a	-3	4.2
V Tomatoes, red, ripe, canned, packed in tomato juic	-3	19.6
V Tomatoes, red, ripe, canned, packed in tomato juic	-3	19.6
V Cress, garden, cooked, boiled, drained, without sal	-3	14.5
V Cress, garden, cooked, boiled, drained, with salt	-3	14.5
V Potatoes, scalloped, dry mix, unprepared	-3	0.9
V Potatoes, frozen, french fried, par fried, cottage-cu	-3	2.2
V Winged beans, immature seeds, cooked, boiled, dr	-3	8.8
V Winged beans, immature seeds, raw	-3	6.8
V Taro leaves, raw	-3	7.9
V Mushrooms, maitake, raw	-3	10.7
V Carrots, cooked, boiled, drained, with salt	-3	9.5
V Chard, swiss, raw	-3	17.5
V Parsley, raw	-3	9.3
V Tomato products, canned, sauce, spanish style	-3	10.1
V Peppers, sweet, green, cooked, boiled, drained, wit	-3	11.9
V Peppers, sweet, red, cooked, boiled, drained, witho	-3	11.9
V Succotash, (corn and limas), frozen, unprepared	-3	3.6
V Succotash, (corn and limas), frozen, cooked, boiled	-3	3.6
V Succotash, (corn and limas), frozen, cooked, boiled	-3	3.6
V Beans, fava, in pod, raw	-3	3.8
V Tomatoes, green, raw	-3	14.5
V Corn with red and green peppers, canned, solids an	-3	4.4
V Peppers, sweet, green, cooked, boiled, drained, wit	-3	12.8
V Peppers, sweet, red, cooked, boiled, drained, with	-3	12.8
V Corn, yellow, whole kernel, frozen, microwaved	-3	2.5
V Radicchio, raw	-3	14.5
V Jute, potherb, raw	-3	9.8
V Corn, sweet, yellow, canned, brine pack, regular pa	-3	5.2
V Corn, sweet, yellow, canned, no salt added, solids a	-3	5.2
V Corn, sweet, white, canned, whole kernel, regular p	-3	5.2
V Corn, sweet, white, canned, whole kernel, no salt a	-3	5.2
V Bamboo shoots, raw	-3	12.3
V Corn, sweet, yellow, frozen, kernels on cob, cooke	-3	3.5
V Corn, sweet, yellow, frozen, kernels on cob, cooke	-3	3.5
V Corn, sweet, white, frozen, kernels on cob, cooked	-3	3.5
V Corn, sweet, white, frozen, kernels on cob, cooked	-3	3.5
V Corn, sweet, yellow, frozen, kernels on cob, unprep	-4	3.4
V Corn, sweet, white, frozen, kernels on cob, unprep	-4	3.4
V Celeriac, raw	-4	7.9

V Mushrooms, shiitake, stir-fried	-4	8.5
V Taro, tahitian, raw	-4	7.6
V Endive, raw	-4	19.6
V Winged bean, immature seeds, cooked, boiled, dra	-4	9.0
V Corn, sweet, yellow, frozen, kernels cut off cob, bo	-4	4.1
V Amaranth leaves, cooked, boiled, drained, without	-4	15.9
V Amaranth leaves, cooked, boiled, drained, with salt	-4	15.9
V Mushrooms, oyster, raw	-4	10.1
V Asparagus, frozen, unprepared	-4	13.9
V Corn, sweet, yellow, frozen, kernels cut off cob, un	-4	3.8
V Corn, sweet, yellow, frozen, kernels cut off cob, un	-4	3.8
V Corn, sweet, white, frozen, kernels cut off cob, unpr	-4	3.8
V Chives, freeze-dried	-4	1.1
V Eggplant, pickled	-4	6.8
V Chicory greens, raw	-4	14.5
V Balsam-pear (bitter melon), pods, cooked, boiled, c	-4	17.5
V Potatoes, frozen, french fried, par fried, extruded, p	-4	1.3
V Celery, cooked, boiled, drained, without salt	-4	18.5
V Celery, cooked, boiled, drained, with salt	-4	18.5
V Peppers, sweet, green, freeze-dried	-4	1.1
V Peppers, sweet, red, freeze-dried	-4	1.1
V Potatoes, frozen, french fried, par fried, extruded, p	-4	1.0
V Tomatoes, sun-dried	-4	1.3
V Tomatoes, red, ripe, raw, year round average	-4	18.5
V Corn pudding, home prepared	-4	2.5
V Gourd, dishcloth (towelgourd), raw	-4	16.7
V Tomatoes, orange, raw	-4	20.8
V Mushrooms, canned, drained solids	-4	13.3
V Tomato products, canned, sauce, with tomato tidbi	-5	10.4
V Peppers, sweet, green, frozen, chopped, unprepare	-5	16.7
V Peppers, sweet, red, frozen, chopped, unprepared	-5	16.7
V Asparagus, canned, no salt added, solids and liquid	-5	22.2
V Dandelion greens, raw	-5	7.4
V Potatoes, hashed brown, frozen, plain, prepared	-5	1.5
V Celery, raw	-5	20.8
V Peppers, sweet, red, frozen, chopped, cooked, boile	-5	20.8
V Corn, sweet, yellow, canned, whole kernel, drained	-5	4.1
V Peppers, sweet, green, frozen, chopped, cooked, b	-5	20.8
V Peppers, sweet, green, frozen, chopped, cooked, b	-5	20.8
V Peppers, sweet, red, frozen, chopped, cooked, boile	-5	20.8
V Asparagus, canned, regular pack, solids and liquids	-5	22.2
V Borage, raw	-5	15.9
V Mushrooms, portabella, raw	-5	15.1
V Corn, sweet, yellow, raw	-5	3.9
V Peppers, hot chili, red, raw	-5	8.3
V Corn, sweet, white, canned, whole kernel, drained	-5	4.1
V Dandelion greens, cooked, boiled, drained, without	-6	10.1
V Bamboo shoots, cooked, boiled, drained, without sa	-6	27.8
V Pimento, canned	-6	14.5

V Corn, sweet, white, cooked, boiled, drained, without salt	-6	3.4
V Corn, sweet, white, cooked, boiled, drained, with salt	-6	3.4
V Hearts of palm, canned	-6	11.9
V Corn, sweet, yellow, cooked, boiled, drained, without salt	-6	3.5
V Corn, sweet, yellow, cooked, boiled, drained, with salt	-6	3.5
V Mushrooms, white, stir-fried	-6	12.8
V Bamboo shoots, cooked, boiled, drained, with salt	-6	30.3
V Amaranth leaves, raw	-6	14.5
V Amaranth leaves, raw	-6	14.5
V Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	-6	23.8
V Mushrooms, white, cooked, boiled, drained, without salt	-6	11.9
V Mushrooms, white, cooked, boiled, drained, with salt	-6	11.9
V Carrots, frozen, unprepared	-6	9.3
V Bamboo shoots, canned, drained solids	-7	17.5
V Pepper, serrano, raw	-7	10.4
V Peppers, chili, green, canned	-7	15.9
V Carrots, frozen, cooked, boiled, drained, without salt	-7	9.0
V Potatoes, au gratin, home-prepared from recipe using margarine	-7	2.5
V Tomatoes, yellow, raw	-7	22.2
V Waxgourd, (chinese preserving melon), raw	-7	25.6
V Mushrooms, morel, raw	-7	10.7
V Potatoes, scalloped, home-prepared with margarine	-7	3.8
V Mushrooms, white, raw	-7	15.1
V Peppers, sweet, green, canned, solids and liquids	-7	18.5
V Peppers, sweet, red, canned, solids and liquids	-7	18.5
V Tomato products, canned, sauce, with onions, green	-7	8.1
V Peppers, hungarian, raw	-8	11.5
V Lambs quarters, cooked, boiled, drained, with salt	-8	10.4
V Lambsquarters, cooked, boiled, drained, without salt	-8	10.4
V Pokeberry shoots, (poke), cooked, boiled, drained, without salt	-8	16.7
V Chives, raw	-8	11.1
V Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	-8	30.3
V Mushrooms, straw, canned, drained solids	-8	10.4
V Potatoes, hashed brown, frozen, with butter sauce, margarine	-8	2.5
V Potatoes, mashed, home-prepared, whole milk and margarine	-8	3.0
V Carrots, frozen, cooked, boiled, drained, with salt	-9	9.0
V Pepper, banana, raw	-9	12.3
V Potatoes, mashed, dehydrated, prepared from granules	-9	2.9
V Tomatoes, sun-dried, packed in oil, drained	-9	1.6
V Asparagus, frozen, cooked, boiled, drained, without salt	-9	18.5
V Asparagus, frozen, cooked, boiled, drained, with salt	-9	18.5
V Onion rings, breaded, par fried, frozen, unprepared	-9	1.3
V Peppers, hot chile, sun-dried	-9	1.0
V Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	-9	3.0
V Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	-9	3.0
V Mushrooms, portabella, grilled	-10	11.5
V Mushrooms, portabella, exposed to ultraviolet light	-10	11.5
V Tomatoes, red, ripe, cooked, stewed	-10	4.2
V Onion rings, breaded, par fried, frozen, prepared, frozen	-11	0.8

V Potatoes, mashed, prepared from granules, without m	-11	3.1
V Edamame, frozen, prepared	-12	2.7
V Tomatillos, raw	-12	10.4
V Potatoes, mashed, prepared from flakes, without m	-12	2.9
V Coleslaw, home-prepared	-13	4.3
V Asparagus, canned, drained solids	-13	17.5
V Tomato products, canned, sauce, with herbs and ch	-14	5.6
V Pepper, ancho, dried	-15	1.2
V Potatoes, hashed brown, home-prepared	-15	1.3
V Soybeans, green, cooked, boiled, drained, without	-16	2.4
V Soybeans, green, cooked, boiled, drained, with salt	-16	2.4
V Soybeans, green, raw	-17	2.3
V Peppers, jalapeno, canned, solids and liquids	-17	12.3
V Potato salad, home-prepared	-21	2.3
V Potato pancakes	-22	1.2
V Soybeans, mature seeds, sprouted, raw	-24	2.7
V Soybeans, mature seeds, sprouted, cooked, steamed	-24	4.1
V Soybeans, mature seeds, sprouted, cooked, steamed	-24	4.1
V Onions, yellow, sauteed	-31	2.5
N Seeds, flaxseed	32	0.6
N Seeds, chia seeds, dried	24	0.7
N Seeds, sisymbrium sp. seeds, whole, dried	3	1.0
N Nuts, coconut water (liquid from coconuts)	0	17.5
N Nuts, coconut cream, canned, sweetened	0	0.9
N Nuts, coconut meat, dried (desiccated), sweetened	0	0.7
N Nuts, chestnuts, japanese, dried	-1	0.9
N Nuts, chestnuts, japanese, dried	-1	0.9
N Nuts, chestnuts, japanese, raw	-1	2.2
N Nuts, chestnuts, japanese, boiled and steamed	-1	5.9
N Nuts, coconut meat, dried (desiccated), sweetened	-1	0.7
N Nuts, coconut meat, dried (desiccated), sweetened	-1	0.8
N Nuts, chestnuts, japanese, roasted	-1	1.7
N Nuts, coconut meat, dried (desiccated), toasted	-1	0.6
N Nuts, chestnuts, chinese, roasted	-1	1.4
N Nuts, chestnuts, chinese, raw	-1	1.5
N Nuts, chestnuts, chinese, dried	-1	0.9
N Nuts, chestnuts, chinese, boiled and steamed	-1	2.2
N Nuts, coconut meat, raw	-1	0.9
N Nuts, coconut meat, dried (desiccated), not sweete	-1	0.5
N Nuts, coconut meat, dried (desiccated), creamed	-1	0.5
N Nuts, coconut milk, frozen (liquid expressed from c	-1	1.6
N Nuts, coconut milk, raw (liquid expressed from gra	-1	1.4
N Nuts, coconut cream, raw (liquid expressed from g	-1	1.0
N Nuts, coconut milk, canned (liquid expressed from	-1	1.7
N Seeds, breadnut tree seeds, raw	-1	1.5
N Seeds, breadnut tree seeds, dried	-1	0.9
N Nuts, macadamia nuts, raw	-2	0.5
N Nuts, macadamia nuts, dry roasted, without salt ac	-2	0.5
N Nuts, macadamia nuts, dry roasted, with salt adde	-2	0.5

N Seeds, cottonseed flour, low fat (glandless)	-2	1.0
N Seeds, sesame flour, low-fat	-2	1.0
N Nuts, ginkgo nuts, dried	-2	1.0
N Nuts, chestnuts, european, raw, peeled	-2	1.7
N Seeds, sunflower seed flour, partially defatted	-3	1.0
N Nuts, chestnuts, european, roasted	-3	1.4
N Seeds, lotus seeds, dried	-3	1.0
N Seeds, lotus seeds, raw	-3	3.7
N Nuts, ginkgo nuts, raw	-3	1.8
N Nuts, chestnuts, european, boiled and steamed	-3	2.5
N Nuts, chestnuts, european, dried, peeled	-3	0.9
N Nuts, chestnuts, european, raw, unpeeled	-3	1.6
N Nuts, chestnuts, european, dried, unpeeled	-4	0.9
N Seeds, breadfruit seeds, roasted	-4	1.6
N Seeds, breadfruit seeds, boiled	-4	2.0
N Seeds, safflower seed meal, partially defatted	-5	1.0
N Nuts, ginkgo nuts, canned	-5	3.0
N Seeds, cottonseed meal, partially defatted (glandless)	-6	0.9
N Seeds, cottonseed flour, partially defatted (glandless)	-8	0.9
N Seeds, breadfruit seeds, raw	-8	1.7
N Nuts, hazelnuts or filberts, blanched	-9	0.5
N Nuts, pilinuts, dried	-11	0.5
N Nuts, pilinuts, dried	-11	0.5
N Nuts, acorn flour, full fat	-12	0.7
N Nuts, almond paste	-12	0.7
N Nuts, acorns, raw	-12	0.9
N Nuts, acorns, dried	-12	0.7
N Nuts, hazelnuts or filberts	-12	0.5
N Seeds, sesame flour, partially defatted	-13	0.9
N Nuts, hazelnuts or filberts, dry roasted, without salt added	-13	0.5
N Nuts, cashew nuts, dry roasted, without salt added	-13	0.6
N Nuts, cashew nuts, dry roasted, with salt added	-13	0.6
N Nuts, cashew butter, plain, without salt added	-14	0.6
N Nuts, cashew butter, plain, with salt added	-14	0.6
N Nuts, cashew nuts, raw	-14	0.6
N Nuts, cashew nuts, oil roasted, with salt added	-14	0.6
N Nuts, cashew nuts, oil roasted, without salt added	-15	0.6
N Nuts, cashew nuts, oil roasted, without salt added	-15	0.6
N Seeds, sunflower seed butter, without salt	-16	0.5
N Seeds, sunflower seed butter, with salt added	-16	0.5
N Nuts, almonds, honey roasted, unblanched	-16	0.6
N Nuts, mixed nuts, dry roasted, with peanuts, without salt added	-17	0.6
N Nuts, mixed nuts, dry roasted, with peanuts, with salt added	-17	0.6
N Nuts, mixed nuts, oil roasted, without peanuts, without salt added	-18	0.5
N Nuts, mixed nuts, oil roasted, without peanuts, with salt added	-18	0.5
N Nuts, mixed nuts, without peanuts, oil roasted, without salt added	-18	0.5
N Seeds, pumpkin and squash seeds, whole, roasted, without salt added	-19	0.7
N Seeds, pumpkin and squash seeds, whole, roasted, with salt added	-19	0.7
N Nuts, mixed nuts, oil roasted, with peanuts, without salt added	-21	0.5

N Nuts, mixed nuts, with peanuts, oil roasted, with salt added	-21	0.5
N Nuts, almonds, blanched	-21	0.6
N Nuts, almonds	-21	0.6
N Nuts, almonds, dry roasted, without salt added	-22	0.6
N Nuts, almonds, dry roasted, with salt added	-22	0.6
N Nuts, almond butter, plain, without salt added	-22	0.5
N Nuts, almond butter, plain, with salt added	-22	0.5
N Nuts, almonds, oil roasted, without salt added	-22	0.5
N Nuts, almonds, oil roasted, with salt added	-22	0.5
N Nuts, pistachio nuts, dry roasted, without salt added	-23	0.6
N Nuts, pistachio nuts, dry roasted, with salt added	-23	0.6
N Nuts, pistachio nuts, raw	-24	0.6
N Nuts, pecans, dry roasted, without salt added	-26	0.5
N Nuts, pecans, dry roasted, with salt added	-26	0.5
N Nuts, pecans	-28	0.5
N Nuts, beechnuts, dried	-29	0.6
N Nuts, hickorynuts, dried	-30	0.5
N Seeds, sesame flour, high-fat	-30	0.6
N Nuts, pecans, oil roasted, without salt added	-30	0.5
N Nuts, pecans, oil roasted, without salt added	-30	0.5
N Nuts, pecans, oil roasted, with salt added	-30	0.5
N Nuts, formulated, wheat-based, flavored, macadamia	-30	0.5
N Nuts, formulated, wheat-based, unflavored, with salt added	-31	0.5
N Nuts, brazilnuts, dried, unblanched	-31	0.5
N Nuts, formulated, wheat-based, all flavors except r	-32	0.5
N Seeds, cottonseed kernels, roasted (glandless)	-35	0.7
N Seeds, pumpkin and squash seed kernels, roasted,	-35	0.6
N Seeds, pumpkin and squash seed kernels, roasted,	-35	0.6
N Seeds, sesame butter, tahini, from raw and stone g	-36	0.6
N Seeds, sesame seed kernels, toasted, without salt	-36	0.6
N Seeds, sesame meal, partially defatted	-36	0.6
N Seeds, sesame seed kernels, toasted, with salt add	-36	0.6
N Seeds, sesame seeds, whole, roasted and toasted	-36	0.6
N Seeds, sesame seeds, whole, dried	-37	0.6
N Seeds, sesame butter, paste	-37	0.6
N Seeds, sesame butter, tahini, type of kernels unsp	-38	0.6
N Seeds, sesame butter, tahini, from roasted and toa	-38	0.6
N Nuts, pine nuts, pinyon, dried	-38	0.5
N Seeds, pumpkin and squash seed kernels, dried	-38	0.6
N Seeds, sunflower seed kernels, dried	-39	0.6
N Seeds, sesame butter, tahini, from unroasted kern	-39	0.5
N Seeds, sesame seed kernels, dried (decorticated)	-40	0.5
N Nuts, butternuts, dried	-41	0.5
N Nuts, walnuts, english	-44	0.5
N Nuts, pine nuts, dried	-49	0.5
N Nuts, walnuts, black, dried	-50	0.5
N Seeds, watermelon seed kernels, dried	-50	0.6
N Seeds, safflower seed kernels, dried	-54	0.6
N Seeds, sunflower seed kernels, dry roasted, withou	-56	0.6

N Seeds, sunflower seed kernels, dry roasted, with salt	-56	0.6
N Seeds, sunflower seed kernels, oil roasted, without salt	-58	0.6
N Seeds, sunflower seed kernels, oil roasted, with salt	-58	0.6
N Seeds, sunflower seed kernels, toasted, without salt	-60	0.5
N Seeds, sunflower seed kernels, toasted, with salt and oil	-60	0.5
B Beef, retail cuts, separable fat, cooked	-1	0.5
B Beef, round, full cut, separable lean only, trimmed	-1	1.9
B Beef, brisket, flat half, separable lean and fat, trimmed	-1	1.6
B Beef, rib, small end (ribs 10-12), separable lean and fat	-1	1.2
B Beef, rib, small end (ribs 10-12), separable lean or fat	-1	1.7
B Beef, rib, large end (ribs 6-9), separable lean and fat	-1	1.0
B Beef, rib, small end (ribs 10-12), separable lean or fat	-1	1.0
B Beef, rib, small end (ribs 10-12), separable lean and fat	-1	0.9
B Beef, rib, small end (ribs 10-12), separable lean and fat	-1	1.0
B Beef, rib, large end (ribs 6-9), separable lean and fat	-1	1.0
B Beef, rib, whole (ribs 6-12), separable lean and fat	-1	0.9
B Beef, rib, whole (ribs 6-12), separable lean and fat	-1	1.0
B Beef, brisket, flat half, separable lean and fat, trimmed	-1	1.6
B Beef, rib, small end (ribs 10-12), separable lean and fat	-1	1.1
B Beef, rib, large end (ribs 6-9), separable lean and fat	-1	0.9
B Beef, rib, large end (ribs 6-9), separable lean and fat	-1	0.9
B Beef, rib, whole (ribs 6-12), separable lean and fat	-1	1.1
B Beef, rib, whole (ribs 6-12), separable lean and fat	-1	1.0
B Beef, rib, small end (ribs 10-12), separable lean and fat	-1	0.9
B Beef, rib, whole (ribs 6-12), separable lean and fat	-1	0.9
B USDA Commodity, beef, canned	-1	1.4
B Beef, rib, large end (ribs 6-9), separable lean only, trimmed	-1	1.5
B Beef, rib, large end (ribs 6-9), separable lean and fat	-1	0.8
B Beef, rib, large end (ribs 6-9), separable lean and fat	-1	1.0
B Beef, rib, small end (ribs 10-12), separable lean or fat	-1	1.5
B Beef, chuck, clod roast, separable lean only, trimmed	-1	1.9
B Beef, rib, large end (ribs 6-9), separable lean and fat	-1	0.9
B Beef, rib, whole (ribs 6-12), separable lean and fat	-1	0.9
B Beef, rib, large end (ribs 6-9), separable lean and fat	-1	1.0
B Beef, rib, whole (ribs 6-12), separable lean and fat	-1	0.8
B Beef, rib, whole (ribs 6-12), separable lean and fat	-1	0.8
B Beef, rib, small end (ribs 10-12), separable lean and fat	-1	0.8
B Beef, chuck, clod steak, separable lean only, trimmed	-1	1.8
B Beef, rib, large end (ribs 6-9), separable lean and fat	-1	0.8
B Beef, rib, large end (ribs 6-9), separable lean only, trimmed	-1	1.3
B Beef, round, top round, steak, separable lean and fat	-1	1.7
B Beef, flank, steak, separable lean and fat, trimmed	-1	1.3
B Beef, flank, steak, separable lean only, trimmed to yield	-1	1.4
B Beef, chuck, arm pot roast, separable lean and fat, trimmed	-1	1.1
B Beef, rib, whole (ribs 6-12), separable lean and fat	-1	0.9
B Beef, short loin, t-bone steak, separable lean and fat	-1	1.2
B Beef, chuck, arm pot roast, separable lean and fat, trimmed	-1	1.1
B Beef, brisket, flat half, separable lean and fat, trimmed	-1	1.2
B Beef, brisket, flat half, separable lean only, trimmed	-1	1.8

B Beef, round, top round, steak, separable lean and fat	-1	1.9
B Beef, chuck, arm pot roast, separable lean and fat, trim	-1	1.1
B Beef, rib, shortribs, separable lean and fat, choice, trim	-1	0.7
B Beef, brisket, flat half, separable lean and fat, trim	-1	1.1
B Beef, round, top round steak, separable lean and fat, trim	-1	1.6
B Beef, round, eye of round, roast, separable lean and fat, trim	-2	2.0
B Beef, round, eye of round, roast, separable lean and fat, trim	-2	1.6
B Beef, round, eye of round, roast, separable lean and fat, trim	-2	2.0
B Beef, chuck, clod roast, separable lean and fat, trim	-2	1.5
B Beef, round, top round, steak, separable lean and fat, trim	-2	1.5
B Beef, round, eye of round, roast, separable lean and fat, trim	-2	1.6
B Beef, brisket, point half, separable lean and fat, trim	-2	0.9
B Beef, short loin, top loin, steak, separable lean and fat, trim	-2	1.9
B Beef, chuck, arm pot roast, separable lean only, trim	-2	1.7
B Beef, round, bottom round, steak, separable lean and fat, trim	-2	1.4
B Beef, round, eye of round, roast, separable lean and fat, trim	-2	2.0
B Beef, brisket, flat half, separable lean only, trimmed	-2	1.7
B Beef, round, eye of round, roast, separable lean and fat, trim	-2	1.6
B Beef, short loin, porterhouse steak, separable lean and fat, trim	-2	1.2
B Beef, rib, large end (ribs 6-9), separable lean and fat, trim	-2	0.9
B Beef, flank, steak, separable lean and fat, trimmed	-2	1.8
B Beef, round, eye of round, roast, separable lean and fat, trim	-2	2.0
B Beef, round, eye of round, roast, separable lean and fat, trim	-2	2.1
B Beef, round, top round, steak, separable lean only, trim	-2	1.9
B Beef, chuck, arm pot roast, separable lean only, trim	-2	1.6
B Beef, cured, corned beef, brisket, cooked	-2	1.3
B Beef, round, bottom round, steak, separable lean and fat, trim	-2	1.3
B Beef, short loin, porterhouse steak, separable lean and fat, trim	-2	1.1
B Beef, round, bottom round, steak, separable lean and fat, trim	-2	1.3
B Beef, brisket, point half, separable lean and fat, trim	-2	1.0
B Beef, top sirloin, steak, separable lean only, trimmed	-2	2.0
B Beef, short loin, t-bone steak, separable lean and fat, trim	-2	1.2
B Beef, brisket, whole, separable lean and fat, trimmed	-2	1.1
B Beef, round, top round, separable lean and fat, trim	-2	1.5
B Beef, chuck, arm pot roast, separable lean and fat, trim	-2	1.2
B Beef, composite of trimmed retail cuts, separable lean and fat, trim	-2	1.1
B Beef, chuck, blade roast, separable lean and fat, trim	-2	1.0
B Beef, top sirloin, steak, separable lean only, trimmed	-2	1.9
B Beef, short loin, t-bone steak, separable lean and fat, trim	-2	1.3
B Beef, round, bottom round, roast, separable lean and fat, trim	-2	1.6
B Beef, round, top round, separable lean and fat, trim	-2	1.4
B Beef, composite of trimmed retail cuts, separable lean and fat, trim	-2	1.3
B Beef, composite of trimmed retail cuts, separable lean and fat, trim	-2	1.2
B Beef, round, top round, steak, separable lean and fat, trim	-2	1.8
B Beef, round, eye of round, roast, separable lean and fat, trim	-2	2.1
B Beef, brisket, flat half, separable lean only, trimmed	-2	1.6
B Beef, round, top round, separable lean and fat, trim	-2	1.7
B Beef, flank, steak, separable lean and fat, trimmed	-2	1.7
B Beef, short loin, porterhouse steak, separable lean and fat, trim	-2	1.1

B Beef, composite of trimmed retail cuts, separable lean and fat, trimmings	-2	1.1
B Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/2" fat	-2	1.2
B Beef, composite of trimmed retail cuts, separable lean and fat, trimmings	-2	1.2
B Beef, round, tip round, roast, separable lean only, trimmed to 1/2" fat	-2	2.2
B Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/2" fat	-2	1.1
B Beef, round, top round, separable lean and fat, trimmed to 1/2" fat	-2	1.6
B Beef, round, top round, separable lean only, trimmed to 1/2" fat	-2	1.8
B Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/2" fat	-2	2.0
B Beef, flank, steak, separable lean only, trimmed to 1/2" fat	-2	1.9
B Beef, short loin, top loin, steak, separable lean only, trimmed to 1/2" fat	-2	1.9
B Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/2" fat	-2	1.5
B Beef, round, top round, separable lean only, trimmed to 1/2" fat	-2	1.7
B Beef, chuck, clod roast, separable lean only, trimmed to 1/2" fat	-2	1.9
B Beef, chuck, arm pot roast, separable lean only, trimmed to 1/2" fat	-2	1.6
B Beef, brisket, flat half, separable lean only, trimmed to 1/2" fat	-2	1.6
B Beef, top sirloin, steak, separable lean and fat, trimmed to 1/2" fat	-2	1.4
B Beef, round, full cut, separable lean and fat, trimmed to 1/2" fat	-2	1.5
B Beef, shank crosscuts, separable lean only, trimmed to 1/2" fat	-2	1.7
B Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/2" fat	-2	1.7
B Beef, round, top round, steak, separable lean only, trimmed to 1/2" fat	-2	1.9
B Beef, ground, patties, frozen, cooked, broiled	-2	1.1
B Beef, short loin, top loin, steak, separable lean only, trimmed to 1/2" fat	-2	1.9
B Beef, flank, steak, separable lean and fat, trimmed to 1/2" fat	-2	1.6
B Beef, top sirloin, steak, separable lean only, trimmed to 1/2" fat	-2	1.9
B Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/2" fat	-2	1.5
B Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/2" fat	-2	1.3
B Beef, chuck, blade roast, separable lean and fat, trimmed to 1/2" fat	-2	0.9
B Beef, brisket, whole, separable lean and fat, trimmed to 1/2" fat	-2	1.0
B Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/2" fat	-2	1.8
B Beef, top sirloin, steak, separable lean only, trimmed to 1/2" fat	-2	1.8
B Beef, chuck, arm pot roast, separable lean only, trimmed to 1/2" fat	-2	1.6
B Beef, top sirloin, steak, separable lean and fat, trimmed to 1/2" fat	-2	1.4
B Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/2" fat	-2	1.9
B Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/2" fat	-2	1.5
B Beef, chuck, arm pot roast, separable lean only, trimmed to 1/2" fat	-2	1.5
B Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/2" fat	-2	1.5
B Beef, brisket, point half, separable lean only, trimmed to 1/2" fat	-2	1.4
B Beef, round, top round, steak, separable lean only, trimmed to 1/2" fat	-2	1.8
B Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/2" fat	-2	1.1
B Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 1/2" fat	-2	1.9
B Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/2" fat	-2	1.3
B Beef, flank, steak, separable lean only, trimmed to 1/2" fat	-2	1.8
B Beef, round, top round, steak, separable lean and fat, trimmed to 1/2" fat	-2	1.7
B Beef, top sirloin, steak, separable lean and fat, trimmed to 1/2" fat	-2	1.6
B Beef, rib, eye, small end (ribs 10- 12) separable lean and fat, trimmed to 1/2" fat	-2	1.8
B Beef, tenderloin, separable lean and fat, trimmed to 1/2" fat	-2	1.0
B Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/2" fat	-2	2.0
B Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/2" fat	-2	1.6
B Beef, round, tip round, roast, separable lean and fat, trimmed to 1/2" fat	-2	1.6

B	Beef, round, bottom round , roast, separable lean c	-2	2.0
B	Beef, round, tip round, roast, separable lean and fa	-2	1.5
B	Beef, short loin, porterhouse steak, separable lean	-2	1.2
B	Beef, composite of trimmed retail cuts, separable le	-2	1.2
B	Beef, top sirloin, steak, separable lean and fat, trim	-2	1.3
B	Beef, round, bottom round roast, separable lean or	-2	2.0
B	Beef, composite of trimmed retail cuts, separable le	-2	1.7
B	Beef, cured, breakfast strips, cooked	-2	0.7
B	Beef, top sirloin, steak, separable lean only, trimm	-2	1.8
B	Beef, round, tip round, roast, separable lean and fa	-2	1.8
B	Beef, short loin, top loin, steak, separable lean and	-2	1.6
B	Beef, composite of trimmed retail cuts, separable le	-2	1.1
B	Beef, round, top round, separable lean and fat, trin	-2	1.3
B	Beef, round, top round, steak, separable lean only,	-2	1.8
B	Beef, chuck, clod roast, separable lean and fat, trin	-2	1.6
B	Beef, short loin, top loin, steak, separable lean and	-2	1.3
B	Beef, tenderloin, steak, separable lean and fat, trin	-2	1.3
B	Beef, round, tip round, roast, separable lean only, '	-2	1.9
B	Beef, top sirloin, steak, separable lean only, trimm	-2	1.8
B	Beef, tenderloin, steak, separable lean and fat, trin	-2	1.2
B	Beef, top sirloin, steak, separable lean and fat, trin	-2	1.6
B	Beef, flank, steak, separable lean only, trimmed to	-2	1.7
B	Beef, short loin, top loin, steak, separable lean only	-2	1.8
B	Beef, short loin, t-bone steak, separable lean only,	-2	1.7
B	Beef, tenderloin, steak, separable lean and fat, trin	-2	1.2
B	Beef, rib, small end (ribs 10-12), separable lean ar	-2	1.2
B	Beef, variety meats and by-products, spleen, cooke	-2	2.3
B	Beef, round, tip round, roast, separable lean and fa	-2	1.8
B	Beef, round, eye of round, roast, separable lean on	-2	1.9
B	Beef, chuck, top blade, separable lean and fat, trim	-2	1.5
B	Beef, short loin, top loin, steak, separable lean only	-2	1.8
B	Beef, round, tip round, roast, separable lean only, '	-2	1.9
B	Beef, round, bottom round, steak, separable lean a	-2	1.5
B	Beef, round, top round, separable lean and fat, trin	-2	1.5
B	Beef, round, top round, separable lean and fat, trin	-2	1.5
B	Beef, short loin, top loin, steak, separable lean and	-2	1.2
B	Beef, bottom sirloin, tri-tip roast, separable lean ar	-2	1.7
B	USDA Commodity, beef, patties (100%), frozen, cc	-2	1.3
B	Beef, tenderloin, separable lean and fat, trimmed t	-2	1.6
B	Beef, plate, inside skirt steak, separable lean and f	-2	1.5
B	Beef, round, full cut, separable lean and fat, trimm	-2	1.4
B	Beef, tenderloin, steak, separable lean only, trimm	-2	1.9
B	Beef, ground, 75% lean meat / 25% fat, raw	-2	1.1
B	Beef, round, top round, separable lean only, trimm	-2	1.6
B	Beef, round, top round, steak, separable lean only,	-2	1.7
B	Beef, top sirloin, steak, separable lean and fat, trin	-2	1.5
B	Beef, round, bottom round, steak, separable lean c	-2	1.6
B	Beef, short loin, porterhouse steak, separable lean	-2	1.6
B	Beef, rib, small end (ribs 10-12), separable lean or	-2	1.7

B Beef, short loin, t-bone steak, separable lean only,	-2	1.6
B Beef, round, tip round, roast, separable lean and fat,	-2	1.7
B Beef, short loin, t-bone steak, separable lean and fat,	-2	1.3
B Beef, chuck, top blade, separable lean only, trimmed	-2	1.5
B Beef, round, bottom round, roast, separable lean and fat,	-2	1.8
B Beef, rib, small end (ribs 10-12), separable lean and fat,	-2	1.1
B Beef, round, tip round, roast, separable lean and fat,	-2	1.5
B Beef, short loin, top loin, separable lean and fat, trimmed	-2	1.1
B Beef, brisket, whole, separable lean only, trimmed	-2	1.5
B Beef, round, top round, steak, separable lean only,	-2	1.7
B Beef, tenderloin, steak, separable lean only, trimmed	-2	1.7
B Beef, chuck, top blade, separable lean and fat, trimmed	-2	1.5
B Beef, round, bottom round, steak, separable lean and fat,	-2	1.6
B Beef, plate, inside skirt steak, separable lean only,	-2	1.6
B Beef, tenderloin, separable lean and fat, trimmed	-2	1.1
B Beef, tenderloin, separable lean and fat, trimmed	-2	1.0
B Beef, tenderloin, steak, separable lean and fat, trimmed	-2	1.5
B Beef, ground, 80% lean meat / 20% fat, loaf, cooked	-2	1.3
B Beef, ground, 80% lean meat / 20% fat, crumbles,	-2	1.2
B Beef, rib, small end (ribs 10-12), separable lean and fat,	-2	1.7
B Beef, composite of trimmed retail cuts, separable lean and fat,	-2	1.6
B Beef, round, bottom round, steak, separable lean and fat,	-2	1.4
B Beef, ground, 75% lean meat / 25% fat, loaf, cooked	-2	1.3
B Beef, bottom sirloin, tri-tip roast, separable lean and fat,	-2	1.6
B Beef, rib, small end (ribs 10-12), separable lean and fat,	-2	1.1
B Beef, round, bottom round, roast, separable lean and fat,	-2	1.9
B Beef, short loin, top loin, steak, separable lean only,	-2	1.7
B Beef, rib, large end (ribs 6-9), separable lean only,	-2	1.4
B Beef, ground, 75% lean meat / 25% fat, crumbles,	-2	1.2
B Beef, ground, 75% lean meat / 25% fat, patty, cooked	-2	1.3
B Beef, tenderloin, steak, separable lean and fat, trimmed	-2	1.1
B Beef, chuck, blade roast, separable lean only, trimmed	-2	1.3
B Beef, short loin, top loin, steak, separable lean only,	-2	1.7
B Beef, ground, 70% lean meat / 30% fat, loaf, cooked	-2	1.4
B Beef, tenderloin, steak, separable lean only, trimmed	-2	1.7
B Beef, composite of trimmed retail cuts, separable lean and fat,	-2	1.5
B Beef, ground, 80% lean meat / 20% fat, patty, cooked	-2	1.4
B Beef, chuck, clod roast, separable lean only, trimmed	-2	1.9
B Beef, chuck, top blade, separable lean only, trimmed	-2	1.6
B Beef, ground, 75% lean meat / 25% fat, patty, cooked	-2	1.2
B Beef, tenderloin, steak, separable lean only, trimmed	-2	1.7
B Beef, ground, 80% lean meat / 20% fat, patty, cooked	-2	1.2
B Beef, ground, 85% lean meat / 15% fat, loaf, cooked	-2	1.4
B Beef, ground, 85% lean meat / 15% fat, crumbles,	-2	1.3
B Beef, ground, 70% lean meat / 30% fat, patty, cooked	-2	1.4
B Beef, rib, shortribs, separable lean only, choice, cooked	-2	1.1
B Beef, ground, 85% lean meat / 15% fat, patty, cooked	-2	1.4
B Beef, tenderloin, steak, separable lean and fat, trimmed	-2	1.4
B Beef, ground, 70% lean meat / 30% fat, crumbles,	-3	1.2

B Beef, round, bottom round, roast, separable lean o	-3	2.0
B Beef, rib eye, small end (ribs 10-12), separable lea	-3	1.4
B Beef, ground, 70% lean meat / 30% fat, patty, coc	-3	1.2
B USDA Commodity, beef patties with VPP, frozen, co	-3	1.3
B Beef, tenderloin, steak, separable lean only, trimm	-3	1.6
B Beef, bottom sirloin, tri-tip roast, separable lean ar	-3	1.5
B Beef, round, bottom round, steak, separable lean c	-3	1.5
B Beef, bottom sirloin, tri-tip roast, separable lean or	-3	1.7
B Beef, ground, 85% lean meat / 15% fat, patty, coc	-3	1.3
B Beef, round, full cut, separable lean only, trimmed	-3	1.7
B Beef, tenderloin, separable lean and fat, trimmed t	-3	1.0
B Beef, chuck, top blade, separable lean and fat, trim	-3	1.7
B Beef, rib, small end (ribs 10-12), separable lean or	-3	1.6
B Beef, round, bottom round, roast, separable lean a	-3	1.7
B Beef, round, bottom round, steak, separable lean c	-3	1.5
B Beef, shoulder steak, boneless, separable lean only	-3	2.0
B Beef, rib, eye, small end (ribs 10-12), separable lea	-3	1.6
B Beef, tenderloin, steak, separable lean only, trimm	-3	1.6
B Beef, round, bottom round, roast, separable lean o	-3	1.8
B Beef, ground, 90% lean meat / 10% fat, loaf, cook	-3	1.6
B Beef, chuck, shoulder clod, shoulder tender, medal	-3	1.9
B Beef, round, bottom round, roast, separable lean o	-3	1.9
B Beef, ground, 90% lean meat / 10% fat, patty, coc	-3	1.6
B Beef, loin, bottom sirloin butt, tri-tip steak, separa	-3	1.3
B Beef, ground, 90% lean meat / 10% fat, crumbles,	-3	1.4
B Beef, rib, small end (ribs 10-12), separable lean ar	-3	1.3
B Beef, rib eye, small end (ribs 10-12), separable lea	-3	1.3
B Beef, short loin, porterhouse steak, separable lean	-3	1.7
B Beef, ground, 90% lean meat / 10% fat, patty, coc	-3	1.5
B Beef, chuck, top blade, separable lean only, trimme	-3	1.8
B Beef, ground, 95% lean meat / 5% fat, loaf, cooke	-3	1.9
B Beef, round, bottom round, steak, separable lean c	-3	1.5
B Beef, bottom sirloin, tri-tip roast, separable lean or	-3	2.2
B Beef, loin, bottom sirloin butt, tri-tip steak, separa	-3	1.3
B Beef, short loin, t-bone steak, separable lean only,	-3	1.8
B Beef, rib, eye, small end (ribs 10-12), separable lea	-3	1.3
B Beef, chuck eye steak, boneless, separable lean on	-3	1.5
B Beef, variety meats and by-products, tongue, cook	-3	1.2
B Beef, chuck, clod roast, separable lean and fat, trin	-3	1.7
B Beef, round, outside round, bottom round, steak, s	-3	2.0
B Beef, round, knuckle, tip side, steak, separable lea	-3	2.1
B Beef, plate, outside skirt steak, separable lean and	-3	1.3
B Beef, ground, 95% lean meat / 5% fat, patty, cook	-3	2.0
B Beef, round, top round, steak, separable lean and f	-3	1.5
B Beef, short loin, t-bone steak, separable lean and f	-3	1.4
B Beef, chuck eye steak, boneless, separable lean on	-3	1.6
B Beef, round, outside round, bottom round, steak, s	-3	1.8
B Beef, ground, 95% lean meat / 5% fat, patty, cook	-3	1.9
B Beef, round, outside round, bottom round, steak, s	-3	1.7

B Beef, ground, 95% lean meat / 5% fat, crumbles, c	-3	1.7
B Beef, plate, outside skirt steak, separable lean only	-3	1.4
B Beef, chuck eye Country-Style ribs, boneless, sepa	-3	1.4
B Beef, chuck, clod roast, separable lean only, trimm	-3	1.9
B Beef, chuck eye Country-Style ribs, boneless, sepa	-4	1.5
B Beef, round, knuckle, tip side, steak, separable lea	-4	2.0
B Beef, chuck eye steak, boneless, separable lean on	-4	1.7
B Beef, chuck eye roast, boneless, America's Beef Ro	-4	1.8
B Beef, round, knuckle, tip center, steak, separable l	-4	1.8
B Beef, shoulder steak, boneless, separable lean only	-4	1.9
B Beef, chuck, shoulder clod, top blade, steak, separa	-4	1.5
B Beef, chuck, under blade pot roast, boneless, separ	-4	1.4
B Beef, round, knuckle, tip side, steak, separable lea	-4	1.9
B Beef, chuck, under blade steak, boneless, separabl	-4	1.5
B Beef, chuck, shoulder clod, shoulder top and center	-4	1.9
B Beef, chuck eye roast, boneless, America's Beef Ro	-4	1.8
B Beef, round, knuckle, tip center, steak, separable l	-4	1.9
B Beef, chuck, shoulder clod, top blade, steak, separa	-4	1.5
B Beef, chuck, shoulder clod, shoulder top and center	-4	1.8
B Beef, chuck eye Country-Style ribs, boneless, sepa	-4	1.5
B Beef, chuck, under blade steak, boneless, separabl	-4	1.5
B Beef, chuck, mock tender steak, separable lean and	-4	2.1
B Beef, chuck, shoulder clod, shoulder top and center	-4	1.8
B Beef, chuck, under blade pot roast, boneless, separ	-4	1.5
B Beef, round, knuckle, tip center, steak, separable l	-4	2.1
B Beef, chuck, mock tender steak, separable lean onl	-4	2.1
B Beef, chuck, short ribs, boneless, separable lean or	-4	1.3
B Beef, chuck, under blade pot roast, boneless, separ	-4	1.5
B Beef, chuck for stew, separable lean and fat, select	-4	1.8
B Beef, chuck, shoulder clod, shoulder tender, medal	-4	1.8
B Beef, chuck, under blade steak, boneless, separabl	-4	1.5
B Beef, chuck, short ribs, boneless, separable lean or	-4	1.4
B Beef, chuck eye roast, boneless, America's Beef Ro	-4	1.9
B Beef, chuck, short ribs, boneless, separable lean or	-4	1.5
B Beef, round, knuckle, tip center, steak, separable l	-4	2.2
B Beef, chuck, shoulder clod, top blade, steak, separa	-4	1.6
B Beef, chuck, mock tender steak, separable lean and	-4	2.1
B Beef, chuck, mock tender steak, separable lean onl	-4	2.1
B Beef, shoulder steak, boneless, separable lean and	-4	1.9
B Beef, short loin, t-bone steak, separable lean only,	-4	1.9
B Beef, chuck for stew, separable lean and fat, all gra	-4	1.7
B Beef, chuck, shoulder clod, shoulder tender, medal	-4	1.9
B Beef, shoulder pot roast, boneless, separable lean o	-4	1.7
B Beef, chuck, mock tender steak, separable lean onl	-4	2.1
B Beef, chuck, mock tender steak, separable lean and	-4	2.1
B Beef, shoulder steak, boneless, separable lean only	-4	1.9
B Beef, shoulder top blade steak, boneless, separable	-4	1.6
B Beef, shoulder pot roast, boneless, separable lean o	-4	1.7
B Beef, chuck for stew, separable lean and fat, choice	-4	1.7

B Beef, top sirloin, steak, separable lean and fat, trimmings	-4	1.1
B Beef, chuck, under blade center steak, boneless, Diced	-4	2.1
B Beef, shoulder pot roast, boneless, separable lean and fat, trimmings	-5	1.8
B Beef, shoulder top blade steak, boneless, separable lean and fat, trimmings	-5	1.7
B Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmings	-5	1.8
B Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmings	-5	1.8
B Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmings	-5	1.7
B Beef, shoulder top blade steak, boneless, separable lean and fat, trimmings	-5	1.8
B Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmings	-5	2.0
B Beef, chuck eye steak, boneless, separable lean and fat, trimmings	-5	1.2
B Beef, shoulder steak, boneless, separable lean and fat, trimmings	-5	1.8
B Beef, chuck, under blade center steak, boneless, Diced	-5	1.6
B Beef, chuck, under blade steak, boneless, separable lean and fat, trimmings	-5	1.2
B Beef, chuck, under blade steak, boneless, separable lean and fat, trimmings	-5	1.2
B Beef, chuck, under blade steak, boneless, separable lean and fat, trimmings	-6	1.3
B Beef, chuck eye steak, boneless, separable lean and fat, trimmings	-6	1.2
B Beef, chuck eye roast, boneless, America's Beef Round	-6	1.4
B Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmings	-6	1.1
B Beef, chuck, under blade center steak, boneless, Diced	-6	1.5
B Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmings	-6	1.1
B Beef, chuck, under blade center steak, boneless, Diced	-6	1.5
B Beef, chuck eye roast, boneless, America's Beef Round	-6	1.4
B Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmings	-6	1.1
B Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmings	-6	1.1
B Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmings	-6	1.2
B Beef, chuck eye steak, boneless, separable lean and fat, trimmings	-6	1.2
B Beef, shoulder pot roast, boneless, separable lean and fat, trimmings	-6	1.6
B Beef, shoulder steak, boneless, separable lean and fat, trimmings	-6	1.8
B Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmings	-6	1.2
B Beef, chuck eye roast, boneless, America's Beef Round	-6	1.5
B Beef, chuck, short ribs, boneless, separable lean and fat, trimmings	-6	1.1
B Beef, shoulder pot roast, boneless, separable lean and fat, trimmings	-6	1.6
B Beef, chuck, short ribs, boneless, separable lean and fat, trimmings	-6	1.1
B Beef, chuck, short ribs, boneless, separable lean and fat, trimmings	-6	1.2
B Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmings	-6	1.6
B Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmings	-7	1.5
B Beef, shoulder pot roast, boneless, separable lean and fat, trimmings	-7	1.7
B Beef, shoulder top blade steak, boneless, separable lean and fat, trimmings	-7	1.6
B Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmings	-7	1.5
B Beef, shoulder top blade steak, boneless, separable lean and fat, trimmings	-7	1.7
B Beef, variety meats and by-products, thymus, cooked	-8	1.0
B Beef, chuck, under blade center steak, boneless, Diced	-8	1.5
B Beef, chuck, under blade center steak, boneless, Diced	-8	1.4
B Beef, chuck, under blade center steak, boneless, Diced	-8	1.5
B Beef, round, top round, separable lean and fat, trimmings	-9	1.3
B Beef, variety meats and by-products, heart, cooked	-14	2.0
B Beef, variety meats and by-products, lungs, cooked	-14	2.8
B Beef, variety meats and by-products, kidneys, cooked	-17	2.1
B Beef, round, top round, separable lean only, trimmings	-18	1.5

B Beef, variety meats and by-products, pancreas, cooked	-26	1.2
B Tea, brewed, prepared with tap water	2	333.0
B Tea, brewed, prepared with distilled water	2	333.0
B Alcoholic beverage, creme de menthe, 72 proof	0	0.9
B Tea, instant, sweetened with sugar, lemon-flavored	0	0.9
B Fruit punch drink, frozen concentrate, prepared with water	0	7.2
B Cocktail mix, non-alcoholic, concentrated, frozen	0	1.2
B Alcoholic beverage, whiskey sour, prepared with water	0	2.0
B Fruit punch drink, frozen concentrate	0	2.1
B Orange drink, canned, with added vitamin C	0	6.8
B Fruit punch drink, with added nutrients, canned	0	7.1
B Alcoholic beverage, daiquiri, prepared-from-recipe	0	1.8
B Fruit punch-flavor drink, powder, without added sugar	0	9.0
B Fruit punch-flavor drink, powder, without added sugar	0	0.9
B Alcoholic beverage, whiskey sour, prepared from ingredients	0	2.2
B Alcoholic beverage, whiskey sour, prepared from ingredients	0	2.2
B Whiskey sour mix, powder	0	0.9
B Citrus fruit juice drink, frozen concentrate	0	2.1
B Citrus fruit juice drink, frozen concentrate, prepared with water	0	7.2
B Fruit-flavored drink, powder, with high vitamin C with water	0	1.5
B Chocolate syrup	0	1.2
B Whiskey sour mix, bottled	0	3.8
B Whiskey sour mix, bottled, with added potassium acetate	0	4.0
B Lemonade, frozen concentrate, pink, prepared with water	0	7.7
B Lemonade, frozen concentrate, white, prepared with water	0	8.3
B Alcoholic beverage, pina colada, prepared-from-recipe	0	1.9
B Lemonade, frozen concentrate, white	0	1.7
B Pineapple and grapefruit juice drink, canned	0	7.1
B Lemonade, frozen concentrate, pink	0	1.7
B Tea, instant, unsweetened, lemon-flavored, powder	0	1.0
B Beverages, fruit juice drink, reduced sugar, with vitamins	0	8.5
B Chocolate-flavored drink, whey and milk based	0	6.8
B Coffee, instant, with chicory, powder	0	0.9
B Carob-flavor beverage mix, powder	0	0.9
B Dairy drink mix, chocolate, reduced calorie, with low fat	0	11.5
B Chocolate-flavor beverage mix for milk, powder, with water	0	0.8
B Dairy drink mix, chocolate, reduced calorie, with low fat	0	1.0
B Cocoa mix, with aspartame, low calorie, powder, with water	0	0.9
B Alcoholic beverage, tequila sunrise, canned	0	3.0
B Cocoa mix, no sugar added, powder	0	0.9
B Cocoa mix, with aspartame, powder, prepared with water	0	11.5
B Tea, instant, sweetened with sugar, lemon-flavored	0	0.8
B Cranberry juice cocktail, bottled	0	6.2
B Tea, instant, sweetened with sugar, lemon-flavored	0	0.9
B Tea, instant, sweetened with sugar, lemon-flavored	0	9.5
B Shake, fast food, chocolate	0	2.6
B Cocoa mix, powder	0	0.8
B Cranberry-apple juice drink, bottled	0	5.3
B Alcoholic beverage, liqueur, coffee, 53 proof	0	1.0

B Cocoa mix, powder, prepared with water	0	6.1
B Strawberry-flavor beverage mix, powder, prepared	0	3.8
B Alcoholic beverage, liqueur, coffee, 63 proof	0	1.1
B Malted drink mix, natural, with added nutrients, po	0	0.9
B Coffee, instant, with chicory, prepared with water	0	111.0
B Lemonade, low calorie, with aspartame, powder, pr	0	111.0
B Orange and apricot juice drink, canned	0	6.5
B Sports drink, COCA-COLA, POWERADE, lemon-lime	0	10.4
B Coffee, instant, decaffeinated, powder	0	1.5
B Cranberry-grape juice drink, bottled	0	5.9
B Cranberry-grape juice drink, bottled	0	5.9
B Fruit punch juice drink, frozen concentrate	0	1.9
B Coffee, instant, regular, powder, half the caffeine	0	1.0
B Fruit punch juice drink, frozen concentrate, prepara	0	7.9
B Chocolate syrup, prepared with whole milk	0	3.7
B Coffee, instant, decaffeinated, powder, prepared w	-1	166.5
B Malted drink mix, chocolate, with added nutrients,	-1	0.9
B Beef broth and tomato juice, canned	-1	9.0
B Shake, fast food, strawberry	-1	2.9
B Coffee, instant, with sugar, cappuccino-flavor powc	-1	0.8
B Chocolate-flavor beverage mix, powder, prepared v	-1	3.9
B Alcoholic beverage, pina colada, canned	-1	1.4
B Eggnog-flavor mix, powder, prepared with whole m	-1	3.5
B Carob-flavor beverage mix, powder, prepared with	-1	4.4
B Alcoholic beverage, liqueur, coffee with cream, 34	-1	1.0
B Coffee substitute, cereal grain beverage, powder, p	-1	5.1
B Malted drink mix, chocolate, with added nutrients,	-1	3.8
B Ready-to-drink reduced fat milk beverage, flavorec	-1	4.3
B Coffee, instant, regular, powder	-1	1.4
B Malted drink mix, chocolate, powder, prepared with	-1	3.9
B Malted drink mix, natural, with added nutrients, po	-1	3.9
B Orange-flavor drink, breakfast type, with pulp, froz	-1	6.8
B Orange-flavor drink, breakfast type, with pulp, froz	-1	1.9
B Coffee, brewed from grounds, prepared with tap wa	-1	333.0
B Coffee, instant, regular, prepared with water	-1	166.5
B Coffee, dry, powder, with whitener, reduced calorie	-1	0.7
B Malt beverage	-1	9.0
B Malted drink mix, natural, powder, prepared with w	-1	3.8
B Malted drink mix, chocolate, powder	-1	0.8
B Coffee and cocoa (mocha) powder, with whitener a	-1	1.3
B Coffee and cocoa (mocha) powder, with whitener a	-1	1.3
B Meal supplement drink, NESTLE, SUPLIGEN, canne	-2	3.3
B Shake, fast food, vanilla	-2	2.3
B Coffee, instant, with sugar, mocha-flavor, powder	-2	0.7
B Malted drink mix, natural, powder	-3	0.8
B Coffee substitute, cereal grain beverage, powder	-3	0.9
B Coffee substitute, cereal grain beverage, prepared	-3	55.5
B Coffee, instant, with sugar, french-flavor, powder	-4	0.7
B Beverage, Horchata, dry mix, unprepared, variety c	-5	0.8

Bi Rice drink, unsweetened, with added calcium, vitamin B12	-6	7.1
Bi Coffee, brewed, espresso, restaurant-prepared	-46	166.5
Fi Fish, caviar, black and red, granular	166	1.3
Fi Fish, roe, mixed species, raw	110	2.3
Fi Fish, mackerel, salted	109	1.1
Fi Fish, roe, mixed species, cooked, dry heat	99	1.6
Fi Fish, salmon, pink, canned, solids with bone and liquid	83	2.4
Fi Fish, salmon, pink, canned, without salt, solids with liquid	83	2.4
Fi Fish, anchovy, european, raw	78	2.5
Fi Fish, salmon, Atlantic, farmed, raw	73	1.6
Fi Fish, salmon, Atlantic, wild, raw	73	2.3
Fi Fish, salmon, Atlantic, wild, cooked, dry heat	73	1.8
Fi Fish, herring, Atlantic, cooked, dry heat	70	1.6
Fi Fish, herring, Atlantic, kippered	70	1.5
Fi Fish, anchovy, european, canned in oil, drained solids with liquid	68	1.6
Fi Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	67	1.7
Fi Fish, salmon, sockeye, canned, drained solids with liquid	66	2.0
Fi Fish, herring, Pacific, cooked, dry heat	63	1.3
Fi Fish, whitefish, mixed species, cooked, dry heat	62	1.9
Fi Fish, tuna, fresh, bluefin, raw	61	2.3
Fi Fish, salmon, chum, drained solids with bone and liquid	60	2.4
Fi Mollusks, oyster, Pacific, raw	59	4.1
Fi Mollusks, oyster, Pacific, cooked, moist heat	59	2.0
Fi Fish, salmon, coho, wild, cooked, moist heat	58	1.8
Fi Fish, salmon, coho, wild, raw	57	2.3
Fi Fish, mackerel, jack, canned, drained solids with liquid	57	2.1
Fi Fish, salmon, chinook, cooked, dry heat	56	1.4
Fi Fish, cisco, smoked	55	1.9
Fi Fish, salmon, coho, wild, cooked, dry heat	53	2.4
Fi Fish, sablefish, cooked, dry heat	53	1.3
Fi Fish, sablefish, smoked	53	1.3
Fi Fish, smelt, rainbow, cooked, dry heat	48	2.7
Fi Fish, salmon, coho, farmed, raw	48	2.1
Fi Fish, tuna, white, canned in water, drained solids with liquid	46	2.6
Fi Fish, tuna, white, canned in water, without salt, drained solids with liquid	46	2.6
Fi Fish, salmon, coho, farmed, cooked, dry heat	46	1.9
Fi Jellyfish, dried, salted	45	9.3
Fi Mollusks, oyster, eastern, canned	45	4.9
Fi Fish, sardine, Pacific, canned in tomato sauce, drained solids with liquid	44	1.8
Fi Mollusks, oyster, eastern, wild, cooked, moist heat	43	3.3
Fi Mollusks, oyster, eastern, wild, raw	43	6.5
Fi Mollusks, oyster, eastern, wild, cooked, dry heat	43	4.2
Fi Fish, wolffish, Atlantic, cooked, dry heat	43	2.7
Fi Fish, trout, rainbow, wild, cooked, dry heat	41	2.2
Fi Fish, salmon, sockeye, canned, without salt, drained solids with liquid	40	2.2
Fi Fish, swordfish, cooked, dry heat	40	1.9
Fi Crustaceans, shrimp, mixed species, canned	39	3.3
Fi Fish, herring, Atlantic, pickled	38	1.3
Fi Fish, spot, cooked, dry heat	37	2.1

Fi Mollusks, squid, mixed species, raw	37	3.6
Fi Mollusks, oyster, eastern, farmed, cooked, dry heat	37	4.2
Fi Fish, trout, rainbow, farmed, cooked, dry heat	36	2.0
Fi Fish, trout, rainbow, farmed, raw	36	2.4
Fi Fish, halibut, greenland, cooked, dry heat	36	1.4
Fi Fish, salmon, sockeye, cooked, dry heat	35	2.0
Fi Fish, salmon, sockeye, raw	35	2.3
Fi Fish, trout, mixed species, raw	35	2.3
Fi Fish, trout, mixed species, cooked, dry heat	35	1.8
Fi Fish, sucker, white, cooked, dry heat	34	2.8
Fi Fish, bass, freshwater, mixed species, cooked, dry heat	33	2.3
Fi Mollusks, mussel, blue, raw	32	3.9
Fi Fish, pollock, walleye, cooked, dry heat	32	3.0
Fi Fish, salmon, pink, cooked, dry heat	30	2.2
Fi Crustaceans, crab, alaska king, cooked, moist heat	29	3.4
Fi Mollusks, mussel, blue, cooked, moist heat	28	1.9
Fi Fish, surimi	28	3.4
Fi Fish, salmon, Atlantic, farmed, cooked, dry heat	28	1.6
Fi Fish, salmon, chinook, smoked	27	2.8
Fi Crustaceans, crab, queen, cooked, moist heat	27	2.9
Fi Fish, flatfish (flounder and sole species), cooked, dry heat	26	3.9
Fi Fish, rockfish, Pacific, mixed species, cooked, dry heat	23	3.1
Fi Fish, sturgeon, mixed species, cooked, dry heat	20	2.5
Fi Fish, sardine, Atlantic, canned in oil, drained solids	19	1.6
Fi Fish, perch, mixed species, cooked, dry heat	18	2.8
Fi Fish, grouper, mixed species, raw	17	3.6
Fi Fish, seatrout, mixed species, cooked, dry heat	17	2.5
Fi Crustaceans, spiny lobster, mixed species, cooked, dry heat	16	2.3
Fi Fish, tuna, light, canned in water, drained solids	15	2.9
Fi Fish, halibut, Atlantic and Pacific, cooked, dry heat	15	3.0
Fi Fish, tuna, light, canned in water, without salt, drained solids	15	2.9
Fi Mollusks, clam, mixed species, cooked, moist heat	15	2.3
Fi Fish, haddock, smoked	15	2.9
Fi Fish, carp, cooked, dry heat	14	2.1
Fi Mollusks, squid, mixed species, cooked, fried	14	1.9
Fi Crustaceans, lobster, northern, cooked, moist heat	14	3.7
Fi Fish, whitefish, mixed species, smoked	13	3.1
Fi Fish, cod, Pacific, cooked, dry heat	13	3.9
Fi Fish, haddock, cooked, dry heat	12	3.7
Fi Crustaceans, crab, blue, cooked, moist heat	12	4.0
Fi Crustaceans, crab, blue, canned	12	4.0
Fi Mollusks, octopus, common, cooked, moist heat	11	2.0
Fi Fish, shark, mixed species, cooked, batter-dipped and fried	11	1.5
Fi Fish, catfish, channel, wild, cooked, dry heat	10	3.2
Fi Fish, cod, Atlantic, cooked, dry heat	9	3.2
Fi Fish, cod, Atlantic, canned, solids and liquid	9	3.2
Fi Fish, cod, Atlantic, dried and salted	9	1.1
Fi Fish, dolphinfish, cooked, dry heat	9	3.1
Fi Crustaceans, crab, blue, crab cakes	9	2.1

Fi Mollusks, cuttlefish, mixed species, cooked, moist heat	9	2.1
Fi Crustaceans, crayfish, mixed species, wild, cooked, moist heat	9	4.1
Fi Mollusks, clam, mixed species, canned, drained solids	8	2.3
Fi Mollusks, clam, mixed species, raw	8	3.9
Fi Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	7	3.8
Fi Fish, sturgeon, mixed species, smoked	6	1.9
Fi Fish, eel, mixed species, cooked, dry heat	6	1.4
Fi Fish, tuna, yellowfin, fresh, cooked, dry heat	6	2.6
Fi Fish, tuna, fresh, yellowfin, raw	6	3.1
Fi Crustaceans, shrimp, mixed species, cooked, moist heat	4	2.8
Fi Mollusks, oyster, eastern, cooked, breaded and fried	3	1.7
Fi Crustaceans, crab, alaska king, imitation, made from other species	1	3.5
Fi Fish, roughy, orange, cooked, dry heat	0	3.2
Fi Mollusks, conch, baked or broiled	0	2.6
Fi Fish, mackerel, spanish, cooked, dry heat	0	2.1
Fi Mollusks, whelk, unspecified, raw	0	2.4
Fi Fish, bass, striped, cooked, dry heat	0	2.7
Fi Mollusks, whelk, unspecified, cooked, moist heat	0	1.2
Fi Fish, sunfish, pumpkin seed, cooked, dry heat	0	2.9
Fi Fish, pollock, Atlantic, cooked, dry heat	0	2.8
Fi Fish, burbot, cooked, dry heat	0	2.9
Fi Fish, pike, northern, cooked, dry heat	0	2.9
Fi Fish, pike, walleye, cooked, dry heat	0	2.8
Fi Fish, mackerel, Atlantic, cooked, dry heat	0	1.3
Fi Fish, tuna, skipjack, fresh, cooked, dry heat	0	2.5
Fi Fish, grouper, mixed species, cooked, dry heat	0	2.8
Fi Fish, tuna, fresh, skipjack, raw	0	3.2
Fi Fish, snapper, mixed species, cooked, dry heat	0	2.6
Fi Fish, sea bass, mixed species, cooked, dry heat	0	2.7
Fi Fish, tilefish, cooked, dry heat	0	2.3
Fi Fish, sheepshead, cooked, dry heat	0	2.6
Fi Fish, drum, freshwater, raw	0	2.8
Fi Fish, drum, freshwater, cooked, dry heat	0	2.2
Fi Fish, lingcod, cooked, dry heat	0	3.1
Fi Fish, tuna, fresh, bluefin, cooked, dry heat	0	1.8
Fi Fish, mackerel, king, cooked, dry heat	0	2.5
Fi Fish, mackerel, king, raw	0	3.2
Fi Fish, pout, ocean, cooked, dry heat	0	3.3
Fi Fish, bluefish, cooked, dry heat	0	2.1
Fi Fish, mullet, striped, cooked, dry heat	-1	2.2
Fi Fish, pompano, florida, cooked, dry heat	-1	1.6
Fi Fish, catfish, channel, cooked, breaded and fried	-1	1.5
Fi Fish, gefiltefish, commercial, sweet recipe	-1	4.0
Fi Fish, tuna, white, canned in oil, drained solids	-3	1.8
Fi Fish, catfish, channel, farmed, cooked, dry heat	-3	2.3
Fi Fish, croaker, Atlantic, cooked, breaded and fried	-4	1.5
Fi Fish, salmon, chinook, smoked, (lox), regular	-4	2.8
Fi Mollusks, scallop, mixed species, cooked, breaded and fried	-5	1.5
Fi Mollusks, clam, mixed species, cooked, breaded and fried	-6	1.6

Fi Mollusks, abalone, mixed species, cooked, fried	-7	1.8
Fi Fish, fish portions and sticks, frozen, preheated	-7	1.3
Fi Fish, tuna, light, canned in oil, drained solids	-9	1.7
Fi Fish, tuna, light, canned in oil, without salt, drained	-13	1.7
Fi Crustaceans, shrimp, mixed species, cooked, breaded	-18	1.4
Fi Fish, tuna salad	-18	1.8
L Beans, mungo beans, mature seeds, cooked, boiled, without salt	3	3.2
L Beans, chili, barbecue, ranch style, cooked	1	3.4
L Beans, french, mature seeds, cooked, boiled, without salt	1	2.6
L Beans, french, mature seeds, cooked, boiled, with salt	1	2.6
L Beans, pinto, mature seeds, canned	1	3.9
L Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0	2.6
L Beans, kidney, red, mature seeds, cooked, boiled, without salt	0	2.6
L Beans, kidney, red, mature seeds, cooked, boiled, with salt	0	2.6
L Beans, kidney, all types, mature seeds, cooked, boiled, with salt	0	2.6
L Beans, kidney, red, mature seeds, cooked, boiled, with salt	0	2.6
L Peanut butter with omega-3, creamy	0	0.5
L Beans, navy, mature seeds, cooked, boiled, without salt	0	2.4
L Beans, navy, mature seeds, cooked, boiled, with salt	0	2.4
L Beans, pinto, mature seeds, cooked, boiled, without salt	0	2.3
L Refried beans, canned, fat-free	0	4.2
L Beans, pinto, mature seeds, cooked, boiled, with salt	0	2.3
L Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	0	2.7
L Beans, kidney, royal red, mature seeds, cooked, boiled, with salt	0	2.7
L Beans, kidney, california red, mature seeds, cooked, boiled, without salt	0	2.7
L Beans, kidney, california red, mature seeds, cooked, boiled, with salt	0	2.7
L Beans, adzuki, mature seeds, canned, sweetened	0	1.4
L Noodles, chinese, cellophane or long rice (mung bean)	0	0.9
L Beans, adzuki, yokan, mature seeds	0	1.3
L Beans, black turtle soup, mature seeds, cooked, boiled, without salt	0	2.6
L Beans, black turtle soup, mature seeds, cooked, boiled, with salt	0	2.6
L Beans, white, mature seeds, cooked, boiled, without salt	0	2.4
L Vermicelli, made from soy	0	1.0
L Beans, white, mature seeds, canned	0	2.9
L Beans, pink, mature seeds, cooked, boiled, with salt	0	2.2
L Beans, black turtle soup, mature seeds, canned	0	3.7
L Beans, cranberry (roman), mature seeds, cooked, without salt	0	2.4
L Beans, cranberry (roman), mature seeds, cooked, with salt	0	2.4
L Beans, cranberry (roman), mature seeds, canned	0	4.0
L Beans, navy, mature seeds, canned	0	2.9
L Baked beans, canned, no salt added	0	3.2
L Beans, kidney, red, mature seeds, canned	0	4.0
L Yardlong beans, mature seeds, cooked, boiled, without salt	0	2.8
L Yardlong beans, mature seeds, cooked, boiled, with salt	0	2.8
L Yardlong beans, mature seeds, raw	0	1.0
L Beans, great northern, mature seeds, canned	0	2.9
L Beans, black, mature seeds, cooked, boiled, without salt	0	2.5
L Beans, black, mature seeds, cooked, boiled, with salt	0	2.5
L Beans, great northern, mature seeds, cooked, boiled, without salt	0	2.8

↳ Beans, great northern, mature seeds, cooked, boiled	0	2.8
↳ Beans, adzuki, mature seeds, cooked, boiled, with salt	0	2.6
↳ Beans, adzuki, mature seed, cooked, boiled, with salt	0	2.6
↳ Beans, small white, mature seeds, cooked, boiled, with salt	0	2.3
↳ Beans, small white, mature seeds, cooked, boiled, without salt	0	2.3
↳ Soy sauce made from soy and wheat (shoyu)	0	6.3
↳ Beans, yellow, mature seeds, cooked, boiled, without salt	0	2.3
↳ Beans, yellow, mature seeds, cooked, boiled, with salt	0	2.3
↳ Beans, kidney, all types, mature seeds, canned	0	4.0
↳ Beans, yellow, mature seeds, raw	0	1.0
↳ Beans, adzuki, mature seeds, raw	0	1.0
↳ Lima beans, large, mature seeds, canned	0	4.2
↳ Soy sauce made from hydrolyzed vegetable protein	0	8.3
↳ Beans, baked, canned, plain or vegetarian	0	3.5
↳ Soy protein concentrate, produced by alcohol extraction	0	1.0
↳ Soy protein concentrate, produced by acid wash	0	1.0
↳ Soy protein concentrate, crude protein basis (N x 6.25)	0	1.0
↳ Chili with beans, canned	0	3.0
↳ Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	-1	2.6
↳ Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	-1	2.6
↳ Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	-1	2.9
↳ Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	-1	2.9
↳ Soy sauce made from soy and wheat (shoyu), low sodium	-1	6.3
↳ Soy sauce made from soy (tamari)	-1	5.6
↳ Lima beans, large, mature seeds, cooked, boiled, without salt	-1	2.9
↳ Lima beans, large, mature seeds, cooked, boiled, with salt	-1	2.9
↳ Soy protein isolate, potassium type, crude protein	-1	1.0
↳ Soymilk, chocolate, nonfat, with added calcium, vitamins	-1	7.6
↳ Mothbeans, mature seeds, cooked, boiled, without salt	-1	2.8
↳ Mothbeans, mature seeds, cooked, boiled, with salt	-1	2.8
↳ Cowpeas, catjang, mature seeds, cooked, boiled, without salt	-1	2.8
↳ Cowpeas, catjang, mature seeds, cooked, boiled, with salt	-1	2.8
↳ Soy protein isolate, potassium type	-1	1.0
↳ Beans, baked, canned, with beef	-1	2.8
↳ Beans, baked, canned, with pork and tomato sauce	-1	3.5
↳ Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	-1	4.3
↳ Refried beans, canned, traditional style (includes U.S. variety)	-1	3.7
↳ Lentils, mature seeds, cooked, boiled, without salt	-1	2.9
↳ Lentils, mature seeds, cooked, boiled, with salt	-1	2.9
↳ Peas, split, mature seeds, cooked, boiled, without salt	-1	2.8
↳ Carob flour	-1	1.5
↳ Peas, split, mature seeds, cooked, boiled, with salt	-1	2.9
↳ Soymilk (all flavors), nonfat, with added calcium, vitamins	-1	11.9
↳ Mung beans, mature seeds, cooked, boiled, without salt	-1	3.2
↳ Mung beans, mature seeds, cooked, boiled, with salt	-1	3.2
↳ Broadbeans (fava beans), mature seeds, canned	-1	4.7
↳ Falafel, home-prepared	-1	1.0
↳ Soy flour, defatted	-1	1.0
↳ Broadbeans (fava beans), mature seeds, cooked, without salt	-1	3.0

↳ Broadbeans (fava beans), mature seeds, cooked, b	-1	3.0
↳ Beans, baked, canned, with pork	-1	3.1
↳ Refried beans, canned, vegetarian	-1	4.0
↳ Pigeon peas (red gram), mature seeds, cooked, bo	-2	2.8
↳ Pigeon peas (red gram), mature seeds, cooked, bo	-2	2.8
↳ GREEN GIANT, HARVEST BURGER, Original Flavor,	-2	2.2
↳ Cowpeas, common (blackeyes, crowder, southern)	-2	4.0
↳ Hyacinth beans, mature seeds, cooked, boiled, with	-2	2.8
↳ Hyacinth beans, mature seeds, cooked, boiled, with	-2	2.8
↳ Beans, baked, canned, with pork and sweet sauce	-2	3.0
↳ Soy meal, defatted, raw	-2	1.0
↳ Soy meal, defatted, raw, crude protein basis (N x 6	-2	1.0
↳ Beans, baked, home prepared	-3	2.1
↳ Beans, baked, canned, with franks	-3	2.3
↳ Soy protein isolate	-4	1.0
↳ Lupins, mature seeds, cooked, boiled, without salt	-4	2.8
↳ Chickpeas (garbanzo beans, bengal gram), mature	-4	2.8
↳ Lupins, mature seeds, cooked, boiled, with salt	-4	2.9
↳ Meat extender	-4	1.1
↳ Chickpeas (garbanzo beans, bengal gram), mature	-7	2.0
↳ Chickpeas (garbanzo beans, bengal gram), mature	-7	2.0
↳ Soymilk, chocolate and other flavors, light, with ad	-7	7.1
↳ Beans, liquid from stewed kidney beans	-7	7.1
↳ Chickpea flour (besan)	-7	0.9
↳ Tofu, okara	-7	4.3
↳ Soy flour, low-fat, crude protein basis (N x 6.25)	-8	0.9
↳ Soymilk, chocolate, unfortified	-8	5.3
↳ Soymilk, chocolate, with added calcium, vitamins A	-8	5.3
↳ Soy flour, low-fat	-8	0.9
↳ Soy flour, defatted, crude protein basis (N x 6.25)	-8	0.9
↳ Tofu yogurt	-8	3.5
↳ Winged beans, mature seeds, cooked, boiled, witho	-9	2.3
↳ Winged beans, mature seeds, cooked, boiled, with	-9	2.3
↳ Winged beans, mature seeds, raw	-9	0.8
↳ Soymilk, original and vanilla, unfortified	-9	6.2
↳ Vegetarian stew	-10	2.7
↳ Soymilk, original and vanilla, light, with added calc	-11	11.1
↳ Veggie burgers or soyburgers, unprepared	-11	1.9
↳ Hummus, home prepared	-11	1.9
↳ Miso	-12	1.7
↳ Soymilk, original and vanilla, with added calcium, v	-12	7.7
↳ Chicken, meatless, breaded, fried	-15	1.4
↳ Frankfurter, meatless	-17	1.4
↳ Chicken, meatless	-17	1.5
↳ Tempeh	-17	1.7
↳ Luncheon slices, meatless	-18	1.8
↳ Meatballs, meatless	-18	1.7
↳ Vegetarian meatloaf or patties	-18	1.7
↳ USDA Commodity, Peanut Butter, smooth	-19	0.6

↳ Soybeans, mature seeds, raw	-19	0.7
↳ Tofu, firm, prepared with calcium sulfate and magnesium sulfate	-20	4.8
↳ Soy flour, full-fat, raw, crude protein basis (N x 6.25)	-21	0.8
↳ Soybeans, mature seeds, dry roasted	-21	0.7
↳ Soy flour, full-fat, roasted	-21	0.8
↳ Soy flour, full-fat, roasted, crude protein basis (N x 6.25)	-21	0.8
↳ Peanuts, all types, cooked, boiled, with salt	-22	1.0
↳ Bacon bits, meatless	-22	0.7
↳ Soybeans, mature cooked, boiled, without salt	-22	1.9
↳ Soybeans, mature seeds, cooked, boiled, with salt	-22	1.9
↳ Natto	-22	1.6
↳ Soybean, curd cheese	-23	2.2
↳ Peanut butter, smooth, vitamin and mineral fortified	-23	0.6
↳ Frijoles rojos volteados (Refried beans, red, canned)	-23	2.3
↳ Soybeans, mature seeds, roasted, salted	-23	0.7
↳ Soybeans, mature seeds, roasted, no salt added	-23	0.7
↳ Peanut butter, smooth style, without salt	-23	0.6
↳ Peanut butter, smooth style, with salt	-24	0.6
↳ Sandwich spread, meatless	-24	2.2
↳ Peanut butter, chunky, vitamin and mineral fortified	-24	0.6
↳ Peanut spread, reduced sugar	-25	0.5
↳ Peanut butter, chunk style, with salt	-25	0.6
↳ Peanut butter, chunk style, without salt	-25	0.6
↳ Fish sticks, meatless	-25	1.1
↳ Vegetarian fillets	-25	1.1
↳ Peanuts, virginia, oil-roasted, with salt	-25	0.6
↳ Peanuts, virginia, oil-roasted, without salt	-25	0.6
↳ Peanuts, virginia, oil-roasted, without salt	-25	0.6
↳ Peanuts, all types, oil-roasted, with salt	-26	0.6
↳ Tofu, raw, firm, prepared with calcium sulfate	-26	2.3
↳ Peanut butter, reduced sodium	-26	0.6
↳ Tofu, soft, prepared with calcium sulfate and magnesium sulfate	-26	5.5
↳ Peanuts, virginia, raw	-26	0.6
↳ Peanuts, virginia, raw	-26	0.6
↳ Peanuts, all types, oil-roasted, without salt	-27	0.6
↳ Peanuts, all types, dry-roasted, with salt	-27	0.6
↳ Peanuts, all types, dry-roasted, without salt	-27	0.6
↳ Tofu, raw, regular, prepared with calcium sulfate	-27	4.4
↳ Tofu, dried-frozen (koyadofu)	-27	0.7
↳ Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	-28	0.7
↳ Sausage, meatless	-28	1.3
↳ Peanuts, spanish, oil-roasted, with salt	-29	0.6
↳ Peanuts, spanish, oil-roasted, without salt	-29	0.6
↳ Tofu, hard, prepared with nigari	-29	2.3
↳ Tofu, salted and fermented (fuyu)	-30	2.9
↳ Tofu, salted and fermented (fuyu), prepared with calcium sulfate	-30	2.9
↳ Peanuts, valencia, oil-roasted, with salt	-30	0.6
↳ Peanuts, valencia, oil-roasted, without salt	-30	0.6
↳ Tofu, fried	-32	1.2

L☒ Tofu, fried, prepared with calcium sulfate	-32	1.2
L☒ Bacon, meatless	-39	1.1
L☒ Game meat, horse, cooked, roasted	1	1.9
L☒ Lamb, variety meats and by-products, tongue, cooked	0	1.2
L☒ Lamb, variety meats and by-products, pancreas, cooked	0	1.4
L☒ Game meat, elk, tenderloin, separable lean only, cooked	0	2.1
L☒ Lamb, New Zealand, imported, frozen, composite cuts	0	0.6
L☒ Game meat, elk, loin, separable lean only, cooked, roasted	0	2.0
L☒ Game meat, beefalo, composite of cuts, cooked, roasted	0	1.8
L☒ Lamb, New Zealand, imported, frozen, foreshank, separable lean only	-1	1.3
L☒ Lamb, new zealand, imported, frozen, foreshank, separable lean only	-1	1.3
L☒ Lamb, Australian, imported, fresh, foreshank, separable lean only	-1	2.0
L☒ Lamb, Australian, imported, fresh, loin, separable lean only	-1	1.7
L☒ Lamb, Australian, imported, fresh, leg, shank half, separable lean only	-1	1.8
L☒ Lamb, New Zealand, imported, frozen, foreshank, separable lean only	-1	1.8
L☒ Lamb, Australian, imported, fresh, leg, whole (separable lean only)	-1	1.8
L☒ Lamb, Australian, imported, fresh, leg, sirloin chop	-1	1.8
L☒ Lamb, Australian, imported, fresh, composite of tri-tip	-1	1.7
L☒ Lamb, Australian, imported, fresh, leg, center slice	-1	1.8
L☒ Lamb, Australian, imported, fresh, rib, separable lean only	-1	1.6
L☒ Lamb, new zealand, imported, frozen, loin, separable lean only	-1	1.1
L☒ Lamb, Australian, imported, fresh, shoulder, arm, separable lean only	-1	1.4
L☒ Lamb, new zealand, imported, frozen, leg, whole (separable lean only)	-1	1.4
L☒ Lamb, New Zealand, imported, frozen, composite cuts	-1	1.1
L☒ Lamb, New Zealand, imported, frozen, leg, whole (separable lean only)	-1	1.4
L☒ Lamb, Australian, imported, fresh, shoulder, whole	-1	1.4
L☒ Lamb, Australian, imported, fresh, loin, separable lean only	-1	1.5
L☒ Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only	-1	1.4
L☒ Lamb, new zealand, imported, frozen, rib, separable lean only	-1	1.1
L☒ Lamb, Australian, imported, fresh, leg, sirloin half, separable lean only	-1	1.5
L☒ Lamb, New Zealand, imported, frozen, leg, whole (separable lean only)	-1	1.8
L☒ Lamb, Australian, imported, fresh, leg, center slice	-1	1.5
L☒ Lamb, new zealand, imported, frozen, composite of cuts	-1	1.2
L☒ Lamb, Australian, imported, fresh, leg, shank half, separable lean only	-1	1.4
L☒ Lamb, variety meats and by-products, heart, cooked	-1	1.8
L☒ Lamb, Australian, imported, fresh, leg, sirloin chop	-1	1.4
L☒ Game meat, bison, top round, separable lean only, cooked	-1	1.9
L☒ Lamb, Australian, imported, fresh, leg, whole (separable lean only)	-1	1.4
L☒ Lamb, Australian, imported, fresh, foreshank, separable lean only	-1	1.4
L☒ Lamb, Australian, imported, fresh, composite of tri-tip	-1	1.3
L☒ Lamb, New Zealand, imported, frozen, loin, separable lean only	-1	1.7
L☒ Lamb, Australian, imported, fresh, rib, separable lean only	-1	1.2
L☒ Game meat, bison, chuck, shoulder clod, separable lean only	-1	1.7
L☒ Game meat, bison, chuck, shoulder clod, separable lean only	-1	1.7
L☒ Lamb, Australian, imported, fresh, shoulder, arm, separable lean only	-1	1.1
L☒ Lamb, Australian, imported, fresh, shoulder, whole	-1	1.1
L☒ Lamb, Australian, imported, fresh, shoulder, blade, separable lean only	-1	1.1
L☒ Lamb, Australian, imported, fresh, leg, sirloin half, separable lean only	-1	1.2
L☒ Lamb, New Zealand, imported, frozen, composite cuts	-1	1.6

L& Game meat, elk, ground, cooked, pan-broiled	-1	1.7
L& Lamb, New Zealand, imported, frozen, shoulder, w	-1	0.9
L& Game meat, bison, ribeye, separable lean only, 1"	-1	1.9
L& Game meat, deer, loin, separable lean only, 1" stea	-1	2.2
L& Game meat , bison, top sirloin, separable lean only	-1	1.9
L& Lamb, new zealand, imported, frozen, shoulder, wf	-1	1.0
L& Game meat, elk, ground, raw	-1	1.9
L& Lamb, New Zealand, imported, frozen, loin, separa	-1	1.1
L& Lamb, New Zealand, imported, frozen, rib, separab	-1	1.0
L& Game meat, elk, cooked, roasted	-1	2.3
L& Game meat, deer, top round, separable lean only,	-1	2.2
L& Lamb, Australian, imported, fresh, separable fat, co	-1	0.5
L& Game meat, buffalo, water, cooked, roasted	-1	2.5
L& Lamb, variety meats and by-products, kidneys, coc	-1	2.4
L& Veal, leg (top round), separable lean only, cooked,	-1	1.6
L& Lamb, New Zealand, imported, frozen, shoulder, w	-1	1.2
L& Veal, variety meats and by-products, tongue, cook	-1	1.6
L& Game meat, deer, tenderloin, separable lean only,	-1	2.2
L& Lamb, domestic, foreshank, separable lean only, tr	-1	1.8
L& Game meat, antelope, cooked, roasted	-2	2.2
L& Veal, cubed for stew (leg and shoulder), separable	-2	1.8
L& Veal, variety meats and by-products, spleen, cooke	-2	2.6
L& Veal, shoulder, arm, separable lean only, cooked, r	-2	2.0
L& Veal, shoulder, arm, separable lean only, cooked, k	-2	1.7
L& Game meat, deer, shoulder clod, separable lean on	-2	1.7
L& Lamb, domestic, leg, shank half, separable lean on	-2	1.9
L& Veal, shank (fore and hind), separable lean only, co	-2	1.9
L& Veal, sirloin, separable lean only, cooked, roasted	-2	2.0
L& Veal, shoulder, whole (arm and blade), separable l	-2	1.7
L& Game meat, deer, cooked, roasted	-2	2.1
L& Veal, shoulder, arm, separable lean and fat, cooke	-2	1.8
L& Veal, shank (fore and hind), separable lean and fat	-2	1.7
L& Veal, shoulder, arm, separable lean and fat, cooke	-2	1.4
L& Veal, shoulder, whole (arm and blade), separable l	-2	2.0
L& Veal, sirloin, separable lean only, cooked, braised	-2	1.6
L& Lamb, domestic, cubed for stew or kabob (leg and	-2	1.8
L& Lamb, domestic, leg, sirloin half, separable lean on	-2	1.6
L& Veal, shoulder, blade, separable lean only, cooked,	-2	1.9
L& Lamb, domestic, composite of trimmed retail cuts,	-2	1.6
L& Lamb, domestic, leg, shank half, separable lean an	-2	1.5
L& Lamb, domestic, leg, shank half, separable lean an	-2	1.5
L& Lamb, domestic, foreshank, separable lean and fat	-2	1.4
L& Veal, shoulder, whole (arm and blade), separable l	-2	1.8
L& Lamb, domestic, leg, shank half, separable lean an	-2	1.5
L& Lamb, domestic, shoulder, arm, separable lean onl	-2	1.7
L& Veal, shoulder, blade, separable lean and fat, cook	-2	1.8
L& Game meat, rabbit, wild, cooked, stewed	-2	1.9
L& Veal, sirloin, separable lean and fat, cooked, braise	-2	1.3
L& Lamb, domestic, shoulder, arm, separable lean onl	-2	1.7

Lamb, domestic, shoulder, arm, separable lean only	-2	1.2
Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	-2	1.4
Lamb, domestic, loin, separable lean only, trimmed	-2	1.6
Lamb, domestic, shoulder, blade, separable lean only, trimmed	-3	1.6
Lamb, New Zealand, imported, frozen, rib, separable lean only, trimmed	-3	1.7
Veal, breast, whole, boneless, separable lean only, trimmed	-3	1.5
Veal, rib, separable lean only, cooked, roasted	-3	1.9
Lamb, domestic, rib, separable lean only, trimmed	-3	1.4
Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, cooked, roasted	-3	1.2
Lamb, domestic, shoulder, whole (arm and blade), trimmed	-3	1.2
Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed	-3	1.2
Lamb, domestic, loin, separable lean and fat, trimmed	-3	1.1
Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed	-3	1.1
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed	-3	1.0
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed	-3	1.2
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed	-3	1.0
Lamb, domestic, shoulder, blade, separable lean only, trimmed	-3	1.6
Lamb, domestic, shoulder, whole (arm and blade), trimmed	-3	1.2
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed	-3	1.2
Lamb, domestic, shoulder, blade, separable lean and fat, trimmed	-3	1.2
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed	-3	1.2
Veal, rib, separable lean and fat, cooked, roasted	-3	1.5
Lamb, domestic, shoulder, blade, separable lean only, trimmed	-3	1.2
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed	-3	1.2
Veal, variety meats and by-products, kidneys, cooked, roasted	-3	2.0
Lamb, domestic, loin, separable lean and fat, trimmed	-3	1.1
Lamb, domestic, loin, separable lean and fat, trimmed	-3	1.1
Lamb, domestic, shoulder, whole (arm and blade), trimmed	-3	1.2
Lamb, domestic, shoulder, whole (arm and blade), trimmed	-3	1.0
Lamb, domestic, shoulder, whole (arm and blade), trimmed	-3	1.0
Lamb, domestic, shoulder, whole (arm and blade), trimmed	-3	1.2
Lamb, domestic, shoulder, whole (arm and blade), trimmed	-3	1.2
Lamb, domestic, shoulder, blade, separable lean and fat, trimmed	-3	1.0
Veal, breast, point half, boneless, separable lean and fat, trimmed	-3	1.3
Lamb, domestic, shoulder, blade, separable lean and fat, trimmed	-3	1.2
Lamb, domestic, shoulder, blade, separable lean and fat, trimmed	-3	1.0
Lamb, domestic, shoulder, blade, separable lean and fat, trimmed	-3	1.2
Bison, ground, grass-fed, cooked	-3	1.9
Lamb, domestic, rib, separable lean and fat, trimmed	-3	1.0
Veal, composite of trimmed retail cuts, separable lean and fat, cooked, roasted	-3	0.5
Lamb, domestic, rib, separable lean and fat, trimmed	-3	0.9
Veal, breast, whole, boneless, separable lean and fat, trimmed	-3	1.3
Lamb, domestic, rib, separable lean and fat, trimmed	-3	1.0
Veal, breast, plate half, boneless, separable lean and fat, trimmed	-3	1.2
Lamb, domestic, foreshank, separable lean and fat, trimmed	-4	1.4
Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	-4	1.7
Game meat, beaver, cooked, roasted	-4	1.6
Game meat, deer, ground, cooked, pan-broiled	-4	1.8
Veal, leg (top round), separable lean and fat, cooked, roasted	-4	2.1

L& Veal, leg (top round), separable lean only, cooked,	-4	2.2
L& Lamb, domestic, loin, separable lean only, trimmed	-4	1.5
L& Veal, leg (top round), separable lean and fat, cooked	-4	1.6
L& Game meat, bison, separable lean only, cooked, roasted	-4	2.3
L& Lamb, domestic, leg, whole (shank and sirloin), separated	-4	1.3
L& Game meat, bison, ground, cooked, pan-broiled	-4	1.4
L& Veal, leg (top round), separable lean and fat, cooked	-4	1.6
L& Lamb, domestic, loin, separable lean and fat, trimmed	-4	1.1
L& Lamb, domestic, composite of trimmed retail cuts, separated	-5	1.1
L& Lamb, ground, cooked, broiled	-5	1.2
L& Game meat, rabbit, domesticated, composite of cuts	-5	1.6
L& Lamb, domestic, cubed for stew or kabob (leg and	-5	1.5
L& Game meat, rabbit, domesticated, composite of cuts	-5	1.7
L& Game meat, goat, cooked, roasted	-5	2.3
L& Veal, leg (top round), separable lean only, cooked,	-5	1.8
L& Veal, breast, separable fat, cooked	-5	0.6
L& Lamb, domestic, composite of trimmed retail cuts, separated	-5	0.6
L& Lamb, domestic, loin, separable lean and fat, trimmed	-5	1.1
L& Lamb, domestic, shoulder, blade, separable lean and	-5	1.2
L& Veal, sirloin, separable lean and fat, cooked, roasted	-5	1.6
L& Veal, shoulder, whole (arm and blade), separable lean	-5	1.5
L& Lamb, domestic, shoulder, whole (arm and blade),	-5	1.2
L& Veal, shoulder, blade, separable lean and fat, cooked	-5	1.5
L& Lamb, domestic, shoulder, whole (arm and blade),	-5	1.6
L& Game meat, caribou, cooked, roasted	-5	2.0
L& Veal, composite of trimmed retail cuts, separable lean	-5	1.4
L& Lamb, domestic, rib, separable lean and fat, trimmed	-6	0.9
L& Lamb, domestic, shoulder, whole (arm and blade),	-6	1.6
L& Veal, loin, separable lean and fat, cooked, roasted	-6	1.5
L& Veal, ground, cooked, broiled	-6	1.9
L& Game meat, moose, cooked, roasted	-6	2.5
L& Veal, shoulder, blade, separable lean only, cooked,	-6	1.7
L& Veal, loin, separable lean and fat, cooked, braised	-6	1.2
L& Veal, variety meats and by-products, heart, cooked	-6	1.8
L& Veal, leg (top round), separable lean and fat, cooked	-7	1.4
L& Veal, loin, separable lean only, cooked, roasted	-7	1.9
L& Lamb, domestic, rib, separable lean only, trimmed	-7	1.4
L& Veal, rib, separable lean and fat, cooked, braised	-7	1.3
L& Veal, leg (top round), separable lean only, cooked,	-7	1.5
L& Veal, loin, separable lean only, cooked, braised	-7	1.5
L& Veal, variety meats and by-products, thymus, cooked	-8	2.7
L& Game meat, boar, wild, cooked, roasted	-8	2.1
L& Veal, rib, separable lean only, cooked, braised	-8	1.5
L& Game meat, raccoon, cooked, roasted	-10	1.3
L& Game meat, squirrel, cooked, roasted	-10	1.9
L& Game meat, bear, cooked, simmered	-13	1.3
L& Game meat, opossum, cooked, roasted	-13	1.5
L& Veal, variety meats and by-products, liver, cooked,	-15	1.7
L& Veal, variety meats and by-products, liver, cooked,	-16	1.7

L: Lamb, variety meats and by-products, liver, cooked	-22	1.5
L: Lamb, variety meats and by-products, liver, cooked	-29	1.4
B: Leavening agents, yeast, baker's, compressed	0	3.2
B: Leavening agents, yeast, baker's, active dry	0	1.0
B: Cookies, coconut macaroons, prepared from recipe	0	0.8
B: Cake, angelfood, dry mix, prepared	0	1.3
B: Cake, angelfood, dry mix	0	0.9
B: Leavening agents, baking powder, low-sodium	-1	3.4
B: Crackers, rye, wafers, plain	-1	1.0
B: Cookies, butter, commercially prepared, enriched	-1	0.7
B: Cookies, butter, commercially prepared, unenriched	-1	0.7
B: Crackers, matzo, egg	-1	0.9
B: Crackers, crispbread, rye	-1	0.9
B: Cookies, fortune	-1	0.9
B: English muffins, raisin-cinnamon (includes apple-ci	-1	1.4
B: Cake, angelfood, commercially prepared	-1	1.3
B: Cookies, fudge, cake-type (includes trolley cakes)	-1	1.0
B: Croissants, butter	-1	0.8
B: Cake, pound, commercially prepared, butter	-1	0.9
B: Cake, pound, commercially prepared, fat-free	-1	1.2
B: Crackers, matzo, plain	-1	0.8
B: English muffins, raisin-cinnamon, toasted (includes	-1	1.2
B: Cake, snack cakes, cupcakes, chocolate, with frosti	-1	1.1
B: Crackers, saltines, fat-free, low-sodium	-2	0.8
B: Pancakes, whole-wheat, dry mix, incomplete	-2	1.0
B: Pancakes, special dietary, dry mix	-2	1.0
B: PILLSBURY, Traditional Fudge Brownie Mix, dry	-2	0.8
B: Bread stuffing, bread, dry mix	-2	0.9
B: Cracker meal	-2	0.9
B: Pie, chocolate mousse, prepared from mix, no-bake	-2	1.3
B: Crackers, matzo, whole-wheat	-2	0.9
B: Cookies, oatmeal, commercially prepared, fat-free	-2	1.0
B: Pie, banana cream, prepared from mix, no-bake ty	-2	1.3
B: Bagels, oat bran	-2	1.3
B: Cake, yellow, dry mix, light	-2	0.8
B: English muffins, plain, enriched, with calcium prop (inclu	-2	1.5
B: Bread, pita, white, enriched	-2	1.2
B: Bread, pita, white, unenriched	-2	1.2
B: Cheesecake prepared from mix, no-bake type	-2	1.2
B: Cake, sponge, prepared from recipe	-2	1.1
B: Cookies, brownies, dry mix, special dietary, prepar	-2	0.9
B: Pancakes, plain, dry mix, incomplete (includes butt	-2	0.9
B: Cake, sponge, commercially prepared	-2	1.2
B: Cookies, graham crackers, chocolate-coated	-2	0.7
B: Wonton wrappers (includes egg roll wrappers)	-2	1.1
B: Croissants, apple	-2	1.3
B: GEORGE WESTON BAKERIES, Brownberry Sage and	-2	0.9
B: Bread, whole-wheat, commercially prepared	-2	1.3
B: Bagels, plain, enriched, with calcium propionate (ir	-2	1.3

B:Popovers, dry mix, enriched	-2	0.9
B:Popovers, dry mix, unenriched	-2	0.9
B:Bagels, egg	-2	1.2
B:Rolls, dinner, rye	-2	1.2
B:English muffins, mixed-grain (includes granola)	-2	1.4
B:English muffins, mixed-grain, toasted (includes gra	-2	1.3
B:Crackers, melba toast, wheat	-2	0.9
B:Bagels, cinnamon-raisin, toasted	-2	1.1
B:Bagels, cinnamon-raisin	-2	1.2
B:Bread, raisin, enriched	-2	1.2
B:Bread, raisin, unenriched	-2	1.2
B:Bread, raisin, toasted, enriched	-2	1.1
B:Bread, wheat germ	-2	1.3
B:Bread, wheat germ, toasted	-2	1.1
B:Crackers, matzo, egg and onion	-2	0.9
B:Bread, whole-wheat, commercially prepared, toast	-2	1.1
B:Bagels, plain, enriched, without calcium propionate	-2	1.2
B:Bagels, plain, unenriched, with calcium propionate	-2	1.2
B:Bagels, plain, unenriched, without calcium propiona	-2	1.2
B:Bread, french or vienna, toasted (includes sourdough)	-2	1.0
B:Biscuits, plain or buttermilk, refrigerated dough, lo	-2	1.1
B:Bread, wheat bran	-2	1.3
B:Biscuits, plain or buttermilk, refrigerated dough, lo	-2	1.3
B:Biscuits, plain or buttermilk, refrigerated dough, lo	-2	1.3
B:Bread, cracked-wheat	-2	1.3
B:Biscuits, plain or buttermilk, refrigerated dough, hi	-2	1.0
B:Biscuits, plain or buttermilk, refrigerated dough, hi	-2	0.9
B:Bread, boston brown, canned	-2	1.7
B:Bread, french or vienna (includes sourdough)	-2	1.2
B:Bread, reduced-calorie, white	-2	1.6
B:Bagels, plain, toasted, enriched, with calcium propi	-3	1.2
B:Bread stuffing, cornbread, dry mix	-3	0.9
B:Bread, white, commercially prepared, low sodium r	-3	1.2
B:Bread, white, commercially prepared, toasted, low	-3	1.1
B:Toaster pastries, fruit (includes apple, blueberry, cl	-3	0.9
B:Bread, rye, toasted	-3	1.2
B:Bread, rye	-3	1.3
B:Cake, white, dry mix, pudding-type, enriched	-3	0.8
B:Pancakes, buckwheat, dry mix, incomplete	-3	1.0
B:Rolls, french	-3	1.2
B:Cake, yellow, dry mix, pudding-type	-3	0.8
B:English muffins, plain, toasted, enriched, with calci	-3	1.2
B:Phyllo dough	-3	1.1
B:Toaster pastries, fruit, toasted (include apple, blue	-3	0.8
B:Croutons, plain	-3	0.8
B:Crackers, cream, LA MODERNA RIKIS CREAM CRACK	-3	0.8
B:MISSION FOODS, MISSION Flour Tortillas, Soft Tac	-3	1.2
B:Toaster Pastries, fruit, frosted (include apples, blue	-3	0.9
B:Crackers, melba toast, rye (includes pumpernickel)	-3	0.9

B: Crackers, melba toast, plain	-3	0.9
B: Crackers, melba toast, plain, without salt	-3	0.9
B: Tortillas, ready-to-bake or -fry, flour, without adde	-3	1.0
B: Cookies, gingersnaps	-3	0.8
B: Biscuits, mixed grain, refrigerated dough	-3	1.3
B: Pie Crust, Cookie-type, Graham Cracker, Ready Cru	-3	0.7
B: Ice cream cones, sugar, rolled-type	-3	0.8
B: English muffins, plain, enriched, without calcium pr	-3	1.4
B: English muffins, plain, unenriched, with calcium pro	-3	1.4
B: English muffins, plain, unenriched, without calcium	-3	1.4
B: KEEBLER, KEEBLER GOLDEN Vanilla Wafers, Artifici	-3	0.7
B: Pie, coconut cream, prepared from mix, no-bake ty	-3	1.2
B: Bread, pan dulce, sweet yeast bread	-3	0.9
B: GEORGE WESTON BAKERIES, Thomas English Muff	-3	1.4
B: Bread, reduced-calorie, rye	-3	1.6
B: Rolls, dinner, egg	-3	1.1
B: English muffins, wheat, toasted	-3	1.4
B: Muffins, blueberry, dry mix	-3	0.9
B: English muffins, wheat	-3	1.5
B: Crackers, snack, GOYA CRACKERS	-3	0.8
B: Rolls, hamburger or hotdog, reduced-calorie	-3	1.7
B: Muffins, corn, dry mix, prepared	-3	1.0
B: Bread, cornbread, dry mix, prepared	-3	1.1
B: Rolls, pumpernickel	-3	1.2
B: Crackers, saltines, unsalted tops (includes oyster, s	-3	0.8
B: Bread, egg, toasted	-4	1.1
B: Doughnuts, cake-type, plain, chocolate-coated or f	-4	0.7
B: Cookies, molasses	-4	0.8
B: Danish pastry, fruit, unenriched (includes apple, ci	-4	0.9
B: Danish pastry, lemon, unenriched	-4	0.9
B: Danish pastry, raspberry, unenriched	-4	0.9
B: Cookies, ladyfingers, without lemon juice and rind	-4	0.9
B: Cake, gingerbread, dry mix	-4	0.8
B: Bread, protein, toasted (includes gluten)	-4	1.2
B: Bread, cornbread, dry mix, enriched (includes corn	-4	0.8
B: Bread, cornbread, dry mix, unenriched (includes co	-4	0.8
B: Rolls, dinner, wheat	-4	1.2
B: Bread, protein (includes gluten)	-4	1.4
B: Bread, pita, whole-wheat	-4	1.3
B: Artificial Blueberry Muffin Mix, dry	-4	0.8
B: Pancakes, plain, dry mix, complete, prepared	-4	1.7
B: Cake, snack cakes, creme-filled, chocolate with fro	-4	0.8
B: Pancakes, plain, dry mix, complete (includes butter	-4	0.9
B: Cheesecake commercially prepared	-4	1.0
B: Cake, boston cream pie, commercially prepared	-4	1.3
B: English muffins, whole-wheat, toasted	-4	1.5
B: English muffins, whole-wheat	-4	1.6
B: Cookies, animal crackers (includes arrowroot, tea k	-4	0.7
B: Waffle, buttermilk, frozen, ready-to-heat, toasted	-4	1.1

B: Rolls, hamburger or hotdog, mixed-grain	-4	1.3
B: Pie, coconut custard, commercially prepared	-4	1.3
B: Cookies, raisin, soft-type	-4	0.8
B: Coffeecake, creme-filled with chocolate frosting	-4	1.0
B: Toaster pastries, brown-sugar-cinnamon	-4	0.8
B: Toaster pastries, brown-sugar-cinnamon	-4	0.8
B: Pie Crust, Cookie-type, Chocolate, Ready Crust	-4	0.7
B: Cake, german chocolate, dry mix, pudding-type	-4	0.8
B: Bread, white, prepared from recipe, made with nonfat	-4	1.2
B: Bread, white, commercially prepared (includes soft	-4	1.3
B: Crackers, cheese, low sodium	-4	0.7
B: Pancakes, plain, frozen, ready-to-heat, microwave	-4	1.4
B: NABISCO, NABISCO OREO CRUNCHIES, Cookie Cru	-4	0.7
B: Cookies, marshmallow, chocolate-coated (includes	-4	0.8
B: Bread, egg	-4	1.2
B: Bread, pumpernickel, toasted	-4	1.2
B: Bread, pumpernickel	-4	1.3
B: Biscuits, plain or buttermilk, dry mix	-4	0.8
B: Cookies, chocolate chip, refrigerated dough, baked	-4	0.7
B: Muffin, blueberry, commercially prepared, low-fat	-4	1.3
B: Coffeecake, fruit	-4	1.1
B: KEEBLER, KEEBLER Chocolate Graham SELECTS	-4	0.7
B: Cake, snack cakes, creme-filled, sponge	-4	0.9
B: Bread crumbs, dry, grated, plain	-4	0.8
B: Croissants, cheese	-4	0.8
B: Muffins, wheat bran, dry mix	-4	0.8
B: Sweet rolls, cinnamon, refrigerated dough with fro	-4	0.9
B: Sweet rolls, cinnamon, refrigerated dough with fro	-4	1.0
B: Cookies, chocolate chip, refrigerated dough	-4	0.8
B: Bread, wheat	-4	1.3
B: Bread, reduced-calorie, wheat	-4	1.7
B: Crackers, cheese, regular	-4	0.7
B: Bread, italian	-4	1.2
B: Coffeecake, cheese	-4	1.0
B: Cookies, chocolate chip, commercially prepared, re	-4	0.7
B: Bread, wheat, toasted	-4	1.1
B: Pancakes plain, frozen, ready-to-heat (includes but	-4	1.5
B: Croutons, seasoned	-4	0.7
B: Cake, chocolate, commercially prepared with chocc	-5	0.9
B: Crackers, cheese, sandwich-type with cheese filling	-5	0.7
B: Cookies, vanilla wafers, higher fat	-5	0.7
B: Bread, irish soda, prepared from recipe	-5	1.1
B: Pie, coconut creme, commercially prepared	-5	1.1
B: Tortillas, ready-to-bake or -fry, flour	-5	1.1
B: Waffle, buttermilk, frozen, ready-to-heat, microwa	-5	1.2
B: Cookies, chocolate chip, dry mix	-5	0.7
B: Crackers, standard snack-type, sandwich, with che	-5	0.7
B: Tortillas, ready-to-bake or -fry, corn, without add	-5	1.5
B: Cookies, chocolate sandwich, with extra creme fillir	-5	0.7

B: Cookies, brownies, commercially prepared	-5	0.8
B: Cookies, chocolate chip, commercially prepared, regular	-5	0.7
B: Bread crumbs, dry, grated, seasoned	-5	0.9
B: Crackers, cream, GAMESA SABROSAS	-5	0.7
B: Cookies, oatmeal, commercially prepared, soft-type	-5	0.8
B: Waffles, buttermilk, frozen, ready-to-heat	-5	1.2
B: Crackers, rusk toast	-5	0.8
B: Cookies, sugar wafers with creme filling, regular	-5	0.7
B: Waffles, plain, frozen, ready -to-heat, toasted	-5	1.1
B: Waffle, plain, frozen, ready-to-heat, microwave	-5	1.1
B: Doughnuts, french crullers, glazed	-5	0.8
B: Cookies, sugar, commercially prepared, regular (in	-5	0.7
B: Waffles, plain, frozen, ready-to-heat	-5	1.2
B: Cookies, chocolate chip, commercially prepared, so	-5	0.7
B: Sweet rolls, cheese	-5	0.9
B: Cookies, oatmeal, commercially prepared, regular	-5	0.7
B: Cookies, ladyfingers, with lemon juice and rind	-5	0.9
B: Cake, pound, commercially prepared, other than al	-5	0.9
B: Rolls, hard (includes kaiser)	-5	1.1
B: Cake, yellow, commercially prepared, with chocola	-5	0.9
B: Cake, white, dry mix, pudding-type, unenriched	-5	0.8
B: Crackers, rye, sandwich-type with cheese filling	-5	0.7
B: Cake, white, prepared from recipe with coconut fro	-5	0.9
B: Crackers, wheat, low salt	-5	0.7
B: Doughnuts, cake-type, chocolate, sugared or glaze	-5	0.8
B: Doughnuts, cake-type, plain (includes unsugared, c	-5	0.8
B: Cookies, sugar, refrigerated dough	-5	0.8
B: Cake, pound, commercially prepared, other than al	-5	0.9
B: Cookies, oatmeal, dry mix	-5	0.7
B: Cookies, sugar, refrigerated dough, baked	-5	0.7
B: Bread, Multi-Grain (includes whole-grain)	-6	1.3
B: Bread, Multi-Grain, toasted (includes whole-grain)	-6	1.2
B: Cookies, oatmeal, refrigerated dough	-6	0.8
B: Rolls, hamburger or hotdog, plain	-6	1.2
B: Bread, oatmeal	-6	1.2
B: Bread, oatmeal, toasted	-6	1.1
B: Bread, white, commercially prepared, toasted	-6	1.1
B: Cookies, chocolate sandwich, with creme filling, reg	-6	0.7
B: Cookies, oatmeal, refrigerated dough, baked	-6	0.7
B: French toast, frozen, ready-to-heat	-6	1.6
B: Danish pastry, fruit, enriched (includes apple, cinn	-6	0.9
B: Cookies, shortbread, commercially prepared, plain	-6	0.7
B: Cookies, chocolate chip, prepared from recipe, mac	-6	0.7
B: Rolls, dinner, oat bran	-6	1.4
B: Bread, reduced-calorie, oatmeal	-6	1.6
B: Rolls, dinner, plain, prepared from recipe, made wi	-6	1.1
B: Doughnuts, yeast-leavened, glazed, enriched (inclu	-6	0.8
B: Cookies, chocolate sandwich, with creme filling, reg	-6	0.7
B: Doughnuts, cake-type, plain, sugared or glazed	-6	0.8

B: Tortillas, ready-to-bake or -fry, corn	-6	1.5
B: Pie crust, standard-type, frozen, ready-to-bake, en	-6	0.7
B: Danish pastry, cheese	-6	0.9
B: Bread, oat bran	-6	1.4
B: Bread, oat bran, toasted	-6	1.3
B: Bread, rice bran	-6	1.4
B: Bread, rice bran, toasted	-6	1.3
B: Pie, pumpkin, commercially prepared	-6	1.4
B: INTERSTATE BRANDS CORP, WONDER Hamburger	-6	1.2
B: Pie crust, refrigerated, regular, unbaked	-6	0.7
B: Coffeecake, cinnamon with crumb topping, dry mix	-6	0.8
B: Pie crust, refrigerated, regular, baked	-6	0.7
B: Doughnuts, yeast-leavened, with jelly filling	-6	1.0
B: Pie, Dutch Apple, Commercially Prepared	-6	1.1
B: Cake, chocolate, dry mix, pudding-type	-6	0.8
B: Doughnuts, yeast-leavened, glazed, unenriched (in	-7	0.8
B: Pie crust, standard-type, frozen, ready-to-bake, en	-7	0.7
B: Danish pastry, cinnamon, enriched	-7	0.8
B: Danish pastry, cinnamon, unenriched	-7	0.8
B: Crackers, whole-wheat, reduced fat	-7	0.8
B: Rolls, dinner, plain, commercially prepared (include	-7	1.1
B: Rolls, dinner, plain, commercially prepared (include	-7	1.1
B: Pastry, Pastelitos de Guava (guava pastries)	-7	0.9
B: Coffeecake, cinnamon with crumb topping, comme	-7	0.8
B: Cake, chocolate, prepared from recipe without fros	-7	0.9
B: Pie, cherry, commercially prepared	-7	1.3
B: Cookies, shortbread, commercially prepared, pecar	-7	0.6
B: Pie crust, deep dish, frozen, baked, made with enri	-7	0.6
B: Pie crust, standard-type, dry mix	-7	0.6
B: Cake, white, dry mix, special dietary (includes leme	-7	0.8
B: Cookies, fig bars	-7	1.0
B: Pie crust, standard-type, dry mix, prepared, baked	-7	0.7
B: Pie crust, deep dish, frozen, unbaked, made with e	-7	0.7
B: Coffeecake, cinnamon with crumb topping, comme	-7	0.8
B: Coffeecake, cinnamon with crumb topping, comme	-7	0.8
B: Ice cream cones, cake or wafer-type	-7	0.8
B: Pie, chocolate creme, commercially prepared	-7	1.1
B: Cake, cherry fudge with chocolate frosting	-7	1.3
B: Rolls, dinner, whole-wheat	-7	1.3
B: Bread, reduced-calorie, oat bran	-7	1.7
B: Bread, reduced-calorie, oat bran, toasted	-7	1.4
B: Cookies, peanut butter sandwich, regular	-7	0.7
B: Crackers, saltines (includes oyster, soda, soup)	-8	0.8
B: Crackers, saltines, low salt (includes oyster, soda, :	-8	0.8
B: Bread, white, prepared from recipe, made with low	-8	1.2
B: Bread sticks, plain	-8	0.8
B: Cake, carrot, dry mix, pudding-type	-8	0.8
B: Cake, white, prepared from recipe without frosting	-8	0.9
B: Cookies, vanilla wafers, lower fat	-8	0.8

B: Doughnuts, yeast-leavened, with creme filling	-8	0.9
B: Crackers, rye, wafers, seasoned	-8	0.9
B: Pie, pecan, commercially prepared	-8	0.8
B: Pie, pumpkin, prepared from recipe	-8	1.6
B: Cookies, graham crackers, plain or honey (includes	-8	0.8
B: Cake, marble, dry mix, pudding-type	-8	0.8
B: Puff pastry, frozen, ready-to-bake	-8	0.6
B: Cake, fruitcake, commercially prepared	-8	1.0
B: Pie, apple, commercially prepared, enriched flour	-8	1.4
B: Pie, apple, commercially prepared, unenriched flour	-8	1.4
B: Cake, white, dry mix, regular	-8	0.8
B: Bread, whole-wheat, prepared from recipe	-8	1.2
B: Bread, whole-wheat, prepared from recipe, toasted	-8	1.1
B: Cookies, chocolate wafers	-8	0.8
B: Danish pastry, nut (includes almond, raisin nut, cin	-8	0.8
B: Pie, mince, prepared from recipe	-9	1.2
B: Cake, yellow, dry mix, regular, enriched	-9	0.8
B: Cake, yellow, dry mix, regular, unenriched	-9	0.8
B: Coffeecake, cinnamon with crumb topping, dry mix	-9	1.0
B: Cookies, chocolate chip, commercially prepared, re	-9	0.7
B: Cake, yellow, prepared from recipe without frosting	-9	0.9
B: Bread, banana, prepared from recipe, made with m	-9	1.0
B: Cookies, peanut butter, commercially prepared, sof	-9	0.7
B: Cookies, peanut butter, refrigerated dough, baked	-9	0.7
B: Cake, shortcake, biscuit-type, prepared from recipe	-9	1.0
B: Bread, salvadoran sweet cheese (quesadilla salvad	-9	0.9
B: Cookies, brownies, dry mix, special dietary	-9	0.8
B: Cake, pineapple upside-down, prepared from recipe	-9	1.0
B: Waffles, chocolate chip, frozen, ready-to-heat	-9	1.2
B: Pancakes, whole-wheat, dry mix, incomplete, prepa	-9	1.6
B: Crackers, standard snack-type, sandwich, with pea	-9	0.7
B: Muffins, corn, commercially prepared	-9	1.1
B: Cookies, sugar, commercially prepared, special die	-9	0.8
B: Bread, cornbread, prepared from recipe, made with	-10	1.3
B: Cookies, chocolate chip, commercially prepared, sp	-10	0.7
B: Cookies, peanut butter, refrigerated dough	-10	0.7
B: Cake, chocolate, dry mix, regular	-10	0.8
B: Crackers, cheese, sandwich-type with peanut butte	-10	0.7
B: Biscuits, plain or buttermilk, prepared from recipe	-10	0.9
B: Pie, cherry, prepared from recipe	-11	1.2
B: Cake, gingerbread, prepared from recipe	-11	0.9
B: Pie, lemon meringue, prepared from recipe	-11	1.2
B: Cookies, oatmeal, prepared from recipe, with raisin	-11	0.8
B: Pancakes, plain, dry mix, incomplete, prepared	-11	1.5
B: Crackers, milk	-11	0.7
B: French toast, prepared from recipe, made with low	-11	1.5
B: Pie, banana cream, prepared from recipe	-11	1.2
B: Pie, blueberry, prepared from recipe	-11	1.4
B: Cookies, brownies, dry mix, regular	-11	0.8

B:Pie, apple, prepared from recipe	-11	1.3
B:Pie, vanilla cream, prepared from recipe	-11	1.2
B:Cookies, peanut butter, commercially prepared, regular	-11	0.7
B:Biscuits, plain or buttermilk, dry mix, prepared	-11	1.0
B:Cookies, oatmeal, prepared from recipe, without raisins	-12	0.7
B:Cake, yellow, commercially prepared, with vanilla frosting	-12	0.9
B:Muffins, oat bran	-12	1.2
B:Crackers, wheat, reduced fat	-12	0.8
B:Crackers, whole-wheat	-12	0.8
B:Muffins, wheat bran, toaster-type with raisins, toasted	-12	1.1
B:Pie, lemon meringue, commercially prepared	-12	1.2
B:Muffins, wheat bran, toaster-type with raisins	-13	1.1
B:Pie crust, cookie-type, prepared from recipe, graham cracker	-13	0.7
B:Pie crust, cookie-type, prepared from recipe, graham cracker	-13	0.7
B:Pie, pecan, prepared from recipe	-13	0.8
B:Muffins, blueberry, toaster-type, toasted	-13	1.0
B:Cookies, oatmeal, commercially prepared, special diet	-13	0.7
B:Pie, blueberry, commercially prepared	-13	1.4
B:Muffins, blueberry, toaster-type	-13	1.1
B:Crackers, whole-wheat, low salt	-13	0.8
B:Pie, fried pies, fruit	-13	1.1
B:Pie, fried pies, cherry	-13	1.1
B:Pie, fried pies, lemon	-13	1.1
B:Bread stuffing, bread, dry mix, prepared	-13	1.9
B:Cookies, vanilla sandwich with creme filling	-13	0.7
B:Bread stuffing, cornbread, dry mix, prepared	-14	1.9
B:Cookies, chocolate chip, prepared from recipe, macadamia nuts	-14	0.7
B:Pie crust, cookie-type, prepared from recipe, chocolate	-14	0.7
B:Muffins, corn, toaster-type	-14	1.0
B:Cookies, sugar, prepared from recipe, made with margarine	-14	0.7
B:Eclairs, custard-filled with chocolate glaze, prepared	-14	1.3
B:Pie, peach	-14	1.5
B:Biscuits, plain or buttermilk, commercially baked	-15	0.9
B:Muffins, blueberry, prepared from recipe, made with low fat	-15	1.2
B:Pancakes, blueberry, prepared from recipe	-15	1.5
B:Cookies, chocolate sandwich, with creme filling, special diet	-15	0.7
B:Cookies, chocolate sandwich, with creme filling, special diet	-15	0.7
B:Cookies, peanut butter, prepared from recipe	-15	0.7
B:Muffins, plain, prepared from recipe, made with low fat	-15	1.1
B:Taco shells, baked	-15	0.7
B:Crackers, wheat, regular	-15	0.7
B:Pie crust, standard-type, prepared from recipe, baked	-15	0.6
B:Pie crust, standard-type, prepared from recipe, unbaked	-15	0.7
B:Muffins, corn, prepared from recipe, made with low fat	-15	1.1
B:Cream puffs, prepared from recipe, shell, with custard	-15	1.3
B:Pancakes, plain, prepared from recipe	-15	1.5
B:Pancakes, buttermilk, prepared from recipe	-16	1.5
B:Pie, egg custard, commercially prepared	-16	1.6
B:Taco shells, baked, without added salt	-16	0.7

B: Crackers, wheat, sandwich, with cheese filling	-16	0.7
B: Crackers, wheat, sandwich, with peanut butter filling	-16	0.7
B: Crackers, standard snack-type, regular, low salt	-16	0.7
B: Cookies, brownies, prepared from recipe	-16	0.7
B: Cookies, sugar wafers with creme filling, special dietary	-17	0.7
B: Tostada shells, corn	-17	0.7
B: Hush puppies, prepared from recipe	-17	1.0
B: NABISCO, NABISCO RITZ Crackers	-17	0.7
B: Doughnuts, cake-type, wheat, sugared or glazed	-17	0.9
B: Strudel, apple	-17	1.2
B: Sweet rolls, cinnamon, commercially prepared with filling	-18	0.9
B: Bread, pound cake type, pan de torta salvadoran	-18	0.9
B: Waffles, plain, prepared from recipe	-18	1.1
B: Pie crust, cookie-type, prepared from recipe, vanilla	-18	0.6
B: Muffins, blueberry, commercially prepared (Includes filling)	-18	0.8
B: Cream puffs, prepared from recipe, shell (includes filling)	-19	0.9
B: Cookies, peanut butter sandwich, special dietary	-20	0.6
B: Pie crust, standard-type, frozen, ready-to-bake, unshaped	-21	0.7
B: Crackers, standard snack-type, regular	-21	0.7
B: Puff pastry, frozen, ready-to-bake, baked	-31	0.6
S: Pie fillings, canned, cherry	0	2.9
S: Jellies	0	1.3
S: Puddings, vanilla, dry mix, instant	0	0.9
S: Puddings, tapioca, ready-to-eat, fat free	0	3.5
S: Jellies, reduced sugar, home preserved	0	1.9
S: Toppings, strawberry	0	1.3
S: Syrups, table blends, cane and 15% maple	0	1.2
S: Syrups, maple	0	1.3
S: Syrups, table blends, pancake, with butter	0	1.1
S: Frozen yogurts, chocolate, nonfat milk, sweetened	0	3.1
S: Desserts, rennin, tablets, unsweetened	0	4.0
S: Frostings, glaze, prepared-from-recipe	0	1.0
S: Toppings, marshmallow cream	0	1.0
S: Ice creams, vanilla, light, soft-serve	0	2.6
S: Candies, marshmallows	0	1.0
S: Frozen novelties, fruit and juice bars	0	3.8
S: Milk dessert, frozen, milk-fat free, chocolate	0	2.0
S: Molasses	0	1.1
S: Pectin, unsweetened, dry mix	0	1.0
S: Syrups, table blends, pancake, with 2% maple	0	1.3
S: Jams and preserves, dietetic (with sodium saccharin)	0	2.5
S: Frozen novelties, ice type, pop	0	4.2
S: Puddings, coconut cream, dry mix, regular, prepared from recipe	0	3.2
S: Toppings, pineapple	0	1.3
S: Puddings, chocolate, dry mix, regular	0	0.9
S: Candies, taffy, prepared-from-recipe	0	0.8
S: Desserts, rennin, chocolate, dry mix	0	0.9
S: Candies, butterscotch	0	0.9
S: Puddings, coconut cream, dry mix, regular, prepared from recipe	0	2.9

S' Frozen yogurts, flavors other than chocolate	0	2.6
S' Ice creams, vanilla, light	0	1.9
S' Sugars, maple	0	0.9
S' Fruit butters, apple	0	1.9
S' Frozen yogurts, vanilla, soft-serve	0	2.1
S' Frozen yogurts, chocolate	0	2.6
S' Sherbet, orange	0	2.3
S' Puddings, chocolate flavor, low calorie, regular, dry	0	0.9
S' Chewing gum	0	0.9
S' Candies, MOUNDS Candy Bar	0	0.7
S' Puddings, chocolate flavor, low calorie, instant, dry	0	0.9
S' Ice creams, vanilla	0	1.6
S' Candies, gum drops, dietetic or low calorie (sorbitol)	0	2.1
S' Puddings, vanilla, dry mix, regular	0	0.9
S' Puddings, banana, dry mix, regular	0	0.9
S' Ice creams, regular, low carbohydrate, vanilla	0	1.5
S' Ice creams, regular, low carbohydrate, chocolate	0	1.4
S' Candies, carob, unsweetened	0	0.6
S' Candies, ROLO Caramels in Milk Chocolate	0	0.7
S' Puddings, lemon, dry mix, instant, prepared with v	0	2.9
S' Puddings, vanilla, dry mix, instant, prepared with v	0	2.9
S' Puddings, chocolate, dry mix, regular, prepared with v	0	2.8
S' Candies, MARS SNACKFOOD US, MILKY WAY Bar	0	0.7
S' Ice creams, french vanilla, soft-serve	0	1.5
S' Puddings, rice, ready-to-eat	0	2.8
S' Ice creams, chocolate	0	1.5
S' Ice creams, chocolate, light	-1	1.8
S' Frozen novelties, No Sugar Added, FUDGESICLE pc	-1	3.2
S' Puddings, tapioca, ready-to-eat	-1	2.6
S' Puddings, lemon, dry mix, instant	-1	0.9
S' Puddings, vanilla, dry mix, regular, prepared with v	-1	2.9
S' Ice creams, chocolate, rich	-1	1.3
S' Candies, TOOTSIE ROLL, chocolate-flavor roll	-1	0.9
S' Candies, caramels, chocolate-flavor roll	-1	0.8
S' Candies, fudge, chocolate, prepared-from-recipe	-1	0.8
S' Chewing gum, sugarless	-1	1.2
S' Puddings, vanilla, ready-to-eat	-1	2.6
S' Candies, MARS SNACKFOOD US, 3 MUSKETEERS B	-1	0.8
S' Puddings, chocolate, ready-to-eat	-1	2.3
S' Puddings, chocolate, dry mix, instant, prepared with v	-1	3.0
S' Candies, sweet chocolate coated fondant	-1	0.9
S' Puddings, banana, dry mix, instant	-1	0.9
S' Puddings, chocolate, dry mix, instant	-1	0.9
S' Syrups, chocolate, fudge-type	-1	1.0
S' Candies, confectioner's coating, yogurt	-1	0.6
S' Snacks, fruit leather, rolls	-1	0.9
S' Snacks, fruit leather, pieces	-1	0.9
S' Candies, NESTLE, BIT-O'-HONEY Candy Chews	-1	0.9
S' Candies, confectioner's coating, butterscotch	-1	0.6

S' Candies, MARS SNACKFOOD US, M&M's Peanut But	-1	0.6
S' Candies, MARS SNACKFOOD US, MILKY WAY Midni	-1	0.8
S' Puddings, all flavors except chocolate, low calorie,	-1	1.0
S' Candies, fudge, chocolate marshmallow, prepared-	-1	0.7
S' Ice creams, vanilla, rich	-1	1.3
S' Candies, MARS SNACKFOOD US, TWIX Caramel Co	-1	0.7
S' Candies, toffee, prepared-from-recipe	-1	0.6
S' Ice creams, vanilla, light, no sugar added	-1	2.0
S' Candies, truffles, prepared-from-recipe	-1	0.7
S' Puddings, coconut cream, dry mix, instant, prepare	-1	2.8
S' Candies, milk chocolate, with rice cereal	-1	0.7
S' Puddings, coconut cream, dry mix, instant, prepare	-1	3.1
S' Puddings, vanilla, dry mix, regular, with added oil	-1	0.9
S' Candies, milk chocolate coated raisins	-1	0.9
S' Candies, KIT KAT Wafer Bar	-1	0.6
S' Candies, WHATCHAMACALLIT Candy Bar	-1	0.7
S' Candies, semisweet chocolate, made with butter	-1	0.7
S' Candies, white chocolate	-1	0.6
S' Cocoa, dry powder, hi-fat or breakfast, plain	-2	0.7
S' Candies, MARS SNACKFOOD US, M&M's Milk Choco	-2	0.7
S' Egg custards, dry mix	-2	0.8
S' Candies, semisweet chocolate	-2	0.7
S' Puddings, lemon, dry mix, regular, with added oil,	-2	0.9
S' Candies, sweet chocolate	-2	0.7
S' Cocoa, dry powder, unsweetened, processed with a	-2	1.5
S' Cocoa, dry powder, unsweetened	-2	1.5
S' Ice creams, chocolate, light, no sugar added	-2	1.9
S' Candies, milk chocolate	-2	0.6
S' Candies, NESTLE, 100 GRAND Bar	-2	0.7
S' Baking chocolate, unsweetened, squares	-3	0.7
S' Desserts, flan, caramel custard, prepared-from-rec	-3	2.3
S' Desserts, mousse, chocolate, prepared-from-recipe	-3	1.5
S' Candies, REESE'S PIECES Candy	-3	0.7
S' Desserts, egg custard, baked, prepared-from-recipe	-3	3.2
S' Candies, confectioner's coating, peanut butter	-4	0.6
S' Frozen novelties, ice cream type, chocolate or cara	-4	1.1
S' Candies, fudge, peanut butter, prepared-from-recipe	-4	0.9
S' Baking chocolate, mexican, squares	-4	0.8
S' Puddings, banana, dry mix, instant, with added oil	-5	0.9
S' Frostings, chocolate, creamy, ready-to-eat	-5	0.8
S' Candies, milk chocolate, with almonds	-5	0.6
S' Puddings, banana, dry mix, regular, with added oil	-6	0.9
S' Candies, NESTLE, BABY RUTH Bar	-6	0.7
S' Candies, NESTLE, OH HENRY! Bar	-6	0.7
S' Candies, MARS SNACKFOOD US, SNICKERS Bar	-6	0.7
S' Candies, MARS SNACKFOOD US, TWIX Peanut Butt	-6	0.6
S' Desserts, apple crisp, prepared-from-recipe	-6	2.1
S' Candies, MARS SNACKFOOD US, M&M's Peanut Cho	-7	0.6
S' Candies, 5TH AVENUE Candy Bar	-7	0.7

S' Frostings, coconut-nut, ready-to-eat	-7	0.8
S' Candies, NESTLE, BUTTERFINGER Bar	-7	0.7
S' Candies, MARS SNACKFOOD US, M&M's Almond Ch	-7	0.6
S' Candies, MARS SNACKFOOD US, MARS Almond Bar	-7	0.7
S' Candies, milk chocolate coated peanuts	-8	0.6
S' Candies, MR. GOODBAR Chocolate Bar	-8	0.6
S' Candies, MR. GOODBAR Chocolate Bar	-8	0.6
S' Candies, sugar-coated almonds	-8	0.7
S' Candies, REESE's Fast Break, milk chocolate, pean	-9	0.7
S' Candies, HERSHEY, REESESTICKS crispy wafers, pe	-9	0.6
S' Candies, caramels	-9	0.9
S' Candies, REESE'S Peanut Butter Cups	-11	0.6
S' Candies, chocolate covered, caramel with nuts	-12	0.7
S' Frostings, cream cheese-flavor, ready-to-eat	-13	0.8
S' Candies, praline, prepared-from-recipe	-15	0.7
S' Frostings, vanilla, creamy, ready-to-eat	-15	0.8
S' Toppings, nuts in syrup	-20	0.7
S' Baking chocolate, unsweetened, liquid	-20	0.7
S' Candies, peanut bar	-20	0.6
S' Candies, sesame crunch	-27	0.6
C' Tapioca, pearl, dry	0	0.9
C' Cornstarch	0	0.9
C' Arrowroot flour	0	0.9
C' Rice noodles, cooked	0	3.1
C' Rice, white, long-grain, precooked or instant, enric	0	2.8
C' Wild rice, raw	0	0.9
C' Wild rice, cooked	0	3.3
C' Rice, white, short-grain, cooked	0	2.6
C' Rice, white, short-grain, cooked, unenriched	0	2.6
C' Rice, white, short-grain, raw, unenriched	0	0.9
C' Macaroni, vegetable, cooked, enriched	0	2.6
C' Rice noodles, dry	0	0.9
C' Noodles, japanese, soba, cooked	0	3.4
C' Rice, white, medium-grain, cooked	0	2.6
C' Rice, white, medium-grain, cooked, unenriched	0	2.6
C' Rice, white, medium-grain, raw, enriched	0	0.9
C' Rice, white, medium-grain, raw, unenriched	0	0.9
C' Rice, white, long-grain, regular, raw, enriched	0	0.9
C' Rice, white, long-grain, regular, raw, unenriched	0	0.9
C' Rice, white, long-grain, regular, cooked	0	2.6
C' Rice, white, long-grain, regular, cooked, enriched,	0	2.6
C' Rice, white, long-grain, regular, cooked, unenriche	0	2.6
C' Rice, white, long-grain, regular, cooked, unenriche	0	2.6
C' Noodles, japanese, somen, cooked	0	2.5
C' Rice, white, long-grain, parboiled, enriched, cooke	0	2.7
C' Rice, white, long-grain, parboiled, unenriched, cool	0	2.7
C' Macaroni, protein-fortified, cooked, enriched, (n x 5	0	2.0
C' Spaghetti, protein-fortified, cooked, enriched (N x 5	0	2.0
C' Macaroni, protein-fortified, cooked, enriched, (n x 6	0	2.0

C Spaghetti, protein-fortified, cooked, enriched (n x c)	0	2.0
C Rice, white, long-grain, precooked or instant, enriched	0	0.9
C Couscous, cooked	-1	3.0
C Noodles, japanese, soba, dry	-1	1.0
C Couscous, dry	-1	0.9
C Rice, white, glutinous, cooked	-1	3.4
C Rice flour, white	-1	0.9
C Noodles, japanese, somen, dry	-1	0.9
C Rice, white, long-grain, parboiled, enriched, dry	-1	0.9
C Rice, white, long-grain, parboiled, unenriched, dry	-1	0.9
C Macaroni, vegetable, dry, enriched	-1	0.9
C Wheat flour, white, cake, enriched	-1	0.9
C Semolina, enriched	-1	0.9
C Semolina, unenriched	-1	0.9
C Wheat flour, white, all-purpose, enriched, bleached	-1	0.9
C Wheat flour, white, all-purpose, enriched, calcium-fortified	-1	0.9
C Wheat flour, white, all-purpose, unenriched	-1	0.9
C Wheat flour, white, all-purpose, enriched, unbleached	-1	0.9
C Wheat flour, white, all-purpose, self-rising, enriched	-1	0.9
C Bulgur, cooked	-1	4.0
C Pasta, fresh-refrigerated, spinach, cooked	-1	2.6
C Rye flour, light	-1	0.9
C Pasta, fresh-refrigerated, spinach, as purchased	-1	1.2
C Barley, pearled, raw	-1	0.9
C Spaghetti, spinach, dry	-1	0.9
C Macaroni, dry, enriched	-1	0.9
C Spaghetti, dry, enriched	-1	0.9
C Spaghetti, dry, unenriched	-1	0.9
C Macaroni, dry, unenriched	-1	0.9
C Macaroni, dry, unenriched	-1	0.9
C Barley, pearled, cooked	-1	2.7
C Rye flour, medium	-1	1.0
C Macaroni, whole-wheat, dry	-1	1.0
C Spaghetti, whole-wheat, dry	-1	1.0
C Bulgur, dry	-1	1.0
C Spaghetti, spinach, cooked	-2	2.6
C Kamut, uncooked	-2	1.0
C Macaroni, whole-wheat, cooked	-2	2.7
C Spaghetti, whole-wheat, cooked	-2	2.7
C Rye	-2	1.0
C Cornmeal, degermed, enriched, yellow	-2	0.9
C Cornmeal, degermed, enriched, white	-2	0.9
C Cornmeal, degermed, unenriched, yellow	-2	0.9
C Cornmeal, degermed, unenriched, white	-2	0.9
C Macaroni, cooked, enriched	-2	2.1
C Spaghetti, cooked, enriched, without added salt	-2	2.1
C Macaroni, cooked, unenriched	-2	2.1
C Spaghetti, cooked, unenriched, without added salt	-2	2.1
C Spaghetti, cooked, enriched, with added salt	-2	2.1

C Spaghetti, cooked, unenriched, with added salt	-2	2.1
C Corn flour, degermed, unenriched, yellow	-2	0.9
C Buckwheat groats, roasted, cooked	-2	3.6
C Wheat, hard red winter	-2	1.0
C Corn bran, crude	-2	1.5
C Wheat flour, white, bread, enriched	-2	0.9
C Wheat flours, bread, unenriched	-2	0.9
C Barley flour or meal	-2	1.0
C Wheat, soft red winter	-2	1.0
C Noodles, egg, spinach, cooked, enriched	-2	2.5
C Noodles, egg, spinach, dry, enriched	-2	0.9
C Cornmeal, self-rising, degermed, enriched, yellow	-2	0.9
C Cornmeal, self-rising, degermed, enriched, white	-2	0.9
C Wheat, hard white	-2	1.0
C Buckwheat groats, roasted, dry	-2	1.0
C Triticale flour, whole-grain	-2	1.0
C Barley malt flour	-2	0.9
C Macaroni, protein-fortified, dry, enriched, (n x 5.70	-2	0.9
C Spaghetti, protein-fortified, dry, enriched (n x 5.70	-2	0.9
C Macaroni, protein-fortified, dry, enriched, (n x 6.25	-2	0.9
C Spaghetti, protein-fortified, dry, enriched (n x 6.25	-2	0.9
C Wheat, hard red spring	-2	1.0
C Teff, uncooked	-2	0.9
C Wheat, soft white	-2	1.0
C Rye flour, dark	-2	1.0
C Rice, white, with pasta, dry	-2	0.9
C Triticale	-2	1.0
C Buckwheat flour, whole-groat	-2	1.0
C Rice, brown, medium-grain, cooked	-2	3.0
C Pasta, corn, cooked	-2	2.6
C Pasta, corn, dry	-2	0.9
C Barley, hulled	-3	0.9
C Rice flour, brown	-3	0.9
C Wheat, sprouted	-3	1.7
C Buckwheat	-3	1.0
C Wheat, durum	-3	1.0
C Rice, brown, long-grain, cooked	-3	3.0
C Pasta, fresh-refrigerated, plain, as purchased	-3	1.2
C Pasta, fresh-refrigerated, plain, cooked	-3	2.5
C Wheat flour, whole-grain	-3	1.0
C Wheat flour, white, tortilla mix, enriched	-3	0.8
C Pasta, homemade, made with egg, cooked	-3	2.6
C Pasta, homemade, made without egg, cooked	-3	2.7
C Spelt, uncooked	-3	1.0
C Sorghum flour	-3	0.9
C Cornmeal, self-rising, bolted, with wheat flour adde	-4	1.0
C Cornmeal, self-rising, bolted, with wheat flour adde	-4	1.0
C Noodles, egg, cooked, enriched, with added salt	-4	2.4
C Noodles, egg, cooked, unenriched, with added salt	-4	2.4

C Noodles, egg, cooked, enriched	-4	2.4
C Noodles, egg, cooked, unenriched, without added s	-4	2.4
C Sorghum	-4	1.0
C Millet, cooked	-4	2.8
C Noodles, egg, dry, enriched	-4	0.9
C Noodles, egg, dry, unenriched	-4	0.9
C Cornmeal, whole-grain, yellow	-4	0.9
C Cornmeal, whole-grain, white	-4	0.9
C Cornmeal, self-rising, bolted, plain, enriched, yellow	-4	1.0
C Cornmeal, self-rising, bolted, plain, enriched, white	-4	1.0
C Corn flour, masa, enriched, white	-4	0.9
C Corn flour, masa, unenriched, white	-4	0.9
C Corn flour, masa, enriched, yellow	-4	0.9
C Corn flour, whole-grain, yellow	-5	0.9
C Corn flour, whole-grain, white	-5	0.9
C Millet, raw	-5	0.9
C Hominy, canned, white	-5	4.6
C Hominy, canned, yellow	-5	4.6
C Corn, yellow	-6	0.9
C Corn, white	-6	0.9
C Oats	-6	0.9
C Quinoa, uncooked	-7	0.9
C Rice, white, with pasta, cooked	-7	2.7
C Millet flour	-7	0.9
C Amaranth, uncooked	-7	0.9
C Oat bran, cooked	-8	8.3
C Wheat bran, crude	-9	1.5
C Oat bran, raw	-10	1.4
C Wheat germ, crude	-13	0.9
C Rice bran, crude	-22	1.1
C Noodles, flat, crunchy, Chinese restaurant	-25	0.6
C Noodles, chinese, chow mein	-25	0.6
F McDONALD'S, WHOPPER, no cheese	1	1.4
F McDONALD'S, Apple Dippers with Low Fat Caramel	0	3.0
F Fast foods, chili con carne	0	3.3
F McDONALD'S, Low Fat Caramel Sauce	0	1.1
F Fast foods, scallops, breaded and fried	-1	1.2
F WENDY'S, Frosty Dairy Dessert	-1	2.5
F McDONALD'S, Hot Fudge Sundae	-1	1.8
F McDONALD'S, Strawberry Sundae	-1	2.1
F McDONALD'S, Hot Caramel Sundae	-1	1.8
F Fast foods, cheeseburger; single, regular patty, wit	-1	1.4
F McDONALD'S, Chocolate TRIPLE THICK Shake	-1	2.0
F Yogurt parfait, lowfat, with fruit and granola	-1	4.0
F McDONALD'S, Strawberry TRIPLE THICK Shake	-1	2.1
F McDONALD'S, Vanilla TRIPLE THICK Shake	-1	2.1
F Fast foods, cheeseburger, regular, double patty and	-1	1.1
F Fast foods, shrimp, breaded and fried	-1	1.2
F Fast foods, hush puppies	-1	1.0

F&McDONALD'S, McFLURRY with M&M'S CANDIES	-1	1.9
F&Fast foods, burrito, with beef	-1	1.4
F&BURGER KING, Vanilla Shake	-1	2.0
F&Fast foods, tostada, with beans, beef, and cheese	-1	2.3
F&Light Ice Cream, soft serve, blended with milk choc	-1	1.8
F&Fast foods, chimichanga, with beef, cheese, and re	-2	1.6
F&McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	-2	2.1
F&Fast foods, burrito, with beans	-2	1.6
F&Fast foods, onion rings, breaded and fried	-2	1.0
F&Fast foods, chimichanga, with beef and cheese	-2	1.4
F&Fast foods, burrito, with beans and chili peppers	-2	1.6
F&Fast foods, vanilla, light, soft-serve ice cream, with	-2	2.0
F&McDONALD'S, McDONALDLAND Chocolate Chip Coc	-2	0.7
F&Fast foods, burrito, with beans, cheese, and chili pe	-2	1.7
F&McDONALD'S, McFLURRY with OREO cookies	-2	2.0
F&Fast foods, burrito, with beef and chili peppers	-2	1.6
F&Fast foods, frijoles with cheese	-2	2.5
F&Fast foods, enchilada, with cheese	-2	1.7
F&Fast foods, burrito, with beans and meat	-2	1.5
F&Light Ice Cream, soft serve, blended with cookie pi	-2	2.0
F&McDONALD'S, Barbeque Sauce	-2	2.0
F&Fast foods, taco	-2	1.5
F&Fast foods, sundae, hot fudge	-2	1.9
F&Fast foods, chimichanga, with beef and red chili pe	-2	1.5
F&Fast foods, chimichanga, with beef	-2	1.4
F&McDONALD'S, Sweet 'N Sour Sauce	-2	2.0
F&POPEYES, Batter Fries, analyzed prior to December	-2	1.1
F&Fast foods, sundae, caramel	-2	1.7
F&Fast foods, burrito, with beans, cheese, and beef	-2	2.0
F&Fast foods, tostada, with beef and cheese	-3	1.7
F&Fast foods, cookies, animal crackers	-3	0.7
F&Fast foods, biscuit, with ham	-3	1.0
F&Fast foods, tostada, with beans and cheese	-3	2.1
F&KENTUCKY FRIED CHICKEN, Biscuit, analyzed prior	-3	0.9
F&TACO BELL, Bean Burrito	-3	1.6
F&Fast foods, hotdog, with chili	-3	1.3
F&Fast foods, pancakes with butter and syrup	-3	1.5
F&Fast foods, sundae, strawberry	-3	1.9
F&McDONALD'S, Baked Apple Pie	-3	1.0
F&TACO BELL, BURRITO SUPREME with beef	-3	1.8
F&TACO BELL, Taco Salad	-3	2.0
F&Fast foods, hamburger; single, large patty; with co	-3	1.4
F&Fast foods, corn on the cob with butter	-3	3.1
F&DIGIORNO Pizza, cheese topping, thin crispy crust,	-3	1.3
F&POPEYES, Mild Chicken Strips, analyzed 2006	-3	1.2
F&Fast foods, ham and cheese sandwich	-3	1.4
F&Fast foods, hotdog, plain	-4	1.3
F&Fast foods, hamburger; single, regular patty; with	-4	1.3
F&TACO BELL, BURRITO SUPREME with steak	-4	1.8

F&Fast foods, english muffin, with egg, cheese, and c	-4	1.5
F&Fast foods, cookies, chocolate chip	-4	0.8
F&Fast foods, burrito, with beans and cheese	-4	1.6
F&BURGER KING, Hamburger	-4	1.2
F&POPEYES, Fried Chicken, Mild, Breast, meat only, s	-4	2.1
F&Fast foods, cheeseburger; single, large patty; with	-4	1.2
F&Fast foods, hamburger, large, single patty, with co	-4	1.3
F&Fast foods, enchilada, with cheese and beef	-4	2.0
F&WENDY'S, Jr. Hamburger, without cheese	-4	1.4
F&Pizza, cheese topping, rising crust, frozen, cooked	-4	1.3
F&TACO BELL, BURRITO SUPREME with chicken	-4	1.9
F&WENDY'S, Jr. Hamburger, with cheese	-4	1.3
F&Fast foods, roast beef sandwich, plain	-4	1.3
F&KENTUCKY FRIED CHICKEN, Potato Wedges, analyz	-4	1.2
F&Fast foods, hamburger; single, large patty; with co	-4	1.3
F&Fast foods, cheeseburger; single, large patty; with c	-4	1.4
F&TACO BELL, Soft Taco with beef	-4	1.5
F&WENDY'S, CLASSIC DOUBLE, with cheese	-4	1.4
F&LITTLE CAESARS 14" Original Round Cheese Pizza,	-4	1.3
F&DIGIORNO Pizza, cheese topping, rising crust, froz	-4	1.3
F&Fast foods, cheeseburger; single, regular patty, wit	-4	1.2
F&PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crus	-4	1.1
F&Fast foods, hotdog, with corn flour coating (corndo	-4	1.3
F&DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed	-4	1.3
F&Fast foods, biscuit, with egg, cheese, and bacon	-4	1.1
F&PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crus	-5	1.1
F&Fast foods, bagel, with ham, egg, and cheese	-5	1.3
F&POPEYES, Spicy Chicken Strips, analyzed 2006	-5	1.3
F&McDONALD'S, McDONALDLAND Cookies	-5	0.7
F&Fast foods, burrito, with fruit (apple or cherry)	-5	1.1
F&LITTLE CAESARS 14" Original Round Pepperoni Piz	-5	1.2
F&DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Clas	-5	1.4
F&DIGIORNO Pizza, cheese topping, cheese stuffed cr	-5	1.2
F&Fast foods, danish pastry, fruit	-5	0.9
F&Fast foods, danish pastry, cinnamon	-5	0.8
F&TACO BELL, Nachos Supreme	-5	1.4
F&Fast foods, taco salad with chili con carne	-5	3.0
F&BURGER KING, Cheeseburger	-5	1.2
F&PAPA JOHN'S 14" Cheese Pizza, Thin Crust	-5	1.1
F&Fast Food, Pizza Chain, 14" Pizza, cheese topping,	-5	1.3
F&Fast foods, bagel, with breakfast steak, egg, chees	-5	1.2
F&Fast foods, griddle cake sandwich, egg, cheese, an	-5	1.2
F&McDONALD'S, Deluxe Warm Cinnamon Roll	-5	0.9
F&Fast foods, english muffin, with butter	-5	1.1
F&DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tosse	-5	1.2
F&PIZZA HUT 14" Cheese Pizza, Regular Crust	-5	1.2
F&LITTLE CAESARS 14" Cheese Pizza, Large Deep Dis	-5	1.3
F&WENDY'S, CLASSIC SINGLE Hamburger, with chees	-5	1.5
F&DIGIORNO Pizza, pepperoni topping, thin crispy cru	-5	1.2

F&LITTLE CAESARS 14" Pepperoni Pizza, Large Deep	-5	1.3
F&DIGIORNO Pizza, pepperoni topping, rising crust, fro	-5	1.3
F&PIZZA HUT 12" Cheese Pizza, Regular Crust	-5	1.2
F&Fast foods, nachos, with cheese	-5	1.1
F&Fast foods, miniature cinnamon rolls	-5	0.8
F&DIGIORNO Pizza, pepperoni topping, cheese stuffed	-5	1.2
F&Fast foods, nachos, with cheese and jalapeno pepp	-5	1.1
F&Fast Food, Pizza Chain, 14" pizza, pepperoni toppin	-6	1.2
F&TACO BELL, Soft Taco with chicken	-6	1.6
F&McDONALD'S, Biscuit, regular size	-6	1.0
F&McDONALD'S, Biscuit, large size	-6	1.0
F&PAPA JOHN'S 14" Cheese Pizza, Original Crust	-6	1.3
F&Fast foods, taco salad	-6	2.4
F&PIZZA HUT 12" Super Supreme Pizza, Regular Crust	-6	1.4
F&LITTLE CAESARS 14" Original Round Meat and Veg	-6	1.4
F&DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish	-6	1.2
F&DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish C	-6	1.2
F&PIZZA HUT 12" Pepperoni Pizza, Regular Crust	-6	1.2
F&DIGIORNO Pizza, supreme topping, thin crispy crus	-6	1.3
F&WENDY'S, CLASSIC SINGLE Hamburger, no cheese	-6	1.6
F&Fast Foods, cheeseburger; double, large patty; with	-6	1.3
F&Fast foods, english muffin, with egg, cheese, and s	-6	1.2
F&Pizza, cheese topping, regular crust, frozen, cooke	-6	1.2
F&PIZZA HUT 14" Pepperoni Pizza, Regular Crust	-6	1.2
F&DIGIORNO Pizza, supreme topping, rising crust, fro	-6	1.3
F&Pizza, meat and vegetable topping, rising crust, fro	-6	1.2
F&Fast Food, Pizza Chain, 14" pizza, meat and vegeta	-6	1.4
F&PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	-6	1.2
F&POPEYES, Fried Chicken, Mild, Breast, meat and sk	-6	1.3
F&Fast Food, Pizza Chain, 14" Pizza, cheese topping,	-6	1.2
F&POPEYES, Fried Chicken, Mild, Wing, meat only, sk	-6	1.5
F&PIZZA HUT 14" Super Supreme Pizza, Regular Crust	-6	1.3
F&BURGER KING, French Toast Sticks	-7	1.0
F&McDONALD'S, Warm Cinnamon Roll	-7	0.8
F&Pizza, pepperoni topping, regular crust, frozen, coo	-7	1.1
F&TACO BELL, Nachos	-7	0.9
F&Fast foods, french toast sticks	-7	1.0
F&Fast Food, Pizza Chain, 14" Pizza, pepperoni toppin	-7	1.2
F&Fast Food, Pizza Chain, 14" Pizza, cheese topping,	-7	1.1
F&PAPA JOHN'S 14" The Works Pizza, Original Crust	-7	1.4
F&POPEYES, Fried Chicken, Mild, Drumstick, meat onl	-7	2.0
F&Fast foods, danish pastry, cheese	-7	0.9
F&McDONALD'S, Sausage Burrito	-7	1.3
F&Fast foods, grilled chicken, bacon and tomato club	-7	1.5
F&Fast foods, nachos, with cinnamon and sugar	-7	0.6
F&Fast foods, english muffin, with cheese and sausag	-7	1.0
F&BURGER KING, CROISSAN'WICH with Sausage and	-7	0.9
F&POPEYES, Fried Chicken, Mild, Wing, meat and skir	-7	0.9
F&Fast foods, bagel, with egg, sausage patty, cheese,	-7	1.1

F&Fast foods, biscuit, with sausage	-7	0.9
F&POPEYES, Fried Chicken, Mild, Drumstick, meat and skin	-7	1.1
F&Fast Foods, Fried Chicken, Breast, meat only, skin and bones	-7	2.2
F&PIZZA HUT 12" Cheese Pizza, Thick Crust	-8	1.2
F&Tostada with guacamole	-8	2.4
F&Fast foods, cheeseburger; double, regular, patty and cheese	-8	1.2
F&LITTLE CAESARS 14" Cheese Pizza, Thin Crust	-8	1.1
F&Fast Foods, biscuit, with egg and sausage	-8	1.1
F&PIZZA HUT 14" Cheese Pizza, Thick Crust	-8	1.2
F&McDONALD'S, Sausage Biscuit	-8	0.9
F&POPEYES, Fried Chicken, Mild, Thigh, meat and skin	-8	1.1
F&Fast foods, griddle cake sandwich, egg, cheese, and sausage	-8	1.1
F&Pizza, meat and vegetable topping, regular crust, full size	-8	1.2
F&TACO BELL, Original Taco with beef	-8	1.4
F&KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-8	2.3
F&KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-8	2.3
F&BURGER KING, CROISSAN'WICH with Egg and Cheese	-8	1.2
F&BURGER KING, DOUBLE WHOPPER, with cheese	-8	1.3
F&POPEYES, Fried Chicken, Mild, Thigh, meat only, skin	-8	1.8
F&Fast foods, griddle cake sandwich, sausage	-8	1.0
F&DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	-9	1.1
F&WENDY'S, Ultimate Chicken Grill Sandwich	-9	1.9
F&McDONALD'S, Sausage Biscuit with Egg	-9	1.1
F&McDONALD'S, Premium Grilled Chicken Classic Sandwich	-9	1.8
F&PIZZA HUT 14" Pepperoni Pizza, Thick Crust	-9	1.1
F&PIZZA HUT 12" Pepperoni Pizza, Thick Crust	-9	1.1
F&Fast foods, nachos, with cheese, beans, ground beef	-9	1.5
F&McDONALD'S, BIG BREAKFAST	-10	1.2
F&McDONALD'S, Scrambled Eggs	-10	1.7
F&BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	-10	1.0
F&POPEYES, Biscuit	-10	0.8
F&BURGER KING, DOUBLE WHOPPER, no cheese	-10	1.3
F&Fast foods, hamburger; double, large patty; with cheese	-10	1.3
F&Fast foods, potatoes, hashed brown	-10	1.0
F&McDONALD'S, Hotcakes (plain)	-10	1.5
F&McDONALD'S, Sausage Patty	-10	0.8
F&KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISP	-10	2.2
F&Fast Foods, Fried Chicken, Drumstick, meat only, skin	-11	1.9
F&Fast foods, crispy chicken, bacon, and tomato club sandwich	-11	1.3
F&Fast Foods, Fried Chicken, Thigh, meat only, skin and bones	-11	1.8
F&Fast foods, cheeseburger; double, regular patty; double cheese	-11	1.3
F&BURGER KING, WHOPPER, with cheese	-11	1.3
F&McDONALD'S, Tangy Honey Mustard Sauce	-11	2.0
F&Fast foods, hamburger; single, large patty; with cheese	-12	1.5
F&Fast foods, chicken, breaded and fried, light meat coating	-12	1.1
F&KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-12	1.9
F&Fast foods, chicken fillet sandwich, plain	-12	1.2
F&Fast foods, hamburger; single, regular patty; double cheese	-12	1.3
F&KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-12	1.9

F&McDONALD'S, French Fries	-12	1.1
F&Fast foods, potato, french fried in vegetable oil	-13	1.1
F&Fast Foods, Fried Chicken, Wing, meat only, skin and bone	-13	1.5
F&WENDY'S, Homestyle Chicken Fillet Sandwich	-13	1.6
F&Fast foods, chicken, breaded and fried, dark meat (thigh)	-13	1.1
F&TACO BELL, Soft Taco with steak	-13	1.5
F&KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY	-13	2.0
F&KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY	-13	1.9
F&McDONALD'S, Hot Mustard Sauce	-13	1.8
F&McDONALD'S, Premium Crispy Chicken Classic Sandwich	-13	1.5
F&Fast foods, egg, scrambled	-14	1.6
F&Fast foods, fish sandwich, with tartar sauce and cheddar	-14	1.2
F&Fast Foods, Fried Chicken, Breast, meat and skin with bone	-15	1.3
F&Fast foods, biscuit, with egg and bacon	-15	1.1
F&KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-15	1.5
F&Fast Foods, Fried Chicken, Drumstick, meat and skin with bone	-16	1.2
F&McDONALD'S, Hash Browns	-16	1.3
F&Fast foods, biscuit, with egg	-16	1.2
F&Fast foods, fish sandwich, with tartar sauce	-16	1.2
F&Fast foods, biscuit, with egg and ham	-16	1.4
F&KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-16	1.5
F&KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY	-16	1.4
F&Fast Foods, Fried Chicken, Thigh, meat and skin with bone	-17	1.1
F&Fast Foods, Fried Chicken, Wing, meat and skin with bone	-17	1.0
F&Fast foods, chicken, breaded and fried, boneless piece	-17	1.1
F&BURGER KING, Chicken WHOPPER Sandwich	-17	1.5
F&KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-17	1.4
F&McDONALD'S, Chicken McNUGGETS	-18	1.1
F&Fast Foods, crispy chicken filet sandwich, with lettuce	-18	1.4
F&KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-19	1.3
F&McDONALD'S, Chicken SELECTS Premium Breast Sandwich	-19	1.1
F&KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL	-19	1.2
F&Side dishes, potato salad	-21	2.9
F&Fast foods, chicken tenders	-21	1.2
F&KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY	-22	1.2
F&KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY	-22	1.2
F&McDONALD'S, Peanuts (for Sundaes)	-22	0.5
F&Entrees, fish fillet, battered or breaded, and fried	-23	1.4
F&KENTUCKY FRIED CHICKEN, Crispy Chicken Strips	-23	1.2
F&KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY	-23	1.1
F&KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY	-23	1.0
F&KENTUCKY FRIED CHICKEN, Popcorn Chicken	-25	0.9
F&KENTUCKY FRIED CHICKEN, Coleslaw	-26	2.3
F&Fast foods, coleslaw	-31	2.2
F&POPEYES, Coleslaw	-35	2.1
F&POPEYES, Coleslaw	-35	2.1
F&McDONALD'S, Spicy Buffalo Sauce	-46	2.3
F&McDONALD'S, Creamy Ranch Sauce	-46	0.7
M Tortellini, pasta with cheese filling, fresh-refrigerated	-1	1.1

M Beef stew, canned entree	-2	3.4
M Lasagna with meat & sauce, frozen entree	-2	2.6
M Lasagna with meat & sauce, low-fat, frozen entree	-2	3.3
M Macaroni and cheese dinner with dry sauce mix, bc	-2	0.9
M Chili con carne with beans, canned entree	-2	2.8
M Spaghetti, with meatballs, canned	-2	3.1
M Pasta with meatballs in tomato sauce, canned entree	-3	3.1
M Pasta with Sliced Franks in Tomato Sauce, canned	-3	3.7
M Pasta with tomato sauce, no meat, canned	-3	4.4
M Spaghetti with meat sauce, frozen entree	-3	3.7
M Rice bowl with chicken, frozen entree, prepared (in	-4	2.6
M Macaroni and Cheese, canned entree	-4	4.1
M Burrito, beef and bean, frozen	-4	1.4
M Burrito, beef and bean, microwaved	-5	1.1
M LEAN POCKETS, Ham N Cheddar	-5	1.4
M Burrito, bean and cheese, frozen	-5	1.6
M Burrito, bean and cheese, microwaved	-6	1.3
M Lasagna, Cheese, frozen, prepared	-6	2.6
M Beef Pot Pie, frozen entree, prepared	-6	1.5
M Lasagna, Vegetable, frozen, baked	-6	2.4
M Chicken pot pie, frozen entree, prepared	-6	1.6
M HOT POCKETS Ham 'N Cheese Stuffed Sandwich, fr	-7	1.4
M Turkey, stuffing, mashed potatoes w/gravy, assort	-8	2.6
M Egg rolls, chicken, refrigerated, heated	-8	1.7
M HOT POCKETS, meatballs & mozzarella stuffed san	-8	1.3
M Egg rolls, pork, refrigerated, heated	-9	1.5
M Egg rolls, vegetable, refrigerated, heated	-9	1.7
S Snacks, GENERAL MILLS, BETTY CROCKER Fruit Ro	0	0.9
S Snacks, potato chips, fat free, salted	0	0.9
S Snacks, potato chips, made from dried potatoes, fa	-1	1.3
S Snacks, potato chips, fat-free, made with olestra	-1	1.2
S Snacks, granola bar, fruit-filled, nonfat	-1	1.0
S Snacks, banana chips	-1	0.6
S Popcorn, sugar syrup/caramel, fat-free	-1	0.9
S Snacks, rice cakes, brown rice, multigrain	-1	0.9
S Snacks, rice cakes, brown rice, multigrain, unsalte	-1	0.9
S Formulated bar, POWER BAR, chocolate	-1	0.9
S Snacks, corn-based, extruded, cones, plain	-2	0.7
S Snacks, corn-based, extruded, cones, nacho-flavor	-2	0.6
S Snacks, beef jerky, chopped and formed	-2	0.8
S Snacks, pretzels, hard, whole-wheat	-2	0.9
S Breakfast bar, corn flake crust with fruit	-2	0.9
S Snacks, corn cakes	-2	0.9
S Snacks, corn cakes, very low sodium	-2	0.9
S Snacks, pretzels, hard, plain, salted	-2	0.9
S Pretzels, soft, unsalted	-2	1.0
S Pretzels, soft	-2	1.0
S Formulated bar, SLIM-FAST OPTIMA meal bar, milk	-2	0.9
S Snacks, rice cakes, brown rice, plain	-2	0.9

S Snacks, rice cakes, brown rice, plain, unsalted	-2	0.9
S Snacks, rice cakes, brown rice, buckwheat	-3	0.9
S Snacks, rice cakes, brown rice, buckwheat, unsalted	-3	0.9
S Snacks, granola bars, hard, chocolate chip	-3	0.8
S Snacks, rice cakes, brown rice, corn	-3	0.9
S Snacks, rice cakes, brown rice, sesame seed	-3	0.8
S Snacks, rice cakes, brown rice, sesame seed, unsalted	-3	0.8
S Snacks, pretzels, hard, plain, made with unenriched flour	-3	0.9
S Snacks, pretzels, hard, plain, made with unenriched flour	-3	0.9
S Snacks, pretzels, hard, plain, made with enriched flour	-3	0.9
S Snacks, popcorn, cakes	-3	0.9
S Breakfast bars, oats, sugar, raisins, coconut (includes nuts)	-3	0.7
S Granola bar, soft, milk chocolate coated, peanut butter	-3	0.6
S Snacks, granola bars, soft, coated, milk chocolate coating	-3	0.7
S Snacks, granola bars, soft, coated, milk chocolate coating	-3	0.7
S Snacks, granola bars, soft, uncoated, chocolate chips	-3	0.8
S Snacks, tortilla chips, low fat, made with olestra, nonfat	-4	1.0
S Snacks, rice cakes, brown rice, rye	-4	0.9
S Rice cake, cracker (include hain mini rice cakes)	-4	0.8
S Snacks, pretzels, hard, confectioner's coating, chocolate	-4	0.7
S Snacks, tortilla chips, nacho-flavor, reduced fat	-4	0.7
S Snacks, granola bites, mixed flavors	-5	0.7
S Snacks, popcorn, air-popped, white popcorn	-5	0.9
S Formulated bar, MARS SNACKFOOD US, SNICKERS	-5	0.9
S Snacks, popcorn, microwave, 94% fat free	-5	0.8
S Snacks, granola bars, soft, uncoated, chocolate chips	-5	0.8
S Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate	-6	0.8
S Snacks, corn-based, extruded, onion-flavor	-6	0.7
S Snacks, granola bar, with coconut, chocolate coating	-6	0.6
S Snacks, tortilla chips, low fat, unsalted	-6	0.8
S Tortilla chips, low fat, baked without fat	-6	0.8
S Snacks, popcorn, unpopped kernels	-6	0.9
S Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	-6	0.8
S Snacks, pork skins, plain	-6	0.6
S Snacks, popcorn, air-popped	-6	0.9
S Snacks, pork skins, barbecue-flavor	-6	0.6
S Snacks, granola bars, soft, uncoated, raisin	-6	0.7
S Snacks, tortilla chips, taco-flavor	-6	0.7
S Snacks, tortilla chips, taco-flavor	-6	0.7
S Snacks, tortilla chips, nacho-flavor, made with enriched flour	-7	0.7
S Snacks, KRAFT, CORNNUTS, plain	-7	0.7
S Snacks, beef sticks, smoked	-7	0.6
S Snacks, cornnuts, nacho-flavor	-7	0.8
S Popcorn, microwave, low fat and sodium	-7	0.8
S Snacks, cornnuts, barbecue-flavor	-7	0.8
S Snacks, granola bars, hard, almond	-7	0.7
S Snacks, popcorn, microwave, low fat	-7	0.8
S Snacks, popcorn, caramel-coated, with peanuts	-8	0.8
S Snacks, granola bars, soft, almond, confectioners coating	-8	0.7

S Snacks, crisped rice bar, chocolate chip	-8	0.8
S Snacks, potato chips, white, restructured, baked	-8	0.7
S Snacks, soy chips or crisps, salted	-8	0.9
S Snacks, popcorn, caramel-coated, without peanuts	-9	0.8
S Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TRE	-9	0.8
S Snacks, granola bars, soft, uncoated, peanut butte	-10	0.8
S Snacks, KELLOGG, KELLOGG'S Low Fat Granola Ba	-10	0.9
S Snacks, granola bars, soft, uncoated, peanut butte	-10	0.8
S Snacks, tortilla chips, light (baked with less oil)	-11	0.7
S Snacks, granola bars, soft, uncoated, plain	-11	0.8
S Snacks, granola bars, oats, fruits and nut	-11	0.8
S Snacks, granola bars, soft, uncoated, nut and raisin	-11	0.7
S Cheese puffs and twists, corn based, baked, low fa	-12	0.8
S Snacks, trail mix, tropical	-12	0.8
S Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, o	-13	0.7
S Snacks, tortilla chips, unsalted, white corn	-15	0.7
S Snacks, potato chips, plain, made with partially hy	-16	0.6
S Snacks, potato chips, plain, made with partially hy	-16	0.6
S Snacks, potato chips, cheese-flavor	-19	0.7
S Snacks, oriental mix, rice-based	-20	0.7
S Snacks, sweet potato chips	-20	0.7
S Snacks, trail mix, regular	-21	0.7
S Snacks, trail mix, regular, unsalted	-21	0.7
S Snacks, plantain chips, salted	-21	0.6
S Potato chips, without salt, reduced fat	-22	0.7
S Snacks, potato chips, plain, unsalted	-22	0.6
S Snacks, potato chips, reduced fat	-22	0.7
S Snacks, trail mix, regular, with chocolate chips, sal	-23	0.7
S Snacks, trail mix, regular, with chocolate chips, un	-23	0.7
S Snacks, tortilla chips, nacho cheese	-23	0.6
S Snack, potato chips, made from dried potatoes, pla	-24	0.6
S Snacks, potato chips, made from dried potatoes, re	-24	0.7
S Snacks, popcorn, oil-popped, white popcorn	-24	0.7
S Snacks, granola bars, hard, peanut butter	-25	0.7
S Snacks, granola bars, hard, peanut	-25	0.7
S Snacks, granola bars, hard, plain	-25	0.7
S Snacks, taro chips	-26	0.7
S Snacks, tortilla chips, ranch-flavor	-26	0.7
S Snacks, popcorn, cheese-flavor	-26	0.6
S Snacks, corn-based, extruded, chips, plain	-26	0.6
S Snacks, corn-based, extruded, chips, barbecue-flav	-26	0.6
S Snacks, corn-based, extruded, chips, barbecue-flav	-26	0.6
S Snacks, corn-based, extruded, chips, unsalted	-29	0.6
S Snacks, sesame sticks, wheat-based, salted	-29	0.6
S Snacks, sesame sticks, wheat-based, unsalted	-29	0.6
S Snacks, potato chips, plain, salted	-29	0.6
S Snacks, corn-based, extruded, puffs or twists, chee	-32	0.6
S Snacks, corn-based, extruded, puffs or twists, chee	-32	0.6
S Snacks, potato chips, sour-cream-and-onion-flavor	-33	0.6

S Snacks, potato chips, made from dried potatoes, ch	-33	0.6
S Snacks, potato chips, barbecue-flavor	-33	0.7
S Snacks, potato chips, barbecue-flavor	-33	0.7
S Snacks, potato chips, made from dried potatoes, sc	-33	0.6
S Snacks, potato sticks	-34	0.6
S Snacks, popcorn, oil-popped, microwave, regular fl	-37	0.6
Ei Corn, dried, yellow (Northern Plains Indians)	-10	0.8
R Restaurant, Latino, arroz con leche (rice pudding)	-2	2.3
R T.G.I. FRIDAY'S, classic sirloin steak	-3	1.8
R APPLEBEE'S, 9 oz house sirloin steak	-3	1.9
R Restaurant, Latino, tripe soup	-3	4.5
R Restaurant, Latino, arepa (unleavened cornmeal br	-4	1.5
R Restaurant, family style, sirloin steak	-4	1.8
R CRACKER BARREL, grilled sirloin steak	-4	1.6
R Restaurant, Latino, black bean soup	-4	3.2
R DENNY'S, top sirloin steak	-4	1.8
R APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's	-4	2.0
R Restaurant, Latino, pupusas con queso (pupusas, c	-5	1.3
R Restaurant, Chinese, fried rice	-5	2.0
R DENNY'S, macaroni & cheese, from kid's menu	-5	2.3
R Restaurant, family style, macaroni & cheese, from	-6	2.2
R Restaurant, Latino, tamale, corn	-7	1.8
R Restaurant, Latino, Arroz con frijoles negros (rice a	-7	2.2
R T.G.I. FRIDAY'S, Mac & Cheese, from kid's menu	-8	2.6
R CRACKER BARREL, macaroni n' cheese plate, from	-8	1.9
R Restaurant, Latino, Arroz con habichuelas colorado	-8	2.3
R Restaurant, Latino, chicken and rice, entree, prepa	-8	1.9
R Restaurant, Latino, pupusas del cerdo (pupusas, po	-9	1.4
R Restaurant, Latino, pupusas con frijoles (pupusas,	-10	1.5
R Restaurant, Latino, Arroz con grandules (rice and p	-10	1.8
R Restaurant, Latino, empanadas, beef, prepared	-10	1.0
R Restaurant, Latino, tamale, pork	-11	1.9
R APPLEBEE'S, mozzarella sticks	-11	1.0
R Restaurant, Latino, bunuelos (fried yeast bread)	-12	0.7
R Restaurant, family style, fried mozzarella sticks	-12	1.0
R T.G.I. FRIDAY'S, fried mozzarella	-12	1.0
R DENNY'S, mozzarella cheese sticks	-12	1.0
R Restaurant, Chinese, beef and vegetables	-15	3.2
R APPLEBEE'S, French fries	-16	1.2
R CRACKER BARREL, steak fries	-17	1.5
R Restaurant, Chinese, egg rolls, assorted	-17	1.3
R Restaurant, family style, French fries	-18	1.1
R T.G.I. FRIDAY'S, French fries	-19	1.1
R DENNY'S, French fries	-19	1.1
R Restaurant, Chinese, kung pao chicken	-20	2.6
R Restaurant, Chinese, general tso's chicken	-20	1.1
R Restaurant, Chinese, lemon chicken	-20	1.5
R APPLEBEE'S, chicken fingers, from kids' menu	-20	1.3
R Restaurant, family style, chicken fingers, from kid's	-21	1.2

R T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	-21	1.4
R CRACKER BARREL, farm raised catfish platter	-21	1.3
R T.G.I. FRIDAY'S, chicken fingers, from kids' menu	-21	1.3
R CRACKER BARREL, chicken tenderloin platter, fried	-21	1.2
R DENNY'S, golden fried shrimp	-22	1.2
R APPLEBEE'S, Double Crunch Shrimp	-22	1.0
R Restaurant, family style, shrimp, breaded and fried	-22	1.1
R DENNY'S, MOONS & STARS chicken nuggets, from	-22	1.1
R CRACKER BARREL, country fried shrimp platter	-23	1.0

