

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
Dairy Products										
Butter, See Fats and Oils (Items 129-130)										
Cheese										
Natural										
50	Blue	1 oz	28	42	100	6	8	5.3	2.2	0.2
	Brick		45	41	147 ¹	10	13	8		Tr
31	Camembert (8 wedges per 4-oz container)	1 wedge	58	53	115	8	9	5.8	2.7	0.3
	Cheddar									
32	Cut pieces	1 oz	28	37	115	7	9	6.0	2.7	0.3
33		1 in ³	17	37	70	4	6	3.6	1.6	0.2
34	Shredded	1 c	113	37	455	28	37	23.8	10.6	1.1
	Cottage (curd not pressed down)									
	Creamed (cottage cheese, 4% fat)									
35	Large curd	1 c	226	79	295	28	10	6.4	2.9	0.3
36	Small curd	1 c	210	79	215	26	9	6.0	2.7	0.3
37	With fruit	1 c	226	72	280	22	8	4.9	2.2	0.2
38	Lowfat (2%)	1 c	226	79	205	21	4	2.8	1.2	0.1
39	Uncreamed (cottage cheese dry curd, less than 4% fat)	1 c	145	80	125	25	1	0.4	0.2	Tr
40	Cream	1 oz	28	54	100	2	10	8.2	2.8	0.4
41	Feta	1 oz	28	55	75	4	6	4.2	1.3	0.3
	Gouda		45	41	164 ¹	11	13	8		Tr
	Gruyere		45	33	186 ¹	13	15	9		Tr
	Mozzarella, made with whole milk	1 oz	28	54	90	6	6	3.7	1.9	0.3
42	Part skim milk (low moisture)	1 oz	28	49	80	8	5	3.1	1.4	0.1
43	Muenster	1 oz	28	42	105	7	9	5.4	2.5	0.3
	Parmesan, grated									
44	Cup, not pressed down	1 c	100	18	455	42	302	19.1	8.7	0.7
	Tablespoon	1 tbsp	5	18	25	2	2	1.0	0.4	Tr
45	Ounce	1 oz	28	18	130	12	9	5.4	2.5	0.3
46	Provolone	1 oz	28	41	100	7	8	4.8	2.1	0.2
	Ricotta, made with whole milk	1 c	246	72	430	28	32	20.4	8.9	0.9
47	Part skim milk	1 c	246	74	340	28	19	12.1	5.7	0.6
48	Swiss	1 oz	28	57	105	8	8	5.0	2.1	0.3
	Pasteurized process cheese									
49	American	1 oz	28	39	105	6	9	5.6	2.6	0.3
50	Swiss	1 oz	28	42	95	7	7	4.5	2.0	0.3
51	Pasteurized process cheese food, American	1 oz	28	43	95	6	7	4.4	2.0	0.3
52	Pasteurized process cheese spread, American	1 oz	28	48	80	6	6	3.8	1.8	0.3
	Cream, sweet									
53	Half-and-half (cream and milk)	1 c	242	81	315	7	28	17.3	8.6	1.0
54		1 tbsp	15	81	20	Tr	2	1.1	0.5	0.1
55	Light, coffee, or table	1 c	240	74	470	6	46	29.8	13.4	1.3
56		1 tbsp	15	74	30	Tr	2	1.8	0.8	0.1

Nutrients in Indicated Quantity													
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Nicotin (mg)	Ascorbic Acid (mg)	
							IU	RE					
21	1	150	110	0.1	78	886	200	66	0.01	0.11	0.3	0	
42	1	303		0.2	61	252	136		Tr	0.16	2.5	0	
27	Tr	147	182	0.1	71	320	350	96	0.01	0.19	0.2	0	
30	Tr	204	145	0.2	23	178	300	86	0.01	0.11	Tr	0	
18	Tr	123	87	0.1	17	195	180	52	Tr	0.06	Tr	0	
119	1	815	579	0.8	111	701	1,200	842	0.03	0.42	0.1	0	
34	6	135	287	0.3	180	911	370	108	0.05	0.37	0.3	Tr	
31	6	126	277	0.3	177	860	340	101	0.04	0.34	0.3	Tr	
25	50	108	236	0.2	161	915	280	81	0.04	0.29	0.2	Tr	
19	2	155	340	0.4	217	918	160	45	0.05	0.42	0.3	Tr	
10	3	46	151	0.3	47	19	40	12	0.04	0.21	0.2	0	
31	1	23	30	0.3	34	84	400	124	Tr	0.06	Tr	0	
25	1	140	96	0.2	18	316	130	36	0.04	0.24	0.3	0	
52	1	321		0.1	55	876		80	0.01	0.15	2.7	0	
50	Tr	455		Tr	38	151		135	0.03	0.13	3.2	0	
22	1	147	105	0.1	19	106	220	68	Tr	0.07	Tr	0	
15	1	207	149	0.1	27	150	180	54	0.01	0.10	Tr	0	
27	Tr	203	133	0.1	38	178	320	90	Tr	0.09	Tr	0	
79	4	1,378	807	1.0	107	1,661	700	173	0.05	0.39	0.3	0	
4	Tr	69	40	Tr	5	95	40	9	Tr	0.02	Tr	0	
22	1	300	229	0.3	30	528	200	49	0.01	0.11	0.1	0	
20	1	214	141	0.1	39	248	230	75	0.01	0.09	Tr	0	
124	7	509	389	0.9	257	207	1,210	330	0.03	0.49	0.3	0	
76	13	669	449	1.1	307	307	1,060	278	0.05	0.46	0.2	0	
26	1	272	171	Tr	83	74	240	72	0.01	0.10	Tr	0	
27	Tr	174	211	0.1	46	406	340	82	0.01	0.10	Tr	0	
24	1	219	216	0.2	61	868	230	65	Tr	0.08	Tr	0	
18	2	163	130	0.2	79	337	260	62	0.01	0.13	Tr	0	
16	2	169	202	0.1	69	381	220	54	0.01	0.12	Tr	0	
89	10	854	230	0.2	314	98	1,050	259	0.06	0.36	0.2	2	
6	1	16	14	Tr	19	6	70	16	0.01	0.02	Tr	Tr	
159	9	851	192	0.1	292	95	1,730	437	0.08	0.36	0.1	2	
10	1	11	12	Tr	18	6	100	27	Tr	0.02	Tr	Tr	

Table continued on following page

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Mono-unsaturated (g)	Poly-unsaturated (g)	
	Whipping, unwhipped (volume about double when whipped)									
60	Light	1 c	239	64	700	8	74	46.2	21.7	2.1
61		1 tbsp	16	64	45	Tr	5	2.9	1.4	0.1
62	Heavy	1 c	238	58	820	5	88	54.8	25.4	8.8
63		1 tbsp	15	58	50	Tr	6	8.5	1.6	0.2
64	Whipped topping (pre-sourized)	1 c	60	61	155	2	13	8.3	3.9	0.6
65		1 tbsp	3	61	10	Tr	1	0.4	0.2	Tr
66	Cream, sour	1 c	230	71	495	7	46	30.0	18.9	1.8
67		1 tbsp	12	71	25	Tr	3	1.8	0.7	0.1
	Cream products, imitation (made with vegetable fat)									
	Sweet									
	Whipped topping									
72	Powdered, made with whole milk	1 c	80	67	150	3	10	8.5	6.7	0.2
73		1 tbsp	4	67	10	Tr	Tr	0.4	Tr	Tr
74	Pressurized	1 c	70	60	185	1	16	13.2	1.3	0.2
75		1 tbsp	4	60	10	Tr	1	0.8	0.1	Tr
76	Sour dressing (filled cream type product, nonbutterfat)	1 c	235	75	415	8	30	31.2	4.6	1.1
77		1 tbsp	12	75	20	Tr	2	1.6	0.2	0.1
	Ice cream. See Milk desserts, frozen (items 106-111)									
	Ice milk. See Milk desserts, frozen (items 112-114)									
	Milk									
	Fluid									
78	Whole (3.3% fat)	1 c	244	88	150	8	8	5.1	2.4	0.8
	Lowfat (2%)									
79	No milk solids added	1 c	244	89	120	8	5	2.9	1.4	0.2
80	Milk solids added, label claim less than 10 g of protein per cup	1 c	245	89	125	9	5	2.9	1.4	0.2
	Lowfat (1%)									
81	No milk solids added	1 c	244	90	100	8	8	1.6	0.7	0.1
82	Milk solids added, label claim less than 10 g of protein per cup	1 c	245	90	105	9	2	1.6	0.7	0.1
	Nonfat (skim)									
	No milk solids added	1 c	245	91	85	8	Tr	0.3	0.1	Tr
84	Milk solids added, label claim less than 10 g of protein per cup	1 c	245	90	90	9	1	0.4	0.2	Tr
	Buttermilk	1 c	245	90	100	8	2	1.8	0.6	0.1
85	Goat, whole	250 ml	258	87	178	9	11	7		Tr

Nutrients in Indicated Quantity												
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)
							IU	MC				
265	7	166	146	0.1	231	32	2,690	705	0.08	0.30	0.1	1
17	Tr	10	9	Tr	15	5	170	44	Tr	0.02	Tr	Tr
326	7	154	149	0.1	179	99	3,500	1,002	0.05	0.26	0.1	1
21	Tr	10	9	Tr	11	6	220	68	Tr	0.02	Tr	Tr
46	7	61	54	Tr	88	78	550	124	0.02	0.04	Tr	0
2	Tr	3	3	Tr	4	4	30	6	Tr	Tr	Tr	0
102	10	268	196	0.1	881	123	1,820	448	0.08	0.34	0.2	2
5	1	14	10	Tr	17	6	90	23	Tr	0.02	Tr	Tr
8	18	72	69	Tr	121	53	290 ^a	39 ^a	0.02	0.09	Tr	1
Tr	1	4	3	Tr	6	3	10 ^a	2 ^a	Tr	Tr	Tr	Tr
0	11	4	13	Tr	13	43	330 ^a	33 ^a	0.00	0.00	0.0	0
0	1	Tr	1	Tr	1	2	20 ^a	2 ^a	0.00	0.00	0.0	0
18	11	266	206	0.1	880	118	20	6	0.09	0.38	0.2	2
1	1	14	10	Tr	19	6	Tr	Tr	Tr	0.02	Tr	Tr
33	11	291	228	0.1	370	120	310	76	0.09	0.40	0.2	2
18	12	297	282	0.1	377	122	500	139	0.10	0.40	0.2	2
18	12	313	245	0.1	397	128	500	140	0.10	0.42	0.2	2
10	12	300	285	0.1	381	123	500	144	0.10	0.41	0.2	2
10	12	318	246	0.1	397	128	500	146	0.10	0.42	0.2	2
4	12	302	247	0.1	406	126	500	149	0.09	0.34	0.2	2
6	12	316	256	0.1	418	130	500	149	0.10	0.43	0.2	2
9	12	286	219	0.1	371	257	80	20	0.08	0.38	0.1	2
20	11	344		0.1	527	128		144	0.12	0.36	2.6	3

Table continued on following

^aVitamin A value is largely from beta-carotene used for coloring.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids		
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)
	Human whole, mature	250 ml	260	88	181 ¹	3	11	5	1
	Soybean, fluid	250 ml	288	92	85 ¹	9	4	0	0
	Canned, evaporated								
87	Whole milk	1 c	252	74	340	17	19	11.6	5.9
	Lowfat (2%) undiluted	250 ml	268	78	246 ¹	20	5	8	Tr
88	Skim milk	1 c	266	79	200	19	1	0.3	0.2
	Dried								
89	Buttermilk	1 c	120	3	465	41	7	4.8	2.0
	Nonfat, instant								
90	Envelope, 3.2 oz net wt ^a	1 envelope	91	4	325	32	1	0.4	0.2
91	Cup	1 c	68	4	245	24	1 ¹	0.8	0.1
	Whole milk	15 ml	8	2	40 ¹	2	2	1	Tr
	Milk beverages								
	Cocoa and chocolate-flavored beverages								
95	Powder containing nonfat dry milk	1 oz	28	1	100	3	1	0.6	0.8
96	Prepared (6 oz water plus 1 oz powder)	1 serving	206	66	100	8	1	0.6	0.3
97	Powder without nonfat dry milk	3/4 oz	21	1	75	1	1	0.8	0.3
98	Prepared (6 oz whole milk plus 3/4 oz powder)	1 serving	265	81	225	9	9	5.4	2.5
99	Eggnog (commercial)	1 c	254	74	340	10	19	11.8	5.7
	Malted milk								
100	Chocolate								
	Powder	3/4 oz	21	2	85	1	1	0.5	0.3
101	Prepared (6 oz whole milk plus 3/4 oz powder)	1 serving	265	81	235	9	9	5.5	2.7
	Natural								
102	Powder	3/4 oz	21	3	85	8	2	0.9	0.5
103	Prepared (6 oz whole milk plus 3/4 oz powder)	1 serving	265	81	235	11	10	6.0	2.9
	Shakes, thick								
104	Chocolate	10-oz container	283	72	885	9	8	4.8	2.2
105	Vanilla	10-oz container	285	74	315	11	9	5.3	2.5
	Milk desserts, frozen								
	Ice cream, vanilla								
	Regular (about 11% fat)								
106	Hardened	1/2 gal	1,064	61	2,155	38	115	71.8	33.1
107		1 c	33	61	270	5	14	8.9	4.1
108		8 fl oz	50	61	100	2	5	3.4	1.6
109	Soft serve (frozen custard)	1 c	178	60	375	7	28	15.5	6.7
110	Rich (about 15% fat, hardened)	1/2 gal	1,188	69	2,805	33	190	118.3	54.9
111		1 c	148	69	350	4	24	14.7	6.8

^aYields 1 qt of fluid milk when reconstituted according to package directions.

Nutrients in Indicated Quantity												
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)
							IU	RE				
360	186	645		Tr	133508	440	16810	0.040.21	0.090.08	1.22.1	180	
74219	263029	657738738	5100.6497	0.58610.7	794296845	267514293	6100.121.000	1360.84298	0.125.10.11	0.80440.79	0.50.4	53
88	59	1,421	1,119	0.4	1,910	621	260	65	0.47	1.89	1.1	7
17128	47353	1,12083778	896670	0.30.2	1,5521,160108	499573	2,160*1,610*	646*483*	0.380.28	1.591.19	0.80.6	54Tr
1	22	90	88	0.3	223	139	Tr	Tr	0.03	0.17	0.2	Tr
1	22	90	88	0.3	223	139	Tr	Tr	0.03	0.17	0.2	Tr
0	19	7	26	0.7	136	56	Tr	Tr	Tr	0.08	0.1	Tr
33149	3034	296330	254278	0.30.5	508420	176138	310890	76203	0.100.09	0.430.48	0.30.8	34
1	18	13	37	0.4	130	49	20	5	0.04	0.04	0.4	0
34	29	304	265	0.5	500	168	330	80	0.14	0.48	0.7	2
4	16	56	79	0.2	159	95	70	17	0.11	0.14	1.1	0
37	27	347	307	0.8	529	215	880	98	0.20	0.54	1.5	2
30	60	374	357	0.9	631	314	240	59	0.13	0.63	0.4	0
33	60	418	826	0.8	517	270	320	79	0.06	0.55	0.4	0
4765922	2543212	1,40617666	1,07513451	1.00.1Tr	2,05225786	92911841	4,840540200	1,06413350	0.420.050.02	2.630.330.12	1.10.10.1	61Tr
153	36	336	199	0.4	388	159	790	199	0.08	0.45	0.2	1
70388	35039	1,313161	927115	0.80.1	1,771221	868108	7,200900	1,758219	0.360.04	2.270.28	0.90.1	61

*With added vitamin A.

Table continued on following

Item No.	Foods, Approximate Measures, Units, and Weights (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fully Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
Ice milk, vanilla										
112	Hardened (about 4% fat)	½ gal	1,048	69	1,470	41	45	2.81	13.0	1.7
113		1 c	131	69	185	5	6	8.5	1.6	0.2
114	Soft serve (about 3% fat)	1 c	175	70	225	8	5	2.9	1.3	0.3
Pudding										
	Canned, chocolate	125 ml	132	68	191 ¹	3	10	9		Tr
	Canned, vanilla	125 ml	132	69	205 ¹	2	9	9		Tr
	Cornstarch, cooked	125 ml	137	70	170 ¹	5	4	2		Tr
	Cornstarch, instant with whole milk	125 ml	137	69	171 ¹	4	3	2		Tr
	Custard, baked	125 ml	140	77	161 ¹	8	8	4		Tr
	Mix, low calorie, prepared with skim milk	125 ml	137	78	139 ¹	4	3	Tr		Tr
	Tapioca (minute)	125 ml	87	72	117 ¹	4	4	2		Tr
115	Sherbet (about 2% fat)	½ gal	1,542	66	2,160	17	31	19.0	8.8	1.1
		1 c	193	66	270	2	4	2.4	1.1	0.1
Yogurt										
With added milk solids										
Made with lowfat milk										
117	Fruit-flavored*	8-oz container	227	74	230	10	2	1.6	0.7	0.1
118	Plain	8-oz container	227	85	145	12	4	2.3	1.0	0.1
119	Made with nonfat milk	8-oz container	227	85	125	13	Tr	0.3	0.1	Tr
Without added milk solids										
120	Made with whole milk	8-oz container	227	85	140	8	7	4.8	2.0	0.2
	Frozen, fruit, 6.3% fat		125	—	148 ¹	4	5	—	—	—
Eggs										
Eggs, large (24 or per dozen)										
Raw										
121	Whole, without shell	1 egg	50	75	80	6	6	1.7	2.2	0.7
122	White	1 white	33	88	15	3	Tr	0.0	3.0	0.0
123	Yolk	1 yolk	17	49	65	3	6	1.7	2.2	0.7
Cooked										
124	Fried in butter	1 egg	46	63	95	6	7	2.7	2.7	0.6
125	Hard-cooked, shell removed	1 egg	50	75	80	6	6	1.7	2.2	0.7
126	Poached	1 egg	50	74	80	6	6	1.7	2.2	0.7
127	Scrambled (milk added) in butter, also omelet	1 egg	64	73	110	7	8	3.2	2.9	0.8
	Substitute, frozen (yolk replaced)	60 ml	61	73	97 ¹	7	7	1		4

*Carbohydrate content varies widely because of amount of sugar added and amount and solids content of added flavoring. Consult the label if more precise values for carbohydrate and calories are needed.

Nutrients in Indicated Quantity													
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamins A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	
							IU	RE					
146	232	1,409	1,036	1.5	2,117	836	1,710	419	0.61	2.76	0.9	4	
18	29	176	129	0.2	263	105	210	62	0.06	0.35	0.1	1	
13	38	274	202	0.3	412	163	175	44	0.12	0.54	0.2	1	
Tr	28	69		1.1	236	265		29	0.04	0.16	1.1	Tr	
Tr	31	78		0.2	144	264		Tr	0.03	0.11	0.9	Tr	
16	31	140		0.4	166	177		53	0.08	0.21	1.0	Tr	
15	33	197		0.7	177	170		58	0.04	0.21	0.9	1	
147	16	167		0.6	204	111		147	0.06	0.27	1.5	Tr	
2	27	197		0.7	194	190		21	0.04	0.21	0.1	Tr	
84	15	91		0.3	117	136		76	0.04	0.16	0.9	Tr	
113	469	827	594	2.5	1,585	706	1,480	308	0.26	0.71	1.0	31	
14	69	103	74	0.3	196	88	190	39	0.03	0.09	0.1	4	
10	48	345	271	0.2	442	185	100	25	0.08	0.40	0.2	1	
14	16	415	326	0.2	531	159	150	36	0.10	0.49	0.3	2	
4	17	452	365	0.2	579	174	20	5	0.11	0.53	0.3	2	
29	11	274	215	0.1	361	105	280	66	0.07	0.32	0.2	1	
—	23	145		—	199	63		—	0.03	0.27	0.2	4	
274	1	28	90	1.0	65	69	260	78	0.04	0.15	Tr	0	
0	Tr	4	4	Tr	45	50	0	0	Tr	0.09	Tr	0	
272	Tr	26	86	0.9	16	6	310	94	0.04	0.07	Tr	0	
278	1	29	91	1.1	66	162	320	94	0.04	0.14	Tr	0	
274	1	28	90	1.0	65	69	260	78	0.04	0.14	Tr	0	
273	1	28	90	1.0	65	146	280	78	0.03	0.13	Tr	0	
282	2	64	109	1.0	97	176	350	102	0.04	0.16	Tr	Tr	
1	2	44		1.2	180	122		82	0.07	0.24	18	Tr	

Table continued on following

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Mono-unsaturated (g)	Poly-unsaturated (g)	
Fats and Oils										
Butter (4 sticks per lb)										
128	Stick	1/4 c	113	16	810	1	92	57.1	28.4	3.4
129	Tablespoon (1/2 stick)	1 tbsp	14	16	100	Tr	11	7.1	3.3	0.4
130	Pat (1 in square, 1/2 in high; 90 per lb)	1 pat	5	16	35	Tr	4	2.5	1.2	0.2
131	Fats, cooking (vegetable shortenings)	1 c	205	0	1,810	0	205	51.3	91.2	53.5
132		1 tbsp	13	0	115	0	13	3.3	5.8	3.4
133	Lard	1 c	205	0	1,850	0	205	80.4	92.5	23.0
134		1 tbsp	13	0	115	0	13	5.1	5.9	1.5
Margarine										
135	Imitation (about 40% fat), soft	8-oz container	227	58	785	1	88	17.5	35.6	31.3
136		1 tbsp	14	58	50	Tr	5	1.1	2.2	1.9
Regular (about 80% fat, Hard (4 sticks per lb)										
137	Stick	1/2 cup	113	16	810	1	91	17.9	40.5	28.7
138	Tablespoon (1/2 stick)	1 tbsp	14	16	100	Tr	11	2.2	5.0	3.6
139	Pat (1 in square, 1/2 in high; 90 per lb)	1 pat	5	16	35	Tr	4	0.8	1.8	1.3
140	Soft	8-oz container	227	16	1,825	2	183	31.3	64.7	78.5
141		1 tbsp	14	16	100	Tr	11	1.9	4.0	4.8
Spread (about 60% fat, Hard (4 sticks per lb)										
142	Stick	1/2 c	113	37	610	1	69	15.9	29.4	20.5
143	Tablespoon (1/2 stick)	1 tbsp	14	37	75	Tr	9	2.0	3.6	2.5
144	Pat (1 in square, 1/2 in high; 90 per lb)	1 pat	5	37	25	Tr	3	0.7	1.3	0.9
145	Soft	8-oz container	227	37	1,225	1	138	29.1	51.5	81.8
146		1 tbsp	14	37	75	Tr	9	1.8	4.4	1.9
Oils, salad and cooking										
Canola (rapeseed, cold)										
	250 ml	230	0	2,033	0	230	17	77		0
	16 ml	14	0	24	0	14	1	5		0
147	Canola (rapeseed, cold)	1 c	218	0	1,925	0	218	27.7	53.8	128.0
148	Corn	1 c	14	0	125	0	14	1.8	3.4	8.2
149	Olive	1 c	216	0	1,910	0	216	29.2	159.2	18.1
150		1 tbsp	14	0	125	0	14	1.9	10.3	1.2
151	Peanut	1 c	216	0	1,910	0	216	36.5	99.8	69.1
152		1 tbsp	14	0	125	0	14	2.4	6.5	4.5
153	Safflower	1 c	218	0	1,925	0	218	19.8	26.4	162.4
154		1 tbsp	14	0	125	0	14	1.3	1.7	10.4
155	Soybean oil, hydrogenated (partially hard end)	1 c	218	0	1,925	0	218	82.5	98.7	82.0
156		1 tbsp	14	0	125	0	14	2.1	6.0	5.3

Nutrients in Indicated Quantity												
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Nicotinic (mg)	Ascorbic Acid (mg)
							IU	RE				
247	Tr	27	26	0.2	29	933*	8,460†	852†	0.01	0.04	Tr	0
31	Tr	3	3	Tr	4	116	430†	106†	Tr	Tr	Tr	0
11	Tr	1	1	Tr	1	41*	160†	38†	Tr	Tr	Tr	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
195	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
12	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	1	40	31	0.0	57	2,178†	7,510‡	2,254‡	0.01	0.06	Tr	Tr
0	Tr	2	2	0.0	4	134‡	460‡	139‡	Tr	Tr	Tr	Tr
0	1	34	26	0.1	48	1,086‡	3,740‡	1,123‡	0.01	0.04	Tr	Tr
0	Tr	4	3	Tr	6	132‡	460‡	139‡	Tr	0.01	Tr	Tr
0	Tr	1	1	Tr	2	47‡	170‡	50‡	Tr	Tr	Tr	Tr
0	1	60	46	0.0	86	2,449‡	7,510‡	2,254‡	0.02	0.07	Tr	Tr
0	Tr	4	3	0.0	5	151‡	460‡	139‡	Tr	Tr	Tr	Tr
0	0	24	18	0.0	34	1,123†	3,740‡	1,123‡	0.01	0.03	Tr	Tr
0	0	3	2	0.0	4	139‡	460‡	139‡	Tr	Tr	Tr	Tr
0	0	1	1	0.0	1	50†	170‡	50‡	Tr	Tr	Tr	Tr
0	0	47	37	0.0	68	2,256‡	7,510‡	2,254‡	0.02	0.06	Tr	Tr
0	0	3	2	0.0	4	139†	460‡	139‡	Tr	Tr	Tr	Tr
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0

Table continued on following

*For salted butter; unsalted butter contains 12 mg sodium per stick, 2 mg per tbsp, or 1 mg per 1/2 pat. †Values for vitamin A are year-round average.

‡For salted margarine.

§Based on average vitamin A content of fortified margarine. Federal specifications for margarine require a minimum of 15,000 IU per pound.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
157	Soybean-entrained oil blend, hydrogenated	1 c	218	0	1,925	0	218	39.2	64.3	104.9
158		1 tbsp	14	0	125	0	14	2.6	4.1	6.7
159	Sunflower	1 c	218	0	1,925	0	218	22.5	42.5	143.2
160		1 tbsp	14	0	125	0	14	1.4	2.7	9.2
Salad dressings										
Commercial										
161	Blue cheese	1 tbsp	15	82	75	1	8	1.5	1.8	4.2
	French									
162	Regular	1 tbsp	16	35	85	Tr	9	1.4	4.0	8.5
163	Low calorie	1 tbsp	16	75	26	Tr	2	0.2	0.5	1.0
	Italian									
164	Regular	1 tbsp	15	34	80	Tr	9	1.3	3.7	8.2
165	Low calorie	1 tbsp	16	86	5	Tr	Tr	Tr	Tr	Tr
	Mayonnaise									
166	Regular	1 tbsp	14	15	100	Tr	11	1.7	3.2	5.9
167	Imitation	1 tbsp	16	63	35	Tr	3	0.5	0.7	1.6
168	Mayonnaise type	1 tbsp	16	40	60	Tr	5	0.7	1.4	2.7
169	Tartar sauce	1 tbsp	14	34	75	Tr	8	1.2	2.6	3.9
	Thousand island									
170	Regular	1 tbsp	16	46	60	Tr	6	1.0	1.3	3.2
171	Low calorie	1 tbsp	15	60	25	Tr	2	0.2	0.4	0.9
Prepared from home recipe										
172	Cooked type*	1 tbsp	16	69	25	1	2	0.5	0.6	0.3
173	Vinegar and oil	1 tbsp	16	47	70	0	8	1.5	2.4	8.9
Fish and Shellfish										
	Anchovy	3 fillets	12	59	21 ¹	2	1	Tr	Tr	7
	Bluefish, baked or broiled, 12 x 7 x 1 cm	1 piece	92	68	146 ¹	24	5	Tr	Tr	64
	Clams									
174	Raw, meat only	3 oz	85	82	85	11	1	0.3	0.3	0.3
175	Canned, drained solids	3 oz	85	77	85	13	2	0.6	0.6	0.4
	Cod, fresh, broiled, 10 x 4 x 2 cm	1 piece	88	65	150 ¹	25	5	Tr	Tr	71
176	Crabmeat, canned	1 c	135	77	135	23	3	0.6	0.8	1.4
177	Fish sticks, frozen, reheated (stick, 4 x 1 x 1/2 in)	1 fish stick	28	52	70	6	3	0.8	1.4	0.8
	Flounder or sole, baked, with lemon juice									
178	With butter	3 oz	85	73	120	16	6	3.2	1.5	0.5
179	With margarine	3 oz	85	73	120	16	6	1.2	2.3	1.9
180	Without added fat	3 oz	85	78	80	17	1	0.8	0.2	0.4
181	Haddock, breaded, fried†	3 oz	86	61	175	17	9	2.4	5.9	2.4
182	Halibut, broiled, with butter and lemon juice	3 oz	85	67	140	20	6	3.3	1.6	0.7
183	Herring, pickled	3 oz	86	69	190	17	13	4.5	4.6	3.1
	Lobster, canned	150 ml	92	77	87 ¹	17	1	0	0	78
	Mackerel, canned, solids and liquid	150 ml	96	66	174 ¹	18	11	8	—	80
184	Ocean perch, breaded, fried†	1 fillet	65	59	185	16	11	2.6	4.6	2.8

*Fatty acid values apply to products made with regular margarine.

†Dipped in egg, milk, and breadcrumbs; fried in vegetable shortening.

Nutrients in Indicated Quantity													
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	
							IU	RE					
0	0	0	0	0.1	0	0	0	0	0.00	0.00	0.0	0	
0	0	0	0	0.1	0	0	0	0	0.00	0.00	0.0	0	
0	0	0	0	0.1	0	0	0	0	0.00	0.00	0.0	0	
0	0	0	0	0.1	0	0	0	0	0.00	0.00	0.0	0	
3	1	12	11	Tr	6	164	30	10	Tr	0.02	Tr	Tr	
0	1	2	1	Tr	2	188	Tr	Tr	Tr	Tr	Tr	Tr	
0	2	6	5	Tr	3	806	Tr	Tr	Tr	Tr	Tr	Tr	
0	1	1	1	Tr	5	162	30	3	Tr	Tr	Tr	Tr	
0	2	1	1	Tr	4	186	Tr	Tr	Tr	Tr	Tr	Tr	
8	Tr	8	4	0.1	5	89	40	12	0.00	0.00	Tr	0	
1	2	Tr	Tr	0.0	2	76	0	0	0.00	0.00	0.0	0	
4	4	2	4	Tr	1	107	30	18	Tr	Tr	Tr	0	
4	1	3	4	0.1	11	162	30	9	Tr	Tr	0.0	Tr	
4	2	2	3	0.1	18	112	50	15	Tr	Tr	Tr	0	
2	2	2	3	0.1	17	150	50	14	Tr	Tr	Tr	0	
9	2	13	14	0.1	19	117	70	20	0.01	0.02	Tr	Tr	
0	Tr	0	0	0.0	1	Tr	0	0	0.00	0.00	0.0	0	
7	Tr	20		0.3	71	99	8		Tr	0.02	1.1	0	
64	0	27		0.6	386	96	14		0.10	0.09	6.2	0	
43	2	59	138	2.6	154	102	90	26	0.09	0.15	1.1	9	
54	2	47	116	3.5	119	102	80	26	0.01	0.09	0.9	3	
71	0	27		0.9	358	97	48		0.05	0.10	7.2	0	
136	1	61	246	1.1	149	1,350	50	14	0.11	0.11	2.6	0	
26	4	11	58	0.3	94	63	20	5	0.03	0.05	0.6	0	
68	Tr	13	187	0.3	272	146	210	54	0.05	0.08	1.6	1	
55	Tr	14	187	0.3	273	161	230	69	0.05	0.09	1.6	1	
59	Tr	13	187	0.3	286	161	30	10	0.05	0.08	1.7	1	
75	7	84	183	1.0	270	123	70	20	0.06	0.10	2.9	0	
62	Tr	14	206	0.7	441	103	610	174	0.06	0.07	7.7	1	
85	0	29	123	0.9	87	850	110	33	0.04	0.13	2.6	0	
78	Tr	60		0.7	168	193	0		0.09	0.06	4.5	0	
89	0	176		2.0	399	70	123		0.06	0.20	8.9	0	
66	7	31	191	1.2	241	138	70	20	0.10	0.11	2.0	0	

Table continued on following

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (kcal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Mono-unsaturated (g)	Poly-unsaturated (g)	
Oysters										
185	Raw, meat only (13-19 medium Selects)	1 c	240	85	160	20	4	1.4	0.5	1.4
186	Breaded, fried [†]	1 oyster	45	65	90	5	5	1.4	2.1	1.4
Salmon										
187	Canned (pink), solids and liquid	3 oz	85	71	120	17	5	0.9	1.5	2.1
188	Baked (red)	3 oz	85	67	140	21	5	1.2	2.4	1.4
189	Smoked	3 oz	85	89	150	18	8	2.6	3.9	0.7
190	Sardines, Atlantic, canned in oil, drained solids	3 oz	85	62	175	20	9	2.1	3.7	2.9
191	Scallops, breaded, frozen, reheated	6 scallops	90	59	185	15	10	2.5	4.1	2.5
	Steamed	7 scallops	90	73	101 [‡]	23	1	0	0	48
Shrimp										
192	Canned, drained solids	3 oz	85	70	100	21	1	0.2	0.2	0.4
193	French fried (7 medium)	3 oz	85	55	200	16	10	2.5	4.1	2.8
194	Trout, broiled, with butter and lemon juice	3 oz	85	88	176	21	9	4.1	2.9	1.6
Tuna, canned, drained solids										
195	Oil pack, chunk light	3 oz	85	61	165	24	7	1.4	1.9	3.1
196	Water pack, solid white	3 oz	85	63	185	30	1	0.3	0.2	0.8
197	Tuna salad [§]	1 c	205	63	375	58	19	3.3	4.9	9.2
Whitefish, baked stuffed, 12 x 7 x 1 cm										
	1 piece	92	65	198 [‡]	14	13	4	—	—	40
Fruits and Fruit Juices										
Apples										
Raw										
Unpeeled, without cores										
198	2½-in diam. (about 3 per lb with cores)	1 apple	139	84	80	Tr	Tr	0.1	Tr	0.1
199	3¼-in diam. (about 2 per lb with cores)	1 apple	212	84	126	Tr	1	0.1	Tr	0.2
200	Peeled, sliced	1 c	110	84	65	Tr	Tr	0.1	Tr	0.1
201	Dried, sulfured	10 rings	64	32	155	1	Tr	Tr	Tr	0.1
202	Apple juice, bottled or canned [§]	1 c	248	88	115	Tr	Tr	Tr	Tr	0.1
203	Applesauce, canned, unsweetened	1 c	244	84	105	Tr	Tr	Tr	Tr	Tr
Apricots										
205	Raw, without pits (about 3 12 per lb with pits)	apricots	106	89	50	1	Tr	Tr	0.2	0.1
	Canned (fruit and liquid)	1 c	248	87	120	2	Tr	Tr	Tr	Tr
206	Juice pack	3 halves	84	87	40	1	Tr	Tr	Tr	Tr

[‡]Dipped in egg, milk, and breadcrumbs; fried in vegetable shortening.

[†]Dipped in egg, breadcrumbs, and flour; fried in vegetable shortening.

[‡]Made with drained chunk light tuna, celery, onion, pickle relish, and mayonnaise-type salad dressing.

[§]Also applies to pasteurized apple cider.

Nutrients in Indicated Quantity												
Cholesterol (mg)	Carbo- hydrate (g)	Cal- cium (mg)	Phos- phorus (mg)	Iron (mg)	Potas- sium (mg)	Sodium (mg)	Vitamin A Value		Thi- amin (mg)	Ri- bo- flavin (mg)	Nia- cin (mg)	Ascor- bic Acid (mg)
							IU	RE				
130	8	226	343	15.6	290	175	740	223	0.34	0.43	6.0	24
35	5	49	78	3.0	64	70	130	44	0.07	0.10	1.3	4
34	0	167*	248	0.7	307	463	80	18	0.03	0.15	6.8	0
60	0	26	260	0.5	305	55	290	87	0.18	0.14	5.5	0
61	0	12	208	0.8	327	1,700	260	77	0.17	0.17	6.8	0
85	0	871*	424	2.6	349	425	190	56	0.03	0.17	4.6	0
70	10	39	203	2.0	369	298	70	21	0.11	0.11	1.6	0
48	3	104		2.7	428	239	27		0.09	0.05	5.0	0
128	1	98	224	1.4	1	1,955	50	15	0.01	0.03	1.6	0
168	11	61	151	2.0	189	384	90	26	0.06	0.09	2.8	0
71	Tr	26	259	1.0	297	122	230	60	0.07	0.07	2.3	1
55	0	7	199	1.5	296	303	70	20	0.04	0.09	10.1	0
48	0	17	202	0.6	255	468	110	32	0.03	0.10	13.4	0
80	19	31	281	2.5	631	877	280	53	0.06	0.14	13.3	6
40	5	33		0.5	268	179	582		0.10	0.10	4.7	0
0	21	10	10	0.2	159	Tr	70	7	0.02	0.02	0.1	8
0	32	15	15	0.4	244	Tr	110	11	0.04	0.03	0.2	12
0	16	4	8	0.1	124	Tr	50	5	0.02	0.01	0.1	4
0	42	9	24	0.9	288	56†	0	0	0.00	0.10	0.6	2
0	29	17	17	0.9	295	7	Tr	Tr	0.05	0.04	0.2	23
0	28	7	17	0.3	188	5	70	7	0.03	0.06	0.6	3
0	12	15	20	0.6	314	1	2,770	277	0.03	0.04	0.6	11
0	31	30	50	0.7	409	10	4,190	419	0.04	0.05	0.9	12
0	10	10	17	0.3	189	3	1,420	142	0.02	0.02	0.3	4

Table continued on following

*If bones are discarded, value for calcium will be greatly reduced.

†Sodium bicarbonate used to preserve color; unsulfited product would contain less sodium.

‡Without added ascorbic acid. For value with added ascorbic acid, refer to label.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (kcal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
Dried										
210	Uncooked (26 large or 37 medium halves per cup)	1 c	130	31	810	5	1	Tr	0.8	0.1
211	Cooked, unsweetened, fruit and liquid	1 c	250	76	210	3	Tr	Tr	0.2	0.1
212	Apricot, nectar, canned	1 c	251	85	140	1	Tr	Tr	0.1	Tr
Avocado, raw, whole, without skin and seed										
213	California (about 2 per lb with skin and seed)	1 avocado	173	73	805	4	30	4.5	19.4	3.6
214	Florida (about 1 per lb with skin and seed)	1 avocado	304	80	310	5	27	5.3	14.8	4.5
Bananas, raw, without peel										
215	Whole (about 2½ per lb with peel)	1 banana	114	74	105	1	1	0.2	Tr	0.1
216	Sliced	1 c	150	74	140	2	1	0.3	0.1	0.1
217	Blackberries, raw	1 c	144	86	75	1	1	0.2	0.1	0.1
218	Blueberries, raw	1 c	145	85	80	1	1	Tr	0.1	0.3
Cantaloupe. See Melons (item 251)										
Cherries										
221	Sour, red, pitted, canned, water pack	1 c	244	90	90	2	Tr	0.1	0.1	0.1
222	Sweet, raw, without pits and stems	10 cherries	68	81	50	1	1	0.1	0.2	0.2
	Cranberries, whole, raw	250 ml	100	87	49½	Tr	Tr	0	—	0
	Cranberry juice, cocktail, bottled	250 ml	267	85	155½	Tr	Tr	0	—	0
Dates										
225	Whole, without pits	10 dates	83	23	280	2	Tr	0.1	0.1	Tr
226	Chopped	1 c	178	23	490	4	1	0.3	0.2	Tr
Fruit cocktail, canned, fruit and liquid										
229	Juice pack	1 c	248	87	115	1	Tr	Tr	Tr	Tr
	Water pack	250 ml	259	91	83½	1	Tr	Tr	Tr	0
Fruit-flavored drinks										
	Canned or bottled, vitamin C added	250 ml	264	88	127½	0	0	0	0	0
	Crystals, water and vitamin C added	250 ml	281	88	117½	0	0	0	0	0
Grapefruit										
230	Raw, without peel, membrane and seeds (3¾-in diam., 1 lb 1 oz, whole, with refuse)	½ grapefruit	120	91	40	1	Tr	Tr	Tr	Tr
Grapefruit juice										
232	Raw	1 c	247	90	95	1	Tr	Tr	Tr	0.1
233	Canned, unsweetened	1 c	247	90	95	1	Tr	Tr	Tr	0.1
	Frozen concentrate, unsweetened	6 fl oz can	207½	62	800	4	1	0.1	0.1	0.2
235	Undiluted	6 fl oz can	207½	62	800	4	1	0.1	0.1	0.2
236	Diluted with 3 parts water by volume	1 c	247	89	100	1	Tr	Tr	Tr	0.1

Nutrients in Indicated Quantity													
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Nicotinic Acid (mg)	Ascorbic Acid (mg)	
							IU	RE					
0	80	50	152	6.1	1,791	13	9,410	941	0.01	0.20	3.9	3	
0	55	40	103	4.2	1,222	8	5,910	591	0.02	0.09	2.4	4	
0	36	18	25	1.0	286	8	3,300	330	0.02	0.04	0.7	2*	
0	12	19	73	2.0	1,097	21	1,060	106	0.19	0.21	3.3	14	
0	27	33	119	1.6	1,484	15	1,960	186	0.33	0.37	6.8	24	
0	27	7	23	0.4	451	1	90	9	0.05	0.11	0.6	10	
0	35	9	30	0.5	594	2	120	12	0.07	0.15	0.6	14	
0	18	46	30	0.8	282	Tr	240	24	0.04	0.06	0.6	30	
0	20	9	15	0.2	129	9	150	15	0.07	0.07	0.5	18	
0	22	27	24	3.3	239	17	1,840	184	0.04	0.10	0.4	5	
0	11	10	18	0.3	152	Tr	150	15	0.03	0.04	0.3	5	
0	13	7		0.2	71	1		6	0.08	0.02	0.2	14	
0	40	9		0.4	64	11		0	0.01	0.04	0.1	60	
0	61	27	33	1.0	641	2	40	4	0.07	0.08	1.8	0	
0	181	57	71	2.0	1,161	5	90	9	0.16	0.18	3.9	0	
0	29	30	35	0.5	286	10	760	76	0.03	0.04	1.0	7	
0	22	13		0.6	243	10		85	0.04	0.03	1.1	5	
0	82	16		0.6	42	37		4	0.03	0.03	Tr	61	
0	31	78		0.1	1	19		0	0	0	0	60	
0	10	14	10	0.1	167	Tr	10*	17	0.04	0.02	0.3	41	
0	23	22	37	0.5	400	2	20	2	0.10	0.05	0.5	94	
0	22	17	27	0.5	378	2	20	2	0.10	0.05	0.6	72	
0	72	56	101	1.0	1,002	6	60	6	0.30	0.16	1.6	248	
0	34	30	35	0.3	336	2	20	2	0.10	0.05	0.5	89	

Table continued on following

*Without added ascorbic acid. For value with added ascorbic acid, refer to label.

†For white grapefruit; pink grapefruit have about 31.0 IU or 31 RE.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
	Grapes, Canadian type (ship skin), raw	10 grapes	24	81	16 ¹	Tr	Tr	Tr	Tr	Tr
	Grapes, European type (adherent skin), raw									
237	Thompson Seedless	10 grapes	50	81	35	Tr	Tr	0.1	Tr	0.1
238	Tokay and Emperor, seedless types	10 grapes	57	81	40	Tr	Tr	0.1	Tr	0.1
242	Kiwifruit, raw, without skin (about 5 per lb with skin)	1 kiwi-fruit	76	83	45	1	Tr	Tr	0.1	0.1
243	Lemons, raw, without peel and seeds (about 4 per lb with peel and seeds)	1 lemon	58	89	15	1	Tr	Tr	Tr	0.1
	Lemon juice									
244	Raw	1 c	244	91	60	1	Tr	Tr	Tr	Tr
245	Canned or bottled, unsweetened	1 c	244	92	50	1	1	0.1	Tr	0.2
246	1 tbsp	15	82	6	Tr	Tr	Tr	Tr	Tr	Tr
247	Frozen, single-strength, unsweetened	6 fl oz can	244	92	55	1	1	0.1	Tr	0.2
	Lime juice									
248	Raw	1 c	246	90	65	1	Tr	Tr	Tr	0.1
249	Canned, unsweetened	1 c	246	93	50	1	1	0.1	0.1	0.2
250	Mangoes, raw, without skin and seed (about 1½ per lb with skin and seed)	1 mango	207	82	135	1	1	0.1	0.2	0.1
	Melons, raw, without rind and cavity contents									
251	Cantaloupe, orange-fleshed (5 in diam., 2½ lb, whole, with rind and cavity contents)	½ melon	287	90	95	2	1	0.1	0.1	0.3
252	Honeydew (6½ in diam., 5¼ lb, whole, with rind and cavity contents)	½ melon	129	90	45	1	Tr	Tr	Tr	0.1
253	Nectarines, raw, without pits (about 3 per lb with pits)	1 nectarine	186	83	65	1	1	0.1	0.2	0.3
	Oranges, raw									
254	Whole, without peel and seeds (2½ in diam., about 2½ per lb, with peel and seeds)	1 orange	131	87	60	1	Tr	Tr	Tr	Tr
255	Sections without membranes	1 c	180	87	95	2	Tr	Tr	Tr	Tr
	Orange juice									
256	Raw, all varieties	1 c	249	88	110	2	Tr	0.1	0.1	0.1
257	Canned, unsweetened	1 c	249	89	105	1	Tr	Tr	0.1	0.1
258	Chilled	1 c	249	88	110	2	1	0.1	0.1	0.2
	Frozen concentrate									
259	Undiluted	8 fl oz can	218	58	340	5	Tr	0.1	0.1	0.1
260	Diluted with 3 parts water by volume	1 c	249	88	110	2	Tr	Tr	Tr	Tr

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)		
							IU	RE						
0	4	8		Tr	48	Tr		2	0.02	0.01	Tr	Tr		
0	9	6	7	0.1	93	1	40	4	0.05	0.03	0.2	5		
0	10	6	7	0.1	105	1	40	4	0.05	0.03	0.2	6		
0	11	20	30	0.8	232	4	130	13	0.02	0.04	0.4	74		
0	5	15	9	0.3	80	1	20	2	0.02	0.01	0.1	31		
0	21	17	15	0.1	303	2	50	5	0.07	0.02	0.2	112		
0	16	27	22	0.8	249	51*	40	4	0.10	0.02	0.5	61		
0	1	2	1	Tr	15	3*	Tr	Tr	0.01	Tr	Tr	4		
0	16	20	20	0.3	217	2	30	3	0.14	0.03	0.3	77		
0	22	22	17	0.1	268	2	20	2	0.05	0.02	0.2	73		
0	16	30	25	0.6	165	39*	40	4	0.08	0.01	0.4	16		
0	35	21	28	0.3	823	4	8,060	806	0.12	0.12	1.2	57		
0	22	29	45	0.6	826	24	8,610	861	0.10	0.06	1.5	113		
0	12	8	13	0.1	350	13	50	5	0.10	0.02	0.8	32		
0	16	7	22	0.2	288	Tr	1,000	100	0.02	0.06	1.3	7		
0	15	52	18	0.1	287	Tr	270	27	0.11	0.05	0.4	70		
0	21	72	25	0.2	326	Tr	370	37	0.16	0.07	0.5	96		
0	26	27	42	0.5	496	2	500	50	0.22	0.07	1.0	124		
0	26	30	35	1.1	436	5	440	44	0.15	0.07	0.8	90		
0	26	25	27	0.4	473	2	190	19	0.08	0.05	0.7	82		
0	31	69	121	0.7	1,436	6	590	59	0.30	0.14	1.5	284		
0	27	23	40	0.2	473	3	190	19	0.05	0.04	0.5	97		

*Sodium benzoate and sodium bisulfite added as preservatives.

Table continued on following page

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids		
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)
261	Orange and grapefruit juice, canned	1 c	247	89	105	1	Tr	Tr	Tr
262	Papayas, raw, ½-in cubes								
	Raw	1 c	140	86	65	1	Tr	0.1	0.1
263	Whole, 2½-in diam., peeled, pitted (about 4 per lb with seeds and pits)	1 peach	87	88	85	1	Tr	Tr	Tr
264	Sliced	1 c	170	86	75	1	Tr	Tr	0.1
267	Canned, fruit and liquid, juice pack								
		1 c	248	87	110	2	Tr	Tr	Tr
268		1 half	77	87	35	Tr	Tr	Tr	Tr
	Canned halves or slices, water pack	250 ml	258	93	62 ¹	1	Tr	Tr	0
	Peaches								
	Dried								
269	Uncooked	1 c	160	82	380	6	1	0.1	0.4
270	Cooked, unsweetened, fruit and liquid	1 c	258	78	200	3	1	0.1	0.2
271	Frozen, sliced, sweetened	10-oz container	264	75	265	2	Tr	Tr	0.1
272		1 c	250	75	235	2	Tr	Tr	0.1
	Pears								
	Raw, with skin, cored								
273	Bartlett, 2½-in diam. (about 2½ per lb with cores and stems)	1 pear	168	84	100	1	1	Tr	0.1
274	Bosc, 2½-in diam. (about 3 per lb with cores and stems)	1 pear	141	84	85	1	1	Tr	0.1
275	D'Anjou, 3-in diam. (about 2 per lb with cores and stems)	1 pear	200	84	120	1	1	Tr	0.2
278	Canned, fruit and liquid, juice pack	1 c	248	86	125	1	Tr	Tr	Tr
279		1 half	77	86	40	Tr	Tr	Tr	Tr
	Pineapple								
280	Raw, sliced	1 c	155	87	75	1	1	Tr	0.1
	Canned, fruit and liquid								
	Juice pack								
283	Chunks or tidbits	1 c	250	84	150	1	Tr	Tr	Tr
284	Slices	1 slice	58	84	35	Tr	Tr	Tr	Tr
	Water pack, cubes	250 ml	260	91	83 ¹	1	Tr	Tr	Tr
285	Pineapple juice, unsweetened, canned	1 c	250	86	140	1	Tr	Tr	0.1
	Plantains, without peel								
286	Raw	1 plantain	179	85	220	2	1	0.3	0.1
287	Cooked, boiled, sliced	1 c	154	87	180	1	Tr	Tr	0.1
	Plums, without pits								
288	Raw								
	2½-in diam. (about 6½ per lb with pits)	1 plum	66	85	36	1	Tr	Tr	0.1

Nutrients in Indicated Quantity													
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamins A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	R
							IU	IU					
0	25	20	35	1.1	390	7	290	29	0.11	0.07	0.8	72	26
0	17	35	12	0.3	247	9	400	40	0.04	0.04	0.5	92	26
0	10	4	10	0.1	171	Tr	470	47	0.01	0.04	0.9	6	26
0	19	9	20	0.2	335	Tr	910	91	0.03	0.07	1.7	11	26
0	29	15	42	0.7	317	10	940	94	0.02	0.04	1.4	9	26
0	9	6	13	0.2	99	3	290	29	0.01	0.01	0.4	3	26
0	16	5		0.8	255	8	137		0.02	0.05	1.4	7	
0	98	45	190	6.5	1,594	11	8,460	346	Tr	0.34	7.0	8	26
0	51	23	98	3.4	826	5	610	61	0.01	0.05	3.9	10	27
0	68	9	51	1.1	369	17	610	61	0.04	0.10	1.9	268*	27
0	60	8	28	0.9	325	15	710	71	0.03	0.09	1.6	236*	27
0	26	18	18	0.4	208	Tr	30	3	0.03	0.07	0.2	7	27
0	21	16	16	0.4	175	Tr	30	3	0.03	0.06	0.1	6	27
0	30	22	22	0.5	250	Tr	40	4	0.04	0.08	0.2	8	27
0	32	22	30	0.7	238	10	10	1	0.03	0.03	0.5	4	27
0	10	7	9	0.2	74	3	Tr	Tr	0.01	0.01	0.2	1	27
0	19	11	11	0.6	175	2	40	4	0.14	0.06	0.7	24	28
0	39	35	15	0.7	305	3	100	10	0.24	0.05	0.7	24	28
0	9	6	3	0.2	71	1	20	2	0.06	0.01	0.2	6	28
0	22	39		1.0	330	3	5		0.24	0.07	1.0	20	
0	34	43	20	0.7	835	3	10	1	0.14	0.06	0.6	27	28
0	67	5	61	1.1	898	7	2,020	202	0.09	0.10	1.2	33	28
0	48	8	43	0.9	716	8	1,400	140	0.07	0.08	1.2	17	28
0	9	5	7	0.1	114	Tr	210	21	0.03	0.06	0.3	6	28

*With added ascorbic acid

Table continued on following page

Item No.	Food, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (kcal)	Protein (g)	Fat (g)	Fatty Acids		
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)
289	1½ in diam. (about 15 per lb with pits)	1 plum	26	65	15	Tr	Tr	Tr	Tr
292	Canned, purple, fruit and liquid, juice pack	1 c	252	84	145	1	Tr	Tr	Tr
293	Prunes, dried	3 plums	95	84	55	Tr	Tr	Tr	Tr
294	Uncooked	4 extra large or 5 large prunes	49	32	115	1	Tr	Tr	0.1
295	Cooked, unsweetened, fruit and liquid	1 c	212	70	225	2	Tr	Tr	0.1
296	Prune juice, canned or bottled	1 c	256	81	180	2	Tr	Tr	Tr
297	Raisins, seedless	1 c	145	15	485	5	1	0.2	Tr
298	Cup, not pressed down	1 packet	14	15	40	Tr	Tr	Tr	Tr
299	Packet, ½ oz (1½ tbsp)	1 c	128	87	60	1	1	Tr	0.1
300	Raspberries, raw	1 c	128	87	60	1	1	Tr	0.1
301	Rhubarb	250 ml	129	94	27	1	Tr		0
302	Raw, sliced	250 ml	129	94	27	1	Tr		0
303	Strawberries	1 c	149	92	45	1	1	Tr	0.1
304	Raw, capped, whole	250 ml	157	90	55	Tr	Tr	Tr	Tr
305	Frozen, unsweetened	250 ml	157	90	55	Tr	Tr	Tr	Tr
306	Tangerines	1 c	149	92	45	1	1	Tr	0.1
307	Raw, without peel and seeds (2½ in diam., about 4 per lb, with peel and seeds)	1 tangerine	64	88	86	1	Tr	Tr	Tr
308	Canned, light syrup, fruit and liquid	1 c	252	83	155	1	Tr	Tr	0.1
309	Watermelon, raw, without rind and seeds	1 c	252	83	155	1	Tr	Tr	0.1
310	Piece (4 by 8 in wedge with rind and seeds; ½ of 32½-lb melon, 10 by 16 in)	1 piece	482	92	156	8	2	0.3	0.2
311	Disc	1 c	160	92	50	1	1	0.1	0.1
312	Grain Products	1 c	160	92	50	1	1	0.1	0.1
313	Bagels, plain or water, enriched, 3½ in diam *	1 bagel	68	29	200	7	2	0.3	0.5
314	Barley, pearled, light, uncooked	1 cup	200	11	700	16	2	0.3	0.2
315	Biscuits, baking powder, 2-in diam. (enriched flour, vegetable shortening)	1 biscuit	28	28	100	2	5	1.2	1.3
316	From home recipe	1 biscuit	28	28	95	2	5	0.8	1.4
317	From mix	1 biscuit	20	30	45	1	2	0.6	0.9
318	From refrigerated dough	1 biscuit	20	30	45	1	2	0.6	0.9
319	Broader crumbs, enriched	1 c	100	7	390	13	5	1.5	1.6
320	Dry, grated	1 c	100	7	390	13	5	1.5	1.6
321	Soft, See White bread (item 351)	1 c	100	7	390	13	5	1.5	1.6

Nutrients in Indicated Quantity												
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)
							IU	RE				
0	4	1	3	Tr	48	Tr	90	9	0.01	0.08	0.1	3
0	88	25	33	0.9	399	3	2,540	254	0.06	0.15	1.2	7
0	14	10	14	0.3	146	1	960	96	0.02	0.06	0.4	8
0	31	26	89	1.2	365	2	970	97	0.04	0.08	1.0	2
0	60	49	74	2.4	709	4	650	65	0.06	0.21	1.5	6
0	46	81	64	3.0	707	10	10	1	0.04	0.18	2.0	10
0	115	71	141	3.0	1,089	17	10	1	0.23	0.18	1.2	5
0	11	7	14	0.3	105	2	Tr	Tr	0.02	0.01	0.1	Tr
0	14	27	15	0.7	197	Tr	160	16	0.04	0.11	1.1	31
0	6	111		0.3	372	5	13		0.08	0.04	0.6	10
0	10	21	28	0.6	247	1	40	4	0.03	0.10	0.8	84
0	14	25		1.2	232	3	6		0.04	0.06	0.9	65
0	9	12	9	0.1	132	1	770	77	0.09	0.02	0.1	26
0	41	18	25	0.9	197	15	2,120	212	0.18	0.11	1.1	50
0	35	39	43	0.8	659	10	1,780	178	0.39	0.10	1.0	46
0	11	18	14	0.5	186	3	580	58	0.18	0.08	0.3	15
0	38	29	46	1.8	50	245	0	0	0.26	0.20	2.4	0
0	158	32	378	4.2	320	6	0	0	0.24	0.10	6.2	0
Tr	13	47	36	0.7	32	195	10	3	0.08	0.08	0.8	Tr
Tr	14	58	128	0.7	56	202	20	4	0.12	0.11	0.8	Tr
1	10	4	79	0.5	18	249	0	0	0.08	0.05	0.7	0
6	73	122	141	4.1	152	736	0	0	0.85	0.85	4.8	0

Table continued on following

*Egg bagels have 44 mg cholesterol and 22 IU or 7 RE vitamin A per bagel.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
Breads										
317	Boston brown bread, canned, slice, 3 3/4 in by 1/2 in ^a	1 slice	45	45	95	2	1	0.3	0.1	0.1
	Cracked-wheat bread (4% enriched wheat flour, 3/4 cracked wheat flour) ^a									
318	Loaf, 1 lb	1 loaf	454	35	1,190	42	16	3.1	4.3	5.7
319	Slice (18 per loaf)	1 slice	25	35	65	2	1	0.2	0.2	0.3
320	Toasted	1 slice	21	26	65	2	1	0.2	0.2	0.3
	French or Vienna bread, enriched ^a									
321	Loaf, 1 lb	1 loaf	454	34	1,270	43	18	3.8	5.7	5.9
	Slice									
322	French, 5 by 2 1/2 by 1 in	1 slice	35	34	100	3	1	0.3	0.4	0.5
323	Vienna, 4 1/2 by 4 by 1/2 in	1 slice	25	34	70	2	1	0.2	0.3	0.3
	Italian bread, enriched									
324	Loaf, 1 lb	1 loaf	454	32	1,255	41	4	0.6	0.3	1.6
325	Slice, 4 1/2 by 3 1/4 by 3/4 in	1 slice	30	32	85	3	Tr	Tr	Tr	0.1
	Melba toast	1 piece	4	5	16 ¹	Tr	Tr	—	—	—
	Mixed-grain bread, enriched ^a									
326	Loaf, 1 lb	1 loaf	454	37	1,185	45	17	3.2	4.1	6.5
327	Slice (18 per loaf)	1 slice	25	37	65	2	1	0.2	0.2	0.4
328	Toasted	1 slice	23	27	65	2	1	0.2	0.2	0.4
	Oatmeal bread, enriched ^a									
329	Loaf, 1 lb	1 loaf	454	37	1,145	39	20	3.7	7.1	8.2
330	Slice (18 per loaf)	1 slice	25	37	65	2	1	0.2	0.4	0.5
331	Toasted	1 slice	23	30	65	2	1	0.2	0.4	0.5
332	Pita bread, enriched, white, 6 1/2-in diam.	1 pita	60	31	165	6	1	0.1	0.1	0.4
	Pumpernickel (3% rye flour, 3% enriched wheat flour) ^a									
333	Loaf, 1 lb	1 loaf	454	37	1,160	42	16	2.6	3.6	6.4
334	Slice, 5 by 4 by 3/4 in	1 slice	32	37	80	3	1	0.2	0.3	0.5
335	Toasted	1 slice	29	28	80	3	1	0.2	0.3	0.5
	Raisin bread, enriched ^a									
336	Loaf, 1 lb	1 loaf	454	33	1,280	37	18	4.1	6.5	6.7
337	Slice (18 per loaf)	1 slice	25	33	65	2	1	0.2	0.3	0.4
338	Toasted	1 slice	21	24	65	2	1	0.2	0.3	0.4
	Rye bread, light (4% enriched wheat flour, 3% rye flour) ^a									
339	Loaf, 1 lb	1 loaf	454	37	1,190	38	17	3.3	5.2	5.5
340	Slice, 4 1/2 by 3 1/4 by 3/4 in	1 slice	25	37	65	2	1	0.2	0.3	0.3
341	Toasted	1 slice	22	28	65	2	1	0.2	0.3	0.3
	Rye bread, dark, pumpernickel	1 slice	32	34	79 ¹	3	Tr	Tr	Tr	Tr

^aMade with vegetable shortening.

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamine (mg)	Riboflavin (mg)	Nicotinic (mg)	Ascorbic Acid (mg)	Item No.	
							IU	mc						
8	21	41	72	0.9	131	118	0 ^a	0 ^a	0.06	0.04	0.7	0	317	
0	227	295	581	12.1	608	1,066	Tr	Tr	1.73	1.73	15.3	Tr	318	
0	12	16	32	0.7	31	106	Tr	Tr	0.10	0.09	0.8	Tr	319	
0	12	16	32	0.7	34	106	Tr	Tr	0.07	0.09	0.8	Tr	320	
0	280	499	386	11.0	409	2,633	Tr	Tr	2.09	1.59	18.2	Tr	321	
0	18	39	30	1.1	32	203	Tr	Tr	0.16	0.12	1.4	Tr	322	
0	13	29	21	0.8	23	145	Tr	Tr	0.12	0.09	1.0	Tr	323	
0	256	77	350	12.7	333	2,656	0	0	1.80	1.10	15.0	0	324	
0	17	5	28	0.8	22	176	0	0	0.12	0.07	1.0	0	325	
—	3	5		0.1	3	29	0		Tr	0.01	0.1	0		
0	212	472	962	14.8	990	1,370	Tr	Tr	1.77	1.73	18.9	Tr	326	
0	12	27	55	0.8	53	196	Tr	Tr	0.10	0.10	1.1	Tr	327	
0	12	27	55	0.8	55	196	Tr	Tr	0.08	0.10	1.1	Tr	328	
0	212	267	563	12.0	707	2,281	0	0	2.09	1.20	15.4	0	329	
0	12	16	31	0.7	35	124	0	0	0.12	0.07	0.9	0	330	
0	12	16	31	0.7	39	124	0	0	0.09	0.07	0.9	0	331	
0	33	49	60	1.4	71	339	0	0	0.27	0.12	2.2	0	332	
0	218	322	990	12.4	1,066	2,461	0	0	1.54	2.36	15.0	0	333	
0	16	23	71	0.9	141	177	0	0	0.11	0.17	1.1	0	334	
0	16	23	71	0.9	141	177	0	0	0.09	0.17	1.1	0	335	
0	239	463	805	14.1	1,066	1,657	Tr	Tr	1.50	2.81	18.6	Tr	336	
0	13	25	22	0.8	59	92	Tr	Tr	0.08	0.15	1.0	Tr	337	
0	13	25	22	0.8	59	92	Tr	Tr	0.06	0.15	1.0	Tr	338	
0	218	363	658	12.3	926	3,164	0	0	1.86	1.45	15.0	0	339	
0	12	30	36	0.7	51	175	0	0	0.10	0.08	0.8	0	340	
0	12	30	36	0.7	51	175	0	0	0.06	0.08	0.8	0	341	
Tr	17	37		0.8	145	182		0	0.07	0.05	1.0	0		

Table continued on following page

^aMade with white cornmeal. If made with yellow cornmeal, value is 32 IU or 3 RE.

Item No.	Food, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
Wheat bread, enriched ^a										
342	Loaf, 1 lb	1 loaf	454	87	1,160	43	19	8.9	7.3	4.5
343	Slice (18 per loaf)	1 slice	25	57	65	2	1	0.2	0.4	0.3
344	Toasted	1 slice	23	28	65	3	1	0.2	0.4	0.3
White bread, enriched ^a										
345	Loaf, 1 lb	1 loaf	454	87	1,210	38	18	5.6	6.5	4.2
346	Slice (18 per loaf)	1 slice	25	37	66	2	1	0.3	0.4	0.2
347	Toasted	1 slice	22	28	65	2	1	0.3	0.4	0.2
348	Slice (22 per loaf)	1 slice	20	37	55	2	1	0.2	0.3	0.2
349	Toasted	1 slice	17	28	55	2	1	0.2	0.3	0.2
350	Cubes	1 c	30	37	80	2	1	0.4	0.4	0.3
351	Crumbs, soft	1 c	46	37	120	4	2	0.6	0.6	0.4
Whole wheat bread ^b										
352	Loaf, 1 lb	1 loaf	454	36	1,110	44	20	5.8	6.8	5.2
353	Slice (16 per loaf)	1 slice	28	38	70	3	1	0.4	0.4	0.3
354	Toasted	1 slice	25	28	70	3	1	0.4	0.4	0.3
Bread stuffing (from enriched bread), prepared from mix										
355	Dry type	1 c	140	88	500	9	31	6.1	18.3	9.6
356	Moist type	1 c	203	61	420	9	26	5.3	11.3	8.0
Breakfast cereals										
Hot type, cooked										
Corn (hominy) grits										
357	Regular and quick, enriched	1 c	242	85	145	3	Tr	Tr	0.1	0.2
358	Instant, plain	1 pkt	137	85	80	2	Tr	Tr	Tr	0.1
Cream of Wheat										
359	Regular, quick, instant	1 c	244	86	140	4	Tr	0.1	Tr	0.2
360	Mix'n Eat, plain	1 pkt	142	82	100	3	Tr	Tr	Tr	0.1
361	Mix'n Eat, plain	1 c	240	88	120	4	Tr	Tr	Tr	0.1
Oatmeal or rolled oats										
362	Regular, quick, instant, nonfortified	1 c	234	85	145	6	2	0.4	0.8	1.0
363	Instant, fortified	1 pkt	177	86	105	4	2	0.3	0.6	0.7
364	Plain	1 pkt	164	76	160	5	2	0.3	0.7	0.8
364	Flavored	1 pkt	164	76	160	5	2	0.3	0.7	0.8
Red River										
365	Ready to eat	125 ml	125	—	82 ^c	3	Tr	—	—	—
All-Bran (about 1/3 c)										
365	1 oz	28	3	70	4	1	0.1	0.1	0.3	—
Bran flakes, whole wheat										
365	200 ml	40	5	139 ^d	4	Tr	—	—	—	—
365	125 ml	44	5	122 ^d	5	Tr	—	—	—	—
365	125 ml	35	3	90 ^e	4	Tr	Tr	Tr	Tr	—
365	Cheerios (about 1/4 c)	1 oz	28	5	110	4	2	0.3	0.6	0.7
365	Corn bran	200 ml	30	2	118 ^f	2	1	—	—	—

^aMade with vegetable shortening.

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Vitamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	Item No.	
							IU	NE						
0	215	572	885	15.8	627	2,447	Tr	Tr	2.09	1.45	20.5	Tr	342	
0	12	32	47	0.9	85	138	Tr	Tr	0.12	0.08	1.2	Tr	343	
0	12	32	47	0.9	85	138	Tr	Tr	0.10	0.08	1.2	Tr	344	
0	222	572	480	12.9	508	2,334	Tr	Tr	2.13	1.41	17.0	Tr	345	
0	12	32	27	0.7	28	129	Tr	Tr	0.12	0.08	0.9	Tr	346	
0	12	32	27	0.7	28	129	Tr	Tr	0.09	0.08	0.9	Tr	347	
0	10	25	21	0.6	22	101	Tr	Tr	0.09	0.06	0.7	Tr	348	
0	10	25	21	0.6	22	101	Tr	Tr	0.07	0.06	0.7	Tr	349	
0	15	38	32	0.9	84	154	Tr	Tr	0.14	0.09	1.1	Tr	350	
0	22	57	49	1.3	50	231	Tr	Tr	0.21	0.14	1.7	Tr	351	
0	208	327	1,180	15.5	799	2,887	Tr	Tr	1.59	0.95	17.4	Tr	352	
0	13	30	74	1.0	50	180	Tr	Tr	0.10	0.06	1.1	Tr	353	
0	18	20	74	1.0	50	180	Tr	Tr	0.08	0.06	1.1	Tr	354	
0	50	92	186	2.2	125	1,251	910	273	0.17	0.30	2.5	0	355	
67	40	81	134	2.0	113	1,023	860	256	0.10	0.19	1.6	0	356	
0	31	0	29	1.5 ^a	53	0 ^h	0 ⁱ	0 ^j	0.24 ^k	0.16 ^l	2.0 ^m	0	357	
0	18	7	16	1.0 ⁿ	29	343	0	0	0.18 ^o	0.08 ^p	1.3 ^q	0	358	
0	29	544	481	10.8 ^r	46	5.1	0	0	0.24 ^s	0.07 ^t	1.5 ^u	0	359	
0	21	206	206	8.1 ^v	88	241	1,250 ^w	376 ^x	0.48 ^y	0.28 ^z	5.0 ^{aa}	0	360	
0	26	5	248	9.6 ^{ab}	31	2 ^{ac}	0	0	0.46 ^{ad}	0.24 ^{ae}	5.8 ^{af}	0	361	
0	25	19	178	1.8	131	21 ^{ag}	40	4	0.28	0.05	0.3	0	362	
0	18	163 ^{ah}	133	6.3 ^{ai}	99	285 ^{aj}	1,510 ^{ak}	453 ^{al}	0.53 ^{am}	0.26 ^{an}	5.5 ^{ao}	0	363	
0	31	168 ^{ap}	148	6.7 ^{aq}	137	254 ^{ar}	1,530 ^{as}	460 ^{at}	0.53 ^{au}	0.38 ^{av}	5.9 ^{aw}	Tr	364	
0	16	—	—	0.4	—	7	—	0	0.04	Tr	1.1	0	—	
0	21	33	264	4.5 ^{ax}	350	820	1,250 ^{ay}	875 ^{az}	0.37 ^{ba}	0.48 ^{bb}	5.0 ^{bc}	16 ^{bd}	365	
0	32	1	5.3	175	291	—	—	—	—	—	—	—	—	
0	34	36	5.9	400	221	—	—	—	—	—	—	—	—	
0	29	27	4.7	431	—	—	—	—	—	—	—	—	—	
0	26	23	4.0	66	259	—	—	—	—	—	—	—	—	
0	20	48	134	4.5 ^{ba}	101	307	1,250 ^{bb}	375 ^{bc}	0.37 ^{bd}	0.43 ^{be}	5.0 ^{bf}	15 ^{bg}	—	

Table continues on following page

^aNutrient added.

^bCooked without salt. If salt is added according to label recommendations, sodium content is 540 mg.

^cFor white corn grits. Cooked yellow grits contain 145 IU or 14 RE.

^dValue based on label declaration for added nutrients.

^eFor regular and instant cereal. For quick cereal, phosphorus is 102 mg and sodium is 142 mg.

^fCooked without salt. If salt is added according to label recommendations, sodium content is 390 mg.

^gCooked without salt. If salt is added according to label recommendations, sodium content is 324 mg.

^hCooked without salt. If salt is added according to label recommendations, sodium content is 374 mg.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
Cereal Flakes (about 1 1/4 c)										
368	Kellogg's	1 oz	28	8	110	2	Tr	Tr	Tr	Tr
369	Toasted	1 oz	28	8	110	2	Tr	Tr	Tr	Tr
40% Bran Flakes										
370	Kellogg's (about 3/4 c)	1 oz	28	8	90	4	1	0.1	0.1	0.3
371	Post (about 3/4 c)	1 oz	28	8	90	3	Tr	0.1	0.1	0.2
373	Golden Grahams (about 3/4 c)	1 oz	28	2	110	2	1	0.7	0.1	0.2
	Granola, homemade	125 ml	64	3	812 ¹	8	17	3		9
374	Grape-Nuts (about 3/4 c)	1 oz	28	3	100	3	Tr	Tr	Tr	0.1
377	Nature Valley Granola (about 3/4 c)	1 oz	28	4	125	3	5	3.3	0.7	0.7
378	100% Natural Cereal (about 3/4 c)	1 oz	28	2	135	3	6	4.1	1.2	0.5
379	Product 19 (about 3/4 c)	1 oz	28	3	110	3	Tr	Tr	Tr	0.1
Raisin Bran										
380	Kellogg's (about 3/4 c)	1 oz	28	8	90	3	1	0.1	0.1	0.3
381	Post (about 3/4 c)	1 oz	28	9	85	3	1	0.1	0.1	0.3
	Rice Flakes	200 ml	27	5	108 ¹	2	Tr			—
382	Rice Krispies (about 1 c)	1 oz	28	2	110	2	Tr	Tr	Tr	0.1
	Rice, puffed	250 ml	15	2	59 ¹	Tr	Tr			—
383	Shredded Wheat (about 3/4 c)	1 oz	28	6	100	3	1	0.1	0.1	0.3
	Shreddies (whole wheat)	200 ml	44	5	169 ¹	4	Tr			—
384	Special K (about 1 1/4 c)	1 oz	28	2	110	6	Tr	Tr	Tr	Tr
388	Total (about 1 c)	1 oz	28	4	100	3	1	0.1	0.1	0.3
389	Trix (about 1 c)	1 oz	28	3	110	2	Tr	0.2	0.1	0.1
	Wheat, puffed	250 ml	13	2	50 ¹	2	Tr			—
390	Wheaties (about 1 c)	1 oz	28	5	100	3	Tr	0.1	Tr	0.2
391	Buckwheat flour, light, sifted	1 c	98	12	840	6	1	0.2	0.4	0.4
392	Bulgur, uncooked	1 c	170	10	600	19	3	1.2	0.3	1.2
437	Corn chips	1-oz package	28	1	155	2	9	1.4	2.4	3.7
Cornmeal										
438	Whole-ground, unbleached, dry form	1 c	122	12	435	11	5	0.5	1.1	2.5
439	Refined (nearly whole-grain), dry form	1 c	122	12	440	11	4	0.5	0.9	2.2
	Degermed, enriched	1 c	138	12	500	11	2	0.2	0.4	0.9
440	Dry form	1 c	138	12	500	11	2	0.2	0.4	0.9
441	Cooked	1 c	240	88	120	3	Tr	Tr	0.1	0.2
Crackers*										
Cheese										
442	Plain, 1-in square	10 crackers	10	4	50	1	3	0.9	1.2	0.3
443	Sandwich type (peanut butter)	1 sandwich	8	3	40	1	2	0.4	0.8	0.3
444	Graham, plain, 2 1/2-in square	2 crackers	14	5	60	1	1	0.4	0.6	0.4

Nutrients in Indicated Quantity													
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamins A Value		Thiamin (mg)	Riboflavin (mg)	Nicotinamide (mg)	Ascorbic Acid (mg)	Item No.
							IU	mc					
0	24	1	18	1.8*	26	351	1,250*	375*	0.37*	0.43*	5.0*	15*	368
0	24	1	12	0.7†	33	297	1,250*	375*	0.37*	0.43*	5.0*	0	369
0	22	14	189	8.1*	180	284	1,250*	375*	0.37*	0.43*	5.0*	0	370
0	22	12	179	4.5*	151	280	1,250*	375*	0.37*	0.43*	5.0*	0	371
Tr	24	17	41	4.5*	63	346	1,250*	375*	0.37*	0.43*	5.0*	15*	373
0	35	40		2.5	52	6		2	0.38	0.16	2.7	Tr	
0	23	11	71	1.2	95	197	1,250*	375*	0.37*	0.43*	5.0*	0	374
0	19	18	89	0.9	98	58	20	2	0.10	0.05	0.2	0	377
Tr	18	49	104	0.8	140	12	20	2	0.09	0.15	0.6	0	378
0	24	3	40	18.0†	44	325	5,000*	1,501*	1.50*	1.70*	20.0*	60*	379
0	21	10	105	3.5*	147	207	960*	288*	0.28*	0.34*	3.9*	0	380
0	21	13	119	4.5*	175	185	1,250*	375*	0.37*	0.43*	5.0*	0	381
0	24	8		3.6				0	0.54	0.02	1.6	0	
0	25	4	34	1.8*	29	340	1,250*	375*	0.37*	0.43*	5.0*	15*	382
0	14	1		Tr	17	1		0	Tr	0.01	0.5	0	
0	23	11	100	1.2	102	3	0	0	0.07	0.08	1.5	0	383
0	37	16		5.8				0	0.88	0.07	2.9	0	
Tr	21	8	55	4.5*	49	285	1,250*	375*	0.37*	0.43*	5.0*	15*	384
0	22	49	118	18.0†	106	352	5,000*	1,501*	1.50*	1.70*	20.0*	60*	388
0	25	6	19	4.5*	27	181	1,250*	375*	0.37*	0.43*	5.0*	15*	389
0	19	3		5	46	Tr		0	0.01	0.03	1.2	0	
0	23	43	98	4.5*	106	354	1,250*	375*	0.37*	0.43*	5.0*	15*	390
0	78	11	88	1.0	314	2	0	0	0.08	0.04	0.4	0	391
0	129	49	575	9.5	389	7	0	0	0.48	0.24	7.7	0	392
0	16	85	52	0.5	52	233	110	11	0.04	0.05	0.4	1	437
0	90	24	812	2.2	348	1	620	62	0.46	0.18	2.4	0	438
0	91	21	272	2.2	303	1	590	59	0.37	0.10	2.3	0	439
0	108	8	137	5.9	168	1	610	61	0.61	0.36	4.8	0	440
0	26	2	34	1.4	39	0	140	14	0.14	0.10	1.2	0	441
0	6	11	17	0.3	17	112	20	5	0.05	0.04	0.4	0	442
1	5	7	25	0.3	17	90	Tr	Tr	0.04	0.03	0.6	0	443
0	11	6	20	0.4	36	86	0	0	0.02	0.03	0.6	0	444

Table continued on following page

*Value based on label declaration for added nutrients.

†Nutrient added.

Item No.	Food, Approximate Measures, Units, and Weight (Weight of Edible Portions Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
445	Melba toast, plain	1 piece	5	4	20	1	Tr	0.1	0.1	0.1
446	Rye wafers, whole-grain, 1½ by 3½ in	2 wafers	14	5	55	1	1	0.3	0.4	0.3
447	Saltines*	4 crackers	12	4	50	1	1	0.5	0.4	0.2
448	Snack-type, standard	1 round cracker	3	3	15	Tr	1	0.2	0.1	0.1
449	Wheat, thin	4 crackers	8	3	35	1	1	0.5	0.5	0.4
450	Whole-wheat wafers	2 crackers	8	4	35	1	2	0.5	0.6	0.4
451	Croissants, made with enriched flour, 4½ by 4 by 1½ in	1 croissant	57	22	235	5	12	3.5	6.7	1.4
452	English muffins, plain, enriched	1 muffin	57	42	140	5	1	0.8	0.2	0.3
453	Toasted Flour	1 muffin	50	29	140	5	1	0.8	0.2	0.3
	Carob	250 ml	148	11	266 ²	7	2	Tr	Tr	Tr
	Cornstarch	125 ml	68	12	246 ²	Tr	0	0	0	0
	Potato	250 ml	38	6	133 ²	3	Tr	Tr	Tr	Tr
	Rye, light	250 ml	100	11	357 ¹	9	1	Tr	Tr	Tr
	Soybean, defatted	250 ml	106	8	346 ²	50	Tr	0	0	0
	Wheat, Soft Wheat flours (Items 520-524)									
460	French toast, from home recipe	1 slice	66	58	155	6	7	1.6	2.0	1.6
	Macaroni, enriched, cooked (not length, elbows, shells)									
461	Firm stage (hot)	1 c	130	64	190	7	1	0.1	0.1	0.8
	Tender stage									
462	Cold	1 c	105	72	115	4	Tr	0.1	0.1	0.2
463	Hot	1 c	140	72	155	5	1	0.1	0.1	0.2
	Muffins made with enriched flour, 2½-in diam., 1½ in high									
	From home recipe									
464	Blueberry†	1 muffin	45	37	135	3	5	1.5	2.1	1.2
465	Bran‡	1 muffin	45	35	125	3	6	1.4	1.3	2.3
466	Corn (enriched, degermed cornmeal and flour)†	1 muffin	45	33	115	3	5	1.5	2.2	1.4
	From commercial mix (egg and water added)									
467	Blueberry	1 muffin	45	33	130	3	5	1.4	2.0	1.2
468	Bran	1 muffin	45	28	140	3	4	1.3	1.5	1.0
469	Corn	1 muffin	45	30	145	3	6	1.7	2.3	1.4
470	Noodles (egg noodles, enriched, cooked)	1 c	160	70	200	7	2	0.5	0.6	0.6
471	Noodles, chow mein, canned	1 c	45	11	220	6	11	2.1	7.3	0.4

*Made with lard.

†Made with vegetable shortening.

‡Made with vegetable oil.

Nutrients in Indicated Quantity													
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	Ict N
							IU	RE					
0	4	6	10	0.1	11	44	0	0	0.01	0.01	0.1	0	44
0	10	7	44	0.5	85	115	0	0	0.06	0.03	0.5	0	44
4	9	8	12	0.5	17	165	0	0	0.06	0.05	0.8	0	44
0	2	3	6	0.1	4	30	Tr	Tr	0.01	0.01	0.1	0	44
0	6	3	15	0.3	17	80	Tr	Tr	0.04	0.03	0.1	0	44
0	5	3	22	0.2	31	59	0	0	0.02	0.03	0.4	0	45
18	27	20	64	2.1	68	452	50	13	0.17	0.13	1.3	0	45
0	27	96	67	1.7	331	378	0	0	0.26	0.19	2.2	0	45
0	27	96	67	1.7	331	378	0	0	0.28	0.19	2.2	0	45
0	119	521		6.0	1,348	26	Tr	Tr	0.07	0.07	2.4	0	
0	60	0	0	0	0	0	0	0	0	0	0	0	
0	30	18	6.5	603	13		0	0.18	0.05	2.1	7	0	
0	78	22	1.1	166	1		0	0.15	0.07	2.3	0	0	
0	40	281		11.8	1,929	1	4	1.16	0.96	11.9	0	0	
112	17	72	85	1.8	86	257	110	32	0.12	0.16	1.0	Tr	46
0	39	14	86	2.1	103	1	0	0	0.23	0.13	1.8	0	46
0	21	8	53	1.3	64	1	0	0	0.15	0.08	1.2	0	46
0	32	11	70	1.7	65	1	0	0	0.20	0.11	1.6	0	46
19	20	64	46	0.9	47	198	40	9	0.10	0.11	0.9	1	46
24	19	66	125	1.4	99	189	280	30	0.11	0.13	1.3	3	46
23	21	66	59	0.9	57	160	80	16	0.11	0.11	0.9	Tr	46
45	22	15	90	0.9	64	226	60	11	0.10	0.17	1.1	Tr	46
28	24	27	192	1.7	50	386	100	14	0.08	0.12	1.9	0	46
42	22	30	128	1.3	31	291	90	16	0.09	0.09	0.8	Tr	46
60	37	16	94	2.6	70	8	110	34	0.22	0.13	1.9	0	47
5	26	14	41	0.4	33	450	0	0	0.05	0.03	0.6	0	47

Table continued on following page.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
Pancakes, 4-in diam										
472	Buckwheat, from mix (with buckwheat and enriched flour), egg and milk added	1 pancake	27	58	55	2	2	0.9	0.9	0.5
Plain										
473	From home recipe using enriched flour	1 pancake	27	60	60	2	2	0.5	0.8	0.5
474	From mix (with enriched flour), egg, milk, and oil added	1 pancake	27	54	60	2	2	0.5	0.9	0.5
Piecrust, made with enriched flour and vegetable shortening, baked										
475	From home recipe, 9-in diam.	1 pie shell	180	15	900	11	60	14.8	25.9	15.7
476	From mix, 9-in diam	Piecrust for 2-crust pie	320	19	1,485	20	98	22.7	41.0	25.0
Popcorn, popped										
497	Air-popped, unsalted	1 c	8	4	80	1	Tr	Tr	0.1	0.2
498	Popped in vegetable oil, salted	1 c	11	3	55	1	3	0.5	1.4	1.2
Pretzels, made with enriched flour										
500	Stick, 2½ in long	10 pretzels	8	8	10	Tr	Tr	Tr	Tr	Tr
501	Twisted, dutch, 2¾ by 2¾ in	1 pretzel	16	3	65	2	1	0.1	0.2	0.2
502	Twisted, thin, 3¾ by 2¾ by ¼ in	10 pretzels	60	3	240	6	2	0.4	0.8	0.6
Rice										
503	Brown, cooked, served hot	1 c	195	70	230	6	1	0.3	0.3	0.4
White enriched										
Commercial varieties, all types										
504	Raw	1 c	185	12	670	12	1	0.2	0.2	0.3
505	Cooked, served hot	1 c	205	73	225	4	Tr	0.1	0.1	0.1
506	Instant, ready-to-serve, hot	1 c	165	73	180	4	0	0.1	0.1	0.1
Parboiled										
507	Raw	1 c	185	10	685	14	1	0.1	0.1	0.2
	Cooked, served hot	1 c	175	73	185	4	Tr	Tr	Tr	0.1
Rolls, enriched										
Commercial										
509	Dinner, 2½-in diam., 2 in high	1 roll	28	32	85	2	2	0.5	0.8	0.6
510	Frankfurter and hamburger (8 per 11½ oz pkg.)	1 roll	40	34	110	3	2	0.5	0.8	0.6
511	Hard, 3¼-in diam., 2 in high	1 roll	50	25	105	5	2	0.4	0.5	0.6
512	Hoagie or submarine, 11½ by 3 by 2½ in	1 roll	135	31	400	11	6	1.8	3.0	2.2

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	Item No.	
							IU	RE						
20	6	59	91	0.4	66	126	50	17	0.04	0.06	0.2	Tr	472	
13	9	27	39	0.5	33	115	30	10	0.06	0.07	0.6	Tr	473	
18	8	38	71	0.7	43	160	30	7	0.09	0.12	0.8	Tr	474	
D	79	25	90	4.5	90	1,100	0	0	0.54	0.40	5.0	0	475	
0	141	131	272	9.3	179	2,802	0	0	1.06	0.80	9.9	0	476	
0	6	1	22	0.2	20	Tr	10	1	0.03	0.01	0.2	0	497	
0	6	8	31	0.3	19	86	20	2	0.01	0.02	0.1	0	498	
D	2	1	3	0.1	3	48	0	0	0.01	0.01	0.1	0	500	
0	13	4	15	0.3	16	258	0	0	0.05	0.04	0.7	0	501	
0	48	16	55	1.2	61	968	0	0	0.19	0.15	2.6	0	502	
0	50	23	142	1.0	187	0	0	0	0.19	0.04	2.7	0	503	
0	149	44	174	5.4	170	9	0	0	0.81	0.06	6.5	0	504	
0	50	21	57	1.8	57	0	0	0	0.23	0.02	2.1	0	505	
0	40	5	31	1.3	0	0	0	0	0.21	0.02	1.7	0	506	
0	150	111	370	5.4	278	17	0	0	0.81	0.07	6.5	0	507	
0	41	33	100	1.4	75	0	0	0	0.19	0.02	2.1	0	508	
Tr	14	33	44	0.8	86	155	Tr	Tr	0.14	0.09	1.1	Tr	509	
Tr	20	54	44	1.2	56	241	Tr	Tr	0.20	0.13	1.6	Tr	510	
Tr	30	84	46	1.4	49	313	0	0	0.20	0.12	1.7	0	511	
Tr	72	100	110	3.8	128	683	0	0	0.54	0.39	4.5	0	512	

Table continued on following page

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
513	From home recipe Dinner, 2½-in diam., 2 in high	1 roll	85	26	120	3	3	0.8	1.2	0.9
514	Spaghetti, enriched, cooked Firm stage, al dente, served hot	1 c	130	64	190	7	1	0.1	0.1	0.8
515	Tender stage, served hot	1 c	140	78	166	5	1	0.1	0.1	0.2
517	Tortillas, corn Waffles, made with en- riched flour, 7-in diam.	1 tortilla	30	45	65	2	1	0.1	0.3	0.6
518	From home recipe	1 waffle	75	37	245	7	13	4.0	4.9	2.8
519	From mix, egg and milk added Wheat bran Wheat flour All-purpose or family flour, enriched	1 waffle	75	42	205	7	8	2.7	2.9	1.5
		15 ml	3	12	6 ¹	Tr	Tr	Tr	Tr	Tr
520	Sifted, spooned	1 c	115	12	420	12	1	0.2	0.1	0.5
521	Un sifted, spooned	1 c	125	12	455	13	1	0.2	0.1	0.5
522	Cake or pastry flour, en- riched, sifted, spooned	1 c	96	12	350	7	1	0.1	0.1	0.3
523	Self-rising, enriched un- sifted, spooned	1 c	125	12	440	13	1	0.2	0.1	0.5
524	Whole wheat, from hard wheats, stirred Wheat germ	1 c	120	12	400	15	2	0.3	0.3	1.1
		16 ml	7	12	25 ¹	2	Tr	Tr	Tr	Tr
Legumes, Nuts, and Seeds										
525	Almonds, shelled Slivered, packed	1 c	135	4	795	27	70	6.7	45.8	14.8
526	Whole Beans, dry Cooked, drained	1 oz	28	4	165	6	15	1.4	9.6	3.1
527	Black Common white	1 c	171	66	225	15	1	0.1	0.1	0.5
		250 ml	195	69	280 ¹	15	1	Tr	Tr	Tr
529	Great Northern	1 c	180	69	210	14	1	0.1	0.1	0.6
529	Lima	1 c	190	64	260	16	1	0.2	0.1	0.5
530	Pea (navy)	1 c	190	69	225	15	1	0.1	0.1	0.7
531	Pinto Red kidney Canned, solids and liquids	1 c	180	65	265	15	1	0.1	0.1	0.5
		250 ml	195	69	230 ¹	15	Tr	Tr	Tr	Tr
532	White with Frankfurters (sliced)	1 c	255	71	365	19	18	7.4	8.8	0.7
533	Pork and tomato sauce	1 c	255	71	310	16	7	2.4	2.7	0.7
534	Pork and sweet sauce	1 c	266	66	385	16	12	4.3	4.9	1.2
535	Red kidney	1 c	255	76	290	15	1	0.1	0.1	0.6
536	Black-eyed peas, dry, cooked (with residual cooking liquid)	1 c	250	80	190	13	1	0.2	Tr	0.3
537	Brazil nuts, shelled Cashew nuts, salted	1 oz	28	3	185	4	19	4.6	6.5	6.8
539	Dry roasted	1 c	137	2	785	21	63	12.5	37.4	10.7
540		1 oz	28	2	165	4	13	2.6	7.7	2.2

Nutrients in Indicated Quantity														
Chlo- ro- phyll (mg)	Carbo- hydrate (g)	Cal- cium (mg)	Phos- phorus (mg)	Iron (mg)	Potas- sium (mg)	Sodium (mg)	Vitamin A Value		Thia- mine (mg)	Ribo- flavin (mg)	Nia- cine (mg)	Ascor- bic Acid (mg)	Item No.	
							IU	RE						
12	20	16	36	1.1	41	96	30	8	0.12	0.12	1.2	0	513	
0	39	14	85	2.0	103	1	0	0	0.23	0.13	1.8	0	514	
0	32	11	70	1.7	86	1	0	0	0.20	0.11	1.6	0	515	
0	18	42	66	0.6	43	1	80	3	0.05	0.08	0.4	0	517	
102	26	154	136	1.6	129	445	140	39	0.18	0.24	1.5	Tr	518	
59	27	179	257	1.2	146	515	170	49	0.14	0.23	0.9	Tr	519	
0	2	4		0.4	54	Tr		0	0.02	0.01	0.7	0		
0	88	18	100	5.1	100	2	0	0	0.73	0.46	6.1	0	520	
0	95	20	109	5.5	119	3	0	0	0.80	0.50	6.6	0	521	
0	76	16	70	4.2	93	2	0	0	0.58	0.28	6.1	0	522	
0	93	331	583	5.5	113	1,349	0	0	0.80	0.50	6.6	0	523	
0	45	49	446	5.2	444	4	0	0	0.6	0.14	5.2	0	524	
0	5	5		0.7	58	Tr		0	0.14	0.05	0.6	0		
0	28	359	702	4.9	988	15	0	0	0.28	1.06	4.5	1	526	
0	6	75	147	1.0	208	3	0	0	0.06	0.22	1.0	Tr	526	
0	41	47	239	2.9	608	1	Tr	Tr	0.43	0.05	0.9	0	527	
0	41	98		5.3	811	14		0	0.27	0.14	4.1	0		
0	38	90	266	4.9	749	13	0	0	0.25	0.13	1.3	0	528	
0	49	55	293	5.9	1,168	4	0	0	0.25	0.11	1.8	0	529	
0	40	95	281	5.1	790	13	0	0	0.27	0.13	1.3	0	530	
0	49	86	296	5.4	882	8	Tr	Tr	0.33	0.16	0.7	0	531	
0	42	74		4.7	668	6		1	0.23	0.12	4.2	0		
30	32	94	303	4.8	669	1,374	330	38	0.16	0.16	3.3	Tr	532	
10	46	138	286	4.6	535	1,181	330	33	0.20	0.08	1.5	5	533	
10	54	161	291	5.9	585	969	330	33	0.15	0.10	1.3	5	534	
0	42	74	278	4.6	673	968	10	1	0.13	0.10	1.5	0	535	
0	35	43	238	3.3	573	20	30	3	0.40	0.10	1.0	0	536	
0	4	50	170	1.0	170	1	Tr	Tr	0.28	0.03	0.6	Tr	537	
0	45	62	671	8.2	774	877*	0	0	0.27	0.27	1.9	0	539	
0	9	13	139	1.7	160	181*	0	0	0.06	0.06	0.4	0	540	

Table continued on following page

*Cashews without salt contain 21 mg sodium/cup or 100 g.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Mono-unsaturated (g)	Poly-unsaturated (g)	
541	Roasted in oil	1 c	180	4	760	21	63	12.4	38.9	10.6
542		1 oz	28	4	165	5	14	2.7	8.1	2.3
543	Chestnuts, European (Italian), roasted, shelled	1 c	143	40	850	5	8	0.6	1.1	1.2
544	Chickpeas, cooked, drained	1 c	183	60	270	15	4	0.4	0.9	1.9
	Coconut									
	Raw									
545	Piece, about 2 by 2 by 1/2 in	1 piece	45	47	160	1	15	13.4	0.6	0.2
546	Shredded or grated	1 c	80	47	286	3	27	23.8	1.1	0.3
548	Filberts (hazelnuts), chopped	1 c	115	5	725	15	72	5.3	56.5	6.9
549		1 oz	28	5	180	4	18	1.3	15.9	1.7
550	Lentils, dry, cooked	1 c	200	72	215	16	1	0.1	0.2	0.5
551	Macadamia nuts, roasted in oil, salted	1 c	134	2	900	10	103	16.4	80.9	1.8
552		1 oz	28	2	205	2	22	3.2	17.1	0.4
	Mixed nuts, with pecanats, salted									
553	Dry roasted	1 oz	28	2	170	5	16	2.0	8.9	3.1
554	Roasted in oil	1 oz	28	2	175	5	16	2.5	9.0	3.8
555	Pecanats, roasted in oil, salted	1 c	145	2	840	39	71	9.9	85.5	22.6
556		1 oz	28	2	165	8	14	1.9	8.9	4.4
557	Peanut butter	1 tbsp	16	1	95	5	8	1.4	4.0	2.5
	Salt added	15 ml	16	1	95 ¹	5	8	1	2	2
558	Pean, split, dry, cooked	1 c	200	70	230	16	1	0.1	0.1	0.3
559	Pecans, halves	1 c	108	5	720	8	73	5.9	45.5	18.1
560		1 oz	28	5	180	2	19	1.5	12.0	4.7
561	Pine nuts (pinynats), shelled	1 oz	28	6	160	3	17	2.7	6.5	7.3
562	Pistachio nuts, dried, shelled	1 oz	28	4	165	6	14	1.7	9.8	2.1
	Dry roasted, salt added	125 ml	68	2	412 ¹	10	36	5	5	5
563	Pumpkin seed and squash kernels, dry, hulled	1 oz	28	7	155	7	13	2.5	4.0	5.9
564	Refried beans, canned	1 c	290	72	295	18	3	0.4	0.6	1.4
565	Sesame seeds, dry, hulled	1 tbsp	8	5	45	2	4	0.6	1.7	1.9
566	Soybeans, dry, cooked, drained	1 c	180	71	235	20	10	1.3	1.9	5.3
	Soy products									
567	Miso	1 c	275	53	470	29	13	1.6	2.6	7.3
568	Tofu, piece 2 3/4 by 2 3/4 by 1 in	1 piece	120	85	85	9	5	0.7	1.0	2.9
569	Sunflower seeds, dry, hulled	1 oz	28	5	160	6	14	1.5	2.7	9.3
570	Tahini	1 tbsp	15	3	90	3	8	1.1	3.0	3.5
	Walnuts									
571	Black, chopped	1 c	125	4	760	30	71	4.6	15.9	46.9
572		1 oz	28	4	170	7	16	1.0	3.6	10.6
573	English or Persian, pieces or chips	1 c	120	4	770	17	74	6.7	17.0	47.0
574		1 oz	28	4	180	4	18	1.6	4.0	11.1

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	Item No.	
							IU	RE						
0	37	53	554	5.3	689	814 ^a	0	0	0.55	0.28	2.3	0	541	
0	8	12	121	1.2	150	177	0	0	0.12	0.05	0.5	0	542	
0	76	41	158	1.3	847	3	30	8	0.35	0.25	1.9	37	543	
0	45	80	273	4.8	475	11	Tr	Tr	0.18	0.09	0.9	0	544	
0	7	6	51	1.1	160	9	0	0	0.08	0.01	0.2	1	545	
0	12	11	90	1.9	285	16	0	0	0.05	0.02	0.4	3	546	
0	16	216	350	3.8	512	3	80	8	0.58	0.13	1.3	1	548	
0	4	53	88	0.9	126	1	20	2	0.14	0.03	0.3	Tr	549	
0	38	50	238	4.2	498	26	40	4	0.14	0.12	1.2	0	550	
0	17	60	266	2.4	441	348 ^b	10	1	0.29	0.15	2.7	0	551	
0	4	13	57	0.5	93	74 ^c	Tr	Tr	0.06	0.03	0.6	0	552	
0	7	20	123	1.0	160	190 ^d	Tr	Tr	0.06	0.06	1.8	0	553	
0	6	51	131	0.9	165	185 ^e	10	1	0.14	0.06	1.4	Tr	554	
0	27	125	734	2.8	1,019	626 ^f	0	0	0.42	0.15	21.5	0	555	
0	6	24	143	0.5	199	122 ^g	0	0	0.08	0.03	4.2	0	556	
0	3	5	60	0.3	110	75	0	0	0.02	0.02	2.2	0	557	
0	3	6	60	0.3	110	75	0	0	0.02	0.02	3.1	0	558	
0	42	22	178	3.4	592	26	80	8	0.80	0.18	1.8	0	559	
0	20	39	314	2.3	423	1	140	14	0.92	0.14	1.0	2	560	
0	5	10	83	0.6	111	Tr	40	4	0.24	0.04	0.3	1	561	
0	5	2	10	0.9	173	20	10	1	0.35	0.06	1.2	1	562	
0	7	38	143	1.9	310	2	70	7	0.23	0.05	0.3	Tr	563	
0	19	46	22	2.2	660	530	16	0.29	0.17	3.8	5	564		
0	5	12	333	4.2	229	5	110	11	0.06	0.09	0.5	Tr	565	
0	51	141	245	5.1	1,141	1,228	4	0	0.14	0.16	1.4	17	566	
0	1	11	62	0.6	33	8	10	1	0.08	0.01	0.4	0	567	
0	19	131	322	4.9	972	4	60	5	0.38	0.16	1.1	0	568	
0	65	133	853	4.7	922	8,142	110	11	0.17	0.28	0.8	0	569	
0	3	108	151	2.3	50	8	0	0	0.07	0.04	0.1	0	568	
0	5	33	200	1.9	195	1	13	1	0.65	0.07	1.3	Tr	569	
0	3	21	119	0.7	69	5	10	1	0.24	0.02	0.8	1	570	
0	16	78	560	3.8	655	1	370	37	0.27	0.14	0.9	Tr	571	
0	3	16	132	0.9	148	Tr	90	8	0.08	0.03	0.2	Tr	572	
0	22	113	380	2.9	602	12	150	15	0.46	0.18	1.3	4	573	
0	6	27	90	0.7	142	3	40	4	0.11	0.04	0.3	1	574	

Table continued on following page

^aCashews without salt contain 22 mg sodium/cup or 6 mg/oz.^bMacadamia nuts without salt contain 9 mg sodium/cup or 2 mg/oz.^cMixed nuts without salt contain 3 mg sodium/oz.^dPeanuts without salt contain 92 mg sodium/cup or 4 mg/oz.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (kcal)	Protein (g)	Fat (g)	Fatty Acids		
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)
Meat and Meat Products									
Beef, cooked*									
	Corned, brisket, cooked		90	60	226 ¹	16	17	6	Tr
	Corned, hash with potatoes	250 ml	232	67	420 ¹	20	26	13	Tr
	Cuts broiled, simmered, or pot roasted								
	Relatively fat such as chuck blade								
575	Lean and fat, piece, 2½ by 2½ by ¾ in	3 oz	85	43	325	22	26	10.8	11.7
576	Lean only from item 575	2.2 oz	62	63	170	19	9	8.9	4.2
	Relatively lean, such as bottom round								
577	Lean and fat, piece, 4½ by 2½ by ¾ in	3 oz	85	54	220	25	13	4.8	5.7
578	Lean only from item 577	2.8 oz	78	57	175	25	8	2.7	3.4
Ground beef, broiled, patty, 3 by ¾ in									
579	Lean	3 oz	85	56	290	21	16	6.2	6.9
580	Regular	3 oz	85	54	245	20	18	6.9	7.7
Ground beef, regular, pan-fried medium, 8-cm diam. × 1.5 cm									
	1 patty		88	52	265 ¹	21	20	8	Tr
Ground beef, regular, pan-fried, well done, 8-cm diam. × 1.5 cm									
	1 patty		88	53	252 ¹	24	17	7	Tr
581	Heart, lean, broiled	3 oz	85	65	150	24	5	1.2	0.8
582	Liver, fried, slice, 6½ by 2½ by ¾ in ²	3 oz	85	58	185	23	7	2.5	3.6
	Calves, fried, 8 × 6 × 0.6 cm	3 slices	96	51	248 ¹	26	13	8	Tr
Roast, oven cooked, no liquid added									
	Relatively fat, such as rib								
583	Lean and fat, 2 pieces, 4½ by 2½ by ¾ in	3 oz	85	46	315	19	26	10.8	11.4
584	Lean only from item 583	2.2 oz	61	57	150	17	9	3.6	3.7
	Relatively lean, such as eye of round								
585	Lean and fat, 2 pieces, 2½ by 2½ by ¾ in	3 oz	86	57	205	23	12	4.9	5.4
586	Lean only from item 585	2.6 oz	75	63	135	22	5	1.9	2.1
Roast, rump, roasted, 11 × 6 × 0.6 cm									
	Lean and fat	2 pieces	88	58	205 ¹	26	10	5	Tr
	Lean only	2 pieces	89	60	177 ¹	27	7	3	Tr

*Outer layer of fat was removed to within approximately ¼ inch of the lean. Deposits of fat within the cut were not removed.

¹Fried in vegetable shortening.

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	Item No.	
							IU	RE						
88	Tr	7		1.7	131	1021		—	0.02	0.15	5.2	0		
77	25	80		4.6	464	1258		0	0.02	0.21	8.6	0		
87	0	11	168	2.5	163	53	Tr	Tr	0.06	0.19	2.0	0	576	
66	0	6	146	2.3	163	44	Tr	Tr	0.06	0.17	1.7	0	576	
81	0	5	217	2.8	248	43	Tr	Tr	0.06	0.21	3.3	0	577	
75	0	4	212	2.7	240	40	Tr	Tr	0.06	0.20	3.0	0	578	
74	0	9	134	1.6	256	65	Tr	Tr	0.04	0.18	4.4	0	579	
76	0	9	144	2.1	248	70	Tr	Tr	0.03	0.16	4.9	0	580	
63	0	10		2.2	264	74		—	0.08	0.16	9.5	0		
70	0	11		2.4	292	82		—	0.04	0.19	10.6	0		
164	0	5	213	6.4	196	54	Tr	Tr	0.12	1.31	3.4	6	581	
410	7	9	392	5.3	309	90	30,690 ⁴	8,120 ⁴	0.18	8.52	12.3	23	582	
416	4	12		13.5	430	112		9,820	0.23	3.96	20.8	85		
72	0	8	145	2.0	246	54	Tr	Tr	0.06	0.16	8.1	0	583	
49	0	5	127	1.7	218	45	Tr	Tr	0.06	0.13	2.7	0	584	
62	0	5	177	1.6	303	50	Tr	Tr	0.07	0.14	3.0	0	585	
52	0	3	170	1.6	297	46	Tr	Tr	0.07	0.13	2.8	0	586	
66	0	6		2.0	340	56		—	0.08	0.22	7.6	0		
66	0	6		2.1	360	60		—	0.09	0.24	8.1	0		

Table continued on following page

⁴Value varies widely.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (kcal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Mono-unsaturated (g)	Poly-unsaturated (g)	
Steak										
587	Sirloin, broiled									
	Lean and fat, piece, 2½ by 2½ by ¾ in	3 oz	86	53	240	23	15	6.4	6.9	0.6
588	Lean only from item 587	2.5 oz	72	59	150	22	6	2.6	2.8	0.8
Steak, inside (top) round, 11 × 6 × 1.2 cm										
	Lean and fat	1 piece	88	61	154 ¹	26	5	2		Tr
	Lean only	1 piece	88	63	144 ¹	26	5	1		Tr
	Stewing, simmered, lean only	250 ml	148	58	335 ¹	49	14	5		Tr
	Sweetbreads (thymus), broiled	1 slice	90	53	287 ¹	20	22	—		—
	Tongue, simmered		90	56	285 ¹	20	19	8		Tr
589	Beef, canned, corned	3 oz	85	59	186	22	10	4.2	4.9	0.4
590	Beef, dried, shipped	2.5 oz	72	48	145	24	4	1.8	2.0	0.2
	Cruton	15 ml	13	60	59 ¹	2	5	2		Tr
Lamb, cooked										
	Chops, (3 per lb with bone)									
591	Arm, broiled									
	Lean and fat	2.2 oz	68	44	220	20	15	6.9	6.0	0.9
592	Lean only from item 591	1.7 oz	48	49	135	17	7	2.9	2.6	0.4
593	Leg, broiled									
	Lean and fat	2.8 oz	80	54	285	22	16	7.3	6.4	1.0
594	Lean only from item 593	2.3 oz	64	61	140	19	6	2.6	2.4	0.4
595	Rib, roasted									
	Lean and fat, 3 pieces, 4½ by 2½ by ¾ in	3 oz	85	59	205	22	13	5.6	4.9	0.8
596	Lean only from item 595	2.6 oz	78	64	140	20	6	2.4	2.2	0.4
597	Rib, roasted									
	Lean and fat, 3 pieces, 2½ by 2½ by ¾ in	3 oz	85	47	315	18	26	12.1	10.6	1.5
598	Lean only from item 597	2 oz	57	60	130	15	7	3.2	3.0	0.5
	Liverwurst	15 ml	15	52	49 ¹	2	4	2		Tr
Pork, cured, cooked										
599	Bacon									
	Regular	3 medium slices	19	13	110	6	9	3.3	4.5	1.1
600	Canadian style	2 slices	46	62	85	11	4	1.3	1.9	0.4
601	Ham, light cure, roasted									
	Lean and fat, 2 pieces, 4½ by 2½ by ¾ in	3 oz	85	58	206	18	14	6.1	6.3	1.5
602	Lean only from item 601	2.4 oz	68	66	105	17	4	1.3	1.7	0.4
603	Ham, canned, roasted, 2 pieces, 4½ by 2½ by ¾ in	3 oz	85	67	140	18	7	2.4	3.5	0.8
Luncheon meat										
604	Canned, spiced or unspiced, slice, 3 by 2 by ¾ in	2 slices	42	52	140	5	13	4.5	6.0	1.5
605	Chopped ham (8 slices per 6-oz pkg)	2 slices	42	64	95	7	7	2.4	3.4	0.9

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)		
							IU	RE						
77	0	9	186	2.6	306	53	Tr	Tr	0.10	0.23	3.3	0		
64	0	8	176	2.4	290	48	Tr	Tr	0.09	0.22	3.1	0		
57	0	4		2.4	350	43		—	0.10	0.23	10.2	0		
57	0	5		2.5	352	45		—	0.10	0.24	10.5	0		
128	0	12		4.7	611	70		—	0.12	0.42	12.5	0		
265	0	—		1.3	390	104		0	—	—	—	27		
98	Tr	6		3.1	162	54		—	0.03	0.32	4.5	Tr		
80	0	17	90	3.7	51	802	Tr	Tr	0.02	0.20	2.9	0		
46	0	14	287	2.3	142	3,053	Tr	Tr	0.05	0.23	2.7	0		
11	Tr	2		0.3	25	37		Tr	0.05	0.02	0.8	Tr		
77	0	16	132	1.5	195	46	Tr	Tr	0.04	0.18	4.4	0		
59	0	12	111	1.3	162	36	Tr	Tr	0.03	0.13	3.0	0		
78	0	16	162	1.4	272	62	Tr	Tr	0.09	0.21	5.5	0		
60	0	12	145	1.3	241	64	Tr	Tr	0.06	0.18	4.4	0		
78	0	8	162	1.7	273	67	Tr	Tr	0.09	0.24	5.5	0		
65	0	6	160	1.5	247	50	Tr	Tr	0.08	0.20	4.6	0		
77	0	19	139	1.4	224	60	Tr	Tr	0.08	0.16	5.5	0		
50	0	12	111	1.0	179	46	Tr	Tr	0.05	0.13	3.5	0		
24	Tr	4		1.0	26	129		1,246	0.04	0.16	1.0	0		
16	Tr	2	64	0.3	92	303	0	0	0.13	0.05	1.4	0		
27	1	5	136	0.4	179	711	0	0	0.38	0.09	3.2	10		
53	0	6	182	0.7	248	1,009	0	0	0.51	0.19	3.8	0		
37	0	5	164	0.6	215	902	0	0	0.46	0.17	3.4	0		
36	Tr	6	188	0.9	298	908	0	0	0.82	0.21	4.3	19*		
26	1	3	34	0.3	90	641	0	0	0.15	0.08	1.3	Tr		
21	0	3	65	0.3	134	676	0	0	0.27	0.09	1.6	0*		

Table continued on following page

*Contains added sodium ascorbate. If sodium ascorbate is not added, ascorbic acid content is negligible.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids		
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)
	Cooked ham (8 slices per 8-oz pkg)								
606	Regular	2 slices	57	65	106	10	6	1.9	2.8
607	Extra lean	2 slices	57	71	75	11	3	0.9	1.3
	Pork, fresh, cooked								
	Chop, loin (cut 3 per lb with bone)								
	Broiled								
608	Lean and fat	3.1 oz	87	60	276	24	19	7.0	9.8
609	Lean only from item 608	2.5 oz	72	57	165	23	8	2.6	3.4
	Pan fried								
610	Lean and fat	3.1 oz	89	45	835	21	27	9.8	12.6
611	Lean only from item 610	2.4 oz	67	54	180	19	11	3.7	4.8
	Ham (leg), roasted								
612	Lean and fat, piece, 2½ by 2½ by ¾ in	3 oz	85	53	250	21	16	6.4	8.1
613	Lean only from item 612	2.5 oz	72	60	160	20	8	2.7	3.6
	Liver, broiled, 16 × 6 × 1 cm	1 slice	86	64	142 ¹	22	4	1	Tr
	Rib, roasted								
614	Lean and fat, piece, 2½ by ¾ in	3 oz	85	61	270	21	20	7.2	9.2
615	Lean only from item 614	2.5 oz	71	57	175	20	10	3.4	4.4
	Shoulder cut, broiled								
616	Lean and fat, 3 pieces, 2½ by 2½ by ¾ in	3 oz	85	47	295	23	22	7.9	10.0
617	Lean only from item 616	2.4 oz	67	54	166	22	8	2.8	3.7
	Spareribs, broiled, lean and fat	2 medium	70	60	278 ¹	20	21	8	2
	Sausages (See also Luncheon meats, items 604-607)								
	Blood sausage or pudding, 12 × 0.2 cm	1 slice	80	47	113 ¹	4	10	4	1
618	Bologna, slice (6 per 8-oz pkg)	2 slices	57	54	180	7	16	6.1	7.6
	Beef and pork, 11 × 0.2 cm	1 slice	22	54	70 ¹	3	6	2	Tr
	Turkey, 11 × 0.2 cm	1 slice	22	65	44 ¹	3	8	1	Tr
619	Braunschweiger, slice (6 per 6-oz pkg)	2 slices	57	48	206	8	18	6.2	8.6
620	Brown and serve (10-11 per 8-oz pkg), browned	1 link	13	45	50	2	5	1.7	2.2
621	Frankfurter (10 per 1-lb pkg), cooked (reheated)	1 frankfurter	46	64	145	6	13	4.8	6.2
	Chicken, 12 per 450-g package	1 frankfurter	37	58	95 ¹	6	7	2	1
	Turkey, 12 per 450-g package	1 frankfurter	37	63	84 ¹	6	7	2	2
622	Pork link (16 per 1-lb pkg), cooked*	1 link	13	45	50	3	4	1.4	1.8

*One patty (8 per pound) or bulk sausage is equivalent to 2 links.

Nutrients in Indicated Quantity													
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	
							IU	RE					
32	2	4	141	0.6	189	751	0	0	0.46	0.14	3.0	18 ^a	
27	1	4	124	0.4	200	815	0	0	0.53	0.13	2.8	15 ^a	
84	0	3	164	0.7	312	61	10	3	0.87	0.24	4.3	Tr	
71	0	4	176	0.7	302	66	10	1	0.83	0.22	4.0	Tr	
92	0	4	190	0.7	323	64	10	3	0.91	0.24	4.6	Tr	
72	0	3	178	0.7	305	57	10	1	0.84	0.22	4.0	Tr	
79	0	5	210	0.9	290	50	10	2	0.54	0.27	3.9	Tr	
68	0	5	202	0.8	289	46	10	1	0.50	0.25	3.6	Tr	
806	3	9	15.4	129	42		4,643	0.22	1.89	12.5	20		
69	0	9	190	0.8	313	37	10	3	0.50	0.24	4.2	Tr	
56	0	9	182	0.7	300	33	10	2	0.45	0.22	3.8	Tr	
93	0	6	162	1.4	286	75	10	3	0.46	0.26	4.4	Tr	
76	0	5	151	1.3	271	69	10	1	0.40	0.24	4.0	Tr	
86	0	33		1.3	224	65		2	0.29	0.27	3.4	0	
36	Tr	2		1.9	11	204		0	0.02	0.04	1.3	0	
81	2	7	52	0.9	103	581	0	0	0.10	0.08	1.5	12 ^a	
12	Tr	3		0.3	40	224		0	0.04	0.03	1.0	5	
22	Tr	18		0.3	44	193		0	0.01	0.04	1.2	0	
89	2	5	96	6.3	113	632	8,010	2,405	0.14	0.67	4.8	6 ^a	
9	Tr	1	14	0.1	25	105	0	0	0.05	0.02	0.4	0	
23	1	5	89	0.5	75	604	0	0	0.09	0.05	1.2	12 ^a	
37	3	35		0.7	31	507		14	0.02	0.04	1.6	0	
40	Tr	39		0.7	66	628		0	0.02	0.07	2.2	0	
11	Tr	4	24	0.2	47	168	0	0	0.10	0.03	0.6	Tr	

Table continued on following

*Contains added sodium ascorbate. If sodium ascorbate is not added, ascorbic acid content is negligible.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (kcal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
Salsami										
623	Cooked type, slice (8 per 8 oz pkg)	2 slices	57	80	145	8	11	4.8	5.2	1.2
624	Dry type, slice (12 per 4-oz pkg)	2 slices	20	35	85	5	7	2.4	3.4	0.6
625	Sandwich spread (pork, hoof)	1 tbsp	15	60	35	1	3	0.9	1.1	0.4
626	Vienna sausage (3 per 4-oz can)	1 sausage	16	61	45	2	4	1.5	2.0	0.3
Veal, medium fat, cooked, bone removed										
627	Cutlet, 4½ by 2½ by ½ in, broiled or braised	3 oz	85	60	185	23	9	4.1	4.1	0.6
628	Rib, 2 pieces 4½ by 2½ by ½ in, roasted	3 oz	85	55	230	23	14	6.0	6.0	1.0
Mixed Dishes, Wild Game, and Fast Foods										
Wild game										
Bear, polar, flesh, summered										
		90	61	163 ¹	33	4	—	—	—	—
Beaver, roasted										
		90	56	225	26	12	5	—	—	2
Caribou, cooked										
		90	—	157	34	1	—	—	—	—
Hare or rabbit, cooked										
		90	—	194	26	9	—	—	—	—
Moose, cooked										
		90	—	158	31	5	—	—	—	—
Muskkrat or porcupine, roasted										
		90	67	138	24	4	2	—	Tr	—
Partridge (grouse), roasted, meat only										
		90	62	156	26	5	—	—	—	—
Seal, cooked										
		90	60	165 ¹	23	8	—	—	—	—
Mixed dishes										
Beans and frankfurters, canned										
	250 ml	269	71	387 ¹	20	19	8	—	8	—
Beans with tomato sauce and pork, canned										
	250 ml	269	71	528 ¹	16	7	8	—	Tr	—
629	Beef and vegetable stew from home recipe	1 c	245	82	220	16	11	4.4	4.5	0.5
630	Beef pot pie, from home recipe, baked, piece, ½ of 9-in diam. pie*	1 piece	210	65	515	21	30	7.9	12.9	7.4
631	Chicken à la king, cooked, from home recipe	1 c	245	68	470	27	34	12.9	13.4	6.2
632	Chicken and noodles, cooked, from home recipe	1 c	240	71	365	22	18	5.1	7.1	3.9
Chicken chow mein										
633	Canned	1 c	250	89	95	7	Tr	0.1	0.1	0.8
634	From home recipe	1 c	250	76	255	31	10	4.1	4.9	3.5
635	Chicken pot pie, from home recipe, baked, piece, ½ of 9-in diam. pie*	1 piece	232	57	545	23	31	10.3	15.5	6.6
Chili con carne										
636	With beans, canned	1 c	255	72	340	19	16	5.8	7.2	1.0
	Without beans, canned	250 ml	269	67	530 ¹	28	40	19	—	0
637	Chop suey with beef and pork, from home recipe	1 c	250	75	300	26	17	4.3	7.4	4.2

*Crust made with vegetable shortening and enriched flour.

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Nicotinic (mg)	Ascorbic Acid (mg)	Iodine (µg)	Folate (µg)
							IU	RE						
37	1	7	68	1.5	118	607	0	0	0.14	0.21	2.0	Tr	62	62
16	1	2	28	0.5	76	372	0	0	0.12	0.06	1.0	5*	62	62
6	2	2	9	0.1	17	152	10	1	0.03	0.02	0.3	0	62	62
8	Tr	2	8	0.1	16	152	0	0	0.01	0.02	0.3	0	62	62
109	0	9	196	0.8	258	56	Tr	Tr	0.06	0.21	4.8	0	62	62
109	0	10	211	0.7	259	57	Tr	Tr	0.11	0.26	6.6	0	62	62
—	0	16	—	6.5	—	—	—	—	0.01	0.63	9.3	0	—	—
90	0	19	—	1.4	331	37	—	—	0.07	0.34	15.0	0	—	—
—	0	17	—	3.1	—	—	—	—	0.10	0.57	10.4	0	—	—
—	0	19	—	1.4	—	—	—	—	0.05	0.06	15.3	0	—	—
—	0	9	—	3.0	—	—	—	—	0.04	0.30	10.1	0	—	—
90	0	19	—	1.4	331	37	—	—	0.14	0.19	14.7	0	—	—
—	0	27	—	6.8	423	86	—	—	0.29	0.49	13.1	0	—	—
—	0	23	—	18.6	147	80	—	—	0.14	0.54	—	Tr	—	—
35	34	100	—	5.1	706	1,450	—	—	0.19	0.16	7.2	0	—	—
11	51	145	—	4.8	565	1,245	—	—	0.22	0.08	4.6	5	—	—
71	16	29	164	2.9	618	292	5,690	368	0.16	0.17	4.7	17	62	62
42	39	29	149	3.8	334	596	4,220	517	0.29	0.29	4.8	6	60	60
221	12	127	356	2.5	404	760	1,130	272	0.10	0.42	5.4	12	631	631
103	26	26	247	2.2	149	600	480	130	0.05	0.17	4.3	Tr	632	632
8	18	45	85	1.3	418	725	160	28	0.05	0.10	1.0	13	633	633
75	10	59	298	2.5	473	718	280	50	0.06	0.23	4.3	10	634	634
56	42	70	232	3.0	343	694	7,220	735	0.32	0.32	4.9	0	636	636
28	31	82	321	4.3	694	1,354	150	16	0.08	0.18	3.3	8	636	636
70	16	102	—	3.8	627	1,428	—	—	0.05	0.32	11.0	0	—	—
68	13	60	348	4.8	425	1,053	600	60	0.28	0.38	5.0	33	637	637

Table continued on following page

*Contains added sodium ascorbate. If sodium ascorbate is not added, ascorbic acid content is negligible.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Fat					Fatty Acids	
					Protein (g)	Fat (g)	Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)		
	Chow mein, chicken (Canned, without noodles)	250 ml	254	89	100 ¹	7	Tr	0	0		
	Home recipe, without noodles	250 ml	254	78	289 ¹	28	11	8	8		
	Macaroni (enriched) and cheese										
638	Canned*	1 c	240	80	230	9	10	4.7	2.9	1.8	
639	From home recipe†	1 c	200	58	480	17	22	9.8	7.4	3.6	
	Meat loaf, homemade, 10 × 8 × 1 cm	1 slice	73	64	117 ¹	12	6	—	—	—	
640	Quiche Lorraine, ½ of 8-in diam. quiche ²	1 slice	176	47	600	13	48	23.2	17.8	4.1	
	Spaghetti (enriched) in tomato sauce with cheese										
641	Canned	1 c	250	80	190	6	2	0.4	0.4	0.5	
642	From home recipe	1 c	280	77	290	9	9	3.0	3.6	1.2	
	Spaghetti (enriched) with meatballs and tomato sauce										
643	Canned	1 c	250	78	260	12	10	2.4	8.9	3.1	
644	From home recipe	1 c	245	70	330	19	12	5.9	4.4	2.2	
	Tourtiere (pork pie), ½ of 23-cm diam.	1 sector	139	37	482 ¹	21	30	8	6		
	Fast food eatery: Cheeseburger										
645	Regular	1 sandwich	112	46	800	15	15	7.3	5.6	1.0	
646	4-oz patty	1 sandwich	194	46	525	30	31	15.1	12.2	1.4	
	Chicken, fried. See Poultry and Poultry Products (items 656-659)										
647	Kuchilulu	1 enriched	230	72	235	20	16	7.7	6.7	0.6	
648	English muffin, egg, cheese, and bacon	1 sandwich	138	49	360	18	18	8.0	8.0	0.7	
	Fish sandwich										
649	Regular, with cheese	1 sandwich	140	43	420	16	23	6.3	6.9	7.7	
650	Large, without cheese	1 sandwich	170	48	470	18	27	6.3	8.7	9.5	
	Hamburger										
651	Regular	1 sandwich	96	46	245	12	11	4.4	5.3	0.5	
652	4-oz patty	1 sandwich	174	50	445	25	21	7.1	11.7	0.6	
	Pizza, cheese ½ of 16-in diam. pizza ³	1 slice	120	46	290	15	9	4.1	2.6	1.3	
	Pizza, sausage, ½ of 35-cm diam. pizza	1 slice	65	43	183 ¹	8	9	2	—	Tr	
654	Roast beef sandwich	1 sandwich	150	52	345	22	13	3.5	6.9	1.8	
655	Taco	1 taco	81	55	195	9	11	4.1	5.5	0.8	

*Crust made with vegetable shortening and enriched flour.

†Made with corn oil.

‡Made with margarine.

Nutrients in Indicated Quantity															
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Nicotinic (mg)	Ascorbic Acid (mg)		Item No.	
							IU	RE							
8	19	48		1.3	441	766		16	0.05	0.11	2.3	18			
82	11	61		2.6	490	758		29	0.08	0.24	10.5	11			
24	28	198	182	1.8	189	730	260	72	0.12	0.24	1.0	Tr	638		
44	40	362	322	1.8	240	1,066	890	232	0.20	0.40	1.8	1	639		
67	8	28		1.7	273	477			0.05	0.14	8.1	1			
285	29	211	276	1.0	283	653	1,640	464	0.11	0.32	Tr	Tr	640		
3	39	40	88	2.8	303	955	980	120	0.35	0.29	4.5	10	641		
8	37	80	135	2.3	404	955	1,060	140	0.25	0.18	2.3	13	642		
23	28	53	111	3.3	245	1,220	1,000	100	0.15	0.18	2.3	5	643		
69	39	124	286	3.7	665	1,009	1,690	159	0.25	0.30	4.0	22	644		
58	32	27		3.9	285	707		3	0.56	0.82	8.2	Tr			
44	28	135	174	2.8	219	672	340	66	0.26	0.24	3.7	1	645		
104	40	236	320	4.5	407	1,224	670	126	0.33	0.48	7.4	8	646		
19	24	322	662	11.0	2,180	4,451	2,720	852	0.18	0.26	Tr	Tr	647		
218	51	187	290	3.1	201	832	650	160	0.46	0.50	3.7	1	648		
56	89	152	223	1.9	274	667	160	25	0.32	0.26	8.8	2	649		
91	41	61	246	2.2	375	621	110	15	0.35	0.23	3.5	1	650		
52	28	56	107	2.2	202	463	80	14	0.23	0.24	3.8	1	651		
71	38	75	225	4.9	404	768	160	28	0.38	0.38	7.8	1	652		
56	39	220	216	1.8	230	699	750	106	0.34	0.29	4.2	2	653		
19	18	122		0.9	127	434		109	0.05	0.12	2.4	6			
55	34	80	322	4.0	338	787	240	32	0.40	0.33	6.0	2	654		
21	15	100	194	1.2	263	486	420	57	0.09	0.07	1.4	1	655		

Table continued on following page

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
Poultry and Poultry Products										
Chicken										
Fried, flesh, with skin*										
Butter dipped										
656	Breast, ½ breast (5.6 oz with bones)	4.9 oz	140	52	365	35	18	4.9	7.6	4.3
657	Drumstick (3.4 oz with bones)	2.5 oz	72	58	196	16	11	3.0	4.6	2.7
Flour coated										
658	Breast, ½ breast (4.2 oz with bones)	3.5 oz	98	57	220	31	9	2.4	3.4	1.9
659	Drumstick (2.6 oz with bones)	1.7 oz	48	57	120	13	7	1.8	2.7	1.6
Roasted, flesh only										
660	Breast, ½ breast (4.2 oz with bones and skin)	3.9 oz	86	65	140	27	3	0.9	1.1	0.7
661	Drumstick, (2.9 oz with bones and skin)	1.6 oz	44	67	75	12	2	0.7	0.8	0.6
662	Stewed, flesh only, light and dark meat, chopped or diced	1 c	140	67	250	33	9	2.6	3.3	2.2
663	Chicken liver, cooked	1 liver	20	68	30	5	1	0.4	0.3	0.2
664	Duck, roasted, flesh only	½ duck	221	64	445	52	25	9.2	8.2	3.2
Turkey, roasted, flesh only										
665	Dark meat, piece, 2½ by 1½ by ¼ in	4 pieces	85	63	100	24	6	2.1	1.4	1.8
666	Light meat, piece, 4 by 2 by ¼ in	2 pieces	85	66	135	25	3	0.9	0.5	0.7
Light and dark meat										
667	Chopped or diced	1 c	140	65	240	41	7	2.3	1.4	2.0
668	Pieces (1 slice white meat, 4 by 2 by ¼ in and 2 slices dark meat, 2½ by 1½ by ¼ in)	3 pieces	85	65	145	25	4	1.4	0.9	1.2
Poultry food products										
Chicken										
669	Canned, boneless	5 oz	142	69	235	31	11	3.1	4.5	2.5
670	Frankfurter (10 per 1-lb pkg)	1 frankfurter	45	58	115	6	9	2.5	3.8	1.8
671	Roll, light (6 slices per 6-oz pkg)	2 slices	57	60	90	11	4	1.1	1.7	0.9
Turkey										
672	Gravy and turkey, frozen	5-oz package	142	85	96	9	4	1.2	1.4	0.7
673	Ham, cured turkey thigh meat (8 slices per 8-oz pkg)	2 slices	67	71	76	11	3	1.0	0.7	0.9
674	Loaf, breast meat (6 slices per 6-oz pkg)	2 slices	42	72	46	10	1	0.2	0.2	0.1
675	Patties, breaded, battered, fried (2½ oz)	1 patty	64	50	160	9	12	3.0	4.8	3.0
676	Roast, boneless, frozen, seasoned, light and dark meat, cooked	3 oz	85	68	130	18	5	1.6	1.0	1.4

*Fried in vegetable shortening.

Nutrients in Indicated Quantity													
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	Item No.
							IU	RE					
119	13	28	259	1.8	231	385	90	28	0.16	0.20	14.7	0	656
62	6	12	106	1.0	184	194	60	19	0.09	0.15	3.7	0	657
87	2	16	228	1.2	254	74	50	15	0.09	0.18	13.5	0	658
44	1	6	86	0.7	112	44	40	12	0.04	0.11	3.0	0	659
73	0	18	198	0.9	220	64	20	5	0.06	0.10	11.8	0	660
41	0	5	81	0.6	108	42	30	8	0.03	0.10	2.7	0	661
116	0	20	210	1.6	252	96	70	21	0.07	0.23	8.6	0	662
126	Tr	3	62	1.7	26	10	3,270	983	0.03	0.36	0.9	3	663
197	0	27	449	6.0	357	144	170	51	0.57	1.04	11.3	0	664
73	0	27	173	2.0	240	67	0	0	0.05	0.21	3.1	0	665
69	0	16	186	1.1	259	54	0	0	0.05	0.11	5.8	0	666
106	0	36	296	2.5	417	98	0	0	0.09	0.25	7.6	0	667
66	0	21	181	1.6	253	60	0	0	0.05	0.15	4.6	0	668
88	0	30	158	2.2	196	714	170	48	0.02	0.15	9.0	3	669
45	3	43	48	0.9	38	616	60	17	0.03	0.05	1.4	0	670
28	1	24	99	0.6	129	331	50	14	0.04	0.07	3.0	0	671
26	7	20	115	1.3	87	787	60	18	0.03	0.13	2.6	0	672
32	Tr	6	108	1.6	184	665	0	0	0.03	0.14	2.0	0	673
17	0	3	97	0.2	118	606	0	0	0.03	0.05	3.6	0*	674
40	10	9	173	1.4	176	512	30	7	0.06	0.12	1.6	0	675
46	3	4	207	1.4	253	578	0	0	0.04	0.14	5.3	0	676

Table continued on following page

*If sodium ascorbate is added, product contains 11 mg ascorbic acid.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Mono-unsaturated (g)	Poly-unsaturated (g)	
Soups, Sauces, and Gravies										
Soups										
Canned, condensed										
Prepared with equal volume of milk										
677	Clam chowder, New England	1 c	248	85	185	9	7	3.0	2.3	1.1
678	Cream of chicken	1 c	246	85	190	7	11	4.6	4.5	1.6
679	Cream of mushroom	1 c	248	85	206	6	14	5.1	3.0	4.8
680	Tomato	1 c	248	85	160	6	6	2.9	1.6	1.1
Prepared with equal volume of water										
681	Bean with bacon	1 c	253	84	170	8	6	1.5	2.2	1.8
682	Beef broth, bouillon, consommé	1 c	240	98	15	3	1	0.3	0.2	Tr
683	Beef noodle	1 c	244	92	85	5	3	1.1	1.2	0.5
684	Chicken noodle	1 c	241	92	75	4	2	0.7	1.1	0.6
685	Chicken rice	1 c	241	94	60	4	2	0.5	0.9	0.4
686	Clam chowder, Manhattan	1 c	244	90	80	4	2	0.4	0.4	1.3
687	Cream of chicken	1 c	244	91	115	8	7	2.1	3.3	1.6
688	Cream of mushroom	1 c	244	90	130	2	9	2.4	1.7	4.2
689	Minestrone	1 c	241	91	90	4	3	0.6	0.7	1.1
690	Pea, green	1 c	250	83	165	9	3	1.4	1.0	0.4
691	Tomato	1 c	244	90	85	2	2	0.4	0.4	1.0
692	Vegetable beef	1 c	244	92	80	6	2	0.9	0.6	0.1
693	Vegetarian	1 c	241	92	70	2	2	0.3	0.8	0.7
Dehydrated										
Unprepared										
694	Bouillon	1 pkt	6	3	15	1	1	0.3	0.2	Tr
695	Onion	1 pkt	7	4	20	1	Tr	0.1	0.2	Tr
Prepared with water										
696	Chicken noodle	1 pkt (6 fl-oz)	188	94	40	2	1	0.2	0.4	0.3
697	Onion	1 pkt (6 fl-oz)	184	96	20	1	Tr	0.1	0.2	0.1
698	Tomato vegetable	1 pkt (6 fl-oz)	189	94	40	1	1	0.3	0.2	0.1
Sauces										
From dry mix										
699	Cheddar, prepared with milk	1 c	279	77	305	16	17	9.3	5.3	1.6
700	Hollandaise, prepared with water	1 c	259	84	240	5	20	11.6	5.9	0.9
701	White sauce, prepared with milk	1 c	264	81	240	10	18	6.4	4.7	1.7
From home recipe										
702	White sauce, medium*	1 c	260	73	395	10	30	9.1	11.9	7.2
Ready to serve										
703	Barbecue	1 tbsp	16	81	10	Tr	Tr	Tr	0.1	0.1
704	Soy	1 tbsp	18	68	10	2	0	0.0	0.0	0.0
Gravies										
Canned										
705	Beef	1 c	233	87	125	9	5	2.7	2.3	0.2
706	Chicken	1 c	238	85	190	5	14	3.4	6.1	3.6
707	Mushroom	1 c	238	89	180	5	6	1.0	2.8	2.4

*Made with enriched flour, margarine, and whole milk.

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	Item No.	
							IU	RE						
22	17	186	156	1.5	300	992	160	40	0.07	0.24	1.0	3	677	
27	15	181	151	0.7	273	1,047	710	94	0.07	0.28	0.9	1	678	
20	15	179	158	0.6	270	1,076	150	37	0.08	0.28	0.9	2	679	
17	22	159	149	1.8	449	902	850	109	0.13	0.25	1.5	66	680	
3	28	81	132	2.0	402	951	890	69	0.09	0.03	0.6	2	681	
Tr	Tr	14	31	0.4	130	782	0	0	Tr	0.05	1.9	0	682	
5	9	15	46	1.1	100	952	680	63	0.07	0.06	1.1	Tr	683	
7	9	17	36	0.8	55	1,106	710	71	0.05	0.06	1.4	Tr	684	
7	7	17	22	0.7	101	815	660	66	0.02	0.02	1.1	Tr	685	
2	12	34	59	1.9	261	1,808	920	92	0.06	0.05	1.3	3	686	
10	9	34	87	0.6	88	986	560	56	0.03	0.06	0.8	Tr	687	
2	9	46	49	0.6	100	1,032	0	0	0.05	0.09	0.7	1	688	
2	11	34	56	0.9	313	911	2,340	231	0.05	0.04	0.9	1	689	
0	27	28	125	2.0	190	988	200	20	0.11	0.07	1.2	2	690	
0	17	12	34	1.8	264	871	690	69	0.09	0.05	1.4	66	691	
6	10	17	41	1.1	173	956	1,850	180	0.04	0.06	1.0	2	692	
0	12	22	34	1.1	210	922	3,010	301	0.06	0.05	0.9	1	693	
1	1	4	19	0.1	27	1,019	Tr	Tr	Tr	0.01	0.3	0	694	
Tr	4	10	23	0.1	47	627	Tr	Tr	0.02	0.04	0.4	Tr	695	
2	6	21	24	0.4	23	967	50	5	0.05	0.04	0.7	Tr	696	
0	4	9	22	0.1	48	635	Tr	Tr	0.02	0.04	0.4	Tr	697	
0	8	6	23	0.5	78	856	140	14	0.04	0.03	0.6	5	698	
63	23	509	438	0.3	552	1,565	390	117	0.15	0.56	0.3	2	699	
52	14	124	127	0.9	124	1,564	730	220	0.06	0.18	0.1	Tr	700	
34	21	425	256	0.3	444	797	310	92	0.06	0.45	0.5	3	701	
32	24	292	239	0.9	581	888	1,190	340	0.15	0.43	0.8	2	702	
0	2	3	3	0.1	28	130	140	14	Tr	Tr	0.1	1	703	
0	2	3	38	0.5	64	1,029	0	0	0.01	0.02	0.6	0	704	
7	11	14	70	1.6	189	117	0	0	0.07	0.08	1.5	0	705	
5	13	49	69	1.1	259	1,373	890	264	0.04	0.10	1.1	0	706	
0	13	17	36	1.6	252	1,357	0	0	0.08	0.16	1.6	0	707	

Table continued on following page

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (kcal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	
From dry mix										
708	Brown	1 c	261	91	80	3	2	0.9	0.8	0.1
709	Chicken	1 c	260	91	85	3	2	0.6	0.9	0.4
Vegetables and Vegetable Products										
750	Alfalfa seeds, sprouted, raw	1 c	33	91	10	1	Tr	Tr	Tr	0.1
751	Artichokes, globe or French, cooked, drained	1 artichoke	120	87	55	8	Tr	Tr	Tr	0.1
Asparagus, green										
Cooked, drained										
From raw										
752	Cuts and tips	1 c	180	92	45	5	1	0.1	Tr	0.2
753	Spears, 1/2 in diam. at base	4 spears	60	92	15	2	Tr	Tr	Tr	0.1
From frozen										
754	Cuts and tips	1 c	180	91	50	5	1	0.2	Tr	0.3
755	Spears, 1/2 in diam. at base	4 spears	60	91	15	2	Tr	0.1	Tr	0.1
756	Canned, spears, 1/2 in diam. at base	4 spears	80	96	10	1	Tr	Tr	Tr	0.1
757	Bamboo shoots, canned, drained	1 c	131	94	25	2	1	0.1	Tr	0.2
Beans										
Green, yellow, or Italian										
Canned, drained										
Frozen, boiled, drained										
Lima, immature seeds, frozen, cooked, drained										
758	Thick-seeded types (Furlbanks)	1 c	170	74	170	10	1	0.1	Tr	0.3
759	Thin-seeded types (baby limas)	1 c	180	72	190	12	1	0.1	Tr	0.3
Snap										
Cooked, drained										
760	From raw (cut and French style)	1 c	125	89	45	2	Tr	0.1	Tr	0.2
761	From frozen (cut)	1 c	135	92	35	2	Tr	Tr	Tr	0.1
762	Canned, drained solids (cut)	1 c	135	93	25	2	Tr	Tr	Tr	0.1
Beans, mature. See Beans, dry (items 527-535) and Black-eyed peas, dry (item 536)										
Bean sprouts (mung)										
763	Raw	1 c	104	90	30	3	Tr	Tr	Tr	0.3
764	Cooked, drained	1 c	124	93	26	3	Tr	Tr	Tr	Tr
	Stir-fried	250 ml	181	84	661 ¹	6	Tr	Tr		Tr
Beets										
Cooked, drained										
765	Diced or sliced	1 c	170	91	66	2	Tr	Tr	Tr	Tr
766	Whole beets, 2-in. diam.	2 beets	100	91	30	1	Tr	Tr	Tr	Tr

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	Item No.	
							IU	RE						
2	14	66	47	0.2	61	1,147	0	0	0.04	0.09	0.9	0	708	
3	14	89	47	0.3	62	1,134	0	0	0.05	0.15	0.8	8	709	
0	1	11	23	0.3	26	2	50	5	0.03	0.04	0.2	3	750	
0	12	47	72	1.6	316	79	170	17	0.07	0.06	0.7	9	751	
0	8	43	110	1.2	558	7	1,490	149	0.18	0.22	1.9	49	752	
0	3	14	37	0.4	186	2	500	50	0.06	0.07	0.6	16	753	
0	9	41	99	1.2	392	7	1,470	147	0.12	0.19	1.9	44	754	
0	8	14	33	0.4	131	2	490	49	0.04	0.06	0.6	15	755	
0	2	11	30	0.6	122	279	880	38	0.04	0.07	0.7	13	756	
0	4	10	33	0.4	105	9	10	1	0.03	0.03	0.2	1	757	
0	6	37		1.3	157	981		60	0.02	0.08	0.6	7		
0	9	65		1.2	161	19		76	0.07	0.11	0.9	12		
0	32	87	107	2.3	694	90	320	32	0.13	0.10	1.8	22	759	
0	35	50	202	8.5	740	62	830	30	0.13	0.10	1.4	10	759	
0	10	58	49	1.6	374	4	830*	83*	0.09	0.12	0.8	12	760	
0	8	61	32	1.1	151	18	710*	71*	0.06	0.10	0.6	11	761	
0	6	35	26	1.2	147	339*	470*	47*	0.02	0.06	0.3	6	762	
0	6	14	56	0.9	166	6	20	2	0.08	0.14	0.8	14	763	
0	5	15	35	0.8	125	12	20	2	0.06	0.13	1.0	14	764	
0	14	17		2.5	287	12		4	0.18	0.24	2.8	21		
0	11	19	63	1.1	530	88	20	2	0.05	0.02	0.5	9	765	
0	7	11	31	0.6	312	49	10	1	0.03	0.01	0.3	8	766	

*For green varieties; yellow varieties contain 101 IU or 10 RE.
 †For green varieties; yellow varieties contain 161 IU or 16 RE.
 ‡For regular pack; special dietary pack contains 3 mg sodium.
 §For green varieties; yellow varieties contain 142 IU or 14 RE.
 ¶For regular pack; special dietary pack contains 3 mg sodium.

Table continued on following page

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids		
							Saturated (g)	Mono-saturated (g)	Poly-saturated (g)
767	Canned, drained solids, dried or sliced	1 c	170	91	66	2	Tr	Tr	Tr
768	Beet greens, leaves and stems, cooked, drained	1 c	144	89	40	4	Tr	Tr	0.1
	Black-eyed peas, immature seeds, cooked and drained	1 c	165	72	180	13	1	0.3	0.1
769	From raw	1 c	170	66	225	14	1	0.3	0.1
770	From frozen	1 c	165	90	45	5	Tr	Tr	0.2
	Brussels sprouts, cooked, drained	1 c	155	87	65	6	1	0.1	Tr
771	From raw	1 c	155	87	65	6	1	0.1	Tr
772	From frozen	1 c	155	87	65	6	1	0.1	Tr
773	From raw	1 c	155	87	65	6	1	0.1	Tr
774	From frozen	1 c	155	87	65	6	1	0.1	Tr
775	From raw	1 c	155	87	65	6	1	0.1	Tr
776	From frozen	1 c	155	87	65	6	1	0.1	Tr
777	From raw	1 c	155	87	65	6	1	0.1	Tr
778	From frozen	1 c	155	87	65	6	1	0.1	Tr
779	From raw	1 c	155	87	65	6	1	0.1	Tr
780	From frozen	1 c	155	87	65	6	1	0.1	Tr
781	From raw	1 c	155	87	65	6	1	0.1	Tr
782	From frozen	1 c	155	87	65	6	1	0.1	Tr
783	From raw	1 c	155	87	65	6	1	0.1	Tr
784	From frozen	1 c	155	87	65	6	1	0.1	Tr
785	From raw	1 c	155	87	65	6	1	0.1	Tr
786	From frozen	1 c	155	87	65	6	1	0.1	Tr
787	From raw	1 c	155	87	65	6	1	0.1	Tr
788	From frozen	1 c	155	87	65	6	1	0.1	Tr
789	From raw	1 c	155	87	65	6	1	0.1	Tr
790	From frozen	1 c	155	87	65	6	1	0.1	Tr
791	From raw	1 c	155	87	65	6	1	0.1	Tr

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbo- hydrate (g)	Cal- cium (mg)	Phos- phorus (mg)	Iron (mg)	Potas- sium (mg)	Sodium (mg)	Vitamin A Value		Thia- min (mg)	Ribof- lavin (mg)	Nia- cin (mg)	Ascor- bic Acid (mg)	Item No.	
							U	RE						
0	12	28	29	3.1	252	468*	20	2	0.02	0.07	0.3	7	767	
0	8	164	59	2.7	1,308	847	7,340	734	0.17	0.42	0.7	36	768	
0	30	46	196	2.4	693	7	1,050	105	0.11	0.18	1.8	3	769	
0	40	89	207	3.6	688	9	130	18	0.44	0.11	1.2	4	770	
0	6	72	100	1.3	491	41	2,530	233	0.10	0.16	1.0	141	771	
0	10	208	86	2.1	293	20	2,540	254	0.15	0.37	1.4	113	772	
0	9	177	74	1.8	258	17	2,180	218	0.13	0.32	1.2	97	773	
0	2	15	17	0.2	54	7	570	57	0.02	0.02	0.1	12	774	
0	10	94	102	1.1	833	44	3,500	350	0.10	0.17	0.8	74	775	
0	13	56	87	1.9	491	33	1,110	111	0.17	0.12	0.9	96	776	
0	13	37	84	1.1	504	36	910	91	0.16	0.13	0.8	71	777	
0	4	33	16	0.4	172	13	90	9	0.04	0.02	0.2	33	778	
0	7	50	38	0.6	309	29	130	13	0.09	0.06	0.3	86	779	
0	3	158	49	1.8	631	58	4,370	437	0.05	0.11	0.7	44	780	
0	2	59	22	0.2	181	7	910	91	0.03	0.04	0.3	21	781	
0	4	36	29	0.3	144	8	30	3	0.04	0.02	0.2	40	782	
0	4	26	29	0.3	161	20	700	70	0.05	0.03	0.2	22	783	
0	7	19	82	0.4	233	25	20,250	2,025	0.07	0.04	0.7	7	784	
0	11	90	46	0.6	355	30	30,940	3,094	0.11	0.06	1.0	10	785	
0	16	68	47	1.0	354	103	88,300	3,630	0.05	0.09	0.8	4	786	
0	12	41	38	0.7	231	86	25,850	2,585	0.04	0.05	0.6	4	787	
0	8	37	35	0.9	261	362†	20,110	2,011	0.03	0.04	0.8	4	788	
0	5	29	46	0.6	355	15	20	2	0.08	0.06	0.8	78	789	
0	6	34	44	0.5	404	8	20	2	0.08	0.07	0.7	68	790	
0	7	31	43	0.7	250	32	40	4	0.07	0.10	0.6	88	791	

Table continued on following page

*For regular pack; special dietary pack contains 78 mg sodium.

†For regular pack; special dietary pack contains 81 mg sodium.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids		
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)
792	Celery, Pascal type, raw Stalk, large outer, 8 by 1½ in (at root end)	1 stalk	40	95	5	Tr	Tr	Tr	Tr
	Pieces, boiled, drained	250 ml	158	95	24 ¹	Tr	Tr	Tr	Tr
793	Potatoes, dried	1 c	120	96	20	1	Tr	Tr	0.1
	Chard, Swiss, boiled, drained	250 ml	165	93	37 ¹	3	Tr	0	0
	Coleslaw (cabbage salad)	250 ml	127	82	88 ¹	2	3	Tr	2
794	Collards, cooked, drained								
	From raw leaves without stems	1 c	190	96	25	2	Tr	0.1	Tr
795	From frozen (chopped)	1 c	170	88	60	5	1	0.1	0.1
	Corn, sweet, cooked, drained								
796	From raw, ear 5 by 1½ in	1 ear	77	70	85	3	1	0.2	0.3
	From frozen								
797	Ear, trimmed to about 8½ in long	1 ear	68	78	60	2	Tr	0.1	0.1
798	Kernels	1 c	165	76	135	5	Tr	Tr	0.1
	Canned								
799	Cream style	1 c	256	79	185	4	1	0.2	0.3
800	Whole kernel, vacuum pack	1 c	210	77	165	5	1	0.2	0.3
	Cowpeas. See Black-eyed peas, immature (Items 760, 770), mature (Item 836)								
801	Cucumber, with peel, slices, ½ in thick (large, 2½-in diam.; small, 1½-in diam.)	6 large or 8 small slices	28	96	5	Tr	Tr	Tr	Tr
802	Dandelion greens, cooked, drained	1 c	105	90	35	2	1	0.1	Tr
803	Eggplant, cooked, steamed	1 c	96	92	25	1	Tr	Tr	0.1
804	Endive, curly (including escarole), raw, small pieces	1 c	50	94	10	1	Tr	Tr	Tr
	Fiddlehead greens, frozen, cooked	250 ml	150	98	80 ¹	4	Tr	—	—
805	Jerusalem artichoke, raw, sliced	1 c	150	78	115	3	Tr	0.0	Tr
	Kale, cooked, drained								
806	From raw, chopped	1 c	130	91	40	2	1	0.1	Tr
807	From frozen, chopped	1 c	130	91	40	4	1	0.1	Tr
808	Kohlrabi, thickened bulb-like stems, cooked, drained, sliced	1 c	165	90	50	3	Tr	Tr	0.1
	Lettuce, raw								
	Butterhead, as Boston type								
809	Head, 5-in diam	1 head	163	96	20	2	Tr	Tr	0.2
810	Leaves	1 outer or 2 inner leaves	15	96	Tr	Tr	Tr	Tr	Tr

Nutrients in Indicated Quantity													
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	Fiber (g)
							IU	RE					
0	1	14	10	0.2	114	35	50	5	0.01	0.01	0.1	3	79
0	8	57		0.2	550	101		17	0.04	0.05	0.6	7	
0	4	43	31	0.6	341	106	150	15	0.04	0.04	0.4	8	79
0	8	107		4.2	1016	331		681	0.06	0.16	1.2	33	
10	2	57		0.7	250	29		104	0.06	0.08	0.7	42	
0	5	148	19	0.8	177	36	4,220	422	0.03	0.08	0.4	19	79
0	12	357	46	1.9	427	85	10,170	1,017	0.08	0.20	1.1	45	79
0	19	2	79	0.5	192	18	170 ¹	17 ¹	0.17	0.06	1.2	5	79
0	14	2	47	0.4	156	3	180 ¹	13 ¹	0.11	0.04	1.0	3	79
0	34	3	78	0.5	229	8	410 ¹	41 ¹	0.11	0.12	2.1	4	79
0	46	8	181	1.0	343	730 ¹	250 ¹	25 ¹	0.06	0.14	2.6	12	79
0	41	11	134	0.9	391	571 ¹	510 ¹	51 ¹	0.09	0.15	2.6	17	80
0	1	4	6	0.1	42	1	10	1	0.01	0.01	0.1	1	80
0	7	147	44	1.9	244	46	12,290	1,229	0.14	0.16	0.5	19	80
0	8	6	21	0.3	238	3	60	6	0.07	0.02	0.6	1	80
0	2	26	14	0.4	167	11	1,030	103	0.04	0.04	0.2	8	80
0	5	8		1.2	332	2			0	0.38	—	14	
0	26	21	117	5.1	644	6	30	8	0.30	0.09	2.0	6	80
0	7	94	38	1.2	296	30	9,620	962	0.07	0.09	0.7	53	80
0	7	179	36	1.2	417	20	8,260	826	0.08	0.15	0.9	33	80
0	11	41	74	0.7	561	35	60	6	0.07	0.03	0.6	89	80
0	4	52	38	0.6	419	9	1,540	154	0.10	0.10	0.5	13	80
0	Tr	5	3	Tr	89	1	150	15	0.01	0.01	Tr	1	810

Table continued on following page

¹For yellow varieties; white varieties contain only a trace of vitamin A.²For regular pack; special dietary pack contains 8 mg sodium.³For regular pack; special dietary pack contains 8 mg sodium.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids		
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)
811	Crisphead, as iceberg head, 6-in diam	1 head	589	94	70	5	1	0.1	Tr
812	Wedge, 1/2 of head	1 wedge	135	93	20	1	Tr	Tr	0.1
813	Pieces, chopped or shredded	1 c	55	96	5	1	Tr	Tr	0.1
814	Loosleaf (bunching varieties including romaine or cos), chopped or shredded pieces	1 c	56	94	10	1	Tr	Tr	0.1
815	Mushrooms Raw, sliced or chopped	1 c	70	92	20	1	Tr	Tr	0.1
816	Cooked, drained	1 c	156	91	40	3	1	0.1	Tr
817	Canned, drained solids	1 c	156	91	35	3	Tr	0.1	Tr
818	Mustard greens, without stems and midribs, cooked, drained	1 c	140	94	20	3	Tr	Tr	0.2
819	Okra pods, 1/2 by 1/2 in, cooked	8 pods	85	90	25	2	Tr	Tr	Tr
820	Onions Raw	1 c	160	91	55	2	Tr	0.1	0.1
821	Chopped	1 c	115	91	40	1	Tr	0.1	Tr
822	Sliced	1 c	210	92	40	2	Tr	0.1	Tr
823	Cooked (whole or sliced), drained	1 c	210	92	40	2	Tr	0.1	Tr
824	Frozen, chopped, boiled, drained	250 ml	222	92	62	2	Tr	Tr	Tr
825	Onions, spring, raw, bulb (1/2-in diam) and white portion of top	6 onions	30	92	10	1	Tr	Tr	Tr
826	Onion rings, breaded, pan-fried, frozen, prepared	2 rings	20	29	80	1	5	1.7	2.2
827	Parsley Parsley	10 sprigs	10	88	5	Tr	Tr	Tr	Tr
828	Raw	1 thp	0.4	2	Tr	Tr	Tr	Tr	Tr
829	Frozen-dried	1 thp	0.4	2	Tr	Tr	Tr	Tr	Tr
830	Parsnips, cooked (diced or 2 in lengths), drained	1 c	156	78	125	2	Tr	0.1	0.2
831	Peas, edible pod	1 c	160	89	65	5	Tr	0.1	Tr
832	Cooked, drained	1 c	160	89	64	4	Tr	Tr	Tr
833	Raw	250 ml	153	89	64	4	Tr	Tr	Tr
834	Peas, green	250 ml	169	78	142	9	Tr	Tr	Tr
835	Boiled, drained	1 c	170	82	115	8	1	0.1	0.3
836	Canned, drained solids	1 c	160	80	125	8	Tr	0.1	Tr
837	Frozen, cooked, drained	1 c	160	80	125	8	Tr	0.1	Tr
838	Peppers	1 pepper	45	88	20	1	Tr	Tr	Tr
839	Hot chili, raw	1 pepper	45	88	20	1	Tr	Tr	Tr
840	Sweet (about 5 per lb, whole), stem and seeds removed	1 pepper	74	93	20	1	Tr	Tr	0.2
841	Raw	1 pepper	74	93	20	1	Tr	Tr	0.2
842	Cooked, drained	1 pepper	73	95	15	Tr	Tr	Tr	0.1

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	Item No.	
							IU	RE						
0	11	102	108	2.7	852	49	1,780	178	0.25	0.16	1.0	21	811	
0	3	26	27	0.7	213	12	450	45	0.06	0.04	0.3	5	812	
0	1	10	11	0.8	87	5	180	18	0.03	0.02	0.1	2	813	
0	2	38	14	0.8	148	6	1,060	106	0.03	0.04	0.2	10	814	
0	8	4	73	0.9	259	3	0	0	0.07	0.31	2.9	2	815	
0	8	9	186	2.7	555	8	0	0	0.11	0.47	7.0	8	816	
0	8	17	103	1.2	201	663	0	0	0.13	0.08	2.5	0	817	
0	3	104	57	1.0	293	22	4,240	424	0.06	0.09	0.6	35	818	
0	6	54	48	0.4	274	4	490	49	0.11	0.05	0.7	14	819	
0	12	40	46	0.6	348	3	0	0	0.10	0.02	0.2	13	820	
0	8	29	33	0.4	178	2	0	0	0.07	0.01	0.1	10	821	
0	13	57	49	0.4	319	17	0	0	0.09	0.02	0.2	12	822	
0	15	36		0.7	240	27		7	0.05	0.06	0.7	6	823	
0	2	18	10	0.6	77	1	1,500	150	0.02	0.04	0.1	14	824	
0	8	6	16	0.3	28	75	50	5	0.06	0.03	0.7	Tr	825	
0	1	13	4	0.6	54	4	530	53	0.01	0.01	0.1	9	826	
0	Tr	1	2	0.2	25	2	250	25	Tr	0.01	Tr	1	827	
0	30	59	108	0.9	573	16	0	0	0.13	0.09	1.1	20	828	
0	11	67	89	3.2	384	6	210	21	0.20	0.12	0.9	77	829	
0	12	66		3.2	306	6		21	0.28	0.12	1.6	92	830	
0	26	46		2.6	458	5		101	0.44	0.25	4.5	24	831	
0	21	34	114	1.6	294	372*	1,810	131	0.27	0.13	1.2	16	832	
0	23	38	144	2.5	269	189	1,070	107	0.45	0.16	2.4	16	833	
0	4	8	21	0.6	153	3	4,840*	484	0.04	0.04	0.4	109	834	
0	4	4	16	0.3	144	2	800	394	0.06	0.04	0.4	964	835	
0	8	3	11	0.6	94	1	260	26	0.04	0.03	0.3	814	836	

Table continued on following page

*For regular pack; special pack contains 8 mg sodium.

†For red peppers; green peppers contain 350 IU or 86 RE.

‡For green peppers; red peppers contain 4,220 IU or 422 RE.

§For green peppers; red peppers contain 141 mg ascorbic acid.

||For green peppers; red peppers contain 2,740 IU or 274 RE.

¶For green peppers; red peppers contain 121 mg ascorbic acid.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids			
							Saturated (g)	Mono-unsaturated (g)	Poly-unsaturated (g)	
Potatoes, cooked										
Baked (about 2 per lb., raw)										
834	With skin	1 potato	202	71	220	6	Tr	0.1	Tr	0.1
835	Flesh only	1 potato	156	75	145	8	Tr	Tr	Tr	0.1
Boiled (about 3 per lb., raw)										
836	Peeled after boiling	1 potato	136	77	120	8	Tr	Tr	Tr	0.1
837	Peeled before boiling	1 potato	135	77	115	2	Tr	Tr	Tr	0.1
French fried, strips, 2 to 3½ in. long, frozen										
838	Over heated	10 strips	50	53	110	2	4	2.1	1.6	0.3
839	Fried in vegetable oil	10 strips	50	38	160	2	8	2.5	1.6	3.8
Microwaved, flesh and skin, 12 cm long										
		1	206	72	216	5	Tr	Tr		Tr
Potato products, prepared										
Au gratin										
840	From dry mix	1 c	245	79	230	6	10	6.3	2.9	0.8
841	From home recipe	1 c	245	74	325	12	19	11.6	5.3	0.7
842	Hashed brown, from frozen	1 c	156	56	840	5	18	7.0	8.0	2.1
Hashed brown, home prepared										
		250 ml	165	75	252 ¹	4	23	9		3
Mashed										
From home recipe										
843	Milk added	1 c	210	78	180	4	1	0.7	0.3	0.1
844	Milk and margarine added	1 c	210	76	225	4	9	2.2	3.7	2.5
845	From dehydrated flakes (without milk), water, milk, butter, and salt added	1 c	210	76	235	4	12	7.2	3.3	0.5
846	Potato salad, made with mayonnaise	1 c	250	76	360	7	21	3.6	6.2	9.3
Scalloped										
847	From dry mix	1 c	245	79	230	5	11	6.5	3.0	0.5
848	From home recipe	1 c	245	81	210	7	9	5.5	2.5	0.4
849	Potato chips	10 chips	20	3	105	1	7	1.8	1.2	3.6
Pumpkin										
850	Cooked from raw, mashed	1 c	245	94	50	2	Tr	0.1	Tr	Tr
851	Canned	1 c	245	90	65	3	1	0.4	0.1	Tr
852	Radishes, raw, stem ends, rootlets cut off	4 radishes	18	95	5	Tr	Tr	Tr	Tr	Tr
853	Sauerkraut, canned, solids and liquid	1 c	230	80	45	2	Tr	0.1	Tr	0.1
Seaweed										
854	Kelp, raw	1 oz	28	82	10	Tr	Tr	0.1	Tr	Tr
855	Spirulina, dried	1 oz	28	5	80	16	2	0.8	0.2	0.6
Southern peas. See Black-eyed peas, immature (items 769, 770), mature (item 536)										
Spinach										
856	Raw, chopped	1 c	55	92	10	1	Tr	Tr	Tr	0.1

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbo- hydrate (g)	Cal- cium (mg)	Phos- phorus (mg)	Iron (mg)	Potas- sium (mg)	Sodium (mg)	Vitamin A Value		Thia- min (mg)	Ribo- flavin (mg)	Nia- cin (mg)	Ascor- bic Acid (mg)	Item No.	
							IU	MC						
0	51	20	115	2.7	844	16	0	0	0.22	0.07	3.3	26	834	
0	84	8	78	0.5	610	8	0	0	0.16	0.03	2.2	20	835	
0	27	7	60	0.4	515	5	0	0	0.14	0.03	2.0	18	836	
0	27	11	54	0.4	443	7	0	0	0.13	0.03	1.8	10	837	
0	17	5	43	0.7	229	16	0	0	0.06	0.02	1.2	5	838	
0	20	10	47	0.4	366	108	0	0	0.09	0.01	1.6	5	839	
0	50	23		2.6	921	16		0	0.26	0.07	4.3	31		
12	31	203	233	0.8	537	1,076	320	76	0.06	0.20	2.8	8	840	
56	26	292	277	1.6	970	1,061	650	98	0.16	0.28	2.4	24	841	
0	44	23	112	2.4	660	53	0	0	0.17	0.03	3.8	10	842	
0	12	13		1.3	530	40		0	0.12	0.03	4.2	9		
4	37	55	101	0.6	628	636	40	12	0.18	0.08	2.3	14	843	
4	85	55	97	0.5	607	620	360	42	0.18	0.08	2.3	13	844	
20	52	103	118	0.5	489	697	380	44	0.23	0.11	1.4	20	845	
170	28	48	180	1.6	635	1,323	520	83	0.19	0.15	2.2	26	846	
27	31	88	137	0.9	497	835	360	51	0.05	0.14	2.5	8	847	
29	26	140	154	1.4	926	821	330	47	0.17	0.23	2.6	26	848	
0	10	5	31	0.2	290	94	0	0	0.03	Tr	0.8	8	849	
0	12	37	74	1.4	564	2	2,650	285	0.09	0.19	1.0	12	850	
0	20	64	86	3.4	606	12	54,040	5,104	0.06	0.18	0.9	10	851	
0	1	4	8	0.1	42	4	Tr	Tr	Tr	0.01	0.1	4	852	
0	10	71	47	3.5	401	1,580	40	4	0.05	0.05	0.3	35	853	
0	3	48	12	0.8	25	66	30	3	0.01	0.04	0.1	(*)	854	
0	7	34	33	8.1	386	297	160	16	0.67	1.04	3.6	9	855	
0	2	54	27	1.5	307	43	3,690	369	0.04	0.10	0.1	15	856	

Table continued on following page

*Value not determined.

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids		
							Saturated (g)	Mono-unsaturated (g)	Poly-unsaturated (g)
857	Cooked, drained								
858	From raw	1 c	180	91	40	5	Tr	0.1	Tr
859	From frozen (leaf)	1 c	190	90	55	6	Tr	0.1	Tr
860	Canned, drained solids	1 c	214	92	50	6	1	0.2	Tr
861	Spinach soufflé	1 c	136	74	220	11	18	7.1	6.8
862	Squash, cooked								
863	Summer (all varieties), sliced, drained	1 c	180	94	85	2	1	0.1	Tr
864	Winter (all varieties), baked, cubes	1 c	205	89	80	2	1	0.3	0.1
865	Winter, butternut, frozen, boiled	250 ml	254	88	99	3	Tr	Tr	Tr
866	Winter, hubbard, boiled, mashed	250 ml	249	91	75	4	Tr	Tr	Tr
867	Brussels sprouts, See Jerusalem artichoke (item 806)								
868	Sweet potatoes								
869	Cooked (raw, 5 by 2 in; about 2½ per lb)								
870	Baked in skin, peeled	1 potato	114	73	115	2	Tr	Tr	Tr
871	Boiled, without skin	1 potato	161	73	100	2	Tr	0.1	Tr
872	Canned								
873	Solid pack (mashed)	1 c	255	74	280	5	1	0.1	Tr
874	Vacuum pack, piece 2½ by 1 in	1 piece	40	76	35	1	Tr	Tr	Tr
875	Tomatoes								
876	Raw, 2½-in diam (3 per 12-oz pkg.)	1 tomato	128	94	25	1	Tr	Tr	Tr
877	Canned, solids and liquid	1 c	240	94	50	2	1	0.1	0.1
878	Canned, stewed	250 ml	269	91	70	3	Tr	Tr	Tr
879	Tomato juice, canned	1 c	244	94	40	2	Tr	Tr	Tr
880	Tomato products, canned								
881	Paste	1 c	262	74	220	10	2	0.3	0.4
882	Puree	1 c	250	87	105	4	Tr	Tr	Tr
883	Sauce	1 c	245	89	75	3	Tr	0.1	0.1
884	Turnips	1 c	156	94	30	1	Tr	Tr	Tr
885	Cooked, dried								
886	Raw, cubed	250 ml	187	92	37	1	Tr	Tr	Tr
887	Turnip greens, cooked, drained								
888	From raw (leaves and stems)	1 c	144	93	30	2	Tr	0.1	Tr
889	From frozen (chopped)	1 c	164	90	50	5	1	0.2	Tr
890	Vegetable juice cocktail, canned	1 c	242	94	45	2	Tr	Tr	Tr
891	Vegetables, mixed								
892	Canned, drained solids	1 c	163	87	75	4	Tr	0.1	Tr
893	Frozen, cooked, drained	1 c	192	83	105	5	Tr	0.1	Tr
894	Water chestnuts, canned	1 c	140	96	70	1	Tr	Tr	Tr

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	Item No.	
							IU	RE						
0	7	245	101	6.4	889	128	14,140	1,474	0.17	0.42	0.9	18	857	
0	10	277	91	2.9	588	163	14,790	1,479	0.11	0.32	0.8	23	858	
0	7	272	94	4.8	740	683*	18,780	1,878	0.03	0.80	0.8	31	859	
184	8	230	231	1.3	201	763	3,460	675	0.09	0.30	0.5	3	860	
0	8	49	70	0.6	346	2	520	52	0.08	0.07	0.9	10	861	
0	18	29	41	0.7	696	2	7,290	729	0.17	0.05	1.4	20	862	
0	26	48		1.5	338	5		848	0.13	0.10	1.9	9		
0	16	25		0.7	533	12		998	0.11	0.07	1.7	16		
0	26	32	63	0.5	397	11	24,880	2,488	0.06	0.14	0.7	28	863	
0	37	92	41	0.8	278	20	25,750	2,575	0.08	0.21	1.0	26	864	
0	59	77	133	3.4	596	191	38,570	3,857	0.07	0.23	2.4	13	866	
0	8	9	20	0.4	125	21	3,190	319	0.01	0.02	0.3	11	867	
0	5	9	28	0.6	255	10	1,390	139	0.07	0.06	0.7	22	868	
0	10	52	46	1.5	590	301*	1,450	145	0.11	0.07	1.8	36	869	
0	17	39		2.0	645	683		148	0.12	0.09	2.2	36		
0	10	22	46	1.4	537	881*	1,860	136	0.11	0.08	1.6	45	870	
0	49	92	207	7.8	2,442	170*	6,470	647	0.41	0.50	8.4	111	871	
0	25	38	100	2.3	1,050	50*	3,430	340	0.18	0.14	4.8	68	872	
0	18	34	78	1.9	908	1,482*	2,430	240	0.16	0.14	2.8	32	873	
0	8	34	30	0.3	211	78	0	0	0.04	0.04	0.5	19	874	
0	9	41		0.4	262	92		0	0.06	0.04	0.8	29		
0	6	197	42	1.2	292	42	7,930	792	0.06	0.10	0.8	39	875	
0	8	249	56	3.2	367	25	13,030	1,308	0.09	0.12	0.9	36	876	
0	11	27	41	1.0	467	883	2,830	283	0.10	0.07	1.8	67	877	
0	15	44	68	1.7	474	243	18,990	1,899	0.08	0.08	0.9	8	878	
0	24	46	93	1.5	303	64	7,540	778	0.13	0.22	1.5	6	879	
0	17	6	27	1.2	165	11	10	1	0.02	0.09	0.5	2	880	

Table continued on following page

*With added salt; if none is added, sodium content is 58 mg.

†For regular pack; special dietary pack contains 31 mg sodium.

‡With added salt; if none is added, sodium content is 24 mg.

§With no added salt; if salt is added, sodium content is 2,070 mg.

¶With no added salt; if salt is added, sodium content is 998 mg.

*With salt added.

Item No.	Food, Approximate Measure, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Partly Acid					
					Protein (g)	Fat (g)	Saturated (g)	Mono-unsaturated (g)	Poly-unsaturated (g)	
Miscellaneous Items										
Baking powders for home use										
Sodium aluminum sulfate										
881	With monocalcium phosphate monohydrate	1 tsp	3	2	5	Tr	0	0.0	0.0	0.0
882	With monocalcium phosphate monohydrate, calcium sulfate	1 tsp	2.9	1	5	Tr	0	0.0	0.0	0.0
883	Straight phosphate	1 tsp	3.8	2	5	Tr	0	0.0	0.0	0.0
884	Low sodium	1 tsp	4.3	1	5	Tr	0	0.0	0.0	0.0
Houillon cubes										
885	Catsup	1 c	278	69	290	5	1	0.2	0.2	0.4
886		1 (tsp)	15	69	15	Tr	Tr	Tr	Tr	Tr
887	Celery seed	1 tsp	2	6	10	Tr	1	Tr	0.3	0.1
888	Chili powder	1 tsp	2.6	8	10	Tr	Tr	0.1	0.1	0.2
889	Chocolate, bitter or baking	1 oz	28	2	145	8	15	9.0	4.9	0.5
890	Cinnamon	1 tsp	2.3	10	5	Tr	Tr	Tr	Tr	Tr
Coffee										
		250 ml	254	100	5 ¹	Tr	0	0	0	0
891	Curry powder	1 tsp	2	10	5	Tr	Tr	(*)	(*)	(*)
892	Garlic powder	1 tsp	2.8	6	10	Tr	Tr	Tr	Tr	Tr
893	Gelatin, dry	1 envelope	7	13	25	5	Tr	Tr	Tr	Tr
Dietetic, prepared with water										
		125 ml	127	99	10 ¹	3	Tr	0		Tr
894	Mustard, prepared, yellow	1 tsp or individual packet	5	60	5	Tr	Tr	Tr	0.2	Tr
Olives, canned										
895	Green	4 medium or 3 extra large	13	78	15	Tr	2	0.2	1.2	0.1
896	Ripe, Mission, pitted	3 small or 2 large	9	73	15	Tr	2	0.3	1.3	0.2
897	Onion powder	1 tsp	2.1	5	5	Tr	Tr	Tr	Tr	Tr
898	Oregano	1 tsp	1.5	7	5	Tr	Tr	Tr	Tr	0.1
899	Paprika	1 tsp	2.1	10	5	Tr	Tr	Tr	Tr	0.2
900	Pepper, black	1 tsp	2.1	11	5	Tr	Tr	Tr	Tr	Tr
Pickles, cucumber										
901	Dill, medium, whole, 8% in long, 1 1/4-in diam.	1 pickle	65	33	5	Tr	Tr	Tr	Tr	0.1
902	Fresh-pack, slices 1 1/2-in diam., 1/2 in thick	2 slices	15	78	10	Tr	Tr	Tr	Tr	Tr
903	Sweet, gherkin, small, whole, about 2 1/2 in long, 3/4-in diam.	1 pickle	15	61	20	Tr	Tr	Tr	Tr	Tr
Popcorn. See Grain Products (Items 497-499)										
Postum, made with water										
		250 ml	252	—	17	Tr	0	0		0
904	Relish, finely chopped, sweet	1 (tsp)	15	63	20	Tr	Tr	Tr	Tr	Tr
905	Salt	1 tsp	5.5	0	0	0	0	0.0	0.0	0.0
	Shake and bake, dry	15 ml	6	5	24	Tr	Tr	Tr		

*Value not determined.

Nutrients in Indicated Quantity														
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	Item No.	
							IU	RE						
0	1	68	87	0.0	5	829	0	0	0.00	0.00	0.0	0	88	
0	1	188	45	0.0	4	290	0	0	0.00	0.00	0.0	0	88	
0	1	239	359	0.0	6	312	0	0	0.00	0.00	0.0	0	88	
0	1	207	314	0.0	891	Tr	0	0	0.00	0.00	0.0	0	88	
Tr	Tr	4	0.1	24	1440	Tr	Tr	Tr	0.01	0.01	0.4	0	88	
0	69	60	137	2.2	991	2,845	3,820	382	0.25	0.19	4.4	41	88	
0	4	3	8	0.1	54	156	210	21	0.01	0.01	0.2	2	88	
0	1	35	11	0.8	28	8	Tr	Tr	0.01	0.01	0.1	Tr	88	
0	1	7	8	0.4	60	26	910	91	0.01	0.02	0.2	2	88	
0	8	22	109	1.9	235	1	10	1	0.01	0.07	0.4	0	88	
0	2	28	1	0.9	12	1	10	1	Tr	Tr	Tr	1	88	
0	1	5	1.0	137	5	5	0	0	0	0	0.6	0	88	
0	1	10	7	0.6	31	1	20	2	0.01	0.01	0.1	Tr	89	
0	2	2	12	0.1	31	1	0	0	0.01	Tr	Tr	Tr	89	
0	0	1	0	0.0	2	6	0	0	0.00	0.00	0.0	0	89	
0	Tr	0	0	0	47	9	0	0	0	0	0	0	89	
0	Tr	4	4	0.1	7	63	0	0	Tr	0.01	Tr	Tr	89	
0	Tr	8	2	0.2	7	312	40	4	Tr	Tr	Tr	0	89	
0	Tr	10	2	0.2	2	68	10	1	Tr	Tr	Tr	0	89	
0	2	8	7	0.1	20	1	Tr	Tr	0.01	Tr	Tr	Tr	89	
0	1	24	3	0.7	25	Tr	100	10	0.01	Tr	0.1	1	89	
0	1	4	7	0.5	49	1	1,270	127	0.01	0.04	0.3	1	89	
0	1	9	4	0.8	26	1	Tr	Tr	Tr	0.01	Tr	0	90	
0	1	17	14	0.7	130	928	70	7	Tr	0.01	Tr	4	90	
0	3	5	4	0.3	30	101	20	2	Tr	Tr	Tr	1	90	
0	5	2	2	0.2	30	107	10	1	Tr	Tr	Tr	1	90	
0	4	7	0.7	181	7	7	—	0.06	0	—	0	0	90	
0	5	3	2	0.1	30	107	20	2	Tr	Tr	0.0	1	90	
0	0	14	3	Tr	Tr	2,132	0	0	0.00	0.00	0.0	0	90	
0	4	4	0.2	12	210	210	0	0	0.01	0	0.3	0	90	

Table continued on following page

Item No.	Foods, Approximate Measures, Units, and Weight (Weight of Edible Portion Only)	Grams	Water (%)	Food Energy (cal)	Protein (g)	Fat (g)	Fatty Acids		
							Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)
	Soft drinks, club soda (soda water)	280 ml	280	100	0	0	0	0	0
	Soft drinks, cola type beverage with aspartame	280 ml	280	100	8	Tr	0	0	0
	Soft drinks, tonic water	280 ml	280	91	98	0	0	0	0
	Tea, beverage	250 ml	254	100	3	0	0	0	0
	Tea, beverage, made from sweetened instant powder	250 ml	277	91	94	Tr	Tr	Tr	Tr
906	Vinegar, cider	1 tbsp	15	94	Tr	Tr	0	0.0	0.0
	Vinegar, white	15 ml	15	96	2	0	0	0	0
	Yeast								
907	Baker's, dry, active	1 pkg	7	5	20	5	Tr	Tr	Tr
908	Brewer's dry	1 tbsp	8	5	25	3	Tr	Tr	Tr

Nutrients in Indicated Quantity													
Cholesterol (mg)	Carbohydrate (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Potassium (mg)	Sodium (mg)	Vitamin A Value		Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Ascorbic Acid (mg)	Ibuprofen (mg)
							IU	RE					
0	0	14		0	6	59		0	0	0	0	0	
0	Tr	11		0.1	0	17		0	0	0	0	0	
0	25	3		0	0	12		0	0	0	0	0	
0	Tr	0		Tr	94	8		0	0	0.04	0	0	
0	24	6		Tr	52	Tr		0	0	0.04	0.2	0	
0	1	1	1	0.1	15	Tr	0	0	0.00	0.00	0.0	0	9
0	Tr	0		0	2	Tr		0	0	0	0	0	
0	3	3	90	1.1	140	4	Tr	Tr	0.16	0.36	2.6	Tr	9
0	3	17*	140	1.4	162	10	Tr	Tr	1.25	0.34	3.0	Tr	9

* Value may vary from 6 to 60 mg.

Food Sources of Additional Nutrients

Vitamins		
Vitamin B ₆	Vitamin B ₁₂ *	Vitamin D
Bananas	Cheese	Egg yolk
Fish (most)	Fish	Liver
Liver and kidney	Liver and kidney	Saltwater fish
Meat	Meat	Vitamin D milk
Poultry	Milk	
Potatoes and sweet potatoes	Shellfish	
Whole-grain cereals	Whole egg and egg yolk	
Yeast		
Vitamin E	Folacin	
Margarine	Dark green vegetables	
Nuts	Dry beans and peas	
Peanuts and peanut butter	Liver	
Vegetable oils	Wheat germ	
Whole-grain cereals	Yeast	
Minerals		
Iodine	Magnesium	Zinc
Iodized salt	Bananas	Cocoa
Seafood	Cocoa	Dry beans and peas
	Dark green vegetables (most)	Meat
	Dry beans and peas	Poultry
	Milk	Shellfish
	Nuts	Whole-grain cereals
	Whole-grain cereals	

* Present in foods of animal origin only.

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	Age (Years)	Weight		Height		Protein (g)	Fat-Soluble Vitamins			Water-Soluble Vitamins	
		kg	lb	cm	in		Vitamin A (μg RE) [†]	Vitamin D (μg) [‡]	Vitamin E (mg α-TE) [§]	Vitamin C (mg)	Thiamin (mg)
Infants	0-0.5	6	13	60	24	kg × 2.2	420	10	3	35	0.3
	0.5-1.0	9	20	71	28	kg × 2.0	400	10	4	85	0.5
Children	1-3	13	28	90	35	23	400	10	5	45	0.7
	4-6	20	44	112	44	30	500	10	6	45	0.9
	7-10	28	62	132	52	34	700	10	7	45	1.2
Males	11-14	45	99	157	62	45	1000	10	8	50	1.4
	15-18	66	145	178	69	56	1000	10	10	60	1.4
	19-22	70	154	177	70	56	1000	10	10	60	1.5
	23-50	70	154	178	70	56	1000	5	10	60	1.4
	51+	70	154	178	70	56	1000	5	10	60	1.2
Females	11-14	46	101	157	62	46	800	10	8	50	1.1
	15-18	55	120	163	64	46	800	10	8	60	1.1
	19-22	55	120	163	64	44	800	7.5	8	60	1.1
	23-50	55	120	163	64	44	800	5	8	60	1.0
	51+	55	120	163	64	44	800	5	8	60	1.0
Pregnant						1.50	1200	+5	+2	+20	+0.4
Lactating						+20	+400	+5	+3	+40	+0.5

*The allowances are intended to provide for individual variations among most normal persons as they live in the United States under usual environmental stresses. Diets should be based on a variety of common foods to provide other nutrients for which human requirements have been less well defined. See text for detailed discussion of allowances and of nutrients not tabulated. Note: The Recommended Daily Dietary Allowances (RDA) should not be confused with the U.S. Recommended Daily Allowances (USRDA). The RDA are amounts of nutrients recommended by the Food and Nutrition Board of the National Research Council and are considered adequate for maintenance of good nutrition in healthy persons in the United States. The allowances are revised from time to time in accordance with newer knowledge of nutritional needs.

The USRDA are the amounts of protein, vitamins, and minerals established by the Food and Drug Administration as standards for nutrition labeling. These allowances were derived from the RDA set by the Food and Nutrition Board. The USRDA for most nutrients approximates the highest RDA of the sex-age categories in this table, excluding the allowances for pregnant and lactating females. Therefore, a diet that furnishes the USRDA for a nutrient will furnish the RDA for most people and more than the RDA for many. USRDA are: protein, 45 g (eggs, fish, meat, milk, poultry), 65 g (other foods); vitamin A, 5000 IU; thiamin, 1.5 mg; riboflavin, 1.7 mg; niacin, 20 mg; ascorbic acid, 60 mg; calcium, 1 g; phosphorus, 1 g; iron, 18 mg. For additional information on USRDA, see the Federal Register, vol. 38, no. 49 (March 14, 1973), pp. 6869-6960, and Agriculture Information Bulletin 382, "Nutrition Labeling—Tools for Its Use."

[†]Retinol equivalents: 1 RE = 1 μg retinol or 6 μg beta-carotene. See text for calculation of vitamin A activity of diets as REs.

[‡]As cholecalciferol: 10 μg cholecalciferol = 400 IU of vitamin D.

[§]Alpha-tocopherol equivalents: 1 mg α-tocopherol = 1 α-TE. See text for variation in allowances and calculation of vitamin E activity of the diet as alpha-tocopherol equivalents.

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	Water-Soluble Vitamins					Minerals					
	Riboflavin (mg)	Niacin (mg NK)	Vitamin B ₆ (mg)	Pantoic acid* (μg)	Vitamin B ₁₂ (μg)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Iodine (μg)
Infants	0.4	6	0.8	30	0.5**	360	240	50	10	3	40
	0.6	8	0.6	45	1.5	540	360	70	15	5	50
Children	0.8	9	0.9	100	2.0	800	800	150	10	10	70
	1.0	11	1.3	200	2.5	800	800	200	10	10	90
	1.4	16	1.6	300	3.0	800	800	250	10	10	120
	1.6	18	1.8	400	3.0	1200	1200	350	18	15	150
Pregnant	1.7	18	2.0	400	3.0	1200	1200	400	18	15	150
	1.7	19	2.2	400	3.0	800	800	350	10	15	150
	1.6	18	2.2	400	3.0	800	800	350	10	15	150
	1.4	16	2.2	400	3.0	800	800	350	10	15	150
	1.3	15	1.8	400	3.0	1200	1200	300	18	15	150
	1.3	14	2.0	400	3.0	1200	1200	300	18	15	150
Females	1.3	14	2.0	400	3.0	800	800	300	18	15	150
	1.2	13	2.0	400	3.0	800	800	300	18	15	150
	1.2	13	2.0	400	3.0	800	800	300	10	15	150
Pregnant Lactating	+0.3	+2	+0.6	+400	+1.0	+400	+400	+150	††	+5	+25
	+0.5	+5	+0.5	+100	+1.0	+400	+400	+150	††	+10	+50

^{||} NE (niacin equivalent) is equal to 1 mg of niacin or 60 mg of dietary tryptophan.

*The pantoic acid allowances refer to dietary sources as determined by *Lactobacillus casei* assay after treatment with enzymes (conjugase) to make polyglutamate forms of the vitamin available to the test organism.

**The recommended dietary allowance for vitamin B₁₂ in infants is based on average concentration of the vitamin in human milk. The allowances after weaning are based on energy intake (as recommended by the American Academy of Pediatrics) and consideration of other factors, such as intestinal absorption; see text.

††The increased requirement during pregnancy cannot be met by the iron content of habitual American diets nor by the existing iron stores of many women; therefore the use of 30-60 mg of supplemental iron is recommended. Iron needs during lactation are not substantially different from those of nonpregnant women, but continued supplementation of the mother for 2-3 mo after parturition is advisable to replenish stores depleted by pregnancy.

Appendix 3

Estimated Safe and Adequate Daily Dietary Intakes of Selected Vitamins and Minerals*

	Age (Years)	Vitamins		
		Vitamin K (μ g)	Biotin (μ g)	Pantothenic Acid (mg)
Infants	0-0.5	12	35	2
	0.5-1	10-20	50	3
Children	1-3	15-30	65	3
and	4-6	20-40	85	3-4
adolescents	7-10	30-60	120	4-5
	11+	50-100	100-200	4-7
Adults		70-140	100-200	4-7

Trace Elements†

	Age (Years)	Copper (mg)	Manganese (mg)	Fluoride (mg)	Chromium (mg)	Selenium (mg)	Molybdenum (mg)
Infants	0-0.5	0.5-0.7	0.5-0.7	0.1-0.5	0.01-0.04	0.01-0.04	0.03-0.06
	0.5-1	0.7-1.0	0.7-1.0	0.2-1.0	0.02-0.06	0.02-0.06	0.04-0.08
Children	1-3	1.0-1.5	1.0-1.5	0.5-1.5	0.02-0.08	0.02-0.08	0.05-0.1
and	4-6	1.5-2.0	1.5-2.0	1.0-2.5	0.03-0.12	0.03-0.12	0.06-0.15
adolescents	7-10	2.0-2.5	2.0-3.0	1.5-2.5	0.05-0.2	0.05-0.2	0.10-0.3
	11+	2.0-3.0	2.5-5.0	1.5-2.5	0.05-0.2	0.05-0.2	0.15-0.5
Adults		2.0-3.0	2.5-5.0	1.5-4.0	0.05-0.2	0.05-0.2	0.15-0.5

Electrolytes

	Age (Years)	Sodium (mg)	Potassium (mg)	Chloride (mg)
Infants	0-0.5	115-350	350-925	275-700
	0.5-1	250-750	425-1275	400-1200
Children	1-3	325-975	550-1650	500-1500
and	4-6	450-1350	775-2325	700-2100
adolescents	7-10	600-1800	1000-3000	925-2775
	11+	900-2700	1525-4575	1400-4200
Adults		1100-3300	1875-5625	1700-5100

*Because there is less information on which to base allowances, these figures are not given in the main table of RDA and are provided here in the form of ranges of recommended intakes.

†Since the toxic levels for many trace elements may be only several times usual intakes, the upper levels for the trace elements given in this table should not be habitually exceeded.

Appendix 4

Foods and Mixed Dishes Classified According to Food Group and Amounts Commonly Considered as One Serving

Foods and Mixed Dishes	Amount Commonly Considered as One Serving	Food Group
Apple	1 med. 3-4 oz	Veg.-fruit
Apple juice	$\frac{1}{2}$ c	Veg.-fruit
Apricots	3-4 oz, 2-3 med.	Veg.-fruit
Asparagus	$\frac{1}{2}$ c (4 oz)	Veg.-fruit
Avocado	$\frac{1}{2}$ c (4 oz)	Veg.-fruit
Bacon	2 slices	Fat
Bananas	1 med.	Veg.-fruit
Beans (dry)	$\frac{1}{2}$ c, cooked	Meat
Beans (fresh) green or wax	$\frac{1}{2}$ c, cooked (4 oz)	Veg.-fruit
Beef	2-3 oz, cooked hamburger	Meat
Beet greens	$\frac{1}{2}$ c (4 oz)	Veg.-fruit
Beets	$\frac{1}{2}$ c (4 oz)	Veg.-fruit
Berries	$\frac{1}{2}$ c (4 oz)	Veg.-fruit
Biscuits (baking powder)	1 med., 2 in diameter	Bread-cereal
Blanc mange	$\frac{1}{2}$ c	Milk ($\frac{1}{2}$)
		Sugar, 3 tsp
Bread, corn	1 piece, 2 in square	Bread-cereal
Bread, all varieties	1 slice (1 oz)	Bread-cereal
Broccoli	$\frac{1}{2}$ c (4 oz)	Veg.-fruit
Brussels sprouts	$\frac{1}{2}$ c (4 oz)	Veg.-fruit
Butter	1 tsp	Fat
Buttermilk	1 c	Milk
Cabbage	$\frac{1}{2}$ c (4 oz)	Veg.-fruit
Cantaloupe	$\frac{1}{4}$ med. melon	Veg.-fruit
Carrots	$\frac{1}{2}$ c (4 oz)	Veg.-fruit
Cauliflower	$\frac{1}{2}$ c (4 oz)	Veg.-fruit
Cereals, cooked (oatmeal, corn meal, Cream of Wheat, etc.)	$\frac{1}{2}$ c (1 oz)	Bread-cereal
Cereals, ready-to-eat, flaked or puffed	$\frac{3}{4}$ -1 c (1 oz)	Bread-cereal
Celery	$\frac{1}{2}$ c (4 oz)	Veg.-fruit
Chard	$\frac{1}{2}$ c (4 oz)	Veg.-fruit
Cheese, Cheddar, American, Swiss	1 oz	Milk
Cheese, cream	2 tbsp	Fat
Cheese, soft type, cottage	$\frac{1}{2}$ c	Milk ($\frac{1}{2}$)
Cheese bits	$\frac{3}{4}$ c (10-20 crackers)	Bread-cereal
Cherries	3-4 oz, 15 large	Veg.-fruit
Chicken	$\frac{1}{2}$ breast or 1 leg and thigh (4 oz)	Meat
Chickory	$\frac{1}{2}$ c (4 oz)	Veg.-fruit
Clams	3-4 oz, cooked ($\frac{1}{2}$) c	Meat
Cocoa, made with milk	1 c	Milk

Table continued on following page