

Product #	Food Group	Food description	Serving Size	Kilo-calories (Kcal)	Protein (g)	Carbo-hydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)
WA20487	Fruit	Apple	4 oz. (112 g)	59.0	0.3	15.7	2.7	11.8	0.2	0.0	0.0	1.1
WA23614	Fruit	Apple, golden delicious	2-3/4" (7 cm), 6 oz. (170 g)	88.5	0.4	23.5	4.1	17.7	0.3	0.0	0.0	1.7
WA16084	Fruit	Apple, medium	2-3/4" (7 cm), 6 oz. (170 g)	88.5	0.4	23.5	4.1	17.7	0.3	0.0	0.0	1.7
WA29836	Fruit	Apple, slices	4 red slices, 4 green slices, 4 oz. (113 g)	60.1	0.4	15.6	2.9	11.3	0.2	0.0	0.0	1.1
W07402	Fruit	Applesauce, canned, unsweetened	1/2 cup (120 ml)	52.5	0.2	13.8	1.5	12.3	0.1	0.0	0.0	2.4
WA31470	Fruit	Apricots, dried	5 dried, 1/4 cup (1.4 oz.)	95.7	1.4	24.9	2.9	21.2	0.2	0.0	0.0	4.0
WA19038	Fruit	Apricots, fresh, whole	2 apricots, 2" (5 cm) dia.	33.6	1.0	7.8	1.4	6.5	0.3	0.0	0.0	0.7
W06712	Fruit	Banana, half, without skin	1/2 medium, 3 oz. (90 g)	75.7	0.9	19.4	2.2	10.4	0.3	0.1	0.0	0.9
WA24922	Fruit	Banana, sliced	1/2 cup (120 ml), 2-3/4 oz. (80 g)	71.2	0.9	18.3	2.1	9.8	0.3	0.1	0.0	0.8
WA00749	Fruit	Banana, whole, without skin	medium, 6 oz. (170 g)	151.4	1.9	38.9	4.4	20.8	0.6	0.2	0.0	1.7
WA24918	Fruit	Blackberries	1 cup (240 ml), 4-1/4 oz. (120 g)	51.6	1.7	11.5	6.4	5.9	0.6	0.0	0.0	1.2
WA20486	Fruit	Blueberries	3/4 cup (180 ml)	62.0	0.8	15.8	2.6	10.8	0.4	0.0	0.0	1.1
WA03488	Fruit	Cantaloupe slice	11 oz. (308 g)	106.0	2.6	25.4	2.8	24.5	0.6	0.2	0.0	49.9
WA33014	Fruit	Cherries, whole	12 cherries, 4.5 oz. (128 g)	80.6	1.4	20.5	2.7	16.4	0.3	0.1	0.0	0.0
WA31466	Fruit	Cranberries, dried	1/3 cup (1.5 oz.)	131.0	0.0	35.0	2.4	27.6	0.6	0.0	0.0	1.3
WA28363	Fruit	Cranberry sauce, with whole berries	1/4 cup (70 g)	105.7	0.1	27.2	0.7	26.5	0.1	0.0	0.0	20.3
WA33075	Fruit	Dates	5 medium, 50 g	141.0	1.2	37.5	4.0	31.7	0.2	0.0	0.0	1.0
W06635	Fruit	Grapefruit, pink, half	1/2 grapefruit	36.9	0.7	9.2	1.4	8.5	0.1	0.0	0.0	0.0
WA18844	Fruit	Grapes, green	15 grapes, 3 oz. (84 g)	58.7	0.6	15.4	0.8	13.2	0.1	0.0	0.0	1.7
WA26760	Fruit	Grapes, red	15 grapes, 3 oz. (84 g)	58.7	0.6	15.4	0.8	13.2	0.1	0.0	0.0	1.7
WA36762	Fruit	Honeydew, slice	medium, 10.2 oz. (290 g) with rind, 6 oz. (170 g) melon only, approx. 1 cup (240 ml) if cubed	61.2	0.9	15.5	1.4	13.9	0.2	0.1	0.0	30.6
WA13608	Fruit	Juice, apple	4 fl. oz. (120 ml)	57.0	0.1	14.0	0.2	11.9	0.2	0.0	0.0	5.0
WA16049	Fruit	Juice, apple	6 fl. oz. (180 ml)	85.6	0.2	21.0	0.4	17.9	0.2	0.0	0.0	7.4
WA16046	Fruit	Juice, grape/cranberry	6 fl. oz. (180 ml)	114.0	0.2	29.1	0.2	25.7	0.0	0.0	0.0	3.4
W06355	Fruit	Juice, orange	4 fl. oz. (120 ml)	55.8	0.9	12.9	0.2	10.4	0.3	0.0	0.0	1.2
WA16047	Fruit	Juice, orange	6 fl. oz. (180 ml)	83.7	1.3	19.3	0.4	14.6	0.4	0.0	0.0	1.9
WA18113	Fruit	Kiwi, whole, peeled	1 kiwi	46.4	0.9	11.1	2.3	6.8	0.4	0.0	0.0	2.3
WA28364	Fruit	Mango chunks	1/2 cup (120 ml)	49.5	0.7	12.4	1.3	11.3	0.3	0.1	0.0	0.8
W05829	Fruit	Orange, navel, peeled	small, 2-1/2" (6 cm) dia.	61.7	1.1	15.8	2.8	11.9	0.2	0.0	0.0	1.3
WA27614	Fruit	Oranges, mandarin	1/2 cup (120 ml)	49.5	0.7	12.4	1.3	11.3	0.3	0.1	0.0	0.8
W05654	Fruit	Peach, canned	2 halves, 2" (5 cm) dia.	86.2	1.2	22.7	2.5	20.1	0.1	0.0	0.0	7.8
WA09748	Fruit	Peach, fresh, whole	2-3/4" (7 cm) dia., 4 oz. (114 g)	61.2	1.4	15.0	2.4	13.2	0.4	0.0	0.0	0.0
WA15278	Fruit	Pear, Bartlett, whole	4" (10 cm), 6-1/2 oz. (185 g)	138.0	0.9	36.8	7.4	23.3	0.3	0.0	0.0	2.4
W05655	Fruit	Pears, canned	2 halves	76.0	0.5	19.7	2.4	14.7	0.1	0.0	0.0	6.1
WA27613	Fruit	Pineapple, chunks	1/2 cup (120 ml)	41.2	0.4	10.8	1.2	8.1	0.1	0.0	0.0	0.8
W06633	Fruit	Pineapple, slices	2.8 oz (80 g)	48.0	0.3	12.6	0.6	11.5	0.1	0.0	0.0	0.8
WA09749	Fruit	Plums, fresh	2 plums, 2" (5 cm) dia.	33.4	0.5	8.3	1.0	6.5	0.2	0.0	0.0	0.0
WA34556	Fruit	Pomegranate Seeds	1/3 cup (80 ml)	48.5	1.0	10.9	2.3	8.0	6.8	0.1	0.0	1.8
WA09747	Fruit	Prunes, cooked	3 medium	26.8	0.2	7.0	0.8	6.2	0.0	0.0	0.0	0.3
W06685	Fruit	Raisins	2 tbsp. (30 ml)	54.2	0.6	14.4	0.7	10.7	0.1	0.0	0.0	2.0
WA15276	Fruit	Raspberries	1 cup (240 ml)	64.0	1.5	14.7	8.0	5.4	0.8	0.0	0.0	1.2
W06357	Fruit	Strawberries, whole	6 strawberries	23.0	0.5	5.5	1.4	3.4	0.2	0.0	0.0	0.7
WA09751	Fruit	Watermelon cubes	1-1/4 cup (300 ml)	57.0	1.2	14.3	0.8	11.8	0.3	0.0	0.0	1.9
WA16960	Fruit	Watermelon wedge	5-1/2 oz. (160 g)	48.0	1.0	12.1	0.6	9.9	0.2	0.0	0.0	1.6

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WA15320	Grains	Bagel, half	1/2 bagel	122.4	4.7	23.8	1.0	0.4	0.7	0.1	0.0	237.6
WA13623	Grains	Bagel, whole	3-1/2" (9 cm) dia., 3 oz. (85 g)	233.9	8.9	45.4	2.0	0.8	1.4	0.2	0.0	454.2
WA18312	Grains	Bagel, whole	small, 1 oz. (30 g)	78.0	3.0	15.1	0.7	0.3	0.5	0.1	0.0	151.4
W06680	Grains	Biscuit	2-1/2" (6 cm) dia.	212.4	4.2	26.8	0.9	0.0	9.8	2.6	1.8	348.0
WA23620	Grains	Bolillo (Mexican bread)	5-1/2" x 3" (14 cm x 8 cm), 2 1/4 oz. (65 g)	160.9	5.4	31.9	1.2	0.1	1.0	0.2	0.6	189.4
WA15349	Grains	Bread, Indian fry	5-1/2" (14 cm) dia.	187.1	3.8	27.4	0.0	1.2	6.9	2.6	4.0	186.5
WA15313	Grains	Bread, pita	6" (15 cm) dia.	148.5	4.9	30.1	1.2	0.7	0.6	0.1	0.0	289.4
WA04165	Grains	Bread, rye	1 slice	82.9	2.7	15.5	1.9	0.1	1.1	0.2	0.0	211.2
W05823	Grains	Bread, white	1 slice, 1 oz. (28 g)	66.5	1.9	12.7	0.6	1.1	0.8	0.2	0.0	170.2
WA16987	Grains	Bread, white, toasted	1 slice	73.2	2.3	13.6	0.6	1.2	1.0	0.1	0.3	148.0
WA24145	Grains	Bread, whole grain	1 slice, 1-1/4 oz. (35 g)	65.0	2.6	12.1	1.7	2.6	1.0	0.2	0.0	126.6
W06628	Grains	Bread, whole wheat	1 slice, 1 oz. (25 g)	61.5	2.4	11.5	1.7	5.0	1.1	0.2	0.0	131.8
WA31467	Grains	Breadstick	1 stick, 6-1/2 cm x 1-3/8 cm, 1.7 oz. (47 g)	193.6	5.6	32.1	1.4	0.6	4.5	0.7	0.0	335.1
W05824	Grains	Bun, hamburger, white	medium size, 2 halves, 3-1/2" (9 cm) dia.	120.0	4.1	21.3	0.9	2.7	1.9	0.5	0.0	206.0
WA19032	Grains	Bun, hoagie	7-1/2" x 2-7/8" (19 x 7 cm)	204.4	6.4	39.1	1.9	4.6	2.1	0.5	0.0	408.9
WA00762	Grains	Bun, hot dog	1 bun	120.0	4.1	21.3	0.9	2.7	1.9	0.5	0.0	206.0
WA08840	Grains	Cereal, dry, bran flakes	1/2 cup (120 ml)	64.3	1.9	16.2	3.5	3.8	0.4	0.1	0.0	147.1
WA04172	Grains	Cereal, dry, corn flakes	3/4 cup (180 ml)	75.6	1.4	18.2	0.9	1.4	0.0	0.0	0.0	199.3
WA19031	Grains	Cereal, dry, corn flakes	1-1/2 cup (360 ml)	151.2	2.8	36.4	1.9	2.7	0.0	0.0	0.0	398.6
WA24919	Grains	Cereal, dry, raisin bran	1 cup (240 ml)	190.0	5.1	45.6	6.5	17.6	1.3	0.2	0.0	250.7
WA24920	Grains	Cereal, dry, toasted oats	3/4 cup (180 ml)	77.1	2.4	15.7	2.1	0.8	1.2	0.2	0.0	119.9
WA17887	Grains	Chips, tortilla, nacho, fat-free	15 to 20 chips, 3/4 oz. (20 g)	88.2	2.3	17.0	1.1	0.1	1.2	0.2	0.0	89.1
WA23606	Grains	Concha (Mexican sweet bread)	4" (10 cm) dia.	122.8	3.2	20.0	0.6	12.8	3.3	0.9	12.0	141.4
WA34558	Grains	Corn Chex Cereal™	1 cup (240 ml)	114.7	2.0	26.3	1.7	3.4	0.7	0.1	0.0	235.6
WA20488	Grains	Cornbread	2" (5 cm) square	188.4	4.3	28.9	1.4	3.8	6.0	1.6	36.6	466.8
WA24169	Grains	Cornbread	3" x 3" x 1" (8 cm x 8 cm x 3 cm)	190.0	4.5	27.5	1.2	4.6	6.8	2.0	28.3	476.7
WA18149	Grains	Crackers, animal	8 crackers	89.2	1.4	14.8	0.2	2.8	2.8	0.7	0.0	78.6
WA31469	Grains	Crackers, Cheddar Snack	55 pieces, 1/2 cup (1 oz.)	130.4	2.7	16.3	0.7	0.3	6.2	1.6	0.6	230.5
WA09754	Grains	Crackers, graham	3 crackers	88.8	1.4	16.1	0.6	6.5	2.1	0.3	0.0	127.0
W06119	Grains	Crackers, soda, salted	6 crackers	77.0	1.7	12.8	0.5	0.1	2.0	0.3	0.0	193.0
WA27615	Grains	Crackers, specialty	5 crackers, 4/5 oz. (23 g)	111.0	2.2	17.1	2.6	0.1	4.3	0.8	0.0	164.8
WA24146	Grains	Crackers, whole wheat	5 crackers, 1/2 oz. (15 g)	88.6	1.8	13.7	2.1	0.1	3.4	0.7	0.0	131.8
WA33077	Grains	Crispy Rice Cereal	1 cup (240 ml)	110.5	2.0	24.7	0.1	2.9	0.6	0.1	0.0	152.8
WA33814	Grains	English Muffin, whole wheat	half muffin, 3-1/2" (9 cm)	67.0	2.9	13.3	2.2	2.7	0.7	0.1	0.0	120.1
WA15321	Grains	English muffin, half	1/2 muffin, 3-1/2" (9 cm) dia.	67.0	2.2	13.1	0.8	0.8	0.5	0.1	0.0	132.2
WA21286	Grains	Granola bar, plain	1 oz. (30 g)	131.5	2.8	18.9	0.9	7.8	5.0	3.6	0.0	78.8
WA03080	Grains	Grits with butter	1/2 cup (120 ml), 1 tsp. (5 ml) butter	107.2	1.8	15.6	0.4	0.1	4.3	2.6	10.8	31.2
W06641	Grains	Macaroni	1/2 cup (120 ml)	98.7	3.3	19.8	0.9	0.5	0.5	0.1	0.0	0.7
WA23110	Grains	Macaroni	1/3 cup (80 ml)	65.1	2.2	13.1	0.6	0.3	0.3	0.0	0.0	0.5
WA28359	Grains	Muffin, blueberry	4 oz. (115 g)	445.7	6.0	56.2	1.9	30.7	21.8	4.0	45.4	395.8
WA08838	Grains	Muffin, bran	2-1/2" (6 cm) dia., 1-1/2 oz. (42 g)	305.1	7.9	54.6	5.2	9.3	8.4	1.2	0.0	444.1
W06690	Grains	Oatmeal	1/2 cup (120 ml)	73.7	3.0	12.6	2.0	1.7	1.2	0.2	0.0	1.2
WA22096	Grains	Oatmeal	1 cup (240 ml)	147.4	6.1	25.3	4.0	3.4	2.3	0.4	0.0	2.3

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WA23109	Grains	Pancake	4" (10 cm) dia., 1 oz. (27 g)	86.3	2.4	10.8	0.0	5.1	3.7	0.8	22.4	166.8
W07407	Grains	Pancakes	2 pancakes, 4" (10 cm) dia. each, 2 oz. (54 g)	172.5	4.9	21.5	0.0	10.2	7.4	1.6	44.8	333.6
W07403	Grains	Popcorn	1 cup (240 ml)	30.6	1.0	6.2	1.2	0.1	0.3	0.0	0.0	0.3
WA18981	Grains	Pretzel sticks	3/4 oz. (23 g)	80.0	1.9	16.6	0.6	0.1	0.7	0.2	0.0	360.1
WA34557	Grains	Quinoa	1/3 cup (80 ml)	73.3	2.7	13.0	1.7	0.5	1.2	0.1	0.0	4.3
WA33816	Grains	Rice, brown, cooked	1 cup (240 ml)	216.4	5.0	44.8	3.5	0.7	1.8	0.4	0.0	9.8
WA33815	Grains	Rice, white, cooked	1 cup (240 ml)	205.4	4.3	44.5	0.6	0.1	0.4	0.1	0.0	1.6
WA09744	Grains	Rice, brown, cooked	1/3 cup (80 ml)	72.1	1.7	14.9	1.2	0.2	0.6	0.1	0.0	3.2
WA15323	Grains	Rice, brown, cooked	1/2 cup (120 ml)	108.2	2.5	22.4	1.8	0.3	0.9	0.2	0.0	4.9
WA28371	Grains	Rice, long grain & wild	1/2 cup (120 ml), 2.8 oz. (80 g)	80.5	1.8	17.4	0.5	0.1	0.2	0.0	0.0	5.0
WA09745	Grains	Rice, white, cooked	1/3 cup (80 ml)	68.4	1.4	14.8	0.2	0.0	0.1	0.0	0.0	0.5
WA15322	Grains	Rice, white, cooked	1/2 cup (120 ml)	102.7	2.1	22.3	0.3	0.0	0.2	0.1	0.0	0.8
WA17410	Grains	Rice, white, cooked	1 cup (240 ml)	205.4	4.3	44.5	0.6	0.1	0.4	0.1	0.0	1.6
W06681	Grains	Roll, hard	3-1/2" x 2-1/2" (9 cm x 6 cm), 1 oz. (25 g)	73.2	2.5	13.2	0.6	0.4	1.1	0.2	0.0	136.0
W06642	Grains	Spaghetti	1/2 cup (120 ml)	98.7	3.3	19.8	1.2	0.5	0.5	0.1	0.0	0.7
WA23111	Grains	Spaghetti	1/3 cup (80 ml)	65.7	2.2	13.2	0.8	0.3	0.3	0.0	0.0	0.5
WA18286	Grains	Spaghetti	1 cup (240 ml)	197.4	6.7	39.7	2.4	0.2	0.9	0.1	0.0	1.4
WA24921	Grains	Spaghetti, whole grain	1/2 cup (120 ml)	86.8	3.7	18.6	3.2	0.6	0.4	0.1	0.0	2.1
WA28369	Grains	Stuffing/Dressing	1/2 cup (120 ml), 3-1/2 oz. (100 g)	175.6	3.2	21.5	2.9	2.1	8.5	1.7	0.0	519.9
WA31476	Grains	Tortilla, whole wheat	6" (15 cm) dia.	71.0	2.6	15.1	1.9	0.1	0.4	0.1	0.0	131.5
WA00860	Grains	Tortilla, corn	6" (15 cm) dia.	52.3	1.4	10.7	1.5	0.2	0.7	0.1	0.0	10.8
WA23104	Grains	Tortilla, flour	6" (15 cm) dia.	93.6	2.5	15.4	0.9	0.6	2.3	0.6	0.0	190.8
W07406	Grains	Waffle	7" (18 cm) dia., 2-1/2 oz. (75 g)	218.2	5.9	24.7	0.0	2.4	10.6	2.1	51.8	383.2

WA04168	Dairy	Cheese cubes	3 cubes, 3 oz. (90 g) total	342.8	21.2	1.1	0.0	0.4	28.2	17.9	89.3	528.2
WA33822	Dairy	Cheese Dip	1 oz./2 tbsp. (30 ml)	57.6	2.4	1.8	0.2	0.2	4.6	2.6	13.0	260.8
W06634	Dairy	Cheese, American, slice	1 oz. (30 g)	106.3	6.3	0.5	0.0	0.1	8.9	5.6	26.6	184.3
WA33013	Dairy	Cheese, cottage	1/2 cup (4 oz.)	111.1	12.6	3.8	0.0	3.0	4.9	2.0	19.3	412.8
WA33012	Dairy	Cheese, cottage	1/4 cup (2 oz.)	55.6	6.3	1.9	0.0	1.5	2.4	1.0	9.6	206.4
WA04177	Dairy	Cheese, cream	1 tbsp. (15 ml)	50.6	1.1	0.4	0.0	0.0	5.1	3.2	15.9	42.9
WA15317	Dairy	Cheese, string	2 sticks, 1 oz. (28 g) each	201.9	12.8	1.6	0.0	0.6	16.0	9.5	68.0	362.3
WA26766	Dairy	Cheese, Swiss, cubed	1 oz. (30 g)	107.7	7.6	1.5	0.0	0.4	7.9	5.0	26.1	54.4
W05776	Dairy	Cheese, Swiss, slice	1 oz. (30 g)	107.7	7.6	1.5	0.0	0.4	7.9	5.0	26.1	54.4
WA27626	Dairy	Cream, whipped	2 tbsp. (30 ml)	17.4	0.1	0.1	0.0	0.0	1.9	1.2	6.9	1.9
WA13612	Dairy	Ice cream, chocolate	1 scoop, 1/2 cup (120 ml)	142.6	2.5	18.6	0.8	16.7	7.3	4.5	22.4	50.2
W05830	Dairy	Ice cream, vanilla	1 scoop, 1/2 cup (120 ml)	144.7	2.5	17.0	0.5	15.3	7.9	4.9	31.7	57.6
WA18284	Dairy	Ice cream, vanilla	2 scoops, 1 cup (240 ml)	289.4	5.0	34.0	1.0	30.6	15.8	9.8	63.4	115.2
WA31473	Dairy	Milk, 1%	3/4 cup (6 fl. oz.)	76.9	6.2	9.1	0.0	9.5	1.8	1.2	9.2	80.5
WA24148	Dairy	Milk, chocolate, low fat	8 fl. oz. (240 ml)	207.5	7.9	25.9	2.0	23.9	8.5	5.3	30.0	150.0
W06354	Dairy	Milk, skim, in glass	8 fl. oz. (240 ml)	83.3	8.3	12.2	0.0	12.5	0.2	0.3	4.9	102.9
W06353	Dairy	Milk, whole, in glass	8 fl. oz. (240 ml)	146.4	7.9	11.0	0.0	12.8	7.9	4.6	24.4	97.6
WA16045	Dairy	Milk, whole, in glass	4 fl. oz. (120 ml)	73.2	3.9	5.5	0.0	6.4	4.0	2.3	12.2	48.8
WA33818	Dairy	Milkshake/Malt	12 fl oz. (360 ml)	485.6	11.7	73.3	0.7	67.7	17.2	10.1	61.1	224.1
WA08842	Dairy	Yogurt, plain	1 cup/8 fl. oz. (240 ml)	149.4	8.5	11.4	0.0	11.4	8.0	5.1	31.9	112.7

Product #	Food Group	Food description	Serving Size	Kilo-calories (Kcal)	Protein (g)	Carbo-hydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)
WA31471	Dairy	Yogurt, strawberry, fat-free	in container, 1 cup (8 fl. oz.)	232.8	10.8	46.5	0.0	46.5	0.5	0.3	4.9	142.1
WA31472	Dairy	Yogurt, vanilla	in container, 1 cup (8 fl. oz.)	149.4	8.5	11.4	0.0	11.4	8.0	5.1	31.9	112.7

WA23605	Protein	Almonds	approx. 23 almonds, 1/4 cup (1 oz. or 30 g)	179.1	6.6	5.8	3.5	1.4	15.8	1.2	0.0	0.3
W05773	Protein	Bacon, strip, fried	1/4 oz. (10 g)	54.1	3.7	0.1	0.0	0.0	4.2	1.4	11.0	231.0
WA18279	Protein	Beans, baked	2/3 cup (160 ml)	254.8	9.3	36.1	9.3	0.0	8.7	3.3	8.4	712.1
WA18150	Protein	Beans, baked	1/3 cup (80 ml)	127.2	4.7	18.0	4.6	0.0	4.3	1.6	4.2	355.5
WA18315	Protein	Beans, kidney, cooked	1/2 cup (120 ml)	112.4	7.7	20.2	5.7	0.3	0.4	0.1	0.0	0.9
WA23610	Protein	Beans, lima	1/2 cup (120 ml)	300.8	19.1	56.4	16.9	7.6	0.6	0.1	0.0	16.0
WA18147	Protein	Beans, red	1/2 cup (120 ml)	310.0	20.7	56.4	14.0	2.1	1.0	0.1	0.0	11.0
WA00863	Protein	Beans, refried	1/2 cup (120 ml)	118.4	6.9	19.6	6.7	0.3	1.6	0.6	10.1	376.7
WA24181	Protein	Beef cubes, cooked	3 cubes, 1 oz. (30 g) each, 3 oz. (85 g) total	179.5	25.4	0.0	0.0	0.0	7.9	3.0	73.1	56.1
WA04167	Protein	Beef cubes, raw	3 cubes, 1 oz. (30 g) each, 3 oz. (85 g) total	122.5	17.7	0.0	0.0	0.0	5.2	2.0	50.2	53.6
W05770	Protein	Beef roast, cooked, slice	3 oz. (85 g)	185.3	22.4	0.0	0.0	0.0	9.9	3.8	63.8	29.8
WA20490	Protein	Beef roast, cooked, slice	4 oz. (112 g)	247.2	29.9	0.0	0.0	0.0	13.2	5.0	85.1	39.7
W05772	Protein	Bologna, large, round slice	1 oz. (30 g)	87.3	4.3	1.6	0.0	1.3	7.0	2.6	17.0	208.7
WA28360	Protein	Bratwurst, grilled	3 oz. (85 g)	283.2	11.7	2.4	0.0	0.0	24.8	8.5	62.9	719.5
WA29835	Protein	California Sushi Rolls	2 pieces, 1 oz. (28 g) each	87.9	3.1	17.5	0.2	3.3	0.2	0.1	4.5	138.0
WA28361	Protein	Cashews	1 oz. (30 g)	162.7	4.3	9.3	0.9	1.4	13.1	2.6	0.0	4.536
WA03087	Protein	Catfish, pan-fried	3 oz. (85 g)	129.2	15.9	0.0	0.0	0.0	6.8	1.5	54.4	68.0
WA32292	Protein	Chicken Breast, cooked, skinless	6 oz. (170 g)	280.5	52.7	0.0	0.0	0.0	6.1	1.7	144.5	125.8
WA32293	Protein	Chicken Breast, Raw	6 oz. (170 g)	292.4	35.4	0.0	0.0	0.0	15.7	4.5	6.5	107.1
WA03063	Protein	Chicken, barbecued	3 oz. (85 g)	162.6	19.7	1.9	0.4	4.3	7.9	2.2	62.0	177.2
W05819	Protein	Chicken, breast, fried	3 oz. (85 g)	188.8	27.1	1.4	0.1	0.0	7.5	2.1	75.7	64.6
WA15319	Protein	Chicken, breast, grilled, boneless, skinless	3 oz. (85 g)	128.4	26.4	0.0	0.0	0.0	2.7	0.8	88.5	44.2
W05817	Protein	Chicken, drumstick, fried	3 oz. (85 g)	208.4	22.9	1.4	0.1	0.0	11.7	3.1	76.5	75.7
WA19037	Protein	Chicken, nuggets	3 oz. (85 g)	279.8	14.2	11.3	0.9	0.4	19.9	3.9	33.2	592.8
W06653	Protein	Chicken, sliced, cooked, light meat	1 oz. (30 g)	49.0	8.8	0.0	0.0	0.0	1.3	0.4	24.1	21.8
WA29094	Protein	Chicken, strips (2)	2.5 oz. (35 g) total	114.7	23.2	0.0	0.0	0.0	2.4	0.8	79.0	38.5
W05818	Protein	Chicken, thigh, fried	3 oz. (85 g)	222.8	22.8	2.7	0.1	0.0	12.7	3.5	82.5	74.8
WA27624	Protein	Cod filet, battered, deep fried	3 oz. (85 g)	147.1	14.8	5.9	0.2	3.6	6.8	1.3	42.5	106.3
W05656	Protein	Egg, fried, sunny-side-up	1 medium egg, 1.75 oz. (50 g)	98.0	6.8	0.4	0.0	0.2	7.4	2.2	200.5	103.5
W05768	Protein	Egg, hard-cooked	1/2 medium egg, .88 oz. (25 g)	38.8	3.1	0.3	0.0	0.3	2.7	0.8	93.2	31.0
WA16978	Protein	Egg, scrambled	1 medium egg, 1.75 oz. (50 g)	74.5	5.0	0.8	0.0	0.7	5.5	1.7	138.5	72.5
WA31468	Protein	Eggs, Scrambled	2 medium eggs, 3.5 oz. (100 g)	149.0	10.0	1.6	0.0	1.4	11.0	3.3	277.0	145.0
W05774	Protein	Fish patty, broiled, haddock	3 oz. (85 g)	95.3	20.6	0.0	0.0	0.4	0.8	0.1	62.9	74.0
WA19033	Protein	Fish patty, fried	2 oz. (55 g)	125.3	10.3	4.3	0.2	0.5	7.2	2.0	47.6	197.3
WA13616	Protein	Fish sticks	4 sticks, 1 oz. (29 g) each, 4 oz. (115 g) total	76.2	4.4	6.7	0.4	0.7	3.4	0.9	31.4	163.0
WA25990	Protein	Ham, deli sliced	2 oz. (60 g)	92.4	9.4	2.2	0.7	0.0	4.9	1.7	32.3	739.4
W07392	Protein	Ham, slice, cold	2 oz. (55 g)	69.2	11.1	0.0	0.0	0.0	2.4	0.8	25.5	719.5
WA13610	Protein	Hamburger	2 oz. (55 g)	175.8	9.4	0.0	0.0	0.0	15.1	6.1	48.2	38.6
WA12532	Protein	Hamburger, 85% lean, broiled	3 oz. (85 g)	212.6	22.1	0.0	0.0	0.0	13.2	5.0	76.5	61.2

Product #	Food Group	Food description	Serving Size	Kilo-calories (Kcal)	Protein (g)	Carbo-hydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)
W05771	Protein	Hamburger, fried	4 oz. (115 g)	347.0	27.1	0.0	0.0	0.0	25.6	10.0	100.9	95.3
WA19036	Protein	Hamburger, raw	3 oz. (85 g)	249.2	13.4	0.0	0.0	0.0	21.3	8.1	63.8	57.0
WA04166	Protein	Meatloaf, slice	3 oz. (85 g)	195.6	18.1	4.6	0.9	1.4	11.6	4.6	50.2	418.4
W06649	Protein	Peanut butter dab	1 tbsp. (15 ml)	94.1	4.0	3.1	1.0	1.5	8.1	1.6	0.0	73.4
WA22098	Protein	Peanut butter dab	2 tbsp. (30 ml)	188.2	8.0	6.3	1.9	3.0	16.1	3.3	0.0	146.9
WA04170	Protein	Peanuts	10 whole, 8.5 oz. (238 g)	58.5	2.4	2.2	0.8	0.4	5.0	0.7	0.0	0.6
WA24144	Protein	Pecans	1 oz. (30 g)	195.9	2.6	3.9	2.7	1.1	20.4	1.8	0.0	0.0
W05820	Protein	Perch, broiled	3 oz. (85 g)	102.9	20.3	0.0	0.0	0.0	1.8	0.3	45.9	81.6
W05642	Protein	Pork chop, fried	2-1/2 oz. (70 g)	242.4	15.2	0.0	0.0	0.0	19.7	7.2	60.2	47.5
WA12533	Protein	Pork chop, loin, cooked	3 oz. (85 g)	161.6	24.1	0.0	0.0	0.0	6.5	2.3	63.8	174.4
WA18237	Protein	Pork sausage, precooked, single link	1 oz. (30 g)	110.3	6.3	0.6	0.0	0.0	9.0	3.2	19.3	425.2
WA24917	Protein	Pork tenderloin, cooked, sliced	3 oz. (85 g)	121.6	22.2	0.0	0.0	0.0	4.0	1.0	62.1	48.5
WA32291	Protein	Pork Tenderloin, raw	3 oz. (85 g)	92.7	17.8	0.0	0.0	0.0	1.9	0.6	55.2	45.0
WA26763	Protein	Roast beef, deli sliced	2 oz. (60 g)	66.3	10.2	1.5	0.0	0.0	1.9	0.6	27.2	633.3
WA33813	Protein	Salmon, broiled	5 oz. (142 g)	239.6	34.3	0.5	0.0	0.1	10.2	1.8	89.3	189.9
WA24188	Protein	Salmon, poached	3 oz. (85 g)	123.3	21.2	0.0	0.0	0.0	3.7	0.6	55.3	64.1
WA33805	Protein	Salmon, poached	1 oz. (28 g)	41.1	7.1	0.0	0.0	0.0	1.2	0.2	18.4	21.3
WA18313	Protein	Sausage patty, cooked	1 oz. (30 g)	104.6	5.6	0.3	0.0	0.0	8.8	3.1	23.5	366.8
W05775	Protein	Shrimp, boiled	1 oz. (30 g)	28.1	5.9	0.0	0.0	0.0	0.3	0.1	55.3	63.5
WA27622	Protein	Sloppy joe, ground beef in barbecue sauce	3 oz. (85 g)	117.4	9.4	7.2	0.7	5.9	5.7	2.2	29.8	524.8
WA03090	Protein	Spareribs, roasted	2-1/2 oz. (70 g)	279.7	20.5	0.0	0.0	0.0	21.3	7.8	85.2	229.4
WA12531	Protein	Steak, eye of round roast, cooked	3 oz. (85 g)	142.8	24.8	0.0	0.0	0.0	4.1	1.5	45.9	32.3
WA18280	Protein	Steak, prime rib, cooked	8 oz. (225 g)	446.8	63.9	0.0	0.0	0.0	19.3	7.4	173.9	675.6
W07399	Protein	Steak, sirloin, raw, lean and fat	3 oz. (85 g)	176.1	16.4	0.0	0.0	0.0	11.7	4.7	57.0	45.9
W05641	Protein	Steak, strip, fried	8 oz. (225 g)	626.6	60.9	24.0	1.3	0.0	30.0	9.0	172.9	771.6
WA28110	Protein	Steak, strip, grilled	8 oz. (225 g)	265.4	52.3	0.0	0.0	0.0	6.1	2.3	124.7	124.7
W05637	Protein	Steak, strip, raw	8 oz. (225 g)	501.2	43.5	0.0	0.0	0.0	34.9	13.2	138.3	122.5
WA24180	Protein	Sunflower Kernels	1 oz. (30 g)	161.6	6.5	5.3	3.0	0.7	14.1	1.5	0.0	0.9
WA24142	Protein	Tilapia	3 oz. (85 g)	216.3	20.2	0.5	0.0	0.0	14.4	4.6	54.4	500.3
WA17482	Protein	Tofu, raw	1 oz. (30 g)	21.5	2.3	0.5	0.1	2.5	1.4	0.2	0.0	2.0
WA20491	Protein	Tuna, canned	1/4 cup (60 ml)	44.7	9.8	0.0	0.0	0.0	0.3	0.1	11.5	130.1
WA25993	Protein	Turkey, deli sliced	2 oz. (60 g)	56.1	12.9	0.0	0.3	2.0	0.5	0.1	24.9	437.7
WA21278	Protein	Turkey, lunch meat, large round slice	4-1/2" (11 cm) dia., 1 oz. (30 g)	29.5	4.8	1.2	0.1	1.0	0.5	0.1	12.2	287.8
WA13626	Protein	Turkey, sliced, light meat, cooked	2 oz. (55 g)	79.4	17.1	0.0	0.0	0.0	0.7	0.2	48.8	31.8
WA32812	Protein	Walnuts	1 oz. (28 g)	185.4	4.3	3.9	1.9	0.7	18.5	1.7	0.0	0.6
W07144	Protein	Weiner, single link	1-1/2 oz. (40 g)	129.7	4.9	0.7	1.0	0.0	11.8	4.6	21.3	476.3

WA32290	Vegetables	Artichoke Hearts, canned	1/2 cup (130 g)	158.6	3.5	14.2	10.3	1.2	11.1	1.6	0.0	71.5
WA21276	Vegetables	Asparagus	1 cup (240 ml)	26.8	2.9	5.2	2.8	2.5	0.2	0.1	0.0	2.7
W06683	Vegetables	Asparagus	1/2 cup (120 ml)	13.4	1.5	2.6	1.4	1.3	0.1	0.0	0.0	1.3
WA00854	Vegetables	Avocado	1/8 of 1 whole	40.2	0.5	2.1	1.7	0.2	3.7	0.5	0.0	1.8
WA18279	Vegetables	Beans, baked	2/3 cup (160 ml)	254.8	9.3	36.1	9.3	0.0	8.7	3.3	8.4	712.1
WA18150	Vegetables	Beans, baked	1/3 cup (80 ml)	127.2	4.7	18.0	4.6	0.0	4.3	1.6	4.2	355.5
WA29832	Vegetables	Beans, black, canned	1/3 cup (2.8 oz.)	72.2	4.8	13.1	5.5	0.2	0.2	0.1	0.0	307.0
WA13622	Vegetables	Beans, green	1/4 cup (60 ml)	8.5	0.5	2.0	0.9	0.4	0.0	0.0	0.0	1.7
W05646	Vegetables	Beans, green, cooked or canned	1/2 cup (120 ml)	13.5	0.8	3.0	1.3	0.6	0.1	0.0	0.0	176.9

Product #	Food Group	Food description	Serving Size	Kilo-	Protein	Carbo-	Dietary	Total	Total	Saturated	Cholesterol	Sodium
				calories								
				(Kcal)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)
WA21277	Vegetables	Beans, green, cooked or canned	1 cup (240 ml)	27.0	1.6	6.1	2.6	1.3	0.1	0.0	0.0	353.7
WA18315	Vegetables	Beans, kidney, cooked	1/2 cup (120 ml)	112.4	7.7	20.2	5.7	0.3	0.4	0.1	0.0	0.9
WA23610	Vegetables	Beans, lima	1/2 cup (120 ml)	300.8	19.1	56.4	16.9	7.6	0.6	0.1	0.0	16.0
WA18147	Vegetables	Beans, red	1/2 cup (120 ml)	310.0	20.7	56.4	14.0	2.1	1.0	0.1	0.0	11.0
WA00863	Vegetables	Beans, refried	1/2 cup (120 ml)	118.4	6.9	19.6	6.7	0.3	1.6	0.6	10.1	376.7
W05651	Vegetables	Beets, cooked or canned	1/2 cup (120 ml)	26.4	0.8	6.1	1.4	4.7	0.1	0.0	0.0	164.9
W05765	Vegetables	Broccoli	1/2 cup (120 ml)	15.0	1.2	2.9	1.1	0.7	0.2	0.0	0.0	14.5
WA13618	Vegetables	Broccoli	1/4 cup (60 ml)	7.5	0.6	1.5	0.6	0.4	0.1	0.0	0.0	7.3
WA21283	Vegetables	Broccoli	1 cup (240 ml)	29.9	2.5	5.8	2.3	1.5	0.3	0.0	0.0	29.0
WA32289	Vegetables	Brussel Sprouts, frozen, cooked	1/2 cup (78 g)	32.8	2.9	6.5	3.2	1.6	0.3	0.1	0.0	11.7
WA18982	Vegetables	Carrots, baby, raw, whole	1 cup (240 ml)	50.0	1.1	11.7	3.4	5.5	0.3	0.0	0.0	84.2
W05650	Vegetables	Carrots, cooked or canned	1/2 cup (120 ml)	18.2	0.5	4.0	1.1	1.8	0.1	0.0	0.0	176.7
WA24965	Vegetables	Carrots, diced	1/4 cup (60 ml)	13.1	0.3	3.1	0.9	1.5	0.1	0.0	0.0	22.1
WA23612	Vegetables	Carrots, sticks, raw	2 sticks, 0.7 oz. (20 g) each; 2 sticks = 1/4 cup (60 ml)	8.1	0.2	1.9	0.6	0.9	0.0	0.0	0.0	13.7
W07367	Vegetables	Cauliflower, cooked	1/2 cup (120 ml)	14.3	1.1	2.5	1.7	0.9	0.3	0.0	0.0	9.3
W05767	Vegetables	Celery, stick	1 stick, 5-1/2" (14 cm) long	5.6	0.3	1.2	0.6	0.7	0.1	0.0	0.0	32.0
WA28362	Vegetables	Chickpeas (garbanzo beans)	1/2 cup (120 g)	142.8	5.9	27.1	5.3	5.8	1.4	0.1	0.0	358.8
W06639	Vegetables	Corn, sweet, on the cob	5 oz. (140 g)	121.9	4.6	27.0	3.8	4.6	1.7	0.3	0.0	21.3
WA13620	Vegetables	Corn, whole kernel	1/4 cup (60 ml)	44.3	1.4	10.3	1.1	1.3	0.5	0.1	0.0	7.0
WA26764	Vegetables	Corn, whole kernel	1/3 cup (80 ml)	61.0	1.7	12.0	1.2	1.6	0.7	0.1	0.0	1.9
W05644	Vegetables	Corn, whole kernel, canned	1/2 cup (120 ml)	66.4	2.1	15.2	1.6	2.0	0.8	0.1	0.0	264.9
WA23608	Vegetables	Cucumber, slices	1/2 cup (120 ml)	7.8	0.3	1.9	0.3	0.9	0.1	0.0	0.0	1.0
WA33074	Vegetables	Edamame, shelled	1/2 cup (120 ml)	94.6	8.4	7.7	4.0	1.7	4.0	0.5	0.0	4.7
WA33821	Vegetables	Guacamole	1 oz./2 tbsp. (30 ml)	44.5	0.6	2.4	1.9	0.2	4.1	0.6	0.0	42.0
WA33820	Vegetables	Hummus	1 oz./2 tbsp. (30 ml)	47.1	2.2	4.1	1.7	0.1	2.7	0.4	0.0	107.4
W06356	Vegetables	Juice, tomato	4 fl. oz. (120 ml)	19.3	0.9	4.8	0.5	4.0	0.1	0.0	0.0	11.3
WA32294	Vegetables	Lentils, Cooked	1/2 cup (120 ml)	114.8	8.9	19.9	7.8	1.8	0.4	0.1	0.0	2.0
W05652	Vegetables	Lettuce, iceberg	1 large leaf, 6-1/2" x 4-3/4" (17 cm x 12 cm)	5.5	0.4	1.2	0.5	0.7	0.1	0.0	0.0	3.9
WA22097	Vegetables	Lettuce, romaine	1 medium leaf, 6-3/4" x 2-3/4" (17 cm x 7 cm)	1.0	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.5
WA28365	Vegetables	Mushrooms, canned, drained	1/4 cup (40 g)	9.8	0.7	2.0	0.9	0.9	0.1	0.0	0.0	165.8
WA23611	Vegetables	Okra	1/2 cup (120 ml)	17.6	1.5	3.6	2.0	1.9	0.1	0.0	0.0	4.8
WA28366	Vegetables	Olives, black	5 medium olives, 1/2 oz. (15 g)	14.9	0.1	0.9	0.4	0.0	1.4	0.2	0.0	124.7
WA28367	Vegetables	Olives, green	5 medium olives, 1/2 oz. (15 g)	20.6	0.1	0.5	0.5	0.1	2.2	0.3	0.0	220.6
WA25994	Vegetables	Onion, slice	1/4" (0.64 cm) thick, 3-1/4" (8.26 cm) dia., 1-1/4 oz. (40 g)	14.2	0.4	3.3	0.6	1.5	0.0	0.0	0.0	1.4
WA25987	Vegetables	Pea pods	1/2 cup (120 ml), 3 oz. (90 g)	35.7	2.8	6.0	2.4	3.4	0.2	0.0	0.0	3.4
WA20489	Vegetables	Peas, black-eyed	1/2 cup (120 ml)	99.8	6.6	17.9	5.6	2.8	0.5	0.1	0.0	3.4
W05647	Vegetables	Peas, frozen	1/2 cup (120 ml)	55.4	3.8	9.9	3.0	3.9	0.3	0.0	0.0	80.6
WA13621	Vegetables	Peas, frozen	1/4 cup (60 ml)	27.7	1.9	4.9	1.5	1.9	0.1	0.0	0.0	40.3
WA15275	Vegetables	Pepper, green	3 rings	6.0	0.3	1.4	0.5	0.7	0.1	0.0	0.0	0.9
WA23613	Vegetables	Pepper, red	3 rings	7.8	0.3	1.8	0.6	1.3	0.1	0.0	0.0	0.6
W05766	Vegetables	Potato, baked, opened	6 oz. (175 g)	159.9	3.6	35.9	3.6	2.6	0.3	0.0	0.0	11.9
W05832	Vegetables	Potatoes, French fries	1/2 cup (120 ml)	120.0	1.9	18.7	1.9	1.0	4.5	0.8	0.0	18.0
WA18281	Vegetables	Potatoes, French fries	3/4 cup (180 ml)	170.1	2.7	26.5	2.7	1.4	6.4	1.1	0.0	25.5

Product #	Food Group	Food description	Serving Size	Kilo-calories (Kcal)	Protein (g)	Carbo-hydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)
WA27625	Vegetables	Potatoes, French fries, baked, homestyle	4 oz. (115 g)	195.0	3.0	32.6	2.9	0.3	5.9	1.2	0.0	36.3
WA21284	Vegetables	Potatoes, hash browns	1/2 cup (120 ml)	206.7	2.3	27.4	2.5	1.2	9.8	1.1	0.0	266.8
WA21348	Vegetables	Potatoes, hash browns	1 cup (240 ml)	413.4	4.7	54.8	5.0	2.3	19.5	2.2	0.0	533.5
W06643	Vegetables	Potatoes, mashed	1/2 cup (120 ml)	87.1	2.0	18.4	1.6	1.6	0.6	0.3	2.1	317.1
WA13619	Vegetables	Potatoes, mashed	1/4 cup (60 ml)	43.6	1.0	9.2	0.8	0.8	0.3	0.2	1.1	158.5
WA18285	Vegetables	Potatoes, mashed	1 cup (240 ml)	174.3	4.0	36.8	3.2	3.2	1.2	0.6	4.2	634.2
WA26765	Vegetables	Potatoes, mashed with gravy	1/2 cup (120 ml) with 2 tbsp. (30 ml) gravy	102.6	3.1	19.8	1.7	1.6	1.3	0.7	3.0	480.2
WA24143	Vegetables	Potatoes, red	3 oz. (90 g)	61.2	1.6	13.5	1.4	0.9	0.1	0.0	0.0	5.1
W07364	Vegetables	Salad, tossed	2/3 cup (160 ml)	16.6	1.3	3.3	0.0	2.2	0.1	0.0	0.0	27.0
WA33819	Vegetables	Salsa	1 oz./2 tbsp. (30 ml)	8.2	0.4	1.9	0.5	1.1	0.1	0.0	0.0	200.0
WA24914	Vegetables	Soup, tomato	1 cup (240 ml)	161.2	6.1	22.3	2.7	12.2	6.0	2.9	17.4	744.0
W07386	Vegetables	Soup, vegetable	1 cup (240 ml)	80.9	4.2	13.2	1.4	3.5	1.3	0.3	4.8	466.5
W05827	Vegetables	Spinach, cooked	1/2 cup (120 ml)	20.7	2.7	3.4	2.2	0.4	0.2	0.0	0.0	63.0
WA21285	Vegetables	Squash, winter/acorn, cooked	1 cup (240 ml)	114.8	2.3	29.9	9.0	6.8	0.3	0.1	0.0	8.2
WA33812	Vegetables	Sweet Potato, baked	6 oz. (175 g)	153.1	3.4	35.2	5.6	11.0	0.3	0.1	0.0	61.2
WA28370	Vegetables	Sweet potatoes, French fries	4 oz. (115 g)	190.5	1.9	24.3	3.4	7.9	9.9	2.5	0.0	376.5
WA29834	Vegetables	Tomato, cherry	6 whole, 4 halves, 2.8 oz. (80 g)	14.4	0.7	3.1	1.0	2.1	0.2	0.0	0.0	4.0
W05763	Vegetables	Tomato, slice	1 slice	4.2	0.2	0.9	0.2	0.5	0.1	0.0	0.0	1.8
W07408	Vegetables	Tomato, whole, fresh	medium, 3" (7.5 cm) dia.	38.2	1.5	8.4	2.0	4.8	0.6	0.1	0.0	16.4
WA03075	Vegetables	Turnips, diced, with tops	1/2 cup (120 ml)	18.2	0.6	4.2	1.2	2.5	0.1	0.0	0.0	43.5
WA18314	Vegetables	Yam	1/2 cup (120 ml)	78.9	1.0	18.7	2.7	0.3	0.1	0.0	0.0	5.4
WA28131	Vegetables	Yam, chunks	1/2 cup (120 ml)	78.9	1.0	18.7	2.7	0.3	0.1	0.0	0.0	5.4
WA32288		Water	in 10-oz. acrylic tumbler, 8 fl. oz. (240 ml)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.1
W06648	Combination Foods	Bread, white with peanut butter	1 slice with 2 tbsp. (30 ml) peanut butter	254.7	9.9	18.9	2.5	4.0	16.9	3.5	0.0	317.1
WA24149	Combination Foods	Chicken, stir fried	1 cup (240 ml) includes 3 oz. (85 g) of chicken	270.3	11.7	39.5	5.9	0.0	7.4	0.9	25.5	632.4
WA13582	Combination Foods	Chili	1 cup (240 ml)	297.7	17.4	28.1	9.6	4.9	12.9	4.3	32.0	1043.0
WA27316	Combination Foods	Coleslaw	1/2 cup (120 ml)	137.5	0.9	14.9	1.9	12.9	8.3	1.2	1.9	180.5
WA03070	Combination Foods	Collard greens with salt pork	1/2 cup (120 ml)	122.2	2.2	2.8	1.6	0.4	11.6	4.1	12.7	200.8
WA00856	Combination Foods	Enchilada, beef	2 enchiladas	322.6	11.9	30.5	0.0	3.0	17.6	9.0	40.3	1319.0
WA33076	Combination Foods	Garden Pizza	1/8 of 12"	201.8	8.6	23.8	1.7	2.5	8.1	3.2	11.4	502.2
WA18318	Combination Foods	Lasagna	3" x 4" (7.5 cm x 10 cm)	287.9	18.7	29.2	2.7	4.9	10.7	5.1	34.0	634.8
WA13614	Combination Foods	Macaroni and cheese	1/2 cup (120 ml)	252.9	9.9	22.8	1.1	1.5	13.5	6.3	27.3	528.3
WA18283	Combination Foods	Macaroni and cheese	1 cup (240 ml)	505.7	19.7	45.7	2.2	3.1	27.0	12.6	54.6	1057.0
WA26759	Combination Foods	Nachos with cheese	15 to 20 tortilla chips, 3/4 oz. (20 g) with 2 tbsp. (30 ml) cheese	161.7	4.2	15.1	1.3	0.4	9.7	3.5	14.5	374.0
WA16080	Combination Foods	Pizza, cheese	5-1/2" sector, 7.4 oz. (210g), 21224	562.8	21.8	60.9	4.6	5.0	25.8	7.9	29.4	938.7
WA26768	Combination Foods	Pizza, pepperoni	1/4 of 12" (30 cm) dia., 7 oz. (196 g)	548.8	25.2	61.8	3.3	7.2	22.3	10.1	51.0	1570.0
W07379	Combination Foods	Pizza, sausage and pepperoni	5-1/2" sector, 7.4 oz. (210g)	520.8	17.8	54.8	2.9	3.9	25.6	6.0	27.3	1315.0
WA28368	Combination Foods	Pot pie	10 oz. (284 g)	623.7	20.6	62.5	2.3	2.2	32.3	11.8	59.5	1035.0
WA27317	Combination Foods	Potato salad	1/2 cup (120 ml)	130.3	1.6	17.0	1.5	2.3	6.5	1.0	2.9	343.5
WA16864	Combination Foods	Rice and beans	2/3 cup (158 ml)	213.6	10.2	42.0	4.9	0.3	0.5	0.1	0.0	444.1

Product #	Food Group	Food description	Serving Size	Kilo-calories (Kcal)	Protein (g)	Carbo-hydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)
WA00867	Combination Foods	Rice with chicken	2 oz. (60 g) chicken leg, 1/2 cup (120 ml) rice	196.3	19.7	22.3	0.3	0.1	2.2	0.6	48.2	42.7
WA16982	Combination Foods	Rice, fried	1 cup (240 ml)	263.6	5.4	33.9	1.3	1.9	11.7	1.7	42.4	286.0
WA00869	Combination Foods	Rice, Spanish, cooked	1/2 cup (120 ml)	106.6	2.2	20.3	0.8	3.6	2.1	0.0	0.0	387.0
WA33823	Combination Foods	Rice, Spanish, cooked	1/2 cup (120 ml)	123.8	3.2	22.5	1.5	1.8	2.4	0.4	0.0	345.5
WA29833	Combination Foods	Rice, whole grain & black beans	1/3 cup rice, 2 tbsp. beans	96.2	3.3	19.8	2.1	0.0	0.3	0.1	0.0	51.5
WA24915	Combination Foods	Sandwich, grilled cheese	1/2 sandwich	239.3	10.1	25.8	1.2	2.3	10.5	5.9	26.6	762.6
WA24916	Combination Foods	Sandwich, peanut butter and jelly	1/2 sandwich, 2 oz. (55 g)	376.8	11.9	45.3	3.3	14.8	17.8	3.7	0.0	493.8
WA13628	Combination Foods	Soup, chicken noodle	1 cup (240 ml)	74.7	4.0	9.4	0.7	0.3	2.5	0.7	7.2	1106.0
W07387	Combination Foods	Spaghetti, 2 meatballs and sauce	1 cup (240 ml) cooked spaghetti and 2 meatballs	329.8	19.0	39.0	1.0	0.2	12.0	3.9	89.0	1009.0
WA24170	Combination Foods	Spaghetti, 6 meatballs and sauce	1 cup (240 ml) cooked spaghetti, 1 cup (240 ml) sauce, 6 meatballs (1/2 oz. or 14 g each)	618.4	34.0	67.9	3.4	16.1	22.4	7.1	80.9	1602.0
WA13613	Combination Foods	Spaghetti, sauce	1/2 cup (120 ml)	94.4	3.3	19.5	1.8	7.4	0.5	0.1	0.0	212.0
W07388	Combination Foods	Stew, beef vegetables	1 cup (240 ml)	218.1	11.5	15.7	3.5	2.3	12.5	5.2	37.1	946.6
WA00870	Combination Foods	Taco, crisp	1 taco	369.4	20.7	26.7	0.0	3.3	20.6	11.4	56.4	802.0

WA25950	Fat	Butter	1 tbsp. (15 ml)	101.8	0.1	0.0	0.0	0.0	11.5	7.3	30.5	101.4
WA02349	Fat	Butter Pats	5 pats	179.2	0.2	0.0	0.0	0.0	20.3	12.8	53.8	144.0
W06688	Fat	Dressing, French	1 tbsp. (15 ml)	73.1	0.1	2.5	0.0	2.6	7.2	0.9	0.0	133.8
WA20555	Fat	Gravy	1 tbsp. (15 ml)	7.8	0.6	0.7	0.1	0.0	0.3	0.2	0.4	82.2
WA25977	Fat	Lard	1 tbsp. (15 ml)	115.5	0.0	0.0	0.0	0.0	12.9	5.0	12.2	0.0
WA25951	Fat	Margarine	1 tbsp. (15 ml)	100.5	0.1	0.1	0.0	0.0	11.3	3.8	12.3	3.9
WA15282	Fat	Margarine Dab	1 tbsp. (15 ml)	100.1	0.0	0.3	0.0	0.0	11.2	2.1	0.0	92.9
WA15318	Fat	Margarine Dab	1 tsp. (5 ml)	33.1	0.0	0.1	0.0	0.0	3.7	0.7	0.0	30.7
W06691	Fat	Mayonnaise	1 tsp. (5 ml)	18.9	0.0	1.2	0.0	0.3	1.6	0.2	1.3	34.5
WA26761	Fat	Mayonnaise	1 tbsp. (15 ml)	98.9	0.2	0.4	0.0	0.1	11.0	1.2	8.1	78.4
WA24147	Fat	Oil, Canola	1 tbsp. (15 ml)	123.8	0.0	0.0	0.0	0.0	14.0	1.0	0.0	0.0
WA25952	Fat	Oil, Corn	1 tbsp. (15 ml)	120.2	0.0	0.0	0.0	0.0	13.6	1.8	0.0	0.0
WA25953	Fat	Oil, Olive	1 tbsp. (15 ml)	119.3	0.0	0.0	0.0	0.0	13.5	1.9	0.0	0.3
WA33838	Fat	Ranch Dip	1 oz./2 tbsp. (30 ml)	140.0	1.0	1.0	0.0	1.0	15.0	2.5	5.0	95.0

WA08845	Discretionary Foods	Beer	12 fl. oz. (360 ml)	138.8	1.1	10.8	0.0	0.0	0.0	0.0	0.0	14.2
WA18319	Discretionary Foods	Brownie, unfrosted	2" (5 cm) square	111.8	1.5	12.0	0.0	12.5	7.0	1.8	17.5	82.3
W06682	Discretionary Foods	Cake, angel food, wedge	1 oz. (25 g)	64.5	1.5	14.4	0.4	7.4	0.2	0.0	0.0	187.2
WA18999	Discretionary Foods	Cake, chocolate, chocolate frosting, wedge	1/12 of 9" (23 cm) dia. cake, 4-1/2 oz. (126 g)	468.2	5.2	69.7	3.6	60.9	20.9	6.1	53.6	426.1
WA25995	Discretionary Foods	Cake, chocolate, frosted	2" x 2" x 1-3/4" (5 cm x 5 cm x 4.5 cm), (41g)	150.5	1.7	22.4	1.1	15.5	7.7	2.0	17.2	136.9
WA20492	Discretionary Foods	Cake, yellow, frosted	2" x 2" x 1-3/4" (5 cm x 5 cm x 4.5 cm)	268.6	2.7	39.3	1.3	31.9	12.3	3.3	39.0	238.8
WA03492	Discretionary Foods	Candy Bar	small, 3-1/4" x 1-1/8" x 1/2" (8 cm x 3 cm x 1 cm)	225.0	5.0	18.0	1.5	67.3	15.0	6.5	5.1	25.0



Product #	Food Group	Food description	Serving Size	Kilo-calories (Kcal)	Protein (g)	Carbo-hydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)
WA23607	Discretionary Foods	Cheesecake	2-1/4" (5.7 cm) slice, 1/12 of 9" (23 cm) dia. cake, 4-1/2 oz. (128 g)	409.5	7.0	32.5	0.5	27.8	28.7	12.7	70.2	264.1
WA20556	Discretionary Foods	Chocolate Bar	small, 2" x 5" (5 cm x 13 cm), 1-1/2 oz. (40 g)	212.4	3.4	23.2	0.7	21.6	12.2	7.3	9.6	40.4
WA15280	Discretionary Foods	Coffee, decaffeinated	5 fl. oz. (150 ml)	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	2.8
WA19034	Discretionary Foods	Cola, soft drink	12 fl. oz. (360 ml)	155.4	0.2	39.8	0.0	39.8	0.0	0.0	0.0	14.8
WA05260	Discretionary Foods	Cookie, chocolate chip	2" dia. (5 cm)	44.0	0.5	5.8	0.3	3.1	2.2	0.7	0.0	26.7
WA18282	Discretionary Foods	Cookie, chocolate chip	4" dia. (10 cm)	196.0	2.2	25.6	1.2	13.7	10.0	3.1	0.0	118.8
WA31474	Discretionary Foods	Cupcake, chocolate	w/ 2 tbsp. white frosting, 1.2 oz. (35 g)	139.6	1.3	21.1	1.1	13.2	5.6	1.7	0.0	136.1
WA13655	Discretionary Foods	Danish, raspberry	3 oz. (90 g)	315.5	4.6	40.7	1.6	23.4	15.7	2.4	34.0	301.1
WA20553	Discretionary Foods	Doughnut, cake, glazed	3" (7.5 cm) dia., 1-1/2 oz. (45 g)	191.7	2.3	22.9	0.7	10.6	10.3	2.7	14.4	180.9
WA31475	Discretionary Foods	Doughnut, cake, with chocolate frosting	1-1/2 oz. (45 g)	203.4	2.2	23.1	0.9	12.0	11.4	6.1	8.6	146.7
WA18320	Discretionary Foods	Doughnut, plain cake	3" (7.5 cm) dia., 1-1/2 oz. (45 g)	197.9	2.4	23.4	0.7	10.6	10.8	1.7	17.4	256.6
W07393	Discretionary Foods	Gelatin, mold	1/2 cup (120 ml)	83.7	1.6	19.2	0.0	19.2	0.0	0.0	0.0	101.2
WA20555	Discretionary Foods	Honey	1 tbsp. (15 ml)	63.8	0.1	17.3	0.0	17.2	0.0	0.0	0.0	0.8
WA27366	Discretionary Foods	Hot Fudge Sundae	1 cup (240 ml) ice cream, 2 tbsp. (30 ml) hot fudge	420.2	6.6	57.6	2.1	42.6	18.3	10.6	58.5	250.9
WA33817	Discretionary Foods	Ice Cream Bar	1.5 oz. (42 g)	139.0	1.7	10.3	0.4	7.7	10.1	5.6	11.8	28.6
WA18112	Discretionary Foods	Jelly, grape	1 tbsp. (15 ml)	55.6	0.1	13.8	0.2	9.7	0.0	0.0	0.0	6.4
WA25992	Discretionary Foods	Ketchup	1 tbsp. (15 ml), 1/2 oz. (15 g)	14.6	0.3	3.8	0.0	3.4	0.0	0.0	0.0	167.1
WA25991	Discretionary Foods	Mustard	1 tbsp. (15 ml), 1/2 oz. (15 g)	10.1	0.7	0.8	0.5	0.1	0.6	0.0	0.0	170.2
WA25986	Discretionary Foods	Pickle Relish	1 tbsp. (15 ml), 1/2 oz. (15 g)	19.5	0.1	5.3	0.2	4.4	0.1	0.0	0.0	121.7
W07375	Discretionary Foods	Pie, apple, 2-crust	4" (10.2 cm) sector, 1/7 of 9" (23 cm) dia. pie, 4-3/4 oz. (135g)	320.0	2.6	45.9	2.2	21.1	14.9	5.1	0.0	359.1
W07376	Discretionary Foods	Pie, cherry, 2-crust	4" (10.2 cm) sector, 1/7 of 9" (23 cm) dia. pie, 4-3/4 oz. (135g)	351.0	2.7	53.7	1.1	24.7	14.9	3.5	0.0	332.1
WA27617	Discretionary Foods	Pie, pumpkin/sweet potato, single crust	1/8 of a 9" (23 cm) dia. pie, 5-1/2 oz. (115 g)	279.4	4.5	40.1	2.1	21.7	11.2	2.3	29.9	308.7
WA26758	Discretionary Foods	Roll, cinnamon, frosted	3" x 3-3/4" (7.6 cm x 10 cm), 2-1/2 oz. (75 g)	294.2	3.8	42.4	1.4	30.7	11.5	2.2	39.8	264.0
WA27366	Discretionary Foods	Sundae, hot fudge	1 cup (240 ml) vanilla ice cream, 2 tbsp. (30 ml) hot fudge	420.2	6.6	57.6	2.1	42.6	18.3	10.6	58.5	250.9
WA20555	Discretionary Foods	Syrup	1 tbsp. (15 ml)	52.2	0.0	13.4	0.0	11.9	0.0	0.0	0.0	1.8
WA20554	Discretionary Foods	Toaster pastry, frosted	1-3/4 oz. (49 g)	200.5	2.4	36.3	1.1	11.1	5.2	0.8	0.0	213.8
LF01120	Discretionary Foods	Whiskey	1-1/2 fl. oz. (45 ml)	105.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4
LF01119	Discretionary Foods	Wine, red	4 fl. oz. (120 ml)	83.1	0.2	2.0	0.0	2.1	0.0	0.0	0.0	5.8