

Food	Calories	Protein	Fiber	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated	Polyunsaturated	Omega 3s (mg)	Vitamin A (mcg)	Vitamin B1 (mg)	Vitamin B6 (mcg)	Folate (mcg)	Vitamin C (mg)	Vitamin E (mg)	Calcium (mg)	Magnesium (mg)	Potassium (mg)	Selenium (mcg)	Zinc (mg)	
Almond butter (1 tbsp)	101	2	1	3	9.5	0.9	6.1	2	67.7	1.8	0	0	10.4	0.1	~	43.2	0.4	121	~	0.5	
Almond milk, unsweetened (8 oz)	40	1	1	2	3	0	~	~	180	500	~	~	~	0	10	200	16	~	~	~	
Almonds (1 oz)	161	6	3	6	13.8	1	8.6	3.4	1.7	0.3	0	0.05	0.03	11	0	6	71	86	180	0	1
Apple	65	0	3	17	0	0	0	0	11.2	1.3	8	0.02	0.06	4	6	0.25	8	7	148	0	0.06
Apricot	17	0	1	4	0	0	0	0	0.4	0	67	0.01	0.02	3	3.5	0.3	5	3.5	90	0.03	0.07
Artichoke	60	4	7	13	0	0	0	0	21.8	120	0	0.1	0.15	87	15	0.24	56	77	474	0.26	0.6
Asparagus (1 spear)	3	0	0	1	0	0	0	0	1.6	0.3	12	0.02	0.01	8	1	0.18	4	2	32	0.37	0.1
Avocado (1 fruit)	227	3	9	12	21	2.9	13.3	2.5	150	10.9	122	0.2	0.6	124	16	3	22	78	1,204	0.8	0.84
Bacon (3 slices)	128	13	0	0	13	4.2	5.6	1.4	59.6	233	0	0.08	0.07	0.4	0	0.06	2	6	107	12	0.7
Bagel (4-inch)	229	9	2	45	1	0.3	0.5	0.6	57	399	0	0.15	0.05	20	0	0.04	16	26	90	28	1
Banana	105	1	3	27	0.4	0	0	0	31.9	1.2	7	0.04	0.4	24	10	0.12	6	32	422	1	0.2

Food	Macronutrients										Vitamins & Minerals							Other			
	Calories	Protein	Fiber	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Omega 3s (mg)	Sodium (mg)	Vitamin E (mcg)	Vitamin A (mcg)	Vitamin B1 (mg)	Vitamin B6 (mcg)	Folate (mcg)	Vitamin C (mg)	Calcium (mg)	Magnesium (mg)	Potassium (mg)	Selenium (mcg)	Zinc (mg)
Beans, baked (1 cup cooked)	283	4	11	53	3.6	1.2	1.3	1	35.4	845	13	0.4	0.34	61	8	1.35	127	81	752	12	4
Beans, black (1 cup cooked)	227	15	15	41	0.9	0.2	0.1	0.4	181	1.7	1	0.4	0.12	256	0	0.14	46	120	610	2	1.9
Beans, kidney (1 cup cooked)	219	16	16	40	0.2	0	0	0.1	56.6	71	0	0.28	0.21	230	2	0.05	62	74	717	2	1.8
Beans, lima (1/2 cup cooked)	108	7	7	19	0.4	0.1	0	0.2	47	1.9	32	0.12	0.16	22	9	0.12	27	63	485	1.7	0.7
Beans, navy (1 cup cooked)	255	15	19	48	1.1	0.2	0.3	0.9	322	0	0.36	0.4	0.3	255	1.64	0.73	127	107	670	11	1.9
Beans, pinto (1 cup cooked)	245	15	15	45	1.1	0.2	0.2	0.4	234	1.7	0	0.17	0.16	294	1.37	1.61	72	70	495	19	1.7
Beans, refried (1 cup cooked)	201	13	11	34	2.1	0.3	0.5	1.1	424	1,040	0	0.07	0.36	28	0	1.74	161	113	1,004	2.3	2.5
Beef, ground lean (3 oz)	279	12	0	0	25.2	9.6	11.1	0.6	52.2	56.4	0	0.06	0.24	7	0	0.15	7	19	265	0	4
Beer (12 oz)	153	2	0	13	0	0	0	0	14.2	0	0	0.02	0.18	21	0	0	18	21	89	2.5	0.04
Beets (1/2 cup)	29	1	2	6	0	0	0	0	3.4	0	0	0.02	0.05	74	3	0.03	11	16	221	0.5	0.24
Blueberries (1 cup)	84	1	4	21	0.5	0	0.1	0.2	85.8	1.5	17	0.11	0.15	17	28	1.65	17	17	223	0.3	0.5
Bran, wheat (1 cup)	125	9	25	37	2.5	0.4	0.4	1.3	96.9	1.2	0	0.14	0.35	14	0	0.54	26	220	426	28	3
Bread, rye (1 slice)	83	3	2	15	1.1	0.2	0.4	0.3	19.2	211	0.26	0.14	0.02	35	0.13	0.11	23	13	53	10	0.36
Bread, white (1 slice)	120	3	1	23	1.5	0.3	0.3	0.6	62.6	306	0	0.11	0.02	28	0	0.06	38	6	25	4.3	0.2
Bread, whole-grain (1 slice)	69	3	2	11	1.1	0.2	0.2	0.5	53.3	109	0	0.11	0.1	30	0.08	0.09	24	14	53	9	0.3
Breakfast sandwich, fast-food (bacon, egg, and cheese)	432	19	1	32	27	11.7	7.9	3.7	0	1,225	0	0.53	0.16	73	2	0.6	160	25	211	36	2
Broccoli (1 cup)	31	3	2	6	0.3	0	0	0	19.1	30	213	0.05	0.11	50	66	0.33	34	18	230	2	0.3
Brussels sprouts (1/2 cup)	38	3	3	8	0.3	0.1	0	0.1	87.1	22	60	0.08	0.14	47	48	0.34	28	16	247	1.17	0.26
Cake, coffee (1 piece)	238	4	1	27	13.3	3.3	7.4	1.8	88.9	200	20	0.1	0.03	27	0.11	0.11	76	10	63	9	0.25

Food	Calories	protein	Fiber	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Omega 3s (mg)	Vitamin A (mcg)	Vitamin B1 (mg)	Vitamin B6 (mcg)	Folate (mcg)	Vitamin C (mg)	Vitamin E (mg)	Calcium (mg)	Magnesium (mg)	Potassium (mg)	Selenium (mcg)	Zinc (mg)	
Cake, frosted (1 piece)	243	2	1	35	11.1	3	6.1	1.4	68.5	216	10	0.01	0.02	7	0.04	0	18	14	84	1.4	0.3
Canadian bacon (2 slices)	89	12	0	1	4	1.3	1.8	0.4	51.3	803	0	0.4	0.2	2	0	0.16	5	10	181	11	0.8
Candy, non-chocolate (1 package)	250	0	0	56	2.7	2.6	0	0	0	9.3	0	0	0	0	0	0	0	0	0	0	0
Cantaloupe (1 medium wedge)	23	1	1	6	0.1	0	0	0.1	31.7	11	345	0.04	0.07	21	37	0.05	9	12	272	0.4	0.18
Carrot (1)	25	1	2	6	0.1	0	0	0.1	1.2	42.1	734	0.04	0.08	12	4	0.4	20	7	195	0.06	0.15
Cashews (1 oz)	155	5	1	9	12.3	2.2	6.7	2.2	17.4	3.4	0	0.1	0.1	7	0.1	0.3	10.4	81.8	185	5.6	1.6
Cauliflower (1 cup)	25	2	3	5	0.1	0	0	0	37	30	2	0.06	0.22	57	46	0.08	22	15	303	0.6	0.3
Celery (1 cup, strips)	16	1	2	3	0.2	0	0	0.1	0	80.8	55	0.03	0.1	45	4	0.33	50	14	322	0.5	0.16
Cereal, whole-grain, with raisins	187	6	7	45	1.5	0.2	0.3	0.6	47.2	289	3	0.16	0.1	22	0.55	0.4	33	70	207	10	1
Cheddar cheese (1 slice)	113	7	0	0	9.3	5.9	2.6	0.3	102	174	75	.01	.02	5	0	.08	204	8	28	4	.9
Chef's salad with no dressing (1/2 cups)	210	20	3	9	9	4.5	~	~	960	~	146	.4	.4	101	16	0	235	49	401	37	3
Cherries, sweet, raw (1 cup)	87	1	3	22	0.3	0.1	0.1	0.1	35.9	0	30	.07	.05	5.8	10	.2	21	16	325	.9	.09
Cherries, tart (1 cup)	88	2	3	22	0.2	0.1	0.1	0.1	36.6	17.1	1,840	0	0.1	19.5	5.1	0.6	26.8	14.6	239	0	0.2
Chia seeds (1 oz)	137	4	11	12	8.6	0.9	0.6	6.5	4,915	5.3	~	~	~	~	~	177	~	44.8	~	1	
Chicken, skinless (1/2 breast)	130	27	0	0	1.5	0.4	0.4	0.3	47.2	76.7	4	.04	.32	2	.71	.08	6.5	16	150	11	.5
Chickpeas (1 cup cooked)	269	15	12	45	4.2	0.4	1	1.9	70.5	11.5	4	.19	.22	282	2	.6	80	79	477	6	2.5
Chili with beans (1 cup)	287	15	11	30	14.1	6	6	0.9	392	1,336	87	.12	.3	59	4	1.46	120	115	934	3	5
Chips, potato, lite (1 oz)	132	2	2	19	5.8	1.2	1.3	3.1	53.2	138	0	0.5	0.22	8	3.4	0.62	10	18	285	2	0.17
Chocolate, dark (1 oz)	163	2	2	15	10.7	6.2	3.2	0.3	24.6	2.8	14	0	0	~	~	17.4	49.3	159	2.4	0.7	

Food	Carbohydrate				Fat			Polyunsaturated			Vitamins			Minerals						
	Calories	Protein	Fiber	Total Fat	Saturated Fat	Monounsaturated Fat	Omega 3s (mg)	Sodium (mg)	Vitamin A (mcg)	Vitamin B1 (mg)	Vitamin B6 (mcg)	Folate (mcg)	Vitamin C (mg)	Calcium (mg)	Magnesium (mg)	Potassium (mg)	Selenium (mcg)	Zinc (mg)		
Chocolate, milk (1.55 oz [standard bar])																				
235	3	1	26	13	8.1	3.2	0.6	53.7	34.8	20	0.05	0.01	5	0	0.83	78	26	153	2	0.83
Cinnamon bun (1)																				
260	3	1	28	16	4	-	-	125	-	0	0.12	0	17	0.06	0.48	10	3.6	19	5	0.1
Citrus juice (12 oz)																				
112	0	0	28	0	0	0	0	25	7	0.17	0.3	31	324	0.24	85	68	1,336	1	0.41	
Clams, breaded and fried (¾ cup)																				
172	12	0	9	9.5	2.3	3.9	2.4	294	309	101	0.11	0.07	41	11.25	0	71	16	366	33	1.6
Coconut milk, light (4 oz)																				
125	1	0	6	11	6	-	-	20	-	-	-	-	-	-	-	20	-	-	-	-
Coconut oil (1 tbsp)																				
116	0	0	0	13.5	11.7	0.8	0.2	-	0	0	0	0	0	0	0	0	0	0	0	0
Coffee (1 cup)																				
2	0	0	0	0	0	0	0	-	4.7	0	0	0	5	0	0.05	2	5	114	0	0.02
Collards (1 cup cooked)																				
11	1	1	2	0.2	0	0	0.1	38.9	7.2	1,542	0.08	0.24	177	35	1.67	266	38	220	1	0.5
Cookie, chocolate chip (1)																				
59	1	0	8	2.7	0.9	1.4	0.3	13.8	27.8	0.04	0.01	0.01	0.9	0	0.26	2.5	3	14	0	0.06
Corn (1 cup)																				
132	5	4	29	1.8	0.3	0.5	0.9	24.6	23.1	0.26	0.06	0.16	114	12	0.15	8	44	343	1.54	1.36
Cottage cheese, low-fat (1 cup)																				
163	28	0	6	2.3	1.5	0.7	0.1	20.3	918	25	0.05	0.15	27	0	0.02	138	11	194	20	0.86
Crackers (12)																				
154	3.3	1.1	25.5	4	0.6	2.5	0.4	289	781	0	0.17	0	0	0	0	28	12	48	2.4	0.2
Cranberry juice cocktail (1 cup)																				
137	0	0	34	0.3	0	0	0.1	58.2	5.1	1	0.02	0.05	0	90	0	8	5	46	0	0.18
Cream cheese (1 tbsp)																				
50	1	0	1	5	2.8	1.2	0.2	25.1	46.5	53	0	0	2	0	0.04	12	1	17	0.4	0.1
Cucumber with peel (½ cup)																				
8	0	0	2	0.1	0	0	0	2.6	1	10	0.01	0.02	7	2.76	0	7	6	75	0	0.1
Doughnut (1)																				
192	2	1	23	10.3	2.7	5.7	1.3	67	181	17	0.1	0.03	24	0.9	0.9	21	9	60	4	0.3
Egg, whole (1 large)																				
71	6	0	0	5	1.5	1.9	0.7	37	70	84	0.03	0.06	22	0	0.5	25	5	63	15	0.5
Eggplant (1 cup)																				
20	1	3	5	0.2	0	0	0.1	10.7	1.6	4	0.08	0.09	14	1	0.4	6	11	122	0.1	0.12
English muffin, whole-wheat (1)																				
134	6	4	27	1.4	0.2	0.3	0.6	30.4	312	0.09	0.25	0.05	36	0	0.26	101	21	106	17	0.61

Food	Calories	protein	Fiber	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated	Omega 3s (mg)	Sodium (mg)	Vitamin A (mcg)	Vitamin B1 (mg)	Vitamin B6 (mcg)	Folate (mcg)	Vitamin C (mg)	Calcium (mg)	Magnesium (mg)	potassium (mg)	Selenium (mcg)	Zinc (mg)	
Fig bar cookies (2 bars)	150	2	2	30	3.1	0.5	1.3	1.2	78.3	151	3	0.05	0.02	11	0.1	0.21	20	9	66	1	0.12
Fish, white (1 fillet)	146	27	0	0	3.7	0.7	1.1	1.3	960	63.6	60	0.26	0.5	26	0	0.39	51	65	625	25	2
Flaxseed (1 tbsp)	55	2	3	3	4.3	0.4	0.8	2.9	238	31	0	0.2	0	8.9	0.1	0	26.1	40.2	83.3	2.6	0.4
French fries (10)	226	3	3	28	11.5	2.3	6	2.6	-	122	0	0.07	0.16	8	6	0.12	4	11	211	0.2	0.2
Fruit, dried (11 oz)	712	7	23	188	1.4	0.1	0.7	0.3	5.9	52.7	380	0.14	0.5	13	12	2	119	121	2,482	1.5	1.56
Garlic (1 clove)	4	0	0	1	0	0	0	0	0.6	0.5	0	0	0.04	0.09	0.9	0	5	0.75	12	0.4	0
Graham cracker (1 large rectangular piece)	59	1	0	11	1.4	0.2	0.6	0.5	36.3	84.7	0	0.03	0.01	6	0	0.05	3	4	19	1	0.1
Granola bar (1)	118	3	1	16	4.9	0.6	1.1	3	15	73.5	2	0.06	0.02	6	0.22	0.32	15	24	82	4	0.5
Grape juice (1 cup)	143	0	0	36	0	0	0	0	22.5		1	0.07	0.16	8	0.25	0	23	25	334	0.25	0.13
Grapefruit, red (1/2 fruit)	37	1	1	9	0.1	0	0	0	6.2	0	319	0	0.1	11.1	45.5	~	18.4	9.8	156	1.7	0.1
Ham (1 slice)	45	5	0	1	2.3	0.8	1.1	0.3	33.6	358	0	0.2	0.1	1	0	0.1	2	5	94	6	0.5
Hamburger, fast-food, with condiments and vegetables (1)	294	15	2	33	11.5	4.6	5.3	1.3	127	560	4	0.3	0.12	52	2	0.42	126	23	251	20	2
Hemp seed (2 tbsp)	90	5	2	3	6	1	4	1	~	0	~	~	~	~	~	~	~	~	~	~	~
Hot dog, fast-food (1)	280	11	1	22	17	6	~	~	~	710	0	0.44	0.09	85	0.009	0.1	108	27	190	29	2
Ice cream (1 serving)	137	2	0	16	7.3	4.5	2	0.3	117	52.8	6	0.03	0.04	11	0.46	0	72	19	164	1.65	0.4
Jam or preserves (1 tbsp)	56	0	0	14	0	0	0	0	0	6.4	0.2	0	0	2	2	0	4	0.8	15	0.4	0
Kale (1 cup)	33	2	1	7	0.5	0.1	0	0.2	121	28.8	955	0.07	0.11	18	33	1	180	23	417	1.17	0.23
Ketchup (1 tbsp)	15	0	0	4	0	0	0	0	0.6	167	7	0	0.02	2	2	0.2	3	3	57	0.04	0
Kiwi fruit (1 medium)	56	1	3	13	0.5	0	0	0.3	38.2	2.7	3	0.02	0.07	19	70	1	26	13	237	0.15	0.1

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Lasagna, meat (7 oz)	377	25	4	38	14	6.7	5.3	1	116	832	61	0.19	0.2	16	12	0.94	220	41	372	28	3
Lentils (1 tbsp)	42	3	4	7	0.1	0	0	0.1	13.1	0.7	0.05	0.02	0.01	57.5	0.5	0.1	6.7	14.6	115	1.0	0.6
Lettuce, iceberg (1 cup)	10	1	1	2	0.1	0	0	0.1	37.4	7.2	8	0.02	0.03	31	2	0.02	11	4	84	0.28	0.1
Lettuce, romaine (1/2 cup)	8	1	1	2	0.1	0	0	0.1	53.1	3.8	81	0.02	0.02	38	7	0.04	9	4	69	0.1	0.06
Liver, beef (3 oz)	114	18	0	3	3	1	0.3	0.3	2	19.3	8,042	0.16	0.86	215	1.62	0.43	5	18	300	31	4.5
Lunch meat, salami (3 slices)	99	7	0	0	7.7	3	4.1	0.8	71	534	0	0.1	0.08	0.34	0	0.05	1.34	2.86	63	4	0.54
Macaroni and cheese (8 oz)	259	11	1	48	2.6	1.3	-	-	-	561	48	0.25	0	0	0	0	102	0	111	0	0
Meat loaf (1 slice)	205	20	0	0	13.1	5.3	6.3	0.4	12.7	62	20	0.1	0.14	12	0.62	0.1	43	22	295	0	4
Melon, honeydew (1 cup)	64	1	1	16	0.2	0.1	0	0.1	58.4	31.9	5	0.07	0.16	34	32	0.04	11	18	403	1.24	0.16
Milk, fat-free (1 cup)	83	8	0	12	0.2	0.1	0.1	0	2.5	103	5	0.1	0.1	12	2	0.1	301	27	406	5	1
Milk, soy (1 cup)	100	7	1	8	4	0.5	0	0	-	119	0	0.15	0.16	40	0	0	80	60	440	3	0.9
Muffin, blueberry (1)	181	3	3	36	3	1.1	0.6	1	107	224	13	0.1	0.01	42	2	0.1	5	10	355	8	0.7
Mushrooms (1 cup sliced)	15	2	1	2	0.2	0	0	0.1	-	3.5	0	0.09	0.1	12	2	0.1	5	10	355	8	0.7
Nachos with cheese (6-8)	346	9	-	36	18.9	7.8	8	2.2	195	816	170	0.2	0.2	12	1	0	311	63	196	18	2
Nectarine (1)	63	2	2	15	0.5	0	0.1	0.2	2.9	0	23	0.05	0.03	7	7	1	8	12	273	0	0.23
Oatmeal (1 cup, cooked)	150	5	4	28	3	0.5	0.8	0.9	40	2.5	0.12	0.12	0.1	13	0	0.26	19	51	175	0	1.43
Olive oil, extra-virgin (1 tbsp)	119	0	0	0	13.5	1.9	9.8	1.4	103	0.3	0	0	0	0	0	1.9	0.1	0	0.1	0	0
Olives (1 tbsp)	9	0	0	1	0.9	0.1	0.7	0.1	5.3	71.9	1.7	0	0	0	0	0.14	7	0.3	0.67	0.08	0
Onion rings (10 medium)	276	4	-	31	15.5	7	6.7	0.7	107	430	0.98	0.1	0.07	64	0.68	0.39	86	19	152	3	0.41

Food	Calories	Protein	Fiber	Carbohydrate	Total Fat			Saturated Fat		Monounsaturated Fat		Polyunsaturated Fat		Sodium (mg)	Vitamin A (mcg)	Vitamin B1 (mg)	Vitamin B6 (mcg)	Folate (mcg)	Vitamin C (mg)	Vitamin E (mg)	Calcium (mg)	Magnesium (mg)	Potassium (mg)	Selenium (mcg)	Zinc (mg)
					Saturated	Monounsaturated	Polyunsaturated	Saturated	Monounsaturated	Polyunsaturated															
Oyster (1 medium)	41	5	0	2	1.1	0.3	0.2	0.4	370	53	4.2	0.01	0.01	1.4	0.52	0.12	6	7	22	9	13				
Pancakes (2)	172	4	~	22	7.4	1.6	1.8	3.4	196	167	7.6	0.16	0.07	28	0.15	0.65	96	15	133	10	0.3				
Pasta (4 oz, cooked)	150	6	~	28	2	1.2	0.2	0.2	42.2	6.8	0	0.13	0.1	4	6	1.4	41	13	207	11	0.66				
Peach (1 medium)	68	2	3	17	0.4	0	0.1	0.2	3.5	0	16	0.02	0.02	4	6	0.7	6	9	186	0.1	0.17				
Peanut butter (2 tbsp)	188	8	2	6	16.1	3.4	7.7	4.5	25	147	0	0.03	0.15	24	0	0	12	51	214	2	1				
Peanuts (1 oz)	159	7	2	5	13.8	1.9	6.8	4.4	0.8	5	0	0.12	0.07	41	0	2	15	50	186	2	1				
Pear (1 medium)	61	1	5	14	0.8	0.1	0.1	0.3	34.3	7.5	1.6	0.02	0.05	12	7	0.2	15	12	198	0.17	0.17				
Pepper, chile, raw (1/2 pepper)	18	1	1	4	0.2	0	0	0.1	5	4	21.6	0.03	0.23	10.35	65	0.3	6	10	145	0.2	0.12				
Peppers, sweet (10 strips)	14	1	0	3	0.1	0	~	~	~	1	78	0.04	0.13	13	70	0.036	7	6.46	105	0	0				
Pie, apple (1 piece)	296	2	2	42	13.8	4.7	5.5	2.7	154	332	37	0.03	0.04	32	4	1.78	13	8	76	1	0.2				
Pizza, cheese (1 slice)	272	12	2	34	9.8	4.3	2.4	1.8	174	551	74	0.2	0.04	35	1	0	117	16	113	13	1				
Plum (1)	30	0	1	8	0.2	0	0.1	0	~	0	21	0.03	0.05	1.45	6	0	3	5	114	0.3	0.07				
Popcorn (1 cup)	31	1	1	6	0.4	0	0.1	0.2	4.8	0.6	0.8	0.02	0.02	2	0	0	1	11	24	0.8	0.3				
Pork (3 oz)	90	18	0	0	3	0.6	0.6	0.3	2	68	~	0.8	0.3	3	0	0.2	6	15	253	14	2				
Potato salad (1 cup)	324	3	~	39	18	3	4.8	8.7	855	936	2.93	0.2	0.4	19	19	0.14	14	36	551	10	0.6				
Potatoes, mashed (1 cup)	174	4	3	37	1.2	0.5	0.2	0.1	35.7	634	8.4	0.2	0.5	17	13	0.04	46	38	621	2	0.6				
Pot pie, chicken	380	11	3	36	21.5	8.3	9.2	3.7	~	841	256	0.3	0.2	41	2	4	33	24	256	0.7	1				
Pretzels (10 twists)	227	6	2	48	1.6	0.3	0.7	0.7	44.4	814	0	0.3	0.07	103	0	0.21	22	21	88	3	0.5				
Quinoa (1 cup, cooked)	222	8	5	39	3.6	~	~	~	~	13	9.3	0.2	0.2	77.7	0	1.2	31.5	118	318	5.2	2				

Food	Calories	protein	Fiber	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	polyunsaturated	Omega 3s (mg)	Sodium (mg)	Vitamin A (mcg)	Vitamin B1 (mg)	Vitamin B6 (mcg)	Folate (mcg)	Vitamin C (mg)	Vitamin E (mg)	Calcium (mg)	Magnesium (mg)	Potassium (mg)	Selenium (mcg)	Zinc (mg)
Raisins (1½ oz)	129	1	2	34	0.2	0	0	0	3	4.7	0	0.05	0.08	1.28	2.3	0.3	12	13	350	0.26	0.08
Raspberries (10)	10	0	1	2	0.1	0	0	0.1	23.9	0.2	0.38	0.01	0.01	4	5	0.17	5	4	28	0.04	0.08
Rice, brown (1 cup, cooked)	216	5	4	45	1.8	0.4	0.6	0.6	27.3	9.8	0	0.2	0.3	8	0	0.06	20	84	84	19	1
Rice, white (1 cup)	242	4	1	53	0.4	0.1	0.1	0.1	18.6	0	0	0.03	0.15	5	0	0.06	16	19	55	12	0.8
Ricotta cheese, part skim (½ cup)	171	14	0	6	9.8	6.1	2.9	0.3	86.8	155	132	0.03	0.02	16	0	0.09	337	19	155	21	1.7
Salad dressing, light Italian (1 tbsp)	28	0	0	1	2.8	0.4	0.7	1.6	190	199	0	0	0	0	0	0	0	0	2	0.2	0
Salmon (3 oz)	177	17	0	0	11.4	2.6	3.2	3.3	2,130	50.1	9.84	0.2	0.71	22	0	0.95	11	28	475	35	0.6
Salsa (½ cup)	35	2	2	8	0.2	0	0	0.1	6.5	780	44	0.05	0.16	21	18	1.53	39	17	275	0.5	0.3
Sardines (1 can)	191	23	0	0	10.5	1.4	3.6	4.7	1,362	465	99.3	0.1	0.2	11	0	1.9	351	35.9	365	48.5	1.2
Sauerkraut (1 cup)	31	1	4	6	0.1	0	0	0.1	35.5	437	1.42	0.03	0.18	34	21	0.14	43	18	241	0.9	0.3
Sausage (1 link)	286	16	0	4	22.7	7.9	9.9	2.7	365	1,002	0	0.05	0.01	0.26	0	0.03	1.3	1.56	25	1.87	0.24
Shrimp (4 large)	30	6	0	0	0.5	0.1	0.1	0.2	151	41.4	0	0.01	0.03	0.77	0.48	0	9	7	40	9	0.3
Soft drink with caffeine (12 oz)	136	0	0	35	0.1	0	0	0	14.7		0	0	0	0	0	0	10	3	3	0.34	0
Soup, cream of chicken (1 cup)	120	3	2	10	8	2.5	-	-	870		179	0.07	0.07	7	1.24	0.25	181	17	272	8	0.67
Soup, tomato (1 cup)	91	2	1	20	0	0	0	0	710		29.28	0.09	0.11	15	66	2	12	7	263	0.5	0.24
Soybeans (1 cup cooked)	298	29	10	17	15.4	2.2	3.4	8.7	1,029	1.7	14	0.47	0.1	200	31	0.02	261	108	970	3	1.64
Spare ribs (3 oz)	303	18	0	0	25.8	7.8	9	2.4	104.1	76.5	1.91	0.26	0.22	3	0	0.2	30	15	204	24	3
Spinach (1 cup)	7	1	1	1	0.1	0	0	0	41.4	23.7	140	0.02	0.06	58	8	0.6	30	24	167	0.3	0.16
Steak (3 oz)	159	18	0	0	9.3	3.9	3.9	0.3	111.6	44.4	0	0.1	0.3	6	0	0.11	4	19	250	12	3.26

Food	Calories	protein	Fiber	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	polyunsaturated	Omega 3s (mg)	Sodium (mg)	Vitamin A (mcg)	Vitamin B1 (mg)	Vitamin B6 (mcg)	Vitamin C (mg)	Vitamin E (mg)	Calcium (mg)	Magnesium (mg)	potassium (mg)	Selenium (mcg)	Zinc (mg)	
Strawberries (1 cup)	49	1	3	12	0.5	0	0.1	0.2	98.8	1.5	1.66	0.03	0.09	40	97	0.5	27	22	253	1	0.2
Submarine sandwich	456	22	-	51	18.6	6.8	8.2	2.3	~	1,651	71	1	0.1	87	12	0	189	68	394	31	2.6
Sweet potato (1)	112	2	4	26	0.1	0	0	0	1.3	71.5	350	0.09	0.25	9	19	1.42	41	27	348	0.3	0.3
Taco salad (1½ cups)	279	13	~	24	14.8	6.8	5.2	1.7	89.1	762	176	0.1	0.2	83	4	~	192	51	416	4.4	2.7
Toaster pastry (1)	209	2	1	37	5.6	1.3	3.3	0.7	37.2	181	148	0.2	0.2	15	0	0.9	17	12	57	6.3	0.3
Tofu (½ cup)	183	20	3	5	11	1.6	2.4	6.2	733	17.6	4.96	0.1	0.06	19	0	0.01	434	37	150	11	1
Tomato (1 medium)	32	2	1	6	0.6	0.1	0.1	0.2	8.5	48.8	26	0.02	0.05	9	8	0.33	6	7	146	0	0.11
Tuna salad (1 cup)	383	33	0	19	19	3.2	5.9	8.5	822	824	49	0.06	0.17	16	5	2	35	39	365	84	1
Vegetable juice (1 cup)	46	2	2	11	0.2	0	0	0.1	2.4	653	188	0.1	0.3	51	67	12	26	27	467	1	0.5
Walnuts (1 oz)	183	4	2	4	18.3	1.7	2.5	13.2	2,542	0.6	5.6	0.1	0.2	27.4	0.4	0.2	27.4	44.2	123	1.4	0.9
Watermelon (1 wedge)	86	2	1	22	0.4	0	0.1	0.1	~	2.9	104	0.2	0.4	6	31	0.4	41	31	479	0.3	0.2
Wine, red (3½ oz)	88	0	0	3.5	0	0	0	0	0	~	0	0	0.03	2	0	0	8	13	111	0.2	0.1
Wine, white (3½ oz)	84	0	0	3.4	0	0	0	0	0	5.25	0	0	0.01	0	0	0	9	10	80	0.2	0.07
Yogurt, low-fat (8 oz)	238	11	0	42	3.2	2.1	0.9	0.1	27.2	132	2	0.1	0.09	24	1.7	0	415	37	497	11	1.88