

FOOD	approx amt	Calories	Protein_(g)	Fat_Tot_(g)	Carbohydrt_(g)	Fiber(g)	Sugar_Tot_(g)	Calcium_(mg)	Iron_(mg)	Magnesium_(mg)	Potassium_(mg)	Selenium_(µg)	Zinc_(mg)	Niacin_(mg)	Vit_B6_(mg)	Folate_Tot_(µg)	Vit_B12_(µg)	Vit_C_(mg)	Vit_D_(IU)	Vit_E_(mg)	Tryptophan (mg)	Phenylalanine (mg)	Tyrosine (mg)	Inositol (mg)	tot Omega-3 (mg)	tot Omega-6 (mg)	
<b>DAIRY</b>																											
BUTTER, STICK	1 TBSP	102.0	0.1	11.5	0.0	0.0	0.0	3.0	0.0	0.0	3.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	9.0	0.3	1.7	5.7	5.7	~	44.1	382.0
CHEESE,BLUE	1 OZ (3 TBS)	117.7	7.1	9.6	0.8	0.0	0.2	176.0	0.1	7.7	85.3	4.8	0.9	0.3	0.1	12.0	0.4	0.0	7.0	0.1	87.4	304.0	363.0	~	73.9	150.0	
CHEESE,CHEDDAR	1 OZ (3 TBS)	114.0	6.2	8.3	0.3	0.0	0.1	180.0	0.2	7.0	24.5	3.5	0.8	0.0	0.0	4.5	0.2	0.0	6.0	0.1	89.6	367.0	337.0	2.5	102.0	162.0	
CHEESE,COTTAGE,CREAMED,LARGE OR SMALL CURD	1/2 CUP	98.0	11.1	4.3	3.4	0.0	2.7	83.0	0.1	8.0	104.0	9.7	0.4	0.1	0.0	12.0	0.4	0.0	3.0	0.1	154.5	606.0	634.0	2.1	17.9	110.5	
CHEESE,COTTAGE,LOWFAT,2% MILKFAT	1/2 CUP	86.0	11.8	2.5	3.7	0.0	3.7	91.0	0.2	7.0	84.0	9.9	0.4	0.1	0.0	10.0	0.5	0.0	0.0	0.0	176.5	694.0	726.5	1.1	11.3	68.0	
CHEESE,COTTAGE,LOWFAT,1% MILKFAT	1/2 CUP	72.0	12.4	1.0	2.7	0.0	2.7	61.0	0.1	5.0	86.0	9.0	0.4	0.1	0.1	12.0	0.6	0.0	0.0	0.0	156.0	755.0	746.0	~	10.2	24.9	
CHEESE,CREAM	1/4 CUP	171.0	3.0	17.1	2.0	0.0	1.6	49.0	0.2	4.5	69.0	1.2	0.3	0.1	0.0	5.5	0.1	0.0	12.5	0.1	40.0	168.8	175.8	4.1	100.3	598.5	
CHEESE,FETA	3 TBSP	66.0	3.6	5.3	1.0	0.0	1.0	123.3	0.2	4.8	15.5	3.8	0.7	0.2	0.1	8.0	0.4	0.0	4.0	0.0	56.3	189.8	187.9	~	74.6	91.7	
CHEESE,MOZZARELLA,PART SKIM MILK	1/3 CUP	127.0	12.1	8.0	1.4	0.0	0.6	391.0	0.1	11.5	42.0	7.2	1.4	0.1	0.0	4.5	0.4	0.0	6.0	0.1	169.9	633.7	703.5	2.5	68.7	167.9	
CHEESE,PARMESAN,GRATED	1/2 CUP	216.0	19.2	14.3	2.0	0.0	0.5	554.5	0.5	19.0	62.5	8.9	1.9	0.1	0.0	5.0	1.1	0.0	10.5	0.1	259.0	1040.5	1164.0	3.0	95.0	471.5	
CREAM,FLUID,HALF AND HALF	1/2 CUP	130.0	3.0	11.5	4.3	0.0	0.2	105.0	0.1	10.0	130.0	1.8	0.5	0.1	0.0	3.0	0.3	0.9	8.0	0.3	51.0	173.0	173.0	~	202.0	314.5	
CREAM,SOUR,REDUCED FAT,CULTURED	1/2 CUP	135.0	2.9	12.0	4.3	0.0	0.2	104.0	0.1	10.0	129.0	2.1	0.5	0.1	0.0	11.0	0.3	0.9	9.0	0.3	49.6	172.0	172.0	~	212.0	328.0	
CREAM,SOUR,CULTURED	1/2 CUP	193.0	2.1	19.7	2.9	0.0	2.9	110.0	0.2	10.0	141.0	2.6	0.4	0.1	0.1	7.0	0.3	0.9	14.0	0.4	~	~	~	87.4	92.8	700.0	
EGG,WHITE,RAW,FRESH	2 WHITES	52.0	10.9	0.2	0.7	0.0	0.7	7.0	0.1	11.0	163.0	20.0	0.0	0.1	0.0	4.0	0.1	0.0	0.0	0.0	82.4	452.0	302.0	3.3	0.0	0.0	
EGG,WHOLE,COOKED,HARD-BOILED	2 LARGE	155.0	12.6	10.6	1.1	0.0	1.1	50.0	1.2	10.0	126.0	30.8	1.1	0.1	0.1	44.0	1.1	0.0	87.0	1.0	153.0	668.0	514.0	~	78.0	1188.0	
EGG,WHOLE,RAW,FRESH	2 LARGE	143.0	12.6	9.5	0.7	0.0	0.4	56.0	1.8	12.0	138.0	30.7	1.3	0.1	0.2	47.0	0.9	0.0	82.0	1.1	167.0	682.0	500.0	9.0	74.0	1148.0	
EGG,WHOLE,COOKED,SCRAMBLED	2 LARGE	149.0	10.0	11.0	1.6	0.0	1.4	66.0	1.3	11.0	132.0	23.5	1.0	0.1	0.1	36.0	0.8	0.0	72.0	1.2	166.0	712.0	558.0	9.8	141.6	2338.0	
ICE CREAM,VANILLA	1/2 CUP	207.0	3.5	11.0	23.6	0.7	21.2	128.0	0.1	14.0	199.0	1.8	0.7	0.1	0.0	5.0	0.4	0.6	8.0	0.3	29.7	104.0	102.0	5.9	117.0	182.0	
MILK,WHOLE,3.25% MILKFAT,W/ ADDED VITAMIN D	1/2 CUP	61.0	3.2	3.3	4.8	0.0	5.1	113.0	0.0	10.0	132.0	3.7	0.4	0.1	0.0	5.0	0.5	0.0	51.0	0.1	91.5	179.5	185.5	4.9	91.5	146.5	
MILK,WHOLE,3.25% MILKFAT,WO/ ADDED VIT A & VIT D	1/2 CUP	61.0	3.2	3.3	4.8	0.0	5.1	113.0	0.0	10.0	132.0	3.7	0.4	0.1	0.0	5.0	0.5	0.0	2.0	0.1	91.5	179.5	185.5	4.9	91.5	146.5	
MILK,FLUID,2% MILKFAT,W/ ADDED VIT A & VITAMIN D	1/2 CUP	50.0	3.3	2.0	4.8	0.0	5.1	120.0	0.0	11.0	140.0	2.5	0.5	0.1	0.0	5.0	0.5	0.2	49.0	0.0	48.8	197.5	186.5	~	9.8	75.5	
MILK,FLUID,2% MILKFAT,WO/ ADDED VIT A & VIT D	1/2 CUP	50.0	3.3	2.0	4.8	0.0	5.1	120.0	0.0	11.0	140.0	2.5	0.5	0.1	0.0	5.0	0.5	0.2	1.0	0.0	48.8	197.5	186.5	~	9.8	75.5	
MILK,NONFAT,FLUID,W/ ADDED VIT A & VIT D	1/2 CUP	34.0	3.4	0.1	5.0	0.0	5.1	122.0	0.0	11.0	156.0	3.1	0.4	0.1	0.0	5.0	0.5	0.0	47.0	0.0	59.0	202.0	202.0	4.9	2.5	6.2	
MILK,BUTTERMILK,FLUID,CULTURED,LOWFAT	1/2 CUP	40.0	3.3	0.9	4.8	0.0	4.8	116.0	0.1	11.0	151.0	2.0	0.4	0.1	0.0	5.0	0.2	1.0	1.0	0.1	44.1	213.0	170.5	~	16.0	24.5	
MILK,DRY,NONFAT,INSTANT,W/ ADDED VIT A & VIT D	1 1/2 CUPS	358.0	35.1	0.7	52.2	0.0	52.2	1231.0	0.3	117.0	1705.0	27.3	4.4	0.9	0.3	50.0	4.0	5.6	440.0	0.0	505.5	1728.0	1728.0	~	11.3	18.3	
YOGURT,GREEK,PLAIN, NONFAT	1/2 CUP	59.0	10.2	0.4	3.6	0.0	3.2	110.0	0.1	11.0	141.0	9.7	0.5	0.2	0.1	7.0	0.8	0.0	0.0	0.0	~	~	~	~	~	~	
YOGURT,PLAIN,WHOLE MILK	1/2 CUP	61.0	3.5	3.3	4.7	0.0	4.7	121.0	0.1	12.0	155.0	2.2	0.6	0.1	0.0	7.0	0.4	0.5	2.0	0.1	24.5	231.5	214.5	7.4	33.1	79.5	
YOGURT,PLAIN,LOWFAT	1/2 CUP	63.0	5.3	1.6	7.0	0.0	7.0	183.0	0.1	17.0	234.0	3.3	0.9	0.1	0.0	11.0	0.6	0.8	1.0	0.0	36.8	350.5	324.5	~	16.0	38.0	
YOGURT,PLAIN,SKIM MILK	1/2 CUP	56.0	5.7	0.2	7.7	0.0	7.7	199.0	0.1	19.0	255.0	3.6	1.0	0.1	0.1	12.0	0.6	0.9	0.0	0.0	39.2	383.5	354.0	~	1.3	4.9	
<b>OILS</b>																											
FISH OIL,COD LIVER	1 TBSP	123.0	0.0	13.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1360.0	~	0.0	0.0	0.0	~	2664.0	126.0
OIL, COCONUT	1 TBSP	117.0	0.0	13.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	~	~	243.0	
OIL,FLAXSEED,COLD PRESSED	1 TBSP	120.0	0.0	13.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	~	7196.0	1715.0	
OIL,OLIVE,SALAD OR COOKING	1 TBSP	119.0	0.0	13.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.9	0.0	0.0	0.0	~	103.0	1318.0	
<b>MEAT AND FISH</b>																											
ANCHOVY,EUROPEAN,CANNED IN OIL, DRAINED	1 CAN	105.0	14.4	4.9	0.0	0.0	0.0	116.0	2.3	34.5	272.0	34.1	1.2	10.0	0.1	6.5	0.4	0.0	34.5	1.7	146.0	508.0	439.0	~	951.0	163.0	
BEEF,GRASS-FED,STRIP STEAKS,LEAN,RAW	4 OZ	117.0	23.1	2.7	0.0	0.0	0.0	9.0	1.9	23.0	342.0	21.1	3.6	6.7	0.7	13.0	1.3	0.0	~	0.2	~	~	~	~	~	23.6	89.6
BEEF,GRASS-FED,GROUND,RAW	4 OZ	192.0	19.4	12.7	0.0	0.0	0.0	12.0	2.0	19.0	289.0	14.2	4.6	4.8	0.4	6.0	2.0	0.0	~	0.4	~	~	~	~	~	98.4	480.0
BEEF LIVER,COOKED,PAN-FRIED	4 OZ	193.0	27.4	6.5	4.5	0.0	0.0	7.0	6.0	23.0	353.0	24.9	11.9	14.4	0.9	350.0	72.5	0.7	~	0.6	375.2	1548.0	1152.0	71.7	11.2	23.6	
BEEF,RIB,SHORTRIBS,LN&FAT,BRAISED	4 OZ	471.0	21.6	42.0	0.0	0.0	0.0	12.0	2.3	15.0	224.0	20.8	4.9	2.5	0.2	5.0	2.6	0.0	27.0	0.3	159.2	956.0	768.0	~	560.0	1096.0	
BEEF,TOP SIRLOIN,STEAK,LEAN,BROILED	4 OZ	219.0	29.0	10.5	0.0	0.0	0.0	19.0	2.0	24.0	355.0	31.5	5.2	7.9	0.6	9.0	1.9	0.0	~	0.4	222.8	1340.0	1080.0	33.6	21.2	214.0	
BEEF,TOP SIRLOIN,STEAK,LN & FAT,1/8" FAT,BROILED	4 OZ	257.0	26.8	15.8	0.0	0.0	0.0	18.0	1.8	22.0	327.0	29.0	4.8	7.3	0.5	8.0	1.8	0.0	~	0.5	206.0	1240.0	1000.0	33.6	156.8	456.0	
BISON,GROUND,GRASS-FED,COOKED	4 OZ	179.0	25.5	8.6	0.0	0.0	0.0	14.0	3.2	23.0	353.0	31.1	5.3	6.0	0.4	16.0	2.4	0.0	0.0	0.2	215.2	1212.0	968.0	~	50.4	350.4	
CHICKEN,BREAST,MEAT ONLY,ROASTED	4 OZ	165.0	31.0	3.6	0.0	0.0	0.0	15.0	1.0	29.0	256.0	27.6	1.0	13.7	0.6	4.0	0.3	0.0	5.0	0.3	404.0	1380.0	1172.0	33.6	78.4	660.0	
CHICKEN,BREAST,MEAT&SKIN,ROASTED	4 OZ	197.0	29.8	7.8	0.0	0.0	0.0	14.0	1.1	27.0	245.0	24.7	1.0	12.7	0.6	4.0	0.3	0.0	5.0	0.3	380.8	1308.0	1096.0	33.6	123.2	1580.0	
CHICKEN,THIGH,MEAT ONLY,ROASTED	4 OZ	177.0	24.0	8.3	0.0	0.0	0.0	10.0	1.1	24.0	277.0	26.1															

GAME MEAT,ELK,COOKED,ROASTED	4 OZ	146.0	30.2	1.9	0.0	0.0	~	5.0	3.6	24.0	328.0	13.0	3.2	~	~	9.0	~	0.0	~	~	~	1076.0	916.0	~	33.6	156.8	
GAME MEAT,MOOSE,RAW	4 OZ	103.0	22.3	1.5	0.0	0.0	0.0	5.0	3.3	23.0	317.0	10.8	2.8	5.0	~	~	~	4.0	~	~	612.0	1340.0	1212.0	~	67.2	257.6	
HADDOCK,COOKED,DRY HEAT	4 OZ	90.0	20.0	0.6	0.0	0.0	0.0	14.0	0.2	26.0	351.0	31.7	0.4	4.1	0.3	13.0	2.1	0.0	23.0	0.6	304.8	1060.0	916.0	~	296.8	13.6	
HALIBUT,ATLANTIC&PACIFIC,COOKED,DRY HEAT	4 OZ	111.0	22.5	1.6	0.0	0.0	0.0	9.0	0.2	28.0	528.0	55.4	0.4	7.9	0.6	14.0	1.3	0.0	231.0	0.7	334.8	1168.0	1008.0	~	748.0	42.4	
HAM,SLICED,REG (APPROX 11% FAT)	4 OZ	163.0	16.6	8.6	3.8	1.3	0.0	24.0	1.0	22.0	287.0	20.7	1.4	2.9	0.3	7.0	0.4	4.0	29.0	0.1	173.6	556.0	472.0	16.0	67.2	772.0	
LAMB,CUBED FOR STEW OR KABOB,LEAN,1/4"FAT,RAW	4 OZ	134.0	20.2	5.3	0.0	0.0	~	9.0	1.8	26.0	284.0	22.8	4.2	6.0	0.2	23.0	2.7	0.0	~	0.2	264.4	920.0	760.0	~	78.4	404.0	
LAMB,LIVER,COOKED,PAN-FRIED	4 OZ	238.0	25.5	12.7	3.8	0.0	~	9.0	10.2	23.0	352.0	116.1	5.6	16.7	1.0	400.0	85.7	13.0	~	~	331.6	1276.0	1020.0	~	190.4	908.0	
LOBSTER,NORTHERN,COOKED,MOIST HEAT	4 OZ	89.0	19.0	0.9	0.0	0.0	0.0	96.0	0.3	43.0	230.0	73.1	4.1	1.8	0.1	11.0	1.4	0.0	1.0	1.0	319.2	968.0	764.0	~	96.4	5.6	
LOBSTER,NORTHERN,RAW	4 OZ	77.0	16.5	0.8	0.0	0.0	0.0	84.0	0.3	38.0	200.0	63.6	3.5	1.6	0.1	10.0	1.3	0.0	1.0	0.9	293.6	888.0	700.0	~	~	~	
OCEAN PERCH,ATLANTIC,COOKED,DRY HEAT	4 OZ	96.0	18.5	1.9	0.0	0.0	0.0	34.0	0.3	27.0	226.0	34.6	0.4	1.2	0.1	10.0	1.7	0.0	58.0	0.9	299.2	1044.0	904.0	~	532.0	40.4	
OYSTER,EASTERN,WILD,COOKED,MOIST HEAT	4 OZ	102.0	11.4	3.4	5.5	0.0	1.2	116.0	9.2	35.0	139.0	39.5	78.6	1.9	0.1	14.0	17.5	0.0	2.0	1.7	176.8	564.0	504.0	28.0	1508.0	131.2	
OYSTER,EASTERN,WILD,RAW	4 OZ	51.0	5.7	1.7	2.7	0.0	0.6	59.0	4.6	18.0	156.0	19.7	39.3	0.9	0.0	7.0	8.8	0.0	1.0	0.9	88.4	283.2	253.2	28.0	752.0	64.8	
PORK,CURED,BACON,BROILED,PAN-FRIED OR ROASTED	4 OZ	541.0	37.0	41.8	1.4	0.0	0.0	11.0	1.4	33.0	565.0	62.0	3.5	11.1	0.3	2.0	1.2	0.0	42.0	0.3	359.6	1704.0	1344.0	25.8	224.0	217.2	
PORK,FRESH,BACKRIBS,LN&FAT,ROASTED	4 OZ	292.0	23.0	21.5	0.0	0.0	0.0	46.0	0.9	17.0	240.0	32.2	3.1	7.6	0.4	0.0	0.7	0.0	48.0	0.3	344.8	1084.0	948.0	~	100.8	2296.0	
PORK,CENTER LOIN (CHOPS),BONE-IN,LN&FAT,BROILED	4 OZ	209.0	25.6	11.1	0.0	0.0	0.0	24.0	0.8	25.0	344.0	43.6	2.1	8.1	0.7	0.0	0.6	0.0	30.0	0.1	302.4	1208.0	1092.0	15.7	57.2	1340.0	
PORK,CENTER LOIN (ROASTS),BONE-IN,LEAN,ROASTED	4 OZ	194.0	28.6	8.0	0.0	0.0	0.0	30.0	0.9	21.0	370.0	45.2	3.7	7.7	0.5	0.0	0.9	0.0	21.0	0.2	392.0	1232.0	1076.0	33.6	22.4	704.0	
PORK,LOIN,COUNTRY-STYLE RIBS,LEAN,BONE-IN,ROASTED	4 OZ	227.0	29.2	11.4	0.0	0.0	0.0	31.0	1.0	22.0	390.0	47.6	3.9	7.8	0.5	0.0	0.9	0.0	42.0	0.3	378.4	1188.0	1040.0	~	33.6	1076.0	
PORK SAUSAGE,FRESH,COOKED	4 OZ	339.0	19.4	28.4	0.0	0.0	0.0	13.0	1.4	17.0	294.0	0.0	2.1	6.3	0.3	3.0	1.2	0.7	27.0	0.6	173.6	728.0	628.0	~	154.4	3896.0	
SALAMI COOKED BEEF	4 OZ	261.0	12.6	22.2	1.9	0.0	1.5	6.0	2.2	13.0	188.0	14.6	1.8	3.2	0.2	2.0	3.1	0.0	48.0	0.2	153.6	604.0	548.0	47.0	424.0	740.0	
SALMON,COHO,WILD,COOKED,MOIST HEAT	4 OZ	184.0	27.4	7.5	0.0	0.0	~	46.0	0.7	35.0	455.0	46.2	0.5	7.8	0.6	9.0	4.5	1.0	~	~	342.8	1196.0	1036.0	~	2092.0	291.2	
SALMON,PINK,CANNED,TOTAL CAN CONTENTS	4 OZ	129.0	19.7	5.0	0.0	0.0	0.0	215.0	0.6	30.0	344.0	33.2	0.8	6.5	0.3	15.0	4.4	0.0	547.0	0.6	248.8	864.0	748.0	~	1968.0	64.8	
SALMON,PINK,RAW	4 OZ	127.0	20.5	4.4	0.0	0.0	0.0	7.0	0.4	27.0	366.0	31.4	0.4	8.0	0.6	4.0	4.2	0.0	435.0	0.4	249.6	872.0	752.0	~	1272.0	56.0	
SALMON,SOCKEYE,COOKED,DRY HEAT	4 OZ	169.0	25.4	6.7	0.0	0.0	0.0	12.0	0.5	36.0	408.0	36.5	0.5	9.7	0.7	9.0	5.7	0.0	526.0	1.1	342.8	1196.0	1032.0	~	1596.0	126.4	
SARDINE,ATLANTIC,CANNED IN OIL,DRAINED SOLIDS W/BONE	4 OZ	208.0	24.6	11.5	0.0	0.0	0.0	382.0	2.9	39.0	397.0	52.7	1.3	5.2	0.2	10.0	8.9	0.0	193.0	2.0	309.2	1076.0	932.0	13.4	1656.0	3968.0	
SCALLOP,MIXED SPECIES,RAW	4 OZ	69.0	12.1	0.5	3.2	0.0	0.0	6.0	0.4	22.0	205.0	12.8	0.9	0.7	0.1	16.0	1.4	0.0	1.0	0.0	210.4	672.0	600.0	~	240.8	4.4	
SHRIMP,MIXED SPECIES,COOKED,MOIST HEAT	4 OZ	119.0	22.8	1.7	1.5	0.0	0.0	91.0	0.3	37.0	170.0	49.5	1.6	2.7	0.2	24.0	1.7	0.0	4.0	2.2	326.0	988.0	780.0	7.8	388.8	23.6	
SHRIMP,MIXED SPECIES,RAW	4 OZ	71.0	13.6	1.0	0.9	0.0	0.0	54.0	0.2	22.0	113.0	29.6	1.0	1.8	0.2	19.0	1.1	0.0	2.0	1.3	316.8	960.0	756.0	7.8	604.0	31.2	
TILAPIA,COOKED,DRY HEAT	4 OZ	128.0	26.2	2.7	0.0	0.0	0.0	14.0	0.7	34.0	380.0	54.4	0.4	4.7	0.1	6.0	1.9	0.0	150.0	0.8	296.8	1176.0	976.0	~	268.8	336.0	
TROUT,RAINBOW,WILD,COOKED,DRY HEAT	4 OZ	150.0	22.9	5.8	0.0	0.0	~	86.0	0.4	31.0	448.0	13.2	0.5	5.8	0.3	19.0	6.3	2.0	~	~	288.0	1004.0	868.0	12.3	1316.0	322.4	
TUNA,FRESH,BLUEFIN,COOKED,DRY HEAT	4 OZ	184.0	29.9	6.3	0.0	0.0	~	10.0	1.3	64.0	323.0	46.8	0.8	10.5	0.5	2.0	10.9	0.0	~	~	375.2	1308.0	1132.0	~	1864.0	76.0	
TUNA,FRESH,BLUEFIN,RAW	4 OZ	144.0	23.3	4.9	0.0	0.0	0.0	8.0	1.0	50.0	252.0	36.5	0.6	8.7	0.5	2.0	9.4	0.0	227.0	1.0	292.4	1020.0	880.0	~	1452.0	59.2	
TUNA,LIGHT,CANNED IN H2O,DRAINED	4 OZ	86.0	19.4	1.0	0.0	0.0	0.0	17.0	1.6	23.0	179.0	70.6	0.7	10.1	0.3	4.0	2.6	0.0	47.0	0.3	320.4	1116.0	964.0	16.8	314.8	10.0	
TURKEY,BREAST,MEAT ONLY,ROASTED	4 OZ	135.0	30.1	0.7	0.0	0.0	0.0	12.0	1.5	29.0	292.0	32.1	1.7	7.5	0.6	6.0	0.4	0.0	8.0	0.1	383.2	1336.0	1332.0	9.0	22.4	145.6	
TURKEY,BREAST,MEAT&SKIN,ROASTED	4 OZ	189.0	28.7	7.4	0.0	0.0	~	21.0	1.4	27.0	288.0	29.1	2.0	6.4	0.5	6.0	0.4	0.0	~	~	356.0	1260.0	1228.0	25.8	156.8	1624.0	
VEAL,GROUND,BROILED	4 OZ	172.0	24.4	7.6	0.0	0.0	0.0	17.0	1.0	24.0	337.0	13.7	3.9	8.0	0.4	11.0	1.3	0.0	0.0	0.2	276.8	1100.0	872.0	~	56.0	472.0	
<b>FRUIT</b>																											
APPLES,RAW,WITH SKIN	1/2 LARGE	52.0	0.3	0.2	13.8	2.4	10.4	6.0	0.1	5.0	107.0	0.0	0.0	0.1	0.0	3.0	0.0	4.6	0.0	0.2	1.1	6.7	1.1	~	10.1	48.0	
APPLESAUCE,CANNED,UNSWEETENED,WO/ADDED VIT C	1/2 CUP	42.0	0.2	0.1	11.3	1.1	9.4	4.0	0.2	3.0	74.0	0.3	0.0	0.1	0.0	3.0	0.0	1.0	0.0	0.2	2.5	6.1	3.7	22.0	3.7	14.7	
APRICOTS,RAW	1/2 CUP	48.0	1.4	0.4	11.1	2.0	9.2	13.0	0.4	10.0	259.0	0.1	0.2	0.6	0.1	9.0	0.0	10.0	0.0	0.9	14.8	51.5	28.7	51.5	~	76.2	
AVOCADOS,RAW,CALIFORNIA	1 SMALL	167.0	2.0	15.4	8.6	6.8	0.3	13.0	0.6	29.0	507.0	0.4	0.7	1.9	0.3	89.0	0.0	8.8	0.0	2.0	34.0	310.0	65.3	62.6	150.0	2298.0	
BANANAS,RAW	1 SMALL	89.0	1.1	0.3	22.8	2.6	12.2	5.0	0.3	27.0	358.0	1.0	0.2	0.7	0.4	20.0	0.0	8.7	0.0	0.1	9.1	49.5	9.1	~	27.3	46.5	
BLUEBERRIES,RAW	1/2 CUP	57.0	0.7	0.3	14.5	2.4	10.0	6.0	0.3	6.0	77.0	0.1	0.2	0.4	0.1	6.0	0.0	9.7	0.0	0.6	2.2	19.3	6.7	~	42.9	65.0	
CHERRIES,SWEET,RAW	1/2 CUP	63.0	1.1	0.2	16.0	2.1	12.8	13.0	0.4	11.0	222.0	0.0	0.1	0.2	0.0	4.0	0.0	7.0	0.0	0.1	9.0	24.1	14.0	14.0	26.0	27.0	
CRANBERRIES,RAW	1/2 CUP	23.0	0.2	0.1	12.2	2.3	2.0	4.0	0.1	3.0	42.0	0.1	0.1	0.1	0.1	1.0	0.0	13.3	0.0	1.2	1.5	18.0	16.0	7.5	11.0	16.5	
DATES,DEGLET NOOR	1/4 CUP	93.0	0.8	0.1	24.8	2.6	20.9	12.9	0.3	14.2	216.5	1.0	0.1	0.4	0.1	6.3	0.0	0.1	0.0	0.0	4.4	18.4	5.5	55.9	1.1	5.9	
DATES,MEDJOL	1/4 CUP	91.0	0.6	0.1	24.7	2.2	21.9	21.1	0.3	17.8	229.7	~	0.2	0.5	0.1	5.0	~	0.0	0.0	~	2.3	15.7	5.3	65.4	~	~	
FIGS,DRIED,UNCOOKED	1/4 CUP	82.0	1.1	0.3	21.1	3.2	15.8	53.5	0.7	22.4	224.4	0.0	0.2	0.2	0.0	3.0	0.0	0.4	0.0	11.5	7.5	28.3	15.3	33.9	~	128.5	
GRAPEFRUIT,RAW,PINK&RED,ALL AREAS	1/2 MED	42.0	0.8	0.1	10.7	1.6	6.9	22.0	0.1	9.0	135.0	0.1	0.1	0.2	0.1	13.0	0.0	31.2	0.0	0.1	9.8	56.6	9.8	244.8	9.8	35.7	
GRAPES,RED OR GREEN,RAW	10 GRAPES	34.5	0.4	0.1	9.1	0.5	7.7	5.0	0.2	3.5	95.5	0.1	0.0	0.1	0.0	1.0	0.0	1.6	0.0	0.1	5.4	9.3	4.9	7.8	5.4	18.1	
LEMON JUICE,RAW	1/2 CUP	22.0	0.4	0.2	6.9	0.3	2.5	6.0	0.1	6.0	103.0	0.1	0.1	0.1	0.0	20.0	0.0	38.7	0.0	0.2	~	~	~	36.6	0.0	0.0	
LEMON PEEL,RAW	1 TBSP	3.0	0.1	0.0	1.0	0.6	0.3	8.0	0.1	0.9	9.6	0.0	0.0	0.0	0.0	0.8	0.0	7.7	0.0	0.0	~	~	~	2.0	1.6	3.8	
MANGOS,RAW	1/2 MED	60.0	0.8	0.4	15.0	1.6	13.7	11.0	0.2																		

POMEGRANATES,RAW	1/2 CUP	83.0	1.7	1.2	18.7	4.0	13.7	10.0	0.3	12.0	236.0	0.5	0.4	0.3	0.1	38.0	0.0	10.2	0.0	0.6	~	~	~	~	~	68.7	
PRUNES,DEHYDRATED (LOW-MOISTURE),UNCOOKED	3/4 CUP	339.0	3.7	0.7	89.1	~	~	72.0	3.5	64.0	1058.0	~	0.8	3.0	0.7	2.0	0.0	0.0	0.0	~	~	~	~	465.3	~	157.5	
RAISINS,SEEDLESS	1/4 CUP	98.7	1.0	0.2	26.1	1.2	19.5	16.5	0.6	10.6	247.2	0.2	0.1	0.3	0.1	1.7	0.0	0.8	0.0	0.0	18.1	50.8	4.4	14.5	2.6	10.5	
RASPBERRIES,RAW	3/4 CUP	52.0	1.2	0.7	11.9	6.5	4.4	25.0	0.7	22.0	151.0	0.2	0.4	0.6	0.1	21.0	0.0	26.2	0.0	0.9	~	~	~	~	116.3	229.5	
STRAWBERRIES,RAW	1/2 C SLICED	32.0	0.7	0.3	7.7	2.0	4.9	16.0	0.4	13.0	153.0	0.4	0.1	0.4	0.0	24.0	0.0	58.8	0.0	0.3	6.7	15.8	18.3	10.8	54.0	74.5	
VINEGAR,APPLE CIDER	1 TBSP	3.0	0.0	0.0	0.1	0.0	0.1	1.0	0.0	0.7	10.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	~	0.0	0.0
VINEGAR,BALSAMIC	1 TBSP	14.0	0.1	0.0	2.7	0.0	2.4	4.3	0.1	1.9	17.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	~	~	~	~	0.0	0.0	
WATERMELON,RAW	3/4 CUP	30.0	0.6	0.2	7.6	0.4	6.2	7.0	0.2	10.0	112.0	0.4	0.1	0.2	0.0	3.0	0.0	8.1	0.0	0.1	8.1	17.3	13.9	35.8	~	57.8	
VEGETABLES																											
ALFALFA SEEDS,SPROUTED,RAW	1 CUP	8.0	1.3	0.2	0.7	0.6	0.1	10.6	0.3	8.9	26.1	0.2	0.3	0.2	0.0	11.9	0.0	2.7	0.0	0.0	~	~	~	~	57.8	77.2	
ARROWROOT FLOUR	1 CUP	357.0	0.3	0.1	88.2	3.4	~	40.0	0.3	3.0	11.0	~	0.1	0.0	0.0	7.0	0.0	0.0	0.0	~	5.1	15.4	11.5	~	11.5	46.1	
ARROWROOT,RAW	1 ROOT	21.0	1.4	0.1	4.4	0.4	0.0	2.0	0.7	8.3	149.8	0.2	0.2	0.6	0.1	111.5	0.0	0.6	0.0	0.0	~	~	~	~	5.9	24.4	
ARTICHOKES,(GLOBE OR FRENCH),RAW	1 SMALL	47.0	3.3	0.2	10.5	5.4	1.0	44.0	1.3	60.0	370.0	0.2	0.5	1.0	0.1	68.0	0.0	11.7	0.0	0.2	~	~	~	59.9	17.0	45.9	
ARUGULA,RAW	1 CUP	2.5	0.3	0.1	0.4	0.2	0.2	16.0	0.1	4.7	36.9	0.0	0.0	0.0	0.0	9.7	0.0	1.5	0.0	0.0	~	~	~	~	34.0	26.0	
ASPARAGUS,RAW	1 CUP	20.0	2.2	0.1	3.9	2.1	1.9	24.0	2.1	14.0	202.0	2.3	0.5	1.0	0.1	52.0	0.0	5.6	0.0	1.1	36.2	100.0	69.7	38.9	13.4	53.6	
ASPARAGUS,COOKED,BOILED,DRAINED	1/2 CUP	22.0	2.4	0.2	4.1	2.0	1.3	23.0	0.9	14.0	224.0	6.1	0.6	1.1	0.1	149.0	0.0	7.7	0.0	1.5	26.1	73.8	51.3	25.2	26.1	68.4	
BEANS,SNAP,GREEN,RAW	1 CUP	31.0	1.8	0.2	7.0	2.7	3.3	37.0	1.0	25.0	211.0	0.6	0.2	0.7	0.1	33.0	0.0	12.2	0.0	0.4	20.9	73.7	46.2	192.5	39.6	25.3	
BEANS,SNAP,GREEN,MICROWAVED	1 CUP	39.0	2.3	0.5	6.4	3.4	3.2	55.0	0.8	28.0	323.0	~	0.4	0.8	0.1	47.0	~	7.3	~	~	21.1	73.3	46.6	192.5	73.3	45.5	
BEETS,COOKED,BOILED,DRAINED	2 MEDIUM	44.0	1.7	0.2	10.0	2.0	8.0	16.0	0.8	23.0	305.0	0.7	0.4	0.3	0.1	80.0	0.0	3.6	0.0	0.0	35.0	58.0	52.0	16.0	4.0	41.0	
BEET GREENS,RAW	1 CUP	8.0	0.7	0.0	1.4	1.2	0.2	38.6	0.8	23.1	251.5	0.3	0.1	0.1	0.0	5.0	0.0	9.9	0.0	0.5	5.1	8.4	7.5	~	0.6	5.9	
BEET GREENS,COOKED,BOILED,DRAINED	3/4 CUP	27.0	2.6	0.2	5.5	2.9	0.6	114.0	1.9	68.0	909.0	0.9	0.5	0.5	0.1	14.0	0.0	24.9	0.0	1.8	43.2	73.4	65.9	~	6.5	70.2	
BROCCOLI,RAW	1 CUP	34.0	2.8	0.4	6.6	2.6	1.7	47.0	0.7	21.0	316.0	2.5	0.4	0.6	0.2	63.0	0.0	89.2	0.0	0.8	30.0	106.0	45.5	27.3	19.1	15.5	
BROCCOLI,COOKED,BOILED,DRAINED	1/2 CUP	35.0	2.4	0.4	7.2	3.3	1.4	40.0	0.7	21.0	293.0	1.6	0.5	0.6	0.2	108.0	0.0	64.9	0.0	1.5	26.5	90.5	46.8	9.4	92.8	39.8	
BRUSSELS SPROUTS,COOKED,BOILED,DRAINED	3/4 CUP	36.0	2.6	0.5	7.1	2.6	1.7	36.0	1.2	20.0	317.0	1.5	0.3	0.6	0.2	60.0	0.0	62.0	0.0	0.4	32.7	86.6	~	94.8	202.5	92.4	
CABBAGE,RAW	1 CUP	25.0	1.3	0.1	5.8	2.5	3.2	40.0	0.5	12.0	170.0	0.3	0.2	0.2	0.1	43.0	0.0	36.6	0.0	0.2	9.8	28.5	16.9	18.7	~	15.1	
CABBAGE,COOKED,BOILED,DRAINED	3/4 CUP	23.0	1.3	0.1	5.5	1.9	2.8	48.0	0.2	15.0	196.0	0.6	0.2	0.2	0.1	30.0	0.0	37.5	0.0	0.1	12.5	36.0	21.3	~	15.8	10.1	
CABBAGE,RED,RAW	1 CUP	31.0	1.4	0.2	7.4	2.1	3.8	45.0	0.8	16.0	243.0	0.6	0.2	0.4	0.2	18.0	0.0	57.0	0.0	0.1	10.7	32.0	19.6	8.0	40.0	30.3	
CABBAGE,RED,COOKED,BOILED,DRAINED	1/2 CUP	29.0	1.5	0.1	6.9	2.6	3.3	42.0	0.7	17.0	262.0	2.3	0.3	0.4	0.2	24.0	0.0	34.4	0.0	0.1	9.8	28.5	17.3	~	18.0	14.2	
CARROTS,RAW	3/4 CUP	41.0	0.9	0.2	9.6	2.8	4.7	33.0	0.3	12.0	320.0	0.1	0.2	1.0	0.1	19.0	0.0	5.9	0.0	0.7	~	~	~	11.5	2.0	110.3	
CARROTS,COOKED,BOILED,DRAINED	3/4 CUP	35.0	0.8	0.2	8.2	3.0	3.5	30.0	0.3	10.0	235.0	0.7	0.2	0.6	0.2	14.0	0.0	3.6	0.0	1.0	~	~	~	~	1.2	101.9	
CAULIFLOWER,RAW	1 CUP	25.0	1.9	0.3	5.0	2.0	1.9	22.0	0.4	15.0	299.0	0.6	0.3	0.5	0.2	57.0	0.0	48.2	0.0	0.1	26.0	71.0	43.0	18.0	37.0	11.0	
CAULIFLOWER,COOKED,BOILED,DRAINED	1 CUP	23.0	1.8	0.5	4.1	2.3	2.1	16.0	0.3	9.0	142.0	0.6	0.2	0.4	0.2	44.0	0.0	44.3	0.0	0.1	29.8	81.8	49.6	~	208.0	62.0	
CELERY,RAW	1 CUP	16.0	0.7	0.2	3.0	1.6	1.8	40.0	0.2	11.0	260.0	0.4	0.1	0.3	0.1	36.0	0.0	3.1	0.0	0.3	9.1	20.2	9.1	5.1	~	79.8	
CHARD,SWISS,RAW	1 CUP	6.0	0.6	0.1	1.2	0.5	0.4	16.8	0.6	26.7	125.1	0.3	0.1	0.1	0.0	4.6	0.0	9.9	0.0	0.6	6.1	39.6	~	~	2.5	22.7	
CHARD,SWISS,COOKED,BOILED,DRAINED	1/2 CUP	20.0	1.9	0.1	4.1	2.1	1.1	58.0	2.3	86.0	549.0	0.9	0.3	0.4	0.1	9.0	0.0	18.0	0.0	1.9	15.8	100.0	~	~	2.7	21.9	
CHIVES,RAW	1 TBSP	1.0	0.1	0.0	0.1	0.1	0.1	3.1	0.1	1.4	9.9	0.0	0.0	0.0	0.0	3.5	0.0	1.9	0.0	0.0	1.1	3.2	2.8	~	0.4	7.6	
COLLARDS,RAW	1 CUP	11.0	1.0	0.2	1.8	1.3	0.2	76.6	0.2	8.9	70.3	0.4	0.1	0.2	0.1	42.6	0.0	11.6	0.0	0.7	11.2	31.3	23.8	23.0	38.9	29.5	
COLLARDS,COOKED,BOILED,DRAINED	1/2 CUP	33.0	2.7	0.7	5.7	4.0	0.4	141.0	1.1	21.0	117.0	0.5	0.2	0.6	0.1	16.0	0.0	18.2	0.0	0.9	25.7	71.0	53.0	4.3	88.5	66.5	
CORN,SWEET,YELLOW,RAW	1 EAR MED	86.0	3.3	1.4	18.7	2.0	6.3	2.0	0.5	37.0	270.0	0.6	0.5	1.8	0.1	42.0	0.0	6.8	0.0	0.1	20.7	135.0	111.0	~	14.4	488.0	
CORN,SWEET,YELLOW,FROZEN,ON COB,BOILED,DRAINED	1 EAR MED	94.0	3.1	0.7	22.3	2.8	3.6	3.0	0.6	29.0	251.0	0.7	0.6	1.5	0.2	31.0	0.0	4.8	0.0	0.1	13.9	91.3	75.0	6.9	6.3	213.0	
CUCUMBER,WITH PEEL,RAW	1/3 CUKE	15.0	0.7	0.1	3.6	0.5	1.7	16.0	0.3	13.0	147.0	0.3	0.2	0.1	0.0	7.0	0.0	2.8	0.0	0.0	5.0	19.1	11.0	15.0	5.0	28.1	
DANDELION GREENS,RAW	1 CUP	45.0	2.7	0.7	9.2	3.5	0.7	187.0	3.1	36.0	397.0	0.5	0.4	0.8	0.3	27.0	0.0	35.0	0.0	3.4	~	~	~	~	24.2	144.0	
DANDELION GREENS,COOKED,BOILED,DRAINED	1 CUP	33.0	2.0	0.6	6.4	2.9	0.5	140.0	1.8	24.0	232.0	0.3	0.3	0.5	0.2	13.0	0.0	18.0	0.0	2.4	~	~	~	~	39.9	235.0	
EDAMAME,FROZEN,PREPARED	2/3 CUP	122.0	10.9	5.2	9.9	5.2	2.2	63.0	2.3	64.0	436.0	~	1.4	0.9	0.1	311.0	~	6.1	~	0.7	130.0	504.0	347.3	~	373.3	1854.0	
EGGPLANT,COOKED,BOILED,DRAINED	1 CUP	35.0	0.8	0.2	8.7	2.5	3.2	6.0	0.3	11.0	123.0	0.1	0.1	0.6	0.1	14.0	0.0	1.3	0.0	0.4	7.9	34.7	21.8	83.2	14.8	77.2	
FIDDLEHEAD FERNS,RAW	1 CUP	34.0	4.6	0.4	5.5	~	~	32.0	1.3	34.0	370.0	~	0.8	5.0	~	~	0.0	26.6	0.0	~	~	~	~	~	~	~	
GARLIC,RAW	1 tsp/1 CLVE	4.0	0.2	0.0	1.0	0.1	0.0	5.4	0.1	0.8	12.0	0.4	0.0	0.0	0.0	0.1	0.0	0.9	0.0	0.0	1.8	5.0	2.2	~	0.6	6.3	
GINGER ROOT,RAW	1 tsp	2.0	0.1	0.0	0.5	0.1	0.1	0.5	0.0	1.3	12.5	0.0	0.0	0.0	0.0	0.3	0.0	0.2	0.0	0.0	0.2	0.9	0.4	~	0.7	2.4	
JERUSALEM-ARTICHOKES,RAW	3/4 CUP	73.0	2.0	0.0	17.4	1.6	9.6	14.0	3.4	17.0	429.0	0.7	0.1	1.3	0.1	13.0	0.0	4.0	0.0	0.2	~	~	~	~	~	1.1	
KALE,RAW	1 CUP	33.0	2.9	0.6	5.9	0.0	0.0	100.5	1.0	31.5	329.0	0.6	0.4	0.7	0.2	20.8	0.0	80.4	0.0	0.0	26.8	113.0	78.4	~	121.0	92.4	
KALE,COOKED,BOILED,DRAINED	3/4 CUP	28.0	1.9	0.4	5.6	2.0	1.3	72.0	0.9	18.0	228.0	0.9	0.2	0.5	0.1	13.0	0.0	41.0	0.0	0.9	22.4	94.5	65.3	~	100.5	77.3	
LAMBSQUARTERS,RAW	3/4 CUP	43.0	4.2	0.8	7.3	4.0	~	309.0	1.2	34.0	452.0	0.9	0.4	1.2	0.3	30.0	0.0	80.0	0.0	~	38.0	166.0	175.0	~	36.0	313.0	
LAMBSQUARTERS,COOKED,BOILED,DRAINED	1/2 CUP	32.0	3.2	0.7	5.0	2.1	0.6	258.0	0.7	23.0	288.0	0.9	0.3	0.9	0.2	14.0	0.0	37.0	0.0	1.9	26.1	113.5	120.5	~	28.8	246.5	
LEEK,(BULB&LOWER LEAF-PORTION),BOILED,DRAINED	1 LEEK	31.0	0.8	0.2	7.6	1.0	2.1	30.0	1.1	14.0	87.0	0.5	0.1	0.2	0.1												

MUSHROOMS,WHITE,RAW	1 C WHOLE	22.0	3.1	0.3	3.3	1.0	2.0	3.0	0.5	9.0	318.0	9.3	0.5	3.6	0.1	17.0	0.0	2.1	7.0	0.0	33.6	81.6	42.2	8.6	~	133.0	
MUSTARD GREENS,RAW	2 CUPS	27.0	2.9	0.4	4.7	3.2	1.3	115.0	1.6	32.0	384.0	0.9	0.3	0.8	0.2	12.0	0.0	70.0	0.0	2.0	33.6	80.6	160.2	25.8	20.2	22.4	
MUSTARD GREENS,BOILED,DRAINED	3/4 CUP	26.0	2.6	0.5	4.5	2.0	1.4	118.0	0.9	13.0	162.0	0.6	0.2	0.4	0.1	9.0	0.0	25.3	0.0	1.8	26.3	63.0	125.3	9.5	23.1	25.2	
ONIONS,RAW	1 MED	40.0	1.1	0.1	9.3	1.7	4.2	23.0	0.2	10.0	146.0	0.5	0.2	0.1	0.1	19.0	0.0	7.4	0.0	0.0	15.4	27.5	15.4	~	4.4	14.3	
PARSLEY,FRESH	1 TBSP	1.0	0.1	0.0	0.2	0.1	0.0	3.8	0.2	1.3	15.3	0.0	0.0	0.0	0.0	4.2	0.0	3.7	0.0	0.0	1.7	5.4	3.1	0.9	0.3	4.3	
PEAS,EDIBLE-PODDED,RAW	1 CUP	42.0	2.8	0.2	7.6	2.6	4.0	43.0	2.1	24.0	200.0	0.7	0.3	0.6	0.2	42.0	0.0	60.0	0.0	0.4	26.5	88.2	97.0	~	12.7	73.5	
PEAS,GREEN,COOKED,BOILED,DRAINED	1/2 CUP	84.0	5.4	0.2	15.6	5.5	5.9	27.0	1.5	39.0	271.0	1.9	1.2	2.0	0.2	63.0	0.0	14.2	0.0	0.1	29.6	158.5	89.5	60.8	15.2	65.5	
PEPPERS,SWEET,GREEN,RAW	1 MED	20.0	0.9	0.2	4.6	1.7	2.4	10.0	0.3	10.0	175.0	0.0	0.1	0.5	0.2	10.0	0.0	80.4	0.0	0.4	14.3	109.0	14.3	~	9.5	64.3	
PEPPERS,SWEET,GREEN,BOILED,DRAINED	3/4 CUP	28.0	0.9	0.2	6.7	1.2	3.2	9.0	0.5	10.0	166.0	0.3	0.1	0.5	0.2	16.0	0.0	74.4	0.0	0.5	12.2	29.3	19.2	~	10.1	97.5	
PEPPERS,SWEET,YELLOW,RAW	1/2 LARGE	27.0	1.0	0.2	6.3	0.9	~	11.0	0.5	12.0	212.0	0.3	0.2	0.9	0.2	26.0	0.0	####	0.0	~	12.1	28.9	19.6	~	~	~	
POTATOES,RUSSET,FLESH & SKIN,BAKED	1/3 LARGE	97.0	2.6	0.1	21.4	2.3	1.1	18.0	1.1	30.0	550.0	0.5	0.4	1.3	0.4	26.0	0.0	8.3	0.0	0.1	24.9	174.3	69.7	~	10.0	31.9	
POTATOES,RED,FLESH & SKIN,BAKED	1/3 LARGE	89.0	2.3	0.2	19.6	1.8	1.4	9.0	0.7	28.0	545.0	~	0.4	1.6	0.2	27.0	0.0	12.6	0.0	0.1	23.9	160.3	61.7	~	10.0	31.9	
PUMPKIN FLOWERS,RAW	1 CUP	5.0	0.3	0.0	1.1	0.0	0.0	12.9	0.2	7.9	57.1	0.2	0.0	0.2	0.0	19.5	0.0	9.2	0.0	0.0	~	~	~	~	0.7	0.7	
PUMPKIN FLOWERS,COOKED,BOILED,DRAINED	3/4 CUP	15.0	1.1	0.1	3.3	0.9	2.4	37.0	0.9	25.0	106.0	0.7	0.1	0.3	0.1	41.0	0.0	5.0	0.0	0.0	~	~	~	~	2.0	2.0	
PUMPKIN,COOKED,BOILED,DRAINED	1/2 CUP	20.0	0.7	0.1	4.9	1.1	2.1	15.0	0.6	9.0	230.0	0.2	0.2	0.4	0.0	9.0	0.0	4.7	0.0	0.8	11.0	28.2	36.8	76.0	2.5	2.5	
RADICCHIO,RAW	1 CUP	8.0	0.5	0.1	1.5	0.3	0.2	6.3	0.2	4.3	99.7	0.3	0.2	0.1	0.0	19.8	0.0	2.6	0.0	0.7	10.4	13.6	~	~	6.4	37.2	
RUTABAGAS,RAW	1/2 SMALL	37.0	1.1	0.2	8.6	2.3	4.5	43.0	0.4	20.0	305.0	0.7	0.2	0.7	0.1	21.0	0.0	25.0	0.0	0.3	12.5	29.8	22.1	23.0	51.0	33.6	
RUTABAGAS,COOKED,BOILED,DRAINED	1/2 CUP	30.0	0.9	0.2	6.8	1.8	4.0	18.0	0.2	10.0	216.0	0.7	0.1	0.7	0.1	15.0	0.0	18.8	0.0	0.2	11.9	28.9	21.3	214.2	48.5	32.3	
SEAWEED,AGAR,RAW	2 TBSP	3.0	0.1	0.0	0.8	0.1	0.0	6.8	0.2	8.4	28.3	0.1	0.1	0.0	0.0	10.6	0.0	0.0	0.0	0.1	~	~	~	~	0.8	~	
SEAWEED,KELP,RAW	2 TBSP	4.0	0.2	0.1	1.0	0.1	0.1	16.8	0.3	12.1	8.9	0.1	0.1	0.0	0.0	18.0	0.0	0.3	0.0	0.1	4.8	4.3	2.6	~	0.8	2.0	
SPINACH,RAW	1 CUP	7.0	0.9	0.1	1.2	0.7	0.1	32.7	0.9	26.1	184.1	0.3	0.2	0.2	0.1	64.0	0.0	9.3	0.0	0.7	11.7	38.7	32.4	2.4	41.4	7.8	
SPINACH,COOKED,BOILED,DRAINED	1/2 CUP	23.0	3.0	0.3	3.8	2.4	0.4	136.0	3.6	87.0	466.0	1.5	0.8	0.5	0.2	146.0	0.0	9.8	0.0	2.1	36.0	120.5	101.5	22.5	83.0	15.3	
SQUASH,SUMMER,YELLOW,BOILED,DRAINED	1/2 CUP	23.0	1.0	0.4	3.8	1.1	2.5	22.0	0.4	16.0	177.0	0.2	0.2	0.5	0.1	23.0	0.0	11.6	0.0	0.1	7.2	28.8	21.6	~	73.8	44.1	
SQUASH,ZUCCHINI,INCL SKIN,COOKED,BOILED,DRAINED	1/2 CUP	15.0	1.1	0.4	2.7	1.0	1.7	18.0	0.4	19.0	264.0	0.2	0.3	0.5	0.1	28.0	0.0	12.9	0.0	0.1	5.4	19.8	15.3	~	11.7	7.2	
SQUASH,WINTER,ACORN,COOKED,BAKED	1/2 CUP	56.0	1.1	0.1	14.6	4.4	~	44.0	0.9	43.0	437.0	0.7	0.2	0.9	0.2	19.0	0.0	10.8	0.0	~	16.4	45.1	39.0	~	38.0	22.6	
SQUASH,WINTER,BUTTERNUT,COOKED,BAKED	1/2 CUP	40.0	0.9	0.1	10.5	3.2	2.0	41.0	0.6	29.0	284.0	0.5	0.1	1.0	0.1	19.0	0.0	15.1	0.0	1.3	13.4	35.9	30.8	~	24.6	14.4	
SQUASH,WINTER,SPAGHETTI,BOILED,DRAINED,OR BAKED	1/2 CUP	27.0	0.7	0.3	6.5	1.4	2.5	21.0	0.3	11.0	117.0	0.3	0.2	0.8	0.1	8.0	0.0	3.5	0.0	0.1	7.0	18.6	15.5	~	60.5	36.4	
SWEET POTATO,COOKED,BAKED IN SKIN	1 MED	90.0	2.0	0.2	20.7	3.3	6.5	38.0	0.7	27.0	475.0	0.2	0.3	1.5	0.3	6.0	0.0	19.6	0.0	0.7	45.6	130.0	50.2	104.9	4.6	68.4	
TOMATOES,RED,RIPE,RAW,YEAR ROUND AVERAGE	1 MED	18.0	0.9	0.2	3.9	1.2	2.6	10.0	0.3	11.0	237.0	0.0	0.2	0.6	0.1	15.0	0.0	13.7	0.0	0.5	7.4	82.4	17.2	66.4	3.7	98.4	
TOMATOES,RED,RIPE,COOKED	1/2 CUP	18.0	1.0	0.1	4.0	0.7	2.5	11.0	0.7	9.0	218.0	0.5	0.1	0.5	0.1	13.0	0.0	22.8	0.0	0.6	9.6	33.6	21.6	40.8	2.4	50.5	
TOMATOES,SUN-DRIED	1/2 CUP	70.0	3.8	0.8	15.1	3.3	10.1	29.8	2.5	52.5	928.7	1.5	0.5	2.5	0.1	18.4	0.0	10.6	0.0	0.0	28.1	99.0	65.5	~	3.0	298.0	
TURNIPS,RAW	3/4 CUP	28.0	0.9	0.1	6.4	1.8	3.8	30.0	0.3	11.0	191.0	0.7	0.3	0.4	0.1	15.0	0.0	21.0	0.0	0.0	8.8	16.6	12.7	~	39.0	11.7	
TURNIPS,COOKED,BOILED,DRAINED	1/2 CUP	22.0	0.7	0.1	5.1	2.0	3.0	33.0	0.2	9.0	177.0	0.2	0.1	0.3	0.1	9.0	0.0	11.6	0.0	0.0	8.1	16.1	12.7	~	36.8	10.4	
TURNIP GREENS,RAW	2 CUPS	32.0	1.5	0.3	7.1	3.2	0.8	190.0	1.1	31.0	296.0	1.2	0.2	0.6	0.3	194.0	0.0	60.0	0.0	2.9	28.6	101.2	63.8	47.3	92.4	39.6	
TURNIP GREENS,COOKED,BOILED,DRAINED	1 CUP	20.0	1.1	0.2	4.4	3.5	0.5	137.0	0.8	22.0	203.0	0.9	0.1	0.4	0.2	118.0	0.0	27.4	0.0	1.9	28.8	101.0	63.4	17.3	92.1	40.3	
WATERCRESS,RAW	1 CUP	4.0	0.8	0.0	0.4	0.2	0.1	39.6	0.1	6.9	108.9	0.3	0.0	0.1	0.0	3.0	0.0	14.2	0.0	0.3	10.2	38.8	21.4	~	7.8	4.1	
<b>NUTS AND SEEDS</b>																											
ALMONDS	23 ALMNDS	164.0	6.1	14.1	6.2	3.5	1.1	75.4	1.1	76.5	201.4	0.7	0.9	1.0	0.0	14.3	0.0	0.0	0.0	7.5	48.3	257.6	103.5	63.9	2.3	2783.0	
ALMOND BUTTER,PLAIN,WO/SALT	1 TBSP	98.0	3.4	8.9	3.0	1.6	0.7	55.5	0.6	44.6	119.7	0.4	0.5	0.5	0.0	8.5	0.0	0.0	0.0	3.9	43.4	135.0	85.3	~	67.7	1901.0	
ALMONDS,DRY ROASTED,WO/SALT	23 ALMNDS	167.0	6.0	15.0	6.0	3.0	1.4	75.0	1.1	78.7	199.4	0.6	0.9	1.0	0.0	14.8	0.0	0.0	0.0	6.7	58.8	352.3	163.1	66.7	~	3735.4	
BRAZILNUTS,DRIED,UNBLANCHED	6 NUTS	184.0	4.0	18.6	3.4	2.1	0.7	44.8	0.7	105.3	184.5	536.8	1.1	0.1	0.0	6.2	0.0	0.2	0.0	5.7	39.8	178.0	119.0	~	5.1	5809.0	
CASHEW NUTS,DRY ROASTED,WO/SALT	1 OZ	160.0	4.3	13.0	9.0	0.8	1.4	12.6	1.7	72.8	158.2	3.3	1.6	0.4	0.1	19.3	0.0	0.0	0.0	0.3	66.4	221.0	137.0	22.7	45.1	2145.0	
CASHEW NUTS,RAW	1 OZ	155.0	5.0	12.2	8.5	0.9	1.6	10.4	1.9	81.8	184.8	5.6	1.6	0.3	0.1	7.0	0.0	0.1	0.0	0.3	80.4	266.0	142.0	22.7	17.4	2179.0	
CHIA SEEDS,DRIED	1 TBSP	49.0	1.6	3.0	4.2	3.4	0.0	63.1	0.8	33.5	40.7	5.5	0.5	0.9	0.0	4.9	0.0	0.2	0.0	0.1	72.7	103.7	50.8	~	1769.4	583.2	
COCONUT MEAT,DRIED (DESICCATED),UNSWEETENED	1/4 CUP	46.0	0.5	4.5	1.6	1.1	0.5	1.8	0.2	6.3	38.0	1.3	0.1	0.0	0.0	0.6	0.0	0.1	0.0	0.0	5.7	24.4	14.9	2.3	~	49.5	
COCONUT MEAT,RAW	1C SHRED	283.0	2.6	26.7	12.2	7.2	5.0	11.2	1.9	25.6	284.8	8.1	0.9	0.4	0.0	20.8	0.0	2.6	0.0	0.2	31.2	135.0	82.4	~	~	293.0	
COCONUT MILK,CANNED	1/2 CUP	223.0	2.3	24.0	3.2	0.0	0.0	20.3	3.7	52.0	248.6	0.0	0.6	0.7	0.0	15.8	0.0	1.1	0.0	0.0	27.1	115.0	70.0	~	~	263.5	
FLAXSEED	1 TBSP	54.0	1.8	4.2	2.9	2.7	0.2	25.5	0.6	39.2	81.3	2.5	0.4	0.3	0.0	8.7	0.0	0.1	0.0	0.0	30.4	98.1	50.5	~	2338.0	606.0	
HAZELNUTS OR FILBERTS	10 NUTS	88.0	2.0	8.5	2.3	1.4	0.6	16.0	0.7	22.8	95.2	0.3	0.3	0.3	0.1	15.8	0.0	0.9	0.0	2.1	27.0	92.8	50.7	~	12.2	1097.0	
MACADAMIA NUTS,RAW	10-12 NUTS	201.0	2.2	21.2	3.9	2.4	1.3	23.8	1.0	36.4	103.0	1.0	0.4	0.7	0.1	3.1	0.0	0.3	0.0	0.2	18.9	188.0	144.0	~	58.2	366.0	
MIXED NUTS,DRY ROASTED,W/PEANUTS	3/4 CUP	594.0	17.3	51.5	25.4	9.0	~	70.0	3.7	225.0	597.0	~	3.8	4.7	0.3	50.0	0.0	0.4	0.0	~	271.5	979.5	694.5	~	195.0	10825.5	
PEANUTS,ALL TYPES,DRY-ROASTED	3/4 CUP	585.0	23.7	49.7	21.5	8.0	4.2	54.0	2.3	176.0	658.0	7.5	3.3	13.5	0.3	145.0	0.0	0.0	0.0	6.9	252.0	1344.0	1054.5	146.7	3.3	17181.8	
PEANUTS,ALL TYPES,RAW*	3/4 CUP	567.0	25.8	49.2	16.1	8.5	4.0	92.0	4.																		



SYRUPS,CORN,HIGH-FRUCTOSE 1/3 CUP 281.0 0.0 0.0 76.0 0.0 75.7 0.0 0.0 0.0 0.0 0.7 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 ~ 0.0 0.0

sources: 1. <http://ndb.nal.usda.gov> 2. <http://ajcn.nutrition.org/content/33/9/1954.full.pdf> ~ insufficient information available