

Appendix D

Nutritive Value of Foods

(Tr indicates nutrient present in trace amount.)

Item No. (A)	Foods, approximate measures, units, and weight (weight of edible portion only) (B)	Nutrients in Indicated Quantity														
		Water (C)	Food energy (D)	Protein (E)	Fat (F)	Saturated fat (G)	Cholesterol (H)	Carbohydrate (I)	Dietary fiber (J)	Calcium (K)	Iron (L)	Potassium (M)	Sodium (N)	Vitamin A (O)	Vitamin C (S)	
Beverages																
Carbonated: ²																
Club soda	12 fl. oz.	355	0	0	0	0.0	0	0	18	Tr	0	78	0	0.00	0.0	0
Cola type:																
Regular	12 fl. oz.	369	160	0	0	0.0	41	0	11	0.2	7	18	0	0.00	0.0	0
Diet, artificially sweetened	12 fl. oz.	355	100	0	0	0.0	Tr	0	14	0.2	7	32	0	0.00	0.0	0
Ginger ale	12 fl. oz.	366	125	0	0	0.0	32	0	11	0.1	4	29	0	0.00	0.0	0
Grape	12 fl. oz.	372	88	0	0	0.0	46	0	15	0.4	4	48	0	0.00	0.0	0
Lemon-lime	12 fl. oz.	372	89	0	0	0.0	39	0	7	0.4	4	33	0	0.00	0.0	0
Orange	12 fl. oz.	372	88	0	0	0.0	46	0	15	0.3	7	52	0	0.00	0.0	0
Peppermint	12 fl. oz.	369	160	0	0	Tr	41	0	11	0.1	4	37	0	0.00	0.0	0
Root beer	12 fl. oz.	370	165	0	0	0.0	42	0	15	0.2	4	48	0	0.00	0.0	0
Cocoa and chocolate-flavored beverages. See Dairy Products																
Coffee:																
Brewed	6 fl. oz.	180	Tr	Tr	Tr	0.0	Tr	0	4	Tr	124	2	0	0.00	0.02	0
Instant, prepared	6 fl. oz.	182	99	Tr	Tr	0.0	1	0	2	0.1	71	Tr	0	0.00	0.03	0
(2 tsp. powder plus 6 fl. oz. water)																
Fruit drinks, noncarbonated:																
Canned:																
Fruit punch drink	6 fl. oz.	190	85	Tr	0	0.0	22	0	15	0.4	48	15	2	0.03	0.04	Tr
Grape drink	6 fl. oz.	187	100	Tr	0	0.0	26	Tr	2	0.3	9	11	Tr	0.01	0.01	Tr
Pineapple-grapefruit juice drink	6 fl. oz.	187	90	Tr	Tr	Tr	23	Tr	13	0.9	97	24	6	0.06	0.04	Tr
Frozen:																
Lemonade concentrate:																
Undiluted	6-fl.-oz. can	219	49	425	Tr	Tr	112	1	9	0.4	153	4	4	0.04	0.07	66
Diluted with 4 1/3 parts water by volume	6 fl. oz.	185	89	80	Tr	Tr	21	Tr	2	0.1	30	1	1	0.01	0.02	13
Limeade concentrate:																
Undiluted	6 fl.-oz. can	218	50	410	Tr	Tr	108	1	11	0.2	129	Tr	Tr	0.02	0.02	26
Diluted with 4-1/3 parts water by volume	6 fl. oz.	185	89	75	Tr	Tr	20	Tr	2	Tr	24	Tr	Tr	Tr	Tr	4
Fruit juices. See type under Fruits and Fruit Juices. Milk beverages. See Dairy Products.																
Tea:																
Brewed	8 fl. oz.	240	100	Tr	Tr	0.0	Tr	0	0	Tr	36	1	0	0.00	0.03	Tr
Instant, powder, prepared:																
Unsweetened (1 tsp. powder plus 8 fl. oz. water)	8 fl. oz.	241	100	Tr	Tr	0.0	1	0	1	Tr	61	1	0	0.00	0.02	0
Sweetened (3 tsp. powder plus 8 fl. oz. water)	8 fl. oz.	262	91	85	Tr	Tr	22	0	1	Tr	49	Tr	0	0.00	0.04	0
Dairy Products																
Butter. See Fats and Oils																
Cheese:																
Cheddar:																
Cut pieces	1 oz.	28	37	115	7	9	0.6	30	Tr	0.2	28	176	86	0.01	0.11	Tr
Shredded	1 in. ³	17	37	70	4	6	3.6	18	Tr	0.1	17	105	52	Tr	0.06	Tr
Cottage (curd not pressed down):	1 cup	113	37	455	28	37	23.8	119	1	0.8	111	701	342	0.03	0.42	0.1
Large curd	1 cup	225	79	235	28	10	6.4	34	6	0.3	190	911	108	0.05	0.37	Tr
Small curd	1 cup	210	79	215	26	9	6.0	31	6	0.3	177	850	101	0.04	0.34	Tr
Lowfat (2%)	1 cup	226	79	205	31	4	2.8	19	8	0.4	217	918	45	0.05	0.42	Tr

(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
	Uncreamed (cottage cheese dry curd, less than 1/2% fat)	145	80	125	25	1	1.4	10	3	0	46	0.3	47	19	12	0.04	0.21	0
	Cream	28	54	100	2	10	6.2	31	1	0	23	0.3	34	84	124	Tr	0.06	Tr
	Mozzarella, made with:																	
	Whole milk	28	54	80	6	6	3.7	22	1	0	147	0.1	19	106	68	Tr	0.07	Tr
	Part skim milk (low moisture)	28	49	80	8	5	3.1	15	1	0	207	0.1	27	150	54	0.01	0.10	Tr
	Parmesan, grated:																	
	Tablespoon	5	18	25	2	2	1.0	4	Tr	0	69	Tr	5	9	9	Tr	0.02	Tr
	Ounce	28	18	130	12	9	5.4	22	1	0	390	0.3	30	528	49	0.01	0.11	0
	Swiss	28	37	105	8	8	5.0	26	1	0	272	Tr	31	74	72	0.01	0.10	Tr
	Pasteurized process cheese:																	
	American	28	39	105	6	9	5.6	27	Tr	0	174	0.1	46	406	82	0.01	0.10	Tr
	Swiss	28	42	95	7	7	4.6	24	1	0	219	0.2	61	388	65	Tr	0.08	Tr
	Pasteurized process cheese:																	
	food, American	28	43	95	6	7	4.4	18	2	0	163	0.2	79	337	62	0.01	0.13	Tr
	spread, American	28	48	80	5	6	3.8	16	2	0	159	0.1	69	381	54	0.01	0.12	Tr
	Cream, sweet:																	
	Half-and-half (cream and milk)	242	81	315	7	28	17.3	89	10	0	254	0.2	314	98	259	0.08	0.36	2
	Light, coffee, or table	15	81	20	Tr	2	1.1	6	1	0	16	Tr	19	6	16	0.01	0.02	Tr
	Whipping, unwhipped (volume about double when whipped):																	
	Light	239	64	700	5	74	46.1	265	7	0	166	0.1	231	82	705	0.06	0.30	1
	Heavy	15	64	45	Tr	5	2.9	17	Tr	0	10	Tr	15	5	44	Tr	0.02	Tr
	Whipped topping, (pressurized)																	
	Cream, sour	238	58	820	5	88	54.7	326	7	0	154	0.1	179	89	1,002	0.05	0.26	1
	Cream products, imitation (made with vegetable fat):																	
	Whipped topping:																	
	Frozen	15	58	50	Tr	6	3.4	21	Tr	0	10	Tr	11	6	63	Tr	0.02	Tr
	Pressurized	15	60	155	2	13	8.3	46	7	0	61	Tr	88	78	124	0.02	0.04	Tr
	Ice cream. See Milk desserts, frozen.																	
	Ice milk. See Milk desserts, frozen.																	
	Milk:	3	61	10	Tr	4	0.6	2	Tr	0	3	Tr	4	4	6	Tr	Tr	0
	Fluid:	230	71	495	7	48	29.9	102	10	0	268	0.1	331	123	448	0.08	0.34	2
	Whole (3.3% fat)	12	71	25	Tr	3	1.8	5	1	0	14	Tr	17	6	23	Tr	0.02	Tr
	Lowfat (2%):																	
	No milk solids added	75	50	240	1	19	16.4	0	17	0	5	0.1	14	19	565	0.00	0.00	0
	Milk solids added, label claim less than 10 g of protein per cup	4	50	15	Tr	1	1.1	0	1	0	Tr	Tr	1	1	53	0.00	0.00	0
	Lowfat (1%):	70	60	185	1	16	13.2	0	11	0	4	Tr	13	43	533	0.00	0.00	0
	No milk solids added, label claim less than 10 g of protein per cup	4	60	10	Tr	1	0.8	0	1	0	Tr	Tr	1	2	52	0.00	0.00	0
	Nonfat (skim):																	
	No milk solids added, label claim less than 10 g of protein per cup	245	89	125	9	5	2.9	18	12	0	313	0.1	397	128	140	0.10	0.42	2
	Buttermilk	244	90	100	8	3	1.6	10	12	0	300	0.1	381	123	144	0.10	0.41	2
	Canned:	245	90	105	9	2	1.5	10	12	0	313	0.1	397	128	145	0.10	0.42	2
	Condensed, sweetened	245	91	85	8	Tr	0.3	4	12	0	302	0.1	406	126	149	0.09	0.34	2
	Evaporated:	245	90	90	9	1	0.4	5	12	0	316	0.1	418	130	149	0.10	0.43	2
	Whole milk	245	90	100	8	2	1.3	9	12	0	285	0.1	371	257	20	0.08	0.38	2
	Nonfat milk	306	27	980	24	27	16.8	104	166	0	868	0.6	1,136	389	248	0.28	1.27	8
	Dried:	252	74	340	17	19	11.6	74	25	0	657	0.5	764	267	136	0.12	0.80	5
	Nonfat, instantized:	255	79	200	19	1	0.3	9	29	0	738	0.7	845	293	288	0.11	0.79	3
	Envelope, 3.2 oz., net wt. 6	91	4	325	32	1	0.4	17	47	0	1,120	0.3	1,552	499	7646	0.38	1.59	8

Nutritive Value of Foods – Continued
(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight or edible portion only) (B)	Water	Nutrients in Indicated Quantity															
			Per- cent	Cal- ories	Food energy	Pro- tein	Fat	Satur- ated fat	Chol- esterol	Carbo- hydrate	Dietary fiber	Calcium	Iron	Potas- sium	Vitamin A	Thiamin	Ribo- flavin	Niacin
(A)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(S)
Milk beverages:																		
	Chocolate milk (commercial):																	
	Regular	250	210	8	8	5.2	31	26	3	280	0.6	417	73	0.09	0.41	0.3	2	
	Lowfat (2%)	250	84	180	8	3.1	17	26	3	284	0.6	422	143	0.09	0.41	0.3	2	
	Lowfat (1%)	250	85	160	8	3	1.5	26	3	287	0.6	425	148	0.10	0.42	0.3	2	
	Cocoa and chocolate-flavored beverages:																	
	Powder containing nontfat dry milk	28	100	3	1	0.7	1	22	Tr	90	0.3	223	Tr	0.03	0.17	0.2	Tr	
	Powder without nontfat dry milk	21	75	1	1	0.4	0	19	1	7	0.7	136	Tr	Tr	0.03	0.1	Tr	
	Eggnog (commercial)	254	340	10	19	11.3	149	34	0	330	0.5	420	203	0.09	0.48	0.3	4	
	Malted milk:																	
	Chocolate:																	
	Powder:	21	85	1	1	0.5	1	18	Tr	13	0.4	130	5	0.04	0.04	0.4	0	
	Shakes, thick:																	
	Chocolate	283	335	9	8	6.5	30	60	Tr	374	0.9	634	59	0.13	0.63	0.4	0	
	Vanilla	283	315	11	9	5.3	33	50	Tr	413	0.3	517	79	0.08	0.55	0.4	0	
Milk desserts, frozen:																		
	Ice cream, vanilla:																	
	Regular (about 11% fat):																	
	Hardened	1,064	2,155	38	115	72.4	476	254	1	1,406	1.0	2,052	929	1,064	0.42	2.63	1.1	
	1/2 gal.	133	61	270	5	14	9.0	32	Tr	176	0.1	257	116	133	0.05	0.33	0.1	
	1 cup	173	60	375	7	23	12.9	38	Tr	236	0.4	338	153	199	0.08	0.45	0.2	
	Soft serve (frozen custard)																	
	Ice milk, vanilla:																	
	Hardened (about 4% fat)	1,048	69	1,470	41	45	27.7	146	232	1	1,409	1.5	2,117	836	419	0.61	2.78	0.9
	1 cup	131	69	185	5	6	3.5	16	Tr	176	0.2	265	105	52	0.08	0.35	0.1	
	Soft serve (about 3% fat)	1,75	70	225	8	5	2.8	38	Tr	274	0.3	412	163	44	0.12	0.54	0.2	
	1 cup	1,542	66	2,160	17	31	17.9	113	469	0	827	2.5	1,585	706	308	0.26	0.71	1.0
	1/2 gal.	193	66	270	2	4	2.2	59	0	103	0.3	196	39	0.03	0.09	0.1	4	
	1 cup																	
Yogurt:																		
	With added milk solids:																	
	Made with lowfat milk:																	
	Fruit-flavored ⁶	227	74	230	10	2	1.6	10	43	345	0.2	442	133	25	0.08	0.40	0.2	
	Plain	227	85	145	12	4	2.3	14	16	415	0.2	531	159	36	0.10	0.49	0.3	
	Made with nontfat milk	227	85	125	13	Tr	0.3	4	17	452	0.2	579	174	5	0.11	0.53	0.3	
Eggs																		
Eggs, large (24 oz. per dozen):																		
Raw:																		
	Whole, without shell	50	75	80	6	6	1.6	274	1	0	28	1.0	65	78	0.04	0.15	Tr	
	White	33	88	15	3	Tr	0.0	0	Tr	0	4	Tr	45	0	Tr	0.09	Tr	
	Yolk	17	49	65	3	6	1.6	272	Tr	0	26	0.9	15	8	0.04	0.07	Tr	
Cooked:																		
	Fried in butter	46	68	95	6	7	1.9	278	1	0	29	1.1	66	162	94	0.04	0.14	
	Hard-cooked, shell removed	50	75	80	6	6	1.6	274	1	0	28	1.0	65	78	0.04	0.14		
	Poached	50	74	80	6	6	1.6	273	1	0	28	1.0	65	78	0.03	0.13		
	Scrambled (milk added) in butter. Also omelet	64	73	110	7	8	2.2	282	2	0	54	1.0	97	102	0.04	0.18		
Fats and Oils																		
Butter (4 sticks per lb.):																		
	1 tbsp.	14	16	100	Tr	11	7.1	Tr	0	3	Tr	4	9116	Tr	Tr	Tr	0	
	1 pat	5	16	35	Tr	4	2.5	Tr	0	1	Tr	1	941	Tr	Tr	Tr	0	
	1 cup	205	0	1,810	0	205	51.5	0	0	0	0.0	0	0	0	0.00	0.00	0.0	
	1 tbsp.	13	0	115	0	13	3.3	0	0	0	0.0	0	0	0	0.00	0.00	0.0	

Nutritive Value of Foods – Continued
(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only) (B)	Water (C)	Per- cent (C)	Nutrients in Indicated Quantity													Vitamin C (S)		
				Food energy (D)	Pro- tein (E)	Fat (F)	Satur- ated fat (G)	Chol- esterol (H)	Carbo- hydrate (I)	Dietary fiber (J)	Calcium (K)	Iron (L)	Potas- sium (M)	Vitamin A (O)	Sodium (N)	Vitamin A (O)		Thiamin (P)	Ribo- flavin (Q)
Fruits and Fruit Juices																			
Apples:																			
Raw:																			
	Unpeeled, without cores; 2-3/4-in. diam. (about 3 per lb. with cores)	138	84	80	Tr	Tr	0.1	0	21	3	10	0.2	159	Tr	7	0.02	0.02	0.1	8
	Peeled, sliced	110	84	65	Tr	Tr	0.1	0	16	2	4	0.1	124	Tr	5	0.02	0.01	0.1	4
	Dried, sulfured	64	32	155	Tr	Tr	Tr	Tr	42	6	9	0.9	288	185g	0	0.00	0.10	0.6	2
	Apple juice, bottled or canned ¹⁹	248	88	115	Tr	Tr	Tr	0	29	Tr	17	0.9	295	7	Tr	0.05	0.04	0.2	202
	Applesauce, canned:																		
	Sweetened	255	80	195	Tr	Tr	Tr	0	51	3	10	0.9	156	8	3	0.03	0.07	0.5	204
	Unsweetened	244	88	105	Tr	Tr	Tr	0	28	3	7	0.3	183	5	7	0.03	0.06	0.5	203
	Apricots:																		
	Raw, without pits (about 12 per lb. with pits)	106	86	50	1	Tr	Tr	0	12	2	15	0.6	314	1	277	0.03	0.04	0.6	11
	Canned (fruit and liquid):																		
	Heavy syrup pack	258	78	215	1	Tr	Tr	0	55	3	23	0.8	361	10	317	0.05	0.06	1.0	8
	Juice pack	248	87	120	2	Tr	Tr	0	31	3	30	0.7	409	10	419	0.04	0.05	0.9	12
	Dried:																		
	Uncooked (28 large or 37 medium halves per cup)	130	31	310	5	1	Tr	0	80	6	59	6.1	1,791	13	941	0.01	0.20	3.9	3
	Apricot nectar, canned	251	85	140	1	Tr	Tr	0	36	2	18	1.0	286	8	330	0.02	0.04	0.7	202
	Avocados, raw, whole, without skin and seed:																		
	California (about 2 per lb. with skin and seed)	173	73	305	4	30	4.5	0	12	6	19	2.0	1,097	21	106	0.19	0.21	3.3	14
	Bananas, raw, without peel:																		
	Whole (about 2-1/2 per lb. with peel)	114	74	105	1	1	0.2	0	27	2	7	0.4	451	1	9	0.05	0.11	0.6	10
	Blackberries, raw	144	86	75	1	1	0.3	0	18	6	46	0.8	282	Tr	24	0.04	0.06	0.6	30
	Blueberries:																		
	Raw	145	85	80	1	1	Tr	0	20	4	9	0.2	129	9	15	0.07	0.07	0.5	19
	Frozen, sweetened	230	77	230	1	Tr	0.1	0	62	6	17	1.1	170	3	12	0.06	0.15	0.7	3
	Cantaloupe. See Melons																		
	Cherries:																		
	Sour, red, pitted, canned, water pack	244	90	90	2	Tr	0.1	0	22	2	27	3.3	239	17	184	0.03	0.10	0.4	5
	Sweet, raw, without pits and stems	68	81	50	1	1	0.1	0	11	Tr	10	0.3	152	Tr	15	0.04	0.04	0.3	5
	Cranberry juice cocktail, bottled, sweetened	253	85	145	Tr	Tr	0.1	0	38	Tr	8	0.4	61	10	1	0.01	0.04	0.1	21,108
	Cranberry sauce, sweetened, canned, strained	277	61	420	1	Tr	Tr	0	108	3	11	0.6	72	80	6	0.04	0.06	0.3	6
	Dates:																		
	Whole, without pits	83	23	230	2	Tr	0.2	0	61	6	27	1.0	541	2	4	0.07	0.08	1.8	0
	Fruit cocktail, canned, fruit and liquid:																		
	Heavy syrup pack	255	80	185	1	Tr	Tr	0	48	3	15	0.7	224	15	52	0.05	0.05	1.0	5
	Juice pack	248	87	115	1	Tr	Tr	0	29	3	20	0.5	236	10	76	0.03	0.04	1.0	7
	Grapefruit:																		
	Raw, without peel, membrane and seeds (3-3/4 in. diam., 1 lb. 1 oz., whole, with refuse)	120	91	40	1	Tr	Tr	0	10	1	14	0.1	167	Tr	221	0.04	0.02	0.3	41
	Grapefruit juice:																		
	Canned:																		
	Unsweetened	247	90	95	1	Tr	Tr	0	22	Tr	17	0.5	378	2	2	0.10	0.05	0.6	72
	Sweetened	250	87	115	1	Tr	Tr	0	28	Tr	20	0.9	405	5	2	0.10	0.06	0.8	67
	Frozen concentrate, unsweetened																		
	Diluted with 3 parts water by volume	247	89	100	1	Tr	0.1	0	24	Tr	20	0.3	336	2	2	0.10	0.05	0.5	83
	Grapes, European type (adherent skin), raw:																		
	Thompson seedless	50	81	35	Tr	Tr	0.1	0	9	Tr	6	0.1	93	1	4	0.05	0.03	0.2	5
	Grape juice:																		
	Canned or bottled	253	84	155	1	Tr	0.1	0	38	2	23	0.6	334	8	2	0.07	0.09	0.7	20Tr
	Frozen concentrate, sweetened:																		
	Diluted with 3 parts water by volume	250	87	125	Tr	Tr	0.1	0	32	Tr	10	0.3	53	5	2	0.04	0.07	0.3	2160
	Lemons, raw, without peel and seeds (about 4 per lb. with peel and seeds)	58	89	15	1	Tr	Tr	0	5	2	15	0.3	80	1	2	0.02	0.01	0.1	31

(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	
Lemon juice:																			
Canned or bottled, unsweetened	1 cup	244	50	1	1	0.1	0	16	1	27	0.3	249	2351	4	0.10	0.02	0.5	61	
Frozen, single-strength, unsweetened	6 fl.oz. can	244	55	1	1	0.1	0	16	1	20	0.3	217	2	3	0.14	0.03	0.3	77	
Lime juice:																			
Canned, unsweetened	1 cup	246	50	1	1	0.1	0	16	1	30	0.6	185	2339	4	0.08	0.01	0.4	16	
Melons, raw, without rind and cavity contents:																			
Cantaloupe, orange-fleshed (5 in. diam., 2-1/3 lb., whole, with rind and cavity contents)	1 1/2 melon	267	95	2	1	0.1	0	22	2	29	0.6	825	24	861	0.10	0.06	1.5	113	
Honeydew (6-1/2 in. diam., 5-1/4 lb., whole, with rind and cavity contents)	1 1/10 melon	129	90	45	1	Tr	0	12	1	8	0.1	350	13	5	0.10	0.02	0.8	32	
Nectarines, raw, without pits (about 3 per lb. with pits) 1 nectarine	1 nectarine	136	86	65	1	0.1	0	16	2	7	0.2	288	Tr	100	0.02	0.06	1.3	7	
Oranges, raw:																			
Whole, without peel and seeds (2-5/8 in. diam., about 2-1/2 per lb., with peel and seeds)	1 orange	131	87	60	1	Tr	0	15	3	52	0.1	237	Tr	27	0.11	0.05	0.4	70	
Orange juice:																			
Raw, all varieties	1 cup	248	88	110	2	Tr	0	26	Tr	27	0.5	496	2	50	0.22	0.07	1.0	124	
Canned, unsweetened	1 cup	249	89	105	1	Tr	0	25	Tr	20	1.1	436	5	44	0.15	0.07	0.8	86	
Frozen concentrate:																			
Diluted with 3 parts water by volume	1 cup	249	88	110	2	Tr	0	27	Tr	22	0.2	473	2	19	0.20	0.04	0.5	97	
Orange and grapefruit juice, canned	1 cup	247	89	105	1	Tr	0	25	Tr	20	1.1	390	7	29	0.14	0.07	0.8	72	
Peaches:																			
Raw:																			
Whole, 2-1/2 in. diam., peeled, pitted (about 4 per lb. with peels and pits)	1 peach	87	88	35	1	Tr	0	10	2	4	0.1	171	Tr	47	0.01	0.04	0.9	6	
Canned, fruit and liquid:																			
Heavy syrup pack	1 cup	256	79	190	1	Tr	0	51	3	8	0.7	296	15	85	0.03	0.06	1.6	7	
Juice pack	1 cup	248	87	110	2	Tr	0	29	4	15	0.7	317	10	94	0.02	0.04	1.4	9	
Dried:																			
Uncooked	1 cup	160	32	380	6	1	0	98	12	45	6.5	1,594	11	346	Tr	0.34	7.0	8	
Frozen, sliced, sweetened 10 oz. container	10-oz. container	284	75	265	2	Tr	0	68	4	9	1.1	369	17	81	0.04	0.10	1.9	2,268	
Pears:																			
Raw, with skin, cored:	1 cup	250	75	235	2	Tr	0	60	4	8	0.9	325	15	71	0.03	0.09	1.6	2,236	
Barlett, 2-1/2 in. diam. (about 2-1/2 per lb. with cores and stems)	1 pear	166	84	100	1	1	Tr	0	25	4	18	0.4	208	Tr	3	0.03	0.07	0.2	7
Bosc, 2-1/2 in. diam. (about 3 per lb. with cores and stems)	1 pear	141	84	85	1	1	Tr	0	21	3	16	0.4	176	Tr	3	0.03	0.06	0.1	6
Canned, fruit and liquid:																			
Heavy syrup pack	1 cup	255	80	190	1	Tr	0	49	5	13	0.6	166	13	1	0.03	0.06	0.6	3	
Juice pack:	1 cup	248	86	125	1	Tr	0	32	5	22	0.7	238	10	1	0.03	0.03	0.5	4	
Pineapple:																			
Raw, sliced	1 cup	155	87	75	1	1	Tr	0	19	2	11	0.6	175	2	4	0.14	0.06	0.7	24
Canned, fruit and liquid:																			
Heavy syrup pack:	1 cup	255	79	200	1	Tr	0	52	1	36	1.0	265	3	4	0.23	0.06	0.7	19	
Crushed, chunks, tidbits	1 cup	250	84	150	1	Tr	0	39	2	35	0.7	305	3	10	0.24	0.05	0.7	24	
Juice pack:	1 cup	250	86	140	1	Tr	0	34	Tr	43	0.7	335	3	1	0.14	0.06	0.6	27	
Pineapple juice, unsweetened, canned																			
Plums, without pits:																			
Raw:																			
2-1/8 in. diam. (about 6-1/2 per lb. with pits)	1 plum	66	85	35	1	Tr	0	9	1	3	0.1	114	Tr	21	0.03	0.06	0.3	6	
Canned, purple, fruit and liquid:																			
Heavy syrup pack	1 cup	258	76	230	1	Tr	0	60	3	23	2.2	295	49	67	0.04	0.10	0.8	1	
Juice pack	1 cup	252	84	145	1	Tr	0	38	3	25	0.9	388	3	254	0.06	0.15	1.2	7	
Prunes, dried:																			
Uncooked	4 extra large or 5 large prunes	49	32	115	1	Tr	0	31	4	25	1.2	365	2	97	0.04	0.08	1.0	2	
Cooked, unsweetened, fruit and liquid	1 cup	212	70	225	2	Tr	0	60	14	49	2.4	708	4	65	0.05	0.21	1.5	6	
Prune juice, canned or bottled	1 cup	256	81	180	2	Tr	0	45	3	31	3.0	707	10	1	0.04	0.18	2.0	10	
Raisins, seedless:																			
Cup, not pressed down	1 cup	145	15	435	5	1	0.2	115	5	71	3.0	1,089	17	1	0.23	0.13	1.2	5	

Nutritive Value of Foods – Continued
(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only) (B)	Nutrients in Indicated Quantity																	
		Water (C)	Food energy (D)	Protein (E)	Fat (F)	Saturated fat (G)	Cholesterol (H)	Carbohydrate (I)	Dietary fiber (J)	Calcium (K)	Iron (L)	Potassium (M)	Sodium (N)	Vitamin A (O)	Thiamin (P)	Riboflavin (Q)	Niacin (R)	Vitamin C (S)	
Raspberries:																			
Raw	1 cup	123	87	1	1	Tr	0	14	5	27	0.7	187	Tr	16	0.04	0.11	1.1	31	
Frozen, sweetened	10-oz. container	284	73	2	Tr	Tr	0	74	5	43	1.8	324	3	17	0.05	0.13	0.7	47	
Rhubarb, cooked, added sugar	1 cup	240	68	1	Tr	Tr	0	75	5	348	0.5	230	2	17	0.04	0.06	0.5	8	
Strawberries:																			
Raw, capped, whole	1 cup	149	92	1	1	Tr	0	10	2	21	0.6	247	1	4	0.03	0.10	0.3	84	
Tangerines:																			
Raw, without peel and seeds (2-3/8 in. diam., about 4 per lb., with peel and seeds)	1 tangerine	84	88	1	Tr	Tr	0	9	1	12	0.1	132	1	77	0.09	0.02	0.1	26	
Watermelon, raw, without rind and seeds; Piece (4 by 8 in. wedge with rind and seeds; 1/16 or 32-2/3 lb. melon, 10 by 16 in.)	1 piece	482	92	155	3	2	0.6	0	35	1	39	0.8	559	10	176	0.39	0.10	1.0	46
Grain Products																			
Bagels, plain or water, enriched, 3-1/2 in. diam. ²⁴	1 bagel	68	29	200	7	2	0.1	0	38	2	29	1.8	50	245	0	0.26	0.20	2.4	0
Biscuits, baking powder, 2 in. diam. (enriched flour, vegetable shortening):																			
From home recipe	1 biscuit	28	28	100	2	5	1.2	Tr	13	Tr	47	0.7	32	195	3	0.08	0.08	0.8	Tr
From mix	1 biscuit	28	29	95	2	3	0.8	Tr	14	1	58	0.7	56	262	4	0.12	0.11	0.8	Tr
From refrigerated dough	1 biscuit	20	30	65	1	2	2.0	1	10	Tr	4	0.5	18	249	0	0.08	0.05	0.7	0
Breads:																			
Cracked-wheat bread (3/4 enriched wheat flour, 1/4 cracked wheat flour): ²⁵	1 slice	25	35	65	2	1	0.2	0	12	2	16	0.7	34	106	Tr	0.10	0.09	0.8	Tr
Slice (18 per loaf)																			
French or Vienna bread, enriched: ²⁵																			
Slice:																			
French, 5 by 2-1/2 by 1 in.	1 slice	35	34	100	3	1	0.2	0	18	1	39	1.1	32	203	Tr	0.16	0.12	1.4	Tr
Vienna, 4-3/4 by 4 by 1/2 in.	1 slice	25	34	70	2	1	0.2	0	13	1	28	0.8	23	145	Tr	0.12	0.09	1.0	Tr
Italian bread, enriched:																			
Slice, 4-1/2 by 3-1/4 by 3/4 in.	1 slice	30	32	85	3	Tr	0.3	0	17	1	5	0.8	22	176	0	0.12	0.07	1.0	0
Pita bread, enriched, white, 6-1/2 in. diam.	1 pita	60	31	165	6	1	0.1	0	33	1	49	1.4	71	339	0	0.27	0.12	2.2	0
Pumpernickel (2/3 rye flour, 1/3 enriched wheat flour): ²⁵	1 slice	32	37	80	3	1	0.1	0	16	1	23	0.9	141	177	0	0.11	0.17	1.1	0
Slice, 5 by 4 by 3/8 in.																			
Raisin bread, enriched: ²⁵	1 slice	25	33	65	2	1	0.3	0	13	1	25	0.8	59	92	Tr	0.08	0.15	1.0	Tr
Slice (18 per loaf)																			
Rye bread, light (2/3 enriched wheat flour, 1/3 rye flour): ²⁵	1 slice	25	37	65	2	1	0.2	0	12	2	20	0.7	51	175	0	0.10	0.08	0.8	0
Wheat bread, enriched: ²⁵	1 slice	25	37	65	2	1	0.2	0	12	1	32	0.9	35	138	Tr	0.12	0.08	1.2	Tr
Slice (18 per loaf)																			
White bread, enriched: ²⁵	1 slice	25	37	65	2	1	0.2	0	12	1	32	0.7	28	129	Tr	0.12	0.08	0.9	Tr
Slice (18 per loaf)																			
Slice (22 per loaf)	1 slice	20	37	55	2	1	0.2	0	10	1	25	0.6	22	101	Tr	0.09	0.06	0.7	Tr
Cubes	1 cup	30	37	80	2	1	0.2	0	15	1	38	0.9	34	154	Tr	0.14	0.09	1.1	Tr
Crumbs, soft	1 cup	45	37	120	4	2	0.3	0	22	1	57	1.3	50	231	Tr	0.21	0.14	1.7	Tr
Whole-wheat bread: ²⁵																			
Slice (16 per loaf)	1 slice	28	38	70	3	1	0.3	0	13	2	20	1.0	50	180	Tr	0.10	0.06	1.1	Tr
Bread stuffing (from enriched bread), prepared from mix:																			
Dry type	1 cup	140	33	500	9	31	2.4	0	50	4	92	2.2	126	1,254	273	0.17	0.20	2.5	0

(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	
Moist type	1 cup	203	61	420	9	26	3.0	67	40	4	81	2.0	118	1,023	256	0.10	0.18	1.6	0
Breakfast cereals:																			
Hot type, cooked:																			
Corn (hominy) grits:																			
Regular and quick, enriched	1 cup	242	85	145	3	Tr	0.1	0	31	5	0	27.15	53	280	270.24	270.15	272.0	0	0
Instant, plain	1 pkt.	137	85	80	2	Tr	Tr	0	18	Tr	7	27.10	29	343	0	270.18	270.08	271.3	0
Cream of Wheat®:																			
Regular, quick, instant	1 cup	244	86	140	4	Tr	0.1	0	29	1	30.54	30.10.9	46	31, 325	0	300.24	300.07	301.5	0
Mix'n Eat, plain	1 pkt.	142	82	100	3	Tr	Tr	0	21	Tr	30.20	30.8.1	38	241	303.76	300.43	300.28	305.0	0
Malt-O-Meal®	1 cup	240	88	120	4	Tr	Tr	0	26	1	5	30.9.6	31	332	0	300.48	300.24	305.8	0
Oatmeal or rolled oats:																			
Regular, quick, instant, nonfortified	1 cup	234	85	145	6	2	0.4	0	25	4	19	1.6	131	342	4	0.26	0.05	0.3	0
Instant, fortified:																			
Plain	1 pkt.	177	86	105	4	2	0.3	0	18	3	27.163	27.6.3	99	27,285	27.453	270.53	270.28	275.5	0
Ready-to-eat:																			
All-Bran® (about 1/3 cup)	1 oz.	28	3	70	4	1	0.1	0	21	10	23	30.4.5	350	320	303.75	300.37	300.43	305.0	3015
Cap'n Crunch® (about 3/4 cup)	1 oz.	28	3	120	1	3	2.2	0	23	1	5	27.7.5	37	213	4	270.50	270.55	276.6	0
Cheerios® (about 1-1/4 cup)	1 oz.	28	5	110	4	2	0.3	0	20	2	48	30.4.5	101	307	303.75	300.37	300.43	305.0	3015
Corn Flakes (about 1-1/4 cup):																			
Toasties®	1 oz.	28	3	110	2	Tr	Tr	0	24	1	1	27.0.7	33	297	303.75	300.37	300.43	305.0	0
40% Bran Flakes:																			
Kellogg's® (about 3/4 cup)	1 oz.	28	3	90	4	1	0.1	0	22	6	14	30.8.1	180	264	303.75	300.37	300.43	305.0	0
Froot Loops® (about 1 cup)	1 oz.	28	3	110	2	1	0.2	0	25	1	3	30.4.5	26	145	303.75	300.37	300.43	305.0	3015
Golden Grahams® (about 3/4 cup)	1 oz.	28	2	110	2	1	2.9	Tr	24	1	17	30.4.5	63	346	303.75	300.37	300.43	305.0	3015
Grape-Nuts® (about 1/4 cup)	1 oz.	28	3	100	3	Tr	Tr	0	23	3	11	1.2	95	197	303.75	300.37	300.43	305.0	0
Honey Nut Cheerios® (about 3/4 cup)	1 oz.	28	3	105	3	1	0.1	0	23	1	20	30.4.5	99	257	303.75	300.37	300.43	305.0	3015
Nature Valley® Granola (about 1/3 cup)	1 oz.	28	4	125	3	5	5.0	0	19	2	18	0.9	98	58	2	0.10	0.05	0.2	0
Product 19® (about 3/4 cup)	1 oz.	28	3	110	3	Tr	Tr	0	24	1	3	30.18.0	44	325	301.501	301.50	301.70	302.00	3060
Raisin Bran:																			
Kellogg's® (about 3/4 cup)	1 oz.	28	8	90	3	1	0.2	0	21	5	10	30.3.5	147	207	302.88	300.28	300.34	303.9	0
Rice Krispies® (about 1 cup)	1 oz.	28	2	110	2	Tr	Tr	0	25	Tr	4	30.1.8	29	340	303.75	300.37	300.43	305.0	3015
Shredded Wheat (about 2/3 cup)	1 oz.	28	5	100	3	1	0.2	0	23	4	11	1.2	102	3	0	0.07	0.08	1.5	0
Special K® (about 1-1/3 cup)	1 oz.	28	2	110	6	Tr	Tr	0	21	Tr	8	30.4.5	49	265	303.75	300.37	300.43	305.0	3015
Frosted Flakes:																			
Kellogg's® (about 3/4 cup)	1 oz.	28	3	110	1	Tr	Tr	0	26	1	1	30.1.8	18	230	303.75	300.37	300.43	305.0	3015
Golden Crisps® (about 3/4 cup)	1 oz.	28	3	105	2	1	Tr	0	25	1	3	30.1.8	42	75	303.75	300.37	300.43	305.0	3015
Total® (about 1 cup)	1 oz.	28	4	100	3	1	0.1	0	22	4	48	30.18.0	106	352	301.501	301.50	301.70	302.00	3060
Wheaties® (about 1 cup)	1 oz.	28	5	100	3	Tr	0.1	0	23	3	43	30.4.5	106	354	303.75	300.37	300.43	305.0	3015
Buckwheat flour, light, sifted	1 cup	98	12	340	6	1	0.2	0	78	6	11	1.0	314	2	0	0.08	0.04	0.4	0
Cakes prepared from cake mixes with enriched flour: ³⁵																			
Angel food:																			
Piece, 1/12 of cake	1 piece	53	38	125	3	Tr	0.1	0	29	1	44	0.2	71	269	0	0.03	0.11	0.1	0
Confection, crumb:																			
Piece, 1/6 of cake	1 piece	72	30	230	5	7	1.3	47	38	1	44	1.2	78	310	32	0.14	0.15	1.3	Tr
Devil's food with chocolate frosting:																			
Piece, 1/16 of cake	1 piece	69	24	235	3	8	3.2	37	40	2	41	1.4	90	181	31	0.07	0.10	0.6	Tr
Cupcake, 2-1/2 in. diam.	1 cupcake	35	24	120	2	4	1.9	19	20	1	21	0.7	46	92	16	0.04	0.05	0.3	Tr
Gingerbread:																			
Piece, 1/9 of cake	1 piece	63	37	175	2	4	1.6	1	32	2	57	1.2	173	192	0	0.09	0.11	0.8	Tr
Yellow with chocolate frosting:																			
Piece, 1/16 of cake	1 piece	69	26	235	3	8	3.3	36	40	1	63	1.0	75	157	29	0.08	0.10	0.7	Tr
Cakes prepared from home recipes using enriched flour: ³⁶																			
Carrot, with cream cheese frosting:																			
Piece, 1/16 of cake	1 piece	96	23	385	4	21	5.5	74	48	1	44	1.3	108	279	15	0.11	0.12	0.9	1
Fruitcake, dark: ³⁶																			
Piece, 1/32 of cake, 2/3 in. arc	1 piece	43	18	165	2	7	0.5	20	25	2	41	1.2	194	67	13	0.08	0.08	0.5	16
Plain sheet cake: ³⁷																			
Without frosting:																			
Piece, 1/9 of cake	1 piece	86	25	315	4	12	3.3	61	48	Tr	55	1.3	68	258	41	0.14	0.15	1.1	Tr
With uncooked white frosting:																			
Piece, 1/9 of cake	1 piece	121	21	445	4	14	2.9	70	77	1	61	1.2	74	275	71	0.13	0.16	1.1	Tr

Nutritive Value of Foods – Continued
(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	Nutrients in Indicated Quantity																	
		Water	Food energy	Protein	Fat	Saturated fat	Cholesterol	Carbohydrate	Dietary fiber	Calcium	Iron	Potassium	Sodium	Vitamin A	Thiamin	Riboflavin	Niacin	Vitamin C	
(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	
		Grams	Calories	Grams	Grams	Grams	Milligrams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	
Round, ³⁸																			
	1 slice	30	120	2	5	0.3	32	15	Tr	20	0.5	28	96	60	0.05	0.06	0.5	Tr	
	Cakes, commercial, made with enriched flour:																		
	1 slice	29	110	2	5	3.2	64	15	Tr	8	0.5	26	108	41	0.06	0.06	0.5	0	
	Shack cakes:																		
	1 small cake	28	105	1	4	0.9	15	17	Tr	21	1.0	34	105	4	0.06	0.09	0.7	0	
	1 small cake	42	155	1	5	0.5	7	27	Tr	14	0.6	37	155	9	0.07	0.06	0.6	0	
	1 piece	71	260	3	9	2.8	3	42	1	33	1.0	52	176	12	0.20	0.13	1.7	0	
	1 piece	69	245	2	11	3.3	38	39	1	23	1.2	123	192	30	0.05	0.14	0.6	0	
	1 piece	92	280	5	18	10.6	170	26	2	52	0.4	90	204	69	0.03	0.12	0.4	5	
	Cookies made with enriched flour:																		
	1 brownie	25	100	1	4	1.1	14	16	1	13	0.6	50	59	18	0.08	0.07	0.3	Tr	
	4 cookies	42	180	2	9	3.1	5	28	1	13	0.8	68	140	15	0.10	0.23	1.0	Tr	
	4 cookies	48	225	2	11	3.2	22	32	1	13	1.0	62	173	8	0.06	0.10	0.9	0	
	4 cookies	52	245	3	10	1.7	2	36	2	18	1.1	90	148	12	0.09	0.08	1.0	0	
	4 cookies	48	245	4	14	2.1	0	28	1	21	1.1	110	142	5	0.07	0.07	1.9	0	
	4 cookies	40	2	195	2	8	1.7	0	29	1	1.4	66	189	0	0.09	0.07	0.8	0	
	4 cookies	48	235	2	12	2.8	29	31	Tr	50	0.9	33	261	11	0.09	0.06	1.1	0	
	10 cookies	40	185	2	7	1.4	25	29	8	16	0.8	50	150	14	0.07	0.10	1.0	0	
	1 oz. package	28	155	2	9	1.3	0	16	1	35	0.5	52	233	11	0.04	0.05	0.4	1	
	Cornmeal:																		
	1 cup	138	500	11	2	0.3	0	108	10	8	5.9	166	1	61	0.61	0.36	4.8	0	
	1 cup	240	88	3	Tr	0.1	0	26	4	2	1.4	38	0	14	0.14	0.10	1.2	0	
	Crackers: ³⁹																		
	Cheese:																		
	10 crackers	10	4	50	1	3	0.9	6	Tr	11	0.3	17	112	5	0.05	0.04	0.4	0	
	1 sandwich	8	3	40	1	2	0.4	1	Tr	7	0.3	17	90	Tr	0.04	0.03	0.6	0	
	2 crackers	14	5	60	1	1	0.4	0	Tr	6	0.4	36	86	0	0.02	0.03	0.6	0	
	4 crackers	12	4	50	1	1	0.3	4	Tr	3	0.5	17	165	0	0.06	0.05	0.6	0	
	1 round cracker	3	15	Tr	1	0.1	0	2	Tr	4	0.1	4	30	Tr	0.01	0.01	0.1	0	
	4 crackers	8	3	35	1	1	0.7	5	1	3	0.3	17	69	Tr	0.04	0.03	0.4	0	
	Croissants, made with enriched flour,																		
	1 croissant	57	235	5	12	6.7	13	27	1	20	2.1	68	452	13	0.17	0.13	1.3	0	
	Danish pastry, made with enriched flour:																		
	1 pastry	57	220	4	12	2.3	49	26	Tr	60	1.1	53	218	17	0.16	0.17	1.4	Tr	
	1 pastry	65	30	235	4	13	2.3	28	0	17	1.3	57	233	11	0.16	0.14	1.4	Tr	
	Fruit, round piece																		
	1 doughnut	50	21	210	3	12	1.9	20	1	22	1.0	58	192	5	0.12	0.12	1.1	Tr	
	Yeast-leavened, glazed, 3-3/4 in. diam.,																		
	1-1/4 in. high	60	27	235	4	13	3.5	21	1	17	1.4	64	222	Tr	0.28	0.12	1.8	0	

(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	
Refried beans, canned	1 cup	290	72	295	18	3	1.0	0	14	141	5.1	1,141	1,228	0	0.14	0.16	1.4	17	
Sesame seeds, dry, hulled	1 tbsp.	8	5	45	2	4	2.9	0	3	11	0.6	33	3	1	0.06	0.01	0.4	0	
Soy products:																			
Tofu, piece 2-1/2 by 2-3/4 by 1 in.	1 piece	120	85	85	9	5	0.9	0	1	108	2.3	50	8	0	0.07	0.04	0.1	0	
Sunflower seeds, dry, hulled	1 oz.	28	5	160	6	14	1.9	0	2	33	1.9	195	1	1	0.65	0.07	1.3	Tr	
Walnuts:																			
Black, chopped	1 cup	125	4	760	30	71	4.5	0	6	73	3.8	655	1	37	0.27	0.14	0.9	Tr	
English or Persian, pieces or chips	1 cup	120	4	770	17	74	6.7	0	5	113	2.9	602	12	15	0.46	0.18	1.3	4	
Meat and Meat Products																			
Beef, cooked: ⁴⁶																			
Cuts braised, simmered, or pot roasted:																			
Relatively fat such as chuck blade:																			
Lean and fat, piece, 2-1/2 by 2-1/2 by 3/4 in.	3 oz.	85	43	325	22	26	11.6	87	0	11	2.5	163	53	Tr	0.06	0.19	2.0	0	
Relatively lean, such as bottom round:																			
Lean and fat, piece, 4-1/8 by 2-1/4 by 1/2 in.	3 oz.	85	54	220	25	13	3.6	81	0	5	2.8	248	43	Tr	0.06	0.21	3.3	0	
Lean	3 oz.	85	56	230	21	16	7.0	74	0	9	1.8	256	65	Tr	0.04	0.18	4.4	0	
Regular	3 oz.	85	54	245	20	18	7.9	76	0	9	2.1	248	70	Tr	0.03	0.16	4.9	0	
Liver, fried, slice, 6-1/2 by 2-3/8 by 3/8 in. ⁴⁷	3 oz.	85	56	185	23	7	3.0	410	7	9	5.3	309	90	48g,120	0.18	3.52	12.3	23	
Roast, oven cooked, no liquid added:																			
Relatively fat, such as rib:																			
Lean and fat, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in.	3 oz.	85	46	315	19	26	14.3	72	0	8	2.0	246	54	Tr	0.06	0.16	3.1	0	
Relatively lean, such as eye of round:																			
Lean and fat, 2 pieces, 2-1/2 by 2-1/2 by 3/8 in.	3 oz.	85	57	205	23	12	6.2	62	0	5	1.6	308	50	Tr	0.07	0.14	3.0	0	
Steak:																			
Sirloin, broiled:																			
Lean and fat, piece, 2-1/2 by 2-1/2 by 3/4 in.	3 oz.	85	53	240	23	15	8.7	77	0	9	2.6	306	53	Tr	0.10	0.23	3.3	0	
Beef, canned, corned	3 oz.	85	59	185	22	10	7.0	80	0	17	3.7	51	802	Tr	0.02	0.20	2.9	0	
Beef, dried, chipped	2.5 oz.	72	48	145	24	4	0.5	46	0	14	2.3	142	3,053	Tr	0.05	0.23	2.7	0	
Lamb, cooked:																			
Chops, (3 per lb. with bone):																			
Lean and fat	2.2 oz.	63	44	220	20	15	3.5	77	0	16	1.5	195	46	Tr	0.04	0.16	4.4	0	
Leg, roasted:																			
Lean and fat, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in.	3 oz.	85	59	205	22	13	7.8	78	0	8	1.7	273	57	Tr	0.09	0.24	5.5	0	
Rib, roasted:																			
Lean and fat, 3 pieces, 2-1/2 by 2-1/2 by 1/4 in.	3 oz.	85	47	315	18	26	14.5	77	0	19	1.4	224	60	Tr	0.08	0.18	5.5	0	
Pork, cured, cooked:																			
Bacon:																			
Regular	3 medium slices	19	13	110	6	9	3.3	16	Tr	2	0.3	92	303	0	0.13	0.05	1.4	6	
Canadian-style	2 slices	46	62	85	11	4	1.3	27	1	5	0.4	179	711	0	0.38	0.09	3.2	10	
Ham, light cure, roasted:																			
Lean and fat, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in.	3 oz.	85	58	205	18	14	6.8	53	0	6	0.7	243	1,009	0	0.51	0.19	3.8	0	
Ham, canned, roasted, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in.	3 oz.	85	67	140	18	7	3.2	35	Tr	6	0.9	288	908	0	0.82	0.21	4.3	49/19	
Luncheon meat:																			
Canned, spiced or unspiced, slice, 3 by 2 by 1/2 in.	2 slices	42	52	140	5	13	4.6	26	1	3	0.3	90	541	0	0.15	0.08	1.3	Tr	
Cooked ham (8 slices per 8 oz. pkg.):																			
Regular	2 slices	57	65	105	10	6	1.9	32	2	4	0.6	189	751	0	0.49	0.14	3.0	49/16	
Extra lean	2 slices	57	71	75	11	3	0.9	27	1	4	0.4	200	815	0	0.53	0.13	2.8	49/15	
Pork, fresh, cooked:																			
Chop, loin (cut 3 per lb. with bone):																			
Broiled:																			
Lean and fat	3.1 oz.	87	50	275	24	19	4.6	84	0	3	0.7	312	61	3	0.87	0.24	4.3	Tr	
Ham (leg), roasted:																			
Lean and fat, piece, 2-1/2 by 2-1/2 by 3/4 in.	3 oz.	85	53	250	21	18	0.7	79	0	5	0.9	280	50	2	0.54	0.27	3.9	Tr	
Rib, roasted:																			
Lean and fat, piece, 2-1/2 by 3/4 in.	3 oz.	85	51	270	21	20	6.7	69	0	9	0.8	313	37	3	0.50	0.24	4.2	Tr	
Shoulder cut, braised:																			
Lean and fat, 3 pieces, 2-1/2 by 2-1/2 by 1/4 in.	3 oz.	85	47	295	23	22	9.6	93	0	6	1.4	286	75	3	0.46	0.26	4.4	Tr	
Sausages																			
Bologna, slice (8 per 8 oz. pkg.)	2 slices	57	54	180	7	16	3.2	31	2	7	0.9	103	581	0	0.10	0.08	1.5	49/12	
Braunschweiger, slice (6 per 6 oz. pkg.)	2 slices	57	48	205	8	18	3.1	89	2	5	5.3	113	652	2,405	0.14	0.87	4.8	48/6	

Nutritive Value of Foods – Continued
(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight or edible portion only)	Nutrients in Indicated Quantity																	
		Water	Food energy	Protein	Fat	Saturated fat	Cholesterol	Carbohydrate	Dietary fiber	Calcium	Iron	Potassium	Sodium	Vitamin A	Vitamin C				
(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	
		Grams	Calories	Grams	Grams	Grams	Milli-grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
	Brown and serve (10-11 per 8 oz. pkg.), browned	13	45	2	5	1.7	9	Tr	0	1	0.1	25	105	0	0.05	0.02	0.4	0	
	Frankfurter (10 per 1 lb. pkg.), cooked (reheated)	45	54	5	13	4.9	23	1	0	5	0.5	75	504	0	0.09	0.05	1.2	4912	
	Salami:																		
	Dry type, slice (12 per 4 oz. pkg.)	20	35	5	7	2.5	16	1	0	2	0.3	76	372	0	0.12	0.06	1.0	495	
	Sandwich spread (pork, beef)	15	60	35	1	3	0.9	6	2	Tr	2	17	152	1	0.03	0.02	0.3	0	
	Veal, medium fat, cooked, bone removed:																		
	Cutlet, 4-1/8 by 2-1/4 by 1/2 in., braised or broiled	85	60	185	23	9	7.6	109	0	9	0.8	258	56	Tr	0.06	0.21	4.6	0	
	Rib, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in., roasted	85	55	230	23	14	6.1	109	0	10	0.7	259	57	Tr	0.11	0.26	6.6	0	
Mixed Dishes and Fast Foods																			
	Mixed dishes:																		
	Beef and vegetable stew, from home recipe	245	82	220	16	11	4.9	71	2	29	2.9	613	292	568	0.15	0.17	4.7	17	
	Beef patty, from home recipe, baked, piece, 1/3 of 9 in. diam. pie ⁵¹	210	55	515	21	30	8.4	42	3	29	3.8	334	596	517	0.29	0.29	4.8	6	
	Chicken a la king, cooked, from home recipe	245	68	470	27	34	12.7	221	1	127	2.5	404	760	272	0.10	0.42	5.4	12	
	Chicken chow mein:																		
	Canned																		
	Chili con carne with beans, canned	250	89	95	7	Tr	0.0	8	2	45	1.3	418	725	28	0.05	0.10	1.0	13	
	Chop suey with beef and pork, from home recipe	255	72	340	19	16	3.4	28	4	82	4.3	594	1,354	15	0.08	0.18	3.3	8	
	Macaroni (enriched) and cheese:																		
	Canned ⁵²	250	75	300	26	17	5.7	68	4	60	4.8	425	1,053	60	0.28	0.38	5.0	33	
	From home recipe ³⁸	240	80	230	9	10	4.2	24	26	199	1.0	139	730	72	0.12	0.24	1.0	Tr	
	Spaghetti (enriched) in tomato sauce with cheese:	200	58	430	17	22	8.9	44	40	362	1.8	240	1,086	232	0.20	0.40	1.8	1	
	Canned	250	80	190	6	2	0.0	3	39	40	2.8	303	955	120	0.35	0.28	4.5	10	
	From home recipe	250	77	260	9	9	2.0	8	37	80	2.3	408	955	140	0.25	0.18	2.3	13	
	Spaghetti (enriched) with meatballs and tomato sauce:																		
	Canned	250	78	260	12	10	2.1	23	29	6	3.3	245	1,220	100	0.15	0.18	2.3	5	
	From home recipe	248	70	330	19	12	3.3	89	39	8	3.7	665	1,009	159	0.25	0.30	4.0	22	
	Fast food entrees:																		
	Cheeseburger:																		
	Regular	112	46	300	15	15	6.7	44	28	135	2.3	219	672	65	0.26	0.24	3.7	1	
	4 oz. patty	194	46	525	30	31	10.2	104	40	236	4.5	407	1,224	128	0.33	0.48	7.4	3	
	Chicken, fried. See Poultry and Poultry Products.																		
	Enchilada	230	72	235	20	16	15.0	19	24	322	11.0	2,180	4,451	352	0.18	0.26	Tr	Tr	
	English muffin, egg, cheese, and bacon	138	49	360	18	18	8.6	213	31	197	3.1	201	832	160	0.46	0.50	3.7	1	
	Fish sandwich:																		
	Regular, with cheese	140	43	420	16	23	6.2	56	39	132	1.8	274	667	25	0.32	0.26	3.3	2	
	Large, without cheese	170	48	470	18	27	5.6	91	41	61	2.2	375	621	15	0.35	0.23	3.5	1	
	Hamburger:																		
	Regular	98	46	245	12	11	3.2	32	38	56	2.2	202	463	14	0.23	0.24	3.8	1	
	4 oz. patty	174	50	445	25	21	9.7	71	38	75	4.8	404	763	28	0.38	0.38	7.8	1	
	Pizza, cheese, 1/8 of 15 in. diam. pizza ⁵¹	120	46	290	15	9	2.9	56	39	220	1.6	230	699	106	0.34	0.29	4.2	2	
	Taco	81	55	195	9	11	4.6	21	15	109	1.2	263	456	57	0.09	0.07	1.4	1	
	Taco	81	55	195	9	11	4.6	21	15	109	1.2	263	456	57	0.09	0.07	1.4	1	
Poultry and Poultry Products																			
	Chicken:																		
	Fried, flesh, with skin: ⁵³	140	52	365	35	18	4.9	119	13	28	1.8	281	385	28	0.16	0.20	14.7	0	
	Batter dipped:																		
	Breast, 1/2 breast (5.6 oz. with bones)	140	52	365	35	18	4.9	119	13	28	1.8	281	385	28	0.16	0.20	14.7	0	

(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	
Beans:																			
Lima, immature seeds, frozen, cooked, drained:	1 cup	170	74	170	10	1	0.2	0	32	12	37	2.3	694	90	32	0.13	0.10	1.8	22
Thick-seeded types (Ford-hooks)																			
Ship:																			
Cooked, drained:																			
From raw (cut and French style)	1 cup	125	89	45	2	Tr	Tr	0	10	4	58	1.6	374	4	5783	0.09	0.12	0.8	12
From frozen (cut)	1 cup	135	92	35	2	Tr	Tr	0	8	4	61	1.1	151	18	5871	0.06	0.10	0.6	11
Canned, drained solids (cut)	1 cup	135	93	25	2	Tr	Tr	0	6	2	35	1.2	147	58339	6047	0.02	0.08	0.3	6
Beets:																			
Canned, drained solids, sliced or sliced	1 cup	170	91	55	2	Tr	Tr	0	12	4	26	3.1	252	61466	2	0.02	0.07	0.3	7
Beet greens, leaves and stems, cooked, drained	1 cup	144	89	40	4	Tr	Tr	0	8	4	164	2.7	1,309	347	734	0.17	0.42	0.7	36
Broccoli:																			
Cooked, drained:																			
From raw:																			
Spears, cut into 1/2 in. pieces	1 cup	155	90	45	5	Tr	Tr	0	9	2	177	1.8	253	17	218	0.13	0.32	1.2	97
From frozen:																			
Chopped:	1 cup	185	91	50	6	Tr	Tr	0	10	5	94	1.1	333	44	350	0.10	0.15	0.8	74
Brussels sprouts, cooked, drained:																			
From frozen	1 cup	155	87	65	6	1	0.2	0	13	6	37	1.1	504	36	91	0.16	0.18	0.8	71
Cabbage, common varieties:																			
Raw, coarsely shredded or sliced	1 cup	70	93	15	1	Tr	Tr	0	4	1	33	0.4	172	13	9	0.04	0.02	0.2	33
Cooked, drained	1 cup	150	94	30	1	Tr	0.1	0	7	4	50	0.6	308	29	13	0.09	0.08	0.3	36
Cabbage, red, raw, coarsely shredded or sliced	1 cup	70	92	20	1	Tr	Tr	0	4	2	36	0.3	144	8	3	0.04	0.02	0.2	40
Carrots:																			
Raw, without crowns and tips, scraped:																			
Whole, 7-1/2 by 1-1/8 in., or strips,	1 carrot or																		
2-1/2 to 3 in. long	18 strips	72	88	30	1	Tr	Tr	0	7	2	19	0.4	233	25	2,025	0.07	0.04	0.7	7
Cooked, sliced, drained:																			
From frozen	1 cup	146	90	55	2	Tr	Tr	0	12	6	41	0.7	231	86	2,585	0.04	0.05	0.6	4
Cauliflower:																			
Raw, (flowerets)	1 cup	100	92	25	2	Tr	Tr	0	5	2	29	0.6	355	15	2	0.08	0.06	0.6	72
Cooked, drained:																			
From frozen (flowerets)	1 cup	180	94	35	3	Tr	Tr	0	7	4	31	0.7	250	32	4	0.07	0.10	0.6	56
Celery, pascal type, raw:																			
Stalk, large outer, 8 by 1-1/2 in. (at root end)	1 stalk	40	95	5	Tr	Tr	Tr	0	1	1	14	0.2	114	35	5	0.01	0.01	0.1	3
Collards, cooked, drained:																			
From frozen (chopped)	1 cup	170	88	60	5	1	0.2	0	12	6	357	1.9	427	85	1,017	0.08	0.20	1.1	45
Corn, sweet:																			
Cooked, drained:																			
From raw ear 5 by 1-3/4 in.	1 ear	77	70	85	3	1	0.2	0	19	2	2	0.5	192	13	6317	0.17	0.06	1.2	5
From frozen:																			
Ear, trimmed to about 3-1/2 in. long	1 ear	63	73	60	2	Tr	0.1	0	14	2	2	0.4	158	3	6313	0.11	0.04	1.0	3
Kernels	1 cup	165	76	135	5	Tr	Tr	0	34	4	3	0.5	229	8	6341	0.11	0.12	2.1	4
Canned:																			
Cream style	1 cup	256	79	185	4	1	0.2	0	46	4	8	1.0	343	64730	6325	0.06	0.14	2.5	12
Whole kernel, vacuum pack	1 cup	210	77	165	5	1	0.2	0	41	4	11	0.9	391	65571	6551	0.09	0.15	2.5	17
Cucumber, with peel, slices, 1/8 in. thick	6 large or																		
(large, 2-1/8 in. diam.; small, 1-3/4 in. diam.)	8 small slices	28	96	5	Tr	Tr	Tr	0	1	Tr	4	0.1	42	1	1	0.01	0.01	0.1	1
Eggplant, cooked, steamed	1 cup	96	92	25	1	Tr	0.1	0	6	4	6	0.3	238	3	6	0.07	0.02	0.6	1
Kale, cooked, drained:																			
From frozen, chopped	1 cup	130	91	40	4	1	Tr	0	7	2	179	1.2	417	20	826	0.06	0.15	0.9	33
Lettuce, raw:																			
Butterhead, as Boston types:																			
Head, 5 in. diam.	1 head	163	96	20	2	Tr	Tr	0	4	4	52	0.5	419	8	158	0.10	0.10	0.5	13
Crisphead, as iceberg:																			
Head, 6 in. diam.	1 head	539	96	70	5	1	Tr	0	11	4	102	2.7	852	49	178	0.25	0.16	1.0	21
Wedge, 1/4 of head	1 wedge	135	96	20	1	Tr	Tr	0	3	1	26	0.7	213	12	46	0.06	0.04	0.3	5
Pieces, chopped or shredded	1 cup	55	96	5	1	Tr	Tr	0	1	1	10	0.3	87	5	18	0.03	0.02	0.1	2
Mushrooms:																			
Raw, sliced or chopped	1 cup	70	92	20	1	Tr	Tr	0	3	Tr	4	0.9	259	3	0	0.07	0.31	2.9	2
Canned, drained solids	1 cup	156	91	35	3	Tr	Tr	0	8	4	17	1.2	201	663	0	0.13	0.03	2.5	0

Nutritive Value of Foods – Continued
(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	Nutrients in Indicated Quantity																	
		Water	Food energy	Protein	Fat	Saturated fat	Cholesterol	Carbohydrate	Dietary fiber	Calcium	Iron	Potassium	Sodium	Vitamin A	Thiamin	Riboflavin	Niacin	Vitamin C	
(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	
Onions:																			
Raw:																			
	1 cup	160	55	2	Tr	Tr	0	12	3	40	0.6	248	3	0	0.10	0.02	0.2	13	
	1 cup	210	60	2	Tr	Tr	0	13	2	57	0.4	319	17	0	0.09	0.02	0.2	12	
	2 rings	20	29	1	5	1.7	0	8	Tr	6	0.3	26	75	5	0.06	0.03	0.7	Tr	
Parsley:																			
	1 tbsp.	0.4	2	Tr	Tr	Tr	0	Tr	1	1	0.2	25	2	25	Tr	0.01	Tr	1	
	1 cup	160	89	5	Tr	0.1	0	11	4	67	3.2	384	6	21	0.20	0.12	0.09	77	
Peas, edible pod, cooked, drained																			
	1 cup	170	82	115	8	1	0.2	0	21	34	1.6	294	66372	131	0.21	0.13	1.2	16	
Peas, green:																			
	1 cup	160	80	125	8	Tr	0	23	8	38	2.5	269	139	107	0.45	0.16	2.4	16	
Peppers:																			
	1 pepper	45	88	20	1	Tr	0	4	1	8	0.5	153	3	67,484	0.04	0.04	0.4	109	
Hot chili, raw																			
Sweet (about 5 per lb., whole), stem and seeds removed:																			
	1 pepper	74	93	20	1	Tr	0	4	1	4	0.9	144	2	6839	0.06	0.04	0.4	695	
Potatoes, cooked:																			
Baked (about 2 per lb., raw):																			
	1 potato	202	71	220	5	Tr	0	51	5	20	2.7	844	16	0	0.22	0.07	3.3	26	
	1 potato	156	75	145	3	Tr	0	34	2	8	0.5	610	8	0	0.16	0.03	2.2	20	
Boiled (about 3 per lb., raw):																			
	1 potato	136	77	120	3	Tr	0	27	2	7	0.4	515	5	0	0.14	0.03	2.0	18	
French fried, strip, 2 to 3-1/2 in. long, frozen:																			
	10 strips	50	53	110	2	4	3.8	0	17	5	0.7	229	16	0	0.06	0.02	1.2	5	
	10 strips	50	38	160	2	8	2.5	0	20	10	0.4	366	108	0	0.09	0.01	1.6	5	
Fried in vegetable oil																			
Potato products, prepared:																			
	1 cup	245	79	230	6	10	6.4	12	31	4	203	0.8	537	1,076	76	0.05	0.20	2.3	8
	1 cup	156	56	340	5	18	7.0	0	44	3	23	2.4	680	53	0	0.17	0.03	3.8	10
Au gratin:																			
	1 cup	210	76	225	4	9	2.2	4	35	4	55	0.5	607	620	42	0.18	0.08	2.3	13
From home recipe:																			
	10 chips	20	3	105	1	7	3.1	0	10	1	5	0.2	260	94	0	0.03	Tr	0.8	8
Pumpkin:																			
	1 cup	245	90	85	3	1	0.4	0	20	6	64	3.4	505	12	5,404	0.06	0.13	0.9	10
Canned																			
	4 radishes	18	95	5	Tr	Tr	Tr	0	1	Tr	4	0.1	42	4	Tr	Tr	0.01	0.1	4
Spinach:																			
	1 cup	55	92	10	2	Tr	Tr	0	2	2	54	1.5	307	43	369	0.04	0.10	0.4	15
Raw, chopped																			
	1 cup	190	90	55	6	Tr	Tr	0	10	4	277	2.9	566	163	1,479	0.11	0.32	0.8	23
Cooked, drained:																			
	1 cup	214	92	50	6	1	0.2	0	7	6	272	4.9	740	7683	1,878	0.03	0.30	0.8	31
From frozen (leaf)																			
	1 cup	180	94	35	2	1	0.2	0	8	2	49	0.6	346	2	52	0.08	0.07	0.9	10
Squash, cooked:																			
	1 cup	205	89	80	2	1	0.3	0	18	6	29	0.7	896	2	729	0.17	0.05	1.4	20
Winter (all varieties), baked, cubes																			
Sweet potatoes:																			
	1 potato	114	73	115	2	Tr	Tr	0	28	4	32	0.5	397	11	2,488	0.08	0.14	0.7	28
	1 piece	105	67	145	1	3	1.4	8	29	2	27	1.2	198	74	440	0.02	0.04	0.4	7
Canned:																			
	1 piece	40	76	35	1	Tr	Tr	0	8	1	9	0.4	125	21	319	0.01	0.02	0.3	11
Vacuum pack, piece 2-3/4 by 1 in.																			
Tomatoes:																			
	1 tomato	123	94	25	1	Tr	0.1	0	5	1	9	0.6	255	10	139	0.07	0.06	0.7	22
	1 cup	240	94	50	2	1	0.1	0	10	2	62	1.5	530	7391	145	0.11	0.07	1.8	36
Raw, 2-3/5 in. diam. (3 per 12 oz. pkg.)																			
Canned, solids and liquid																			

(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
Tomato juices, canned	1 cup	244	94	40	2	Tr	0	10	1	22	1.4	537	74881	136	0.11	0.08	1.6	45
Tomato products, canned:																		
Paste	1 cup	262	74	220	10	2	0.3	49	11	92	7.8	2,442	75170	647	0.41	0.50	8.4	111
Puree	1 cup	250	87	105	4	Tr	0	25	6	38	2.3	1,050	7650	340	0.18	0.14	4.3	88
Sauce	1 cup	245	89	75	3	Tr	0	18	3	34	1.9	909	771,482	240	0.16	0.14	2.8	32
Turnip greens, cooked, drained:																		
From frozen (chopped)	1 cup	164	90	50	5	1	0.2	0	8	7	249	3.2	367	25	1,308	0.09	0.12	36
Vegetable juice cocktail, canned	1 cup	242	94	45	2	Tr	0	11	1	27	1.0	467	883	283	0.10	0.07	1.8	67
Vegetables, mixed:																		
Canned, drained solids	1 cup	163	87	75	4	Tr	0	15	3	44	1.7	474	243	1,899	0.08	0.08	0.9	8
Frozen, cooked, drained	1 cup	182	83	105	5	Tr	0	24	5	46	1.5	308	64	778	0.13	0.22	1.5	6
Water chestnuts, canned	1 cup	140	86	70	1	Tr	0	17	1	6	1.2	165	11	1	0.02	0.03	0.5	2

¹Value not determined.

²Mineral content varies depending on water source.

³Blend of aspartame and saccharin; if only sodium saccharin is used, sodium is 75 mg; if only aspartame is used, sodium is 23 mg.

⁴With added ascorbic acid.

⁵Vitamin A value is largely from beta-carotene used for coloring.

⁶Yields 1 qt. of fluid milk when reconstituted according to package directions.

⁷With added vitamin A.

⁸Carbohydrate 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.

⁹For salted butter; unsalted butter contains 12 mg sodium per stick, 2 mg per tbsp., or 1 mg per pat.

¹⁰Values for vitamin A are year-round average.

¹¹For salted margarine.

¹²Based on average vitamin A content of fortified margarine. Federal specifications for fortified margarine require a minimum of 15,000 IU per pound.

¹⁴Dipped in egg, milk, and breadcrumbs; fried in vegetable shortening.

¹⁵If bones are discarded, value for calcium will be greatly reduced.

¹⁶Dipped in egg, breadcrumbs, and flour; fried in vegetable shortening.

¹⁸Sodium bisulfite used to preserve color; unsulfited product would contain less sodium.

¹⁹Also applies to pasteurized apple cider.

²⁰Without added ascorbic acid. For value with added ascorbic acid, refer to label.

²¹With added ascorbic acid.

²²For white grapefruit; pink grapefruit have about 310 IU or 31 RE.

²³Sodium benzoate and sodium bisulfite added as preservatives.

²⁴Egg bagels have 44 mg cholesterol and 22 IU or 7 RE vitamin A per bagel.

²⁵Made with vegetable shortening.

²⁷Nutrient added.

²⁸Cooked without salt. If salt is added according to label recommendations, sodium content is 540 mg.

²⁹For white corn grits. Cooked yellow grits contain 145 IU or 14 RE.

³⁰Value based on label declaration for added nutrients.

³¹For regular and instant cereal. For quick cereal, phosphorus is 102 mg and sodium is 142 mg.

³²Cooked without salt. If salt is added according to label recommendations, sodium content is 390 mg.

³³Cooked without salt. If salt is added according to label recommendations, sodium content is 324 mg.

³⁴Cooked without salt. If salt is added according to label recommendations, sodium content is 374 mg.

³⁵Excepting angel food cake, cakes were made from mixes containing vegetable shortening and frostings were made with margarine.

³⁶Made with vegetable oil.

³⁷Cake made with vegetable shortening; frosting with margarine.

³⁸Made with margarine.

³⁹Crackers made with enriched flour except for rye wafers and whole-wheat wafers.

⁴⁰Made with lard.

⁴¹Cashews without salt contain 21 mg sodium per cup or 4 mg per oz.

⁴²Cashews without salt contain 22 mg sodium per cup or 5 mg per oz.

⁴³Macadamia nuts without salt contain 9 mg sodium per cup or 2 mg per oz.

⁴⁴Mixed nuts without salt contain 3 mg sodium per oz.

⁴⁵Peanuts without salt contain 22 mg sodium per cup or 4 mg per oz.

⁴⁶Outer layer of fat was removed to within approximately 1/2 inch of the lean. Deposits of fat within the cut were removed.

⁴⁷Fried in vegetable shortening.

⁴⁸Value varies widely.

⁴⁹Contains added sodium ascorbate. If sodium ascorbate is not added, ascorbic acid content is negligible.

⁵¹Crust made with vegetable shortening and enriched flour.

⁵²Made with corn oil.

⁵³Fried in vegetable shortening.

⁵⁴If sodium ascorbate is added, product contains 11 mg ascorbic acid.

⁵⁵Made with enriched flour, margarine, and whole milk.

⁵⁷For green varieties; yellow varieties contain 101 IU or 10 RE.

⁵⁹For regular pack; special dietary pack contains 3 mg sodium.

⁶⁰For green varieties; yellow varieties contain 142 IU or 14 RE.

⁶¹For regular pack; special dietary pack contains 78 mg sodium.

⁶³For yellow varieties; white varieties contain only a trace of vitamin A.

⁶⁴For regular pack; special dietary pack contains 8 mg sodium.

⁶⁵For regular pack; special dietary pack contains 6 mg sodium.

⁶⁶For regular pack; special dietary pack contains 3 mg sodium.

⁶⁸For green peppers; red peppers contain 4,220 IU or 35 RE.

⁶⁹For green peppers; red peppers contain 141 mg ascorbic acid.

⁷²With added salt; if none is added, sodium content is 58 mg.

⁷³For regular pack; special dietary pack contains 31 mg sodium.

⁷⁴With added salt; if none is added, sodium content is 24 mg.

⁷⁵With no added salt; if salt is added, sodium content is 2,070 mg.

⁷⁶With no added salt; if salt is added, sodium content is 998 mg.

⁷⁷With salt added.