

Description	Cals	Mg Cholst	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-c	Protrn	G Carb	G T-Fat	G S-Fat	G Trans. Fat
Bacon Bits, Imitation	500	167	2500	0	0	0	0	0	33.33	33.33	33.33	0	N/A
Bacon Redi Grill, Slc	588	126	2184	0	0	0	0	0	33.59	0	50.39	25.2	N/A
Bagel, Blueberry	265	0	538	1.76	2.38	70.55	0	0	9.7	53.79	2.65	0.44	N/A
Bagel, Plain	306	0	329	2.35	0.85	70.59	0	0	8.24	63.53	2.35	0	N/A
Bagel, Plain, 2.3 oz	245	0	521	1.53	1.66	0	0	0	9.2	50.61	0.77	0	N/A
Bagel, Plain, 4 oz	273	0	564	1.76	2.38	70.55	0	0	9.7	54.68	2.65	0.44	N/A
Beef, Ground Bulk	259	67	58	0	1.61	0	0	0	18.75	0	19.64	8.04	N/A
Beef, Meatballs FC	917	309	1357	5.01	11.5	218.7	259	2.54	95.95	9.17	55.03	21.87	N/A
Beef, Pattie 6/1 w/TVP	293	53	33	1.33	1.92	26.67	0	0	16	1.33	25.33	10.67	N/A
Beef, Pattie Charbroiled	312	66	430	0.63	1.73	18.5	22	0	16.46	1.41	26.81	10.97	N/A
Beef, Pattie Flamebroiled	222	59	360	0.9	2.2	24	44	0	23.8	2.59	12.95	5.15	N/A
Beef, Pattie w/TVP	295	54	36	1.79	2.41	35.71	89	0	15.18	1.79	25	10.71	N/A
Bread, Breadstick Plain	438	0	438	0	4.5	0	0	0	12.5	75	12.5	0	N/A
Bread, Wheat	250	0	482	3.57	3.86	71.43	0	0	7.14	50	3.57	0	0
Bread, White	231	0	462	7.69	2.77	576.92	0	0	7.69	50	1.92	0	N/A
Breakfast on a Stick	338	28	451	1.4	2.02	0	0	0	8.45	30.98	19.71	7.04	N/A
Breakfast on Stick 2.8oz	284	19	531	1.24	1.78	0	0	0	11.11	28.4	14.82	3.7	N/A
Cake Mix, Brownie Mix	464	18	464	0	2.57	0	0	0	3.57	75	16.07	5.36	N/A
Cake Mix, Chocolate	424	14	819	2.83	3.05	56.5	0	0	5.65	73.45	12.72	4.24	N/A
Cake Mix, Yellow	424	28	763	0	1.02	0	0	0	5.65	73.45	11.3	4.24	N/A
Cereal, Apple Jacks	390	0	475	3.2	13.9	25	520	46	3	91	2	0.4	N/A
Cereal, Cap'N Crunch	401	0	749	2.5	19.1	15	147	0	4.35	84.82	5.81	1.5	N/A
Cereal, Cheerios, Bowl	369	0	910	9	27	333	1667	20	11	74	6	1.2	N/A
Cereal, Cocoa Krispies	381	0	613	3.2	15	17	1640	48.4	340	87.1	3.2	1.7	N/A
Cereal, Corn Flakes	361	0	725	3.5	30	7	1789	22	7	86	0.8	0.2	N/A
Cereal, Corn Pops	380	0	386	0.8	6.2	17	1615	19.4	3.7	90	0.73	0.23	N/A
Cereal, Crispix	377	0	724	0.5	28	21	1724	20	6.8	86	0.8	0.2	N/A
Cereal, Crunch, Bowl	401	0	479	2.5	19.1	15	147	0	4.35	84.82	5.81	1.5	N/A
Cereal, Cruncheroos	361	0	928	11.11	0	68	4167	50	11.11	77.77	5.55	0	N/A
Cereal, Froot Loops	393	0	501	2.5	20.4	14	1610	47	5.04	87.48	3.1	1.52	N/A
Cereal, Frosted Flakes	388	0	476	0	12.7	0	1411	16.9	3.53	91.71	0	0	0

Cereal, Golden Gram	385	0	915	3.1	15	48	2500	50	5.32	85.63	3.6	0.59	N/A
Cereal, Hon. Nut Cheerio	383	0	863	5.2	15	68	2500	50	9.26	80.87	4.13	0.76	N/A
Cereal, Honey Smacks	365	0	182	4.05	1.46	0	1622	19.5	8.11	89.2	0	0	0
Cereal, Kix	412	0	706	0	26.5	470.58	1765	21.2	5.88	82.35	2.94	0	N/A
Cereal, Lucky Charms	380	0	678	5	15	333	1667	20	7	83	3.8	0.8	N/A
Cereal, Mini-Wheats	343	0	10	10	29	32	0	0	9.8	80.4	1.6	0.36	0
Cereal, Raisin Bran	314	0	600	11.43	7.71	0	857	0	8.57	77.14	2.86	0	0
Cereal, Smacks	387	0	186	3.7	1.3	24	1885	22.6	6.4	89	1.85	0.3	1
Cereal, Special K	11290	0	20968	0	726	0	64516	1985	645.2	2097	0	0	0
Cheese Sauce, Cheddar	145	8	855	0	0	96.77	0	0	3.23	8.07	11.29	4.03	N/A
Cheese Sauce, Jalapeno	113	8	548	0	0	96.77	0	0	3.23	8.07	7.26	3.23	N/A
Cheese Sauce, Nacho	129	6	758	0	0	139.03	0	0	3.23	9.68	8.07	2.42	N/A
Cheese, Amer, Past	375	94	1430	0	0.39	615.5	1210	0	22.15	1.6	31.25	19.69	N/A
Cheese, Amer, Past, Slc	357	89	1821	0	0	535.71	1071	0	19.86	0	32.14	17.86	0
Cheese, Cheddar,Shed	333	50	800	0	0	666.67	1667	0	23.33	0	26.67	20	N/A
Cheese, Cottage	72	4	406	0	0.14	61	41	0	12.39	2.72	1.02	0.64	N/A
Cheese, Cream	349	110	296	0	1.2	80	1346	0	7.55	2.66	34.87	21.96	N/A
Cheese, Monterey Jack	373	89	536	0	0.72	746.4	950	0	24.48	0.68	30.28	19.07	N/A
Cheese, Mozz Shrd Blnd	280	54	528	0	0.25	731.3	703	0	27.47	3.14	17.12	10.88	N/A
Cheese, Parmesan Grtd	456	79	1862	0	0.95	1375.7	701	0	41.56	3.74	30.02	19.07	N/A
Cherries, Red, Frz	90	0	3	1.3	0.5	16	838	2	1.4	23	0.1	0.02	N/A
Chicken, Crisпитos	239	38	347	2.17	1.17	65.12	0	0	9.77	23.88	10.85	2.71	N/A
Chicken, Cut-up, rtc	240	88	81	0	1.41	14.11	229	0	24.69	0	13.76	3.88	N/A
Chicken, Diced	153	94	47	0	1.27	0	0	0	30.57	0	4.12	1.18	N/A
Chicken, Fajita Strips	119	60	774	0	0	0	0	0	19.05	0	4.76	1.79	N/A
Chicken, Nugget, Brd	244	43	427	0	1.76	24.39	0	0	13.42	10.98	17.07	3.66	N/A
Chicken, Patty Brd	260	41	479	1.37	0.99	27.4	0	0	10.96	13.7	17.81	3.43	0
Chicken, Patty,Brd 3.37oz	278	36	544	0	2.09	2.09	103	1.05	14.65	15.07	17.69	3.66	N/A
Chicken, Popcorn Bites	169	35	821	0	0.61	0	0	0	16.1	15.34	4.6	0.77	N/A
Chicken, Strips	254	57	373	0	2.08	2.91	102	1.04	13.49	11.41	17.12	3.11	N/A
Chips, Cheetos, BKD, .875oz	484	0	847	0	2.9	0	0	0	8.06	68.53	18.14	4.03	0
Chips, Cheetos,Baked	484	0	847	0	4.35	0	1613	0	8.06	68.53	18.14	4.03	N/A
Chips, Dorito, Nacho BK	436	0	770	5.13	2.77	153.92	513	0	7.7	76.96	10.26	2.57	0

Chips, Lays KC Mastpiece	439	0	721	6.27	1.13	125.42	0	3.76	6.27	78.39	9.41	1.57	0
Chips, Potatos, Plain	547	0	525	4.4	1.61	24	0	18.6	6.56	49.74	37.47	10.96	N/A
Chips, Pretzel Rolled Gold 1.5oz	395	0	2090	5.65	6.1	0	0	0	11.3	79.1	2.83	0	N/A
Chips, Tortilla	488	0	421	5.3	2.32	174	81	0	7.79	65.32	23.36	2.46	N/A
Collards, Chopped Frz	36	0	50	2.8	1.12	210	11493	26.4	2.97	7.11	0.41	0.06	N/A
Cookie Dgh, Carnival	440	20	370	2	1.8	20	1000	0	4	63	20	6	N/A
Cookie Dgh, Choc Chp	430	30	400	2	2.7	20	1000	0	4	62	20	8	N/A
Cookie Dgh, Dbl Choc Chip	440	30	340	3	1.8	20	1000	0	5	60	22	8	N/A
Cookie Dgh, Oatmeal Raisin	410	25	350	3	2.7	20	750	0	6	60	17	7	N/A
Cookie Dgh, Peanut Butter	460	30	450	2	1.8	20	1000	0	8	52	25	6	N/A
Cookie, Fortune	388	14	0	0	3.81	0	0	0	7.06	88.19	3.53	0	N/A
Corn Dog, Turkey	241	22	670	0.89	2.41	53.57	0	0	8.93	193.6	12.5	3.57	N/A
Corn Dog, Turkey, .67oz	325	44	825	0	3.16	52.65	0	0	9.65	28.96	19.3	4.39	N/A
Corn Dog, Turkey, Mini	282	41	659	0	2.59	117.65	6	0	9.41	24.71	16.47	3.53	N/A
Crackers, Animal	446	0	393	1.1	2.75	43	0	0	6.9	74.1	13.8	3.46	N/A
Crackers, Cheese/PB	512	0	366	2.44	3.51	195.12	0	0	12.2	56.1	24.39	6.1	N/A
Crackers, Grahams	432	0	468	0	2.59	431.93	0	0	7.2	71.99	10.8	0	0
Crackers, Saltines	428	0	1072	3	5.64	68	0	0	9.22	70.91	11.35	1.65	3.6
Dough Biscuit, Southern	321	0	978	0.96	2.31	32.07	0	0	6.41	36.88	16.03	4.01	N/A
Dough Roll, Cinn Sweet Roll	282	7	309	1.9	2.66	25.08	51	0.52	7.12	51.43	5.27	1.39	N/A
Dough Roll, Raspberry Sweet	402	18	650	1.21	1.98	137.43	314	0.26	6.74	46.9	21.77	5.6	N/A
Dressing, Creamy Italian	550	25	700	0	0	0	0	0	0	3	61	9	N/A
Dressing, French	460	0	700	0	0.36	0	0	0	0	0.33	0.36	5	N/A
Dressing, Golden Italian	467	0	967	0	0	0	0	0	0	6.67	46.67	6.67	N/A
Dressing, Mayo Type	263	41	886	1	0.62	10	50	0	0.7	22.4	19	3.08	N/A
Dressing, Ranch	556	48	837	0.16	0.16	33.58	67	0.33	1.33	5.83	58.16	9	N/A
Dressing, Ranch, FF	100	0	1300	3	0	20	0	0	1	27	0	0	N/A
Egg Roll, Vegetarian	176	6	553	1.18	1.69	0	2059	14.1	4.71	25.88	5.29	1.18	0
Egg, Liquid Whole Pasturized	140	430	130	0	1.44	40	600	0	12	0	9	3	N/A
Egg, Patty plain round	194	306	292	0	1	55.56	556	0	8.33	2.78	16.67	4.17	N/A
Egg, Patty Scrambled	140	407	314	0	1.37	46.93	605	0	11.62	2.32	8.14	3.48	N/A
Fish, Nugget Pollock BRD	124	29	238	0.95	0.34	19.05	0	0	15.24	11.43	0.95	0	N/A
Fish, Nuggets whit/polloc	200	35	671	1.18	1.27	0	0	0	11.77	17.65	8.24	1.18	N/A

Fish, Portions reduced fat	143	36	369	0	1.29	0	0	0	13.1	14.29	3.57	1.19	N/A
Fish, Portions Squares	235	29	317	1.18	0.42	176.37	0	0	16.46	15.29	11.76	2.35	N/A
French Toast Sticks	277	0	396	0.99	1.78	39.6	0	0	4.95	42.57	9.9	1.98	N/A
Fruit, Applesauce Canned	6	0	11	0.73	1.3	0	0	1.74	0	16.67	0	0	N/A
Fruit, Appricots Canned	63	0	4	1.6	0.39	11	1322	2.7	0.53	16.49	0.05	0	N/A
Fruit, Bananas Raw	89	0	1	2.6	0.26	5	64	8.7	1.09	22.84	0.33	0.11	N/A
Fruit, Cantaloupe Meleons	34	0	16	0.9	0.21	9	3382	36.7	0.84	8.16	0.19	0.05	N/A
Fruit, Cocktail Canned Syrup	63	0	8	1.59	0	0	159	0.95	0	15.08	0	0	0
Fruit, Juice Bar	87	0	4	1	0.19	5	18	9.5	1.2	20.2	0.1	0	N/A
Fruit, Mix Canned in Juice	48	0	4	0.81	0	0	161	0.97	0.81	10.48	0	0	N/A
Fruit, Peaches, Canned Diced	51	0	5	1.3	0.36	3	354	2.4	0.45	14.55	0.03	0	N/A
Fruit, Pears Canned Syrup	57	0	5	1.6	0.28	5	0	0.7	0.19	15.17	0.03	0	N/A
Fruit, Pineapple CND DRND	57	0	8	0.81	0.29	0	0	9.76	0	13.82	0	0	N/A
Fruit, Pineapple CND DRND	60	0	1	1.2	0.28	16	58	9.4	0.51	15.56	0.11	0.01	N/A
Fruit, Strawberries Raw	32	0	1	2	0.42	16	12	58.8	0.67	7.68	0.3	0.01	N/A
Fruit, Tropical Canned	66	0	8	0.82	30	0	0	17.2	0	16.39	0	0	N/A
Fruit, Watermelon Raw	30	0	1	0.4	0.24	7	569	8.1	0.61	7.55	0.15	0.01	N/A
Gelatin Cup, Fruit 4oz	71	0	44	0.88	0	0	159	23.8	0	18.52	0	0	N/A
Granola Bar, Chewy Choc	429	0	161	7.14	7.14	0	0	0	7.14	75	8.93	1.79	N/A
Granola Bar, Oat and Honey	438	0	219	4.17	1.5	41.67	0	0	6.25	66.67	18.75	6.25	N/A
Granola Bar, Oatmeal	393	0	161	3.57	6.79	0	0	0	7.14	75	7.14	0	N/A
Gravy Mix, Brown	357	0	4000	0	0	0	0	0	14.29	42.86	14.29	7.14	N/A
Gravy Mix, Chicken	357	0	4429	0	0	0	0	0	14.29	57.14	7.14	0	N/A
Gravy Mix, Turkey	357	0	4429	0	0	0	0	0	14.29	57.14	7.14	0	N/A
Grits	59	0	2	0.3	0.6	3	0	0	1.42	12.87	0.19	0.02	N/A
Ham, Diced	89	45	929	0	0.64	0	0	0	16.07	1.78	2.67	0.89	N/A
Ham, Sliced	163	57	1304	1.3	1.02	24	0	4	16.6	3.83	8.6	2.93	N/A
Hot Dog, Turkey	200	89	1044	0	1.6	88.89	0	0	13.33	2.22	17.78	4.44	N/A
Hot Dog, Turkey 8/1	214	71	1071	0	1.29	71.43	0	2.14	12.5	3.57	17.86	5.36	N/A
Hot Pocket, Pepp Pizza	274	31	646	2.65	2.65	176.99	0	0	8.85	32.74	11.5	5.31	N/A
Hotcakes, Sausage/stick	313	19	438	1.25	4.5	50	0	0	10	32.5	16.25	4.38	N/A
Icing, Chocolate Cream	424	0	169	0	0	0	0	0	0	84.75	12.71	4.24	N/A
Icing, Fudge	424	0	170	4.24	0	0	0	0	0	84.75	12.72	4.24	N/A

Icing, White Cream	424	0	169	0	0	0	0	0	0	84.75	12.71	4.24	N/A
Jelly, Asst Pkt	271	0	36	1	0.2	8	17	0.9	0.4	70.8	0.1	0.02	N/A
Juice, Apple	46	0	4	0	0	76.69	7	46	0	10.74	0	0	N/A
Juice, Grape	51	0	2	0	0.1	3.93	8	0.1	0.19	12.74	0.09	0.03	N/A
Juice, Orange	50	0	0	0	0	0	0	34.9	0	10.79	0	0	N/A
Juice, Orange, 6oz	43	0	11	0	0	0	0	32.6	0	0	0	0	N/A
Ketchup	97	0	1114	0.3	0.51	18	933	15.1	1.74	25.08	0.38	0.05	N/A
Ketchup	88	0	1059	0	0	0	0	0	0	23.52	0	0	N/A
Lettuce, Iceberg, Shred	12	0	9	1.4	0.5	19	330	3.9	1.01	2.09	0.19	0.03	N/A
Meat, Bologna Beef & Pork	265	62	935	0	1.27	0	0	0	12.35	0	22.93	7.94	N/A
Meat, Bologna Turkey	232	89	857	0	1.29	71.43	0	0	12.5	1.79	19.64	6.25	N/A
Meat, Bologna Turkey, Slc	219	91	1176	0	1.8	107.3	121	2.3	13.68	1.96	17.29	4.66	N/A
Milk, Choc Lowfat	63	3	61	0.5	0.24	115	196	0.9	3.24	10.44	1	0.61	N/A
Milk, Choc, 1%	73	4	48	0	0	120.94	202	0.97	3.23	12.09	1.01	0.61	N/A
Milk, Strawberry	73	6	56	0	0	128.27	214	1.03	3.85	11.97	1.07	0.64	0
Milk, White, 1%	56	6	77	0	0	171.03	214	1.03	4.7	7.7	1.07	0.64	N/A
Muffin, Blueberry Mix	429	10	595	0	2.57	95.24	0	0	4.76	76.19	11.91	2.38	N/A
Muffin, English Plain	227	0	425	3.5	4	163	0	1.8	8.87	44.17	1.69	0.73	0
Mustard, Yellow	0	0	1100	0	0	0	0	0	0	0	0	0	N/A
Noodle, Lasagna	138	18	346	1.41	0.7	116.4	99	0	8.99	14.1	5.29	3.17	N/A
Noodle, Spaghetti Ckd w/salt	157	0	128	1.8	1.33	7	0	0	5.8	30.59	0.93	0.18	N/A
Nutri-grain, Apple	378	0	162	2.7	4.87	0	2027	0	5.41	72.97	8.11	1.35	N/A
Nutri-grain, Raspberry	378	0	297	2.7	4.87	540.54	2027	0	5.41	72.97	8.11	1.35	N/A
Nutri-grain, Strawberry	378	0	297	2.7	4.87	540.54	2027	0	5.41	72.97	8.11	1.35	N/A
Oil, Soybean Salad or Cookin	884	0	0	0	0.02	0	0	0	0	0	100	14.4	N/A
Pancake, Buttermilk	200	10	514	1.91	1.71	38.1	0	0	5.71	37.14	2.86	0.95	0
Pizza, SFS Tony's 4x6	232	16	774	0.82	1.82	286.65	499	0.41	12.35	22.88	10.05	3.71	N/A
Pizza, SFS Tony's 4x6 pepp	239	26	899	1.08	1.92	169.25	244	0.56	12.44	22.99	11.11	4.46	N/A
Pizza, TNY Pepp 50/50	239	20	859	0.97	1.94	227.38	413	0.5	12.39	22.75	11.1	3.89	N/A
Pop Tart, Blueberry Frosted	391	0	398	1.1	3.5	24	962	0	4.6	71.77	10	1.98	N/A
Pop Tart, Brown Sugar Cinn	422	0	369	1.3	3.6	29	1000	0	5	68.32	14.8	2.26	N/A
Pop Tart, Cherry Frosted	393	0	423	1	3.50	25	962	0	4.2	71.96	10.2	1.94	N/A
Pop Tart, Choc Fudge	387	0	390	1.1	3.5	38	962	0	5.1	71.8	9.3	1.9	N/A

Pop Tart, Raspberry	395	0	406	1	3.5	22	962	0	4.2	71.54	10.6	1.88	N/A
Pop Tart, Strawberry Frosted	390	0	325	1	3.5	22	962	0	4.4	72.4	9.6	2.6	N/A
Potato, Baked Skn w/o salt	93	0	10	2.2	1.08	15	10	9.6	2.5	21.15	0.13	0.03	N/A
Potato, French Fry S/S 1/4"	165	0	35	2.35	0.42	0	0	2.82	2.35	23.52	7.06	1.18	N/A
Potato, Rounds FRZ	183	0	601	2.82	0.85	5.64	0	2.82	0	22.58	10.44	4.23	N/A
Potato, Sweet Canned Syrup	109	0	41	3	0.7	17	7434	9.9	1.3	25.4	0.3	0.07	N/A
Potato, Tator Tots BKD	165	0	365	2.35	0.42	0	0	1.41	2.35	20	8.24	1.18	0
Pretzel, Soft Dough King Size	268	0	226	2.82	2.54	28.22	0	0	8.47	56.44	1.41	0	N/A
Pretzel, Soft Dough Small	268	0	225	2.82	2.54	28.17	0	0	8.45	56.34	1.41	0	N/A
Pretzel, Soft Prebkd	250	0	232	3.57	3.86	0	0	0	7.14	57.14	3.57	0	0
Pudding, Banana Canned	85	0	146	0	0	0	0	0	0	16.92	2.31	0.77	N/A
Pudding, Chocolate Canned	92	0	115	0	0.28	15.39	0	0	0	19.23	1.54	0.39	N/A
Pudding, Vanilla Canned	115	0	154	0	0	46.15	0	0	1.54	20	3.85	0.77	N/A
Roll Dough, Dinner Wheat	256	0	395	2.33	2.51	46.51	0	0	9.3	48.84	3.49	0	N/A
Roll, Hamburger Plain	259	0	537	1.85	2.67	185.19	0	0	7.41	51.85	2.78	0	0
Roll, Hamburger Wheat	269	0	500	1.92	2.08	76.92	0	0	7.69	48.08	3.85	0	N/A
Roll, Hamburger/Hotdog	279	0	479	2.1	3.32	138	0	0	9.5	49.45	4.33	1.09	N/A
Roll, Hotdog Bun Plain	256	0	465	0	2.51	93.02	0	0	6.98	48.84	4.65	0	N/A
Roll, Hotdog Bun Wheat	256	0	488	4.65	2.51	232.56	0	0	9.3	48.84	2.33	0	N/A
Salami, Turkey Sliced	133	76	1196	0	1.5	79.6	31	2.5	17.15	3.48	5.28	1.61	N/A
Sandwich, Grilled Cheese	214	21	783	0.9	1.02	315.49	1088	0	14.08	21.96	7.58	3.87	N/A
Sandwich, PB&J,FRZ	392	0	446	3.44	2.03	49.88	3	0	14.02	43.14	18.48	4.18	N/A
Sauce, Taco Mild	54	0	796	1.3	1.03	15	536	23.5	1.16	13.08	0.32	0.04	N/A
Sausage, Link Pork CKD	182	65	813	0.06	1.48	7.76	57	1.04	21.89	1.96	8.96	3.11	N/A
Sausage, Links 1oz	286	71	607	0	0	0	0	0	14.29	0	25	8.93	N/A
Sausage, Patty Pork 1.5oz	214	36	333	0	0.43	0	0	0	5.95	0	21.43	7.14	N/A
Sausage, Patty Pork 2oz	386	35	737	0	1.9	35.09	175	0	10.53	0	38.6	14.04	N/A
Shape up, Cherry	82	0	7	0	0	0	0	82.2	0	20.55	0	0	N/A
Shape up, Fruit Punch	82	0	7	0	0	0	0	82.2	0	20.55	0	0	N/A
Shape up, Orange	82	0	7	0	0	0	0	82.2	0	20.55	0	0	N/A
Snack Bar, Cereal Bar	400	0	325	5	25	50	0	15	5	75	8.75	0	N/A
Snack, Fruit b/t Foot	381	0	214	0	0	0	0	71.4	0	80.95	7.14	2.38	N/A
Snack, Rice Krispie Treat	409	0	455	0	1.64	0	909	0	2.27	81.82	9.09	2.27	N/A

Soup, Chicken Noodle Canned	51	9	751	0.6	0.6	11	223	0	2.6	6.9	1.5	0.5	N/A
Soup, Tomato Canned	35	0	285	0.2	0.72	5	196	27.2	0.84	6.8	0.79	0.15	N/A
Sour Cream, Fat Free	74	9	141	0	0	125	255	0	3.1	15.6	0	0	N/A
Sour Crm, Imitation Cultured	208	0	102	0	0.39		0	0	2.4	6.63	19.52	17.79	N/A
Stir Fry Kit, Swt Sour Chix	6	0	9	0.03	0.01	0.47	5	0.05	0.03	1.3	0.02	0	N/A
Stir Fry Kit, Szechwan Chix	103	0	2092	0.72	0.39	6.76	106	0.73	2.04	18.43	2.57	0.57	N/A
Stir Fry Kit, Teriyaki	97	0	1862	0.54	0.2	10.98	163	0.54	1.97	21.21	0.44	0.06	N/A
Stuffing, Cornbread Mix	353	0	1587	10.58	5.08	70.5	0	0	10.58	74.08	3.53	0	N/A
Stuffing, Mix	375	0	1688	0	3.38	62.5	0	0	12.5	71.88	4.69	0	N/A
Sub Roll Dough, Wheat	243	0	479	2.78	2.5	13.89	0	0	9.03	44.44	3.47	1.04	N/A
Sugar	434	41	380	0	2.93	0	1085	0	5.43	62.41	21.71	8.14	N/A
Turkey Ham	128	56	996	0	2.76	10	0	0	18.93	0.37	5.08	1.7	N/A
Turkey, Breast Deli Sliced	107	42	763	0	0.51	6.85	0	0.72	17.69	3.27	2.56	0.72	N/A
Turkey, Roast Boneless Frz	155	53	680	0	1.63	5	0	0	21.32	3.07	5.78	1.9	N/A
Veg, Beans Baked Cnd	123	0	500	3.08	1.39	46.15	0	0.92	4.62	24.62	0.77	0	N/A
Veg, Beans Refried Cnd	94	8	299	5.3	1.66	35	0	6	5.49	15.53	1.26	0.47	N/A
Veg, Broccoli Drained	35	0	41	3.3	0.67	40	1548	64.9	2.38	7.18	0.41	0.07	N/A
Veg, Broccoli Raw	34	0	33	2.6	0.73	47	623	89.2	2.82	6.64	0.37	0.03	N/A
Veg, Carrots Canned Sliced	25	0	308	1.67	0.15	8.33	4167	0	0	5	0	0	0
Veg, Carrots Raw	41	0	69	2.8	0.3	33	16811	5.9	0.93	9.58	0.24	0.03	0
Veg, Celery Raw	14	0	80	1.6	0.2	40	449	3.1	0.69	2.97	0.17	0.04	N/A
Veg, Corn on the cob	93	0	4	2.8	0.61	3	232	4.8	3.11	22.33	0.74	0.11	N/A
Veg, Corn Swt Yel Frz Krnls	81	0	1	2.4	0.47	3	199	3.5	2.55	19.3	0.67	0.1	N/A
Veg, Cucumber Peeled Raw	12	0	2	0.7	0.22	14	72	3.2	0.59	2.16	0.16	0.01	N/A
Veg, Mixed Frozen Canned	60	0	271	4.4	0.82	25	4277	3.2	2.86	13.09	0.15	0.03	N/A
Veg, Peas & Carrots, Frozen	48	0	68	3.1	0.94	23	9363	8.1	3.09	10.12	0.42	0.07	N/A
Veg, Peas Green Frz	78	0	72	5.5	1.52	24	2100	9.9	5.15	14.26	0.27	0.04	N/A
Veg, Salad Mix Tossed	17	0	12	1.62	0.5	32	1540	9.75	1.05	3.3	0.2	0.03	N/A
Yogurt, Plain Nonfat	53	2	82	0	0	176.47	0	0	5.29	8.24	0	0	N/A