

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Animal Crackers	1 package	130	4	0	0	95	20	1	8	2	0	0	150	0.72
Apple Cinnamon Oatmeal	3/4 cup	162	3.74	1.37	0	95	30.23	2.46	17.07	2.93	116	2.43	14.17	0.84
Apple Crisp	1/2 cup	189	7.79	4.74	20	89	28.62	1.76	17.76	1.76	228	0.4	16.44	0.69
Apple Jacks Cereal	1 pack	110	1	0.5	0	160	24	3	8	2	400	12	0	3.6
Apple Juice, 4 oz	4 oz	60	0	0	0	5	14	0	12	0	0	0	0	0
Apple Muffin	1 serving	158	4.94	0.49	20	123	25.68	0.99	12.84	1.98	0	0	19.75	0.71
Apples, fresh	1 apple	72	0.23	0.04	0	1	19.06	3.31	14.34	0.36	75	6.35	8.28	0.17
Apples, frozen	1/2 cup	54	0.36	0.06	0	3	13.96	1.47	11.45	0.32	39	0.11	4.54	0.2
Applesauce	1/2 cup	46	0	0	0	9	12.08	1.86	8.37	0	0	0	0	0
Assorted Pastries	1 pop-tart	208	5.46	1.76	0	189	37.62	0.88	0.9	2.27	511	0	12.15	1.86
Bacon	2 slices	60	5.3	2	10	253	0	0	0	3.3	0	0	0	0.18
Bacon Biscuit	1 biscuit	324	18.6	8.32	15	901	29.68	2.12	0	10.28	0	0	106	1.42
Bacon Cheeseburger	1 Burger	447	25.22	11.09	70	1232	34.09	2	6.29	23.84	423	0	298.69	3.44
Bagel w/egg & cheese	1 Bagel	230	7.09	2.37	130	419	30.05	2.3	3.31	11.01	156	2.76	82.24	2.18
Bagel w/ham & cheese	1 Bagel	205	4.49	0.64	18	579	29.72	2.3	2.64	10.89	189	2.76	77.43	1.98
Bagel, Breakfast Pizza	1 bagel	160	6	2	10	370	19	2	2	8	0	0	100	1.08
Bagel, plain	1 bagel	130	1.5	0	0	200	25	2	2	4	0	2.4	20	1.44
Bagels, cinnamon raisin	1 bagel	195	1.21	0.19	0	244	39.19	1.63	4.25	6.96	52	0.5	13.49	2.7
Baked Beans	1/2 cup	149	0.51	0.09	0	542	34.62	5.12	15.62	6.01	234	1.64	48.62	1.55
Baked Beans, Pureed	1/2 cup	191	0.62	0.11	0	788	45.39	5.49	18.69	6.55	465	13.25	56.63	1.73
Baked Cajun Chicken	1 piece	144	6.42	1.49	71	152	0.44	0.11	0.05	19.87	197	0.42	11.65	0.82
Baked Potato	1 potato	188	0.26	0.07	0	20	42.72	4.44	2.38	5.05	20	19.39	30.3	2.18
Baked Potato, Loaded	1 potato	427	18.41	10.19	65	406	47.04	3	2	21.03	5185	12.89	495	1.95
Bananas	1 banana	67	0.25	0.08	0	1	17.13	1.95	9.17	0.82	48	6.53	3.75	0.2
Barbecue Pork Rib Sandwich	1 sandwich	422	16.06	5.3	36	1268	52.18	2.35	19.59	16.63	443	5.31	173.15	3.39
BBQ Chicken	1 serving	188	3.3	0.93	84	325	5.86	0	4.48	31.55	159	1.09	20.19	1.13
BBQ Chicken on a Bun	1 serving	337	8.8	2.35	72	645	35.52	1.32	10.25	28.48	198	1.21	150.67	3.07
BBQ Pork	2 ounces	185	10.14	3.52	51	326	6.51	0	4.98	15.92	159	1.69	21.23	0.83
BBQ Pork Nachos	1 portion	426	22.1	6.39	79	716	26.82	2.75	6.12	26.95	386	2.37	101.54	1.98
BBQ Pork Sandwich	1 sandwich	471	17.35	5.66	72	1152	47.22	2.26	19.67	28.4	365	2.77	159.18	3.25
BBQ Pork Sliders	2 sliders	541	27.96	8.78	107	686	35.62	3.87	8.46	34.54	212	1.98	59.45	3.45

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
BBQ Sauce, ind packet	1 packet	20	0	0	0	95	5	0	3	0	100	1.2	0	0
BBQ Turkey	2.5 ounces	179	5.97	1.74	88	368	6.57	0	4.98	23.01	185	1.21	18.09	1.08
Bean and Cheese Burrito	1 tortilla	362	11.56	5.05	20	1000	51.16	11.75	1.6	17.96	585	3.73	272.35	3.07
Beef Sliders	2 sliders	359	19.77	6.6	54	513	28.73	3.33	3.33	17	0	0	39.33	3
Beef Stew	1/2 cup	249	16.95	6.78	73	68	0	0	0	21.47	0	0	0	2.03
Beef Tips	1/2 cup	331	21.77	7.72	71	628	10.21	0.28	1.05	21.29	96	4.65	14.38	2.02
Beef Vegetable Soup	1 cup	312	16.17	5.95	81	315	12.65	2.64	0.23	27.48	929	6.2	67.41	3.08
Beef Wrap, premade	1 wrap	210	9	4.5	20	360	23	3	1	9	500	3.6	150	1.44
Beefaroni	1 cup	313	12.53	5.61	60	438	27.49	3.6	3	24.31	577	13.4	200.59	3.1
Biscuit, Cinnamon	1 biscuit	254	11.92	6.2	5	490	32.46	2.17	4.2	5.03	60	0.01	103.87	1.11
Biscuit, Cinnamon Raisin	1 biscuit	210	9	3	0	390	28	1	5	3	0	0	20	1.44
Biscuit, Cinnamon w/icing	1 biscuit	275	10.32	5.2	1	494	40.76	2.06	12.69	5.22	10	0.07	109.27	1.09
Biscuit, Frozen Southern Style	1 biscuit	210	9	4.5	0	340	27	2	3	5	0	0	80	1.08
Biscuit, Ham & Cheese WW	1 biscuit	272	12.5	6.45	13	874	30.1	2	1.14	10.29	134	0	178.98	1.18
Biscuit, WG mini 1.35 oz	1 biscuit	110	5	3	0	250	15	1.7	1	2	2	0.02	20.89	0.35
Biscuit, Whole Grain 2.5 oz	1 biscuit	185	7.92	3.96	0	299	23.76	1.76	2.64	4.4	0	0	70.4	0.95
Black Bean Hummus	1/2 cup	117	0.66	0.07	0	247	22.48	5.95	0.23	5.94	195	6.14	46.41	2.09
Black Bean Salad	1/2 cup	84	0.49	0.07	0	155	17.59	3.87	1.57	3.9	343	12.56	20.43	1.66
Black Bean Salad, Hot	1/2 cup	151	4	2.36	10	469	20.26	4.8	2.81	8.66	646	32.88	227.66	2.31
Black Beans	1/2 cup	94	0.07	0.01	0	142	16.85	5.18	1.03	6.23	35	0.29	155.09	2.97
Blackeyed Peas	1/2 cup	106	2.91	0.44	0	97	14.11	5.02	2	5.01	0	0.08	20.35	1.8
Blueberries, fresh	1/2 cup	42	0.24	0.02	0	1	10.72	1.78	7.37	0.55	40	7.18	4.44	0.21
Blueberries, frozen	1/2 cup	58	0.73	0.06	0	1	13.8	3.06	9.58	0.48	52	2.83	9.07	0.2
Blueberry Cobbler	1/2 cup	243	6.52	1.71	0	49	46.53	3.49	29.17	1.57	54	3.3	11.37	0.72
Blueberry Muffin	1 muffin	158	4.94	0.49	20	123	25.68	0.99	12.84	1.98	0	0	19.75	0.71
Bone in, Chicken Roasted	3 ounces	152	10.03	3.04	56	304	0	0	0	14.13	0	0	0	0.37
Bread, Slice WW	1 slice	71	0.88	0	0	141	13.23	0.88	1.76	2.65	0	0	0	0.95
Breaded Chicken sandwich	1 sandwich	398	14.64	3.16	55	720	45.01	3.32	5.27	21.27	100	1.2	151.86	3.7
Breadstick	1 each	80	1	0	0	100	15	2	3	3	0	0	6.5	0.37
Breakfast Bites (sausage/pancake)	3 pieces	210	13	3	20	430	17	2	8	6	0	0	40	1.08
Breakfast Burrito	1 burrito	221	8.57	2.82	211	477	23.57	3.74	1.07	11.98	515	7.95	102.2	1.72
Breakfast casserole (sausage/chs/eg)	1/2 cup	446	30.45	12.49	393	760	14.93	0.71	3.91	27.82	3679	0.48	370.06	2.77

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Breakfast Casserole(saus/bacon/chs	1/2 cup	233	18.18	6.72	328	348	1.21	0	0	15.21	808	0	75.64	2.44
Breakfast Scramble(egg/ham/hashb	1 cup	280	14.86	4.2	173	820	24.55	1.66	0.22	12.68	424	3.19	115.37	1.44
Breakfast Taco Wrap, homemade	1 wrap	332	18.73	8.22	215	564	26.22	4.26	0	17.32	1062	0.65	597.34	2.57
Breakfast Wrap, purchased	1 wrap	200	10	4	45	290	17	2	0	11	400	3.6	200	5.4
Breakfast Wrap, turkey&chs	1 Wrap	222	7.03	3.03	37	932	25.21	4.2	1.14	18.01	1255	1.86	152.27	1.64
Broccoli Bites (brocc chs casserole)	2/3 cup	200	5.08	2.54	11	573	25.05	4.9	3.8	15.42	2039	75.41	286.48	2.8
Broccoli Salad	1/2 cup	86	3.72	0.45	7	102	12.15	1.45	1.85	2.07	328	38.55	24.66	0.65
Broccoli w/Cheese Sauce	1/2 cup	61	1.41	0.67	3	126	8.41	4	1.31	5.78	2366	48.76	114.6	0.05
Broccoli, fresh, raw	1/2 cup	15	0.16	0.02	0	15	2.92	1.14	0.75	1.24	274	39.25	20.68	0.32
Broccoli, steamed	1/2 cup	44	0.5	0.12	0	181	8.69	3	1.93	3.21	707	101.15	59.38	0.84
Broccoli, steamed (ranch)	1/2 cup	40	0.44	0.05	0	376	7.83	3.07	2	3.33	735	105.2	55.43	0.86
Broccoli, steamed (w/parmesan)	1/2 cup	42	0.47	0.08	0	136	7.98	2.97	1.94	3.61	708	101.15	61.71	0.89
Brown Sugar & Cinnamon Mix	1/2 ounce	54	0.01	0	0	4	14.01	0.35	13.35	0.04	2	0.02	17.93	0.15
Brownie icing	1 Tbsp	54	1.59	0.62	0	15	10.22	0.49	9.06	0.42	66	0	5.37	0.24
Brownie, from mix	1 brownie	76	2.04	0.41	3	80	13.53	0.8	7.88	0.86	2	0	0.44	0.65
Brownies, from scratch	1 brownie	150	6.25	1.68	26	110	23.21	1.22	14.75	2.32	0	0	15.03	0.87
Buffalo Ranch Chicken Dip	45 1/2 cup	669	37.26	13.82	107	1497	46	4.27	3.6	34.15	2922	0	457.1	2.7
Burrito, Beef & Bean	1 burrito	279	8	2	16	403	39	7.5	1.4	15.7	300	1.2	60	2.21
Burrito, breakfast	1 burrito	220	9	4	40	310	25	4	2	10	500	15	100	3.6
Bean Burrito w/cheese (homemade)	1 burrito	340	15.54	7.92	36	688	34.13	6.26	0.45	16.97	1058	9.89	361.44	1.8
Beef Burrito w/cheese (homemade)	1 burrito	347	19.22	9.42	59	435	24.09	3.98	0.45	19.39	1056	9.5	331.85	1.92
Butter, individual	1 pat	36	4.06	2.57	11	32	0	0	0	0.04	125	0	1.2	1.25
Cabbage, steamed	1/2 cup	43	0.17	0.06	0	28	10.08	3.98	5.34	2.09	150	56.34	65.32	0
Cajun Jambalaya	1/2 cup	279	14.04	4.35	44	407	24.76	1.36	0.99	13.14	93	4.7	24.09	0.76
Cajun Jambalaya	3/4 cup	466	23.41	7.26	73	678	41.27	2.27	1.65	21.91	154	7.83	40.15	1.08
Cake, Chocolate w/icing	1 piece	239	5.07	2	0	482	45.48	1.03	30.31	3.09	0	0	41.7	1.8
Cake, Yellow w/icing	1 piece	285	6.22	2.68	0	440	53.22	0	17.89	3.26	162	0.02	88	1.51
Calif Steamed Veggies (ranch)	1/2 cup	35	0	0	0	379	5.55	2.77	0	2.77	2427	1.66	27.73	0.78
California Vegetables	1/2 cup	44	0.16	0.16	0	154	7.55	2.73	0	2.68	2333	1.6	38.01	0.25
Canned Cheese Sauce	1/4 cup	80	5	1.5	5	390	7	0	0	1	0	0	20	0.24
Cantaloupe	1/2 cup	27	0.15	0.04	0	12	6.36	0.7	6.13	0.66	2638	28.63	7.02	0
Carnival Cookie	1 cookie	115	4	1	4	75	18	1	9	1	0	0	0	0.16
Carrot Cake	1 serving	227	9.71	1.44	30	189	32.34	1.01	16.99	3.45	2225	1.65	82.05	0.36

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Carrot Coins, pureed	1/2 cup	54	0.5	0.24	0	596	11.81	2.6	4.1	1.09	18458	4.46	55.18	1.13
Carrot raisin salad	1/2 Cup	144	4.61	0.47	9	287	26.22	2.26	15.35	1.19	7597	1.46	37.23	1.08
Carrot Sticks	1/2 cup	36	0.21	0.03	0	61	8.42	2.46	4.17	0.82	14682	5.19	29	0.86
Carrots & Broccoli, fresh	1/2 cup	39	0.28	0.03	0	63	8.44	3.12	0.96	1.96	8172	52.05	44.79	0.26
Carrots & Cauliflower, steamed	1/2 cup	35	0.44	0.19	0	288	7.2	1.96	2.43	1.16	7183	19.6	32.72	0.92
Carrots & Celery, raw	1/2 cup	29	0.16	0.04	0	89	6.31	2.55	0.76	0.75	8073	3.26	40.68	0.54
Carrots & Tomatoes, fresh	1/2 cup	30	0.19	0.03	0	47	6.88	2.32	1.49	0.86	8291	9.24	23.81	0.62
Carrots cooked (using frozen)	1/2 cup	107	7.13	3.24	0	210	9.28	1.47	7.05	0.55	2493	0.87	18.66	0.66
Carrots, cooked (using canned)	1/2 cup	121	7.42	3.37	0	318	12.6	3.1	8.46	1.03	337	0	3.96	0.1
Carrots, raw	1/2 cup	36	0.21	0.03	0	61	8.42	2.46	4.17	0.82	14682	5.19	29	0.09
Catfish Strips	1 serving	180	6	1.5	40	720	19	1	1	13	200	0	20	0.26
Cauliflower Bake	1/2 cup	51	0.92	0.44	3	195	5.35	0.09	0.25	5.19	20	1.5	103.63	1.08
Cauliflower, raw: fresh	1/2 cup	13	0.05	0.02	0	15	2.65	1.25	0	0.99	7	23.2	11	0.67
Cauliflower, steamed	1/2 cup	18	0.21	0.1	0	161	3.69	1.48	1.39	1.41	1	34.98	16.62	0.22
Cauliflower, steamed (ranch)	1/2 cup	18	0.2	0.09	0	359	3.61	1.45	1.39	1.39	0	34.98	15.97	0.32
Cauliflower, steamed w/cheese	1/2 cup	66	2.64	1.25	5	329	6.85	1.58	1.39	4.57	133	35.17	107.82	0.3
Celery sticks	1/2 cup	20	0.21	0.05	0	99	3.68	1.98	1.66	0.86	557	3.84	49.6	0.4
Cereal Bar, Apple	1 bar	153	3.87	0.7	0	132	28.65	3.03	14	2.07	891	0	237.51	0.25
Cereal Bar, Berry	1 bar	153	3.87	0.7	0	132	28.65	3.03	15	2.07	891	0	237.51	2.15
Cereal Bar, Strawberry	1 bar	153	3.87	0.7	0	132	28.65	3.03	14	2.07	891	0	237.51	2.15
Cereal Bar-Trix, coc puff, etc	1 bar	106	2.11	0.35	0	77	21.13	2.11	6.34	2.11	70	0.85	140.85	2.15
Cereal, Apple Cinn Cheerios	1 box	109	1.73	0.31	0	111	22.65	2.07	9.7	2.35	473	5.67	94.4	1.27
Cereal, Cheerios Bowlpack	1 box	106	2.12	0.53	0	148	21.16	3.17	1.06	3.17	529	6.35	105.82	4.25
Cereal, Cinn Toast Crunch	1 box	116	3.17	0.53	0	169	23.28	2.12	8.47	1.06	423	5.08	84.66	8.57
Cereal, Coco Puffs Bowlpack	1 box	116	1.59	0	0	169	26.46	2.12	8.47	2.12	529	6.35	105.82	3.81
Cereal, Country Corn Flks Blpk	1 box	116	1.06	0.53	0	169	25.4	3.17	6.35	2.12	423	12.7	21.16	4.76
Cereal, Frosted Corn Flks Blpk	1 box	106	0.53	0	0	201	25.4	1.06	8.47	1.06	529	5.08	158.73	3.81
Cereal, Fruity Cheerios Bwlpk	1 box	113	1.25	0	0	150	26.25	1.25	12.5	1.25	500	15	100	6.67
Cereal, Golden Grahams Bowlpk	1 box	116	1.06	0	0	233	25.4	1.06	9.52	1.06	423	5.08	84.66	4.5
Cereal, Honey Nut Cheerios Bpk	1 box	116	1.59	0	0	190	23.28	2.12	9.52	2.12	529	6.35	105.82	3.81
Cereal, Honey Nut Chex Bwlpack	1 box	106	2.12	0.53	0	148	21.16	3.17	1.06	3.17	529	6.35	105.82	4.76
Cereal, Trix Bowlpack	1 box	116	1.06	0	0	148	25.4	1.06	7.41	1.06	423	5.08	84.66	8.57

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Cheese biscuit	1 biscuit	243	12.24	6.07	1	517	28.27	2.03	0.01	5.42	96	0	110.49	4.76
Cheese Enchilada, premade	1 enchilada	170	6	4	15	230	20	2	1	5	500	1.2	100	1.12
Cheese Omelet, homemade	1 square	195	15.15	5.87	343	416	1.16	0.03	0	13.74	599	0.02	180.69	1.44
Cheese Potato Casserole	1/2 cup	122	6.64	3.83	18	227	10.32	1.22	0.81	4.58	234	0.11	176.24	1.41
Cheese Sticks (2 sticks)	2 sticks	300	12	4	10	740	34	4	6	14	200	0	300	0.4
Cheese Toast, WW	1 slice	183	9.72	5.29	28	613	15.01	1.92	2.02	9.06	318	0	344.12	2.16
Cheese, American (processed)	2 slices	40	3.5	1.25	10	240	1.5	0	0.5	2.5	200	0	75	0.97
Cream Cheese	1 Tbsp	66	5.67	3.78	19	94	1.89	0	0	1.89	57	0	5.67	0
Cheese, Shredded	1 oz	81	5.25	3.33	16	209	0.58	0	0	7.81	181	0	260.21	0
Cheeseburger Macaroni	1 cup	633	15.68	5.77	59	351	86.76	6.82	3.57	35.22	337	0.68	227.73	0.04
Cheeseburger w/bun	1 burger	435	24.15	10.95	78	809	30.36	1.32	5.91	23.94	321	0	434.57	5.24
Cheesy Bacon & Ranch Potoates	1/2 cup	155	5.16	1.73	4	199	20.7	1.36	1.28	4.93	31	16.1	50.38	3.5
Cheesy Garlic Bread	1 slice	134	6.9	1.19	1	212	13.78	1.93	1.39	4.31	14	0	60.23	1.18
Cheetos, baked	1 bag	120	4.5	1	0	200	17	1	1	2	0	0	0	0.85
Cheeze-it's	1 package	100	3.5	1	5	150	14	1	0	2	500	0	100	0.36
Cherries, Fresh	1/2 cup	46	0.14	0.03	0	0	11.61	1.52	9.29	0.77	46	5.07	9.42	0.72
Cherry Cobbler	1 serving	226	5.89	1.68	0	56	42.76	1.62	19.3	1.97	881	2.84	14.88	0.26
Cherry Crisp	1 serving	192	7.85	4.75	20	89	29.39	1.41	13.97	2.2	667	1.61	19.92	2.11
Cherry tomatoes	1/2 cup	21	0	0	0	5	4.57	1.52	3.04	0.76	266	10.5	15.22	1.47
Chic & Cheese Quesadilla	4 pieces	413	14.33	6.07	54	795	42	6.87	2	26.76	356	9.6	290	0.68
Chicken & Brocc Casserole	3/4 cup	391	16.87	6.95	96	518	28.27	1.93	1.31	31.47	1065	20.47	222.75	0.61
Chicken & Cheese Sticks	2 sticks	272	11.44	4.29	29	515	28.59	7.15	2.86	14.3	572	1.72	142.96	1.82
Chicken A La King	3/4 cup	194	7.91	3.3	61	590	10.08	1.19	2.1	19.91	431	3.76	65.73	2.06
Chicken Alfredo	1 serving	480	20.89	9.41	121	717	31.7	1.05	1.35	38.95	394	0.63	64.19	1.26
Chicken and Dumplings w/tortillas	1 cup	209	8.05	2.67	68	558	10.17	0.96	0.78	23.5	86	0.16	44.37	2.74
Chicken and Dumplings w/biscuits	1 cup	286	13.25	3.66	61	161	18.66	0.66	0.57	22.29	98	0	104.11	1.46
Chicken and Gravy	3/4 cup	337	14.33	5.56	103	1822	20.52	0.23	7.43	36.04	64	0.23	72.35	2.03
Chicken and Rice Soup: scratch	1 cup	277	4.19	0.97	26	68	46.1	2.57	0.79	12.98	140	0.85	34.8	1.83
Chicken and Sausage Gumbo, WG	1 cup	372	18.92	3.79	54	302	30.14	1.92	1.1	20.54	138	5.73	41.03	1.19
Chicken Biscuit	1 biscuit	292	14.52	5.2	25	497	29.54	2.59	2.64	11.82	83	0	86.9	1.62
Chicken Breast, Breaded	4 oz	220	8	1.5	35	580	17	1	0	18	0	0	20	1.84

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Chicken Casserole	1 cup	387	16.66	6.87	119	548	19.39	1.3	1.29	38.2	434	0.82	95.88	1.08
Chicken Fajita	1 tortilla	332	14.38	6.83	72	1096	27.05	5.09	0.43	25.71	1839	8	219.53	2.42
Chicken Fajita Hoagie	1 sandwich	467	19.19	6.06	102	1377	44.44	5.49	5.45	32.61	848	46.59	277.54	2.24
Chicken Fajita Nachos	1 serving	340	15.38	4.19	89	1071	27.13	4.9	3.54	23.59	545	6	164.46	3.15
Chicken Fajita, WW	1 fajita	357	14.54	3.45	54	271	33.52	3.15	9.16	23.99	305	6.91	41	2.13
Chicken Fingers (4.5 oz)	3 fingers	250	11	2	60	690	17	2	0	22	0	1.2	20	2.37
Chicken Gravy	1/4 cup	21	0.97	0.54	0	295	3.5	0.04	1.26	0.58	0	0.04	10.54	1.44
Chicken Italiano	1 serving	273	6.47	1.37	116	681	8.06	0	3.23	42.21	29	0	20.41	0.08
Chicken Jambalaya	1 cup	315	8.54	1.87	74	777	30.8	1.81	0.71	27.09	135	9.78	31.73	2
Chicken Jambalaya w/Pasta	1 1/4 cup	374	11.68	2.8	46	355	47.34	5.29	2.6	21.27	1013	31.6	85.4	1.67
Chicken Jambalaya (brown rice)	1 cup	310	8.61	2.09	74	779	30.16	1.67	0.95	26.92	135	9.78	20.48	3.27
Chicken Minis (3) w/ 1 biscuit	1 serving	328	15.06	5.15	26	644	32.09	2.16	2.64	15.11	0	0	78.33	1.61
Chicken Noodle Soup	1 cup	165	4.63	1.64	44	400	16.79	1.05	0	12.74	377	0	3.53	1.38
Chicken Noodle Soup, USDA Recipe	1 cup	88	1.88	0.45	24	1375	10.69	0.7	0.77	6.78	77	1.17	14.64	0.9
Grilled Chicken Sandwich	1 sandwich	278	8.64	2.66	45	640	30.01	1.32	5.27	19.27	0	1.2	131.86	0.69
Chicken Parmesan	1 serving	414	15.53	3.96	61	997	43.94	6.12	8.71	23.42	909	1.2	123.66	2.26
Chicken Parmesan Sandwich	1 sandwich	437	13.58	3.95	43	1058	49.5	2.77	7.32	27.4	243	0	259.67	4.94
Chicken Patty, Breakfast	1 patty	107	6.6	1.24	25	198	5.78	0.83	0	7.42	83	0	16.5	3.63
Chicken Patty, spicy breaded	1 patty	230	13	2.5	56	420	13	2	0	16	300	1.2	40	0.89
Chicken Poppers	6 pieces	360	18	3	65	870	21	1	0	27	0	0	20	2.7
Chicken pot pie w/crust	1 cup	290	6.81	2.26	83	706	21.48	2.19	2.55	34.25	845	2.25	140.02	1.08
Chicken Salad w/regular mayo	1/2 cup	230	15.96	2.47	60	212	4.45	0.38	2.99	17	229	1.09	18.86	1.87
Chicken Salad Sandwich	1 sandwich	387	18.05	2.9	60	500	32.45	3.09	6.03	23.55	230	1.09	112.14	0.89
Chicken Salad Wrap w/light mayo	1 wrap	288	11.44	2.82	65	309	21.52	3.61	1.33	23.9	2156	2.8	77.97	2.73
Chicken Salad, w/light mayo	1/2 cup	176	9.4	2.19	52	234	5.14	0.43	2.93	16.93	188	1.1	18	1.11
Chicken Soft Taco	1 taco	418	16.36	6.66	107	1018	23.86	3.84	0.98	41.81	3234	9.44	363.18	0.85
Chicken Spaghetti	1 cup	370	13.17	4.79	75	658	32.18	4.28	0.54	32.07	575	14.26	243.52	2.45
Chicken Tetrazzini	1 cup	281	8.68	2.81	65	342	23.85	3.57	0.06	26.43	562	3.28	130.4	2.4
Chicken Penne	1 cup	251	5.74	1.56	55	381	26.21	2.64	2.46	23.1	343	5.88	47.07	1.63
Chicken Vegetable Soup	1 cup	75	1.58	0.36	14	1064	9.54	1.6	1.41	6.76	1447	9.59	23.52	2.41
Chicken Wrap, Buffalo	2 wraps	340	10	3	20	460	46	0	2	16	0	2.4	0	0.9
Chicken Wrap, Buffalo	1 wrap	170	5	1.5	10	230	23	0	1	8	0	1.2	0	5.4

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Chicken Wrap, diced chicken	1 wrap	344	15.69	5.47	85	385	21.62	2.28	1.6	29.66	700	0.91	86.42	2.7
Chicken, diced/boneless/skinless	3 oz	130	3.5	1	80	40	0	0	0	26	0	0	0	2.25
Chicken, Baked (bone in)	1 serving	317	6.97	1.56	173	1115	6.72	0	2.69	56.45	34	0	26.21	0.36
Chicken, Drumsticks RTC (2pc)	2 pieces	170	8	2.5	125	95	0	0	0	23	0	0	0	1.39
Chicken, Fajita Meat, B/S, 3oz	3 oz	121	7.09	2.03	81	567	0	0	0	15.19	0	0	0	1.08
Chicken, Thigh RTC/IQF, 1 pc	1 pc (102 g)	260	22	6	100	55	0	0	0	15	100	0	0	0
Chicken, Wings (4 pieces=144g)	4 pieces	325	22.31	5.07	162	832	2.03	0	0	30.42	0	0	0	1.08
Chicken, BBQ (w/bone)	1 serving	238	9.73	2.74	99	415	16.16	0.16	13.75	21.45	220	1.76	22.79	0
Chicken, Oven Fried (w/bone)	1 serving	283	15.91	3.5	94	101	9.69	0.34	2.4	23.97	93	0.33	71.02	1.04
Chili	3/4 cup	246	11.41	4.36	62	296	14.79	3.64	5.44	21.12	1059	12.45	60.29	1.39
Chili	1/2 cup	215	9.48	3.69	53	380	12.59	2.85	4.83	17.91	725	6.6	51.24	3.52
Chili Beans	1/2 cup	110	1	0	0	370	21	6	0	6	1250	0	40	2.57
Chili Con Carne w/Beans & Cheese	1/2 cup	204	11.41	5.19	51	262	9.93	2.17	0.93	15.9	887	13.32	125.77	1.81
Chili Hot Dog Sauce w/Beef	1/4 cup	60	2.5	1	5	370	6	2	0	3	1250	0	20	2.01
Chili Mac	3/4 cup	342	16.04	6.62	71	627	20.91	1.96	0	23.94	696	9.75	57.17	1.08
Chili with Beans	1 cup	299	6.35	2.46	35	688	37.06	10.08	1.86	22.34	586	7.96	120.07	3.13
Chili, White Chicken	1 cup	252	8.88	2.48	52	676	20.13	6.16	1.79	21.29	188	7.77	79.57	3.94
Chinese Style Vegetable	1/4 cup	36	2.33	0.32	0	102	3.53	1.41	1.38	0.9	2087	9.55	17.29	2.81
Chipotle Chicken Nachos	1 serving	255	8.57	1.66	37	861	31.09	4.63	3.12	12.52	723	7.23	40.9	0.26
Chipotle Wrap	1 wrap	300	9.09	3.36	46	727	33.29	6.51	0.71	20.97	1295	4.18	122.85	1.79
Chips, Baked BBQ	1 bag	130	2.01	0	0	150	26.08	2.01	0	2.01	0	2.41	0	1.77
Chips, Baked Doritos Nacho	1 bag	130	5	0.5	0	200	20	2	0	2	0	0	0	0.36
Chips, Baked Lays Sour Cream	1 bag	140	3.51	0.5	0	241	24.07	2.01	0	2.01	0	2.41	40.12	0.36
Choc Chip w/coconut cookie, WG	1 cookie	156	6.72	1.63	12	152	23.56	0.98	16.7	1.63	17	0	11.38	0.36
Chocolate Chip Cookie	1 cookie	144	7.73	4.6	26	98	18.5	0.98	13.01	1.47	200	0	15.95	0.56
Chocolate Brownies	1 square	233	12.55	7.55	74	129	29.27	1	22.27	2.82	405	0	14.13	0.52
Chocolate Cake no icing	1 serving	168	4.21	1.11	26	293	31.09	1.91	19.22	3.69	38	0.12	64.52	0.87
Chocolate Chip Cookies, homemade	1 cookie	124	6.52	2.98	17	78	15.6	0.42	8.96	1.4	87	0	9.08	1.17
Chocolate Chip Muffin	1 muffin	190	6	2	45	130	32	2	17	4	100	0	40	0.58
Chocolate Cream Frosting	1 Tbsp	74	2.25	0.93	2	18	14.41	0.66	13.15	0.44	28	0.02	5.68	1.44
Chocolate Fudge Cookies	1 cookie	139	3.76	1.53	10	306	24.1	0.75	14.37	2.44	14	0	29.34	0.25
Chocolate Glaze	1 Tbsp	60	1.26	0.26	0	30	12.68	0.31	10.72	0.28	51	0.02	5.55	1.07

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Chocolate Icing	1 Tbsp	93	2.33	1.47	6	18	18.7	0.34	17.84	0.23	70	0	3.21	0.13
Chocolate Trifle	1/2 cup	200	6.34	1.78	29	192	34.03	2.95	4.96	3.78	95	0.09	70.06	0.14
Chocolena Cake	1 slice	186	4.97	0.86	0	246	33.37	1.55	19.32	3.82	4	2.06	73.29	1.23
Cinnamon & Sugar Mixture	1 oz	34	0	0	0	0	8.27	0.31	8.08	0.02	0	0	6.62	0.41
Cinnamon Roll with icing, purchased	1 roll	253	6.45	1.85	37	223	45.47	1.84	27.07	4.76	184	4.46	42.94	0.04
Cinnamon Rolls, homemade	50.0000 2 oz	211	4.76	0.76	1	293	37.76	1.68	10.72	4.64	9	0.29	38.33	1.66
Cinnamon Toast on wheat bread	1 slice	106	1.93	0.74	2	152	18.25	2.46	5.62	4.03	26	0	63.34	1.13
Cinni-minis, prepackaged	1 package	240	8	2	0	300	40	2	15	5	0	0	40	0.86
Clementines (1/2 cup)	1 serving	52	0.3	0.04	0	2	13.01	1.76	0	0.79	664	26.03	36.08	1.44
Fish Nuggets	4 pieces	240	10	1	30	300	22	2	0	15	0	0	20	0.47
Coleslaw	1/2 cup	119	10.15	1.01	20	223	6.53	1.15	3.17	0.11	385	2.78	8.22	1.44
Collard Greens	1/3 cup	67	2.06	0.18	0	41	11.35	3.35	4.89	2.28	4941	33.55	117.04	0.29
Cooked carrots (using canned)	1/2 cup	84	3.57	1.62	0	270	12.15	3	8.12	1	163	0	4.21	0.27
Corn (creamed style)	1/2 cup	140	1.42	0.06	0	681	29.36	1.38	0	2.72	0	3.27	4.06	0.1
Corn (using canned)	1/2 cup	57	1.02	0.25	0	294	12.19	1.63	3.52	1.83	37	1.43	6.66	0
Corn (using frozen)	1/2 cup	81	0.68	0.12	0	103	19.29	2.41	0	2.51	196	3.48	3.95	0.22
Corn and Green Bean Casserole	1/2 cup	135	6.54	1.33	1	187	17.24	2.84	2.89	3.54	409	3.73	51.8	0.47
Corn Chips	1 oz	140	6	1	0	170	20	2	0	2	0	0	20	0.87
Corn Nuggets	4 nuggets	130	4	1	0	290	21	2	2	2	0	0	20	0.29
Corn on Cob	1 cob	68	1.42	0.68	3	155	14.07	1.76	2.26	1.97	176	3.02	2.26	0.54
Corn Salad	1/2 cup	87	4.01	0.5	6	277	12.73	1.79	3.87	1.93	208	6.93	4.08	0.38
Cornbread, Mexican	2 oz	133	5.06	1.91	19.36	348.31	18.8	0.46	4.3	4.23	672	0.23	19.59	0.94
Cornbread	2 oz	163	3.18	0.75	11	404	31.09	0.92	2.08	4.54	39	0.14	103.77	0.83
Corndog	1 corndog	240	8	2.5	40	390	30	5	5	9	0	0	80	1.8
Country Fried Steak no gravy	1 serving	329	23.4	9.1	53	384	14.8	1.6	0.5	14.5	15	0	26	2.22
Country Fried Steak w/gravy	1 serving	352	24.94	9.43	53	419	16.77	1.7	0.5	14.86	81	0	28	2.1
Cowboy Caviar	1/2 cup	105	1.19	0.08	0	339	20.51	3.83	0.29	5.33	351	6.08	23.58	2.22
Saltine Crackeres	4 crackers	50	1.04	0.2	0	113	8.89	0.34	0.15	1.14	0	0	2.28	2.55
Cranberry Sauce, canned	1/4 cup	110	0.1	0	0	3	27.98	0.76	21.99	0.62	23	0.69	2.08	2.14
Cream Cheese	1 Tbsp	51	4.99	2.93	15	46	0.8	0	0.55	0.89	161	0	14.07	0.28
Cream of Vegetable Soup	1 cup	155	7.73	4.71	21	1103	17.2	2.37	3.82	4.43	2247	2.2	65.67	0.02
Creamed Corn, canned	1/2 cup	92	0.54	0.08	0	334	23.21	1.54	4.13	2.23	95	5.89	3.84	0.86

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Crispito (1)	1 1 crispito	270	14	3	25	370	23	3	1	12	750	0	40	0.04
Crispito (2)	1 2 crispitos	540	28	6	50	740	46	6	2	24	1500	0	80	1.8
Croissant w/ham & cheese, bfast	1 croissant	165	7.27	2.65	18	499	15.97	1	1.34	9.29	389	0	74.43	3.07
Croissant w/ham & cheese,lunch	1 crossaint	344	15.47	4.12	28	929	34.5	3	3.51	15.28	571	0	127.87	1.05
Croissant, plain	big crossaint	168	4.19	0	0	168	28.48	3.35	3.35	5.03	0	0	33.51	1.59
Doritos RC (baked)	1 bag	128	4.94	0.49	0	198	19.75	1.98	0	1.98	0	0	0	1.43
Cornbread Dressing	1/2 cup	241	9.15	3.22	109	841	29.85	1.8	1.52	9.13	506	1.98	84.23	0.36
Egg and Cheese Slider	prepacked	160	7	2.5	70	280	19	2	4	6	300	9	80	2.13
Egg Roll, Vegetable	1 serving	140	1	0	0	150	22	4	4	4	200	1.2	40	1.08
Egg, hard boiled	1 egg	78	5.31	1.63	187	62	0.56	0	0.56	6.29	260	0	25	1.08
Fish Sandwich, brd patty	1 square	327	8.61	2.03	30	532	39.21	3.06	5.22	18.22	0	0	105.49	4.57
Fish Strips	1 serving	261	10.06	2.66	35	740	18.99	1.98	0	22.68	71	0	25.51	1.44
Fish, Tilapia baked	2.8 oz serving	102	2.1	0.75	45	44	0	0	0	20.76	0	0	11.11	0.92
Flatbread Sandwich, Chix&Cheese	1 sandwich	396	18.93	7.39	106	1197	28.18	3.02	1.67	29.03	361	0	395.79	0.55
Flatbread, Breakfast	1 flatbread	286	10.61	3.24	270	617	29.74	4	1	18.19	488	0	229.13	1.13
French Fries, oven baked	1/2 cup	170	6.43	1.07	0	226	26.53	2.72	0	2.7	0	8.59	6.8	0.54
French Salad Dressinig (ind)	1.5 oz	71	0	0	0	496	14.17	0	7.09	0	354	0	0	1.05
French Toast Sticks (2 sticks)	2 sticks	150	6.5	1.5	0	200	21.5	1.5	7.5	3	0	0	0	0
French Toast Sticks (4 sticks)	4 sticks	300	13	3	0	400	43	3	15	6	0	0	0	0.72
French Toast Sticks, MiniBerry	prepackaged	220	6	1.5	5	380	37	2	11	4	0	0	40	1.44
French Toast, Mini (choc chip)	prepackaged	210	6	1.5	0	260	35	4	10	5	500	0	100	1.55
Fried Rice	1/2 cup	138	2.58	1.09	5	332	25.19	1.13	1.03	3.31	361	3.69	11.85	0.42
Frito Pie	60 1 cup	418	22.58	7.77	61	878	27.04	4.98	0	25.48	1793	0	269.64	0.72
Froot Loops Snack Pack	1 pack	110	1	0.5	0	170	24	3	8	2	1000	4.8	0	2.85
Frozen Bars, Sour Apple 3 oz	1 bar	50	0	0	0	10	14	3	11	0	500	60	60	3.6
Frozen Dessrt Bar, Cherry	1 bar	50	0	0	0	10	14	3	10	0	2000	60	60	0
Frozen Dessrt Bar, Grape 3 oz	1 bar	48	0	0	0	3	12.95	2.05	10.91	0	136	40.91	54.55	0
Frudel (Pillsbury)	1 frudel	210	6	1.5	0	290	37	2	11	5	0	0	0	1.08
Fruit Cobbler (easy)	1/2 cup	225	2.63	1.59	7	188	50.58	2.27	36.61	3.26	475	2.18	111.85	1.08
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	65	0	0	0	8	17.01	0.81	16.2	0	162	2.92	0	1.28
Fruit Juice, 4 oz	4 oz	58	0.09	0.01	0	5	13.83	0.23	11.99	0.46	19	46.15	9.07	6.12
Fruit, canned	1/2 cup	68	0	0	0	10	16.62	0.98	14.66	0	0	5.86	0	0.37

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Fruit, fresh assorted	1 serving	59	0.22	0.04	0	1	15.03	2.47	11.89	0.75	184	20.23	19.04	0.7
Garden Salad, Romaine	1 cup	35	0.75	0.04	0	32	5.96	2.78	2.96	1.72	2157	9.06	44.48	2.58
Glaze for Cinnamon Roll	1 Tbsp	51	0.01	0.01	0	3	12.34	0	12.35	0.16	0	0.05	6.14	1.19
Glazed Carrots	1/2 cup	70	2.29	1.34	5	329	12.23	1.93	8.2	0.85	14418	4.4	36.79	0.02
Gluten Free Alfredo Style Mac	1 cup	300	9	3.5	0	600	49	2	0	5	0	0	200	0.86
Gluten Free Blueberry Waffles	1 serving	210	7	0.5	0	420	34	1	2	2	0	0	150	1.44
Gluten Free Burrito beans&rice	1 serving	240	6	0.5	0	430	38	5	3	7	100	2.4	40	1.08
Gluten Free Burrito w/Cheese-A	1 serving	260	8	2	5	430	37	5	3	9	200	3.6	100	1.8
Gluten Free Chicken Fingers-T	1 serving	200	10	2	40	400	12	0	0	16	0	0	0	1.8
Gluten Free Corndog (FFarms)	1 corndog	180	9	2.5	45	530	20	0	6	7	0	0	20	0.72
Gluten Free Macaroni & Cheese	1 cup	300	9	3.5	0	580	48	2	0	5	0	0	200	1.08
Gluten Free Spaghetti Noodles	1 cup	210	2	0	0	15	43	2	0	4	0	0	0	1.44
Gluten Free Waffles-original	1 serving	210	7	0.5	0	450	34	1	1	2	0	0	200	0.72
Gluten Free Wrap (Toufayan)	1 wrap	110	4	0.5	21	364	20	1	3	3	0	0	80	1.08
Gluten Free, Bfast Sandwich	1 sandwich	290	19	8	95	530	21	4	4	13	200	0	100	0.36
Gluten Free, Blueberry Muffin	1 muffin	260	9	2.5	70	260	40	1	21	3	100	0	20	1.08
Gluten Free, Breakfast Burrito	1 burrito	240	8	4	90	420	32	4	3	10	300	6	100	0.72
Gluten Free, Cheese Pizza (D)	1 slice	390	17	4.5	0	670	54	5	4	4	400	0	60	1.44
Gluten Free, Cheese Pizza (U)	1 slice	360	15	9	35	570	45	2	6	12	500	6	300	1.08
Gluten Free, Chicken Pot Pie	1 serving	360	17	5	15	460	41	1	5	10	750	3.6	0	0.72
Gluten Free, Chicken Wings	1 serving	160	10	3	90	750	0	0	0	18	100	0	40	1.44
Gluten Free, Cinn Raisin Bagel	1 bagel	290	9	0.5	0	470	46	3	10	6	0	0	40	0.72
Gluten Free, Dinner Roll	1 roll	80	1.5	0	0	200	15	1	1	3	0	0	20	0.72
Gluten Free, English Muffin	1 muffin	180	2	0	0	450	34	3	3	5	0	0	100	0.36
Gluten Free, Hamburger Bun	1 bun	190	5	0	0	350	32	6	4	5	0	0	40	1.44
Gluten Free, Hot Dog Bun	1 bun	190	5	0	0	350	34	4	5	4	0	0	20	0.72
Gluten Free, Pepperoni Pizza-U	1 slice	360	15	8	35	670	45	2	6	12	500	6	250	0.72
Gluten Free, Plain Bagel	1 bagel	290	9	0.5	0	460	43	2	5	7	0	0	40	0.72
Gluten Free, Ravioli-Celentano	1 serving	210	8	4	140	320	25	1	2	10	300	0	150	0.36
Gluten Free, Sliced Bread	1 slice	120	4	0	0	240	21	1	3	2	0	0	40	0.72
Gluten Free, Supreme Pizza (D)	1 slice	340	14	3.5	0	570	45	4	5	7	200	0	60	0
Graham Crackers, chocolate	1 package	109	2.96	0.49	0	104	20.74	1.98	6.91	1.98	296	3.56	19.75	6.64

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Graham Crackers, Cinnamon	1 package	106	3.09	0.44	0	88	18.52	1.76	6.17	0.88	265	3.17	17.64	2.67
Granola	1/2 cup	246	6.88	0.98	0	177	42.25	3.93	13.75	4.91	0	0	19.65	0.9
Grape Juice, 4 oz	4 oz	80	0	0	0	10	19	0	18	0	0	0	0	1.06
Grapes, fresh	1/2 cup	31	0.16	0.05	0	1	7.89	0.41	7.48	0.29	46	1.84	6.44	0.26
Gravy, brown	2 Tbsp	50	1.31	0.45	0	662	8.08	0.27	0	0.27	4	0.04	19.88	0.13
Gravy, sausage	1/2 cup	114	8.93	3.36	16	547	4.94	0.34	0	3.74	0	0.51	10.21	0.24
Green Bean Casserole	1/2 cup	76	4.74	2.71	13	351	6.8	1.52	0.38	2.36	402	3.86	45.75	1.89
Green Beans	1/2 cup	25	0	0	0	142	5.98	1.98	0.99	1	493	5.96	39.56	0.78
Green Peas	1/2 cup	52	0.3	0.05	0	195	9.5	3.09	0	3.31	578	6.85	15.19	1.1
Green Peas & Carrots	1/2 cup	46	0.29	0.05	0	243	8.84	2.73	1.2	2.46	5759	5.75	21.92	0.72
Grilled Cheese Sand, half	1/2 sandwich	201	11.75	6.57	33	635	15.02	1.92	2.03	9.14	381	0	348.35	1.91
Grilled Cheese Sandwich	1 sandwich	368	23.1	8.33	40	1316	32.46	1.76	5.53	15.29	1133	0	300	0.97
Grilled Chicken Sandwich w/cheese	1 sandwich	358	15.64	5.16	65	1120	33.01	1.32	6.27	24.27	400	1.2	281.86	1.91
Grilled Chicken Sandwich	1 sandwich	278	8.64	2.66	45	640	30.01	1.32	5.27	19.27	0	1.2	131.86	2.26
Grilled ham and cheese sandwic	1 sandwich	643	41.71	16.58	79	3150	37.19	1.76	5.53	37.38	1800	0	331.55	1.91
Grits	1/2 cup	154	5.76	2.16	0	806	23.18	2.02	0	2.02	216	0	4.82	2.38
Grits (cheese)	1/2 cup	200	8.57	3.83	8	981	24.59	2.04	1.09	5.33	227	0	50.85	1.46
Gummies, fruit flavored	1 package	63	0	0	0	27	18.9	4.5	7.2	0	0	54	0	1.48
Ham	2 oz	118	4	1.2	64	909	3.1	0	1.2	16.3	53	0	7	2.49
Ham & Cheese Biscuit	1 biscuit	280	13.5	7.07	15	809	28.85	2	0	11.79	29	0	161.99	1
Ham & Cheese Omelet, Baked	1 square	209	14.53	5.37	348	630	2	0.03	0	17.34	517	0.02	220.49	1.21
Ham and Cheese Hoagie	1 1 hoagie	355	11.13	3.13	57	629	39.21	3	0.79	23.68	126	0	156.67	1.6
Ham and Cheese Muffin/Square	1 square	173	4.59	2.2	63	558	19.14	0.78	1.17	13.11	232	0	196.35	1.84
Ham Biscuit	1 biscuit	256	11	5.4	10	917	29.2	2	0	10.59	0	0	107.99	1.33
Ham Sandwich	1 sandwich	267	7.64	1.67	52	1110	27.33	3.84	2.78	21.32	2	16.51	107.29	1.22
Hamburger Bun	1 bun	120	2	0.5	0	220	22	1	4	4	0	0	100	1.46
Hamburger on Bun	1 burger	296	12.84	4.54	40	493	31.05	2	5.27	15.47	18	0	146.82	1.44
Hamburger Steak	1 steak	136	9.1	3.6	43	119	0.8	0.4	0.3	13.1	14	0	11	3.26
Hashbrowns-potatoes	1 patty/ 2.25 oz	120	6	1	0	260	15	1	0	1	0	4.8	0	0
Hawaiian Sandwich Wrap	1 wrap	260	10.15	4.96	41	1112	29.01	4.36	3.57	17.21	1301	4.49	89.81	0
Broccoli & Cauliflower Parmesan	1/2 cup	77	2.96	0.75	2	188	10.05	3.6	1.93	4.18	684	40.95	72.5	1.75
Hoagie Roll	1 hoagie	200	3.01	0	0	330.59	36.06	4.01	3.01	8.01	0	6.01	60.11	2.71

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Honey Mustard, ind packet	1 packet	140	13	2	10	200	7	0	6	0	0	0	0	0
Honeydew, Melon	1/2 cup	32	0.12	0.03	0	16	8.04	0.71	7.19	0.48	44	15.93	5.31	0.8
Cinnamon Apples	1/2 cup	136	3.57	0.65	0	36	27.43	1.03	24.48	0.01	162	4.53	1.9	0.15
Hot Dog Bun	1 bun	140	2	0	0	300	27	2	4	5	0	0	40	0.01
Hot Dog on WW Bun	1 hot dog	300	18	7.5	30	740	23	1	5	11	100	0	100	1.44
Hot Dog, beef	1 hot dog	180	16	7	30	520	1	0	0	7	100	0	0	2.16
Hot Italian Sub Sandwich	1 sandwich	416	14.84	4.2	36	1250	49.39	5.55	8.49	21.92	571	6.56	211.1	0.72
Hot Sauce	1 packet	0	0	0	0	187	0	0	0	0	156	0	0	4.94
Hot Wings (4 pieces=142 g)	4 pieces	320	22	5	160	820	2	0	0	30	0	0	0	0
Hush Puppies, purchased	2 pieces	93	4	0.66	0	127	13	0.66	3	1.33	50	0.6	0	7.82
Hush Puppies, purchased	4 pieces	184	7.92	1.31	0	251	25.74	1.31	5.94	2.63	99	1.19	0	0.18
Ice Cream, Lowfat Vanilla	1 cup	80	1.5	1	5	50	15	0	3	2	300	0	80	0
Italian Mixed Veggies	1/2 cup	83	0.64	0.18	0	106	15.73	4.39	0	3.63	5528	11.32	32.66	2.98
Italian Mxd Veggies w/ ltdressing	1/2 cup	79	0.94	0.09	0	213	14.58	3.63	0.95	3.02	4607	9.43	22.68	1.03
Italian Mxd Veggies w/Ranch drsg	1/2 cup	65	0.47	0.09	0	464	12.22	3.63	0	3.02	4607	9.43	22.68	1.03
Italian Salad Dressing (ind)	1.5 oz packet	35	0	0	0	602	7.09	0	7.09	0	0	0	0	0.86
Jalapeno peppers (from jar)	1 Tbsp	1	0.02	0	0	36	0.1	0.06	0.05	0.02	37	0.22	0.5	0.79
Jello	1 square	65	0	0	0	82	15.39	0	14.64	1.33	0	0	2.43	0.13
Jelly, Apple	1 ind package	50	0	0	0	5	13	0	5	0	0	0	0	0.03
Jelly, Assorted	1 ind package	50	0	0	0	5	13	0	5	0	0	0	0	0
Jelly, Grape	1 ind package	35	0	0	0	5	9	0	5	0	0	0	0	0
Jelly, Strawberry	1 ind package	35	0	0	0	5	9	0	6	0	0	0	0	0
Juice, fruit, assorted	4.0000 4 fl.oz.	64	0.17	0.02	0	5	15.62	0.28	13.32	0.47	59	24.46	13.14	0
Ketchup, Individual pkg	1 packet	7	0	0	0	17	2	0	1.33	0	67	0.8	0	0.72
Kidney, Beans (canned)	1/2 cup	110	0	0	0	140	14	5	0	8	0	1.54	43.52	3
Kiwi	1/2 cup	55	0.47	0.03	0	3	13.19	2.7	8.09	1.03	78	83.43	30.6	1.5
Lasagna Roll (no sauce)	1 roll	339	16.03	9.72	75	652	24.12	2.01	1.01	25.05	599	0	615.06	0.28
Lasagna w/beef, homemade	1 serving	264	11.28	6	45	474	24.59	2.05	1.87	16.79	822	16	355.94	2.14
Lettuc & Tomato	2 leaves/ 2 slice	14	0.22	0.03	0	6	2.8	1.47	1.31	0.91	5083	5.61	20.94	1.67
Lima Beans, (using canned)	1/2 cup	124	3.72	1.69	0	275	16.07	5.02	0	6.01	169	0	40.48	1.27
Macaroni & Cheese	1/2 cup	152	4.1	1.71	13	146	21.39	0.88	0.05	6.95	218	0.11	112.01	1.02
Macaroni & Cheese	1 cup	285	10.37	3.64	14	583	32.68	1.53	5.55	14.55	563	0.22	248.33	1.02

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Mandarin Oranges	1/2 cup	73	0	0	0	8	18.63	0.81	17.82	0.81	1012	21.87	16.2	0.28
Marinara Sauce	1/4 cup	74	0.49	0	0	78	17.53	2.15	0	2.15	799	6.41	2.57	1.57
Mashed Potatoes	1/2 cup	86	1.3	0	0	409	17.29	1.73	0	1.73	0	7.78	2.26	0.32
Mayonaise, individual packs	1 Pkt	50	5.56	0.6	4	40	0.19	0	0.03	0.08	20	0	1.26	0.29
Mayonaise, individual packs RF	1 Pkt	23	2.33	0.29	3	53	0.58	0	0	0	0	0	0	0.04
McRib Sandwich	1 sandwich	498	16.26	4.5	35	1425	67.83	5.35	20.89	19.69	554	13.17	105.19	0
Meatball Sub Sandwich	1 sandwich	353	12.07	4.17	60	465	41.94	4.44	1.15	21.69	615	14.89	92.27	4.37
Meatballs	1 serving	178	8.88	3.34	60	102	8.53	1.41	0.99	15.39	243	5.41	36.99	3.66
Meatloaf	1 serving	141	8.42	3.25	62	50	2.1	0.31	0.15	13.42	24	0.29	10.13	1.81
Meatball Hoagie, WW -P meat	1 sandwich	465	15.08	5.3	56	860	50.79	6.28	6.3	32.82	323	9.62	318.48	1.3
Meatball Sub	55 servings	354	12.26	3.58	64	389	37.7	4.24	3.31	22.9	3	6.74	71.76	5.02
Meatballs (homemade)	55 servings	215	13.45	5.04	72	102	5.27	1.14	1.17	17.37	96	1.74	6.11	4.08
Meatballs, premade	5 meatballs	135	6	1.7	0	41	237	5	1	16	6	1	35	2
Meatloaf	1 serving	203	10.8	4.09	101	455	8.89	0.54	0.15	17.33	341	6.37	20.54	1.5
Meatloaf Sauce	1 Tbsp	10	0.04	0	0	91	2.66	0.07	0.56	0.14	76	1.23	1.97	1.77
Mexi-Corn	1/2 cup	86	2.7	1.29	5	276	16.01	1.89	0.54	2.28	341	14.24	8.66	0.05
Mexican Beans, w/cheese	1/2 cup	126	1.17	0.72	3	319	19.95	6.01	0.02	8.59	135	1.18	115.58	0.84
Mexican Beans, w/o cheese	1/2 cup	109	0.05	0.01	0	275	19.83	6.01	0.02	6.93	96	1.18	60.07	1.48
Mexican Corn	1/2 cup	55	1.84	0.81	3	299	9.9	1.42	3.14	1.59	140	6.4	2.92	1.47
Mexican Lasagna	1 cup	456	24.93	9.83	81	922	28.21	3.05	3.82	31.16	1336	9.77	416.07	1.55
Mexican Pizza	1 slice	340	14	6	25	850	39	4	10	17	500	0	250	3.3
Mexican Rice	1/2 cup	143	3.21	1.62	6	406	25.34	1.95	2.05	2.16	257	8.94	4.71	3.6
Milk, 1% Low Fat	8 oz	105	2.6	1.6	10	110	12	0	12.7	8	500	0	300	0.07
Milk, Fat Free Flavored	8 oz	130	0	0	5	125	24	0	20	8	500	0	300	0
Milk, Skim	8 oz	90	0.4	0.3	5	127	12	0	12.5	8	0	2.4	300	1.8
Mini Egg and Cheese Sandwiches	1 package	203	8.59	2.84	118	541	18.88	2	3.08	12.65	190	0	172.27	0.18
Mini Sausage biscuits (pkgd)	1 biscuit	230	14	5	30	320	19	2	4	7	0	9	40	1.53
Mini Waffle PB-Maple/Blueberry	1 package	210	6	1	5	170	38	3	13	4	0	0	20	1.44
Mini Waffle PB-Maple/Blueberry	1 package	210	6	1	5	170	38	3	13	4	0	0	20	0.72
Mixed Green Salad	1 cup	25	0.3	0.01	0	9	4.95	1.68	1.33	1.1	1796	39.31	19.27	0.37
Mixed Green Salad w/cheese	1 cup	51	1.38	0.58	3	42	7.91	2.67	3.51	2.64	6361	121.23	57.17	0.78

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Mozzarella, String Cheese	1 oz	80	6	3.5	15	210	1	0	0	7	200	0	200	0.89
Mustard (ind pkg)	1 packet	0	0	0	0	59	0	0	0	0	0	0	0	0.91
Nacho Cheese Sauce, Canned	1 1/4 cup	90	7	2	5	410	5	0	0	1	0	0	20	2.94
Nacho Chips	1 oz serving	140	7	1	0	110	18	2	0	2	0	0	71.43	0.4
Nachos w/ground beef 9-12	1 serving	578	27.72	6.39	73	1273	53.66	4.71	2	25.18	567	1.7	72.39	1.29
Nachos w/ground beef K-8	1 serving	448	22.72	6.39	73	1103	34.66	2.71	1	23.18	567	1.7	52.39	4.07
Nachos with Chili and Cheese	1 serving	325	17.03	5.66	48	568	22.93	1.15	0.01	18.09	427	0.2	140.51	3.35
NECTARINES,FRESH	1 nectarine	60	0.44	0.03	0	0	14.35	2.31	10.73	1.44	452	7.34	8.16	2.26
Northern Beans	1/2 cup	91	0.41	0.12	0	861	16.23	5.33	0.09	6.4	2	1.03	53.28	0.91
Oatmeal	3/4 cup	126	3.74	1.37	0	92	20.46	2.07	8.64	2.94	117	0.02	13.94	2.35
Omelet, prepackaged	1 omelet	140	5.85	3.15	61	219	16.16	1.71	0	7.19	208	3.23	164.98	0.91
Orange Glazed Carrots	1/2 cup	94	3.88	2.37	10	265	14.84	1.59	10.53	0.86	10901	14.1	34.49	0.01
Orange Juice, 4 oz	4 oz	60	0	0	0	0	14	0	12	0	0	42	0	0
Orange/Pineapple Juice, 4 oz	4 oz	60	0	0	0	0	15	0	13	0	0	36	0	0
Orange, fresh	1 medium size	42	0.11	0.01	0	0	10.57	2.16	8.41	0.85	202	47.88	36	0
Oven Fried Chicken	1 serving	205	8.5	2.43	58	177	9.7	0.31	0.03	20.73	115	0	35.68	0.14
Pancakes	3 pancakes	230	6	1	10	300	41	3	3	5	0	0	60	1.8
Pancakes, Mini, Berry (ind pg)	1 pouch	210	6	1	10	310	35	4	11	4	500	0	80	1.8
Pancakes, Mini, Maple (ind pg)	1 pouch	210	6	1	10	320	35	4	11	4	500	0	60	2.7
Parfait, fruit & yogurt	1 serving	310	3.23	0.65	2	120	64.48	4.31	21.55	8.97	1334	45.09	204.72	1.09
Parmesan Tuscan Salad	1 cup	65	2.5	0.49	2	341	9.45	3.37	3.44	2.86	11220	15.47	87.16	1
Parsley Potatoes	1/2 cup	79	3.69	2.33	10	203	10.33	1.08	0	1.08	121	7.73	33.92	2.3
Pasta Bake	1/2 cup	221	5.57	2.82	11	533	31.03	3.55	8.27	10.76	745	2.6	190.45	0.62
Pasta Salad	1/2 cup	151	4.34	1.49	6	447	23.03	2.6	1.42	6.6	260	14.24	118.43	3.43
Patty Melt on sliced bread	1 patty melt	547	23.13	9.01	68	1195	63.62	8.25	0.63	26.54	335	0.1	331.08	1.54
PB&Jelly Sandwich, IW	prepackaged	290	16	3	0	220	28	4	11	9	0	0	80	2.33
Peaches, frozen 1/2 cup	1/2 cup	58	0	0	0	5	16.34	1.92	15.38	0.96	384	2.31	0	1.02
Peach, fresh medium	1 each	60	0.19	0.01	0	0	15	2.3	6.46	0.7	251	5.08	4.62	0.35
Peaches: canned,light syrup	1/2 cup	66	0	0	0	4	16.55	0.83	17.38	0.83	166	9.93	0	0.19
Peaches: canned,own juice	1/2 cup	51	0.05	0	0	5	12.96	2.49	0	0.86	666	4.08	7.94	0
Peanut Butter & Jelly Sandwich	1 sandwich	360	17.76	3	0	424	37.3	3.76	9.14	12.29	0	0	0	0.31
Pears, canned own juice	1/2 cup	70	0	0	0	13	16.57	0.87	13.08	0	0	0	0	0

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Pears, fresh	1 pear	80	0.21	0.02	0	1	20	2.5	7.85	0.29	20	3.46	7.25	0.44
Peas & Carrots, canned	1/2 cup	77	3.72	1.64	0	330	8.9	3.09	1.98	2.22	462	3.56	7.91	0.37
peppers and onions	1/2 cup	36	2.41	0.34	0	4	3.44	1	0.89	0.53	138	30.34	8.08	1.22
Pickle spear, dill	1 spear	8	0	0	0	560	2	0	0	0	0	0	40	4.2
Piggle Stick	1 stick	220	12	3	20	360	21	0	9	7	0	0	40	0
Pimento Cheese	2 oz serving	209	14.56	3.86	25	750	4.31	0.19	0.29	14.46	376	8.15	245.29	0.41
Pineapple chunks, canned lt syrup	1/2 cup	66	0.15	0.01	0	1	16.95	1.01	15.94	0.45	48	9.45	17.64	0.34
Pineapple juice, unsweetened	4 oz	60	0.14	0.01	0	2	14.59	0.23	11.32	0.41	6	49.67	14.74	0.49
Pineapple, canned-own juice	1/2 cup	54	0.1	0.01	0	1	14.08	1.18	12.91	0.46	45	8.51	14.48	0.75
Pineapple, fresh	1/2 cup	41	0.1	0.01	0	1	10.82	1.16	8.13	0.45	48	39.44	10.73	0.25
Pinto Beans	1/2 cup	135	3.02	0.44	0	307	19.7	5.9	0.01	6.9	0	1.18	59.08	0.36
Pita Bread, White -1/2 of 6 in	1 39.5 g	105	1	0.25	0	205	19.5	19.5	0	4	0	0	50	1.42
Pizza - 4x6 Cheese	1 slice	300	11	4	15	470	34	4	10	16	500	0	300	0.9
Pizza, 4x6 Pepperoni	1 slice	300	11	4	15	550	33	4	9	15	400	0	250	2.7
Pizza, 4x6 Sausage	1 slice	267	9.89	2.97	15	801	31.66	3.96	4.95	15.83	544	0	217.68	2.7
Pizza, Bagel	1 bagel	220	8	2	15	480	27	3	0	10	300	0	150	5.34
Pizza, Bfast Sliders (2 mini)	2.54 oz (2 pcs)	150	4.5	1.5	25	280	21	2	8	8	100	0	100	1.8
Pizza, Bfast w/Sausage 2x6	2 slices	320	14	5	20	1000	32	4	4	16	200	0	300	1.8
Pizza, Bfast w/Sausage 2x6	1 slice	160	7	2.5	10	500	16	2	2	8	100	0	150	2.16
Pizza, Cheese Deep Dish Round	1 slice	320	11	3.5	10	610	40	5	5	15	300	0	250	2.7
Pizza, Cheese Wedge	1 slice	328	12.04	4.38	16	514	37.2	4.38	10.94	17.51	547	0	273.54	2.7
Pizza, French Brd Pepperoni	1 slice	270	9	4.5	35	650	30	3	5	19	750	6	400	2.95
Pizza, Pepperoni Deep Dish Rd	1 slice	320	12	3.5	15	650	39	5	5	16	300	0	200	1.08
Pizza, Pepperoni Wedge	1 slice	313	12.51	5.21	26	688	36.5	5.21	0	17.73	313	0	208.55	2.7
Pizza, Sausage (Wedge)	1 slice	270	10	3	15	810	32	4	5	16	550	0	220	2.82
Pizza, Cheese Wedge Tony's	4.60 oz	300	11	4	15	470	34	4	10	16	500	0	250	5.4
Pizza, Stuffed Crust Cheese	1 slice	330	14	4.5	15	650	35	3	4	16	300	0	300	
Pizza, Stuffed Crust Pepperoni	1 slice	330	14	4.5	20	870	35	3	4	17	300	0	250	1.8
Pizza, Tony's Sl Pepperoni	4.48 oz	300	11	4	15	550	33	4	9	15	400	0	250	1.8
Plums, fresh	1 serving	38	0.23	0.01	0	0	9.42	1.16	8.18	0.58	285	7.84	4.95	2.7
Plums: canned,light syrup	1/2 cup	79	0.13	0.01	0	25	20.51	1.13	19.34	0.47	291	0.5	11.34	0.14
Pop Tart, Cinnamon	1 pastry	180	2.5	1	0	190	37	3	15	2	500	0	100	1.08

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Pop Tart, Fudge	1 pastry	180	3	1	0	190	37	3	15	2	500	0	100	1.8
Pop-Tart, Blueberry	1 pastry	182	2.7	0.85	0	179	37.2	2.8	14.7	2.1	500	0	100	3.04
Pop-Tart, Strawberry	1 pastry	180	2.5	1	0	180	37	3	15	2	500	0	100	1.8
Pork	2.5 ounce	180	11.41	3.96	57	45	0	0	0	17.91	6	0.54	16.33	1.8
Pork Carnitas	160 servings	409	21.28	8.92	74	323	29.56	4.57	1.44	24.87	1215	3.02	120.66	0.72
Pork Chop	100 serving	260	14.73	3.11	77	252	2.52	0.44	0.57	27.79	13	0.94	45.54	2.89
Potato Salad-easy	1/2 cup	124	3.93	0.39	8	299	18.53	2.54	3.32	2.39	676	16.91	158.63	1.76
Potato Soup	1 cup	110	3.88	2.17	13	314	13.3	1.58	0.71	4.6	1011	8.06	187.06	0.79
Potatoes Au Gratin	1/2 cup	147	2.67	1.42	10	534	22.47	0.49	5.15	8.24	50	6.56	277.39	0.34
Potatoes Au Gratin	1/2 cup	70	3.96	1.51	12	397	6.52	0.15	0.62	4.12	239	0.75	115.85	1.57
Potatoes, Garlic Baby	5 pieces	83	2.26	0.17	0	228	14.25	1.73	0.03	1.23	244	9.12	59.47	0.28
Potatoes, Mashed	1/2 cup	154	2.08	0.52	0	1393	30.57	3.02	0	3.4	4	6.31	27.21	0.33
Potatoes, roasted baby bakers	1/2 cup	88	0.18	0.05	0	28	19.81	1.36	0.88	2.7	2	16.1	9.07	0.66
Pudding, Vanilla /Chocolate	4oz	135	0.67	0.2	0	218	29.08	0.13	18.63	2.48	27	1.21	72.14	0.48
Quesadilla, Cheese purchased	1 serving	190	9	6	20	390	18	2	1	9	400	1.2	200	0.59
Quesadilla, Chic & Cheese-purc	1 serving	300	11	4.5	40	560	31	3	2	19	200	0	250	1.44
Quesadilla, Chic & Cheese-homemac	1 serving	525	27.46	13.13	130	1021	25.99	2.31	1.41	42.89	826	3.81	447.87	2.7
Raisins	1/4 cup	108	0.17	0.02	0	4	28.7	1.34	21.46	1.11	0	0.83	18.12	0.45
Ranch Dressing, from mix	2 oz	82	6.05	0.6	12	528	4.33	0	0	1.92	241	0	72	0.06
Ranch Salad Dressing (ind)	1.5 oz	110	8	1	15	360	9	0	3.54	0	0	0	70.87	0.44
Ranch Style Potatoes - fresh	1/2 cup	151	7.21	1.32	0	414	19.67	1.42	0.67	2.33	325	6.21	14.15	0
Raspberry Vinaigrette Dressing	1 oz	25	0	0	0	180	7	0	7.73	0	0	0	0	0.94
Raw Veg Mix	1/2 cup	35	0.28	0.04	0	26	7.69	2.24	2.44	1.17	5251	95.49	18.94	0
Red Beans and Sausage	1 cup	263	19.52	6.49	38	759	12.79	2	1.98	10.02	113	7.29	21.98	0.63
Refried Beans w/cheese	1/2 cup	127	3.67	1.46	4	574	16.69	4.4	0.64	7.91	85	7.14	91.21	0.6
Rice	1/2 cup	97	0.77	0	0	95	19.9	1.02	0	2.04	0	0	11.32	0.07
Rice Krispy Treat Squares, homemac	1 square	150	4.26	2.52	10	143	27.03	0.08	2.04	1.63	901	13.09	2.17	0
Rice, Brown	1/2 CUP	108	0.94	0.17	0	96	22.48	1.06	0.19	2.22	0	0	3.77	0.51
RICE,Cooked Brown	1/2 cup	95	0.7	0.14	0	95	19.94	1.53	0	1.97	0	0	9.55	0.61
RICE,Cooked White	1/2 cup	126	0.2	0.06	0	95	27.81	0.29	0	2.32	0	0	4.03	0.46
Roasted Squash and Zucchini	1/2 cup	56	2.71	0.51	1	60	5.24	0.86	0.73	3.61	248	17.61	53.36	1.46
Rodeo Burger	1 burger	472	18.3	6.19	62	1072	52.09	5.2	3.74	26.45	1429	15.3	165.26	0.75

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Roll, wheat (purchased)	1 roll	80	1.5	0	0	70	14	2	2	3	0	0	6.37	4.87
Roll, white (2 oz) using oil	2 oz roll	137	2.83	0.45	0	172	23.51	1	2.37	3.97	45	3.43	30.77	0.51
Roll, whole wheat yeast (2 oz)	2 oz roll	133	3.04	0.43	0	172	23.04	2.03	3.46	4.24	2	0.14	32.93	1.27
Rolls, white 2oz	2 oz roll	152	2.62	1.18	0	190	28.24	1.34	5.95	3.88	129	3.32	8.46	1.1
Salad, Layered	200 1/2 cup	101	6.33	1.24	9	512	8.53	2.08	0.53	2.96	2555	7.79	34.47	6.35
Salisbury Steak Patty, 3oz/85g	1 patty	200	14	6	45	350	4	1	1	14	0	2.4	20	1.52
Salsa	1 ounce	10	0	0	0	160	2	0.5	1	0	100	4.8	0	2.02
Satsuma	1/2 cup serving	47	0.1	0.01	0	1	12	5.09	0	0.72	202	65.28	77.28	1.71
Sauce, Browning 1 tsp (6g)	1 1 tsp (6g)	15	0	0	0	10	3	0	0	0	0	0	0	0.38
Sauerkraut, canned	1/4 cup	7	0.05	0.01	0	235	1.52	1.03	0.63	0.32	6	5.22	10.65	0
Sausage Biscuit	1 biscuit	367	23.83	10.18	26	723	28.86	2	0	10.18	0	0	100	0.52
Sausage Gravy	1/4 cup	79	5.64	2.17	6	261	5.13	0.45	0	1.96	4	0.17	3.95	2.81
Sausage Link, Jimmy Dean	1 link	80	7	2	20	123	0	0	0	4	0	0	0	0.42
Sausage Link, Jimmy Dean	2 link	160	14	4	40	356	0	0	0	8	0	0	0	0.72
Sausage Patty	1 patty	147	13.83	5.18	26	233	0.86	0	0	5.18	0	0	0	0.72
Sausage, smoked	1 frank	200	18	6	35	500	3	0	0	7	0	0	0	1.73
Sausage, smokies BBQ	1/2 cup	298	19.61	6.51	38	1067	24.53	0.68	0	8.32	445	6.82	17.07	0
Scrambled Eggs	1/4 cup	94	6.42	1.93	276	159	0.86	0	0.5	7.94	335	0.1	49.74	1.19
Scrambled Eggs	1/2 cup	175	11.73	3.54	505	341	1.9	0	1.25	14.72	613	0.24	98.99	2.18
Scrambled Eggs with Cheese	1/2 cup	222	14.77	5.38	382	442	3.01	0	2.37	18.28	823	0.01	250.48	2.18
Scrambled Omelet	1/2 cup	216	12.96	5.29	383	432	4.75	0.48	3.3	19.13	1054	19.47	273.83	1.79
Seasoned Pork Roast	2 oz	213	11.59	4.26	77	708	2	0.36	1.21	23.73	10	0.38	12.86	1.88
Seasoned Potato Wedges	1/2 cup	88	0.18	0.05	0	28	19.81	1.36	0.88	2.7	2	16.1	9.07	0.75
Sheperd's Pie	1 serving	271	11.77	4.09	49	419	24.1	2.83	2.29	17.8	4298	19.97	66.43	1.15
Sherbet, Chocolate	1 serving	120	1.5	1	5	60	26	0	1	1	0	60	20	2.08
Sherbet, Grape	1 serving	120	1.5	1	5	35	27	0	1	0	0	60	20	1.8
Sherbet, Lime	1 serving	155	1.94	1.29	6	45	34.84	0	1	0	0	77.42	25.81	0.36
Sherbet, Orange	1 serving	120	1.5	1	5	35	27	0	1	0	0	60	20	0.46
Sherbet, Raspberry	1 serving	120	1.5	1	5	35	27	0	1	0	0	60	20	0.36
Shredded Lettuce/Diced Tomato	1/2 cup	11	0.29	0.01	0	4	1.84	1.1	0.77	0.69	614	5.62	16.62	0.99
Shredded Romaine	1 cup	8	0.6	0	0	14	1.5	3.6	2	2	0	0	0	0.39
Sliced Cheese	1 slice	40	3.5	1.25	10	240	1.5	0	0.5	2.5	200	0	75	0

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Sliced sweet potatoes	1/2 cup	115	0.18	0.06	0	36	27.53	4.68	11.25	2.11	19226	19.7	64.1	0
Sliced tomatoes	1/2 cup	16	0.18	0.03	0	4	3.5	1.08	2.37	0.79	750	12.33	9	0
Sloppy Joe on Bun	1 Joe	346	12.37	4.5	57	802	37.88	2.32	11.5	21.72	427	6.13	135.78	0.24
Sloppy Joe Meat	2 oz	174	8.59	3.29	47	417	10	0.95	4.07	14.16	421	10.76	19.26	3.9
Sour Cream ind. pkg	1 o z	51	4	2.47	10	20	1.98	0	0.09	1.98	124	0.26	39.97	0.01
Sour Cream, FF	1 oz	24	0	0	3	28	3.78	0	1.89	1.89	189	0	56.7	0.02
Southwestern Meatloaf	4 oz	337	22.87	9.23	146	545	5.14	0.61	0.79	26.17	1317	4.52	102.24	0
Spaghetti	3/4 cup	430	15.32	14.74	60	1552	46.8	4	18	23.62	1312	0.02	62.98	2.46
Spaghetti & Meatballs	1 cup	308	7.2	1.76	41	355	41.54	6.72	2.63	22.57	699	20.8	85.41	10.62
Spaghetti Sauce, Canned	1/2 cup	60	0.53	0.01	0	490	13.28	0.91	5.44	0.91	272	5.44	18.14	1.61
Spaghetti w/WG Noodles	1 cup	356	12.73	4.59	66	165	36.44	5.68	1.6	24.97	747	20.22	47.92	2.94
Spicy Asian Chicken	1 2.8 oz	140	3.5	1	70	350	11	0	11	15	0	0	0	0.09
Spicy Beef Wrap	1 pc (2.81 oz)	210	9	4.5	20	360	23	3	1	9	500	3.6	150	0.72
Spicy Beef Wrap	2 pc (5.62 oz)	420	18	9	40	720	46	6	2	18	1000	7.2	300	1.44
Spicy Chicken Sandwich	1 sandwich	498	21.84	4.35	52	911	48.21	4.27	5.27	28.91	591	1.77	190.95	2.88
Spicy Peaches	80 1/2 cup	133	2.6	1.65	7	28	27.97	0.87	28.66	0.88	248	10.09	10.74	5.89
Spinach fruit salad	25 3/4 cup	90	0.17	0.02	0	27	22.42	1.88	20.1	1.68	3193	44.95	43.71	1.32
Spinach Queso Dip	120 1/2 cup	170	11.89	6.52	31	719	8.88	0.85	0.87	7.35	1129	3.6	190.51	1.03
SPINACH: frozen,boiled	1 1/2 cup	32	0.83	0.15	0	92	4.56	3.52	0.48	3.81	11458	2.09	145.35	0.44
SPINACH:canned	1 1/2 cup	25	0.54	0.09	0	345	3.64	2.57	0.43	3.01	10487	15.3	135.89	1.86
Squash Casserole	1/2 cup	119	4.58	2.28	43	200	14.83	2.42	2.49	5.87	430	7.69	126.28	1.17
Squash Casserole, cheesy	1/2 cup	172	10.44	5.76	40	283	12.16	1.93	4.54	8.41	506	6.08	242.49	1.13
Squash, raw (summer varieties)	1/2 cup	82	5.62	1.72	0	330	7	1.3	2.64	1.41	394	19.52	17.96	1.13
Squash, steamed (using frozen)	40 1/2 cup	88	4.47	2.03	0	289	11.93	2.42	0.17	2.35	885	15.26	47.95	0.41
Steak minis (4) w/biscuit/grit	4 nuggets/1biscuit	391	22.1	9.54	28	808	36.06	3.01	0	12.06	0	0	110.08	*N/A*
Steak Nuggets	8 nuggets	343	24.19	9.07	55	635	16.13	2.02	0	14.11	0	0	20.16	1.99
Strawberries, frozen	1/2 cup	40	0.12	0.01	0	2	10.35	2.38	5.17	0.49	51	46.72	18.14	0.16
Strawberries, fresh	1/2 cup	23	0.22	0.01	0	1	5.53	1.44	3.52	0.48	9	42.34	11.52	0.71
String Cheese	1 oz portion	83	5.88	3.36	15	207	1.12	0	0	7.28	145	0	204.68	0.86
Stromboli	1 slice	220	7.52	3.54	44	594	20.96	0.82	1.34	16.23	159	0.01	230.03	0.08
Sub Sandwich (Turkey/Ham)	1 sandwich	390	14.14	5.74	64	1342	43	4.52	4.61	23.16	646	9.29	362.73	1.64
Sugar Cookie	1 cookie	110	4	1	3	80	18	1	9	1	0	0	0	3.71

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Sun Chips, Garden Salsa	1 oz	140	6	1	0	210	18	2	2	2	0	0	0	0
Sun Chips, Original	1 oz	140	6	1	0	120	18	3	2	2	0	0	0	0.36
Super Beefy Enchiladas (homemade)	1 serving	376	18.43	8.33	73	905	29.85	4.04	0.13	23.55	702	0.35	260.73	0.36
Super Bun	1 bun	270	15	4.5	0	150	31	1	5	5	1250	18	150	2.78
Super Donut	1 donut	250	11	3	5	250	29	0.5	2	5	2000	30	200	5.4
Sweet & Sour Chicken-premsauce	1/2 cup	258	8.67	2.38	101	416	9.55	0.05	0.44	32.69	63	0.04	19.92	0.8
Sweet & Sour Sauce, ind packet	1 packet	46	0	0	0	121	12.15	0	4.05	0	0	1.22	0	2.48
Sweet and Sour Chicken	1/2 cup	321	10.94	2.83	114	792	17.1	0.99	9.43	37.57	1782	12.08	36.43	0
Sweet Glazed Carrots	1/2 cup	78	2.29	1.34	5	329	14.31	1.93	10.3	0.85	14418	3.47	38.82	0.08
Sweet Glazed Ham	2 oz	125	2.46	0.98	25	1053	14	0.17	6.72	13.76	17	2	25.89	0.88
Sweet Potato Casserole-mmellow	50 1/2 cup	184	0	0	0	50	45.28	2.25	30.18	0.76	8641	13.53	18.68	1.12
Sweet Potato Cookies	360 1 cookie	134	6.53	1.26	5	72	18.35	0.61	10.65	1.26	625	0.5	18.05	1.11
Sweet Potato Fries	1 1/2 c	141	6.08	1.7	0	168	20.61	2.4	3.75	1.02	3453	4.71	21.6	0.6
Sweet Potato, baked	1 1 Potato	135	0.23	0.08	0	54	31.07	4.95	9.72	3.02	28827	29.4	57	1.47
Sweet Potatoes, Candied	1/2 cup	192	3.59	1.64	0	80	38.23	2.95	23.1	0.95	10964	16.91	25.24	1.11
Syrup (ind)	1 pkg	100	0	0	0	35	26.14	0	9.13	0	0	0	1.28	1.17
Taco (chicken)salad	40 1 serving	467	19.98	5.88	120	790	28.92	3.9	2.15	41	4974	6.23	184.8	0.72
Taco Burger	1 burger	304	11.28	3.65	40	661	30	0.99	3.96	15.08	170	0	103.63	3.34
Taco Burger w/cheese	1 burger	348	15.13	6.39	60	640	32.16	1.9	6.77	21.17	413	2.11	293.89	3.16
Taco Burger w/pork meat	1 burger	298	13.47	4.72	51	344	25.68	1.63	5.39	18.62	257	2.49	125.82	3.56
Taco Meat with Nachos	1 serving	262	13.96	4.23	40	518	19.3	1	0	13.13	153	0	24.73	2.68
Taco Salad w/veggies	1 serving	450	24.13	8.61	91	774	28.8	3.69	1.8	28.28	3032	8.18	204.29	3.42
Taco Salad w/veggies 9-12	1 serving	482	25.38	8.61	91	818	33.55	4.19	2.05	28.78	3032	8.18	210	3.68
Taco Sauce	1 oz	18	0	0	0	221	3.54	0	0	0	177	0	0	3.87
Taco Soup, Beef	100 1 cup	274	7.8	2.85	40	682	32	9.44	1.29	20.29	581	6.35	47.51	0
Taco Soup, Chicken	200 1 cup	235	4.85	1.32	44	674	25.54	7.91	1.11	21.88	481	2.29	33.81	3.79
Taco, Beef (hard shell)	50 2 tacos	359	20.2	7.42	68	631	23	3.08	0.6	21.65	2410	3.69	266.63	2.99
Taco, Beef (soft shell)WG	50.0000 1 EACH	361	17.79	8.02	68	614	28.09	4.67	1.66	22.82	2277	14.33	140.49	3.05
Tangerine, fresh	1 each	52	0.3	0.04	0	2	13.01	1.75	10.32	0.79	664	26.03	36.07	1.44
Tarter Sauce	1 packet	26	1.48	0.24	3	102	3.28	0.16	1	0.09	26	0.16	2.07	0.23
Tater Tot Casserole	3/4 cup	329	19.06	7.67	71	421	15.05	1.14	0.01	23.79	273	3.32	227.9	0.15
Tater Tot	1/2 cup	122	5.52	1.16	0	307	17.76	1.6	0	1.31	3	4.03	8.96	1.29
Tea, Sweet	8 oz	82	0	0.01	0	12	21.29	0	20.12	0	0	0	0.2	0.41

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Teriyaki Chicken	1 serving	326	11.69	3.19	128	410	6.63	0	5.53	44.65	138	0	21.26	0.72
Teriyaki Meatballs	5 meatballs	235	6.3	1.74	41	1596	29.52	2.02	1	17.86	597	9.96	55.47	1.59
Tetrazzini	1 cup	292	9.75	3.52	68	370	23.12	3.12	0.2	27.67	339	5.08	186.34	2.11
Tetrazzini	3/4 cup	237	7.9	2.86	55	300	18.75	2.53	0.16	22.43	275	4.12	151.09	1.67
Texas Toast	1 slice	113	4.82	2.57	11	178	14.62	0.38	1.54	2.35	125	0	16.58	1.35
Thousand Island Dressing (ind)	1.5 oz	71	3.04	0	0	375	9.11	1.01	7.09	0	0	0	0	1.7
Three Bean Salad	1/2 cup	62	2.38	0.34	0	210	8.72	2.06	3.2	1.88	168	3.13	28.07	0.14
Tilapia	1 Tilapia	113	2.3	0.32	42	472	2.31	0.55	0.83	18.38	340	15.6	5.82	0.96
Toast, buttered	1 slice	115	4.96	2.66	5	176	15	1.92	1.39	4	60	0	52.09	0.67
Toast, cheese	1 slice	150	6.5	3.39	21	415	15.46	1.92	2.56	7.52	161	0	194.74	0.82
Toast, cinnamon	1 slice	118	4.96	2.66	10	176	14.36	2.19	1.91	4.04	119	0	58.43	0.85
Tomato Soup	1 cup	143	3.22	1.23	0	1203	27.44	4.24	14.7	4.22	1171	17.43	40.51	0.36
Tomato, Fresh (1 medium)	1 tomato	26	0	0	0	0	6	1	0	1	380	23	0	2.79
Tomatoes, Fresh (1/4 cup)	1/4 cup	8	0.09	0.01	0	2	1.75	0.54	1.18	0.4	375	6.16	4.5	0
TOMATOES: canned	1/2 cup	48	0.36	0.05	0	373	10.32	1.2	0	3.12	720	20.16	19.2	0.12
Tortilla Chips	2 oz	268	11.73	1.59	0	186	38.43	3.06	0.44	4.03	2	0	60.1	1.2
Tortilla Chips	1 oz	134	5.86	0.8	0	93	19.22	1.53	0.22	2.01	1	0	30.05	0.86
Tortilla, flour	1 tortilla	110	3	1.5	0	95	19	2	1	3	0	0	20	0.43
Tostada Casserole	3/4 cup	334	20.4	9.4	77	867	13.87	2.89	1.67	22.4	681	2.73	239.37	1.08
Tuna Salad	1/2 cup	236	19.97	2.23	35	337	3.47	0.4	2.04	11.71	243	1.09	23.27	2.41
Tuna Salad (reduced calories)	1/2 cup	149	8.31	1.67	27	394	3.78	0.11	1.68	14.74	104	0.53	14.61	1.15
Tuna Salad Sandwich	1 sandwich	304	10.98	1.41	37	669	31.77	4.24	4.7	19.41	339	1.09	121.92	1.29
Turkey Pot Pie	1 cup	326	17.64	6.43	41	987	25.17	1.92	1.68	16.12	3634	3.33	26.1	0.79
Turkey Roast w/gravy	1 serving (3 oz)	146	6.27	2.23	47	581	6	0	0	12.09	0	0	2.83	2.44
Turkey Salad (entree)	1 entree salad	468	19.16	5.78	75	893	41.86	14.68	14.66	35.69	5365	40.82	387.76	1.22
Turkey & Cheese Sandwich	1 sandwich	301	9.87	4.1	44	914	29.75	3.84	3.1	22.63	162	0	254	2.7
Turkey/Ham Sub Sandwich-notrim	1 sandwich	326	9.26	3.6	27	1209	40.91	4.35	3.26	20.08	150	6.52	152.17	0.82
Turkey/Ham Wrap	1 wrap	285	6.93	2.82	50	1253	43.49	4.54	1.5	16.22	984	10.73	148.07	3.15
Turnip Greens (from frozen)	1/2 cup	63	5	0.68	0	21	3	2.4	0.03	2.7	7338	672.38	106.73	1.89
Turnip Greens-chic boullion	1/2 cup	62	5	0.04	0	71	3	4.61	0.21	5.32	14088	1290.99	207.16	0.96
Uncrustable with chips	1 sand/chips	420	21	3.5	0	420	48	6	11	11	0	0	80	1.86

Food Item	Portion Size	Calories	Total Fat g	Sat Fat g	Chol mg	Na+ mg	CHO g	Fiber g	Sugars g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
Vanilla Brownie Trifle	1/2 cup	203	6.34	1.78	29	201	34.65	1.4	5.58	3.78	95	0.47	70.06	0
Vanilla Wafers	8 Wafers	148	5.29	1.59	0	127	23.28	1.06	9.52	1.06	0	0	0	1.01
Vegetable Lasagna	1 serving	301	7.52	3.54	15	907	38.04	4.53	5.75	21.59	1211	30.87	252.35	2.44
Vegetable Quesadilla (half)	100 quesadilla l	261	7.36	3.57	16	513	33.49	6.3	2.48	14.19	788	18.11	288.64	2.91
Vegetable Quesadilla, whole	50 1 whole	522	14.72	7.14	31	1026	66.99	12.6	4.96	28.38	1575	36.23	577.28	1.95
Vegetable Soup	80 1 cup	104	0.61	0.05	0	591	20.11	3.7	1.25	4.69	1255	10.66	71.34	3.89
Vegetable Soup	1 cup	48	0.47	0.06	1	1051	9.54	1.6	1.41	2.6	1439	9.59	21.35	0.93
Vegetarian Beans	1/2 cup	120	0.77	0.2	0	460	25.63	6.38	1	6.38	170	3.44	56.1	0.72
Vegetarian Chili	1 cup	99	3.55	0.34	0	405	14.81	3.63	3.83	3.62	661	24.02	29.01	2.78
Veggie Burger	1 Burger	214	4.41	0.86	0	500	28.46	4.69	4.28	15.57	0	0	126.27	0.89
Veggie Dippers	1/2 cup	8	0.02	0	0	14	1.91	0.67	0.43	0.21	2129	1.85	7.62	3.5
Waffle Sticks	4 sticks	200	6.66	0.66	27	293	29.32	4	6.66	4	0	0	80	0.2
Waffles, Mini (ind)	1 pouch	210	6	1	5	180	37	3	12	4	0	0	20	2.88
Water, Aquacal (any flavor)	16.9 fluid oz	0	0	0	0	0	0	0	0	0	0	0	0	0.52
Watermelon	1/2 cup	23	0.11	0.01	0	1	5.74	0.3	4.71	0.46	432	6.16	5.32	0
White Bread, Sliced	2 slilces	120	1.5	0	0	280	30	1	0	4	0	0	60	0
White Icing	1 Tbsp	75	2.55	1.16	0	27	13.03	0	12.78	0.06	116	0.02	2.29	1.44
Whole Kernel Corn	1/2 cup	78	0.98	0	0	304	15	1.96	0	1.96	0	3.53	9.8	0.01
Whole Wheat Roll (2 oz)	1-2 oz roll	229	4.03	1.64	0	244	43.11	4.01	7.09	6.83	169	4.28	20.01	0.18
Whole Wheat Roll, purchased	1 1 roll	80	1	0	0	135	15	1	3	3	0	0	20	1.88
Yam Patty, Standard	3 patties	158	0	0	0	225	36	0	0	0	1688	8.1	0	9.06
Yams, Candied	1/2 cup	154	2.98	1.89	8	48	31.35	1.66	22.8	0.57	6140	9.47	14.56	0
Yellow Cake	1 slice	210	8.31	1.76	30	180	31.02	0.46	17.79	3.27	44	0.1	75.46	0.69
Yogurt Squeeze Package	2.25 oz	70	0.5	0	3	30	13	0	10	2	400	0	100	1.3
Yogurt, Greek Strawberry	5.3 oz cup	121	0.32	0.16	3	48	18.12	0.58	16.81	11.61	0	0.29	135.91	0
Yogurt-Strawberry	4 oz	80	0	0	4	65	16	0	13	4	0	0	150	0.09
Yogurt-Strawberry & Banana	4 oz	80	0	0	4	65	16	0	13	4	0	0	150	0

0