

Complete USDA Food Carbohydrate List - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEVERAGE,INST BRKFST PDR,CHOC,NOT RECON	1 envelope	24.49	24.35	0.15	24.35
BEVERAGE,INST BRKFST PDR,CHOC,NOT RECON	1 tbsp	4.90	4.87	0.03	4.87
BEVERAGE,INST BRKFST PDR,CHOC,SUGAR-FREE,NOT RECON	1 envelope	8.20	7.80	0.40	7.80
BEVERAGE,INST BRKFST PDR,CHOC,SUGAR-FREE,NOT RECON	1 tbsp	2.30	2.18	0.11	2.18
BEVERAGE,MILKSHAKE MIX,DRY,NOT CHOC	1 envelope	11.11	10.77	0.34	10.77
BEVERAGE,MILKSHAKE MIX,DRY,NOT CHOC	1 tbsp	3.70	3.59	0.11	3.59
BUTTER OIL,ANHYDROUS	1 cup	0.00	0.00	0.00	0.00
BUTTER OIL,ANHYDROUS	1 tbsp	0.00	0.00	0.00	0.00
BUTTER,WHIPPED,WITH SALT	1 cup	0.09	0.09	0.00	0.09
BUTTER,WHIPPED,WITH SALT	1 pat (1" sq, 1/3" high)	0.00	0.00	0.00	0.00
BUTTER,WHIPPED,WITH SALT	1 stick	0.05	0.05	0.00	0.05
BUTTER,WHIPPED,WITH SALT	1 tbsp	0.01	0.01	0.00	0.01
BUTTER,WITH SALT	1 cup	0.14	0.14	0.00	0.14
BUTTER,WITH SALT	1 pat (1" sq, 1/3" high)	0.00	0.00	0.00	0.00
BUTTER,WITH SALT	1 stick	0.07	0.07	0.00	0.07
BUTTER,WITH SALT	1 tbsp	0.01	0.01	0.00	0.01
BUTTER,WITHOUT SALT	1 cup	0.14	0.14	0.00	0.14
BUTTER,WITHOUT SALT	1 pat (1" sq, 1/3" high)	0.00	0.00	0.00	0.00
BUTTER,WITHOUT SALT	1 stick	0.07	0.07	0.00	0.07
BUTTER,WITHOUT SALT	1 tbsp	0.01	0.01	0.00	0.01
CHEESE FD,COLD PK,AMERICAN	1 oz	2.36	0.00	0.00	2.36
CHEESE FD,COLD PK,AMERICAN	1 package (8 oz)	18.89	0.00	0.00	18.89
CHEESE FD,PAST PROCESS,AMERICAN,VITAMIN D FORT	1 cup	9.67	6.32	0.00	9.67
CHEESE FD,PAST PROCESS,AMERICAN,VITAMIN D FORT	1 oz	2.43	1.58	0.00	2.43
CHEESE FD,PAST PROCESS,AMERICAN,VITAMIN D FORT	1 package (8 oz)	19.43	12.69	0.00	19.43
CHEESE FD,PAST PROCESS,AMERICAN,VITAMIN D FORT	1 slice (3/4 oz)	1.80	1.17	0.00	1.80
CHEESE FD,PAST PROCESS,AMERICAN,WO/ ADDED VITAMIN D	1 cup	9.67	6.32	0.00	9.67
CHEESE FD,PAST PROCESS,AMERICAN,WO/ ADDED VITAMIN D	1 oz	2.43	1.58	0.00	2.43
CHEESE FD,PAST PROCESS,AMERICAN,WO/ ADDED VITAMIN D	1 package (8 oz)	19.43	12.69	0.00	19.43

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CHEESE FD,PAST PROCESS,AMERICAN,WO/ ADDED VITAMIN D	1 slice (3/4 oz)	1.80	1.17	0.00	1.80
CHEESE FD,PAST PROCESS,SWISS	1 oz	1.28	0.00	0.00	1.28
CHEESE FD,PAST PROCESS,SWISS	1 package (8 oz)	10.22	0.00	0.00	10.22
CHEESE FOOD,IMITATION	1 oz	4.59	2.33	0.00	4.59
CHEESE PRODUCT,PAST PROCESS,AMERICAN,RED FAT,FORT W/ VIT D	1 slice 2/3 oz	2.01	1.52	0.00	2.01
CHEESE PRODUCT,PAST PROCESS,AMERICAN,RED FAT,FORT W/ VIT D	1 slice 3/4 oz	2.23	1.68	0.00	2.23
CHEESE PRODUCT,PAST PROCESS,CHEDDAR,RED FAT	1 slice 1 oz	2.97	2.25	0.00	2.97
CHEESE SAU,PREP FROM RECIPE	1 cup	13.32	0.46	0.24	13.07
CHEESE SAU,PREP FROM RECIPE	2 tbsp	1.64	0.06	0.03	1.61
CHEESE SPRD,AMERICAN OR CHEDDAR CHS BASE,RED FAT	1 package	60.62	39.96	0.00	60.62
CHEESE SPRD,AMERICAN OR CHEDDAR CHS BASE,RED FAT	1 piece	2.25	1.48	0.00	2.25
CHEESE SPRD,CRM CHS BASE	1 cup	8.40	8.40	0.00	8.40
CHEESE SPRD,CRM CHS BASE	1 oz	0.99	0.99	0.00	0.99
CHEESE SPRD,PAST PROCESS,AMERICAN	1 cubic inch	1.57	1.32	0.00	1.57
CHEESE SPRD,PAST PROCESS,AMERICAN	1 cup	21.30	17.86	0.00	21.30
CHEESE SPRD,PAST PROCESS,AMERICAN	1 cup, diced	12.22	10.25	0.00	12.22
CHEESE SPRD,PAST PROCESS,AMERICAN	1 jar (5 oz)	11.17	9.37	0.00	11.17
CHEESE SPRD,PAST PROCESS,AMERICAN	1 jar (5 oz)	12.40	10.39	0.00	12.40
CHEESE SPRD,PAST PROCESS,AMERICAN	1 slice	2.97	2.49	0.00	2.97
CHEESE SPRD,PAST PROCESS,AMERICAN	1 slice, thin	1.22	1.02	0.00	1.22
CHEESE SUB,MOZZARELLA	1 cubic inch	4.26	4.26	0.00	4.26
CHEESE SUB,MOZZARELLA	1 cup, shredded	26.75	26.75	0.00	26.75
CHEESE SUB,MOZZARELLA	1 oz	6.71	6.71	0.00	6.71
CHEESE SUB,MOZZARELLA	1 slice	6.63	6.63	0.00	6.63
CHEESE SUB,MOZZARELLA	3 oz	20.12	20.12	0.00	20.12
CHEESE,AMERICAN CHEDDAR,IMITN	1 cubic inch	2.09	1.39	0.00	2.09
CHEESE,AMERICAN CHEDDAR,IMITN	1 cup	25.98	17.34	0.00	25.98
CHEESE,AMERICAN CHEDDAR,IMITN	1 slice	2.44	1.63	0.00	2.44
CHEESE,AMERICAN,NONFAT OR FAT FREE	1 serving	2.00	1.00	0.00	2.00
CHEESE,BLUE	1 cubic inch	0.40	0.09	0.00	0.40
CHEESE,BLUE	1 cup, crumbled, not packed	3.16	0.68	0.00	3.16
CHEESE,BLUE	1 oz	0.66	0.14	0.00	0.66
CHEESE,BRICK	1 cubic inch	0.47	0.09	0.00	0.47
CHEESE,BRICK	1 cup, diced	3.68	0.67	0.00	3.68

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CHEESE,BRICK	1 cup, shredded	3.15	0.58	0.00	3.15
CHEESE,BRICK	1 oz	0.79	0.14	0.00	0.79
CHEESE,BRICK	1 slice (1 oz)	0.78	0.14	0.00	0.78
CHEESE,BRIE	1 cubic inch	0.08	0.08	0.00	0.08
CHEESE,BRIE	1 cup, melted	1.08	1.08	0.00	1.08
CHEESE,BRIE	1 cup, sliced	0.65	0.65	0.00	0.65
CHEESE,BRIE	1 oz	0.13	0.13	0.00	0.13
CHEESE,BRIE	1 package (4.5 oz)	0.58	0.58	0.00	0.58
CHEESE,CAMEMBERT	1 cubic inch	0.08	0.08	0.00	0.08
CHEESE,CAMEMBERT	1 cup	1.13	1.13	0.00	1.13
CHEESE,CAMEMBERT	1 oz	0.13	0.13	0.00	0.13
CHEESE,CAMEMBERT	1 wedge (1.33 oz)	0.17	0.17	0.00	0.17
CHEESE,CARAWAY	1 oz	0.87	0.00	0.00	0.87
CHEESE,CHEDDAR	1 cubic inch	0.23	0.05	0.00	0.23
CHEESE,CHEDDAR	1 cup, diced	1.76	0.37	0.00	1.76
CHEESE,CHEDDAR	1 cup, melted	3.25	0.68	0.00	3.25
CHEESE,CHEDDAR	1 cup, shredded	1.50	0.32	0.00	1.50
CHEESE,CHEDDAR	1 oz	0.38	0.08	0.00	0.38
CHEESE,CHEDDAR	1 slice (1 oz)	0.37	0.08	0.00	0.37
CHEESE,CHEDDAR, NONFAT OR FAT FREE	1 serving	2.00	0.00	0.00	2.00
CHEESE,CHEDDAR, RED FAT	1 slice	0.85	0.05	0.00	0.85
CHEESE,CHEDDAR, SHARP, SLICED	1 slice 1 oz. slice	0.60	0.08	0.00	0.60
CHEESE,CHEDDAR, SHARP, SLICED	1 slice 2/3 oz. slice	0.40	0.05	0.00	0.40
CHEESE,CHEDDAR, SHARP, SLICED	1 slice 3/4 oz. slice	0.45	0.06	0.00	0.45
CHEESE,CHESHIRE	1 oz	1.36	0.00	0.00	1.36
CHEESE,COLBY	1 cubic inch	0.44	0.09	0.00	0.44
CHEESE,COLBY	1 cup, diced	3.39	0.69	0.00	3.39
CHEESE,COLBY	1 cup, shredded	2.90	0.59	0.00	2.90
CHEESE,COLBY	1 oz	0.73	0.15	0.00	0.73
CHEESE,COLBY	1 slice (1 oz)	0.72	0.15	0.00	0.72
CHEESE,COTTAGE, CRMD, LRG OR SML CURD	1 cup, large curd (not packed)	7.10	5.61	0.00	7.10

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CHEESE,COTTAGE,CRMD,LRG OR SML CURD	1 cup, small curd (not packed)	7.61	6.01	0.00	7.61
CHEESE,COTTAGE,CRMD,LRG OR SML CURD	4 oz	3.82	3.02	0.00	3.82
CHEESE,COTTAGE,CRMD,W/FRUIT	1 cup (not packed)	10.42	5.38	0.45	9.97
CHEESE,COTTAGE,CRMD,W/FRUIT	4 oz	5.21	2.69	0.23	4.98
CHEESE,COTTAGE,LOWFAT,1% MILKFAT	1 cup (not packed)	6.15	6.15	0.00	6.15
CHEESE,COTTAGE,LOWFAT,1% MILKFAT	4 oz	3.07	3.07	0.00	3.07
CHEESE,COTTAGE,LOWFAT,1% MILKFAT,LACTOSE RED	1 cup	7.26	5.90	1.36	5.90
CHEESE,COTTAGE,LOWFAT,1% MILKFAT,LACTOSE RED	4 oz	3.62	2.94	0.68	2.94
CHEESE,COTTAGE,LOWFAT,1% MILKFAT,NO NA	1 cup	6.10	6.10	0.00	6.10
CHEESE,COTTAGE,LOWFAT,1% MILKFAT,NO NA	4 oz	3.05	3.05	0.00	3.05
CHEESE,COTTAGE,LOWFAT,1% MILKFAT,W/VEG	1 cup	6.78	6.78	0.00	6.78
CHEESE,COTTAGE,LOWFAT,1% MILKFAT,W/VEG	4 oz	3.39	3.39	0.00	3.39
CHEESE,COTTAGE,LOWFAT,2% MILKFAT	1 cup (not packed)	10.76	9.04	0.00	10.76
CHEESE,COTTAGE,LOWFAT,2% MILKFAT	4 oz	5.38	4.52	0.00	5.38
CHEESE,COTTAGE,NONFAT,UNCRMD,DRY,LRG OR SML CURD	1 cup (not packed)	9.66	2.68	0.00	9.66
CHEESE,COTTAGE,NONFAT,UNCRMD,DRY,LRG OR SML CURD	4 oz	7.53	2.09	0.00	7.53
CHEESE,COTTAGE,W/VEG	1 cup	6.78	0.84	0.23	6.55
CHEESE,COTTAGE,W/VEG	4 oz	3.39	0.42	0.11	3.28
CHEESE,CREAM	1 cubic inch	0.65	0.51	0.00	0.65
CHEESE,CREAM	1 cup	9.44	7.45	0.00	9.44
CHEESE,CREAM	1 oz	1.15	0.91	0.00	1.15
CHEESE,CREAM	1 package, small (3 oz)	3.46	2.73	0.00	3.46
CHEESE,CREAM	1 tbsp	0.59	0.47	0.00	0.59
CHEESE,CREAM	1 tbsp, whipped	0.41	0.32	0.00	0.41
CHEESE,CREAM,FAT FREE	1 tbsp	1.38	0.99	0.00	1.38
CHEESE,CREAM,LOW FAT	1 cup	19.51	13.97	0.00	19.51
CHEESE,CREAM,LOW FAT	1 tbsp	1.22	0.87	0.00	1.22
CHEESE,CREAM,LOW FAT	1 tbsp, whipped	0.81	0.58	0.00	0.81
CHEESE,DRY WHITE,QUESO SECO	1 cup grated	1.98	0.53	0.00	1.98
CHEESE,EDAM	1 oz	0.41	0.41	0.00	0.41

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CHEESE,EDAM	1 package (7 oz)	2.83	2.83	0.00	2.83
CHEESE,FETA	1 cubic inch	0.70	0.70	0.00	0.70
CHEESE,FETA	1 cup, crumbled	6.14	6.14	0.00	6.14
CHEESE,FETA	1 oz	1.16	1.16	0.00	1.16
CHEESE,FETA	1 wedge (1.33 oz)	1.55	1.55	0.00	1.55
CHEESE,FONTINA	1 cubic inch	0.23	0.23	0.00	0.23
CHEESE,FONTINA	1 cup, diced	2.05	2.05	0.00	2.05
CHEESE,FONTINA	1 cup, shredded	1.67	1.67	0.00	1.67
CHEESE,FONTINA	1 oz	0.44	0.44	0.00	0.44
CHEESE,FONTINA	1 package (8 oz)	3.52	3.52	0.00	3.52
CHEESE,FONTINA	1 slice (1 oz)	0.43	0.43	0.00	0.43
CHEESE,FRSH,QUESO FRESCO	1 cup crumbled	3.64	2.83	0.00	3.64
CHEESE,GJETOST	1 oz	12.09	0.00	0.00	12.09
CHEESE,GJETOST	1 package (8 oz)	96.82	0.00	0.00	96.82
CHEESE,GOAT,HARD TYPE	1 oz	0.62	0.62	0.00	0.62
CHEESE,GOAT,SEMISOFT TYPE	1 oz	0.03	0.03	0.00	0.03
CHEESE,GOAT,SOFT TYPE	1 oz	0.00	0.00	0.00	0.00
CHEESE,GOUDA	1 oz	0.63	0.63	0.00	0.63
CHEESE,GOUDA	1 package (7 oz)	4.40	4.40	0.00	4.40
CHEESE,GRUYERE	1 cubic inch	0.05	0.05	0.00	0.05
CHEESE,GRUYERE	1 cup, diced	0.48	0.48	0.00	0.48
CHEESE,GRUYERE	1 cup, shredded	0.39	0.39	0.00	0.39
CHEESE,GRUYERE	1 oz	0.10	0.10	0.00	0.10
CHEESE,GRUYERE	1 package (6 oz)	0.61	0.61	0.00	0.61
CHEESE,GRUYERE	1 slice (1 oz)	0.10	0.10	0.00	0.10
CHEESE,LIMBURGER	1 box	0.55	0.55	0.00	0.55
CHEESE,LIMBURGER	1 cubic inch	0.09	0.09	0.00	0.09
CHEESE,LIMBURGER	1 cup	0.66	0.66	0.00	0.66
CHEESE,LIMBURGER	1 oz	0.14	0.14	0.00	0.14
CHEESE,LIMBURGER	1 package (8 oz)	1.11	1.11	0.00	1.11
CHEESE,LOFAT,CHEDDAR OR COLBY	1 cubic inch	0.32	0.09	0.00	0.32
CHEESE,LOFAT,CHEDDAR OR COLBY	1 cup, diced	2.52	0.69	0.00	2.52

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CHEESE,LOFAT,CHEDDAR OR COLBY	1 cup, shredded	2.16	0.59	0.00	2.16
CHEESE,LOFAT,CHEDDAR OR COLBY	1 oz	0.54	0.15	0.00	0.54
CHEESE,LOFAT,CHEDDAR OR COLBY	1 slice (1 oz)	0.53	0.15	0.00	0.53
CHEESE,LOW-SODIUM,CHEDDAR OR COLBY	1 cubic inch	0.32	0.08	0.00	0.32
CHEESE,LOW-SODIUM,CHEDDAR OR COLBY	1 cup, diced	2.52	0.65	0.00	2.52
CHEESE,LOW-SODIUM,CHEDDAR OR COLBY	1 cup, shredded	2.16	0.55	0.00	2.16
CHEESE,LOW-SODIUM,CHEDDAR OR COLBY	1 oz	0.54	0.14	0.00	0.54
CHEESE,LOW-SODIUM,CHEDDAR OR COLBY	1 slice (1 oz)	0.53	0.14	0.00	0.53
CHEESE,MEXICAN BLEND	1/4 cup shredded	0.49	0.34	0.00	0.49
CHEESE,MEXICAN,BLEND,RED FAT	1/4 cup	0.95	0.16	0.00	0.95
CHEESE,MEXICAN,BLEND,RED FAT	1 oz	0.97	0.16	0.00	0.97
CHEESE,MEXICAN,QUESO ANEJO	1 cup, crumbled	6.11	6.11	0.00	6.11
CHEESE,MEXICAN,QUESO ANEJO	1 oz	1.31	1.31	0.00	1.31
CHEESE,MEXICAN,QUESO ASADERO	1 cubic inch	0.52	0.52	0.00	0.52
CHEESE,MEXICAN,QUESO ASADERO	1 cup, diced	3.79	3.79	0.00	3.79
CHEESE,MEXICAN,QUESO ASADERO	1 cup, shredded	3.24	3.24	0.00	3.24
CHEESE,MEXICAN,QUESO ASADERO	1 oz	0.81	0.81	0.00	0.81
CHEESE,MEXICAN,QUESO ASADERO	1 slice (1 oz)	0.80	0.80	0.00	0.80
CHEESE,MEXICAN,QUESO CHIHUAHUA	1 cubic inch	0.95	0.95	0.00	0.95
CHEESE,MEXICAN,QUESO CHIHUAHUA	1 cup, diced	7.34	7.34	0.00	7.34
CHEESE,MEXICAN,QUESO CHIHUAHUA	1 cup, shredded	6.28	6.28	0.00	6.28
CHEESE,MEXICAN,QUESO CHIHUAHUA	1 oz	1.58	1.58	0.00	1.58
CHEESE,MEXICAN,QUESO CHIHUAHUA	1 slice (1 oz)	1.56	1.56	0.00	1.56
CHEESE,MONTEREY	1 cubic inch	0.12	0.09	0.00	0.12
CHEESE,MONTEREY	1 cup, diced	0.90	0.66	0.00	0.90
CHEESE,MONTEREY	1 cup, shredded	0.77	0.57	0.00	0.77
CHEESE,MONTEREY	1 oz	0.19	0.14	0.00	0.19
CHEESE,MONTEREY	1 package (6 oz)	1.16	0.85	0.00	1.16
CHEESE,MONTEREY	1 slice (1 oz)	0.19	0.14	0.00	0.19
CHEESE,MONTEREY,LOW FAT	1 cubic inch	0.12	0.10	0.00	0.12
CHEESE,MONTEREY,LOW FAT	1 cup, diced	0.92	0.74	0.00	0.92
CHEESE,MONTEREY,LOW FAT	1 cup, shredded	0.79	0.63	0.00	0.79
CHEESE,MONTEREY,LOW FAT	1 slice (1 oz)	0.20	0.16	0.00	0.20
CHEESE,MOZZARELLA,LO MOIST,PART-SKIM	1 cubic inch	1.14	0.40	0.00	1.14
CHEESE,MOZZARELLA,LO MOIST,PART-SKIM	1 cup, diced	8.40	2.96	0.00	8.40

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CHEESE,MOZZARELLA,LO MOIST,PART-SKIM	1 cup, shredded	7.19	2.53	0.00	7.19
CHEESE,MOZZARELLA,LO MOIST,PART-SKIM	1 oz	1.80	0.64	0.00	1.80
CHEESE,MOZZARELLA,LO MOIST,PART-SKIM	1 slice (1 oz)	1.78	0.63	0.00	1.78
CHEESE,MOZZARELLA,LO MOIST,PART-SKIM,SHREDDED	1 cup	6.93	1.93	0.00	6.93
CHEESE,MOZZARELLA,LO NA	1 cubic inch	0.56	0.22	0.00	0.56
CHEESE,MOZZARELLA,LO NA	1 cup, diced	4.09	1.62	0.00	4.09
CHEESE,MOZZARELLA,LO NA	1 cup, shredded	3.50	1.39	0.00	3.50
CHEESE,MOZZARELLA,LO NA	1 slice (1 oz)	0.87	0.34	0.00	0.87
CHEESE,MOZZARELLA,NON-FAT	1 cup, shredded	3.96	1.67	2.03	1.92
CHEESE,MOZZARELLA,PART SKIM MILK	1 oz	0.79	0.32	0.00	0.79
CHEESE,MOZZARELLA,WHL MILK	1 cup, shredded	2.45	1.15	0.00	2.45
CHEESE,MOZZARELLA,WHL MILK	1 oz	0.62	0.29	0.00	0.62
CHEESE,MOZZARELLA,WHL MILK	6 slices	3.72	1.75	0.00	3.72
CHEESE,MOZZARELLA,WHL MILK,LO MOIST	1 cubic inch	0.44	0.18	0.00	0.44
CHEESE,MOZZARELLA,WHL MILK,LO MOIST	1 oz	0.70	0.29	0.00	0.70
CHEESE,MUENSTER	1 cubic inch	0.20	0.20	0.00	0.20
CHEESE,MUENSTER	1 cup, diced	1.48	1.48	0.00	1.48
CHEESE,MUENSTER	1 cup, shredded	1.27	1.27	0.00	1.27
CHEESE,MUENSTER	1 oz	0.32	0.32	0.00	0.32
CHEESE,MUENSTER	1 package (6 oz)	1.90	1.90	0.00	1.90
CHEESE,MUENSTER	1 slice (1 oz)	0.31	0.31	0.00	0.31
CHEESE,MUENSTER,LOW FAT	1 cubic inch	0.63	0.63	0.00	0.63
CHEESE,MUENSTER,LOW FAT	1 cup, shredded	3.96	3.96	0.00	3.96
CHEESE,MUENSTER,LOW FAT	1 slice	0.98	0.98	0.00	0.98
CHEESE,NEUFCHATEL	1 oz	1.02	0.90	0.00	1.02
CHEESE,NEUFCHATEL	1 package (3 oz)	3.05	2.71	0.00	3.05
CHEESE,PARMESAN,DRY GRATED,RED FAT	1 cup	1.37	0.00	0.00	1.37
CHEESE,PARMESAN,DRY GRATED,RED FAT	1 oz	0.39	0.00	0.00	0.39
CHEESE,PARMESAN,DRY GRATED,RED FAT	1 tbsp	0.07	0.00	0.00	0.07
CHEESE,PARMESAN,GRATED	1 cup	13.91	0.07	0.00	13.91
CHEESE,PARMESAN,GRATED	1 oz	3.94	0.02	0.00	3.94
CHEESE,PARMESAN,GRATED	1 tbsp	0.70	0.00	0.00	0.70
CHEESE,PARMESAN,HARD	1 cubic inch	0.33	0.08	0.00	0.33
CHEESE,PARMESAN,HARD	1 oz	0.91	0.23	0.00	0.91

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CHEESE,PARMESAN,HARD	5 package (5 oz)	4.57	1.14	0.00	4.57
CHEESE,PARMESAN,LO NA	1 cup, grated	3.70	0.85	0.00	3.70
CHEESE,PARMESAN,LO NA	1 tbsp	0.19	0.04	0.00	0.19
CHEESE,PARMESAN,SHREDDED	1 tbsp	0.17	0.05	0.00	0.17
CHEESE,PAST PROCESS,AMERICAN,FORT W/ VITAMIN D	1 cubic inch	0.86	0.41	0.00	0.86
CHEESE,PAST PROCESS,AMERICAN,FORT W/ VITAMIN D	1 cup, diced	6.69	3.16	0.00	6.69
CHEESE,PAST PROCESS,AMERICAN,FORT W/ VITAMIN D	1 cup, melted	11.66	5.51	0.00	11.66
CHEESE,PAST PROCESS,AMERICAN,FORT W/ VITAMIN D	1 cup, shredded	5.40	2.55	0.00	5.40
CHEESE,PAST PROCESS,AMERICAN,FORT W/ VITAMIN D	1 oz	1.36	0.64	0.00	1.36
CHEESE,PAST PROCESS,AMERICAN,FORT W/ VITAMIN D	1 slice (1 oz)	1.34	0.63	0.00	1.34
CHEESE,PAST PROCESS,AMERICAN,FORT W/ VITAMIN D	1 slice (3/4 oz)	1.00	0.47	0.00	1.00
CHEESE,PAST PROCESS,AMERICAN,LOFAT	1 cubic inch	0.63	0.11	0.00	0.63
CHEESE,PAST PROCESS,AMERICAN,LOFAT	1 cup, diced	4.90	0.83	0.00	4.90
CHEESE,PAST PROCESS,AMERICAN,LOFAT	1 cup, shredded	3.96	0.67	0.00	3.96
CHEESE,PAST PROCESS,AMERICAN,LOFAT	1 slice (3/4 oz)	0.74	0.12	0.00	0.74
CHEESE,PAST PROCESS,AMERICAN,WO/ ADDED VITAMIN D	1 cubic inch	0.67	0.41	0.00	0.67
CHEESE,PAST PROCESS,AMERICAN,WO/ ADDED VITAMIN D	1 cup, diced	5.18	3.16	0.00	5.18
CHEESE,PAST PROCESS,AMERICAN,WO/ ADDED VITAMIN D	1 cup, melted	9.03	5.51	0.00	9.03
CHEESE,PAST PROCESS,AMERICAN,WO/ ADDED VITAMIN D	1 cup, shredded	4.18	2.55	0.00	4.18
CHEESE,PAST PROCESS,AMERICAN,WO/ ADDED VITAMIN D	1 oz	1.05	0.64	0.00	1.05
CHEESE,PAST PROCESS,AMERICAN,WO/ ADDED VITAMIN D	1 slice (1 oz)	1.04	0.63	0.00	1.04
CHEESE,PAST PROCESS,AMERICAN,WO/ ADDED VITAMIN D	1 slice (3/4 oz)	0.78	0.47	0.00	0.78
CHEESE,PAST PROCESS,CHEDDAR OR AMERICAN,FAT-FREE	1 cubic inch	2.14	1.59	0.00	2.14
CHEESE,PAST PROCESS,CHEDDAR OR AMERICAN,FAT-FREE	1 slice (3/4 oz)	2.81	2.09	0.00	2.81

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CHEESE,PAST PROCESS,CHEDDAR OR AMERICAN,LO NA	1 cubic inch	0.29	0.08	0.00	0.29
CHEESE,PAST PROCESS,CHEDDAR OR AMERICAN,LO NA	1 cup, diced	2.24	0.63	0.00	2.24
CHEESE,PAST PROCESS,CHEDDAR OR AMERICAN,LO NA	1 cup, shredded	1.81	0.51	0.00	1.81
CHEESE,PAST PROCESS,CHEDDAR OR AMERICAN,LO NA	1 slice	0.34	0.09	0.00	0.34
CHEESE,PAST PROCESS,PIMENTO	1 cubic inch	0.31	0.11	0.02	0.29
CHEESE,PAST PROCESS,PIMENTO	1 cup, diced	2.42	0.87	0.14	2.28
CHEESE,PAST PROCESS,PIMENTO	1 cup, melted	4.22	1.51	0.24	3.98
CHEESE,PAST PROCESS,PIMENTO	1 cup, shredded	1.95	0.70	0.11	1.84
CHEESE,PAST PROCESS,PIMENTO	1 oz	0.49	0.18	0.03	0.46
CHEESE,PAST PROCESS,PIMENTO	1 slice (3/4 oz)	0.36	0.13	0.02	0.34
CHEESE,PAST PROCESS,SWISS	1 cubic inch	0.38	0.22	0.00	0.38
CHEESE,PAST PROCESS,SWISS	1 cup, diced	2.94	1.72	0.00	2.94
CHEESE,PAST PROCESS,SWISS	1 cup, shredded	2.37	1.39	0.00	2.37
CHEESE,PAST PROCESS,SWISS	1 oz	0.60	0.35	0.00	0.60
CHEESE,PAST PROCESS,SWISS	1 slice (3/4 oz)	0.44	0.26	0.00	0.44
CHEESE,PAST PROCESS,SWISS,LOFAT	1 cubic inch	0.77	0.24	0.00	0.77
CHEESE,PAST PROCESS,SWISS,LOFAT	1 cup, diced	6.02	1.89	0.00	6.02
CHEESE,PAST PROCESS,SWISS,LOFAT	1 cup, shredded	4.86	1.53	0.00	4.86
CHEESE,PAST PROCESS,SWISS,LOFAT	1 slice (3/4 oz)	0.90	0.28	0.00	0.90
CHEESE,PORT DE SALUT	1 cubic inch	0.10	0.10	0.00	0.10
CHEESE,PORT DE SALUT	1 cup, diced	0.75	0.75	0.00	0.75
CHEESE,PORT DE SALUT	1 cup, shredded	0.64	0.64	0.00	0.64
CHEESE,PORT DE SALUT	1 oz	0.16	0.16	0.00	0.16
CHEESE,PORT DE SALUT	1 package (6 oz)	0.97	0.97	0.00	0.97
CHEESE,PORT DE SALUT	1 slice (1 oz)	0.16	0.16	0.00	0.16
CHEESE,PROVOLONE	1 cubic inch	0.36	0.10	0.00	0.36
CHEESE,PROVOLONE	1 cup, diced	2.82	0.74	0.00	2.82
CHEESE,PROVOLONE	1 oz	0.61	0.16	0.00	0.61
CHEESE,PROVOLONE	1 package (6 oz)	3.64	0.95	0.00	3.64
CHEESE,PROVOLONE	1 slice (1 oz)	0.60	0.16	0.00	0.60
CHEESE,PROVOLONE,RED FAT	1 cubic inch	0.50	0.08	0.00	0.50
CHEESE,PROVOLONE,RED FAT	1 cup, diced	4.62	0.73	0.00	4.62

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CHEESE,PROVOLONE,RED FAT	1 cup, shredded	3.96	0.62	0.00	3.96
CHEESE,PROVOLONE,RED FAT	1 oz	0.99	0.16	0.00	0.99
CHEESE,PROVOLONE,RED FAT	1 package (6 oz)	5.95	0.94	0.00	5.95
CHEESE,PROVOLONE,RED FAT	1 slice (1 oz)	0.98	0.15	0.00	0.98
CHEESE,RICOTTA,PART SKIM MILK	1/2 cup	6.37	0.38	0.00	6.37
CHEESE,RICOTTA,PART SKIM MILK	1 cup	12.64	0.76	0.00	12.64
CHEESE,RICOTTA,PART SKIM MILK	1 oz	1.46	0.09	0.00	1.46
CHEESE,RICOTTA,WHOLE MILK	1/2 cup	3.77	0.33	0.00	3.77
CHEESE,RICOTTA,WHOLE MILK	1 cup	7.48	0.66	0.00	7.48
CHEESE,ROMANO	1 oz	1.03	0.21	0.00	1.03
CHEESE,ROMANO	5 package (5 oz)	5.15	1.04	0.00	5.15
CHEESE,ROQUEFORT	1 oz	0.57	0.00	0.00	0.57
CHEESE,ROQUEFORT	1 package (3 oz)	1.70	0.00	0.00	1.70
CHEESE,SWISS	1 cubic inch	0.81	0.20	0.00	0.81
CHEESE,SWISS	1 cup, diced	7.10	1.74	0.00	7.10
CHEESE,SWISS	1 cup, melted	13.13	3.22	0.00	13.13
CHEESE,SWISS	1 cup, shredded	5.81	1.43	0.00	5.81
CHEESE,SWISS	1 oz	1.53	0.37	0.00	1.53
CHEESE,SWISS	1 slice (1 oz)	1.51	0.37	0.00	1.51
CHEESE,SWISS,LOW FAT	1 cubic inch	0.51	0.20	0.00	0.51
CHEESE,SWISS,LOW FAT	1 cup, diced	4.49	1.76	0.00	4.49
CHEESE,SWISS,LOW FAT	1 cup, shredded	3.67	1.44	0.00	3.67
CHEESE,SWISS,LOW FAT	1 slice (1 oz)	0.95	0.37	0.00	0.95
CHEESE,SWISS,LOW SODIUM	1 cubic inch	0.51	0.20	0.00	0.51
CHEESE,SWISS,LOW SODIUM	1 cup, diced	4.49	1.73	0.00	4.49
CHEESE,SWISS,LOW SODIUM	1 cup, shredded	3.67	1.41	0.00	3.67
CHEESE,SWISS,LOW SODIUM	1 slice	0.95	0.37	0.00	0.95
CHEESE,SWISS,NONFAT OR FAT FREE	1 serving	0.95	0.37	0.00	0.95
CHEESE,TILSIT	1 oz	0.53	0.00	0.00	0.53
CHEESE,TILSIT	1 package (6 oz)	3.20	0.00	0.00	3.20
CHEESE,WHITE,QUESO BLANCO	1 cup crumbled	2.99	2.08	0.00	2.99
CREAM SUB,FLAV,LIQ	1 tbsp	5.26	4.96	0.17	5.10
CREAM SUB,FLAV,PDR	4 tsp	9.05	6.96	0.14	8.91
CREAM SUB,LIQ,LT	1 cup	22.02	22.02	0.00	22.02
CREAM SUB,LIQ,LT	1 fl oz	2.73	2.73	0.00	2.73

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CREAM SUB,LIQ,W/HYDR VEG OIL&SOY PROT	1/2 cup	13.66	13.66	0.00	13.66
CREAM SUB,LIQ,W/HYDR VEG OIL&SOY PROT	1 container, individual	1.71	1.71	0.00	1.71
CREAM SUB,LIQ,W/HYDR VEG OIL&SOY PROT	1 cup	27.31	27.31	0.00	27.31
CREAM SUB,LIQ,W/HYDR VEG OIL&SOY PROT	1 fl oz	3.41	3.41	0.00	3.41
CREAM SUB,LIQ,W/LAURIC ACID OIL&NA CASEINATE	1/2 cup	13.66	0.00	0.00	13.66
CREAM SUB,LIQ,W/LAURIC ACID OIL&NA CASEINATE	1 container, individual	1.71	0.00	0.00	1.71
CREAM SUB,PDR,LT	1 cup	69.00	69.00	0.00	69.00
CREAM SUB,PDR,LT	1 packet	2.20	2.20	0.00	2.20
CREAM SUBSTITUTE,POWDERED	1 cup	51.59	51.59	0.00	51.59
CREAM SUBSTITUTE,POWDERED	1 packet	1.65	1.65	0.00	1.65
CREAM SUBSTITUTE,POWDERED	1 tsp	1.10	1.10	0.00	1.10
CREAM,FLUID,HALF AND HALF	1 container, individual (.5 fl oz)	0.65	0.65	0.00	0.65
CREAM,FLUID,HALF AND HALF	1 cup	10.41	10.41	0.00	10.41
CREAM,FLUID,HALF AND HALF	1 fl oz	1.30	1.30	0.00	1.30
CREAM,FLUID,HALF AND HALF	1 tbsp	0.65	0.65	0.00	0.65
CREAM,FLUID,HVY WHIPPING	1 cup, fluid (yields 2 cups whipped)	6.64	6.64	0.00	6.64
CREAM,FLUID,HVY WHIPPING	1 cup, whipped	3.35	3.35	0.00	3.35
CREAM,FLUID,HVY WHIPPING	1 fl oz	0.83	0.83	0.00	0.83
CREAM,FLUID,HVY WHIPPING	1 tbsp	0.42	0.42	0.00	0.42
CREAM,FLUID,LT (COFFEE CRM OR TABLE CRM)	1 container, individual	0.41	0.41	0.00	0.41
CREAM,FLUID,LT (COFFEE CRM OR TABLE CRM)	1 cup	8.78	8.78	0.00	8.78
CREAM,FLUID,LT (COFFEE CRM OR TABLE CRM)	1 fl oz	1.10	1.10	0.00	1.10
CREAM,FLUID,LT (COFFEE CRM OR TABLE CRM)	1 tbsp	0.55	0.55	0.00	0.55
CREAM,FLUID,LT WHIPPING	1 cup, fluid (yields 2 cups whipped)	7.07	7.07	0.00	7.07
CREAM,FLUID,LT WHIPPING	1 cup, whipped	3.55	3.55	0.00	3.55
CREAM,FLUID,LT WHIPPING	1 tbsp	0.44	0.44	0.00	0.44
CREAM,HALF & HALF,FAT FREE	1 pint	43.56	24.20	0.00	43.56
CREAM,HALF & HALF,FAT FREE	2 tbsp	2.61	1.45	0.00	2.61
CREAM,SOUR,CULTURED	1 cup	6.62	6.62	0.00	6.62
CREAM,SOUR,CULTURED	1 tbsp	0.35	0.35	0.00	0.35
CREAM,SOUR,RED FAT,CULTURED	1 cup	10.31	0.39	0.00	10.31
CREAM,SOUR,RED FAT,CULTURED	1 tbsp	0.64	0.02	0.00	0.64
CREAM,WHIPPED,CRM TOPPING,PRESSURIZED	1 cup	7.49	4.80	0.00	7.49
CREAM,WHIPPED,CRM TOPPING,PRESSURIZED	1 tbsp	0.37	0.24	0.00	0.37

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
DAIRY,CHS PRODUCT,PAST PROCESS,AMERICAN,VITAMIN D FORT	1 slice 2/3 oz.	1.65	1.23	0.00	1.65
DAIRY,CHS PRODUCT,PAST PROCESS,AMERICAN,VITAMIN D FORT	1 slice 3/4 oz.	1.83	1.36	0.00	1.83
DESSERT TOPPING,PDR,1.5 OZ PREP W/1/2 CUP MILK	1 cup	13.70	13.70	0.00	13.70
DESSERT TOPPING,PDR,1.5 OZ PREP W/1/2 CUP MILK	1 package yields	27.41	27.41	0.00	27.41
DESSERT TOPPING,PDR,1.5 OZ PREP W/1/2 CUP MILK	1 tbsp	0.69	0.69	0.00	0.69
DESSERT TOPPING,POWDERED	1 portion, amount to make 1 tbsp	0.68	0.68	0.00	0.68
DESSERT TOPPING,POWDERED	1 1/2 oz	22.59	22.59	0.00	22.59
DESSERT TOPPING,PRESSURIZED	1 cup	11.25	11.25	0.00	11.25
DESSERT TOPPING,PRESSURIZED	1 tbsp	0.64	0.64	0.00	0.64
DESSERT TOPPING,SEMI SOLID,FRZ	1 cup	17.29	17.29	0.00	17.29
DESSERT TOPPING,SEMI SOLID,FRZ	1 tbsp	0.92	0.92	0.00	0.92
DULCE DE LECHE	1 tbsp	10.52	9.45	0.00	10.52
EGG MIX,USDA CMDTY	1 cup	25.17	2.58	0.00	25.17
EGG MIX,USDA CMDTY	1 tbsp	2.06	0.21	0.00	2.06
EGG SUB,LIQ OR FRZ,FAT FREE	1/4 cup	1.20	1.20	0.00	1.20
EGG SUB,LIQ OR FRZ,FAT FREE	1 cup	4.80	4.80	0.00	4.80
EGG SUBSTITUTE,POWDER	1/3 oz	2.16	2.16	0.00	2.16
EGG SUBSTITUTE,POWDER	2/3 oz	4.36	4.36	0.00	4.36
EGG,DUCK,WHOLE,FRESH,RAW	1 egg	1.02	0.65	0.00	1.02
EGG,GOOSE,WHOLE,FRESH,RAW	1 egg	1.94	1.35	0.00	1.94
EGG,QUAIL,WHOLE,FRESH,RAW	1 egg	0.04	0.04	0.00	0.04
EGG,TURKEY,WHL,FRSH,RAW	1 egg	0.91	0.00	0.00	0.91
EGG,WHITE,DRIED	1 oz	2.18	1.51	0.00	2.18
EGG,WHITE,DRIED,FLAKES,STABILIZED,GLUCOSE RED	1/2 lb	9.47	0.00	0.00	9.47
EGG,WHITE,DRIED,FLAKES,STABILIZED,GLUCOSE RED	1 oz	1.18	0.00	0.00	1.18
EGG,WHITE,DRIED,PDR,STABILIZED,GLUCOSE RED	1 cup, sifted	4.78	0.00	0.00	4.78
EGG,WHITE,DRIED,PDR,STABILIZED,GLUCOSE RED	1 tbsp	0.31	0.00	0.00	0.31
EGG,WHITE,DRIED,STABILIZED,GLUCOSE RED	1 cup, sifted	5.05	0.00	0.00	5.05
EGG,WHITE,DRIED,STABILIZED,GLUCOSE RED	1 tbsp	0.33	0.00	0.00	0.33
EGG,WHITE,RAW,FRESH	1 cup	1.77	1.73	0.00	1.77
EGG,WHITE,RAW,FRESH	1 large	0.24	0.23	0.00	0.24
EGG,WHITE,RAW,FRZ,PAST	1 oz	0.35	0.06	0.00	0.35
EGG,WHL,CKD,FRIED	1 large	0.38	0.18	0.00	0.38
EGG,WHL,CKD,HARD-BOILED	1 cup, chopped	1.52	1.52	0.00	1.52
EGG,WHL,CKD,HARD-BOILED	1 large	0.56	0.56	0.00	0.56
EGG,WHL,CKD,HARD-BOILED	1 tbsp	0.10	0.10	0.00	0.10

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EGG,WHL,CKD,POACHED	1 large	0.36	0.19	0.00	0.36
EGG,WHL,CKD,SCRMBLD	1 cup	3.54	3.06	0.00	3.54
EGG,WHL,CKD,SCRMBLD	1 large	0.98	0.85	0.00	0.98
EGG,WHL,CKD,SCRMBLD	1 tbsp	0.22	0.19	0.00	0.22
EGG,WHL,DRIED,STABILIZED,GLUCOSE RED	1 cup, sifted	2.02	0.00	0.00	2.02
EGG,WHL,DRIED,STABILIZED,GLUCOSE RED	1 tbsp	0.12	0.00	0.00	0.12
EGG,WHL,RAW,FRSH	1 cup (4.86 large eggs)	1.75	0.90	0.00	1.75
EGG,WHL,RAW,FRSH	1 extra large	0.40	0.21	0.00	0.40
EGG,WHL,RAW,FRSH	1 jumbo	0.45	0.23	0.00	0.45
EGG,WHL,RAW,FRSH	1 large	0.36	0.19	0.00	0.36
EGG,WHL,RAW,FRSH	1 medium	0.32	0.16	0.00	0.32
EGG,WHL,RAW,FRSH	1 small	0.27	0.14	0.00	0.27
EGG,WHL,RAW,FRZ,PAST	1 oz	0.36	0.03	0.00	0.36
EGG,WHL,RAW,FRZ,SALTED,PAST	1 oz	0.23	0.02	0.00	0.23
EGG,WHOLE,COOKED,OMELET	1 large	0.39	0.19	0.00	0.39
EGG,WHOLE,COOKED,OMELET	1 tbsp	0.10	0.05	0.00	0.10
EGG,WHOLE,DRIED	1 cup, sifted	1.30	0.26	0.00	1.30
EGG,WHOLE,DRIED	1 tbsp	0.08	0.02	0.00	0.08
EGG,YOLK,DRIED	1 cup, sifted	1.41	0.05	0.00	1.41
EGG,YOLK,DRIED	1 tbsp	0.08	0.00	0.00	0.08
EGG,YOLK,RAW,FRSH	1 cup	8.72	1.36	0.00	8.72
EGG,YOLK,RAW,FRSH	1 large	0.61	0.10	0.00	0.61
EGG,YOLK,RAW,FRZ,PAST	1/2 lb	2.95	0.39	0.00	2.95
EGG,YOLK,RAW,FRZ,PAST	1 oz	0.37	0.05	0.00	0.37
EGG,YOLK,RAW,FRZ,SALTED,PAST	1/2 lb	4.02	0.16	0.00	4.02
EGG,YOLK,RAW,FRZ,SALTED,PAST	1 oz	0.50	0.02	0.00	0.50
EGG,YOLK,RAW,FRZ,SUGARED,PAST	1/2 lb	24.86	23.38	0.00	24.86
EGG,YOLK,RAW,FRZ,SUGARED,PAST	1 oz	3.10	2.92	0.00	3.10
EGGNOG	1 cup	20.45	20.45	0.00	20.45
EGGNOG	1 fl oz	2.56	2.56	0.00	2.56
EGGNOG	1 quart	81.79	81.79	0.00	81.79
EGGS,SCRMBLD,FRZ MIXTURE	1 oz	2.13	2.13	0.00	2.13
FAT FREE ICE CRM,NO SUGAR ADDED,FLAVORS OTHER THAN CHOC	1/2 cup	19.00	6.00	5.03	13.97
ICE CRM BAR,STK OR NUGGET,W/ CRUNCH COATING	26 pieces	35.26	20.00	1.05	34.22
ICE CRM CONE,CHOC COVERED,W/ NUTS,FLAVORS OTHER THAN CHOC	1 unit	33.00	24.00	0.96	32.04
ICE CRM COOKIE SNDWCH	1 serving	32.47	17.47	0.98	31.49
ICE CRM SNDWCH	1 serving	26.00	13.00	0.00	26.00
ICE CRM SNDWCH,MADE W/ LT ICE CRM,VANILLA	1 serving	27.75	12.50	0.00	27.75
ICE CRM SNDWCH,VANILLA,LT,NO SUGAR ADDED	1 serving	30.00	4.61	4.97	25.03
ICE CRM,BAR OR STK,CHOC COVERED	1 bar	12.25	9.15	0.40	11.85

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ICE CRM,LT,SOFT SERVE,CHOC	1 medium	68.99	57.99	0.00	68.99
ICE CRM,SOFT SERVE,CHOC	1/2 cup	19.09	18.20	0.60	18.49
IMITATION CHS,AMERICAN OR CHEDDAR,LO CHOL	1 cubic inch	0.18	0.18	0.00	0.18
IMITATION CHS,AMERICAN OR CHEDDAR,LO CHOL	1 cup, shredded	1.13	1.13	0.00	1.13
KRAFT BREAKSTONE'S FREE FAT FREE SOUR CRM	2 tbsp	4.83	2.30	0.00	4.83
KRAFT BREAKSTONE'S RED FAT SOUR CRM	2 tbsp	2.02	1.98	0.03	1.98
KRAFT CHEEZ WHIZ LT PAST PROCESS CHS PRODUCT	2 tbsp	5.67	2.87	0.07	5.60
KRAFT CHEEZ WHIZ PAST PROCESS CHS SAU	2 tbsp	3.04	2.21	0.10	2.94
KRAFT FREE SINGLES AMERICAN NONFAT PAST PROCESS CHS PRODUCT	1 slice	2.46	1.41	0.04	2.42
KRAFT VELVEETA LT RED FAT PAST PROCESS CHS PRODUCT	1 oz	3.30	2.38	0.00	3.30
KRAFT VELVEETA PAST PROCESS CHS SPRD	1 oz	2.74	2.27	0.00	2.74
MILK DSSRT BAR,FRZ,MADE FROM LOWFAT MILK	1 bar	22.50	15.00	4.49	18.01
MILK SHAKES,THICK CHOC	1 container (10.6 oz)	63.45	62.55	0.90	62.55
MILK SHAKES,THICK CHOC	1 fl oz	6.01	5.92	0.09	5.92
MILK SHAKES,THICK VANILLA	1 container (11 oz)	55.56	55.56	0.00	55.56
MILK SHAKES,THICK VANILLA	1 fl oz	5.04	5.04	0.00	5.04
MILK SUBSTITUTES,FLUID,W/LAURIC ACID OIL	1 cup	15.03	0.00	0.00	15.03
MILK SUBSTITUTES,FLUID,W/LAURIC ACID OIL	1 quart	60.12	0.00	0.00	60.12
MILK,BTTRMLK,FLUID,CULTURED,LOWFAT	1 cup	11.74	11.74	0.00	11.74
MILK,BTTRMLK,FLUID,CULTURED,LOWFAT	1 fl oz	1.47	1.47	0.00	1.47
MILK,BTTRMLK,FLUID,CULTURED,LOWFAT	1 quart	46.94	46.94	0.00	46.94
MILK,BTTRMLK,FLUID,CULTURED,RED FAT	1 cup	12.99	12.99	0.00	12.99
MILK,BTTRMLK,FLUID,CULTURED,RED FAT	1 fl oz	1.62	1.62	0.00	1.62
MILK,BTTRMLK,FLUID,WHL	1 cup	11.96	11.96	0.00	11.96
MILK,BUTTERMILK,DRIED	1/4 cup	14.70	14.70	0.00	14.70
MILK,BUTTERMILK,DRIED	1 cup	58.80	58.80	0.00	58.80
MILK,BUTTERMILK,DRIED	1 tbsp	3.19	3.19	0.00	3.19
MILK,CHOC BEV,HOT COCOA,HOMEMADE	1 cup	26.85	24.15	2.50	24.35
MILK,CHOC BEV,HOT COCOA,HOMEMADE	1 fl oz	3.35	3.01	0.31	3.04
MILK,CHOC,FLUID,COMM,LOWFAT,W/ ADDED VIT A & VITAMIN D	1 cup	31.50	24.85	1.25	30.25
MILK,CHOC,FLUID,COMM,LOWFAT,W/ ADDED VIT A & VITAMIN D	1 quart	126.00	99.40	5.00	121.00
MILK,CHOC,FLUID,COMM,RED FAT	1 cup	30.33	23.88	1.75	28.58
MILK,CHOC,FLUID,COMM,RED FAT	1 fl oz	3.78	2.98	0.22	3.57
MILK,CHOC,FLUID,COMM,RED FAT	1 quart	121.30	95.50	7.00	114.30
MILK,CHOC,FLUID,COMM,RED FAT,W/ ADDED CA	1 cup	30.33	23.88	1.75	28.58
MILK,CHOC,FLUID,COMM,RED FAT,W/ ADDED CA	1 fl oz	3.78	2.98	0.22	3.57

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MILK,CHOC,FLUID,COMM,RED FAT,W/ ADDED CA	1 quart	121.30	95.50	7.00	114.30
MILK,CHOC,FLUID,COMM,WHL,W/ ADDED VIT A & VITAMIN D	1 cup	25.85	23.85	2.00	23.85
MILK,CHOC,FLUID,COMM,WHL,W/ ADDED VIT A & VITAMIN D	1 fl oz	3.23	2.98	0.25	2.98
MILK,CHOC,FLUID,COMM,WHL,W/ ADDED VIT A & VITAMIN D	1 quart	103.40	95.40	8.00	95.40
MILK,CND,COND,SWTND	1 cup	166.46	166.46	0.00	166.46
MILK,CND,COND,SWTND	1 fl oz	20.78	20.78	0.00	20.78
MILK,CND,EVAP,NONFAT,W/ ADDED VIT A & VITAMIN D	1/2 cup	14.53	14.53	0.00	14.53
MILK,CND,EVAP,NONFAT,W/ ADDED VIT A & VITAMIN D	1 cup	29.06	29.06	0.00	29.06
MILK,CND,EVAP,NONFAT,W/ ADDED VIT A & VITAMIN D	1 fl oz	3.62	3.62	0.00	3.62
MILK,CND,EVAP,W/ ADDED VITAMIN D & WO/ ADDED VIT A	1/2 cup	12.65	12.65	0.00	12.65
MILK,CND,EVAP,W/ ADDED VITAMIN D & WO/ ADDED VIT A	1 can (13 oz)	37.05	37.05	0.00	37.05
MILK,CND,EVAP,W/ ADDED VITAMIN D & WO/ ADDED VIT A	1 cup	25.30	25.30	0.00	25.30
MILK,CND,EVAP,W/ ADDED VITAMIN D & WO/ ADDED VIT A	1 fl oz	3.16	3.16	0.00	3.16
MILK,CND,EVAP,W/ VIT A	1/2 cup	12.65	0.00	0.00	12.65
MILK,CND,EVAP,W/ VIT A	1 fl oz	3.16	0.00	0.00	3.16
MILK,CND,EVAP,WO/ ADDED VIT A & VITAMIN D	1/2 cup	12.65	12.65	0.00	12.65
MILK,CND,EVAP,WO/ ADDED VIT A & VITAMIN D	1 can (13 oz)	37.05	37.05	0.00	37.05
MILK,CND,EVAP,WO/ ADDED VIT A & VITAMIN D	1 cup	25.30	25.30	0.00	25.30
MILK,CND,EVAP,WO/ ADDED VIT A & VITAMIN D	1 fl oz	3.16	3.16	0.00	3.16
MILK,DRY,NONFAT,CA RED	1/4 lb	58.53	0.00	0.00	58.53
MILK,DRY,NONFAT,CA RED	1 oz	14.69	0.00	0.00	14.69
MILK,DRY,NONFAT,INST,W/ ADDED VIT A & VITAMIN D	1/3 cup (makes 1 cup reconstituted milk)	12.00	12.00	0.00	12.00
MILK,DRY,NONFAT,INST,W/ ADDED VIT A & VITAMIN D	1 cup	35.49	35.49	0.00	35.49
MILK,DRY,NONFAT,INST,W/ ADDED VIT A & VITAMIN D	1 envelope (1-1/3 cup)	47.49	47.49	0.00	47.49
MILK,DRY,NONFAT,INST,WO/ ADDED VIT A & VITAMIN D	1 cup	35.49	35.49	0.00	35.49
MILK,DRY,NONFAT,INST,WO/ ADDED VIT A & VITAMIN D	1 envelope (1-1/3 cup)	47.49	47.49	0.00	47.49

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MILK, DRY, NONFAT, REG, W/ ADDED VIT A & VITAMIN D	1/4 cup	15.59	15.59	0.00	15.59
MILK, DRY, NONFAT, REG, W/ ADDED VIT A & VITAMIN D	1 cup	62.38	62.38	0.00	62.38
MILK, DRY, NONFAT, REG, WO/ ADDED VIT A & VITAMIN D	1/4 cup	15.59	15.59	0.00	15.59
MILK, DRY, NONFAT, REG, WO/ ADDED VIT A & VITAMIN D	1 cup	62.38	62.38	0.00	62.38
MILK, DRY, NONFAT, REG, WO/ ADDED VIT A & VITAMIN D	5 tbsp	11.96	11.96	0.00	11.96
MILK, DRY, WHL, W/ ADDED VITAMIN D	1/4 cup	12.29	12.29	0.00	12.29
MILK, DRY, WHL, W/ ADDED VITAMIN D	1 cup	49.18	49.18	0.00	49.18
MILK, DRY, WHL, WO/ ADDED VITAMIN D	1/4 cup	12.29	12.29	0.00	12.29
MILK, DRY, WHL, WO/ ADDED VITAMIN D	1 cup	49.18	49.18	0.00	49.18
MILK, FILLED, FLUID, W/BLEND OF HYDR VEG OILS	1 cup	11.57	0.00	0.00	11.57
MILK, FILLED, FLUID, W/BLEND OF HYDR VEG OILS	1 quart	46.26	0.00	0.00	46.26
MILK, FILLED, FLUID, W/LAURIC ACID OIL	1 cup	11.57	11.57	0.00	11.57
MILK, FILLED, FLUID, W/LAURIC ACID OIL	1 fl oz	1.45	1.45	0.00	1.45
MILK, FILLED, FLUID, W/LAURIC ACID OIL	1 quart	46.26	46.26	0.00	46.26
MILK, FLUID, 1% FAT, WO/ ADDED VIT A & VIT D	1 cup	12.18	12.69	0.00	12.18
MILK, FLUID, 1% FAT, WO/ ADDED VIT A & VIT D	1 quart	48.70	50.75	0.00	48.70
MILK, FLUID, NONFAT, CA FORT (FAT FREE OR SKIM)	1 cup	11.98	11.98	0.00	11.98
MILK, FLUID, NONFAT, CA FORT (FAT FREE OR SKIM)	1 fl oz	1.50	1.50	0.00	1.50
MILK, GOAT, FLUID, W/ ADDED VITAMIN D	1 cup	10.86	10.86	0.00	10.86
MILK, GOAT, FLUID, W/ ADDED VITAMIN D	1 fl oz	1.36	1.36	0.00	1.36
MILK, GOAT, FLUID, W/ ADDED VITAMIN D	1 quart	43.43	43.43	0.00	43.43
MILK, HUMAN, MATURE, FLUID	1 cup	16.95	16.95	0.00	16.95
MILK, HUMAN, MATURE, FLUID	1 fl oz	2.12	2.12	0.00	2.12
MILK, IMITATION, NON-SOY	1 cup	12.93	12.93	0.00	12.93
MILK, IMITATION, NON-SOY	1 fl oz	1.62	1.62	0.00	1.62
MILK, INDIAN BUFFALO, FLUID	1 cup	12.64	0.00	0.00	12.64
MILK, INDIAN BUFFALO, FLUID	1 quart	50.56	0.00	0.00	50.56
MILK, LO NA, FLUID	1 cup	10.88	10.88	0.00	10.88
MILK, LO NA, FLUID	1 fl oz	1.36	1.36	0.00	1.36
MILK, LO NA, FLUID	1 quart	43.53	43.53	0.00	43.53
MILK, LOWFAT, FLUID, 1% MILKFAT, PROT FORT, W/ ADDED VIT A & D	1 cup	13.58	0.00	0.00	13.58
MILK, LOWFAT, FLUID, 1% MILKFAT, PROT FORT, W/ ADDED VIT A & D	1 quart	54.32	0.00	0.00	54.32
MILK, LOWFAT, FLUID, 1% MILKFAT, W/ ADD NONFAT MILK SOL, VIT A/ D	1 cup	12.18	0.00	0.00	12.18
MILK, LOWFAT, FLUID, 1% MILKFAT, W/ ADD NONFAT MILK SOL, VIT A/ D	1 quart	48.71	0.00	0.00	48.71

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MILK,LOWFAT,FLUID,1% MILKFAT,W/ ADDED VIT A & VITAMIN D	1 cup	12.18	12.69	0.00	12.18
MILK,LOWFAT,FLUID,1% MILKFAT,W/ ADDED VIT A & VITAMIN D	1 fl oz	1.52	1.59	0.00	1.52
MILK,LOWFAT,FLUID,1% MILKFAT,W/ ADDED VIT A & VITAMIN D	1 quart	48.70	50.75	0.00	48.70
MILK,NONFAT,FLUID,PROT FORT,W/ ADD VIT A & D (FAT FREE/SKIM)	1 cup	13.68	0.00	0.00	13.68
MILK,NONFAT,FLUID,PROT FORT,W/ ADD VIT A & D (FAT FREE/SKIM)	1 quart	54.71	0.00	0.00	54.71
MILK,NONFAT,FLUID,W/ ADDED NONFAT MILK SOL,VIT A & VIT D	1 cup	12.30	12.30	0.00	12.30
MILK,NONFAT,FLUID,W/ ADDED NONFAT MILK SOL,VIT A & VIT D	1 fl oz	1.54	1.54	0.00	1.54
MILK,NONFAT,FLUID,W/ ADDED NONFAT MILK SOL,VIT A & VIT D	1 quart	49.20	49.20	0.00	49.20
MILK,NONFAT,FLUID,W/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 cup	12.15	12.47	0.00	12.15
MILK,NONFAT,FLUID,W/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 fl oz	1.52	1.56	0.00	1.52
MILK,NONFAT,FLUID,W/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 quart	48.61	49.88	0.00	48.61
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 cup	12.15	12.47	0.00	12.15
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 quart	48.61	49.88	0.00	48.61
MILK,PRODUCER,FLUID,3.7% MILKFAT	1 cup	11.35	0.00	0.00	11.35
MILK,PRODUCER,FLUID,3.7% MILKFAT	1 quart	45.38	0.00	0.00	45.38
MILK,RED FAT,FLUID,2% MILKFAT,PROT FORT,W/ ADDED VIT A & D	1 cup	13.51	12.94	0.00	13.51
MILK,RED FAT,FLUID,2% MILKFAT,PROT FORT,W/ ADDED VIT A & D	1 quart	54.02	51.76	0.00	54.02
MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED NFMS, VIT A & VIT D	1 cup	12.18	0.00	0.00	12.18
MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED NFMS, VIT A & VIT D	1 quart	48.71	0.00	0.00	48.71
MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED VIT A & VITAMIN D	1 cup	11.71	12.35	0.00	11.71
MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED VIT A & VITAMIN D	1 fl oz	1.46	1.54	0.00	1.46
MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED VIT A & VITAMIN D	1 quart	46.85	49.39	0.00	46.85

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MILK,RED FAT,FLUID,2% MILKFAT,W/ NONFAT MILK SOL,WO/ VIT A	1 cup	13.45	0.00	0.00	13.45
MILK,RED FAT,FLUID,2% MILKFAT,W/ NONFAT MILK SOL,WO/ VIT A	1 quart	53.80	0.00	0.00	53.80
MILK,RED FAT,FLUID,2% MILKFAT,WO/ ADDED VIT A & VIT D	1 cup	11.81	12.45	0.00	11.81
MILK,RED FAT,FLUID,2% MILKFAT,WO/ ADDED VIT A & VIT D	1 quart	47.23	49.79	0.00	47.23
MILK,SHEEP,FLUID	1 cup	13.13	0.00	0.00	13.13
MILK,SHEEP,FLUID	1 quart	52.53	0.00	0.00	52.53
MILK,WHL,3.25% MILKFAT,W/ ADDED VITAMIN D	1 cup	11.71	12.32	0.00	11.71
MILK,WHL,3.25% MILKFAT,W/ ADDED VITAMIN D	1 fl oz	1.46	1.54	0.00	1.46
MILK,WHL,3.25% MILKFAT,W/ ADDED VITAMIN D	1 quart	46.85	49.29	0.00	46.85
MILK,WHL,3.25% MILKFAT,W/ ADDED VITAMIN D	1 tbsp	0.72	0.76	0.00	0.72
MILK,WHL,3.25% MILKFAT,WO/ ADDED VIT A & VITAMIN D	1 cup	11.66	12.32	0.00	11.66
MILK,WHL,3.25% MILKFAT,WO/ ADDED VIT A & VITAMIN D	1 fl oz	1.46	1.54	0.00	1.46
MILK,WHL,3.25% MILKFAT,WO/ ADDED VIT A & VITAMIN D	1 quart	46.65	49.29	0.00	46.65
MILK,WHL,3.25% MILKFAT,WO/ ADDED VIT A & VITAMIN D	1 tbsp	0.72	0.76	0.00	0.72
NUTRITIONAL SUPP FOR PEOPLE W/ DIABETES,LIQ	1 can	26.97	5.99	4.99	21.97
PARMESAN CHS TOPPING,FAT FREE	1 tablespoon	2.00	0.08	0.00	2.00
PROTEIN SUPP,MILK BSD,MUSCLE MILK LT,PDR	2 scoop	11.00	2.00	1.00	10.00
PROTEIN SUPP,MILK BSD,MUSCLE MILK,PDR	1 tbsp	2.04	0.63	0.78	1.25
QUESO COTIJA	2 tsp	0.20	0.00	0.00	0.20
REDDI WIP FAT FREE WHIPPED TOPPING	1 cup	18.75	12.00	0.30	18.45
REDDI WIP FAT FREE WHIPPED TOPPING	1 tablespoon	1.00	0.64	0.02	0.98
SOUR CREAM,FAT FREE	1 cup	35.88	0.90	0.00	35.88
SOUR CREAM,FAT FREE	1 tablespoon	1.87	0.05	0.00	1.87
SOUR CREAM,LIGHT	1 cup	16.33	0.51	0.00	16.33
SOUR CREAM,LIGHT	1 tablespoon	0.85	0.03	0.00	0.85
SOUR CREAM,REDUCED FAT	1 cup	16.10	0.69	0.00	16.10
SOUR CREAM,REDUCED FAT	1 tablespoon	0.84	0.04	0.00	0.84
SOUR CRM,IMITN,CULTURED	1 cup	15.25	15.25	0.00	15.25
SOUR CRM,IMITN,CULTURED	1 oz	1.88	1.88	0.00	1.88
SOUR DRNG,NON-BUTTERFAT,CULTURED,FILLED CREAM-TYPE	1 cup	11.00	11.00	0.00	11.00
SOUR DRNG,NON-BUTTERFAT,CULTURED,FILLED CREAM-TYPE	1 tbsp	0.56	0.56	0.00	0.56
USDA COMMODITY,CHS,CHEDDAR,RED FAT	1 cup shredded	2.26	0.66	0.00	2.26
WHEY,ACID,DRIED	1 cup	41.87	41.87	0.00	41.87

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WHEY,ACID,DRIED	1 tbsp	2.13	2.13	0.00	2.13
WHEY,ACID,FLUID	1 cup	12.60	12.60	0.00	12.60
WHEY,ACID,FLUID	1 quart	50.38	50.38	0.00	50.38
WHEY,SWEET,DRIED	1 cup	107.97	107.97	0.00	107.97
WHEY,SWEET,DRIED	1 tbsp	5.58	5.58	0.00	5.58
WHEY,SWEET,FLUID	1 cup	12.64	12.64	0.00	12.64
WHEY,SWEET,FLUID	1 quart	50.58	50.58	0.00	50.58
WHIPPED CRM SUB,DIETETIC,MADE FROM PDR MIX	1 cup	8.48	8.48	0.00	8.48
WHIPPED TOPPING,FRZ,LOFAT	1 cup	17.70	17.70	0.00	17.70
YOGURT,CHOC,NONFAT MILK	1 container (6 oz)	40.00	25.45	2.04	37.96
YOGURT,CHOC,NONFAT MILK,FORT W/ VITAMIN D	1 container (6 oz)	40.00	25.45	2.04	37.96
YOGURT,FRUIT VAR,NON-FAT	1 container (4.4 oz)	23.75	23.75	0.00	23.75
YOGURT,FRUIT VAR,NON-FAT	1 container (6 oz)	32.30	32.30	0.00	32.30
YOGURT,FRUIT VAR,NON-FAT	1 container (8 oz)	43.13	43.13	0.00	43.13
YOGURT,FRUIT VAR,NON-FAT	1 cup (8 fl oz)	46.55	46.55	0.00	46.55
YOGURT,FRUIT VAR,NONFAT,FORT W/ VITAMIN D	1 container (4.4 oz)	23.75	23.75	0.00	23.75
YOGURT,FRUIT VAR,NONFAT,FORT W/ VITAMIN D	1 container (6 oz)	32.30	32.30	0.00	32.30
YOGURT,FRUIT VAR,NONFAT,FORT W/ VITAMIN D	1 container (8 oz)	43.13	43.13	0.00	43.13
YOGURT,FRUIT VAR,NONFAT,FORT W/ VITAMIN D	1 cup (8 fl oz)	46.55	46.55	0.00	46.55
YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ	1/2 container (4 oz)	21.53	21.53	0.00	21.53
YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ	1 container (6 oz)	32.39	32.39	0.00	32.39
YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ	1 container (8 oz)	43.24	43.24	0.00	43.24
YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ	1 container, Dannon Sprinkl'ins (4.1 oz)	22.10	22.10	0.00	22.10
YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ	1 cup (8 fl oz)	46.67	46.67	0.00	46.67
YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ,FORT W/ VITAMIN D	1/2 container (4 oz)	21.53	21.53	0.00	21.53
YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ,FORT W/ VITAMIN D	1 container (6 oz)	32.39	32.39	0.00	32.39

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YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ,FORT W/ VITAMIN D	1 container (8 oz)	43.24	43.24	0.00	43.24
YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ,FORT W/ VITAMIN D	1 container, Dannon Sprinkl'ins (4.1 oz)	22.10	22.10	0.00	22.10
YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ,FORT W/ VITAMIN D	1 cup (8 fl oz)	46.67	46.67	0.00	46.67
YOGURT,FRUIT,LOFAT,11 GRAMS PROT PER 8 OZ	1/2 container (4 oz)	21.02	0.00	0.00	21.02
YOGURT,FRUIT,LOFAT,11 GRAMS PROT PER 8 OZ	1 container (6 oz)	31.62	0.00	0.00	31.62
YOGURT,FRUIT,LOFAT,11 GRAMS PROT PER 8 OZ	1 container (8 oz)	42.22	0.00	0.00	42.22
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ	1/2 container (4 oz)	21.06	21.06	0.00	21.06
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ	1 container (4.4 oz)	23.30	23.30	0.00	23.30
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ	1 container (5 oz)	26.47	26.47	0.00	26.47
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ	1 container (6 oz)	31.69	31.69	0.00	31.69
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ	1 container (8 oz)	42.31	42.31	0.00	42.31
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ	1 cup (8 fl oz)	45.67	45.67	0.00	45.67
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ,FORT W/ VITAMIN D	1/2 container (4 oz)	21.06	21.06	0.00	21.06
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ,FORT W/ VITAMIN D	1 container (4.4 oz)	23.30	23.30	0.00	23.30
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ,FORT W/ VITAMIN D	1 container (5 oz)	26.47	26.47	0.00	26.47
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ,FORT W/ VITAMIN D	1 container (6 oz)	31.69	31.69	0.00	31.69
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ,FORT W/ VITAMIN D	1 container (8 oz)	42.31	42.31	0.00	42.31
YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ,FORT W/ VITAMIN D	1 cup (8 fl oz)	45.67	45.67	0.00	45.67
YOGURT,FRUIT,LOFAT,W/LO CAL SWEETENER	1 6 oz container (6 oz)	31.62	4.93	0.00	31.62
YOGURT,FRUIT,LOFAT,W/LO CAL SWEETENER	1 8 oz container (8 oz)	42.22	6.58	0.00	42.22

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YOGURT,FRUIT,LOFAT,W/LO CAL SWEETENER	1 cup (8 fl oz)	45.57	7.11	0.00	45.57
YOGURT,FRUIT,LOWFAT,W/ LO CAL SWTNR,FORT W/ VITAMIN D	1 6 oz container (6 oz)	31.62	4.93	0.00	31.62
YOGURT,FRUIT,LOWFAT,W/ LO CAL SWTNR,FORT W/ VITAMIN D	1 8 oz container (8 oz)	42.22	6.58	0.00	42.22
YOGURT,FRUIT,LOWFAT,W/ LO CAL SWTNR,FORT W/ VITAMIN D	1 cup (8 fl oz)	45.57	7.11	0.00	45.57
YOGURT,FRZ,FLAVORS NOT CHOC,NONFAT MILK,W/ LOW- CALORIE SWTNR	1/2 cup	13.40	8.57	1.36	12.04
YOGURT,GREEK,NON FAT,STRAWBERRY,CHOBANI	5 2/7 oz	17.43	16.29	1.05	16.38
YOGURT,GREEK,NON FAT,STRAWBERRY,DANNON OIKOS	5 2/7 oz	18.80	17.45	0.60	18.20
YOGURT,GREEK,NON FAT,VANILLA,CHOBANI	5 2/7 oz	12.14	11.42	0.45	11.69
YOGURT,GREEK,NON FAT,VANILLA,DANNON OIKOS	5 2/7 oz	19.08	17.10	0.75	18.33
YOGURT,GREEK,PLN,NONFAT	1 container	6.12	5.51	0.00	6.12
YOGURT,GREEK,STRAWBERRY,DANNON OIKOS	5 2/7 oz	17.51	16.50	1.50	16.01
YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ	1/2 container (4 oz)	7.96	7.96	0.00	7.96
YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ	1 container (6 oz)	11.97	11.97	0.00	11.97
YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ	1 container (8 oz)	15.98	15.98	0.00	15.98
YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ	1 cup (8 fl oz)	17.25	17.25	0.00	17.25
YOGURT,PLN,SKIM MILK,13 GRAMS PROT PER 8 OZ	1 container (6 oz)	13.06	13.06	0.00	13.06
YOGURT,PLN,SKIM MILK,13 GRAMS PROT PER 8 OZ	1 container (8 oz)	17.43	17.43	0.00	17.43
YOGURT,PLN,SKIM MILK,13 GRAMS PROT PER 8 OZ	1 cup (8 fl oz)	18.82	18.82	0.00	18.82
YOGURT,PLN,WHL MILK,8 GRAMS PROT PER 8 OZ	1/2 container (4 oz)	5.27	5.27	0.00	5.27
YOGURT,PLN,WHL MILK,8 GRAMS PROT PER 8 OZ	1 container (6 oz)	7.92	7.92	0.00	7.92
YOGURT,PLN,WHL MILK,8 GRAMS PROT PER 8 OZ	1 container (8 oz)	10.58	10.58	0.00	10.58
YOGURT,PLN,WHL MILK,8 GRAMS PROT PER 8 OZ	1 cup (8 fl oz)	11.42	11.42	0.00	11.42
YOGURT,VAN OR LEM FLAV,NONFAT MILK,SWTND W/LOW-CALORIE SWTNR	1 container (6 oz)	12.75	12.75	0.00	12.75
YOGURT,VAN/LEM FLAV,NONFAT MILK,W/ LO-CAL SWTNR,FORT W/VIT D	1 container (6 oz)	12.75	12.75	0.00	12.75
YOGURT,VANILLA FLAVOR,LOWFAT MILK,SWTND W/ LO CAL SWTNR	1 container	23.46	9.23	0.00	23.46

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ	1 container (6 oz)	23.46	23.46	0.00	23.46
YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ	1 container (8 oz)	31.33	31.33	0.00	31.33
YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ	1 cup (8 fl oz)	33.81	33.81	0.00	33.81
YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ,FORT W/ VIT D	1/2 container (4 oz)	15.59	15.59	0.00	15.59
YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ,FORT W/ VIT D	1 container (6 oz)	23.46	23.46	0.00	23.46
YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ,FORT W/ VIT D	1 container (8 oz)	31.33	31.33	0.00	31.33
YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ,FORT W/ VIT D	1 cup (8 fl oz)	33.81	33.81	0.00	33.81
ALLSPICE,GROUND	1 tbsp	4.33	0.00	1.30	3.03
ALLSPICE,GROUND	1 tsp	1.37	0.00	0.41	0.96
ANISE SEED	1 tbsp, whole	3.35	0.00	0.98	2.37
ANISE SEED	1 tsp, whole	1.05	0.00	0.31	0.74
BASIL,FRESH	1/4 cup leaves, whole	0.16	0.02	0.10	0.06
BASIL,FRESH	2 tbsp, chopped	0.14	0.02	0.08	0.06
BASIL,FRESH	5 leaves	0.07	0.01	0.04	0.03
CAPERS,CANNED	1 tbsp, drained	0.42	0.04	0.28	0.15
CARAWAY SEED	1 tbsp	3.34	0.04	2.55	0.80
CARAWAY SEED	1 tsp	1.05	0.01	0.80	0.25
CELERY SEED	1 tbsp	2.69	0.04	0.77	1.92
CELERY SEED	1 tsp	0.83	0.01	0.24	0.59
CHERVIL,DRIED	1 tbsp	0.93	0.00	0.21	0.72
CHERVIL,DRIED	1 tsp	0.29	0.00	0.07	0.23
CHILI POWDER	1 tbsp	3.98	0.58	2.78	1.19
CHILI POWDER	1 tsp	1.34	0.19	0.94	0.40
CINNAMON,GROUND	1 tbsp	6.29	0.17	4.14	2.14
CINNAMON,GROUND	1 tsp	2.10	0.06	1.38	0.71
CLOVES,GROUND	1 tbsp	4.26	0.15	2.20	2.06
CLOVES,GROUND	1 tsp	1.38	0.05	0.71	0.66
CORIANDER LEAF,DRIED	1 tbsp	0.94	0.13	0.19	0.75
CORIANDER LEAF,DRIED	1 tsp	0.31	0.04	0.06	0.25
CORIANDER SEED	1 tbsp	2.75	0.00	2.10	0.65
CORIANDER SEED	1 tsp	0.99	0.00	0.75	0.24
CUMIN SEED	1 tbsp, whole	2.65	0.14	0.63	2.02
CUMIN SEED	1 tsp, whole	0.93	0.05	0.22	0.71
CURRY POWDER	1 tbsp	3.52	0.17	3.35	0.17
CURRY POWDER	1 tsp	1.12	0.06	1.06	0.05

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DILL SEED	1 tbsp	3.64	0.00	1.39	2.25
DILL SEED	1 tsp	1.16	0.00	0.44	0.72
DILL WEED,DRIED	1 tbsp	1.73	0.00	0.42	1.31
DILL WEED,DRIED	1 tsp	0.56	0.00	0.14	0.42
DILL WEED,FRSH	1 cup sprigs	0.62	0.00	0.19	0.44
DILL WEED,FRSH	5 sprigs	0.07	0.00	0.02	0.05
FENNEL SEED	1 tbsp, whole	3.03	0.00	2.31	0.72
FENNEL SEED	1 tsp, whole	1.05	0.00	0.80	0.25
FENUGREEK SEED	1 tbsp	6.48	0.00	2.73	3.75
FENUGREEK SEED	1 tsp	2.16	0.00	0.91	1.25
GARLIC POWDER	1 tbsp	7.05	0.24	0.87	6.18
GARLIC POWDER	1 tsp	2.25	0.08	0.28	1.98
GINGER,GROUND	1 tbsp	3.72	0.18	0.73	2.99
GINGER,GROUND	1 tsp	1.29	0.06	0.25	1.04
HORSERADISH,PREPARED	1 tbsp	1.69	1.20	0.50	1.20
HORSERADISH,PREPARED	1 tsp	0.56	0.40	0.17	0.40
MACE,GROUND	1 tbsp	2.68	0.00	1.07	1.61
MACE,GROUND	1 tsp	0.86	0.00	0.34	0.52
MARJORAM,DRIED	1 tbsp	1.03	0.07	0.69	0.34
MARJORAM,DRIED	1 tsp	0.36	0.02	0.24	0.12
MUSTARD,PREPARED,YELLOW	1 cup	14.52	2.29	9.96	4.56
MUSTARD,PREPARED,YELLOW	1 tsp or 1 packet	0.29	0.05	0.20	0.09
NUTMEG,GROUND	1 tbsp	3.45	0.21	1.46	1.99
NUTMEG,GROUND	1 tsp	1.08	0.07	0.46	0.63
ONION POWDER	1 tbsp	5.46	0.46	1.05	4.41
ONION POWDER	1 tsp	1.90	0.16	0.36	1.53
PACE,DRY TACO SEAS MIX	2 tbsp (1 serving)	2.98	0.99	1.00	1.99
PAPRIKA	1 tbsp	3.67	0.70	2.37	1.30
PAPRIKA	1 tsp	1.24	0.24	0.80	0.44
PARSLEY,DRIED	1 tbsp	0.81	0.12	0.43	0.38
PARSLEY,DRIED	1 tsp	0.25	0.04	0.13	0.12
PEPPER,BLACK	1 dash	0.06	0.00	0.03	0.04
PEPPER,BLACK	1 tbsp, ground	4.41	0.04	1.75	2.67
PEPPER,BLACK	1 tsp, ground	1.47	0.01	0.58	0.89
PEPPER,BLACK	1 tsp, whole	1.85	0.02	0.73	1.12
PEPPER,RED OR CAYENNE	1 tbsp	3.00	0.55	1.44	1.56
PEPPER,RED OR CAYENNE	1 tsp	1.02	0.19	0.49	0.53
PEPPER,WHITE	1 tbsp, ground	4.87	0.00	1.86	3.01
PEPPER,WHITE	1 tsp, ground	1.65	0.00	0.63	1.02
PEPPERMINT,FRESH	2 leaves	0.01	0.00	0.01	0.01
PEPPERMINT,FRESH	2 tbsp	0.48	0.00	0.26	0.22

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
POPPY SEED	1 tbsp	2.48	0.26	1.72	0.76
POPPY SEED	1 tsp	0.79	0.08	0.55	0.24
POULTRY SEASONING	1 tbsp	2.89	0.08	0.50	2.39
POULTRY SEASONING	1 tsp	0.98	0.03	0.17	0.81
PUMPKIN PIE SPICE	1 tbsp	3.88	0.43	0.83	3.05
PUMPKIN PIE SPICE	1 tsp	1.18	0.13	0.25	0.93
ROSEMARY,DRIED	1 tbsp	2.11	0.00	1.41	0.71
ROSEMARY,DRIED	1 tsp	0.77	0.00	0.51	0.26
ROSEMARY,FRESH	1 tbsp	0.35	0.00	0.24	0.11
ROSEMARY,FRESH	1 tsp	0.14	0.00	0.10	0.05
SAFFRON	1 tbsp	1.37	0.00	0.08	1.29
SAFFRON	1 tsp	0.46	0.00	0.03	0.43
SAGE,GROUND	1 tbsp	1.21	0.03	0.81	0.41
SAGE,GROUND	1 tsp	0.43	0.01	0.28	0.14
SALT,TABLE	1 cup	0.00	0.00	0.00	0.00
SALT,TABLE	1 dash	0.00	0.00	0.00	0.00
SALT,TABLE	1 tbsp	0.00	0.00	0.00	0.00
SALT,TABLE	1 tsp	0.00	0.00	0.00	0.00
SAVORY,GROUND	1 tbsp	3.02	0.00	2.01	1.01
SAVORY,GROUND	1 tsp	0.96	0.00	0.64	0.32
SEASONING MIX,DRY,CHILI,ORIGINAL	1 1/3 tbsp	5.09	0.78	0.97	4.12
SEASONING MIX,DRY,SAZON,CORIANDER & ANNATTO	1/4 tsp	0.00	0.00	0.00	0.00
SEASONING MIX,DRY,TACO,ORIGINAL	2 tsp	3.31	0.62	0.76	2.55
SPEARMINT,DRIED	1 tbsp	0.83	0.00	0.48	0.36
SPEARMINT,DRIED	1 tsp	0.26	0.00	0.15	0.11
SPEARMINT,FRESH	2 leaves	0.03	0.00	0.02	0.00
SPEARMINT,FRESH	2 tbsp	0.96	0.00	0.78	0.18
SPICES,BASIL,DRIED	1 tbsp, ground	2.15	0.08	1.70	0.45
SPICES,BASIL,DRIED	1 tbsp, leaves	1.00	0.04	0.79	0.21
SPICES,BASIL,DRIED	1 tsp, ground	0.67	0.02	0.53	0.14
SPICES,BASIL,DRIED	1 tsp, leaves	0.33	0.01	0.26	0.07
SPICES,BAY LEAF	1 tbsp, crumbled	1.35	0.00	0.47	0.88
SPICES,BAY LEAF	1 tsp, crumbled	0.45	0.00	0.16	0.29
SPICES,CARDAMOM	1 tbsp, ground	3.97	0.00	1.62	2.35
SPICES,CARDAMOM	1 tsp, ground	1.37	0.00	0.56	0.81
SPICES,MUSTARD SD,GROUND	1 tbsp	1.77	0.43	0.77	1.00
SPICES,MUSTARD SD,GROUND	1 tsp	0.56	0.14	0.24	0.32
SPICES,OREGANO,DRIED	1 tsp, ground	1.24	0.07	0.77	0.48
SPICES,OREGANO,DRIED	1 tsp, leaves	0.69	0.04	0.43	0.26
SPICES,TARRAGON,DRIED	1 tbsp, ground	2.41	0.00	0.36	2.06
SPICES,TARRAGON,DRIED	1 tbsp, leaves	0.90	0.00	0.13	0.77

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SPICES,TARRAGON,DRIED	1 tsp, ground	0.80	0.00	0.12	0.69
SPICES,TARRAGON,DRIED	1 tsp, leaves	0.30	0.00	0.04	0.26
SPICES,THYME,DRIED	1 tbsp, ground	2.75	0.07	1.59	1.16
SPICES,THYME,DRIED	1 tbsp, leaves	1.73	0.05	1.00	0.73
SPICES,THYME,DRIED	1 tsp, ground	0.90	0.02	0.52	0.38
SPICES,THYME,DRIED	1 tsp, leaves	0.64	0.02	0.37	0.27
THYME,FRSH	1/2 tsp	0.10	0.00	0.06	0.04
THYME,FRSH	1 tsp	0.20	0.00	0.11	0.08
TURMERIC,GROUND	1 tbsp	6.31	0.30	2.13	4.18
TURMERIC,GROUND	1 tsp	2.01	0.10	0.68	1.33
VANILLA EXTRACT	1 cup	26.31	26.31	0.00	26.31
VANILLA EXTRACT	1 tbsp	1.64	1.64	0.00	1.64
VANILLA EXTRACT	1 tsp	0.53	0.53	0.00	0.53
VANILLA EXTRACT,IMITN,ALCOHOL	1 tbsp	0.31	0.00	0.00	0.31
VANILLA EXTRACT,IMITN,ALCOHOL	1 tsp	0.10	0.00	0.00	0.10
VANILLA EXTRACT,IMITN,NO ALCOHOL	1 tbsp	1.87	1.87	0.00	1.87
VANILLA EXTRACT,IMITN,NO ALCOHOL	1 tsp	0.60	0.60	0.00	0.60
VINEGAR,BALSAMIC	1 cup	43.43	38.12	0.00	43.43
VINEGAR,BALSAMIC	1 tbsp	2.72	2.39	0.00	2.72
VINEGAR,BALSAMIC	1 tsp	0.90	0.79	0.00	0.90
VINEGAR,CIDER	1 cup	2.22	0.96	0.00	2.22
VINEGAR,CIDER	1 tbsp	0.14	0.06	0.00	0.14
VINEGAR,CIDER	1 tsp	0.05	0.02	0.00	0.05
VINEGAR,DISTILLED	1 cup	0.10	0.10	0.00	0.10
VINEGAR,DISTILLED	1 tbsp	0.01	0.01	0.00	0.01
VINEGAR,DISTILLED	1 tsp	0.00	0.00	0.00	0.00
VINEGAR,RED WINE	1 cup	0.65	0.00	0.00	0.65
VINEGAR,RED WINE	1 tbsp	0.04	0.00	0.00	0.04
VINEGAR,RED WINE	1 tsp	0.01	0.00	0.00	0.01
BABY FD,FORT CRL BAR,FRUIT FILLING	1 bar	13.04	7.98	0.32	12.72
BABYFD,FRU,BAN AND STRAW, JU	1 bottle	36.09	27.01	1.96	34.13
BABYFD,SNK,GE,GRAD,LIL CRUNCH,BKD,WHLGRN,CORN SNK	18 piece	4.31	0.00	0.00	4.31
BABYFOO,BAN WI MIX BERR,ST	1 packet	21.10	14.85	0.99	20.11
BABYFOOD DINNER CHICK STEW TODD	1 jar	21.76	5.71	2.04	19.72
BABYFOOD DINNER CHICK STEW TODD	1 oz	1.81	0.48	0.17	1.64
BABYFOOD DINNER CHICK STEW TODD	1 tbsp	1.02	0.27	0.10	0.93
Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	4 oz	8.36	6.92	0.00	8.36
Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	8 oz	16.80	13.89	0.00	16.80
Babyfood, meat, turkey sticks, junior	1 jar	0.99	0.99	0.36	0.64

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Babyfood, meat, turkey sticks, junior	1 jar Gerber Graduate (2.5 oz)	0.99	0.99	0.36	0.64
Babyfood, meat, turkey sticks, junior	1 stick	0.14	0.14	0.05	0.09
BABYFOOD,APPL YOGURT DSSRT,STR	1 jar Beech-Nut Stage 2 (4 oz)	22.04	13.58	0.57	21.47
BABYFOOD,APPL YOGURT DSSRT,STR	1 jar NFS	22.04	13.58	0.57	21.47
BABYFOOD,APPL YOGURT DSSRT,STR	1 tbsp	2.93	1.80	0.08	2.85
BABYFOOD,APPLE-BANANA JUC	1 bottle Beech-Nut Stage 2 (4 fl oz)	15.38	13.75	0.25	15.13
BABYFOOD,APPLE-BANANA JUC	1 bottle Earth's Best (4.2 fl oz)	16.11	14.41	0.26	15.85
BABYFOOD,APPLE-BANANA JUC	1 bottle Gerber Second Foods (4 fl oz)	15.38	13.75	0.25	15.13
BABYFOOD,APPLE-BANANA JUC	1 bottle Heinz Strained (4 fl oz)	15.38	13.75	0.25	15.13
BABYFOOD,APPLE-BANANA JUC	1 bottle NFS	15.38	13.75	0.25	15.13
BABYFOOD,APPLE-BANANA JUC	1 fl oz	3.84	3.43	0.06	3.78
BABYFOOD,APPLE-CRANBERRY JUC	1 fl oz	3.58	2.15	0.00	3.58
BABYFOOD,APPLS W/HAM,STR	1 jar Gerber Second Food (4 oz)	12.32	9.02	2.03	10.28
BABYFOOD,APPLS W/HAM,STR	1 jar NFS	12.32	9.02	2.03	10.28
BABYFOOD,APPLS W/HAM,STR	1 tbsp	1.64	1.20	0.27	1.37
BABYFOOD,APPLS,DICES,TODD	1 oz	3.43	3.07	0.26	3.18
BABYFOOD,BABY MUM MUM RICE BISCUITS	4 biscuit	6.66	1.00	0.00	6.66
BABYFOOD,BANANA APPL DSSRT,STR	1 jar Gerber Second Food (4 oz)	18.42	16.57	1.13	17.29
BABYFOOD,BANANA APPL DSSRT,STR	1 jar NFS	18.42	16.57	1.13	17.29
BABYFOOD,BANANA APPL DSSRT,STR	1 tbsp	2.45	2.20	0.15	2.30
BABYFOOD,BANANA JUC W/LOFAT YOGURT	1 bottle NFS	22.10	16.73	0.50	21.60
BABYFOOD,BANANA JUC W/LOFAT YOGURT	1 fl oz	5.53	4.18	0.13	5.40
BABYFOOD,BANANA NO TAPIOCA,STR	1 jar Beech-Nut Baby's First (2.5 oz)	15.15	8.07	1.14	14.02
BABYFOOD,BANANA NO TAPIOCA,STR	1 jar Beech-Nut Stage I (4 oz)	24.11	12.84	1.81	22.31

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BABYFOOD,BANANA NO TAPIOCA,STR	1 jar Earth's Best (4.5 oz)	27.32	14.54	2.05	25.27
BABYFOOD,BANANA NO TAPIOCA,STR	1 jar Gerber First Foods (2.5 oz)	15.15	8.07	1.14	14.02
BABYFOOD,BANANA NO TAPIOCA,STR	1 jar Heinz Beginner-1 (2.5 oz)	15.15	8.07	1.14	14.02
BABYFOOD,BANANA NO TAPIOCA,STR	1 jar NFS	24.11	12.84	1.81	22.31
BABYFOOD,BANANA NO TAPIOCA,STR	1 tbsp	3.20	1.70	0.24	2.96
BABYFOOD,BKD PRODUCT,FINGER SNACKS CRL	1 cookie	1.30	0.48	0.04	1.26
BABYFOOD,CARROTS&BF,STR	1 jar Gerber Second Food (4 oz)	6.44	2.31	2.94	3.50
BABYFOOD,CARROTS&BF,STR	1 jar NFS	6.44	2.31	2.94	3.50
BABYFOOD,CARROTS&BF,STR	1 tbsp	0.86	0.31	0.39	0.47
BABYFOOD,CARROTS,TODDLER	1 oz	1.48	0.71	0.65	0.83
BABYFOOD,CEREAL,MIXED,DRY	1/2 oz	11.01	0.13	1.13	9.89
BABYFOOD,CEREAL,MIXED,DRY	1 tbsp	1.84	0.02	0.19	1.65
BABYFOOD,CEREAL,RICE,DRY	1/2 oz	11.66	0.02	0.08	11.58
BABYFOOD,CEREAL,RICE,DRY	1 tbsp	1.94	0.00	0.01	1.93
BABYFOOD,CHERRY COBBLER,JR	1 oz	5.44	2.95	0.06	5.39
BABYFOOD,COOKIE,BABY,FRUIT	1 cookie	5.90	1.94	0.27	5.62
BABYFOOD,COOKIES	1 cookie	4.36	1.57	0.01	4.35
BABYFOOD,COOKIES	1 oz	19.02	6.86	0.06	18.97
BABYFOOD,COOKIES,ARROWROOT	1 cookie	3.77	0.00	0.01	3.76
BABYFOOD,COOKIES,ARROWROOT	1 oz	21.38	0.00	0.06	21.32
BABYFOOD,CORN & SWT POTATOES,STR	1 oz	4.32	1.13	0.51	3.81
BABYFOOD,CRACKERS,VEG	1 cracker	0.47	0.09	0.03	0.44
BABYFOOD,CRL,BARLEY,DRY	1/2 oz	10.41	1.98	0.99	9.42
BABYFOOD,CRL,BARLEY,DRY	1 tbsp	1.67	0.32	0.16	1.51
BABYFOOD,CRL,BARLEY,PREP W/WHL MILK	1 oz	2.82	1.45	0.17	2.65
BABYFOOD,CRL,BROWN RICE,DRY,INST	1 tbsp	3.17	0.03	0.24	2.93
BABYFOOD,CRL,EGG YOLKS&BACON,JR	1 jar	10.54	0.00	1.53	9.01
BABYFOOD,CRL,EGG YOLKS&BACON,JR	1 oz	1.76	0.00	0.26	1.50
BABYFOOD,CRL,HI PROT,PREP W/WHL MILK	1 oz	3.29	0.00	0.00	3.29
BABYFOOD,CRL,HI PROT,W/APPL&ORANGE,DRY	1/2 oz	8.18	0.00	1.01	7.17
BABYFOOD,CRL,HI PROT,W/APPL&ORANGE,DRY	1 tbsp	1.38	0.00	0.17	1.21
BABYFOOD,CRL,HI PROT,W/APPL&ORANGE,PREP W/WHL MILK	1 oz	3.80	0.00	0.00	3.80
BABYFOOD,CRL,MXD,PREP W/WHL MILK	1 oz	3.49	1.36	0.23	3.26
BABYFOOD,CRL,MXD,W/ APPLSAUC & BANANAS,JR	1 jar	31.28	13.24	2.04	29.24
BABYFOOD,CRL,MXD,W/ APPLSAUC & BANANAS,JR	1 oz	5.22	2.21	0.34	4.88

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BABYFOOD,CRL,MXD,W/APPLSAUC&BANANAS,STR	1 jar	20.34	8.80	1.36	18.98
BABYFOOD,CRL,MXD,W/APPLSAUC&BANANAS,STR	1 oz	5.10	2.21	0.34	4.76
BABYFOOD,CRL,MXD,W/BANANAS,DRY	1/2 oz	11.57	1.00	1.17	10.40
BABYFOOD,CRL,MXD,W/BANANAS,DRY	1 tbsp	1.93	0.17	0.20	1.73
BABYFOOD,CRL,MXD,W/BANANAS,PREP W/WHL MILK	1 oz	2.84	1.67	0.11	2.72
BABYFOOD,CRL,MXD,W/HONEY,PREP W/WHL MILK	1 oz	4.51	0.00	0.00	4.51
BABYFOOD,CRL,OATMEAL,DRY	1/4 cup	8.67	0.47	1.10	7.57
BABYFOOD,CRL,OATMEAL,DRY	1/2 oz	10.66	0.58	1.35	9.31
BABYFOOD,CRL,OATMEAL,DRY	1 box	158.44	8.56	20.07	138.37
BABYFOOD,CRL,OATMEAL,DRY	1 tbsp	2.27	0.12	0.29	1.99
BABYFOOD,CRL,OATMEAL,PREP W/WHL MILK	1 oz	4.34	0.00	0.31	4.03
BABYFOOD,CRL,OATMEAL,W/APPLSAUC&BANANAS,JR	1 jar	26.69	16.12	1.36	25.33
BABYFOOD,CRL,OATMEAL,W/APPLSAUC&BANANAS,JR	1 oz	4.45	2.69	0.23	4.22
BABYFOOD,CRL,OATMEAL,W/APPLSAUC&BANANAS,STR	1 jar	17.40	11.85	0.90	16.50
BABYFOOD,CRL,OATMEAL,W/APPLSAUC&BANANAS,STR	1 oz	4.37	2.97	0.23	4.14
BABYFOOD,CRL,OATMEAL,W/BANANAS,DRY	1/2 oz	11.01	2.06	0.78	10.23
BABYFOOD,CRL,OATMEAL,W/BANANAS,DRY	1 tbsp	1.84	0.34	0.13	1.71
BABYFOOD,CRL,OATMEAL,W/BANANAS,PREP W/WHL MILK	1 oz	2.84	1.67	0.11	2.72
BABYFOOD,CRL,OATMEAL,W/HONEY,DRY	1/2 oz	9.84	0.00	0.00	9.84
BABYFOOD,CRL,OATMEAL,W/HONEY,DRY	1 tbsp	1.66	0.00	0.00	1.66
BABYFOOD,CRL,OATMEAL,W/HONEY,PREP W/WHL MILK	1 oz	4.34	0.00	0.00	4.34
BABYFOOD,CRL,RICE W/ PEARS & APPL,DRY,INST	1 serving	13.29	0.20	0.39	12.90
BABYFOOD,CRL,RICE,PREP W/WHL MILK	1 oz	2.92	1.38	0.00	2.92
BABYFOOD,CRL,RICE,W/APPLSAUC&BANANAS,STR	1 jar	19.32	2.53	1.13	18.19
BABYFOOD,CRL,RICE,W/APPLSAUC&BANANAS,STR	1 jar Gerber Second Food (4 oz)	19.32	2.53	1.13	18.19
BABYFOOD,CRL,RICE,W/APPLSAUC&BANANAS,STR	1 jar Heinz Strained-2 (4.25 oz)	20.52	2.69	1.20	19.32
BABYFOOD,CRL,RICE,W/APPLSAUC&BANANAS,STR	1 oz	4.85	0.64	0.28	4.56
BABYFOOD,CRL,RICE,W/APPLSAUC&BANANAS,STR	1 tbsp	2.74	0.36	0.16	2.58
BABYFOOD,CRL,RICE,W/BANANAS,DRY	1/2 oz	11.99	2.51	0.15	11.84
BABYFOOD,CRL,RICE,W/BANANAS,DRY	1 tbsp	2.00	0.42	0.03	1.97
BABYFOOD,CRL,RICE,W/BANANAS,PREP W/WHL MILK	1 oz	2.97	1.74	0.03	2.95

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BABYFOOD,CRL,RICE,W/HONEY,PREP W/WHL MILK	1 oz	4.85	0.00	0.00	4.85
BABYFOOD,CRL,RICE,W/MXD FRUIT,JR	1 jar	31.11	17.85	1.02	30.09
BABYFOOD,CRL,RICE,W/MXD FRUIT,JR	1 jar Gerber Third Foods (6 oz)	31.11	17.85	1.02	30.09
BABYFOOD,CRL,RICE,W/MXD FRUIT,JR	1 oz	5.19	2.98	0.17	5.02
BABYFOOD,CRL,RICE,W/MXD FRUIT,JR	1 tbspc	2.75	1.58	0.09	2.66
BABYFOOD,CRL,W/EGG YOLKS,JR	1 jar	12.07	0.00	1.53	10.54
BABYFOOD,CRL,W/EGG YOLKS,JR	1 oz	2.01	0.00	0.26	1.76
BABYFOOD,CRL,W/EGG YOLKS,STR	1 jar	7.91	0.00	1.02	6.89
BABYFOOD,CRL,W/EGG YOLKS,STR	1 oz	1.98	0.00	0.26	1.73
BABYFOOD,CRL,W/EGGS,STR	1 jar	9.04	0.00	0.00	9.04
BABYFOOD,CRL,W/EGGS,STR	1 oz	2.27	0.00	0.00	2.27
BABYFOOD,CRL,WHL WHEAT,W/APPLS,DRY	1/2 oz	11.57	3.33	1.83	9.74
BABYFOOD,DINNER,APPLS&CHICK,STR	1 jar	12.29	6.85	2.03	10.26
BABYFOOD,DINNER,APPLS&CHICK,STR	1 jar Beech-Nut Stage 2 (4 oz)	12.29	6.85	2.03	10.26
BABYFOOD,DINNER,APPLS&CHICK,STR	1 jar Gerber Second Food (4 oz)	12.29	6.85	2.03	10.26
BABYFOOD,DINNER,APPLS&CHICK,STR	1 jar Heinz Strained-2 (4 oz)	12.29	6.85	2.03	10.26
BABYFOOD,DINNER,APPLS&CHICK,STR	1 oz	3.08	1.72	0.51	2.57
BABYFOOD,DINNER,BF LASAGNA,TODD	1 jar	17.00	0.00	0.00	17.00
BABYFOOD,DINNER,BF LASAGNA,TODD	1 oz	2.84	0.00	0.00	2.84
BABYFOOD,DINNER,BF NOODLE,JR	1 jar	12.41	2.47	1.87	10.54
BABYFOOD,DINNER,BF NOODLE,JR	1 jar Beech-Nut Stage 3 (6 oz)	12.41	2.47	1.87	10.54
BABYFOOD,DINNER,BF NOODLE,JR	1 jar Gerber Third Foods (6 oz)	12.41	2.47	1.87	10.54
BABYFOOD,DINNER,BF NOODLE,JR	1 jar Heinz Junior- 3 (6 oz)	12.41	2.47	1.87	10.54
BABYFOOD,DINNER,BF NOODLE,JR	1 oz	2.07	0.41	0.31	1.76
BABYFOOD,DINNER,BF NOODLE,JR	1 tbspc	1.17	0.23	0.18	0.99
BABYFOOD,DINNER,BF NOODLE,STR	1 jar	9.24	1.60	1.47	7.77
BABYFOOD,DINNER,BF NOODLE,STR	1 jar Beech-Nut Stage 2 (4 oz)	9.24	1.60	1.47	7.77
BABYFOOD,DINNER,BF NOODLE,STR	1 jar Gerber Second Food (4 oz)	9.24	1.60	1.47	7.77

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BABYFOOD,DINNER,BF NOODLE,STR	1 jar Heinz Strained-2 (4 oz)	9.24	1.60	1.47	7.77
BABYFOOD,DINNER,BF NOODLE,STR	1 oz	2.32	0.40	0.37	1.95
BABYFOOD,DINNER,BF NOODLE,STR	1 tbsp	1.31	0.23	0.21	1.10
BABYFOOD,DINNER,BF STEW,TODD	1 jar	9.35	2.36	1.87	7.48
BABYFOOD,DINNER,BF STEW,TODD	1 jar Beech-Nut Table Time (6 oz)	9.35	2.36	1.87	7.48
BABYFOOD,DINNER,BF STEW,TODD	1 oz	1.56	0.39	0.31	1.25
BABYFOOD,DINNER,BF W/VEG	1 jar Beech-Nut Stage 2 (4 oz)	7.19	2.44	2.03	5.15
BABYFOOD,DINNER,BF&RICE,TODD	1 jar	14.96	0.00	0.00	14.96
BABYFOOD,DINNER,BF&RICE,TODD	1 oz	2.49	0.00	0.00	2.49
BABYFOOD,DINNER,BROCCOLI & CHICK,JR	1 container	10.27	2.32	2.27	8.00
BABYFOOD,DINNER,BROCCOLI & CHICK,JR	1 tbsp	1.84	0.41	0.41	1.43
BABYFOOD,DINNER,CHICK NOODLE,JR	1 jar	14.94	1.82	1.53	13.41
BABYFOOD,DINNER,CHICK NOODLE,JR	1 jar Beech-Nut Stage 3 (6 oz)	14.94	1.82	1.53	13.41
BABYFOOD,DINNER,CHICK NOODLE,JR	1 jar Gerber Third Foods (6 oz)	14.94	1.82	1.53	13.41
BABYFOOD,DINNER,CHICK NOODLE,JR	1 jar Heinz Junior-3 (6 oz)	14.94	1.82	1.53	13.41
BABYFOOD,DINNER,CHICK NOODLE,JR	1 oz	2.49	0.30	0.26	2.24
BABYFOOD,DINNER,CHICK NOODLE,JR	1 tbsp	1.41	0.17	0.14	1.26
BABYFOOD,DINNER,CHICK NOODLE,STR	1 jar	10.26	2.83	2.37	7.89
BABYFOOD,DINNER,CHICK NOODLE,STR	1 jar Beech-Nut Stage 2 (4 oz)	10.26	2.83	2.37	7.89
BABYFOOD,DINNER,CHICK NOODLE,STR	1 jar Gerber Second Food (4 oz)	10.26	2.83	2.37	7.89
BABYFOOD,DINNER,CHICK NOODLE,STR	1 jar Heinz Strained-2 (4 oz)	10.26	2.83	2.37	7.89
BABYFOOD,DINNER,CHICK NOODLE,STR	1 oz	2.57	0.71	0.60	1.98
BABYFOOD,DINNER,CHICK NOODLE,STR	1 tbsp	1.45	0.40	0.34	1.12
BABYFOOD,DINNER,CHICK SOUP,STR	1 jar	8.14	1.94	1.24	6.89
BABYFOOD,DINNER,CHICK SOUP,STR	1 jar Beech-Nut Stage 2 (4 oz)	8.14	1.94	1.24	6.89

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BABYFOOD,DINNER,CHICK SOUP,STR	1 jar Heinz Strained-2 (4 oz)	8.14	1.94	1.24	6.89
BABYFOOD,DINNER,CHICK SOUP,STR	1 oz	2.04	0.49	0.31	1.73
BABYFOOD,DINNER,CHICK SOUP,STR	1 tbsp	1.15	0.28	0.18	0.98
BABYFOOD,DINNER,CHICK&NOODLE W/VEG,TODD	1 jar Beech-Nut Table Time (6 oz)	15.11	1.39	1.02	14.09
BABYFOOD,DINNER,CHICK&NOODLE W/VEG,TODD	1 jar NFS	15.11	1.39	1.02	14.09
BABYFOOD,DINNER,CHICK&NOODLE W/VEG,TODD	1 tbsp	1.42	0.13	0.10	1.33
BABYFOOD,DINNER,CHICK&RICE	1 jar Beech-Nut Stage 2 (4 oz)	10.40	0.62	1.24	9.15
BABYFOOD,DINNER,CHICK&RICE	1 jar NFS	10.40	0.62	1.24	9.15
BABYFOOD,DINNER,CHICK&RICE	1 jar, Gerber (4 oz)	10.40	0.62	1.24	9.15
BABYFOOD,DINNER,CHICK&RICE	1 tbsp	1.47	0.09	0.18	1.30
BABYFOOD,DINNER,MACARONI&CHS,JR	1 jar	13.94	2.24	0.51	13.43
BABYFOOD,DINNER,MACARONI&CHS,JR	1 oz	2.32	0.37	0.09	2.24
BABYFOOD,DINNER,MACARONI&CHS,STR	1 jar	10.11	1.44	0.79	9.32
BABYFOOD,DINNER,MACARONI&CHS,STR	1 oz	2.54	0.36	0.20	2.34
BABYFOOD,DINNER,MACARONI&TOMATO&BF,JR	1 jar	15.98	4.13	1.87	14.11
BABYFOOD,DINNER,MACARONI&TOMATO&BF,JR	1 jar Beech-Nut Stage 3 (6 oz)	15.98	4.13	1.87	14.11
BABYFOOD,DINNER,MACARONI&TOMATO&BF,JR	1 jar Gerber Third Foods (6 oz)	15.98	4.13	1.87	14.11
BABYFOOD,DINNER,MACARONI&TOMATO&BF,JR	1 oz	2.66	0.69	0.31	2.35
BABYFOOD,DINNER,MACARONI&TOMATO&BF,JR	1 tbsp	1.50	0.39	0.18	1.33
BABYFOOD,DINNER,MACARONI&TOMATO&BF,STR	1 jar	10.68	2.36	1.36	9.32
BABYFOOD,DINNER,MACARONI&TOMATO&BF,STR	1 jar Beech-Nut Stage 2 (4 oz)	10.68	2.36	1.36	9.32
BABYFOOD,DINNER,MACARONI&TOMATO&BF,STR	1 jar Gerber Second Food (4 oz)	10.68	2.36	1.36	9.32
BABYFOOD,DINNER,MACARONI&TOMATO&BF,STR	1 jar Heinz Strained-2 (4 oz)	10.68	2.36	1.36	9.32
BABYFOOD,DINNER,MACARONI&TOMATO&BF,STR	1 oz	2.68	0.59	0.34	2.34
BABYFOOD,DINNER,MACARONI&TOMATO&BF,STR	1 tbsp	1.51	0.33	0.19	1.32
BABYFOOD,DINNER,MACARONI,BF&TOMATO SAU,TODD	1 tbsp	1.84	0.06	0.18	1.67
BABYFOOD,DINNER,MXD VEG,JR	1 jar	13.60	0.00	0.00	13.60
BABYFOOD,DINNER,MXD VEG,JR	1 oz	2.27	0.00	0.00	2.27

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BABYFOOD,DINNER,MXD VEG,STR	1 jar	10.74	0.00	0.00	10.74
BABYFOOD,DINNER,MXD VEG,STR	1 oz	2.69	0.00	0.00	2.69
BABYFOOD,DINNER,PASTA W/VEG	1 jar, Gerber (4 oz)	9.49	1.36	1.70	7.80
BABYFOOD,DINNER,POTATOES W/CHS&HAM,TODD	1 oz	3.39	0.23	0.34	3.05
BABYFOOD,DINNER,SPAGHETTI&TOMATO&MEAT,JR	1 jar	19.41	4.62	1.87	17.54
BABYFOOD,DINNER,SPAGHETTI&TOMATO&MEAT,JR	1 jar Beech-Nut Stage 3 (6 oz)	19.41	4.62	1.87	17.54
BABYFOOD,DINNER,SPAGHETTI&TOMATO&MEAT,JR	1 jar Gerber Third Foods (6 oz)	19.41	4.62	1.87	17.54
BABYFOOD,DINNER,SPAGHETTI&TOMATO&MEAT,JR	1 jar Heinz Junior-3 (6 oz)	19.41	4.62	1.87	17.54
BABYFOOD,DINNER,SPAGHETTI&TOMATO&MEAT,JR	1 oz	3.24	0.77	0.31	2.93
BABYFOOD,DINNER,SPAGHETTI&TOMATO&MEAT,JR	1 tbsp	1.83	0.44	0.18	1.65
BABYFOOD,DINNER,SPAGHETTI&TOMATO&MEAT,TODD	1 jar	18.36	0.00	0.00	18.36
BABYFOOD,DINNER,SPAGHETTI&TOMATO&MEAT,TODD	1 oz	3.06	0.00	0.00	3.06
BABYFOOD,DINNER,SWT POTATOES&CHICK,STR	1 jar Beech-Nut Stage 2 (4 oz)	12.48	2.99	1.47	11.01
BABYFOOD,DINNER,SWT POTATOES&CHICK,STR	1 tbsp	1.77	0.42	0.21	1.56
BABYFOOD,DINNER,TURKEY & RICE,JR	1 jar	16.27	2.13	1.70	14.57
BABYFOOD,DINNER,TURKEY & RICE,JR	1 jar Beech-Nut Stage 3 (6 oz)	16.27	2.13	1.70	14.57
BABYFOOD,DINNER,TURKEY & RICE,JR	1 jar Gerber Third Foods (6 oz)	16.27	2.13	1.70	14.57
BABYFOOD,DINNER,TURKEY & RICE,JR	1 jar Heinz Junior-3 (6 oz)	16.27	2.13	1.70	14.57
BABYFOOD,DINNER,TURKEY & RICE,JR	1 oz	2.71	0.35	0.28	2.43
BABYFOOD,DINNER,TURKEY & RICE,JR	1 tbsp	1.53	0.20	0.16	1.37
BABYFOOD,DINNER,TURKEY&RICE,STR	1 jar	8.97	1.88	1.02	7.96
BABYFOOD,DINNER,TURKEY&RICE,STR	1 jar Beech-Nut Stage 2 (4 oz)	8.97	1.88	1.02	7.96
BABYFOOD,DINNER,TURKEY&RICE,STR	1 jar Gerber Second Food (4 oz)	8.97	1.88	1.02	7.96
BABYFOOD,DINNER,TURKEY&RICE,STR	1 jar Heinz Strained-2 (4 oz)	8.97	1.88	1.02	7.96

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BABYFOOD,DINNER,TURKEY&RICE,STR	1 oz	2.25	0.47	0.26	2.00
BABYFOOD,DINNER,TURKEY&RICE,STR	1 tbsp	1.27	0.27	0.14	1.13
BABYFOOD,DINNER,TURKEY,RICE,AND VEG,TODD	1 jar Beech nut	12.75	1.12	1.36	11.39
BABYFOOD,DINNER,TURKEY,RICE,AND VEG,TODD	1 oz	2.13	0.19	0.23	1.90
BABYFOOD,DINNER,VEG CHICK,STR	1 cup	21.56	4.04	5.38	16.18
BABYFOOD,DINNER,VEG CHICK,STR	1 jar	9.51	1.79	2.37	7.14
BABYFOOD,DINNER,VEG CHICK,STR	1 jar Beech-Nut Stage 2 (4 oz)	9.51	1.79	2.37	7.14
BABYFOOD,DINNER,VEG CHICK,STR	1 jar Gerber Second Food (4 oz)	9.51	1.79	2.37	7.14
BABYFOOD,DINNER,VEG CHICK,STR	1 jar Heinz Strained-2 (4 oz)	9.51	1.79	2.37	7.14
BABYFOOD,DINNER,VEG CHICK,STR	1 oz	2.39	0.45	0.60	1.79
BABYFOOD,DINNER,VEG CHICK,STR	1 tbsp	1.35	0.25	0.34	1.01
BABYFOOD,DINNER,VEG&BACON,STR	1 cup	22.55	4.53	4.35	18.20
BABYFOOD,DINNER,VEG&BACON,STR	1 jar	9.96	2.00	1.92	8.03
BABYFOOD,DINNER,VEG&BACON,STR	1 jar Gerber Second Food (4 oz)	9.96	2.00	1.92	8.03
BABYFOOD,DINNER,VEG&BACON,STR	1 jar Heinz Strained-2 (4 oz)	9.96	2.00	1.92	8.03
BABYFOOD,DINNER,VEG&BACON,STR	1 oz	2.50	0.50	0.48	2.02
BABYFOOD,DINNER,VEG&BACON,STR	1 tbsp	1.41	0.28	0.27	1.14
BABYFOOD,DINNER,VEG&BF,JR	1 cup	22.63	5.99	3.33	19.30
BABYFOOD,DINNER,VEG&BF,JR	1 jar	15.03	3.98	2.21	12.82
BABYFOOD,DINNER,VEG&BF,JR	1 jar Beech-Nut Stage 3 (6 oz)	15.03	3.98	2.21	12.82
BABYFOOD,DINNER,VEG&BF,JR	1 jar Gerber Third Foods (6 oz)	15.03	3.98	2.21	12.82
BABYFOOD,DINNER,VEG&BF,JR	1 jar Heinz Junior- 3 (6 oz)	15.03	3.98	2.21	12.82
BABYFOOD,DINNER,VEG&BF,JR	1 oz	2.51	0.66	0.37	2.14
BABYFOOD,DINNER,VEG&BF,JR	1 tbsp	1.41	0.37	0.21	1.21
BABYFOOD,DINNER,VEG&BF,STR	1 cup	22.63	5.99	3.33	19.30
BABYFOOD,DINNER,VEG&BF,STR	1 jar	9.99	2.64	1.47	8.52
BABYFOOD,DINNER,VEG&BF,STR	1 jar Beech-Nut Stage 2 (4 oz)	9.99	2.64	1.47	8.52

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BABYFOOD,DINNER,VEG&BF,STR	1 jar Earth's Best (4.5 oz)	11.32	3.00	1.66	9.65
BABYFOOD,DINNER,VEG&BF,STR	1 jar Gerber Second Food (4 oz)	9.99	2.64	1.47	8.52
BABYFOOD,DINNER,VEG&BF,STR	1 jar Heinz Strained-2 (4 oz)	9.99	2.64	1.47	8.52
BABYFOOD,DINNER,VEG&BF,STR	1 oz	2.51	0.66	0.37	2.14
BABYFOOD,DINNER,VEG&BF,STR	1 tbsp	1.41	0.37	0.21	1.21
BABYFOOD,DINNER,VEG&CHICK,JR	1 cup	22.17	3.74	2.82	19.35
BABYFOOD,DINNER,VEG&CHICK,JR	1 jar	14.72	2.48	1.87	12.85
BABYFOOD,DINNER,VEG&CHICK,JR	1 jar Beech-Nut Stage 3 (6 oz)	14.72	2.48	1.87	12.85
BABYFOOD,DINNER,VEG&CHICK,JR	1 jar Gerber Third Foods (6 oz)	14.72	2.48	1.87	12.85
BABYFOOD,DINNER,VEG&CHICK,JR	1 oz	2.46	0.41	0.31	2.14
BABYFOOD,DINNER,VEG&CHICK,JR	1 tbsp	1.39	0.23	0.18	1.21
BABYFOOD,DINNER,VEG&DUMPLINGS&BF,JR	1 jar	13.60	0.00	0.00	13.60
BABYFOOD,DINNER,VEG&DUMPLINGS&BF,JR	1 oz	2.27	0.00	0.00	2.27
BABYFOOD,DINNER,VEG&DUMPLINGS&BF,STR	1 jar	8.70	0.00	0.00	8.70
BABYFOOD,DINNER,VEG&DUMPLINGS&BF,STR	1 oz	2.18	0.00	0.00	2.18
BABYFOOD,DINNER,VEG&HAM,JR	1 cup	22.12	2.53	2.56	19.56
BABYFOOD,DINNER,VEG&HAM,JR	1 jar	14.69	1.68	1.70	12.99
BABYFOOD,DINNER,VEG&HAM,JR	1 jar Gerber Third Foods (6 oz)	14.69	1.68	1.70	12.99
BABYFOOD,DINNER,VEG&HAM,JR	1 jar Heinz Junior-3 (6 oz)	14.69	1.68	1.70	12.99
BABYFOOD,DINNER,VEG&HAM,JR	1 oz	2.45	0.28	0.28	2.17
BABYFOOD,DINNER,VEG&HAM,JR	1 tbsp	1.38	0.16	0.16	1.22
BABYFOOD,DINNER,VEG&HAM,STR	1 cup	19.97	3.51	4.10	15.87
BABYFOOD,DINNER,VEG&HAM,STR	1 jar	8.81	1.55	1.81	7.01
BABYFOOD,DINNER,VEG&HAM,STR	1 jar Beech-Nut Stage 2 (4 oz)	8.81	1.55	1.81	7.01
BABYFOOD,DINNER,VEG&HAM,STR	1 jar Gerber Second Food (4 oz)	8.81	1.55	1.81	7.01
BABYFOOD,DINNER,VEG&HAM,STR	1 jar Heinz Strained-2 (4 oz)	8.81	1.55	1.81	7.01

Complete USDA Food Carbohydrate List - 2015

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BABYFOOD,DINNER,VEG&HAM,STR	1 oz	2.21	0.39	0.45	1.76
BABYFOOD,DINNER,VEG&HAM,STR	1 tbsp	1.25	0.22	0.26	0.99
BABYFOOD,DINNER,VEG&LAMB,JR	1 jar	12.07	1.60	1.87	10.20
BABYFOOD,DINNER,VEG&LAMB,JR	1 oz	2.01	0.27	0.31	1.70
BABYFOOD,DINNER,VEG&LAMB,STR	1 cup	17.66	2.41	2.82	14.85
BABYFOOD,DINNER,VEG&LAMB,STR	1 jar	7.80	1.06	1.24	6.55
BABYFOOD,DINNER,VEG&LAMB,STR	1 jar Beech-Nut Stage 2 (4 oz)	7.80	1.06	1.24	6.55
BABYFOOD,DINNER,VEG&LAMB,STR	1 jar Heinz Strained-2 (4 oz)	7.80	1.06	1.24	6.55
BABYFOOD,DINNER,VEG&LAMB,STR	1 oz	1.96	0.27	0.31	1.64
BABYFOOD,DINNER,VEG&LAMB,STR	1 tbsp	1.10	0.15	0.18	0.93
BABYFOOD,DINNER,VEG&NOODLES&TURKEY,JR	1 jar	12.92	0.00	1.87	11.05
BABYFOOD,DINNER,VEG&NOODLES&TURKEY,JR	1 oz	2.15	0.00	0.31	1.84
BABYFOOD,DINNER,VEG&NOODLES&TURKEY,STR	1 jar	7.68	0.00	1.24	6.44
BABYFOOD,DINNER,VEG&NOODLES&TURKEY,STR	1 oz	1.93	0.00	0.31	1.62
BABYFOOD,DINNER,VEG&TURKEY,JR	1 cup	19.33	3.48	2.30	17.02
BABYFOOD,DINNER,VEG&TURKEY,JR	1 jar	12.84	2.31	1.53	11.31
BABYFOOD,DINNER,VEG&TURKEY,JR	1 jar Gerber Third Foods (6 oz)	12.84	2.31	1.53	11.31
BABYFOOD,DINNER,VEG&TURKEY,JR	1 oz	2.14	0.39	0.26	1.89
BABYFOOD,DINNER,VEG&TURKEY,JR	1 tbsp	1.21	0.22	0.14	1.06
BABYFOOD,DINNER,VEG&TURKEY,STR	1 cup	19.51	3.94	3.84	15.67
BABYFOOD,DINNER,VEG&TURKEY,STR	1 jar	8.61	1.74	1.70	6.92
BABYFOOD,DINNER,VEG&TURKEY,STR	1 jar Earth's Best (4.5 oz)	8.61	1.74	1.70	6.92
BABYFOOD,DINNER,VEG&TURKEY,STR	1 jar Gerber Second Food (4 oz)	8.61	1.74	1.70	6.92
BABYFOOD,DINNER,VEG&TURKEY,STR	1 oz	2.16	0.44	0.43	1.74
BABYFOOD,DINNER,VEG&TURKEY,STR	1 tbsp	1.22	0.25	0.24	0.98
BABYFOOD,DINNER,VEG,NOODLES&CHICK,JR	1 jar	15.47	0.00	1.87	13.60
BABYFOOD,DINNER,VEG,NOODLES&CHICK,JR	1 oz	2.58	0.00	0.31	2.27
BABYFOOD,DINNER,VEG,NOODLES&CHICK,STR	1 jar	8.93	0.00	1.24	7.68
BABYFOOD,DINNER,VEG,NOODLES&CHICK,STR	1 oz	2.24	0.00	0.31	1.93
BABYFOOD,DSSRT,BANANA PUDD,STR	1 jar Beech-Nut Stage 2 (4 oz)	15.98	11.92	0.90	15.07
BABYFOOD,DSSRT,BANANA PUDD,STR	1 jar Heinz Strained-2 (4.25 oz)	16.97	12.66	0.96	16.01
BABYFOOD,DSSRT,BANANA PUDD,STR	1 jar NFS	15.98	11.92	0.90	15.07

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BABYFOOD,DSSRT,BANANA PUDD,STR	1 tbsp	2.12	1.58	0.12	2.00
BABYFOOD,DSSRT,BANANA YOGURT,STR	1 jar Beech-Nut Stage 2 (4 oz)	19.61	13.79	0.57	19.04
BABYFOOD,DSSRT,BANANA YOGURT,STR	1 jar Gerber Second Food (4 oz)	19.61	13.79	0.57	19.04
BABYFOOD,DSSRT,BANANA YOGURT,STR	1 jar Heinz Strained-2 (4.25 oz)	20.82	14.64	0.60	20.22
BABYFOOD,DSSRT,BANANA YOGURT,STR	1 jar NFS	19.61	13.79	0.57	19.04
BABYFOOD,DSSRT,BANANA YOGURT,STR	1 tbsp	2.60	1.83	0.08	2.53
BABYFOOD,DSSRT,BLUEBERRY YOGURT,STR	1 jar Heinz Strained-2 (4 oz)	19.27	15.39	0.45	18.81
BABYFOOD,DSSRT,BLUEBERRY YOGURT,STR	1 jar NFS	19.27	15.39	0.45	18.81
BABYFOOD,DSSRT,BLUEBERRY YOGURT,STR	1 tbsp	2.56	2.04	0.06	2.50
BABYFOOD,DSSRT,CHERRY VANILLA PUDD,JR	1 jar	31.28	28.87	0.51	30.77
BABYFOOD,DSSRT,CHERRY VANILLA PUDD,JR	1 oz	5.22	4.81	0.09	5.13
BABYFOOD,DSSRT,CHERRY VANILLA PUDD,STR	1 jar	20.11	10.34	0.34	19.78
BABYFOOD,DSSRT,CHERRY VANILLA PUDD,STR	1 oz	5.05	2.59	0.09	4.96
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,JR	1 cup	40.26	27.94	0.46	39.80
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,JR	1 jar	29.89	20.74	0.34	29.55
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,JR	1 jar Beech-Nut Stage 3 (6 oz)	29.89	20.74	0.34	29.55
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,JR	1 jar Gerber Third Foods (6 oz)	29.89	20.74	0.34	29.55
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,JR	1 jar Heinz Junior- 3 (6 oz)	29.89	20.74	0.34	29.55
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,JR	1 oz	4.98	3.46	0.06	4.93
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,JR	1 tbsp	2.46	1.71	0.03	2.43
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,STR	1 cup	36.64	26.34	0.00	36.64
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,STR	1 jar	18.08	13.00	0.00	18.08
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,STR	1 jar Beech-Nut Stage 2 (4 oz)	18.08	13.00	0.00	18.08
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,STR	1 jar Gerber Second Food (4 oz)	18.08	13.00	0.00	18.08
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,STR	1 jar Heinz Strained-2 (4 oz)	18.08	13.00	0.00	18.08
BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,STR	1 oz	4.54	3.26	0.00	4.54

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BABYFOOD,DSSRT,CUSTARD PUDD,VANILLA,STR	1 tbsp	2.24	1.61	0.00	2.24
BABYFOOD,DSSRT,DUTCH APPL,JR	1 jar	32.61	30.41	2.38	30.23
BABYFOOD,DSSRT,DUTCH APPL,JR	1 oz	5.44	5.07	0.40	5.04
BABYFOOD,DSSRT,DUTCH APPL,STR	1 jar	22.31	20.22	1.58	20.72
BABYFOOD,DSSRT,DUTCH APPL,STR	1 oz	5.60	5.07	0.40	5.20
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,JR	1 jar	29.24	20.40	1.02	28.22
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,JR	1 jar Gerber Third Foods (6 oz)	29.24	20.40	1.02	28.22
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,JR	1 jar Heinz Junior- 3 (6 oz)	29.24	20.40	1.02	28.22
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,JR	1 oz	4.88	3.40	0.17	4.71
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,JR	1 tbsp	2.58	1.80	0.09	2.49
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,STR	1 jar	18.08	14.24	0.68	17.40
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,STR	1 jar Gerber Second Food (4 oz)	18.08	14.24	0.68	17.40
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,STR	1 jar Heinz Strained-2 (4.25 oz)	19.20	15.12	0.72	18.48
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,STR	1 oz	4.54	3.57	0.17	4.37
BABYFOOD,DSSRT,FRUIT DSSRT,WO/VIT C,STR	1 tbsp	2.40	1.89	0.09	2.31
BABYFOOD,DSSRT,FRUIT PUDD,ORANGE,STR	1 jar	20.00	0.00	0.68	19.32
BABYFOOD,DSSRT,FRUIT PUDD,ORANGE,STR	1 oz	5.02	0.00	0.17	4.85
BABYFOOD,DSSRT,FRUIT PUDD,PNAPPL,STR	1 jar	22.94	11.62	0.79	22.15
BABYFOOD,DSSRT,FRUIT PUDD,PNAPPL,STR	1 jar Gerber Second Food (4 oz)	22.94	11.62	0.79	22.15
BABYFOOD,DSSRT,FRUIT PUDD,PNAPPL,STR	1 oz	5.76	2.91	0.20	5.56
BABYFOOD,DSSRT,FRUIT PUDD,PNAPPL,STR	1 tbsp	3.05	1.54	0.11	2.94
BABYFOOD,DSSRT,PEACH COBBLER,JR	1 jar	40.26	26.16	1.54	38.72
BABYFOOD,DSSRT,PEACH COBBLER,JR	1 jar Gerber Third Foods (6 oz)	31.11	20.21	1.19	29.92
BABYFOOD,DSSRT,PEACH COBBLER,JR	1 oz	5.19	3.37	0.20	4.99
BABYFOOD,DSSRT,PEACH COBBLER,JR	1 tbsp	2.75	1.78	0.11	2.64
BABYFOOD,DSSRT,PEACH COBBLER,STR	1 jar	20.11	12.00	0.79	19.32
BABYFOOD,DSSRT,PEACH COBBLER,STR	1 jar Gerber Second Food (4 oz)	20.11	12.00	0.79	19.32

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BABYFOOD,DSSRT,PEACH COBBLER,STR	1 jar Heinz Strained-2 (4 oz)	20.11	12.00	0.79	19.32
BABYFOOD,DSSRT,PEACH COBBLER,STR	1 oz	5.05	3.01	0.20	4.85
BABYFOOD,DSSRT,PEACH COBBLER,STR	1 tbsp	2.67	1.59	0.11	2.57
BABYFOOD,DSSRT,PEACH MELBA,JR	1 jar	36.08	0.00	0.00	36.08
BABYFOOD,DSSRT,PEACH MELBA,JR	1 oz	4.65	0.00	0.00	4.65
BABYFOOD,DSSRT,PEACH MELBA,STR	1 jar	18.65	0.00	0.00	18.65
BABYFOOD,DSSRT,PEACH MELBA,STR	1 oz	4.68	0.00	0.00	4.68
BABYFOOD,DSSRT,PEACH YOGURT	1 jar Beech-Nut Stage 2 (4 oz)	19.89	12.55	0.45	19.44
BABYFOOD,DSSRT,PEACH YOGURT	1 jar Gerber Second Food (4 oz)	19.89	12.55	0.45	19.44
BABYFOOD,DSSRT,PEACH YOGURT	1 jar Heinz Strained-2 (4 oz)	19.89	12.55	0.45	19.44
BABYFOOD,DSSRT,PEACH YOGURT	1 jar NFS	19.89	12.55	0.45	19.44
BABYFOOD,DSSRT,PEACH YOGURT	1 tbsp	2.64	1.67	0.06	2.58
BABYFOOD,DSSRT,TROPICAL FRUIT,JR	1 jar	18.53	0.00	0.00	18.53
BABYFOOD,DSSRT,TROPICAL FRUIT,JR	1 oz	4.65	0.00	0.00	4.65
BABYFOOD,FRUIT & VEG,APPL & SWT POTATO	1 jar, Gerber (4 oz)	17.29	13.11	1.58	15.71
BABYFOOD,FRUIT DSSRT,MANGO W/ TAPIOCA	1 jar	21.47	14.69	1.24	20.23
BABYFOOD,FRUIT DSSRT,MANGO W/ TAPIOCA	1 jar, Gerber (4 oz)	21.47	14.69	1.24	20.23
BABYFOOD,FRUIT DSSRT,MANGO W/ TAPIOCA	1 oz	5.39	3.69	0.31	5.07
BABYFOOD,FRUIT DSSRT,MANGO W/ TAPIOCA	1 tbsp	2.85	1.95	0.17	2.69
BABYFOOD,FRUIT SUPREME DSSRT	1 tbsp	2.58	2.23	0.30	2.28
BABYFOOD,FRUIT,APPL & RASPBERRY,JR	1 jar	26.18	22.03	3.57	22.61
BABYFOOD,FRUIT,APPL & RASPBERRY,JR	1 oz	4.37	3.67	0.60	3.77
BABYFOOD,FRUIT,APPL & RASPBERRY,STR	1 jar	17.63	14.64	2.37	15.26
BABYFOOD,FRUIT,APPL & RASPBERRY,STR	1 oz	4.42	3.67	0.60	3.83
BABYFOOD,FRUIT,APPL&BLUEBERRY,JR	1 jar	28.22	15.01	3.06	25.16
BABYFOOD,FRUIT,APPL&BLUEBERRY,JR	1 oz	4.71	2.50	0.51	4.20
BABYFOOD,FRUIT,APPL&BLUEBERRY,STR	1 jar	18.42	15.74	2.03	16.39
BABYFOOD,FRUIT,APPL&BLUEBERRY,STR	1 oz	4.62	3.95	0.51	4.11
BABYFOOD,FRUIT,APPLSAUC & CHERRIES,JR	1 jar	23.97	18.04	1.87	22.10
BABYFOOD,FRUIT,APPLSAUC & CHERRIES,JR	1 oz	4.00	3.01	0.31	3.69
BABYFOOD,FRUIT,APPLSAUC W/BANANA,JR	1 jar Beech-Nut Stage 3 (6 oz)	27.47	7.40	2.72	24.75
BABYFOOD,FRUIT,APPLSAUC W/BANANA,JR	1 jar NFS	27.47	7.40	2.72	24.75
BABYFOOD,FRUIT,APPLSAUC W/BANANA,JR	1 tbsp	2.59	0.70	0.26	2.33

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BABYFOOD,FRUIT,APPLSAUC&APRICOTS,JR	1 jar	21.08	14.82	3.06	18.02
BABYFOOD,FRUIT,APPLSAUC&APRICOTS,JR	1 jar Heinz Junior-3 (6 oz)	21.08	14.82	3.06	18.02
BABYFOOD,FRUIT,APPLSAUC&APRICOTS,JR	1 oz	3.52	2.47	0.51	3.01
BABYFOOD,FRUIT,APPLSAUC&APRICOTS,JR	1 tbsp	1.98	1.40	0.29	1.70
BABYFOOD,FRUIT,APPLSAUC&APRICOTS,STR	1 jar	13.15	10.45	2.03	11.12
BABYFOOD,FRUIT,APPLSAUC&APRICOTS,STR	1 jar Beech-Nut Stage 2 (4 oz)	13.15	10.45	2.03	11.12
BABYFOOD,FRUIT,APPLSAUC&APRICOTS,STR	1 jar Earth's Best (4.5 oz)	14.90	11.84	2.30	12.60
BABYFOOD,FRUIT,APPLSAUC&APRICOTS,STR	1 jar Gerber Second Food (4 oz)	13.15	10.45	2.03	11.12
BABYFOOD,FRUIT,APPLSAUC&APRICOTS,STR	1 jar Heinz Strained-2 (4 oz)	13.15	10.45	2.03	11.12
BABYFOOD,FRUIT,APPLSAUC&APRICOTS,STR	1 oz	3.30	2.62	0.51	2.79
BABYFOOD,FRUIT,APPLSAUC&APRICOTS,STR	1 tbsp	1.86	1.48	0.29	1.57
BABYFOOD,FRUIT,APPLSAUC&CHERRIES,STR	1 jar	15.93	12.22	1.24	14.69
BABYFOOD,FRUIT,APPLSAUC&CHERRIES,STR	1 oz	4.00	3.06	0.31	3.69
BABYFOOD,FRUIT,APPLSAUC&PNAPPL,JR	1 jar	17.85	0.00	2.55	15.30
BABYFOOD,FRUIT,APPLSAUC&PNAPPL,JR	1 oz	2.98	0.00	0.43	2.55
BABYFOOD,FRUIT,APPLSAUC&PNAPPL,STR	1 jar	11.41	0.00	1.70	9.72
BABYFOOD,FRUIT,APPLSAUC&PNAPPL,STR	1 oz	2.86	0.00	0.43	2.44
BABYFOOD,FRUIT,APPLSAUC,JR	1 jar	17.51	14.42	2.89	14.62
BABYFOOD,FRUIT,APPLSAUC,JR	1 jar Beech-Nut Stage 3 (6 oz)	17.51	14.42	2.89	14.62
BABYFOOD,FRUIT,APPLSAUC,JR	1 jar Gerber Third Foods (6 oz)	17.51	14.42	2.89	14.62
BABYFOOD,FRUIT,APPLSAUC,JR	1 jar Heinz Junior-3 (6 oz)	17.51	14.42	2.89	14.62
BABYFOOD,FRUIT,APPLSAUC,JR	1 oz	2.92	2.40	0.48	2.44
BABYFOOD,FRUIT,APPLSAUC,JR	1 tbsp	1.65	1.36	0.27	1.38
BABYFOOD,FRUIT,APPLSAUC,STR	1 jar	12.20	11.15	1.92	10.28
BABYFOOD,FRUIT,APPLSAUC,STR	1 jar Beech-Nut Baby's First (2.5 oz)	7.67	7.01	1.21	6.46
BABYFOOD,FRUIT,APPLSAUC,STR	1 jar Beech-Nut Stage I (4 oz)	12.20	11.15	1.92	10.28

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BABYFOOD,FRUIT,APPLSAUC,STR	1 jar Earth's Best (4.5 oz)	13.82	12.63	2.18	11.65
BABYFOOD,FRUIT,APPLSAUC,STR	1 jar Gerber First Foods (2.5 oz)	7.67	7.01	1.21	6.46
BABYFOOD,FRUIT,APPLSAUC,STR	1 jar Gerber Second Food (4 oz)	12.20	11.15	1.92	10.28
BABYFOOD,FRUIT,APPLSAUC,STR	1 jar Heinz Beginner-1 (2.5 oz)	7.67	7.01	1.21	6.46
BABYFOOD,FRUIT,APPLSAUC,STR	1 jar Heinz Strained-2 (4 oz)	12.20	11.15	1.92	10.28
BABYFOOD,FRUIT,APPLSAUC,STR	1 oz	3.06	2.80	0.48	2.58
BABYFOOD,FRUIT,APPLSAUC,STR	1 tbsp	1.73	1.58	0.27	1.46
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,JR	1 jar	29.41	2.38	2.55	26.86
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,JR	1 jar Gerber Third Foods (6 oz)	29.41	2.38	2.55	26.86
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,JR	1 jar Heinz Junior-3 (6 oz)	29.41	2.38	2.55	26.86
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,JR	1 oz	4.90	0.40	0.43	4.48
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,JR	1 tbsp	2.60	0.21	0.23	2.37
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,STR	1 jar	18.42	1.59	1.70	16.72
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,STR	1 jar Gerber Second Food (4 oz)	18.42	1.59	1.70	16.72
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,STR	1 jar Heinz Strained-2 (4.25 oz)	19.56	1.69	1.80	17.76
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,STR	1 oz	4.62	0.40	0.43	4.20
BABYFOOD,FRUIT,APRICOT W/TAPIOCA,STR	1 tbsp	2.45	0.21	0.23	2.22
BABYFOOD,FRUIT,BANANAS W/APPLS&PEARS,STR	1 jar Gerber Second Food (4 oz)	21.82	14.42	1.58	20.24
BABYFOOD,FRUIT,BANANAS W/APPLS&PEARS,STR	1 jar NFS	21.82	14.42	1.58	20.24
BABYFOOD,FRUIT,BANANAS W/APPLS&PEARS,STR	1 tbsp	2.90	1.91	0.21	2.69
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,JR	1 jar	30.26	12.07	2.72	27.54
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,JR	1 jar Gerber Third Foods (6 oz)	30.26	12.07	2.72	27.54

Complete USDA Food Carbohydrate List - 2015

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,JR	1 jar Heinz Junior-3 (6 oz)	30.26	12.07	2.72	27.54
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,JR	1 oz	5.05	2.01	0.45	4.59
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,JR	1 tbsp	2.67	1.07	0.24	2.43
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,STR	1 jar	17.29	0.43	1.81	15.48
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,STR	1 jar Gerber Second Food (4 oz)	17.29	0.43	1.81	15.48
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,STR	1 jar Heinz Strained-2 (4.25 oz)	18.36	0.46	1.92	16.44
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,STR	1 oz	4.34	0.11	0.45	3.88
BABYFOOD,FRUIT,BANANAS W/TAPIOCA,STR	1 tbsp	2.30	0.06	0.24	2.06
BABYFOOD,FRUIT,BANANAS&PNAPPL W/TAPIOCA,JR	1 jar	31.28	14.30	2.72	28.56
BABYFOOD,FRUIT,BANANAS&PNAPPL W/TAPIOCA,JR	1 jar Gerber Third Foods (6 oz)	31.28	14.30	2.72	28.56
BABYFOOD,FRUIT,BANANAS&PNAPPL W/TAPIOCA,JR	1 jar Heinz Junior-3 (6 oz)	31.28	14.30	2.72	28.56
BABYFOOD,FRUIT,BANANAS&PNAPPL W/TAPIOCA,JR	1 oz	5.22	2.38	0.45	4.76
BABYFOOD,FRUIT,BANANAS&PNAPPL W/TAPIOCA,JR	1 tbsp	2.76	1.26	0.24	2.52
BABYFOOD,FRUIT,BANANAS&PNAPPL W/TAPIOCA,STR	1 jar	20.11	12.12	1.81	18.31
BABYFOOD,FRUIT,BANANAS&PNAPPL W/TAPIOCA,STR	1 jar Gerber Second Food (4 oz)	20.11	12.12	1.81	18.31
BABYFOOD,FRUIT,BANANAS&PNAPPL W/TAPIOCA,STR	1 jar Heinz Strained-2 (4.25 oz)	21.36	12.88	1.92	19.44
BABYFOOD,FRUIT,BANANAS&PNAPPL W/TAPIOCA,STR	1 oz	5.05	3.04	0.45	4.59
BABYFOOD,FRUIT,BANANAS&PNAPPL W/TAPIOCA,STR	1 tbsp	2.67	1.61	0.24	2.43
BABYFOOD,FRUIT,GUAVA&PAPAYA W/TAPIOCA,STR	1 jar	19.21	0.00	0.00	19.21
BABYFOOD,FRUIT,GUAVA&PAPAYA W/TAPIOCA,STR	1 oz	4.82	0.00	0.00	4.82

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BABYFOOD,FRUIT,PAPAYA&APPLSAUC W/TAPIOCA,STR	1 jar	21.36	0.00	1.58	19.78
BABYFOOD,FRUIT,PAPAYA&APPLSAUC W/TAPIOCA,STR	1 oz	5.36	0.00	0.40	4.96
BABYFOOD,FRUIT,PEACHES,JR	1 container	9.70	7.71	0.87	8.83
BABYFOOD,FRUIT,PEACHES,JR	1 jar	13.76	10.93	1.24	12.52
BABYFOOD,FRUIT,PEACHES,JR	1 oz	4.11	3.26	0.37	3.74
BABYFOOD,FRUIT,PEACHES,JR	1 tbsp	2.46	1.96	0.22	2.24
BABYFOOD,FRUIT,PEACHES,STR	1 container	9.70	7.71	0.87	8.83
BABYFOOD,FRUIT,PEACHES,STR	1 jar	13.76	10.93	1.24	12.52
BABYFOOD,FRUIT,PEACHES,STR	1 oz	4.11	3.26	0.37	3.74
BABYFOOD,FRUIT,PEACHES,STR	1 tbsp	2.46	1.96	0.22	2.24
BABYFOOD,FRUIT,PEARS&PNAPPL,JR	1 jar	19.38	12.51	4.42	14.96
BABYFOOD,FRUIT,PEARS&PNAPPL,JR	1 jar Gerber Third Foods (6 oz)	19.38	12.51	4.42	14.96
BABYFOOD,FRUIT,PEARS&PNAPPL,JR	1 oz	3.23	2.09	0.74	2.49
BABYFOOD,FRUIT,PEARS&PNAPPL,JR	1 tbsp	1.82	1.18	0.42	1.41
BABYFOOD,FRUIT,PEARS&PNAPPL,STR	1 jar	12.32	8.80	2.94	9.38
BABYFOOD,FRUIT,PEARS&PNAPPL,STR	1 jar Beech-Nut Stage 2 (4 oz)	12.32	8.80	2.94	9.38
BABYFOOD,FRUIT,PEARS&PNAPPL,STR	1 jar Gerber Second Food (4 oz)	12.32	8.80	2.94	9.38
BABYFOOD,FRUIT,PEARS&PNAPPL,STR	1 jar Heinz Strained-2 (4 oz)	12.32	8.80	2.94	9.38
BABYFOOD,FRUIT,PEARS&PNAPPL,STR	1 oz	3.09	2.21	0.74	2.35
BABYFOOD,FRUIT,PEARS&PNAPPL,STR	1 tbsp	1.74	1.25	0.42	1.33
BABYFOOD,FRUIT,PEARS,JR	1 jar	19.72	12.48	6.12	13.60
BABYFOOD,FRUIT,PEARS,JR	1 jar Beech-Nut Stage 3 (6 oz)	19.72	12.48	6.12	13.60
BABYFOOD,FRUIT,PEARS,JR	1 jar Gerber Third Foods (6 oz)	19.72	12.48	6.12	13.60
BABYFOOD,FRUIT,PEARS,JR	1 jar Heinz Junior- 3 (6 oz)	19.72	12.48	6.12	13.60
BABYFOOD,FRUIT,PEARS,JR	1 oz	3.29	2.08	1.02	2.27
BABYFOOD,FRUIT,PEARS,JR	1 tbsp	1.86	1.17	0.58	1.28
BABYFOOD,FRUIT,PEARS,STR	1 jar	12.20	7.89	4.07	8.14

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BABYFOOD,FRUIT,PEARS,STR	1 jar Beech-Nut Baby's First (2.5 oz)	7.67	4.96	2.56	5.11
BABYFOOD,FRUIT,PEARS,STR	1 jar Beech-Nut Stage I (4 oz)	12.20	7.89	4.07	8.14
BABYFOOD,FRUIT,PEARS,STR	1 jar Earth's Best (4.5 oz)	12.20	7.89	4.07	8.14
BABYFOOD,FRUIT,PEARS,STR	1 jar Gerber First Foods (2.5 oz)	7.67	4.96	2.56	5.11
BABYFOOD,FRUIT,PEARS,STR	1 jar Gerber Second Food (4 oz)	12.20	7.89	4.07	8.14
BABYFOOD,FRUIT,PEARS,STR	1 jar Heinz Beginner-1 (2.5 oz)	7.67	4.96	2.56	5.11
BABYFOOD,FRUIT,PEARS,STR	1 jar Heinz Strained-2 (4 oz)	12.20	7.89	4.07	8.14
BABYFOOD,FRUIT,PEARS,STR	1 oz	3.06	1.98	1.02	2.04
BABYFOOD,FRUIT,PEARS,STR	1 tbsp	1.73	1.12	0.58	1.15
BABYFOOD,FRUIT,PLUMS W/TAPIOCA,WO/VIT C,JR	1 jar	34.85	23.19	2.04	32.81
BABYFOOD,FRUIT,PLUMS W/TAPIOCA,WO/VIT C,JR	1 jar Gerber Third Foods (6 oz)	34.85	23.19	2.04	32.81
BABYFOOD,FRUIT,PLUMS W/TAPIOCA,WO/VIT C,JR	1 oz	5.81	3.87	0.34	5.47
BABYFOOD,FRUIT,PLUMS W/TAPIOCA,WO/VIT C,JR	1 tbsp	3.08	2.05	0.18	2.90
BABYFOOD,FRUIT,PLUMS W/TAPIOCA,WO/VIT C,STR	1 jar	22.26	15.07	1.36	20.91
BABYFOOD,FRUIT,PLUMS W/TAPIOCA,WO/VIT C,STR	1 jar Gerber Second Food (4 oz)	22.26	15.07	1.36	20.91
BABYFOOD,FRUIT,PLUMS W/TAPIOCA,WO/VIT C,STR	1 jar Heinz Strained-2 (4 oz)	22.26	15.07	1.36	20.91
BABYFOOD,FRUIT,PLUMS W/TAPIOCA,WO/VIT C,STR	1 oz	5.58	3.78	0.34	5.24
BABYFOOD,FRUIT,PLUMS W/TAPIOCA,WO/VIT C,STR	1 tbsp	2.96	2.00	0.18	2.78
BABYFOOD,FRUIT,PRUNES W/TAPIOCA,WO/VIT C,JR	1 jar	31.79	18.65	4.59	27.20
BABYFOOD,FRUIT,PRUNES W/TAPIOCA,WO/VIT C,JR	1 oz	5.30	3.11	0.77	4.54
BABYFOOD,FRUIT,PRUNES W/TAPIOCA,WO/VIT C,STR	1 jar	20.91	12.40	3.05	17.85

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BABYFOOD,FRUIT,PRUNES W/TAPIOCA,WO/VIT C,STR	1 jar Gerber Second Food (4 oz)	20.91	12.40	3.05	17.85
BABYFOOD,FRUIT,PRUNES W/TAPIOCA,WO/VIT C,STR	1 jar Heinz Strained-2 (4.25 oz)	22.20	13.16	3.24	18.96
BABYFOOD,FRUIT,PRUNES W/TAPIOCA,WO/VIT C,STR	1 oz	5.24	3.11	0.77	4.48
BABYFOOD,FRUIT,PRUNES W/TAPIOCA,WO/VIT C,STR	1 tbsp	2.78	1.65	0.41	2.37
BABYFOOD,FRUIT,TUTTI FRUTTI,JR	1 jar Heinz Junior- 3 (6 oz)	27.20	16.00	0.68	26.52
BABYFOOD,FRUIT,TUTTI FRUTTI,JR	1 jar NFS	27.20	16.00	0.68	26.52
BABYFOOD,FRUIT,TUTTI FRUTTI,JR	1 tbsp	2.40	1.41	0.06	2.34
BABYFOOD,FRUIT,TUTTI FRUTTI,STR	1 jar Heinz Strained-2 (4 oz)	17.49	10.50	0.68	16.81
BABYFOOD,FRUIT,TUTTI FRUTTI,STR	1 jar NFS	17.49	10.50	0.68	16.81
BABYFOOD,FRUIT,TUTTI FRUTTI,STR	1 tbsp	2.32	1.39	0.09	2.23
BABYFOOD,GRAPE JUC,NO SUGAR,CND	1 fl oz	4.80	0.00	0.03	4.77
BABYFOOD,GRAPE JUC,NO SUGAR,CND	1 serving	19.23	0.00	0.13	19.10
BABYFOOD,GRN BNS&TURKEY,STR	1 jar Gerber Second Food (4 oz)	6.05	1.57	1.58	4.46
BABYFOOD,GRN BNS&TURKEY,STR	1 tbsp	0.75	0.19	0.20	0.55
BABYFOOD,GRN BNS,DICES,TODD	1 jar	7.30	1.36	1.66	5.63
BABYFOOD,GRN BNS,DICES,TODD	1 oz	1.62	0.30	0.37	1.25
BABYFOOD,JUC TREATS,FRUIT MEDLEY,TODD	1 packet	24.27	16.07	0.00	24.27
BABYFOOD,JUC,APPL - CHERRY	1 bottle Beech- Nut Stage 2 (4 fl oz)	14.00	13.13	0.38	13.63
BABYFOOD,JUC,APPL - CHERRY	1 bottle Gerber Second Foods (4 fl oz)	14.00	13.13	0.38	13.63
BABYFOOD,JUC,APPL - CHERRY	1 bottle Heinz Strained (4 fl oz)	14.00	13.13	0.38	13.63
BABYFOOD,JUC,APPL - CHERRY	1 bottle NFS	14.00	13.13	0.38	13.63
BABYFOOD,JUC,APPL - CHERRY	1 fl oz	3.49	3.28	0.09	3.40
BABYFOOD,JUC,APPL&CHERRY	1 fl oz	3.09	2.80	0.03	3.06
BABYFOOD,JUC,APPL&CHERRY	1 jar	12.57	11.40	0.13	12.45

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BABYFOOD,JUC,APPL&GRAPE	1 bottle Beech-Nut Stage 2 (4 fl oz)	14.18	13.63	0.13	14.05
BABYFOOD,JUC,APPL&GRAPE	1 bottle Earth's Best (4.2 fl oz)	14.86	14.28	0.13	14.72
BABYFOOD,JUC,APPL&GRAPE	1 bottle Gerber Second Foods (4 fl oz)	14.18	13.63	0.13	14.05
BABYFOOD,JUC,APPL&GRAPE	1 bottle Heinz Strained (4 fl oz)	14.18	13.63	0.13	14.05
BABYFOOD,JUC,APPL&GRAPE	1 fl oz	3.54	3.40	0.03	3.51
BABYFOOD,JUC,APPL&GRAPE	1 jar	14.40	13.84	0.13	14.27
BABYFOOD,JUC,APPL&PEACH	1 fl oz	3.28	2.99	0.03	3.24
BABYFOOD,JUC,APPL&PEACH	1 jar	13.34	12.18	0.13	13.21
BABYFOOD,JUC,APPL&PLUM	1 fl oz	3.84	3.60	0.03	3.81
BABYFOOD,JUC,APPL&PLUM	1 jar	15.62	14.66	0.13	15.49
BABYFOOD,JUC,APPL&PRUNE	1 bottle (4 fl oz)	22.63	13.23	0.13	22.50
BABYFOOD,JUC,APPL&PRUNE	1 fl oz	5.65	3.30	0.03	5.62
BABYFOOD,JUC,APPL&PRUNE	1 jar	22.99	13.44	0.13	22.86
BABYFOOD,JUC,APPL,W/CA	1 serving	20.98	17.01	0.76	20.22
BABYFOOD,JUC,APPLE-SWEET POTATO	1 bottle NFS	28.04	23.62	1.23	26.81
BABYFOOD,JUC,APPLE-SWEET POTATO	1 fl oz	3.51	2.96	0.15	3.36
BABYFOOD,JUC,FRUIT PUNCH,W/CA	1 fl oz	3.96	3.31	0.12	3.84
BABYFOOD,JUC,MXD FRUIT	1 bottle (4 fl oz)	14.63	10.58	0.13	14.50
BABYFOOD,JUC,MXD FRUIT	1 fl oz	3.65	2.64	0.03	3.62
BABYFOOD,JUC,MXD FRUIT	1 jar	14.86	10.74	0.13	14.73
BABYFOOD,JUC,ORANGE&APPL	1 fl oz	3.15	0.00	0.00	3.15
BABYFOOD,JUC,ORANGE&APPL	1 jar	12.83	0.00	0.00	12.83
BABYFOOD,JUC,ORANGE&APPL&BANANA	1 bottle Heinz Strained (4 fl oz)	14.38	12.54	0.13	14.25
BABYFOOD,JUC,ORANGE&APPL&BANANA	1 fl oz	3.59	3.13	0.03	3.56
BABYFOOD,JUC,ORANGE&APPL&BANANA	1 jar	14.61	12.74	0.13	14.48
BABYFOOD,JUC,ORANGE&APRICOT	1 fl oz	3.40	0.00	0.03	3.37
BABYFOOD,JUC,ORANGE&APRICOT	1 jar	13.84	0.00	0.13	13.72
BABYFOOD,JUC,ORANGE&BANANA	1 fl oz	3.71	0.00	0.00	3.71
BABYFOOD,JUC,ORANGE&BANANA	1 jar	15.11	0.00	0.00	15.11
BABYFOOD,JUC,ORANGE&PNAPPL	1 fl oz	3.65	0.00	0.03	3.62
BABYFOOD,JUC,ORANGE&PNAPPL	1 jar	14.86	0.00	0.13	14.73

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BABYFOOD,JUC,ORANGE-CARROT	1 bottle NFS	24.35	20.66	0.98	23.37
BABYFOOD,JUC,ORANGE-CARROT	1 fl oz	3.05	2.59	0.12	2.93
BABYFOOD,JUC,PRUNE&ORANGE	1 fl oz	5.24	0.00	0.00	5.24
BABYFOOD,JUC,PRUNE&ORANGE	1 jar	21.34	0.00	0.00	21.34
BABYFOOD,JUICE,APPLE	1 bottle Beech-Nut Stage I (4 fl oz)	14.63	13.38	0.13	14.50
BABYFOOD,JUICE,APPLE	1 bottle Earth's Best (4.2 fl oz)	15.33	14.02	0.13	15.20
BABYFOOD,JUICE,APPLE	1 bottle Gerber First Food (4 fl oz)	14.63	13.38	0.13	14.50
BABYFOOD,JUICE,APPLE	1 bottle Heinz Strained (4 fl oz)	14.63	13.38	0.13	14.50
BABYFOOD,JUICE,APPLE	1 fl oz	3.71	3.39	0.03	3.68
BABYFOOD,JUICE,APPLE	1 jar	14.86	13.59	0.13	14.73
BABYFOOD,JUICE,ORANGE	1 bottle Beech-Nut Stage 3 (4 fl oz)	12.75	10.33	0.13	12.63
BABYFOOD,JUICE,ORANGE	1 bottle Gerber Second Foods (4 fl oz)	12.75	10.33	0.13	12.63
BABYFOOD,JUICE,ORANGE	1 bottle Heinz Strained (4 fl oz)	12.75	10.33	0.13	12.63
BABYFOOD,JUICE,ORANGE	1 fl oz	3.18	2.58	0.03	3.15
BABYFOOD,JUICE,ORANGE	1 jar	12.95	10.49	0.13	12.83
BABYFOOD,JUICE,PEAR	1 bottle Beech-Nut Stage I (4 fl oz)	14.83	9.10	0.13	14.70
BABYFOOD,JUICE,PEAR	1 bottle Earth's Best (4.2 fl oz)	15.54	9.54	0.13	15.41
BABYFOOD,JUICE,PEAR	1 bottle Gerber First Food (4 fl oz)	14.83	9.10	0.13	14.70
BABYFOOD,JUICE,PEAR	1 bottle Heinz Strained (4 fl oz)	14.83	9.10	0.13	14.70
BABYFOOD,JUICE,PEAR	1 bottle NFS	14.83	9.10	0.13	14.70
BABYFOOD,JUICE,PEAR	1 fl oz	3.70	2.27	0.03	3.67

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BABYFOOD,MACARONI&CHS,TODD	1 container	12.66	0.89	0.57	12.09
BABYFOOD,MEAT,BF W/VEG,TODD	1 jar NFS	15.61	2.11	0.90	14.71
BABYFOOD,MEAT,BF,STR	1 jar	3.45	0.00	0.00	3.45
BABYFOOD,MEAT,BF,STR	1 oz	1.38	0.00	0.00	1.38
BABYFOOD,MEAT,BF,STR	1 tbsp	0.71	0.00	0.00	0.71
BABYFOOD,MEAT,CHICK STKS,JR	1 jar	1.07	0.99	0.14	0.92
BABYFOOD,MEAT,CHICK STKS,JR	1 jar Gerber Graduate (2.5 oz)	1.07	0.99	0.14	0.92
BABYFOOD,MEAT,CHICK STKS,JR	1 stick	0.15	0.14	0.02	0.13
BABYFOOD,MEAT,CHICK,JR	1 jar	0.00	0.00	0.00	0.00
BABYFOOD,MEAT,CHICK,JR	1 jar Gerber Third Foods (2.5 oz)	0.00	0.00	0.00	0.00
BABYFOOD,MEAT,CHICK,JR	1 jar Heinz Junior-3 (2.5 oz)	0.00	0.00	0.00	0.00
BABYFOOD,MEAT,CHICK,JR	1 oz	0.00	0.00	0.00	0.00
BABYFOOD,MEAT,CHICK,JR	1 tbsp	0.00	0.00	0.00	0.00
BABYFOOD,MEAT,CHICK,STR	1 jar	0.07	0.00	0.00	0.07
BABYFOOD,MEAT,CHICK,STR	1 jar Beech-Nut Stage 1 (2.5 oz)	0.07	0.00	0.00	0.07
BABYFOOD,MEAT,CHICK,STR	1 jar Gerber Second Foods (2.5 oz)	0.07	0.00	0.00	0.07
BABYFOOD,MEAT,CHICK,STR	1 jar Heinz Strained-2 (2.5 oz)	0.07	0.00	0.00	0.07
BABYFOOD,MEAT,CHICK,STR	1 oz	0.03	0.00	0.00	0.03
BABYFOOD,MEAT,CHICK,STR	1 tbsp	0.02	0.00	0.00	0.02
BABYFOOD,MEAT,HAM,JUNIOR	1 jar	2.63	0.00	0.00	2.63
BABYFOOD,MEAT,HAM,JUNIOR	1 oz	1.05	0.00	0.00	1.05
BABYFOOD,MEAT,HAM,STR	1 jar	2.63	0.00	0.00	2.63
BABYFOOD,MEAT,HAM,STR	1 jar Gerber Second Foods (2.5 oz)	2.63	0.00	0.00	2.63
BABYFOOD,MEAT,HAM,STR	1 oz	1.05	0.00	0.00	1.05
BABYFOOD,MEAT,HAM,STR	1 tbsp	0.56	0.00	0.00	0.56
BABYFOOD,MEAT,LAMB,JUNIOR	1 jar	0.00	0.00	0.00	0.00
BABYFOOD,MEAT,LAMB,JUNIOR	1 oz	0.00	0.00	0.00	0.00
BABYFOOD,MEAT,LAMB,STR	1 container	0.60	0.00	0.00	0.60
BABYFOOD,MEAT,LAMB,STR	1 jar	0.60	0.00	0.00	0.60

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BABYFOOD,MEAT,LAMB,STR	1 oz	0.24	0.00	0.00	0.24
BABYFOOD,MEAT,LAMB,STR	1 tbsp	0.19	0.00	0.00	0.19
BABYFOOD,MEAT,MEAT STKS,JR	1 jar	0.78	0.57	0.14	0.64
BABYFOOD,MEAT,MEAT STKS,JR	1 jar Gerber Graduate (2.5 oz)	0.78	0.57	0.14	0.64
BABYFOOD,MEAT,MEAT STKS,JR	1 stick	0.11	0.08	0.02	0.09
BABYFOOD,MEAT,PORK,STR	1 jar	0.00	0.00	0.00	0.00
BABYFOOD,MEAT,PORK,STR	1 oz	0.00	0.00	0.00	0.00
BABYFOOD,MEAT,TURKEY,JR	1 container	0.95	0.00	0.00	0.95
BABYFOOD,MEAT,TURKEY,JR	1 tbsp	0.27	0.00	0.00	0.27
BABYFOOD,MEAT,TURKEY,STR	1 jar	0.99	0.00	0.00	0.99
BABYFOOD,MEAT,TURKEY,STR	1 jar Beech-Nut Stage 1 (2.5 oz)	0.99	0.00	0.00	0.99
BABYFOOD,MEAT,TURKEY,STR	1 jar Gerber Second Foods (2.5 oz)	0.99	0.00	0.00	0.99
BABYFOOD,MEAT,TURKEY,STR	1 jar Heinz Strained-2 (2.5 oz)	0.99	0.00	0.00	0.99
BABYFOOD,MEAT,TURKEY,STR	1 oz	0.40	0.00	0.00	0.40
BABYFOOD,MEAT,TURKEY,STR	1 tbsp	0.21	0.00	0.00	0.21
BABYFOOD,MEAT,VEAL,STR	1 jar	1.07	0.00	0.00	1.07
BABYFOOD,MEAT,VEAL,STR	1 oz	0.43	0.00	0.00	0.43
BABYFOOD,MEAT,VEAL,STR	1 tbsp	0.24	0.00	0.00	0.24
BABYFOOD,MSHD CHEDDAR POTATOES&BROCCOLI,TODDLER	1 container	12.70	1.99	2.04	10.66
BABYFOOD,MULTIGRAIN WHL GRAIN CRL,DRY	3 tbsp	12.94	2.00	1.07	11.87
BABYFOOD,MXD FRUIT JUC W/LOFAT YOGURT	1 bottle NFS	18.50	13.61	0.50	17.99
BABYFOOD,MXD FRUIT JUC W/LOFAT YOGURT	1 fl oz	4.62	3.40	0.13	4.50
BABYFOOD,MXD FRUIT YOGURT,STR	1 jar Beech-Nut Stage 2 (4 oz)	18.34	13.27	0.45	17.89
BABYFOOD,MXD FRUIT YOGURT,STR	1 jar Gerber Second Food (4 oz)	18.34	13.27	0.45	17.89
BABYFOOD,MXD FRUIT YOGURT,STR	1 jar Heinz Strained-2 (4.25 oz)	19.48	14.09	0.48	19.00
BABYFOOD,MXD FRUIT YOGURT,STR	1 jar NFS	18.34	13.27	0.45	17.89
BABYFOOD,MXD FRUIT YOGURT,STR	1 tbsp	2.43	1.76	0.06	2.37
BABYFOOD,OATMEAL CRL W/FRUIT,DRY,INST,TODD	1 packet (.75 oz)	15.56	2.33	1.64	13.92

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BABYFOOD,OATMEAL CRL W/FRUIT,DRY,INST,TODD	1 tbsp	3.93	0.59	0.41	3.51
BABYFOOD,PEACHES,DICES,TODD	1 jar Gerber	15.10	12.15	1.02	14.08
BABYFOOD,PEACHES,DICES,TODD	1 oz	3.35	2.69	0.23	3.12
BABYFOOD,PEARS,DICES,TODD	1 jar Gerber	17.41	11.08	1.54	15.87
BABYFOOD,PEARS,DICES,TODD	1 oz	3.86	2.46	0.34	3.52
BABYFOOD,PEAS&BROWN RICE	1 cup	26.43	6.62	5.75	20.68
BABYFOOD,PEAS&BROWN RICE	1 jar Earth's Best (4.5 oz)	14.71	3.69	3.20	11.51
BABYFOOD,PEAS&BROWN RICE	1 tbsp	1.65	0.41	0.36	1.29
BABYFOOD,PEAS,DICES,TODD	1 oz	2.92	1.17	1.11	1.81
BABYFOOD,PLUMS,BANANAS&RICE,STR	1 jar Earth's Best	14.35	10.51	1.47	12.88
BABYFOOD,PLUMS,BANANAS&RICE,STR	1 oz	3.60	2.64	0.37	3.23
BABYFOOD,POTATOES,TODDLER	1 cup	19.12	1.48	1.47	17.65
BABYFOOD,POTATOES,TODDLER	1 jar Gerber Graduate (4.5 oz)	8.33	0.65	0.64	7.69
BABYFOOD,POTATOES,TODDLER	1 tbsp	1.17	0.09	0.09	1.08
BABYFOOD,PRETZELS	1 oz	23.30	0.87	0.65	22.65
BABYFOOD,PRETZELS	1 pretzel	4.93	0.18	0.14	4.79
BABYFOOD,PRUNES,WO/VIT C,STR	1 jar Gerber First Foods (2.5 oz)	16.70	10.14	1.92	14.78
BABYFOOD,PRUNES,WO/VIT C,STR	1 tbsp	3.53	2.14	0.41	3.12
BABYFOOD,RAVIOLI,CHS FILLED,W/TOMATO SAU	1 piece	1.30	0.05	0.01	1.30
BABYFOOD,RAVIOLI,CHS FILLED,W/TOMATO SAU	1 tbsp	2.61	0.09	0.02	2.59
BABYFOOD,RICE&APPLS,DRY	1 tbsp	2.17	0.08	0.08	2.10
BABYFOOD,SNACK,GERBER GRADUATE FRUIT STRIPS,REAL FRUIT BARS	1 bar	7.58	6.80	0.77	6.81
BABYFOOD,SNACK,GERBER GRADUATE YOGURT MELTS	1 serving	5.00	4.00	0.16	4.84
BABYFOOD,TEETHING BISCUITS	1 biscuit	8.40	1.39	0.15	8.25
BABYFOOD,TEETHING BISCUITS	1 oz	21.66	3.59	0.40	21.26
BABYFOOD,VEG&BROWN RICE,STR	1 cup	27.83	5.50	2.53	25.30
BABYFOOD,VEG&BROWN RICE,STR	1 jar Earth's Best (4.5 oz)	15.49	3.06	1.41	14.08
BABYFOOD,VEG&BROWN RICE,STR	1 tbsp	1.74	0.34	0.16	1.58
BABYFOOD,VEG,BEETS,STR	1 cup	17.25	13.64	4.26	12.99
BABYFOOD,VEG,BEETS,STR	1 jar	8.70	6.88	2.15	6.55
BABYFOOD,VEG,BEETS,STR	1 jar Gerber Second Food (4 oz)	8.70	6.88	2.15	6.55

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BABYFOOD,VEG,BEETS,STR	1 jar Heinz Strained-2 (4 oz)	8.70	6.88	2.15	6.55
BABYFOOD,VEG,BEETS,STR	1 oz	2.18	1.73	0.54	1.64
BABYFOOD,VEG,BEETS,STR	1 tbsp	1.08	0.85	0.27	0.81
BABYFOOD,VEG,BUTTERNUT SQUASH&CORN	1 jar, Gerber (4 oz)	10.46	3.31	2.26	8.20
BABYFOOD,VEG,CARROTS,JR	1 cup	16.13	7.08	3.81	12.32
BABYFOOD,VEG,CARROTS,JR	1 jar	12.24	5.37	2.89	9.35
BABYFOOD,VEG,CARROTS,JR	1 jar Beech-Nut Stage 3 (6 oz)	12.24	5.37	2.89	9.35
BABYFOOD,VEG,CARROTS,JR	1 jar Gerber Third Foods (6 oz)	12.24	5.37	2.89	9.35
BABYFOOD,VEG,CARROTS,JR	1 jar Heinz Junior-3 (6 oz)	12.24	5.37	2.89	9.35
BABYFOOD,VEG,CARROTS,JR	1 oz	2.04	0.90	0.48	1.56
BABYFOOD,VEG,CARROTS,JR	1 tbsp	1.01	0.44	0.24	0.77
BABYFOOD,VEG,CARROTS,STR	1 cup	13.44	8.15	3.81	9.63
BABYFOOD,VEG,CARROTS,STR	1 jar	6.78	4.11	1.92	4.86
BABYFOOD,VEG,CARROTS,STR	1 jar Beech-Nut Baby's First (2.5 oz)	4.26	2.58	1.21	3.05
BABYFOOD,VEG,CARROTS,STR	1 jar Beech-Nut Stage I (4 oz)	6.78	4.11	1.92	4.86
BABYFOOD,VEG,CARROTS,STR	1 jar Earth's Best (4.5 oz)	7.68	4.66	2.18	5.50
BABYFOOD,VEG,CARROTS,STR	1 jar Gerber First Foods (2.5 oz)	4.26	2.58	1.21	3.05
BABYFOOD,VEG,CARROTS,STR	1 jar Gerber Second Food (4 oz)	6.78	4.11	1.92	4.86
BABYFOOD,VEG,CARROTS,STR	1 jar Heinz Beginner-1 (2.5 oz)	4.26	2.58	1.21	3.05
BABYFOOD,VEG,CARROTS,STR	1 jar Heinz Strained-2 (4 oz)	6.78	4.11	1.92	4.86
BABYFOOD,VEG,CARROTS,STR	1 oz	1.70	1.03	0.48	1.22
BABYFOOD,VEG,CARROTS,STR	1 tbsp	0.84	0.51	0.24	0.60
BABYFOOD,VEG,CORN,CRMD,JR	1 cup	39.00	3.55	5.04	33.96

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BABYFOOD,VEG,CORN,CRMD,JR	1 jar	27.63	2.52	3.57	24.06
BABYFOOD,VEG,CORN,CRMD,JR	1 jar Heinz Junior-3 (6 oz)	27.63	2.52	3.57	24.06
BABYFOOD,VEG,CORN,CRMD,JR	1 oz	4.61	0.42	0.60	4.01
BABYFOOD,VEG,CORN,CRMD,JR	1 tbsp	2.44	0.22	0.32	2.12
BABYFOOD,VEG,CORN,CRMD,STR	1 cup	33.84	2.95	5.04	28.80
BABYFOOD,VEG,CORN,CRMD,STR	1 jar	15.93	1.39	2.37	13.56
BABYFOOD,VEG,CORN,CRMD,STR	1 jar Beech-Nut Stage 2 (4 oz)	15.93	1.39	2.37	13.56
BABYFOOD,VEG,CORN,CRMD,STR	1 jar Gerber Second Food (4 oz)	15.93	1.39	2.37	13.56
BABYFOOD,VEG,CORN,CRMD,STR	1 jar Heinz Strained-2 (4 oz)	15.93	1.39	2.37	13.56
BABYFOOD,VEG,CORN,CRMD,STR	1 oz	4.00	0.35	0.60	3.40
BABYFOOD,VEG,CORN,CRMD,STR	1 tbsp	2.12	0.18	0.32	1.80
BABYFOOD,VEG,GARDEN VEG,STR	1 jar	7.68	2.90	1.70	5.99
BABYFOOD,VEG,GARDEN VEG,STR	1 oz	1.93	0.73	0.43	1.50
BABYFOOD,VEG,GRN BNS&POTATOES	1 jar, Gerber (4 oz)	10.17	2.66	1.58	8.59
BABYFOOD,VEG,GRN BNS,JR	1 cup	13.92	2.59	4.56	9.36
BABYFOOD,VEG,GRN BNS,JR	1 jar	9.86	1.84	3.23	6.63
BABYFOOD,VEG,GRN BNS,JR	1 jar Beech-Nut Stage 3 (6 oz)	9.86	1.84	3.23	6.63
BABYFOOD,VEG,GRN BNS,JR	1 oz	1.64	0.31	0.54	1.11
BABYFOOD,VEG,GRN BNS,JR	1 tbsp	0.87	0.16	0.29	0.59
BABYFOOD,VEG,GRN BNS,STR	1 cup	15.10	4.51	5.28	9.82
BABYFOOD,VEG,GRN BNS,STR	1 jar	7.11	2.12	2.49	4.62
BABYFOOD,VEG,GRN BNS,STR	1 jar Beech-Nut Stage 1 (4 oz)	7.11	2.12	2.49	4.62
BABYFOOD,VEG,GRN BNS,STR	1 jar Gerber First Foods (2.5 oz)	4.47	1.33	1.56	2.90
BABYFOOD,VEG,GRN BNS,STR	1 jar Gerber Second Food (4 oz)	7.11	2.12	2.49	4.62
BABYFOOD,VEG,GRN BNS,STR	1 jar Heinz Beginner-1 (2.5 oz)	4.47	1.33	1.56	2.90

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BABYFOOD,VEG,GRN BNS,STR	1 jar Heinz Strained-2 (4 oz)	7.11	2.12	2.49	4.62
BABYFOOD,VEG,GRN BNS,STR	1 oz	1.78	0.53	0.62	1.16
BABYFOOD,VEG,GRN BNS,STR	1 tbsp	0.94	0.28	0.33	0.61
BABYFOOD,VEG,MIX VEG JR	1 cup	19.68	4.27	3.60	16.08
BABYFOOD,VEG,MIX VEG JR	1 oz	2.32	0.50	0.43	1.90
BABYFOOD,VEG,MIX VEG JR	1 package 7 oz	16.24	3.52	2.97	13.27
BABYFOOD,VEG,MIX VEG JR	1 serving 3.5 oz serving	8.12	1.76	1.49	6.63
BABYFOOD,VEG,MIX VEG JR	1 tbsp	1.23	0.27	0.23	1.01
BABYFOOD,VEG,MIX VEG STR	1 jar	9.32	1.77	1.70	7.63
BABYFOOD,VEG,MIX VEG STR	1 oz	2.34	0.45	0.43	1.91
BABYFOOD,VEG,PEAS,STR	1 container	7.61	1.83	1.82	5.79
BABYFOOD,VEG,PEAS,STR	1 cup	20.06	4.82	4.80	15.26
BABYFOOD,VEG,PEAS,STR	1 jar	7.94	1.91	1.90	6.04
BABYFOOD,VEG,PEAS,STR	1 oz	2.37	0.57	0.57	1.80
BABYFOOD,VEG,PEAS,STR	1 tbsp	1.34	0.32	0.32	1.02
BABYFOOD,VEG,SPINACH,CRMD,STR	1 cup	13.68	5.59	4.32	9.36
BABYFOOD,VEG,SPINACH,CRMD,STR	1 jar	6.44	2.63	2.03	4.41
BABYFOOD,VEG,SPINACH,CRMD,STR	1 jar Gerber Second Food (4 oz)	6.44	2.63	2.03	4.41
BABYFOOD,VEG,SPINACH,CRMD,STR	1 oz	1.62	0.66	0.51	1.11
BABYFOOD,VEG,SPINACH,CRMD,STR	1 tbsp	0.86	0.35	0.27	0.59
BABYFOOD,VEG,SQUASH,JR	1 container	3.84	2.17	0.60	3.24
BABYFOOD,VEG,SQUASH,JR	1 jar	5.67	3.21	0.89	4.78
BABYFOOD,VEG,SQUASH,JR	1 oz	1.62	0.92	0.26	1.37
BABYFOOD,VEG,SQUASH,JR	1 tbsp	0.92	0.52	0.14	0.77
BABYFOOD,VEG,SQUASH,STR	1 jar	6.47	3.81	1.02	5.46
BABYFOOD,VEG,SQUASH,STR	1 oz	1.62	0.96	0.26	1.37
BABYFOOD,VEG,SQUASH,STR	1 tbsp	0.92	0.54	0.14	0.77
BABYFOOD,VEG,SWT POTATOES,JR	1 cup	31.36	9.50	3.36	28.00
BABYFOOD,VEG,SWT POTATOES,JR	1 jar	23.80	7.21	2.55	21.25
BABYFOOD,VEG,SWT POTATOES,JR	1 jar Beech-Nut Stage 3 (6 oz)	23.80	7.21	2.55	21.25
BABYFOOD,VEG,SWT POTATOES,JR	1 jar Gerber Third Foods (6 oz)	23.80	7.21	2.55	21.25
BABYFOOD,VEG,SWT POTATOES,JR	1 jar Heinz Junior- 3 (6 oz)	23.80	7.21	2.55	21.25
BABYFOOD,VEG,SWT POTATOES,JR	1 oz	3.97	1.20	0.43	3.54

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BABYFOOD,VEG,SWT POTATOES,JR	1 tbsp	1.96	0.59	0.21	1.75
BABYFOOD,VEG,SWT POTATOES,STR	1 cup	29.57	9.07	3.36	26.21
BABYFOOD,VEG,SWT POTATOES,STR	1 jar	14.92	4.58	1.70	13.22
BABYFOOD,VEG,SWT POTATOES,STR	1 jar Beech-Nut Baby's First (2.5 oz)	9.37	2.88	1.07	8.31
BABYFOOD,VEG,SWT POTATOES,STR	1 jar Beech-Nut Stage I (4 oz)	14.92	4.58	1.70	13.22
BABYFOOD,VEG,SWT POTATOES,STR	1 jar Earth's Best (4.5 oz)	16.90	5.18	1.92	14.98
BABYFOOD,VEG,SWT POTATOES,STR	1 jar Gerber First Foods (2.5 oz)	9.37	2.88	1.07	8.31
BABYFOOD,VEG,SWT POTATOES,STR	1 jar Gerber Second Food (4 oz)	14.92	4.58	1.70	13.22
BABYFOOD,VEG,SWT POTATOES,STR	1 jar Heinz Beginner-1 (2.5 oz)	9.37	2.88	1.07	8.31
BABYFOOD,VEG,SWT POTATOES,STR	1 jar Heinz Strained-2 (4 oz)	14.92	4.58	1.70	13.22
BABYFOOD,VEG,SWT POTATOES,STR	1 oz	3.74	1.15	0.43	3.32
BABYFOOD,VEG,SWT POTATOES,STR	1 tbsp	1.85	0.57	0.21	1.64
BABYFOOD,YOGURT,WHL MILK,W/ FRUIT,MULTIGRAIN CRL & ADDED DHA	1 container	14.94	12.95	0.34	14.60
BABYFOOD,YOGURT,WHL MILK,W/ FRUIT,MULTIGRAIN CRL & ADDED DHA	1 oz	4.10	3.55	0.09	4.01
BABYFOOD,YOGURT,WHL MILK,W/ FRUIT,MULTIGRAIN CRL & IRON	1 container	8.97	7.91	0.41	8.56
BABYFOOD,YOGURT,WHL MILK,W/ FRUIT,MULTIGRAIN CRL & IRON	1 tbsp	2.08	1.83	0.10	1.98
CHI FORMU,ABBT NUTR,PEDIASU,RTF,W/ IRON & FIB (FORMER ROSS)	1 fl oz	3.50	2.36	0.16	3.34
CHILD FORMULA,ABBOTT NUTR,PEDIASURE,RTF (FORMERLY ROSS)	1 fl oz	3.46	3.26	0.00	3.46
CHILD FORMULA,MEAD JOHNSON,PORTAGEN,W/ IRON,PDR,NOT RECON	1 scoop	5.15	5.08	0.00	5.15
CHILD FORMULA,MEAD JOHNSON,PORTAGEN,W/ IRON,PREP FROM PDR	1 fl oz	2.66	2.29	0.00	2.66
FLUID REPLCMNT,ELECTROLYTE SOLN (INCLUDE PEDIALYTE)	1 cup (8 fl oz)	6.13	6.13	0.00	6.13

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FLUID REPLCMNT,ELECTROLYTE SOLN (INCLUDE PEDIALYTE)	1 fl oz	0.76	0.76	0.00	0.76
INF FO,ME JO,ENF,NUTR,LIPIL,W/ IR,LIQ CO NOT RE,W/ ARA & DHA	1 fl oz	4.15	3.12	0.00	4.15
INF FOR,ME JOH,ENF,NUTR LIPIL,W/ IRO,PDR,NOT RE,W/ ARA & DHA	1 scoop	4.59	4.59	0.00	4.59
INF FOR,ME JOHN,ENFAM,LIPIL,LO IRON,READY TO FE,W/ ARA & DHA	1 fl oz	2.19	2.19	0.00	2.19
INF FOR,ME JOHN,ENFAM,LIPIL,LO IRON,READY TO FE,W/ ARA & DHA	1 serving 100 ml	7.61	7.61	0.00	7.61
INF FORM, AB NUTR, SIMILAC, W/ IRON, LIQ CONC, NOT RECON	1 fl oz	4.32	4.32	0.00	4.32
INF FORM, ABBO NUTR, SIMIL, ALIMENT, ADVAN, RTF,W/ ARA & DHA	1 fl oz	2.06	1.34	0.00	2.06
INF FORM,ABBOT NUT,SIMIL NEOSU,RTF,W/ ARA & DHA	1 fl oz	2.12	2.10	0.00	2.12
INF FORM,ABBOTT,ALIMENTUM ADVANCE,IRON,PDR,NOTREC,DHA&ARA	1 scoop	4.52	2.97	0.00	4.52
INF FORM,ME JO,NEXT STEP,PROSO,LIPIL,REATO FEED,W/ ARA & DHA	1 fl oz	2.47	2.37	0.00	2.47
INF FORM,ME JO,NEXT STEP,PROSO,LIPIL,REATO FEED,W/ ARA & DHA	1 serving 100 ml	8.33	8.00	0.00	8.33
INF FORM,ME JOHNS,ENFAM,LIP,LO IRON,LIQ CONC,W/ ARA & DHA	1 fl oz	4.46	4.46	0.00	4.46
INF FORM,ME JOHNS,ENFAMIL,LIPIL,LO IRON,PDR,W/ ARA & DHA	1 scoop	4.78	4.76	0.00	4.78
INF FORM,MEAD JOHN,NEXT STEP,PROS LIPIL,PDR,W/ ARA & DHA	3 scoop	15.99	15.68	0.00	15.99
INF FORM,MEAD JOHNSON,ENFAMIL,NUTRAMIGEN,W/IRON,LC,NOT RECON	1 fl oz	4.13	4.12	0.00	4.13
INF FORM,MEAD JOHNSON,ENFAMIL,NUTRAMIGEN,W/IRON,PDR,NOTREC N	1 scoop	5.28	5.28	0.00	5.28
INF FORM,NEST,GOOD START ESSENT SOY,W/ IRON,LIQ CON,NOT RECO	1 fl oz	4.43	3.52	0.00	4.43
INF FORM,NESTLE,GOOD START SUPREME,IRON,DHA&ARA,PRP FR LC	1 fl oz	2.32	1.57	0.00	2.32
INF FORM,PBM PROD,STORE BRAND,LC,NOT REC (FORM WYETH-AYERST)	1 fl oz	4.36	4.36	0.00	4.36
INF FORM,PBM PRODU,STORE BRAND,RTF (FORM WYETH-AYERST)	1 fl oz	1.94	1.95	0.00	1.94

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INF FORMU, ABBO NUTR, SIMIL, EXPERT CARE, DIARRH RT	1 fl oz	2.03	2.02	0.21	1.81
INF FORMU, ABBO NUTR, SIMIL, EXPERT CARE, DIARRH RT	5 fl oz	10.21	10.19	1.07	9.13
INF FORMU, ME JOH, ENF, LAC, LI, W/ IR,LI CO,N RE,W/ AR & DH	1 fl oz	4.51	4.37	0.00	4.51
INF FORMU, ME JOHNS, ENFAM, ENFA LIP, W/IRO, POW, W/AR/AN DH	1 scoop	5.26	4.79	0.00	5.26
INF FORMU, MEA JOHN, ENFA, PRE LIPIL, INFA, LIQ CON, NOT REC	1 fl oz	4.53	4.53	0.00	4.53
INF FORMU,ABBO NUTR,SIMILAC,ADVAN,W/ IRON,LIQ CONC,NOT RECON	1 fl oz	4.25	4.25	0.00	4.25
INF FORMU,ME JOHNS,ENFAM,NUTRA,LIPI,W/ IRO,RTF,W/ ARA & DHA	1 fl oz	2.08	1.56	0.00	2.08
INF FORMU,ME JOHNS,ENFAM,NUTRA,LIPI,W/ IRO,RTF,W/ ARA & DHA	1 serving 100 ml	7.29	5.49	0.00	7.29
INF FORMU,MEAD JOHNS,ENFA,LIPIL,W/ IRO,LIQ CONC,W/ ARA & DHA	1 fl oz	4.49	4.38	0.00	4.49
INF FORMU,MEAD JOHNS,ENFAMIL,NUTRAMIG,AA LIPIL,PDR,NOT RECON	1 scoop	4.79	4.79	0.00	4.79
INF FORMU,PBM PRODU,STORE BR,SOY,LIQ CONC,NOT RECON	1 fl oz	3.82	3.82	0.00	3.82
INF FORMULA, AB NUT, SIM, SP CA, ADV 24,W/ IR, RT,W/ AR & DH	1 fl oz	2.69	2.56	0.00	2.69
INF FORMULA, ABB NUT,SIMI,NAT CA,AD,RTF,W/ ARA & DHA	1 fl oz	2.50	2.50	0.00	2.50
INF FORMULA, ABB NUT,SIMIL,SENS,(LACT FR),LIQ CON,W/ AR & DH	1 fl oz	4.16	4.20	0.00	4.16
INF FORMULA, ABB NUTR, SIMI, ISOMI, ADVAN W/ IRO ,PD,NOT REC	1 scoop	4.66	4.61	0.00	4.66
INF FORMULA, ABB NUTR, SIMI,SENS (LACT FRE) RTF,W/ ARA & DHA	1 fl oz	2.26	2.26	0.00	2.26
INF FORMULA, ABB NUTR, SIMIL, GO & GR, PDR, W/ ARA & DHA	1 scoop	5.01	5.01	0.00	5.01
INF FORMULA, ABB NUTR, SIMIL, ISOMIL, ADVA W/ IRON,LIQ CONC	1 fl oz	4.15	4.11	0.00	4.15
INF FORMULA, ABB NUTR,SIMIL,SENS,(LACTO FR), PD, W/ ARA & DH	1 fl oz	16.98	16.98	0.00	16.98
INF FORMULA, ABBO NU,SIMIL,GO & GR,RTF,W/ ARA & DHA	5 fl oz	10.24	10.24	0.00	10.24
INF FORMULA, ABBO NUTR, SIMIL, FOR SPIT UP, RTF,W/ ARA & DHA	1 fl oz	2.19	2.19	0.00	2.19

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
INF FORMULA, ABBO NUTR, SIMIL, FOR SPIT UP, RTF, W/ ARA & DHA	5 fl oz	10.93	10.93	0.00	10.93
INF FORMULA, ABBO NUTR, SIMIL, ISOMI, W/ IRON, RTF	1 fl oz	2.04	2.04	0.00	2.04
INF FORMULA, ABBO NUTR, SIMILA, ISOMI, W/ IRON, PDR, NOT RECON	1 scoop	4.66	4.61	0.00	4.66
INF FORMULA, ABBO NUTR, SIMIL, ISOMIL, ADVANCE W/ IRON, RTF	1 fl oz	2.04	2.04	0.00	2.04
INF FORMULA, ABBOTT NUTR, SIMILAC, ADVANCE, W/ IRON, RTF	1 fl oz	2.06	2.10	0.00	2.06
INF FORMULA, ABBOTT NUTR, SIMILAC, ALIMENTUM, W/ IRON, RTF	1 fl oz	2.06	1.34	0.00	2.06
INF FORMULA, ABBOTT NUTR, SIMILAC, ISOMIL, W/ IRON, LIQ CONC	1 fl oz	4.15	4.11	0.00	4.15
INF FORMULA, ABBOTT NUTR, SIMILAC, LO IRON, PDR, NOT RECON	1 scoop	4.77	4.76	0.00	4.77
INF FORMULA, ABBOTT NUTR, SIMILAC, LO IRON, RTF	1 fl oz	2.15	2.15	0.00	2.15
INF FORMULA, ABBOTT NUTR, SIMILAC, LO IRON, LIQ CONC, NOT RECO	1 fl oz	4.32	4.32	0.00	4.32
INF FORMULA, ABBOTT NUTR, SIMILAC, PM 60/40, PDR NOT RECON	1 scoop	4.78	4.56	0.00	4.78
INF FORMULA, ABBOTT NUTR, SIMILAC, W/ IRON, PDR, NOT RECON	1 scoop	4.65	4.65	0.00	4.65
INF FORMULA, ABBOTT NUTR, SIMILAC, W/ IRON, RTF	1 fl oz	2.10	2.10	0.00	2.10
INF FORMULA, ABBOTT NUTRIT, SIMILAC, FOR SPIT UP, POW	1 scoop	5.23	5.23	0.00	5.23
INF FORMULA, ABBOTT, SIMILAC, NEASURE, PDR, W/ ARA & DHA	1 fl oz	15.78	15.87	0.00	15.78
INF FORMULA, GERBER, GOOD START 2 SOY, W/ IRON, PDR	1 scoop	5.23	5.23	0.00	5.23
INF FORMULA, GERBER, GOOD START 2 SOY, W/ IRON, RTF	1 fl oz	2.17	2.17	0.00	2.17
INF FORMULA, GERBER, GOOD START 2 SOY, W/ IRON, RTF	5 fl oz	10.87	10.85	0.00	10.87
INF FORMULA, GERBER, GOOD START 2, PROTECT PLUS, PDR	1 scoop	5.29	5.29	0.00	5.29
INF FORMULA, GERBER, GOOD START 2, PROTECT PLUS, RTF	1 fl oz	2.25	2.23	0.00	2.25
INF FORMULA, GERBER, GOOD START 2, PROTECT PLUS, RTF	5 fl oz	11.23	11.16	0.00	11.23

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INF FORMULA, GERBER, GOOD START, PROTECT PLUS,PDR	1 scoop	5.36	5.36	0.00	5.36
INF FORMULA, ME JOHN, ENFA, LACF LIP, W/IRO, POW, W/AR AN DH	1 scoop	4.79	4.66	0.00	4.79
INF FORMULA, MEA JOH,EN,PR LIPI,W/ IRO,PD,NO RE,W/ ARA & DHA	1 scoop	4.66	4.66	0.00	4.66
INF FORMULA, MEA JOHN SO, ENFAMI, AR LIPIL, PDR, W/ ARA & DHA	1 scoop	4.87	4.87	0.00	4.87
INF FORMULA, MEA JOHN SO, ENFAMI, AR LIPIL, PDR, W/ ARA & DHA	1 serving 100 ml	59.39	59.39	0.00	59.39
INF FORMULA, MEAD JOHN, ENFAMIL LIPIL,W/ IRON,RTF,W/ AR & DH	1 fl oz	2.17	2.17	0.00	2.17
INF FORMULA, MEAD JOHN, ENFAMIL LIPIL,W/ IRON,RTF,W/ AR & DH	1 serving 100 ml	7.53	7.53	0.00	7.53
INF FORMULA, MEAD JOHNS, ENFA, ENFA, GENTL, TODD, LIPI, POW	1 scoop	4.99	4.99	0.00	4.99
INF FORMULA, MEAD JOHNS, ENFAMI, AR LIPIL, RTF,W/ ARA & DHA	1 fl oz	2.30	1.96	0.00	2.30
INF FORMULA, MEAD JOHNS, ENFAMI, AR LIPIL, RTF,W/ ARA & DHA	1 serving 100 ml	7.98	6.83	0.00	7.98
INF FORMULA, MEAD JOHNS, ENFAMIL, ENFAGROW, GENTLEA,TOD, RTF	5 fl oz	10.49	10.49	0.00	10.49
INF FORMULA, MEAD JOHNSON, ENFAMI,ENFAGR, SOY,TOD,LIPIL,PDR	1 scoop	5.26	5.26	0.00	5.26
INF FORMULA, MEAD JOHNSON, ENFAMIL, ENFAGROW, SOY, TODD RTF	1 fl oz	2.32	2.32	0.00	2.32
INF FORMULA, MEAD JOHNSON, ENFAMIL, ENFAGROW, SOY, TODD RTF	5 fl oz	11.61	11.61	0.00	11.61
INF FORMULA, MEAD JOHNSON, ENFAMIL, LACTOFREE, RTF	1 fl oz	2.19	2.19	0.00	2.19
INF FORMULA, MEAD JOHNSON, ENFAMIL, LO IRON, POWD, NOT RECON	1 scoop	4.66	4.65	0.00	4.66
INF FORMULA, MEAD JOHNSON, ENFAMIL, PRM, NEWBORN, PWD	1 scoop	5.47	5.47	0.00	5.47
INF FORMULA, MEAD JOHNSON, ENFAMIL, W/IRON, RTF	1 fl oz	2.20	2.19	0.00	2.20
INF FORMULA, MEAD JOHNSON, PREGESTIMIL, W/IRON, PREP FRO PDR	1 fl oz	2.04	2.04	0.00	2.04
INF FORMULA, MEAD JOHNSON, PREGESTIMIL, W/IRON, PREP FRO PDR	1 serving 100 ml	6.83	6.83	0.00	6.83
INF FORMULA, MEAD JOHNSON, PROSOBEE,W/IRON ,LIQ CNC, NOT REC	1 fl oz	4.18	4.18	0.00	4.18

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
INF FORMULA, MEAD JOHNSON,NEXT STEP PROSOBEE,PDR,NOT RECON	1 scoop	5.31	5.21	0.00	5.31
INF FORMULA, NE,GOO STAR 2 ESSENT,W/ IRON,LIQ CONC,NOT RECON	1 fl oz	5.26	3.80	0.00	5.26
INF FORMULA,ABBOTT NUTR,SIMILAC,ADVANC,W/ IRON,PDR,NOT RECON	1 scoop	4.65	4.65	0.00	4.65
INF FORMULA,GERBER GOOD START 2,GENTLE PLUS,PDR	1 scoop	5.37	5.37	0.00	5.37
INF FORMULA,GERBER GOOD START 2,GENTLE PLUS,RTF	1 fl oz	2.31	2.31	0.00	2.31
INF FORMULA,GERBER GOOD START 2,GENTLE PLUS,RTF	5 fl oz	11.57	11.57	0.00	11.57
INF FORMULA,GERBER,GOOD START,PROTECT PLUS,RTF	1 fl oz	2.18	2.18	0.00	2.18
INF FORMULA,GERBER,GOOD START,PROTECT PLUS,RTF	5 fl oz	10.90	10.90	0.00	10.90
INF FORMULA,MEAD JOHNSON,ENFA,PREM,INFANT,LIQ CONC,NOT REC	1 fl oz	4.50	4.50	0.00	4.50
INF FORMULA,MEAD JOHNSON,ENFAMI,PREMATURE,20 CAL RTF LO IRON	1 fl oz	2.19	2.20	0.00	2.19
INF FORMULA,MEAD JOHNSON,ENFAMI,PREMATURE,20 CAL RTF LO IRON	5 fl oz	10.96	10.99	0.00	10.96
INF FORMULA,MEAD JOHNSON,ENFAMIL,ENFACARE LIPIL,RTF, ARA&DHA	1 fl oz	2.28	2.28	0.00	2.28
INF FORMULA,MEAD JOHNSON,ENFAMIL,GENTLEASE,PDR	1 scoop	4.87	4.87	0.00	4.87
INF FORMULA,MEAD JOHNSON,ENFAMIL,LACTOFREE,W/ IRN,PDR,NOTREC	1 scoop	4.85	4.85	0.00	4.85
INF FORMULA,MEAD JOHNSON,ENFAMIL,LIPIL,RTF,W/ ARA & DHA	1 fl oz	1.96	1.96	0.00	1.96
INF FORMULA,MEAD JOHNSON,ENFAMIL,LIPIL,RTF,W/ ARA & DHA	1 serving 100 ml	6.83	6.83	0.00	6.83
INF FORMULA,MEAD JOHNSON,ENFAMIL,NUTRAMIGEN AA,RTF	1 fl oz	2.06	2.06	0.00	2.06
INF FORMULA,MEAD JOHNSON,ENFAMIL,NUTRAMIGEN AA,RTF	5 fl oz	10.28	10.28	0.00	10.28
INF FORMULA,MEAD JOHNSON,ENFAMIL,NUTRAMIGEN,W/ IRON,RTF	1 fl oz	2.10	1.58	0.00	2.10
INF FORMULA,MEAD JOHNSON,ENFAMIL,NUTRAMIGEN,W/ IRON,RTF	1 Serving 100 ml	7.29	5.49	0.00	7.29
INF FORMULA,MEAD JOHNSON,ENFAMIL,PREMATURE,20 CAL RTF	1 fl oz	2.19	2.19	0.00	2.19

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
INF FORMULA,MEAD JOHNSON,ENFAMIL,PREMATURE,20 CAL RTF	5 fl oz	10.96	10.94	0.00	10.96
INF FORMULA,MEAD JOHNSON,ENFAMIL,PREMATURE,24 CALO RTF	1 fl oz	2.19	2.19	0.00	2.19
INF FORMULA,MEAD JOHNSON,ENFAMIL,PREMATURE,24 CALO RTF	5 fl oz	10.93	10.96	0.00	10.93
INF FORMULA,MEAD JOHNSON,ENFAMIL,PREMIUM LIPIL,INFANT,PDR	1 scoop	4.96	4.96	0.00	4.96
INF FORMULA,MEAD JOHNSON,ENFAMIL,PREMIUM,INFANT,PDR	1 scoop	4.96	4.96	0.00	4.96
INF FORMULA,MEAD JOHNSON,ENFAMIL,PREMIUM,INFANT,RTF	1 fl oz	2.25	2.25	0.00	2.25
INF FORMULA,MEAD JOHNSON,ENFAMIL,PREMIUM,INFANT,RTF	5 fl oz	11.23	11.23	0.00	11.23
INF FORMULA,MEAD JOHNSON,ENFAMIL,PREMIUM,NEWBORN,RTF	1 fl oz	2.25	2.25	0.00	2.25
INF FORMULA,MEAD JOHNSON,ENFAMIL,PREMIUM,NEWBORN,RTF	5 fl oz	11.23	11.23	0.00	11.23
INF FORMULA,MEAD JOHNSON,ENFAMIL,PROSOBEE,IRON,PDR,NOT RECON	1 scoop	4.78	4.66	0.00	4.78
INF FORMULA,MEAD JOHNSON,ENFAMIL,W/ IRON,PDR	1 scoop	4.66	4.65	0.00	4.66
INF FORMULA,MEAD JOHNSON,ENFAMIL,LIPI,W/IRN,PDR,W/ ARA & DHA	1 scoop	4.78	4.76	0.00	4.78
INF FORMULA,MEAD JOHNSON,ENFAMIL,PREMATURE,24 CAL RTF LO IRON	5 fl oz	2.16	2.16	0.00	2.16
INF FORMULA,MEAD JOHNSON,ENFAMIL,PREMATURE,24 CAL RTF LO IRON	5 fl oz	10.93	10.96	0.00	10.93
INF FORMULA,MEAD JOHNSON,NEXT STEP PROSOBEE,PREP FROM PDR	1 fl oz	2.46	2.37	0.00	2.46
INF FORMULA,MEAD JOHNSON,PROSOBEE,W/ IRON,RTF	1 fl oz	1.86	1.86	0.00	1.86
INF FORMULA,MEAD JOHNSON,PROSOBEE,W/ IRON,RTF	1 Serving 100 ml	6.48	6.48	0.00	6.48
INF FORMULA,MEJOHN,PROSOBE LIPI,W/ IRO,RE TO FE,W/ ARA & DHA	1 fl oz	1.86	1.86	0.00	1.86
INF FORMULA,MEJOHN,PROSOBE LIPI,W/ IRO,RE TO FE,W/ ARA & DHA	1 serving 100 ml	6.48	6.48	0.00	6.48
INF FORMULA,NES,G START SUPR,W/ IRON,LIQ CONC,NOT RECON	1 fl oz	4.46	3.05	0.00	4.46
INF FORMULA,NESTLE,GOOD START 2 ESSENTIALS,W/ IRON,PDR	1 scoop	5.85	4.16	0.00	5.85

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INF FORMULA,NESTLE,GOOD START 2 ESSENTIALS,W/ IRON,RTF	1 fl oz	2.60	1.89	0.00	2.60
INF FORMULA,NESTLE,GOOD START ESSENTIALS SOY,W/ IRON,PDR	1 scoop	4.73	3.77	0.00	4.73
INF FORMULA,NESTLE,GOOD START ESSENTIALS SOY,W/ IRON,RTF	1 fl oz	2.19	1.74	0.00	2.19
INF FORMULA,NESTLE,GOOD START SOY,W/ ARA & DHA,PDR	1 scoop	5.23	4.17	0.00	5.23
INF FORMULA,NESTLE,GOOD START SOY,W/ DHA & ARA,LIQ CONC	1 fl oz	4.30	3.43	0.00	4.30
INF FORMULA,NESTLE,GOOD START SOY,W/ DHA & ARA,RTF	1 oz	2.07	1.65	0.00	2.07
INF FORMULA,NESTLE,GOOD START SUPREME,W/ IRON,DHA & ARA,RTF	1 fl oz	2.25	1.53	0.00	2.25
INF FORMULA,NESTLE,GOOD START SUPREME,W/ IRON,PDR	1 scoop	4.99	3.42	0.00	4.99
INF FORMULA,NESTLE,GOOD START SUPREME,W/ IRON,RTF	1 fl oz	2.25	1.53	0.00	2.25
INF FORMULA,PBM PRODUCTS,STORE BRAND,PDR	1 scoop	4.70	4.70	0.00	4.70
INF FORMULA,PBM PRODUCTS,STORE BRAND,SOY,PDR	1 scoop	4.54	4.54	0.00	4.54
INF FORMULA,PBM PRODUCTS,STORE BRAND,SOY,RTF	1 fl oz	1.85	1.85	0.00	1.85
INF FORMULA. MEAD JOHNSON, PREGESTIMIL, W/IRON, PDR,NO RECON	1 scoop	4.65	4.49	0.00	4.65
INFANT FORMULA,MEAD JOHNSON,ENFAMIL,LO IRON,RTF	1 fl oz	2.19	2.19	0.00	2.19
INFANT FORMULA,MEAD JOHNSON,ENFAMIL,LO IRON,RTF	5 fl oz	10.91	10.91	0.00	10.91
INFFORM,MEADJOHNSON,ENFAMIL GENTLEASE LIPIL,W/IRON,PREPFRPDR	1 fl oz	1.95	1.96	0.00	1.95
INFFORMULA, MEAD JOHNS,ENFAMIL,PROSOB,LIPI,LC,NOTREC,ARA&DHA	1 fl oz	4.25	4.25	0.00	4.25
TODDL FORM,ME JOHN,ENFA,PREM (FORME ENL,LIPIL,NEXT STEP),PDR	1 scoop	4.93	4.66	0.00	4.93
TODDLER FORMULA, MEAD JOHNSON, ENFAGROW PREMIUM, RTF	1 fl oz	2.10	2.10	0.00	2.10
ZWIEBACK	1 oz	21.04	3.54	0.71	20.33
ZWIEBACK	1 piece	5.19	0.88	0.18	5.02
ZWIEBACK	1 rusk	7.42	1.25	0.25	7.17
ZWIEBACK	1 toast, Gerber Zwieback	5.19	0.88	0.18	5.02

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ANIMAL FAT,BACON GREASE	1 tsp	0.00	0.00	0.00	0.00
BUTTER REPLCMNT,WO/FAT,PDR	1 cup	71.20	4.24	0.00	71.20
BUTTER,LT,STK,W/SALT	1 tablespoon	0.00	0.00	0.00	0.00
BUTTER,LT,STK,WO/SALT	1 tablespoon	0.00	0.00	0.00	0.00
CREAMY DRNG,MADE W/SOUR CRM AND/OR BTTRMLK&OIL,RED CAL	1 cup	17.15	13.84	0.00	17.15
CREAMY DRNG,MADE W/SOUR CRM AND/OR BTTRMLK&OIL,RED CAL	1 tbsp	1.05	0.85	0.00	1.05
CREAMY DRNG,W/SOUR CRM AND/OR BTTRMLK&OIL,RED CAL,CHOL-FREE	1 cup	37.44	7.68	0.00	37.44
CREAMY DRNG,W/SOUR CRM AND/OR BTTRMLK&OIL,RED CAL,CHOL-FREE	1 tbsp	2.40	0.49	0.00	2.40
CRMY DRSG,MDE W/ SOUR CRM AND/OR BTRMLK & OIL,RED CAL,FTFREE	1 cup	52.80	14.12	0.00	52.80
CRMY DRSG,MDE W/ SOUR CRM AND/OR BTRMLK & OIL,RED CAL,FTFREE	1 tbsp	3.40	0.91	0.00	3.40
DRESSING,HONEY MUSTARD,FAT-FREE	2 tbsp (1 NLEA serving)	11.53	5.33	0.36	11.17
FAT,BEEF TALLOW	1 cup	0.00	0.00	0.00	0.00
FAT,BEEF TALLOW	1 tbsp	0.00	0.00	0.00	0.00
FAT,CHICKEN	1 cup	0.00	0.00	0.00	0.00
FAT,CHICKEN	1 tbsp	0.00	0.00	0.00	0.00
FAT,DUCK	1 cup	0.00	0.00	0.00	0.00
FAT,DUCK	1 tbsp	0.00	0.00	0.00	0.00
FAT,GOOSE	1 cup	0.00	0.00	0.00	0.00
FAT,GOOSE	1 tbsp	0.00	0.00	0.00	0.00
FAT,MUTTON TALLOW	1 cup	0.00	0.00	0.00	0.00
FAT,MUTTON TALLOW	1 tbsp	0.00	0.00	0.00	0.00
FAT,TURKEY	1 cup	0.00	0.00	0.00	0.00
FAT,TURKEY	1 tbsp	0.00	0.00	0.00	0.00
FAT,TURKEY	1 tsp	0.00	0.00	0.00	0.00
FISH OIL,COD LIVER	1 cup	0.00	0.00	0.00	0.00
FISH OIL,COD LIVER	1 tbsp	0.00	0.00	0.00	0.00
FISH OIL,COD LIVER	1 tsp	0.00	0.00	0.00	0.00
FISH OIL,HERRING	1 cup	0.00	0.00	0.00	0.00
FISH OIL,HERRING	1 tbsp	0.00	0.00	0.00	0.00
FISH OIL,HERRING	1 tsp	0.00	0.00	0.00	0.00
FISH OIL,MENHADEN	1 cup	0.00	0.00	0.00	0.00
FISH OIL,MENHADEN	1 tbsp	0.00	0.00	0.00	0.00
FISH OIL,MENHADEN	1 tsp	0.00	0.00	0.00	0.00
FISH OIL,MENHADEN,FULLY HYDR	1 cup	0.00	0.00	0.00	0.00
FISH OIL,MENHADEN,FULLY HYDR	1 tbsp	0.00	0.00	0.00	0.00
FISH OIL,MENHADEN,FULLY HYDR	1 tsp	0.00	0.00	0.00	0.00

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FISH OIL,SALMON	1 cup	0.00	0.00	0.00	0.00
FISH OIL,SALMON	1 tbsp	0.00	0.00	0.00	0.00
FISH OIL,SALMON	1 tsp	0.00	0.00	0.00	0.00
FISH OIL,SARDINE	1 cup	0.00	0.00	0.00	0.00
FISH OIL,SARDINE	1 tbsp	0.00	0.00	0.00	0.00
FISH OIL,SARDINE	1 tsp	0.00	0.00	0.00	0.00
LARD	1 cup	0.00	0.00	0.00	0.00
LARD	1 tbsp	0.00	0.00	0.00	0.00
MARGARINE SPRD,APPROX 48% FAT,TUB	1 tbsp	0.12	0.00	0.00	0.12
MARGARINE, VEG OIL SPRD,70% FAT,SOYBN & PART HYDR SOYBN,STK	1 tbsp (1 NLEA serving)	0.21	0.00	0.00	0.21
MARGARINE,80% FAT,STK,INCL REG & HYDR CORN & SOYBN OILS	1 tbsp	0.10	0.00	0.00	0.10
MARGARINE,80% FAT,TUB,CANOLA HARVEST SOFT SPRD	1 tablespoon (1 NLEA serving)	0.19	0.00	0.00	0.19
MARGARINE,INDUS,NON-DAIRY,CTTNSD,SOY OIL (PART HYDR)	1 tbsp	0.00	0.00	0.00	0.00
MARGARINE,INDUS,SOY & PART HYDR SOY OIL,BAKING,SAUCES,CANDY	1 cup	1.61	0.00	0.00	1.61
MARGARINE,INDUS,SOY & PART HYDR SOY OIL,BAKING,SAUCES,CANDY	1 tbsp	0.10	0.00	0.00	0.10
MARGARINE,INDUS,SOY & PART HYDR SOY OIL,BAKING,SAUCES,CANDY	1 tsp	0.03	0.00	0.00	0.03
MARGARINE,MARGARINE-LIKE VEG OIL SPRD,67-70% FAT,TUB	1 tbsp (1 NLEA serving)	0.08	0.00	0.00	0.08
MARGARINE,REG,80% FAT,COMP,STK,W/ SALT	1 cup	1.59	0.00	0.00	1.59
MARGARINE,REG,80% FAT,COMP,STK,W/ SALT	1 pat (1" sq, 1/3" high)	0.04	0.00	0.00	0.04
MARGARINE,REG,80% FAT,COMP,STK,W/ SALT	1 stick	0.79	0.00	0.00	0.79
MARGARINE,REG,80% FAT,COMP,STK,W/ SALT	1 tbsp	0.10	0.00	0.00	0.10
MARGARINE,REG,80% FAT,COMP,STK,W/ SALT	1 tsp	0.03	0.00	0.00	0.03
MARGARINE,REG,80% FAT,COMP,STK,W/ SALT,W/ ADDED VITAMIN D	1 cup	1.59	0.00	0.00	1.59
MARGARINE,REG,80% FAT,COMP,STK,W/ SALT,W/ ADDED VITAMIN D	1 tablespoon	0.10	0.00	0.00	0.10
MARGARINE,REG,80% FAT,COMP,STK,W/ SALT,W/ ADDED VITAMIN D	1 teaspoon	0.03	0.00	0.00	0.03
MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT	1 cup	1.59	0.00	0.00	1.59
MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT	1 pat (1" sq, 1/3" high)	0.04	0.00	0.00	0.04
MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT	1 stick	0.79	0.00	0.00	0.79
MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT	1 tbsp	0.10	0.00	0.00	0.10

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT,W/ ADDED VITAMIN D	1 cup	1.60	0.00	0.00	1.60
MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT,W/ ADDED VITAMIN D	1 tbsp	0.10	0.00	0.00	0.10
MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT,W/ ADDED VITAMIN D	1 teaspoon	0.03	0.00	0.00	0.03
MARGARINE,REG,80% FAT,COMP,TUB,W/ SALT	1 cup	1.70	0.00	0.00	1.70
MARGARINE,REG,80% FAT,COMP,TUB,W/ SALT	1 tbsp	0.11	0.00	0.00	0.11
MARGARINE,REG,80% FAT,COMP,TUB,W/ SALT,W/ ADDED VITAMIN D	1 tbsp	0.11	0.00	0.00	0.11
MARGARINE,REG,80% FAT,COMP,TUB,WO/ SALT	1 cup	1.70	0.00	0.00	1.70
MARGARINE,REG,80% FAT,COMP,TUB,WO/ SALT	1 tbsp	0.11	0.00	0.00	0.11
MARGARINE,REG,HARD,SOYBN (HYDR)	1 stick	1.02	0.00	0.00	1.02
MARGARINE,REG,HARD,SOYBN (HYDR)	1 tsp	0.04	0.00	0.00	0.04
MARGARINE-LIKE SHORTENING,INDUS,SOY(PART HYDR),CTTNSD,& SOY	1 tbsp	0.00	0.00	0.00	0.00
MARGARINE-LIKE SPRD W/ YOGURT,70% FAT,STK,W/ SALT	1 tablespoon	0.07	0.00	0.00	0.07
MARGARINE-LIKE SPRD W/ YOGURT,APPROX 40% FAT,TUB,W/ SALT	1 tablespoon	0.28	0.00	0.00	0.28
MARGARINE-LIKE SPRD,BENECOL LT SPRD	1 tablespoon (1 NLEA serving)	0.80	0.00	0.00	0.80
MARGARINE-LIKE SPRD,SMART BALANCE LT BUTTERY SPRD	1 tbsp	0.28	0.00	0.00	0.28
MARGARINE-LIKE SPRD,SMART BALANCE OMEGA PLUS SPRD	1 tablespoon	0.02	0.00	0.00	0.02
MARGARINE-LIKE SPRD,SMART BALANCE REG BUTTERY SPRD	1 tablespoon	0.02	0.00	0.00	0.02
MARGARINE-LIKE SPRD,SMART BEAT SMART SQUEEZE	1 tablespoon	0.99	0.14	0.00	0.99
MARGARINE-LIKE SPRD,SMART BEAT SUPER LT WO/ SATURATED FAT	1 tablespoon	0.00	0.00	0.00	0.00
MARGARINE-LIKE,BUTTER-MARGARINE BLEND,80% FAT,STK,WO/ SALT	1 tablespoon	0.08	0.00	0.00	0.08
MARGARINE-LIKE,MARGARINE-BUTTER BLEND,SOYBN OIL & BUTTER	1 cup	1.75	0.00	0.00	1.75
MARGARINE-LIKE,MARGARINE-BUTTER BLEND,SOYBN OIL & BUTTER	1 stick	0.85	0.00	0.00	0.85
MARGARINE-LIKE,MARGARINE-BUTTER BLEND,SOYBN OIL & BUTTER	1 tbsp	0.11	0.00	0.00	0.11
MARGARINE-LIKE,MARGARINE-BUTTER BLEND,SOYBN OIL & BUTTER	1 tsp	0.04	0.00	0.00	0.04
MARGARINE-LIKE,VEG OIL SPRD,20% FAT,W/ SALT	1 cup	0.96	0.00	0.00	0.96

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MARGARINE-LIKE,VEG OIL SPRD,20% FAT,W/ SALT	1 tbsp	0.06	0.00	0.00	0.06
MARGARINE-LIKE,VEG OIL SPRD,20% FAT,WO/ SALT	1 cup	0.82	0.00	0.00	0.82
MARGARINE-LIKE,VEG OIL SPRD,20% FAT,WO/ SALT	1 tbsp	0.05	0.00	0.00	0.05
MARGARINE-LIKE,VEG OIL SPRD,60% FAT,STICK/TUB/BOTTLE,W/ SALT	1 cup	0.00	0.00	0.00	0.00
MARGARINE-LIKE,VEG OIL SPRD,60% FAT,STICK/TUB/BOTTLE,W/ SALT	1 tbsp	0.00	0.00	0.00	0.00
MARGARINE-LIKE,VEG OIL SPRD,60% FAT,STICK/TUB/BOTTLE,W/ SALT	1 tsp	0.00	0.00	0.00	0.00
MARGARINE-LIKE,VEG OIL SPRD,60% FAT,STK,W/ SALT	1 cup	1.58	0.00	0.00	1.58
MARGARINE-LIKE,VEG OIL SPRD,60% FAT,STK,W/ SALT	1 tbsp	0.10	0.00	0.00	0.10
MARGARINE-LIKE,VEG OIL SPRD,60% FAT,STK,W/ SALT	1 tsp	0.03	0.00	0.00	0.03
MARGARINE-LIKE,VEG OIL SPRD,60% FAT,TUB,W/ SALT	1 cup	1.97	0.00	0.00	1.97
MARGARINE-LIKE,VEG OIL SPRD,60% FAT,TUB,W/ SALT	1 tbsp	0.12	0.00	0.00	0.12
MARGARINE-LIKE,VEG OIL SPRD,60% FAT,TUB,W/ SALT	1 tsp	0.04	0.00	0.00	0.04
MARGARINE-LIKE,VEG OIL SPRD,FAT FREE,LIQ,W/ SALT	1 tbsp	0.38	0.00	0.00	0.38
MARGARINE-LIKE,VEG OIL SPRD,FAT-FREE,TUB	1 cup	10.11	0.00	0.00	10.11
MARGARINE-LIKE,VEG OIL SPRD,FAT-FREE,TUB	1 tbsp	0.63	0.00	0.00	0.63
MARGARINE-LIKE,VEG OIL SPRD,STK OR TUB,SWTND	1 tablespoon	2.34	2.34	0.00	2.34
MARGARINE-LIKE,VEG OIL-BUTTER SPRD,RED CAL,TUB,W/ SALT	1 tablespoon	0.14	0.00	0.00	0.14
MARGARINE-LIKE,VEG OIL-BUTTER SPRD,TUB,W/ SALT	1 tablespoon	0.14	0.00	0.00	0.14
MAYONNAISE DRNG,NO CHOL	1 cup	0.72	0.72	0.00	0.72
MAYONNAISE DRNG,NO CHOL	1 tbsp	0.05	0.05	0.00	0.05
MAYONNAISE,LO NA,LO CAL OR DIET	1 cup	35.84	9.41	0.00	35.84
MAYONNAISE,LO NA,LO CAL OR DIET	1 tbsp	2.24	0.59	0.00	2.24
MAYONNAISE,MADE WITH TOFU	1 cup	7.34	2.04	2.64	4.70
MAYONNAISE,MADE WITH TOFU	1 tbsp	0.46	0.13	0.17	0.29
MAYONNAISE,RED FAT,W/ OLIVE OIL	1 cup	0.00	0.00	0.00	0.00
MAYONNAISE,RED FAT,W/ OLIVE OIL	1 tbsp	0.00	0.00	0.00	0.00
MAYONNAISE,RED-CAL OR DIET,CHOL-FREE	1 cup	15.48	9.70	0.00	15.48
MAYONNAISE,RED-CAL OR DIET,CHOL-FREE	1 tbsp	0.98	0.61	0.00	0.98
MEAT DRIPPINGS (LARD,BF TALLOW,MUTTON TALLOW)	1 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MEAT DRIPPINGS (LARD,BF TALLOW,MUTTON TALLOW)	1 tablespoon	0.00	0.00	0.00	0.00
OIL,ALMOND	1 cup	0.00	0.00	0.00	0.00
OIL,ALMOND	1 tablespoon	0.00	0.00	0.00	0.00
OIL,ALMOND	1 tsp	0.00	0.00	0.00	0.00
OIL,APRICOT KERNEL	1 cup	0.00	0.00	0.00	0.00
OIL,APRICOT KERNEL	1 tablespoon	0.00	0.00	0.00	0.00
OIL,APRICOT KERNEL	1 tsp	0.00	0.00	0.00	0.00
OIL,AVOCADO	1 cup	0.00	0.00	0.00	0.00
OIL,AVOCADO	1 tbsp	0.00	0.00	0.00	0.00
OIL,AVOCADO	1 tsp	0.00	0.00	0.00	0.00
OIL,BABASSU	1 cup	0.00	0.00	0.00	0.00
OIL,BABASSU	1 tbsp	0.00	0.00	0.00	0.00
OIL,BABASSU	1 tsp	0.00	0.00	0.00	0.00
OIL,CANOLA	1 cup	0.00	0.00	0.00	0.00
OIL,CANOLA	1 tbsp	0.00	0.00	0.00	0.00
OIL,CANOLA	1 tsp	0.00	0.00	0.00	0.00
OIL,COCNT	1 cup	0.00	0.00	0.00	0.00
OIL,COCNT	1 tbsp	0.00	0.00	0.00	0.00
OIL,COCNT	1 tsp	0.00	0.00	0.00	0.00
OIL,COCOA BUTTER	1 cup	0.00	0.00	0.00	0.00
OIL,COCOA BUTTER	1 tablespoon	0.00	0.00	0.00	0.00
OIL,COCOA BUTTER	1 tsp	0.00	0.00	0.00	0.00
OIL,COOKING & SALAD,ENOVA,80% DIGLYCERIDES	1 cup	0.00	0.00	0.00	0.00
OIL,COOKING & SALAD,ENOVA,80% DIGLYCERIDES	1 tbsp (1 NLEA serving)	0.00	0.00	0.00	0.00
OIL,CORN AND CANOLA	1 cup	0.00	0.00	0.00	0.00
OIL,CORN AND CANOLA	1 tbsp	0.00	0.00	0.00	0.00
OIL,CORN AND CANOLA	1 teaspoon	0.00	0.00	0.00	0.00
OIL,CORN,INDUSTRIAL & RTL,ALLPURP SALAD OR COOKING	1 cup	0.00	0.00	0.00	0.00
OIL,CORN,INDUSTRIAL & RTL,ALLPURP SALAD OR COOKING	1 tbsp	0.00	0.00	0.00	0.00
OIL,CORN,INDUSTRIAL & RTL,ALLPURP SALAD OR COOKING	1 tsp	0.00	0.00	0.00	0.00
OIL,CORN,PEANUT,AND OLIVE	1 tablespoon	0.00	0.00	0.00	0.00
OIL,CORN,PEANUT,AND OLIVE	1 teaspoon	0.00	0.00	0.00	0.00
OIL,CTTNSD,SALAD OR COOKING	1 cup	0.00	0.00	0.00	0.00
OIL,CTTNSD,SALAD OR COOKING	1 tablespoon	0.00	0.00	0.00	0.00
OIL,CTTNSD,SALAD OR COOKING	1 tsp	0.00	0.00	0.00	0.00
OIL,CUPU ASSU	1 cup	0.00	0.00	0.00	0.00
OIL,CUPU ASSU	1 tablespoon	0.00	0.00	0.00	0.00
OIL,CUPU ASSU	1 tsp	0.00	0.00	0.00	0.00

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OIL,FLAXSEED,COLD PRESSED	1 cup	0.00	0.00	0.00	0.00
OIL,FLAXSEED,COLD PRESSED	1 tbsp	0.00	0.00	0.00	0.00
OIL,FLAXSEED,CONTAINS ADDED SLICED FLAXSEED	1 cup	0.85	0.00	0.00	0.85
OIL,FLAXSEED,CONTAINS ADDED SLICED FLAXSEED	1 tablespoon	0.05	0.00	0.00	0.05
OIL,GRAPESEED	1 cup	0.00	0.00	0.00	0.00
OIL,GRAPESEED	1 tablespoon	0.00	0.00	0.00	0.00
OIL,GRAPESEED	1 tsp	0.00	0.00	0.00	0.00
OIL,HAZELNUT	1 cup	0.00	0.00	0.00	0.00
OIL,HAZELNUT	1 tablespoon	0.00	0.00	0.00	0.00
OIL,HAZELNUT	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUS,CANOLA (PART HYDROG) OIL FOR DEEP FAT FRYING	1 cup	0.00	0.00	0.00	0.00
OIL,INDUS,CANOLA (PART HYDROG) OIL FOR DEEP FAT FRYING	1 tablespoon	0.00	0.00	0.00	0.00
OIL,INDUS,CANOLA (PART HYDROG) OIL FOR DEEP FAT FRYING	1 teaspoon	0.00	0.00	0.00	0.00
OIL,INDUS,SOY (PART HYDROG) & CTTNSD,TORTILLA SHORTENING	1 cup	0.00	0.00	0.00	0.00
OIL,INDUS,SOY (PART HYDROG) & CTTNSD,TORTILLA SHORTENING	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUS,SOY (PART HYDROG) & CTTNSD,TORTILLA SHORTENING	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,CANOLA FOR SALADS,WOKS & LT FRYING	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,CANOLA FOR SALADS,WOKS & LT FRYING	1 tablespoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,CANOLA FOR SALADS,WOKS & LT FRYING	1 teaspoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,CANOLA W/ ANTIFOAMING AGENT	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,CANOLA W/ ANTIFOAMING AGENT	1 tablespoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,CANOLA,HI OLEIC	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,CANOLA,HI OLEIC	1 tablespoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,CANOLA,HI OLEIC	1 teaspoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,COCNT	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,COCNT	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,COCNT	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,COCNT (HYDROGENATED),FOR TOPPINGS & WHITENERS	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,COCNT (HYDROGENATED),FOR TOPPINGS & WHITENERS	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,COCNT (HYDROGENATED),FOR TOPPINGS & WHITENERS	1 tsp	0.00	0.00	0.00	0.00

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OIL,INDUSTRIAL,COCNT,CONFECTION FAT,ICE CRM COATINGS	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,COCNT,CONFECTION FAT,ICE CRM COATINGS	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,COCNT,CONFECTION FAT,ICE CRM COATINGS	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,CTNSD,FULLY HYDR	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,CTNSD,FULLY HYDR	1 tablespoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,CTNSD,FULLY HYDR	1 teaspoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,MID-OLEIC,SUNFLOWER	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,MID-OLEIC,SUNFLOWER	1 tablespoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,MID-OLEIC,SUNFLOWER	1 teaspoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM & PALM KERNEL,FILLING FAT (NON-HYDROG)	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM & PALM KERNEL,FILLING FAT (NON-HYDROG)	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM & PALM KERNEL,FILLING FAT (NON-HYDROG)	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM KERNEL (HYDROG) FOR WHIPPED TOPPINGS	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM KERNEL (HYDROG) FOR WHIPPED TOPPINGS	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM KERNEL (HYDROG) FOR WHIPPED TOPPINGS	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM KERNEL (HYDROGENATED),CONFECTION FAT	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM KERNEL (HYDROGENATED),CONFECTION FAT	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM KERNEL (HYDROGENATED),CONFECTION FAT	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM KERNEL (HYDROGENATED),FILLING FAT	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM KERNEL (HYDROGENATED),FILLING FAT	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM KERNEL (HYDROGENATED),FILLING FAT	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM KERNEL,CONFECTION FAT	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM KERNEL,CONFECTION FAT	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,PALM KERNEL,CONFECTION FAT	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PART HYDROGENATED),ALLPURP	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PART HYDROGENATED),ALLPURP	1 tbsp	0.00	0.00	0.00	0.00

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OIL,INDUSTRIAL,SOY (PART HYDROGENATED),ALLPURP	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PART HYDR) & SOY,POURABLE FRY	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PART HYDR) & SOY,POURABLE FRY	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PART HYDR) & SOY,POURABLE FRY	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PART HYDR),FOR NON-DAIRY BUTTER FLAVOR	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PART HYDR),FOR NON-DAIRY BUTTER FLAVOR	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PART HYDR),FOR NON-DAIRY BUTTER FLAVOR	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PART HYDR),FOR POPCORN & FLAVORING VEG	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PART HYDR),FOR POPCORN & FLAVORING VEG	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PART HYDR),FOR POPCORN & FLAVORING VEG	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PARTHYDR),PALM, ICINGS & FILLINGS	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PARTHYDR),PALM, ICINGS & FILLINGS	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY (PARTHYDR),PALM, ICINGS & FILLINGS	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY,FULLY HYDR	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY,FULLY HYDR	1 tablespoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY,FULLY HYDR	1 teaspoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY,LO LINOLENIC	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY,LO LINOLENIC	1 tablespoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY,LO LINOLENIC	1 teaspoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY,REFINED,FOR WOKS & LT FRYING	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY,REFINED,FOR WOKS & LT FRYING	1 tbsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY,REFINED,FOR WOKS & LT FRYING	1 tsp	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY,ULTRA LO LINOLENIC	1 cup	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY,ULTRA LO LINOLENIC	1 tablespoon	0.00	0.00	0.00	0.00
OIL,INDUSTRIAL,SOY,ULTRA LO LINOLENIC	1 teaspoon	0.00	0.00	0.00	0.00
OIL,MUSTARD	1 cup	0.00	0.00	0.00	0.00
OIL,MUSTARD	1 tbsp	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
OIL,MUSTARD	1 tsp	0.00	0.00	0.00	0.00
OIL,NUTMEG BUTTER	1 cup	0.00	0.00	0.00	0.00
OIL,NUTMEG BUTTER	1 tbsp	0.00	0.00	0.00	0.00
OIL,NUTMEG BUTTER	1 tsp	0.00	0.00	0.00	0.00
OIL,OAT	1 cup	0.00	0.00	0.00	0.00
OIL,OAT	1 tbsp	0.00	0.00	0.00	0.00
OIL,OAT	1 tsp	0.00	0.00	0.00	0.00
OIL,OLIVE,SALAD OR COOKING	1 cup	0.00	0.00	0.00	0.00
OIL,OLIVE,SALAD OR COOKING	1 tablespoon	0.00	0.00	0.00	0.00
OIL,OLIVE,SALAD OR COOKING	1 tsp	0.00	0.00	0.00	0.00
OIL,PALM	1 cup	0.00	0.00	0.00	0.00
OIL,PALM	1 tbsp	0.00	0.00	0.00	0.00
OIL,PALM	1 tsp	0.00	0.00	0.00	0.00
OIL,PAM COOKING SPRAY,ORIGINAL	1 spray , about 1/3 second (1 NLEA serving)	0.06	0.00	0.00	0.06
OIL,PNUT,SALAD OR COOKING	1 cup	0.00	0.00	0.00	0.00
OIL,PNUT,SALAD OR COOKING	1 tbsp	0.00	0.00	0.00	0.00
OIL,PNUT,SALAD OR COOKING	1 tsp	0.00	0.00	0.00	0.00
OIL,POPPYSEED	1 cup	0.00	0.00	0.00	0.00
OIL,POPPYSEED	1 tablespoon	0.00	0.00	0.00	0.00
OIL,POPPYSEED	1 tsp	0.00	0.00	0.00	0.00
OIL,RICE BRAN	1 cup	0.00	0.00	0.00	0.00
OIL,RICE BRAN	1 tablespoon	0.00	0.00	0.00	0.00
OIL,RICE BRAN	1 tsp	0.00	0.00	0.00	0.00
OIL,SAFFLOWER,SALAD OR COOKING,HI OLEIC	1 cup	0.00	0.00	0.00	0.00
OIL,SAFFLOWER,SALAD OR COOKING,HI OLEIC	1 tablespoon	0.00	0.00	0.00	0.00
OIL,SAFFLOWER,SALAD OR COOKING,HI OLEIC	1 tsp	0.00	0.00	0.00	0.00
OIL,SAFFLOWER,SALAD OR COOKING,LINOLEIC,(OVER 70%)	1 cup	0.00	0.00	0.00	0.00
OIL,SAFFLOWER,SALAD OR COOKING,LINOLEIC,(OVER 70%)	1 tbsp	0.00	0.00	0.00	0.00
OIL,SAFFLOWER,SALAD OR COOKING,LINOLEIC,(OVER 70%)	1 tsp	0.00	0.00	0.00	0.00
OIL,SESAME,SALAD OR COOKING	1 cup	0.00	0.00	0.00	0.00
OIL,SESAME,SALAD OR COOKING	1 tablespoon	0.00	0.00	0.00	0.00
OIL,SESAME,SALAD OR COOKING	1 tsp	0.00	0.00	0.00	0.00
OIL,SHEANUT	1 cup	0.00	0.00	0.00	0.00
OIL,SHEANUT	1 tablespoon	0.00	0.00	0.00	0.00
OIL,SHEANUT	1 tsp	0.00	0.00	0.00	0.00
OIL,SOYBN LECITHIN	1 cup	0.00	0.00	0.00	0.00
OIL,SOYBN LECITHIN	1 tablespoon	0.00	0.00	0.00	0.00
OIL,SOYBN LECITHIN	1 tsp	0.00	0.00	0.00	0.00

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OIL,SOYBN,SALAD OR COOKING	1 cup	0.00	0.00	0.00	0.00
OIL,SOYBN,SALAD OR COOKING	1 tbsp	0.00	0.00	0.00	0.00
OIL,SOYBN,SALAD OR COOKING	1 tsp	0.00	0.00	0.00	0.00
OIL,SOYBN,SALAD OR COOKING,(PARTIALLY HYDROGENATED)	1 cup	0.00	0.00	0.00	0.00
OIL,SOYBN,SALAD OR COOKING,(PARTIALLY HYDROGENATED)	1 tbsp	0.00	0.00	0.00	0.00
OIL,SOYBN,SALAD OR COOKING,(PARTIALLY HYDROGENATED)	1 tsp	0.00	0.00	0.00	0.00
OIL,SOYBN,SALAD OR COOKING,(PARTIALLY HYDROGENATED) & CTTNSD	1 cup	0.00	0.00	0.00	0.00
OIL,SOYBN,SALAD OR COOKING,(PARTIALLY HYDROGENATED) & CTTNSD	1 tablespoon	0.00	0.00	0.00	0.00
OIL,SOYBN,SALAD OR COOKING,(PARTIALLY HYDROGENATED) & CTTNSD	1 tsp	0.00	0.00	0.00	0.00
OIL,SUNFLOWER,HI OLEIC (70% & OVER)	1 cup	0.00	0.00	0.00	0.00
OIL,SUNFLOWER,HI OLEIC (70% & OVER)	1 tbsp	0.00	0.00	0.00	0.00
OIL,SUNFLOWER,HI OLEIC (70% & OVER)	1 tsp	0.00	0.00	0.00	0.00
OIL,SUNFLOWER,LINOLEIC (LESS THAN 60%)	1 cup	0.00	0.00	0.00	0.00
OIL,SUNFLOWER,LINOLEIC (LESS THAN 60%)	1 tbsp	0.00	0.00	0.00	0.00
OIL,SUNFLOWER,LINOLEIC (LESS THAN 60%)	1 tsp	0.00	0.00	0.00	0.00
OIL,SUNFLOWER,LINOLEIC,(APPROX. 65%)	1 cup	0.00	0.00	0.00	0.00
OIL,SUNFLOWER,LINOLEIC,(APPROX. 65%)	1 tbsp	0.00	0.00	0.00	0.00
OIL,SUNFLOWER,LINOLEIC,(APPROX. 65%)	1 tsp	0.00	0.00	0.00	0.00
OIL,SUNFLOWER,LINOLEIC,(PARTIALLY HYDROGENATED)	1 cup	0.00	0.00	0.00	0.00
OIL,SUNFLOWER,LINOLEIC,(PARTIALLY HYDROGENATED)	1 tbsp	0.00	0.00	0.00	0.00
OIL,SUNFLOWER,LINOLEIC,(PARTIALLY HYDROGENATED)	1 tsp	0.00	0.00	0.00	0.00
OIL,TEASEED	1 cup	0.00	0.00	0.00	0.00
OIL,TEASEED	1 tablespoon	0.00	0.00	0.00	0.00
OIL,TEASEED	1 tsp	0.00	0.00	0.00	0.00
OIL,TOMATOSEED	1 cup	0.00	0.00	0.00	0.00
OIL,TOMATOSEED	1 tablespoon	0.00	0.00	0.00	0.00
OIL,TOMATOSEED	1 tsp	0.00	0.00	0.00	0.00
OIL,UCUHUBA BUTTER	1 cup	0.00	0.00	0.00	0.00
OIL,UCUHUBA BUTTER	1 tbsp	0.00	0.00	0.00	0.00
OIL,UCUHUBA BUTTER	1 tsp	0.00	0.00	0.00	0.00
OIL,VEG,NATREON CANOLA,HI STABILITY,NON TRANS,HI OLEIC (70%)	1 tbsp	0.00	0.00	0.00	0.00
OIL,WALNUT	1 cup	0.00	0.00	0.00	0.00
OIL,WALNUT	1 tbsp	0.00	0.00	0.00	0.00

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OIL,WALNUT	1 tsp	0.00	0.00	0.00	0.00
OIL,WHEAT GERM	1 cup	0.00	0.00	0.00	0.00
OIL,WHEAT GERM	1 tablespoon	0.00	0.00	0.00	0.00
OIL,WHEAT GERM	1 tsp	0.00	0.00	0.00	0.00
SALAD DRESSING,COLESLAW	1 cup	59.50	50.28	0.25	59.25
SALAD DRESSING,COLESLAW	1 tbsp	3.81	3.22	0.02	3.79
SALAD DRSNG,1000 ISLAND DRSNG,FAT-FREE	1 cup	74.93	43.08	8.45	66.48
SALAD DRSNG,1000 ISLAND DRSNG,FAT-FREE	1 tbsp	4.68	2.69	0.53	4.16
SALAD DRSNG,1000 ISLAND DRSNG,RED FAT	1 cup	58.95	42.41	2.94	56.01
SALAD DRSNG,1000 ISLAND DRSNG,RED FAT	1 serving (2 tbsp)	3.61	2.60	0.18	3.43
SALAD DRSNG,1000 ISLAND DRSNG,RED FAT	1 tablespoon	3.61	2.60	0.18	3.43
SALAD DRSNG,1000 ISLAND,COMM,REG	1 cup	36.60	37.95	2.00	34.60
SALAD DRSNG,1000 ISLAND,COMM,REG	1 serving (2 tbsp)	4.39	4.55	0.24	4.15
SALAD DRSNG,1000 ISLAND,COMM,REG	1 tbsp	2.34	2.43	0.13	2.21
SALAD DRSNG,BACON&TOMATO	1 cup	4.80	4.80	0.48	4.32
SALAD DRSNG,BACON&TOMATO	1 tbsp	0.30	0.30	0.03	0.27
SALAD DRSNG,BLUE OR ROQUEFORT CHS DRSNG,COMM,REG	1 cup	11.69	8.53	0.98	10.71
SALAD DRSNG,BLUE OR ROQUEFORT CHS DRSNG,COMM,REG	1 tbsp	0.72	0.52	0.06	0.66
SALAD DRSNG,BLUE OR ROQUEFORT CHS DRSNG,FAT- FREE	1 cup	67.84	19.72	4.77	63.07
SALAD DRSNG,BLUE OR ROQUEFORT CHS DRSNG,FAT- FREE	1 tbsp	4.35	1.26	0.31	4.05
SALAD DRSNG,BLUE OR ROQUEFORT CHS DRSNG,LT	1 cup	32.87	8.96	0.00	32.87
SALAD DRSNG,BLUE OR ROQUEFORT CHS DRSNG,LT	1 tbsp	2.11	0.58	0.00	2.11
SALAD DRSNG,BLUE OR ROQUEFORT CHS,LO CAL	1 cup	7.11	6.91	0.00	7.11
SALAD DRSNG,BLUE OR ROQUEFORT CHS,LO CAL	1 tbsp	0.44	0.42	0.00	0.44
SALAD DRSNG,BTTRMLK,LITE	1 serving (2 tbsp)	6.40	1.13	0.33	6.07
SALAD DRSNG,BTTRMLK,LITE	1 tablespoon	3.20	0.57	0.17	3.03
SALAD DRSNG,CAESAR DRSNG,REG	1 cup	7.76	6.60	1.18	6.58
SALAD DRSNG,CAESAR DRSNG,REG	1 serving (2 tbsp)	0.99	0.84	0.15	0.84
SALAD DRSNG,CAESAR DRSNG,REG	1 tbsp	0.49	0.41	0.07	0.41
SALAD DRSNG,CAESAR,FAT-FREE	2 tbsp (1 NLEA serving)	10.45	3.00	0.07	10.38
SALAD DRSNG,CAESAR,LO CAL	1 cup	44.64	39.17	0.24	44.40
SALAD DRSNG,CAESAR,LO CAL	1 tbsp	2.79	2.45	0.02	2.78
SALAD DRSNG,COLESLAW DRSNG,RED FAT	1 cup	107.60	104.18	1.08	106.52
SALAD DRSNG,COLESLAW DRSNG,RED FAT	1 tbsp	6.80	6.58	0.07	6.73

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SALAD DRSNG,FRENCH DRSNG,COMM,REG	1 cup	38.95	39.88	0.00	38.95
SALAD DRSNG,FRENCH DRSNG,COMM,REG	1 tbsp	2.49	2.55	0.00	2.49
SALAD DRSNG,FRENCH DRSNG,COMM,REG,WO/ SALT	1 tablespoon	2.34	2.39	0.00	2.34
SALAD DRSNG,FRENCH DRSNG,FAT-FREE	1 cup	82.28	42.11	5.63	76.65
SALAD DRSNG,FRENCH DRSNG,FAT-FREE	1 tablespoon	5.14	2.63	0.35	4.79
SALAD DRSNG,FRENCH DRSNG,RED CAL	1 cup	70.20	67.39	0.00	70.20
SALAD DRSNG,FRENCH DRSNG,RED CAL	1 tbsp	4.32	4.15	0.00	4.32
SALAD DRSNG,FRENCH DRSNG,RED FAT	1 cup	81.17	43.84	3.90	77.27
SALAD DRSNG,FRENCH DRSNG,RED FAT	1 serving (2 tbsp)	9.37	5.06	0.45	8.92
SALAD DRSNG,FRENCH DRSNG,RED FAT	1 tablespoon	5.00	2.70	0.24	4.76
SALAD DRSNG,FRENCH DRSNG,RED FAT,WO/ SALT	1 cup	76.13	73.97	2.86	73.27
SALAD DRSNG,FRENCH DRSNG,RED FAT,WO/ SALT	1 tablespoon	4.68	4.55	0.18	4.51
SALAD DRSNG,FRENCH,CTTNSD,OIL,HOME RECIPE	1 cup	7.48	0.00	0.00	7.48
SALAD DRSNG,FRENCH,CTTNSD,OIL,HOME RECIPE	1 tablespoon	0.48	0.00	0.00	0.48
SALAD DRSNG,FRENCH,HOME RECIPE	1 cup	7.48	0.00	0.00	7.48
SALAD DRSNG,FRENCH,HOME RECIPE	1 tablespoon	0.48	0.00	0.00	0.48
SALAD DRSNG,GRN GODDESS,REG	1 cup	18.03	16.34	0.25	17.79
SALAD DRSNG,GRN GODDESS,REG	1 tbsp	1.10	1.00	0.02	1.09
SALAD DRSNG,HOME RECIPE,VINEGAR&OIL	1 cup	6.25	6.25	0.00	6.25
SALAD DRSNG,HOME RECIPE,VINEGAR&OIL	1 tablespoon	0.40	0.40	0.00	0.40
SALAD DRSNG,HONEY MUSTARD DRSNG,RED CAL	2 tbsp (1 serving)	8.48	5.50	0.24	8.24
SALAD DRSNG,HONEY MUSTARD,REG	2 tbsp	7.00	4.75	0.12	6.88
SALAD DRSNG,ITALIAN DRSNG,COMM,RED FAT	1 cup	23.98	21.98	0.00	23.98
SALAD DRSNG,ITALIAN DRSNG,COMM,RED FAT	1 tablespoon	1.50	1.37	0.00	1.50
SALAD DRSNG,ITALIAN DRSNG,COMM,REG	1 cup	28.48	25.31	0.00	28.48
SALAD DRSNG,ITALIAN DRSNG,COMM,REG	1 tbsp	1.78	1.58	0.00	1.78
SALAD DRSNG,ITALIAN DRSNG,COMM,REG,WO/ SALT	1 cup	24.51	19.55	0.00	24.51
SALAD DRSNG,ITALIAN DRSNG,COMM,REG,WO/ SALT	1 tablespoon	1.53	1.22	0.00	1.53
SALAD DRSNG,ITALIAN DRSNG,FAT-FREE	1 cup	20.21	20.44	1.39	18.83
SALAD DRSNG,ITALIAN DRSNG,FAT-FREE	1 tbsp	1.23	1.24	0.08	1.14
SALAD DRSNG,ITALIAN DRSNG,RED CAL	1 cup	14.47	4.19	0.43	14.04
SALAD DRSNG,ITALIAN DRSNG,RED CAL	1 tbsp	0.94	0.27	0.03	0.91
SALAD DRSNG,ITALIAN DRSNG,RED FAT,WO/ SALT	1 cup	10.97	10.92	0.00	10.97
SALAD DRSNG,ITALIAN DRSNG,RED FAT,WO/ SALT	1 tablespoon	0.69	0.68	0.00	0.69
SALAD DRSNG,KRAFT MAYO FAT FREE MAYO DRSNG	1 tbsp	1.98	1.09	0.32	1.66
SALAD DRSNG,KRAFT MAYO LT MAYO	1 tbsp	1.28	0.63	0.02	1.26
SALAD DRSNG,KRAFT MIRACLE WHIP FREE NONFAT DRSNG	1 tbsp	2.48	1.65	0.30	2.18

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SALAD DRSNG,MAYO & MAYONNAISE-TYPE,LO CAL	1 cup	55.45	10.07	0.00	55.45
SALAD DRSNG,MAYO & MAYONNAISE-TYPE,LO CAL	1 tbsp	3.47	0.63	0.00	3.47
SALAD DRSNG,MAYO TYPE,REG,W/SALT	1 cup	34.73	23.55	0.00	34.73
SALAD DRSNG,MAYO TYPE,REG,W/SALT	1 tbsp	2.17	1.47	0.00	2.17
SALAD DRSNG,MAYO,IMITN,MILK CRM	1 cup	26.64	0.00	0.00	26.64
SALAD DRSNG,MAYO,IMITN,MILK CRM	1 tablespoon	1.67	0.00	0.00	1.67
SALAD DRSNG,MAYO,IMITN,SOYBN	1 cup	38.40	14.40	0.00	38.40
SALAD DRSNG,MAYO,IMITN,SOYBN	1 tbsp	2.40	0.90	0.00	2.40
SALAD DRSNG,MAYO,IMITN,SOYBN WO/CHOL	1 cup	35.55	13.50	0.00	35.55
SALAD DRSNG,MAYO,IMITN,SOYBN WO/CHOL	1 tablespoon	2.23	0.85	0.00	2.23
SALAD DRSNG,MAYO,LT	1 tablespoon	1.38	0.53	0.00	1.38
SALAD DRSNG,MAYO,LT,SMART BALANCE,OMEGA PLUS LT	1 tbsp (1 NLEA serving)	1.31	0.75	0.03	1.29
SALAD DRSNG,MAYO,REG	1 cup	1.25	1.25	0.00	1.25
SALAD DRSNG,MAYO,REG	1 packet	0.06	0.06	0.00	0.06
SALAD DRSNG,MAYO,REG	1 tbsp	0.08	0.08	0.00	0.08
SALAD DRSNG,MAYO,SOYBN OIL,WO/SALT	1 cup	5.94	0.00	0.00	5.94
SALAD DRSNG,MAYO,SOYBN OIL,WO/SALT	1 tablespoon	0.37	0.00	0.00	0.37
SALAD DRSNG,MAYO,SOYBN&SAFFLOWER OIL,W/SALT	1 cup	5.94	1.06	0.00	5.94
SALAD DRSNG,MAYO,SOYBN&SAFFLOWER OIL,W/SALT	1 tablespoon	0.37	0.07	0.00	0.37
SALAD DRSNG,MAYONNAISE-LIKE,FAT-FREE	1 cup	39.68	26.37	4.86	34.82
SALAD DRSNG,MAYONNAISE-LIKE,FAT-FREE	1 tbsp	2.48	1.65	0.30	2.18
SALAD DRSNG,PEPPERCORN DRSNG,COMM,REG	1 fl oz	0.91	0.64	0.00	0.91
SALAD DRSNG,PEPPERCORN DRSNG,COMM,REG	1 tbsp	0.47	0.33	0.00	0.47
SALAD DRSNG,POPPYSEED,CREAMY	2 tbsp	7.83	7.72	0.10	7.73
SALAD DRSNG,RANCH DRSNG,COMM,REG	1 serving	1.72	1.41	0.00	1.72
SALAD DRSNG,RANCH DRSNG,COMM,REG	1 tablespoon	0.86	0.70	0.00	0.86
SALAD DRSNG,RANCH DRSNG,FAT-FREE	1 tablespoon	3.71	0.75	0.01	3.70
SALAD DRSNG,RANCH DRSNG,RED FAT	1 serving (2 tbsp)	6.40	1.13	0.33	6.07
SALAD DRSNG,RANCH DRSNG,RED FAT	1 tablespoon	3.20	0.57	0.17	3.03
SALAD DRSNG,RUSSIAN DRSNG	1 cup	78.16	43.32	1.72	76.44
SALAD DRSNG,RUSSIAN DRSNG	1 serving (2 tbsp)	9.57	5.30	0.21	9.36
SALAD DRSNG,RUSSIAN DRSNG	1 tbsp	4.79	2.65	0.11	4.68
SALAD DRSNG,RUSSIAN DRSNG,LO CAL	1 cup	71.76	56.86	0.78	70.98
SALAD DRSNG,RUSSIAN DRSNG,LO CAL	1 tablespoon	4.42	3.50	0.05	4.37
SALAD DRSNG,SESAME SD DRSNG,REG	1 cup	21.07	20.38	2.45	18.62
SALAD DRSNG,SESAME SD DRSNG,REG	1 tablespoon	1.29	1.25	0.15	1.14

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SALAD DRSNG,SPRAY-STYLE DRSNG,ASSORTED FLAVORS	1 serving (approximately 10 sprays)	1.33	1.14	0.02	1.30
SALAD DRSNG,SWT&SOUR	1 cup	9.25	9.25	0.00	9.25
SALAD DRSNG,SWT&SOUR	1 tbsp	0.59	0.59	0.00	0.59
SANDWICH SPRD,W/CHOPD PICKLE,REG,UNSPEC OILS	1 cup	54.88	37.19	0.98	53.90
SANDWICH SPRD,W/CHOPD PICKLE,REG,UNSPEC OILS	1 tablespoon	3.36	2.28	0.06	3.30
SHORTENING BREAD,SOYBN (HYDR)&CTTNSD	1 cup	0.00	0.00	0.00	0.00
SHORTENING BREAD,SOYBN (HYDR)&CTTNSD	1 tablespoon	0.00	0.00	0.00	0.00
SHORTENING CAKE MIX,SOYBN (HYDR)&CTTNSD (HYDR)	1 cup	0.00	0.00	0.00	0.00
SHORTENING CAKE MIX,SOYBN (HYDR)&CTTNSD (HYDR)	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING CONFECTIONERY,COCNT (HYDR)&OR PALM KERNEL (HYDR)	1 cup	0.00	0.00	0.00	0.00
SHORTENING CONFECTIONERY,COCNT (HYDR)&OR PALM KERNEL (HYDR)	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING FRYING (HVY DUTY),BF TALLOW&CTTNSD	1 cup	0.00	0.00	0.00	0.00
SHORTENING FRYING (HVY DUTY),BF TALLOW&CTTNSD	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING FRYING (HVY DUTY),PALM (HYDR)	1 cup	0.00	0.00	0.00	0.00
SHORTENING FRYING (HVY DUTY),PALM (HYDR)	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING FRYING HVY DUTY,SOYBN HYDR,LINOLEIC (LESS THAN 1%	1 cup	0.00	0.00	0.00	0.00
SHORTENING FRYING HVY DUTY,SOYBN HYDR,LINOLEIC (LESS THAN 1%	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING HOUSEHOLD SOYBN (HYDR)&PALM	1 cup	0.00	0.00	0.00	0.00
SHORTENING HOUSEHOLD SOYBN (HYDR)&PALM	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING INDUSTRIAL,LARD&VEG OIL	1 cup	0.00	0.00	0.00	0.00
SHORTENING INDUSTRIAL,LARD&VEG OIL	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING INDUSTRIAL,SOYBN (HYDR)&CTTNSD	1 cup	0.00	0.00	0.00	0.00
SHORTENING INDUSTRIAL,SOYBN (HYDR)&CTTNSD	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING,CONFECTIONERY,FRACTIONATED PALM	1 cup	0.00	0.00	0.00	0.00
SHORTENING,CONFECTIONERY,FRACTIONATED PALM	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING,HOUSEHOLD,LARD&VEG OIL	1 cup	0.00	0.00	0.00	0.00
SHORTENING,HOUSEHOLD,LARD&VEG OIL	1 tablespoon	0.00	0.00	0.00	0.00
SHORTENING,HOUSEHOLD,PARTIALLY HYDROG SOYBN - COTTONSEED	1 cup	0.00	0.00	0.00	0.00

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SHORTENING,HOUSEHOLD,PARTIALLY HYDROG SOYBN - COTTONSEED	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING,INDUS,SOY (PART HYDR) FOR BAKING & CONFECTIONS	1 cup	0.00	0.00	0.00	0.00
SHORTENING,INDUS,SOY (PART HYDR) FOR BAKING & CONFECTIONS	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING,INDUS,SOY (PART HYDROG),POURABLE LIQ FRY	1 cup	0.00	0.00	0.00	0.00
SHORTENING,INDUS,SOY (PART HYDROG),POURABLE LIQ FRY	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING,INDUS,SOY (PART HYDROG),POURABLE LIQ FRY	1 tsp	0.00	0.00	0.00	0.00
SHORTENING,INDUSTRIAL,SOY (PARTIALLY HYDR)&CORN FOR FRYING	1 cup	0.00	0.00	0.00	0.00
SHORTENING,INDUSTRIAL,SOY (PARTIALLY HYDR)&CORN FOR FRYING	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING,MULTIPURPOSE,SOYBN (HYDR)&PALM (HYDR)	1 cup	0.00	0.00	0.00	0.00
SHORTENING,MULTIPURPOSE,SOYBN (HYDR)&PALM (HYDR)	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING,SPL PURPOSE FOR BAKING,SOYBN (HYDR) PALM&CTTNSD	1 cup	0.00	0.00	0.00	0.00
SHORTENING,SPL PURPOSE FOR BAKING,SOYBN (HYDR) PALM&CTTNSD	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING,SPL PURPOSE FOR CAKES&FROSTINGS,SOYBN (HYDR)	1 cup	0.00	0.00	0.00	0.00
SHORTENING,SPL PURPOSE FOR CAKES&FROSTINGS,SOYBN (HYDR)	1 tbsp	0.00	0.00	0.00	0.00
SHORTENING,VEG,HOUSEHOLD,COMP	1 cup	0.00	0.00	0.00	0.00
SHORTENING,VEG,HOUSEHOLD,COMP	1 tbsp	0.00	0.00	0.00	0.00
USDA CMDTY FD,OIL,VEG,LO SATURATED FAT	1 cup	0.00	0.00	0.00	0.00
USDA CMDTY FD,OIL,VEG,LO SATURATED FAT	1 tbsp	0.00	0.00	0.00	0.00
USDA CMDTY FD,OIL,VEG,LO SATURATED FAT	1 tsp	0.00	0.00	0.00	0.00
USDA CMDTY FD,OIL,VEG,SOYBN,REFINED	1 cup	0.00	0.00	0.00	0.00
USDA CMDTY FD,OIL,VEG,SOYBN,REFINED	1 tablespoon	0.00	0.00	0.00	0.00
USDA CMDTY FD,OIL,VEG,SOYBN,REFINED	1 teaspoon	0.00	0.00	0.00	0.00
VEG OIL SPRD,37% FAT,UNSPEC OILS,W/ SALT,W/ ADDED VITAMIN D	1 tbsp	0.10	0.00	0.00	0.10
VEG OIL SPRD,60% FAT,STICK/TUB/BOTTLE,WO/ SALT	1 tbsp	0.12	0.00	0.00	0.12
VEG OIL SPRD,60% FAT,STICK/TUB/BOTTLE,WO/ SALT,W/VIT D	1 tbsp	0.12	0.00	0.00	0.12

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
VEG OIL SPRD,60% FAT,STK,W/ SALT,W/ ADDED VITAMIN D	1 tbsp	0.10	0.00	0.00	0.10
VEG OIL SPRD,60% FAT,TUB,W/ SALT,W/ ADDED VITAMIN D	1 cup	1.97	0.00	0.00	1.97
VEG OIL SPRD,60% FAT,TUB,W/ SALT,W/ ADDED VITAMIN D	1 tbsp	0.12	0.00	0.00	0.12
VEG OIL SPRD,60% FAT,TUB,W/ SALT,W/ ADDED VITAMIN D	1 teaspoon	0.04	0.00	0.00	0.04
VEG OIL SPRD,UNSPEC OILS,APPROX 37% FAT,W/ SALT	1 cup	1.53	0.00	0.00	1.53
VEG OIL SPRD,UNSPEC OILS,APPROX 37% FAT,W/ SALT	1 tbsp	0.10	0.00	0.00	0.10
VEG OIL SPRD,UNSPEC OILS,APPROX 37% FAT,W/ SALT	1 tsp	0.03	0.00	0.00	0.03
VEGETABLE OIL,PALM KERNEL	1 cup	0.00	0.00	0.00	0.00
VEGETABLE OIL,PALM KERNEL	1 tablespoon	0.00	0.00	0.00	0.00
VEGETABLE OIL,PALM KERNEL	2 tbsp (1/8 cup)	0.00	0.00	0.00	0.00
VEGETABLE OIL-BUTTER SPRD,RED CAL	1 cup	0.00	0.00	0.00	0.00
VEGETABLE OIL-BUTTER SPRD,RED CAL	1 tbsp	0.00	0.00	0.00	0.00
VEG-OIL SPRD,STICK/TUB/BOTTLE,60% FAT,W/ ADDED VITAMIN D	1 cup	0.00	0.00	0.00	0.00
VEG-OIL SPRD,STICK/TUB/BOTTLE,60% FAT,W/ ADDED VITAMIN D	1 tbsp	0.00	0.00	0.00	0.00
VEG-OIL SPRD,STICK/TUB/BOTTLE,60% FAT,W/ ADDED VITAMIN D	1 teaspoon	0.00	0.00	0.00	0.00
CANADA GOOSE,BREAST MEAT,SKINLESS,RAW	1 bird	0.00	0.00	0.00	0.00
CANADA GOOSE,BREAST MEAT,SKINLESS,RAW	1 breast	0.00	0.00	0.00	0.00
CANADA GOOSE,BREAST MEAT,SKINLESS,RAW	3 oz	0.00	0.00	0.00	0.00
CHCKN,BRLR OR FRYRS,BRST,SKNLSS,BNLSS,MEAT OLY,ENHCED,GRILLD	1 piece	0.00	0.00	0.00	0.00
CHCKN,BRLR OR FRYRS,BRST,SKNLSS,BNLSS,MEAT OLY,ENHCED,GRILLD	3 oz	0.00	0.00	0.00	0.00
CHCKN,BROLR OR FRYRS,BRST,SKNLSS,BNLESS,MEAT ONLY,CKD,GRILLD	1 piece	0.00	0.00	0.00	0.00
CHCKN,BROLR OR FRYRS,BRST,SKNLSS,BNLESS,MEAT ONLY,CKD,GRILLD	3 oz	0.00	0.00	0.00	0.00
CHICK,FEET,BOILED	1 lb	0.91	0.00	0.00	0.91
CHICK,FEET,BOILED	1 oz	0.06	0.00	0.00	0.06
CHICKEN BREAST TENDERS,BREADED,CKD,MICROWAVED	1 piece	2.63	0.00	0.00	2.63

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CHICKEN BREAST TENDERS,BREADED,CKD,MICROWAVED	4 pieces	10.89	0.00	0.00	10.89
CHICKEN PATTY,FRZ,CKD	1 patty	7.70	0.00	0.18	7.52
CHICKEN PATTY,FRZ,UNCKD	1 patty	8.17	0.00	0.72	7.45
CHICKEN,BROILER OR FRYER,MEAT&SKN&GIBLETS&NECK,FRIED,BATTER	1 chicken	92.83	0.00	0.00	92.83
CHICKEN,BROILER OR FRYER,MEAT&SKN&GIBLETS&NECK,FRIED,BATTER	1 unit (yield from 1 lb ready-to- cook chicken)	27.81	0.00	0.00	27.81
CHICKEN,BROILER OR FRYER,MEAT&SKN&GIBLETS&NECK,FRIED,BATTER	3 oz	7.68	0.00	0.00	7.68
CHICKEN,BROILER OR FRYERS,BRST,SKINLESS,BNLESS,MEAT ONLY,RAW	1 package	0.00	0.00	0.00	0.00
CHICKEN,BROILER OR FRYERS,BRST,SKINLESS,BNLESS,MEAT ONLY,RAW	1 piece	0.00	0.00	0.00	0.00
CHICKEN,BROILER OR FRYERS,BRST,SKINLESS,BNLESS,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILER,ROTISSERIE,BBQ,BACK MEAT & SKN	1 back	0.73	0.73	0.00	0.73
CHICKEN,BROILER,ROTISSERIE,BBQ,BACK MEAT & SKN	3 oz	0.34	0.34	0.00	0.34
CHICKEN,BROILER,ROTISSERIE,BBQ,BACK MEAT ONLY	1 back	0.56	0.56	0.00	0.56
CHICKEN,BROILER,ROTISSERIE,BBQ,BACK MEAT ONLY	3 oz	0.26	0.26	0.00	0.26
CHICKEN,BROILER,ROTISSERIE,BBQ,BREAST MEAT & SKN	1 breast	0.35	0.35	0.00	0.35
CHICKEN,BROILER,ROTISSERIE,BBQ,BREAST MEAT & SKN	3 oz	0.08	0.08	0.00	0.08
CHICKEN,BROILER,ROTISSERIE,BBQ,BREAST MEAT ONLY	1 breast	0.00	0.00	0.00	0.00
CHICKEN,BROILER,ROTISSERIE,BBQ,BREAST MEAT ONLY	3 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILER,ROTISSERIE,BBQ,DRUMSTK MEAT & SKN	1 drumstick	0.09	0.09	0.00	0.09
CHICKEN,BROILER,ROTISSERIE,BBQ,DRUMSTK,MEAT ONLY	1 drumstick	0.00	0.00	0.00	0.00
CHICKEN,BROILER,ROTISSERIE,BBQ,SKIN	1 serving	0.60	0.60	0.00	0.60
CHICKEN,BROILER,ROTISSERIE,BBQ,THIGH MEAT & SKN	1 thigh	0.11	0.11	0.00	0.11
CHICKEN,BROILER,ROTISSERIE,BBQ,THIGH,MEAT ONLY	1 thigh	0.00	0.00	0.00	0.00

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CHICKEN,BROILER,ROTISSERIE,BBQ,WING MEAT & SKN	1 wing	0.31	0.31	0.00	0.31
CHICKEN,BROILER,ROTISSERIE,BBQ,WING,MEAT ONLY	1 wing	0.28	0.27	0.00	0.28
CHICKEN,BROILERS OR FRYERS,BACK,MEAT & SKN,CKD,ROTISSERIE,OR	1 back	0.03	0.03	0.00	0.03
CHICKEN,BROILERS OR FRYERS,BACK,MEAT & SKN,CKD,ROTISSERIE,OR	1 oz	0.01	0.01	0.00	0.01
CHICKEN,BROILERS OR FRYERS,BACK,MEAT & SKN,CKD,ROTISSERIE,OR	1 serving (3 oz)	0.03	0.03	0.00	0.03
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,FRIED	1/2 back, bone and skin removed	3.29	0.00	0.00	3.29
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,FRIED	1 unit (yield from 1 lb ready-to-cook chicken)	1.99	0.00	0.00	1.99
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,ROTISSERIE,ORI	1 back	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,ROTISSERIE,ORI	1 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,ROTISSERIE,ORI	1 serving (3 oz)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,RSTD	1/2 back, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,STWD	1/2 back, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,RAW	1/2 back, bone and skin removed	0.00	0.00	0.00	0.00

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CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,FRIED,BATTER	1/2 back, bone removed	12.30	0.00	0.00	12.30
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,FRIED,BATTER	1 unit (yield from 1 lb ready-to-cook chicken)	7.38	0.00	0.00	7.38
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,FRIED,FLR	1/2 back, bone removed	4.68	0.00	0.00	4.68
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,FRIED,FLR	1 unit (yield from 1 lb ready-to-cook chicken)	2.86	0.00	0.00	2.86
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,RSTD	1/2 back, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,STWD	3 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,RAW	1/2 back, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT & SKN,CKD,ROTISSERIE,	1 breast	0.07	0.07	0.00	0.07
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT & SKN,CKD,ROTISSERIE,	1 oz	0.01	0.01	0.00	0.01
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT & SKN,CKD,ROTISSERIE,	1 serving (3 oz)	0.02	0.02	0.00	0.02

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CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,FRIED	1/2 breast, bone and skin removed	0.44	0.00	0.00	0.44
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,FRIED	1 unit (yield from 1 lb ready-to-cook chicken)	0.27	0.00	0.00	0.27
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,ROTISSERIE,O	1 breast breast with skin and bone	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,ROTISSERIE,O	1 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,ROTISSERIE,O	3 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,RSTD	1/2 breast, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,RSTD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,STWD	1/2 breast, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,FRIED,BATTER	1/2 breast, bone removed	12.59	0.00	0.42	12.17
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,FRIED,BATTER	1 unit (yield from 1 lb ready-to-cook chicken)	7.55	0.00	0.25	7.30
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,FRIED,FLR	1/2 breast, bone removed	1.61	0.00	0.10	1.51

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CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,FRIED,FLR	1 unit (yield from 1 lb ready-to-cook chicken)	0.97	0.00	0.06	0.91
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,RSTD	1/2 breast, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,RSTD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,STWD	1/2 breast, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,RAW	1/2 breast, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,RAW	1/2 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,DRUMSTK,MEAT ONLY,CKD,BRSD	1 drumstick with skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,DRUMSTK,MEAT ONLY,CKD,BRSD	1 drumstick without skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,DRUMSTK,MEAT ONLY,CKD,RST	1 drumstick with skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,DRUMSTK,MEAT ONLY,CKD,RST	1 drumstick without skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,DRUMSTK,MEAT ONLY,RAW	1 drumstick with skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,DRUMSTK,MEAT ONLY,RAW	1 drumstick without skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,DRUMSTK,MT & SKN,CKD,BRSD	1 drumstick with skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,DRUMSTK,MT & SKN,CKD,BRSD	1 drumstick without skin	0.00	0.00	0.00	0.00

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CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT & SKN,RAW	1/2 chicken, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT & SKN,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT & SKN,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,FRIED	1 cup	3.63	0.00	0.00	3.63
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,FRIED	1 unit (yield from 1 lb ready-to-cook chicken)	2.36	0.00	0.00	2.36
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,RSTD	1/2 chicken, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,RSTD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,STWD	1/2 chicken, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,RAW	1/2 chicken, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,FRIED,BATTER	1/2 chicken, bone removed	26.08	0.00	0.00	26.08

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CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,FRIED,BATTER	1 unit (yield from 1 lb ready-to- cook chicken)	15.66	0.00	0.00	15.66
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,FRIED,BATTER	3 oz	7.97	0.00	0.00	7.97
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,FRIED,FLR	1/2 chicken, bone removed	7.51	0.00	0.00	7.51
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,FRIED,FLR	1 unit (yield from 1 lb ready-to- cook chicken)	4.49	0.00	0.00	4.49
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,RSTD	1/2 chicken, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to- cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,STWD	1/2 chicken, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,STWD	1 unit (yield from 1 lb ready-to- cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,THIGH,MEAT & SKN,CKD,BRSD	1 thigh with skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,THIGH,MEAT & SKN,CKD,BRSD	1 thigh without skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,THIGH,MEAT ONLY,CKD,BRSD	1 thigh with skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,THIGH,MEAT ONLY,CKD,BRSD	1 thigh without skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,THIGH,MEAT ONLY,RAW	1 thigh	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,THIGH,MEAT ONLY,RAW	1 thigh with skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DK MEAT,THIGH,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT & SKN,CKD,ROTISSERIE	1 drumstick	0.01	0.01	0.00	0.01

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CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT & SKN,CKD,ROTISSERIE	1 oz	0.01	0.01	0.00	0.01
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT & SKN,CKD,ROTISSERIE	1 serving (3 oz)	0.02	0.02	0.00	0.02
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,FRIED	1 drumstick, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,FRIED	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,ROTISSERIE,	1 drumstick	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,ROTISSERIE,	1 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,ROTISSERIE,	1 serving (3oz)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,STWD	1 drumstick, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,STWD	3 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,FRIED,BATTER	1 drumstick, bone removed	5.96	0.00	0.22	5.75
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,FRIED,BATTER	1 unit (yield from 1 lb ready-to-cook chicken)	3.56	0.00	0.13	3.43
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,FRIED,FLR	1 drumstick, bone removed	0.80	0.00	0.05	0.75
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,FRIED,FLR	1 unit (yield from 1 lb ready-to-cook chicken)	0.47	0.00	0.03	0.44

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,RSTD	1 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,RSTD	1 drumstick without skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,STWD	1 drumstick, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,RAW	1 drumstick	0.14	0.00	0.00	0.14
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,RAW	1 drumstick with skin	0.15	0.00	0.00	0.15
CHICKEN,BROILERS OR FRYERS,FAT,RAW	1/2 chicken, separable fat	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,FAT,RAW	1 tbsp	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,FAT,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,GIBLETS,CKD,FRIED	1 cup, chopped or diced	6.31	0.00	0.00	6.31
CHICKEN,BROILERS OR FRYERS,GIBLETS,CKD,FRIED	1 unit (yield from 1 lb ready-to-cook chicken)	0.57	0.00	0.00	0.57
CHICKEN,BROILERS OR FRYERS,GIBLETS,CKD,SIMMRD	1 cup chopped or dice	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,GIBLETS,RAW	1 giblets	1.35	0.00	0.00	1.35
CHICKEN,BROILERS OR FRYERS,GIBLETS,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.41	0.00	0.00	0.41
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,FRIED	1 leg, bone and skin removed	0.61	0.00	0.00	0.61

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CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,FRIED	1 unit (yield from 1 lb ready-to-cook chicken)	0.36	0.00	0.00	0.36
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,RSTD	1 back bone and skin r	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,RSTD	1 drumstick bone and skin r	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,RSTD	1 leg bone and skin r (Sum of drumstick+thigh+back meat only)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,RSTD	1 thigh bone and skin r	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,STWD	1 leg, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,STWD	3 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,RAW	1 back bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,RAW	1 drumstick bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,RAW	1 leg, bone and skin removed (Sum of drumstick+thigh+back meat only)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,RAW	1 thigh bone and skin removed	0.00	0.00	0.00	0.00

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CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,FRIED,BATTER	1 leg, bone removed	13.78	0.00	0.47	13.30
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,FRIED,BATTER	1 unit (yield from 1 lb ready-to-cook chicken)	8.28	0.00	0.29	8.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,FRIED,FLR	1 leg, bone removed	2.80	0.00	0.11	2.69
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,FRIED,FLR	1 unit (yield from 1 lb ready-to-cook chicken)	1.68	0.00	0.07	1.61
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,RSTD	1 back with skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,RSTD	1 drumstick with skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,RSTD	1 leg, with skin (Sum of drumstick+thigh+back)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,RSTD	1 thigh with skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,STWD	1 leg, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,RAW	1 back with skin	0.08	0.00	0.00	0.08
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,RAW	1 drumstick with skin	0.19	0.00	0.00	0.19
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,RAW	1 leg, with skin (Sum of drumstick+thigh+back)	0.58	0.00	0.00	0.58

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CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,RAW	1 thigh with skin	0.31	0.00	0.00	0.31
CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,RAW	3 oz	0.14	0.00	0.00	0.14
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT & SKN,RAW	1/2 chicken, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT & SKN,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,FRIED	1 cup	0.59	0.00	0.00	0.59
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,FRIED	1 unit (yield from 1 lb ready-to-cook chicken)	0.27	0.00	0.00	0.27
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,RSTD	1/2 chicken, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,RSTD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,STWD	1/2 chicken, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,RAW	1/2 chicken, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00

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CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,FRIED,BATTER	1/2 chicken, bone removed	17.86	0.00	0.00	17.86
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,FRIED,BATTER	1 unit (yield from 1 lb ready-to- cook chicken)	10.74	0.00	0.00	10.74
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,FRIED,FLR	1/2 chicken, bone removed	2.37	0.00	0.13	2.24
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,FRIED,FLR	1 unit (yield from 1 lb ready-to- cook chicken)	1.42	0.00	0.08	1.34
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,RSTD	1/2 chicken, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to- cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,STWD	1/2 chicken, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,STWD	1 unit (yield from 1 lb ready-to- cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT & SKN,RAW	1/2 chicken, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT & SKN,RAW	1 unit (yield from 1 lb ready-to- cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT & SKN,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,CKD,FRIED	1/2 chicken, bone and skin removed	4.36	0.00	0.26	4.10
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,CKD,FRIED	1 cup, chopped or diced	2.37	0.00	0.14	2.23

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CHICKEN,BROILERS OR FRYERS,MEAT ONLY,CKD,FRIED	1 unit (yield from 1 lb ready-to-cook chicken)	2.62	0.00	0.16	2.46
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,RAW	1/2 chicken, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,RSTD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,RSTD	1 tbsp	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,STWD	1 tbsp	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,FRIED,FLR	1 chicken	23.15	0.00	0.00	23.15
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,FRIED,FLR	1 unit (yield from 1 lb ready-to-cook chicken)	6.93	0.00	0.00	6.93
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,FRIED,FLR	3 oz	2.78	0.00	0.00	2.78
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,RAW	1 chicken	1.36	0.00	0.00	1.36
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,RAW	3 oz	0.11	0.00	0.00	0.11
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,RSTD	1 chicken	0.41	0.00	0.00	0.41

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CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.12	0.00	0.00	0.12
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,RSTD	3 oz	0.05	0.00	0.00	0.05
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,STWD	1 chicken	0.45	0.00	0.00	0.45
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.14	0.00	0.00	0.14
CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,STWD	3 oz	0.05	0.00	0.00	0.05
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,FRIED,BATTER	1/2 chicken, bone removed	43.90	0.00	1.40	42.50
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,FRIED,BATTER	1 unit (yield from 1 lb ready-to-cook chicken)	26.38	0.00	0.84	25.54
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,FRIED,BATTER	3 oz	8.01	0.00	0.26	7.75
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,FRIED,FLR	1/2 chicken, bone removed	9.89	0.00	0.31	9.58
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,FRIED,FLR	1 unit (yield from 1 lb ready-to-cook chicken)	5.92	0.00	0.19	5.73
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,FRIED,FLR	3 oz	2.68	0.00	0.09	2.59
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,RSTD	1/2 chicken, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,RSTD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00

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CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,STWD	1/2 chicken, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,CKD,FRIED	1 neck, bone and skin removed	0.39	0.00	0.00	0.39
CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,CKD,FRIED	1 unit (yield from 1 lb ready-to-cook chicken)	0.12	0.00	0.00	0.12
CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,CKD,SIMMRD	1 neck, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,CKD,SIMMRD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,RAW	1 neck, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD SIMMRD	1 neck, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD SIMMRD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD,FRIED,BATTER	1 neck, bone removed	4.52	0.00	0.00	4.52
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD,FRIED,BATTER	1 unit (yield from 1 lb ready-to-cook chicken)	1.39	0.00	0.00	1.39

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CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD,FRIED,FLR	1 neck, bone removed	1.53	0.00	0.00	1.53
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD,FRIED,FLR	1 unit (yield from 1 lb ready-to-cook chicken)	0.47	0.00	0.00	0.47
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,RAW	1 neck, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,FRIED,BATTER	1/2 chicken, skin only	43.99	0.00	0.00	43.99
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,FRIED,BATTER	1 unit (yield from 1 lb ready-to-cook chicken)	26.39	0.00	0.00	26.39
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,FRIED,FLR	1/2 chicken, skin only	5.23	0.00	0.00	5.23
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,FRIED,FLR	1 unit (yield from 1 lb ready-to-cook chicken)	3.08	0.00	0.00	3.08
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,ROTISSERIE,ORIGINAL	1 oz	0.03	0.03	0.00	0.03
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,RSTD	1/2 chicken, skin only	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,STWD	1/2 chicken, skin only	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,SKN ONLY,RAW	1/2 chicken, skin only	0.00	0.00	0.00	0.00

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CHICKEN,BROILERS OR FRYERS,SKN ONLY,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT & SKN,CKD,ROTISSERIE,O	1 serving	0.02	0.02	0.00	0.02
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT & SKN,CKD,ROTISSERIE,O	1 thigh	0.02	0.02	0.00	0.02
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,FRIED	1 thigh, bone and skin removed	0.61	0.00	0.00	0.61
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,FRIED	1 unit (yield from 1 lb ready-to-cook chicken)	0.37	0.00	0.00	0.37
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,ROTISSERIE,OR	1 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,ROTISSERIE,OR	1 serving (3 oz)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,ROTISSERIE,OR	1 thigh	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,RSTD	1 thigh with skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,RSTD	1 thigh without skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,STWD	1 thigh, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,FRIED,BATTER	1 thigh, bone removed	7.81	0.00	0.26	7.55
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,FRIED,BATTER	1 unit (yield from 1 lb ready-to-cook chicken)	4.72	0.00	0.16	4.57
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,FRIED,FLR	1 thigh, bone removed	1.97	0.00	0.06	1.91

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,FRIED,FLR	1 unit (yield from 1 lb ready-to-cook chicken)	1.21	0.00	0.04	1.17
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,RSTD	1 thigh with skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,RSTD	1 thigh without skin	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,STWD	1 thigh, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,RAW	1 thigh with skin	0.48	0.00	0.00	0.48
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,RAW	1 thigh without skin (yield from 1 lb ready-to-cook chicken)	0.37	0.00	0.00	0.37
CHICKEN,BROILERS OR FRYERS,WING,MEAT & SKN,CKD,ROTISSERIE,OR	1 oz	0.01	0.01	0.00	0.01
CHICKEN,BROILERS OR FRYERS,WING,MEAT & SKN,CKD,ROTISSERIE,OR	1 serving (3 oz)	0.03	0.03	0.00	0.03
CHICKEN,BROILERS OR FRYERS,WING,MEAT & SKN,CKD,ROTISSERIE,OR	1 wing	0.02	0.02	0.00	0.02
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,FRIED	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,FRIED	1 wing, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,ROTISSERIE,ORI	1 oz	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,ROTISSERIE,ORI	1 serving (3 oz)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,ROTISSERIE,ORI	1 wing	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,RSTD	1 wing, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,STWD	1 wing, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,RAW	1 wing, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,RAW	1 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,FRIED,BATTER	1 unit (yield from 1 lb ready-to-cook chicken)	3.17	0.00	0.09	3.09
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,FRIED,BATTER	1 wing, bone removed	5.36	0.00	0.15	5.21
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,FRIED,FLR	1 unit (yield from 1 lb ready-to-cook chicken)	0.45	0.00	0.02	0.44
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,FRIED,FLR	1 wing, bone removed	0.76	0.00	0.03	0.73
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,RSTD	1 piece	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,STWD	1 wing, bone removed	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,RAW	1 package	0.00	0.00	0.00	0.00
CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,RAW	1 piece	0.00	0.00	0.00	0.00
CHICKEN,CANNED,NO BROTH	1 can (5 oz) yields	1.13	0.00	0.00	1.13
CHICKEN,CANNED,NO BROTH	1 cup	1.85	0.00	0.00	1.85
CHICKEN,CANNED,NO BROTH	1 oz	0.25	0.00	0.00	0.25
CHICKEN,CAPONS,GIBLETS,CKD,SIMMRD	1 cup, chopped or diced	1.10	0.00	0.00	1.10
CHICKEN,CAPONS,GIBLETS,CKD,SIMMRD	1 unit (yield from 1 lb ready-to-cook capon)	0.08	0.00	0.00	0.08
CHICKEN,CAPONS,GIBLETS,RAW	1 giblets	1.63	0.00	0.00	1.63
CHICKEN,CAPONS,GIBLETS,RAW	1 unit (yield from 1 lb ready-to-cook capon)	0.26	0.00	0.00	0.26
CHICKEN,CAPONS,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	1 capon	0.57	0.00	0.00	0.57
CHICKEN,CAPONS,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook capon)	0.09	0.00	0.00	0.09
CHICKEN,CAPONS,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	3 oz	0.03	0.00	0.00	0.03
CHICKEN,CAPONS,MEAT&SKN&GIBLETS&NECK,RAW	1 capon	1.72	0.00	0.00	1.72
CHICKEN,CAPONS,MEAT&SKN&GIBLETS&NECK,RAW	3 oz	0.07	0.00	0.00	0.07
CHICKEN,CAPONS,MEAT&SKN,CKD,RSTD	1/2 capon, bone removed	0.00	0.00	0.00	0.00
CHICKEN,CAPONS,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook capon)	0.00	0.00	0.00	0.00

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CHICKEN,CAPONS,MEAT&SKN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
CHICKEN,CAPONS,MEAT&SKN,RAW	1/2 capon, bone removed	0.00	0.00	0.00	0.00
CHICKEN,CAPONS,MEAT&SKN,RAW	1 unit (yield from 1 lb ready-to cook capon)	0.00	0.00	0.00	0.00
CHICKEN,CAPONS,MEAT&SKN,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,CND,MEAT ONLY,W/BROTH	1 can (5 oz)	0.00	0.00	0.00	0.00
CHICKEN,CORNISH GAME HENS,MEAT ONLY,CKD,RSTD	1/2 bird	0.00	0.00	0.00	0.00
CHICKEN,CORNISH GAME HENS,MEAT ONLY,CKD,RSTD	1 bird whole	0.00	0.00	0.00	0.00
CHICKEN,CORNISH GAME HENS,MEAT ONLY,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
CHICKEN,CORNISH GAME HENS,MEAT ONLY,RAW	1/2 bird	0.00	0.00	0.00	0.00
CHICKEN,CORNISH GAME HENS,MEAT ONLY,RAW	1 bird whole	0.00	0.00	0.00	0.00
CHICKEN,CORNISH GAME HENS,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,CORNISH GAME HENS,MEAT&SKN,CKD,RSTD	1/2 bird	0.00	0.00	0.00	0.00
CHICKEN,CORNISH GAME HENS,MEAT&SKN,CKD,RSTD	1 bird whole	0.00	0.00	0.00	0.00
CHICKEN,CORNISH GAME HENS,MEAT&SKN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
CHICKEN,CORNISH GAME HENS,MEAT&SKN,RAW	1/2 bird	0.00	0.00	0.00	0.00
CHICKEN,CORNISH GAME HENS,MEAT&SKN,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,DRUMSTK,MEAT & SKN,ENHANCED,BRSD	1 drumstick with skin	0.14	0.00	0.00	0.14
CHICKEN,DK MEAT,DRUMSTK,MEAT & SKN,ENHANCED,BRSD	1 drumstick without skin	0.12	0.00	0.00	0.12
CHICKEN,DK MEAT,DRUMSTK,MEAT & SKN,ENHANCED,CKD,RSTD	1 drumstick with skin	0.06	0.00	0.00	0.06
CHICKEN,DK MEAT,DRUMSTK,MEAT & SKN,ENHANCED,CKD,RSTD	1 drumstick without skin	0.05	0.00	0.00	0.05
CHICKEN,DK MEAT,DRUMSTK,MEAT & SKN,ENHANCED,RAW,	1 drumstick with skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,DRUMSTK,MEAT & SKN,ENHANCED,RAW,	1 drumstick without skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,DRUMSTK,MEAT ONLY,ENHANCED,CKD,BRSD	1 drumstick with skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,DRUMSTK,MEAT ONLY,ENHANCED,CKD,BRSD	1 drumstick without skin	0.00	0.00	0.00	0.00

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CHICKEN,DK MEAT,DRUMSTK,MEAT ONLY,ENHANCED,CKD,RSTD	1 drumstick with skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,DRUMSTK,MEAT ONLY,ENHANCED,CKD,RSTD	1 drumstick without skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,DRUMSTK,MEAT ONLY,ENHANCED,RAW	1 drumstick with skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,DRUMSTK,MEAT ONLY,ENHANCED,RAW	1 drumstick without skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,THIGH,MEAT & SKN,ENHANCED,CKD,BRSD	1 thigh with skin	0.33	0.00	0.00	0.33
CHICKEN,DK MEAT,THIGH,MEAT & SKN,ENHANCED,CKD,BRSD	1 thigh without skin	0.28	0.00	0.00	0.28
CHICKEN,DK MEAT,THIGH,MEAT & SKN,ENHANCED,CKD,BRSD	3 oz	0.18	0.00	0.00	0.18
CHICKEN,DK MEAT,THIGH,MEAT & SKN,ENHANCED,CKD,RSTD	1 thigh with skin	0.12	0.00	0.00	0.12
CHICKEN,DK MEAT,THIGH,MEAT & SKN,ENHANCED,CKD,RSTD	1 thigh without skin	0.10	0.00	0.00	0.10
CHICKEN,DK MEAT,THIGH,MEAT & SKN,ENHANCED,RAW	1 thigh	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,THIGH,MEAT & SKN,ENHANCED,RAW	1 thigh without skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,THIGH,MEAT & SKN,ENHANCED,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,THIGH,MEAT ONLY,ENHANCED,CKD,BRSD	1 thigh with skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,THIGH,MEAT ONLY,ENHANCED,CKD,BRSD	1 thigh without skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,THIGH,MEAT ONLY,ENHANCED,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,THIGH,MEAT ONLY,ENHANCED,CKD,RSTD	1 thigh with skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,THIGH,MEAT ONLY,ENHANCED,CKD,RSTD	1 thigh without skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,THIGH,MEAT ONLY,ENHANCED,RAW	1 thigh with skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,THIGH,MEAT ONLY,ENHANCED,RAW	1 thigh without skin	0.00	0.00	0.00	0.00
CHICKEN,DK MEAT,THIGH,MEAT ONLY,ENHANCED,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,GIZZARD,ALL CLASSES,CKD,SIMMRD	1 cup chopped or dice	0.00	0.00	0.00	0.00
CHICKEN,GIZZARD,ALL CLASSES,RAW	1 lb	0.00	0.00	0.00	0.00

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CHICKEN,GIZZARD,ALL CLASSES,RAW	1 oz	0.00	0.00	0.00	0.00
CHICKEN,GROUND,CRUMBLES,CKD,PAN-BROWNED	3 oz crumbled	0.00	0.00	0.00	0.00
CHICKEN,GROUND,RAW	4 oz crumbled	0.04	0.00	0.00	0.04
CHICKEN,HEART,ALL CLASSES,CKD,SIMMRD	1 cup, chopped or diced	0.15	0.00	0.00	0.15
CHICKEN,HEART,ALL CLASSES,CKD,SIMMRD	1 unit (yield from 1 lb ready-to- cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,HEART,ALL CLASSES,RAW	1 heart	0.04	0.00	0.00	0.04
CHICKEN,HEART,ALL CLASSES,RAW	1 unit (yield from 1 lb ready-to- cook chicken)	0.01	0.00	0.00	0.01
CHICKEN,LIVER,ALL CLASSES,CKD,PAN-FRIED	1 liver	0.49	0.00	0.00	0.49
CHICKEN,LIVER,ALL CLASSES,CKD,PAN-FRIED	1 oz	0.31	0.00	0.00	0.31
CHICKEN,LIVER,ALL CLASSES,CKD,SIMMRD	1 liver	0.38	0.00	0.00	0.38
CHICKEN,LIVER,ALL CLASSES,RAW	1 liver	0.32	0.00	0.00	0.32
CHICKEN,ROASTING,DK MEAT,MEAT ONLY,CKD,RSTD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,DK MEAT,MEAT ONLY,CKD,RSTD	1 unit (yield from 1 lb ready-to- cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,DK MEAT,MEAT ONLY,RAW	1/2 chicken, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,DK MEAT,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to- cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,GIBLETS,CKD,SIMMRD	1 cup, chopped or diced	1.25	0.00	0.00	1.25
CHICKEN,ROASTING,GIBLETS,CKD,SIMMRD	1 unit (yield from 1 lb ready-to- cook chicken)	0.13	0.00	0.00	0.13
CHICKEN,ROASTING,GIBLETS,RAW	1 giblets	1.29	0.00	0.00	1.29
CHICKEN,ROASTING,GIBLETS,RAW	1 unit (yield from 1 lb ready-to- cook chicken)	0.29	0.00	0.00	0.29

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CHICKEN,ROASTING,LT MEAT,MEAT ONLY,CKD,RSTD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,LT MEAT,MEAT ONLY,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,LT MEAT,MEAT ONLY,RAW	1/2 chicken, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,LT MEAT,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,MEAT ONLY,CKD,RSTD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,MEAT ONLY,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,MEAT ONLY,RAW	1/2 chicken, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	1 chicken	0.54	0.00	0.00	0.54
CHICKEN,ROASTING,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook chicken)	0.12	0.00	0.00	0.12
CHICKEN,ROASTING,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	3 oz	0.04	0.00	0.00	0.04
CHICKEN,ROASTING,MEAT&SKN&GIBLETS&NECK,RAW	1 chicken	1.36	0.00	0.00	1.36
CHICKEN,ROASTING,MEAT&SKN&GIBLETS&NECK,RAW	3 oz	0.08	0.00	0.00	0.08
CHICKEN,ROASTING,MEAT&SKN,CKD,RSTD	1/2 chicken, bone removed	0.00	0.00	0.00	0.00

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CHICKEN,ROASTING,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to- cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,ROASTING,MEAT&SKN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
CHICKEN,SKN (DRUMSTICKS & THIGHS),CKD,BRSD	1 lb	0.00	0.00	0.00	0.00
CHICKEN,SKN (DRUMSTICKS & THIGHS),CKD,BRSD	1 oz	0.00	0.00	0.00	0.00
CHICKEN,SKN (DRUMSTICKS & THIGHS),CKD,RSTD	1 lb	0.00	0.00	0.00	0.00
CHICKEN,SKN (DRUMSTICKS & THIGHS),CKD,RSTD	1 oz	0.00	0.00	0.00	0.00
CHICKEN,SKN (DRUMSTICKS & THIGHS),ENHANCED,CKD,BRSD	1 oz	0.28	0.00	0.00	0.28
CHICKEN,SKN (DRUMSTICKS & THIGHS),ENHANCED,CKD,RSTD	1 oz	0.12	0.00	0.00	0.12
CHICKEN,SKN (DRUMSTICKS & THIGHS),ENHANCED,RAW	1 oz	0.00	0.00	0.00	0.00
CHICKEN,SKN (DRUMSTICKS & THIGHS),RAW	1 lb	3.58	0.00	0.00	3.58
CHICKEN,SKN (DRUMSTICKS & THIGHS),RAW	1 oz	0.22	0.00	0.00	0.22
CHICKEN,STEWING,DK MEAT,MEAT ONLY,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,STEWING,DK MEAT,MEAT ONLY,CKD,STWD	1 unit (yield from 1 lb ready-to- cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,STEWING,DK MEAT,MEAT ONLY,RAW	1/2 chicken, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,STEWING,DK MEAT,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to- cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,STEWING,GIBLETS,CKD,SIMMRD	1 cup, chopped or diced	0.16	0.00	0.00	0.16
CHICKEN,STEWING,GIBLETS,CKD,SIMMRD	1 unit (yield from 1 lb ready-to- cook chicken)	0.02	0.00	0.00	0.02
CHICKEN,STEWING,GIBLETS,RAW	1 giblets	1.73	0.00	0.00	1.73
CHICKEN,STEWING,GIBLETS,RAW	1 unit (yield from 1 lb ready-to- cook chicken)	0.60	0.00	0.00	0.60
CHICKEN,STEWING,LT MEAT,MEAT ONLY,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00

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CHICKEN,STEWING,LT MEAT,MEAT ONLY,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,STEWING,LT MEAT,MEAT ONLY,RAW	1/2 chicken, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,STEWING,LT MEAT,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT & SKN,& GIBLETS & NECK,CKD,STWD	1 chicken, bone removed	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT & SKN,& GIBLETS & NECK,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT & SKN,& GIBLETS & NECK,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT & SKN,& GIBLETS & NECK,CKD,STWD	3 oz	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT ONLY,CKD,STWD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT ONLY,CKD,STWD	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT ONLY,RAW	1/2 chicken, bone and skin removed	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT&SKN,&GIBLETS&NECK,RAW	1 chicken	1.72	0.00	0.00	1.72
CHICKEN,STEWING,MEAT&SKN,&GIBLETS&NECK,RAW	3 oz	0.16	0.00	0.00	0.16
CHICKEN,STEWING,MEAT&SKN,CKD,STWD	1/2 chicken, bone removed	0.00	0.00	0.00	0.00

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CHICKEN,STEWING,MEAT&SKN,CKD,STWD	1 unit (yield from 1 lb ready-to- cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT&SKN,CKD,STWD	3 oz	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT&SKN,RAW	1/2 chicken, bone removed	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT&SKN,RAW	1 unit (yield from 1 lb ready-to- cook chicken)	0.00	0.00	0.00	0.00
CHICKEN,STEWING,MEAT&SKN,RAW	3 oz	0.00	0.00	0.00	0.00
CHICKEN,WING,FRZ,GLAZED,BARBECUE FLAV	1 piece	0.97	0.59	0.17	0.79
CHICKEN,WING,FRZ,GLAZED,BARBECUE FLAV	1 serving	2.87	1.75	0.52	2.36
CHICKEN,WING,FRZ,GLAZED,BARBECUE FLAV,HTD (MICROWAVE)	1 serving	2.84	1.55	0.67	2.18
CHICKEN,WING,FRZ,GLAZED,BBQ FLAV,HTD (CONVENTIONAL OVEN)	1 serving	3.23	1.86	0.48	2.75
CHICKN,BROILR OR FRYRS,BRST,SKNLSS,BNLESS,MEAT ONLY,CKD,BRSD	1 piece	0.00	0.00	0.00	0.00
CHICKN,BROILR OR FRYRS,BRST,SKNLSS,BNLESS,MEAT ONLY,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
CHIKN,BRLR OR FRYRS,BRST,SKNLSS,BNLSS,MEAT OLY,ENHCD,BRSD	1 piece	0.00	0.00	0.00	0.00
CHIKN,BRLR OR FRYRS,BRST,SKNLSS,BNLSS,MEAT OLY,ENHCD,BRSD	3 oz	0.00	0.00	0.00	0.00
CHKN,BROLRS OR FRYERS,BRST,SKNLSS,BNLESS,MEAT OLY,ENHCED,RAW	1/2 breast bone and skin r	0.00	0.00	0.00	0.00
CHKN,BROLRS OR FRYERS,BRST,SKNLSS,BNLESS,MEAT OLY,ENHCED,RAW	1 piece	0.00	0.00	0.00	0.00
CHKN,BROLRS OR FRYERS,BRST,SKNLSS,BNLESS,MEAT OLY,ENHCED,RAW	3 oz	0.00	0.00	0.00	0.00
DOVE,CKD (INCL SQUAB)	1 cup, chopped or diced	0.00	0.00	0.00	0.00
DUCK,DOMESTICATED,LIVER,RAW	1 liver	1.55	0.00	0.00	1.55
DUCK,DOMESTICATED,LIVER,RAW	1 unit (yield from 1 lb ready-to- cook duck)	0.35	0.00	0.00	0.35

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DUCK,DOMESTICATED,MEAT ONLY,CKD,RSTD	1/2 duck	0.00	0.00	0.00	0.00
DUCK,DOMESTICATED,MEAT ONLY,CKD,RSTD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
DUCK,DOMESTICATED,MEAT ONLY,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook duck)	0.00	0.00	0.00	0.00
DUCK,DOMESTICATED,MEAT ONLY,RAW	1/2 duck	2.85	0.00	0.00	2.85
DUCK,DOMESTICATED,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook duck)	1.29	0.00	0.00	1.29
DUCK,DOMESTICATED,MEAT&SKN,CKD,RSTD	1/2 duck	0.00	0.00	0.00	0.00
DUCK,DOMESTICATED,MEAT&SKN,CKD,RSTD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
DUCK,DOMESTICATED,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook duck)	0.00	0.00	0.00	0.00
DUCK,DOMESTICATED,MEAT&SKN,RAW	1/2 duck	0.00	0.00	0.00	0.00
DUCK,DOMESTICATED,MEAT&SKN,RAW	1 unit (yield from 1 lb ready-to-cook duck)	0.00	0.00	0.00	0.00
DUCK,DOMESTICATED,MEAT&SKN,RAW	3 oz	0.00	0.00	0.00	0.00
DUCK,WILD,BREAST,MEAT ONLY,RAW	1/2 breast, bone and skin removed	0.00	0.00	0.00	0.00
DUCK,WILD,BREAST,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook duck)	0.00	0.00	0.00	0.00
DUCK,WILD,MEAT&SKN,RAW	1/2 duck	0.00	0.00	0.00	0.00
DUCK,WILD,MEAT&SKN,RAW	1 unit (yield from 1 lb ready-to-cook duck)	0.00	0.00	0.00	0.00
DUCK,WILD,MEAT&SKN,RAW	3 oz	0.00	0.00	0.00	0.00
DUCK,YNG DUCKL,DOM,WH PEKIN,BRST,MEAT,BNLESS,CKD WO/SKN,BRLD	1/2 breast, bone and skin removed	0.00	0.00	0.00	0.00
DUCK,YNG DUCKL,DOM,WH PEKIN,BRST,MEAT,BNLESS,CKD WO/SKN,BRLD	1 cup, chopped or diced	0.00	0.00	0.00	0.00

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DUCK,YNG DUCKL,DOM,WH PEKIN,BRST,MEAT,BNLESS,CKD WO/SKN,BRLD	1 unit (yield from 1 lb ready-to-cook duck)	0.00	0.00	0.00	0.00
DUCK,YNG DUCKL,DOM,WH PEKIN,BRST,MEAT,BNLESS,CKD WO/SKN,BRLD	3 oz	0.00	0.00	0.00	0.00
DUCK,YNG DUCKL,DOM,WH PEKIN,LEG,MEAT,BONE IN,CKD WO/SKN,BRSD	1 cup chopped or diced, cooked	0.00	0.00	0.00	0.00
DUCK,YNG DUCKL,DOM,WH PEKIN,LEG,MEAT,BONE IN,CKD WO/SKN,BRSD	1 leg, bone and skin removed	0.00	0.00	0.00	0.00
DUCK,YNG DUCKL,DOM,WH PEKIN,LEG,MEAT,BONE IN,CKD WO/SKN,BRSD	1 unit (yield from 1 lb ready-to-cook duck)	0.00	0.00	0.00	0.00
DUCK,YNG DUCKL,DOM,WH PEKIN,LEG,MEAT,BONE IN,CKD WO/SKN,BRSD	3 oz	0.00	0.00	0.00	0.00
DUCK,YNG DUCKLING,DOM,WH PEKIN,BRST,MEAT&SKN,BNLESS,CKD,RSTD	1/2 breast, bone removed	0.00	0.00	0.00	0.00
DUCK,YNG DUCKLING,DOM,WH PEKIN,BRST,MEAT&SKN,BNLESS,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook duck)	0.00	0.00	0.00	0.00
DUCK,YNG DUCKLING,DOM,WH PEKIN,BRST,MEAT&SKN,BNLESS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
DUCK,YNG DUCKLING,DOM,WH PEKIN,LEG,MEAT&SKN,BONE IN,CKD,RSTD	1 leg, bone removed (yield after cooking)	0.00	0.00	0.00	0.00
DUCK,YNG DUCKLING,DOM,WH PEKIN,LEG,MEAT&SKN,BONE IN,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook duck)	0.00	0.00	0.00	0.00
DUCK,YNG DUCKLING,DOM,WH PEKIN,LEG,MEAT&SKN,BONE IN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
EMU,FAN FILLET,CKD,BRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
EMU,FAN FILLET,CKD,BRLD	1 steak	0.00	0.00	0.00	0.00
EMU,FAN FILLET,RAW	1 fan fillet	0.00	0.00	0.00	0.00
EMU,FAN FILLET,RAW	1 serving (3 oz)	0.00	0.00	0.00	0.00
EMU,FLAT FILLET,RAW	1 flat fillet	0.00	0.00	0.00	0.00
EMU,FLAT FILLET,RAW	3 oz	0.00	0.00	0.00	0.00

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EMU,FULL RUMP,CKD,BRLD	1 full rump cooked (yield from 695 g raw meat)	0.00	0.00	0.00	0.00
EMU,FULL RUMP,CKD,BRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
EMU,FULL RUMP,RAW	1 full rump	0.00	0.00	0.00	0.00
EMU,FULL RUMP,RAW	3 oz	0.00	0.00	0.00	0.00
EMU,GROUND,CKD,PAN-BROILED	1 patty (yield from 135.8 g raw meat)	0.00	0.00	0.00	0.00
EMU,GROUND,CKD,PAN-BROILED	1 serving (3 oz)	0.00	0.00	0.00	0.00
EMU,GROUND,RAW	1 patty	0.00	0.00	0.00	0.00
EMU,INSIDE DRUM,RAW	1 inside drum	0.00	0.00	0.00	0.00
EMU,INSIDE DRUM,RAW	3 oz	0.00	0.00	0.00	0.00
EMU,INSIDE DRUMS,CKD,BRLD	1 inside drum cooked (yield from 572 g raw meat)	0.00	0.00	0.00	0.00
EMU,INSIDE DRUMS,CKD,BRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
EMU,OUTSIDE DRUM,RAW	1 outside drum	0.00	0.00	0.00	0.00
EMU,OUTSIDE DRUM,RAW	3 oz	0.00	0.00	0.00	0.00
EMU,OYSTER,RAW	1 steak	0.00	0.00	0.00	0.00
EMU,OYSTER,RAW	3 oz	0.00	0.00	0.00	0.00
EMU,TOP LOIN,CKD,BRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
EMU,TOP LOIN,CKD,BRLD	1 steak	0.00	0.00	0.00	0.00
GOOSE,DOMESTICATED,MEAT ONLY,CKD,RSTD	1/2 goose	0.00	0.00	0.00	0.00
GOOSE,DOMESTICATED,MEAT ONLY,CKD,RSTD	1 unit (yield from 1 lb ready-to- cook goose)	0.00	0.00	0.00	0.00
GOOSE,DOMESTICATED,MEAT ONLY,RAW	1/2 goose	0.00	0.00	0.00	0.00
GOOSE,DOMESTICATED,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to- cook goose)	0.00	0.00	0.00	0.00
GOOSE,DOMESTICATED,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
GOOSE,DOMESTICATED,MEAT&SKN,CKD,RSTD	1/2 goose	0.00	0.00	0.00	0.00

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GOOSE,DOMESTICATED,MEAT&SKN,CKD,RSTD	1 cup, chopped or diced	0.00	0.00	0.00	0.00
GOOSE,DOMESTICATED,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook goose)	0.00	0.00	0.00	0.00
GOOSE,DOMESTICATED,MEAT&SKN,RAW	1/2 goose	0.00	0.00	0.00	0.00
GOOSE,DOMESTICATED,MEAT&SKN,RAW	1 unit (yield from 1 lb ready-to-cook goose)	0.00	0.00	0.00	0.00
GOOSE,DOMESTICATED,MEAT&SKN,RAW	3 oz	0.00	0.00	0.00	0.00
GOOSE,LIVER,RAW	1 liver	5.94	0.00	0.00	5.94
GOOSE,LIVER,RAW	1 unit (yield from 1 lb ready-to-cook goose)	0.70	0.00	0.00	0.70
GROUND TURKEY,85% LN,15% FAT,PAN-BROILED CRUMBLES	3 oz	0.00	0.00	0.00	0.00
GROUND TURKEY,85% LN,15% FAT,PATTIES,BRLD	3 oz	0.00	0.00	0.00	0.00
GROUND TURKEY,85% LN,15% FAT,RAW	1 lb	0.00	0.00	0.00	0.00
GROUND TURKEY,85% LN,15% FAT,RAW	1 oz	0.00	0.00	0.00	0.00
GROUND TURKEY,85% LN,15% FAT,RAW	1 patty (cooked from 4 oz raw)	0.00	0.00	0.00	0.00
GROUND TURKEY,93% LN,7% FAT,PAN-BROILED CRUMBLES	3 oz	0.00	0.00	0.00	0.00
GROUND TURKEY,93% LN,7% FAT,PATTIES,BRLD	3 oz	0.00	0.00	0.00	0.00
GROUND TURKEY,93% LN,7% FAT,RAW	1 lb	0.00	0.00	0.00	0.00
GROUND TURKEY,93% LN,7% FAT,RAW	1 oz	0.00	0.00	0.00	0.00
GROUND TURKEY,93% LN,7% FAT,RAW	1 serving (cooked from 4 oz)	0.00	0.00	0.00	0.00
GROUND TURKEY,CKD	1 patty (4 oz, raw) (yield after cooking)	0.00	0.00	0.00	0.00
GROUND TURKEY,CKD	1 unit, yield from 1 lb raw	0.00	0.00	0.00	0.00
GROUND TURKEY,FAT FREE,PAN-BROILED CRUMBLES	3 oz	0.00	0.00	0.00	0.00
GROUND TURKEY,FAT FREE,PATTIES,BRLD	1 oz	0.00	0.00	0.00	0.00
GROUND TURKEY,FAT FREE,PATTIES,BRLD	1 patty	0.00	0.00	0.00	0.00

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GROUND TURKEY,FAT FREE,RAW	1 lb	0.00	0.00	0.00	0.00
GROUND TURKEY,FAT FREE,RAW	1 oz	0.00	0.00	0.00	0.00
GROUND TURKEY,FAT FREE,RAW	1 patty (cooked from 4 oz raw)	0.00	0.00	0.00	0.00
GROUND TURKEY,RAW	1 lb	0.00	0.00	0.00	0.00
GROUND TURKEY,RAW	1 patty, 4 oz	0.00	0.00	0.00	0.00
GUINEA HEN,MEAT ONLY,RAW	1/2 guinea	0.00	0.00	0.00	0.00
GUINEA HEN,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook guinea)	0.00	0.00	0.00	0.00
GUINEA HEN,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
GUINEA HEN,MEAT&SKN,RAW	1/2 guinea	0.00	0.00	0.00	0.00
GUINEA HEN,MEAT&SKN,RAW	1 unit (yield from 1 lb ready-to-cook guinea)	0.00	0.00	0.00	0.00
GUINEA HEN,MEAT&SKN,RAW	3 oz	0.00	0.00	0.00	0.00
OSTRICH,FAN,RAW	1 oz	0.00	0.00	0.00	0.00
OSTRICH,FAN,RAW	1 serving (cooked from 4oz raw)	0.00	0.00	0.00	0.00
OSTRICH,GROUND,CKD,PAN-BROILED	1 patty	0.00	0.00	0.00	0.00
OSTRICH,GROUND,CKD,PAN-BROILED	1 serving (3 oz)	0.00	0.00	0.00	0.00
OSTRICH,GROUND,RAW	1 patty	0.00	0.00	0.00	0.00
OSTRICH,GROUND,RAW	4 patty	0.00	0.00	0.00	0.00
OSTRICH,INSIDE LEG,CKD	1 serving (3 oz)	0.00	0.00	0.00	0.00
OSTRICH,INSIDE LEG,RAW	1 oz	0.00	0.00	0.00	0.00
OSTRICH,INSIDE LEG,RAW	1 serving (cooked from 4 oz raw)	0.00	0.00	0.00	0.00
OSTRICH,INSIDE STRIP,CKD	1 serving (3 oz)	0.00	0.00	0.00	0.00
OSTRICH,INSIDE STRIP,RAW	1 oz	0.00	0.00	0.00	0.00
OSTRICH,INSIDE STRIP,RAW	1 serving (cooked from 4 oz raw)	0.00	0.00	0.00	0.00
OSTRICH,OUTSIDE LEG,RAW	1 oz	0.00	0.00	0.00	0.00

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OSTRICH,OUTSIDE LEG,RAW	1 serving (cooked from 4 oz raw)	0.00	0.00	0.00	0.00
OSTRICH,OUTSIDE STRIP,CKD	1 serving (3 oz)	0.00	0.00	0.00	0.00
OSTRICH,OUTSIDE STRIP,RAW	1 oz	0.00	0.00	0.00	0.00
OSTRICH,OUTSIDE STRIP,RAW	1 serving (cooked from 4 oz raw)	0.00	0.00	0.00	0.00
OSTRICH,OYSTER,CKD	1 serving (3 oz)	0.00	0.00	0.00	0.00
OSTRICH,OYSTER,RAW	1 oz	0.00	0.00	0.00	0.00
OSTRICH,OYSTER,RAW	1 serving (cooked from 4 oz raw)	0.00	0.00	0.00	0.00
OSTRICH,RND,RAW	1 lb	0.00	0.00	0.00	0.00
OSTRICH,RND,RAW	1 oz	0.00	0.00	0.00	0.00
OSTRICH,RND,RAW	1 serving (cooked from 4 oz raw)	0.00	0.00	0.00	0.00
OSTRICH,TENDERLOIN,RAW	1 lb	0.00	0.00	0.00	0.00
OSTRICH,TENDERLOIN,RAW	1 oz	0.00	0.00	0.00	0.00
OSTRICH,TENDERLOIN,RAW	1 serving (cooked from 4 oz raw)	0.00	0.00	0.00	0.00
OSTRICH,TIP CKD	1 serving (3 oz)	0.00	0.00	0.00	0.00
OSTRICH,TIP RAW	1 lb	0.00	0.00	0.00	0.00
OSTRICH,TIP RAW	1 oz	0.00	0.00	0.00	0.00
OSTRICH,TIP RAW	1 serving (cooked from 4 oz raw)	0.00	0.00	0.00	0.00
OSTRICH,TOP LOIN,CKD	1 serving (3 oz)	0.00	0.00	0.00	0.00
OSTRICH,TOP LOIN,RAW	1 lb	0.00	0.00	0.00	0.00
OSTRICH,TOP LOIN,RAW	1 oz	0.00	0.00	0.00	0.00
OSTRICH,TOP LOIN,RAW	1 serving (cooked from 4 oz raw)	0.00	0.00	0.00	0.00
PATE DE FOIE GRAS,CND (GOOSE LIVER PATE),SMOKED	1 oz	1.32	0.00	0.00	1.32
PATE DE FOIE GRAS,CND (GOOSE LIVER PATE),SMOKED	1 tbsp	0.61	0.00	0.00	0.61

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PHEASANT,BREAST,MEAT ONLY,RAW	1/2 breast, bone and skin removed	0.00	0.00	0.00	0.00
PHEASANT,BREAST,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-eat pheasant)	0.00	0.00	0.00	0.00
PHEASANT,BREAST,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
PHEASANT,CKD,TOTAL EDIBLE	1 cup, chopped or diced	0.00	0.00	0.00	0.00
PHEASANT,LEG,MEAT ONLY,RAW	1 leg, bone and skin removed	0.00	0.00	0.00	0.00
PHEASANT,LEG,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-eat pheasant)	0.00	0.00	0.00	0.00
PHEASANT,RAW,MEAT ONLY	1/2 pheasant	0.00	0.00	0.00	0.00
PHEASANT,RAW,MEAT ONLY	1 unit (yield from 1 lb ready-to-eat pheasant)	0.00	0.00	0.00	0.00
PHEASANT,RAW,MEAT ONLY	3 oz	0.00	0.00	0.00	0.00
PHEASANT,RAW,MEAT&SKN	1/2 pheasant	0.00	0.00	0.00	0.00
PHEASANT,RAW,MEAT&SKN	1 unit (yield from 1 lb ready-to-eat pheasant)	0.00	0.00	0.00	0.00
PHEASANT,RAW,MEAT&SKN	3 oz	0.00	0.00	0.00	0.00
POULTRY,MECHANICALLY DEBONED,FROM BACKS&NECKS W/SKN,RAW	1/2 lb	0.00	0.00	0.00	0.00
POULTRY,MECHANICALLY DEBONED,FROM BACKS&NECKS WO/SKN,RAW	1/2 lb	0.00	0.00	0.00	0.00
POULTRY,MECHANICALLY DEBONED,FROM MATURE HENS,RAW	1/2 lb	0.00	0.00	0.00	0.00
QUAIL,BREAST,MEAT ONLY,RAW	1 breast	0.00	0.00	0.00	0.00
QUAIL,BREAST,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook quail)	0.00	0.00	0.00	0.00
QUAIL,BREAST,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
QUAIL,COOKED,TOTAL EDIBLE	1 lb	0.00	0.00	0.00	0.00
QUAIL,COOKED,TOTAL EDIBLE	1 oz	0.00	0.00	0.00	0.00
QUAIL,MEAT AND SKIN,RAW	1 quail	0.00	0.00	0.00	0.00

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QUAIL,MEAT AND SKIN,RAW	1 unit (yield from 1 lb ready-to cook quail)	0.00	0.00	0.00	0.00
QUAIL,MEAT ONLY,RAW	1 quail	0.00	0.00	0.00	0.00
QUAIL,MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to cook quail)	0.00	0.00	0.00	0.00
RUFFED GROUSE,BREAST MEAT,SKINLESS,RAW	1 bird	0.00	0.00	0.00	0.00
RUFFED GROUSE,BREAST MEAT,SKINLESS,RAW	1 breast	0.00	0.00	0.00	0.00
RUFFED GROUSE,BREAST MEAT,SKINLESS,RAW	4 oz	0.00	0.00	0.00	0.00
SQUAB,(PIGEON),LT MEAT WO/SKN,RAW	1 breast, bone removed	0.00	0.00	0.00	0.00
SQUAB,(PIGEON),LT MEAT WO/SKN,RAW	1 unit (yield from 1 lb ready-to-cook squab)	0.00	0.00	0.00	0.00
SQUAB,(PIGEON),MEAT ONLY,RAW	1 squab	0.00	0.00	0.00	0.00
SQUAB,(PIGEON),MEAT ONLY,RAW	1 unit (yield from 1 lb ready-to-cook squab)	0.00	0.00	0.00	0.00
SQUAB,(PIGEON),MEAT&SKN,RAW	1 squab	0.00	0.00	0.00	0.00
SQUAB,(PIGEON),MEAT&SKN,RAW	1 unit (yield from 1 lb ready-to-cook squab)	0.00	0.00	0.00	0.00
SQUAB,(PIGEON),MEAT&SKN,RAW	3 oz	0.00	0.00	0.00	0.00
TURKEY AND GRAVY,FROZEN	1 package (net weight, 5 oz)	6.55	0.00	0.00	6.55
TURKEY AND GRAVY,FROZEN	3 oz	3.92	0.00	0.00	3.92
TURKEY BREAST,PRE-BASTED,MEAT&SKN,CKD,RSTD	1/2 breast, bone removed	0.00	0.00	0.00	0.00
TURKEY BREAST,PRE-BASTED,MEAT&SKN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY FROM WHL,ENHANCED,LT MEAT,MEAT & SKN,CKD,RSTD	1 lb	0.00	0.00	0.00	0.00
TURKEY FROM WHL,ENHANCED,LT MEAT,MEAT & SKN,CKD,RSTD	1 serving	0.00	0.00	0.00	0.00
TURKEY FROM WHL,ENHANCED,LT MEAT,MEAT & SKN,RAW	1 lb	0.63	0.27	0.00	0.63
TURKEY FROM WHL,ENHANCED,LT MEAT,MEAT & SKN,RAW	3 oz	0.12	0.05	0.00	0.12

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TURKEY FROM WHL,ENHANCED,LT MEAT,MEAT ONLY,CKD,RSTD	1 serving	0.00	0.00	0.00	0.00
TURKEY FROM WHL,ENHANCED,LT MEAT,MEAT ONLY,RAW	1 serving	0.00	0.04	0.00	0.00
TURKEY FROM WHL,LT MEAT,MEAT & SKN,CKD,RSTD	1 serving	0.04	0.00	0.00	0.04
TURKEY FROM WHL,LT MEAT,MEAT & SKN,RAW	1 lb	0.59	0.27	0.00	0.59
TURKEY FROM WHL,LT MEAT,MEAT & SKN,RAW	3 oz	0.11	0.05	0.00	0.11
TURKEY FROM WHL,LT MEAT,RAW	1 serving	0.12	0.04	0.00	0.12
TURKEY FROM WHL,NECK,MEAT ONLY,CKD,SIMMRD	1 serving	0.00	0.00	0.00	0.00
TURKEY FROM WHL,NECK,MEAT ONLY,RAW	1 lb	0.00	0.00	0.00	0.00
TURKEY FROM WHL,NECK,MEAT ONLY,RAW	1 oz	0.00	0.00	0.00	0.00
Turkey from whole, dark meat, meat only, raw	1 serving	0.09	0.09	0.00	0.09
TURKEY PATTIES,BREADED,BATTERED,FRIED	1 medium slice (approx 3" x 2" x 1/4")	4.40	0.09	0.14	4.26
TURKEY PATTIES,BREADED,BATTERED,FRIED	1 patty (2.25 oz)	10.05	0.20	0.32	9.73
TURKEY PATTIES,BREADED,BATTERED,FRIED	1 patty (3.33 oz)	14.76	0.30	0.47	14.29
TURKEY PATTIES,BREADED,BATTERED,FRIED	1 thick slice (approx 3" x 2" x 3/8")	6.59	0.13	0.21	6.38
TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RAW	1 box (net weight, 2.5 lb)	72.58	0.00	0.00	72.58
TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RAW	3 oz	5.44	0.00	0.00	5.44
TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RSTD	1/4 box (net weight, 0.43 lb)	6.02	0.00	0.00	6.02
TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RSTD	1 box (net weight, 1.72 lb)	24.01	0.00	0.00	24.01
TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RSTD	1 cup, chopped or diced	4.14	0.00	0.00	4.14
TURKEY STKS,BREADED,BATTERED,FRIED	1 stick (2.25 oz)	10.88	0.00	0.00	10.88
TURKEY THIGH,PRE-BASTED,MEAT&SKN,CKD,RSTD	1 thigh, bone removed	0.00	0.00	0.00	0.00
TURKEY THIGH,PRE-BASTED,MEAT&SKN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,ALL CLASSES,BACK,MEAT&SKN,CKD,RSTD	1/2 back, bone removed	0.42	0.00	0.00	0.42
TURKEY,ALL CLASSES,BACK,MEAT&SKN,CKD,RSTD	1 cup, chopped or diced	0.22	0.00	0.00	0.22

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TURKEY,ALL CLASSES,BACK,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook turkey)	0.05	0.00	0.00	0.05
TURKEY,ALL CLASSES,BREAST,MEAT&SKN,CKD,RSTD	1/2 breast, bone removed	0.00	0.00	0.00	0.00
TURKEY,ALL CLASSES,BREAST,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook turkey)	0.00	0.00	0.00	0.00
TURKEY,ALL CLASSES,BREAST,MEAT&SKN,RAW	1/2 breast, bone removed	0.00	0.00	0.00	0.00
TURKEY,ALL CLASSES,BREAST,MEAT&SKN,RAW	1 unit (yield from 1 lb ready-to-cook turkey)	0.00	0.00	0.00	0.00
TURKEY,ALL CLASSES,LEG,MEAT&SKN,CKD,RSTD	1 leg, bone removed	0.00	0.00	0.00	0.00
TURKEY,ALL CLASSES,LEG,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook turkey)	0.00	0.00	0.00	0.00
TURKEY,ALL CLASSES,LEG,MEAT&SKN,RAW	1 leg, bone removed	0.00	0.00	0.00	0.00
TURKEY,ALL CLASSES,LEG,MEAT&SKN,RAW	1 unit (yield from 1 lb ready-to-cook turkey)	0.00	0.00	0.00	0.00
TURKEY,ALL CLASSES,LT MEAT,CKD,RSTD	1 serving	0.00	0.00	0.00	0.00
TURKEY,ALL CLASSES,WING,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook turkey)	0.00	0.00	0.00	0.00
TURKEY,ALL CLASSES,WING,MEAT&SKN,CKD,RSTD	1 wing, bone removed	0.00	0.00	0.00	0.00
TURKEY,ALL CLASSES,WING,MEAT&SKN,RAW	1 unit (yield from 1 lb ready-to-cook turkey)	0.00	0.00	0.00	0.00
TURKEY,ALL CLASSES,WING,MEAT&SKN,RAW	1 wing, bone removed	0.00	0.00	0.00	0.00
TURKEY,BACK,FROM WHL BIRD,ENHANCED,MEAT & SKN,RAW	1 back	1.87	1.25	0.00	1.87

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TURKEY,BACK,FROM WHL BIRD,ENHANCED,MEAT & SKN,RAW	3 oz	0.13	0.09	0.00	0.13
TURKEY,BACK,FROM WHL BIRD,ENHANCED,MEAT & SKN,RSTD	1 back	0.00	0.00	0.00	0.00
TURKEY,BACK,FROM WHL BIRD,ENHANCED,MEAT & SKN,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,BACK,FROM WHL BIRD,ENHANCED,MEAT ONLY,RAW	1 back	1.87	1.25	0.00	1.87
TURKEY,BACK,FROM WHL BIRD,ENHANCED,MEAT ONLY,RAW	3 oz	0.13	0.09	0.00	0.13
TURKEY,BACK,FROM WHL BIRD,ENHANCED,MEAT ONLY,RSTD	1 back	0.00	0.00	0.00	0.00
TURKEY,BACK,FROM WHL BIRD,ENHANCED,MEAT ONLY,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,BACK,FROM WHL BIRD,NON-ENHANCED,MEAT ONLY,RAW	1 back	1.69	1.12	0.00	1.69
TURKEY,BACK,FROM WHL BIRD,NON-ENHANCED,MEAT ONLY,RAW	3 oz	0.13	0.09	0.00	0.13
TURKEY,BACK,FROM WHL BIRD,NON-ENHANCED,MEAT ONLY,RSTD	1 back	0.00	0.00	0.00	0.00
TURKEY,BACK,FROM WHL BIRD,NON-ENHANCED,MEAT ONLY,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,BREAST,FROM WHL BIRD,ENHANCED,MEAT ONLY,RAW	1 breast	2.95	1.06	0.00	2.95
TURKEY,BREAST,FROM WHL BIRD,ENHANCED,MEAT ONLY,RAW	1 lb	0.63	0.23	0.00	0.63
TURKEY,BREAST,FROM WHL BIRD,ENHANCED,MEAT ONLY,RAW	3 oz	0.12	0.04	0.00	0.12
TURKEY,BREAST,FROM WHL BIRD,ENHANCED,MEAT ONLY,RSTD	1 breast	0.00	0.00	0.00	0.00
TURKEY,BREAST,FROM WHL BIRD,ENHANCED,MEAT ONLY,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,BREAST,FROM WHL BIRD,NON-ENHANCED,MEAT ONLY,RAW	1 breast	2.48	0.88	0.00	2.48
TURKEY,BREAST,FROM WHL BIRD,NON-ENHANCED,MEAT ONLY,RAW	3 oz	0.12	0.04	0.00	0.12
TURKEY,BREAST,FROM WHL BIRD,NON-ENHANCED,MEAT ONLY,RSTD	1 breast	0.00	0.00	0.00	0.00
TURKEY,BREAST,FROM WHL BIRD,NON-ENHANCED,MEAT ONLY,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,CND,MEAT ONLY,W/BROTH	1 can (5 oz)	2.09	0.00	0.00	2.09
TURKEY,CND,MEAT ONLY,W/BROTH	1 can (5 oz) yields	1.84	0.00	0.00	1.84

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TURKEY,CND,MEAT ONLY,W/BROTH	1 cup, drained	1.98	0.00	0.00	1.98
TURKEY,DICED,LT&DK MEAT,SEASONED	1/2 lb	2.27	0.00	0.00	2.27
TURKEY,DICED,LT&DK MEAT,SEASONED	1 oz	0.28	0.00	0.00	0.28
TURKEY,DK MEAT FROM WHL,ENHANCED,MEAT ONLY,RAW	1 serving	0.09	0.09	0.00	0.09
TURKEY,DK MEAT FROM WHL,MEAT & SKN,CKD,RSTD	1 serving	0.06	0.00	0.00	0.06
TURKEY,DK MEAT,MEAT & SKN,RAW	1 lb	0.59	0.45	0.00	0.59
TURKEY,DK MEAT,MEAT & SKN,RAW	1 oz	0.04	0.03	0.00	0.04
TURKEY,DRUMSTK,FROM WHL BIRD,ENHANCED,MEAT ONLY,RAW	1 drumstick	0.54	0.36	0.00	0.54
TURKEY,DRUMSTK,FROM WHL BIRD,ENHANCED,MEAT ONLY,RAW	3 oz	0.13	0.09	0.00	0.13
TURKEY,DRUMSTK,FROM WHL BIRD,ENHANCED,MEAT ONLY,RSTD	1 drumstick	0.00	0.00	0.00	0.00
TURKEY,DRUMSTK,FROM WHL BIRD,ENHANCED,MEAT ONLY,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,DRUMSTK,FROM WHL BIRD,MEAT ONLY,RAW	1 drumstick	0.47	0.17	0.00	0.47
TURKEY,DRUMSTK,FROM WHL BIRD,MEAT ONLY,RAW	3 oz	0.12	0.04	0.00	0.12
TURKEY,DRUMSTK,FROM WHL BIRD,MEAT ONLY,RSTD	1 drumstick	0.00	0.00	0.00	0.00
TURKEY,DRUMSTK,FROM WHL BIRD,MEAT ONLY,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,DRUMSTK,SMOKED,CKD,W/SKN,BONE REMOVED	1 cubic inch, boneless	0.00	0.00	0.00	0.00
TURKEY,DRUMSTK,SMOKED,CKD,W/SKN,BONE REMOVED	1 oz with bone, cooked (yield after bone removed)	0.00	0.00	0.00	0.00
TURKEY,ENHANCED,DK MEAT FROM WHL,MEAT & SKN,CKD,RSTD	1 serving	0.00	0.00	0.00	0.00
TURKEY,ENHANCED,DK MEAT FROM WHL,MEAT & SKN,RAW	1 lb	0.68	0.45	0.00	0.68
TURKEY,ENHANCED,DK MEAT FROM WHL,MEAT & SKN,RAW	3 oz	0.13	0.09	0.00	0.13
TURKEY,ENHANCED,DK MEAT,MEAT ONLY,CKD,RSTD	1 serving	0.00	0.00	0.00	0.00
TURKEY,ENHANCED,SKN FROM WHL (LIGHT & DARK),RAW	1 oz	0.06	0.03	0.00	0.06
TURKEY,ENHANCED,SKN FROM WHL,(LIGHT & DARK),RSTD	1 serving	0.00	0.00	0.00	0.00
TURKEY,FROM WHL,DK MEAT,CKD,RSTD	1 serving	0.00	0.00	0.00	0.00

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TURKEY,FRYER-ROASTERS,MEAT&SKN,CKD,RSTD	1/2 turkey, bone removed	0.00	0.00	0.00	0.00
TURKEY,FRYER-ROASTERS,MEAT&SKN,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook turkey)	0.00	0.00	0.00	0.00
TURKEY,FRYER-ROASTERS,MEAT&SKN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,GIZZARD,ALL CLASSES,CKD,SIMMRD	1 gizzard cooked	0.00	0.00	0.00	0.00
TURKEY,GIZZARD,ALL CLASSES,RAW	1 raw gizzard	0.00	0.00	0.00	0.00
TURKEY,HEART,ALL CLASSES,CKD,SIMMRD	1 heart	0.00	0.00	0.00	0.00
TURKEY,HEART,ALL CLASSES,RAW	1 piece	0.10	0.00	0.00	0.10
TURKEY,LIVER,ALL CLASSES,CKD,SIMMRD	1 liver cooked	0.00	0.00	0.00	0.00
TURKEY,LIVER,ALL CLASSES,RAW	1 raw liver	0.00	0.00	0.00	0.00
TURKEY,LT OR DK MEAT,SMOKED,CKD,SKN & BONE REMOVED	1 medium slice (approx 3" x 2" x 1/4")	0.00	0.00	0.00	0.00
TURKEY,LT OR DK MEAT,SMOKED,CKD,SKN & BONE REMOVED	1 thick slice (approx 3" x 2" x 3/8")	0.00	0.00	0.00	0.00
TURKEY,LT OR DK MEAT,SMOKED,CKD,W/SKN,BONE REMOVED	1 medium slice (approx 3" x 2" x 1/4")	0.00	0.00	0.00	0.00
TURKEY,LT OR DK MEAT,SMOKED,CKD,W/SKN,BONE REMOVED	1 thick slice (approx 3" x 2" x 3/8")	0.00	0.00	0.00	0.00
TURKEY,LT OR DK MEAT,SMOKED,CKD,W/SKN,BONE REMOVED	3 oz, boneless	0.00	0.00	0.00	0.00
TURKEY,MECHANICALLY DEBONED,FROM TURKEY FRAMES,RAW	1/2 lb	0.00	0.00	0.00	0.00
TURKEY,PART S,ENHANCED,BREAST,MEAT ONLY,RAW	1 breast	0.00	0.00	0.00	0.00
TURKEY,PART S,ENHANCED,BREAST,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,BREAST,MEAT & SKN,CKD,RSTD	1 breast	0.43	0.00	0.00	0.43
TURKEY,RTL PARTS,BREAST,MEAT & SKN,CKD,RSTD	3 oz	0.04	0.00	0.00	0.04
TURKEY,RTL PARTS,BREAST,MEAT & SKN,RAW	1 breast	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,BREAST,MEAT & SKN,RAW	3 oz	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,BREAST,MEAT ONLY,CKD,RSTD	1 breast	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,BREAST,MEAT ONLY,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,BREAST,MEAT ONLY,RAW	1 breast	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,BREAST,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00

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TURKEY,RTL PARTS,DRUMSTK,MEAT & SKN,CKD,RSTD	1 drumstick	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,DRUMSTK,MEAT & SKN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,DRUMSTK,MEAT & SKN,RAW	1 drumstick	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,DRUMSTK,MEAT & SKN,RAW	3 oz	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,DRUMSTK,MEAT ONLY,CKD,RSTD	1 drumstick	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,DRUMSTK,MEAT ONLY,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,DRUMSTK,MEAT ONLY,RAW	1 drumstick	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,DRUMSTK,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,ENHANCED,BREAST,MEAT & SKN,RAW	1 breast	0.35	0.12	0.00	0.35
TURKEY,RTL PARTS,ENHANCED,BREAST,MEAT & SKN,RAW	3 oz	0.03	0.01	0.00	0.03
TURKEY,RTL PARTS,ENHANCED,BREAST,MEAT ONLY,CKD,RSTD	1 breast	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,ENHANCED,BREAST,MEAT ONLY,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,THIGH,MEAT & SKN,CKD,RSTD	1 thigh	1.43	0.00	0.00	1.43
TURKEY,RTL PARTS,THIGH,MEAT & SKN,CKD,RSTD	3 oz	0.35	0.00	0.00	0.35
TURKEY,RTL PARTS,THIGH,MEAT & SKN,RAW	1 thigh	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,THIGH,MEAT & SKN,RAW	3 oz	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,THIGH,MEAT ONLY,CKD,RSTD	1 thigh	1.60	0.00	0.00	1.60
TURKEY,RTL PARTS,THIGH,MEAT ONLY,CKD,RSTD	3 oz	0.39	0.00	0.00	0.39
TURKEY,RTL PARTS,THIGH,MEAT ONLY,RAW	1 thigh	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,THIGH,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,WING,MEAT & SKN,CKD,RSTD	1 wing	0.49	0.00	0.00	0.49
TURKEY,RTL PARTS,WING,MEAT & SKN,CKD,RSTD	3 oz	0.11	0.00	0.00	0.11
TURKEY,RTL PARTS,WING,MEAT & SKN,RAW	1 wing	0.26	0.16	0.00	0.26
TURKEY,RTL PARTS,WING,MEAT & SKN,RAW	3 oz	0.04	0.03	0.00	0.04
TURKEY,RTL PARTS,WING,MEAT ONLY,CKD,RSTD	1 wing	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,WING,MEAT ONLY,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,WING,MEAT ONLY,RAW	1 wing	0.00	0.00	0.00	0.00
TURKEY,RTL PARTS,WING,MEAT ONLY,RAW	3 oz	0.00	0.00	0.00	0.00
TURKEY,SKN FROM WHL (LIGHT & DARK),RSTD	1 serving	0.48	0.00	0.00	0.48
TURKEY,SKN FROM WHL,(LIGHT & DARK),RAW	1 lb	0.27	0.45	0.00	0.27
TURKEY,SKN FROM WHL,(LIGHT & DARK),RAW	1 oz	0.02	0.03	0.00	0.02
TURKEY,SKN,FROM RTL PARTS,FROM DK MEAT,CKD,RSTD	1 oz	0.00	0.00	0.00	0.00
TURKEY,SKN,FROM RTL PARTS,FROM DK MEAT,RAW	1 oz	0.00	0.00	0.00	0.00
TURKEY,THIGH,FROM WHL BIRD,ENHANCED,MEAT ONLY,RAW	1 thigh	0.64	0.42	0.00	0.64

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TURKEY, THIGH, FROM WHL BIRD, ENHANCED, MEAT ONLY, RAW	3 oz	0.13	0.09	0.00	0.13
TURKEY, THIGH, FROM WHL BIRD, ENHANCED, MEAT ONLY, RSTD	1 thigh	0.00	0.00	0.00	0.00
TURKEY, THIGH, FROM WHL BIRD, ENHANCED, MEAT ONLY, RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY, THIGH, FROM WHL BIRD, MEAT ONLY, RAW	1 thigh	0.55	0.37	0.00	0.55
TURKEY, THIGH, FROM WHL BIRD, MEAT ONLY, RAW	3 oz	0.13	0.09	0.00	0.13
TURKEY, THIGH, FROM WHL BIRD, MEAT ONLY, RSTD	1 thigh	0.00	0.00	0.00	0.00
TURKEY, THIGH, FROM WHL BIRD, MEAT ONLY, RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY, WHL, ENHANCED, MEAT & SKN, RAW	1 bird	8.58	4.57	0.00	8.58
TURKEY, WHL, ENHANCED, MEAT & SKN, RAW	3 oz	0.13	0.07	0.00	0.13
TURKEY, WHL, ENHANCED, MEAT & SKN, RSTD	1 bird	0.00	0.00	0.00	0.00
TURKEY, WHL, ENHANCED, MEAT & SKN, RSTD	1 lb	0.00	0.00	0.00	0.00
TURKEY, WHL, ENHANCED, MEAT & SKN, RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY, WHL, ENHANCED, MEAT ONLY, RAW	1 bird	8.00	3.43	0.00	8.00
TURKEY, WHL, ENHANCED, MEAT ONLY, RAW	3 oz	0.12	0.05	0.00	0.12
TURKEY, WHL, ENHANCED, MEAT ONLY, RSTD	1 bird	0.00	0.00	0.00	0.00
TURKEY, WHL, ENHANCED, MEAT ONLY, RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY, WHL, GIBLETS, CKD, SIMMRD	1 giblets	0.00	0.00	0.00	0.00
TURKEY, WHL, GIBLETS, RAW	1 giblets	0.11	0.00	0.00	0.11
TURKEY, WHL, GIBLETS, RAW	3 oz	0.06	0.00	0.00	0.06
TURKEY, WHL, MEAT & SKN, CKD, RSTD	1 bird	2.29	0.00	0.00	2.29
TURKEY, WHL, MEAT & SKN, CKD, RSTD	3 oz	0.05	0.00	0.00	0.05
TURKEY, WHL, MEAT & SKN, RAW	1 bird	6.50	3.50	0.00	6.50
TURKEY, WHL, MEAT & SKN, RAW	3 oz	0.11	0.06	0.00	0.11
TURKEY, WHL, MEAT ONLY, CKD, RSTD	1 bird	0.00	0.00	0.00	0.00
TURKEY, WHL, MEAT ONLY, CKD, RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY, WHL, MEAT ONLY, RAW	1 bird	7.00	3.50	0.00	7.00
TURKEY, WHL, MEAT ONLY, RAW	3 oz	0.12	0.06	0.00	0.12
TURKEY, WING, FROM WHL BIRD, ENHANCED, MEAT ONLY, RAW	1 wing	0.50	0.18	0.00	0.50
TURKEY, WING, FROM WHL BIRD, ENHANCED, MEAT ONLY, RAW	3 oz	0.12	0.04	0.00	0.12
TURKEY, WING, FROM WHL BIRD, ENHANCED, MEAT ONLY, RSTD	1 wing	0.00	0.00	0.00	0.00
TURKEY, WING, FROM WHL BIRD, ENHANCED, MEAT ONLY, RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY, WING, FROM WHL BIRD, NON-ENHANCED, MEAT ONLY, RAW	1 wing	0.48	0.17	0.00	0.48
TURKEY, WING, FROM WHL BIRD, NON-ENHANCED, MEAT ONLY, RAW	3 oz	0.12	0.04	0.00	0.12

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TURKEY,WING,FROM WHL BIRD,NON-ENHANCED,MEAT ONLY,RSTD	1 wing	0.00	0.00	0.00	0.00
TURKEY,WING,FROM WHL BIRD,NON-ENHANCED,MEAT ONLY,RSTD	3 oz	0.00	0.00	0.00	0.00
TURKEY,WING,SMOKED,CKD,W/SKN,BONE REMOVED	1 cubic inch, boneless	0.00	0.00	0.00	0.00
TURKEY,WING,SMOKED,CKD,W/SKN,BONE REMOVED	1 oz with bone, cooked (yield after bone removed)	0.00	0.00	0.00	0.00
TURKEY,YOUNG HEN,SKN ONLY,CKD,RSTD	1/2 turkey, skin only	0.00	0.00	0.00	0.00
TURKEY,YOUNG HEN,SKN ONLY,CKD,RSTD	1 unit (yield from 1 lb ready-to-cook turkey)	0.00	0.00	0.00	0.00
USDA CMDTY CHICK,CND,MEAT ONLY,DRND	1 can (5 oz)	0.00	0.00	0.00	0.00
USDA CMDTY CHICK,CND,MEAT ONLY,DRND	1 cup drained	0.00	0.00	0.00	0.00
USDA CMDTY,CHICK FAJITA STRIPS,FRZ	1 strip	0.21	0.00	0.00	0.21
USDA CMDTY,CHICK,CND,MEAT ONLY,W/ BROTH	1 can (5 oz)	0.33	0.04	0.00	0.33
USDA CMDTY,CHICK,CND,MEAT ONLY,W/ BROTH	1 cup drained	0.31	0.04	0.00	0.31
USDA CMDTY,CHICK,CND,MEAT ONLY,W/ H2O	1 can (5 oz)	0.00	0.00	0.00	0.00
USDA CMDTY,CHICK,CND,MEAT ONLY,W/ H2O	1 cup drained	0.00	0.00	0.00	0.00
USDA CMDTY,TURKEY TACO MEAT,FRZ,CKD	1 cup	5.54	0.00	0.00	5.54
USDA CMDTY,TURKEY TACO MEAT,FRZ,CKD	3 oz	2.58	0.00	0.00	2.58
USDA COMMODITY,TURKEY HAM,DK MEAT,SMOKED,FRZ	1 oz	0.88	0.34	0.00	0.88
USDA COMMODITY,TURKEY HAM,DK MEAT,SMOKED,FRZ	1 serving	0.87	0.34	0.00	0.87
CAMPBELL'S AU JUS GRAVY	1/4 cup	0.00	0.00	0.00	0.00
CAMPBELL'S BF GRAVY	1/4 cup	3.00	1.00	0.00	3.00
CAMPBELL'S BROWN GRAVY W/ ONIONS	1/4 cup	4.00	2.00	0.00	4.00
CAMPBELL'S CHICK GRAVY	1/4 cup	3.00	1.00	0.00	3.00
CAMPBELL'S CHNKY,HEALTHY REQUST MICROWAVBL ,CHICK NODLE SOUP	1 serving	17.00	1.00	0.98	16.02
CAMPBELL'S CHUNKY MICROWAVABLE BWLS,CHCK DMPLINGS SOUP	1 serving 1 cup	18.01	2.01	2.94	15.07
CAMPBELL'S CHUNKY SOUPS,BF RIB RST POTATOES HERBS SOUP	1 cup	17.00	6.00	1.96	15.04
CAMPBELL'S CHUNKY SOUPS,BF W/ COUNTRY VEG SOUP	1 cup	18.01	3.99	2.94	15.07
CAMPBELL'S CHUNKY SOUPS,BF W/ WHITE & WILD RICE SOUP	1 cup	24.01	5.00	1.96	22.05

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CAMPBELL'S CHUNKY SOUPS,BKD POTATO CHEDDAR BACON BITS SOUP	1 cup	23.01	3.06	1.96	21.05
CAMPBELL'S CHUNKY SOUPS,BKD POTATO W/ STEAK & CHS SOUP	1 cup	21.00	2.99	2.94	18.06
CAMPBELL'S CHUNKY SOUPS,CHICK BROCCOLI CHS & POTATO SOUP	1 cup	19.99	6.00	2.94	17.05
CAMPBELL'S CHUNKY SOUPS,CHICK CORN CHOWDER	1 cup	19.99	2.99	1.96	18.03
CAMPBELL'S CHUNKY SOUPS,FAJITA CHICK W/ RICE & BNS SOUP	1 cup	23.01	7.01	1.96	21.05
CAMPBELL'S CHUNKY SOUPS,FIREHOUSE - HOT SPICY BF BEAN CHILI	1 cup	24.99	7.01	5.88	19.11
CAMPBELL'S CHUNKY SOUPS,GRILLED CHICK SAUSAGE GUMBO SOUP	1 cup	21.00	3.99	1.96	19.04
CAMPBELL'S CHUNKY SOUPS,GRILLED CHICK VEG & PASTA SOUP	1 cup	13.99	2.01	1.96	12.03
CAMPBELL'S CHUNKY SOUPS,GRILLED SIRLOIN STEAK HEARTY VEG SP	1 cup	19.01	3.99	3.92	15.09
CAMPBELL'S CHUNKY SOUPS,GRILLED STEAK- STEAK CHILI W/ BNS	1 cup	27.00	8.99	7.11	19.89
CAMPBELL'S CHUNKY SOUPS,HEALTHY REQUES	1 cup	19.99	2.01	1.96	18.03
CAMPBELL'S CHUNKY SOUPS,HEALTHY REQUEST VEG SOUP	1 cup	24.01	8.01	3.92	20.09
CAMPBELL'S CHUNKY SOUPS,HEARTY BEAN 'N' HAM SOUP	1 cup	29.99	5.00	8.09	21.90
CAMPBELL'S CHUNKY SOUPS,HEARTY BF BARLEY SOUP	1 cup	25.99	5.00	3.92	22.07
CAMPBELL'S CHUNKY SOUPS,HEARTY CHICK W/ VEG SOUP	1 serving	17.00	2.99	2.94	14.06
CAMPBELL'S CHUNKY SOUPS,MANHATTAN CLAM CHOWDER	1 cup	19.01	3.99	2.94	16.07
CAMPBELL'S CHUNKY SOUPS,OLD FASHIONED POTATO HAM CHOWDER	1 cup	17.00	1.00	2.94	14.06
CAMPBELL'S CHUNKY SOUPS,OLD FASHIONED VEG BF SOUP	1 can	33.01	6.08	6.88	26.13
CAMPBELL'S CHUNKY SOUPS,OLD FASHIONED VEG BF SOUP	1 cup	15.41	2.84	3.21	12.20
CAMPBELL'S CHUNKY SOUPS,ROADHOUSE - BF BEAN CHILI	1 cup	24.99	7.01	5.88	19.11
CAMPBELL'S CHUNKY SOUPS,SALISBURY STEAK MUSHRMS ONIONS SOUP	1 serving	19.01	6.00	1.96	17.05
CAMPBELL'S CHUNKY SOUPS,SAVORY CHICK WHITE WILD RICE SOUP	1 cup	18.01	1.00	1.96	16.05

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CAMPBELL'S CHUNKY SOUPS,SAVORY POT RST SOUP	1 cup	19.99	3.99	1.96	18.03
CAMPBELL'S CHUNKY SOUPS,SAVORY VEG SOUP	1 cup	22.00	6.00	3.92	18.08
CAMPBELL'S CHUNKY SOUPS,SLOW RSTD BF W/ MUSHROOMS SOUP	1 cup	18.01	5.00	2.94	15.07
CAMPBELL'S CHUNKY SOUPS,SPLIT PEA 'N' HAM SOUP	1 cup	29.99	5.00	4.90	25.09
CAMPBELL'S CHUNKY SOUPS,STEAK 'N' POTATO SOUP	1 cup	18.01	1.00	2.94	15.07
CAMPBELL'S CHUNKY,CLASSIC CHICK NOODLE SOUP	1 can	28.46	2.16	5.26	23.20
CAMPBELL'S CHUNKY,CLASSIC CHICK NOODLE SOUP	1 cup	13.15	1.00	2.43	10.72
CAMPBELL'S CHUNKY,CREAMY CHICK & DUMPLINGS SOUP	1 cup	17.37	2.67	3.68	13.70
CAMPBELL'S CHUNKY,HEALTHY REQUEST CHICK NOODLE SOUP	1 cup	14.41	2.74	1.96	12.45
CAMPBELL'S CHUNKY,NEW ENGLAND CLAM CHOWDER	1 can	46.76	0.00	6.23	40.53
CAMPBELL'S CHUNKY,NEW ENGLAND CLAM CHOWDER	1 cup	22.62	0.00	3.01	19.60
CAMPBELL'S COUNTRY STYLE CRM GRAVY	1/4 cup	3.00	1.00	0.00	3.00
CAMPBELL'S COUNTRY STYLE SAUSAGE GRAVY	1/4 cup	3.00	1.00	0.00	3.00
CAMPBELL'S FAT FREE BF GRAVY	1/4 cup	3.00	0.00	0.00	3.00
CAMPBELL'S FAT FREE CHICK GRAVY	1/4 cup	3.00	0.00	0.00	3.00
CAMPBELL'S FAT FREE TURKEY GRAVY	1/4 cup	4.00	0.00	0.00	4.00
CAMPBELL'S GOLDEN PORK GRAVY	1/4 cup	3.00	1.00	0.00	3.00
CAMPBELL'S HEALTHY REQUEST,CHICK NOODLE SOUP,COND	1/2 cup condensed	8.20	1.12	1.26	6.94
CAMPBELL'S HEALTHY REQUEST,CRM OF CHICK SOUP,COND	1/2 cup condensed	9.30	0.99	0.50	8.80
CAMPBELL'S HEALTHY REQUEST,CRM OF MUSHROOM SOUP,COND	1/2 cup condensed	10.66	2.22	1.24	9.42
CAMPBELL'S HEALTHY REQUEST,HOMESTYLE CHICK NOODLE SOUP,COND	1/2 cup condensed	9.83	0.76	0.76	9.07
CAMPBELL'S HOMESTLYE LT NEW ENGLAND CLAM CHOWDER	1 cup	14.99	1.00	1.96	13.03
CAMPBELL'S HOMESTYLE BUTTERNUT SQUASH BISQUE	1 serving	19.01	12.01	0.98	18.03
CAMPBELL'S HOMESTYLE CHICK W/ WHITE & WILD RICE SOUP	1 cup	17.00	2.99	0.98	16.02
CAMPBELL'S HOMESTYLE HARVEST TOMATO W/ BASIL SOUP	1 cup	23.01	16.00	1.96	21.05
CAMPBELL'S HOMESTYLE HR CHICK W/ WHL GRAIN PASTA SOUP	1 can	21.36	1.60	3.49	17.86

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CAMPBELL'S HOMESTYLE HR CHICK W/ WHL GRAIN PASTA SOUP	1 cup	10.53	0.79	1.72	8.81
CAMPBELL'S HOMESTYLE HR MEXICAN STYLE CHICK TORTILLA	1 cup	19.01	2.99	2.94	16.07
CAMPBELL'S HOMESTYLE ITALIAN-STYLE WEDDING SOUP	1 cup	14.99	2.99	1.96	13.03
CAMPBELL'S HOMESTYLE LT ITALIAN-STYLE WEDDING SOUP	1 cup	11.00	2.01	0.98	10.02
CAMPBELL'S HOMESTYLE MEXICAN STYLE CHICK TORTILLA SOUP	1 cup	19.99	3.99	2.94	17.05
CAMPBELL'S HOMESTYLE MICROWAVEABLE BOWLS,HEALTHY REQUEST ITA	1 cup	13.01	3.99	1.96	11.05
CAMPBELL'S HOMESTYLE MICROWAVEABLE BOWLS,HEALTHY REQUEST MEX	1 cup	19.01	2.99	2.94	16.07
CAMPBELL'S HOMESTYLE MINISTRONE SOUP	1 cup	18.01	6.00	3.92	14.09
CAMPBELL'S HOMESTYLE NEW ENGLAND CLAM CHOWDER	1 can	29.48	0.00	4.15	25.33
CAMPBELL'S HOMESTYLE NEW ENGLAND CLAM CHOWDER	1 cup	14.54	0.00	2.05	12.49
CAMPBELL'S HOMESTYLE POTATO BROCCOLI CHS SOUP	1 cup	17.00	2.99	2.94	14.06
CAMPBELL'S HOMESTYLE VEG MEDLEY SOUP	1 cup	18.01	8.01	2.94	15.07
CAMPBELL'S LO NA SOUPS,CHICK BROTH	1 serving 1 container	1.01	1.01	0.00	1.01
CAMPBELL'S LO NA SOUPS,CHICK W/ NOODLES SOUP	1 serving 1 container	16.99	4.00	2.14	14.85
CAMPBELL'S LO NA SOUPS,CRM OF MUSHROOM SOUP	1 serving 1 container	19.01	5.99	0.00	19.01
CAMPBELL'S MICROWAVABLE BF GRAVY	1/4 cup	3.00	1.00	0.00	3.00
CAMPBELL'S MICROWAVABLE CHICK GRAVY	1/4 cup	3.00	1.00	0.00	3.00
CAMPBELL'S MICROWAVABLE TURKEY GRAVY	1/4 cup	3.00	1.00	0.00	3.00
CAMPBELL'S MUSHROOM GRAVY	1/4 cup	3.00	1.00	0.00	3.00
CAMPBELL'S RED & WHITE - MCRWVEABLE BOWLS,CHICK NOODLE SOUP	1 cup	10.00	0.00	0.98	9.02
CAMPBELL'S RED & WHITE - MCRWVEABLE BOWLS,CHICK NOODLE SOUP	1 serving	10.00	0.00	0.98	9.02
CAMPBELL'S RED & WHITE - MCRWVEABLE BOWLS,CREAMY TOMATO SOUP	1 cup	24.99	16.00	2.94	22.05
CAMPBELL'S RED & WHITE - MCRWVEABLE BOWLS,CREAMY TOMATO SOUP	1 serving	24.99	16.00	2.94	22.05
CAMPBELL'S RED & WHITE - MICROWAVEABLE BOWLS,CHICK RICE SOUP	1 cup	13.99	1.00	0.98	13.01

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CAMPBELL'S RED & WHITE - MICROWAVEABLE BOWLS,CHICK RICE SOUP	1 serving	13.99	1.00	0.98	13.01
CAMPBELL'S RED & WHITE - MICROWAVEABLE BOWLS,TOMATO SOUP	1 cup	24.01	18.01	2.94	21.07
CAMPBELL'S RED & WHITE - MICROWAVEABLE BOWLS,TOMATO SOUP	1 serving	24.01	18.01	2.94	21.07
CAMPBELL'S RED & WHITE - MICROWAVEABLE BOWLS,VEG BF SOUP	1 cup	14.99	2.01	2.94	12.05
CAMPBELL'S RED & WHITE - MICROWAVEABLE BOWLS,VEG BF SOUP	1 serving	14.99	2.01	2.94	12.05
CAMPBELL'S RED & WHITE,BEAN W/ BACON SOUP,COND	1 serving 1/2 cup	25.00	4.01	8.06	16.93
CAMPBELL'S RED & WHITE,BEEFY MUSHROOM SOUP,COND	1 serving 1/2 cup	6.00	1.00	0.00	6.00
CAMPBELL'S RED & WHITE,BF BROTH,COND	1 serving 1/2 cup	1.00	1.00	0.00	1.00
CAMPBELLS RED & WHITE,BF CONSOMME,COND	1 serving 1/2 cup	1.00	1.00	0.00	1.00
CAMPBELL'S RED & WHITE,BF NOODLE SOUP,COND	1 serving 1/2 cup	8.00	1.00	1.01	6.99
CAMPBELL'S RED & WHITE,BF W/ VEG & BARLEY SOUP,COND	1 serving 1/2 cup	14.99	2.00	3.02	11.97
CAMPBELL'S RED & WHITE,BROCCOLI CHS SOUP,COND	1 serving 1/2 cup	12.00	3.00	0.00	12.00
CAMPBELL'S RED & WHITE,CHICK & STARS SOUP,COND	1 serving 1/2 cup	11.00	1.00	1.01	9.99
CAMPBELL'S RED & WHITE,CHICK ALPHABET SOUP,COND	1 serving 1/2 cup	12.00	1.00	1.01	10.99
CAMPBELL'S RED & WHITE,CHICK BARLEY W/	1/2 cup	16.00	2.00	3.02	12.98
CAMPBELL'S RED & WHITE,CHICK BARLEY W/	1 serving	16.00	2.00	3.02	12.98
CAMPBELL'S RED & WHITE,CHICK GUMBO SOUP,COND	1 serving 1/2 cup	10.00	2.00	1.01	9.00
CAMPBELL'S RED & WHITE,CHICK NOODLEO'S SOUP,COND	1 serving 1/2 cup	14.99	2.00	1.01	13.99
CAMPBELL'S RED & WHITE,CHICK VEG SOUP,COND	1 serving 1/2 cup	14.99	3.00	2.02	12.98
CAMPBELL'S RED & WHITE,CRM OF ASPARAGUS SOUP,COND	1 serving 1/2 cup	9.00	2.00	2.98	6.03
CAMPBELL'S RED & WHITE,CRM OF BROCCOLI SOUP,COND	1 serving 1/2 cup	12.00	3.00	0.99	11.01
CAMPBELL'S RED & WHITE,CRM OF CELERY SOUP,COND	1 serving 1/2 cup	9.00	1.00	2.98	6.03

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CAMPBELL'S RED & WHITE,CRM OF ONION SOUP,COND	1 serving 1/2 cup	9.99	4.01	2.98	7.02
CAMPBELL'S RED & WHITE,CRM OF SHRIMP SOUP,COND	1 serving 1/ 2 cup	8.00	0.00	0.00	8.00
CAMPBELL'S RED & WHITE,DOUBLE NOODLE IN CHICK BROTH SOP,COND	1 serving 1/ 2 cup	20.00	1.00	1.01	18.99
CAMPBELL'S RED & WHITE,FIESTA NACHO CHS SOUP,COND	1 serving 1/2 cup	9.99	2.00	0.99	9.00
CAMPBELL'S RED & WHITE,FRENCH ONION SOUP,COND	1 serving 1/2 cup	6.00	3.99	1.01	4.99
CAMPBELL'S RED & WHITE,GOLDEN MUSHROOM SOUP,COND	1 serving 1/2 cup	9.99	1.00	0.99	9.00
CAMPBELL'S RED & WHITE,GOLDFISH PASTA W/ CHICK	1 serving 1/2 cup	12.00	1.00	1.01	10.99
CAMPBELL'S RED & WHITE,GRN PEA SOUP,COND	1 serving 1/2 cup	28.01	6.00	3.97	24.04
CAMPBELL'S RED & WHITE,ITALIAN STYLE W	1/2 cup	12.00	2.00	3.02	8.97
CAMPBELL'S RED & WHITE,ITALIAN STYLE W	1 serving	12.00	2.00	3.02	8.97
CAMPBELL'S RED & WHITE,LENTIL SOUP,COND	1/2 cup	24.00	2.00	5.04	18.96
CAMPBELL'S RED & WHITE,LENTIL SOUP,COND	1 serving	24.00	2.00	5.04	18.96
CAMPBELL'S RED & WHITE,MANHATTAN CLAM CHOWDER,COND	1 serving 1/2 cup	12.00	2.00	2.02	9.98
CAMPBELL'S RED & WHITE,MEGA NOODLE IN CHICK BROTH,COND	1 serving 1/2 cup	14.99	1.00	1.01	13.99
CAMPBELL'S RED & WHITE,MINESTRONE SOUP,COND	1 serving 1/2 cup	17.00	3.00	3.02	13.97
CAMPBELL'S RED & WHITE,NEW ENGLAND CLAM CHOWDER,COND	1 serving 1/2 cup	13.00	1.00	1.01	12.00
CAMPBELL'S RED & WHITE,OLD FASHIONED TOMATO RICE SOUP,COND	1 serving 1/2 cup	23.00	10.00	1.01	21.99
CAMPBELL'S RED & WHITE,PHINEAS & FERB SOUP,COND	1/2 cup serving	11.00	1.00	1.01	9.99
CAMPBELL'S RED & WHITE,SCOOBY-DOO SOUP,COND	1 serving 1/2 cup	11.00	1.00	1.01	9.99
CAMPBELL'S RED & WHITE,SPLIT PEA W/ HAM & BACON SOUP,COND	1 serving 1/2 cup	30.00	4.01	3.97	26.04
CAMPBELL'S RED & WHITE,TOMATO BISQUE,COND	1 serving 1/2 cup	23.00	14.99	1.01	21.99
CAMPBELL'S RED & WHITE,VEG SOUP,COND	1 serving 1/2 cup	21.00	7.01	3.02	17.98
CAMPBELL'S RED & WHITE,VEGETARIAN VEG SOUP,COND	1 serving 1/2 cup	18.01	6.00	2.02	15.99

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CAMPBELL'S RED&WHITE,25% LESS NA TOMATO SOUP,COND	1 serving 1/2 cup	20.00	12.00	0.99	19.01
CAMPBELL'S RED&WHITE,CHICK & DUMPLINGS SOUP,COND	1 serving 1/2 cup	10.00	1.00	1.01	9.00
CAMPBELL'S RED&WHITE,CHICK BROTH,COND	1 serving 1/2 cup	1.00	1.00	0.00	1.00
CAMPBELL'S RED&WHITE,CHICK WON TON SOUP,COND	1 serving 1/2 cup	8.00	1.00	0.00	8.00
CAMPBELL'S RED&WHITE,CREAMY CHICK NOODLE SOUP,COND	1 serving 1/2 cup	11.00	1.00	3.97	7.03
CAMPBELL'S SOUP ON THE GO,CHEESY POTATO W/ BACON FLAVOR SOUP	1 container	16.01	4.00	0.92	15.10
CAMPBELL'S SOUP ON THE GO,CHICK & STARS SOUP	1 container	10.00	1.01	0.92	9.09
CAMPBELL'S SOUP ON THE GO,CHICK W/ MINI NOODLES SOUP	1 container	11.01	2.01	2.14	8.88
CAMPBELL'S SOUP ON THE GO,CLASSIC TOMATO SOUP	1 container	30.99	20.01	2.14	28.85
CAMPBELL'S SOUP ON THE GO,CREAMY BROCCOLI SOUP	1 container	12.99	4.00	3.05	9.94
CAMPBELL'S SOUP ON THE GO,CREAMY CHICK SOUP	1 container	10.00	1.01	2.14	7.87
CAMPBELL'S SOUP ON THE GO,CREAMY TOMATO SOUP	1 container	30.01	21.99	2.14	27.88
CAMPBELL'S SOUP ON THE GO,HEALTHY REQUEST CLASSIC TOMAT SOUP	1 container	28.00	16.99	2.14	25.86
CAMPBELL'S SOUP ON THE GO,HR CHICK W/ MINI NOODLES SOUP	1 container	7.99	2.01	2.14	5.86
CAMPBELL'S SOUP ON THE GO,NEW ENGLAND CLAM CHOWDER	1 container	12.99	2.01	3.05	9.94
CAMPBELL'S SOUP ON THE GO,VEG BF SOUP	1 container	10.00	5.00	0.92	9.09
CAMPBELL'S SOUP ON THE GO,VEG W/ MINI RND NOODLES SOUP	1 container	21.01	14.00	0.92	20.10
CAMPBELL'S TURKEY GRAVY	1/4 cup	3.00	1.00	0.00	3.00
CAMPBELL'S, CHNKY MICRO BOWL,GRLLD CHIC&SAUS GMBO,RTS	1 serving 1 cup	18.01	5.00	0.98	17.03
CAMPBELL'S, CHNKY MICRO BOWL,NEW ENGL CLM CHOW,RTS	1 serving 1 cup	17.00	1.00	2.94	14.06
CAMPBELL'S, CHNKY MICRO BOWLS,CLSSC CHIC NOODL,RTS	1 serving 1 cup	13.99	2.99	1.96	12.03
CAMPBELL'S,25% LESS NA CHICK NOODLE SOUP,COND	1/2 cup condensed	7.94	0.76	1.01	6.93
CAMPBELL'S,25% LESS NA CRM OF MUSHROOM SOUP,COND	1/2 cup condensed	8.00	1.00	1.98	6.01

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CAMPBELL'S,98% FAT FREE BROCCOLI CHS SOUP,COND	1/2 cup condensed	12.00	3.00	0.99	11.01
CAMPBELL'S,98% FAT FREE CRM OF BROCCOLI SOUP,COND	1/2 cup condensed	9.99	1.00	1.98	8.01
CAMPBELL'S,98% FAT FREE CRM OF CELERY SOUP,COND	1/2 cup condensed	9.00	1.00	1.98	7.02
CAMPBELL'S,98% FAT FREE CRM OF CHICK SOUP,COND	1/2 cup condensed	9.25	0.62	0.50	8.75
CAMPBELL'S,98% FAT FREE CRM OF MUSHROOM SOUP,COND	1/2 cup condensed	9.46	0.31	1.49	7.97
CAMPBELL'S,CHEDDAR CHS SOUP,COND	1/2 cup condensed	14.19	4.63	2.73	11.46
CAMPBELL'S,CHICK W/ RICE SOUP,COND	1/2 cup condensed	14.21	0.29	1.13	13.08
CAMPBELL'S,CHNKY MICRO BOWLS,BF W/ CONTRY VEG,RTS	1 serving 1 cup	21.00	2.99	4.90	16.10
CAMPBELL'S,CHUNKY MICRO BOWLS,OLD FASH VEG BF,RTS	1 serving 1 cup	13.99	3.99	2.94	11.05
CAMPBELL'S,CHUNKY MICRO BOWLS,SIRL BRGER W/CNTRY VEG,RTS	1 serving 1 cup	18.01	3.99	2.94	15.07
CAMPBELL'S,CRM OF CHICK SOUP,COND	1/2 cup condensed	7.48	0.41	5.08	2.39
CAMPBELL'S,CRM OF CHICK W/ HERBS SOUP,COND	1/2 cup condensed	9.00	1.00	0.00	9.00
CAMPBELL'S,CRM OF MUSHROOM SOUP,COND	1/2 cup condensed	8.50	0.52	0.77	7.73
CAMPBELL'S,CRM OF MUSHROOM W/ RSTD GARLIC SOUP,COND	1/2 cup condensed	9.99	1.00	1.98	8.01
CAMPBELL'S,CRM OF POTATO SOUP,COND	1/2 cup condensed	16.43	1.79	1.61	14.82
CAMPBELL'S,HOMESTYLE CHICK NOODLE SOUP,COND	1/2 cup condensed	9.49	1.40	1.01	8.48
CAMPBELL'S,RED & WHITE,CHICK NOODLE SOUP,COND	1/2 cup	7.34	0.00	0.00	7.34
CAMPBELL'S,TOMATO SOUP,COND	1/2 cup condensed	18.87	10.21	1.36	17.51
CAMPBELL'S,VEG BF SOUP,COND	1/2 cup condensed	14.87	2.14	2.65	12.22
DIP,OLD EL PASO,CHS 'N SALSA,MED	1/2 cup	13.21	1.61	0.74	12.46
DIP,OLD EL PASO,CHS 'N SALSA,MED	2 tbsp	3.41	0.42	0.19	3.22
DIP,SALSA CON QUESO,CHS & SALSA- MED	1/2 cup	13.93	2.44	0.88	13.05
DIP,SALSA CON QUESO,CHS & SALSA- MED	2 tbsp	3.34	0.59	0.21	3.13
DIP,TOSTITOS,SALSA CON QUESO,MED	1/2 cup	14.65	1.75	0.75	13.90

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
DIP,TOSTITOS,SALSA CON QUESO,MED	2 tbsp	3.52	0.42	0.18	3.34
FISH BROTH	1 cup	0.98	0.22	0.00	0.98
FISH BROTH	1 fl oz	0.12	0.03	0.00	0.12
FRANCO-AMERICAN FT FE SLW RST CHICK GRVY	1/4 cup	4.00	0.00	0.00	4.00
FRANCO-AMERICAN SLOW RST BF GRAVY	1/4 cup	3.00	0.00	0.00	3.00
FRANCO-AMERICAN SLOW RST CHICK GRAVY	1/4 cup	3.00	0.00	0.00	3.00
FRANCO-AMERICAN SLOW RST TURKEY GRAVY	1/4 cup	4.00	0.00	0.00	4.00
FRANCO-AMERICN FAT FR SLW RST BF GRAVY	1/4 cup	3.00	0.00	0.00	3.00
GRAVY,AU JUS,CANNED	1/4 cup	1.48	0.00	0.00	1.48
GRAVY,AU JUS,CANNED	1 can	7.45	0.00	0.00	7.45
GRAVY,AU JUS,DRY	1 tsp	1.42	0.00	0.00	1.42
GRAVY,BF,CND,RTS	1 can	14.00	0.61	1.16	12.83
GRAVY,BF,CND,RTS	1 cup	11.21	0.49	0.93	10.28
GRAVY,BROWN INST,DRY	1 package	271.40	41.90	14.53	256.87
GRAVY,BROWN INST,DRY	1 serving	4.01	0.62	0.21	3.79
GRAVY,BROWN,DRY	1 tbsp	3.56	0.00	0.12	3.44
GRAVY,CHICK,CND,RTS	1 can	16.15	2.32	1.19	14.96
GRAVY,CHICK,CND,RTS	1 cup	12.90	1.86	0.95	11.95
GRAVY,CHICKEN,DRY	1 serving	4.97	0.00	0.00	4.97
GRAVY,CHICKEN,DRY	1 tbsp	4.97	0.00	0.00	4.97
GRAVY,HEINZ HOME STYLE SAVORY BF GRAVY	1 serving 1/4 cup 2 oz	3.56	0.30	0.40	3.16
GRAVY,INST BF,DRY	1 package (16 oz)	277.39	108.51	19.52	257.87
GRAVY,INST BF,DRY	1 serving	4.09	1.60	0.29	3.81
GRAVY,INST TURKEY,DRY	1 package (16 oz)	261.32	34.50	17.25	244.07
GRAVY,INST TURKEY,DRY	1 serving	3.86	0.51	0.25	3.60
GRAVY,MEAT OR POULTRY,LO NA,PREP	1 cup	14.54	0.02	0.71	13.83
GRAVY,MUSHROOM,CANNED	1 can	16.30	0.00	1.19	15.11
GRAVY,MUSHROOM,CANNED	1 cup	13.02	0.00	0.95	12.07
GRAVY,MUSHROOM,DRY,PDR	1 cup (8 fl oz)	13.58	0.68	1.01	12.57
GRAVY,ONION,DRY,MIX	1 cup (8 fl oz)	16.23	0.00	1.44	14.79
GRAVY,PORK,DRY,PDR	1 serving	4.26	1.66	0.16	4.10
GRAVY,TURKEY,CND,RTS	1 can	15.20	0.63	1.19	14.01
GRAVY,TURKEY,CND,RTS	1 cup	12.14	0.50	0.95	11.19
GRAVY,TURKEY,CND,RTS	1 tbsp	0.76	0.03	0.06	0.70
GRAVY,TURKEY,CND,RTS	1 tsp	0.26	0.01	0.02	0.24
GRAVY,TURKEY,DRY	1 serving	4.56	0.00	0.00	4.56
GRAVY,UNSPEC TYPE,DRY	1 cup (8 fl oz)	14.50	0.00	0.00	14.50
HEALTHY REQUEST,CHICK W/ RICE,COND	1/2 cup	9.06	1.00	1.01	8.05
HEALTHY REQUEST,CRM OF CELERY,COND	1 serving 1/2 cup	12.00	2.00	0.99	11.01

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HEALTHY REQUEST,MINESTRONE SOUP,COND	1 serving 1/2 cup	14.28	3.80	2.88	11.40
HEALTHY REQUEST,TOMATO SOUP,COND	1 serving 1/2 cup	17.00	9.99	0.99	16.01
HEALTHY REQUEST,VEG SOUP,COND	1 serving 1/2 cup	20.00	5.00	3.02	16.97
HLTHY RQST MCRWVBL BWL,GRLL CHICK SSAGE GMB	1 cup	18.01	3.99	1.96	16.05
PACE,CHIPOTLE CHUNKY SALSA	1 serving	2.00	2.00	0.99	1.01
PACE,CHIPOTLE CHUNKY SALSA	2 tbsp	2.00	2.00	0.99	1.01
PACE,CILANTRO CHUNKY SALSA	1 serving	2.00	2.00	0.99	1.01
PACE,CILANTRO CHUNKY SALSA	2 tbsp	2.00	2.00	0.99	1.01
PACE,ENCHILADA SAU	1/4 cup	5.00	4.00	1.02	3.98
PACE,ENCHILADA SAU	1 serving	5.00	4.00	1.02	3.98
PACE,GRN TACO SAU	1 serving	1.00	1.00	0.00	1.00
PACE,GRN TACO SAU	2 tbsp	1.00	1.00	0.00	1.00
PACE,LIME & GARLIC CHUNKY SALSA	1 serving	3.00	2.00	0.99	2.01
PACE,LIME & GARLIC CHUNKY SALSA	2 tbsp	3.00	2.00	0.99	2.01
PACE,ORGANIC PICANTE SAU	1 serving	2.00	2.00	0.99	1.01
PACE,ORGANIC PICANTE SAU	2 tbsp	2.00	2.00	0.99	1.01
PACE,PICANTE SAU	1 serving	2.00	2.00	0.99	1.01
PACE,PICANTE SAU	2 tbsp	2.00	2.00	0.99	1.01
PACE,PICO DE GALLO	1 serving	3.00	2.00	0.00	3.00
PACE,PICO DE GALLO	2 tbsp	3.00	2.00	0.00	3.00
PACE,RED TACO SAU	1 serving	2.00	1.00	0.00	2.00
PACE,RED TACO SAU	1 tbsp	2.00	1.00	0.00	2.00
PACE,SALSA VERDE	1 serving	2.00	2.00	0.00	2.00
PACE,SALSA VERDE	2 tbsp	2.00	2.00	0.00	2.00
PACE,TEQUILA LIME SALSA	1 serving	3.00	2.00	0.00	3.00
PACE,TEQUILA LIME SALSA	2 tbsp	3.00	2.00	0.00	3.00
PACE,THICK & CHUNKY SALSA	1 serving	2.00	2.00	0.99	1.01
PACE,THICK & CHUNKY SALSA	2 tbsp	2.00	2.00	0.99	1.01
PACE,TRIPLE PEPPER SALSA	1 serving	3.00	2.00	0.99	2.01
PACE,TRIPLE PEPPER SALSA	2 tbsp	3.00	2.00	0.99	2.01
POTATO SOUP,INST,DRY MIX	1 serving 1/3 cup	29.69	3.90	2.96	26.73
PREGO PASTA,CHNKY GRD MSHRM & GRN PPPR ITAL SAU,RTS	1 serving 1/2 cup	13.00	10.00	2.99	10.01
PREGO PASTA,CHNKY GRDN TMTO,ON & GRLIC ITAL SAU,RTS	1 serving 1/2 cup	13.52	10.40	3.12	10.40
PREGO PASTA,CHUNKY GARDEN COMB ITALIAN SAU,RTS	1 serving 1/2 cup	13.00	10.00	2.99	10.01
PREGO PASTA,CHUNKY GARDEN MUSHROOM ITALIAN SAU,RTS	1 serving 1/2 cup	13.00	10.00	2.99	10.01

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PREGO PASTA,DICED ONION & GARLIC ITAL SAU,RTS	1 serving 1/2 cup	18.01	12.00	2.99	15.02
PREGO PASTA,FLAV W/ MEAT ITAL SAU,RTS	1 serving 1/2 cup	13.00	10.00	2.99	10.01
PREGO PASTA,FRSH MUSHROOM ITAL SAU,RTS	1 serving 1/2 cup	13.00	11.00	2.99	10.01
PREGO PASTA,GARLIC SUPREME ITAL SAU,RTS	1 serving 1/2 cup	17.00	13.00	2.99	14.01
PREGO PASTA,H ST- RSTD RED PR GRLIC ITLIAN SAU,RTS	1 serving 1/2 cup	13.00	9.00	3.00	10.00
PREGO PASTA,HEART SMART- TRADITIONAL S	1/2 cup	13.00	10.01	2.99	10.01
PREGO PASTA,HEART SMRT- RICOTTA PMESAN ITLN SAU,RTS	1 serving 1/2 cup	13.00	10.00	3.00	10.00
PREGO PASTA,ITAL SAUSGE & GARLIC ITAL SAU,RTS	1 serving 1/2 cup	13.00	10.00	3.00	10.00
PREGO PASTA,MINI MEATBALL ITAL SAU,RTS	1 serving 1/2 cup	13.00	10.00	2.99	10.01
PREGO PASTA,MUSHRM & GRLIC ITAL SAU,RTS	1 serving 1/2 cup	13.00	10.00	2.99	10.01
PREGO PASTA,MUSHRM & PARMESAN ITALIAN SAU,RTS	1 serving 1/2 cup	22.00	13.00	3.00	19.00
PREGO PASTA,ORGANIC MUSHROOM ITALIAN SAU,RTS	1 serving 1/2 cup	13.00	9.00	4.00	9.00
PREGO PASTA,ORGNIC TOMATO & BASIL ITAL SAU,RTS	1 serving 1/2 cup	13.00	9.00	4.00	9.00
PREGO PASTA,RSTD GARLIC & HERB ITAL SAU,RTS	1 serving 1/2 cup	13.00	9.00	2.99	10.01
PREGO PASTA,RSTD GARLIC PARMESAN ITAL SAU,RTS	1 serving 1/2 cup	13.00	10.00	2.99	10.01
PREGO PASTA,TOMATO,BASIL & GARLIC ITAL SAU,RTS	1 serving 1/2 cup	12.00	9.00	3.00	9.00
PREGO PASTA,TRADITIONAL ITALIAN SAU,RTS	1 serving 1/2 cup	13.00	10.00	2.99	10.01
PREGO PASTA,ZESTY MUSHROOM ITALIAN SAU,RTS	1 serving 1/2 cup	18.01	12.00	2.99	15.02
SAUCE,BARBECUE	1/2 cup	58.30	47.53	1.29	57.01
SAUCE,BARBECUE	1 cup	113.75	92.74	2.51	111.24
SAUCE,BARBECUE	1 tbsp	6.93	5.65	0.15	6.78
SAUCE,BARBECUE,BULL'S-EYE,ORIGINAL	1/2 cup	59.13	52.23	1.48	57.65
SAUCE,BARBECUE,BULL'S-EYE,ORIGINAL	1 cup	116.25	102.69	2.91	113.34
SAUCE,BARBECUE,BULL'S-EYE,ORIGINAL	1 tbsp	6.39	5.65	0.16	6.23
SAUCE,BARBECUE,KC MASTERPIECE,ORIGINAL	1/2 cup	52.33	42.71	1.93	50.40
SAUCE,BARBECUE,KC MASTERPIECE,ORIGINAL	1 cup	100.49	82.02	3.71	96.78

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SAUCE,BARBECUE,KC MASTERPIECE,ORIGINAL	1 tbsp	6.83	5.57	0.25	6.57
SAUCE,BARBECUE,KRAFT,ORIGINAL	1/2 cup	59.52	47.10	0.58	58.94
SAUCE,BARBECUE,KRAFT,ORIGINAL	1 cup	115.38	91.30	1.13	114.25
SAUCE,BARBECUE,KRAFT,ORIGINAL	1 tbsp	6.52	5.16	0.06	6.46
SAUCE,BARBECUE,OPEN PIT,ORIGINAL	1/2 cup	40.35	32.18	0.69	39.66
SAUCE,BARBECUE,OPEN PIT,ORIGINAL	1 cup	79.52	63.42	1.35	78.17
SAUCE,BARBECUE,OPEN PIT,ORIGINAL	1 tbsp	5.01	3.99	0.09	4.92
SAUCE,BARBECUE,SWT BABY RAY'S,ORIGINAL	1/2 cup	66.36	55.25	1.87	64.48
SAUCE,BARBECUE,SWT BABY RAY'S,ORIGINAL	1 cup	129.02	107.44	3.64	125.38
SAUCE,BARBECUE,SWT BABY RAY'S,ORIGINAL	1 tbsp	8.29	6.91	0.23	8.06
SAUCE,CHILI,PEPPERS,HOT,IMMAT GRN,CND	1 cup	12.25	6.25	4.66	7.60
SAUCE,CHILI,PEPPERS,HOT,IMMAT GRN,CND	1 tbsp	0.75	0.38	0.29	0.47
SAUCE,CHS,RTS	1/4 cup	4.30	0.26	0.32	3.99
SAUCE,COCKTAIL,RTS	1/4 cup	16.93	7.10	1.08	15.85
SAUCE,DUCK,RTS	2 Tbsp	20.00	10.08	0.20	19.80
SAUCE,FISH,READY-TO-SERVE	1 tbsp	0.66	0.66	0.00	0.66
SAUCE,HOISIN,RTS	1 tbsp	7.05	4.36	0.45	6.60
SAUCE,HOMEMADE,WHITE,MED	1/2 cup	11.46	5.48	0.25	11.21
SAUCE,HOMEMADE,WHITE,MED	1 cup	22.93	10.95	0.50	22.43
SAUCE,HOMEMADE,WHITE,THICK	1/2 cup	14.51	4.98	0.38	14.14
SAUCE,HOMEMADE,WHITE,THICK	1 cup	29.03	9.95	0.75	28.28
SAUCE,HOMEMADE,WHITE,THIN	1/2 cup	9.25	5.98	0.13	9.13
SAUCE,HOMEMADE,WHITE,THIN	1 cup	18.50	11.95	0.25	18.25
SAUCE,OYSTER,RTS	1 tbsp	1.97	0.00	0.05	1.91
SAUCE,PASTA,SPAGHETTI/MARINARA,RTS	1 serving 1/2 cup	9.94	7.26	2.38	7.56
SAUCE,PASTA,SPAGHETTI/MARINARA,RTS,LO NA	1 cup	20.71	14.14	4.63	16.09
SAUCE,PASTA,SPAGHETTI/MARINARA,RTS,LO NA	1 serving 1/2 cup	10.32	7.04	2.30	8.01
SAUCE,PEPPERS,HOT,CHILI,MATURE RED,CND	1 cup	9.56	6.25	1.72	7.84
SAUCE,PEPPERS,HOT,CHILI,MATURE RED,CND	1 tbsp	0.59	0.38	0.11	0.48
SAUCE,PIZZA,CND,RTS	1/4 cup	5.46	2.38	1.26	4.20
SAUCE,PLUM,READY-TO-SERVE	1 cup	130.57	0.00	2.14	128.44
SAUCE,PLUM,READY-TO-SERVE	1 tbsp	8.13	0.00	0.13	8.00
SAUCE,PNUT,MADE FROM COCNT,H2O,SUGAR,PNUTS	1 tbsp	4.84	3.20	0.19	4.65
SAUCE,PNUT,MADE FROM PNUT BUTTER,H2O,SOY SAU	1 tbsp	3.96	3.07	0.32	3.64
SAUCE,RTS,PEPPER OR HOT	1/4 tsp	0.02	0.02	0.00	0.02
SAUCE,RTS,PEPPER OR HOT	1 tsp	0.08	0.06	0.01	0.07
SAUCE,RTS,PEPPER,TABASCO	1/4 tsp	0.01	0.00	0.01	0.00
SAUCE,RTS,PEPPER,TABASCO	1 tsp	0.04	0.01	0.03	0.01
SAUCE,SALSA,RTS	1/2 cup	8.74	5.12	2.34	6.40

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SAUCE,SALSA,RTS	1 cup	17.40	10.20	4.66	12.74
SAUCE,SALSA,RTS	2 tbsp	2.42	1.42	0.65	1.77
SAUCE,SALSA,VERDE,RTS	2 Tbsp	1.91	1.05	0.57	1.34
SAUCE,SOFRITO,PREP FROM RECIPE	1/2 cup	5.62	0.00	1.75	3.87
SAUCE,STEAK,TOMATO BSD	2 Tbsp	7.49	3.34	0.51	6.98
SAUCE,SWT & SOUR,RTS	2 Tbsp	13.38	6.56	0.04	13.34
SAUCE,TARTAR,RTS	2 tablespoons	3.99	1.28	0.15	3.84
SAUCE,TERIYAKI,RTS	1 cup	44.81	40.61	0.29	44.52
SAUCE,TERIYAKI,RTS	1 fl oz	5.60	5.08	0.04	5.57
SAUCE,TERIYAKI,RTS	1 tbsp	2.80	2.54	0.02	2.78
SAUCE,TERIYAKI,RTS,RED NA	2 Tbsp	5.61	5.08	0.04	5.57
SAUCE,TOMATO CHILI SAU,BTLD,W/SALT	1 cup	54.03	28.77	16.11	37.92
SAUCE,TOMATO CHILI SAU,BTLD,W/SALT	1 packet	1.19	0.63	0.35	0.83
SAUCE,WORCESTERSHIRE	1 cup	53.52	27.58	0.00	53.52
SAUCE,WORCESTERSHIRE	1 tbsp	3.31	1.71	0.00	3.31
SMART SOUP,FRENCH LENTIL	10 oz 1 pouch	26.89	7.36	8.21	18.68
SMART SOUP,GREEK MINESTRONE	10 oz 1 pouch	23.77	7.64	7.64	16.13
SMART SOUP,INDIAN BEAN MASALA	10 oz 1 pouch	29.72	6.51	7.36	22.36
SMART SOUP,MOROCCAN CHICK PEA	10 oz 1 pouch	27.45	11.89	8.77	18.68
SMART SOUP,SANTA FE CORN CHOWDER	10 oz 1 pouch	31.70	10.19	5.66	26.04
SMART SOUP,THAI COCNT CURRY	10 oz 1 pouch	18.40	10.47	2.83	15.57
SMART SOUP,VIETNAMESE CARROT LEMONGRASS	10 oz 1 pouch	23.21	12.45	4.25	18.96
SOUP,BEAN W/ FRANKFURTERS,CND,COND	1 can (11.25 oz)	53.43	0.00	14.67	38.76
SOUP,BEAN W/ FRANKFURTERS,CND,COND	1 cup (8 fl oz)	44.05	0.00	12.10	31.95
SOUP,BEAN W/ FRANKFURTERS,CND,PREP W/ EQ VOLUME H2O	1 can (11.25 oz), prepared	53.42	0.00	0.00	53.42
SOUP,BEAN W/ FRANKFURTERS,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	22.00	0.00	0.00	22.00
SOUP,BEAN W/ HAM,CND,CHUNKY,RTS	1 can (19.25 oz)	60.93	0.00	25.12	35.82
SOUP,BEAN W/ HAM,CND,CHUNKY,RTS	1 cup (8 fl oz)	27.12	0.00	11.18	15.94
SOUP,BEAN W/ PORK,CND,COND	1/2 cup	22.06	3.90	7.67	14.39
SOUP,BEAN W/ PORK,CND,COND	1 can 11.5 oz	55.32	9.78	19.23	36.09
SOUP,BEAN W/ PORK,CND,PREP W/ EQ VOLUME H2O	1 fl oz	2.77	0.49	0.97	1.80
SOUP,BEAN W/ PORK,CND,PREP W/ EQ VOLUME H2O	1 serving 1 cup	22.10	3.91	7.71	14.39
SOUP,BEAN W/BACON,COND,SINGLE BRAND	1 serving 1/2 cup	23.04	0.00	5.89	17.15
SOUP,BEAN&HAM,CND,RED NA,PREP W/H2O OR RTS	1 cup	33.47	7.77	9.80	23.67
SOUP,BEEF BROTH,CUBED,DRY	1 cube	0.58	0.52	0.00	0.58
SOUP,BF & MUSHROOM,LO NA,CHUNK STYLE	1 cup	24.05	2.11	0.50	23.54
SOUP,BF & VEG,CND,RTS	1 can	32.52	6.60	6.34	26.19

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SOUP,BF & VEG,CND,RTS	1 cup	15.40	3.13	3.00	12.40
SOUP,BF & VEG,RED NA,CND,RTS	1 can	26.20	6.41	4.20	22.00
SOUP,BF & VEG,RED NA,CND,RTS	1 cup	12.23	2.99	1.96	10.27
SOUP,BF BROTH BOUILLON & CONSOMME,CND,COND	1/2 cup	0.40	0.00	0.00	0.40
SOUP,BF BROTH BOUILLON & CONSOMME,CND,COND	1 can (10.5 oz)	0.99	0.00	0.00	0.99
SOUP,BF BROTH OR BOUILLON CND,RTS	1 can 14.5 oz	0.17	0.00	0.00	0.17
SOUP,BF BROTH OR BOUILLON CND,RTS	1 container 32 oz	0.38	0.00	0.00	0.38
SOUP,BF BROTH OR BOUILLON CND,RTS	1 cup	0.10	0.00	0.00	0.10
SOUP,BF BROTH OR BOUILLON,PDR,DRY	1 cube	0.63	0.60	0.00	0.63
SOUP,BF BROTH OR BOUILLON,PDR,DRY	1 packet	1.04	1.00	0.00	1.04
SOUP,BF BROTH OR BOUILLON,PDR,PREP W/H2O	1 fl oz	0.07	0.06	0.00	0.07
SOUP,BF BROTH OR BOUILLON,PDR,PREP W/H2O	1 serving 1 cup	0.60	0.48	0.00	0.60
SOUP,BF BROTH,BOUILLON,CONSOMME,PREP W/ EQ VOLUME H2O	1 can (10.5 oz), prepared	4.28	0.00	0.00	4.28
SOUP,BF BROTH,BOUILLON,CONSOMME,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	1.76	0.00	0.00	1.76
SOUP,BF BROTH,CUBED,PREP W/H2O	1 fl oz	0.07	0.06	0.00	0.07
SOUP,BF BROTH,CUBED,PREP W/H2O	1 serving 1 cup	0.60	0.48	0.00	0.60
SOUP,BF MUSHROOM,CND,COND	1/2 cup (4 fl oz)	6.55	0.00	0.25	6.30
SOUP,BF MUSHROOM,CND,COND	1 can (10.75 oz)	15.86	0.00	0.61	15.25
SOUP,BF MUSHROOM,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	15.42	0.00	0.59	14.83
SOUP,BF MUSHROOM,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	6.34	0.00	0.24	6.10
SOUP,BF NOODLE,CND,COND	1/2 cup	8.95	2.58	0.75	8.20
SOUP,BF NOODLE,CND,COND	1 can (10.75 oz)	21.84	6.28	1.83	20.01
SOUP,BF NOODLE,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	21.23	6.11	1.78	19.45
SOUP,BF NOODLE,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	8.74	2.51	0.73	8.00
SOUP,BF STROGANOFF,CND,CHUNKY STYLE,RTS	1 cup	21.60	4.03	1.44	20.16
SOUP,BF W/VEG&BARLEY,CND,COND,SINGLE BRAND	1 package yields	25.58	0.00	0.00	25.58
SOUP,BF W/VEG&BARLEY,CND,COND,SINGLE BRAND	1 serving	10.41	0.00	0.00	10.41
SOUP,BLACK BEAN,CND,COND	1 can (11 oz), undiluted	48.11	7.77	21.22	26.89
SOUP,BLACK BEAN,CND,COND	1 cup (8 fl oz)	39.63	6.40	17.48	22.15
SOUP,BLACK BEAN,CND,PREP W/ EQ VOLUME H2O	1 can (11 oz), prepared	46.26	7.44	20.40	25.86
SOUP,BLACK BEAN,CND,PREP W/ EQ VOLUME H2O	1 cup	19.04	3.06	8.40	10.65

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SOUP,BOUILLON CUBES&GRANULES,LO NA,DRY	1 cube	2.34	0.52	0.01	2.33
SOUP,BOUILLON CUBES&GRANULES,LO NA,DRY	1 tsp	1.69	0.38	0.01	1.68
SOUP,BROCCOLI CHS,CND,COND,COMM	1 can 10.7 oz (10.75 oz)	23.33	6.42	5.45	17.88
SOUP,BROCCOLI CHS,CND,COND,COMM	1 serving 1/2 cup	9.32	2.57	2.18	7.14
SOUP,CHICK & VEG,CND,RTS	1 cup	11.93	2.58	2.30	9.64
SOUP,CHICK BROTH CUBES,DRY	1 cube	1.13	0.00	0.00	1.13
SOUP,CHICK BROTH CUBES,DRY,PREP W/ H2O	1 cube (6 fl oz prepared)	1.13	0.00	0.00	1.13
SOUP,CHICK BROTH CUBES,DRY,PREP W/ H2O	1 cup (8 fl oz)	1.51	0.00	0.00	1.51
SOUP,CHICK BROTH OR BOUILLON,DRY	1 cube	0.72	0.69	0.00	0.72
SOUP,CHICK BROTH OR BOUILLON,DRY	1 teaspoon	0.36	0.35	0.00	0.36
SOUP,CHICK BROTH OR BOUILLON,DRY,PREP W/ H2O	1 cup 8 fl oz	0.72	0.70	0.00	0.72
SOUP,CHICK BROTH OR BOUILLON,DRY,PREP W/ H2O	1 fl oz	0.09	0.09	0.00	0.09
SOUP,CHICK BROTH,CND,COND	1/2 cup (4 fl oz)	0.95	0.44	0.00	0.95
SOUP,CHICK BROTH,CND,COND	1 can (10.75 oz)	2.29	1.07	0.00	2.29
SOUP,CHICK BROTH,CND,LESS/REDUCED NA	1 cup	0.91	0.53	0.00	0.91
SOUP,CHICK BROTH,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	2.25	1.72	0.00	2.25
SOUP,CHICK BROTH,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	0.93	0.71	0.00	0.93
SOUP,CHICK BROTH,LO NA,CND	1 cup	2.88	0.31	0.00	2.88
SOUP,CHICK BROTH,RTS	1 cup	1.10	1.07	0.00	1.10
SOUP,CHICK CORN CHOWDER,CHUNKY,RTS,SINGLE BRAND	1 package yields	40.43	0.00	4.85	35.57
SOUP,CHICK CORN CHOWDER,CHUNKY,RTS,SINGLE BRAND	1 serving	18.00	0.00	2.16	15.84
SOUP,CHICK GUMBO,CND,COND	1/2 cup (4 fl oz)	8.40	2.43	2.02	6.39
SOUP,CHICK GUMBO,CND,COND	1 can (10.75 oz)	20.34	5.89	4.88	15.46
SOUP,CHICK GUMBO,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	20.34	6.05	4.74	15.60
SOUP,CHICK GUMBO,CND,PREP W/ EQ VOLUME H2O	1 cup	8.37	2.49	1.95	6.42
SOUP,CHICK MUSHROOM CHOWDER,CHUNKY,RTS,SINGLE BRAND	1 package yields	38.27	0.00	7.55	30.72
SOUP,CHICK MUSHROOM CHOWDER,CHUNKY,RTS,SINGLE BRAND	1 serving	17.04	0.00	3.36	13.68
SOUP,CHICK MUSHROOM,CND,COND	1/2 cup	14.82	0.98	3.97	10.85
SOUP,CHICK MUSHROOM,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	22.53	0.00	0.59	21.94

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SOUP,CHICK MUSHROOM,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	9.27	0.00	0.24	9.03
SOUP,CHICK NOODLE,CND,COND	1/2 cup	7.53	0.00	1.12	6.41
SOUP,CHICK NOODLE,CND,PREP W/ EQ VOLUME H2O	1 serving 1 cup	7.32	0.67	0.50	6.82
SOUP,CHICK NOODLE,DRY,MIX	1 packet	46.12	1.41	2.37	43.75
SOUP,CHICK NOODLE,DRY,MIX	1 packet (6 fl oz)	6.92	0.21	0.36	6.56
SOUP,CHICK NOODLE,DRY,MIX,PREP W/ H2O	1 cup	8.99	0.76	0.25	8.75
SOUP,CHICK NOODLE,LO NA,CND,PREP W/ EQ VOLUME H2O	1 fl oz	0.91	0.08	0.06	0.85
SOUP,CHICK NOODLE,LO NA,CND,PREP W/ EQ VOLUME H2O	1 serving 1 cup	7.32	0.67	0.50	6.82
SOUP,CHICK NOODLE,RED NA,CND,RTS	1 can	19.81	1.75	4.13	15.69
SOUP,CHICK NOODLE,RED NA,CND,RTS	1 cup	9.41	0.83	1.96	7.45
SOUP,CHICK RICE,CND,CHUNKY,RTS	1 can 19 oz	29.16	3.23	2.16	27.00
SOUP,CHICK RICE,CND,CHUNKY,RTS	1 cup	12.98	1.44	0.96	12.02
SOUP,CHICK VEG W/POTATO&CHS,CHUNKY,RTS	1 cup	12.74	1.57	0.74	12.01
SOUP,CHICK VEG,CHUNKY,RED FAT,RED NA,RTS,SINGLE BRAND	1 package yields	28.60	0.00	0.00	28.60
SOUP,CHICK VEG,CHUNKY,RED FAT,RED NA,RTS,SINGLE BRAND	1 serving	15.12	0.00	0.00	15.12
SOUP,CHICK VEG,CND,COND	1/2 cup	8.48	1.52	0.85	7.64
SOUP,CHICK VEG,CND,COND	1 can (10.7 oz)	21.24	3.82	2.12	19.12
SOUP,CHICK W/ DUMPLINGS,CND,COND	1/2 cup (4 fl oz)	6.06	0.57	0.49	5.57
SOUP,CHICK W/ DUMPLINGS,CND,COND	1 can (10.5 oz)	14.69	1.37	1.19	13.50
SOUP,CHICK W/ DUMPLINGS,CND,PREP W/ EQ VOLUME H2O	1 can (10.5 oz), prepared	14.71	1.93	1.17	13.54
SOUP,CHICK W/ DUMPLINGS,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	6.05	0.80	0.48	5.57
SOUP,CHICK W/ RICE,CND,COND	1/2 cup	14.58	0.29	1.13	13.44
SOUP,CHICK W/ RICE,CND,PREP W/ EQ VOLUME H2O	1 serving 1 cup	7.10	0.19	0.73	6.37
SOUP,CHICK W/STAR-SHAPED PASTA,CND,COND,SINGLE BRAND	1 package yields	21.16	0.00	0.00	21.16
SOUP,CHICK W/STAR-SHAPED PASTA,CND,COND,SINGLE BRAND	1 serving	8.88	0.00	0.00	8.88
SOUP,CHICK,CND,CHUNKY,RTS	1 cup	16.86	2.13	1.47	15.39
SOUP,CHILI BF,CND,COND	1 can (11.25 oz)	60.16	16.24	7.98	52.19
SOUP,CHILI BF,CND,COND	1 cup (8 fl oz)	49.60	13.39	6.58	43.03
SOUP,CHILI BF,CND,PREP W/ EQ VOLUME H2O	1 cup	24.09	6.50	3.13	20.96
SOUP,CHILI BF,CND,PREP W/ EQ VOLUME H2O	1 fl oz	3.01	0.81	0.39	2.62
SOUP,CHS,CND,COND	1/2 cup	14.01	4.63	2.73	11.28

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SOUP,CHS,CND,PREP W/ EQ VOLUME H2O	1 can (11 oz), prepared	25.56	0.00	2.40	23.16
SOUP,CHS,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	10.52	0.00	0.99	9.53
SOUP,CHS,CND,PREP W/ EQ VOLUME MILK	1 can (11 oz), prepared	39.40	0.00	2.44	36.97
SOUP,CHS,CND,PREP W/ EQ VOLUME MILK	1 cup	16.24	0.00	1.00	15.24
SOUP,CHUNKY BF,CND,RTS	1 can (19 oz)	54.33	3.61	3.23	51.10
SOUP,CHUNKY BF,CND,RTS	1 cup	24.70	1.64	1.47	23.23
SOUP,CHUNKY CHICK NOODLE,CND,RTS	1 can	23.64	2.01	4.24	19.40
SOUP,CHUNKY CHICK NOODLE,CND,RTS	1 cup	10.84	0.92	1.94	8.89
SOUP,CHUNKY VEG,CND,RTS	1 cup	18.17	3.59	2.53	15.64
SOUP,CHUNKY VEG,RED NA,CND,RTS	1 cup	24.06	6.51	2.57	21.48
SOUP,CLAM CHOWDER,MANHATTAN STYLE,CND,CHUNKY,RTS	1 can (19 oz)	42.26	9.00	6.47	35.79
SOUP,CLAM CHOWDER,MANHATTAN STYLE,CND,CHUNKY,RTS	1 cup (8 fl oz)	18.82	4.01	2.88	15.94
SOUP,CLAM CHOWDER,MANHATTAN,CND,COND	1/2 cup (4 fl oz)	12.27	3.40	1.51	10.76
SOUP,CLAM CHOWDER,MANHATTAN,CND,COND	1 can (10.75 oz)	29.71	8.24	3.66	26.05
SOUP,CLAM CHOWDER,MANHATTAN,CND,PREP W/EQ VOLUME H2O	1 fl oz	1.48	0.41	0.19	1.30
SOUP,CLAM CHOWDER,MANHATTAN,CND,PREP W/EQ VOLUME H2O	1 serving 1 cup	11.88	3.29	1.49	10.38
SOUP,CLAM CHOWDER,NEW ENG,CND,PREP W/ EQ VLM LOFAT (2%) MILK	1 fl oz	2.35	0.89	0.09	2.26
SOUP,CLAM CHOWDER,NEW ENG,CND,PREP W/ EQ VLM LOFAT (2%) MILK	1 serving 1 cup	18.80	7.08	0.76	18.04
SOUP,CLAM CHOWDER,NEW ENGLAND,CND,COND	1/2 cup	13.00	0.48	0.88	12.12
SOUP,CLAM CHOWDER,NEW ENGLAND,CND,COND	1 can (10.7 oz)	31.27	1.15	2.12	29.15
SOUP,CLAM CHOWDER,NEW ENGLAND,CND,PREP W/ EQ VOLUME H2O	1 fl oz	1.57	0.06	0.09	1.47
SOUP,CLAM CHOWDER,NEW ENGLAND,CND,PREP W/ EQ VOLUME H2O	1 serving 1 cup	12.52	0.47	0.74	11.78
SOUP,CLAM CHOWDER,NEW ENGLAND,CND,RTS	1 can	43.14	1.20	5.21	37.93
SOUP,CLAM CHOWDER,NEW ENGLAND,CND,RTS	1 cup	21.03	0.58	2.54	18.49
SOUP,CLAM CHOWDER,NEW ENGLAND,RED NA,CND,RTS	1 can	29.48	0.00	4.15	25.33
SOUP,CLAM CHOWDER,NEW ENGLAND,RED NA,CND,RTS	1 cup	14.54	0.00	2.05	12.49
SOUP,CONSOMME W/ GELATIN,DRY,MIX,PREP W/ H2O	1 cup 8 fl oz	1.94	1.12	0.00	1.94
SOUP,CONSOMME W/ GELATIN,DRY,MIX,PREP W/ H2O	1 fl oz	0.24	0.14	0.00	0.24
SOUP,CRAB,CND,RTS	1 can (13 oz)	15.57	0.00	1.11	14.46

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SOUP,CRAB,CND,RTS	1 cup (8 fl oz)	10.30	0.00	0.73	9.56
SOUP,CRM OF ASPARAGUS,CND,COND	1/2 cup (4 fl oz)	10.74	0.91	0.50	10.23
SOUP,CRM OF ASPARAGUS,CND,COND	1 can (10.75 oz)	25.99	2.20	1.22	24.77
SOUP,CRM OF ASPARAGUS,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	25.97	0.00	1.19	24.79
SOUP,CRM OF ASPARAGUS,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	10.69	0.00	0.49	10.20
SOUP,CRM OF ASPARAGUS,CND,PREP W/ EQ VOLUME MILK	1 can (10.75 oz), prepared	39.79	0.00	1.81	37.99
SOUP,CRM OF ASPARAGUS,CND,PREP W/ EQ VOLUME MILK	1 cup (8 fl oz)	16.39	0.00	0.74	15.65
SOUP,CRM OF CELERY,CND,COND	1/2 cup	8.86	1.70	0.76	8.10
SOUP,CRM OF CELERY,CND,COND	1 can (10.75 oz)	21.44	4.12	1.83	19.61
SOUP,CRM OF CELERY,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	21.47	0.00	1.78	19.69
SOUP,CRM OF CELERY,CND,PREP W/ EQ VOLUME H2O	1 cup	8.98	0.00	0.74	8.23
SOUP,CRM OF CELERY,CND,PREP W/ EQ VOLUME MILK	1 can (10.75 oz), prepared	35.28	0.00	1.81	33.47
SOUP,CRM OF CELERY,CND,PREP W/ EQ VOLUME MILK	1 cup (8 fl oz)	14.53	0.00	0.74	13.79
SOUP,CRM OF CHICK,CND,COND	1/2 cup (4 fl oz)	9.02	0.68	0.00	9.02
SOUP,CRM OF CHICK,CND,COND	1 can (10.75 oz)	21.84	1.65	0.00	21.84
SOUP,CRM OF CHICK,CND,COND,RED NA	1/2 cup	11.78	0.48	0.50	11.28
SOUP,CRM OF CHICK,CND,COND,SINGLE BRAND	1 package yields	23.49	0.00	0.00	23.49
SOUP,CRM OF CHICK,CND,COND,SINGLE BRAND	1 serving	9.70	0.00	0.00	9.70
SOUP,CRM OF CHICK,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	22.53	0.00	0.59	21.94
SOUP,CRM OF CHICK,CND,PREP W/ EQ VOLUME H2O	1 cup	9.27	0.00	0.24	9.03
SOUP,CRM OF CHICK,CND,PREP W/ EQ VOLUME H2O	1 fl oz	1.16	0.00	0.03	1.13
SOUP,CRM OF CHICK,CND,PREP W/ EQ VOLUME MILK	1 can (10.75 oz), prepared	36.36	0.00	0.60	35.76
SOUP,CRM OF CHICK,CND,PREP W/ EQ VOLUME MILK	1 cup (8 fl oz)	14.98	0.00	0.25	14.73
SOUP,CRM OF CHICK,CND,PREP W/ EQ VOLUME MILK	1 fl oz	1.87	0.00	0.03	1.84
SOUP,CRM OF CHICK,DRY,MIX,PREP W/ H2O	1 cup 8 fl oz	13.34	4.15	0.26	13.08
SOUP,CRM OF CHICK,DRY,MIX,PREP W/ H2O	1 fl oz	1.67	0.52	0.03	1.63
SOUP,CRM OF MUSHROOM,CND,COND	1/2 cup	8.57	0.50	0.88	7.69
SOUP,CRM OF MUSHROOM,CND,COND,RED NA	1 cup	20.33	5.35	1.51	18.83

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SOUP,CRM OF MUSHROOM,CND,PREP W/ EQ VOLUME H2O	1 fl oz	1.03	0.06	0.09	0.94
SOUP,CRM OF MUSHROOM,CND,PREP W/ EQ VOLUME H2O	1 serving 1 cup	8.26	0.50	0.74	7.51
SOUP,CRM OF MUSHROOM,CND,PREP W/ EQ VOLUME LOFAT (2%) MILK	1 fl oz	1.81	0.89	0.09	1.72
SOUP,CRM OF MUSHROOM,CND,PREP W/ EQ VOLUME LOFAT (2%) MILK	1 serving 1 cup	14.52	7.11	0.76	13.76
SOUP,CRM OF MUSHROOM,LO NA,RTS,CND	1 can (10.75 oz)	13.82	5.25	0.61	13.21
SOUP,CRM OF MUSHROOM,LO NA,RTS,CND	1 cup	11.05	4.20	0.49	10.57
SOUP,CRM OF ONION,CND,COND	1/2 cup	13.10	4.59	0.50	12.60
SOUP,CRM OF ONION,CND,COND	1 can (10.75 oz)	31.72	11.10	1.22	30.50
SOUP,CRM OF ONION,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	30.84	0.00	2.37	28.46
SOUP,CRM OF ONION,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	12.69	0.00	0.98	11.71
SOUP,CRM OF ONION,CND,PREP W/ EQ VOLUME MILK	1 can (10.75 oz), prepared	44.55	0.00	1.81	42.74
SOUP,CRM OF ONION,CND,PREP W/ EQ VOLUME MILK	1 cup (8 fl oz)	18.35	0.00	0.74	17.61
SOUP,CRM OF POTATO,CND,COND	1/2 cup	15.86	1.79	1.61	14.25
SOUP,CRM OF POTATO,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	27.87	0.00	1.19	26.69
SOUP,CRM OF POTATO,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	11.47	0.00	0.49	10.98
SOUP,CRM OF POTATO,CND,PREP W/ EQ VOLUME MILK	1 can (10.75 oz), prepared	41.66	0.00	1.20	40.45
SOUP,CRM OF POTATO,CND,PREP W/ EQ VOLUME MILK	1 cup (8 fl oz)	17.16	0.00	0.50	16.67
SOUP,CRM OF SHRIMP,CND,COND	1/2 cup (8 fl oz)	8.23	0.00	0.25	7.98
SOUP,CRM OF SHRIMP,CND,COND	1 can (10.75 oz)	19.92	0.00	0.61	19.31
SOUP,CRM OF SHRIMP,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	19.39	1.42	0.59	18.80
SOUP,CRM OF SHRIMP,CND,PREP W/ EQ VOLUME H2O	1 cup	7.98	0.59	0.24	7.73
SOUP,CRM OF SHRIMP,CND,PREP W/ EQ VOLUME LOFAT (2%) MILK	1 cup (8 fl oz)	14.27	6.63	0.25	14.02
SOUP,CRM OF SHRIMP,CND,PREP W/ EQ VOLUME LOFAT (2%) MILK	1 fl oz	1.78	0.83	0.03	1.75
SOUP,CRM OF VEG,DRY,PDR	1 packet	9.38	3.15	0.54	8.84
SOUP,EGG DROP,CHINESE RESTAURANT	1 cup	10.34	0.22	0.96	9.37
SOUP,ESCAROLE,CND,RTS	1 can (19.5 oz)	3.98	0.00	0.00	3.98
SOUP,ESCAROLE,CND,RTS	1 cup (8 fl oz)	1.79	0.00	0.00	1.79

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SOUP,HEALTHY CHOIC CHICK & RICE SOUP,CND	1 serving 1 cup	13.70	0.89	1.92	11.78
SOUP,HEALTHY CHOIC CHICK NOODLE SOUP,CND	1 serving 1 cup	12.64	1.39	1.94	10.69
SOUP,HEALTHY CHOIC GARDEN VEG SOUP,CND	1 serving 1 cup	24.70	5.24	4.67	20.02
SOUP,HOT & SOUR,CHINESE RESTAURANT	1 cup	10.14	0.98	1.17	8.97
SOUP,LENTIL W/HAM,CND,RTS	1 can (20 oz)	46.27	0.00	0.00	46.27
SOUP,LENTIL W/HAM,CND,RTS	1 cup (8 fl oz)	20.24	0.00	0.00	20.24
SOUP,MINESTRONE,CND,CHUNKY,RTS	1 can (19 oz)	46.57	11.70	12.94	33.63
SOUP,MINESTRONE,CND,CHUNKY,RTS	1 cup	20.74	5.21	5.76	14.98
SOUP,MINESTRONE,CND,COND	1/2 cup (4 fl oz)	11.28	1.85	0.98	10.30
SOUP,MINESTRONE,CND,COND	1 can (10.5 oz)	27.33	4.47	2.38	24.94
SOUP,MINESTRONE,CND,PREP W/ EQ VOLUME H2O	1 can (10.5 oz), prepared	27.31	0.00	2.34	24.96
SOUP,MINESTRONE,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	11.23	0.00	0.96	10.27
SOUP,MINESTRONE,CND,RED NA,RTS	1 cup	22.05	5.22	5.88	16.17
SOUP,MUSHROOM BARLEY,CND,COND	1/2 cup (4 fl oz)	12.10	0.00	0.00	12.10
SOUP,MUSHROOM BARLEY,CND,COND	1 can (10.75 oz)	29.28	0.00	0.00	29.28
SOUP,MUSHROOM BARLEY,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	28.46	0.00	1.78	26.69
SOUP,MUSHROOM BARLEY,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	11.71	0.00	0.73	10.98
SOUP,MUSHROOM W/ BF STOCK,CND,COND	1/2 cup (4 fl oz)	9.34	2.87	0.13	9.21
SOUP,MUSHROOM W/ BF STOCK,CND,COND	1 can (10.75 oz)	22.60	6.95	0.31	22.30
SOUP,MUSHROOM W/ BF STOCK,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	22.59	0.00	1.78	20.81
SOUP,MUSHROOM W/ BF STOCK,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	9.30	0.00	0.73	8.56
SOUP,ONION,CND,COND	1/2 cup (4 fl oz)	8.22	3.35	0.86	7.36
SOUP,ONION,CND,COND	1 can (10.5 oz)	19.91	8.11	2.09	17.82
SOUP,ONION,DRY,MIX	1 packet	25.38	1.81	2.57	22.80
SOUP,ONION,DRY,MIX	1 serving 1 tbsp	4.88	0.35	0.50	4.39
SOUP,ONION,DRY,MIX,PREP W/ H2O	1 fl oz	0.79	0.06	0.09	0.71
SOUP,ONION,DRY,MIX,PREP W/ H2O	1 serving 1 cup	6.37	0.46	0.69	5.68
SOUP,OYSTER STEW,CND,COND	1/2 cup (4 fl oz)	4.08	0.00	0.00	4.08
SOUP,OYSTER STEW,CND,COND	1 can (10.5 oz)	9.89	0.00	0.00	9.89
SOUP,OYSTER STEW,CND,PREP W/ EQ VOLUME H2O	1 can (10.5 oz), prepared	9.90	0.00	0.00	9.90
SOUP,OYSTER STEW,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	4.07	0.00	0.00	4.07
SOUP,OYSTER STEW,CND,PREP W/ EQ VOLUME MILK	1 can (10.5 oz), prepared	23.74	0.00	0.00	23.74
SOUP,OYSTER STEW,CND,PREP W/ EQ VOLUME MILK	1 cup (8 fl oz)	9.78	0.00	0.00	9.78
SOUP,PEA,GRN,CND,COND	1/2 cup	25.83	8.35	4.99	20.84
SOUP,PEA,GRN,CND,COND	1 can (11.2 oz)	64.37	20.80	12.44	51.93
SOUP,PEA,GRN,CND,PREP W/ EQ VOLUME H2O	1 fl oz	3.20	1.03	0.62	2.59

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SOUP,PEA,GRN,CND,PREP W/ EQ VOLUME H2O	1 serving 1 cup	25.59	8.26	4.92	20.67
SOUP,PEA,GRN,CND,PREP W/ EQ VOLUME MILK	1 can (11.25 oz), prepared	78.17	0.00	6.78	71.39
SOUP,PEA,GRN,CND,PREP W/ EQ VOLUME MILK	1 cup (8 fl oz)	32.23	0.00	2.79	29.44
SOUP,PEA,LO NA,PREP W/ EQ VOLUME H2O	1 cup	25.59	8.26	4.92	20.67
SOUP,PEA,LO NA,PREP W/ EQ VOLUME H2O	1 fl oz	3.20	1.03	0.62	2.59
SOUP,PEA,SPLIT W/ HAM,CND,COND	1/2 cup (4 fl oz)	28.09	0.00	2.30	25.80
SOUP,PEA,SPLIT W/ HAM,CND,COND	1 can (11.5 oz)	67.84	0.00	5.54	62.30
SOUP,PEA,SPLIT W/ HAM,CND,PREP W/ EQ VOLUME H2O	1 can (11.5 oz), prepared	67.85	0.00	5.53	62.32
SOUP,PEA,SPLIT W/ HAM,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	27.96	0.00	2.28	25.68
SOUP,PEA,SPLIT W/HAM,CND,CHUNKY,RTS	1 can (19 oz)	60.21	10.29	9.16	51.04
SOUP,PEA,SPLIT W/HAM,CND,CHUNKY,RTS	1 cup	26.81	4.58	4.08	22.73
SOUP,PEPPERPOT,CND,COND	1/2 cup (4 fl oz)	9.65	0.00	0.50	9.15
SOUP,PEPPERPOT,CND,COND	1 can (10.5 oz)	22.83	0.00	1.19	21.63
SOUP,POTATO HAM CHOWDER,CHUNKY,RTS,SINGLE BRAND	1 package yields	30.18	0.00	3.23	26.95
SOUP,POTATO HAM CHOWDER,CHUNKY,RTS,SINGLE BRAND	1 serving	13.44	0.00	1.44	12.00
SOUP,RAMEN NOODLE,ANY FLAVOR,DRY	1 package without flavor packet	48.81	1.60	2.35	46.46
SOUP,RAMEN NOODLE,ANY FLAVOR,DRY	1 packet	3.50	0.11	0.17	3.33
SOUP,RAMEN NOODLE,BF FLAVOR,DRY	1 package without flavor packet	49.48	1.63	2.46	47.02
SOUP,RAMEN NOODLE,BF FLAVOR,DRY	1 packet	3.38	0.11	0.17	3.21
SOUP,RAMEN NOODLE,CHICK FLAVOR,DRY	1 package without flavor packet	48.79	1.59	2.35	46.44
SOUP,RAMEN NOODLE,CHICK FLAVOR,DRY	1 packet	3.61	0.12	0.17	3.44
SOUP,RAMEN NOODLE,DRY,ANY FLAVOR,RED FAT,RED NA	1 2/5 oz dry (half noodle block)	28.38	0.34	1.08	27.30
SOUP,SCOTCH BROTH,CND,COND	1/2 cup (4 fl oz)	9.51	0.00	1.23	8.28
SOUP,SCOTCH BROTH,CND,COND	1 can (10.5 oz)	23.04	0.00	2.98	20.06
SOUP,SHARK FIN,REST-PREP	1 cup	8.21	0.00	0.00	8.21
SOUP,SIRLOIN BURGER W/VEG,RTS,SINGLE BRAND	1 package yields	36.65	0.00	12.40	24.26
SOUP,SIRLOIN BURGER W/VEG,RTS,SINGLE BRAND	1 serving	16.32	0.00	5.52	10.80
SOUP,SPLIT PEA W/ HAM,CHUNKY,RED FAT,RED NA,RTS,SINGLE BRAND	1 package yields	60.91	0.00	0.00	60.91

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SOUP,SPLIT PEA W/ HAM,CHUNKY,RED FAT,RED NA,RTS,SINGLE BRAND	1 serving	27.46	0.00	0.00	27.46
SOUP,SPLIT PEA W/HAM&BACON,CND,COND,SINGLE BRAND	1 package yields	69.11	0.00	9.78	59.33
SOUP,SPLIT PEA W/HAM&BACON,CND,COND,SINGLE BRAND	1 serving	28.62	0.00	4.05	24.57
SOUP,STOCK,BEEF,HOME-PREPARED	1 cup	2.88	1.30	0.00	2.88
SOUP,STOCK,CHICK,HOME-PREPARED	1 cup	8.47	3.79	0.00	8.47
SOUP,STOCK,FISH,HOME-PREPARED	1 cup	0.00	0.00	0.00	0.00
SOUP,SWANSON CHICK BROTH 99% FAT FREE	1 serving 1 cup 8 oz	0.32	0.34	0.00	0.32
SOUP,TOMATO BF W/ NOODLE,CND,COND	1 can (10.75 oz)	51.45	0.00	3.66	47.79
SOUP,TOMATO BF W/ NOODLE,CND,COND	1 cup (8 fl oz)	42.34	0.00	3.01	39.33
SOUP,TOMATO BF W/ NOODLE,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	50.05	4.33	3.56	46.49
SOUP,TOMATO BF W/ NOODLE,CND,PREP W/ EQ VOLUME H2O	1 cup	20.59	1.78	1.46	19.13
SOUP,TOMATO BISQUE,CND,COND	1/2 cup (4 fl oz)	23.83	0.00	1.03	22.79
SOUP,TOMATO BISQUE,CND,COND	1 can (11 oz), undiluted	57.63	0.00	2.50	55.13
SOUP,TOMATO BISQUE,CND,PREP W/ EQ VOLUME H2O	1 can (11 oz), prepared	57.60	0.00	1.20	56.40
SOUP,TOMATO BISQUE,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	23.71	0.00	0.49	23.22
SOUP,TOMATO BISQUE,CND,PREP W/ EQ VOLUME MILK	1 can (11 oz), prepared	71.44	0.00	1.22	70.22
SOUP,TOMATO BISQUE,CND,PREP W/ EQ VOLUME MILK	1 cup (8 fl oz)	29.44	0.00	0.50	28.94
SOUP,TOMATO RICE,CND,COND	1/2 cup (4 fl oz)	22.03	7.61	1.68	20.36
SOUP,TOMATO RICE,CND,COND	1 can (11 oz), undiluted	53.29	18.41	4.06	49.23
SOUP,TOMATO RICE,CND,PREP W/ EQ VOLUME H2O	1 can (11 oz), prepared	51.24	17.70	4.20	47.04
SOUP,TOMATO RICE,CND,PREP W/ EQ VOLUME H2O	1 cup	21.09	7.29	1.73	19.36
SOUP,TOMATO,CND,COND	1 can	44.75	24.20	3.23	41.51
SOUP,TOMATO,CND,COND	1 cup	22.53	12.18	1.63	20.90
SOUP,TOMATO,CND,COND,RED NA	1 can 10.7 oz	40.63	24.57	3.64	37.00
SOUP,TOMATO,CND,COND,RED NA	1 serving 1/2 cup	16.23	9.81	1.45	14.77
SOUP,TOMATO,CND,PREP W/ EQ VOLUME LOFAT (2%) MILK	1 fl oz	2.82	2.06	0.19	2.63
SOUP,TOMATO,CND,PREP W/ EQ VOLUME LOFAT (2%) MILK	1 serving 1 cup	22.55	16.46	1.51	21.04

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SOUP,TOMATO,CND,PREP W/EQ VOLUME H2O,COMM	1 fl oz	2.04	1.23	0.19	1.85
SOUP,TOMATO,CND,PREP W/EQ VOLUME H2O,COMM	1 serving 1 cup	16.29	9.85	1.49	14.81
SOUP,TOMATO,DRY,MIX,PREP W/ H2O	1 cup 8 fl oz	19.00	10.34	1.06	17.94
SOUP,TOMATO,LO NA,W/H2O	1 fl oz	2.04	1.23	0.19	1.85
SOUP,TOMATO,LO NA,W/H2O	1 serving 1 cup	16.29	9.85	1.49	14.81
SOUP,TURKEY NOODLE,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	20.99	0.00	1.78	19.21
SOUP,TURKEY NOODLE,CND,PREP W/ EQ VOLUME H2O	1 cup	8.64	0.00	0.73	7.91
SOUP,TURKEY NOODLE,CND,PREP W/ EQ VOLUME H2O	1 fl oz	1.08	0.00	0.09	0.99
SOUP,TURKEY VEG,CND,PREP W/ EQ VOLUME H2O	1 can (10.5 oz), prepared	20.98	0.00	1.17	19.81
SOUP,TURKEY VEG,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	8.63	0.00	0.48	8.15
SOUP,TURKEY VEG,CND,PREP W/ EQ VOLUME H2O	1 fl oz	1.08	0.00	0.06	1.02
SOUP,TURKEY,CHUNKY,CND,RTS	1 can (18.75 oz)	31.71	0.00	0.00	31.71
SOUP,TURKEY,CHUNKY,CND,RTS	1 cup (8 fl oz)	14.07	0.00	0.00	14.07
SOUP,VEG BF,CND,COND	1/2 cup	10.22	1.12	2.02	8.20
SOUP,VEG BF,CND,COND	1 can (10.75 oz)	24.74	2.71	4.88	19.86
SOUP,VEG BF,CND,COND,SINGLE BRAND	1 package yields	22.95	0.00	0.00	22.95
SOUP,VEG BF,CND,COND,SINGLE BRAND	1 serving	10.47	0.00	0.00	10.47
SOUP,VEG BF,CND,PREP W/ EQ VOLUME H2O	1 can (10.75 oz), prepared	24.08	2.67	4.74	19.33
SOUP,VEG BF,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	9.91	1.10	1.95	7.95
SOUP,VEG BF,MICROWAVABLE,RTS,SINGLE BRAND	1 package yields	9.64	0.00	4.38	5.26
SOUP,VEG BF,MICROWAVABLE,RTS,SINGLE BRAND	1 serving	9.64	0.00	4.38	5.26
SOUP,VEG CHICK,CND,PREP W/ H2O,LO NA	1 cup	21.11	3.42	0.96	20.15
SOUP,VEG SOUP,COND,LO NA,PREP W/ EQ VOLUME H2O	1 cup	15.33	5.44	2.78	12.55
SOUP,VEG W/ BF BROTH,CND,COND	1/2 cup	13.16	2.02	1.60	11.56
SOUP,VEG W/ BF BROTH,CND,COND	1 can (10.5 oz)	31.89	4.89	3.87	28.01
SOUP,VEG W/ BF BROTH,CND,PREP W/ EQ VOLUME H2O	1 can (10.5 oz), prepared	31.35	4.81	4.10	27.25
SOUP,VEG W/ BF BROTH,CND,PREP W/ EQ VOLUME H2O	1 cup (8 fl oz)	12.89	1.98	1.69	11.21
SOUP,VEG,CND,LO NA,COND	1/2 cup	15.26	5.43	2.65	12.61
SOUP,VEGETARIAN VEG,CND,COND	1/2 cup	12.32	3.94	0.63	11.69
SOUP,VEGETARIAN VEG,CND,COND	1 can (10.5 oz)	29.14	9.33	1.49	27.65

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SOUP,VEGETARIAN VEG,CND,PREP W/ EQ VOLUME H2O	1 can (10.5 oz), prepared	28.66	9.20	1.76	26.90
SOUP,VEGETARIAN VEG,CND,PREP W/ EQ VOLUME H2O	1 cup	11.78	3.78	0.72	11.06
SOUP,WONTON,CHINESE RESTAURANT	1 cup	11.71	0.76	0.45	11.26
SPLIT PEA SOUP,CND,RED NA,PREP W/ H2O OR READY-TO SERVE	1 cup	29.93	12.80	4.81	25.12
SPLIT PEA W/ HAM SOUP,CND,RED NA,PREP W/ H2O OR RTS	1 cup	27.93	3.85	4.66	23.28
SWANSON BROTH,CERT ORGANIC VEG BROTH	1 cup	3.01	2.00	0.00	3.01
SWANSON BROTH,CERT ORGANIC VEG BROTH	1 serving	3.01	2.00	0.00	3.01
SWANSON BROTH,VEG BROTH	1 cup	3.01	2.00	0.00	3.01
SWANSON BROTH,VEG BROTH	1 serving	3.01	2.00	0.00	3.01
BACON & BF STKS	1 oz	0.22	0.22	0.00	0.22
BARBECUE LOAF,PORK,BEEF	1 oz	1.81	0.00	0.00	1.81
BARBECUE LOAF,PORK,BEEF	1 slice (5-7/8" x 3-1/2" x 1/16")	1.47	0.00	0.00	1.47
BEEF SAUSAGE,FRSH,CKD	1 serving	0.15	0.00	0.00	0.15
BEEF SAUSAGE,PRE-COOKED	1 serving	0.01	0.00	0.00	0.01
BEEF,BOLOGNA,RED NA	1 cup pieces	2.76	0.00	0.00	2.76
BEEF,BOLOGNA,RED NA	1 slice, medium	0.56	0.00	0.00	0.56
BEEF,BOLOGNA,RED NA	1 slice, thick	0.86	0.00	0.00	0.86
BEEF,BOLOGNA,RED NA	1 slice, thin	0.28	0.00	0.00	0.28
BEEF,CURED,CORNE D BF,CND	1 oz	0.00	0.00	0.00	0.00
BEEF,CURED,CORNE D BF,CND	1 slice (3/4 oz)	0.00	0.00	0.00	0.00
BEEF,CURED,DRIED	10 slices	0.77	0.76	0.00	0.77
BEEF,CURED,LUNCHEON MEAT,JELLIED	1 slice (1 oz) (4" x 4" x 3/32" thick)	0.00	0.00	0.00	0.00
BEEF,CURED,PASTRAMI	1 package, 2.5 oz	0.26	0.07	0.00	0.26
BEEF,CURED,PASTRAMI	1 slice (1 oz)	0.10	0.03	0.00	0.10
BEEF,CURED,SAUSAGE,CKD,SMOKED	1 oz	0.69	0.00	0.00	0.69
BEEF,CURED,SAUSAGE,CKD,SMOKED	1 sausage	1.04	0.00	0.00	1.04
BEEF,CURED,SMOKED,CHOPD BF	1 slice (1 oz)	0.52	0.00	0.00	0.52
BEEF,CURED,THIN-SLICED BF	1 oz	1.62	0.00	0.00	1.62
BEEF,CURED,THIN-SLICED BF	5 slices	1.20	0.00	0.00	1.20
BEERWURST PORK & BF	1 serving 2 oz	2.39	0.00	0.50	1.89
BEERWURST,BEER SALAMI,PORK	1 slice (2-3/4" dia x 1/16")	0.12	0.00	0.00	0.12

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BEERWURST,BEER SALAMI,PORK	1 slice (4" dia x 1/8" thick)	0.47	0.00	0.00	0.47
BEERWURST,BEER SALAMI,PORK & BF	2 oz	2.11	0.00	0.50	1.60
BLOOD SAUSAGE	4 slices	1.29	1.29	0.00	1.29
BOCKWURST PORK VEAL RAW	1 sausage	2.68	1.21	0.91	1.77
BOLOGNA PORK TURKEY & BF	1 oz	1.89	0.38	0.00	1.89
BOLOGNA PORK & TURKEY LITE	1 serving 2 oz	1.93	0.00	0.00	1.93
BOLOGNA TURKEY	1 oz 1 serving	1.31	0.81	0.14	1.17
BOLOGNA TURKEY	1 package	21.25	13.17	2.27	18.98
BOLOGNA TURKEY	1 serving	1.31	0.81	0.14	1.17
BOLOGNA,BEEF,LOW FAT	1 cubic inch	0.73	0.00	0.00	0.73
BOLOGNA,BEEF,LOW FAT	1 slice	1.46	0.00	0.00	1.46
BOLOGNA,BEEF,LOW FAT	1 slice, medium	1.46	0.00	0.00	1.46
BOLOGNA,BEEF,LOW FAT	1 slice, thick	2.24	0.00	0.00	2.24
BOLOGNA,BEEF,LOW FAT	1 slice, thin	0.73	0.00	0.00	0.73
BOLOGNA,BF	1 serving	1.20	0.57	0.00	1.20
BOLOGNA,BF	1 slice	1.29	0.62	0.00	1.29
BOLOGNA,BF & PORK	3 1/2 oz	5.49	4.42	0.00	5.49
BOLOGNA,BF&PORK,LOFAT	1 cubic inch	0.36	0.00	0.00	0.36
BOLOGNA,BF&PORK,LOFAT	1 cup pieces	3.59	0.00	0.00	3.59
BOLOGNA,BF&PORK,LOFAT	1 slice, medium	0.73	0.00	0.00	0.73
BOLOGNA,BF&PORK,LOFAT	1 slice, thick	1.12	0.00	0.00	1.12
BOLOGNA,BF&PORK,LOFAT	1 slice, thin	0.36	0.00	0.00	0.36
BOLOGNA,CHICK,PORK	1 serving	1.17	0.00	0.00	1.17
BOLOGNA,CHICK,PORK	1 slice	1.17	0.00	0.00	1.17
BOLOGNA,CHICK,PORK,BF	1 serving	1.57	0.00	0.00	1.57
BOLOGNA,CHICK,PORK,BF	1 slice	1.57	0.00	0.00	1.57
BOLOGNA,CHICK,TURKEY,PORK	1 serving	1.58	0.00	0.00	1.58
BOLOGNA,CHICK,TURKEY,PORK	1 slice	1.58	0.00	0.00	1.58
BOLOGNA,MEAT & POULTRY	1 slice	2.08	0.65	0.00	2.08
BOLOGNA,PORK	1 slice (4" dia x 1/8" thick)	0.17	0.00	0.00	0.17
BOLOGNA,PORK	1 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.20	0.00	0.00	0.20
BRATWURST BF & PORK SMOKED	1 serving 2.33 oz	1.32	0.00	0.00	1.32
BRATWURST PORK BF & TURKEY LITE SMOKED	1 serving 2.33 oz	1.07	1.04	0.00	1.07

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BRATWURST VEAL CKD	1 serving 2.96 oz	0.00	0.00	0.00	0.00
BRATWURST,CHICK,CKD	1 serving 2.96 oz	0.00	0.00	0.00	0.00
BRATWURST,PORK,CKD	1 link cooked	2.42	0.00	0.00	2.42
BRAUNSCHWEIGER (A LIVER SAUSAGE),PORK	1 oz	0.88	0.00	0.00	0.88
BRAUNSCHWEIGER (A LIVER SAUSAGE),PORK	1 slice (2-1/2" dia x 1/4" thick)	0.56	0.00	0.00	0.56
BROTWURST,PORK,BF,LINK	1 link	2.09	2.09	0.00	2.09
BUTCHER BOY MEATS,INC.,TURKEY FRANKS	1 serving	2.61	1.39	0.11	2.50
CARL BUDDIG,CKD CORNED BF,CHOPD,PRESSED	1 package	0.71	0.00	0.00	0.71
CARL BUDDIG,CKD CORNED BF,CHOPD,PRESSED	1 serving 2 oz	0.57	0.00	0.00	0.57
CARL BUDDIG,SMOKED SLICED BF	1 package	0.43	0.00	0.00	0.43
CARL BUDDIG,SMOKED SLICED BF	1 serving 2 oz	0.34	0.00	0.00	0.34
CARL BUDDIG,SMOKED SLICED CHICK,LT&DK MEAT	1 package	0.50	0.00	0.00	0.50
CARL BUDDIG,SMOKED SLICED CHICK,LT&DK MEAT	1 serving 2 oz	0.40	0.00	0.00	0.40
CARL BUDDIG,SMOKED SLICED HAM	1 package	0.78	0.00	0.00	0.78
CARL BUDDIG,SMOKED SLICED HAM	1 serving 2 oz	0.63	0.00	0.00	0.63
CARL BUDDIG,SMOKED SLICED TURKEY,LT&DK MEAT	1 package	1.28	0.00	0.00	1.28
CARL BUDDIG,SMOKED SLICED TURKEY,LT&DK MEAT	1 serving 2 oz	1.03	0.00	0.00	1.03
CARL BUDDIG. CKD SMOKED BF PASTRAMI,CHOPD,PRESSED	1 package	0.71	0.00	0.00	0.71
CARL BUDDIG. CKD SMOKED BF PASTRAMI,CHOPD,PRESSED	1 serving 2 oz	0.57	0.00	0.00	0.57
CHEESEFURTER,CHS SMOKIE,PORK,BF	2 1/3 links	1.51	1.51	0.00	1.51
CHICKEN BREAST FAT-FREE MESQ FLAVOR SLICED	1 serving 2 slices	0.95	0.08	0.00	0.95
CHICKEN BREAST OVEN-ROASTED FAT-FREE SLICED	1 serving 2 slices	0.91	0.04	0.00	0.91
CHICKEN BREAST,DELI,ROTISSERIE SEASONED,SLICED,PREPACKAGED	1 slice	0.35	0.09	0.00	0.35
CHICKEN ROLL LT MEAT	1 package	7.92	0.97	0.00	7.92
CHICKEN ROLL LT MEAT	2 slices (1 serving)	2.66	0.32	0.00	2.66
CHICKEN ROLL LT MEAT	3 1/2 slices	4.66	0.57	0.00	4.66
CHICKEN SPRD	1 serving (1 serving)	2.27	0.26	0.17	2.10
CHORIZO,PORK AND BEEF	1 link (4" long)	1.12	0.00	0.00	1.12
CHORIZO,PORK AND BEEF	1 oz	0.53	0.00	0.00	0.53
CORNED BEEF LOAF,JELLIED	1 slice (1 oz) (4" x 4" x 3/32" thick)	0.00	0.00	0.00	0.00

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CORNED BEEF LOAF,JELLIED	2 slices	0.00	0.00	0.00	0.00
DUTCH BRAND LOAF,CHICK,PORK & BF	1 slice	1.49	0.34	0.11	1.38
FRANKFURTER BF HTD	1 frankfurter	1.28	0.61	0.00	1.28
FRANKFURTER BF HTD	1 package	12.00	5.73	0.00	12.00
FRANKFURTER BF & PORK	1 frankfurter	0.77	0.00	0.00	0.77
FRANKFURTER MEAT	1 serving (1 hot dog)	2.17	0.00	0.00	2.17
FRANKFURTER MEAT HTD	1 serving (1 hot dog)	2.55	0.00	0.00	2.55
Frankfurter, meat and poultry, cooked, boiled	1 frankfurter 1	2.48	1.35	0.00	2.48
Frankfurter, meat and poultry, cooked, grilled	1 frankfurter 1	2.52	1.37	0.00	2.52
Frankfurter, meat and poultry, unheated	1 frankfurter 1	2.56	1.40	0.00	2.56
FRANKFURTER,BF & PORK,LO FAT	1 cup, sliced	6.64	0.00	0.00	6.64
FRANKFURTER,BF & PORK,LO FAT	1 frankfurter	2.51	0.00	0.00	2.51
FRANKFURTER,BF,LO FAT	1 cup, sliced	2.42	0.00	0.00	2.42
FRANKFURTER,BF,LO FAT	1 frankfurter	0.91	0.00	0.00	0.91
FRANKFURTER,BF,PORK,& TURKEY,FAT FREE	1 frank 1 NLEA serving	6.39	0.00	0.00	6.39
FRANKFURTER,BF,UNHTD	1 frankfurter	1.68	0.66	0.00	1.68
FRANKFURTER,BF,UNHTD	1 package	14.99	5.84	0.00	14.99
FRANKFURTER,CHICK	1 link	1.23	0.24	0.18	1.05
FRANKFURTER,LO NA	1 cup, sliced	2.72	0.00	0.00	2.72
FRANKFURTER,LO NA	1 frankfurter	1.03	0.00	0.00	1.03
FRANKFURTER,MEAT & POULTRY,LO FAT	1 cup, sliced	12.01	0.00	0.14	11.87
FRANKFURTER,PORK	1 link	0.21	0.00	0.08	0.14
FRANKFURTER,TURKEY	1 frankfurter	1.71	0.54	0.00	1.71
FRANKFURTER,TURKEY	1 oz	1.08	0.34	0.00	1.08
HAM HONEY SMOKED CKD	2 oz (1 serving)	4.00	0.00	0.00	4.00
HAM AND CHEESE SPREAD	1 oz	0.65	0.00	0.00	0.65
HAM AND CHEESE SPREAD	1 tbsp	0.34	0.00	0.00	0.34
HAM SALAD SPREAD	1 oz	3.02	0.00	0.00	3.02
HAM SALAD SPREAD	1 tbsp	1.60	0.00	0.00	1.60
HAM&CHS LOAF OR ROLL	1 slice (1 oz) (4" x 4" x 3/32" thick)	1.12	0.00	0.00	1.12
HAM&CHS LOAF OR ROLL	2 slices	2.28	0.00	0.00	2.28
HAM,CHOPPED,CANNED	1 oz	0.07	0.00	0.00	0.07
HAM,CHOPPED,CANNED	1 slice (4-1/4" x 4-1/4" x 1/16")	0.05	0.00	0.00	0.05
HAM,CHOPPED,NOT CANNED	1 slice (1 oz) (4" x 4" x 3/32" thick)	1.18	0.00	0.00	1.18

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HAM,CHOPPED,NOT CANNED	1 slice (4-1/4" x 4-1/4" x 1/16")	0.88	0.00	0.00	0.88
HAM,MINCED	1 oz	0.52	0.00	0.00	0.52
HAM,MINCED	1 slice (4-1/4" x 4-1/4" x 1/16")	0.39	0.00	0.00	0.39
HAM,SLICED,PACKAGED (96% FAT FREE,H2O ADDED)	1 slice	0.22	0.00	0.00	0.22
HAM,SLICED,REG (APPROX 11% FAT)	1 slice	1.07	0.00	0.36	0.71
HAM,SLICED,REG (APPROX 11% FAT)	56 grams 1 serving	2.14	0.00	0.73	1.42
HEADCHEESE,PORK	1 slice (1 oz) (4" x 4" x 3/32" thick)	0.00	0.00	0.00	0.00
HEADCHEESE,PORK	45 g	0.00	0.00	0.00	0.00
HONEY ROLL SAUSAGE,BEEF	1 oz	0.62	0.00	0.00	0.62
HONEY ROLL SAUSAGE,BEEF	1 slice (4" dia x 1/8" thick)	0.50	0.00	0.00	0.50
HORMEL PILLOW PAK SLICED TURKEY PEPPERONI	1 serving	1.13	0.00	0.00	1.13
HORMEL SPAM LUNCHEON MEAT PORK W/ HAM MINCED CND	1 oz	0.85	0.00	0.00	0.85
HORMEL SPAM LUNCHEON MEAT PORK W/ HAM MINCED CND	1 serving 2 oz	1.70	0.00	0.00	1.70
HORMEL SPAM,LT LUNCH MT,PORK & CHICK,MINCED,CND,VIT C ADDED	1 oz	0.38	0.35	0.00	0.38
HORMEL SPAM,LT LUNCH MT,PORK & CHICK,MINCED,CND,VIT C ADDED	1 serving 2 oz	0.76	0.71	0.00	0.76
HORMEL WRANGLER BEEF FRANKS	1 frankfurter	1.18	0.94	0.00	1.18
KIELBASA,FULLY CKD,GRILLED	1 link	18.46	8.77	0.00	18.46
KIELBASA,FULLY CKD,GRILLED	3 oz	4.28	2.03	0.00	4.28
KIELBASA,FULLY CKD,PAN-FRIED	1 link	17.69	8.81	0.00	17.69
KIELBASA,FULLY CKD,UNHTD	1 link	14.73	8.12	0.00	14.73
KIELBASA,FULLY CKD,UNHTD	3 oz	3.16	1.74	0.00	3.16
KIELBASA,KOLBASSY,PORK,BF,NONFAT DRY MILK	1 link	2.11	1.20	0.00	2.11
KIELBASA,KOLBASSY,PORK,BF,NONFAT DRY MILK	1 ring	13.12	7.47	0.00	13.12
KIELBASA,POLISH,TURKEY & BF,SMOKED	1 serving 2 oz	2.18	0.00	0.00	2.18
KNACKWURST KNOCKWURST PORK BF	1 link	2.30	0.00	0.00	2.30
KNACKWURST KNOCKWURST PORK BF	1 oz	0.91	0.00	0.00	0.91
LEBANON BOLOGNA BF	1 oz	0.12	0.00	0.00	0.12
LEBANON BOLOGNA BF	1 serving 2 slices	0.25	0.00	0.00	0.25
LEBANON BOLOGNA BF	2 oz	0.25	0.00	0.00	0.25
LIVER CHEESE,PORK	1 oz	0.60	0.00	0.00	0.60

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LIVER CHEESE,PORK	1 slice	0.80	0.00	0.00	0.80
LIVER SAUSAGE,LIVERWURST,PORK	1 oz	0.62	0.00	0.00	0.62
LIVER SAUSAGE,LIVERWURST,PORK	1 slice (2-1/2" dia x 1/4" thick)	0.40	0.00	0.00	0.40
LIVERWURST SPRD	1/4 cup	3.24	0.91	1.38	1.86
LOUIS RICH,CHICK (WHITE,OVEN RSTD)	1 serving	0.64	0.28	0.00	0.64
LOUIS RICH,CHICK BREAST (OVEN RSTD DELUXE)	1 serving	0.70	0.42	0.00	0.70
LOUIS RICH,CHICK BREAST CLASSIC BKD /GRILL (CARVING BOARD)	1 serving	1.67	0.32	0.00	1.67
LOUIS RICH,CHICK BREAST CLASSIC BKD /GRILL (CARVING BOARD)	1 slice	0.81	0.15	0.00	0.81
LOUIS RICH,FRANKS (TURKEY & CHICK CHEESE)	1 serving	2.30	0.77	0.00	2.30
LOUIS RICH,FRANKS (TURKEY & CHICKEN)	1 serving	2.39	0.68	0.00	2.39
LOUIS RICH,TURKEY (HONEY RSTD,FAT FREE)	1 serving	2.52	2.18	0.00	2.52
LOUIS RICH,TURKEY BOLOGNA	1 serving	1.36	0.34	0.00	1.36
LOUIS RICH,TURKEY BREAST & WHITE TURKEY (OVEN ROASTED)	1 serving	0.91	0.22	0.00	0.91
LOUIS RICH,TURKEY BREAST (OVEN RSTD,FAT FREE)	1 serving	1.26	0.48	0.00	1.26
LOUIS RICH,TURKEY BREAST (OVEN RSTD,PORTION FAT FREE)	1 serving	1.06	0.22	0.00	1.06
LOUIS RICH,TURKEY BREAST (SMOKED,CARVING BOARD)	1 serving	0.72	0.14	0.00	0.72
LOUIS RICH,TURKEY BREAST (SMOKED,CARVING BOARD)	1 slice	0.35	0.07	0.00	0.35
LOUIS RICH,TURKEY BREAST (SMOKED,PORTION FAT FREE)	1 serving	1.23	0.34	0.00	1.23
LOUIS RICH,TURKEY BREAST&WHITE TURKEY (SMOKED SLICED)	1 serving	0.67	0.31	0.00	0.67
LOUIS RICH,TURKEY HAM (10% H2O)	1 serving	0.25	0.25	0.00	0.25
LOUIS RICH,TURKEY NUGGETS/STICKS (BREADED)	1 piece	4.31	0.00	0.14	4.17
LOUIS RICH,TURKEY NUGGETS/STICKS (BREADED)	1 serving	13.09	0.00	0.43	12.67
LOUIS RICH,TURKEY SALAMI	1 serving	0.11	0.11	0.00	0.11
LOUIS RICH,TURKEY SALAMI COTTO	1 serving	0.25	0.11	0.00	0.25
LOUIS RICH,TURKEY SMOKED SAUSAGE	1 serving	1.76	1.57	0.00	1.76
LUNCHEON MEAT,BEEF,LOAVED	1 slice (1 oz) (4" x 4" x 3/32" thick)	0.81	0.00	0.00	0.81
LUNCHEON MEAT,BEEF,LOAVED	2 slices	1.65	0.00	0.00	1.65
LUNCHEON MEAT,PORK W/HAM,MINCED,CND,INCL SPAM (HORMEL)	2 oz 1 NLEA serving	2.58	0.00	0.00	2.58
LUNCHEON MEAT,PORK&CHICK,MINCED,CND,INCL SPAM LITE	2 oz (1 serving)	0.76	0.71	0.00	0.76

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LUNCHEON MEAT,PORK,CANNED	1 oz	0.60	0.00	0.00	0.60
LUNCHEON MEAT,PORK,CANNED	1 slice (4-1/4" x 4-1/4" x 1/16")	0.44	0.00	0.00	0.44
LUNCHEON MEAT,PORK,HAM,&CHICK,MINCD,CND,RED NA,VIT C, (SPAM)	2 oz 1 NLEA serving	1.90	0.00	0.00	1.90
LUNCHEON SAUSAGE,PORK&BF	1 oz	0.45	0.00	0.00	0.45
LUNCHEON SAUSAGE,PORK&BF	1 slice (4" dia x 1/8" thick)	0.36	0.00	0.00	0.36
LUXURY LOAF,PORK	1 slice (1 oz) (4" x 4" x 3/32" thick)	1.37	0.00	0.00	1.37
LUXURY LOAF,PORK	2 slices	2.79	0.00	0.00	2.79
MACARONI & CHS LOAF CHICK PORK & BF	1 slice	4.42	0.00	0.00	4.42
MEATBALLS,FRZ,ITALIAN STYLE	3 oz	6.85	2.95	1.96	4.90
MEATBALLS,FRZ,ITALIAN STYLE	3 pieces	4.51	1.94	1.29	3.23
MORTADELLA,BEEF,PORK	1 oz	0.86	0.00	0.00	0.86
MORTADELLA,BEEF,PORK	1 slice (15 per 8 oz package)	0.46	0.00	0.00	0.46
MOTHER'S LOAF,PORK	1 oz	2.13	0.00	0.00	2.13
MOTHER'S LOAF,PORK	1 slice (4-1/4" x 4-1/4" x 1/16")	1.58	0.00	0.00	1.58
NEW ENGLAND BRAND SAUSAGE,PORK,BF	1 oz	1.37	0.00	0.00	1.37
NEW ENGLAND BRAND SAUSAGE,PORK,BF	1 slice (4" dia x 1/8" thick)	1.11	0.00	0.00	1.11
OLIVE LOAF,PORK	1 slice (1 oz) (4" x 4" x 3/32" thick)	2.58	0.00	0.00	2.58
OLIVE LOAF,PORK	2 slices	5.24	0.00	0.00	5.24
OSCAR MAYER BOLOGNA LIGHT (PORK CHICK BEEF)	1 serving (1 slice)	1.60	0.73	0.00	1.60
OSCAR MAYER CHICKEN BREAST (HONEY GLAZED)	1 serving (4 slices)	2.24	2.24	0.00	2.24
OSCAR MAYER HAM & CHEESE LOAF	1 serving	1.05	0.92	0.00	1.05
OSCAR MAYER HAM (WATER ADDED BKD CKD 96% FAT FREE)	1 serving (3 slices)	1.15	0.63	0.00	1.15
OSCAR MAYER SMOKIES (BEEF)	1 serving (1 link)	0.84	0.60	0.00	0.84
OSCAR MAYER WIENERS (BEEF FRANKS BUN LENGTH)	1 serving (1 link)	1.51	1.03	0.00	1.51

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OSCAR MAYER,BOLOGNA (BEEF LIGHT)	1 serving (1 slice)	1.57	0.64	0.00	1.57
OSCAR MAYER,BOLOGNA (BEEF)	1 serving (1 slice)	0.69	0.39	0.00	0.69
OSCAR MAYER,BOLOGNA (CHICK,PORK,BF)	1 serving	0.67	0.39	0.00	0.67
OSCAR MAYER,BOLOGNA (FAT FREE)	1 serving	1.68	0.62	0.00	1.68
OSCAR MAYER,BRAUNSCHWEIGER LIVER SAUSAGE (SAREN TUBE)	1 serving	1.29	0.39	0.06	1.23
OSCAR MAYER,BRAUNSCHWEIGER LIVER SAUSAGE (SLICED)	1 serving (1 slice)	0.73	0.34	0.06	0.67
OSCAR MAYER,CHICK BREAST (OVEN RSTD,FAT FREE)	1 serving	0.88	0.47	0.00	0.88
OSCAR MAYER,CHICK BREAST (OVEN RSTD,FAT FREE)	1 slice	0.22	0.12	0.00	0.22
OSCAR MAYER,HAM (40%HAM/WATER PRODUCT,SMOKED,FAT FREE)	1 serving	0.89	0.52	0.00	0.89
OSCAR MAYER,HAM (40%HAM/WATER PRODUCT,SMOKED,FAT FREE)	1 slice	0.30	0.18	0.00	0.30
OSCAR MAYER,HAM (CHOPPED W/ NAT JUICE)	1 serving (1 slice)	1.02	0.62	0.00	1.02
OSCAR MAYER,HAM (H2O ,BLD)	1 serving	0.76	0.19	0.00	0.76
OSCAR MAYER,HAM (H2O ,BLD)	1 slice	0.25	0.06	0.00	0.25
OSCAR MAYER,HAM (H2O ,HONEY)	1 serving	1.95	1.95	0.00	1.95
OSCAR MAYER,HAM (H2O ,HONEY)	1 slice	0.65	0.65	0.00	0.65
OSCAR MAYER,HAM (H2O ,SMOKED,CKD)	1 serving	0.06	0.06	0.00	0.06
OSCAR MAYER,HAM (H2O ,SMOKED,CKD)	1 slice	0.02	0.02	0.00	0.02
OSCAR MAYER,HEAD CHEESE	1 serving	0.00	0.00	0.00	0.00
OSCAR MAYER,LUNCHEON LOAF (SPICED)	1 serving	1.96	1.29	0.00	1.96
OSCAR MAYER,OLD FASHIONED LOAF	1 serving	2.24	1.29	0.00	2.24
OSCAR MAYER,OLIVE LOAF (CHICK,PORK,TURKEY)	1 serving	1.93	0.90	0.00	1.93
OSCAR MAYER,PICKLE PIMIENTO LOAF (W/CHICK)	1 serving	2.55	1.93	0.00	2.55
OSCAR MAYER,PORK SAUSAGE LINKS (CKD)	1 link	0.24	0.22	0.00	0.24
OSCAR MAYER,PORK SAUSAGE LINKS (CKD)	1 serving 2 links	0.48	0.43	0.00	0.48
OSCAR MAYER,SALAMI (FOR BEER)	1 serving 2 slices	0.87	0.51	0.00	0.87
OSCAR MAYER,SALAMI (FOR BEER)	1 slice	0.44	0.25	0.00	0.44
OSCAR MAYER,SALAMI (GENOA)	1 serving 3 slices	0.32	0.05	0.00	0.32
OSCAR MAYER,SALAMI (GENOA)	1 slice	0.11	0.02	0.00	0.11
OSCAR MAYER,SALAMI (HARD)	1 serving 3 slices	0.43	0.05	0.00	0.43
OSCAR MAYER,SALAMI (HARD)	1 slice	0.14	0.02	0.00	0.14

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OSCAR MAYER,SALAMI BF COTTO	1 serving 2 slices	0.87	0.51	0.00	0.87
OSCAR MAYER,SALAMI BF COTTO	1 slice	0.44	0.25	0.00	0.44
OSCAR MAYER,SALAMI COTTO (BF,PORK,CHICK)	1 serving 2 slices	1.01	0.69	0.00	1.01
OSCAR MAYER,SALAMI COTTO (BF,PORK,CHICK)	1 slice	0.51	0.35	0.00	0.51
OSCAR MAYER,SMMR SAUSAGE BF THURINGER CERVELAT	1 serving 2 slices	0.87	0.51	0.00	0.87
OSCAR MAYER,SMMR SAUSAGE BF THURINGER CERVELAT	1 slice	0.44	0.25	0.00	0.44
OSCAR MAYER,SMMR SAUSAGE THURINGER CERVALAT	1 serving 2 slices	0.41	0.23	0.00	0.41
OSCAR MAYER,SMMR SAUSAGE THURINGER CERVALAT	1 slice	0.21	0.12	0.00	0.21
OSCAR MAYER,SMOKIE LINKS SAUSAGE	1 serving	0.73	0.69	0.00	0.73
OSCAR MAYER,SMOKIES (CHS)	1 serving	0.77	0.65	0.00	0.77
OSCAR MAYER,SMOKIES SAUSAGE LITTLE (PORK,TURKEY)	1 link	0.16	0.13	0.00	0.16
OSCAR MAYER,SMOKIES SAUSAGE LITTLE (PORK,TURKEY)	1 serving	1.03	0.80	0.00	1.03
OSCAR MAYER,SMOKIES SAUSAGE LITTLE CHS (PORK,TURKEY)	1 link	0.15	0.03	0.00	0.15
OSCAR MAYER,SMOKIES SAUSAGE LITTLE CHS (PORK,TURKEY)	1 serving	0.97	0.17	0.00	0.97
OSCAR MAYER,SNWCH SPRD (PORK,CHICK,BF)	1 serving	4.62	2.37	0.09	4.53
OSCAR MAYER,TURKEY BREAST (SMOKED,FAT FREE)	1 serving 4 slices	1.87	0.57	0.00	1.87
OSCAR MAYER,TURKEY BREAST (SMOKED,FAT FREE)	1 slice	0.47	0.14	0.00	0.47
OSCAR MAYER,WIENERS (BEEF FRANKS)	1 serving	1.25	0.72	0.00	1.25
OSCAR MAYER,WIENERS (BEEF FRANKS,FAT FREE)	1 serving	2.55	1.90	0.00	2.55
OSCAR MAYER,WIENERS (BEEF FRANKS,LIGHT)	1 serving	2.34	1.20	0.00	2.34
OSCAR MAYER,WIENERS (CHEESE HOT DOGS W/ TURKEY)	1 serving	1.26	0.81	0.00	1.26
OSCAR MAYER,WIENERS (FAT FREE HOT DOGS)	1 serving	2.15	1.05	0.00	2.15
OSCAR MAYER,WIENERS (LIGHT PORK,TURKEY,BEEF)	1 serving	1.60	0.86	0.00	1.60
OSCAR MAYER,WIENERS (PORK,TURKEY)	1 serving (1 link)	1.22	0.81	0.00	1.22
OSCAR MAYER,WIENERS LITTLE (PORK,TURKEY)	1 piece	0.21	0.14	0.00	0.21
OSCAR MAYER,WIENERS LITTLE (PORK,TURKEY)	1 serving	1.31	0.91	0.00	1.31
OSCAR MAYER. BOLOGNA (WISCONSIN MADE RING)	1 serving	1.46	1.23	0.00	1.46
OVEN-ROASTED CHICK BREAST ROLL	1 serving 2 oz	1.00	0.24	0.00	1.00
PASTRAMI BF 98% FAT-FREE	1 serving 6 slices	0.88	0.00	0.00	0.88

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PASTRAMI,TURKEY	1 package (8 oz)	7.58	7.58	0.23	7.35
PASTRAMI,TURKEY	2 slices	1.90	1.90	0.06	1.85
PATE TRUFFLE FLAVOR	1 serving 2 oz	3.53	0.00	0.00	3.53
PATE,CHICKEN LIVER,CANNED	1 oz	1.86	0.00	0.00	1.86
PATE,CHICKEN LIVER,CANNED	1 tbsp	0.85	0.00	0.00	0.85
PATE,GOOSE LIVER,SMOKED,CND	1 oz	1.32	0.00	0.00	1.32
PATE,GOOSE LIVER,SMOKED,CND	1 tbsp	0.61	0.00	0.00	0.61
PATE,LIVER,NOT SPECIFIED,CND	1 oz	0.43	0.00	0.00	0.43
PATE,LIVER,NOT SPECIFIED,CND	1 tbsp	0.20	0.00	0.00	0.20
PEPPERED LOAF PORK BF	3 1/2 slices	4.53	4.61	0.00	4.53
PEPPERONI,PORK,BEEF	1 oz	0.00	0.00	0.00	0.00
PEPPERONI,PORK,BEEF	1 slice round	0.00	0.00	0.00	0.00
PEPPERONI,PORK,BEEF	3 1/2 oz	0.00	0.00	0.00	0.00
PICKLE&PIMIENTO LOAF,PORK	1 slice	3.21	3.21	0.57	2.64
PICKLE&PIMIENTO LOAF,PORK	2 slices	4.82	4.82	0.86	3.97
PICNIC LOAF,PORK,BEEF	1 slice (1 oz) (4" x 4" x 3/32" thick)	1.33	0.00	0.00	1.33
PICNIC LOAF,PORK,BEEF	2 slices	2.71	0.00	0.00	2.71
POLISH SAUSAGE,PORK	1 sausage (10" long x 1-1/4" dia)	3.70	0.00	0.00	3.70
POLISH SAUSAGE,PORK	3 oz	1.39	0.00	0.00	1.39
PORK & TURKEY SAUSAGE,PRE-COOKED	1 serving	2.07	0.00	0.00	2.07
PORK SAUSAGE RICE LINKS,BROWN&SERVE,CKD	2 links 1 NLEA serving	1.06	0.00	0.00	1.06
PORK SAUSAGE RICE LINKS,BROWN&SERVE,CKD	3 links 1 NLEA serving	1.42	0.00	0.00	1.42
PORK SAUSAGE,LINK/PATTY,CKD,PAN-FRIED	1 link	0.33	0.25	0.00	0.33
PORK SAUSAGE,LINK/PATTY,CKD,PAN-FRIED	1 patty	0.38	0.29	0.00	0.38
PORK SAUSAGE,LINK/PATTY,CKD,PAN-FRIED	1 serving	0.68	0.52	0.00	0.68
PORK SAUSAGE,LINK/PATTY,FULLY CKD,MICROWAVED	1 link	0.13	0.13	0.00	0.13
PORK SAUSAGE,LINK/PATTY,FULLY CKD,MICROWAVED	1 patty	0.19	0.19	0.00	0.19
PORK SAUSAGE,LINK/PATTY,FULLY CKD,MICROWAVED	1 serving	0.30	0.30	0.00	0.30
PORK SAUSAGE,LINK/PATTY,FULLY CKD,UNHTD	1 link	0.16	0.12	0.00	0.16
PORK SAUSAGE,LINK/PATTY,FULLY CKD,UNHTD	1 patty	0.26	0.20	0.00	0.26
PORK SAUSAGE,LINK/PATTY,RED FAT,CKD,PAN-FRIED	1 oz	0.13	0.00	0.00	0.13

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PORK SAUSAGE, LINK/PATTY, RED FAT, CKD, PAN-FRIED	1 package	0.51	0.00	0.00	0.51
PORK SAUSAGE, LINK/PATTY, RED FAT, UNPREP	1 package	0.69	0.00	0.00	0.69
PORK SAUSAGE, LINK/PATTY, RED FAT, UNPREP	3 oz	0.17	0.00	0.00	0.17
PORK SAUSAGE, LINK/PATTY, UNPREP	1 link	0.23	0.23	0.00	0.23
PORK&BF SAUSAGE, FRSH, CKD	1 link (raw dimensions: 4" long x 7/8" dia), cooked	0.35	0.00	0.00	0.35
PORK&BF SAUSAGE, FRSH, CKD	1 patty, cooked (raw dimensions: 3- 7/8" dia x 1/4" thick)	0.73	0.00	0.00	0.73
POULTRY SALAD SNDWCH SPRD	1 oz	2.10	0.00	0.00	2.10
POULTRY SALAD SNDWCH SPRD	1 tbsp	0.96	0.00	0.00	0.96
ROAST BF SPRD	1 serving .25 cup	2.13	0.40	0.11	2.01
ROAST BF, DELI STYLE, PREPACKAGED, SLICED	1 slice oval	0.06	0.03	0.00	0.06
ROAST BF, DELI STYLE, PREPACKAGED, SLICED	1 slice rectangle	0.09	0.04	0.00	0.09
SALAMI CKD BF	1 oz	0.54	0.43	0.00	0.54
SALAMI CKD BF	1 slice	0.49	0.39	0.00	0.49
SALAMI ITALIAN PORK	1 oz	0.34	0.34	0.00	0.34
SALAMI ITALIAN PORK & BF DRY SLICED 50% LESS NA	1 serving 5 slices	1.79	0.00	0.00	1.79
SALAMI PORK BF LESS NA	3 1/2 oz	15.38	6.21	0.20	15.18
SALAMI, CKD, BF&PORK	1 slice round	0.30	0.12	0.00	0.30
SALAMI, COOKED, TURKEY	1 serving	0.43	0.31	0.03	0.41
SALAMI, DRY OR HARD, PORK	1 package (4 oz)	1.81	0.00	0.00	1.81
SALAMI, DRY OR HARD, PORK	1 slice (3-1/8" dia x 1/16" thick)	0.16	0.00	0.00	0.16
SALAMI, DRY OR HARD, PORK, BF	1 oz	0.20	0.07	0.00	0.20
SALAMI, DRY OR HARD, PORK, BF	1 slice	0.07	0.03	0.00	0.07
SALAMI, DRY OR HARD, PORK, BF	3 slices 1 serving	0.19	0.07	0.00	0.19
SANDWICH SPREAD, PORK, BEEF	1 oz	3.38	0.00	0.06	3.33
SANDWICH SPREAD, PORK, BEEF	1 tbsp	1.79	0.00	0.03	1.76
SAUSAGE BERLINER PORK BF	1 oz	0.73	0.67	0.00	0.73
SAUSAGE BERLINER PORK BF	1 slice	0.60	0.54	0.00	0.60
SAUSAGE CHICK BF PORK SKINLESS SMOKED	1 link	6.80	1.60	0.00	6.80

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SAUSAGE ITALIAN SWT LINKS	1 link 3 oz	1.76	0.00	0.00	1.76
SAUSAGE ITALIAN TURKEY SMOKED	1 serving 2 oz	2.60	1.79	0.50	2.10
SAUSAGE POLISH BF W/ CHICK HOT	1 serving 5 pieces	1.98	0.00	0.00	1.98
SAUSAGE POLISH BF W/ CHICK HOT	5 pieces	1.98	0.00	0.00	1.98
SAUSAGE POLISH PORK & BF SMOKED	1 serving 2.67 oz	1.50	0.00	0.00	1.50
SAUSAGE PORK & BF W/ CHEDDAR CHS SMOKED	12 oz serving 2.7 oz	1.64	0.08	0.00	1.64
SAUSAGE SMMR PORK & BF STKS W/ CHEDDAR CHS	1 oz	0.52	0.03	0.06	0.46
SAUSAGE TURKEY BRKFST LINKS MILD	2 oz, 2 links	0.87	0.00	0.00	0.87
SAUSAGE TURKEY HOT SMOKED	2 oz	2.60	1.79	0.50	2.10
SAUSAGE,CHICK&BF,SMOKED	1 cubic inch	0.00	0.00	0.00	0.00
SAUSAGE,CHICK&BF,SMOKED	1 cup pieces	0.00	0.00	0.00	0.00
SAUSAGE,ITALIAN,PORK,CKD	1 link, 4/lb	3.54	0.71	0.08	3.46
SAUSAGE,ITALIAN,PORK,CKD	1 link, 5/lb	2.86	0.58	0.07	2.79
SAUSAGE,ITALIAN,PORK,RAW	1 link, 4/lb	0.73	0.00	0.00	0.73
SAUSAGE,ITALIAN,PORK,RAW	1 link, 5/lb	0.59	0.00	0.00	0.59
SAUSAGE,SMOKED LINK SAUSAGE,PORK & BF	3 oz	2.06	0.00	0.00	2.06
SAUSAGE,VIENNA,CND,CHICK,BF,PORK	1 sausage (7/8" dia x 2" long)	0.42	0.00	0.00	0.42
SAUSAGE,VIENNA,CND,CHICK,BF,PORK	7 sausages (drained contents from can, net wt 4 oz)	2.94	0.00	0.00	2.94
SCRAPPLE,PORK	1 cubic inch	2.39	0.03	0.05	2.34
SCRAPPLE,PORK	1 oz cooked,	3.52	0.05	0.08	3.44
SCRAPPLE,PORK	2 oz	7.87	0.11	0.17	7.71
SMOKED LINK SAUSAGE,PORK	1 link (4" long x 1-1/8" dia)	0.64	0.64	0.00	0.64
SMOKED LINK SAUSAGE,PORK	1 link, little (2" long x 3/4" dia)	0.15	0.15	0.00	0.15
SMOKED LINK SAUSAGE,PORK&BF,FLR&NONFAT DRY MILK	1 link (4" long x 1-1/8" dia)	2.69	2.04	0.00	2.69
SMOKED LINK SAUSAGE,PORK&BF,FLR&NONFAT DRY MILK	1 link, little (2" long x 3/4" dia)	0.63	0.48	0.00	0.63
SMOKED LINK SAUSAGE,PORK&BF,FLR&NONFAT DRY MILK	2 oz	2.26	1.71	0.00	2.26

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SMOKED LINK SAUSAGE,PORK&BF,NONFAT DRY MILK	1 link (4" long x 1-1/8" dia)	1.31	0.00	0.00	1.31
SMOKED LINK SAUSAGE,PORK&BF,NONFAT DRY MILK	1 link, little (2" long x 3/4" dia)	0.31	0.00	0.00	0.31
SWISSWURST PORK & BF W/ SWISS CHS SMOKED	1 serving 2.7 oz	1.23	0.00	0.00	1.23
THURINGER,CERVELAT,SMMR SAUSAGE,BF,PORK	2 oz 1 serving	1.86	0.48	0.00	1.86
TURKEY WHITE ROTISSERIE DELI CUT	1 2/3 oz (1 serving)	3.70	1.92	0.19	3.50
TURKEY BACON,MICROWAVED	1 raw pr g	0.64	0.64	0.00	0.64
TURKEY BACON,MICROWAVED	1 slice	0.34	0.34	0.00	0.34
TURKEY BACON,UNPREP	1 serving	0.33	0.00	0.00	0.33
TURKEY BACON,UNPREP	1 slice 12 oz pkg	0.38	0.00	0.00	0.38
TURKEY BACON,UNPREP	1 slice 6 oz pkg	0.23	0.00	0.00	0.23
TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUNCHEON MEAT	1 cubic inch	0.49	0.49	0.07	0.42
TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUNCHEON MEAT	1 cup wafer slices or shaved	2.84	2.84	0.41	2.44
TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUNCHEON MEAT	1 slice	0.98	0.98	0.14	0.84
TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUNCHEON MEAT	1 slice NFS	0.98	0.98	0.14	0.84
TURKEY BREAST,LO SALT,PREPACKAGED OR DELI,LUNCHEON MEAT	2 oz	2.00	2.00	0.29	1.72
TURKEY BREAST,SLICED,OVEN RSTD,LUNCHEON MEAT	1 serving	1.39	1.16	0.17	1.22
TURKEY BREAST,SLICED,OVEN RSTD,LUNCHEON MEAT	1 slice (3-1/2" square; 8 per 6 oz package)	0.88	0.74	0.11	0.78
TURKEY BREAST,SLICED,PREPACKAGED	1 slice	0.35	0.49	0.00	0.35
TURKEY HAM,CURED TURKEY THIGH MEAT	1 oz 1 serving	0.57	0.40	0.06	0.52
TURKEY HAM,CURED TURKEY THIGH MEAT	1 serving	0.57	0.40	0.06	0.52
TURKEY HAM,CURED TURKEY THIGH MEAT	2 oz 2 servings	1.12	0.79	0.11	1.01
TURKEY HAM,SLICED,EX LN,PREPACKAGED OR DELI-SLICED	1 cubic inch	0.59	0.00	0.00	0.59
TURKEY HAM,SLICED,EX LN,PREPACKAGED OR DELI-SLICED	1 cup pieces	4.04	0.00	0.00	4.04
TURKEY ROLL,LT&DK MEAT	1 oz	0.60	0.00	0.00	0.60
TURKEY ROLL,LT&DK MEAT	2 slices	1.21	0.00	0.00	1.21
TURKEY SAUSAGE,FRSH,CKD	1 serving	0.00	0.00	0.00	0.00
TURKEY SAUSAGE,FRSH,RAW	1 serving	0.27	0.00	0.00	0.27
TURKEY SAUSAGE,RED FAT,BROWN&SERVE,CKD	1 cup	13.98	0.00	0.38	13.59

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TURKEY&PORK SAUSAGE,FRSH,BULK,PATTY OR LINK,CKD	1 cup, cooked	0.91	0.00	0.00	0.91
TURKEY&PORK SAUSAGE,FRSH,BULK,PATTY OR LINK,CKD	1 oz	0.20	0.00	0.00	0.20
TURKEY&PORK SAUSAGE,FRSH,BULK,PATTY OR LINK,CKD	1 oz cooked, yield	0.15	0.00	0.00	0.15
TURKEY&PORK SAUSAGE,FRSH,BULK,PATTY OR LINK,CKD	1 patty, cooked	0.18	0.00	0.00	0.18
TURKEY,BREAST,SMOKED,LEMON PEPPER FLAVOR,97% FAT-FREE	1 slice	0.37	0.00	0.00	0.37
TURKEY,PORK,&BF SAUSAGE,LOFAT,SMOKED	1 lb 16 oz	52.35	0.00	2.72	49.62
TURKEY,PORK,&BF SAUSAGE,LOFAT,SMOKED	3 oz	9.81	0.00	0.51	9.30
TURKEY,PORK,&BF SAUSAGE,RED FAT,SMOKED	1 cubic inch	0.36	0.00	0.00	0.36
TURKEY,PORK,&BF SAUSAGE,RED FAT,SMOKED	1 cup pieces	3.82	0.00	0.00	3.82
USDA CMDTY,LUNCHEON MEAT,CND	1 can	8.63	0.00	0.00	8.63
USDA CMDTY,LUNCHEON MEAT,CND	1 serving	0.47	0.00	0.00	0.47
USDA COMMODITY,PORK SAUSAGE,BULK/LINKS/PATTIES,FRZ,RAW	1 link	0.00	0.00	0.00	0.00
USDA COMMODITY,PORK,SAUSAGE,BULK/LINKS/PATTIES,FRZ,C KD	1 link	0.00	0.00	0.00	0.00
USDA COMMODITY,PORK,SAUSAGE,BULK/LINKS/PATTIES,FRZ,C KD	1 oz	0.00	0.00	0.00	0.00
YACHTWURST,W/ PISTACHIO NUTS,CKD	1 serving 2 oz	0.78	0.00	0.00	0.78
CEREALS RTE,ALPEN	2/3 cup (1 NLEA serving)	41.64	11.00	5.01	36.63
CEREALS RTE,BARBARA'S PUFFINS,ORIGINAL	3/4 cup (1 NLEA serving)	22.68	5.00	5.00	17.69
CEREALS RTE,BEAR NAKED NUT CLUSTER CRUNCH,HONEY ALMOND	3/4 cup (1 NLEA serving)	40.43	10.83	3.04	37.39
CEREALS RTE,BEAR NAKED NUT CLUSTER CRUNCH,MAPLE PECAN WALNUT	1 Cup (1 NLEA serving)	46.53	12.66	3.36	43.17
CEREALS RTE,CASCADIAN FARM,CINN CRUNCH	3/4 cup (1 NLEA serving)	22.03	8.37	2.97	19.06
CEREALS RTE,CASCADIAN FARM,HONEY NUT O'S	1 cup (1 NLEA serving)	24.93	7.44	2.55	22.38
CEREALS RTE,CASCADIAN FARM,MULTI-GRAIN SQUARES	1 cup (1 NLEA serving)	43.99	6.99	3.98	40.02
CEREALS RTE,CHOCOLATE-FLAVORED FRSTD PUFFED CORN	1 cup	26.16	13.11	1.14	25.02
CEREALS RTE,FAMILIA	1 cup	90.04	28.30	10.37	79.67

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CEREALS RTE,FRSTD OAT CRL W/MARSHMALLOWS	3/4 cup (1 NLEA serving)	25.41	10.84	1.29	24.12
CEREALS RTE,GENERAL MILLS CINN CHEX	3/4 cup (1 NLEA serving)	24.72	7.83	0.72	24.00
CEREALS RTE,GENERAL MILLS CORN CHEX	1 cup (1 NLEA serving)	26.32	3.44	1.74	24.58
CEREALS RTE,GENERAL MILLS,25% LESS SUGAR CINN TOAST CRUNCH	1 bowl (3/4 cup) (1 NLEA serving)	21.89	5.99	3.14	18.76
CEREALS RTE,GENERAL MILLS,25% LESS SUGAR TRIX	1 cup	23.94	7.00	1.20	22.74
CEREALS RTE,GENERAL MILLS,APPL CINN CHEERIOS	3/4 cup (1 NLEA serving)	24.39	10.26	1.95	22.44
CEREALS RTE,GENERAL MILLS,APPL CINN CHEX	3/4 cup (1 NLEA serving)	25.67	8.06	0.62	25.05
CEREALS RTE,GENERAL MILLS,BASIC 4	1 cup (1 NLEA serving)	43.56	12.43	3.74	39.82
CEREALS RTE,GENERAL MILLS,BERRY BERRY KIX	1 1/4 cup (1 NLEA serving)	27.69	6.93	1.91	25.77
CEREALS RTE,GENERAL MILLS,BERRY BURST CHEERIOS,TRIPLE BERRY	3/4 cup (1 NLEA serving)	21.74	7.29	2.05	19.68
CEREALS RTE,GENERAL MILLS,BOO BERRY	1 cup (1 NLEA serving)	28.18	9.01	1.39	26.80
CEREALS RTE,GENERAL MILLS,CHEERIOS	1 cup (1 NLEA serving)	20.50	1.22	2.63	17.87
CEREALS RTE,GENERAL MILLS,CHEERIOS,BANANA NUT	3/4 cup (1 NLEA serving)	23.71	9.27	1.71	22.01
CEREALS RTE,GENERAL MILLS,CHEERIOS,CHOC	3/4 cup (1 NLEA serving)	22.55	9.20	1.67	20.87
CEREALS RTE,GENERAL MILLS,CHEERIOS,YOGURT BURST,STRAWBERRY	3/4 cup (1 NLEA serving)	24.53	9.00	2.01	22.52
CEREALS RTE,GENERAL MILLS,CHOC CHEX	3/4 cup (1 NLEA serving)	25.95	8.38	0.64	25.31
CEREALS RTE,GENERAL MILLS,CHOC LUCKY CHARMS	3/4 cup (1 NLEA serving)	23.63	10.30	1.48	22.15
CEREALS RTE,GENERAL MILLS,CINN BURST CHEERIOS	1 cup (1 NLEA serving)	26.62	8.99	3.01	23.62
CEREALS RTE,GENERAL MILLS,CINN TOAST CRUNCH	3/4 cup (1 NLEA serving)	24.18	9.39	2.11	22.07
CEREALS RTE,GENERAL MILLS,COCOA PUFFS	3/4 cup (1 NLEA serving)	22.60	10.04	1.54	21.06
CEREALS RTE,GENERAL MILLS,COCOA PUFFS BROWNIE CRUNCH	3/4 cup (1 NLEA serving)	22.33	8.85	1.67	20.65

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CEREALS RTE,GENERAL MILLS,COCOA PUFFS,25% RED SUGAR	3/4 cup (1 NLEA serving)	19.99	6.26	1.39	18.60
CEREALS RTE,GENERAL MILLS,COOKIE CRISP	3/4 cup (1 NLEA serving)	21.97	9.05	1.33	20.64
CEREALS RTE,GENERAL MILLS,COUNT CHOCULA	3/4 cup (1 NLEA serving)	22.82	8.93	1.35	21.47
CEREALS RTE,GENERAL MILLS,DORA THE EXPLORER	3/4 cup (1 NLEA serving)	22.36	5.72	2.75	19.60
CEREALS RTE,GENERAL MILLS,DULCE DE LECHE CHEERIOS	3/4 cup (1 NLEA serving)	22.14	5.64	1.97	20.17
CEREALS RTE,GENERAL MILLS,FIBER ONE 80 CAL,CHOC SQUARES	3/4 cup (1 NLEA serving)	25.20	5.19	10.56	14.64
CEREALS RTE,GENERAL MILLS,FIBER ONE 80 CAL,HONEY SQUARES	3/4 cup (1 NLEA serving)	25.56	3.24	11.55	14.01
CEREALS RTE,GENERAL MILLS,FIBER ONE BRAN CRL	1/2 cup (1 NLEA serving)	25.38	0.06	14.25	11.13
CEREALS RTE,GENERAL MILLS,FIBER ONE,CARAMEL DELIGHT	1 cup (1 NLEA serving)	41.35	10.40	9.55	31.80
CEREALS RTE,GENERAL MILLS,FIBER ONE,FRSTD SHREDDED WHEAT	1 cup (1 NLEA serving)	49.02	12.18	9.00	40.02
CEREALS RTE,GENERAL MILLS,FIBER ONE,HONEY CLUSTERS	1 cup (1 NLEA serving)	43.58	9.25	9.98	33.59
CEREALS RTE,GENERAL MILLS,FIBER ONE,NUTTY CLUSTERS & ALMONDS	1 cup (1 NLEA serving)	43.73	12.16	10.01	33.72
CEREALS RTE,GENERAL MILLS,FIBER ONE,RAISIN BRAN CLUSTERS	1 cup (1 NLEA serving)	45.82	14.14	10.01	35.81
CEREALS RTE,GENERAL MILLS,FRANKENBERRY	1 cup (1 NLEA serving)	28.18	9.01	1.39	26.80
CEREALS RTE,GENERAL MILLS,FRSTD CHEERIOS	3/4 cup (1 NLEA serving)	22.88	8.99	1.79	21.08
CEREALS RTE,GENERAL MILLS,FRSTD TOAST CRUNCH	3/4 cup (1 NLEA serving)	23.58	8.82	1.44	22.14
CEREALS RTE,GENERAL MILLS,FRUITY CHEERIOS	3/4 cup (1 NLEA serving)	22.73	8.69	1.59	21.14
CEREALS RTE,GENERAL MILLS,GOLDEN GRAHAMS	3/4 cup (1 NLEA serving)	26.38	10.85	1.74	24.65
CEREALS RTE,GENERAL MILLS,HONEY KIX	1 1/4 cup (1 NLEA serving)	27.39	6.01	2.74	24.65
CEREALS RTE,GENERAL MILLS,HONEY NUT CHEERIOS	3/4 cup (1 NLEA serving)	22.31	9.21	1.99	20.33
CEREALS RTE,GENERAL MILLS,HONEY NUT CHEERIOS,MEDLEY CRUNCH	3/4 cup (1 NLEA serving)	23.85	8.73	2.25	21.60

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CEREALS RTE,GENERAL MILLS,HONEY NUT CHEX	3/4 cup (1 NLEA serving)	27.73	8.99	1.25	26.49
CEREALS RTE,GENERAL MILLS,HONEY NUT CLUSTERS	1 cup (1 NLEA serving)	48.56	14.14	3.59	44.97
CEREALS RTE,GENERAL MILLS,KIX	1 1/4 cup (1 NLEA serving)	24.85	2.93	2.64	22.21
CEREALS RTE,GENERAL MILLS,LUCKY CHARMS	3/4 cup (1 NLEA serving)	21.84	9.76	1.35	20.49
CEREALS RTE,GENERAL MILLS,MULTI GRAIN CHEERIOS,PNUT BUTTER	3/4 cup (1 NLEA serving)	22.96	9.10	1.68	21.28
CEREALS RTE,GENERAL MILLS,MULTI-GRAIN CHEERIOS	1 cup (1 NLEA serving)	23.61	6.15	2.52	21.08
CEREALS RTE,GENERAL MILLS,NATURE VALLEY LOFAT FRUIT GRANOLA	2/3 cup (1 NLEA serving)	43.67	17.54	2.75	40.92
CEREALS RTE,GENERAL MILLS,OAT CLUSTER CHEERIOS CRUNCH	3/4 cup (1 NLEA serving)	21.79	7.53	1.89	19.90
CEREALS RTE,GENERAL MILLS,OATMEAL CRISP,CRUNCHY ALMOND	1 cup (1 NLEA serving)	46.85	13.73	4.92	41.93
CEREALS RTE,GENERAL MILLS,OATMEAL CRISP,HEARTY RAISIN	1 cup (1 NLEA serving)	50.10	16.92	4.65	45.45
CEREALS RTE,GENERAL MILLS,PNUT BUTTER TOAST CRUNCH	3/4 cup (1 NLEA serving)	23.62	8.40	1.71	21.91
CEREALS RTE,GENERAL MILLS,RAISIN NUT BRAN	3/4 cup (1 NLEA serving)	39.73	14.01	4.85	34.88
CEREALS RTE,GENERAL MILLS,REESE'S PUFFS	3/4 cup (1 NLEA serving)	21.92	10.24	1.36	20.56
CEREALS RTE,GENERAL MILLS,RICE CHEX	1 cup (1 NLEA serving)	22.82	2.19	1.19	21.63
CEREALS RTE,GENERAL MILLS,RICE CRUNCHINS	1 bowl (3/4 cup) (1 NLEA serving)	17.00	2.00	1.01	15.99
CEREALS RTE,GENERAL MILLS,TOTAL RAISIN BRAN	1 cup (1 NLEA serving)	40.70	17.12	4.82	35.88
CEREALS RTE,GENERAL MILLS,TRIX	1 cup (1 NLEA serving)	27.39	10.24	1.44	25.95
CEREALS RTE,GENERAL MILLS,WHEAT CHEX	3/4 cup (1 NLEA serving)	38.63	4.84	5.73	32.90
CEREALS RTE,GENERAL MILLS,WHEATIES	3/4 cup (1 NLEA serving)	22.49	4.10	2.73	19.76
CEREALS RTE,GENERAL MILLS,WHL GRAIN TOTAL	3/4 cup (1 NLEA serving)	22.41	4.92	2.73	19.68
CEREALS RTE,GRANOLA,HOMEMADE	1 cup	64.97	24.40	10.98	53.99
CEREALS RTE,GRANOLA,HOMEMADE	1 oz	15.10	5.67	2.55	12.54

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CEREALS RTE,HEALTH VALLEY,FIBER 7 FLAKES	3/4 cup (1 NLEA serving)	24.23	6.20	4.37	19.86
CEREALS RTE,KASHI 7 WHL GRAIN FLAKES	1 cup (1 NLEA serving)	40.70	5.65	5.90	34.80
CEREALS RTE,KASHI 7 WHL GRAIN HONEY PUFFS	1 cup (1 NLEA serving)	23.70	6.54	1.80	21.90
CEREALS RTE,KASHI 7 WHL GRAIN NUGGETS	1/2 cup (1 NLEA serving)	46.98	2.90	6.79	40.19
CEREALS RTE,KASHI 7 WHL GRAIN PUFFS	1 cup (1 NLEA serving)	14.93	0.18	1.52	13.41
CEREALS RTE,KASHI BERRY BLOSSOM	3/4 cup (1 NLEA serving)	24.93	7.02	5.67	19.26
CEREALS RTE,KASHI GO LN CRUNCH!,HONEY ALMOND FLAX	2/3 Cup (1 NLEA serving)	35.46	11.77	7.95	27.51
CEREALS RTE,KASHI GOLDEN GOODNESS	1 1/4 cup (1 NLEA serving)	49.50	8.88	5.70	43.80
CEREALS RTE,KASHI GOLEAN	1 cup (1 NLEA serving)	34.94	8.58	10.45	24.49
CEREALS RTE,KASHI GOLEAN CRISP CINN CRUMBLE	3/4 cup (1 NLEA serving)	31.92	9.49	8.57	23.35
CEREALS RTE,KASHI GOLEAN CRISP TSTD BERRY CRUMBLE	3/4 cup (1 NLEA serving)	34.01	11.07	8.06	25.95
CEREALS RTE,KASHI GOLEAN CRUNCH!	3/4 Cup (1 NLEA serving)	37.84	12.72	7.69	30.16
CEREALS RTE,KASHI GOLEAN VANILLA GRAHAM CLUSTERS	1 Cup (1 NLEA serving)	35.75	9.07	8.82	26.92
CEREALS RTE,KASHI GOOD FRIENDS	1 cup (1 NLEA serving)	42.03	9.96	11.50	30.53
CEREALS RTE,KASHI HEART TO HEART,HONEY TSTD OAT	3/4 cup (1 NLEA serving)	25.97	5.12	4.52	21.45
CEREALS RTE,KASHI HEART TO HEART,WARM CINN	3/4 cup (1 NLEA serving)	25.91	5.18	4.36	21.55
CEREALS RTE,KASHI HONEY SUNSHINE	3/4 cup (1 NLEA serving)	24.60	6.09	5.37	19.23
CEREALS RTE,KASHI INDIGO MORNING	3/4 cup (1 NLEA serving)	22.36	5.99	1.92	20.44
CEREALS RTE,KASHI ORGANIC PROMISE,BERRY FRUITFUL	29 biscuits (1 NLEA serving)	41.91	8.03	5.78	36.14
CEREALS RTE,KASHI ORGANIC PROMISE,CINN HARVEST	28 biscuits (1 NLEA serving)	43.45	9.08	5.89	37.57
CEREALS RTE,KASHI ORGANIC PROMISE,ISLAND VANILLA	27 biscuits (1 NLEA serving)	44.44	9.30	5.89	38.56

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CEREALS RTE,KASHI ORGANIC PROMISE,RAISIN VINEYARD	3/4 Cup (1 NLEA serving)	39.95	11.70	2.50	37.45
CEREALS RTE,KASHI ORGANIC PROMISE,STRAWBERRY FIELDS	1 cup (1 NLEA serving)	45.93	11.28	2.75	43.18
CEREALS RTE,KASHI SIMPLY MAIZE	3/4 cup (1 NLEA serving)	22.49	5.97	1.65	20.84
CEREALS RTE,KASHI,HEART TO HEART,OAT FLAKES & BLUEBRY CLSTRS	1 cup (1 NLEA serving)	44.00	12.38	4.46	39.55
CEREALS RTE,KASHI,KASHI U	1 cup (1 NLEA serving)	42.90	10.56	6.71	36.19
CEREALS RTE,KASHI,ORGANIC PROMISE AUTUMN WHEAT	29 biscuits (1 NLEA serving)	42.66	6.70	6.05	36.61
CEREALS RTE,KELLOG'S,FRSTD MINI-WHTS,MPL & BRWN SGR,BTE SZE	25 biscuits (1 NLEA serving)	46.59	12.49	5.67	40.92
CEREALS RTE,KELLOGG RAISIN BRAN W/ OMEGA-3 FROM FLAXSEED	1 Cup (1 NLEA serving)	43.83	16.58	5.09	38.74
CEREALS RTE,KELLOGG SCOOPY-DOO! CRL	1 Cup (1 NLEA serving)	26.88	5.92	3.14	23.74
CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN BRAN BUDS	1/3 cup (1 NLEA serving)	24.30	8.01	12.75	11.55
CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN COMPLETE WHEAT FLAKES	3/4 cup (1 NLEA serving)	23.66	5.45	5.02	18.65
CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN ORIGINAL	1/2 cup (1 NLEA serving)	23.01	4.86	9.08	13.93
CEREALS RTE,KELLOGG,KELLOGG'S APPL JACKS	1 cup (1 NLEA serving)	24.70	12.24	2.60	22.09
CEREALS RTE,KELLOGG,KELLOGG'S CINNABON CRL	1 cup (1 NLEA serving)	24.99	12.48	1.17	23.82
CEREALS RTE,KELLOGG,KELLOGG'S COCOA KRISPIES	3/4 cup (1 NLEA serving)	27.25	11.97	0.43	26.82
CEREALS RTE,KELLOGG,KELLOGG'S CORN FLAKES	1 cup (1 NLEA serving)	23.55	2.66	0.92	22.62
CEREALS RTE,KELLOGG,KELLOGG'S CORN POPS	1 cup (1 NLEA serving)	26.91	9.39	2.52	24.39
CEREALS RTE,KELLOGG,KELLOGG'S CRACKLIN' OAT BRAN	3/4 cup (1 NLEA serving)	34.45	13.72	6.22	28.22
CEREALS RTE,KELLOGG,KELLOGG'S CRISPIX	1 cup (1 NLEA serving)	25.20	3.36	0.81	24.39
CEREALS RTE,KELLOGG,KELLOGG'S FROOT LOOPS	1 cup (1 NLEA serving)	25.52	12.09	2.70	22.82
CEREALS RTE,KELLOGG,KELLOGG'S FROOT LOOPS TREASURS,STRAWBRY	1 Cup (1 NLEA serving)	26.19	12.09	2.58	23.61

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CEREALS RTE,KELLOGG,KELLOGG'S FRSTD FLAKES	3/4 cup (1 NLEA serving)	26.76	10.63	0.66	26.10
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD FLAKES	1 cup	37.46	14.88	0.92	36.54
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD MINI-WHEATS,BITE SIZE	21 biscuits (1 NLEA serving)	45.04	10.96	5.83	39.20
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD MINI-WHEATS,LITTLE BITES	1 Cup (1 NLEA serving)	47.21	11.31	6.05	41.16
CEREALS RTE,KELLOGG,KELLOGG'S FRSTD RICE KRISPIES	3/4 cup (1 NLEA serving)	27.39	12.06	0.15	27.24
CEREALS RTE,KELLOGG,KELLOGG'S HONEY CRUNCH CORN FLAKES	3/4 cup (1 NLEA serving)	26.10	9.90	1.02	25.08
CEREALS RTE,KELLOGG,KELLOGG'S HONEY SMACKS	3/4 cup (1 NLEA serving)	23.90	15.17	1.35	22.55
CEREALS RTE,KELLOGG,KELLOGG'S LOFAT GRANOLA W/ RAISINS	2/3 cup (1 NLEA serving)	48.06	16.74	4.44	43.62
CEREALS RTE,KELLOGG,KELLOGG'S LOFAT GRANOLA WO/ RAISINS	1/2 cup (1 NLEA serving)	39.64	13.87	3.43	36.21
CEREALS RTE,KELLOGG,KELLOGG'S MARSHMLLW FROOT LOOPS	1 cup (1 NLEA serving)	25.90	14.47	2.15	23.75
CEREALS RTE,KELLOGG,KELLOGG'S MINI-WHEATS,UNFROSTED BITE SZE	30 biscuits (1 NLEA serving)	44.55	0.22	7.59	36.96
CEREALS RTE,KELLOGG,KELLOGG'S MUESLIX	2/3 cup (1 NLEA serving)	41.35	14.03	4.57	36.79
CEREALS RTE,KELLOGG,KELLOGG'S PRODUCT 19	1 cup (1 NLEA serving)	25.29	3.75	0.84	24.45
CEREALS RTE,KELLOGG,KELLOGG'S RAISIN BRAN	1 cup (1 NLEA serving)	45.60	18.47	6.73	38.88
CEREALS RTE,KELLOGG,KELLOGG'S RAISIN BRAN,CINN ALMOND	1 1/4 cup (1 NLEA serving)	47.09	18.15	5.34	41.75
CEREALS RTE,KELLOGG,KELLOGG'S RICE KRISPIES	1 cup	24.66	2.86	0.12	24.55
CEREALS RTE,KELLOGG,KELLOGG'S RICE KRISPIES	1 1/4 cup (1 NLEA serving)	28.07	3.26	0.13	27.93
CEREALS RTE,KELLOGG,KELLOGG'S RICE KRISPIES TREATS CRL	3/4 cup (1 NLEA serving)	25.68	8.88	0.12	25.56
CEREALS RTE,KELLOGG,KELLOGG'S SMART START ANTIOXIDANTS CRL	1 cup (1 NLEA serving)	43.65	14.35	2.90	40.75
CEREALS RTE,KELLOGG,KELLOGG'S SPL K	1 cup (1 NLEA serving)	22.63	3.78	0.34	22.29
CEREALS RTE,KELLOGG,KELLOGG'S SPL K BLUEBERRY	3/4 cup (1 NLEA serving)	25.89	8.01	2.58	23.31
CEREALS RTE,KELLOGG,KELLOGG'S SPL K CHOCOLATEY STRAWBERRY	3/4 Cup (1 NLEA serving)	24.16	8.29	2.76	21.40

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CEREALS RTE,KELLOGG,KELLOGG'S SPL K LOFAT GRANOLA	1/2 cup (1 NLEA serving)	38.90	9.36	5.88	33.02
CEREALS RTE,KELLOGG,KELLOGG'S SPL K MULTI-GRAIN	1 Cup (1 NLEA serving)	26.84	6.42	2.98	23.87
CEREALS RTE,KELLOGG,KELLOGG'S SPL K RED BERRIES	1 cup (1 NLEA serving)	26.72	9.36	2.64	24.09
CEREALS RTE,KELLOGG,KELLOGG'S SPL K,CINN PECAN	3/4 cup (1 NLEA serving)	24.36	7.20	3.09	21.27
CEREALS RTE,KELLOGG,KELLOGG'S,RAISIN BRAN CRUNCH	1 cup (1 NLEA serving)	45.21	19.03	4.24	40.97
CEREALS RTE,KELLOGG,SPL K,FRUIT & YOGURT	3/4 cup (1 NLEA serving)	27.30	10.27	2.59	24.70
CEREALS RTE,KELLOGG'S APPL JACKS W/ MARSHMALLOWS	1 cup (1 NLEA serving)	25.09	14.31	2.07	23.02
CEREALS RTE,KELLOGG'S CINN JACKS	1 cup (1 NLEA serving)	23.24	9.49	2.52	20.72
CEREALS RTE,KELLOGG'S CRUNCHY NUT GOLDEN HONEY NUT FLAKES	3/4 cup (1 NLEA serving)	25.82	10.39	0.74	25.08
CEREALS RTE,KELLOGG'S CRUNCHY NUT RSTD NUT & HONEY O'S	3/4 cup (1 NLEA serving)	22.84	10.02	1.92	20.93
CEREALS RTE,KELLOGG'S FIBERPLUS CINN OAT CRUNCH	3/4 cup (1 NLEA serving)	26.21	6.98	8.96	17.25
CEREALS RTE,KELLOGG'S FRSTD FLAKES,CHOCO ZUCARITAS	3/4 cup (1 NLEA serving)	25.53	11.43	0.42	25.11
CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS BITE SZ BLUEB MUFFIN	25 biscuits (1 NLEA serving)	46.64	12.49	5.61	41.03
CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS BITE SZ CINN STREUS	23 biscuits (1 NLEA serving)	45.68	12.15	5.83	39.85
CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS LITTLE BITES,CHOC	1 cup (1 NLEA serving)	45.58	12.48	6.10	39.48
CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS TOUCH FRUIT MDL,RASP	24 biscuits (1 NLEA serving)	45.16	9.79	5.83	39.33
CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS,BIG BITE	7 biscuit (1 NLEA serving)	48.37	11.77	6.26	42.11
CEREALS RTE,KELLOGG'S FRSTD MINI-WHTS TOUCH FRT MDL MXD BER	24 biscuits (1 NLEA serving)	45.16	9.79	5.83	39.33
CEREALS RTE,KELLOGG'S KRAVE CHOC CRL	3/4 cup (1 NLEA serving)	23.59	11.07	3.07	20.52
CEREALS RTE,KELLOGG'S KRAVE DOUBLE CHOC CRL	3/4 cup (1 NLEA serving)	22.77	10.89	3.18	19.59
CEREALS RTE,KELLOGG'S KRAVE SMORES	3/4 Cup (1 NLEA serving)	23.68	9.83	2.91	20.77

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CEREALS RTE,KELLOGG'S RICE KRISPIES,GLUTEN FREE	1 cup (1 NLEA serving)	24.72	1.11	0.81	23.91
CEREALS RTE,KELLOGG'S SPL K CHOC ALMOND	2/3 Cup (1 NLEA serving)	22.82	7.70	2.88	19.94
CEREALS RTE,KELLOGG'S SPL K CHOCOLATEY DELIGHT	3/4 cup (1 NLEA serving)	25.17	9.27	3.29	21.89
CEREALS RTE,KELLOGG'S SPL K MULTIGRAIN OATS & HONEY	2/3 cup (1 NLEA serving)	24.65	7.66	2.49	22.16
CEREALS RTE,KELLOGG'S,FRSTD MINI-WHEATS BITE SIZE STRAWB DEL	25 biscuits (1 NLEA serving)	46.53	12.49	5.61	40.92
CEREALS RTE,KELLOGG'S,RED SUGAR FRSTD FLAKES CRL	3/4 cup (1 NLEA serving)	26.19	7.17	3.03	23.16
CEREALS RTE,KELLOGG'S,SPL K PROT PLUS	3/4 cup (1 NLEA serving)	19.39	6.50	2.66	16.74
CEREALS RTE,KELLOGG'S,SPL K VANILLA ALMOND	3/4 cup (1 NLEA serving)	24.96	9.12	2.79	22.17
CEREALS RTE,MALT-O-MEAL,APPL ZINGS	1 cup (1 NLEA serving)	27.56	15.57	0.73	26.83
CEREALS RTE,MALT-O-MEAL,BERRY COLOSSAL CRUNCH	3/4 cup (1 NLEA serving)	26.13	13.16	0.48	25.65
CEREALS RTE,MALT-O-MEAL,BLUEBERRY MUFFIN TOPS CRL	3/4 cup (1 NLEA serving)	23.97	10.61	1.41	22.56
CEREALS RTE,MALT-O-MEAL,CHOC MARSHMLLW MATEYS	3/4 cup (1 NLEA serving)	24.99	15.99	0.99	24.00
CEREALS RTE,MALT-O-MEAL,CINN TOASTERS	3/4 cup (1 NLEA serving)	23.73	10.44	1.41	22.32
CEREALS RTE,MALT-O-MEAL,COCOA DYNO-BITES	3/4 cup (1 NLEA serving)	25.93	13.11	0.32	25.61
CEREALS RTE,MALT-O-MEAL,COCO-ROOS	3/4 cup (1 NLEA serving)	25.78	14.69	0.93	24.85
CEREALS RTE,MALT-O-MEAL,COLOSSAL CRUNCH	3/4 cup (1 NLEA serving)	24.48	12.63	0.69	23.79
CEREALS RTE,MALT-O-MEAL,CORN BURSTS	1 cup (1 NLEA serving)	27.48	13.17	0.59	26.89
CEREALS RTE,MALT-O-MEAL,CRISPY RICE	1 1/4 cup (1 NLEA serving)	28.51	2.97	0.33	28.18
CEREALS RTE,MALT-O-MEAL,FRSTD FLAKES	3/4 cup (1 NLEA serving)	28.00	11.79	0.71	27.29
CEREALS RTE,MALT-O-MEAL,FRSTD MINI SPOONERS	1 cup (1 NLEA serving)	45.60	9.84	5.78	39.82
CEREALS RTE,MALT-O-MEAL,FRUITY DYNO-BITES	3/4 cup	24.33	11.50	0.27	24.06
CEREALS RTE,MALT-O-MEAL,GOLDEN PUFFS	3/4 cup (1 NLEA serving)	24.22	13.86	0.70	23.52

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CEREALS RTE,MALT-O-MEAL,GOLDEN PUFFS	1 cup	33.20	19.00	0.96	32.23
CEREALS RTE,MALT-O-MEAL,HONEY BUZZERS	1 1/3 cup	25.40	10.85	0.84	24.56
CEREALS RTE,MALT-O-MEAL,HONEY GRAHAM SQUARES	3/4 cup (1 NLEA serving)	22.40	9.81	1.32	21.08
CEREALS RTE,MALT-O-MEAL,HONEY NUT SCOOTERS	1 cup (1 NLEA serving)	23.39	9.73	1.77	21.62
CEREALS RTE,MALT-O-MEAL,HONEY NUT TOASTY O'S CRL	1 cup	24.66	11.62	1.68	22.98
CEREALS RTE,MALT-O-MEAL,MARSHMLLW MATEYS	1 cup	24.99	12.84	1.38	23.61
CEREALS RTE,MALT-O-MEAL,OAT BLENDERS W/ HONEY	3/4 cup (1 NLEA serving)	25.22	6.63	1.86	23.36
CEREALS RTE,MALT-O-MEAL,OAT BLENDERS W/ HONEY & ALMONDS	3/4 cup (1 NLEA serving)	23.18	6.08	1.83	21.35
CEREALS RTE,MALT-O-MEAL,RAISIN BRAN CRL	1 cup (1 NLEA serving)	46.07	18.93	8.08	37.99
CEREALS RTE,MALT-O-MEAL,TOOTIE FRUITIES	1 cup (1 NLEA serving)	28.13	14.62	0.80	27.33
CEREALS RTE,NATURE'S PATH,ORGANIC FLAX PLUS FLAKES	3/4 cup (1 NLEA serving)	22.58	3.68	4.98	17.60
CEREALS RTE,OAT BRAN FLAKES,HEALTH VALLEY	1 cup (1 NLEA serving)	39.00	11.00	4.00	35.00
CEREALS RTE,POST BRAN FLAKES	3/4 cup (1 NLEA serving)	24.15	5.58	5.49	18.66
CEREALS RTE,POST GREAT GRAINS BANANA NUT CRUNCH	1 cup (1 NLEA serving)	41.83	10.33	6.61	35.22
CEREALS RTE,POST GREAT GRAINS CRANBERRY ALMOND CRUNCH	3/4 cup (1 NLEA serving)	36.77	12.24	5.33	31.44
CEREALS RTE,POST HONEY BUNCHES OF OATS W/ CINN BUNCHES	3/4 cup (1 NLEA serving)	24.84	6.12	1.74	23.10
CEREALS RTE,POST RAISIN BRAN CRL	1 cup (1 NLEA serving)	46.55	19.41	8.08	38.47
CEREALS RTE,POST SELECTS BLUEBERRY MORNING	1 1/4 cup (1 NLEA serving)	44.88	16.06	2.59	42.30
CEREALS RTE,POST SELECTS MAPLE PECAN CRUNCH	3/4 cup (1 NLEA serving)	40.25	11.70	3.85	36.40
CEREALS RTE,POST,ALPHA-BITS	2/3 cup (1 serving for children under 4 years)	16.06	4.20	1.42	14.64
CEREALS RTE,POST,ALPHA-BITS	1 cup (1 NLEA serving for adults)	24.09	6.30	2.13	21.96

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CEREALS RTE,POST,COCOA PEBBLES	3/4 cup (1 NLEA serving)	24.85	10.38	0.46	24.39
CEREALS RTE,POST,FRUITY PEBBLES	3/4 cup (1 NLEA serving)	23.25	9.29	0.22	23.03
CEREALS RTE,POST,GOLDEN CRISP	3/4 cup (1 NLEA serving)	24.33	14.47	1.35	22.98
CEREALS RTE,POST,GRAPE-NUTS CRL	1/2 cup (1 NLEA serving)	46.68	5.16	7.02	39.67
CEREALS RTE,POST,GRAPE-NUTS FLAKES	3/4 cup (1 NLEA serving)	23.78	4.41	2.96	20.82
CEREALS RTE,POST,GREAT GRAINS CRUNCHY PECAN CRL	3/4 cup (1 NLEA serving)	37.96	8.01	5.04	32.92
CEREALS RTE,POST,GREAT GRAINS,RAISIN,DATE & PECAN	3/4 cup (1 NLEA serving)	40.87	13.26	5.12	35.75
CEREALS RTE,POST,HONEY BUNCHES OF OATS W/ VANILLA BUNCHES	1 cup (1 NLEA serving)	45.81	11.59	4.37	41.44
CEREALS RTE,POST,HONEY BUNCHES OF OATS,HONEY RSTD	3/4 cup (1 NLEA serving)	24.36	5.94	1.26	23.10
CEREALS RTE,POST,HONEY BUNCHES OF OATS,JUST BUNCHES,HNY RSTD	2/3 cup (1 NLEA serving)	43.26	13.28	3.53	39.73
CEREALS RTE,POST,HONEY BUNCHES OF OATS,PECAN BUNCHES	3/4 cup (1 NLEA serving)	23.78	6.35	1.51	22.27
CEREALS RTE,POST,HONEY BUNCHES OF OATS,W/ ALMONDS	3/4 cup (1 NLEA serving)	25.47	6.40	1.76	23.71
CEREALS RTE,POST,HONEY BUNCHES OF OATS,W/ REAL STRAWBERRIES	3/4 cup (1 NLEA serving)	25.82	7.44	1.67	24.15
CEREALS RTE,POST,HONEY NUT SHREDDED WHEAT	1 cup (1 NLEA serving)	49.32	12.21	6.31	43.01
CEREALS RTE,POST,HONEYCOMB CRL	1 1/2 cup (1 NLEA serving)	27.87	10.34	0.99	26.88
CEREALS RTE,POST,SHREDDED WHEAT N' BRAN,SPOON-SIZE	1 1/4 cup (1 NLEA serving)	47.55	0.47	8.67	38.88
CEREALS RTE,POST,SHREDDED WHEAT,LIGHTLY FRSTD,SPOON-SIZE	1 cup (1 NLEA serving)	43.58	11.60	4.99	38.58
CEREALS RTE,POST,SHREDDED WHEAT,ORIGINAL BIG BISCUIT	1 biscuit oblong	19.69	0.24	3.00	16.69
CEREALS RTE,POST,SHREDDED WHEAT,ORIGINAL BIG BISCUIT	1 serving	36.23	0.43	5.52	30.71
CEREALS RTE,POST,SHREDDED WHEAT,ORIGINAL BIG BISCUIT	2 biscuits (1 NLEA serving)	36.23	0.43	5.52	30.71
CEREALS RTE,POST,SHREDDED WHEAT,ORIGINAL BIG BISCUIT	2 biscuits round	29.93	0.36	4.56	25.37

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CEREALS RTE,POST,SHREDDED WHEAT,ORIGINAL SPOON-SIZE	1 cup (1 NLEA serving)	39.89	0.44	6.08	33.81
CEREALS RTE,POST,WAFFLE CRISP	1 cup (1 NLEA serving)	24.90	10.41	1.32	23.58
CEREALS RTE,QUAKER OATMEAL SQUARES,GOLDEN MAPLE	1 cup (1 NLEA serving)	43.70	9.42	4.65	39.05
CEREALS RTE,QUAKER WHL HEARTS OAT CRL	3/4 cup (1 NLEA serving)	22.43	6.03	2.55	19.88
CEREALS RTE,QUAKER,100% NAT GRANOLA,OATS,WHEAT & HONEY	1/2 cup (1 NLEA serving)	35.35	9.76	4.90	30.46
CEREALS RTE,QUAKER,CAP'N CRUNCH	3/4 cup (1 NLEA serving)	23.09	11.97	0.68	22.41
CEREALS RTE,QUAKER,CAP'N CRUNCH W/ CRUNCHBERRIES	3/4 cup (1 NLEA serving)	22.34	11.49	0.68	21.67
CEREALS RTE,QUAKER,CAP'N CRUNCH'S HALLOWEEN CRUNCH	3/4 cup (1 NLEA serving)	22.14	11.39	0.65	21.49
CEREALS RTE,QUAKER,CAP'N CRUNCH'S OOPS! ALL BERRIES CRL	1 cup (1 NLEA serving)	27.87	14.14	0.83	27.04
CEREALS RTE,QUAKER,CAP'N CRUNCH'S PNTUT BUTTER CRUNCH	3/4 cup (1 NLEA serving)	21.24	9.01	0.73	20.51
CEREALS RTE,QUAKER,CHRISTMAS CRUNCH	3/4 cup (1 NLEA serving)	22.34	11.52	0.68	21.66
CEREALS RTE,QUAKER,HONEY GRAHAM OHIS	3/4 cup (1 NLEA serving)	22.59	11.67	0.57	22.02
CEREALS RTE,QUAKER,KING VITAMAN	1 1/2 cup (1 NLEA serving)	25.99	6.28	1.05	24.94
CEREALS RTE,QUAKER,LOFAT 100% NAT GRANOLA W/ RAISINS	2/3 cup (1 NLEA serving)	44.31	14.11	5.28	39.03
CEREALS RTE,QUAKER,MAPLE BROWN SUGAR LIFE CRL	3/4 cup (1 NLEA serving)	25.24	7.97	2.02	23.22
CEREALS RTE,QUAKER,MOTHER'S CINN OAT CRUNCH	1 cup (1 NLEA serving)	47.87	15.22	4.86	43.01
CEREALS RTE,QUAKER,MOTHER'S COCOA BUMPERS	1 cup (1 NLEA serving)	29.67	14.23	0.89	28.78
CEREALS RTE,QUAKER,MOTHER'S GRAHAM BUMPERS	3/4 cup (1 NLEA serving)	24.89	12.41	0.73	24.16
CEREALS RTE,QUAKER,MOTHER'S PNTUT BUTTER BUMPERS CRL	1 cup (1 NLEA serving)	26.29	9.67	0.83	25.47
CEREALS RTE,QUAKER,MOTHER'S TSTD OAT BRAN CRL	3/4 cup (1 NLEA serving)	24.13	4.98	2.75	21.38
CEREALS RTE,QUAKER,NAT GRANOLA APPL CRANBERRY ALMOND	1/2 cup (1 NLEA serving)	36.62	13.44	4.85	31.77

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CEREALS RTE,QUAKER,OATMEAL SQUARES	1 cup (1 NLEA serving)	43.55	9.35	4.65	38.90
CEREALS RTE,QUAKER,OATMEAL SQUARES,CINN	1 cup (1 NLEA serving)	43.73	9.34	4.87	38.86
CEREALS RTE,QUAKER,QUAKER CRUNCHY BRAN	3/4 cup (1 NLEA serving)	22.59	5.58	4.13	18.46
CEREALS RTE,QUAKER,QUAKER GRANOLA W/OATS,WHEAT& RAISINS	1/2 cup (1 NLEA serving)	38.08	12.56	4.79	33.29
CEREALS RTE,QUAKER,QUAKER HONEY GRAHAM LIFE CRL	3/4 cup (1 NLEA serving)	25.14	7.40	2.02	23.12
CEREALS RTE,QUAKER,QUAKER OAT CINN LIFE	3/4 cup (1 NLEA serving)	25.29	8.06	2.02	23.27
CEREALS RTE,QUAKER,QUAKER OAT LIFE,PLN	1/2 cup	16.33	4.08	1.39	14.94
CEREALS RTE,QUAKER,QUAKER OAT LIFE,PLN	3/4 cup (1 NLEA serving)	24.88	6.22	2.11	22.76
CEREALS RTE,QUAKER,QUAKER PUFFED RICE	3/4 cup (1 NLEA serving)	12.29	0.00	0.20	12.09
CEREALS RTE,QUAKER,QUAKER PUFFED WHEAT	1 cup (1 NLEA serving)	11.46	0.21	1.41	10.05
CEREALS RTE,QUAKER,SHREDDED WHEAT,BAGGED CRL	3 biscuits (1 NLEA serving)	51.04	0.51	7.43	43.60
CEREALS RTE,QUAKER,SWT CRUNCH/QUISP	1 cup (1 NLEA serving)	22.96	11.71	0.62	22.34
CEREALS RTE,QUAKER,TSTD MULTIGRAIN CRISPS	1 1/4 cup (1 NLEA serving)	42.69	9.31	5.81	36.88
CEREALS RTE,RALSTON CORN BISCUITS	1 cup (NLEA serving)	25.74	2.85	0.78	24.96
CEREALS RTE,RALSTON CORN FLAKES	1 cup (1 NLEA serving)	24.64	2.20	0.76	23.89
CEREALS RTE,RALSTON CRISP RICE	1 cup	24.14	3.39	0.20	23.95
CEREALS RTE,RALSTON CRISP RICE	1 1/4 cup (1 NLEA serving)	28.45	4.00	0.23	28.22
CEREALS RTE,RALSTON CRISPY HEXAGONS	1 cup (1 NLEA serving)	25.17	4.00	0.44	24.73
CEREALS RTE,RALSTON ENR WHEAT BRAN FLAKES	1 cup	33.50	7.21	7.10	26.41
CEREALS RTE,RALSTON ENR WHEAT BRAN FLAKES	1 serving (NLEA serving size = 0.75 cup)	23.13	4.98	4.90	18.23
CEREALS RTE,RALSTON TASTEEOS	1 cup (1 NLEA serving)	21.14	1.00	3.00	18.14
CEREALS RTE,RICE,PUFFED,FORT	1/2 oz	12.75	0.00	0.24	12.51
CEREALS RTE,RICE,PUFFED,FORT	1 cup	12.57	0.00	0.24	12.33

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CEREALS RTE,SUN COUNTRY,KRETSCHMER HONEY CRUNCH WHEAT GERM	2 tbsp (1 NLEA serving)	8.14	3.00	1.43	6.71
CEREALS RTE,SUN COUNTRY,KRETSCHMER TSTD WHEAT BRAN	1/4 cup (1 NLEA serving)	9.52	0.00	6.61	2.91
CEREALS RTE,SUN COUNTRY,KRETSCHMER WHEAT GERM,REG	2 tbsp (1 NLEA serving)	6.91	1.00	1.67	5.25
CEREALS RTE,UNCLE SAM CRL	3/4 cup (1 NLEA serving)	36.18	0.86	11.17	25.01
CEREALS RTE,USDA CMDTY CORN & RICE (INCLUDES ALL BRANDS)	1 cup	25.19	3.00	0.41	24.78
CEREALS RTE,USDA CMDTY CORN & RICE (INCLUDES ALL BRANDS)	1 serving (NLEA serving = 1 cup)	25.19	3.00	0.41	24.78
CEREALS RTE,USDA CMDTY RICE CRISPS (INCLUDES ALL BRANDS)	1 cup (1 NLEA serving)	24.09	2.34	0.20	23.90
CEREALS RTE,WEETABIX WHL GRAIN CRL	1 cup	46.46	3.25	6.50	39.96
CEREALS RTE,WEETABIX WHL GRAIN CRL	2 biscuits (1 NLEA serving)	28.53	2.00	3.99	24.54
CEREALS RTE,WHEAT GERM,TSTD,PLN	1 cup	56.05	8.81	17.06	38.99
CEREALS RTE,WHEAT GERM,TSTD,PLN	1 oz	14.06	2.21	4.28	9.78
CEREALS RTE,WHEAT&BRAN,PRESWEETENED W/NUTS&FRUITS	1 cup (1 NLEA serving)	41.91	12.98	5.34	36.58
CEREALS RTE,WHEAT,PUFFED,FORT	1/2 oz	11.30	0.00	0.62	10.68
CEREALS RTE,WHEAT,PUFFED,FORT	1 cup	9.55	0.00	0.53	9.02
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,CKD W/ H2O,W/ SALT	1 cup	37.93	0.31	2.06	35.88
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,CKD W/ H2O,W/ SALT	1 tablespoon	2.36	0.02	0.13	2.23
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,CKD W/ H2O,WO/ SALT	1 cup	37.93	0.31	2.06	35.88
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,CKD W/ H2O,WO/ SALT	1 tbsp	2.36	0.02	0.13	2.23
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,DRY	1 cup	123.38	0.89	7.18	116.20
CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,DRY	1 tbsp	7.67	0.06	0.45	7.23
CEREALS,CORN GRITS,YEL,REG & QUICK,ENR,CKD W/ H2O,WO/ SALT	1 cup	32.29	0.21	1.63	30.66
CEREALS,CORN GRITS,YEL,REG & QUICK,ENR,DRY	1 cup	135.85	0.94	6.63	129.22
CEREALS,CORN GRITS,YEL,REG & QUICK,UNENR,DRY	1 cup	124.18	1.00	2.50	121.68
CEREALS,CORN GRITS,YEL,REG & QUICK,UNENR,DRY	1 tbsp	7.72	0.06	0.16	7.57
CEREALS,CORN GRITS,YEL,REG,QUICK,ENR,CKD W/ H2O,W/ SALT	1 cup	32.29	0.21	1.63	30.66
CEREALS,CREAM OF RICE,CKD W/ H2O,W/ SALT	3/4 cup	21.05	0.07	0.18	20.86
CEREALS,CREAM OF RICE,CKD W/ H2O,W/ SALT	1 cup	28.06	0.10	0.24	27.82

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CEREALS,CREAM OF WHEAT,INST,DRY	1 cup	134.39	0.71	5.87	128.52
CEREALS,CREAM OF WHEAT,INST,DRY	1 tbsp	8.68	0.05	0.38	8.30
CEREALS,CREAM OF WHEAT,INST,PREP W/ H2O,WO/ SALT	3/4 cup	23.67	0.13	1.09	22.59
CEREALS,CREAM OF WHEAT,INST,PREP W/ H2O,WO/ SALT	1 cup	31.52	0.17	1.45	30.08
CEREALS,CREAM OF WHEAT,INST,PREP W/ H2O,WO/ SALT	1 tbsp	1.96	0.01	0.09	1.87
CEREALS,CRM OF RICE,CKD W/H2O,WO/SALT	3/4 cup	20.86	0.07	0.18	20.68
CEREALS,CRM OF RICE,CKD W/H2O,WO/SALT	1 cup	27.82	0.10	0.24	27.57
CEREALS,CRM OF RICE,CKD W/H2O,WO/SALT	1 tbsp	1.71	0.01	0.02	1.70
CEREALS,CRM OF RICE,DRY	1/4 cup (1 NLEA serving)	37.08	0.14	0.32	36.77
CEREALS,CRM OF WHEAT,1 MINUTE COOK TIME,DRY	1 cup	140.90	0.99	8.54	132.37
CEREALS,CRM OF WHEAT,1 MINUTE COOK TIME,DRY	1 tbsp	9.95	0.07	0.60	9.35
CEREALS,CRM OF WHEAT,1 MINUTE COOK TIME,DRY	3 tablespoon (1 serving)	23.97	0.17	1.45	22.52
CEREALS,CRM OF WHEAT,1 MINUTE,CKD W/ H2O,MICROWAVED,WO/ SALT	1 cup	25.29	7.06	3.56	21.73
CEREALS,CRM OF WHEAT,1 MINUTE,CKD W/ H2O,STOVE-TOP,WO/ SALT	1 cup	27.34	0.17	0.98	26.36
CEREALS,CRM OF WHEAT,2 1/2 MINUTE COOK TIME,DRY	1 cup	124.91	0.82	7.66	117.26
CEREALS,CRM OF WHEAT,2 1/2 MINUTE COOK TIME,DRY	1 tbsp	9.91	0.06	0.61	9.30
CEREALS,CRM OF WHEAT,2 1/2 MINUTE COOK TIME,DRY	3 tablespoon (1 NLEA serving)	23.69	0.16	1.45	22.24
CEREALS,CRM OF WHEAT,REG (10 MINUTE),CKD W/ H2O,W/ SALT	1 cup (1 serving)	26.76	0.08	1.26	25.50
CEREALS,CRM OF WHEAT,REG (10 MINUTE),CKD W/ H2O,WO/ SALT	1 cup (1 serving)	26.41	0.08	1.26	25.15
CEREALS,CRM OF WHEAT,REG (10 MINUTE),CKD W/ H2O,WO/ SALT	1 tbsp	1.68	0.00	0.08	1.60
CEREALS,CRM OF WHEAT,REG,10 MINUTE COOKING,DRY	1 cup	132.35	0.35	6.57	125.77
CEREALS,CRM OF WHEAT,REG,10 MINUTE COOKING,DRY	1 tbsp	8.11	0.02	0.40	7.71
CEREALS,CRM OF WHEAT,REG,10 MINUTE COOKING,DRY	3 tbsp (1 NLEA serving)	25.25	0.07	1.25	23.99
CEREALS,CRM OF WHT,2 1/2 MIN CK,CKD W/H2O,STOVE-TOP,WO/SALT	1 cup	28.65	0.17	1.71	26.94
CEREALS,CRM OF WHT,2 1/2 MIN COOK TIME,CKD W/H2O,MW,WO/ SALT	1 cup	23.33	0.79	1.62	21.71

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CEREALS,FARINA,ENR,ASSORTED BRANDS,DRY	1 cup	128.81	0.99	7.39	121.42
CEREALS,FARINA,ENR,ASSORTED BRANDS,DRY	1 tbsp	8.05	0.06	0.46	7.59
CEREALS,FARINA,ENR,ASSORTED BRANDS,QUICK,CKD W/ H2O,WO/ SALT	3/4 cup	19.55	1.36	1.43	18.11
CEREALS,FARINA,ENR,ASSORTED BRANDS,QUICK,CKD W/ H2O,WO/ SALT	1 cup	26.21	1.82	1.92	24.29
CEREALS,FARINA,ENR,ASSORTED BRANDS,QUICK,CKD W/ H2O,WO/ SALT	1 tbsp	1.63	0.11	0.12	1.51
CEREALS,FARINA,ENR,CKD W/ H2O,W/ SALT	1 cup	25.44	1.77	1.86	23.58
CEREALS,FARINA,ENR,CKD W/ H2O,WO/ SALT	1 cup	26.21	1.82	1.92	24.29
CEREALS,FARINA,ENR,CKD W/ H2O,WO/ SALT	1 tbsp	1.64	0.11	0.12	1.52
CEREALS,FARINA,UNENR,DRY	1 cup	137.28	0.00	3.34	133.94
CEREALS,FARINA,UNENR,DRY	1 tbsp	8.50	0.00	0.21	8.29
CEREALS,KASHI GO LN HOT CRL,CREAMY TRULY VANILLA,DRY	1 packet (1 NLEA serving)	24.44	5.92	7.40	17.04
CEREALS,KASHI GO LN HOT CRL,HEARTY HONEY & CINN,DRY	1 packet (1 NLEA serving)	27.20	7.08	4.80	22.40
CEREALS,KASHI HEART TO HEART,INST OATMEAL,APPL CINN,DRY	1 packet (1 NLEA serving)	31.73	10.75	5.38	26.36
CEREALS,KASHI HEART TO HEART,INST OATMEAL,GLDN BRWN MPLE,DRY	1 packet (1 NLEA serving)	31.64	10.23	5.46	26.18
CEREALS,KELLOGG'S SPL K NOURISH,CINN RAISIN PECAN,DRY	1 Container (1 NLEA serving)	32.19	12.37	4.78	27.40
CEREALS,KELLOGG'S SPL K NOURISH,CRANBERRY ALMOND,DRY	1 Container (1 NLEA serving)	32.91	11.64	4.84	28.07
CEREALS,KELLOGG'S SPL K NOURISH,MAPLE BROWN SUGAR CRUNCH,DRY	1 Container (1 NLEA serving)	32.29	11.44	4.84	27.45
CEREALS,MALT-O-MEAL,CHOC,DRY	3 tbsp (1 NLEA serving)	27.84	5.82	0.98	26.86
CEREALS,MALT-O-MEAL,CHOC,PREP W/ H2O,WO/ SALT	1 serving (3 T dry cereal plus 1 cup water)	24.71	5.82	1.07	23.64
CEREALS,MALT-O-MEAL,FARINA HOT WHEAT CRL,DRY	3 tbsp (1 NLEA serving)	27.02	0.25	1.02	26.01
CEREALS,MALT-O-MEAL,MAPLE & BROWN SUGAR HOT WHEAT CRL,DRY	1/4 cup (1 NLEA serving)	36.23	12.60	0.81	35.42
CEREALS,MALT-O-MEAL,ORIGINAL,PLN,DRY	3 tbsp (1 NLEA serving)	27.04	0.00	1.02	26.03
CEREALS,MALT-O-MEAL,ORIGINAL,PLN,PREP W/ H2O,WO/ SALT	1 serving (3 T dry cereal plus 1 cup water)	24.66	0.35	1.07	23.58

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CEREALS,OATS,INST,FORT,MAPLE & BROWN SUGAR,DRY	1 packet	32.97	13.02	3.10	29.87
CEREALS,OATS,INST,FORT,PLN,DRY	1 packet	19.47	0.42	2.80	16.67
CEREALS,OATS,INST,FORT,PLN,PREP W/ H2O	1 cup, cooked	27.31	1.08	3.98	23.33
CEREALS,OATS,INST,FORT,PLN,PREP W/ H2O	1 cup, dry, yields	58.47	2.30	8.52	49.95
CEREALS,OATS,INST,FORT,PLN,PREP W/ H2O	1 oz, dry, yields	20.66	0.81	3.01	17.65
CEREALS,OATS,INST,FORT,PLN,PREP W/ H2O	1 packet, dry, yields	20.66	0.81	3.01	17.65
CEREALS,OATS,INST,FORT,W/ CINN & SPICE,DRY	1 packet	34.24	11.40	3.60	30.64
CEREALS,OATS,INST,FORT,W/ CINN & SPICE,PREP W/ H2O	1 cup	45.48	15.14	4.80	40.68
CEREALS,OATS,INST,FORT,W/ CINN & SPICE,PREP W/ H2O	1 packet, prepared	30.51	10.16	3.22	27.29
CEREALS,OATS,INST,FORT,W/ CINN & SPICE,PREP W/ H2O	1 tbsp	2.84	0.95	0.30	2.54
CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,DRY	1 packet	33.59	16.34	2.51	31.08
CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,PREP W/ H2O	1 cup	42.98	20.90	3.12	39.86
CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,PREP W/ H2O	1 packet, prepared	28.30	13.76	2.05	26.24
CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,PREP W/ H2O	1 tbsp	2.69	1.31	0.20	2.49
CEREALS,OATS,REG & QUICK & INST,UNENR,CKD W/ H2O,W/ SALT	3/4 cup	21.00	0.47	2.98	18.03
CEREALS,OATS,REG & QUICK & INST,UNENR,CKD W/ H2O,W/ SALT	1 cup	28.08	0.63	3.98	24.10
CEREALS,OATS,REG & QUICK,NOT FORT,DRY	1/3 cup	18.28	0.27	2.73	15.55
CEREALS,OATS,REG & QUICK,NOT FORT,DRY	1 cup	54.84	0.80	8.18	46.66
CEREALS,OATS,REG & QUICK,UNENR,CKD W/ H2O,WO/ SALT	3/4 cup	21.00	0.47	2.98	18.03
CEREALS,OATS,REG & QUICK,UNENR,CKD W/ H2O,WO/ SALT	1 cup	28.08	0.63	3.98	24.10
CEREALS,OATS,REG & QUICK,UNENR,CKD W/ H2O,WO/ SALT	1 tbsp	1.75	0.04	0.25	1.50
CEREALS,QUAKER,CORN GRITS,INST,CHEDDAR CHS FLAVOR,DRY	1 packet (1 NLEA serving)	20.43	0.77	1.18	19.25
CEREALS,QUAKER,CORN GRITS,INST,PLN,DRY	1 packet	22.74	0.44	1.22	21.52
CEREALS,QUAKER,CORN GRITS,INST,PLN,DRY	1 tbsp	5.49	0.11	0.29	5.20
CEREALS,QUAKER,CORN GRITS,INST,PLN,PREP,WO/ SALT	1 cup	34.93	0.22	2.41	32.52
CEREALS,QUAKER,HOMINY GRITS,WHITE,QUICK,DRY	1/4 cup	29.45	0.11	1.78	27.68

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CEREALS,QUAKER,HOMINY GRITS,WHITE,REG,DRY	1/4 cup (1 NLEA serving)	32.47	0.26	0.66	31.82
CEREALS,QUAKER,INST GRITS PRODUCT W/ AMERICAN CHS FLAVOR,DRY	1 packet (1 NLEA serving)	20.77	0.57	1.20	19.57
CEREALS,QUAKER,INST GRITS,BUTTER FLAVOR,DRY	1 packet (1 NLEA serving)	20.95	0.25	1.32	19.64
CEREALS,QUAKER,INST GRITS,COUNTRY BACON FLAVOR,DRY	1 packet (1 NLEA serving)	21.11	0.11	1.43	19.68
CEREALS,QUAKER,INST GRITS,HAM 'N' CHS FLAVOR,DRY	1 packet (1 NLEA serving)	19.90	0.75	1.18	18.73
CEREALS,QUAKER,INST GRITS,REDEYE GRVY COUNTRY HAM FLAVOR,DRY	1 packet (1 NLEA serving)	21.24	0.20	1.29	19.95
CEREALS,QUAKER,INST OATMEAL ORGANIC,REG	1 packet	27.47	0.41	4.02	23.45
CEREALS,QUAKER,INST OATMEAL,APPL & CINN,RED SUGAR	1 packet (1 NLEA serving)	22.37	5.51	3.01	19.37
CEREALS,QUAKER,INST OATMEAL,APPLS & CINN,DRY	1 packet (1 NLEA serving)	33.00	12.41	3.57	29.43
CEREALS,QUAKER,INST OATMEAL,BANANA BREAD,DRY	1 packet (1 NLEA serving)	31.04	12.07	2.75	28.29
CEREALS,QUAKER,INST OATMEAL,CINN SPICE,RED SUGAR	1 packet (1 NLEA serving)	23.61	4.05	2.99	20.62
CEREALS,QUAKER,INST OATMEAL,CINN SWIRL,HI FIBER	1 packet (1 NLEA serving)	34.05	6.62	10.04	24.02
CEREALS,QUAKER,INST OATMEAL,CINNAMON-SPICE,DRY	1 packet (1 NLEA serving)	32.04	9.09	3.53	28.52
CEREALS,QUAKER,INST OATMEAL,DINOSAUR EGGS,BROWN SUGAR,DRY	1 packet (1 NLEA serving)	36.84	14.46	3.20	33.64
CEREALS,QUAKER,INST OATMEAL,FRUIT & CRM VAR,DRY	1 packet	26.40	10.94	2.10	24.30
CEREALS,QUAKER,INST OATMEAL,FRUIT & CRM,RED SUGAR	1 packet	23.62	5.83	2.74	20.88
CEREALS,QUAKER,INST OATMEAL,MAPLE & BROWN SUGAR,DRY	1 packet	33.07	12.91	3.10	29.98
CEREALS,QUAKER,INST OATMEAL,RAISIN & SPICE,DRY	1 packet (1 NLEA serving)	32.54	15.33	2.49	30.05
CEREALS,QUAKER,INST OATMEAL,RAISINS,DATES & WALNUTS,DRY	1 packet	26.79	11.41	2.55	24.24
CEREALS,QUAKER,INST OATMEAL,WEIGHT CONTROL,CINN	1 packet (1 NLEA serving)	28.89	0.57	5.85	23.04
CEREALS,QUAKER,OAT BRAN,QUAKER/MOTHER'S OAT BRAN,DRY	1/2 cup (1 NLEA serving)	25.18	0.57	5.72	19.46
CEREALS,QUAKER,OATMEAL,REAL MEDLEYS,APPL WALNUT,DRY	1 package (1 NLEA serving)	52.90	22.02	5.25	47.65

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CEREALS,QUAKER,OATMEAL,REAL MEDLEYS,BLUEBERRY HAZELNUT,DRY	1 package (1 NLEA serving)	48.63	13.10	5.39	43.24
CEREALS,QUAKER,OATMEAL,REAL MEDLEYS,CHERRY PISTACHIO,DRY	1 package (1 NLEA serving)	48.71	19.23	5.18	43.53
CEREALS,QUAKER,OATMEAL,REAL MEDLEYS,PEACH ALMOND,DRY	1 package (1 NLEA serving)	51.46	18.64	5.55	45.91
CEREALS,QUAKER,OATMEAL,REAL MEDLEYS,SMMR BERRY,DRY	1 package (1 NLEA serving)	50.81	14.30	5.95	44.86
CEREALS,QUAKER,QUAKER MULTIGRAIN OATMEAL,DRY	1/2 cup (1 NLEA serving)	29.05	0.98	4.76	24.29
CEREALS,QUAKER,QUICK OATS W/ IRON,DRY	1/2 cup	27.27	0.57	3.76	23.51
CEREALS,QUAKER,QUICK OATS,DRY	1/2 cup	27.27	0.57	3.76	23.51
CEREALS,QUAKER,WEIGHT CONTROL INST OATMEAL,BANANA BREAD	1 packet (1 NLEA serving)	28.99	0.58	5.67	23.32
CEREALS,QUAKER,WHL WHEAT NAT CRL,DRY	1/2 cup	29.92	0.80	3.96	25.96
CEREALS,QUAKER,WT CONTROL INST OATMEAL,MAPLE & BROWN SUGAR	1 packet (1 NLEA serving)	28.91	0.56	5.85	23.06
CEREALS,RTE,MALT-O-MEAL,BLUEBERRY MINI SPOONERS	1 cup (1 NLEA serving)	43.67	10.14	5.67	38.01
CEREALS,WHEATENA,CKD W/ H2O	3/4 cup	21.48	0.00	4.91	16.56
CEREALS,WHEATENA,CKD W/ H2O	1 cup	28.67	0.00	6.56	22.11
CEREALS,WHEATENA,CKD W/ H2O,W/ SALT	3/4 cup	21.37	0.46	3.64	17.73
CEREALS,WHEATENA,CKD W/ H2O,W/ SALT	1 cup	28.53	0.61	4.86	23.67
CEREALS,WHEATENA,DRY	1/4 cup	26.46	0.56	4.48	21.98
CEREALS,WHEATENA,DRY	1/3 cup (1 NLEA serving)	30.24	0.64	5.12	25.12
CEREALS,WHEATENA,DRY	1 cup	106.60	2.26	18.05	88.55
CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,W/ SALT	3/4 cup	24.93	0.15	2.91	22.02
CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,W/ SALT	1 cup	33.15	0.19	3.87	29.28
CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,WO/ SALT	3/4 cup	24.93	0.15	2.91	22.02
CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,WO/ SALT	1 cup	33.15	0.19	3.87	29.28
CEREALS,WHL WHEAT HOT NAT CRL,DRY	1/3 cup	23.31	0.13	2.95	20.37
CEREALS,WHL WHEAT HOT NAT CRL,DRY	1 cup	70.69	0.39	8.93	61.76
INCAPARINA,DRY MIX (CORN & SOY FLOURS),UNPREP	1 cup	77.48	0.00	12.67	64.81
INCAPARINA,DRY MIX (CORN & SOY FLOURS),UNPREP	1 tbsp	5.39	0.00	0.88	4.51
KELLOGG MINI-WHEATS FRSTD BITE SIZE TOUCH OF FRUIT RAISIN	24 Biscuits (1 NLEA serving)	45.16	9.46	5.94	39.22

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MILLET,PUFFED	1 cup	16.80	0.12	0.57	16.23
ABIYUCH,RAW	1/2 cup	20.06	9.75	6.04	14.02
ACEROLA JUICE,RAW	1 cup	11.62	10.89	0.73	10.89
ACEROLA JUICE,RAW	1 fl oz	1.45	1.36	0.09	1.36
ACEROLA,(WEST INDIAN CHERRY),RAW	1 cup	7.54	0.00	1.08	6.46
ACEROLA,(WEST INDIAN CHERRY),RAW	1 fruit without refuse	0.37	0.00	0.05	0.32
APPLE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C	1 cup	28.02	23.86	0.50	27.53
APPLE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C	1 fl oz	3.50	2.98	0.06	3.44
APPLE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C,CA,& K	6 fl oz	20.34	16.76	0.53	19.81
APPLE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C,CA,& K	10 fl oz	33.90	27.94	0.89	33.01
APPLE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 cup	28.02	23.86	0.50	27.53
APPLE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 drink box (8.45 fl oz)	29.61	25.20	0.52	29.08
APPLE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 fl oz	3.50	2.98	0.06	3.44
APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O WO/ VIT C	1 cup	27.58	26.12	0.24	27.34
APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O WO/ VIT C	1 fl oz	3.45	3.27	0.03	3.42
APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O,W/ VIT C	1 cup	27.58	0.00	0.24	27.34
APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O,W/ VIT C	1 fl oz	3.45	0.00	0.03	3.42
APPLE JUC,FRZ CONC,UNSWTND,UNDIL,W/ VIT C	1 can (6 fl oz)	86.51	81.93	0.00	86.51
APPLE JUC,FRZ CONC,UNSWTND,UNDIL,WO/ VIT C	1 can (6 fl oz)	86.51	81.93	0.84	85.67
APPLES,CND,SWTND,SLICED,DRND,HTD	1 cup slices	34.35	30.27	4.08	30.27
APPLES,CND,SWTND,SLICED,DRND,UNHTD	1 cup slices	34.07	30.60	3.47	30.60
APPLES,DEHYD (LO MOIST),SULFURED,STWD	1 cup	38.43	0.00	5.02	33.41
APPLES,DEHYD (LO MOIST),SULFURED,UNCKD	1 cup	56.12	48.68	7.44	48.68
APPLES,DRIED,SULFURED,STWD,W/ SUGAR	1 cup	58.04	0.00	5.32	52.72
APPLES,DRIED,SULFURED,STWD,WO/ SUGAR	1 cup	39.07	33.97	5.10	33.97
APPLES,DRIED,SULFURED,UNCKD	1 cup	56.67	49.18	7.48	49.18
APPLES,DRIED,SULFURED,UNCKD	1 ring	4.22	3.66	0.56	3.66
APPLES,FRZ,UNSWTND,HTD	1 cup slices	24.72	0.00	2.68	22.04
APPLES,FRZ,UNSWTND,UNHTD	1 cup slices	21.30	17.47	2.25	19.05
APPLES,RAW,FUJI,W/ SKN	1 cup, sliced	16.59	12.73	2.29	14.30
APPLES,RAW,FUJI,W/ SKN	1 large	35.92	27.56	4.96	30.96

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APPLES,RAW,FUJI,W/ SKN	1 medium	29.22	22.43	4.03	25.19
APPLES,RAW,FUJI,W/ SKN	1 small	24.05	18.45	3.32	20.73
APPLES,RAW,GALA,W/ SKN	1 cup, sliced	14.91	11.30	2.51	12.40
APPLES,RAW,GALA,W/ SKN	1 large	27.36	20.74	4.60	22.76
APPLES,RAW,GALA,W/ SKN	1 medium	23.53	17.84	3.96	19.57
APPLES,RAW,GALA,W/ SKN	1 small	21.48	16.28	3.61	17.87
APPLES,RAW,GOLDEN DELICIOUS,W/ SKN	1 cup, sliced	14.82	10.94	2.62	12.21
APPLES,RAW,GOLDEN DELICIOUS,W/ SKN	1 large	29.24	21.59	5.16	24.08
APPLES,RAW,GOLDEN DELICIOUS,W/ SKN	1 medium	22.98	16.97	4.06	18.93
APPLES,RAW,GOLDEN DELICIOUS,W/ SKN	1 small	17.54	12.95	3.10	14.45
APPLES,RAW,GRANNY SMITH,W/ SKN	1 cup, sliced	14.83	10.45	3.05	11.78
APPLES,RAW,GRANNY SMITH,W/ SKN	1 large	28.04	19.76	5.77	22.27
APPLES,RAW,GRANNY SMITH,W/ SKN	1 medium	22.73	16.02	4.68	18.05
APPLES,RAW,GRANNY SMITH,W/ SKN	1 small	19.60	13.81	4.03	15.57
APPLES,RAW,RED DELICIOUS,W/ SKN	1 cup, sliced	15.33	11.42	2.51	12.82
APPLES,RAW,RED DELICIOUS,W/ SKN	1 large	36.56	27.25	5.98	30.58
APPLES,RAW,RED DELICIOUS,W/ SKN	1 medium	29.81	22.22	4.88	24.93
APPLES,RAW,RED DELICIOUS,W/ SKN	1 small	22.21	16.56	3.63	18.58
APPLES,RAW,WITH SKIN	1 cup slices	15.05	11.33	2.62	12.44
APPLES,RAW,WITH SKIN	1 cup, quartered or chopped	17.26	12.99	3.00	14.26
APPLES,RAW,WITH SKIN	1 extra small (2- 1/2" dia)	13.95	10.49	2.42	11.52
APPLES,RAW,WITH SKIN	1 large (3-1/4" dia)	30.80	23.17	5.35	25.44
APPLES,RAW,WITH SKIN	1 medium (3" dia)	25.13	18.91	4.37	20.77
APPLES,RAW,WITH SKIN	1 NLEA serving	33.42	25.14	5.81	27.61
APPLES,RAW,WITH SKIN	1 small (2-3/4" dia)	20.58	15.48	3.58	17.00
APPLES,RAW,WITHOUT SKIN	1 cup slices	14.04	11.11	1.43	12.61
APPLES,RAW,WITHOUT SKIN	1 large (3-1/4" dia)	27.56	21.82	2.81	24.75
APPLES,RAW,WITHOUT SKIN	1 medium (3" dia)	20.54	16.26	2.09	18.45
APPLES,RAW,WITHOUT SKIN	1 small (2-3/4" dia)	16.84	13.33	1.72	15.13
APPLES,RAW,WO/ SKN,CKD,MICROWAVE	1 cup slices	24.50	19.74	4.76	19.74
APPLES,RAW,WO/SKN,CKD,BLD	1 cup slices	23.32	18.83	4.10	19.22
APPLESAUCE,CND,SWTND,W/SALT	1 cup	50.77	0.00	3.06	47.71
APPLESAUCE,CND,SWTND,WO/ SALT (INCLUDES USDA COMMODITY)	1 cup	43.03	36.09	2.95	40.07

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APPLESAUCE,CND,UNSWTND,W/ VIT C	1 cup	27.50	22.91	2.68	24.81
APPLESAUCE,CND,UNSWTND,WO/ADDED VIT C (INCLUDES USDA COMMOD)	1 cup	27.50	22.91	2.68	24.81
APRICOT NECTAR,CND,W/ VIT C	1 cup	36.12	33.23	1.51	34.61
APRICOT NECTAR,CND,W/ VIT C	1 fl oz	4.52	4.16	0.19	4.33
APRICOT NECTAR,CND,WO/ VIT C	1 cup	36.12	34.61	1.51	34.61
APRICOT NECTAR,CND,WO/ VIT C	1 fl oz	4.52	4.33	0.19	4.33
APRICOTS,CND,EX HVY SYRUP PK,WO/SKN,SOL&LIQUIDS	1 cup, whole, without pits	61.13	0.00	3.94	57.20
APRICOTS,CND,EX LT SYRUP PK,W/SKN,SOL&LIQUIDS	1 cup, halves	30.88	0.00	3.95	26.92
APRICOTS,CND,H2O PK,W/SKN,SOL&LIQUIDS	1 apricot half with liquid	2.30	1.72	0.58	1.72
APRICOTS,CND,H2O PK,W/SKN,SOL&LIQUIDS	1 cup, halves	15.53	11.64	3.89	11.64
APRICOTS,CND,H2O PK,WO/SKN,SOL&LIQUIDS	1 cup, whole, without pits	12.44	0.00	2.50	9.94
APRICOTS,CND,HVY SYRUP PK,W/SKN,SOL&LIQUIDS	1 apricot half with liquid	8.59	7.95	0.64	7.95
APRICOTS,CND,HVY SYRUP PK,W/SKN,SOL&LIQUIDS	1 cup, halves	55.39	51.26	4.13	51.26
APRICOTS,CND,HVY SYRUP PK,W/SKN,SOL&LIQUIDS	1 cup, whole	51.53	47.69	3.84	47.69
APRICOTS,CND,HVY SYRUP PK,WO/SKN,SOL&LIQUIDS	1 cup, whole, without pits	55.34	0.00	4.13	51.21
APRICOTS,CND,HVY SYRUP,DRND	1 cup, halves	46.67	40.84	5.91	40.76
APRICOTS,CND,HVY SYRUP,DRND	1 cup, whole	38.78	33.94	4.91	33.87
APRICOTS,CND,JUC PK,W/SKN,SOL&LIQUIDS	1 apricot half with liquid	4.44	3.87	0.58	3.87
APRICOTS,CND,JUC PK,W/SKN,SOL&LIQUIDS	1 cup, halves	30.11	26.21	3.90	26.21
APRICOTS,CND,LT SYRUP PK,W/SKN,SOL&LIQUIDS	1 apricot half with liquid	6.60	5.96	0.64	5.96
APRICOTS,CND,LT SYRUP PK,W/SKN,SOL&LIQUIDS	1 cup, halves	41.72	37.67	4.05	37.67
APRICOTS,DEHYD (LOW-MOISTURE),SULFURED,STWD	1 cup	81.22	0.00	0.00	81.22
APRICOTS,DEHYD (LOW-MOISTURE),SULFURED,UNCKD	1 cup	98.64	0.00	0.00	98.64
APRICOTS,DRIED,SULFURED,STWD,W/ SUGAR	1 cup, halves	79.00	0.00	11.07	67.93
APRICOTS,DRIED,SULFURED,STWD,WO/ SUGAR	1 cup, halves	55.38	48.93	6.50	48.88
APRICOTS,DRIED,SULFURED,UNCKD	1 cup, halves	81.43	69.47	9.49	71.94
APRICOTS,DRIED,SULFURED,UNCKD	1 half	2.19	1.87	0.26	1.94
APRICOTS,FROZEN,SWEETENED	1 cup	60.74	0.00	5.32	55.42
APRICOTS,RAW	1 apricot	3.89	3.23	0.70	3.19
APRICOTS,RAW	1 cup, halves	17.24	14.32	3.10	14.14
APRICOTS,RAW	1 cup, sliced	18.35	15.25	3.30	15.05

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AVOCADOS,RAW,ALL COMM VAR	1 avocado, NS as to Florida or California	17.15	1.33	13.47	3.68
AVOCADOS,RAW,ALL COMM VAR	1 cup, cubes	12.80	0.99	10.05	2.75
AVOCADOS,RAW,ALL COMM VAR	1 cup, pureed	19.62	1.52	15.41	4.21
AVOCADOS,RAW,ALL COMM VAR	1 cup, sliced	12.45	0.96	9.78	2.67
AVOCADOS,RAW,CALIFORNIA	1 cup, pureed	19.87	0.69	15.64	4.23
AVOCADOS,RAW,CALIFORNIA	1 fruit, without skin and seed	11.75	0.41	9.25	2.50
AVOCADOS,RAW,CALIFORNIA	1 NLEA serving	2.59	0.09	2.04	0.55
AVOCADOS,RAW,FLORIDA	1 cup, pureed	17.99	5.57	12.88	5.11
AVOCADOS,RAW,FLORIDA	1 fruit without skin and seeds	23.77	7.36	17.02	6.75
BANANAS,DEHYD,OR BANANA PDR	1 cup	88.28	47.30	9.90	78.38
BANANAS,DEHYD,OR BANANA PDR	1 tbsp	5.47	2.93	0.61	4.86
BANANAS,RAW	1 cup, mashed	51.39	27.52	5.85	45.54
BANANAS,RAW	1 cup, sliced	34.26	18.35	3.90	30.36
BANANAS,RAW	1 extra large (9" or longer)	34.72	18.59	3.95	30.76
BANANAS,RAW	1 extra small (less than 6" long)	18.50	9.91	2.11	16.39
BANANAS,RAW	1 large (8" to 8-7/8" long)	31.06	16.63	3.54	27.53
BANANAS,RAW	1 medium (7" to 7-7/8" long)	26.95	14.43	3.07	23.88
BANANAS,RAW	1 NLEA serving	28.78	15.41	3.28	25.50
BANANAS,RAW	1 small (6" to 6-7/8" long)	23.07	12.35	2.63	20.44
BLACKBERRIES,CND,HVY SYRUP,SOL&LIQUIDS	1 cup	59.14	50.43	8.70	50.43
BLACKBERRIES,FRZ,UNSWTND	1 cup, unthawed	23.66	16.11	7.55	16.11
BLACKBERRIES,FRZ,UNSWTND	1 package (18 oz)	79.92	54.42	25.50	54.42
BLACKBERRIES,RAW	1 cup	13.84	7.03	7.63	6.21
BLACKBERRY JUC,CND	1 cup	19.50	19.25	0.25	19.25
BLUEBERRIES,CND,HVY SYRUP,SOL&LIQUIDS	1 cup	56.47	52.38	4.10	52.38
BLUEBERRIES,CND,LT SYRUP,DRND	1 cup	55.29	42.58	6.34	48.95
BLUEBERRIES,DRIED,SWTND	1/4 cup	32.00	27.00	3.00	29.00
BLUEBERRIES,FRZ,SWTND	1 cup, thawed	50.49	45.36	5.06	45.43

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BLUEBERRIES,FRZ,SWTND	1 package (10 oz)	62.34	56.00	6.25	56.09
BLUEBERRIES,FRZ,UNSWTND	1 cup, unthawed	18.86	13.10	4.19	14.68
BLUEBERRIES,FRZ,UNSWTND	1 package (20 oz)	69.00	47.91	15.31	53.69
BLUEBERRIES,RAW	1 cup	21.45	14.74	3.55	17.89
BLUEBERRIES,RAW	50 berries	9.85	6.77	1.63	8.22
BLUEBERRIES,WILD,CND,HVY SYRUP,DRND	1 cup	90.34	61.50	15.63	74.71
BLUEBERRIES,WILD,FRZ	1 cup, frozen	19.39	0.00	6.16	13.23
BOYSENBERRIES,CND,HVY SYRUP	1 cup	57.11	0.00	6.66	50.46
BOYSENBERRIES,FRZ,UNSWTND	1 cup, unthawed	16.09	9.09	7.00	9.09
BOYSENBERRIES,FRZ,UNSWTND	1 package (10 oz)	34.62	19.57	15.05	19.57
BREADFRUIT,RAW	1/4 fruit, small	26.04	10.56	4.70	21.33
BREADFRUIT,RAW	1 cup	59.66	24.20	10.78	48.88
CARAMBOLA,(STARFRUIT),RAW	1 cup, cubes	8.88	5.25	3.70	5.19
CARAMBOLA,(STARFRUIT),RAW	1 cup, sliced	7.27	4.30	3.02	4.24
CARAMBOLA,(STARFRUIT),RAW	1 large (4-1/2" long)	8.35	4.94	3.47	4.87
CARAMBOLA,(STARFRUIT),RAW	1 medium (3-5/8" long)	6.12	3.62	2.55	3.58
CARAMBOLA,(STARFRUIT),RAW	1 small (3-1/8" long)	4.71	2.79	1.96	2.75
CARISSA,(NATAL-PLUM),RAW	1 cup slices	20.45	0.00	0.00	20.45
CARISSA,(NATAL-PLUM),RAW	1 fruit without skin and seeds	2.73	0.00	0.00	2.73
CHERIMOYA,RAW	1 cup, pieces	28.34	20.59	4.80	23.54
CHERIMOYA,RAW	1 fruit without skin and seeds	41.62	30.24	7.05	34.57
CHERRIES,SOUR,CND,H2O PK,DRND	1 cup	17.56	11.74	2.02	15.54
CHERRIES,SOUR,RED,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup	76.29	0.00	2.09	74.20
CHERRIES,SOUR,RED,CND,H2O PK,SOL&LIQUIDS (INCL USDA CMDTY)	1 cup	21.81	18.54	2.68	19.13
CHERRIES,SOUR,RED,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup	59.57	56.76	2.82	56.76
CHERRIES,SOUR,RED,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup	48.64	0.00	2.02	46.62

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CHERRIES,SOUR,RED,FRZ,UNSWTND	1 cup, unthawed	17.08	13.98	2.48	14.60
CHERRIES,SOUR,RED,FRZ,UNSWTND	1 package (18 oz)	56.20	46.00	8.16	48.04
CHERRIES,SOUR,RED,RAW	1 cup, with pits, yields	12.55	8.74	1.65	10.90
CHERRIES,SOUR,RED,RAW	1 cup, without pits	18.88	13.16	2.48	16.40
CHERRIES,SWEET,RAW	1 cherry	1.31	1.05	0.17	1.14
CHERRIES,SWEET,RAW	1 cup, with pits, yields	22.09	17.69	2.90	19.20
CHERRIES,SWEET,RAW	1 cup, without pits	24.66	19.74	3.23	21.42
CHERRIES,SWEET,RAW	1 NLEA serving	22.41	17.95	2.94	19.47
CHERRIES,SWT,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup, pitted	68.46	0.00	3.92	64.55
CHERRIES,SWT,CND,H2O PK,SOL&LIQUIDS	1 cup, pitted	29.16	25.44	3.72	25.44
CHERRIES,SWT,CND,JUC PK,SOL&LIQUIDS	1 cup, pitted	34.53	30.78	3.75	30.78
CHERRIES,SWT,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup, pitted	43.57	39.79	3.78	39.79
CHERRIES,SWT,CND,PITTED,HVY SYRUP PK,SOL & LIQUIDS	1 cup	53.81	40.94	3.54	50.27
CHERRIES,SWT,CND,PITTED,HVY SYRUP,DRND	1 cup	37.72	28.96	4.12	33.60
CHERRIES,SWT,FRZ,SWTND	1 cup, thawed	57.91	52.47	5.44	52.47
CHERRIES,SWT,FRZ,SWTND	1 package (10 oz)	63.50	57.54	5.96	57.54
CHERRIES,TART,DRIED,SWTND	1/4 cup	32.18	26.86	1.00	31.18
CLEMENTINES,RAW	1 fruit	8.89	6.79	1.26	7.64
CRABAPPLES,RAW	1 cup slices	21.95	0.00	0.00	21.95
CRANBERRIES,DRIED,SWTND	1/3 cup	32.94	26.00	2.28	30.66
CRANBERRIES,RAW	1 cup, chopped	13.42	4.44	5.06	8.36
CRANBERRIES,RAW	1 cup, whole	12.20	4.04	4.60	7.60
CRANBERRY JUC,UNSWTND	1 cup	30.87	30.61	0.25	30.61
CRANBERRY JUC,UNSWTND	1 fl oz	3.86	3.82	0.03	3.82
CRANBERRY SAU,CND,SWTND	1 cup	107.75	104.98	2.77	104.98
CRANBERRY SAU,CND,SWTND	1 slice (1/2" thick, approx 8 slices per can)	22.17	21.60	0.57	21.60
CRANBERRY-ORANGE RELISH,CND	1 cup	127.05	0.00	0.00	127.05
CURRANTS,EUROPEAN BLACK,RAW	1 cup	17.23	0.00	0.00	17.23
CURRANTS,RED&WHITE,RAW	1 cup	15.46	8.25	4.82	10.64
CURRANTS,ZANTE,DRIED	1 cup	106.68	96.88	9.79	96.88
DATES,DEGLET NOOR	1 cup, chopped	110.29	93.12	11.76	98.53
DATES,DEGLET NOOR	1 date, pitted	5.33	4.50	0.57	4.76

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DATES,MEDJOOL	1 date, pitted	17.99	15.95	1.61	16.38
DURIAN,RAW OR FROZEN	1 cup, chopped or diced	65.83	0.00	9.23	56.59
DURIAN,RAW OR FROZEN	1 fruit	163.08	0.00	22.88	140.21
ELDERBERRIES,RAW	1 cup	26.68	0.00	10.15	16.53
FEIJOA,RAW	1 cup 1/2" chunks	31.18	16.81	13.12	18.06
FEIJOA,RAW	1 cup, pureed	36.96	19.93	15.55	21.41
FEIJOA,RAW	1 fruit without peel	6.39	3.44	2.69	3.70
FIGS,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup	72.71	0.00	0.00	72.71
FIGS,CND,H2O PK,SOL&LIQUIDS	1 cup	34.70	29.24	5.46	29.24
FIGS,CND,H2O PK,SOL&LIQUIDS	1 fig with liquid	3.78	3.18	0.59	3.18
FIGS,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup	59.31	53.61	5.70	53.61
FIGS,CND,HVY SYRUP PK,SOL&LIQUIDS	1 fig with liquid	6.41	5.80	0.62	5.80
FIGS,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup	45.23	40.70	4.54	40.70
FIGS,CND,LT SYRUP PK,SOL&LIQUIDS	1 fig with liquid	5.03	4.52	0.50	4.52
FIGS,DRIED,STEWED	1 cup	71.41	60.48	10.88	60.53
FIGS,DRIED,UNCOOKED	1 cup	95.17	71.40	14.60	80.56
FIGS,DRIED,UNCOOKED	1 fig	5.37	4.03	0.82	4.54
FIGS,RAW	1 large (2-1/2" dia)	12.28	10.41	1.86	10.42
FIGS,RAW	1 medium (2- 1/4" dia)	9.59	8.13	1.45	8.14
FIGS,RAW	1 small (1-1/2" dia)	7.67	6.50	1.16	6.51
FRUIT COCKTAIL,CND,EX HVY SYRUP,SOL&LIQUIDS	1/2 cup	29.76	0.00	1.43	28.33
FRUIT COCKTAIL,CND,EX HVY SYRUP,SOL&LIQUIDS	1 cup	59.51	0.00	2.86	56.65
FRUIT COCKTAIL,CND,EX LT SYRUP,SOL&LIQUIDS	1/2 cup	14.30	0.00	1.35	12.95
FRUIT COCKTAIL,CND,H2O PK,SOL&LIQUIDS	1 cup	20.17	17.80	2.37	17.80
FRUIT COCKTAIL,CND,HVY SYRUP,DRND	1 cup	40.23	36.68	3.64	36.59
FRUIT COCKTAIL,CND,HVY SYRUP,SOL&LIQUIDS	1 cup	46.90	44.42	2.48	44.42
FRUIT COCKTAIL,CND,JUC PK,SOL&LIQUIDS	1 cup	28.11	25.74	2.37	25.74
FRUIT COCKTAIL,CND,LT SYRUP,SOL&LIQUIDS	1 cup	36.13	33.71	2.42	33.71
FRUIT SALAD,CND,EX HVY SYRUP,SOL&LIQUIDS	1 cup	58.97	0.00	2.59	56.38
FRUIT SALAD,CND,H2O PK,SOL&LIQUIDS	1 cup	19.28	0.00	2.45	16.83
FRUIT SALAD,CND,HVY SYRUP,SOL&LIQUIDS	1 cup	48.73	46.18	2.55	46.18
FRUIT SALAD,CND,JUC PK,SOL&LIQUIDS	1 cup	32.49	0.00	2.49	30.00
FRUIT SALAD,CND,LT SYRUP,SOL&LIQUIDS	1 cup	38.15	0.00	2.52	35.63

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FRUIT SALAD,TROPICAL,CND,HVY SYRUP,SOL&LIQUIDS	1 cup	57.47	0.00	3.34	54.12
GOOSEBERRIES,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup	47.25	0.00	6.05	41.20
GOOSEBERRIES,RAW	1 cup	15.27	0.00	6.45	8.82
GRAPE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C	1 cup	37.37	35.93	0.51	36.86
GRAPE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C	1 fl oz	4.67	4.49	0.06	4.60
GRAPE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 cup	37.37	35.93	0.51	36.86
GRAPE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 fl oz	4.67	4.49	0.06	4.60
GRAPE JUC,CND OR BTLD,W/ ADDED VIT C & CA	1 cup	37.37	35.93	0.51	36.86
GRAPE JUC,CND OR BTLD,W/ ADDED VIT C & CA	1 fl oz	4.67	4.49	0.06	4.60
GRAPEFRUIT JUC,WHITE,CND,SWTND	1 cup	27.83	27.58	0.25	27.58
GRAPEFRUIT JUC,WHITE,CND,SWTND	1 fl oz	3.47	3.44	0.03	3.44
GRAPEFRUIT JUC,WHITE,CND,UNSWTND	1 cup	22.13	21.88	0.25	21.88
GRAPEFRUIT JUC,WHITE,CND,UNSWTND	1 fl oz	2.77	2.74	0.03	2.74
GRAPEFRUIT JUC,WHITE,FRZ CONC,UNSWTND,DIL W/ 3 VOLUME H2O	1 cup	24.03	23.79	0.25	23.79
GRAPEFRUIT JUC,WHITE,FRZ CONC,UNSWTND,DIL W/ 3 VOLUME H2O	1 fl oz	3.01	2.98	0.03	2.98
GRAPEFRUIT JUC,WHITE,FRZ CONC,UNSWTND,UNDIL	1 can (6 fl oz)	71.54	70.71	0.83	70.71
GRAPEFRUIT JUC,WHITE,RAW	1 cup	22.72	22.48	0.25	22.48
GRAPEFRUIT JUC,WHITE,RAW	1 fl oz	2.84	2.81	0.03	2.81
GRAPEFRUIT JUC,WHITE,RAW	1 fruit yields	18.03	17.84	0.20	17.84
GRAPEFRUIT JUICE,PINK,RAW	1 cup	22.72	0.00	0.00	22.72
GRAPEFRUIT JUICE,PINK,RAW	1 fruit yields	18.03	0.00	0.00	18.03
GRAPEFRUIT,RAW,PINK & RED,FLORIDA	1/2 fruit (3-3/4" dia)	9.23	0.00	1.35	7.87
GRAPEFRUIT,RAW,PINK & RED,FLORIDA	1 cup sections, with juice	17.25	0.00	2.53	14.72
GRAPEFRUIT,RAW,PINK&RED&WHITE,ALL AREAS	1/2 large (approx 4-1/2" dia)	13.41	11.59	1.83	11.59
GRAPEFRUIT,RAW,PINK&RED&WHITE,ALL AREAS	1/2 medium (approx 4" dia)	10.34	8.93	1.41	8.93
GRAPEFRUIT,RAW,PINK&RED&WHITE,ALL AREAS	1/2 small (approx 3-1/2" dia)	8.08	6.98	1.10	6.98
GRAPEFRUIT,RAW,PINK&RED&WHITE,ALL AREAS	1 cup sections, with juice	18.58	16.05	2.53	16.05

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GRAPEFRUIT,RAW,PINK&RED,ALL AREAS	1/2 fruit (3-3/4" dia)	13.11	8.47	1.97	11.14
GRAPEFRUIT,RAW,PINK&RED,ALL AREAS	1 cup sections, with juice	24.52	15.85	3.68	20.84
GRAPEFRUIT,RAW,PINK&RED,ALL AREAS	1 NLEA serving	16.42	10.61	2.46	13.95
GRAPEFRUIT,RAW,PINK&RED,CALIFORNIA&ARIZONA	1/2 fruit (3-3/4" dia)	11.92	0.00	0.00	11.92
GRAPEFRUIT,RAW,PINK&RED,CALIFORNIA&ARIZONA	1 cup sections, with juice	22.29	0.00	0.00	22.29
GRAPEFRUIT,RAW,WHITE,ALL AREAS	1/2 fruit (3-3/4" dia)	9.92	8.63	1.30	8.63
GRAPEFRUIT,RAW,WHITE,ALL AREAS	1 cup sections, with juice	19.34	16.81	2.53	16.81
GRAPEFRUIT,RAW,WHITE,CALIFORNIA	1/2 fruit (3-3/4" dia)	10.73	0.00	0.00	10.73
GRAPEFRUIT,RAW,WHITE,CALIFORNIA	1 cup sections, with juice	20.91	0.00	0.00	20.91
GRAPEFRUIT,RAW,WHITE,FLORIDA	1/2 fruit (3-3/4" dia)	9.66	0.00	0.00	9.66
GRAPEFRUIT,RAW,WHITE,FLORIDA	1 cup sections, with juice	18.84	0.00	0.00	18.84
GRAPEFRUIT,SECTIONS,CND,H2O PK,SOL&LIQUIDS	1 cup	22.33	21.35	0.98	21.35
GRAPEFRUIT,SECTIONS,CND,JUC PK,SOL&LIQUIDS	1 cup	22.93	21.91	1.00	21.94
GRAPEFRUIT,SECTIONS,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup	39.22	38.20	1.02	38.20
Grapes, muscadine, raw	1 grape	0.84	0.00	0.23	0.60
GRAPES,AMERICAN TYPE (SLIP SKN),RAW	1 cup	15.78	14.95	0.83	14.95
GRAPES,AMERICAN TYPE (SLIP SKN),RAW	1 grape	0.41	0.39	0.02	0.39
GRAPES,CND,THOMPSON SEEDLESS,H2O PK,SOL&LIQUIDS	1 cup	25.24	23.77	1.47	23.77
GRAPES,CND,THOMPSON SEEDLESS,HVY SYRUP PK,SOL&LIQUIDS	1 cup	50.30	48.77	1.54	48.77
GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON SEEDLESS),RAW	1 cup	27.33	23.37	1.36	25.97
GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON SEEDLESS),RAW	1 NLEA serving	22.81	19.50	1.13	21.67
GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON SEEDLESS),RAW	10 grapes	8.87	7.59	0.44	8.43
GROUNDCHERRIES,(CAPE-GOOSEBERRIES OR POHA),RAW	1 cup	15.68	0.00	0.00	15.68
GUANABANA NECTAR,CND	1 cup	37.47	32.81	0.25	37.22
GUAVA NECTAR,CND	1 cup	40.79	32.50	2.51	38.28
GUAVA SAUCE,COOKED	1 cup	22.56	13.99	8.57	13.99

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GUAVAS,COMMON,RAW	1 cup	23.63	14.72	8.91	14.72
GUAVAS,COMMON,RAW	1 fruit, without refuse	7.88	4.91	2.97	4.91
GUAVAS,STRAWBERRY,RAW	1 cup	42.36	0.00	13.18	29.18
GUAVAS,STRAWBERRY,RAW	1 fruit without refuse	1.04	0.00	0.32	0.72
HORNED MELON (KIWANO)	1 cup	17.61	0.00	0.00	17.61
HORNED MELON (KIWANO)	1 fruit (4-2/3" long x 2-3/4" dia)	15.80	0.00	0.00	15.80
JACKFRUIT,CND,SYRUP PK	1 cup, drained	42.61	0.00	1.60	41.01
JACKFRUIT,RAW	1 cup 1" pieces	35.11	28.81	2.27	32.84
JACKFRUIT,RAW	1 cup, sliced	38.36	31.48	2.48	35.89
JAVA-PLUM,(JAMBOLAN),RAW	1 cup	21.01	0.00	0.00	21.01
JAVA-PLUM,(JAMBOLAN),RAW	3 fruit	1.40	0.00	0.00	1.40
JUICE SMOOTHIE,BOLTHOUSE FARMS,BERRY BOOST	1 cup	27.47	23.44	0.00	27.47
JUICE SMOOTHIE,BOLTHOUSE FARMS,GRN GOODNESS	1 cup	32.75	29.75	2.50	30.25
JUICE SMOOTHIE,BOLTHOUSE FARMS,STRAWBERRY BANANA	1 cup	32.41	27.91	2.54	29.87
JUICE SMOOTHIE,NAKED JUC,BLUE MACHINE	8 fl oz	40.01	28.99	6.96	33.05
JUICE SMOOTHIE,NAKED JUC,GRN MACHINE	8 fl oz	33.00	28.01	0.00	33.00
JUICE SMOOTHIE,NAKED JUC,MIGHTY MANGO	8 fl oz	36.00	30.00	0.00	36.00
JUICE SMTHIE,ODWALLA,ORIGINAL SUPERFD,FRUIT SMTHIE BLEND	12 fl oz	43.98	36.99	2.13	41.85
JUICE,APPL & GRAPE BLEND,W/ ADDED VIT C	8 fl oz	31.15	27.30	0.50	30.65
JUICE,APPL,GRAPE & PEAR BLEND,W/ ADDED VIT C & CA	8 fl oz	32.40	24.88	0.50	31.90
KIWIFRUIT,GOLD,RAW	1 cup, sliced	26.47	20.42	3.72	22.75
KIWIFRUIT,GOLD,RAW	1 fruit	12.24	9.44	1.72	10.52
KIWIFRUIT,GRN,RAW	1 cup, sliced	26.39	16.18	5.40	20.99
KIWIFRUIT,GRN,RAW	1 fruit (2" dia)	10.12	6.20	2.07	8.05
KIWIFRUIT,GRN,RAW	1 NLEA serving	21.70	13.31	4.44	17.26
KUMQUATS,RAW	1 fruit without refuse	3.02	1.78	1.24	1.79
LEMON JUC,CND OR BTLD	1 cup	15.81	5.86	0.98	14.84
LEMON JUC,CND OR BTLD	1 fl oz	1.98	0.73	0.12	1.85
LEMON JUC,CND OR BTLD	1 individual packet	0.32	0.12	0.02	0.30
LEMON JUC,CND OR BTLD	1 tbsp	0.97	0.36	0.06	0.91
LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH	1 cup	15.86	5.86	0.98	14.88
LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH	1 fl oz	1.98	0.73	0.12	1.86
LEMON JUICE,RAW	1 cup	16.84	6.15	0.73	16.10

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LEMON JUICE,RAW	1 fl oz	2.10	0.77	0.09	2.01
LEMON JUICE,RAW	1 lemon yields	3.31	1.21	0.14	3.17
LEMON JUICE,RAW	1 wedge yields	0.41	0.15	0.02	0.39
LEMON PEEL,RAW	1 tbsp	0.96	0.25	0.64	0.32
LEMON PEEL,RAW	1 tsp	0.32	0.08	0.21	0.11
LEMONS,RAW,WITHOUT PEEL	1 cup, sections	19.76	5.30	5.94	13.82
LEMONS,RAW,WITHOUT PEEL	1 fruit (2-1/8" dia)	5.41	1.45	1.62	3.78
LEMONS,RAW,WITHOUT PEEL	1 fruit (2-3/8" dia)	7.83	2.10	2.35	5.48
LEMONS,RAW,WITHOUT PEEL	1 NLEA serving	5.41	1.45	1.62	3.78
LEMONS,RAW,WITHOUT PEEL	1 wedge or slice (1/8 of one 2-1/8" dia lemon)	0.65	0.18	0.20	0.46
LIME JUC,CND OR BTLD,UNSWTND	1 cup	16.46	3.37	0.98	15.47
LIME JUC,CND OR BTLD,UNSWTND	1 fl oz	2.06	0.42	0.12	1.94
LIME JUICE,RAW	1 cup	20.38	4.09	0.97	19.41
LIME JUICE,RAW	1 fl oz	2.59	0.52	0.12	2.47
LIME JUICE,RAW	1 lime yields	3.70	0.74	0.18	3.53
LIMES,RAW	1 fruit (2" dia)	7.06	1.13	1.88	5.19
LIMES,RAW	1 NLEA serving	7.06	1.13	1.88	5.19
LITCHIS,DRIED	1 fruit	1.77	1.65	0.12	1.65
LITCHIS,RAW	1 cup	31.41	28.94	2.47	28.94
LITCHIS,RAW	1 fruit without refuse	1.59	1.46	0.12	1.46
LOGANBERRIES,FROZEN	1 cup, unthawed	19.14	11.32	7.79	11.35
LONGANS,DRIED	1 fruit	1.26	0.00	0.00	1.26
LONGANS,RAW	1 fruit without refuse	0.48	0.00	0.04	0.45
LOQUATS,RAW	1 cup, cubed	18.09	0.00	2.53	15.56
LOQUATS,RAW	1 large	2.43	0.00	0.34	2.09
LOQUATS,RAW	1 medium	1.94	0.00	0.27	1.67
LOQUATS,RAW	1 small	1.65	0.00	0.23	1.42
MAMMY-APPLE,(MAMEY),RAW	1 fruit without refuse	105.75	0.00	25.38	80.37
MANGO NECTAR,CND	1 cup	32.93	31.25	0.75	32.18
MANGOS,RAW	1 cup pieces	24.72	22.54	2.64	22.08
MANGOS,RAW	1 fruit without refuse	50.33	45.90	5.38	44.96
MANGOSTEEN,CND,SYRUP PK	1 cup	38.69	0.00	3.89	34.80
MANGOSTEEN,CND,SYRUP PK	1 cup, drained	35.10	0.00	3.53	31.58

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MARASCHINO CHERRIES,CND,DRND	1 cherry (NLEA serving)	2.10	1.94	0.16	1.94
MELON BALLS,FROZEN	1 cup, unthawed	13.74	0.00	1.21	12.53
MELONS,CANTALOUPE,RAW	1 cup, balls	14.44	13.91	1.59	12.85
MELONS,CANTALOUPE,RAW	1 cup, cubes	13.06	12.58	1.44	11.62
MELONS,CANTALOUPE,RAW	1 cup, diced	12.73	12.26	1.40	11.33
MELONS,CANTALOUPE,RAW	1 melon, large (about 6-1/2" dia)	66.42	63.98	7.33	59.10
MELONS,CANTALOUPE,RAW	1 melon, medium (about 5" dia)	45.04	43.39	4.97	40.08
MELONS,CANTALOUPE,RAW	1 melon, small (about 4-1/4" dia)	35.99	34.66	3.97	32.02
MELONS,CANTALOUPE,RAW	1 NLEA serving	10.93	10.53	1.21	9.73
MELONS,CANTALOUPE,RAW	1 wedge, large (1/8 of large melon)	8.32	8.02	0.92	7.41
MELONS,CANTALOUPE,RAW	1 wedge, medium (1/8 of medium melon)	5.63	5.42	0.62	5.01
MELONS,CANTALOUPE,RAW	1 wedge, small (1/8 of small melon)	4.49	4.32	0.50	3.99
MELONS,CANTALOUPE,RAW	10 cantaloupe balls	11.26	10.85	1.24	10.02
MELONS,CASABA,RAW	0 fruit	10.79	9.33	1.48	9.32
MELONS,CASABA,RAW	1 cup, cubes	11.19	9.67	1.53	9.66
MELONS,CASABA,RAW	1 melon	107.91	93.32	14.76	93.15
MELONS,HONEYDEW,RAW	1 cup, balls	16.09	14.37	1.42	14.67
MELONS,HONEYDEW,RAW	1 cup, diced (approx 20 pieces per cup)	15.45	13.80	1.36	14.09
MELONS,HONEYDEW,RAW	1 melon (5-1/4" dia)	90.90	81.20	8.00	82.90
MELONS,HONEYDEW,RAW	1 melon (6" - 7" dia)	116.35	103.94	10.24	106.11
MELONS,HONEYDEW,RAW	1 NLEA serving	12.18	10.88	1.07	11.11

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MELONS,HONEYDEW,RAW	1 wedge (1/8 of 5-1/4" dia melon)	11.36	10.15	1.00	10.36
MELONS,HONEYDEW,RAW	1 wedge (1/8 of 6" to 7" dia melon)	14.54	12.99	1.28	13.26
MELONS,HONEYDEW,RAW	10 honeydew balls	12.54	11.21	1.10	11.44
MULBERRIES,RAW	1 cup	13.72	11.34	2.38	11.34
MULBERRIES,RAW	10 fruit	1.47	1.22	0.26	1.22
NANCE,CND,SYRUP,DRND	3 fruit without pits	2.53	1.74	0.78	1.75
NANCE,FRZ,UNSWTND	1 cup without pits, thawed	19.01	9.31	8.40	10.61
NANCE,FRZ,UNSWTND	3 fruit without pits, thawed	1.66	0.81	0.74	0.93
NARANJILLA (LULO) PULP,FRZ,UNSWTND	1 cup thawed	7.08	4.49	1.32	5.76
NECTARINES,RAW	1 cup slices	15.09	11.28	2.43	12.66
NECTARINES,RAW	1 large (2-3/4" dia)	16.46	12.31	2.65	13.81
NECTARINES,RAW	1 medium (2-1/2" dia)	14.98	11.20	2.41	12.57
NECTARINES,RAW	1 NLEA serving	14.77	11.05	2.38	12.39
NECTARINES,RAW	1 small (2-1/3" dia)	13.61	10.18	2.19	11.42
OHELOBERRIES,RAW	1 cup	9.58	0.00	0.00	9.58
OHELOBERRIES,RAW	10 fruit	0.75	0.00	0.00	0.75
OLIVES,PICKLED,CND OR BTLD,GRN	1 olive	0.10	0.01	0.09	0.01
OLIVES,RIPE,CND (JUMBO-SUPER COLOSSAL)	1 jumbo	0.47	0.00	0.21	0.26
OLIVES,RIPE,CND (JUMBO-SUPER COLOSSAL)	1 super colossal	0.84	0.00	0.38	0.47
OLIVES,RIPE,CND (SMALL-EXTRA LRG)	1 large	0.28	0.00	0.14	0.13
OLIVES,RIPE,CND (SMALL-EXTRA LRG)	1 small	0.20	0.00	0.10	0.10
OLIVES,RIPE,CND (SMALL-EXTRA LRG)	1 tbsp	0.53	0.00	0.27	0.26
ORANGE JUC,CHILLED,INCL FROM CONC	1 cup	28.73	20.69	0.75	27.99
ORANGE JUC,CHILLED,INCL FROM CONC	1 fl oz	3.59	2.58	0.09	3.50
ORANGE JUC,CHILLED,INCL FROM CONC,W/ ADD CA & VITAMINS A,D,E	1 cup	28.73	20.69	0.75	27.99
ORANGE JUC,CHILLED,INCL FROM CONC,W/ ADD CA & VITAMINS A,D,E	1 fl oz	3.59	2.58	0.09	3.50
ORANGE JUC,CHILLED,INCL FROM CONC,W/ ADDED CA	1 cup	28.06	20.69	0.75	27.32

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
ORANGE JUC,CHILLED,INCL FROM CONC,W/ ADDED CA	1 fl oz	3.50	2.58	0.09	3.41
ORANGE JUC,CHILLED,INCL FROM CONC,W/ ADDED CA & VITAMIN D	1 cup	28.06	20.69	0.75	27.32
ORANGE JUC,CHILLED,INCL FROM CONC,W/ ADDED CA & VITAMIN D	1 fl oz	3.50	2.58	0.09	3.41
ORANGE JUC,CND,UNSWTND	1 cup	27.41	21.81	0.75	26.67
ORANGE JUC,CND,UNSWTND	1 drink box (8.45 fl oz)	28.96	23.04	0.79	28.17
ORANGE JUC,CND,UNSWTND	1 fl oz	3.42	2.72	0.09	3.33
ORANGE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	1 cup	21.91	18.48	0.50	21.41
ORANGE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	1 fl oz	2.74	2.31	0.06	2.67
ORANGE JUC,FRZ CONC,UNSWTND,UNDIL	1 cup	92.20	77.76	2.62	89.58
ORANGE JUC,FRZ CONC,UNSWTND,UNDIL	1 fl oz	11.61	9.79	0.33	11.28
ORANGE JUC,FRZ CONC,UNSWTND,UNDIL,W/ ADDED CA	1 cup	88.71	77.76	2.62	86.09
ORANGE JUC,FRZ CONC,UNSWTND,UNDIL,W/ ADDED CA	1 fl oz	11.17	9.79	0.33	10.84
ORANGE JUICE,RAW	1 cup	25.79	20.83	0.50	25.30
ORANGE JUICE,RAW	1 fl oz	3.22	2.60	0.06	3.16
ORANGE JUICE,RAW	1 fruit yields	8.94	7.22	0.17	8.77
ORANGE PEEL,RAW	1 tbs	1.50	0.00	0.64	0.86
ORANGE PEEL,RAW	1 tsp	0.50	0.00	0.21	0.29
ORANGE PNAPPL JUC BLEND	8 fl oz	30.01	26.00	0.49	29.52
ORANGE-GRAPEFRUIT JUC,CND OR BTLD,UNSWTND	1 cup	25.39	25.14	0.25	25.14
ORANGE-GRAPEFRUIT JUC,CND OR BTLD,UNSWTND	1 fl oz	3.18	3.15	0.03	3.15
ORANGES,RAW,ALL COMM VAR	1 cup, sections	21.15	16.83	4.32	16.83
ORANGES,RAW,ALL COMM VAR	1 fruit (2-5/8" dia)	15.39	12.25	3.14	12.25
ORANGES,RAW,ALL COMM VAR	1 large (3-1/16" dia)	21.62	17.20	4.42	17.20
ORANGES,RAW,ALL COMM VAR	1 small (2-3/8" dia)	11.28	8.98	2.30	8.98
ORANGES,RAW,CALIFORNIA,VALENCIAS	1 cup sections, without membranes	21.40	0.00	4.50	16.90
ORANGES,RAW,CALIFORNIA,VALENCIAS	1 fruit (2-5/8" dia)	14.39	0.00	3.03	11.36
ORANGES,RAW,FLORIDA	1 cup sections, without membranes	21.35	16.91	4.44	16.91

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ORANGES,RAW,FLORIDA	1 fruit (2-11/16" dia)	17.43	13.80	3.62	13.80
ORANGES,RAW,FLORIDA	1 fruit (2-5/8" dia)	16.27	12.89	3.38	12.89
ORANGES,RAW,NAVELS	1 cup sections, without membranes	20.69	14.03	3.63	17.06
ORANGES,RAW,NAVELS	1 fruit (2-7/8" dia)	17.56	11.90	3.08	14.48
ORANGES,RAW,NAVELS	1 NLEA serving	19.31	13.09	3.39	15.92
ORANGES,RAW,WITH PEEL	1 cup	26.35	0.00	7.65	18.70
ORANGES,RAW,WITH PEEL	1 fruit without seeds	24.65	0.00	7.16	17.49
PAPAYA NECTAR,CANNED	1 cup	36.28	34.78	1.50	34.78
PAPAYA NECTAR,CANNED	1 fl oz	4.53	4.34	0.19	4.34
PAPAYA,CND,HVY SYRUP,DRND	1 piece	21.77	20.36	0.59	21.19
PAPAYAS,RAW	1 cup 1" pieces	15.69	11.34	2.47	13.22
PAPAYAS,RAW	1 cup, mashed	24.89	17.99	3.91	20.98
PAPAYAS,RAW	1 fruit, large	84.50	61.07	13.28	71.23
PAPAYAS,RAW	1 fruit, small	16.99	12.28	2.67	14.32
PASSION-FRUIT JUC,PURPLE,RAW	1 cup	33.59	33.10	0.49	33.10
PASSION-FRUIT JUC,PURPLE,RAW	1 fl oz	4.20	4.14	0.06	4.14
PASSION-FRUIT JUC,YEL,RAW	1 cup	35.69	35.20	0.49	35.20
PASSION-FRUIT JUC,YEL,RAW	1 fl oz	4.47	4.40	0.06	4.40
PASSION-FRUIT,(GRANADILLA),PURPLE,RAW	1 cup	55.18	26.43	24.54	30.63
PASSION-FRUIT,(GRANADILLA),PURPLE,RAW	1 fruit without refuse	4.21	2.02	1.87	2.34
PEACH NECTAR,CND,W/ VIT C	1 cup	34.66	30.75	1.49	33.17
PEACH NECTAR,CND,W/ VIT C	1 fl oz	4.33	3.84	0.19	4.14
PEACH NECTAR,CND,WO/ VIT C	1 cup	34.66	33.17	1.49	33.17
PEACH NECTAR,CND,WO/ VIT C	1 fl oz	4.33	4.14	0.19	4.14
PEACHES,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup, halves or slices	68.28	0.00	2.62	65.66
PEACHES,CND,EX LT SYRUP,SOL&LIQUIDS	1 cup, halves or slices	27.42	0.00	2.47	24.95
PEACHES,CND,H2O PK,SOL&LIQUIDS	1 cup, halves or slices	14.91	11.74	3.17	11.74
PEACHES,CND,H2O PK,SOL&LIQUIDS	1 half, with liquid	5.99	4.71	1.27	4.71
PEACHES,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup	52.24	48.84	3.41	48.84
PEACHES,CND,HVY SYRUP PK,SOL&LIQUIDS	1 half, with liquid	19.54	18.27	1.27	18.27
PEACHES,CND,HVY SYRUP,DRND	1 cup	40.91	32.55	2.66	38.25

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PEACHES,CND,HVY SYRUP,DRND	1 half	13.45	10.70	0.88	12.58
PEACHES,CND,HVY SYRUP,DRND	1 slice	2.34	1.86	0.15	2.19
PEACHES,CND,JUC PK,SOL&LIQUIDS	1 cup	28.93	25.68	3.25	25.68
PEACHES,CND,JUC PK,SOL&LIQUIDS	1 cup, halves or slices	28.69	25.47	3.22	25.47
PEACHES,CND,JUC PK,SOL&LIQUIDS	1 half, with liquid	11.34	10.06	1.27	10.06
PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup, halves or slices	36.52	33.26	3.26	33.26
PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS	1 half, with liquid	14.26	12.99	1.27	12.99
PEACHES,DEHYD (LOW-MOISTURE),SULFURED,STWD	1 cup	82.62	0.00	0.00	82.62
PEACHES,DEHYD (LOW-MOISTURE),SULFURED,UNCKD	1 cup	96.49	0.00	0.00	96.49
PEACHES,DRIED,SULFURED,STWD,W/ SUGAR	1 cup	71.82	0.00	6.48	65.34
PEACHES,DRIED,SULFURED,STWD,WO/ SUGAR	1 cup	50.80	43.83	6.97	43.83
PEACHES,DRIED,SULFURED,UNCKD	1 cup, halves	98.13	66.78	13.12	85.01
PEACHES,DRIED,SULFURED,UNCKD	1 half	7.97	5.43	1.07	6.91
PEACHES,FRZ,SLICED,SWTND	1 cup, thawed	59.95	55.45	4.50	55.45
PEACHES,FRZ,SLICED,SWTND	1 package (10 oz)	68.10	62.99	5.11	62.99
PEACHES,FRZ,SLICED,SWTND	10 slices	37.17	34.38	2.79	34.38
PEACHES,RAW	1 cup slices	14.69	12.92	2.31	12.38
PEACHES,RAW	1 extra large (3" dia)	21.37	18.79	3.36	18.01
PEACHES,RAW	1 large (2-3/4" dia)	16.70	14.68	2.63	14.07
PEACHES,RAW	1 medium (2-2/3" dia)	14.31	12.59	2.25	12.06
PEACHES,RAW	1 NLEA serving	14.02	12.33	2.21	11.82
PEACHES,RAW	1 small (2-1/2" dia)	12.40	10.91	1.95	10.45
PEACHES,SPICED,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup, whole	48.59	45.45	3.15	45.45
PEAR NECTAR,CND,W/ VIT C	1 cup	39.40	37.90	1.50	37.90
PEAR NECTAR,CND,W/ VIT C	1 fl oz	4.92	4.73	0.19	4.73
PEAR NECTAR,CND,WO/ VIT C	1 cup	39.40	37.90	1.50	37.90
PEAR NECTAR,CND,WO/ VIT C	1 fl oz	4.92	4.73	0.19	4.73
PEARS,ASIAN,RAW	1 fruit 2-1/4" high x 2-1/2" dia	12.99	8.60	4.39	8.60
PEARS,ASIAN,RAW	1 fruit 3-3/8" high x 3" diameter	29.29	19.39	9.90	19.39

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PEARS,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup, halves	67.17	0.00	4.26	62.91
PEARS,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 half, with liquid	19.95	0.00	1.26	18.68
PEARS,CND,EX LT SYRUP PK,SOL&LIQUIDS	1 cup, halves	30.13	0.00	3.95	26.18
PEARS,CND,EX LT SYRUP PK,SOL&LIQUIDS	1 half, with liquid	9.27	0.00	1.22	8.06
PEARS,CND,H2O PK,SOL&LIQUIDS	1 cup, halves	19.06	14.88	3.90	15.15
PEARS,CND,H2O PK,SOL&LIQUIDS	1 half, with liquid	5.94	4.64	1.22	4.72
PEARS,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup	50.99	40.43	4.26	46.74
PEARS,CND,HVY SYRUP PK,SOL&LIQUIDS	1 half, with liquid	14.57	11.55	1.22	13.35
PEARS,CND,HVY SYRUP,DRND	1 cup	38.35	33.00	5.43	32.92
PEARS,CND,HVY SYRUP,DRND	1 half	9.16	7.88	1.30	7.86
PEARS,CND,JUC PK,SOL&LIQUIDS	1 cup, halves	32.09	24.06	3.97	28.12
PEARS,CND,JUC PK,SOL&LIQUIDS	1 half, with liquid	9.83	7.37	1.22	8.62
PEARS,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup, halves	38.08	30.37	4.02	34.06
PEARS,CND,LT SYRUP PK,SOL&LIQUIDS	1 half, with liquid	11.53	9.20	1.22	10.31
PEARS,DRIED,SULFURED,STWD,W/ SUGAR	1 cup, halves	103.99	0.00	16.24	87.75
PEARS,DRIED,SULFURED,STWD,WO/ SUGAR	1 cup, halves	86.22	69.90	16.32	69.90
PEARS,DRIED,SULFURED,UNCKD	1 cup, halves	125.46	111.96	13.50	111.96
PEARS,DRIED,SULFURED,UNCKD	1 half	12.55	11.20	1.35	11.20
PEARS,DRIED,SULFURED,UNCKD	10 halves	121.98	108.85	13.13	108.85
PEARS,RAW	1 cup, cubes	24.52	15.70	4.99	19.53
PEARS,RAW	1 cup, slices	21.32	13.65	4.34	16.98
PEARS,RAW	1 large	35.03	22.43	7.13	27.90
PEARS,RAW	1 medium	27.11	17.36	5.52	21.59
PEARS,RAW	1 NLEA serving	25.28	16.19	5.15	20.14
PEARS,RAW	1 small	22.54	14.43	4.59	17.95
PEARS,RAW,BARTLETT	1 cup, sliced	21.01	13.57	4.34	16.67
PEARS,RAW,BARTLETT	1 large	34.07	22.00	7.04	27.04
PEARS,RAW,BARTLETT	1 medium	26.57	17.15	5.49	21.08
PEARS,RAW,BARTLETT	1 small	22.82	14.73	4.71	18.10
PEARS,RAW,BOSC	1 cup, sliced	22.54	14.32	4.34	18.20
PEARS,RAW,BOSC	1 large	35.26	22.40	6.79	28.47
PEARS,RAW,BOSC	1 medium	28.82	18.31	5.55	23.27
PEARS,RAW,BOSC	1 small	25.60	16.27	4.93	20.67
PEARS,RAW,GRN ANJOU	1 cup, sliced	22.11	13.62	4.34	17.77
PEARS,RAW,GRN ANJOU	1 large	38.21	23.55	7.50	30.71
PEARS,RAW,GRN ANJOU	1 medium	31.90	19.65	6.26	25.63
PEARS,RAW,GRN ANJOU	1 small	27.16	16.74	5.33	21.83

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PEARS,RAW,RED ANJOU	1 cup, sliced	20.92	13.36	4.20	16.72
PEARS,RAW,RED ANJOU	1 large	33.32	21.27	6.69	26.63
PEARS,RAW,RED ANJOU	1 medium	23.46	14.98	4.71	18.75
PEARS,RAW,RED ANJOU	1 small	18.82	12.02	3.78	15.04
PERSIMMONS,JAPANESE,DRIED	1 fruit without refuse	24.97	0.00	4.93	20.04
PERSIMMONS,JAPANESE,RAW	1 fruit (2-1/2" dia)	31.23	21.05	6.05	25.18
PERSIMMONS,NATIVE,RAW	1 fruit without refuse	8.38	0.00	0.00	8.38
PINEAPPLE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C	1 cup	32.18	24.95	0.50	31.68
PINEAPPLE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C	1 fl oz	4.03	3.12	0.06	3.97
PINEAPPLE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 cup	32.18	24.95	0.50	31.68
PINEAPPLE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 fl oz	4.03	3.12	0.06	3.97
PINEAPPLE JUC,DOLE,CND,NOT FROM CONC,UNSWTND,W/ ADD VITA,C,E	1 cup	30.45	24.95	0.50	29.95
PINEAPPLE JUC,DOLE,CND,NOT FROM CONC,UNSWTND,W/ ADD VITA,C,E	1 fl oz	3.81	3.12	0.06	3.75
PINEAPPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	1 cup	31.68	31.18	0.50	31.18
PINEAPPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	1 fl oz	3.95	3.89	0.06	3.89
PINEAPPLE JUC,FRZ CONC,UNSWTND,UNDIL	1 can (6 fl oz)	95.69	94.18	1.51	94.18
PINEAPPLE,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup, crushed, sliced, or chunks	55.90	0.00	2.08	53.82
PINEAPPLE,CND,H2O PK,SOL&LIQUIDS	1 cup, crushed, sliced, or chunks	20.42	18.45	1.97	18.45
PINEAPPLE,CND,H2O PK,SOL&LIQUIDS	1 slice or ring (3" dia) with liquid	3.90	3.53	0.38	3.53
PINEAPPLE,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup, crushed, sliced, or chunks	51.31	42.93	2.03	49.28
PINEAPPLE,CND,HVY SYRUP PK,SOL&LIQUIDS	1 slice or ring (3" dia) with liquid	9.90	8.28	0.39	9.51
PINEAPPLE,CND,JUC PK,DRND	1 cup, chunks	28.16	25.81	2.35	25.81

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PINEAPPLE,CND,JUC PK,DRND	1 cup, crushed	30.34	27.81	2.54	27.81
PINEAPPLE,CND,JUC PK,DRND	1 cup, sliced	25.21	23.10	2.11	23.10
PINEAPPLE,CND,JUC PK,DRND	1 spear	4.05	3.71	0.34	3.71
PINEAPPLE,CND,JUC PK,SOL&LIQUIDS	1 cup, crushed, sliced, or chunks	39.09	35.98	1.99	37.10
PINEAPPLE,CND,JUC PK,SOL&LIQUIDS	1 slice or ring (3" dia) with liquid	7.38	6.79	0.38	7.00
PINEAPPLE,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup, crushed, sliced, or chunks	33.89	31.88	2.02	31.88
PINEAPPLE,CND,LT SYRUP PK,SOL&LIQUIDS	1 slice or ring (3" dia) with liquid	6.46	6.07	0.38	6.07
PINEAPPLE,FRZ,CHUNKS,SWTND	1 cup, chunks	54.39	51.70	2.70	51.70
PINEAPPLE,RAW,ALL VAR	1 cup, chunks	21.65	16.25	2.31	19.34
PINEAPPLE,RAW,ALL VAR	1 fruit	118.74	89.14	12.67	106.07
PINEAPPLE,RAW,ALL VAR	1 slice (3-1/2" dia x 3/4" thick)	11.02	8.27	1.18	9.84
PINEAPPLE,RAW,ALL VAR	1 slice (4-2/3" dia x 3/4" thick)	21.78	16.35	2.32	19.46
PINEAPPLE,RAW,ALL VAR	1 slice, thin (3- 1/2" dia x 1/2" thick)	7.35	5.52	0.78	6.56
PINEAPPLE,RAW,EX SWT VAR	1 cup, chunks	22.28	17.03	2.31	19.97
PINEAPPLE,RAW,EX SWT VAR	1 fruit	122.18	93.40	12.67	109.51
PINEAPPLE,RAW,EX SWT VAR	1 NLEA serving	15.12	11.56	1.57	13.55
PINEAPPLE,RAW,EX SWT VAR	1 slice (4-2/3" dia x 3/4" thick)	22.41	17.13	2.32	20.09
PINEAPPLE,RAW,TRADITIONAL VAR	1 cup, chunks	19.50	13.68	0.00	19.50
PINEAPPLE,RAW,TRADITIONAL VAR	1 fruit	118.44	83.07	0.00	118.44
PINEAPPLE,RAW,TRADITIONAL VAR	1 NLEA serving	13.24	9.28	0.00	13.24
PINEAPPLE,RAW,TRADITIONAL VAR	1 slice (4-2/3" dia x 3/4" thick)	20.69	14.51	0.00	20.69
PITANGA,(SURINAM-CHERRY),RAW	1 cup	12.96	0.00	0.00	12.96
PITANGA,(SURINAM-CHERRY),RAW	1 fruit without refuse	0.52	0.00	0.00	0.52
PLANTAINS,COOKED	1 cup slices	47.97	21.56	3.54	44.43

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PLANTAINS,COOKED	1 cup, mashed	62.30	28.00	4.60	57.70
PLANTAINS,GRN,FRIED	1 cup	58.02	4.28	4.13	53.89
PLANTAINS,GRN,FRIED	10 slices (1/4" thick)	26.06	1.92	1.86	24.21
PLANTAINS,RAW	1 cup, sliced	47.20	22.20	3.40	43.79
PLANTAINS,RAW	1 medium	57.08	26.85	4.12	52.97
PLANTAINS,YEL,FRIED,LATINO RESTAURANT	1 cup	68.90	36.77	5.41	63.49
PLUMS,CND,HVY SYRUP,DRND	1 cup, with pits, yields	42.31	39.49	2.75	39.56
PLUMS,CND,PURPLE,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup, pitted	68.67	0.00	2.61	66.06
PLUMS,CND,PURPLE,H2O PK,SOL&LIQUIDS	1 cup, pitted	27.46	25.15	2.24	25.22
PLUMS,CND,PURPLE,H2O PK,SOL&LIQUIDS	1 plum with liquid	5.07	4.65	0.41	4.66
PLUMS,CND,PURPLE,HVY SYRUP PK,SOL&LIQUIDS	1 cup, pitted	59.96	57.56	2.32	57.64
PLUMS,CND,PURPLE,HVY SYRUP PK,SOL&LIQUIDS	1 plum with liquid	10.69	10.26	0.41	10.28
PLUMS,CND,PURPLE,JUC PK,SOL&LIQUIDS	1 cup, pitted	38.18	35.83	2.27	35.91
PLUMS,CND,PURPLE,JUC PK,SOL&LIQUIDS	1 plum with liquid	6.97	6.54	0.41	6.56
PLUMS,CND,PURPLE,LT SYRUP PK,SOL&LIQUIDS	1 cup, pitted	41.03	38.68	2.27	38.76
PLUMS,CND,PURPLE,LT SYRUP PK,SOL&LIQUIDS	1 plum with liquid	7.49	7.06	0.41	7.07
PLUMS,DRIED (PRUNES),STWD,W/ ADDED SUGAR	1 cup, pitted	81.54	0.00	9.42	72.12
PLUMS,DRIED (PRUNES),STWD,WO/ ADDED SUGAR	1 cup, pitted	69.64	61.95	7.69	61.95
PLUMS,DRIED (PRUNES),UNCKD	1 cup, pitted	111.15	66.35	12.35	98.80
PLUMS,DRIED (PRUNES),UNCKD	1 prune, pitted	6.07	3.62	0.67	5.39
PLUMS,RAW	1 cup, sliced	18.84	16.37	2.31	16.53
PLUMS,RAW	1 fruit (2-1/8" dia)	7.54	6.55	0.92	6.61
PLUMS,RAW	1 NLEA serving	17.24	14.98	2.11	15.13
POMEGRANATE JUC,BTLD	1 cup	32.69	31.50	0.25	32.44
POMEGRANATE JUC,BTLD	1 fl oz	4.12	3.97	0.03	4.09
POMEGRANATES,RAW	1/2 cup arils (seed/juice sacs)	16.27	11.89	3.48	12.79
POMEGRANATES,RAW	1 pomegranate (4" dia)	52.73	38.55	11.28	41.45
PRICKLY PEARS,RAW	1 cup	14.26	0.00	5.36	8.90
PRICKLY PEARS,RAW	1 fruit without refuse	9.86	0.00	3.71	6.15
PRUNE JUICE,CANNED	1 cup	44.67	42.11	2.56	42.11
PRUNE JUICE,CANNED	1 fl oz	5.58	5.26	0.32	5.26
PRUNE PUREE	2 tbsp	23.44	14.04	1.19	22.25

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PRUNES,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup	65.05	0.00	8.89	56.16
PRUNES,CND,HVY SYRUP PK,SOL&LIQUIDS	5 prunes with liquid	23.91	0.00	3.27	20.64
PRUNES,DEHYD (LOW-MOISTURE),STWD	1 cup	83.16	0.00	0.00	83.16
PRUNES,DEHYD (LOW-MOISTURE),UNCKD	1 cup	117.57	0.00	0.00	117.57
PUMMELO,RAW	1 cup, sections	18.28	0.00	1.90	16.38
PUMMELO,RAW	1 fruit without refuse	58.59	0.00	6.09	52.50
QUINCES,RAW	1 fruit without refuse	14.08	0.00	1.75	12.33
RAISINS,GOLDEN SEEDLESS	1 cup (not packed)	115.30	85.83	5.80	109.50
RAISINS,GOLDEN SEEDLESS	1 cup, packed	131.21	97.66	6.60	124.61
RAISINS,SEEDED	1 cup (not packed)	113.78	0.00	9.86	103.92
RAISINS,SEEDED	1 cup, packed	129.48	0.00	11.22	118.26
RAISINS,SEEDLESS	1 cup (not packed)	114.81	85.83	5.37	109.45
RAISINS,SEEDLESS	1 cup, packed	130.65	97.66	6.11	124.54
RAISINS,SEEDLESS	1 miniature box (.5 oz)	11.09	8.29	0.52	10.57
RAISINS,SEEDLESS	1 oz (60 raisins)	22.45	16.78	1.05	21.40
RAISINS,SEEDLESS	1 small box (1.5 oz)	34.05	25.45	1.59	32.46
RAISINS,SEEDLESS	50 raisins	20.59	15.39	0.96	19.62
RAMBUTAN,CND,SYRUP PK	1 cup	44.66	0.00	1.93	42.74
RAMBUTAN,CND,SYRUP PK	1 cup, drained	31.31	0.00	1.35	29.96
RAMBUTAN,CND,SYRUP PK	1 fruit	1.88	0.00	0.08	1.80
RASPBERRIES,CND,RED,HVY SYRUP PK,SOL&LIQUIDS	1 cup	59.80	51.35	8.45	51.35
RASPBERRIES,FRZ,RED,SWTND	1 cup, thawed	65.40	54.40	11.00	54.40
RASPBERRIES,FRZ,RED,SWTND	1 package (10 oz)	74.29	61.80	12.50	61.80
RASPBERRIES,FRZ,UNSWTND	1 cup, unthawed	16.72	6.19	9.10	7.62
RASPBERRIES,RAW	1 cup	14.69	5.44	8.00	6.69
RASPBERRIES,RAW	1 pint as purchased, yields	37.25	13.79	20.28	16.97
RASPBERRIES,RAW	10 raspberries	2.27	0.84	1.24	1.03
RHUBARB,FROZEN,UNCOOKED	1 cup, diced	6.99	1.51	2.47	4.52
RHUBARB,FRZ,CKD,W/SUGAR	1 cup	74.88	68.88	4.80	70.08
RHUBARB,RAW	1 cup, diced	5.54	1.34	2.20	3.34
RHUBARB,RAW	1 stalk	2.32	0.56	0.92	1.40

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ROSELLE,RAW	1 cup, without refuse	6.45	0.00	0.00	6.45
ROWAL,RAW	1/2 cup	27.25	16.07	7.07	20.18
SAPODILLA,RAW	1 cup, pulp	48.10	0.00	12.77	35.33
SAPODILLA,RAW	1 sapodilla	33.93	0.00	9.01	24.92
SAPOTE,MAMEY,RAW	1 cup 1" pieces	56.18	35.25	9.45	46.73
SAPOTE,MAMEY,RAW	1 fruit without refuse	179.12	112.38	30.13	148.99
SOURSOP,RAW	1 cup, pulp	37.89	30.47	7.43	30.47
SOURSOP,RAW	1 fruit (7" x 5-1/4" dia)	105.25	84.63	20.63	84.63
STRAWBERRIES,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup	59.77	55.45	4.32	55.45
STRAWBERRIES,FRZ,SWTND,SLICED	1 cup, thawed	66.10	61.23	4.85	61.25
STRAWBERRIES,FRZ,SWTND,SLICED	1 package (10 oz)	73.61	68.19	5.40	68.22
STRAWBERRIES,FRZ,SWTND,WHL	1 cup, thawed	53.55	47.46	4.85	48.71
STRAWBERRIES,FRZ,SWTND,WHL	1 package (10 oz)	59.64	52.85	5.40	54.24
STRAWBERRIES,FRZ,UNSWTND	1 berry	0.97	0.48	0.22	0.75
STRAWBERRIES,FRZ,UNSWTND	1 cup, thawed	20.18	10.08	4.64	15.54
STRAWBERRIES,FRZ,UNSWTND	1 cup, unthawed	13.60	6.79	3.13	10.47
STRAWBERRIES,FRZ,UNSWTND	1 package (20 oz)	51.77	25.86	11.91	39.86
STRAWBERRIES,RAW	1 cup, halves	11.67	7.43	3.04	8.63
STRAWBERRIES,RAW	1 cup, pureed	17.82	11.34	4.64	13.18
STRAWBERRIES,RAW	1 cup, sliced	12.75	8.12	3.32	9.43
STRAWBERRIES,RAW	1 cup, whole	11.06	7.04	2.88	8.18
STRAWBERRIES,RAW	1 extra large (1-5/8" dia)	2.07	1.32	0.54	1.53
STRAWBERRIES,RAW	1 large (1-3/8" dia)	1.38	0.88	0.36	1.02
STRAWBERRIES,RAW	1 medium (1-1/4" dia)	0.92	0.59	0.24	0.68
STRAWBERRIES,RAW	1 NLEA serving	11.29	7.19	2.94	8.35
STRAWBERRIES,RAW	1 pint as purchased, yields	27.42	17.46	7.14	20.28
STRAWBERRIES,RAW	1 small (1" dia)	0.54	0.34	0.14	0.40
SUGAR-APPLES,(SWEETSOP),RAW	1 cup, pulp	59.10	0.00	11.00	48.10
SUGAR-APPLES,(SWEETSOP),RAW	1 fruit (2-7/8" dia)	36.64	0.00	6.82	29.82
TAMARIND NECTAR,CND	1 cup	36.97	31.88	1.26	35.72

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TAMARINDS,RAW	1 cup, pulp	75.00	46.56	6.12	68.88
TAMARINDS,RAW	1 fruit (3" x 1")	1.25	0.78	0.10	1.15
TANGERINE JUC,CND,SWTND	1 cup	29.88	29.38	0.50	29.38
TANGERINE JUC,CND,SWTND	1 fl oz	3.73	3.67	0.06	3.67
TANGERINE JUICE,RAW	1 cup	24.95	24.45	0.49	24.45
TANGERINE JUICE,RAW	1 fl oz	3.12	3.06	0.06	3.06
TANGERINES,(MANDARIN ORANGES),CND,JUC PK	1 cup	23.83	22.09	1.74	22.09
TANGERINES,(MANDARIN ORANGES),CND,JUC PK,DRND	1 cup	17.78	15.59	2.27	15.52
TANGERINES,(MANDARIN ORANGES),CND,LT SYRUP PK	1 cup	40.80	39.03	1.76	39.03
TANGERINES,(MANDARIN ORANGES),RAW	1 cup, sections	26.01	20.63	3.51	22.50
TANGERINES,(MANDARIN ORANGES),RAW	1 large (2-3/4" dia)	16.01	12.70	2.16	13.85
TANGERINES,(MANDARIN ORANGES),RAW	1 medium (2-1/2" dia)	11.74	9.31	1.58	10.16
TANGERINES,(MANDARIN ORANGES),RAW	1 NLEA serving	14.54	11.53	1.96	12.58
TANGERINES,(MANDARIN ORANGES),RAW	1 small (2-1/4" dia)	10.14	8.04	1.37	8.77
WATERMELON,RAW	1 cup, balls	11.63	9.55	0.62	11.01
WATERMELON,RAW	1 cup, diced	11.48	9.42	0.61	10.87
WATERMELON,RAW	1 melon (15" long x 7-1/2" dia)	341.11	280.12	18.07	323.04
WATERMELON,RAW	1 NLEA serving	21.14	17.36	1.12	20.02
WATERMELON,RAW	1 wedge (approx 1/16 of melon)	21.59	17.73	1.14	20.45
WATERMELON,RAW	10 watermelon balls	9.21	7.56	0.49	8.72
BACON,PRE-SLICED,REDUCED/LOW NA,UNPREP	1 package	3.70	3.70	0.00	3.70
BACON,PRE-SLICED,REDUCED/LOW NA,UNPREP	1 slice	0.22	0.22	0.00	0.22
CANADIAN BACON,CKD,PAN-FRIED	1 slice	0.26	0.17	0.00	0.26
CANADIAN BACON,UNPREP	1 package (6 oz)	2.19	1.53	0.00	2.19
CANADIAN BACON,UNPREP	2 slices (6 per 6-oz pkg.)	0.74	0.51	0.00	0.74
CANADIAN BACON,UNPREP	3 oz	1.10	0.77	0.00	1.10
HORMEL ALWAYS TENDER,BNLESS PORK LOIN,FRSH PORK	1 oz	0.21	0.02	0.00	0.21
HORMEL ALWAYS TENDER,BNLESS PORK LOIN,FRSH PORK	1 serving	0.85	0.09	0.00	0.85

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HORMEL ALWAYS TENDER,BNLESS PORK LOIN,FRSH PORK	4 oz	0.85	0.09	0.00	0.85
HORMEL ALWAYS TENDER,CNTR CUT CHOPS,FRSH PORK	1 oz	0.24	0.08	0.00	0.24
HORMEL ALWAYS TENDER,CNTR CUT CHOPS,FRSH PORK	1 serving	0.94	0.31	0.00	0.94
HORMEL ALWAYS TENDER,CNTR CUT CHOPS,FRSH PORK	4 oz	0.94	0.31	0.00	0.94
HORMEL ALWAYS TENDER,PORK LOIN FILETS,LEMON GARLIC-FLAVORED	1 oz	0.50	0.06	0.00	0.50
HORMEL ALWAYS TENDER,PORK LOIN FILETS,LEMON GARLIC-FLAVORED	1 serving	2.00	0.25	0.00	2.00
HORMEL ALWAYS TENDER,PORK LOIN FILETS,LEMON GARLIC-FLAVORED	4 oz	2.00	0.25	0.00	2.00
HORMEL ALWAYS TENDER,PORK TENDERLOIN,PEPPERCORN-FLAVORED	4 oz	2.04	0.16	0.00	2.04
HORMEL ALWAYS TENDER,PORK TENDERLOIN,TERIYAKI-FLAVORED	4 oz	5.19	3.73	0.00	5.19
HORMEL CANADIAN STYLE BACON	1 serving	1.05	0.80	0.00	1.05
HORMEL,CURE 81 HAM	1 serving	0.18	0.00	0.00	0.18
PORK FRSH LOIN TENDERLOIN LN ONLY RAW	1 lb	0.00	0.00	0.00	0.00
PORK FRSH LOIN TENDERLOIN LN ONLY RAW	1 roast	0.00	0.00	0.00	0.00
PORK FRSH LOIN TENDERLOIN LN ONLY RAW	3 oz	0.00	0.00	0.00	0.00
PORK LOIN,FRSH,BACKRIBS,BONE-IN,COOKED-ROASTED,LN	1 ribs	0.00	0.00	0.00	0.00
PORK LOIN,FRSH,BACKRIBS,BONE-IN,COOKED-ROASTED,LN	3 oz	0.00	0.00	0.00	0.00
PORK LOIN,FRSH,BACKRIBS,BONE-IN,RAW,LN	1 ribs	0.00	0.00	0.00	0.00
PORK,BACON,RENDERED FAT,CKD	3 oz	0.00	0.00	0.00	0.00
PORK,CURED,BACON,CKD,BKD	1 slice cooked	0.11	0.00	0.00	0.11
PORK,CURED,BACON,CKD,BRLD,PAN-FRIED OR RSTD,RED NA	1 slice cooked	0.11	0.00	0.00	0.11
PORK,CURED,BACON,CKD,MICROWAVED	1 slice cooked	0.04	0.00	0.00	0.04
PORK,CURED,BACON,CKD,MICROWAVED	1 slice raw	0.13	0.00	0.00	0.13
PORK,CURED,BACON,PRE-SLICED,CKD,PAN-FRIED	1 slice	0.20	0.00	0.00	0.20
PORK,CURED,BACON,UNPREP	1 package	5.66	4.42	0.00	5.66
PORK,CURED,BACON,UNPREP	1 slice raw	0.36	0.28	0.00	0.36
PORK,CURED,BRKFST STRIPS,CKD	1 package (12 oz)	1.79	0.00	0.00	1.79
PORK,CURED,BRKFST STRIPS,CKD	3 oz	0.89	0.00	0.00	0.89

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PORK,CURED,BRKFST STRIPS,CKD	3 slices, cooked (raw product packed 15 per 12-oz bag)	0.36	0.00	0.00	0.36
PORK,CURED,BRKFST STRIPS,RAW OR UNHTD	1 package (12 oz)	2.38	0.00	0.00	2.38
PORK,CURED,BRKFST STRIPS,RAW OR UNHTD	3 oz	0.60	0.00	0.00	0.60
PORK,CURED,BRKFST STRIPS,RAW OR UNHTD	3 slices	0.48	0.00	0.00	0.48
PORK,CURED,CANADIAN-STYLE BACON,GRILLED	1 package (6 oz) yields	1.88	0.00	0.00	1.88
PORK,CURED,CANADIAN-STYLE BACON,GRILLED	2 slices (6 per 6- oz pkg.)	0.63	0.00	0.00	0.63
PORK,CURED,FAT (FROM HAM&ARM PICNIC),RSTD	1 oz	0.00	0.00	0.00	0.00
PORK,CURED,FAT (FROM HAM&ARM PICNIC),RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,CURED,FAT (FROM HAM&ARM PICNIC),UNHTD	1 oz	0.03	0.00	0.00	0.03
PORK,CURED,FAT (FROM HAM&ARM PICNIC),UNHTD	3 oz	0.08	0.00	0.00	0.08
PORK,CURED,FEET,PICKLED	1 lb	0.05	0.00	0.00	0.05
PORK,CURED,FEET,PICKLED	1 oz	0.00	0.00	0.00	0.00
PORK,CURED,HAM -- H2O ADDED,RUMP,BONE-IN,LN & FAT,HTD,RSTD	1 roast rump	29.40	23.17	0.00	29.40
PORK,CURED,HAM -- H2O ADDED,RUMP,BONE-IN,LN & FAT,HTD,RSTD	1 serving (3 oz)	0.84	0.66	0.00	0.84
PORK,CURED,HAM -- H2O ADDED,RUMP,BONE-IN,LN & FAT,UNHTD	1 lb	3.63	2.81	0.00	3.63
PORK,CURED,HAM -- H2O ADDED,RUMP,BONE-IN,LN & FAT,UNHTD	1 oz	0.23	0.18	0.00	0.23
PORK,CURED,HAM -- H2O ADDED,RUMP,BONE- IN,LN,HTD,RSTD	1 roast rump	25.84	24.95	0.00	25.84
PORK,CURED,HAM -- H2O ADDED,RUMP,BONE- IN,LN,HTD,RSTD	1 serving (3 oz)	0.74	0.71	0.00	0.74
PORK,CURED,HAM -- H2O ADDED,RUMP,BONE- IN,LN,UNHTD	3 oz	0.57	0.57	0.00	0.57
PORK,CURED,HAM -- H2O ADDED,SHANK,BONE-IN,LN & FAT,HTD,RSTD	1 roast shank	41.23	24.13	0.00	41.23
PORK,CURED,HAM -- H2O ADDED,SHANK,BONE-IN,LN & FAT,HTD,RSTD	1 serving (3 oz)	1.15	0.67	0.00	1.15
PORK,CURED,HAM -- H2O ADDED,SHANK,BONE-IN,LN & FAT,UNHTD	1 lb	2.99	2.99	0.00	2.99
PORK,CURED,HAM -- H2O ADDED,SHANK,BONE-IN,LN & FAT,UNHTD	1 oz	0.19	0.19	0.00	0.19

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PORK,CURED,HAM -- H2O ADDED,SHANK,BONE-IN,LN,HTD,RSTD	1 roast shank	36.65	27.79	0.00	36.65
PORK,CURED,HAM -- H2O ADDED,SHANK,BONE-IN,LN,HTD,RSTD	1 serving (3 oz)	1.02	0.77	0.00	1.02
PORK,CURED,HAM -- H2O ADDED,SHANK,BONE-IN,LN,UNHTD	3 oz	0.60	0.60	0.00	0.60
PORK,CURED,HAM -- H2O ADDED,SLCE,BNE-IN,LN & FAT,HTD,PAN-BRL	1 serving (3 oz)	1.31	1.31	0.00	1.31
PORK,CURED,HAM -- H2O ADDED,SLCE,BNE-IN,LN & FAT,HTD,PAN-BRL	1 slice	6.71	6.71	0.00	6.71
PORK,CURED,HAM -- H2O ADDED,SLCE,BNLESS,LN & FAT,HTD,PAN-BRL	1 serving (3 oz)	1.46	1.46	0.00	1.46
PORK,CURED,HAM -- H2O ADDED,SLCE,BNLESS,LN & FAT,HTD,PAN-BRL	1 slice	3.25	3.25	0.00	3.25
PORK,CURED,HAM -- H2O ADDED,SLICE,BNLESS,LN,HTD,PAN-BROIL	1 serving (3 oz)	1.49	1.49	0.00	1.49
PORK,CURED,HAM -- H2O ADDED,SLICE,BNLESS,LN,HTD,PAN-BROIL	1 slice	3.31	3.31	0.00	3.31
PORK,CURED,HAM -- H2O ADDED,SLICE,BONE-IN,LN & FAT,UNHTD	1 lb	4.99	4.99	0.00	4.99
PORK,CURED,HAM -- H2O ADDED,SLICE,BONE-IN,LN & FAT,UNHTD	1 oz	0.31	0.31	0.00	0.31
PORK,CURED,HAM -- H2O ADDED,SLICE,BONE-IN,LN,HTD,PAN-BROIL	1 serving (3 oz)	1.26	1.26	0.00	1.26
PORK,CURED,HAM -- H2O ADDED,SLICE,BONE-IN,LN,HTD,PAN-BROIL	1 slice	6.45	6.45	0.00	6.45
PORK,CURED,HAM -- H2O ADDED,SLICE,BONE-IN,LN,UNHTD	3 oz	1.05	1.05	0.00	1.05
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN & FAT,HTD,RSTD	1 roast	28.75	28.75	0.00	28.75
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN & FAT,HTD,RSTD	1 serving (3 oz)	1.31	1.31	0.00	1.31
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN & FAT,UNHTD	1 lb whole	6.44	6.44	0.00	6.44
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN & FAT,UNHTD	1 oz whole	0.40	0.40	0.00	0.40
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN,HTD,RSTD	1 roast whole	29.31	29.31	0.00	29.31
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN,HTD,RSTD	3 oz	1.33	1.33	0.00	1.33
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN,UNHTD	3 oz	1.23	1.23	0.00	1.23

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PORK,CURED,HAM & H2O PRDCT,SLCE,BNE-IN,LN & FAT,HTD,PAN-BRL	1 serving (3 oz)	1.20	0.88	0.00	1.20
PORK,CURED,HAM & H2O PRDCT,SLCE,BNE-IN,LN & FAT,HTD,PAN-BRL	1 slice	6.29	4.59	0.00	6.29
PORK,CURED,HAM & H2O PRDCT,SLICE,BNLESS,LN & FAT,HTD,PAN-BRL	1 serving (3 oz)	3.99	3.99	0.00	3.99
PORK,CURED,HAM & H2O PRDCT,SLICE,BNLESS,LN & FAT,HTD,PAN-BRL	1 slice	6.38	6.38	0.00	6.38
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN & FAT,HTD,RSTD	1 roast rump	29.13	26.09	0.00	29.13
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN & FAT,HTD,RSTD	1 serving (3 oz)	0.98	0.88	0.00	0.98
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN & FAT,UNHTD	1 lb rump	6.12	3.99	0.00	6.12
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN & FAT,UNHTD	1 oz rump	0.38	0.25	0.00	0.38
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN,HTD,RSTD	1 roast rump	29.13	29.13	0.00	29.13
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN,HTD,RSTD	1 serving (3 oz)	0.98	0.98	0.00	0.98
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN,UNHTD	1 lb	5.62	4.40	0.00	5.62
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN,UNHTD	1 oz	0.35	0.27	0.00	0.35
PORK,CURED,HAM & H2O PRODUCT,SHANK,BONE-IN,LN & FAT,HTD,RSTD	1 roast shank	45.50	31.72	0.00	45.50
PORK,CURED,HAM & H2O PRODUCT,SHANK,BONE-IN,LN & FAT,HTD,RSTD	1 serving (3 oz)	1.21	0.84	0.00	1.21
PORK,CURED,HAM & H2O PRODUCT,SHANK,BONE-IN,LN & FAT,UNHTD	1 lb shank	6.44	3.90	0.00	6.44
PORK,CURED,HAM & H2O PRODUCT,SHANK,BONE-IN,LN & FAT,UNHTD	1 oz shank	0.40	0.24	0.00	0.40
PORK,CURED,HAM & H2O PRODUCT,SHANK,BONE-IN,LN,HTD,RSTD	1 roast shank	40.37	40.37	0.00	40.37
PORK,CURED,HAM & H2O PRODUCT,SHANK,BONE-IN,LN,HTD,RSTD	1 serving (3 oz)	1.07	1.07	0.00	1.07
PORK,CURED,HAM & H2O PRODUCT,SHANK,BONE-IN,UNHTD,LN	3 oz	1.02	0.90	0.00	1.02
PORK,CURED,HAM & H2O PRODUCT,SLICE,BNLESS,LN,HTD,PAN-BROIL	1 serving (3 oz)	3.99	3.99	0.00	3.99
PORK,CURED,HAM & H2O PRODUCT,SLICE,BNLESS,LN,HTD,PAN-BROIL	1 slice	6.47	6.47	0.00	6.47

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PORK,CURED,HAM & H2O PRODUCT,SLICE,BONE-IN,LN & FAT,UNHTD	1 lb	12.34	3.86	0.00	12.34
PORK,CURED,HAM & H2O PRODUCT,SLICE,BONE-IN,LN & FAT,UNHTD	1 oz	0.77	0.24	0.00	0.77
PORK,CURED,HAM & H2O PRODUCT,SLICE,BONE-IN,LN,HTD,PAN-BROIL	1 serving (3 oz)	1.15	0.94	0.00	1.15
PORK,CURED,HAM & H2O PRODUCT,SLICE,BONE-IN,LN,HTD,PAN-BROIL	1 slice	6.02	4.91	0.00	6.02
PORK,CURED,HAM & H2O PRODUCT,SLICE,BONE-IN,LN,UNHTD	3 oz	2.40	0.77	0.00	2.40
PORK,CURED,HAM & H2O PRODUCT,WHL,BNLESS,LN & FAT,HTD,RSTD	1 roast	91.97	91.97	0.00	91.97
PORK,CURED,HAM & H2O PRODUCT,WHL,BNLESS,LN & FAT,HTD,RSTD	1 serving (3 oz)	3.92	3.92	0.00	3.92
PORK,CURED,HAM & H2O PRODUCT,WHL,BNLESS,LN & FAT,UNHTD	1 lb whole	19.10	19.10	0.00	19.10
PORK,CURED,HAM & H2O PRODUCT,WHL,BNLESS,LN & FAT,UNHTD	1 oz whole	1.19	1.19	0.00	1.19
PORK,CURED,HAM & H2O PRODUCT,WHL,BNLESS,LN,HTD,RSTD	1 roast	91.97	91.97	0.00	91.97
PORK,CURED,HAM & H2O PRODUCT,WHL,BNLESS,LN,HTD,RSTD	1 serving (3 oz)	3.92	3.92	0.00	3.92
PORK,CURED,HAM & H2O PRODUCT,WHL,BNLESS,LN,UNHTD	3 oz	3.59	3.59	0.00	3.59
PORK,CURED,HAM W/ NAT JUCS,SPRL SLCE,BNLES,LN & FAT,HTD,RSTD	1 roast	9.75	9.75	0.00	9.75
PORK,CURED,HAM W/ NAT JUCS,SPRL SLCE,BNLES,LN & FAT,HTD,RSTD	1 serving (3 oz)	0.90	0.90	0.00	0.90
PORK,CURED,HAM W/ NAT JUCS,SPRL SLCE,BNLES,LN & FAT,HTD,RSTD	1 slice	1.54	1.54	0.00	1.54
PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN & FAT,HTD,RSTD	1 roast rump	16.04	12.03	0.00	16.04
PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN & FAT,HTD,RSTD	1 serving (3 oz)	0.51	0.38	0.00	0.51
PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN & FAT,UNHTD	1 lb rump	1.95	1.95	0.00	1.95
PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN & FAT,UNHTD	1 oz rump	0.12	0.12	0.00	0.12
PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN,HTD,RSTD	1 roast rump	12.83	12.83	0.00	12.83
PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN,HTD,RSTD	1 serving (3 oz)	0.41	0.41	0.00	0.41

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PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN,UNHTD	3 oz	0.37	0.37	0.00	0.37
PORK,CURED,HAM W/ NAT JUICES,SHANK,BONE-IN,LN & FAT,HTD,RSTD	1 roast shank	10.46	10.46	0.00	10.46
PORK,CURED,HAM W/ NAT JUICES,SHANK,BONE-IN,LN & FAT,HTD,RSTD	1 serving (3 oz)	0.28	0.28	0.00	0.28
PORK,CURED,HAM W/ NAT JUICES,SHANK,BONE-IN,LN & FAT,UNHTD	1 lb shank	1.45	1.45	0.00	1.45
PORK,CURED,HAM W/ NAT JUICES,SHANK,BONE-IN,LN & FAT,UNHTD	1 oz shank	0.09	0.09	0.00	0.09
PORK,CURED,HAM W/ NAT JUICES,SHANK,BONE-IN,LN,HTD,RSTD	1 roast shank	10.78	10.78	0.00	10.78
PORK,CURED,HAM W/ NAT JUICES,SHANK,BONE-IN,LN,HTD,RSTD	1 serving (3 oz)	0.29	0.29	0.00	0.29
PORK,CURED,HAM W/ NAT JUICES,SHANK,BONE-IN,LN,UNHTD	3 oz	0.26	0.26	0.00	0.26
PORK,CURED,HAM W/ NAT JUICES,SLICE,BNLESS,LN,HTD,PAN-BROIL	1 serving (3 oz)	0.89	0.89	0.00	0.89
PORK,CURED,HAM W/ NAT JUICES,SLICE,BNLESS,LN,HTD,PAN-BROIL	1 slice	2.91	2.91	0.00	2.91
PORK,CURED,HAM W/ NAT JUICES,SLICE,BONE-IN,LN & FAT,UNHTD	3 oz	0.14	0.03	0.00	0.14
PORK,CURED,HAM W/ NAT JUICES,SLICE,BONE-IN,LN,HTD,PAN-BROIL	1 serving (3 oz)	0.00	0.00	0.00	0.00
PORK,CURED,HAM W/ NAT JUICES,SLICE,BONE-IN,LN,HTD,PAN-BROIL	1 slice	0.00	0.00	0.00	0.00
PORK,CURED,HAM W/ NAT JUICES,SLICE,BONE-IN,LN,UNHTD	1 slice	0.00	0.00	0.00	0.00
PORK,CURED,HAM W/ NAT JUICES,SLICE,BONE-IN,LN,UNHTD	3 oz	0.00	0.00	0.00	0.00
PORK,CURED,HAM W/ NAT JUICES,SPIRAL SLICE,BNLESS,LN,UNHTD	1 lb spiral slice	5.53	5.53	0.00	5.53
PORK,CURED,HAM W/ NAT JUICES,SPIRAL SLICE,BNLESS,LN,UNHTD	1 oz spiral slice	0.35	0.35	0.00	0.35
PORK,CURED,HAM W/ NAT JUICES,SPIRAL SLICE,BNLESS,LN & FAT,UNHTD	1 lb spiral slice	5.35	5.35	0.00	5.35
PORK,CURED,HAM W/ NAT JUICES,SPIRAL SLICE,BNLESS,LN & FAT,UNHTD	1 oz spiral slice	0.33	0.33	0.00	0.33
PORK,CURED,HAM W/ NAT JUICES,WHL,BNLESS,LN & FAT,HTD,RSTD	1 roast	12.57	12.13	0.00	12.57
PORK,CURED,HAM W/ NAT JUICES,WHL,BNLESS,LN & FAT,HTD,RSTD	1 serving (3 oz)	0.71	0.69	0.00	0.71

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PORK,CURED,HAM W/ NAT JUICES,WHL,BNLESS,LN & FAT,UNHTD	1 lb whole	4.63	4.63	0.00	4.63
PORK,CURED,HAM W/ NAT JUICES,WHL,BNLESS,LN & FAT,UNHTD	1 oz whole	0.29	0.29	0.00	0.29
PORK,CURED,HAM W/ NAT JUICES,WHL,BNLESS,LN,HTD,RSTD	1 roast	12.57	12.13	0.00	12.57
PORK,CURED,HAM W/ NAT JUICES,WHL,BNLESS,LN,HTD,RSTD	1 serving (3 oz)	0.71	0.69	0.00	0.71
PORK,CURED,HAM W/ NAT JUICES,WHL,BNLESS,LN,UNHTD	1 lb	4.67	4.67	0.00	4.67
PORK,CURED,HAM W/ NAT JUICES,WHL,BNLESS,LN,UNHTD	1 oz	0.29	0.29	0.00	0.29
PORK,CURED,HAM W/ NAT JUICES,SLCE,BNE-IN,LN & FAT,HTD,PAN-BRL	1 serving (3 oz)	0.14	0.02	0.00	0.14
PORK,CURED,HAM W/ NAT JUICES,SLCE,BNE-IN,LN & FAT,HTD,PAN-BRL	1 slice	0.76	0.09	0.00	0.76
PORK,CURED,HAM W/ NAT JUICES,SLICE,BNLES,LN & FAT,HTD,PAN-BRL	1 serving (3 oz)	0.88	0.88	0.00	0.88
PORK,CURED,HAM W/ NAT JUICES,SLICE,BNLES,LN & FAT,HTD,PAN-BRL	1 slice	2.88	2.88	0.00	2.88
PORK,CURED,HAM,BNLESS,EX LN (APPROX 5% FAT),RSTD	1 cup	2.10	0.00	0.00	2.10
PORK,CURED,HAM,BNLESS,EX LN (APPROX 5% FAT),RSTD	3 oz	1.28	0.00	0.00	1.28
PORK,CURED,HAM,BNLESS,EX LN®,RSTD	1 cup	0.70	0.00	0.00	0.70
PORK,CURED,HAM,BNLESS,EX LN®,RSTD	3 oz	0.43	0.00	0.00	0.43
PORK,CURED,HAM,BNLESS,EX LN®,UNHTD	1 cup	3.19	0.00	0.00	3.19
PORK,CURED,HAM,BNLESS,EX LN®,UNHTD	1 slice (6-1/4" x 4" x 1/16") (1 oz)	0.64	0.00	0.00	0.64
PORK,CURED,HAM,BNLESS,LO NA,EX LN & REG,RSTD	1 cubic inch, boneless	0.09	0.00	0.00	0.09
PORK,CURED,HAM,BNLESS,LO NA,EX LN & REG,RSTD	1 oz, boneless	0.14	0.00	0.00	0.14
PORK,CURED,HAM,BNLESS,LO NA,EX LN (APPROXIMATELY 5% FAT),RSTD	1 lb	6.80	0.00	0.00	6.80
PORK,CURED,HAM,BNLESS,LO NA,EX LN (APPROXIMATELY 5% FAT),RSTD	1 oz	0.43	0.00	0.00	0.43
PORK,CURED,HAM,BNLESS,REG (APPROX 11% FAT),RSTD	1 cup	0.00	0.00	0.00	0.00
PORK,CURED,HAM,BNLESS,REG (APPROX 11% FAT),RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,CURED,HAM,CNTR SLICE,COUNTRY-STYLE,LN,RAW	1 oz	0.09	0.00	0.00	0.09

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PORK,CURED,HAM,CNTR SLICE,COUNTRY-STYLE,LN,RAW	4 oz	0.34	0.00	0.00	0.34
PORK,CURED,HAM,CNTR SLICE,LN&FAT,UNHTD	1 oz	0.01	0.00	0.00	0.01
PORK,CURED,HAM,CNTR SLICE,LN&FAT,UNHTD	4 oz	0.06	0.00	0.00	0.06
PORK,CURED,HAM,EX LN (APPROX 4% FAT),CND,RSTD	1 cup	0.73	0.00	0.00	0.73
PORK,CURED,HAM,EX LN (APPROX 4% FAT),CND,RSTD	3 oz	0.44	0.00	0.00	0.44
PORK,CURED,HAM,EX LN (APPROX 4% FAT),CND,UNHTD	1 cup	0.00	0.00	0.00	0.00
PORK,CURED,HAM,EX LN (APPROX 4% FAT),CND,UNHTD	1 oz	0.00	0.00	0.00	0.00
PORK,CURED,HAM,EX LN®,CND,RSTD	1 cup	0.69	0.00	0.00	0.69
PORK,CURED,HAM,EX LN®,CND,RSTD	3 oz	0.42	0.00	0.00	0.42
PORK,CURED,HAM,EX LN®,CND,UNHTD	1 cup	0.00	0.00	0.00	0.00
PORK,CURED,HAM,EX LN®,CND,UNHTD	1 oz	0.00	0.00	0.00	0.00
PORK,CURED,HAM,FAT,BNLESS,HTD	3 oz	1.70	0.24	0.00	1.70
PORK,CURED,HAM,FAT,BNLESS,UNHTD	4 oz	2.19	0.51	0.00	2.19
PORK,CURED,HAM,LO NA,LN & FAT,CKD	1 cubic inch, boneless	0.05	0.00	0.00	0.05
PORK,CURED,HAM,LO NA,LN & FAT,CKD	1 oz, boneless	0.09	0.00	0.00	0.09
PORK,CURED,HAM,PATTIES,UNHTD	1 oz	0.48	0.00	0.00	0.48
PORK,CURED,HAM,PATTIES,UNHTD	1 patty	1.10	0.00	0.00	1.10
PORK,CURED,HAM,REG (APPROX 13% FAT),CND,RSTD	1 cup	0.59	0.00	0.00	0.59
PORK,CURED,HAM,REG (APPROX 13% FAT),CND,RSTD	3 oz	0.36	0.00	0.00	0.36
PORK,CURED,HAM,RUMP,BONE-IN,LN & FAT,HTD,RSTD	1 roast rump	18.39	18.39	0.00	18.39
PORK,CURED,HAM,RUMP,BONE-IN,LN & FAT,HTD,RSTD	1 serving (3 oz)	0.54	0.54	0.00	0.54
PORK,CURED,HAM,RUMP,BONE-IN,LN & FAT,UNHTD	3 oz	0.44	0.05	0.00	0.44
PORK,CURED,HAM,RUMP,BONE-IN,LN,HTD,RSTD	1 roast rump	19.54	19.54	0.00	19.54
PORK,CURED,HAM,RUMP,BONE-IN,LN,HTD,RSTD	1 serving (3 oz)	0.58	0.58	0.00	0.58
PORK,CURED,HAM,RUMP,BONE-IN,LN,UNHTD	1 lb	1.45	0.00	0.00	1.45
PORK,CURED,HAM,RUMP,BONE-IN,LN,UNHTD	1 oz	0.09	0.00	0.00	0.09
PORK,CURED,HAM,SHANK,BONE-IN,LN & FAT,HTD,RSTD	1 roast shank	17.92	17.92	0.00	17.92
PORK,CURED,HAM,SHANK,BONE-IN,LN & FAT,HTD,RSTD	1 serving (3 oz)	0.54	0.54	0.00	0.54
PORK,CURED,HAM,SHANK,BONE-IN,LN & FAT,UNHTD	1 lb	1.86	0.27	0.00	1.86

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PORK,CURED,HAM,SHANK,BONE-IN,LN & FAT,UNHTD	1 oz	0.12	0.02	0.00	0.12
PORK,CURED,HAM,SHANK,BONE-IN,LN,HTD,RSTD	1 roast shank	19.04	19.04	0.00	19.04
PORK,CURED,HAM,SHANK,BONE-IN,LN,HTD,RSTD	1 serving (3 oz)	0.58	0.58	0.00	0.58
PORK,CURED,HAM,SHANK,BONE-IN,LN,UNHTD	1 lb	0.82	0.00	0.00	0.82
PORK,CURED,HAM,SHANK,BONE-IN,LN,UNHTD	1 oz	0.05	0.00	0.00	0.05
PORK,CURED,HAM,SLICE,BONE-IN,LN & FAT,HTD,PAN-BROIL	1 serving (3 oz)	0.60	0.60	0.00	0.60
PORK,CURED,HAM,SLICE,BONE-IN,LN & FAT,HTD,PAN-BROIL	1 slice	2.56	2.56	0.00	2.56
PORK,CURED,HAM,SLICE,BONE-IN,LN & FAT,UNHTD	1 serving (3 oz)	0.18	0.04	0.00	0.18
PORK,CURED,HAM,SLICE,BONE-IN,LN & FAT,UNHTD	1 slice	0.89	0.21	0.00	0.89
PORK,CURED,HAM,SLICE,BONE-IN,LN,HTD,PAN-BROIL	1 serving (3 oz)	0.63	0.63	0.00	0.63
PORK,CURED,HAM,SLICE,BONE-IN,LN,HTD,PAN-BROIL	1 slice	2.71	2.71	0.00	2.71
PORK,CURED,HAM,SLICE,BONE-IN,LN,UNHTD	1 serving (3 oz)	0.00	0.00	0.00	0.00
PORK,CURED,HAM,SLICE,BONE-IN,LN,UNHTD	1 slice	0.00	0.00	0.00	0.00
PORK,CURED,HAM,STEAK,BNLESS,EX LN,UNHTD	1 oz	0.00	0.00	0.00	0.00
PORK,CURED,HAM,STEAK,BNLESS,EX LN,UNHTD	1 slice	0.00	0.00	0.00	0.00
PORK,CURED,HAM,WHL,LN&FAT,UNHTD	1 cup	0.08	0.00	0.00	0.08
PORK,CURED,HAM,WHL,LN&FAT,UNHTD	1 oz	0.02	0.00	0.00	0.02
PORK,CURED,HAM,WHL,LN,RSTD	1 cup	0.00	0.00	0.00	0.00
PORK,CURED,HAM,WHL,LN,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,CURED,HAM,WHL,LN,UNHTD	1 cup	0.07	0.00	0.00	0.07
PORK,CURED,HAM,WHL,LN,UNHTD	1 oz	0.01	0.00	0.00	0.01
PORK,CURED,SALT PORK,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,CURED,SALT PORK,RAW	8 oz	0.00	0.00	0.00	0.00
PORK,CURED,SHLDR,ARM PICNIC,LN&FAT,RSTD	1 cup	0.00	0.00	0.00	0.00
PORK,CURED,SHLDR,ARM PICNIC,LN&FAT,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,CURED,SHLDR,ARM PICNIC,LN,RSTD	1 cup	0.00	0.00	0.00	0.00
PORK,CURED,SHLDR,ARM PICNIC,LN,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,CURED,SHLDR,BLADE ROLL,LN&FAT,RSTD	1 piece, cooked (yield from 1 lb unheated product)	1.39	0.00	0.00	1.39
PORK,CURED,SHLDR,BLADE ROLL,LN&FAT,RSTD	3 oz	0.31	0.00	0.00	0.31
PORK,CURED,SHLDR,BLADE ROLL,LN&FAT,UNHTD	1 oz	0.00	0.00	0.00	0.00
PORK,CURED,SHLDR,BLADE ROLL,LN&FAT,UNHTD	4 oz	0.00	0.00	0.00	0.00
PORK,FRESH,BACKFAT,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRESH,BACKFAT,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRESH,GROUND,COOKED	3 oz	0.00	0.00	0.00	0.00

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PORK,FRESH,GROUND,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRESH,GROUND,RAW	4 oz	0.00	0.00	0.00	0.00
PORK,FRSH,BACKRIBS,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,BACKRIBS,LN&FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,BELLY,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,BELLY,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,BLADE,(CHOPS),BNLESS,LN & FAT,CKD,BRLD	1 chop	1.09	0.00	0.00	1.09
PORK,FRSH,CARCASS,LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,CARCASS,LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,COMP (LEG,LOIN,SHLDR,&SPARERIBS),LN&FAT,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
PORK,FRSH,COMP (LEG,LOIN,SHLDR,&SPARERIBS),LN&FAT,CKD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,COMP (LEG,LOIN,SHLDR,&SPARERIBS),LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,COMP (LEG,LOIN,SHLDR,&SPARERIBS),LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,COMP OF LEG,LOIN,SHLDR,& SPARERIBS,LN & FAT,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,COMP OF LEG,LOIN,SHLDR,& SPARERIBS,LN & FAT,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,COMP OF RTL CUTS (LEG,LOIN,&SHLDR),LN,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
PORK,FRSH,COMP OF RTL CUTS (LEG,LOIN,&SHLDR),LN,CKD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,COMP OF RTL CUTS (LEG,LOIN,SHLDR),LN,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,COMP OF RTL CUTS (LEG,LOIN,SHLDR),LN,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,COMP OF RTL CUTS (LOIN & SHLDR BLADE),LN & FAT,RAW	1 lb	0.00	0.00	0.00	0.00

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PORK,FRSH,COMP OF RTL CUTS (LOIN & SHLDR BLADE),LN & FAT,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN&FAT,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN&FAT,CKD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN,CKD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,ENHANCED,COMP OF FAT,CKD	3 oz	0.27	0.00	0.00	0.27
PORK,FRSH,ENHANCED,COMP OF FAT,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,ENHANCED,COMP OF FAT,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,ENHANCED,LOIN,TENDERLOIN,LN & FAT,CKD,RSTD	1 roast	1.57	0.00	0.00	1.57
PORK,FRSH,ENHANCED,LOIN,TENDERLOIN,LN & FAT,CKD,RSTD	3 oz	0.26	0.00	0.00	0.26
PORK,FRSH,ENHANCED,LOIN,TENDERLOIN,LN & FAT,RAW	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,ENHANCED,LOIN,TENDERLOIN,LN & FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,ENHANCED,LOIN,TENDERLOIN,LN,CKD,RSTD	3 oz	0.26	0.00	0.00	0.26
PORK,FRSH,ENHANCED,LOIN,TENDERLOIN,LN,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,ENHANCED,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,RAW	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,ENHANCED,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,BRLD	1 chop	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PORK,FRSH,ENHANCED,LOIN, TOP LOIN (CHOPS),BNLESS,LN,RAW	1 chop	0.32	0.00	0.00	0.32
PORK,FRSH,ENHANCED,SHLDR,(BOSTON BUTT),BLADE (STEAKS),LN,RAW	3 oz	0.15	0.00	0.00	0.15
PORK,FRSH,ENHCD,LN, TOP LOIN (CHOPS),BNLESS,LN & FAT,CKD,BRLD	1 chop	0.02	0.00	0.00	0.02
PORK,FRSH,ENHCD,SHLDR,(BOSTON BUTT),BLDE (STKS),LN & FAT,RAW	1 steak	0.63	0.00	0.00	0.63
PORK,FRSH,ENHCD,SHLDR,(BOSTON BUTT),BLDE (STKS),LN & FAT,RAW	3 oz	0.14	0.00	0.00	0.14
PORK,FRSH,ENHCD,SHLDR,(BOSTON BUTT),BLDE (STKS),LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,ENHCD,SHLDR,(BSTN BUTT),BLDE(STKS),LN&FAT,BRSD	1 steak	0.08	0.00	0.00	0.08
PORK,FRSH,ENHCD,SHLDR,(BSTN BUTT),BLDE(STKS),LN&FAT,BRSD	3 oz	0.03	0.00	0.00	0.03
PORK,FRSH,FAT,CKD	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,FAT,CKD	4 oz	0.00	0.00	0.00	0.00
PORK,FRSH,FAT,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,FAT,RAW	4 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),RUMP HALF,LN&FAT,CKD,RSTD	1 cup, diced	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),RUMP HALF,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),RUMP HALF,LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),RUMP HALF,LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),RUMP HALF,LN,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),RUMP HALF,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),RUMP HALF,LN,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),RUMP HALF,LN,RAW	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),RUMP HALF,LN,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),SHANK HALF,LN&FAT,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),SHANK HALF,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),SHANK HALF,LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),SHANK HALF,LN&FAT,RAW	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),SHANK HALF,LN&FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),SHANK HALF,LN,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),SHANK HALF,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),SHANK HALF,LN,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),SHANK HALF,LN,RAW	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),SHANK HALF,LN,RAW	3 oz	0.00	0.00	0.00	0.00

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PORK,FRSH,LEG (HAM),WHL,LN&FAT,CKD,RSTD	1 cup, diced	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),WHL,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),WHL,LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),WHL,LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),WHL,LN,CKD,RSTD	1 cup, diced	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),WHL,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),WHL,LN,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,LEG (HAM),WHL,LN,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS OR ROASTS),BNLESS,LN,RAW	1 chop	1.44	0.00	0.00	1.44
PORK,FRSH,LOIN,BLADE (CHOPS OR ROASTS),BNLESS,LN,RAW	3 oz	0.70	0.00	0.00	0.70
PORK,FRSH,LOIN,BLADE (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS OR ROASTS),BONE-IN,LN,RAW	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS OR ROASTS),BONE-IN,LN,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS),BNLESS,LN,BNLESS,CKD,BRLD	1 chop	1.17	0.00	0.00	1.17
PORK,FRSH,LOIN,BLADE (CHOPS),BNLESS,LN,BNLESS,CKD,BRLD	3 oz	0.76	0.00	0.00	0.76
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,PAN-FRIED	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,PAN-FRIED	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,BRLD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,BRSD	1 chop	0.00	0.00	0.00	0.00

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PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (ROASTS),BNLESS,LN & FAT,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (ROASTS),BNLESS,LN & FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (ROASTS),BNLESS,LN,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (ROASTS),BNLESS,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (ROASTS),BONE-IN,LN,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLADE (ROASTS),BONE-IN,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,BLDE (CHOPS OR ROAST),BNLESS,LN & FAT OLY,RAW	1 chop	1.34	0.00	0.00	1.34
PORK,FRSH,LOIN,BLDE (CHOPS OR ROAST),BNLESS,LN & FAT OLY,RAW	3 oz	0.65	0.00	0.00	0.65
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BNLESS,LN & FAT,RAW	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BNLESS,LN,CKD,PAN-BROILED	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BNLESS,LN,RAW	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN & FAT,RAW	1 chop without refuse (Yield from 1 raw chop, with refuse, weighing 259g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN & FAT,RAW	3 oz	0.00	0.00	0.00	0.00

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PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	1 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,BRLD	1 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,BRSD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,RAW	1 chop without refuse (Yield from 1 raw chop, with refuse, weighing 259g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00

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PORK,FRSH,LOIN,CNTR LOIN (ROASTS),BONE-IN,LN,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN (ROASTS),BONE-IN,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN CHOPS,BONE-IN,LN&FAT,CKD,PAN-FRIED	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LOIN CHOPS,BONE-IN,LN&FAT,CKD,PAN-FRIED	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR LON (CHPS),BNLESS,LN & FAT,CKD,PAN-BRLED	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BNLESS,LN&FAT,RAW	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BNLESS,LN&FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BNLESS,LN,RAW	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BNLESS,LN,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	1 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00

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PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BONE-IN,LN,RAW	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BONE-IN,LN,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,BRSD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,PAN-FRIED	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,PAN-FRIED	3 oz	0.00	0.00	0.00	0.00

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PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,BRSD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,PAN-FRIED	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,PAN-FRIED	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	1 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,PAN-FRIED	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,PAN-FRIED	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,BRSD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BNLESS,LN&FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BNLESS,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BNLESS,LN,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BNLESS,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00

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PORK,FRSH,LOIN,CNTR RIB (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BONE-IN,LN,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BONE-IN,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN & FAT,BNLESS,CKD,BRLD	1 rack	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN & FAT,BNLESS,CKD,RSTD	1 rack	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN & FAT,BONE-IN,CKD,BRLD	1 rack	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN & FAT,BONE-IN,CKD,RSTD	1 rack	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN&FAT,CKD,BRSD	1 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN&FAT,RAW	1 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,BNLESS,CKD,BRLD	1 rack	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,BNLESS,CKD,RSTD	1 rack	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,BONE-IN,CKD,BRLD	1 rack	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,BONE-IN,CKD,RSTD	1 rack	0.00	0.00	0.00	0.00

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PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,CKD,BRSD	1 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,RAW	1 rib	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BNLESS,LN&FAT,RAW	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BNLESS,LN&FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BNLESS,LN,RAW	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BNLESS,LN,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	1 roast without refuse (Yield from 1 raw roast, with refuse, weighing 1817g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BONE-IN,LN,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BONE-IN,LN,RAW	1 roast without refuse (Yield from 1 raw roast, with refuse, weighing 1818g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BONE-IN,LN,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN&FAT,CKD,BRLD	1 chop	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN&FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN&FAT,CKD,BRSD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN,CKD,BRLD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN,CKD,BRSD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE- IN,LN&FAT,CKD,BRLD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE- IN,LN&FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE- IN,LN&FAT,CKD,BRSD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE- IN,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN,CKD,BRLD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN,CKD,BRSD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BNLESS,LN&FAT,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BNLESS,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BNLESS,LN,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00

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PORK,FRSH,LOIN,SIRLOIN (ROASTS),BNLESS,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	1 roast without refuse (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BONE-IN,LN,CKD,RSTD	1 roast without refuse	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BONE-IN,LN,CKD,RSTD	3 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,RAW	1 roast (Yield from 1 raw roast, with refuse, weighing 504g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,RAW	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PORK,FRSH,LOIN,TENDERLOIN,LN,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TENDERLOIN,LN,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TENDERLOIN,LN,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TENDERLOIN,LN,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TENDERLOIN,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,ENH,LN,CKD,PAN-BROIL	1 chop boneless	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,CKD,BRLD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,CKD,BRSD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,RAW	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN&FAT,CKD,PAN-FRIED	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,BRLD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,BRSD	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,PAN- FRIED	1 chop	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,PAN- FRIED	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,RAW	1 chop	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN&FAT,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN&FAT,RAW	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN&FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN,RAW	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN&FAT,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN&FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN&FAT,CKD,BRSD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PORK,FRSH,LOIN,WHL,LN&FAT,CKD,RSTD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN&FAT,RAW	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN&FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN,CKD,BRSD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PORK,FRSH,LOIN,WHL,LN,CKD,RSTD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN,RAW	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)	0.00	0.00	0.00	0.00
PORK,FRSH,LOIN,WHL,LN,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,(BOSTON BUTT),BLADE (STEAKS),LN & FAT,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,(BOSTON BUTT),BLADE (STEAKS),LN & FAT,RAW	1 steak without refuse (Yield from 1 raw steak, with refuse, weighing 380g)	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,(BOSTON BUTT),BLADE (STEAKS),LN & FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,(BOSTON BUTT),BLADE (STEAKS),LN,CKD,BRSD	1 steak	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,(BOSTON BUTT),BLADE (STEAKS),LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,(BOSTON BUTT),BLADE (STEAKS),LN,RAW	1 steak without refuse (Yield from 1 raw steak, with refuse, weighing 379g)	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,(BOSTON BUTT),BLADE (STEAKS),LN,RAW	3 oz	0.00	0.00	0.00	0.00

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PORK,FRSH,SHLDR,(BOSTON BUTT),BLADE (STKS),LN & FAT,CKD,BRSD	1 steak without refuse (Yield from 1 cooked steak, with refuse, weighing 249g)	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,(BOSTON BUTT),BLADE (STKS),LN & FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,CKD,BRSD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,CKD,RSTD	1 cup, diced	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,RAW	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,ARM PICNIC,LN&FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,ARM PICNIC,LN,CKD,BRSD	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,ARM PICNIC,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,ARM PICNIC,LN,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,ARM PICNIC,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,ARM PICNIC,LN,RAW	1 roast	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,ARM PICNIC,LN,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,BLADE,BOSTON (ROASTS),LN&FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,BLADE,BOSTON (ROASTS),LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,BLADE,BOSTON (ROASTS),LN,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00

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PORK,FRSH,SHLDR,BLADE,BOSTON (ROASTS),LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,BLADE,BOSTON (STEAKS),LN&FAT,CKD,BRLD	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,BLADE,BOSTON (STEAKS),LN&FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,BLADE,BOSTON (STEAKS),LN,CKD,BRLD	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,BLADE,BOSTON (STEAKS),LN,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,WHL,LN&FAT,CKD,RSTD	1 cup, diced	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,WHL,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,WHL,LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,WHL,LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,WHL,LN,CKD,RSTD	1 cup, diced	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,WHL,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,WHL,LN,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,SHLDR,WHL,LN,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SPARERIBS,LN & FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SPARERIBS,LN&FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
PORK,FRSH,SPARERIBS,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,SPARERIBS,LN&FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS & BY-PRODUCTS,STOMACH,CKD,SIMMRD	3 oz	0.08	0.00	0.00	0.08

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PORK,FRSH,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	4 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,CHITTERLINGS,CKD,SIMMRD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,CHITTERLINGS,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,EARS,FRZ,CKD,SIMMRD	1 ear (yield after cooking)	0.22	0.00	0.00	0.22
PORK,FRSH,VAR MEATS&BY-PRODUCTS,EARS,FRZ,CKD,SIMMRD	1 unit, cooked (yield from 1 lb raw meat)	0.84	0.00	0.00	0.84
PORK,FRSH,VAR MEATS&BY-PRODUCTS,EARS,FRZ,RAW	1 ear	0.68	0.00	0.00	0.68
PORK,FRSH,VAR MEATS&BY-PRODUCTS,EARS,FRZ,RAW	1 oz	0.17	0.00	0.00	0.17
PORK,FRSH,VAR MEATS&BY-PRODUCTS,FEET,CKD,SIMMRD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,FEET,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	1 cup	0.58	0.00	0.00	0.58
PORK,FRSH,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	1 heart	0.52	0.00	0.00	0.52
PORK,FRSH,VAR MEATS&BY-PRODUCTS,HEART,RAW	1 heart	3.01	0.00	0.00	3.01
PORK,FRSH,VAR MEATS&BY-PRODUCTS,HEART,RAW	1 oz	0.38	0.00	0.00	0.38
PORK,FRSH,VAR MEATS&BY-PRODUCTS,JOWL,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,JOWL,RAW	4 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	1 cup	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	1 kidney	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LEAF FAT,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LEAF FAT,RAW	4 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	3 oz	3.20	0.00	0.00	3.20

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PORK,FRSH,VAR MEATS&BY-PRODUCTS,LIVER,RAW	1 oz	0.70	0.00	0.00	0.70
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LIVER,RAW	4 oz	2.79	0.00	0.00	2.79
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED,RAW	1 lb	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	4 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	4 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,STOMACH,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,STOMACH,RAW	4 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TAIL,CKD,SIMMRD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TAIL,CKD,SIMMRD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TAIL,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TAIL,RAW	4 oz	0.00	0.00	0.00	0.00

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PORK,FRSH,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	1 oz	0.00	0.00	0.00	0.00
PORK,FRSH,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	4 oz	0.00	0.00	0.00	0.00
PORK,GROUND,72% LN / 28% FAT,CKD,CRUMBLES	4 oz	1.57	0.00	0.00	1.57
PORK,GROUND,72% LN / 28% FAT,CKD,PAN-BROILED	3 oz grilled patties	0.92	0.00	0.00	0.92
PORK,GROUND,84% LN / 16% FAT,CKD,CRUMBLES	3 oz grilled patties	0.49	0.00	0.00	0.49
PORK,GROUND,84% LN / 16% FAT,CKD,PAN-BROILED	3 oz grilled patties	0.00	0.00	0.00	0.00
PORK,GROUND,84% LN / 16% FAT,RAW	4 oz	0.50	0.00	0.00	0.50
PORK,GROUND,96% LN / 4% FAT,CKD,CRUMBLES	3 oz grilled patties	0.00	0.00	0.00	0.00
PORK,GROUND,96% LN / 4% FAT,CKD,PAN-BROILED	3 oz grilled patties	0.48	0.00	0.00	0.48
PORK,GROUND,96% LN / 4% FAT,RAW	4 oz	0.24	0.00	0.00	0.24
PORK,LEG CAP STEAK,BNLESS,LN & FAT,RAW	1 piece	0.00	0.00	0.00	0.00
PORK,LEG CAP STEAK,BNLESS,LN & FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,LEG SIRLOIN TIP RST,BNLESS,LN & FAT,CKD,BRSD	1 piece	0.00	0.00	0.00	0.00
PORK,LEG SIRLOIN TIP RST,BNLESS,LN & FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
PORK,LEG SIRLOIN TIP RST,BNLESS,LN & FAT,RAW	1 piece	0.00	0.00	0.00	0.00
PORK,LEG SIRLOIN TIP RST,BNLESS,LN & FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,LOIN,LEG CAP STEAK,BNLESS,LN & FAT,CKD,BRLD	1 piece	0.00	0.00	0.00	0.00
PORK,LOIN,LEG CAP STEAK,BNLESS,LN & FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,ORIENTAL STYLE,DEHYD	1 cup	0.31	0.00	0.00	0.31
PORK,PICKLED PORK HOCKS	3 oz	0.00	0.00	0.00	0.00
PORK,SHLDR BREAST,BNLESS,LN & FAT,CKD,BRLD	1 piece	0.00	0.00	0.00	0.00
PORK,SHLDR BREAST,BNLESS,LN & FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
PORK,SHLDR BREAST,BNLESS,LN & FAT,RAW	1 piece	0.00	0.00	0.00	0.00

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PORK,SHLDR BREAST,BNLESS,LN & FAT,RAW	3 oz	0.00	0.00	0.00	0.00
PORK,SHLDR PETITE TENDER,BNLESS,LN & FAT,RAW	1 piece	0.00	0.00	0.00	0.00
PORK,SHLDR,PETITE TENDER,BNLESS,LN & FAT,CKD,BRLD	1 piece	0.00	0.00	0.00	0.00
PRK,CRD,HAM W/ NAT JUCS,SPRL SLC,MEAT ONLY,BNLES,LN,HTD,RSTD	1 roast	9.94	9.94	0.00	9.94
PRK,CRD,HAM W/ NAT JUCS,SPRL SLC,MEAT ONLY,BNLES,LN,HTD,RSTD	1 serving (3 oz)	0.92	0.92	0.00	0.92
PRK,CRD,HAM W/ NAT JUCS,SPRL SLC,MEAT ONLY,BNLES,LN,HTD,RSTD	1 slice	1.57	1.57	0.00	1.57
PRK,FRSH,TOP LOIN (CHPS),BNLESS,ENHCD,LN & FAT,CKD,PAN-BRLD	1 chop boneless (yield from 189g raw meat)	0.00	0.00	0.00	0.00
USDA CMDTY,PORK,CND	1 can	4.81	0.00	0.00	4.81
USDA CMDTY,PORK,CND	3 oz	0.50	0.00	0.00	0.50
USDA COMMODITY,PORK,CURED,HAM,BNLESS,CKD,HTD	1 cubic inch boneless	0.00	0.00	0.00	0.00
USDA COMMODITY,PORK,CURED,HAM,BNLESS,CKD,HTD	1 oz boneless	0.00	0.00	0.00	0.00
USDA COMMODITY,PORK,CURED,HAM,BNLESS,CKD,UNHTD	1 cubic inch boneless	0.12	0.00	0.00	0.12
USDA COMMODITY,PORK,CURED,HAM,BNLESS,CKD,UNHTD	1 oz boneless	0.20	0.00	0.00	0.20
USDA COMMODITY,PORK,GROUND,FINE/COARSE,FRZ,CKD	1 oz grilled patties	0.00	0.00	0.00	0.00
USDA COMMODITY,PORK,GROUND,FINE/COARSE,FRZ,CKD	3 oz grilled patties	0.00	0.00	0.00	0.00
USDA COMMODITY,PORK,GROUND,FINE/COARSE,FRZ,RAW	1 oz crumbles	0.00	0.00	0.00	0.00
ALFALFA SEEDS,SPROUTED,RAW	1 cup	0.69	0.07	0.63	0.07
ALFALFA SEEDS,SPROUTED,RAW	1 tbsp	0.06	0.01	0.06	0.01
AMARANTH LEAVES,CKD,BLD,DRND,W/SALT	1 cup	5.43	0.00	0.00	5.43
AMARANTH LEAVES,CKD,BLD,DRND,WO/SALT	1 cup	5.43	0.00	0.00	5.43
AMARANTH LEAVES,RAW	1 cup	1.13	0.00	0.00	1.13
AMARANTH LEAVES,RAW	1 leaf	0.56	0.00	0.00	0.56
ARROWHEAD,CKD,BLD,DRND,W/SALT	1 corm, medium	1.94	0.00	0.00	1.94
ARROWHEAD,CKD,BLD,DRND,WO/SALT	1 medium	1.94	0.00	0.00	1.94

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ARROWHEAD,RAW	1 large	5.06	0.00	0.00	5.06
ARROWHEAD,RAW	1 medium	2.43	0.00	0.00	2.43
ARROWROOT,RAW	1 cup, sliced	16.07	0.00	1.56	14.51
ARROWROOT,RAW	1 root	4.42	0.00	0.43	3.99
ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,W/SALT	1/2 cup hearts	9.57	0.83	7.22	2.34
ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,W/SALT	1 artichoke, medium	13.67	1.19	10.32	3.35
ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,WO/SALT	1/2 cup hearts	10.04	0.83	7.22	2.81
ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,WO/SALT	1 artichoke, medium	14.34	1.19	10.32	4.02
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,W/SALT	1/3 package (9 oz) yields	7.34	0.67	3.68	3.66
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,W/SALT	1 cup	15.42	1.41	7.73	7.69
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,W/SALT	1 package (9 oz), yields	22.03	2.02	11.04	10.99
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,WO/SALT	1/3 package (9 oz) yields	7.34	0.67	3.68	3.66
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,WO/SALT	1 cup	15.42	1.41	7.73	7.69
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,WO/SALT	1 package (9 oz), yields	22.03	2.02	11.04	10.99
ARTICHOKES,(GLOBE OR FRENCH),FRZ,UNPREP	1/3 package	6.51	0.00	3.28	3.23
ARTICHOKES,(GLOBE OR FRENCH),FRZ,UNPREP	1 package (9 oz)	19.76	0.00	9.95	9.82
ARTICHOKES,(GLOBE OR FRENCH),RAW	1 artichoke, large	17.03	1.60	8.75	8.28
ARTICHOKES,(GLOBE OR FRENCH),RAW	1 artichoke, medium	13.45	1.27	6.91	6.54
ARUGULA,RAW	1/2 cup	0.37	0.21	0.16	0.21
ARUGULA,RAW	1 leaf	0.07	0.04	0.03	0.04
ASPARAGUS,CKD,BLD,DRND	1/2 cup	3.70	1.17	1.80	1.90
ASPARAGUS,CKD,BLD,DRND	4 spears (1/2" base)	2.47	0.78	1.20	1.27
ASPARAGUS,CKD,BLD,DRND,W/SALT	1/2 cup	3.70	1.17	1.80	1.90
ASPARAGUS,CKD,BLD,DRND,W/SALT	4 spears (1/2" base)	2.47	0.78	1.20	1.27
ASPARAGUS,CND,DRND SOL	1 can (300 x 407)	6.10	2.63	3.97	2.13
ASPARAGUS,CND,DRND SOL	1 cup	5.95	2.57	3.87	2.08

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ASPARAGUS,CND,DRND SOL	1 spear (about 5" long)	0.44	0.19	0.29	0.15
ASPARAGUS,CND,NO SALT,SOL&LIQUIDS	1/2 cup	3.03	1.22	1.22	1.81
ASPARAGUS,CND,NO SALT,SOL&LIQUIDS	1 can (300 x 407)	10.19	4.11	4.11	6.08
ASPARAGUS,CND,REG PK,SOL&LIQUIDS	1/2 cup	3.03	0.00	1.22	1.81
ASPARAGUS,CND,REG PK,SOL&LIQUIDS	1 can (300 x 407)	10.19	0.00	4.11	6.08
ASPARAGUS,FRZ,CKD,BLD,DRND,W/SALT	1 cup	3.46	0.58	2.88	0.58
ASPARAGUS,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	5.63	0.94	4.69	0.94
ASPARAGUS,FRZ,CKD,BLD,DRND,W/SALT	4 spears	1.15	0.19	0.96	0.19
ASPARAGUS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	3.46	0.58	2.88	0.58
ASPARAGUS,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	5.63	0.94	4.69	0.94
ASPARAGUS,FRZ,CKD,BLD,DRND,WO/SALT	4 spears	1.15	0.19	0.96	0.19
ASPARAGUS,FRZ,UNPREP	1 package (10 oz)	11.64	0.00	5.40	6.25
ASPARAGUS,FRZ,UNPREP	4 spears	2.38	0.00	1.10	1.28
ASPARAGUS,RAW	1 cup	5.20	2.52	2.81	2.39
ASPARAGUS,RAW	1 spear tip (2" long or less)	0.14	0.07	0.07	0.06
ASPARAGUS,RAW	1 spear, extra large (8-3/4" to 10" long)	0.93	0.45	0.50	0.43
ASPARAGUS,RAW	1 spear, large (7-1/4" to 8-1/2")	0.78	0.38	0.42	0.36
ASPARAGUS,RAW	1 spear, medium (5-1/4" to 7" long)	0.62	0.30	0.34	0.28
ASPARAGUS,RAW	1 spear, small (5" long or less)	0.47	0.23	0.25	0.21
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,CKD,BLD,DRND,W/SALT	1 cup	3.57	0.60	1.10	2.47
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,CKD,BLD,DRND,WO/SALT	1 cup	3.87	0.60	1.10	2.77
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,RAW	1/2 cup	0.79	0.00	0.00	0.79
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,RAW	1 leaf	0.13	0.00	0.00	0.13
BALSAM-PEAR (BITTER GOURD),PODS,CKD,BLD,DRND,W/SALT	1 cup (1/2" pieces)	5.36	2.42	2.48	2.88

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BALSAM-PEAR (BITTER GOURD),PODS,CKD,BLD,DRND,WO/SALT	1/2 cup (1/2" pieces)	2.68	1.21	1.24	1.44
BALSAM-PEAR (BITTER GOURD),PODS,CKD,BLD,DRND,WO/SALT	1 cup (1/2" pieces)	5.36	2.42	2.48	2.88
BALSAM-PEAR (BITTER GOURD),PODS,RAW	1 balsam-pear	4.59	0.00	3.47	1.12
BALSAM-PEAR (BITTER GOURD),PODS,RAW	1 cup (1/2" pieces)	3.44	0.00	2.60	0.84
BAMBOO SHOOTS,CKD,BLD,DRND,W/SALT	1 cup (1/2" slices)	1.82	0.00	1.20	0.62
BAMBOO SHOOTS,CKD,BLD,DRND,W/SALT	1 shoot	2.19	0.00	1.44	0.75
BAMBOO SHOOTS,CKD,BLD,DRND,WO/SALT	1 cup (1/2" slices)	2.30	0.00	1.20	1.10
BAMBOO SHOOTS,CKD,BLD,DRND,WO/SALT	1 shoot	2.76	0.00	1.44	1.32
BAMBOO SHOOTS,CND,DRND SOL	1 can (303 x 406)	8.44	4.95	3.67	4.77
BAMBOO SHOOTS,CND,DRND SOL	1 cup (1/8" slices)	4.22	2.48	1.83	2.38
BAMBOO SHOOTS,RAW	1/2 cup (1/2" pieces)	3.95	2.28	1.67	2.28
BAMBOO SHOOTS,RAW	1 cup (1/2" slices)	7.85	4.53	3.32	4.53
BEANS,FAVA,IN POD,RAW	1 cup	22.21	11.60	9.45	12.76
BEANS,FAVA,IN POD,RAW	1 pod	1.08	0.56	0.46	0.62
BEANS,KIDNEY,MATURE SEEDS,SPROUTED,RAW	1 cup	7.54	0.00	0.00	7.54
BEANS,LIMA,IMMAT SEEDS,CND,REG PK,SOL&LIQUIDS	1/2 cup	16.53	0.00	4.46	12.07
BEANS,LIMA,IMMAT SEEDS,CND,REG PK,SOL&LIQUIDS	1 can (303 x 406)	60.52	0.00	16.34	44.17
BEANS,MUNG,MATURE SEEDS,SPROUTED,CND,DRND SOL	1 cup	2.68	1.68	1.00	1.68
BEANS,NAVY,MATURE SEEDS,SPROUTED,RAW	1 cup	13.57	0.00	0.00	13.57
BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,W/SALT	1/3 package (10 oz) yields	29.03	0.00	8.08	20.94
BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	87.70	0.00	24.42	63.28
BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,WO/SALT	1/3 package (10 oz) yields	29.03	0.00	8.08	20.94
BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	87.70	0.00	24.42	63.28
BEANS,PINTO,IMMAT SEEDS,FRZ,UNPREP	1/3 package (10 oz)	30.55	0.00	5.36	25.19
BEANS,PINTO,IMMAT SEEDS,FRZ,UNPREP	1 package (10 oz)	92.30	0.00	16.19	76.11

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BEANS,SHELLIE,CND,SOL & LIQUIDS	1 cup	15.17	1.54	8.33	6.84
BEANS,SNAP,CND,ALL STYLES,SEASONED,SOL&LIQUIDS	1/2 cup	3.98	0.00	1.71	2.27
BEANS,SNAP,CND,ALL STYLES,SEASONED,SOL&LIQUIDS	1 can (303 x 406)	15.32	0.00	6.59	8.74
BEANS,SNAP,GREEN,RAW	1 cup 1/2" pieces	6.97	3.26	2.70	4.27
BEANS,SNAP,GREEN,RAW	10 beans (4" long)	3.83	1.79	1.49	2.35
BEANS,SNAP,GRN VAR,CND,REG PK,SOL&LIQUIDS	1 can total can contents	13.83	5.29	6.35	7.49
BEANS,SNAP,GRN VAR,CND,REG PK,SOL&LIQUIDS	1 cup	7.85	3.00	3.60	4.25
BEANS,SNAP,GRN,CKD,BLD,DRND,W/SALT	1 cup	9.85	1.94	4.00	5.85
BEANS,SNAP,GRN,CKD,BLD,DRND,WO/SALT	1 cup	9.85	1.94	4.00	5.85
BEANS,SNAP,GRN,CND,NO SALT,DRND SOL	1 can (303 x 406)	11.32	2.04	4.98	6.34
BEANS,SNAP,GRN,CND,NO SALT,DRND SOL	1 cup	6.61	1.19	2.91	3.70
BEANS,SNAP,GRN,CND,NO SALT,DRND SOL	10 beans	2.68	0.48	1.18	1.50
BEANS,SNAP,GRN,CND,NO SALT,SOL&LIQUIDS	1/2 cup	4.20	0.00	1.80	2.40
BEANS,SNAP,GRN,CND,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	15.37	0.00	6.59	8.78
BEANS,SNAP,GRN,CND,REG PK,DRND SOL	1 can (303 x 406)	11.32	2.04	4.98	6.34
BEANS,SNAP,GRN,CND,REG PK,DRND SOL	1 cup	5.83	1.05	2.57	3.27
BEANS,SNAP,GRN,CND,REG PK,DRND SOL	10 beans	2.68	0.48	1.18	1.50
BEANS,SNAP,GRN,FRZ,ALL STYLES,MICROWAVED	1 cup	7.75	2.89	3.77	3.97
BEANS,SNAP,GRN,FRZ,ALL STYLES,UNPREP	1 cup	9.12	2.67	3.15	5.98
BEANS,SNAP,GRN,FRZ,ALL STYLES,UNPREP	1 package (10 oz)	21.41	6.28	7.38	14.03
BEANS,SNAP,GRN,FRZ,CKD,BLD,DRND WO/SALT	1 cup	8.71	1.66	4.05	4.66
BEANS,SNAP,GRN,FRZ,CKD,BLD,DRND,W/SALT	1 cup	7.91	1.66	4.05	3.86
BEANS,SNAP,GRN,MICROWAVED	1 cup 1/2" pieces	7.44	3.74	3.94	3.49
BEANS,SNAP,YEL,CKD,BLD,DRND,W/SALT	1 cup	9.85	1.94	4.13	5.73
BEANS,SNAP,YEL,CKD,BLD,DRND,WO/SALT	1 cup	9.85	1.94	4.13	5.73
BEANS,SNAP,YEL,CND,NO SALT,DRND SOL	1 can (303 x 406)	11.79	2.52	3.41	8.38
BEANS,SNAP,YEL,CND,NO SALT,DRND SOL	1 cup	6.89	1.47	1.99	4.90
BEANS,SNAP,YEL,CND,NO SALT,DRND SOL	10 beans	2.79	0.60	0.81	1.98
BEANS,SNAP,YEL,CND,NO SALT,SOL&LIQUIDS	1/2 cup	4.20	0.00	1.80	2.40
BEANS,SNAP,YEL,CND,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	15.37	0.00	6.59	8.78

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BEANS,SNAP,YEL,CND,REG PK,DRND SOL	1 can (303 x 406)	11.79	2.52	3.41	8.38
BEANS,SNAP,YEL,CND,REG PK,DRND SOL	1 cup	6.89	1.47	1.99	4.90
BEANS,SNAP,YEL,CND,REG PK,DRND SOL	10 beans	2.79	0.60	0.81	1.98
BEANS,SNAP,YEL,CND,REG PK,SOL&LIQUIDS	1/2 cup	4.20	0.00	1.80	2.40
BEANS,SNAP,YEL,CND,REG PK,SOL&LIQUIDS	1 can (303 x 406)	15.37	0.00	6.59	8.78
BEANS,SNAP,YEL,FRZ,ALL STYLES,UNPREP	1 cup	9.17	0.00	3.39	5.78
BEANS,SNAP,YEL,FRZ,ALL STYLES,UNPREP	1 package (10 oz)	21.53	0.00	7.95	13.58
BEANS,SNAP,YEL,FRZ,CKD,BLD,DRND,W/SALT	1 cup	7.91	1.66	4.05	3.86
BEANS,SNAP,YEL,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	8.71	1.66	4.05	4.66
BEANS,SNAP,YELLOW,RAW	1 cup 1/2" pieces	7.13	0.00	3.40	3.73
BEANS,SNAP,YELLOW,RAW	10 beans (4" long)	3.92	0.00	1.87	2.05
BEET GREENS,RAW	1/2 cup (1" pieces)	0.82	0.10	0.70	0.12
BEET GREENS,RAW	1 cup	1.65	0.19	1.41	0.24
BEET GREENS,RAW	1 leaf	1.39	0.16	1.18	0.20
BEET GRNS,CKD,BLD,DRND,W/SALT	1 cup (1" pieces)	7.86	0.86	4.18	3.69
BEET GRNS,CKD,BLD,DRND,WO/SALT	1/2 cup (1" pieces)	3.93	0.43	2.09	1.84
BEET GRNS,CKD,BLD,DRND,WO/SALT	1 cup (1" pieces)	7.86	0.86	4.18	3.69
BEETS,CKD,BLD,DRND	1/2 cup slices	8.47	6.77	1.70	6.77
BEETS,CKD,BLD,DRND	2 beets (2" dia, sphere)	9.96	7.96	2.00	7.96
BEETS,CKD,BOILED. DRND,W/SALT	1/2 cup slices	8.47	6.77	1.70	6.77
BEETS,CKD,BOILED. DRND,W/SALT	2 beets (2" dia, sphere)	9.96	7.96	2.00	7.96
BEETS,CND,DRND SOL	1 beet	1.73	1.32	0.43	1.30
BEETS,CND,DRND SOL	1 can (303 x 406)	21.20	16.20	5.29	15.91
BEETS,CND,DRND SOL	1 cup slices	12.26	9.37	3.06	9.20
BEETS,CND,DRND SOL	1 cup, diced	11.32	8.65	2.83	8.49
BEETS,CND,DRND SOL	1 cup, shredded	14.06	10.74	3.51	10.55
BEETS,CND,DRND SOL	1 cup, whole	11.75	8.98	2.93	8.82
BEETS,CND,DRND SOL	1 slice	0.58	0.44	0.14	0.43
BEETS,CND,NO SALT,SOL&LIQUIDS	1 cup	16.16	13.23	2.95	13.21
BEETS,CND,REG PK,SOL&LIQUIDS	1 cup	17.56	16.06	2.95	14.61

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BEETS,HARVARD,CND,SOL&LIQUIDS	1 cup slices	44.72	0.00	6.15	38.57
BEETS,PICKLED,CND,SOL&LIQUIDS	1 cup slices	36.96	30.85	5.90	31.05
BEETS,RAW	1 beet (2" dia)	7.84	5.54	2.30	5.54
BEETS,RAW	1 cup	13.00	9.19	3.81	9.19
BORAGE,RAW	1 cup (1" pieces)	2.72	0.00	0.00	2.72
BROADBEANS,IMMAT SEEDS,RAW	1 broadbean	0.94	0.00	0.34	0.60
BROADBEANS,IMMAT SEEDS,RAW	1 cup	12.75	0.00	4.58	8.18
BROCCOLI RAAB,CKD	1 bunch cooked	13.63	2.71	12.24	1.40
BROCCOLI RAAB,CKD	1 NLEA serving	2.65	0.53	2.38	0.27
BROCCOLI RAAB,RAW	1 cup chopped	1.14	0.15	1.08	0.06
BROCCOLI RAAB,RAW	1 stalk	0.54	0.07	0.51	0.03
BROCCOLI,CHINESE,COOKED	1 cup	3.35	0.74	2.20	1.15
BROCCOLI,CKD,BLD,DRND,W/SALT	1/2 cup, chopped	5.60	1.08	2.57	3.03
BROCCOLI,CKD,BLD,DRND,W/SALT	1 spear (about 5" long)	2.66	0.51	1.22	1.44
BROCCOLI,CKD,BLD,DRND,W/SALT	1 stalk, large (11"-12" long)	20.10	3.89	9.24	10.86
BROCCOLI,CKD,BLD,DRND,W/SALT	1 stalk, medium (7-1/2" - 8" long)	12.92	2.50	5.94	6.98
BROCCOLI,CKD,BLD,DRND,W/SALT	1 stalk, small (5" long)	10.05	1.95	4.62	5.43
BROCCOLI,CKD,BLD,DRND,WO/SALT	1/2 cup, chopped	5.60	1.08	2.57	3.03
BROCCOLI,CKD,BLD,DRND,WO/SALT	1 spear (about 5" long)	2.66	0.51	1.22	1.44
BROCCOLI,CKD,BLD,DRND,WO/SALT	1 stalk, large (11"-12" long)	20.10	3.89	9.24	10.86
BROCCOLI,CKD,BLD,DRND,WO/SALT	1 stalk, medium (7-1/2" - 8" long)	12.92	2.50	5.94	6.98
BROCCOLI,CKD,BLD,DRND,WO/SALT	1 stalk, small (5" long)	10.05	1.95	4.62	5.43
BROCCOLI,FLOWER CLUSTERS,RAW	1 cup flowerets	3.72	0.00	0.00	3.72
BROCCOLI,FLOWER CLUSTERS,RAW	1 floweret	0.58	0.00	0.00	0.58
BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	1 cup	9.84	2.70	5.52	4.32
BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	1 cup	9.84	2.70	5.52	4.32
BROCCOLI,FRZ,CHOPD,UNPREP	1 cup	7.46	2.11	4.68	2.78
BROCCOLI,FRZ,CHOPD,UNPREP	1 package (10 oz)	13.58	3.83	8.52	5.06
BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,W/SALT	1/2 cup	4.92	1.32	2.76	2.16

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BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	13.38	3.60	7.50	5.88
BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,WO/SALT	1/2 cup	4.93	1.35	2.76	2.17
BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	13.40	3.68	7.50	5.90
BROCCOLI,FRZ,SPEARS,UNPREP	1/3 package (10 oz)	5.08	1.40	2.85	2.23
BROCCOLI,FRZ,SPEARS,UNPREP	1 package (10 oz)	15.19	4.17	8.52	6.67
BROCCOLI,FRZ,SPEARS,UNPREP	1 package (2 lb)	48.52	13.33	27.21	21.31
BROCCOLI,RAW	1/2 cup, chopped or diced	2.92	0.75	1.14	1.78
BROCCOLI,RAW	1 bunch	40.37	10.34	15.81	24.56
BROCCOLI,RAW	1 cup chopped	6.04	1.55	2.37	3.68
BROCCOLI,RAW	1 NLEA serving	9.83	2.52	3.85	5.98
BROCCOLI,RAW	1 spear (about 5" long)	2.06	0.53	0.81	1.25
BROCCOLI,RAW	1 stalk	10.03	2.57	3.93	6.10
BROCCOLI,STALKS,RAW	1 stalk	5.97	0.00	0.00	5.97
BRUSSELS SPROUTS,CKD,BLD,DRND,W/SALT	1/2 cup	5.54	1.36	2.03	3.51
BRUSSELS SPROUTS,CKD,BLD,DRND,W/SALT	1 sprout	1.49	0.37	0.55	0.95
BRUSSELS SPROUTS,CKD,BLD,DRND,WO/SALT	1/2 cup	5.54	1.36	2.03	3.51
BRUSSELS SPROUTS,CKD,BLD,DRND,WO/SALT	1 sprout	1.49	0.37	0.55	0.95
BRUSSELS SPROUTS,FRZ,CKD,BLD,DRND,W/SALT	1 cup	12.90	3.22	6.36	6.54
BRUSSELS SPROUTS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	12.90	3.22	6.36	6.54
BRUSSELS SPROUTS,FRZ,UNPREP	1/3 package (10 oz)	7.47	0.00	3.61	3.86
BRUSSELS SPROUTS,FRZ,UNPREP	1 package (10 oz)	22.32	0.00	10.79	11.53
BRUSSELS SPROUTS,FRZ,UNPREP	1 package (2 lb)	71.29	0.00	34.47	36.82
BRUSSELS SPROUTS,RAW	1 cup	7.88	1.94	3.34	4.53
BRUSSELS SPROUTS,RAW	1 sprout	1.70	0.42	0.72	0.98
BURDOCK ROOT,CKD,BLD,DRND,W/SALT	1 cup (1" pieces)	26.44	4.44	2.25	24.19
BURDOCK ROOT,CKD,BLD,DRND,W/SALT	1 root	35.11	5.89	2.99	32.12
BURDOCK ROOT,CKD,BLD,DRND,WO/SALT	1 cup (1" pieces)	26.44	4.44	2.25	24.19
BURDOCK ROOT,CKD,BLD,DRND,WO/SALT	1 root	35.11	5.89	2.99	32.12
BURDOCK ROOT,RAW	1 cup (1" pieces)	20.46	3.42	3.89	16.57
BURDOCK ROOT,RAW	1 root	27.05	4.52	5.15	21.90
BUTTERBUR,(FUKI),RAW	1 cup	3.39	0.00	0.00	3.39
BUTTERBUR,(FUKI),RAW	1 petiole	0.18	0.00	0.00	0.18

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BUTTERBUR,CANNED	1 cup, chopped	0.47	0.00	0.00	0.47
BUTTERBUR,CANNED	3 stalks	0.17	0.00	0.00	0.17
CABBAGE,CHINESE (PAK-CHOI),CKD,BLD,DRND,W/SALT	1 cup, shredded	3.03	1.41	1.70	1.33
CABBAGE,CHINESE (PAK-CHOI),CKD,BLD,DRND,WO/SALT	1 cup, shredded	3.03	1.41	1.70	1.33
CABBAGE,CHINESE (PAK-CHOI),RAW	1 cup, shredded	1.53	0.83	0.70	0.83
CABBAGE,CHINESE (PAK-CHOI),RAW	1 head	18.31	9.91	8.40	9.91
CABBAGE,CHINESE (PAK-CHOI),RAW	1 leaf	0.31	0.17	0.14	0.17
CABBAGE,CHINESE (PE-TSAI),CKD,BLD,DRND,W/SALT	1 cup, shredded	2.87	0.00	2.02	0.84
CABBAGE,CHINESE (PE-TSAI),CKD,BLD,DRND,W/SALT	1 leaf	0.34	0.00	0.24	0.10
CABBAGE,CHINESE (PE-TSAI),CKD,BLD,DRND,WO/SALT	1 cup, shredded	2.87	0.00	2.02	0.84
CABBAGE,CHINESE (PE-TSAI),CKD,BLD,DRND,WO/SALT	1 leaf	0.34	0.00	0.24	0.10
CABBAGE,CHINESE (PE-TSAI),RAW	1 cup, shredded	2.45	1.07	0.91	1.54
CABBAGE,CKD,BLD,DRND,WO/SALT	1/2 cup, shredded	4.13	2.09	1.43	2.71
CABBAGE,CKD,BLD,DRND,WO/SALT	1 head	69.54	35.21	23.98	45.56
CABBAGE,COMMON (DANISH,DOMESTIC,&POINTED TYPES),STORED,RAW	1/2 cup, shredded	1.88	0.00	0.81	1.07
CABBAGE,COMMON (DANISH,DOMESTIC,&POINTED TYPES),STORED,RAW	1 head	48.76	0.00	20.88	27.88
CABBAGE,COMMON,CKD,BLD,DRND,W/SALT	1/2 cup, shredded	4.13	2.09	1.43	2.71
CABBAGE,COMMON,CKD,BLD,DRND,W/SALT	1 head	69.54	35.21	23.98	45.56
CABBAGE,COMMON,FRESHLY HARVEST,RAW	1/2 cup, shredded	1.88	0.00	0.81	1.07
CABBAGE,COMMON,FRESHLY HARVEST,RAW	1 head	48.76	0.00	20.88	27.88
CABBAGE,JAPANESE STYLE,FRSH,PICKLED	1 cup	8.51	1.95	4.65	3.86
CABBAGE,MUSTARD,SALTED	1 cup	7.21	1.79	3.97	3.24
CABBAGE,NAPA,COOKED	1 cup	2.43	0.00	0.00	2.43
CABBAGE,RAW	1 cup, chopped	5.16	2.85	2.23	2.94
CABBAGE,RAW	1 cup, shredded	4.06	2.24	1.75	2.31
CABBAGE,RAW	1 head, large (about 7" dia)	72.38	39.94	31.20	41.18

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CABBAGE,RAW	1 head, medium (about 5-3/4" dia)	52.66	29.06	22.70	29.96
CABBAGE,RAW	1 head, small (about 4-1/2" dia)	41.41	22.85	17.85	23.56
CABBAGE,RAW	1 leaf	0.87	0.48	0.38	0.50
CABBAGE,RAW	1 leaf, large	1.91	1.06	0.83	1.09
CABBAGE,RAW	1 leaf, medium	1.33	0.74	0.58	0.76
CABBAGE,RED,CKD,BLD,DRND,W/SALT	1/2 cup, shredded	5.21	2.49	1.95	3.26
CABBAGE,RED,CKD,BLD,DRND,W/SALT	1 leaf	1.53	0.73	0.57	0.95
CABBAGE,RED,CKD,BLD,DRND,WO/SALT	1/2 cup, shredded	5.21	2.49	1.95	3.26
CABBAGE,RED,CKD,BLD,DRND,WO/SALT	1 leaf	1.53	0.73	0.57	0.95
CABBAGE,RED,RAW	1 cup, chopped	6.56	3.41	1.87	4.69
CABBAGE,RED,RAW	1 cup, shredded	5.16	2.68	1.47	3.69
CABBAGE,RED,RAW	1 head, large (about 5-1/2" dia)	83.58	43.43	23.81	59.76
CABBAGE,RED,RAW	1 head, medium (about 5" dia)	61.83	32.13	17.62	44.22
CABBAGE,RED,RAW	1 head, small (4" dia)	41.79	21.72	11.91	29.88
CABBAGE,RED,RAW	1 leaf	1.70	0.88	0.48	1.21
CABBAGE,SAVOY,CKD,BLD,DRND,W/SALT	1 cup, shredded	7.84	0.00	4.06	3.78
CABBAGE,SAVOY,CKD,BLD,DRND,WO/SALT	1 cup, shredded	7.84	0.00	4.06	3.78
CABBAGE,SAVOY,RAW	1 cup, shredded	4.27	1.59	2.17	2.10
CAMPBELL'S V8 100% VEG JUC	1 serving	10.01	7.99	1.94	8.07
CAMPBELL'S V8 100% VEG JUC	8 fl oz	10.01	7.99	1.94	8.07
CAMPBELL'S, TOMATO JUC,LO NA	1 serving	10.01	7.00	1.94	8.07
CAMPBELL'S, TOMATO JUC,LO NA	8 fl oz	10.01	7.00	1.94	8.07
CAMPBELL'S,ORGANIC TOMATO JUC	1 serving	10.01	7.00	1.94	8.07
CAMPBELL'S,ORGANIC TOMATO JUC	8 fl oz	10.01	7.00	1.94	8.07
CAMPBELL'S,TOMATO JUC	1 serving	10.01	7.00	1.94	8.07
CAMPBELL'S,TOMATO JUC	8 fl oz	10.01	7.00	1.94	8.07

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CARDOON,RAW	1 cup, shredded	7.24	0.00	2.85	4.40
CARROT JUICE,CANNED	1 cup	21.90	9.23	1.89	20.01
CARROT JUICE,CANNED	1 fl oz	2.74	1.15	0.24	2.50
CARROT,DEHYDRATED	1 cup	58.88	28.73	17.46	41.42
CARROTS,BABY,RAW	1 large	1.24	0.71	0.44	0.80
CARROTS,BABY,RAW	1 medium	0.82	0.48	0.29	0.53
CARROTS,BABY,RAW	1 NLEA serving	7.00	4.05	2.47	4.54
CARROTS,CKD,BLD,DRND,W/SALT	1/2 cup slices	6.41	2.69	2.34	4.07
CARROTS,CKD,BLD,DRND,W/SALT	1 carrot	3.78	1.59	1.38	2.40
CARROTS,CKD,BLD,DRND,W/SALT	1 tbsp	0.80	0.33	0.29	0.51
CARROTS,CKD,BLD,DRND,WO/SALT	1/2 cup slices	6.41	2.69	2.34	4.07
CARROTS,CKD,BLD,DRND,WO/SALT	1 carrot	3.78	1.59	1.38	2.40
CARROTS,CKD,BLD,DRND,WO/SALT	1 tbsp	0.80	0.33	0.29	0.51
CARROTS,CND,NO SALT ,DRND SOL	1 can (303 x 406)	15.73	7.04	4.26	11.47
CARROTS,CND,NO SALT ,DRND SOL	1 cup, mashed	12.63	5.65	3.42	9.21
CARROTS,CND,NO SALT ,DRND SOL	1 cup, sliced	8.09	3.62	2.19	5.90
CARROTS,CND,NO SALT ,DRND SOL	1 slice	0.16	0.07	0.04	0.11
CARROTS,CND,NO SALT,SOL&LIQUIDS	1/2 cup slices	6.59	3.03	2.21	4.38
CARROTS,CND,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	24.33	11.17	8.17	16.16
CARROTS,CND,REG PK,DRND SOL	1 can (303 x 406)	15.73	7.04	4.26	11.47
CARROTS,CND,REG PK,DRND SOL	1 cup, mashed	12.63	5.65	3.42	9.21
CARROTS,CND,REG PK,DRND SOL	1 cup, sliced	8.09	3.62	2.19	5.90
CARROTS,CND,REG PK,DRND SOL	1 slice	0.16	0.07	0.04	0.11
CARROTS,CND,REG PK,SOL&LIQUIDS	1/2 cup slices	6.61	3.03	2.21	4.39
CARROTS,CND,REG PK,SOL&LIQUIDS	1 can (303 x 406)	24.38	11.17	8.17	16.21
CARROTS,FROZEN,UNPREPARED	1/2 cup slices	5.06	3.05	2.11	2.94
CARROTS,FROZEN,UNPREPARED	1 package (10 oz)	22.44	13.52	9.37	13.06
CARROTS,FRZ,CKD,BLD,DRND,W/SALT	1 cup slices	11.29	5.96	4.82	6.47
CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup, sliced	11.29	5.96	4.82	6.47
CARROTS,RAW	1 cup chopped	12.26	6.07	3.58	8.68
CARROTS,RAW	1 cup grated	10.54	5.21	3.08	7.46
CARROTS,RAW	1 cup strips or slices	11.69	5.78	3.42	8.27
CARROTS,RAW	1 large (7-1/4" to 8-1/2" long)	6.90	3.41	2.02	4.88
CARROTS,RAW	1 medium	5.84	2.89	1.71	4.14

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CARROTS,RAW	1 slice	0.29	0.14	0.08	0.20
CARROTS,RAW	1 small (5-1/2" long)	4.79	2.37	1.40	3.39
CARROTS,RAW	1 strip large (3" long)	0.67	0.33	0.20	0.47
CARROTS,RAW	1 strip medium	0.38	0.19	0.11	0.27
CASSAVA,RAW	1 cup	78.40	3.50	3.71	74.70
CASSAVA,RAW	1 root	155.28	6.94	7.34	147.94
Catsup	1 cup	65.76	51.05	0.72	65.04
Catsup	1 packet	2.47	1.91	0.03	2.44
Catsup	1 tbsp	4.66	3.62	0.05	4.61
CATSUP,LOW SODIUM	1 cup	65.76	51.05	0.72	65.04
CATSUP,LOW SODIUM	1 packet	2.47	1.91	0.03	2.44
CATSUP,LOW SODIUM	1 tbsp	4.66	3.62	0.05	4.61
CAULIFLOWER,CKD,BLD,DRND,W/SALT	1/2 cup (1" pieces)	2.55	1.15	1.43	1.12
CAULIFLOWER,CKD,BLD,DRND,W/SALT	3 flowerets	2.22	1.00	1.24	0.98
CAULIFLOWER,CKD,BLD,DRND,WO/SALT	1/2 cup (1" pieces)	2.55	1.29	1.43	1.12
CAULIFLOWER,CKD,BLD,DRND,WO/SALT	3 flowerets	2.22	1.12	1.24	0.98
CAULIFLOWER,FRZ,CKD,BLD,DRND,W/SALT	1 cup (1" pieces)	5.69	0.83	4.86	0.83
CAULIFLOWER,FRZ,CKD,BLD,DRND,WO/SALT	1 cup (1" pieces)	6.75	1.89	4.86	1.89
CAULIFLOWER,FRZ,UNPREP	1/2 cup (1" pieces)	3.09	1.47	1.52	1.57
CAULIFLOWER,FRZ,UNPREP	1 package (10 oz)	13.29	6.30	6.53	6.76
CAULIFLOWER,GREEN,RAW	1 cup	3.90	1.94	2.05	1.85
CAULIFLOWER,GREEN,RAW	1 floweret	1.52	0.76	0.80	0.72
CAULIFLOWER,GREEN,RAW	1 head, large (6-7" dia)	31.12	15.48	16.35	14.77
CAULIFLOWER,GREEN,RAW	1 head, medium (5-6" dia)	26.25	13.06	13.79	12.46
CAULIFLOWER,GREEN,RAW	1 head, small (4" dia)	19.79	9.85	10.40	9.39
CAULIFLOWER,GRN,CKD,NO SALT ADDED	1/5 head	5.65	0.00	2.97	2.68
CAULIFLOWER,GRN,CKD,W/ SALT	1/2 cup (1" pieces)	3.89	0.00	2.05	1.85
CAULIFLOWER,RAW	1 cup chopped (1/2" pieces)	5.32	2.04	2.14	3.18
CAULIFLOWER,RAW	1 floweret	0.65	0.25	0.26	0.39

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CAULIFLOWER,RAW	1 head large (6-7" dia.)	41.75	16.04	16.80	24.95
CAULIFLOWER,RAW	1 head medium (5-6" dia.)	29.22	11.23	11.76	17.46
CAULIFLOWER,RAW	1 head small (4" dia.)	13.17	5.06	5.30	7.87
CELERIAC,CKD,BLD,DRND,W/SALT	1 cup pieces	9.15	0.00	0.00	9.15
CELERIAC,CKD,BLD,DRND,WO/SALT	1 cup pieces	9.15	0.00	1.86	7.29
CELERIAC,RAW	1 cup	14.35	2.50	2.81	11.54
CELERY,CKD,BLD,DRND,W/SALT	1 cup, diced	6.00	3.56	2.40	3.60
CELERY,CKD,BLD,DRND,W/SALT	2 stalks	3.00	1.78	1.20	1.80
CELERY,CKD,BLD,DRND,WO/SALT	1 cup, diced	6.00	3.56	2.40	3.60
CELERY,CKD,BLD,DRND,WO/SALT	2 stalks	3.00	1.78	1.20	1.80
CELERY,RAW	1 cup chopped	3.00	1.35	1.62	1.38
CELERY,RAW	1 NLEA serving	3.27	1.47	1.76	1.51
CELERY,RAW	1 stalk, large (11"-12" long)	1.90	0.86	1.02	0.88
CELERY,RAW	1 stalk, medium (7-1/2" - 8" long)	1.19	0.54	0.64	0.55
CELERY,RAW	1 stalk, small (5" long)	0.50	0.23	0.27	0.23
CELERY,RAW	1 strip (4" long)	0.12	0.05	0.06	0.05
CELERY,RAW	1 tbsps	0.22	0.10	0.12	0.10
CELTUCE,RAW	1 leaf	0.29	0.00	0.14	0.16
CHARD,SWISS,CKD,BLD,DRND,W/SALT	1 cup, chopped	7.23	1.93	3.68	3.55
CHARD,SWISS,CKD,BLD,DRND,WO/SALT	1 cup, chopped	7.23	1.93	3.68	3.55
CHARD,SWISS,RAW	1 cup	1.35	0.40	0.58	0.77
CHARD,SWISS,RAW	1 leaf	1.80	0.53	0.77	1.03
CHAYOTE,FRUIT,CKD,BLD,DRND,W/SALT	1 cup (1" pieces)	7.20	0.00	4.48	2.72
CHAYOTE,FRUIT,CKD,BLD,DRND,WO/SALT	1 cup (1" pieces)	8.14	0.00	4.48	3.66
CHAYOTE,FRUIT,RAW	1 chayote (5-3/4")	9.16	3.37	3.45	5.70
CHAYOTE,FRUIT,RAW	1 cup (1" pieces)	5.95	2.19	2.24	3.71
CHICORY GREENS,RAW	1 cup, chopped	1.36	0.20	1.16	0.20
CHICORY ROOTS,RAW	1/2 cup (1" pieces)	7.88	3.93	0.68	7.20
CHICORY ROOTS,RAW	1 root	10.51	5.24	0.90	9.61
CHICORY,WITLOOF,RAW	1/2 cup	1.80	0.00	1.40	0.41

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CHICORY, WITLOOF, RAW	1 head	2.12	0.00	1.64	0.48
CHIVES, FREEZE-DRIED	1/4 cup	0.51	0.00	0.21	0.30
CHIVES, FREEZE-DRIED	1 tbsp	0.13	0.00	0.05	0.08
CHIVES, RAW	1 tbsp chopped	0.13	0.06	0.08	0.06
CHIVES, RAW	1 tsp chopped	0.04	0.02	0.03	0.02
CHRYSANTHEMUM LEAVES, RAW	1 cup, chopped	1.54	0.00	1.53	0.01
CHRYSANTHEMUM LEAVES, RAW	1 leaf	0.54	0.00	0.54	0.00
CHRYSANTHEMUM, GARLAND, CKD, BLD, DRND, W/SALT	1 cup (1" pieces)	4.31	2.01	2.30	2.01
CHRYSANTHEMUM, GARLAND, CKD, BLD, DRND, WO/SALT	1 cup (1" pieces)	4.31	2.01	2.30	2.01
CHRYSANTHEMUM, GARLAND, RAW	1 cup (1" pieces)	0.76	0.00	0.75	0.01
CHRYSANTHEMUM, GARLAND, RAW	1 stem (8-3/4" long)	0.42	0.00	0.42	0.00
COLLARDS, CKD, BLD, DRND, W/SALT	1 cup, chopped	10.74	0.00	7.60	3.14
COLLARDS, CKD, BLD, DRND, WO/SALT	1 cup, chopped	10.74	0.76	7.60	3.14
COLLARDS, FRZ, CHOPD, CKD, BLD, DRND, W/SALT	1 cup, chopped	12.07	0.97	4.76	7.31
COLLARDS, FRZ, CHOPD, CKD, BLD, DRND, WO/SALT	1 cup, chopped	12.07	0.97	4.76	7.31
COLLARDS, FRZ, CHOPD, UNPREP	1/3 package (10 oz)	6.14	0.00	3.42	2.72
COLLARDS, FRZ, CHOPD, UNPREP	1 package (10 oz)	18.35	0.00	10.22	8.12
COLLARDS, FRZ, CHOPD, UNPREP	1 package (3 lb)	87.92	0.00	49.00	38.92
COLLARDS, RAW	1 cup, chopped	1.95	0.17	1.44	0.51
CORIANDER (CILANTRO) LEAVES, RAW	1/4 cup	0.15	0.03	0.11	0.03
CORIANDER (CILANTRO) LEAVES, RAW	9 sprigs	0.73	0.17	0.56	0.17
CORN PUDD, HOME PREP	2/3 cup (#6 scoop)	28.34	11.01	2.00	26.34
CORN PUDD, HOME PREP	1 cup	42.43	16.48	3.00	39.43
CORN W/RED&GRN PEPPERS, CND, SOL&LIQUIDS	1 cup	41.25	0.00	0.00	41.25
CORN, SWEET, WHITE, RAW	1 cup kernels	29.29	4.96	4.16	25.13
CORN, SWEET, WHITE, RAW	1 ear, large (7-3/4" to 9" long)	27.20	4.60	3.86	23.34
CORN, SWEET, WHITE, RAW	1 ear, medium (6-3/4" to 7-1/2" long)	17.12	2.90	2.43	14.69
CORN, SWEET, WHITE, RAW	1 ear, small (5-1/2" to 6-1/2" long)	13.88	2.35	1.97	11.91
CORN, SWT, WHITE, CKD, BLD, DRND, W/SALT	1 cup cut	34.08	12.14	4.24	29.85

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CORN,SWT,WHITE,CKD,BLD,DRND,W/SALT	1 ear, large (7-3/4" to 9" long)	25.62	9.12	3.19	22.43
CORN,SWT,WHITE,CKD,BLD,DRND,W/SALT	1 ear, medium (6-3/4" to 7-1/2" long)	22.36	7.96	2.78	19.58
CORN,SWT,WHITE,CKD,BLD,DRND,W/SALT	1 ear, small (5-1/2" to 6-1/2" long)	19.32	6.88	2.40	16.92
CORN,SWT,WHITE,CKD,BLD,DRND,W/SALT	1 ear, yields	16.72	5.95	2.08	14.64
CORN,SWT,WHITE,CKD,BLD,DRND,WO/SALT	1 cup cut	34.08	12.14	4.24	29.85
CORN,SWT,WHITE,CKD,BLD,DRND,WO/SALT	1 ear, large (7-3/4" to 9" long)	25.18	8.97	3.13	22.05
CORN,SWT,WHITE,CKD,BLD,DRND,WO/SALT	1 ear, medium (6-3/4" to 7-1/2" long)	22.36	7.96	2.78	19.58
CORN,SWT,WHITE,CKD,BLD,DRND,WO/SALT	1 ear, small (5-1/2" to 6-1/2" long)	19.32	6.88	2.40	16.92
CORN,SWT,WHITE,CKD,BLD,DRND,WO/SALT	1 ear, yields	16.72	5.95	2.08	14.64
CORN,SWT,WHITE,CND,CRM STYLE,NO SALT	1 can (303 x 406)	87.39	10.65	5.78	81.60
CORN,SWT,WHITE,CND,CRM STYLE,NO SALT	1 cup	46.41	5.66	3.07	43.34
CORN,SWT,WHITE,CND,CRM STYLE,REG PK	1 can (303 x 406)	89.75	10.65	5.78	83.96
CORN,SWT,WHITE,CND,CRM STYLE,REG PK	1 cup	47.67	5.66	3.07	44.60
CORN,SWT,WHITE,CND,VACUUM PK,NO SALT	1 can (303 x 406)	66.10	0.00	6.80	59.30
CORN,SWT,WHITE,CND,VACUUM PK,NO SALT	1 cup	40.82	0.00	4.20	36.62
CORN,SWT,WHITE,CND,VACUUM PK,REG PK	1 can (303 x 406)	66.10	0.00	6.80	59.30
CORN,SWT,WHITE,CND,VACUUM PK,REG PK	1 cup	40.82	0.00	4.20	36.62
CORN,SWT,WHITE,CND,WHL KERNEL,DRND SOL	1 can (303 x 406)	44.88	7.21	6.85	38.02
CORN,SWT,WHITE,CND,WHL KERNEL,DRND SOL	1 cup	24.70	3.97	3.77	20.93
CORN,SWT,WHITE,CND,WHL KERNEL,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	74.28	0.00	3.37	70.90
CORN,SWT,WHITE,CND,WHL KERNEL,NO SALT,SOL&LIQUIDS	1 cup	39.45	0.00	1.79	37.66
CORN,SWT,WHITE,CND,WHL KERNEL,REG PK,SOL&LIQUIDS	1 can (303 x 406)	74.28	0.00	8.19	66.08

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CORN,SWT,WHITE,CND,WHL KERNEL,REG PK,SOL&LIQUIDS	1 cup	39.45	0.00	4.35	35.10
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,W/SALT	1 cup	32.27	5.15	3.96	28.31
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,W/SALT	1 package (10 oz) yields	55.55	8.86	6.82	48.73
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,WO/SALT	1 cup	32.27	5.15	3.96	28.31
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,WO/SALT	1 package (10 oz) yields	55.55	8.86	6.82	48.73
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,UNPREP	1 cup	34.20	15.00	4.79	29.42
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,UNPREP	1 package (10 oz)	58.87	25.82	8.24	50.64
CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	1 cup kernels	36.84	0.00	4.62	32.22
CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	1 ear, yields	14.07	0.00	1.76	12.30
CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO/SALT	1 cup kernels	36.84	0.00	3.47	33.38
CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO/SALT	1 ear, yields	14.07	0.00	1.32	12.74
CORN,SWT,WHITE,FRZ,KRNLS ON COB,UNPREP	1 cup kernels	38.78	0.00	4.62	34.16
CORN,SWT,WHITE,FRZ,KRNLS ON COB,UNPREP	1 ear, yields	29.38	0.00	3.50	25.88
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	1 baby ear	1.68	0.36	0.19	1.49
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	1 cup	31.26	6.76	3.58	27.68
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	1 ear large (7-3/4" to 9" long)	24.76	5.36	2.83	21.92
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	1 ear medium (6-3/4" to 7-1/2" long)	21.61	4.68	2.47	19.14
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	1 ear small (5-1/2" to 6-1/2" long)	18.67	4.04	2.14	16.54
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	1 ear, yields	16.15	3.50	1.85	14.31
CORN,SWT,YEL,CKD,BLD,DRND,WO/SALT	1 baby ear	1.68	0.36	0.19	1.49
CORN,SWT,YEL,CKD,BLD,DRND,WO/SALT	1 cup cut	31.26	6.76	3.58	27.68
CORN,SWT,YEL,CKD,BLD,DRND,WO/SALT	1 ear large (7-3/4" to 9" long)	24.76	5.36	2.83	21.92
CORN,SWT,YEL,CKD,BLD,DRND,WO/SALT	1 ear medium (6-3/4" to 7-1/2" long)	21.61	4.68	2.47	19.14

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CORN,SWT,YEL,CKD,BLD,DRND,WO/SALT	1 ear small (5-1/2" to 6-1/2" long)	18.67	4.04	2.14	16.54
CORN,SWT,YEL,CND,BRINE PK,REG PK,SOL&LIQUIDS	1 can (303 x 406)	66.81	13.64	8.19	58.61
CORN,SWT,YEL,CND,BRINE PK,REG PK,SOL&LIQUIDS	1 cup	35.48	7.24	4.35	31.13
CORN,SWT,YEL,CND,CRM STYLE,NO SALT	1 can (303 x 406)	87.39	15.57	5.78	81.60
CORN,SWT,YEL,CND,CRM STYLE,NO SALT	1 cup	46.41	8.27	3.07	43.34
CORN,SWT,YEL,CND,CRM STYLE,REG PK	1 can (303 x 406)	87.39	15.57	5.78	81.60
CORN,SWT,YEL,CND,CRM STYLE,REG PK	1 cup	46.41	8.27	3.07	43.34
CORN,SWT,YEL,CND,DRND SOL,RINSED W/ TAP H2O	1 can drained, rinsed	34.63	0.00	0.00	34.63
CORN,SWT,YEL,CND,DRND SOL,RINSED W/ TAP H2O	1 cup drained, rinsed	19.53	0.00	0.00	19.53
CORN,SWT,YEL,CND,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	66.81	15.33	8.19	58.61
CORN,SWT,YEL,CND,NO SALT,SOL&LIQUIDS	1 cup	35.48	8.14	4.35	31.13
CORN,SWT,YEL,CND,VACUUM PK,NO SALT	1 can (303 x 406)	66.10	12.10	6.80	59.30
CORN,SWT,YEL,CND,VACUUM PK,NO SALT	1 cup	40.82	7.48	4.20	36.62
CORN,SWT,YEL,CND,VACUUM PK,REG PK	1 can (303 x 406)	66.10	12.10	6.80	59.30
CORN,SWT,YEL,CND,VACUUM PK,REG PK	1 can, 15 oz (303 x 406)	82.62	15.13	8.50	74.12
CORN,SWT,YEL,CND,VACUUM PK,REG PK	1 cup	40.82	7.48	4.20	36.62
CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL	1 can (12 oz) yields	31.78	5.11	4.85	26.92
CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL	1 can (303 x 406)	44.88	7.21	6.85	38.02
CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL	1 cup	24.70	3.97	3.77	20.93
CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BLD,DRND,WO/SALT	1 cup	31.85	5.07	3.96	27.89
CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BLD,DRND,WO/SALT	1 package (10 oz) yields	54.81	8.72	6.82	48.00
CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPREP	1 cup	28.17	3.40	2.86	25.31
CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPREP	1 package	58.82	7.10	5.96	52.85
CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	1 cup kernels	36.84	5.92	4.62	32.22
CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	1 ear, yields	14.07	2.26	1.76	12.30

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO/SALT	1 cup kernels	36.84	5.92	4.62	32.22
CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO/SALT	1 ear, yields	14.07	2.26	1.76	12.30
CORN,SWT,YEL,FRZ,KRNLS ON COB,UNPREP	1 cup kernels	38.78	6.24	4.62	34.16
CORN,SWT,YEL,FRZ,KRNLS ON COB,UNPREP	1 ear, yields	29.38	4.73	3.50	25.88
CORN,SWT,YEL,FRZ,KRNLS,CUT OFF COB,BLD,DRND,W/SALT	1 cup	30.87	5.07	3.96	26.91
CORN,SWT,YEL,FRZ,KRNLS,CUT OFF COB,BLD,DRND,W/SALT	1 package (10 oz) yields	53.14	8.72	6.82	46.32
CORN,SWT,YEL,RAW	1 cup	27.12	9.08	2.90	24.22
CORN,SWT,YEL,RAW	1 ear, large (7-3/4" to 9" long) yields	26.74	8.95	2.86	23.88
CORN,SWT,YEL,RAW	1 ear, medium (6-3/4" to 7-1/2" long) yields	19.07	6.39	2.04	17.03
CORN,SWT,YEL,RAW	1 ear, small (5-1/2" to 6-1/2" long)	13.65	4.57	1.46	12.19
CORN,YEL,WHL KERNEL,FRZ,MICROWAVED	1 cup	36.48	4.74	3.67	32.81
CORNSALAD,RAW	1 cup	2.02	0.00	0.00	2.02
COWPEAS (BLACKYES),IMMAT SEEDS,CKD,BLD,DRND,W/SALT	1 cup	32.55	5.33	8.25	24.30
COWPEAS (BLACKYES),IMMAT SEEDS,CKD,BLD,DRND,WO/ SALT	1 cup	33.53	5.33	8.25	25.28
COWPEAS (BLACKYES),IMMAT SEEDS,FRZ,CKD,BLD,DRND,W/ SALT	1 cup	39.95	7.58	10.88	29.07
COWPEAS (BLACKYES),IMMAT SEEDS,FRZ,UNPREP	1 cup	40.21	0.00	8.00	32.21
COWPEAS (BLACKYES),IMMAT SEEDS,FRZ,UNPREP	1 package (10 oz)	71.37	0.00	14.20	57.17
COWPEAS (BLACKYES),IMMAT SEEDS,RAW	1 cup	27.30	4.35	7.25	20.05
COWPEAS (BLACKYES),IMMTRE SEEDS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	40.39	7.58	10.88	29.51
COWPEAS,LEAFY TIPS,CKD,BLD,DRND,W/SALT	1 cup, chopped	1.48	0.00	0.00	1.48
COWPEAS,LEAFY TIPS,CKD,BLD,DRND,WO/SALT	1 cup, chopped	1.48	0.00	0.00	1.48
COWPEAS,LEAFY TIPS,RAW	1 cup, chopped	1.74	0.00	0.00	1.74
COWPEAS,LEAFY TIPS,RAW	1 leaf	0.14	0.00	0.00	0.14
COWPEAS,YOUNG PODS W/SEEDS,CKD,BLD,DRND,W/SALT	1 cup	6.65	0.00	0.00	6.65
COWPEAS,YOUNG PODS W/SEEDS,CKD,BLD,DRND,WO/SALT	1 cup	6.65	0.00	0.00	6.65

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COWPEAS,YOUNG PODS W/SEEDS,RAW	1 cup	8.93	4.74	3.10	5.83
COWPEAS,YOUNG PODS W/SEEDS,RAW	1 pod	1.14	0.60	0.40	0.74
CRESS,GARDEN,CKD,BLD,DRND,W/SALT	1 cup	5.13	4.20	0.95	4.19
CRESS,GARDEN,CKD,BLD,DRND,WO/SALT	1/2 cup	2.58	2.11	0.48	2.11
CRESS,GARDEN,CKD,BLD,DRND,WO/SALT	1 cup	5.13	4.20	0.95	4.19
CRESS,GARDEN,RAW	1 cup	2.75	2.20	0.55	2.20
CRESS,GARDEN,RAW	1 sprig	0.06	0.04	0.01	0.04
CUCUMBER,PEELED,RAW	1 cup, pared, chopped	2.87	1.84	0.93	1.94
CUCUMBER,PEELED,RAW	1 cup, sliced	2.57	1.64	0.83	1.74
CUCUMBER,PEELED,RAW	1 large (8-1/4" long)	6.05	3.86	1.96	4.09
CUCUMBER,PEELED,RAW	1 medium	4.34	2.77	1.41	2.93
CUCUMBER,PEELED,RAW	1 slice	0.15	0.10	0.05	0.10
CUCUMBER,PEELED,RAW	1 small (6-3/8" long)	3.41	2.18	1.11	2.31
CUCUMBER,PEELED,RAW	1 stick (4" long)	0.19	0.12	0.06	0.13
CUCUMBER,WITH PEEL,RAW	1/2 cup slices	1.89	0.87	0.26	1.63
CUCUMBER,WITH PEEL,RAW	1 cucumber (8- 1/4")	10.93	5.03	1.51	9.42
DANDELION GREENS,RAW	1 cup, chopped	5.06	0.39	1.93	3.14
DANDELION GRNS,CKD,BLD,DRND,W/SALT	1 cup, chopped	6.72	1.70	3.05	3.68
DANDELION GRNS,CKD,BLD,DRND,WO/SALT	1 cup, chopped	6.72	0.53	3.05	3.68
DOCK,RAW	1 cup, chopped	4.26	0.00	3.86	0.40
DRUMSTICK LEAVES,CKD,BLD,DRND,W/ SALT	1 cup, chopped	4.68	0.42	0.84	3.84
DRUMSTICK LEAVES,CKD,BLD,DRND,WO/ SALT	1 cup, chopped	4.68	0.42	0.84	3.84
DRUMSTICK LEAVES,RAW	1 cup, chopped	1.74	0.00	0.42	1.32
DRUMSTICK PODS,CKD,BLD,DRND,W/ SALT	1 cup slices	9.65	0.00	4.96	4.70
DRUMSTICK PODS,CKD,BLD,DRND,WO/ SALT	1 cup slices	9.65	0.00	4.96	4.70
DRUMSTICK PODS,RAW	1 cup slices	8.53	0.00	3.20	5.33
DRUMSTICK PODS,RAW	1 pod (15-1/3" long)	0.94	0.00	0.35	0.59
EDAMAME,FRZ,PREP	1 cup	15.41	3.38	8.06	7.35
EDAMAME,FRZ,UNPREP	1 cup	10.12	2.93	5.66	4.46
EDAMAME,FRZ,UNPREP	1 package	37.07	10.71	20.74	16.33
EGGPLANT,CKD,BLD,DRND,W/SALT	1 cup (1" cubes)	8.06	3.17	2.48	5.58
EGGPLANT,CKD,BLD,DRND,WO/SALT	1 cup (1" cubes)	8.64	3.17	2.48	6.17
EGGPLANT,PICKLED	1 cup	13.29	6.53	3.40	9.89
EGGPLANT,RAW	1 cup, cubes	4.82	2.89	2.46	2.36

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EGGPLANT,RAW	1 eggplant, peeled (yield from 1-1/4 lb)	26.93	16.17	13.74	13.19
EGGPLANT,RAW	1 eggplant, unpeeled (approx 1-1/4 lb)	32.22	19.34	16.44	15.78
ENDIVE,RAW	1/2 cup, chopped	0.84	0.06	0.78	0.06
ENDIVE,RAW	1 head	17.19	1.28	15.90	1.28
EPAZOTE,RAW	1 sprig	0.15	0.00	0.08	0.07
EPAZOTE,RAW	1 tbsp	0.06	0.00	0.03	0.03
EPPAW,RAW	1 cup	31.68	0.00	0.00	31.68
FENNEL,BULB,RAW	1 bulb	17.08	9.20	7.25	9.83
FENNEL,BULB,RAW	1 cup, sliced	6.35	3.42	2.70	3.65
FIREWEED,LEAVES,RAW	1 cup, chopped	4.42	0.00	2.44	1.98
FIREWEED,LEAVES,RAW	1 plant	4.23	0.00	2.33	1.90
FUNGI,CLOUD EARS,DRIED	1 cup	20.44	0.00	19.63	0.81
FUNGI,CLOUD EARS,DRIED	1 piece	3.29	0.00	3.15	0.13
GARLIC,RAW	1 clove	0.99	0.03	0.06	0.93
GARLIC,RAW	1 cup	44.96	1.36	2.86	42.11
GARLIC,RAW	1 tsp	0.93	0.03	0.06	0.87
GARLIC,RAW	3 cloves	2.98	0.09	0.19	2.79
GINGER ROOT,RAW	1/4 cup slices (1" dia)	4.26	0.41	0.48	3.78
GINGER ROOT,RAW	1 tsp	0.36	0.03	0.04	0.32
GINGER ROOT,RAW	5 slices (1" dia)	1.95	0.19	0.22	1.73
GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,W/SALT	1/2 cup (1" slices)	12.24	4.60	2.58	9.66
GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,W/SALT	1 cup (1" pieces)	24.48	9.20	5.16	19.31
GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,WO/SALT	1/2 cup (1" slices)	12.76	4.60	2.58	10.18
GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,WO/SALT	1 cup (1" pieces)	25.53	9.20	5.16	20.36
GOURD,DISHCLOTH (TOWELGOURD),RAW	1 cup (1" pieces)	4.13	1.92	1.05	3.09
GOURD,DISHCLOTH (TOWELGOURD),RAW	1 gourd	7.74	3.60	1.96	5.79
GOURD,WHITE-FLOWERED (CALABASH),CKD,BLD,DRND,W/SALT	1 cup (1" cubes)	4.53	0.00	1.75	2.77
GOURD,WHITE-FLOWERED (CALABASH),CKD,BLD,DRND,WO/SALT	1 cup (1" cubes)	5.39	0.00	1.75	3.64
GOURD,WHITE-FLOWERED (CALABASH),RAW	1/2 cup (1" pieces)	1.97	0.00	0.29	1.68

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GOURD,WHITE-FLOWERED (CALABASH),RAW	1 gourd	26.14	0.00	3.86	22.28
GRAPE LEAVES,CND	1 leaf	0.47	0.00	0.40	0.07
GRAPE LEAVES,RAW	1 cup	2.42	0.88	1.54	0.88
GRAPE LEAVES,RAW	1 leaf	0.52	0.19	0.33	0.19
HEALTHY REQUEST TOMATO JUC	1 serving	11.01	8.99	1.94	9.06
HEALTHY REQUEST TOMATO JUC	8 fl oz	11.01	8.99	1.94	9.06
HEARTS OF PALM,CANNED	1 cup	6.75	0.00	3.50	3.24
HEARTS OF PALM,CANNED	1 piece	1.52	0.00	0.79	0.73
HYACINTH-BEANS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	1 cup	8.00	0.00	0.00	8.00
HYACINTH-BEANS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	1 cup	8.00	0.00	0.00	8.00
HYACINTH-BEANS,IMMAT SEEDS,RAW	1 cup	7.35	3.26	2.64	4.71
JERUSALEM-ARTICHOKES,RAW	1 cup slices	26.16	14.40	2.40	23.76
JEW'S EAR,(PEPEAO),RAW	1 cup slices	6.68	0.00	0.00	6.68
JEW'S EAR,(PEPEAO),RAW	1 piece	0.41	0.00	0.00	0.41
JUTE,POTHERB,CKD,BLD,DRND,W/SALT	1 cup	6.34	0.87	1.74	4.60
JUTE,POTHERB,CKD,BLD,DRND,WO/SALT	1 cup	6.34	0.87	1.74	4.60
JUTE,POTHERB,RAW	1 cup	1.62	0.00	0.00	1.62
KALE,CKD,BLD,DRND,W/SALT	1 cup, chopped	7.32	1.63	2.60	4.72
KALE,CKD,BLD,DRND,WO/SALT	1 cup, chopped	7.32	1.63	2.60	4.72
KALE,FROZEN,UNPREPARED	1/3 package (10 oz)	4.61	0.00	1.88	2.73
KALE,FROZEN,UNPREPARED	1 package (10 oz)	13.92	0.00	5.68	8.24
KALE,FRZ,CKD,BLD,DRND,W/SALT	1 cup, chopped	6.80	1.74	2.60	4.20
KALE,FRZ,CKD,BLD,DRND,WO/SALT	1/2 cup, chopped or diced	3.40	0.87	1.30	2.10
KALE,FRZ,CKD,BLD,DRND,WO/SALT	1 cup, chopped	6.80	1.74	2.60	4.20
KALE,RAW	1 cup 1" pieces, loosely packed	1.40	0.36	0.58	0.82
KALE,SCOTCH,CKD,BLD,DRND,W/SALT	1 cup, chopped	7.31	0.00	0.00	7.31
KALE,SCOTCH,CKD,BLD,DRND,WO/SALT	1 cup, chopped	7.32	0.00	1.56	5.76
KALE,SCOTCH,RAW	1 cup, chopped	5.57	0.00	1.14	4.44
KANPYO,(DRIED GOURD STRIPS)	1/2 cup	17.56	0.00	2.65	14.91
KANPYO,(DRIED GOURD STRIPS)	1 strip	4.10	0.00	0.62	3.48
KOHLRABI,CKD,BLD,DRND,W/SALT	1 cup slices	11.04	4.62	1.82	9.22
KOHLRABI,CKD,BLD,DRND,WO/SALT	1 cup slices	11.04	4.62	1.82	9.22
KOHLRABI,RAW	1 cup	8.37	3.51	4.86	3.51
KOHLRABI,RAW	1 slice	0.99	0.42	0.58	0.42
LAMBS QUARTERS,CKD,BLD,DRND,W/SALT	1 cup, chopped	9.00	1.12	3.78	5.22
LAMBSQUARTERS,CKD,BLD,DRND,WO/SALT	1 cup, chopped	9.00	1.12	3.78	5.22

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LEEKS,(BULB&LOWER LEAF-PORTION),CKD,BLD,DRND,W/SALT	1/4 cup, chopped	1.98	0.55	0.26	1.72
LEEKS,(BULB&LOWER LEAF-PORTION),CKD,BLD,DRND,W/SALT	1 leek	9.45	2.62	1.24	8.21
LEEKS,(BULB&LOWER LEAF-PORTION),CKD,BLD,DRND,WO/SALT	1/4 cup, chopped or diced	1.98	0.55	0.26	1.72
LEEKS,(BULB&LOWER LEAF-PORTION),CKD,BLD,DRND,WO/SALT	1 leek	9.45	2.62	1.24	8.21
LEEKS,(BULB&LOWER LEAF-PORTION),RAW	1 cup	12.59	3.47	1.60	10.99
LEEKS,(BULB&LOWER LEAF-PORTION),RAW	1 leek	12.59	3.47	1.60	10.99
LEEKS,(BULB&LOWER LEAF-PORTION),RAW	1 slice	0.85	0.23	0.11	0.74
LEEKS,(BULB&LOWER-LEAF PORTION),FREEZE-DRIED	1/4 cup	0.60	0.00	0.08	0.51
LEEKS,(BULB&LOWER-LEAF PORTION),FREEZE-DRIED	1 tbsp	0.15	0.00	0.02	0.13
LEMON GRASS (CITRONELLA),RAW	1 cup	16.96	0.00	0.00	16.96
LEMON GRASS (CITRONELLA),RAW	1 tbsp	1.21	0.00	0.00	1.21
LENTILS,SPROUTED,RAW	1 cup	17.05	0.00	0.00	17.05
LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYPES),RAW	1 cup, shredded or chopped	1.23	0.52	0.61	0.62
LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYPES),RAW	1 head (5" dia)	3.63	1.53	1.79	1.84
LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYPES),RAW	1 leaf	0.11	0.05	0.06	0.06
LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYPES),RAW	1 leaf, large	0.33	0.14	0.17	0.17
LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYPES),RAW	1 leaf, medium	0.17	0.07	0.08	0.08
LETTUCE,COS OR ROMAINE,RAW	1 cup shredded	1.55	0.56	0.99	0.56
LETTUCE,COS OR ROMAINE,RAW	1 head	20.60	7.45	13.15	7.45
LETTUCE,COS OR ROMAINE,RAW	1 leaf inner	0.20	0.07	0.13	0.07
LETTUCE,COS OR ROMAINE,RAW	1 leaf outer	0.92	0.33	0.59	0.33
LETTUCE,COS OR ROMAINE,RAW	1 NLEA serving	2.80	1.01	1.79	1.01
LETTUCE,GRN LEAF,RAW	1 cup shredded	1.03	0.28	0.47	0.57
LETTUCE,GRN LEAF,RAW	1 head	10.33	2.81	4.68	5.65
LETTUCE,GRN LEAF,RAW	1 leaf inner	0.14	0.04	0.06	0.08
LETTUCE,GRN LEAF,RAW	1 leaf outer	0.69	0.19	0.31	0.38
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 cup shredded	2.14	1.42	0.86	1.27
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 cup, chopped (1/2" pieces, loosely packed)	1.69	1.12	0.68	1.01
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 head, large	22.42	14.87	9.06	13.36

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LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 head, medium (6" dia)	16.01	10.62	6.47	9.54
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 head, small	9.62	6.38	3.89	5.73
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 leaf, large	0.45	0.30	0.18	0.27
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 leaf, medium	0.24	0.16	0.10	0.14
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 leaf, small	0.15	0.10	0.06	0.09
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 NLEA Serving	2.64	1.75	1.07	1.58
LETTUCE,RED LEAF,RAW	1 cup shredded	0.63	0.13	0.25	0.38
LETTUCE,RED LEAF,RAW	1 head	6.98	1.48	2.78	4.20
LETTUCE,RED LEAF,RAW	1 leaf inner	0.06	0.01	0.02	0.04
LETTUCE,RED LEAF,RAW	1 leaf outer	0.38	0.08	0.15	0.23
LETTUCE,RED LEAF,RAW	1 NLEA serving	1.92	0.41	0.77	1.16
LIMA BNS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	1 cup	40.19	2.77	9.01	31.18
LIMA BNS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	1 cup	40.19	2.77	9.01	31.18
LIMA BNS,IMMAT SEEDS,CND,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	60.52	4.22	16.34	44.17
LIMA BNS,IMMAT SEEDS,CND,NO SALT,SOL&LIQUIDS	1 cup	33.06	2.31	8.93	24.13
LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,W/SALT	1 cup	35.01	2.47	10.80	24.21
LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	60.49	4.26	18.66	41.83
LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,WO/SALT	1 cup	35.01	2.47	10.80	24.21
LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	60.49	4.26	18.66	41.83
LIMA BNS,IMMAT SEEDS,FRZ,BABY,UNPREP	1 cup	41.23	0.00	9.84	31.39
LIMA BNS,IMMAT SEEDS,FRZ,BABY,UNPREP	1 package (10 oz)	71.40	0.00	17.04	54.36
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,W/SALT	1 cup	32.84	2.28	9.86	22.98
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	60.09	4.17	18.04	42.05
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,WO/SALT	1 cup	32.84	2.28	9.86	22.98
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	60.09	4.17	18.04	42.05
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,UNPREP	1 cup	31.73	2.22	8.80	22.93
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,UNPREP	1 package (10 oz)	56.32	3.95	15.62	40.70
LIMA BNS,IMMAT SEEDS,RAW	1 cup	31.47	2.31	7.64	23.82
LOTUS ROOT,CKD,BLD,DRND,W/SALT	1/2 cup	9.61	0.00	1.86	7.75

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LOTUS ROOT,CKD,BLD,DRND,W/SALT	10 slices (2-1/2" dia)	14.26	0.00	2.76	11.50
LOTUS ROOT,CKD,BLD,DRND,WO/SALT	1/2 cup	9.61	0.30	1.86	7.75
LOTUS ROOT,CKD,BLD,DRND,WO/SALT	10 slices (2-1/2" dia)	14.26	0.45	2.76	11.50
LOTUS ROOT,RAW	1 root (9-1/2" long)	19.81	0.00	5.64	14.18
LOTUS ROOT,RAW	10 slices (2-1/2" dia)	13.96	0.00	3.97	9.99
MALABAR SPINACH,COOKED	1 bunch	0.46	0.00	0.36	0.10
MALABAR SPINACH,COOKED	1 cup	1.19	0.00	0.92	0.27
MOUNTAIN YAM,HAWAII,CKD,STMD,W/ SALT	1 cup, cubes	28.99	0.00	0.00	28.99
MOUNTAIN YAM,HAWAII,CKD,STMD,WO/SALT	1 cup, cubes	29.00	0.00	0.00	29.00
MOUNTAIN YAM,HAWAII,RAW	1/2 cup, cubes	11.08	0.21	1.70	9.38
MOUNTAIN YAM,HAWAII,RAW	1 yam	68.46	1.30	10.50	57.96
MUNG BNS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	1 cup	4.46	3.52	0.99	3.47
MUNG BNS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,WO/SALT	1 cup	5.20	3.52	0.99	4.20
MUNG BNS,MATURE SEEDS,SPROUTED,CKD,STIR-FRIED	1 cup	13.13	0.00	2.36	10.78
MUNG BNS,MATURE SEEDS,SPROUTED,RAW	1 cup	6.18	4.30	1.87	4.31
MUNG BNS,MATURE SEEDS,SPROUTED,RAW	1 package (12 oz)	20.20	14.04	6.12	14.08
MUSHROOMS,BROWN,ITALIAN,OR CRIMINI,RAW	1 cup sliced	3.10	1.24	0.43	2.66
MUSHROOMS,BROWN,ITALIAN,OR CRIMINI,RAW	1 cup whole	3.74	1.50	0.52	3.22
MUSHROOMS,BROWN,ITALIAN,OR CRIMINI,RAW	1 piece whole	0.86	0.34	0.12	0.74
MUSHROOMS,CHANTERELLE,RAW	1 cup	3.70	0.63	2.05	1.65
MUSHROOMS,CHANTERELLE,RAW	1 piece	0.37	0.06	0.21	0.17
MUSHROOMS,CND,DRND SOL	1/2 cup pieces	3.97	1.83	1.87	2.10
MUSHROOMS,CND,DRND SOL	1 can	6.72	3.09	3.17	3.55
MUSHROOMS,CND,DRND SOL	1 cup	7.94	3.65	3.74	4.20
MUSHROOMS,CND,DRND SOL	1 large	0.81	0.37	0.38	0.43
MUSHROOMS,CND,DRND SOL	1 medium	0.61	0.28	0.29	0.32
MUSHROOMS,CND,DRND SOL	1 small	0.36	0.16	0.17	0.19
MUSHROOMS,CND,DRND SOL	8 caps	2.39	1.10	1.13	1.26
MUSHROOMS,CND,DRND SOL	10 slices	2.04	0.94	0.96	1.08
MUSHROOMS,ENOKI,RAW	1 cup sliced	5.08	0.14	1.76	3.32
MUSHROOMS,ENOKI,RAW	1 cup whole	5.00	0.14	1.73	3.27
MUSHROOMS,ENOKI,RAW	1 large	0.39	0.01	0.14	0.26
MUSHROOMS,ENOKI,RAW	1 medium	0.23	0.01	0.08	0.15
MUSHROOMS,MAITAKE,RAW	1 cup diced	4.88	1.45	1.89	2.99
MUSHROOMS,MAITAKE,RAW	1 piece whole	0.08	0.02	0.03	0.05

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MUSHROOMS,MOREL,RAW	1 cup	3.37	0.40	1.85	1.52
MUSHROOMS,MOREL,RAW	1 piece	0.66	0.08	0.36	0.30
MUSHROOMS,OYSTER,RAW	1 cup sliced	5.24	0.95	1.98	3.26
MUSHROOMS,OYSTER,RAW	1 large	9.01	1.64	3.40	5.61
MUSHROOMS,OYSTER,RAW	1 small	0.91	0.17	0.35	0.57
MUSHROOMS,PORTABELLA,EXPOSED TO UV LT,GRILLED	1 cup sliced	5.37	2.73	2.66	2.71
MUSHROOMS,PORTABELLA,EXPOSED TO UV LT,RAW	1 cup diced	3.33	2.15	1.12	2.21
MUSHROOMS,PORTABELLA,EXPOSED TO UV LT,RAW	1 piece whole	3.25	2.10	1.09	2.16
MUSHROOMS,PORTABELLA,GRILLED	1 cup sliced	5.37	2.73	2.66	2.71
MUSHROOMS,PORTABELLA,RAW	1 cup diced	3.33	2.15	1.12	2.21
MUSHROOMS,PORTABELLA,RAW	1 piece whole	3.25	2.10	1.09	2.16
MUSHROOMS,SHIITAKE,CKD,W/SALT	1 cup pieces	20.87	5.57	3.05	17.82
MUSHROOMS,SHIITAKE,CKD,W/SALT	4 mushrooms	10.36	2.76	1.51	8.85
MUSHROOMS,SHIITAKE,CKD,WO/SALT	1 cup pieces	20.87	5.57	3.05	17.82
MUSHROOMS,SHIITAKE,CKD,WO/SALT	4 mushrooms	10.36	2.76	1.51	8.85
MUSHROOMS,SHIITAKE,DRIED	1 mushroom	2.71	0.08	0.41	2.30
MUSHROOMS,SHIITAKE,DRIED	4 mushrooms	11.31	0.33	1.73	9.58
MUSHROOMS,SHIITAKE,RAW	1 piece whole	1.29	0.45	0.48	0.82
MUSHROOMS,SHIITAKE,STIR-FRIED	1 cup sliced	7.45	0.29	3.49	3.96
MUSHROOMS,SHIITAKE,STIR-FRIED	1 cup whole	6.84	0.27	3.20	3.63
MUSHROOMS,SHIITAKE,STIR-FRIED	1 piece whole	1.46	0.06	0.68	0.78
MUSHROOMS,STRAW,CND,DRND SOL	1 cup	8.44	0.00	4.55	3.89
MUSHROOMS,STRAW,CND,DRND SOL	1 piece	0.26	0.00	0.14	0.12
MUSHROOMS,WHITE,CKD,BLD,DRND,W/ SALT	1 cup pieces	8.25	3.65	3.43	4.82
MUSHROOMS,WHITE,CKD,BLD,DRND,W/ SALT	1 mushroom	0.63	0.28	0.26	0.37
MUSHROOMS,WHITE,CKD,BLD,DRND,W/ SALT	1 tbsp	0.52	0.23	0.22	0.30
MUSHROOMS,WHITE,CKD,BLD,DRND,WO/ SALT	1 cup pieces	8.25	3.65	3.43	4.82
MUSHROOMS,WHITE,CKD,BLD,DRND,WO/ SALT	1 mushroom	0.63	0.28	0.26	0.37
MUSHROOMS,WHITE,CKD,BLD,DRND,WO/ SALT	1 tbsp	0.52	0.23	0.22	0.30
MUSHROOMS,WHITE,RAW	1/2 cup pieces	1.14	0.69	0.35	0.79
MUSHROOMS,WHITE,RAW	1 cup, pieces or slices	2.28	1.39	0.70	1.58
MUSHROOMS,WHITE,RAW	1 cup, whole	3.13	1.90	0.96	2.17
MUSHROOMS,WHITE,RAW	1 large	0.75	0.46	0.23	0.52
MUSHROOMS,WHITE,RAW	1 medium	0.59	0.36	0.18	0.41
MUSHROOMS,WHITE,RAW	1 slice	0.20	0.12	0.06	0.14
MUSHROOMS,WHITE,RAW	1 small	0.33	0.20	0.10	0.23
MUSHROOMS,WHITE,STIR-FRIED	1 cup sliced	4.36	0.00	1.94	2.42
MUSTARD GREENS,RAW	1 cup, chopped	2.62	0.74	1.79	0.82
MUSTARD GRNS,CKD,BLD,DRND,W/SALT	1 cup, chopped	6.31	1.97	2.80	3.51
MUSTARD GRNS,CKD,BLD,DRND,WO/SALT	1 cup, chopped	6.31	1.97	2.80	3.51

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MUSTARD GRNS,FRZ,CKD,BLD,DRND,W/SALT	1 cup, chopped or diced	4.67	0.48	4.20	0.47
MUSTARD GRNS,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	6.59	0.68	5.94	0.66
MUSTARD GRNS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup, chopped	4.67	0.48	4.20	0.47
MUSTARD GRNS,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	6.59	0.68	5.94	0.66
MUSTARD GRNS,FRZ,UNPREP	1 cup, chopped	4.98	0.00	4.82	0.16
MUSTARD GRNS,FRZ,UNPREP	1 package (10 oz)	9.68	0.00	9.37	0.31
MUSTARD SPINACH,(TENDERGREEN),CKD,BLD,DRND,W/SALT	1 cup, chopped	5.04	0.00	3.60	1.44
MUSTARD SPINACH,(TENDERGREEN),CKD,BLD,DRND,WO/SALT	1 cup, chopped	5.04	0.00	3.60	1.44
MUSTARD SPINACH,(TENDERGREEN),RAW	1 cup, chopped	5.85	0.00	4.20	1.65
NEW ZEALAND SPINACH,CKD,BLD,DRND,W/SALT	1 cup, chopped	3.83	0.45	2.52	1.31
NEW ZEALAND SPINACH,CKD,BLD,DRND,WO/SALT	1 cup, chopped	3.83	0.45	2.52	1.31
NEW ZEALAND SPINACH,RAW	1 cup, chopped	1.40	0.16	0.84	0.56
NOPALES,CKD,WO/SALT	1 cup	4.89	1.67	2.98	1.91
NOPALES,CKD,WO/SALT	1 pad	0.95	0.32	0.58	0.37
NOPALES,RAW	1 cup, sliced	2.86	0.99	1.89	0.97
OKRA,CKD,BLD,DRND,W/SALT	1/2 cup slices	3.61	1.92	2.00	1.61
OKRA,CKD,BLD,DRND,W/SALT	8 pods (3" long)	3.83	2.04	2.13	1.71
OKRA,CKD,BLD,DRND,WO/SALT	1/2 cup slices	3.61	1.92	2.00	1.61
OKRA,CKD,BLD,DRND,WO/SALT	8 pods (3" long)	3.83	2.04	2.13	1.71
OKRA,FROZEN,UNPREPARED	1/3 package (10 oz)	6.30	2.82	2.09	4.21
OKRA,FROZEN,UNPREPARED	1 package (10 oz)	18.83	8.43	6.25	12.58
OKRA,FROZEN,UNPREPARED	1 package (3 lb)	90.23	40.42	29.94	60.29
OKRA,FRZ,CKD,BLD,DRND,W/ SALT	1/2 cup slices	5.90	2.64	1.93	3.97
OKRA,FRZ,CKD,BLD,DRND,W/ SALT	1 package (10 oz) yields	16.35	7.32	5.36	10.99
OKRA,FRZ,CKD,BLD,DRND,WO/SALT	1/2 cup slices	5.90	2.64	1.93	3.97
OKRA,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	16.35	7.32	5.36	10.99
OKRA,RAW	1 cup	7.45	1.48	3.20	4.25
OKRA,RAW	8 pods (3" long)	7.08	1.41	3.04	4.04
ONION RINGS,BREADED,PAR FR,FRZ,PREP,HTD IN OVEN	1 cup	16.22	2.45	1.06	15.16

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
ONION RINGS,BREADED,PAR FR,FRZ,PREP,HTD IN OVEN	10 rings, large (3-4" dia)	23.99	3.62	1.56	22.43
ONION RINGS,BREADED,PAR FR,FRZ,PREP,HTD IN OVEN	10 rings, medium (2-3" dia)	20.27	3.06	1.32	18.95
ONION RINGS,BREADED,PAR FR,FRZ,PREP,HTD IN OVEN	10 rings, small (1-2" dia)	16.22	2.45	1.06	15.16
ONION RINGS,BREADED,PAR FR,FRZ,UNPREP	1 package (16 oz)	138.61	0.00	8.17	130.43
ONION RINGS,BREADED,PAR FR,FRZ,UNPREP	1 package (9 oz)	77.85	0.00	4.59	73.26
ONION RINGS,BREADED,PAR FR,FRZ,UNPREP	6 rings	25.95	0.00	1.53	24.42
ONIONS,CKD,BLD,DRND,W/SALT	1 cup	20.08	9.93	2.94	17.14
ONIONS,CKD,BLD,DRND,W/SALT	1 large	12.24	6.05	1.79	10.44
ONIONS,CKD,BLD,DRND,W/SALT	1 medium	8.99	4.45	1.32	7.67
ONIONS,CKD,BLD,DRND,W/SALT	1 slice large (1/4" thick)	3.06	1.51	0.45	2.61
ONIONS,CKD,BLD,DRND,W/SALT	1 slice medium (1/8" thick)	1.15	0.57	0.17	0.98
ONIONS,CKD,BLD,DRND,W/SALT	1 slice thin	0.76	0.38	0.11	0.65
ONIONS,CKD,BLD,DRND,W/SALT	1 small	5.74	2.84	0.84	4.90
ONIONS,CKD,BLD,DRND,W/SALT	1 tbsp chopped	1.43	0.71	0.21	1.22
ONIONS,CKD,BLD,DRND,WO/SALT	1 cup	21.32	9.93	2.94	18.38
ONIONS,CKD,BLD,DRND,WO/SALT	1 large	12.99	6.05	1.79	11.20
ONIONS,CKD,BLD,DRND,WO/SALT	1 medium	9.54	4.45	1.32	8.23
ONIONS,CKD,BLD,DRND,WO/SALT	1 slice, large (1/4" thick)	3.25	1.51	0.45	2.80
ONIONS,CKD,BLD,DRND,WO/SALT	1 slice, medium (1/8" thick)	1.22	0.57	0.17	1.05
ONIONS,CKD,BLD,DRND,WO/SALT	1 slice, thin	0.81	0.38	0.11	0.70
ONIONS,CKD,BLD,DRND,WO/SALT	1 small	6.09	2.84	0.84	5.25
ONIONS,CKD,BLD,DRND,WO/SALT	1 tbsp chopped	1.52	0.71	0.21	1.31
ONIONS,CND,SOL&LIQUIDS	1/2 cup, chopped or diced	4.50	2.46	1.34	3.16
ONIONS,CND,SOL&LIQUIDS	1 onion	2.53	1.39	0.76	1.78
ONIONS,DEHYDRATED FLAKES	1/4 cup	11.66	5.24	1.29	10.37
ONIONS,DEHYDRATED FLAKES	1 tbsp	4.16	1.87	0.46	3.70
ONIONS,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	1/2 cup, chopped or diced	6.30	3.05	1.79	4.52
ONIONS,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	1 tbsp chopped	0.90	0.44	0.26	0.65
ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	1/2 cup, chopped or diced	6.92	3.05	1.89	5.03

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ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	1 tbsp chopped	0.99	0.44	0.27	0.72
ONIONS,FRZ,CHOPD,UNPREP	1/3 package (10 oz)	6.48	0.00	1.71	4.77
ONIONS,FRZ,CHOPD,UNPREP	1 package (10 oz)	19.37	0.00	5.11	14.26
ONIONS,FRZ,WHL,CKD,BLD,DRND,W/SALT	1 cup	12.83	6.09	2.94	9.89
ONIONS,FRZ,WHL,CKD,BLD,DRND,WO/SALT	1 cup	14.07	6.09	2.94	11.13
ONIONS,FRZ,WHL,UNPREP	1/3 package (10 oz)	8.03	3.62	1.62	6.41
ONIONS,FRZ,WHL,UNPREP	1 package (10 oz)	24.00	10.82	4.83	19.17
ONIONS,RAW	1 cup, chopped	14.94	6.78	2.72	12.22
ONIONS,RAW	1 cup, sliced	10.74	4.88	1.96	8.79
ONIONS,RAW	1 large	14.01	6.36	2.55	11.46
ONIONS,RAW	1 medium (2-1/2" dia)	10.27	4.66	1.87	8.40
ONIONS,RAW	1 slice, large (1/4" thick)	3.55	1.61	0.65	2.90
ONIONS,RAW	1 slice, medium (1/8" thick)	1.31	0.59	0.24	1.07
ONIONS,RAW	1 slice, thin	0.84	0.38	0.15	0.69
ONIONS,RAW	1 small	6.54	2.97	1.19	5.35
ONIONS,RAW	1 tbsp chopped	0.93	0.42	0.17	0.76
ONIONS,RAW	10 rings	5.60	2.54	1.02	4.58
ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),RAW	1 cup, chopped	7.34	2.33	2.60	4.74
ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),RAW	1 large	1.84	0.58	0.65	1.19
ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),RAW	1 medium (4-1/8" long)	1.10	0.35	0.39	0.71
ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),RAW	1 small (3" long)	0.37	0.12	0.13	0.24
ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),RAW	1 tbsp chopped	0.44	0.14	0.16	0.28
ONIONS,SWT,RAW	1 NLEA serving	11.17	7.43	1.33	9.84
ONIONS,SWT,RAW	1 onion	24.99	16.62	2.98	22.01
ONIONS,YEL,SAUTEED	1 cup chopped	6.84	0.00	1.48	5.36
ONIONS,YOUNG GRN,TOPS ONLY	1 cup chopped	4.08	2.78	1.28	2.80
ONIONS,YOUNG GRN,TOPS ONLY	1 stalk	0.69	0.47	0.22	0.47
ONIONS,YOUNG GRN,TOPS ONLY	1 tbsp	0.34	0.23	0.11	0.24
PACE,DICED GRN CHILIES	1 serving	2.00	1.00	0.99	1.01
PACE,DICED GRN CHILIES	2 tbsp	2.00	1.00	0.99	1.01

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PACE,JALAPENOS NACHO SLICED PEPPERS	1 oz	1.00	1.00	0.99	0.01
PACE,JALAPENOS NACHO SLICED PEPPERS	1 serving	1.00	1.00	0.99	0.01
PARSLEY,FREEZE-DRIED	1/4 cup	0.59	0.00	0.46	0.14
PARSLEY,FREEZE-DRIED	1 tbsp	0.17	0.00	0.13	0.04
PARSLEY,FRSH	1 cup chopped	3.80	0.51	1.98	1.82
PARSLEY,FRSH	1 tbsp	0.24	0.03	0.13	0.12
PARSLEY,FRSH	10 sprigs	0.63	0.09	0.33	0.30
PARSNIPS,CKD,BLD,DRND,W/SALT	1/2 cup slices	13.27	3.74	3.12	10.15
PARSNIPS,CKD,BLD,DRND,W/SALT	1 parsnip (9" long)	27.22	7.68	6.40	20.82
PARSNIPS,CKD,BLD,DRND,WO/SALT	1/2 cup slices	13.27	3.74	2.81	10.46
PARSNIPS,CKD,BLD,DRND,WO/SALT	1 parsnip (9" long)	27.22	7.68	5.76	21.46
PARSNIPS,RAW	1 cup slices	23.93	6.38	6.52	17.41
PEAS&CARROTS,CND,NO SALT,SOL&LIQUIDS	1 cup	21.62	7.22	8.42	13.21
PEAS&CARROTS,CND,REG PK,SOL&LIQUIDS	1 cup	21.62	0.00	5.10	16.52
PEAS&CARROTS,FRZ,CKD,BLD,DRND,W/SALT	1/2 cup	8.10	3.49	2.48	5.62
PEAS&CARROTS,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	28.13	12.12	8.62	19.52
PEAS&CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	1/2 cup	8.10	3.49	2.48	5.62
PEAS&CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	28.13	12.12	8.62	19.52
PEAS&CARROTS,FRZ,UNPREP	1/2 cup	7.81	0.00	2.38	5.43
PEAS&CARROTS,FRZ,UNPREP	1 package (10 oz)	31.67	0.00	9.66	22.01
PEAS&ONIONS,CND,SOL&LIQUIDS	1 cup	10.28	0.00	2.76	7.52
PEAS&ONIONS,FRZ,CKD,BLD,DRND,W/SALT	1 cup	15.53	6.79	3.96	11.57
PEAS&ONIONS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	15.53	6.79	3.96	11.57
PEAS&ONIONS,FRZ,UNPREP	1/2 cup	9.32	0.00	2.42	6.91
PEAS&ONIONS,FRZ,UNPREP	1 package (10 oz)	38.37	0.00	9.94	28.43
PEAS,EDIBLE-PODDED,BLD,DRND,WO/ SALT	1 cup	11.28	6.38	4.48	6.80
PEAS,EDIBLE-PODDED,CKD,BLD,DRND,W/SALT	1 cup	10.34	6.38	4.48	5.86
PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,W/SALT	1 cup	13.49	7.71	4.96	8.53
PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	21.33	12.19	7.84	13.48
PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	14.43	7.71	4.96	9.47
PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	22.82	12.19	7.84	14.98
PEAS,EDIBLE-PODDED,FRZ,UNPREP	1 cup	10.37	0.00	4.46	5.90
PEAS,EDIBLE-PODDED,FRZ,UNPREP	1 package (10 oz)	20.45	0.00	8.80	11.64
PEAS,EDIBLE-PODDED,RAW	1 cup, chopped	7.40	3.92	2.55	4.85

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PEAS,EDIBLE-PODDED,RAW	1 cup, whole	4.76	2.52	1.64	3.12
PEAS,EDIBLE-PODDED,RAW	10 pea pods	2.57	1.36	0.88	1.68
PEAS,GREEN,RAW	1 cup	20.95	8.22	7.40	13.56
PEAS,GRN (INCLUDES BABY & LESUER TYPES),CND,DRND SOL,UNPREP	1 can (303 x 406)	35.56	9.36	15.34	20.22
PEAS,GRN (INCLUDES BABY & LESUER TYPES),CND,DRND SOL,UNPREP	1 cup	19.88	5.23	8.58	11.31
PEAS,GRN,CKD,BLD,DRND,W/SALT	1 cup	25.01	9.49	8.80	16.21
PEAS,GRN,CKD,BLD,DRND,WO/SALT	1 cup	25.01	9.49	8.80	16.21
PEAS,GRN,CND,DRND SOL,RINSED IN TAP H2O	1 can	30.38	0.00	0.00	30.38
PEAS,GRN,CND,DRND SOL,RINSED IN TAP H2O	1 cup	19.27	0.00	0.00	19.27
PEAS,GRN,CND,NO SALT,DRND SOL	1/2 cup	10.69	3.54	3.49	7.21
PEAS,GRN,CND,NO SALT,DRND SOL	1 can (303 x 406)	39.38	13.02	12.83	26.54
PEAS,GRN,CND,NO SALT,SOL&LIQUIDS	1/2 cup	12.09	3.97	4.09	8.00
PEAS,GRN,CND,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	47.00	15.42	15.91	31.09
PEAS,GRN,CND,REG PK,SOL&LIQUIDS	1/2 cup	13.14	3.97	4.09	9.05
PEAS,GRN,CND,REG PK,SOL&LIQUIDS	1 can (303 x 406)	51.09	15.42	15.91	35.19
PEAS,GRN,CND,SEASONED,SOL&LIQUIDS	1/2 cup	10.55	0.00	2.28	8.27
PEAS,GRN,CND,SEASONED,SOL&LIQUIDS	1 cup	21.00	0.00	4.54	16.46
PEAS,GRN,FRZ,CKD,BLD,DRND,W/SALT	1/2 cup	11.41	3.72	4.40	7.01
PEAS,GRN,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	36.08	11.76	13.92	22.16
PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT	1/2 cup	11.41	3.72	4.40	7.01
PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	36.08	11.76	13.92	22.16
PEAS,GRN,FRZ,UNPREP	1 cup	18.25	6.70	6.03	12.22
PEAS,GRN,FRZ,UNPREP	1 package	38.68	14.20	12.78	25.90
PEAS,MATURE SEEDS,SPROUTED,RAW	1 cup	32.53	0.00	0.00	32.53
PEPEAO,DRIED	1 cup	19.45	0.00	0.00	19.45
PEPPER,BANANA,RAW	1 cup	6.63	2.42	4.22	2.42
PEPPER,BANANA,RAW	1 large (5" long)	4.01	1.46	2.55	1.46
PEPPER,BANANA,RAW	1 medium (4-1/2" long)	2.46	0.90	1.56	0.90
PEPPER,BANANA,RAW	1 small (4" long)	1.77	0.64	1.12	0.64
PEPPERS,ANCHO,DRIED	1 pepper	8.74	0.00	3.67	5.07
PEPPERS,CHILI,GRN,CND	1 cup	6.39	0.00	2.36	4.03
PEPPERS,HOT CHILE,SUN-DRIED	1 cup	25.85	15.19	10.62	15.23
PEPPERS,HOT CHILE,SUN-DRIED	1 pepper	0.35	0.21	0.14	0.21

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PEPPERS,HOT CHILI,GRN,CND,PODS,EXCLUDING SEEDS,SOL&LIQUIDS	1/2 cup, chopped or diced	3.47	2.12	0.88	2.58
PEPPERS,HOT CHILI,GRN,CND,PODS,EXCLUDING SEEDS,SOL&LIQUIDS	1 pepper	3.72	2.28	0.95	2.77
PEPPERS,HOT CHILI,GRN,RAW	1/2 cup, chopped or diced	7.10	3.83	1.13	5.97
PEPPERS,HOT CHILI,GRN,RAW	1 pepper	4.26	2.30	0.68	3.58
PEPPERS,HOT CHILI,RED,CND,EXCLUDING SEEDS,SOL&LIQUIDS	1/2 cup, chopped or diced	3.47	2.26	0.88	2.58
PEPPERS,HOT CHILI,RED,CND,EXCLUDING SEEDS,SOL&LIQUIDS	1 pepper	3.72	2.42	0.95	2.77
PEPPERS,HOT CHILI,RED,RAW	1/2 cup, chopped or diced	6.61	3.98	1.13	5.48
PEPPERS,HOT CHILI,RED,RAW	1 pepper	3.96	2.39	0.68	3.29
PEPPERS,HUNGARIAN,RAW	1 pepper	1.81	0.95	0.27	1.54
PEPPERS,JALAPENO,CND,SOL&LIQUIDS	1 cup, chopped	6.45	2.91	3.54	2.91
PEPPERS,JALAPENO,CND,SOL&LIQUIDS	1 cup, sliced	4.93	2.23	2.70	2.23
PEPPERS,JALAPENO,CND,SOL&LIQUIDS	1 pepper	1.04	0.47	0.57	0.47
PEPPERS,JALAPENO,RAW	1 cup, sliced	5.85	3.71	2.52	3.33
PEPPERS,JALAPENO,RAW	1 pepper	0.91	0.58	0.39	0.52
PEPPERS,PASILLA,DRIED	1 pepper	3.58	0.00	1.88	1.70
PEPPERS,SERRANO,RAW	1 cup, chopped	7.04	4.02	3.89	3.15
PEPPERS,SERRANO,RAW	1 pepper	0.41	0.23	0.23	0.18
PEPPERS,SWEET,YELLOW,RAW	1 pepper, large (3-3/4" long, 3" dia)	11.76	0.00	1.67	10.08
PEPPERS,SWEET,YELLOW,RAW	10 strips	3.29	0.00	0.47	2.82
PEPPERS,SWT,GRN,CKD,BLD,DRND,W/SALT	1/2 cup, chopped	5.62	2.93	1.10	4.52
PEPPERS,SWT,GRN,CKD,BLD,DRND,W/SALT	1 pepper	4.46	2.33	0.88	3.58
PEPPERS,SWT,GRN,CKD,BLD,DRND,W/SALT	1 tbsp	0.71	0.37	0.14	0.57
PEPPERS,SWT,GRN,CKD,BLD,DRND,WO/SALT	1 cup, chopped or strips	9.05	4.31	1.62	7.43
PEPPERS,SWT,GRN,CKD,BLD,DRND,WO/SALT	1 tablespoon, chopped	0.78	0.37	0.14	0.64
PEPPERS,SWT,GRN,CND,SOL&LIQUIDS	1 cup, halves	5.46	0.00	1.68	3.78
PEPPERS,SWT,GRN,FREEZE-DRIED	1/4 cup	1.10	0.62	0.34	0.76
PEPPERS,SWT,GRN,FREEZE-DRIED	1 tbsp	0.27	0.15	0.09	0.19
PEPPERS,SWT,GRN,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	1 cup, chopped or strips	4.47	0.00	1.22	3.25
PEPPERS,SWT,GRN,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	1 tablespoon, chopped	0.38	0.00	0.10	0.28
PEPPERS,SWT,GRN,FRZ,CHOPD,UNPREP	1/3 package (10 oz)	4.23	0.00	1.52	2.71

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PEPPERS,SWT,GRN,FRZ,CHOPD,UNPREP	1 package (10 oz)	12.64	0.00	4.54	8.09
PEPPERS,SWT,GRN,RAW	1 cup, chopped	6.91	3.58	2.53	4.38
PEPPERS,SWT,GRN,RAW	1 cup, sliced	4.27	2.21	1.56	2.70
PEPPERS,SWT,GRN,RAW	1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	7.61	3.94	2.79	4.82
PEPPERS,SWT,GRN,RAW	1 medium (approx 2-3/4" long, 2-1/2" dia)	5.52	2.86	2.02	3.50
PEPPERS,SWT,GRN,RAW	1 ring (3" dia, 1/4" thick)	0.46	0.24	0.17	0.29
PEPPERS,SWT,GRN,RAW	1 small	3.43	1.78	1.26	2.18
PEPPERS,SWT,GRN,RAW	1 tbsp	0.43	0.22	0.16	0.27
PEPPERS,SWT,GRN,RAW	10 strips	1.25	0.65	0.46	0.79
PEPPERS,SWT,GRN,SAUTEED	1 cup chopped	4.85	2.50	2.07	2.78
PEPPERS,SWT,RED,CKD,BLD,DRND,W/SALT	1/2 cup, chopped	5.62	4.04	1.10	4.52
PEPPERS,SWT,RED,CKD,BLD,DRND,W/SALT	1 pepper	4.46	3.20	0.88	3.58
PEPPERS,SWT,RED,CKD,BLD,DRND,W/SALT	1 tbsp	0.73	0.53	0.14	0.59
PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT	1/2 cup, chopped	4.56	2.99	0.82	3.74
PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT	1 cup, strips	9.05	5.93	1.62	7.43
PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT	1 tbsp	0.78	0.51	0.14	0.64
PEPPERS,SWT,RED,CND,SOL&LIQUIDS	1/2 cup, halves	2.73	0.00	0.84	1.89
PEPPERS,SWT,RED,CND,SOL&LIQUIDS	1 cup, halves	5.46	0.00	1.68	3.78
PEPPERS,SWT,RED,FREEZE-DRIED	1/4 cup	1.10	0.65	0.34	0.76
PEPPERS,SWT,RED,FREEZE-DRIED	1 tbsp	0.27	0.16	0.09	0.19
PEPPERS,SWT,RED,FRZ,CHOPD,BLD,DRND,W/ SALT	1 cup, chopped or strips	4.47	3.86	1.08	3.39
PEPPERS,SWT,RED,FRZ,CHOPD,BLD,DRND,W/ SALT	1 tablespoon, chopped	0.38	0.33	0.09	0.29
PEPPERS,SWT,RED,FRZ,CHOPD,BLD,DRND,WO/ SALT	1 cup, chopped or strips	4.47	3.86	1.08	3.39
PEPPERS,SWT,RED,FRZ,CHOPD,BLD,DRND,WO/ SALT	1 tablespoon, chopped	0.38	0.33	0.09	0.29
PEPPERS,SWT,RED,FRZ,CHOPD,UNPREP	1/3 package (10 oz)	4.23	3.10	1.52	2.71
PEPPERS,SWT,RED,FRZ,CHOPD,UNPREP	1 package (10 oz)	12.64	9.26	4.54	8.09
PEPPERS,SWT,RED,RAW	1 cup, chopped	8.98	6.26	3.13	5.86
PEPPERS,SWT,RED,RAW	1 cup, sliced	5.55	3.86	1.93	3.62

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PEPPERS,SWT,RED,RAW	1 large (2-1/4 per pound, approx 3-3/4" long, 3" dia.)	9.89	6.89	3.44	6.45
PEPPERS,SWT,RED,RAW	1 medium (approx 2-3/4" long, 2-1/2 dia.)	7.18	5.00	2.50	4.68
PEPPERS,SWT,RED,RAW	1 ring (3" dia., 1/4" thick)	0.60	0.42	0.21	0.39
PEPPERS,SWT,RED,RAW	1 small	4.46	3.11	1.55	2.91
PEPPERS,SWT,RED,RAW	1 tablespoon	0.56	0.39	0.20	0.37
PEPPERS,SWT,RED,SAUTEED	1 cup chopped	6.96	4.54	1.91	5.06
PICKLE RELISH,HAMBURGER	1/2 cup	42.07	0.00	3.90	38.16
PICKLE RELISH,HAMBURGER	1 tbsp	5.17	0.00	0.48	4.69
PICKLE RELISH,HOT DOG	1/2 cup	28.49	0.00	1.83	26.66
PICKLE RELISH,HOT DOG	1 tbsp	3.50	0.00	0.23	3.28
PICKLE RELISH,SWEET	1 cup	85.90	71.37	2.70	83.20
PICKLE RELISH,SWEET	1 packet (2/3 tbsp)	3.51	2.91	0.11	3.40
PICKLE RELISH,SWEET	1 tbsp	5.26	4.37	0.17	5.09
PICKLES,CHOWCHOW,W/CAULIFLOWER ONION MUSTARD,SWT	1 cup	65.27	58.51	3.68	61.59
PICKLES,CUCUMBER,DILL OR KOSHER DILL	1 cup (about 23 slices)	3.74	1.66	1.55	2.19
PICKLES,CUCUMBER,DILL OR KOSHER DILL	1 cup, chopped or diced	3.45	1.53	1.43	2.02
PICKLES,CUCUMBER,DILL OR KOSHER DILL	1 large (4" long)	3.25	1.44	1.35	1.90
PICKLES,CUCUMBER,DILL OR KOSHER DILL	1 slice	0.17	0.07	0.07	0.10
PICKLES,CUCUMBER,DILL OR KOSHER DILL	1 spear, small	0.84	0.37	0.35	0.49
PICKLES,CUCUMBER,DILL,RED NA	1 cup, (about 23 slices)	3.74	1.66	1.55	2.19
PICKLES,CUCUMBER,DILL,RED NA	1 cup, chopped or diced	3.45	1.53	1.43	2.02
PICKLES,CUCUMBER,DILL,RED NA	1 large (4" long)	3.25	1.44	1.35	1.90
PICKLES,CUCUMBER,DILL,RED NA	1 slice	0.17	0.07	0.07	0.10
PICKLES,CUCUMBER,DILL,RED NA	1 spear, small	0.84	0.37	0.35	0.49
PICKLES,CUCUMBER,SOUR	1 cup	3.50	1.64	1.86	1.64
PICKLES,CUCUMBER,SOUR	1 large (4" long)	3.05	1.43	1.62	1.43

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PICKLES,CUCUMBER,SOUR	1 medium (3-3/4" long)	1.47	0.69	0.78	0.69
PICKLES,CUCUMBER,SOUR	1 slice	0.16	0.07	0.08	0.07
PICKLES,CUCUMBER,SOUR	1 small	0.84	0.39	0.44	0.39
PICKLES,CUCUMBER,SOUR	1 spear	0.68	0.32	0.36	0.32
PICKLES,CUCUMBER,SOUR,LO NA	1 cup (about 23 slices)	3.50	1.64	1.86	1.64
PICKLES,CUCUMBER,SOUR,LO NA	1 cup, chopped or diced	3.23	1.52	1.72	1.52
PICKLES,CUCUMBER,SOUR,LO NA	1 large (4" long)	3.05	1.43	1.62	1.43
PICKLES,CUCUMBER,SOUR,LO NA	1 medium (3-3/4" long)	1.47	0.69	0.78	0.69
PICKLES,CUCUMBER,SOUR,LO NA	1 slice	0.14	0.06	0.07	0.06
PICKLES,CUCUMBER,SOUR,LO NA	1 small	0.84	0.39	0.44	0.39
PICKLES,CUCUMBER,SOUR,LO NA	1 spear	0.68	0.32	0.36	0.32
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 chip	1.59	1.37	0.08	1.51
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 cup sliced or chips	32.36	27.95	1.53	30.83
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 cup, chopped	33.84	29.23	1.60	32.24
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 Gherkin (2-3/4" long)	5.29	4.57	0.25	5.04
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 large Gherkin (3" long)	7.40	6.39	0.35	7.05
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 midget Gherkin (2-1/8" long)	1.27	1.10	0.06	1.21
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 small Gherkin (2-1/2" long)	3.17	2.74	0.15	3.02
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 spear Gherkin	4.23	3.65	0.20	4.03
PICKLES,CUCUMBER,SWT,LO NA (INCLUDES BREAD & BUTTER PICKLES)	1 cup, chopped or diced	53.97	42.69	1.76	52.21
PICKLES,CUCUMBER,SWT,LO NA (INCLUDES BREAD & BUTTER PICKLES)	1 cup, sliced	57.34	45.36	1.87	55.47
PICKLES,CUCUMBER,SWT,LO NA (INCLUDES BREAD & BUTTER PICKLES)	1 large	11.81	9.34	0.39	11.42
PICKLES,CUCUMBER,SWT,LO NA (INCLUDES BREAD & BUTTER PICKLES)	1 medium	11.81	9.34	0.39	11.42
PICKLES,CUCUMBER,SWT,LO NA (INCLUDES BREAD & BUTTER PICKLES)	1 slice	2.02	1.60	0.07	1.96

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PICKLES,CUCUMBER,SWT,LO NA (INCLUDES BREAD & BUTTER PICKLES)	1 small	5.06	4.00	0.17	4.89
PIGEONPEAS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	1 cup	29.82	3.79	9.49	20.33
PIGEONPEAS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	1 cup	29.82	3.79	9.49	20.33
PIGEONPEAS,IMMAT SEEDS,RAW	1 cup	36.78	4.62	7.85	28.92
PIGEONPEAS,IMMAT SEEDS,RAW	10 seeds	0.96	0.12	0.20	0.75
PIMENTO,CANNED	1 cup	9.79	5.20	3.65	6.14
PIMENTO,CANNED	1 pimiento, whole	3.37	1.79	1.25	2.11
PIMENTO,CANNED	1 slice	0.05	0.03	0.02	0.03
PIMENTO,CANNED	1 tbsp	0.61	0.33	0.23	0.38
POI	1 cup	65.35	0.94	0.96	64.39
POKEBERRY SHOOT,(POKE),CKD,BLD,DRND,W/SALT	1 cup	5.12	2.64	2.48	2.64
POKEBERRY SHOOT,(POKE),CKD,BLD,DRND,WO/SALT	1 cup	5.12	2.64	2.48	2.64
POKEBERRY SHOOT,(POKE),CKD,BLD,DRND,WO/SALT	1 tbsp	0.31	0.16	0.15	0.16
POKEBERRY SHOOT,(POKE),RAW	1 cup	5.92	0.00	2.72	3.20
POTATO FLOUR	1 cup	132.96	5.63	9.44	123.52
POTATO PANCAKES	1 medium 3-1/4 in. x 3-5/8 in., 5/8 in. thick.	10.29	0.66	1.22	9.07
POTATO PANCAKES	1 small 2-3/4 in. dia., 5/8 in. thick.	6.12	0.39	0.73	5.39
POTATO PUFFS,FRZ,OVEN-HEATED	1 cup	34.93	0.35	2.56	32.37
POTATO PUFFS,FRZ,OVEN-HEATED	1 puff	1.91	0.02	0.14	1.77
POTATO PUFFS,FRZ,OVEN-HEATED	10 Crispy Crowns	16.37	0.16	1.20	15.17
POTATO PUFFS,FRZ,OVEN-HEATED	10 puffs	21.56	0.21	1.58	19.98
POTATO PUFFS,FRZ,UNPREP	1 cup	29.76	0.34	2.76	27.00
POTATO PUFFS,FRZ,UNPREP	10 pieces	22.57	0.25	2.09	20.48
POTATO SALAD,HOME-PREPARED	1 cup	27.93	0.00	3.25	24.68
POTATO,YEL FLSH,HASH BRN,SHRD,SALT ADDED IN PROC,FRZ,UNPREP	3 oz	15.28	0.20	1.70	13.58
POTATOES,AU GRATIN,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	1/6 package (5.5 oz) yields	17.59	0.00	1.23	16.36
POTATOES,AU GRATIN,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	1 package yield, 5.5 oz	105.54	0.00	7.40	98.15

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POTATOES,AU GRATIN,DRY MIX,UNPREP	1/6 package (5.5 oz)	19.32	0.00	1.07	18.25
POTATOES,AU GRATIN,DRY MIX,UNPREP	1 package (5.5 oz)	115.92	0.00	6.40	109.53
POTATOES,AU GRATIN,HOME-PREPARED FROM RECIPE USING BUTTER	1 cup	27.61	0.00	4.41	23.20
POTATOES,AU GRATIN,HOME-PREPARED FROM RECIPE USING MARGARINE	1 cup	27.61	0.00	4.41	23.20
POTATOES,BKD,FLESH & SKN,W/ SALT	1/2 cup	12.90	0.72	1.34	11.56
POTATOES,BKD,FLESH & SKN,W/ SALT	1 NLEA serving	31.30	1.75	3.26	28.05
POTATOES,BKD,FLESH & SKN,W/ SALT	1 potato large (3" to 4-1/4" dia)	63.24	3.53	6.58	56.66
POTATOES,BKD,FLESH & SKN,W/ SALT	1 potato medium (2-1/4" to 3-1/4" dia)	36.59	2.04	3.81	32.78
POTATOES,BKD,FLESH & SKN,W/ SALT	1 potato small (1-3/4" to 2-1/2" dia)	29.19	1.63	3.04	26.15
POTATOES,BKD,FLESH & SKN,WO/ SALT	1 NLEA serving	31.30	1.75	3.26	28.05
POTATOES,BKD,FLESH & SKN,WO/ SALT	1 potato large	63.24	3.53	6.58	56.66
POTATOES,BKD,FLESH & SKN,WO/ SALT	1 potato medium	36.59	2.04	3.81	32.78
POTATOES,BKD,FLESH & SKN,WO/ SALT	1 potato small	29.19	1.63	3.04	26.15
POTATOES,BKD,FLESH,W/SALT	1/2 cup	13.15	1.04	0.92	12.23
POTATOES,BKD,FLESH,W/SALT	1 potato (2-1/3" x 4-3/4")	33.62	2.65	2.34	31.28
POTATOES,BKD,FLESH,WO/SALT	1/2 cup	13.15	1.04	0.92	12.23
POTATOES,BKD,FLESH,WO/SALT	1 potato (2-1/3" x 4-3/4")	33.62	2.65	2.34	31.28
POTATOES,BKD,SKN,W/ SALT	1 skin	26.71	0.81	4.58	22.13
POTATOES,BKD,SKN,WO/SALT	1 skin	26.71	0.81	4.58	22.13
POTATOES,BLD,CKD IN SKN,FLESH,W/SALT	1/2 cup	15.70	0.68	1.56	14.14
POTATOES,BLD,CKD IN SKN,FLESH,W/SALT	1 potato (2-1/2" dia, sphere)	27.38	1.18	2.72	24.66
POTATOES,BLD,CKD IN SKN,FLESH,WO/SALT	1/2 cup	15.70	0.68	1.40	14.30
POTATOES,BLD,CKD IN SKN,FLESH,WO/SALT	1 potato (2-1/2" dia, sphere)	27.38	1.18	2.45	24.93
POTATOES,BLD,CKD IN SKN,SKN,W/SALT	1 skin	5.85	0.00	1.12	4.73
POTATOES,BLD,CKD IN SKN,SKN,WO/SALT	1 skin	5.85	0.00	1.12	4.73

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POTATOES,BLD,CKD WO/ SKN,FLESH,W/ SALT	1/2 cup	15.61	0.66	1.56	14.05
POTATOES,BLD,CKD WO/ SKN,FLESH,W/ SALT	1 large (3" to 4-1/4" dia.)	60.03	2.55	6.00	54.03
POTATOES,BLD,CKD WO/ SKN,FLESH,W/ SALT	1 medium (2-1/4" to 2-1/4" dia.)	33.42	1.42	3.34	30.08
POTATOES,BLD,CKD WO/ SKN,FLESH,W/ SALT	1 small (1-3/4" to 2-1/2" dia.)	25.01	1.06	2.50	22.51
POTATOES,BLD,CKD WO/ SKN,FLESH,WO/ SALT	1/2 cup	15.61	0.66	1.40	14.20
POTATOES,BLD,CKD WO/ SKN,FLESH,WO/ SALT	1 large (3" to 4-1/4" dia.)	60.03	2.55	5.40	54.63
POTATOES,BLD,CKD WO/ SKN,FLESH,WO/ SALT	1 medium (2-1/4" to 3-1/4" dia.)	33.42	1.42	3.01	30.41
POTATOES,BLD,CKD WO/ SKN,FLESH,WO/ SALT	1 small (1-3/4" to 2-1/2" dia.)	25.01	1.06	2.25	22.76
POTATOES,CND,DRND SOL	1 cup	24.50	0.00	4.14	20.36
POTATOES,CND,DRND SOL	1 potato	4.76	0.00	0.81	3.96
POTATOES,CND,DRND SOL,NO SALT	1 cup	24.48	1.06	4.32	20.16
POTATOES,CND,SOL&LIQUIDS	1 can (303 x 406)	44.90	0.00	6.36	38.54
POTATOES,CND,SOL&LIQUIDS	1 cup, whole	29.67	0.00	4.20	25.47
POTATOES,FLESH & SKN,RAW	1/2 cup, diced	13.10	0.59	1.65	11.45
POTATOES,FLESH & SKN,RAW	1 Potato large (3" to 4-1/4" dia)	64.46	2.88	8.12	56.35
POTATOES,FLESH & SKN,RAW	1 Potato medium (2-1/4" to 3-1/4" dia)	37.21	1.66	4.69	32.53
POTATOES,FLESH & SKN,RAW	1 Potato small (1-3/4" to 2-1/2" dia)	29.70	1.33	3.74	25.96
POTATOES,FR FR,ALL TYPES,SALT NOT ADDED IN PROC,FRZ,AS PURCH	1 package (9 oz)	63.27	0.51	4.85	58.42
POTATOES,FR FR,ALL TYPES,SALT NOT ADDED IN PROC,FRZ,AS PURCH	10 strips	16.13	0.13	1.24	14.89
POTATOES,FR FR,ALL TYPES,SALT NOT ADDED IN PROC,FRZ,OVN-HTD	10 strip	21.25	0.21	1.92	19.32
POTATOES,FR FR,CRNKL OR REG,SALT ADDED IN PROC,FRZ,AS PURCH	3 oz	20.37	0.18	1.70	18.67
POTATOES,FR FR,CRNKL OR REG,SALT ADDED IN PROC,FRZ,AS PURCH	10 strip	19.65	0.17	1.64	18.01

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POTATOES,FR FR,CRNKL/REG CUT,SALT ADDED IN PROC,FRZ,OVEN-HTD	10 strip	18.98	0.20	1.59	17.39
POTATOES,FRENCH FR,ALL TYPES,SALT ADDED IN PROC,FRZ,OVEN HTD	1 package (9 oz), yields	50.59	0.73	3.96	46.63
POTATOES,FRENCH FR,ALL TYPES,SALT ADDED IN PROC,FRZ,OVEN HTD	10 fries	19.42	0.28	1.52	17.90
POTATOES,FRENCH FR,ALL TYPES,SALT ADDED IN PROC,FRZ,UNPREP	1 package (9 oz)	63.27	0.51	4.85	58.42
POTATOES,FRENCH FR,ALL TYPES,SALT ADDED IN PROC,FRZ,UNPREP	10 strip	22.08	0.18	1.69	20.39
POTATOES,FRENCH FR,COTTAGE-CUT,SALT NOT ADDED,FRZ,OVEN-HTD	1 package (9 oz), yields	67.38	0.00	6.34	61.04
POTATOES,FRENCH FR,COTTAGE-CUT,SALT NOT ADDED,FRZ,OVEN-HTD	10 strips	17.02	0.00	1.60	15.42
POTATOES,FRENCH FR,CROSS CUT,FRZ,UNPREP	3 oz	19.51	0.42	1.96	17.55
POTATOES,FRENCH FR,SHOESTRING,SALT ADDED IN PROC,FRZ,AS PRCH	10 strip	7.68	0.06	0.69	6.99
POTATOES,FRENCH FR,SHOESTRNG,SALT ADDED IN PROC,FRZ,OVEN-HTD	10 strip	6.65	0.07	0.59	6.06
POTATOES,FRENCH FR,STK CUT,SALT NOT ADDED IN PROC,FRZ,UNPREP	3 oz	20.66	0.18	2.04	18.62
POTATOES,FRENCH FR,STK FRIES,SALT ADDED IN PROC,FRZ,AS PRCH	10 strip	35.97	0.31	2.91	33.06
POTATOES,FRENCH FR,STK FRIES,SALT ADDED IN PROC,FRZ,OVEN-HTD	10 strip	35.88	0.33	3.46	32.43
POTATOES,FRENCH FR,WEDGE CUT,FRZ,UNPREP	3 oz	18.89	0.29	2.04	16.85
POTATOES,FRNCH FR,CTTG-CUT,SALT NOT ADDED,FRZ,AS PRCH	1 package (9 oz)	61.15	0.00	7.65	53.50
POTATOES,FRNCH FR,CTTG-CUT,SALT NOT ADDED,FRZ,AS PRCH	10 strips	15.59	0.00	1.95	13.64
POTATOES,FRZ,FRCH FR,PAR FR,CTTGE-CUT,PREP,HTD OVEN,W/SALT	1 package (9 oz) yields	67.38	0.00	6.34	61.04
POTATOES,FRZ,FRCH FR,PAR FR,CTTGE-CUT,PREP,HTD OVEN,W/SALT	10 strips	17.02	0.00	1.60	15.42
POTATOES,FRZ,FRCH FR,PAR FR,EXTRUDED,PREP,HTD OVEN,WO/SALT	1 package (9 oz), yields	78.57	0.00	6.34	72.23
POTATOES,FRZ,FRCH FR,PAR FR,EXTRUDED,PREP,HTD OVEN,WO/SALT	10 strips	19.84	0.00	1.60	18.24
POTATOES,FRZ,FRENCH FR,PAR FR,EXTRUDED,UNPREP	1 package (9 oz)	76.88	0.00	11.48	65.41
POTATOES,FRZ,FRENCH FR,PAR FR,EXTRUDED,UNPREP	10 strips	19.60	0.00	2.93	16.67
POTATOES,FRZ,WHL,UNPREP	1 cup	31.80	1.42	2.18	29.61

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POTATOES,HASH BROWN,FRZ,PLN,PREP,PAN FRIED IN CANOLA OIL	1 cup prepared	42.77	0.41	4.80	37.97
POTATOES,HASH BROWN,FRZ,PLN,PREP,PAN FRIED IN CANOLA OIL	1 package yield, 12 oz	58.45	0.55	6.56	51.89
POTATOES,HASH BROWN,FRZ,PLN,PREP,PAN FRIED IN CANOLA OIL	1 patty, oval (approx 3" x 1-1/2" x 1/2")	8.27	0.08	0.93	7.34
POTATOES,HASH BROWN,FRZ,PLN,UNPREP	1/2 cup	18.61	0.00	1.47	17.14
POTATOES,HASH BROWN,FRZ,PLN,UNPREP	1 package (12 oz)	60.25	0.00	4.76	55.49
POTATOES,HASH BROWN,FRZ,W/ BUTTER SAU,UNPREP	1 package (6 oz)	31.08	0.00	4.93	26.15
POTATOES,HASH BROWN,HOME-PREPARED	1 cup	54.77	2.32	4.99	49.78
POTATOES,HASH BROWN,REFR,PREP,PAN-FRIED IN CANOLA OIL	1 cup prepared	44.19	1.51	4.68	39.51
POTATOES,HASH BROWN,REFR,UNPREP	1 cup unprepared	30.46	1.45	2.86	27.60
POTATOES,MICROWAVED,CKD IN SKN,FLESH&SKN,WO/SALT	1 potato (2-3/4" dia by 4-3/4" long)	48.96	0.00	4.65	44.32
POTATOES,MICROWAVED,CKD IN SKN,FLESH,W/SALT	1/2 cup	18.16	0.00	1.25	16.91
POTATOES,MICROWAVED,CKD IN SKN,FLESH,W/SALT	1 potato (2-1/3" x 4-3/4")	36.32	0.00	2.50	33.82
POTATOES,MICROWAVED,CKD IN SKN,FLESH,WO/SALT	1/2 cup	18.16	0.00	1.25	16.91
POTATOES,MICROWAVED,CKD IN SKN,FLESH,WO/SALT	1 potato (2-1/3" x 4-3/4")	36.32	0.00	2.50	33.82
POTATOES,MICROWAVED,CKD IN SKN,SKN,WO/SALT	1 skin	17.19	0.00	3.19	14.00
POTATOES,MICROWAVED,CKD,IN SKN,FLESH&SKN,W/SALT	1 potato (2-1/3" x 4-3/4")	48.96	0.00	4.65	44.32
POTATOES,MICROWAVED,CKD,IN SKN,SKN W/SALT	1 skin	17.19	0.00	3.19	14.00
POTATOES,MSHD,DEHYD,FLAKES WO/MILK,DRY FORM	1 cup	48.70	2.02	3.96	44.74
POTATOES,MSHD,DEHYD,GRANULES W/MILK,DRY FORM	1 cup	155.40	6.74	13.20	142.20
POTATOES,MSHD,DEHYD,GRANULES WO/MILK,DRY FORM	1 cup	171.02	6.94	14.20	156.82
POTATOES,MSHD,DEHYD,PREP FR GRNLS WO/MILK,WHL MILK&BUTTER	1 cup	30.16	0.00	4.62	25.54
POTATOES,MSHD,DEHYD,PREP FRM FLKS WO/ MILK,WHL MILK&MARG ADD	1 cup	31.54	0.00	4.83	26.71

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POTATOES,MSHD,DEHYD,PREP FROM FLAKES WO/ MILK,WHL MILK & BUT	1 cup	22.83	3.38	1.68	21.15
POTATOES,MSHD,DEHYD,PREP FROM GRAN W/ MILK,H2O & MARG ADDED	1 cup	33.87	3.65	2.73	31.14
POTATOES,MSHD,HOME-PREPARED,WHL MILK & BUTTER ADDED	1 cup	35.30	3.00	3.15	32.15
POTATOES,MSHD,HOME-PREPARED,WHL MILK & MARGARINE ADDED	1 cup	35.57	2.96	3.15	32.42
POTATOES,MSHD,HOME-PREPARED,WHL MILK ADDED	1 cup	36.90	3.11	3.15	33.75
POTATOES,MSHD,PREP FROM GRANULES,WO/MILK,WHL MILK&MARGARINE	1 cup	30.24	0.00	4.62	25.62
POTATOES,O'BRIEN,HOME-PREPARED	1 cup	30.01	0.00	0.00	30.01
POTATOES,O'BRIEN,HOME-PREPARED	1 recipe yield	179.76	0.00	0.00	179.76
POTATOES,RAW,SKIN	1 skin	4.73	0.00	0.95	3.78
POTATOES,RED,FLESH & SKN,BKD	1 potato large (3" to 4-1/4" dia.	58.57	4.28	5.38	53.19
POTATOES,RED,FLESH & SKN,BKD	1 potato medium (2- 1/4" to 3-1/4" dia.)	33.89	2.47	3.11	30.78
POTATOES,RED,FLESH & SKN,BKD	1 potato small (1- 3/4" to 2-1/2" dia.)	27.03	1.97	2.48	24.55
POTATOES,RED,FLESH & SKN,RAW	1/2 cup, diced	11.93	0.97	1.28	10.65
POTATOES,RED,FLESH & SKN,RAW	1 potato large (3" to 4-1/4" dia)	58.67	4.76	6.27	52.40
POTATOES,RED,FLESH & SKN,RAW	1 potato medium (2- 1/4" to 3-1/4" dia)	33.87	2.75	3.62	30.25
POTATOES,RED,FLESH & SKN,RAW	1 potato small (1- 3/4" to 2-1/4" dia)	27.03	2.19	2.89	24.14
POTATOES,RSTD,SALT ADDED IN PROCESSING,FRZ,UNPREP	3 oz	22.23	0.59	2.21	20.02
POTATOES,RUSSET,FLESH & SKN,BKD	1 potato large (3" to 4-1/4" dia.	64.11	3.23	6.88	57.23

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POTATOES,RUSSET,FLESH & SKN,BKD	1 potato medium (2- 1/4" to 3-1/4" dia.)	37.09	1.87	3.98	33.11
POTATOES,RUSSET,FLESH & SKN,BKD	1 potato small (1- 3/4" to 2-1/2" dia.)	29.59	1.49	3.17	26.41
POTATOES,RUSSET,FLESH & SKN,RAW	1/2 cup, diced	13.55	0.47	0.98	12.58
POTATOES,RUSSET,FLESH & SKN,RAW	1 potato large (3" to 4-1/4" dia)	66.68	2.29	4.80	61.88
POTATOES,RUSSET,FLESH & SKN,RAW	1 Potato medium (2- 1/4" to 3-1/4" dia)	38.49	1.32	2.77	35.72
POTATOES,RUSSET,FLESH & SKN,RAW	1 Potato small (1- 3/4" to 2-1/4" dia)	30.72	1.05	2.21	28.51
POTATOES,SCALLPD,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	1/6 package (5.5 oz) yields	17.49	0.00	1.51	15.99
POTATOES,SCALLPD,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	1 cup (unprepared)	31.29	0.00	2.70	28.59
POTATOES,SCALLPD,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	1 package yield, 5.5 oz	104.97	0.00	9.04	95.93
POTATOES,SCALLPD,DRY MIX,UNPREP	1/6 package (5.5 oz)	19.22	0.00	2.24	16.99
POTATOES,SCALLPD,DRY MIX,UNPREP	1 package (5.5 oz)	115.33	0.00	13.42	101.91
POTATOES,SCALLPD,HOME-PREPARED W/BUTTER	1 cup	26.41	0.00	4.66	21.76
POTATOES,SCALLPD,HOME-PREPARED W/MARGARINE	1 cup	26.41	0.00	4.66	21.76
POTATOES,WHITE,FLESH & SKN,BKD	1 potato large (3" to 4-1/4" dia)	63.03	4.57	6.28	56.75
POTATOES,WHITE,FLESH & SKN,BKD	1 potato medium (2- 1/4" to 3-1/4" dia)	36.47	2.65	3.63	32.84
POTATOES,WHITE,FLESH & SKN,BKD	1 potato small (1- 3/4" to 2-1/2" dia)	29.09	2.11	2.90	26.19
POTATOES,WHITE,FLESH & SKN,RAW	1/2 cup, diced	11.78	0.86	1.80	9.98

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POTATOES,WHITE,FLESH & SKN,RAW	1 large (3" to 4-1/4" dia.)	57.97	4.24	8.86	49.11
POTATOES,WHITE,FLESH & SKN,RAW	1 medium (2+1/4" to 3-1/4" dia.)	33.46	2.45	5.11	28.35
POTATOES,WHITE,FLESH & SKN,RAW	1 small (1-3/4" to 2-1/4" dia.)	14.45	1.06	2.21	12.25
POTATOES,YEL FLESHED,FRENCH FR,FRZ,UNPREP	3 oz	21.26	0.31	1.87	19.39
POTATOES,YEL FLESHED,RSTD,SALT ADDED IN PROC,FRZ,UNPREP	3 oz	19.92	0.26	2.21	17.71
PUMPKIN FLOWERS,CKD,BLD,DRND,WO/SALT	1 cup	4.42	3.22	1.21	3.22
PUMPKIN FLOWERS,RAW	1 cup	1.08	0.00	0.00	1.08
PUMPKIN FLOWERS,RAW	1 flower	0.07	0.00	0.00	0.07
PUMPKIN LEAVES,CKD,BLD,DRND,W/ SALT	1 cup	2.41	0.49	1.92	0.49
PUMPKIN LEAVES,CKD,BLD,DRND,WO/SALT	1 cup	2.41	0.49	1.92	0.49
PUMPKIN LEAVES,RAW	1 cup	0.91	0.00	0.00	0.91
PUMPKIN PIE MIX,CANNED	1 cup	71.25	0.00	22.41	48.84
PUMPKIN,CANNED,WITH SALT	1 cup	19.82	8.09	7.11	12.72
PUMPKIN,CKD,BLD,DRND,W/SALT	1 cup, mashed	10.56	5.10	2.70	7.86
PUMPKIN,CKD,BLD,DRND,WO/SALT	1 cup, mashed	12.01	5.10	2.70	9.31
PUMPKIN,CND,WO/SALT	1 cup	19.82	8.09	7.11	12.72
PUMPKIN,FLOWERS,CKD,BLD,DRND,W/SALT	1 cup	4.26	3.22	1.21	3.06
PUMPKIN,RAW	1 cup (1" cubes)	7.54	3.20	0.58	6.96
PURSLANE,CKD,BLD,DRND,W/SALT	1 cup	4.08	0.00	0.00	4.08
PURSLANE,CKD,BLD,DRND,WO/SALT	1 cup	4.08	0.00	0.00	4.08
PURSLANE,CKD,BLD,DRND,WO/SALT	1 squash	15.30	0.00	0.00	15.30
PURSLANE,RAW	1 cup	1.46	0.00	0.00	1.46
PURSLANE,RAW	1 plant	0.10	0.00	0.00	0.10
RADICCHIO,RAW	1 cup, shredded	1.79	0.24	0.36	1.43
RADICCHIO,RAW	1 leaf	0.36	0.05	0.07	0.29
RADISH SEEDS,SPROUTED,RAW	1 cup	1.37	0.00	0.00	1.37
RADISHES,HAWAIIAN STYLE,PICKLED	1 cup	7.80	3.00	3.30	4.50
RADISHES,ORIENTAL,CKD,BLD,DRND,W/SALT	1 cup slices	5.04	2.69	2.35	2.69
RADISHES,ORIENTAL,CKD,BLD,DRND,WO/SALT	1 cup, sliced	5.04	2.69	2.35	2.69
RADISHES,ORIENTAL,DRIED	1 cup	73.51	43.29	27.72	45.79
RADISHES,ORIENTAL,RAW	1 cup slices	4.76	2.90	1.86	2.90
RADISHES,ORIENTAL,RAW	1 radish (7" long)	13.86	8.45	5.41	8.45
RADISHES,RAW	1/2 cup slices	1.97	1.08	0.93	1.04
RADISHES,RAW	1 cup slices	3.94	2.16	1.86	2.09

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RADISHES,RAW	1 large (1" to 1-1/4" dia)	0.31	0.17	0.14	0.16
RADISHES,RAW	1 medium (3/4" to 1" dia)	0.15	0.08	0.07	0.08
RADISHES,RAW	1 slice	0.03	0.02	0.02	0.02
RADISHES,RAW	1 small	0.07	0.04	0.03	0.04
RADISHES,WHITE ICICLE,RAW	1/2 cup slices	1.32	0.00	0.70	0.62
RADISHES,WHITE ICICLE,RAW	1 radish (7" long)	0.45	0.00	0.24	0.21
RUTABAGAS,CKD,BLD,DRND,W/SALT	1/2 cup, mashed	8.21	4.74	2.16	6.05
RUTABAGAS,CKD,BLD,DRND,WO/SALT	1 cup, cubes	11.63	6.72	3.06	8.57
RUTABAGAS,CKD,BLD,DRND,WO/SALT	1 cup, mashed	16.42	9.48	4.32	12.10
RUTABAGAS,RAW	1 cup, cubes	12.07	6.24	3.22	8.85
RUTABAGAS,RAW	1 large	66.55	34.43	17.76	48.79
RUTABAGAS,RAW	1 medium	33.27	17.22	8.88	24.40
RUTABAGAS,RAW	1 small	16.55	8.56	4.42	12.13
SALSIFY,(VEG OYSTER),RAW	1 cup slices	24.74	0.00	4.39	20.35
SALSIFY,CKD,BLD,DRND,W/SALT	1 cup slices	20.74	3.92	4.19	16.55
SALSIFY,CKD,BLD,DRND,WO/SALT	1 cup, sliced	20.74	3.92	4.19	16.55
SAUERKRAUT,CND,LO NA	1 cup	6.18	2.53	3.55	2.63
SAUERKRAUT,CND,SOL&LIQUIDS	1 cup	6.08	2.53	4.12	1.96
SAUERKRAUT,CND,SOL&LIQUIDS	1 cup, undrained	10.10	4.20	6.84	3.26
SEAWEED,AGAR,RAW	2 tbsp (1/8 cup)	0.68	0.03	0.05	0.63
SEAWEED,CANADIAN CULTIVATED EMI-TSUNOMATA,DRY	1/4 cup	2.31	0.00	1.84	0.48
SEAWEED,CANADIAN CULTIVATED EMI-TSUNOMATA,REHYDRATED	1/4 cup	1.41	0.00	1.13	0.28
SEAWEED,IRISHMOSS,RAW	2 tbsp (1/8 cup)	1.23	0.06	0.13	1.10
SEAWEED,KELP,RAW	2 tbsp (1/8 cup)	0.96	0.06	0.13	0.83
SEAWEED,LAVER,RAW	2 tbsp (1/8 cup)	0.51	0.05	0.03	0.48
SEAWEED,LAVER,RAW	10 sheets	1.33	0.13	0.08	1.25
SEAWEED,SPIRULINA,DRIED	1 cup	26.77	3.47	4.03	22.74
SEAWEED,SPIRULINA,DRIED	1 tablespoon	1.67	0.22	0.25	1.42
SEAWEED,WAKAME,RAW	2 tbsp (1/8 cup)	0.91	0.07	0.05	0.86
SESBANIA FLOWER,CKD,STMD,W/SALT	1 cup	5.30	0.00	0.00	5.30
SESBANIA FLOWER,CKD,STMD,WO/SALT	1 cup	5.44	0.00	0.00	5.44
SESBANIA FLOWER,RAW	1 cup flowers	1.35	0.00	0.00	1.35
SESBANIA FLOWER,RAW	1 flower	0.20	0.00	0.00	0.20
SHALLOTS,FREEZE-DRIED	1/4 cup	2.91	1.37	0.57	2.34
SHALLOTS,FREEZE-DRIED	1 tbsp	0.73	0.34	0.14	0.59
SHALLOTS,RAW	1 tbsp chopped	1.68	0.79	0.32	1.36

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SOYBEANS, GREEN, RAW	1 cup	28.29	0.00	10.75	17.54
SOYBEANS, GRN, CKD, BLD, DRND, W/SALT	1 cup	19.89	0.00	7.56	12.33
SOYBEANS, GRN, CKD, BLD, DRND, WO/SALT	1 cup	19.89	0.00	7.56	12.33
SOYBEANS, MATURE SEEDS, SPROUTED, CKD, STMD	1 cup	6.14	0.49	0.75	5.39
SOYBEANS, MATURE SEEDS, SPROUTED, CKD, STMD, W/SALT	1 cup	6.14	0.40	0.75	5.39
SOYBEANS, MATURE SEEDS, SPROUTED, RAW	1/2 cup	3.35	0.00	0.39	2.96
SOYBEANS, MATURE SEEDS, SPROUTED, RAW	10 sprouts	0.96	0.00	0.11	0.85
SPINACH SOUFFLE	1 cup	8.02	2.52	0.95	7.07
SPINACH SOUFFLE	1 recipe yield	47.97	15.04	5.69	42.28
SPINACH, CKD, BLD, DRND, W/SALT	1 cup	6.75	0.77	4.32	2.43
SPINACH, CKD, BLD, DRND, WO/ SALT	1 cup	6.75	0.77	4.32	2.43
SPINACH, CND, NO SALT, SOL&LIQUIDS	1 cup	6.83	0.00	5.15	1.68
SPINACH, CND, REG PK, DRND SOL	1 cup	7.28	0.86	5.14	2.14
SPINACH, CND, REG PK, SOL&LIQUIDS	1 cup	6.83	0.00	3.74	3.09
SPINACH, FRZ, CHOPD OR LEAF, CKD, BLD, DRND, W/SALT	1/2 cup	4.56	0.48	3.52	1.05
SPINACH, FRZ, CHOPD OR LEAF, CKD, BLD, DRND, W/SALT	1 package (10 oz) yields	10.56	1.12	8.14	2.42
SPINACH, FRZ, CHOPD OR LEAF, CKD, BLD, DRND, WO/SALT	1/2 cup	4.56	0.48	3.52	1.05
SPINACH, FRZ, CHOPD OR LEAF, CKD, BLD, DRND, WO/SALT	1 package (10 oz) yields	10.56	1.12	8.14	2.42
SPINACH, FRZ, CHOPD OR LEAF, UNPREP	1 cup	6.57	1.01	4.52	2.04
SPINACH, FRZ, CHOPD OR LEAF, UNPREP	1 package (10 oz)	11.96	1.85	8.24	3.72
SPINACH, RAW	1 bunch	12.34	1.43	7.48	4.86
SPINACH, RAW	1 cup	1.09	0.13	0.66	0.43
SPINACH, RAW	1 leaf	0.36	0.04	0.22	0.14
SPINACH, RAW	1 package (10 oz)	10.31	1.19	6.25	4.06
SQUASH, SMMR, ALL VAR, CKD, BLD, DRND, W/SALT	1 cup slices	7.76	4.66	2.52	5.24
SQUASH, SMMR, ALL VAR, CKD, BLD, DRND, WO/SALT	1 cup, sliced	7.76	4.66	2.52	5.24
SQUASH, SMMR, ALL VAR, RAW	1 cup, sliced	3.79	2.49	1.24	2.54
SQUASH, SMMR, ALL VAR, RAW	1 large	10.82	7.11	3.55	7.27
SQUASH, SMMR, ALL VAR, RAW	1 medium	6.57	4.31	2.16	4.41
SQUASH, SMMR, ALL VAR, RAW	1 slice	0.33	0.22	0.11	0.22
SQUASH, SMMR, ALL VAR, RAW	1 small	3.95	2.60	1.30	2.66
SQUASH, SMMR, CROOKNECK & STRAIGHTNECK, CKD, BLD, DRND, WO/ SALT	1/2 cup slices	3.41	2.23	0.99	2.42
SQUASH, SMMR, CROOKNECK & STRAIGHTNECK, CKD, BLD, DRND, WO/ SALT	1 cup, sliced	6.82	4.46	1.98	4.84

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SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CKD,BLD,DRND,W/SALT	1 cup slices	6.82	4.46	1.98	4.84
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CND,DRND,SOLID,WO/SALT	1 can (303 x 406)	7.13	2.87	3.37	3.76
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CND,DRND,SOLID,WO/SALT	1 cup slices	6.39	2.57	3.02	3.37
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CND,DRND,SOLID,WO/SALT	1 cup, diced	6.22	2.50	2.94	3.28
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CND,DRND,SOLID,WO/SALT	1 cup, mashed	7.10	2.86	3.36	3.74
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CND,DRND,SOLID,WO/SALT	1 slice	0.24	0.10	0.11	0.12
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,CKD,BLD,DRND,W/SALT	1 cup slices	10.64	4.47	2.69	7.95
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,CKD,BLD,DRND,WO/SALT	1 cup slices	10.64	4.47	2.69	7.95
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,UNPREP	1 cup slices	6.24	0.00	1.56	4.68
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,RAW	1 cup sliced	4.93	3.66	1.27	3.66
SQUASH,SMMR,SCALLOP,CKD,BLD,DRND,W/SALT	1/2 cup slices	2.97	1.35	1.71	1.26
SQUASH,SMMR,SCALLOP,CKD,BLD,DRND,W/SALT	1/2 cup, mashed	3.96	1.80	2.28	1.68
SQUASH,SMMR,SCALLOP,CKD,BLD,DRND,WO/SALT	1 cup, mashed	7.92	3.60	4.56	3.36
SQUASH,SMMR,SCALLOP,CKD,BLD,DRND,WO/SALT	1 cup, sliced	5.94	2.70	3.42	2.52
SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,W/SALT	1/2 cup slices	2.42	1.54	0.90	1.52
SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,W/SALT	1/2 cup, mashed	3.23	2.05	1.20	2.03
SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,WO/SALT	1/2 cup, mashed	3.23	2.05	1.20	2.03
SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,WO/SALT	1 cup, sliced	4.84	3.08	1.80	3.04
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,CKD,BLD,DRND,W/SALT	1 cup	6.62	3.77	2.90	3.72
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	7.94	3.77	2.90	5.04
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,UNPREP	1/3 package (10 oz)	3.40	1.62	1.24	2.17
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,UNPREP	1 package (10 oz)	10.17	4.86	3.69	6.48
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,UNPREP	1 package (3 lb)	48.72	23.27	17.69	31.03
SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	1 cup, chopped	3.86	3.10	1.24	2.62
SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	1 cup, sliced	3.51	2.83	1.13	2.38
SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	1 large	10.05	8.08	3.23	6.82

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SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	1 medium	6.10	4.90	1.96	4.14
SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	1 slice	0.31	0.25	0.10	0.21
SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	1 small	3.67	2.95	1.18	2.49
SQUASH,SMMR,ZUCCHINI,ITALIAN STYLE,CND	1 cup	15.55	0.00	0.00	15.55
SQUASH,SUMMER,SCALLOP,RAW	1 cup slices	4.99	3.11	1.56	3.43
SQUASH,WINTER,ACORN,RAW	1 cup, cubes	14.59	0.00	2.10	12.49
SQUASH,WINTER,ACORN,RAW	1 squash (4 inch dia)	44.91	0.00	6.47	38.45
SQUASH,WINTER,HUBBARD,RAW	1 cup, cubes	10.09	4.58	4.52	5.57
SQUASH,WNTR,ACORN,CKD,BKD,W/SALT	1 cup, cubes	29.89	0.00	9.02	20.87
SQUASH,WNTR,ACORN,CKD,BKD,WO/SALT	1 cup, cubes	29.89	0.00	9.02	20.87
SQUASH,WNTR,ACORN,CKD,BLD,MSHD,W/SALT	1 cup, mashed	21.54	0.00	6.37	15.17
SQUASH,WNTR,ACORN,CKD,BLD,MSHD,WO/SALT	1 cup, mashed	21.54	0.00	6.37	15.17
SQUASH,WNTR,ALL VAR,CKD,BKD,W/SALT	1 cup, cubes	18.14	6.77	5.74	12.40
SQUASH,WNTR,ALL VAR,CKD,BKD,WO/SALT	1 cup, cubes	18.14	6.77	5.74	12.40
SQUASH,WNTR,ALL VAR,RAW	1 cup, cubes	9.96	2.55	1.74	8.22
SQUASH,WNTR,BUTTERNUT,CKD,BKD,W/SALT	1 cup, cubes	21.50	4.04	6.56	14.94
SQUASH,WNTR,BUTTERNUT,CKD,BKD,WO/SALT	1 cup, cubes	21.50	4.04	6.56	14.94
SQUASH,WNTR,BUTTERNUT,FRZ,CKD,BLD,W/SALT	1 cup, mashed	24.10	0.00	0.00	24.10
SQUASH,WNTR,BUTTERNUT,FRZ,CKD,BLD,WO/SALT	1 cup, mashed	24.12	0.00	0.00	24.12
SQUASH,WNTR,BUTTERNUT,FRZ,UNPREP	1/3 package (12 oz)	16.28	3.20	1.47	14.81
SQUASH,WNTR,BUTTERNUT,FRZ,UNPREP	1 package (12 oz)	48.99	9.62	4.42	44.57
SQUASH,WNTR,BUTTERNUT,FRZ,UNPREP	1 package (4 lb)	261.40	51.34	23.58	237.82
SQUASH,WNTR,BUTTERNUT,RAW	1 cup, cubes	16.37	3.08	2.80	13.57
SQUASH,WNTR,HUBBARD,BKD,W/ SALT	1 cup, cubes	22.16	10.05	10.05	12.12
SQUASH,WNTR,HUBBARD,BKD,WO/ SALT	1 cup, cubes	22.16	10.05	10.05	12.12
SQUASH,WNTR,HUBBARD,CKD,BLD,MSHD,W/SALT	1 cup, mashed	15.25	6.91	6.84	8.40
SQUASH,WNTR,HUBBARD,CKD,BLD,MSHD,WO/SALT	1 cup, mashed	15.25	6.91	6.84	8.40
SQUASH,WNTR,SPAGHETTI,CKD,BLD,DRND,OR BKD,W/SALT	1 cup	10.01	3.92	2.17	7.84
SQUASH,WNTR,SPAGHETTI,CKD,BLD,DRND,OR BKD,WO/SALT	1 cup	10.01	3.92	2.17	7.84
SQUASH,WNTR,SPAGHETTI,RAW	1 cup, cubes	6.98	2.79	1.52	5.46
SQUASH,ZUCCHINI,BABY,RAW	1 large	0.50	0.00	0.18	0.32
SQUASH,ZUCCHINI,BABY,RAW	1 medium	0.34	0.00	0.12	0.22
SUCCOTASH,(CORN&LIMAS),CKD,BLD,DRND,W/SALT	1 cup	46.79	0.00	0.00	46.79
SUCCOTASH,(CORN&LIMAS),CKD,BLD,DRND,WO/SALT	1 cup	46.81	0.00	8.64	38.17
SUCCOTASH,(CORN&LIMAS),CND,W/CRM STYLE CORN	1 cup	46.84	0.00	7.98	38.86

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SUCCOTASH,(CORN&LIMAS),CND,W/WHL KERNEL CORN,SOL&LIQUIDS	1 cup	35.65	0.00	6.63	29.02
SUCCOTASH,(CORN&LIMAS),FRZ,CKD,BLD,DRND,W/SALT	1 cup	33.92	3.76	6.97	26.95
SUCCOTASH,(CORN&LIMAS),FRZ,CKD,BLD,DRND,WO/SALT	1 cup	33.92	3.76	6.97	26.95
SUCCOTASH,(CORN&LIMAS),FRZ,UNPREP	1 cup	31.11	0.00	6.24	24.87
SUCCOTASH,(CORN&LIMAS),FRZ,UNPREP	1 package (10 oz)	56.63	0.00	11.36	45.27
SWAMP CABBAGE,(SKUNK CABBAGE),RAW	1 cup, chopped	1.76	0.00	1.18	0.58
SWAMP CABBAGE,(SKUNK CABBAGE),RAW	1 shoot	0.41	0.00	0.27	0.14
SWAMP CABBAGE,CKD,BLD,DRND,W/SALT	1 cup, chopped	3.64	0.00	1.86	1.77
SWAMP CABBAGE,CKD,BLD,DRND,WO/SALT	1 cup, chopped	3.64	0.00	1.86	1.77
SWEET POTATO LEAVES,CKD,STMD,W/ SALT	1 cup	4.72	3.51	1.22	3.51
SWEET POTATO LEAVES,CKD,STMD,WO/ SALT	1 cup	4.72	3.51	1.22	3.51
SWEET POTATO LEAVES,RAW	1 cup, chopped	3.09	0.00	1.86	1.23
SWEET POTATO LEAVES,RAW	1 leaf (12-1/4" long)	1.41	0.00	0.85	0.56
SWEET POTATO PUFFS,FRZ,UNPREP	3 oz	26.11	6.50	1.62	24.50
SWEET POTATO,CKD,BKD IN SKN,FLESH,W/ SALT	1/2 cup, mashed	20.71	6.48	3.30	17.41
SWEET POTATO,CKD,BKD IN SKN,FLESH,W/ SALT	1 medium (2" dia, 5" long, raw)	23.61	7.39	3.76	19.85
SWEET POTATO,CKD,BKD IN SKN,FLESH,WO/ SALT	1 cup	41.42	12.96	6.60	34.82
SWEET POTATO,CKD,BKD IN SKN,FLESH,WO/ SALT	1 large	37.28	11.66	5.94	31.34
SWEET POTATO,CKD,BKD IN SKN,FLESH,WO/ SALT	1 medium (2" dia, 5" long, raw)	23.61	7.39	3.76	19.85
SWEET POTATO,CKD,BKD IN SKN,FLESH,WO/ SALT	1 small	12.43	3.89	1.98	10.45
SWEET POTATO,CKD,BLD,WO/ SKN	1 cup, mashed	58.12	18.83	8.20	49.92
SWEET POTATO,CKD,BLD,WO/ SKN	1 medium	26.76	8.67	3.78	22.98
SWEET POTATO,CKD,BLD,WO/ SKN,W/ SALT	1 cup, mashed	58.12	18.83	8.20	49.92
SWEET POTATO,CKD,BLD,WO/ SKN,W/ SALT	1 medium	26.76	8.67	3.78	22.98
SWEET POTATO,CKD,CANDIED,HOME-PREPARED	1 piece (2-1/2" x 2" dia)	33.73	28.61	2.21	31.52
SWEET POTATO,CND,MSHD	1 can (404 x 307)	115.02	27.03	8.43	106.59
SWEET POTATO,CND,MSHD	1 cup	59.13	13.90	4.34	54.80
SWEET POTATO,CND,SYRUP PK,DRND SOL	1 cup	49.71	11.25	5.88	43.83
SWEET POTATO,CND,SYRUP PK,SOL & LIQUIDS	1 can (404 x 307)	133.53	98.25	15.95	117.58
SWEET POTATO,CND,SYRUP PK,SOL & LIQUIDS	1 cup	47.72	35.11	5.70	42.02
SWEET POTATO,FRZ,CKD,BKD,W/ SALT	1 cup, cubes	41.18	0.00	3.17	38.02

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SWEET POTATO,FRZ,CKD,BKD,WO/ SALT	1 cup, cubes	41.18	16.14	3.17	38.02
SWEET POTATO,FRZ,UNPREP	1 cup, cubes	39.11	0.00	2.99	36.12
SWEET POTATO,RAW,UNPREP	1 cup, cubes	26.76	5.56	3.99	22.77
SWEET POTATO,RAW,UNPREP	1 sweetpotato, 5" long	26.16	5.43	3.90	22.26
SWEET POTATOES,FRENCH FR,CROSSCUT,FRZ,UNPREP	3 oz	21.69	5.49	2.89	18.80
SWEET POTATOES,FRENCH FR,FRZ,UNPREP	3 oz	21.20	6.96	3.06	18.14
SWEETPOTATO,CND,VACUUM PK	1 cup pieces	42.24	10.00	3.60	38.64
SWEETPOTATO,CND,VACUUM PK	1 cup, mashed	53.86	12.75	4.59	49.27
TARO LEAVES,CKD,STMD,WO/SALT	1 cup	5.83	0.00	2.90	2.93
TARO LEAVES,RAW	1 cup	1.88	0.84	1.04	0.84
TARO LEAVES,RAW	1 leaf (11" x 6- 1/2")	0.67	0.30	0.37	0.30
TARO SHOOTS,CKD,WO/SALT	1 cup slices	4.48	0.00	0.00	4.48
TARO SHOOTS,RAW	1/2 cup slices	1.00	0.00	0.00	1.00
TARO SHOOTS,RAW	1 shoot	1.93	0.00	0.00	1.93
TARO,COOKED,WITH SALT	1 cup slices	45.67	0.65	6.73	38.94
TARO,COOKED,WITHOUT SALT	1 cup, sliced	45.67	0.65	6.73	38.94
TARO,LEAVES,CKD,STMD,W/SALT	1 cup	5.64	0.00	2.90	2.74
TARO,RAW	1 cup, sliced	27.52	0.42	4.26	23.25
TARO,SHOOTS,CKD,W/SALT	1 cup slices	4.47	0.00	0.00	4.47
TARO,TAHITIAN,CKD,W/SALT	1 cup slices	9.38	0.00	0.00	9.38
TARO,TAHITIAN,CKD,WO/SALT	1 cup slices	9.38	0.00	0.00	9.38
TARO,TAHITIAN,RAW	1 cup slices	8.64	0.00	0.00	8.64
TOMATILLOS,RAW	1/2 cup, chopped or diced	3.85	2.59	1.25	2.60
TOMATILLOS,RAW	1 medium	1.99	1.34	0.65	1.34
TOMATO JUC,CND,W/SALT	1 cup	8.58	6.27	0.97	7.61
TOMATO JUC,CND,W/SALT	6 fl oz	6.42	4.70	0.73	5.70
TOMATO JUC,CND,WO/ SALT ADDED	1 cup	8.58	6.27	0.97	7.61
TOMATO JUC,CND,WO/ SALT ADDED	1 fl oz	1.07	0.78	0.12	0.95
TOMATO JUC,CND,WO/ SALT ADDED	6 fl oz	6.42	4.70	0.73	5.70
TOMATO PRODUCTS,CND,PASTE,W/SALT	1/4 cup	12.48	8.04	2.71	9.77
TOMATO PRODUCTS,CND,PASTE,W/SALT	1 can (6 oz)	32.15	20.71	6.97	25.18
TOMATO PRODUCTS,CND,PASTE,W/SALT	1 cup	49.54	31.91	10.74	38.80
TOMATO PRODUCTS,CND,PASTE,W/SALT	1 tbsp	3.03	1.95	0.66	2.37
TOMATO PRODUCTS,CND,PASTE,WO/ SALT ADDED	1/4 cup	12.48	8.04	2.71	9.77
TOMATO PRODUCTS,CND,PASTE,WO/ SALT ADDED	1 can (6 oz)	32.15	20.71	6.97	25.18
TOMATO PRODUCTS,CND,PASTE,WO/ SALT ADDED	1 cup	49.54	31.91	10.74	38.80
TOMATO PRODUCTS,CND,PASTE,WO/ SALT ADDED	1 tbsp	3.03	1.95	0.66	2.37
TOMATO PRODUCTS,CND,PUREE,W/SALT	1 can (29 oz) (401 x 411)	73.82	39.70	15.62	58.20

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TOMATO PRODUCTS,CND,PUREE,W/SALT	1 cup	22.45	12.08	4.75	17.70
TOMATO PRODUCTS,CND,PUREE,WO/SALT	1 can (29 oz) (401 x 411)	73.82	39.70	15.62	58.20
TOMATO PRODUCTS,CND,PUREE,WO/SALT	1 cup	22.45	12.08	4.75	17.70
TOMATO PRODUCTS,CND,SAU	1 cup	13.01	8.72	3.68	9.33
TOMATO PRODUCTS,CND,SAU,SPANISH STYLE	1 can, 15 oz (303 x 406)	30.77	0.00	5.95	24.82
TOMATO PRODUCTS,CND,SAU,SPANISH STYLE	1 cup	17.67	0.00	3.42	14.25
TOMATO PRODUCTS,CND,SAU,W/HERBS&CHS	1/2 cup	12.49	0.00	2.68	9.81
TOMATO PRODUCTS,CND,SAU,W/HERBS&CHS	1 can, 15 oz (303 x 406)	43.52	0.00	9.35	34.17
TOMATO PRODUCTS,CND,SAU,W/MUSHROOMS	1 cup	20.65	14.14	3.68	16.98
TOMATO PRODUCTS,CND,SAU,W/ONIONS	1 cup	24.35	0.00	4.41	19.94
TOMATO PRODUCTS,CND,SAU,W/ONIONS,GRN PEPPERS,&CELERY	1 can, 15 oz (303 x 406)	36.04	30.25	5.75	30.29
TOMATO PRODUCTS,CND,SAU,W/ONIONS,GRN PEPPERS,&CELERY	1 cup	21.93	18.40	3.50	18.43
TOMATO PRODUCTS,CND,SAU,W/TOMATO TIDBITS	1 can, 15 oz (303 x 406)	30.13	0.00	5.95	24.18
TOMATO PRODUCTS,CND,SAU,W/TOMATO TIDBITS	1 cup	17.30	0.00	3.42	13.88
TOMATO SAU,CND,NO SALT ADDED	1 cup	13.01	8.72	3.68	9.33
TOMATO&VEG JUC,LO NA	1 cup	11.11	9.20	1.94	9.17
TOMATO&VEG JUC,LO NA	1 fl oz	1.39	1.15	0.24	1.14
TOMATOES,CRUSHED,CANNED	1/2 cup	8.82	5.32	2.30	6.52
TOMATOES,GREEN,RAW	1 cup	9.18	7.20	1.98	7.20
TOMATOES,GREEN,RAW	1 large	9.28	7.28	2.00	7.28
TOMATOES,GREEN,RAW	1 medium	6.27	4.92	1.35	4.92
TOMATOES,GREEN,RAW	1 slice or wedge	1.02	0.80	0.22	0.80
TOMATOES,GREEN,RAW	1 small	4.64	3.64	1.00	3.64
TOMATOES,ORANGE,RAW	1 cup, chopped	5.02	0.00	1.42	3.60
TOMATOES,ORANGE,RAW	1 tomato	3.53	0.00	1.00	2.53
TOMATOES,RED,RIPE,CKD	1 cup	9.62	5.98	1.68	7.94
TOMATOES,RED,RIPE,CKD	2 medium	9.86	6.13	1.72	8.14
TOMATOES,RED,RIPE,CKD,STWD	1 cup	13.18	0.00	1.72	11.46
TOMATOES,RED,RIPE,CKD,STWD	1 recipe yield	78.82	0.00	10.27	68.55
TOMATOES,RED,RIPE,CKD,W/ SALT	1/2 cup	4.81	2.99	0.84	3.97
TOMATOES,RED,RIPE,CKD,W/ SALT	1 cup	9.62	5.98	1.68	7.94
TOMATOES,RED,RIPE,CKD,W/ SALT	1 NLEA serving	4.85	3.01	0.85	4.01
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC	1 can	6.59	4.85	3.61	2.98
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC	1 cup	8.33	6.12	4.56	3.77
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC	1 large	5.69	4.18	3.12	2.57
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC	1 medium	3.85	2.83	2.11	1.74

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TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC	1 small	2.85	2.09	1.56	1.29
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC	1 tbsp	0.52	0.38	0.29	0.24
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1/2 cup	4.16	3.06	2.28	1.88
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1 can	6.59	4.85	3.61	2.98
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1 cup	8.33	6.12	4.56	3.77
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1 large	5.69	4.18	3.12	2.57
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1 medium	3.85	2.83	2.11	1.74
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1 small	2.85	2.09	1.56	1.29
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1 tbsp	0.52	0.38	0.29	0.24
TOMATOES,RED,RIPE,CND,STWD	1 cup	15.78	8.98	2.55	13.23
TOMATOES,RED,RIPE,CND,W/GRN CHILIES	1 cup	8.72	0.00	0.00	8.72
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 cherry	0.66	0.45	0.20	0.46
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 cup cherry tomatoes	5.80	3.92	1.79	4.01
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 cup, chopped or sliced	7.00	4.73	2.16	4.84
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 Italian tomato	2.41	1.63	0.74	1.67
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 large whole (3" dia)	7.08	4.79	2.18	4.90
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 medium whole (2-3/5" dia)	4.78	3.23	1.48	3.31
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 NLEA serving	5.76	3.89	1.78	3.98
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 plum tomato	2.41	1.63	0.74	1.67
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 slice, medium (1/4" thick)	0.78	0.53	0.24	0.54
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 slice, thick/large (1/2" thick)	1.05	0.71	0.32	0.73
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 slice, thin/small	0.58	0.39	0.18	0.40
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 small whole (2-2/5" dia)	3.54	2.39	1.09	2.45

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TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 wedge (1/4 of medium tomato)	1.21	0.82	0.37	0.83
TOMATOES,SUN-DRIED	1 cup	30.11	20.30	6.64	23.47
TOMATOES,SUN-DRIED	1 piece	1.12	0.75	0.25	0.87
TOMATOES,SUN-DRIED,PACKED IN OIL,DRND	1 cup	25.66	0.00	6.38	19.28
TOMATOES,SUN-DRIED,PACKED IN OIL,DRND	1 piece	0.70	0.00	0.17	0.53
TOMATOES,YELLOW,RAW	1 cup, chopped	4.14	0.00	0.97	3.17
TOMATOES,YELLOW,RAW	1 tomato	6.32	0.00	1.48	4.83
TREE FERN,CKD,W/SALT	1/2 cup, chopped or diced	7.65	0.00	2.63	5.03
TREE FERN,CKD,W/SALT	1 frond (6-1/2" long)	3.34	0.00	1.15	2.19
TREE FERN,CKD,WO/SALT	1/2 cup, chopped	7.80	0.00	2.63	5.17
TREE FERN,CKD,WO/SALT	1 frond (6-1/2" long)	3.40	0.00	1.15	2.26
TURNIP GREENS,RAW	1 cup, chopped	3.92	0.45	1.76	2.16
TURNIP GRNS&TURNIPS,FRZ,CKD,BLD,DRND,W/SALT	1/2 cup	4.08	0.82	2.67	1.41
TURNIP GRNS&TURNIPS,FRZ,CKD,BLD,DRND,W/SALT	1 cup	7.73	1.55	5.05	2.67
TURNIP GRNS&TURNIPS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	7.91	1.74	5.05	2.85
TURNIP GRNS&TURNIPS,FRZ,UNPREP	1/3 package (10 oz)	3.22	0.00	2.28	0.94
TURNIP GRNS&TURNIPS,FRZ,UNPREP	1 package (10 oz)	9.63	0.00	6.82	2.81
TURNIP GRNS&TURNIPS,FRZ,UNPREP	1 package (3 lb)	46.14	0.00	32.66	13.47
TURNIP GRNS,CKD,BLD,DRND,W/SALT	1 cup, chopped	6.28	0.76	5.04	1.24
TURNIP GRNS,CKD,BLD,DRND,WO/SALT	1 cup, chopped	6.28	0.76	5.04	1.24
TURNIP GRNS,CND,NO SALT	1 cup	4.05	0.60	1.87	2.17
TURNIP GRNS,CND,SOL&LIQUIDS	1/2 cup	2.83	0.00	1.99	0.84
TURNIP GRNS,CND,SOL&LIQUIDS	1 can, 15 oz (303 x 406)	10.29	0.00	7.23	3.06
TURNIP GRNS,FRZ,CKD,BLD,DRND,W/SALT	1/2 cup	4.08	0.62	2.79	1.30
TURNIP GRNS,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	10.96	1.65	7.48	3.48
TURNIP GRNS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	8.17	1.23	5.58	2.59
TURNIP GRNS,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	10.96	1.65	7.48	3.48
TURNIP GRNS,FRZ,UNPREP	1/2 cup, chopped or diced	3.01	0.00	2.05	0.96

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TURNIP GRNS,FRZ,UNPREP	1 package (10 oz)	10.42	0.00	7.10	3.32
TURNIPS,CKD,BLD,DRND,W/SALT	1 cup, cubes	7.89	4.66	3.12	4.77
TURNIPS,CKD,BLD,DRND,W/SALT	1 cup, mashed	11.64	6.88	4.60	7.04
TURNIPS,CKD,BLD,DRND,WO/SALT	1 cup, cubes	7.89	4.66	3.12	4.77
TURNIPS,CKD,BLD,DRND,WO/SALT	1 cup, mashed	11.64	6.88	4.60	7.04
TURNIPS,FROZEN,UNPREPARED	1/3 package, mashed (10 oz)	2.76	0.00	1.69	1.07
TURNIPS,FROZEN,UNPREPARED	1 package, mashed (10 oz)	8.35	0.00	5.11	3.24
TURNIPS,FRZ,CKD,BLD,DRND,W/SALT	1 cup	5.87	2.75	3.12	2.75
TURNIPS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	6.79	3.67	3.12	3.67
TURNIPS,RAW	1/2 cup, cubes	4.18	2.47	1.17	3.01
TURNIPS,RAW	1 cup, cubes	8.36	4.94	2.34	6.02
TURNIPS,RAW	1 large	11.77	6.95	3.29	8.47
TURNIPS,RAW	1 medium	7.84	4.64	2.20	5.65
TURNIPS,RAW	1 slice	0.96	0.57	0.27	0.69
TURNIPS,RAW	1 small	3.92	2.32	1.10	2.82
V8 60% VEG JUC,V8 V-LITE	1 serving	7.00	5.01	0.97	6.03
V8 60% VEG JUC,V8 V-LITE	8 fl oz	7.00	5.01	0.97	6.03
V8 VEG JUC,CA ENR V8	1 serving	11.01	7.99	1.94	9.06
V8 VEG JUC,CA ENR V8	8 fl oz	11.01	7.99	1.94	9.06
V8 VEG JUC,ESSENTIAL ANTIOXIDANTS V8	1 serving	11.01	7.99	1.94	9.06
V8 VEG JUC,ESSENTIAL ANTIOXIDANTS V8	8 oz	11.01	7.99	1.94	9.06
V8 VEG JUC,HI FIBER V8	1 serving	13.10	7.99	5.10	7.99
V8 VEG JUC,HI FIBER V8	8 fl oz	13.10	7.99	5.10	7.99
V8 VEG JUC,LO NA SPICY HOT	1 serving	11.01	7.99	1.94	9.06
V8 VEG JUC,LO NA SPICY HOT	8 fl oz	11.01	7.99	1.94	9.06
V8 VEG JUC,LO NA V8	1 serving	10.01	7.99	1.94	8.07
V8 VEG JUC,LO NA V8	8 fl oz	10.01	7.99	1.94	8.07
V8 VEG JUC,ORGANIC V8	1 serving	11.01	7.99	1.94	9.06
V8 VEG JUC,ORGANIC V8	8 fl oz	11.01	7.99	1.94	9.06
V8 VEG JUC,SPICY HOT V8	1 serving	10.01	7.99	1.94	8.07
V8 VEG JUC,SPICY HOT V8	8 fl oz	10.01	7.99	1.94	8.07
VEGETABLE JUC COCKTAIL,CND	1 cup	9.79	7.31	1.27	8.53
VEGETABLE JUC COCKTAIL,CND	6 fl oz	7.04	5.26	0.91	6.13
VEGETABLE JUC COCKTAIL,LO NA,CND	1 cup	9.73	7.14	1.27	8.46
VEGETABLE JUC COCKTAIL,LO NA,CND	6 fl oz	6.97	5.11	0.91	6.06
VEGETABLES,MXD (CORN,LIMA BNS,PEAS,GRN BNS,CRRT) CND,NO SALT	1 cup	13.30	4.39	5.64	7.66
VEGETABLES,MXD,CND,DRND SOL	1 cup	15.09	3.93	4.89	10.20

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VEGETABLES,MXD,CND,SOL&LIQUIDS	1 cup	17.47	0.00	9.31	8.16
VEGETABLES,MXD,FRZ,CKD,BLD,DRND,W/SALT	1/2 cup	11.91	2.84	4.00	7.91
VEGETABLES,MXD,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	36.00	8.58	12.10	23.90
VEGETABLES,MXD,FRZ,CKD,BLD,DRND,WO/SALT	1/2 cup	11.91	2.84	4.00	7.91
VEGETABLES,MXD,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	36.00	8.58	12.10	23.90
VEGETABLES,MXD,FRZ,UNPREP	1/3 package (10 oz)	12.80	0.00	3.80	9.00
VEGETABLES,MXD,FRZ,UNPREP	1 pack (2-1/2 lb)	152.75	0.00	45.36	107.39
VEGETABLES,MXD,FRZ,UNPREP	1 package (10 oz)	38.25	0.00	11.36	26.89
WASABI,ROOT,RAW	1 cup, sliced	30.60	0.00	10.14	20.46
WASABI,ROOT,RAW	1 root	39.78	0.00	13.18	26.60
WATERCHESTNUTS,CHINESE,(MATAI),RAW	1/2 cup slices	14.84	2.98	1.86	12.98
WATERCHESTNUTS,CHINESE,(MATAI),RAW	4 waterchestnuts	8.62	1.73	1.08	7.54
WATERCHESTNUTS,CHINESE,CND,SOL&LIQUIDS	1/2 cup slices	8.61	1.72	1.75	6.86
WATERCHESTNUTS,CHINESE,CND,SOL&LIQUIDS	4 waterchestnuts	3.44	0.69	0.70	2.74
WATERCRESS,RAW	1 cup, chopped	0.44	0.07	0.17	0.27
WATERCRESS,RAW	1 sprig	0.03	0.01	0.01	0.02
WATERCRESS,RAW	10 sprigs	0.32	0.05	0.13	0.20
WAXGOURD,(CHINESE PRESERVING MELON),CKD,BLD,DRND,W/SALT	1 cup, cubes	4.29	2.07	1.75	2.54
WAXGOURD,(CHINESE PRESERVING MELON),CKD,BLD,DRND,WO/SALT	1 cup, cubes	5.32	2.07	1.75	3.57
WAXGOURD,(CHINESE PRESERVING MELON),RAW	1 cup, cubes	3.96	0.00	3.83	0.13
WAXGOURD,(CHINESE PRESERVING MELON),RAW	1 waxgourd	171.00	0.00	165.30	5.70
WINGED BEAN,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	1/2 cup	1.00	0.00	0.00	1.00
WINGED BEAN,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	1 cup	1.99	0.00	0.00	1.99
WINGED BNS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	1 cup	1.99	0.00	0.00	1.99
WINGED BNS,IMMAT SEEDS,RAW	1 cup slices	1.90	0.00	0.00	1.90
WINGED BNS,IMMAT SEEDS,RAW	1 pod	0.69	0.00	0.00	0.69
YAM,CKD,BLD,DRND,OR BKD,W/SALT	1/2 cup, cubes	18.35	0.33	2.65	15.70
YAM,CKD,BLD,DRND,OR BKD,W/SALT	1 cup, cubes	36.71	0.67	5.30	31.40
YAM,CKD,BLD,DRND,OR BKD,WO/SALT	1/2 cup, cubes	18.69	0.33	2.65	16.03
YAM,CKD,BLD,DRND,OR BKD,WO/SALT	1 cup, cubes	37.37	0.67	5.30	32.07
YAM,RAW	1 cup, cubes	41.82	0.75	6.15	35.67

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YAMBEAN (JICAMA),RAW	1 cup	11.47	2.34	6.37	5.10
YAMBEAN (JICAMA),RAW	1 cup slices	10.58	2.16	5.88	4.70
YAMBEAN (JICAMA),RAW	1 large	105.84	21.60	58.80	47.04
YAMBEAN (JICAMA),RAW	1 medium	58.12	11.86	32.29	25.83
YAMBEAN (JICAMA),RAW	1 slice	0.53	0.11	0.29	0.24
YAMBEAN (JICAMA),RAW	1 small	32.19	6.57	17.89	14.31
YARDLONG BEAN,CKD,BLD,DRND,W/SALT	1 cup slices	9.54	0.00	0.00	9.54
YARDLONG BEAN,CKD,BLD,DRND,W/SALT	1 pod	1.28	0.00	0.00	1.28
YARDLONG BEAN,CKD,BLD,DRND,WO/SALT	1 cup slices	9.55	0.00	0.00	9.55
YARDLONG BEAN,CKD,BLD,DRND,WO/SALT	1 pod	1.29	0.00	0.00	1.29
YARDLONG BEAN,RAW	1 cup slices	7.60	0.00	0.00	7.60
YARDLONG BEAN,RAW	1 pod	1.00	0.00	0.00	1.00
YAUTIA (TANNIER),RAW	1 cup, sliced	31.90	0.00	2.03	29.88
YAUTIA (TANNIER),RAW	1 root	72.07	0.00	4.58	67.50
YEAST EXTRACT SPREAD	1 tsp	1.23	0.10	0.39	0.84
ACORN FLOUR,FULL FAT	1 oz	15.49	0.00	0.00	15.49
ACORNS,DRIED	1 oz	15.21	0.00	0.00	15.21
ACORNS,RAW	1 oz	11.55	0.00	0.00	11.55
ALMOND BUTTER,PLN,W/SALT	1 cup	47.05	15.68	25.75	21.30
ALMOND BUTTER,PLN,W/SALT	1 tbsp	3.01	1.00	1.65	1.36
ALMOND BUTTER,PLN,WO/SALT	1 cup	47.05	11.08	25.75	21.30
ALMOND BUTTER,PLN,WO/SALT	1 tbsp	3.01	0.71	1.65	1.36
ALMOND PASTE	1 cup, firmly packed	108.53	82.29	10.90	97.63
ALMOND PASTE	1 oz	13.55	10.28	1.36	12.19
ALMONDS	1 almond	0.26	0.05	0.15	0.11
ALMONDS	1 cup, ground	20.47	4.13	11.88	8.60
ALMONDS	1 cup, sliced	19.83	4.00	11.50	8.33
ALMONDS	1 cup, slivered	23.27	4.70	13.50	9.77
ALMONDS	1 cup, whole	30.82	6.22	17.88	12.94
ALMONDS	1 oz (23 whole kernels)	6.11	1.23	3.54	2.57
ALMONDS,BLANCHED	1 cup whole kernels	27.07	6.71	14.36	12.72
ALMONDS,BLANCHED	1 oz	5.29	1.31	2.81	2.49
ALMONDS,BLANCHED	1 tbsp	1.70	0.42	0.90	0.80
ALMONDS,DRY RSTD,W/SALT	1 cup whole kernels	28.99	6.71	15.04	13.95
ALMONDS,DRY RSTD,W/SALT	1 oz (22 whole kernels)	5.96	1.38	3.09	2.87
ALMONDS,DRY RSTD,WO/SALT	1 cup whole kernels	28.99	6.71	15.04	13.95

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ALMONDS, DRY RSTD, WO/SALT	1 oz (22 whole kernels)	5.96	1.38	3.09	2.87
ALMONDS, HONEY RSTD, UNBLANCHED	1 cup whole kernels	40.18	0.00	19.73	20.45
ALMONDS, HONEY RSTD, UNBLANCHED	1 oz	7.91	0.00	3.88	4.03
ALMONDS, OIL RSTD, W/SALT	1 cup whole kernels	27.76	7.14	16.49	11.27
ALMONDS, OIL RSTD, W/SALT	1 oz (22 whole kernels)	5.01	1.29	2.98	2.04
ALMONDS, OIL RSTD, WO/SALT	1 cup whole kernels	27.76	7.14	16.49	11.27
ALMONDS, OIL RSTD, WO/SALT	1 oz (22 whole kernels)	5.01	1.29	2.98	2.04
BEECHNUTS, DRIED	1 oz	9.50	0.00	0.00	9.50
BRAZILNUTS, DRIED, UNBLANCHED	1 cup, whole	15.61	3.10	9.98	5.64
BRAZILNUTS, DRIED, UNBLANCHED	1 kernel	0.59	0.12	0.38	0.21
BRAZILNUTS, DRIED, UNBLANCHED	1 oz (6 kernels)	3.33	0.66	2.13	1.20
BREADFRUIT SEEDS, BOILED	1 oz	9.07	0.00	1.36	7.71
BREADFRUIT SEEDS, RAW	1 oz	8.29	0.00	1.47	6.82
BREADFRUIT SEEDS, ROASTED	1 oz	11.37	0.00	1.70	9.67
BUTTERNUTS, DRIED	1 cup	14.46	0.00	5.64	8.82
BUTTERNUTS, DRIED	1 nutmeat	0.36	0.00	0.14	0.22
BUTTERNUTS, DRIED	1 oz	3.42	0.00	1.33	2.08
CASHEW BUTTER, PLN, W/SALT	1 oz	8.59	2.58	0.85	7.74
CASHEW BUTTER, PLN, W/SALT	1 tbsp	4.85	1.45	0.48	4.37
CASHEW BUTTER, PLN, WO/SALT	1 oz	7.82	0.00	0.57	7.25
CASHEW BUTTER, PLN, WO/SALT	1 tbsp	4.41	0.00	0.32	4.09
CASHEW NUTS, DRY RSTD, W/SALT	1 cup, halves and whole	44.79	6.86	4.11	40.68
CASHEW NUTS, DRY RSTD, W/SALT	1 oz	9.27	1.42	0.85	8.42
CASHEW NUTS, DRY RSTD, WO/SALT	1 cup, halves and whole	44.79	6.86	4.11	40.68
CASHEW NUTS, DRY RSTD, WO/SALT	1 oz	9.27	1.42	0.85	8.42
CASHEW NUTS, DRY RSTD, WO/SALT	1 tbsp	2.81	0.43	0.26	2.55
CASHEW NUTS, OIL RSTD, W/SALT	1 cup, halves and pieces	38.91	6.46	4.26	34.65
CASHEW NUTS, OIL RSTD, W/SALT	1 cup, whole	38.91	6.46	4.26	34.65
CASHEW NUTS, OIL RSTD, W/SALT	1 oz (18 kernels)	8.55	1.42	0.94	7.61
CASHEW NUTS, OIL RSTD, WO/SALT	1 cup, halves and pieces	38.53	6.46	4.26	34.28
CASHEW NUTS, OIL RSTD, WO/SALT	1 cup, whole	38.53	6.46	4.26	34.28

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CASHEW NUTS,OIL RSTD,WO/SALT	1 oz (18 kernels)	8.47	1.42	0.94	7.53
CHESTNUTS,CHINESE,BLD&STMD	1 oz	9.54	0.00	0.00	9.54
CHESTNUTS,CHINESE,DRIED	1 oz	22.61	0.00	0.00	22.61
CHESTNUTS,CHINESE,RAW	1 oz	13.91	0.00	0.00	13.91
CHESTNUTS,CHINESE,ROASTED	1 oz	14.84	0.00	0.00	14.84
CHESTNUTS,EUROPEAN,BLD&STMD	1 oz	7.87	0.00	0.00	7.87
CHESTNUTS,EUROPEAN,DRIED,PEELED	1 oz	22.23	0.00	0.00	22.23
CHESTNUTS,EUROPEAN,DRIED,UNPEELED	1 oz	21.92	0.00	3.32	18.60
CHESTNUTS,EUROPEAN,RAW,PEELED	1 oz	12.52	0.00	0.00	12.52
CHESTNUTS,EUROPEAN,RAW,UNPEELED	1 cup	66.03	0.00	11.75	54.29
CHESTNUTS,EUROPEAN,RAW,UNPEELED	1 oz	12.91	0.00	2.30	10.61
CHESTNUTS,EUROPEAN,RSTD	1 cup	75.73	15.16	7.29	68.44
CHESTNUTS,EUROPEAN,RSTD	1 oz	15.01	3.01	1.45	13.57
CHESTNUTS,EUROPEAN,RSTD	10 kernels	44.49	8.90	4.28	40.20
CHESTNUTS,JAPANESE,BLD&STMD	1 oz	3.58	0.00	0.00	3.58
CHESTNUTS,JAPANESE,DRIED	1 cup	126.22	0.00	0.00	126.22
CHESTNUTS,JAPANESE,DRIED	1 oz	23.09	0.00	0.00	23.09
CHESTNUTS,JAPANESE,RAW	1 oz	9.90	0.00	0.00	9.90
CHESTNUTS,JAPANESE,RSTD	1 oz	12.79	0.00	0.00	12.79
CHIA SEEDS,DRIED	1 oz	11.94	0.00	9.75	2.19
COCONUT CRM,RAW (LIQ EXPRESSED FROM GRATED MEAT)	1 cup	15.96	0.00	5.28	10.68
COCONUT CRM,RAW (LIQ EXPRESSED FROM GRATED MEAT)	1 tbsp	1.00	0.00	0.33	0.67
COCONUT H2O (LIQ FROM COCONUTS)	1 coconut yields	7.64	5.38	2.27	5.38
COCONUT H2O (LIQ FROM COCONUTS)	1 cup	8.90	6.26	2.64	6.26
COCONUT H2O (LIQ FROM COCONUTS)	1 tbsp	0.56	0.39	0.17	0.39
COCONUT MEAT,DRIED (DESICCATED),CRMD	1 oz	6.10	0.00	0.00	6.10
COCONUT MEAT,DRIED (DESICCATED),NOT SWTND	1 oz	6.70	2.08	4.62	2.08
COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED,CND	1 cup	31.50	0.00	3.47	28.04
COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED,CND	4 oz	46.64	0.00	5.13	41.51
COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED,PACKAGED	1 cup	44.07	31.24	8.42	35.66
COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED,PACKAGED	1 oz	14.70	10.42	2.81	11.89
COCONUT MEAT,DRIED (DESICCATED),SWTND,SHREDDED	1 cup, shredded	44.33	40.15	4.19	40.15
COCONUT MEAT,DRIED (DESICCATED),SWTND,SHREDDED	1 package (7 oz)	94.86	85.91	8.96	85.91

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COCONUT MEAT,DRIED (DESICCATED),TSTD	1 oz	12.59	0.00	0.00	12.59
COCONUT MEAT,RAW	1 cup, shredded	12.18	4.98	7.20	4.98
COCONUT MEAT,RAW	1 medium	60.46	24.73	35.73	24.73
COCONUT MEAT,RAW	1 piece (2" x 2" x 1/2")	6.85	2.80	4.05	2.80
COCONUT MILK,CND (LIQ EXPRESSED FROM GRATED MEAT&H2O)	1 cup	6.35	0.00	0.00	6.35
COCONUT MILK,CND (LIQ EXPRESSED FROM GRATED MEAT&H2O)	1 tbsp	0.42	0.00	0.00	0.42
COCONUT MILK,FRZ (LIQ EXPRESSED FROM GRATED MEAT&H2O)	1 cup	13.39	0.00	0.00	13.39
COCONUT MILK,FRZ (LIQ EXPRESSED FROM GRATED MEAT&H2O)	1 tbsp	0.84	0.00	0.00	0.84
COCONUT MILK,RAW (LIQ EXPRESSED FROM GRATED MEAT&H2O)	1 cup	13.30	8.02	5.28	8.02
COCONUT MILK,RAW (LIQ EXPRESSED FROM GRATED MEAT&H2O)	1 tbsp	0.83	0.50	0.33	0.50
COTTONSEED FLR,LOFAT (GLANDLESS)	1 oz	10.23	0.00	0.00	10.23
COTTONSEED FLR,PART DEFATTED (GLANDLESS)	1 cup	38.11	0.00	2.82	35.29
COTTONSEED FLR,PART DEFATTED (GLANDLESS)	1 tbsp	2.03	0.00	0.15	1.88
COTTONSEED KRNLs,RSTD (GLANDLESS)	1 cup	32.63	0.00	8.20	24.44
COTTONSEED KRNLs,RSTD (GLANDLESS)	1 tbsp	2.19	0.00	0.55	1.64
COTTONSEED MEAL,PART DEFATTED (GLANDLESS)	1 oz	10.89	0.00	0.00	10.89
FORMULATED,WHEAT-BASED,ALL FLAVORS XCPT MACADAMIA,WO/SALT	1 oz	5.89	0.00	1.47	4.42
FORMULATED,WHEAT-BASED,UNFLAVORED,W/SALT	1 oz	6.71	0.00	1.47	5.24
GINKGO NUTS,CANNED	1 cup (78 kernels)	34.26	0.00	14.42	19.84
GINKGO NUTS,CANNED	1 oz (14 kernels)	6.27	0.00	2.64	3.63
GINKGO NUTS,DRIED	1 oz	20.54	0.00	0.00	20.54
GINKGO NUTS,RAW	1 oz	10.66	0.00	0.00	10.66
HAZELNUTS OR FILBERTS	1 cup, chopped	19.21	4.99	11.16	8.05
HAZELNUTS OR FILBERTS	1 cup, ground	12.53	3.26	7.28	5.25
HAZELNUTS OR FILBERTS	1 cup, whole	22.55	5.86	13.10	9.45
HAZELNUTS OR FILBERTS	1 oz (21 whole kernels)	4.73	1.23	2.75	1.98
HAZELNUTS OR FILBERTS	10 nuts	2.34	0.61	1.36	0.98
HAZELNUTS OR FILBERTS,BLANCHED	1 oz	4.82	0.99	3.12	1.70
HAZELNUTS OR FILBERTS,DRY RSTD,WO/SALT	1 oz	4.99	1.39	2.66	2.32
HICKORYNUTS,DRIED	1 cup	21.90	0.00	7.68	14.22
HICKORYNUTS,DRIED	1 nut	0.55	0.00	0.19	0.36

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HICKORYNUTS,DRIED	1 oz	5.17	0.00	1.81	3.36
LOTUS SEEDS,DRIED	1 cup	20.63	0.00	0.00	20.63
LOTUS SEEDS,DRIED	1 oz (42 medium seeds)	18.28	0.00	0.00	18.28
LOTUS SEEDS,RAW	1 oz	4.90	0.00	0.00	4.90
MACADAMIA NUTS,DRY RSTD,W/SALT	1 cup, whole or halves	16.94	5.46	10.56	6.38
MACADAMIA NUTS,DRY RSTD,W/SALT	1 oz (10-12 kernels)	3.64	1.17	2.27	1.37
MACADAMIA NUTS,DRY RSTD,WO/SALT	1 cup, whole or halves	17.66	5.46	10.56	7.10
MACADAMIA NUTS,DRY RSTD,WO/SALT	1 oz (10-12 kernels)	3.79	1.17	2.27	1.53
MACADAMIA NUTS,RAW	1 cup, whole or halves	18.52	6.12	11.52	6.99
MACADAMIA NUTS,RAW	1 oz (10-12 kernels)	3.92	1.30	2.44	1.48
MIXED NUTS,DRY RSTD,W/PNUTS,W/SALT	1 cup	34.73	6.58	12.33	22.40
MIXED NUTS,DRY RSTD,W/PNUTS,W/SALT	1 oz	7.19	1.36	2.55	4.64
MIXED NUTS,DRY RSTD,W/PNUTS,WO/SALT	1 cup	34.73	0.00	12.33	22.40
MIXED NUTS,DRY RSTD,W/PNUTS,WO/SALT	1 oz	7.19	0.00	2.55	4.64
MIXED NUTS,OIL RSTD,W/PNUTS,WO/SALT	1 cup	28.21	5.56	9.38	18.83
MIXED NUTS,OIL RSTD,W/PNUTS,WO/SALT	1 oz	5.97	1.18	1.98	3.98
MIXED NUTS,OIL RSTD,WO/PNUTS,WO/SALT	1 cup	32.07	0.00	7.92	24.15
MIXED NUTS,OIL RSTD,WO/PNUTS,WO/SALT	1 oz	6.31	0.00	1.56	4.75
NUTS,ALMONDS,OIL RSTD,LIGHTLY SALTED	1 cup whole kernels	27.76	7.14	16.49	11.27
NUTS,ALMONDS,OIL RSTD,LIGHTLY SALTED	1 oz (22 whole kernels)	5.01	1.29	2.98	2.04
NUTS,ALMONDS,OIL RSTD,W/ SALT ADDED,SMOKE FLAVOR	1 oz (28 almonds)	5.00	1.00	3.00	2.00
NUTS,CASHEW NUTS,RAW	1 oz	8.56	1.68	0.94	7.62
NUTS,COCNT CRM,CND,SWTND	1 cup	157.50	152.44	0.59	156.91
NUTS,COCNT CRM,CND,SWTND	1 tbsp	10.11	9.79	0.04	10.07
NUTS,MXD NUTS,OIL RSTD,W/ PNUTS,LIGHTLY SALTED	1 oz	5.97	1.18	1.98	3.98
NUTS,MXD NUTS,OIL RSTD,W/ PNUTS,W/ SALT ADDED	1 cup	28.21	5.56	9.38	18.83
NUTS,MXD NUTS,OIL RSTD,W/ PNUTS,W/ SALT ADDED	1 oz	5.97	1.18	1.98	3.98
NUTS,MXD NUTS,OIL RSTD,W/ PNUTS,W/ SALT ADDED	10 nuts, assorted	2.95	0.58	0.98	1.97

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NUTS,MXD NUTS,OIL RSTD,WO/ PNUTS,LIGHTLY SALTED	1 oz	7.09	1.48	2.01	5.07
NUTS,MXD NUTS,OIL RSTD,WO/ PNUTS,W/ SALT ADDED	1 cup	32.07	6.31	7.92	24.15
NUTS,MXD NUTS,OIL RSTD,WO/ PNUTS,W/ SALT ADDED	1 oz	6.31	1.24	1.56	4.75
NUTS,PILINUTS,DRIED	1 cup	4.78	0.00	0.00	4.78
NUTS,PILINUTS,DRIED	1 oz (15 kernels)	1.13	0.00	0.00	1.13
NUTS,PINE NUTS,DRIED	1 cup	17.66	4.85	5.00	12.66
NUTS,PINE NUTS,DRIED	1 oz (167 kernels)	3.71	1.02	1.05	2.66
NUTS,PINE NUTS,DRIED	10 nuts	0.22	0.06	0.06	0.16
NUTS,WALNUTS,GLAZED	1 oz	13.33	9.00	1.01	12.32
PECANS	1 cup, chopped	15.11	4.33	10.46	4.64
PECANS	1 cup, halves	13.72	3.93	9.50	4.22
PECANS	1 oz (19 halves)	3.93	1.13	2.72	1.21
PECANS,DRY RSTD,W/SALT	1 oz	3.84	1.15	2.66	1.18
PECANS,DRY RSTD,WO/SALT	1 oz	3.84	1.15	2.66	1.18
PECANS,OIL RSTD,W/SALT	1 cup	14.31	4.37	10.45	3.86
PECANS,OIL RSTD,W/SALT	1 oz (15 halves)	3.69	1.13	2.69	1.00
PECANS,OIL RSTD,WO/SALT	1 cup	14.31	4.37	10.45	3.86
PECANS,OIL RSTD,WO/SALT	1 oz (15 halves)	3.69	1.13	2.69	1.00
PINE NUTS,PINYON,DRIED	1 oz	5.47	0.00	3.03	2.44
PINE NUTS,PINYON,DRIED	10 nuts	0.19	0.00	0.11	0.09
PISTACHIO NUTS,DRY RSTD,W/SALT	1 cup	35.25	9.52	12.18	23.07
PISTACHIO NUTS,DRY RSTD,W/SALT	1 kernel	0.20	0.05	0.07	0.13
PISTACHIO NUTS,DRY RSTD,W/SALT	1 oz (49 kernels)	8.13	2.19	2.81	5.32
PISTACHIO NUTS,DRY RSTD,WO/SALT	1 cup	36.14	9.52	12.18	23.96
PISTACHIO NUTS,DRY RSTD,WO/SALT	1 kernel	0.21	0.05	0.07	0.14
PISTACHIO NUTS,DRY RSTD,WO/SALT	1 oz (49 kernels)	8.33	2.19	2.81	5.52
PISTACHIO NUTS,RAW	1 cup	33.84	9.42	12.67	21.17
PISTACHIO NUTS,RAW	1 kernel	0.19	0.05	0.07	0.12
PISTACHIO NUTS,RAW	1 oz (49 kernels)	7.80	2.17	2.92	4.88
PUMPKIN&SQUASH SD KRNLs,DRIED	1 cup	13.82	1.81	7.74	6.08
PUMPKIN&SQUASH SD KRNLs,DRIED	1 oz	3.04	0.40	1.70	1.34
PUMPKIN&SQUASH SD KRNLs,RSTD,W/SALT	1 cup	17.36	1.52	7.67	9.69
PUMPKIN&SQUASH SD KRNLs,RSTD,W/SALT	1 oz	4.17	0.37	1.84	2.33
PUMPKIN&SQUASH SD KRNLs,RSTD,WO/SALT	1 cup	17.36	1.52	7.67	9.69
PUMPKIN&SQUASH SD KRNLs,RSTD,WO/SALT	1 oz	4.17	0.37	1.84	2.33

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PUMPKIN&SQUASH SEEDS,WHL,RSTD,W/SALT	1 cup	34.40	0.00	11.78	22.62
PUMPKIN&SQUASH SEEDS,WHL,RSTD,W/SALT	1 oz (85 seeds)	15.24	0.00	5.22	10.02
PUMPKIN&SQUASH SEEDS,WHL,RSTD,WO/SALT	1 cup	34.40	0.00	11.78	22.62
PUMPKIN&SQUASH SEEDS,WHL,RSTD,WO/SALT	1 oz (85 seeds)	15.24	0.00	5.22	10.02
SAFFLOWER SD KRNLs,DRIED	1 oz	9.72	0.00	0.00	9.72
SAFFLOWER SD MEAL,PART DEFATTED	1 oz	13.81	0.00	0.00	13.81
SEEDS,BREADNUT TREE SEEDS,DRIED	1 cup	127.02	0.00	23.84	103.18
SEEDS,BREADNUT TREE SEEDS,DRIED	1 oz	22.51	0.00	4.22	18.28
SEEDS,BREADNUT TREE SEEDS,RAW	1 oz (8-14 seeds)	13.12	0.00	0.00	13.12
SEEDS,FLAXSEED	1 cup, whole	48.52	2.60	45.86	2.65
SEEDS,FLAXSEED	1 tbsp, ground	2.02	0.11	1.91	0.11
SEEDS,FLAXSEED	1 tbsp, whole	2.97	0.16	2.81	0.16
SEEDS,FLAXSEED	1 tsp, ground	0.72	0.04	0.68	0.04
SEEDS,FLAXSEED	1 tsp, whole	0.98	0.05	0.93	0.05
SEEDS,SUNFLOWER SD KRNLs FROM SHELL,DRY RSTD,W/ SALT ADDED	1 cup	19.60	3.49	11.52	8.08
SEEDS,SUNFLOWER SD KRNLs FROM SHELL,DRY RSTD,W/ SALT ADDED	1 oz	4.34	0.77	2.55	1.79
SEEDS,SUNFLOWER SD KRNLs FROM SHELL,DRY RSTD,W/ SALT ADDED	1 package (1.875 oz) yields	4.13	0.74	2.43	1.70
SESAME BUTTER,PASTE	1 tbsp	3.85	0.00	0.88	2.97
SESAME BUTTER,TAHINI,FROM RAW&STONE GROUND KRNLs	1 oz	7.42	0.00	2.64	4.79
SESAME BUTTER,TAHINI,FROM RAW&STONE GROUND KRNLs	1 tbsp	3.93	0.00	1.40	2.53
SESAME BUTTER,TAHINI,FROM RSTD&TSTD KRNLs (MOST COMMON TYPE)	1 oz	6.01	0.14	2.64	3.37
SESAME BUTTER,TAHINI,FROM RSTD&TSTD KRNLs (MOST COMMON TYPE)	1 tbsp	3.18	0.07	1.40	1.78
SESAME BUTTER,TAHINI,FROM UNROASTED KRNLs	1 oz	5.07	0.00	2.64	2.44
SESAME BUTTER,TAHINI,FROM UNROASTED KRNLs	1 tbsp	2.50	0.00	1.30	1.20
SESAME BUTTER,TAHINI,KRNLs UNSPEC	1 tbsp	3.23	0.00	0.71	2.52
SESAME FLOUR,HIGH-FAT	1 oz	7.55	0.00	0.00	7.55
SESAME FLOUR,LOW-FAT	1 oz	10.07	0.00	0.00	10.07
SESAME FLR,PART DEFATTED	1 oz	9.96	0.00	0.00	9.96
SESAME MEAL,PART DEFATTED	1 oz	7.38	0.00	0.00	7.38
SESAME SD KRNLs,DRIED (DECORT)	1 cup	17.60	0.72	17.40	0.20
SESAME SD KRNLs,DRIED (DECORT)	1 tbsp	0.94	0.04	0.93	0.01
SESAME SD KRNLs,DRIED (DECORT)	1 tsp	0.32	0.01	0.31	0.00
SESAME SD KRNLs,TSTD,W/SALT (DECORT)	1 cup	33.33	0.61	21.63	11.70
SESAME SD KRNLs,TSTD,W/SALT (DECORT)	1 oz	7.38	0.14	4.79	2.59

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SESAME SD KRNLs,TSTD,WO/SALT (DECORT)	1 cup	33.33	0.61	21.63	11.70
SESAME SD KRNLs,TSTD,WO/SALT (DECORT)	1 oz	7.38	0.14	4.79	2.59
SESAME SEEDS,WHL,RSTD&TSTD	1 oz	7.30	0.00	3.97	3.33
SESAME SEEDS,WHOLE,DRIED	1 cup	33.77	0.43	16.99	16.78
SESAME SEEDS,WHOLE,DRIED	1 tbsp	2.11	0.03	1.06	1.05
SISYMBRIUM SP. SEEDS,WHL,DRIED	1 cup	43.11	0.00	0.00	43.11
SISYMBRIUM SP. SEEDS,WHL,DRIED	1 oz	16.52	0.00	0.00	16.52
SUNFLOWER SD BUTTER,W/SALT	1 oz	6.61	2.99	1.62	5.00
SUNFLOWER SD BUTTER,W/SALT	1 tbsp	3.73	1.69	0.91	2.82
SUNFLOWER SD BUTTER,WO/SALT	1 oz	6.61	2.99	1.62	5.00
SUNFLOWER SD BUTTER,WO/SALT	1 tbsp	3.73	1.69	0.91	2.82
SUNFLOWER SD FLR,PART DEFATTED	1 cup	22.93	0.00	3.33	19.60
SUNFLOWER SD FLR,PART DEFATTED	1 tbsp	1.43	0.00	0.21	1.23
SUNFLOWER SD KRNLs,DRIED	1 cup	28.00	3.67	12.04	15.96
SUNFLOWER SD KRNLs,DRIED	1 cup, with hulls, edible yield	9.20	1.21	3.96	5.24
SUNFLOWER SD KRNLs,DRY RSTD,W/SALT	1 cup	30.81	3.49	11.52	19.29
SUNFLOWER SD KRNLs,DRY RSTD,W/SALT	1 oz	6.82	0.77	2.55	4.27
SUNFLOWER SD KRNLs,DRY RSTD,WO/SALT	1 cup	30.81	3.49	14.21	16.60
SUNFLOWER SD KRNLs,DRY RSTD,WO/SALT	1 oz	6.82	0.77	3.15	3.68
SUNFLOWER SD KRNLs,OIL RSTD,W/SALT	1 cup	30.90	4.20	14.31	16.59
SUNFLOWER SD KRNLs,OIL RSTD,W/SALT	1 oz	6.49	0.88	3.01	3.48
SUNFLOWER SD KRNLs,OIL RSTD,WO/SALT	1 cup	30.90	4.20	14.31	16.59
SUNFLOWER SD KRNLs,OIL RSTD,WO/SALT	1 oz	6.49	0.88	3.01	3.48
SUNFLOWER SD KRNLs,TSTD,W/SALT	1 cup	27.59	0.00	15.41	12.18
SUNFLOWER SD KRNLs,TSTD,W/SALT	1 oz	5.84	0.00	3.26	2.58
SUNFLOWER SD KRNLs,TSTD,WO/SALT	1 cup	27.59	0.00	15.41	12.18
SUNFLOWER SD KRNLs,TSTD,WO/SALT	1 oz	5.84	0.00	3.26	2.58
WALNUTS,BLACK,DRIED	1 cup, chopped	11.98	1.38	8.50	3.48
WALNUTS,BLACK,DRIED	1 oz	2.72	0.31	1.93	0.79
WALNUTS,BLACK,DRIED	1 tbsp	0.75	0.09	0.53	0.22
WALNUTS,ENGLISH	1 cup pieces or chips	16.45	3.13	8.04	8.41
WALNUTS,ENGLISH	1 cup shelled (50 halves)	13.71	2.61	6.70	7.01
WALNUTS,ENGLISH	1 cup, chopped	16.04	3.05	7.84	8.20
WALNUTS,ENGLISH	1 cup, ground	10.97	2.09	5.36	5.61
WALNUTS,ENGLISH	1 cup, in shell, edible yield (7 nuts)	3.84	0.73	1.88	1.96
WALNUTS,ENGLISH	1 oz (14 halves)	3.89	0.74	1.90	1.99
WATERMELON SD KRNLs,DRIED	1 cup	16.53	0.00	0.00	16.53

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WATERMELON SD KRNLs,DRIED	1 oz	4.34	0.00	0.00	4.34
BEE,ASTRLN,WAGYU,RB,SMLEND RB STK/RST,BNLS,LN,MRBL SCR 9,RAW	1 roast	1.73	0.00	0.00	1.73
BEE,ASTRLN,WAGYU,RB,SMLEND RB STK/RST,BNLS,LN,MRBL SCR 9,RAW	3 oz	0.39	0.00	0.00	0.39
BEE,ASTRLN,WGYU,RB,SML END RB STK/RST,BLS,LN,MRBLSCR 4/5,RAW	1 roast	0.00	0.00	0.00	0.00
BEE,ASTRLN,WGYU,RB,SML END RB STK/RST,BLS,LN,MRBLSCR 4/5,RAW	3 oz	0.00	0.00	0.00	0.00
Beef, bottom round, roast,lean only, 0" fat, choice, roasted	1 roast (yield from 627 g raw meat)	0.00	0.00	0.00	0.00
Beef, bottom round, roast,lean only, 0" fat, choice, roasted	3 oz	0.00	0.00	0.00	0.00
BEEF, CHUCK, SHORT RIBS, BNL, 0" FAT, CHOICE, CKED, BR	1 piece	0.00	0.00	0.00	0.00
BEEF, CHUCK, SHORT RIBS, BNL, 0" FAT, CHOICE, CKED, BR	3 oz	0.00	0.00	0.00	0.00
Beef, ln, top ln stk, bneless lip-on, 1/8" fat all grdes raw	1 steak	0.00	0.00	0.00	0.00
Beef, ln, top ln stk, bneless lip-on, 1/8" fat all grdes raw	3 oz	0.00	0.00	0.00	0.00
Beef, shoulder steak, boneless, lean only, 0", choice, grill	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF, VAR MEATS&BY-PRODUCTS, LIVER, CKD, PAN-FRIED	1 slice	4.18	0.00	0.00	4.18
BEEF,ASTRL,WGYU,LN,TP LN STK/RST,BNLS LN, AUS MRBL SC 4/5 RW	1 roast	0.70	0.00	0.00	0.70
BEEF,ASTRL,WGYU,LN,TP LN STK/RST,BNLS LN, AUS MRBL SC 4/5 RW	3 oz	0.17	0.00	0.00	0.17
BEEF,ASTRLIAN,GRSSFD,LOIN, TOP LOIN STEAK/ROAST,BNLESS,LN,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,ASTRLIAN,GRSSFD,LOIN, TOP LOIN STEAK/ROAST,BNLESS,LN,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,ASTRLN,GRSFD,RIB,RBEYE STK/RST LIP-ON,BNLS,LN & FAT,RAW	1 roast	0.39	0.00	0.00	0.39
BEEF,ASTRLN,GRSFD,RIB,RBEYE STK/RST LIP-ON,BNLS,LN & FAT,RAW	3 oz	0.09	0.00	0.00	0.09
BEEF,ASTRLN,GRSFD,RND, TOP RND CAP-OFF STEAK/RST,BNLSS,LN,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,ASTRLN,GRSFD,RND, TOP RND CAP-OFF STEAK/RST,BNLSS,LN,RAW	3 oz	0.00	0.00	0.00	0.00

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BEEF,ASTRLN,GRSFD,RND,TOPRND CAPOFF STK/RST,BNLS,LN & FT,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,ASTRLN,GRSFD,RND,TOPRND CAPOFF STK/RST,BNLS,LN & FT,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,ASTRLN,GRSSFD,LN,TPSRLN CAPOFF STK/RST,BNLS,LN & FT,RAW	1 roast	0.04	0.00	0.00	0.04
BEEF,ASTRLN,GRSSFD,LN,TPSRLN CAPOFF STK/RST,BNLS,LN & FT,RAW	3 oz	0.01	0.00	0.00	0.01
BEEF,ASTRLN,GRSSFD,RND,BTTM RND STEAK/RST,BNLS,LN & FAT,RAW	1 roast	0.03	0.00	0.00	0.03
BEEF,ASTRLN,GRSSFD,RND,BTTM RND STEAK/RST,BNLS,LN & FAT,RAW	3 oz	0.01	0.00	0.00	0.01
BEEF,ASTRLN,WAGYU,LN,TNDRLN STK/RST,BNLESS,LN,MRBL SCR 9,RAW	1 steak	0.99	0.00	0.00	0.99
BEEF,ASTRLN,WAGYU,LN,TNDRLN STK/RST,BNLESS,LN,MRBL SCR 9,RAW	3 oz	0.48	0.00	0.00	0.48
BEEF,ASTRLN,WAGYU,LN,TNDRLN STK/RST,BNLS,LN,MRB SCR 4/5,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,ASTRLN,WAGYU,LN,TNDRLN STK/RST,BNLS,LN,MRB SCR 4/5,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,ASTRLN,WAGYU,RIB,SMLND RB STK/RST,BNLS,LN &FAT,MRBL SCR	1 roast	0.00	0.00	0.00	0.00
BEEF,ASTRLN,WAGYU,RIB,SMLND RB STK/RST,BNLS,LN &FAT,MRBL SCR	3 oz	0.00	0.00	0.00	0.00
BEEF,ASTRLN,WGYU,LN,TNDRLN STK/RST,BNLS,LN&FT,MRBL SCR 9,RAW	1 steak	1.00	0.00	0.00	1.00
BEEF,ASTRLN,WGYU,LN,TNDRLN STK/RST,BNLS,LN&FT,MRBL SCR 9,RAW	3 oz	0.49	0.00	0.00	0.49
BEEF,ASTRLN,WGYU,LN,TOPLN STK/RST,BLS,LN&FAT,MRBL SCR 4/5,RW	1 roast	0.59	0.00	0.00	0.59
BEEF,ASTRLN,WGYU,LN,TOPLN STK/RST,BLS,LN&FAT,MRBL SCR 4/5,RW	3 oz	0.14	0.00	0.00	0.14
BEEF,ASTRLN,WGYU,LOIN,TOP LN STK/RST,BNLS,LN, MRBL SCR 9,RAW	1 roast	0.47	0.00	0.00	0.47
BEEF,ASTRLN,WGYU,LOIN,TOP LN STK/RST,BNLS,LN, MRBL SCR 9,RAW	3 oz	0.11	0.00	0.00	0.11
BEEF,ASTRLN,WGYU,RB,SML END RB STK/RST,BNLS,LN &FAT,MRBL SCR	1 roast	1.58	0.00	0.00	1.58
BEEF,ASTRLN,WGYU,RB,SML END RB STK/RST,BNLS,LN &FAT,MRBL SCR	3 oz	0.36	0.00	0.00	0.36
BEEF,AUST,WAGYU,LN,TDRLN STK/RST,BNLS,LN&FAT,MRBLSCR 4/5,RAW	1 steak	0.00	0.00	0.00	0.00

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BEEF,AUST,WAGYU,LN,TDRLN STK/RST,BNLS,LN&FAT,MRBLSCR 4/5,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,AUSTRALIAN,GRASS-FED,EXTERNAL FAT,RAW	1 oz	0.11	0.00	0.00	0.11
BEEF,AUSTRALIAN,GRASS-FED,GROUND,85% LN / 15% FAT,RAW	1 serving (3 oz)	0.00	0.00	0.00	0.00
BEEF,AUSTRALIAN,GRASS-FED,SEAM FAT,RAW	1 oz	0.30	0.00	0.00	0.30
BEEF,AUSTRALIAN,GRSSFD,LOIN,TNDRLN STEAK/ROAST,BNLESS,LN,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,AUSTRALIAN,GRSSFD,RIB,RIBEYE STK/RST LIP- ON,BNLS,LN,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,AUSTRALIAN,GRSSFD,RIB,RIBEYE STK/RST LIP- ON,BNLS,LN,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,AUSTRALIAN,GRSSFD,RND,BTTM RND STEAK/ROAST,BNLSS,LN,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,AUSTRALIAN,GRSSFD,RND,BTTM RND STEAK/ROAST,BNLSS,LN,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,AUSTRALIAN,WAGYU,EXTERNAL FAT,AUST. MARBLE SCORE 9,RAW	1 oz	0.27	0.00	0.00	0.27
BEEF,AUSTRALIAN,WAGYU,EXTERNAL FAT,MRBL SCR 4/5,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,AUSTRALIAN,WAGYU,LOIN,TOP LN STK/RST,LN & FAT,MRBL SCR	1 roast	0.79	0.00	0.00	0.79
BEEF,AUSTRALIAN,WAGYU,LOIN,TOP LN STK/RST,LN & FAT,MRBL SCR	3 oz	0.19	0.00	0.00	0.19
BEEF,AUSTRALIAN,WAGYU,SEAM FAT,AUST. MARBLE SCORE 9,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,AUSTRALIAN,WAGYU,SEAM FAT,MRBL SCR 4/5,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,AUSTRALN,GRS-FED,LOIN,TENDRLN STK/RST,BNLS,LN & FAT,RAW	1 steak	0.02	0.00	0.00	0.02
BEEF,AUSTRALN,GRS-FED,LOIN,TOP LOIN STK/RST,BNLS,LN & FAT,RW	1 roast	0.37	0.00	0.00	0.37
BEEF,AUSTRALN,GRS-FED,LOIN,TOP LOIN STK/RST,BNLS,LN & FAT,RW	3 oz	0.09	0.00	0.00	0.09
BEEF,BRISKET,FLAT HALF,BNLESS LN,0" FAT,ALL CHOICE,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,BNLESS LN,0" FAT,ALL CHOICE,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,BNLESS LN,0" FAT,ALL GRDS,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,BNLESS LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00

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BEEF,BRISKET,FLAT HALF,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,BNLESS,LN & FAT,0" FAT,SEL,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,BNLESS,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,BNLESS,LN,0" FAT,SEL,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN & FAT,0" FAT,CHOIC,CKD,BRSD	1 steak (Yield from 448 g raw meat)	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN & FAT,0" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN & FAT,0" FAT,SEL,CKD,BRSD	1 steak (yield from 388 g raw meat)	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN & FAT,0" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,CHOIC,CKD,BRSD	1 steak (yield from 593 g raw meat)	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,CHOIC,RAW	1 steak	0.52	0.00	0.00	0.52
BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,CHOIC,RAW	3 oz	0.10	0.00	0.00	0.10
BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,SEL,CKD,BRSD	1 steak	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,BRISKET,FLAT HALF,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	1 steak (Yield from 418 g raw meat)	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	1 steak (yield from raw steak weighing 550 g)	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN&FAT,1/8"FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN&FAT,1/8"FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,0" FAT,CHOIC,CKD,BRSD	1 steak	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,0" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,0" FAT,SEL,CKD,BRSD	1 steak	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,0" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,0"FAT,ALL GRDS,CKD,BRSD	1 steak (yield from 418g raw meat)	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,0"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,ALL GRDS,CKD,BRSD	1 lb	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,ALL GRDS,CKD,BRSD	1 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,CHOIC,CKD,BRSD	1 lb	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,CHOIC,CKD,BRSD	1 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,SEL,CKD,BRSD	1 lb	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,SEL,CKD,BRSD	1 oz	0.00	0.00	0.00	0.00

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BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,POINT HALF,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,BRISKET,POINT HALF,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,POINT HALF,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,BRISKET,POINT HALF,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,POINT HALF,LN&FAT,1/8"FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,BRISKET,POINT HALF,LN&FAT,1/8"FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,POINT HALF,LN,0"FAT,ALL GRDS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,BRISKET,POINT HALF,LN,0"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,WHL,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,BRISKET,WHL,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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BEEF,BRISKET,WHL,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,BRISKET,WHL,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,WHL,LN&FAT,1/8"FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,BRISKET,WHL,LN&FAT,1/8"FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,WHL,LN,0"FAT,ALL GRDS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,BRISKET,WHL,LN,0"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,BRISKET,WHL,LN,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,BRISKET,WHL,LN,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,ALL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,CHOIC,CKD,RSTD	1 roast (yield from 714 g raw meat)	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,SEL,CKD,RSTD	1 roast (yield from 666 g raw meat)	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00

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BEEF,BTTM SIRLOIN,TRI-TIP RST,LN,0" FAT,ALL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN,0" FAT,CHOIC,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN,0" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN,0" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN,0" FAT,SEL,CKD,RSTD	1 roast (yield from 666 g raw meat)	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CARCASS,LN&FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,CARCASS,LN&FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,CARCASS,LN&FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,CARCASS,LN&FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,CHCK EYE RST,BNLS,A BF RST,LN & FAT,0",SEL,C,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,CHCK EYE RST,BNLS,A BF RST,LN & FAT,0",SEL,C,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHCK,CLOD,SHLDR TOP&CNTR STKS,LN & FT,0",ALL GRDS,GRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
BEEF,CHCK,CLOD,SHLDR TOP&CNTR STKS,LN & FT,0",ALL GRDS,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,CHCK,MCK TENDER STK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHCK,MCK TENDER STK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHCK,UND BL POT RST OR STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	1 roast	3.70	0.00	0.00	3.70
BEEF,CHCK,UND BL POT RST OR STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	1 steak	2.53	0.00	0.00	2.53
BEEF,CHCK,UND BL POT RST OR STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.33	0.00	0.00	0.33
BEEF,CHCK,UNDR BLDE POT RST,BNLS,LN & FAT,0",CHC,CKD,BRSD	1 roast	0.00	0.00	0.00	0.00

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BEEF,CHCK,UNDR BLDE POT RST,BNLS,LN & FAT,0",CHC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHCK,UNDR BLDE POT RST,BNLS,LN & FAT,0",SEL,CKD,BRSD	1 roast	0.00	0.00	0.00	0.00
BEEF,CHCK,UNDR BLDE POT RST,BNLS,LN & FAT,0",SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK EYE CNTRY-STYL RIBS,BNL,LN & FAT,0" FAT,CHOICE, CKD	1 piece	0.00	0.00	0.00	0.00
BEEF,CHK EYE CNTRY-STYL RIBS,BNL,LN & FAT,0" FAT,CHOICE, CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK EYE CNTRY-STYLE RIBS,BNL,LN & FAT,0" FAT,ALL GR,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,CHK EYE CNTRY-STYLE RIBS,BNL,LN & FAT,0" FAT,ALL GR,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK EYE CNTRY-STYLE RIBS,BNL,LN & FAT,0" FAT,CHOICE,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,CHK EYE CNTRY-STYLE RIBS,BNL,LN & FAT,0" FAT,CHOICE,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK EYE CNTRY-STYLE RIBS,BNL,LN & FAT,0" FAT,SEL, CKD	1 piece	0.00	0.00	0.00	0.00
BEEF,CHK EYE CNTRY-STYLE RIBS,BNL,LN & FAT,0" FAT,SEL, CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK EYE CNTRY-STYLE RIBS,BNL,LN & FAT,0" FAT,SEL,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,CHK EYE CNTRY-STYLE RIBS,BNL,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK EYE COUNTRY-STYLE RIBS,BNLS,LN,0" FAT,ALL GRDS, RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,CHK EYE COUNTRY-STYLE RIBS,BNLS,LN,0" FAT,ALL GRDS, RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK EYE CTRY-STYLE RIBS,BNL,LN & FAT,0" FAT,ALL GR, CKD	1 piece	0.00	0.00	0.00	0.00
BEEF,CHK EYE CTRY-STYLE RIBS,BNL,LN & FAT,0" FAT,ALL GR, CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK EYE RST,BNL,AMERICA'S BF RST,LN,0" FAT,ALL GRD, CKD	1 roast	0.00	0.00	0.00	0.00
BEEF,CHK EYE RST,BNL,AMERICA'S BF RST,LN,0" FAT,ALL GRD, CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK EYE RST,BNL,AMERICA'S BF RST,LN,0" FAT,ALL GRD, RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,CHK EYE RST,BNL,AMERICA'S BF RST,LN,0" FAT,ALL GRD, RAW	3 oz	0.00	0.00	0.00	0.00

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BEEF,CHK EYE RST,BNL,AMERICA'S BF RST,LN,0" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,CHK EYE RST,BNL,AMERICA'S BF RST,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK EYE RST,BNLESS,AMERICA'S BF RST,LN,0" FAT,CHOIC,CKD	1 roast	0.00	0.00	0.00	0.00
BEEF,CHK EYE RST,BNLESS,AMERICA'S BF RST,LN,0" FAT,CHOIC,CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK EYE RST,BNLS,A BF RST,LN & FAT,0",ALL GRD,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,CHK EYE RST,BNLS,A BF RST,LN & FAT,0",ALL GRD,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK EYE RST,BNLS,A BF RST,LN & FAT,0",CH,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,CHK EYE RST,BNLS,A BF RST,LN & FAT,0",CH,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK EYE STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,CHK EYE STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK,MOCK TEN STK,BNL,LN & FAT,0" FAT,ALL GRDS, CKD	1 steak	0.00	0.00	0.00	0.00
BEEF,CHK,MOCK TEN STK,BNL,LN & FAT,0" FAT,ALL GRDS, CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK,MOCK TENDER STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,CHK,MOCK TENDER STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK,MOCK TENDER STK,BNLS,LN,0" FAT,ALL GRDS,CKD,BRSD	1 steak	0.00	0.00	0.00	0.00
BEEF,CHK,MOCK TNDR STK,BNL,LN & FAT,0" FAT,ALL GRDS, CKD	1 steak	0.00	0.00	0.00	0.00
BEEF,CHK,UND BL CNTR STK,BNL,DEN CUT,LN & FAT, ALL GR, CKD	1 steak	0.74	0.00	0.00	0.74
BEEF,CHK,UND BL CNTR STK,BNL,DEN CUT,LN & FAT, ALL GR, CKD	3 oz	0.18	0.00	0.00	0.18
BEEF,CHK,UND BL CNTR STK,BNL,DEN CUT,LN & FT,0"FT,All Gr, RW	1 steak	1.70	0.00	0.00	1.70
BEEF,CHK,UND BL CNTR STK,BNL,DEN CUT,LN & FT,0"FT,All Gr, RW	3 oz	0.31	0.00	0.00	0.31
BEEF,CHK,UND BL CNTR STK,BNLESS,DEN CUT,LN,0" FA, SEL, CKD	1 steak	0.00	0.00	0.00	0.00

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BEEF,CHK,UND BL CNTR STK,BNLESS,DEN CUT,LN,0" FA,SEL, CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK,UND BL CNTR STK,BNLESS,DEN CUT,LN,0" FA,SEL, RAW	1 steak	0.96	0.00	0.00	0.96
BEEF,CHK,UND BL CNTR STK,BNLESS,DEN CUT,LN,0" FA,SEL, RAW	3 oz	0.18	0.00	0.00	0.18
BEEF,CHK,UND BL POT RST OR STK,BNL,LN & FAT,0" FAT,CH, RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,CHK,UND BL POT RST OR STK,BNL,LN & FAT,0" FAT,CH, RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,CHK,UND BL POT RST OR STK,BNL,LN & FAT,0" FAT,CH, RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK,UND BL POT RST,BNLESS,LN,0" FAT,ALL GRDS,CKD, BRSD	1 roast	2.98	0.00	0.00	2.98
BEEF,CHK,UND BL POT RST,BNLESS,LN,0" FAT,ALL GRDS,CKD, BRSD	1 steak	2.10	0.00	0.00	2.10
BEEF,CHK,UND BL POT RST,BNLESS,LN,0" FAT,ALL GRDS,CKD, BRSD	3 oz	0.26	0.00	0.00	0.26
BEEF,CHK,UND BL POT RST/STEAK,BNL,LN & FAT,0" FAT,SEL, RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,CHK,UND BL POT RST/STEAK,BNL,LN & FAT,0" FAT,SEL, RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,CHK,UND BL POT RST/STEAK,BNL,LN & FAT,0" FAT,SEL, RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK,UND BL POT RST/STK,BNL,LN & FT,0" FT, All GR,raw	1 roast	0.00	0.00	0.00	0.00
BEEF,CHK,UND BL POT RST/STK,BNL,LN & FT,0" FT, All GR,raw	1 steak	0.00	0.00	0.00	0.00
BEEF,CHK,UND BL POT RST/STK,BNL,LN & FT,0" FT, All GR,raw	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK,UND BLCNTR STK,BNLESS,DEN CUT,LN,0" FA,CHOICE, RAW	1 steak	3.24	0.00	0.00	3.24
BEEF,CHK,UND BLCNTR STK,BNLESS,DEN CUT,LN,0" FA,CHOICE, RAW	3 oz	0.57	0.00	0.00	0.57
BEEF,CHK,UND BLD, POT RST,BNL,LN & FAT,0" FAT,ALL GR,CKD,BR	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK,UND BLE CNTR STK,BNL,DEN CT,LN&FT, 0" FT,CH,CKD,GLD	1 steak	1.42	0.00	0.00	1.42
BEEF,CHK,UND BLE CNTR STK,BNL,DEN CT,LN&FT, 0" FT,CH,CKD,GLD	3 oz	0.34	0.00	0.00	0.34
BEEF,CHK,UND BLE CNTR STK,BNL,DEN CUT,LN & FT,0"FT,SEL,RW	1 steak	0.41	0.00	0.00	0.41

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BEEF,CHK,UNDBLE CNTR STK,BNL,DENR CUT,LN & FAT,0"FT,SEL,RW	3 oz	0.08	0.00	0.00	0.08
BEEF,CHK,UNDBL CNTR STK,BNL,DEN CT,LN&FAT, 0"FT,SEL,CKD,GLD	1 steak	0.00	0.00	0.00	0.00
BEEF,CHK,UNDBL CNTR STK,BNL,DEN CT,LN&FAT, 0"FT,SEL,CKD,GLD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHK,UNDBL CNTR STK,BNLESS,DENCUT,LN,0" FA,ALL GRD, RAW	1 steak	2.32	0.00	0.00	2.32
BEEF,CHK,UNDBL CNTR STK,BNLESS,DENCUT,LN,0" FA,ALL GRD, RAW	3 oz	0.42	0.00	0.00	0.42
BEEF,CHK,UNDBLE CNTR STK,BNL,DENR CUT,LN & FAT,0"FAT, CH, RW	1 steak	2.56	0.00	0.00	2.56
BEEF,CHK,UNDBLE CNTR STK,BNL,DENR CUT,LN & FAT,0"FAT, CH, RW	3 oz	0.45	0.00	0.00	0.45
BEEF,CHK,UNDER BLADE POT RST,BNLESS,LN,0" FAT,CHOIC,CKD,BRSD	1 roast	0.00	0.00	0.00	0.00
BEEF,CHK,UNDER BLADE POT RST,BNLESS,LN,0" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE COUNTRY-STYLE RIBS,BNLESS,LN,0" FAT,CHOIC,CKD	1 piece	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE COUNTRY-STYLE RIBS,BNLESS,LN,0" FAT,CHOIC,CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE COUNTRY-STYLE RIBS,BNLESS,LN,0" FAT,CHOIC,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE COUNTRY-STYLE RIBS,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE COUNTRY-STYLE RIBS,BNLESS,LN,0" FAT,SEL,CKD,B	1 piece	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE COUNTRY-STYLE RIBS,BNLESS,LN,0" FAT,SEL,CKD,B	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE COUNTRY-STYLE RIBS,BNLESS,LN,0" FAT,SEL,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE COUNTRY-STYLE RIBS,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE RST,BNLESS,A BF RST,LN & FAT,0",ALL G,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE RST,BNLESS,A BF RST,LN & FAT,0",ALL G,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE RST,BNLESS,AMERICA'S BF RST,LN,0" FAT,SEL,CKD	1 roast	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE RST,BNLESS,AMERICA'S BF RST,LN,0" FAT,SEL,CKD	3 oz	0.00	0.00	0.00	0.00

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BEEF,CHUCK EYE RST,BNLESS,AMERICA'S BF RST,LN,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE RST,BNLESS,AMERICA'S BF RST,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE RST,BNLS,A BF RST,LN & FAT,0" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE RST,BNLS,A BF RST,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE RST,BNLS,A BF RST,LN & FAT,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE RST,BNLS,A BF RST,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN & FAT,0" FAT,ALL GRDS,CKD,GR	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN & FAT,0" FAT,ALL GRDS,CKD,GR	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN & FAT,0" FAT,SEL,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN & FAT,0" FAT,SEL,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN,0" FAT,ALL GRDS,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN,0" FAT,ALL GRDS,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00

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BEEF,CHUCK EYE STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK EYE STEAK,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK FOR STEW,LN & FAT,ALL GRDS,CKD,BRSD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK FOR STEW,LN & FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK FOR STEW,LN & FAT,ALL GRDS,RAW	3 oz	0.14	0.00	0.00	0.14
BEEF,CHUCK FOR STEW,LN & FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK FOR STEW,LN & FAT,CHOIC,RAW	3 oz	0.10	0.00	0.00	0.10
BEEF,CHUCK FOR STEW,LN & FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK FOR STEW,LN & FAT,SEL,RAW	3 oz	0.18	0.00	0.00	0.18
BEEF,CHUCK,ARM POT RST,LN & FAT,0" FAT,SEL,CKD,BRSD	1 roast (yield from 1675 g raw meat)	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN & FAT,0" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	1 roast (yield from 1601 g raw meat)	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00

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BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,SEL,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,0"FAT,CHOIC,CKD,BRSD	1 roast (yield from 1528g raw meat)	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,0"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,0"FAT,SEL,CKD,BRSD	1 roast (yield from 1675 g raw meat)	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,0"FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,ALL GRDS,CKD,BRSD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,ALL GRDS,CKD,BRSD	1 oz	0.00	0.00	0.00	0.00

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BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,CHOIC,CKD,BRSD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,CHOIC,CKD,BRSD	1 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,SEL,CKD,BRSD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,SEL,CKD,BRSD	1 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,ALL GRDS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00

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BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,SEL,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,BLADE RST,LN&FAT,1/8"FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,BLADE RST,LN,0"FAT,ALL GRDS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,CHUCK,BLADE RST,LN,0"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD RST,LN & FAT,0" FAT,ALL GRDS,CKD,RSTD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD RST,LN & FAT,0" FAT,ALL GRDS,CKD,RSTD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD RST,LN & FAT,0" FAT,CHOIC,CKD,RSTD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD RST,LN & FAT,0" FAT,CHOIC,CKD,RSTD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD RST,LN & FAT,0" FAT,SEL,CKD,RSTD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD RST,LN & FAT,0" FAT,SEL,CKD,RSTD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD RST,LN ONLY,TO 1/4" FAT,ALL GRDS,CKD,RSTD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD RST,LN ONLY,TO 1/4" FAT,ALL GRDS,CKD,RSTD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD RST,LN,0" FAT,ALL GRDS,CKD,RSTD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD RST,LN,0" FAT,ALL GRDS,CKD,RSTD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD RST,LN,0" FAT,CHOIC,CKD,RSTD	3 oz (1 serving)	0.00	0.00	0.00	0.00

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BEEF,CHUCK,CLOD RST,LN,0" FAT,SEL,CKD,RSTD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD RST,LN,1/4" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD RST,LN,1/4" FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,ALL GRDS,CKD,BRSD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,ALL GRDS,CKD,BRSD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD,TOP BLADE,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,CLOD,TOP BLADE,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,CK	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,BNLESS,LN & FAT,0" FAT,SEL,CKD,	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,BNLESS,LN & FAT,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,BNLESS,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,BRSD	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,BNLESS,LN,0" FAT,SEL,CKD,BRSD	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,BNLESS,LN,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,LN,0" FAT,CHOIC,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STEAK,LN,0" FAT,SEL,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00

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BEEF,CHUCK,MOCK TENDER STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STK,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STK,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STK,LN,0" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,MOCK TENDER STK,LN,0" FAT,ALL GRDS,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHLDR CLOD,TOP & CNTR ,STK,LN & FAT,0" FAT,CH,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHLDR CLOD,TOP & CNTR ,STK,LN & FAT,0" FAT,CH,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN & FAT,0" FAT,ALL GRDS,CKD,BRS	1 piece	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN & FAT,0" FAT,ALL GRDS,CKD,BRS	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN & FAT,0" FAT,CHOIC,CKD,BRSD	1 piece	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN & FAT,0" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN & FAT,0" FAT,SEL,CKD,BRSD	1 piece	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN & FAT,0" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN & FAT,0" FAT,SEL,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN,0" FAT,ALL GRDS,CKD,BRSD	1 piece	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN,0" FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,CHUCK,SHRT RIBS,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 piece	0.22	0.00	0.00	0.22
BEEF,CHUCK,SHRT RIBS,BNLESS,LN,0" FAT,ALL GRDS,RAW	3 oz	0.04	0.00	0.00	0.04
BEEF,CHUCK,SHRT RIBS,BNLESS,LN,0" FAT,CHOIC,RAW	1 piece	1.26	0.00	0.00	1.26
BEEF,CHUCK,SHRT RIBS,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.25	0.00	0.00	0.25
BEEF,CHUCK,SHRT RIBS,BNLESS,LN,0" FAT,SEL,CKD,BRSD	1 piece	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN,0" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN,0" FAT,SEL,RAW	1 piece	0.00	0.00	0.00	0.00
BEEF,CHUCK,SHRT RIBS,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,TOP BLADE,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,TOP BLADE,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,TOP BLADE,LN & FAT,0" FAT,CHOIC,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,TOP BLADE,LN & FAT,0" FAT,CHOIC,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,TOP BLADE,LN & FAT,0" FAT,SEL,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,TOP BLADE,LN & FAT,0" FAT,SEL,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,TOP BLADE,LN ONLY,TO 0" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,CHUCK,TOP BLADE,LN ONLY,TO 0" FAT,ALL GRDS,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,TOP BLADE,LN,0" FAT,CHOIC,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,TOP BLADE,LN,0" FAT,SEL,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,CHUCK,UND BL POT RST,BNLESS,LN,0" FAT,ALL GRDS,CKD	1 roast	0.00	0.00	0.00	0.00
BEEF,CHUCK,UND BL POT RST,BNLESS,LN,0" FAT,ALL GRDS,CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,UND BL STEAK,BNLS,LN,0" FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,UNDER BLADE CNTR STEAK,BNLESS,DENVER CUT,LN,0" FA	1 steak	0.49	0.00	0.00	0.49

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,CHUCK,UNDER BLADE CNTR STEAK,BNLESS,DENVER CUT,LN,0" FA	1 steak	1.00	0.00	0.00	1.00
BEEF,CHUCK,UNDER BLADE CNTR STEAK,BNLESS,DENVER CUT,LN,0" FA	3 oz	0.36	0.00	0.00	0.36
BEEF,CHUCK,UNDER BLADE POT RST,BNLESS,LN,0" FAT,SEL,CKD,BRSD	1 roast	0.00	0.00	0.00	0.00
BEEF,CHUCK,UNDER BLADE POT RST,BNLESS,LN,0" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,UNDER BLADE STEAK,BNLESS,LN & FAT,0" FAT,ALL GRDS	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,UNDER BLADE STEAK,BNLESS,LN & FAT,0" FAT,ALL GRDS	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,UNDER BLADE STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,CK	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,UNDER BLADE STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,CK	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,UNDER BLADE STEAK,BNLESS,LN & FAT,0" FAT,SEL,CKD,	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,UNDER BLADE STEAK,BNLESS,LN & FAT,0" FAT,SEL,CKD,	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,UNDER BLADE STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,BRSD	1 steak	0.00	0.00	0.00	0.00
BEEF,CHUCK,UNDER BLADE STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,CHUCK,UNDER BLADE STEAK,BNLESS,LN,0" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,0"FAT,ALL GRDS,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,0"FAT,ALL GRDS,CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,0"FAT,CHOIC,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,0"FAT,CHOIC,CKD	3 oz	0.00	0.00	0.00	0.00

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BEEF,COMP OF RTL CUTS,LN&FAT,0"FAT,SEL,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,0"FAT,SEL,CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,ALL GRDS,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,ALL GRDS,CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,PRIME,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,PRIME,CKD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,PRIME,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,PRIME,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,SEL,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,SEL,CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN,0" FAT,ALL GRDS,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN,0" FAT,ALL GRDS,CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN,0" FAT,CHOIC,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN,0" FAT,CHOIC,CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN,0" FAT,SEL,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,COMP OF RTL CUTS,LN,0" FAT,SEL,CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,CURED,BRKFST STRIPS,CKD	1 package, cooked (yield from 12 oz raw product)	2.38	0.00	0.00	2.38
BEEF,CURED,BRKFST STRIPS,CKD	3 slices	0.48	0.00	0.00	0.48

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,CURED,BRKfst STRIPS,RAW OR UNHTD	1 package (net weight, 12 oz)	2.38	0.00	0.00	2.38
BEEF,CURED,BRKfst STRIPS,RAW OR UNHTD	3 slices	0.48	0.00	0.00	0.48
BEEF,CURED,CORNED BF,BRISKET,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.50	0.00	0.00	1.50
BEEF,CURED,CORNED BF,BRISKET,CKD	3 oz	0.40	0.00	0.00	0.40
BEEF,CURED,CORNED BF,BRISKET,RAW	1 lb	0.64	0.00	0.00	0.64
BEEF,CURED,CORNED BF,BRISKET,RAW	1 oz	0.04	0.00	0.00	0.04
BEEF,FLANK,STEAK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	1 steak (yield from 475 g raw meat)	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN & FAT,0" FAT,CHOIC,CKD,BRLD	1 steak (yield from 483 g raw meat)	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN & FAT,0" FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN & FAT,0" FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN & FAT,0" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN & FAT,0" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN & FAT,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN & FAT,0" FAT,CHOIC,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN & FAT,0" FAT,SEL,CKD,BRLD	1 steak (yield from 467 g raw meat)	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN & FAT,0" FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN & FAT,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,FLANK,STEAK,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,CHOIC,CKD,BRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,SEL,CKD,BRLD	1 steak (yield from 467 g raw meat)	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,FLANK,STEAK,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,GRASS-FED,GROUND,RAW	1 serving	0.00	0.00	0.00	0.00
BEEF,GRASS-FED,STRIP STEAKS,LN,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,GRASS-FED,STRIP STEAKS,LN,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,70% LN MEAT / 30% FAT,CRUMBLES,CKD,PAN-BROWNED	1 portion (yield from 1/2 lb raw meat)	0.00	0.00	0.00	0.00
BEEF,GROUND,70% LN MEAT / 30% FAT,CRUMBLES,CKD,PAN-BROWNED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,70% LN MEAT / 30% FAT,LOAF,CKD,BKD	1 loaf (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
BEEF,GROUND,70% LN MEAT / 30% FAT,LOAF,CKD,BKD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,70% LN MEAT / 30% FAT,PATTY CKD,PAN-BROILED	1 patty	0.00	0.00	0.00	0.00
BEEF,GROUND,70% LN MEAT / 30% FAT,PATTY CKD,PAN-BROILED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,70% LN MEAT / 30% FAT,PATTY,CKD,BRLD	1 patty	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,GROUND,70% LN MEAT / 30% FAT,PATTY,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,70% LN MEAT / 30% FAT,RAW	1 ounce	0.00	0.00	0.00	0.00
BEEF,GROUND,70% LN MEAT / 30% FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,75% LN MEAT / 25% FAT,CRUMBLES,CKD,PAN-BROWNED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,75% LN MEAT / 25% FAT,LOAF,CKD,BKD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,75% LN MEAT / 25% FAT,PATTY,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,75% LN MEAT / 25% FAT,PATTY,CKD,PAN-BROILED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,75% LN MEAT / 25% FAT,RAW	1 serving (3 oz)	0.00	0.00	0.00	0.00
BEEF,GROUND,75% LN MEAT / 25% FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,80% LN MEAT / 20% FAT,CRUMBLES,CKD,PAN-BROWNED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,80% LN MEAT / 20% FAT,LOAF,CKD,BKD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,80% LN MEAT / 20% FAT,PATTY,CKD,PAN-BROILED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,80% LN MEAT / 20% FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,85% LN MEAT / 15% FAT,CRUMBLES,CKD,PAN-BROWNED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,85% LN MEAT / 15% FAT,LOAF,CKD,BKD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,85% LN MEAT / 15% FAT,PATTY,CKD,BRLD	1 patty (yield from 1/4 lb raw meat)	0.00	0.00	0.00	0.00
BEEF,GROUND,85% LN MEAT / 15% FAT,PATTY,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,85% LN MEAT / 15% FAT,PATTY,CKD,PAN-BROILED	1 patty (yield from 1/4 lb raw meat)	0.00	0.00	0.00	0.00
BEEF,GROUND,85% LN MEAT / 15% FAT,PATTY,CKD,PAN-BROILED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,85% LN MEAT / 15% FAT,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,90% LN MEAT / 10% FAT,CRUMBLES,CKD,PAN-BROWNED	1 portion (yield from 1/2 lb raw meat)	0.00	0.00	0.00	0.00
BEEF,GROUND,90% LN MEAT / 10% FAT,CRUMBLES,CKD,PAN-BROWNED	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,GROUND,90% LN MEAT / 10% FAT,LOAF,CKD,BKD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,90% LN MEAT / 10% FAT,PATTY,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,90% LN MEAT / 10% FAT,PATTY,CKD,PAN-BROILED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,90% LN MEAT / 10% FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,93% LN MEAT / 7% FAT	4 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,93% LN MEAT / 7% FAT,CRUMBLES,CKD,PAN-BROWNED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,93% LN MEAT / 7% FAT,LOAF,CKD,BKD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,93% LN MEAT / 7% FAT,PATTY,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,93% LN MEAT /7% FAT,PATTY,CKD,PAN-BROILED	3 oz	0.05	0.00	0.00	0.05
BEEF,GROUND,95% LN MEAT / 5% FAT,CRUMBLES,CKD,PAN-BROWNED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,95% LN MEAT / 5% FAT,LOAF,CKD,BKD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,95% LN MEAT / 5% FAT,PATTY,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,95% LN MEAT / 5% FAT,PATTY,CKD,PAN-BROILED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,95% LN MEAT / 5% FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,97% LN MEAT / 3% FAT,CRUMBLES,CKD,PAN-BROWNED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,97% LN MEAT / 3% FAT,LOAF,CKD,BKD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,97% LN MEAT / 3% FAT,PATTY,CKD,BRLD	1 patty	0.00	0.00	0.00	0.00
BEEF,GROUND,97% LN MEAT / 3% FAT,PATTY,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,97% LN MEAT / 3% FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,97% LN MEAT /3% FAT,PATTY,CKD,PAN-BROILED	1 portion (yield from 1/2 lb raw meat)	0.00	0.00	0.00	0.00
BEEF,GROUND,97% LN MEAT /3% FAT,PATTY,CKD,PAN-BROILED	3 oz	0.00	0.00	0.00	0.00
BEEF,GROUND,PATTIES,FRZ,CKD,BRLD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
BEEF,GROUND,PATTIES,FRZ,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,GROUND,UNSPEC FAT CONTENT,CKD	3 oz	0.53	0.00	0.00	0.53
BEEF,LN,TOP LN STK,BNLESS,LIP-ON,LN,1/8" FAT,SEL,CKD,GRILLD	1 steak	0.00	0.00	0.00	0.00
BEEF,LN,TOP LN STK,BNLESS,LIP-ON,LN,1/8" FAT,SEL,CKD,GRILLD	3 oz	0.00	0.00	0.00	0.00
BEEF,LN,TOP LN STK,BNLSS,LIP-ON,LN,1/8" FAT,ALL GRDS,,GRLLD	1 steak	0.00	0.00	0.00	0.00
BEEF,LN,TOP LN STK,BNLSS,LIP-ON,LN,1/8" FAT,ALL GRDS,,GRLLD	3 oz	0.00	0.00	0.00	0.00
BEEF,LN,TP LN STEAK,BNLESS,LIP-ON,LN & FAT,1/8" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LN,TP LN STEAK,BNLESS,LIP-ON,LN & FAT,1/8" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LN,TP LN STK,BNLESS,LIPON,L & F,1/8 FAT,A GRDS, GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,LN,TP LN STK,BNLESS,LIPON,L & F,1/8 FAT,A GRDS, GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,LN,TP LN STK,BNLESS,LIPON,L & F,1/8" FAT,CHOIC,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,LN,TP LN STK,BNLESS,LIPON,L & F,1/8" FAT,CHOIC,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,LN,TP LN STK,BNLESS,LIPON,L & F,1/8" FAT,SEL, CK GRLED	1 steak	0.00	0.00	0.00	0.00
BEEF,LN,TP LN STK,BNLESS,LIPON,L & F,1/8" FAT,SEL, CK GRLED	3 oz	0.00	0.00	0.00	0.00
BEEF,LN,TP LN STK,BNLESS,LIPON,LN & FAT,1/8" FAT,ALL GRDS,RW	1 steak	0.00	0.00	0.00	0.00
BEEF,LN,TP LN STK,BNLESS,LIPON,LN & FAT,1/8" FAT,ALL GRDS,RW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,PRTRHS STK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,LOIN,PRTRHS STK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,LOIN,T-BONE STEAK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,LOIN,T-BONE STEAK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,L & F,0" FAT,CHOIC,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,L & F,0" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00

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BEEF,LOIN,TENDERLOIN RST,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN & FAT,0" FAT,SEL,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN & FAT,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN & FAT,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN,0" FAT,ALL GRDS,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN,0" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN,0" FAT,CHOIC,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN,0" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN,0" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,LN,BNLESS,0" FAT,SEL,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN RST,LN,BNLESS,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,L & F,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,L & F,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00

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BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN & FAT,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STEAK,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STK,BNLESS,L & F,0" F,CHOIC,CKD,GRILLED	1 steak (yield from 161 g raw meat)	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STK,BNLESS,L & F,0" F,CHOIC,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STK,BNLESS,L & F,0" FAT,SEL,CKD,GRILLED	1 steak (yield from 136 g raw meat)	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STK,BNLESS,L & F,0" FAT,SEL,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STK,BNLESS,L,0" F,ALL GRDS,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TENDERLOIN STK,BNLESS,L,0" F,ALL GRDS,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00

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BEEF,LOIN,TNDRLN RST,BNLESS,L & F,0" FAT,ALL GRDS,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TNDRLN RST,BNLESS,L & F,0" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TNDRLN STEAK,BNLESS,L & F,0" F,A GRDS,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TNDRLN STEAK,BNLESS,L & F,0" F,A GRDS,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STEAK,BNLESS,LIP OFF,LN,0" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STEAK,BNLESS,LIP OFF,LN,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STEAK,BNLESS,LIP OFF,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STEAK,BNLESS,LIP OFF,LN,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STEAK,BNLESS,LIP OFF,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STEAK,BNLESS,LIP-ON,LN,1/8" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STEAK,BNLESS,LIP-ON,LN,1/8" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STEAK,BNLESS,LIP-ON,LN,1/8" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STEAK,BNLESS,LIP-ON,LN,1/8" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STEAK,BNLS,LIP OFF,LN & FAT,0" FAT,SEL,RW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STEAK,BNLS,LIP OFF,LN & FAT,0" FAT,SEL,RW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STK,BNLS,LIP OFF,LN & FAT,0" FT,ALLGRD,RW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STK,BNLS,LIP OFF,LN & FAT,0" FT,ALLGRD,RW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STK,BNLS,LIP OFF,LN & FAT,0" FT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STK,BNLS,LIP OFF,LN & FAT,0" FT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STK,BNLS,LIP OFF,LN,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STK,BNLS,LIP OFF,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00

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BEEF,LOIN,TOP LOIN STK,BNLS,LIP OFF,LN,0" FAT,CHOIC,CKD,GRLD	1 steak (yield from 203 g raw meat)	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STK,BNLS,LIP OFF,LN,0" FAT,CHOIC,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STK,BNLS,LIP OFF,LN,0" FAT,SEL,CKD,GRLD	1 steak (yield from 186 g raw meat)	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN STK,BNLS,LIP OFF,LN,0" FAT,SEL,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN,LN & FAT,1/8" FAT,ALL GRDS,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN,LN & FAT,1/8" FAT,ALL GRDS,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN,LN & FAT,1/8" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN,LN & FAT,1/8" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN,LN & FAT,1/8" FAT,SEL,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP LOIN,LN & FAT,1/8" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLIN PETITE RST,BNLS,LN,0" FAT,CHOC,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLIN PETITE RST,BNLS,LN,0" FAT,CHOC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLN CAP STK,BNLS,LN & FAT,1/8" FAT,AL GDS,RW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLN CAP STK,BNLS,LN & FAT,1/8" FAT,AL GDS,RW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLN CAP STK,BNLS,LN,1/8" FAT,AL GRDS,CKD,GLD	1 steak	1.18	0.00	0.00	1.18
BEEF,LOIN,TOP SIRLN CAP STK,BNLS,LN,1/8" FAT,AL GRDS,CKD,GLD	3 oz	0.62	0.00	0.00	0.62
BEEF,LOIN,TOP SIRLOIN CAP STEAK,BNLESS,LN,1/8" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN CAP STEAK,BNLESS,LN,1/8" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN CAP STEAK,BNLESS,LN,1/8" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN CAP STEAK,BNLESS,LN,1/8" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN CAP STEK,BNLS,LN,1/8" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN CAP STEK,BNLS,LN,1/8" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00

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BEEF,LOIN,TOP SIRLOIN CAP STEK,BNLS,LN,1/8" FAT,SEL,CKD,GRLD	1 steak	0.34	0.00	0.00	0.34
BEEF,LOIN,TOP SIRLOIN CAP STEK,BNLS,LN,1/8" FAT,SEL,CKD,GRLD	3 oz	0.19	0.00	0.00	0.19
BEEF,LOIN,TOP SIRLOIN CAP STK,BNLS,LN & FAT,1/8" FAT,CHC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN CAP STK,BNLS,LN & FAT,1/8" FAT,CHC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN CAP STK,BNLS,LN & FAT,1/8" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN CAP STK,BNLS,LN & FAT,1/8" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN FILET,BNLESS,LN,0" FAT,CHOIC,CKD,GRILD	1 fillet	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN FILET,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	1 fillet	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN FILET,BNLS,LN,0" FAT,ALL GRDS,CKD,GRLD	1 fillet	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN PETITE RST,BNLS,LN,0" FAT,SEL,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN PETITE RST,BNLS,LN,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN PETITE RST/FILET,BNLS,LN,0" FAT,CHC,RW	1 fillet	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN PETITE RST/FILET,BNLS,LN,0" FAT,CHC,RW	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLOIN PETITE RST/FILET,BNLS,LN,0" FAT,CHC,RW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLON CAP STK,BNLS,LN,1/8" FAT,CHOIC,CKD,GRLD	1 steak	1.77	0.00	0.00	1.77
BEEF,LOIN,TOP SIRLON CAP STK,BNLS,LN,1/8" FAT,CHOIC,CKD,GRLD	3 oz	0.91	0.00	0.00	0.91
BEEF,LOIN,TOP SIRLON PETITE RST/FILET,BNLS,LN,0" FAT,SEL,RAW	1 fillet	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLON PETITE RST/FILET,BNLS,LN,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLON PETITE RST/FILET,BNLS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLON PTIT RST,BLS,LN,0" FAT,AL GRDS,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SIRLON PTIT RST,BLS,LN,0" FAT,AL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00

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BEEF,LOIN,TOP SRL CP STK,BNLS,LN & FT,1/8" FT,ALGDS,CKD,GRLD	1 steak	1.29	0.00	0.00	1.29
BEEF,LOIN,TOP SRL CP STK,BNLS,LN & FT,1/8" FT,ALGDS,CKD,GRLD	3 oz	0.68	0.00	0.00	0.68
BEEF,LOIN,TOP SRLN CAP STK,BLS,LN & FAT,1/8" FAT,CHC,CKD,GLD	1 steak	1.82	0.00	0.00	1.82
BEEF,LOIN,TOP SRLN CAP STK,BLS,LN & FAT,1/8" FAT,CHC,CKD,GLD	3 oz	0.94	0.00	0.00	0.94
BEEF,LOIN,TOP SRLN CAP STK,BLS,LN & FAT,1/8" FAT,SEL,CKD,GLD	1 steak	0.62	0.00	0.00	0.62
BEEF,LOIN,TOP SRLN CAP STK,BLS,LN & FAT,1/8" FAT,SEL,CKD,GLD	3 oz	0.34	0.00	0.00	0.34
BEEF,LOIN,TOP SRLN PETIT RST/FILT,BNLS,LN,0" FAT,AL GRDS,RAW	1 fillet	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SRLN PETIT RST/FILT,BNLS,LN,0" FAT,AL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,LOIN,TOP SRLN PETIT RST/FILT,BNLS,LN,0" FAT,AL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOPLOINSTK,BNLS,LIP OFF,LN FAT,0" FT,SEL,CKD,GRLD	1 steak (yield from 186 g raw meat)	0.00	0.00	0.00	0.00
BEEF,LOIN,TOPLOINSTK,BNLS,LIP OFF,LN FAT,0" FT,SEL,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOPLOINSTK,BNLS,LIP OFF,LN FT,0" FT,CHC,CKD,GRLD	1 steak (yield from 203 g raw meat)	0.00	0.00	0.00	0.00
BEEF,LOIN,TOPLOINSTK,BNLS,LIP OFF,LN FT,0" FT,CHC,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOPLOINSTK,BNLS,LIP OFF,LN,0" FT,ALL GRD,CKD,GRLD	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 223 g)	0.00	0.00	0.00	0.00
BEEF,LOIN,TOPLOINSTK,BNLS,LIP OFF,LN,0" FT,ALL GRD,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,LOIN,TOPLOINSTK,BNLS,LIPOFF,LN FT,0" FT,ALLGRD,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TOPLOINSTK,BNLS,LIPOFF,LN FT,0" FT,ALLGRD,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00

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BEEF,LOIN,TP LN STK,BNLESS,LIP-ON,L&F,1/8" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,LOIN,TP LN STK,BNLESS,LIP-ON,L&F,1/8" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,LON,TP LON STK,BNLSS,LIP-ON,LN,1/8" FAT,CHC,CKD,GRILLD	1 steak	0.00	0.00	0.00	0.00
BEEF,LON,TP LON STK,BNLSS,LIP-ON,LN,1/8" FAT,CHC,CKD,GRILLD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,BOLAR BLADE,LN & FAT,CKD,FAST RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,BOLAR BLADE,LN & FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,BOLAR BLADE,LN,CKD,FAST RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,BOLAR BLADE,LN,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,BRISKET NAVAL END,LN & FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,BRISKET NAVAL END,LN & FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,BRISKET NAVAL END,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,BRISKET NAVAL END,LN,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,BRISKET POINT END,LN & FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,BRISKET POINT END,LN & FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,BRISKET POINT END,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,BRISKET POINT END,LN,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,CHUCK EYE ROLL,LN & FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,CHUCK EYE ROLL,LN & FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,CHUCK EYE ROLL,LN,CKD,BRSD	1 serving	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,CUBE ROLL,LN & FAT,CKD,FAST RSTD	3 oz	0.03	0.00	0.00	0.03
BEEF,NZ,IMP,CUBE ROLL,LN & FAT,RAW	4 oz	1.48	0.00	0.00	1.48
BEEF,NZ,IMP,CUBE ROLL,LN,CKD,FAST RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,CUBE ROLL,LN,RAW	4 oz	1.56	0.00	0.00	1.56
BEEF,NZ,IMP,EYE RND,LN & FAT,CKD,SLOW RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,EYE RND,LN & FAT,RAW	4 oz	1.49	0.00	0.00	1.49
BEEF,NZ,IMP,EYE RND,LN,CKD,SLOW RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,EYE RND,LN,RAW	4 oz	1.53	0.00	0.00	1.53
BEEF,NZ,IMP,FLANK,LN & FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,FLANK,LN & FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,FLANK,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,FLANK,LN,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,FLAT,LN & FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,FLAT,LN & FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,FLAT,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,FLAT,LN,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,HEART,CKD,BLD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,NZ,IMP,HEART,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,HIND SHIN,LN & FAT,CKD,BRSD	3 oz	0.06	0.00	0.00	0.06
BEEF,NZ,IMP,HIND SHIN,LN & FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,HIND SHIN,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,HIND SHIN,LN,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,INSIDE,RAW	4 oz	0.11	0.00	0.00	0.11
BEEF,NZ,IMP,INTERMUSCULAR FAT,CKD	3 oz	2.88	0.00	0.00	2.88
BEEF,NZ,IMP,INTERMUSCULAR FAT,RAW	4 oz	0.01	0.00	0.00	0.01
BEEF,NZ,IMP,KIDNEY,CKD,BLD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,KIDNEY,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,KNUCKLE,CKD,FAST FRIED	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,LIVER,CKD,BLD	3 oz	3.21	0.00	0.00	3.21
BEEF,NZ,IMP,LIVER,RAW	4 oz	4.07	0.00	0.00	4.07
BEEF,NZ,IMP,MANUFACTURING BF,CKD,BLD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,MANUFACTURING BF,RAW	4 oz	0.26	0.00	0.00	0.26
BEEF,NZ,IMP,OYSTER BLADE,LN & FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,OYSTER BLADE,LN & FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,OYSTER BLADE,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,OYSTER BLADE,LN,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,RIBS PREP,CKD,FAST RSTD	3 oz	0.08	0.00	0.00	0.08
BEEF,NZ,IMP,RIBS PREP,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,RUMP CENTRE,LN & FAT,CKD,FAST FRIED	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,RUMP CENTRE,LN & FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,RUMP CENTRE,LN,CKD,FAST FRIED	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,RUMP CENTRE,LN,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,STRIPLOIN,LN & FAT,CKD,FAST FRIED	3 oz	0.02	0.00	0.00	0.02
BEEF,NZ,IMP,STRIPLOIN,LN & FAT,RAW	4 oz	0.68	0.00	0.00	0.68
BEEF,NZ,IMP,STRIPLOIN,LN,CKD,FAST FRIED	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,STRIPLOIN,LN,RAW	4 oz	0.84	0.00	0.00	0.84
BEEF,NZ,IMP,SUBCUTANEOUS FAT,CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,SUBCUTANEOUS FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,SWEETBREAD,CKD,BLD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,SWEETBREAD,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,TENDERLOIN,LN & FAT,CKD,FAST FRIED	3 oz	0.23	0.00	0.00	0.23
BEEF,NZ,IMP,TENDERLOIN,LN & FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,TENDERLOIN,LN,CKD,FAST FRIED	3 oz	0.23	0.00	0.00	0.23
BEEF,NZ,IMP,TENDERLOIN,LN,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,TONGUE,CKD,BLD	3 oz	3.13	0.00	0.00	3.13
BEEF,NZ,IMP,TONGUE,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,TRIPE UNCKD,CKD,BLD	3 oz	0.00	0.00	0.00	0.00
BEEF,NZ,IMP,TRIPE UNCKD,RAW	4 oz	0.00	0.00	0.00	0.00

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BEEF,PLATE STEAK,BNLESS,INSIDE SKIRT,LN & FAT,0" FAT,CHOC,RW	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,INSIDE SKIRT,LN & FAT,0" FAT,CHOC,RW	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,INSIDE SKIRT,LN & FAT,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,INSIDE SKIRT,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,INSIDE SKIRT,LN,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,INSIDE SKIRT,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,INSIDE SKIRT,LN,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,INSIDE SKIRT,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,INSIDE SKIRT,LN,0" FAT,SEL,CKD,GRILD	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,INSIDE SKIRT,LN,0" FAT,SEL,CKD,GRILD	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,INSIDE SKIRT,LN,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,INSIDE SKIRT,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,OUTSIDE SKIRT,LN & FAT,0" FAT,SEL,RW	1 steak	0.95	0.00	0.00	0.95
BEEF,PLATE STEAK,BNLESS,OUTSIDE SKIRT,LN & FAT,0" FAT,SEL,RW	3 oz	0.31	0.00	0.00	0.31
BEEF,PLATE STEAK,BNLESS,OUTSIDE SKIRT,LN,0" FAT,ALL GRDS,RAW	1 steak	0.51	0.00	0.00	0.51
BEEF,PLATE STEAK,BNLESS,OUTSIDE SKIRT,LN,0" FAT,ALL GRDS,RAW	3 oz	0.16	0.00	0.00	0.16
BEEF,PLATE STEAK,BNLESS,OUTSIDE SKIRT,LN,0" FAT,CHOIC,RAW	1 steak	0.46	0.00	0.00	0.46
BEEF,PLATE STEAK,BNLESS,OUTSIDE SKIRT,LN,0" FAT,CHOIC,RAW	3 oz	0.14	0.00	0.00	0.14
BEEF,PLATE STEAK,BNLESS,OUTSIDE SKIRT,LN,0" FAT,SEL,CKD,GRILD	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,OUTSIDE SKIRT,LN,0" FAT,SEL,CKD,GRILD	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLESS,OUTSIDE SKIRT,LN,0" FAT,SEL,RAW	1 steak	0.61	0.00	0.00	0.61

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BEEF,PLATE STEAK,BNLESS,OUTSIDE SKIRT,LN,0" FAT,SEL,RAW	3 oz	0.20	0.00	0.00	0.20
BEEF,PLATE STEAK,BNLS,OUTSIDE SKIRT,LN,0" FAT,CHOIC,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLS,OUTSIDE SKIRT,LN,0" FAT,CHOIC,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STEAK,BNLS,OUTSIDE SKRT,LN & FAT,0" FAT,CHOIC,RAW	1 steak	0.94	0.00	0.00	0.94
BEEF,PLATE STEAK,BNLS,OUTSIDE SKRT,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.30	0.00	0.00	0.30
BEEF,PLATE STEK,BNLS,INSDE SKRT,LN & FAT,0" FAT,ALL GRDS,RW	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STEK,BNLS,INSDE SKRT,LN & FAT,0" FAT,ALL GRDS,RW	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STEK,BNLS,OUTSDE SKRT,LN & FAT,0" FAT,ALL GRDS,RW	1 steak	0.93	0.00	0.00	0.93
BEEF,PLATE STEK,BNLS,OUTSDE SKRT,LN & FAT,0" FAT,ALL GRDS,RW	3 oz	0.30	0.00	0.00	0.30
BEEF,PLATE STK,BNLE,INSDE SKRT,LN,0" FAT,ALL GRDS,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STK,BNLE,INSDE SKRT,LN,0" FAT,ALL GRDS,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STK,BNLES,INSDE SKRT,LN & FAT,0" FAT,SEL,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STK,BNLES,INSDE SKRT,LN & FAT,0" FAT,SEL,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STK,BNLES,INSIDE SKIRT,LN,0" FAT,CHOIC,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STK,BNLES,INSIDE SKIRT,LN,0" FAT,CHOIC,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STK,BNLES,OTSDE SKIRT,LN,0" FAT,ALL GRDS,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STK,BNLES,OTSDE SKIRT,LN,0" FAT,ALL GRDS,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STK,BNLS,OTSDE SKRT,LN & FAT,0" FAT,SEL,CKD,GRILD	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STK,BNLS,OTSDE SKRT,LN & FAT,0" FAT,SEL,CKD,GRILD	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE STK,BNLS,OUTSD SKRT,LN & FAT,0" FT,CHC,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STK,BNLS,OUTSD SKRT,LN & FAT,0" FT,CHC,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00

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BEEF,PLATE STK,BNLSS,INSDE SKRT,LN & FAT,0" FAT,CHC,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,PLATE STK,BNLSS,INSDE SKRT,LN & FAT,0" FAT,CHC,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,PLATE,INSIDE SKIRT STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,PLATE,OUTSIDE SKIRT STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,PLATE,OUTSIDE SKIRT,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,PLATE,OUTSIDE SKIRT,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,PLATE,SKIRT STEAK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,PLATE,SKIRT STEAK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,PLTE STK,BNLS,INSD SKRT,LN & FAT,0" FAT,ALL GRD,CKD,GRL	1 steak	0.00	0.00	0.00	0.00
BEEF,PLTE STK,BNLS,INSD SKRT,LN & FAT,0" FAT,ALL GRD,CKD,GRL	3 oz	0.00	0.00	0.00	0.00
BEEF,PLTE STK,BNLS,OUTSD SKRT,LN & FAT,0" FT,AL GRD,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,PLTE STK,BNLS,OUTSD SKRT,LN & FAT,0" FT,AL GRD,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNE-IN,LIP-ON,LN & FAT,1/8" FAT,SEL,CKD,RST	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNE-IN,LIP-ON,LN & FAT,1/8" FAT,SEL,CKD,RST	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNE-IN,LIP-ON,LN & FAT,1/8" FT,CHC,CKD,RST	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNE-IN,LIP-ON,LN & FAT,1/8" FT,CHC,CKD,RST	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNE-IN,LIP-ON,LN,1/8" FT,ALL GRDS,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNE-IN,LIP-ON,LN,1/8" FT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNE-IN,LP-ON,LN & FT,1/8" FT,AL GRD,CKD,RST	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNE-IN,LP-ON,LN & FT,1/8" FT,AL GRD,CKD,RST	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNLES,LIP-ON,LN & FAT,1/8" FAT,CHC,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00

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BEEF,RIB EYE RST,BNLES,LIP-ON,LN & FAT,1/8" FAT,CHC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNLES,LIP-ON,LN & FAT,1/8" FAT,SEL,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNLES,LIP-ON,LN & FAT,1/8" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNLESS,LIP-ON,LN,1/8" FAT,ALL GRDS,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNLESS,LIP-ON,LN,1/8" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNLESS,LIP-ON,LN,1/8" FAT,CHOIC,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNLESS,LIP-ON,LN,1/8" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNLESS,LIP-ON,LN,1/8" FAT,SEL,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNLESS,LIP-ON,LN,1/8" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNLS,LP-ON,LN & FT,1/8" FT,ALL GRD,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BNLS,LP-ON,LN & FT,1/8" FT,ALL GRD,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BONE-IN,LIP-ON,LN,1/8" FAT,CHOIC,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BONE-IN,LIP-ON,LN,1/8" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BONE-IN,LIP-ON,LN,1/8" FAT,SEL,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE RST,BONE-IN,LIP-ON,LN,1/8" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLES,LIP-ON,LN,1/8" FAT,CHOIC,CKD,GRILD	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLES,LIP-ON,LN,1/8" FAT,CHOIC,CKD,GRILD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN & FAT,0" FAT,ALL GRD,RW	1 steak	0.39	0.00	0.00	0.39
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN & FAT,0" FAT,ALL GRD,RW	3 oz	0.10	0.00	0.00	0.10
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN & FAT,0" FAT,CHOIC,RAW	1 steak	0.63	0.00	0.00	0.63
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.17	0.00	0.00	0.17

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BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN & FAT,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN,0" FAT,ALL GRDS,CKD,GRI	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN,0" FAT,CHOIC,CKD,GRILLE	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN,0" FAT,CHOIC,CKD,GRILLE	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN,0" FAT,SEL,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN,0" FAT,SEL,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLESS,LIP OFF,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLESS,LIP-ON,LN,1/8" FAT,SEL,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLESS,LIP-ON,LN,1/8" FAT,SEL,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLS,LIP OFF,LN & FAT,0" FAT,CHC,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLS,LIP OFF,LN & FAT,0" FAT,CHC,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLS,LIP-ON,LN & FAT,1/8" FAT,CHC,CKD,GRD	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BNLS,LIP-ON,LN & FAT,1/8" FAT,CHC,CKD,GRD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BONE-IN,LIP-ON,LN,1/8" FAT,CHOIC,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BONE-IN,LIP-ON,LN,1/8" FAT,CHOIC,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BONE-IN,LIP-ON,LN,1/8" FAT,SEL,CKD,GRILD	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK,BONE-IN,LIP-ON,LN,1/8" FAT,SEL,CKD,GRILD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RIB EYE STEAK/ROAST,BNLESS,LIP-ON,LN,1/8" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROAST,BNLESS,LIP-ON,LN,1/8" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROAST,BNLESS,LIP-ON,LN,1/8" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROAST,BNLESS,LIP-ON,LN,1/8" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROAST,BNLESS,LIP-ON,LN,1/8" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROAST,BNLESS,LIP-ON,LN,1/8" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROAST,BONE-IN,LIP-ON,LN,1/8" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROAST,BONE-IN,LIP-ON,LN,1/8" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROAST,BONE-IN,LIP-ON,LN,1/8" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROST,BNLS,LIP-ON,LN & FAT,1/8" FAT,CHC,RW	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROST,BNLS,LIP-ON,LN & FAT,1/8" FAT,CHC,RW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROST,BNLS,LIP-ON,LN & FAT,1/8" FAT,CHC,RW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROST,BNLS,LIP-ON,LN & FAT,1/8" FAT,SEL,RW	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROST,BNLS,LIP-ON,LN & FAT,1/8" FAT,SEL,RW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/ROST,BNLS,LIP-ON,LN & FAT,1/8" FAT,SEL,RW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/RST,BONE-IN,LIP-ON,LN,1/8" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/RST,BONE-IN,LIP-ON,LN,1/8" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEAK/RST,BONE-IN,LIP-ON,LN,1/8" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEK,BNLES,LIP OFF,LN & FAT,0" FAT,SEL,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STEK,BNLES,LIP OFF,LN & FAT,0" FAT,SEL,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BNE-IN,LIP-ON,LN & FT,1/8" FAT,CHOC,CKD,GRL	1 steak	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RIB EYE STK,BNE-IN,LIP-ON,LN & FT,1/8" FAT,CHOC,CKD,GRL	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BNE-IN,LIP-ON,LN & FT,1/8" FAT,SEL,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BNE-IN,LIP-ON,LN & FT,1/8" FAT,SEL,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BNE-IN,LIP-ON,LN,1/8" FAT,ALL GRDS,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BNE-IN,LIP-ON,LN,1/8" FAT,ALL GRDS,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BN-IN,LIP-ON,LN & FT,1/8" FT,AL GDS,CKD,GRL	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BN-IN,LIP-ON,LN & FT,1/8" FT,AL GDS,CKD,GRL	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BNLES,LIP-ON,LN,1/8" FAT,ALL GRDS,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BNLES,LIP-ON,LN,1/8" FAT,ALL GRDS,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BNLS,LIP OF,LN & FAT,0" FT,AL GRDS,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BNLS,LIP OF,LN & FAT,0" FT,AL GRDS,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BNLS,LIP-ON,LN & FAT,1/8" FAT,SEL,CKD,GILD	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BNLS,LIP-ON,LN & FAT,1/8" FAT,SEL,CKD,GILD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BNLS,LIP-ON,LN & FT,1/8" FT,AL GRD,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK,BNLS,LIP-ON,LN & FT,1/8" FT,AL GRD,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BNE-IN,IP-ON,LN & FT,1/8" FT,AL GRDS,RW	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BNE-IN,IP-ON,LN & FT,1/8" FT,AL GRDS,RW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BNE-IN,IP-ON,LN & FT,1/8" FT,AL GRDS,RW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BNE-IN,LIP-ON,LN & FAT,1/8" FAT,CHC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BNE-IN,LIP-ON,LN & FAT,1/8" FAT,CHC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BNE-IN,LIP-ON,LN & FAT,1/8" FAT,CHC,RAW	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RIB EYE STK/RST,BNLESS,LIP-ON,LN,1/8" FAT,ALL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BNLESS,LIP-ON,LN,1/8" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BNLESS,LIP-ON,LN,1/8" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BNLS,LIP-ON,LN & FAT,1/8" FAT,AL GRD,RW	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BNLS,LIP-ON,LN & FAT,1/8" FAT,AL GRD,RW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BNLS,LIP-ON,LN & FAT,1/8" FAT,AL GRD,RW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BONE-IN,LIP-ON,LN & FAT,1/8" FAT,SEL,RW	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BONE-IN,LIP-ON,LN & FAT,1/8" FAT,SEL,RW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BONE-IN,LIP-ON,LN & FAT,1/8" FAT,SEL,RW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BONE-IN,LIP-ON,LN,1/8" FAT,ALL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BONE-IN,LIP-ON,LN,1/8" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB EYE STK/RST,BONE-IN,LIP-ON,LN,1/8" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE,SML END (RIBS 10-12),LN & FAT,0",SEL,CKD,BRLD	1 steak (yield from 294 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RIB EYE,SML END (RIBS 10-12),LN & FAT,0",SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB EYE,SML END (RIBS 10-12),LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,BACK RIBS,BONE-IN,LN & FAT,0" FAT,ALL GRDS,CKD,BRSD	1 ribs	0.00	0.00	0.00	0.00
BEEF,RIB,BACK RIBS,BONE-IN,LN & FAT,0" FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,BACK RIBS,BONE-IN,LN & FAT,0" FAT,ALL GRDS,RAW	1 ribs	12.38	0.00	0.00	12.38
BEEF,RIB,BACK RIBS,BONE-IN,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.66	0.00	0.00	0.66
BEEF,RIB,BACK RIBS,BONE-IN,LN & FAT,0" FAT,CHOIC,CKD,BRSD	1 ribs	0.00	0.00	0.00	0.00
BEEF,RIB,BACK RIBS,BONE-IN,LN & FAT,0" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RIB,BACK RIBS,BONE-IN,LN & FAT,0" FAT,CHOIC,RAW	1 ribs	14.44	0.00	0.00	14.44
BEEF,RIB,BACK RIBS,BONE-IN,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.77	0.00	0.00	0.77
BEEF,RIB,BACK RIBS,BONE-IN,LN & FAT,0" FAT,SEL,CKD,BRSD	1 ribs	0.00	0.00	0.00	0.00
BEEF,RIB,BACK RIBS,BONE-IN,LN & FAT,0" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,BACK RIBS,BONE-IN,LN & FAT,0" FAT,SEL,RAW	1 ribs	9.37	0.00	0.00	9.37
BEEF,RIB,BACK RIBS,BONE-IN,LN & FAT,0" FAT,SEL,RAW	3 oz	0.51	0.00	0.00	0.51
BEEF,RIB,BACK RIBS,BONE-IN,LN,0" FAT,ALL GRDS,CKD,BRSD	1 ribs	0.00	0.00	0.00	0.00
BEEF,RIB,BACK RIBS,BONE-IN,LN,0" FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,BACK RIBS,BONE-IN,LN,0" FAT,ALL GRDS,RAW	1 ribs	7.30	0.00	0.00	7.30
BEEF,RIB,BACK RIBS,BONE-IN,LN,0" FAT,ALL GRDS,RAW	3 oz	0.39	0.00	0.00	0.39
BEEF,RIB,BACK RIBS,BONE-IN,LN,0" FAT,CHOIC,CKD,BRSD	1 ribs	0.00	0.00	0.00	0.00
BEEF,RIB,BACK RIBS,BONE-IN,LN,0" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,BACK RIBS,BONE-IN,LN,0" FAT,CHOIC,RAW	1 ribs	10.27	0.00	0.00	10.27
BEEF,RIB,BACK RIBS,BONE-IN,LN,0" FAT,CHOIC,RAW	3 oz	0.54	0.00	0.00	0.54
BEEF,RIB,BACK RIBS,BONE-IN,LN,0" FAT,SEL,CKD,BRSD	1 ribs	0.00	0.00	0.00	0.00
BEEF,RIB,BACK RIBS,BONE-IN,LN,0" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,BACK RIBS,BONE-IN,LN,0" FAT,SEL,RAW	1 ribs	3.12	0.00	0.00	3.12
BEEF,RIB,BACK RIBS,BONE-IN,LN,0" FAT,SEL,RAW	3 oz	0.17	0.00	0.00	0.17
BEEF,RIB,EYE,SML END (RIBS 10- 12) LN,0" FAT,SEL,CKD,BRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB,EYE,SML END (RIBS 10- 12) LN,0" FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,EYE,SML END (RIBS 10- 12),LN&FAT,0" FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,EYE,SML END (RIBS 10- 12),LN&FAT,0" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,EYE,SML END (RIBS 10- 12),LN,0" FAT,CHOIC,CKD,BRLD	1 steak (yield from 297g raw meat)	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RIB,EYE,SML END (RIBS 10-12),LN,0"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,EYE,SML END (RIBS 10-12),LN,0"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,EYE,SML END (RIBS 10-12),LN,0"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,0"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,0"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,0"FAT,SEL,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,0"FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN,0"FAT,ALL GRDS,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN,0"FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RIB,LRG END (RIBS 6-9),LN,0"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN,0"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN,0"FAT,SEL,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,LRG END (RIBS 6-9),LN,0"FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SHORTRIBS,LN ONLY,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,SHORTRIBS,LN ONLY,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SHORTRIBS,LN&FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,SHORTRIBS,LN&FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SHORTRIBS,LN&FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,SHORTRIBS,LN&FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SHORTRIBS,LN,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,SHORTRIBS,LN,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	1 steak (yield from 233 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00

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BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0"FAT,SEL,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0"FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,BR	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,BR	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,RS	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,RS	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	1 steak (yield from 320 g raw meat)	0.00	0.00	0.00	0.00

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BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,CKD,BRLD	1 steak (yield from 1 raw steak weighing 321g)	0.00	0.00	0.00	0.00

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BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,ALL GRDS,CKD,BRLD	1 steak (yield from 296 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,ALL GRDS,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,SEL,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,ALL GRDS,CKD,BRLD	1 oz	0.00	0.00	0.00	0.00

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BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,SEL,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,SEL,CKD,BRLD	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,CHOIC,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,CHOIC,CKD,BRLD	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8" FAT,ALL GRDS,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8" FAT,ALL GRDS,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8" FAT,ALL GRDS,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8" FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00

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BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,RAW	1 lb	0.00	0.00	0.00	0.00

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BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RIBEYE CAP STEAK,BNLESS,LN,0" FAT,ALL GRDS,CKD,GRILLED	1 steak	3.20	0.00	0.00	3.20
BEEF,RIBEYE CAP STEAK,BNLESS,LN,0" FAT,ALL GRDS,CKD,GRILLED	3 oz	1.30	0.00	0.00	1.30
BEEF,RIBEYE CAP STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 steak	3.87	0.00	0.00	3.87
BEEF,RIBEYE CAP STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	3 oz	1.28	0.00	0.00	1.28
BEEF,RIBEYE CAP STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,GRILLED	1 steak	3.76	0.00	0.00	3.76
BEEF,RIBEYE CAP STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,GRILLED	3 oz	1.54	0.00	0.00	1.54
BEEF,RIBEYE CAP STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	1 steak	4.36	0.00	0.00	4.36
BEEF,RIBEYE CAP STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	1.49	0.00	0.00	1.49
BEEF,RIBEYE CAP STEAK,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	1 steak	2.32	0.00	0.00	2.32
BEEF,RIBEYE CAP STEAK,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	3 oz	0.94	0.00	0.00	0.94
BEEF,RIBEYE CAP STEAK,BNLESS,LN,0" FAT,SEL,RAW	1 steak	3.07	0.00	0.00	3.07

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BEEF,RIBEYE CAP STEAK,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.98	0.00	0.00	0.98
BEEF,RIBEYE FILET,BNLESS,LN,0" FAT,ALL GRDS,CKD,GRILLED	1 fillet	0.23	0.00	0.00	0.23
BEEF,RIBEYE FILET,BNLESS,LN,0" FAT,CHOIC,CKD,GRILLED	1 fillet	0.70	0.00	0.00	0.70
BEEF,RIBEYE FILET,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	1 fillet	0.00	0.00	0.00	0.00
BEEF,RIBEYE PETITE ROAST/FILET,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 fillet	0.07	0.00	0.00	0.07
BEEF,RIBEYE PETITE ROAST/FILET,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 roast	0.36	0.00	0.00	0.36
BEEF,RIBEYE PETITE ROAST/FILET,BNLESS,LN,0" FAT,ALL GRDS,RAW	3 oz	0.03	0.00	0.00	0.03
BEEF,RIBEYE PETITE ROAST/FILET,BNLESS,LN,0" FAT,CHOIC,RAW	1 fillet	0.29	0.00	0.00	0.29
BEEF,RIBEYE PETITE ROAST/FILET,BNLESS,LN,0" FAT,CHOIC,RAW	1 roast	1.69	0.00	0.00	1.69
BEEF,RIBEYE PETITE ROAST/FILET,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.15	0.00	0.00	0.15
BEEF,RIBEYE PETITE ROAST/FILET,BNLESS,LN,0" FAT,SEL,RAW	1 fillet	0.00	0.00	0.00	0.00
BEEF,RIBEYE PETITE ROAST/FILET,BNLESS,LN,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RIBEYE PETITE ROAST/FILET,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RIBEYE PETITE RST,BNLESS,LN,0" FAT,ALL GRDS,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,RIBEYE PETITE RST,BNLESS,LN,0" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIBEYE PETITE RST,BNLESS,LN,0" FAT,CHOIC,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,RIBEYE PETITE RST,BNLESS,LN,0" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIBEYE PETITE RST,BNLESS,LN,0" FAT,SEL,CKD,RSTD	1 roast	0.00	0.00	0.00	0.00
BEEF,RIBEYE PETITE RST,BNLESS,LN,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RIBEYE,SML END(RIBS 10-12),LN&FAT,0",ALL GRDS,CKD,BRLD	1 steak (yield from 295 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RIBEYE,SML END(RIBS 10-12),LN&FAT,0",ALL GRDS,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00

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BEEF,RND,BTTM RND RST,LN,0" FAT,SEL,CKD,RSTD	1 roast (yield from 572 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND RST,LN,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND RST,LN,1/8" FAT,SEL,CKD,RSTD	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND RST,LN,1/8" FAT,SEL,CKD,RSTD	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,0" FAT,ALL GRDS,CKD,RSTD	1 roast (yield from 600 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,0" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,0" FAT,CHOIC,CKD,RSTD	1 roast (yield from 627 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,0" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,0" FAT,SEL,CKD,RSTD	1 roast (yield from 572 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,1/8" FAT,ALL GRDS,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,1/8" FAT,ALL GRDS,CKD,RSTD	1 roast (yield from 1 raw roast weighing 776g)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,1/8" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,1/8" FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00

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BEEF,RND,BTTM RND,RST,LN & FAT,1/8" FAT,CHOIC,CKD,RSTD	1 roast (yield from raw roast weighing 766g)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,1/8" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,1/8" FAT,SEL,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,1/8" FAT,SEL,CKD,RSTD	1 roast (yield from 1 raw roast weighing 786g)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN & FAT,1/8" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN,0" FAT,ALL GRDS,CKD,RSTD	1 roast (yield from 600 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN,0" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN,1/8" FAT,ALL GRDS,CKD	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN,1/8" FAT,ALL GRDS,CKD	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN,1/8" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN,1/8" FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN,1/8" FAT,CHOIC,CKD,RSTD	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN,1/8" FAT,CHOIC,CKD,RSTD	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN,1/8" FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN,1/8" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN,1/8" FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,RST,LN,1/8" FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RND,BTTM RND,STEAK,LN & FAT,0" FAT,ALL GRDS,CKD,BRSD	1 steak (yield from 290 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,0" FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,0" FAT,CHOIC,CKD,BRSD	1 steak (yield from 299 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,0" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,0" FAT,SEL,CKD,BRSD	1 steak (yield from 281 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,0" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,1/8" FAT,ALL GRDS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,1/8" FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,1/8" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,1/8" FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,1/8" FAT,CHOIC,CKD,BRSD	1 steak (yield from 341 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,1/8" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,1/8" FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,1/8" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,1/8" FAT,SEL,CKD,BRSD	1 steak (yield from raw steak weighing 340g)	0.00	0.00	0.00	0.00

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BEEF,RND,BTTM RND,STEAK,LN & FAT,1/8" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,1/8" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN & FAT,1/8" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN,0" FAT,ALL GRDS,CKD,BRSD	1 steak (yield from 290 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN,0" FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN,0" FAT,CHOIC,CKD,BRSD	1 steak (yield from 299 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN,0" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN,0" FAT,SEL,CKD,BRSD	1 steak (yield from 281 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN,0" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN,1/8" FAT,ALL GRDS,CKD,BRSD	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN,1/8" FAT,ALL GRDS,CKD,BRSD	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN,1/8" FAT,CHOIC,CKD,BRSD	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN,1/8" FAT,CHOIC,CKD,BRSD	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN,1/8" FAT,SEL,CKD,BRSD	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,BTTM RND,STEAK,LN,1/8" FAT,SEL,CKD,BRSD	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RD STEAK,BNLESS,L & F,0" FT,CHOIC,CK,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,L & F,0" FAT,A GRDS,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RND,EYE OF RND RST,BNLESS,L & F,0" FAT,A GRDS,CKD,RSTD	1 roast (yield from 436 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,L & F,0" FAT,A GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN & FAT,0" FAT,SEL,CKD,RSTD	1 roast (yield from 426 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN & FAT,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN & FAT,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN & FT,0" FAT,CHOIC,CKD,RSTD	1 roast (yield from 445 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN & FT,0" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,ALL GRDS,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,ALL GRDS,CKD,RSTD	1 roast (yield from 436 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00

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BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,CHOIC,CKD,RSTD	1 roast (yield from 445 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,SEL,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,SEL,CKD,RSTD	1 roast (yield from 426 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND RST,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS LN & FAT,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS,LN & FAT,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS,LN & FT,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00

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BEEF,RND,EYE OF RND STEAK,BNLESS,LN & FT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS,LN,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLESS,LN,0" FT,A GRDS,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STEAK,BNLS,LN & FAT,0" FAT,SEL,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND STK,BNLESS,L & F,0" F,A GRDS,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN & FAT,1/8" FAT,ALL GRDS,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN & FAT,1/8" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN & FAT,1/8" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN & FAT,1/8" FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00

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BEEF,RND,EYE OF RND,RST,LN & FAT,1/8" FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN & FAT,1/8" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN & FAT,1/8" FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN & FAT,1/8" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN & FAT,1/8" FAT,SEL,CKD,RSTD	1 roast (yield from 530 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN & FAT,1/8" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN & FAT,1/8" FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN & FAT,1/8" FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN,1/8" FAT,ALL GRDS,CKD,RSTD	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN,1/8" FAT,ALL GRDS,CKD,RSTD	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN,1/8" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN,1/8" FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN,1/8" FAT,CHOIC,CKD,RSTD	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN,1/8" FAT,CHOIC,CKD,RSTD	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN,1/8" FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN,1/8" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN,1/8" FAT,SEL,CKD,RSTD	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN,1/8" FAT,SEL,CKD,RSTD	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN,1/8" FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,EYE OF RND,RST,LN,1/8" FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00

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BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,SEL,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,FULL CUT,LN,1/4"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,FULL CUT,LN,1/4"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,FULL CUT,LN,1/4"FAT,SEL,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,FULL CUT,LN,1/4"FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00

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BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT 0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT 0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,OUT RND,BTTM RND,STK,LN & FAT,0" FAT,SEL,CKD,GRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
BEEF,RND,OUT RND,BTTM RND,STK,LN & FAT,0" FAT,SEL,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,0" FAT,ALL GRDS,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,0" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,0" FAT,ALL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RND,TIP RND,RST,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,0" FAT,CHOIC,CKD,RSTD	1 roast (yield from 1405 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,0" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,0" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,0" FAT,SEL,CKD,RSTD	1 roast (yield from 1388 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,1/8" FAT,ALL GRDS,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,1/8" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,1/8" FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,1/8" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,1/8" FAT,SEL,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN & FAT,1/8" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RND,TIP RND,RST,LN,0" FAT,ALL GRDS,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN,0" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN,0" FAT,ALL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN,0" FAT,CHOIC,CKD,RSTD	1 roast (yield from 1405 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN,0" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN,0" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN,0" FAT,SEL,CKD,RSTD	1 roast (yield from 1388 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,TIP RND,RST,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN & FAT,0" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN & FAT,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN & FAT,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN,0" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RND,TOP RND RST,BNLESS,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN,0" FAT,CHOIC,CKD,RSTD	3 oz	0.05	0.00	0.00	0.05
BEEF,RND,TOP RND RST,BNLESS,LN,0" FAT,CHOIC,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN,0" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND RST,BNLS,LN&FAT,0" FAT,ALLGRD,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN & FAT,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN,0" FAT,ALL GRDS,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN,0" FAT,ALL GRDS,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RND,TOP RND STEAK,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLS,LN & FAT,0" FAT,SEL,CKD,GRLD	1 steak (yield from 368 g meat)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,BNLS,LN & FAT,0" FAT,SEL,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,LN & FAT,1/8" FAT,ALL GRDS,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STEAK,LN & FAT,1/8" FAT,ALL GRDS,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STK,BNLS,LN & FAT,0" FAT,ALL GRDS,CKD,GRLD	1 steak (yield from 381 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STK,BNLS,LN & FAT,0" FAT,ALL GRDS,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STK,BNLS,LN & FAT,0" FAT,CHOIC,CKD,GRLD	1 steak (yield from 396 g raw meat)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND STK,BNLS,LN & FAT,0" FAT,CHOIC,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RND,TOP RND,LN&FAT,0"FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,0"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,0"FAT,SEL,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,0"FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,CHOIC,CKD,PAN-FRIED	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,CHOIC,CKD,PAN-FRIED	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,PRIME,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,PRIME,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,SEL,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN,0"FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN,0"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN,0"FAT,SEL,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN,0"FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,LN,1/8" FAT,CHOIC,CKD,PAN-FRIED	1 piece cooked, excluding refuse (yield from 1 lb raw meat with refuse)	5.74	0.00	0.00	5.74
BEEF,RND,TOP RND,LN,1/8" FAT,CHOIC,CKD,PAN-FRIED	3 oz	1.73	0.00	0.00	1.73
BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00

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BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,CHOIC,CKD,BRLD	1 steak (yield from raw steak weighing 492 g)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,PRIME,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,PRIME,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,SEL,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,SEL,CKD,BRLD	1 steak (yield from raw steak weighing 491g)	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00

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BEEF,RND,TOP RND,STEAK,LN & FAT,1/8" FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN,1/8" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN,1/8" FAT,ALL GRDS,CKD,BRLD	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN,1/8" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN,1/8" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN,1/8" FAT,CHOIC,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN,1/8" FAT,CHOIC,CKD,BRLD	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN,1/8" FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN,1/8" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN,1/8" FAT,SEL,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN,1/8" FAT,SEL,CKD,BRLD	1 oz	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN,1/8" FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,RND,TOP RND,STEAK,LN,1/8" FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RTL CUTS,FAT,CKD	1 oz	0.00	0.00	0.00	0.00
BEEF,RTL CUTS,FAT,CKD	3 oz	0.00	0.00	0.00	0.00
BEEF,RTL CUTS,FAT,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,RTL CUTS,FAT,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,SHANK CROSSCUTS,LN,1/4"FAT,CHOIC,CKD,SIMMRD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,SHANK CROSSCUTS,LN,1/4"FAT,CHOIC,CKD,SIMMRD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHANK CROSSCUTS,LN,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,SHANK CROSSCUTS,LN,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST OR STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	1 roast	0.82	0.00	0.00	0.82
BEEF,SHLDR POT RST OR STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	1 steak	0.25	0.00	0.00	0.25
BEEF,SHLDR POT RST OR STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.06	0.00	0.00	0.06

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,SHLDR POT RST OR STEAK,BNLESS,LN & FAT,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST OR STEAK,BNLESS,LN & FAT,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST OR STEAK,BNLESS,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST OR STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST OR STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST OR STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST OR STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.09	0.00	0.00	0.09
BEEF,SHLDR POT RST OR STEAK,BNLESS,LN,0" FAT,SEL,RAW	1 roast	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST OR STEAK,BNLESS,LN,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST OR STEAK,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST OR STK,BNLS,LN & FAT,0" FAT,ALL GRDS,R	1 roast	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST OR STK,BNLS,LN & FAT,0" FAT,ALL GRDS,R	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST OR STK,BNLS,LN & FAT,0" FAT,ALL GRDS,R	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST,BNLESS,LN & FAT,0" FAT,ALL GRDS,CKD,BRSD	1 roast	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST,BNLESS,LN & FAT,0" FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST,BNLESS,LN & FAT,0" FAT,CHOIC,CKD,BRSD	1 roast	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST,BNLESS,LN & FAT,0" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST,BNLESS,LN & FAT,0" FAT,SEL,CKD,BRSD	1 roast	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST,BNLESS,LN & FAT,0" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST,BNLESS,LN,0" FAT,ALL GRDS,CKD,BRSD	1 roast	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST,BNLESS,LN,0" FAT,ALL GRDS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEEF,SHLDR POT RST,BNLESS,LN,0" FAT,CHOIC,CKD,BRSD	1 roast	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST,BNLESS,LN,0" FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST,BNLESS,LN,0" FAT,SEL,CKD,BRSD	1 roast	0.00	0.00	0.00	0.00
BEEF,SHLDR POT RST,BNLESS,LN,0" FAT,SEL,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR STEAK,BNLESS,LN & FAT,0" FAT,ALL GRDS,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR STEAK,BNLESS,LN & FAT,0" FAT,ALL GRDS,CKD,GRILLED	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,SHLDR STEAK,BNLESS,LN & FAT,0" FAT,SEL,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR STEAK,BNLESS,LN & FAT,0" FAT,SEL,CKD,GRILLED	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,SHLDR STEAK,BNLESS,LN,0" FAT,ALL GRDS,CKD,GRILLED	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,SHLDR STEAK,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN & FAT,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN & FAT,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN,0" FAT,ALL GRDS,CKD,GRI	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN,0" FAT,ALL GRDS,CKD,GRI	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,GRILLE	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN,0" FAT,CHOIC,CKD,GRILLE	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00

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BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN,0" FAT,SEL,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN,0" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLESS,LN,0" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLS,LN & FAT,0" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STEAK,BNLS,LN & FAT,0" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STK,BNLES,LN & FAT,0" ,ALL GRDS,CKD,G	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLADE STK,BNLES,LN & FAT,0" ,ALL GRDS,CKD,G	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLDE STK,BNLS,LN & FAT,0" FAT,SEL,CKD,G	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLDE STK,BNLS,LN & FAT,0" FAT,SEL,CKD,G	3 oz	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLDE STK,BNS,LN & FAT,0" FAT,CHOIC,CKD,G	1 steak	0.00	0.00	0.00	0.00
BEEF,SHLDR TOP BLDE STK,BNS,LN & FAT,0" FAT,CHOIC,CKD,G	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LN,PRTRHS STK,LN & FAT,1/8" FAT,ALL GRDS,CKD,GRLLD	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LN,PRTRHS STK,LN & FAT,1/8" FAT,ALL GRDS,CKD,GRLLD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LN,T-BN STK,BN-IN,LN,1/8" FAT,ALL GRDS,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LN,T-BN STK,BN-IN,LN,1/8" FAT,ALL GRDS,CKD,GRILLED	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,SHRT LN,T-BNE STEK,LN & FAT,1/8" FAT,ALL GRDS,CKD,GRLLD	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LN,T-BNE STEK,LN & FAT,1/8" FAT,ALL GRDS,CKD,GRLLD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LN,T-BONE STK,BN-IN,LN,1/8" FAT,CHOIC,CKD,GRILLD	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LN,T-BONE STK,BN-IN,LN,1/8" FAT,CHOIC,CKD,GRILLD	3 oz	0.00	0.00	0.00	0.00

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BEEF,SHRT LN,T-BONE STK,BONE-IN,LN,1/8" FAT,SEL,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LN,T-BONE STK,BONE-IN,LN,1/8" FAT,SEL,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LN,T-BONE STK,L & F,1/8" FAT,CHOIC,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LN,T-BONE STK,L & F,1/8" FAT,CHOIC,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8"FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,0" FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,0" FAT,CHOIC,CKD,BRLD	1 serving	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,0" FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,0" FAT,SEL,CKD,BRLD	1 piece, cooked, excluding refuse	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,0" FAT,SEL,CKD,BRLD	1 serving	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,0" FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/8" FAT,ALL GRDS,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00

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BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/8" FAT,ALL GRDS,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/8" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/8" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/8" FAT,CHOIC,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/8" FAT,CHOIC,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/8" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/8" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/8" FAT,SEL,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/8" FAT,SEL,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/8" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/8" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STK,L & F,1/8" F,SEL,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STK,L & F,1/8" F,SEL,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STK,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STK,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	3 oz (1serving)	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STK,LN & FAT,1/8" FAT,CHOIC,CKD,GRILLD	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,PRTRHS STK,LN & FAT,1/8" FAT,CHOIC,CKD,GRILLD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,BONE-IN,LN,1/8" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,BONE-IN,LN,1/8" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00

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BEEF,SHRT LOIN,T-BONE STEAK,BONE-IN,LN,1/8" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,BONE-IN,LN,1/8" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,BONE-IN,LN,1/8" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,BONE-IN,LN,1/8" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN & FAT,1/8" FAT,SEL,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN & FAT,1/8" FAT,SEL,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8" FAT,SEL,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN,0" FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN,0" FAT,CHOIC,CKD,BRLD	1 serving	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN,0" FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN,0" FAT,SEL,CKD,BRLD	1 piece, cooked, excluding refuse	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN,0" FAT,SEL,CKD,BRLD	1 serving	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STEAK,LN,0" FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00

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BEEF,SHRT LOIN,T-BONE STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STK,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,T-BONE STK,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,TOP LN,STK,LN & FAT,1/8" FAT,CHOIC,CKD,GRLLD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,TOP LOIN STEAK,LN,1/8" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,TOP LOIN STEAK,LN,1/8" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/8" FAT,PRIME,CKD,BRLD	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 242 g)	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/8" FAT,PRIME,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,TOP LOIN,STEAK,LN & FAT,1/8" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,TOP LOIN,STEAK,LN & FAT,1/8" FAT,PRIME,RAW	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 242 g)	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,TOP LOIN,STEAK,LN & FAT,1/8" FAT,PRIME,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,TOP LOIN,STEAK,LN,1/8" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,TOP LOIN,STEAK,LN,1/8" FAT,ALL GRDS,CKD,BRLD	1 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,TOP LOIN,STEAK,LN,1/8" FAT,CHOIC,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN,TOP LOIN,STEAK,LN,1/8" FAT,CHOIC,CKD,BRLD	1 oz	0.00	0.00	0.00	0.00

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BEEF,SHRT LOIN, TOP LOIN,STEAK, LN,1/8" FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN, TOP LOIN,STEAK, LN,1/8" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN, TOP LOIN,STEAK, LN,1/8" FAT,SEL,CKD,GRILLED	1 lb	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN, TOP LOIN,STEAK, LN,1/8" FAT,SEL,CKD,GRILLED	1 oz	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN, TOP LOIN,STEAK, LN,1/8" FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,SHRT LOIN, TOP LOIN,STEAK, LN,1/8" FAT,SEL,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,SIRLOIN, TRI-TIP STK, LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,SIRLOIN, TRI-TIP STK, LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	3 oz (1 serving)	0.00	0.00	0.00	0.00
BEEF,SNDWCH STEAKS,FLAKED,CHOPD,FORMED & THINLY SLICED,RAW	1 package	0.00	0.00	0.00	0.00
BEEF,SNDWCH STEAKS,FLAKED,CHOPD,FORMED & THINLY SLICED,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,SNDWCH STEAKS,FLAKED,CHOPD,FORMED & THINLY SLICED,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN, LN&FAT,1/8" FAT,PRIME,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN, LN&FAT,1/8" FAT,PRIME,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,RST, LN & FAT,1/8" FAT,ALL GRDS,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,RST, LN & FAT,1/8" FAT,ALL GRDS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,RST, LN & FAT,1/8" FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,RST, LN & FAT,1/8" FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00

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BEEF,TENDERLOIN,RST,LN & FAT,1/8" FAT,PRIME,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,RST,LN & FAT,1/8" FAT,PRIME,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,RST,LN & FAT,1/8" FAT,SEL,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,RST,LN & FAT,1/8" FAT,SEL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,ALL GRDS,CKD,BRLD	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 154 g)	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,ALL GRDS,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,ALL GRDS,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,ALL GRDS,RAW	3 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,CHOIC,CKD,BRLD	1 steak (yield from 181 g raw meat)	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00

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BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,PRIME,CKD,BRLD	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 154 g)	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,PRIME,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,SEL,CKD,BRLD	1 steak (yield from 1 raw steak weighing 151g)	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,SEL,CKD,BRLD	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 154 g)	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,SEL,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN & FAT,1/8" FAT,SEL,RAW	1 steak (yield from 1 raw steak weighing149g)	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN,1/8" FAT,ALL GRDS,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN,1/8" FAT,ALL GRDS,CKD,BRLD	1 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN,1/8" FAT,ALL GRDS,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN,1/8" FAT,ALL GRDS,RAW	1 oz	0.00	0.00	0.00	0.00

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BEEF,TENDERLOIN,STEAK,LN,1/8" FAT,CHOIC,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN,1/8" FAT,CHOIC,CKD,BRLD	1 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN,1/8" FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN,1/8" FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN,1/8" FAT,SEL,CKD,BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN,1/8" FAT,SEL,CKD,BRLD	1 oz	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN,1/8" FAT,SEL,RAW	1 lb	0.00	0.00	0.00	0.00
BEEF,TENDERLOIN,STEAK,LN,1/8" FAT,SEL,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,TOP LOIN FILET,BNLESS,LN & FAT,1/8" FAT,CHOIC,CKD,GRILD	1 fillet	0.81	0.00	0.00	0.81
BEEF,TOP LOIN FILET,BNLESS,LN & FAT,1/8" FAT,SEL,CKD,GRILLED	1 fillet	0.54	0.00	0.00	0.54
BEEF,TOP LOIN FILET,BNLESS,LN,1/8" FAT,ALL GRDS,CKD,GRILLED	1 fillet	0.41	0.00	0.00	0.41
BEEF,TOP LOIN FILET,BNLESS,LN,1/8" FAT,CHOIC,CKD,GRILLED	1 fillet	0.49	0.00	0.00	0.49
BEEF,TOP LOIN FILET,BNLESS,LN,1/8" FAT,SEL,CKD,GRILLED	1 fillet	0.27	0.00	0.00	0.27
BEEF,TOP LOIN FILET,BNLS,LN & FAT,1/8" FAT,ALL GRDS,CKD,GRILD	1 fillet	0.81	0.00	0.00	0.81
BEEF,TOP LOIN PET RST,BNLS,LN & FAT,1/8" FAT,AL GDS,CKD,RSTD	1 roast	6.34	0.00	0.00	6.34
BEEF,TOP LOIN PET RST,BNLS,LN & FAT,1/8" FAT,AL GDS,CKD,RSTD	3 oz	0.85	0.00	0.00	0.85
BEEF,TOP LOIN PETI RST,BNLS,LN & FAT,1/8" FAT,CHOIC,CKD,RSTD	1 roast	7.45	0.00	0.00	7.45
BEEF,TOP LOIN PETI RST,BNLS,LN & FAT,1/8" FAT,CHOIC,CKD,RSTD	3 oz	0.94	0.00	0.00	0.94
BEEF,TOP LOIN PETIT RST/FILT,BNS,LN & FAT,1/8" FAT,AL GRD,RW	1 fillet	0.52	0.00	0.00	0.52
BEEF,TOP LOIN PETIT RST/FILT,BNS,LN & FAT,1/8" FAT,AL GRD,RW	1 roast	2.56	0.00	0.00	2.56
BEEF,TOP LOIN PETIT RST/FILT,BNS,LN & FAT,1/8" FAT,AL GRD,RW	3 oz	0.26	0.00	0.00	0.26
BEEF,TOP LOIN PETITE ROAST/FILET,BNLESS,LN,1/8" FAT,CHOC,RAW	1 fillet	0.41	0.00	0.00	0.41
BEEF,TOP LOIN PETITE ROAST/FILET,BNLESS,LN,1/8" FAT,CHOC,RAW	1 roast	1.94	0.00	0.00	1.94
BEEF,TOP LOIN PETITE ROAST/FILET,BNLESS,LN,1/8" FAT,CHOC,RAW	3 oz	0.20	0.00	0.00	0.20

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BEEF, TOP LOIN PETITE ROAST/FILET, BNLESS, LN, 1/8" FAT, SEL, RAW	1 fillet	0.00	0.00	0.00	0.00
BEEF, TOP LOIN PETITE ROAST/FILET, BNLESS, LN, 1/8" FAT, SEL, RAW	1 roast	0.00	0.00	0.00	0.00
BEEF, TOP LOIN PETITE ROAST/FILET, BNLESS, LN, 1/8" FAT, SEL, RAW	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP LOIN PETITE RST, BNLESS, LN, 1/8" FAT, CHOIC, CKD, RSTD	1 roast	5.96	0.00	0.00	5.96
BEEF, TOP LOIN PETITE RST, BNLESS, LN, 1/8" FAT, CHOIC, CKD, RSTD	3 oz	0.75	0.00	0.00	0.75
BEEF, TOP LOIN PETITE RST, BNLESS, LN, 1/8" FAT, SEL, CKD, RSTD	1 roast	4.23	0.00	0.00	4.23
BEEF, TOP LOIN PETITE RST, BNLESS, LN, 1/8" FAT, SEL, CKD, RSTD	3 oz	0.63	0.00	0.00	0.63
BEEF, TOP LOIN PETITE RST, BNLS, LN & FAT, 1/8" FAT, SEL, CKD, RSTD	1 roast	5.14	0.00	0.00	5.14
BEEF, TOP LOIN PETITE RST, BNLS, LN & FAT, 1/8" FAT, SEL, CKD, RSTD	3 oz	0.77	0.00	0.00	0.77
BEEF, TOP LOIN PETITE RST, BNLS, LN, 1/8" FAT, ALL GRDS, CKD, RSTD	1 roast	5.20	0.00	0.00	5.20
BEEF, TOP LOIN PETITE RST, BNLS, LN, 1/8" FAT, ALL GRDS, CKD, RSTD	3 oz	0.70	0.00	0.00	0.70
BEEF, TOP LOIN PETITE RST/FILET, BNLS, LN & FAT, 1/8" FAT, CHC, RW	1 fillet	1.07	0.00	0.00	1.07
BEEF, TOP LOIN PETITE RST/FILET, BNLS, LN & FAT, 1/8" FAT, CHC, RW	1 roast	5.06	0.00	0.00	5.06
BEEF, TOP LOIN PETITE RST/FILET, BNLS, LN & FAT, 1/8" FAT, CHC, RW	3 oz	0.51	0.00	0.00	0.51
BEEF, TOP LOIN PETITE RST/FILET, BNLS, LN & FAT, 1/8" FAT, SEL, RW	1 fillet	0.00	0.00	0.00	0.00
BEEF, TOP LOIN PETITE RST/FILET, BNLS, LN & FAT, 1/8" FAT, SEL, RW	1 roast	0.00	0.00	0.00	0.00
BEEF, TOP LOIN PETITE RST/FILET, BNLS, LN & FAT, 1/8" FAT, SEL, RW	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP LOIN PETITE RST/FILET, BNLS, LN, 1/8" FAT, ALL GRDS, RAW	1 fillet	0.00	0.00	0.00	0.00
BEEF, TOP LOIN PETITE RST/FILET, BNLS, LN, 1/8" FAT, ALL GRDS, RAW	1 roast	0.00	0.00	0.00	0.00
BEEF, TOP LOIN PETITE RST/FILET, BNLS, LN, 1/8" FAT, ALL GRDS, RAW	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 0" FAT, ALL GRDS, CKD, BRDL	1 steak (yield from 518 g raw meat)	0.00	0.00	0.00	0.00

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BEEF, TOP SIRLOIN, STEAK, LN & FAT, 0" FAT, ALL GRDS, CKD, BRDL	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 0" FAT, CHOIC, CKD, BRDL	1 steak (yield from 532 g raw meat)	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 0" FAT, CHOIC, CKD, BRDL	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 0" FAT, SEL, CKD, BRDL	1 steak (yield from 505 g raw meat)	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 0" FAT, SEL, CKD, BRDL	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, ALL GRDS, CKD, BRDL	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, ALL GRDS, CKD, BRDL	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, ALL GRDS, RAW	1 steak	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, ALL GRDS, RAW	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, CHOIC, CKD, BRDL	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, CHOIC, CKD, BRDL	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, CHOIC, CKD, PAN-FRIED	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, CHOIC, CKD, PAN-FRIED	3 oz	0.00	0.00	0.00	0.00

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BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, CHOIC, RAW	1 lb	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, CHOIC, RAW	1 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, SEL, CKD, BRLD	1 steak (yield from 1 raw steak weighing 624g)	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, SEL, CKD, BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, SEL, RAW	1 steak	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN & FAT, 1/8" FAT, SEL, RAW	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 0" FAT, ALL GRDS, CKD, BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 0" FAT, ALL GRDS, CKD, BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 0" FAT, CHOIC, CKD, BRLD	1 steak (yield from 532 g raw meat)	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 0" FAT, CHOIC, CKD, BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 0" FAT, SEL, CKD, BRLD	1 steak (yield from 505 g raw meat)	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 0" FAT, SEL, CKD, BRLD	3 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 1/8" FAT, ALL GRDS, CKD, BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 1/8" FAT, ALL GRDS, CKD, BRLD	1 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 1/8" FAT, ALL GRDS, RAW	1 lb	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 1/8" FAT, ALL GRDS, RAW	1 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 1/8" FAT, CHOIC, CKD, BRLD	1 lb	0.00	0.00	0.00	0.00

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BEEF, TOP SIRLOIN, STEAK, LN, 1/8" FAT, CHOIC, CKD, BRLD	1 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 1/8" FAT, CHOIC, RAW	1 lb	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 1/8" FAT, CHOIC, RAW	1 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 1/8" FAT, SEL, CKD, BRLD	1 lb	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 1/8" FAT, SEL, CKD, BRLD	1 oz	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 1/8" FAT, SEL, RAW	1 lb	0.00	0.00	0.00	0.00
BEEF, TOP SIRLOIN, STEAK, LN, 1/8" FAT, SEL, RAW	1 oz	0.00	0.00	0.00	0.00
BEEF, VAR MEATS & BY-PRODUCTS, LIVER, CKD, BRSD	1 slice	3.49	0.00	0.00	3.49
BEEF, VAR MEATS & BY-PRODUCTS, SUET, RAW	1 oz	0.00	0.00	0.00	0.00
BEEF, VAR MEATS & BY-PRODUCTS, SUET, RAW	4 oz	0.00	0.00	0.00	0.00
BEEF, VAR MEATS & BY-PRODUCTS, TRIPE, CKD, SIMMRD	1 serving	1.69	0.00	0.00	1.69
BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, PAN-FRIED	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, PAN-FRIED	3 oz	0.00	0.00	0.00	0.00
BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, SIMMRD	1 piece, cooked, excluding refuse	5.79	0.00	0.00	5.79
BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, SIMMRD	3 oz	1.26	0.00	0.00	1.26
BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, RAW	1 oz	0.30	0.00	0.00	0.30
BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, RAW	4 oz	1.19	0.00	0.00	1.19
BEEF, VAR MEATS&BY-PRODUCTS, HEART, CKD, SIMMRD	3 oz	0.13	0.00	0.00	0.13
BEEF, VAR MEATS&BY-PRODUCTS, HEART, RAW	1 oz	0.04	0.00	0.00	0.04
BEEF, VAR MEATS&BY-PRODUCTS, HEART, RAW	4 oz	0.16	0.00	0.00	0.16
BEEF, VAR MEATS&BY-PRODUCTS, KIDNEYS, CKD, SIMMRD	3 oz	0.00	0.00	0.00	0.00
BEEF, VAR MEATS&BY-PRODUCTS, KIDNEYS, RAW	1 oz	0.08	0.00	0.00	0.08
BEEF, VAR MEATS&BY-PRODUCTS, KIDNEYS, RAW	4 oz	0.33	0.00	0.00	0.33
BEEF, VAR MEATS&BY-PRODUCTS, LIVER, RAW	3 oz	3.31	0.00	0.00	3.31

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BEEF,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED BF,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED BF,RAW	8 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,THYMUS,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00

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BEEF,VAR MEATS&BY-PRODUCTS,THYMUS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,THYMUS,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,THYMUS,RAW	4 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,SIMMRD	3 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	1 oz	1.04	0.00	0.00	1.04
BEEF,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	4 oz	4.16	0.00	0.00	4.16
BEEF,VAR MEATS&BY-PRODUCTS,TRIBE,RAW	1 oz	0.00	0.00	0.00	0.00
BEEF,VAR MEATS&BY-PRODUCTS,TRIBE,RAW	4 oz	0.00	0.00	0.00	0.00
BF,CHK EYE CNTRY-STL RIBS,BNLS,LN,0" FAT,ALL GRDS,CKD, BRSD	1 piece	0.00	0.00	0.00	0.00
BF,CHK EYE CNTRY-STL RIBS,BNLS,LN,0" FAT,ALL GRDS,CKD, BRSD	3 oz	0.00	0.00	0.00	0.00
BF,CHK, CLOD,SHLDR TENDER,MED,LN & FAT,0" FAT,SE,CKD,GRILLED	1 medallion	0.00	0.00	0.00	0.00
BF,CHK, CLOD,SHLDR TENDER,MED,LN & FAT,0" FAT,SE,CKD,GRILLED	1 serving (3 oz)	0.00	0.00	0.00	0.00
BF,CHK, CLOD,TOP & CNTR,STK,LN & FAT,0" FAT,SEL,CKD,GRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
BF,CHK, CLOD,TOP & CNTR,STK,LN & FAT,0" FAT,SEL,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BF,CHK,CLD,SHDR TNR,MED,LN & FAT,0" FAT,ALL GRDS,CK,GRLD	1 medallion	0.00	0.00	0.00	0.00
BF,CHK,CLD,SHDR TNR,MED,LN & FAT,0" FAT,ALL GRDS,CK,GRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
BF,CHK,CLD,SHLDR TNR,MEDALLION,LN & FAT,0" FAT,ALL GRDS,RAW	1 medallion	0.00	0.00	0.00	0.00
BF,CHK,CLOD,SHDR TNR,MED,LN & FAT,0" FAT,CH,CKD,GRILLED	1 medallion	0.00	0.00	0.00	0.00
BF,CHK,CLOD,SHDR TNR,MED,LN & FAT,0" FAT,CH,CKD,GRILLED	1 serving (3 oz)	0.00	0.00	0.00	0.00
BF,CHK,CLOD,SHLDR TENDER,MEDALLION,LN & FAT,0" FAT,CHOIC,RAW	1 medallion	0.00	0.00	0.00	0.00
BF,CHK,CLOD,SHLDR TENDER,MEDALLION,LN & FAT,0" FAT,SEL,RAW	1 medallion	0.00	0.00	0.00	0.00
BF,CHK,CLOD,TOP BLADE,STEAK,LN & FAT,0" FAT,CH,CKD,GRILLED	1 serving (3 oz)	0.00	0.00	0.00	0.00
BF,CHK,CLOD,TOP BLADE,STEAK,LN & FAT,0" FAT,CH,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BF,CHK,CLOD,TOP BLADE,STEAK,LN & FAT,0" FAT,SEL,CKD,GRILLED	1 serving (3 oz)	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BF,CHK,CLOD, TOP BLADE, STEAK, LN & FAT, 0" FAT, SEL, CKD, GRILLED	1 steak	0.00	0.00	0.00	0.00
BF,CHK,SHLDR CLOD, TOP & CNTR, STK, LN & FAT, 0" FAT, CH, CKD, GRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
BF,CHK,SHLDR CLOD, TOP & CNTR, STK, LN & FAT, 0" FAT, CH, CKD, GRLD	1 steak	0.00	0.00	0.00	0.00
BF,CHK,SHLDR CLOD, TOP BLADE, STEAK, LN & FAT, 0" FAT, CHOIC, RAW	1 steak	0.00	0.00	0.00	0.00
BF,CHK,SHLDR CLOD, TOP BLADE, STEAK, LN & FAT, 0" FAT, CHOIC, RAW	3 oz	0.00	0.00	0.00	0.00
BF,CHUCK,CLOD, TOP & CNTR, STEAK, LN & FAT, 0" FAT, ALL GRDS, RAW	1 steak	0.00	0.00	0.00	0.00
BF,CHUCK,CLOD, TOP & CNTR, STEAK, LN & FAT, 0" FAT, ALL GRDS, RAW	3 oz	0.00	0.00	0.00	0.00
BF,CHUCK,CLOD, TOP BLADE, STK, LN & FAT, 0" FAT, ALL, CKD, GRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
BF,CHUCK,CLOD, TOP BLADE, STK, LN & FAT, 0" FAT, ALL, CKD, GRLD	1 steak	0.00	0.00	0.00	0.00
BF,CHUCK,SHLDR CLOD, TOP & CNTR, STK, LN & FAT, 0" FAT, SEL, RAW	1 steak	0.00	0.00	0.00	0.00
BF,CHUCK,SHLDR CLOD, TOP & CNTR, STK, LN & FAT, 0" FAT, SEL, RAW	3 oz	0.00	0.00	0.00	0.00
BF,CHUCK,SHLDR CLOD, TOP BLADE, STEAK, LN & FAT, 0" FAT, SEL, RAW	1 steak	0.00	0.00	0.00	0.00
BF,CHUCK,SHLDR CLOD, TOP BLADE, STEAK, LN & FAT, 0" FAT, SEL, RAW	3 oz	0.00	0.00	0.00	0.00
BF,LOIN,BTTM SIRLOIN BUTT, TRI-TIP, LN, 0" FAT, ALL GRD, CKD, RSTD	1 roast	0.00	0.00	0.00	0.00
BF,LOIN,BTTM SIRLOIN BUTT, TRI-TIP, LN, 0" FAT, ALL GRD, CKD, RSTD	1 serving	0.00	0.00	0.00	0.00
BF,RIB,EYE,SML END (RIB 10-12), LN & FT, 0" FAT, CHOIC, CKD, BRLD	1 steak (yield from 297 g raw meat)	0.00	0.00	0.00	0.00
BF,RIB,EYE,SML END (RIB 10-12), LN & FT, 0" FAT, CHOIC, CKD, BRLD	3 oz	0.00	0.00	0.00	0.00
BF,RND, KNUCK, TIP SIDE, STK, LN & FAT, 0" FAT, ALL GRDS, CKD, GRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
BF,RND, KNUCK, TIP SIDE, STK, LN & FAT, 0" FAT, ALL GRDS, CKD, GRLD	1 steak	0.00	0.00	0.00	0.00
BF,RND, KNUCKLE, TIP CNTR, STEAK, LN & FAT, 0" FAT, SE, CKD, GRILLED	1 steak	0.00	0.00	0.00	0.00
BF,RND, KNUCKLE, TIP CNTR, STEAK, LN & FAT, 0" FAT, SE, CKD, GRILLED	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BF,RND,KNUCKLE,TIP CNTR,STK,LN & FAT,0" FAT,ALL,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BF,RND,KNUCKLE,TIP CNTR,STK,LN & FAT,0" FAT,CHOIC,CKD,GRLD	1 steak	0.00	0.00	0.00	0.00
BF,RND,KNUCKLE,TIP CNTR,STK,LN & FAT,0" FAT,CHOIC,CKD,GRLD	3 oz	0.00	0.00	0.00	0.00
BF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,CH,CKD,GRILLED	1 serving (3 oz)	0.00	0.00	0.00	0.00
BF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,CH,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,SE,CKD,GRILLED	1 serving (3 oz)	0.00	0.00	0.00	0.00
BF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,SE,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BF,RND,OUT RND,BTTM RND,STK,LN & FAT,0" FAT,ALL GRDS,CK,GRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
BF,RND,OUT RND,BTTM RND,STK,LN & FAT,0" FAT,ALL GRDS,CK,GRLD	1 steak	0.00	0.00	0.00	0.00
BF,RND,OUT RND,BTTM RND,STK,LN & FAT,0" FAT,CH,CKD,GRILLED	1 serving (3 oz)	0.00	0.00	0.00	0.00
BF,RND,OUT RND,BTTM RND,STK,LN & FAT,0" FAT,CH,CKD,GRILLED	1 steak	0.00	0.00	0.00	0.00
BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,ALL,RAW	1 steak	0.00	0.00	0.00	0.00
BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,ALL,RAW	3 oz	0.00	0.00	0.00	0.00
BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,CHOIC,RAW	1 steak	0.00	0.00	0.00	0.00
BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,CHOIC,RAW	3 oz	0.00	0.00	0.00	0.00
USDA CMDTY,BF,CND	1 can	0.00	0.00	0.00	0.00
USDA CMDTY,BF,CND	1 serving	0.00	0.00	0.00	0.00
USDA COMMODITY,BF PATTIES W/VPP,FRZ,CKD	1 patty	5.37	0.00	0.95	4.41
USDA COMMODITY,BF PATTIES W/VPP,FRZ,RAW	1 serving	3.26	0.00	1.11	2.16
USDA COMMODITY,BF,GROUND BULK/COARSE GROUND,FRZ,CKD	1 oz	0.00	0.00	0.00	0.00
USDA COMMODITY,BF,GROUND,BULK/COARSE GROUND,FRZ,RAW	1 serving	0.00	0.00	0.00	0.00
USDA COMMODITY,BF,PATTIES (100%),FRZ,CKD	1 patty	0.58	0.00	0.00	0.58
USDA COMMODITY,BF,PATTIES (100%),FRZ,RAW	3 oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,BEER,LT	1 can or bottle (12 fl oz)	5.81	0.32	0.00	5.81
ALCOHOLIC BEV,BEER,LT	1 fl oz	0.48	0.03	0.00	0.48

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ALCOHOLIC BEV,BEER,LT,BUD LT	1 fl oz	0.38	0.00	0.00	0.38
ALCOHOLIC BEV,BEER,LT,BUD LT	12 fl oz	4.60	0.00	0.00	4.60
ALCOHOLIC BEV,BEER,LT,BUDWEISER SEL	1 fluid ounce	0.26	0.00	0.00	0.26
ALCOHOLIC BEV,BEER,LT,BUDWEISER SEL	12 fluid ounce	3.09	0.00	0.00	3.09
ALCOHOLIC BEV,BEER,LT,MICHELOB ULTRA	1 fl oz	0.22	0.00	0.00	0.22
ALCOHOLIC BEV,BEER,LT,MICHELOB ULTRA	12 fl oz	2.58	0.00	0.00	2.58
ALCOHOLIC BEV,BEER,REG,ALL	1 can	12.64	0.00	0.00	12.64
ALCOHOLIC BEV,BEER,REG,ALL	1 fl oz	1.05	0.00	0.00	1.05
ALCOHOLIC BEV,BEER,REG,BUDWEISER	1 fl oz	0.89	0.00	0.00	0.89
ALCOHOLIC BEV,BEER,REG,BUDWEISER	12 fl oz	10.60	0.00	0.00	10.60
ALCOHOLIC BEV,CREME DE MENTHE,72 PROOF	1 fl oz	13.98	13.98	0.00	13.98
ALCOHOLIC BEV,CREME DE MENTHE,72 PROOF	1 jigger 1.5 fl oz	20.80	20.80	0.00	20.80
ALCOHOLIC BEV,DAIQUIRI,CND	1 can (6.8 fl oz, 200 ml)	32.50	0.00	0.00	32.50
ALCOHOLIC BEV,DAIQUIRI,CND	1 fl oz	4.79	0.00	0.00	4.79
ALCOHOLIC BEV,DAIQUIRI,PREPARED-FROM-RECIPE	1 cocktail (2 fl oz)	4.16	3.35	0.06	4.10
ALCOHOLIC BEV,DAIQUIRI,PREPARED-FROM-RECIPE	1 fl oz	2.10	1.69	0.03	2.07
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 80 PROOF	1 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 80 PROOF	1 jigger 1.5 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 86 PROOF	1 fl oz	0.03	0.00	0.00	0.03
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 86 PROOF	1 jigger 1.5 fl oz	0.04	0.00	0.00	0.04
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 90 PROOF	1 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 90 PROOF	1 jigger 1.5 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 94 PROOF	1 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 94 PROOF	1 jigger 1.5 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,ALL 100 PROOF	1 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,ALL 100 PROOF	1 jigger 1.5 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,GIN,90 PROOF	1 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,GIN,90 PROOF	1 jigger 1.5 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,RUM,80 PROOF	1 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,RUM,80 PROOF	1 jigger 1.5 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,VODKA,80 PROOF	1 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,VODKA,80 PROOF	1 jigger 1.5 fl oz	0.00	0.00	0.00	0.00
ALCOHOLIC BEV,DISTILLED,WHISKEY,86 PROOF	1 fl oz	0.03	0.03	0.00	0.03

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ALCOHOLIC BEV,DISTILLED,WHISKEY,86 PROOF	1 jigger 1.5 fl oz	0.04	0.04	0.00	0.04
ALCOHOLIC BEV,LIQUEUR,COFFEE W/CRM,34 PROOF	1 fl oz	6.50	6.15	0.00	6.50
ALCOHOLIC BEV,LIQUEUR,COFFEE W/CRM,34 PROOF	1 jigger 1.5 fl oz	9.82	9.29	0.00	9.82
ALCOHOLIC BEV,LIQUEUR,COFFEE,53 PROOF	1 fl oz	16.29	13.33	0.00	16.29
ALCOHOLIC BEV,LIQUEUR,COFFEE,53 PROOF	1 jigger 1.5 fl oz	24.34	19.92	0.00	24.34
ALCOHOLIC BEV,LIQUEUR,COFFEE,63 PROOF	1 fl oz	11.21	11.21	0.00	11.21
ALCOHOLIC BEV,LIQUEUR,COFFEE,63 PROOF	1 jigger 1.5 fl oz	16.74	16.74	0.00	16.74
ALCOHOLIC BEV,PINA COLADA,CND	1 can (6.8 fl oz, 200 ml)	61.27	0.00	0.22	61.05
ALCOHOLIC BEV,PINA COLADA,CND	1 fl oz	9.00	0.00	0.03	8.97
ALCOHOLIC BEV,PINA COLADA,PREPARED-FROM-RECIPE	1 cocktail (4.5 fl oz)	31.95	31.49	0.42	31.53
ALCOHOLIC BEV,PINA COLADA,PREPARED-FROM-RECIPE	1 fl oz	7.12	7.01	0.09	7.02
ALCOHOLIC BEV,RICE (SAKE)	1 fl oz	1.46	0.00	0.00	1.46
ALCOHOLIC BEV,TEQUILA SUNRISE,CND	1 can (6.8 fl oz, 200 ml)	23.84	0.00	0.00	23.84
ALCOHOLIC BEV,TEQUILA SUNRISE,CND	1 fl oz	3.51	0.00	0.00	3.51
ALCOHOLIC BEV,WHISKEY SOUR,CND	1 can (6.8 fl oz, 200 ml)	28.01	0.00	0.21	27.80
ALCOHOLIC BEV,WHISKEY SOUR,CND	1 fl oz	4.13	0.00	0.03	4.10
ALCOHOLIC BEV,WHISKEY SOUR,PREP FROM ITEM 14028	1 fl oz	3.90	3.89	0.00	3.90
ALCOHOLIC BEV,WHISKEY SOUR,PREP FROM ITEM 14028	1 portion (2 oz mix + 1.5 oz whiskey)	13.59	13.55	0.00	13.59
ALCOHOLIC BEV,WHISKEY SOUR,PREP W/ H2O,WHISKEY & PDR MIX	1 fl oz	4.66	4.65	0.00	4.66
ALCOHOLIC BEV,WHISKEY SOUR,PREP W/ H2O,WHISKEY & PDR MIX	1 packet prepared	16.33	16.28	0.00	16.33
ALCOHOLIC BEV,WINE,COOKING	1 fl oz	1.83	0.45	0.00	1.83
ALCOHOLIC BEV,WINE,COOKING	1 tsp	0.31	0.08	0.00	0.31
ALCOHOLIC BEV,WINE,DSSRT,DRY	1 fl oz	3.44	0.32	0.00	3.44
ALCOHOLIC BEV,WINE,DSSRT,DRY	1 glass (3.5 fl oz)	12.02	1.12	0.00	12.02
ALCOHOLIC BEV,WINE,DSSRT,SWT	1 fl oz	4.04	2.30	0.00	4.04
ALCOHOLIC BEV,WINE,DSSRT,SWT	1 glass (3.5 fl oz)	14.10	8.01	0.00	14.10
ALCOHOLIC BEV,WINE,LT	1 fl oz	0.35	0.34	0.00	0.35
ALCOHOLIC BEV,WINE,LT	1 serving 5 fl oz	1.73	1.70	0.00	1.73
ALCOHOLIC BEV,WINE,TABLE,ALL	1 fl oz	0.80	0.23	0.00	0.80
ALCOHOLIC BEV,WINE,TABLE,ALL	1 serving 5 fl oz	4.03	1.17	0.00	4.03
ALCOHOLIC BEV,WINE,TABLE,RED	1 fl oz	0.77	0.18	0.00	0.77

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ALCOHOLIC BEV,WINE,TABLE,RED	1 serving 5 fl oz	3.84	0.91	0.00	3.84
ALCOHOLIC BEV,WINE,TABLE,RED,BARBERA	1 fl oz	0.82	0.00	0.00	0.82
ALCOHOLIC BEV,WINE,TABLE,RED,BARBERA	1 serving 5 fl oz	4.10	0.00	0.00	4.10
ALCOHOLIC BEV,WINE,TABLE,RED,BURGUNDY	1 fl oz	1.09	0.00	0.00	1.09
ALCOHOLIC BEV,WINE,TABLE,RED,BURGUNDY	1 serving 5 fl oz	5.46	0.00	0.00	5.46
ALCOHOLIC BEV,WINE,TABLE,RED,CABERNET FRANC	1 fluid ounce	0.71	0.00	0.00	0.71
ALCOHOLIC BEV,WINE,TABLE,RED,CABERNET FRANC	1 serving 5 fl oz	3.60	0.00	0.00	3.60
ALCOHOLIC BEV,WINE,TABLE,RED,CABERNET SAUVIGNON	1 fluid ounce	0.75	0.00	0.00	0.75
ALCOHOLIC BEV,WINE,TABLE,RED,CABERNET SAUVIGNON	1 serving 5 fl oz	3.82	0.00	0.00	3.82
ALCOHOLIC BEV,WINE,TABLE,RED,CARIGNANE	1 fl oz	0.71	0.00	0.00	0.71
ALCOHOLIC BEV,WINE,TABLE,RED,CARIGNANE	1 serving 5 fl oz	3.53	0.00	0.00	3.53
ALCOHOLIC BEV,WINE,TABLE,RED,CLARET	1 fl oz	0.88	0.00	0.00	0.88
ALCOHOLIC BEV,WINE,TABLE,RED,CLARET	1 serving 5 fl oz	4.42	0.00	0.00	4.42
ALCOHOLIC BEV,WINE,TABLE,RED,GAMAY	1 fl oz	0.70	0.00	0.00	0.70
ALCOHOLIC BEV,WINE,TABLE,RED,GAMAY	1 serving 5 fl oz	3.50	0.00	0.00	3.50
ALCOHOLIC BEV,WINE,TABLE,RED,LEMBERGER	1 fl oz	0.72	0.00	0.00	0.72
ALCOHOLIC BEV,WINE,TABLE,RED,LEMBERGER	1 serving 5 fl oz	3.62	0.00	0.00	3.62
ALCOHOLIC BEV,WINE,TABLE,RED,MERLOT	1 fl oz	0.74	0.18	0.00	0.74
ALCOHOLIC BEV,WINE,TABLE,RED,MERLOT	1 serving 5 fl oz	3.69	0.91	0.00	3.69
ALCOHOLIC BEV,WINE,TABLE,RED,MOUVEDRE	1 fl oz	0.78	0.00	0.00	0.78
ALCOHOLIC BEV,WINE,TABLE,RED,MOUVEDRE	1 serving 5 fl oz	3.88	0.00	0.00	3.88
ALCOHOLIC BEV,WINE,TABLE,RED,PETITE SIRAH	1 fl oz	0.79	0.00	0.00	0.79
ALCOHOLIC BEV,WINE,TABLE,RED,PETITE SIRAH	1 serving 5 fl oz	3.94	0.00	0.00	3.94
ALCOHOLIC BEV,WINE,TABLE,RED,PINOT NOIR	1 fl oz	0.68	0.00	0.00	0.68
ALCOHOLIC BEV,WINE,TABLE,RED,PINOT NOIR	1 serving 5 fl oz	3.40	0.00	0.00	3.40
ALCOHOLIC BEV,WINE,TABLE,RED,SANGIOVESE	1 fl oz	0.77	0.00	0.00	0.77
ALCOHOLIC BEV,WINE,TABLE,RED,SANGIOVESE	1 serving 5 fl oz	3.85	0.00	0.00	3.85
ALCOHOLIC BEV,WINE,TABLE,RED,SYRAH	1 fl oz	0.76	0.00	0.00	0.76
ALCOHOLIC BEV,WINE,TABLE,RED,SYRAH	1 serving 5 fl oz	3.79	0.00	0.00	3.79
ALCOHOLIC BEV,WINE,TABLE,RED,ZINFANDEL	1 fl oz	0.84	0.00	0.00	0.84
ALCOHOLIC BEV,WINE,TABLE,RED,ZINFANDEL	1 serving 5 fl oz	4.20	0.00	0.00	4.20
ALCOHOLIC BEV,WINE,TABLE,WHITE	1 fl oz	0.76	0.28	0.00	0.76
ALCOHOLIC BEV,WINE,TABLE,WHITE	1 serving 5 fl oz	3.82	1.41	0.00	3.82
ALCOHOLIC BEV,WINE,TABLE,WHITE,CHARDONNAY	1 fl oz	0.63	0.28	0.00	0.63
ALCOHOLIC BEV,WINE,TABLE,WHITE,CHARDONNAY	1 serving 5 fl oz	3.18	1.41	0.00	3.18
ALCOHOLIC BEV,WINE,TABLE,WHITE,CHENIN BLANC	1 fl oz	0.98	0.00	0.00	0.98
ALCOHOLIC BEV,WINE,TABLE,WHITE,CHENIN BLANC	1 serving 5 fl oz	4.90	0.00	0.00	4.90
ALCOHOLIC BEV,WINE,TABLE,WHITE,FUME BLANC	1 fl oz	0.67	0.00	0.00	0.67
ALCOHOLIC BEV,WINE,TABLE,WHITE,FUME BLANC	1 serving 5 fl oz	3.34	0.00	0.00	3.34
ALCOHOLIC BEV,WINE,TABLE,WHITE,GEWURZTRAMINER	1 fl oz	0.77	0.00	0.00	0.77

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ALCOHOLIC BEV,WINE,TABLE,WHITE,GEWURZTRAMINER	1 serving 5 fl oz	3.82	0.00	0.00	3.82
ALCOHOLIC BEV,WINE,TABLE,WHITE,LATE HARVEST	1 fl oz	4.12	0.00	0.00	4.12
ALCOHOLIC BEV,WINE,TABLE,WHITE,LATE HARVEST	1 serving 5 fl oz	20.62	0.00	0.00	20.62
ALCOHOLIC BEV,WINE,TABLE,WHITE,LATE HARVEST,GEWURZTRAMINER	1 fl oz	3.47	0.00	0.00	3.47
ALCOHOLIC BEV,WINE,TABLE,WHITE,LATE HARVEST,GEWURZTRAMINER	1 serving 5 fl oz	17.31	0.00	0.00	17.31
ALCOHOLIC BEV,WINE,TABLE,WHITE,MULLER THURGAU	1 fl oz	1.03	0.00	0.00	1.03
ALCOHOLIC BEV,WINE,TABLE,WHITE,MULLER THURGAU	1 serving 5 fl oz	5.15	0.00	0.00	5.15
ALCOHOLIC BEV,WINE,TABLE,WHITE,MUSCAT	1 fl oz	1.57	0.00	0.00	1.57
ALCOHOLIC BEV,WINE,TABLE,WHITE,MUSCAT	1 serving 5 fl oz	7.85	0.00	0.00	7.85
ALCOHOLIC BEV,WINE,TABLE,WHITE,PINOT BLANC	1 fl oz	0.57	0.00	0.00	0.57
ALCOHOLIC BEV,WINE,TABLE,WHITE,PINOT BLANC	1 serving 5 fl oz	2.85	0.00	0.00	2.85
ALCOHOLIC BEV,WINE,TABLE,WHITE,PINOT GRIS (GRIGIO)	1 fl oz	0.60	0.00	0.00	0.60
ALCOHOLIC BEV,WINE,TABLE,WHITE,PINOT GRIS (GRIGIO)	1 serving 5 fl oz	3.03	0.00	0.00	3.03
ALCOHOLIC BEV,WINE,TABLE,WHITE,RIESLING	1 fl oz	1.11	0.00	0.00	1.11
ALCOHOLIC BEV,WINE,TABLE,WHITE,RIESLING	1 serving 5 fl oz	5.54	0.00	0.00	5.54
ALCOHOLIC BEV,WINE,TABLE,WHITE,SAUVIGNON BLANC	1 fl oz	0.60	0.00	0.00	0.60
ALCOHOLIC BEV,WINE,TABLE,WHITE,SAUVIGNON BLANC	1 serving 5 fl oz	3.01	0.00	0.00	3.01
ALCOHOLIC BEV,WINE,TABLE,WHITE,SEMILLON	1 fl oz	0.92	0.00	0.00	0.92
ALCOHOLIC BEV,WINE,TABLE,WHITE,SEMILLON	1 serving 5 fl oz	4.59	0.00	0.00	4.59
BEEF BROTH&TOMATO JUC,CND	1 can (5.5 oz)	14.28	0.00	0.17	14.11
BEEF BROTH&TOMATO JUC,CND	1 fl oz	2.59	0.00	0.03	2.56
BEV,H2O W/ ADDED VIT & MIN,BOTTLES,SWTND,AST FRUIT FLAVORS	1 serving	13.01	13.01	0.00	13.01
BEV,H2O W/ ADDED VIT & MIN,BOTTLES,SWTND,AST FRUIT FLAVORS	8 fl oz (1 NLEA serving)	13.01	13.01	0.00	13.01
BEV,NEST,CARN BRKFS ESSEN ,RTD,RH MIK CHOC FLAVOR,NO SUG AD	11 fl oz	16.01	12.00	2.02	13.99
BEVE,COCA MIX,LO CAL,PDR,W/ ADD CA,P,ASPRT,WO/ ADD NA, VIT A	1 envelope Swiss Miss (.53 oz)	8.70	8.34	0.17	8.54
BEVE,COCA MIX,LO CAL,PDR,W/ ADD CA,P,ASPRT,WO/ ADD NA, VIT A	1 packet (0.675 oz)	11.02	10.56	0.21	10.81
BEVERAGE,HORCHATA,AS SERVED IN RESTAURANT	1 cup	26.27	21.34	0.00	26.27
BEVERAGES,ABBOTT,EAS SOY PROT PDR	1 scoop	19.33	17.81	0.00	19.33

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BEVERAGES,ABBOTT,EAS WHEY PROT PDR	2 scoop	7.00	2.00	0.00	7.00
BEVERAGES,ABBOTT,ENSURE PLUS,RTD	1 cup	50.10	20.99	0.00	50.10
BEVERAGES,ABBOTT,ENSURE PLUS,RTD	1 fl oz	6.26	2.62	0.00	6.26
BEVERAGES,ABBOTT,ENSURE,NUTRITIONAL SHAKE,RTD	8 fl oz	42.88	24.64	0.00	42.88
BEVERAGES,ALCOHOLIC WHISKEY SOUR	1 fl oz	3.98	0.00	0.00	3.98
BEVERAGES,ALCOHOLIC WHISKEY SOUR	1 portion (2 oz mix + 1.5 oz whiskey)	13.89	0.00	0.00	13.89
BEVERAGES,ALCOHOLIC WHISKEY SOUR	2 fl oz	8.52	0.00	0.00	8.52
BEVERAGES,ALMOND MILK,CHOC,RTD	1 cup	22.51	21.00	0.96	21.55
BEVERAGES,ALMOND MILK,CHOC,RTD	8 fl oz	22.51	21.00	0.96	21.55
BEVERAGES,ALMOND MILK,SWTND,VANILLA FLAVOR,RTD	1 cup	15.82	15.00	0.96	14.86
BEVERAGES,ALMOND MILK,SWTND,VANILLA FLAVOR,RTD	8 fl oz	15.82	15.00	0.96	14.86
BEVERAGES,CHOC MALT,PDR,PREP W/ FAT FREE MILK	1 serving	22.12	19.89	0.00	22.12
BEVERAGES,CHOC PDR,NO SUGAR ADDED	2 tbsp	7.00	3.00	1.00	6.00
BEVERAGES,COCA-COLA,POWERADE,LEMON-LIME FLAV,RTD	1 fl oz	2.39	1.86	0.00	2.39
BEVERAGES,COCA-COLA,POWERADE,LEMON-LIME FLAV,RTD	8 fl oz	19.13	14.91	0.00	19.13
BEVERAGES,COCA-COLA,POWERADE,LEMON-LIME FLAV,RTD	12 fl oz	28.62	22.30	0.00	28.62
BEVERAGES,COCNT H2O,RTD	1 cup	10.39	9.60	0.00	10.39
BEVERAGES,CYTOSPORT,MUSCLE MILK,RTD	14 fl oz	8.53	3.23	0.83	7.70
BEVERAGES,ENERGY DRK W/ CARB H2O & HI FRUCTOSE CORN SYRUP	8 fl oz	36.00	33.00	0.00	36.00
BEVERAGES,ENERGY DRK,CITRUS	8 fl oz	27.05	25.01	0.00	27.05
BEVERAGES,ENERGY DRK,ORIGINAL,GRAPE,LOADED CHERRY, CITRUS	16 fl oz	54.00	54.00	0.00	54.00
BEVERAGES,ENERGY DRK,SUGAR FREE	8 fl oz	1.01	0.00	0.00	1.01
BEVERAGES,ENERGY DRK,SUGAR-FREE W/ GUARANA	16 fl oz	4.94	0.00	0.00	4.94
BEVERAGES,FORT LO CAL FRUIT JUC BEV	16 8/9 fl oz	3.31	2.98	0.00	3.31
BEVERAGES,FRUIT JUC DRK,RED SUGAR,W/ VITAMIN E ADDED	1 container	20.90	18.81	0.00	20.90
BEVERAGES,FRUIT JUC DRK,RED SUGAR,W/ VITAMIN E ADDED	1 ml	0.10	0.09	0.00	0.10
BEVERAGES,GRN TEA,BREWED,FROM BAGS	1 cup	0.00	0.00	0.00	0.00
BEVERAGES,GRN TEA,BREWED,FROM BAGS	1 fl oz	0.00	0.00	0.00	0.00
BEVERAGES,GRN TEA,LIPTON,BREWED FROM BAGS	1 cup	0.00	0.00	0.00	0.00

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BEVERAGES,GRN TEA,LIPTON,BREWED FROM BAGS	1 fl oz	0.00	0.00	0.00	0.00
BEVERAGES,GRN TEA,SALADA BREWED FROM BAGS	1 cup	0.00	0.00	0.00	0.00
BEVERAGES,GRN TEA,SALADA BREWED FROM BAGS	1 fl oz	0.00	0.00	0.00	0.00
BEVERAGES,H2O,BTLD,NATURALLY SPARKLING (CARBONATED),MINERAL	8 fl oz	0.00	0.00	0.00	0.00
BEVERAGES,H2O,BTLD,YUMBERRY,POMEGRANATE W/ ANTI-OXIDANTS	8 fl oz	3.00	0.00	0.00	3.00
BEVERAGES,HI-C FLASHIN' FRUIT PUNCH	6 3/4 fl oz	25.00	25.00	0.00	25.00
BEVERAGES,ICELANDIC,GLACIAL NAT SPRING H2O	1 serving	0.00	0.00	0.00	0.00
BEVERAGES,KELLOGG'S SPL K20,PROT H2O MIX	1 packet	8.47	0.29	5.44	3.03
BEVERAGES,KELLOGG'S,SPL K PROT SHAKE	1 serving	27.23	17.61	5.03	22.20
BEVERAGES,MONSTER ENERGY DRK,LO CARB	8 fl oz	3.31	3.31	0.00	3.31
BEVERAGES,NESTLE,BOOST PLUS,NUTRITIONAL DRK,RTD	1 bottle	40.98	20.05	2.84	38.13
BEVERAGES,NESTLE,OVALTINE,RICH CHOC,PDR	2 tbsp	10.23	9.00	0.00	10.23
BEVERAGES,NUTRITIONAL SHAKE MIX,HI PROT,PDR	1 serving	4.08	0.71	0.00	4.08
BEVERAGES,NUTRITIONAL SHAKE MIX,HI PROT,PDR	1 tbsp	2.04	0.36	0.00	2.04
BEVERAGES,OCEAN SPRAY,CRAN-ENERGY,CRANBERRY ENERGY JUC DRK	1 can	9.38	9.38	0.00	9.38
BEVERAGES,ORANGE JUC,LT,NO PULP	8 fl oz	13.01	10.01	0.00	13.01
BEVERAGES,ORANGE-FLAVOR DRK,BRKFST TYPE,LO CAL,PDR	1 portion, amount of dry mix to make 8 fl oz prepared	2.15	0.07	0.10	2.05
BEVERAGES,OVALTINE,CHOC MALT PDR	1 cup	72.51	56.73	0.00	72.51
BEVERAGES,OVALTINE,CHOC MALT PDR	1 serving (4 tbsp or 1 envelope)	19.52	15.27	0.00	19.52
BEVERAGES,OVALTINE,CLASSIC MALT PDR	1 individual serving (4-5 heaping tsp or 1 envelope)	19.60	13.36	0.00	19.60
BEVERAGES,OVALTINE,CLASSIC MALT PDR	1 serving (4 tbsp or 1 envelope)	19.60	13.36	0.00	19.60
BEVERAGES,PEPSICO QUAKER,GATORADE G2,LO CAL	8 fl oz	4.60	3.08	0.00	4.60
BEVERAGES,PEPSICO QUAKER,GATORADE,G PERFORMANCE O 2,RTD.	1 bottle	39.16	31.91	0.00	39.16
BEVERAGES,PEPSICO QUAKER,GATORADE,G PERFORMANCE O 2,RTD.	1 fl oz	1.96	1.60	0.00	1.96

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BEVERAGES,PEPSICO QUAKER,GATORADE,G PERFORMANCE O 2,RTD.	8 fl oz	15.69	12.79	0.00	15.69
BEVERAGES,PEPSICO,MOUNTAIN DEW ORIGINAL	16 fl oz	62.01	61.02	0.00	62.01
BEVERAGES,PEPSICO,MOUNTAIN DEW,KICKSTART,BLACK CHERRY	1 cup	10.03	9.53	0.00	10.03
BEVERAGES,PEPSICO,MOUNTAIN DEW,KICKSTART,BLACK CHERRY	16 fl oz	20.01	19.01	0.00	20.01
BEVERAGES,POWERADE ZERO ION4,CALORIE-FREE,ASSORTED FLAVORS	8 fl oz	0.00	0.00	0.00	0.00
BEVERAGES,POWERADE ZERO ION4,CALORIE-FREE,ASSORTED FLAVORS	12 fl oz	0.00	0.00	0.00	0.00
BEVERAGES,PROPEL ZERO,FRUIT-FLAVORED,NON-CARBONATED	1 bottle 12 fl oz in packages of 8	4.06	0.00	0.00	4.06
BEVERAGES,PROPEL ZERO,FRUIT-FLAVORED,NON-CARBONATED	1 bottle 16.9 fl oz in packages of 6	5.71	0.00	0.00	5.71
BEVERAGES,PROPEL ZERO,FRUIT-FLAVORED,NON-CARBONATED	1 bottle 23.7 fl oz	8.01	0.00	0.00	8.01
BEVERAGES,PROPEL ZERO,FRUIT-FLAVORED,NON-CARBONATED	1 fluid ounce	0.34	0.00	0.00	0.34
BEVERAGES,PROT PDR SOY BSD	1 scoop	13.00	10.00	3.02	9.99
BEVERAGES,PROT PDR WHEY BSD	1/3 cup	2.00	0.00	0.99	1.01
BEVERAGES,SLIMFAST,MEAL REPLCMNT,HI PROT SHAKE,RTD,3-2-1	1 bottle	2.51	1.77	1.18	1.33
BEVERAGES,UNILEVER,SLIMFAST SHAKE MIX,HI PROT,PDR,3-2-1 PLAN	1 scoop	12.34	5.35	4.73	7.61
BEVERAGES,UNILEVER,SLIMFAST SHAKE MIX,PDR,3-2-1 PLAN	1 scoop	17.42	9.89	4.71	12.71
BEVERAGES,UNILEVER,SLIMFAST,MEAL REPLCMNT,REG,RTD,3-2-1 PLAN	1 bottle	22.83	17.55	4.72	18.11
BEVERAGES,VEG & FRUIT JUC BLEND,W/ ADDED VITAMINS A,C,E	1 serving 8 oz	27.43	25.51	0.00	27.43
BEVERAGES,WHEY PROT PDR ISOLATE	3 scoop	25.00	1.00	0.00	25.00
BEVERAGES,ZEVIA,COLA	1 can	4.01	0.00	0.00	4.01
BEVERAGES,ZEVIA,COLA,CAFFEINE FREE	1 can	4.01	0.00	0.00	4.01
CARB BEV,LO CAL,COLA OR PEP,W/ ASPRT, CAF	1 bottle 16 fl oz	1.37	0.00	0.00	1.37
CARB BEV,LO CAL,COLA OR PEP,W/ ASPRT, CAF	1 can 12 fl oz	1.03	0.00	0.00	1.03
CARB BEV,LO CAL,COLA OR PEP,W/ ASPRT, CAF	1 child cup 12 fl oz size cup	0.75	0.00	0.00	0.75
CARB BEV,LO CAL,COLA OR PEP,W/ ASPRT, CAF	1 fl oz	0.09	0.00	0.00	0.09
CARB BEV,LO CAL,COLA OR PEP,W/ ASPRT, CAF	1 large cup 32 fl oz size cup	2.09	0.00	0.00	2.09

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CARB BEV,LO CAL,COLA OR PEP,W/ ASPRT, CAF	1 medium cup 21 fl oz size cup	1.41	0.00	0.00	1.41
CARB BEV,LO CAL,COLA OR PEP,W/ ASPRT, CAF	1 small cup 16 fl oz size cup	1.01	0.00	0.00	1.01
CARB BEV,LO CAL,OTHR THN COLA OR PEPPER,W/ ASPRT,CONTNS CAFF	1 can (12 fl oz)	0.00	0.00	0.00	0.00
CARB BEV,LO CAL,OTHR THN COLA OR PEPPER,W/ ASPRT,CONTNS CAFF	1 fl oz	0.00	0.00	0.00	0.00
CARBONATED BEV,CHOCOLATE-FLAVORED SODA	1 can (12 fl oz)	39.48	39.48	0.00	39.48
CARBONATED BEV,CHOCOLATE-FLAVORED SODA	1 can or bottle (16 fl oz)	52.64	52.64	0.00	52.64
CARBONATED BEV,CHOCOLATE-FLAVORED SODA	1 fl oz	3.32	3.32	0.00	3.32
CARBONATED BEV,CLUB SODA	1 can or bottle (12 fl oz)	0.00	0.00	0.00	0.00
CARBONATED BEV,CLUB SODA	1 can or bottle (16 fl oz)	0.00	0.00	0.00	0.00
CARBONATED BEV,CLUB SODA	1 fl oz	0.00	0.00	0.00	0.00
CARBONATED BEV,COLA	1 can or bottle (12 fl oz)	39.15	39.78	0.00	39.15
CARBONATED BEV,COLA	1 can or bottle (16 fl oz)	52.05	52.89	0.00	52.05
CARBONATED BEV,COLA	1 drink, extra large (44 fl oz)	143.15	145.45	0.00	143.15
CARBONATED BEV,COLA	1 drink, large (32 fl oz)	104.11	105.78	0.00	104.11
CARBONATED BEV,COLA	1 drink, medium (22 fl oz)	71.52	72.67	0.00	71.52
CARBONATED BEV,COLA	1 drink, small (16 fl oz)	52.05	52.89	0.00	52.05
CARBONATED BEV,COLA	1 fl oz	3.25	3.30	0.00	3.25
CARBONATED BEV,COLA,CONTAINS CAFFEINE,FAST-FOOD COLA	1 bottle 16 fl oz	46.94	44.04	0.00	46.94
CARBONATED BEV,COLA,CONTAINS CAFFEINE,FAST-FOOD COLA	1 can 12 fl oz	35.18	33.01	0.00	35.18

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CARBONATED BEV, COLA, CONTAINS CAFFEINE, FAST-FOOD COLA	1 cup child fast food, 12 fl oz capacity, weight of the drink only with no ice added	24.66	23.14	0.00	24.66
CARBONATED BEV, COLA, CONTAINS CAFFEINE, FAST-FOOD COLA	1 cup large fast food, 32 fl oz capacity, weight of the drink only with no ice added	69.02	64.76	0.00	69.02
CARBONATED BEV, COLA, CONTAINS CAFFEINE, FAST-FOOD COLA	1 cup medium fast food, 21 fl oz capacity, weight of the drink only with no ice added	46.46	43.59	0.00	46.46
CARBONATED BEV, COLA, CONTAINS CAFFEINE, FAST-FOOD COLA	1 cup small fast food, 16 fl oz capacity, weight of the drink only with no ice added	33.17	31.13	0.00	33.17
CARBONATED BEV, COLA, CONTAINS CAFFEINE, FAST-FOOD COLA	1 fl oz	2.93	2.75	0.00	2.93
CARBONATED BEV, COLA, WO/CAFFEINE	1 bottle 16 fl oz	51.95	51.95	0.00	51.95
CARBONATED BEV, COLA, WO/CAFFEINE	1 can 12 fl oz	38.93	38.93	0.00	38.93
CARBONATED BEV, COLA, WO/CAFFEINE	1 fl oz	3.25	3.25	0.00	3.25
CARBONATED BEV, CRM SODA	1 can or bottle (12 fl oz)	49.34	49.34	0.00	49.34
CARBONATED BEV, CRM SODA	1 can or bottle (16 fl oz)	65.70	65.70	0.00	65.70
CARBONATED BEV, CRM SODA	1 fl oz	4.11	4.11	0.00	4.11
CARBONATED BEV, GINGER ALE	1 can or bottle (12 fl oz)	32.10	31.84	0.00	32.10
CARBONATED BEV, GINGER ALE	1 can or bottle (16 fl oz)	42.80	42.46	0.00	42.80
CARBONATED BEV, GINGER ALE	1 fl oz	2.67	2.65	0.00	2.67

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CARBONATED BEV, GRAPE SODA	1 can or bottle (12 fl oz)	41.66	0.00	0.00	41.66
CARBONATED BEV, GRAPE SODA	1 fl oz	3.47	0.00	0.00	3.47
CARBONATED BEV, LEMON-LIME SODA, NO CAFFEINE	1 bottle 16 fl oz	51.27	51.07	0.00	51.27
CARBONATED BEV, LEMON-LIME SODA, NO CAFFEINE	1 can 12 fl oz	38.45	38.30	0.00	38.45
CARBONATED BEV, LEMON-LIME SODA, NO CAFFEINE	1 drink (12 fl oz)	38.35	38.20	0.00	38.35
CARBONATED BEV, LEMON-LIME SODA, NO CAFFEINE	1 drink, extra large (44 fl oz)	140.77	140.23	0.00	140.77
CARBONATED BEV, LEMON-LIME SODA, NO CAFFEINE	1 drink, large (32 fl oz)	102.32	101.93	0.00	102.32
CARBONATED BEV, LEMON-LIME SODA, NO CAFFEINE	1 drink, medium (22 fl oz)	70.34	70.07	0.00	70.34
CARBONATED BEV, LEMON-LIME SODA, NO CAFFEINE	1 drink, small (16 fl oz)	51.16	50.97	0.00	51.16
CARBONATED BEV, LEMON-LIME SODA, NO CAFFEINE	1 fl oz	3.21	3.20	0.00	3.21
CARBONATED BEV, LO CAL, COLA OR PEPPR-TYPE, W/ ASPRT, WO/ CAFFEN	1 can (12 fl oz)	0.43	0.00	0.00	0.43
CARBONATED BEV, LO CAL, COLA OR PEPPR-TYPE, W/ ASPRT, WO/ CAFFEN	1 can or bottle (16 fl oz)	0.57	0.00	0.00	0.57
CARBONATED BEV, LO CAL, COLA OR PEPPR-TYPE, W/ ASPRT, WO/ CAFFEN	1 drink, extra large (44 fl oz)	1.56	0.00	0.00	1.56
CARBONATED BEV, LO CAL, COLA OR PEPPR-TYPE, W/ ASPRT, WO/ CAFFEN	1 drink, large (32 fl oz)	1.14	0.00	0.00	1.14
CARBONATED BEV, LO CAL, COLA OR PEPPR-TYPE, W/ ASPRT, WO/ CAFFEN	1 drink, medium (22 fl oz)	0.78	0.00	0.00	0.78
CARBONATED BEV, LO CAL, COLA OR PEPPR-TYPE, W/ ASPRT, WO/ CAFFEN	1 drink, small (16 fl oz)	0.57	0.00	0.00	0.57
CARBONATED BEV, LO CAL, COLA OR PEPPR-TYPE, W/ ASPRT, WO/ CAFFEN	1 fl oz	0.04	0.00	0.00	0.04
CARBONATED BEV, LO CAL, COLA OR PEPR, W/ NA SACC, CONTAINS CAFFN	1 bottle (16 fl oz)	0.47	0.00	0.00	0.47
CARBONATED BEV, LO CAL, COLA OR PEPR, W/ NA SACC, CONTAINS CAFFN	1 can (12 fl oz)	0.36	0.00	0.00	0.36
CARBONATED BEV, LO CAL, COLA OR PEPR, W/ NA SACC, CONTAINS CAFFN	1 fl oz	0.03	0.00	0.00	0.03

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CARBONATED BEV,LO CAL,OTHER THAN COLA OR PEPPER,WO/ CAFFEINE	1 can (12 fl oz)	0.00	0.00	0.00	0.00
CARBONATED BEV,LO CAL,OTHER THAN COLA OR PEPPER,WO/ CAFFEINE	1 fl oz	0.00	0.00	0.00	0.00
CARBONATED BEV,LOCAL,OTHR THAN COLA OR PEP,W/ NA SAC,WO/ CAF	1 can (12 fl oz)	0.36	0.00	0.00	0.36
CARBONATED BEV,LOCAL,OTHR THAN COLA OR PEP,W/ NA SAC,WO/ CAF	1 fl oz	0.03	0.00	0.00	0.03
CARBONATED BEV,ORANGE	1 can or bottle (12 fl oz)	45.76	0.00	0.00	45.76
CARBONATED BEV,ORANGE	1 can or bottle (16 fl oz)	61.01	0.00	0.00	61.01
CARBONATED BEV,ORANGE	1 fl oz	3.81	0.00	0.00	3.81
CARBONATED BEV,PEPPER-TYPE,CONTAINS CAFFEINE	1 can or bottle (12 fl oz)	38.27	0.00	0.00	38.27
CARBONATED BEV,PEPPER-TYPE,CONTAINS CAFFEINE	1 can or bottle (16 fl oz)	51.06	0.00	0.00	51.06
CARBONATED BEV,PEPPER-TYPE,CONTAINS CAFFEINE	1 fl oz	3.19	0.00	0.00	3.19
CARBONATED BEV,RED SUGAR,COLA,CONTAINS CAFFEINE & SWEETENERS	1 can (8 fl oz)	18.32	18.32	0.00	18.32
CARBONATED BEV,RED SUGAR,COLA,CONTAINS CAFFEINE & SWEETENERS	1 fl oz	1.53	1.53	0.00	1.53
CARBONATED BEV,ROOT BEER	1 can or bottle (12 fl oz)	39.22	39.22	0.00	39.22
CARBONATED BEV,ROOT BEER	1 can or bottle (16 fl oz)	52.26	52.26	0.00	52.26
CARBONATED BEV,ROOT BEER	1 fl oz	3.26	3.26	0.00	3.26
CARBONATED BEV,SPRITE,LEMON-LIME,WO/ CAFFEINE	1 bottle 16 fl oz	49.89	44.18	0.00	49.89
CARBONATED BEV,SPRITE,LEMON-LIME,WO/ CAFFEINE	1 can 12 fl oz	37.42	33.14	0.00	37.42
CARBONATED BEV,SPRITE,LEMON-LIME,WO/ CAFFEINE	1 child cup 12 fl oz size cup	26.16	23.17	0.00	26.16
CARBONATED BEV,SPRITE,LEMON-LIME,WO/ CAFFEINE	1 fl oz	3.12	2.77	0.00	3.12
CARBONATED BEV,SPRITE,LEMON-LIME,WO/ CAFFEINE	1 large cup 32 fl oz size cup	73.21	64.84	0.00	73.21
CARBONATED BEV,SPRITE,LEMON-LIME,WO/ CAFFEINE	1 medium cup 21 fl oz size cup	49.28	43.64	0.00	49.28
CARBONATED BEV,SPRITE,LEMON-LIME,WO/ CAFFEINE	1 small cup 16 fl oz size cup	35.19	31.16	0.00	35.19

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CARBONATED BEV, TONIC H2O	1 bottle (11 fl oz)	29.57	29.57	0.00	29.57
CARBONATED BEV, TONIC H2O	1 can or bottle (12 fl oz)	32.21	32.21	0.00	32.21
CARBONATED BEV, TONIC H2O	1 can or bottle (16 fl oz)	42.94	42.94	0.00	42.94
CARBONATED BEV, TONIC H2O	1 fl oz	2.68	2.68	0.00	2.68
CAROB-FLAVOR BEV MIX, PDR	1 tbsp	11.20	0.00	0.96	10.24
CAROB-FLAVOR BEV MIX, PDR, PREP W/ WHL MILK	1 cup (8 fl oz)	22.22	0.00	1.02	21.20
CHOCOLATE SYRUP	1 cup	195.30	148.95	7.80	187.50
CHOCOLATE SYRUP	1 serving 2 tbsp	25.39	19.36	1.01	24.38
CHOCOLATE SYRUP, PREP W/ WHL MILK	1 cup (8 fl oz)	36.04	31.89	0.85	35.19
CHOCOLATE-FLAVOR BEV MIX FOR MILK, PDR, W/ ADDED NUTR	1 serving	19.86	18.00	0.99	18.87
CHOCOLATE-FLAVOR BEV MIX W/ ADDED NUTR, PREP W/ WHL MILK	1 serving	31.57	30.83	1.06	30.51
CHOCOLATE-FLAVOR BEV MIX, PDR, PREP W/ WHL MILK	1 cup (8 fl oz)	31.68	0.00	1.06	30.62
CHOCOLATE-FLAVORED DRK, WHEY&MILK BSD	1 cup	26.06	21.18	1.46	24.60
CHOCOLATE-FLAVORED DRK, WHEY&MILK BSD	1 fl oz	3.26	2.65	0.18	3.07
CITRUS FRUIT JUC DRK, FRZ CONC	1 can (12 fl oz)	170.05	121.10	0.85	169.20
CITRUS FRUIT JUC DRK, FRZ CONC	1 fl oz	14.15	10.08	0.07	14.08
CITRUS FRUIT JUC DRK, FRZ CONC, PREP W/H2O	1 fl oz	3.54	2.52	0.03	3.51
CITRUS FRUIT JUC DRK, FRZ CONC, PREP W/H2O	1 serving 8 fl oz	28.32	20.16	0.25	28.07
CLAM&TOMATO JUC, CND	1 can (5.5 oz)	18.18	5.49	0.66	17.51
CLAM&TOMATO JUC, CND	1 fl oz	3.31	1.00	0.12	3.19
COCKTAIL MIX, NON-ALCOHOLIC, CONCD, FRZ	1 fl oz	25.78	8.83	0.00	25.78
COCOA MIX, NESTLE, HOT COCOA MIX RICH CHOC W/ MARSHMALLOWS	1 serving 1 envelope	15.00	13.00	0.74	14.26
COCOA MIX, NESTLE, RICH CHOC HOT COCOA MIX	1 serving 1 envelope	15.00	12.00	0.80	14.20
COCOA MIX, NO SUGAR ADDED, PDR	1 envelope Swiss Miss (.53 oz)	10.79	5.65	1.13	9.66
COCOA MIX, NO SUGAR ADDED, PDR	1 envelope Alba (.675 oz)	13.67	7.15	1.43	12.24
COCOA MIX, PDR	1 serving (3 heaping tsp or 1 envelope)	23.44	18.35	1.04	22.41
COCOA MIX, PDR, PREP W/ H2O	1 fl oz	3.96	3.10	0.17	3.79
COCOA MIX, PDR, PREP W/ H2O	1 serving 6 fl oz	23.77	18.60	1.03	22.74
COCOA MIX, W/ ASPRT, PDR, PREP W/ H2O	1 fl oz	1.80	0.94	0.19	1.61

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COCOA MIX,W/ ASPRT,PDR,PREP W/ H2O	1 serving 6 fl oz	10.77	5.63	1.15	9.62
COFFEE SUB,CRL GRAIN BEV,PDR	1 tsp (1 serving)	2.35	0.14	0.70	1.65
COFFEE SUB,CRL GRAIN BEV,PDR,PREP W/ WHL MILK	6 fl oz	10.36	0.00	0.19	10.18
COFFEE SUB,CRL GRAIN BEV,PREP W/ H2O	1 fl oz	0.39	0.02	0.12	0.27
COFFEE SUB,CRL GRAIN BEV,PREP W/ H2O	1 serving 6 fl oz	2.34	0.14	0.72	1.62
COFFEE&COCOA (MOCHA) PDR,W/WHTNR&LO CAL SWTNR,DECAFFEINATED	1 tsp dry	4.57	2.24	0.31	4.26
COFFEE,BREWED FROM GROUNDS,PREP W/ TAP H2O	1 cup (8 fl oz)	0.00	0.00	0.00	0.00
COFFEE,BREWED FROM GROUNDS,PREP W/ TAP H2O	1 fl oz	0.00	0.00	0.00	0.00
COFFEE,BREWED FROM GROUNDS,PREP W/ TAP H2O	6 fl oz	0.00	0.00	0.00	0.00
COFFEE,BREWED FROM GROUNDS,PREP W/ TAP H2O,DECAFFEINATED	1 cup (8 fl oz)	0.00	0.00	0.00	0.00
COFFEE,BREWED FROM GROUNDS,PREP W/ TAP H2O,DECAFFEINATED	1 fl oz	0.00	0.00	0.00	0.00
COFFEE,BREWED FROM GROUNDS,PREP W/ TAP H2O,DECAFFEINATED	6 fl oz	0.00	0.00	0.00	0.00
COFFEE,BREWED,ESPRESSO,REST-PREP	1 fluid ounce	0.50	0.00	0.00	0.50
COFFEE,BREWED,ESPRESSO,REST-PREP,DECAFFEINATED	1 fluid ounce	0.51	0.00	0.00	0.51
COFFEE,DRY,PDR,W/ WHTNR,RED CAL	1 tsp dry	1.02	1.00	0.01	1.01
COFFEE,INST,DECAFFEINATED,PDR	1 tsp rounded	1.37	0.00	0.00	1.37
COFFEE,INST,DECAFFEINATED,PDR,PREP W/H2O	1 fl oz	0.13	0.00	0.00	0.13
COFFEE,INST,DECAFFEINATED,PDR,PREP W/H2O	1 serving 6 fl oz	0.77	0.00	0.00	0.77
COFFEE,INST,REG,PDR	1 packet	1.51	0.00	0.00	1.51
COFFEE,INST,REG,PDR	1 tsp	0.75	0.00	0.00	0.75
COFFEE,INST,REG,PDR,HALF THE CAFFEINE	1 packet	1.46	0.00	0.00	1.46
COFFEE,INST,REG,PDR,HALF THE CAFFEINE	1 tsp	0.73	0.00	0.00	0.73
COFFEE,INST,REG,PREP W/H2O	1 fl oz	0.10	0.00	0.00	0.10
COFFEE,INST,REG,PREP W/H2O	1 serving 6 fl oz	0.61	0.00	0.00	0.61
COFFEE,INST,W/ CHICORY,PREP W/ H2O	1 fl oz	0.22	0.00	0.00	0.22
COFFEE,INST,W/ CHICORY,PREP W/ H2O	1 serving 6 fl oz	1.34	0.00	0.00	1.34
COFFEE,INST,W/CHICORY,PDR	1 tsp, rounded	1.42	0.00	0.01	1.41
COFFEE,INST,W/SUGAR,MOCHA-FLAVOR,PDR	1 serving 2 tbsp	9.63	7.57	0.25	9.38
CRANBERRY JUC COCKTAIL,BTLD	1 cup (8 fl oz)	34.21	30.03	0.00	34.21
CRANBERRY JUC COCKTAIL,BTLD	1 fl oz	4.27	3.75	0.00	4.27
CRANBERRY JUC COCKTAIL,BTLD,LO CAL,W/CA,SACCHARIN&CORN SWTNR	1 cup (8 fl oz)	10.90	10.88	0.00	10.90

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CRANBERRY JUC COCKTAIL,BTLD,LO CAL,W/CA,SACCHARIN&CORN SWTNR	1 fl oz	1.36	1.36	0.00	1.36
CRANBERRY JUC COCKTAIL,FRZ CONC	1 can (12 fl oz)	223.81	184.88	0.87	222.94
CRANBERRY JUC COCKTAIL,FRZ CONC	1 fl oz	18.62	15.39	0.07	18.55
CRANBERRY JUC COCKTAIL,FRZ CONC,PREP W/ H2O	1 fl oz	3.50	2.89	0.00	3.50
CRANBERRY JUC COCKTAIL,FRZ CONC,PREP W/ H2O	1 serving 8 fl oz	27.99	23.13	0.00	27.99
CRANBERRY-APPLE JUC DRK,BTLD	1 cup (8 fl oz)	38.83	35.53	0.00	38.83
CRANBERRY-APPLE JUC DRK,BTLD	1 fl oz	4.85	4.44	0.00	4.85
CRANBERRY-APPLE JUC DRK,LO CAL,W/VIT C	1 cup (8 fl oz)	11.28	11.04	0.24	11.04
CRANBERRY-APPLE JUC DRK,LO CAL,W/VIT C	1 fl oz	1.41	1.38	0.03	1.38
CRANBERRY-APRICOT JUC DRK,BTLD	1 cup (8 fl oz)	39.69	0.00	0.25	39.45
CRANBERRY-APRICOT JUC DRK,BTLD	1 fl oz	4.96	0.00	0.03	4.93
CRANBERRY-GRAPE JUC DRK,BTLD	1 cup (8 fl oz)	34.30	0.00	0.25	34.06
CRANBERRY-GRAPE JUC DRK,BTLD	1 fl oz	4.28	0.00	0.03	4.25
DAIRY DRK MIX,CHOC,RED CAL,W/ ASPRT,PDR,PREP W/ H2O & ICE	1 serving	10.96	7.02	1.94	9.02
DAIRY DRK MIX,CHOC,RED CAL,W/ LOW-CALORIE SWEETENERS,PDR	1 packet (.75 oz)	10.79	6.92	1.97	8.82
DRINK MIX,QUAKER OATS,GATORADE,ORANGE FLAVOR,PDR	1 cup powder	194.81	166.64	0.00	194.81
DRINK MIX,QUAKER OATS,GATORADE,ORANGE FLAVOR,PDR	1 scoop powder	21.65	18.52	0.00	21.65
EGGNOG-FLAVOR MIX,PDR,PREP W/ WHL MILK	1 cup (8 fl oz)	38.62	34.44	0.00	38.62
ENERGY DRK,AMP	1 serving	28.99	28.99	0.00	28.99
ENERGY DRK,AMP,SUGAR FREE	1 serving 8 fl oz	2.47	0.00	0.00	2.47
ENERGY DRK,FULL THROTTLE	1 serving 8 fluid oz	28.99	28.99	0.00	28.99
ENERGY DRK,MONSTER	1 serving	27.00	27.00	0.00	27.00
ENERGY DRK,ROCKSTAR	1 fl oz	3.94	3.80	0.00	3.94
ENERGY DRK,ROCKSTAR	1 serving (1 NLEA serving, 8 fl oz)	30.48	29.42	0.00	30.48
ENERGY DRK,ROCKSTAR,SUGAR FREE	8 fl oz (1 serving)	1.68	0.00	0.00	1.68
ENERGY DRK,VAULT ZERO,SUGAR-FREE,CITRUS FLAVOR	1 serving (8 fl oz)	1.72	0.00	0.00	1.72
ENERGY DRK,VAULT ZERO,SUGAR-FREE,CITRUS FLAVOR	12 fl oz	2.52	0.00	0.00	2.52
ENERGY DRK,VAULT,CITRUS FLAVOR	1 oz	4.03	4.03	0.00	4.03
ENERGY DRK,VAULT,CITRUS FLAVOR	8 fl oz (1 serving)	31.96	31.96	0.00	31.96
ENG DRK,RED BULL,SGR FR,W/ADD CAFF,NIACIN,PANTO,VIT B6 & B12	1 serving 8.3 fl oz can	1.75	0.00	0.00	1.75

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ENGY DRK,RED BULL,W/ ADD CAFFEINE,NIACIN,PANTO,VIT B6 & B12	1 can 12 fl oz	40.37	37.12	0.00	40.37
ENGY DRK,RED BULL,W/ ADD CAFFEINE,NIACIN,PANTO,VIT B6 & B12	1 can 16 fl oz	53.82	49.50	0.00	53.82
ENGY DRK,RED BULL,W/ ADD CAFFEINE,NIACIN,PANTO,VIT B6 & B12	1 can 8.4 fl oz	28.23	25.95	0.00	28.23
FRUIT FLAV DRK CONTAINING LESS THAN 3% FRUIT JUC,W/ HI VIT C	1 cup (8 fl oz)	15.87	11.90	0.00	15.87
FRUIT FLAV DRK,LESS THAN 3% JUC,NOT FORT W/ VIT C	1 cup (8 fl oz)	38.15	37.72	0.00	38.15
FRUIT FLAV DRK,RED SUGAR,JUC,HI VIT C,ADDED CA	1 fl oz	2.07	1.56	0.00	2.07
FRUIT FLAV DRK,RED SUGAR,JUC,HI VIT C,ADDED CA	8 fl oz	16.01	12.00	0.00	16.01
FRUIT JUC DRK,GREATER THAN 3% JUC,HI VIT C	1 cup (8 fl oz)	27.01	25.44	0.24	26.78
FRUIT JUC DRK,OVER 3% FRUIT JUC,HI VIT C & ADDED THIAMIN	8 fl oz	31.19	28.70	0.24	30.95
FRUIT PUNCH DRK,FRZ CONC	1 can (12 fl oz)	173.05	0.00	1.67	171.38
FRUIT PUNCH DRK,FRZ CONC	1 fl oz	14.41	0.00	0.14	14.27
FRUIT PUNCH DRK,FRZ CONC,PREP W/H2O	1 fl oz	3.60	0.00	0.03	3.57
FRUIT PUNCH DRK,FRZ CONC,PREP W/H2O	1 serving 8 fl oz	28.80	0.00	0.25	28.55
FRUIT PUNCH DRK,W/ ADDED NUTR,CND	1 cup (8 fl oz)	29.61	28.00	0.50	29.12
FRUIT PUNCH DRK,W/ ADDED NUTR,CND	1 fl oz	3.70	3.50	0.06	3.64
FRUIT PUNCH DRK,WO/ ADDED NUTR,CND	1 cup (8 fl oz)	29.69	28.00	0.00	29.69
FRUIT PUNCH DRK,WO/ ADDED NUTR,CND	6 3/4 fl oz 1 pouch, 200 ml	25.14	23.71	0.00	25.14
FRUIT PUNCH JUC DRK,FRZ CONC	1 can (12 fl oz)	182.31	0.00	0.85	181.47
FRUIT PUNCH JUC DRK,FRZ CONC	1 fl oz	15.17	0.00	0.07	15.10
FRUIT PUNCH JUC DRK,FRZ CONC,PREP W/H2O	1 fl oz	3.34	3.34	0.00	3.34
FRUIT PUNCH JUC DRK,FRZ CONC,PREP W/H2O	1 serving 8 fl oz	26.68	26.68	0.00	26.68
FRUIT PUNCH-FLAVOR DRK,PDR,WO/ NA,PREP W/H2O	1 fl oz	3.10	3.02	0.00	3.10
FRUIT PUNCH-FLAVOR DRK,PDR,WO/ NA,PREP W/H2O	1 serving 8 fl oz	24.81	24.18	0.00	24.81
FRUIT-FLAVORED DRK,DRY PDR MIX,LO CAL,W/ ASPRT	1 tsp	6.99	0.00	0.01	6.98
FRUIT-FLAVORED DRK,PDR,W/ HI VIT C W/ OTHER ADDED VIT,LO CAL	1 tsp	1.82	0.00	0.04	1.78
GRAPE DRINK,CANNED	1 cup (8 fl oz)	39.30	32.65	0.00	39.30
GRAPE DRINK,CANNED	1 fl oz	4.92	4.09	0.00	4.92
GRAPE JUICE DRINK,CANNED	1 cup (8 fl oz)	36.38	35.28	0.25	36.13
GRAPE JUICE DRINK,CANNED	1 fl oz	4.55	4.42	0.03	4.52
HIBISCUS TEA	8 fl oz	17.56	14.22	0.71	16.85
HORCHATA,DRY MIX,UNPREP,VAR OF BRANDS,ALL W/ MORRO SEEDS	1 cup	93.28	45.90	4.72	88.56

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HORCHATA,DRY MIX,UNPREP,VAR OF BRANDS,ALL W/ MORRO SEEDS	1 tbsp	6.17	3.03	0.31	5.85
LEMONADE,FRZ CONC,PINK	1 can (12 fl oz)	213.52	203.03	1.31	212.21
LEMONADE,FRZ CONC,PINK	1 can (6 fl oz)	106.51	101.28	0.65	105.86
LEMONADE,FRZ CONC,PINK	1 fl oz	17.79	16.91	0.11	17.68
LEMONADE,FRZ CONC,PINK,PREP W/H2O	1 cup 8 fl oz	26.70	25.39	0.25	26.45
LEMONADE,FRZ CONC,PINK,PREP W/H2O	1 fl oz	3.34	3.18	0.03	3.31
LEMONADE,FRZ CONC,WHITE	1 can (12 fl oz)	218.52	194.73	1.31	217.20
LEMONADE,FRZ CONC,WHITE	1 can (6 fl oz)	109.26	97.37	0.66	108.60
LEMONADE,FRZ CONC,WHITE	1 fl oz	18.21	16.23	0.11	18.10
LEMONADE,FRZ CONC,WHITE,PREP W/H2O	1 fl oz	3.22	3.08	0.00	3.22
LEMONADE,FRZ CONC,WHITE,PREP W/H2O	1 serving 1 cup 8 fl oz	25.74	24.65	0.00	25.74
LEMONADE,PDR,PREP W/H2O	1 fl oz	1.18	1.16	0.00	1.18
LEMONADE,PDR,PREP W/H2O	1 serving 1 cup 8 fl oz	9.48	9.24	0.00	9.48
LEMONADE,POWDER	1 cup	212.70	206.45	0.87	211.83
LEMONADE,POWDER	1 serving	17.56	17.05	0.07	17.49
LEMONADE-FLAVOR DRK,PDR	1/2 scoop (2 tbsp)	28.39	28.17	0.00	28.39
LEMONADE-FLAVOR DRK,PDR	1 serving	17.62	17.49	0.00	17.62
LEMONADE-FLAVOR DRK,PDR,PREP W/H2O	1 fl oz	2.19	2.18	0.00	2.19
LEMONADE-FLAVOR DRK,PDR,PREP W/H2O	1 serving 1 cup (8 fl oz)	17.60	17.52	0.00	17.60
LIMEADE,FRZ CONC,PREP W/H2O	1 fl oz	4.26	4.10	0.00	4.26
LIMEADE,FRZ CONC,PREP W/H2O	1 serving 1 cup 8 fl oz	34.06	32.78	0.00	34.06
MALT BEV,INCL NON-ALCOHOLIC BEER	1 cup	19.08	19.08	0.00	19.08
MALT BEV,INCL NON-ALCOHOLIC BEER	1 fl oz	2.38	2.38	0.00	2.38
MALTED DRK MIX,CHOC,PDR	1 serving (3 heaping tsp or 1 envelope)	18.26	14.00	1.01	17.25
MALTED DRK MIX,CHOC,PDR,PREP W/ WHL MILK	1 cup (8 fl oz)	29.68	17.70	1.33	28.36
MALTED DRK MIX,CHOC,W/ ADDED NUTR,PDR,PREP W/ WHL MILK	1 cup (8 fl oz)	29.65	27.80	1.06	28.59
MALTED DRK MIX,NAT,PDR,HAS MILK	1 serving (3 heaping tsp or 1 envelope)	14.95	10.00	0.02	14.93
MALTED DRK MIX,NAT,PDR,PREP W/ WHL MILK	1 cup (8 fl oz)	27.11	25.33	0.27	26.84
MALTED DRK MIX,NAT,W/ ADDED NUTR,PDR,PREP W/ WHL MILK	1 cup (8 fl oz)	28.28	22.18	0.00	28.28

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MEAL SUPP DRK,NESTLE,SUPLIGEN,CND,PNUT FLAVOR	1 can	57.63	0.00	0.00	57.63
MEAL SUPP DRK,NESTLE,SUPLIGEN,CND,PNUT FLAVOR	1 cup	23.29	0.00	0.00	23.29
MIXED VEG & FRUIT JUC DRK,W/ ADDED NUTR	8 fl oz	18.45	5.19	0.00	18.45
ORANGE BRKFST DRK,RTD,W/ ADDED NUTR	1 cup (8 fl oz)	33.40	20.29	0.25	33.14
ORANGE BRKFST DRK,RTD,W/ ADDED NUTR	1 fl oz	4.17	2.53	0.03	4.14
ORANGE DRK,BRKFST TYPE,W/ JUC & PULP,FRZ CONC	1 can (12 fl oz)	170.04	165.90	0.44	169.60
ORANGE DRK,BRKFST TYPE,W/ JUC & PULP,FRZ CONC	1 fl oz	14.16	13.81	0.04	14.12
ORANGE DRK,BRKFST TYPE,W/JUC&PULP,FRZ CONC,PREP W/H2O	1 fl oz	3.54	3.46	0.00	3.54
ORANGE DRK,BRKFST TYPE,W/JUC&PULP,FRZ CONC,PREP W/H2O	1 serving 8 fl oz	28.30	27.63	0.00	28.30
ORANGE DRK,CND,W/ ADDED VIT C	1 cup (8 fl oz)	30.60	27.35	0.00	30.60
ORANGE DRK,CND,W/ ADDED VIT C	1 fl oz	3.83	3.42	0.00	3.83
ORANGE JUICE DRINK	1 cup	33.39	23.31	0.50	32.89
ORANGE JUICE DRINK	1 drink box (8.45 fl oz)	35.27	24.62	0.53	34.74
ORANGE JUICE DRINK	1 fl oz	4.17	2.91	0.06	4.11
ORANGE&APRICOT JUC DRK,CND	1 cup (8 fl oz)	31.75	30.15	0.25	31.50
ORANGE&APRICOT JUC DRK,CND	1 fl oz	3.96	3.76	0.03	3.93
ORANGE-FLAVOR DRK,BRKFST TYPE,PDR	1 serving 2 tbsp	25.72	24.00	0.10	25.62
ORANGE-FLAVOR DRK,BRKFST TYPE,PDR,PREP W/ H2O	1 fl oz	4.29	4.00	0.03	4.25
ORANGE-FLAVOR DRK,BRKFST TYPE,PDR,PREP W/ H2O	1 serving 6 fl oz	25.68	23.95	0.20	25.48
ORANGE-FLAVOR DRK,BRKFST TYPE,W/PULP,FRZ CONC	1 can (12 fl oz)	181.90	49.61	0.85	181.05
ORANGE-FLAVOR DRK,BRKFST TYPE,W/PULP,FRZ CONC	1 fl oz	15.14	4.13	0.07	15.07
ORANGE-FLAVOR DRK,BRKFST TYPE,W/PULP,FRZ CONC,PREP W/H2O	1 fl oz	3.79	3.69	0.00	3.79
ORANGE-FLAVOR DRK,BRKFST TYPE,W/PULP,FRZ CONC,PREP W/H2O	1 serving 8 fl oz	30.28	29.54	0.00	30.28
PINEAPPLE&GRAPEFRUIT JUC DRK,CND	1 cup (8 fl oz)	29.00	28.80	0.25	28.75
PINEAPPLE&GRAPEFRUIT JUC DRK,CND	1 fl oz	3.63	3.61	0.03	3.60
PINEAPPLE&ORANGE JUC DRK,CND	1 cup (8 fl oz)	29.50	28.98	0.25	29.25
PINEAPPLE&ORANGE JUC DRK,CND	1 fl oz	3.69	3.63	0.03	3.66
READY-TO-DRINK RED FAT MILK,FLAV & SWTND,W/CA,VIT A & VIT D	1 cup	29.48	27.82	0.98	28.50

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RICE DRK, UNSWTND, W/ ADDED CA, VITAMINS A & D	8 fl oz (approximate weight, 1 serving)	22.01	12.67	0.72	21.29
SHAKE, FAST FD, STRAWBERRY	1 fl oz	4.44	0.00	0.09	4.35
SHAKE, FAST FD, STRAWBERRY	1 large 21 fl oz	93.37	0.00	1.98	91.39
SHAKE, FAST FD, STRAWBERRY	1 medium 16 fl oz	71.06	0.00	1.50	69.56
SHAKE, FAST FD, STRAWBERRY	1 small 12 fl oz	53.30	0.00	1.13	52.17
SHAKE, FAST FOOD, VANILLA	1 cup (8 fl oz)	32.52	22.63	1.49	31.03
SHAKE, FAST FOOD, VANILLA	1 fl oz	4.07	2.84	0.19	3.89
SHAKE, FAST FOOD, VANILLA	1 large McDonald's shake (22 fl oz)	89.72	62.43	4.12	85.60
SHAKE, FAST FOOD, VANILLA	1 medium McDonald's shake (16 fl oz)	65.23	45.39	3.00	62.24
SHAKE, FAST FOOD, VANILLA	1 milkshake (10 fl oz)	40.75	28.35	1.87	38.88
SHAKE, FAST FOOD, VANILLA	1 small McDonald's shake (12 fl oz)	48.98	34.08	2.25	46.73
STRAWBERRY-FLAVOR BEV MIX, PDR	1 serving (2-3 heaping tsp)	21.80	21.00	0.00	21.80
STRAWBERRY-FLAVOR BEV MIX, PDR, PREP W/ WHL MILK	1 cup (8 fl oz)	32.72	0.00	0.00	32.72
TEA, BLACK, BREWED, PREP W/ DISTILLED H2O	1 fl oz	0.09	0.00	0.00	0.09
TEA, BLACK, BREWED, PREP W/ DISTILLED H2O	6 fl oz	0.53	0.00	0.00	0.53
TEA, BLACK, BREWED, PREP W/ TAP H2O	1 cup (8 fl oz)	0.71	0.00	0.00	0.71
TEA, BLACK, BREWED, PREP W/ TAP H2O	1 fl oz	0.09	0.00	0.00	0.09
TEA, BLACK, BREWED, PREP W/ TAP H2O	6 fl oz	0.53	0.00	0.00	0.53
TEA, BLACK, BREWED, PREP W/ TAP H2O, DECAFFEINATED	1 cup (8 fl oz)	0.71	0.00	0.00	0.71
TEA, BLACK, BREWED, PREP W/ TAP H2O, DECAFFEINATED	1 fl oz	0.09	0.00	0.00	0.09
TEA, BLACK, BREWED, PREP W/ TAP H2O, DECAFFEINATED	6 fl oz	0.53	0.00	0.00	0.53
TEA, HERB, CHAMOMILE, BREWED	1 cup (8 fl oz)	0.47	0.00	0.00	0.47
TEA, HERB, CHAMOMILE, BREWED	1 fl oz	0.06	0.00	0.00	0.06
TEA, HERB, CHAMOMILE, BREWED	6 fl oz	0.36	0.00	0.00	0.36

Complete USDA Food Carbohydrate List - 2015

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TEA,HERB,OTHER THAN CHAMOMILE,BREWED	1 cup (8 fl oz)	0.47	0.00	0.00	0.47
TEA,HERB,OTHER THAN CHAMOMILE,BREWED	1 fl oz	0.06	0.00	0.00	0.06
TEA,HERB,OTHER THAN CHAMOMILE,BREWED	6 fl oz	0.36	0.00	0.00	0.36
TEA,INST,SWTND W/ NON-NUTRITIVE SWTNR,LEMON-FLAVORED,PREP	1 fl oz	0.13	0.00	0.00	0.13
TEA,INST,SWTND W/ NON-NUTRITIVE SWTNR,LEMON-FLAVORED,PREP	1 serving 8 fl oz cup	1.05	0.02	0.00	1.05
TEA,INST,SWTND W/ NON-NUTRITIVE SWTNR,LEMON-FLAVORED,PREP	6 fl oz	0.79	0.02	0.00	0.79
TEA,INST,SWTND W/ NON-NUTRSWTNR,LEMON-FLAVOR,PDR,DECAFFE	2 tsp	1.37	0.03	0.00	1.37
TEA,INST,SWTND W/NA SACCHARIN,LEMON-FLAVORED,PDR	2 tsp	1.37	0.03	0.00	1.37
TEA,INST,SWTND W/NA SACCHARIN,LEMON-FLAVORED,PDR	4 tbsp (1/4 cup)	12.30	0.27	0.00	12.30
TEA,INST,SWTND W/SUGAR,LEMN-FLAV,WO/ VIT C,PDR,DECAFFEINATED	1 cup	179.36	173.43	0.00	179.36
TEA,INST,SWTND W/SUGAR,LEMN-FLAV,WO/ VIT C,PDR,DECAFFEINATED	1 serving (3 heaping tsp)	22.67	21.92	0.00	22.67
TEA,INST,SWTND W/SUGAR,LEMON-FLAVORED,W/ VIT C,PDR	1 cup	177.63	0.00	0.00	177.63
TEA,INST,SWTND W/SUGAR,LEMON-FLAVORED,W/ VIT C,PDR	1 serving (3 heaping tsp)	22.45	0.00	0.00	22.45
TEA,INST,SWTND W/SUGAR,LEMON-FLAVORED,WO/ VIT C,PDR	1 cup	179.36	173.43	1.27	178.09
TEA,INST,SWTND W/SUGAR,LEMON-FLAVORED,WO/ VIT C,PDR	1 serving (3 heaping tsp)	22.67	21.92	0.16	22.51
TEA,INST,SWTND W/SUGAR,LEMON-FLAVORED,WO/ VIT C,PDR,PREP	1 cup (8 fl oz)	22.30	21.57	0.26	22.04
TEA,INST,UNSWTND,LEMON-FLAVORED,PDR	1 tsp, rounded	1.10	0.06	0.07	1.03
TEA,INST,UNSWTND,LEMON-FLAVORED,PDR	2 tbsp, rounded	8.87	0.51	0.57	8.31
TEA,INST,UNSWTND,PDR	1 serving 1 tsp	0.41	0.04	0.06	0.35
TEA,INST,UNSWTND,PDR,DECAFFEINATED	1 serving 2 tsp	0.41	0.04	0.06	0.35
TEA,INST,UNSWTND,PDR,PREP	1 fl oz	0.05	0.01	0.00	0.05
TEA,INST,UNSWTND,PDR,PREP	1 serving 8 fl oz cup	0.40	0.05	0.00	0.40
TEA,INST,UNSWTND,PDR,PREP	6 fl oz	0.30	0.04	0.00	0.30
TEA,RTD,ARIZONA ICED TEA,W/ LEMON FLAVOR	1 bottle 20 fl oz	59.89	59.03	0.00	59.89
TEA,RTD,ARIZONA ICED TEA,W/ LEMON FLAVOR	1 box 12 fl oz	35.95	35.44	0.00	35.95
TEA,RTD,ARIZONA ICED TEA,W/ LEMON FLAVOR	1 fl oz	2.99	2.95	0.00	2.99
TEA,RTD,ARIZONA ICED TEA,W/ LEMON FLAVOR	1 serving 8 fl oz	22.18	21.86	0.00	22.18
TEA,RTD,LIPTON BRISK ICED TEA,W/ LEMON FLAVOR	1 can 12 fl oz	32.33	31.89	0.00	32.33

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TEA,RTD,LIPTON BRISK ICED TEA,W/ LEMON FLAVOR	1 fl oz	2.70	2.66	0.00	2.70
TEA,RTD,LIPTON BRISK ICED TEA,W/ LEMON FLAVOR	1 serving 8 fl oz	21.58	21.29	0.00	21.58
TEA,RTD,NESTLE,COOL NESTEA ICE TEA LEMON FLAVOR	1 bottle 16.9 fl oz	47.09	47.09	0.00	47.09
TEA,RTD,NESTLE,COOL NESTEA ICE TEA LEMON FLAVOR	1 can 12 fl oz	33.45	33.45	0.00	33.45
TEA,RTD,NESTLE,COOL NESTEA ICE TEA LEMON FLAVOR	1 fl oz	2.78	2.78	0.00	2.78
TEA,RTD,NESTLE,COOL NESTEA ICE TEA LEMON FLAVOR	1 serving 8 fl oz	22.27	22.27	0.00	22.27
TEA,RTD,UNSWTND,WENDY'S,FAST FD,WO/ ICE	1 fluid ounce	0.00	0.00	0.00	0.00
V8 SPLASH JUC DRINKS,BERRY BLEND	1 serving 8 oz	18.01	18.01	0.00	18.01
V8 SPLASH JUC DRINKS,DIET BERRY BLEND	1 serving 8 oz	2.99	1.00	0.00	2.99
V8 SPLASH JUC DRINKS,DIET FRUIT MEDLEY	1 serving 8 oz	3.00	2.00	0.00	3.00
V8 SPLASH JUC DRINKS,FRUIT MEDLEY	1 serving 8 oz	19.00	19.00	0.00	19.00
V8 SPLASH JUC DRINKS,MANGO PEACH	1 serving 8 oz	20.00	20.00	0.00	20.00
V8 SPLASH JUC DRINKS,ORANGE PNAPPL	1 serving 8 oz	18.01	18.01	0.00	18.01
V8 SPLASH JUC DRINKS,ORCHARD BLEND	1 serving 8 oz	19.00	19.00	0.00	19.00
V8 SPLASH JUC DRINKS,STRAWBERRY BANANA	1 serving 8 oz	18.01	18.01	0.00	18.01
V8 SPLASH JUC DRINKS,STRAWBERRY KIWI	1 serving 8 oz	18.01	18.01	0.00	18.01
V8 SPLASH JUC DRINKS,TROPICAL BLEND	1 serving 8 oz	18.01	18.01	0.00	18.01
V8 SPLASH JUC,GUAVA PASSION FRUIT	1 serving 8 oz	19.00	19.00	0.00	19.00
V8 SPLASH SMOOTHIES,PEACH MANGO	1 serving 8 oz	19.01	18.01	0.00	19.01
V8 SPLASH SMOOTHIES,STRAWBERRY BANANA	1 serving 8 oz	19.99	18.01	0.00	19.99
V8 SPLASH SMOOTHIES,TROPICAL COLADA	1 serving 8 oz	21.01	18.01	0.98	20.02
V8 SPLASH,DIET STRAWBERRY KIWI	1 serving	3.00	2.00	0.00	3.00
V8 SPLASH,DIET TROPICAL BLEND	1 serving 8 oz	3.00	1.00	0.00	3.00
V8 V. FUSION JUICES,ACAI BERRY	1 serving 8 oz	27.01	26.00	0.00	27.01
V8 V. FUSION JUICES,PEACH MANGO	1 serving 8 oz	27.99	26.00	0.00	27.99
V8 V. FUSION JUICES,STRAWBERRY BANANA	1 serving 8 oz	29.00	24.99	0.00	29.00
V8 V. FUSION JUICES,TROPICAL	1 serving 8 oz	27.99	24.99	0.00	27.99
VEGETABLE & FRUIT JUC DRK,RED CAL,ADDED VIT C	1 serving	2.62	1.50	0.00	2.62
WATER,BTLD,GENERIC	1 cup	0.00	0.00	0.00	0.00
WATER,BTLD,GENERIC	1 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,GENERIC	1 ml	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,CALISTOGA	1 bottle 16.9 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,CALISTOGA	1 bottle 24 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,CALISTOGA	1 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,CRYSTAL GEYSER	1 bottle 500 ml in packages of 6, 12 or 28	0.00	0.00	0.00	0.00

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WATER,BTLD,NON-CARBONATED,CRYSTAL GEYSER	1 bottle 8 fl oz in packages of 8	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,CRYSTAL GEYSER	1 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,DANNON	1 bottle 11.2 fl oz in package of 12	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,DANNON	1 bottle 25 fl oz in package of 12	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,DANNON	1 bottle 500 ml in package of 24	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,DANNON	1 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,DANNON FLUORIDE TO GO	1 bottle 8.5 fl oz in packages of 8	0.08	0.00	0.00	0.08
WATER,BTLD,NON-CARBONATED,DANNON FLUORIDE TO GO	1 fl oz	0.01	0.00	0.00	0.01
WATER,BTLD,NON-CARBONATED,DASANI	1 bottle 12 fl oz in packages of 12	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,DASANI	1 bottle 16.9 fl oz in packages of 6 and 24	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,DASANI	1 bottle 20 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,DASANI	1 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,EVIAN	1 bottle 11.2 fl oz in package of 6	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,EVIAN	1 bottle 16.9 fl oz in package of 6	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,EVIAN	1 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,NAYA	1 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,PEPSI,AQUAFINA	1 bottle 16.9 fl oz in packages of 6, 12 or 24	0.00	0.00	0.00	0.00
WATER,BTLD,NON-CARBONATED,PEPSI,AQUAFINA	1 bottle 24 fl oz in packages of 6	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
WATER,BTLD,NON-CARBONATED,PEPSI,AQUAFINA	1 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,PERRIER	1 bottle 11 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,PERRIER	1 bottle 6.5 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,PERRIER	1 cup 8 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,PERRIER	1 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,POLAND SPRING	1 bottle 16.9 fl oz in packages of 6 and 24	0.00	0.00	0.00	0.00
WATER,BTLD,POLAND SPRING	1 bottle 24 fl oz in packages of 6	0.00	0.00	0.00	0.00
WATER,BTLD,POLAND SPRING	1 bottle 8 fl oz in packages of 12	0.00	0.00	0.00	0.00
WATER,BTLD,POLAND SPRING	1 cup 8 fl oz	0.00	0.00	0.00	0.00
WATER,BTLD,POLAND SPRING	1 fl oz	0.00	0.00	0.00	0.00
WATER,NON-CARBONATED,FRUIT FLAVORS,SWTND W/ LO CAL SWTNR	1 fl oz	0.04	0.00	0.00	0.04
WATER,NON-CARBONATED,FRUIT FLAVORS,SWTND W/ LO CAL SWTNR	1 ml	0.00	0.00	0.00	0.00
WATER,NON-CARBONATED,FRUIT FLAVORS,SWTND W/ LO CAL SWTNR	1 serving (8 fl oz)	0.31	0.00	0.00	0.31
WATER,TAP,DRINKING	1 cup 8 fl oz	0.00	0.00	0.00	0.00
WATER,TAP,DRINKING	1 fl oz	0.00	0.00	0.00	0.00
WATER,TAP,DRINKING	1 liter	0.00	0.00	0.00	0.00
WATER,TAP,MUNICIPAL	1 cup 8 fl oz	0.00	0.00	0.00	0.00
WATER,TAP,MUNICIPAL	1 fl oz	0.00	0.00	0.00	0.00
WATER,TAP,MUNICIPAL	1 liter	0.00	0.00	0.00	0.00
WATER,TAP,MUNICIPAL	3 ice cube (3/4 fl oz)	0.00	0.00	0.00	0.00
WATER,TAP,WELL	1 cup 8 fl oz	0.00	0.00	0.00	0.00
WATER,TAP,WELL	1 fl oz	0.00	0.00	0.00	0.00
WATER,TAP,WELL	1 liter	0.00	0.00	0.00	0.00
WATER,W/ CORN SYRUP AND/OR SUGAR & LO CAL SWTNR,FRUIT FLAV	1 pouch	9.00	9.00	0.00	9.00
WHISKEY SOUR MIX,BTLD	1 fl oz	6.91	6.91	0.00	6.91
WHISKEY SOUR MIX,BTLD	2 fl oz	13.91	13.91	0.00	13.91
WHISKEY SOUR MIX,BTLD,W/ K&NA	1 fl oz	6.91	0.00	0.00	6.91
WHISKEY SOUR MIX,PDR	1 packet	16.54	16.54	0.00	16.54
WINE,NON-ALCOHOLIC	1 fl oz	0.32	0.32	0.00	0.32
ABALONE,MIXED SPECIES,RAW	3 oz	5.11	0.00	0.00	5.11

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
ABALONE,MXD SP,CKD,FRIED	3 oz	9.39	0.00	0.00	9.39
ANCHOVY,EUROPEAN,CND IN OIL,DRND SOL	1 anchovy	0.00	0.00	0.00	0.00
ANCHOVY,EUROPEAN,CND IN OIL,DRND SOL	1 can (2 oz)	0.00	0.00	0.00	0.00
ANCHOVY,EUROPEAN,CND IN OIL,DRND SOL	1 oz, boneless	0.00	0.00	0.00	0.00
ANCHOVY,EUROPEAN,CND IN OIL,DRND SOL	5 anchovies	0.00	0.00	0.00	0.00
ANCHOVY,EUROPEAN,RAW	3 oz	0.00	0.00	0.00	0.00
BASS,FRESHWATER,MXD SP,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
BASS,FRESHWATER,MXD SP,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
BASS,FRSH H2O,MXD SP,RAW	1 fillet	0.00	0.00	0.00	0.00
BASS,FRSH H2O,MXD SP,RAW	3 oz	0.00	0.00	0.00	0.00
BASS,STRIPED,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
BASS,STRIPED,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
BASS,STRIPED,RAW	1 fillet	0.00	0.00	0.00	0.00
BASS,STRIPED,RAW	3 oz	0.00	0.00	0.00	0.00
BLUEFISH,COOKED,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
BLUEFISH,COOKED,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
BLUEFISH,RAW	1 fillet	0.00	0.00	0.00	0.00
BLUEFISH,RAW	3 oz	0.00	0.00	0.00	0.00
BURBOT,COOKED,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
BURBOT,COOKED,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
BURBOT,RAW	1 fillet	0.00	0.00	0.00	0.00
BURBOT,RAW	3 oz	0.00	0.00	0.00	0.00
BUTTERFISH,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
BUTTERFISH,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
BUTTERFISH,RAW	1 fillet	0.00	0.00	0.00	0.00
BUTTERFISH,RAW	3 oz	0.00	0.00	0.00	0.00
CARP,COOKED,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
CARP,COOKED,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
CARP,RAW	1 fillet	0.00	0.00	0.00	0.00
CARP,RAW	3 oz	0.00	0.00	0.00	0.00
CATFISH,CHANNEL,CKD,BREADED&FRIED	1 fillet	6.99	0.00	0.61	6.39
CATFISH,CHANNEL,CKD,BREADED&FRIED	3 oz	6.83	0.00	0.60	6.24
CATFISH,CHANNEL,FARMED,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
CATFISH,CHANNEL,FARMED,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
CATFISH,CHANNEL,FARMED,RAW	1 fillet	0.00	0.00	0.00	0.00
CATFISH,CHANNEL,FARMED,RAW	3 oz	0.00	0.00	0.00	0.00
CATFISH,CHANNEL,WILD,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
CATFISH,CHANNEL,WILD,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
CATFISH,CHANNEL,WILD,RAW	1 fillet	0.00	0.00	0.00	0.00
CATFISH,CHANNEL,WILD,RAW	3 oz	0.00	0.00	0.00	0.00
CAVIAR,BLACK&RED,GRANULAR	1 oz	1.13	0.00	0.00	1.13
CAVIAR,BLACK&RED,GRANULAR	1 tbsp	0.64	0.00	0.00	0.64
CISCO,RAW	1 fillet	0.00	0.00	0.00	0.00

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CISCO,RAW	3 oz	0.00	0.00	0.00	0.00
CISCO,SMOKED	1 oz	0.00	0.00	0.00	0.00
CISCO,SMOKED	3 oz	0.00	0.00	0.00	0.00
CLAM,MIXED SPECIES,RAW	1 cup (with liquid and clams)	8.10	0.00	0.00	8.10
CLAM,MIXED SPECIES,RAW	1 large	0.71	0.00	0.00	0.71
CLAM,MIXED SPECIES,RAW	1 lb (with shell), yield after shell removed	2.43	0.00	0.00	2.43
CLAM,MIXED SPECIES,RAW	1 medium	0.52	0.00	0.00	0.52
CLAM,MIXED SPECIES,RAW	1 small	0.32	0.00	0.00	0.32
CLAM,MIXED SPECIES,RAW	3 oz	3.03	0.00	0.00	3.03
CLAM,MXD SP,CKD,BREADED&FRIED	3 oz	8.78	0.00	0.00	8.78
CLAM,MXD SP,CKD,BREADED&FRIED	20 small	19.42	0.00	0.00	19.42
CLAM,MXD SP,CKD,MOIST HEAT	3 oz	4.36	0.00	0.00	4.36
CLAM,MXD SP,CKD,MOIST HEAT	20 small	9.75	0.00	0.00	9.75
CLAM,MXD SP,CND,DRND SOL	1 cup	9.44	0.00	0.00	9.44
CLAM,MXD SP,CND,DRND SOL	3 oz	5.02	0.00	0.00	5.02
CLAM,MXD SP,CND,LIQ	1 cup	0.24	0.00	0.00	0.24
CLAM,MXD SP,CND,LIQ	3 oz	0.09	0.00	0.00	0.09
COD,ATLANTIC,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
COD,ATLANTIC,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
COD,ATLANTIC,CND,SOL&LIQ	1 can	0.00	0.00	0.00	0.00
COD,ATLANTIC,CND,SOL&LIQ	3 oz	0.00	0.00	0.00	0.00
COD,ATLANTIC,DRIED&SALTED	1 oz	0.00	0.00	0.00	0.00
COD,ATLANTIC,DRIED&SALTED	1 piece (5-1/2" x 1-1/2" x 1/2")	0.00	0.00	0.00	0.00
COD,ATLANTIC,DRIED&SALTED	3 oz	0.00	0.00	0.00	0.00
COD,ATLANTIC,RAW	1 fillet	0.00	0.00	0.00	0.00
COD,ATLANTIC,RAW	3 oz	0.00	0.00	0.00	0.00
COD,PACIFIC,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
COD,PACIFIC,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
COD,PACIFIC,RAW	1 fillet	0.00	0.00	0.00	0.00
COD,PACIFIC,RAW	3 oz	0.00	0.00	0.00	0.00
CONCH,BAKED OR BROILED	1 cup, sliced	2.16	0.00	0.00	2.16
CONCH,BAKED OR BROILED	1 oz cooked, yield	0.29	0.00	0.00	0.29
CRAB,ALASKA KING,CKD,MOIST HEAT	1 leg	0.00	0.00	0.00	0.00
CRAB,ALASKA KING,CKD,MOIST HEAT	3 oz	0.00	0.00	0.00	0.00
CRAB,ALASKA KING,IMITN,MADE FROM SURIMI	3 oz	12.75	5.31	0.43	12.33

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CRAB,ALASKA KING,RAW	1 leg	0.00	0.00	0.00	0.00
CRAB,ALASKA KING,RAW	3 oz	0.00	0.00	0.00	0.00
CRAB,BLUE,CANNED	1 can (6.5 oz), drained	0.00	0.00	0.00	0.00
CRAB,BLUE,CANNED	1 cup	0.00	0.00	0.00	0.00
CRAB,BLUE,CANNED	1 oz	0.00	0.00	0.00	0.00
CRAB,BLUE,CANNED	3 oz	0.00	0.00	0.00	0.00
CRAB,BLUE,CKD,MOIST HEAT	1 cup (not packed)	0.00	0.00	0.00	0.00
CRAB,BLUE,CKD,MOIST HEAT	1 cup, flaked and pieces	0.00	0.00	0.00	0.00
CRAB,BLUE,CKD,MOIST HEAT	1 oz	0.00	0.00	0.00	0.00
CRAB,BLUE,CKD,MOIST HEAT	3 oz	0.00	0.00	0.00	0.00
CRAB,BLUE,RAW	1 crab	0.01	0.00	0.00	0.01
CRAB,BLUE,RAW	3 oz	0.03	0.00	0.00	0.03
CRAB,DUNGENESS,CKD,MOIST HEAT	1 crab	1.21	0.00	0.00	1.21
CRAB,DUNGENESS,CKD,MOIST HEAT	3 oz	0.81	0.00	0.00	0.81
CRAB,DUNGENESS,RAW	1 crab	1.21	0.00	0.00	1.21
CRAB,DUNGENESS,RAW	3 oz	0.63	0.00	0.00	0.63
CRAB,QUEEN,CKD,MOIST HEAT	3 oz	0.00	0.00	0.00	0.00
CRAB,QUEEN,RAW	3 oz	0.00	0.00	0.00	0.00
CRAYFISH,MXD SP,FARMED,CKD,MOIST HEAT	3 oz	0.00	0.00	0.00	0.00
CRAYFISH,MXD SP,FARMED,RAW	3 oz	0.00	0.00	0.00	0.00
CRAYFISH,MXD SP,FARMED,RAW	8 crayfish	0.00	0.00	0.00	0.00
CRAYFISH,MXD SP,WILD,CKD,MOIST HEAT	3 oz	0.00	0.00	0.00	0.00
CRAYFISH,MXD SP,WILD,RAW	3 oz	0.00	0.00	0.00	0.00
CRAYFISH,MXD SP,WILD,RAW	8 crayfish	0.00	0.00	0.00	0.00
CROAKER,ATLANTIC,CKD,BREADED&FRIED	1 fillet	6.56	0.00	0.35	6.21
CROAKER,ATLANTIC,CKD,BREADED&FRIED	3 oz	6.41	0.00	0.34	6.07
CROAKER,ATLANTIC,RAW	1 fillet	0.00	0.00	0.00	0.00
CROAKER,ATLANTIC,RAW	3 oz	0.00	0.00	0.00	0.00
CRUSTACEANS,CRAB,BLUE,CRAB CAKES,HOME RECIPE	1 cake	0.29	0.00	0.00	0.29
CRUSTACEANS,SHRIMP,UNTREATED,CKD	3 oz	0.17	0.00	0.00	0.17
CRUSTACEANS,SHRIMP,UNTREATED,RAW	3 oz	0.00	0.00	0.00	0.00
CUSK,COOKED,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
CUSK,COOKED,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
CUSK,RAW	1 fillet	0.00	0.00	0.00	0.00
CUSK,RAW	3 oz	0.00	0.00	0.00	0.00
CUTTLEFISH,MXD SP,CKD,MOIST HEAT	3 oz	1.39	0.00	0.00	1.39
CUTTLEFISH,MXD SP,RAW	3 oz	0.70	0.00	0.00	0.70
DOLPHINFISH,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
DOLPHINFISH,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00

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DOLPHINFISH,RAW	1 fillet	0.00	0.00	0.00	0.00
DOLPHINFISH,RAW	3 oz	0.00	0.00	0.00	0.00
DRUM,FRESHWATER,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
DRUM,FRESHWATER,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
DRUM,FRESHWATER,RAW	1 fillet	0.00	0.00	0.00	0.00
DRUM,FRESHWATER,RAW	3 oz	0.00	0.00	0.00	0.00
EEL,MIXED SPECIES,RAW	1 fillet	0.00	0.00	0.00	0.00
EEL,MIXED SPECIES,RAW	3 oz	0.00	0.00	0.00	0.00
EEL,MXD SP,CKD,DRY HEAT	1 cubic inch, boneless	0.00	0.00	0.00	0.00
EEL,MXD SP,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
EEL,MXD SP,CKD,DRY HEAT	1 oz with bone (yield after bone removed)	0.00	0.00	0.00	0.00
EEL,MXD SP,CKD,DRY HEAT	1 oz, boneless	0.00	0.00	0.00	0.00
EEL,MXD SP,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
FISH,COD,PACIFIC,UNTREATED,CKD	3 oz	0.00	0.00	0.00	0.00
FISH,COD,PACIFIC,UNTREATED,RAW	3 oz	0.00	0.00	0.00	0.00
FISH,FISH STKS,FRZ,PREP	1 piece (4" x 2" x 1/2")	12.35	0.94	0.86	11.49
FISH,FISH STKS,FRZ,PREP	1 stick (4" x 1" x 1/2")	6.06	0.46	0.42	5.64
FISH,POLLOCK,ALASKA,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
FISH,POLLOCK,ALASKA,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
FISH,POLLOCK,ALASKA,RAW	1 fillet	0.00	0.00	0.00	0.00
FISH,POLLOCK,ALASKA,RAW	3 oz	0.00	0.00	0.00	0.00
FISH,POLLOCK,ALASKA,UNTREATED,CKD	3 oz	0.00	0.00	0.00	0.00
FISH,POLLOCK,ALASKA,UNTREATED,RAW	3 oz	0.00	0.00	0.00	0.00
FISH,SALMON,PINK,CND,DRND SOL	1 can drained solids (total)	0.00	0.00	0.00	0.00
FISH,SALMON,PINK,CND,DRND SOL	3 oz	0.00	0.00	0.00	0.00
FISH,SALMON,PINK,CND,DRND SOL,WO/ SKN & BONES	1 can drained solids, bone and skin removed	0.00	0.00	0.00	0.00
FISH,SALMON,PINK,CND,DRND SOL,WO/ SKN & BONES	3 oz	0.00	0.00	0.00	0.00
FISH,SALMON,PINK,CND,TOTAL CAN CONTENTS	1 can	0.00	0.00	0.00	0.00
FISH,SALMON,PINK,CND,TOTAL CAN CONTENTS	3 oz	0.00	0.00	0.00	0.00
FISH,SALMON,SOCKEYE,CND,DRND SOL	1 can	0.00	0.00	0.00	0.00
FISH,SALMON,SOCKEYE,CND,DRND SOL	3 oz	0.00	0.00	0.00	0.00
FISH,SALMON,SOCKEYE,UNTREATED,CKD	3 oz	0.00	0.00	0.00	0.00

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FISH,SALMON,SOCKEYE,UNTREATED,RAW	3 oz	0.00	0.00	0.00	0.00
FISH,TILAPIA,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
FISH,TILAPIA,RAW	1 fillet	0.00	0.00	0.00	0.00
FISH,TROUT,BROOK,RAW,NEW YORK STATE	1 filet	0.00	0.00	0.00	0.00
FISH,TROUT,BROOK,RAW,NEW YORK STATE	1 fish	0.00	0.00	0.00	0.00
FISH,TUNA,LT,CND IN H2O,DRND SOL	1 can	0.00	0.00	0.00	0.00
FISH,TUNA,LT,CND IN H2O,DRND SOL	1 can (12.5 oz), drained	0.00	0.00	0.00	0.00
FISH,TUNA,LT,CND IN H2O,DRND SOL	1 cup, solid or chunks	0.00	0.00	0.00	0.00
FISH,TUNA,LT,CND IN H2O,DRND SOL	1 oz	0.00	0.00	0.00	0.00
FISH,TUNA,LT,CND IN H2O,DRND SOL	3 oz	0.00	0.00	0.00	0.00
FLATFISH (FLOUNDER&SOLE SP),CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
FLATFISH (FLOUNDER&SOLE SP),CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
FLATFISH (FLOUNDER&SOLE SP),RAW	1 fillet	0.00	0.00	0.00	0.00
FLATFISH (FLOUNDER&SOLE SP),RAW	1 oz, boneless	0.00	0.00	0.00	0.00
FLATFISH (FLOUNDER&SOLE SP),RAW	3 oz	0.00	0.00	0.00	0.00
FROG LEGS,RAW	1 leg	0.00	0.00	0.00	0.00
GEFILTEFISH,COMM,SWT RECIPE	1 piece	3.11	0.00	0.00	3.11
GROUPER,MIXED SPECIES,RAW	1 fillet	0.00	0.00	0.00	0.00
GROUPER,MIXED SPECIES,RAW	3 oz	0.00	0.00	0.00	0.00
GROUPER,MXD SP,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
GROUPER,MXD SP,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
HADDOCK,COOKED,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
HADDOCK,COOKED,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
HADDOCK,RAW	1 fillet	0.00	0.00	0.00	0.00
HADDOCK,RAW	3 oz	0.00	0.00	0.00	0.00
HADDOCK,SMOKED	1 cubic inch, boneless	0.00	0.00	0.00	0.00
HADDOCK,SMOKED	1 oz, boneless	0.00	0.00	0.00	0.00
HADDOCK,SMOKED	3 oz	0.00	0.00	0.00	0.00
HALIBUT,ATLANTIC&PACIFIC,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
HALIBUT,ATLANTIC&PACIFIC,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
HALIBUT,ATLANTIC&PACIFIC,RAW	1/2 fillet	0.00	0.00	0.00	0.00
HALIBUT,ATLANTIC&PACIFIC,RAW	3 oz	0.00	0.00	0.00	0.00
HALIBUT,GREENLAND,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
HALIBUT,GREENLAND,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
HALIBUT,GREENLAND,RAW	1/2 fillet	0.00	0.00	0.00	0.00
HALIBUT,GREENLAND,RAW	3 oz	0.00	0.00	0.00	0.00
HERRING,ATLANTIC,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
HERRING,ATLANTIC,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
HERRING,ATLANTIC,KIPPERED	1 cubic inch, boneless	0.00	0.00	0.00	0.00

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HERRING,ATLANTIC,KIPPERED	1 fillet, large (7" x 2-1/4" x 1/4")	0.00	0.00	0.00	0.00
HERRING,ATLANTIC,KIPPERED	1 fillet, medium (5" x 1-3/4" x 1/4")	0.00	0.00	0.00	0.00
HERRING,ATLANTIC,KIPPERED	1 fillet, small (2-3/8" x 1-3/8" x 1/4")	0.00	0.00	0.00	0.00
HERRING,ATLANTIC,KIPPERED	1 oz, boneless	0.00	0.00	0.00	0.00
HERRING,ATLANTIC,PICKLED	1 cubic inch	1.93	1.54	0.00	1.93
HERRING,ATLANTIC,PICKLED	1 cup	13.50	10.79	0.00	13.50
HERRING,ATLANTIC,PICKLED	1 oz, boneless	2.73	2.19	0.00	2.73
HERRING,ATLANTIC,PICKLED	1 piece (1-3/4" x 7/8" x 1/2")	1.45	1.16	0.00	1.45
HERRING,ATLANTIC,RAW	1 fillet	0.00	0.00	0.00	0.00
HERRING,ATLANTIC,RAW	1 oz, boneless	0.00	0.00	0.00	0.00
HERRING,ATLANTIC,RAW	3 oz	0.00	0.00	0.00	0.00
HERRING,PACIFIC,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
HERRING,PACIFIC,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
HERRING,PACIFIC,RAW	1 fillet	0.00	0.00	0.00	0.00
HERRING,PACIFIC,RAW	3 oz	0.00	0.00	0.00	0.00
JELLYFISH,DRIED,SALTED	1 cup	0.00	0.00	0.00	0.00
LING,COOKED,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
LING,COOKED,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
LING,RAW	1 fillet	0.00	0.00	0.00	0.00
LING,RAW	3 oz	0.00	0.00	0.00	0.00
LINGCOD,COOKED,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
LINGCOD,COOKED,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
LINGCOD,RAW	1/2 fillet	0.00	0.00	0.00	0.00
LINGCOD,RAW	3 oz	0.00	0.00	0.00	0.00
LOBSTER,NORTHERN,CKD,MOIST HEAT	1 cup	0.00	0.00	0.00	0.00
LOBSTER,NORTHERN,CKD,MOIST HEAT	3 oz	0.00	0.00	0.00	0.00
LOBSTER,NORTHERN,RAW	1 lobster	0.00	0.00	0.00	0.00
LOBSTER,NORTHERN,RAW	3 oz	0.00	0.00	0.00	0.00
MACKEREL,ATLANTIC,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
MACKEREL,ATLANTIC,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
MACKEREL,ATLANTIC,RAW	1 fillet	0.00	0.00	0.00	0.00
MACKEREL,ATLANTIC,RAW	3 oz	0.00	0.00	0.00	0.00
MACKEREL,JACK,CND,DRND SOL	1 can (15 oz)	0.00	0.00	0.00	0.00
MACKEREL,JACK,CND,DRND SOL	1 cubic inch	0.00	0.00	0.00	0.00
MACKEREL,JACK,CND,DRND SOL	1 cup	0.00	0.00	0.00	0.00
MACKEREL,JACK,CND,DRND SOL	1 oz, boneless	0.00	0.00	0.00	0.00

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MACKEREL,KING,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
MACKEREL,KING,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
MACKEREL,KING,RAW	1/2 fillet	0.00	0.00	0.00	0.00
MACKEREL,KING,RAW	3 oz	0.00	0.00	0.00	0.00
MACKEREL,PACIFIC&JACK,MXD SP,CKD,DRY HEAT	1 cubic inch, boneless	0.00	0.00	0.00	0.00
MACKEREL,PACIFIC&JACK,MXD SP,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
MACKEREL,PACIFIC&JACK,MXD SP,CKD,DRY HEAT	1 oz, boneless	0.00	0.00	0.00	0.00
MACKEREL,PACIFIC&JACK,MXD SP,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
MACKEREL,PACIFIC&JACK,MXD SP,RAW	1 fillet	0.00	0.00	0.00	0.00
MACKEREL,PACIFIC&JACK,MXD SP,RAW	3 oz	0.00	0.00	0.00	0.00
MACKEREL,SALTED	1 cubic inch, boneless	0.00	0.00	0.00	0.00
MACKEREL,SALTED	1 cup, cooked	0.00	0.00	0.00	0.00
MACKEREL,SALTED	1 piece (5-1/2" x 1-1/2" x 1/2")	0.00	0.00	0.00	0.00
MACKEREL,SPANISH,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
MACKEREL,SPANISH,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
MACKEREL,SPANISH,RAW	1 fillet	0.00	0.00	0.00	0.00
MACKEREL,SPANISH,RAW	3 oz	0.00	0.00	0.00	0.00
MILKFISH,COOKED,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
MILKFISH,RAW	3 oz	0.00	0.00	0.00	0.00
MONKFISH,COOKED,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
MONKFISH,RAW	3 oz	0.00	0.00	0.00	0.00
MULLET,STRIPED,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
MULLET,STRIPED,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
MULLET,STRIPED,RAW	1 fillet	0.00	0.00	0.00	0.00
MULLET,STRIPED,RAW	1 oz	0.00	0.00	0.00	0.00
MULLET,STRIPED,RAW	3 oz	0.00	0.00	0.00	0.00
MUSSEL,BLUE,CKD,MOIST HEAT	3 oz	6.28	0.00	0.00	6.28
MUSSEL,BLUE,RAW	1 cup	5.54	0.00	0.00	5.54
MUSSEL,BLUE,RAW	1 large	0.74	0.00	0.00	0.74
MUSSEL,BLUE,RAW	1 medium	0.59	0.00	0.00	0.59
MUSSEL,BLUE,RAW	1 oz	1.05	0.00	0.00	1.05
MUSSEL,BLUE,RAW	1 small	0.37	0.00	0.00	0.37
MUSSEL,BLUE,RAW	3 oz	3.14	0.00	0.00	3.14
OCEAN PERCH,ATLANTIC,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
OCEAN PERCH,ATLANTIC,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
OCEAN PERCH,ATLANTIC,RAW	1 fillet	0.00	0.00	0.00	0.00
OCEAN PERCH,ATLANTIC,RAW	1 oz, boneless	0.00	0.00	0.00	0.00
OCEAN PERCH,ATLANTIC,RAW	3 oz	0.00	0.00	0.00	0.00
OCTOPUS,COMMON,CKD,MOIST HEAT	3 oz	3.74	0.00	0.00	3.74

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OCTOPUS,COMMON,RAW	3 oz	1.87	0.00	0.00	1.87
OYSTER,EASTERN,CANNED	1 can (12 oz), oysters and liquid	10.64	0.00	0.00	10.64
OYSTER,EASTERN,CANNED	1 cup, drained	6.33	0.00	0.00	6.33
OYSTER,EASTERN,CANNED	1 cup, undrained	9.70	0.00	0.00	9.70
OYSTER,EASTERN,CANNED	1 oyster	0.31	0.00	0.00	0.31
OYSTER,EASTERN,CANNED	1 oz, drained	0.90	0.00	0.00	0.90
OYSTER,EASTERN,CANNED	3 oz	3.32	0.00	0.00	3.32
OYSTER,EASTERN,CKD,BREADED&FRIED	3 oz	9.88	0.00	0.00	9.88
OYSTER,EASTERN,CKD,BREADED&FRIED	6 medium	10.23	0.00	0.00	10.23
OYSTER,EASTERN,FARMED,CKD,DRY HEAT	3 oz	6.19	0.00	0.00	6.19
OYSTER,EASTERN,FARMED,CKD,DRY HEAT	6 medium	4.30	0.00	0.00	4.30
OYSTER,EASTERN,FARMED,RAW	3 oz	4.70	0.00	0.00	4.70
OYSTER,EASTERN,FARMED,RAW	6 medium	4.65	0.00	0.00	4.65
OYSTER,EASTERN,WILD,CKD,DRY HEAT	3 oz	3.60	0.82	0.00	3.60
OYSTER,EASTERN,WILD,CKD,DRY HEAT	6 medium	2.50	0.57	0.00	2.50
OYSTER,EASTERN,WILD,CKD,MOIST HEAT	3 oz	4.63	1.05	0.00	4.63
OYSTER,EASTERN,WILD,CKD,MOIST HEAT	6 medium	2.29	0.52	0.00	2.29
OYSTER,EASTERN,WILD,RAW	1 cup	6.75	1.54	0.00	6.75
OYSTER,EASTERN,WILD,RAW	6 medium	2.28	0.52	0.00	2.28
OYSTER,PACIFIC,CKD,MOIST HEAT	1 medium	2.48	0.00	0.00	2.48
OYSTER,PACIFIC,CKD,MOIST HEAT	3 oz	8.42	0.00	0.00	8.42
OYSTER,PACIFIC,RAW	1 medium	2.48	0.00	0.00	2.48
OYSTER,PACIFIC,RAW	3 oz	4.21	0.00	0.00	4.21
PERCH,MIXED SPECIES,RAW	1 fillet	0.00	0.00	0.00	0.00
PERCH,MIXED SPECIES,RAW	3 oz	0.00	0.00	0.00	0.00
PERCH,MXD SP,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
PERCH,MXD SP,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
PIKE,NORTHERN,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
PIKE,NORTHERN,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
PIKE,NORTHERN,RAW	1/2 fillet	0.00	0.00	0.00	0.00
PIKE,NORTHERN,RAW	3 oz	0.00	0.00	0.00	0.00
PIKE,WALLEYE,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
PIKE,WALLEYE,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
PIKE,WALLEYE,RAW	1 fillet	0.00	0.00	0.00	0.00
PIKE,WALLEYE,RAW	3 oz	0.00	0.00	0.00	0.00
POLLOCK,ATLANTIC,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
POLLOCK,ATLANTIC,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
POLLOCK,ATLANTIC,RAW	1/2 fillet	0.00	0.00	0.00	0.00
POLLOCK,ATLANTIC,RAW	3 oz	0.00	0.00	0.00	0.00
POMPANO,FLORIDA,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00

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POMPANO,FLORIDA,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
POMPANO,FLORIDA,RAW	1 fillet	0.00	0.00	0.00	0.00
POMPANO,FLORIDA,RAW	1 oz, boneless	0.00	0.00	0.00	0.00
POMPANO,FLORIDA,RAW	3 oz	0.00	0.00	0.00	0.00
POUT,OCEAN,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
POUT,OCEAN,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
POUT,OCEAN,RAW	1/2 fillet	0.00	0.00	0.00	0.00
POUT,OCEAN,RAW	3 oz	0.00	0.00	0.00	0.00
ROCKFISH,PACIFIC,MXD SP,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
ROCKFISH,PACIFIC,MXD SP,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
ROCKFISH,PACIFIC,MXD SP,RAW	1 fillet	0.00	0.00	0.00	0.00
ROCKFISH,PACIFIC,MXD SP,RAW	3 oz	0.00	0.00	0.00	0.00
ROE,MIXED SPECIES,RAW	1 can (8 oz), solids and liquid	3.41	0.00	0.00	3.41
ROE,MIXED SPECIES,RAW	1 oz	0.43	0.00	0.00	0.43
ROE,MIXED SPECIES,RAW	1 tbsp	0.21	0.00	0.00	0.21
ROE,MIXED SPECIES,RAW	3 oz	1.28	0.00	0.00	1.28
ROE,MXD SP,CKD,DRY HEAT	1 oz	0.54	0.00	0.00	0.54
ROE,MXD SP,CKD,DRY HEAT	3 oz	1.63	0.00	0.00	1.63
ROUGHY,ORANGE,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
ROUGHY,ORANGE,RAW	3 oz	0.00	0.00	0.00	0.00
SABLEFISH,COOKED,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
SABLEFISH,COOKED,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SABLEFISH,RAW	1/2 fillet	0.00	0.00	0.00	0.00
SABLEFISH,RAW	3 oz	0.00	0.00	0.00	0.00
SABLEFISH,SMOKED	1 oz	0.00	0.00	0.00	0.00
SABLEFISH,SMOKED	3 oz	0.00	0.00	0.00	0.00
SALMON,ATLANTIC,FARMED,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,ATLANTIC,FARMED,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SALMON,ATLANTIC,FARMED,RAW	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,ATLANTIC,FARMED,RAW	3 oz	0.00	0.00	0.00	0.00
SALMON,ATLANTIC,WILD,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,ATLANTIC,WILD,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SALMON,ATLANTIC,WILD,RAW	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,ATLANTIC,WILD,RAW	3 oz	0.00	0.00	0.00	0.00
SALMON,CHINOOK,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,CHINOOK,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SALMON,CHINOOK,RAW	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,CHINOOK,RAW	3 oz	0.00	0.00	0.00	0.00
SALMON,CHINOOK,SMOKED	1 cubic inch, boneless	0.00	0.00	0.00	0.00
SALMON,CHINOOK,SMOKED	1 cup, cooked	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SALMON,CHINOOK,SMOKED	1 oz, boneless	0.00	0.00	0.00	0.00
SALMON,CHINOOK,SMOKED	3 oz	0.00	0.00	0.00	0.00
SALMON,CHINOOK,SMOKED,(LOX),REG	1 oz	0.00	0.00	0.00	0.00
SALMON,CHINOOK,SMOKED,(LOX),REG	3 oz	0.00	0.00	0.00	0.00
SALMON,CHUM,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,CHUM,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SALMON,CHUM,CND,WO/SALT,DRND SOL W/BONE	1 can	0.00	0.00	0.00	0.00
SALMON,CHUM,CND,WO/SALT,DRND SOL W/BONE	3 oz	0.00	0.00	0.00	0.00
SALMON,CHUM,DRND SOL W/BONE	1 can	0.00	0.00	0.00	0.00
SALMON,CHUM,DRND SOL W/BONE	3 oz	0.00	0.00	0.00	0.00
SALMON,CHUM,RAW	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,CHUM,RAW	3 oz	0.00	0.00	0.00	0.00
SALMON,COHO,FARMED,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
SALMON,COHO,FARMED,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SALMON,COHO,FARMED,RAW	1 fillet	0.00	0.00	0.00	0.00
SALMON,COHO,FARMED,RAW	3 oz	0.00	0.00	0.00	0.00
SALMON,COHO,WILD,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,COHO,WILD,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SALMON,COHO,WILD,CKD,MOIST HEAT	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,COHO,WILD,CKD,MOIST HEAT	3 oz	0.00	0.00	0.00	0.00
SALMON,COHO,WILD,RAW	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,COHO,WILD,RAW	3 oz	0.00	0.00	0.00	0.00
SALMON,PINK,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,PINK,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SALMON,PINK,CND,WO/SALT,SOL W/BONE&LIQ	1 can	0.00	0.00	0.00	0.00
SALMON,PINK,CND,WO/SALT,SOL W/BONE&LIQ	3 oz	0.00	0.00	0.00	0.00
SALMON,PINK,RAW	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,PINK,RAW	3 oz	0.00	0.00	0.00	0.00
SALMON,SOCKEYE,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
SALMON,SOCKEYE,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SALMON,SOCKEYE,CND,DRND SOL,WO/ SKN & BONES	1 can drained solids, bone and skin removed	0.00	0.00	0.00	0.00
SALMON,SOCKEYE,CND,DRND SOL,WO/ SKN & BONES	3 oz	0.00	0.00	0.00	0.00
SALMON,SOCKEYE,CND,TOTAL CAN CONTENTS	1 can total can contents	0.00	0.00	0.00	0.00
SALMON,SOCKEYE,CND,TOTAL CAN CONTENTS	3 oz	0.00	0.00	0.00	0.00
SALMON,SOCKEYE,CND,WO/SALT,DRND SOL W/BONE	1 can	0.00	0.00	0.00	0.00
SALMON,SOCKEYE,CND,WO/SALT,DRND SOL W/BONE	3 oz	0.00	0.00	0.00	0.00

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SALMON, SOCKEYE, RAW	1/2 fillet	0.00	0.00	0.00	0.00
SALMON, SOCKEYE, RAW	1 oz, boneless	0.00	0.00	0.00	0.00
SALMON, SOCKEYE, RAW	3 oz	0.00	0.00	0.00	0.00
SARDINE, ATLANTIC, CND IN OIL, DRND SOL W/BONE	1 can (3.75 oz)	0.00	0.00	0.00	0.00
SARDINE, ATLANTIC, CND IN OIL, DRND SOL W/BONE	1 cubic inch	0.00	0.00	0.00	0.00
SARDINE, ATLANTIC, CND IN OIL, DRND SOL W/BONE	1 cup, drained	0.00	0.00	0.00	0.00
SARDINE, ATLANTIC, CND IN OIL, DRND SOL W/BONE	1 oz	0.00	0.00	0.00	0.00
SARDINE, ATLANTIC, CND IN OIL, DRND SOL W/BONE	1 small (2-2/3" x 1/2" x 1/4")	0.00	0.00	0.00	0.00
SARDINE, ATLANTIC, CND IN OIL, DRND SOL W/BONE	2 sardines	0.00	0.00	0.00	0.00
SARDINE, PACIFIC, CND IN TOMATO SAU, DRND SOL W/BONE	1 can	2.00	1.59	0.37	1.63
SARDINE, PACIFIC, CND IN TOMATO SAU, DRND SOL W/BONE	1 cup	0.48	0.38	0.09	0.39
SARDINE, PACIFIC, CND IN TOMATO SAU, DRND SOL W/BONE	1 sardine	0.21	0.16	0.04	0.17
SCALLOP, (BAY&SEA), CKD, STMD	3 oz	4.60	0.00	0.00	4.60
SCALLOP, MIXED SPECIES, RAW	1 unit 2 large or 5 small	0.95	0.00	0.00	0.95
SCALLOP, MIXED SPECIES, RAW	3 oz	2.70	0.00	0.00	2.70
SCALLOP, MXD SP, CKD, BREADED&FRIED	2 large	3.14	0.00	0.00	3.14
SCALLOP, MXD SP, IMITN, MADE FROM SURIMI	3 oz	9.03	0.00	0.00	9.03
SCUP, COOKED, DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
SCUP, COOKED, DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SCUP, RAW	1 cup	0.00	0.00	0.00	0.00
SCUP, RAW	1 fillet	0.00	0.00	0.00	0.00
SCUP, RAW	1 oz, boneless	0.00	0.00	0.00	0.00
SCUP, RAW	3 oz	0.00	0.00	0.00	0.00
SEA BASS, MXD SP, CKD, DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
SEA BASS, MXD SP, CKD, DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SEA BASS, MXD SP, RAW	1 fillet	0.00	0.00	0.00	0.00
SEA BASS, MXD SP, RAW	3 oz	0.00	0.00	0.00	0.00
SEATROUT, MXD SP, CKD, DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
SEATROUT, MXD SP, CKD, DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SEATROUT, MXD SP, RAW	1 fillet	0.00	0.00	0.00	0.00
SEATROUT, MXD SP, RAW	3 oz	0.00	0.00	0.00	0.00
SHAD, AMERICAN, CKD, DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
SHAD, AMERICAN, CKD, DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SHAD, AMERICAN, RAW	1 fillet	0.00	0.00	0.00	0.00
SHAD, AMERICAN, RAW	3 oz	0.00	0.00	0.00	0.00
SHARK, MIXED SPECIES, RAW	3 oz	0.00	0.00	0.00	0.00
SHARK, MXD SP, CKD, BATTER-DIPPED&FRIED	3 oz	5.43	0.00	0.00	5.43
SHEEPSHEAD, CKD, DRY HEAT	1 fillet	0.00	0.00	0.00	0.00

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SHEEPSHEAD,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SHEEPSHEAD,RAW	1 fillet	0.00	0.00	0.00	0.00
SHEEPSHEAD,RAW	3 oz	0.00	0.00	0.00	0.00
SHRIMP,MIXED SPECIES,RAW	1 medium	0.05	0.00	0.00	0.05
SHRIMP,MIXED SPECIES,RAW	1 small	0.05	0.00	0.00	0.05
SHRIMP,MIXED SPECIES,RAW	3 oz	0.77	0.00	0.00	0.77
SHRIMP,MIXED SPECIES,RAW	4 large	0.25	0.00	0.00	0.25
SHRIMP,MXD SP,CKD,BREADED&FRIED	3 oz	9.75	0.68	0.34	9.41
SHRIMP,MXD SP,CKD,BREADED&FRIED	4 large	3.44	0.24	0.12	3.32
SHRIMP,MXD SP,CKD,MOIST HEAT	3 oz	1.29	0.00	0.00	1.29
SHRIMP,MXD SP,CKD,MOIST HEAT	4 large	0.33	0.00	0.00	0.33
SHRIMP,MXD SP,CND	1 can (4.5 oz), drained	0.00	0.00	0.00	0.00
SHRIMP,MXD SP,CND	1 cup	0.00	0.00	0.00	0.00
SHRIMP,MXD SP,CND	1 oz	0.00	0.00	0.00	0.00
SHRIMP,MXD SP,CND	3 oz	0.00	0.00	0.00	0.00
SHRIMP,MXD SP,CND	10 shrimp	0.00	0.00	0.00	0.00
SHRIMP,MXD SP,IMITN,MADE FROM SURIMI	3 oz	7.76	0.00	0.00	7.76
SMELT,RAINBOW,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SMELT,RAINBOW,RAW	3 oz	0.00	0.00	0.00	0.00
SNAIL,RAW	3 oz	1.70	0.00	0.00	1.70
SNAPPER,MIXED SPECIES,RAW	1 fillet	0.00	0.00	0.00	0.00
SNAPPER,MIXED SPECIES,RAW	3 oz	0.00	0.00	0.00	0.00
SNAPPER,MXD SP,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
SNAPPER,MXD SP,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SPINY LOBSTER,MXD SP,CKD,MOIST HEAT	1 lobster	5.09	0.00	0.00	5.09
SPINY LOBSTER,MXD SP,CKD,MOIST HEAT	3 oz	2.65	0.00	0.00	2.65
SPINY LOBSTER,MXD SP,RAW	1 lobster	5.08	0.00	0.00	5.08
SPINY LOBSTER,MXD SP,RAW	3 oz	2.07	0.00	0.00	2.07
SPOT,COOKED,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
SPOT,COOKED,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SPOT,RAW	1 fillet	0.00	0.00	0.00	0.00
SPOT,RAW	3 oz	0.00	0.00	0.00	0.00
SQUID,MIXED SPECIES,RAW	1 oz, boneless	0.87	0.00	0.00	0.87
SQUID,MIXED SPECIES,RAW	3 oz	2.62	0.00	0.00	2.62
SQUID,MXD SP,CKD,FRIED	3 oz	6.62	0.00	0.00	6.62
STURGEON,MXD SP,CKD,DRY HEAT	1 cubic inch, boneless	0.00	0.00	0.00	0.00
STURGEON,MXD SP,CKD,DRY HEAT	1 cup, cooked	0.00	0.00	0.00	0.00
STURGEON,MXD SP,CKD,DRY HEAT	1 oz, boneless	0.00	0.00	0.00	0.00
STURGEON,MXD SP,CKD,DRY HEAT	1 piece (4-1/2" x 2-1/8" x 7/8")	0.00	0.00	0.00	0.00

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STURGEON,MXD SP,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
STURGEON,MXD SP,RAW	3 oz	0.00	0.00	0.00	0.00
STURGEON,MXD SP,SMOKED	1 oz	0.00	0.00	0.00	0.00
STURGEON,MXD SP,SMOKED	3 oz	0.00	0.00	0.00	0.00
SUCKER,WHITE,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
SUCKER,WHITE,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SUCKER,WHITE,RAW	1 fillet	0.00	0.00	0.00	0.00
SUCKER,WHITE,RAW	3 oz	0.00	0.00	0.00	0.00
SUNFISH,PUMPKIN SD,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
SUNFISH,PUMPKIN SD,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SUNFISH,PUMPKIN SEED,RAW	1 fillet	0.00	0.00	0.00	0.00
SUNFISH,PUMPKIN SEED,RAW	3 oz	0.00	0.00	0.00	0.00
SURIMI	1 oz	1.94	0.00	0.00	1.94
SURIMI	3 oz	5.82	0.00	0.00	5.82
SWORDFISH,COOKED,DRY HEAT	1 piece	0.00	0.00	0.00	0.00
SWORDFISH,COOKED,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
SWORDFISH,RAW	1 piece (4-1/2" x 2-1/8" x 7/8")	0.00	0.00	0.00	0.00
SWORDFISH,RAW	3 oz	0.00	0.00	0.00	0.00
TILEFISH,COOKED,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
TILEFISH,COOKED,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
TILEFISH,RAW	1/2 fillet	0.00	0.00	0.00	0.00
TILEFISH,RAW	3 oz	0.00	0.00	0.00	0.00
TROUT,MIXED SPECIES,RAW	1 fillet	0.00	0.00	0.00	0.00
TROUT,MIXED SPECIES,RAW	3 oz	0.00	0.00	0.00	0.00
TROUT,MXD SP,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
TROUT,MXD SP,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
TROUT,RAINBOW,FARMED,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
TROUT,RAINBOW,FARMED,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
TROUT,RAINBOW,FARMED,RAW	1 fillet	0.00	0.00	0.00	0.00
TROUT,RAINBOW,FARMED,RAW	3 oz	0.00	0.00	0.00	0.00
TROUT,RAINBOW,WILD,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
TROUT,RAINBOW,WILD,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
TROUT,RAINBOW,WILD,RAW	1 fillet	0.00	0.00	0.00	0.00
TROUT,RAINBOW,WILD,RAW	3 oz	0.00	0.00	0.00	0.00
TUNA SALAD	1 cup	19.29	0.00	0.00	19.29
TUNA SALAD	3 oz	8.00	0.00	0.00	8.00
TUNA,FRESH,BLUEFIN,RAW	3 oz	0.00	0.00	0.00	0.00
TUNA,FRESH,SKIPJACK,RAW	1/2 fillet	0.00	0.00	0.00	0.00
TUNA,FRESH,SKIPJACK,RAW	3 oz	0.00	0.00	0.00	0.00
TUNA,FRESH,YELLOWFIN,RAW	1 cubic inch, boneless	0.00	0.00	0.00	0.00

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TUNA,FRESH,YELLOWFIN,RAW	1 oz, boneless	0.00	0.00	0.00	0.00
TUNA,FRESH,YELLOWFIN,RAW	3 oz	0.00	0.00	0.00	0.00
TUNA,FRSH,BLUEFIN,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
TUNA,LT,CND IN H2O,WO/SALT,DRND SOL	1 can	0.00	0.00	0.00	0.00
TUNA,LT,CND IN H2O,WO/SALT,DRND SOL	3 oz	0.00	0.00	0.00	0.00
TUNA,LT,CND IN OIL,DRND SOL	1 can	0.00	0.00	0.00	0.00
TUNA,LT,CND IN OIL,DRND SOL	1 can (12.5 oz), drained	0.00	0.00	0.00	0.00
TUNA,LT,CND IN OIL,DRND SOL	1 cup, solid or chunks	0.00	0.00	0.00	0.00
TUNA,LT,CND IN OIL,DRND SOL	1 oz	0.00	0.00	0.00	0.00
TUNA,LT,CND IN OIL,DRND SOL	3 oz	0.00	0.00	0.00	0.00
TUNA,LT,CND IN OIL,WO/SALT,DRND SOL	1 can	0.00	0.00	0.00	0.00
TUNA,LT,CND IN OIL,WO/SALT,DRND SOL	3 oz	0.00	0.00	0.00	0.00
TUNA,SKIPJACK,FRSH,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
TUNA,SKIPJACK,FRSH,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
TUNA,WHITE,CND IN H2O,DRND SOL	1 can	0.00	0.00	0.00	0.00
TUNA,WHITE,CND IN H2O,DRND SOL	3 oz	0.00	0.00	0.00	0.00
TUNA,WHITE,CND IN H2O,WO/SALT,DRND SOL	1 can	0.00	0.00	0.00	0.00
TUNA,WHITE,CND IN H2O,WO/SALT,DRND SOL	3 oz	0.00	0.00	0.00	0.00
TUNA,WHITE,CND IN OIL,DRND SOL	1 can	0.00	0.00	0.00	0.00
TUNA,WHITE,CND IN OIL,DRND SOL	3 oz	0.00	0.00	0.00	0.00
TUNA,WHITE,CND IN OIL,WO/SALT,DRND SOL	1 can	0.00	0.00	0.00	0.00
TUNA,WHITE,CND IN OIL,WO/SALT,DRND SOL	3 oz	0.00	0.00	0.00	0.00
TUNA,YELLOWFIN,FRSH,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
TURBOT,EUROPEAN,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
TURBOT,EUROPEAN,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
TURBOT,EUROPEAN,RAW	1/2 fillet	0.00	0.00	0.00	0.00
TURBOT,EUROPEAN,RAW	3 oz	0.00	0.00	0.00	0.00
TURTLE,GREEN,RAW	3 oz	0.00	0.00	0.00	0.00
USDA COMMODITY,SALMON NUGGETS,BREADED,FRZ,HTD	1 oz	3.96	0.00	0.00	3.96
USDA COMMODITY,SALMON NUGGETS,CKD AS PURCHASED,UNHTD	1 oz	3.36	0.00	0.00	3.36
WHELK,UNSPEC,CKD,MOIST HEAT	3 oz	13.19	0.00	0.00	13.19
WHELK,UNSPECIFIED,RAW	3 oz	6.60	0.00	0.00	6.60
WHITEFISH,MXD SP,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
WHITEFISH,MXD SP,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
WHITEFISH,MXD SP,RAW	1 fillet	0.00	0.00	0.00	0.00
WHITEFISH,MXD SP,RAW	3 oz	0.00	0.00	0.00	0.00
WHITEFISH,MXD SP,SMOKED	1 cubic inch, boneless	0.00	0.00	0.00	0.00
WHITEFISH,MXD SP,SMOKED	1 cup, cooked	0.00	0.00	0.00	0.00

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WHITEFISH,MXD SP,SMOKED	1 oz, boneless	0.00	0.00	0.00	0.00
WHITEFISH,MXD SP,SMOKED	3 oz	0.00	0.00	0.00	0.00
WHITING,MIXED SPECIES,RAW	1 fillet	0.00	0.00	0.00	0.00
WHITING,MIXED SPECIES,RAW	3 oz	0.00	0.00	0.00	0.00
WHITING,MXD SP,CKD,DRY HEAT	1 fillet	0.00	0.00	0.00	0.00
WHITING,MXD SP,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
WOLFFISH,ATLANTIC,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
WOLFFISH,ATLANTIC,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
WOLFFISH,ATLANTIC,RAW	1/2 fillet	0.00	0.00	0.00	0.00
WOLFFISH,ATLANTIC,RAW	3 oz	0.00	0.00	0.00	0.00
YELLOWTAIL,MXD SP,CKD,DRY HEAT	1/2 fillet	0.00	0.00	0.00	0.00
YELLOWTAIL,MXD SP,CKD,DRY HEAT	3 oz	0.00	0.00	0.00	0.00
YELLOWTAIL,MXD SP,RAW	1/2 fillet	0.00	0.00	0.00	0.00
YELLOWTAIL,MXD SP,RAW	3 oz	0.00	0.00	0.00	0.00
BACON BITS,MEATLESS	1 tbsp	2.00	0.00	0.71	1.29
BACON,MEATLESS	1 cup	9.10	0.00	3.74	5.36
BACON,MEATLESS	1 oz cooked, yield	1.01	0.00	0.42	0.60
BACON,MEATLESS	1 strip	0.32	0.00	0.13	0.19
BEAN BEVERAGE	1 cup	13.34	0.18	0.00	13.34
BEAN BEVERAGE	1 fl oz	1.67	0.02	0.00	1.67
BEANS,ADZUKI,MATURE SD,CKD,BLD,W/SALT	1 cup	56.97	0.00	16.79	40.18
BEANS,ADZUKI,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	56.97	0.00	16.79	40.18
BEANS,ADZUKI,MATURE SEEDS,CND,SWTND	1 cup	162.83	0.00	0.00	162.83
BEANS,ADZUKI,MATURE SEEDS,RAW	1 cup	123.91	0.00	25.02	98.89
BEANS,ADZUKI,YOKAN,MATURE SEEDS	1 slice	8.50	0.00	0.00	8.50
BEANS,BAKED,HOME PREPARED	1 cup	54.72	0.00	13.92	40.81
BEANS,BKD,CND,NO SALT ADDED	1 cup	51.84	19.68	13.92	37.92
BEANS,BKD,CND,PLN OR VEGETARIAN	1 cup	53.70	20.22	10.41	43.28
BEANS,BKD,CND,W/BF	1 cup	44.98	0.00	0.00	44.98
BEANS,BKD,CND,W/FRANKS	1 cup	39.86	16.91	17.87	21.99
BEANS,BKD,CND,W/PORK	1 cup	50.57	0.00	13.92	36.66
BEANS,BKD,CND,W/PORK&SWT SAU	1 cup	53.71	20.49	10.96	42.75
BEANS,BKD,CND,W/PORK&TOMATO SAU	1 cup	45.98	13.95	9.84	36.14
BEANS,BLACK TURTLE,MATURE SEEDS,CKD,BLD,W/ SALT	1 cup	45.05	0.59	15.36	29.69
BEANS,BLACK TURTLE,MATURE SEEDS,CKD,BLD,WO/ SALT	1 cup	45.05	0.59	15.36	29.69
BEANS,BLACK TURTLE,MATURE SEEDS,CND	1 cup	39.72	0.55	16.56	23.16
BEANS,BLACK TURTLE,MATURE SEEDS,RAW	1 cup	116.38	3.90	28.52	87.86
BEANS,BLACK,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	40.78	0.00	14.96	25.82
BEANS,BLACK,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	40.78	0.00	14.96	25.82
BEANS,BLACK,MATURE SEEDS,CND,LO NA	1 cup	39.72	0.55	16.56	23.16

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BEANS,BLACK,MATURE SEEDS,RAW	1 cup	120.98	4.11	30.07	90.91
BEANS,BLACK,MATURE SEEDS,RAW	1 tbsp	7.55	0.26	1.88	5.67
BEANS,CHILI,BARBECUE,RANCH STYLE,CKD	1 cup	42.76	13.28	10.63	32.13
BEANS,CRANBERRY (ROMAN),MATURE SEEDS,CKD,BLD,W/SALT	1 cup	43.29	0.00	17.70	25.59
BEANS,CRANBERRY (ROMAN),MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	43.29	0.00	17.70	25.59
BEANS,CRANBERRY (ROMAN),MATURE SEEDS,CND	1 cup	39.31	0.00	16.38	22.93
BEANS,CRANBERRY (ROMAN),MATURE SEEDS,RAW	1 cup	117.10	0.00	48.17	68.93
BEANS,FRENCH,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	42.52	0.00	16.64	25.88
BEANS,FRENCH,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	42.52	0.00	16.64	25.88
BEANS,FRENCH,MATURE SEEDS,RAW	1 cup	117.96	0.00	46.37	71.59
BEANS,GREAT NORTHERN,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	37.33	0.00	12.39	24.94
BEANS,GREAT NORTHERN,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	37.33	0.00	12.39	24.94
BEANS,GREAT NORTHERN,MATURE SEEDS,CND	1 cup	55.07	3.69	12.84	42.23
BEANS,GREAT NORTHERN,MATURE SEEDS,CND,LO NA	1 cup	55.07	3.69	12.84	42.23
BEANS,GREAT NORTHERN,MATURE SEEDS,RAW	1 cup	114.14	4.14	36.97	77.17
BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	40.36	0.57	11.33	29.03
BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	40.36	0.57	11.33	29.03
BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CKD,BLD,WO/SALT	1 tbsp	2.51	0.04	0.70	1.80
BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CND	1 cup	37.12	4.74	11.01	26.11
BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,RAW	1 cup	110.42	4.10	45.82	64.60
BEANS,KIDNEY,CALIFORNIA RED,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	39.67	0.00	16.46	23.20
BEANS,KIDNEY,CALIFORNIA RED,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	39.67	0.00	16.46	23.20
BEANS,KIDNEY,CALIFORNIA RED,MATURE SEEDS,RAW	1 cup	110.03	0.00	45.82	64.22
BEANS,KIDNEY,RED,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	40.36	0.57	13.10	27.26
BEANS,KIDNEY,RED,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	40.36	0.57	13.10	27.26
BEANS,KIDNEY,RED,MATURE SEEDS,CKD,BLD,WO/SALT	1 tbsp	2.51	0.04	0.81	1.69
BEANS,KIDNEY,RED,MATURE SEEDS,CND,DRND SOL,RINSED IN TAP H2O	1 cup cup rinsed solids	32.86	0.00	11.85	21.01

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BEANS,KIDNEY,RED,MATURE SEEDS,CND,SOL & LIQUIDS	1 can	64.66	8.07	18.75	45.91
BEANS,KIDNEY,RED,MATURE SEEDS,CND,SOL & LIQUIDS	1 cup	37.96	4.74	11.01	26.96
BEANS,KIDNEY,RED,MATURE SEEDS,CND,SOL & LIQUIDS	1 tbsp	2.37	0.30	0.69	1.68
BEANS,KIDNEY,RED,MATURE SEEDS,RAW	1 cup	112.77	3.86	27.97	84.81
BEANS,KIDNEY,RED,MATURE SEEDS,RAW	1 tbsp	7.48	0.26	1.85	5.62
BEANS,KIDNEY,ROYAL RED,MATURE SEEDS,CKD,BLD W/SALT	1 cup	38.67	0.00	16.46	22.21
BEANS,KIDNEY,ROYAL RED,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	38.67	0.00	16.46	22.21
BEANS,KIDNEY,ROYAL RED,MATURE SEEDS,RAW	1 cup	107.33	0.00	45.82	61.51
BEANS,LIQ FROM STWD KIDNEY BNS	1 cup	6.72	0.00	0.24	6.48
BEANS,MATURE,RED KIDNEY,CND,SOL & LIQ,LO NA	1 can total can contents	64.66	8.07	23.11	41.55
BEANS,MATURE,RED KIDNEY,CND,SOL & LIQ,LO NA	1 cup	37.96	4.74	13.57	24.40
BEANS,NAVY,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	47.41	0.67	11.47	35.95
BEANS,NAVY,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	47.41	0.67	19.11	28.30
BEANS,NAVY,MATURE SEEDS,CND	1 cup	53.58	0.73	13.36	40.22
BEANS,NAVY,MATURE SEEDS,RAW	1 cup	126.36	8.07	31.82	94.54
BEANS,PINK,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	47.17	0.61	8.96	38.21
BEANS,PINK,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	47.17	0.61	8.96	38.21
BEANS,PINK,MATURE SEEDS,RAW	1 cup	134.80	4.49	26.67	108.13
BEANS,PINTO,CND,DRND SOL	1 can drained solids	56.01	1.50	15.24	40.77
BEANS,PINTO,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	44.84	0.58	15.39	29.45
BEANS,PINTO,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	44.84	0.58	15.39	29.45
BEANS,PINTO,MATURE SEEDS,CKD,BLD,WO/SALT	1 tbsp	2.78	0.04	0.95	1.83
BEANS,PINTO,MATURE SEEDS,CND,DRND SOL,RINSED IN TAP H2O	1 can	53.59	0.00	0.00	53.59
BEANS,PINTO,MATURE SEEDS,CND,DRND SOL,RINSED IN TAP H2O	1 cup	35.10	0.00	0.00	35.10
BEANS,PINTO,MATURE SEEDS,CND,SOL & LIQUIDS	1 can	67.10	4.51	20.33	46.76
BEANS,PINTO,MATURE SEEDS,CND,SOL & LIQUIDS	1 cup	36.43	2.45	11.04	25.39
BEANS,PINTO,MATURE SEEDS,CND,SOL & LIQUIDS,LO NA	1 can total can contents	67.10	4.51	20.33	46.76
BEANS,PINTO,MATURE SEEDS,CND,SOL & LIQUIDS,LO NA	1 cup	36.43	2.45	11.04	25.39
BEANS,PINTO,MATURE SEEDS,RAW	1 cup	120.72	4.07	29.92	90.81
BEANS,PINTO,MATURE SEEDS,RAW	1 tbsp	7.51	0.25	1.86	5.65
BEANS,RED,KIDNEY,MATURE SEEDS,CND,DRND SOL	1 can drained solids	57.16	10.11	14.63	42.53

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BEANS,SML WHITE,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	46.20	0.00	18.62	27.58
BEANS,SML WHITE,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	46.20	0.00	18.62	27.58
BEANS,SML WHITE,MATURE SEEDS,RAW	1 cup	133.84	0.00	53.54	80.30
BEANS,WHITE,MATURE SEEDS,CKD,BLD,W/ SALT	1 cup	44.91	0.61	11.28	33.63
BEANS,WHITE,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	44.91	0.61	11.28	33.63
BEANS,WHITE,MATURE SEEDS,CKD,BLD,WO/SALT	1 tbsp	2.81	0.04	0.71	2.10
BEANS,WHITE,MATURE SEEDS,CND	1 cup	55.54	0.76	12.58	42.97
BEANS,WHITE,MATURE SEEDS,RAW	1 cup	121.75	4.26	30.70	91.04
BEANS,WHITE,MATURE SEEDS,RAW	1 tbsp	7.59	0.27	1.92	5.68
BEANS,YEL,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	44.73	0.00	18.41	26.32
BEANS,YEL,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	44.73	0.00	18.41	26.32
BEANS,YEL,MATURE SEEDS,RAW	1 cup	118.97	0.00	49.20	69.78
BROADBEANS (FAVA BEANS),MATURE SEEDS,RAW	1 cup	87.44	8.55	37.50	49.94
BROADBEANS (FAVA BEANS),MATURE SEEDS,RAW	1 tbsp	5.48	0.54	2.35	3.13
BROADBEANS (FAVA BNS),MATURE SEEDS,CKD,BLD,W/SALT	1 cup	33.41	3.09	9.18	24.23
BROADBEANS (FAVA BNS),MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	33.41	3.09	9.18	24.23
BROADBEANS (FAVA BNS),MATURE SEEDS,CND	1 cup	31.77	0.00	9.47	22.30
CAMPBELL'S BRN SUGAR&BACON FLAV BKD BNS	1/2 cup	30.00	13.00	8.06	21.94
CAMPBELL'S BRN SUGAR&BACON FLAV BKD BNS	1 serving	30.00	13.00	8.06	21.94
CAMPBELL'S PORK & BNS	1/2 cup	25.00	8.00	7.02	17.98
CAMPBELL'S PORK & BNS	1 serving	25.00	8.00	7.02	17.98
CAROB FLOUR	1 cup	91.55	50.55	40.99	50.55
CAROB FLOUR	1 tbsp	5.33	2.94	2.39	2.94
CHICKEN,MEATLESS	1 cup	6.12	0.00	6.05	0.07
CHICKEN,MEATLESS,BREADED,FRIED	1 cup pieces	14.30	0.00	7.22	7.07
CHICKEN,MEATLESS,BREADED,FRIED	1 cup, diced	11.06	0.00	5.59	5.47
CHICKEN,MEATLESS,BREADED,FRIED	1 piece	3.06	0.00	1.55	1.52
CHICKPEA FLOUR (BESAN)	1 cup	53.19	9.98	9.94	43.26
CHICKPEAS (GARBANZO BNS,BENGAL GM),MATURE SEEDS,RAW	1 cup	125.90	21.40	24.40	101.50
CHICKPEAS (GARBANZO BNS,BENGAL GM),MATURE SEEDS,RAW	1 tbsp	7.87	1.34	1.53	6.34
CHICKPEAS (GARBANZO BNS,BENGAL GRAM),MATURE SDS,CND,SOL&LIQ	1 can (total can contents)	60.44	0.00	19.71	40.72
CHICKPEAS (GARBANZO BNS,BENGAL GRAM),MATURE SDS,CND,SOL&LIQ	1 cup	32.38	0.00	10.56	21.82
CHICKPEAS ,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	44.97	7.87	12.46	32.50
CHICKPEAS,MAT SEEDS,CND,DRND SOL	1 can drained	57.00	10.15	16.19	40.81
CHICKPEAS,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	44.97	7.87	12.46	32.50

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CHICKPEAS,MATURE SEEDS,CND,DRND,RINSED IN TAP H2O	1 can drained, rinsed	58.09	10.16	16.00	42.09
CHICKPEAS,MATURE SEEDS,CND,DRND,RINSED IN TAP H2O	1 cup drained, rinsed	34.76	6.08	9.58	25.19
CHICKPEAS,MATURE SEEDS,CND,SOL & LIQUIDS,LO NA	1 can total can contents	60.44	11.60	19.71	40.72
CHICKPEAS,MATURE SEEDS,CND,SOL & LIQUIDS,LO NA	1 cup	32.38	6.22	10.56	21.82
CHILI WITH BEANS,CANNED	1 cup	30.49	3.05	11.26	19.23
CHILI WITH BEANS,CANNED	1 tbsp	1.91	0.19	0.70	1.20
COWPEAS,CATJANG,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	34.75	0.00	6.16	28.59
COWPEAS,CATJANG,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	34.75	0.00	6.16	28.59
COWPEAS,CATJANG,MATURE SEEDS,RAW	1 cup	99.60	0.00	17.87	81.73
COWPEAS,COMMON (BLACKEYES,CROWDER,SOUTHERN),MTR SEEDS,RAW	1 cup	100.25	11.52	17.70	82.55
COWPEAS,COMMON (BLACKEYES,CROWDER,SOUTHERN),MTR SEEDS,RAW	1 tbsp	6.30	0.72	1.11	5.19
COWPEAS,COMMON (BLKEYES,CRWDR,STHRN),MTURE,CKD,BLD,WO/SALT	1 cup	35.50	5.64	11.12	24.38
COWPEAS,COMMON,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	35.50	5.64	11.12	24.38
COWPEAS,COMMON,MATURE SEEDS,CND W/PORK	1 cup	39.67	0.00	7.92	31.75
COWPEAS,COMMON,MATURE SEEDS,CND,PLN	1 cup	32.71	0.00	7.92	24.79
FALAFEL,HOME-PREPARED	1 patty (approx 2-1/4" dia)	5.41	0.00	0.00	5.41
FISH STICKS,MEATLESS	1 stick	2.52	0.22	1.71	0.81
FRANKFURTER,MEATLESS	1 cup, sliced	10.78	0.00	5.46	5.32
FRANKFURTER,MEATLESS	1 frankfurter	5.39	0.00	2.73	2.66
FRIJOLES ROJOS VOLTEADOS (REFRIED BNS,RED,CANNED)	1 cup	36.05	0.00	10.95	25.09
FRIJOLES ROJOS VOLTEADOS (REFRIED BNS,RED,CANNED)	1 tbsp	2.32	0.00	0.71	1.62
GARDENBURGER BLACK BEAN CHIPOTLE BURGER,FRZ,UNPREP	1 Patty	15.62	2.56	4.33	11.29
GARDENBURGER FLAME GRILLED BURGER,FRZ,UNPREP	1 Pattie	6.53	0.38	3.55	2.98
GARDENBURGER ORIGINAL,FRZ,UNPREP	1 Patty	15.69	0.43	3.55	12.14

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GARDENBURGER SAVORY PORTABELLA VEGGIE BURGER,FRZ,UNPREP	1 Patty	15.69	0.85	5.04	10.65
GARDENBURGER SUN-DRIED TOMATO BASIL BURGER,FRZ,UNPREP	1 pattie	16.83	1.85	3.69	13.14
GARDENBURGER VEGGIE MEDLEY BURGER,FRZ,UNPREP	1 Patty	17.04	1.42	5.04	12.00
HOUSE FOODS PREMIUM FIRM TOFU	2 oz	1.07	0.22	0.50	0.57
HOUSE FOODS PREMIUM FIRM TOFU	3 oz	1.60	0.34	0.76	0.85
HOUSE FOODS PREMIUM SOFT TOFU	2 oz	1.53	0.30	0.45	1.09
HOUSE FOODS PREMIUM SOFT TOFU	3 oz	2.30	0.45	0.67	1.63
HUMMUS,COMMERCIAL	1 cup	35.15	0.00	14.76	20.39
HUMMUS,COMMERCIAL	1 tbsp	2.14	0.00	0.90	1.24
HUMMUS,HOME PREP	1 cup	49.50	0.66	9.84	39.66
HUMMUS,HOME PREP	1 tablespoon	3.02	0.04	0.60	2.42
HYACINTH BNS,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	40.16	0.00	0.00	40.16
HYACINTH BNS,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	40.14	0.00	0.00	40.14
HYACINTH BNS,MATURE SEEDS,RAW	1 cup	127.55	0.00	53.76	73.79
LENTILS,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	38.69	3.56	15.64	23.05
LENTILS,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	39.86	3.56	15.64	24.22
LENTILS,MATURE SEEDS,CKD,BLD,WO/SALT	1 tbsp	2.48	0.22	0.97	1.50
LENTILS,PINK OR RED,RAW	1 cup	121.15	0.00	20.74	100.42
LENTILS,RAW	1 cup	121.63	3.90	20.54	101.09
LENTILS,RAW	1 tablespoon	7.60	0.24	1.28	6.32
LIMA BNS,LRG,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	39.25	5.45	13.16	26.09
LIMA BNS,LRG,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	39.25	5.45	13.16	26.09
LIMA BNS,LRG,MATURE SEEDS,CKD,BLD,WO/SALT	1 tbsp	2.44	0.34	0.82	1.62
LIMA BNS,LRG,MATURE SEEDS,CND	1 cup	35.93	0.00	11.57	24.37
LIMA BNS,LRG,MATURE SEEDS,RAW	1 cup	112.82	15.13	33.82	79.00
LIMA BNS,LRG,MATURE SEEDS,RAW	1 tbsp	7.04	0.94	2.11	4.93
LIMA BNS,THIN SEEDED (BABY),MATURE SEEDS,CKD,BLD,W/SALT	1 cup	42.42	0.00	14.01	28.41
LIMA BNS,THIN SEEDED (BABY),MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	42.42	0.00	14.01	28.41
LIMA BNS,THIN SEEDED (BABY),MATURE SEEDS,RAW	1 cup	126.92	16.81	41.61	85.30
LOMA LINDA BIG FRANKS,CND,UNPREP	1 link	2.96	0.20	1.79	1.17
LOMA LINDA LINKETTS,CND,UNPREP	1 link	1.54	0.11	1.05	0.49
LOMA LINDA LITTLE LINKS,CND,UNPREP	2 links	2.53	0.37	1.93	0.60
LOMA LINDA LOFAT BIG FRANKS,CND,UNPREP	1 link	2.50	0.15	2.09	0.41
LOMA LINDA REDI-BURGER,CND,UNPREP	1 slice , 5/8"	6.97	1.02	3.66	3.32
LOMA LINDA SWISS STAKE W/ GRAVY,CND,UNPREP	1 piece	9.57	0.83	2.94	6.62
LOMA LINDA TENDER BITS,CND,UNPREP	6 pieces	7.06	0.51	3.66	3.40
LOMA LINDA TENDER ROUNDS W/ GRAVY,CND,UNPREP	6 pieces	5.92	0.80	2.80	3.12

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LOMA LINDA VEGE-BURGER,CND,UNPREP	1/4 cup	2.04	0.44	1.43	0.61
LUNCHEON SLICES,MEATLESS	1 slice, thin	0.62	0.31	0.00	0.62
LUPINS,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	15.42	0.00	4.65	10.77
LUPINS,MATURE SEEDS,CKD,BLD,WO/ SALT	1 cup	16.40	0.00	4.65	11.75
LUPINS,MATURE SEEDS,RAW	1 cup	72.67	0.00	34.02	38.65
MEAT EXTENDER	1 cup	33.72	0.00	15.40	18.32
MEAT EXTENDER	1 oz	10.86	0.00	4.96	5.90
MEATBALLS,MEATLESS	1 cup	11.52	1.80	6.62	4.90
MISO	1 cup	72.79	17.05	14.85	57.94
MISO	1 tbsp	4.50	1.05	0.92	3.58
MORI-NU,TOFU,SILKEN,EX FIRM	1 slice	1.68	0.83	0.08	1.60
MORI-NU,TOFU,SILKEN,FIRM	1 slice	2.02	1.07	0.08	1.93
MORI-NU,TOFU,SILKEN,LITE EX FIRM	1 slice	0.84	0.35	0.00	0.84
MORI-NU,TOFU,SILKEN,LITE FIRM	1 slice	0.92	0.38	0.00	0.92
MORI-NU,TOFU,SILKEN,SOFT	1 slice	2.44	1.10	0.08	2.35
MORNINGSTAR FARMS ASIAN VEGGIE PATTIES,FRZ,UNPREP	1 Burger	9.98	3.28	2.01	7.97
MORNINGSTAR FARMS BACON,EGG & CHS BISCUIT,FRZ,UNPREP	1 Biscuit	40.43	4.73	1.47	38.96
MORNINGSTAR FARMS BBQ RIBLETS,FRZ,UNPREP	1 Riblet with Sauce	34.93	24.42	6.11	28.83
MORNINGSTAR FARMS BRKFST BACON STRIPS,FRZ,UNPREP	2 Strips	2.29	0.13	0.82	1.47
MORNINGSTAR FARMS BRKFST BSCT SAUSAGE,EGG & CHS,FRZ,UNPRE	1 Biscuit	39.38	4.20	1.58	37.80
MORNINGSTAR FARMS BRKFST PATTIE W/ ORGANIC SOY,FRZ,UNPREP	1 Patty	4.79	0.84	2.89	1.90
MORNINGSTAR FARMS BRKFST PATTIE,FRZ,UNPREP	1 patty	4.03	0.57	1.63	2.40
MORNINGSTAR FARMS BRKFST SAUSAGE LINKS,FRZ,UNPREP	2 Links	3.06	0.45	1.80	1.26
MORNINGSTAR FARMS BRKFST SAUSAGE PATTIES MAPLE FLAV,FRZ,UNPR	1 Patty	5.17	2.24	0.76	4.41
MORNINGSTAR FARMS BUFFALO CHIK PATTIES,FRZ,UNPREP	1 Patty	17.89	2.13	3.62	14.27
MORNINGSTAR FARMS BUFFALO WINGS,FRZ,UNPREP	5 Wings	19.21	2.38	4.08	15.13
MORNINGSTAR FARMS CALIFORNIA TURK'Y BURGER,FRZ,UNPREP	1 Burger	8.06	1.15	4.86	3.20
MORNINGSTAR FARMS CHIK PATTIES ORIGINAL,FRZ,UNPREP	1 Burger	16.26	1.42	2.13	14.13
MORNINGSTAR FARMS CHIK PATTIES,FRZ,UNPREP	1 patty	16.26	1.42	2.13	14.13
MORNINGSTAR FARMS CHIK'N GRILL VEGGIE PATTIES,FRZ,UNPREP	1 patty	6.83	0.13	3.82	3.02

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MORNINGSTAR FARMS CHIK'N NUGGETS,FRZ,UNPREP	4 nuggets	18.75	1.89	4.21	14.53
MORNINGSTAR FARMS CORN DOG MINI,FRZ,UNPREP	4 Pieces	24.78	6.08	1.98	22.80
MORNINGSTAR FARMS CORN DOG,FRZ,UNPREP	1 Corn Dog	25.56	7.81	2.70	22.86
MORNINGSTAR FARMS ENTREE CHIK'N ENCHILADA W/ RICE,FRZ,UNPREP	1 package	46.54	5.65	5.65	40.89
MORNINGSTAR FARMS ENTREE CHILI,FRZ,UNPREP	1 Cup	32.00	3.56	9.91	22.10
MORNINGSTAR FARMS GARDEN VEGGIE PATTIES,FRZ,UNPREP	1 cup	34.52	4.54	11.34	23.18
MORNINGSTAR FARMS GARDEN VEGGIE PATTIES,FRZ,UNPREP	1 package yields	434.98	57.15	142.88	292.10
MORNINGSTAR FARMS GARDEN VEGGIE PATTIES,FRZ,UNPREP	1 patty	9.18	1.21	3.02	6.16
MORNINGSTAR FARMS GRILLERS BURGER STYLE REC CRMBL,FRZ,UNPREP	1 cup	9.13	1.21	5.17	3.96
MORNINGSTAR FARMS GRILLERS BURGER STYLE REC CRMBL,FRZ,UNPREP	1 package yields	150.56	19.95	85.26	65.30
MORNINGSTAR FARMS GRILLERS BURGER STYLE REC CRMBL,FRZ,UNPREP	1 serving	4.57	0.61	2.59	1.98
MORNINGSTAR FARMS GRILLERS CHIK'N VEGGIE PATTIES,FRZ,UNPREP	1 Patty	6.83	0.13	3.82	3.02
MORNINGSTAR FARMS GRILLERS ORIGINAL,FRZ,UNPREP	1 Burger	5.44	0.77	2.82	2.62
MORNINGSTAR FARMS GRILLERS PRIME,FRZ,UNPREP	1 Burger	4.19	0.21	1.85	2.34
MORNINGSTAR FARMS GRILLERS QTR POUND VEGGIE BURGER,FRZ,U	1 Burger	10.15	0.68	2.85	7.30
MORNINGSTAR FARMS ITALIAN HERB CHIK'N PATTIE,FRZ,UNPREP	1 Patty	22.08	1.07	2.41	19.67
MORNINGSTAR FARMS LASAGNA W/ VEGGIE SAUSAGE,FRZ,UNPREP	1 EntrØe	40.90	4.83	6.53	34.36
MORNINGSTAR FARMS MEAL STARTERS VEGGIE MEATBALLS,FRZ,UNPREP	5 Meatballs	7.92	0.88	2.88	5.04
MORNINGSTAR FARMS MEDITERRANEAN CHICKPEA,FRZ,UNPREP	1 Burger	13.27	0.74	6.77	6.50
MORNINGSTAR FARMS MUSHROOM LOVER'S BURGER,FRZ,UNPREP	1 Burger	5.89	0.32	3.26	2.62
MORNINGSTAR FARMS PARMESAN GARLIC WINGS,FRZ,UNPREP	5 Wings	20.49	1.11	2.64	17.85
MORNINGSTAR FARMS RSTD GARLIC & QUINOA BURGER,FRZ,UNPREP	1 Burger	11.93	1.41	6.77	5.16

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MORNINGSTAR FARMS SAUSAGE STYLE RECIPE CRUMBLES,FRZ,UNPREP	2/3 Cup	5.45	0.77	2.53	2.92
MORNINGSTAR FARMS SESAME CHIK'N ENTREE,FRZ,UNPREP	1 package	46.54	16.14	3.50	43.04
MORNINGSTAR FARMS TOMATO & BASIL PIZZA BURGER,FRZ,UNPREP	1 Burger	7.44	1.61	2.48	4.96
MORNINGSTAR FARMS VEGGIE DOG,FRZ,UNPREP	1 Link	4.48	1.76	0.92	3.56
MORNINGSTAR FARMS VEGGIE ITALIAN STYLE SAUSAGE,FRZ,UNPREP	1 link	4.36	0.64	1.28	3.08
MORNINGSTAR FARMS VEGGIE SWT & SOUR CHIK'N,FRZ,UNPREP	1 entrOe	57.99	11.90	3.69	54.30
MOTHBEANS,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	37.10	0.00	0.00	37.10
MOTHBEANS,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	37.10	0.00	0.00	37.10
MOTHBEANS,MATURE SEEDS,RAW	1 cup	120.58	0.00	0.00	120.58
MUNG BNS,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	38.68	4.04	15.35	23.33
MUNG BNS,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	38.68	4.04	15.35	23.33
MUNG BNS,MATURE SEEDS,RAW	1 cup	129.62	13.66	33.74	95.88
MUNG BNS,MATURE SEEDS,RAW	1 tbsp	8.14	0.86	2.12	6.02
MUNGO BNS,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	33.01	3.62	11.52	21.49
MUNGO BNS,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	33.01	3.62	11.52	21.49
MUNGO BNS,MATURE SEEDS,CKD,BLD,WO/SALT	1 oz dry, yield after cooking	12.65	1.39	4.42	8.24
MUNGO BNS,MATURE SEEDS,RAW	1 cup	122.11	0.00	37.88	84.23
NATTO	1 cup	25.13	8.56	9.45	15.68
NOODLES,CHINESE,CELLOPHANE OR LONG RICE (MUNG BNS),DEHYD	1 cup	120.53	0.00	0.70	119.83
OKARA	1 cup	15.30	0.00	0.00	15.30
PACE,SALSA REFRIED BNS	1/2 cup	14.00	4.00	3.96	10.04
PACE,SALSA REFRIED BNS	1 serving	14.00	4.00	3.96	10.04
PACE,SPICY JALAPENO REFRIED BNS	1/2 cup	14.00	4.00	5.04	8.96
PACE,SPICY JALAPENO REFRIED BNS	1 serving	14.00	4.00	5.04	8.96
PACE,TRADITIONAL REFRIED BNS	1/2 cup	13.00	3.00	5.04	7.96
PACE,TRADITIONAL REFRIED BNS	1 serving	13.00	3.00	5.04	7.96
PEANUT BUTTER W/ OMEGA-3,CREAMY	1 tbsp	2.72	0.50	0.98	1.74
PEANUT BUTTER,CHUNK STYLE,W/SALT	1 cup	55.65	21.70	20.64	35.01
PEANUT BUTTER,CHUNK STYLE,W/SALT	2 tbsp	6.90	2.69	2.56	4.34
PEANUT BUTTER,CHUNK STYLE,WO/SALT	1 cup	55.65	21.70	20.64	35.01
PEANUT BUTTER,CHUNK STYLE,WO/SALT	2 tbsp	6.90	2.69	2.56	4.34
PEANUT BUTTER,CHUNKY,VITAMIN&MINERAL FORT	1 cup	45.64	28.23	14.71	30.93
PEANUT BUTTER,CHUNKY,VITAMIN&MINERAL FORT	2 tbsp	5.66	3.50	1.82	3.84
PEANUT BUTTER,RED NA	1 tbsp	3.49	1.49	1.06	2.44
PEANUT BUTTER,SMOOTH STYLE,W/ SALT	1 cup	57.56	27.06	12.90	44.66
PEANUT BUTTER,SMOOTH STYLE,W/ SALT	2 tbsp	7.14	3.36	1.60	5.54

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PEANUT BUTTER,SMOOTH STYLE,WO/SALT	1 cup	57.56	27.06	12.90	44.66
PEANUT BUTTER,SMOOTH STYLE,WO/SALT	2 tbsp	7.14	3.36	1.60	5.54
PEANUT BUTTER,SMOOTH,RED FAT	2 tablespoon	12.83	3.34	1.87	10.96
PEANUT BUTTER,SMOOTH,VIT & MINERAL FORT	1 cup	48.38	27.01	14.45	33.93
PEANUT BUTTER,SMOOTH,VIT & MINERAL FORT	2 tbsp	6.00	3.35	1.79	4.21
PEANUT FLOUR,DEFATTED	1 cup	20.82	4.93	9.48	11.34
PEANUT FLOUR,DEFATTED	1 oz	9.84	2.33	4.48	5.36
PEANUT FLOUR,LOW FAT	1 cup	18.76	0.00	9.48	9.28
PEANUT FLOUR,LOW FAT	1 oz	8.87	0.00	4.48	4.39
PEANUT SPRD,RED SUGAR	2 tbsp	4.41	1.04	2.42	1.99
PEANUTS,ALL TYPES,CKD,BLD,W/SALT	1 cup in shell, edible yield	13.39	1.56	5.54	7.85
PEANUTS,ALL TYPES,CKD,BLD,W/SALT	1 cup, shelled	38.27	4.45	15.84	22.43
PEANUTS,ALL TYPES,CKD,BLD,W/SALT	1 oz shelled	6.03	0.70	2.49	3.53
PEANUTS,ALL TYPES,CKD,BLD,W/SALT	33 nuts	5.95	0.69	2.46	3.49
PEANUTS,ALL TYPES,DRY-ROASTED,W/SALT	1 oz	6.03	1.39	2.38	3.65
PEANUTS,ALL TYPES,DRY-ROASTED,W/SALT	1 peanut	0.21	0.05	0.08	0.13
PEANUTS,ALL TYPES,DRY-ROASTED,WO/SALT	1 cup	31.04	7.15	12.26	18.78
PEANUTS,ALL TYPES,DRY-ROASTED,WO/SALT	1 oz	6.03	1.39	2.38	3.65
PEANUTS,ALL TYPES,DRY-ROASTED,WO/SALT	1 peanut	0.21	0.05	0.08	0.13
PEANUTS,ALL TYPES,OIL-ROASTED,W/SALT	1 cup, chopped	21.97	6.02	13.54	8.44
PEANUTS,ALL TYPES,OIL-ROASTED,W/SALT	1 oz shelled (32 nuts)	4.33	1.19	2.66	1.66
PEANUTS,ALL TYPES,OIL-ROASTED,WO/ SALT	1 cup,	21.97	6.02	13.54	8.44
PEANUTS,ALL TYPES,OIL-ROASTED,WO/ SALT	1 oz shelled (32 nuts)	4.33	1.19	2.66	1.66
PEANUTS,ALL TYPES,RAW	1 cup	23.55	6.89	12.41	11.14
PEANUTS,ALL TYPES,RAW	1 oz	4.57	1.34	2.41	2.16
PEANUTS,SPANISH,OIL-ROASTED,W/SALT	1 cup	25.65	0.00	13.08	12.57
PEANUTS,SPANISH,OIL-ROASTED,W/SALT	1 oz	4.95	0.00	2.52	2.42
PEANUTS,SPANISH,OIL-ROASTED,WO/SALT	1 cup	25.65	0.00	13.08	12.57
PEANUTS,SPANISH,OIL-ROASTED,WO/SALT	1 oz	4.95	0.00	2.52	2.42
PEANUTS,SPANISH,RAW	1 cup	23.11	0.00	13.87	9.24
PEANUTS,SPANISH,RAW	1 oz	4.49	0.00	2.69	1.79
PEANUTS,VALENCIA,OIL-ROASTED,W/SALT	1 cup	23.47	0.00	12.82	10.66
PEANUTS,VALENCIA,OIL-ROASTED,W/SALT	1 oz	4.62	0.00	2.52	2.10
PEANUTS,VALENCIA,OIL-ROASTED,WO/SALT	1 cup	23.47	0.00	12.82	10.66
PEANUTS,VALENCIA,OIL-ROASTED,WO/SALT	1 oz	4.62	0.00	2.52	2.10
PEANUTS,VALENCIA,RAW	1 cup	30.53	0.00	12.70	17.83
PEANUTS,VALENCIA,RAW	1 oz	5.93	0.00	2.47	3.46
PEANUTS,VIRGINIA,OIL-ROASTED,W/SALT	1 cup	28.40	0.00	12.73	15.67
PEANUTS,VIRGINIA,OIL-ROASTED,W/SALT	1 oz	5.63	0.00	2.52	3.11
PEANUTS,VIRGINIA,OIL-ROASTED,WO/SALT	1 cup	28.40	0.00	12.73	15.67

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PEANUTS,VIRGINIA,OIL-ROASTED,WO/SALT	1 oz	5.63	0.00	2.52	3.11
PEANUTS,VIRGINIA,RAW	1 cup	24.15	5.77	12.41	11.74
PEANUTS,VIRGINIA,RAW	1 oz	4.69	1.12	2.41	2.28
PEAS,GRN,SPLIT,MATURE SEEDS,RAW	1 cup	125.57	15.76	50.24	75.33
PEAS,GRN,SPLIT,MATURE SEEDS,RAW	1 lb	289.12	36.29	115.67	173.46
PEAS,SPLIT,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	40.20	5.68	16.27	23.93
PEAS,SPLIT,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	41.36	5.68	16.27	25.09
PEAS,SPLIT,MATURE SEEDS,CKD,BLD,WO/SALT	1 tbsp	2.57	0.35	1.01	1.56
PIGEON PEAS (RED GM),MATURE SEEDS,CKD,BLD,W/SALT	1 cup	39.06	0.00	11.26	27.80
PIGEON PEAS (RED GM),MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	39.06	0.00	11.26	27.80
PIGEON PEAS (RED GM),MATURE SEEDS,RAW	1 cup	128.70	0.00	30.75	97.95
REFRIED BNS,CND,FAT-FREE	1 can	60.08	2.71	20.92	39.16
REFRIED BNS,CND,FAT-FREE	1 cup	31.19	1.41	10.86	20.33
REFRIED BNS,CND,TRADITIONAL STYLE (INCLUDES USDA COMMODITY)	1 can	59.89	2.39	16.35	43.54
REFRIED BNS,CND,TRADITIONAL STYLE (INCLUDES USDA COMMODITY)	1 cup	32.25	1.29	8.81	23.44
REFRIED BNS,CND,TRADITIONAL,RED NA	1 cup	32.25	1.29	8.81	23.44
REFRIED BNS,CND,TRADITIONAL,RED NA	1 tablespoon	2.17	0.09	0.59	1.58
REFRIED BNS,CND,VEGETARIAN	1 can	59.94	2.62	20.87	39.07
REFRIED BNS,CND,VEGETARIAN	1 cup	32.67	1.43	11.37	21.30
SANDWICH SPREAD,MEATLESS	1 tbsp	1.35	0.69	0.50	0.86
SAUSAGE,MEATLESS	1 link	2.46	0.00	0.70	1.76
SAUSAGE,MEATLESS	1 patty	3.74	0.00	1.06	2.68
SAUSAGE,MEATLESS	1 slice	2.76	0.00	0.78	1.97
SILK BANANA-STRAWBERRY SOY YOGURT	1 container	29.00	18.00	1.02	27.98
SILK BLACK CHERRY SOY YOGURT	1 container	29.00	19.99	1.02	27.98
SILK BLUEBERRY SOY YOGURT	1 container	29.00	21.00	1.02	27.98
SILK CHAI,SOYMILK	1 cup	19.00	14.00	0.00	19.00
SILK CHOC,SOYMILK	1 cup	23.01	19.00	1.94	21.07
SILK COFFEE,SOYMILK	1 cup	25.00	23.01	0.00	25.00
SILK FRENCH VANILLA CREAMER	1 tbsp	3.00	3.00	0.00	3.00
SILK HAZELNUT CREAMER	1 tbsp	3.00	3.00	0.00	3.00
SILK KEY LIME SOY YOGURT	1 container	30.01	21.00	1.02	28.99
SILK LT CHOC,SOYMILK	1 cup	21.99	19.00	1.94	20.05
SILK LT PLN,SOYMILK	1 cup	7.99	6.00	0.97	7.02
SILK LT VANILLA,SOYMILK	1 cup	10.01	7.00	0.97	9.04
SILK MOCHA,SOYMILK	1 cup	21.99	18.01	0.00	21.99
SILK NOG,SOYMILK	1/2 cup	15.01	12.00	0.00	15.01
SILK ORIGINAL CREAMER	1 tbsp	1.00	0.00	0.00	1.00
SILK PEACH SOY YOGURT	1 container	31.99	25.01	1.02	30.97

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SILK PLN SOY YOGURT	1 container	22.00	12.01	0.91	21.09
SILK PLN,SOYMILK	1 cup	7.99	6.00	0.97	7.02
SILK PLUS FIBER,SOYMILK	1 cup	14.00	7.00	5.10	8.89
SILK PLUS FOR BONE HEALTH,SOYMILK	1 cup	11.01	7.00	1.94	9.06
SILK PLUS OMEGA-3 DHA,SOYMILK	1 cup	7.99	6.00	0.97	7.02
SILK RASPBERRY SOY YOGURT	1 container	30.01	22.00	1.02	28.99
SILK STRAWBERRY SOY YOGURT	1 container	31.01	22.00	1.02	29.99
SILK UNSWTND,SOYMILK	1 cup	4.01	1.00	0.97	3.04
SILK VANILLA SOY YOGURT (FAMILY SIZE)	1 container	31.01	23.99	0.91	30.10
SILK VANILLA SOY YOGURT (SINGLE SERVING SIZE)	1 container	25.01	18.00	1.02	23.99
SILK VANILLA,SOYMILK	1 cup	10.01	7.00	0.97	9.04
SILK VERY VANILLA,SOYMILK	1 cup	19.00	15.99	0.97	18.03
SOY FLOUR,DEFATTED	1 cup	40.29	19.82	18.38	21.91
SOY FLOUR,DEFATTED	1 tbsp	2.53	1.25	1.16	1.38
SOY FLOUR,FULL-FAT,RAW	1 cup, stirred	29.56	6.30	8.06	21.50
SOY FLOUR,FULL-FAT,RAW	1 tbsp	1.83	0.39	0.50	1.33
SOY FLOUR,LOW-FAT	1 cup, stirred	30.74	9.27	14.08	16.66
SOY FLOUR,LOW-FAT	1 tbsp	1.92	0.58	0.88	1.04
SOY FLR,DEFATTED,CRUDE PROT BASIS (N X 6.25)	1 cup, stirred	30.63	14.58	16.00	14.63
SOY FLR,FULL-FAT,RAW,CRUDE PROT BASIS (N X 6.25)	1 cup, stirred	27.14	0.00	8.16	18.98
SOY FLR,FULL-FAT,RSTD	1 cup, stirred	28.62	6.47	8.25	20.37
SOY FLR,FULL-FAT,RSTD,CRUDE PROT BASIS (N X 6.25)	1 cup, stirred	25.82	0.00	0.00	25.82
SOY FLR,LOW-FAT,CRUDE PROT BASIS (N x 6.25)	1 cup, stirred	29.55	17.42	8.98	20.57
SOY MEAL,DEFATTED,RAW	1 cup	48.97	0.00	0.00	48.97
SOY MEAL,DEFATTED,RAW,CRUDE PROT BASIS (N X 6.25)	1 cup	43.79	0.00	0.00	43.79
SOY PROT CONC,CRUDE PROT BASIS (N X 6.25),ACID WASH	1 oz	7.20	0.00	1.56	5.64
SOY PROT CONC,PRODUCED BY ACID WASH	1 oz	8.76	5.67	1.56	7.20
SOY PROT CONC,PRODUCED BY ALCOHOL EXTRACTION	1 oz	8.76	5.67	1.56	7.20
SOY PROT ISOLATE,K TYPE	1 oz	2.90	0.00	1.59	1.31
SOY PROT ISOLATE,K TYPE,CRUDE PROT BASIS	1 oz	0.73	0.00	0.57	0.17
SOY PROTEIN ISOLATE	1 oz	2.09	0.00	1.59	0.50
SOY SAU MADE FROM HYDROLYZED VEG PROT	1/4 cup	4.55	0.75	0.29	4.26
SOY SAU MADE FROM HYDROLYZED VEG PROT	1 tbsp	1.41	0.23	0.09	1.32
SOY SAU MADE FROM HYDROLYZED VEG PROT	1 tsp	0.47	0.08	0.03	0.44
SOY SAU MADE FROM SOY (TAMARI)	1 tbsp	1.00	0.31	0.14	0.86
SOY SAU MADE FROM SOY (TAMARI)	1 tsp	0.33	0.10	0.05	0.29
SOY SAU MADE FROM SOY&WHEAT (SHOYU)	1 cup	12.57	1.02	2.04	10.53

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SOY SAU MADE FROM SOY&WHEAT (SHOYU)	1 individual packet	0.44	0.04	0.07	0.37
SOY SAU MADE FROM SOY&WHEAT (SHOYU)	1 tbsp	0.79	0.06	0.13	0.66
SOY SAU MADE FROM SOY&WHEAT (SHOYU)	1 tsp	0.26	0.02	0.04	0.22
SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO NA	1 cup	14.25	1.28	1.79	12.47
SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO NA	1 tbsp	0.79	0.07	0.10	0.69
SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO NA	1 tsp	0.25	0.02	0.03	0.22
SOY SAU,RED NA,MADE FROM HYDROLYZED VEG PROT	1/4 cup	8.38	3.27	0.17	8.20
SOY SAU,RED NA,MADE FROM HYDROLYZED VEG PROT	1 tbsp	2.17	0.84	0.05	2.12
SOY SAU,RED NA,MADE FROM HYDROLYZED VEG PROT	1 tsp	0.71	0.28	0.01	0.69
SOYBEAN,CURD CHEESE	1 cup	15.53	3.60	0.00	15.53
SOYBEANS,MATURE CKD,BLD,WO/SALT	1 cup	17.08	5.16	10.32	6.76
SOYBEANS,MATURE CKD,BLD,WO/SALT	1 tbsp	1.06	0.32	0.64	0.42
SOYBEANS,MATURE SEEDS,CKD,BLD,W/SALT	1 cup	17.08	5.16	10.32	6.76
SOYBEANS,MATURE SEEDS,DRY RSTD	1 cup	30.43	0.00	7.53	22.90
SOYBEANS,MATURE SEEDS,RAW	1 cup	56.10	13.63	17.30	38.80
SOYBEANS,MATURE SEEDS,RSTD,SALTED	1 cup	57.71	7.22	30.44	27.26
SOYBEANS,MATURE SEEDS,RSTED,NO SALT ADDED	1 cup	57.71	0.00	30.44	27.26
SOYMILK (ALL FLAVORS),ENHANCED	1 cup	8.38	6.15	0.97	7.41
SOYMILK (ALL FLAVORS),LOWFAT,W/ ADDED CA,VITAMINS A & D	1 cup	17.50	8.51	1.94	15.55
SOYMILK (ALL FLAVORS),NONFAT,W/ ADDED CA,VITAMINS A & D	1 cup	10.06	8.87	0.49	9.57
SOYMILK (ALL FLAVORS),UNSWTND,W/ ADDED CA,VITAMINS A & D	1 cup	4.23	1.00	1.22	3.01
SOYMILK,CHOC & OTHER FLAVORS,LT,W/ ADDED CA,VITAMINS A & D	1 cup	20.02	17.33	1.70	18.32
SOYMILK,CHOC,NONFAT,W/ ADDED CA,VITAMINS A & D	1 cup	20.68	8.87	0.49	20.19
SOYMILK,CHOC,UNFORTIFIED	1 cup	24.18	19.10	0.97	23.21
SOYMILK,CHOC,UNFORTIFIED	1 fl oz	3.04	2.41	0.12	2.92
SOYMILK,CHOC,W/ ADDED CA,VITAMINS A & D	1 cup	24.18	19.10	0.97	23.21
SOYMILK,CHOC,W/ ADDED CA,VITAMINS A & D	1 fl oz	3.04	2.41	0.12	2.92
SOYMILK,ORIGINAL & VANILLA,LT,UNSWTND,W/ ADDED CA,VIT A & D	1 cup	9.36	1.00	1.46	7.90
SOYMILK,ORIGINAL & VANILLA,LT,W/ ADDED CA,VITAMINS A & D	1 cup	8.53	6.34	0.73	7.80
SOYMILK,ORIGINAL & VANILLA,UNFORTIFIED	1 cup	15.26	9.70	1.46	13.80
SOYMILK,ORIGINAL & VANILLA,UNFORTIFIED	1 fl oz	1.92	1.22	0.18	1.74

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SOYMILK,ORIGINAL & VANILLA,W/ ADDED CA,VITAMINS A & D	1 cup	11.96	8.87	0.49	11.47
SOYMILK,ORIGINAL & VANILLA,W/ ADDED CA,VITAMINS A & D	1 fl oz	1.51	1.12	0.06	1.44
TEMPEH	1 cup	15.59	0.00	0.00	15.59
TOFU YOGURT	1 cup	41.82	3.25	0.52	41.29
TOFU,DRIED-FROZEN (KOYADOFU)	1 piece	2.48	0.00	1.22	1.25
TOFU,DRIED-FROZEN (KOYADOFU),PREP W/CA SULFATE	1 piece	2.17	0.00	0.20	1.97
TOFU,EX FIRM,PREP W/NIGARI	1/5 block	1.82	0.46	0.36	1.46
TOFU,FIRM,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	1/5 block	1.54	0.55	0.82	0.72
TOFU,FIRM,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	1/4 block	1.37	0.49	0.73	0.64
TOFU,FIRM,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	1/2 cup	2.13	0.76	1.13	1.00
TOFU,FRIED	1 oz	2.97	0.77	1.11	1.87
TOFU,FRIED	1 piece	1.36	0.35	0.51	0.86
TOFU,FRIED,PREP W/CA SULFATE	1 piece	1.37	0.00	0.51	0.86
TOFU,HARD,PREP W/NIGARI	1/4 block	5.36	0.00	0.73	4.62
TOFU,RAW,FIRM,PREP W/CA SULFATE	1/4 block	3.46	0.00	1.86	1.60
TOFU,RAW,FIRM,PREP W/CA SULFATE	1/2 cup	5.38	0.00	2.90	2.48
TOFU,RAW,REG,PREP W/CA SULFATE	1/4 block	2.18	0.00	0.35	1.83
TOFU,RAW,REG,PREP W/CA SULFATE	1/2 cup	2.33	0.00	0.37	1.96
TOFU,SALTED&FERMENTED (FUYU)	1 block	0.57	0.00	0.00	0.57
TOFU,SALTED&FERMENTED (FUYU),PREP W/CA SULFATE	1 block	0.57	0.00	0.00	0.57
TOFU,SOFT,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	1/5 block	1.62	0.63	0.18	1.44
TOFU,SOFT,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	1/4 block	2.09	0.81	0.23	1.86
TOFU,SOFT,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	1 cubic inch	0.32	0.13	0.04	0.29
TOFU,SOFT,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	1 cup (1/2" cubes)	4.46	1.74	0.50	3.97
TOFU,SOFT,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	1 piece (2-1/2" x 2-3/4" x 1")	2.16	0.84	0.24	1.92
USDA CMDTY,PNUT BUTTER,SMOOTH	1 cup	61.87	16.77	14.71	47.16
USDA CMDTY,PNUT BUTTER,SMOOTH	2 tbsp	7.67	2.08	1.82	5.85
VEGETARIAN FILLETS	1 fillet	7.65	0.68	5.19	2.47
VEGETARIAN MEATLOAF OR PATTIES	1 slice	4.48	0.67	2.58	1.90
VEGETARIAN STEW	1 cup	17.29	3.09	2.72	14.57
VEGGIE BURGERS OR SOYBURGERS UNPREP	1 pattie	9.99	0.75	3.43	6.56

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VERMICELLI,MADE FROM SOY	1 cup	115.25	24.42	5.46	109.79
VITASOY USA ORGANIC NASOYA SILKEN TOFU	1/5 package	1.27	0.18	0.27	1.00
VITASOY USA AZUMAYA,EX FIRM TOFU	1/5 package	1.90	0.40	0.71	1.19
VITASOY USA AZUMAYA,FIRM TOFU	1/5 package	1.82	0.32	0.47	1.34
VITASOY USA AZUMAYA,SILKEN TOFU	1/5 package	0.91	0.18	0.18	0.73
VITASOY USA NASOYA,LITE SILKEN TOFU	1/5 package	0.27	0.00	0.00	0.27
VITASOY USA ORGANIC NASOYA SPROUTED,TOFU PLUS SUPER FIRM	3 oz	2.81	0.94	1.02	1.79
VITASOY USA ORGANIC NASOYA,SOFT TOFU	1/5 package	1.19	0.24	0.47	0.71
VITASOY USA ORGANIC NASOYA,TOFU PLUS EX FIRM	3 oz	2.30	0.34	0.85	1.45
VITASOY USA ORGANIC NASOYA,TOFU PLUS FIRM	3 oz	2.13	0.26	0.68	1.45
VITASOY USA,NASOYA LITE FIRM TOFU	1/5 package	1.03	0.16	0.47	0.55
VITASOY USA,ORGANIC NASOYA EX FIRM TOFU	1/5 package	2.05	0.32	1.03	1.03
VITASOY USA,ORGANIC NASOYA FIRM TOFU	1/5 package	1.82	0.24	0.63	1.19
VITASOY USA,ORGANIC NASOYA SUPER FIRM CUBED TOFU	1/5 package	2.21	0.47	1.58	0.63
VITASOY USA,VITASOY LT VANILLA SOYMILK	1 cup	9.96	7.05	0.24	9.72
VITASOY USA,VITASOY LT VANILLA SOYMILK	1 serving	9.96	7.05	0.24	9.72
VITASOY USA,VITASOY ORGANIC CLASSIC ORIGINAL SOYMILK	1 cup	10.94	4.86	0.97	9.96
VITASOY USA,VITASOY ORGANIC CLASSIC ORIGINAL SOYMILK	1 serving	10.94	4.86	0.97	9.96
VITASOY USA,VITASOY ORGANIC CREAMY ORIGINAL SOYMILK	1 cup	10.94	4.86	0.97	9.96
VITASOY USA,VITASOY ORGANIC CREAMY ORIGINAL SOYMILK	1 serving	10.94	4.86	0.97	9.96
WINGED BNS,MATURE SEEDS,CKD,BLD,W/ SALT	1 cup	25.70	0.00	0.00	25.70
WINGED BNS,MATURE SEEDS,CKD,BLD,WO/ SALT	1 cup	25.70	0.00	0.00	25.70
WINGED BNS,MATURE SEEDS,RAW	1 cup	75.91	0.00	47.14	28.77
WORTHINGTON CHIC-KETTS,FRZ,UNPREP	2 slices (3/8" thick)	2.81	0.06	0.66	2.15
WORTHINGTON CHILI,CND,UNPREP	1 cup	25.07	2.99	7.82	17.25
WORTHINGTON CHOPLETS,CND,UNPREP	2 slices	3.77	0.37	2.58	1.20
WORTHINGTON DICED CHIK,CND,UNPREP	1/4 cup	2.04	0.06	0.77	1.27
WORTHINGTON DINNER RST,FRZ,UNPREP	1 slice , 3/4"	5.87	0.85	2.64	3.23
WORTHINGTON FOODS,MORNINGSTAR FARMS BETTER'N BURGERS,FRZ	1 Burger	6.46	0.28	3.69	2.77
WORTHINGTON FOODS,MORNINGSTAR FARMS BRKfst PATTIES	1 patty	3.35	0.65	1.56	1.79
WORTHINGTON FOODS,MORNINGSTAR FARMS,SPICY BLACK BEAN BURGER	1 Burger	12.80	1.21	4.02	8.78
WORTHINGTON FRICHIK ORIGINAL,CND,UNPREP	2 pieces	3.06	0.09	1.35	1.71

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WORTHINGTON FRIPATS,FRZ,UNPREP	1 patty	5.12	0.90	1.79	3.33
WORTHINGTON LEANIES,FRZ,UNPREP	1 link	2.44	0.48	1.52	0.92
WORTHINGTON LOFAT FRI CHIK,CND,UNPREP	2 pieces	4.17	0.00	0.85	3.32
WORTHINGTON LOFAT VEJA-LINKS,CND,UNPREP	1 link	1.33	0.22	0.37	0.96
WORTHINGTON MEATLESS CHICK ROLL,FRZ,UNPREP	1 slices , 3/8"	2.37	0.44	1.32	1.05
WORTHINGTON MEATLESS CORNED BF ROLL,FRZ,UNPREP	2 slices , 3/8"	5.45	1.16	0.00	5.45
WORTHINGTON MULTIGRAIN CUTLETS,CND,UNPREP	2 slices	6.72	0.18	4.14	2.58
WORTHINGTON PRIME STAKES,CND,UNPREP	1 piece	6.90	0.28	1.29	5.61
WORTHINGTON PROSAGE LINKS,FRZ,UNPREP	2 links	2.25	0.36	1.26	0.99
WORTHINGTON PROSAGE ROLL,FRZ,UNPREP	1 slice , 5/8"	3.30	0.11	1.93	1.38
WORTHINGTON SAUCETTES,CND,UNPREP	1 link	2.13	0.08	1.06	1.06
WORTHINGTON SMOKED TURKEY ROLL,FRZ,UNPREP	1 slice , 3/8"	4.35	1.32	0.61	3.74
WORTHINGTON STAKELETS,FRZ,UNPREP	1 piece	6.82	0.85	1.99	4.83
WORTHINGTON STRIPPLES,FRZ,UNPREP	2 strip	2.29	0.13	0.82	1.47
WORTHINGTON SUPER LINKS,CND,UNPREP	1 link	2.64	0.29	0.86	1.78
WORTHINGTON VEG SKALLOPS,CND,UNPREP	1/2 cup	3.91	0.26	2.89	1.02
WORTHINGTON VEG STEAKS,CND,UNPREP	2 slices	3.67	0.36	1.58	2.09
WORTHINGTON VEGETARIAN BURGER,CND,UNPREP	1/4 cup	3.41	0.33	1.49	1.93
WORTHINGTON VEJA-LINKS,CND,UNPREP	1 link	1.27	0.16	1.02	0.25
WORTHINGTON WHAM (ROLL),FRZ,UNPREP	1 slice , 3/8"	3.14	1.76	0.00	3.14
YARDLONG BNS,MATURE SEEDS,CKD,BLD,W/ SALT	1 cup	36.06	0.00	6.50	29.57
YARDLONG BNS,MATURE SEEDS,CKD,BLD,WO/SALT	1 cup	36.06	0.00	6.50	29.57
YARDLONG BNS,MATURE SEEDS,RAW	1 cup	103.39	0.00	18.37	85.02
BISON,GROUND,GRASS-FED,CKD	3 oz	0.00	0.00	0.00	0.00
BISON,GROUND,GRASS-FED,RAW	1 oz	0.01	0.00	0.00	0.01
BISON,GROUND,GRASS-FED,RAW	1 patty (cooked from 4 oz raw)	0.04	0.00	0.00	0.04
GAME MEAT BISON,GROUND,RAW	1 patty	0.00	0.00	0.00	0.00
GAME MEAT BISON,GROUND,RAW	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT BISON,TOP SIRLOIN,LN,1" STEAK,CKD,BRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT BISON,TOP SIRLOIN,LN,1" STEAK,CKD,BRLD	1 steak (yield from 309.7 g raw meat)	0.00	0.00	0.00	0.00
GAME MEAT,ANTELOPE,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,ANTELOPE,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00

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GAME MEAT,ANTELOPE,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,ANTELOPE,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,BEAR,CKD,SIMMRD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,BEAR,CKD,SIMMRD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,BEAR,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,BEAR,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,BEAVER,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,BEAVER,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,BEAVER,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,BEAVER,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,BEEFALO,COMP OF CUTS,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,BEEFALO,COMP OF CUTS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,BEEFALO,COMP OF CUTS,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,BEEFALO,COMP OF CUTS,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,BISON,CHUCK,SHLDR CLOD,LN,3-5 LB RST,CKD,BRSD	1 roast (yield from 1247 g raw meat)	0.00	0.00	0.00	0.00
GAME MEAT,BISON,CHUCK,SHLDR CLOD,LN,3-5 LB RST,CKD,BRSD	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,BISON,CHUCK,SHLDR CLOD,LN,3-5 LB RST,RAW	1 roast	0.00	0.00	0.00	0.00
GAME MEAT,BISON,CHUCK,SHLDR CLOD,LN,3-5 LB RST,RAW	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,BISON,GROUND,CKD,PAN-BROILED	1 patty (yield from 112.7 g raw meat)	0.00	0.00	0.00	0.00
GAME MEAT,BISON,GROUND,CKD,PAN-BROILED	1 serving (3 oz)	0.00	0.00	0.00	0.00

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GAME MEAT,BISON,LN,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,BISON,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,BISON,LN,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,BISON,LN,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,BISON,RIBEYE,LN,0"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,BISON,RIBEYE,LN,0"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,BISON,RIBEYE,LN,0"FAT,RAW	4 oz	0.00	0.00	0.00	0.00
GAME MEAT,BISON,RIBEYE,LN,1" STEAK,CKD,BRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,BISON,RIBEYE,LN,1" STEAK,CKD,BRLD	1 steak (yield from 232.8 g raw meat)	0.00	0.00	0.00	0.00
GAME MEAT,BISON,SHLDR CLOD,LN,0"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,BISON,SHLDR CLOD,LN,0"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,BISON,SHLDR CLOD,LN,0"FAT,RAW	4 oz	0.00	0.00	0.00	0.00
GAME MEAT,BISON,TOP RND,LN,1" STEAK,CKD,BRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,BISON,TOP RND,LN,1" STEAK,CKD,BRLD	1 steak	0.00	0.00	0.00	0.00
GAME MEAT,BISON,TOP RND,LN,1" STEAK,RAW	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,BISON,TOP RND,LN,1" STEAK,RAW	1 steak	0.00	0.00	0.00	0.00
GAME MEAT,BISON,TOP SIRLOIN,LN,0"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,BISON,TOP SIRLOIN,LN,0"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,BISON,TOP SIRLOIN,LN,0"FAT,RAW	4 oz	0.00	0.00	0.00	0.00
GAME MEAT,BOAR,WILD,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,BOAR,WILD,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,BOAR,WILD,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,BOAR,WILD,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,BUFFALO,H2O,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,BUFFALO,H2O,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00

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GAME MEAT,BUFFALO,H2O,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,BUFFALO,H2O,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,CARIBOU,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,CARIBOU,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,CARIBOU,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,CARIBOU,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,DEER,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,DEER,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,DEER,GROUND,CKD,PAN-BROILED	1 patty	0.00	0.00	0.00	0.00
GAME MEAT,DEER,GROUND,CKD,PAN-BROILED	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,DEER,GROUND,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,DEER,GROUND,RAW	1 patty (cooked from 4 oz raw)	0.00	0.00	0.00	0.00
GAME MEAT,DEER,LOIN,LN,1" STEAK,CKD,BRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,DEER,LOIN,LN,1" STEAK,CKD,BRLD	1 steak	0.00	0.00	0.00	0.00
GAME MEAT,DEER,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,DEER,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,DEER,SHLDR CLOD,LN,3-5 LB RST,CKD,BRSD	1 roast	0.00	0.00	0.00	0.00
GAME MEAT,DEER,SHLDR CLOD,LN,3-5 LB RST,CKD,BRSD	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,DEER,TENDERLOIN,LN,0.5-1 LB RST,CKD,BRLD	1 roast (yield from 271.8 g raw meat)	0.00	0.00	0.00	0.00
GAME MEAT,DEER,TENDERLOIN,LN,0.5-1 LB RST,CKD,BRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,DEER,TOP RND,LN,1" STEAK,CKD,BRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,DEER,TOP RND,LN,1" STEAK,CKD,BRLD	1 steak (yield from 134.9 g raw meat)	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
GAME MEAT,ELK,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,ELK,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,ELK,GROUND,CKD,PAN-BROILED	1 patty (yield from 104.1 g raw meat)	0.00	0.00	0.00	0.00
GAME MEAT,ELK,GROUND,CKD,PAN-BROILED	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,ELK,GROUND,RAW	1 patty (yield from 102.2 g raw meat)	0.00	0.00	0.00	0.00
GAME MEAT,ELK,LOIN,LN,CKD,BRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,ELK,LOIN,LN,CKD,BRLD	1 steak (yield from 148.1 g raw meat)	0.00	0.00	0.00	0.00
GAME MEAT,ELK,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,ELK,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,ELK,RND,LN,CKD,BRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,ELK,RND,LN,CKD,BRLD	1 steak (yield from 233.1 g raw meat)	0.00	0.00	0.00	0.00
GAME MEAT,ELK,TENDERLOIN,LN,CKD,BRLD	1 serving (3 oz)	0.00	0.00	0.00	0.00
GAME MEAT,ELK,TENDERLOIN,LN,CKD,BRLD	1 steak (yield from 123.5 g raw meat)	0.00	0.00	0.00	0.00
GAME MEAT,GOAT,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,GOAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,HORSE,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,HORSE,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
GAME MEAT,HORSE,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,HORSE,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,MOOSE,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,MOOSE,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,MOOSE,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,MOOSE,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,MUSKRAT,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,MUSKRAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,MUSKRAT,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,MUSKRAT,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,OPOSSUM,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,OPOSSUM,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,CKD,STWD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,CKD,STWD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,RAW	1 oz	0.00	0.00	0.00	0.00

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GAME MEAT,RABBIT,WILD,CKD,STWD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,RABBIT,WILD,CKD,STWD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,RABBIT,WILD,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,RABBIT,WILD,RAW	1 oz	0.00	0.00	0.00	0.00
GAME MEAT,RACCOON,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,RACCOON,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,SQUIRREL,CKD,RSTD	1 piece, cooked (yield from 1 lb raw meat, boneless)	0.00	0.00	0.00	0.00
GAME MEAT,SQUIRREL,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
GAME MEAT,SQUIRREL,RAW	1 lb	0.00	0.00	0.00	0.00
GAME MEAT,SQUIRREL,RAW	1 oz	0.00	0.00	0.00	0.00
GOAT,RAW	1 lb	0.00	0.00	0.00	0.00
GOAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CKD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN&FAT,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN&FAT,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00

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LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN,1/8"FAT,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN,1/8"FAT,CKD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FAT,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FAT,CKD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FORESHANK,LN&FAT,1/8"FAT,CKD, BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FORESHANK,LN&FAT,1/8"FAT,CKD, BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FORESHANK,LN&FAT,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FORESHANK,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FORESHANK,LN&FAT,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00

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LAMB,AUS,IMP,FRSH,FORESHANK,LN,1/8"FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FORESHANK,LN,1/8"FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FORESHANK,LN,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FORESHANK,LN,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,FORESHANK,LN,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,CNTR SLCE,BNE-IN,LN&FT,1/8"FT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,CNTR SLICE,BONE-IN,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,CNTR SLICE,BONE-IN,LN,1/8"FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,CNTR SLICE,BONE-IN,LN,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN&FAT,1/8"FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN&FAT,1/8"FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN&FAT,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN&FAT,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN,1/8"FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00

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LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN,1/8"FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SIRL CHOPS,BNLESS,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SIRL CHOPS,BNLESS,LN,1/8"FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SIRL CHPS,BNLESS,LN&FT,1/8"FT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SIRL HALF,BNLESS,LN,1/8"FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SIRL HALF,BNLESS,LN,1/8"FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SIRL HLF,BNLESS,LN&FT,1/8"FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SIRL HLF,BNLESS,LN&FT,1/8"FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SIRLOIN CHOPS,BNLESS,LN,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SIRLOIN HALF,BNLESS,LN&FAT,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SIRLOIN HALF,BNLESS,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SIRLOIN HALF,BNLESS,LN&FAT,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SIRLOIN HALF,BNLESS,LN,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00

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LAMB,AUS,IMP,FRSH,LEG,SIRLOIN HALF,BNLESS,LN,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,SIRLOIN HALF,BNLESS,LN,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN,1/8"FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN,1/8"FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LOIN,LN&FAT,1/8"FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LOIN,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LOIN,LN&FAT,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LOIN,LN,1/8"FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LOIN,LN,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,LOIN,LN,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00

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LAMB,AUS,IMP,FRSH,RIB,LN&FAT,1/8"FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,RIB,LN&FAT,1/8"FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,RIB,LN&FAT,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,RIB,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,RIB,LN&FAT,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,RIB,LN,1/8"FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,RIB,LN,1/8"FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,RIB,LN,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,RIB,LN,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,RIB,LN,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN&FAT,1/8"FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN&FAT,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN,1/8"FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN&FAT,1/8"FAT,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN&FAT,1/8"FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00

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LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN&FAT,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN&FAT,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN,1/8"FAT,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN,1/8"FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CKD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN,1/8"FAT,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00

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compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN,1/8"FAT,CKD	3 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN,1/8"FAT,RAW	3 oz	0.00	0.00	0.00	0.00
LAMB,AUSTRALIAN,GROUND,85% LN / 15% FAT,RAW	1 serving (4 oz)	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,FAT,1/4"FAT,CHOIC,CKD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,FAT,1/4"FAT,CHOIC,CKD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,FAT,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,FAT,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,CKD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,CKD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,CKD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,CUBED FOR STEW (LEG&SHLDR),LN,1/4"FAT,CKD,BRLD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
LAMB,DOM,CUBED FOR STEW (LEG&SHLDR),LN,1/4"FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,CUBED FOR STEW (LEG&SHLDR),LN,1/4"FAT,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
LAMB,DOM,CUBED FOR STEW (LEG&SHLDR),LN,1/4"FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,CUBED FOR STEW OR KABOB (LEG&SHLDR),LN,1/4"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,CUBED FOR STEW OR KABOB (LEG&SHLDR),LN,1/4"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,FORESHANK,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,FORESHANK,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,FORESHANK,LN&FAT,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,FORESHANK,LN&FAT,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,FORESHANK,LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,FORESHANK,LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,FORESHANK,LN&FAT,1/8"FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,FORESHANK,LN&FAT,1/8"FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,FORESHANK,LN,1/4"FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,FORESHANK,LN,1/4"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,FORESHANK,LN,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,FORESHANK,LN,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SHANK HALF,LN,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SHANK HALF,LN,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SHANK HALF,LN,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SHANK HALF,LN,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SIRLOIN HALF,LN,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SIRLOIN HALF,LN,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SIRLOIN HALF,LN,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,SIRLOIN HALF,LN,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,WHL (SHK&SIRL),LN,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,WHL (SHK&SIRL),LN,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,WHL (SHK&SIRL),LN,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,LEG,WHL (SHK&SIRL),LN,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,RAW	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN&FAT,1/8"FAT,CHOIC,RAW	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,RAW	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)	0.00	0.00	0.00	0.00
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,RIB,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,CKD,RS TD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,CKD,RS TD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,RAW	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CHOIC,RAW	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CHOIC,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CHOIC,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CKD,BRLD	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,BRSD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,RAW	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,CKD,B RLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,CKD,B RLD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00

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LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,CKD,BRLD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,GROUND,CKD,BRLD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
LAMB,GROUND,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,GROUND,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,GROUND,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,BRAINS,CKD,SOAKED & FRIED	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,BRAINS,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,BREAST,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,BREAST,LN,RAW	4 oz	1.15	0.00	0.00	1.15
LAMB,NZ,IMP,CHUMP,BNLESS,LN,CKD,FAST RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,CHUMP,BNLESS,LN,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FLAP,BNLESS,LN & FAT,CKD,BRSD	3 oz	0.12	0.00	0.00	0.12
LAMB,NZ,IMP,FLAP,BNLESS,LN & FAT,RAW	4 oz	0.31	0.00	0.00	0.31
LAMB,NZ,IMP,FLAP,BNLESS,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FLAP,BNLESS,LN,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FORE-SHANK,LN & FAT,CKD,BRSD	1 serving	0.03	0.00	0.00	0.03
LAMB,NZ,IMP,FORE-SHANK,LN & FAT,RAW	1 serving	0.10	0.00	0.00	0.10
LAMB,NZ,IMP,FORE-SHANK,LN,CKD,BRSD	1 serving	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FORE-SHANK,LN,RAW	1 serving	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,FAT,CKD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,FAT,CKD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,FAT,RAW	1 oz	0.00	0.00	0.00	0.00

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LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CKD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,CKD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN,CKD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,FORESHANK,LN&FAT,1/8"FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,FORESHANK,LN&FAT,1/8"FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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LAMB,NZ,IMP,FRZ,FORESHANK,LN&FAT,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,FORESHANK,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,1/8"FAT,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,1/8"FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,1/8"FAT,RAW	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LOIN,LN,CKD,BRLD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,LOIN,LN,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,RIB,LN&FAT,1/8"FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,RIB,LN&FAT,1/8"FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,RIB,LN&FAT,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,RIB,LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00

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LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,RAW	1 lb	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,GROUND LAMB,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,GROUND LAMB,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,HEART,CKD,SOAKED & SIMMRD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,HEART,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,HIND-SHANK,LN & FAT,CKD,BRSD	3 oz	0.03	0.00	0.00	0.03
LAMB,NZ,IMP,HIND-SHANK,LN & FAT,RAW	4 oz	0.82	0.00	0.00	0.82
LAMB,NZ,IMP,HIND-SHANK,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,HIND-SHANK,LN,RAW	4 oz	0.82	0.00	0.00	0.82
LAMB,NZ,IMP,KIDNEY,CKD,SOAKED & FRIED	3 oz	0.15	0.00	0.00	0.15
LAMB,NZ,IMP,KIDNEY,RAW	4 oz	0.03	0.00	0.00	0.03
LAMB,NZ,IMP,LEG CHOP/STEAK,BONE-IN,LN & FAT,CKD,FAST FRIED	3 oz	0.03	0.00	0.00	0.03

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LAMB,NZ,IMP,LEG CHOP/STEAK,BONE-IN,LN & FAT,RAW	1 serving	0.15	0.00	0.00	0.15
LAMB,NZ,IMP,LEG CHOP/STEAK,BONE-IN,LN,CKD,FAST FRIED	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,LEG CHOP/STEAK,BONE-IN,LN,RAW	1 serving	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,LIVER,CKD,SOAKED & FRIED	3 oz	1.26	0.00	0.00	1.26
LAMB,NZ,IMP,LIVER,RAW	4 oz	2.51	0.00	0.00	2.51
LAMB,NZ,IMP,LOIN CHOP,LN & FAT,CKD,FAST FRIED	3 oz	0.35	0.00	0.00	0.35
LAMB,NZ,IMP,LOIN CHOP,LN & FAT,RAW	1 serving	0.25	0.00	0.00	0.25
LAMB,NZ,IMP,LOIN CHOP,LN,CKD,FAST FRIED	3 oz	0.35	0.00	0.00	0.35
LAMB,NZ,IMP,LOIN CHOP,LN,RAW	1 serving	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,LOIN SADDLE,LN & FAT,CKD,FAST RSTD	3 oz	0.09	0.00	0.00	0.09
LAMB,NZ,IMP,LOIN SADDLE,LN & FAT,RAW	4 oz	0.23	0.00	0.00	0.23
LAMB,NZ,IMP,LOIN SADDLE,LN,CKD,FAST RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,LOIN SADDLE,LN,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,LOIN,BNLESS,LN & FAT,CKD,FAST RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,LOIN,BNLESS,LN & FAT,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,LOIN,BNLESS,LN,CKD,FAST RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,LOIN,BNLESS,LN,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,NECK CHOPS,LN & FAT,CKD,BRSD	3 oz	0.03	0.00	0.00	0.03
LAMB,NZ,IMP,NECK CHOPS,LN & FAT,RAW	4 oz	0.16	0.00	0.00	0.16
LAMB,NZ,IMP,NECK CHOPS,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,NECK CHOPS,LN,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,NETTED SHLDR,ROLLED,BNLESS,L & F,CKD,SLOW RSTD	3 oz	0.04	0.00	0.00	0.04
LAMB,NZ,IMP,NETTED SHLDR,ROLLED,BNLESS,LN & FAT,RAW	4 oz	0.23	0.00	0.00	0.23
LAMB,NZ,IMP,NETTED SHLDR,ROLLED,BNLESS,LN,CKD,SLOW RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,NETTED SHLDR,ROLLED,BNLESS,LN,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,RACK - FULLY FRENCHED,LN & FAT,CKD,FAST RSTD	3 oz	0.01	0.00	0.00	0.01
LAMB,NZ,IMP,RACK - FULLY FRENCHED,LN & FAT,RAW	4 oz	0.06	0.00	0.00	0.06
LAMB,NZ,IMP,RACK - FULLY FRENCHED,LN,CKD,FAST RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,RACK - FULLY FRENCHED,LN,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,RACK - PARTLY FRENCHED,LN & FAT,CKD,FAST RSTD	1 serving	0.03	0.00	0.00	0.03

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LAMB,NZ,IMP,RACK - PARTLY FRENCHED,LN & FAT,RAW	1 serving	0.15	0.00	0.00	0.15
LAMB,NZ,IMP,RACK - PARTLY FRENCHED,LN,CKD,FAST RSTD	1 serving	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,RACK - PARTLY FRENCHED,LN,RAW	1 serving	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,SQUARE-CUT SHLDR CHOPS,LN & FAT,CKD,BRSD	3 oz	0.04	0.00	0.00	0.04
LAMB,NZ,IMP,SQUARE-CUT SHLDR CHOPS,LN & FAT,RAW	4 oz	0.26	0.00	0.00	0.26
LAMB,NZ,IMP,SQUARE-CUT SHLDR CHOPS,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,SQUARE-CUT SHLDR CHOPS,LN,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,SQUARE-CUT SHLDR,LN & FAT,CKD,SLOW RSTD	3 oz	0.03	0.00	0.00	0.03
LAMB,NZ,IMP,SQUARE-CUT SHLDR,LN & FAT,RAW	1 serving	0.28	0.00	0.00	0.28
LAMB,NZ,IMP,SQUARE-CUT SHLDR,LN,CKD,SLOW RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,SQUARE-CUT SHLDR,LN,RAW	1 serving	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,SWEETBREAD,CKD,SOAKED & SIMMRD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,SWEETBREAD,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,TENDERLOIN,LN & FAT,CKD,FAST FRIED	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,TENDERLOIN,LN & FAT,RAW	4 oz	0.01	0.00	0.00	0.01
LAMB,NZ,IMP,TENDERLOIN,LN,CKD,FAST FRIED	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,TENDERLOIN,LN,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,TESTES,CKD,SOAKED & FRIED	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,TESTES,RAW	4 oz	0.16	0.00	0.00	0.16
LAMB,NZ,IMP,TONGUE - SWISS CUT,CKD,SOAKED & SIMMRD	3 oz	0.73	0.00	0.00	0.73
LAMB,NZ,IMP,TONGUE - SWISS CUT,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,TUN-BND LG,CHMP OFF,SHNK OFF,L & F,CKD,SL RSTD	3 oz	0.03	0.00	0.00	0.03
LAMB,NZ,IMP,TUNNEL-BNED LG,CHMP OFF,SHNK OFF,LN,CKD,SLW RSTD	3 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,TUNNEL-BONED LEG,CHUMP OFF,SHANK OFF,LN,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,NZ,IMP,TUNNEL-BONED LG,CHUMP OFF,SHANK OFF,LN & FAT,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,PAN-FRIED	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,PAN-FRIED	3 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	3.69	0.00	0.00	3.69
LAMB,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	3 oz	1.64	0.00	0.00	1.64
LAMB,VAR MEATS&BY-PRODUCTS,HEART,RAW	1 oz	0.06	0.00	0.00	0.06
LAMB,VAR MEATS&BY-PRODUCTS,HEART,RAW	4 oz	0.24	0.00	0.00	0.24
LAMB,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	2.52	0.00	0.00	2.52
LAMB,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	3 oz	0.84	0.00	0.00	0.84
LAMB,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	1 oz	0.23	0.00	0.00	0.23
LAMB,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	4 oz	0.93	0.00	0.00	0.93
LAMB,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	8.50	0.00	0.00	8.50
LAMB,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	3 oz	2.15	0.00	0.00	2.15
LAMB,VAR MEATS&BY-PRODUCTS,LIVER,CKD,PAN-FRIED	1 unit, cooked (yield from 1 lb raw meat)	12.17	0.00	0.00	12.17
LAMB,VAR MEATS&BY-PRODUCTS,LIVER,CKD,PAN-FRIED	3 oz	3.21	0.00	0.00	3.21
LAMB,VAR MEATS&BY-PRODUCTS,LIVER,RAW	1 oz	0.50	0.00	0.00	0.50
LAMB,VAR MEATS&BY-PRODUCTS,LIVER,RAW	4 oz	2.01	0.00	0.00	2.01
LAMB,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED,RAW	8 oz	0.00	0.00	0.00	0.00

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LAMB,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	4 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	1 oz	0.00	0.00	0.00	0.00
LAMB,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	4 oz	0.00	0.00	0.00	0.00
VEAL,AUSTRALIAN,FAT,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,AUSTRALIAN,RIB,RIB RST,LN & FAT,RAW	1 roast with bone	3.74	0.00	0.00	3.74
VEAL,AUSTRALIAN,RIB,RIB RST,LN & FAT,RAW	3 oz	0.98	0.00	0.00	0.98
VEAL,AUSTRALIAN,RIB,RIB RST,LN,RAW	1 roast with bone	4.55	0.00	0.00	4.55
VEAL,AUSTRALIAN,RIB,RIB RST,LN,RAW	3 oz	1.19	0.00	0.00	1.19
VEAL,AUSTRALIAN,SHANK,FORE,BONE-IN,LN & FAT,RAW	1 roast with bone	0.00	0.00	0.00	0.00
VEAL,AUSTRALIAN,SHANK,FORE,BONE-IN,LN & FAT,RAW	3 oz	0.00	0.00	0.00	0.00
VEAL,AUSTRALIAN,SHANK,FORE,BONE-IN,LN,RAW	1 roast with bone	0.00	0.00	0.00	0.00
VEAL,AUSTRALIAN,SHANK,FORE,BONE-IN,LN,RAW	3 oz	0.00	0.00	0.00	0.00
VEAL,AUSTRALIAN,SHANK,HIND,BONE-IN,LN & FAT	1 roast with bone	0.00	0.00	0.00	0.00
VEAL,AUSTRALIAN,SHANK,HIND,BONE-IN,LN & FAT	3 oz	0.00	0.00	0.00	0.00
VEAL,AUSTRALIAN,SHANK,HIND,BONE-IN,LN,RAW	1 roast with bone	0.00	0.00	0.00	0.00
VEAL,AUSTRALIAN,SHANK,HIND,BONE-IN,LN,RAW	3 oz	0.00	0.00	0.00	0.00
VEAL,BREAST,FAT,CKD	1 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
VEAL,BREAST,PLATE HALF,BNLESS,LN&FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,BREAST,PLATE HALF,BNLESS,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,BREAST,POINT HALF,BNLESS,LN&FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,BREAST,POINT HALF,BNLESS,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,BREAST,WHL,BNLESS,LN&FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,BREAST,WHL,BNLESS,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,BREAST,WHL,BNLESS,LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,BREAST,WHL,BNLESS,LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,BREAST,WHL,BNLESS,LN,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,BREAST,WHL,BNLESS,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,COMP OF RTL CUTS,FAT,CKD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
VEAL,COMP OF RTL CUTS,FAT,CKD	3 oz	0.00	0.00	0.00	0.00
VEAL,COMP OF RTL CUTS,FAT,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,COMP OF RTL CUTS,FAT,RAW	1 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
VEAL,COMP OF RTL CUTS,LN&FAT,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,COMP OF RTL CUTS,LN&FAT,CKD	3 oz	0.00	0.00	0.00	0.00
VEAL,COMP OF RTL CUTS,LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,COMP OF RTL CUTS,LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,COMP OF RTL CUTS,LN,CKD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,COMP OF RTL CUTS,LN,CKD	3 oz	0.00	0.00	0.00	0.00
VEAL,COMP OF RTL CUTS,LN,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,COMP OF RTL CUTS,LN,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,CUBED FOR STEW (LEG&SHLDR),LN,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
VEAL,CUBED FOR STEW (LEG&SHLDR),LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,CUBED FOR STEW (LEG&SHLDR),LN,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,CUBED FOR STEW (LEG&SHLDR),LN,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,FORESHANK,OSSO BUCO,LN & FAT,CKD,BRSD	1 shank cross cut	0.21	0.00	0.00	0.21
VEAL,FORESHANK,OSSO BUCO,LN & FAT,CKD,BRSD	3 oz	0.09	0.00	0.00	0.09
VEAL,FORESHANK,OSSO BUCO,LN,CKD,BRSD	1 shank cross cut	0.00	0.00	0.00	0.00
VEAL,FORESHANK,OSSO BUCO,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,GROUND,CKD,BRLD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
VEAL,GROUND,CKD,BRLD	3 oz	0.00	0.00	0.00	0.00
VEAL,GROUND,CKD,PAN-FRIED	3 oz	1.28	0.00	0.00	1.28
VEAL,GROUND,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,GROUND,RAW	3 oz	0.00	0.00	0.00	0.00
VEAL,GROUND,RAW	4 oz	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN&FAT,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00

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VEAL,LEG (TOP RND),LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN&FAT,CKD,PAN-FRIED,BREADED	1 unit, cooked (yield from 1 lb raw meat)	29.23	1.68	0.89	28.35
VEAL,LEG (TOP RND),LN&FAT,CKD,PAN-FRIED,BREADED	3 oz	8.42	0.48	0.26	8.17
VEAL,LEG (TOP RND),LN&FAT,CKD,PAN-FRIED,NOT BREADED	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN&FAT,CKD,PAN-FRIED,NOT BREADED	3 oz	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN&FAT,CKD,RSTD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN,CKD,PAN-FRIED,BREADED	1 unit, cooked (yield from 1 lb raw meat)	29.03	1.68	0.59	28.44
VEAL,LEG (TOP RND),LN,CKD,PAN-FRIED,BREADED	3 oz	8.36	0.48	0.17	8.19
VEAL,LEG (TOP RND),LN,CKD,PAN-FRIED,NOT BREADED	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN,CKD,PAN-FRIED,NOT BREADED	3 oz	0.00	0.00	0.00	0.00

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VEAL,LEG (TOP RND),LN,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,LEG (TOP RND),LN,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,LEG, TOP RND, CAP OFF, CUTLET, BNLESS, CKD, GRILLED	1 cutlet	0.00	0.00	0.00	0.00
VEAL,LEG, TOP RND, CAP OFF, CUTLET, BNLESS, CKD, GRILLED	3 oz	0.00	0.00	0.00	0.00
VEAL,LEG, TOP RND, CAP OFF, CUTLET, BNLESS, RAW	1 cutlet	0.00	0.00	0.00	0.00
VEAL,LEG, TOP RND, CAP OFF, CUTLET, BNLESS, RAW	1 serving	0.00	0.00	0.00	0.00
VEAL,LEG, TOP RND, CAP OFF, CUTLET, BNLESS, RAW	3 oz	0.00	0.00	0.00	0.00
VEAL,LOIN,CHOP,LN & FAT,CKD,GRILLED	1 chop	0.24	0.00	0.00	0.24
VEAL,LOIN,CHOP,LN & FAT,CKD,GRILLED	3 oz	0.14	0.00	0.00	0.14
VEAL,LOIN,CHOP,LN,CKD,GRILLED	1 chop	0.11	0.00	0.00	0.11
VEAL,LOIN,CHOP,LN,CKD,GRILLED	3 oz	0.06	0.00	0.00	0.06
VEAL,LOIN,LN&FAT,CKD,BRSD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 195 g)	0.00	0.00	0.00	0.00
VEAL,LOIN,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,LOIN,LN&FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,LOIN,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,LOIN,LN&FAT,RAW	1 roast	1.05	0.00	0.00	1.05
VEAL,LOIN,LN&FAT,RAW	3 oz	0.06	0.00	0.00	0.06

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
VEAL,LOIN,LN,CKD,BRSD	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 195 g)	0.00	0.00	0.00	0.00
VEAL,LOIN,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,LOIN,LN,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,LOIN,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,LOIN,LN,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,LOIN,LN,RAW	1 roast	0.00	0.00	0.00	0.00
VEAL,LOIN,LN,RAW	3 oz	0.00	0.00	0.00	0.00
VEAL,RIB,LN&FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,RIB,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,RIB,LN&FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,RIB,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,RIB,LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,RIB,LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
VEAL,RIB,LN,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,RIB,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,RIB,LN,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,RIB,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,RIB,LN,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,RIB,LN,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,SHANK (FORE&HIND),LN&FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SHANK (FORE&HIND),LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,SHANK (FORE&HIND),LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,SHANK (FORE&HIND),LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,SHANK (FORE&HIND),LN,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SHANK (FORE&HIND),LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,SHANK (FORE&HIND),LN,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,SHANK (FORE&HIND),LN,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,SHANK,LN & FAT,RAW	1 serving	0.00	0.00	0.00	0.00
VEAL,SHANK,LN & FAT,RAW	1 shank whole	0.00	0.00	0.00	0.00
VEAL,SHANK,LN & FAT,RAW	3 oz	0.00	0.00	0.00	0.00
VEAL,SHANK,LN,RAW	1 serving	0.00	0.00	0.00	0.00
VEAL,SHANK,LN,RAW	1 shank whole	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
VEAL,SHANK,LN,RAW	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,ARM,LN&FAT,CKD,BRSD	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 385 g)	0.00	0.00	0.00	0.00
VEAL,SHLDR,ARM,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,ARM,LN&FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SHLDR,ARM,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,ARM,LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,ARM,LN&FAT,RAW	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 385 g)	0.00	0.00	0.00	0.00
VEAL,SHLDR,ARM,LN,CKD,BRSD	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 385 g)	0.00	0.00	0.00	0.00
VEAL,SHLDR,ARM,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,ARM,LN,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
VEAL,SHLDR,ARM,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,ARM,LN,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,ARM,LN,RAW	1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 385 g)	0.00	0.00	0.00	0.00
VEAL,SHLDR,BLADE CHOP,LN & FAT,CKD,GRILLED	1 chop	0.53	0.00	0.00	0.53
VEAL,SHLDR,BLADE CHOP,LN & FAT,CKD,GRILLED	3 oz	0.13	0.00	0.00	0.13
VEAL,SHLDR,BLADE CHOP,LN & FAT,RAW	1 chop	0.14	0.00	0.00	0.14
VEAL,SHLDR,BLADE CHOP,LN & FAT,RAW	3 oz	0.03	0.00	0.00	0.03
VEAL,SHLDR,BLADE CHOP,LN,CKD,GRILLED	1 chop	0.00	0.00	0.00	0.00
VEAL,SHLDR,BLADE CHOP,LN,CKD,GRILLED	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,BLADE CHOP,LN,RAW	1 chop	0.00	0.00	0.00	0.00
VEAL,SHLDR,BLADE CHOP,LN,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,BLADE CHOP,LN,RAW	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,BLADE,LN&FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SHLDR,BLADE,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,BLADE,LN&FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SHLDR,BLADE,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,BLADE,LN,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SHLDR,BLADE,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
VEAL,SHLDR,BLADE,LN,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SHLDR,BLADE,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,WHL (ARM&BLD),LN,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SHLDR,WHL (ARM&BLD),LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,WHL (ARM&BLD),LN,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SHLDR,WHL (ARM&BLD),LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,SHLDR,WHL (ARM&BLD),LN,RAW	1 lb	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
VEAL,SHLDR,WHL (ARM&BLD),LN,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,SIRLOIN,LN&FAT,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SIRLOIN,LN&FAT,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,SIRLOIN,LN&FAT,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SIRLOIN,LN&FAT,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,SIRLOIN,LN&FAT,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,SIRLOIN,LN&FAT,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,SIRLOIN,LN,CKD,BRSD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SIRLOIN,LN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,SIRLOIN,LN,CKD,RSTD	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	0.00	0.00	0.00
VEAL,SIRLOIN,LN,CKD,RSTD	3 oz	0.00	0.00	0.00	0.00
VEAL,SIRLOIN,LN,RAW	1 lb	0.00	0.00	0.00	0.00
VEAL,SIRLOIN,LN,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,PAN-FRIED	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,PAN-FRIED	3 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	4 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.26	0.00	0.00	0.26
VEAL,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	3 oz	0.11	0.00	0.00	0.11
VEAL,VAR MEATS&BY-PRODUCTS,HEART,RAW	1 oz	0.02	0.00	0.00	0.02
VEAL,VAR MEATS&BY-PRODUCTS,HEART,RAW	4 oz	0.09	0.00	0.00	0.09
VEAL,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	1 oz	0.24	0.00	0.00	0.24
VEAL,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	4 oz	0.96	0.00	0.00	0.96
VEAL,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	1 slice	3.02	0.00	0.00	3.02
VEAL,VAR MEATS&BY-PRODUCTS,LIVER,CKD,PAN-FRIED	1 slice	2.99	0.00	0.00	2.99
VEAL,VAR MEATS&BY-PRODUCTS,LIVER,RAW	1 lb	13.18	0.00	0.00	13.18
VEAL,VAR MEATS&BY-PRODUCTS,LIVER,RAW	1 oz	0.82	0.00	0.00	0.82
VEAL,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	4 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	4 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	1 oz	0.00	0.00	0.00	0.00

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VEAL,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	4 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,THYMUS,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,THYMUS,RAW	1 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,THYMUS,RAW	4 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	1 unit, cooked (yield from 1 lb raw meat)	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	3 oz	0.00	0.00	0.00	0.00
VEAL,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	1 oz	0.54	0.00	0.00	0.54
VEAL,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	4 oz	2.16	0.00	0.00	2.16
ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	1 serving	15.60	8.17	0.48	15.12
ARCHWAY Home Style Cookies, Coconut Macaroon	1 serving	13.47	9.94	1.12	12.35
ARCHWAY Home Style Cookies, Date Filled Oatmeal	1 serving	17.04	8.57	0.53	16.52
ARCHWAY Home Style Cookies, Dutch Cocoa	1 serving	16.67	8.48	0.62	16.04
ARCHWAY Home Style Cookies, Iced Molasses	1 serving	19.35	10.76	0.28	19.07
ARCHWAY Home Style Cookies, Iced Oatmeal	1 serving	18.69	10.42	0.56	18.13
ARCHWAY Home Style Cookies, Molasses	1 serving	18.05	9.45	0.31	17.73
ARCHWAY Home Style Cookies, Oatmeal	1 serving	17.04	8.63	0.73	16.32
ARCHWAY Home Style Cookies, Oatmeal Raisin	1 serving	18.01	10.28	0.70	17.31
ARCHWAY Home Style Cookies, Old Fashioned Molasses	1 serving	18.34	9.38	0.29	18.06
ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	1 serving	14.45	6.53	0.36	14.09
ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	1 serving	24.39	11.61	0.35	24.04
ARCHWAY Home Style Cookies, Strawberry Filled	1 serving	16.48	7.94	0.55	15.93
ARCHWAY HOME STYLE COOKIES,FROSTY LEMON	1 serving	16.84	8.67	0.18	16.66
ARCHWAY HOME STYLE COOKIES,PNUT BUTTER	1 serving	12.28	6.84	0.59	11.69
ARCHWAY HOME STYLE COOKIES,RASPBERRY FILLED	1 serving	16.48	7.94	0.55	15.93
ARCHWAY HOME STYLE COOKIES,SUGAR FREE OATMEAL	1 serving	16.13	0.30	0.46	15.67
ARTIFICIAL BLUEBERRY MUFFIN MIX,DRY	1 muffin	24.01	0.00	0.00	24.01
AUSTIN,CHEDDAR CHS ON CHS CRACKERS,SANDWICH-TYPE	1 package	23.40	5.27	0.51	22.89
AUSTIN,CHEDDAR CHS ON CHS CRACKERS,SANDWICH-TYPE,RED FAT	1 package	24.48	5.26	0.50	23.98
AUSTIN,CHEDDAR CHS ON WAFER CRACKERS,SANDWICH-TYPE	1 package	24.41	5.58	0.51	23.91

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AUSTIN,CHEDDAR CHS ON WHEAT CRACKERS,SANDWICH-TYPE	1 package	23.95	5.69	0.70	23.24
AUSTIN,CHOCOLATEY Pnut BUTTER CRACKERS,SANDWICH-TYPE	1 package	25.82	6.75	0.78	25.04
AUSTIN,GRILLED CHS ON WAFER CRACKERS,SANDWICH-TYPE	1 package	24.18	4.91	0.51	23.67
AUSTIN,PB & J CRACKERS,SANDWICH-TYPE	1 package	25.62	6.51	0.78	24.84
AUSTIN,PNUT BUTTER ON CHS CRACKERS,SANDWICH-TYPE	1 package	23.01	3.51	1.25	21.76
AUSTIN,PNUT BUTTER ON CHS CRACKERS,SANDWICH-TYPE,RED FAT	1 package	23.87	3.24	0.97	22.90
AUSTIN,PNUT BUTTER ON TOASTY CRACKERS,SANDWICH-TYPE	1 package	23.48	4.52	1.25	22.23
AUSTIN,PNUT BUTTER ON TOASTY CRACKERS,SANDWICH-TYPE,RED FAT	1 package	24.19	4.25	0.97	23.22
BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE ONION,POPPY,SESAME)	1 bagel	51.86	8.35	1.58	50.27
BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE ONION,POPPY,SESAME)	1 large bagel (4-1/2")	68.62	11.04	2.10	66.52
BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE ONION,POPPY,SESAME)	1 medium bagel (3-1/2" to 4" dia)	55.00	8.85	1.68	53.32
BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE ONION,POPPY,SESAME)	1 mini bagel (2-1/2" dia)	13.62	2.19	0.42	13.20
BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE ONION,POPPY,SESAME)	1 oz	14.85	2.39	0.45	14.40
BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE ONION,POPPY,SESAME)	1 small bagel (3" dia)	36.14	5.82	1.10	35.04
BAGEL,WHEAT	1 bagel	47.91	6.00	4.02	43.89
BAGELS,CINNAMON-RAISIN	1 large bagel (4-1/2" dia)	72.31	7.83	3.01	69.30
BAGELS,CINNAMON-RAISIN	1 medium bagel (3-1/2" to 4" dia)	57.96	6.28	2.42	55.55
BAGELS,CINNAMON-RAISIN	1 mini bagel (2-1/2" dia)	14.35	1.55	0.60	13.75
BAGELS,CINNAMON-RAISIN	1 oz	15.65	1.70	0.65	15.00
BAGELS,CINNAMON-RAISIN	1 small bagel (3" dia)	38.09	4.13	1.59	36.50
BAGELS,CINNAMON-RAISIN,TSTD	1 large bagel (4-1/2" dia)	72.94	7.91	3.08	69.86
BAGELS,CINNAMON-RAISIN,TSTD	1 medium bagel (4" dia)	58.71	6.37	2.48	56.23

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BAGELS,CINNAMON-RAISIN,TSTD	1 mini bagel (2-1/2" dia)	14.23	1.54	0.60	13.63
BAGELS,CINNAMON-RAISIN,TSTD	1 oz	16.81	1.82	0.71	16.10
BAGELS,CINNAMON-RAISIN,TSTD	1 small bagel (3-1/2" to 4" dia)	38.55	4.18	1.63	36.92
BAGELS,EGG	1 large bagel (4-1/2" dia)	69.43	0.00	3.01	66.42
BAGELS,EGG	1 medium bagel (3-1/2" to 4" dia)	55.65	0.00	2.42	53.24
BAGELS,EGG	1 mini bagel (2-1/2" dia)	13.78	0.00	0.60	13.18
BAGELS,EGG	1 oz	15.03	0.00	0.65	14.37
BAGELS,EGG	1 small bagel (3" dia)	36.57	0.00	1.59	34.98
BAGELS,OAT BRAN	1 large bagel (4-1/2" dia)	69.82	2.14	4.72	65.11
BAGELS,OAT BRAN	1 medium bagel (3-1/2" to 4" dia)	55.97	1.71	3.78	52.19
BAGELS,OAT BRAN	1 mini bagel (2-1/2" dia)	13.86	0.42	0.94	12.92
BAGELS,OAT BRAN	1 oz	15.11	0.46	1.02	14.09
BAGELS,OAT BRAN	1 small bagel (3" dia)	36.78	1.12	2.48	34.29
BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 large bagel (4-1/2" dia)	69.95	0.00	3.01	66.94
BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 medium bagel (3-1/2" to 4" dia)	56.07	0.00	2.42	53.66
BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 mini bagel (2-1/2" dia)	13.88	0.00	0.60	13.29
BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 oz	15.14	0.00	0.65	14.49
BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 small bagel (3" dia)	36.85	0.00	1.59	35.26
BAGELS,PLN,TSTD,ENR W/CA PROP (INCLUDES ONION,POPPY,SESAME)	1 large bagel (4-1/2")	70.25	7.16	3.20	67.05
BAGELS,PLN,TSTD,ENR W/CA PROP (INCLUDES ONION,POPPY,SESAME)	1 medium bagel (3-1/2" to 4" dia)	56.54	5.76	2.57	53.96
BAGELS,PLN,TSTD,ENR W/CA PROP (INCLUDES ONION,POPPY,SESAME)	1 mini bagel (2-1/2" dia)	13.71	1.40	0.62	13.08

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BAGELS,PLN,TSTD,ENR W/CA PROP (INCLUDES ONION,POPPY,SESAME)	1 oz	16.19	1.65	0.74	15.45
BAGELS,PLN,TSTD,ENR W/CA PROP (INCLUDES ONION,POPPY,SESAME)	1 small bagel (3" dia)	37.12	3.78	1.69	35.43
BAGELS,PLN,UNENR,W/CA PROP (INCL ONION,POPPY,SESAME)	1 large bagel (4-1/2" dia)	69.95	0.00	3.01	66.94
BAGELS,PLN,UNENR,W/CA PROP (INCL ONION,POPPY,SESAME)	1 medium bagel (3-1/2" to 4")	56.07	0.00	2.42	53.66
BAGELS,PLN,UNENR,W/CA PROP (INCL ONION,POPPY,SESAME)	1 mini bagel (2-1/2" dia)	13.88	0.00	0.60	13.29
BAGELS,PLN,UNENR,W/CA PROP (INCL ONION,POPPY,SESAME)	1 oz	15.14	0.00	0.65	14.49
BAGELS,PLN,UNENR,W/CA PROP (INCL ONION,POPPY,SESAME)	1 small bagel (3" dia)	36.85	0.00	1.59	35.26
BAGELS,PLN,UNENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 large bagel (4-1/2" dia)	69.95	0.00	3.01	66.94
BAGELS,PLN,UNENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 medium bagel (3-1/2" to 4" dia)	56.07	0.00	2.42	53.66
BAGELS,PLN,UNENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 mini bagel (2-1/2" dia)	13.88	0.00	0.60	13.29
BAGELS,PLN,UNENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 oz	15.14	0.00	0.65	14.49
BAGELS,PLN,UNENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	1 small bagel (3" dia)	36.85	0.00	1.59	35.26
BARBARA DEE,WNTR MINTS COOKIES	4 cookies	20.80	11.10	0.62	20.18
BEAR NAKED,DOUBLE CHOC COOKIES	1 cookie	20.07	10.56	2.10	17.97
BEAR NAKED,FRUIT & NUT COOKIES	1 cookie	18.48	8.82	2.13	16.35
BISCUIT, PLN OR BUTMLK, REFRI DOUGH, HIGHER FAT	1 biscuit	19.92	3.18	0.30	19.62
BISCUIT, PLN OR BUTMLK, REFRI DOUGH, HIGHER FAT	1 biscuit	26.87	4.29	0.41	26.46
BISCUIT, PLN OR BUTMLK, REFRI DOUGH, HIGHER FAT	1 oz	13.13	2.10	0.20	12.93
BISCUIT, PLN OR BUTMLK, REFRI DOUGH, HIGHER FAT	1 package	184.35	29.45	2.79	181.57
BISCUITS,MXD GRAIN,REFR DOUGH	1 biscuit (2-1/2" dia)	20.86	0.00	0.00	20.86
BISCUITS,MXD GRAIN,REFR DOUGH	1 oz	13.44	0.00	0.00	13.44
BISCUITS,PLN OR BTTRMLK,DRY MIX	1/3 cup (NLEA serving size)	25.36	4.66	0.84	24.52

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BISCUITS,PLN OR BTTRMLK,DRY MIX	1 cup, homemade	72.28	13.28	2.39	69.88
BISCUITS,PLN OR BTTRMLK,DRY MIX	1 cup, poured from box	81.15	14.91	2.69	78.46
BISCUITS,PLN OR BTTRMLK,DRY MIX	1 cup, purchased	76.08	13.98	2.52	73.56
BISCUITS,PLN OR BTTRMLK,DRY MIX	1 cup, spooned into cup	76.08	13.98	2.52	73.56
BISCUITS,PLN OR BTTRMLK,DRY MIX	1 oz	17.97	3.30	0.60	17.38
BISCUITS,PLN OR BTTRMLK,DRY MIX,PREP	1 oz	13.72	0.00	0.51	13.21
BISCUITS,PLN OR BTTRMLK,FRZ,BKD	1 biscuit (2-1/2" dia)	18.85	1.22	0.46	18.40
BISCUITS,PLN OR BTTRMLK,FRZ,BKD	1 large	41.48	2.68	1.00	40.48
BISCUITS,PLN OR BTTRMLK,FRZ,BKD	1 medium	27.47	1.77	0.66	26.81
BISCUITS,PLN OR BTTRMLK,FRZ,BKD	1 oz	15.27	0.99	0.37	14.90
BISCUITS,PLN OR BTTRMLK,FRZ,BKD	1 small	18.85	1.22	0.46	18.40
BISCUITS,PLN OR BTTRMLK,PREP FROM RECIPE	1 biscuit (2-1/2" dia)	26.76	1.31	0.90	25.86
BISCUITS,PLN OR BTTRMLK,PREP FROM RECIPE	1 biscuit (4" dia)	45.05	2.20	1.52	43.53
BISCUITS,PLN OR BTTRMLK,PREP FROM RECIPE	1 oz	12.64	0.62	0.43	12.22
BISCUITS,PLN OR BTTRMLK,PREP FROM RECIPE	1 small (1-1/2" dia)	6.24	0.31	0.21	6.03
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,HIGHER FAT,BKD	1 biscuit	25.02	4.18	1.43	23.59
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,HIGHER FAT,BKD	1 biscuit (2-1/2" dia)	13.24	2.21	0.76	12.49
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,HIGHER FAT,BKD	1 oz	13.91	2.32	0.79	13.11
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,LOWER FAT	1 oz	12.39	2.04	0.57	11.82
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,LOWER FAT	1 serving 1 biscuit	25.35	4.16	1.16	24.19
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,LOWER FAT,BKD	1 biscuit (2-1/4" dia)	11.63	1.71	0.40	11.24
BISCUITS,PLN OR BTTRMLK,REFR DOUGH,LOWER FAT,BKD	1 oz	15.71	2.31	0.54	15.17
BREAD CRUMBS,DRY,GRATED,PLN	1 cup	77.74	6.70	4.86	72.88
BREAD CRUMBS,DRY,GRATED,PLN	1 oz	20.41	1.76	1.28	19.13
BREAD CRUMBS,DRY,GRATED,SEASONED	1 cup	82.19	6.89	5.88	76.31
BREAD CRUMBS,DRY,GRATED,SEASONED	1 oz	19.42	1.63	1.39	18.03
BREAD STICKS,PLAIN	1 cup, small pieces	31.46	0.58	1.38	30.08

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BREAD STICKS,PLAIN	1 stick (7-5/8" x 5/8")	6.84	0.13	0.30	6.54
BREAD STICKS,PLAIN	1 stick (9-1/4" x 3/8")	4.10	0.08	0.18	3.92
BREAD STICKS,PLAIN	1 stick, small (approx 4-1/4" long)	3.42	0.06	0.15	3.27
BREAD STUFFING,BREAD,DRY MIX	1 oz	21.60	2.34	0.91	20.70
BREAD STUFFING,BREAD,DRY MIX	1 package (6 oz)	129.54	14.06	5.44	124.10
BREAD STUFFING,BREAD,DRY MIX,PREP	1/2 cup	21.70	2.11	2.90	18.80
BREAD STUFFING,BREAD,DRY MIX,PREP	1 oz	6.15	0.60	0.82	5.33
BREAD STUFFING,CORNBREAD,DRY MIX	1 oz	21.74	1.35	4.05	17.69
BREAD STUFFING,CORNBREAD,DRY MIX	1 package (6 oz)	130.39	8.11	24.31	106.08
BREAD STUFFING,CORNBREAD,DRY MIX,PREP	1/2 cup	21.90	3.92	2.90	19.00
BREAD STUFFING,CORNBREAD,DRY MIX,PREP	1 oz	6.21	1.11	0.82	5.39
Bread, french	1 oz	14.71	1.31	0.62	14.08
Bread, french	1 slice	72.11	6.42	3.06	69.06
BREAD, FRENCH OR VIENNA, TSTD (IND SOURDOUGH)	1 oz	17.56	1.02	0.88	16.68
BREAD, FRENCH OR VIENNA, TSTD (IND SOURDOUGH)	1 slice, large	54.50	3.16	2.73	51.77
BREAD, FRENCH OR VIENNA, TSTD (IND SOURDOUGH)	1 slice, medium	36.54	2.12	1.83	34.71
BREAD, FRENCH OR VIENNA, TSTD (IND SOURDOUGH)	1 slice, small	17.96	1.04	0.90	17.06
BREAD, WHEAT, TSTD	1 oz	15.81	1.82	1.33	14.48
BREAD, WHEAT, TSTD	1 slice	13.38	1.54	1.13	12.26
BREAD, WHOLE-WHEAT, COMMER PREP, TOASTED	1 oz	14.50	1.64	2.61	11.90
BREAD, WHOLE-WHEAT, COMMER PREP, TOASTED	1 slice	12.79	1.44	2.30	10.49
BREAD,BANANA,PREP FROM RECIPE,MADE W/MARGARINE	1 individual loaf (include Keebler Elfin Loaves)	31.12	0.00	0.63	30.50
BREAD,BANANA,PREP FROM RECIPE,MADE W/MARGARINE	1 oz	15.48	0.00	0.31	15.17
BREAD,BANANA,PREP FROM RECIPE,MADE W/MARGARINE	1 slice	32.76	0.00	0.66	32.10
BREAD,BOSTON BROWN,CANNED	1 oz	12.28	0.69	1.33	10.94
BREAD,BOSTON BROWN,CANNED	1 slice	19.49	1.09	2.12	17.37
BREAD,CHAPATI OR ROTI,PLN,COMMLY PREP	1 piece	31.52	1.85	3.33	28.19
BREAD,CHAPATI OR ROTI,WHL WHEAT,FRZ	1 piece	19.84	1.26	4.17	15.66

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BREAD,CHS	1 slice	21.52	1.00	1.01	20.51
BREAD,CORNBREAD,DRY MIX,ENR (INCL CORN MUFFIN MIX)	1 oz	19.70	5.77	1.84	17.86
BREAD,CORNBREAD,DRY MIX,ENR (INCL CORN MUFFIN MIX)	1 package (8.5 oz)	167.50	49.02	15.67	151.83
BREAD,CORNBREAD,DRY MIX,PREP W/ 2% MILK,80% MARGARINE,& EGGS	1 muffin	27.77	8.19	1.17	26.60
BREAD,CORNBREAD,DRY MIX,PREP W/ 2% MILK,80% MARGARINE,& EGGS	1 oz	15.44	4.55	0.65	14.79
BREAD,CORNBREAD,DRY MIX,PREP W/ 2% MILK,80% MARGARINE,& EGGS	1 piece	32.68	9.63	1.38	31.30
BREAD,CORNBREAD,DRY MIX,UNENR (INCL CORN MUFFIN MIX)	1 oz	19.70	0.00	1.84	17.86
BREAD,CORNBREAD,DRY MIX,UNENR (INCL CORN MUFFIN MIX)	1 package (8.5 oz)	167.50	0.00	15.67	151.83
BREAD,CORNBREAD,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 oz	12.33	0.00	0.00	12.33
BREAD,CORNBREAD,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 piece	28.28	0.00	0.00	28.28
BREAD,CRACKED-WHEAT	1 cubic inch	1.58	0.00	0.18	1.41
BREAD,CRACKED-WHEAT	1 oz	14.03	0.00	1.56	12.47
BREAD,CRACKED-WHEAT	1 slice	12.38	0.00	1.38	11.00
BREAD,CRACKED-WHEAT	1 slice regular, crust not eaten	6.04	0.00	0.67	5.37
BREAD,CRACKED-WHEAT	1 slice thin, crust not eaten	4.65	0.00	0.52	4.14
BREAD,CRACKED-WHEAT	1 slice, large or thick	14.85	0.00	1.65	13.20
BREAD,CRACKED-WHEAT	1 slice, regular	12.38	0.00	1.38	11.00
BREAD,CRACKED-WHEAT	1 slice, thin	9.90	0.00	1.10	8.80
BREAD,EGG	1 oz	13.55	0.50	0.65	12.90
BREAD,EGG	1 slice (5" x 3" x 1/2")	19.12	0.71	0.92	18.20
BREAD,EGG,TOASTED	1 oz	14.91	0.55	0.71	14.20
BREAD,EGG,TOASTED	1 slice (5" x 3" x 1/2")	19.46	0.72	0.93	18.54
BREAD,IRISH SODA,PREP FROM RECIPE	1 oz	15.88	0.00	0.74	15.14
BREAD,ITALIAN	1 oz	14.18	0.24	0.77	13.41
BREAD,ITALIAN	1 slice, large (4-1/2" x 3-1/4" x 3/4")	15.00	0.25	0.81	14.19

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BREAD,ITALIAN	1 slice, medium	10.00	0.17	0.54	9.46
BREAD,ITALIAN	1 slice, small (3-1/4" x 2-1/2" x 1/2")	5.00	0.08	0.27	4.73
BREAD,MULTI-GRAIN (INCLUDES WHOLE-GRAIN)	1 oz	12.29	1.81	2.10	10.19
BREAD,MULTI-GRAIN (INCLUDES WHOLE-GRAIN)	1 slice large	17.77	2.62	3.03	14.74
BREAD,MULTI-GRAIN (INCLUDES WHOLE-GRAIN)	1 slice regular	11.27	1.66	1.92	9.34
BREAD,MULTI-GRAIN,TSTD (INCLUDES WHOLE-GRAIN)	1 oz	13.36	1.97	2.30	11.06
BREAD,MULTI-GRAIN,TSTD (INCLUDES WHOLE-GRAIN)	1 slice large	17.90	2.64	3.08	14.82
BREAD,MULTI-GRAIN,TSTD (INCLUDES WHOLE-GRAIN)	1 slice regular	11.31	1.67	1.94	9.36
BREAD,NAAN (INDIAN BREAD),PLN,COMMLY PREP,REFR	1 piece	45.39	3.20	1.98	43.41
BREAD,NAAN (INDIAN BREAD),WHL WHEAT,REFR	1 piece	48.98	3.60	5.09	43.89
BREAD,OAT BRAN	1 oz	11.28	2.18	1.28	10.01
BREAD,OAT BRAN	1 slice	11.94	2.31	1.35	10.59
BREAD,OAT BRAN,TOASTED	1 oz	12.39	2.40	1.39	11.00
BREAD,OAT BRAN,TOASTED	1 slice	11.80	2.28	1.32	10.48
BREAD,OATMEAL	1 oz	13.75	2.31	1.13	12.62
BREAD,OATMEAL	1 slice	13.10	2.20	1.08	12.02
BREAD,OATMEAL,TOASTED	1 oz	14.94	2.51	1.22	13.72
BREAD,OATMEAL,TOASTED	1 slice	13.18	2.21	1.08	12.10
BREAD,PAN DULCE,SWT YEAST BREAD	1 slice (average weight of 1 slice)	35.52	7.88	1.45	34.07
BREAD,PARATHA (INDIAN BREAD),WHL WHEAT,FRZ	1 piece	35.83	3.28	7.58	28.24
BREAD,PITA,WHITE,ENRICHED	1 pita, large (6-1/2" dia)	33.42	0.78	1.32	32.10
BREAD,PITA,WHITE,ENRICHED	1 pita, small (4" dia)	15.60	0.36	0.62	14.98
BREAD,PITA,WHITE,UNENR	1 oz	15.79	0.00	0.62	15.17
BREAD,PITA,WHITE,UNENR	1 pita, large (6-1/2" dia)	33.42	0.00	1.32	32.10
BREAD,PITA,WHOLE-WHEAT	1 pita, large (6-1/2" dia)	35.20	0.52	4.74	30.46
BREAD,PITA,WHOLE-WHEAT	1 pita, small (4" dia)	15.40	0.23	2.07	13.33
BREAD,POTATO	1 slice	15.06	3.00	2.02	13.05
BREAD,POUND CAKE TYPE,PAN DE TORTA SALVADORAN	1 cake square	319.02	112.58	10.57	308.45

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BREAD,POUND CAKE TYPE,PAN DE TORTA SALVADORAN	1 serving	28.21	9.96	0.94	27.27
BREAD,PROT (INCL GLUTEN)	1 oz	12.42	0.41	0.85	11.57
BREAD,PROT (INCL GLUTEN)	1 slice	8.32	0.27	0.57	7.75
BREAD,PROT,TSTD (INCL GLUTEN)	1 oz	13.64	0.41	0.94	12.70
BREAD,PROT,TSTD (INCL GLUTEN)	1 slice	8.18	0.24	0.56	7.62
BREAD,PUMPERNICKEL	1 oz	13.47	0.15	1.84	11.62
BREAD,PUMPERNICKEL	1 slice (5" x 4" x 3/8")	15.20	0.17	2.08	13.12
BREAD,PUMPERNICKEL	1 slice, regular	12.35	0.14	1.69	10.66
BREAD,PUMPERNICKEL	1 slice, snack-size	3.33	0.04	0.46	2.87
BREAD,PUMPERNICKEL	1 slice, thin	9.50	0.11	1.30	8.20
BREAD,PUMPERNICKEL,TSTD	1 oz	14.80	0.16	2.01	12.79
BREAD,PUMPERNICKEL,TSTD	1 slice (5" x 4" x 3/8")	15.14	0.17	2.06	13.08
BREAD,RAISIN,ENRICHED	1 oz	14.83	1.61	1.22	13.61
BREAD,RAISIN,ENRICHED	1 slice	13.60	1.48	1.12	12.48
BREAD,RAISIN,ENRICHED	1 slice, large	16.74	1.82	1.38	15.36
BREAD,RAISIN,ENRICHED	1 slice, thin	12.03	1.31	0.99	11.04
BREAD,RAISIN,TSTD,ENR	1 oz	16.13	1.75	1.33	14.80
BREAD,RAISIN,TSTD,ENR	1 slice	13.66	1.48	1.13	12.53
BREAD,RAISIN,TSTD,ENR	1 slice, large	16.50	1.79	1.36	15.14
BREAD,RAISIN,TSTD,ENR	1 slice, thin	11.95	1.30	0.99	10.96
BREAD,RAISIN,UNENRICHED	1 oz	14.83	0.00	1.22	13.61
BREAD,RAISIN,UNENRICHED	1 slice	13.60	0.00	1.12	12.48
BREAD,RAISIN,UNENRICHED	1 slice, large	16.74	0.00	1.38	15.36
BREAD,RAISIN,UNENRICHED	1 slice, thin	12.03	0.00	0.99	11.04
BREAD,RED-CAL,OAT BRAN	1 oz	11.71	1.00	3.40	8.31
BREAD,RED-CAL,OAT BRAN	1 slice	9.50	0.81	2.76	6.74
BREAD,RED-CAL,OAT BRAN,TSTD	1 oz	13.95	1.19	4.05	9.89
BREAD,RED-CAL,OAT BRAN,TSTD	1 slice	9.35	0.80	2.72	6.63
BREAD,RED-CAL,OATMEAL	1 oz	12.28	0.00	0.00	12.28
BREAD,RED-CAL,OATMEAL	1 slice	9.96	0.00	0.00	9.96
BREAD,RED-CAL,WHEAT	1 oz	12.04	1.05	3.15	8.89
BREAD,RED-CAL,WHEAT	1 slice	8.92	0.78	2.33	6.59
BREAD,RED-CAL,WHITE	1 oz	12.56	1.35	2.75	9.81
BREAD,RED-CAL,WHITE	1 slice	10.19	1.09	2.23	7.96
BREAD,REDUCED-CALORIE,RYE	1 oz	11.48	0.65	3.40	8.08
BREAD,REDUCED-CALORIE,RYE	1 slice	9.32	0.53	2.76	6.56
BREAD,REDUCED-CALORIE,RYE	1 slice, thick	12.96	0.73	3.84	9.12
BREAD,REDUCED-CALORIE,RYE	1 slice, thin	8.10	0.46	2.40	5.70
BREAD,RICE BRAN	1 oz	12.33	1.32	1.39	10.94

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BREAD,RICE BRAN	1 slice	11.75	1.26	1.32	10.42
BREAD,RICE BRAN,TOASTED	1 oz	13.41	1.44	1.50	11.91
BREAD,RICE BRAN,TOASTED	1 slice	11.83	1.27	1.33	10.50
BREAD,ROLL,MEXICAN,BOLLILO	1 piece	54.65	3.48	2.16	52.50
BREAD,RYE	1 oz	13.69	1.09	1.64	12.05
BREAD,RYE	1 slice, regular	15.46	1.23	1.86	13.60
BREAD,RYE	1 slice, snack-size	3.38	0.27	0.41	2.98
BREAD,RYE	1 slice, thin	12.08	0.96	1.45	10.63
BREAD,RYE,TOASTED	1 oz	15.05	1.20	1.81	13.24
BREAD,RYE,TOASTED	1 slice, large	15.40	1.23	1.86	13.54
BREAD,RYE,TOASTED	1 slice, regular	12.74	1.02	1.54	11.21
BREAD,RYE,TOASTED	1 slice, thin	9.56	0.76	1.15	8.41
BREAD,SALVADORAN SWT CHS (QUESADILLA SALVADORENA)	1 cake square (average weight of whole item)	190.88	99.35	2.79	188.09
BREAD,SALVADORAN SWT CHS (QUESADILLA SALVADORENA)	1 serving (approximate serving size)	26.31	13.70	0.39	25.93
BREAD,WHEAT	1 oz	13.80	1.68	1.13	12.67
BREAD,WHEAT	1 slice	14.12	1.71	1.16	12.96
BREAD,WHEAT BRAN	1 oz	13.55	2.74	1.13	12.42
BREAD,WHEAT BRAN	1 slice	17.21	3.48	1.44	15.77
BREAD,WHEAT GERM	1 oz	13.69	1.06	0.60	13.10
BREAD,WHEAT GERM	1 slice	13.52	1.04	0.59	12.94
BREAD,WHEAT GERM,TOASTED	1 oz	15.39	1.17	0.65	14.74
BREAD,WHEAT GERM,TOASTED	1 slice	13.58	1.04	0.58	13.00
BREAD,WHEAT,WHITE WHEAT	1 slice	12.29	1.40	2.58	9.72
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 cup, crumbs	22.24	2.55	1.22	21.02
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 cup, cubes	17.30	1.98	0.95	16.35
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 oz	14.01	1.61	0.77	13.25
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice	12.36	1.42	0.68	11.68
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice	14.33	1.64	0.78	13.55
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice crust not eaten	5.93	0.68	0.32	5.61

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BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice thin, crust not eaten	4.45	0.51	0.24	4.20
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice, large	14.83	1.70	0.81	14.02
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice, thin	9.88	1.13	0.54	9.34
BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	1 slice, very thin	7.41	0.85	0.41	7.01
BREAD,WHITE,COMMLY PREP,LO NA,NO SALT	1 cup, crumbs	22.32	1.94	1.04	21.29
BREAD,WHITE,COMMLY PREP,LO NA,NO SALT	1 cup, cubes	17.36	1.51	0.81	16.56
BREAD,WHITE,COMMLY PREP,LO NA,NO SALT	1 oz	14.06	1.22	0.65	13.41
BREAD,WHITE,COMMLY PREP,LO NA,NO SALT	1 slice	12.40	1.08	0.58	11.83
BREAD,WHITE,COMMLY PREP,LO NA,NO SALT	1 slice, large	14.88	1.29	0.69	14.19
BREAD,WHITE,COMMLY PREP,LO NA,NO SALT	1 slice, thin	9.92	0.86	0.46	9.46
BREAD,WHITE,COMMLY PREP,TSTD	1 cup, crumbs	24.48	2.13	1.13	23.36
BREAD,WHITE,COMMLY PREP,TSTD	1 cup, cubes	22.85	1.99	1.05	21.80
BREAD,WHITE,COMMLY PREP,TSTD	1 oz	15.42	1.34	0.71	14.71
BREAD,WHITE,COMMLY PREP,TSTD	1 slice	11.97	1.04	0.55	11.42
BREAD,WHITE,COMMLY PREP,TSTD	1 slice crust not eaten	5.98	0.52	0.28	5.71
BREAD,WHITE,COMMLY PREP,TSTD	1 slice thin, crust not eaten	4.35	0.38	0.20	4.15
BREAD,WHITE,COMMLY PREP,TSTD	1 slice, large	14.69	1.28	0.68	14.01
BREAD,WHITE,COMMLY PREP,TSTD	1 slice, thin	9.25	0.81	0.43	8.82
BREAD,WHITE,COMMLY PREP,TSTD	1 slice, very thin	7.07	0.62	0.33	6.75
BREAD,WHITE,COMMLY PREP,TSTD,LO NA NO SALT	1 oz	15.42	0.00	0.00	15.42
BREAD,WHITE,COMMLY PREP,TSTD,LO NA NO SALT	1 slice	12.51	0.00	0.00	12.51
BREAD,WHITE,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 oz	14.06	0.00	0.57	13.49
BREAD,WHITE,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 slice	20.83	0.00	0.84	19.99
BREAD,WHITE,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 slice, thin (3-3/4" x 5" x 3/8")	16.37	0.00	0.66	15.71
BREAD,WHITE,PREP FROM RECIPE,MADE W/NONFAT DRY MILK	1 oz	15.20	0.00	0.57	14.63
BREAD,WHITE,PREP FROM RECIPE,MADE W/NONFAT DRY MILK	1 slice	23.58	0.00	0.88	22.70
BREAD,WHOLE-WHEAT,COMM. PREPARED	1 oz	12.11	1.23	1.70	10.41
BREAD,WHOLE-WHEAT,COMM. PREPARED	1 slice	13.67	1.39	1.92	11.75

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BREAD,WHOLE-WHEAT,PREP FROM RECIPE	1 oz	14.57	1.09	1.70	12.87
BREAD,WHOLE-WHEAT,PREP FROM RECIPE	1 slice, regular (4" x 5" x 3/4")	23.64	1.77	2.76	20.88
BREAD,WHOLE-WHEAT,PREP FROM RECIPE	1 slice, thin (3- 3/4" x 5" x 3/8")	16.96	1.27	1.98	14.98
BREAD,WHOLE-WHEAT,PREP FROM RECIPE,TSTD	1 oz	15.99	1.20	1.90	14.09
BREAD,WHOLE-WHEAT,PREP FROM RECIPE,TSTD	1 slice	23.69	1.77	2.81	20.87
BREAD,WHOLE-WHEAT,PREP FROM RECIPE,TSTD	1 slice, thin (3- 3/4" x 5" x 3/8")	16.92	1.27	2.01	14.91
BREAKFAST TART,LOFAT	1 tart	39.94	2.53	0.78	39.16
CAKE MIX,ANGELFOOD,DRY	1 oz	24.42	17.39	0.14	24.28
CAKE MIX,ANGELFOOD,DRY	1 package (14.5 oz)	353.99	252.07	2.06	351.94
CAKE MIX,ANGELFOOD,DRY	1 serving	32.73	23.31	0.19	32.54
CAKE MIX,PUDD,DRY,GERMAN CHOC	1 oz	23.03	11.94	0.60	22.44
CAKE MIX,PUDD,DRY,GERMAN CHOC	1 package (18.25 oz)	420.06	217.81	10.86	409.21
CAKE MIX,PUDD,DRY,GERMAN CHOC	1 serving	34.94	18.12	0.90	34.03
CAKE,ANGELFOOD,COMMLY PREP	1 cake (9" dia x 4")	196.52	0.00	5.10	191.42
CAKE,ANGELFOOD,COMMLY PREP	1 piece (1/12 of 12 oz cake)	16.18	0.00	0.42	15.76
CAKE,ANGELFOOD,DRY MIX,PREP	1 piece (1/12 of 10" dia)	29.35	15.26	0.10	29.25
CAKE,ANGELFOOD,DRY MIX,PREP	1 tube cake (10" dia, 4-3/8" high)	349.85	181.84	1.19	348.66
CAKE,BOSTON CRM PIE,COMMLY PREP	1 oz	12.16	10.24	0.40	11.77
CAKE,BOSTON CRM PIE,COMMLY PREP	1 piece (1/6 of pie)	39.47	33.22	1.29	38.18
CAKE,CARROT,DRY MIX,PUDDING-TYPE	1 oz	22.45	0.00	0.00	22.45
CAKE,CARROT,DRY MIX,PUDDING-TYPE	1 package (18 oz)	403.92	0.00	0.00	403.92
CAKE,CHERRY FUDGE W/CHOC FRSTNG	1 oz	10.77	9.34	0.34	10.43
CAKE,CHERRY FUDGE W/CHOC FRSTNG	1 piece (1/8 cake)	26.98	23.39	0.85	26.13
CAKE,CHOC,COMMLY PREP W/ CHOC FRSTNG,IN-STORE BAKERY	1 cake	877.14	663.34	36.52	840.62
CAKE,CHOC,COMMLY PREP W/ CHOC FRSTNG,IN-STORE BAKERY	1 oz	14.98	11.33	0.62	14.36

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CAKE,CHOC,COMMLY PREP W/ CHOC FRSTNG,IN-STORE BAKERY	1 piece (1/12 of a cake)	72.92	55.14	3.04	69.88
CAKE,CHOC,COMMLY PREP W/ CHOC FRSTNG,IN-STORE BAKERY	1 piece (1/8 of 18 oz cake)	33.82	25.57	1.41	32.41
CAKE,CHOC,DRY MIX,PUDDING-TYPE	1 oz	22.73	11.21	0.65	22.07
CAKE,CHOC,DRY MIX,PUDDING-TYPE	1 package (18.25 oz)	414.43	204.37	11.89	402.54
CAKE,CHOC,PREP FROM RECIPE WO/FRSTNG	1 cake, 2-layer (8" or 9" dia)	607.16	0.00	18.19	588.97
CAKE,CHOC,PREP FROM RECIPE WO/FRSTNG	1 piece (1/12 of 9" dia)	50.73	0.00	1.52	49.21
CAKE,FRUITCAKE,COMMLY PREP	1 oz	17.46	7.77	1.05	16.41
CAKE,FRUITCAKE,COMMLY PREP	1 piece	26.49	11.79	1.59	24.90
CAKE,GINGERBREAD,DRY MIX	1 oz	21.15	13.22	0.48	20.67
CAKE,GINGERBREAD,DRY MIX	1 package (14.5 oz)	306.61	191.61	6.99	299.62
CAKE,GINGERBREAD,PREP FROM RECIPE	1 oz	13.95	0.00	0.00	13.95
CAKE,GINGERBREAD,PREP FROM RECIPE	1 piece (1/9 of 8" square)	36.41	0.00	0.00	36.41
CAKE,MARBLE,DRY MIX,PUDDING-TYPE	1 oz	22.54	10.12	0.82	21.72
CAKE,MARBLE,DRY MIX,PUDDING-TYPE	1 package (18.25 oz)	411.02	184.62	14.99	396.02
CAKE,PNAPPL UPSIDE-DOWN,PREP FROM RECIPE	1 oz	14.32	0.00	0.23	14.09
CAKE,PNAPPL UPSIDE-DOWN,PREP FROM RECIPE	1 piece (1/9 of 8" square)	58.08	0.00	0.92	57.16
CAKE,POUND,BIMBO BAKERIES USA,PANQUE CASERO,HOME BKD STYLE	1 loaf	152.20	89.47	3.11	149.09
CAKE,POUND,BIMBO BAKERIES USA,PANQUE CASERO,HOME BKD STYLE	1 slice	19.09	11.22	0.39	18.70
CAKE,POUND,COMMLY PREP,BUTTER (INCLUDES FRSH & FROZEN)	1/6 loaf 1/6 of the loaf	32.72	20.35	0.37	32.35
CAKE,POUND,COMMLY PREP,BUTTER (INCLUDES FRSH & FROZEN)	1 piece individually wrapped cake	26.28	16.35	0.29	25.99
CAKE,POUND,COMMLY PREP,FAT-FREE	1 cake	207.40	116.76	3.74	203.66
CAKE,POUND,COMMLY PREP,FAT-FREE	1 oz	17.29	9.74	0.31	16.98
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,ENR	1 piece (1/10 of 10.6 oz cake)	15.75	0.00	0.30	15.45
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,ENR	1 piece (1/12 of 12 oz cake)	14.70	0.00	0.28	14.42
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,ENR	1 snack cake (2.5 oz)	37.28	0.00	0.71	36.57

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CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,UNENR	1 piece (1/10 of 10.6 oz cake)	15.75	0.00	0.30	15.45
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,UNENR	1 piece (1/12 of 12 oz cake)	14.70	0.00	0.28	14.42
CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,UNENR	1 snack cake (2.5 oz)	37.28	0.00	0.71	36.57
CAKE,SHORTCAKE,BISCUIT-TYPE,PREP FROM RECIPE	1 oz	13.75	0.00	0.00	13.75
CAKE,SNACK CAKES,CREME-FILLED,CHOC W/ FRSTNG	1 cupcake	30.16	18.88	1.60	28.56
CAKE,SNACK CAKES,CREME-FILLED,CHOC W/ FRSTNG	1 oz	17.10	10.70	0.91	16.19
CAKE,SNACK CAKES,CREME-FILLED,CHOC W/ FRSTNG,LOW-FAT	1 cake 1 serving	18.73	9.02	4.02	14.71
CAKE,SNACK CAKES,CREME-FILLED,SPONGE	1 cake	26.89	15.67	0.42	26.47
CAKE,SNACK CAKES,CREME-FILLED,SPONGE	1 oz	18.15	10.57	0.28	17.87
CAKE,SNACK CAKES,NOT CHOC,W/ ICING OR FILLING,LOW-FAT	1 cake 1 serving	19.57	8.02	4.02	15.55
CAKE,SPONGE,COMMLY PREP	1 oz	17.29	10.39	0.14	17.15
CAKE,SPONGE,COMMLY PREP	1 piece (1/12 of 16 oz cake)	23.18	13.93	0.19	22.99
CAKE,SPONGE,PREP FROM RECIPE	1 oz	16.36	0.00	0.00	16.36
CAKE,SPONGE,PREP FROM RECIPE	1 piece (1/12 of 10 inch cake)	36.35	0.00	0.00	36.35
CAKE,WHITE,DRY MIX,PUDDING-TYPE,ENR	1 oz	22.94	13.88	0.20	22.74
CAKE,WHITE,DRY MIX,PUDDING-TYPE,ENR	1 package (18.50 oz)	423.92	256.50	3.67	420.25
CAKE,WHITE,DRY MIX,PUDDING-TYPE,UNENR	1 oz	22.96	0.00	0.20	22.77
CAKE,WHITE,DRY MIX,PUDDING-TYPE,UNENR	1 package (18.50 oz)	424.44	0.00	3.67	420.77
CAKE,WHITE,DRY MIX,SPL DIETARY (INCL LEMON-FLAVORED)	1 oz	22.57	0.00	0.00	22.57
CAKE,WHITE,DRY MIX,SPL DIETARY (INCL LEMON-FLAVORED)	1 package (8 oz)	180.69	0.00	0.00	180.69
CAKE,WHITE,PREP FROM RECIPE W/COCNT FRSTNG	1 oz	17.92	16.27	0.28	17.63
CAKE,WHITE,PREP FROM RECIPE W/COCNT FRSTNG	1 piece (1/12 of 9" dia)	70.78	64.28	1.12	69.66
CAKE,WHITE,PREP FROM RECIPE WO/FRSTNG	1 cake, 2-layer (8" or 9" dia)	507.36	314.80	7.10	500.27
CAKE,WHITE,PREP FROM RECIPE WO/FRSTNG	1 piece (1/12 of 9" dia)	42.33	26.26	0.59	41.74
CAKE,YEL,COMMLY PREP,W/ CHOC FRSTNG,IN-STORE BAKERY	1 cake	957.17	678.11	25.94	931.24

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CAKE,YEL,COMMLY PREP,W/ CHOC FRSTNG,IN-STORE BAKERY	1 oz	15.69	11.12	0.43	15.27
CAKE,YEL,COMMLY PREP,W/ CHOC FRSTNG,IN-STORE BAKERY	1 piece (1/12 of a cake)	79.72	56.48	2.16	77.56
CAKE,YEL,COMMLY PREP,W/ CHOC FRSTNG,IN-STORE BAKERY	1 piece (1/8 of 18 oz cake)	35.43	25.10	0.96	34.47
CAKE,YEL,COMMLY PREP,W/VANILLA FRSTNG	1 oz	15.93	11.85	0.09	15.85
CAKE,YEL,COMMLY PREP,W/VANILLA FRSTNG	1 serving	37.65	28.00	0.20	37.45
CAKE,YEL,DRY MIX,PUDDING-TYPE	1 oz	22.68	12.53	0.20	22.48
CAKE,YEL,DRY MIX,PUDDING-TYPE	1 package (18.50 oz)	419.20	231.66	3.67	415.53
CAKE,YEL,DRY MIX,REG,ENR	1 oz	23.22	12.27	0.34	22.88
CAKE,YEL,DRY MIX,REG,ENR	1 package (18.50 oz)	429.26	226.84	6.29	422.97
CAKE,YEL,DRY MIX,REG,ENR	1 serving	35.23	18.61	0.52	34.71
CAKE,YEL,DRY MIX,REG,UNENR	1 oz	22.14	0.00	0.31	21.83
CAKE,YEL,DRY MIX,REG,UNENR	1 package (18.50 oz)	409.24	0.00	5.76	403.48
CAKE,YEL,PREP FROM RECIPE WO/FRSTNG	1 cake, 2-layer (8" dia)	433.01	0.00	5.72	427.29
CAKE,YEL,PREP FROM RECIPE WO/FRSTNG	1 piece (1/12 of 8" dia)	36.04	0.00	0.48	35.56
CAKE,YELLOW,DRY MIX,LIGHT	1 oz	23.84	0.00	0.37	23.47
CAKE,YELLOW,DRY MIX,LIGHT	1 package (18.50 oz)	440.68	0.00	6.81	433.87
CHEESECAKE COMMLY PREP	1 oz	7.23	6.18	0.11	7.12
CHEESECAKE COMMLY PREP	1 piece (1 NLEA serving)	31.88	27.25	0.50	31.38
CHEESECAKE COMMLY PREP	1 piece (1/6 of 17 oz cake)	20.40	17.44	0.32	20.08
CHEESECAKE PREP FROM MIX,NO-BAKE TYPE	1 oz	10.06	0.00	0.54	9.53
CHEESECAKE PREP FROM MIX,NO-BAKE TYPE	1 piece (1/12 of 9" dia)	35.15	0.00	1.88	33.26
CINNAMON BUNS,FRSTD (INCLUDES HONEY BUNS)	1 bun	31.59	16.71	0.78	30.81
COFFEECAKE,CHEESE	1 oz	12.56	0.00	0.28	12.28
COFFEECAKE,CHEESE	1 piece (1/6 of 16 oz cake)	33.67	0.00	0.76	32.91
COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,ENR	1 individual cake	26.62	0.00	1.14	25.48
COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,ENR	1 oz	13.24	0.00	0.57	12.67
COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,ENR	1 piece (1/9 of 20 oz cake)	29.42	0.00	1.26	28.16

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COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,UNENR	1 individual cake	26.62	0.00	1.14	25.48
COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,UNENR	1 oz	13.24	0.00	0.57	12.67
COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,UNENR	1 piece (1/9 of 20 oz cake)	29.42	0.00	1.26	28.16
COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX	1 oz	22.03	12.05	0.51	21.52
COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX	1 package (10.5 oz)	231.55	126.71	5.36	226.18
COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX,PREP	1 oz	14.97	8.37	0.34	14.63
COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX,PREP	1 piece (1/8 of 8" x 5-3/4" cake)	29.57	16.54	0.67	28.90
COFFEECAKE,CREME-FILLED W/CHOC FRSTNG	1 oz	15.25	0.00	0.57	14.69
COFFEECAKE,CREME-FILLED W/CHOC FRSTNG	1 piece (1/6 of 19 oz cake)	48.42	0.00	1.80	46.62
COFFEECAKE,FRUIT	1 oz	14.60	0.00	0.71	13.89
COFFEECAKE,FRUIT	1 piece (1/8 cake)	25.75	0.00	1.25	24.50
COOKIE,BUTTER OR SUGAR,W/ CHOC ICING OR FILLING	3 cookies	21.34	10.48	0.59	20.75
COOKIE,CHOC,W/ ICING OR COATING	4 cookies	21.72	10.24	0.74	20.98
COOKIE,VANILLA W/ CARAMEL,COCNT,& CHOC COATING	2 cookies	18.59	10.38	1.28	17.31
COOKIE,W/ Pnut BUTTER FILLING,CHOCOLATE-COATED	2 cookies	13.05	7.73	0.88	12.18
COOKIES,ANIMAL CRACKERS (INCL ARROWROOT,TEA BISCUITS,)	1 Arrowroot biscuit (include Arrowroot cookie)	3.63	1.14	0.05	3.58
COOKIES,ANIMAL CRACKERS (INCL ARROWROOT,TEA BISCUITS,)	1 cracker	1.85	0.58	0.03	1.83
COOKIES,ANIMAL CRACKERS (INCL ARROWROOT,TEA BISCUITS,)	1 individual box (2 oz)	42.24	13.28	0.63	41.61
COOKIES,ANIMAL CRACKERS (INCL ARROWROOT,TEA BISCUITS,)	1 oz	21.01	6.61	0.31	20.70
COOKIES,ANIMAL,W/ FRSTNG OR ICING	1 package 40 g package	28.04	16.44	0.36	27.68
COOKIES,ANIMAL,W/ FRSTNG OR ICING	8 cookies 1 serving	21.73	12.74	0.28	21.45
COOKIES,BROWNIES,COMMLY PREP	1 oz	18.12	10.38	0.60	17.52

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COOKIES,BROWNIES,COMMLY PREP	1 package, Little Debbie (twin wrapped)	38.98	22.33	1.28	37.70
COOKIES,BROWNIES,COMMLY PREP	1 square, large (2-3/4" sq x 7/8")	35.78	20.50	1.18	34.61
COOKIES,BROWNIES,COMMLY PREP,RED FAT	1 brownie 1 serving	22.17	13.94	4.00	18.17
COOKIES,BROWNIES,DRY MIX,REG	1 oz	21.72	0.00	0.00	21.72
COOKIES,BROWNIES,DRY MIX,REG	1 package (21.5 oz)	467.26	0.00	0.00	467.26
COOKIES,BROWNIES,DRY MIX,SPL DIETARY	1 oz	22.79	0.00	1.19	21.60
COOKIES,BROWNIES,DRY MIX,SPL DIETARY	1 package (8.5 oz)	193.76	0.00	10.12	183.64
COOKIES,BROWNIES,PREP FROM RECIPE	1 brownie (2" square)	12.05	0.00	0.00	12.05
COOKIES,BROWNIES,PREP FROM RECIPE	1 oz	14.23	0.00	0.00	14.23
COOKIES,BUTTER,COMMLY PREP,ENR	1 cookie	3.45	1.01	0.04	3.41
COOKIES,BUTTER,COMMLY PREP,ENR	1 oz	19.53	5.74	0.23	19.31
COOKIES,BUTTER,COMMLY PREP,UNENR	1 cookie	3.45	0.00	0.04	3.41
COOKIES,BUTTER,COMMLY PREP,UNENR	1 oz	19.53	0.00	0.23	19.31
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie	8.43	4.24	0.26	8.17
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie (average weight of 1 cookie, variety of brands)	7.97	4.01	0.24	7.73
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie Pepperidge Farm Chocolate Chunk Pecan	15.69	7.90	0.48	15.21
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie, big (3-1/2" - 4" dia) (include Grandma brand)	26.14	13.16	0.80	25.34

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COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie, bite size (include Mini Chips Ahoy!)	1.44	0.72	0.04	1.39
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie, large (include Keebler Rich 'n Chips, Pecan Chips Delux)	9.15	4.61	0.28	8.87
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 cookie, medium (2-1/4" dia)	6.54	3.29	0.20	6.34
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	1 oz	18.53	9.33	0.57	17.96
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,UNENR	1 cookie, bite size (include Mini Chips Ahoy!)	1.47	0.00	0.06	1.41
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,UNENR	1 cookie, medium (2-1/4" dia)	6.68	0.00	0.25	6.43
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,UNENR	1 oz	18.94	0.00	0.71	18.23
COOKIES,CHOC CHIP,COMMLY PREP,REG,LOWER FAT	1 oz	19.13	9.31	0.85	18.28
COOKIES,CHOC CHIP,COMMLY PREP,REG,LOWER FAT	1 serving 3 cookies	22.95	11.17	1.02	21.93
COOKIES,CHOC CHIP,COMMLY PREP,SOFT-TYPE	1 cookie	9.34	5.27	0.26	9.08
COOKIES,CHOC CHIP,COMMLY PREP,SOFT-TYPE	1 cookie	9.86	5.57	0.27	9.59
COOKIES,CHOC CHIP,COMMLY PREP,SOFT-TYPE	1 cookie (average weight of 1 cookie)	8.02	4.53	0.22	7.80
COOKIES,CHOC CHIP,COMMLY PREP,SOFT-TYPE	1 oz	18.64	10.52	0.51	18.13
COOKIES,CHOC CHIP,COMMLY PREP,SPL DIETARY	1 cookie, medium (1-5/8" dia)	5.14	2.79	0.11	5.03
COOKIES,CHOC CHIP,COMMLY PREP,SPL DIETARY	1 oz	20.81	11.29	0.45	20.36
COOKIES,CHOC CHIP,DRY MIX	1 oz	18.74	0.00	0.00	18.74
COOKIES,CHOC CHIP,DRY MIX	1 package (17.5 oz)	327.86	0.00	0.00	327.86

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COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/BUTTER	1 cookie, medium (2-1/4" dia)	9.31	0.00	0.00	9.31
COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/BUTTER	1 oz	16.50	0.00	0.00	16.50
COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/MARGARINE	1 bar (2" square)	18.69	0.00	0.90	17.79
COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/MARGARINE	1 cookie, medium (2-1/4" dia)	9.34	0.00	0.45	8.90
COOKIES,CHOC CHIP,PREP FROM RECIPE,MADE W/MARGARINE	1 oz	16.56	0.00	0.79	15.76
COOKIES,CHOC CHIP,REFR DOUGH	1 oz	17.30	10.78	0.43	16.87
COOKIES,CHOC CHIP,REFR DOUGH	1 portion, dough spoon from roll	17.70	11.03	0.44	17.26
COOKIES,CHOC CHIP,REFR DOUGH	1 serving	20.14	12.55	0.50	19.64
COOKIES,CHOC CHIP,REFR DOUGH,BKD	1 cookie, medium (2-1/4" dia)	8.18	0.00	0.20	7.98
COOKIES,CHOC CHIP,REFR DOUGH,BKD	1 oz	19.33	0.00	0.48	18.85
COOKIES,CHOC SNDWCH,W/ CREME FILLING,RED FAT	1 serving	25.90	14.00	0.99	24.91
COOKIES,CHOC SNDWCH,W/CREME FILLING,REG	1 oz	20.13	11.53	0.82	19.31
COOKIES,CHOC SNDWCH,W/CREME FILLING,REG	3 cookie	25.56	14.64	1.04	24.52
COOKIES,CHOC SNDWCH,W/CREME FILLING,REG,CHOCOLATE-COATED	1 cookie	11.29	8.43	0.88	10.40
COOKIES,CHOC SNDWCH,W/CREME FILLING,REG,CHOCOLATE-COATED	1 oz	18.82	14.06	1.47	17.35
COOKIES,CHOC SNDWCH,W/CREME FILLING,SPL DIETARY	1 cookie	6.80	1.97	0.41	6.39
COOKIES,CHOC SNDWCH,W/CREME FILLING,SPL DIETARY	1 oz	19.28	5.59	1.16	18.12
COOKIES,CHOC SNDWCH,W/EX CREME FILLING	1 cookie	8.87	5.98	0.35	8.52
COOKIES,CHOC SNDWCH,W/EX CREME FILLING	1 oz	19.33	13.04	0.77	18.57
COOKIES,CHOCOLATE WAFERS	1 cup, crumbs	81.42	41.92	3.81	77.62
COOKIES,CHOCOLATE WAFERS	1 oz	20.61	10.61	0.96	19.65
COOKIES,CHOCOLATE WAFERS	1 wafer	4.36	2.25	0.20	4.16
COOKIES,COCNT MACAROON	2 cookie 1 serving	22.04	16.26	1.84	20.20
COOKIES,FIG BARS	1 cookie	11.34	7.42	0.74	10.61

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COOKIES,FIG BARS	1 Figaroo (2 square halves)	30.49	19.93	1.98	28.51
COOKIES,FIG BARS	1 individual package (2 oz package containing 2 3" bars)	40.41	26.43	2.62	37.79
COOKIES,FIG BARS	1 oz	20.10	13.14	1.30	18.80
COOKIES,FORTUNE	1 cookie	6.72	3.63	0.13	6.59
COOKIES,FORTUNE	1 oz	23.81	12.88	0.45	23.36
COOKIES,FUDGE,CAKE-TYPE (INCL TROLLEY CAKES)	1 cookie	16.44	0.00	0.59	15.86
COOKIES,FUDGE,CAKE-TYPE (INCL TROLLEY CAKES)	1 oz	22.20	0.00	0.79	21.40
COOKIES,GINGERSNAPS	1 cookie	5.38	1.39	0.15	5.23
COOKIES,GINGERSNAPS	1 large (approx 3-1/2" to 4" dia)	24.61	6.37	0.70	23.90
COOKIES,GINGERSNAPS	1 oz	21.80	5.65	0.62	21.18
COOKIES,GRAHAM CRACKERS,CHOCOLATE-COATED	1 oz	18.93	10.57	0.62	18.31
COOKIES,GRAHAM CRACKERS,CHOCOLATE-COATED	3 pieces	18.03	10.07	0.59	17.44
COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL CINN)	1 cracker	11.65	3.73	0.51	11.14
COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL CINN)	1 cup, crushed	65.23	20.87	2.86	62.38
COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL CINN)	1 large rectangular piece or 2 squares or 4 small rectangular pieces	10.87	3.48	0.48	10.40
COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL CINN)	1 oz	22.02	7.04	0.96	21.05
COOKIES,GRAHAM CRACKERS,PLN OR HONEY,LOWFAT	1 serving	27.29	8.00	2.00	25.29
COOKIES,LADYFINGERS,W/LEMON JUC&RIND	1 anisette sponge (4" x 1-1/8" x 7/8")	7.76	3.30	0.13	7.63
COOKIES,LADYFINGERS,W/LEMON JUC&RIND	1 breakfast treat (approx 4" x 2" x 7/8")	14.33	6.09	0.24	14.09
COOKIES,LADYFINGERS,W/LEMON JUC&RIND	1 ladyfinger	6.57	2.79	0.11	6.46
COOKIES,LADYFINGERS,W/LEMON JUC&RIND	1 oz	16.92	7.20	0.28	16.64

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COOKIES,LADYFINGERS,WO/LEMON JUC&RIND	1 anisette sponge (4" x 1- 1/8" x 7/8")	7.76	0.00	0.13	7.63
COOKIES,LADYFINGERS,WO/LEMON JUC&RIND	1 breakfast treat (approx 4" x 2" x 7/8")	14.33	0.00	0.24	14.09
COOKIES,LADYFINGERS,WO/LEMON JUC&RIND	1 ladyfinger	6.57	0.00	0.11	6.46
COOKIES,LADYFINGERS,WO/LEMON JUC&RIND	1 oz	16.92	0.00	0.28	16.64
COOKIES,MARSHMLLW,CHOCOLATE-COATED (INCL MARSHMLLW PIES)	1 cookie, small (1-3/4" dia x 3/4")	8.80	5.82	0.26	8.54
COOKIES,MARSHMLLW,CHOCOLATE-COATED (INCL MARSHMLLW PIES)	1 Fudge Marshmallow	18.96	12.54	0.56	18.40
COOKIES,MARSHMLLW,CHOCOLATE-COATED (INCL MARSHMLLW PIES)	1 oz	19.19	12.70	0.57	18.63
COOKIES,MARSHMLLW,CHOCOLATE-COATED (INCL MARSHMLLW PIES)	1 pie, marshmallow (3" dia x 3/4")	26.40	17.47	0.78	25.62
COOKIES,MOLASSES	1 cookie, Little Debbie	14.76	3.52	0.20	14.56
COOKIES,MOLASSES	1 large (3-1/2" to 4" dia) (include Archway brand)	23.62	5.63	0.32	23.30
COOKIES,MOLASSES	1 medium	11.07	2.64	0.15	10.92
COOKIES,MOLASSES	1 oz	20.92	4.99	0.28	20.64
COOKIES,OATMEAL SNDWCH,W/ CREME FILLING	1 cookie 1 serving	21.14	11.92	0.99	20.15
COOKIES,OATMEAL,COMMLY PREP,REG	1 cookie, big (3- 1/2" - 4" dia) (include Archway brand, Grandma brand)	17.18	6.17	0.70	16.48
COOKIES,OATMEAL,COMMLY PREP,REG	1 large	12.37	4.44	0.50	11.86
COOKIES,OATMEAL,COMMLY PREP,REG	1 oz	19.48	6.99	0.79	18.68
COOKIES,OATMEAL,COMMLY PREP,SOFT-TYPE	1 cookie	9.86	0.00	0.41	9.45
COOKIES,OATMEAL,COMMLY PREP,SOFT-TYPE	1 oz	18.63	0.00	0.77	17.86
COOKIES,OATMEAL,COMMLY PREP,SPL DIETARY	1 cookie, medium (1- 5/8" dia)	4.89	2.22	0.20	4.69

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COOKIES,OATMEAL,COMMLY PREP,SPL DIETARY	1 oz	19.82	8.97	0.82	18.99
COOKIES,OATMEAL,DRY MIX	1 oz	19.08	0.00	0.00	19.08
COOKIES,OATMEAL,DRY MIX	1 package (17.5 oz)	333.81	0.00	0.00	333.81
COOKIES,OATMEAL,PREP FROM RECIPE,W/RAISINS	1 cookie (2-5/8" dia)	10.26	0.00	0.00	10.26
COOKIES,OATMEAL,PREP FROM RECIPE,W/RAISINS	1 oz	19.39	0.00	0.00	19.39
COOKIES,OATMEAL,PREP FROM RECIPE,WO/RAISINS	1 cookie (2-5/8" dia)	9.96	0.00	0.00	9.96
COOKIES,OATMEAL,PREP FROM RECIPE,WO/RAISINS	1 oz	18.82	0.00	0.00	18.82
COOKIES,OATMEAL,REFR DOUGH	1 oz	16.75	0.00	0.71	16.05
COOKIES,OATMEAL,REFR DOUGH	1 portion, dough for 1 cookie	9.46	0.00	0.40	9.06
COOKIES,OATMEAL,REFR DOUGH,BKD	1 cookie	7.88	0.00	0.34	7.55
COOKIES,OATMEAL,REFR DOUGH,BKD	1 oz	18.63	0.00	0.79	17.83
COOKIES,PNUT BUTTER SNDWCH,REG	1 cookie	9.18	4.96	0.27	8.92
COOKIES,PNUT BUTTER SNDWCH,REG	1 oz	18.60	10.05	0.54	18.06
COOKIES,PNUT BUTTER SNDWCH,SPL DIETARY	1 cookie	5.08	0.00	0.00	5.08
COOKIES,PNUT BUTTER SNDWCH,SPL DIETARY	1 oz	14.40	0.00	0.00	14.40
COOKIES,PNUT BUTTER,COMMLY PREP,REG	1 cookie	18.03	8.86	0.65	17.38
COOKIES,PNUT BUTTER,COMMLY PREP,REG	1 oz	16.49	8.10	0.60	15.89
COOKIES,PNUT BUTTER,COMMLY PREP,SOFT-TYPE	1 cookie	8.66	0.00	0.26	8.40
COOKIES,PNUT BUTTER,COMMLY PREP,SOFT-TYPE	1 oz	16.36	0.00	0.48	15.88
COOKIES,PNUT BUTTER,COMMLY PREP,SUGAR FREE	1 serving 3 cookies	14.65	0.00	0.99	13.66
COOKIES,PNUT BUTTER,PREP FROM RECIPE	1 cookie (3" dia)	11.78	0.00	0.00	11.78
COOKIES,PNUT BUTTER,PREP FROM RECIPE	1 oz	16.70	0.00	0.00	16.70
COOKIES,PNUT BUTTER,REFR DOUGH	1 oz	14.77	0.00	0.31	14.46
COOKIES,PNUT BUTTER,REFR DOUGH	1 portion, dough for 1 cookie	8.34	0.00	0.18	8.16
COOKIES,PNUT BUTTER,REFR DOUGH,BKD	1 cookie	6.88	0.00	0.14	6.73
COOKIES,PNUT BUTTER,REFR DOUGH,BKD	1 oz	16.24	0.00	0.34	15.90
COOKIES,RAISIN,SOFT-TYPE	1 cookie	10.20	7.13	0.18	10.02
COOKIES,RAISIN,SOFT-TYPE	1 oz	19.28	13.48	0.34	18.94
COOKIES,SHORTBREAD,COMMLY PREP,PECAN	1 cookie (2" dia)	8.16	0.00	0.25	7.91
COOKIES,SHORTBREAD,COMMLY PREP,PECAN	1 oz	16.53	0.00	0.51	16.02
COOKIES,SHORTBREAD,COMMLY PREP,PLN	1 cookie	7.53	2.55	0.15	7.37
COOKIES,SHORTBREAD,COMMLY PREP,PLN	1 oz	18.08	6.14	0.37	17.71

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
COOKIES,SUGAR WAFERS W/CREME FILLING,REG	1 cookie	7.13	4.34	0.16	6.97
COOKIES,SUGAR WAFERS W/CREME FILLING,REG	1 oz	20.03	12.18	0.45	19.57
COOKIES,SUGAR WAFERS W/CREME FILLING,REG	3 cookies	25.43	15.46	0.58	24.85
COOKIES,SUGAR WAFERS W/CREME FILLING,SPL DIETARY	1 oz	18.71	0.00	0.00	18.71
COOKIES,SUGAR WAFERS W/CREME FILLING,SPL DIETARY	1 wafer	2.64	0.00	0.00	2.64
COOKIES,SUGAR,COMMLY PREP,REG (INCL VANILLA)	1 cookie	11.45	4.64	0.22	11.23
COOKIES,SUGAR,COMMLY PREP,REG (INCL VANILLA)	1 oz	19.09	7.74	0.37	18.72
COOKIES,SUGAR,PREP FROM RECIPE,MADE W/MARGARINE	1 cookie (3" dia)	8.40	3.48	0.17	8.23
COOKIES,SUGAR,PREP FROM RECIPE,MADE W/MARGARINE	1 oz	17.01	7.05	0.34	16.67
COOKIES,SUGAR,REFR DOUGH	1 cookie 1 pre-sliced cookie dough	15.92	9.49	0.23	15.68
COOKIES,SUGAR,REFR DOUGH	1 cookie dough for 1rolled cookie	10.41	6.21	0.15	10.25
COOKIES,SUGAR,REFR DOUGH	1 oz	17.36	10.35	0.26	17.10
COOKIES,SUGAR,REFR DOUGH	1 serving	20.20	12.05	0.30	19.91
COOKIES,SUGAR,REFR DOUGH,BKD	1 cookie 1 pre-sliced cookie dough	15.09	5.51	0.18	14.90
COOKIES,SUGAR,REFR DOUGH,BKD	1 cookie 1 rolled cookie dough	9.84	3.59	0.12	9.72
COOKIES,SUGAR,REFR DOUGH,BKD	1 oz	18.60	6.79	0.23	18.37
COOKIES,VANILLA SNDWCH W/CREME FILLING	1 cookie, oval (3-1/8" x 1-1/4" x 3/8")	10.82	5.90	0.23	10.59
COOKIES,VANILLA SNDWCH W/CREME FILLING	1 cookie, round (1-3/4" dia)	7.21	3.93	0.15	7.06
COOKIES,VANILLA SNDWCH W/CREME FILLING	1 oz	20.44	11.14	0.43	20.02
COOKIES,VANILLA WAFERS,HIGHER FAT	1 oz	20.16	0.00	0.57	19.59
COOKIES,VANILLA WAFERS,HIGHER FAT	1 wafer	4.27	0.00	0.12	4.15
COOKIES,VANILLA WAFERS,LOWER FAT	1 cup, crumbs	58.88	30.00	1.52	57.36
COOKIES,VANILLA WAFERS,LOWER FAT	1 large	4.42	2.25	0.11	4.30
COOKIES,VANILLA WAFERS,LOWER FAT	1 medium	2.94	1.50	0.08	2.87
COOKIES,VANILLA WAFERS,LOWER FAT	1 oz	20.87	10.63	0.54	20.33
COOKIES,VANILLA WAFERS,LOWER FAT	1 small	2.21	1.13	0.06	2.15
CRACKER MEAL	1 cup	93.04	0.38	2.99	90.05
CRACKER MEAL	1 oz	22.94	0.09	0.74	22.20

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CRACKERS,CHEESE,REGULAR	1/2 oz	8.44	0.64	0.33	8.11
CRACKERS,CHEESE,REGULAR	1 bag, single serving	16.64	1.27	0.64	15.99
CRACKERS,CHEESE,REGULAR	1 cracker (1" square)	0.59	0.05	0.02	0.57
CRACKERS,CHEESE,REGULAR	1 cup, bite size	36.84	2.81	1.43	35.41
CRACKERS,CHEESE,REGULAR	1 cup, crushed	42.78	3.26	1.66	41.13
CRACKERS,CHEESE,REGULAR	1 gold fish	0.36	0.03	0.01	0.34
CRACKERS,CHEESE,REGULAR	1 snack stick	1.19	0.09	0.05	1.14
CRACKERS,CHS,LO NA	1/2 oz	8.26	0.04	0.34	7.92
CRACKERS,CHS,LO NA	1 cracker (1" square)	0.58	0.00	0.02	0.56
CRACKERS,CHS,LO NA	1 cup Cheez-its	36.08	0.17	1.49	34.60
CRACKERS,CHS,LO NA	1 cup, crushed	41.90	0.20	1.73	40.18
CRACKERS,CHS,LO NA	1 gold fish	0.35	0.00	0.01	0.33
CRACKERS,CHS,RED FAT	1 serving	20.46	0.00	0.99	19.47
CRACKERS,CHS,SANDWICH-TYPE W/ CHS FILLING	1 sandwich	3.82	0.80	0.12	3.70
CRACKERS,CHS,SANDWICH-TYPE W/ CHS FILLING	6 cracker 1 cracker = 6.5g	22.92	4.81	0.74	22.18
CRACKERS,CHS,SANDWICH-TYPE W/PNUT BUTTER FILLING	1/2 oz	8.06	0.99	0.48	7.57
CRACKERS,CHS,SANDWICH-TYPE W/PNUT BUTTER FILLING	1 cup, crushed	47.09	5.79	2.82	44.27
CRACKERS,CHS,SANDWICH-TYPE W/PNUT BUTTER FILLING	1 sandwich	3.69	0.45	0.22	3.47
CRACKERS,CHS,SANDWICH-TYPE W/PNUT BUTTER FILLING	6 cracker	22.13	2.72	1.33	20.80
CRACKERS,CHS,WHL GRAIN	1 serving 55 pieces	17.76	0.00	1.98	15.78
CRACKERS,CRISPBREAD,RYE	1/2 oz	11.67	0.15	2.34	9.33
CRACKERS,CRISPBREAD,RYE	1 cracker, Norwegian flatbread (4-3/4" x 2-3/4" x 1/16")	4.77	0.06	0.96	3.81
CRACKERS,CRISPBREAD,RYE	1 crispbread	8.22	0.11	1.65	6.57
CRACKERS,CRISPBREAD,RYE	1 crispbread, Wasa rye	8.22	0.11	1.65	6.57
CRACKERS,CRISPBREAD,RYE	1 cup, crushed	45.21	0.59	9.08	36.14
CRACKERS,CRISPBREAD,RYE	1 wafer	8.22	0.11	1.65	6.57
CRACKERS,CRISPBREAD,RYE	1 wafer, Rye Krisp (triple cracker)	20.55	0.27	4.13	16.43

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CRACKERS,CRISPbread,RYE	1 wafer, thin	1.64	0.02	0.33	1.31
CRACKERS,CRM,GAMESA SABROSAS	1 cracker	2.00	0.29	0.07	1.93
CRACKERS,CRM,GAMESA SABROSAS	11 crackers (1 NLEA serving)	20.01	2.90	0.74	19.27
CRACKERS,CRM,LA MODERNA RIKIS CRM CRACKERS	1 cracker	2.01	0.32	0.07	1.94
CRACKERS,CRM,LA MODERNA RIKIS CRM CRACKERS	10 crackers (1 NLEA serving)	20.76	3.33	0.77	19.99
CRACKERS,MATZO,EGG	1/2 oz	11.16	0.00	0.40	10.76
CRACKERS,MATZO,EGG	1 matzo	22.01	0.00	0.78	21.22
CRACKERS,MATZO,EGG&ONION	1/2 oz	10.95	0.00	0.71	10.24
CRACKERS,MATZO,EGG&ONION	1 matzo	21.59	0.00	1.40	20.19
CRACKERS,MATZO,PLAIN	1/2 oz	11.89	0.04	0.43	11.46
CRACKERS,MATZO,PLAIN	1 matzo	23.44	0.08	0.84	22.60
CRACKERS,MATZO,WHOLE-WHEAT	1/2 oz	11.20	0.00	1.68	9.53
CRACKERS,MATZO,WHOLE-WHEAT	1 matzo	22.09	0.00	3.30	18.79
CRACKERS,MELBA TOAST,PLN	1/2 oz	10.88	0.13	0.89	9.98
CRACKERS,MELBA TOAST,PLN	1 cup pieces	22.98	0.28	1.89	21.09
CRACKERS,MELBA TOAST,PLN	1 cup, rounds	25.28	0.31	2.08	23.20
CRACKERS,MELBA TOAST,PLN	1 melba round	2.30	0.03	0.19	2.11
CRACKERS,MELBA TOAST,PLN	1 piece (3-3/4" x 1-3/4" x 1/8")	3.83	0.05	0.32	3.52
CRACKERS,MELBA TOAST,PLN,WO/SALT	1/2 oz	10.88	0.00	0.89	9.98
CRACKERS,MELBA TOAST,PLN,WO/SALT	1 cup pieces	22.98	0.00	1.89	21.09
CRACKERS,MELBA TOAST,PLN,WO/SALT	1 cup, crushed	53.62	0.00	4.41	49.21
CRACKERS,MELBA TOAST,PLN,WO/SALT	1 cup, rounds	25.28	0.00	2.08	23.20
CRACKERS,MELBA TOAST,PLN,WO/SALT	1 melba round	2.30	0.00	0.19	2.11
CRACKERS,MELBA TOAST,PLN,WO/SALT	1 piece (3-3/4" x 1-3/4" x 1/8")	3.83	0.00	0.32	3.52
CRACKERS,MELBA TOAST,PLN,WO/SALT	1 toast	3.83	0.00	0.32	3.52
CRACKERS,MELBA TOAST,RYE (INCL PUMPERNICKEL)	1/2 oz	10.98	0.00	1.14	9.84
CRACKERS,MELBA TOAST,RYE (INCL PUMPERNICKEL)	1 toast	3.87	0.00	0.40	3.47
CRACKERS,MELBA TOAST,WHEAT	1/2 oz	10.85	0.00	1.05	9.80
CRACKERS,MELBA TOAST,WHEAT	1 toast	3.82	0.00	0.37	3.45
CRACKERS,MILK	1/2 oz	9.90	2.33	0.27	9.63
CRACKERS,MILK	1 cracker	7.67	1.81	0.21	7.46
CRACKERS,MULTIGRAIN	4 crackers	9.46	1.68	0.49	8.97
CRACKERS,RUSK TOAST	1/2 oz	10.27	0.00	0.00	10.27
CRACKERS,RUSK TOAST	1 rusk	7.23	0.00	0.00	7.23
CRACKERS,RYE,SANDWICH-TYPE W/CHS FILLING	1/2 oz	8.63	0.00	0.51	8.12
CRACKERS,RYE,SANDWICH-TYPE W/CHS FILLING	1 cracker, sandwich	4.26	0.00	0.25	4.00

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CRACKERS, RYE, WAFERS, PLAIN	1/2 oz	11.42	0.14	3.25	8.17
CRACKERS, RYE, WAFERS, PLAIN	1 cracker (4-1/2" x 2-1/2" x 1/8")	8.84	0.11	2.52	6.33
CRACKERS, RYE, WAFERS, PLAIN	1 cracker, triple	20.10	0.25	5.73	14.38
CRACKERS, RYE, WAFERS, PLAIN	1 cup, crushed	49.04	0.62	13.97	35.08
CRACKERS, RYE, WAFERS, SEASONED	1/2 oz	10.48	0.00	2.97	7.51
CRACKERS, RYE, WAFERS, SEASONED	1 cracker, triple	16.24	0.00	4.60	11.64
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1/2 oz	10.52	0.18	0.40	10.12
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1 cracker square	2.22	0.04	0.08	2.14
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1 cracker, oyster	0.74	0.01	0.03	0.71
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1 cracker, rectangle	4.44	0.08	0.17	4.28
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1 cracker, round large	7.41	0.13	0.28	7.13
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1 cup oyster crackers	33.32	0.58	1.26	32.06
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	1 cup, crushed	51.84	0.90	1.96	49.88
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	5 crackers	11.03	0.19	0.42	10.62
CRACKERS, SALTINES (INCL OYSTER, SODA, SOUP)	5 crackers square (1 serving)	11.11	0.19	0.42	10.69
CRACKERS, SALTINES, FAT-FREE, LOW-SODIUM	3 saltines	12.35	0.06	0.41	11.94
CRACKERS, SALTINES, FAT-FREE, LOW-SODIUM	6 saltines	24.69	0.11	0.81	23.88
CRACKERS, SALTINES, LO SALT (INCL OYSTER, SODA, SOUP)	1/2 oz	10.56	0.32	0.41	10.14
CRACKERS, SALTINES, LO SALT (INCL OYSTER, SODA, SOUP)	1 cracker	2.23	0.07	0.09	2.14
CRACKERS, SALTINES, LO SALT (INCL OYSTER, SODA, SOUP)	1 cracker, oyster	0.74	0.02	0.03	0.71
CRACKERS, SALTINES, LO SALT (INCL OYSTER, SODA, SOUP)	1 cracker, rectangle	4.46	0.13	0.17	4.29
CRACKERS, SALTINES, LO SALT (INCL OYSTER, SODA, SOUP)	1 cracker, round large	7.43	0.22	0.29	7.14
CRACKERS, SALTINES, LO SALT (INCL OYSTER, SODA, SOUP)	1 cup oyster crackers	33.45	1.00	1.31	32.15
CRACKERS, SALTINES, UNSALTED TOPS (INCL OYSTER, SODA, SOUP)	1/2 oz	10.15	0.00	0.43	9.73
CRACKERS, SALTINES, UNSALTED TOPS (INCL OYSTER, SODA, SOUP)	1 cracker	2.15	0.00	0.09	2.06

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CRACKERS,SALTINES,WHL WHEAT (INCLUDES MULTI-GRAIN)	1 serving	9.56	0.00	0.00	9.56
CRACKERS,SNACK,GOYA CRACKERS	1 cracker	8.17	0.30	0.48	7.69
CRACKERS,SNACK,GOYA CRACKERS	1 serving (1 NLEA serving - about 4 crackers)	19.31	0.71	1.14	18.17
CRACKERS,STD SNACK-TYPE,REG	1 cracker, rectangular	2.45	0.33	0.09	2.36
CRACKERS,STD SNACK-TYPE,REG	1 cracker, round	1.96	0.26	0.07	1.89
CRACKERS,STD SNACK-TYPE,REG	1 cup crushed	31.88	4.25	1.20	30.68
CRACKERS,STD SNACK-TYPE,REG	5 crackers	9.81	1.31	0.37	9.44
CRACKERS,STD SNACK-TYPE,REG	5 crackers, regular size, round (1 serving)	9.81	1.31	0.37	9.44
CRACKERS,STD SNACK-TYPE,REG,LO SALT	1/2 oz	8.66	0.25	0.23	8.43
CRACKERS,STD SNACK-TYPE,REG,LO SALT	1 cracker, oval	1.83	0.05	0.05	1.78
CRACKERS,STD SNACK-TYPE,REG,LO SALT	1 cracker, rectangular	2.44	0.07	0.06	2.38
CRACKERS,STD SNACK-TYPE,REG,LO SALT	1 cracker, round	1.83	0.05	0.05	1.78
CRACKERS,STD SNACK-TYPE,REG,LO SALT	1 cup, bite size	37.82	1.11	0.99	36.83
CRACKERS,STD SNACK-TYPE,REG,LO SALT	1 cup, crushed	43.92	1.29	1.15	42.77
CRACKERS,STD SNACK-TYPE,SNDWCH,W/CHS FILLING	1/2 oz	8.76	0.45	0.27	8.49
CRACKERS,STD SNACK-TYPE,SNDWCH,W/CHS FILLING	1 cracker, sandwich	4.32	0.22	0.13	4.19
CRACKERS,STD SNACK-TYPE,SNDWCH,W/PNUT BUTTER FILLING	1/2 oz	8.29	1.49	0.33	7.96
CRACKERS,STD SNACK-TYPE,SNDWCH,W/PNUT BUTTER FILLING	1 cracker, sandwich	4.09	0.74	0.16	3.93
CRACKERS,STD SNACK-TYPE,W/ WHL WHEAT	5 crackers 1 serving	10.26	1.56	0.74	9.52
CRACKERS,WHEAT,LOW SALT	1/2 oz	9.22	1.85	0.64	8.58
CRACKERS,WHEAT,LOW SALT	1 cracker	1.30	0.26	0.09	1.21
CRACKERS,WHEAT,LOW SALT	1 cracker, thin square	1.30	0.26	0.09	1.21
CRACKERS,WHEAT,LOW SALT	1 cup, crushed	53.87	10.82	3.74	50.13
CRACKERS,WHEAT,RED FAT	1 cracker	1.29	0.27	0.06	1.23
CRACKERS,WHEAT,RED FAT	1 serving	20.74	4.35	0.99	19.75

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CRACKERS,WHEAT,RED FAT	16 crackers, Wheat Thins	20.74	4.35	0.99	19.75
CRACKERS,WHEAT,REGULAR	2 crackers 1 serving	10.26	2.24	1.00	9.26
CRACKERS,WHEAT,REGULAR	16 crackers 1 serving	24.05	5.26	2.35	21.70
CRACKERS,WHEAT,SNDWCH,W/CHS FILLING	1/2 oz	8.26	0.00	0.44	7.82
CRACKERS,WHEAT,SNDWCH,W/CHS FILLING	1 cracker, sandwich	4.07	0.00	0.22	3.86
CRACKERS,WHEAT,SNDWCH,W/PNUT BUTTER FILLING	1/2 oz	7.64	0.00	0.62	7.01
CRACKERS,WHEAT,SNDWCH,W/PNUT BUTTER FILLING	1 cracker, sandwich	3.77	0.00	0.31	3.46
CRACKERS,WHOLE-WHEAT	1/2 oz	9.88	0.17	1.46	8.41
CRACKERS,WHOLE-WHEAT	1 cracker	3.20	0.05	0.47	2.73
CRACKERS,WHOLE-WHEAT	1 cup, crushed	65.38	1.12	9.68	55.70
CRACKERS,WHOLE-WHEAT	1 serving	19.47	0.33	2.88	16.59
CRACKERS,WHOLE-WHEAT	6 crackers, Triscuits, regular size	19.47	0.33	2.88	16.59
CRACKERS,WHOLE-WHEAT	10 Triscuit Bits	6.96	0.12	1.03	5.93
CRACKERS,WHOLE-WHEAT,LO SALT	1/2 oz	9.74	0.05	1.49	8.25
CRACKERS,WHOLE-WHEAT,LO SALT	1 cracker	2.74	0.01	0.42	2.32
CRACKERS,WHOLE-WHEAT,LO SALT	1 cracker, square	2.74	0.01	0.42	2.32
CRACKERS,WHOLE-WHEAT,LO SALT	1 cup, crushed	64.48	0.35	9.87	54.61
CRACKERS,WHOLE-WHEAT,LO SALT	10 Triscuit Bits	6.86	0.04	1.05	5.81
CRACKERS,WHOLE-WHEAT,RED FAT	1 cracker	3.17	0.05	0.46	2.71
CRACKERS,WHOLE-WHEAT,RED FAT	1 serving	21.90	0.35	3.16	18.74
CRACKERS,WHOLE-WHEAT,RED FAT	6 Triscuits, regular size	21.90	0.35	3.16	18.74
CREAM PUFF SHELL,PREP FROM RECIPE	1 cream puff shell	15.05	0.28	0.53	14.52
CREAM PUFF SHELL,PREP FROM RECIPE	1 eclair (5" x 2" x 1-3/4")	10.94	0.21	0.38	10.56
CREAM PUFF SHELL,PREP FROM RECIPE	1 oz	6.46	0.12	0.23	6.24
CREAM PUFF,ECLAIR,CUSTARD OR CRM FILLED,ICED	4 oz	42.30	24.92	1.02	41.28
CROISSANTS,APPLE	1 croissant, medium	21.15	0.00	1.43	19.72
CROISSANTS,APPLE	1 oz	10.52	0.00	0.71	9.81
CROISSANTS,BUTTER	1 croissant, large	30.69	7.54	1.74	28.94

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CROISSANTS,BUTTER	1 croissant, medium	26.11	6.42	1.48	24.62
CROISSANTS,BUTTER	1 croissant, mini	12.82	3.15	0.73	12.10
CROISSANTS,BUTTER	1 croissant, small	19.24	4.73	1.09	18.14
CROISSANTS,BUTTER	1 oz	12.98	3.19	0.74	12.25
CROISSANTS,CHEESE	1 croissant, large	31.49	7.60	1.74	29.75
CROISSANTS,CHEESE	1 croissant, medium	26.79	6.47	1.48	25.31
CROISSANTS,CHEESE	1 croissant, small	19.74	4.77	1.09	18.65
CROISSANTS,CHEESE	1 oz	13.32	3.22	0.74	12.59
CROUTONS,PLAIN	1/2 oz	10.44	0.00	0.72	9.71
CROUTONS,PLAIN	1 cup	22.05	0.00	1.53	20.52
CROUTONS,SEASONED	1/2 oz	9.02	0.63	0.71	8.31
CROUTONS,SEASONED	1 cup	25.40	1.76	2.00	23.40
CROUTONS,SEASONED	1 package, fast food	6.35	0.44	0.50	5.85
CROUTONS,SEASONED	4 cubes	0.64	0.04	0.05	0.59
DANISH PASTRY,CHEESE	1 oz	10.55	1.97	0.28	10.26
DANISH PASTRY,CHEESE	1 pastry	26.41	4.93	0.71	25.70
DANISH PASTRY,CINN,ENR	1 large (approx 7" dia)	63.33	28.09	1.85	61.49
DANISH PASTRY,CINN,ENR	1 oz	12.64	5.61	0.37	12.28
DANISH PASTRY,CINN,ENR	1 pastry (4-1/4" dia)	28.99	12.86	0.85	28.15
DANISH PASTRY,CINN,ENR	1 piece (1/8 of 15 oz ring)	23.64	10.48	0.69	22.95
DANISH PASTRY,CINN,ENR	1 small or frozen (approx 3" dia)	15.61	6.92	0.46	15.16
DANISH PASTRY,CINN,ENR	1 Toaster Strudel	23.64	10.48	0.69	22.95
DANISH PASTRY,CINN,UNENR	1 large (approx 7" dia)	63.33	0.00	1.70	61.63
DANISH PASTRY,CINN,UNENR	1 oz	12.64	0.00	0.34	12.30
DANISH PASTRY,CINN,UNENR	1 pastry (4-1/4" dia)	28.99	0.00	0.78	28.21
DANISH PASTRY,CINN,UNENR	1 piece (1/8 of 15 oz ring)	23.64	0.00	0.64	23.00

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DANISH PASTRY,CINN,UNENR	1 small or frozen (approx 3" dia)	15.61	0.00	0.42	15.19
DANISH PASTRY,CINN,UNENR	1 Toaster Strudel	23.64	0.00	0.64	23.00
DANISH PASTRY,FRUIT,ENR	1 large (approx 7" dia)	67.88	39.09	2.70	65.18
DANISH PASTRY,FRUIT,ENR	1 oz	13.55	7.80	0.54	13.01
DANISH PASTRY,FRUIT,ENR	1 pastry (4-1/4" dia)	33.94	19.55	1.35	32.59
DANISH PASTRY,FRUIT,ENR	1 piece (1/8 of 15 oz ring)	25.33	14.59	1.01	24.33
DANISH PASTRY,FRUIT,ENR	1 small or frozen (approx 3" dia)	16.73	9.64	0.67	16.07
DANISH PASTRY,FRUIT,ENR	1 Toaster Strudel	25.33	14.59	1.01	24.33
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	1 container (3 oz)	67.88	0.00	2.70	65.18
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	1 oz	13.55	0.00	0.54	13.01
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	1 pastry (4-1/4" dia)	33.94	0.00	1.35	32.59
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	1 piece (1/8 of 15 oz ring)	25.33	0.00	1.01	24.33
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	1 small or frozen (approx 3" dia)	16.73	0.00	0.67	16.07
DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	1 Toaster Strudel	25.33	0.00	1.01	24.33
DANISH PASTRY,LEMON,UNENR	1 oz	13.55	0.00	0.54	13.01
DANISH PASTRY,LEMON,UNENR	1 pastry	33.94	0.00	1.35	32.59
DANISH PASTRY,NUT (INCL ALMOND,RAISIN NUT,CINN NUT)	1 oz	12.96	7.33	0.57	12.39
DANISH PASTRY,NUT (INCL ALMOND,RAISIN NUT,CINN NUT)	1 pastry (4-1/4" dia)	29.71	16.82	1.30	28.41
DANISH PASTRY,NUT (INCL ALMOND,RAISIN NUT,CINN NUT)	1 piece (1/8 of 15 oz ring)	24.22	13.71	1.06	23.16
DANISH PASTRY,RASPBERRY,UNENR	1 oz	13.55	0.00	0.54	13.01

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DANISH PASTRY,RASPBERRY,UNENR	1 pastry (4-1/4" dia)	33.94	0.00	1.35	32.59
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut	30.20	14.33	1.32	28.87
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut (3-3/4" dia)	28.76	13.65	1.26	27.50
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut (approx 1-1/2 oz)	20.13	9.56	0.88	19.25
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut hole	6.23	2.96	0.27	5.96
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut medium (approx 3-3/4" dia)	30.68	14.56	1.34	29.33
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut stick	26.84	12.74	1.18	25.66
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut, large (approx 4-1/4" dia)	35.95	17.06	1.58	34.37
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut, long type (twist) approx 5-1/4" x 2-1/2" x 1-1/2" high)	43.14	20.48	1.89	41.25
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut, medium (approx 3-3/4" dia)	28.76	13.65	1.26	27.50
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 doughnut, small (approx 3" dia)	14.86	7.05	0.65	14.21
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 extra large (approx 5" dia)	58.47	27.76	2.56	55.91
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 honeybun (4" x 3")	31.15	14.79	1.37	29.79
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 honeybun (4-1/2" x 3-1/2")	37.39	17.75	1.64	35.75
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 honeybun (5" x 3-1/2")	40.74	19.34	1.79	38.96

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DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 jumbo (approx 6" dia)	75.25	35.72	3.30	71.95
DOUGHNUTS, YEAST-LEAVENED, GLAZED, ENRICHED (INC HONEY BUNS)	1 oz	13.59	6.45	0.60	12.99
DOUGHNUTS,CAKE-TYPE,CHOC,SUGARED OR GLAZED	1 doughnut (3-3/4" dia)	34.44	19.15	1.32	33.12
DOUGHNUTS,CAKE-TYPE,CHOC,SUGARED OR GLAZED	1 doughnut, medium (approx 3" dia)	24.11	13.41	0.92	23.18
DOUGHNUTS,CAKE-TYPE,CHOC,SUGARED OR GLAZED	1 oz	16.27	9.05	0.62	15.65
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 donut	18.82	7.26	0.68	18.14
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 doughnut medium (3-1/4" dia)	25.41	9.80	0.92	24.49
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 doughnut stick	24.47	9.44	0.88	23.59
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 doughnut, large (4" dia)	33.41	12.89	1.21	32.21
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 doughnut, long type (twist) (4-1/2" long)	24.47	9.44	0.88	23.59
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 doughnut, mini (1-1/2" dia) or doughnut hole	6.59	2.54	0.24	6.35
DOUGHNUTS,CAKE-TYPE,PLN (INCLUDES UNSUGARED,OLD-FASHIONED)	1 oz	13.34	5.15	0.48	12.86
DOUGHNUTS,CAKE-TYPE,PLN,CHOCOLATE-COATED OR FRSTD	1 donettes (2" dia)	9.24	4.80	0.34	8.90
DOUGHNUTS,CAKE-TYPE,PLN,CHOCOLATE-COATED OR FRSTD	1 doughnut large (approx 3-1/2" dia)	34.39	17.86	1.27	33.12
DOUGHNUTS,CAKE-TYPE,PLN,CHOCOLATE-COATED OR FRSTD	1 doughnut, medium (approx 3" dia)	22.07	11.46	0.82	21.25

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DOUGHNUTS,CAKE-TYPE,PLN,CHOCOLATE-COATED OR FRSTD	1 oz	14.55	7.56	0.54	14.01
DOUGHNUTS,CAKE-TYPE,PLN,SUGARED OR GLAZED	1 doughnut, medium (approx 3" dia)	22.86	0.00	0.68	22.19
DOUGHNUTS,CAKE-TYPE,PLN,SUGARED OR GLAZED	1 oz	14.40	0.00	0.43	13.98
DOUGHNUTS,FRENCH CRULLERS,GLAZED	1 cruller (3" dia)	24.40	14.40	0.49	23.90
DOUGHNUTS,FRENCH CRULLERS,GLAZED	1 oz	16.87	9.95	0.34	16.53
DOUGHNUTS,YEAST-LEAVENED,GLAZED,UNENR (INCL HONEY BUNS)	1 doughnut, medium (3- 1/4" dia)	26.58	0.00	0.72	25.86
DOUGHNUTS,YEAST-LEAVENED,GLAZED,UNENR (INCL HONEY BUNS)	1 oz	12.56	0.00	0.34	12.22
DOUGHNUTS,YEAST-LEAVENED,W/CREME FILLING	1 doughnut oval (3-1/2" x 2- 1/2")	25.50	12.37	0.68	24.82
DOUGHNUTS,YEAST-LEAVENED,W/CREME FILLING	1 oz	8.51	4.12	0.23	8.28
DOUGHNUTS,YEAST-LEAVENED,W/JELLY FILLING	1 doughnut oval (3-1/2" x 2- 1/2")	33.15	17.94	0.77	32.39
DOUGHNUTS,YEAST-LEAVENED,W/JELLY FILLING	1 oz	11.06	5.98	0.26	10.80
ENGLISH MUFFIN, PLN,ENCHED.W/CA PROP (INCL SOURDOUGH)	1 muffin	25.18	2.01	2.00	23.18
ENGLISH MUFFIN, PLN,ENCHED.W/CA PROP (INCL SOURDOUGH)	1 oz	12.52	1.00	0.99	11.53
ENGLISH MUFFINS,MIXED-GRAIN (INCL GRANOLA)	1 muffin	30.56	0.53	1.85	28.71
ENGLISH MUFFINS,MIXED-GRAIN (INCL GRANOLA)	1 oz	13.13	0.23	0.79	12.33
ENGLISH MUFFINS,MIXED-GRAIN,TSTD (INCL GRANOLA)	1 muffin	30.68	0.54	1.83	28.85
ENGLISH MUFFINS,MIXED-GRAIN,TSTD (INCL GRANOLA)	1 oz	14.26	0.25	0.85	13.41
ENGLISH MUFFINS,PLN,ENR,WO/CA PROP (INCL SOURDOUGH)	1 muffin	26.22	0.00	1.54	24.68
ENGLISH MUFFINS,PLN,ENR,WO/CA PROP (INCL SOURDOUGH)	1 oz	13.04	0.00	0.77	12.28
ENGLISH MUFFINS,PLN,UNENR,W/CA PROP (INCL SOURDOUGH)	1 muffin	26.22	0.00	1.54	24.68
ENGLISH MUFFINS,PLN,UNENR,W/CA PROP (INCL SOURDOUGH)	1 oz	13.04	0.00	0.77	12.28
ENGLISH MUFFINS,PLN,UNENR,WO/CA PROP (INCL SOURDOUGH)	1 muffin	26.22	0.00	1.54	24.68

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ENGLISH MUFFINS,PLN,UNENR,WO/CA PROP (INCL SOURDOUGH)	1 oz	13.04	0.00	0.77	12.28
ENGLISH MUFFINS,RAISIN-CINNAMON (INCLUDES APPLE-CINNAMON)	1 muffin	27.42	8.41	1.48	25.94
ENGLISH MUFFINS,RAISIN-CINNAMON (INCLUDES APPLE-CINNAMON)	1 oz	13.64	4.18	0.74	12.90
ENGLISH MUFFINS,RAISIN-CINNAMON,TSTD (INCL APPLE-CINNAMON)	1 muffin	28.62	6.94	1.56	27.06
ENGLISH MUFFINS,RAISIN-CINNAMON,TSTD (INCL APPLE-CINNAMON)	1 oz	15.60	3.78	0.85	14.75
ENGLISH MUFFINS,WHEAT	1 muffin	25.54	0.89	2.62	22.91
ENGLISH MUFFINS,WHEAT	1 oz	12.70	0.44	1.30	11.40
ENGLISH MUFFINS,WHEAT,TSTD	1 muffin	25.32	0.88	2.60	22.72
ENGLISH MUFFINS,WHEAT,TSTD	1 oz	13.81	0.48	1.42	12.39
ENGLISH MUFFINS,WHOLE-WHEAT	1 muffin	26.66	5.34	4.42	22.24
ENGLISH MUFFINS,WHOLE-WHEAT	1 oz	11.45	2.29	1.90	9.55
ENGLISH MUFFINS,WHOLE-WHEAT,TSTD	1 muffin	26.90	5.36	4.45	22.45
ENGLISH MUFFINS,WHOLE-WHEAT,TSTD	1 oz	12.50	2.49	2.07	10.43
ENGLISH,MUFFIN,PLN,TSTD,ENR,W/CA PROP(INCL SOURDOUGH)	1 muffin	27.38	1.80	1.46	25.92
ENGLISH,MUFFIN,PLN,TSTD,ENR,W/CA PROP(INCL SOURDOUGH)	1 oz	14.93	0.98	0.79	14.13
FAMOUS AMOS,CHOC CHIP COOKIES	4 cookies	19.63	9.40	0.81	18.82
FAMOUS AMOS,CHOC CHIP PECAN COOKIES	4 cookies	18.50	9.22	0.96	17.55
FAMOUS AMOS,CHOC SNDWCH CREME COOKIES	3 cookies	24.58	13.74	0.75	23.83
FAMOUS AMOS,VANILLA SNDWCH CREME COOKIES	3 cookies	25.09	12.65	0.44	24.65
FOCACCIA,ITALIAN FLATBREAD,PLN	1 piece	20.42	1.00	1.03	19.39
FRENCH TOAST,FRZ,RTH	1 oz	9.10	0.00	0.31	8.79
FRENCH TOAST,FRZ,RTH	1 piece	18.94	0.00	0.65	18.29
FRENCH TOAST,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 oz	7.09	0.00	0.00	7.09
FRENCH TOAST,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 slice	16.25	0.00	0.00	16.25
GARLIC BREAD,FRZ	1 slice	24.61	2.18	1.48	23.14
GARLIC BREAD,FRZ	1 slice presliced	17.94	1.59	1.08	16.86
GENERAL MILLS,BETTY CROCKER SUPERMOIST YEL CAKE MIX,DRY	1 serving	34.96	18.88	0.00	34.96
GEORGE WESTON BAKER,BROWNBERRY SAGE & ONION STUFFING MIX,DRY	1 serving	48.71	0.00	3.62	45.09
GEORGE WESTON BAKERIES,THOMAS ENG MUFFINS	1 serving	26.22	0.00	0.00	26.22
GIRL SCOUTS,CARAMEL DULCE DE LECHE COOKIES	4 cookies	19.44	8.88	0.39	19.05
GIRL SCOUTS,CHALET COOKIES	3 cookies	26.03	12.74	0.54	25.49

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GIRL SCOUTS,DO-SI-DOS COOKIES	2 cookies	15.84	7.46	0.89	14.95
GIRL SCOUTS,SAMOAS COOKIES	2 cookies	18.59	10.38	1.28	17.31
GIRL SCOUTS,TAGALONGS COOKIES	2 cookies	13.05	7.73	0.88	12.18
GIRL SCOUTS,THANK U BERRY MUNCH COOKIES	2 cookies	17.50	7.23	0.45	17.05
GIRL SCOUTS,THIN MINTS COOKIES	4 cookies	21.54	10.24	0.74	20.80
GIRL SCOUTS,TREFOILS COOKIES	5 cookies	22.44	6.83	0.53	21.91
HEINZ,WEIGHT WATCHER,CHOC ECLAIR,FRZ	1 éclair, frozen	23.78	9.91	1.24	22.54
HUSH PUPPIES,PREP FROM RECIPE	1 cup	69.92	3.09	4.26	65.66
HUSH PUPPIES,PREP FROM RECIPE	1 hush puppy	10.12	0.45	0.62	9.50
HUSH PUPPIES,PREP FROM RECIPE	1 oz	13.04	0.58	0.79	12.25
ICE CRM CONES,CAKE OR WAFER-TYPE	1 cone	3.16	0.24	0.12	3.04
ICE CRM CONES,CAKE OR WAFER-TYPE	1 large waffle cone	22.91	1.74	0.87	22.04
ICE CRM CONES,CAKE OR WAFER-TYPE	1 oz	22.40	1.70	0.85	21.55
ICE CRM CONES,SUGAR,ROLLED-TYPE	1 cone	8.41	2.57	0.17	8.24
ICE CRM CONES,SUGAR,ROLLED-TYPE	1 oz	23.84	7.27	0.48	23.36
INTERSTATE BRANDS CORP,WONDER HAMBURGER ROLLS	1 serving	21.86	4.76	1.12	20.74
JACKSON'S,OLD FASHIONED LEMON JUMBLE COOKIES	3 cookies	22.94	10.11	0.45	22.50
JACKSON'S,OLD FASHIONED VANILLA WAFERS	8 cookies	22.20	10.17	0.33	21.87
KASHI,BLUEBERRY WAFFLE	2 pieces	24.91	3.31	6.48	18.43
KASHI,H2H WOVEN WHEAT CRACKER,ORIGINAL	7 cracker	22.02	0.12	3.66	18.36
KASHI,H2H WOVEN WHEAT CRACKER,RSTD GARLIC	7 cracker	21.96	0.18	3.66	18.30
KASHI,ORIGINAL WAFFLE	2 pieces	25.49	3.02	6.70	18.79
KASHI,TLC,COUNTRY CHEDDAR CRACKERS	18 cracker	20.40	1.11	0.75	19.65
KASHI,TLC,FIRE RSTD VEG CRACKERS	15 crackers	19.38	2.19	2.61	16.77
KASHI,TLC,HAPPY TRAIL MIX COOKIES	1 cookie	20.82	7.98	4.11	16.71
KASHI,TLC,HONEY SESAME CRACKERS	15 cracker	21.66	4.83	1.74	19.92
KASHI,TLC,OATMEAL DK CHOC COOKIES	1 cookie	20.10	8.16	3.66	16.44
KASHI,TLC,OATMEAL RAISIN FLAX COOKIES	1 cookie	20.10	7.44	3.84	16.26
KASHI,TLC,ORIGINAL 7-GRAIN CRACKERS	15 crackers	18.96	4.05	2.70	16.26
KASHI,TLC,PITA CRISPS,SEA SALT	11 crisps	22.44	1.67	4.56	17.89
KASHI,TLC,PITA CRISPS,ZESTY SALSA	11 crisps	22.20	0.90	4.74	17.45
KASHI,TLC,TSTD ASIAGO CRACKERS	15 crackers	20.58	2.20	2.98	17.61
KEEBLER,100 CAL RIGHT BITES,CHIPS DELUXE,CHOC CHIP COOKIES	1 pouch	16.32	8.46	0.65	15.67
KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,COOKIES 'N CREME	1 pouch	14.44	7.94	0.48	13.96
KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,DK CHOC FUDGE STRIP	1 pouch	14.95	8.25	0.67	14.28
KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,FUDGE COVERED PRETZ	1 package	14.97	6.91	0.82	14.15

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KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,MINI BROWNIES	1 package	13.67	6.62	0.59	13.08
KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,MINI FUDGE GRAHAMS	1 pouch	14.64	6.96	0.46	14.18
KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,MINI FUDGE STRIPES	1 pouch	15.60	8.23	0.40	15.20
KEEBLER,100 CAL RIGHT BITES,FUDGE SHOPPE,MINI MINTS GRASSHOP	1 pouch	15.75	7.25	0.61	15.14
KEEBLER,100 CAL RIGHT BITES,SANDIES SHORTBREAD COOKIES	1 pouch	15.52	5.42	0.29	15.23
KEEBLER,100 CAL RIGHT BITES,SANDIES SHORTBREAD COOKIES,FUDGE	1 package	15.20	5.67	2.77	12.43
KEEBLER,100 CAL RIGHT BITES,WHITE FUDGE DIPPED PRETZELS	1 pouch	14.45	6.66	0.48	13.97
KEEBLER,ALMOND CRESCENTS COOKIES,HOLIDAY	4 cookies	19.63	7.28	0.45	19.18
KEEBLER,ANIMALS,COOKIES	1 package 1 serving	30.12	10.16	0.56	29.56
KEEBLER,ANIMALS,CRACKERS	8 crackers 1 serving	21.84	7.37	0.41	21.43
KEEBLER,ANIMALS,FRSTD COOKIES	1 package 40 g package	28.00	16.44	0.36	27.64
KEEBLER,ANIMALS,FRSTD COOKIES	8 cookies 1 serving	21.70	12.74	0.28	21.42
KEEBLER,ANIMALS,ICED COOKIES	1 package 1 40 g package	29.68	10.68	0.64	29.04
KEEBLER,ANIMALS,ICED COOKIES	6 cookies 1 serving	22.26	8.01	0.48	21.78
KEEBLER,BAKER'S TREASURES,CHOC CHIP COOKIE,SOFT	2 cookies	22.37	11.58	0.77	21.60
KEEBLER,BAKER'S TREASURES,OATMEAL RAISIN COOKIE,SOFT	2 cookies	22.11	10.34	1.15	20.96
KEEBLER,CHIPS DELUXE,CHOC LOVERS COOKIES	2 cookies	20.16	10.88	0.99	19.17
KEEBLER,CHIPS DELUXE,CHOC MALT CHUNK COOKIES	2 cookies	19.16	9.80	0.53	18.63
KEEBLER,CHIPS DELUXE,COCNT COOKIES	2 cookies	18.45	8.52	1.11	17.34
KEEBLER,CHIPS DELUXE,DK CHOC CHUNK COOKIES	2 cookies	20.48	9.98	0.83	19.65
KEEBLER,CHIPS DELUXE,MINI CHOC CHIP COOKIES	1 pouch	23.12	10.54	0.82	22.30
KEEBLER,CHIPS DELUXE,OATMEAL CHOC CHIP COOKIES	2 cookies	20.24	10.01	1.36	18.88
KEEBLER,CHIPS DELUXE,ORIGINAL CHOC CHIP COOKIES	2 cookies	18.81	9.03	0.87	17.94
KEEBLER,CHIPS DELUXE,PNUT BUTTER CUPS COOKIES	2 cookies	19.46	9.66	0.74	18.72

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KEEBLER,CHIPS DELUXE,RAINBOW CHOC CHIP COOKIES	2 cookies	20.15	10.39	0.74	19.41
KEEBLER,CHIPS DELUXE,RAINBOW CHOC CHIP COOKIES,BITE SIZE	1 package 1 40 g package	27.42	14.12	0.68	26.74
KEEBLER,CHIPS DELUXE,RAINBOW CHOC CHIP COOKIES,BITE SIZE	5 cookies 1 serving	19.19	9.88	0.48	18.72
KEEBLER,CHIPS DELUXE,SOFT 'N CHEWY CHOC CHIP COOKIES	2 cookies	20.89	9.27	0.78	20.12
KEEBLER,CHS & CHEDDAR SNDWCH CRACKERS	1 package	23.21	5.23	0.51	22.70
KEEBLER,CHS & PNTUT BUTTER SNDWCH CRACKERS	1 package	23.01	3.51	1.25	21.76
KEEBLER,CHS ON WHEAT SNDWCH CRACKERS	1 package	23.32	5.54	0.70	22.62
KEEBLER,CINN TOAST GRAHAMS	1 package	27.34	9.62	1.78	25.57
KEEBLER,CLUB & CHEDDAR SNDWCH CRACKERS	1 package	23.91	5.50	0.51	23.40
KEEBLER,CLUB CRACKERS,SNACK STKS,HONEY WHEAT	12 crackers	19.14	4.06	0.90	18.24
KEEBLER,CLUB CRACKERS,SNACK STKS,ORIGINAL	12 crackers	18.85	2.76	0.70	18.15
KEEBLER,CLUB,BUTTERY GARLIC CRACKERS	4 crackers	9.20	1.20	0.25	8.95
KEEBLER,CLUB,DASH OF SALT CRACKERS	4 crackers	9.28	1.02	0.29	8.99
KEEBLER,CLUB,MINIS MULTIGRAIN CRACKERS	17 crackers	10.11	1.61	0.56	9.56
KEEBLER,CLUB,MINIS ORIGINAL CRACKERS	17 crackers	9.96	1.20	0.33	9.63
KEEBLER,CLUB,MULTIGRAIN CRACKERS	4 crackers	9.23	1.68	0.49	8.74
KEEBLER,CLUB,ORIGINAL CRACKERS	4 crackers	9.27	1.25	0.27	9.00
KEEBLER,CLUB,RED FAT CRACKERS	5 crackers	11.70	1.62	0.32	11.38
KEEBLER,COUNTRY STYLE OATMEAL COOKIES W/ RAISINS	2 cookies	18.76	8.37	1.01	17.75
KEEBLER,DANISH WEDDING COOKIES	4 cookies	17.76	9.85	0.68	17.08
KEEBLER,E.L. FUDGE,BUTTER FLAV COOKIES	2 cookies	25.20	12.20	1.22	23.98
KEEBLER,E.L. FUDGE,DOUBLE STUFFED COOKIES	2 cookies	23.66	13.48	1.44	22.23
KEEBLER,FUDGE SHOPPE,CARAMEL FILLED COOKIES	2 cookies	20.01	12.60	0.48	19.53
KEEBLER,FUDGE SHOPPE,CHEESECAKE MIDDLES,DK CHOC	3 cookies	16.82	8.76	1.07	15.76
KEEBLER,FUDGE SHOPPE,CHEESECAKE MIDDLES,ORIGINAL GRAHAM COOK	3 cookies	17.03	8.63	0.83	16.20
KEEBLER,FUDGE SHOPPE,COCNT DREAMS COOKIES	2 cookies	17.19	9.66	0.92	16.27
KEEBLER,FUDGE SHOPPE,DELUXE GRAHAMS COOKIES	3 pieces	17.98	10.07	0.59	17.39
KEEBLER,FUDGE SHOPPE,FUDGE GRAHAMS,1/2 DIPPED,RED FAT	4 cookies	19.90	9.21	0.86	19.04
KEEBLER,FUDGE SHOPPE,FUDGE STKS	3 cookies	19.95	15.37	0.38	19.58
KEEBLER,FUDGE SHOPPE,FUDGE STKS,PNTUT BUTTER	3 cookies	17.40	12.01	0.78	16.62
KEEBLER,FUDGE SHOPPE,FUDGE STRIPES,DK CHOC	3 cookies	21.73	12.37	0.96	20.77
KEEBLER,FUDGE SHOPPE,FUDGE STRIPES,HOLIDAY/SPIDERMAN	3 cookies	21.33	10.48	0.59	20.74

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KEEBLER,FUDGE SHOPPE,FUDGE STRIPES,MINI	1 package	27.48	12.72	0.72	26.76
KEEBLER,FUDGE SHOPPE,FUDGE STRIPES,MINI	14 cookie	20.61	9.54	0.54	20.07
KEEBLER,FUDGE SHOPPE,FUDGE STRIPES,OATMEAL	3 cookies	20.58	10.26	2.20	18.38
KEEBLER,FUDGE SHOPPE,FUDGE STRIPES,ORIGINAL	3 cookies	21.27	10.48	0.59	20.68
KEEBLER,FUDGE SHOPPE,FUDGE-DIPPED ICE CRM CUPS	1 cup	5.85	2.06	0.18	5.67
KEEBLER,FUDGE SHOPPE,GRASSHOPPER COOKIES,FUDGE MINT	4 cookies	19.81	11.51	0.70	19.11
KEEBLER,FUDGE SHOPPE,JUMBO FUDGE STKS,MINT	1 cookie	20.96	15.53	0.56	20.40
KEEBLER,FUDGE SHOPPE,JUMBO FUDGE STKS,PNUT BUTTER	1 cookie	18.79	12.65	0.99	17.79
KEEBLER,FUDGE SHOPPE,JUMBO FUDGE STKS,VANILLA	1 cookie	21.27	15.87	0.53	20.74
KEEBLER,FUDGE SHOPPE,MAGIC MIDDLES FUDGE FILLED COOKIES,ORIG	2 cookies	18.75	9.90	0.57	18.18
KEEBLER,FUDGE SHOPPE,MAGIC MIDDLES FUDGE FILLED COOKIES,PNUT	2 cookies	17.76	10.35	0.81	16.95
KEEBLER,FUDGE SHOPPE,MERRY MINT PATTIES,HOLIDAY	2 cookies	17.34	11.52	0.36	16.98
KEEBLER,FUDGE SHOPPE,MINT CREME MIDDLES,CHOC GRAHAM COOKIES	3 cookies	17.00	10.11	0.83	16.17
KEEBLER,FUDGE SHOPPE,PNUT CREME FILLED COOKIES	2 cookies	17.28	9.09	0.99	16.29
KEEBLER,FUDGE SHOPPE,TRIPLE FUDGE FILLED COOKIES	2 cookies	19.90	13.24	0.93	18.97
KEEBLER,GINGERBREAD MEN COOKIES,HOLIDAY	5 cookies	25.71	10.86	0.69	25.01
KEEBLER,GRAHAMS,CINN CRISP	8 crackers	22.89	8.07	0.99	21.90
KEEBLER,GRIPZ,CHIPS DELUXE,CHOC CHIP COOKIES,BITE-SIZE	1 pouch	17.83	7.85	0.63	17.20
KEEBLER,GRIPZ,CHIPS DELUXE,RAINBOW CHOC CHIP COOKIES,BITE-SI	1 pouch	18.58	8.38	0.45	18.13
KEEBLER,GRIPZ,CHOC CHIP GRAHAMS,BITE-SIZE	1 pouch	18.90	5.70	2.75	16.15
KEEBLER,GRIPZ,CINN GRAHAMS,BITE-SIZE	1 pouch	18.90	5.13	2.60	16.30
KEEBLER,HOLIDAY JINGLES COOKIES	6 cookies	21.43	8.18	0.44	21.00
KEEBLER,ICED OATMEAL COOKIES	2 cookies	20.16	10.32	1.19	18.97
KEEBLER,KEEBLER CHOC GRAHAM SELECTS	1 serving	22.26	8.22	0.00	22.26
KEEBLER,OATMEAL COOKIES	2 cookies	19.63	8.96	1.31	18.33
KEEBLER,READY CRUST,CHOC PIE CRUST	1/8 crust 1 serving (from 9" shell)	14.22	6.03	0.38	13.84
KEEBLER,READY CRUST,CHOC PIE CRUST	1 shell 1 serving (from 3" mini shell)	15.57	6.60	0.41	15.16

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KEEBLER,READY CRUST,GRAHAM PIE CRUST (10"),RED FAT	1/8 crust	15.44	6.24	0.53	14.91
KEEBLER,READY CRUST,SHORTBREAD PIE CRUST	1/8 crust 9" crust	14.51	5.59	0.27	14.24
KEEBLER,SANDIES,CASHEW SHORTBREAD COOKIES	2 cookies	17.79	6.96	0.45	17.34
KEEBLER,SANDIES,CHOC CHIP & PECAN SHORTBREAD COOKIES	2 cookies	18.35	8.22	0.74	17.61
KEEBLER,SANDIES,DK CHOC ALMOND SHORTBREAD COOKIES	2 cookies	17.97	7.95	0.78	17.19
KEEBLER,SANDIES,PECAN SHORTBREAD COOKIES	2 cookies	18.29	6.98	0.59	17.70
KEEBLER,SANDIES,PECAN SHORTBREAD COOKIES,BITE SIZE	1 package 34 g package	19.96	7.65	0.54	19.41
KEEBLER,SANDIES,PECAN SHORTBREAD COOKIES,BITE SIZE	5 cookies 28 g package	16.44	6.30	0.45	15.99
KEEBLER,SANDIES,PECAN SHORTBREAD COOKIES,RED FAT	2 cookies	20.80	7.41	0.65	20.15
KEEBLER,SANDIES,SIMPLY SHORTBREAD COOKIES	2 cookies	19.28	7.01	0.43	18.85
KEEBLER,SOFT BATCH,CHOC CHIP COOKIES	2 cookies	21.18	11.81	0.54	20.64
KEEBLER,SUGAR CONES	1 cone	10.14	3.43	0.27	9.87
KEEBLER,SWT CREMES COOKIES	2 cookies	26.98	12.16	0.49	26.49
KEEBLER,TOAST & PNTUT BUTTER SNDWCH CRACKERS	1 package	23.48	4.52	1.25	22.23
KEEBLER,TOASTEDS,BUTTERCRISPS CRACKERS	5 crackers	10.40	1.34	0.29	10.11
KEEBLER,TOASTEDS,ONION CRACKERS	5 crackers	10.83	1.55	0.35	10.48
KEEBLER,TOASTEDS,PARTY PK CRACKER ASSORTMENT	5 crackers	10.30	1.15	0.46	9.84
KEEBLER,TOASTEDS,SESAME CRACKERS	5 crackers	10.02	0.66	0.45	9.57
KEEBLER,TOASTEDS,WHEAT CRACKERS	5 crackers	10.58	1.44	0.64	9.94
KEEBLER,TOWN HOUSE,BISTRO MULTIGRAIN CRACKERS	2 crackers	10.72	1.38	0.54	10.18
KEEBLER,TOWN HOUSE,FLATBREAD CRISPS,SEA SALT & OLIVE OIL CRA	8 crackers	10.92	0.78	0.54	10.38
KEEBLER,TOWN HOUSE,FLIPSIDES,PRETZEL CRACKERS,CHS	5 crackers	9.20	0.81	0.32	8.88
KEEBLER,TOWN HOUSE,FLIPSIDES,PRETZEL CRACKERS,GARLIC HERB	5 crackers	9.45	0.99	0.33	9.12
KEEBLER,TOWN HOUSE,FLIPSIDES,PRETZEL CRACKERS,ORIGINAL	5 crackers	9.65	1.02	0.32	9.33
KEEBLER,TOWN HOUSE,FLIPSIDES,PRETZEL CRACKERS,RED FAT	5 crackers	9.86	1.05	0.32	9.53
KEEBLER,TOWN HOUSE,ORIGINAL CRACKERS	5 crackers	9.57	1.04	0.27	9.30
KEEBLER,TOWN HOUSE,RED FAT CRACKERS	6 crackers	11.57	1.26	0.33	11.24
KEEBLER,TOWN HOUSE,TOPPERS,GARLIC HERB CRACKERS	3 crackers	10.02	1.12	0.39	9.63

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KEEBLER,TOWN HOUSE,TOPPERS,MULTIGRAIN CRACKERS	3 crackers	9.58	1.92	0.48	9.10
KEEBLER,TOWN HOUSE,TOPPERS,ORIGINAL CRACKERS	3 crackers	9.35	1.12	0.36	8.99
KEEBLER,TOWN HOUSE,WHEAT CRACKERS	5 crackers	10.11	0.50	0.45	9.66
KEEBLER,TRADITIONS,ICED LEMONADE COOKIES	4 cookies	19.23	8.67	0.29	18.94
KEEBLER,TRADITIONS,ICED OATMEAL COOKIES	4 cookies	22.72	11.62	0.86	21.86
KEEBLER,TSTD COCNT COOKIES	2 cookies	26.56	15.66	0.87	25.69
KEEBLER,VANILLA WAFERS	8 cookies	21.93	9.48	0.42	21.51
KEEBLER,VANILLA WAFERS MINIS,RAINBOW	18 cookies	21.69	9.33	0.39	21.30
KEEBLER,VIENNA FINGERS W/ CREME FILLING	2 cookies	22.69	10.42	0.47	22.23
KEEBLER,VIENNA FINGERS W/ CREME FILLING,RED FAT	2 cookies	24.21	11.53	0.47	23.75
KEEBLER,WAFFLE BOWLS	1 waffle	10.52	3.79	0.22	10.31
KEEBLER,WAFFLE CONES	1 cone	10.52	3.79	0.22	10.31
KEEBLER,WHEATABLES,HONEY WHEAT CRACKERS	17 crackers	20.10	4.50	0.99	19.11
KEEBLER,WHEATABLES,NUT CRISP CRACKERS,RSTD ALMOND	16 crackers	19.95	3.51	1.17	18.78
KEEBLER,WHEATABLES,NUT CRISP CRACKERS,TSTD PECAN	16 crackers	19.71	3.48	1.14	18.57
KEEBLER,ZESTA,EXPORT SODAS CRACKERS	3 crackers	10.36	0.32	0.46	9.90
KEEBLER,ZESTA,SALTINES W/ WHL WHEAT	5 crackers	11.27	0.32	0.48	10.79
KEEBLER,ZESTA,SALTINES,ORIGINAL	5 crackers	11.42	0.24	0.38	11.04
KEIKITOS (MUFFINS),LATINO BAKERY ITEM	1 piece	22.33	10.84	0.50	21.82
KELLOGG,KELLOGG'S EGGO,BTTRMLK PANCAKE	3 pancakes (NLEA serving)	44.78	11.60	1.16	43.62
KELLOGG,KELLOGG'S NUTRI-GRAIN CRL BARS,MXD BERRY	1 bar (NLEA serving)	84.45	38.98	2.20	82.24
KELLOGG'S EGGO LOWFAT BLUEBERRY NUTRI - GRAIN WAFFLES	1 serving	29.90	6.22	2.45	27.45
KELLOGG'S EGGO LOWFAT BLUEBERRY NUTRI - GRAIN WAFFLES	1 waffle, round (4" dia) (include frozen)	14.95	3.11	1.23	13.72
KELLOGG'S,ALL-BRAN,GARLIC & HERB CRACKERS	18 crackers	19.05	3.00	4.89	14.16
KELLOGG'S,ALL-BRAN,MULTIGRAIN CRACKERS	18 crackers	19.71	3.87	4.92	14.79
KELLOGG'S,BEANATURAL,ORIGINAL 3-BEAN CHIPS	12 chips	13.02	1.48	3.98	9.04
KELLOGG'S,CINNABON,PANCAKES,CARAMEL	3 pancakes	45.57	16.38	1.05	44.52
KELLOGG'S,CINNABON,PANCAKES,ORIGINAL	3 pancakes	45.26	15.65	1.16	44.10
KELLOGG'S,CORN FLAKES CRUMBS	6 tbsp	27.85	3.07	0.40	27.46
KELLOGG'S,EGGO MINIS,PANCAKES,BTTRMLK	11 pancakes	43.56	11.33	1.10	42.46
KELLOGG'S,EGGO PROT,WAFFLES,HOMESTYLE	2 waffles	25.90	1.89	0.84	25.06

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KELLOGG'S,EGGO SEASONS,WAFFLES,PUMPKIN SPICE	2 waffles	28.98	6.44	1.05	27.93
KELLOGG'S,EGGO,BISCUIT SCRAMBLERS,BACON,EGG & CHS	1 biscuit	40.22	4.94	2.21	38.01
KELLOGG'S,EGGO,BISCUIT SCRAMBLERS,EGG & CHS	1 biscuit	40.22	4.94	2.42	37.80
KELLOGG'S,EGGO,FIBERPLUS WAFFLES,BTTRMLK	2 waffles	29.26	3.29	9.24	20.02
KELLOGG'S,EGGO,FIBERPLUS WAFFLES,CHOC CHIP	2 waffles	31.08	7.63	9.03	22.05
KELLOGG'S,EGGO,FRENCH TOASTER STKS,CINN	2 pieces	38.34	14.58	0.90	37.44
KELLOGG'S,EGGO,FRENCH TOASTER STKS,ORIGINAL	2 pieces	35.46	9.81	0.81	34.65
KELLOGG'S,EGGO,MINI MUFFIN TOPS,BLUEBERRY	1 set	21.07	8.33	0.46	20.61
KELLOGG'S,EGGO,MINI MUFFIN TOPS,CHOC CHIP	1 set	20.70	8.51	0.55	20.15
KELLOGG'S,EGGO,NUTRI-GRAIN FRZ FRUIT PIZZA,MXD BERRY GRANOLA	1 pizza	62.10	17.25	4.50	57.60
KELLOGG'S,EGGO,NUTRI-GRAIN FRZ FRUIT PIZZA,STRAWBERRY GRANOL	1 pizza	65.55	17.85	4.05	61.50
KELLOGG'S,EGGO,NUTRI-GRAIN,WAFFLES,BLUEBERRY	2 waffles	30.52	7.00	2.73	27.79
KELLOGG'S,EGGO,NUTRI-GRAIN,WAFFLES,HONEY OAT	2 waffles	30.87	7.35	2.66	28.21
KELLOGG'S,EGGO,NUTRI-GRAIN,WAFFLES,LOFAT	1 waffle, round (4" dia) (include frozen)	13.65	1.37	1.40	12.25
KELLOGG'S,EGGO,NUTRI-GRAIN,WAFFLES,LOFAT	2 waffles 1 serving	27.30	2.73	2.80	24.50
KELLOGG'S,EGGO,NUTRI-GRAIN,WAFFLES,ORIGINAL	2 waffles	26.32	2.52	2.73	23.59
KELLOGG'S,EGGO,PANCAKES,BLUEBERRY	3 pancakes	41.90	10.61	1.05	40.85
KELLOGG'S,EGGO,PANCAKES,CHOC CHIP	3 pancakes	41.90	11.76	1.37	40.53
KELLOGG'S,EGGO,THICK & FLUFFY,WAFFLES,BROWN SUGAR	1 waffle	24.48	8.69	0.61	23.87
KELLOGG'S,EGGO,THICK & FLUFFY,WAFFLES,ORIGINAL	1 waffle	20.57	2.59	0.61	19.97
KELLOGG'S,EGGO,WAFFLERS,BROWN SUGAR CINN ROLL	2 waffles	39.67	15.96	0.99	38.68
KELLOGG'S,EGGO,WAFFLERS,STRAWBERRY STRUDEL	2 waffles	38.00	12.77	0.91	37.09
KELLOGG'S,EGGO,WAFFLES,BLUEBERRY	2 waffles	29.19	6.37	0.77	28.42
KELLOGG'S,EGGO,WAFFLES,BTTRMLK	2 waffles	27.30	2.03	0.84	26.46
KELLOGG'S,EGGO,WAFFLES,CHOC CHIP	2 waffles	31.36	9.17	1.05	30.31
KELLOGG'S,EGGO,WAFFLES,CINN TOAST	3 sets	45.54	16.74	1.29	44.25
KELLOGG'S,EGGO,WAFFLES,FRENCH TOAST	1 waffle	19.53	5.18	0.54	18.99
KELLOGG'S,EGGO,WAFFLES,HOMESTYLE	2 waffles	27.86	1.89	0.84	27.02
KELLOGG'S,EGGO,WAFFLES,HOMESTYLE	3 sets waffle minis	37.01	2.51	1.12	35.90

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KELLOGG'S,EGGO,WAFFLES,HOMESTYLE,LOFAT	1 round waffle (4" dia) (include frozen)	15.72	1.58	0.46	15.26
KELLOGG'S,EGGO,WAFFLES,HOMESTYLE,LOFAT	2 waffles 1 serving	31.43	3.15	0.91	30.52
KELLOGG'S,EGGO,WAFFLES,STRAWBERRY	2 waffles	29.12	6.51	0.77	28.35
KELLOGG'S,POP-TARTS MINI CRISPS,CINN BROWN SUGAR BKD BITES	1 pouch	18.17	7.68	0.39	17.78
KELLOGG'S,POP-TARTS MINI CRISPS,FRSTD CHOC BKD BITES	1 pouch	18.15	8.23	0.51	17.64
KELLOGG'S,POP-TARTS MINI CRISPS,FRSTD STRAWBERRY BKD BITES	1 pouch	7.91	3.53	0.15	7.76
KELLOGG'S,POP-TARTS,CHOC CHIP COOKIE DOUGH TOASTER PASTRIES	1 pastry	34.70	17.75	0.75	33.95
KELLOGG'S,POP-TARTS,FRSTD APPL STRUDEL TOASTER PASTRIES	1 pastry	35.25	14.00	0.75	34.50
KELLOGG'S,POP-TARTS,FRSTD BLUEBERRY MUFFIN TOASTER PASTRIES	1 pastry	35.45	13.80	0.55	34.90
KELLOGG'S,POP-TARTS,FRSTD CINN ROLL TOASTER PASTRIES	1 pastry	33.90	13.10	0.70	33.20
KELLOGG'S,POP-TARTS,FRSTD CONFETTI CAKE TOASTER PASTRIES	1 pastry	36.50	14.65	0.65	35.85
KELLOGG'S,POP-TARTS,FRSTD COOKIES & CREME TOASTER PASTRIES	1 pastry	34.65	19.15	1.30	33.35
KELLOGG'S,POP-TARTS,FRSTD ORANGE CRM TOASTER PASTRIES	1 pastry	35.30	15.90	0.55	34.75
KELLOGG'S,POP-TARTS,FRSTD PUMPKIN PIE TOASTER PASTRIES	1 pastry	35.30	14.30	0.75	34.55
KELLOGG'S,POP-TARTS,FRSTD SPRING BERRY TOASTER PASTRIES	1 pastry	37.60	16.28	0.68	36.92
KELLOGG'S,POP-TARTS,FRSTD SUGAR COOKIE TOASTER PASTRIES	1 package 2 pack	70.20	27.50	1.30	68.90
KELLOGG'S,POP-TARTS,FRSTD SUGAR COOKIE TOASTER PASTRIES	1 pastry	35.10	13.75	0.65	34.45
KELLOGG'S,POP-TARTS,FRSTD WAFFLE CONE TOASTER PASTRIES	1 pastry	37.15	16.20	0.60	36.55
KELLOGG'S,POP-TARTS,FRSTD WILD FRUIT FUSION TOASTER PASTRIES	1 pastry	36.15	15.40	0.65	35.50
KELLOGG'S,POP-TARTS,FRSTD WILD GRAPE TOASTER PASTRIES	1 pastry	35.90	15.25	0.65	35.25
KELLOGG'S,POP-TARTS,FRSTD WILD STRAWBERRY TOASTER PASTRIES	1 pastry	36.05	15.30	0.65	35.40

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KELLOGG'S,POP-TARTS,GINGERBREAD TOASTER PASTRIES	1 package 2-count package	70.80	28.60	1.40	69.40
KELLOGG'S,POP-TARTS,GINGERBREAD TOASTER PASTRIES	1 pastry	35.40	14.30	0.70	34.70
KELLOGG'S,POP-TARTS,ICE CRM SHOPPE FRSTD HOT FUDGE SUNDAE TO	1 pastry	33.50	11.86	1.58	31.92
KELLOGG'S,POP-TARTS,ICE CRM SHOPPE FRSTD ICE CREME SNDWCH TO	1 pastry	33.31	11.28	1.68	31.63
KELLOGG'S,POP-TARTS,ICE CRM SHOPPE FRSTD RAINBOW CHIP TOASTE	1 pastry	35.40	15.15	0.55	34.85
KELLOGG'S,POP-TARTS,ICE CRM SHOPPE FRSTD STRAWBERRY MILKSHAK	1 pastry	33.60	11.47	1.30	32.30
KELLOGG'S,POP-TARTS,ICE CRM SHOPPE FRSTD VANILLA MILKSHAKE T	1 pastry	33.65	11.47	1.30	32.35
KELLOGG'S,POP-TARTS,YUM-AZING VANILLA MILKSHAKE TOASTER PAST	1 pastry	35.10	11.70	1.35	33.75
KELLOGG'S,SIMPLY EGGO,ORIGINAL	2 waffles	30.31	4.13	0.91	29.40
KELLOGG'S,SPL K,CRACKER CHIPS,CHEDDAR	27 chips	22.11	1.29	2.76	19.35
KELLOGG'S,SPL K,CRACKER CHIPS,SEA SALT	30 chips	22.62	0.18	3.24	19.38
KELLOGG'S,SPL K,CRACKER CHIPS,SOUR CRM & ONION	27 chips	22.29	1.05	2.94	19.35
KELLOGG'S,SPL K,CRACKER CHIPS,SOUTHWEST RANCH	27 chips	22.44	1.29	2.79	19.65
KELLOGG'S,SPL K,MULTIGRAIN CRACKERS	24 crackers	22.62	6.24	2.58	20.04
KELLOGG'S,SPL K,SAVORY HERB CRACKERS	24 crackers	22.14	3.18	2.94	19.20
KRAFT FOODS,SHAKE 'N' BAKE ORIG RECIPE,COATING FOR PORK,DRY	1 serving	22.34	0.00	0.00	22.34
KRAFT,STOVE TOP STUFFING MIX CHICKEN FLAVOR	1 NLEA serving (makes 1/2 cup prepared)	20.47	2.83	0.70	19.77
KRUSTEAZ ALMOND POPPYSEED MUFFIN MIX,ARTIFICIALLY FLAV,DRY	1 serving	30.24	16.00	0.68	29.56
LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA AL SULFATE	1/2 tsp	0.64	0.00	0.00	0.63
LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA AL SULFATE	1 tsp	1.27	0.00	0.01	1.27
LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,STRAIGHT PO4	1/2 tsp	0.55	0.00	0.00	0.55
LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,STRAIGHT PO4	1 tsp	1.11	0.00	0.01	1.10
LEAVENING AGENTS,BAKING PDR,LOW-SODIUM	1/2 tsp	1.17	0.00	0.06	1.12

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LEAVENING AGENTS,BAKING PDR,LOW-SODIUM	1 tsp	2.35	0.00	0.11	2.24
LEAVENING AGENTS,BAKING SODA	1/2 tsp	0.00	0.00	0.00	0.00
LEAVENING AGENTS,BAKING SODA	1 tsp	0.00	0.00	0.00	0.00
LEAVENING AGENTS,CRM OF TARTAR	1/2 tsp	0.92	0.00	0.00	0.92
LEAVENING AGENTS,CRM OF TARTAR	1 tsp	1.85	0.00	0.01	1.84
LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DRY	1 packet	2.97	0.00	1.94	1.03
LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DRY	1 tbs	4.95	0.00	3.23	1.72
LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DRY	1 tsp	1.65	0.00	1.08	0.57
LEAVENING AGENTS,YEAST,BAKER'S,COMPRESSED	1 cake (0.6 oz)	3.08	0.00	1.38	1.70
MARTHA WHITE FOODS,MARTHA WHITE'S BTRMLK BISCUIT MIX,DRY	1 serving	24.36	1.83	0.62	23.74
MARTHA WHITE FOODS,MARTHA WHITE'S CHEWY FUDGE BROWNIE MX,DRY	1 serving	23.40	15.33	0.81	22.59
MCKEE BAKING,LITTL DEBBI NUT BAR,WAFER W/PNUT BUTE,CHOC COVE	1 serving	31.46	19.38	0.00	31.46
MISSION FOODS,MISSION FLR TORTILLAS,SOFT TACO,8 INCH	1 serving	25.30	0.00	0.00	25.30
MOTHER'S,4TH OF JULY CIRCUS ANIMAL COOKIES	6 cookies	19.81	12.82	0.23	19.58
MOTHER'S,CHOC CHIP COOKIES	4 cookies	20.28	9.87	0.51	19.77
MOTHER'S,CIRCUS ANIMAL COOKIES	6 cookies	19.81	12.62	0.23	19.58
MOTHER'S,COCNT COCADAS COOKIES	5 cookies	20.83	8.90	0.96	19.87
MOTHER'S,DOUBLE FUDGE CREME SNDWCH COOKIES	2 cookies	26.60	12.58	1.25	25.35
MOTHER'S,ENG TEA SNDWCH COOKIES	2 cookies	26.98	12.16	0.49	26.49
MOTHER'S,HALLOWEEN CIRCUS ANIMALS COOKIES	6 cookies	19.75	12.73	0.23	19.52
MOTHER'S,HOLIDAY CIRCUS ANIMAL COOKIES	6 cookies	19.81	12.85	0.23	19.58
MOTHER'S,ICED LEMONADE COOKIES	4 cookies	19.23	8.67	0.29	18.94
MOTHER'S,ICED OATMEAL COOKIES	4 cookies	22.72	11.62	0.86	21.86
MOTHER'S,JUNGLE ANIMAL COOKIES	6 cookies	19.81	12.82	0.23	19.58
MOTHER'S,MACARON COOKIES	2 cookies	17.27	7.87	1.27	16.00
MOTHER'S,OLD FASHIONED CHOC CHIP COOKIES	2 cookies	21.12	10.88	0.70	20.42
MOTHER'S,OLD FASHIONED ICED OATMEAL COOKIES	2 cookies	22.57	11.10	0.84	21.73
MOTHER'S,OLD FASHIONED OATMEAL COOKIES	2 cookies	19.22	8.45	0.81	18.41
MOTHER'S,PNUT BUTTER GAUCHOS COOKIES	2 cookies	24.97	12.27	1.03	23.94
MOTHER'S,TAFFY SNDWCH COOKIES	2 cookies	26.56	15.66	0.87	25.69
MOTHER'S,VANILLA SNDWCH COOKIES	2 cookies	26.18	11.44	0.49	25.69
MUFFIN,BLUEBERRY,COMMLY PREP,LOW-FAT	1 muffin small	35.54	19.21	2.98	32.55
MUFFIN,BLUEBERRY,COMMLY PREP,LOW-FAT	1 oz	14.19	7.67	1.19	13.00
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 extra large	89.04	52.87	1.85	87.19
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 large (3-1/4" dia x 2-3/4")	73.67	43.74	1.53	72.14

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MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 medium	59.89	35.56	1.24	58.65
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 mini (1-1/4" dia)	9.01	5.35	0.19	8.82
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 muffin	16.43	9.76	0.34	16.09
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 oz	15.03	8.92	0.31	14.71
MUFFINS,BLUEBERRY,COMMLY PREP (INCLUDES MINI-MUFFINS)	1 small (2-3/4" dia x 2")	34.98	20.77	0.73	34.25
MUFFINS,BLUEBERRY,DRY MIX	1 oz	17.29	9.28	0.40	16.90
MUFFINS,BLUEBERRY,DRY MIX	1 package, mix + drained berries	217.16	116.52	4.98	212.18
MUFFINS,BLUEBERRY,DRY MIX	1 serving	26.23	14.07	0.60	25.63
MUFFINS,BLUEBERRY,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 muffin	23.20	0.00	0.00	23.20
MUFFINS,BLUEBERRY,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 oz	11.54	0.00	0.00	11.54
MUFFINS,BLUEBERRY,TOASTER-TYPE	1 muffin, toaster	17.59	1.60	0.59	17.00
MUFFINS,BLUEBERRY,TOASTER-TYPE	1 oz	15.11	1.37	0.51	14.60
MUFFINS,BLUEBERRY,TOASTER-TYPE,TSTD	1 muffin, toaster	17.58	4.01	0.59	16.99
MUFFINS,BLUEBERRY,TOASTER-TYPE,TSTD	1 oz	16.07	3.67	0.54	15.54
MUFFINS,CORN,COMMLY PREP	1 extra large	85.68	29.87	5.71	79.97
MUFFINS,CORN,COMMLY PREP	1 large	70.89	24.71	4.73	66.16
MUFFINS,CORN,COMMLY PREP	1 medium	57.63	20.09	3.84	53.79
MUFFINS,CORN,COMMLY PREP	1 mini	8.67	3.02	0.58	8.09
MUFFINS,CORN,COMMLY PREP	1 oz	14.46	5.04	0.96	13.49
MUFFINS,CORN,COMMLY PREP	1 small	33.66	11.73	2.24	31.42
MUFFINS,CORN,DRY MIX,PREP	1 oz	13.92	0.00	0.68	13.24
MUFFINS,CORN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 muffin (2-3/4" dia x 2")	25.19	0.00	0.00	25.19
MUFFINS,CORN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 oz	12.53	0.00	0.00	12.53
MUFFINS,CORN,TOASTER-TYPE	1 muffin, toaster	19.11	0.00	0.53	18.58
MUFFINS,CORN,TOASTER-TYPE	1 oz	16.41	0.00	0.45	15.96
MUFFINS,OAT BRAN	1 extra large	81.14	13.81	7.73	73.42
MUFFINS,OAT BRAN	1 large	67.14	11.43	6.39	60.74
MUFFINS,OAT BRAN	1 medium	54.58	9.29	5.20	49.38
MUFFINS,OAT BRAN	1 mini	8.21	1.40	0.78	7.43

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MUFFINS,OAT BRAN	1 oz	13.69	2.33	1.30	12.39
MUFFINS,OAT BRAN	1 small	31.88	5.43	3.04	28.84
MUFFINS,PLN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 muffin	23.60	0.00	1.54	22.06
MUFFINS,PLN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	1 oz	11.74	0.00	0.77	10.97
MUFFINS,WHEAT BRAN,DRY MIX	1 oz	20.70	0.00	0.00	20.70
MUFFINS,WHEAT BRAN,DRY MIX	1 package (7 oz)	144.54	0.00	0.00	144.54
MUFFINS,WHEAT BRAN,TOASTER-TYPE W/RAISINS,TSTD	1 muffin, toaster	18.87	7.84	2.79	16.08
MUFFINS,WHEAT BRAN,TOASTER-TYPE W/RAISINS,TSTD	1 oz	15.73	6.54	2.32	13.41
MURRAY,CHOC CREME SNDWCH COOKIES	3 cookies	20.68	11.14	0.64	20.04
MURRAY,CHOCOLATEY CHIP THINS COOKIES	8 cookies	22.08	6.96	0.60	21.48
MURRAY,COOKIE JAR CLASSICS,BUTTER COOKIES	8 cookies	22.29	6.69	0.57	21.72
MURRAY,COOKIE JAR CLASSICS,COCNT BARS COOKIES	6 cookies	23.65	7.23	0.64	23.01
MURRAY,DUPLEX CREME SNDWCH COOKIES	3 cookies	21.05	10.90	0.52	20.53
MURRAY,HONEY GRAHAM	8 crackers	23.47	6.82	0.84	22.63
MURRAY,JACKS VANILLA WAFERS	9 cookies	24.99	12.03	0.35	24.64
MURRAY,LEMON CREME SNDWCH COOKIES	3 cookies	21.37	10.96	0.35	21.03
MURRAY,OLD FASHIONED GINGERSNAPS COOKIES	5 cookies	22.17	9.42	0.39	21.78
MURRAY,OLD FASHIONED ICED OATMEAL COOKIES	5 cookies	23.43	10.73	0.56	22.87
MURRAY,SOUTHERN KITCHEN,CHOC CHIP COOKIES	2 cookies	18.62	8.54	0.70	17.92
MURRAY,SOUTHERN KITCHEN,COCNT COOKIES	2 cookies	19.00	8.82	0.87	18.13
MURRAY,SOUTHERN KITCHEN,ICED OATMEAL COOKIES	2 cookies	20.16	10.32	1.19	18.97
MURRAY,SOUTHERN KITCHEN,OATMEAL COOKIES	2 cookies	19.63	8.96	1.31	18.33
MURRAY,SUGAR FREE,CHOC BITES COOKIES	1 pouch	15.73	0.13	4.12	11.61
MURRAY,SUGAR FREE,CHOC CHIP & PECAN COOKIES	3 cookies	18.75	0.48	1.63	17.12
MURRAY,SUGAR FREE,CHOC CHIP COOKIES	3 cookies	20.35	0.38	1.54	18.82
MURRAY,SUGAR FREE,CHOC CREME SNDWCH COOKIES	3 cookies	18.45	0.31	1.26	17.19
MURRAY,SUGAR FREE,FUDGE DIPPED GRAHAMS	4 cookies	18.99	0.12	1.14	17.85
MURRAY,SUGAR FREE,FUDGE DIPPED MINT COOKIES	4 cookies	16.51	0.16	1.20	15.31
MURRAY,SUGAR FREE,FUDGE DIPPED WAFERS	4 cookies	18.97	0.12	4.12	14.85
MURRAY,SUGAR FREE,LEMON CREME SNDWCH COOKIES	3 cookies	19.12	0.34	0.92	18.20
MURRAY,SUGAR FREE,OATMEAL COOKIES	3 cookies	21.31	0.38	2.72	18.59
MURRAY,SUGAR FREE,PECAN SHORTBREAD COOKIES	3 cookies	18.34	0.35	1.47	16.86
MURRAY,SUGAR FREE,PNUT BUTTER COOKIES	3 cookies	16.18	0.49	1.65	14.53

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MURRAY,SUGAR FREE,SHORTBREAD BITES	1 pouch	15.81	0.25	3.13	12.68
MURRAY,SUGAR FREE,SHORTBREAD COOKIES	8 cookies	21.48	0.39	1.71	19.77
MURRAY,SUGAR FREE,VANILLA CREME SNDWCH COOKIES	3 cookies	19.60	0.34	0.95	18.65
MURRAY,SUGAR FREE,VANILLA SUGAR WAFER	4 cookies	19.18	0.22	4.82	14.36
MURRAY,SUGAR FREE,VANILLA WAFER	9 cookies	23.68	0.45	1.79	21.89
MURRAY,VANILLA CREME SNDWCH COOKIES	3 cookies	21.43	10.70	0.38	21.05
MURRAY,VANILLA SUGAR WAFER	5 cookies	19.60	11.48	0.28	19.32
MURRAY,VANILLA WAFER	8 cookies	21.87	9.45	0.42	21.45
NABISCO,NABISCO GRAHAMS CRACKERS	1 serving	21.34	6.44	0.95	20.38
NABISCO,NABISCO OREO CRUNCHIES,COOKIE CRUMB TOPPING	1 serving	7.73	3.96	0.35	7.37
NABISCO,NABISCO RITZ CRACKERS	1 cracker	2.10	0.27	0.08	2.02
NABISCO,NABISCO RITZ CRACKERS	5 cracker (1 NLEA serving)	10.16	1.30	0.37	9.79
NABISCO,NABISCO SNACKWELL'S FAT FREE DEVIL'S FD COOKIE CAKES	1 serving	11.88	6.94	0.26	11.62
PAN DULCE,LA RICURA,SALPORA DE ARROZ,COOKIE-LIKE	1 piece (1 serving)	27.84	9.18	0.50	27.33
PANCAKES PLN,FRZ,RTH (INCLUDES BUTTERMILK)	1 mini pancake	3.81	0.84	0.10	3.71
PANCAKES PLN,FRZ,RTH (INCLUDES BUTTERMILK)	1 oz	10.70	2.36	0.28	10.42
PANCAKES PLN,FRZ,RTH (INCLUDES BUTTERMILK)	1 pancake	15.10	3.33	0.40	14.70
PANCAKES PLN,FRZ,RTH (INCLUDES BUTTERMILK)	1 pancake	15.48	3.41	0.41	15.07
PANCAKES PLN,FRZ,RTH (INCLUDES BUTTERMILK)	1 pancake (6" dia)	27.56	6.07	0.73	26.83
PANCAKES,BLUEBERRY,PREP FROM RECIPE	1 oz	8.22	0.00	0.00	8.22
PANCAKES,BLUEBERRY,PREP FROM RECIPE	1 pancake (4" dia)	11.02	0.00	0.00	11.02
PANCAKES,BLUEBERRY,PREP FROM RECIPE	1 pancake (6" dia)	22.33	0.00	0.00	22.33
PANCAKES,BTTRMLK,PREP FROM RECIPE	1 oz	8.14	0.00	0.00	8.14
PANCAKES,BTTRMLK,PREP FROM RECIPE	1 pancake (4" dia)	10.91	0.00	0.00	10.91
PANCAKES,BTTRMLK,PREP FROM RECIPE	1 pancake (6" dia)	22.10	0.00	0.00	22.10
PANCAKES,BUCKWHEAT,DRY MIX,INCOMPLETE	1 cup, poured from box	86.99	8.80	10.37	76.62
PANCAKES,BUCKWHEAT,DRY MIX,INCOMPLETE	1 oz	20.21	2.04	2.41	17.80
PANCAKES,PLN,DRY MIX,COMPLETE (INCL BTTRMLK)	1/3 cup	38.30	8.34	1.51	36.79
PANCAKES,PLN,DRY MIX,COMPLETE (INCL BTTRMLK)	1 cup, poured from box	95.75	20.84	3.77	91.98
PANCAKES,PLN,DRY MIX,COMPLETE (INCL BTTRMLK)	1 oz	20.88	4.54	0.82	20.06
PANCAKES,PLN,DRY MIX,COMPLETE,PREP	1 oz	10.40	0.00	0.37	10.04

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PANCAKES,PLN,DRY MIX,COMPLETE,PREP	1 pancake (4" dia)	13.95	0.00	0.49	13.45
PANCAKES,PLN,DRY MIX,COMPLETE,PREP	1 pancake (6" dia)	28.26	0.00	1.00	27.26
PANCAKES,PLN,DRY MIX,INCOMPLETE (INCL BTTRMLK)	1 cup, poured from box	82.43	2.48	6.05	76.38
PANCAKES,PLN,DRY MIX,INCOMPLETE (INCL BTTRMLK)	1 oz	20.87	0.63	1.53	19.33
PANCAKES,PLN,DRY MIX,INCOMPLETE,PREP	1 oz	8.19	0.00	0.54	7.65
PANCAKES,PLN,DRY MIX,INCOMPLETE,PREP	1 pancake (4" dia)	10.98	0.00	0.72	10.26
PANCAKES,PLN,DRY MIX,INCOMPLETE,PREP	1 pancake (6" dia)	22.25	0.00	1.46	20.79
PANCAKES,PLN,FRZ,RTH,MICROWAVE(INC BUTTMLK)	1 oz	12.28	2.00	0.71	11.58
PANCAKES,PLN,FRZ,RTH,MICROWAVE(INC BUTTMLK)	1 pancake	16.47	2.68	0.95	15.52
PANCAKES,PLN,FRZ,RTH,MICROWAVE(INC BUTTMLK)	1 serving (3 pancakes)	62.40	10.17	3.60	58.80
PANCAKES,PLN,PREP FROM RECIPE	1 oz	8.02	0.00	0.00	8.02
PANCAKES,PLN,PREP FROM RECIPE	1 pancake (4" dia)	10.75	0.00	0.00	10.75
PANCAKES,PLN,PREP FROM RECIPE	1 pancake (6" dia)	21.79	0.00	0.00	21.79
PANCAKES,PLN,RED FAT	1 serving 3 pancakes	60.19	9.00	1.05	59.14
PANCAKES,SPL DIETARY,DRY MIX	1 oz	20.95	0.00	0.00	20.95
PANCAKES,SPL DIETARY,DRY MIX	1 package (8 oz)	167.75	0.00	0.00	167.75
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE	1 cup, poured from box	99.40	0.00	0.00	99.40
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE	1 oz	20.13	0.00	0.00	20.13
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE,PREP	1 oz	8.33	0.00	0.79	7.54
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE,PREP	1 pancake (4" dia)	12.94	0.00	1.23	11.70
PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE,PREP	1 pancake (6" dia)	37.93	0.00	3.61	34.31
PASTRY,PASTELITOS DE GUAVA (GUAVA PASTRIES)	1 piece	41.07	14.62	1.89	39.18
PHYLLO DOUGH	1 oz	14.91	0.05	0.54	14.37
PHYLLO DOUGH	1 sheet dough	9.99	0.03	0.36	9.63
PIE CRUST,COOKIE-TYPE,CHOC,READY CRUST	1 crust	117.35	47.88	4.91	112.44

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PIE CRUST,COOKIE-TYPE,GRAHAM CRACKER,READY CRUST	1 crust	117.67	33.18	3.48	114.19
PIE CRUST,COOKIE-TYPE,GRAHAM CRACKER,READY CRUST	1 oz	18.23	5.14	0.54	17.69
PIE CRUST,COOKIE-TYPE,PREP FR RECIPE,GRAHAM CRACKER,CHILLED	1 crust, single 9"	155.92	91.67	3.66	152.26
PIE CRUST,COOKIE-TYPE,PREP FR RECIPE,GRAHAM CRACKER,CHILLED	1 piece (1/8 of 9" crust)	19.17	11.27	0.45	18.72
PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,VANILLA WAFER,CHILLED	1 crust, single 9"	88.35	12.90	0.18	88.18
PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,VANILLA WAFER,CHILLED	1 cup	64.76	9.46	0.13	64.63
PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,VANILLA WAFER,CHILLED	1 piece (1/8 of 9" crust)	11.04	1.61	0.02	11.02
PIE CRUST,DEEP DISH,FRZ,BKD,MADE W/ ENR FLR	1 pie crust (average weight)	105.99	0.00	4.65	101.34
PIE CRUST,DEEP DISH,FRZ,UNBAKED,MADE W/ ENR FLR	1 pie crust (average weight)	105.28	0.00	3.15	102.13
PIE CRUST,REFR,REG,BKD	1 pie crust	115.87	0.00	2.77	113.10
PIE CRUST,REFR,REG,UNBAKED	1 pie crust (average weight)	117.04	0.00	4.12	112.92
PIE CRUST,STANDARD-TYPE,DRY MIX	1 oz	14.77	0.00	0.00	14.77
PIE CRUST,STANDARD-TYPE,DRY MIX	1 package (10 oz)	147.96	0.00	0.00	147.96
PIE CRUST,STANDARD-TYPE,DRY MIX,PREP,BKD	1 crust, single 9"	80.64	0.00	2.88	77.76
PIE CRUST,STANDARD-TYPE,DRY MIX,PREP,BKD	1 piece (1/8 of 9" crust)	10.08	0.00	0.36	9.72
PIE CRUST,STANDARD-TYPE,FRZ,RTB,ENR	1 pie crust (average weight of 1 frozen crust)	84.11	8.13	4.33	79.79
PIE CRUST,STANDARD-TYPE,FRZ,RTB,ENR	1 piece (1/8 of 9" crust)	8.75	0.85	0.45	8.30
PIE CRUST,STANDARD-TYPE,FRZ,RTB,ENR,BKD	1 pie crust (average weight of 1 baked crust)	86.61	6.51	5.08	81.53
PIE CRUST,STANDARD-TYPE,FRZ,RTB,UNENR	1 crust, single 9"	62.62	0.00	1.28	61.34

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PIE CRUST,STANDARD-TYPE,FRZ,RTB,UNENR	1 piece (1/8 of 9" crust)	7.06	0.00	0.14	6.91
PIE CRUST,STANDARD-TYPE,PREP FROM RECIPE,BKD	1 crust, single 9"	85.50	0.31	3.06	82.44
PIE CRUST,STANDARD-TYPE,PREP FROM RECIPE,BKD	1 piece (1/8 of 9" crust)	10.93	0.04	0.39	10.53
PIE CRUST,STANDARD-TYPE,PREP FROM RECIPE,UNBAKED	1 crust, single 9"	82.06	0.29	6.60	75.47
PIE CRUST,STANDARD-TYPE,PREP FROM RECIPE,UNBAKED	1 piece (1/8 of 9" crust)	10.15	0.04	0.82	9.34
PIE,APPL,COMMLY PREP,ENR FLR	1 oz	9.64	4.44	0.45	9.19
PIE,APPL,COMMLY PREP,ENR FLR	1 piece (1/6 of 8" pie)	39.78	18.31	1.87	37.91
PIE,APPL,COMMLY PREP,ENR FLR	1 piece (1/8 of 9" dia)	42.50	19.56	2.00	40.50
PIE,APPL,COMMLY PREP,UNENR FLR	1 oz	9.64	0.00	0.45	9.19
PIE,APPL,COMMLY PREP,UNENR FLR	1 piece (1/6 of 8" pie)	39.78	0.00	1.87	37.91
PIE,APPL,COMMLY PREP,UNENR FLR	1 piece (1/8 of 9" dia)	42.50	0.00	2.00	40.50
PIE,APPL,PREP FROM RECIPE	1 oz	10.52	0.00	0.00	10.52
PIE,APPL,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	57.51	0.00	0.00	57.51
PIE,BANANA CRM,PREP FROM MIX,NO-BAKE TYPE	1 oz	8.96	0.00	0.17	8.79
PIE,BANANA CRM,PREP FROM MIX,NO-BAKE TYPE	1 piece (1/6 of 8" pie)	38.87	0.00	0.74	38.13
PIE,BANANA CRM,PREP FROM MIX,NO-BAKE TYPE	1 piece (1/8 of 9" dia)	29.07	0.00	0.55	28.52
PIE,BANANA CRM,PREP FROM RECIPE	1 oz	9.33	3.42	0.20	9.13
PIE,BANANA CRM,PREP FROM RECIPE	1 pie (9" dia)	390.19	143.03	8.30	381.89
PIE,BANANA CRM,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	47.38	17.37	1.01	46.37
PIE,BLUEBERRY,COMMLY PREP	1 oz	9.89	2.80	0.28	9.61
PIE,BLUEBERRY,COMMLY PREP	1 piece (1/6 of 8" pie)	40.83	11.57	1.17	39.66
PIE,BLUEBERRY,COMMLY PREP	1 piece (1/8 of 9" dia)	43.63	12.36	1.25	42.38
PIE,BLUEBERRY,PREP FROM RECIPE	1 oz	9.50	0.00	0.00	9.50
PIE,BLUEBERRY,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	49.25	0.00	0.00	49.25
PIE,CHERRY,COMMLY PREP	1 oz	11.28	4.05	0.23	11.06
PIE,CHERRY,COMMLY PREP	1 piece (1/6 of 8" pie)	46.57	16.72	0.94	45.63

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PIE,CHERRY,COMMLY PREP	1 piece (1/8 of 9" dia)	49.75	17.86	1.00	48.75
PIE,CHERRY,PREP FROM RECIPE	1 oz	10.91	0.00	0.00	10.91
PIE,CHERRY,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	69.30	0.00	0.00	69.30
PIE,CHOC CREME,COMMLY PREP	1 oz	10.90	7.77	0.23	10.67
PIE,CHOC CREME,COMMLY PREP	1 piece (1/4 of 6" pie)	38.06	27.12	0.79	37.26
PIE,CHOC CREME,COMMLY PREP	1 piece (1/6 of 8" pie)	43.44	30.95	0.90	42.53
PIE,CHOC CREME,COMMLY PREP	1 serving .167 pie	46.13	32.87	0.96	45.17
PIE,CHOC MOUSSE,PREP FROM MIX,NO-BAKE TYPE	1 oz	8.39	0.00	0.00	8.39
PIE,CHOC MOUSSE,PREP FROM MIX,NO-BAKE TYPE	1 piece (1/8 of 9" dia)	28.12	0.00	0.00	28.12
PIE,COCNT CREME,COMMLY PREP	1 oz	10.57	5.25	0.37	10.21
PIE,COCNT CREME,COMMLY PREP	1 piece (1/6 of 7" pie)	23.87	11.85	0.83	23.04
PIE,COCNT CREME,COMMLY PREP	1 piece (1/8 of 7" pie)	17.90	8.89	0.62	17.28
PIE,COCNT CRM,PREP FROM MIX,NO-BAKE TYPE	1 oz	8.08	0.00	0.14	7.94
PIE,COCNT CRM,PREP FROM MIX,NO-BAKE TYPE	1 piece (1/8 of 9" dia)	26.79	0.00	0.47	26.32
PIE,COCNT CUSTARD,COMMLY PREP	1 oz	8.56	0.00	0.51	8.05
PIE,COCNT CUSTARD,COMMLY PREP	1 piece (1/6 of 8" pie)	31.41	0.00	1.87	29.54
PIE,DUTCH APPL,COMMLY PREP	1/8 pie 1 pie (1/8 of 9" pie)	58.35	28.85	2.10	56.25
PIE,DUTCH APPL,COMMLY PREP	1 oz	12.63	6.24	0.45	12.17
PIE,DUTCH APPL,COMMLY PREP	1 pie	506.42	250.37	18.19	488.23
PIE,DUTCH APPL,COMMLY PREP	1 slice	61.02	30.17	2.19	58.83
PIE,EGG CUSTARD,COMMLY PREP	1 oz	5.90	3.28	0.45	5.44
PIE,EGG CUSTARD,COMMLY PREP	1 piece (1/6 of 8" pie)	21.84	12.16	1.68	20.16
PIE,FRIED PIES,CHERRY	1 oz	12.08	0.00	0.74	11.34
PIE,FRIED PIES,CHERRY	1 pie (5" x 3-3/4")	54.53	0.00	3.33	51.20
PIE,FRIED PIES,FRUIT	1 oz	12.08	6.07	0.74	11.34
PIE,FRIED PIES,FRUIT	1 pie (5" x 3-3/4")	54.53	27.39	3.33	51.20
PIE,FRIED PIES,LEMON	1 oz	12.08	0.00	0.74	11.34
PIE,FRIED PIES,LEMON	1 pie (5" x 3-3/4")	54.53	0.00	3.33	51.20

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PIE,LEMON MERINGUE,COMMLY PREP	1 oz	13.38	6.76	0.34	13.04
PIE,LEMON MERINGUE,COMMLY PREP	1 piece (1/6 of 8" pie)	53.34	26.96	1.36	51.98
PIE,LEMON MERINGUE,PREP FROM RECIPE	1 oz	11.08	0.00	0.00	11.08
PIE,LEMON MERINGUE,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	49.66	0.00	0.00	49.66
PIE,MINCE,PREP FROM RECIPE	1 oz	13.61	8.03	0.74	12.87
PIE,MINCE,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	79.20	46.71	4.29	74.91
PIE,PEACH	1 oz	9.33	4.60	0.23	9.10
PIE,PEACH	1 piece (1/6 of 8" pie)	38.49	18.99	0.94	37.56
PIE,PECAN,COMMLY PREP	1 oz	16.90	7.14	0.60	16.30
PIE,PECAN,COMMLY PREP	1 pie	496.55	209.75	17.49	479.06
PIE,PECAN,COMMLY PREP	1 slice	79.28	33.49	2.79	76.49
PIE,PECAN,PREP FROM RECIPE	1 oz	14.80	0.00	0.00	14.80
PIE,PECAN,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	63.68	0.00	0.00	63.68
PIE,PUMPKIN,COMMLY PREP	1 oz	9.87	5.35	0.51	9.36
PIE,PUMPKIN,COMMLY PREP	1 pie	346.56	187.86	17.91	328.65
PIE,PUMPKIN,COMMLY PREP	1 slice	46.32	25.11	2.39	43.93
PIE,PUMPKIN,PREP FROM RECIPE	1 oz	7.48	0.00	0.00	7.48
PIE,PUMPKIN,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	40.92	0.00	0.00	40.92
PIE,VANILLA CRM,PREP FROM RECIPE	1 oz	9.24	3.59	0.17	9.07
PIE,VANILLA CRM,PREP FROM RECIPE	1 piece (1/8 of 9" dia)	41.08	15.98	0.76	40.32
PILLSBURY GOLDEN LAYER BTTRMLK BISCUITS,ART FLAVOR,REFR	1 serving	14.00	2.00	0.41	13.59
PILLSBURY GRANDS,BTTRMLK BISCUITS,REFR DOUGH	1 biscuit	14.42	1.56	0.51	13.91
PILLSBURY,BTTRMLK BISCUITS,ART FLAVOR,REFR DOUGH	1 biscuit	30.12	2.85	1.02	29.10
PILLSBURY,BTTRMLK BISCUITS,ART FLAVOR,REFR DOUGH	1 serving	30.12	2.85	1.02	29.10
PILLSBURY,CHOC CHIP COOKIES,REFR DOUGH	1 serving 2 cookies	23.09	14.31	0.65	22.44
PILLSBURY,CINN ROLLS W/ ICING,REFR DOUGH	1 serving 1 roll with icing	23.50	9.39	0.62	22.89
PILLSBURY,CRUSTY FRENCH LOAF,REFR DOUGH	1 serving	24.10	2.63	1.35	22.75
PILLSBURY,TRADITIONAL FUDGE BROWNIE MIX,DRY	1 serving	23.49	14.88	0.00	23.49
POPOVERS,DRY MIX,ENRICHED	1 oz	20.13	0.00	0.00	20.13
POPOVERS,DRY MIX,ENRICHED	1 package (6 oz)	120.70	0.00	0.00	120.70

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POPOVERS, DRY MIX, UNENR	1 oz	20.13	0.00	0.00	20.13
POPOVERS, DRY MIX, UNENR	1 package (6 oz)	120.70	0.00	0.00	120.70
PUFF PASTRY, FRZ, RTB	1 oz	12.79	0.21	0.43	12.36
PUFF PASTRY, FRZ, RTB	1 shell	21.20	0.35	0.71	20.49
PUFF PASTRY, FRZ, RTB, BKD	1 oz	12.96	0.21	0.43	12.53
PUFF PASTRY, FRZ, RTB, BKD	1 sheet	111.97	1.84	3.68	108.29
PUFF PASTRY, FRZ, RTB, BKD	1 shell	18.28	0.30	0.60	17.68
ROLLS, DINNER, PLN, COMM PREPARED (INC BROWN -N-SERVE)	1 each (pan, dinner, or small roll) (2" square, 2" high)	13.01	1.39	0.50	12.51
ROLLS, DINNER, PLN, COMM PREPARED (INC BROWN -N-SERVE)	1 roll (1 oz)	14.57	1.55	0.56	14.01
ROLLS, DINNER, PLN, COMM PREPARED (INC BROWN -N-SERVE)	1 roll (foot long frankfurter roll)	44.75	4.77	1.72	43.03
ROLLS, DINNER, PLN, COMM PREPARED (INC BROWN -N-SERVE)	1 roll (hamburger, frankfurter, onion roll, bun, large roll)	22.38	2.39	0.86	21.52
ROLLS, DINNER, EGG	1 oz	14.74	1.22	1.05	13.69
ROLLS, DINNER, EGG	1 roll (2-1/2" dia)	18.20	1.51	1.30	16.91
ROLLS, DINNER, OAT BRAN	1 oz	11.40	1.89	1.16	10.23
ROLLS, DINNER, OAT BRAN	1 roll	13.27	2.20	1.35	11.91
ROLLS, DINNER, PLN, PREP FROM RECIPE, MADE W/LOFAT (2%) MILK	1 large roll or bun (3-1/2" dia)	22.96	0.00	0.82	22.15
ROLLS, DINNER, PLN, PREP FROM RECIPE, MADE W/LOFAT (2%) MILK	1 oz	15.14	0.00	0.54	14.60
ROLLS, DINNER, PLN, PREP FROM RECIPE, MADE W/LOFAT (2%) MILK	1 roll (2-1/2" dia)	18.69	0.00	0.67	18.03
ROLLS, DINNER, RYE	1 large (approx 3-1/2" to 4" dia)	22.83	0.50	2.11	20.73
ROLLS, DINNER, RYE	1 medium	19.12	0.42	1.76	17.35
ROLLS, DINNER, RYE	1 small (2-3/8" dia)	14.87	0.33	1.37	13.50
ROLLS, DINNER, WHEAT	1 roll (1 oz)	12.88	0.46	1.06	11.82

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ROLLS,DINNER,WHOLE-WHEAT	1 medium (2-1/2" dia)	18.40	3.05	2.70	15.70
ROLLS,DINNER,WHOLE-WHEAT	1 roll (1 oz)	14.31	2.37	2.10	12.21
ROLLS,DINNER,WHOLE-WHEAT	1 roll (hamburger, frankfurter roll)	21.97	3.64	3.23	18.75
ROLLS,DINNER,WHOLE-WHEAT	1 roll (small submarine, hoagie roll)	33.22	5.50	4.88	28.34
ROLLS,DINNER,WHOLE-WHEAT	1 roll medium submarine, hoagie	48.03	7.95	7.05	40.98
ROLLS,DINNER,WHOLE-WHEAT	1 roll, large submarine, hoagie	68.99	11.42	10.13	58.86
ROLLS,FRENCH	1 oz	14.23	0.09	0.91	13.32
ROLLS,FRENCH	1 roll	19.08	0.12	1.22	17.86
ROLLS,HAMBURGER OR HOTDOG,MIXED-GRAIN	1 oz	12.64	1.77	1.08	11.57
ROLLS,HAMBURGER OR HOTDOG,MIXED-GRAIN	1 roll	19.18	2.69	1.63	17.54
ROLLS,HAMBURGER OR HOTDOG,PLN	1 oz	14.22	1.81	0.60	13.62
ROLLS,HAMBURGER OR HOTDOG,PLN	1 package	164.49	20.89	6.89	157.60
ROLLS,HAMBURGER OR HOTDOG,PLN	1 roll	21.06	2.68	0.88	20.18
ROLLS,HAMBURGER OR HOTDOG,RED-CAL	1 oz	11.94	1.35	1.76	10.18
ROLLS,HAMBURGER OR HOTDOG,RED-CAL	1 roll	18.10	2.05	2.67	15.44
ROLLS,HARD (INCL KAISER)	1 oz	14.94	0.50	0.65	14.29
ROLLS,HARD (INCL KAISER)	1 roll (3-1/2" dia)	30.04	1.01	1.31	28.73
ROLLS,PUMPERNICKEL	1 medium (2-1/2" dia)	19.01	0.14	1.94	17.06
ROLLS,PUMPERNICKEL	1 roll (pan, dinner, or small roll) (2" square, 2" high)	14.78	0.11	1.51	13.27
STRUDEL,APPLE	1 oz	11.65	7.30	0.62	11.03
STRUDEL,APPLE	1 piece	29.18	18.28	1.56	27.62
SUNSHINE,CHEEZ-IT,100 CAL RIGHT BITES,EX CHEESY PARTY MIX	1 pouch	13.71	0.57	0.65	13.06
SUNSHINE,CHEEZ-IT,100 CAL RIGHT BITES,RED FAT	1 package	14.07	0.17	0.46	13.61
SUNSHINE,CHEEZ-IT,ASIAGO CRACKERS	25 crackers	18.78	0.39	0.63	18.15
SUNSHINE,CHEEZ-IT,BABY SWISS CRACKERS	1 pouch	13.25	0.29	0.46	12.79
SUNSHINE,CHEEZ-IT,BABY SWISS CRACKERS	25 crackers	18.93	0.42	0.66	18.27

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SUNSHINE,CHEEZ-IT,BIG CRACKERS	13 crackers	17.22	0.15	0.72	16.50
SUNSHINE,CHEEZ-IT,CHEDDAR JACK CRACKERS	1 pouch	12.10	0.25	0.50	11.59
SUNSHINE,CHEEZ-IT,CHEDDAR JACK CRACKERS	25 crackers	17.28	0.36	0.72	16.56
SUNSHINE,CHEEZ-IT,COLBY CRACKERS	1 pouch	12.44	0.25	0.46	11.98
SUNSHINE,CHEEZ-IT,COLBY CRACKERS	25 crackers	17.78	0.36	0.66	17.12
SUNSHINE,CHEEZ-IT,CRACKERS (MADE W/ WHL GRAIN)	27 crackers	17.46	0.15	1.29	16.17
SUNSHINE,CHEEZ-IT,DUOZ SHARP CHEDDAR PARMESAN CRACKERS	25 crackers	18.15	0.45	0.69	17.46
SUNSHINE,CHEEZ-IT,DUOZ SMOKED CHEDDAR MONTEREY JACK CRACKERS	25 crackers	18.24	0.27	0.66	17.58
SUNSHINE,CHEEZ-IT,HOT & SPICY CRACKERS	25 crackers	18.36	0.30	0.87	17.49
SUNSHINE,CHEEZ-IT,ITALIAN FOUR CHS CRACKERS	25 crackers	18.72	0.21	0.66	18.06
SUNSHINE,CHEEZ-IT,MOZZARELLA CRACKERS	25 crackers	19.23	0.42	0.66	18.57
SUNSHINE,CHEEZ-IT,ORIGINAL CRACKERS	1 package	20.09	0.18	0.84	19.25
SUNSHINE,CHEEZ-IT,ORIGINAL CRACKERS	27 crackers	17.22	0.15	0.72	16.50
SUNSHINE,CHEEZ-IT,PARMESAN GARLIC CRACKERS	25 crackers	18.60	0.48	0.63	17.97
SUNSHINE,CHEEZ-IT,PEPPER JACK CRACKERS	25 crackers	18.57	0.24	0.78	17.79
SUNSHINE,CHEEZ-IT,RED FAT CRACKERS	1 package	23.45	0.28	0.77	22.68
SUNSHINE,CHEEZ-IT,RED FAT CRACKERS	29 crackers	20.10	0.24	0.66	19.44
SUNSHINE,CHEEZ-IT,SCRABBLE JR. CRACKERS	26 crackers	20.37	0.18	0.78	19.59
SUNSHINE,CHEEZ-IT,SNACK MIX	1/2 cup	20.01	0.66	1.11	18.90
SUNSHINE,CHEEZ-IT,SNACK MIX,WHITE CHEDDAR	1/2 cup 25 crackers	19.71	0.65	0.96	18.75
SUNSHINE,CHEEZ-IT,WHITE CHEDDAR,RED FAT CRACKERS	25 crackers	21.60	0.36	0.75	20.85
SUNSHINE,GRIPZ,CHEEZ-IT CRACKERS	1 package	15.25	0.13	0.63	14.63
SUNSHINE,GRIPZ,CHEEZ-IT MIXX & CHEESY PIZZA CRACKERS	1 pouch	15.93	0.25	0.63	15.30
SUNSHINE,KRISPY,SOUP & OYSTER CRACKERS (LARGE)	16 crackers	11.42	0.36	0.39	11.03
SWEET ROLLS,CHEESE	1 oz	12.39	0.00	0.34	12.05
SWEET ROLLS,CHEESE	1 roll	28.84	0.00	0.79	28.05
SWEET ROLLS,CINN,COMMLY PREP W/RAISINS	1 large	42.25	26.34	1.99	40.26
SWEET ROLLS,CINN,COMMLY PREP W/RAISINS	1 oz	14.43	9.00	0.68	13.75
SWEET ROLLS,CINN,COMMLY PREP W/RAISINS	1 roll (2-3/4" square)	30.54	19.04	1.44	29.10
SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG	1 oz	14.63	0.00	0.00	14.63
SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG	1 roll	15.48	0.00	0.00	15.48
SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG,BKD	1 oz	15.90	0.00	0.00	15.90
SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG,BKD	1 roll	16.83	0.00	0.00	16.83
TACO SHELLS, BAKED	1 large (6-1/2" dia)	13.33	0.32	1.41	11.93

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TACO SHELLS, BAKED	1 medium (approx 5" dia)	8.44	0.20	0.89	7.55
TACO SHELLS, BAKED	1 miniature (3" dia)	3.17	0.08	0.34	2.84
TACO SHELLS, BAKED	1 oz	18.00	0.43	1.90	16.10
TACO SHELLS, BAKED	1 shell	8.19	0.19	0.86	7.33
TACO SHELLS, BAKED	1 taco	8.06	0.19	0.85	7.21
TACO SHELLS,BKD,WO/ SALT	1 medium (approx 5" dia)	8.11	0.00	0.98	7.14
TACO SHELLS,BKD,WO/ SALT	1 miniature (3" dia)	3.12	0.00	0.38	2.75
TACO SHELLS,BKD,WO/ SALT	1 oz	17.69	0.00	2.13	15.56
TOASTER PASTRIES,BROWN-SUGAR-CINNAMON	1 oz	20.59	7.72	0.65	19.94
TOASTER PASTRIES,BROWN-SUGAR-CINNAMON	1 pastry	37.05	13.89	1.17	35.87
TOASTER PASTRIES,FRUIT	1 oz	19.94	7.41	0.28	19.65
TOASTER PASTRIES,FRUIT	1 pastry	37.97	14.11	0.54	37.43
TOASTER PASTRIES,FRUIT,FRSTD	1 oz	20.36	8.79	0.51	19.85
TOASTER PASTRIES,FRUIT,FRSTD	1 piece	38.07	16.43	0.95	37.12
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,BLUEBERRY	1 pastry	35.57	16.07	0.57	35.00
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,BRWN SUGAR CINN	1 pastry	32.20	12.70	0.75	31.45
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD BLUEBERRY	1 pastry	37.32	16.22	0.57	36.75
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD CHERRY	1 pastry	37.44	18.72	0.52	36.92
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD CHOC FUDG	1 pastry	36.61	18.20	1.09	35.52
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD RASPBERRY	1 pastry	37.24	18.41	0.52	36.72
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD WLD BERRY	1 pastry	37.65	16.48	0.68	36.97
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,S'MORES	1 pastry	36.19	18.98	0.73	35.46
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,STRAWBERRY	1 pastry	36.97	17.16	0.57	36.40
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TRTS,FRSTD BR SGR CIN	1 pastry	34.50	16.15	0.70	33.80
TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD STRAWBERRY	1 pastry	37.28	15.76	0.68	36.61
TORTILLAS,RTB OR -FRY,CORN	1 enchilada	8.48	0.17	1.20	7.28

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TORTILLAS,RTB OR -FRY,CORN	1 oz	12.66	0.25	1.79	10.87
TORTILLAS,RTB OR -FRY,CORN	1 tortilla	10.71	0.21	1.51	9.20
TORTILLAS,RTB OR -FRY,CORN,WO/ SALT	1 oz	13.21	0.00	1.47	11.74
TORTILLAS,RTB OR -FRY,CORN,WO/ SALT	1 tortilla, medium (approx 6" dia)	12.12	0.00	1.35	10.76
TORTILLAS,RTB OR -FRY,FLR,REFR	1 oz	14.51	0.95	0.71	13.80
TORTILLAS,RTB OR -FRY,FLR,REFR	1 package	208.30	13.59	10.18	198.13
TORTILLAS,RTB OR -FRY,FLR,REFR	1 tortilla	24.05	1.57	1.18	22.88
TORTILLAS,RTB OR -FRY,FLR,REFR	1 tortilla (approx 10" dia)	36.85	2.40	1.80	35.05
TORTILLAS,RTB OR -FRY,FLR,REFR	1 tortilla (approx 12" dia)	59.88	3.91	2.93	56.96
TORTILLAS,RTB OR -FRY,FLR,REFR	1 tortilla (approx 7-8" dia)	25.08	1.64	1.23	23.85
TORTILLAS,RTB OR -FRY,FLR,REFR	1 tortilla medium (approx 6" dia)	15.35	1.00	0.75	14.60
TORTILLAS,RTB OR -FRY,FLR,SHELF STABLE	1 package	238.47	12.87	11.62	226.85
TORTILLAS,RTB OR -FRY,FLR,SHELF STABLE	1 tortilla	24.14	1.30	1.18	22.97
TORTILLAS,RTB OR -FRY,FLR,WO/ CA	1 oz	15.76	0.00	0.94	14.83
TORTILLAS,RTB OR -FRY,FLR,WO/ CA	1 tortilla (approx 10" dia)	40.03	0.00	2.38	37.66
TORTILLAS,RTB OR -FRY,FLR,WO/ CA	1 tortilla (approx 12" dia)	65.05	0.00	3.86	61.19
TORTILLAS,RTB OR -FRY,FLR,WO/ CA	1 tortilla (approx 7-8" dia)	27.24	0.00	1.62	25.63
TORTILLAS,RTB OR -FRY,FLR,WO/ CA	1 tortilla, medium (approx 6" dia)	17.79	0.00	1.06	16.74
TORTILLAS,RTB OR -FRY,WHL WHEAT	1 tortilla 1 serving	18.81	1.00	4.02	14.80
TOSTADA SHELLS,CORN	1 piece	7.92	0.00	0.71	7.21

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TOSTADA SHELLS,CORN	3 pieces (mean serving weight, aggregated over brands)	23.84	0.00	2.15	21.69
TSTR PSTRS,FRT,TSTD (INCL APPL,BLUEBERRY,CHERRY,STRAWBERRY)	1 pastry	37.08	14.78	0.51	36.57
TSTR PSTRS,KELLOGG,KELLOGG'S LF POP TARTS,FRSTD STRAWBERRY	1 pastry	37.20	14.70	2.80	34.40
TSTR PSTRS,KELLOGG,KELLOGG'S LF POP TRTS,FRSTD BRWN SGR CINN	1 pastry	36.85	15.25	2.75	34.10
WAFFLE,BTTRMLK,FRZ,RTH,MICROWAVED	1 waffle	15.46	1.58	0.84	14.62
WAFFLE,BTTRMLK,FRZ,RTH,TSTD	1 oz	13.55	1.23	0.73	12.82
WAFFLE,BTTRMLK,FRZ,RTH,TSTD	1 waffle round (4" dia)	15.97	1.46	0.86	15.11
WAFFLE,BTTRMLK,FRZ,RTH,TSTD	1 waffle square (4" square)	15.97	1.46	0.86	15.11
WAFFLE,PLN,FRZ,RTH,MICROWAVE	1 waffle, round (4" dia)	14.53	1.61	0.77	13.76
WAFFLES,BTTRMLK,FRZ,RTH	1 waffle, round	15.60	1.63	0.84	14.76
WAFFLES,BTTRMLK,FRZ,RTH	1 waffle, square	16.01	1.68	0.86	15.15
WAFFLES,CHOC CHIP,FRZ,RTH	2 waffles	31.98	9.17	1.05	30.93
WAFFLES,PLN,FRZ,READY -TO-HEAT,TSTD	1 oz	13.97	1.42	0.68	13.29
WAFFLES,PLN,FRZ,READY -TO-HEAT,TSTD	1 waffle, round (4" dia)	16.27	1.66	0.79	15.47
WAFFLES,PLN,FRZ,READY -TO-HEAT,TSTD	1 waffle, square (4" square)	16.27	1.66	0.79	15.47
WAFFLES,PLN,FRZ,RTH	1 oz	12.18	1.39	0.62	11.56
WAFFLES,PLN,FRZ,RTH	1 waffle, square (4" square) (include frozen)	15.04	1.72	0.77	14.27
WAFFLES,PLN,PREP FROM RECIPE	1 oz	9.33	0.00	0.00	9.33
WAFFLES,PLN,PREP FROM RECIPE	1 waffle, round (7" dia)	24.68	0.00	0.00	24.68
WAFFLES,WHL WHEAT,LOWFAT,FRZ,RTH	1 serving 2 waffles	34.41	3.00	3.01	31.40
WONTON WRAPPERS (INCL EGG ROLL WRAPPERS)	1 oz	16.41	0.00	0.51	15.90

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WONTON WRAPPERS (INCL EGG ROLL WRAPPERS)	1 wrapper, eggroll (7" square)	18.53	0.00	0.58	17.95
WONTON WRAPPERS (INCL EGG ROLL WRAPPERS)	1 wrapper, wonton (3-1/2" square)	4.63	0.00	0.14	4.49
BAK CHOC,MARS SNACKFOOD US,M&M'S SEMISWT CHOC MINI BAK BITS	1 package (net weight, 12 oz)	224.26	180.44	22.78	201.48
BAK CHOC,MARS SNACKFOOD US,M&M'S SEMISWT CHOC MINI BAK BITS	1 serving 0.5 oz, about 1 tbsp	9.23	7.43	0.94	8.30
BAKING CHOC,MARS SNACKFOOD US,M&M'S MILK CHOC MINI BAK BITS	1 serving 0.5 oz, about 1 tbsp	9.58	8.76	0.38	9.20
BAKING CHOC,MEXICAN,SQUARES	1 tablet	15.48	13.88	0.80	14.68
BAKING CHOC,UNSWTND,LIQ	1 oz	10.26	0.00	5.13	5.13
Baking chocolate, unsweetened, squares	1/2 oz Hersheys	4.04	0.13	2.36	1.68
Baking chocolate, unsweetened, squares	1 cup, grated	37.51	1.20	21.91	15.60
Baking chocolate, unsweetened, squares	1 oz square Bakers	8.24	0.26	4.81	3.43
CANDIES, CARMELS, CHOCOLATE-FLAVOR ROLL	1 bar 2.25 oz	56.15	36.04	0.06	56.08
CANDIES, CARMELS, CHOCOLATE-FLAVOR ROLL	1 piece	5.79	3.72	0.01	5.78
CANDIES, CARMELS, CHOCOLATE-FLAVOR ROLL	1 serving 6 pieces	35.09	22.53	0.04	35.05
Candies, NESTLE, BUTTERFINGER Crisp	1 piece	41.07	29.00	1.02	40.05
CANDIES,5TH AVENUE CANDY BAR	1 bar 2 oz	35.10	26.43	1.74	33.36
CANDIES,5TH AVENUE CANDY BAR	1 bar snack size	10.03	7.55	0.50	9.53
CANDIES,ALMOND JOY CANDY BAR	1 bar snack size	11.31	9.18	0.95	10.36
CANDIES,ALMOND JOY CANDY BAR	1 package 1.76 oz	29.16	23.69	2.45	26.71
CANDIES,BUTTERSCOTCH	1 oz	25.63	22.81	0.00	25.63
CANDIES,BUTTERSCOTCH	3 pieces	14.46	12.87	0.00	14.46
CANDIES,CARAMELLO CANDY BAR	1 bar 1.25 oz	22.33	19.92	0.42	21.91
CANDIES,CARAMELLO CANDY BAR	1 bar 1.6 oz	28.71	25.61	0.54	28.17
CANDIES,CARAMELLO CANDY BAR	6 blocks	27.44	24.48	0.52	26.92
CANDIES,CARMELS	1 package (2.5 oz)	54.67	46.51	0.00	54.67
CANDIES,CARMELS	1 piece	7.78	6.62	0.00	7.78
CANDIES,CAROB,UNSWTND	1 bar (3 oz)	48.97	29.68	3.31	45.67
CANDIES,CAROB,UNSWTND	1 oz	15.96	9.67	1.08	14.88
CANDIES,CHOC COVERED,CARAMEL W/NUTS	1 piece	8.49	5.79	0.60	7.89

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CANDIES,CHOC,DK,NFS (45-59% CACAO SOL 90%; 60-69% CACAO SOL	1 bar	76.16	58.60	9.14	67.02
CANDIES,CHOC,DK,NFS (45-59% CACAO SOL 90%; 60-69% CACAO SOL	1 oz	17.00	13.08	2.04	14.96
CANDIES,CONFECTIONER'S COATING,BUTTERSCOTCH	1 cup chips	114.07	114.07	0.00	114.07
CANDIES,CONFECTIONER'S COATING,BUTTERSCOTCH	1 oz	19.02	19.02	0.00	19.02
CANDIES,CONFECTIONER'S COATING,PNUT BUTTER	1 cup chips	78.76	64.34	8.40	70.36
CANDIES,CONFECTIONER'S COATING,PNUT BUTTER	1 oz	13.29	10.86	1.42	11.87
CANDIES,CONFECTIONER'S COATING,YOGURT	1 cup chips	108.70	106.01	0.00	108.70
CANDIES,CRISPY BAR W/ PNUT BUTTER FILLING	1 serving 1.5 oz	23.32	16.94	1.39	21.94
CANDIES,DIVINITY,PREPARED-FROM-RECIPE	1 piece	9.80	8.69	0.00	9.80
CANDIES,DK CHOC COATD COFFEE BNS	1 serving 28 pieces	23.98	17.00	3.00	20.98
CANDIES,FONDANT,PREPARED-FROM-RECIPE	1 oz	26.42	25.20	0.00	26.42
CANDIES,FRUIT SNACKS,W/ HI VIT C	1 serving	38.71	30.00	0.00	38.71
CANDIES,FUDGE,CHOC MARSHMLLW,PREPARED-FROM-RECIPE	1 piece	14.27	12.81	0.34	13.93
CANDIES,FUDGE,CHOC MARSHMLLW,PREPARED-FROM-RECIPE	1 recipe yield (60 pieces)	876.77	787.30	20.89	855.88
CANDIES,FUDGE,CHOC MARSHMLLW,W/ NUTS,PREPARED-BY-RECIPE	1 oz	19.19	0.00	0.60	18.59
CANDIES,FUDGE,CHOC,PREPARED-FROM-RECIPE	1 piece	12.99	12.43	0.29	12.71
CANDIES,FUDGE,CHOC,W/ NUTS,PREPARED-FROM-RECIPE	1 oz	19.26	17.97	0.71	18.55
CANDIES,FUDGE,PNUT BUTTER,PREPARED-FROM-RECIPE	1 piece	12.44	11.74	0.11	12.33
CANDIES,FUDGE,VANILLA W/ NUTS	1 oz	21.15	20.13	0.26	20.90
CANDIES,FUDGE,VANILLA,PREPARED-FROM-RECIPE	1 oz	23.29	22.61	0.00	23.29
CANDIES,GUM DROPS,DIETETIC OR LO CAL (SORBITOL)	1 cup	160.16	127.40	32.76	127.40
CANDIES,GUM DROPS,DIETETIC OR LO CAL (SORBITOL)	1 piece	4.40	3.50	0.90	3.50
CANDIES,GUMDROPS,STARCH JELLY PIECES	1 cup gumdrops	180.00	107.33	0.18	179.82
CANDIES,GUMDROPS,STARCH JELLY PIECES	1 gumdrop, large (1" dia)	11.47	6.84	0.01	11.46
CANDIES,GUMDROPS,STARCH JELLY PIECES	1 gumdrop, medium (3/4" dia)	4.15	2.48	0.00	4.15

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CANDIES,GUMDROPS,STARCH JELLY PIECES	1 gumdrop, small (1/2" dia)	3.16	1.89	0.00	3.16
CANDIES,GUMDROPS,STARCH JELLY PIECES	1 jelly ring (1- 1/4" dia)	9.89	5.90	0.01	9.88
CANDIES,GUMDROPS,STARCH JELLY PIECES	1 spice drop	23.74	14.15	0.02	23.71
CANDIES,GUMDROPS,STARCH JELLY PIECES	1 spice stick	9.40	5.60	0.01	9.39
CANDIES,GUMDROPS,STARCH JELLY PIECES	10 gumdrops	35.60	21.23	0.04	35.57
CANDIES,GUMDROPS,STARCH JELLY PIECES	10 gummy bears	21.76	12.97	0.02	21.74
CANDIES,GUMDROPS,STARCH JELLY PIECES	10 gummy dinosaurs	62.31	37.15	0.06	62.24
CANDIES,GUMDROPS,STARCH JELLY PIECES	10 gummy fish	49.45	29.49	0.05	49.40
CANDIES,GUMDROPS,STARCH JELLY PIECES	10 gummy worms	73.19	43.64	0.07	73.11
CANDIES,HALAVAH,PLAIN	1 oz	17.15	0.00	1.28	15.87
CANDIES,HARD	1 oz	27.78	17.83	0.00	27.78
CANDIES,HARD	1 piece	5.88	3.77	0.00	5.88
CANDIES,HARD	1 piece, small	2.94	1.89	0.00	2.94
CANDIES,HARD,DIETETIC OR LO CAL (SORBITOL)	1 piece	2.96	0.00	0.00	2.96
CANDIES,HEATH BITES	15 pieces	24.72	23.41	0.78	23.94
CANDIES,HERSHEY,KIT KAT BIG KAT BAR	1 bar 1.94 oz	35.00	29.68	1.05	33.96
CANDIES,HERSHEY,KIT KAT BIG KAT BAR	1 bar king size 2.8 oz	50.28	42.63	1.50	48.77
CANDIES,HERSHEY,REESESTICKS CRISPY WAFERS,PNUT BUT,MILK CHOC	1 serving 1.5 oz	23.26	16.94	1.39	21.87
CANDIES,HERSHEY'S GOLDEN ALMOND SOLITAIRES	13 pieces	19.23	15.22	1.80	17.43
CANDIES,HERSHEY'S MILK CHOC W/ ALMOND BITES	17 pieces	20.17	17.39	1.40	18.77
CANDIES,HERSHEY'S POT OF GOLD ALMOND BAR	1 bar 2.8 oz	36.00	30.00	2.96	33.03
CANDIES,HERSHEY'S,ALMOND JOY BITES	18 pieces	23.02	20.68	1.72	21.30
CANDIES,JELLYBEANS	10 large (1 oz)	26.19	19.60	0.06	26.14
CANDIES,JELLYBEANS	10 small	10.29	7.70	0.02	10.27
CANDIES,KIT KAT WAFER BAR	1 bar (1.5 oz)	27.13	20.45	0.42	26.71
CANDIES,KIT KAT WAFER BAR	1 bar (1.625 oz)	29.71	22.39	0.46	29.25
CANDIES,KIT KAT WAFER BAR	1 bar (2.8 oz)	50.38	37.97	0.78	49.60
CANDIES,KIT KAT WAFER BAR	1 bar (3.375 oz)	62.01	46.73	0.96	61.05
CANDIES,KIT KAT WAFER BAR	1 bar, miniature (.35 oz)	6.46	4.87	0.10	6.36
CANDIES,KRACKEL CHOC BAR	1 bar 1.45 oz	26.22	21.54	0.90	25.32
CANDIES,KRACKEL CHOC BAR	1 bar 2 oz	35.82	29.42	1.23	34.59
CANDIES,KRACKEL CHOC BAR	3 blocks	23.67	19.44	0.81	22.85
CANDIES,M&M MARS 3 MUSKETEERS TRUFFLE CRISP	1 serving	19.58	17.88	0.00	19.58
CANDIES,M&M MARS PRETZEL CHOC CANDIES	1/4 cup	29.18	20.00	1.00	28.18

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CANDIES,MARS SNACK US,COCOAVIA BLUEBERRY & ALMOND CHOC BAR	1 serving 0.78 oz bar	13.28	8.58	2.00	11.28
CANDIES,MARS SNACK US,POP'ABLES 3 MUSKETEERS BITE SIZE	1 serving 15 pieces	31.14	27.47	0.53	30.60
CANDIES,MARS SNACK US,STARBURST FRUIT CHEWS,FRT&CREM	1 serving fun size (8 chews)	32.97	23.19	0.00	32.97
CANDIES,MARS SNACKFOOD US,3 MUSKETEERS BAR	1 serving 2 fun size bars	21.78	18.73	0.42	21.36
CANDIES,MARS SNACKFOOD US,3 MUSKETEERS BAR	1 serving 2.13 oz bar	46.66	40.13	0.90	45.76
CANDIES,MARS SNACKFOOD US,COCOAVIA CHOC BAR	1 serving 0.78 oz bar	13.86	8.62	1.91	11.94
CANDIES,MARS SNACKFOOD US,COCOAVIA CHOC COVERED ALMONDS	1 serving 1oz pack	14.06	7.54	2.91	11.15
CANDIES,MARS SNACKFOOD US,COCOAVIA CRISPY CHOC BAR	1 serving 0.7 oz bar	12.41	6.99	1.56	10.85
CANDIES,MARS SNACKFOOD US,DOVE DK CHOC	1 serving 1.3 oz bar	21.98	17.12	2.81	19.17
CANDIES,MARS SNACKFOOD US,DOVE DK CHOC	1 serving 7 pieces	24.95	19.43	3.19	21.76
CANDIES,MARS SNACKFOOD US,DOVE MILK CHOC	1 serving 1.30 oz bar	22.12	20.52	0.89	21.23
CANDIES,MARS SNACKFOOD US,DOVE MILK CHOC	1 serving 5 pieces	23.91	22.18	0.96	22.95
CANDIES,MARS SNACKFOOD US,M&M'S ALMOND CHOC CANDIES	1 cup	117.98	95.98	10.92	107.06
CANDIES,MARS SNACKFOOD US,M&M'S ALMOND CHOC CANDIES	1 piece	2.06	1.67	0.19	1.87
CANDIES,MARS SNACKFOOD US,M&M'S ALMOND CHOC CANDIES	1 serving 1.31 oz bag	22.39	18.21	2.07	20.31
CANDIES,MARS SNACKFOOD US,M&M'S ALMOND CHOC CANDIES	1 serving about 1/4 cup	25.41	20.67	2.35	23.06
CANDIES,MARS SNACKFOOD US,M&M'S CRISPY CHOC CANDIES	1 serving 1.6 oz bag	34.03	27.70	0.94	33.09
CANDIES,MARS SNACKFOOD US,M&M'S MILK CHOC CANDIES	1 box (1.48 oz)	29.90	26.75	1.18	28.72
CANDIES,MARS SNACKFOOD US,M&M'S MILK CHOC CANDIES	1 cup	148.08	132.45	5.82	142.25
CANDIES,MARS SNACKFOOD US,M&M'S MILK CHOC CANDIES	1 package (1.69 oz)	34.17	30.57	1.34	32.83
CANDIES,MARS SNACKFOOD US,M&M'S MILK CHOC CANDIES	1 serving	14.95	13.37	0.59	14.36

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CANDIES,MARS SNACKFOOD US,M&M'S MILK CHOC CANDIES	10 pieces	4.98	4.46	0.20	4.79
CANDIES,MARS SNACKFOOD US,M&M'S MINIS MILK CHOC CANDIES	1 serving 0.50 oz box	10.26	9.38	0.41	9.86
CANDIES,MARS SNACKFOOD US,M&M'S MINIS MILK CHOC CANDIES	1 serving 1 1.94 oz tube	37.62	34.40	1.49	36.14
CANDIES,MARS SNACKFOOD US,M&M'S MINIS MILK CHOC CANDIES	1 serving 1.0 oz tube	20.52	18.76	0.81	19.71
CANDIES,MARS SNACKFOOD US,M&M'S PNUT BUTTER CHOC CANDIES	1 cup	115.49	95.71	8.12	107.37
CANDIES,MARS SNACKFOOD US,M&M'S PNUT BUTTER CHOC CANDIES	1 piece	1.25	1.04	0.09	1.16
CANDIES,MARS SNACKFOOD US,M&M'S PNUT BUTTER CHOC CANDIES	1 serving 1.63 oz singles bag	26.17	21.69	1.84	24.33
CANDIES,MARS SNACKFOOD US,M&M'S PNUT CHOC CANDIES	1 cup	102.82	86.28	6.29	96.53
CANDIES,MARS SNACKFOOD US,M&M'S PNUT CHOC CANDIES	1 package fun size	10.89	9.14	0.67	10.22
CANDIES,MARS SNACKFOOD US,M&M'S PNUT CHOC CANDIES	1 serving 1 singles bag	32.66	27.41	2.00	30.66
CANDIES,MARS SNACKFOOD US,M&M'S PNUT CHOC CANDIES	10 pieces	12.10	10.15	0.74	11.36
CANDIES,MARS SNACKFOOD US,MARS ALMOND BAR	1 bar (1.76 oz)	31.35	26.05	1.00	30.35
CANDIES,MARS SNACKFOOD US,MILKY WAY BAR	1 bar fun size	12.10	10.15	0.17	11.93
CANDIES,MARS SNACKFOOD US,MILKY WAY BAR	1 bar king size	73.31	61.48	1.03	72.28
CANDIES,MARS SNACKFOOD US,MILKY WAY BAR	1 piece miniature 5 pieces = serving	5.84	4.89	0.08	5.75
CANDIES,MARS SNACKFOOD US,MILKY WAY BAR	1 serving 2.05 oz bar	41.28	34.62	0.58	40.70
CANDIES,MARS SNACKFOOD US,MILKY WAY CARML. DKCHOCOV	1 serving 5 pieces	29.73	23.80	1.23	28.49
CANDIES,MARS SNACKFOOD US,MILKY WAY MIDNIGHT BAR	1 bar fun size	13.53	10.98	0.55	12.98
CANDIES,MARS SNACKFOOD US,MILKY WAY MIDNIGHT BAR	1 serving 1.76 oz bar	35.61	28.91	1.45	34.16
CANDIES,MARS SNACKFOOD US,MILKY WAY MIDNIGHT BAR	1 serving 5 miniatures	29.20	23.70	1.19	28.01
CANDIES,MARS SNACKFOOD US,MILKYWAYCARAML,MILKCHOCOV	1 serving 5 pieces	30.14	25.81	0.31	29.83

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CANDIES,MARS SNACKFOOD US,POP MILKY WAY BITE SIZE	1 serving 13 pieces	28.02	23.82	0.39	27.63
CANDIES,MARS SNACKFOOD US,POP SNICKERS BITE SIZE CANDIES	1 serving 13 pieces	23.82	20.16	0.90	22.92
CANDIES,MARS SNACKFOOD US,SKITTLES ORIGINAL BITE SIZE CAND	1 cup	186.10	155.47	0.00	186.10
CANDIES,MARS SNACKFOOD US,SKITTLES ORIGINAL BITE SIZE CAND	1 package fun size	18.16	15.17	0.00	18.16
CANDIES,MARS SNACKFOOD US,SKITTLES ORIGINAL BITE SIZE CAND	1 serving 2.17 oz pack	56.28	47.02	0.00	56.28
CANDIES,MARS SNACKFOOD US,SKITTLES ORIGINAL BITE SIZE CAND	10 pieces	9.71	8.11	0.00	9.71
CANDIES,MARS SNACKFOOD US,SKITTLES SOURS ORIGINAL	1 serving 1.80 oz bag	46.42	37.31	0.00	46.42
CANDIES,MARS SNACKFOOD US,SKITTLES TROPICAL BITE SIZE CAND	1 serving 2.1 oz bag	56.28	46.97	0.00	56.28
CANDIES,MARS SNACKFOOD US,SKITTLES TROPICAL BITE SIZE CAND	1 serving fun size bag	18.15	15.15	0.00	18.15
CANDIES,MARS SNACKFOOD US,SKITTLES WILD BERRY BITE SIZE	1 serving 2.1 oz bag	56.27	47.07	0.00	56.27
CANDIES,MARS SNACKFOOD US,SKITTLES WILD BERRY BITE SIZE	1 serving fun size bag	18.15	15.18	0.00	18.15
CANDIES,MARS SNACKFOOD US,SNICKERS ALMOND BAR	1 serving 1.76 oz bar	32.34	26.97	1.30	31.04
CANDIES,MARS SNACKFOOD US,SNICKERS BAR	1 bar (2 oz)	35.06	28.77	1.31	33.75
CANDIES,MARS SNACKFOOD US,SNICKERS BAR	1 bar, fun size	9.23	7.57	0.35	8.88
CANDIES,MARS SNACKFOOD US,SNICKERS BAR	1 bar, king size (4 oz)	69.51	57.03	2.60	66.91
CANDIES,MARS SNACKFOOD US,SNICKERS CRUNCHER	1 bar fun size	9.43	6.98	0.29	9.14
CANDIES,MARS SNACKFOOD US,SNICKERS CRUNCHER	1 serving 1.56 oz bar	27.65	20.48	0.84	26.82
CANDIES,MARS SNACKFOOD US,SNICKERS CRUNCHER	1 serving 1.66 oz bar	29.54	21.87	0.89	28.65
CANDIES,MARS SNACKFOOD US,SNICKERS MUNCH BAR	1 serving 1.42 oz bar	17.46	12.35	1.88	15.58
CANDIES,MARS SNACKFOOD US,STARBURST FRUIT CHEWS,ORIG FRUIT	1 piece	4.13	2.91	0.00	4.13
CANDIES,MARS SNACKFOOD US,STARBURST FRUIT CHEWS,ORIG FRUIT	1 serving 2.07 oz pack	48.72	34.29	0.00	48.72
CANDIES,MARS SNACKFOOD US,STARBURST FRUIT CHEWS,ORIG FRUIT	1 serving fun size (8 chews)	33.03	23.25	0.00	33.03

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CANDIES,MARS SNACKFOOD US,STARBURST FRUIT CHEWS,TROP	1 piece	4.14	2.91	0.00	4.14
CANDIES,MARS SNACKFOOD US,STARBURST FRUIT CHEWS,TROP	1 serving 2.07 oz pack	48.83	34.33	0.00	48.83
CANDIES,MARS SNACKFOOD US,STARBURST FRUIT CHEWS,TROP	1 serving fun size (8 chews)	33.10	23.27	0.00	33.10
CANDIES,MARS SNACKFOOD US,STARBURST SOUR FRUIT CHEWS	1 serving 2.07 oz pack	47.04	33.10	0.00	47.04
CANDIES,MARS SNACKFOOD US,TWIX CARAMEL COOKIE BARS	1 package (11 oz)	202.18	150.54	3.43	198.74
CANDIES,MARS SNACKFOOD US,TWIX CARAMEL COOKIE BARS	1 package (2 oz)	36.94	27.50	0.63	36.31
CANDIES,MARS SNACKFOOD US,TWIX CARAMEL COOKIE BARS	1 package (2.06 oz, 2 bars)	37.58	27.99	0.64	36.95
CANDIES,MARS SNACKFOOD US,TWIX CARAMEL COOKIE BARS	1 package, king size (3.35 oz, 4 bars)	61.56	45.84	1.05	60.52
CANDIES,MARS SNACKFOOD US,TWIX CHOC FUDGE COOKIE BARS	2 cookie 2011 label	28.56	27.03	1.53	27.03
CANDIES,MARS SNACKFOOD US,TWIX PNUT BUTTER COOKIE BARS	1 package (1.77 oz)	27.08	18.07	1.55	25.53
CANDIES,MARS SNACKFOOD US,TWIX PNUT BUTTER COOKIE BARS	1 package (1.89 oz, 2 bars)	29.24	19.51	1.67	27.57
CANDIES,MARS SNACKFOOD US,TWIX PNUT BUTTER COOKIE BARS	1 package (2.06 oz, 2 bars)	31.41	20.96	1.80	29.61
CANDIES,MARS SNACKFOOD US,TWIX PNUT BUTTER COOKIE BARS	1 package (9.43 oz)	144.58	96.47	8.28	136.30
CANDIES,MARSHMALLOWS	1 cup of miniature	40.65	28.78	0.05	40.60
CANDIES,MARSHMALLOWS	1 regular	5.85	4.14	0.01	5.85
CANDIES,MARSHMALLOWS	10 miniatures	5.69	4.03	0.01	5.68
CANDIES,MILK CHOC	1 bar (1.55 oz)	26.14	22.66	1.50	24.64
CANDIES,MILK CHOC	1 bar, miniature	4.16	3.61	0.24	3.92
CANDIES,MILK CHOC	1 cup chips	99.79	86.52	5.71	94.08
CANDIES,MILK CHOC COATD COFFEE BNS	1 oz	15.66	14.39	1.62	14.05
CANDIES,MILK CHOC COATD PNUTS	1 cup	74.05	56.01	7.00	67.05
CANDIES,MILK CHOC COATD PNUTS	10 pieces	19.88	15.04	1.88	18.00
CANDIES,MILK CHOC COATD RAISINS	1 cup	123.12	112.00	5.58	117.54
CANDIES,MILK CHOC COATD RAISINS	10 pieces	6.84	6.22	0.31	6.53
CANDIES,MILK CHOC,W/ALMONDS	1 bar (1.45 oz)	21.89	18.00	2.54	19.35
CANDIES,MILK CHOC,W/ALMONDS	1 bar (1.55 oz)	23.50	19.32	2.73	20.77

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CANDIES,MILK CHOC,W/RICE CRL	1 bar (1.4 oz)	23.87	20.42	1.32	22.55
CANDIES,MILK CHOC,W/RICE CRL	1 bar (1.45 oz)	26.85	22.98	1.49	25.37
CANDIES,MILK CHOC,W/RICE CRL	1 bar (1.55 oz)	26.25	22.47	1.45	24.80
CANDIES,MILK CHOC,W/RICE CRL	1 bar (1.65 oz)	28.04	24.00	1.55	26.49
CANDIES,MILK CHOC,W/RICE CRL	1 bar, miniature	5.97	5.11	0.33	5.64
CANDIES,MOUNDS CANDY BAR	1 bar snack size	11.13	8.78	0.70	10.43
CANDIES,MOUNDS CANDY BAR	1 package 1.9 oz	31.05	24.48	1.96	29.09
CANDIES,MR. GOODBAR CHOC BAR	1 bar (1.75 oz)	26.63	23.14	1.86	24.76
CANDIES,MR. GOODBAR CHOC BAR	1 bar (2.6 oz)	39.67	34.47	2.77	36.89
CANDIES,NESTLE,100 GRAND BAR	1 bar (1.5 oz)	30.52	22.32	0.43	30.09
CANDIES,NESTLE,100 GRAND BAR	1 bar, miniature	14.90	10.90	0.21	14.69
CANDIES,NESTLE,100 GRAND BAR	1 serving 1.5 oz bar	30.52	22.32	0.43	30.09
CANDIES,NESTLE,AFTER EIGHT MINTS	1 piece	6.68	5.59	0.20	6.48
CANDIES,NESTLE,AFTER EIGHT MINTS	1 serving 5 mints	33.40	27.97	1.01	32.39
CANDIES,NESTLE,BABY RUTH BAR	1 serving 2.1 oz bar	38.88	32.40	1.20	37.68
CANDIES,NESTLE,BABY RUTH BAR	1 serving fun size bar 0.65 oz	11.66	9.72	0.36	11.30
CANDIES,NESTLE,BIT-O'-HONEY CANDY CHEWS	1 serving 6 pieces	32.36	19.20	0.08	32.28
CANDIES,NESTLE,BUTTERFINGER BAR	1 bar bite size	5.10	3.21	0.14	4.96
CANDIES,NESTLE,BUTTERFINGER BAR	1 bar king size	78.73	49.57	2.16	76.57
CANDIES,NESTLE,BUTTERFINGER BAR	1 cup BB's	126.85	79.87	3.48	123.37
CANDIES,NESTLE,BUTTERFINGER BAR	1 serving 0.75 oz bar	15.31	9.64	0.42	14.89
CANDIES,NESTLE,BUTTERFINGER BAR	1 serving 1 fun size bar 0.65 oz	13.12	8.26	0.36	12.76
CANDIES,NESTLE,BUTTERFINGER BAR	1 serving 2.1 oz bar	43.74	27.54	1.20	42.54
CANDIES,NESTLE,BUTTERFINGER BAR	2 tbsp	18.23	11.48	0.50	17.73
CANDIES,NESTLE,BUTTERFINGER BAR	10 Butterfinger BB's	18.95	11.93	0.52	18.43
CANDIES,NESTLE,CHUNKY BAR	1 serving 1.4 oz bar	24.00	21.00	1.00	23.00
CANDIES,NESTLE,CRUNCH BAR&DSSRT TOPPING	1 bar 0.5 oz	9.51	7.81	0.27	9.24
CANDIES,NESTLE,CRUNCH BAR&DSSRT TOPPING	1 bar 1.55 oz	29.48	24.20	0.84	28.64

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CANDIES,NESTLE,CRUNCH BAR&DSSRT TOPPING	1 serving 4 fun size bars	27.47	22.55	0.78	26.69
CANDIES,NESTLE,CRUNCH BAR&DSSRT TOPPING	2 tbsp	16.08	13.20	0.46	15.62
CANDIES,NESTLE,GOOBERS CHOC COVERED PNUTS	1 package 1.375 oz	20.67	16.77	3.78	16.89
CANDIES,NESTLE,GOOBERS CHOC COVERED PNUTS	1 serving 0.25 cup	21.73	17.63	3.98	17.75
CANDIES,NESTLE,GOOBERS CHOC COVERED PNUTS	1 serving fun size	25.44	20.64	4.66	20.78
CANDIES,NESTLE,OH HENRY! BAR	1 bar 2 oz	37.34	26.33	1.08	36.25
CANDIES,NESTLE,OH HENRY! BAR	1 serving fun size bar	17.03	12.01	0.49	16.54
CANDIES,NESTLE,RAISINETS CHOC COVERED RAISINS	1 serving 0.25 cup	31.95	26.55	0.99	30.96
CANDIES,NESTLE,RAISINETS CHOC COVERED RAISINS	1 serving 1.58 oz bag	31.95	26.55	0.99	30.96
CANDIES,NESTLE,RAISINETS CHOC COVERED RAISINS	1 serving fun size	34.08	28.32	1.06	33.02
CANDIES,NOUGAT,W/ ALMONDS	1 piece	12.93	6.30	0.46	12.47
CANDIES,PEANUT BAR	1 bar (1.4 oz)	18.96	16.89	1.64	17.32
CANDIES,PEANUT BAR	1 bar (1.6 oz)	21.33	19.00	1.85	19.49
CANDIES,PEANUT BAR	1 bar (1.75 fl oz)	23.70	21.11	2.05	21.65
CANDIES,PEANUT BAR	1 oz	13.44	11.97	1.16	12.28
CANDIES,PNUT BRITTLE,PREPARED-FROM-RECIPE	1 oz	20.20	14.55	0.71	19.49
CANDIES,PRALINE,PREPARED-FROM-RECIPE	1 piece	23.24	21.76	1.37	21.88
CANDIES,PRALINE,PREPARED-FROM-RECIPE	1 recipe yield	540.48	506.02	31.75	508.74
CANDIES,REESE'S BITES	16 pieces	21.52	18.73	1.21	20.31
CANDIES,REESE'S FAST BREAK,CANDY BAR	1 serving 1 bar	35.78	30.00	2.02	33.77
CANDIES,REESE'S NUTRAGEOUS CANDY BAR	1 bar 1.92 oz	28.51	21.72	2.11	26.41
CANDIES,REESE'S NUTRAGEOUS CANDY BAR	2 bars	17.95	13.67	1.33	16.63
CANDIES,REESE'S PIECES CANDY	1/4 cup	28.13	25.03	1.41	26.72
CANDIES,REESE'S PIECES CANDY	1 package (1.6 oz)	27.54	24.50	1.38	26.16
CANDIES,REESE'S PIECES CANDY	1 package 1.63 oz	27.54	24.50	1.38	26.16
CANDIES,REESE'S PIECES CANDY	10 pieces	4.79	4.26	0.24	4.55
CANDIES,REESE'S PNUT BUTTER CUPS	1 miniature	3.88	3.30	0.25	3.62
CANDIES,REESE'S PNUT BUTTER CUPS	1 package 0.6 oz 1 cup	9.41	8.02	0.61	8.80
CANDIES,REESE'S PNUT BUTTER CUPS	1 package 1.6 oz 2 cups	24.91	21.23	1.62	23.29

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CANDIES,REESE'S,FAST BREAK,MILK CHOC PNT BTR & SFT NUGTS	2 oz bar	34.50	29.72	1.62	32.87
CANDIES,ROLO CARAMELS IN MILK CHOC	1 package 1 package	32.62	30.69	0.43	32.18
CANDIES,ROLO CARAMELS IN MILK CHOC	7 pieces	28.54	26.85	0.38	28.16
CANDIES,SEMISWEET CHOC	1 cup chips (6 oz package)	107.35	91.56	9.91	97.44
CANDIES,SEMISWEET CHOC	1 cup large chips	116.30	99.19	10.74	105.56
CANDIES,SEMISWEET CHOC	1 cup mini chips	110.55	94.29	10.21	100.34
CANDIES,SEMISWEET CHOC	1 oz (approx 60 pcs)	18.12	15.45	1.67	16.44
CANDIES,SEMISWEET CHOC	1 serving	9.27	7.90	0.86	8.41
CANDIES,SEMISWEET CHOC,MADE W/BUTTER	1 cup chips (6 oz package)	107.78	0.00	10.03	97.75
CANDIES,SEMISWEET CHOC,MADE W/BUTTER	1 cup large chips	115.39	0.00	10.74	104.65
CANDIES,SEMISWEET CHOC,MADE W/BUTTER	1 cup mini chips	109.68	0.00	10.21	99.48
CANDIES,SEMISWEET CHOC,MADE W/BUTTER	1 oz (approx 60 pcs)	17.97	0.00	1.67	16.30
CANDIES,SESAME CRUNCH	1 oz	14.26	8.84	2.18	12.08
CANDIES,SESAME CRUNCH	1 piece	0.91	0.56	0.14	0.77
CANDIES,SESAME CRUNCH	20 pieces	17.61	10.91	2.70	14.91
CANDIES,SKOR TOFFEE BAR	1 bar 1.4 oz	24.07	23.36	0.51	23.56
CANDIES,SOFT FRUIT & NUT SQUARES	3 pieces	31.00	19.30	1.01	29.99
CANDIES,SPL DK CHOC BAR	1 bar	10.28	8.09	1.11	9.18
CANDIES,SPL DK CHOC BAR	1 bar 1.45 oz	24.80	19.50	2.67	22.14
CANDIES,SPL DK CHOC BAR	1 bar 2.6 oz	44.16	34.72	4.75	39.41
CANDIES,SPL DK CHOC BAR	3 blocks	25.41	19.98	2.73	22.68
CANDIES,SUGAR-COATED ALMONDS	1 piece	2.39	2.19	0.09	2.30
CANDIES,SWEET CHOCOLATE	1 bar (1.45 oz)	24.76	21.11	2.26	22.51
CANDIES,SWEET CHOCOLATE	1 oz	17.12	14.59	1.56	15.56
CANDIES,SWT CHOC COATD FONDANT	1 patty, large	34.57	30.71	0.90	33.67
CANDIES,SWT CHOC COATD FONDANT	1 patty, small	8.84	7.86	0.23	8.61
CANDIES,SYMPHONY MILK CHOC BAR	1 bar 1.5 oz	24.36	22.66	0.71	23.65
CANDIES,SYMPHONY MILK CHOC BAR	1 bar 2.4 oz	39.45	36.69	1.16	38.29
CANDIES,TAFFY,PREPARED-FROM-RECIPE	1 piece	13.73	10.27	0.00	13.73
CANDIES,TOFFEE,PREPARED-FROM-RECIPE	1 piece	7.77	7.62	0.00	7.77
CANDIES,TOOTSIE ROLL,CHOCOLATE-FLAVOR ROLL	1 piece	5.79	3.72	0.01	5.78
CANDIES,TOOTSIE ROLL,CHOCOLATE-FLAVOR ROLL	1 serving 6 pieces	35.09	22.53	0.04	35.05

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CANDIES,TRUFFLES,PREPARED-FROM-RECIPE	1 piece	5.39	4.60	0.30	5.09
CANDIES,TRUFFLES,PREPARED-FROM-RECIPE	1 recipe yield, recipe makes 49 1 " x 1" pieces	274.67	234.46	15.30	259.37
CANDIES,TWIZZLERS CHERRY BITES	18 pieces	31.75	0.00	0.04	31.71
CANDIES,TWIZZLERS NIBS CHERRY BITS	27 pieces	31.75	20.54	0.24	31.51
CANDIES,TWIZZLERS STRAWBERRY TWISTS CANDY	2 1/2 oz 2.5 oz	56.62	28.14	0.00	56.62
CANDIES,TWIZZLERS STRAWBERRY TWISTS CANDY	4 pieces from 5 oz package	30.30	15.06	0.00	30.30
CANDIES,TWIZZLERS STRAWBERRY TWISTS CANDY	4 pieces from 8 oz package	35.88	17.84	0.00	35.88
CANDIES,WHATCHAMACALLIT CANDY BAR	1 bar 1.7 oz	30.35	23.45	0.91	29.44
CANDIES,WHITE CHOC	1 bar (3 oz)	50.35	50.15	0.17	50.18
CANDIES,WHITE CHOC	1 cup chips	100.71	100.30	0.34	100.37
CANDIES,WHITE CHOC	1 tbsp	8.29	8.26	0.03	8.27
CANDIES,YORK BITES	15 pieces	31.84	29.25	0.78	31.06
CANDIES,YORK PEPPERMINT PATTIE	1 patty 1.5 oz	34.83	27.43	0.86	33.97
CHEWING GUM	1 block	7.74	5.29	0.19	7.54
CHEWING GUM	1 stick	2.90	1.98	0.07	2.83
CHEWING GUM	10 Chiclets	15.47	10.57	0.38	15.09
CHEWING GUM,SUGARLESS	1 piece	1.90	0.00	0.05	1.85
CHOCOLATE,DK,45- 59% CACAO SOL	1 bar	99.10	77.60	11.34	87.76
CHOCOLATE,DK,45- 59% CACAO SOL	1 oz	17.34	13.58	1.98	15.36
CHOCOLATE,DK,60-69% CACAO SOL	1 bar	58.71	41.12	8.96	49.75
CHOCOLATE,DK,60-69% CACAO SOL	1 oz	14.86	10.41	2.27	12.59
CHOCOLATE,DK,70-85% CACAO SOL	1 bar	46.36	24.23	11.01	35.35
CHOCOLATE,DK,70-85% CACAO SOL	1 oz	13.01	6.80	3.09	9.92
CHOCOLATE-FLAVORED HAZELNUT SPRD	1 serving 2 TBSP	23.00	20.00	2.00	21.00
COCOA,DRY PDR,HI-FAT OR BRKFST,PLN	1 tbsp	2.78	0.08	1.61	1.17
COCOA,DRY PDR,HI-FAT OR BRKFST,PROC W/ALKALI	1 container Ghirardelli label 2011	140.68	4.33	95.94	44.74
COCOA,DRY PDR,HI-FAT OR BRKFST,PROC W/ALKALI	1 tablespoon Ghirardelli label 2011	2.98	0.09	2.03	0.95
COCOA,DRY PDR,HI-FAT OR BRKFST,PROC W/ALKALI	1 tablespoon Hershey's label 2011	2.49	0.08	1.70	0.79
COCOA,DRY PDR,UNSWTND	1 cup	49.79	1.51	31.82	17.97
COCOA,DRY PDR,UNSWTND	1 tbsp	3.13	0.09	2.00	1.13

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COCOA, DRY PDR, UNSWTND, HERSHEY'S EUROPEAN STYLE COCOA	1 tbsp	3.00	0.00	1.00	2.00
COCOA, DRY PDR, UNSWTND, PROC W/ALKALI	1 cup	50.14	1.51	25.63	24.51
COCOA, DRY PDR, UNSWTND, PROC W/ALKALI	1 tbsp	3.15	0.10	1.61	1.54
DESSERTS, APPL CRISP, PREPARED-FROM-RECIPE	1/2 cup	43.48	27.75	1.97	41.51
DESSERTS, APPL CRISP, PREPARED-FROM-RECIPE	1 recipe yield	260.29	166.10	11.82	248.47
DESSERTS, EGG CUSTARD, BKD, PREPARED-FROM-RECIPE	1/2 cup	15.51	15.51	0.00	15.51
DESSERTS, EGG CUSTARD, BKD, PREPARED-FROM-RECIPE	1 recipe yield	61.93	61.93	0.00	61.93
DESSERTS, FLAN, CARAMEL CUSTARD, PREPARED-FROM-RECIPE	1/2 cup	34.85	35.42	0.00	34.85
DESSERTS, FLAN, CARAMEL CUSTARD, PREPARED-FROM-RECIPE	1 recipe yield	348.76	354.43	0.00	348.76
DESSERTS, MOUSSE, CHOC, PREPARED-FROM-RECIPE	1/2 cup	32.46	29.92	1.21	31.25
DESSERTS, MOUSSE, CHOC, PREPARED-FROM-RECIPE	1 recipe yield	129.85	119.66	4.85	125.00
DESSERTS, PUDD, CHOC, DRY MIX, REG	1 package (3.5 oz)	88.41	42.45	4.46	83.95
DESSERTS, PUDD, CHOC, DRY MIX, REG	1 portion, amount to make 1/2 cup	22.33	10.72	1.13	21.20
DESSERTS, PUDD, COCNT CRM, DRY MIX, INST	1 package (3.5 oz)	82.67	63.36	3.96	78.71
DESSERTS, PUDD, COCNT CRM, DRY MIX, INST	1 portion, amount to make 1/2 cup	20.88	16.00	1.00	19.88
DESSERTS, RENNIN, CHOC, DRY MIX	1 package (2 oz)	52.16	0.00	2.91	49.25
DESSERTS, RENNIN, CHOC, DRY MIX	1 tbsp	8.24	0.00	0.46	7.78
DESSERTS, RENNIN, TABLETS, UNSWTND	1 package (0.35 oz)	1.96	0.00	0.00	1.96
DESSERTS, RENNIN, VANILLA, DRY MIX	1 package (1.5 oz)	42.57	0.00	0.00	42.57
DESSERTS, RENNIN, VANILLA, DRY MIX	1 tbsp	10.69	0.00	0.00	10.69
EGG CUSTARDS, DRY MIX	1 package (3 oz)	70.38	0.00	0.00	70.38
EGG CUSTARDS, DRY MIX	1 portion, amount to make 1/2 cup	17.39	0.00	0.00	17.39
EGG CUSTARDS, DRY MIX, PREP W/ 2% MILK	1/2 cup	24.83	6.53	0.00	24.83
EGG CUSTARDS, DRY MIX, PREP W/ WHL MILK	1/2 cup	24.82	6.80	0.00	24.82
FLAN, CARAMEL CUSTARD, DRY MIX	1 package (3 oz)	77.86	0.00	0.00	77.86

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FLAN,CARAMEL CUSTARD,DRY MIX	1 portion, amount to make 1/2 cup	19.24	0.00	0.00	19.24
FROSTING,GLAZ,CHC,PREP-FRM-RCIP,W/ BUTR,NFSMI RECIP NO. C-32	2 tablespoon	23.82	21.22	0.36	23.46
FROSTINGS,CHOC,CREAMY,DRY MIX	1 package	356.96	0.00	9.31	347.65
FROSTINGS,CHOC,CREAMY,DRY MIX,PREP W/ BUTTER	2 tablespoon	23.69	0.00	0.63	23.07
FROSTINGS,CHOC,CREAMY,DRY MIX,PREP W/ MARGARINE	2 tablespoon	23.44	0.00	0.63	22.81
FROSTINGS,CHOC,CREAMY,RTE	2 tbsp creamy	25.91	23.66	0.37	25.54
FROSTINGS,COCONUT-NUT,RTE	0 package	20.03	15.20	0.95	19.08
FROSTINGS,COCONUT-NUT,RTE	1 package (16 oz)	243.47	184.80	11.55	231.92
FROSTINGS,COCONUT-NUT,RTE	2 tbsp	18.45	14.00	0.88	17.57
FROSTINGS,CRM CHEESE-FLAVOR,RTE	2 tbsp creamy	22.22	20.97	0.00	22.22
FROSTINGS,CRM CHEESE-FLAVOR,RTE	2 tbsp whipped	16.16	15.25	0.00	16.16
FROSTINGS,GLAZE,PREPARED-FROM-RECIPE	1 recipe yield	273.54	263.04	0.00	273.54
FROSTINGS,VANILLA,CREAMY,DRY MIX	0 package	31.89	0.00	0.03	31.86
FROSTINGS,VANILLA,CREAMY,DRY MIX	1 package	385.52	0.00	0.41	385.11
FROSTINGS,VANILLA,CREAMY,DRY MIX,PREP W/ MARGARINE	2 tablespoon	24.51	0.00	0.03	24.48
FROSTINGS,VANILLA,CREAMY,RTE	0 package	25.80	23.98	0.00	25.80
FROSTINGS,VANILLA,CREAMY,RTE	1 package (16 oz)	313.65	291.52	0.00	313.65
FROSTINGS,VANILLA,CREAMY,RTE	2 tbsp creamy	22.40	20.82	0.00	22.40
FROSTINGS,WHITE,FLUFFY,DRY MIX	0 package	16.13	0.00	0.00	16.13
FROSTINGS,WHITE,FLUFFY,DRY MIX	1 package	196.44	0.00	0.00	196.44
FROSTINGS,WHITE,FLUFFY,DRY MIX,PREP W/H2O	0 package	16.28	0.00	0.00	16.28
FROSTINGS,WHITE,FLUFFY,DRY MIX,PREP W/H2O	1 package yields	197.19	0.00	0.00	197.19
FROZ NOVELTIES,ICE TYPE,SUGAR FREE,ORNGE,CHRY,& GRP POPSICLE	1 serving 1.75 fl oz pop	2.83	0.84	0.00	2.83
FROZ NOVLT,ICE CRM,VAN ICE CRM,LT,NO SUGAR ADDED,CHOC COATD	1 bar	20.37	6.65	0.62	19.74
FROZEN NOVELTIES,FAT FREE FUDGESICLE BARS	1 serving 1 pop	13.74	10.25	0.87	12.87
FROZEN NOVELTIES,FRUIT & JUC BARS	1 bar (2.5 fl oz)	15.55	13.46	0.77	14.78
FROZEN NOVELTIES,FRUIT & JUC BARS	1 bar (3 fl oz)	18.58	16.08	0.92	17.66
FROZEN NOVELTIES,ICE TYPE,FRUIT,NO SUGAR ADDED	1 bar	3.16	0.00	0.00	3.16
FROZEN NOVELTIES,ICE TYPE,ITALIAN,REST-PREP	1/2 cup	15.66	0.00	0.00	15.66
FROZEN NOVELTIES,ICE TYPE,ITALIAN,REST-PREP	1 fl oz	3.92	0.00	0.00	3.92
FROZEN NOVELTIES,ICE TYPE,LIME	1/2 cup (4 fl oz)	32.27	32.27	0.00	32.27

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FROZEN NOVELTIES,ICE TYPE,PINEAPPLE-COCONUT	1/2 cup (4 fl oz)	23.66	0.00	0.69	22.97
FROZEN NOVELTIES,ICE TYPE,POP	1 serving 1.75 fl oz pop	10.00	7.10	0.00	10.00
FROZEN NOVELTIES,ICE TYPE,POP,W/ LO CAL SWTNR	1 serving 1.75 fl oz pop	3.26	0.84	0.00	3.26
FROZEN NOVELTIES,JUC TYPE,JUC W/ CRM	2 1/2 oz	17.12	14.63	0.07	17.05
FROZEN NOVELTIES,JUC TYPE,ORANGE	1 bar	17.15	14.79	0.07	17.07
FROZEN NOVELTIES,JUC TYPE,ORANGE	1 fl oz	6.90	5.96	0.03	6.87
FROZEN NOVELTIES,JUC TYPE,POPSICLE SCRIBBLERS	1 serving 1.2 fl oz pop	6.49	4.81	0.00	6.49
FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR CHOC CONE	1 serving 1 cone	35.80	19.45	3.40	32.41
FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR VANILLA SNDWCH	1 serving 1 sandwich	27.36	13.96	2.75	24.61
FROZEN NOVELTIES,NO SUGAR ADDED CREAMSICLE POPS	1 serving 1 pop	5.67	1.21	1.58	4.08
FROZEN NOVELTIES,NO SUGAR ADDED,FUDGESICLE POPS	1 serving	18.72	3.30	1.34	17.37
FROZEN NOVELTIES,SUGAR FREE,CREAMSICLE POPS	1 serving 2 pops	9.56	0.34	6.00	3.56
FROZEN NOVL,KLONDIKE,SLIM-A-BEAR,NO SGR ADDED,STICKLESS BAR	1 serving 1 bar	20.26	6.74	3.04	17.22
FROZEN YOGURTS,CHOC	1 cup	37.58	33.48	4.00	33.58
FROZEN YOGURTS,CHOC,SOFT-SERVE	1/2 cup (4 fl oz)	17.93	0.00	1.58	16.34
FROZEN YOGURTS,FLAVORS OTHER THAN CHOC	1 cup	37.58	34.66	0.00	37.58
FROZEN YOGURTS,VANILLA,SOFT-SERVE	1/2 cup	17.42	17.28	0.00	17.42
FRUIT BUTTERS,APPLE	1 cup	119.77	99.55	4.23	115.54
FRUIT BUTTERS,APPLE	1 serving	7.22	6.00	0.26	6.96
FRUIT BUTTERS,APPLE	1 tbsp	7.22	6.00	0.26	6.96
FRUIT LEATHER,PIECES	1 oz	23.48	16.32	0.00	23.48
FRUIT LEATHER,PIECES	1 package	22.36	15.55	0.00	22.36
FRUIT LEATHER,PIECES	1 packet (.75 oz)	17.39	12.09	0.00	17.39
FRUIT LEATHER,ROLLS	1 large	18.02	10.32	0.00	18.02
FRUIT LEATHER,ROLLS	1 small	12.01	6.88	0.00	12.01
FRZ NVL, KLONDIKE,SLIM-A-BEAR FUDG BR,98% FT FR,NO SGR ADDED	1 serving 3.5 fl oz bar	22.25	5.25	4.44	17.81
GELATIN DSSRT,DRY MIX	1 package (3 oz)	76.93	73.13	0.00	76.93
GELATIN DSSRT,DRY MIX	1 portion, amount to make 1/2 cup	19.01	18.07	0.00	19.01
GELATIN DSSRT,DRY MIX,PREP W/ H2O	1/2 cup	19.16	18.21	0.00	19.16

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GELATIN DSSRT,DRY MIX,PREP W/ H2O	1 package 3 oz, yields 2 cups	76.63	72.85	0.00	76.63
GELATIN DSSRT,DRY MIX,PREP W/ H2O	1 serving	2.98	2.83	0.00	2.98
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT	1 serving	5.13	0.00	0.01	5.13
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,ADDED P,K,NA,VIT C	1 package (0.35 oz)	3.33	0.00	0.00	3.33
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,ADDED P,K,NA,VIT C	1 portion, amount to make 1/2 cup	0.83	0.00	0.00	0.83
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,ADDED P,K,NA,VIT C	1 tbsp	3.00	0.00	0.00	3.00
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,NO ADDED NA	1 package (0.35 oz)	3.33	0.00	0.00	3.33
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,NO ADDED NA	1 portion, amount to make 1/2 cup	0.83	0.00	0.00	0.83
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,NO ADDED NA	1 tbsp	3.00	0.00	0.00	3.00
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,PREP W/ H2O	1/2 cup	4.94	0.00	0.00	4.94
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,PREP W/ H2O	1 package yield (2 cups)	19.79	0.00	0.00	19.79
GELATIN DSSRT,DRY MIX,W/ ADDED VIT C,SODIUM- CITRATE & SALT	1 package (3 oz)	76.93	0.00	0.00	76.93
GELATIN DSSRT,DRY MIX,W/ ADDED VIT C,SODIUM- CITRATE & SALT	1 portion, amount to make 1/2 cup	19.01	0.00	0.00	19.01
GELATINS,DRY PDR,UNSWTND	1 envelope (1 tbsp)	0.00	0.00	0.00	0.00
GELATINS,DRY PDR,UNSWTND	1 package (1 oz)	0.00	0.00	0.00	0.00
GUMS,SD GUMS (INCL LOCUST BEAN,GUAR)	1 oz	21.91	0.00	21.91	0.00
HONEY	1 cup	279.34	278.39	0.68	278.66
HONEY	1 packet (0.5 oz)	11.54	11.50	0.03	11.51
HONEY	1 tbsp	17.30	17.25	0.04	17.26
ICE CREAMS,BREYERS,98% FAT FREE CHOC	1 serving 1/2 cup	20.52	13.80	3.94	16.58
ICE CREAMS,BREYERS,98% FAT FREE VANILLA	1 serving 1/2 cup	20.75	14.23	3.67	17.07
ICE CREAMS,BREYERS,ALL NAT LT FRENCH CHOC	1 serving 1/2 cup	20.18	16.35	0.68	19.50

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ICE CREAMS,BREYERS,ALL NAT LT FRENCH VANILLA	1 serving 1/2 cup	17.70	14.35	0.14	17.56
ICE CREAMS,BREYERS,ALL NAT LT MINT CHOC CHIP	1 serving 1/2 cup	19.31	17.26	0.41	18.90
ICE CREAMS,BREYERS,ALL NAT LT VANILLA	1 serving 1/2 cup	17.20	15.49	0.14	17.07
ICE CREAMS,BREYERS,ALL NAT LT VANILLA CHOC STRAWBERRY	1 serving 1/2 cup	17.72	15.28	0.27	17.45
ICE CREAMS,BREYERS,NO SUGAR ADDED,BUTTER PECAN	1 serving 1/2 cup	14.48	4.01	0.61	13.87
ICE CREAMS,BREYERS,NO SUGAR ADDED,CHOC CARAMEL	1 serving 1/2 cup	17.87	4.13	0.71	17.16
ICE CREAMS,BREYERS,NO SUGAR ADDED,FRENCH VANILLA	1 serving 1/2 cup	14.11	5.24	0.34	13.77
ICE CREAMS,BREYERS,NO SUGAR ADDED,VANILLA	1 serving 1/2 cup	15.12	4.20	0.35	14.78
ICE CREAMS,BREYERS,NO SUGAR ADDED,VANILLA CHOC STRAWBERRY	1 serving 1/2 cup	14.76	4.18	0.48	14.28
ICE CREAMS,BREYERS,NO SUGAR ADDED,VANILLA FUDGE TWIRL	1 serving 1/2 cup	18.45	3.95	0.58	17.88
ICE CREAMS,CHOC	1/2 cup (4 fl oz)	18.61	16.74	0.79	17.82
ICE CREAMS,CHOC	1 individual (3.5 fl oz)	16.36	14.71	0.70	15.66
ICE CREAMS,CHOC,LT	1 serving	17.48	16.80	0.54	16.93
ICE CREAMS,CHOC,LT	1 unit	25.70	24.71	0.80	24.90
ICE CREAMS,CHOC,LT,NO SUGAR ADDED	1 serving 1/2 cup	19.29	4.07	0.65	18.64
ICE CREAMS,CHOC,RICH	1 cubic inch	2.02	1.77	0.09	1.93
ICE CREAMS,CHOC,RICH	1 cup	29.27	25.68	1.33	27.94
ICE CREAMS,FRENCH VANILLA,SOFT-SERVE	1/2 cup (4 fl oz)	19.09	18.20	0.60	18.49
ICE CREAMS,REG,LO CARBOHYDRATE,CHOC	1 individual (3.5 fl oz)	15.54	3.68	2.78	12.76
ICE CREAMS,REG,LO CARBOHYDRATE,VANILLA	1/2 cup (4 fl oz)	14.67	4.19	3.17	11.50
ICE CREAMS,REG,LO CARBOHYDRATE,VANILLA	1 individual (3.5 fl oz)	12.89	3.68	2.78	10.11
ICE CREAMS,STRAWBERRY	1/2 cup (4 fl oz)	18.22	0.00	0.59	17.62
ICE CREAMS,STRAWBERRY	1 individual (3.5 fl oz)	16.01	0.00	0.52	15.49
ICE CREAMS,VANILLA	1 serving 1/2 cup	15.58	14.01	0.46	15.11
ICE CREAMS,VANILLA,FAT FREE	1/2 cup	20.14	4.22	0.67	19.47
ICE CREAMS,VANILLA,LT	1 serving 1/2 cup	22.39	16.81	0.23	22.16

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ICE CREAMS,VANILLA,LT,NO SUGAR ADDED	1 serving 1/2 cup	14.57	4.39	0.00	14.57
ICE CREAMS,VANILLA,LT,SOFT-SERVE	1 serving 1/2 cup	19.18	16.45	0.00	19.18
ICE CREAMS,VANILLA,RICH	1/2 cup	23.85	22.10	0.00	23.85
ICE CRM BAR,CHOC OR CARAMEL COVERED,W/NUTS	1 bar	16.69	16.20	0.32	16.36
JAMS & PRESERVES,DIETETIC (WITH NA SACCHARIN),ANY FLAVOR	1 cup	120.06	84.69	5.60	114.46
JAMS & PRESERVES,DIETETIC (WITH NA SACCHARIN),ANY FLAVOR	1 tbsp	7.50	5.29	0.35	7.15
JAMS AND PRESERVES	1 packet (0.5 oz)	9.64	6.79	0.15	9.49
JAMS AND PRESERVES	1 tbsp	13.77	9.70	0.22	13.55
JAMS&PRESERVES,APRICOT	1 packet (0.5 oz)	9.02	6.08	0.04	8.97
JAMS&PRESERVES,APRICOT	1 tbsp	12.88	8.68	0.06	12.82
JELLIES	1 packet (0.5 oz)	9.79	7.17	0.14	9.65
JELLIES	1 serving 1 tbsp	14.69	10.76	0.21	14.48
JELLIES,RED SUGAR,HOME PRESERVED	1 cup	138.30	135.90	2.40	135.90
JELLIES,RED SUGAR,HOME PRESERVED	1 tbsp	8.76	8.61	0.15	8.61
MARMALADE,ORANGE	1 cup	212.16	192.00	2.24	209.92
MARMALADE,ORANGE	1 package (0.5 oz)	9.28	8.40	0.10	9.18
MARMALADE,ORANGE	1 serving	13.26	12.00	0.14	13.12
MARMALADE,ORANGE	1 tbsp	13.26	12.00	0.14	13.12
MILK DSSRT,FRZ,MILK-FAT FREE,CHOC	1 cup	51.65	51.65	0.00	51.65
MOLASSES	1 cup	251.84	251.81	0.00	251.84
MOLASSES	1 serving 1 tbsp	14.95	14.94	0.00	14.95
PECTIN,UNSWTND,DRY MIX	1 package (1.75 oz)	45.20	0.00	4.30	40.90
PIE FILLINGS,APPL,CND	1/8 can	19.31	10.21	0.74	18.57
PIE FILLINGS,APPL,CND	1 can (21 oz)	155.30	82.11	5.95	149.35
PIE FILLINGS,APPL,CND	1 serving	22.19	11.73	0.85	21.34
PIE FILLINGS,BLUEBERRY,CND	1 cup	116.28	98.91	6.81	109.46
PIE FILLINGS,BLUEBERRY,CND	1 serving	67.01	57.00	3.93	63.09
PIE FILLINGS,CHERRY,LO CAL	1 cup	31.63	24.16	3.17	28.46
PIE FILLINGS,CHERRY,LO CAL	1 serving	10.18	7.78	1.02	9.16
PIE FILLINGS,CND,CHERRY	1/8 can	20.72	0.00	0.44	20.28
PIE FILLINGS,CND,CHERRY	1 can (21 oz)	166.60	0.00	3.57	163.03
PUDDING,LEMON,DRY MIX,REG,PREP W/ SUGAR,EGG YOLK & H2O	1/2 cup	30.73	17.16	0.00	30.73
Puddings, rice, ready-to-eat	1/2 cup	16.92	10.66	0.28	16.64

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
Puddings, rice, ready-to-eat	1 can (5 oz)	26.11	16.46	0.43	25.69
Puddings, rice, ready-to-eat	1 cup	31.63	19.93	0.52	31.11
Puddings, rice, ready-to-eat	1 oz	5.21	3.29	0.09	5.13
Puddings, rice, ready-to-eat	1 serving 4 oz pudding cup	20.78	13.10	0.34	20.44
PUDDINGS,ALL FLAVORS XCPT CHOC,LO CAL,INST,DRY MIX	1 package 4 servings	27.09	0.29	0.26	26.84
PUDDINGS,ALL FLAVORS XCPT CHOC,LO CAL,INST,DRY MIX	1 serving	6.77	0.07	0.06	6.71
PUDDINGS,ALL FLAVORS XCPT CHOC,LO CAL,REG,DRY MIX	1 cup	223.70	7.54	2.34	221.36
PUDDINGS,ALL FLAVORS XCPT CHOC,LO CAL,REG,DRY MIX	1 serving	97.23	3.28	1.02	96.21
PUDDINGS,BANANA,DRY MIX,INST	1 package (3.5 oz)	91.77	75.80	0.00	91.77
PUDDINGS,BANANA,DRY MIX,INST	1 portion, amount to make 1/2 cup	23.18	19.14	0.00	23.18
PUDDINGS,BANANA,DRY MIX,INST,PREP W/ 2% MILK	1/2 cup From 19191	29.02	0.00	0.00	29.02
PUDDINGS,BANANA,DRY MIX,INST,PREP W/ WHL MILK	1/2 cup	25.10	22.07	0.00	25.10
PUDDINGS,BANANA,DRY MIX,INST,W/ ADDED OIL	1 package (3.5 oz)	88.11	0.00	0.00	88.11
PUDDINGS,BANANA,DRY MIX,INST,W/ ADDED OIL	1 portion, amount to make 1/2 cup	22.25	0.00	0.00	22.25
PUDDINGS,BANANA,DRY MIX,REG	1 package (3.12 oz)	81.84	65.40	0.26	81.58
PUDDINGS,BANANA,DRY MIX,REG	1 portion, amount to make 1/2 cup	20.46	16.35	0.07	20.39
PUDDINGS,BANANA,DRY MIX,REG,PREP W/ 2% MILK	1/2 cup From 19211	26.17	0.00	0.00	26.17
PUDDINGS,BANANA,DRY MIX,REG,PREP W/ WHL MILK	1/2 cup	23.42	20.29	0.00	23.42
PUDDINGS,BANANA,DRY MIX,REG,W/ ADDED OIL	1 package (3.12 oz)	77.79	0.00	0.26	77.53
PUDDINGS,BANANA,DRY MIX,REG,W/ ADDED OIL	1 portion, amount to make 1/2 cup	19.45	0.00	0.07	19.38

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PUDDINGS,CHOC FLAVOR,LO CAL,INST,DRY MIX	1 package 1.4 oz box, 4 servings	31.28	0.28	2.44	28.84
PUDDINGS,CHOC FLAVOR,LO CAL,INST,DRY MIX	1 serving	7.74	0.07	0.60	7.14
PUDDINGS,CHOC FLAVOR,LO CAL,REG,DRY MIX	1 package	29.77	0.28	4.04	25.73
PUDDINGS,CHOC FLAVOR,LO CAL,REG,DRY MIX	1 serving	7.37	0.07	1.00	6.37
PUDDINGS,CHOC,DRY MIX,INST	1 package (3.5 oz)	87.02	67.18	3.56	83.46
PUDDINGS,CHOC,DRY MIX,INST	1 portion, amount to make 1/2 cup	21.98	16.97	0.90	21.08
PUDDINGS,CHOC,DRY MIX,INST,PREP W/ 2% MILK	1/2 cup From 19211	26.82	0.00	0.57	26.26
PUDDINGS,CHOC,DRY MIX,INST,PREP W/ WHL MILK	1/2 cup	27.64	0.00	1.47	26.17
PUDDINGS,CHOC,DRY MIX,INST,PREP W/ WHL MILK	1 package yield (2 cups)	110.36	0.00	5.87	104.49
PUDDINGS,CHOC,DRY MIX,INST,PREP W/ WHOLE MILK	1/2 cup	27.89	16.98	1.14	26.75
PUDDINGS,CHOC,DRY MIX,INST,PREP W/ WHOLE MILK	1 package yield (2 cups)	111.95	68.17	4.56	107.39
PUDDINGS,CHOC,DRY MIX,REG,PREP W/ 2% MILK	1/2 cup	25.29	15.17	1.02	24.27
PUDDINGS,CHOC,RTE	1 container refrigerated, 4 oz container	24.85	18.54	0.00	24.85
PUDDINGS,CHOC,RTE	1 container shelf stable, 3.5 oz container	22.55	16.83	0.00	22.55
PUDDINGS,CHOC,RTE	1 oz	6.52	4.87	0.00	6.52
PUDDINGS,CHOC,RTE,FAT FREE	1 serving 4 oz	23.58	17.80	0.34	23.24
PUDDINGS,COCNT CRM,DRY MIX,INST,PREP W/ 2% MILK	1/2 cup	28.22	0.00	0.15	28.08
PUDDINGS,COCNT CRM,DRY MIX,INST,PREP W/ 2% MILK	1 package yield (2 cups)	112.70	0.00	0.59	112.12
PUDDINGS,COCNT CRM,DRY MIX,INST,PREP W/ WHL MILK	1/2 cup	28.08	0.00	0.15	27.93
PUDDINGS,COCNT CRM,DRY MIX,INST,PREP W/ WHL MILK	1 package yield (2 cups)	112.12	0.00	0.59	111.53
PUDDINGS,COCNT CRM,DRY MIX,REG	1 package (3.12 oz)	72.02	70.88	1.41	70.61

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PUDDINGS,COCNT CRM,DRY MIX,REG	1 portion, amount to make 1/2 cup	20.46	20.14	0.40	20.06
PUDDINGS,COCNT CRM,DRY MIX,REG,PREP W/ 2% MILK	1/2 cup	24.92	0.00	0.28	24.64
PUDDINGS,COCNT CRM,DRY MIX,REG,PREP W/ 2% MILK	1 package yield (2 cups)	99.50	0.00	1.12	98.38
PUDDINGS,COCNT CRM,DRY MIX,REG,PREP W/ WHL MILK	1/2 cup	24.78	0.00	0.28	24.50
PUDDINGS,COCNT CRM,DRY MIX,REG,PREP W/ WHL MILK	1 package yield (2 cups)	98.94	0.00	1.12	97.83
PUDDINGS,LEMON,DRY MIX,INST	1 package (3.5 oz)	94.45	0.00	0.00	94.45
PUDDINGS,LEMON,DRY MIX,INST	1 portion, amount to make 1/2 cup	23.85	0.00	0.00	23.85
PUDDINGS,LEMON,DRY MIX,INST,PREP W/ 2% MILK	1 package	6.46	0.00	0.00	6.46
PUDDINGS,LEMON,DRY MIX,INST,PREP W/ 2% MILK	1 serving	1.62	0.00	0.00	1.62
PUDDINGS,LEMON,DRY MIX,INST,PREP W/ WHL MILK	1/2 cup	29.55	0.00	0.00	29.55
PUDDINGS,LEMON,DRY MIX,INST,PREP W/ WHL MILK	1 package yield (2 cups)	117.99	0.00	0.00	117.99
PUDDINGS,LEMON,DRY MIX,REG	1 package (3 oz)	78.03	0.00	0.09	77.95
PUDDINGS,LEMON,DRY MIX,REG	1 portion, amount to make 1/2 cup	19.28	0.00	0.02	19.26
PUDDINGS,LEMON,DRY MIX,REG,W/ ADDED OIL,K,NA	1 package (3 oz)	76.76	0.00	0.09	76.67
PUDDINGS,LEMON,DRY MIX,REG,W/ ADDED OIL,K,NA	1 portion, amount to make 1/2 cup	18.96	0.00	0.02	18.94
PUDDINGS,RICE,DRY MIX	1 package	96.67	0.00	0.74	95.93
PUDDINGS,RICE,DRY MIX	1 portion, amount to make 1/2 cup	24.62	0.00	0.19	24.44
PUDDINGS,RICE,DRY MIX,PREP W/ 2% MILK	1/2 cup	26.64	0.00	0.13	26.51
PUDDINGS,RICE,DRY MIX,PREP W/ WHL MILK	1/2 cup	26.47	0.00	0.13	26.34
PUDDINGS,TAPIOCA,DRY MIX	1 package (3.5 oz)	86.76	59.80	0.18	86.57
PUDDINGS,TAPIOCA,DRY MIX	1 portion, amount to make 1/2 cup	21.69	14.95	0.05	21.64

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PUDDINGS,TAPIOCA,DRY MIX,PREP W/ 2% MILK	1/2 cup	25.04	0.00	0.00	25.04
PUDDINGS,TAPIOCA,DRY MIX,PREP W/ WHL MILK	1/2 cup	24.87	0.00	0.00	24.87
PUDDINGS,TAPIOCA,DRY MIX,W/ NO ADDED SALT	1 package (3.5 oz)	86.76	0.00	0.18	86.57
PUDDINGS,TAPIOCA,DRY MIX,W/ NO ADDED SALT	1 portion, amount to make 1/2 cup	21.69	0.00	0.05	21.64
PUDDINGS,TAPIOCA,RTE	1 container refrigerated 4 oz	23.86	16.40	0.00	23.86
PUDDINGS,TAPIOCA,RTE	1 container shelf stable 3.5 oz	21.04	14.46	0.00	21.04
PUDDINGS,TAPIOCA,RTE	1 oz	6.15	4.23	0.00	6.15
PUDDINGS,TAPIOCA,RTE,FAT FREE	1 container refrigerated 4 oz	23.87	15.88	0.00	23.87
PUDDINGS,VANILLA,DRY MIX,INST	1 package (3.5 oz)	91.97	91.97	0.00	91.97
PUDDINGS,VANILLA,DRY MIX,INST	1 portion, amount to make 1/2 cup	23.23	23.23	0.00	23.23
PUDDINGS,VANILLA,DRY MIX,INST,PREP W/ WHL MILK	1/2 cup	27.97	25.60	0.00	27.97
PUDDINGS,VANILLA,DRY MIX,INST,PREP W/ WHL MILK	1 package yield (2 cups)	112.09	102.59	0.00	112.09
PUDDINGS,VANILLA,DRY MIX,REG	1 package (3.12 oz)	82.28	69.82	0.53	81.75
PUDDINGS,VANILLA,DRY MIX,REG	1 portion, amount to make 1/2 cup	20.57	17.45	0.13	20.44
PUDDINGS,VANILLA,DRY MIX,REG,PREP W/ 2% MILK	1/2 cup	23.72	0.00	0.00	23.72
PUDDINGS,VANILLA,DRY MIX,REG,PREP W/ WHL MILK	1/2 cup	26.49	23.93	0.14	26.35
PUDDINGS,VANILLA,DRY MIX,REG,PREP W/ WHL MILK	1 package yield (2 cups)	105.76	95.53	0.56	105.20
PUDDINGS,VANILLA,DRY MIX,REG,W/ ADDED OIL	1 package (3.12 oz)	81.31	0.00	0.00	81.31
PUDDINGS,VANILLA,DRY MIX,REG,W/ ADDED OIL	1 portion, amount to make 1/2 cup	20.33	0.00	0.00	20.33

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PUDDINGS,VANILLA,RTE	1 container refrigerated 4 oz	24.86	18.67	0.00	24.86
PUDDINGS,VANILLA,RTE	1 container shelf stable 3.5 oz	21.92	16.46	0.00	21.92
PUDDINGS,VANILLA,RTE	1 oz	6.41	4.81	0.00	6.41
PUDDINGS,VANILLA,RTE,FAT FREE	1 serving 3.5 oz shelf stable	19.96	14.97	0.00	19.96
SHERBET,ORANGE	1/2 cup (4 fl oz)	22.50	18.00	0.96	21.53
SHERBET,ORANGE	1 bar (2.75 fl oz)	20.06	16.05	0.86	19.21
SUGAR,TURBINADO	1 cup	201.60	200.36	0.00	201.60
SUGAR,TURBINADO	1 tsp	4.59	4.56	0.00	4.59
SUGARS,BROWN	1 cup packed	215.80	213.44	0.00	215.80
SUGARS,BROWN	1 cup unpacked	142.23	140.68	0.00	142.23
SUGARS,BROWN	1 tsp brownulated	3.14	3.10	0.00	3.14
SUGARS,BROWN	1 tsp packed	4.51	4.46	0.00	4.51
SUGARS,BROWN	1 tsp unpacked	2.94	2.91	0.00	2.94
SUGARS,GRANULATED	1 cup	199.96	199.60	0.00	199.96
SUGARS,GRANULATED	1 serving 1 cube	2.30	2.30	0.00	2.30
SUGARS,GRANULATED	1 serving packet	2.80	2.79	0.00	2.80
SUGARS,GRANULATED	1 tsp	4.20	4.19	0.00	4.20
SUGARS,MAPLE	1 oz	25.77	24.06	0.00	25.77
SUGARS,MAPLE	1 piece (1-3/4" x 1-1/4" x 1/2")	25.45	23.76	0.00	25.45
SUGARS,MAPLE	1 tsp	2.73	2.55	0.00	2.73
SUGARS,POWDERED	1 cup sifted	99.77	97.81	0.00	99.77
SUGARS,POWDERED	1 cup unsifted	119.72	117.37	0.00	119.72
SUGARS,POWDERED	1 tbsp unsifted	7.98	7.82	0.00	7.98
SUGARS,POWDERED	1 tsp	2.49	2.45	0.00	2.49
Sweetener, syrup, agave	1/4 cup	42.00	37.42	0.11	41.89
Sweetener, syrup, agave	1 tsp	5.27	4.69	0.01	5.26
SWEETENER,HERBAL EXTRACT PDR FROM STEVIA LEAF	1 package	1.00	0.00	0.00	1.00
SWEETENERS,FOR BAKING,BROWN,CONTAINS SUGAR & SUCRALOSE	1 cup	183.54	86.30	0.00	183.54
SWEETENERS,FOR BAKING,BROWN,CONTAINS SUGAR & SUCRALOSE	1 tbsp	12.53	5.89	0.00	12.53

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SWEETENERS,FOR BAKING,CONTAINS SUGAR & SUCRALOSE	1 cup	201.05	95.04	0.00	201.05
SWEETENERS,FOR BAKING,CONTAINS SUGAR & SUCRALOSE	1 tbsp	14.43	6.82	0.00	14.43
SWEETENERS,SUGAR SUB,GRANULATED,BROWN	1 cup	19.50	0.93	0.14	19.36
SWEETENERS,SUGAR SUB,GRANULATED,BROWN	1 tsp	0.42	0.02	0.00	0.42
SWEETENERS,TABLETOP,ASPRT,EQ,PACKETS	1 serving 1 packet	0.89	0.81	0.00	0.89
SWEETENERS,TABLETOP,ASPRT,EQ,PACKETS	1 tsp	3.12	2.82	0.00	3.12
SWEETENERS,TABLETOP,FRUCTOSE,DRY,PDR	1 cup	196.00	181.69	0.00	196.00
SWEETENERS,TABLETOP,FRUCTOSE,DRY,PDR	1 individual packet	3.00	2.78	0.00	3.00
SWEETENERS,TABLETOP,FRUCTOSE,DRY,PDR	1 tsp	4.20	3.89	0.00	4.20
SWEETENERS,TABLETOP,FRUCTOSE,LIQ	1 serving	0.08	0.08	0.00	0.08
SWEETENERS,TABLETOP,SACCHARIN (SODIUM SACCHARIN)	1 serving 1 packet	0.89	0.85	0.00	0.89
SWEETENERS,TABLETOP,SACCHARIN (SODIUM SACCHARIN)	1 serving 1 packet SUGAR TWIN	0.71	0.68	0.00	0.71
SWEETENERS,TABLETOP,SUCRALOSE,SPLENDA PACKETS	1 serving 1 packet	0.91	0.80	0.00	0.91
SYRUP,CANE	1 serving	15.36	15.37	0.00	15.36
SYRUP,MAPLE,CANADIAN	60 milliliter	53.90	47.94	0.00	53.90
SYRUPS,CHOC,FUDGE-TYPE	1 cup	191.22	105.85	8.51	182.70
SYRUPS,CHOC,FUDGE-TYPE	2 tbsp	23.90	13.23	1.06	22.84
SYRUPS,CHOC,HERSHEY'S GENUINE CHOC FLAV LITE SYRUP	2 tbsp	12.10	10.00	0.00	12.10
SYRUPS,CHOC,HERSHEY'S SUGAR FREE,GENUINE CHOC FLAV,LITE SYRU	2 tbsp	4.97	0.09	1.02	3.96
SYRUPS,CORN,DK	1 cup	254.50	254.50	0.00	254.50
SYRUPS,CORN,DK	1 tbsp	15.52	15.52	0.00	15.52
SYRUPS,CORN,HIGH-FRUCTOSE	1 cup	235.60	234.52	0.00	235.60
SYRUPS,CORN,HIGH-FRUCTOSE	1 tbsp	14.44	14.37	0.00	14.44
SYRUPS,CORN,LT	1 cup	261.85	261.79	0.00	261.85
SYRUPS,CORN,LT	1 tbsp	16.89	16.89	0.00	16.89
SYRUPS,DIETETIC	1 cup	118.08	0.02	7.20	110.88
SYRUPS,DIETETIC	1 tbsp	7.38	0.00	0.45	6.93
SYRUPS,GRENADINE	1 tbsp	13.38	9.31	0.00	13.38
SYRUPS,GRENADINE	1 tsp	4.48	3.12	0.00	4.48
SYRUPS,MALT	1 cup	236.72	236.72	0.00	236.72
SYRUPS,MALT	1 tbsp	14.97	14.97	0.00	14.97
SYRUPS,MAPLE	1 cup	211.18	190.45	0.00	211.18

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SYRUPS,MAPLE	1 serving 1/4 cup	55.64	50.18	0.00	55.64
SYRUPS,MAPLE	1 tbsp	13.41	12.09	0.00	13.41
SYRUPS,SORGHUM	1 cup	247.17	247.17	0.00	247.17
SYRUPS,SORGHUM	1 tbsp	15.73	15.73	0.00	15.73
SYRUPS,TABLE BLENDS,CANE&15% MAPLE	1 cup	218.99	214.83	0.32	218.67
SYRUPS,TABLE BLENDS,CANE&15% MAPLE	1 tbsp	13.90	13.64	0.02	13.88
SYRUPS,TABLE BLENDS,CORN,REFINER,&SUGAR	1 cup	265.12	0.00	0.00	265.12
SYRUPS,TABLE BLENDS,CORN,REFINER,&SUGAR	1 tbsp	16.78	0.00	0.00	16.78
SYRUPS,TABLE BLENDS,PANCAKE	1 cup	193.02	67.42	0.00	193.02
SYRUPS,TABLE BLENDS,PANCAKE	1 tbsp	12.29	4.29	0.00	12.29
SYRUPS,TABLE BLENDS,PANCAKE,RED-CAL	1 cup	106.92	78.72	0.00	106.92
SYRUPS,TABLE BLENDS,PANCAKE,RED-CAL	1 oz	12.63	9.30	0.00	12.63
SYRUPS,TABLE BLENDS,PANCAKE,RED-CAL	1 serving 1/4 cup	32.52	23.94	0.00	32.52
SYRUPS,TABLE BLENDS,PANCAKE,RED-CAL	1 tbsp	6.68	4.92	0.00	6.68
SYRUPS,TABLE BLENDS,PANCAKE,W/2% MAPLE	1 cup	219.24	132.30	0.00	219.24
SYRUPS,TABLE BLENDS,PANCAKE,W/2% MAPLE	1 serving 1/4 cup	57.77	34.86	0.00	57.77
SYRUPS,TABLE BLENDS,PANCAKE,W/2% MAPLE	1 tbsp	13.92	8.40	0.00	13.92
SYRUPS,TABLE BLENDS,PANCAKE,W/2% MAPLE,W/ K	1 cup	219.24	0.00	0.00	219.24
SYRUPS,TABLE BLENDS,PANCAKE,W/2% MAPLE,W/ K	1 tbsp	13.92	0.00	0.00	13.92
SYRUPS,TABLE BLENDS,PANCAKE,W/BUTTER	1 cup	233.42	0.00	0.00	233.42
SYRUPS,TABLE BLENDS,PANCAKE,W/BUTTER	1 tbsp	14.82	0.00	0.00	14.82
TOPPINGS,BUTTERSCOTCH OR CARAMEL	2 tbsp	27.02	0.00	0.37	26.65
TOPPINGS,MARSHMLLW CRM	1 jar	156.42	92.66	0.20	156.22
TOPPINGS,MARSHMLLW CRM	1 oz	22.40	13.27	0.03	22.37
TOPPINGS,NUTS IN SYRUP	1 cup	190.50	120.44	7.54	182.96
TOPPINGS,NUTS IN SYRUP	2 tbsp	23.81	15.06	0.94	22.87
TOPPINGS,PINEAPPLE	1 cup	225.76	71.43	1.36	224.40
TOPPINGS,PINEAPPLE	2 tbsp	27.89	8.82	0.17	27.72
TOPPINGS,STRAWBERRY	1 cup	225.42	93.09	2.38	223.04
TOPPINGS,STRAWBERRY	1 serving	26.52	10.95	0.28	26.24
TOPPINGS,STRAWBERRY	2 tbsp	27.85	11.50	0.29	27.55
YOGURT,FRZ,CHOC,NON-FAT MILK,W/LO CAL SWTNR	1 cup	36.64	23.45	3.72	32.92
AMARANTH GRAIN,CKD	1 cup	45.98	0.00	5.17	40.81
AMARANTH GRAIN,UNCKD	1 cup	125.93	3.26	12.93	113.00
ARROWROOT FLOUR	1 cup	112.83	0.00	4.35	108.48
BARLEY FLOUR OR MEAL	1 cup	110.29	1.18	14.95	95.34
BARLEY MALT FLR	1 cup	126.85	1.30	11.50	115.34

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BARLEY,HULLED	1 cup	135.20	1.47	31.83	103.37
BARLEY,PEARLED,COOKED	1 cup	44.31	0.44	5.97	38.34
BARLEY,PEARLED,RAW	1 cup	155.44	1.60	31.20	124.24
BUCKWHEAT	1 cup	121.55	0.00	17.00	104.55
BUCKWHEAT FLR,WHOLE-GROAT	1 cup	84.71	3.12	12.00	72.71
BUCKWHEAT GROATS,RSTD,CKD	1 cup	33.50	1.51	4.54	28.96
BUCKWHEAT GROATS,RSTD,DRY	1 cup	122.92	0.00	16.89	106.03
BULGUR,COOKED	1 cup	33.82	0.18	8.19	25.63
BULGUR,COOKED	1 tbsp	1.56	0.01	0.38	1.18
BULGUR,DRY	1 cup	106.22	0.57	17.50	88.72
CORN BRAN,CRUDE	1 cup	65.09	0.00	60.04	5.05
CORN FLR,DEGERMED,UNENR,YEL	1 cup	104.27	0.81	2.39	101.87
CORN FLR,MASA,ENR,WHITE	1 cup	87.31	1.84	7.30	80.02
CORN FLR,MASA,ENR,YEL	1 cup	87.31	0.00	7.30	80.02
CORN FLR,MASA,UNENR,WHITE	1 cup	87.31	1.84	7.30	80.02
CORN FLR,WHOLE-GRAIN,BLUE (HARINA DE MAIZ MORADO)	1 tbsp	5.10	0.00	0.58	4.52
CORN FLR,WHOLE-GRAIN,WHITE	1 cup	89.91	0.75	8.54	81.37
CORN FLR,WHOLE-GRAIN,YEL	1 cup	89.91	0.75	8.54	81.37
CORN GRAIN,WHITE	1 cup	123.27	0.00	0.00	123.27
CORN GRAIN,YEL	1 cup	123.27	1.06	12.12	111.15
CORNMEAL,DEGERMED,ENR,WHITE	1 cup	124.74	2.53	6.12	118.61
CORNMEAL,DEGERMED,ENR,YEL	1 cup	124.74	2.53	6.12	118.61
CORNMEAL,DEGERMED,UNENR,WHITE	1 cup	124.74	2.53	6.12	118.61
CORNMEAL,DEGERMED,UNENR,YEL	1 cup	124.74	2.53	6.12	118.61
CORNMEAL,SELF-RISING,BOLTED,PLN,ENR,WHITE	1 cup	85.74	0.00	8.17	77.57
CORNMEAL,SELF-RISING,BOLTED,PLN,ENR,YEL	1 cup	85.74	0.00	8.17	77.57
CORNMEAL,SELF-RISING,BOLTED,W/WHEAT FLR,ENR,WHITE	1 cup	124.83	0.00	10.71	114.12
CORNMEAL,SELF-RISING,BOLTED,W/WHEAT FLR,ENR,YEL	1 cup	124.83	0.00	10.71	114.12
CORNMEAL,SELF-RISING,DEGERMED,ENR,WHITE	1 cup	103.21	0.00	9.80	93.41
CORNMEAL,SELF-RISING,DEGERMED,ENR,YEL	1 cup	103.21	0.00	9.80	93.41
CORNMEAL,WHOLE-GRAIN,WHITE	1 cup	93.81	0.78	8.91	84.90
CORNMEAL,WHOLE-GRAIN,YEL	1 cup	93.81	0.78	8.91	84.90
CORNSTARCH	1 cup	116.83	0.00	1.15	115.67
COUSCOUS,COOKED	1 cup, cooked	36.46	0.16	2.20	34.26
COUSCOUS,COOKED	1 cup, dry, yields	122.60	0.53	7.39	115.21
COUSCOUS,COOKED	1 oz, dry, yields	19.97	0.09	1.20	18.77
COUSCOUS,DRY	1 cup	133.95	0.00	8.65	125.30
HOMINY,CANNED,WHITE	1 cup	23.53	3.00	4.13	19.40
HOMINY,CANNED,YELLOW	1 cup	22.82	0.00	4.00	18.82

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MACARONI,CKD,UNENR	1 cup elbow shaped	43.20	0.78	2.52	40.68
MACARONI,COOKED,ENRICHED	1 cup elbow shaped	43.20	0.78	2.52	40.68
MACARONI,COOKED,ENRICHED	1 cup small shells	35.49	0.64	2.07	33.42
MACARONI,COOKED,ENRICHED	1 cup spiral shaped	41.35	0.75	2.41	38.94
MACARONI,DRY,ENR	1 cup elbow shaped	78.40	2.80	3.36	75.04
MACARONI,DRY,ENR	1 cup small shells	69.44	2.48	2.98	66.47
MACARONI,DRY,ENR	1 cup spiral shaped	62.72	2.24	2.69	60.03
MACARONI,DRY,ENR	2 oz	42.56	1.52	1.82	40.74
MACARONI,DRY,UNENRICHED	1 cup elbow shaped	78.40	2.80	3.36	75.04
MACARONI,DRY,UNENRICHED	2 oz	42.56	1.52	1.82	40.74
MACARONI,PROTEIN-FORTIFIED,CKD,ENR,(N X 5.70)	1 cup small shells	36.41	0.00	0.00	36.41
MACARONI,PROTEIN-FORTIFIED,CKD,ENR,(N X 6.25)	1 cup small shells	35.51	0.00	1.73	33.79
MACARONI,PROTEIN-FORTIFIED,DRY,ENR,(N X 5.70)	1 cup small shells	62.83	0.00	2.23	60.60
MACARONI,PROTEIN-FORTIFIED,DRY,ENR,(N X 5.70)	2 oz	38.51	0.00	1.37	37.14
MACARONI,PROTEIN-FORTIFIED,DRY,ENR,(N X 6.25)	1 cup small shells	61.05	0.00	2.23	58.82
MACARONI,PROTEIN-FORTIFIED,DRY,ENR,(N X 6.25)	2 oz	37.42	0.00	1.37	36.05
MACARONI,VEG,CKD,ENR	1 cup spiral shaped	35.66	1.54	5.76	29.90
MACARONI,VEG,DRY,ENR	1 cup spiral shaped	62.90	0.00	3.61	59.29
MACARONI,VEG,DRY,ENR	2 oz	42.68	0.00	2.45	40.23
MACARONI,WHOLE-WHEAT,CKD	1 cup elbow shaped	37.16	1.12	3.92	33.24
MACARONI,WHOLE-WHEAT,DRY	1 cup elbow shaped	78.78	0.00	8.72	70.07
MACARONI,WHOLE-WHEAT,DRY	2 oz	42.77	0.00	4.73	38.04
MILLET FLR	1 cup	89.39	1.98	4.17	85.23
MILLET,COOKED	1 cup	41.19	0.23	2.26	38.92
MILLET,RAW	1 cup	145.70	0.00	17.00	128.70
NOODLES,CHINESE,CHOW MEIN	1/2 cup dry	20.38	1.60	1.04	19.35
NOODLES,CHINESE,CHOW MEIN	1 1/2 oz	31.30	2.46	1.59	29.71

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NOODLES,EGG,CKD,ENR	1 cup	40.26	0.64	1.92	38.34
NOODLES,EGG,CKD,ENR,W/ SALT	1 cup	40.26	0.64	1.92	38.34
NOODLES,EGG,CKD,UNENR,W/ SALT	1 cup	40.26	0.64	1.92	38.34
NOODLES,EGG,CKD,UNENR,WO/ SALT	1 cup	40.26	0.64	1.92	38.34
NOODLES,EGG,DRY,ENRICHED	1 cup	27.08	0.71	1.25	25.83
NOODLES,EGG,DRY,ENRICHED	2 oz	40.62	1.07	1.88	38.74
NOODLES,EGG,DRY,UNENR	1 cup	27.08	0.71	1.25	25.83
NOODLES,EGG,SPINACH,CKD,ENR	1 cup	38.80	1.14	3.68	35.12
NOODLES,EGG,SPINACH,DRY,ENR	1 cup	26.72	0.00	2.58	24.14
NOODLES,EGG,SPINACH,DRY,ENR	2 oz	40.08	0.00	3.88	36.21
NOODLES,FLAT,CRUNCHY,CHINESE RESTAURANT	1 cup	23.36	0.11	0.86	22.50
NOODLES,JAPANESE,SOBA,CKD	1 cup	24.44	0.00	0.00	24.44
NOODLES,JAPANESE,SOBA,DRY	2 oz	42.53	0.00	0.00	42.53
NOODLES,JAPANESE,SOMEN,CKD	1 cup	48.47	0.00	0.00	48.47
NOODLES,JAPANESE,SOMEN,DRY	2 oz	42.24	0.00	2.45	39.79
OAT BRAN,COOKED	1 cup	25.05	0.00	5.69	19.36
OAT BRAN,RAW	1 cup	62.25	1.36	14.48	47.77
OAT FLR,PART DEBRANNED	1 cup	68.33	0.83	6.76	61.57
OATS	1 cup	103.38	0.00	16.54	86.85
PASTA,CORN,COOKED	1 cup	39.07	0.00	6.72	32.35
PASTA,CORN,DRY	1 cup	83.22	0.00	11.55	71.67
PASTA,CORN,DRY	2 oz	45.18	0.00	6.27	38.91
PASTA,FRESH-REFRIGERATED,PLN,AS PURCHASED	4 1/2 oz	70.05	0.00	0.00	70.05
PASTA,FRESH-REFRIGERATED,PLN,CKD	2 oz	14.21	0.00	0.00	14.21
PASTA,FRESH-REFRIGERATED,SPINACH,AS PURCHASED	4 1/2 oz	71.32	0.00	0.00	71.32
PASTA,FRESH-REFRIGERATED,SPINACH,CKD	2 oz	14.27	0.00	0.00	14.27
PASTA,HOMEMADE,MADE W/EGG,CKD	2 oz	13.42	0.00	0.00	13.42
PASTA,HOMEMADE,MADE WO/EGG,CKD	2 oz	14.32	0.00	0.00	14.32
QUINOA,CKD	1 cup	39.41	1.61	5.18	34.23
QUINOA,UNCKD	1 cup	109.07	0.00	11.90	97.17
RICE BRAN,CRUDE	1 cup	58.63	1.06	24.78	33.85
RICE FLOUR,BROWN	1 cup	120.84	1.34	7.27	113.57
RICE FLOUR,WHITE	1 cup	126.61	0.19	3.79	122.81
RICE NOODLES,CKD	1 cup	42.26	0.05	1.76	40.50
RICE NOODLES,DRY	2 oz	45.70	0.07	0.91	44.79
RICE,BROWN,LONG-GRAIN,CKD	1 cup	44.77	0.68	3.51	41.26
RICE,BROWN,LONG-GRAIN,RAW	1 cup	142.89	1.57	6.48	136.42
RICE,BROWN,MEDIUM-GRAIN,CKD	1 cup	45.84	0.00	3.51	42.33
RICE,BROWN,MEDIUM-GRAIN,RAW	1 cup	144.72	0.00	6.46	138.26
RICE,WHITE,GLUTINOUS,CKD	1 cup	36.70	0.09	1.74	34.96
RICE,WHITE,GLUTINOUS,RAW	1 cup	151.11	0.00	5.18	145.93
RICE,WHITE,LONG-GRAIN,PARBLD,ENR,CKD	1 cup	41.16	0.17	1.42	39.74

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RICE,WHITE,LONG-GRAIN,PARBLD,ENR,DRY	1 cup	149.65	0.61	3.33	146.32
RICE,WHITE,LONG-GRAIN,PARBLD,UNENR,CKD	1 cup	41.16	0.17	1.42	39.74
RICE,WHITE,LONG-GRAIN,PARBLD,UNENR,DRY	1 cup	149.65	0.61	3.33	146.32
RICE,WHITE,LONG-GRAIN,PRECKD OR INST,ENR,DRY	1 cup	78.20	0.05	1.81	76.40
RICE,WHITE,LONG-GRAIN,PRECKD OR INST,ENR,PREP	1 cup	44.15	0.00	0.99	43.16
RICE,WHITE,LONG-GRAIN,REG,CKD,ENR	1 cup	44.51	0.08	0.63	43.88
RICE,WHITE,LONG-GRAIN,REG,CKD,ENR,W/SALT	1 cup	44.51	0.08	0.63	43.88
RICE,WHITE,LONG-GRAIN,REG,CKD,UNENR,W/SALT	1 cup	44.51	0.08	0.63	43.88
RICE,WHITE,LONG-GRAIN,REG,CKD,UNENR,WO/SALT	1 cup	44.51	0.08	0.63	43.88
RICE,WHITE,LONG-GRAIN,REG,RAW,ENR	1 cup	147.91	0.22	2.41	145.50
RICE,WHITE,LONG-GRAIN,REG,RAW,UNENR	1 cup	147.91	0.22	2.41	145.50
RICE,WHITE,MEDIUM-GRAIN,CKD	1 cup	53.18	0.00	0.56	52.62
RICE,WHITE,MEDIUM-GRAIN,CKD,UNENR	1 cup	53.18	0.00	0.00	53.18
RICE,WHITE,MEDIUM-GRAIN,RAW,ENR	1 cup	154.71	0.00	2.73	151.98
RICE,WHITE,MEDIUM-GRAIN,RAW,UNENR	1 cup	154.71	0.00	0.00	154.71
RICE,WHITE,SHORT-GRAIN,CKD	1 cup	53.44	0.00	0.00	53.44
RICE,WHITE,SHORT-GRAIN,CKD,UNENR	1 cup	58.90	0.00	0.00	58.90
RICE,WHITE,SHORT-GRAIN,RAW	1 cup	158.30	0.00	5.60	152.70
RICE,WHITE,SHORT-GRAIN,RAW,UNENR	1 cup	158.30	0.00	0.00	158.30
RICE,WHITE,STMD,CHINESE RESTAURANT	1 cup, loosely packed	44.72	0.00	1.19	43.53
RYE FLOUR,DARK	1 cup	87.85	2.96	30.46	57.38
RYE FLOUR,LIGHT	1 cup	78.21	0.95	8.16	70.05
RYE FLOUR,MEDIUM	1 cup	76.94	1.12	12.04	64.90
RYE GRAIN	1 cup	128.20	1.66	25.52	102.68
SEMOLINA,ENRICHED	1 cup	121.63	0.00	6.51	115.11
SEMOLINA,UNENRICHED	1 cup	121.63	0.00	6.51	115.11
SORGHUM FLR,REFINED,UNENR	1 cup	123.73	0.00	3.06	120.67
SORGHUM FLR,WHOLE-GRAIN	1 cup	92.73	2.35	7.99	84.75
SORGHUM GRAIN	1 cup	138.41	4.86	12.86	125.55
SPAGHETTI,CKD,ENR,W/ SALT	1 cup	42.83	0.78	2.52	40.31
SPAGHETTI,CKD,ENR,WO/ SALT	1 cup	43.20	0.78	2.52	40.68
SPAGHETTI,CKD,UNENR,W/ SALT	1 cup	42.83	0.78	2.52	40.31
SPAGHETTI,CKD,UNENR,WO/ SALT	1 cup	43.20	0.78	2.52	40.68
SPAGHETTI,DRY,ENRICHED	2 oz	42.56	1.52	1.82	40.74
SPAGHETTI,DRY,UNENRICHED	2 oz	42.56	1.52	1.82	40.74
SPAGHETTI,PROTEIN-FORTIFIED,CKD,ENR (N X 5.70)	1 cup	44.32	0.00	2.38	41.94
SPAGHETTI,PROTEIN-FORTIFIED,CKD,ENR (N X 6.25)	1 cup	43.23	0.00	2.80	40.43
SPAGHETTI,PROTEIN-FORTIFIED,DRY,ENR (N X 5.70)	2 oz	38.51	0.00	0.00	38.51
SPAGHETTI,PROTEIN-FORTIFIED,DRY,ENR (N X 6.25)	2 oz	37.42	0.00	1.37	36.05
SPAGHETTI,SPINACH,COOKED	1 cup	36.61	0.00	0.00	36.61

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SPAGHETTI,SPINACH,DRY	2 oz	42.64	1.55	6.04	36.60
SPAGHETTI,WHOLE-WHEAT,CKD	1 cup	37.16	1.12	6.30	30.86
SPAGHETTI,WHOLE-WHEAT,DRY	2 oz	42.77	0.00	0.00	42.77
SPELT,CKD	1 cup	51.29	0.00	7.57	43.73
SPELT,UNCKD	1 cup	122.13	11.87	18.62	103.51
TAPIOCA,PEARL,DRY	1 cup	134.81	5.09	1.37	133.44
TEFF,CKD	1 cup	50.05	0.00	7.06	42.99
TEFF,UNCKD	1 cup	141.14	3.55	15.44	125.70
TRITICALE	1 cup	138.49	0.00	0.00	138.49
TRITICALE FLR,WHOLE-GRAIN	1 cup	95.08	0.00	18.98	76.10
WHEAT BRAN,CRUDE	1 cup	37.42	0.24	24.82	12.59
WHEAT FLOUR,WHOLE-GRAIN	1 cup	86.36	0.49	12.84	73.52
WHEAT FLOURS,BREAD,UNENR	1 cup unsifted, dipped	99.37	0.42	3.29	96.08
WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED	1 cup	95.39	0.34	3.38	92.01
WHEAT FLR,WHITE,ALL-PURPOSE,ENR,CALCIUM-FORTIFIED	1 cup	95.39	0.00	3.38	92.01
WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBLEACHED	1 cup	95.39	0.34	3.38	92.01
WHEAT FLR,WHITE,ALL-PURPOSE,SELF-RISING,ENR	1 cup	92.78	0.28	3.38	89.40
WHEAT FLR,WHITE,ALL-PURPOSE,UNENR	1 cup	95.39	0.34	3.38	92.01
WHEAT FLR,WHITE,BREAD,ENR	1 cup	99.37	0.42	3.29	96.08
WHEAT FLR,WHITE,CAKE,ENR	1 cup unsifted, dipped	106.90	0.42	2.33	104.57
WHEAT FLR,WHITE,TORTILLA MIX,ENR	1 cup	74.53	0.00	0.00	74.53
WHEAT GERM,CRUDE	1 cup	59.57	0.00	15.18	44.39
WHEAT,DURUM	1 cup	136.57	0.00	0.00	136.57
WHEAT,HARD RED SPRING	1 cup	130.62	0.79	23.42	107.19
WHEAT,HARD RED WINTER	1 cup	136.67	0.79	23.42	113.24
WHEAT,HARD WHITE	1 cup	145.73	0.79	23.42	122.30
WHEAT,KAMUT KHORASAN,CKD	1 cup	47.47	5.28	7.40	40.08
WHEAT,KAMUT KHORASAN,UNCKD	1 cup	131.28	14.58	20.65	110.63
WHEAT,SOFT RED WINTER	1 cup	124.72	0.69	21.00	103.72
WHEAT,SOFT WHITE	1 cup	126.60	0.69	21.34	105.27
WHEAT,SPROUTED	1 cup	45.93	0.00	1.19	44.74
WILD RICE,COOKED	1 cup	35.00	1.20	2.95	32.05
WILD RICE,RAW	1 cup	119.84	4.00	9.92	109.92
BREAKFAST ITEMS,BISCUIT W/EGG&SAUSAGE	1 item	34.10	1.54	0.32	33.78
BURGER KING, CHSBRGR	1 item	31.53	5.97	3.72	27.81
BURGER KING,CHICK STRIPS	1 serving 5 pieces	35.45	0.00	2.25	33.20
BURGER KING,CHICK STRIPS	1 strip	7.38	0.00	0.47	6.91
BURGER KING,CROISSAN'WICH W/ EGG & CHS	1 item	27.27	4.43	0.77	26.50
BURGER KING,CROISSAN'WICH W/ SAUSAGE & CHS	1 item	30.13	4.40	0.92	29.21

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BURGER KING,CROISSAN'WICH W/ SAUSAGE,EGG & CHS	1 sandwich	27.19	5.34	3.08	24.11
BURGER KING,DOUBLE CHEESEBURGER	1 sandwich	28.24	6.76	0.00	28.24
BURGER KING,DOUBLE WHOPPER,NO CHS	1 item	51.39	13.16	5.24	46.15
BURGER KING,DOUBLE WHOPPER,W/ CHS	1 item	53.94	14.40	6.38	47.56
BURGER KING,FRENCH FR	1 large serving	61.92	0.82	4.64	57.28
BURGER KING,FRENCH FR	1 medium serving	45.28	0.60	3.39	41.89
BURGER KING,FRENCH FR	1 small serving	28.64	0.38	2.15	26.49
BURGER KING,FRENCH TOAST STKS	1 serving 5 sticks	44.09	10.58	1.50	42.60
BURGER KING,FRENCH TOAST STKS	1 stick	8.65	2.08	0.29	8.36
BURGER KING,HAMBURGER	1 sandwich	26.49	5.54	1.98	24.51
BURGER KING,HASH BROWN ROUNDS	1 piece	1.64	0.04	0.13	1.52
BURGER KING,HASH BROWN ROUNDS	1 serving	46.99	1.01	3.68	43.31
BURGER KING,ONION RINGS	1 large	61.88	7.71	3.83	58.05
BURGER KING,ONION RINGS	1 medium	50.99	6.35	3.16	47.83
BURGER KING,ONION RINGS	1 small	39.66	4.94	2.46	37.20
BURGER KING,ORIGINAL CHICK SNDWCH	1 sandwich	52.18	6.01	4.78	47.40
BURGER KING,PREMIUM FISH SNDWCH	1 sandwich	58.72	7.77	1.98	56.74
BURGER KING,VANILLA SHAKE	1 fluid ounce	4.76	2.92	0.00	4.76
BURGER KING,VANILLA SHAKE	1 medium 16 fl oz	75.55	46.33	0.00	75.55
BURGER KING,VANILLA SHAKE	1 small 12 fl oz	56.71	34.78	0.00	56.71
BURGER KING,WHOPPER,NO CHS	1 item	53.98	12.28	5.24	48.74
BURGER KING,WHOPPER,W/ CHS	1 item	52.77	12.99	3.16	49.61
CHICK-FIL-A,CHICK-N-STRIPS	1 serving 4 pieces	20.88	2.49	1.81	19.07
CHICK-FIL-A,CHICK-N-STRIPS	1 strip	5.20	0.62	0.45	4.75
CHICK-FIL-A,HASH BROWNS	1 piece	1.68	0.03	0.18	1.50
CHICK-FIL-A,HASH BROWNS	1 serving	23.49	0.42	2.46	21.03
CRISPY CHICK,BACON,& TOMATO CLUB SNDWCH,W/ CHS,LETUCE,& MAYO	1 sandwich	61.27	13.52	3.25	58.02
DIGIORNO PIZZA,CHS TOPPING,CHS STUFFED CRUST,FRZ,BKD	1 pie 12" diameter	205.44	0.00	13.07	192.36
DIGIORNO PIZZA,CHS TOPPING,CHS STUFFED CRUST,FRZ,BKD	1 slice 1/4 of pie	48.97	0.00	3.12	45.85
DIGIORNO PIZZA,CHS TOPPING,RISING CRUST,FRZ,BKD	1 pie 12" diameter	231.68	36.45	17.50	214.18
DIGIORNO PIZZA,CHS TOPPING,RISING CRUST,FRZ,BKD	1 slice 1/4 of pie	58.16	9.15	4.39	53.77
DIGIORNO PIZZA,CHS TOPPING,THIN CRISPY CRUST,FRZ,BKD	1 pie 23 oz	170.20	0.00	19.29	150.91

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DIGIORNO PIZZA,CHS TOPPING,THIN CRISPY CRUST,FRZ,BKD	1 slice 1/4 of pie	42.62	0.00	4.83	37.79
DIGIORNO PIZZA,PEPPERONI TOPPING,CHS STUFFED CRUST,FRZ,BKD	1 pie 12" diameter	215.65	0.00	15.37	200.28
DIGIORNO PIZZA,PEPPERONI TOPPING,CHS STUFFED CRUST,FRZ,BKD	1 slice 1/4 of pie	52.73	0.00	3.76	48.97
DIGIORNO PIZZA,PEPPERONI TOPPING,RISING CRUST,FRZ,BKD	1 pie 12" diameter	236.43	38.71	17.46	218.97
DIGIORNO PIZZA,PEPPERONI TOPPING,RISING CRUST,FRZ,BKD	1 slice 1/4 of pie	64.48	10.56	4.76	59.72
DIGIORNO PIZZA,PEPPERONI TOPPING,THIN CRISPY CRUST,FRZ,BKD	1 pie 22.1 oz	157.11	0.00	15.34	141.77
DIGIORNO PIZZA,PEPPERONI TOPPING,THIN CRISPY CRUST,FRZ,BKD	1 slice 1/4 of pie	41.57	0.00	4.06	37.51
DIGIORNO PIZZA,SUPREME TOPPING,RISING CRUST,FRZ,BKD	1 pie 12" diameter	244.67	41.26	20.15	224.52
DIGIORNO PIZZA,SUPREME TOPPING,RISING CRUST,FRZ,BKD	1 slice 1/4 of pie	63.40	10.69	5.22	58.18
DIGIORNO PIZZA,SUPREME TOPPING,THIN CRISPY CRUST,FRZ,BKD	1 pie 24.8 oz	166.90	0.00	16.66	150.24
DIGIORNO PIZZA,SUPREME TOPPING,THIN CRISPY CRUST,FRZ,BKD	1 slice 1/4 of pie	43.48	0.00	4.34	39.14
DOMINO'S 14" CHS PIZZA,CLASSIC HAND-TOSSED CRUST	1 pizza	287.53	34.77	19.03	268.50
DOMINO'S 14" CHS PIZZA,CLASSIC HAND-TOSSED CRUST	1 slice	35.90	4.34	2.38	33.52
DOMINO'S 14" CHS PIZZA,CRUNCHY THIN CRUST	1 pizza	152.17	22.09	13.50	138.67
DOMINO'S 14" CHS PIZZA,CRUNCHY THIN CRUST	1 slice	19.73	2.86	1.75	17.98
DOMINO'S 14" CHS PIZZA,ULTIMATE DEEP DISH CRUST	1 pizza	317.06	39.96	22.73	294.33
DOMINO'S 14" CHS PIZZA,ULTIMATE DEEP DISH CRUST	1 slice	39.51	4.98	2.83	36.67
DOMINO'S 14" EXTRAVAGANZZA FST PIZZA,CLSSIC HAND-TOSSED CRST	1 pizza	314.81	40.39	24.48	290.33
DOMINO'S 14" EXTRAVAGANZZA FST PIZZA,CLSSIC HAND-TOSSED CRST	1 slice	38.84	4.98	3.02	35.82
DOMINO'S 14" PEPPERONI PIZZA,CLASSIC HAND-TOSSED CRUST	1 pizza	288.97	33.47	19.05	269.92
DOMINO'S 14" PEPPERONI PIZZA,CLASSIC HAND-TOSSED CRUST	1 slice	36.00	4.17	2.37	33.63
DOMINO'S 14" PEPPERONI PIZZA,CRUNCHY THIN CRUST	1 pizza	142.72	20.55	14.64	128.08

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DOMINO'S 14" PEPPERONI PIZZA,CRUNCHY THIN CRUST	1 slice	20.03	2.88	2.05	17.97
DOMINO'S 14" PEPPERONI PIZZA,ULTIMATE DEEP DISH CRUST	1 pizza	313.80	38.47	23.62	290.18
DOMINO'S 14" PEPPERONI PIZZA,ULTIMATE DEEP DISH CRUST	1 slice	39.22	4.81	2.95	36.27
DOMINO'S 14" SAUSAGE PIZZA,CLASSIC HAND-TOSSED CRUST	1 pizza	290.70	35.79	21.91	268.79
DOMINO'S 14" SAUSAGE PIZZA,CLASSIC HAND-TOSSED CRUST	1 slice	36.30	4.47	2.74	33.56
DOMINO'S 14" SAUSAGE PIZZA,CRUNCHY THIN CRUST	1 pizza	151.04	20.42	15.52	135.52
DOMINO'S 14" SAUSAGE PIZZA,CRUNCHY THIN CRUST	1 slice	19.73	2.67	2.03	17.71
DOMINO'S 14" SAUSAGE PIZZA,ULTIMATE DEEP DISH CRUST	1 pizza	321.67	39.42	26.83	294.84
DOMINO'S 14" SAUSAGE PIZZA,ULTIMATE DEEP DISH CRUST	1 slice	40.21	4.93	3.35	36.86
ENTREES,CRAB CAKE	1 cake	5.11	0.00	0.24	4.87
ENTREES,FISH FILLET,BATTERED OR BREADED,&FRIED	1 fillet	15.44	0.00	0.46	14.99
FAST FD,BISCUIT	1 biscuit	23.55	2.13	1.38	22.18
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,REG CRUST	1 pizza	284.30	30.54	19.62	264.69
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,REG CRUST	1 slice	35.66	3.83	2.46	33.20
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,STUFFED CRUST	1 pizza whole	281.10	27.17	15.93	265.17
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,STUFFED CRUST	1 slice 1/8 pizza	35.10	3.39	1.99	33.11
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,THICK CRUST	1 pizza	305.83	30.79	20.28	285.54
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,THICK CRUST	1 slice	38.15	3.84	2.53	35.62
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,THIN CRUST	1 pizza	184.08	21.30	14.75	169.33
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,THIN CRUST	1 slice	23.71	2.74	1.90	21.81
FAST FD,PIZZA CHAIN,14" PIZZA,MEAT & VEG TOPPING,REG CRUST	1 pie	296.44	43.57	25.70	270.74
FAST FD,PIZZA CHAIN,14" PIZZA,MEAT & VEG TOPPING,REG CRUST	1 slice	34.52	5.07	2.99	31.52

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FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,REG CRUST	1 pizza	286.22	29.18	20.59	265.64
FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,REG CRUST	1 slice	35.50	3.62	2.55	32.94
FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,THICK CRUST	1 pizza	301.21	27.72	20.81	280.39
FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,THICK CRUST	1 slice	37.57	3.46	2.60	34.98
FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,THIN CRUST	1 pizza	173.13	19.22	13.73	159.40
FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,THIN CRUST	1 slice	22.91	2.54	1.82	21.09
FAST FD,PIZZA CHAIN,14" PIZZA,SAUSAGE TOPPING,REG CRUST	1 pizza	285.38	30.94	21.44	263.94
FAST FD,PIZZA CHAIN,14" PIZZA,SAUSAGE TOPPING,REG CRUST	1 slice	35.52	3.85	2.67	32.85
FAST FD,PIZZA CHAIN,14" PIZZA,SAUSAGE TOPPING,THICK CRUST	1 pizza	308.76	28.68	23.39	285.37
FAST FD,PIZZA CHAIN,14" PIZZA,SAUSAGE TOPPING,THICK CRUST	1 slice	38.56	3.58	2.92	35.64
FAST FD,PIZZA CHAIN,14" PIZZA,SAUSAGE TOPPING,THIN CRUST	1 pizza	180.90	20.23	16.75	164.15
FAST FD,PIZZA CHAIN,14" PIZZA,SAUSAGE TOPPING,THIN CRUST	1 slice	23.76	2.66	2.20	21.56
FAST FDS,CHSEBURGER; DOUBLE,LRG PATTY; W/ CONDMNT,VEG & MAYO	1 item	44.80	12.82	4.62	40.19
FAST FDS,GRILLED CHICK FILET SNDWCH,W/ LETTUCE,TOMATO & SPRD	1 sandwich	38.59	7.08	2.07	36.52
FAST FOODS BISCUIT W/ EGG	1 biscuit	31.91	0.00	0.82	31.09
FAST FOODS, COLESLAW	1 cup	28.44	23.28	3.63	24.81
FAST FOODS, COLESLAW	1 package	17.27	14.14	2.20	15.07
FAST FOODS,BAGEL,W/ BRKFST STEAK,EGG,CHS,& CONDMNT	1 item	58.39	7.54	0.51	57.89
FAST FOODS,BAGEL,W/ EGG,SAUSAGE PATTY,CHS,& CONDMNT	1 item	49.58	6.29	0.44	49.14
FAST FOODS,BISCUIT W/ EGG & STEAK	1 biscuit	21.27	0.00	0.00	21.27
FAST FOODS,BISCUIT,W/EGG&BACON	1 biscuit	28.59	3.29	0.75	27.84
FAST FOODS,BISCUIT,W/EGG&HAM	1 biscuit	29.79	4.00	0.73	29.07
FAST FOODS,BISCUIT,W/EGG,CHS,&BACON	1 item	35.44	2.52	0.29	35.15
FAST FOODS,BISCUIT,W/HAM	1 biscuit	62.78	3.19	1.13	61.64
FAST FOODS,BISCUIT,W/SAUSAGE	1 item	33.29	1.76	0.44	32.84
FAST FOODS,BROWNIE	1 brownie (2" square)	38.97	0.00	0.00	38.97

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FAST FOODS,BURRITO,W/ BNS & BF	1 item	47.04	5.28	7.23	39.81
FAST FOODS,BURRITO,W/BF	2 pieces	58.52	0.00	0.00	58.52
FAST FOODS,BURRITO,W/BF&CHILI PEPPERS	2 pieces	49.45	0.00	0.00	49.45
FAST FOODS,BURRITO,W/BF,CHS,&CHILI PEPPERS	2 pieces	63.72	0.00	0.00	63.72
FAST FOODS,BURRITO,W/BNS	2 pieces	71.44	0.00	0.00	71.44
FAST FOODS,BURRITO,W/BNS&CHILI PEPPERS	2 pieces	58.08	0.00	0.00	58.08
FAST FOODS,BURRITO,W/BNS&CHS	1 each burrito	57.78	3.20	7.77	50.01
FAST FOODS,BURRITO,W/BNS,CHS,&BF	1 burrito	56.32	5.06	8.92	47.40
FAST FOODS,BURRITO,W/BNS,CHS,&CHILI PEPPERS	2 pieces	85.18	0.00	0.00	85.18
FAST FOODS,BURRITO,W/FRUIT (APPL OR CHERRY)	1 burrito, large	73.27	0.00	0.00	73.27
FAST FOODS,BURRITO,W/FRUIT (APPL OR CHERRY)	1 burrito, small	34.98	0.00	0.00	34.98
FAST FOODS,CHEESEBURGER,DOUBLE,REG PATTY & BUN,W/ CONDMNT	1 sandwich	27.85	6.45	1.55	26.30
FAST FOODS,CHEESEBURGER; DOUBLE,LRG PATTY,W/ CONDMNT & VEG	1 sandwich	39.65	0.00	0.00	39.65
FAST FOODS,CHEESEBURGER; DOUBLE,LRG PATTY; W/ CONDMNT	1 item	40.40	9.77	2.80	37.60
FAST FOODS,CHEESEBURGER; DOUBLE,REG PATTY,W/ CONDMNT & VEG	1 sandwich	35.19	0.00	0.00	35.19
FAST FOODS,CHEESEBURGER; DOUBLE,REG PATTY; PLN	1 item	30.99	5.99	1.04	29.95
FAST FOODS,CHEESEBURGER; DOUBLE,REG PATTY; W/ CONDMNT	1 sandwich	27.85	6.45	1.40	26.46
FAST FOODS,CHEESEBURGER; SINGLE,LRG PATTY; PLN	1 sandwich	43.81	8.50	3.09	40.71
FAST FOODS,CHEESEBURGER; SINGLE,LRG PATTY; W/ CONDMNT	1 item	39.24	7.16	2.39	36.85
FAST FOODS,CHEESEBURGER; SINGLE,LRG PATTY; W/ CONDMNT & VEG	1 sandwich	39.17	9.32	3.26	35.91
FAST FOODS,CHEESEBURGER; SINGLE,REG PATTY,W/ CONDMNT	1 item	32.33	6.65	2.41	29.92
FAST FOODS,CHEESEBURGER; SINGLE,REG PATTY,W/ CONDMNT & VEG	1 sandwich	28.72	5.88	1.61	27.11
FAST FOODS,CHEESEBURGER; SINGLE,REG PATTY; PLN	1 sandwich	25.51	4.44	1.82	23.69
FAST FOODS,CHEESEBURGER; TRIPLE,REG PATTY; PLN	1 item	40.24	8.19	1.25	38.99
FAST FOODS,CHESEBRGER; SING,LRG PATY; W/ CONDMNT,VEG & MAYO	1 sandwich	38.12	9.68	2.37	35.75
FAST FOODS,CHEESEBURGER; SINGLE,LRG PATTY; W/ CONDMNT & BACON	1 item	39.86	9.77	2.74	37.11
FAST FOODS,CHICK FILLET SNDWCH,PLN	1 sandwich	38.69	0.00	0.00	38.69
FAST FOODS,CHICK TENDERS	1 serving	31.74	0.74	2.21	29.53

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FAST FOODS,CHICK TENDERS	1 strip	5.18	0.12	0.36	4.82
FAST FOODS,CHICK,BREADED & FRIED,BNLESS PIECES,PLN	4 pieces	9.56	0.05	0.58	8.98
FAST FOODS,CHICK,BREADED & FRIED,BNLESS PIECES,PLN	6 pieces	14.33	0.08	0.86	13.47
FAST FOODS,CHICK,BREADED & FRIED,BNLESS PIECES,PLN	10 pieces	23.89	0.13	1.44	22.45
FAST FOODS,CHICK,BREADED & FRIED,BNLESS PIECES,PLN	20 pieces	47.78	0.26	2.88	44.90
FAST FOODS,CHICK,BREADED&FRIED,DK MEAT (DRUMSTK OR THIGH)	2 pieces	15.70	0.00	0.00	15.70
FAST FOODS,CHICK,BREADED&FRIED,LT MEAT (BREAST OR WING)	2 pieces	19.58	0.00	0.00	19.58
FAST FOODS,CHILI CON CARNE	1 cup (8 fl oz)	21.94	0.00	0.00	21.94
FAST FOODS,CHIMICHANGA,W/BF	1 chimichanga	42.80	0.00	0.00	42.80
FAST FOODS,CHIMICHANGA,W/BF&CHS	1 chimichanga	39.33	0.00	0.00	39.33
FAST FOODS,CHIMICHANGA,W/BF&RED CHILI PEPPERS	1 chimichanga	45.77	0.00	0.00	45.77
FAST FOODS,CHIMICHANGA,W/BF,CHS,&RED CHILI PEPPERS	1 chimichanga	38.27	0.00	0.00	38.27
FAST FOODS,CHSBURGER; SINGLE,LRG PATTY; W/ CONDMNT,VEG & HAM	1 sandwich	33.05	0.00	0.00	33.05
FAST FOODS,CHSBURGR; DBL,RG PTTY; DBL BN W/ CNDMNT & SPL SAU	1 item	47.15	7.14	3.07	44.08
FAST FOODS,CHSEBURGER; DBLE,REG,PATTY & BN; W/ CONDMNT & VEG	1 sandwich	53.12	0.00	0.00	53.12
FAST FOODS,CLAMS,BREADED&FRIED	3/4 cup	38.81	0.00	0.00	38.81
FAST FOODS,COOKIES,ANIMAL CRACKERS	1 box	50.47	0.00	0.00	50.47
FAST FOODS,COOKIES,CHOC CHIP	1 box	36.22	0.00	0.00	36.22
FAST FOODS,CORN ON THE COB W/BUTTER	1 ear	31.94	0.00	0.00	31.94
FAST FOODS,CRISPY CHICK FILET SNDWCH,W/ LETTUCE & MAYO	1 sandwich	41.65	5.17	2.13	39.52
FAST FOODS,CROISSANT,W/EGG&CHS	1 croissant	28.51	0.00	0.00	28.51
FAST FOODS,CROISSANT,W/EGG,CHS,&BACON	1 croissant	23.65	0.00	0.00	23.65
FAST FOODS,CROISSANT,W/EGG,CHS,&HAM	1 croissant	18.00	0.00	0.00	18.00
FAST FOODS,CROISSANT,W/EGG,CHS,&SAUSAGE	1 sandwich	27.19	5.34	3.08	24.11
FAST FOODS,EGG&CHS SNDWCH	1 sandwich	25.93	0.00	0.00	25.93
FAST FOODS,EGG,SCRAMBLED	2 eggs	2.00	1.57	0.00	2.00
FAST FOODS,ENCHILADA,W/CHS	1 enchilada	28.54	0.00	0.00	28.54
FAST FOODS,ENCHILADA,W/CHS&BF	1 enchilada	30.47	0.00	0.00	30.47
FAST FOODS,ENCHIRITO,W/CHS,BF,&BNS	1 enchirito	33.79	0.00	0.00	33.79
FAST FOODS,ENG MUFFIN,W/BUTTER	1 muffin	30.36	0.00	0.00	30.36
FAST FOODS,ENG MUFFIN,W/CHS&SAUSAGE	1 item	27.30	2.14	0.54	26.76

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FAST FOODS,ENG MUFFIN,W/EGG,CHS,&CANADIAN BACON	1 sandwich	27.30	2.68	0.50	26.80
FAST FOODS,ENG MUFFIN,W/EGG,CHS,&SAUSAGE	1 item	28.78	2.46	0.33	28.45
FAST FOODS,FISH SNDWCH,W/TARTAR SAU	1 sandwich	58.72	7.77	2.20	56.52
FAST FOODS,FISH SNDWCH,W/TARTAR SAU&CHS	1 sandwich	35.36	4.92	1.07	34.29
FAST FOODS,FRENCH TOAST STKS	3 pieces	26.79	6.43	0.91	25.88
FAST FOODS,FRENCH TOAST STKS	5 pieces	44.92	10.78	1.53	43.39
FAST FOODS,FRENCH TOAST W/ BUTTER	2 slices	36.05	0.00	0.00	36.05
FAST FOODS,FRIED CHICK,BREAST,MEAT & SKN & BREADING	1 breast, bone and skin removed	6.45	0.00	0.11	6.35
FAST FOODS,FRIED CHICK,BREAST,MEAT & SKN & BREADING	1 breast, with skin	12.24	0.00	0.20	12.04
FAST FOODS,FRIED CHICK,BREAST,MEAT & SKN & BREADING	1 breast, without skin	8.56	0.00	0.14	8.42
FAST FOODS,FRIED CHICK,BREAST,MEAT ONLY,SKN & BRDING REMOVED	1 breast bone and skin removed	0.00	0.00	0.00	0.00
FAST FOODS,FRIED CHICK,BREAST,MEAT ONLY,SKN & BRDING REMOVED	1 breast without skin	0.00	0.00	0.00	0.00
FAST FOODS,FRIED CHICK,DRMSTK,MEAT ONLY,SKN & BRDING REMOVED	1 drumstick, bone and skin removed	0.00	0.00	0.00	0.00
FAST FOODS,FRIED CHICK,DRMSTK,MEAT ONLY,SKN & BRDING REMOVED	1 drumstick, drumstick without skin	0.00	0.00	0.00	0.00
FAST FOODS,FRIED CHICK,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, bone and skin removed	3.04	0.00	0.20	2.84
FAST FOODS,FRIED CHICK,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, with skin	5.69	0.00	0.38	5.32
FAST FOODS,FRIED CHICK,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, without skin	4.25	0.00	0.28	3.97
FAST FOODS,FRIED CHICK,THIGH,MEAT & SKN & BREADING	1 thigh bone and skin removed	5.73	0.00	0.07	5.66
FAST FOODS,FRIED CHICK,THIGH,MEAT & SKN & BREADING	1 thigh with skin	11.80	0.00	0.14	11.67
FAST FOODS,FRIED CHICK,THIGH,MEAT & SKN & BREADING	1 thigh without skin	7.29	0.00	0.08	7.21
FAST FOODS,FRIED CHICK,THIGH,MEAT ONLY,SKN & BREDING REMOVED	1 thigh bone and skin removed	0.16	0.00	0.00	0.16

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FAST FOODS,FRIED CHICK,THIGH,MEAT ONLY,SKN & BREEDING REMOVED	1 thigh without skin	0.20	0.00	0.00	0.20
FAST FOODS,FRIED CHICK,WING,MEAT & SKN & BREADING	1 wing, bone and skin removed	2.24	0.00	0.02	2.22
FAST FOODS,FRIED CHICK,WING,MEAT & SKN & BREADING	1 wing, with skin	6.49	0.00	0.06	6.43
FAST FOODS,FRIED CHICK,WING,MEAT & SKN & BREADING	1 wing, without skin	4.14	0.00	0.04	4.10
FAST FOODS,FRIED CHICK,WING,MEAT ONLY,SKN & BREADING REMOVED	1 wing bone and skin removed	0.43	0.00	0.00	0.43
FAST FOODS,FRIED CHICK,WING,MEAT ONLY,SKN & BREADING REMOVED	1 wing without skin	0.79	0.00	0.00	0.79
FAST FOODS,FRIJOLES W/CHS	1 cup	28.71	0.00	0.00	28.71
FAST FOODS,GRIDDLE CAKE SNDWCH,EGG,CHS,& BACON	1 item 6.1 oz	45.57	16.63	1.39	44.18
FAST FOODS,GRIDDLE CAKE SNDWCH,EGG,CHS,& SAUSAGE	1 item 7.017 oz	43.86	15.72	1.19	42.67
FAST FOODS,GRIDDLE CAKE SNDWCH,SAUSAGE	1 item 4.744 oz	42.19	15.16	1.35	40.84
FAST FOODS,HAM&CHS SNDWCH	1 sandwich	33.35	0.00	0.00	33.35
FAST FOODS,HAM,EGG,&CHS SNDWCH	1 sandwich	30.95	0.00	0.00	30.95
FAST FOODS,HAMBURGER,LRG,SINGLE PATTY,W/CONDMNT	1 item	37.86	6.28	1.88	35.98
FAST FOODS,HAMBURGER,LRG,TRIPLE PATTY,W/CONDMNT	1 sandwich	28.59	0.00	0.00	28.59
FAST FOODS,HAMBURGER; DOUBLE,LRG PATTY; W/ CONDMNT & VEG	1 sandwich	40.27	0.00	0.00	40.27
FAST FOODS,HAMBURGER; DOUBLE,LRG PATY; W/ CONDMNT,VEG & MAYO	1 item	51.39	13.16	5.24	46.15
FAST FOODS,HAMBURGER; DOUBLE,REG PATTY; W/ CONDMNT	1 item	38.74	0.00	0.00	38.74
FAST FOODS,HAMBURGER; DOUBLE,REG,PATTY; PLN	1 item	28.92	4.98	1.08	27.84
FAST FOODS,HAMBURGER; SINGLE,LRG PATTY; PLN	1 sandwich	31.73	0.00	0.00	31.73
FAST FOODS,HAMBURGER; SINGLE,LRG PATTY; W/ CONDMNT & VEG	1 sandwich	40.00	0.00	0.00	40.00
FAST FOODS,HAMBURGER; SINGLE,REG PATTY; PLN	1 sandwich	24.57	3.81	1.33	23.24
FAST FOODS,HAMBURGER; SINGLE,REG PATTY; W/ CONDMNT	1 sandwich	28.68	5.77	1.75	26.94
FAST FOODS,HAMBURGER; SINGLE,REG PATTY; W/ CONDMNT & VEG	1 item	27.29	0.00	0.00	27.29
FAST FOODS,HMBURGR; SNG,REG PTTY; DBL BN W/ CNDMNT & SPL SAU	1 item	46.51	0.00	2.87	43.64

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FAST FOODS,HOTDOG,PLAIN	1 sandwich	18.03	0.00	0.00	18.03
FAST FOODS,HOTDOG,W/CHILI	1 sandwich	31.29	0.00	0.00	31.29
FAST FOODS,HOTDOG,W/CORN FLR COATING (CORNDOG)	1 sandwich	55.79	0.00	0.00	55.79
FAST FOODS,HUSH PUPPIES	1 piece	8.85	0.84	0.64	8.21
FAST FOODS,MINIATURE CINN ROLLS	1 each	13.35	4.50	0.55	12.80
FAST FOODS,NACHOS,W/ CHS,BNS,GROUND BF,& TOMATOES	1 serving	47.49	3.62	8.21	39.27
FAST FOODS,NACHOS,W/CHS	1 serving	27.93	1.74	2.56	25.37
FAST FOODS,ONION RINGS,BREADED&FRIED	1 package (18 onion rings)	50.99	6.35	3.16	47.83
FAST FOODS,OYSTERS,BATTERED OR BREADED,&FRIED	6 pieces	39.88	0.00	0.00	39.88
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU	1 piece	52.92	0.00	0.00	52.92
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU&BACON	1 piece	55.14	0.00	0.00	55.14
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU&BROCCOLI	1 piece	61.02	0.00	0.00	61.02
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU&CHILI	1 piece	66.04	0.00	0.00	66.04
FAST FOODS,POTATO,BKD&TOPPED W/SOUR CRM&CHIVES	1 piece	58.98	0.00	0.00	58.98
FAST FOODS,POTATO,MASHED	1 cup	35.45	1.21	3.15	32.31
FAST FOODS,POTATOES,HASH BROWNS,RND PIECES OR PATTY	1 patty	15.31	0.30	1.43	13.88
FAST FOODS,POTATOES,HASH BROWNS,RND PIECES OR PATTY	1 round piece	1.59	0.03	0.15	1.44
FAST FOODS,POTATOES,HASH BROWNS,RND PIECES OR PATTY	1 serving 14 round pieces	22.24	0.43	2.08	20.16
FAST FOODS,POTATOES,HASH BROWNS,RND PIECES OR PATTY	1 serving 29 round pieces	46.21	0.90	4.32	41.89
FAST FOODS,QUESADILLA,W/ CHICK	1 each quesadilla	43.27	3.38	3.06	40.21
FAST FOODS,SALAD,VEG TOSSED,WO/DRSNG,W/TURKEY,HAM&CHS	1 1/2 cup	4.73	0.00	0.00	4.73
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG	3/4 cup	3.35	0.00	0.00	3.35
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG	1 1/2 cup	6.67	0.00	0.00	6.67
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/CHICK	1 1/2 cup	3.73	0.00	0.00	3.73
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/CHS&EGG	1 1/2 cup	4.75	0.00	0.00	4.75

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FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/PASTA&SEAF OOD	1 1/2 cup	31.98	0.00	0.00	31.98
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/SHRIMP	1 1/2 cup	6.61	0.00	0.00	6.61
FAST FOODS,SCALLOPS,BREADED&FRIED	6 pieces	38.49	0.00	0.00	38.49
FAST FOODS,SHRIMP,BREADED&FRIED	3 pieces shrimp	10.92	0.04	0.27	10.64
FAST FOODS,SUBMARINE SNDWCH,COLD CUT BRD W/ LETTUCE & TOMATO	6 inch sub	40.04	6.23	2.35	37.69
FAST FOODS,SUBMARINE SNDWCH,COLD CUT BRD W/ LETTUCE & TOMATO	12 inch sub	79.88	12.43	4.69	75.19
FAST FOODS,SUBMARINE SNDWCH,RST BF BREAD W/ LETTUCE & TOMATO	6 inch sub	38.65	5.70	1.33	37.32
FAST FOODS,SUBMARINE SNDWCH,RST BF BREAD W/ LETTUCE & TOMATO	12 inch sub	77.50	11.43	2.67	74.83
FAST FOODS,SUBMARINE SNDWCH,TUNA BREAD W/ LETTUCE & TOMATO	6 inch sub	37.80	4.57	1.66	36.14
FAST FOODS,SUBMARINE SNDWCH,TUNA BREAD W/ LETTUCE & TOMATO	12 inch sub	75.60	9.15	3.32	72.29
FAST FOODS,SUNDAE,CARAMEL	1 sundae	49.31	0.00	0.00	49.31
FAST FOODS,SUNDAE,HOT FUDGE	1 sundae	47.67	0.00	0.00	47.67
FAST FOODS,SUNDAE,STRAWBERRY	1 sundae	44.65	0.00	0.00	44.65
FAST FOODS,TACO SALAD	1 1/2 cup	23.58	0.00	0.00	23.58
FAST FOODS,TACO SALAD W/CHILI CON CARNE	1 1/2 cup	26.57	0.00	0.00	26.57
FAST FOODS,TACO W/ BF,CHS & LETTUCE,HARD SHELL	1 each taco	13.70	0.62	2.69	11.01
FAST FOODS,TACO W/ BF,CHS & LETTUCE,SOFT	1 each taco	20.63	1.60	2.96	17.68
FAST FOODS,TACO W/ CHICK,LETTUCE & CHS,SOFT	1 each taco	19.30	1.27	1.18	18.12
FAST FOODS,TOSTADA,W/BF&CHS	1 piece	22.77	0.00	0.00	22.77
FAST FOODS,TOSTADA,W/BNS&CHS	1 piece	26.52	0.00	0.00	26.52
FAST FOODS,TOSTADA,W/BNS,BF,&CHS	1 piece	29.66	0.00	0.00	29.66
FAST FOODS,VANILLA,LT,SOFT-SERVE ICE CRM,W/ CONE	1 item	31.63	23.39	0.12	31.51
FST FOODS, POTATO, FRNCH FRIED IN VEG OIL	1 serving large	63.82	0.46	5.85	57.97
FST FOODS, POTATO, FRNCH FRIED IN VEG OIL	1 serving medium	48.48	0.35	4.45	44.04
FST FOODS, POTATO, FRNCH FRIED IN VEG OIL	1 serving small	29.42	0.21	2.70	26.72
FT FDS, HAMBRRGER; SIN, LRG PATTY; W/ CONDMNTS, VEG, MAYO	1 item	42.81	9.88	3.71	39.10
GRILLED CHICK,BACON & TOMO CLB SNDWCH,W/ CHS,LETTUCE,& MAYO	1 sandwich	53.25	12.54	3.22	50.04
KASHI Pizza, Mushroom Trio & Spinach	1/3 pizza	27.80	2.60	4.41	23.39

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KASHI PIZZA,FOUR CHS	1/3 pizza	36.11	8.74	6.10	30.02
KASHI PIZZA,GREEK TZATZIKI,SINGLE SERVE	1 Pizza	44.25	4.02	8.79	35.46
KASHI PIZZA,MARGHERITA	1/3 pizza	29.04	3.73	4.29	24.75
KASHI PIZZA,MEDITERRANEAN	1/3 pizza	37.20	3.36	4.92	32.28
KASHI PIZZA,RSTD VEG	1/3 pizza	28.42	3.36	4.29	24.13
KASHI PIZZA,TIKKA MASALA,SINGLE SERVE	1 Pizza	46.91	6.36	9.54	37.37
KFC,BISCUIT	1 biscuit	21.34	1.98	0.98	20.36
KFC,COLESLAW	1 cup	29.89	25.86	3.82	26.07
KFC,COLESLAW	1 package	17.53	15.16	2.24	15.29
KFC,CRISPY CHICK STRIPS	1 strip	6.42	0.00	0.66	5.76
KFC,FRIED CHICK,EX CRISPY,BREAST,MEAT & SKN W/ BREADING	1 breast, bone and skin removed	10.25	0.00	0.00	10.25
KFC,FRIED CHICK,EX CRISPY,BREAST,MEAT & SKN W/ BREADING	1 breast, with skin	17.96	0.00	0.00	17.96
KFC,FRIED CHICK,EX CRISPY,BREAST,MEAT & SKN W/ BREADING	1 breast, without skin	11.86	0.00	0.00	11.86
KFC,FRIED CHICK,EX CRISPY,BREAST,MEAT ONLY,SKN & BRDING RMVD	1 breast, bone and skin removed	0.30	0.00	0.00	0.30
KFC,FRIED CHICK,EX CRISPY,BREAST,MEAT ONLY,SKN & BRDING RMVD	1 breast, without skin	0.35	0.00	0.00	0.35
KFC,FRIED CHICK,EX CRISPY,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, bone and skin removed	3.26	0.00	0.00	3.26
KFC,FRIED CHICK,EX CRISPY,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, with skin	6.45	0.00	0.00	6.45
KFC,FRIED CHICK,EX CRISPY,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, without skin	4.54	0.00	0.00	4.54
KFC,FRIED CHICK,EX CRISPY,DRUMSTK,MEAT ONLY,SKN & BRDNG RMVD	1 drumstick, bone and skin removed	0.00	0.00	0.00	0.00
KFC,FRIED CHICK,EX CRISPY,DRUMSTK,MEAT ONLY,SKN & BRDNG RMVD	1 drumstick, without skin	0.00	0.00	0.00	0.00
KFC,FRIED CHICK,EX CRISPY,THIGH,MEAT & SKN W/ BREADING	1 thigh, bone and skin removed	7.42	0.00	0.00	7.42
KFC,FRIED CHICK,EX CRISPY,THIGH,MEAT & SKN W/ BREADING	1 thigh, with skin	15.66	0.00	0.00	15.66
KFC,FRIED CHICK,EX CRISPY,THIGH,MEAT & SKN W/ BREADING	1 thigh, without skin	9.37	0.00	0.00	9.37

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KFC,FRIED CHICK,EX CRISPY,THIGH,MEAT ONLY,SKN & BRDING RMVD	1 thigh, bone and skin removed	0.00	0.00	0.00	0.00
KFC,FRIED CHICK,EX CRISPY,THIGH,MEAT ONLY,SKN & BRDING RMVD	1 thigh, without skin	0.00	0.00	0.00	0.00
KFC,FRIED CHICK,EX CRISPY,WING,MEAT & SKN W/ BREADING	1 wing, bone and skin removed	3.38	0.00	0.00	3.38
KFC,FRIED CHICK,EX CRISPY,WING,MEAT & SKN W/ BREADING	1 wing, with skin	7.93	0.00	0.00	7.93
KFC,FRIED CHICK,EX CRISPY,WING,MEAT & SKN W/ BREADING	1 wing, without skin	5.13	0.00	0.00	5.13
KFC,FRIED CHICK,EX CRISPY,WING,MEAT ONLY,SKN & BRDING REMOVD	1 wing, bone and skin removed	0.86	0.00	0.00	0.86
KFC,FRIED CHICK,EX CRISPY,WING,MEAT ONLY,SKN & BRDING REMOVD	1 wing, without skin	1.31	0.00	0.00	1.31
KFC,FRIED CHICK,ORIGINAL RECIPE,BREAST,MEAT & SKN W/ BRDING	1 breast, bone and skin removed	7.22	0.00	0.00	7.22
KFC,FRIED CHICK,ORIGINAL RECIPE,BREAST,MEAT & SKN W/ BRDING	1 breast, with skin	13.31	0.00	0.00	13.31
KFC,FRIED CHICK,ORIGINAL RECIPE,BREAST,MEAT & SKN W/ BRDING	1 breast, without skin	9.55	0.00	0.00	9.55
KFC,FRIED CHICK,ORIGINAL RECIPE,BREAST,MEAT NLY,SKN BRDNG RD	1 breast bone and skin removed	0.00	0.00	0.00	0.00
KFC,FRIED CHICK,ORIGINAL RECIPE,BREAST,MEAT NLY,SKN BRDNG RD	1 breast without skin	0.00	0.00	0.00	0.00
KFC,FRIED CHICK,ORIGINAL RECIPE,DRUMSTK,MEAT & SKN W/ BRDING	1 drumstick, bone and skin removed	2.16	0.00	0.00	2.16
KFC,FRIED CHICK,ORIGINAL RECIPE,DRUMSTK,MEAT & SKN W/ BRDING	1 drumstick, with skin	4.04	0.00	0.00	4.04
KFC,FRIED CHICK,ORIGINAL RECIPE,DRUMSTK,MEAT & SKN W/ BRDING	1 drumstick, without skin	3.07	0.00	0.00	3.07
KFC,FRIED CHICK,ORIGINAL RECIPE,DRUMSTK,MEAT ONLY,SKN BRG RD	1 drumstick, bone and skin removed	0.04	0.00	0.00	0.04
KFC,FRIED CHICK,ORIGINAL RECIPE,DRUMSTK,MEAT ONLY,SKN BRG RD	1 drumstick, without skin	0.06	0.00	0.00	0.06

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KFC,FRIED CHICK,ORIGINAL RECIPE,THIGH,MEAT & SKN W/ BREADING	1 thigh, bone and skin removed	5.08	0.00	0.00	5.08
KFC,FRIED CHICK,ORIGINAL RECIPE,THIGH,MEAT & SKN W/ BREADING	1 thigh, with skin	11.42	0.00	0.00	11.42
KFC,FRIED CHICK,ORIGINAL RECIPE,THIGH,MEAT & SKN W/ BREADING	1 thigh, without skin	7.28	0.00	0.00	7.28
KFC,FRIED CHICK,ORIGINAL RECIPE,THIGH,MEAT ONLY,SKN BRDNG RD	1 thigh bone and skin removed	0.01	0.00	0.00	0.01
KFC,FRIED CHICK,ORIGINAL RECIPE,THIGH,MEAT ONLY,SKN BRDNG RD	1 thigh without skin	0.01	0.00	0.00	0.01
KFC,FRIED CHICK,ORIGINAL RECIPE,WING,MEAT & SKN W/ BREADING	1 wing, bone and skin removed	2.28	0.00	0.00	2.28
KFC,FRIED CHICK,ORIGINAL RECIPE,WING,MEAT & SKN W/ BREADING	1 wing, with skin	5.96	0.00	0.00	5.96
KFC,FRIED CHICK,ORIGINAL RECIPE,WING,MEAT & SKN W/ BREADING	1 wing, without skin	3.87	0.00	0.00	3.87
KFC,FRIED CHICK,ORIGINAL RECIPE,WING,MEAT ONLY,SKN BRDNG RD	1 wing bone and skin removed	0.40	0.00	0.00	0.40
KFC,FRIED CHICK,ORIGINAL RECIPE,WING,MEAT ONLY,SKN BRDNG RD	1 wing wing without skin	0.69	0.00	0.00	0.69
KFC,POPCORN CHICK	1 piece	1.36	0.00	0.06	1.29
KFC,POPCORN CHICK	10 pieces	11.86	0.00	0.56	11.30
LIGHT ICE CRM,SOFT SERVE,BLENDED W/ COOKIE PIECES	12 fl oz cup	86.10	71.41	0.34	85.77
LIGHT ICE CRM,SOFT SERVE,BLENDED W/ MILK CHOC CANDIES	12 fl oz cup	93.33	84.81	0.70	92.64
LITTLE CAESARS 14" CHS PIZZA,LRG DEEP DISH CRUST	1 pie	276.62	33.64	11.95	264.67
LITTLE CAESARS 14" CHS PIZZA,LRG DEEP DISH CRUST	1 slice	30.70	3.73	1.33	29.38
LITTLE CAESARS 14" CHS PIZZA,THIN CRUST	1/2 pie	82.72	9.99	5.79	76.93
LITTLE CAESARS 14" CHS PIZZA,THIN CRUST	1 pie	128.42	15.51	8.99	119.43
LITTLE CAESARS 14" CHS PIZZA,THIN CRUST	1 slice	10.97	1.32	0.77	10.20
LITTLE CAESARS 14" ORIGINAL RND CHS PIZZA,REG CRUST	1 pie	238.77	30.47	12.89	225.88
LITTLE CAESARS 14" ORIGINAL RND CHS PIZZA,REG CRUST	1 slice	28.04	3.58	1.51	26.52
LITTLE CAESARS 14" ORIGINAL RND MEAT & VEG PIZZA,REG CRUST	1 pie	240.93	39.01	21.90	219.03
LITTLE CAESARS 14" ORIGINAL RND MEAT & VEG PIZZA,REG CRUST	1 slice	26.57	4.30	2.42	24.15

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LITTLE CAESARS 14" ORIGINAL RND PEPPERONI PIZZA,REG CRUST	1 pie	264.21	32.04	14.48	249.72
LITTLE CAESARS 14" ORIGINAL RND PEPPERONI PIZZA,REG CRUST	1 slice	27.91	3.38	1.53	26.38
LITTLE CAESARS 14" PEPPERONI PIZZA,LRG DEEP DISH CRUST	1 pie	272.30	31.80	14.07	258.23
LITTLE CAESARS 14" PEPPERONI PIZZA,LRG DEEP DISH CRUST	1 slice	30.19	3.53	1.56	28.63
MCDONALD'S BACON RANCH SALAD W/ CRISPY CHICK	1 item 11.3 oz	19.40	4.88	3.19	16.21
MCDONALD'S, CHEESEBURGER	1 item 4 oz	33.09	7.40	1.31	31.78
MCDONALD'S, FLT-O-FSH	1 sandwich	35.36	4.92	1.88	33.49
MCDONALD'S,BACON EGG & CHS BISCUIT	1 item 4.9 oz	31.61	3.10	1.28	30.33
MCDONALD'S,BACON RANCH SALAD W/ GRILLED CHICK	1 item 10.8 oz	11.10	5.28	3.05	8.05
MCDONALD'S,BACON RANCH SALAD WO/ CHICK	1 item 7.8 oz	9.37	4.77	3.35	6.02
MCDONALD'S,BACON,EGG & CHS MCGRIDDLES	1 item 5.8 oz	43.21	15.77	1.32	41.89
MCDONALD'S,BARBEQUE SAU	1 package	10.34	9.61	0.36	9.98
MCDONALD'S,BIG BRKFST	1 item 9.5 oz	47.08	2.50	2.96	44.12
MCDONALD'S,BIG MAC	1 item 7.6 oz	43.98	8.69	3.50	40.47
MCDONALD'S,BIG MAC (WITHOUT BIG MAC SAUCE)	1 item	42.02	7.40	3.40	38.62
MCDONALD'S,BKD APPL PIE	2 5/7 oz	33.59	13.28	1.54	32.05
MCDONALD'S,CHICK MCNUGGETS	4 pieces	9.66	0.05	0.00	9.66
MCDONALD'S,CHICK MCNUGGETS	6 pieces	14.34	0.08	0.00	14.34
MCDONALD'S,CHICK MCNUGGETS	10 pieces	23.99	0.13	0.00	23.99
MCDONALD'S,CREAMY RANCH SAU	1 1/2 oz	1.50	1.48	0.00	1.50
MCDONALD'S,DELUXE BRKFST,W/ SYRUP & MARGARINE	1 item 14.8 oz	123.82	41.50	4.20	119.62
MCDONALD'S,DOUBLE CHEESEBURGER	1 sandwich	29.12	6.56	1.24	27.88
MCDONALD'S,DOUBLE QUARTER POUNDER W/ CHS	1 item	40.40	9.77	2.80	37.60
MCDONALD'S,EGG MCMUFFIN	1 sandwich	27.30	2.68	1.39	25.92
MCDONALD'S,FILET-O-FISH (WITHOUT TARTAR SAUCE)	1 item	38.54	5.29	1.24	37.30
MCDONALD'S,FRENCH FR	1 kids serving	13.20	0.07	1.21	11.99
MCDONALD'S,FRENCH FR	1 large serving	65.57	0.32	6.01	59.57
MCDONALD'S,FRENCH FR	1 medium serving	49.82	0.25	4.56	45.26
MCDONALD'S,FRENCH FR	1 small serving	30.23	0.15	2.77	27.46
MCDONALD'S,FRUIT 'N YOGURT PARFAIT	1 item 5.2 oz	30.87	19.12	1.49	29.38
MCDONALD'S,FRUIT 'N YOGURT PARFAIT (WITHOUT GRANOLA)	1 item	25.09	16.90	1.28	23.81
MCDONALD'S,HAMBURGER	1 sandwich	28.77	5.73	1.24	27.53

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MCDONALD'S,HASH BROWN	1 serving 1 patty	15.14	0.29	1.48	13.65
MCDONALD'S,HOT CARAMEL SUNDAE	1 item 6.42 oz	60.72	42.84	0.00	60.72
MCDONALD'S,HOT FUDGE SUNDAE	1 item 6.314 oz	53.79	48.13	0.72	53.07
MCDONALD'S,HOT MUSTARD SAU	1 package	8.14	6.09	1.40	6.74
MCDONALD'S,HOTCAKES & SAUSAGE	1 item	72.10	14.00	3.07	69.02
MCDONALD'S,HOTCAKES (PLAIN)	3 hotcakes 5.3 oz	57.02	13.17	2.09	54.94
MCDONALD'S,HOTCAKES (WITH 2 PATS MARGARINE & SYRUP)	1 item	101.84	45.48	1.99	99.85
MCDONALD'S,LOFAT CARAMEL SAU	4/5 oz	15.02	9.07	0.00	15.02
MCDONALD'S,MCCHICKEN SNDWCH	1 sandwich	36.64	4.68	1.70	34.94
MCDONALD'S,MCCHICKEN SNDWCH (WITHOUT MAYONNAISE)	1 item	42.71	5.74	1.93	40.78
MCDONALD'S,MCFLURRY W/ M&M'S CANDIES	12 fl oz cup regular	93.33	84.81	0.70	92.64
MCDONALD'S,MCFLURRY W/ M&M'S CANDIES	16 fl oz cup large	135.17	122.82	1.01	134.16
MCDONALD'S,MCFLURRY W/ OREO COOKIES	12 fl oz cup regular	86.10	71.41	0.34	85.77
MCDONALD'S,MCFLURRY W/ OREO COOKIES	16 fl oz cup large	124.43	103.20	0.49	123.94
MCDONALD'S,NEWMAN'S OWN COBB DRNG	2 fl oz	9.60	4.83	0.19	9.42
MCDONALD'S,NEWMAN'S OWN CREAMY CAESAR DRNG	2 fl oz	4.04	1.77	0.06	3.98
MCDONALD'S,NEWMAN'S OWN LOFAT BALSAMIC VINAIGRETTE	2 fl oz	11.59	3.17	0.19	11.40
MCDONALD'S,NEWMAN'S OWN RANCH DRNG	2 fl oz	9.38	3.68	0.17	9.21
MCDONALD'S,PNUTS (FOR SUNDAES)	2/7 oz	1.14	0.29	0.00	1.14
MCDONALD'S,PREMIUM CRISPY CHICK CLASSIC SNDWCH	1 item	58.56	12.35	3.22	55.34
MCDONALD'S,PREMIUM CRISPY CHICK CLUB SNDWCH	1 item 9 oz	57.43	12.67	3.05	54.38
MCDONALD'S,PREMIUM CRISPY CHICK RANCH BLT SNDWCH	1 item 8.5 oz	59.83	13.27	3.36	56.47
MCDONALD'S,PREMIUM GRILLED CHICK CLASSIC SNDWCH	1 item 7 oz	44.56	10.02	2.80	41.76
MCDONALD'S,PREMIUM GRILLED CHICK CLUB SNDWCH	1 item 7.9 oz	44.31	6.44	2.68	41.63
MCDONALD'S,PREMIUM GRILLED CHICK RANCH BLT SNDWCH	1 item 7.1 oz	44.26	10.50	2.83	41.43
MCDONALD'S,QUARTER POUNDER	1 item	37.91	8.77	2.74	35.17
MCDONALD'S,QUARTER POUNDER W/ CHS	1 item 7.1 oz	39.70	9.77	2.79	36.91
MCDONALD'S,SAUSAGE BISCUIT	1 item 4.1 oz	31.82	2.30	1.40	30.42
MCDONALD'S,SAUSAGE BISCUIT W/ EGG	1 item 5.7 oz	31.43	2.33	1.30	30.12

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MCDONALD'S,SAUSAGE BURRITO	1 item 3.993 oz	24.17	1.41	1.24	22.93
MCDONALD'S,SAUSAGE MCGRIDDLES	1 item 4.744 oz	42.19	15.16	1.35	40.84
MCDONALD'S,SAUSAGE MCMUFFIN	1 item 4 oz	28.20	2.22	1.61	26.59
MCDONALD'S,SAUSAGE MCMUFFIN W/ EGG	1 item 5.8 oz	28.51	2.59	1.49	27.03
MCDONALD'S,SAUSAGE,EGG & CHS MCGRIDDLES	1 item 7 oz	43.86	15.72	1.19	42.67
MCDONALD'S,SIDE SALAD	1 item 3.1 oz	3.74	1.95	1.39	2.35
MCDONALD'S,SPICY BUFFALO SAU	1 1/2 oz	0.78	0.00	0.65	0.13
MCDONALD'S,STRAWBERRY SUNDAE	1 item 6.279 oz	50.00	45.07	0.00	50.00
MCDONALD'S,SWT 'N SOUR SAU	1 package	11.03	10.02	0.00	11.03
MCDONALD'S,TANGY HONEY MUSTARD SAU	1 1/2 oz	12.39	9.41	1.16	11.23
MCDONALD'S,VANILLA RED FAT ICE CRM CONE	1 item 3.175 oz	23.72	17.54	0.09	23.63
MORNINGSTAR FARMS PIZZA,BAJA BLACK BEAN,SINGLE SERVE	1 Pizza	59.04	5.28	8.32	50.72
PAPA JOHN'S 14" CHS PIZZA,ORIGINAL CRUST	1 pie	307.10	49.90	17.82	289.28
PAPA JOHN'S 14" CHS PIZZA,ORIGINAL CRUST	1 slice	38.31	6.22	2.22	36.08
PAPA JOHN'S 14" CHS PIZZA,THIN CRUST	1 pie	178.04	26.10	15.59	162.45
PAPA JOHN'S 14" CHS PIZZA,THIN CRUST	1 slice	22.85	3.35	2.00	20.85
PAPA JOHN'S 14" PEPPERONI PIZZA,ORIGINAL CRUST	1 pie	306.71	49.42	12.25	294.46
PAPA JOHN'S 14" PEPPERONI PIZZA,ORIGINAL CRUST	1 slice	36.95	5.95	1.48	35.47
PAPA JOHN'S 14" THE WORKS PIZZA,ORIGINAL CRUST	1 pie	291.72	52.90	27.33	264.40
PAPA JOHN'S 14" THE WORKS PIZZA,ORIGINAL CRUST	1 slice	40.84	7.41	3.83	37.01
PIZZA HUT 12" CHS PIZZA,HAND-TOSSED CRUST	1 pizza	230.40	24.87	13.28	217.12
PIZZA HUT 12" CHS PIZZA,HAND-TOSSED CRUST	1 slice	29.97	3.24	1.73	28.24
PIZZA HUT 12" CHS PIZZA,PAN CRUST	1 pizza	217.89	23.37	12.38	205.51
PIZZA HUT 12" CHS PIZZA,PAN CRUST	1 slice	29.93	3.21	1.70	28.23
PIZZA HUT 12" CHS PIZZA,THIN 'N CRISPY CRUST	1 pizza	164.11	15.30	9.17	154.94
PIZZA HUT 12" CHS PIZZA,THIN 'N CRISPY CRUST	1 slice	19.76	1.84	1.10	18.66
PIZZA HUT 12" PEPPERONI PIZZA,HAND-TOSSED CRUST	1 pizza	234.73	27.30	12.65	222.08
PIZZA HUT 12" PEPPERONI PIZZA,HAND-TOSSED CRUST	1 slice	30.29	3.52	1.63	28.66
PIZZA HUT 12" PEPPERONI PIZZA,PAN CRUST	1 pizza	237.21	24.90	14.00	223.21
PIZZA HUT 12" PEPPERONI PIZZA,PAN CRUST	1 slice	29.27	3.07	1.73	27.54
PIZZA HUT 12" SUPER SUPREME PIZZA,HAND-TOSSED CRUST	1/2 pizza	138.60	20.07	10.82	127.78
PIZZA HUT 12" SUPER SUPREME PIZZA,HAND-TOSSED CRUST	1 pizza	283.61	41.07	22.14	261.47
PIZZA HUT 12" SUPER SUPREME PIZZA,HAND-TOSSED CRUST	1 slice	32.54	4.71	2.54	30.00

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PIZZA HUT 14" CHS PIZZA,HAND-TOSSED CRUST	1 pizza	281.06	26.32	20.18	260.88
PIZZA HUT 14" CHS PIZZA,HAND-TOSSED CRUST	1 slice	35.09	3.29	2.52	32.57
PIZZA HUT 14" CHS PIZZA,PAN CRUST	1 pizza	294.66	22.16	18.84	275.83
PIZZA HUT 14" CHS PIZZA,PAN CRUST	1 slice	36.79	2.77	2.35	34.44
PIZZA HUT 14" CHS PIZZA,STUFFED CRUST	1 pizza	281.10	27.17	15.93	265.17
PIZZA HUT 14" CHS PIZZA,STUFFED CRUST	1 slice	35.10	3.39	1.99	33.11
PIZZA HUT 14" CHS PIZZA,THIN 'N CRISPY CRUST	1 pizza	219.35	20.06	15.38	203.97
PIZZA HUT 14" CHS PIZZA,THIN 'N CRISPY CRUST	1 slice	27.03	2.47	1.90	25.14
PIZZA HUT 14" PEPPERONI PIZZA,HAND-TOSSED CRUST	1 pizza	283.53	24.90	22.96	260.57
PIZZA HUT 14" PEPPERONI PIZZA,HAND-TOSSED CRUST	1 slice	35.32	3.10	2.86	32.46
PIZZA HUT 14" PEPPERONI PIZZA,PAN CRUST	1 pizza	288.97	17.73	18.18	270.79
PIZZA HUT 14" PEPPERONI PIZZA,PAN CRUST	1 slice	35.92	2.20	2.26	33.66
PIZZA HUT 14" PEPPERONI PIZZA,THIN 'N CRISPY CRUST	1 pizza	207.06	17.69	13.31	193.75
PIZZA HUT 14" PEPPERONI PIZZA,THIN 'N CRISPY CRUST	1 slice	26.13	2.23	1.68	24.45
PIZZA HUT 14" SAUSAGE PIZZA,HAND-TOSSED CRUST	1 pizza	279.79	25.89	21.90	257.90
PIZZA HUT 14" SAUSAGE PIZZA,HAND-TOSSED CRUST	1 slice	34.97	3.24	2.74	32.24
PIZZA HUT 14" SAUSAGE PIZZA,PAN CRUST	1 pizza	296.49	18.25	20.06	276.43
PIZZA HUT 14" SAUSAGE PIZZA,PAN CRUST	1 slice	36.95	2.28	2.50	34.45
PIZZA HUT 14" SAUSAGE PIZZA,THIN 'N CRISPY CRUST	1 pizza	211.52	19.31	17.69	193.83
PIZZA HUT 14" SAUSAGE PIZZA,THIN 'N CRISPY CRUST	1 slice	26.40	2.41	2.21	24.20
PIZZA HUT 14" SUPER SUPREME PIZZA,HAND-TOSSED CRUST	1 pizza	341.51	39.92	30.20	311.31
PIZZA HUT 14" SUPER SUPREME PIZZA,HAND-TOSSED CRUST	1 slice	31.99	3.74	2.83	29.16
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 package 15.1 oz pizza	131.17	16.14	9.94	121.23
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 package 24 oz pizza	210.98	25.95	15.99	194.98
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 package 8 oz pizza	57.75	7.10	4.38	53.37
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 package 9.8 oz pizza	85.03	10.46	6.45	78.58
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 serving 1 serving per 8 oz box	57.75	7.10	4.38	53.37

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PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 serving 2 servings per 9.8 oz package	42.37	5.21	3.21	39.16
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 serving 3 servings per 15.1 oz package	43.82	5.39	3.32	40.50
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 serving 9 servings per 24 oz package	23.51	2.89	1.78	21.72
PIZZA,CHS TOPPING,RISING CRUST,FRZ,CKD	1 package 19.7 oz pizza	195.81	30.29	14.88	180.94
PIZZA,CHS TOPPING,RISING CRUST,FRZ,CKD	1 package 29.25 oz pizza	274.47	42.45	20.85	253.62
PIZZA,CHS TOPPING,RISING CRUST,FRZ,CKD	1 serving 4 servings per 19.7 oz package	49.04	7.58	3.73	45.31
PIZZA,CHS TOPPING,RISING CRUST,FRZ,CKD	1 serving 6 servings per 29.25 oz package	45.74	7.08	3.48	42.27
PIZZA,CHS TOPPING,THIN CRUST,FRZ,CKD	1 pie	160.13	20.63	16.68	143.45
PIZZA,CHS TOPPING,THIN CRUST,FRZ,CKD	1 slice	19.87	2.56	2.07	17.80
PIZZA,MEAT & VEG TOPPING,REG CRUST,FRZ,CKD	1 package 10.9 oz pizza	89.00	17.17	7.79	81.21
PIZZA,MEAT & VEG TOPPING,REG CRUST,FRZ,CKD	1 package 22.85 oz pizza	161.90	31.23	14.17	147.73
PIZZA,MEAT & VEG TOPPING,REG CRUST,FRZ,CKD	1 package 24.2 oz pizza	179.25	34.58	15.69	163.56
PIZZA,MEAT & VEG TOPPING,REG CRUST,FRZ,CKD	1 serving 2 servings per 10.9 oz package	44.50	8.58	3.89	40.60
PIZZA,MEAT & VEG TOPPING,REG CRUST,FRZ,CKD	1 serving 5 servings per 22.85 oz package	32.43	6.26	2.84	29.59
PIZZA,MEAT & VEG TOPPING,REG CRUST,FRZ,CKD	1 serving 5 servings per 24.2 oz package	35.95	6.94	3.15	32.80

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PIZZA,MEAT & VEG TOPPING,RISING CRUST,FRZ,CKD	1 package 14.3 oz pizza	119.44	30.13	9.55	109.89
PIZZA,MEAT & VEG TOPPING,RISING CRUST,FRZ,CKD	1 package 30.7 oz pizza	256.43	64.69	20.49	235.94
PIZZA,MEAT & VEG TOPPING,RISING CRUST,FRZ,CKD	1 package 34.98 oz pizza	293.56	74.05	23.46	270.10
PIZZA,MEAT & VEG TOPPING,RISING CRUST,FRZ,CKD	1 serving 3 servings per 14.3 oz package	39.72	10.02	3.17	36.54
PIZZA,MEAT & VEG TOPPING,RISING CRUST,FRZ,CKD	1 serving 6 servings per 30.7 oz package	42.88	10.82	3.43	39.46
PIZZA,MEAT & VEG TOPPING,RISING CRUST,FRZ,CKD	1 serving 6 servings per 34.98 oz package	48.93	12.34	3.91	45.02
PIZZA,PEPPERONI TOPPING,REG CRUST,FRZ,CKD	1 pizza	122.02	0.00	9.42	112.61
PIZZA,PEPPERONI TOPPING,REG CRUST,FRZ,CKD	1 serving	41.62	0.00	3.21	38.41
POPEYES, CHICK,MILD,BREAST,MEAT ONLY,SKN & BRDING REMOVED	1 breast bone and skin removed	0.00	0.00	0.00	0.00
POPEYES, CHICK,MILD,BREAST,MEAT ONLY,SKN & BRDING REMOVED	1 breast without skin	0.00	0.00	0.00	0.00
POPEYES,BISCUIT	1 biscuit	24.57	2.08	2.28	22.29
POPEYES,COLESLAW	1 cup	26.83	20.58	3.23	23.60
POPEYES,COLESLAW	1 package	16.94	13.00	2.04	14.90
POPEYES,FRIED CHCK,MILD,THIGH,MEAT ONLY,SKN & BRDING REMOVED	1 thigh bone and skin removed	0.46	0.00	0.00	0.46
POPEYES,FRIED CHCK,MILD,THIGH,MEAT ONLY,SKN & BRDING REMOVED	1 thigh thigh without skin	0.71	0.00	0.00	0.71
POPEYES,FRIED CHICK,MILD,BREAST,MEAT & SKN W/ BREADING	1 breast, bone and skin removed	9.73	0.00	0.40	9.34
POPEYES,FRIED CHICK,MILD,BREAST,MEAT & SKN W/ BREADING	1 breast, with skin	19.07	0.00	0.78	18.29
POPEYES,FRIED CHICK,MILD,BREAST,MEAT & SKN W/ BREADING	1 breast, without skin	12.98	0.00	0.53	12.45
POPEYES,FRIED CHICK,MILD,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, bone and skin removed	4.33	0.00	0.00	4.33

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POPEYES,FRIED CHICK,MILD,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, with skin	7.48	0.00	0.00	7.48
POPEYES,FRIED CHICK,MILD,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, without skin	5.81	0.00	0.00	5.81
POPEYES,FRIED CHICK,MILD,DRUMSTK,MEAT ONLY,SKN & BREADING RE	1 drumstick, bone and skin removed	0.02	0.00	0.00	0.02
POPEYES,FRIED CHICK,MILD,DRUMSTK,MEAT ONLY,SKN & BREADING RE	1 drumstick, without skin	0.02	0.00	0.00	0.02
POPEYES,FRIED CHICK,MILD,THIGH,MEAT & SKN W/ BREADING	1 thigh bone and skin removed	6.05	0.00	0.27	5.78
POPEYES,FRIED CHICK,MILD,THIGH,MEAT & SKN W/ BREADING	1 thigh with skin	15.46	0.00	0.69	14.77
POPEYES,FRIED CHICK,MILD,THIGH,MEAT & SKN W/ BREADING	1 thigh without skin	9.30	0.00	0.42	8.88
POPEYES,FRIED CHICK,MILD,WING,MEAT & SKN W/ BREADING	1 wing, bone and skin removed	2.30	0.00	0.10	2.20
POPEYES,FRIED CHICK,MILD,WING,MEAT & SKN W/ BREADING	1 wing, with skin	7.71	0.00	0.34	7.36
POPEYES,FRIED CHICK,MILD,WING,MEAT & SKN W/ BREADING	1 wing, without skin	4.73	0.00	0.21	4.52
POPEYES,FRIED CHICK,MILD,WING,MEAT ONLY,SKN & BRDING REMOVED	1 wing without skin, bone and breeding	0.46	0.00	0.00	0.46
POPEYES,MILD CHICK STRIPS,ANALYZED 2006	1 strip	10.43	0.00	0.43	10.00
POPEYES,SPICY CHICK STRIPS,ANALYZED 2006	1 strip	9.82	0.00	0.64	9.18
SCHOOL LUNCH PIZZA,TONY'S BRKFST PIZZA SAUSAGE- FRZ	1 piece 3.2 oz	24.56	5.34	1.82	22.74
SIDE DISHES,POTATO SALAD	1/3 cup	12.85	0.00	0.00	12.85
SLP,BIG DADDY'S LS 16" 51% WHL GRN RLLD EDGE CHS PIZZA- FRZ	1 slice 1/10 per pizza	33.60	5.91	3.35	30.26
SLP,BIG DADDY'S LS 16" 51% WHL GRN RLLD EDGE CHS PIZZA- FRZ	1 slice 1/8 per pizza	42.01	7.39	4.19	37.82
SLP,BIG DADDY'S LS 16" 51% WHL GRN RLLD TRKY PEPP PIZZA- FRZ	1 slice 1/10 per pizza	33.91	4.75	5.08	28.83
SLP,BIG DADDY'S LS 16" 51% WHL GRN RLLD TRKY PEPP PIZZA- FRZ	1 slice 1/8 per pizza	42.67	5.97	6.40	36.27
SLP,TONY'S SMARTPIZZA WHL GRAIN 4X6 CHS PIZZA 50/50 CHS- FRZ	1 piece 4" x 6"	38.05	8.79	4.94	33.11
SLP,TONY'S SMARTPIZZA WHL GRN 4X6 PEPP PZZ 50/50 CHEESE- FRZ	1 piece 4"x6"	36.63	9.19	5.21	31.42

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SUBWAY,COLD CUT SUB ON WHITE BREAD,W/ LETTUCE & TOMATO	6 inch sub	40.04	6.23	2.35	37.69
SUBWAY,COLD CUT SUB ON WHITE BREAD,W/ LETTUCE & TOMATO	12 inch sub	79.88	12.43	4.69	75.19
SUBWAY,RST BF SUB ON WHITE BREAD,W/ LETTUCE & TOMATO	6 inch sub	38.65	5.70	1.33	37.32
SUBWAY,RST BF SUB ON WHITE BREAD,W/ LETTUCE & TOMATO	12 inch sub	77.50	11.43	2.67	74.83
SUBWAY,TUNA SUB ON WHITE BREAD,W/ LETTUCE & TOMATO	6 inch sub	37.80	4.57	1.66	36.14
SUBWAY,TUNA SUB ON WHITE BREAD,W/ LETTUCE & TOMATO	12 inch sub	75.60	9.15	3.32	72.29
TACO BELL,BEAN BURRITO	1 each burrito	57.78	3.20	7.77	50.01
TACO BELL,BURRITO SUPREME W/ BF	1 burrito	56.32	5.06	8.92	47.40
TACO BELL,BURRITO SUPREME W/ CHICK	1 item	50.86	0.00	5.95	44.91
TACO BELL,BURRITO SUPREME W/ STEAK	1 item	50.39	0.00	5.95	44.44
TACO BELL,NACHOS	1 serving	27.93	1.74	2.56	25.37
TACO BELL,NACHOS SUPREME	1 serving	47.49	3.62	8.21	39.27
TACO BELL,ORIGINAL TACO W/ BF,CHS & LETTUCE	1 each taco	13.70	0.62	2.69	11.01
TACO BELL,SOFT TACO W/ BF,CHS & LETTUCE	1 each taco	20.63	1.60	2.96	17.68
TACO BELL,SOFT TACO W/ CHICK,CHS & LETTUCE	1 each taco	19.30	1.27	1.18	18.12
TACO BELL,SOFT TACO W/ STEAK	1 item	21.87	0.00	2.03	19.84
TACO BELL,TACO SALAD	1 item	80.48	0.00	15.99	64.49
TOSTADA WITH GUACAMOLE	2 pieces	32.02	0.00	0.00	32.02
WENDY'S,CHICK NUGGETS	5 pieces	9.73	0.05	0.00	9.73
WENDY'S,CHICK NUGGETS	10 pieces	20.32	0.11	0.00	20.32
WENDY'S,CLASSIC DOUBLE,W/ CHS	1 item	36.30	0.00	3.41	32.89
WENDY'S,CLASSIC SINGLE HAMBURGER,NO CHS	1 item	36.67	0.00	2.83	33.83
WENDY'S,CLASSIC SINGLE HAMBURGER,W/ CHS	1 item	33.51	0.00	3.30	30.21
WEND'YS,CRISPY CHICK SNDWCH	1 sandwich	33.21	3.94	0.00	33.21
WENDY'S,DAVE'S HOT 'N JUICY 1/4 LB,SINGLE	1 sandwich	38.12	9.68	2.37	35.75
WENDY'S,DOUBLE STACK,W/ CHS	1 sandwich	22.41	5.65	0.00	22.41
WENDY'S,FRENCH FR	1 kid's meal Serving	28.21	0.28	2.84	25.37
WENDY'S,FRENCH FR	1 large Serving	73.10	0.74	7.36	65.74
WENDY'S,FRENCH FR	1 medium Serving	56.42	0.57	5.68	50.74
WENDY'S,FRENCH FR	1 small Serving	44.89	0.45	4.52	40.37
WENDY'S,FROSTY DAIRY DSSRT	1 junior 6 oz. cup	26.69	0.00	3.73	22.96
WENDY'S,FROSTY DAIRY DSSRT	1 medium 16 oz. cup	70.39	0.00	9.83	60.55

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WENDY'S,FROSTY DAIRY DSSRT	1 small 12 oz. cup	53.62	0.00	7.49	46.13
WENDY'S,HOMESTYLE CHICK FILLET SNDWCH	1 item	49.57	0.00	2.99	46.58
WENDY'S,JR. HAMBURGER,W/ CHS	1 item	32.21	0.00	1.81	30.41
WENDY'S,JR. HAMBURGER,WO/ CHS	1 item	33.29	0.00	1.99	31.30
WENDY'S,ULTIMATE CHICK GRILL SNDWCH	1 item	42.48	0.00	2.48	40.01
YOGURT PARFAIT,LOWFAT,W/ FRUIT & GRANOLA	1 item	23.63	17.40	1.64	21.99
BEEF MACARONI W/ TOMATO SAU,FRZ ENTREE,RED FAT	1 oz	5.10	1.08	0.40	4.70
BEEF MACARONI W/ TOMATO SAU,FRZ ENTREE,RED FAT	1 serving	48.39	10.22	3.77	44.63
BEEF POT PIE,FRZ ENTREE,PREP	1 pie, cooked (average weight)	59.09	0.00	2.14	56.95
BEEF STEW,CANNED ENTREE	1 cup (1 serving)	15.39	3.45	1.76	13.62
BEEF,CORNEB BF HASH,W/ POTATO,CND	1 cup	21.88	0.80	2.60	19.28
BURRITO, BEAN AND CHEESE, FROZEN	1 burrito	43.87	4.14	4.39	39.49
BURRITO,BF & BEAN,FRZ	1 burrito frozen	42.87	0.97	5.84	37.03
BURRITO,BF & BEAN,FRZ	1 oz	8.74	0.20	1.19	7.55
BURRITO,BF & BEAN,MICROWAVED	1 burrito cooked	45.18	1.58	8.00	37.18
BURRITO,BF & BEAN,MICROWAVED	1 oz	11.04	0.39	1.96	9.09
CAMPBELL'S,SPAGHETTIOS ORIGINAL,EASY OPEN	1 can (1 serving)	30.99	9.01	2.98	28.01
CAMPBELL'S,SPAGHETTIOS RAVIOLIOS BF RAVIOLI IN MEAT SAU	1 cup (1 serving)	38.00	9.00	4.03	33.97
CAMPBELL'S,SPAGHETTIOS,MINI BF RAVIOLI IN MEAT SAU	1 cup	42.99	14.01	4.92	38.07
CAMPBELL'S,SPAGHETTIOS,MINI BF RAVIOLI IN MEAT SAU	1 serving	42.99	14.01	4.92	38.07
CAMPBELL'S,SPAGHETTIOS,SPAGHETTI IN TOMATO & CHS SAU	1 cup (1 serving)	39.99	13.00	3.02	36.97
CAMPBELL'S,SPAGHETTIOS,SPAGHETTIOS A TO Z'S	1 cup (1 serving)	35.00	12.00	3.02	31.98
CAMPBELL'S,SPAGHETTIOS,SPAGHETTIOS A TO Z'S W/ MEATBALLS	1 cup (1 serving)	32.00	7.99	4.03	27.97
CAMPBELL'S,SPAGHETTIOS,SPAGHETTIOS IN MEAT SAU	1 cup (1 serving)	31.00	12.00	3.02	27.97
CAMPBELL'S,SPAGHETTIOS,SPAGHETTIOS ORIGINAL	1 cup (1 serving)	35.00	11.01	3.02	31.98

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CAMPBELL'S,SPAGHETTIOS,SPAGHETTIOS PLUS CA	1 cup (1 serving)	35.00	13.00	3.02	31.98
CAMPBELL'S,SPAGHETTIOS,W/ MEATBALLS -	1 can (1 serving)	24.00	7.00	3.09	20.91
CHICKEN POT PIE,FRZ ENTREE,PREP	1 pie	58.01	6.83	3.32	54.69
CHICKEN TENDERS,BREADED,FRZ,PREP	1 piece	3.12	0.12	0.36	2.76
CHICKEN,NUGGETS,DK & WHITE MEAT,PRECKD,FRZ,NOT REHTD	1 piece	2.94	0.14	0.23	2.70
CHICKEN,NUGGETS,DK & WHITE MEAT,PRECKD,FRZ,NOT REHTD	1 serving	14.20	0.69	1.13	13.07
CHICKEN,NUGGETS,WHITE MEAT,PRECKD,FRZ,NOT REHTD	1 piece	3.25	0.25	0.14	3.11
CHICKEN,NUGGETS,WHITE MEAT,PRECKD,FRZ,NOT REHTD	1 serving	13.32	1.04	0.57	12.74
CHICKEN,THIGHS,FRZ,BREADED,REHTD	1 thigh with bone and breading	18.93	0.00	0.00	18.93
CHILI CON CARNE W/BNS,CND ENTREE	1 cup	31.70	4.53	7.99	23.72
CHILI W/ BNS,MICROWAVABLE BOWLS	1 container	45.91	7.76	12.24	33.68
CHILI W/ BNS,MICROWAVABLE BOWLS	1 cup	26.55	4.49	7.08	19.47
CHILI,NO BNS,CND ENTREE	1 cup	14.64	2.64	1.20	13.44
CORN DOGS,FRZ,PREP	1 corndog	21.03	5.88	0.78	20.25
CORN DOGS,FRZ,PREP	1 corndog mini	4.58	1.28	0.17	4.41
EGG ROLLS,CHICK,REFR,HTD	1 oz	8.09	1.58	0.68	7.41
EGG ROLLS,CHICK,REFR,HTD	1 roll	22.83	4.46	1.92	20.91
EGG ROLLS,PORK,REFR,HTD	1 oz	8.36	1.51	0.60	7.77
EGG ROLLS,PORK,REFR,HTD	1 roll	25.08	4.52	1.79	23.29
EGG ROLLS,VEG,FRZ,PREP	1 egg roll	21.60	4.05	1.63	19.97
EGG ROLLS,VEG,FRZ,PREP	1 oz	9.01	1.69	0.68	8.33
HOT POCKETS HAM 'N CHS STUFFED SNDWCH,FRZ	1 package yields	78.21	19.46	3.84	74.37
HOT POCKETS HAM 'N CHS STUFFED SNDWCH,FRZ	1 serving (1 hot pocket)	38.80	9.65	1.91	36.89
HOT POCKETS,CROISSANT POCKTS CHIK,BROC&CHDR STUFD SNDWCH,FRZ	1 serving (1 hot pocket)	38.61	9.65	1.40	37.21
HOT POCKETS,MEATBALLS & MOZZARELLA STUFFED SNDWCH,FRZ	1 hot pocket (1 NLEA serving)	38.67	9.82	2.79	35.88
KASHI BLACK BEAN MANGO,FRZ,UNPREP	1 EntrOe	50.94	8.49	16.98	33.96
KASHI MAYAN HARVEST BAKE,FRZ,UNPREP	1 EntrOe	59.43	19.81	8.49	50.94
KASHI MUSHROOM & ASPARAGUS RISOTTO,FRZ,UNPREP	1/2 Package	48.28	3.69	7.38	40.90
KASHI PESTO PASTA PRIMAVERA,FRZ,UNPREP	1 EntrOe	36.79	3.96	6.79	30.00
KASHI SPICY BLACK BEAN ENCHILADA,FRZ,UNPREP	1 EntrOe	45.14	2.55	7.91	37.23

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KASHI SPINACH ARTICHOKE PASTA,FRZ,UNPREP	1 EntrOe	40.62	0.27	8.07	32.55
KASHI THREE CHS PENNE,FRZ,UNPREP	1 EntrOe	45.19	5.11	7.26	37.93
KASHI THREE CHS RAVIOLI W/ MEDITERRANEAN TOMATO SAU,FRZ,UNPR	1/2 Package	47.48	8.68	5.06	42.42
KASHI,CHICK & CHIPOTLE BBQ SAU W/ MANGO,FRZ ENTREE	1 package	47.34	12.64	5.92	41.43
KASHI,CHICK ENCHILADA W/ ANCHO SAU,FRZ ENTREE	1 package	38.00	5.10	5.87	32.13
KASHI,CHICK FLORENTINE,FRZ ENTREE	1 package	31.13	1.42	5.09	26.04
KASHI,CHICK PASTA POMODORO,FRZ ENTREE	1 package	36.79	2.83	7.36	29.43
KASHI,LEMONGRASS COCNT CHICK,FRZ ENTREE	1 package	37.92	6.23	8.49	29.43
KASHI,PILAF,7 WHL GRAIN,UNPREP	1/2 cup	99.40	1.12	17.22	82.18
KASHI,RED CURRY CHICK,FRZ ENTREE	1 package	41.96	8.88	6.19	35.78
KASHI,SOUTHWEST STYLE CHICK,FRZ ENTREE	1 package	49.24	2.83	5.94	43.30
KASHI,STEAM MEAL,CHICK FETTUCCHINE,FRZ ENTREE	1 package	37.66	3.50	5.38	32.28
KASHI,STEAM MEAL,RSTD GARLIC CHICK FARFALLE,FRZ ENTREE	1 package	39.27	3.77	4.30	34.97
KASHI,STEAM MEAL,SESAME CHICK,FRZ ENTREE	1 package	42.23	8.07	7.80	34.43
KASHI,SWT & SOUR CHICK,FRZ ENTREE	1 package	53.77	22.64	7.08	46.70
KASHI,TUSCAN VEGGIE BAKE,FRZ ENTREE	1 package	42.45	8.49	8.21	34.24
LASAGNA W/ MEAT & SAU,FRZ ENTREE	1 piece center	40.00	8.23	3.89	36.11
LASAGNA W/ MEAT & SAU,FRZ ENTREE	1 piece corner	16.55	3.40	1.61	14.94
LASAGNA W/ MEAT & SAU,FRZ ENTREE	1 piece side	19.28	3.97	1.88	17.41
LASAGNA W/ MEAT & SAU,LOW-FAT,FRZ ENTREE	1 oz	3.83	0.00	0.37	3.46
LASAGNA W/ MEAT & SAU,LOW-FAT,FRZ ENTREE	1 package	41.72	0.00	4.02	37.70
LASAGNA W/ MEAT SAU,FRZ,PREP	1 piece center	39.17	7.93	4.34	34.83
LASAGNA W/ MEAT SAU,FRZ,PREP	1 piece corner	17.51	3.55	1.94	15.57
LASAGNA W/ MEAT SAU,FRZ,PREP	1 piece side	18.89	3.83	2.09	16.80
LASAGNA,CHS,FRZ,PREP	1 cup 1 serving	31.14	9.52	3.83	27.32
LASAGNA,CHS,FRZ,UNPREP	1 cup 1 serving	51.22	9.01	4.03	47.19
LASAGNA,VEG,FRZ,BKD	1 cup	32.05	5.74	4.29	27.75
LASAGNA,VEG,FRZ,BKD	1 oz	4.02	0.72	0.54	3.48
LASAGNA,VEG,FRZ,BKD	1 serving	32.19	5.77	4.31	27.88
LEAN POCKETS,HAM N CHEDDAR	1 each (analytical measurement)	41.95	9.80	2.19	39.76
LEAN POCKETS,HAM N CHEDDAR	1 hot pocket (1 NLEA serving)	41.30	9.65	2.16	39.14
LEAN POCKETS,MEATBALLS & MOZZARELLA	1 each	41.32	11.28	2.56	38.76
MAC & CHS,DRY MIX,PREP W/ 2% MILK & 80% STK MARGARINE DRY MX	1 cup	47.38	8.45	2.38	45.01

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MACARONI & CHS DINNER W/ DRY SAU MIX,BOXED,UNCKD	1 serving (makes about 1 cup prepared)	49.08	6.73	2.24	46.84
MACARONI & CHS,BOX MIX W/ CHS SAU,PREP	1 cup prepared	43.66	2.97	2.27	41.39
MACARONI & CHS,BOX MIX W/ CHS SAU,UNPREP	3 1/2 oz 1 serving	11.67	1.61	0.45	11.22
MACARONI & CHS,BOX MIX W/ CHS SAU,UNPREP	4 oz 1 serving	17.26	2.38	0.67	16.60
MACARONI & CHS,CND ENTREE	1 serving	28.11	1.22	1.22	26.89
MACARONI & CHS,CND,MICROWAVABLE	7 1/2 oz 1 serving	29.73	3.00	0.85	28.88
MACARONI & CHS,FRZ ENTREE	1 container (mean weight over brands)	48.90	4.33	3.11	45.79
MACARONI & CHS,FRZ ENTREE	1 cup	23.67	2.10	1.51	22.17
MACARONI OR NOODLES W/ CHS,MADE FROM RED FAT PACKAGED MIX,UN	3 1/2 oz 1 serving	51.54	4.99	1.98	49.56
MACARONI OR NOODLES W/ CHS,MICROWAVEABLE,UNPREP	1 serving 1 pouch	43.16	5.00	0.98	42.18
PASTA MIX,CLASSIC BF,UNPREP	1 package	88.08	6.04	2.44	85.64
PASTA MIX,CLASSIC BF,UNPREP	1 packet	31.77	2.18	0.88	30.89
PASTA MIX,CLASSIC CHEESEBURGER MACARONI,UNPREP	1 package	87.96	6.11	3.32	84.64
PASTA MIX,CLASSIC CHEESEBURGER MACARONI,UNPREP	1 packet	36.47	2.53	1.38	35.09
PASTA MIX,ITALIAN FOUR CHS LASAGNA,UNPREP	1 package	82.20	7.84	3.04	79.16
PASTA MIX,ITALIAN FOUR CHS LASAGNA,UNPREP	1 packet	29.51	2.81	1.09	28.42
PASTA MIX,ITALIAN LASAGNA,UNPREP	1 package	104.02	15.89	3.95	100.07
PASTA MIX,ITALIAN LASAGNA,UNPREP	1 packet	58.28	8.90	2.21	56.07
PASTA W/ TOMATO SAU,NO MEAT,CND	1 cup	33.84	9.52	2.14	31.70
PASTA W/ TOMATO SAU,NO MEAT,CND	1 serving (1 NLEA serving)	35.83	10.08	2.27	33.57
PASTA W/SLICED FRANKS IN TOMATO SAU,CND ENTREE	1 serving (1 cup)	31.98	7.99	4.03	27.95
PIZZA ROLLS,FRZ,UNPREP	1 serving 6 rolls	40.58	2.99	0.96	39.62
POTATO SALAD W/ EGG	1/2 cup	20.23	6.19	1.63	18.60
POTSTICKER OR WONTON,PORK & VEG,FRZ,UNPREP	5 pieces 1 serving	19.26	4.00	2.03	17.23
PULLED PORK IN BARBECUE SAU	1 cup	46.66	37.85	2.99	43.67
RAVIOLI,CHEESE-FILLED,CND	1 cup	33.01	9.00	3.15	29.86
RAVIOLI,CHS W/ TOMATO SAU,FRZ,NOT PREP,INCL REG & LT ENTREES	1 cup	27.52	6.50	2.23	25.30
RAVIOLI,MEAT-FILLED,W/ TOMATO SAU OR MEAT SAU,CND	1 cup	34.74	5.16	3.93	30.81

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RICE & VERMICELLI MIX,BF FLAVOR,PREP W/ 80% MARGARINE	1 cup	54.41	0.00	1.48	52.93
RICE & VERMICELLI MIX,BF FLAVOR,UNPREP	1/3 cup	46.37	2.60	0.98	45.40
RICE & VERMICELLI MIX,BF FLAVOR,UNPREP	1 tbsp	6.84	0.38	0.14	6.70
RICE & VERMICELLI MIX,CHICK FLAVOR,PREP W/ 80% MARGARINE	1 cup	54.85	1.49	1.63	53.22
RICE & VERMICELLI MIX,CHICK FLAVOR,UNPREP	1/3 cup	42.45	1.34	0.67	41.78
RICE & VERMICELLI MIX,CHICK FLAVOR,UNPREP	1 tbsp	7.73	0.24	0.12	7.61
RICE & VERMICELLI MIX,RICE PILAF FLAVOR,PREP W/ 80% MARGARIN	1 cup	61.09	0.62	1.43	59.67
RICE & VERMICELLI MIX,RICE PILAF FLAVOR,UNPREP	1/3 cup	51.89	1.04	0.82	51.07
RICE & VERMICELLI MIX,RICE PILAF FLAVOR,UNPREP	1 tbsp	7.33	0.15	0.12	7.21
RICE BOWL W/ CHICK,FRZ ENTREE,PREP	1 bowl	76.36	13.84	2.38	73.98
SPAGHETTI W/ MEAT SAU,FRZ ENTREE	1 oz	4.32	0.74	0.51	3.81
SPAGHETTI W/ MEAT SAU,FRZ ENTREE	1 serving	43.13	7.36	5.09	38.04
SPAGHETTI,W/ MEATBALLS IN TOMATO SAU,CND	1 can	47.06	11.96	11.10	35.96
SPAGHETTI,W/ MEATBALLS IN TOMATO SAU,CND	1 cup	28.17	7.16	6.64	21.53
SPAGHETTIOS,SPAGHETTIOS W/ MEATBALLS	1 cup (1 serving)	32.00	7.99	4.03	27.97
SPAGHETTIOS,SPAGHETTIOS W/ SLICED FRANKS	1 cup (1 serving)	32.00	9.00	4.03	27.97
SPANISH RICE MIX,DRY MIX,PREP (WITH CANOLA/VEGETABLE OIL BLE	1 cup	45.03	3.54	2.97	42.06
SPANISH RICE MIX,DRY MIX,UNPREP	1/3 cup	42.81	2.14	1.74	41.08
SPANISH RICE MIX,DRY MIX,UNPREP	1/2 cup	53.52	2.68	2.17	51.35
SPANISH RICE MIX,DRY MIX,UNPREP	1 tbsp	6.73	0.34	0.27	6.45
SUPPER BAKES MEAL KITS,CREAMY STROGANOFF SAU W/ PASTA	1 serving	31.00	3.00	1.00	30.00
SUPPER BAKES MEAL KITS,GARLIC CHICK W/ PASTA	1/6 box (NLEA serving)	44.22	7.03	2.06	42.16
SUPPER BAKES MEAL KITS,HERB CHICK W/ RICE	1/6 box (NLEA serving)	40.00	2.00	1.03	38.96
SUPPER BAKES MEAL KITS,LEMON CHICK W/ HERB RICE	1 serving (NLEA serving)	43.00	3.00	1.97	41.02
SUPPER BAKES MEAL KITS,SOUTHWESTERN-STYLE CHICK W/RICE	1/6 box (NLEA serving)	32.00	4.00	2.03	29.98
SUPPER BAKES MEAL KITS,SOUTHWESTERN-STYLE CHICK W/RICE	1 serving	32.00	4.00	2.03	29.98
SUPPER BAKES MEAL,CHEESY CHICK W/ PASTA (CHICK NOT INCLUDED)	1/6 box (NLEA serving size)	27.00	4.00	1.02	25.98
SUPPER BAKES MEAL,CHICK W/ STUFFING (CHICK NOT INCLUDED)	1 box	173.92	17.98	12.12	161.80

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SUPPER BAKES MEAL,CHICK W/ STUFFING (CHICK NOT INCLUDED)	1 serving 1/6 box	28.93	2.99	2.02	26.91
SUPPER MEAL KITS,SAVORY PORK CHOPS W/ HERB STUFFING	1/6 box	31.14	4.02	2.04	29.10
SUPPER MEAL KITS,SAVORY PORK CHOPS W/ HERB STUFFING	1 serving	31.14	4.02	2.04	29.10
SWANSON,CHICK & DUMPLINGS	1 cup (1 serving)	24.01	2.00	1.98	22.03
SWANSON,CHICK A LA KING	1 can (1 serving)	12.01	2.00	2.09	9.92
TAQUITOS,FRZ,BF & CHS,OVEN-HEATED	1 piece	14.05	0.70	1.18	12.88
TAQUITOS,FRZ,CHICK & CHS,OVEN-HEATED	1 piece	14.12	0.55	1.22	12.91
TKY,STUFFING,MSHD POTATO W/GRAVY,ASSORTED VEG,FRZ,MICROWAVE	1 oz	4.63	1.37	0.37	4.26
TKY,STUFFING,MSHD POTATO W/GRAVY,ASSORTED VEG,FRZ,MICROWAVE	1 package	68.87	20.34	5.49	63.38
TKY,STUFFING,MSHD POTATO W/GRAVY,ASSORTED VEG,FRZ,MICROWAVE	1 serving	62.83	18.56	5.01	57.83
TORTELLINI,PASTA W/ CHS FILLING,FRESH-REFRIGERATED	3/4 cup	38.07	0.77	1.54	36.53
TURKEY POT PIE,FRZ ENTREE	1 package yields	70.27	0.00	4.37	65.90
TURKEY POT PIE,FRZ ENTREE	1 serving	70.27	0.00	4.37	65.90
TURNOVER,CHEESE-FILLED,TOMATO-BASED SAU,FRZ,UNPREP	1 serving 4.5 oz	34.66	9.99	2.03	32.63
YELLOW RICE W/ SEASONING,DRY PACKET MIX,UNPREP	2 oz 1 serving	42.57	1.00	1.03	41.54
BANANA CHIPS	1 oz	16.56	10.02	2.18	14.37
BANANA CHIPS	1 1/2 oz	24.53	14.84	3.23	21.29
BANANA CHIPS	3 oz	49.64	30.04	6.55	43.10
BEEF JERKY,CHOPD&FORMED	1 oz	6.24	5.10	1.02	5.22
BEEF JERKY,CHOPD&FORMED	1 piece, large	2.20	1.80	0.36	1.84
BREAKFAST BAR,CORN FLAKE CRUST W/FRUIT	1 bar	26.97	12.99	0.78	26.20
BREAKFAST BAR,CORN FLAKE CRUST W/FRUIT	1 oz	20.67	9.95	0.60	20.07
BREAKFAST BARS,OATS,SUGAR,RAISINS,COCNT (INCL GRANOLA BAR)	1 bar	28.68	11.83	1.33	27.35
CHEESE PUFFS & TWISTS,CORN BSD,BKD,LOFAT	1 oz	20.51	2.07	3.03	17.48
CORN CAKES	1 cake	7.51	2.11	0.17	7.34
CORN CAKES	2 cakes	15.01	4.22	0.34	14.67
CORN CAKES,VERY LO NA	1 cake	7.51	0.00	0.00	7.51
CORN CAKES,VERY LO NA	2 cakes	15.01	0.00	0.00	15.01
CORN-BASED,EXTRUDED,CHIPS,BARBECUE-FLAVOR	1 bag (7 oz)	111.28	0.00	10.30	100.98
CORN-BASED,EXTRUDED,CHIPS,BARBECUE-FLAVOR	1 oz	15.93	0.00	1.47	14.46

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CORN-BASED,EXTRUDED,CONES,PLN	1 oz	17.83	0.00	0.31	17.52
CORN-BASED,EXTRUDED,PUFFS OR TWISTS,CHEESE-FLAVOR	1 oz	15.18	0.90	0.40	14.78
CORN-BASED,EXTRUDED,PUFFS OR TWISTS,CHEESE-FLAVOR	1 package 1.25 oz	18.74	1.12	0.49	18.25
CORNNUTS,BARBECUE-FLAVOR	1 oz	20.33	0.00	2.38	17.95
CORNNUTS,BARBECUE-FLAVOR	2 oz	40.87	0.00	4.79	36.08
CORNNUTS,PLAIN	1 cup	61.08	0.52	5.87	55.22
CORNNUTS,PLAIN	1 oz	20.37	0.17	1.96	18.42
CORNNUTS,PLAIN	2 oz	40.96	0.35	3.93	37.03
CRISPED RICE BAR,ALMOND	1 bar (1 oz)	18.09	0.00	1.01	17.08
CRISPED RICE BAR,CHOC CHIP	1 bar (1 oz)	20.44	0.00	0.62	19.82
FORM BAR,MARS SNACKFOOD US,COCOAVIA,CHOC ALMOND	1 bar	11.37	5.95	1.14	10.23
FORM BAR,MARS SNACKFOOD US,COCOAVIA,CHOC BLUEBERRY	1 bar	12.73	7.35	1.01	11.72
FORM BAR,MARS SNKF US,SNICKERS MARATHON MULTIGRNCRUNCH	1 bar	31.50	18.17	1.54	29.96
FORM BAR,ZONE PERFECT CLASSIC CRUNCH BAR,MXD FLAVORS	1 bar	22.50	13.50	1.00	21.50
FORMBAR,MARSSNACK,SNICKERS MARATHONPROTPERFBAR,CARMELNUTRUSH	1 bar	40.40	23.00	10.00	30.40
FORMUL BAR,MA SNACKFO US,SNICKE MARATH ENER BAR,ALL FLAVO	1 bar	22.13	12.63	2.95	19.18
FORMUL BAR,MA SNACKFO US,SNICKE MARATH ENER BAR,ALL FLAVO	1 bar	27.67	15.79	3.69	23.98
FORMULAT BAR,MAR SNACFOO US,SNICKER MARATHO HONE NUT OAT BAR	1 bar	29.87	14.44	6.05	23.82
FORMULAT BAR,MARSNACKFOO US,SNICKE MARATHO DOUBL CHOC NUT BA	1 bar	28.86	12.47	5.78	23.08
FORMULATE BAR,MAR SNACKFOO US,SNICKE MARATH CHE CHOC PNUT BA	1 bar	25.98	18.07	1.38	24.61
Formulated bar, high fiber, chewy, oats and chocolate	1 bar	27.91	10.00	9.00	18.91
FORMULATED BAR,LUNA BAR,NUTZ OVER CHOC	1 bar	25.20	8.11	2.06	23.13
FORMULATED BAR,POWER BAR,CHOC	1 bar	47.35	20.45	3.88	43.47
FORMULATED BAR,SLIM-FAST OPTIMA MEAL BAR,MILK CHOC PNUT	1 bar	33.12	13.75	2.81	30.31
GRANOLA BAR,SOFT,MILK CHOC COATD,PNUT BUTTER	1 oz	15.34	6.70	1.08	14.26
GRANOLA BAR,W/COCNT,CHOC COATD	1 oz	15.65	9.72	1.76	13.89
GRANOLA BARS,HARD,ALMOND	1 bar	14.88	0.00	1.15	13.73
GRANOLA BARS,HARD,ALMOND	1 oz	17.58	0.00	1.36	16.22

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GRANOLA BARS,HARD,CHOC CHIP	1 bar	17.30	0.00	1.06	16.25
GRANOLA BARS,HARD,CHOC CHIP	1 oz	20.44	0.00	1.25	19.19
GRANOLA BARS,HARD,PLAIN	1 bar	13.52	6.00	1.11	12.41
GRANOLA BARS,HARD,PLAIN	1 bar	16.10	7.14	1.33	14.78
GRANOLA BARS,HARD,PLAIN	1 bar (1 oz)	18.03	8.00	1.48	16.55
GRANOLA BARS,HARD,PNUT BUTTER	1 bar	14.95	0.00	0.70	14.26
GRANOLA BARS,HARD,PNUT BUTTER	1 oz	17.66	0.00	0.82	16.84
GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,CHOC CHIP	1 bar (1 oz)	17.86	0.00	0.95	16.91
GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,CHOC CHIP	1 bar (1.25 oz)	22.33	0.00	1.19	21.14
GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,PNUT BUTTER	1 bar	19.76	8.78	1.04	18.72
GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,PNUT BUTTER	1 oz	15.14	6.73	0.79	14.35
GRANOLA BARS,SOFT,UNCOATED,CHOC CHIP	1 bar (1 oz)	19.66	8.10	1.06	18.59
GRANOLA BARS,SOFT,UNCOATED,CHOC CHIP	1 bar (1.5 oz)	30.19	12.44	1.63	28.55
GRANOLA BARS,SOFT,UNCOATED,CHOC CHIP,GRAHAM&MARSHMLLW	1 bar (1 oz)	19.82	0.00	1.12	18.70
GRANOLA BARS,SOFT,UNCOATED,NUT&RAISIN	1 bar (1 oz)	17.81	0.00	1.57	16.24
GRANOLA BARS,SOFT,UNCOATED,PLN	1 bar (1 oz)	18.84	0.00	1.29	17.56
GRANOLA BARS,SOFT,UNCOATED,PNUT BUTTER	1 bar (1 oz)	18.03	0.00	1.20	16.83
GRANOLA BARS,SOFT,UNCOATED,PNUT BUTTER&CHOC CHIP	1 bar (1 oz)	17.42	0.00	1.18	16.24
GRANOLA BARS,SOFT,UNCOATED,RAISIN	1 bar (1 oz)	18.59	0.00	1.18	17.42
GRANOLA BARS,SOFT,UNCOATED,RAISIN	1 bar (1.5 oz)	28.55	0.00	1.81	26.75
MILK & CRL BAR	1 bar	18.01	11.49	0.10	17.91
ORIENTAL MIX,RICE-BASED	1 oz	14.63	0.85	3.74	10.89
ORIENTAL MIX,RICE-BASED	2 oz	29.42	1.71	7.52	21.90
Popcor, microwav, regula (butter) flavo, mad with pal oil	1 bag	49.82	0.26	8.70	41.12
Popcor, microwav, regula (butter) flavo, mad with pal oil	1 cup	4.52	0.02	0.79	3.73
POPCORN,AIR-POPPED	1 cup	6.22	0.07	1.16	5.06
POPCORN,AIR-POPPED	1 oz	22.05	0.25	4.11	17.94
POPCORN,AIR-POPPED,WHITE POPCORN	1 cup	6.23	0.00	1.21	5.02
POPCORN,AIR-POPPED,WHITE POPCORN	1 oz	22.08	0.00	4.28	17.80
POPCORN,CAKES	1 cake	8.01	0.07	0.29	7.72
POPCORN,CAKES	2 cakes	16.02	0.14	0.58	15.44
POPCORN,CARAMEL-COATED,W/PNUTS	1 oz (approx 2/3 cup)	22.88	12.86	1.08	21.80
POPCORN,CARAMEL-COATED,W/PNUTS	2 oz	46.00	25.86	2.17	43.83
POPCORN,CARAMEL-COATED,WO/PNUTS	1 oz	22.42	15.08	1.47	20.95

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
POPCORN,CHEESE-FLAVOR	1 cup	5.68	0.09	1.09	4.59
POPCORN,CHEESE-FLAVOR	1 oz	14.63	0.22	2.81	11.82
POPCORN,MICROWAVE,LOFAT&NA	1 oz	20.81	0.15	4.03	16.78
POPCORN,OIL-POPPED,LOFAT	1 oz	41.97	0.45	7.88	34.09
POPCORN,SUGAR SYRUP/CARAMEL,FAT-FREE	1 oz	25.53	18.34	0.71	24.82
PORK SKINS,BARBECUE-FLAVOR	1/2 oz	0.23	0.00	0.00	0.23
PORK SKINS,BARBECUE-FLAVOR	1 oz	0.45	0.00	0.00	0.45
PORK SKINS,PLAIN	1/2 oz	0.00	0.00	0.00	0.00
PORK SKINS,PLAIN	1 oz	0.00	0.00	0.00	0.00
POTATO CHIPS,BARBECUE-FLAVOR	1 bag (7 oz)	111.26	10.83	7.52	103.73
POTATO CHIPS,BARBECUE-FLAVOR	1 oz	15.93	1.55	1.08	14.85
POTATO CHIPS,CHEESE-FLAVOR	1 bag (6 oz)	98.09	0.00	8.84	89.25
POTATO CHIPS,CHEESE-FLAVOR	1 oz	16.36	0.00	1.47	14.88
POTATO CHIPS,FAT FREE,SALTED	1 bag (8 oz)	190.14	8.38	17.03	173.11
POTATO CHIPS,FAT FREE,SALTED	1 oz	23.75	1.05	2.13	21.62
POTATO CHIPS,MADE FR DRIED POTATOES,SOUR-CREAM&ONION-FLAVOR	1 can (6.75 oz)	101.57	0.00	2.38	99.20
POTATO CHIPS,MADE FR DRIED POTATOES,SOUR-CREAM&ONION-FLAVOR	1 oz	14.54	0.00	0.34	14.20
POTATO CHIPS,MADE FROM DRIED POTATOES,CHEESE-FLAVOR	1 can (6.25 oz)	96.65	0.00	6.49	90.15
POTATO CHIPS,MADE FROM DRIED POTATOES,CHEESE-FLAVOR	1 oz	14.35	0.00	0.96	13.38
POTATO CHIPS,MADE FROM DRIED POTATOES,LT	1 can (6 oz)	110.09	1.07	5.44	104.65
POTATO CHIPS,MADE FROM DRIED POTATOES,LT	1 oz	18.36	0.18	0.91	17.45
POTATO CHIPS,MADE FROM DRIED POTATOES,PLN	1 can (7 oz)	109.65	1.50	5.74	103.91
POTATO CHIPS,MADE FROM DRIED POTATOES,PLN	1 oz	15.51	0.21	0.81	14.69
POTATO CHIPS,MADE FROM DRIED POTATOES,PLN	1 oz	15.70	0.22	0.82	14.88
POTATO CHIPS,MADE FROM DRIED POTATOES,PLN	16 chips	14.40	0.20	0.75	13.64
POTATO CHIPS,PLAIN,SALTED	1 bag (8 oz)	122.19	0.75	7.04	115.16
POTATO CHIPS,PLAIN,SALTED	1 oz	15.07	0.09	0.87	14.20
POTATO CHIPS,PLAIN,SALTED	1 oz	15.26	0.09	0.88	14.38
POTATO CHIPS,PLAIN,SALTED	22 chips	15.07	0.09	0.87	14.20
POTATO CHIPS,PLN,MADE W/PART HYDR SOYBN OIL,SALTED	1 bag (8 oz)	120.08	0.00	10.90	109.19
POTATO CHIPS,PLN,MADE W/PART HYDR SOYBN OIL,SALTED	1 oz	15.00	0.00	1.36	13.64
POTATO CHIPS,PLN,MADE W/PART HYDR SOYBN OIL,UNSALTED	1 bag (8 oz)	120.08	0.00	10.90	109.19
POTATO CHIPS,PLN,MADE W/PART HYDR SOYBN OIL,UNSALTED	1 oz	15.00	0.00	1.36	13.64
POTATO CHIPS,PLN,UNSALTED	1 bag (8 oz)	120.08	0.50	10.90	109.19
POTATO CHIPS,PLN,UNSALTED	1 oz	15.00	0.06	1.36	13.64

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POTATO CHIPS,SOUR-CREAM-AND-ONION-FLAVOR	1 bag (7 oz)	101.97	0.00	10.30	91.67
POTATO CHIPS,SOUR-CREAM-AND-ONION-FLAVOR	1 oz	14.60	0.00	1.47	13.13
POTATO CHIPS,WHITE,RESTRUCTURED,BKD	1 cup	24.28	1.70	1.63	22.64
POTATO CHIPS,WHITE,RESTRUCTURED,BKD	10 chips	8.57	0.60	0.58	7.99
POTATO CHIPS,WO/SALT,RED FAT	1 oz	19.22	0.06	1.73	17.49
PRETZELS,HARD,CONFECTIONER'S COATING,CHOCOLATE-FLAVOR	1 oz	20.10	11.00	0.68	19.42
PRETZELS,HARD,CONFECTIONER'S COATING,CHOCOLATE-FLAVOR	1 pretzel	7.80	4.27	0.26	7.54
PRETZELS,HARD,PLN,MADE W/UNENR FLR,SALTED	1 oz	22.45	0.00	0.79	21.66
PRETZELS,HARD,PLN,MADE W/UNENR FLR,SALTED	10 twists	47.52	0.00	1.68	45.84
PRETZELS,HARD,PLN,MADE W/UNENR FLR,UNSALTED	1 oz	22.45	0.00	0.79	21.66
PRETZELS,HARD,PLN,MADE W/UNENR FLR,UNSALTED	10 twists	47.52	0.00	1.68	45.84
PRETZELS,HARD,PLN,SALTED	1 oz	22.79	0.63	0.96	21.83
PRETZELS,HARD,PLN,SALTED	10 twists	48.23	1.33	2.04	46.19
PRETZELS,SOFT	1 large	99.23	0.36	2.43	96.80
PRETZELS,SOFT	1 medium	79.80	0.29	1.96	77.84
PRETZELS,SOFT	1 small	43.02	0.16	1.05	41.97
PRETZELS,SOFT,UNSALTED	1 large	101.59	0.36	2.43	99.16
PRETZELS,SOFT,UNSALTED	1 medium	81.70	0.29	1.96	79.74
PRETZELS,SOFT,UNSALTED	1 small	44.04	0.16	1.05	42.99
RICE & WHEAT CRL BAR	1 bar	16.00	7.00	0.40	15.60
RICE CAKE,CRACKER (INCL HAIN MINI RICE CAKES)	1 cubic inch	3.41	0.04	0.18	3.23
RICE CAKES,BROWN RICE,BUCKWHEAT	1 cake	7.21	0.00	0.34	6.87
RICE CAKES,BROWN RICE,BUCKWHEAT	2 cakes	14.42	0.00	0.68	13.73
RICE CAKES,BROWN RICE,BUCKWHEAT,UNSALTED	1 cake	7.21	0.00	0.00	7.21
RICE CAKES,BROWN RICE,BUCKWHEAT,UNSALTED	2 cakes	14.42	0.00	0.00	14.42
RICE CAKES,BROWN RICE,MULTIGRAIN	1 cake	7.21	0.00	0.27	6.94
RICE CAKES,BROWN RICE,MULTIGRAIN	2 cakes	14.42	0.00	0.54	13.88
RICE CAKES,BROWN RICE,MULTIGRAIN,UNSALTED	1 cake	7.21	0.00	0.00	7.21
RICE CAKES,BROWN RICE,MULTIGRAIN,UNSALTED	2 cakes	14.42	0.00	0.00	14.42
RICE CAKES,BROWN RICE,PLN	1 cake	7.34	0.08	0.38	6.96
RICE CAKES,BROWN RICE,PLN	2 cakes	14.67	0.16	0.76	13.91
RICE CAKES,BROWN RICE,PLN,UNSALTED	1 cake	7.34	0.08	0.38	6.96
RICE CAKES,BROWN RICE,PLN,UNSALTED	2 cakes	14.67	0.16	0.76	13.91
RICE CAKES,BROWN RICE,RYE	1 cake	7.19	0.00	0.36	6.83
RICE CAKES,BROWN RICE,RYE	2 cakes	14.38	0.00	0.72	13.66
RICE CAKES,BROWN RICE,SESAME SD	1 cake	7.34	0.00	0.49	6.85
RICE CAKES,BROWN RICE,SESAME SD	2 cakes	14.67	0.00	0.97	13.70
RICE CAKES,BROWN RICE,SESAME SD,UNSALTED	1 cake	7.34	0.00	0.00	7.34
RICE CAKES,BROWN RICE,SESAME SD,UNSALTED	2 cakes	14.67	0.00	0.00	14.67

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SESAME STKS,WHEAT-BASED,SALTED	1 oz	13.18	0.05	0.79	12.39
SESAME STKS,WHEAT-BASED,SALTED	2 oz	26.51	0.11	1.60	24.91
SESAME STKS,WHEAT-BASED,UNSALTED	1 oz	13.18	0.00	0.00	13.18
SESAME STKS,WHEAT-BASED,UNSALTED	2 oz	26.51	0.00	0.00	26.51
Snac, grano bar, GENER MILLS NATURE VALL, SWE&SAL NUT, peanu	1 bar	21.40	11.60	1.02	20.38
Snac, grano bar, GENER MILLS, NATUR VALLE, CHEWY TRAIL MIX	1 bar	25.29	15.00	1.33	23.96
Snack, Mixed Berry Bar	1 bar	22.36	10.00	3.00	19.36
Snack,gran bar,GENERAL MILLS, NATURE VALLEY, w yogu coati	1 bar	26.00	14.00	1.54	24.46
SNACK,PRETZEL,HARD CHOC COATD	1 serving	19.62	10.86	0.98	18.64
Snacks, brown rice chips	1 cake	7.34	0.05	0.38	6.96
Snacks, brown rice chips	2 cakes	14.67	0.11	0.76	13.91
Snacks, CLIF BAR, mixed flavors	1 bar	44.50	21.50	5.03	39.47
Snacks, granola bar, QUAKER, DIPPS, all flavors	1 bar	20.14	11.66	0.99	19.15
Snacks, potato chips, fr dried potatoes, multigrain	1 oz	18.52	1.16	0.77	17.76
Snacks, potato chips, fr dried potatoes, multigrain	16 1/2 pieces average	18.30	1.14	0.76	17.54
Snacks, tortilla chips, nacho cheese	1 oz	17.24	0.73	1.45	15.79
SNACKS,BAGEL CHIPS,PLN	1 bag	116.13	10.54	7.18	108.96
SNACKS,BAGEL CHIPS,PLN	1 oz	18.81	1.71	1.16	17.65
SNACKS,BAGEL CHIPS,PLN	6 piece chips	18.58	1.69	1.15	17.43
SNACKS,BF STKS,SMOKED	1 oz	1.53	0.00	0.00	1.53
SNACKS,BF STKS,SMOKED	1 stick	1.08	0.00	0.00	1.08
SNACKS,CANDY BITS,YOGURT COVERED W/ VIT C	1 package	17.38	13.00	0.04	17.34
SNACKS,CANDY ROLLS,YOGURT-COVERED,FRUIT FLAV W/ HI VIT C	1 Roll	17.17	9.00	0.76	16.41
SNACKS,CORN-BASE,EXTRUD,CHIPS,BARBECUE-FLAVOR,W/ENR MASA FLR	1 oz	15.93	0.00	0.00	15.93
SNACKS,CORN-BASED,EXTRDD,PUFFS OR TWISTS,CHEESE-FLAVOR,UNENR	1 bag (8 oz)	122.81	6.27	4.99	117.81
SNACKS,CORN-BASED,EXTRDD,PUFFS OR TWISTS,CHEESE-FLAVOR,UNENR	1 oz	15.34	0.78	0.62	14.71
SNACKS,CORN-BASED,EXTRUDED,CHIPS,PLN	1 bag (7 oz)	112.66	0.53	7.92	104.74
SNACKS,CORN-BASED,EXTRUDED,CHIPS,PLN	1 oz	15.93	0.08	1.12	14.81
SNACKS,CORN-BASED,EXTRUDED,CHIPS,PLN	1 oz	16.13	0.08	1.13	15.00
SNACKS,CORN-BASED,EXTRUDED,CHIPS,UNSALTED	1 bag, single serving	16.07	0.39	1.23	14.84
SNACKS,CORN-BASED,EXTRUDED,CHIPS,UNSALTED	1 cup, crushed	50.51	1.24	3.87	46.64
SNACKS,CORN-BASED,EXTRUDED,CHIPS,UNSALTED	10 chips	10.33	0.25	0.79	9.54
SNACKS,CORN-BASED,EXTRUDED,ONION-FLAVOR	1 oz	18.46	1.37	1.11	17.35
SNACKS,CORN-BASED,EXTRUDED,ONION-FLAVOR	2 oz	37.11	2.75	2.22	34.88

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SNACKS,FARLEY CANDY,FARLEY FRUIT SNACKS,W/VITAMINS A,C,&E	1 pouch	21.03	0.00	0.00	21.03
SNACKS,FRITOLAY,SUNCHIPS,MULTIGRAIN SNACK,ORIGINAL FLAVOR	1 oz	19.07	2.04	2.49	16.57
SNACKS,FRITOLAY,SUNCHIPS,MULTIGRAIN,FRENCH ONION FLAVOR	1 oz	18.57	2.50	2.21	16.36
SNACKS,FRITOLAY,SUNCHIPS,MULTIGRAIN,HARVEST CHEDDAR	1 oz	18.34	2.00	2.30	16.05
SNACKS,FRUIT LEATHER,PIECES,W/VIT C	1 packet	12.10	0.00	0.50	11.60
SNACKS,FRUIT LEATHER,PIECES,W/VIT C	1 serving	17.89	0.00	0.74	17.16
SNACKS,GENERAL MILLS,BETTY CROCKER FRT RL UPS,BRY FLV,W/VT C	2 rolls	23.86	10.84	0.00	23.86
SNACKS,GENERAL MILLS,CHEX MIX,TRADITIONAL FLAVOR	1 cup	35.14	2.28	1.83	33.31
SNACKS,GENERAL MILLS,CHEX MIX,TRADITIONAL FLAVOR	1 oz	21.20	1.37	1.11	20.09
SNACKS,GENERAL MILLS,CHEX MIX,TRADITIONAL FLAVOR	1 package	36.64	2.38	1.91	34.73
SNACKS,GRANOLA BAR,CHEWY,RED SUGAR,ALL FLAVORS	1 bar	16.66	4.99	0.74	15.91
SNACKS,GRANOLA BAR,KASHI GOLEAN,CHEWY,MXD FLAVORS	1 bar	49.47	33.00	6.01	43.46
SNACKS,GRANOLA BAR,KASHI GOLEAN,CRUNCHY,MXD FLAVORS	1 bar	28.00	12.83	2.77	25.23
SNACKS,GRANOLA BAR,KASHI TLC BAR,CHEWY,MXD FLAVORS	1 bar	18.64	6.00	3.99	14.65
SNACKS,GRANOLA BAR,KASHI TLC BAR,CRUNCHY,MXD FLAVORS	1 bar	12.56	4.00	2.00	10.56
SNACKS,GRANOLA BAR,KASHI TLC BAR,CRUNCHY,MXD FLAVORS	2 bar	25.11	8.00	4.00	21.11
SNACKS,GRANOLA BAR,QUAKER,CHEWY,90 CAL BAR	1 bar	19.00	7.00	1.01	17.99
SNACKS,GRANOLA BARS,QUAKER OATMEAL TO GO,ALL FLAVORS	1 bar	45.28	18.92	2.76	42.52
SNACKS,GRANOLA BARS,SOFT,ALMOND,CONFECTIONERS COATING	1 bar	21.05	11.90	1.51	19.54
SNACKS,GRANOLA BITES,MXD FLAVORS	1 package	13.25	6.00	1.14	12.11
SNACKS,KELLOGG,KELLOGG'S RICE KRISPIES TREATS SQUARES	1 serving	17.71	4.26	0.13	17.58
SNACKS,KELLOGG'S LOFAT GRANOLA BAR,CRUNCHY ALMD/BRN SUGAR	1 bar	28.86	0.00	2.29	26.57
SNACKS,KELLOGG'S,NUTRI-GRAIN CRL BARS,FRUIT	1 bar	51.46	22.82	5.11	46.35
SNACKS,M&M MARS,COMBOS SNACKS CHEDDAR CHS PRETZEL	1 oz	18.85	4.99	0.51	18.34

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SNACKS,M&M MARS,COMBOS SNACKS CHEDDAR CHS PRETZEL	10 pieces	19.95	5.28	0.54	19.41
SNACKS,M&M MARS,KUDOS WHL GRAIN BAR,M&M'S MILK CHOC	1 bar	17.52	9.07	0.58	16.95
SNACKS,M&M MARS,KUDOS WHL GRAIN BARS,CHOC CHIP	1 bar	20.25	10.86	0.73	19.52
SNACKS,M&M MARS,KUDOS WHL GRAIN BARS,PNUT BUTTER	1 bar	18.11	12.40	0.73	17.39
SNACKS,NUTRI-GRAIN FRUIT & NUT BAR	1 bar	21.35	10.38	2.40	18.95
SNACKS,PITA CHIPS,SALTED	1 bag	178.84	12.47	9.96	168.89
SNACKS,PITA CHIPS,SALTED	1 oz	19.35	1.35	1.08	18.27
SNACKS,PLANTAIN CHIPS,SALTED	1 oz	18.10	0.26	0.99	17.11
SNACKS,POPCORN,HOME-PREPARED,OIL-POPPED,UNSALTED	1 cup	4.65	0.04	0.80	3.85
SNACKS,POPCORN,HOME-PREPARED,OIL-POPPED,UNSALTED	1 oz	16.47	0.15	2.84	13.64
SNACKS,POPCORN,MICROWAVE,REG (BUTTER) FLAVOR, W/PARHYD OIL	1 bag	47.99	0.48	8.70	39.29
SNACKS,POPCORN,MICROWAVE,REG (BUTTER) FLAVOR, W/PARHYD OIL	1 cup	4.36	0.04	0.79	3.57
SNACKS,POPCORN,OIL-POPPED,MICROWAVE,REG FLAVOR,NO TRANS FAT	1 cup	4.96	0.05	0.89	4.07
SNACKS,POPCORN,OIL-POPPED,MICROWAVE,REG FLAVOR,NO TRANS FAT	1 oz	12.77	0.13	2.30	10.48
SNACKS,POPCORN,OIL-POPPED,WHITE POPCORN,SALT ADDED	1 cup	6.29	0.00	1.10	5.19
SNACKS,POPCORN,OIL-POPPED,WHITE POPCORN,SALT ADDED	1 oz	16.22	0.00	2.84	13.38
SNACKS,POTATO CHIPS,FAT-FREE,MADE W/OLESTRA	1 oz	18.43	0.00	1.93	16.50
SNACKS,POTATO CHIPS,FRM DRIED POTATOES,FAT-FREE,W/ OLESTRA	1 oz	15.88	0.17	2.07	13.81
SNACKS,POTATO CHIPS,LIGHTLY SALTED	1 bag	121.54	0.77	9.53	112.00
SNACKS,POTATO CHIPS,LIGHTLY SALTED	23 pieces	14.99	0.10	1.18	13.82
SNACKS,POTATO CHIPS,RED FAT	1 bag (6 oz)	113.73	0.37	10.03	103.70
SNACKS,POTATO CHIPS,RED FAT	1 oz	18.97	0.06	1.67	17.29
SNACKS,POTATO STKS	1/2 cup	9.59	0.04	0.61	8.98
SNACKS,POTATO STKS	1 oz	15.11	0.06	0.96	14.15
SNACKS,PRETZELS,HARD,PLN,MADE W/ ENR FLR,UNSALTED	1 oz	22.45	0.63	0.79	21.66
SNACKS,PRETZELS,HARD,PLN,MADE W/ ENR FLR,UNSALTED	10 twists	47.52	1.33	1.68	45.84

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SNACKS,PRETZELS,HARD,WHOLE-WHEAT INCL BOTH SALTED & UNSALTED	1 oz	23.05	0.00	2.18	20.87
SNACKS,PRETZELS,HARD,WHOLE-WHEAT INCL BOTH SALTED & UNSALTED	2 oz	46.34	0.00	4.39	41.95
SNACKS,RICE CAKES,BROWN RICE,CORN	1 cake	7.31	0.00	0.26	7.05
SNACKS,RICE CAKES,BROWN RICE,CORN	2 cakes	14.62	0.00	0.52	14.09
SNACKS,SOY CHIPS OR CRISPS,SALTED	1 oz	15.07	0.51	0.99	14.08
SNACKS,SUNKIST,SUNKIST FRUIT ROLL,STRAWBERRY,W/VITMNS A,C,&E	1 roll	17.37	0.00	1.62	15.75
SNACKS,SWT POTATO CHIPS,UNSALTED	1 Bag	15.91	2.47	2.46	13.45
SNACKS,SWT POTATO CHIPS,UNSALTED	1 oz	16.11	2.50	2.49	13.61
SNACKS,SWT POTATO CHIPS,UNSALTED	1 package	19.32	3.00	2.99	16.33
SNACKS,TORTILLA CHIPS,LOFAT,MADE W/OLESTRA,NACHO CHS	1 oz	18.49	0.80	1.81	16.68
SNACKS,TORTILLA CHIPS,LT (BAKED W/ LESS OIL)	1 cup, crushed	46.24	0.33	3.59	42.65
SNACKS,TORTILLA CHIPS,LT (BAKED W/ LESS OIL)	10 chips	11.74	0.08	0.91	10.83
SNACKS,TORTILLA CHIPS,NACHO-FLAVOR,MADE W/ENR MASA FLR	1 oz	17.69	0.00	1.50	16.19
SNACKS,TORTILLA CHIPS,NACHO-FLAVOR,RED FAT	1 bag (6 oz)	121.72	0.00	8.16	113.56
SNACKS,TORTILLA CHIPS,NACHO-FLAVOR,RED FAT	1 oz	20.30	0.00	1.36	18.94
SNACKS,TORTILLA CHIPS,RANCH-FLAVOR	1 bag (7 oz)	124.23	6.00	7.92	116.31
SNACKS,TORTILLA CHIPS,RANCH-FLAVOR	1 oz	17.79	0.86	1.13	16.65
SNACKS,TORTILLA CHIPS,UNSALTED,WHITE CORN	1 bag, single serving	18.29	0.28	1.48	16.81
SNACKS,TORTILLA CHIPS,UNSALTED,WHITE CORN	1 cup	16.98	0.26	1.38	15.61
SNACKS,TORTILLA CHIPS,UNSALTED,WHITE CORN	10 chips	11.76	0.18	0.95	10.80
SNACKS,VEG CHIPS,HAIN CELESTIAL GROUP,TERRA CHIPS	1 oz	16.43	2.76	3.09	13.34
SNACKS,VEG CHIPS,MADE FROM GARDEN VEG	1 oz	17.13	1.15	1.33	15.80
SNACKS,YUCCA (CASSAVA) CHIPS,SALTED	1 bag	72.69	3.53	3.89	68.81
SNACKS,YUCCA (CASSAVA) CHIPS,SALTED	1 oz	19.63	0.95	1.05	18.58
SNACKS,YUCCA (CASSAVA) CHIPS,SALTED	10 chips	11.77	0.57	0.63	11.14
TARO CHIPS	1 oz	19.31	1.08	2.04	17.27
TARO CHIPS	10 chips	15.66	0.88	1.66	14.01
Tortilla chips, yellow, plain, salted	1 oz	19.10	0.34	1.33	17.77
TORTILLA CHIPS,LOFAT,BKD WO/FAT	1 oz	22.68	0.19	1.50	21.18
TORTILLA CHIPS,LOFAT,UNSALTED	1 oz	22.71	0.24	1.50	21.21
TORTILLA CHIPS,PLAIN	1 bag	144.37	1.66	11.50	132.87
TORTILLA CHIPS,PLAIN	1 oz	19.22	0.22	1.53	17.68
TORTILLA CHIPS,TACO-FLAVOR	1 bag (8 oz)	143.24	0.00	12.03	131.21
TORTILLA CHIPS,TACO-FLAVOR	1 oz	17.89	0.00	1.50	16.39
TRAIL MIX,REG,UNSALTED	1 cup	67.35	0.00	0.00	67.35
TRAIL MIX,REG,UNSALTED	1 oz	12.73	0.00	0.00	12.73

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TRAIL MIX,REG,UNSALTED	1 1/2 oz	18.86	0.00	0.00	18.86
TRAIL MIX,REG,W/CHOC CHIPS,SALTED NUTS&SEEDS	1 cup	65.55	34.86	7.30	58.25
TRAIL MIX,REG,W/CHOC CHIPS,SALTED NUTS&SEEDS	1 oz	12.73	6.77	1.42	11.31
TRAIL MIX,REG,W/CHOC CHIPS,SALTED NUTS&SEEDS	1 1/2 oz	18.86	10.03	2.10	16.76
TRAIL MIX,REG,W/CHOC CHIPS,UNSALTED NUTS&SEEDS	1 cup	65.55	0.00	0.00	65.55
TRAIL MIX,REG,W/CHOC CHIPS,UNSALTED NUTS&SEEDS	1 oz	12.73	0.00	0.00	12.73
TRAIL MIX,REG,W/CHOC CHIPS,UNSALTED NUTS&SEEDS	1 1/2 oz	18.86	0.00	0.00	18.86
TRAIL MIX,REGULAR	1 cup	67.35	0.00	0.00	67.35
TRAIL MIX,REGULAR	1 oz	12.73	0.00	0.00	12.73
TRAIL MIX,REGULAR	1 1/2 oz	18.86	0.00	0.00	18.86
TRAIL MIX,TROPICAL	1 cup	91.84	0.00	0.00	91.84
TRAIL MIX,TROPICAL	1 oz	18.60	0.00	0.00	18.60
TRAIL MIX,TROPICAL	1 1/2 oz	27.55	0.00	0.00	27.55
BLACKBERRIES,WILD,RAW (ALASKA NATIVE)	1 cup	15.45	5.73	5.02	10.42
BREAD,KNEEL DOWN (NAVAJO)	1 oz	11.19	1.06	0.00	11.19
CARIBOU,HIND QUARTER,MEAT,CKD (ALASKA NATIVE)	1/2 cup	0.00	0.00	0.00	0.00
CARIBOU,HIND QUARTER,MEAT,CKD (ALASKA NATIVE)	1 piece	0.00	0.00	0.00	0.00
CATTAIL,NARROW LEAF SHOOTS (NORTHERN PLAINS INDIANS)	1 shoot	0.98	0.04	0.86	0.12
CHOCHECHERRIES,RAW,PITTED (NORTHERN PLAINS INDIANS)	1 cup	51.77	14.43	30.80	20.97
CORN,DRIED,YEL (NORTHERN PLAINS INDIANS)	1 oz	18.79	6.04	5.81	12.98
FRYBREAD,MADE W/ LARD (NAVAJO)	1 piece	73.36	3.09	0.00	73.36
HAZELNUTS,BEAKED (NORTHERN PLAINS INDIANS)	1 nut	0.09	0.00	0.04	0.05
HAZELNUTS,BEAKED (NORTHERN PLAINS INDIANS)	1 oz	6.51	0.00	2.78	3.74
LAMBSQUARTERS,RAW (NORTHERN PLAINS INDIANS)	1 leaf	0.06	0.00	0.06	0.01
LAMBSQUARTERS,STMD (NORTHERN PLAINS INDIANS)	1 cup	4.86	0.00	3.38	1.48
MUTTON,CKD,RSTD (NAVAJO)	1 oz	0.02	0.00	0.00	0.02
PIKI BREAD,MADE FROM BLUE CORNMEAL (HOPI)	1 piece	13.72	0.30	1.75	11.97
PIKI BREAD,MADE FROM BLUE CORNMEAL (HOPI)	1 piece	20.22	0.45	2.58	17.65
PLUMS,WILD (NORTHERN PLAINS INDIANS)	1 cup	35.34	17.08	9.66	25.68
PRAIRIE TURNIPS,BLD (NORTHERN PLAINS INDIANS)	1 bulb	4.20	0.66	1.01	3.19
PRAIRIE TURNIPS,RAW (NORTHERN PLAINS INDIANS)	1 bulb peeled	4.49	0.10	1.01	3.49
PRICKLY PEARS,BRLD (NORTHERN PLAINS INDIANS)	1 pad	1.62	0.00	0.00	1.62
PRICKLY PEARS,RAW (NORTHERN PLAINS INDIANS)	1 pad	6.20	0.62	3.23	2.97

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PRICKLY PEARS,RAW (NORTHERN PLAINS INDIANS)	1 pad peeled	1.93	0.19	1.01	0.93
RASPBERRIES,WILD (NORTHERN PLAINS INDIANS)	1 cup	18.01	7.20	9.75	8.26
ROSE HIPS,WILD (NORTHERN PLAINS INDIANS)	1 cup	48.54	3.28	30.61	17.93
SALMON,RED (SOCKEYE),FILETS W/ SKN,SMOKED (ALASKA NATIVE)	1 filet	0.00	0.00	0.00	0.00
SALMON,RED (SOCKEYE),FILETS W/ SKN,SMOKED (ALASKA NATIVE)	1 strip	0.00	0.00	0.00	0.00
SQUASH,INDIAN,CKD,BLD (NAVAJO)	1 oz	0.91	0.57	0.43	0.49
STEW,DUMPLING W/ MUTTON (NAVAJO)	1 serving	24.73	0.65	0.00	24.73
STEW,HOMINY W/ MUTTON (NAVAJO)	1 serving	38.55	0.45	8.22	30.33
STEW,MUTTON,CORN,SQUASH (NAVAJO)	1 serving	22.03	1.85	5.15	16.88
STEW,PINTO BEAN & HOMINY,BADUFSUKI (HOPI)	8 oz	12.21	0.00	3.41	8.81
STINGING NETTLES,BLANCHED (NORTHERN PLAINS INDIANS)	1 cup	6.67	0.22	6.14	0.53
TAMALES (NAVAJO)	1 piece	33.70	1.84	5.77	27.94
TAMALES,MASA & PORK FILLING (HOPI)	4 oz	20.66	1.77	3.73	16.93
TORTILLA,BLUE CORN,SAKWAVIKAVIKI (HOPI)	1 piece	33.13	1.69	1.94	31.19
TORTILLA,INCL PLN & FROM MUTTON SNDWCH (NAVAJO)	1 serving	98.38	5.42	4.73	93.65
WHALE,BELUGA,MEAT,DRIED (ALASKA NATIVE)	1 strip	0.00	0.00	0.00	0.00
WOCAS,DRIED SEEDS,OREGON,YEL POND LILY (KLAMATH)	1 oz	22.69	0.12	5.44	17.24
WOCAS,TUBER,CKD,OREGON,YEL POND LILY (KLAMATH)	1 oz	2.00	0.00	0.65	1.35
APPLEBEE'S,9 OZ HOUSE SIRLOIN STEAK	1 serving	0.00	0.00	0.00	0.00
APPLEBEE'S,CHICK TENDERS PLATTER	1 serving	37.58	0.75	2.09	35.49
APPLEBEE'S,CHICK TENDERS,FROM KIDS' MENU	1 piece	6.43	0.14	0.42	6.01
APPLEBEE'S,CHICK TENDERS,FROM KIDS' MENU	1 serving (3 pieces)	18.18	0.39	1.19	16.99
APPLEBEE'S,CHILI	1 cup	6.22	3.09	1.90	4.31
APPLEBEE'S,CHILI	1 serving	8.32	4.13	2.55	5.77
APPLEBEE'S,COLESLAW	1 serving	10.01	7.09	2.13	7.88
APPLEBEE'S,CRUNCHY ONION RINGS	1 serving	140.60	15.68	10.85	129.75
APPLEBEE'S,DOUBLE CRUNCH SHRIMP	1 serving	53.48	2.20	5.36	48.12
APPLEBEE'S,FISH,HAND BATTERED	1 serving	41.63	1.28	2.25	39.38
APPLEBEE'S,FRENCH FR	1 serving	64.78	0.00	6.40	58.38
APPLEBEE'S,KRAFT,MACARONI & CHS,FROM KID'S MENU	1 cup	26.14	4.59	1.61	24.53
APPLEBEE'S,KRAFT,MACARONI & CHS,FROM KID'S MENU	1 serving	37.94	6.66	2.34	35.60
APPLEBEE'S,MOZZARELLA STKS	1 piece	7.32	0.90	0.67	6.65
APPLEBEE'S,MOZZARELLA STKS	1 serving	66.09	8.09	6.07	60.03

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CARRABBA'S ITALIAN GRILL,CHICK PARMESAN WO/ CAVATAPPI PASTA	1 serving	26.44	9.80	3.05	23.39
CARRABBA'S ITALIAN GRILL,CHS RAVIOLI W/ MARINARA SAU	1 serving varied from 8 to 10 ravioli per serving	64.31	15.15	5.11	59.20
CARRABBA'S ITALIAN GRILL,LASAGNE	1 serving	54.01	12.10	5.68	48.33
CARRABBA'S ITALIAN GRILL,SPAGHETTI W/ MEAT SAU	1 serving	84.36	10.53	8.06	76.31
CARRABBA'S ITALIAN GRILL,SPAGHETTI W/ POMODORO SAU	1 serving	91.10	9.14	8.31	82.79
CRACKER BARREL,CHICK TENDERLOIN PLATTER,FRIED	1 serving	35.51	0.16	1.23	34.28
CRACKER BARREL,CHICK TENDERLOIN PLATTER,FRIED,FRM KID'S MENU	1 piece	7.29	0.07	0.36	6.93
CRACKER BARREL,CHICK TENDERLOIN PLATTER,FRIED,FRM KID'S MENU	1 serving	20.85	0.20	1.03	19.82
CRACKER BARREL,COLESLAW	1 serving	21.73	18.49	2.67	19.05
CRACKER BARREL,COUNTRY FRIED SHRIMP PLATTER	1 serving	31.89	0.00	0.45	31.44
CRACKER BARREL,FARM RAISED CATFISH PLATTER	1 piece	6.58	0.00	1.98	4.60
CRACKER BARREL,FARM RAISED CATFISH PLATTER	1 serving	9.45	0.00	2.85	6.60
CRACKER BARREL,GRILLED SIRLOIN STEAK	1 steak	0.00	0.00	0.00	0.00
CRACKER BARREL,MACARONI N' CHS	1 cup	23.26	4.22	1.64	21.62
CRACKER BARREL,MACARONI N' CHS	1 serving	27.32	4.95	1.93	25.39
CRACKER BARREL,MACARONI N' CHS PLATE,FROM KID'S MENU	1 cup	23.21	4.22	1.04	22.17
CRACKER BARREL,MACARONI N' CHS PLATE,FROM KID'S MENU	1 serving	40.04	7.27	1.80	38.24
CRACKER BARREL,ONION RINGS,THICK-CUT	1 serving	106.88	12.58	5.74	101.14
CRACKER BARREL,STEAK FRIES	1 serving	61.12	1.70	6.93	54.19
DENNY'S,CHICK NUGGETS,STAR SHAPED,FROM KID'S MENU	1 piece	2.17	0.00	0.13	2.05
DENNY'S,CHICK NUGGETS,STAR SHAPED,FROM KID'S MENU	1 serving 4 pieces in serving	9.11	0.00	0.54	8.57
DENNY'S,CHICK STRIPS	1 serving	42.74	0.56	2.13	40.60
DENNY'S,COLESLAW	1 serving	9.90	7.43	1.18	8.72
DENNY'S,FISH FILLET,BATTERED OR BREADED,FRIED	1 serving	34.99	0.80	2.01	32.98
DENNY'S,FRENCH FR	1 serving	58.08	1.40	5.78	52.31
DENNY'S,GOLDEN FRIED SHRIMP	1 piece	3.35	0.12	0.24	3.11
DENNY'S,GOLDEN FRIED SHRIMP	1 serving	20.93	0.75	1.50	19.43
DENNY'S,HASH BROWNS	1 cup	24.99	1.30	2.54	22.46
DENNY'S,HASH BROWNS	1 serving	32.97	1.71	3.35	29.62

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DENNY'S,MACARONI & CHS,FROM KID'S MENU	1 cup	28.35	5.63	1.61	26.75
DENNY'S,MACARONI & CHS,FROM KID'S MENU	1 serving	38.09	7.56	2.16	35.93
DENNY'S,MOZZARELLA CHS STKS	1 piece	7.35	0.76	0.43	6.92
DENNY'S,MOZZARELLA CHS STKS	1 serving	62.06	6.45	3.65	58.41
DENNY'S,ONION RINGS	1 serving	68.14	7.90	3.98	64.16
DENNY'S,SPAGHETTI & MEATBALLS	1 cup	20.78	2.72	2.01	18.77
DENNY'S,SPAGHETTI & MEATBALLS	1 serving	87.63	11.47	8.48	79.16
DENNY'S,TOP SIRLOIN STEAK	1 steak	0.15	0.00	0.00	0.15
OLIVE GARDEN,CHICK PARMIGIANA WO/ PASTA	1 serving	37.33	8.15	2.74	34.60
OLIVE GARDEN,CHS RAVIOLI W/ MARINARA SAU	1 serving varied from 7-9 ravioli per serving	89.17	22.02	4.99	84.17
OLIVE GARDEN,LASAGNA CLASSICO	1 serving	43.59	14.90	6.75	36.84
OLIVE GARDEN,SPAGHETTI W/ MEAT SAU	1 serving	90.25	8.77	8.93	81.32
OLIVE GARDEN,SPAGHETTI W/ POMODORO SAU	1 serving	81.93	8.46	8.13	73.80
ON THE BORDER,CHS ENCHILADA	1 enchilada	20.09	3.58	2.23	17.86
ON THE BORDER,CHS ENCHILADA	1 serving serving size varied from 1 to 3 enchiladas	40.50	7.23	4.50	36.00
ON THE BORDER,CHS ENCHILADA	2 enchilada	39.04	6.96	4.34	34.70
ON THE BORDER,CHS ENCHILADA	3 enchilada	55.57	9.91	6.17	49.39
ON THE BORDER,CHS QUESADILLA	1 serving 1 quesadilla	49.23	4.14	4.47	44.76
ON THE BORDER,MEXICAN RICE	1 cup	38.93	1.57	1.25	37.68
ON THE BORDER,REFRIED BNS	1 cup	23.65	1.13	11.07	12.58
ON THE BORDER,SOFT TACO W/ GROUND BF,CHS & LETTUCE	1 serving varied from 2-3 tacos per serving	62.47	5.96	5.83	56.64
REST,LATINO,ARROZ CON ABICHUELAS COLORADOS (RICE&RED BNS)	1 cup	37.27	0.24	4.08	33.19
REST,LATINO,ARROZ CON ABICHUELAS COLORADOS (RICE&RED BNS)	1 serving	140.07	0.89	15.34	124.73
RESTAURANT,CHINESE,BF & VEG	1 order	41.84	13.83	8.61	33.23
RESTAURANT,CHINESE,CHICK & VEG	1 cup	8.23	4.48	1.38	6.85
RESTAURANT,CHINESE,CHICK & VEG	1 order	37.28	20.30	6.24	31.05
RESTAURANT,CHINESE,CHICK CHOW MEIN	1 order	50.07	10.51	6.04	44.03
RESTAURANT,CHINESE,EGG ROLLS,ASSORTED	1 piece	24.29	0.00	2.31	21.97
RESTAURANT,CHINESE,FRIED RICE,WO/ MEAT	1 cup	44.92	0.77	1.51	43.42
RESTAURANT,CHINESE,GENERAL TSO'S CHICK	1 order	128.35	62.06	4.82	123.53

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RESTAURANT,CHINESE,GENERAL TSO'S CHICK	3 pieces	12.71	6.15	0.48	12.24
RESTAURANT,CHINESE,KUNG PAO CHICK	1 order	41.49	18.30	9.06	32.43
RESTAURANT,CHINESE,LEMON CHICK	1 order	128.40	50.96	6.23	122.17
RESTAURANT,CHINESE,LEMON CHICK	3 pieces	15.05	5.97	0.73	14.32
RESTAURANT,CHINESE,ORANGE CHICK	1 order	145.54	88.13	5.18	140.36
RESTAURANT,CHINESE,ORANGE CHICK	3 pieces	14.15	8.57	0.50	13.65
RESTAURANT,CHINESE,SHRIMP & VEG	1 order	27.17	12.98	8.41	18.75
RESTAURANT,CHINESE,SWT & SOUR CHICK	1 order	168.45	80.98	7.06	161.39
RESTAURANT,CHINESE,SWT & SOUR CHICK	3 pieces	13.12	6.31	0.55	12.57
RESTAURANT,CHINESE,SWT & SOUR PORK	1 order	142.14	62.97	6.09	136.05
RESTAURANT,CHINESE,SWT & SOUR PORK	3 pieces	9.80	4.34	0.42	9.38
RESTAURANT,CHINESE,VEG CHOW MEIN,WO/ MEAT OR NOODLES	1 cup	11.19	5.13	2.34	8.85
RESTAURANT,CHINESE,VEG CHOW MEIN,WO/ MEAT OR NOODLES	1 order	44.60	20.44	9.32	35.28
RESTAURANT,CHINESE,VEG LO MEIN,WO/ MEAT	1 cup	27.42	3.58	1.77	25.65
RESTAURANT,CHINESE,VEG LO MEIN,WO/ MEAT	1 order	149.39	19.49	9.63	139.75
RESTAURANT,FAMILY STYLE,CHICK FINGERS,FROM KID'S MENU	1 piece	6.94	0.12	0.41	6.54
RESTAURANT,FAMILY STYLE,CHICK FINGERS,FROM KID'S MENU	1 serving	21.40	0.38	1.25	20.14
RESTAURANT,FAMILY STYLE,CHICK TENDERS	1 serving	38.77	0.48	1.81	36.96
RESTAURANT,FAMILY STYLE,CHILI W/ MEAT & BNS	1 cup	6.22	3.09	1.90	4.31
RESTAURANT,FAMILY STYLE,CHILI W/ MEAT & BNS	1 serving	8.32	4.13	2.55	5.77
RESTAURANT,FAMILY STYLE,COLESLAW	1 serving	13.34	10.30	2.05	11.29
RESTAURANT,FAMILY STYLE,FISH FILLET,BATTERED OR BREAD,FRIED	1 serving	38.17	1.02	2.03	36.14
RESTAURANT,FAMILY STYLE,FRENCH FR	1 serving	63.24	0.48	6.63	56.61
RESTAURANT,FAMILY STYLE,FRIED MOZZARELLA STKS	1 piece	7.79	0.73	0.62	7.17
RESTAURANT,FAMILY STYLE,FRIED MOZZARELLA STKS	1 serving	61.59	5.78	4.90	56.69
RESTAURANT,FAMILY STYLE,HASH BROWNS	1 cup	24.99	1.30	2.54	22.46
RESTAURANT,FAMILY STYLE,HASH BROWNS	1 serving	32.97	1.71	3.35	29.62
RESTAURANT,FAMILY STYLE,MACARONI & CHS,FROM KIDS' MENU	1 cup	25.57	4.20	1.50	24.07
RESTAURANT,FAMILY STYLE,MACARONI & CHS,FROM KIDS' MENU	1 serving	39.48	6.49	2.31	37.17
RESTAURANT,FAMILY STYLE,ONION RINGS	1 serving	105.46	12.12	6.73	98.73
RESTAURANT,FAMILY STYLE,SHRIMP,BREADED & FRIED	1 serving	37.67	1.54	2.54	35.14
RESTAURANT,FAMILY STYLE,SIRLOIN STEAK	1 serving	0.00	0.91	0.00	0.00

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RESTAURANT,FAMILY STYLE,SPAGHETTI & MEATBALLS	1 cup	20.78	2.72	2.01	18.77
RESTAURANT,FAMILY STYLE,SPAGHETTI & MEATBALLS	1 serving	87.63	11.47	8.48	79.16
RESTAURANT,ITALIAN,CHICK PARMESAN WO/ PASTA	1 serving	32.87	8.40	2.71	30.16
RESTAURANT,ITALIAN,CHS RAVIOLI W/ MARINARA SAU	1 serving serving size varied by diameter and count of ravioli	79.00	19.22	5.12	73.87
RESTAURANT,ITALIAN,LASAGNA W/ MEAT	1 serving	51.92	14.40	6.86	45.06
RESTAURANT,ITALIAN,SPAGHETTI W/ MEAT SAU	1 serving	90.86	10.08	8.86	81.99
RESTAURANT,ITALIAN,SPAGHETTI W/ POMODORO SAU (NO MEAT)	1 serving	90.63	9.28	8.67	81.96
RESTAURANT,LATINO,AREPA (UNLEAVENED CORNMEAL BREAD)	1 piece	36.40	0.85	2.55	33.85
RESTAURANT,LATINO,ARROZ CON FRIJOLES NEGROS (RICE&BLACK BNS)	1 cup	35.62	1.26	4.96	30.66
RESTAURANT,LATINO,ARROZ CON FRIJOLES NEGROS (RICE&BLACK BNS)	1 serving	112.48	3.96	15.67	96.81
RESTAURANT,LATINO,ARROZ CON GRANDULES (RICE & PIGEONPEAS)	1 cup	35.36	0.00	1.61	33.75
RESTAURANT,LATINO,ARROZ CON GRANDULES (RICE & PIGEONPEAS)	1 serving	200.80	0.00	9.14	191.66
RESTAURANT,LATINO,ARROZ CON LECHE (RICE PUDDING)	1 cup	63.05	38.61	1.27	61.78
RESTAURANT,LATINO,ARROZ CON LECHE (RICE PUDDING)	1 serving	70.52	43.19	1.42	69.11
RESTAURANT,LATINO,BLACK BEAN SOUP	1 cup	36.38	2.19	12.05	24.33
RESTAURANT,LATINO,BUNUELOS (FRIED YEAST BREAD)	1 piece	34.00	8.57	1.05	32.95
RESTAURANT,LATINO,CHICK & RICE,ENTREE,PREP	1 cup	28.24	0.78	1.69	26.55
RESTAURANT,LATINO,EMPANADAS,BF,PREP	1 piece	27.76	1.64	1.78	25.98
RESTAURANT,LATINO,PUPUSAS CON FRIJOLES (PUPUSAS,BEAN)	1 piece	39.68	1.64	7.31	32.37
RESTAURANT,LATINO,PUPUSAS CON QUESO (PUPUSAS,CHEESE)	1 piece	26.20	1.40	3.39	22.80
RESTAURANT,LATINO,PUPUSAS DEL CERDO (PUPUSAS,PORK)	1 piece	28.08	1.77	3.17	24.91
RESTAURANT,LATINO,TAMALE,CORN	1 piece	44.29	12.32	5.31	38.98
RESTAURANT,LATINO,TAMALE,PORK	1 piece	22.37	0.65	3.41	18.96

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RESTAURANT,LATINO,TRIFE SOUP	1 cup	8.14	0.00	0.00	8.14
RESTAURANT,MEXICAN,CHS ENCHILADA	1 enchilada	21.17	3.56	2.60	18.56
RESTAURANT,MEXICAN,CHS ENCHILADA	1 serving serving size varied from 1 to 3 enchiladas	37.70	6.34	4.64	33.06
RESTAURANT,MEXICAN,CHS ENCHILADA	2 enchilada	39.71	6.68	4.88	34.82
RESTAURANT,MEXICAN,CHS ENCHILADA	3 enchilada	56.39	9.49	6.94	49.46
RESTAURANT,MEXICAN,CHS QUESADILLA	1 quesadilla 8-10 inch diameter	46.77	4.29	3.30	43.48
RESTAURANT,MEXICAN,CHS QUESADILLA	1 serving serving size varied on diameter and count of quesadila	49.43	4.53	3.49	45.94
RESTAURANT,MEXICAN,CHS QUESADILLA	3 quesadilla 5-6 inch diameter	67.27	6.17	4.74	62.52
RESTAURANT,MEXICAN,CHS TAMALES	1 serving serving size varied from 1 to 3 tamales	54.27	3.71	6.64	47.63
RESTAURANT,MEXICAN,CHS TAMALES	1 tamale	32.17	2.20	3.94	28.23
RESTAURANT,MEXICAN,CHS TAMALES	2 tamale	63.07	4.32	7.72	55.35
RESTAURANT,MEXICAN,CHS TAMALES	3 tamale	98.84	6.77	12.10	86.74
RESTAURANT,MEXICAN,REFRIED BNS	1 cup	24.85	1.15	11.84	13.01
RESTAURANT,MEXICAN,SOFT TACO W/ GROUND BF,CHS & LETTUCE	1 serving varied from 1 to 3 tacos per serving	50.36	6.72	4.22	46.14
RESTAURANT,MEXICAN,SOFT TACO W/ GROUND BF,CHS & LETTUCE	1 taco	24.01	3.20	2.01	22.00
RESTAURANT,MEXICAN,SOFT TACO W/ GROUND BF,CHS & LETTUCE	2 taco	50.00	6.67	4.19	45.81
RESTAURANT,MEXICAN,SOFT TACO W/ GROUND BF,CHS & LETTUCE	3 taco	69.71	9.30	5.84	63.87
RESTAURANT,MEXICAN,SPANISH RICE	1 cup	36.15	1.51	1.39	34.75
T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	1 serving	0.83	0.81	0.00	0.83
T.G.I. FRIDAY'S, fried mozzarella	1 piece	8.87	0.51	0.77	8.10
T.G.I. FRIDAY'S, fried mozzarella	1 serving	53.70	3.07	4.66	49.04

Complete USDA Food Carbohydrate List - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
T.G.I. FRIDAY'S,CHICK FINGERS	1 serving	37.89	0.52	1.80	36.09
T.G.I. FRIDAY'S,CHICK FINGERS,FROM KIDS' MENU	1 piece	7.27	0.14	0.37	6.90
T.G.I. FRIDAY'S,CHICK FINGERS,FROM KIDS' MENU	1 serving	24.99	0.48	1.27	23.72
T.G.I. FRIDAY'S,FRENCH FR	1 serving	67.90	0.00	7.54	60.35
T.G.I. FRIDAY'S,FRIDAY'S SHRIMP,BREADED	1 serving	36.52	0.00	0.00	36.52
T.G.I. FRIDAY'S,MACARONI & CHS,FROM KID'S MENU	1 cup	25.06	2.38	1.44	23.62
T.G.I. FRIDAY'S,MACARONI & CHS,FROM KID'S MENU	1 serving	41.06	3.89	2.36	38.70