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SUNFLOWER OIL 1 CUP 218 1925 0 0 0 218 22.5 SUNFLOWER OIL 1 TBSP 14 125 0 0 0 14 1.4 SUNFLOWER SEEDS 1 OZ 14 160 5 6 0 28.35 1.5 SUPER SUGAR CRISP CEREAL 1 OZ 0 105 26 2 0 28.35 0 SWEET (DARK) CHOCOLATE 1 OZ 10 150 16 1 0 28.35 5.9 SWEETENED MILK CNND 1 CUP 27 980 166 24 104 306 16.8  
Description of food Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat (Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams) SWEETPOTATOES, BAKED, PEELED 1 POTATO 0 115 28 2 0 114 0 SWEETPOTATOES, BOILED W/O PEEL 1 POTATO 0 160 37 2 0 151 0.1 SWEETPOTATOES, CANDIED 1 PIECE 3 145 29 1 8  
105 1.4 SWEETPOTATOES, CANNED, MASHED 1 CUP 1 260 59 5 0 255 0.1 SWEETPOTATOES, CNND, VAC PACK 1 PIECE 0 35 8 1 0 40 0 SWISS CHEESE 1 OZ 8 105 1 8 26 28.35 5 SYRUP, CHOCOLATE FLAVORED THIN 2 TBSP 0 85 22 1 0 38 0.2 SYRUP, CHOCOLATE FLVRD, FUDGE 2 TBSP 5 125 21 2 0 38 3.1 TABLE SYRUP (CORN AND  
MAPLE) 2 TBSP 0 122 32 0 0 42 0 TACO 1 TACO 11 195 15 9 21 81 4.1 TAHINI 1 TBSP 8 90 3 3 0 15 1.1 TANGERINE JUICE, CANNED, SWTNED 1 CUP 0 125 30 1 0 249 0 TANGERINES, CANNED, LIGHT SYRP 1 CUP 0 155 41 1 0 252 0 Description of food Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat (Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams) TANGERINES, RAW 1 TANGRN 0 35 9 1 0 84 0 TARTAR SAUCE 1 TBSP 8 75 1 0 4 14 1.2 TEA, BREWED 8 FL OZ 0 0 0 0 0 240 0 TEA, INSTANT, PREPRD, UNSWEETEND 8 FL OZ 0 0 1 0 0 241 0 TEA, INSTANT, PREPARD, SWEETENED 8 FL OZ 0 85 22 0 0 262 0 TOASTER PASTRIES 1 PASTRY 6 210 38  
2 0 54 1.7 TOFU 1 PIECE 5 85 3 9 0 120 0.7 TOMATO JUICE, CANNED WITH SALT 1 CUP 0 40 10 2 0 244 0 TOMATO JUICE, CANNED W/O SALT 1 CUP 0 40 10 2 0 244 0 TOMATO PASTE, CANNED WITH SALT 1 CUP 2 220 49 10 0 262 0.3 TOMATO PASTE, CANNED W/O SALT 1 CUP 2 220 49 10 0 262 0.3 TOMATO PUREE, CANNED WITH SALT  
1 CUP 0 105 25 4 0 250 0 TOMATO PUREE, CANNED W/O SALT 1 CUP 0 105 25 4 0 250 0 TOMATO SAUCE, CANNED WITH SALT 1 CUP 0 75 18 3 0 245 0.1 Description of food Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat (Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams) TOMATO SOUP WITH MILK,  
CANNED 1 CUP 6 160 22 6 17 248 2.9 TOMATO SOUP W/ WATER, CANNED 1 CUP 2 85 17 2 0 244 0.4 TOMATO VEG SOUP, DEHYD, PREPRED 1 PKT 1 40 8 1 0 189 0.3 TOMATOES, CANNED, S+L, W/ SALT 1 CUP 1 50 10 2 0 240 0.1 TOMATOES, CANNED, S+L, W/O SALT 1 CUP 1 50 10 2 0 240 0.1 TOMATOES, RAW 1 TOMATO 0 25 5 1 0 123 0  
TORTILLAS, CORN 1 TORTLA 1 65 13 2 0 30 0.1 TOTAL CEREAL 1 OZ 1 100 22 3 0 28.35 0.1 TRIX CEREAL 1 OZ 0 110 25 2 0 28.35 0.2 TROUT, BROILED, W/ BUTTR, LEMJU 3 OZ 9 175 0 21 71 85 4.1 TUNA SALAD 1 CUP 19 375 19 33 80 205 3.3 TUNA, CANNED, DRND, OIL, CHK, LGHT 3 OZ 7 165 0 24 55 85 1.4 TUNA, CANNED, DRND, WATR  
WHITE 3 OZ 1 135 0 30 48 85 0.3 Description of food Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat (Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams) TURKEY HAM, CURED TURKEY THIGH 2 SLICES 3 75 0 11 32 57 1 TURKEY LOAF, BREA 3 MEAT W/O C2 SLICES 1 45 0 10 17 42 0.2 TURKEY LOAF,  
BREA 3 MEAT, W/ C2 SLICES 1 45 0 10 17 42 0.2 TURKEY PATTIES, BRD, BATTD, FRID 1 PATTY 12 180 10 9 40 64 3 TURKEY ROAST, FRZN, LGHT+DRK, CK 3 OZ 5 130 3 18 45 85 1.6 TURKEY, ROASTED, DARK MEAT 4 PIECES 6 160 0 24 72 85 2.1 TURKEY, ROASTED, LIGHT MEAT 2 PIECES 3 135 0 25 59 85 0.9 TURKEY, ROASTED, LIGHT +  
DARK 1 CUP 7 240 0 41 106 140 2.3 TURKEY, ROASTED, LIGHT + DARK 3 PIECES 4 145 0 25 65 85 1.4 TURNIP GREENS, CKED FRM FROZEN 1 CUP 1 50 8 5 0 164 0.2 TURNIP GREENS, COOKED FROM RAW 1 CUP 0 30 6 2 0 144 0.1 TURNIPS, COOKED, DICED 1 CUP 0 30 8 1 0 156 0 VANILLA WAFERS 10 COOKE 7 185 29 2 25 40 1.8  
Description of food Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat (Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams) VEAL CUTLET, MED FAT, BRSD, BRLD 3 OZ 9 185 0 23 86 85 4.1 VEAL RIB, MED FAT, ROASTED 3 OZ 14 230 0 23 109 85 6 VEGETABLE BEEF SOUP, CANNED 1 CUP 2 80 10 6 5 244 0.9  
VEGETABLE JUICE COCKTAIL, CNND 1 CUP 0 45 11 2 0 242 0 VEGETABLES, MIXED, CANNED 1 CUP 0 75 15 4 0 163 0.1 VEGETABLES, MIXED, CKED FR FRZ 1 CUP 0 105 24 5 0 182 0.1 VEGETARIAN SOUP, CANNED 1 CUP 2 70 12 2 0 241 0.3 VIENNA BREAD 1 SLICE 1 70 13 2 0 25 0.2 VIENNA SAUSAGE 1 SAUSAG 4 45 0 2 8 16 1.5  
VINEGAR AND OIL SALAD DRESSING 1 TBSP 8 70 0 0 0 16 1.5 VINEGAR, CIDER 1 TBSP 0 0 1 0 0 15 0 WAFFLES, FROM HOME RECIPE 1 WAFFLE 13 245 26 7 102 75 4 WAFFLES, FROM MIX 1 WAFFLE 8 205 27 7 59 75 2.7 Description of food Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat (Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams) WALNUTS, BLACK, CHOPPED 1 CUP 71 760 15 30 0 125 4.5 WALNUTS, BLACK, CHOPPED 1 OZ 16 170 3 7 0 28.35 1 WALNUTS, ENGLISH, PIECES 1 CUP 74 770 22 17 0 120 6.7 WALNUTS, ENGLISH, PIECES 1 OZ 18 180 5 4 0 28.35 1.6 WATER CHESTNUTS, CANNED 1 CUP 0 70 17 1 0 140 0  
WATERMELON, RAW 1 PIECE 2 155 35 3 0 482 0.3 WATERMELON, RAW, DICED 1 CUP 1 50 11 1 0 160 0.1 WHEAT BREAD 1 LOAF 19 1160 213 43 0 454 3.9 WHEAT BREAD 1 SLICE 1 65 12 2 0 25 0.2 WHEAT BREAD, TOASTED 1 SLICE 1 65 12 3 0 23 0.2 WHEAT FLOUR, ALL-PURPOSE, SIFTD 1 CUP 1 420 88 12 0 115 0.2 WHEAT FLOUR, ALL-  
PURPOSE, UNSIF 1 CUP 1 455 95 13 0 125 0.2 WHEATIES CEREAL 1 OZ 0 100 23 3 0 28.35 0.1 Description of food Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat (Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams) WHEAT, THIN CRACKERS 4 CRACKR 1 35 5 1 0 8 0.5 WHIPPED TOPPING, PRESSURIZED 1  
CUP 13 155 7 2 46 60 8.3 WHIPPED TOPPING, PRESSURIZED 1 TBSP 1 10 0 2 3 0.4 WHIPPING CREAM, UNWHIPPED, HEAVY 1 CUP 88 820 7 5 326 238 54.8 WHIPPING CREAM, UNWHIPPED, HEAVY 1 TBSP 6 50 0 0 21 15 3.5 WHIPPING CREAM, UNWHIPPED, LIGHT 1 CUP 74 700 7 5 265 239 46.2 WHIPPING CREAM, UNWHIPPED, LIGHT 1 TBSP 5  
45 0 0 17 15 2.9 WHITE BREAD 1 LOAF 18 1210 222 38 0 454 5.6 WHITE BREAD CRUMBS, SOFT 1 CUP 2 120 22 4 0 45 0.6 WHITE BREAD CUBES 1 CUP 1 80 15 2 0 30 0.4 WHITE BREAD, SLICE 18 PER LOAF 1 SLICE 1 65 12 2 0 25 0.3 WHITE BREAD, SLICE 22 PER LOAF 1 SLICE 1 55 10 2 0 20 0.2 WHITE BREAD, TOASTED 18 PER 1 SLICE 1  
65 12 2 0 22 0.3 Description of food Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat (Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams) WHITE BREAD, TOASTED 22 PER 1 SLICE 1 55 10 2 0 17 0.2 WHITE CAKE W/ WHT FRSTNG, COMML 1 CAKE 148 4170 670 43 46 1140 33.1 WHITE CAKE W/ WHT  
FRSTNG, COMML 1 PIECE 9 260 42 3 3 71 2.1 WHITE SAUCE W/ MILK FROM MIX 1 CUP 13 240 21 10 34 264 6.4 WHITE SAUCE, MEDIUM, HOME RECP 1 CUP 30 395 24 10 32 250 9.1 WHOLE-WHEAT BREAD 1 LOAF 20 1110 206 44 0 454 5.8 WHOLE-WHEAT BREAD, TOASTED 1 SLICE 1 70 13 3 0 28 0.4 WHOLE-WHEAT BREAD, TOASTED 1 SLICE 1 70  
13 3 0 25 0.4 WHOLE-WHEAT FLOUR, HRD WHT, SIF 1 CUP 2 400 85 16 0 120 0.3 WHOLE-WHEAT WAFERS, CRACKERS 2 CRACKR 2 35 5 1 0 8 0.5 WINE, DESSERT 3.5 F OZ 0 140 8 0 0 103 0 WINE, TABLE, WHITE 3.5 F OZ 0 80 3 0 0 102 0 Description of food Fat Food Energy Carbohydrate Protein  
Cholesterol Weight Saturated Fat (Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams) YEAST, BAKERS, DRY, ACTIVE 1 PKG 0 20 3 3 0 7 0 YEAST, BREWERS, DRY 1 TBSP 0 25 3 3 0 8 0 YELLOW CAKE W/ CHOC FRST, FRMIX 1 CAKE 125 3735 638 45 576 1108 47.8 YELLOW CAKE W/ CHOC FRST, FRMIX 1 PIECE 8 235 40 3 36 69 3  
YELLOWCAKE W/ CHOCFRSTNG, COMML 1 CAKE 175 3895 620 40 609 1108 92 YELLOWCAKE W/ CHOCFRSTNG, COMML 1 PIECE 11 245 39 2 38 69 5.7 YOGURT, W/ LOFAT MILK, PLAIN 8 OZ 4 145 16 12 14 227 2.3 YOGURT, W/ LOFAT MILK, FRUITFLVR 8 OZ 2 230 43 10 10 227 1.6 YOGURT, W/ NONFAT MILK 8 OZ 0 125 17 13 4 227 0.3  
YOGURT, W/ WHOLE MILK 8 OZ 7 140 11 8 29 227 4.8







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