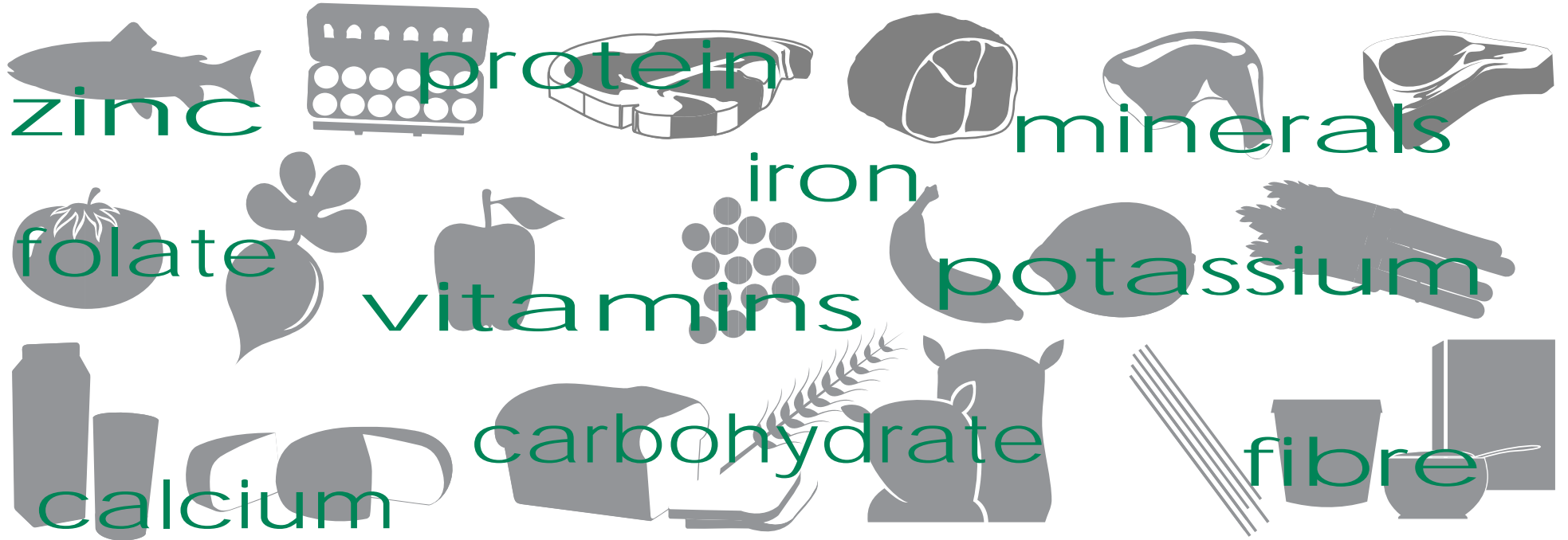




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Nutrient Value of Some Common Foods



Nutrient Value of Some Common Foods

Revised 1999

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In cooperation with
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INTRODUCTION

As Canadians recognize the crucial role of nutrition in the maintenance of good health, they are increasingly seeking information regarding the nutrient density of foods on the Canadian market.

Health Canada publishes two databases which list nutrient values in Canadian foods. The first is a large, comprehensive, computerized database called the Canadian Nutrient File (CNF), which reports up to 115 nutrients in 4 668 foods. The nutrient values are given per 100 grams of the edible portion of the food described. While this format and detail is useful to many health professionals and food industry members, an abbreviated, printed version is a more suitable reference for a variety of Canadians.

For this reason we have produced this booklet entitled *Nutrient Value of Some Common Foods*. This publication lists 19 nutrients in 975 foods marketed in Canada. The nutrient values are taken from the 1997 version of the CNF and are given in terms of the common household measure of the ready-to-eat form of the food.

This edition of the *Nutrient Value of Some Common Foods* is an update to the 1988 version. During the interval, changes have taken place in our food supply, in our understanding of nutrition in health and the technological advances in nutrient chemical analysis. Thus you will find this current version of the booklet much altered from that previously issued.

Use this quick and easy reference as a guide or a teaching tool towards forming better food choices through an understanding of the nutrient content of the foods you eat.

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FACTS ABOUT THE FOODS

Foods commonly consumed by Canadians have been chosen and listed alphabetically under 16 general food headings. This classification allows the user to easily locate a particular food and to compare its nutrient values to similar foods. The index should be used to locate foods whose classification may not be apparent.

Products for special dietary use such as low sodium products, as well as infant formulae and baby foods, are not included. The nutrient values of these products are well documented on the labels by the manufacturers.

Approximate metric measure is shown for each food in its ready-to-eat form. For your convenience, some helpful approximate metric equivalents to common household measures are presented in Table 1. Should you require data for a measure other than the one provided, use the weight of the portion as your guide for conversions.

Nutrient values are given for the weight of the edible portion as described. This is the portion left after inedible or refuse parts are discarded, and cooking losses. This is especially important to note in the meat groupings, where descriptive measure and nutrients are for the cooked product unless raw is specifically stated in the food name.

At the time of the preparation of this document, fortification of flour and alimentary paste with folic acid is voluntary only. Therefore the folate values do not reflect that which may be added as enrichment.

FACTS ABOUT THE NUTRIENTS

Values for the 19 nutrients have been obtained from the Canadian Nutrient File, 1997, Health Canada.

The nutrients were chosen based on those of highest public health concern and those of greatest demand by educators, health practitioners and industry.

The values for food energy are expressed in kilocalories (kcal) and kilojoules (kJ) (1 kcal = 4.184 kJ). One calorie is the amount of energy (heat) required to raise the temperature of one gram of water one degree Celsius, and is equal to 4.184 Joules. The magnitude of human energy requirements makes it awkward to use such a small unit, so the convention of the large Calorie is 1000 calories, and is abbreviated kcal to indicate that it is 1000 times as large as the calorie. The sources of food energy are protein, carbohydrate, fat and alcohol.

The tables include five minerals (calcium, iron, zinc, sodium and potassium) and seven vitamins (vitamin A, vitamin C, vitamin B6, thiamine, riboflavin, niacin and folate).

The fat content is presented in the tables as total (crude) fat and cholesterol. Fat breakdown into fatty acid profiles (saturated, monounsaturated and polyunsaturated) are given in Appendix 1.

In this edition you will find more complete data on the total dietary fibre in foods.

Trace indicates a measurable quantity in the food, but too small to be included. Zeros indicate an analyzed zero content of the nutrient. Dashes indicate a lack of data or 'missing value' for a nutrient. Do not assume that missing values are zeros.

The values presented here are mean values for a nationwide representative sample. Some of them have a wide range of deviation based on a variation in contributing samples due to such factors as soil type, season, geography, genetics and diet.

Abbreviations and Symbols

cm	centimetre
diam.	diameter
g	gram
IU	International units
kcal	kilocalories
kJ	kilojoules
µg	microgram
M.F.	milk fat
mg	milligram
mL	millilitre
N/A	No suitable value available
NE	niacin equivalents
%	percent
tr	trace
TM	Trademark (Brand name)

Table 1. Approximate Metric Equivalents to Customary Household Measures

Length	1/8 inch:	3 mm
	1/4 inch:	6 mm
	1/2 inch:	1 cm
	1 inch:	2.5 cm
	2 inches:	5 cm
Volume	Liquid measures:	
	1 cup (8 fluid ounces):	250 mL
	3/4 cup (6 fluid ounces):	200 mL
	1/2 (4 fluid ounces):	125 mL
	Dry measures:	
	1 cup:	250 mL
	1/2 cup:	125 mL
	1/4 cup:	50 mL
	Small liquid and dry measures:	
	1 teaspoon:	5 mL
1 tablespoon:	15 mL	
Mass	1 ounce:	approx. 30 g

References:

1. Canadian Standards Association. Canadian Metric Practice Guide. Canadian Standards Association, Rexdale, Ontario, 1976, 48 p.
2. The Metric Committee. Canadian Home Economics Association. Style Guide for Metric Recipes. Canadian Home Economics Association, Ottawa. 1977. 10 p.

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Nutrient value of some common foods

Foodnames	Descriptive Measure	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	mg	mg	mg	NE
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	mg	mg	mg	NE
Bread, Cereals and Other Grain Products																						
Flours and Brans																						
Buckwheat flour	125 mL	63	212	889	8	45	4.4	2	0	26	2.6	2.0	7	366	0	0	0.37	34	0.26	0.12	5.8	
Cornmeal	125 mL	73	267	1116	6	57	3.8	1	0	4	0.8	0.5	2	118	301	0	0.19	35	0.10	0.04	1.9	
Cornstarch	125 mL	68	258	1078	tr	62	0.6	tr	0	1	0.3	tr	6	2	0	0	0.00	0	0.00	0.00	N/A	
Flax seeds (Linseed)	125 mL	73	361	1511	13	27	12.3	25	0	196	8.1	5.6	48	950	0	1	0.55	218	0.12	0.12	3.4	
Oat bran	125 mL	50	122	511	9	33	5.2	3	0	29	2.7	1.5	2	281	0	0	0.08	26	0.58	0.11	3.2	
Oat flakes, dry	125 mL	55	213	890	8	37	6.5	4	0	30	2.5	1.7	3	231	14	0	0.07	30	0.24	0.06	2.4	
Potato flour	250 mL	189	664	2778	15	151	0.1	2	0	62	32.5	3.1	64	3004	0	36	0.02	96	0.79	0.26	10.6	
Rye flour, light	250 mL	108	396	1655	9	86	15.7	1	0	23	1.9	1.9	2	251	0	0	0.25	24	0.36	0.10	2.6	
Soy flour, defatted	250 mL	106	348	1454	50	41	N/A	1	0	255	9.8	2.6	21	2519	42	0	0.61	323	0.74	0.27	14.8	
Tapioca, pearl, uncooked	125 mL	80	274	1146	tr	71	0.9	tr	0	16	1.3	0.1	1	9	0	0	0.01	3	tr	0.00	N/A	
Wheat bran	125 mL	32	68	286	5	20	13.5	1	0	23	3.4	2.3	1	375	0	0	0.41	25	0.17	0.18	5.8	
Wheat germ, toasted	15 mL	7	27	114	2	4	0.9	1	0	3	0.7	1.2	tr	68	N/A	tr	0.07	25	0.12	0.06	0.9	
Wheat, flour, all purpose	250 mL	132	481	2012	14	101	4.1	1	0	20	6.1	0.9	3	141	0	0	0.06	34	1.04	0.65	10.6	
Wheat, flour, bread	250 mL	145	523	2186	17	105	N/A	2	0	22	6.4	1.2	3	145	0	0	0.05	42	1.18	0.74	14.3	
Wheat, flour, cake	250 mL	115	417	1744	9	90	N/A	1	0	16	8.4	0.7	2	121	0	0	0.04	22	1.03	0.50	10.1	
Wheat, flour, whole grain	250 mL	127	430	1798	17	92	16.0	2	0	43	4.9	3.7	6	514	0	0	0.43	56	0.57	0.27	12.6	
Breads and Buns																						
Bagel, plain (10 cm diam.)	1	89	245	1024	9	48	1.9	1	0	16	3.2	0.8	475	90	0	0	0.05	20	0.48	0.28	5.9	
Bannock	1 medium	77	243	1017	5	35	1.4	9	0	56	2.2	0.3	213	52	1	0	0.02	12	0.35	0.22	3.6	
Bread, cracked-wheat	1 slice	25	65	272	2	12	1.3	1	0	11	0.7	0.3	134	44	0	0	0.08	10	0.09	0.06	1.4	
Bread, French or Vienna	1 slice	25	68	287	2	13	0.7	1	0	19	0.6	0.2	152	28	0	0	0.01	8	0.13	0.08	1.6	
Bread, Italian	1 slice	30	81	340	3	15	0.9	1	0	23	0.9	0.3	175	33	0	0	0.01	9	0.14	0.09	1.8	
Bread, mixed-grain	1 slice	26	65	272	3	12	1.8	1	0	24	0.9	0.3	127	53	0	tr	0.09	12	0.11	0.09	1.7	
Bread, oatmeal	1 slice	27	73	304	2	13	1.1	1	0	18	0.7	0.3	162	38	4	tr	0.02	7	0.11	0.06	1.4	
Bread, pita, white (16.5 cm diam.)	1	60	165	691	5	33	1.0	1	0	52	1.6	0.5	322	72	0	0	0.02	14	0.36	0.20	3.8	
Bread, pita, whole wheat (16.5 cm diam.)	1	64	170	714	6	35	4.8	2	0	10	2.0	1.0	340	109	0	0	0.15	22	0.22	0.05	3.4	
Bread, pumpernickel	1 slice	32	80	335	3	15	1.9	1	0	22	0.9	0.5	215	67	0	0	0.04	11	0.10	0.10	1.5	
Bread, raisin	1 slice	26	71	298	2	14	1.1	1	0	17	0.8	0.2	101	59	1	tr	0.02	9	0.09	0.10	1.3	

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	µg	mg	mg	µg	mg	mg
Bread, rye	1 slice	32	83	346	3	15	2.0	1	0	23	0.9	0.4	211	53	1	tr	0.02	16	0.14	0.11	1.7
Bread, white, commercial	1 slice	25	67	279	2	12	0.6	1	tr	27	0.8	0.2	134	30	0	0	0.02	8	0.12	0.09	1.4
Bread, white, homemade with 2% milk	1 slice	42	120	501	3	21	N/A	2	1	24	1.2	0.3	151	61	33	tr	0.02	18	0.17	0.16	2.2
Bread, white, reduced-calorie	1 slice	23	48	200	2	10	2.1	1	0	22	0.7	0.3	104	17	1	tr	0.01	8	0.09	0.07	1.2
Bread, whole wheat, commercial	1 slice	28	70	292	3	13	2.0	1	0	20	0.9	0.5	149	71	0	0	0.05	14	0.10	0.06	1.7
Bread, whole wheat, homemade	1 slice	46	128	535	4	24	N/A	2	0	15	1.4	0.7	159	144	0	0	0.09	22	0.14	0.10	2.8
English muffin, plain, toasted	1 muffin	52	133	556	4	26	N/A	1	0	98	1.4	0.4	262	74	0	tr	0.02	15	0.20	0.14	2.8
English muffin, whole wheat, toasted	1 muffin	61	135	564	6	27	N/A	1	0	176	1.6	1.1	422	139	0	0	0.10	23	0.16	0.08	3.5
Roll, crusty	1 roll	57	167	699	6	30	N/A	2	0	54	1.9	0.5	310	62	0	0	0.03	9	0.27	0.19	3.5
Roll, dinner, plain	1 roll	28	85	356	2	14	0.9	2	tr	34	0.9	0.2	148	38	0	tr	0.02	9	0.14	0.09	1.6
Roll, dinner, whole-wheat	1 roll	28	75	316	2	14	N/A	1	0	30	0.7	0.6	136	77	0	0	0.06	9	0.07	0.04	1.7
Roll, hamburger or hotdog, plain	1 roll	43	123	514	4	22	N/A	2	0	60	1.4	0.3	241	61	0	0	0.02	12	0.21	0.13	2.4
Other Bread Products																					
Bread crumbs, plain, dry	125 mL	57	225	943	7	41	2.4	3	0	130	3.5	0.7	492	126	1	0	0.06	14	0.44	0.25	5.3
Bread sticks, plain (19 cm x 2 cm)	2 sticks	20	82	345	2	14	N/A	2	0	4	0.9	0.2	131	25	0	0	0.01	6	0.12	0.11	1.5
Bread stuffing, dry mix, prepared	125 mL	106	188	786	3	23	3.1	9	0	34	1.2	0.3	574	78	331	0	0.04	18	0.14	0.11	2.3
Croutons, plain	125 mL	16	65	271	2	12	0.8	1	0	12	0.6	0.1	111	20	0	0	tr	3	0.10	0.04	1.2
Matzos, plain	1 matzo	28	112	469	3	24	0.9	tr	0	4	0.9	0.2	1	32	0	0	0.03	4	0.11	0.08	1.7
Melba toast, plain	2 toast	10	39	163	1	8	0.6	tr	0	9	0.4	0.2	83	20	0	0	0.01	3	0.04	0.03	0.6
Rusk toast	1 rusk	10	41	170	1	7	N/A	1	3	3	0.3	0.1	25	24	5	0	tr	6	0.04	0.04	0.7
Taco shells, baked (13 cm diam.)	1 shell	13	61	255	1	8	1.1	3	0	21	0.3	0.2	48	23	46	0	0.05	1	0.03	0.01	0.3
Tortilla, corn (18 cm diam.)	1	25	56	233	1	12	1.3	1	0	44	0.3	0.2	40	38	60	0	0.05	4	0.03	0.02	0.5
Tortilla, wheat (18 cm diam.)	1	35	114	477	3	19	1.1	2	0	14	1.2	0.2	167	46	0	0	0.02	4	0.19	0.10	1.9
Breakfast Cereals																					
<i>Hot cereal, cooked</i>																					
Cream of wheat, instant, apple-cinnamon, Nabisco™	1 pouch	160	114	478	2	25	1.3	tr	0	8	4.9	0.2	202	55	0	0	0.02	3	tr	0.02	0.6
Cream of wheat, regular, Nabisco™	175 mL	177	54	224	2	11	0.7	tr	0	2	1.9	0.1	1	17	0	0	0.01	N/A	0.01	0.01	0.5
Oat bran, cooked	175 mL	162	65	271	5	19	3.4	1	0	16	1.4	0.9	2	149	0	0	0.04	10	0.26	0.06	1.8
Oatmeal, instant, apple-cinnamon, Quaker™	1 pouch	186	136	569	3	26	2.5	2	0	23	4.8	0.7	307	121	0	0	0.04	10	0.72	0.04	2.4
Oatmeal, instant, regular, Quaker™	1 pouch	186	109	455	4	19	2.6	2	0	22	3.8	0.9	224	106	0	0	N/A	10	0.58	0.04	2.1
Oatmeal, large flakes/quick	175 mL	146	99	414	4	18	2.7	2	0	13	1.0	0.6	2	104	19	0	0.03	12	0.06	0.07	1.1

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Red River, Robin Hood™	175 mL	160	102	476	4	21	3.6	1	tr	13	1.2	0.4	24	N/A	12	1	0.03	17	0.05	0.01	1.4
Ready-to-eat cereals																					
All Bran, Kellogg's™	125 mL	35	87	366	4	26	11.8	1	0	30	4.7	2.1	318	369	0	0	0.21	34	0.70	0.07	6.0
Alpha-Bits, Post™	250 mL	27	114	458	2	23	0.9	1	0	7	3.6	0.4	104	50	0	0	0.16	16	0.55	0.00	1.7
Bran Buds with Psyllium, Kellogg's™	125 mL	44	117	489	4	35	16.6	1	0	28	5.9	1.9	309	480	0	0	0.27	38	0.89	0.14	4.1
Bran Flakes, Post™	175 mL	37	121	508	4	29	6.3	1	0	20	4.9	1.6	216	177	0	0	0.22	22	0.74	0.06	2.5
Cheerios, General Mills™	250 mL	24	98	409	3	18	1.7	2	0	44	3.2	0.6	216	84	0	0	0.14	14	0.01	0.04	1.5
Corn Bran, Quaker™	250 mL	38	149	624	2	32	6.3	2	0	6	5.1	N/A	377	72	0	0	0.23	23	0.76	0.06	2.2
Corn Flakes, Kellogg's™	250 mL	26	101	421	2	23	0.7	tr	0	1	3.5	0.1	255	29	0	0	0.16	16	0.52	0.71	1.6
Count Chocula, General Mills™	250 mL	33	130	542	2	29	0.5	1	0	24	4.4	0.1	203	77	0	0	0.20	20	0.01	0.00	1.8
Fibre 1, General Mills™	125 mL	30	92	383	2	25	12.9	1	0	11	4.1	1.4	140	231	0	0	0.18	18	0.10	0.06	1.8
Froot Loops, Kellogg's™	250 mL	30	114	476	1	26	0.5	1	0	3	3.9	1.0	121	34	0	0	0.18	18	0.59	0.02	1.7
Frosted Flakes, Kellogg's™	250 mL	37	140	595	2	33	0.6	tr	0	1	4.9	0.1	264	28	0	0	0.22	22	0.74	0.07	2.1
Fruit & Fibre, dates/raisins/walnuts, Post™	125 mL	29	99	412	3	22	4.2	1	0	17	3.9	1.0	132	145	0	0	0.17	17	0.58	0.05	1.9
Granola with Raisins, Low-Fat, Kellogg's™	125 mL	59	229	956	5	46	3.5	4	0	24	7.8	2.1	59	173	0	0	0.35	35	1.17	0.14	3.7
Granola with Raisins, Rogers™	125 mL	59	245	1023	5	41	5.3	8	0	28	1.9	N/A	95	198	0	0	N/A	N/A	0.39	0.06	1.8
Grape-Nuts, Post™	125 mL	58	221	927	6	46	6.0	1	0	24	2.0	1.6	348	253	0	0	0.09	33	0.22	0.09	4.5
Harvest Crunch, regular, Quaker™	125 mL	47	230	962	5	30	2.7	11	N/A	53	1.1	N/A	30	223	0	0	N/A	N/A	0.14	0.13	1.5
Just Right, Kellogg's™	250 mL	45	167	700	3	38	2.2	1	0	11	6.0	1.6	279	98	0	0	0.27	27	0.91	0.10	2.8
Lucky Charms, General Mills™	250 mL	34	134	560	2	29	1.4	1	0	0	4.6	0.5	169	62	0	0	0.20	20	0.00	0.02	2.1
Mini-Wheats with White Frosting, Kellogg's™	175 mL	35	122	511	3	29	3.4	tr	0	14	4.6	1.2	5	133	0	0	0.21	21	0.69	0.02	2.2
Muesli, President's Choice™	75 mL	40	144	603	5	28	3.5	2	0	9	1.6	0.3	24	228	N/A	3	0.07	7	0.12	0.10	1.4
Puffed Wheat, Quaker™	250 mL	13	49	204	2	10	0.5	tr	0	3	0.4	0.3	1	45	0	0	0.02	3	0.01	0.02	1.2
Raisin Bran, Kellogg's™	175 mL	41	127	533	3	33	4.7	tr	0	16	5.5	1.4	244	249	0	0	0.25	25	0.83	0.05	3.0
Rice Krispies, Kellogg's™	250 mL	29	110	460	2	24	0.3	tr	0	4	3.8	0.5	297	34	0	0	0.17	17	0.57	0.01	1.8
Shredded Wheat, Post™	1 biscuit	25	89	374	3	20	3.2	0	0	10	0.6	0.8	4	102	0	0	0.09	5	0.07	0.03	1.5
Shreddies, Post™	175 mL	38	140	584	4	31	4.4	1	0	16	5.9	0.5	240	128	0	0	0.16	27	1.86	0.04	1.3
Special K, Kellogg's™	250 mL	24	93	388	4	18	0.3	tr	N/A	10	3.2	0.5	218	34	0	0	0.15	15	0.49	0.03	2.1
Sugar Crisp, Post™	250 mL	26	99	414	2	23	1.1	tr	0	16	1.0	0.4	31	57	0	0	0.16	16	0.53	tr	1.6
Trix, General Mills™	250 mL	30	120	504	1	26	0.7	2	0	33	4.0	0.0	187	20	0	0	0.18	18	0.00	0.00	1.5
Weetabix™	2 biscuits	35	129	539	4	28	3.8	1	0	N/A	4.7	N/A	127	142	0	0	N/A	13	0.80	N/A	2.6

Nutrient value of some common foods

Foodnames	Descriptive Measure	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	mg	mg	mg	NE
Pasta, Rice and other grains																						
Barley, hulled, dry	125 mL	97	344	1438	12	71	16.8	2	0	32	3.5	2.7	12	439	21	0	0.31	18	0.63	0.28	7.8	
Barley, pearled, cooked	125 mL	81	100	417	2	23	2.0	tr	0	9	1.1	0.7	2	75	6	0	0.09	13	0.07	0.05	2.2	
Bulgur, cooked	125 mL	68	56	236	2	13	1.9	tr	0	7	0.7	0.4	3	46	0	0	0.06	12	0.04	0.02	1.2	
Couscous, cooked	125 mL	73	82	342	3	17	0.6	tr	0	6	0.3	0.2	4	42	0	0	0.04	11	0.05	0.02	1.3	
Millet, cooked	125 mL	90	107	446	3	21	2.6	1	0	3	0.6	0.8	2	55	0	0	0.10	17	0.09	0.07	1.8	
Rice, brown, long-grain, cooked	250 mL	209	232	969	5	48	3.1	2	0	21	0.9	1.3	10	90	0	0	0.30	8	0.20	0.05	4.3	
Rice, white, long-grain, cooked	250 mL	217	282	1178	6	61	0.9	1	0	22	0.4	1.1	2	76	0	0	0.20	6	0.04	0.03	4.0	
Rice, white, long-grain, instant, prepared	250 mL	174	171	715	4	37	1.4	tr	0	14	0.4	0.4	5	7	0	0	0.02	7	0.10	0.08	1.9	
Rice, white, long-grain, parboiled, cooked	250 mL	185	211	882	4	46	0.9	tr	0	35	0.4	0.6	6	68	0	0	0.04	7	0.04	0.03	1.7	
Rice, wild, cooked	125 mL	87	88	366	3	19	N/A	tr	0	3	0.5	1.2	3	88	0	0	0.12	23	0.06	0.08	1.8	
Pasta																						
Macaroni, cooked	250 mL	148	209	873	7	42	1.8	1	0	10	2.1	0.8	1	46	0	0	0.05	10	0.30	0.14	4.0	
Macaroni, uncooked	125 mL	55	206	861	7	41	1.6	1	0	10	2.1	0.7	4	90	0	0	0.06	10	0.57	0.25	5.7	
Noodles, Chinese, chow mein, uncooked	250 mL	48	253	1058	4	28	1.9	15	0	10	2.3	0.7	211	58	41	0	0.05	11	0.28	0.20	3.7	
Noodles, egg, cooked	250 mL	169	225	941	8	42	3.7	2	56	20	2.7	1.0	12	47	34	0	0.06	12	0.31	0.14	4.3	
Spaghetti, cooked	250 mL	148	209	873	7	42	2.4	1	0	10	2.1	0.8	1.5	46	N/A	0	0.05	10	0.30	0.15	4.0	
Spaghetti, whole-wheat, cooked	250 mL	148	183	767	8	39	4.8	1	0	22	1.6	1.2	4	65	0	0	0.12	7	0.16	0.07	2.7	
Pasta with egg, fresh-refrigerated, plain, cooked	250 mL	169	221	927	9	42	1.8	2	56	10	1.9	0.9	10	41	34	0	0.06	12	0.35	0.25	3.5	
Pasta with egg, fresh-refrigerated, spinach, cooked	250 mL	169	220	920	9	42	2.3	2	56	30	1.9	1.1	10	63	174	0	0.19	30	0.30	0.23	3.6	
Pancakes and Waffles																						
Pancake with butter and syrup, fast food (17 cm diam.)	1 pancake	77	173	724	3	30	N/A	5	19	43	0.9	0.3	368	83	94	1	0.04	12	0.13	0.19	1.7	
Pancake, buckwheat, from mix plus milk, egg and oil, cooked (10 cm diam.)	1 pancake	70	62	261	2	8	0.7	2	20	77	0.6	0.3	160	70	70	tr	0.04	5	0.05	0.08	0.9	
Pancake, plain, from mix plus milk, egg and oil, cooked (10 cm diam.)	1 pancake	38	83	347	3	11	N/A	3	27	82	0.5	0.3	192	76	95	tr	0.04	4	0.08	0.12	1.1	
Pancake, plain, frozen, ready-to-heat (10 cm diam.)	1 pancake	36	82	346	2	16	N/A	1	3	22	1.2	0.2	183	26	36	tr	0.02	5	0.14	0.17	1.8	
Pancake, whole-wheat, from mix plus milk, egg and oil, cooked (10 cm diam.)	1 pancake	44	92	383	4	13	N/A	3	27	110	1.4	0.5	252	123	99	tr	0.05	9	0.09	0.23	1.9	

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Potato pancake, home prepared with egg, onion, flour, margarine and salt (8 cm diam.)	1 pancake	36	98	410	2	10	N/A	5	34	9	0.6	0.3	182	282	51	8	0.14	9	0.05	0.06	1.3
Waffle, plain, from complete mix, cooked (11.5 cm x 11.5 cm)	1 waffle	50	145	608	3	18	0.7	7	26	62	0.8	0.2	306	90	45	tr	0.05	6	0.10	0.13	1.4
Waffle, plain, frozen, ready-to-heat (10 cm diam.)	1 waffle	39	98	410	2	15	0.9	3	9	86	1.7	0.2	292	48	500	0	0.37	19	0.18	0.20	2.3
Baked Goods																					
Biscuits, Croissants, Doughnuts and Muffins																					
Biscuit, from mix, plain or buttermilk, baked	1 biscuit	57	191	799	0	28	1.0	7	2	105	1.2	0.3	544	107	54	tr	0.04	3	0.20	0.20	2.6
Biscuit, plain or buttermilk, fast food	1 biscuit	74	276	1155	4	34	0.7	13	5	90	1.6	0.3	584	87	98	0	0.03	6	0.27	0.18	2.5
Biscuit, refrigerated dough, mixed grain, baked	1 biscuit	44	134	563	3	24	N/A	3	0	9	1.4	0.3	343	233	0	0	0.02	4	0.16	0.10	2.2
Biscuit, refrigerated dough, plain, baked	1 biscuit	21	63	263	2	12	N/A	1	0	4	0.6	0.1	305	39	0	0	0.01	1	0.09	0.05	1.1
Croissant, butter	1 medium	57	231	970	5	26	1.6	12	43	21	1.2	0.4	424	67	307	tr	0.03	16	0.22	0.14	2.2
Doughnut, cake-type, plain (8 cm diam.)	1 doughnut	47	198	829	2	23	0.8	11	17	21	0.9	0.3	257	60	27	tr	0.03	4	0.10	0.11	1.4
Doughnut, cake-type, plain, chocolate coated (9 cm diam.)	1 doughnut	57	270	1131	3	27	1.1	18	33	20	1.4	0.3	245	65	60	tr	0.03	10	0.07	0.06	1.4
Doughnut, yeast-leavened, jelly filled (9 cm x 6 cm, oval)	1 doughnut	85	289	1208	5	33	N/A	16	22	21	1.5	0.6	249	67	26	1	0.02	14	0.27	0.12	2.8
Muffin, blueberry, commercial	1 muffin	71	197	824	4	34	2.6	5	21	40	1.1	0.3	317	87	24	1	0.02	11	0.10	0.09	1.6
Muffin, blueberry, from mix, prepared	1 muffin	50	150	626	3	24	N/A	4	23	12	0.6	0.2	218	39	38	0	0.04	6	0.07	0.16	1.7
Muffin, blueberry, from recipe, made with 2% milk	1 muffin	57	162	681	4	23	N/A	6	21	108	1.3	0.3	251	70	80	1	0.02	7	0.16	0.16	2.0
Muffin, bran, from mix, prepared	1 muffin	50	138	578	3	23	N/A	5	34	16	1.3	0.6	234	74	51	0	0.09	8	0.10	0.12	2.2
Muffin, bran, from recipe, made with 2% milk	1 muffin	45	127	532	3	19	N/A	5	15	84	1.9	1.2	265	143	N/A	N/A	0.14	23	0.15	0.20	2.6
Cookies and Granola Bars																					
Animal crackers (arrowroot, social tea)	3 cookies	8	11	47	tr	2	tr	tr	0	1	tr	tr	10	3	0	0	tr	tr	0.01	0.01	0.1
Chocolate chip, commercial	1 cookie	10	48	201	1	7	0.2	2	0	2	0.3	0.1	32	14	tr	0	0.01	1	0.02	0.03	0.4
Chocolate chip, from mix, prepared	1 cookie	16	79	332	1	10	N/A	4	7	8	0.3	0.1	47	34	10	0	tr	1	0.02	0.04	0.2
Chocolate chip, from recipe, made with margarine	1 cookie	16	78	327	1	9	N/A	5	5	6	0.4	0.1	58	36	102	tr	0.01	2	0.03	0.03	0.4
Chocolate coated marshmallow	1 cookie	13	55	229	1	9	N/A	2	0	6	0.3	0.1	22	24	tr	tr	tr	1	0.01	0.03	0.3
Chocolate sandwich	1 cookie	10	47	198	tr	7	0.3	2	0	3	0.4	0.1	60	18	tr	0	tr	0	0.01	0.02	0.3
Coconut macaroons, from recipe	1 cookie	24	97	405	1	17	N/A	3	0	2	0.2	0.2	59	37	0	0	0.02	1	tr	0.03	0.2
Fig bars	1 cookie	16	56	233	1	11	0.7	1	0	10	0.5	0.1	56	33	7	tr	0.01	2	0.03	0.03	0.4
Ginger snaps	1 cookie	7	29	122	tr	5	0.2	1	0	5	0.4	tr	46	24	tr	0	0.01	tr	0.01	0.02	0.3
Graham crackers, plain or honey	1 cookie	7	30	124	tr	5	0.2	1	0	2	0.3	0.1	42	9	0	0	tr	1	0.02	0.02	0.4
Granola bars, hard, chocolate chip	1 bar	25	110	458	2	18	1.1	4	0	19	0.8	0.5	86	63	10	tr	0.01	3	0.05	0.03	0.7

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	KJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Granola bars, hard, plain	1 bar	25	118	493	3	16	1.3	5	0	15	0.7	0.5	74	84	38	tr	0.02	6	0.07	0.03	1.1
Granola bars, soft, chocolate chip and marshmallow	1 bar	28	120	503	2	20	1.1	4	tr	25	0.7	0.4	89	77	13	0	0.01	6	0.04	0.04	0.7
Granola bars, soft, nuts and raisins	1 bar	28	127	532	2	18	1.6	6	tr	24	0.6	0.4	71	110	11	0	0.03	8	0.05	0.05	1.2
Granola bars, soft, peanut butter, chocolate coated	1 bar	28	143	597	3	15	N/A	9	3	30	0.4	0.4	54	95	36	tr	0.03	7	0.03	0.06	1.4
Granola bars, soft, plain	1 bar	28	125	522	2	19	1.3	5	tr	30	0.7	0.4	78	91	0	0	0.03	7	0.08	0.05	0.6
Molasses cookies	1 cookie	15	64	270	1	11	N/A	2	0	11	1.0	0.1	69	52	tr	0	0.04	1	0.05	0.04	0.7
Oatmeal, from recipe, without raisins	1 cookie	15	67	281	1	10	N/A	3	5	16	0.4	0.1	90	27	107	tr	0.01	2	0.04	0.03	0.4
Oatmeal, with or without raisins, commercial	1 cookie	13	58	245	1	9	0.4	2	0	5	0.3	0.1	50	18	2	tr	0.01	1	0.03	0.03	0.5
Oatmeal, with or without raisin,from mix, prepared	1 cookie	16	74	309	1	10	N/A	3	7	5	0.4	0.1	75	30	13	tr	0.01	2	0.04	0.03	0.5
Peanut butter sandwich	1 cookie	14	67	280	1	9	N/A	3	0	7	0.4	0.1	52	27	1	tr	0.01	2	0.05	0.04	0.8
Peanut butter, from recipe, made with margarine	1 cookie	20	66	397	2	12	N/A	5	6	8	0.4	0.2	104	46	120	tr	0.02	4	0.04	0.04	1.0
Shortbread, commercial, plain	1 cookie	8	40	168	tr	5	N/A	2	2	3	0.2	tr	36	8	3	0	tr	1	0.03	0.03	0.4
Shortbread, from recipe, made with butter	1 cookie	11	60	251	1	6	N/A	4	10	2	0.3	tr	51	8	136	0	tr	1	0.04	tr	0.5
Sugar cookies, commercial	1 cookie	15	72	300	1	10	N/A	3	8	3	0.3	0.1	54	9	14	tr	0.01	2	0.03	0.03	0.6
Sugar cookies, from recipe, made with butter	1 cookie	14	66	276	1	8	N/A	3	12	10	0.3	0.1	64	10	125	0	tr	2	0.04	0.04	0.5
Vanilla wafers	1 wafer	4	18	74	tr	3	N/A	1	2	2	0.1	tr	12	4	2	0	tr	tr	0.01	0.01	0.2
Cakes																					
Angelfood, commercial (25.4 cm diam.)	1/12 cake	28	73	306	2	16	0.4	tr	0	40	0.1	tr	212	26	0	0	0.01	1	0.03	0.14	0.6
Angelfood, from mix (25.4 cm diam.)	1/12 cake	50	128	539	3	29	N/A	tr	0	42	0.1	0.1	254	68	0	0	tr	2	0.05	0.10	0.1
Banana bread, from recipe made with margarine (11cm x 6.3 cm x 1.3 cm)	1 slice	60	196	818	3	33	N/A	6	26	13	0.8	0.2	181	80	278	1	0.09	7	0.10	0.12	1.4
Boston cream pie, commercial	1/6 pie	92	232	972	2	39	1.2	8	34	21	0.3	0.1	132	36	74	tr	0.02	7	0.37	0.25	0.7
Brownies, commercial (7 cm x 2 cm)	1 brownie	56	227	950	3	36	N/A	9	10	16	1.3	0.4	175	83	39	N/A	0.02	N/A	0.14	0.12	1.6
Brownies, from recipe (5 cm x 5 cm)	1 brownie	36	168	702	2	18	N/A	10	26	21	0.7	0.3	123	63	275	tr	0.03	5	0.05	0.07	0.8
Carrot, from recipe with cream cheese icing (2 layer, 23 cm diam.)	1/12 cake	111	484	2026	5	52	N/A	29	60	28	1.4	0.5	273	124	3827	1	0.08	13	0.15	0.17	2.1
Cheesecake, commercial	1/6 cake	80	257	1074	4	20	1.7	18	44	41	0.5	0.4	166	72	442	tr	0.04	12	0.02	0.15	1.0
Cheesecake, from mix, no bake type (20 cm diam.)	1/6 cake	132	362	1514	7	47	2.5	17	55	227	0.6	0.6	502	279	483	1	0.07	24	0.16	0.35	2.1
Cheesecake, plain, from recipe, with cherry topping (20 cm diam.)	1/12 cake	112	321	1345	6	30	N/A	21	95	48	1.4	0.4	227	104	1006	1	0.05	11	0.03	0.18	1.3
Chocolate (Devil's food, fudge), from mix (23 cm diam.)	1/12 cake	65	198	831	4	32	N/A	8	35	70	2.1	0.4	370	153	54	0	0.02	7	0.06	0.10	1.4

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	KJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Chocolate, commercial + chocolate icing (5 cm x 20 cm diam.)	1/10 cake	66	242	1015	3	36	1.8	11	30	28	1.5	0.5	220	132	63	tr	0.02	5	0.02	0.09	1.0
Chocolate, from recipe, no icing (2 layer, 23 cm diam.)	1/12 cake	95	340	1422	5	51	2.1	14	55	57	1.5	0.7	299	133	133	tr	0.04	10	0.13	0.20	2.2
Coffee cake, cinnamon with crumb topping, commercial	1/9 cake	63	263	1103	4	29	2.1	15	20	34	1.2	0.5	221	77	61	tr	0.02	20	0.13	0.14	1.9
Coffee cake, cinnamon with crumb topping, from mix (20 cm x 15 cm)	1/8 cake	56	178	745	3	30	N/A	5	27	76	0.8	0.3	236	63	78	tr	0.03	7	0.09	0.10	1.5
Fruitcake, commercial	1 piece	43	139	583	1	26	1.5	4	2	14	0.9	0.1	116	66	34	tr	0.02	1	0.02	0.04	0.6
Gingerbread, from mix (23 cm x 23 cm)	1/9 cake	67	207	866	3	34	2.1	7	23	46	2.2	0.3	307	161	37	tr	0.03	7	0.13	0.12	1.6
Marble, pudding-type, from mix, no icing (2 layer, 23 cm diam.)	1/12 cake	73	253	1060	3	35	N/A	12	53	40	0.9	0.3	242	69	80	0	0.03	7	0.07	0.11	1.3
Pound, commercial, made with butter	1/12 cake	28	110	461	2	14	N/A	6	63	10	0.4	0.1	113	34	172	tr	0.01	3	0.04	0.06	0.7
Pound, from recipe, made with butter (23 cm x 13 cm x 7.5 cm)	1/16 loaf	54	206	861	3	28	N/A	9	62	39	0.9	0.3	161	47	372	tr	0.02	7	0.11	0.14	1.5
Shortcake, biscuit-type, from recipe (4 cm x 7.5 cm diam.)	1 biscuit	65	225	941	4	32	N/A	9	2	133	1.7	0.3	329	69	47	tr	0.02	6	0.20	0.18	2.5
Sponge, commercial	1/12 cake	38	110	460	2	23	N/A	1	39	27	1.0	0.2	93	38	59	0	0.02	5	0.09	0.10	1.2
Sponge, from recipe (25.4 cm diam. tube)	1/12 cake	63	187	784	5	36	N/A	3	107	26	1.0	0.4	144	89	163	0	0.04	12	0.10	0.19	1.7
White, from mix, without icing (2 layer, 23 cm diam.)	1/12 cake	62	190	795	3	34	N/A	5	0	86	0.6	0.2	301	59	1	tr	0.01	3	0.08	0.10	1.0
White, from recipe without icing (2 layer, 23 cm diam.)	1/12 cake	74	264	1107	4	42	N/A	9	1	96	1.1	0.2	242	70	41	tr	0.02	5	0.14	0.18	2.0
Yellow, commercial, with chocolate icing (5 cm x 20 cm diam.)	1/10 cake	66	250	1047	3	37	1.2	11	36	24	1.4	0.4	222	117	60	tr	0.02	5	0.08	0.10	1.4
Yellow, from mix, without icing (2 layer, 23 cm diam.)	1/12 cake	63	202	844	3	34	N/A	6	37	64	0.8	0.2	299	46	54	tr	0.04	6	0.07	0.12	1.4
Yellow, pudding-type, from mix, without icing (2 layer, 23 cm diam.)	1/12 cake	73	257	1076	3	35	N/A	12	53	57	0.9	0.3	317	42	80	0	0.02	7	0.11	0.13	1.8
Pies																					
Apple, commercial, 2 crusts	1/8 pie	125	296	1242	2	42	2.1	14	0	14	1.5	0.2	332	81	155	4	0.05	5	0.17	0.20	2.0
Apple, from recipe, 2 crusts	1/8 pie	155	411	1720	4	58	N/A	19	0	11	1.7	0.3	327	122	90	3	0.05	6	0.23	0.17	0.9
Banana cream, from mix, no bake type	1/8 pie	92	231	966	3	29	N/A	12	25	67	0.4	0.3	267	104	375	tr	0.03	6	0.09	0.13	1.4
Cherry, commercial, 2 crusts	1/8 pie	125	325	1360	2.5	50	1	14	0	15	2.0	0.2	308	101	296	1	0.05	10	0.23	0.16	2.5
Chocolate cream, commercial	1/6 pie	113	344	1438	3	38	2.3	22	6	41	1.2	0.3	154	144	2	tr	0.02	8	0.04	0.12	3.3
Coconut cream, commercial	1/6 pie	64	191	799	1	24	N/A	11	0	19	0.5	0.4	163	42	58	0	0.04	3	0.03	0.05	0.4
Fried pie, fruit (apple, blueberry, peach, strawberry), (13 cm x 9.5 cm)	1 pie	128	404	1692	4	55	3.3	21	0	28	1.6	0.3	479	83	35	2	0.04	4	0.18	0.14	2.7
Lemon meringue, commercial	1/6 pie	113	303	1268	2	53	1.4	10	51	63	0.7	0.6	165	101	198	4	0.03	9	0.07	0.24	1.1
Mince pie, from recipe, 2 crusts	1/8 pie	165	477	1998	4	79	N/A	18	0	36	2.5	0.4	419	335	36	10	0.11	8	0.25	0.17	2.7
Pecan, commercial	1/6 pie	113	452	1894	5	65	4.0	21	36	19	1.2	0.6	479	84	198	1	0.02	7	0.10	0.14	1.5

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Pumpkin, commercial	1/6 pie	109	229	957	4	30	2.9	10	22	65	1.5	0.5	307	168	4921	2	0.06	16	0.15	0.22	1.9
Pie crust, cookie-type, graham, from recipe, baked	1 crust	239	1181	4945	10	156	N/A	60	0	50	5.2	1.1	1365	210	1876	0	0.09	17	0.25	0.42	7.3
Pie crust, standard-type, from recipe made with shortening, baked	1 crust	180	949	3973	12	86	N/A	62	0	18	5.2	0.8	976	121	0	0	0.05	20	0.70	0.50	8.3
Pie crust, standard-type, frozen, baked	1 crust	126	648	2709	6	62	N/A	41	0	26	2.8	0.4	815	139	0	0	0.09	10	0.35	0.48	4.4
Pie filling, apple, canned	250 mL	279	282	1175	tr	73	2.8	tr	0	11	0.8	0.1	123	126	36	N/A	0.04	0	0.03	0.03	0.1
Pie filling, cherry, canned	250 mL	279	321	1342	1	82	1.7	1	0	31	0.7	0.1	25	293	572	N/A	0.10	11	0.07	0.04	0.5
Pie filling, pumpkin, canned	250 mL	285	297	1241	3	75	N/A	tr	0	106	3.0	0.8	593	394	23674	10	0.45	100	0.05	0.34	1.7
Other Baked Goods																					
Apple crisp, prepared from recipe	125 mL	149	243	1018	3	48	N/A	5	0	42	1.1	0.2	271	145	204	N/A	0.06	7	0.13	0.11	1.6
Bread pudding with raisins, prepared from recipe	125 mL	133	224	937	7	33	N/A	8	88	152	1.5	0.7	308	298	321	N/A	0.10	17	0.12	0.30	2.1
Cream puffs, from recipe, shell only (9 cm diam.)	1 shell	66	239	999	6	15	N/A	17	129	24	1.3	0.5	368	64	764	0	0.05	15	0.14	0.24	2.2
Danish pastry, cinnamon (11 cm diam.)	1 pastry	65	262	1098	5	29	0.8	15	20	46	1.3	0.5	241	81	24	tr	0.03	21	0.19	0.17	2.8
Danish pastry, fruit (apple, raisin, lemon, raspberry), (11 cm diam.)	1 pastry	71	263	1103	4	34	1.3	13	15	33	1.3	0.4	251	59	37	3	0.02	11	0.19	0.16	2.2
Dumpling	1 dumpling	30	40	167	1	6	0.2	1	1	20	0.3	0.1	87	20	4	tr	0.01	2	0.03	0.03	0.5
Eclairs, custard filled, chocolate glaze, from recipe	1 éclair	100	262	1096	6	24	N/A	16	127	63	1.2	0.6	337	117	718	tr	0.06	14	0.12	0.27	2.3
Popovers, from mix, prepared	1 popover	33	67	280	3	10	N/A	1	37	9	0.6	0.2	143	25	54	tr	0.02	6	0.05	0.06	1.0
Puff pastry, frozen, baked	1 shell	40	223	935	3	18	N/A	15	0	4	1.0	0.2	101	25	0	0	0.01	4	0.13	0.10	2.1
Phyllo dough	1 sheet	19	57	238	1	10	N/A	1	0	2	0.6	0.1	92	14	0	0	0.01	3	0.10	0.06	1.1
Toaster pastries (pop-tarts™), brown sugar & cinnamon	1 pop-tart	50	206	862	3	34	N/A	7	0	17	2.0	0.3	212	57	493	tr	0.21	40	0.19	0.29	2.8
Toaster pastries (pop-tarts™), fruit (apple, blueberry, cherry, strawberry)	1 pop-tart	52	204	856	2	37	N/A	5	0	14	1.8	0.3	218	58	501	tr	0.20	42	0.15	0.19	2.5
Vegetables																					
Vegetables																					
Alfalfa sprouts, raw	125 mL	17	5	21	1	1	0.5	tr	0	6	0.2	0.2	1	14	27	1	0.01	6	0.01	0.02	0.2
Artichoke, boiled, drained	1 medium	125	62	262	4	14	4.8	tr	0	56	1.6	0.6	119	442	221	12	0.14	64	0.08	0.08	2.0
Asparagus, boiled, drained	5 spears	75	18	76	2	3	1.1	tr	0	15	0.5	0.3	8	120	404	8	0.09	110	0.09	0.09	1.1
Asparagus, canned, drained	5 spears	90	17	72	2	2	1.3	1	0	14	1.6	0.4	351	155	478	17	0.10	86	0.05	0.09	1.2
Bean sprouts, mung, stir-fried	250 mL	131	66	274	6	14	N/A	tr	0	17	2.5	1.2	12	287	41	21	0.17	91	0.18	0.24	2.8
Beans, lima, boiled, drained	125 mL	90	110	462	6	21	4.5	tr	0	29	2.2	0.7	15	512	332	9	0.17	24	0.13	0.09	2.3
Beans, lima, (baby), frozen, boiled, drained	125 mL	90	94	395	6	17	3.8	tr	0	25	1.8	0.5	26	369	150	5	0.10	14	0.06	0.05	2.0
Beans, snap (green, yellow, Italian), boiled, drained	125 mL	66	23	97	1	5	1.6	tr	0	30	0.8	0.2	2	197	440	6	0.04	22	0.05	0.06	0.6

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	KJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Beans, snap (green, yellow, Italian), canned, drained	125 mL	72	14	60	1	3	1.5	tr	0	19	0.6	0.2	180	78	251	2	0.03	23	0.01	0.04	0.3
Beans, snap (green, yellow, Italian), frozen, boiled, drained	125 mL	71	20	84	1	5	2.1	tr	0	35	0.6	0.3	6	90	286	3	0.04	16	0.02	0.06	0.5
Beet greens, chopped, boiled, drained	125 mL	76	21	86	2	4	2.2	tr	0	87	1.4	0.4	183	692	3880	19	0.10	11	0.09	0.22	0.9
Beets, sliced, canned, drained	125 mL	90	28	116	1	6	1.9	tr	0	13	1.6	0.2	246	133	10	6	0.05	27	0.01	0.04	0.3
Beets, diced or sliced, boiled, drained	125 mL	90	40	167	2	9	1.8	tr	0	14	0.7	0.3	69	274	31	3	0.06	72	0.02	0.04	0.6
Beets, pickled, canned, solids and liquids	125 mL	120	78	326	1	20	2.2	tr	0	13	0.5	0.3	317	177	13	3	0.06	32	0.01	0.06	0.5
Belgium endive, raw	1 endive	53	9	38	tr	2	N/A	tr	0	10	0.1	0.1	1	112	15	1	0.02	20	0.03	0.01	0.2
Broccoli, raw	3 spears	93	26	109	3	5	2.2	tr	0	45	0.8	0.4	25	302	1434	87	0.15	66	0.06	0.11	1.0
Broccoli, frozen, boiled, drained	125 mL	97	27	114	3	5	2.3	tr	0	50	0.6	0.3	23	175	1839	39	0.13	29	0.05	0.08	1.0
Broccoli, spears, boiled, drained	3 spears	111	31	130	3	6	2.7	tr	0	51	0.9	0.4	29	324	1541	83	0.16	56	0.06	0.13	1.2
Brussel sprouts, boiled, drained	4 sprouts	84	33	137	2	7	3.0	tr	0	30	1.0	0.3	18	266	604	52	0.15	50	0.09	0.07	0.9
Brussel sprouts, frozen, boiled, drained	125 mL	82	34	144	3	7	2.6	tr	0	20	0.6	0.3	19	266	482	37	0.24	83	0.08	0.09	1.0
Cabbage, Chinese (Pak-Choi, Bok Choy), shredded, boiled, drained	125 mL	90	11	45	1	2	1.4	tr	0	84	0.9	0.2	31	333	2306	23	0.15	36	0.03	0.06	0.6
Cabbage, shredded, raw	250 mL	74	18	78	1	4	1.3	tr	0	35	0.4	0.1	13	182	98	24	0.07	32	0.04	0.03	0.4
Cabbage, shredded, boiled, drained	125 mL	79	17	73	1	4	1.3	tr	0	25	0.1	0.1	6	77	105	16	0.09	16	0.05	0.04	0.4
Carrots, raw	1 medium	80	35	145	1	8	1.9	tr	0	22	0.4	0.2	28	260	22644	7	0.12	11	0.08	0.05	0.9
Carrots, baby, raw	10 carrots	100	38	160	1	8	N/A	1	0	23	0.8	0.2	35	279	1972	8	0.08	33	0.03	0.05	1.0
Carrots, frozen, sliced, boiled, drained	125 mL	77	28	116	1	6	1.8	tr	0	22	0.4	0.2	46	122	13654	2	0.10	8	0.02	0.03	0.5
Carrots, sliced, boiled, drained	125 mL	82	37	155	1	9	2.2	tr	0	26	0.5	0.2	54	187	20237	2	0.20	11	0.03	0.05	0.6
Carrots, sliced, canned, drained	125 mL	77	18	74	tr	4	1.2	tr	0	19	0.5	0.2	186	138	10625	2	0.09	7	0.01	0.02	0.5
Cauliflower, pieces, raw	250 mL	106	26	111	2	5	1.9	tr	0	23	0.5	0.3	32	320	20	49	0.23	60	0.06	0.07	1.0
Cauliflower, pieces, boiled, drained	125 mL	66	15	63	1	3	0.7	tr	0	10	0.2	0.1	10	93	11	29	0.11	29	0.03	0.03	0.5
Cauliflower, pieces, frozen, boiled, drained	125 mL	95	18	76	2	4	1.7	tr	0	16	0.4	0.1	17	132	21	30	0.08	39	0.04	0.05	0.6
Celery, raw	1 stalk	40	6	27	tr	1	0.6	tr	0	16	0.2	0.1	35	115	54	3	0.03	11	0.02	0.02	0.2
Celery, pieces, boiled, drained	125 mL	79	14	60	1	3	1.1	tr	0	33	0.3	0.1	72	225	105	5	0.07	17	0.03	0.04	0.4
Collards, chopped, boiled, drained	125 mL	68	18	76	1	4	0.7	tr	0	16	0.1	0.1	11	89	1844	8	0.04	4	0.01	0.04	0.4
Corn, sweet, canned, cream style	125 mL	135	97	407	2	25	1.8	1	0	4	0.5	0.7	385	181	131	6	0.09	61	0.03	0.07	1.6
Corn, sweet, canned, niblets	125 mL	111	88	367	3	22	2.3	1	0	6	0.5	0.5	302	206	267	6	0.06	55	0.05	0.08	1.6
Corn, sweet, on or off cob (20 cm), boiled, drained	1 ear	121	131	547	4	30	4.5	2	0	2	0.7	0.6	21	301	263	8	0.07	56	0.26	0.09	2.4
Cucumber, sliced, peeled	250 mL	110	14	58	1	3	0.8	tr	0	15	0.3	0.2	2	158	236	6	0.05	14	0.03	0.02	0.3

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	KJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Eggplant, pieces, boiled, drained	250 mL	101	28	119	1	7	2.5	tr	0	6	0.4	0.2	3	252	65	1	0.09	15	0.08	0.02	0.7
Fiddlehead greens, frozen, boiled	250 mL	93	19	80	2	3	1.7	tr	0	5	0.7	N/A	1	206	N/A	14	N/A	N/A	N/A	N/A	1.4
Hearts of palm, canned	3 hearts	99	28	116	2	5	2.4	1	0	57	3.1	1.1	422	175	0	8	0.02	39	0.01	0.06	0.8
Kale, chopped, boiled, drained	125 mL	69	22	92	1	4	1.4	tr	0	49	0.6	0.2	16	157	5082	28	0.09	9	0.04	0.05	0.6
Leek, chopped, boiled, drained	125 mL	55	17	71	tr	4	1.3	tr	0	16	0.6	tr	5	47	25	2	0.06	13	0.01	0.01	0.2
Lettuce, Boston, chopped	250 mL	58	8	32	1	1	0.6	tr	0	19	0.2	0.1	3	149	564	5	0.03	43	0.03	0.03	0.3
Lettuce, iceberg, chopped	250 mL	59	8	32	1	1	N/A	tr	0	11	0.3	0.1	5	93	195	2	0.02	33	0.03	0.02	0.2
Lettuce, looseleaf, chopped	250 mL	59	11	45	1	2	0.9	tr	0	40	0.8	0.2	5	156	1124	11	0.03	29	0.03	0.05	0.3
Lettuce, Romaine, chopped	250 mL	59	9	40	1	1	1.0	tr	0	21	0.7	0.1	5	172	1538	14	0.03	80	0.06	0.06	0.4
Mushrooms, raw	6 medium	108	27	113	2	5	1.4	tr	0	5	1.3	0.8	4	400	0	4	0.10	23	0.11	0.48	5.3
Mushrooms, canned, pieces, drained solids	125 mL	82	20	83	2	4	2.3	tr	0	9	0.7	0.6	350	106	0	1	0.05	10	0.07	0.02	1.9
Mushrooms, pieces, boiled, drained	125 mL	82	22	93	2	4	1.8	tr	0	5	1.4	0.7	2	293	0	3	0.08	15	0.06	0.25	4.4
Onion, chopped, raw	125 mL	85	32	134	1	7	1.4	tr	0	17	0.2	0.2	3	133	0	5	0.10	16	0.04	0.02	0.4
Onion, chopped, boiled, drained	125 mL	111	49	204	2	11	1.9	tr	0	24	0.3	0.2	3	184	0	6	0.14	17	0.05	0.03	0.6
Onion, green, pieces, raw	125 mL	53	17	71	1	4	1.3	tr	0	38	0.8	0.2	8	146	203	10	0.03	34	0.03	0.04	0.5
Parsnip, sliced, boiled, drained	125 mL	82	67	279	1	16	2.7	tr	0	30	0.5	0.2	8	302	0	11	0.08	48	0.07	0.04	0.8
Peas and carrots, canned, solids and liquid	125 mL	135	51	214	3	11	4.4	tr	0	31	1.0	0.8	350	135	0	9	0.12	25	0.10	0.07	1.1
Peas and carrots, frozen, boiled, drained	125 mL	85	41	170	3	9	3.0	tr	0	19	0.8	0.4	57	134	6560	7	0.07	22	0.19	0.05	1.3
Peas, green, boiled, drained	125 mL	85	71	297	5	13	5.7	tr	0	23	1.3	1.0	3	229	505	12	0.18	54	0.22	0.13	2.2
Peas, green, canned, drained solids	125 mL	90	62	259	4	11	4.0	tr	0	18	0.9	0.6	197	155	690	9	0.06	40	0.11	0.07	1.1
Peas, green, frozen, boiled, drained	125 mL	85	66	276	4	12	3.7	tr	0	20	1.3	0.8	74	142	565	8	0.10	50	0.24	0.08	1.7
Peas, snowpeas, raw	125 mL	77	32	135	2	6	1.4	tr	0	33	1.6	0.2	3	153	111	46	0.12	32	0.11	0.06	0.8
Peas, snowpeas, boiled, drained	125 mL	85	36	149	3	6	2.4	tr	0	36	1.7	0.3	3	203	111	40	0.12	25	0.11	0.06	0.9
Peppers, hot chili, red and green, canned, solids and liquid	60 mL	34	9	36	tr	2	N/A	tr	0	2	0.2	0.1	405	64	210	23	0.05	3	0.01	0.02	0.3
Pepper, sweet, green, raw	1 pepper	164	44	185	1	11	2.3	tr	0	15	0.8	0.2	3	290	1036	146	0.41	36	0.11	0.05	1.1
Pepper, sweet, green, chopped, boiled, drained	125 mL	72	20	84	1	5	1.1	tr	0	6	0.3	0.1	1	119	425	53	0.17	11	0.04	0.02	0.5
Pepper, sweet, red, raw	1 pepper	164	44	185	1	11	2.3	tr	0	15	0.8	0.2	3	290	9348	312	0.41	36	0.11	0.05	1.1
Pepper, sweet, red, chopped, boiled, drained	125 mL	72	20	84	1	5	1.1	tr	0	6	0.3	0.1	1	119	2702	123	0.17	11	0.04	0.02	0.5
Pepper, sweet, yellow, raw	1 pepper	186	50	208	2	12	N/A	tr	0	20	0.9	0.3	4	394	443	341	0.31	48	0.05	0.05	2.1
Pickles, cucumber, sweet (7.6 cm diam.)	1 pickle	35	41	171	tr	11	0.4	tr	0	1	0.2	tr	329	11	44	tr	0.01	tr	tr	0.01	0.1
Pickle, cucumber, dill (9.5 cm long)	1 pickle	65	12	49	tr	3	0.7	tr	0	6	0.3	0.1	833	75	214	1	0.01	1	0.01	0.02	0.1

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	KJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Potatoes, dehydrated, flakes	125 mL	24	84	352	2	19	1.5	tr	0	6	0.3	0.2	25	258	0	20	0.18	10	0.25	0.03	1.8
Potatoes, dehydrated, flakes, prepared with milk and butter	125 mL	111	125	525	2	17	1.3	6	16	54	0.2	0.2	368	259	200	11	0.01	8	0.12	0.06	1.1
Potatoes, french fried, frozen, home-prepared in oven	10 strips	50	100	419	2	16	1.6	4	0	4	0.6	0.2	15	209	0	5	0.15	6	0.06	0.01	1.4
Potatoes, french fried, frozen, restaurant-prepared, in vegetable oil	10 strips	50	131	550	2	20	N/A	5	0	5	0.7	0.3	108	306	0	5	0.12	14	0.09	0.01	2.1
Potatoes, hashed brown, frozen, plain, heated	125 mL	82	180	752	3	23	1.8	9	N/A	12	1.2	0.3	28	359	0	5	0.10	5	0.09	0.02	2.6
Potatoes, hashed brown, home-prepared	125 mL	87	182	762	2	19	2.8	12	0	7	0.7	0.3	21	280	0	5	0.24	7	0.06	0.02	2.2
Potatoes, mashed, home-prepared with 2% milk and butter	125 mL	111	124	520	2	19	N/A	5	13	30	0.3	0.3	488	316	202	7	0.25	9	0.09	0.04	1.7
Potatoes, scalloped, home-prepared	125 mL	129	111	466	4	14	N/A	5	16	74	0.7	0.5	434	489	175	14	0.23	11	0.09	0.12	2.3
Potatoes, scalloped, prepared from mix	125 mL	129	120	504	3	17	1.6	6	N/A	47	0.5	0.3	441	263	192	4	0.05	12	0.02	0.07	1.8
Potato, baked, flesh and skin (12 cm long)	1 potato	202	220	921	5	51	4.6	tr	0	20	2.7	0.6	16	844	0	26	0.70	22	0.22	0.07	4.5
Potato, baked, flesh only (12 cm long)	1 potato	156	145	607	3	34	3.4	tr	0	8	0.5	0.5	8	610	0	20	0.47	14	0.16	0.03	3.0
Potato, canned, drained solids	3 potatoes	105	63	264	1	14	0.9	tr	0	5	1.3	0.3	273	240	0	5	0.20	7	0.07	0.01	1.3
Potato, flesh and skin, boiled, drained (6.3 cm diam.)	1 potato	150	129	539	3	30	2.5	tr	0	13	1.3	0.5	7	572	0	18	0.44	15	0.15	0.03	2.7
Potato, microwaved, flesh and skin (12 cm long)	1 potato	202	212	887	5	49	5.0	tr	0	22	2.5	0.7	16	903	0	31	0.69	24	0.24	0.06	4.7
Potato, microwaved, peeled after cooking (12 cm long)	1 potato	156	156	653	3	36	3.4	tr	0	8	0.6	0.5	11	641	0	24	0.50	19	0.20	0.04	3.4
Potato, peeled before boiling	1 potato	136	117	489	2	27	1.9	tr	0	11	0.4	0.4	7	446	0	10	0.37	12	0.13	0.03	2.4
Pumpkin, canned	125 mL	129	44	184	1	10	2.3	tr	0	34	1.8	0.2	6	267	28549	5	0.07	16	0.03	0.07	0.8
Radicchio, chopped	250 mL	42	10	40	1	2	N/A	tr	0	8	0.2	0.3	9	128	11	3	0.02	25	0.01	0.01	0.3
Radishes, raw	10 radishes	45	8	32	tr	2	1.0	tr	0	9	0.1	0.1	11	104	4	10	0.03	12	tr	0.02	0.2
Rutabaga, cubed, boiled, drained	125 mL	90	35	146	1	8	N/A	tr	0	43	0.5	0.3	18	293	504	17	0.09	13	0.07	0.04	0.9
Sauerkraut, canned, solids and liquid	125 mL	125	24	99	1	5	3.1	tr	0	37	1.8	0.2	824	212	22	18	0.16	30	0.03	0.03	0.4
Seaweed, dulse, dried	125 mL	8	17	72	3	2	0.1	tr	0	35	0.9	0.5	24	176	2570	19	0.08	72	0.05	0.22	1.1
Spinach, boiled, drained	125 mL	95	22	92	3	4	2.6	tr	0	129	3.4	0.7	67	443	7789	9	0.23	139	0.09	0.22	1.1
Spinach, chopped, raw	250 mL	59	13	54	2	2	1.5	tr	0	59	1.6	0.3	47	330	3973	17	0.12	115	0.05	0.11	0.8
Squash, summer, all types, boiled, drained, mashed	125 mL	127	25	106	1	5	2.0	tr	0	34	0.5	0.5	1	243	364	7	0.08	25	0.06	0.05	0.8
Squash, winter, all types, cubed, baked	125 mL	108	42	177	1	9	1.9	1	0	15	0.4	0.3	1	473	3852	10	0.08	30	0.09	0.03	1.0
Sweetpotato, baked, skin removed after baking (12.7 cm long)	1 sweetpotato	114	117	491	2	28	3.4	tr	0	32	0.5	0.3	11	397	24877	28	0.27	26	0.08	0.14	1.1
Sweetpotato, boiled without skin, mashed	75 mL	104	109	457	2	25	2.6	tr	0	22	0.6	0.3	14	191	17732	18	0.25	12	0.06	0.15	1.0
Swiss chard, chopped, boiled, drained	125 mL	92	18	77	2	4	1.9	tr	0	54	2.1	0.3	165	508	2902	17	0.08	8	0.03	0.08	0.6

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	KJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Tomato paste, canned	75 mL	83	70	292	3	16	3.6	1	0	29	2.5	0.7	54	774	2050	35	0.32	19	0.13	0.16	3.0
Tomato sauce for spaghetti, canned	125 mL	132	143	600	2	21	1.9	6	0	37	0.9	0.3	652	505	1614	15	0.46	28	0.07	0.08	2.3
Tomato sauce, canned	125 mL	129	39	162	2	9	1.8	tr	0	18	1.0	0.3	782	479	1265	8	0.20	12	0.09	0.07	1.7
Tomato, raw (6.6 cm diam.)	1 tomato	123	26	108	1	6	1.5	tr	0	6	0.6	0.1	11	273	766	23	0.10	18	0.07	0.06	0.9
Tomatoes, canned, stewed	125 mL	135	35	147	1	9	1.4	tr	0	44	1.0	0.2	342	322	748	18	0.02	7	0.06	0.05	1.1
Tomatoes, canned, whole	125 mL	127	25	106	1	5	1.0	tr	0	33	0.8	0.2	207	280	766	12	0.11	10	0.06	0.04	1.1
Tomatoes, sun-dried	125 mL	29	74	308	4	16	N/A	1	0	31	2.6	0.6	598	978	249	11	0.09	19	0.15	0.14	3.1
Turnip greens, chopped, boiled, drained	125 mL	76	15	64	1	3	2.4	tr	0	104	0.6	0.1	22	154	4183	21	0.14	90	0.03	0.05	0.6
Turnips, boiled, drained, mashed	125 mL	82	15	62	1	4	1.6	tr	0	18	0.2	0.2	41	111	0	10	0.06	8	0.02	0.02	0.3
Vegetables, mixed, canned, drained solids	125 mL	86	40	169	2	8	N/A	tr	0	23	0.9	0.4	128	251	10030	4	0.07	20	0.04	0.04	0.9
Vegetables, mixed, frozen, boiled, drained	125 mL	96	57	237	3	13	2.8	tr	0	24	0.8	0.5	34	163	4113	3	0.07	18	0.07	0.12	1.3
Zucchini, raw, sliced	125 mL	69	10	40	1	2	1.2	tr	0	10	0.3	0.1	2	170	234	6	0.06	15	0.05	0.02	0.4
Vegetable Products																					
Carrot juice, canned	250 mL	260	104	435	2	24	2.1	tr	0	62	1.2	0.5	75	759	66935	22	0.56	10	0.24	0.14	1.5
Clam and tomato juice, canned	250 mL	255	117	491	2	28	N/A	tr	0	31	1.5	2.8	1021	230	549	10	0.21	41	0.10	0.08	0.7
Coleslaw with dressing	125 mL	63	44	185	1	8	N/A	2	5	29	0.4	0.1	15	116	406	21	0.08	17	0.04	0.04	0.4
Onion rings, breaded, frozen, heated in oven	5 rings	50	204	851	3	19	1.1	13	0	16	0.8	0.2	188	64	112	1	0.04	6	0.14	0.07	2.4
Potato salad	125 mL	132	189	790	4	15	2.0	11	90	25	0.9	0.4	699	335	276	13	0.19	9	0.10	0.08	2.1
Salad, vegetable, without dressing, fast food	250 mL	145	23	97	2	5	N/A	tr	0	19	0.9	0.3	38	249	1647	34	0.12	54	0.04	0.07	1.0
Tomato juice, canned	250 mL	257	44	183	2	11	1.8	tr	0	23	1.5	0.4	931	567	1433	21	0.29	51	0.12	0.08	2.0
Vegetable juice cocktail, canned	250 mL	256	49	203	2	12	1.4	tr	0	28	1.1	0.5	933	494	2992	71	0.36	54	0.11	0.07	2.1
Zucchini, breaded, fried (8 cm x 1 cm x 1 cm)	4 sticks	44	63	261	1	4	0.8	5	8	13	0.3	0.1	25	106	124	3	0.03	8	0.04	0.03	0.5
Fruit and Related Products																					
Fruits																					
Apples, raw, with skin (7 cm diam.)	1 apple	138	82	341	tr	21	2.6	tr	0	10	0.2	0.1	0	159	73	8	0.07	4	0.02	0.02	0.2
Applesauce, canned, unsweetened	125 mL	129	55	232	tr	16	1.9	tr	0	4	0.2	tr	3	97	37	13	0.03	1	0.02	0.03	0.3
Apricots, raw	3 apricots	106	51	213	1	12	2.0	tr	0	15	0.6	0.3	1	314	2769	11	0.06	9	0.03	0.04	0.9
Apricots, canned, halves with skin, light syrup pack	125 mL	106	67	279	1	17	1.4	tr	0	12	0.4	0.1	4	146	1401	3	0.06	2	0.02	0.02	0.5
Apricots, dried, cooked without added sugar	60 mL	63	54	225	1	14	2.2	tr	0	10	1.1	0.2	2	310	1498	1	0.07	0	tr	0.02	0.8
Apricots, dried, uncooked	60 mL	33	78	328	1	20	2.6	tr	0	15	1.5	0.2	3	454	2384	1	0.05	3	tr	0.05	1.3
Avocados, California, raw	1 avocado	173	306	1281	4	12	N/A	30	0	19	2.0	0.7	21	1097	1059	14	0.48	113	0.19	0.21	4.0

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Avocados, Florida, raw	1/2 avocado	152	170	712	2	14	N/A	13	0	17	0.8	0.6	8	742	930	12	0.43	81	0.16	0.19	3.3
Bananas, raw	1 medium	115	105	441	1	27	1.9	1	0	7	0.4	0.2	1	454	93	10	0.66	22	0.05	0.11	0.8
Blackberries, raw	125 mL	76	40	166	1	10	3.8	tr	0	24	0.4	0.2	0	149	126	16	0.04	26	0.02	0.03	0.4
Blackberries, frozen, unsweetened	125 mL	80	51	214	1	13	4.0	tr	0	23	0.6	0.2	1	112	91	2	0.05	27	0.02	0.04	1.1
Blueberries, raw	125 mL	77	43	179	1	11	2.0	tr	0	5	0.1	0.1	5	68	77	10	0.03	5	0.04	0.04	0.3
Blueberries, frozen, unsweetened	125 mL	82	42	175	tr	10	2.6	1	0	7	0.1	0.1	1	44	66	2	0.05	5	0.03	0.03	0.5
Cantaloup, raw (13 cm diam.)	1/2 cantaloup	267	93	391	2	22	1.9	1	0	29	0.6	0.4	24	825	8608	113	0.31	45	0.10	0.06	2.0
Cherries, sour, canned, heavy syrup pack	125 mL	135	123	515	1	31	1.1	tr	0	14	1.8	0.1	9	126	966	3	0.06	10	0.02	0.53	0.4
Cherries, sweet, raw	10 cherries	68	49	205	1	11	0.7	1	0	10	0.3	tr	0	152	146	5	0.02	3	0.03	0.04	0.4
Cranberries, raw	125 mL	50	25	103	tr	6	2.1	tr	0	4	0.1	0.1	1	36	23	7	0.03	1	0.02	0.01	0.1
Currants, red and white, raw	125 mL	59	33	139	1	8	2.5	tr	0	20	0.6	0.1	1	163	71	24	0.04	7	0.02	0.03	0.2
Dates, dry	10 dates	83	228	955	2	61	7.1	tr	0	27	1.0	0.2	2	541	42	0	0.16	10	0.07	0.08	2.5
Figs, raw	1 medium	50	37	155	tr	10	1.6	tr	0	18	0.2	0.1	0	116	71	1	0.06	2	0.03	0.03	0.2
Figs, dried, uncooked	10 figs	187	477	1995	6	122	17.4	2	0	269	4.2	1.0	21	1331	249	1	0.42	14	0.13	0.16	2.1
Fruit cocktail, canned, juice pack	125 mL	131	60	252	1	16	1.4	tr	0	10	0.3	0.1	5	124	400	4	0.07	3	0.02	0.02	0.6
Fruit cocktail, canned, light syrup pack	125 mL	133	76	318	1	20	1.5	tr	0	8	0.4	0.1	8	118	277	3	0.07	4	0.02	0.03	0.6
Fruit salad, tropical, canned, heavy syrup pack	125 mL	136	117	489	1	30	1.8	tr	0	18	0.7	0.1	3	178	172	24	N/A	N/A	0.07	0.06	0.9
Gooseberries, raw	125 mL	79	35	146	1	8	3.4	tr	0	20	0.2	0.1	1	157	230	22	0.06	5	0.03	0.02	0.4
Grapefruit, canned, light syrup pack	125 mL	134	81	337	1	21	0.5	tr	0	19	0.5	0.1	3	173	0	29	0.03	11	0.05	0.03	0.4
Grapefruit, pink or red, raw (9.5 cm diam.)	1/2 fruit	123	37	154	1	9	1.2	tr	0	14	0.1	0.1	0	159	319	47	0.05	15	0.04	0.02	0.3
Grapefruit, white, raw (9.5 cm diam.)	1/2 fruit	118	39	163	1	10	2.1	tr	0	14	0.1	0.1	0	175	12	39	0.05	12	0.04	0.02	0.4
Grapes, raw	10 grapes	50	36	149	tr	9	0.6	tr	0	6	0.1	tr	1	92	36	5	0.05	2	0.05	0.03	0.2
Honeydew melon, raw	1/10 melon	129	45	189	1	12	1.0	tr	0	8	0.1	0.1	13	350	52	32	0.08	39	0.10	0.02	0.9
Kiwifruit, raw	1 medium	76	46	194	1	11	2.6	tr	0	20	0.3	N/A	4	252	133	57	N/A	N/A	0.02	0.04	0.5
Lemons, raw	1 medium	58	17	70	1	5	1.2	tr	0	15	0.3	tr	1	80	17	31	0.05	6	0.02	0.01	0.2
Limes, raw	1 medium	67	20	84	tr	7	1.4	tr	0	22	0.4	0.1	1	68	7	19	0.03	5	0.02	0.01	0.2
Mangos, raw	1 medium	207	135	563	1	35	4.1	1	0	21	0.3	0.1	4	323	8061	57	0.28	2	0.12	0.12	1.5
Nectarines, raw	1 fruit	136	67	279	1	16	2.2	1	0	7	0.2	0.1	0	288	1001	7	0.03	5	0.02	0.06	1.6
Oranges, raw	1 fruit	131	62	258	1	15	2.4	tr	0	52	0.1	0.1	0	237	269	70	0.08	40	0.11	0.05	0.6
Papayas, raw	1 fruit	311	121	508	2	31	5.3	tr	0	75	0.3	0.2	9	800	6267	192	0.06	N/A	0.08	0.10	1.5
Peaches, raw	1 fruit	87	37	157	1	10	1.7	tr	0	4	0.1	0.1	0	171	465	6	0.02	3	0.01	0.04	0.9

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Peaches, canned, halves or slices, juice pack	125 mL	131	58	241	1	15	1.3	tr	0	8	0.4	0.1	5	168	499	5	0.02	4	0.01	0.02	0.8
Peaches, canned, halves or slices, light syrup pack	125 mL	130	70	295	1	19	N/A	tr	0	4	0.5	0.1	7	127	462	9	0.02	4	0.01	0.03	0.8
Peaches, frozen, sliced, sweetened	125 mL	132	124	519	1	32	1.8	tr	0	4	0.5	0.1	8	172	375	124	0.02	4	0.02	0.05	0.9
Pears, raw, with skin	1 fruit	169	100	417	1	26	5.1	1	0	19	0.4	0.2	0	211	34	7	0.03	12	0.03	0.07	0.3
Pears, canned, halves, juice pack	125 mL	131	66	274	tr	17	2.6	tr	0	12	0.4	0.1	5	126	8	2	0.02	2	0.01	0.01	0.3
Pears, canned, halves, light syrup pack	125 mL	133	76	316	tr	20	2.7	tr	0	7	0.4	0.1	7	88	0	2	0.02	2	0.01	0.02	0.3
Pineapple, canned, juice pack	125 mL	132	79	332	1	21	1.2	tr	0	18	0.4	0.1	1	161	50	13	0.10	6	0.13	0.03	0.5
Pineapple, canned, water pack	125 mL	130	42	174	1	11	1.2	tr	0	19	0.5	0.2	1	165	19	10	0.10	6	0.12	0.03	0.5
Pineapple, sliced, raw (2 cm x 9 cm diam.)	1 slice	90	44	185	tr	11	1.1	tr	0	6	0.3	0.1	1	102	21	14	0.08	10	0.08	0.03	0.5
Plums, raw	1 fruit	66	36	152	1	9	1.1	tr	0	3	0.1	0.1	0	114	213	6	0.05	1	0.03	0.06	0.4
Plums, canned, purple, heavy syrup pack	125 mL	136	121	508	tr	32	1.4	tr	0	12	1.1	0.1	26	124	353	1	0.04	3	0.02	0.05	0.5
Prunes, dried, cooked, without added sugar	125 mL	112	120	501	1	31	6.4	tr	0	26	1.2	0.3	2	374	343	3	0.24	tr	0.03	0.11	1.1
Prunes, dried, uncooked	10 prunes	84	201	840	2	53	6.1	tr	0	43	2.1	0.4	3	626	1669	3	0.22	3	0.07	0.14	2.0
Raisins, seedless	125 mL	77	230	962	2	61	2.8	tr	0	38	1.6	0.2	9	575	6	3	0.19	3	0.12	0.07	1.1
Raspberries, raw	125 mL	65	32	133	1	8	3.2	tr	0	14	0.4	0.3	0	99	84	16	0.04	17	0.02	0.06	0.7
Raspberries, frozen, sweetened	125 mL	132	136	569	1	35	5.8	tr	0	20	0.9	0.2	1	151	79	22	0.04	34	0.03	0.06	0.5
Rhubarb, raw, sliced	125 mL	65	14	57	1	3	N/A	tr	0	55	0.1	0.1	3	186	64	5	0.02	5	0.01	0.02	0.3
Rhubarb, frozen, cooked, with added sugar	125 mL	127	147	615	tr	40	2.5	tr	0	184	0.3	0.1	1	122	87	4	0.03	7	0.02	0.03	0.3
Strawberries, raw	5 medium	60	18	75	tr	4	1.3	tr	0	8	0.2	0.1	1	100	16	34	0.04	11	0.01	0.04	0.2
Strawberries, frozen, unsweetened	125 mL	117	41	171	1	11	1.9	tr	0	19	0.9	0.2	2	173	53	48	0.03	20	0.03	0.04	0.6
Tangerines (mandarines), raw	1 tangerine	84	37	155	1	9	0.8	tr	0	12	0.1	0.2	1	132	773	26	0.06	17	0.09	0.02	0.2
Tangerines (mandarines), canned, light syrup pack	125 mL	133	81	340	1	22	0.5	tr	0	9	0.5	0.3	8	104	1118	23	0.06	6	0.07	0.06	0.7
Watermelon, raw, sliced (2.5 cm x 25 cm diam.)	1/2 slice	230	74	308	1	16	0.9	1	0	18	0.4	0.2	5	267	841	22	0.33	5	0.18	0.05	0.7
Fruit Juices																					
Apple juice, canned or bottled, vitamin C added	250 mL	262	123	515	tr	31	0.3	tr	0	18	1.0	0.1	8	312	3	107	0.08	tr	0.06	0.04	0.3
Apple juice, frozen, diluted, vitamin C added	250 mL	253	119	497	tr	29	0.3	tr	0	15	0.7	0.1	18	318	0	84	0.08	1	0.01	0.04	0.2
Apricot nectar, canned, vitamin C added	250 mL	265	149	621	1	38	1.6	tr	0	19	1.0	0.2	8	302	3490	89	0.06	3	0.02	0.04	0.9
Grape juice, canned or bottled, no vitamin C added	250 mL	267	163	682	1	40	0.3	tr	0	24	0.6	0.1	8	353	21	tr	0.17	7	0.07	0.10	1.0
Grape juice, frozen, sweetened, diluted, vitamin C added	250 mL	267	136	570	1	34	0.3	tr	0	11	0.3	0.1	5	56	21	40	0.11	3	0.04	0.07	0.9
Grapefruit juice, canned, sweetened	250 mL	267	123	515	2	30	0.3	tr	0	21	1.0	0.2	5	433	0	72	0.05	28	0.11	0.06	1.1
Grapefruit juice, canned, unsweetened	250 mL	261	99	415	1	23	1.4	tr	0	18	0.5	0.2	3	399	18	76	0.05	27	0.11	0.05	0.9

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight g	Energy kcal	Energy kJ	Protein g	Carbohydrate g	Total Dietary Fibre g	Total fat g	Cholesterol mg	Calcium mg	Iron mg	Zinc mg	Sodium mg	Potassium mg	Vitamin A IU	Vitamin C mg	Vitamin B6 mg	Folate µg	Thiamin mg	Riboflavin mg	Niacin NE
Grapefruit juice, frozen, diluted	250 mL	261	107	448	1	25	1.3	tr	0	21	0.4	0.1	3	355	23	88	0.11	9	0.11	0.06	0.8
Grapefruit juice, white, freshly squeezed	250 mL	261	102	426	1	24	0.3	tr	0	23	0.5	0.1	3	423	26	99	0.11	27	0.10	0.05	0.8
Lemon juice, canned or bottled	250 mL	258	54	227	1	17	0.8	1	0	28	0.3	0.2	54	263	39	64	0.11	26	0.11	0.02	0.7
Lemon juice, freshly squeezed	250 mL	258	64	270	1	22	0.8	0	0	18	0.1	0.1	3	320	52	119	0.13	33	0.08	0.03	0.4
Lime juice, freshly squeezed	15 mL	16	4	18	tr	1	tr	tr	0	1	tr	tr	tr	17	2	5	0.01	1	tr	tr	tr
Orange juice, canned	250 mL	263	111	462	2	26	1.0	tr	0	21	1.2	0.2	5	460	460	105	0.23	48	0.16	0.07	0.9
Orange juice, chilled	250 mL	263	116	484	2	26	N/A	1	0	26	0.4	0.1	3	500	205	87	0.14	48	0.29	0.06	0.8
Orange juice, frozen, diluted	250 mL	263	118	495	2	28	0.9	tr	0	24	0.3	0.1	3	500	205	102	0.12	115	0.21	0.05	0.6
Orange juice, freshly squeezed	250 mL	262	118	493	2	27	0.3	1	0	29	0.5	0.1	3	524	524	131	0.10	79	0.24	0.08	1.1
Orange-grapefruit juice, canned	250 mL	261	112	470	2	27	0.3	tr	0	21	1.2	0.2	8	412	311	76	0.06	37	0.15	0.08	1.2
Peach nectar, canned	250 mL	263	142	594	1	37	1.6	tr	0	13	0.5	0.2	18	105	679	88	0.02	4	0.01	0.04	0.9
Pear nectar, canned	250 mL	264	158	663	tr	42	3.2	tr	0	13	0.7	0.2	11	34	3	3	0.04	3	0.01	0.03	0.4
Pineapple juice, canned, vitamin C added	250 mL	264	148	619	1	36	0.3	tr	0	45	0.7	0.3	3	354	13	87	0.25	61	0.15	0.06	0.8
Prune juice, canned	250 mL	270	192	804	2	47	2.7	tr	0	32	3.2	0.6	11	747	8	11	0.59	1	0.04	0.19	2.4
Fruit-Flavoured Drinks																					
Citrus fruit juice drink, frozen, diluted	250 mL	262	121	504	1	30	N/A	0	0	24	2.9	0.1	8	293	110	71	0.06	5	0.04	0.03	0.6
Cranberry juice cocktail, bottled	250 mL	267	155	649	tr	40	0.0	tr	0	8	0.4	0.1	11	64	5	60	N/A	1	0.01	0.04	0.2
Fruit punch flavour drink, powder (Kool-Aid™), diluted	250 mL	276	102	427	0	26	N/A	0	0	44	0.1	0.1	39	3	0	60	0.00	tr	0.00	0.01	tr
Fruit punch flavour drink, powder, diluted, vitamin C added	250 mL	276	102	427	0	26	N/A	0	0	44	0.1	0.1	39	3	0	0	0.00	tr	0.00	0.01	tr
Fruit punch juice drink, frozen, diluted	250 mL	262	131	548	tr	32	N/A	1	0	18	0.6	0.6	13	202	16	15	0.03	0	tr	0.17	0.2
Lemonade, aspartame sweetened, powder, diluted	250 mL	252	5	21	0	1	N/A	0	0	53	0.1	0.1	8	0	0	0	0.00	tr	0.00	0.00	0.0
Lemonade, pink or white, frozen, diluted	250 mL	262	105	439	tr	28	N/A	0	0	8	0.4	0.1	8	39	30	10	0.02	6	0.02	0.06	0.1
Orange drink, canned, vitamin C added	250 mL	262	134	559	0	34	N/A	0	0	16	0.7	0.2	42	47	47	60	0.02	6	0.02	0.01	0.1
Orange flavour drink, powder (Tang™, Quench™, Rise 'n Shine™), diluted, vitamin C added	250 mL	255	124	520	0	31	N/A	0	0	90	tr	tr	7	1	0	70	0.00	0	tr	0.04	0.0
Thirst quencher drink (Gatorade™, Power-Aid™), bottled	250 mL	255	64	266	0	16	N/A	0	0	0	0.1	0.1	102	28	0	0	0.00	0	0.01	0.00	0.0
Dairy Foods and Other Related Products																					
Milk, fluid																					
Buttermilk	250 mL	259	105	438	9	12	0.0	2	9	301	0.1	1.1	272	392	85	3	0.09	13	0.09	0.40	1.7
Milk, chocolate, 2% M.F.	250 mL	264	189	791	8	27	1.6	5	18	300	0.6	1.1	159	446	528	2	0.11	13	0.10	0.43	2.3
Milk, Human, mature	250 mL	260	181	757	3	18	0.0	11	36	84	0.1	0.4	44	133	626	13	0.03	14	0.04	0.09	1.2

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Milk, partly skimmed, 1% M.F.	250 mL	258	108	453	8	12	0.0	3	10	317	0.1	1.0	129	402	529	3	0.11	13	0.10	0.43	2.2
Milk, partly skimmed, 2% M.F.	250 mL	258	128	536	9	12	0.0	5	19	314	0.1	1.0	129	398	529	2	0.11	13	0.10	0.43	2.2
Milk, skim	250 mL	259	90	378	9	13	0.0	tr	5	319	0.1	1.0	133	429	528	3	0.10	13	0.09	0.36	2.3
Milk, skim with added milk solids	250 mL	260	106	442	10	14	0.0	1	5	372	0.2	1.2	153	472	528	3	0.13	16	0.12	0.50	2.7
Milk, whole, 3.3% M.F.	250 mL	258	158	663	8	12	0.0	9	35	308	0.1	1.0	126	391	325	2	0.11	13	0.10	0.42	2.2
Milk, processed																					
Milk, condensed, sweetened, canned	300 mL	388	1245	5207	31	211	0.0	34	132	1100	0.7	3.6	493	1441	1273	10	0.20	43	0.35	1.61	8.1
Milk, evaporated, skimmed, canned, undiluted, 0.2% M.F.	250 mL	270	211	882	20	31	0.0	1	10	783	0.8	2.4	311	897	1060	44	0.15	23	0.12	0.84	5.3
Milk, evaporated, partly skimmed, canned, undiluted, 2% M.F.	250 mL	268	246	1030	20	30	0.0	5	21	739	0.6	2.2	297	852	705	44	0.14	23	0.12	0.84	5.1
Milk, evaporated, whole, canned, undiluted, 7.8% M.F.	250 mL	266	363	1521	18	27	0.0	21	78	694	0.5	2.1	282	807	647	44	0.13	21	0.13	0.84	4.8
Skim milk powder	125 mL	36	132	551	13	19	0.0	tr	7	452	0.1	1.6	202	627	871	2	0.13	18	0.15	0.64	3.4
Milk reconstituted, from skim milk powder	250 mL	259	86	361	8	13	0.0	tr	4	298	1.0	1.1	134	409	570	1	0.08	12	0.10	0.42	2.2
Whole milk powder	125 mL	68	335	1403	18	26	0.0	18	66	617	0.3	2.3	251	899	624	6	0.20	25	0.19	0.81	4.6
Milk beverages																					
Chocolate milk, chocolate flavour powder (Quik™) + 2% milk	250 mL	279	209	873	9	33	0.0	6	19	324	0.8	1.4	177	536	536	3	0.11	15	0.17	0.45	0.5
Chocolate syrup + 2% milk	250 mL	295	216	902	9	36	0.0	5	19	321	1.0	1.3	168	490	544	3	0.12	15	0.12	0.44	0.5
Eggnog, 7% M.F.	250 mL	268	361	1512	10	36	0.0	20	158	349	0.5	1.2	146	443	945	4	0.13	2	0.09	0.51	2.7
Hot cocoa, aspartame sweetened, powder + water	250 mL	270	67	282	5	12	N/A	1	3	127	1.1	0.8	243	569	5	0	0.07	3	0.06	0.29	1.2
Hot cocoa, homemade with 2% milk	250 mL	264	203	856	10	31	2.6	6	21	333	1.2	1.6	135	528	544	3	0.12	16	0.11	0.46	2.7
Hot cocoa, powder + water	250 mL	295	147	616	4	32	N/A	2	3	138	0.5	0.6	212	289	6	1	N/A	0	0.04	0.23	1.3
Instant breakfast powder + 2% milk	250 mL	280	251	1053	16	24	0.0	5	18	566	3.8	1.0	280	804	1985	30	0.20	14	0.62	1.33	58.5
Malted milk, chocolate flavour powder + 2% milk	250 mL	279	208	871	10	31	0.0	6	20	413	4.0	1.3	261	665	3444	36	1.09	34	0.78	1.34	11.8
Malted milk, natural flavour powder + 2% milk	250 mL	279	214	894	11	30	0.0	6	24	398	3.8	1.2	219	615	2884	31	0.92	23	0.75	1.23	11.4
Milk shake, chocolate	250 mL	211	251	1049	6	45	0.6	6	22	279	0.7	1.0	235	473	182	0	0.05	10	0.10	0.47	1.8
Milk shake, vanilla	250 mL	211	236	989	8	38	0.0	6	25	309	0.2	0.8	202	386	241	0	0.09	14	0.06	0.41	2.2
Soy-based beverage	250 mL	254	84	350	7	5	1.2	5	0	10	1.5	0.6	30	358	81	0	0.10	4	0.41	0.18	2.2
Yogourt beverage	200 mL	207	144	602	5	28	0.0	2	11	220	0.2	0.9	83	338	14	2	0.12	25	0.09	0.43	0.7
Yogourt																					
Yogourt, coffee and vanilla flavours, 1.9% M.F.		175	161	672	7	27	0.0	3	9	230	0.1	0.8	101	254	38	1	0.05	19	0.08	0.38	0.9
Yogourt, fruit bottom, 1-2% M.F.		175	177	740	7	31	0.0	3	11	214	0.1	1.0	87	314	141	1	0.08	20	0.07	0.31	0.8

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Yogourt, fruit bottom, less than 1% M.F.		175	108	453	8	19	0.0	tr	5	281	0.1	1.4	123	345	79	2	0.07	20	0.06	0.31	0.9
Yogourt, plain, 1-2% M.F.		175	110	461	9	12	0.0	3	11	320	0.1	1.6	122	410	116	1	0.09	21	0.08	0.37	1.1
Yogourt, plain, greater than 4% M.F.		175	182	763	7	13	0.0	10	32	264	0.1	1.0	99	365	327	1	0.10	9	0.10	0.40	0.8
Cheese																					
Blue (5 cm x 2 cm x 0.5 cm)	4 slices	53	186	780	11	1	0.0	15	40	279	0.2	1.4	737	135	381	0	0.09	19	0.02	0.20	3.3
Brick (5 cm x 2 cm x 0.5 cm)	4 slices	52	194	813	12	1	0.0	16	49	353	0.2	1.4	293	71	567	0	0.03	11	0.01	0.18	2.9
Brie (5 cm x 2 cm x 0.5 cm)	4 slices	52	173	726	11	tr	0.0	14	52	96	0.3	1.2	327	79	347	0	0.12	34	0.04	0.27	3.0
Camembert	15 mL	16	47	196	3	tr	0.0	4	11	61	0.1	0.4	132	29	144	0	0.04	10	tr	0.08	0.9
Cheddar (5 cm x 2 cm x 0.5 cm)	4 slices	52	211	883	13	1	0.0	17	55	378	0.4	1.6	325	52	555	0	0.04	10	0.01	0.20	2.8
Cheddar or Colby type, low fat (7% M.F.) (5 cm x 2 cm x 0.5 cm)	4 slices	52	91	379	13	1	0.0	4	11	217	0.2	1.0	321	35	122	0	0.02	6	0.01	0.12	2.6
Cheddar, processed, thin slices	2 slices	42	137	571	8	3	N/A	10	27	239	0.3	1.2	664	116	380	0	0.06	3	0.01	0.18	2.0
Cheddar, processed, thin slices, light	2 slices	42	117	491	9	5	0.0	7	24	256	0.2	0.0	587	118	0	0	0.00	8	0.04	0.20	0.6
Cheddar, processed, skim, spread	50 mL	53	102	428	13	6	N/A	3	N/A	N/A	N/A	N/A	1053	218	N/A	0	N/A	N/A	N/A	N/A	3.0
Cheddar, processed, spread (Cheez Whiz™)	50 mL	53	155	649	9	5	N/A	11	29	300	0.2	1.4	867	129	421	0	0.06	4	0.03	0.23	2.2
Cottage (2% M.F.)	125 mL	119	107	448	16	4	0.0	2	10	82	0.2	0.5	485	115	84	0	0.09	16	0.03	0.22	3.2
Cream cheese	50 mL	49	171	717	4	1	0.0	17	54	39	0.6	0.3	145	59	701	0	0.02	6	0.01	0.10	0.6
Edam (5 cm x 2 cm x 0.5 cm)	4 slices	52	185	776	13	1	0.0	14	46	380	0.2	2.0	502	98	476	0	0.04	8	0.02	0.20	3.1
Feta	125 mL	79	216	903	12	3	0.0	17	73	403	0.5	2.4	914	51	366	0	0.35	26	0.13	0.69	3.5
Goat, soft (21% M.F.)	50 mL	52	139	581	10	tr	0.0	11	24	73	1.0	0.5	191	13	705	0	0.13	6	0.04	0.20	1.9
Gouda (5 cm x 2 cm x 0.5 cm)	4 slices	52	189	791	13	1	0.0	15	60	371	0.1	2.1	435	64	342	0	0.04	11	0.02	0.18	3.1
Gruyere (5 cm x 2 cm x 0.5 cm)	4 slices	46	188	788	14	tr	0.0	15	50	461	0.1	1.8	153	37	556	0	0.04	5	0.03	0.13	3.2
Mozzarella, partly skimmed (16.5% M.F.), shredded	125 mL	60	157	657	15	2	0.0	10	36	404	0.1	1.7	287	52	360	0	0.04	5	0.01	0.19	3.6
Mozzarella (22.5% M.F.), shredded	125 mL	60	175	732	12	1	0.0	13	49	321	0.1	1.4	232	42	492	0	0.03	4	0.01	0.15	2.9
Parmesan, grated	125 mL	53	241	1008	22	2	0.0	16	42	727	0.5	1.7	983	57	370	0	0.06	4	0.02	0.20	5.1
Ricotta, made with whole milk	50 mL	52	90	378	6	2	0.0	7	26	108	0.2	0.6	44	54	255	0	0.02	6	0.01	0.10	1.1
Romano	125 mL	53	204	855	17	2	0.0	14	55	562	0.4	1.4	634	46	302	0	0.04	4	0.02	0.20	3.8
Swiss (Emmentaler) (5 cm x 2 cm x 0.5 cm)	4 slices	46	171	717	13	2	0.0	13	42	438	0.1	1.8	119	50	385	0	0.04	3	0.01	0.17	3.1
Swiss, processed, thin slices	2 slices	42	134	563	9	2	N/A	10	34	301	0.2	1.5	646	118	356	0	0.01	2	0.01	0.17	2.3
Cream																					
Half and half, 10% M.F.	15 mL	15	18	76	tr	1	0.0	2	5	16	tr	0.1	6	20	58	tr	0.01	tr	0.01	0.02	0.1

Nutrient value of some common foods

Foodnames	Descriptive Measure	g	Energy kcal	Energy kJ	Protein g	Carbohydrate g	Total Dietary Fibre g	Total fat g	Cholesterol mg	Calcium mg	Iron mg	Zinc mg	Sodium mg	Potassium mg	Vitamin A IU	Vitamin C mg	Vitamin B6 mg	Folate µg	Thiamin mg	Riboflavin mg	Niacin NE
Half and half, 10% M.F.	250 mL	256	301	1260	8	11	0.0	26	80	273	0.2	1.4	105	336	969	2	0.10	5	0.09	0.38	2.0
Sour, 14% M.F.	250 mL	243	370	1549	7	10	0.0	34	96	259	0.2	1.1	104	322	1282	2	0.04	27	0.09	0.36	1.9
Sour, 14% M.F.	15 mL	15	22	93	tr	1	0.0	2	6	16	tr	0.1	6	19	77	tr	tr	2	0.01	0.02	0.1
Table, 18% M.F.	15 mL	15	28	117	tr	1	0.0	3	9	15	tr	tr	6	19	102	tr	0.01	tr	tr	0.02	0.1
Whipped, pressurized	15 mL	4	10	41	tr	tr	0.0	1	3	4	tr	tr	5	6	35	0	tr	tr	tr	tr	tr
Whipping cream, 35% M.F., not whipped	250 mL	178	582	2433	4	5	0.0	62	228	118	0.1	0.4	64	146	2410	1	0.05	7	0.04	0.20	0.9
Whipping cream, 35% M.F., whipped	125 mL	63	206	862	1	2	0.0	22	81	42	tr	0.1	23	52	853	tr	0.02	3	0.01	0.07	0.3
Imitation Cream Products																					
Coffee whitener, liquid, frozen	15 mL	15	21	86	tr	2	0.0	2	0	1	tr	tr	12	29	14	0	0.00	0	0.00	0.00	tr
Coffee whitener, powdered	15 mL	6	33	136	tr	3	0.0	2	0	1	0.1	tr	11	48	12	0	0.00	0	0.00	0.01	0.1
Dessert topping , powdered, prepared with 2% milk	125 mL	42	79	330	2	7	0.0	5	2	40	tr	0.1	29	67	182	tr	0.01	2	0.01	0.05	0.2
Dessert topping, pressurized	125 mL	33	89	372	tr	5	0.0	8	0	2	tr	tr	21	6	160	0	0.00	0	0.00	0.00	0.1
Dessert topping, frozen	125 mL	33	108	450	tr	8	0.0	9	0	2	tr	tr	9	6	291	0	0.00	0	0.00	0.00	0.1
Puddings																					
Pudding, banana, instant, from mix, prepared with 2% milk	125 mL	155	162	674	4	31	N/A	3	9	158	0.1	0.5	460	203	264	N/A	0.06	6	0.05	0.21	1.1
Pudding, banana, regular, from mix, prepared with 2% milk	125 mL	148	151	630	4	27	N/A	3	10	163	0.1	0.5	246	204	266	N/A	0.05	6	0.05	0.21	1.1
Pudding, banana, ready-to-eat	125 mL	138	175	731	3	29	N/A	5	0	117	0.2	0.4	270	171	137	N/A	0.03	3	0.03	0.20	0.9
Pudding, chocolate, instant, from mix, prepared with 2% milk	125 mL	155	158	660	5	29	N/A	3	9	162	0.5	0.7	441	261	267	N/A	0.06	6	0.05	0.22	1.2
Pudding, chocolate, prepared from recipe, with 2% milk	125 mL	166	217	912	5	43	N/A	4	10	164	0.7	0.8	146	270	307	N/A	0.06	7	0.05	0.23	1.4
Pudding, chocolate, regular, from mix, prepared with 2% milk	125 mL	150	146	665	5	30	N/A	3	11	170	0.5	0.7	158	254	267	N/A	0.06	6	0.05	0.22	1.3
Pudding, chocolate, ready-to-eat	125 mL	138	184	770	4	31	N/A	6	4	124	0.7	0.6	178	248	50	N/A	0.04	4	0.04	0.21	1.3
Pudding, coconut, instant, from mix, prepared with 2% milk	125 mL	155	166	696	5	30	N/A	4	9	158	0.2	0.5	382	205	264	N/A	0.06	6	0.05	0.21	1.1
Pudding, lemon, instant, from mix, prepared with 2% milk	125 mL	155	163	685	4	31	N/A	3	9	157	0.1	0.5	416	200	264	1	0.06	6	0.05	0.21	1.1
Pudding, rice, from mix, prepared with 2% milk	125 mL	152	170	712	5	32	N/A	2	9	160	0.6	0.6	167	201	263	N/A	0.05	6	0.12	0.22	1.6
Pudding, tapioca, from mix, prepared with 2% milk	125 mL	149	155	648	4	29	N/A	3	9	158	0.1	0.5	182	200	265	N/A	0.06	6	0.05	0.21	1.1
Pudding, tapioca, ready-to-eat	125 mL	138	164	686	3	27	N/A	5	1	116	0.3	0.4	163	144	0	N/A	0.13	6	0.03	0.14	1.1
Pudding, vanilla, instant, from mix, prepared with 2% milk	125 mL	150	156	651	4	30	N/A	3	9	155	0.1	0.5	429	195	255	N/A	0.05	6	0.05	0.21	1.0
Pudding, vanilla, ready-to-eat	125 mL	119	155	647	3	26	N/A	4	8	105	0.2	0.3	161	135	25	N/A	0.01	0	0.03	0.17	0.9
Egg custards, from mix, prepared with 2% milk	125 mL	141	157	656	6	25	N/A	4	79	208	0.4	0.7	211	304	312	N/A	0.09	11	0.08	0.30	1.5
Flan, caramel custard, from mix, prepared with 2% milk	125 mL	141	143	599	4	27	N/A	3	10	162	0.1	0.5	70	205	263	N/A	0.05	6	0.04	0.21	1.1

Nutrient value of some common foods

Foodnames	Descriptive Measure	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	mg	mg	mg	NE
		Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin	
Eggs																						
Egg, fried in 5g margarine and salt	1 large	46	92	383	6	1	0.0	7	214	25	0.7	0.5	162	61	394	0	0.07	17	0.03	0.24	1.3	
Egg, hard-boiled (or raw)	1 large	50	78	324	6	1	0.0	5	216	25	0.6	0.5	62	63	280	0	0.06	22	0.03	0.26	1.3	
Egg, poached	1 large	50	74	312	6	1	0.0	5	214	24	0.7	0.6	140	60	316	0	0.06	18	0.02	0.22	1.3	
Egg, scrambled with 2% milk and margarine	125 mL	116	225	942	16	3	0.0	16	502	95	1.7	1.4	503	187	983	tr	0.17	42	0.73	0.61	3.1	
Egg yolk, raw with small amount white	1 large	17	59	249	3	tr	0.0	5	216	23	0.6	0.5	7	16	323	0	0.07	24	0.03	0.11	0.5	
Egg white, raw	1 large	33	16	69	3	tr	0.0	0	0	2	tr	tr	54	47	0	0	tr	1	tr	0.15	0.7	
Egg substitute, frozen (yolk replaced)	60 mL	61	97	407	7	2	0.0	7	1	44	1.2	0.6	121	130	822	tr	0.08	31	0.07	0.23	1.7	
Fish and Shellfish																						
Fish																						
Anchovy, canned in oil, drained solids	10	40	84	351	12	0	0.0	4	34	93	1.9	1.0	1467	218	28	0	0.08	5	0.03	0.15	10.1	
Bass, mixed species, baked or broiled	1 fillet	124	181	758	30	0	0.0	6	108	128	2.4	1.0	112	565	143	3	0.17	21	0.11	0.11	7.5	
Catfish, channel, baked or broiled	1 fillet	143	150	626	26	0	0.0	4	103	16	0.5	0.9	72	599	72	1	0.15	14	0.32	0.10	8.3	
Cod, Atlantic, baked or broiled	1/2 fillet	90	94	395	21	0	0.0	1	50	13	0.4	0.5	70	220	41	1	0.25	10	0.08	0.07	6.1	
Cod, Atlantic, dried and salted (14 cm x 4 cm x 1 cm)	1 piece	66	192	804	42	0	0.0	2	101	106	1.7	1.1	4657	966	93	2	0.57	16	0.18	0.16	12.7	
Haddock, baked or broiled	1 fillet	150	17	70	4	0	0.0	tr	11	6	0.2	0.1	13	60	9	0	0.05	1	0.01	0.01	1.4	
Halibut, Atlantic and Pacific, baked or broiled	1/2 fillet	159	223	931	42	0	0.0	5	65	95	1.7	0.8	110	916	285	0	0.63	22	0.11	0.14	19.2	
Herring, Atlantic, kippered (11 cm x 5 cm x 0.6 cm)	2 fillets	74	161	672	18	0	0.0	9	61	62	1.1	1.0	679	331	95	1	0.31	10	0.09	0.24	6.6	
Mackerel, Atlantic, baked or broiled	1 fillet	88	231	965	21	0	0.0	16	66	13	1.4	0.8	73	353	158	tr	0.40	1	0.14	0.36	9.9	
Ocean Perch, Atlantic, baked or broiled	2 fillets	100	121	506	24	0	0.0	2	54	137	1.2	0.6	96	350	46	1	0.27	10	0.13	0.13	6.9	
Pickering (Walleye), baked or broiled	1 fillet	124	148	618	30	0	0.0	2	136	175	2.1	1.0	81	619	100	0	0.17	21	0.39	0.24	9.2	
Pollock, Atlantic, baked or broiled	1/2 fillet	151	178	744	38	0	0.0	2	137	116	0.9	0.9	166	689	60	0	0.50	5	0.08	0.34	13.0	
Salmon, Atlantic, baked or broiled	1/2 fillet	154	280	1173	39	0	0.0	13	109	23	1.6	1.3	86	967	68	0	1.45	45	0.42	0.75	22.8	
Salmon, Chum (Keta), poached	1/4 fillet	103	116	487	23	0	0.0	3	29	52	0.7	0.6	82	384	17	0	0.63	4	0.08	0.11	21.5	
Salmon, Coho, farmed, baked or broiled	1 fillet	143	255	1065	35	0	0.0	12	90	17	0.6	0.7	74	658	282	2	0.81	20	0.14	0.16	17.1	
Salmon, Pink (Humpback), baked or broiled	1/2 fillet	124	185	774	32	0	0.0	5	83	21	1.2	0.9	107	513	169	0	0.29	6	0.24	0.09	16.5	
Salmon, Sockeye, baked or broiled	1/2 fillet	155	335	1401	42	0	0.0	17	135	11	0.9	0.8	102	581	324	0	0.34	8	0.33	0.27	18.2	
Salmon, Pink (Humpback), canned, solids + bone + liquid + salt	125 mL	79	108	451	13	0	0.0	6	18	167	0.8	0.6	371	264	51	tr	0.17	11	0.01	0.11	7.6	
Salmon, Sockeye, canned, solids + bone + liquid - salt	125 mL	79	129	540	13	0	0.0	8	20	181	0.7	0.6	49	276	80	0	0.19	11	0.01	0.13	8.2	

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Sardine, Atlantic, canned in oil, drained with bone (7.5 cm long)	4 sardines	48	100	418	12	0	0.0	5	68	183	1.4	0.6	242	191	108	0	0.08	4	0.04	0.11	4.7
Sardine, Pacific, canned in tomato sauce, drained with bone (12 cm long)	2 sardines	76	135	566	12	0	N/A	9	46	182	1.7	1.1	315	259	277	1	0.09	18	0.03	0.18	5.2
Snapper, mixed species, baked or broiled	1 fillet	170	218	910	45	0	0.0	3	80	68	0.4	0.7	97	887	196	3	0.78	10	0.09	0.01	8.9
Smelt, breaded and fried	1 smelt	25	63	263	5	3	0.8	3	25	10	0.3	0.3	N/A	104	22	0	0.04	3	0.01	0.05	1.5
Sole (flatfish), baked or broiled	1 fillet	127	149	622	31	0	0.0	2	86	23	0.4	0.8	133	437	48	0	0.30	12	0.10	0.14	8.5
Trout, mixed species, baked or broiled	1 fillet	62	118	494	17	0	0.0	5	46	34	1.2	0.5	42	287	39	tr	0.14	6	0.26	0.26	6.7
Tuna, Bluefin, baked or broiled	1/4 fillet	108	199	199	32	0	0.0	7	53	1	1.4	0.8	54	349	2722	0	2.38	12	0.30	0.33	17.4
Tuna, light, canned in water, drained + salt	125 mL	79	92	386	20	0	0.0	1	24	9	1.2	0.6	268	188	44	0	0.28	3	0.03	0.06	14.3
Tuna, white, canned in oil, drained + salt	125 mL	77	143	600	20	0	0.0	6	24	3	0.5	0.4	305	257	62	0	0.33	4	0.01	0.06	12.8
Turbot, baked or broiled	1/2 fillet	159	194	812	33	0	0.0	6	99	37	0.7	0.4	305	485	64	3	0.38	14	0.12	0.15	10.4
Whitefish, lake, mixed species, baked or broiled	1 fillet	154	265	1110	38	0	0.0	12	119	51	0.7	2.0	100	625	202	0	0.53	26	0.26	0.24	13.0
Shellfish																					
Clam, mixed species, boiled or steamed	5 large	60	89	372	15	3	0.0	1	40	55	16.8	1.6	67	377	342	13	0.07	17	0.09	0.26	4.9
Clam, mixed species, canned, drained solids	125 mL	85	125	523	22	4	0.0	2	57	78	23.6	2.3	95	531	482	19	0.09	24	0.13	0.36	6.9
Crab, Blue, canned, drained	125 mL	71	71	295	15	0	0.0	1	63	72	0.6	2.9	238	267	4	2	0.11	30	0.06	0.06	4.4
Crab, Snow, boiled or steamed, flaked	125 mL	62	72	300	15	0	0.0	1	44	21	1.8	2.2	431	125	108	4	0.11	26	0.06	0.15	5.2
Crayfish, mixed species, boiled or steamed	4 medium	60	53	222	10	0	0.0	1	80	36	0.5	1.1	56	178	30	1	0.05	26	0.03	0.05	3.7
Lobster, boiled or steamed, diced	125 mL	77	75	314	16	1	0.0	tr	55	47	0.3	2.2	291	270	67	0	0.06	7	0.01	0.05	4.5
Mussel, Blue, boiled or steamed	15 small	53	90	378	12	4	0.0	2	29	17	3.5	1.4	194	141	160	7	0.05	40	0.16	0.22	3.9
Oyster, boiled or steamed	5 medium	60	82	343	8	5	0.0	3	63	54	7.2	109.0	253	169	108	4	0.07	8	0.11	0.11	3.1
Oyster, canned, solids and liquid	125 mL	131	90	378	9	5	0.0	3	72	59	8.8	119.2	147	300	393	7	0.12	12	0.20	0.22	3.4
Scallop, mixed species, boiled or steamed	3 large	75	72	301	11	2	0.0	2	21	17	0.2	0.6	280	189	101	2	0.09	5	0.01	0.04	2.5
Shrimp, mixed species, boiled or steamed	10 large	55	54	228	12	0	0.0	1	107	21	1.7	0.9	123	100	120	1	0.07	5	0.02	0.02	4.1
Shrimp, mixed species, canned	125 mL	68	81	340	16	1	0.0	1	117	40	1.9	0.9	114	142	41	2	0.08	1	0.02	0.03	5.5
Fish Products																					
Caviar, granular	15 mL	16	41	171	4	1	0.0	3	95	45	1.9	0.2	243	29	303	0	0.05	8	0.03	0.10	0.9
Clam fritters	1 fritter	40	124	520	5	12	0.5	6	33	34	3.2	0.4	52	90	106	2	0.03	7	0.07	0.12	1.8
Crab cakes	1 cake	60	93	389	12	tr	0.0	5	90	63	0.6	2.5	198	194	151	2	0.10	25	0.05	0.05	4.6
Crab, imitation, made from surimi	125 mL	71	73	304	9	7	0.0	1	14	9	0.3	0.2	600	64	47	0	0.02	1	0.02	0.02	1.0

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Fish fillet, battered or breaded, fried, fast food	1 fillet	91	211	884	13	15	0.5	11	31	16	1.9	0.4	484	291	35	0	0.09	12	0.10	0.10	4.5
Fish portions and sticks, frozen and reheated (10 cm x 2.5 cm x 1.3 cm)	3 pieces	83	227	948	13	20	0.0	10	93	17	0.6	0.5	485	217	88	0	0.05	15	0.11	0.15	4.5
Salmon, smoked, Lox	1 piece	20	23	98	4	0	0.0	1	5	2	0.2	0.1	400	35	18	0	0.06	tr	tr	0.02	1.6
Shrimp, breaded and fried	12 medium	60	145	608	13	7	0.0	7	106	40	0.8	0.8	206	135	113	1	0.06	5	0.08	0.08	4.8
Tuna salad	125 mL	108	203	847	17	10	N/A	10	14	18	1.1	0.6	435	193	105	2	0.09	8	0.03	0.08	10.5
Meat and Poultry																					
Beef																					
Blade roast, lean + fat, pot roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	249	1042	25	0	0.0	16	76	13	3.1	42.9	241	138	0	0	0.23	4	0.07	0.25	6.9
Blade steak, lean + fat, braised (11 cm x 6 cm x 1.2 cm)	1 piece	86	292	1220	24	0	0.0	21	72	28	2.2	7.0	45	193	0	0	0.22	4	0.06	0.22	6.5
Cross rib roast, lean, pot roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	221	924	31	0	0.0	10	73	15	2.5	7.1	60	357	0	0	0.29	10	0.07	0.26	9.0
Eye of round roast, lean, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	155	650	24	0	0.0	6	50	4	1.6	3.8	49	373	0	0	0.34	6	0.08	0.15	7.8
Eye of round steak, lean, broiled (11 cm x 6 cm x 1.2 cm)	1 piece	86	176	736	27	0	0.0	7	49	5	2.6	4.3	47	350	0	0	0.33	6	0.08	0.15	8.3
Flank steak, lean, broiled (11 cm x 6 cm x 1.2 cm)	1 piece	86	197	822	27	0	0.0	9	47	5	1.8	6.2	58	372	0	0	0.29	7	0.10	0.16	9.4
Ground, lean, broiled well done	1 patty	70	174	726	20	0	0.0	10	57	6	2.0	4.5	58	260	0	0	0.23	8	0.05	0.23	7.9
Ground, lean, medium broiled	1 patty	84	201	839	21	0	0.0	12	58	6	2.0	4.6	59	264	0	0	0.23	8	0.05	0.23	8.2
Ground, lean, medium pan-fried	1 patty	85	201	843	21	0	0.0	12	56	6	2.0	4.6	60	266	0	0	0.23	8	0.05	0.22	8.0
Ground, medium, medium broiled	1 patty	80	219	915	20	0	0.0	15	57	9	1.7	4.3	62	242	0	0	0.21	7	0.04	0.17	7.9
Ground, regular, medium broiled	1 patty	76	220	921	18	0	0.0	16	56	8	1.9	3.9	63	223	0	0	0.21	7	0.02	0.14	7.8
Ground, regular, medium pan-fried	1 patty	77	235	983	18	0	0.0	17	56	8	1.9	3.9	65	230	0	0	0.18	7	0.02	0.15	7.9
Inside (top) round roast, lean + fat, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	197	823	26	0	0.0	10	61	4	2.0	4.4	45	326	0	0	0.47	10	0.10	0.23	9.8
Inside (top) round steak, lean, broiled (11 cm x 6 cm x 1.2 cm)	1 piece	86	141	590	26	0	0.0	3	56	5	2.4	4.4	44	346	0	0	0.48	10	0.10	0.23	10.1
Outside (bottom) round roast, lean, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	181	759	26	0	0.0	8	56	5	2.2	4.9	63	329	0	0	0.33	11	0.07	0.21	8.5
Outside (bottom) round steak, lean, braised (11 cm x 6 cm x 1.2 cm)	1 piece	86	169	709	27	0	0.0	6	68	4	3.0	4.7	44	266	0	0	0.31	10	0.06	0.22	8.6
Rib eye steak, lean, broiled (11 cm x 6 cm x 1.2 cm)	1 piece	86	174	729	25	0	0.0	7	56	6	1.9	5.4	55	352	0	0	0.35	7	0.09	0.19	8.9
Rib steak, lean, broiled (11 cm x 6 cm x 1.2 cm)	1 piece	86	189	789	23	0	0.0	10	53	17	2.0	6.1	56	321	0	0	0.22	6	0.07	0.16	7.0
Rump roast, lean, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	176	735	27	0	0.0	7	65	5	2.1	4.6	59	356	0	0	0.24	11	0.07	0.20	8.2
Short ribs, lean + fat, simmered (11 cm x 6 cm x 0.6 cm)	2 slices	88	364	1521	20	0	0.0	31	67	16	1.6	4.9	34	171	0	0	0.19	4	0.04	0.13	5.9
Sirloin tip roast, lean, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	184	772	27	0	0.0	8	58	5	2.3	6.7	53	363	0	0	0.35	7	0.09	0.24	8.3

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Standing rib roast, lean, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	194	811	25	0	0.0	10	59	8	2.0	6.2	63	332	0	0	0.24	7	0.07	0.19	8.4
Stewing beef, lean, simmered	175 mL	98	194	812	32	0	0.0	6	81	9	3.7	8.5	65	283	0	0	0.32	11	0.08	0.28	9.7
Strip loin (New York) steak, lean, broiled (11 cm x 6 cm x 1.2 cm)	1 piece	86	179	747	25	0	0.0	8	53	7	2.0	4.6	51	328	0	0	0.36	7	0.08	0.17	9.3
T-bone (Porterhouse) steak, lean, broiled (11 cm x 6 cm x 1.2 cm)	1 piece	86	188	787	25	0	0.0	9	56	2	2.2	4.4	52	353	0	0	0.34	7	0.10	0.22	8.6
Tenderloin, lean, broiled (11 cm x 6 cm x 1.2 cm)	1 piece	86	172	719	24	0	0.0	8	59	6	3.1	4.8	54	362	0	0	0.38	6	0.11	0.26	7.9
Top sirloin steak, lean, broiled (11 cm x 6 cm x 1.2 cm)	1 piece	86	160	671	25	0	0.0	6	62	15	2.7	4.9	49	331	0	0	0.39	9	0.11	0.25	8.4
Wing steak, lean, broiled (11 cm x 6 cm x 1.2 cm)	1 piece	86	174	730	24	0	0.0	8	53	2	2.0	4.6	51	344	0	0	0.36	7	0.08	0.17	9.0
Veal																					
Composite, lean + fat, cooked (11 cm x 6 cm x 0.6 cm)	2 slices	88	204	852	27	0	0.0	10	101	19	1.0	4.2	77	287	0	0	0.27	13	0.05	0.28	11.5
Stewing veal, lean, braised	175 mL	98	184	771	34	0	0.0	4	142	28	1.4	5.9	91	335	0	0	0.37	16	0.07	0.39	13.9
Cutlets, grain-fed veal, pan-fried (7 cm x 6 cm x 2 cm)	1 cutlet	84	127	531	26	0	0.0	2	116	4	1.7	2.5	37	299	N/A	N/A	0.43	14	0.07	0.24	8.0
Ground, broiled	1 patty	75	129	538	18	0	0.0	6	77	13	0.7	2.9	62	252	N/A	N/A	0.29	8	0.05	0.20	9.1
Leg, lean + fat, roasted	1 steak	93	148	621	26	0	0.0	4	95	6	0.8	2.8	63	361	0	0	0.29	15	0.06	0.30	13.5
Leg, lean, breaded, pan-fried	1 steak	93	191	799	26	9	0.0	6	105	36	1.5	2.7	422	355	32	0	0.39	19	0.15	0.33	14.6
Loin, lean, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	154	646	23	0	0.0	6	93	19	0.7	2.9	85	300	0	0	0.33	14	0.05	0.26	12.3
Shoulder, whole, lean, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	150	627	23	0	0.0	6	101	24	0.9	4.6	86	288	0	0	0.23	11	0.06	0.30	9.5
Pork																					
Back ribs, lean + fat, roasted	2 ribs	70	259	1086	20	0	0.0	21	83	32	1.0	2.4	71	220	6	tr	0.21	2	0.30	0.14	6.1
Back ribs, lean, pan-fried	2 ribs	70	180	753	20	0	0.0	11	42	6	0.6	1.4	35	326	6	tr	0.31	6	0.54	0.25	8.0
Centre cut, lean, pan-fried	1 chop	69	160	669	22	0	0.0	7	63	16	0.7	1.7	59	310	6	1	0.35	4	0.86	0.23	8.8
Centre cut, lean, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	162	679	25	0	0.0	6	70	22	0.9	1.8	58	319	6	1	0.33	4	0.80	0.23	10.2
Feet, simmered	1/2 foot	71	138	576	14	0	0.0	9	71	32	0.3	0.8	21	104	0	0	0.06	1	0.01	0.04	0.8
Ground, cooked	250 mL	125	371	1554	32	0	0.0	26	118	28	1.6	4.0	91	452	10	1	0.49	8	0.88	0.28	12.0
Leg, butt end, lean, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	182	759	27	0	0.0	7	85	6	1.0	2.7	57	345	8	tr	0.30	3	0.71	0.31	10.1
Loin, rib end, lean, pan-fried	1 chop	63	165	690	17	0	0.0	10	53	14	0.7	2.4	49	230	4	1	0.26	3	0.46	0.23	6.5
Loin, rib end, lean, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	199	836	25	0	0.0	10	67	26	1.1	3.4	26	308	7	tr	0.39	4	0.51	0.30	9.3
Shoulder, butt, lean, braised	1/2 chop	79	216	903	25	0	0.0	12	92	23	1.6	4.4	59	325	7	tr	0.23	2	0.57	0.31	8.6
Shoulder, butt, lean + fat, roasted	1/2 chop	93	279	1169	23	0	0.0	20	72	26	1.3	3.7	62	307	6	1	0.21	5	0.59	0.33	8.1
Shoulder, whole, lean + fat, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	258	1080	21	0	0.0	19	79	21	1.2	3.3	60	290	7	tr	0.25	4	0.51	0.29	7.6

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	KJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	µg	mg	mg	µg	mg	mg
Spareribs, lean + fat, braised	3 ribs	75	238	995	21	0	0.0	16	80	35	1.4	3.5	70	240	8	0	0.26	3	0.31	0.29	8.5
Tenderloin end, lean + fat, roasted	1 chop	84	219	917	23	0	0.0	13	73	19	0.9	2.0	50	294	7	tr	0.32	5	0.63	0.26	9.3
Tenderloin roast, lean + fat, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	199	835	25	0	0.0	10	69	4	0.7	1.9	39	302	7	tr	0.33	7	0.54	0.26	9.9
Tenderloin, lean, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	143	599	27	0	0.0	3	60	5	1.3	2.3	49	385	6	tr	0.37	5	0.83	0.34	9.8
Lamb																					
Domestic, for stew or kabob, lean, braised	175 mL	98	219	914	33	0	0.0	9	106	15	2.7	6.4	69	255	0	0	0.12	21	0.07	0.24	12.3
Domestic, rib, lean + fat, broiled	2 chops	92	332	1390	20	0	0.0	27	91	17	1.7	3.7	70	248	0	0	0.10	13	0.08	0.20	10.4
New Zealand, leg, whole, lean, roasted (11 cm x 6 cm x 0.6 cm)	2 slices	88	160	668	24	0	0.0	6	88	6	2.0	3.6	40	161	0	0	0.12	0	0.11	0.44	11.4
New Zealand, loin, lean + fat, broiled (11 cm x 6 cm x 1.2 cm)	1 piece	85	266	1115	20	0	0.0	20	95	19	1.7	2.2	41	135	0	0	0.09	1	0.10	0.30	10.6
New Zealand, loin, lean, broiled (11 cm x 6 cm x 1.2 cm)	1 piece	85	168	704	25	0	0.0	7	96	18	2.0	2.8	47	160	0	0	0.12	0	0.11	0.36	11.5
New Zealand, shoulder, whole, lean, braised (11 cm x 6 cm x 0.6 cm)	2 slices	88	251	1053	30	0	0.0	14	112	24	2.1	4.9	49	146	0	0	0.07	0	0.07	0.32	11.0
Poultry																					
Chicken, broiler, breast, meat + skin, roasted	1/2 breast	115	218	911	30	0	0.0	10	97	5	0.6	1.2	69	370	107	0	0.64	5	0.08	0.14	20.3
Chicken, broiler, breast, meat, fried	1/2 breast	86	161	673	29	tr	0.0	4	78	14	1.0	0.9	68	237	20	0	0.55	3	0.07	0.11	18.3
Chicken, broiler, breast, meat, roasted	1/2 breast	98	156	652	32	0	0.0	2	84	5	0.6	1.0	73	395	21	0	5.90	4	0.07	0.11	19.7
Chicken, broiler, drumstick, meat + skin, flour-coated, fried	1 drumstick	49	120	502	13	1	0.0	7	44	6	0.7	1.4	44	112	41	0	0.17	4	0.04	0.11	5.5
Chicken, broiler, drumstick, meat, roasted	1 drumstick	44	74	309	11	0	0.0	3	41	5	0.6	1.4	41	107	26	0	0.17	4	0.03	0.10	4.8
Chicken, broiler, thigh, meat, roasted	1 thigh	50	85	354	12	0	0.0	3	48	6	0.7	1.3	44	119	33	0	0.18	4	0.04	0.12	5.7
Chicken, broiler, wing, meat + skin, roasted	1 wing	34	99	413	9	0	0.0	7	29	5	0.4	0.6	28	63	54	0	0.14	1	0.01	0.04	3.9
Chicken, roasting, dark meat, roasted	1 leg + back	171	282	1182	41	0	0.0	12	128	19	2.3	3.6	162	382	92	0	0.53	12	0.11	0.33	17.9
Chicken, roasting, light meat, roasted	1/2 chicken	177	271	1133	48	0	0.0	7	133	23	1.9	1.4	90	418	44	0	0.96	5	0.11	0.16	27.9
Chicken, roasting, light and dark meat, roasted	1/4 chicken	195	326	1363	49	0	0.0	13	146	23	2.4	3.0	146	447	80	0	0.80	10	0.12	0.29	24.9
Chicken, stewing, light and dark meat, stewed	1/4 chicken	101	238	997	31	0	0.0	12	83	13	1.4	2.1	78	203	113	0	0.31	6	0.11	0.28	12.4
Chicken, ground, lean, cooked	1 patty	82	168	702	18	0	0.0	10	N/A	20	1.3	N/A	56	233	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Chicken, flaked, canned	125 mL	103	137	575	19	tr	0.0	11	64	14	1.6	1.4	516	266	120	0	0.36	4	0.02	0.13	10.0
Cornish game hens, meat + skin, roasted	1/2 bird	115	298	1247	25	0	0.0	21	150	15	1.0	1.7	73	281	121	1	0.35	2	0.08	0.23	11.5
Duck, domesticated, light and dark meat, roasted	1/4 duck	111	222	929	26	0	0.0	12	98	13	3.0	2.9	72	278	85	0	0.28	11	0.29	0.52	11.7
Goose, domesticated, light and dark meat, roasted	1/4 goose	296	703	2943	86	0	0.0	37	284	41	8.5	9.4	225	1147	118	0	1.39	35	0.27	1.15	31.9
Turkey, dark meat, roasted (8 cm x 5 cm x 0.6 cm)	3 slices	84	155	650	24	0	0.0	6	74	29	2.0	3.8	69	246	0	0	0.31	8	0.06	0.22	7.6
Turkey, light meat (breast), roasted (8 cm x 5 cm x 0.6 cm)	3 slices	84	129	541	25	0	0.0	2	58	15	1.1	1.8	57	259	0	0	0.46	5	0.06	0.11	10.3

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Turkey, ground, cooked	1 patty	82	194	812	23	0	0.0	11	84	21	1.6	2.4	88	222	0	0	0.32	6	0.04	0.14	N/A
Turkey, flaked, canned	125 mL	103	144	601	17	tr	0.0	8	68	12	1.9	2.4	687	277	0	0	0.34	6	0.01	0.18	9.9
Game																					
Bear, simmered		100	259	1084	32	0	0.0	14	N/A	0	11.0	N/A	N/A	N/A	0	0	N/A	N/A	0.10	0.82	9.3
Bison, roasted		100	143	598	29	0	0.0	2	82	8	3.4	3.7	57	361	0	0	N/A	N/A	N/A	N/A	N/A
Caribou (reindeer), roasted		100	167	699	30	0	0.0	4	109	22	6.2	5.2	60	310	0	3	0.32	0	0.25	0.9	13.4
Deer (venison), roasted		100	158	661	30	0	0.0	3	112	7	4.5	2.8	54	335	0	0	N/A	N/A	0.18	0.6	12.3
Moose, roasted		100	134	560	29	0	0.0	1	78	6	4.2	3.7	69	334	0	0	N/A	N/A	0.00	0.34	10.6
Muskrat, roasted		100	234	981	30	0	0.0	12	121	36	7.1	2.3	95	320	0	7	0.47	11	0.08	0.71	12.7
Rabbit, composite of cuts, stewed		100	206	862	30	0	0.0	8	86	20	2.7	2.4	37	300	0	0	0.34	9	0.06	0.17	13.8
Seal, boiled		100	180	754	31	0	0.0	3	39	13	27	3.6	126	N/A	15	1	0.88	3	0.10	0.46	9.6
Liver and Organ Meats																					
Giblets, chicken, simmered	125 mL	77	120	503	20	1	0.0	4	301	9	4.9	3.5	44	121	5693	6	0.26	288	0.07	0.73	6.9
Heart, beef, simmered	125 mL	73	127	531	21	tr	0.0	4	140	4	5.4	2.3	46	169	0	1	0.15	1	0.10	1.12	6.8
Kidney, beef, simmered, diced	125 mL	74	107	446	19	1	0.0	3	286	13	5.4	3.1	99	132	918	1	0.38	72	0.14	3.00	8.7
Liver, beef, pan-fried (16.5 cm x 6 cm x 1 cm)	1 slice	85	184	772	23	7	0.0	7	410	9	5.3	4.6	90	309	30689	20	1.22	187	0.18	3.52	17.7
Liver, chicken, simmered, diced	125 mL	74	116	486	18	1	0.0	4	467	10	6.3	3.2	38	104	12112	12	0.43	570	0.11	1.29	7.5
Liver, veal, pan-fried, diced	125 mL	70	172	718	21	3	0.0	8	231	8	3.7	5.5	92	307	13159	15	0.60	224	0.17	2.35	15.5
Thymus, veal, braised	125 mL	74	129	539	23	0	0.0	3	347	2	1.5	2.3	49	253	0	55	0.07	1	0.04	0.12	5.0
Tongue, beef, simmered (7.6 cm x 5 cm x 0.3 cm)	3 slices	60	170	710	13	tr	0.0	12	64	4	2.0	2.9	36	108	0	tr	0.10	3	0.02	0.21	3.0
Tongue, pork, braised (7.6 cm x 5 cm x 0.3 cm)	4 slices	54	146	612	13	0	0.0	10	79	10	2.7	2.4	59	128	0	1	0.12	2	0.17	0.28	5.4
Processed Meat Products																					
Back bacon, grilled	2 slices	47	86	360	11	1	0.0	4	27	5	0.4	0.8	719	181	0	0	0.21	2	0.38	0.09	5.1
Bacon bits, simulated meat	5 mL	3	15	63	1	tr	0.1	1	0	1	0.1	tr	77	13	3	0	0.01	1	0.13	0.01	0.3
Bacon, pork, broiled, pan-fried or roasted	5 slices	32	182	763	10	tr	0.0	16	27	4	0.5	1.0	505	154	0	0	0.09	2	0.22	0.09	3.9
Beerwurst (beer salami), pork (0.3 cm x 10 cm diam.)	2 slices	42	100	420	6	1	N/A	8	25	3	0.3	0.7	523	107	0	0	0.15	1	0.23	0.08	2.2
Bologna, beef and pork (0.3 cm x 10 cm diam.)	2 slices	42	114	479	5	2	0.0	9	23	5	0.6	0.8	413	99	0	0	0.08	2	0.07	0.06	1.9
Bologna, turkey	2 slices	57	108	451	8	3	0.0	7	56	48	0.9	1.0	538	105	0	0	0.12	4	0.03	0.09	3.0
Corned beef, brisket, cooked (16 cm x 10 cm x 0.2 cm)	2 slices	71	127	533	13	1	0.0	8	70	6	1.3	3.3	830	142	0	0	0.16	4	0.02	0.12	4.1
Cottage roll, pork, lean + fat, roasted (12 cm x 6 cm x 0.6 cm)	1 slice	51	64	268	8	1	0.0	3	34	3	0.5	1.2	613	114	0	2	0.11	2	0.23	0.14	2.8

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	µg	mg	mg	µg	mg	mg
Creton	30 mL	24	57	238	3	1	0.1	4	14	19	0.2	0.4	96	73	22	tr	0.07	2	0.14	0.15	1.6
Ham, boneless, regular, roasted (16 cm x 10 cm x 0.2 cm)	2 slices	70	125	523	16	0	0.0	6	41	6	0.9	1.7	1053	287	0	0	0.22	2	0.51	0.23	7.1
Ham, boneless, lean (5% fat), roasted (16 cm x 10 cm x 0.2 cm)	1 slice	71	89	370	12	1	0.0	4	38	6	1.1	2.1	792	189	0	0	0.28	2	0.54	0.14	5.2
Ham, flaked, canned	1/3 can	61	82	344	10	tr	0.0	5	28	3	0.6	1.1	644	153	0	0	0.20	1	0.33	0.10	3.8
Ham, lean and regular, canned, pre-cooked, diced	75 mL	44	49	206	7	tr	0.0	2	17	3	0.4	0.8	506	120	0	0	0.20	3	0.39	0.10	3.4
Italian sausage, pork, cooked	1 link	68	220	919	14	1	0.0	17	53	16	1.0	1.6	627	207	0	1	0.22	3	0.42	0.16	4.7
Kielbasa (Kolbassa), pork and beef (15 cm x 9 cm x 0.2 cm)	2 slices	61	135	564	10	2	0.0	9	41	27	0.9	1.2	567	169	0	0	0.11	3	0.14	0.13	3.5
Liverwurst (liver sausage), pork	50 mL	48	166	696	6	2	N/A	15	76	29	3.1	1.1	341	74	13372	0	0.09	14	0.13	0.50	3.2
Luncheon meat, beef, thin sliced (10 cm x 10 cm x 0.1 cm)	3 slices	42	52	216	9	tr	0.0	1	17	1	0.9	1.7	696	171	0	0	0.14	4	0.03	0.08	3.6
Luncheon meat, mock chicken, loaved (10.2 cm x 10.2 cm x 0.1 cm)	2 slices	56	147	615	7	2	N/A	12	33	19	N/A	N/A	536	129	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Pastrami, beef, thin sliced	2 slices	57	78	327	10	1	0.0	4	53	6	1.1	2.4	776	125	0	0	0.10	4	0.05	0.10	4.3
Pastrami, turkey	2 slices	57	80	334	10	1	0.0	4	31	5	0.9	1.2	593	147	0	0	0.15	3	0.03	0.14	3.9
Pate, liver, canned	50 mL	44	140	586	6	1	N/A	12	112	31	2.4	1.3	306	61	1449	0	0.03	26	0.01	0.26	2.6
Pepperoni, pork and beef	5 slices	55	273	1144	12	2	0.0	24	43	6	0.8	1.4	1122	191	0	0	0.14	2	0.18	0.14	4.6
Salami, beef and pork, cooked (0.3 cm x 10 cm diam.)	2 slices	42	108	453	6	2	0.0	8	27	16	1.1	0.9	448	96	0	0	0.09	1	0.10	0.16	2.3
Salami, dry, pork and beef (0.2 cm x 8 cm diam.)	4 slices	51	188	786	12	1	0.0	15	40	4	0.8	1.7	921	198	0	0	0.26	1	0.31	0.15	4.4
Sausage, pork and beef, cooked	1 link	68	269	1127	9	2	0.0	25	48	7	0.8	1.3	547	129	0	0	0.03	1	0.24	0.10	3.8
Sausage, pork, cooked	1 link	68	180	754	10	3	0.0	14	56	22	0.9	1.7	533	146	0	1	0.22	1	0.50	0.17	4.4
Summer sausage, beef	2 slices	44	147	613	7	tr	0.0	13	33	6	1.1	1.1	543	119	0	0	0.11	1	0.07	0.14	2.9
Vienna sausage (cocktail), beef and pork, canned	3 wieners	48	134	560	5	1	0.0	12	25	5	0.4	0.8	457	48	0	0	0.06	2	0.04	0.05	1.6
Wiener, beef	1 wiener	38	104	436	5	2	N/A	8	23	8	0.5	0.8	343	54	0	0	0.05	2	0.02	0.04	1.6
Wiener, beef and pork	1 wiener	38	109	457	5	2	0.0	9	19	4	0.4	0.7	374	69	0	0	0.05	2	0.07	0.05	1.5
Wiener, chicken	1 wiener	38	93	387	4	2	0.0	7	38	36	0.8	0.4	514	32	49	0	0.12	2	0.02	0.04	1.7
Wiener, turkey	1 wiener	38	85	355	5	1	0.0	7	40	40	0.7	1.2	535	67	0	0	0.09	3	0.02	0.07	2.3
Legumes, Nuts and Seeds																					
Beans, Peas and Lentils																					
Beans, baked, canned with pork	250 mL	267	297	1242	14	56	14.7	4	19	163	4.4	4.0	898	711	305	8	0.23	100	0.13	0.16	3.7
Beans, baked, canned, plain	250 mL	268	250	1044	13	55	20.7	1	0	134	0.8	3.8	1065	794	459	8	0.36	64	0.41	0.16	3.7
Beans, black, boiled	250 mL	182	240	1004	16	43	12.7	1	0	49	3.8	2.0	2	645	11	0	0.13	270	0.44	0.11	4.1

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	KJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Beans, cranberry or Roman, boiled	250 mL	187	254	1064	17	46	N/A	1	0	94	3.9	2.1	2	724	0	0	0.15	387	0.39	0.13	4.4
Beans, kidney, dark red, boiled	250 mL	187	238	994	16	43	12.3	1	0	52	5.5	2.0	4	754	0	2	0.22	242	0.30	0.11	4.3
Beans, navy, canned, solids and liquid	250 mL	277	313	1309	21	57	N/A	1	0	130	5.1	2.1	1240	797	3	2	0.29	172	0.39	0.15	5.5
Beans, pinto, canned, solids and liquid	250 mL	254	198	828	12	37	N/A	1	0	94	4.1	1.7	1055	763	3	2	0.19	153	0.26	0.16	3.0
Beans, soybeans, dry, boiled	250 mL	182	314	1316	30	18	11.4	16	0	185	9.3	2.1	2	936	16	3	0.43	98	0.28	0.52	8.1
Beans, white, canned, solids and liquid	250 mL	277	324	1355	20	61	N/A	1	0	202	8.3	3.1	14	1257	0	0	0.21	181	0.27	0.10	4.3
Lentils, boiled	250 mL	209	243	1015	19	42	8.9	1	0	40	7.0	2.7	4	772	17	3	0.37	378	0.35	0.15	5.0
Peas, black-eyed (cowpeas), canned, solids and liquid	250 mL	254	195	817	12	35	N/A	1	0	51	2.5	1.8	758	436	33	7	0.11	130	0.19	0.19	3.3
Peas, chickpeas (garbanzo), canned, solids and liquid	250 mL	254	302	1263	13	57	N/A	3	0	81	3.4	2.7	758	436	61	10	1.20	169	0.07	0.08	2.4
Peas, split, boiled	250 mL	207	244	1022	17	44	6.0	1	0	29	2.7	2.1	4	750	14	1	0.10	134	0.39	0.12	5.1
Tofu, firm, prepared with magnesium chloride (4.5 cm x 4 cm x 4 cm)	1 piece	80	116	486	13	3	0.8	7	0	164	8.4	1.3	11	190	133	tr	0.07	23	0.13	0.08	3.6
Tofu, regular, prepared with magnesium chloride (6 cm x 4 cm x 4 cm)	1 piece	115	87	366	9	2	0.8	5	0	121	6.2	0.9	8	139	98	tr	0.05	17	0.09	0.06	2.6
Peanuts																					
Peanut butter, chunk type, fat, sugar and salt added	30 mL	32	193	806	8	7	2.2	16	0	13	0.6	0.9	159	244	0	0	0.15	30	0.04	0.04	5.7
Peanut butter, smooth type, fat, sugar and salt added	30 mL	32	194	812	8	6	1.8	17	0	12	0.6	1.0	153	219	0	0	0.15	24	0.03	0.03	5.7
Peanut butter, natural	30 mL	32	185	775	9	6	2.1	17	0	30	0.9	1.6	2	234	0	0	N/A	81	0.04	N/A	5.0
Peanuts, all types, dry-roasted, without shell	125 mL	78	456	1909	18	17	6.9	39	0	42	1.8	2.6	5	513	0	0	0.20	113	0.34	0.08	13.5
Peanuts, all types, oil-roasted, salt added	125 mL	76	442	1849	20	14	5.6	38	0	67	1.4	5.0	329	519	0	0	0.19	96	0.19	0.08	14.1
Nuts																					
Almonds, dry roasted, salt added	125 mL	73	428	1791	12	18	8.2	38	0	206	2.8	3.6	569	561	0	1	0.05	47	0.09	0.44	5.6
Almonds, oil roasted	125 mL	75	460	1924	14	14	8.4	42	0	146	4.0	1.1	9	520	0	1	0.07	48	0.06	0.21	7.2
Brazilnuts, dried	125 mL	74	485	2030	11	9	4.2	49	0	130	2.5	3.4	1	444	0	1	0.19	3	0.74	0.09	4.4
Cashew nuts, dry roasted, salt added	125 mL	72	415	1738	11	24	N/A	34	0	33	4.3	4.1	463	409	0	0	0.19	50	0.14	0.14	3.9
Coconut meat, desiccated, sweetened, shredded	125 mL	48	240	1006	1	23	2.5	17	0	7	0.9	0.9	126	162	0	tr	0.13	4	0.01	0.01	0.5
Coconut meat, desiccated, unsweetened, shredded	125 mL	48	317	1325	3	12	2.5	31	0	12	1.6	1.0	18	261	0	1	0.14	4	0.03	0.05	0.9
Filberts or hazelnuts, chopped, dried	125 mL	61	409	1710	8	10	N/A	41	0	119	2.1	1.5	2	281	42	1	0.39	45	0.32	0.07	2.9
Macadamia nuts, oil roasted, salt added	125 mL	71	508	2127	5	9	6.6	54	0	32	1.3	0.8	184	233	6	0	0.14	11	0.15	0.08	3.6
Mixed nuts, dry roasted	125 mL	72	430	1799	13	18	4.0	37	0	51	2.7	2.8	9	432	11	tr	0.21	36	0.14	0.14	6.6
Mixed nuts, dry roasted, salt added	125 mL	72	430	1799	13	18	4.0	37	0	51	2.7	2.8	484	432	11	tr	0.21	36	0.14	0.14	6.6

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Mixed nuts, oil roasted, salt added	125 mL	75	463	1937	13	16	6.8	42	0	81	2.4	3.8	489	436	14	tr	0.18	62	0.37	0.17	6.9
Pecans, dried	125 mL	62	414	1730	5	11	4.0	42	0	22	1.3	3.4	1	243	79	1	0.12	24	0.53	0.08	2.6
Pine nuts, dried	125 mL	84	435	1820	20	12	12.1	43	0	22	7.8	3.6	3	506	24	2	0.09	48	0.68	0.16	7.3
Pistachios, dry roasted, salt added, without shell	75 mL	41	246	1029	6	11	2.3	21	0	28	1.3	0.6	317	394	97	3	0.10	24	0.17	0.10	2.0
Walnuts, dried	125 mL	53	339	1419	8	10	2.5	33	0	50	1.3	1.4	5	265	66	2	0.29	35	0.20	0.08	2.2
Seeds																					
Pumpkin and squash seeds, kernels, roasted	125 mL	120	626	2619	40	16	16.6	51	0	52	17.9	8.9	22	967	456	2	0.11	69	0.25	0.38	13.6
Sesame butter, tahini	15 mL	5	31	130	1	1	0.5	3	0	22	0.5	0.2	6	22	3	0	0.01	5	0.06	0.02	0.6
Sesame seeds, whole, dried	15 mL	9	52	219	2	2	0.9	5	0	89	1.3	0.7	1	43	1	0	0.07	9	0.07	0.02	1.0
Sesame seed, dried	15 mL	8	48	200	2	1	0.2	4	0	11	0.6	0.8	3	33	5	0	0.01	8	0.06	0.01	1.0
Sunflower seed, dry roasted, salt added, without shell	75 mL	41	236	989	8	10	3.7	20	0	28	1.5	2.1	317	345	0	1	0.33	96	0.04	0.10	4.9
Combination Dishes																					
Fast Foods																					
Hamburger, double patty + condiments + vegetables	1 burger	226	540	2260	34	40	N/A	27	122	102	5.9	5.7	791	570	102	1	0.54	47	0.36	0.38	14.5
Hamburger, single patty, plain	1 burger	90	274	1149	12	31	N/A	12	35	63	2.4	2.0	387	145	0	0	0.06	25	0.33	0.27	6.2
Cheeseburger, double patty + condiments + vegetables	1 burger	166	417	1743	21	35	N/A	21	60	171	3.4	3.5	1051	335	398	2	0.18	23	0.35	0.28	12.5
Cheeseburger, single patty, plain	1 burger	102	319	1338	15	32	N/A	15	50	141	2.4	2.4	500	164	153	0	0.09	27	0.40	0.40	6.8
Hotdog, plain	1 hot dog	98	242	1013	10	18	N/A	15	44	24	2.3	2.0	670	143	0	tr	0.05	29	0.24	0.27	5.2
Corndog (Pogo)	1 hot dog	175	460	1926	17	56	N/A	19	79	102	6.2	1.3	973	262	206	0	0.09	60	0.28	0.70	6.7
Chicken, breaded and fried, boneless, plain	6 pieces	102	290	1212	17	15	N/A	18	61	16	1.3	1.1	543	251	102	tr	0.32	11	0.09	0.14	10.2
Chicken fillet sandwich, plain	1 sandwich	182	515	2155	24	39	N/A	29	60	60	4.7	1.9	957	353	100	9	0.20	29	0.33	0.24	11.5
Fish sandwich with tartar sauce	1 sandwich	158	431	1805	17	41	N/A	23	55	84	2.6	1.0	615	340	109	3	0.11	44	0.33	0.22	6.7
Roast beef sandwich, plain	1 sandwich	139	346	1448	22	33	N/A	14	51	54	4.2	3.4	792	316	210	2	0.26	40	0.38	0.31	9.9
Ham, egg and cheese sandwich	1 sandwich	143	347	1454	19	31	N/A	16	246	212	3.1	2.0	1005	210	562	3	0.16	43	0.43	0.56	8.6
Submarine sandwich with coldcuts	1 sandwich	228	456	1908	22	51	N/A	19	36	189	2.5	2.6	1651	394	424	12	0.14	55	1.00	0.80	9.6
Submarine sandwich with tuna salad	1 sandwich	256	584	2442	30	55	N/A	28	49	74	2.6	1.9	1293	335	187	4	0.23	56	0.46	0.33	17.1
Breakfast sandwich, with egg and sausage	1 sandwich	180	581	2433	19	41	N/A	39	302	155	4.0	2.2	1141	320	635	0	0.20	40	0.50	0.45	7.7
Pizza with cheese, (1 medium)	1/8 pizza	63	140	588	8	21	1.3	3	9	117	0.6	0.8	336	110	382	1	0.04	59	0.18	0.16	4.0
Pizza with cheese, meat and vegetables (1 medium)	1/8 pizza	79	184	770	13	21	N/A	5	21	101	1.5	1.1	382	179	524	2	0.09	27	0.21	0.17	4.6
Pizza with pepperoni (1 medium)	1/8 pizza	71	181	758	10	20	1.4	7	14	65	0.9	0.5	267	153	282	2	0.06	53	0.13	0.23	5.0
Burrito with beef	1 burrito	110	262	1095	13	29	N/A	10	32	42	3.0	2.4	746	370	139	1	0.15	20	0.12	0.46	5.9

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	KJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Nachos with cheese	6 to 8	113	346	1447	9	36	N/A	19	18	272	1.3	1.8	816	172	559	1	0.20	10	0.19	0.37	2.8
Taco, prepared, fast food	1 small	171	369	1545	21	27	N/A	21	56	221	2.4	3.9	802	474	855	2	0.24	24	0.15	0.44	7.0
Tostada with beef and cheese	1 tostada	163	315	1316	19	23	N/A	16	41	217	2.9	3.7	896	572	712	3	0.23	15	0.10	0.55	6.8
Chili con carne	125 mL	134	135	565	13	12	N/A	4	71	36	2.7	1.9	532	365	878	1	0.17	16	0.07	0.60	3.9
Other																					
Beef pot pie, commercial	1 small	200	480	2010	16	50	1.8	33	36	40	2.0	N/A	1060	258	820	0	N/A	17	0.06	0.12	5.1
Chicken pot pie, commercial	1 small	200	498	2084	16	49	1.8	26	26	40	2.0	N/A	860	166	1820	8	N/A	18	0.20	0.28	5.7
Turkey pot pie, commercial	1 small	200	376	1574	12	39	N/A	19	18	24	1.8	N/A	860	160	1780	4	N/A	19	0.18	0.16	5.4
Tourtiere, commercial (20 cm diam.)	1/6	76	295	1235	9	19	0.7	20	30	13	1.2	1.3	381	202	5	1	0.14	7	0.26	0.15	4.7
Beef stew	250 mL	259	178	746	18	13	1.8	5	38	29	1.9	4.4	557	585	5568	9	0.30	16	0.13	0.21	5.1
Cheese fondue	125 mL	114	260	1088	16	4	0.0	15	51	541	0.4	2.2	150	119	470	0	0.06	5	0.03	0.22	3.6
Chicken chow mein, canned	125 mL	132	50	210	3	9	N/A	tr	4	24	0.7	N/A	383	221	79	7	N/A	11	0.03	0.05	1.2
Falafel (6 cm diam.)	1 patty	17	29	122	1	3	N/A	1	0	8	0.3	0.2	41	30	4	1	0.07	10	0.02	0.01	0.2
Hummus	125 mL	130	433	1811	17	41	N/A	23	0	70	4.4	1.9	382	760	17	2	0.16	101	0.19	0.22	4.3
French toast, from recipe, made with 2% milk and margarine	1 slice	65	149	622	5	16	N/A	7	75	65	1.1	0.4	311	87	315	tr	0.05	15	0.13	0.21	2.1
Macaroni and cheese (Kraft™ dinner)	250 mL	211	406	1698	12	49	2.4	18	12	167	2.7	1.3	782	174	598	tr	0.08	14	0.35	0.52	5.0
Spaghetti in tomato sauce with cheese, canned	250 mL	264	201	840	6	41	8.2	2	8	42	2.9	1.3	1009	320	977	11	0.13	14	0.37	0.29	5.8
Spaghetti with meat balls in tomato sauce, canned	250 mL	264	272	1138	13	30	8.2	11	24	55	3.4	N/A	1289	259	1057	5	N/A	27	0.16	0.18	4.8
Soups																					
Ready-to-serve																					
Beef broth or boullion	284 mL	288	20	84	3	tr	0.0	1	0	17	0.5	0.0	940	156	0	0	0.03	6	0.01	0.06	2.9
Beef, chunky	284 mL	288	205	856	14	23	1.7	6	17	37	2.8	3.2	1040	403	3136	8	0.16	16	0.07	0.18	5.5
Chicken noodle, chunky	284 mL	288	210	880	15	20	N/A	7	23	29	1.7	1.2	1020	130	1467	0	0.06	6	0.09	0.20	7.6
Chicken vegetable, chunky	284 mL	288	199	832	15	23	N/A	6	20	32	1.8	2.6	1283	441	7194	7	0.12	14	0.05	0.20	6.7
Split pea with ham, chunky	284 mL	288	222	929	13	32	4.6	5	9	40	2.6	3.7	1159	366	5851	8	0.26	5	0.14	0.11	5.2
Vegetable, chunky	284 mL	288	147	615	4	23	1.4	4	0	66	2.0	3.7	1213	476	7058	7	0.23	20	0.09	0.08	2.0
Condensed, diluted with water																					
Beef noodle	250 mL	258	88	367	5	9	0.8	3	5	15	1.2	1.6	1005	106	665	tr	0.04	5	0.07	0.06	1.9
Chicken broth	250 mL	258	41	173	5	1	0.0	1	0	10	0.5	0.3	820	222	0	0	0.03	5	0.01	0.07	4.5
Chicken noodle	250 mL	255	79	330	4	10	1.0	3	8	18	0.8	0.4	1169	59	751	tr	0.03	2	0.06	0.06	2.1

Nutrient value of some common foods

Foodnames	Descriptive Measure	g	Energy kcal	Energy kJ	Protein g	Carbohydrate g	Total Dietary Fibre g	Total fat g	Cholesterol mg	Calcium mg	Iron mg	Zinc mg	Sodium mg	Potassium mg	Vitamin A IU	Vitamin C mg	Vitamin B6 mg	Folate µg	Thiamin mg	Riboflavin mg	Niacin NE
Clam chowder, Manhattan	250 mL	258	83	345	2	13	N/A	2	3	28	1.7	1.0	611	199	1018	4	0.11	10	0.03	0.04	1.3
Cream of mushroom	250 mL	258	137	572	2	10	0.5	9	3	49	0.5	0.6	1091	106	0	1	0.02	5	0.05	0.10	1.4
Minestrone	250 mL	255	87	362	5	12	1.0	3	3	36	1.0	0.8	963	331	2470	1	0.10	17	0.06	0.05	1.5
Tomato	250 mL	258	90	378	2	18	1.2	2	0	13	1.9	0.3	920	278	727	3	0.12	15	0.09	0.05	1.8
Vegetables with beef	250 mL	258	83	345	6	11	0.7	2	5	18	1.2	1.6	1011	183	1998	1	0.08	11	0.04	0.05	1.9
Vegetarian vegetable	250 mL	255	76	319	2	13	0.5	2	0	23	1.1	0.5	868	222	3175	2	0.06	11	0.56	0.05	1.2
Condensed, diluted with 2% milk																					
Cream of chicken	250 mL	262	188	785	8	16	0.3	10	20	193	0.7	1.2	75	292	857	1	0.08	8	0.08	0.29	1.7
Cream of mushroom	250 mL	262	201	840	6	16	0.4	13	11	192	0.6	1.1	1139	288	265	2	0.08	11	0.08	1.10	1.5
Cream of tomato	250 mL	262	154	646	6	24	1.3	5	10	172	1.9	1.8	987	478	1001	4	0.18	22	0.13	0.26	2.0
Clam chowder, New England	250 mL	262	157	657	10	18	0.0	5	15	201	1.6	1.3	1050	320	275	4	0.13	10	0.08	0.26	2.1
Dehydrated																					
Beef broth, cubed	1 cube	6	10	42	1	1	0.0	tr	tr	4	0.1	tr	1416	24	3	0	0.01	2	0.01	0.01	0.4
Chicken broth, cubed	1 cube	6	12	49	1	1	0.0	tr	1	11	0.1	tr	1416	22	15	tr	0.01	2	0.01	0.02	0.4
Chicken noodle, diluted with water	250 mL	267	56	234	3	8	1.1	1	3	35	0.5	0.2	1357	32	67	tr	0.01	2	0.07	0.06	1.5
Onion, diluted with water	250 mL	260	29	120	1	5	0.8	1	0	13	0.2	0.1	897	68	3	tr	0.00	2	0.03	0.06	0.7
Tomato vegetable, diluted with water	250 mL	267	59	246	2	11	0.5	1	0	8	0.7	0.2	1211	110	200	6	0.05	11	0.06	0.05	1.2
Fats and Oils																					
Butter																					
Butter	1 pat	5	36	150	tr	tr	0.0	4	11	1	tr	tr	41	1	153	0	tr	tr	tr	tr	tr
Butter	15 mL	14	103	432	tr	tr	0.0	12	32	3	tr	tr	119	4	440	0	tr	tr	tr	tr	tr
Butter	250 mL	240	1719	7194	2	tr	0.0	195	525	56	0.4	0.1	1982	62	7335	0	0.01	7	0.01	0.08	0.6
Margarine																					
Becel™, tub, canola and linola oil	5 mL	5	34	144	tr	tr	0.0	4	0	1	0.0	N/A	52	2	158	tr	tr	tr	tr	0.02	tr
Becel™, tub, canola and linola oil	250 mL	240	1718	7189	2	1	0.0	193	0	72	0.0	N/A	2587	102	7915	tr	0.02	3	0.24	0.89	0.9
Becel™, energy reduced, tub, canola & linola oil	5 mL	5	17	71	tr	tr	0.0	2	0	1	0.0	N/A	47	1	162	0	tr	tr	tr	tr	tr
Becel™, energy reduced, tub, canola & linola oil	250 mL	242	839	3510	1	1	0.0	94	0	43	0.0	N/A	2322	61	7985	0	0.01	2	0.01	0.05	0.3
Chef Master™, tub, soya oil	5 mL	5	34	144	tr	tr	0.0	4	0	1	0.0	N/A	52	2	158	tr	tr	tr	tr	0.02	tr
Chef Master™, tub, soya oil	250 mL	240	1718	7189	2	1	0.0	193	0	72	0.0	N/A	2587	102	7915	tr	0.02	3	0.24	0.89	0.9
Imperial™, tub, canola and soya oil	5 mL	5	34	144	tr	tr	0.0	4	0	1	0.0	N/A	52	2	158	1	tr	tr	tr	0.02	tr

Nutrient value of some common foods

Foodnames	Descriptive Measure	g	kcal	Energy kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	mg	mg	mg	NE
Imperial™, tub, canola and soya oil	250 mL	240	1718	7189	2	1	0.0	193	0	72	0.0	N/A	2587	102	7915	48	0.02	3	0.24	0.89	0.9	
Lactancia™, tub, soya oil	5 mL	5	34	144	tr	tr	0.0	4	N/A	1	0.0	N/A	52	2	158	tr	tr	tr	tr	0.02	tr	
Lactancia™, tub, soya oil	250 mL	240	1718	7189	2	1	0.0	193	N/A	72	0.0	N/A	2586	102	7915	tr	0.02	3	0.24	0.89	0.9	
Parkay™, hard, soya and canola oil	5 mL	5	34	144	tr	tr	0.0	4	0	1	0.0	N/A	45	2	158	tr	tr	tr	tr	0.02	tr	
Parkay™, hard, soya and canola oil	250 mL	240	1723	7211	2	2	0.0	193	0	72	0.0	N/A	2262	102	7913	tr	0.02	3	0.24	0.89	0.9	
Oils																						
Canola	15 mL	14	122	511	0	0	0.0	14	0	0	0.0	0.0	0	0	0	0	0.00	0	0.00	0.00	0.0	
Canola	250 mL	230	2036	8520	0	0	0.0	230	0	0	0.0	0.0	0	0	0	0	0.00	0	0.00	0.00	0.0	
Corn	15 mL	14	123	513	0	0	0.0	14	0	0	0.0	0.0	0	0	0	0	0.00	0	0.00	0.00	0.0	
Corn	250 mL	231	2042	8544	0	0	0.0	231	0	0	0.0	0.0	0	0	0	0	0.00	0	0.00	0.00	0.0	
Olive	15 mL	14	121	506	0	0	0.0	14	0	tr	0.1	tr	tr	0	0	0	0.00	0	0.00	0.00	0.0	
Peanut	15 mL	14	121	506	0	0	0.0	14	0	tr	tr	tr	tr	tr	0	0	0.00	0	0.00	0.00	0.0	
Sesame	15 mL	14	122	511	0	0	0.0	14	0	0	0.0	0.0	0	0	0	0	0.00	0	0.00	0.00	0.0	
Soybean	15 mL	14	122	511	0	0	0.0	14	0	tr	tr	0.0	0	0	0	0	0.00	0	0.00	0.00	0.0	
Sunflower	15 mL	14	122	511	0	0	0.0	14	0	0	0.0	0.0	0	0	0	0	0.00	0	0.00	0.00	0.0	
Sunflower	250 mL	230	2036	8520	0	0	0.0	230	0	0	0.0	0.0	0	0	0	0	0.00	0	0.00	0.00	0.0	
Other																						
Lard	15 mL	13	117	489	0	0	0.0	13	12	0	0.0	tr	0	0	0	0	0.00	0	0.00	0.00	0.0	
Lard	250 mL	217	1954	8175	0	0	0.0	217	206	0	0.0	0.2	0	0	0	0	0.00	0	0.00	0.00	0.0	
Shortening, unspecified vegetable oil	15 mL	13	117	488	0	0	0.0	13	N/A	0	0.0	N/A	0	0	N/A	0	N/A	N/A	0.00	0.00	0.0	
Shortening, unspecified vegetable oil	250 mL	217	1950	8157	0	0	0.0	217	N/A	0	0.0	N/A	0	0	N/A	0	N/A	N/A	0.00	0.00	0.0	
Spread (20% butter / 80% margarine)	15 mL	14	101	424	tr	tr	0.0	11	6	4	tr	tr	130	6	484	0	tr	tr	tr	0.01	tr	
Spread (50% butter / 50% margarine)	15 mL	14	98	411	tr	tr	0.0	11	15	4	tr	tr	121	5	209	0	tr	tr	tr	tr	tr	
Salad Dressings																						
Blue cheese	15 mL	16	75	312	tr	1	0.0	8	3	13	tr	0.0	183	4	33	tr	0.01	1	tr	0.02	0.2	
Creamy caesar	15 mL	14	71	296	tr	0	0.0	8	0	11	0.0	0.1	149	5	10	N/A	N/A	tr	0.00	0.01	0.0	
Creamy caesar (low calorie)	15 mL	14	28	117	tr	1	0.0	3	0	11	0.0	0.1	149	5	10	N/A	N/A	tr	0.00	0.01	0.0	
Italian	15 mL	15	93	389	tr	1	0.0	10	10	1	tr	tr	235	3	12	0	tr	1	tr	tr	tr	
Italian (low calorie)	15 mL	15	8	32	tr	1	tr	tr	1	tr	tr	tr	214	4	0	0	0.00	0	0.00	0.00	N/A	
Mayonnaise type, more than 35% oil	15 mL	15	74	309	tr	2	0.0	7	4	2	tr	tr	93	1	10	0	tr	1	tr	tr	tr	

Nutrient value of some common foods

Foodnames	Descriptive Measure	g	kcal	Energy kJ	g	Carbohydrate g	Total Dietary Fibre g	g	Cholesterol mg	Calcium mg	Iron mg	Zinc mg	Sodium mg	Potassium mg	Vitamin A IU	Vitamin C mg	Vitamin B6 mg	Folate µg	Thiamin mg	Riboflavin mg	Niacin NE
Mayonnaise, more than 65% oil	15 mL	14	102	428	tr	tr	0.0	11	8	1	tr	tr	73	2	10	tr	tr	1	tr	tr	tr
Mayonnaise (reduced fat)	15 mL	14	46	193	0	1	0.0	5	0	N/A	N/A	N/A	100	0	N/A	0	N/A	N/A	N/A	N/A	N/A
Mayonnaise type (reduced fat)	15 mL	15	43	180	0	2	0.0	4	0	tr	N/A	N/A	115	0	N/A	0	N/A	N/A	N/A	N/A	N/A
Ranch	15 mL	14	83	346	tr	1	0.0	9	4	4	0.0	0.0	112	6	10	N/A	N/A	0	0.00	0.01	0.0
Ranch (low calorie)	15 mL	14	26	107	tr	1	0.0	2	4	6	0.0	0.0	109	9	10	N/A	N/A	1	0.00	0.01	0.0
Thousand Island	15 mL	16	63	265	tr	3	0.3	6	4	2	0.1	tr	111	17	51	0	tr	1	tr	tr	tr
Thousand Island (low calorie)	15 mL	14	83	346	tr	1	0.0	9	4	4	0	0	112	6	10	N/A	N/A	0	0.00	0.01	0.0
Sweets and Sugars																					
Sugars and Honey																					
Honey	15 mL	21	65	271	tr	18	0.0	0	0	1	0.1	tr	1	11	0	N/A	0.01	tr	0.00	0.01	tr
Brown sugar	15 mL	9	35	145	0	9	0.0	0	0	8	0.2	tr	4	32	0	N/A	tr	tr	tr	tr	0.0
Brown sugar, packed	250 mL	232	874	3664	0	226	0.0	0	0	198	4.4	0.4	91	804	0	N/A	0.06	2	0.02	0.02	0.0
White sugar (granulated)	15 mL	13	49	205	0	13	0.0	0	0	tr	tr	tr	tr	tr	0	N/A	0.00	0	0.00	tr	0.0
White sugar (granulated)	250 mL	211	818	3421	0	211	0.0	0	0	2	0.1	0.1	2	4	0	N/A	0.00	0	0.00	0.04	0.0
Sugars, icing (powdered)	250 mL	127	493	2066	0	126	0.0	tr	0	1	0.1	tr	1	3	0	N/A	0.00	0	0.00	0.00	0.0
Syrups and Molasses																					
Chocolate syrup, fudge-type	15 mL	22	75	312	1	13	N/A	3	3	22	0.3	0.2	28	46	19	N/A	0.01	1	0.01	0.05	0.2
Chocolate syrup, thin type	15 mL	19	41	173	tr	11	N/A	tr	0	3	0.4	0.1	18	43	6	tr	tr	1	tr	0.01	0.1
Corn syrup	15 mL	21	58	244	0	16	N/A	0	0	4	0.1	tr	32	9	0	N/A	tr	0	tr	tr	0.0
Maple syrup	15 mL	20	52	219	0	13	N/A	tr	0	13	0.2	0.8	2	41	0	N/A	tr	0	tr	tr	0.0
Pancake syrup, table blend	15 mL	20	57	239	0	15	N/A	0	0	tr	tr	tr	17	tr	0	N/A	0.00	0	tr	tr	0.0
Molasses	15 mL	21	55	232	0	14	N/A	tr	0	43	1.0	0.1	8	304	0	N/A	0.14	0	0.01	tr	0.0
Molasses, blackstrap	15 mL	21	49	205	0	13	N/A	0	0	179	3.6	0.2	11	518	0	N/A	0.15	tr	0.01	0.01	0.0
Preserves																					
Jams and preserves	15 mL	20	49	205	tr	13	0.2	tr	0	4	0.1	tr	8	16	2	N/A	tr	7	0.00	tr	tr
Jelly	15 mL	19	52	219	tr	14	0.1	tr	0	2	tr	tr	7	12	3	N/A	tr	tr	tr	0.01	tr
Orange marmalade	15 mL	20	50	209	tr	13	N/A	0	0	8	tr	tr	11	7	10	N/A	tr	7	tr	tr	tr
Icings and Toppings																					
Frosting, chocolate, creamy, prepared from mix with margarine	1 package	499	1911	7989	5	358	N/A	65	0	60	4.6	3.2	818	724	1831	N/A	0.31	0	0.03	0.13	2.0
Frosting, chocolate, creamy, ready-to-eat	250 mL	291	1154	4829	3	184	N/A	51	0	23	4.1	0.8	532	570	9	N/A	0.01	0	0.04	0.05	1.1

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	KJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Frosting, glaze, homemade	for 1 cake	327	1174	4908	2	240	N/A	26	7	72	0.2	0.3	307	98	1040	N/A	0.03	3	0.02	0.09	0.5
Frosting, seven minute, homemade	for 1 cake	387	1231	5155	7	312	N/A	0	0	8	0.3	0.1	658	248	4	N/A	tr	0	tr	0.33	1.3
Frosting, vanilla, creamy, prepared from mix with margarine	1 package	517	2192	9166	1	366	N/A	86	0	47	1.2	0.6	1148	114	2538	N/A	0.01	0	0.11	0.12	2.0
Toppings (spread), butterscotch or caramel	30 mL	42	105	438	1	27	N/A	tr	tr	22	0.1	0.1	145	35	37	N/A	0.01	1	tr	0.04	0.2
Toppings, strawberry	30 mL	43	110	458	tr	29	N/A	tr	0	10	0.4	0.2	9	31	8	N/A	0.01	1	tr	0.01	0.1
Candies																					
Butterscotch	1 piece	6	24	99	tr	6	N/A	tr	1	tr	tr	tr	3	tr	8	N/A	tr	0	tr	tr	tr
Caramels	4 caramels	32	122	512	1	25	0.4	3	2	44	tr	0.1	78	68	10	N/A	0.01	2	tr	0.06	0.4
Chewing gum	1 stick	3	10	43	0	3	N/A	tr	0	0	0.0	0.0	tr	tr	0	N/A	0.00	0	0.00	0.00	0.0
Chocolate fudge, homemade	1 piece	17	65	271	tr	14	N/A	1	2	7	0.1	0.1	11	18	32	N/A	tr	tr	tr	0.01	0.1
Fruit leather	1 piece	23	81	338	tr	18	N/A	1	0	7	0.2	tr	2	32	27	1	0.07	N/A	0.01	0.01	0.1
Gumdrops	10 gumdrops	35	135	565	0	35	N/A	0	0	1	0.1	0.0	15	2	0	N/A	0.00	0	0.00	tr	0.0
Hard	1 medium	6	22	94	0	6	N/A	0	0	tr	tr	tr	2	tr	0	N/A	tr	0	tr	tr	0.0
Jellybeans	10 beans	28	104	435	0	26	N/A	tr	0	1	0.3	tr	7	10	0	N/A	0.00	0	0.00	0.00	0.0
Marshmallows	1 marshmallow	7	23	96	tr	6	N/A	tr	0	tr	tr	tr	3	tr	tr	N/A	tr	tr	tr	tr	tr
Sesame crunch (crisp)	4 pieces	35	181	757	4	18	N/A	12	0	247	1.5	1.3	8	154	2	N/A	0.20	24	0.19	0.07	2.6
Strawberry licorice, Twizzlers™	1 package	75	278	1162	2	70	N/A	1	0	26	0.4	0.1	208	48	0	N/A	0.01	0	0.01	0.03	0.5
Toffee, homemade	1 piece	12	65	272	tr	8	N/A	4	13	4	tr	tr	22	6	152	N/A	tr	tr	tr	0.01	tr
Chocolate Bars																					
Caramel cookie, chocolate covered (Twix™)	1 package	62	298	1249	3	40	1.1	15	4	73	0.4	0.4	125	128	95	tr	0.02	4	0.03	0.12	0.8
Caramel with nuts, chocolate covered (Turtles™)	1 turtle	17	82	345	1	10	N/A	5	4	27	0.2	0.2	16	52	28	N/A	0.01	2	0.03	0.04	N/A
Caramels in milk chocolate (Rolo™, Tootsie™)	2 pieces	10	49	206	1	7	N/A	2	2	14	0.1	0.1	18	27	6	N/A	0.01	1	0.01	0.03	0.1
Chocolate covered wafer (Kit Kat™, Take Five™)	1 bar	53	272	1139	4	33	0.5	15	11	95	0.4	0.5	54	163	57	1	0.03	0	0.03	0.14	0.9
Chocolate milk with cereal (Nestle Crunch™)	1 bar	40	198	828	2	26	1.0	10	8	68	0.3	0.4	59	138	23	N/A	0.03	4	0.02	0.11	0.7
Coconut candy, chocolate covered (Mounds™, Almond Joy™)	1 package	54	195	815	2	31	N/A	12	0	12	2.0	0.6	68	113	5	N/A	0.02	2	0.01	0.03	N/A
Fondant, chocolate covered (After Eight™)	2 pieces	8	29	120	tr	6	N/A	1	0	2	0.1	tr	1	13	2	N/A	tr	tr	tr	tr	0.1
Fudge, caramel, nut, chocolate covered (Oh Henry™, Butternut™)	1 bar	67	287	1199	7	43	2.3	11	6	72	0.4	0.8	158	215	31	N/A	0.05	22	0.02	0.11	3.2
Honey-combed candy, peanut butter, chocolate covered (Fifth Avenue™)	1 bar	60	280	1171	5	41	N/A	13	2	42	0.6	0.6	112	197	18	N/A	0.06	33	0.01	0.13	2.8
Mars™ bar	1 bar	66	279	1169	3	47	0.9	11	9	86	0.5	0.5	158	159	137	1	0.04	5	0.02	0.15	0.8
Milk chocolate coated peanuts	10 pieces	40	208	869	5	20	N/A	13	4	42	0.5	0.8	16	201	0	N/A	0.08	3	0.05	0.07	2.6

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Milk chocolate coated raisins (Raisinets™)	10 pieces	10	39	163	tr	7	N/A	1	tr	9	0.2	0.1	4	51	4	N/A	0.01	0	0.01	0.02	0.1
Milk chocolate, chocolate covered (M & M's™, Smarties™)	10 pieces	7	33	140	tr	5	0.2	2	1	12	0.1	0.1	7	27	7	N/A	tr	1	tr	0.02	0.1
Milk chocolate, plain, bars or chips (Hershey Kiss™, Symphony™)	1 bar	50	256	1074	3	30	1.7	15	11	96	0.7	0.7	41	192	92	tr	0.02	4	0.04	0.15	0.9
Peanut butter bar, chocolate covered (Snickers™)	1 bar	59	270	1129	6	35	1.7	13	10	68	0.5	0.7	158	192	70	tr	0.11	24	0.03	0.11	2.8
Reese's™ peanut butter cups	2 cups	45	222	929	5	22	1.8	14	5	35	0.5	0.6	130	180	31	tr	0.04	13	0.02	0.09	2.7
Frozen Desserts																					
Chocolate ice cream	125 mL	70	151	630	3	20	N/A	8	24	76	0.6	0.4	53	174	290	N/A	0.04	11	0.03	0.14	0.6
Strawberry ice cream	125 mL	70	134	561	2	19	N/A	6	20	84	0.1	0.2	42	131	223	N/A	0.03	8	0.03	0.18	0.5
Rich vanilla ice cream	125 mL	78	188	788	3	18	N/A	13	48	91	tr	0.3	44	124	503	N/A	0.03	4	0.03	0.13	0.6
Vanilla ice cream	125 mL	70	140	585	2	16	N/A	8	31	89	0.1	0.5	56	139	285	N/A	0.03	3	0.03	0.17	0.6
Vanilla ice milk, soft-serve	125 mL	93	117	490	5	20	N/A	2	11	146	0.1	0.5	65	205	96	N/A	0.04	6	0.05	0.18	1.0
Chocolate pudding pops	1 pop	47	72	301	2	12	N/A	2	1	66	0.2	0.2	78	105	52	N/A	0.01	1	0.02	0.08	0.4
Frozen yogourt, vanilla, soft-serve	125 mL	76	121	505	3	18	N/A	4	2	109	0.2	0.3	66	161	161	N/A	0.06	5	0.03	0.17	0.9
Orange sherbet	125 mL	101	140	585	1	31	N/A	2	5	55	0.1	0.5	47	97	77	N/A	0.03	4	0.03	0.07	0.3
Popsicles	1 pop	75	54	226	0	14	N/A	0	0	0	0.0	tr	9	3	0	N/A	0.00	0	0.00	0.00	0.0
Other																					
Chocolate mousse, homemade	125 mL	213	472	1976	9	35	N/A	35	316	213	1.4	1.5	92	314	1197	N/A	0.14	34	0.09	0.43	2.2
Gelatin, calorie-reduced (+ aspartame), prepared from mix with water (Jello™)	125 mL	120	8	36	1	1	N/A	0	0	2	tr	tr	58	0	0	N/A	tr	0	0.00	tr	tr
Gelatin, prepared from mix with water (Jello™)	125 mL	120	71	296	1	17	N/A	0	0	2	tr	tr	50	1	0	N/A	tr	0	0.00	tr	0.3
Maraschino cherries, bottled, solids and liquid	1 cherry	5	5	23	tr	1	tr	tr	0	1	tr	tr	tr	6	0	0	0.00	tr	0.00	0.00	tr
Snacks																					
Crackers																					
Barge pilot biscuits (1 cm x 9 cm diam.)	1 biscuit	26	101	422	3	18	N/A	2	0	5	1.1	N/A	283	31	0	N/A	0.02	4	0.09	0.07	1.4
Cheese crackers (4.8 cm diam.)	4 cracker	12	60	252	1	7	0.3	3	2	18	0.6	0.1	119	17	19	0	0.07	3	0.07	0.05	0.8
Milk crackers	4 cracker	48	218	915	4	33	N/A	8	8	83	1.7	0.3	284	55	15	tr	0.02	8	0.26	0.20	2.5
Rye wafers, plain	1 triple	25	84	350	2	20	N/A	tr	0	10	1.5	0.7	198	124	6	tr	0.07	11	0.11	0.07	0.8
Saltines (oyster, soda, soup)	4 cracker	12	52	218	1	9	0.3	1	0	14	0.6	0.1	156	15	0	0	tr	4	0.07	0.06	0.9
Saltines (oyster, soda, soup), unsalted top	4 cracker	12	52	218	1	9	0.3	1	0	14	0.6	0.1	92	15	0	0	tr	4	0.07	0.06	0.9
Standard-type (Ritz™)	4 round	12	60	252	1	7	0.2	3	0	14	0.4	0.1	102	16	0	0	0.01	2	0.05	0.04	0.7
Wheat crackers, thin	4 square	8	38	158	1	5	0.4	2	0	4	0.4	0.1	64	15	0	0	0.01	1	0.04	0.03	0.6

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Whole wheat crackers	4 square	16	71	297	1	11	1.7	3	0	8	0.5	0.3	105	48	0	0	0.03	4	0.03	0.02	1.1
Popcorn																					
Air-popped	250 mL	8	32	135	1	7	1.3	tr	0	1	0.2	0.3	tr	25	17	0	0.02	2	0.02	0.02	0.3
Oil-popped	250 mL	15	74	310	1	8	1.5	4	0	1	0.4	0.4	131	33	23	tr	0.03	3	0.02	0.02	0.4
Caramel-coated	250 mL	37	160	672	1	29	1.9	5	2	16	0.6	0.2	77	41	19	0	0.01	1	0.02	0.03	1.1
Cheese flavoured	250 mL	12	61	256	1	6	1.2	4	1	13	0.3	0.2	103	30	28	tr	0.03	1	0.01	0.03	0.4
Chips																					
Banana chips	125 mL	48	252	1055	1	28	3.7	16	0	9	0.6	0.4	3	261	40	3	0.13	7	0.04	0.01	0.6
Corn-based chips, plain (Fritos™)	10 chips	18	97	406	1	10	0.8	6	0	23	0.2	0.2	113	26	17	0	0.04	4	tr	0.03	0.4
Corn-based puffs or twists, cheese flavour (Cheetos™)	250 mL	37	205	857	3	20	0.4	13	1	21	0.9	0.1	388	61	98	tr	0.05	44	0.10	0.13	1.8
Potato chips made from dried potatoes (Pringles™)	10 chips	20	112	468	1	10	0.7	8	0	5	0.3	0.1	131	202	0	2	0.03	1	0.04	0.02	0.8
Potato chips, barbecue flavoured	10 chips	13	64	267	1	7	0.6	4	0	6	0.3	0.1	98	164	28	4	0.08	11	0.03	0.03	0.8
Potato chips, plain	10 chips	20	108	451	1	10	0.8	7	0	4	0.3	0.3	107	266	0	12	0.06	9	0.03	0.01	1.2
Tortilla chips, nacho flavoured	10 chips	18	90	375	1	11	1.0	5	1	26	0.3	0.2	127	39	67	tr	0.05	3	0.02	0.03	0.5
Tortilla chips, plain	10 chips	18	90	377	1	11	1.2	5	0	28	0.3	0.3	95	35	35	0	0.05	2	0.01	0.03	0.4
Other																					
Beef jerky (21.5 cm long)	1 strip	20	67	280	8	3	N/A	3	22	2	1.1	1.6	569	118	0	0	0.09	3	0.02	0.18	3.3
Cornnuts, plain	10 nuts	18	79	331	2	13	1.2	3	0	2	0.3	0.3	99	50	0	0	0.04	0	0.01	0.02	0.6
Ice cream cones	1 cone	4	18	77	tr	3	N/A	tr	0	1	0.2	tr	6	5	0	0	tr	tr	0.01	0.02	0.3
Pretzels, hard, plain, salted	10 sticks	5	19	80	tr	4	0.1	tr	0	2	0.2	tr	86	7	0	0	0.01	4	0.02	0.03	0.4
Rice cakes, made with brown rice and corn, plain	1	9	35	145	1	7	0.3	tr	0	1	0.1	0.2	26	25	0	0	0.01	2	0.01	0.01	0.7
Rice cakes, made with brown rice, plain	1	9	35	146	1	7	0.4	tr	0	1	0.1	0.3	29	26	4	0	0.01	2	0.01	0.01	0.9
Sesame sticks, salted	125 mL	29	157	658	3	14	N/A	11	0	49	0.2	0.3	432	51	26	0	0.02	6	0.04	0.02	1.1
Trail mix	250 mL	158	732	3064	22	71	N/A	47	0	124	4.8	5.1	363	1086	29	2	0.47	113	0.73	0.31	11.9
Beverages																					
Alcoholic																					
Beer, light (4% alcohol by volume)	1 bottle	340	95	399	1	4	0.0	0	0	17	0.1	0.1	10	61	0	0	0.12	14	0.03	0.10	1.5
Beer, regular (5% alcohol by volume)	1 bottle	342	151	632	1	13	0.0	0	0	17	0.1	0.1	17	86	0	0	0.17	21	0.02	0.09	1.7
Liqueur, creme de menthe	50 mL	57	211	882	0	24	0.0	tr	0	0	tr	tr	3	0	0	0	0.00	0	0.00	0.00	tr
Spirits (gin, rum, vodka, whiskey)	50 mL	47	115	480	0	0	0.0	0	0	0	tr	tr	tr	1	0	0	tr	0	0.00	0.00	tr

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Wine, dessert, sweet	125 mL	127	194	812	tr	15	0.0	0	0	10	0.3	0.1	11	117	0	0	0.00	1	0.02	0.02	0.3
Wine, table, red	125 mL	125	90	376	tr	2	0.0	0	0	10	0.5	0.1	6	140	0	0	0.04	2	0.01	0.03	0.1
Wine, table, white	125 mL	125	85	355	tr	1	0.0	0	0	11	0.4	0.1	6	100	0	0	0.02	tr	tr	0.01	0.1
Non-alcoholic																					
Coffee substitute (Ovaltine™), powder + milk	250 mL	261	169	709	9	15	N/A	9	34	310	0.3	1.0	128	448	323	2	0.11	13	0.10	0.42	2.8
Coffee substitute (Postum™), powder + water	250 mL	254	13	53	tr	3	N/A	0	0	8	0.2	0.1	10	61	0	0	0.03	1	0.02	tr	0.6
Coffee, brewed	250 mL	250	5	21	tr	1	N/A	0	0	5	0.1	0.1	5	135	0	0	0.00	tr	0.00	0.00	0.6
Coffee, instant, regular, powder + water	250 mL	253	5	21	tr	1	N/A	0	0	8	0.1	0.1	8	91	0	0	0.00	0	0.00	tr	0.8
Malt beverage, Near Beer, (0.5% alcohol by volume)	250 mL	254	43	182	tr	9	N/A	0	0	18	tr	tr	13	63	0	0	0.13	15	0.02	0.07	1.3
Soft drinks, club soda	250 mL	258	0	0	0	0	N/A	0	0	13	tr	0.3	54	5	0	0	0.00	0	0.00	0.00	0.0
Soft drinks, cola	250 mL	260	107	447	0	27	N/A	0	0	8	0.1	tr	10	3	0	0	0.00	0	0.00	0.00	0.0
Soft drinks, cola, aspartame sweetened	250 mL	250	3	10	tr	tr	N/A	0	0	10	0.1	0.2	15	0	0	0	0.00	0	0.01	0.06	tr
Soft drinks, ginger ale	250 mL	258	88	367	0	22	N/A	0	0	8	0.5	0.1	18	3	0	0	0.00	0	0.00	0.00	0.0
Soft drinks, lemon-lime soda	250 mL	260	104	434	0	27	N/A	0	0	5	0.2	0.1	29	3	0	0	0.00	0	0.00	0.00	tr
Soft drinks, non-cola soda, aspartame sweetened	250 mL	250	0	0	0	tr	N/A	0	0	10	0.1	0.1	15	5	0	0	0.00	0	0.00	0.00	0.0
Soft drinks, orange soda	250 mL	262	126	526	0	32	N/A	0	0	13	0.2	0.3	31	5	0	0	0.00	0	0.00	0.00	0.0
Tea, brewed	250 mL	250	3	10	0	1	N/A	0	0	0	0.1	0.1	8	93	0	0	0.00	13	0.00	0.04	0.0
Tea, instant, unsweetened, lemon flavour, powder + water	250 mL	252	5	21	0	1	N/A	0	0	5	tr	0.1	15	53	0	0	0.01	1	0.00	0.02	0.1
Miscellaneous Items																					
Herbs																					
Chives, raw, chopped	15 mL	3	1	4	tr	tr	N/A	tr	0	3	tr	tr	tr	9	131	2	tr	3	tr	tr	tr
Coriander (Chinese parsley), raw	125 mL	76	15	64	2	2	N/A	tr	0	74	1.5	0.3	21	412	2102	8	0.08	8	0.06	0.09	0.9
Garlic, raw	1 clove	3	4	19	tr	1	0.1	tr	0	5	0.1	tr	1	12	0	1	0.04	tr	0.01	tr	0.1
Ginger root, raw (0.3 cm x 2.5 cm diam.)	1 slice	2	2	6	tr	tr	tr	tr	0	tr	tr	tr	tr	9	0	tr	tr	tr	tr	tr	tr
Parsley, raw, chopped	125 mL	32	11	48	1	2	N/A	tr	0	44	2.0	0.3	18	176	1648	42	0.03	48	0.03	0.03	0.7
Condiments																					
Olives, canned, super colossal	2 olives	30	25	103	tr	2	0.9	2	0	29	1.0	0.1	273	3	105	tr	tr	0	tr	0.00	0.1
Olives, canned	4 large	18	20	85	tr	1	0.5	2	0	15	0.6	tr	153	1	71	tr	tr	0	tr	0.00	tr
Pepper, black	5 mL	2	5	23	tr	1	0.3	tr	0	9	0.6	tr	1	27	4	N/A	N/A	N/A	tr	0.01	0.1
Pepper, white	5 mL	2	7	30	tr	2	0.1	tr	0	6	0.4	tr	tr	2	0	N/A	N/A	N/A	tr	tr	0.1

Nutrient value of some common foods

Foodnames	Descriptive Measure	g	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	KJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Pickle relish, sweet	15 mL	15	20	83	tr	5	N/A	tr	0	tr	0.1	tr	123	4	24	tr	tr	tr	0.00	0.01	tr
Salt	5 mL	6	0	0	0	0	0.0	0	0	1	tr	tr	2373	tr	0	0	0.00	0	0.00	0.00	0.0
Shake'n Bake™, dry	125 mL	49	191	801	5	29	N/A	7	0	35	1.0	N/A	1979	92	8	0	0.06	17	0.10	0.04	2.0
Tomato ketchup	15 mL	15	16	66	tr	4	0.3	tr	0	3	0.1	tr	180	73	154	2	0.03	2	0.01	0.01	0.2
Vinegar	15 mL	15	2	8	0	1	0.0	0	0	0	0.0	0.0	tr	2	0	0	tr	0	0.00	0.00	0.0
Yellow mustard, ready-to-serve	15 mL	16	12	50	1	1	0.4	1	0	13	0.3	0.2	200	21	0	0	0.01	1	0.00	0.00	0.0
Baking Ingredients																					
Baking chocolate, semisweet, chips	125 mL	89	425	1779	4	56	5.2	27	0	28	2.8	1.4	10	324	19	0	0.03	3	0.05	0.08	1.3
Baking chocolate, semisweet, bars	1 square	38	180	752	2	24	2.2	11	0	12	1.2	0.6	4	137	8	0	0.01	1	0.02	0.03	0.6
Baking chocolate, unsweetened, squares	1 square	28	147	615	3	8	4.3	16	0	21	1.8	1.1	4	234	28	N/A	0.03	2	0.02	0.05	1.0
Candied cherries	125 mL	94	320	1338	tr	82	0.8	tr	0	21	0.4	N/A	2	180	104	9	N/A	N/A	0.05	0.06	0.5
Cocoa, dry powder, unsweetened	15 mL	5	12	49	1	3	1.5	1	0	6	0.7	0.3	1	77	1	N/A	0.01	2	tr	0.01	0.4
Gelatin, dry powder, unsweetened	1 envelope	7	23	98	6	0	N/A	tr	0	4	0.1	tr	14	1	0	N/A	tr	2	tr	0.02	tr
Leavening agents, baker's yeast	15 mL	12	36	150	5	5	3.4	1	0	8	2.0	0.8	6	243	tr	tr	0.19	285	0.29	0.67	5.8
Leavening agents, baking powder, continuous action	5 mL	4	5	23	0	1	N/A	0	0	117	0.2	tr	263	9	0	0	0.00	0	0.00	0.00	0.0
Leavening agents, baking soda	5 mL	5	0	0	0	0	N/A	0	0	0	0.0	0.0	1284	0	0	0	0.00	0	0.00	0.00	0.0
Leavening agents, cream of tartar	5 mL	3	8	33	0	2	N/A	0	0	tr	0.1	tr	2	505	0	0	0.00	0	0.00	0.00	0.0
Lemon peel, raw	15 mL	6	4	16	tr	1	0.6	tr	0	8	tr	N/A	tr	10	3	8	0.01	N/A	tr	tr	tr
Orange peel, raw	15 mL	6	6	25	tr	2	0.8	tr	0	10	tr	N/A	tr	13	26	8	0.01	N/A	0.01	0.01	0.1
Vanilla extract, pure	5 mL	4	13	53	tr	1	0.0	tr	0	tr	tr	tr	tr	7	0	0	tr	0	tr	tr	tr
Sauces and Gravies																					
Gravies, beef, canned	15 mL	15	8	33	1	1	N/A	tr	tr	1	0.1	0.1	83	12	0	0	tr	tr	tr	0.01	0.2
Gravies, beef, dehydrated, prepared with water	15 mL	16	5	20	tr	1	N/A	tr	tr	4	tr	tr	68	4	0	0	0.00	0	tr	0.01	0.1
Gravies, chicken, canned	15 mL	15	12	50	tr	1	tr	1	tr	3	0.1	0.1	87	16	56	0	tr	tr	tr	0.01	0.1
Gravies, chicken, dehydrated, prepared with water	15 mL	16	5	22	tr	1	N/A	tr	tr	2	tr	tr	72	4	0	tr	tr	tr	tr	0.01	0.1
Gravies, turkey, canned	15 mL	15	8	32	tr	1	tr	tr	tr	1	0.1	0.1	87	16	0	0	tr	tr	tr	0.01	0.3
Gravies, unspecified, dehydrated, prepared with water	15 mL	17	5	23	tr	1	N/A	tr	0	2	tr	tr	90	4	0	tr	tr	tr	tr	0.01	0.1
Sauces, barbecue, ready-to-serve	15 mL	16	12	50	tr	2	0.9	tr	0	3	0.1	tr	129	28	138	1	0.01	1	tr	tr	0.2
Sauces, cheese, dehydrated, prepared with 2% milk	15 mL	18	18	74	1	1	0.0	1	2	37	tr	0.1	100	36	37	tr	0.01	1	0.01	0.04	0.1
Sauces, cranberry, canned, sweetened	15 mL	18	27	111	tr	7	0.2	tr	0	1	tr	tr	5	5	4	tr	tr	N/A	tr	tr	tr

Nutrient value of some common foods

Foodnames	Descriptive Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Dietary Fibre	Total fat	Cholesterol	Calcium	Iron	Zinc	Sodium	Potassium	Vitamin A	Vitamin C	Vitamin B6	Folate	Thiamin	Riboflavin	Niacin
		g	kcal	KJ	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	IU	mg	mg	µg	mg	mg
Sauces, pepper (Tabasco™), ready-to-serve	5 mL	5	1	2	tr	tr	tr	tr	0	1	0.1	tr	30	6	79	tr	0.01	tr	tr	tr	tr
Sauces, salsa, ready-to-serve	15 mL	16	4	15	tr	1	0.3	tr	0	8	0.1	tr	43	30	109	3	0.02	2	0.01	0.01	0.2
Sauces, soy, ready-to-serve	15 mL	18	12	49	2	2	0.0	0	0	3	0.5	tr	1044	65	0	0	0.03	2	0.01	0.02	0.9
Sauces, steak, (H.P.™, A1™), ready-to-serve	15 mL	15	9	39	tr	2	0.2	tr	0	4	0.2	tr	218	60	140	2	0.02	1	0.01	0.01	tr
Sauces, sweet and sour, dehydrated + water and vinegar	15 mL	20	19	78	tr	5	tr	tr	0	3	0.1	tr	49	4	0	0	0.02	tr	tr	0.01	0.1
Sauces, teriyaki, ready-to-serve	15 mL	18	15	64	1	3	tr	0	0	5	0.3	tr	700	41	0	0	0.02	4	0.01	0.01	0.4
Sauces, white, home-prepared with 2% milk, medium	250 mL	264	388	1622	10	24	0.5	28	18	312	0.9	1.1	935	412	1461	2	0.11	13	0.18	0.49	3.0

APPENDIX 1 - PROFILE OF FATTY ACIDS IN SPECIFIC FOODS (g per 100g edible portion)

The following table shows the breakdown of total fat into its constituent fatty acids: total saturated fatty acids, total monounsaturated fatty acids, and total polyunsaturated fatty acids. These are expressed as percent of 100 g edible portion of the food as described. These fatty acid fractions include both the *trans* and *cis* forms.

FOOD DESCRIPTION	Saturated	Monounsaturated	Polyunsaturated
Almonds, dry roasted, salt added	4.89	33.50	10.83
Almonds, oil roasted	5.36	36.71	11.86
Apple crisp, prepared from recipe	0.72	1.53	1.06
Avocados, California, raw	2.59	11.21	2.04
Avocados, Florida, raw	1.76	4.87	1.48
Banana bread, from recipe made with margarine	2.24	4.48	3.13
Beans, baked, canned with pork	0.56	0.63	0.19
Beans, soybeans, dry, boiled	1.30	1.98	5.06
Beef			
Ground, lean, medium pan-fried	5.66	6.31	0.54
Blade roast, lean + fat, pot roasted	7.08	7.68	0.64
Corned beef, brisket, cooked	3.53	5.14	0.37
Cross rib roast, lean, pot roasted	4.10	4.73	0.44
Eye of round steak, lean, broiled	2.83	3.32	0.25
Inside (top) round steak, lean, broiled	1.32	1.50	0.18
Flank steak, lean, broiled	4.43	4.13	0.41
Outside (bottom) round roast, lean, roasted	2.97	3.94	0.34
Rib steak, lean, broiled	4.72	4.64	0.44
Rump roast, lean, roasted	2.74	3.33	0.33
Sirloin tip roast, lean, roasted	3.05	3.45	0.35
Standing rib roast, lean, roasted	4.28	4.55	0.32
Top sirloin steak, lean, broiled	2.58	2.83	0.26
Stewing, lean, simmered	2.29	2.63	0.25
Strip loin (New York) steak, lean, broiled	3.47	3.65	0.29
T-bone (Porterhouse) steak, lean, broiled	4.24	4.25	0.40
Beef jerky	5.86	5.32	0.58
Beef pot pie, commercial	5.04	10.00	1.60
Beef stew	0.74	0.76	0.13
Beerwurst (beer salami), pork	6.28	8.98	2.36
Biscuits, from mix, plain or buttermilk	2.79	4.21	4.31
Biscuits, plain or buttermilk, fast food, baked	11.81	4.60	0.70
Biscuits, refrigerated dough, mixed grain, baked	1.60	3.46	0.98
Bologna, beef and pork	8.48	10.61	1.90
Bologna, turkey	3.89	3.69	3.30
Brazilnuts, dried	16.15	23.02	24.13
Bread crumbs, plain, dry	1.26	2.09	1.55
Bread pudding with raisins, prepared from recipe	2.29	2.15	0.95
Bread stuffing, dry mix, prepared	1.73	3.81	2.60
Brownies, commercial	4.33	8.45	2.57
Buckwheat flour	0.68	0.95	0.95
Burrito with beef	4.75	3.37	0.39
Butter	50.49	23.43	3.01
Cakes			
Boston cream pie, commercial	2.54	4.43	1.01
Carrot, from recipe with cream cheese icing	4.89	6.53	13.60

FOOD DESCRIPTION	Saturated	Monounsaturated	Polyunsaturated
Cheesecake, commercial	11.51	7.75	1.38
Chocolate (Devil's food, fudge), from mix	2.69	4.72	3.53
Chocolate, commercial + chocolate icing	4.64	8.99	1.91
Coffee cake, cinnamon with crumb topping, commercial	5.76	13.19	2.86
Coffee cake, cinnamon with crumb topping, from mix	1.86	3.85	3.17
Fruitcake, commercial	1.12	4.17	3.32
Gingerbread, from mix	2.60	5.60	1.34
Marble, pudding-type, from mix, no icing	3.32	5.45	7.41
Pound, commercial, made with butter	11.12	5.58	1.09
Shortcake, biscuit-type, from recipe	3.77	6.05	3.63
Sponge, from recipe	1.30	1.58	0.65
White, from mix, without icing	1.16	3.22	2.90
Yellow, from mix, without icing	1.61	3.87	3.20
Cake frosting, chocolate, creamy, ready-to-eat	5.53	9.02	2.13
Cake frosting, glaze, homemade	1.75	3.37	2.31
Cake frosting, vanilla, creamy, prepared from mix with margarine	3.29	6.77	5.73
Caramels	6.58	0.84	0.18
Cashew nuts, dry roasted, salt added	9.16	27.32	7.84
Cheese fondue	8.72	3.56	0.48
Cheeseburger, single patty, plain	6.34	5.66	1.51
Cheese			
Blue	18.67	7.78	0.80
Brick	18.76	8.60	0.78
Brie	17.41	8.01	0.83
Camembert	15.26	7.02	0.72
Cheddar	21.09	9.39	0.94
Cheddar, processed, spread (Cheez Whiz™)	13.33	6.22	0.62
Cheddar, processed, thin slices	15.44	7.21	0.72
Cottage (2% M.F.)	1.22	0.55	0.06
Cream cheese	21.97	9.84	1.27
Edam	17.57	8.13	0.67
Feta	15.45	4.78	0.61
Goat, soft (21% M.F.)	14.58	4.81	0.50
Gouda	17.97	7.91	0.67
Gruyere	18.91	10.04	1.73
Mozzarella (22.5% M.F.)	13.69	6.84	0.80
Parmesan, grated	19.07	8.73	0.66
Ricotta, made with whole milk	8.30	3.63	0.39
Romano	17.12	7.84	0.59
Swiss (Emmentaler)	17.78	7.27	0.97
Swiss, processed, thin slices	15.49	6.80	0.60
Chicken			
Chicken, broiler, wing, meat + skin, roasted	5.45	7.64	4.14
Chicken, broiler, breast, meat, roasted	0.58	0.72	0.44
Chicken, broiler, breast, meat + skin, roasted	2.46	3.40	1.86
Chicken, broiler, drumstick, meat, roasted	1.82	2.30	1.68
Chicken, roasting, light meat, roasted	1.08	1.52	0.93
Chicken, roasting, dark meat, roasted	1.91	2.60	1.57
Chicken, stewing, light and dark meat, stewed	3.10	4.05	2.83
Chicken fillet sandwich, plain	4.69	5.72	4.61
Chicken, breaded and fried, boneless, plain	5.44	8.53	2.20

FOOD DESCRIPTION	Saturated	Monounsaturated	Polyunsaturated
Chicken, canned, flaked	2.85	4.08	2.27
Chicken pot pie, commercial	3.90	7.81	1.30
Chili con carne	1.36	1.35	0.21
Chocolate, baking, semisweet, bars or chips	17.75	9.97	0.97
Chocolate bars			
Chocolate covered wafer (Kit Kat™, Take Five™)	16.90	7.69	0.81
Coconut candy, chocolate covered (Mounds™, Almond Joy™)	11.52	6.65	0.76
Fudge, caramel, nut, chocolate covered (Oh Henry™, Butternut™)	6.72	6.67	2.72
Mars™ bar	7.79	6.02	0.60
Milk chocolate coated peanuts	14.60	12.92	4.33
Milk chocolate, plain, bars or chips (Hershey Kiss™, Symphony™)	18.48	9.97	1.06
Milk chocolate with cereal (Nestle Crunch™)	14.36	9.53	1.00
Peanut butter bar, chocolate covered (Snickers™)	10.11	8.74	2.98
Reese's™ peanut butter cups	14.19	9.72	3.89
Chocolate mousse, homemade	9.18	5.09	0.84
Coconut meat, desiccated, sweetened, shredded	31.47	1.51	0.39
Coconut meat, desiccated, unsweetened, shredded	57.22	2.75	0.71
Coffee whitener (nondairy), powdered	32.53	0.97	0.01
Cookies			
Animal crackers (arrowroot, social tea)	3.47	7.73	1.82
Chocolate chip, commercial	7.80	11.46	2.24
Chocolate coated marshmallow	4.68	9.48	1.97
Chocolate sandwich, cream filling	4.15	11.83	2.69
Coconut macaroons, from recipe	11.24	0.55	0.14
Oatmeal, with or without raisins, commercial	3.33	10.39	2.72
Sesame crunch (crisp)	4.46	12.57	14.58
Shortbread, from recipe, made with butter	20.52	9.53	1.45
Sugar cookies, commercial	5.42	11.75	2.68
Corn-based chips, plain (Fritos™)	4.55	9.66	16.48
Corn-based puffs or twists, cheese flavour	6.59	20.28	4.76
Corndog (Pogo)	2.95	5.21	2.00
Crackers			
Crackers, sandwich-type (Ritz™)	4.85	10.76	8.28
Crackers, cheese	9.38	9.00	4.84
Crackers, milk	3.09	8.72	2.27
Crackers, whole wheat	3.08	9.49	2.69
Cream, sour 14% M.F.	8.72	4.05	0.52
Cream, table (coffee), 18% M.F.	11.21	5.20	0.67
Cream, whipping, 35% M.F.	21.81	10.17	1.21
Creton	6.33	7.93	1.84
Croissants, butter	11.72	5.71	1.31
Danish pastry, cinnamon	5.74	12.47	2.87
Doughnuts, cake-type, plain, chocolate coated	8.35	17.18	3.74
Doughnuts, yeast-leavened, jelly filled	4.76	10.56	2.35
Duck, domesticated, light and dark meat, roasted	4.17	3.70	1.43
Eclairs, custard filled, chocolate	4.12	6.48	3.95
Egg substitute, frozen (yolk replaced)	1.93	2.44	6.24
Egg, hard-boiled (or raw)	3.27	4.08	1.41
Egg, scrambled with 2% milk and margarine	3.46	5.34	1.93
Figs, dried, uncooked	0.23	0.26	0.56
Filberts or hazelnuts, chopped, dried	4.95	52.74	6.45

FOOD DESCRIPTION	Saturated	Monounsaturated	Polyunsaturated
Fish & fish products			
Anchovy, canned in oil, drained solids	2.20	3.77	2.56
Bass, mixed species, baked or broiled	1.00	1.84	1.36
Catfish, channel, baked or broiled	0.74	1.10	0.64
Caviar, granular	4.06	4.64	7.41
Clam fritters	3.99	6.02	3.05
Fish portions and sticks, frozen and reheated	3.15	5.07	3.17
Halibut, Atlantic and Pacific, baked or broiled	0.42	0.97	0.94
Herring, Atlantic, kippered	2.79	5.11	2.92
Mackerel, Atlantic, baked or broiled	4.18	7.01	4.30
Mussel, boiled or steamed	0.85	1.01	1.21
Oyster, boiled or steamed	1.54	0.63	1.94
Oyster, canned, solids and liquid	0.63	0.25	0.74
Salmon, Atlantic, baked or broiled	1.26	2.70	3.26
Salmon, Chum (Keta), poached	0.69	0.92	0.88
Salmon, Coho, farmed, baked or broiled	1.94	3.62	1.96
Salmon, Pink (Humpback), baked or broiled	0.72	1.20	1.73
Salmon, Pink (Humpback), canned, solids + bone + liquid + salt	1.65	2.74	2.64
Salmon, Sockeye, baked or broiled	1.92	5.29	2.41
Salmon, Sockeye, canned, solids + bone + liquid – salt	2.33	4.39	2.88
Sardine, Atlantic, canned in oil, drained, + bone	1.53	3.87	5.15
Sardine, Pacific, canned in tomato sauce, drained, + bone	3.09	5.54	4.30
Shrimp, breaded and fried	2.09	3.81	5.09
Snapper, mixed species, baked or broiled	0.37	0.32	0.59
Trout, mixed species, baked or broiled	1.47	4.17	1.92
Tuna, white, canned in oil, drained + salt	1.65	2.48	3.38
Whitefish, lake, mixed species, baked or broiled	1.16	2.56	2.76
Flan, caramel custard, from mix, prepared with 2% milk	1.10	0.50	0.07
Flax seed (Linseed)	3.20	6.87	22.40
French toast, from recipe, made with 2% milk, margarine	2.72	4.52	2.59
Goose, domesticated, light and dark meat, roasted	4.56	4.34	1.54
Granola bars, hard, chocolate chip	11.41	2.63	1.27
Granola bars, hard, plain	2.37	4.38	12.05
Granola bars, soft, chocolate chip and marshmallow	9.18	2.92	2.55
Granola bars, soft, nut and raisins	9.54	4.22	5.52
Granola bars, soft, peanut butter, chocolate covered	17.01	6.54	1.90
Granola bars, soft, plain	7.24	3.81	5.32
Hamburger, double patty, + condiments + vegetables	4.65	4.57	1.24
Hotdog, plain	5.21	6.99	1.74
Hummus	2.38	10.17	4.16
Ice cream, chocolate	6.80	3.21	0.41
Ice cream, rich vanilla	9.97	4.66	0.60
Ice cream, vanilla	6.79	3.17	0.41
Ice milk, vanilla, soft-serve	1.63	0.76	0.10
Italian sausage, pork, cooked	9.03	11.95	3.28
Kidney, beef, simmered, diced	1.09	0.74	0.74
Kielbasa (Kolbassa), pork and beef	5.59	7.29	1.74
Lamb, domestic, cubed for stew or kabob, lean, braised	3.15	3.54	0.81
Lamb, New Zealand, loin, lean, broiled	3.58	3.22	0.47
Lard (pork)	40.00	45.10	11.20
Liver, beef, pan-fried	2.67	1.62	1.71
Liver, chicken, simmered, diced	1.84	1.34	0.90
Liver, veal, pan-fried, diced	4.23	2.45	1.80

FOOD DESCRIPTION	Saturated	Monounsaturated	Polyunsaturated
Liverwurst (liver sausage), pork	11.26	14.17	2.76
Macadamia nuts, oil roasted, salt added	11.46	60.38	1.32
Macaroni and cheese (Kraft dinner™)	2.04	4.10	1.74
Margarine			
Becel™, energy reduced, tub, canola & linola oil	5.38	16.36	15.25
Becel™, tub, canola and linola oil	11.16	33.94	31.63
Chef Master™, tub, soya oil	13.78	32.40	30.20
Imperial™, tub, canola and soya oil	10.00	48.79	18.47
Lactancia™, tub, soya oil	14.55	31.48	30.60
Parkay™, hard, soya and canola oil	13.78	47.64	15.30
Spread (20% butter / 80% margarine)	21.58	47.17	8.02
Spread (50% butter / 50% margarine)	31.90	39.94	5.18
Milk beverages			
Buttermilk	0.55	0.25	0.03
Chocolate, 2% M.F.	1.24	0.59	0.07
Chocolate flavour powder (Quik™) + 2% milk	1.26	0.60	0.14
Chocolate syrup + 2% milk	1.12	0.53	0.07
Coffee substitute (Ovaltine™), powder + milk	2.06	0.96	0.14
Eggnog, 7% M.F.	4.44	2.23	0.34
Evaporated, partly skimmed, canned, undiluted, 2% M.F.	1.22	0.62	0.07
Hot cocoa, powder + water	0.86	0.47	0.04
Instant breakfast powder + 2% milk	1.08	0.55	0.16
Malted milk, natural flavour powder + 2% milk	1.23	0.57	0.10
Milkshake, vanilla	1.89	0.88	0.11
Milk, condensed, sweetened, canned	5.49	2.43	0.34
Milk, partly skimmed, 2% M.F.	1.20	0.56	0.07
Soy milk	0.21	0.33	0.83
Whole milk powder	16.74	7.92	0.67
Whole, homogenized, 3.3% M.F.	2.08	0.97	0.12
Mixed nuts, dry roasted, salt added	6.90	31.40	10.77
Mixed nuts, oil roasted, salt added	8.73	31.70	13.30
Muffins, blueberry, commercial	1.25	2.45	2.04
Muffins, bran, from mix, prepared	2.36	4.68	1.44
Nachos with cheese	6.89	7.07	1.98
Noodles, Chinese, chow mein, uncooked	4.38	7.69	17.33
Noodles, egg, cooked	0.31	0.43	0.41
Oat bran	1.33	2.38	2.77
Oat flakes, dry	1.20	2.13	2.50
Oils			
Canola	7.10	58.90	29.60
Corn	12.70	24.20	58.70
Olive	13.50	73.70	8.40
Peanut	16.90	46.20	32.00
Sesame	14.20	39.70	41.70
Soybean	14.40	23.30	57.90
Sunflower	10.30	19.50	65.70
Olives, canned, super colossal	0.91	5.07	0.59
Onion rings, breaded, frozen, heated	8.59	10.87	5.11
Pancakes, plain, from mix plus milk, egg and oil, cooked	2.05	2.07	2.92
Pastrami, beef, thin sliced	11.46	60.38	1.32
Pastrami, turkey	1.81	2.05	1.59

FOOD DESCRIPTION	Saturated	Monounsaturated	Polyunsaturated
Pate, liver, canned	9.57	12.36	3.16
Peanut butter, natural	7.14	25.71	16.43
Peanut butter, smooth type, fat, sugar and salt added	10.34	24.28	13.91
Peanuts, all types, oil-roasted, salted	6.84	24.46	15.58
Peas, chickpeas (garbanzo), canned	0.12	0.26	0.51
Pecans, dried	5.42	42.16	16.75
Pepperoni, pork and beef	16.13	21.11	4.37
Pies			
Apple, commercial, 2 crusts	2.11	5.93	2.08
Banana cream, from mix, no bake type	6.93	4.18	0.70
Fried pie, fruit (apple, blueberry, peach, strawberry)	2.41	7.45	5.40
Lemon meringue, commercial	1.55	3.63	2.89
Mince pie, from recipe, 2 crusts	2.68	4.65	2.84
Pecan, commercial	3.76	10.74	2.97
Pumpkin, commercial	2.02	5.01	1.60
Pie crust, cookie-type, graham, from recipe, baked	5.92	11.37	6.91
Pie crust, standard-type, from recipe, made with shortening, baked	8.62	15.17	9.12
Pine nuts, dried	7.80	19.08	21.34
Pistachios, dry roasted, salt added	6.69	35.66	7.99
Pizza with cheese	2.45	1.57	0.78
Pizza with cheese, meat and vegetable	1.94	3.22	1.16
Pizza with pepperoni	3.15	4.42	1.64
Popcorn, cheese flavoured	6.41	9.70	15.37
Popcorn, caramel-coated	3.61	2.88	4.48
Popcorn, oil-popped	4.89	8.17	13.42
Toaster pastries (pop-tarts™), brown sugar & cinnamon	3.60	7.98	1.85
Toaster pastries (pop-tarts™), fruit (apple, blueberry, cherry, strawberry)	1.53	4.12	3.86
Pork			
Backribs, lean, pan-fried	5.25	6.86	1.91
Bacon bits, simulated meat	2.62	7.10	15.44
Bacon, broiled, pan-fried or roasted	17.42	23.69	5.81
Centre cut, lean, roasted	2.52	3.02	0.54
Cottage roll, lean + fat, roasted	1.75	2.30	0.52
Ground, cooked	7.72	9.25	1.87
Ham, boneless, lean (5% fat), roasted	1.78	2.58	0.53
Ham, flaked, canned	2.47	3.60	0.81
Leg, butt end, lean, roasted	2.87	3.77	0.76
Tenderloin end, lean + fat, roasted	5.69	7.02	1.38
Tenderloin roast, lean + fat, roasted	4.17	5.29	0.79
Tenderloin, lean, roasted	1.24	0.31	1.44
Potato chips made from dried potatoes	9.45	7.27	19.98
Potato chips, barbecue flavoured	8.05	6.54	16.37
Potato chips, plain	4.20	19.36	9.60
Potato pancakes, home prepared with egg, onion, flour, margarine and salt	3.04	4.64	6.54
Potato salad	1.43	2.48	3.74
Potatoes, french fried, frozen, home prepared in oven	1.26	4.76	0.78
Potatoes, french fried, frozen, restaurant prepared, in vegetable oil	3.20	2.10	4.83
Potatoes, hashed brown, frozen, plain, heated	4.49	5.14	1.33
Potatoes, dehydrated, flakes, prepared with milk and butter	3.43	1.58	0.25
Potatoes, mashed, home-prepared with 2% milk and butter	2.71	1.25	0.20
Potatoes, scalloped, home-prepared	2.26	1.04	0.17

FOOD DESCRIPTION	Saturated	Monounsaturated	Polyunsaturated
Pudding, banana, instant, from mix, prepared with 2% milk	1.01	0.48	0.12
Pudding, banana, ready-to-eat	0.56	1.53	1.33
Pudding, chocolate, instant, from mix, prepared with 2% milk	1.10	0.58	0.13
Pudding, chocolate, ready-to-eat	0.71	1.70	1.43
Pudding, coconut, instant, from mix, prepared with 2% milk	1.37	0.62	0.19
Pudding, lemon, instant, from mix, prepared with 2% milk	1.01	0.50	0.10
Pudding, rice, from mix, prepared with 2% milk	1.01	0.45	0.06
Pudding, tapioca, ready-to-eat	0.60	1.58	1.36
Pudding, vanilla, instant, from mix, prepared with 2% milk	1.01	0.50	0.10
Pudding, vanilla, ready-to-eat	0.57	1.54	1.34
Puff pastry, frozen, baked	5.50	8.83	22.23
Pumpkin and squash seeds, roasted	7.97	13.10	19.21
Rolls, dinner, plain	1.75	3.72	1.22
Rolls, hamburger or hotdog, plain	1.20	2.49	0.91
Salad dressing			
Blue cheese	3.50	27.30	16.40
Creamy caesar	8.57	12.86	30.00
Creamy caesar (low calorie)	2.14	10.71	5.00
Italian	4.90	38.30	23.00
Ranch	5.00	37.14	18.57
Ranch (low calorie)	1.43	10.00	5.00
Thousand Island	2.40	19.50	11.70
Thousand Island (low calorie)	1.10	8.20	4.90
Salami, beef and pork, cooked	8.05	9.15	2.01
Salami, pork and beef, dry or hard	10.29	14.42	2.71
Sandwiches			
Breakfast sandwich, with egg and sausage	8.32	9.11	2.47
Fish sandwich with tartar sauce	3.31	4.87	5.22
Ham, egg and cheese sandwich	5.18	4.02	1.18
Roast beef sandwich, plain	2.59	4.90	1.23
Submarine sandwich with coldcuts	2.99	3.61	1.00
Submarine sandwich with tuna salad	2.08	5.24	2.85
Sauces, white, home-prepared with 2% milk	2.85	4.42	2.86
Sausage, pork and beef, cooked	12.96	17.18	3.90
Sausage, pork, cooked	7.15	9.19	2.52
Sesame butter, Tahini	7.53	20.30	23.56
Sesame seed, dried	7.76	20.69	24.01
Sesame sticks, salted	6.48	10.91	17.42
Sherbet, orange	1.16	0.53	0.08
Shortening, unspecified vegetable oil	26.10	42.73	21.13
Soup			
Beef, chunky, Ready to serve	1.06	0.89	0.09
Chicken noodle, diluted with water	0.27	0.46	0.23
Chicken vegetable, chunky, Ready to serve	0.60	0.90	0.42
Clam chowder, Manhattan, diluted with water	0.16	0.16	0.53
Clam chowder, New England, diluted with 2% milk	0.74	0.71	0.41
Cream of mushroom, diluted with 2% milk	1.63	1.00	1.83
Cream of tomato, diluted with 2% milk	0.74	0.45	0.42
Split pea with ham, chunky, Ready to serve	0.66	0.68	0.24
Minestrone, diluted with water	0.23	0.29	0.46
Tomato, diluted with water	0.15	0.18	0.39

FOOD DESCRIPTION	Saturated	Monounsaturated	Polyunsaturated
Vegetables with beef, diluted with water	0.35	0.33	0.05
Vegetarian vegetable, diluted with water	0.12	0.34	0.30
Spaghetti with meat balls in tomato sauce, canned	0.86	1.30	1.57
Summer sausage, beef	12.03	12.97	1.20
Sunflower seed, dry roasted, salt added	5.22	9.51	32.88
Taco shells, baked	3.36	9.48	8.61
Taco, prepared, fast food	6.65	3.85	0.56
Toffee, homemade	20.42	9.47	1.22
Tofu, firm, prepared with magnesium chloride	1.26	1.93	4.92
Tofu, regular, prepared with magnesium chloride	0.69	1.06	2.70
Tomato sauce for spaghetti, canned	0.68	2.44	1.31
Tongue, beef, simmered	8.93	9.47	0.78
Tortilla chips, plain	5.02	15.45	3.63
Tortillas, flour	1.10	2.88	2.79
Tostada with beef and cheese	6.38	2.05	0.60
Tourtiere, commercial	5.48	6.33	1.69
Trail mix	5.55	12.53	9.65
Tuna salad	1.54	2.89	4.12
Turkey, dark meat, roasted	2.34	1.58	2.09
Turkey, ground, cooked	3.39	4.89	3.23
Turkey, light meat (breast), roasted	0.93	0.51	0.78
Turkey, canned, flaked	2.39	2.70	2.09
Turkey pot pie, commercial	3.58	6.26	0.89
Veal, cubed for stew, lean, braised	1.30	1.39	0.45
Veal, ground, broiled	3.04	2.84	0.55
Veal, loin, lean, roasted	2.58	2.49	0.57
Veal, leg, lean + fat, roasted	1.84	1.73	0.35
Veal, shoulder, whole, lean, roasted	2.50	2.40	0.53
Vienna sausage (cocktail), beef and pork, canned	9.28	12.55	1.68
Waffles, plain, from complete mix, cooked	2.25	3.60	6.90
Waffles, plain, frozen, ready-to-heat	1.37	3.05	2.64
Walnuts, dried	5.59	14.18	39.13
Wheat, flour, bread	0.24	0.14	0.73
Wheat, flour, whole grain	0.32	0.23	0.78
Wiener, beef	9.43	10.66	1.08
Wiener, beef and pork	8.68	10.97	2.19
Wiener, chicken	5.60	8.58	4.09
Wiener, turkey	5.89	5.58	5.00
Yogourt, frozen, vanilla, soft-serve	3.42	1.59	0.21
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