

# Nutrient Chart

Using appendix C \_\_\_\_\_ complete this chart. Remember the minerals listed in the appendix are: calcium, iron, potassium, sodium. Vitamins sometimes have 2 names; for example thiamin is also known as B1; riboflavin is also known as B2; niacin is also known as B3. Vitamins A and C don't have other names. Use the letter names as the spaces are small. The first one is done for you as an example.

Food	% water	Protein grams	Fat grams	Carb grams	Fiber grams	Minerals present	Vitamins present
Buttermilk	90	8	2	12	0	Calcium, iron, sodium potassium	A, B1, B2, B3, C
Mushrooms, canned							
Chocolate: milk, plain							
Almonds							
French toast							
Egg, hard cooked							
Clams							
Dates							
Steak							
Duck							
Eggplant							

Using appendix C \_\_\_\_\_ complete this chart, remember the minerals listed are, calcium, iron, potassium, sodium. Vitamins are thiamin also known as b1; riboflavin also known as b2; niacin also known as b3; and vitamins A and C. The first one is done for you.



Nutrients in indicated quantity

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	Nutrients in indicated quantity																			
		(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	
		Grams	Per-cent	Cal-ories	Grams	Grams	Milli-grams	Grams	Milli-grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
<b>Eggs</b>																					
	Eggs, large (24 oz. per dozen):																				
	Raw:																				
	White	50	75	80	6	1.6	274	1	0	0	28	1.0	65	69	78	0.04	0	0.15	0	0	0
	Yolk	33	88	15	3	0.0	0	Tr	0	0	4	Tr	45	50	0	Tr	0.09	Tr	0	0	0
	Cooked:	17	49	65	3	1.6	272	Tr	0	0	26	0.9	15	8	94	0.04	0.07	Tr	0	0	0
	Fried in butter	46	68	95	6	1.9	278	1	0	0	29	1.1	66	162	94	0.04	0.14	Tr	0	0	0
	Hard-cooked, shell removed	50	75	80	6	1.6	274	1	0	0	28	1.0	69	78	0.04	0.14	Tr	0	0	0	0
	Poached	50	74	80	6	1.6	273	1	0	0	28	1.0	65	146	78	0.03	0.13	Tr	0	0	0
	Scrambled (milk added) in butter. Also omelet	64	73	110	7	2.2	282	2	0	0	54	1.0	97	176	102	0.04	0.18	Tr	0	0	0
<b>Fats/Oils</b>																					
	Butter (4 sticks per lb.):																				
	Tablespoon (1/8 stick)	14	16	100	Tr	7.1	31	Tr	0	0	3	Tr	4	9416	10106	Tr	Tr	Tr	Tr	0	0
	Pat (1 in. square, 1/3 in. high; 90 per lb.)	5	16	35	Tr	2.5	11	Tr	0	0	1	Tr	1	941	1038	Tr	Tr	Tr	Tr	0	0
	Fats, cooking (vegetable shortenings)	205	0	1,810	0	51.5	0	0	0	0	0	0.0	0	0	0	0.00	0.00	0.00	0.00	0	0
	1 tsp.	13	0	115	0	3.3	0	0	0	0	0	0.0	0	0	0	0.00	0.00	0.00	0.00	0	0
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)		
<b>Margarine:</b>																					
	Limitation (about 40% fat), soft	227	58	785	1	88	14.5	0	0	0	40	0.0	11	57	2,178	122,254	0.01	0.05	Tr	Tr	0
	1 tsp.	14	58	50	Tr	5	0.9	0	0	0	2	0.0	4	1134	12139	Tr	Tr	Tr	Tr	0	0
	Regular (about 80% fat):																				
	Hard (4 sticks per lb.):																				
	Tablespoon (1/8 stick)	14	16	100	Tr	11	1.8	0	0	0	4	Tr	6	1132	12139	Tr	0.01	Tr	Tr	Tr	0
	Pat (1 in. square, 1/3 in. high; 90 per lb.)	5	16	35	Tr	4	0.8	0	0	0	1	Tr	2	147	1250	Tr	Tr	Tr	Tr	0	0
	Soft	227	16	1,625	2	183	30.7	0	0	0	60	0.0	11	86	2,449	122,254	0.02	0.07	Tr	Tr	0
	1 tsp.	14	16	100	Tr	11	1.9	0	0	0	4	0.0	5	1151	12139	Tr	Tr	Tr	Tr	0	0
	Spread (about 60% fat):																				
	Hard (4 sticks per lb.):																				
	Tablespoon (1/8 stick)	14	37	75	Tr	9	2.0	0	0	0	3	0.0	4	1139	12139	Tr	Tr	Tr	Tr	0	0
	Pat (1 in. square, 1/3 in. high; 90 per lb.)	5	37	25	Tr	3	0.7	0	0	0	1	0.0	1	150	1250	Tr	Tr	Tr	Tr	0	0
	Soft	227	37	1,225	1	138	29.1	0	0	0	47	0.0	11	68	2,256	122,254	0.02	0.06	Tr	Tr	0
	1 tsp.	14	37	75	Tr	9	1.8	0	0	0	3	0.0	4	1139	12139	Tr	Tr	Tr	Tr	0	0
	Oils, salad or cooking:																				
	Corn	218	0	1,925	0	218	29.4	0	0	0	0	0.0	0	0	0	0.00	0.00	0.00	0.00	0	0
	1 tsp.	14	0	125	0	14	1.8	0	0	0	0	0.0	0	0	0	0.00	0.00	0.00	0.00	0	0
	Safflower	218	0	1,925	0	218	19.8	0	0	0	0	0.0	0	0	0	0.00	0.00	0.00	0.00	0	0
	1 tsp.	14	0	125	0	14	1.3	0	0	0	0	0.0	0	0	0	0.00	0.00	0.00	0.00	0	0
	Soybean oil, hydrogenated (partially hardened)	218	0	1,925	0	218	31.4	0	0	0	0	0.0	0	0	0	0.00	0.00	0.00	0.00	0	0
	1 tsp.	14	0	125	0	14	2.0	0	0	0	0	0.0	0	0	0	0.00	0.00	0.00	0.00	0	0
	Sunflower	218	0	1,925	0	218	25.0	0	0	0	0	0.0	0	0	0	0.00	0.00	0.00	0.00	0	0
	1 tsp.	14	0	125	0	14	1.5	0	0	0	0	0.0	0	0	0	0.00	0.00	0.00	0.00	0	0
<b>Fish/Shellfish</b>																					
	Clams:																				
	Raw, meat only	85	82	65	11	1	0.1	43	2	0	59	2.6	154	102	26	0.09	0.15	1.1	9	0	0
	1 cup	135	77	135	23	3	0.3	135	1	0	61	1.1	149	1,350	14	0.11	0.11	2.6	0	0	0
	Crabmeat, canned																				
	Fish sticks, frozen, reheated, (stick, 4 by 1 by 1/2 in.)	28	52	70	6	3	0.9	26	4	Tr	11	0.3	94	53	5	0.03	0.05	0.6	0	0	0
	Haddock, breaded, fried <sup>14</sup>	85	61	175	9	3.2	75	7	1	0	34	1.0	270	123	20	0.06	0.10	2.9	0	0	0
	Halibut, broiled, with butter and lemon juice	85	67	140	20	6	0.5	62	Tr	0	14	0.7	441	103	174	0.06	0.07	7.7	1	0	0
	Salmon:																				
	Canned (pink), solids and liquid	85	71	120	17	5	1.7	34	0	0	15	0.7	307	443	18	0.03	0.15	6.8	0	0	0
	Sardines, Atlantic, canned in oil, drained solids	85	62	175	20	9	1.7	85	0	0	15	2.6	349	425	56	0.03	0.17	4.6	0	0	0
	6 scallops	90	59	195	15	10	2.5	70	10	Tr	39	2.0	369	298	21	0.11	0.11	1.6	0	0	0
	Shrimp:																				
	Canned, drained solids	85	70	100	21	1	0.2	128	1	0	98	1.4	1	1,955	15	0.01	0.03	1.5	0	0	0
	French fried (7 medium) <sup>16</sup>	85	55	200	16	10	3.8	168	11	Tr	61	2.0	189	384	26	0.06	0.09	2.8	0	0	0
	Tuna, canned, drained solids:																				
	Oil pack, chunk light	85	61	165	24	7	1.3	55	0	0	7	1.6	298	303	20	0.04	0.09	10.1	0	0	0
	Water pack, solid white	85	63	135	30	1	0.2	48	0	0	17	0.6	255	468	32	0.03	0.10	13.4	0	0	0

Nutrients in Indicated Quantity

Item No. Foods, approximate measures, units, and weight (weight of edible portion only)

(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	
	Grams	Per-cent	Cal-ories	Grams	Grams	Grams	Milli-grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
<b>Fruits and Fruit Juices</b>																			
<b>Apples:</b>																			
	Unpeeled, without cores; 2-3/4-in. diam. (about 3 per lb. with cores)																		
	1 apple	138	84	Tr	Tr	0.1	0	21	3	10	0.2	159	Tr	7	0.02	0.02	0.1	8	
	1 cup	110	84	Tr	Tr	0.1	0	16	2	4	0.1	124	Tr	5	0.02	0.01	0.1	4	
	10 rings	64	32	Tr	Tr	0	0	42	6	9	0.9	288	1856	0	0.00	0.10	0.6	2	
	Apple juice, bottled or canned <sup>19</sup>	248	88	Tr	Tr	0	0	29	Tr	17	0.9	295	7	Tr	0.05	0.04	0.2	202	
	Applesauce, canned:																		
	1 cup	255	80	Tr	Tr	0	0	51	3	10	0.9	156	8	3	0.03	0.07	0.5	204	
	1 cup	244	83	Tr	Tr	0	0	28	3	7	0.3	183	5	7	0.03	0.06	0.5	203	
	3 apricots	106	86	1	Tr	0	0	12	2	15	0.6	314	1	277	0.03	0.04	0.6	11	
	Raw, without pits (about 12 per lb. with pits)																		
	Canned (fruit and liquid):																		
	1 cup	258	78	1	Tr	0	0	55	3	23	0.8	361	10	317	0.05	0.06	1.0	8	
	1 cup	248	87	2	Tr	0	0	31	3	30	0.7	409	10	419	0.04	0.05	0.9	12	
	Juice pack																		
	Dried:																		
	Uncooked (28 large or 37 medium halves per cup)	130	31	5	1	Tr	0	80	6	59	6.1	1791	13	941	0.01	0.20	3.9	3	
	1 cup	251	85	1	Tr	0	0	36	2	18	1.0	286	8	330	0.02	0.04	0.7	202	
	Apricot nectar, canned																		
	Avocados, raw, whole, without skin and seed:																		
	California (about 2 per lb. with skin and seed)	173	73	4	30	4.5	0	12	6	19	2.0	1,097	21	106	0.19	0.21	3.3	14	
	1 avocado																		
	Bananas, raw, without peel:																		
	Whole (about 2-1/2 per lb. with peel)	114	74	1	1	0.2	0	27	2	7	0.4	451	1	9	0.05	0.11	0.6	10	
	1 banana	144	86	75	1	0.3	0	18	6	46	0.8	282	Tr	24	0.04	0.06	0.6	30	
	Blackberries, raw																		
	Raw	145	85	80	1	Tr	0	20	4	9	0.2	129	9	15	0.07	0.07	0.5	19	
	1 cup	284	77	230	1	Tr	0	62	6	17	1.1	170	3	12	0.06	0.15	0.7	3	
	Frozen, sweetened																		
	Cantaloupe. See Melons																		
	Cherries:																		
	Sour, red, pitted, canned, water pack	244	90	2	Tr	0.1	0	22	2	27	3.3	239	17	184	0.04	0.10	0.4	5	
	1 cup	68	81	1	1	0.1	0	11	0	10	0.3	152	Tr	15	0.03	0.04	0.3	5	
	Sweet, raw, without pits and stems	253	85	1	0	0	0	38	Tr	8	0.4	61	10	1	0.01	0.04	0.1	2108	
	Cranberry juice cocktail, bottled, sweetened	277	61	420	1	Tr	0	108	3	11	0.6	72	80	6	0.04	0.06	0.3	6	
	1 cup																		
	Cranberry sauce, sweetened, canned, strained																		
	Dates:																		
	Whole, without pits	83	23	2	Tr	0.2	0	61	6	27	1.0	541	2	4	0.07	0.08	1.8	0	
	10 dates																		
	Fruit cocktail, canned, fruit and liquid:																		
	1 cup	255	80	1	Tr	0	0	48	3	15	0.7	224	15	52	0.05	0.05	1.0	5	
	1 cup	248	87	1	Tr	0	0	29	3	20	0.5	236	10	76	0.03	0.04	1.0	7	
	Heavy syrup pack																		
	Juice pack																		
<b>Grain Products</b>																			
	Bagels, plain or water, enriched, 3-1/2 in. diam. <sup>24</sup>	68	29	200	7	0.1	0	38	2	29	1.8	50	245	0	0.26	0.20	2.4	0	
	1 bagel																		
	Biscuits, baking powder, 2 in. diam. (enriched flour, vegetable shortening):																		
	From home recipe	28	28	100	2	1.2	Tr	13	1	47	0.7	32	195	3	0.08	0.08	0.8	Tr	
	1 biscuit	28	29	95	2	0.8	Tr	14	1	58	0.7	56	262	4	0.12	0.11	0.8	Tr	
	From mix	20	30	65	1	2.0	1	10	Tr	4	0.5	18	249	0	0.08	0.05	0.7	0	
	1 biscuit																		
	Breads:																		
	Cake-and-wheat bread (3/4 enriched wheat flour, 1/4 cracked wheat flour): <sup>5</sup>	25	35	65	2	1	0.2	0	12	2	16	0.7	34	106	Tr	0.10	0.09	0.8	Tr
	1 slice																		
	Slice (18 per loaf)																		
	French or Vienna bread, enriched: <sup>25</sup>																		
	Slice:																		
	French, 5 by 2-1/2 by 1 in.	35	34	100	3	1	0.2	0	18	1	39	1.1	32	203	Tr	0.16	0.12	1.4	Tr
	1 slice	25	34	70	2	1	0.2	0	13	1	28	0.8	23	145	Tr	0.12	0.09	1.0	Tr
	Vienna, 4-3/4 by 4 by 1/2 in.																		
	Italian bread, enriched:																		
	Slice, 4-1/2 by 3-1/4 by 3/4 in.	30	32	85	3	Tr	0.3	0	17	1	5	0.8	22	176	0	0.12	0.07	1.0	0
	1 slice	60	31	165	6	1	0.1	0	33	1	49	1.4	71	339	0	0.27	0.12	2.2	0
	Pita bread, enriched, white, 6-1/2 in. diam.																		
	Pumpernickel (2/3 rye flour, 1/3 enriched wheat flour): <sup>25</sup>																		
	1 pita																		
	Slice, 5 by 4 by 3/8 in.:																		
	1 slice	32	37	80	3	1	0.1	0	16	1	23	0.9	141	177	0	0.11	0.17	1.1	0
	Raisin bread, enriched: <sup>25</sup>																		
	1 slice (18 per loaf)	25	33	65	2	1	0.3	0	13	1	25	0.8	59	92	Tr	0.08	0.15	1.0	Tr
	Rye bread, light (2/3 enriched wheat flour, 1/3 rye flour): <sup>25</sup>																		
	1 slice	25	37	65	2	1	0.2	0	12	2	20	0.7	51	175	0	0.10	0.08	0.8	0
	Slice, 4-3/4 by 3-3/4 by 7/16 in.																		
	Wheat bread, enriched: <sup>25</sup>																		
	Slice (18 per loaf)	25	37	65	2	1	0.2	0	12	1	32	0.9	35	138	Tr	0.12	0.08	1.2	Tr
	White bread, enriched: <sup>25</sup>																		
	Slice (18 per loaf)	25	37	65	2	1	0.2	0	12	1	32	0.7	28	129	Tr	0.12	0.08	0.9	Tr
	Slice (22 per loaf)	20	37	55	2	1	0.2	0	10	1	25	0.6	22	101	Tr	0.09	0.06	0.7	Tr
	1 cup	30	37	80	2	1	0.2	0	15	1	38	0.9	34	154	Tr	0.14	0.09	1.1	Tr
	1 cup	45	37	120	4	2	0.3	0	22	1	57	1.3	50	231	Tr	0.21	0.14	1.7	Tr
	Crumbs, soft																		
	Whole-wheat bread: <sup>25</sup>																		
	1 slice (16 per loaf)	28	38	70	3	1	0.3	0	13	2	20	1.0	50	180	Tr	0.10	0.06	1.1	Tr

Grains

(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)
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Appendix Values of Foods

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	Nutrients in Indicated Quantity																			
		(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	
		Grams	Per-cent	Cal-ories	Grams	Grams	Satur-ated fat	Chol-esterol	Carbo-hydrate	Dietary fiber	Calcium	Iron	Potas-sium	Sodium	Vitamin A	Vitamin C	Thiamin	Ribo-flavin	Niacin	Vitamin C	
Raspberries:																					
Raw	1 cup	123	87	60	1	1	Tr	0	14	5	27	0.7	187	Tr	16	0.04	0.04	0.11	1.1	31	
Frozen, sweetened	10-oz. container	234	73	295	2	Tr	Tr	0	74	5	43	1.8	324	3	17	0.05	0.13	0.13	0.7	47	
Rhubarb, cooked, with sugar	1 cup	240	68	280	1	Tr	Tr	0	75	5	348	0.5	230	2	17	0.04	0.06	0.06	0.5	8	
Strawberries:																					
Raw, capped, whole	1 cup	149	92	45	1	1	Tr	0	10	2	21	0.6	247	1	4	0.03	0.10	0.10	0.3	84	
Tangerines:																					
Raw, without peel and seeds (2-3/8 in. diam., about 4 per lb., with peel and seeds)	1 half-pint	84	88	35	1	Tr	Tr	0	9	1	12	0.1	132	1	77	0.09	0.02	0.02	0.1	26	
Watermelon, raw, without rind and seeds; Piece (1 by 8 in wedge with rind and seeds; 1/16 of 32-2/3 lb. melon, 10 by 16 in.)	1 piece	482	92	155	3	2	0.6	0	35	1	39	0.8	559	10	176	0.39	0.10	0.10	1.0	46	
<b>Legumes/Nuts</b>																					
Almonds, shelled:																					
Silvered, packed	1 cup	135	4	795	27	70	6.7	0	28	13	359	4.9	988	15	0	0.28	1.05	4.5	1		
Beans, dry:																					
Cooked, drained:	1 cup	190	64	260	16	1	0.2	0	49	14	55	5.9	1,163	4	0	0.25	0.11	1.3	0		
Lima																					
Canned, solids and liquid:																					
White with:	1 cup	255	71	310	16	7	1	10	48	12	138	4.6	536	1,181	33	0.20	0.08	1.5	5		
Pork and tomato sauce	1 cup	255	76	230	15	1	Tr	0	42	5	74	4.6	673	568	1	0.13	0.10	1.5	0		
Red kidney																					
Black-eyed peas, dry, cooked (with residual cooking liquid)	1 cup	250	80	190	13	1	0.2	0	35	12	43	3.3	573	20	3	0.40	0.10	1.0	0		
Brazil nuts, shelled	1 oz.	28	3	185	4	19	4.6	0	4	2	50	1.0	170	1	Tr	0.28	0.03	0.5	Tr		
Carob flour	1 cup	140	3	255	6	Tr	0.1	0	126	41	390	5.7	1,275	24	Tr	0.07	0.07	2.2	Tr		
Cashew nuts, salted:																					
Dry roasted	1 cup	137	2	785	21	63	12.5	0	45	4	62	8.2	774	41,877	0	0.27	0.27	1.9	0		
Roasted in oil	1 cup	130	4	750	21	63	12.4	0	37	4	53	5.3	690	42,814	0	0.27	0.27	1.9	0		
<b>Meat</b>																					
Beef, cooked: <sup>46</sup>																					
Cuts braised, simmered, or pot roasted:																					
Relatively fat such as chuck blade:	3 oz.	85	43	325	22	26	11.6	87	0	0	11	2.5	163	53	Tr	0.06	0.19	1.0	0		
Lean and fat, piece, 2-1/2 by 2-1/2 by 3/4 in.																					
Relatively lean, such as bottom round:	3 oz.	85	54	220	25	13	3.6	81	0	0	5	2.8	248	43	Tr	0.06	0.21	1.1	0		
Lean and fat, piece, 4-1/8 by 2-1/4 by 1/2 in.																					
Ground beef, broiled, patty, 3 by 5/8 in.:																					
Lean	3 oz.	85	56	230	21	16	7.0	74	0	0	9	1.8	256	65	Tr	0.04	0.18	1.4	0		
Regular	3 oz.	85	54	245	20	18	7.9	76	0	0	9	2.1	248	70	Tr	0.03	0.16	1.1	0		
Liver, fried, slice, 6-1/2 by 2-3/8 by 3/8 in. <sup>47</sup>	3 oz.	85	56	185	23	7	3.0	410	7	0	9	5.3	309	90	489,120	0.18	3.52	17.3	43		
Roast, oven cooked, no liquid added:																					
Relatively fat, such as rib:	3 oz.	85	46	315	19	26	14.3	72	0	0	8	2.0	246	54	Tr	0.06	0.16	3.1	0		
Lean and fat, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in.																					
Relatively lean, such as eye of round:	3 oz.	85	57	205	23	12	6.2	62	0	0	5	1.6	308	50	Tr	0.07	0.14	3.0	0		
Lean and fat, 2 pieces, 2-1/2 by 2-1/2 by 3/8 in.																					
Steak:																					
Stifoin, broiled:																					
Lean and fat, piece, 2-1/2 by 2-1/2 by 3/4 in.	3 oz.	85	53	240	23	15	8.7	77	0	0	9	2.6	306	53	Tr	0.10	0.23	3.3	0		
Beef, canned, corned	3 oz.	85	59	185	22	10	7.0	80	0	0	17	3.7	51	802	Tr	0.02	0.20	2.9	0		
Beef, dried, chipped	2.5 oz.	72	48	145	24	4	0.5	46	0	0	14	2.3	142	3,053	Tr	0.05	0.23	2.7	0		
Lamb, cooked:																					
Chops, (3 per lb. with bone):	2.2 oz.	63	44	220	20	15	3.5	77	0	0	16	1.5	195	46	Tr	0.04	0.16	4.4	0		
Lean and fat																					
Leg, roasted:	3 oz.	85	59	205	22	13	7.8	78	0	0	8	1.7	273	57	Tr	0.09	0.24	5.5	0		
Lean and fat, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in.																					
Rib, roasted:	3 oz.	85	47	315	18	26	14.5	77	0	0	19	1.4	224	60	Tr	0.08	0.18	5.5	0		
Lean and fat, 3 pieces, 2-1/2 by 2-1/2 by 1/4 in.																					
Pork, cured, cooked:																					
Bacon:																					
Regular	3 medium slices	19	13	110	6	9	3.3	16	Tr	0	2	0.3	92	303	0	0.13	0.05	1.4	6		
Canadian-style	2 slices	46	62	85	11	4	1.3	27	1	0	5	0.4	179	711	0	0.38	0.09	3.2	10		
Ham, light cure, roasted:																					
Lean and fat, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in.	3 oz.	85	58	205	18	14	6.8	53	0	0	6	0.7	243	1,009	0	0.51	0.19	3.8	0		
Ham, canned, roasted, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in.																					
Luncheon meat:	3 oz.	85	67	140	18	7	3.2	35	Tr	0	6	0.9	298	908	0	0.82	0.21	4.3	49		
Canned, spiced or unspiced, slice, 3 by 2 by 1/2 in.																					
Cooked ham (8 slices per 8 oz. pkg.):	2 slices	42	52	140	5	13	4.6	26	1	0	3	0.3	90	541	0	0.15	0.08	1.3	Tr		

Nutrients in Indicated Quantity

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	
		Water	Food energy	Protein	Fat	Saturated fat	Cholesterol	Carbohydrate	Dietary fiber	Calcium	Iron	Potassium	Sodium	Vitamin A	Vitamin C	Niacin	Riboflavin	Thiamin	Vitamin A	Vitamin C	
	Drumstick (3.4 oz. with bones)	72	195	16	11	3.0	62	6	Tr	12	1.0	134	194	19	0.08	0.15	3.7	0	0	0	
	Roasted, flesh only:																				
	Breast, 1/2 breast (4.2 oz. with bones and skin)	86	140	27	3	0.9	73	0	0	13	0.9	220	64	5	0.06	0.10	11.8	0	0	0	
	Drumstick (2.9 oz. with bones and skin)	44	75	12	2	1.4	41	0	0	5	0.6	108	42	8	0.03	0.10	2.7	0	0	0	
	Chicken liver, cooked	20	68	30	5	1.6	126	Tr	0	3	1.7	28	10	983	0.03	0.35	0.9	3	0	0	
	Duck, roasted, flesh only	221	64	445	25	9.2	197	0	0	27	6.0	557	144	51	0.57	1.04	11.3	0	0	0	
	Turkey, roasted, flesh only:																				
	Dark meat, piece, 2-1/2 by 1-5/8 by 1/4 in.	85	160	24	6	4.0	72	0	0	27	2.0	246	67	0	0.05	0.21	3.1	0	0	0	
	Light meat, piece, 4 by 2 by 1/4 in.	85	135	25	3	2.7	59	0	0	16	1.1	259	54	0	0.05	0.11	5.8	0	0	0	
	Poultry food products:																				
	Chicken:																				
	Canned, boneless	142	235	31	11	3.1	88	0	0	20	2.2	196	714	48	0.02	0.18	9.0	3	0	0	
	Frankfurter (10 per 1-lb. pkg.)	45	115	6	9	2.5	45	3	0	43	0.9	38	616	17	0.03	0.05	3.4	0	0	0	
	Roll, light (6 slices per 6 oz. pkg.)	57	69	90	11	1.1	28	1	0	24	0.6	129	331	14	0.04	0.07	3.0	0	0	0	
	Turkey:																				
	Gravy and turkey, frozen	142	95	8	4	1.0	26	7	Tr	20	1.3	87	787	18	0.03	0.18	2.6	0	0	0	
	Loaf, breast meat (8 slices per 6 oz. pkg.)	42	72	45	10	0.5	17	0	0	3	0.2	118	608	0	0.02	0.05	3.5	5	0	0	
	Patties, breaded, battered, fried (2.25 oz.)	64	50	180	9	2.7	40	10	Tr	9	1.4	176	512	7	0.06	0.12	1.5	0	0	0	
	Roast, boneless, frozen, seasoned, light and dark meat, cooked	85	68	130	18	5	45	3	0	4	1.4	253	578	0	0.04	0.14	5.3	0	0	0	
	3 oz.																				
	1 oz.	28	115	1	3	3	1.9	22	Tr	42	0.4	54	64	Tr	0.01	0.05	0.1	Tr	Tr	Tr	
	Caramels, plain or chocolate																				
	Chocolate:																				
	Milk, plain	28	145	2	9	5.2	6	16	1	50	0.4	96	23	10	0.02	0.10	0.1	Tr	Tr	Tr	
	Milk, with almonds	28	150	3	10	4.8	5	15	2	65	0.5	125	23	8	0.02	0.12	0.2	Tr	Tr	Tr	
	Milk, with peanuts	28	155	4	11	3.4	5	13	2	49	0.4	138	19	8	0.07	0.07	1.4	Tr	Tr	Tr	
	Milk, with rice cereal	28	140	2	7	4.5	6	18	1	48	0.2	100	46	8	0.01	0.08	0.1	Tr	Tr	Tr	
	Semisweet, small pieces (60 per oz.)	170	1	860	7	61	29.8	0	97	10	5.8	593	24	3	0.10	0.14	0.9	Tr	Tr	Tr	
	Sweet (dairy)	28	1	150	1	10	5.9	0	16	2	7	86	5	1	0.01	0.04	0.1	Tr	Tr	Tr	
	Fudge, chocolate, plain	28	8	115	1	3	1.5	1	21	Tr	0.3	42	54	Tr	0.01	0.03	0.1	Tr	Tr	Tr	
	Gum drops	28	12	100	Tr	0.0	0	25	0	2	0.1	1	10	0	0.00	Tr	Tr	Tr	Tr	Tr	
	Hard	28	1	110	0	0.0	0	26	0	Tr	0.1	1	7	0	0.10	0.00	0.0	Tr	Tr	Tr	
	Jelly beans	28	6	105	Tr	0.0	0	26	0	1	0.3	11	7	0	0.00	Tr	Tr	Tr	Tr	Tr	
	Marshmallows	28	17	90	1	0	0	23	Tr	1	0.5	2	25	0	0.00	Tr	Tr	Tr	Tr	Tr	
	Custard, baked	285	77	305	14	6.2	278	29	0	297	1.1	387	209	146	0.11	0.50	0.3	1	1	1	
	Gelatin dessert prepared with gelatin	120	84	70	2	0.0	0	17	0	2	Tr	Tr	55	0	0.00	0.00	0.0	0	0	0	
	Honey, strained or extracted	339	17	1,030	1	0	0	279	Tr	17	1.7	173	17	0	0.02	0.14	1.0	3	3	3	
	Jams and preserves	21	17	65	Tr	0.0	0	17	Tr	1	0.1	11	1	0	Tr	0.01	0.1	Tr	Tr	Tr	
	Jellies	20	29	55	Tr	0.0	0	14	Tr	4	0.2	18	2	Tr	Tr	0.01	Tr	Tr	Tr	Tr	
	Puddings:	18	28	50	Tr	Tr	Tr	13	Tr	2	0.1	16	5	Tr	Tr	0.01	Tr	Tr	Tr	Tr	
	Popsicle, 3 fl. oz. size	95	80	70	0	0.0	0	18	0	0	Tr	4	11	0	0.00	0.00	0.0	0	0	0	
	Canned:																				
	Chocolate	142	68	205	3	1.0	1	30	1	74	1.2	254	285	31	0.04	0.17	0.6	Tr	Tr	Tr	
	Vanilla	142	69	220	2	0.8	1	33	Tr	79	0.2	155	305	Tr	0.03	0.12	0.6	Tr	Tr	Tr	
	Dry mix, prepared with whole milk:																				
	Chocolate:																				
	Instant	130	71	155	4	2.4	14	27	2	130	0.3	176	440	33	0.04	0.18	0.1	1	1	1	
	Rice	132	73	155	4	2.3	15	27	1	133	0.5	165	140	33	0.10	0.18	0.6	1	1	1	
	Vanilla:																				
	Instant	130	73	150	4	2.3	15	27	Tr	129	0.1	164	375	33	0.04	0.17	0.1	1	1	1	
	Sugars:																				
	Brown, pressed down	220	2	820	0	0.0	0	212	0	3	0.1	7	5	0	0.00	0.00	0.0	0	0	0	
	White:																				
	Granulated	200	1	770	0	0.0	0	199	0	Tr	Tr	Tr	Tr	0	0.00	0.00	0.0	0	0	0	
	Powdered, sifted, spooned into cup	12	1	45	0	0.0	0	12	0	6	0.8	85	36	Tr	Tr	0.02	0.1	0	0	0	
	Syrups:																				
	Chocolate-flavored syrup or topping:	38	37	65	1	Tr	0	21	1	38	0.5	82	42	13	0.02	0.08	0.1	0	0	0	
	Thin type	38	25	125	2	5	2.2	22	Tr	274	10.1	1,171	38	0	0.04	0.08	0.8	0	0	0	
	Fudge type	42	25	122	0	0	0	212	0	187	4.8	757	97	0	0.02	0.07	0.2	0	0	0	
	Table syrup (corn and maple)																				

Sugars and Syrups

Nutrients in Indicated Quantity

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)	Nutrients in Indicated Quantity																
		(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)

Vegetables and Vegetable Products

Alfalfa seeds, sprouted, raw	1 cup	33	91	10	1	Tr	Tr	0	1	1	11	0.3	26	2	5	0.03	0.04	0.2	3	
Asparagus, green:																				
Cooked, drained:																				
From raw:																				
Cuts and tips	1 cup	180	92	4.5	5	1	0.2	0	8	4	41	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	
Beans:																				
Lima, immature seeds, frozen, cooked, drained:																				
Thick-seeded types (Ford-hooks)	1 cup	170	74	170	10	1	0.2	0	32	12	37	2.3	694	90	32	0.13	0.10	1.8	22	
Cooked, drained:																				
From raw (cut and French style)	1 cup	125	89	45	2	Tr	Tr	0	10	4	58	1.6	374	4	5783	0.09	0.12	0.8	12	
From frozen (cut)	1 cup	135	92	35	2	Tr	Tr	0	8	4	61	1.1	151	18	5871	0.06	0.10	0.6	11	
Canned, drained solids (cut)	1 cup	135	93	25	2	Tr	Tr	0	6	2	35	1.2	147	59339	6047	0.02	0.08	0.3	6	
Beets:																				
Canned, drained solids, diced or sliced	1 cup	170	91	55	2	Tr	Tr	0	12	4	26	3.1	252	61466	2	0.02	0.07	0.3	7	
Beet greens, leaves and stems, cooked, drained	1 cup	144	89	40	4	Tr	Tr	0	8	4	164	2.7	1,309	347	734	0.17	0.42	0.7	36	
Broccoli:																				
Cooked, drained:																				
From raw:																				
Spears, cut into 1/2 in. pieces	1 cup	155	90	45	5	Tr	Tr	0	9	2	177	1.8	253	17	218	0.13	0.32	1.2	97	
From frozen:																				
Chopped	1 cup	185	91	50	6	Tr	Tr	0	10	5	94	1.1	333	44	350	0.10	0.15	0.8	74	
Brussels sprouts, cooked, drained:																				
From frozen	1 cup	155	87	65	6	1	0.2	0	13	6	37	1.1	504	36	91	0.16	0.18	0.8	71	
Cabbage, common varieties:																				
Raw, coarsely shredded or sliced	1 cup	70	93	15	1	Tr	Tr	0	4	1	33	0.4	172	13	9	0.04	0.02	0.2	33	
Cooked, drained	1 cup	150	94	30	1	Tr	0.1	0	7	4	50	0.6	308	29	13	0.09	0.08	0.3	36	
Cabbage, red, raw, coarsely shredded or sliced	1 cup	70	92	20	1	Tr	Tr	0	4	2	36	0.3	144	8	3	0.04	0.02	0.2	40	
Carrots:																				
Raw, without crowns and tips, scraped:																				
Whole, 7-1/2 by 1-1/8 in., or strips, 2-1/2 to 3 in. long	1 carrot or 18 strips	72	88	30	1	Tr	Tr	0	7	2	19	0.4	233	25	2,025	0.07	0.04	0.7	7	
Cooked, sliced, drained:																				
From frozen	1 cup	146	90	55	2	Tr	Tr	0	12	6	41	0.7	231	86	2,585	0.04	0.05	0.6	4	
Cauliflower:																				
Raw, (flowerets)	1 cup	100	92	25	2	Tr	Tr	0	5	2	29	0.6	355	15	2	0.08	0.06	0.6	72	
Cooked, drained:																				
From frozen (flowerets)	1 cup	180	94	35	3	Tr	Tr	0	7	4	31	0.7	250	32	4	0.07	0.10	0.6	56	
Celery, pascal type, raw:	1 stalk	40	95	5	Tr	Tr	Tr	0	1	1	14	0.2	114	35	5	0.01	0.01	0.1	3	
Stalk, large outer, 8 by 1-1/2 in. (at root end)																				
Collards, cooked, drained:																				
From frozen (chopped)	1 cup	170	88	60	5	1	0.2	0	12	6	357	1.9	427	85	1,017	0.08	0.20	1.1	45	
Corn, sweet:																				
Cooked, drained:																				
From raw, ear 5 by 1-3/4 in.	1 ear	77	70	85	3	1	0.2	0	19	2	2	0.5	192	13	6817	0.17	0.06	1.2	5	
From frozen:																				
Ear, trimmed to about 3-1/2 in. long	1 ear	63	73	60	2	Tr	0.1	0	14	2	2	0.4	158	3	6313	0.11	0.04	1.0	3	
Kernels	1 cup	165	76	135	5	Tr	Tr	0	34	4	3	0.5	229	8	6941	0.11	0.12	2.1	4	
Canned:																				
Cream style	1 cup	256	79	185	4	1	0.2	0	46	4	8	1.0	343	64730	6825	0.06	0.14	2.5	12	
Whole kernel, vacuum pack	1 cup	210	77	165	5	1	0.2	0	41	4	11	0.9	391	65571	6951	0.09	0.15	2.5	17	
Cucumber, with peel, slices, 1/8 in. thick (large, 2-1/8 in. diam.; small, 1-3/4 in. diam.)	6 large or 8 small slices																			
Eggplant, cooked, steamed	1 cup	28	96	5	Tr	Tr	Tr	0	1	Tr	4	0.1	42	1	1	0.01	0.01	0.1	1	
Kale, cooked, drained:																				
From frozen, chopped	1 cup	96	92	25	1	Tr	0.1	0	6	4	6	0.3	238	3	6	0.07	0.02	0.6	1	
Lettuce, raw:																				
Butterhead, as Boston types:																				
Head, 5 in. diam.	1 head	163	96	20	2	Tr	Tr	0	4	4	52	0.5	419	8	158	0.10	0.10	0.5	13	
Crisphead, as iceberg:																				
Head, 6 in. diam.	1 head	539	96	70	5	1	Tr	0	11	4	102	2.7	852	49	178	0.25	0.16	1.0	21	
Wedge, 1/4 of head	1 wedge	135	96	20	1	Tr	Tr	0	3	1	26	0.7	213	12	45	0.06	0.04	0.3	5	
Pieces, chopped or shredded	1 cup	55	96	5	1	Tr	Tr	0	1	1	10	0.3	87	5	18	0.03	0.02	0.1	2	
Mushrooms:																				
Raw, sliced or chopped	1 cup	70	92	20	1	Tr	Tr	0	3	Tr	4	0.9	259	3	0	0.07	0.31	2.9	2	
Canned, drained solids	1 cup	156	91	35	3	Tr	Tr	0	8	4	17	1.2	201	663	0	0.13	0.03	2.5	0	