
Food & Fitness Guide

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Graphic Arts and Design: Lisa Massinger

Manuscript Preparation: Suzanne Gillespie
Diann Triebwasser
Jeanne Reinhardt

Technical Editing: Kathy Pearson
Martie Sucec

PREMIER Intervention Committee Members:

Cathy Aicker	Eva Obarzanek
Phillip Brantley, PhD	Pauline Patrick, MS, RD
Cathy Champagne, PhD, RD	Fran Rukenbrod, RD
Shirley Craddick, MHA, RD	Denise Simons-Morton, PD, PhD
Kristi Funk, MS, RD	Sonja Steele, MPH, RD, LDN
David Harsha	Vic Stevens, PhD
Erma Levy, MPH, RD, LDN	Allison Worthen, LDN, RD
Pao-Hwa Lin, PhD	Deborah Young, PhD
Phylliss McCarron, MS, RD	

Sources of Information:

NCC, Bowes & Church, product manufacturers' listings.

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Welcome to PREMIER

The purpose of PREMIER is to help people make lifestyle changes that will help lower blood pressure and reduce risk of developing heart disease.

As a participant in PREMIER, you will learn how to make healthy changes to your physical activity and eating patterns including reducing calories, fat, sodium, and alcohol and increasing fruits and vegetables and low-fat dairy foods.

PREMIER Lifestyle Guidelines

1. Eat a diet rich in fruits and vegetables

Eat 9-12 servings of fruits and vegetables every day.

2. Eat a diet high in low-fat dairy foods

Eat 3 servings of low-fat dairy foods every day.

3. Lose weight

Lose 15 pounds, if recommended, or your individual goal.

4. Eat a low-fat diet

Eat 25% or less of total calories from fat and 7% or less of total calories from saturated fat. This means approximately 30 grams of fat for women and 40 grams of fat for men per day.

5. Eat a low-sodium diet

Eat no more than 2400 mg of sodium every day.

6. Be physically active on a regular basis

Be physically active for 30 minutes or more per day, 6 days per week.

This means accumulate 180 physical activity points each week.

1 minute of moderate intensity activity = 1 physical activity point.

7. If you drink alcohol, limit your intake

Women: Drink no more than 1 alcoholic drink per day.

Men: Drink no more than 2 alcoholic drinks per day.

(1 drink = 12 fl oz beer, 5 fl oz wine, or 1 jigger 80-proof liquor)

8. Keep records

Record your food intake at least 3 days each week. Record your minutes of at least moderate-intensity physical activity every day.

How to Make Successful Lifestyle Changes

Step 1: Become Aware

Keep records to help you become more aware of what you eat, how often you eat, and how frequently you are physically active. Records help you identify challenging areas and changes you might want to make. Research shows that people who keep food and activity records are more successful at making dietary and physical activity changes than those who don't. The PREMIER Food and Fitness Diary is a tool you can use to record your eating and physical activity patterns.

Step 2: Use the Food and Fitness Guide

The Food and Fitness Guide helps you learn about the calorie, fat, and sodium content of the foods that you eat. It also provides information on how to monitor your physical activity, and about how to read labels.

Step 3: Title???

Make a commitment to long-term changes and to attending PREMIER group sessions and completing activities of the PREMIER program.

Becoming Familiar with the Food & Fitness Guide

Use the PREMIER Food and Fitness Guide to meet the PREMIER *Lifestyle Guidelines*.

- Look up the calories, fat, saturated fat, and sodium for foods you eat.
- Compare foods to make healthier choices.
- Make selections using this information in the grocery store.
- Keep records to show your progress.

1. How to Find Foods in This Guide

- Food items are listed within specific **Food Categories**, such as “Beverages,” “Candy,” “Cereals,” and “Meat, Fish, Poultry.” The Table of Contents lists all of the food categories. Foods are listed **alphabetically** within each food category.
- To find food items quickly, become familiar with the food categories. Food categories allow you to compare similar items.
- Use the **alphabetical index** at the back of the book to locate foods by name (page __ to __).

2. What Nutrients Are Listed

Values for calories, fat, saturated fat, and sodium are listed for each food. Fat values are expressed in grams (g) and sodium values in milligrams (mg). All values are for the specified amount. For example, milk is listed this way:

	Amount	Calories	Fat	Sat Fat	Sodium
Milk					
- fat-free or skim	8 fl oz	85	0	0	125
- low-fat or 1%	8 fl oz	100	3	2	125
- reduced-fat or 2%	8 fl oz	120	5	3	120
- whole	8 fl oz	150	8	5	120

3. How to Find Calorie, Fat, and Sodium Values in Foods

- The values in this book are intended to give you an estimate of the calorie, fat, saturated fat, and sodium content of many common foods you eat. The actual content of the nutrients will vary based on the brand name and method of preparation.
- Notes regarding preparation and salt added are found with the category headings.
- More specific information will be found on the “Nutrition Facts” label on the package. Always use these values when they are available.
- Unless otherwise noted, values for mixed dishes like macaroni and cheese, spaghetti and meatballs, and mashed potatoes include fat and salt normally added during cooking.
- A page is provided at the back of the guide for you to record the nutrient values for your favorite foods, recipes, or information from food labels.

4. Serving Size -- How to Determine the Amount of Food

Having foods listed in categories let’s you compare different products of the same type. Know the amounts of food you eat so that your record-keeping values are accurate. At the beginning, measure your food portions using measuring cups and spoons. It is easy to underestimate size or amount of “a serving.”

How to Estimate Sodium Values

Salt added at the table is not included in the sodium values listed for a particular food. If you do add salt, you need to estimate the amount. Following are sodium values for various measures of salt, including an average value for a single shake from a salt shaker, are listed below:

Amount of Sodium in Household Measures of Salt

Amount of Salt	Amount of Sodium
1 teaspoon	2300 mg
1/2 teaspoon	1150 mg
1/4 teaspoon	575 mg
1/8 teaspoon	290 mg
1/16 teaspoon	145 mg
Average for a single shake	40 mg

For a better estimate, measure some shakes from your own salt shaker.

See the notes under the category headings in the food listing section for information about salt used in cooking.

Reading Nutrition Labels

Nutrition labeling is required on all packaged and processed foods. Use the “Nutrition Facts” label to find the calorie, fat, and sodium content to help you make healthy choices.

Nutrition Facts		
Serving Size 1 Package (226g)		
Servings Per Container 1		
Amount Per Serving		
Calories 270	Calories from Fat 50	
% Daily Value*		
Total Fat 6g		9%
Saturated Fat 1.5 g		8%
Cholesterol 5mg		2%
Sodium 680mg		28%
Total Carbohydrate 45g		15%
Dietary Fiber 3g		12%
Sugars 5g		
Protein 8g		
Vitamin A 8%	• Vitamin C 8%	
Calcium 6%	• Iron 10%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25mg
Cholesterol	Less than	300g 300g
Sodium	Less than	2,400g 2,400g
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
<small>Calories per gram: Fat 9 Carbohydrate 4 Protein 4</small>		

Here is what to look for on the “Nutrition Facts” label:

- **Check the Serving Size and Servings per Container**
Serving sizes are based on amounts people generally eat. If you eat a larger or a smaller serving, you will need to adjust the values accordingly.
- **Check the Nutrient List**
Study the number of calories, grams of fat and saturated fat, and milligrams of sodium per serving. Compare these values with other similar products to make the healthiest choices.
- **Check the Ingredient List**
Even if there is no “Nutrition Facts” label on the package, you can still get some information about the product from the ingredient list. Ingredients are always listed in order by amount. If fat-containing ingredients are near the top of the list, that means that the product is probably high in fat. Salt is a tip-off for sodium, but a product may be high in sodium even if salt is far down on the list of ingredients.

Study the Label Claims

Claims used on food labels can also give you helpful information. The FDA has established the following guidelines for claims on food labels:

Calorie-free	5 calories or less per serving
Low-calorie	40 calories or less per serving
Reduced-calorie	At least 25 percent fewer calories per serving than a comparison food
Fat-free	Less than 1/2 gram of fat per serving
Low-fat	3 grams of fat or less per serving
% fat-free	Can be expressed only on a “low-fat” or “fat-free” food product
Low-saturated fat	1 gram or less saturated fat per serving and 15% or less calories from saturated fat
Reduced-fat	At least 25% less fat per serving than the regular version
Sodium-free	Less than 5 milligrams of sodium per serving
Very low-sodium	35 milligrams or less sodium per serving
Low-sodium	140 milligrams or less sodium per serving
Reduced-sodium	At least 25 percent less sodium per serving than the regular version
Unsalted	No salt added during processing The product it resembles must normally be processed with salt and the label must note that the food is not a “sodium-free food” if it does not meet the requirements for “sodium-free”
Light or lite	1/3 less calories, or no more than 1/2 the fat of the regular version, or no more than 1/2 the sodium of the regular version

You can decrease your intake of calories, fat, and sodium by switching to “low,” “reduced,” or “free” versions of food products. But be aware that many *reduced-fat* products like cream cheese and salad dressings may still contain large amounts of fat. Use the information on the “Nutrition Facts” label and in the Food and Fitness Guide to help guide your purchases.

How to Estimate Calories, Fat, & Sodium for Recipes

Follow these steps to calculate values for calories, fat, and sodium for your home recipes:

1. List each ingredient along with the amount. Include fat used during preparation and seasonings that contain either fat or sodium.
2. Find each ingredient in the Food and Fitness Guide.
Refer to the following food categories for many of your ingredients:
 - Baking & Cooking Ingredients
 - Butter, Margarine, Fats, & Oil
 - Condiments, Pickles, & Olives
 - Sauces & Gravies
 - Seasonings, Herbs, & Spices
3. Calculate values for the amounts of calories, fat, and sodium for each ingredient used in the recipe. Use the Food Conversion Table on page ___ if needed.
4. Total the values for calories, fat, and sodium for all of the ingredients.
5. Divide the totals by the number of servings made by the recipe to give values for calories, fat, and sodium per serving. Here is an example.

Beef Stew (Makes 4 servings)	Calories	Fat	Sat. Fat	Sodium
1 lb. round steak, trimmed (12 oz cooked weight)	620	16	4	200
1 TB flour	30	0	0	0
1 cup chopped onion	60	0	0	0
1-1/2 cups sliced carrots	80	0	0	135
3 potatoes, diced	270	0	0	15
1 tomato, chopped	30	0	0	10
1 TB Worcestershire sauce	15	0	0	150
1/2 tsp garlic powder	0	0	0	5
Recipe Totals	1105	16	4	515

Calories $1105 \div 4 = 276$ calories per serving
 Fat $16 \div 4 = 4$ grams of fat per serving
 Sat. Fat $4 \div 4 = 1$ gram of saturated fat per serving
 Sodium $515 \div 4 = 129$ mg sodium per serving

Food Conversions and Household Measures

These conversions and measures will help you accurately estimate calorie, fat, and sodium values for commonly used cooking ingredients.

Volume

1 TB	=	1/2 fl oz	=	3 tsp
1 cup	=	8 fl oz	=	16 TB
3/4 cup	=	6 fl oz	=	12 TB
1/2 cup	=	4 fl oz	=	8 TB
1/4 cup	=	2 fl oz	=	4 TB
1/8 cup	=	1 fl oz	=	2 TB
1/16 cup	=	1/2 fl oz	=	1 TB
2 cups	=	1 pint	=	16 fl oz
4 cups	=	1 quart	=	32 fl oz
8 cups	=	1/2 gallon	=	64 fl oz
16 cups	=	1 gallon	=	128 fl oz

Weight

16 oz	=	1 pound
1 oz	=	28 grams
3 oz	=	85 grams
16 oz	=	454 grams
1 gram	=	1000 milligrams

Grains and Beans

Flour	1 pound	=	4 cups sifted
Macaroni or pasta	1 cup dry	=	2 cups cooked
Rice	1 cup dry	=	3 cups cooked
Beans and peas	1 cup dry	=	2 cups cooked

Meats

All types	4 oz raw	=	3 oz cooked
All types, diced	1 cup	=	5 oz
All types, ground	1 cup	=	8 oz

Nuts and Seeds

Almonds, peanuts or cashews (shelled)	1 cup	=	5 oz
Walnuts or pecans (shelled)	1 cup	=	4 oz
Sunflower seeds (shelled)	1 cup	=	5 oz

Fat Gram Guidelines

A PREMIER goal is to eat no more than 25% of your daily total calories from fat. When you select foods that contain no more than the maximum amount of fat grams listed in the Fat Gram Guidelines table, you will be eating about 25% of total calories from fat. **The Fat Gram Guidelines are listed on the inside back cover of the Food and Fitness Guide.**

Use the “Nutrition Facts” label on food packages and the Food and Fitness Guide to find the fat gram values of the foods you eat and to compare similar food items. To reduce fat, choose foods that contain no more than the maximum amount of fat grams listed in the Fat Gram Guidelines table.

If a food item contains more than the recommended amount of fat listed in the Fat Gram Guidelines, you can use several strategies to keep your fat intake low:

- Eat a smaller serving
- Find a lower fat alternative or lower fat version of that food
- Eat very low-fat foods for the rest of the day
- Eat that particular food only on special occasions
- Modify your recipes using lower fat items

Fruit & Vegetable Guidelines

A PREMIER dietary goal is to increase your intake of fruits and vegetables to 9-12 servings per day. Fruits and vegetables are low in calories, fat, and sodium. They are also rich in vitamins, minerals, antioxidants, dietary fiber, and other health-promoting nutrients.

What Counts as a Serving?

Listed below are the serving guidelines for fruits and vegetables:

- 1/2 cup canned, cooked, fresh, or frozen
- 1 medium piece (2-1/2" diameter) of fruit
- 1 medium baked potato (4" long x 2" diameter)
- 1 cup raw leafy vegetables
- 3/4 cup (6 fl oz) 100% fruit or vegetable juice
- 1/4 cup dried fruit

“EXCEPTIONS” to Fruit & Vegetable Serving Guidelines

The foods listed below do not count toward your fruit and vegetable servings goal. They may contain high amounts of fat, sugar, or sodium, and/or too small amounts of fruit or vegetable to count:

- Jams, jellies, and preserves
- Pickled vegetables, including pickles and sauerkraut
- Fried potatoes (including french fries)
- Potato chips
- Ketchup, chili sauce, and cocktail sauce
- Fruit filling in pastry or pies
- Fruited yogurt or fruit sorbets
- Snack bars, pancakes, muffins, or other quick breads containing fruit
- Fruit punch, Kool Aid, Tang

Tips to Increase Fruit and Vegetable Servings

- Eat at least 2-3 servings of fruit at breakfast
- Drink fruit or vegetable juice as a snack
- Eat at least 3-4 servings of fruits and vegetables at lunch and dinner
- Eat a green salad and a carrot every day
- Order main dishes, soups, side dishes, and sandwiches with extra fruits and vegetables when dining out
- Add vegetables to your casseroles, soups, and pasta dishes
- Double serving sizes occasionally so you don't have to eat 9-12 different fruits and vegetables
- Eat fruit for dessert

Dairy Guidelines

A PREMIER C dietary goal is to eat 2-3 servings of low-fat dairy products every day. Dairy foods are high in protein, vitamins, and minerals, such as calcium.

What Counts as a Serving?

Food	Serving Size	Maximum Fat Gram per Serving
Milk	1 cup (8 fl oz)	3
Cheese, hard	1 1/2 oz	8
Cottage cheese	1/2 cup (4 oz)	2
Ricotta cheese	1 ounce (2 Tbs)	2
Yogurt	1 cup (8 oz)	3
Ice cream	1/2 cup (4 oz)	3

How to Select Low-Fat Dairy Foods

Almost every type of dairy product is now available in a fat-free or reduced-fat version. Choose the lowest fat version that tastes good to you, this will help ensure that you will eat it regularly. As your tastes adjust, you may work down from reduced-fat to fat-free products.

Use the Fat Gram Guidelines listed above to help you choose low-fat dairy foods. These Fat Gram Guidelines are also listed on the inside of the back cover of this guide.

Compare products with different amounts of fat, and different brands.

Check the sodium content of low-fat cheese; some can be quite high. Reduced-sodium products are available.

Tips to Increase Low-fat Dairy

- Drink fat-free or low-fat milk with meals
- Eat low-fat yogurt as a snack or dessert
- Add low-fat milk instead of water to condensed tomato soup
- Add a slice of low-fat cheese to sandwiches
- Use low-fat yogurt in recipes

Physical Activity Guidelines

Be physically active on a regular basis

- Be physically active for 30 minutes or more per day, 6 days per week. This means accumulate 180 physical activity points each week. 1 minute of moderate activity = 1 physical activity point.
- Activity sessions should last for at least 20 minutes. (This is a long-term goal. If you are just starting to increase your physical activity level, you may only be able to spend 10 minutes per session.)
- If you do physical activity for longer periods, spread out points over at least 3 days to decrease risk of injury.

Physical Activity Point System

The Physical Activity Point System used in PREMIER provides an easy way to track your weekly physical activity.

How to Determine Physical Activity Points

1. Determine the intensity of your activity (moderate or vigorous)
2. Keep track of the minutes you spend doing these activities

Moderate-intensity activities include: Brisk walking (3 to 4 mph), hiking, cycling, golf (without a motorized cart), tennis, and low-impact aerobics. You may feel a little breathless and start to sweat while you are doing the activity.

1 minute of moderate activity = 1 physical activity point

Vigorous-intensity activities include: Jogging, basketball, fast cycling (greater than 10 mph), racquetball, and high-intensity aerobic dance. You will be breathing fairly hard and will start sweating during the activity. It should not be so intense, however, that you are unable to carry on a conversation with a buddy while doing it. Consult your physician before beginning vigorous activity.

1 minute of vigorous activity = 2 physical activity points

Physical Activity Precautions: What to Watch Out For

- If you experience dizziness, pain in the chest, arm, or jaw, or extreme shortness of breath during exercise, stop immediately and consult your doctor before starting again. Check with your doctor if you have any muscle or joint pain that is not better in a few days.
- Do not allow your heart rate to get too high. To determine your safe heart rate range for moderate- and vigorous-intensity exercise, follow the examples below.

To estimate your maximum heart rate range:

1. Subtract your age from the number 220
2. Multiply that number by the percentage listed below for the type of activity you do.
 - Moderate-intensity heart rate range = 50-69%
(Multiply by .50 to .69)
 - Vigorous-intensity heart rate range = 70-89%
(Multiply by .70 to .89)

Example: 50-year-old person doing moderate activity

1. $220 - 50 = 170$
2. $170 \times \text{moderate activity \%}$
 $170 \times .50 = 85$
 $170 \times .69 = 117$
3. Heart Rate Range for moderate activity is 85 + 0 117 beats per minute

Example: 50-year-old person doing vigorous activity

1. $220 - 50 = 170$
2. $170 \times \text{vigorous activity \%}$
 $170 \times .70 = 119$
 $170 \times .89 = 151$
3. Heart Rate Range for moderate activity is 119 to 151 beats per minute

How to Make Physical Activity a Habit:

- Pick activities you enjoy
- Set aside a specific time for the activity each day and week
- Find a friend to do it with you
- Vary your routine to decrease risk of injury and maintain interest
- Have an indoor option available in case of bad weather
- Keep records of your progress (use the Physical Activity Point System in the Food & Fitness Diary)

List of Terms

The following terms are used in the Food and Fitness Guide:

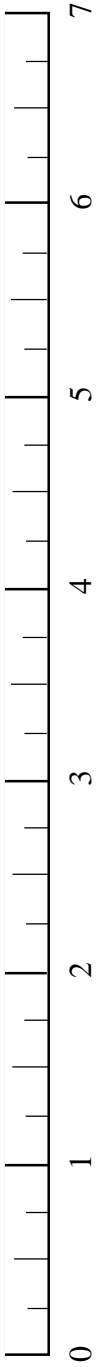
- Calorie** A measure of the energy contained in food. Excess energy from food is stored as body fat. To lose one pound of body fat, a person must eat 3500 fewer calories and/or increase physical activity by the same amount.
- Fat** The most concentrated source of food energy (calories). Excess intake of dietary fat has been linked to heart disease, obesity, and certain types of cancer.
- Saturated Fat (Sat. Fat)** Type of fat found mainly in animal products and palm and coconut oils. Saturated fat is highest in red meats, dairy foods, and baked goods, and lowest in fish, poultry, and grains. Saturated fat raises blood cholesterol and may raise blood pressure.
- Sodium** A mineral required by the body in small amounts. Too much sodium causes high blood pressure. Most sodium in the diet comes from salt added to food during processing and cooking.
- Gram (g)** A measure of weight. Listings for fat in this guide are in grams. One ounce is equal to about 28 grams.
- Milligram (mg)** A measure of weight used for sodium and other nutrients. One gram equals 1000 milligrams. Listings for sodium in this guide are in milligrams.

List of Abbreviations

The following abbreviations are used in the Food and Fitness Guide:

”	=	inches	pc	=	piece
amt	=	amount	pkg	=	package
c	=	cup	pkt	=	packet
crax	=	crackers	prep	=	prepared
diam	=	diameter	oz	=	ounces
ea	=	each	Sat. Fat	=	saturated fat
F & V	=	fruits and vegetables	svg	=	serving
fl oz	=	fluid ounce	TB	=	tablespoon
gm	=	grams	tsp	=	teaspoon
mg	=	milligrams	w/o	=	without
oz	=	ounces			

Portion Size Diagrams



Bakery, Doughnuts, Muffins, & Pastry

Bakery & pastry items listed have been prepared **with** fat and salt.

	Amount	Calories	Fat	Sat. Fat	Sodium
Apple strudel, 2" x 2-1/2" pc	1 ea	115	3	65	
Baklava, 2" x 2" pc	1 ea	380	26	230	
Banana bread, with nuts, 4-1/2" x 3" x 1/3" slice	1 ea	125	5	110	
Beignet, 3-1/2" x 2-1/2" pc	1 ea	154	3	160	
Cinnamon bun, frosted, 3" x 3"	1 ea	295	12	140	
Coffee cake, quick-bread or crumb, with streusel topping, 3" x 3" x 1-1/2" pc	1 ea	520	23	540	
Croissant					
- cheese, 4-1/2" diam	1 ea	280	16	80	
- chocolate, 4-1/2" diam	1 ea	320	19	75	
Danish pastry, frosted, 4-1/4" diam	1 ea	510	28	150	
Doughnut					
- cake, glazed or frosted, 4-1/4" diam	1 ea	280	14	130	
- cake, plain, 4-1/4" diam	1 ea	200	11	115	
- jelly, cream or custard, 4-1/4" diam	1 ea	385	17	125	
- raised or yeast, glazed, 3-3/4" diam	1 ea	315	17	95	
Eclair, cream filling, with chocolate icing, 4-1/2" long	1 ea	280	17	175	
Muffin					
- blueberry or bran, 3-1/4" diam	1 ea	210	7	275	
- oat bran or oatmeal, 3-1/4" diam	1 ea	240	9	240	
Popover	1 ea	120	3	240	
Scone, 3" diam	1 ea	245	10	410	
Turnover, fruit filled, 4-1/2" diam, folded over	1 ea	190	10	165	

Baking & Cooking Ingredients

	Amount	Calories	Fat	Sat. Fat	Sodium
Baking powder	1 tsp	0	0	490	
Baking soda	1 tsp	0	0	1260	
Butter					
- salted	1/2 c	815	92	610	
- unsalted	1/2 c	815	92	10	
Cake mix, chocolate	1 pkg	2045	48	4615	
Carob powder	1 TB	15	0	0	
Chips					
- butterscotch	1 c	885	49	160	
- milk chocolate	1 c	860	52	140	
- semi-sweet	1 c	805	50	18	
Chocolate sprinkles, "Jimmies"	1 TB	55	3	0	
Chocolate, baking, square	1 oz	150	16	5	
Cocoa powder, unsweetened	1 TB	10	1	0	
Coconut, dried, flaked, sweetened	1 c	465	33	245	
Cornstarch	1 tsp	10	0	0	
Flavoring extract, all flavors	1 tsp	15	0	0	
Flour					
- cornmeal, self-rising	1 c	480	2	1865	
- rye	1 c	360	2	5	
- self-rising	1 c	430	1	1585	
- soy	1/2 c	185	9	5	
- white or whole wheat, all-purpose	1 c	455	1	0	
Flour "mix" (Bisquick)	1 c	510	17	1705	
Gelatin, powder, plain	1 TB	25	0	15	
Graham cracker crumbs	1 c	330	8	470	
Lard	1/2 c	925	102	0	
Margarine, stick					
- salted	1/2 c	815	91	1070	
- unsalted	1/2 c	810	91	30	
Molasses	1 TB	55	0	10	
Oil, vegetable, various types	1 c	1925	218	0	
Pie crust					
- graham cracker, 9"diam	1 ea	1235	79	705	
- graham cracker, reduced-fat, 9" diam	1 ea	755	24	750	
- pastry, single, 9" diam	1 ea	1185	82	1180	
- pastry, double, 9" diam	1 ea	2370	165	2365	

Baking & Cooking Ingredients	Amount	Calories	Fat	Sat. Fat	Sodium
Pie filling					
-fruit	1 c	375	7	80	
- fruit, fat-free	1 c	265	0	5	
- custard type	1 c	295	13	170	
Shortening, vegetable, various types	1/2 c	905	102	0	
Sugar					
- brown, packed	1/2 c	415	0	45	
- powdered	1/2 c	235	0	0	
- white, granulated	1/2 c	385	0	0	
Yeast, active dry	1 tsp	10	0	0	

Beans, Canned & Dried

All canned beans listed below **contain salt**. Sodium varies widely across brands. Use the "Nutrition Facts" panel for the actual value. Dried beans cooked without salt contain 10 mg sodium per 1/2 cup serving.

Baked beans					
- vegetarian	1/2 c	125	1	635	
- with pork and tomato sauce	1/2 c	125	1	555	
Black	1/2 c	120	0	330	
Black-eyed peas	1/2 c	100	0	175	
Garbanzo	1/2 c	135	2	115	
Kidney	1/2 c	115	0	215	
Lentils	1/2 c	115	0	235	
Lima	1/2 c	110	0	210	
Navy	1/2 c	130	1	350	
Pinto	1/2 c	120	0	140	
Red	1/2 c	115	0	215	
Refried					
- regular	1/2 c	120	2	375	
- fat-free	1/2 c	105	0	485	
Soybeans	1/2 c	150	8	205	

Beverages, Including Alcoholic & Non-alcoholic

All beverages listed are without ice. Information for 100% fruit and vegetable juices can be found in the Fruit and Vegetable sections.

Alcoholic Beverages	Amount	Calories	Fat	Sat. Fat	Sodium
Beer					
- regular	12 fl oz	145	0	20	
- light	12 fl oz	100	0	10	
- non-alcoholic (near beer)	12 fl oz	145	0	45	
Cordial or liqueur, all flavors	1.5 fl oz	120	0	0	
Liquor (rum, vodka, gin, bourbon, scotch, whiskey)					
	1.5 fl oz	95	0	0	
Wine cooler					
	12 fl oz	210	0	40	
Wine					
- dessert	5 fl oz	225	0	13	
- red, white, or rose	5 fl oz	106	0	13	
Coffee Drinks, Tea, & Cocoa					
Cocoa					
- prep from dry mix, sugar-free, with water	6 fl oz	50	0	150	
- prep from dry mix, with water	6 fl oz	105	1	100	
- prep from dry mix, with fat-free milk	8 fl oz	145	1	160	
- prep from dry mix, with whole milk	8 fl oz	210	9	155	
Coffee					
- prep from flavored mix	6 fl oz	50	2	85	
- prep from flavored mix, sugar and fat-free	6 fl oz	20	0	50	
Coffee, regular or decaffeinated	6 fl oz	5	0	0	
Latté					
- fat-free milk, with flavored syrup, tall	12 fl oz	160	0	140	
- fat-free milk, w/o flavored syrup, tall	12 fl oz	105	1	150	
- whole milk, with flavored syrup, tall	12 fl oz	230	9	135	
- whole milk, w/o flavored syrup, tall	12 fl oz	185	10	145	
Mocha					
- fat-free milk, tall	12 fl oz	265	7	185	
- whole milk, tall	12 fl oz	335	16	175	

Coffee Drinks ,Tea, & Cocoa	Amount	Calories	Fat	Sat. Fat	Sodium
Tea					
- brewed or instant, regular or herbal, sweetened	6 fl oz	60	0	5	
- brewed or instant, regular or herbal, unsweetened	6 fl oz	0	0	5	
Mixers & Soft Drinks					
Club soda	12 fl oz	0	0	75	
Daiquiri mix, w/o alcohol	4 fl oz	60	0	0	
Piña colada mix, w/o alcohol	4 fl oz	80	1	5	
Soft drink					
- cola, fruit, or lemon/lime	12 fl oz	155	0	15	
- cola, fruit, or lemon/lime, diet	12 fl oz	5	0	20	
- flavored with fruit juice	12 fl oz	180	0	45	
- Italian soda (club soda with flavored syrup), w/o whip	12 fl oz	140	0	65	
Water					
- mineral	12 fl oz	0	0	0	
- seltzer	12 fl oz	0	0	0	
- sparkling, sweetened	12 fl oz	145	0	41	
- sparkling, unsweetened	12 fl oz	0	0	0	
- tonic, regular	12 fl oz	145	0	40	
- tonic, diet	12 fl oz	0	0	60	
Juice Drinks					
Breakfast drink, prep from dry mix (Tang)	8 fl oz	95	0	5	
Fruit drink or punch					
- prep from dry mix	8 fl oz	60	0	10	
- prep from dry mix, sugar-free	8 fl oz	5	0	0	
- prep from frozen	8 fl oz	125	0	10	
Fruit "Julius"	8 fl oz	175	1	25	
Fruit "smoothie" (yogurt and fruit juice)	8 fl oz	145	0	40	
Lemonade and limeade	8 fl oz	100	0	5	
Sports drink (Gatorade)	12 fl oz	90	0	145	

Breads & Rolls

The items listed below have been prepared **with** salt. Fat-free and low-sodium items are available. Check the "Nutrition Fact" label for information.

	Amount	Calories	Fat	Sat. Fat	Sodium
Bagels, all var., 3-1/2" diam, or 2 oz	1 ea	195	1	380	
Biscuit, baking powder or buttermilk, 2" diam	1 ea	105	4	285	
Bread crumbs					
- buttered	1/2 c	485	33	820	
- plain	1/2 c	215	3	465	
Challah, 5" x 3" x 1/2" slice	1 sl	95	2	60	
Garlic bread, with butter, 4-3/4" x 4" x 1/2" slice	1 sl	95	4	185	
Pita					
- white, 4" diam	1 ea	77	0	150	
- white, 5-1/4" diam	1 ea	125	1	240	
- whole wheat, 5-1/4" diam	1 ea	120	1	240	
Sandwich, including white, wheat, multi-grain, rye, or sourdough, 4-1/4" x 4" x 1/2" slice	1 sl	65	1	135	
Breadstick, soft, buttered, 6-3/4" long	1 ea	105	4	170	
Cornbread, from mix, 3-3/4" x 2-1/2" x 3/4" pc	1 pc	175	7	465	
Croutons, seasoned	2 TB	25	1	60	
English muffin, plain, 3-1/2" iam	1 ea	135	1	265	
Hamburger or hot dog bun, white or wheat, 3-1/2" diam	1 ea	125	2	240	
Hushpuppy (fried cornbread), 1-1/4" x 2-1/4"	1 ea	65	3	80	
Matzoh ball, 1-1/2" diam	1 ea	70	4	225	
Pizza shell (Boboli)	1/8	160	3	290	
Rolls					
- hard, 3-1/2" diam	1 ea	145	2	270	
- submarine or hoagie, 8" long	1 ea	260	3	570	
- white, dinner, 2" square	1 ea	85	2	145	
- white, 3-1/2" diam	1 ea	130	3	225	
Stuffing, white bread, from mix	1/2 c	175	9	540	
Taco shell, hard, 5" diam	1 ea	60	3	50	
Tortilla					
- corn, 6" diam	1 ea	60	1	40	
- white flour, 8" diam	1 ea	140	3	205	
- whole wheat flour, 8" diam	1 ea	85	1	175	

Butter, Margarine, Fats, & Oils

The items listed **contain salt**. Unsalted sodium reduced products are available. Refer to the Baking & Cooking Ingredients section for information for 1-cup measures.

	Amount	Calories	Fat	Sat. Fat	Sodium
Animal fat					
- bacon, ham, or sausage	1 TB	90	9	125	
- pork	1 TB	80	8	5	
Butter					
- regular, salted	1 tsp	35	4	25	
	1 TB	100	12	75	
- light, whipped, salted	1 tsp	10	1	15	
	1 TB	35	4	45	
- whipped, salted	1 tsp	25	3	15	
	1 TB	70	8	50	
Margarine					
- fat-free, salted	1 tsp	0	0	30	
	1 TB	5	0	95	
- liquid	1 tsp	35	4	30	
- spread, reduced-fat, salted	1 tsp	15	2	45	
- spread, salted	1 tsp	25	2	45	
- stick, salted	1 tsp	35	4	45	
	1 TB	100	11	135	
- whipped, salted	1 tsp	25	3	35	
	1TB	70	8	100	
- margarine/butter blend, salted	1 tsp	30	4	30	
	1 TB	100	11	100	
- margarine/yogurt blend, spread, salted	1 tsp	15	2	30	
	1 TB	50	5	95	
Oil, vegetable, various types (canola, corn, olive, safflower, blends)	1 TB	120	14	0	

Candy

Chocolate Candy	Amount	Calories	Fat	Sat. Fat	Sodium
Chocolate-covered raisins	1 oz	110	4	10	
Fudge, with nuts, 1" square	1 pc	105	4	30	
M & M's					
- peanut, 1.7 oz pkg	1 ea	255	13	25	
- plain, 1.7 oz pkg	1 ea	235	10	30	
Hershey's Chocolate Bar					
- plain, 1.5 oz	1 ea	220	13	35	
- with almonds, 1.5 oz	1 ea	215	14	30	
Snickers's Bar, 2.0 oz	1 ea	280	12	135	
Thin mints, chocolate-covered	4 pc	155	4	10	

Non-chocolate Candy

Butter toffee	5 pc	115	2	150	
Butterscotch disk	5 pc	110	0	160	
Candy corn	1 oz	100	0	60	
Caramels	4 pc	140	3	90	
Carob-coated peanuts	1 oz	140	8	20	
Chewing gum					
- regular	1 pc	10	0	0	
- sugar-free	1 pc	8	0	0	
Coconut bon-bons	2 pc	110	3	35	
Fruit leather or roll, 0.5 oz	1 pc	50	1	50	
Gum drops, 3/4" diam	8 pc	130	0	15	
Jelly beans	12 pc	125	0	10	
Jelly type, "gummy" candy	1 oz	90	1	10	
Licorice, sticks	2 pc	75	1	45	
Lifesavers	1 roll	95	0	10	
Marshmallows, miniature size	32 pc	70	0	10	
Peanut brittle	1 oz	125	7	60	
Pearson's Nips, all flavors	4 pc	110	2	70	
Peppermint candy	5 pc	95	0	10	
Salt water taffy	5 pc	90	2	15	

Cereals, Cold & Hot

Cold Cereals	Amount	Calories	Fat	Sat. Fat	Sodium
Many cold cereals are low in fat, but may vary widely in sodium content. The amounts listed for the cereals below are approximately 1-ounce (1/2- to 1-cup) servings. Refer to the "Nutrition Facts" label for more information.					
Bran Buds (Kellogg's)	1/2 c	115	1	300	
Complete Bran Flakes (Kellogg's)	1 c	125	1	300	
Corn Flakes (Kellogg's), Cheerios (General Mills), Product 19 (Kellogg's) and Rice Krispies (Kellogg's)	1 c	100	0	300	
Cracklin' Oat Bran (Kellogg's)	1/2 c	150	5	130	
Frosted Flakes (Kellogg's)	1 c	160	0	265	
Frosted Mini-Wheats (Kellogg's)	1 c	185	1	0	
Frosted Shredded Wheat Bite Size (Nabisco)	1 c	195	1	5	
Fruit & Fibre, Dates, Raisins, & Walnuts (Post)	1c	210	3	260	
Granola					
- low-fat	1/2 c	215	3	135	
- regular	1/2 c	215	8	15	
Grape-Nuts (Post)	1/2 c	215	1	350	
Life (Quaker)	1 c	160	2	235	
Muesli, original recipe (Familia Swiss)	1/2 c	210	3	0	
Oat Bran Flakes (Arrowhead Mills)	1 c	110	2	65	
Puffed Rice (Malt-O-Meal)	1 c	60	0	0	
Puffed Wheat, unsweetened	1 c	45	0	0	
Raisin Bran (Post)	1 c	180	1	300	
Shredded Wheat Biscuit (Nabisco)	1 ea	80	0	0	
Special K (Kellogg's)	1 c	115	0	250	
Spoon Size Shredded Wheat (Nabisco)	1 c	175	1	5	
Total (General Mills)	1 c	140	1	265	
Wheaties (General Mills)	1 c	110	1	220	

Hot Cereals	Amount	Calories	Fat	Sat. Fat	Sodium
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The hot cereals listed have been cooked **without salt**, unless noted. If 1/8th tsp salt is added during cooking, add 290 milligrams of sodium for each 1-cup serving. Some hot cereals that are labeled “instant” or “quick” have had salt added during processing. Check labels for information.

Farina, regular, cooked (Cream of Wheat)	1 c	120	0	5	
Farina, instant, cooked, plain (Cream of Wheat, Mix N' Eat)	1 pkt	105	0	260	
Grits, instant or regular, cooked	1 c	145	0	0	
Grits, instant or regular, cooked in whole milk, salt added	1 c	305	11	715	
Multigrain, cooked	1 c	165	2	5	
Oat bran, cooked	1 c	90	3	5	
Oatmeal					
- old fashioned, cooked	1 c	145	2	5	
- instant, cooked, plain (Quaker)	1 c	145	2	105	

Condiments, Pickles, & Olives

Bacon bits					
- real	1 TB	25	2	220	
- imitation	1 TB	30	1	130	
Barbeque or steak sauce	1 TB	20	0	155	
Catsup					
- regular	1 TB	15	0	180	
- low-sodium	1 TB	15	0	5	
Chili or cocktail sauce	1 TB	20	0	200	
Chile peppers					
- chopped, canned	1 ea	9	0	171	
- chopped, canned	1/2 c	15	0	276	
- jalapeno, raw	1 ea	20	0	3	
- jalapeno, canned	1/2 c	14	0	270	
Chutney	1 TB	20	0	10	
Cranberry orange relish	1 TB	30	0	5	
Hoison sauce	1 TB	35	1	260	
Horseradish	1 TB	5	0	15	
Hotdog relish	1 TB	20	0	80	
Mayonnaise					
- fat-free	1 TB	10	0	105	
- low-fat	1 TB	50	5	115	
- regular	1 TB	100	11	80	

Condiments, Pickles, & Olives	Amount	Calories	Fat	Sat. Fat	Sodium
Mayonnaise-type dressing					
- fat-free	1 TB	15	0	115	
- low-fat	1 TB	40	3	120	
- regular	1 TB	70	7	85	
Mustard					
- yellow	1 tsp	5	0	65	
- Dijon	1 tsp	5	0	125	
Olives					
- Greek style, medium	1 ea	10	1	65	
- green and black, medium	1 ea	5	0	80	
- black, sliced, canned	2-1/4 oz	100	10	600	
Picante sauce, salsa, or taco sauce	1 TB	5	0	40	
Pickle relish, sweet	1 TB	20	0	125	
Pickles					
- dill, regular, 3-3/4" long	1 ea	10	0	835	
- sweet gherkin	1 ea	25	0	190	
Pimientos, canned	1 TB	5	0	5	
Soy sauce					
- low-sodium	1 tsp	5	0	175	
- regular	1 tsp	5	0	305	
Sun-dried tomatoes					
- dry pack	1/4 c	35	0	285	
- oil pack, drained	1/4 c	60	4	75	
Tabasco sauce	1 tsp	0	0	30	
Tartar sauce	1 TB	75	8	90	
Teriyaki sauce	1 TB	15	0	690	
Wine, cooking	¼ c	10	0	350	
Worcestershire sauce	1 tsp	5	0	50	

Crackers

The amounts listed for the crackers are approximately 1-ounce servings.

	Amount	Calories	Fat	Sat. Fat	Sodium
Bagel chips or crisps	7 pc	125	4	145	
Breadsticks, hard, 4-3/4" long	1 ea	45	1	70	
Butter-type (Hi Ho, Ritz, or Waverly)					
- regular	8 crax	145	8	240	
- reduced-fat	8 crax	130	4	195	
- low-sodium	8 crax	140	7	60	
Cheese (Cheese Nips or Cheez-It)					
- regular	18 crax	90	5	180	
- reduced-fat	18 crax	80	2	125	
- low-sodium	18 crax	90	4	40	
Club (Keebler)					
- regular	4 crax	135	7	350	
- low-sodium	4 crax	135	6	175	
Goldfish (Pepperidge Farm)	55 crax	135	6	175	
Graham crackers, squares, plain	4 sq	110	3	160	
Harvest Crisps (Nabisco)					
- 5 Grain	12 crax	130	4	200	
- Garden Vegetable	14 crax	125	4	195	
Matzo	1 crax	110	0	0	
Melba toast	6 pc	110	0	180	
Oyster crackers	70 crax	125	4	325	
Rye wafer, crispbread, or flatbread, plain or seasoned (Rye Krisp or Wasa)	3 wafers	110	2	180	
Saltine					
- regular	10 crax	125	4	325	
- fat-free	10 crax	121	1	453	
- low-sodium	10 crax	130	4	195	
- unsalted tops	10 crax	135	4	210	
Triscuit Wafers (Nabisco)	7 crax	130	4	195	
Wheat Thins (Nabisco)	16 crax	135	6	175	
Zwieback toast	4 pc	130	4	35	

Dairy, Including Cheese, Ice Cream, Milk, & Yogurt

Cheese

Cheeses are available with with different amounts of fat and sodium, including regular, reduced-fat, fat-free, and low-sodium products. Many are listed below. Check the “Nutrition Facts” labels for more information.

	Amount	Calories	Fat	Sat. Fat	Sodium
American					
- regular	1.5 oz	160	14	610	
- reduced-fat	1.5 oz	90	4	655	
Blue	1.5 oz	150	12	595	
Brie, Camembert, or Jarlesberg	1.5 oz	130	11	360	
Cheddar, Colby, Colby-Jack, or Havarti	1.5 oz	175	14	265	
Cheddar, reduced-fat	1.5 oz	75	4	265	
Cheddar, grated	1/4 c	115	10	175	
Cheese ball, with nuts	2 TB	125	10	180	
Cheese spread					
- cheddar (Kraft Cracker Barrel)	2 TB	105	8	295	
- garlic & herb (Rondele Lite)	2 TB	70	5	220	
Cottage cheese					
- fat-free or non-fat	1/2 c	65	0	390	
- low-fat or 2%	1/2 c	100	2	460	
- low-fat or 2% , no-salt added	1/2 c	100	2	25	
- regular or 4%	1/2 c	110	5	425	
Cream cheese					
- fat-free	2 TB	25	0	150	
- light	2 TB	60	5	140	
- regular	2 TB	100	10	85	
Feta	1.5 oz	115	9	475	
Fondue	1/4 c	115	8	75	
Goat, semi-soft	1.5 oz	160	12	160	
Gorgonzola	1.5 oz	160	14	405	
Monterey Jack or Muenster	1.5 oz	160	14	180	
Monterey Jack, reduced-fat	1.5 oz	130	8	220	
Mozzarella, including string, part-skim	1.5 oz	120	8	150	
Parmesan or Romano, grated	1/4 c	100	8	380	
Provolone, Edam, or Gouda	1.5 oz	150	12	415	

Cheese	Amount	Calories	Fat	Sat. Fat	Sodium
Ricotta					
- part-skim	1/4 c	80	5	150	
- low-fat	1/4c	70	3	160	
- fat-free	1/4c	45	0	120	
Semisoft cheese (Laughing Cow)					
- original	1.5 oz	115	6	315	
- light	1.5 oz	90	3	405	
Swiss					
- regular	1.5 oz	160	12	115	
- reduced-fat	1.5 oz	135	8	115	
Velveeta	1.5 oz	135	9	685	
Cream, Creamers, & Whipped Toppings					
Coffee creamer					
- liquid	2 TB	35	2	5	
- liquid, fat-free	2 TB	20	0	5	
- powder	2 TB	65	4	20	
- powder, fat-free	2 TB	55	2	20	
Half and Half	2 TB	40	3	10	
- regular	2 TB	40	3	10	
- fat-free	2 TB	20	0	30	
Sour cream					
- fat-free	2 TB	20	0	25	
- low-fat	2 TB	40	2	30	
- regular	2 TB	55	6	10	
- imitation	2 TB	60	6	30	
Whipped topping, dairy					
- regular (Reddi-Wip)	2 TB	20	2	10	
- lite (Reddi-Wip)	2 TB	20	1	5	
Whipped topping, non-dairy					
- regular (Cool Whip)	2 TB	20	2	0	
- lite (Cool Whip)	2 TB	20	1	5	
Whipping cream, not whipped	2 TB	85	9	10	

Ice Cream & Frozen Desserts

Fat content varies widely among products and brands. Products are available in reduced fat, and fat-free varieties. A reduced-fat content does not automatically mean a low-calorie content. The serving size listed for frozen desserts is ½ cup. Note that many people may eat larger serving sizes.

	Amount	Calories	Fat	Sat. Fat	Sodium
Frozen yogurt					
- low-fat, chocolate or vanilla	1/2 c	100	1	55	
- fat-free, chocolate or vanilla	1/2 c	100	0	50	
Fruit Juice Bar (Dole), all flavors					
- 1.75 oz	1 ea	50	0	0	
- no sugar added, 1.75 oz	1 ea	25	0	0	
Fudgesicle, 1.75 oz	1 ea	70	1	55	
Ice cream bar, chocolate-coated, 3 oz	1 ea	180	13	30	
Ice cream cone only,					
- plain wafer	1 ea	15	0	5	
- sugar	1 ea	40	1	15	
- waffle, large	1 ea	120	2	40	
Ice cream cone, drumstick, 4.6 oz	1 ea	315	19	95	
Ice cream pie, 9" diam	1/8	365	23	160	
Ice cream sandwich, 5" x 1-3/4" x 3/4"	1 ea	140	5	125	
Ice cream sundae, with fudge	1/2 c	210	10	80	
Ice cream					
- light, all flavors	1/2 c	115	5	55	
- regular, all flavors	1/2 c	145	7	50	
- rich, all flavors	1/2 c	180	12	40	
Ice milk, soft serve, chocolate, vanilla or coffee	1/2 c	110	2	60	
Italian fruit ice	6 oz	190	0	35	
Milkshake					
- chocolate or coffee	16 fl oz	405	11	210	
- vanilla or other flavors	16 fl oz	370	10	190	
Popsicle, double-stick	1 ea	90	0	15	
Sherbet, plain	1/2 c	100	1	35	
Sorbet, all flavors					
- Ben & Jerry's and Haagen-Dazs	1/2 c	110	0	0	
- Dole	1/2 c	45	0	0	

Milk	Amount	Calories	Fat	Sat. Fat	Sodium
Buttermilk, reduced-fat or 2%	8 fl oz	115	5	210	
Chocolate milk					
- reduced-fat or 2%	8 fl oz	180	5	150	
- whole	8 fl oz	210	8	150	
Condensed, sweetened					
- fat-free	8 fl oz	855	1	365	
- whole	8 fl oz	980	27	390	
Eggnog					
- reduced-fat or 2%	4 fl oz	95	4	75	
- whole milk	4 fl oz	170	10	70	
Evaporated, undiluted					
- fat-free	8 fl oz	200	1	295	
- whole	8 fl oz	340	19	265	
Instant Breakfast					
- prep with fat-free milk	8 fl oz	210	2	255	
- sugar-free, prep with fat-free milk	8 fl oz	160	2	245	
- prep with whole milk	8 fl oz	275	10	250	
Milk					
- fat-free or skim	8 fl oz	85	0	125	
- low-fat or 1%	8 fl oz	100	3	125	
- reduced-fat or 2%	8 fl oz	120	5	120	
- whole	8 fl oz	150	8	120	
Soy Milk	8 fl oz	80	5	30	
Steamer					
- fat-free milk and flavored syrup, w/o whip	12 fl oz	190	1	175	
- whole milk and flavored syrup, w/o whip	12 fl oz	275	11	165	
Yogurt					
Fruited					
- fat-free or non-fat	1 c	160	0	105	
- fat-free or non-fat, sugar-free	1 c	110	0	110	
Plain					
- fat-free	1 c	135	0	185	
- low-fat	1 c	155	4	170	
Vanilla or coffee, low-fat	1 c	250	3	145	

Deli Meat, Hot Dogs, & Sausages

Deli Meat

Cold cuts and deli meats can be high in fat and sodium. Many lower-fat and lower-sodium items are available. Use “Nutrition Facts” labels to make product selections.

	Amount	Calories	Fat	Sat. Fat	Sodium
Bologna					
- reduced-fat	1 oz	60	4	315	
- regular	1 oz	90	8	290	
Chicken breast, low-fat	1 oz	30	1	335	
Corned beef or pastrami					
- 97-98% fat-free	1 oz	30	1	295	
- regular	1 oz	40	2	380	
Deviled ham	1 oz	80	7	225	
Dried or chipped beef	1 oz	45	1	985	
Ham					
- 5% fat	1 oz	40	2	340	
- 5% fat, low-sodium	1 oz	30	1	235	
Liver pate	1 oz	55	4	75	
Meat sandwich spread	1 oz	40	3	130	
Roast beef or turkey, fat-free	1 oz	30	1	335	
Turkey ham	1 oz	35	1	280	
Turkey breast					
- fat-free	1 oz	30	1	315	
- regular	1 oz	30	1	335	

Hot Dogs & Sausages

Hot dogs and sausages are available in a wide variety of fat contents, including regular, reduced-fat, and fat-free. A reduced fat content doesn't mean that the product has been reduced in sodium. Use the “Nutrition Facts” label to determine the sodium and fat content.

Bratwurst					
- reduced-fat, 3 oz	1 ea	165	11	880	
- regular, 3 oz	1 ea	260	24	860	
Braunschweiger, liverwurst, liver sausage					
- reduced-fat	1 oz	50	3	220	
- regular	1 oz	100	9	325	

Hot Dogs & Sausages	Amount	Calories	Fat	Sat. Fat	Sodium
Beef hotdogs					
- fat-free, jumbo size, 2.0 oz	1 ea	45	0	530	
- reduced-fat, jumbo size, 2.0 oz	1 ea	110	8	620	
Chicken hotdogs					
- regular size, 1.5 oz	1 ea	100	8	640	
- jumbo size, 2.0 oz	1 ea	130	10	815	
Fat-free hot dog, regular size, 1.5 oz	1 ea	40	0	400	
Reduced-fat hot dog					
- jumbo size, 2.0 oz	1 ea	110	8	590	
- regular size, 1.5 oz	1 ea	85	6	465	
Regular hot dog					
- jumbo size, 2.0 oz	1 ea	180	16	670	
- regular size, 1.5 oz	1 ea	140	13	530	
Turkey hot dog					
- low-fat, regular size, 1.5 oz	1 ea	45	2	435	
- regular size, 1.5 oz	1 ea	90	6	510	
Kielbasa					
- 97% fat-free, 2.4 oz	1 ea	75	1	740	
- regular, 2.4 oz	1 ea	210	19	685	
Pepperoni, pork or beef	1 oz	140	12	580	
Salami, hard, beef or pork	1 oz	120	10	525	
Summer sausage, beef or pork	1 oz	95	8	350	

Desserts, Including Cakes, Pies, Cookies, & Pudding

The dessert items listed have been prepared with fat and salt. Reduced-fat and fat-free items are available. Reduced-fat does not mean the product will also be low-calorie. Use the "Nutrition Facts" table for information.

Cakes & Pies

Cake

- angel food, plain, 10" tube	1/12	140	0	370
- carrot, frosted, 9" diam	1/12	145	5	110
- devil's food, frosted, 9" diam	1/12	165	10	135
- fudge, iced chocolate, fat-free (Entenmann's)	1/6	205	1	265
- gingerbread, glazed, 8" square pan	1/9	160	7	110
- pound, plain, loaf	1/12	125	7	25
- snack (Hostess Ding Dongs)	1 ea	175	9	135
- spice with raisins and nuts, glazed, loaf	1/16	320	12	305
- sponge, yellow, plain, 10"	1/10	225	3	40
- yellow or white, plain	1/12	335	10	215

Cakes & Pies	Amount	Calories	Fat	Sat. Fat	Sodium
Cheesecake, 9" diam	1/12	385	28	280	
Frosting, ready-to-spread					
- caramel or butterscotch	1 TB	100	4	5	
- chocolate or vanilla	1 TB	75	4	0	
Fruitcake, loaf	1/12	180	5	160	
Pie					
- apple, double crust, 9" diam	1/8	465	24	330	
- berry, all varieties, double crust, 9" diam	1/8	410	21	300	
- Boston cream, 9" diam	1/8	545	21	320	
- custard, 9" diam	1/8	285	16	250	
- French silk, 9" diam	1/8	485	35	375	
- grasshopper with chocolate, 9" diam	1/8	340	15	160	
- lemon meringue, 9" diam	1/8	405	15	205	
- pecan, 9" diam	1/8	540	31	310	
- pumpkin, 9" diam	1/8	325	15	365	
- snack, cream or pudding filled, individual pie	1 ea	380	21	400	
- snack, fruit-filled, individual pie	1 ea	380	19	450	
- sweet potato, 9" diam	1/8	365	15	365	

Cookies & Bar Cookies

Animal crackers	12 pc	130	4	120	
Biscotti, with nuts	1 ea	100	6	40	
Brownie					
- plain, 2" x 1"	1 ea	110	6	5	
- plain, fat-free, 2" x 1"	1 ea	75	0	5	
- plain, frosted, 2" x 1"	1 ea	145	8	5	
- frosted, with nuts, 2" x 1"	1 ea	165	10	15	
Butter cookie, 2-1/3" diam	1 ea	75	3	60	
Chocolate chip, with nuts, 2-1/3" diam	1 ea	100	6	30	
Fig bar					
- regular, 1-1/2" x 2"	1 ea	55	1	55	
- fat-free, 1-1/2" x 2"	1 ea	50	0	65	
Gingersnap, medium	1 ea	25	1	40	
Granola bar					
- chocolate coated, 1 oz	1 ea	125	5	80	
- low-fat, 1.3 oz	1 ea	130	2	70	
Macaroon, 2" diam	1 ea	85	3	50	
Oatmeal, with raisins, 2-3/4" diam	1 ea	80	3	50	
Peanut butter, 2" diam	1 ea	85	5	85	

Cookies & Bar Cookies	Amount	Calories	Fat	Sat. Fat	Sodium
Rice Krispie Bar, 2" x 1" square	1 ea	45	1	55	
Sandwich cookie					
- chocolate (Oreo)	1 ea	50	2	75	
- chocolate, reduced-fat (Oreo)	1 ea	40	1	60	
- peanut butter (Nutter Butter)	1 ea	70	3	55	
Shortbread, 1-1/2" x 1" diam	1 ea	95	6	65	
Vanilla wafer					
- regular	1 ea	20	1	20	
- reduced-fat	1 ea	15	0	15	

Puddings & Gelatin Desserts

Many of the items listed have been prepared with fat and salt. Ingredients are specified in the descriptions.

Baked custard, prep with whole milk	1/2 c	160	6	80	
Gelatin					
- flavored, regular	1/2 c	80	0	55	
- flavored, sugar-free	1/2 c	10	0	55	
Gelatin, molded salad, with fruit, cream cheese, and whipping cream	1/2 c	225	14	90	
Pudding					
- bread, with raisins	1/2 c	220	9	275	
- instant, prep with fat-free milk, all flavors	1/2 c	135	0	420	
- instant, sugar-free, prep with fat-free milk, all flavors	1/2 c	75	1	385	
- instant, prep with whole milk, all flavors	1/2 c	165	4	415	
- rice, plain, prep with egg and whole milk	1/2 c	180	4	130	
- snack, ready-to-eat, low-fat all flavors	1/2 c	140	2	165	
- snack, ready-to-eat, all flavors	1/2 c	170	5	175	
Tapioca					
- prep with fat-free milk	1/2 c	80	0	135	
- prep with whole milk	1/2 c	100	3	130	

Eggs & Egg Substitutes

	Amount	Calories	Fat	Sat. Fat	Sodium
Egg, large					
- fried, with fat, w/o salt	1 ea	100	8	60	
- scrambled, with fat and salt	1 ea	110	8	400	
- white only	1 ea	15	0	55	
- whole	1 ea	80	5	60	
- yolk only	1 ea	55	5	5	
Egg substitute, liquid (Egg Beaters, Second Nature)	1/4 c	25	0	80	
Eggs, deviled	1 half	55	4	100	
Omelet					
- 3 egg, plain	1 ea	385	33	810	
- 3 egg, with ham and cheese	1 ea	640	53	1820	
Quiche, including crust, plain, 9" diam	1/8	290	20	325	

Fast Food Restaurants

Values are listed for popular items from several fast-food restaurants. These lists are not meant to be comprehensive, but rather to provide information for a variety of menu choices. A more complete listing of the nutritional content for specific menu items is generally available at each restaurant or from the restaurant's corporate office.

Arby's	Amount	Calories	Fat	Sat. Fat	Sodium
Desserts					
- Apple turnover	1 ea	325	14	180	
Sandwiches					
- Bac'n Cheddar Deluxe	1 ea	590	34	1140	
- Beef'n Cheddar	1 ea	555	28	1215	
- Grilled Chicken Deluxe	1 ea	410	17	845	
- Ham'n Cheese	1 ea	365	13	1280	
- Junior Roast Beef	1 ea	360	14	780	
- Regular Roast Beef	1 ea	430	18	1010	
- Roast Beef Deluxe, Light Menu	1 ea	290	11	820	
- Roast Chicken Deluxe, Light Menu	1 ea	265	6	780	
Sauces					
- Arby's	1 pkt	15	0	130	
- Cheddar cheese	1 pkt	40	3	140	
Shakes					
- Chocolate	16 fl oz	605	16	455	
- Vanilla or other flavors	16 fl oz	480	13	375	
Side orders					
- Cheddar Curly Fries, regular	1 order	350	19	1015	
- French fries, medium	1 order	390	21	185	
Burger King					
Breakfast Entrees					
- Croissan'wich with Sausage, Egg, & Cheese	1 ea	645	49	1140	
- French Toast Sticks, regular order	1 ea	505	27	490	
Burgers					
- Cheeseburger	1 ea	370	19	770	
- Double Cheeseburger with Bacon	1 ea	635	40	1240	
- Whopper w/o Cheese	1 ea	630	37	870	
- Whopper with Cheese	1 ea	720	45	1350	
- Hamburger	1 ea	325	16	535	

Burger King	Amount	Calories	Fat	Sat. Fat	Sodium
Desserts					
- Apple pie	1 ea	310	15	230	
Salad dressings					
- Ranch	1 pkt	180	19	165	
- Reduced-calorie light Italian	1 pkt	20	1	50	
Sandwiches					
- BK Big Fish	1 ea	725	43	980	
- BK Broiler Chicken	1 ea	555	29	485	
Shakes					
- Chocolate or vanilla	16 fl oz	350	9	180	
Side orders					
- French fries, medium	1 order	335	17	680	

Church's

Chicken Entrees					
- Breast, fried	1 pc	195	11	505	
- Leg, fried	1 pc	145	9	165	
- Tender Strips	1 ea	80	4	140	
Desserts					
- Apple turnover	1 ea	270	12	345	
Side Orders					
- Biscuit	1 ea	265	16	640	
- Cajun Rice	1 order	135	7	260	
- Cole slaw	1 order	85	6	230	
- French fries	1 order	215	10	60	
- Okra, fried	1 order	235	16	525	
- Potatoes & gravy	1 order	95	3	520	

Dairy Queen

Frozen Yogurt Cones					
- Vanilla, large	1 ea	305	2	140	
- Vanilla, medium	1 ea	265	1	125	
- Vanilla, small	1 ea	175	1	85	
Hamburgers					
- Homestyle Hamburger	1 ea	300	12	630	
- Homestyle Ultimate	1 ea	670	42	1210	
Ice Cream Bars					
- Buster Bar	1 ea	445	27	240	
- Dilly Bar	1 ea	210	13	75	

Dairy Queen	Amount	Calories	Fat	Sat. Fat	Sodium
Ice Cream Cones (dipped)					
- Large	1 ea	605	24	250	
- Medium	1 ea	545	22	225	
- Small	1 ea	365	15	150	
Ice Cream Sandwich	1 ea	140	5	125	
Ice Cream Sundaes					
- Banana split	1 ea	485	12	180	
- Blizzard, chocolate sandwich cookie, regular	1 ea	610	21	520	
- Blizzard, fruit, regular	1 ea	520	13	265	
- Peanut Buster Parfait	1 ea	685	31	375	
Sandwiches					
- Grilled Chicken Breast Fillet	1 ea	290	10	1045	
Shakes					
- Chocolate or vanilla, regular	1 ea	735	20	420	
Side Orders					
- French fries, regular	1 order	295	14	160	
Domino's					
Pizza, deep dish					
- Cheese, single serving, 6" pie	1 ea	465	21	1000	
- Pepperoni, with cheese, single serving, 6" pie	1 ea	530	27	1200	
- Veggie (mushrooms, green peppers, onions, & olives), with cheese, single serving, 6" pie	1 ea	490	22	1170	
Pizza, thin crust					
- Cheese, 10" pie	1/2	405	18	1055	
- Pepperoni, with cheese, 10" pie	1/2	495	26	1335	
- Veggie (mushrooms, green peppers, onions, & olives), with cheese, 10" pie	1/2	440	20	1290	
Hardee's					
Breakfast Entrees					
- Bacon, Egg & Cheese Biscuit	1 ea	570	37	1600	
- Biscuit 'N' Gravy	1 ea	455	28	1500	
- Jelly Biscuit	1 ea	395	20	1005	
- Pancakes, 3 cakes	1 order	265	3	890	
- Rise 'N' Shine Biscuit	1 ea	350	20	1000	
- Sausage & Egg Biscuit	1 ea	600	39	1475	

Hardee's	Amount	Calories	Fat	Sat. Fat	Sodium
Burgers					
- Cheeseburger	1 ea	325	15	890	
- Hamburger	1 ea	280	11	670	
- Patty melt	1 ea	610	34	1070	
- Quarter Pound Double Cheeseburger	1 ea	490	28	1290	
Desserts					
- Peach cobbler, 6 oz	1 ea	320	7	360	
Ice cream					
- Hot fudge sundae	1 ea	280	7	310	
Sandwiches					
- Chicken Fillet (fried)	1 ea	500	18	1285	
- Grilled Chicken Fillet	1 ea	410	14	985	
- Regular Roast Beef	1 ea	340	16	620	
Shakes					
- Chocolate or vanilla	16 fl oz	345	5	270	
Side orders					
- Cole slaw, 6 oz	1 order	345	30	510	
- French fries, medium	1 order	340	15	150	

Kentucky Fried Chicken

Chicken Entrees					
- Colonel's Crispy Strips, 3 strips	1 order	265	16	660	
- Extra Tasty Crispy, breast	1 pc	480	28	930	
- Extra Tasty Crispy, drumstick	1 pc	185	11	260	
- Extra Tasty Crispy, thigh	1 pc	375	25	545	
- Original Recipe, breast	1 pc	405	24	1115	
- Original Recipe, drumstick	1 pc	145	9	425	
- Original Recipe, thigh	1 pc	255	18	750	
- Tender Roast, breast, w/o skin	1 pc	170	4	795	
- Tender Roast, drumstick, w/o skin	1 pc	70	2	260	
- Tender Roast, thigh, w/o skin	1 pc	110	5		315
Sandwiches					
- Colonel's Original Recipe Chicken	1 ea	500	22	1215	
Side Orders					
- BBQ baked beans	1 order	175	2	760	
- Biscuit	1 order	170	10	560	
- Cole slaw	1 order	165	9	280	
- Mashed potatoes with gravy	1 order	160	9	440	

Long John Silver	Amount	Calories	Fat	Sat. Fat	Sodium
Chicken Entrees					
- Batter-dipped	1 pc	135	6	400	
Desserts					
- Apple Crumb Cheesecake	1 ea	305	17	160	
Fish Entrees					
- Grilled	1 pc	80	1	320	
- Batter-dipped	1 pc	195	11	470	
- Popcorn-style	1 order	290	14	1090	
Sandwiches					
- Batter-dipped Fish, no sauce	1 ea	340	13	800	
- Chicken	1 ea	285	8	975	
- Fish	1 ea	360	15	930	
- Ultimate Fish	1 ea	420	17	1340	
Sauces					
- Shrimp	1 pkt	15	0	180	
- Tartar	1 pkt	30	2	35	
Shrimp Entrees					
-Popcorn-style	1 order	290	15	920	
Side orders					
- Baked potato, plain	1 ea	245	0	20	
- Coleslaw	1 order	130	6	260	
- French fries	1 order	250	15	500	
- Hushpuppy	1 pc	55	3	25	
- Rice pilaf	1 order	145	3	210	

McDonald's

Breakfast Entrees					
- Apple bran muffin, low-fat	1 ea	290	3	380	
- Apple danish	1 ea	365	16	290	
- Biscuit, plain	1 ea	260	13	840	
- Breakfast Burrito	1 ea	315	18	770	
- Hotcakes with margarine & syrup, 3 hotcakes/order	1 order	570	16	760	
- Sausage McMuffin with Egg	1 ea	450	28	810	
Burgers					
- Big Mac	1 ea	530	26	880	
- Cheeseburger	1 ea	325	14	770	
- Hamburger	1 ea	270	10	530	
- Quarter Pounder with Cheese	1 ea	540	30	1200	
Chicken Entrees					
- Chicken McNuggets, 6 pc order	1 order	295	17	510	

McDonald's	Amount	Calories	Fat	Sat. Fat	Sodium
Desserts					
- Baked apple pie	1 ea	220	12	200	
Ice cream					
- Cone, chocolate and vanilla twist	1 ea	150	1	100	
- Hot fudge sundae with nuts	1 ea	345	10	200	
Salads					
- Grilled Chicken Deluxe	1 ea	130	3	240	
Sandwiches					
- Fish Fillet Deluxe	1 ea	520	20	1120	
- Grilled Chicken Deluxe, plain	1 ea	335	7	970	
Sauces					
- Honey mustard	1 pkt	55	4	85	
- Sweet 'n sour	1 pkt	40	0	140	
Shakes					
- Chocolate or vanilla	16 fl oz	350	5	270	
Side Orders					
- French fries, large	1 order	435	22	290	

Popeye's

Chicken Entrees					
- Chicken Nuggets	1 order	425	32	660	
- breast, fried, mild	1 pc	275	16	655	
- leg, fried, mild	1 pc	130	8	240	
- thigh, fried, mild	1 pc	300	23	620	
Desserts					
- Apple pie	1 ea	290	16	835	
Side Orders					
- Biscuit	1 ea	260	14	425	
- Cajun Rice	1 order	165	6	1260	
- Coleslaw	1 order	155	11	275	
- French fries	1 order	265	14	605	
- Red beans & rice	1 order	310	17	685	

Subway	Amount	Calories	Fat	Sat. Fat	Sodium
Sub Sandwiches					
- Classic Italian BMT (ham, genoa salami, pepperoni & bologna), 6"	1 ea	435	20	1650	
- Roasted Chicken Breast, 6"	1 ea	335	6	965	
- Subway Club (turkey, ham & roast beef), 6"	1 ea	295	5	1340	
- Subway Melt (turkey, ham, cheese & bacon), 6"	1 ea	375	12	1735	
- Tuna, light mayo, 6"	1 ea	380	15	930	
- Tuna, regular mayo, 6"	1 ea	490	29	875	
- Turkey Breast, 6"	1 ea	275	4	1390	
- Veggie Delite(TM), 6"	1 ea	215	2	580	
Taco Bell					
Burrito					
- Bean	1 ea	430	12	1040	
- Big Beef Burrito Supreme	1 ea	555	24	1450	
- Burrito Supreme	1 ea	475	18	1220	
- Light Chicken	1 ea	350	8	980	
- Light Chicken Supreme	1 ea	465	13	1410	
Desserts					
- Cinnamon Twists	1 order	130	6	190	
Salads					
- Taco salad, with shell	1 ea	840	52	1670	
- Taco salad, w/o shell	1 ea	440	26	1420	
Side Orders					
- Mexican rice	1 ea	210	10	510	
- Nachos BellGrande	1 ea	760	39	1095	
- Pintos 'n Cheese	1 ea	175	8	690	
Tacos					
- Regular	1 ea	185	11	280	
- Soft Taco Supreme	1 ea	270	14	540	
- Taco Supreme	1 ea	205	13	290	
Tostada	1 ea	285	14	700	

Wendy's	Amount	Calories	Fat	Sat. Fat	Sodium
Burgers					
- Jr Bacon Cheeseburger	1 ea	380	20	790	
- Jr Hamburger	1 ea	290	11	560	
- Single Hamburger, with condiments	1 ea	435	21	810	
Pita Sandwiches					
- Chicken Caesar, with dressing	1 ea	460	19	1320	
- Chicken Caesar, w/o dressing	1 ea	360	8	1320	
- Garden Veggie, with dressing	1 ea	390	21	760	
- Garden Veggie, w/o dressing	1 ea	310	13	760	
Salads					
- Deluxe Garden	1 ea	100	5	320	
- Grilled Chicken	1 ea	210	10	690	
- Grilled Chicken Caesar	1 ea	225	8	1210	
- Taco	1 ea	575	30	1230	
Sandwiches					
- Chicken Club with condiments	1 ea	485	21	995	
- Grilled Chicken	1 ea	315	8	780	
Shakes					
- Frosty	16 fl oz	445	13	260	
Side Orders					
- Bacon & Cheese Potato	1 ea	525	18	1430	
- Broccoli & Cheese Potato	1 ea	495	14	470	
- Chili, small, 8 oz	1 order	205	7	800	
- French fries, medium	1 order	370	19	120	

Frozen Dinners & Entrees

The nutritional content of frozen dinners and entrees varies widely. Many items are available in reduced-fat versions; however, they may still contain high amounts of sodium. See the “Nutrition Facts” label for more information.

	Amount	Calories	Fat	Sat. Fat	Sodium
Beef Enchilada and Tamale Combo Meal (Banquet)	1 entree	375	13	1520	
Beef Pepper Steak Oriental Entrée (Healthy Choice)	1 entree	250	4	470	
Beef Steak Dinner, “Chicken Fried” Hearty Ones (Banquet)	1 entree	795	41	2050	
Beef Stroganoff with Parsley Noodles (Stouffer’s)	1 entree	390	20	1100	
Beef Stuffed Peppers in Tomato Sauce (Stouffer’s)	1 entree	205	8	900	
Chicken & Dumplings with Gravy Meal (Banquet)	1 entree	275	9	780	
Chicken & Penne Pasta, grilled, Hearty Portions (Lean Cuisine)	1 entree	390	7	770	
Chicken (Mostly White Meat) Dinner, Hungry Man, fried (Swanson)	1 entree	820	44	2660	
Chicken Oriental & Vegetables Entrée, low fat (Budget Gourmet)	1 entree	285	7	730	
Chicken Pot Pie (Swanson)	1 ea	400	22	880	
Chicken with Potatoes, baked (Lean Cuisine)	1 entree	240	4	520	
Chicken, Southern Fried (Banquet)	1 entree	565	33	1540	
Four Cheese Lasagna (Michelina’s)	1 entree	285	7	660	
Smart Ones Angel Hair Pasta (Weight Watchers)	1 entree	160	2	490	
Smart Ones Santa Fe Style Rice & Beans (Weight Watchers)	1 entree	315	10	670	
Teriyaki Stir-Fry (Lean Cuisine)	1 entree	275	4	590	
Yankee Pot Roast (Swanson)	1 entree	285	8	670	
Zucchini Lasagna Entrée (Healthy Choice)	1 entree	300	3	310	

Fruit, Canned, Dried, Fresh/Frozen, & Juices

Canned Fruit

The canned fruit items listed are packed in **light** syrup. If you select canned fruit packed in heavy syrup, add 20 calories. If you select fruit packed in **juice**, subtract 20 calories.

	Amount	Calories	Fat	Sat. Fat	Sodium
Applesauce					
- sweetened	1/2 c	95	0	5	
- unsweetened	1/2 c	50	0	0	
Apricots, in light syrup	1/2 c	85	0	0	
Cherries, in light syrup	1/2 c	90	1	0	
Cranberries, whole, sweetened	1/2 c	220	0	35	
Fruit cocktail, in light syrup	1/2 c	70	0	5	
Grapefruit, in syrup	1/2 c	75	0	5	
Mandarin oranges, in syrup	1/2 c	75	0	10	
Maraschino cherries	1 ea	5	0	0	
Peaches, in light syrup	1/2 c	70	0	0	
Pears, in light syrup	1/2 c	75	0	0	
Pineapple, chunks, in light syrup	1/2 c	65	0	0	
Prunes, sweetened	1/2 c	155	0	0	

Dried Fruit

The dried fruit values listed are for whole pieces.

Apples	1/4 c	50	0	20
Apricots	1/4 c	75	0	5
Banana chips	1/4 c	95	6	0
Cranberries	1/4 c	95	0	0
Dates	1/4 c	120	0	0
Figs	1/4 c	125	1	5
Fruit mixture	1/4 c	85	0	5
Pineapple	1/4 c	75	0	5
Prunes	1/4 c	100	0	0
Raisins or currants	1/4 c	115	0	5

Fresh & Frozen	Amount	Calories	Fat	Sat. Fat	Sodium
Apple					
- 3-1/4" diam, large	1 ea	125	1	0	
- 2-3/4" diam, medium	1 ea	80	0	0	
Apricot	2 ea	35	0	0	
Avocado, cubed	1/4 c	60	6	5	
Banana, 7- 8" long	1 ea	110	1	0	
Berries, including blueberries, blackberries, boysenberries, marionberries, or raspberries	1/2 c	40	0	5	
Cantaloupe					
- cubed	1/2 c	30	0	5	
- wedge, 1/8 medium	1 ea	25	0	5	
Cherries, pitted	10 ea	50	1	0	
Cranberries, fresh, whole	1/2 c	25	0	0	
Cranberry sauce	1/4 c	110	0	20	
Figs, 2-1/4"	2 ea	75	0	0	
Grapefruit, 4" diam	1/2	40	0	0	
Grapes	15 ea	55	0	0	
Guava	1/2 c	40	0	0	
Honeydew melon					
- cubed	1/2 c	30	0	10	
- wedge, 1/8 medium	1 ea	55	0	15	
Kiwi	1 ea	45	0	5	
Lemon or lime, 2" diam	1 ea	15	0	0	
Mandarin orange, 2-3/8" diam	1 ea	35	0	0	
Mango					
- 1/2 medium	1 ea	65	0	0	
- cubed or sliced	1/2 c	55	0	0	
Mixed fruit	1/2 c	45	0	0	
Nectarine, 2-1/2" diam	1 ea	65	1	0	
Orange, 2-5/8" diam	1 ea	60	0	0	
Papaya					
- 1/4 of 5-1/8" x 3"	1 ea	30	0	0	
- cubed	1/2 c	25	0	0	
Peach, 2-1/2" diam	1 ea	40	0	0	
Peaches, sliced	1/2 c	35	0	0	
Pear, 2-1/2" diam	1 ea	100	1	0	
Pears, sliced	1/2 c	50	0	0	
Pineapple, chunks	1/2 c	40	0	0	
Plum, 2-1/8" diam	1 ea	35	0	0	

Fresh & Frozen	Amount	Calories	Fat	Sat. Fat	Sodium
Pomegranate	1/2 c	40	0	0	
Rhubarb					
- fresh	1/2 c	5	0	0	
- cooked, sweetened	1/2 c	140	0	0	
Starfruit, sliced	1/2 c	20	0	5	
Strawberries					
- sliced	1/2 c	25	0	0	
- sliced, frozen, sweetened	1/2 c	120	0	5	
Tangelo or tangerine, 2-1/2" diam	1 ea	45	0	0	
Watermelon					
- 7-1/2" x 1" slice	1 ea	90	1	5	
- cubed	1/2 c	25	0	0	

Fruit Juice

The fruit juices listed contain 100% juice. For juice-type drinks, refer to the "Juice Drinks" category. Values are listed in fluid ounces (6 fl oz = 3/4 cup) without ice and are unsweetened, unless noted.

Apple juice or cider,	6 fl oz	85	0	5
Apple-raspberry	6 fl oz	90	0	5
Apricot nectar, sweetened	6 fl oz	105	0	5
Cranberry cocktail				
- regular	6 fl oz	110	0	5
- low-calorie	6 fl oz	35	0	5
Grape	6 fl oz	115	0	5
Grapefruit	6 fl oz	70	0	0
Orange	6 fl oz	85	0	0
Orange juice concentrate, undiluted	6 fl oz can	340	0	5
Pineapple	6 fl oz	90	0	5
Pineapple-orange	6 fl oz	90	0	5
Prune	6 fl oz	135	0	10

Grains

Items listed are cooked **without** salt.

	Amount	Calories	Fat	Sat. Fat	Sodium
Barley					
- cooked	1/2 c	95	0	5	
- dry	1 c	705	2	20	
Bulgur, cooked	1/2 c	75	0	5	
Cornmeal mush, plain, cooked in water	1/2 c	65	0	0	
Cornmeal, dry	1 c	505	2	5	
Couscous					
- cooked	1/2 c	100	0	5	
- dry	1 c	650	1	15	
Kasha, cooked	1/2 c	90	1	5	
Oat bran					
- cooked	1/2 c	45	2	3	
- dry	1 TB	15	0	0	
	1 c	230	7	5	
Oats, oatmeal, old fashioned					
- cooked	1/2 c	75	1	3	
- dry	1 c	310	5	5	
Wheat bran, dry	1 c	125	2	0	
	1 TB	10	0	0	
Wheat germ	1 c	430	12	5	
	1 TB	25	1	0	

Jams, Jellies, Sweeteners, Syrups, & Toppings

Jams, Jellies, & Sweeteners	Amount	Calories	Fat	Sat. Fat	Sodium
Equal	1 pkt	5	0	0	
Fructose	1 tsp	15	0	0	
Honey	1 tsp	20	0	0	
Jams, jellies or preserves					
- regular	1 TB	50	0	10	
- reduced-sugar	1 TB	35	0	0	
- sugar-free	1 TB	15	0	5	
Molasses	1 tsp	20	0	5	
Sugar					
- brown	1 tsp	15	0	0	
- powdered	1 tsp	10	0	0	
- white, granulated	1 tsp	15	0	0	
Syrups & Toppings					
Butterscotch or caramel, fat-free	2 TB	105	0	145	
Chocolate fudge					
- regular	2 TB	130	5	50	
- fat-free	2 TB	100	0	65	
Chocolate syrup					
- regular	2 TB	80	0	35	
- fat-free	2 TB	40	0	15	
Flavoring for coffee	2 TB	70	0	0	
Fruit syrup					
- sweetened	2 TB	105	0	15	
- unsweetened	2 TB	25	0	0	
Marshmallow crème	2 TB	40	0	5	
Syrup					
- corn	2 TB	115	0	50	
- maple, pure	2 TB	105	0	5	
- pancake, maple or fruit-flavored	2 TB	110	0	45	
- pancake, reduced-calorie	2 TB	55	0	70	
- pancake, sugar-free	2 TB	15	0	65	

Meat Alternatives, Including Soy, Vegetaropm Foods

	Amount	Calories	Fat	Sat. Fat	Sodium
"Burgers" (vegetarian)					
- Boca Burger, Original	1 ea	70	0	230	
- Boca Burger, 98% fat-free	1 ea	95	2	295	
- Garden Vege Pattie (Natural Touch)	1 ea	105	4	275	
- Gardenburger, original (Wholesome and Hearty Foods)	1 ea	145	4	180	
- Harvest Burger, Original Flavor (Green Giant)	1 ea	105	3	370	
- Vegetarian Burger (Worthington)	1 ea	115	5	415	
- Veggie Burger, Spicy Black Bean (Morningstar Farms)	1 ea	105	2	470	
- Garden Vege Patty (Morningstar Farms)	1 ea	95	2	345	
Cheese soy, cheddar or Monterey Jack (White Wave Soy A Melt)	1 oz	80	5	170	
Hotdogs (vegetarian)					
- regular, 1.6 oz	1 ea	110	6	430	
- fat-free, 1.6 oz	1 ea	65	0	295	
Miso (soybean paste)	1/4 c	140	4	2505	
Tempeh					
- fried, salt added	1/2 c	185	8	280	
- plain	1/2 c	165	6	5	
Textured vegetable protein (TVP)					
- dehydrated	½ c	155	0	15	
- frozen	1/2 c	185	2	15	
Tofu					
- extra-firm	1/2 c	200	13	20	
- firm	1/2 c	95	6	10	
- firm, low-fat	1/2 c	45	1	5	

Meat, Fish, Poultry, & Shellfish

Beef

Values are listed for trimmed and untrimmed cuts of beef. Most values are for a 3-ounce cooked portion (4 ounces raw). Values listed **do not** include salt added in cooking.

	Amount	Calories	Fat	Sat. Fat	Sodium
Beef liver					
- cooked w/o fat	3 oz	135	4	60	
- fried	3 oz	155	6	340	
Beef Roast					
- chuck, prime rib, or rib, trimmed	3 oz	210	13	55	
- chuck, prime rib, or rib, untrimmed	3 oz	310	25	55	
- prime rib, trimmed, "restaurant cut"	6 oz	420	25	105	
- eye of round, trimmed	3 oz	155	4	50	
- eye of round, untrimmed	3 oz	175	8	60	
Corned beef or brisket	3 oz	215	16	965	
Filet mignon, porterhouse, or tenderloin					
- trimmed	3 oz	175	8	60	
- untrimmed	3 oz	245	17	55	
Flank steak, trimmed	3 oz	175	8	60	
Flank steak, round, or sirloin					
- untrimmed	3 oz	210	13	55	
Ground beef, crumbled					
- 7% fat	1/2 c	120	4	40	
- 10% fat	1/2 c	125	6	40	
- 15% fat	1/2 c	155	9	40	
- 20% fat	1/2 c	175	12	40	
Ground beef, patty, raw					
- 7% fat	4 oz	165	6	55	
- 10% fat	4 oz	175	8	60	
- 15% fat	4 oz	210	13	55	
- 20% fat	4 oz	235	16	50	
Jerky, 1/4" x 3" stick	1 ea	40	2	210	
Round steak or sirloin, trimmed	3 oz	155	4	50	
Spare ribs, untrimmed	3 oz	285	22	55	

Chicken & Turkey	Amount	Calories	Fat	Sat. Fat	Sodium
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Values are listed for poultry with and without (w/o) skin. Most values are for a 3-ounce cooked portion (4 ounces raw). Removing the skin greatly reduces calories and fat. Cooking methods such as broiling and frying increase the fat and sodium content. Breaded items are prepared **with** salt.

Chicken back

- w/o skin, broiled or grilled	3 oz	195	11	75
- with skin, broiled or grilled	3 oz	255	18	75
- with skin, breaded and fried	3 oz	465	32	925

Chicken breast

- w/o skin, broiled or grilled	3 oz	145	4	65
- with skin, broiled or grilled	3 oz	155	6	55
- with skin, breaded and fried	3 oz	365	20	900

Chicken, canned (1/2 can)	2.5 oz	55	1	210
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Chitterlings, steamed, with salt	1/2 c	189	18	232
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Chicken drumstick

- w/o skin, broiled or grilled	3 oz	140	4	65
- with skin, broiled or grilled	3 oz	180	9	60
- with skin, breaded and fried	3 oz	390	23	910

Chicken gizzard, breaded and fried	1 ea	88	4	235
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Chicken liver, fried	3 oz	150	7	325
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Chicken neck, w/o skin, broiled or grilled	3 oz	160	6	65
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Chicken thigh

- w/o skin, broiled or grilled	3 oz	180	9	60
- with skin, broiled or grilled	3 oz	215	13	75
- with skin, breaded and fried	3 oz	425	27	925

Chicken wing

- with skin, broiled or grilled	1 ea	100	7	30
- breaded and fried	1 ea	185	12	365

Turkey breast

- w/o skin, broiled or grilled	3 oz	120	1	50
- with skin, broiled or grilled	3 oz	155	6	55

Turkey drumstick

- w/o skin, broiled or grilled	3 oz	140	4	65
- with skin, broiled or grilled	3 oz	180	9	60

Ground turkey

- 7% fat	3 oz	160	6	75
- regular	3 oz	205	12	70

Turkey wing, with skin, broiled or grilled (12-1/2 lb bird)	1 ea	400	22	105
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Fish & Shellfish	Amount	Calories	Fat	Sat. Fat	Sodium
Items are listed cooked with and without (w/o) fat. Breading and frying greatly increase the fat and sodium content. Breaded items are prepared with salt.					
Calamari, cooked, w/o fat	3 oz	90	1	45	
Catfish					
- broiled or grilled, w/o fat	3 oz	140	6	55	
- breaded and fried	3 oz	350	20	905	
Clams					
- steamed, w/o fat, medium	3 oz = 6	110	1	85	
- breaded and fried, medium	3 oz = 7	345	16	970	
Crab, canned	3 oz	85	1	285	
Crab					
- hardshell, Dungeness or blue, steamed, w/o fat	3 oz	85	2	235	
- cake, fried, 3-1/2" x 1/2"	1 ea	260	17	375	
Crayfish or crawfish, steamed, w/o fat	3 oz	70	1	80	
Fish sticks, patties, or nuggets					
- low-fat, breaded and baked	3 oz	145	2	330	
- breaded and baked	3 oz	220	12	290	
Fish, including cod, flounder, haddock, halibut, perch, snapper, sole, walleye, yellow fin tuna, mahi mahi, and sea bass					
- broiled or grilled, w/o fat	3 oz	100	1	90	
- broiled or grilled, basted with fat and salted	3 oz	120	3	370	
- breaded and fried	3 oz	310	15	940	
Fish, including swordfish, fresh water bass, and rainbow trout					
- broiled or grilled, w/o fat	3 oz	135	5	55	
- broiled, or grilled, basted with fat and salted	3 oz	150	7	340	
Lobster, cooked w/o fat	3 oz	85	0	325	
Lox	1 oz	35	1	220	
Oysters					
- canned	3 oz	115	4	360	
- raw, Eastern, medium	3 oz = 6	60	2	185	
- raw, Pacific, medium	3 oz = 2	60	2	190	

Fish & Shellfish	Amount	Calories	Fat	Sat. Fat	Sodium
Salmon, Atlantic					
- broiled or grilled, w/o fat	3 oz	155	7	50	
- broiled or grilled, basted with fat and salted	3 oz	175	9	330	
Salmon, canned					
- drained, with salt	3 oz	120	5	470	
- drained, w/o salt	3 oz	120	5	65	
Salmon, Chinook					
- broiled or grilled, w/o fat	3 oz	175	10	100	
- broiled or grilled, basted with fat and salted	3 oz	190	12	380	
Salmon, smoked	1 oz	35	1	220	
Sardines, canned					
- water, drained	4-3/8 oz	170	10	95	
- oil, drained	3-3/4 oz	190	11	465	
Scallops					
- steamed, w/o fat, large	3 oz = 6	105	1	240	
- broiled or grilled, basted with fat and salted, large	3 oz = 6	125	3	540	
Shrimp, canned					
- drained, with salt	1.75 oz	70	1	1380	
Shrimp, shelled					
- steamed w/o fat, medium	3 oz = 18	90	1	200	
- broiled or grilled, basted with fat and salted, medium	3 oz = 18	110	3	500	
- breaded and fried, medium	3 oz = 18	310	16	1100	
Squid, breaded and fried	3 oz	300	15	895	
Surimi (imitation seafood)	3 oz	85	1	735	
Trout, brook					
- broiled or grilled, w/o fat	3 oz	130	4	60	
- broiled or grilled, basted with fat and salted	3 oz	145	6	345	
Tuna, canned					
- water pack, drained	3 oz	100	1	285	
- water pack, low-sodium, drained	3 oz	100	1	175	
- oil pack, drained	3 oz	170	7	300	
- oil pack, low-sodium, drained	3 oz	170	7	205	

Lamb	Amount	Calories	Fat	Sat. Fat	Sodium
Lamb chop, loin, or shoulder					
- baked, broiled or grilled, trimmed	3 oz	175	8	60	
- baked, broiled, or grilled, untrimmed	3 oz	235	17	55	
Rack of lamb, or ribs					
- baked, broiled, or grilled, trimmed	3 ribs	175	10	60	
- baked, broiled, or grilled, untrimmed	3 ribs	495	41	100	
- baked, broiled, or grilled, trimmed	3 oz	195	11	70	
- baked, broiled, or grilled, untrimmed	3 oz	305	25	60	
Pork					
Bacon					
- 6" slice	2 ea	75	6	200	
- Canadian, 2-1/2" x 1/4" slice	2 ea	80	4	650	
- low-sodium, 6" slice	2 ea	75	6	130	
Ground pork	3 oz	245	17	50	
Ham, canned					
- extra-lean, 5% fat	3 oz	125	5	1025	
- trimmed	3 oz	150	8	1275	
Ham, cured, boneless					
- trimmed	3 oz	150	8	1275	
- low-sodium, trimmed	3 oz	95	3	705	
Ham hocks, cured	3 oz	245	20	830	
Pigs ears, lips, or tails, simmered without salt	3 oz	295	24	82	
Pigs feet, pickled	1 ea	175	14	805	
Pork chop					
- center loin, trimmed	3 oz	180	9	45	
- cured, loin, trimmed	3 oz	150	8	1275	
Pork sausage, link, 0.5 oz	2 ea	95	8	335	
Pork roast					
- rib, trimmed	3 oz	180	9	45	
- shoulder, trimmed	3 oz	215	13	40	
- top loin, or tenderloin, trimmed	3 oz	140	4	50	
Salt pork, 2-1/4" x 1-3/4" x 1/4" slice	1 ea	185	20	330	
Side of pork (fresh bacon)	1 oz	30	2	5	
Spare ribs, pre-cooked	3 oz	340	26	80	

Veal	Amount	Calories	Fat	Sat. Fat	Sodium
Veal chops, loin, trimmed	3 oz	140	5	75	
Veal cutlets, trimmed	3 oz	140	5	75	
Ground veal	3 oz	140	5	75	
Veal roast, crown, loin, rib, shoulder, or sirloin, trimmed	3 oz	140	5	75	

Wild Game

Alligator	3 oz	80	1	65	
Elk	3 oz	120	3	75	
Ostrich	3 oz	100	3	55	
Rabbit or hare, venison or deer	3 oz	135	3	45	
Wild duck, squab, and pheasant					
- w/o skin	3 oz	180	8	85	
- with skin	3 oz	200	11	80	

Mixed Dishes & Casseroles

Values are listed for items cooked **with** fat and salt. Many mixed dishes are available in reduced-fat and reduced-sodium versions. See the "Nutrition Facts" label for more information. Reduce calories, fat, and sodium in home-made mixed dishes by substituting lower-fat ingredients or modifying the cooking methods.

American

Beef stew	1 c	290	16	790	
Chicken a la king	1 c	325	19	745	
Chicken gumbo	1 c	80	2	955	
Chili, with beans and beef	1 c	275	11	730	
Collard greens with ham hocks	1 c	80	4	520	
Hamburger "helper" mixture with pasta	1 c	380	19	1035	
Hamburger gravy	1/2 c	155	10	375	
Macaroni and cheese	1 c	400	18	485	
Meatloaf, 4-1/2" x 2-1/2" x 1/2" slice	1 sl	250	15	615	
Seafood Newburg	1 c	315	19	890	
Pork with barbeque sauce	3 oz	190	9	585	
Pot pie, all varieties, 8 oz	1 ea	385	25	525	
Rice and beans	1 c	395	11	750	
Rice and beans, with meat	1 c	510	23	1095	
Salisbury steak with gravy	1 ea	330	19	910	

American	Amount	Calories	Fat	Sat. Fat	Sodium
Seafood gumbo	1 c	315	17	1025	
Shrimp creole, w/o rice	1 c	205	8	635	
Shrimp jambalaya	1 c	300	9	425	
Sloppy joe mix, w/o bun	1/2 c	245	16	830	
Beef Stroganoff, with noodles	1 c	350	15	630	
Stuffed green pepper (beef, rice, and cheese)	1 ea	300	15	1065	
Tuna noodle casserole	1 c	265	10	790	
Chinese					
Chicken with almonds	1 c	315	15	1005	
Chop suey					
- beef or chicken, w/o noodles	1 c	185	11	625	
- vegetarian, w/o noodles	1 c	80	3	880	
Chow mein					
- beef or chicken, w/o noodles	1 c	185	11	625	
- vegetarian, w/o noodles	1 c	80	3	880	
Dim sum					
- meat and shrimp filled	1 ea	50	3	30	
Egg flower soup	1 c	90	5	1065	
Egg foo yung with meat and sauce	1 c	335	26	1975	
Egg roll, 1-1/4" x 4" long	1 ea	375	17	540	
Fortune cookie	1 ea	25	0	15	
Hot and sour soup	1 c	125	6	1320	
Kung pao chicken	1 c	405	29	880	
Lo mein, beef or pork	1 c	270	10	505	
Moo goo gai pan	1 c	325	19	875	
Moo shoo pork, with pancake	1 c	700	30	580	
Pork fried rice	1 c	295	12	485	
Stir fry					
- chicken and vegetables	1 c	225	9	475	
- vegetables only	1 c	115	6	435	
Sushi with rice, fish, vegetables, and vinegar sauce	1 pc	40	0	55	
Sweet and sour pork	1 c	595	34	1310	
Teriyaki, meat, fish, or poultry	3 oz	135	4	1060	
Wontons, 1-3/4" square, fried, with meat filling	1 ea	75	3	100	

Italian	Amount	Calories	Fat	Sat. Fat	Sodium
Calzone, cheese and meat, 7" diam, folded	1 ea	405	16	840	
Canneloni, with beef, 4" long	1 ea	155	9	525	
Fettuccini Alfredo	1 c	350	16	565	
Gnocchi, cheese	1 c	125	8	185	
Lasagna					
- meat, 3" x 3" pc	1 pc	340	14	715	
- cheese, 3" x 3" pc	1 pc	265	7	700	
Manicotti, cheese filled, with tomato and meat sauce, 6" long	1 ea	140	4	615	
Meatballs, 1-1/2" diam, with tomato sauce	3 ea	250	15	630	
Minestrone	1 c	90	2	965	
Pizza, thin crust					
- two meat toppings (sausage, pepperoni, or hamburger), vegetables, with cheese, 12" pie	1/8	200	10	635	
- vegetarian, with cheese, 12" pie	1/8	160	6	445	
Ravioli					
- 1-3/4" squares, cheese-filled, with tomato sauce	6 ea	295	14	1355	
- 1-3/4" squares, meat-filled, with tomato sauce	6 ea	405	13	1995	
Spaghetti					
- with tomato sauce, with meat	1 c	240	4	915	
- with tomato sauce, meatless	1 c	290	5	730	
- with white clam sauce	1 c	420	17	400	
Tortellini, cheese-filled, with tomato sauce	1 c	330	14	1635	
Meals in a Cup					
Bean & Ham Soup (Hormel Micro Cup)	1 c	195	4	640	
Beef Ravioli (Chef Boyardee)	1 c	180	3	1040	
Beef Stew (Dinty Moore)	1 c	200	10	870	
Chicken & Pasta (Chef Boyardee)	1 c	170	2	1300	
Macaroni and Cheese (Chef Boyardee)	1 c	165	1	920	
Spaghetti & Meatballs in Tomato Sauce (Chef Boyardee)	1 c	205	6	870	
Turkey Stew (Dinty Moore)	1 c	135	3	950	

Mexican	Amount	Calories	Fat	Sat. Fat	Sodium
Beans, black	1/2 c	120	0	330	
Beans, refried	1/2 c	120	2	375	
Burrito					
- bean, with cheese, 6" long	1 ea	360	16	620	
- beef, with beans & cheese, 6" long	1 ea	260	11	440	
Chimichanga					
- beef, with beans, 7" tortilla	1 ea	430	26	275	
- chicken, with cheese, 7" tortilla	1 ea	380	25	405	
Enchilada					
- beef & cheese, w/o beans, 6" long	1 ea	225	12	410	
- cheese, w/o beans, 6" long	1 ea	235	14	560	
Fajita					
- beef, 7" tortilla	1 ea	270	12	490	
- chicken, 7" tortilla	1 ea	240	9	500	
Gazpacho	1 c	85	5	780	
Quesadilla					
- cheese, 7" tortilla	1 ea	185	10	230	
- meat & cheese, 7" tortilla	1 ea	185	9	215	
Relleno, cheese, fried	1 ea	215	16	255	
Taco salad, beef, with fried tortilla shell	1 ea	690	42	1310	
Tacos					
- beef, with cheese, 6-1/2" taco shell	1 ea	285	18	330	
- chicken with cheese, 6-1/2" taco shell	1 ea	240	12	330	
Tamale, meat and cheese, 6" long	1 ea	635	43	955	
Tostada salad					
- meatless	1 ea	390	26	595	
- with beef	1 ea	540	36	1155	

Pancakes, Waffles, & French Toast

French toast, frozen	2 sl	185	5	425	
Pancakes					
- frozen, 4" diam	2 pc	165	2	365	
- plain, from mix, fat added, 4" diam	2 pc	170	7	385	
Waffles					
- frozen, 4" square	2 pc	195	6	585	
- white flour, from recipe or mix, 4" square	2 pc	260	15	385	

Pasta, Noodles, & Rice

Items listed have been cooked **without** salt. If 1 tsp of salt is added during cooking, add 215 milligrams of sodium per cup of cooked pasta, or 765 milligrams of sodium per cup of cooked rice.

	Amount	Calories	Fat	Sat. Fat	Sodium
Egg noodles					
- cooked	1 c	145	2	10	
- dry	1 c	215	2	10	
Macaroni, orzo, rigatoni, or rotini					
- cooked	1 c	195	1	0	
- dry	1 c	500	2	5	
Spaghetti or fettuccini, white or wheat					
- cooked	1 c	215	2	10	
- dry	2 oz	195	2	10	
Spinach noodles					
- cooked	1 c	215	2	10	
- dry	1 c	145	2	10	
Whole wheat noodles					
- cooked	1 c	200	1	5	
- dry	1 c	135	1	5	
Brown rice					
- cooked	1 c	215	2	10	
- dry	1 c	690	6	30	
Brown and wild rice mixture					
- cooked	1 c	190	1	5	
White rice					
- converted, cooked	1 c	230	0	0	
- dry	1 c	860	2	5	
- instant, cooked	1 c	215	0	0	
Wild rice					
- cooked	1 c	165	1	5	
- dry	1 c	640	2	20	
Seasoned noodle mix, cooked	1 c	350	13	935	
Seasoned rice mix, cooked	1 c	275	7	785	

Peanut Butter, Nuts & Seeds

Values are listed for **unsalted** whole nuts, unless noted. If you select salted nuts, add 250 milligrams of sodium per ¼ cup serving.

	Amount	Calories	Fat	Sat. Fat	Sodium
Almonds	1/4 c	211	20	5	
Brazil nuts	1/4 c	230	23	0	
Cashews	1/4 c	195	17	5	
Filberts	1/4 c	215	21	0	
Flax seeds	1 TB	50	4	5	
Macadamia nuts, oil roasted	1/4 c	235	25	0	
“Mixed” nuts and seeds	1/4 c	220	20	5	
Peanut butter					
- regular	1 TB	95	8	75	
- reduced-fat	1 TB	95	6	100	
Peanuts					
- shelled	1/4 c	210	18	0	
- in the shell, salted	24 ea	140	12	105	
Pecan halves	1/4 c	180	18	0	
Pine nuts	1/4 c	205	20	25	
Pistachio nuts	1/4 c	185	15	0	
Pumpkin seeds, shelled	2 TB	150	12	5	
Sesame seeds	2 TB	110	10	10	
Soy nuts	1/4 c	205	11	5	
Sunflower seeds, raw	2 TB	105	9	0	
Tahini (sesame butter)	1 TB	90	8	15	
Trail mix, with nuts, seeds, dried fruit, and candy	1/4 c	175	11	90	
Walnut halves	1/4 c	160	15	0	

Salads, Salad Bar Toppings, & Salad Dressings

Salad Bar Toppings	Amount	Calories	Fat	Sat. Fat	Sodium
Bacon bits					
- real	1 TB	25	2	220	
- imitation	1 TB	30	1	130	
Beans					
- garbanzo	2 TB	35	1	30	
- kidney	2 TB	30	0	55	
Beets, sliced	1/4 c	15	0	80	
Cheese					
- cheddar, grated	2 TB	55	5	90	
- parmesan, grated	2 TB	45	3	185	
Cottage cheese, regular or 4%	2 TB	25	1	105	
Croutons, seasoned	2 TB	25	1	60	
Eggs, hard cooked, chopped	2 TB	25	2	20	
Olives, green and black, sliced	1 TB	10	1	200	
Sprouts, alfalfa	2 TB	0	0	0	
Sprouts, bean	2 TB	10	1	0	
Sunflower seeds, salted	1 TB	45	4	60	

Salad Dressing

Blue cheese or Roquefort					
- regular	2 TB	90	7	435	
- fat-free	2 TB	40	0	310	
Caesar					
- regular	2 TB	120	12	360	
- fat-free	2 TB	10	0	390	
French					
- regular	2 TB	115	11	260	
- fat-free	2 TB	40	0	300	
Honey mustard					
- regular	2 TB	150	15	200	
- fat-free	2 TB	45	0	325	
Italian, clear and creamy					
- regular	2 TB	120	12	235	
- fat-free	2 TB	10	0	270	
Mayonnaise					
- regular	1 TB	100	11	80	
- fat-free	1 TB	10	0	105	

Salad Dressing	Amount	Calories	Fat	Sat. Fat	Sodium
Mayonnaise-type dressing					
- regular	1 TB	70	7	85	
- fat-free	1 TB	15	0	115	
Oil and vinegar	2 TB	120	12	235	
Ranch style					
- regular	2 TB	140	14	250	
- fat-free	2 TB	35	0	280	
Russian					
- regular	2 TB	130	11	260	
- fat-free	2 TB	10	0	290	
Thousand Island					
- regular	2 TB	95	9	290	
- fat-free	2 TB	45	0	325	
Vinegar	2 TB	5	0	0	

Salads

Values are listed for salads that have been prepared **with fat and salt**. Reduce calories, fat and, sodium in homemade salads by substituting lower-fat ingredients, and eliminating salt.

Caesar, w/o anchovies	1 c	210	18	410	
Carrot, with raisins	1/2 c	150	9	140	
Chef, w/o dressing	2 c	150	9	365	
Chicken, with mayo	1/2 c	175	11	225	
Cole slaw, creamy	1/2 c	150	12	165	
Egg, with mayo	1/2 c	225	19	490	
Gelatin, with fruit	1/2 c	85	0	30	
Ham, with mayo	1/2 c	200	16	820	
Macaroni, with mayo	1/2 c	170	7	330	
Mixed fruit, with whipped topping	1/2 c	50	1	0	
Pasta & vegetable					
- creamy dressing	1/2 c	170	7	330	
- Italian dressing	1/2 c	70	3	285	
Potato					
- with mayo	1/2 c	165	11	305	
- German style	1/2 c	95	4	445	
Shrimp, with mayo	1/2 c	195	14	1310	
Spinach, with mushrooms, bacon, egg, oil & vinegar	1 c	95	9	120	
Tabbouleh	1/2 c	80	6	35	

Salads	Amount	Calories	Fat	Sat. Fat	Sodium
Three bean					
- fat-free	1/2 c	70	0	470	
- oil-based dressing	1/2 c	140	11	255	
Tossed, w/o dressing	1 c	15	0	10	
Tuna, with mayo	1/2 c	160	10	335	
Waldorf	1/2 c	130	11	100	
Wilted lettuce, with hot bacon dressing	1 c	55	3	210	

Sandwiches

Values listed are for sandwiches that have been prepared using standard slices of bread, standard serving sizes of meats, cheeses, and other fillings, and condiments.

Bacon, lettuce and tomato, with dressing	1 ea	305	17	735	
Bologna, cheese, ham, or salami	1 ea	255	14	605	
Cheese steak on a bun	1 ea	445	20	970	
Chicken	1 ea	265	8	395	
Chicken salad	1 ea	250	9	420	
Club (bacon, turkey, and tomato) with dressing	1 ea	485	23	735	
Corn dog with chili sauce on a bun	1 ea	505	27	1270	
Corned beef	1 ea	280	10	1325	
Egg salad	1 ea	280	14	595	
Grilled cheese	1 ea	300	17	755	
Gyro (pita bread, beef, and lamb) with condiments	1 ea	255	15	270	
Ham and cheese, grilled	1 ea	390	21	1590	
Ham and cheese, with lettuce and spread, on loaf bread	1 ea	375	20	1570	
Hot dog (regular) on a bun, with catsup and/or mustard	1 ea	270	15	910	
Peanut butter and jelly	1 ea	310	14	390	
Reuben	1 ea	555	38	1685	
Roast beef	1 ea	345	14	515	
Tuna salad	1 ea	245	8	495	
Turkey	1 ea	345	14	495	

Sauces & Gravies

	Amount	Calories	Fat	Sat. Fat	Sodium
Alfredo					
- light	1/2 c	190	13	560	
- regular	1/2 c	410	38	510	
Black bean	1/2 c	135	6	1145	
Cacciatore	1/2 c	75	5	540	
Cheese	1/2 c	280	22	720	
Curry, prep with cream	1/2 c	160	11	45	
Enchilada	1/2 c	30	0	335	
Gravy					
- au jus, prep from dry mix or meat juices	1/4 c	10	0	255	
- meat or poultry, prep from dry mix or fat-free broth	1/4 c	20	0	345	
- meat or poultry, prep with fat drippings and whole milk	1/4 c	80	6	145	
Hoison	1 TB	35	1	260	
Hollandaise	1 TB	45	4	70	
Mushroom	1/2 c	185	16	775	
Peanut	1/4 c	175	15	140	
Pesto	2 TB	190	19	115	
Pizza	1/2 c	75	5	540	
Spaghetti					
- meatless	1/2 c	125	4	615	
- meatless, fat-free	1/2 c	40	0	390	
- with meat	1/2 c	70	3	825	
Sweet and sour	1/4 c	80	2	235	
Tomato					
- regular	1/2 c	35	0	740	
- low-sodium	1/2 c	35	0	35	
White clam, prep with cream	1/2 c	225	16	200	
White, prep with cream	1/4 c	185	17	90	

Seasonings, Herbs, & Spices

Use the "Nutrition Facts" label to choose seasonings without added salt or MSG.

	Amount	Calories	Fat	Sat. Fat	Sodium
Butter substitute, dry powder (Molly McButter, Butter Buds)	1/2 tsp	5	0	85	
Capers	1 TB	5	0	225	
Garlic, fresh, minced	1 tsp	4	0	9	
Garlic or onion powder	1 tsp	10	0	0	
Herbs and spices, fresh or dried	1 tsp	5	0	0	
Kitchen Bouquet	1 tsp	10	0	20	
Lemon or lime juice	1 TB	5	0	5	
Lemon or orange peel	1 tsp	0	0	0	
Meat tenderizer	1 tsp	0	0	1825	
Monosodium glutamate (MSG)	1 tsp	15	0	615	
Old Bay Seasoning	1 tsp	0	0	660	
Onion soup, dry mix	1 pkg	75	0	2455	
Salt					
- regular	1 tsp	0	0	2360	
- celery	1 tsp	0	0	1505	
- garlic	1 tsp	5	0	970	
- lite, low-sodium	1 tsp	0	0	975	
- onion	1 tsp	5	0	1585	
- seasoned	1 tsp	5	0	1365	
Spaghetti sauce, dry mix	1 pkt	120	0	3560	
Vegetable oil spray, including canola, corn, and olive spray	1 sec	7	1	0	
Sweet and sour mix, dry	1 pkt	220	0	585	
Taco seasoning	1 pkt	120	1	1445	
Vinegar	1 TB	0	0	0	
Wine, cooking	¼ c	10	0	350	

Snack Foods, Chips, & Popcorn

Snack foods are available with a wide variety of fat and sodium levels, including regular, reduced, and free. See the "Nutrition Facts" label for more information.

	Amount	Calories	Fat	Sat. Fat	Sodium
Cheese Puffs (Cheetos)	1 oz	155	10	370	
Corn Chips (Fritos)	1 oz	155	10	160	
Popcorn cake					
- flavored, 4" diam	1 ea	60	1	65	
- plain, salt-free, 4" diam	1 ea	35	0	0	
- plain, 4" diam	1 ea	40	0	35	
Popcorn					
- commercially popped, "buttered," with salt	1 c	105	9	165	
- hot air popped, fat and salt added	1 c	80	6	180	
- hot air popped, plain	1 c	30	0	0	
- microwave bag, light (1.5 oz bag)	1 bag	190	8	460	
- microwave bag (3.5 oz bag)	1/2 bag	270	18	435	
- popped in oil, fat and salt added	1 c	120	11	180	
- popped in oil, salt added	1 c	70	5	115	
Potato chips					
- baked	1 oz	110	2	150	
- regular	1 oz	155	10	185	
Pretzels					
- hard type, twists or rings, salted	1 oz	110	1	485	
- hard type, twists or rings, unsalted	1 oz	110	1	35	
Rice cake, flavored, 4" diam	1 ea	35	0	30	
Snack Mix, traditional (Chex)	1 c	195	6	625	
Tortilla chips					
- baked, low-fat, salted	1 oz	115	1	200	
- baked, low-fat, unsalted	1 oz	105	1	0	
- regular, salted	1 oz	145	7	170	
Trail mix					
- with nuts, salted	1 oz	175	16	185	
- with nuts, seeds, and dried fruit	1 oz	130	8	65	

Soups & Broth

Broth-based soups are usually lower in fat than cream-based soups. Reduced fat, fat-free, and reduced-sodium products are available.

	Amount	Calories	Fat	Sat. Fat	Sodium
Bean					
- bean with bacon, ham, or pork, reduced-sodium, prep with water	1 c	185	5	480	
- split pea, lentil, navy bean, prep with water	1 c	175	3	890	
- vegetarian bean	1 c	320	7	1045	
Bouillon					
- cube	1 ea	10	0	1150	
- cube, low-sodium	1 ea	20	1	5	
Broth					
- beef or chicken, canned, undiluted	10½fl oz	90	3	1865	
- vegetable, canned, undiluted	10½fl oz	15	0	1295	
- vegetable, reduced-sodium, canned, undiluted	10½fl oz	15	0	330	
- vegetable, beef, or chicken, reduced-sodium, prep with water	1 c	75	0	485	
Clam Chowder					
- Manhattan, tomato base	1 c	75	2	910	
- New England, cream base, prep with fat-free milk	1 c	130	3	1040	
- New England, or oyster stew, cream base, prep with whole milk	1 c	165	7	1035	
Consommé, chicken or beef	1 c	40	1	785	
Cream					
- broccoli, celery, and mushroom, reduced-fat and sodium, prep with water	1 c	70	3	480	
- broccoli, celery, chicken, mushroom, potato, and tomato, prep with fat-free milk	1 c	140	6	835	
- broccoli, celery, chicken, mushroom, potato, and tomato, prep with whole milk	1 c	185	12	920	
French onion, clear, w/o cheese and bread	1 c	70	3	985	
Minestrone, with chicken or beef, pasta, and vegetables, prep with water	1 c	75	3	950	
Ramen noodles, all flavors	1 c	180	8	650	

Vegetables, Canned, Fresh/Frozen, & Juices

Canned Vegetables

The items listed are for vegetables canned **with** salt. Since the sodium content can vary, refer to the “Nutrition Facts” label for the actual information for each brand.

	Amount	Calories	Fat	Sat. Fat	Sodium
Artichoke hearts					
- in water	1/2 c	40	0	245	
- marinated in oil	1/2 c	60	2	270	
Asparagus spears	6 ea	20	1	310	
Bamboo shoots, canned and drained	1/2 c	10	0	5	
Beans, green or string	1/2 c	15	0	175	
Beets					
- pickled	1/2 c	90	0	215	
- sliced	1/2 c	25	0	165	
Carrots, sliced	1/2 c	20	0	175	
Collard greens	1/2 c	20	0	225	
Corn					
- kernel	1/2 c	65	1	175	
- cream-style	1/2 c	105	1	275	
Green peas	1/2 c	60	0	215	
Hominy	1/2 c	60	1	175	
Mushrooms	1/2 c	20	0	330	
Onions, cocktail or pickled	1/2 c	40	0	255	
Peas and carrots	1/2 c	35	0	185	
Pumpkin	1/2 c	40	0	5	
Sauerkraut	1/2 c	20	0	780	
Spinach	1/2 c	25	1	210	
Sweet potatoes	1/2 c	120	0	70	
Tomatoes					
- stewed	1/2 c	25	0	180	
- stewed, with onions, green peppers, and celery	1/2 c	35	0	345	
Water chestnuts	1/2 c	35	0	10	
Yams	1/2 c	120	0	70	

Fresh & Frozen	Amount	Calories	Fat	Sat. Fat	Sodium
Fresh or frozen, plain vegetables are naturally low in calories, fat, and sodium.					
Artichoke, globe	1 ea	60	0	115	
Asparagus spears	6 ea	25	0	5	
Beans					
- green or string	1/2 c	20	0	5	
- Italian	1/2 c	20	0	5	
Beets, diced	1/2 c	35	0	60	
Broccoli					
- chopped	1/2 c	25	0	20	
- spears, 5" long	2 ea	20	0	20	
Brussels sprouts	1/2 c	35	0	20	
Cabbage					
- Chinese	1/2 c	5	0	25	
- green or red, shredded	1/2 c	10	0	5	
Carrots					
- 6" to 7" long	1 ea	25	0	20	
- grated	1/2 c	25	0	20	
- sliced	1/2 c	26	0	20	
Cauliflower	1/2 c	15	0	15	
Celery					
- diced	1/2 c	10	0	50	
- stalk, 7-1/2" to 8" long	1 ea	5	0	35	
Corn					
- kernels	1/2 c	65	0	5	
- ear, 6-3/4" to 7-1/2"	1 ea	110	1	15	
Cucumber					
- whole	1/2	15	0	0	
- sliced	1/2 c	10	0	0	
Eggplant	1/2 c	15	0	0	
Endive, curly	1 c	5	0	5	
Greens					
- Collard, cooked	1/2 c	25	0	10	
- Collard, cooked, with fat and salt	1/2 c	40	2	220	
- Mustard, cooked	1/2 c	15	0	20	
- Turnip, cooked	1/2 c	15	0	20	
Jicama, sliced	1/2 c	25	0	5	
Kale	1/2 c	20	0	10	
Lettuce					
- iceberg, chopped	1 c	5	0	5	
- mixed greens, chopped	1 c	10	0	15	
- Romaine or red and green leaf, chopped	1 c	10	0	5	

Fresh & Frozen	Amount	Calories	Fat	Sat. Fat	Sodium
Broccoli, cauliflower, and carrots mix	1/2 c	15	0	15	
Peas and carrots mix	1/2 c	40	0	55	
Mushrooms, sliced	1/2 c	10	0	0	
Okra, sliced	1/2 c	25	0	5	
Onions					
- green, chopped	1/2 c	15	0	10	
- white, yellow, or red, chopped	1/2 c	30	0	0	
Parsnips, sliced	1/2 c	65	0	10	
Peas					
- green	1/2 c	60	0	70	
- snow	1/2 c	35	0	5	
Peppers, sweet, green, yellow, or red, chopped	1/2 c	20	0	0	
Potato, baked					
- w/o skin, 2-1/4" to 3" diam, medium	1 ea	90	0	5	
- with skin, 2-1/4" to 3" diam, medium	1 ea	135	0	10	
Potatoes, boiled, w/o skin, chopped	½ c	65	0	5	
Potatoes, mashed					
- prep with fat-free milk, w/o salt	1/2 c	80	0	10	
- prep with whole milk, fat, and salt	1/2 c	130	6	210	
Pumpkin, cooked	1/2 c	40	0	5	
Radish, sliced	1/2 c	10	0	15	
Rutabaga					
- raw	1/2 c	25	0	15	
- cooked, mashed	1/2 c	45	0	25	
Spinach					
- raw	1 c	5	0	25	
- cooked	1/2 c	30	0	90	
Sprouts, bean	1/2 c	45	2	5	
Squash					
- spaghetti, cooked	1/2 c	20	0	15	
- summer, sliced	1/2 c	20	0	0	
- winter, including acorn and butternut, cooked, mashed	1/2 c	40	0	5	
Succotash	1/2 c	75	0	40	
Sweet potatoes					
- cooked, mashed	1/2 c	130	0	15	
- cooked, with fat, w/o salt, mashed	1/2 c	150	2	35	
Swiss chard, cooked	1/2 c	20	0	155	

Fresh & Frozen	Amount	Calories	Fat	Sat. Fat	Sodium
Tomato					
- raw, whole, or sliced, 2-3/5" diam, medium	1 ea	26	0	10	
- raw, chopped	1/2 c	20	0	10	
- cooked	1/2 c	30	0	15	
Tomatoes, sun-dried, dry pack	1/4 c	35	0	285	
Turnip					
- raw	1/2 c	15	0	30	
- cooked, mashed	1/2 c	25	0	60	
Yams, cooked, mashed	1/2 c	130	0	15	
Zucchini					
- cooked, sliced	1/2 c	15	0	5	
- raw, sliced	1/2 c	10	0	0	

Fried Vegetables

Eggplant, batter-dipped or breaded, 3" x 1/2" slice	1 ea	80	5	10	
French fries, cooked from fresh or frozen	10 ea	130	7	70	
Hashed browns, prep with fat and salt	1/2 c	160	8	280	
Mushrooms, batter-dipped or breaded, medium	3 ea	80	4	145	
Okra, batter-dipped or breaded	1/2 c	80	4	150	
Onion rings, batter-dipped or breaded, 2" to 3" diam	6 ea	65	4	65	
Zucchini, batter-dipped or breaded, 3" sticks	6 ea	85	5	135	

Vegetable Juice

Carrot	6 fl oz	70	0	50	
Tomato	6 fl oz	30	0	660	
Tomato, low-sodium	6 fl oz	30	0	20	
Vegetable juice cocktail	6 fl oz	35	0	490	
Vegetable juice cocktail, low-sodium	6 fl oz	35	0	40	

Vegetables with Sauce	Amount	Calories	Fat	Sat. Fat	Sodium
Broccoli					
- with butter sauce, spears, 5" long	2 ea	35	2	180	
- with cheese sauce, stalks	2 ea	110	7	250	
Cauliflower					
- with butter sauce	1/2 c	35	2	220	
- with cheese sauce	1/2 c	125	9	295	
Corn, with butter sauce	1/2 c	85	2	205	
Peas and carrots, with butter sauce	1/2 c	55	2	255	
Broccoli, mushrooms, water chestnuts, red peppers, with sauce	1/2 c	30	1	240	
Peas, green, creamed	1/2 c	135	6	430	
Potato, baked, topped with broccoli and cheese sauce, with skin, 2-1/4" to 3" diam, medium	1 ea	190	5	350	

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Chicken or turkey deli meat	37	Corn syrup	55
Chicken Pot Pie	50	Corn with butter sauce	79
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Chicken	58	Cornbread	26
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Cranberry juice cocktail	53	Fig bars	39
Cranberry sauce	52	Figs	52
Crayfish or crawfish	59	Fish & shellfish	59 & 60
Cream cheese	33	Fish sticks	59
Cream of Wheat	30	Flavored syrup for coffee	55
Cream soup	74	Flax seeds	67
Cream, creamers & whipped toppings ..	34	Flour	22
Crispbread or flatbread	32	French dressing	68
Croissants	21	French fries	78
Croutons	26 & 68	French onion soup	74
Cucumber	76	French silk pie	39
Curry sauce	71	French toast	65
Custard	40	Frosting	39
Daiquiri mix	25	Frozen dinners & entrees	50
Dairy Queen	43 & 44	Frozen yogurt	35
Danish pastry	21	Fruit “Julius” or “Smoothie”	25
Dates	51	Fruit cocktail, canned	51
Deli meat	37	Fruit drink or punch	25
Deviled ham	37	Fruit juice bar	35
Dim Sum	63	Fruit juice	53
Domino’s	44	Fruit leather or roll	28
Doughnuts	21	Fruit salad, with whipped topping	69
Dried fruit	51	Fruit topping	55
Dried or chipped beef	37	Fruit	51-53
Eclairs	21	Fruit, canned	51
Egg Foo Yung	63	Fruit, mixed	52
Egg omelet	41	Fruitcake	39
Egg Roll	63	Fudge	28
Egg substitute	41	Fudgesicle	35
Egg salad	69	Garbanzo beans	23 & 68
Eggs	41	Garlic bread	26
Eggnog	36	Gatorade	25
Eggplant	76	Gazpacho	65
Eggs, deviled	41	Gelatin salad	40
Eggs, hard cooked	68	Gelatin, flavored	40
Enchilada sauce	71	Gelatin, with fruit	69
Enchiladas	65	Gingerbread	38
English muffin	26	Gingersnaps	39
Equal sweetener	55	Goat cheese	33
Evaporated milk	36	Graham crackers	32
Fajitas	65	Grains	54
Fast Food Restaurants	42-49	Granola bar	39
Feta cheese	33	Granola	29

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Grape juice	53	Ice cream sundae	35
Grapefruit juice	53	Instant breakfast drink	36
Grapefruit	52	Italian dressing	68
Grapes	52	Italian fruit ice	35
Gravy	71	Italian mixed dishes	64
Green beans	76	Jams, jellies & sweeteners	55
Green beans, canned	75	Jelly beans	28
Green Peppers, stuffed	63	Jicama	76
Greens	76	Juice drinks	25
Grilled cheese sandwich	70	Kale	76
Grits	30	Kasha	54
Ground beef	57	Kentucky Fried Chicken	45
Ground pork	61	Kidney beans	23 & 68
Ground turkey	58	Kielbasa	38
Guava	52	Kitchen Bouquet seasoning	72
Gyro	70	Kung Pao Chicken	63
Half and half	34	Lamb	61
Ham hocks, cured	61	Lasagna	64
Ham or turkey-ham deli meat	37	Lemon or lime juice	72
Ham salad	69	Lemon or orange peel	72
Ham	61	Lemonade or limeade	25
Hamburger “helper” mixture	62	Lemons or limes	52
Hamburger Gravy	62	Lentils	23
Hamburger or hot dog bun	26	Lettuce	76
Hardee’s	44 & 45	Licorice	28
Hashed browns	78	Lifesavers	28
Hazelnuts	67	Liquor (rum, vodka, gin, etc)	24
Herbs & spices	72	Liver pate	37
Herbs and spices	72	Lo Mein	63
Hoison sauce	30 & 71	Lobster	59
Hollandaise sauce	71	Lox	59
Hominy, canned	75	Macadamia nuts	67
Honey mustard dressing	68	Macaroni	66
Honey	55	Macaroni and Cheese	62 & 64
Honeydew melon	52	Macaroni salad	69
Horseradish	30	Macaroons	39
Hot and Sour Soup	63	Mandarin oranges	52
Hot cereals	30	Mangoes	52
Hot dogs & sausages	37 & 38	Manicotti	64
Hotdog relish	30	Maple or pancake syrup	55
Hushpuppies	26	Maraschino cherries	51
Ice cream & frozen desserts	35	Margarine	22 & 27
Ice cream bar, cone or sandwich	35	Marshmallow crème	55
Ice cream pie	35	Marshmallows	28

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Matzo crackers	32	Onion rings	78
Matzoh balls	26	Onion soup, dry mix	72
Mayonnaise	31 & 68	Onions	77
Mayonnaise-type dressing	31 & 69	Orange juice concentrate	53
McDonald's	46 & 47	Orange juice	3
Meals in a cup	64	Oranges	52
Meat tenderizer	72	Orzo	66
Meatballs with tomato sauce	64	Oyster crackers	32
Meatloaf	62	Oysters	59
Melba toast	32	Pancakes	65
Mexican mixed dishes	65	Papayas	52
Milk	36	Parmesan or Romano cheese	33 & 68
Milkshake	35	Pasta & vegetable salad	69
Mineral, seltzer, or sparkling water	25	Pasta	66
Minestrone soup	74	Peaches	52
Miso	56	Peaches, canned	51
Mixed nuts and seeds	67	Peanut brittle	28
Mixers & soft drinks	25	Peanut butter and jelly sandwich	70
Molasses	22 & 55	Peanut butter cookies	39
Monosodium glutamate (MSG)	72	Peanut butter	67
Monterey Jack cheese	33	Peanut sauce	71
Moo Goo Gai Pan	63	Peanuts	67
Moo Shoo Pork	63	Pears	52
Mozzarella cheese	33	Pears, canned	51
Muesli	29	Peas and carrots	75, 77 & 79
Muffins	21	Peas	77
Multigrain cereal	30	Peas, canned	75
Mushrooms	77	Pecan pie	39
Mushrooms, canned	75	Pecans	67
Mustard	31	Peppermint candy	28
Nectarines	52	Pepperoni	38
Noodle mix, seasoned	66	Peppers (green, red, or yellow)	77
Noodles	66	Pesto	71
Nuts & seeds	67	Picante sauce	31
Oat bran cereal	30	Pickle relish, sweet	31
Oat bran	54	Pickles	31
Oatmeal cookies	39	Pie crust	22
Oatmeal	30	Pie filling	23
Oats	54	Pigs ears, lips, or tails	61
Oil (canola, olive, vegetable)	22 & 27	Pigs feet, pickled	61
Oil and vinegar dressing	69	Pimientos	31
Okra	77	Pina colada mix	25
Old Bay seasoning	72	Pine nuts	67
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Pineapple, canned	51	Rice and Beans	62
Pinto beans	23	Rice cakes	73
Pistachios	67	Rice Krispies Bar	40
Pita bread	26	Rice mix, seasoned	66
Pizza sauce	71	Rice	66
Pizza shell (Boboli)	26	Ricotta cheese	34
Pizza, thin crust	64	Rigatoni or rotini	66
Plums	52	Roast beef deli meat	37
Popcorn	73	Rolls	26
Popeye's	47	Rueben sandwich	70
Popovers	21	Salad Bar Toppings	68
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Pork spare ribs	61	Salisbury Steak	62
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Pork	61	Salmon, canned	60
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Prune juice	53	Sausages	37 & 38
Prunes	51	Scallops	60
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Raisin Bran	29	Shredded Wheat	29
Raisins or currants	51	Shrimp Creole	63
Ramen noodles	74	Shrimp Jambalaya	63
Ranch dressing	69	Shrimp salad	69
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Sour cream	34	Tea	25
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Soy milk	36	Teriyaki sauce	31
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Soy sauce	31	Three bean salad	70
Soybeans	23	Toffee	28
Spaghetti or fettuccini	66	Tofu	56
Spaghetti sauce	71	Tomato juice	78
Spaghetti sauce, dry mix	72	Tomato sauce	71
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